

G.L. Bajaj Institute of Technology and Management Greater Noida

Date: 24th June 2022

To,

Hon'ble Vice Chancellor

Dr. A.P.J. Abdul Kalam Technical University, Uttar Pradesh, Lucknow

Through: Director – GL Bajaj ITM Greater Noida

Subject: Celebration of International Yoga Day dated 21st June 2022

Dear Sir,

With reference to AKTU Letter Ref. No. AKTU/VC/2022/12421 dated 03 June 2022, Value Education Cell - GL Bajaj Institute of Technology and Management Greater Noida has celebrated International Yoga Day dated 21st June 2022, where following activities has been conducted.

Date	Time	Event	Place of Event
21.06.2022	08:00AM – 08:30AM	A Seminar on Naturopathy and Life Juggling	Open Ground, GLBITM
21.06.2022	08:30AM – 09:30AM	A set of specific exercises to enhance the immunity of the body	Open Ground, GLBITM

Number of faculty members, staff and students have participated and benefited by the same. It was a very interactive and learning sessions. During sessions, it was seen and realized that participants were trying to transform themselves and will spare at-least 30 minutes per day for yoga and meditation so that they can live healthy life.

Few snaps of the event are attached in the next page for your kind reference please.

Thanking you.

Regards

Dr. Jay Singh (Prof. Dept. of EEE)

Yoga Practitioner

Value Education Cell

GL Bajaj Institute of Technology and Management Greater Noida

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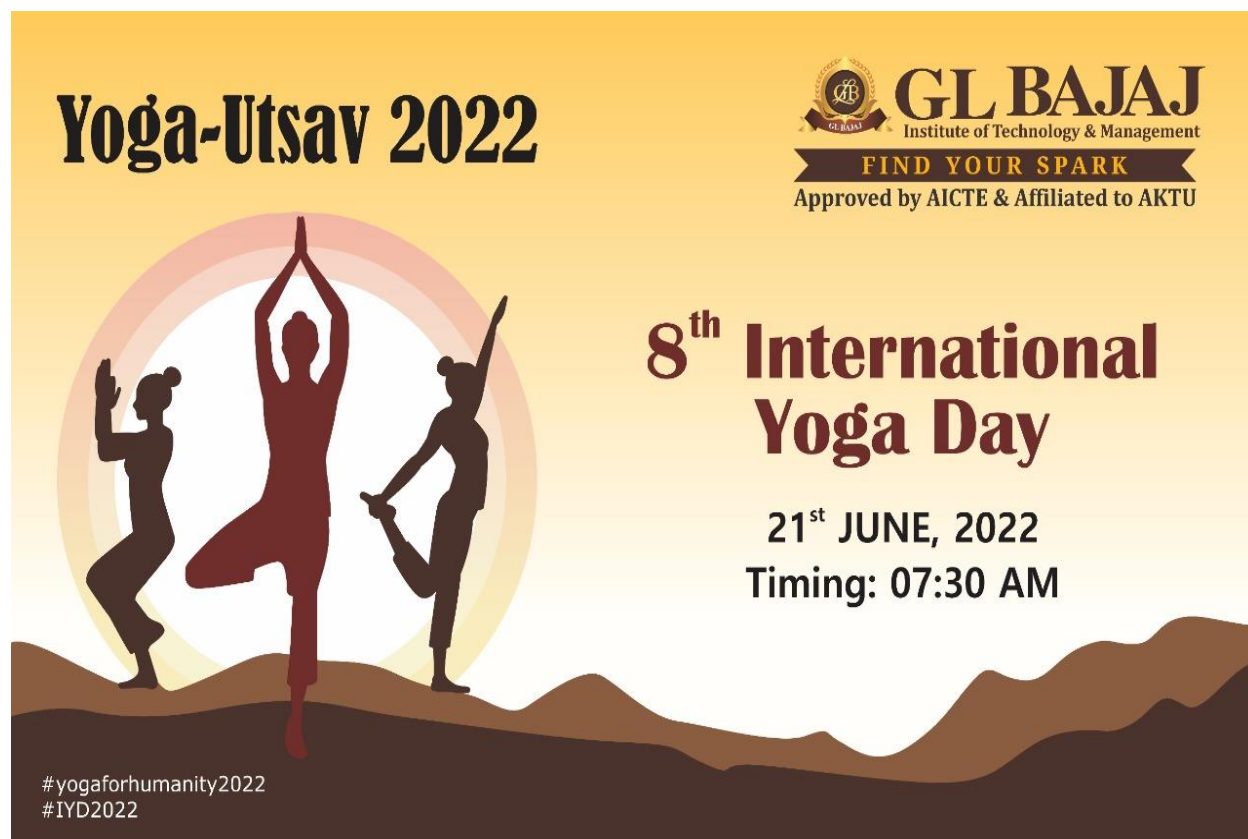


Celebration of International Yoga Day dated 21st June 2022, Open Ground GL Bajaj ITM Gr. Noida

Celebration of International Day of Yoga

on 21st June 2022 organized by Value Education Cell, GLBITM

Since its inception in the year 2015, June 21st is celebrated as The International Day of Yoga all over the world. This idea was proposed by our Prime Minister, Mr. Narendra Modi. He said, "Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help in well-being."



Yoga-Utsav 2022

GL BAJAJ
Institute of Technology & Management
FIND YOUR SPARK
Approved by AICTE & Affiliated to AKTU

**8th International
Yoga Day**

21st JUNE, 2022
Timing: 07:30 AM

#yogaforhumanity2022
#IYD2022

International Yoga Day is observed every year on June 21 to raise awareness about this ancient practice and to celebrate the physical and spiritual prowess that yoga has brought to the world. Yoga is a physical, mental and spiritual practice. It plays an important role in relaxing the mind and body and boosting people's immune system. Yoga encourages people to remain active and have a balanced state of mind. We at G L Bajaj Institute of Management & Technology, Greater Noida celebrated International Yoga Day on 21 June 2022 with great enthusiasm. A special guidance on the theme 'HEALTH AND FITNESS' was conducted for the faculty, staff & students of GLBITM, wherein the 'INTERNATIONAL YOGA DAY' was celebrated zestfully.



Mr Sunil Kumar, Yoga instructor Kartikey Vidhya Kendra & Mr Ravi Balodi, yoga expert from Ishan Ayurvedic Medical College and Research Center Gr Noida invited as special guest. They demonstrated Surya namaskars and various asanas & discussed the importance of yoga and exhibited yoga postures. Warm up exercises were taken and all the participants performed sitting and standing asanas, importance of these were explained simultaneously



They later presented beautifully designed posters depicting the benefits of yoga and promised to introduce this activity in their daily lives. Pranayama and different asanas were

also practiced during the session. Participants also made videos and posters on different aspects of yoga. Value education Cell, GLBITM organized a special workshop for the Head of departments to promote yoga in their daily life.



The celebration concluded with the speech by Dr Satendra Sharma Head Electronics & Communication Engineering. He encouraged all participants to practice regular yoga to remain fit and improve concentration.



Regular practice of yoga will surely help our faculty/staff/students to achieve a better life, physically, mentally and spiritually as well. The convener of the event were Dr Jay Singh (EEE) & Dr Neha Tyagi (IT).