



National Service Scheme

Government Engineering College Sector-28 Gandhinagar-382028(Gujarat)

Importance of Yoga in Modern Life (18-06-2021)(7.30 AM to 9.30 AM)

(7th International Yoga Day (IDY) 2021)

Theme: "Be with Yoga, Be at Home!"



Shanti Mantra (Starting Prayer)

| Sanskrit | English Translation | Meaning |
|--|---|---|
| ॐ भद्रं कर्णेभिः शृणुयाम देवाः । भद्रं पश्येमाक्षभिर्यजत्राः । स्थिरैरङ्गैस्तुष्टुवाग्ँसस्तनूभिः । व्यशेम देवहितं यदायूः । स्वस्ति न इन्द्रो वृद्धश्रवाः । स्वस्ति नः पूषा विश्ववेदाः । स्वस्ति नस्तार्क्ष्यो अरिष्टनेमिः । स्वस्ति नो बृहस्पतिर्दधातु ॥ ॐ शान्तिः शान्तिः शान्तिः ॥ | Om BhadramKarnnebhihShrnnuyaamaDevaah BhadramPashyema-Akssabhir-Yajatraah Sthirair-Anggais-Tussttuvaamsas-Tanuubhih VyashemaDevahitamYad-Aayuh Svasti Na IndroVrddha-Shravaah Svasti Nah PuussaaVishva-Vedaah SvastiNas-TaakssaryoArisstta-Nemih Svasti No Vrhaspatir-Dadhaatu Om ShaantihShaantihShaantih | Aum! O gods, may we hear auspicious words with the ears; While engaged in yagnas, May we see auspicious things with the eyes; While praising the gods with steady limbs, May we enjoy a life that is beneficial to the gods. May Indra of ancient fame be auspicious to us; May the supremely rich (or all-knowing) Pusa (god of the earth) Be propitious to us; May Garuda, the destroyer of evil, Be well disposed towards us; May Brihaspati ensure our welfare. Aum! Peace! Peace! Peace! |

INTERNATIONAL DAY OF YOGA (IDY) BACKGROUNDER

THE ORIGIN OF INTERNATIONAL DAY OF YOGA (IDY)

Yoga is a 5,000-year-old tradition from India that combines physical, mental and spiritual pursuits to achieve harmony of the body and mind. On December 11 in 2014, the United Nations General Assembly declared June 21st as the International Day of Yoga. The declaration came at the behest of the Indian Prime Minister, Narendra Modi during his address to UN General Assembly on September 27, 2014 wherein he stated: "Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfilment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature". In Suggesting June 21, which is the Summer Solstice, as the International Day of Yoga, Narendra Modi had said: "The date is the longest day of the year in the Northern Hemisphere and has special significance in many parts of the world."

