



Event/Activity Report

Name of the Department	Sandip Institute Of Pharmaceutical Sciences
Title of the event	International Yoga Day
Date of event organized	21/06/2020
Name of the coordinator of event	Dr.Swati Talele
No. of Participants	154
Name of the expert/ Chief Guest of the event	Mrs.Poorva Waingankar
Objective of the event	<ul style="list-style-type: none">International Yoga Day aims to develop the habit of meditation amongst youngsters so that they can enjoy more peace of mind and self-awareness, which is essential for a stress-free existence.
Outcome of the event	<ul style="list-style-type: none">To create awareness amongst attendees about Yoga practices as it helps to keep the internal organs in the body to function properly by increasing the oxygen and blood flow. Maintains good health and vital parameters

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Considering the COVID-19 Pandemic Situation across the country, this event was conducted on zoom i.e., online mode. Miss. Swati Talele started the program by giving introduction of the event. Poorva Waingankar ma'am welcomed participants. Then Information about Yoga and International Yoga Day was given. The importance of Yoga Practice and meditation was explained. There were 115 participants including 28 faculty members + nonteaching staff and 95+ students. The main event started with Poorva Waingankar ma'am mentioning the benefits of Yoga and simple techniques for wellbeing. The demonstrations were shown live by faculty members were demonstrated live by faculty members.

The feedback received was positive and everyone enjoyed as well as followed the simple exercises, pranayama & meditation sessions. Many faculty members appreciated the efforts and thanked the team for conducting the session.

International Yoga Day session was conducted successfully through online mode and importance of the yoga in this new normal was imparted to college staff and students.

Event/Activity Photographs:

