



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

Re-Accredited by: National Board of Accreditation – NBA (B. Pharm, 2024-2027)



GUJARAT TECHNOLOGICAL UNIVERSITY

NATIONAL SERVICE SCHEME

SARASWATI INSTITUTE OF PHARMACEUTICAL SCIENCES (242)

GANDHINAGAR

A Report on World Meditation day on 21/12/2024 of Saraswati Institute of Pharmaceutical Sciences

Collaboration/ Assistance: Invincible NGO

College Name: Saraswati Institute of Pharmaceutical Sciences

Event Name: World Meditation day

Report of Event:

On World Meditation Day, celebrated on 21/12/2024, at Saraswati Institute of Pharmaceutical Sciences, Dhanap, a Practical Yoga Session on “Meditation and Mental Wellness” was organized in collaboration with Invincible NGO and the institute's NSS Unit to promote mental well-being among students and faculty members. A total of 90 participants, including NSS volunteers and faculty members, actively took part in the session. The yoga instructors from Invincible NGO guided the attendees through practical meditation techniques, breathing exercises (Pranayama) for stress relief, and mindfulness practices. The session also included an introduction to the significance of meditation in daily life, guided meditation to enhance focus and mental clarity, and interactive discussions on how yoga and meditation contribute to a healthier and more balanced lifestyle.

Outcomes of Event:

The event highlighted the numerous benefits of yoga and meditation in today's hectic life, emphasizing their role in reducing stress, improving focus, and fostering emotional balance. Participants acknowledged that regular practice of yoga and meditation not only enhances



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physical health but also strengthens mental well-being, making them essential tools for managing the challenges of modern lifestyles. The program reinforced the idea that yoga and meditation are beneficial approaches that promote holistic wellness by encouraging awareness and developing a sense of inner calmness and resilience in everyday life.

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