



SHREE NARANJIBHAI LALBHAJI PATEL COLLEGE OF PHARMACY, UMRACH

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

## **REPORT ON INTERNATIONAL YOGA DAY CELEBRATION**

**(21<sup>th</sup> June 2018)**

**Faculty Name:** Prof. Hitesh Tailor, Ashish Patel

**Event Date, Time and Location:** 21-06-2019, 8:30 am to 9:30 am, SNPIT & RC – Auditorium

### **Summary of Event:**

“Outwardly performing all actions but inwardly renouncing their fruits, the wise man, purified by the fire of transcendental knowledge, attains peace, detachment, forbearance, spiritual vision and bliss.”

Verse-1, Chapter 5, Bhagavad Gita.

The International Yoga Day -2018 was celebrated on 21<sup>st</sup> June 2018 in the auditorium of the institute to bring peace, harmony, happiness and success to every soul in the world. This was a great opportunity to imbibe the value of discipline. The campus community including students, staff, faculty and NSS Volunteers participated in this event (Approx 200). The event started at 8: 30 AM in the morning. The session was started with a warming up session (neck rotation, shoulder rotation, hip and knee rotation etc.) which was followed by the session on Asanas. Various Asanas were performed as per the guidelines given by the AYUSH MINISTRY (CYP-Common Yoga Protocol's). 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 well-being.”

The teaching faculties of SNLPCP and students of B. Pharm and M. Pharm have attended the event. The celebration concluded with synchronized recitation of shlokas and speech by our

Dr. Dhiren P. Shah. He encouraged students to practice regular yoga to remain fit and improve concentration.

