



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

Report on 5th International Day of Yoga

Date of event: 21.06.2019

Time of event: 08:45 AM onwards

Coordinators (Faculty): Mr. Sohansinh Vaghela, Dr. Madhuri Pandole

Accompanying Faculty Members: Dr. Sanjesh Rathi, Mrs. Jigna Patel, Dr. Kaushik Kanada

Report:

5th International Day of Yoga was celebrated by the students and teachers of Saraswati Institute of Pharmaceutical Sciences with great enthusiasm. This celebration was performed under the guidance of invited trainer Mr. Bavkubhai K. Vala, (Deputy Section Officer, Finance department & Shree Shree Yog Teacher in Art of living). Students of B.Pharm, M.Pharm and Pharm.D were demonstrated various *asanas* followed by *Omkar* chanting. Warm up exercises were done and all the students performed sitting and standing *asanas*, importance of these were explained simultaneously. The celebration concluded with pledge to practice regular yoga to remain fit and national anthem.

Prepared By:

1. Mr. Sohansinh Vaghela
2. Dr. Madhuri Pandole



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Photos of International Day of Yoga

