



GOVERNMENT POLYTECHNIC, AHMEDABAD

COMPUTER ENGINEERING DEPARTMENT

Webinar on “Ashtang Yoga and Hath Yoga”

Resource Person:	Shri Dilip Dholakia Dilip Dholakiya's Yoga Academy ,Ahmedabad
Date :	21 st June 2020
Venue / Platform :	Youtube Live Link: bit.ly/gpacomp-yoga-webinar
No. of Participants:	500+ Live users / 1000+ views
Event Coordinator:	Prof. H.J.Baldaniya, HOD Mr. V.N.Soni

❖ Objective of the Event:

- The objectives of webinar are
 - To enable the students to have good health.
 - To practice mental hygiene.
 - To possess emotional stability.
 - To attain higher level of consciousness.

❖ Contents to be covered:

- Introduction about yoga
- Methods to do Ashtang Yoga and Hath Yoga
- Conclusion / Q&A

❖ Outcomes of Event:

- The beneficiaries were able to understand the proper method of doing Yoga, After Practicing Ashtang yoga, one could maintain muscle training and develops physical strength, it rejuvenates body, making it stronger, toned, more flexible and controlled.



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❖ Event Photographs:

GOVERNMENT POLYTECHNIC, AHMEDABAD
(UNDER DIRECTORATE OF TECHNICAL EDUCATION)

Department of Computer Engineering
In Association with
Dilip Dholakia's Academy of Yoga and Balance Therapy
organizing free webinar on

**6TH WORLD YOGA DAY
LEARN ASHTANG YOGA &
HATHA YOGA**

Yogacharya Dilipbhai Dholakia

DATE & TIME
SUNDAY, 21ST JUNE, 2020
8:00 A.M. TO 9:30 A.M.

Organizing Committee
PROF. H. J. BALDANIYA
HEAD OF COMPUTER ENGINEERING
9259533465

PROF. V. N. SONI
LECTURER IN COMPUTER ENGINEERING
9016645573

Facilitator
PROF. P. M. PATEL
PRINCIPAL, GOVERNMENT POLYTECHNIC AHMEDABAD

Youtube Live
bit.ly/gpacomp-yoga-webinar

Register here
bit.ly/gpacomp-yoga-register

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DEPARTMENT OF COMPUTER ENGINEERING

CERTIFICATE OF PARTICIPATION

This is to certify that
TIWARI ANKITKUMAR KALPESH
of
C. U. SHAH GOVERNMENT POLYTECHNIC, SURENDRANAGAR

has solemnly pledged and participated in online YouTube live session of
"Learn Ashtang Yoga And Hatha Yoga" delivered by Yogacharya Dilipbhai Dholakia on 6th International Yoga day for the commitment to discharge the services to the nation as a national responsibility.

Prof. V.N. Soni
Lecturer, Computer Engineering

Prof. H.J. Baldaniya
HOD, Computer Engineering

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Top chat replay

- Bharat panchal good morning
- Deep Dholakia woowwww
- Jiger Prakashchandra Acharya nice knowledge shared sir
- Hasmukh Baldaniya Welcome Prof. Jigar sir
- Jiger Prakashchandra Acharya thanks sir for informative webinar
- Manav Shah great session, yoga is must to do thing for our better life.
- Mamta Chandak excellent presentation
- Bhargav Vadodariya gm
- uma chhawchharia Excellent motivator
- Farjana Kugashiya Very informative session
- Hasmukh Baldaniya Warm Welcome to Deep Dholakia
- Hasmukh Baldaniya Welcome respected Farjana mam
- Dharmi Savaliya good morning
- BHAVITA PARMAR धर्मस्वर

HIDE CHAT REPLAY

#DoYogaBestCorona #Meditation #Pranayam
6th World Yoga Day|Learn Ashtang Yoga & Hatha Yoga
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