




SANDIP UNIVERSITY

School of Pharmaceutical Sciences
Mahiravani, Trimbak Road, Tal & Dist. Nashik-422213, Maharashtra State
www.sandipuniversity.com



- **Department/ School Name:** School of Pharmaceutical Sciences (SOPS)
- **Academic Year:** 2023-2024
- **Report on:** International Yoga Day
- **Event Date:** 21th June 2023
- **Event Conduction Duration:** 10:00 AM to 10:00 PM
- **Event Venue:** Y building, Sandip University, Nashik
- **Name of Event Coordinator:**
 1. Dr. Sumit R Deore , NSS Director
 2. Dr. Paresh Rege, Sports Director
- **Event Outline & Outcome of the event:**
 1. **Outline of Program:** Department of Physical Education & Sports and NSS Unit, Sandip University has organized International Yoga Day at lush green campus of Sandip University, Nashik. Students, faculty and staff of from various schools of Sandip University were present for the occasion.
 2. **Objective of Program:** Objective of this program was to develop the habit of meditation among youngsters so that they can enjoy more peace of mind and self-awareness, which is essential for a stress-free existence.
 3. **Output of Program:** In the inauguration function of International Yoga Day lamp lighting was 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 world. Dr. Prasad Baviskar, Registrar, motivated faculty and students to take part in event. All the Hods of various department were present and perform activity along with faculty and students. Prof. CMA Suvarna Kute who is also certified Yoga teacher from Ayush Bharat demonstrated various yoga position along with benefits.

Photos of the Event

Sr. No.	Photos with Captions
1.	 <p>SANDIP UNIVERSITY — UGC Recognised —</p> <p>Sandip University, Nashik Mahieavni, Trimbak Road, Nashik-422213</p> <p>Celebration Of International Yoga Day 21st June 2023</p>
2.	 <p>Staff and students present during the yoga session.</p>
3.	 <p>Staff and students present during the yoga session.</p>