

Shree Naranjibhai Lalbhai Patel College of Pharmacy, Umrah
Yoga Day Celebrations

Date: 21/06/2021

No of Participants: 100

International Yoga Day is celebrated all over the world which is marked on 21st June. The idea of an International Day of Yoga was first proposed by the current Prime Minister of India, Shri Narendra Modi, during his speech at the United Nations General Assembly (UNGA), on 27 September 2014.

“Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfilment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help in our physical and mental well-being. Let us work towards adopting an International Yoga Day.”

Keeping this thought in mind, and to emphasize on the benefits of Yoga and various Pranayams, we at Shree NL Patel College of Pharmacy have initiated an Online Yoga session.

On this occasion, we invited our Yoga Trainer Mr Mayur Patel who is a proud Alumini of this College. During his College days, he had participated in several Inter College and State Level Competitions.

Overall, it was a refreshing and re-energizing session both physically and mentally.

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