

INSTITUTE OF HOTEL MANAGEMENT, AHMEDABAD @ GANDHINAGAR



International Day of Yoga Activity Report



10 – 21 June 2025

INDEX

CALENDAR OF ACTIVITIES ORGANIZED BY CIHM AHMEDABAD/ GANDHINAGAR

Sr. No	Activities	Date of Activity	Planned Activity	Details of the Activity	No. of Participants / Attendees	Mentor
1	Community Participation (Jan Bhagidari)	10.06.2025 to 12.06.2025	Online chef competition	Parents, friends, relatives of students will be encouraged to share their healthy/ satvic recipes, which will be published on our social media handles	100	Mr. Lalit Waghela & Mr. Devang Kurani
2	Webinar on Satvic Recipes	18.06.2025	Webinar	A webinar will be organised by our chef for the students of the Institute	100-150	Mr. Vinay Namjoshi & Mr. Parth Thakkar
3	Yoga and Wellness Activities	19.06.2025	Online Yoga Session	All students, staff, faculty & their families will practice Surya namaskar and share the pictures	300	Dr. Devangana Verma & Mr. Deva Chanpa
4	Satvic Food Festival	20.06.2025	Food Fest	A Food Festival will be organised by our chef for the students of IHMA	50-100	Dr. Salla Vijay Kumar, Mrs. Yashodhara Panda & Mr. Lalit Waghela
5	International Yoga Day 2025 Celebration	21.06.2025	Yoga Exercises	Celebrations of Yoga Day at Adalaj Ni Vav, Gandhinagar	100	Mr. Lalit Waghela

International Day of Yoga Activities by CIHMs
Under Ministry of Tourism
Govt of India

Name of the CIHMs – IHM Ahmedabad

Date of submission – 16.06.2025

Sr. No	Activities by the CIHMs	Month/Date of Activity	Planned Activity	Details of the Activity	No. of Participants / Attendees	Any other relevant information
01	IDY 2025	10/06/25 TO 13/06/2025	Online Chef Competition	The Institute of Hotel Management (IHM) Ahmedabad organized a unique Chef Competition focused on Sattvic food, promoting purity, health, and tradition in vegetarian cuisine. Participants were invited to prepare and present a Sattvic dish through a 3-minute video, highlighting ingredients, cooking techniques, and the dish's significance. The competition encouraged creativity while adhering to the principles of Sattvic cooking. Students showcased regional flavors with a modern touch, emphasizing natural, seasonal ingredients. This initiative fostered awareness about holistic eating and offered a platform for budding chefs to express culinary innovation rooted in Indian spiritual and cultural values.	32	Mr. Lalit Waghela & Mr. Devang Kurani