INTERNATIONAL DAY OF YOGA (IDY) 2021

IDY-2021: Activities amidst the Pandemic

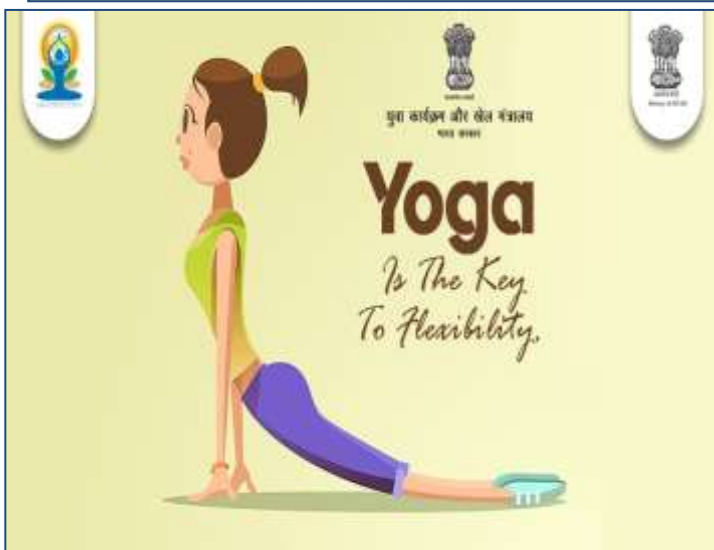
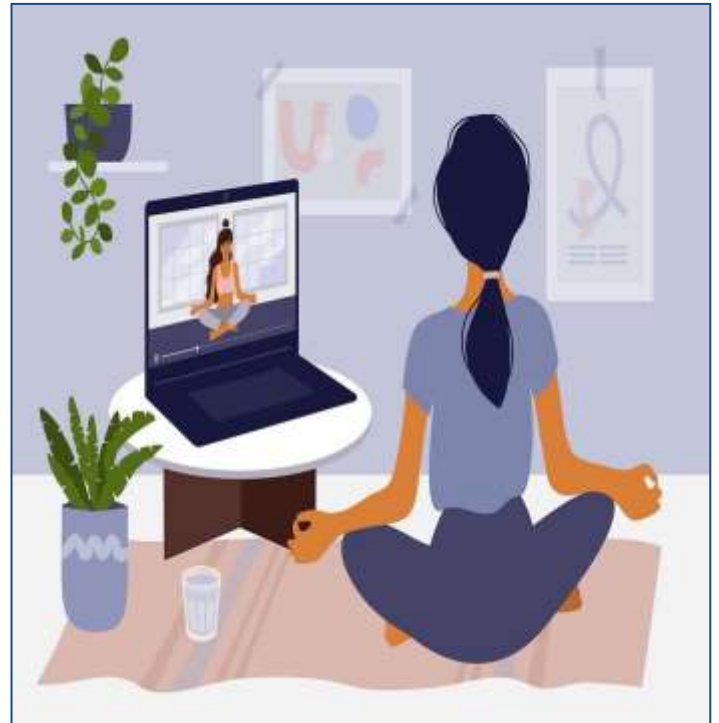
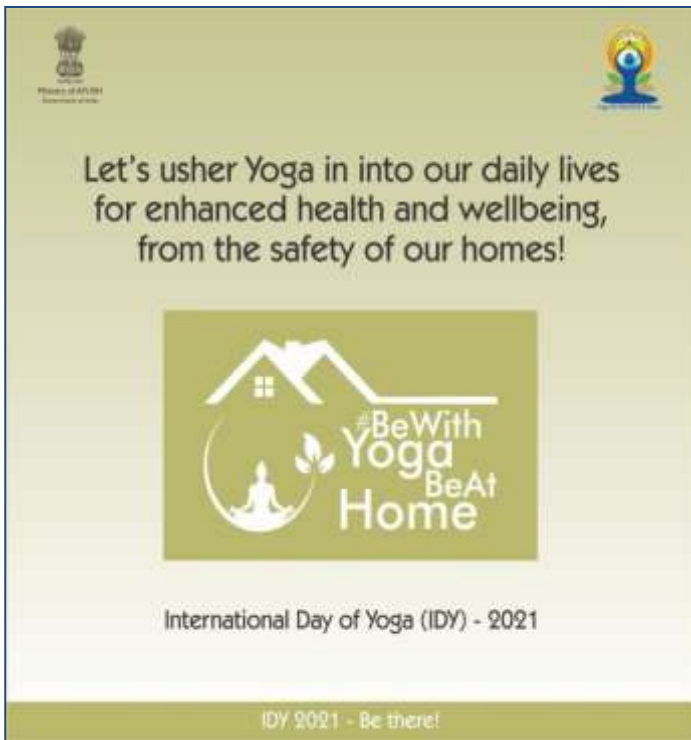
As the pandemic situation continues to loom large, the approach to IDY in 2021 would be one of care and caution. Significant focus will be on awareness generation and mobilization through various digital media platforms. Physical congregation in a limited way can be considered if the situation allows it in June 2021. Therefore, the Ministry is working towards expanding the scope of digital/virtual activities through its platforms as well as in partnership with various stake-holders to make Yoga accessible to as many people as possible, even in the face of the constraints imposed by the pandemic.

How Can You Get Involved in the Global IDY Movement?

Any individual or organisation can become an active stake-holder in the rewarding, and at the same time exciting in IDY movement too. Citizens, Yoga Professionals, Central Ministries, State and UT Administrations, Government Departments, Yoga Organizations, Non-Government Organizations (NGOs), Private Companies, Public Sector Undertakings (PSUs), Schools, Colleges, Universities, Gram Panchayats, Municipal Corporations, Housing Societies, Civil Society Bodies etc. can all take up exciting stake-holding roles in the IDY observance. MoA keenly looks forward to collaborating with you and facilitating your efforts.

Theme : Be with Yoga, Be at Home!

