

## INTERNATIONAL DAY OF YOGA, 2018

### REPORT

The fourth International Day of Yoga program organized by the Dept. of Swasthavritta, Parul Institute of Ayurveda on June 21, 2018 began with the morning Mega Yoga Session strictly following the “Common Yoga Protocol” that had already been promulgated by CCRYN and Department of AYUSH, Government of India. It was conducted in the main ground, Parul University campus in which around 1000 people (faculties, UG students of Parul University) attended. The one hour (7.00 am-8.00 am) session was inaugurated by Dr. Vijayakumar, Registrar, Parul University and deputy registrar, Dean and HOI of various Institutes of Parul University also participated in the yoga session.

The inaugural function held at 10.00 am in the central auditorium was enriched with the presence of Shri Narsimha N Komar, IG, Telecommunications, Gandhinagar, Gujarat, Shri H. P. Sisodiya, Superintendent, Prohibition & excise Department, Vadodara, Gujarat, Dr. Geetika Madan Patel, Medical Director, Parul University, Dr. M. N. Patel, Provost, Parul University and Dr. Hemant Toshikhane, Dean, Faculty of Ayurveda. The welcome speech was given by Dr. Hemant Toshikhane followed by yoga day theme by Dr. Aparna Bagul, HOD, Department of Swasthavritta, Parul Institute of Ayurveda. Dr. Geetika Madam also shared her views on the importance of practicing yoga and it was followed by the inaugural address by Shri Narsimha N Komar. Sir delivered a motivational and enlightening speech on importance of yoga in the current era and had a very informative interactive session too. Shri H.P.Sisodiya Sir shared his opinion and thoughts on yoga day and de-addiction awareness also. Dr. M.N.Patel Sir also addressed the gathering.

The second session of IDY, 2018 program included elocution competition on ‘Is social media favouring drug addiction or its withdrawal?’ The students from various Institutes of Parul University participated in the same. In commemoration with Yoga Day, yoga demonstration competition was also conducted on 20<sup>th</sup> June, 2018. The prizes of both the competitions were distributed by Shri H.P.Sisodiya Sir. Thereafter, a short informative lecture was delivered by Dr. Rakesh Salve, Associate Professor, Dept. of RSBK, Parul Institute of Ayurveda. The vote of thanks for the function was delivered by Dr. Mita Mashru, Professor, Dept. of RSBK, Parul Institute of Ayurveda followed by national anthem.

