





Shri V. M. Mehta Institute of Ayurved

Smt. T. V. Mehta Charitable Foundation

Date: 23/06/2025

International Yoga Day Celebration – 2025

International Yoga Day was celebrated with great enthusiasm on 21st June 2025 at the open ground of Gardi Vidyapith campus, organized by Shri V M Mehta Institute of Ayurved. The event, held from 7:30 am to 9:30 am, aimed to raise awareness about the benefits of yoga and promote a healthy lifestyle.

The celebration began with an introduction and welcome by Ms. Vandana Saini, certified yoga instructor, who then conducted a yoga session including prayer, basic asanas as per the Common Yoga Protocol, pranayama, and relaxation techniques. The session saw active participation from trustees, principals, faculty, staff, and students of all institutes of Gardi Vidyapith, dressed in white T-shirts and black bottoms.

Highlights included group and solo Nritya Yoga performances and poem recitation by students. The program concluded with a vote of thanks by Dr. Vidyadhar Balikai, HOD, Department of Swasthavritta & Yoga, and the playing of the Yoga Geet by the Ministry of Ayush.

Additionally, a Yoga exhibition was organized by the Department of Swasthavritta evum Yoga at D building from 11:00 am to 2:00 pm, showcasing educational charts and models related to yoga. The event was a grand success, fostering mindfulness, unity, and a commitment to holistic well-being.



[Handwritten Signature]
Principal

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SHRI V.M. MEHTA INSTITUTE OF AYURVEDA
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