Taking cognizance of the current situation, it will not be advisable to organize events that require the congregation of people for observing the 7th International Day of Yoga. Therefore, with the objective of reminding the people across the country about the benefits of Yoga, and to build enduring public interest in the same, it is advised that maximum use of digital, virtual and electronic platforms be made this year, to spread the message of IDY. All stake-holders are invited to take up messaging to the public in the context of the upcoming IDY, by highlighting its importance and contribution to public health and encouraging the people to observe IDY 2021 by doing the Common Yoga Protocol at home with their families, on 21st June 2021. The message “Be with Yoga, Be at Home!” can be sent out as much as possible.



Under the visionary Leadership of Hon. Prime Minister Shri NarendrabhaiModijee, 21st JUNE has been declared as 'International YOGA Day'. Yoga has not been limited and restricted to any community, religion, area, nation, society or any individual economy, but today the entire world has accepted and started practicing Yoga. The Whole credit for this is completely vested to our ancient cultural roots. On this 7th International Yoga day Celebration We NSS Unit & Gymkhana Team Government Engineering College Sector-28 Gandhinagar organize Session on "Importance of Yoga in Modern Life" with Yoga instructor SmitSoni& Krishna Chaudhari

A few minutes of Yoga during the day can be a great way to get rid of stress that accumulates daily, in both, body and the mind. Yoga postures, Pranayama and meditation are effective a technique to release stress. Meditation is relaxation and rejuvenates the body and mind. With this aim in mind, a special session was organized by NSS unit& Gymkhana of Government Engineering College Sector-28 Gandhinagar, GTU, Ahmedabad on 18th June, 2021 for the students, NSS volunteers , teaching , Non-teaching staff participated (above 50 Nos.) with full interest, enthusiasm and eagerness with the protocols. Yoga instructor SmitSoni& Krishna Chaudhari took yoga session with great dedication. The session began by seeking the blessings of the Almighty by chanting the Omkara. Asanas starting with warming up and stretching were followed by a Padmasanas, Sukhasan, Tadasana, BhujangAsana , Pranayama and ending with Shavasana. Exercises for relieving stress, reducing joint pain and enhancing the flexibility of the back were also done for the benefit of the volunteers.

