Report on 3-Day Yoga Celebration at Shree Naranjibhai Lalbhai Patel College of Pharmacy

Shree Naranjibhai Lalbhai Patel College of Pharmacy, Umrakh, successfully organized a 3-day Yoga celebration in the month of June 2025, to promote physical and mental well-being through the practice of yoga.

Day 1: 19th June 2025

The celebration commenced with enthusiastic participation from the students of the college. Various yoga asanas, breathing exercises, and meditation techniques were demonstrated and practiced under the guidance of yoga experts. The session aimed to instill awareness about the importance of yoga in daily life.

Day 2: 20th June 2025

The second day was dedicated to the teaching and non-teaching staff of the institute. Faculty members and staff actively took part in yoga activities that focused on stress relief, flexibility, and mindfulness. The initiative was appreciated as a step towards maintaining work-life balance and health.

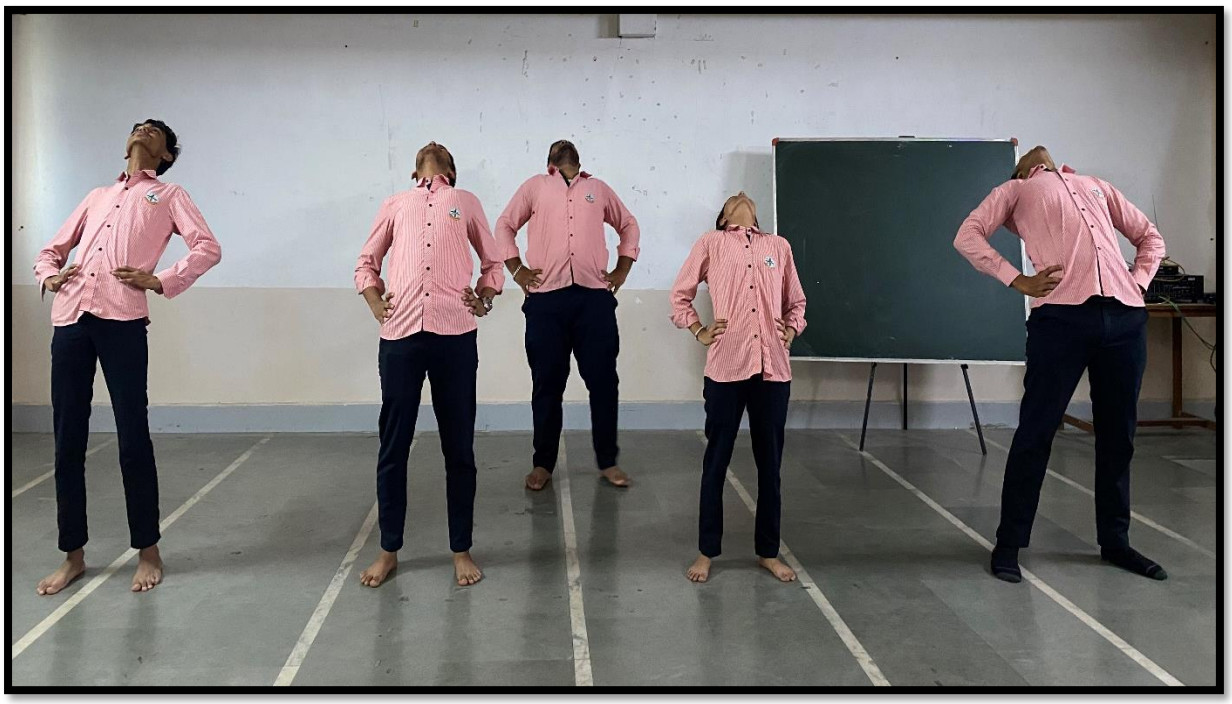
Day 3: 21st June 2025 – International Yoga Day

On the occasion of International Yoga Day, all institutes under Vidyabharti Trust came together for a grand celebration held at the Auditorium Hall. A total of 105 participants took part in the event, which included a group yoga session, meditation, and an awareness talk on the significance of yoga in modern life.

The 3-day event witnessed active involvement from students, faculty, and staff, reflecting the collective commitment towards a healthy lifestyle. The celebration served as a platform to spread the message of harmony, wellness, and inner peace through yoga.

Day 1: 19th June 2025





Day 2: 20th June 2025





Day 3: 21st June 2025 – International Yoga Day



