Government Engineering College, Sector-28, Gandhinagar

Women Development cell

Report of the event

"Harmonize innerself and body with Yoga and Meditation"

Date: 4/2/2023

Yoga is a form of spiritual and meditative based exercise that originated in India many years ago. By following a sequence of postures, whilst applying careful breathing control, you are able to harmonize the body and the mind, achieving health and relaxation. It helps in increasing flexibility, muscle strength and body tone.

For the purpose of imparting knowledge of yoga to the faculty members of engineering institute, Women Development Cell, Government Engineering College, Sector-28, Gandhinagar has organized an event on "*Harmonize innerself and body with Yoga and Meditation*" on Saturday, February 4, 2023 at Vivekanand Hall, Admin Building, GEC-Gandhinagar during 11:00 am to 12:30 pm.

The session commenced with a Mantra by Dr. Shalini Rankawat, Convener- Women Development Cell, Gandhinagar followed by lamp lightening by honorable Principal and all the members of Women Development Cell. After that Dr. Sweta P. Dave (Principal-GEC, Gandhinagar) gave speech and discussed the importance of Yoga in one's life & how to maintain the harmony between body and mind. She

also explained the objectives and importance of the inner happiness and strength.

The Session started with a prayer and followed by SukshmVyayam (loosening practices). The participants stretched their arms, bent their legs, rolled their neck and twisted every sinew in their body with greater dexterity, in a spectacular synchronicity with instructions. Tadasan, Vrikshasana, Parvatasana, Padmasana, Vajrasana, Makarasan were the asanas, to name a few, performed on the occasion. Kapalbhati and Anulomvilom Pranayam were performed enthusiastically. The session ended with meditation. In the session, all participants practiced different forms of yoga- from strenuous and fast to meditative and calming.

Attachment: Photographs of the event:

Convener & Activity Head,
Women cell, GECG