



SARDAR VALLABHBHAI NATIONAL INSTITUTE OF TECHNOLOGY SURAT

International Yoga Day 2017



ACTION PLAN REPORT

Sardar Vallabhbhai National Institute of Technology, Surat (Gujarat) takes the pride in celebrating World Yoga Day on **21st June, 2017** in our campus. On line registration for the participation will be available on the institute website. No **“REGISTRATION FEE”** for all the participants of our institute and nearby academic institute. Around 500 participants are expected in this event and a committee is constituted for the smooth conduction of the programme. Event objectives and tentative schedule are given below:

Objectives

- To celebrate world yoga day
- How yoga mediation helps to excel both academically and professionally.
- How to live healthy and happy life.

Tentative schedule

Event	Time	Yoga trainer/Speaker	Venue
<ul style="list-style-type: none"> ▪ Yoga & Meditation 	06.00 to 07.45	Yoga Trainer Dr.Shivani Billimoria Mr. Laukesh Chaudhari (Art of living)	Institute Lawn, opp. Administrative building
Tea break : 07.45 to 08.00			
Lecture – 1 <ul style="list-style-type: none"> ▪ “Ritucharya” ▪ “How our food effects on physical & metal health” 	08.00 to 08.45	Speaker Dr. Deepa Kaushik (Art of living)	604, New CRC Seminar Hall
Lecture – 2 <ul style="list-style-type: none"> ▪ “Importance of yoga & meditation as holistic approach in education” 	08.45 to 9.30	Speaker Dr.Shivani Billimoria Mr. Laukesh Chaudhari (Art of living)	
Break : 9.30 to 9.45			
Health competition	9.45 to 10.45	Co-ordinator Dr.Rupa Mehta Head, COEd, SVNIT	Staff club
Certificates/Award distribution	10.45 to 11.45		