

## Event/Activity Report

<b>Name of the Department</b>	<b>Sandip Institute of Pharmaceutical Sciences</b>
<b>Title of the event</b>	<b>4 th International yoga day</b>
<b>Date of event organized</b>	<b>21/06/2018</b>
<b>Name of the coordinator of event</b>	<b>Dr.S,P Narkhede, Mr S L Deore</b>
<b>No. of Participants</b>	<b>47</b>
<b>Name of the expert/ Chief Guest of the event</b>	<b>Mr. Prashant tuli and Group From Yogvidyadha Institute.</b>
<b>Objective of the event</b>	<ul style="list-style-type: none"> <li>Students who participate might be interested in continuing a yoga practice beyond the event. Yoga can help manage stress, improve flexibility and strength, and promote relaxation, all of which can benefit students.</li> </ul>
<b>Outcome of the event</b>	<ul style="list-style-type: none"> <li>The event can foster a sense of togetherness and shared experience among students, faculty, and staff.</li> <li>Involvement of Mr. Prashant Tuli and the Yogvidya Institute might introduce students to local yoga resources they can explore further.</li> </ul>

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International Day of Yoga ,or commonly and international referred to as yoga day , is celebrated annually on June 21 since its inception in 2015, sandip institute of Pharmaceutical sciences has enthusiastically celebrated international yoga day on 21 st june 2018. Yoga practice series conducted at sandip institute of pharmaceutical sciences, yoga develops strengths and balance as well as inner peace. Students and staff member took part in this celebration and practice yoga. Various asana like tadasan ,trikonasan,chakras an, vrikshasan, anulom performed and its significance were told to all. The involvement of Mr. Prashant Tuli and the Yogvidya Institute might introduce students to local yoga resources they can explore further.at the end , yoga instructor has recited prayers and the program was ended with meditation and omkar chanting.

**Event/Activity Photographs:**