	
PIC-1	PIC -2

	
PIC-3	PIC- 4



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PIC- 6

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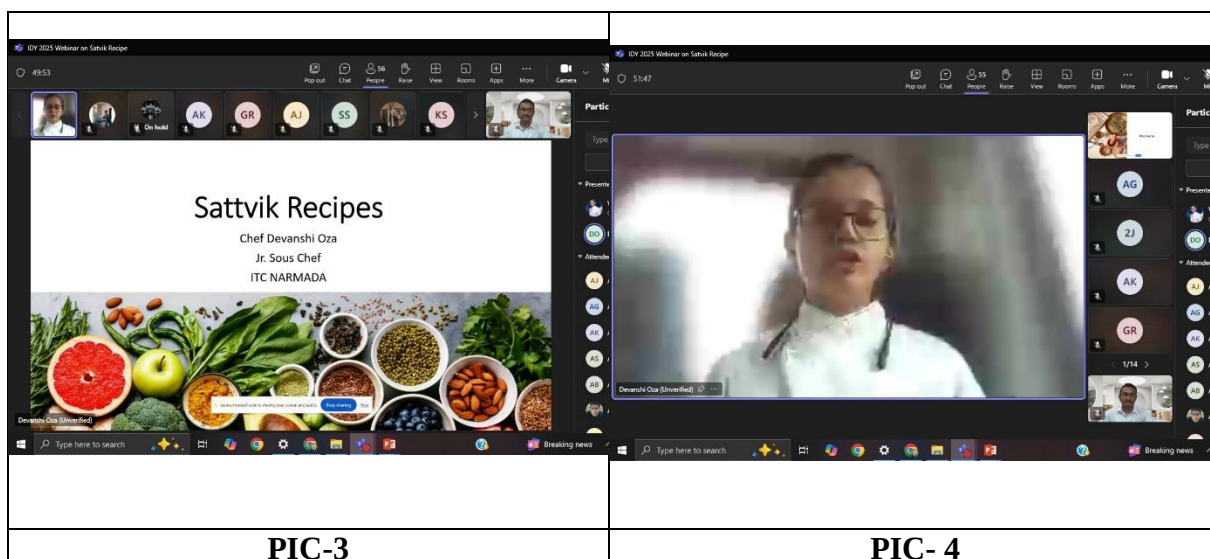
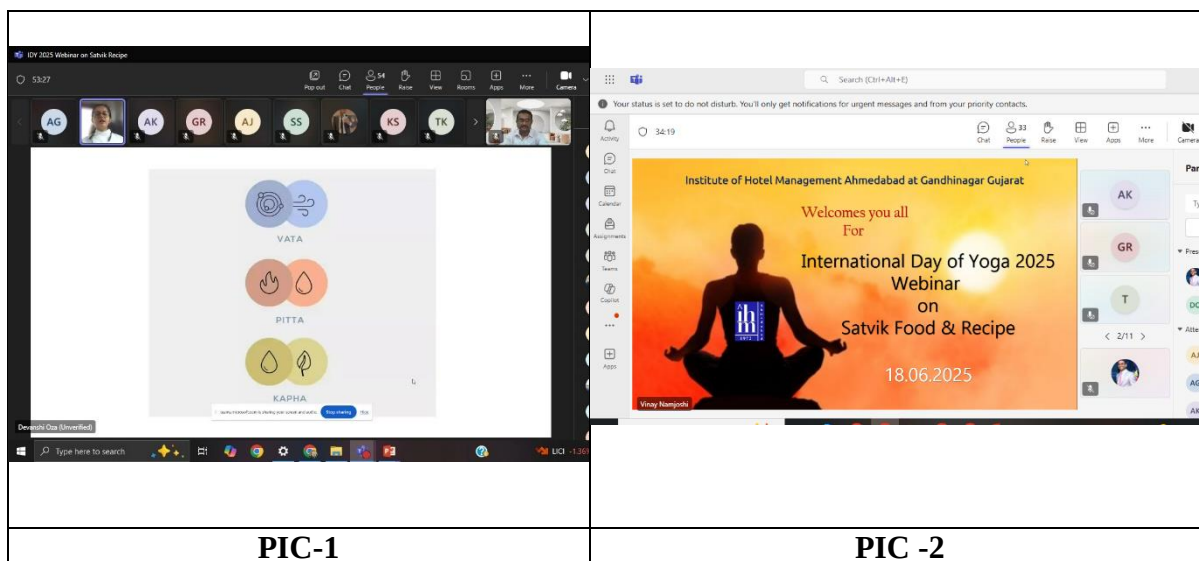
Name of the CIHMs – IHM Gandhinagar

