



## Report

**Date of event:** 21.06.2021

**Time of event:** 08:30 am to 09:30 am

**Name of Event:** International Day of Yoga - 2021

**Event Coordinators:** Mr. Sohansinh Vaghela, Dr. Kaushik Kanada

**Participant:** 15

Online International Day of Yoga - 2021 organized by Saraswati Institute of Pharmaceutical Sciences, Dhanap, Gandhinagar. During this Corona, an online program held with the noble intention of keeping all students and teachers in good physical and mental health and safe at home, in which everyone actively participated. Total 15 students and faculty participated in this program. All participants shared their photos with the hashtags #yogaatsips and #DoYogaBeatCorona on Facebook or Instagram. This type of event improves health among the students and teachers during the period of COVID-19 and boosts the immune system in the individual, so it was a very fruitful activity done by the organization and all the students and teachers, Enjoyed with pleasure.

Prepared By:

1. Dr. Kaushik Kanada
2. Mr. Sohansinh Vaghela



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## Photos of Event







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