



Government Polytechnic for Girls, Surat

A Report on International Yoga Day Celebration on 21/6/2025

Event Date, Time and Location: 21-06-2025, 7:45 AM to 9:15 AM Saradar Patel Hall of the Institute, Surat

Brief Description of the Event:

The International Yoga Day celebration was arranged by Government Polytechnic for Girls, Surat on 21st June, 2025. Total 31 staff and 3 students enthusiastically participated in the same.

Yoga Instructors:

1. Vaishali Ji 2. Simran Ji 3. Hariom Ji 4. Tushar Ji

Outcome of the Event:

The International Yoga Day celebration held on 21st June 2025 at Government Polytechnic for Girls, Surat, was a successful and enriching experience. The session helped promote awareness about the importance of yoga in maintaining physical and mental well-being. Participants experienced improved flexibility, relaxation, and mindfulness. The event fostered a sense of unity, discipline, and wellness among the attendees, encouraging the adoption of yoga as a regular practice in daily life.

Photographs of the Even







