

Event/Activity Report

Name of the Department	Sandip Institute Of Pharmaceutical Sciences
Title of the event	International Yoga Day
Date of event organized	21/06/2021
Name of the coordinator of event	Mr. Rajendra Mogal
No. of Participants	127
Name of the expert/ Chief Guest of the event	Prof. CMA Suvarna Kute
Objective of the event	<ul style="list-style-type: none"> • Help with weight loss • Strengthens muscles and joints • Improved Complexion • Ensure a better functioning digestive system • Useful in treatment of frozen shoulders • Improves body flexibility
Outcome of the event	<ul style="list-style-type: none"> • Events showcasing the unifying power of yoga, bringing people together across cultures and borders. Increased awareness of the potential health benefits of yoga, potentially leading to a healthier and more active population.
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<p>Sandip Institute of Pharmaceutical Sciences has organized 7 th International Yoga Day Via online mode through Google meet. Students, faculty and staff of Sandip Foundation from various colleges were present for the event.</p> <p>The event was organized under the guidance of Principal Dr. Anil Jadhav .</p> <p>In the inauguration function of 8 th International Yoga Day lamp lighting done by Hon. Vice Chancellor Dr. Rajendra Sinha, he also delivered his valuable words regarding benefits of yoga, meditation and need of Physical fitness in today's scenario. Dean SOET, Dr. Anil Maheshwari played a major role as chief coordinator for event as he participated in event and motivate faculty and students to take part in event. Registrar Dr. Chetan Choudhari , DSW Prof. Arif Mansoori were present and perform activity along with faculty and students. Prof. CMA Suvarna Kute who is also certified Yoga teacher from Ayush Bharat demonstrate various yoga position along with benefits.</p>	

Event/Activity Photographs:

