



Vivekanand Education Society's Institute of Technology

(Affiliated to University of Mumbai, Approved by AICTE & Recognized by Govt. of Maharashtra)

Yoga Day

'International Day of Yoga' (21st June 2021)
7th International Yoga Day

IMI
BHUBANESWAR

ISHA

International Management Institute Bhubaneswar
in collaboration with
Isha Foundation
presents
A Webinar on How to Equip Yourself for the Covid-19 Era
to celebrate the 7th International Yoga Day

Join us in this live session on:
Date: 21st June 2021
Time: 10:30 am

<https://www.youtube.com/watch?v=VA4UYph26D4&t=143s>- You Tube Link



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Fwd: EBSB Club Event Invitation

mail.google.com/mail/u/0/?tab=rm&ogbi#search/ebsb/FMfgzGkXmiQQQsBMddSFfjTNCtLxnC

Active

Mail

Inbox 206

Starred

Snoozed

Sent

Drafts 32

[imap]/Trash 13

Junk

More

Chat +

Rooms +

Meet

New meeting

My meetings

6 of 52

Fwd: **EBSB** Club Event Invitation for International Yoga Day Celebrations on 21st June

Inbox x

Geeta Ajit <geeta.ajit@ves.ac.in>
to Pooja, me, SIVANTA, Priya, Ramesh, Nilima, Parmeshwar, Ajinkya, Vikas, J, Pravin

Jun 19, 2021, 7:37 PM

Forwarded message

From: Prof. Ranjit Roy Ghatak <ranjit@imibh.edu.in>
Date: Sat, Jun 19, 2021 at 11:54 AM
Subject: **EBSB** Club Event Invitation for International Yoga Day Celebrations on 21st June
To: Prof. Ranjit Roy Ghatak <ranjit@imibh.edu.in>

Dear Sir/ Madam,

Greetings from **EBSB** club of IMI Bhubaneswar.

We are pleased to inform you that **Ek Bharat Shrestha Bharat (EBSB)** club of International Management Institute (IMI), Bhubaneswar in association with **Isha Foundation** is going to host a webinar on the occasion of **7th International Yoga Day** for the students of IMI Bhubaneswar and the partnered institutes under the **Ek Bharat Shrestha Bharat (EBSB)** initiative. The theme of the event will be **"Equipping yourself for the COVID 19 Era"**. The event will be facilitated live by a trained volunteer and the duration of the event will be **90 minutes**.

The event schedule is attached in the pdf file and the details of the event are as follows:

Event Details:
Name of the event: **International Yoga Day**
Date: **21st June 2021**
Time: **10:30 AM onwards**
Venue: **Virtual mode through Zoom**
Zoom link for the event:
https://us02web.zoom.us/join?secret=ZlrcOmqrT4uHN1AX_e24uSLPCyF99Nw5be

The participants in the event should note down the following points while attending:

1. *Please join 15 minutes before the start of the event.*
2. *Participants should have the Zoom app installed and ready in their laptop/mobile before joining.*
3. *Participants can join the event through laptop/mobile as per their convenience.*

The event will provide a good opportunity to explore and exchange the importance and advantages of yoga in the context of today's covid19 pandemic. Hoping to get an overwhelming response from your side.

Kindly circulate the mail and flyer to the students, faculty and staff of your institute and help us in making the event a success.

Thanks, and regards,

EBSB CLUB

11:08 AM 9/18/2021

11:11 AM 9/18/2021



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'International Day of Yoga' (21st June 2020)

<https://mail.google.com/mail/u/0/?tab=rm&ogbl#search/ebsb/KtbxLthKPxFRTsRmvcknsrxRDNgMnxgffL?projector=1>

<https://youtu.be/VA4UYph26D4>

International Day of Yoga

Vivekanand Education Society's Institute of Technology, Mumbai, went live with the second event 'Aarogyam Dhansampada' under the Ek Bharat Shreshtha Bharat programme on 21st June at 8 a.m. VESIT, in collaboration with International Management Institute, Bhuvaneshwar and Dr. D.Y. Patil Institute of Technology, Pimpri, Pune, celebrated 'International Day of Yoga' by having a live Yoga session with Yoga Guru Mrs. Pallavi Pawar.

