

Neotech Campus – Event report

Name of Institute: Neotech institute of technology(NIT)

NC/ NIT/Event report/2024-25/007

Date: 21st June 2025



1. Title of the Event:

Yog Shibir

2. Organized by:

Neotech institute of Technology (NIT)

3. Date & Venue:

21st June 2025, Sports Room, Neotech Campus

4. Objective:

To observe *International Yoga Day* and promote a culture of health and mindfulness among students and staff through the practice of yoga, as guided by the directives of Gujarat Technological University (GTU).

5. Resource Person(s):

Dr. Nisarg Vaghela (Assistant Professor)

Dr. Sagar Rathod (Assistant Professor)

6. Number of Participants:

Number of Student	30
Number of Faculty	31
Number of external participants (if any)	NA

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7. Program Schedule:

Time	Session Details	Expert
10:00 AM – 11:00 PM	Asanas Practice	Dr. Nisarg Vaghela (Assistant Professor) Dr. Sagar Rathod (Assistant Professor)

8. Key Highlights:

- Celebration of International Yoga Day with active participation from students and faculty.
- Guided yoga session led by Experts, covering asanas, pranayama, and meditation.
- Emphasis on promoting mental wellness, physical fitness, and stress relief through yoga.

9. Outcomes of the Event:

- Enhanced awareness of the importance of yoga for physical and mental well-being.
- Encouraged students and faculty to incorporate yoga into their daily routines.
- Successfully aligned with GTU's initiative to promote holistic health and wellness on campus.

10. Feedback Summary:

- Participants found the session engaging, calming, and well-structured.
- Students appreciated learning simple yoga practices for daily use.
- Faculty members acknowledged the effectiveness of the session in promoting focus and relaxation.
- Overall feedback highlighted the relevance of such wellness activities in academic settings.

11. Conclusion & Acknowledgment:

The Yog Shibir on 21st June 2025 was successfully conducted with enthusiastic participation, fostering awareness of health and well-being. Sincere thanks to all contributors and participants for making the event meaningful and impactful.

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12. Supporting Documents:



Submitted by:

Name: Dr. Pranav Bhangaonkar

Principal, NIT

Prepared by:

Name: Himadri Nanda

Lecturer, NFDE

Date: 30th June 2025