

Report on International Yoga Day 2016 Celebration

Under the visionary Leadership of Hon. Prime Minister Shri Narendrabhai Modi, 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 completely vested to our culture roots. It has been decided and declared to celebrate at National State, District, Taluka, Villages as well as individual, Institutions, Universities and NGOs too.

Brief Details about Yoga Training by Institute from 15th to 20th June-2016 in 100 words:

All the staff members of Anand institute of management and available students (due to SIP training) of college, have gone through YOGA training during 15th to 20th June, 2016. Dr. Narendra Sharma was yoga trainer and day wise list of number of participants is provided below. Dr. Narendra Sharma had taught us various types of yoga which includes Yogasan, Tadasan, Savasan, Kapalbhati and many more.

Yoga Training Sessions Photo Gallery (5 Photos):







Brief Details about International Yoga Day Celebration at Your Institute on 21st June-2016 in 100 words:

Anand institute of Management managed by Shri Ramkrishna Seva Mandal has celebrated World Yoga Day on 21st June, 2016 at the campus of Anand Arts College. Event was started at 11:00 A.M. Total 6 students and 5 staff members were present in this event.

Whole event was divided in to 6 parts as follows:

In 1st part sloka was performed for 2 minutes.

2nd part includes warming up session for relaxation (neck, shoulder etc.).

In 3rd part,

- a) Yogasan (standing position) was performed, which includes Tadasan, Vrukshasan, Padahswasan, Ardhchakrasan and Trikonasan.
- b) Yogasan (seated position) was done, which includes Bhadrasan, Shanshakasan, Urdhstrasan and Vakrasan.
- c) Yogasan (stomach position) which includes Bhujangasan, Shalabhasan and Makarasan was done.
- d) Yogasan (laying down position) including Srtubandh Sarvangasan, Pavanmuktasan and Savasan was performed.

We have performed 3 rounds of Kapalbhathi in 4th part.

5th part includes Pranayam for 5 minutes.

And in last 6th part, we all have Dhyam-mudra session for 6 minutes. All participants feels relaxed and fresh after completing yoga. All are agree to make this as routine practice. We are very much thankful to our Prime Minister Shri Narendram Modi to take such kind of initiative. As Yoga is good for all and it cures all types of diseases. Finally all students and staff had left campus after taking pledge to keep mind in balanced position, and to complete our task/liability towards world's unity, health, society, work, family and ourselves.

International Yoga Day Celebration Photo Gallery (5 Photos):







Details of no. of participants on Yoga Training Sessions & International Yoga Day Celebration:

Sr. No.	Date	No. Of Student	No. of Faculty/Staff
1	15-06-2016	5	6
2	16-06-2016	7	6
3	17-06-2016	4	7
4	18-06-2016	15	8
5	20-06-2016	4	4
6	21-06-2016	6	5

Details of Yoga Trainer:

Name: Dr. Narendra Sharma

Mobile no: 9998407275

Mail ID: narendrasharma1376@gmail.com

Institution: Anand Institute of Management



ANAND INSTITUTE OF MANAGEMENT



Details of Yoga Coordinator of Institute:

Name: Mr. Akash Shah
Mobile no: 8866331183
Mail ID: shahakash1483@gmail.com
Institution: Anand Institute of Management

Details of Yoga Practice Winner:

Winner Rank	Enrollment No.:	Student Name
1 st	NA	NA
2 nd	NA	NA
3 rd	NA	NA
4 th	NA	NA
5 th	NA	NA

Details of Yoga Essay Completion winners at institute:

Winner Rank	Enrollment No.:	Student Name
1 st	NA	NA
2 nd	NA	NA
3 rd	NA	NA
4 th	NA	NA
5 th	NA	NA