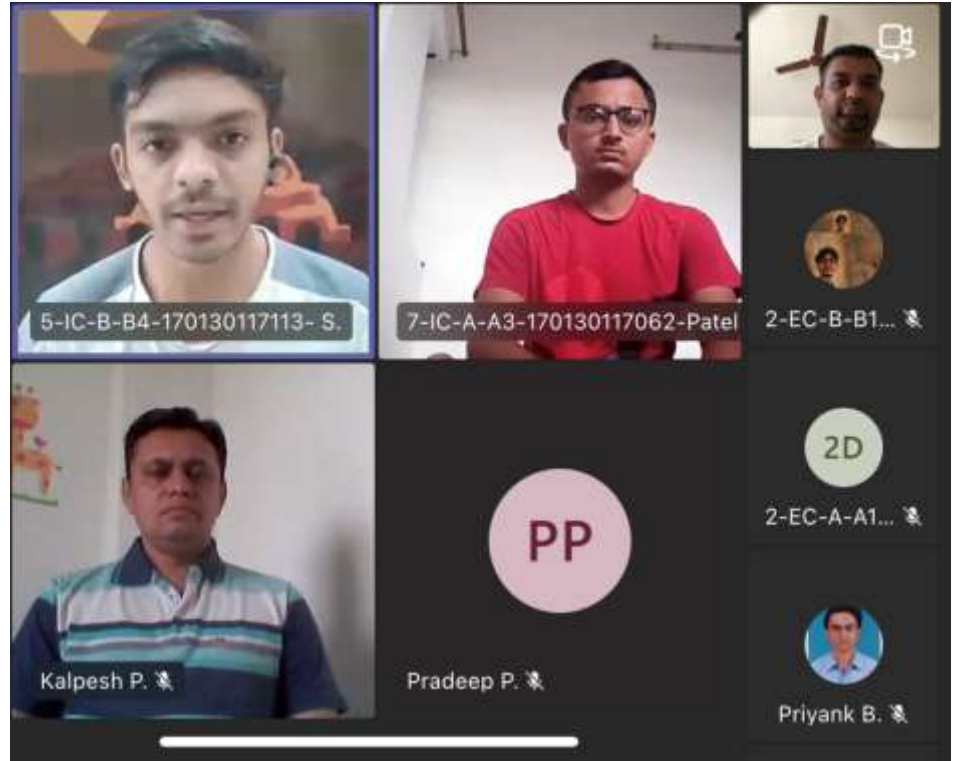
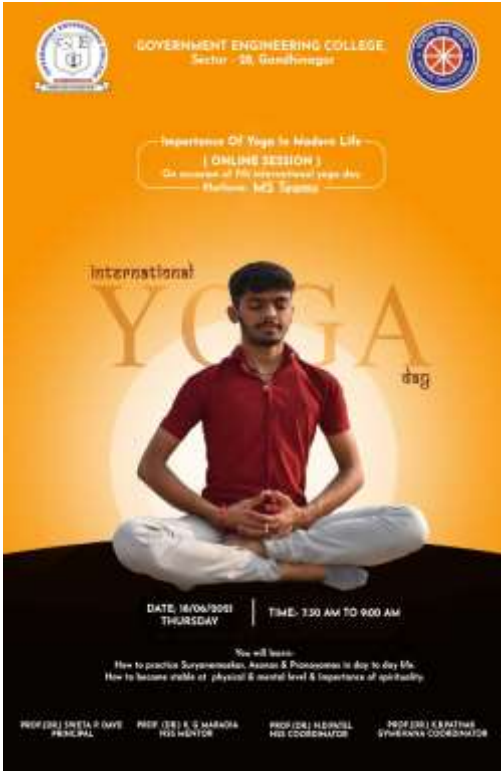
Yoga Instructor Smit Soni&Krishna Chaudhari motivated the students, NSS volunteers, teaching , Non-teaching staff and conveyed the importance of making yoga an integral part of our daily life by extending the practice of yoga beyond the mat. Faculties motivated students to regularly attend 21 days Maha Yoga Shibir organized by GTU and improve lifestyle with Yoga. The session concluded after question-answer session between. In the present day when students face stress, tension, fear, etc., simple 'asana' can help dispel these. The event ended with positive messages and vote of thanks Prof.(Dr.) N.D.Patel NSS Programme Officer & Prof.(Dr.) K.B.Pathak Gymkhana Coordinator proposed vote of thanks.

