

SHREE NARANJIBAHJI LALBHAI PATEL COLLEGE OF PHARMACY, UMRAKH

A Report on International Yoga Day-2017

College Name: Shree Naranjibahi Lalbhai Patel College of Pharmacy, Umrakh

Event NAME: International Yoga Day Celebration

Event Date, Time and Location: 21 June 2017

Brief Description of the Event:

Yoga is the journey of the self, through the self, to the self”

-Verse-4, Chapter 15, Bhagavad Gita.

“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-2017 was celebrated on 21 June 2017 in the foyer 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. The event started at 8: 00 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).

These included asanas in standing positions (such as Tadasan, Vrukasan etc.), asanas in seating position(Bhadarsan, Shashankasan etc.), Sleeping position on stomach (Bhujanhgasan, Makrasanetc), Sleeping position (Sarvangasan, Shavasan). During the function various Yoga Asanas along with benefits explained.

There were excellent feedbacks from the participants, most of them feeling lighter and relaxed. Many suggested regular Yoga sessions at the Institute.

