

Celebration of 10th International Yoga Day in State Model Government Ayurveda College

State Model Government Ayurveda College, Kolavada, Gandhinagar along with Government Akhandananda Ayurveda College (GAAC) celebrated the auspicious occasion of Tenth International Yoga Day on 21 June, 2024 with high enthusiasm and spirits. On this occasion, Hon'ble Director Vaidya Jayesh Parmar, AYUSH Department, Gujarat, Joint Secretary Shri N.H. Gadhvi, Science and Technology Department, was present as Chief Guest. Principal of State Model Government Ayurveda College, Vaidya Sweety Ruparel, Deputy Superintendent of State Model Ayurveda Hospital, Vaidya Rakesh Bhatt and Principal in charge of GAAC Vaidya Professor Mayank Maniyar were also present in this wonderful gathering. All teaching, non-teaching staff of both colleges, medical officers & workers of hospital and students of the institutes gathered in a large crowd and enthusiastically celebrated International Yoga Day.

As a part of celebration of International Yoga Day, State Model Ayurveda College and Attached Hospital organized Yoga camp related to some specific lifestyle disorders from 14/06/2024 to 20/06/2024 and various competitions like Rangoli making, Poster making, Essay writing competition were enthusiastically organized for the students under supervision of NSS unit.

Around 750 people gathered at the institute and performed Yoga and Pranayama according to Common Yoga Protocol. Hon'ble Director of AYUSH department made a special presence and boosted the morale of the students and employees of the institute. He delivered an enthusiastic and inspirational lecture regarding the importance of World Yoga Day and appreciated both colleges for their dedicated activities conducted during Yoga Day. He also gave some important suggestions to take yoga to every corner of the world and from home to home. A mesmerizing performance of Yoga dance was conducted by SMIAS students followed by another performance of dramatic skit filled with fun and facts, expressing the importance of Yoga for self and society.

On behalf of the State Model Ayurveda College, Eco friendly cloth bags were gifted to honourable dignitaries present in the program and was also distributed to all the staff of college. A good message for getting rid of harmful plastic bags and promoting ecofriendly products was well conveyed through this noble act. For spreading the awareness of exercise in daily life as per Ayurvedic texts, skipping rope was distributed to students of SMIAS. A digital library related to Yoga was also released by the Swasthavritta Department of Govt Akhandanand Ayurveda Mahavidyalaya.

The program was followed by a lip smacking and nutritious breakfast. After the completion of the program, a public awareness rally was organized to Kolavada village, in which all the officers and students of both the institutes participated enthusiastically.

Finally, the celebration of International Yoga Day was concluded with National Anthem.