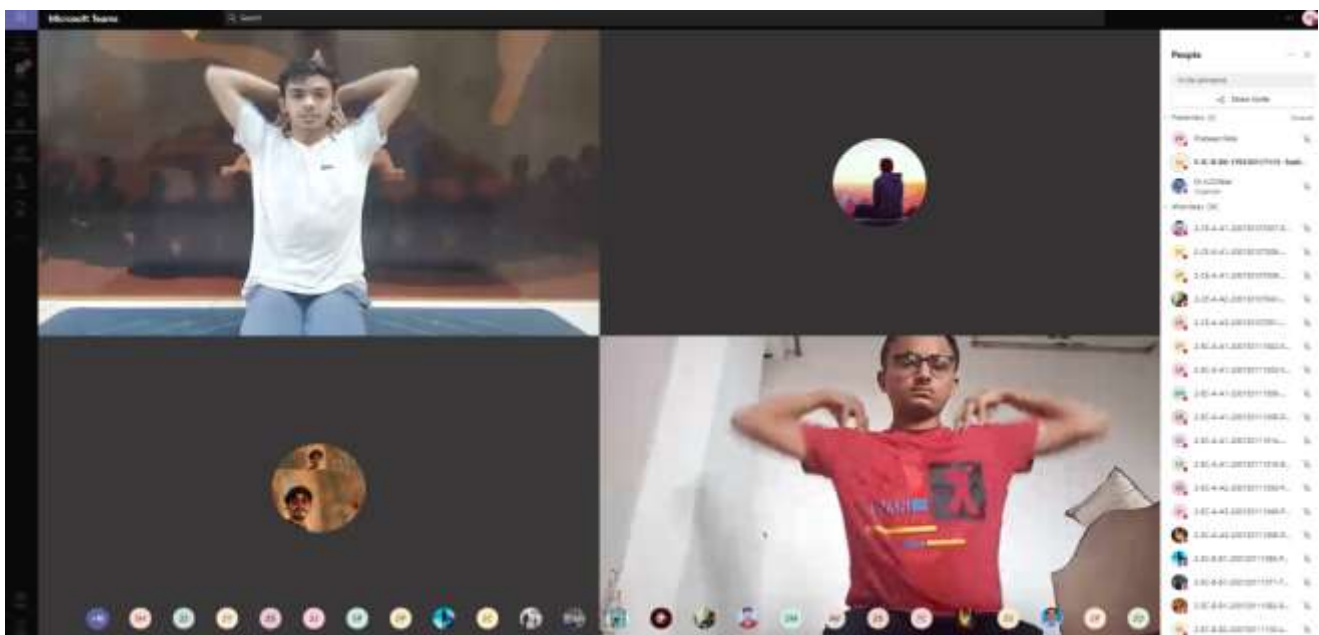
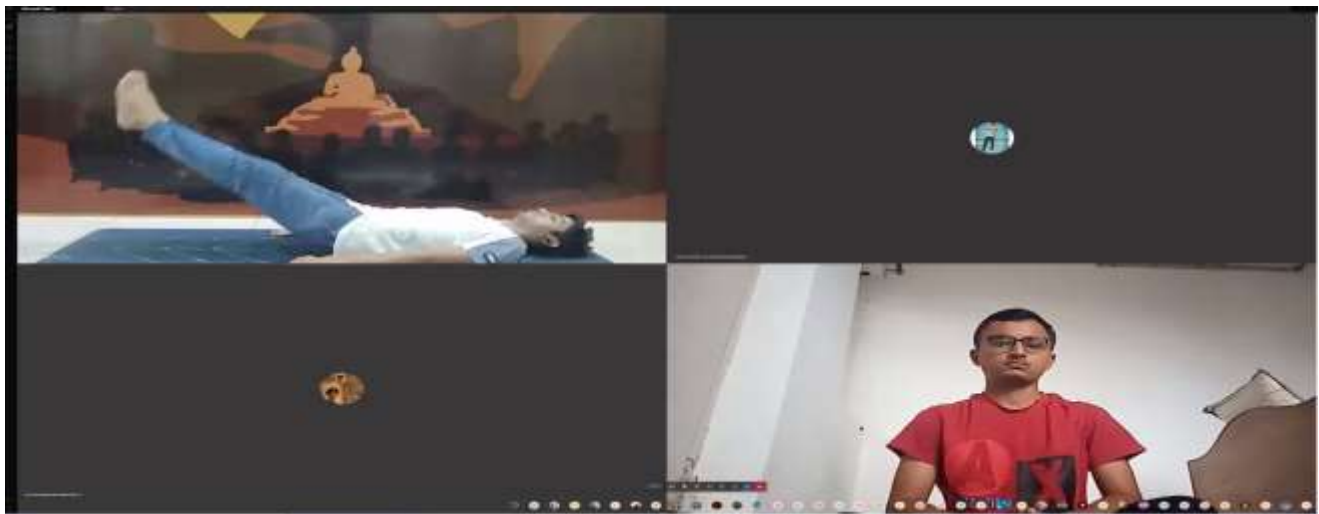
We show our gratitude to Our Principal Prof.(Dr.)Sweta P. Dave, Prof.(Dr.)K.G.MARADIYA(H.o.D,EC Department) & Mentor of NSS Unit Gandhinagar as well all respected Head of Department , Faculty member of NSS Team & Gymkhana Team & faculty member of Institute who participated as well Student Volunteer who help to organize such a nice session.

Shanti Mantra (Ending Prayer)

| Sanskrit | English Translation | Meaning |
|---|--|--|
| ॐ सह नाववतु । सह नौ भुनक्तु । सह वीर्यं करवावहै । तेजस्वि नावधीतमस्तु मा विद्विषावहै । ॐ शान्तिः शान्तिः शान्तिः ॥ | Om SahaNau-Avatu SahaNauBhunaktu SahaViiryamKaravaavahai TejasviNau-Adhiitam- AstuMaaVidvissaavahai Om ShaantihShaantihShaantih | Aum! May He protect us both together; may He nourish us both together; May we work conjointly with great energy, May our study be vigorous and effective; May we not mutually dispute (or may we not hate any). Aum! Let there be peace in me! Let there be peace in my environment! Let there be peace in the forces that act on me! OM Shanti ShantiShantihi |