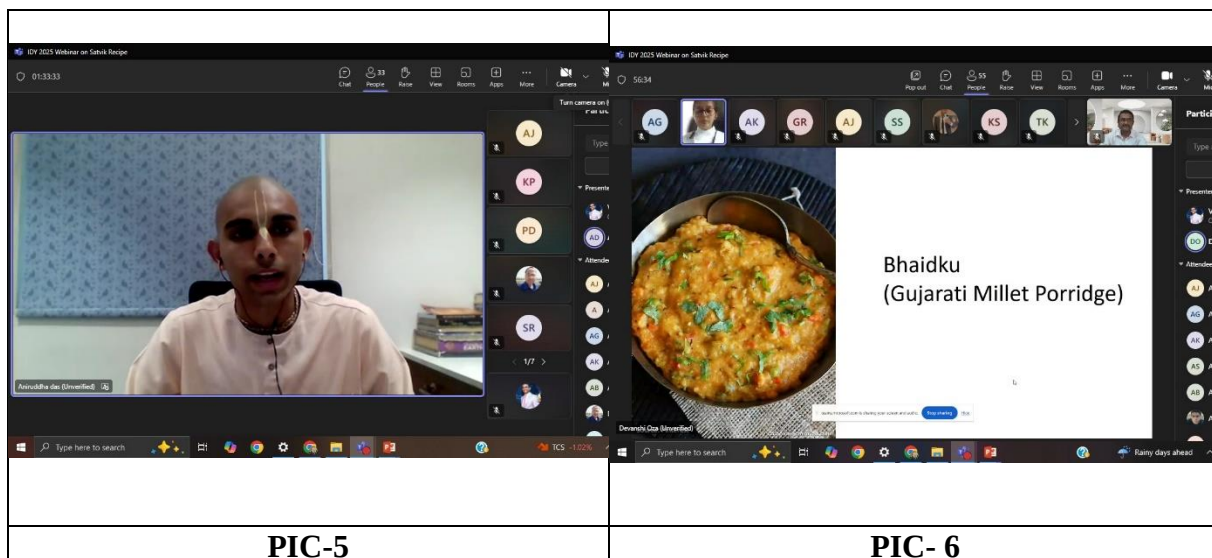
Date of submission – 18.06.2025

Sr. No	Activities by the CIHMs	Month/Date of Activity	Planned Activity	Details of the Activity	No. of Participants / Attendees	Any other relevant information
01	IDY 2025	18/06/2025	Webinar on Satvik Food & Recipe	A special webinar on Satvik Food & Recipe was successfully organized on the occasion of International Day of Yoga 2025. The event aimed to promote awareness about the importance of Satvik food in supporting a yogic lifestyle and overall well-being. The session commenced with a warm welcome and opening address, highlighting the significance of Satvik food as a pillar of purity, simplicity, and balance in daily life. The keynote	89	Speakers: Chef Devanshi Oza, Jr. Sous Chef, ITC Narmada Hotel Ahmedabad & Shri. Aniruddha Chandra Dasa from Iskcon Hare Krishna Mission

				speakers included Chef Devanshi Oza, Jr. Sous Chef, ITC Narmada Hotel Ahmedabad & Shri. Aniruddha Chandra Dasa from Iskcon Hare Krishna who shared their rich insights on the philosophy of Satvik diet, its health benefits, and practical ways to integrate Satvik recipes into modern kitchens. Participants were introduced to various easy-to-make Satvik dishes and tips on preparation methods that preserve nutritional value and enhance pranic energy. The interactive nature of the webinar encouraged active participation, with attendees engaging in discussions and asking thoughtful questions. The webinar concluded with closing remarks that emphasized the connection between mindful eating and holistic health, urging participants to adopt Satvik practices as part of their yoga journey. Overall, the event was well-received and appreciated for its informative content and relevance to the theme of		
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				International Day of Yoga. It successfully inspired attendees to embrace healthier, more conscious food choices in alignment with yogic principles.		
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**International Day of Yoga Activities by CIHMs
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Name of the CIHMs – INSTITUTE OF HOTEL MANAGEMENT AHMEDABAD / GANDHINAGAR

