



Gyanmanjari
Innovative University



Gyanmanjari Innovative University Bhavnagar

Report on

International Yoga Day

Organized by Gyanmanjari Innovative
University

Date: 21/06/2025
Time: 07:00 AM to 08:00 AM
Venue : GMIU – Campus (OTS Area)

No. of Staff & Student	35
Department	All
Faculty Co-Ordinator	Prof. Pradip Prajapati

Objective

At **Gyanmanjari Innovative University**, we aim to foster holistic development through the integration of physical, mental, and spiritual well-being. As part of our ongoing commitment to social responsibility and active NSS participation, “**International Yoga Day**” is celebrated as a significant event in our annual calendar of activities.

▪ **The main objectives of this celebration:**

- To promote physical and mental well-being among students, faculty, and staff through the practice of yoga as a science of healthy living.
- To raise awareness about the importance and benefits of yoga in achieving harmony between body and mind.
- To inculcate discipline and a healthy lifestyle among youth, encouraging stress-free and balanced academic and personal lives.
- To integrate yoga as a part of our social outreach, aligning with NSS goals of community welfare, service, and inclusive health practices.
- To honor India’s cultural and spiritual heritage by celebrating yoga as a gift to the global community, as recognized by the United Nations.
- To encourage regular practice of yoga among the university community as a preventive healthcare measure.

This activity is an extension of our broader vision to instill value-based education and promote social, emotional, and physical well-being through innovative and community-centered practices.

About Activities:

Date: 21st June 2025

Time: 07:00 AM to 08:00 AM

Venue: GMIU Campus (OTS Area)

Gyanmanjari Innovative University successfully celebrated **International Yoga Day** on 21st June 2025 with great **enthusiasm**. The event aimed to promote physical, mental, and spiritual well-being through the practice of yoga, as part of the university's commitment to NSS and social responsibility.

The event was graced by the presence of **Dr. H. M. Nimbark, Provost and CEO** of Gyanmanjari Innovative University, who actively participated in the yoga session, encouraging the university community to adopt a healthy and balanced lifestyle.

The program was coordinated by Prof. Pradip Prajapati, NSS Program Officer, who played a key role in organizing and executing the event. Director of Social and NSS Activities, Dr. Viram Parmar, contributed significantly to the success of the program. Through his constant awareness and passion to make all his activities a success, the activity was a great success and he delivered the closing speech, thanking all the participants and supporters.

Ms. Tulsi Mehta, the yoga instructor, led the session by demonstrating various yoga postures and breathing exercises. Three student volunteers from the B.A. program supported the program by doing yoga with a yoga teacher.

The event also saw active participation of the university directors, including: Mr. Amit Maru, Academic Director, Mr. Anis Vora, TPA Cell Director, Mr. Vinodaray Ujjeniya, Director of Examinations, Heads of Departments and Faculty Members. At the end of the session, all staff and students gathered for a group photo, capturing the spirit of unity and wellness that the event promoted.

This celebration stood as a successful example of GMIU's dedication to holistic development, aligning with national efforts to promote yoga as a global health practice.

Photographs