Session Photos





Attendance

Total :188

| Sr. No. | Enrollment No. | Name | Sr. No. | Enrollment No. | Name |
|---------|----------------|-------------------------------------|---------|----------------|-------------------------------|
| 1 | 200130111006 | NAIR SHREYAS | 95 | 200130111111 | Patel vrushti Kalpeshbhai |
| 2 | 200130111058 | ROMAL MUKESHBHAI KATHAROTIYA | 96 | 200130111108 | Viroliya Nirja Hareshbhai |
| 3 | 200130111069 | Prashant Rameshbhai suthar | 97 | 200130111066 | KRUTANT PIYUSHKUMAR SINH |
| 4 | 200130111005 | Singh Abhishek Srikant | 98 | 200130111061 | HARNIK HARISH JAMMARH |
| 5 | 200130107007 | DADHANIYA RAMRAJKRUSHN PARESHBHA | 99 | 200130111133 | Gajera Akshay Chandubhai |
| 6 | 200130111071 | TIWARI HARSH RAJESHKUMAR | 100 | 200130111078 | HETANSHI SUNILKUMAR KHATRI |
| 7 | 200130117058 | Rathod dharamsinh | 101 | 200130111027 | NAMBIAR ANJALI ASHOKAN |
| 8 | 200130111076 | Sudhansu Yadav | 102 | 200130117029 | Rudra Kamleshbhai patel |
| 9 | 200130111002 | Panchal Komal Khengarbhai | 103 | 200130111077 | Bhavsar Mansi Pinakinkumar |
| 10 | 200130111068 | Patel Tushangkumar sanjaybhai | 104 | 200130111084 | Chauhan Mihir Kalpeshbhai |
| 11 | 200130107042 | Rathod Manav Gopal | 105 | 200130117006 | Yadav Tejasvini |
| 12 | 200130111103 | Mahendra Chaudhari | 106 | 200130111019 | Yashvi P. Solanki |
| 13 | 200130111082 | RUDRA JOSHI | 107 | 200130111132 | Gajera Akshay Chandubhai |
| 14 | 200130111102 | Dhruv Alpeshbhai Gohil | 108 | 200130117036 | Patel sachin Mukesh |
| 15 | 200130117033 | Viraj Gelani | 109 | 190130117049 | VRAJ NILESHBHA |
| 16 | 200130111009 | ANIKET MANGESH PATIL | 110 | 200130117511 | Patel Utsav Sureshbhai |
| 17 | 200130111098 | Patel Dhruvi Pareshkumar | 111 | 170130117062 | Chitrang B Patel |
| 18 | 200130111122 | BHAVIK JAISINGHANI | 112 | 200130111010 | Paul Reshmi Sankar |
| 19 | 200130111003 | Kesar Shaileshbhai Bavda | 113 | 200130107114 | Ankita Solanki |
| 20 | 200130107009 | PATEL AAYUSHI JIGNESH | 114 | 200130111049 | PATEL PINALBEN JAGDISHBHA |
| 21 | 200130107011 | Kunj dabhi | 115 | 190130117154 | Yadav Vishal |
| 22 | 200130111016 | Bhadoriya Vikas Dharmendrasinh | 116 | 200130117517 | Patel Mit |
| 23 | 200130111129 | BHAVSAR KHUSHANG SAMIR | 117 | 200130111037 | Bhammar Bharat Najubhai |
| 24 | 200130111031 | Desai Niravbhai savabhai | 118 | 200130111129 | BHAVSAR KHUSHANG SAMIR |
| 25 | 200130111032 | Mohammadhussain Chauhan | 119 | 200130111068 | Patel Tushangkumar sanjaybhai |
| 26 | 200130111110 | VAGHELA MIHIR NARENDRASINH | 120 | 200130107017 | TUNDIYA DISHA KISHORBHA |
| 27 | 2001 3010 7053 | Kalp Rakholiya | 121 | 200130107060 | BANSARI PANSERIYA |
| 28 | 200130117025 | Patel srushti Dineshkumar | 122 | 200130111014 | Makwana rahul sureshbhai |
| 29 | 200130111047 | VINAYAK M DWIVEDI | 123 | 200130107002 | DHRUV KUKADIYA |
| 30 | 200130111129 | BHAVSAR KHUSHANG SAMIR | 124 | 200130111102 | Dhruv Alpeshbhai Gohil |
| 31 | 200130111124 | Kukdiya rishi girishbhai | 125 | 200130111027 | NAMBIAR ANJALI ASHOKAN |
| 32 | 200130117051 | Maniya Dhruv P. | 126 | 190130117095 | RAJ PATEL |
| 33 | 200140107060 | BANSARI PANSERIYA | 127 | 200130111014 | Makwana rahul sureshbhai |

