

## EVENT REPORT

<b>Name of Department</b>	Sandip Institute of Pharmaceutical Sciences
<b>Title of the Event</b>	10 <sup>th</sup> International Yoga Day
<b>Date</b>	21/06/2024
<b>Time</b>	07:00 TO 08:50 AM
<b>Mode Of Conduction</b>	Offline
<b>Duration</b>	One Day
<b>Conducted by</b>	Sandip Institute of Pharmaceutical Sciences
<b>Name of Event Coordinator</b>	Dr.Sandeep R.Patil
<b>Number of Participants</b>	120
<b>Objective of the Event</b>	<ul style="list-style-type: none"> <li>• Improved Complexion</li> <li>• Ensure a better functioning digestive system</li> <li>• Helps combat insomnia</li> <li>• Useful in treatment of frozen shoulders</li> <li>• Spinal cord and abdominal muscles are stretched</li> <li>• Internal organs are massaged</li> <li>• Improves body flexibility</li> <li>• Reduces stress</li> <li>• Improves balance in the nervous system</li> <li>• Reduced blood sugar levels</li> <li>• Tones the entire body</li> <li>• Eliminate stomach ailments</li> <li>• Improves Digestion and reduces constipation</li> </ul>
<b>Outcome of the Event</b>	<ul style="list-style-type: none"> <li>• Increased Awareness: More students and staff learned about the benefits of yoga.</li> </ul>

- Health Improvements: Participants reported better physical and mental well-being.
- Community Building: Enhanced sense of community and camaraderie among attendees.
- Skill Acquisition: Students and staff learned new yoga techniques.
- Positive Feedback: Participants gave positive testimonials and requested regular sessions.
- Promotion of Wellness: Highlighted the college's commitment to health and wellness initiatives.

### Event Report

In the inauguration function of 10 th International Yoga Day lamp lighting done by Respected Principal Dr. Laxmikant Borse, he delivered his valuable words regarding benefits of yoga, meditation and need of Physical fitness in today's scenario. SIPS Director of Sports, Dr. Sandip Patil 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. Balasaheb Khare, NSS program Officer Prof Hemant Chikhale All HOD, Teaching & Non Teaching staff were present and perform activity along with faculty and students. Akshay Naik ,Ashwini Pawse, Tejas Chakor certified Yoga Art of Living position along with benefits.

#### GLIMPSES OF THE PROGRAM:



Participant of The Event



**Demonstration By Akshay Naik ,Ashwini Pawse, Tejas Chakor**



**Felicitation of Guest by Principal Dr.L.B.Borse Sir**



**Felicitation of Guest by Principal Dr.L.B.Borse Sir**



**Principal Sir leading the way to wellness on International Yoga Day**



**Principal**  
Sandip Foundation's  
Sandip Institute of  
Pharmaceutical Sciences  
Mahirayani, Nashik-422 213