Mrs. Pallavi Pawar is an alumna from the batch of 1990, department of Instrumentation Engineering. She worked 22 years in Engineering Consultancies and did many projects in the chemical and petrochemical industry. She did her diploma, three -year B.A. and is now pursuing M.A. in Yoga. She loves teaching and learning Yoga. Apart from that she also teaches German and English language to students from all age groups.

Teachers and students involved:

The event was organized and managed by VESIT with active participation from the other two institutes. Dr. Geeta Ajit (department of Humanities and Applied Sciences) was the coordinator for the event.

Mrs. Nilima Warke (department of Instrumentation Engineering) was the incharge for this event. Sivanta Beera (D12A) was the student coordinator with Pronoy Mandal (D16B) as the deputy head. In the Junior Executive Committee, we had Tanya Dubey (D4B) and Yash Bhise (D4B).

The event was hosted on the Zoom App and was being streamed live on YouTube. Prithvi Shetty (D13) was the host for the event.

Dr. Ramesh Solanki (MCA) was incharge of the technical support team which included Pronoy Mandal (D16B), Naren Khatwani (D12B) and Yash Bhise (D4B). Special thanks to Atique Kudchi (D11A) who despite not being a part of the EBSB Student Team played a crucial role in the smooth flow of the events, especially in the live streaming of the event on YouTube. Hemkesh Raina (D10) was appointed as the chat moderator for the YouTube live stream. Dr. Sushil Dhuldhare (department of Humanities and Applied Sciences) and Mrs. Pooja Shetty (IT department) were incharge of the Publicity Team which included Tanya Dubey (D4B), Saurav Jeswani (D15), Risa Samanta (D4B) and Tania Mahata (MCA 1A). A special thank was given to Somesh Sidhwani (D17C) for helping with the publicity of the event. Amit Chhabria (D7C) did a commendable job with the poster.

Other organising team members include Dr. Parmeshwar Birajdar (Electronics Engineering), Mrs. Priya R. L. (Computer Engineering), Mr. Ajinkya Valanjoo (Electronics and Telecomm. Engg.), Mr. Vikas Pange (Administrative Support) and Mr. Pravin Shivsharan (Technical support).

There were two participants from each institute. Dhvani Serai (D7B) and Aditya Moykhede (D5A) from VESIT. Sloka Patel and Snehil Singh from IMI Bhuvaneshwar. Sarthak Khedkat and Neha Kishor from D. Y. Patil College of Engineering, Pimpri, Pune.

The Event:

The live session began with a short college video followed by an introduction to the EBSB program and the



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International Day of Yoga 2020 program by the host.

This was followed by a series of addresses- first, Shri. B. L. Boolani, President of Vivekanand Education Society, followed by Prof. Ramesh Bhel, Director of IMI and then by Dr. Kishor Dhande, HOD Mechanical Department, Dr. D.Y. Patil Institute of Technology, Pimpri, Pune.

Lastly, the host introduced Mrs. Pallavi Pawar, the yoga guru. The introduction was followed by an hour-long yoga session with huge number of viewers. The live session came to an end with a vote of thanks by Dr. J. M. Nair, Principal VESIT.





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Event Schedule:

Sl. No.	Time	Activity
1	10:30 AM	Welcome speech by members, EBSB Club, IMI Bhubaneswar
2	10:40 AM	Speech by Prof. Ramesh Behl, Honourable Director, IMI Bhubaneswar
3	10:55 AM	Introductory speech by volunteers, Isha Foundation
4	11:00 AM	Special introductory video on Sadhguru's powerful wisdom bytes
5	11:05 AM	Yoga demonstration by volunteers, Isha Foundation
6	11:15 AM	Yoga practice by participants
7	11:30 AM	Tips and advice on strengthening one's immune system and respiratory health by volunteers, Isha Foundation
8	11:40 AM	Special speech by Isha Foundation to solace to those who grieve the loss of loved ones
9	11:45 AM	Guided meditation
10	12:00 PM	Event conclusion and vote of thanks by members, EBSB Club, IMI Bhubaneswar

(Yogesh Choudhary)



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