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| 34 | 190130117052 | Khushi Nimavat | 128 | 200130111108 | Viroliya Nirja Hareshbhai |
| 35 | 190130117095 | RAJ PATEL | 129 | 200130117060 | Rohit kumar Tiwari |
| 36 | 200130111081 | Panchal Harsh Alpeshkumar | 130 | 200130107050 | Aniket asaram dhivare |
| 37 | 200130111100 | sumit shyam | 131 | 200130107010 | Sutariya neel ashokbhai |
| 38 | 200130111121 | Patel Nrupesh Bhaveshbhai | 132 | 200130111044 | STUTI ALPESHKUMAR PATEL |
| 39 | 170130117059 | PARMAR VIMAL K. | 133 | 200130111039 | KUNJESH DILIPBHAI DONGA |
| 40 | 200130111030 | Patel harsh sanjaykumar | 134 | 200130111063 | Vandra Sakshi Raman |
| 41 | 200130117058 | Rathod Dharamsinh | 135 | 200130111008 | Rahul Mukesh Singh |
| 42 | 200130111063 | Vandra Sakshi Raman | 136 | 200130111121 | Patel Nrupesh Bhaveshbhai |
| 43 | 200130111026 | Khushi Patel | 137 | 200130111064 | Donda Rushit Shaileshbhai |
| 44 | 200130117515 | HINSU PUNITKUMAR KANTILAL | 138 | 200130111025 | Khachariya Nikita pareshbhai |
| 45 | 200130111116 | VISHVASSINH BHADORIYA | 139 | 200130107048 | Vaghani Darshan Laljibhai |
| 46 | 200130117036 | Patel sachin mukesh | 140 | 180130107050 | PANDYA JALSHREE SANJAYKUMAR |
| 47 | 170130117005 | Urvish Bhavsar | 141 | 200130107051 | Gunjan Kalpeshkumar Surti |
| 48 | 200130111071 | TIWARI HARSH RAJESHKUMAR | 142 | 200130111118 | Patel Shubham Vishnubhai |
| 49 | 190130117092 | Parv Patel | 143 | 200130111034 | Prajapati Meet |
| 50 | 200130107031 | Patel meet bharatbhai | 144 | 200130111005 | Singh Abhishek Srikant |
| 51 | 200130111089 | JAIMIN PATEL | 145 | 200130111035 | SATYAM CHANDRESHMANI DUBEY |
| 52 | 200130117006 | Tejasvini Yadav Sarjitsinh | 146 | 200130111053 | PREM RANJAN SINGH |
| 53 | 200130107008 | CHAUHAN NAISARGI HEMANTKUMAR | 147 | 200130111119 | Sathavara prachi |
| 54 | 200130107039 | Vrajkumar Patel | 148 | 200130107044 | Prajapati Jay Bharatbhai |
| 55 | 200130111001 | Amit Digambar Jha | 149 | 200130111128 | Aakash Chauhan |
| 56 | 200130111042 | Danesh Rameshkumar Modi | 150 | 200130107001 | Patel Yash Amitbhai |
| 57 | 190130117009 | Chauhan Piyush | 151 | 200130117511 | Patel Utsav Sureshbhai |
| 58 | 200130107055 | Shah Het Samirkumar | 152 | 200130107001 | Patel Yash Amitbhai |
| 59 | 190130117055 | Vedant Dineshkumar Panchal | 153 | 200130107067 | Patil Divyesh Vinayakbhai |
| 60 | 200130117012 | Mudaliar Dhananjay Arumugam | 154 | 200130111059 | Malvi Bhaveshkumar Prakashbhai |
| 61 | 200130111089 | JAIMIN PATEL | 155 | 200130111109 | BALDANIYA KALPESH PRAGAJIBHAI |
| 62 | 200130111115 | Vaishnavi Ronakbhai Shah | 156 | 200130111132 | Nai Rahul Bharatbhai |
| 63 | 200130111038 | SANTOKI KRISHA MAHESHBHAI | 157 | 200130111004 | Priyanka Rani Mahto |
| 64 | 200130117005 | Krish Prajapati | 158 | 190130117084 | Patel Meet Samir |
| 65 | 200130111108 | Viroliya Nirja Hareshbhai | 159 | 200130107052 | Sanjay Kanubhai Makvana |
| 66 | 200130107015 | Patel Swayam Satishbhai | 160 | 200130117038 | VALA PRIYANK JITUBHAI |
| 67 | 200130117013 | BHARGAV PRAFULKUMAR CHAUHAN | 161 | 200130111045 | Digvijay Singh champavat |
| 68 | 200130111064 | Donda Rushit Shaileshbhai | 162 | 200130107024 | Mukhi Rahil Riyazali |
| 69 | 200130111033 | CHODVADIYA VAMAN BHARATBHAI | 163 | 200130111048 | SUNIL RAMESH HIRANI |

