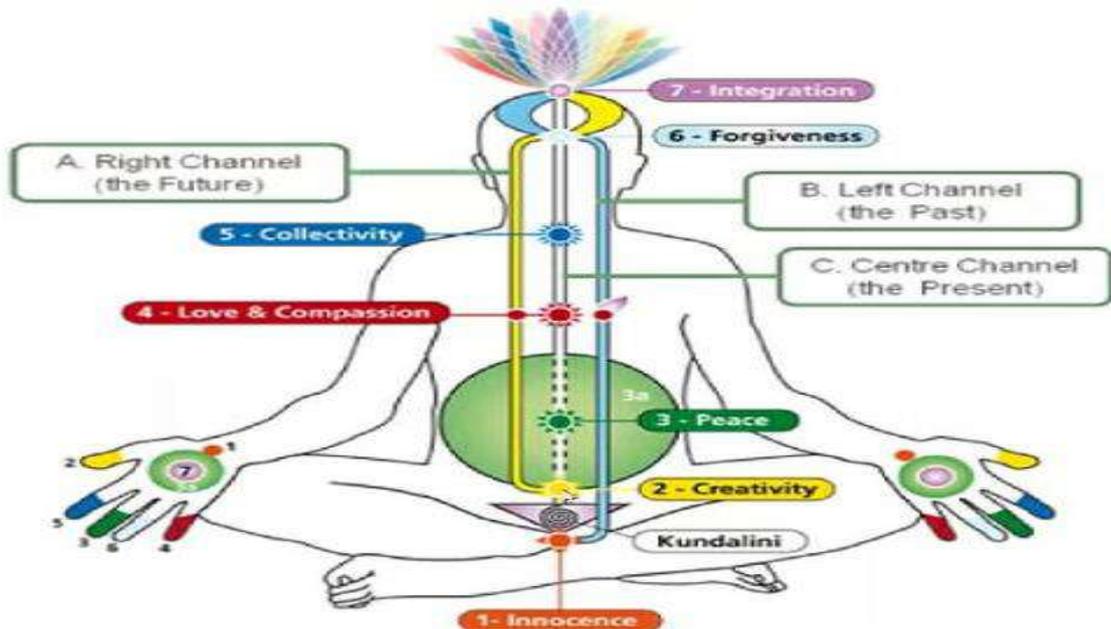


**A REPORT ON  
INTERNATIONAL YOGA DAY CELEBRATION**

AT

**C.K.SHAH VIJAPURWALA INSTITUTE OF MANAGEMENT**



21<sup>st</sup> June is worldwide celebrated as International Yoga Day.

The sixth edition of the International Yoga Day will focus on “YOGA AT HOME” with family members. Prime Minister Narendra Modi, in the run up to the yoga day, launched an event - 'My Life My Yoga' - in his 'Mann ki Baat'. He encouraged people to stay active and fit during the corona virus situation.

Due to the current pandemic situation Government of Gujarat has declared to celebrate Yoga Day Digitally in Gujarat with slogan # Do Yoga Beat Corona”.

In this regards We at CKSVIM family decided to celebrate the same by considering the guidelines of both Central government as well as State government. In lieu of this we organised a Yoga Session on “Sahaj Yoga and Meditation” through WEBEX on 19th June, 2020 (Friday) at 10.00 to 11.00 am at our Conference Room.

All the criteria’s related to fight Covid-19 pandemics were the central focus before starting any activities of the yoga session. The conference hall was fully sanitised in the morning. The body temperature of each and every staff member was observed first and only after that they were allowed to enter the conference hall. The position of staff members was organised in a way to maintain social distance properly.

An online session on “Sahaj Yoga and Meditation” was conducted by Ms. Ritika Kalra through Webex. The coordinator of the session was Mr. Harshit Bhatia.

### **About Sahaj Yoga:**

Sahaja Yoga was founded in the year 1970, by H. H Shri Mataji Nirmala Devi, when She discovered the process of giving en-masse Realization. Sahaja Yoga is a unique method of meditation based on the experience of the awakening of one's inner power by the process called as “Self Realization”.

