



Report of 9th INTERNATIONAL DAY OF YOGA



**SWAMINARAYAN
UNIVERSITY**

THE RESERVOIR OF ALL KNOWLEDGE

FACULTY OF AYURVEDA

Promoted by: **Shree Swaminarayan Vishvamangal Gurukul**
Ahmedabad-Mehsana highway, At & PO. Saij, Kalol

9th INTERNATIONAL DAY OF YOGA

Yoga is an invaluable ancient Indian practice with numerous benefits to both physical health and mental wellbeing. 9th International Day of Yoga was celebrated by Swaminarayan University in association with NSS Unit with all the constituent colleges and Schools of Shree Swaminarayan Vishwamangal Gurukul , Kalol, on 21/06/2023 with theme “Yoga for Vasudhaiv Kutumbakam”.

As a part of preparation for the main event an intensive training program was organized from 13/06/2023 to 20/06/2023 following the common Yoga protocol guidelines provided by Ministry of AYUSH and participants were trained in Yoga hall. More than 1500 participants including students, teaching faculties and staff of the Swaminarayan University & Schools of Shree Swaminarayan Vishwamangal Gurukul attended the training program.

Morning Yoga practice sessions 13/6/23 – 20/6/23



Activities done as a part of 9th IDY celebration

Yoga Training Session

Yoga Training Session was conducted on 15th June 2023 at Nava Dhanaj Primary School by Dr. Ayana, Assistant Professor, Department of Swasthavritta & Yoga, SSAC for more than 150 students of 4th to 6th standard.



Various competitions were organized as a part of celebration of International Day of Yoga 2023.

Three University level competitions

1. Musical Yoga Competition and
2. Advanced Yoga Asana competition
3. Poster Making Competition

Were organized as a part of IDY 2023 at Swaminarayan University. The constituent colleges of university participated in the competitions.

University level Competitions

Poster Making Competition

Competition was organized on 19th June 2023. There were total 27 entries from different constituent colleges.

The jury of the competition were;

- 1.Dr. Anita Patel, Professor
- 2.Dr. Nitin Raval, Professor
- 3.Dr. Archana, Professor

Winners of the Poster Making competitions

Prize	Winners
1 st	Patel Saurav & Team and Joshi Santosh & Team
2 nd	Panchal Rishabh & Team and Jyoti & Team
3 rd	Krunal Prajapati & Team and Upadhyay Priya & Team



Musical Yoga Competition

Competition was organized on 20th June 2023. The theme of competition was “Relevance of Yoga in Present Era” in sync with instrumental music. 7 groups performed Musical Yoga with their creative ideas of synchronization of various asanas.

The jury of the competition were;

1. Dr. Anita Ratnavat, Professor
2. Dr. Darshana Ramole, Professor
3. Dr. Anjali Lohana, Assistant Professor

Winners of the Musical Yoga competitions

Prize	Winners
1 st	Lalani Vini & team Nandini Patel & team
2 nd	Harsh Chauhan & Team
3 rd	Rajani Janhvi & team

Musical Yoga Competition



Advanced Yoga Asana competition

Competition was organized on 20th June 2023. There were 10 participants for Advanced Yoga Asana competition who performed advanced asanas with well balance and flexibility.

The jury of the competition were;

Dr. Priyadarshini Nambiar
Professor, Faculty of Ayurveda

Dr. Ayana R
Assistant Professor, Faculty of Ayurveda

The winner of the Advanced Yoga Asana competition

Prize	Winners
1 st	Het Chaudhary Ladumor Nayanbhai Abhijeet Rajput
2 nd	Niyati Patel Vishvani Soni Harsh
3 rd	Devraj Kinnari Ganatra Amin Shubham



9th INTERNATIONAL YOGA DAY

21st JUNE 2023

Inaugural Session 7:00 am

The main session was inaugurated by Swami Bhaktavatsaldasji, Honorable Vice President Swaminarayan University, Swami Anupam Dasji, Prof. Dr. M. S. Rao, Honorable I/C ViceChancellor (Provost), Swaminarayan University, Dr Ajit Gangavane, Registrar, Swaminarayan University, Dr. Jaydatt Mehta, Director, SSVG and Dr. Gunjan Shah, COE Swaminarayan University.

Local Administrative officials of Kalol Taluka such as Mamaltdar, Taluka Development Officer, Taluka Panchayat Officer and other staff also participated in the event.

The session started with lamp lighting ceremony by the dignitaries.



Yoga Session 7:30 am

All the constituent Colleges and school under Swaminarayan University performed loosening exercises and Yogasanas according to the given Common Yoga Protocol by Ministry Of AYUSH, India. The session started with loosening exercise, followed by standing, sitting, supine, prone postures and deep relaxation in Savasana. The session continued for 1 hour and was completed at 8.30 am



Musical Yoga Performance 8:30 am

The winners of Musical Yoga Competition performed various yogasanas in a synchronized manner. Total 19 participants performed the musical yogasana.



Prize Distribution 8:45 am

The winners of Poster Making competition, Musical Yoga Competition & Advanced Yoga Competition were awarded certificates. The prize distribution was done by Swami Bhaktavatsaldasji, Honorable Vice President Swaminarayan University, Prof. Dr. M. S. Rao, Hon'ble I/C Vice Chancellor (Provost), Swaminarayan University, Dr. Ajit Gangavane, Registrar, Swaminarayan University, Dr. Gunjan Shah, COE, Dr Jaydatt Mehta, Director, SSVG and Dr. Rohit Gokarn, Dean, Faculty of Ayurveda.



Closing Ceremony 9.00 am

The vote of thanks given by Mr. Jitendra Jani, Asst. Prof., Sanskrit, Faculty of Ayurveda.

Coordinators of International Yoga Day

Dr. Rohit Gokarn

Dean, Faculty of Ayurveda, Swaminarayan University

Dr. Amol Koshti

Associate Professor, Dept. of Swasthavritta and Yoga,

Dr. Ayana R

Assistant Professor, Dept. of Swasthavritta & Yoga

Dr. Shanti Nair

Assistant Professor, Dept. of Agada tantra,

Dr. Hiral Jadav

Assistant Professor, Dept. of Rachana Sharir,

Mr. Jitendra Jani

Assistant Professor, Dept. of Samhita Siddanta and Sanskrit



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