Shree Naranjibhai Lalbhai Patel College of Pharmacy, Umrakh

Yoga Shibir and 10th International Yoga Day Celebrations

Date: 14/06/2024 to 21/06/2024

No of Participants: 85

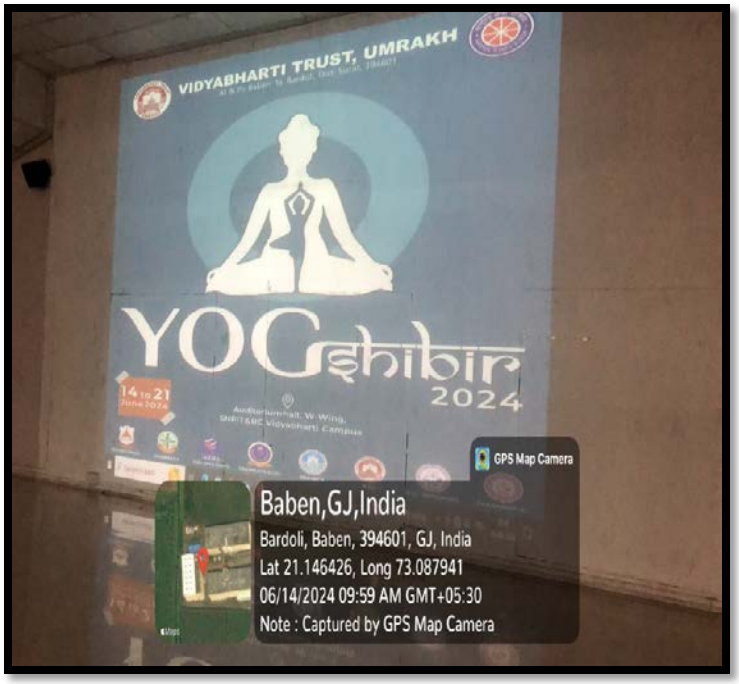
This year Yoga Shibir was organized in association with GTU in the duration of 14-21 June 2024. Everyday students performed Yoga under the guidance of Yoga trainer. This year 10th International Yoga Day was celebrated all over the world which is marked on 21st June. The idea of an International Day of 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 Naranjibhai Lalbhai Patel College of Pharmacy along with our campus institutions Degree Engineering,MBA/MCA, Bed, BBA/BCA have initiated the Yoga session.

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




VIDYABHARTI TRUST, UMRAKH
YOGshibir
2024
14 to 21
June 2024
GPS Map Camera
Baben,GJ,India
Bardoli, Baben, 394601, GJ, India
Lat 21.146426, Long 73.087941
06/14/2024 09:59 AM GMT+05:30
Note : Captured by GPS Map Camera





