



## GUJARAT TECHNOLOGICAL UNIVERSITY



SHREE NARANJIBHAI LALBHAI PATEL COLLEGE OF PHARMACY, UMRACH

Accredited by NBA, New Delhi (B. Pharmacy Course upto June 2024)

Approved by AICTE & PCI, New Delhi and Affiliated with GTU, Ahmedabad.

(Formerly Known as Vidyabharti Trust College Of Pharmacy)

Visionary in the Mission of Quality Pharmacy Education



### A report on International Yoga Day

**Event Name: Vidyabharti Trust UmraKh Successfully Celebrates International Yoga Day**

**Event Date: 21<sup>st</sup> June 2023**

#### **Brief Description of the Event:**

Vidyabharti Trust UmraKh, a prominent educational institution, joyfully celebrated International Yoga Day on 21<sup>st</sup> June 2023. The event aimed to promote the physical, mental, and spiritual benefits of yoga and encourage students and faculty members to incorporate this ancient practice into their daily lives. With an impressive participation of 70 students and 100 faculties, the celebration was a grand success.

#### **Event Details:**

The International Yoga Day celebration was meticulously organized by the Vidyabharti Trust, with a focus on creating a serene and inclusive environment. The institution's sprawling campus provided an ideal setting, allowing participants to immerse themselves in the essence of yoga. The event commenced at 7:00 AM and continued until 9:00 AM, ensuring ample time for everyone to engage in various yoga practices.

**Participant Engagement and Enthusiasm:**

The enthusiasm exhibited by both students and faculty members was truly remarkable. The participants actively embraced the essence of yoga, displaying their eagerness to learn and practice different asanas and pranayama techniques. Their dedication and commitment to adopting a healthy lifestyle through yoga were evident throughout the celebration.

**Variety of Yoga Activities:**

The International Yoga Day celebration featured a diverse range of yoga activities suitable for participants of all levels. Certified yoga instructors guided the attendees through a series of asanas, including Surya Namaskar, Tadasana, and Bhujangasana, among others. Special emphasis was placed on mindful breathing techniques and relaxation exercises to promote overall well-being.

**Importance of Yoga:**

The event provided a platform to highlight the immense benefits of practicing yoga. Participants learned about the positive impact of yoga on physical health, mental clarity, stress reduction, and emotional well-being. Through interactive sessions and informative demonstrations, the celebration fostered a deeper understanding of the holistic nature of yoga.

**Impact and Benefits:**

The celebration of International Yoga Day left a lasting impact on the participants. It instilled a sense of discipline, mindfulness, and self-awareness among the students and faculty members. The event served as a reminder of the importance of maintaining a healthy mind and body, inspiring participants to incorporate regular yoga practice into their daily routines.

The International Yoga Day celebration organized by Vidyabharti Trust Umrakh exemplified the institution's commitment to promoting physical and mental well-being among its students and faculty members. By embracing the principles of yoga and incorporating them into their lives, the participants have taken a significant step toward achieving a balanced and harmonious lifestyle. The event served as a reminder of the transformative power of yoga and the potential it holds for personal growth and well-being.









