

Dr. D. Y. Patil Institute of Technology, Pimpri, Pune-18.

Ek Bharat Shreshtha Bharat Club

Celebration of Sixth International Yoga Day

Date: 21-06-2020

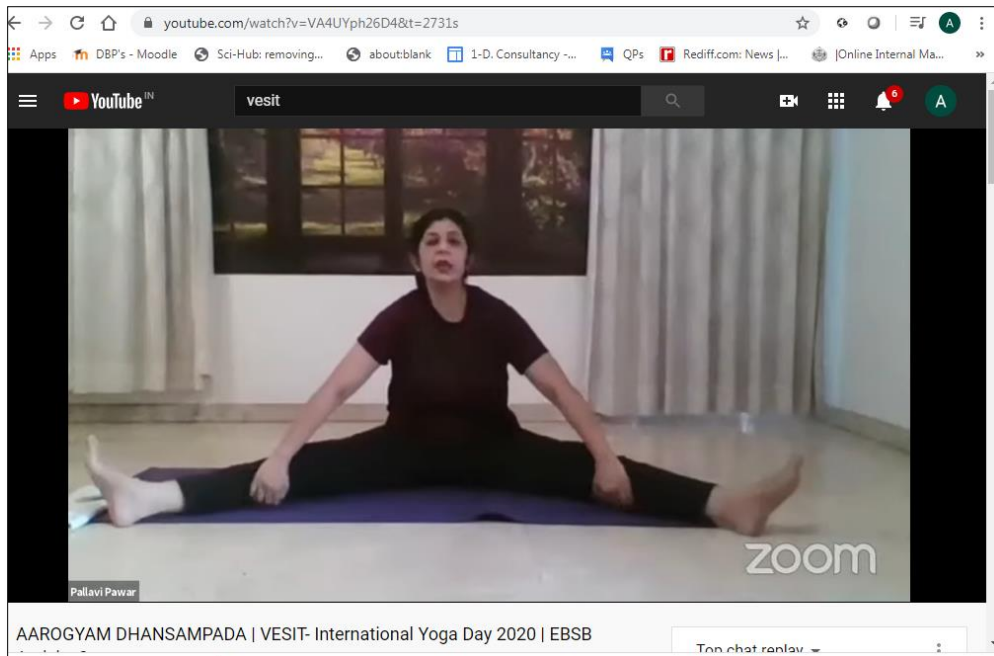
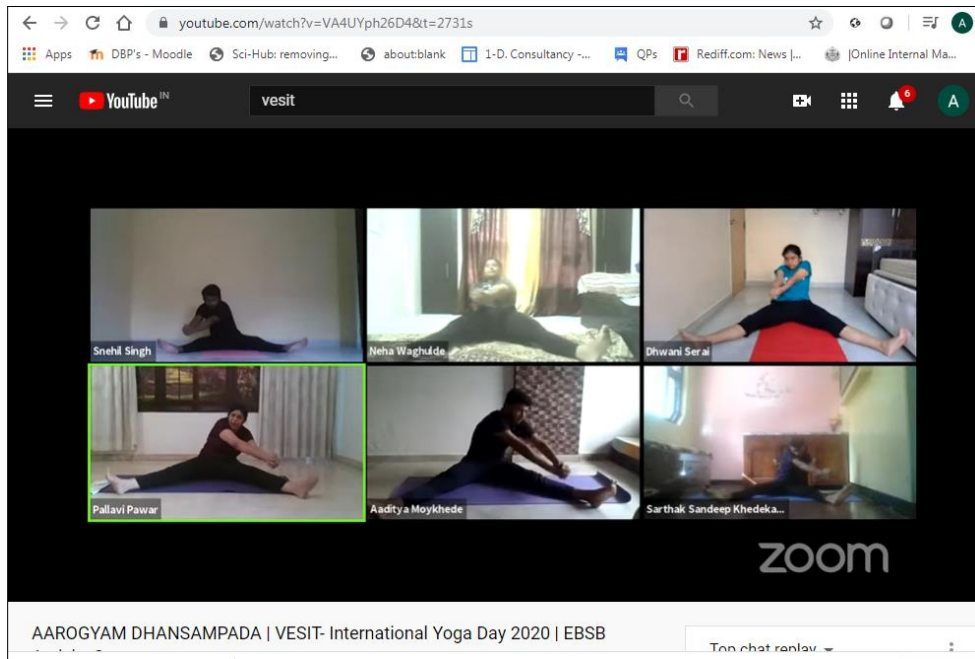
The word 'yoga' is derived from Sanskrit and means 'to join'/to unite'. On *11 December, 2014*, United Nations General Assembly declared to celebrate **International Yoga Day** on 21st June every year by resolution 69/131. Since its inception in the year 2015, June 21st is celebrated as The International Day of Yoga all over the world. This idea was proposed by our Prime Minister, Mr. Narendra Modi. He said, "Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; 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. By changing our lifestyle and creating consciousness, it can help in well being."