Date of submission – 19.06.2025

Sr. No	Activities by the CIHMs	Month/Date of Activity	Planned Activity	Details of the Activity	No. of Participants / Attendees	Any other relevant information
01	IDY 2025	19/06/25	Online Yoga Activities	In celebration of International Yoga Day, IHM Ahmedabad organized a special online yoga session on 19/06/2025 to promote physical and mental well-being through the ancient practice of yoga. The event witnessed enthusiastic participation from staff members, their families, and students, highlighting the institute's commitment to holistic health and wellness. The session was attended by approximately 50 participants, who	50	Mentors:- Dr.Devangana Verma & Mr. Chanpa Deva

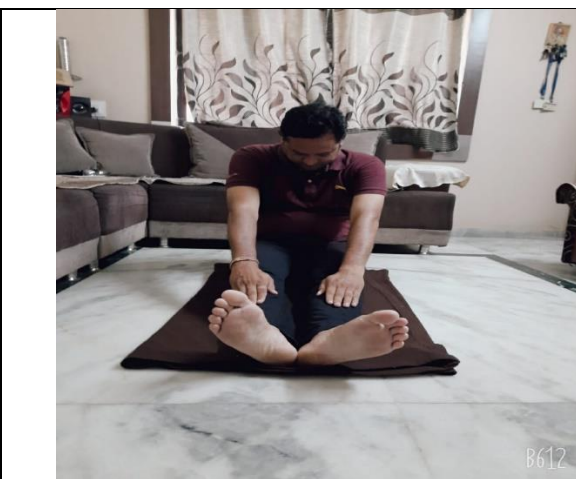
			actively engaged in practicing various yoga asanas and breathing techniques. Overall, the celebration of International Yoga Day at IHM Ahmedabad was a resounding success, fostering a sense of community, well-being, and mindfulness among all who attended.		
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PIC-1



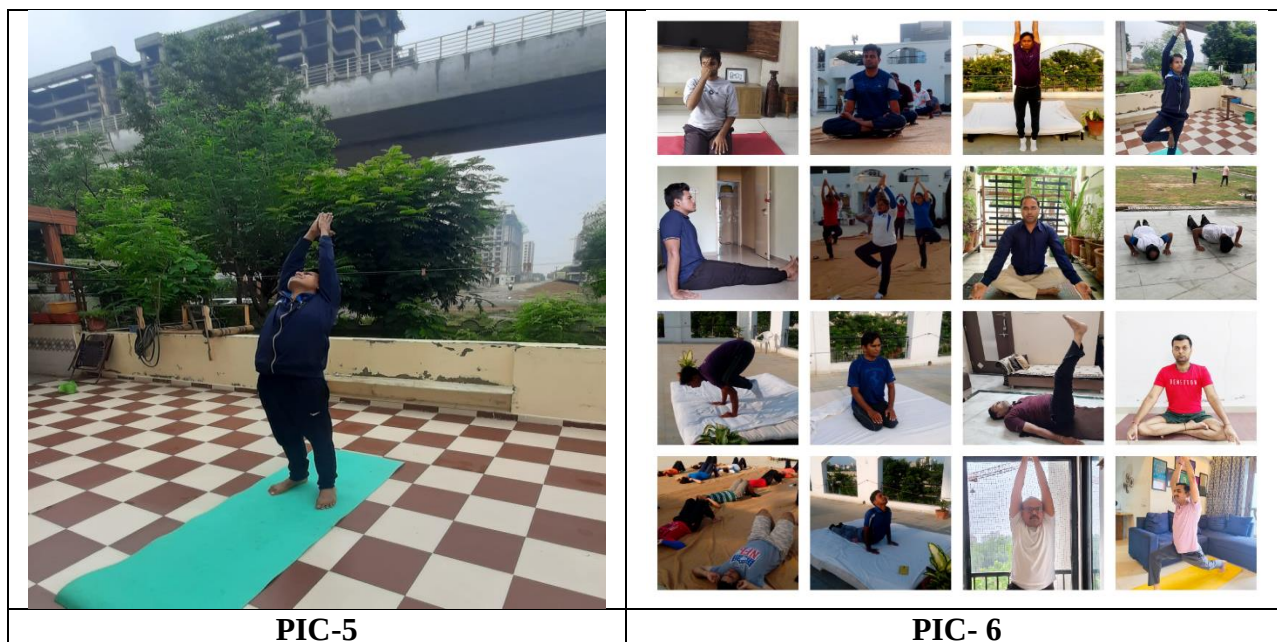
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**International Day of Yoga Activities by CIHMs
Under Ministry of Tourism
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Name of the CIHMs – IHM Ahmedabad/ Gandhinagar

