



Activity Report

Nootan Ayurvedic College & Research Center –visnagar

Theme: “yoga for Self and Society”

Date: June 21, 2025

Venue: Sankalchand Patel University Campus

Organized by: Sankalchand Patel University in collaboration with Nootan Ayurveda College

Overview:

On the occasion of the **11th International Yoga Day**, Sankalchand Patel University, in association with Nootan Ayurveda College, organized a grand Yoga session on **June 21, 2025**, at the university campus. The event saw enthusiastic participation from **more than 500 students and staff members**, reflecting the growing awareness and commitment towards holistic health and well-being.

Highlights of the Event:

- The session commenced with a brief introduction to the theme of the day and the significance of Yoga in daily life.
- **Students from Nootan Ayurveda College** captivated the audience with a **beautifully artistic performance** that showcased the cultural essence and healing aspects of Yoga.
- A synchronized and energetic session of **Suryanamaskar (Sun Salutation)** was performed by Ayurveda students, accompanied by **melodious music**, adding a soulful and artistic touch to the practice.
- The Yoga protocol included a variety of **asanas (postures), pranayama (breathing techniques), and meditation**, conducted under the guidance of trained instructors.
- Special emphasis was placed on integrating Ayurveda and Yoga practices for maintaining physical, mental, and spiritual balance.

Participation:

- **Total Participants:** Over 500
- **Participants Included:** University students, faculty members, administrative staff, and Ayurveda college students.

- **Event Photos:**

SANKALCHAND PATEL UNIVERSITY
॥ अमरं ज्ञानं विद्यायाः ॥

Celebration of 11th International YOGA DAY
SANKALCHAND PATEL UNIVERSITY

YOGA AACHARYA

Kalpesh Mistry
Yoga Trainer

CHIEF PATRON

Shri Prakash Patel
President, SPU

PATRON

Prof.(Dr.) P. M. Udani
Provost, SPU

21st JUNE, 2025
6:45 AM Onwards

@ Open Air Theatre
Sankalchand Patel Vidyadham, Visnagar

www.spu.ac.in









Conclusion:

The 11th International Yoga Day celebration at Sankalchand Patel University was a resounding success. It not only promoted the ancient Indian wisdom of Yoga and Ayurveda but also encouraged the community to adopt a healthier and more balanced lifestyle. The enthusiastic participation and vibrant performances made the event memorable and inspiring for all.

Thanks with Regards

Mrs Kinjal A Jadeja

(Assistant Proffesor Swasthvritta &Yoga (NACRC))

Yoga &cultural Preservation co-ordinator(IKS)