

(6)

Yoga Vyayam ane Khelkud Dhara (Yoga and Sports Band)

Activities related to Exercise, Yoga & Sports

1. Saptdhara Yoga Day celebration

It is compulsory for the teachers and students to take part in the activities under this group. All the teachers and students belong to this cluster.

Yoga is the best medium to experience the characteristics of the Sthitapragya or the one who has steadfast intellect as expressed in Indian culture. This cluster aims at imparting upon the students true knowledge of physical education as it is distinctly related with the mental and spiritual processes. The prayer, too, has high significance for our inner development.

The Indian tradition of Yoga is hailed and defined in many scriptures as:

- Yog: Chit Vruti Nirodh
- Yog: Karamasu Kaushalam
- Yog: Samatvam Uchchatey
- Yog: Sarvam Jivnam Aev





Yoga day was celebrated in the College on 21st June 2016 under the banner of Saptdhara Yoga Vyayam ane Khelkud Dhara. Students participated in the program. One hour live yoga class at 7.00 a.m. was held in the College hall/auditorium. Teaching ,non teaching Staff members, Principal and Vice Principal also remained present and participated to encourage the students. A talk show was also organized to make students aware of the benefits of yoga as a lifestyle practice which gives good health and can help prevent and cure many diseases. The huge student response and participation was overwhelming and encouraging. Among students who did the best yoga in the programme were given first, second and third prize rest other all students were given certificate of participation.



Students pledged to include yoga as part of their daily lives. Principal, Vice Principal, all teaching and non teaching staff members, NCC Cadets ,NSS Volunteers and Students participated in the yoga practice and pledged to incorporate yoga in their daily routine.

Principal Dr. Vikas Desai told the importance of yoga in life. Vice Principal Dr. T .G. Gohil told keep fit by doing yoga everyday. Yoga Vyayam ane Khelkud Dhara Convener Prof. M. B. Patel and Dr. A. N. Solankee Saptdhara Coordinator Congratulate all teaching and non teaching staff members, NCC Cadets, NSS Volunteers, students for participating in the yoga day celebration.

Dr. I. N. Patel, Dr. V. A. Champaneri, Dr. Pankaj R. Patel, Dr. S. M. Patel , Dr. B. T. Shah and Somabhai Patel work hard to make the event successful. Under the Supervision and guidance of Principal Dr. Vikas Desai and Vice Principal Dr. T. G. Gohil the Saptdhara Yoga Day was Celebrated.



Dr. Vikas Desai
Principal,
B.K.M. Science College,
Valsad, Gujarat, India.



B. K. M. SCIENCE COLLEGE

Tithal Road, Valsad - 396 001, Gujarat. Phone : (02632) 243049

CERTIFICATE OF HONOUR

Awarded to

Mr. / Mrs. / Miss _____

_____ *Class Roll No.* _____ *of our College participated in*

Poster Competition on Yoga

held at Ballubhai Krishanlal Majmudar

Science College Valsad, Gujarat, in the year 2016-17 and was

awarded _____ *prize.*

Date : 21.6.2016

Dr. T. G. Gohil
Vice Principal



Dr. Vikas A. Desai
Principal





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Dr. T. G. Gohil
Vice Principal

Dr. Vikas A. Desai
Principal

