Report on Internation Yoga Day Celebration

International Yoga Day Celebration

Venue: W-Wing, Vidhyabharti Trust, Umrakh

Date: 20th and 21st June 2026

The International Yoga Day was enthusiastically celebrated at Shree Naranjibhai Lalbhai Patel College of Pharmacy, Vidhyabharti Trust, Umrakh, with the objective of promoting physical, mental, and spiritual well-being through the practice of yoga. The event witnessed active participation from faculty members belonging to various departments of Vidhyabharti Trust, making the celebration a grand success.

The program commenced in the morning with a brief introduction highlighting the significance of International Yoga Day and the importance of incorporating yoga into daily life. The participants were informed about the numerous benefits of yoga in maintaining physical fitness, reducing stress, improving concentration, and promoting overall health.

The celebration was further graced by the presence and participation of the respected Ishwar Parmar MLA, whose involvement added significance to the occasion. The honourable guest appreciated the efforts of the institution in promoting health and wellness through yoga and encouraged all participants to adopt yoga as a regular practice for maintaining a healthy and balanced lifestyle.

Faculty members from different departments and institutions under Vidhyabharti Trust enthusiastically participated in the yoga session. Under the guidance of trained instructors, participants performed various yoga asanas, pranayama exercises, and meditation techniques. The session included basic stretching exercises, breathing techniques, and relaxation practices aimed at improving flexibility, mental peace, and physical fitness.

The event provided an excellent opportunity for faculty members from various departments to come together and promote the message of health, harmony, and wellness. The collective

participation reflected the institution's commitment toward encouraging a healthy lifestyle and creating awareness regarding the importance of yoga in daily life.

The program concluded with a vote of thanks, expressing gratitude to the honorable MLA, faculty members, organizers, and all participants for their enthusiastic involvement. The celebration successfully emphasized the importance of yoga as an effective means of achieving physical, mental, and emotional well-being.

Outcome of the Program:

- Increased awareness regarding the importance of yoga and healthy living.
- Promotion of physical and mental well-being among faculty members.
- Encouragement of regular yoga practice for stress management and fitness.
- Strengthening of unity and collaboration among faculty members of various departments.
- Inspiration from the participation and guidance of the honorable MLA.
- Development of a positive and healthy work environment within the institution.


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