



GUJARAT TECHNOLOGICAL UNIVERSITY

NATIONAL SERVICE SCHEME

A.V. PAREKH TECHNICAL INSTITUTE, RAJKOT(602)

A Report on celebration of international yoga day

NSS Unit Name/College Name: *A.V.PAREKH TECHNICAL INSTITUTE, RAJKOT*

Event NAME: *Celebration of international yoga day*

Event Date : *21/06/2024, Seminar hall, computer dept, AVPTI, Rajkot*

Description of the Event:

On the occasion of International Yoga Day, AVPT Institute organized a yoga session on 21st June 2024 at seminar hall, computer department. International Yoga Day serves as a reminder of the ancient practice's relevance in modern times. It underscores the importance of physical and mental health, unity, and harmony in today's fast-paced world. Each year, International Yoga Day is celebrated with a specific theme that focuses on different aspects of yoga and its benefits. The themes aim to address various global health issues and promote sustainable living.

Photographs of the Event:



