



GOVERNMENT POLYTECHNIC VALSAD
MECHANICAL DEPARTMENT



JUNE: 2021

YOGA DAY





In occasion of 21st June 2021 Yoga day, The Prime Minister Narendra Modi give the theme of this year is '**Yoga for wellness**' on the seventh International Day of Yoga. He also added that, "today, when the entire world is fighting against the Covid-19 pandemic, Yoga has become a ray of hope.

The Mechanical Department, Government Polytechnic Valsad organized International Yoga Day on 21st June 2021 by under the guides of Head of Department Shri B. N. PATEL. The Session was followed by

under the guidance of Yoga expert at Mechanical Departmental. All staff member are join the Yoga practice session in Mechanical department passage with Covid-19 guideline. The students of Mechanical Department are also join Yoga practice session with Microsoft Team online.

The Head the Department thanked everyone for making the day a grand success at the end of Yoga session.