

Yoga day's morning mantra:

My mind is my weapon.

Report of Yoga Day 21st June 24 (Friday)'s celebration at Star Hospital, Bapunagar

We began our Yoga Day celebration with a prayer.

Yogini Purvi Shah commenced the session promptly at 7:00 am, leading us in prayer and guiding us through 45 minutes of Yoga Asanas.

In line with the Yoga Day theme, we enjoyed a 5-minute patriotic song accompanied by a Yoga dance performance by the following Star Hospital staff:

- Shraddha Belani
- Nimisha Agravat
- Shruti Sabhani
- Nayna Bhagora
- Kajal Leuva
- Ankita Mesariya
- Krina Thakkar

Star Hospital's CEO,

Dr. Ashish Sankhla, delivered a speech and closing remarks, and presented flowers & gift to our guest, Yogini Purvi Shah, and her family as a token of appreciation.

Overall,

it was a rejuvenating experience for the Star Hospital staff.

We learned Yoga Asanas today and will continue to practice them daily to maintain physical fitness.

Following a healthy breakfast,

we dispersed for our routine work at 8:30 am, concluding the program as scheduled.

We extend our gratitude to

Dr. Bhavesh Thakkar,

Dr. Ashish Sankhla, Shardhaben,

Rajubhai,

Khushalbhai,

all participants, housekeeping staff, and all other members of Star Hospital who contributed to making today's Yoga Day celebration successful and helping us embrace our morning mantra.