

Smt. K. B. Shah (Vadi Vihar) Science College

Faculty of Computer Science, C U Shah University
Near gabensha peer dargha, Surendranagar – Ahmedabad Highway
Wadhwan City – 363 030. Dist. Surendranagar. Gujarat

International Yoga Day Celebration

June 20, 2019; Time: 10:15 onwards

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. 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. It keeps the physician away and helps various parts of the body perform their functions smoothly in proper coordination

International Yoga Day was celebrated by the students and teachers at Smt. K. B. Shah Science College with great enthusiasm. Faculty members and Students of BCA, B.Sc. IT and M.Sc. IT(WT) demonstrated various asanas followed by Omkar chanting. All the students performed sitting and standing different types of pranayama.

Regular practice of yoga will surely help our students achieve a better life, physically, mentally and spiritually as well.

Mr. J. B. Khimsuriya

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