



# SARASWATI INSTITUTE OF PHARMACEUTICAL SCIENCES

(Managed by Shree Saraswati Education Sansthan –Gujarat)

Recognized by the Government of Gujarat & Affiliated to Gujarat Technological University, Ahmedabad

Approved by the All India Council of Technical Education (AICTE) & Pharmacy Council of India (PCI), New Delhi

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## **Report on Physical Health Competition - SURYANAMASKAR**

**Date of event:** 14.05.2020

**Time of event:** 07:30 am to 08:30 am

**Coordinators (Faculty):** Mr. Sohansinh Vaghela

**Accompanying Faculty Members:** Dr. Dhaval J. Patel

### **Report:**

During the lockdown period of COVID-19 pandemic disease, Saraswati Institute of Pharmaceutical Sciences organized *Physical health competition on SARYANAMASKAR* to maintain the physical and mental health wellness among all students and faculties. This competition had conducted online by institute so everyone actively participated in this event, around 50 students and faculties had participated in this competition. As per competition rule all participants were live on facebook or instagram and performed suryanamaskar as per their compatibility and they send their live link to Dr. Dhaval J Patel (evaluator of this competition). Rank had provided by the quality and performance of the participant by the evaluator. Participants had appreciated with certificate by the institute. Students and faculties were enjoying this event as during lockdown period of COVID-19 this type of event improve health and boost immunity in person, so this was very fruitful activity performed by institute and all students and faculties had enjoyed this competition with great happiness.

Prepared By:

1. Mr. Sohansinh Vaghela