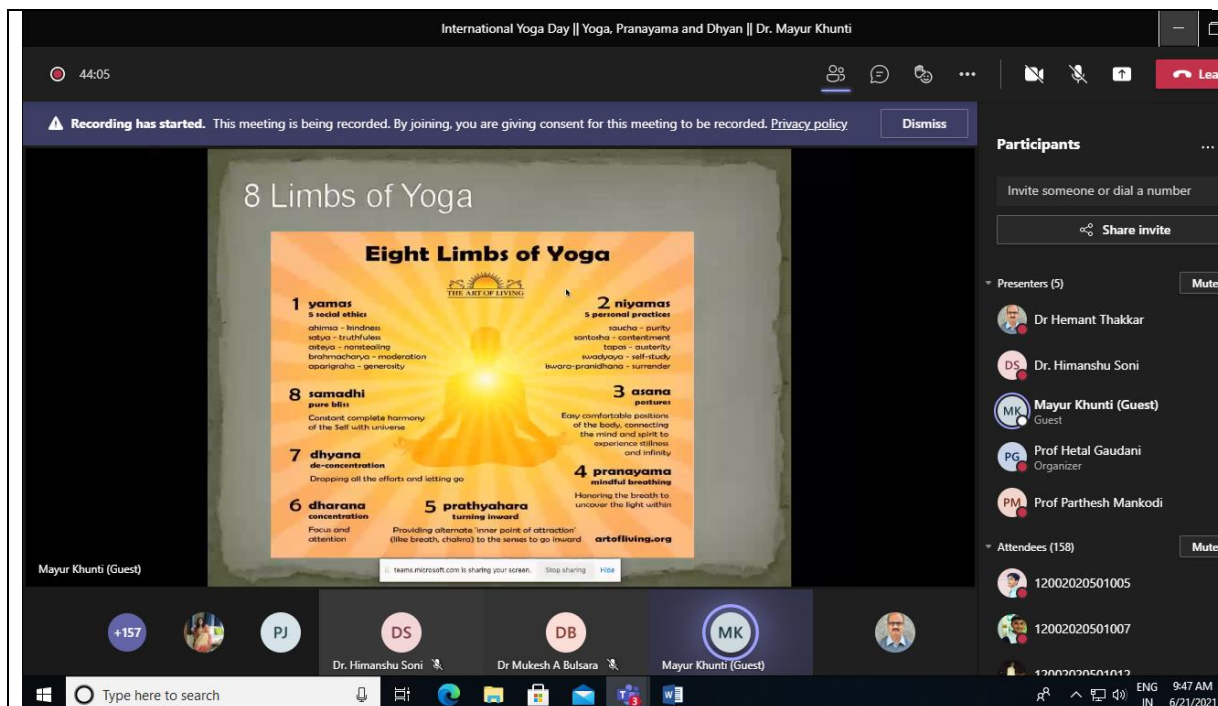


21<sup>st</sup> June, 2021

## International Yoga Day Celebration

- International Yoga Day celebrated by virtual – online mode with theme “Yoga, Pranayama and Dhyana” on 21<sup>st</sup> June during 9.30 to 10.20 am.
- Dr. Mayur Kunthi delivered a wonderful session about basic concepts and benefits of Yoga.
- Dr. Mayur Kunthi also conducted practical session of warmup exercise, breathing exercise and Dhyana in virtual mode only.
- Dr. Himanshu Soni (Principal) advised faculties and students for bringing Yoga in daily life.
- More than 200 participants (faculties and students) joined in online mode in this program by MS Teams platform and YouTube channel.



International Yoga Day || Yoga, Pranayama and Dhyana || Dr. Mayur Khunti

44:05

Recording has started. This meeting is being recorded. By joining, you are giving consent for this meeting to be recorded. [Privacy policy](#) Dismiss

### 8 Limbs of Yoga

#### Eight Limbs of Yoga

<b>1 yamas</b> 5 social ethics ahimsa - kindness satya - truthfulness asteya - nonstealing brahmacharya - moderation aparigraha - generosity	<b>2 niyamas</b> 5 personal practices saucha - purity santosha - contentment tapas - austerity svadhyaya - self-study isvara-pranidhana - surrender
<b>8 samadhi</b> pure bliss Constant complete harmony of the Self with universe	<b>3 asana</b> postures Easy comfortable positions of the body, connecting the mind and spirit to experience stillness and serenity
<b>7 dhyana</b> de-concentration Dropping all the efforts and letting go	<b>4 pranayama</b> mindful breathing Honoring the breath to uncover the light within
<b>6 dharana</b> concentration Focus and attention	<b>5 pratyahara</b> turning inward Providing alternate 'inner point of attraction' (like breath, chakra) to the senses to go inward

Mayur Khunti (Guest)

Participants

Invite someone or dial a number

Share invite

Presenters (5)

- Dr Hemant Thakkar
- Dr. Himanshu Soni
- Mayur Khunti (Guest) Guest
- Prof Hetal Gaudani Organizer
- Prof Parthesh Mankodi

Attendees (158)

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Dr. Himanshu Soni

Dr. Mukesh A Bulsara

Mayur Khunti (Guest)

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ENG 9:47 AM IN 6/21/2021

**Dr. Hemant Thakkar**  
NSS Program Officer, GCET

**Dr. Himanshu Soni**  
Principal, GCET