



# Gandhinagar Institute of Technology

A Report on

“Yoga: History and Importance”

30<sup>th</sup> April 2022

## **Event Overview:**

A seminar on "Yoga: History and Importance" was organized on 30<sup>th</sup> April 2022 at Gandhinagar Institute of Technology by GIT Yoga Team in association with Sahaja Yoga Organization. The session was organized for all students and staff members with the grace of GIT management and Dr H N Shah, Director. The seminar was organized to motivate and educate the participants about the History and importance of Yoga and meditation; and perform various Yoga activities.

## **Objective:**

The main objective of the Yoga seminar is to understand the history and importance of YOGA. The purpose of human being is not fulfilled until we get connected with the purpose of supreme power. So, to understand the objective of supreme power various examples and process is needed. Today's youth have extra ordinary potentials in all the manners and they are the futures, but if they don't utilize it in proper manner, it will destroy the society and ultimately the Earth. Students and Faculty members had understood the basic goal of life and learnt how Meditation will helps to reduce the stress in this fast growing life.

## **Activities during the event:**

The event began with welcoming Director, heads of all departments, all faculties, staff, and students' participants at 9:10 AM. More than 60 students, faculties and staff members have participated in the event. Prof. Amit Patel welcomed a guest speaker Mr. Jasmin Panchal from the Sahaj Yoga organization. Mr Jasmin Panchal has started his speech by sharing his own experience with the importance of Mediation. He nicely discussed the changes in hormones occurred internally in every happy and worst situation of life using Nadi vidhya. The outlook towards self and others must be changed from Utility to selfless work. Mediation is the most important parameters for the betterment of life. Experience of meditation with simple exercise was performed by him as well as by all the participants. Questions of participants have been answered by Mr. Jasmin Panchal after the meditation exercise. He also explained the importance of such an event to develop a good virtue in one's life. All the participants have enjoyed their own experience of meditation. Mr. Prakash Amin has motivated students to start such type of activities in their young age at the end of event.

Thanks to Mr Jasmin Panchal and other member of Sahaj Yoga organization for their expert session on “Yoga: History and Importance”. It was the dedication and enthusiasm of the coordinators' Prof. Amit Patel and Prof. Manthan Upadhyay who successfully completed the whole event under the support and guidance of Dr. H N Shah and the Management.

**Outcomes of the event:**

The Yoga seminar motivated the faculties and students to enhance their mental strength by positive outlook and practicing of Meditation.

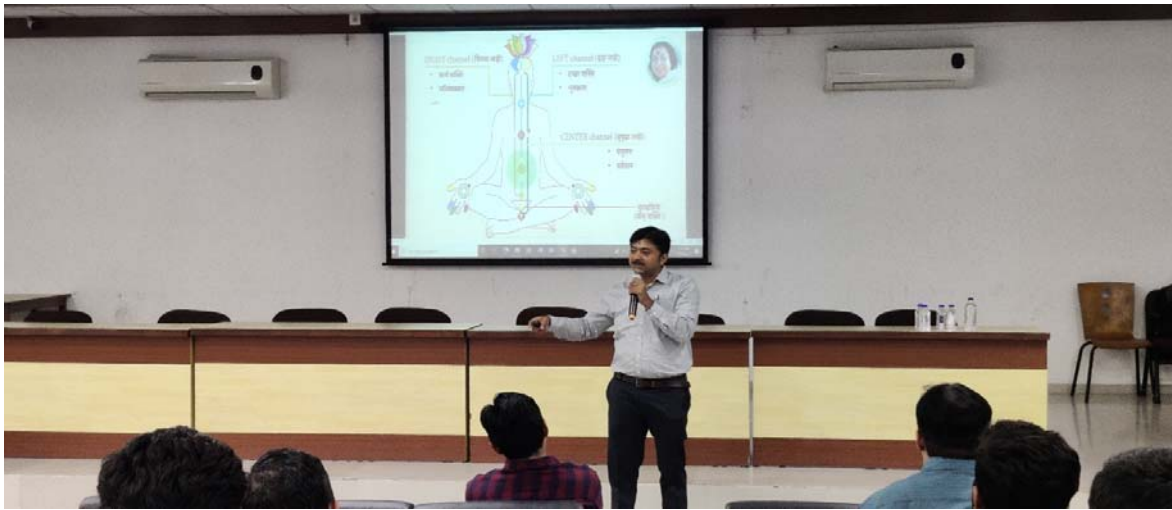
**Event Photo Gallery:**



Welcome & introductory speech by Prof. Amit Patel, Assistant Professor, Mechanical Engg Dept



Expert talk by Mr. Jasmin Panchal on importance of Yoga and Meditation



Expert explaining about Kundalini chakra



Experience of Meditation exercises by participants



Meditation performance by all participants



Participants listening expert about importance of Yoga



Participants enjoying a feeling of internal energy after the meditation process



Group Photo of Session