



Shri V. M. Mehta Institute of Ayurved

Smt. T.V. Mehta Charitable Foundation

Date: 23-06-2026

12th INTERNATIONAL YOGA DAY CELEBRATION - 2026

❖ Introduction :

The 12th International Day of Yoga was celebrated on 21st June 2026 (Sunday) at Shri V. M. Mehta Institute of Ayurveda, organized by the Department of Swasthavritta & Yoga. The programme aimed to promote awareness regarding the physical, mental, emotional and spiritual benefits of Yoga and encourage its integration into daily life in accordance with Ayurveda.

❖ Programme Report

The programme commenced with a welcome address by Dr. Vidyadhar Balikai, Head, Department of Swasthavritta & Yoga, who highlighted the importance of Yoga in preventive and promotive healthcare. A Yoga Demonstration was conducted by Ms. Vandana Saini, Yoga Instructor, along with trained students, showcasing Yogasanas, Pranayama and relaxation techniques. The students also presented an attractive Yoga Dance combining artistic expression with yogic movements.

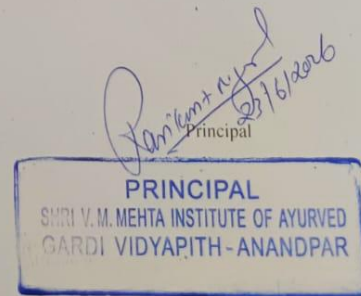
The Chief Guest, Shri Sanjay Jivrajani, was felicitated by Principal Dr. Ravikant Goyal. Subsequently, Shri Sanjay Jivrajani felicitated Dr. Ravikant Goyal, Shri Jay Mehta and Shri D. V. Mehta for their valuable contribution and support towards the promotion of Ayurveda and Yoga. A collective Yoga Sankalp (Yoga Pledge) was administered, encouraging regular Yoga practice and awareness among participants. The programme concluded with a Vote of Thanks by Dr. Ruddri Raval, followed by the National Song "Vande Mataram."

❖ Programme Highlights

- Welcome Address — Dr. Vidyadhar Balikai
- Yoga Demonstration — Ms. Vandana Saini & Students
- Yoga Dance — Students of the Institute
- Felicitation — Chief Guest and Dignitaries
- Yoga Sankalp — Collective Yoga Pledge
- Vote of Thanks — Dr. Ruddri Raval
- National Song — Vande Mataram

❖ Conclusion

The celebration was conducted successfully with enthusiastic participation from students, faculty members and guests. The programme effectively conveyed the importance of incorporating Yoga into daily life for holistic health, harmony and well-being, reflecting the institution's commitment to promoting Ayurveda and Yoga in society.



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