Date of submission – 20/06/2025

Sr. No	Activities by the CIHMs	Month/Date of Activity	Planned Activity	Details of the Activity (in brief)	No. of Participants / Attendees	Any other relevant information
01	IDY 2025	20/06/2025	Sattvik Food Festival	A Food Festival organized by the Chefs of IHM Ahmedabad for the students & staff of IHMA and Locals of Ahmedabad & Gandhinagar	48 No.	Activity Mentors: Dr. Salla Vijay Kumar, Mrs. Yashodhara Panda & Mr. Lalit Waghela

Details of the Activity:

To enhance the celebration and promote the benefits of yoga on a Glocal scale on the theme “Yoga for One Earth One Health,” IHM Ahmedabad organized a SATTVIK Food Festival. Satvik, Rajasik, and Tamasik are three fundamental qualities or gunas that influence human consciousness and behavior, according to Indian philosophy. Satvik: Represents purity, goodness, balance, and positive qualities. Satvik food is considered healthy, fresh, and wholesome, promoting mental clarity and spiritual awareness. The menu items were curated considering to avoid Salty and sour foods, Tea, Coffee, Alcohol, Onions and garlic, frozen food, Fast food, Microwaved foods and included Whole grains, millets, herbal tea, jaggery (instead of white grain sugar), pure ghee- basically use of simple & local ingredients to create balance and a calm mind and body.

The event was successful because participants were enthusiastic as they gained knowledge while being involved in the event. Enthusiastic participation led to a positive and dynamic learning environment. The Food festival was a great success and it was more of an awareness and festive event than just luncheon. We would like to appreciate the able team of Lab attendants, students and locals alongside the mentors for production, service and logistics for their efforts.

	
PIC-1 – The Celebration	PIC -2 – The Menu in Offering

	
PIC-3 –The Preparation	PIC- 4 -The Final Product
	
PIC-5 – Welcome Drink	PIC- 6 - Dessert

	
PIC-7 - Starters	PIC- 8 The Team Behind

**International Day of Yoga Activities by CIHMs
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Name of the CIHMs – INSTITUTE OF HOTEL MANAGEMENT AHMEDABAD - GANDHINAGAR

Date of submission – 21/06/2025

Sr. No	Activities by the CIHMs	Month/ Date of Activity	Planned Activity	Details of the Activity	No. of Participants / Attendees	Any other relevant information
01	IDY 2025	21/06/ 2025	International Yoga Day 2025 Celebration	IHM Ahmedabad celebrated International Yoga Day 2025 in collaboration with BSF Gandhinagar and at the historic Adalaj ni Vav. The event witnessed enthusiastic participation from IHM staff members, BSF personnel, and locals from the vicinity. The session highlighted the importance of yoga for holistic well-being, with participants performing asanas	150	Coordinator – Mr. Lalit Waghela

				in a serene, heritage-rich setting. As a gesture of encouragement, yoga mats, T-shirts, and caps were distributed to the participants. The celebration concluded with light refreshments, promoting a healthy lifestyle. The event successfully reinforced the message of unity, wellness, and the significance of yoga in daily life.		
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**PIC-1****PIC -2**



PIC-3



PIC- 4



PIC-5



PIC- 6