

## Event/Activity Report

<b>Name of the Department</b>	<b>Sandip Institute of Pharmaceutical Sciences</b>
<b>Title of the event</b>	<b>International Yoga Day Celebration</b>
<b>Date of event organized</b>	<b>21/06/2022</b>
<b>Name of the coordinator of event</b>	<b>Dr.Swati Talele</b>
<b>No. of Participants</b>	<b>80</b>
<b>Name of the expert/ Chief Guest of the event</b>	<b>Mrs. Sunanda Jadhav, Mr. Rahul Narwade and Mr. Paresh Rege.</b>
<b>Objective of the event</b>	<ul style="list-style-type: none"> <li>• Raising Awareness and Promoting Yoga</li> <li>• Fostering Community and Well-being</li> </ul>
<b>Outcome of the event</b>	<ul style="list-style-type: none"> <li>• Growth in the yoga industry with increased demand for yoga instructors, apparel, and related products.</li> <li>• Focus on Mental Health: Increased recognition of yoga's role in managing stress, anxiety, and promoting mental well-being.</li> </ul>

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The Yoga awareness and practical session was organized of Sandip Institute of Pharmaceutical science on 21st June, 2022 on the occasion of national yoga day in collaboration with Sandip University. The practical session was conducted with performing various Yoga Assan and Pranayama all together with Mrs. Sunanda Jadhav, Mr. Rahul Narwade and Mr. Paresh Rege.

**Event/Activity Photographs:**