The Ek Bharat Shreshtha Bharat Club organized "Sixth International Yoga Day -2020" in association with Vivekananda Education Society's Institute of Technology, Chembur, Mumbai, Maharashtra International Institute of Management, Bhubaneswar, Odisha under Ek Bharat Shreshtha Bharat Campaign of the Ministry of Human Resource Development through All India Council for Technical Education, Delhi. Due to the Pandemic of COVID-19, the event was organized through online media such as Zoom and Youtube.

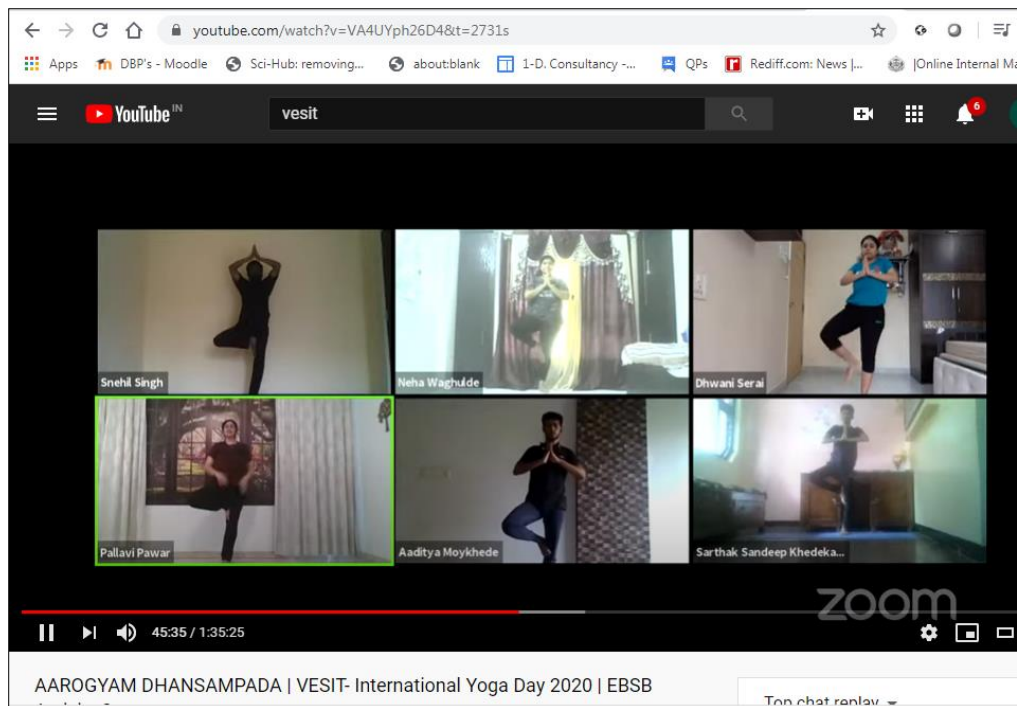
Sixth International Yoga Day was celebrated by the students and teachers at Dr. D. Y. Patil Institute Of technology, Pimpri, pune. with great enthusiasm. Students of collage demonstrated various asanas followed by Omkar chanting. Warm up exercises were taken and all the students performed sitting and standing asanas, importance of these were explained simultaneously. The celebration concluded with synchronized recitation of shlokas and speech by Dr. Pramod D. Patil, Principal, DYPIT. He encouraged students to practice regular yoga to remain fit and improve concentration.

- YOGA Teacher: **ER. MRS. Pallavi Pawar, Mumbai.**
- Participating Students: 1) **Ms. Neha Kishor Waghulde**
2) **Mr. Sarthak Khedekar**
- Student EBSB club coordinator: **Mr. Kunal Patil**
- Faculty Coordinator EBSB: **Dr. atul Ashok Patil**
- Programm Adressed: **Dr. Kishor Kanchan Dhande, HOD Mechanical Engg. Dept.**

Glimpses of the program:



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The youtube link of the recorded event:

<https://www.youtube.com/watch?v=VA4UYph26D4&t=2731s>