

GOVERNMENT OF GUJARAT

LUKHDHIRJI ENGINEERING COLLEGE, MORBI - 363 642

(Approved by AICTE & Affiliated to Gujarat Technological University)

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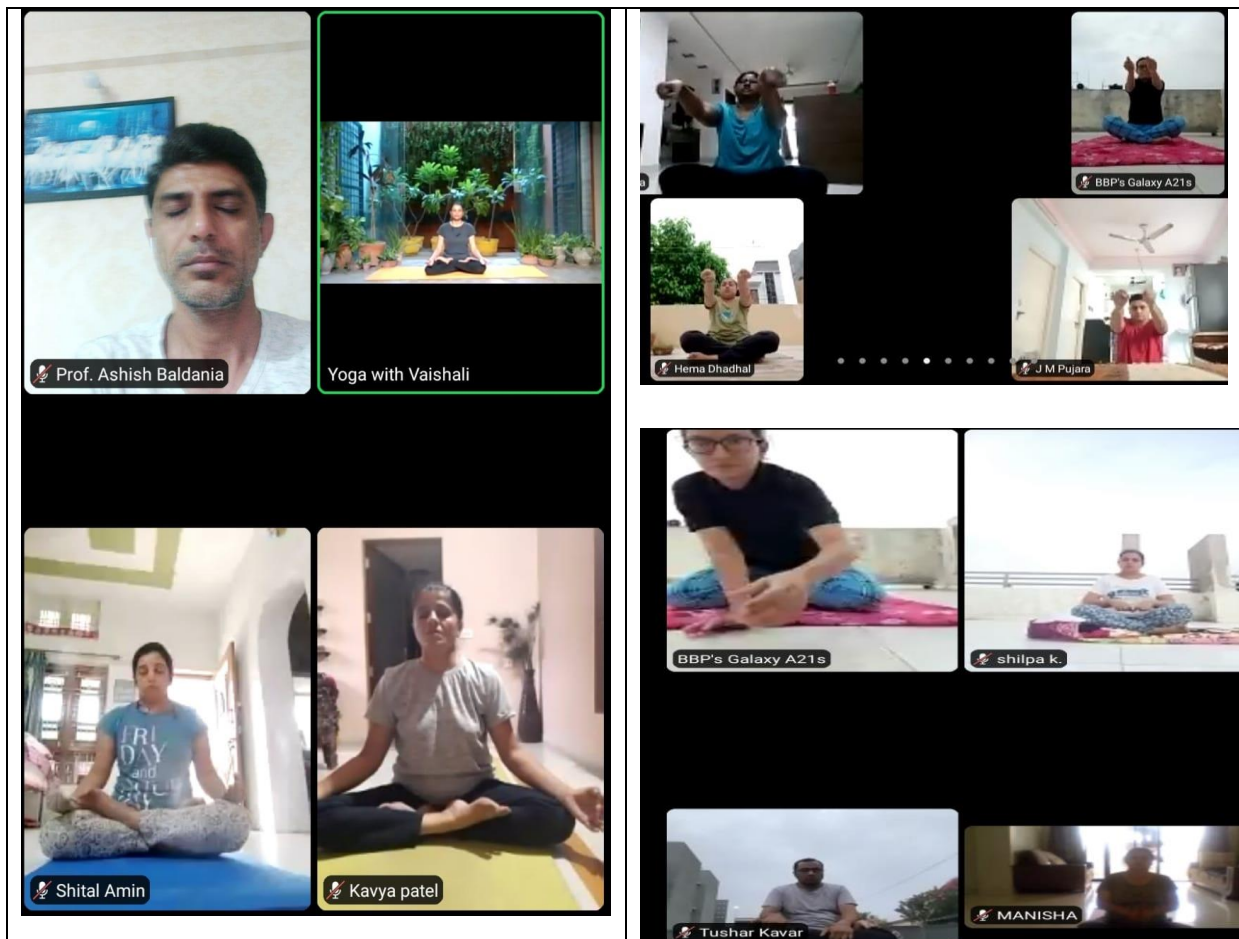
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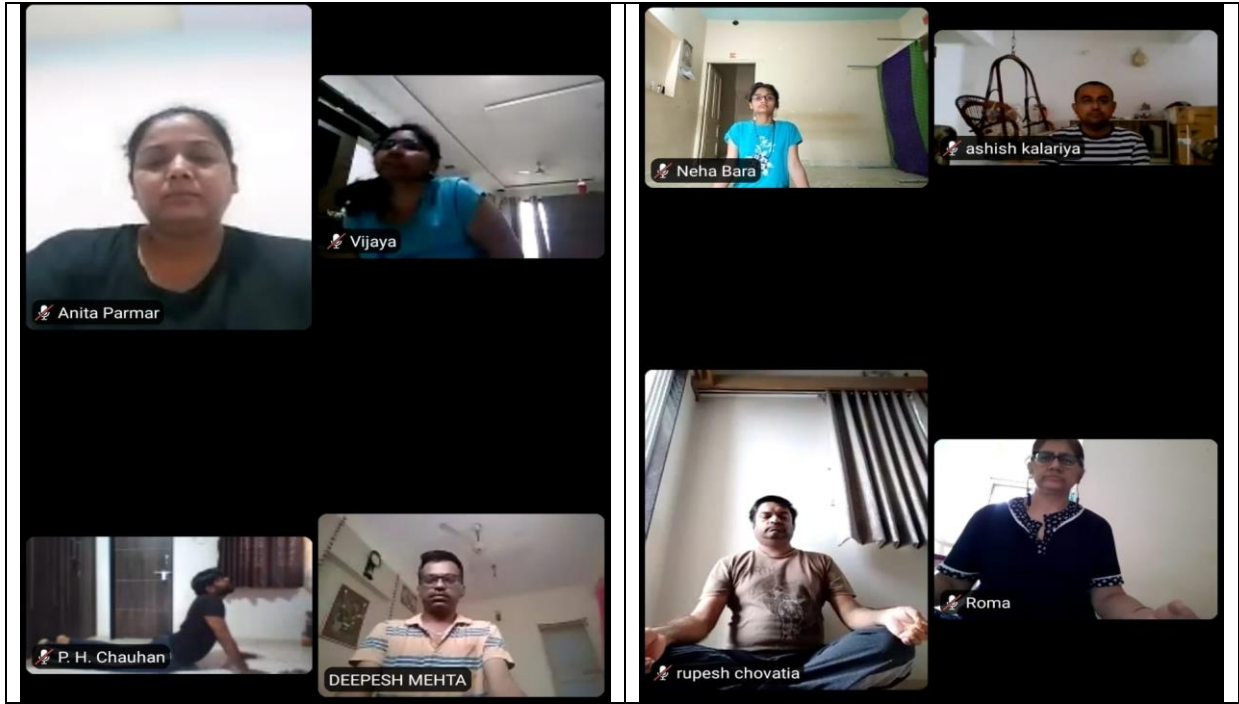
Date: 19-06-2021

Online Yoga Session, LEC, Morbi

Wealth has value only when health is being valued. With a positive view to promote initiative by *AAYUSH Mantralay*, supported by GTU Sport section to celebrate International Yoga Day at Lukhdhirji Engineering College, Morbi has organised three days online Yoga sessions during 19th to 21st June, 2021. College invited Ms. Vaishali Shah, Certified coach from Ahmedabad for all three days.

It seemed really full of enthusiasm when more than 45 participants practiced all Asana and Pranayama at home attending online and giving a big start to the day. The sessions were started with prayer following warm up exercise and then different breathing technique to increase lungs capacity and immunity. Of course, different Pranayama also were practiced to add in mental health. The session ended with sound meditation and Omkar chanting. Here are some glimpses.





Kindly send us consent for the same.

Thank You.