### **Schedule and Duration**

The session was between 50 minutes to one hours through PPT, comprises of

1. Welcome : 05 minutes
2. Brief Introduction to Sahaja Yoga : 15 minutes
3. Guided Meditation : 30 minutes
4. Q&A : 05 minutes

## Benefits of Sahaja yoga

1. Stress relief & peace of mind
2. Self motivated & Improved concentration
3. Positive attitude and a team player
4. Innovative & Cultivation of different art forms
5. Mental, physical balance
6. Overall personality development

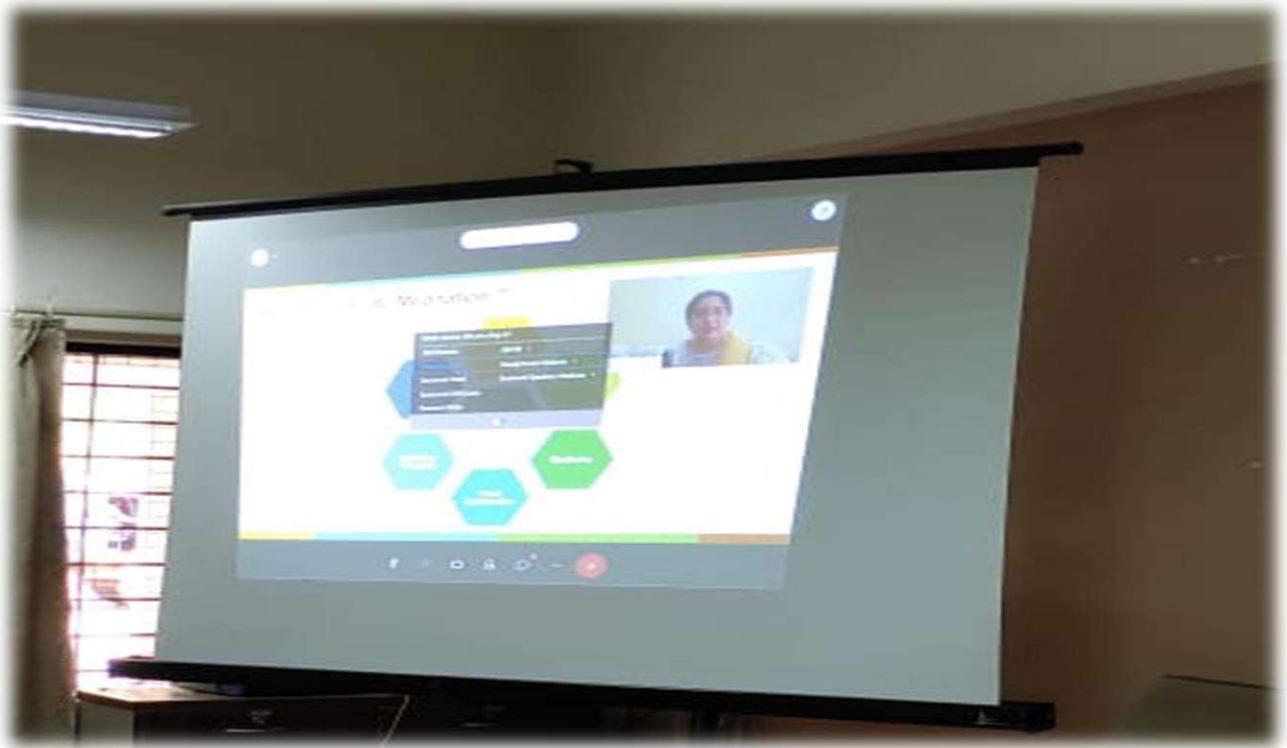
All the faculty members and staff members of the college along with Dr. Kerav Pandya, I/C Director of the Institute participated enthusiastically in the session and also experienced an awakening of one's inner power by the process called as "Self Realization" which was the ultimate motto of the session.

## Glimpse of the Session:

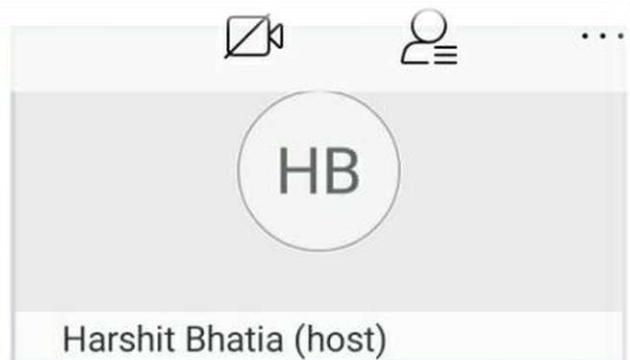








Kerav Pandya



Harshit Bhatia (host)



Ritika Kalra



Dhara Joshi

ing: Kerav Pandya, Ritika Kalra

In conclusion, Sahaj Yoga leads us towards the motto that “You are your own boss”. We can easily link up this with currently prevailing movement of “Atamnirbhar Bharat”. We at CKSVIM believe in Self dependence in every aspect of life.

Prepared by: Dr. Meghna Shah (Assistant Professor)