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|----|------------------|------------------------------------|-----|--------------|--------------------------------------|
| 70 | 200130111025 | Khachariya Nikita pareshbhai | 164 | 200130107079 | Vyas kush |
| 71 | 200130111065 | DARSHAN C BAUSKAR | 165 | 200130111015 | Bhuva Shubham Vrajlal |
| 72 | 200130111066 | KRUTANT PIYUSHKUMAR SINH | 166 | 200130107046 | Rakshit Shilu |
| 73 | 200130111117 | Yash Rajesh Kumar Kardam | 167 | 200130107041 | Ka. Patel Priyanshiben Pratulbhai |
| 74 | 200130111019 | Yashvi P. Solanki | 168 | 200130111055 | Modh Deepkumar Mahendrabhai |
| 75 | 200130117053 | Sharma kunal bharatlal | 169 | 180130117011 | Chaudhary Akshaysingh |
| 76 | 200130111051 | Patel Kaushalkumar Rajendrabhai | 170 | 200130107080 | PATEL JEEL PARESHKUMAR |
| 77 | 200130111046 | Shruti Ashvinbhai Patel | 171 | 190130117029 | JOSHI ASHWINI PRAKASH |
| 78 | 200130111125 | Arjun Thakor | 172 | 200130111069 | Prashant Rameshbhai suthar |
| 79 | 200130117021 | Lalbaboo Gupta | 173 | 200130111085 | Jesal Shah |
| 80 | 200130107067 | Patil Divyesh vinayakbhai | 174 | 200130107056 | Suryadipsinh Vaghela |
| 81 | 200130117024 | Moradiya avi ghanshyambhai | 175 | 200130111062 | Krishna Vinodchandra Vora |
| 82 | 190130117143 | Tiwari Namrata Pradeepkumar | 176 | 200130111062 | Krishna Vinodchandra Vora |
| 83 | 200130111129 | BHAVSAR KHUSHANG SAMIR | 177 | 200130111123 | Sanchita gupta |
| 84 | 200130107031 | Patel meet bharatbhai | 178 | 200130111040 | Karsaliya Aditya jatinbhai |
| 85 | 200130111086 | Anish Kumar Chaudhary | 179 | 200130103001 | PAREKH MIRAL HIMANSHU |
| 86 | 200130111016 | Bhadoriya Vikas Dharmendrasinh | 180 | 200130117513 | SHIV PATEL |
| 87 | 190130117139 | Deepak Suthar | 181 | 200130103006 | Mitali Halvadiya |
| 88 | 190130117145 | Harsh Trivedi | 182 | 200130107045 | Aditya piyushbhai siddhapura |
| 89 | 200130111024 | Rajvi Pankajkumar Oza | 183 | 200130107006 | Jatin Sanjeev Pandit |
| 90 | 200130107067 | Patil Divyesh Vinayakbhai | 184 | 200130117042 | Smit Kambli |
| 91 | 200130111012 | Punit madadiya | 185 | 200130111094 | Paresh Jasubhai Katariya |
| 92 | 200130111116 | VISHVASSINH BHADORIYA | 186 | 200130111067 | BHAVSAR KEVAL K |
| 93 | 200130117529 | SINDHA PIYUSHKUMAR AJITSINH | 187 | 200130107066 | Prit Patel |
| 94 | 20013 0111058 | ROMAL MUKESHBHAI KATHAROTIYA | 188 | 200130107054 | Jani Jasmin |

Some photos of Yoga Day : २१/०५/२०२१

