



## R. C. Patel Educational Trust's

### Institute of Management Research and Development, Shirpur.

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**Activity Name** : International Yoga Day Celebration

**Date** : 21-06-2022

**No of Participants** : 74

**Activity Details** : Today, on 21st June 2022, R. C. Patel Educational Trust's Institute of Management Research and Development, Shirpur celebrated 8<sup>th</sup> International Yoga Day. It was attended by prominent dignitaries Hon. Kashiram Vechan Pawara, MLA, Shirpur along with Shri. Rajgopalji C. Bhandari, Vice Chairman of R.C. Patel Educational Trust's, Mr. Prabhakar Rao Chavhan Mr. Yogesh Bhandari, Shirpur Education Society CEO Dr. Umesh Shrama, Director, Professors, and Students from RCPET's IMRD Shirpur. This year, the theme for International Yoga Day 2022 was 'Yoga for Vasudhaiva Kutumbakam,' effectively encapsulating our collective aspiration for 'One Earth, One Family, and One Future.'

Yoga in daily life is a system of practice consisting of eight levels of development in the areas of physical, mental, social and spiritual health. When the body is physically healthy, the mind is clear, focused and stress is under control. The main goals of yoga in daily life and physical Health, Mental Health, Social Health, Spiritual Health, Self-Realization or realization of the divine within us.

Institute, Sports Committee and Shirpur Education Society have conducted International Yoga Day on June 21, 2022 to bring awareness about health benefits of Yoga. Event was started at 07:00 A.M Students, MCA I Students & Staff members enthusiastically took part in the Mass Yoga Demonstration. Yoga Instructor Mr. Janak Patel demonstrated different Asana of Yoga and also advised all participants to practice Yoga for Good Health also explained the importance of Yoga for healthy life. Before starting yoga all participants did warm up to relax and make body parts flexible. Warming up before yoga is best practice. Then followed by some Asanas like Tadasana, Bhadrasana, Shasankasan, Bhujangasan, Pranayam etc. and finally closes the session with shantipath.

Overall, International Yoga day was a grand success with a total of 2000+ participants participating in International Yoga Day student from institutions. This event was successfully organized by Sports department of Institute under the guidance of Dr. Vaishali B. Patil, Director, RCPETs IMRD, Shirpur. To make this event successful Physical Director Pooja Jain took efforts.

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**International Yoga Day Celebration 2022-23.**



**Students performing Yoga**



**Participation of Staff during Yoga Session**



**Participation of Staff during Yoga Session**



**Students Participation in the International Yoga Day**

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