



## 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  
**Accredited by: National Board of Accreditation – NBA (B.Pharm, 2021-2024)**



## GUJARAT TECHNOLOGICAL UNIVERSITY

### NATIONAL SERVICE SCHEME

### SARASWATI INSTITUTE OF PHARMACEUTICAL SCIENCES (242)

### GANDHINAGAR

### A Report on 9<sup>th</sup> International Yoga Day on 21/06/2023 in Saraswati Institute of Pharmaceutical Sciences (SIPS)

#### Collaboration/Assistance:

NSS Unit Saraswati Institute of Pharmaceutical Sciences

College Name: Saraswati Institute of Pharmaceutical Sciences

Event Name: 9<sup>th</sup> International Yoga Day

Event Date, Time and Location: **21/06/2023** at SIPS, Dhanap, Gujarat.

Total No. of Participants: 30 students and 04 staff members

Report of Event: 9<sup>th</sup> International Yoga Day was celebrated by the students with the coordination of NSS unit of Saraswati Institute of Pharmaceutical Sciences, Dhanap, Gandhinagar. This event was celebrated by performing various 'Yogasanas' and 'Pranayam'. The event was started with 'Surya Namaskar'. The NSS volunteer Kirtan Vaghela and Heet Patel have been performed as Yoga Instructor as well as gave the information regarding to the benefits of daily YOGA Practice. The 'Yogasanas' and 'Pranayam' were performed for 1.5 hours. The total 30 participants including students from the students of B.pharm, M.pharm, and Pharm.D and 04 staff members have been actively participated in noble work.



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### **Outcomes of Event:**

The following outcomes of National Service Scheme (NSS) may achieve through the event as follows:

1. The students have been encouraged to perform daily YOGA Practice.
2. The students have been conscious with the benefits of health through YOGA practice.

### **Prepared by:**

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### **Photos:**







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