SANDIP UNIVERSITY

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



Department/ School Name: Department of Pharmacy / SOPS.

Academic Year: 2020-2021

Report on :Event Organized by Sun "Yoga, Meditation And Fitness Club"

Event Title: Yoga and Meditation

Event Date:21'st June 2021

Event Conduction Duration: 07:00 AM to 08:30AM

1. Event Venue: Workshop conducted by online mode through zoom google meet app Link for the workshop:- https://meet.google.com/hpf-seda-gcg

Coordinator with contactdetails: Faculty co-ordinator prof. Arifmansuri ,prof. Neetusharma Dr.V.S.Gulecha(Dean –SOPS)(8554916001) , Dr.A.G.Zalte (Associate Dean-SOPS)(9921948789)

Resourseperson: Ms. Suvarna Kute, Trained Yoga Guru

Event Outline & Outcome of theevent:

Outline of Program: Sandip University's School Of Pharmaceutical Sciences, Nasik had Organized Event by Sun "Yoga, Meditation And Fitness Club", under the guidance of Dr.V.S.Gulecha(Dean –SOPS), Dr.A.G.Zalte (Associate Dean-SOPS), on the eve of yoga day dated on 21'stjune 2021

Following are the details or session highlights-

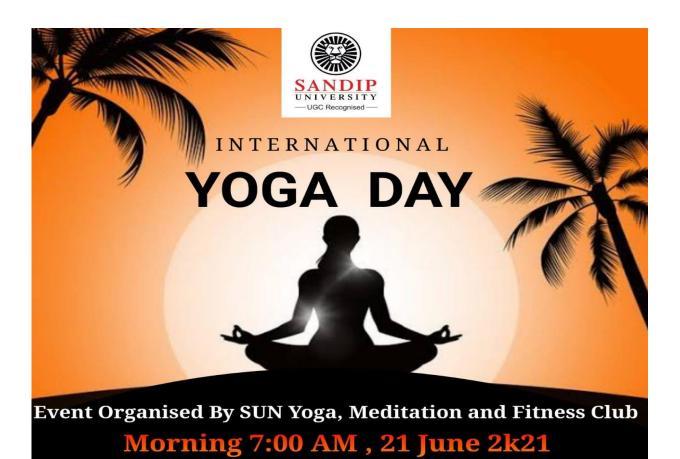
Pranayam,suryanamaskar,sukshamaasanas,benefit of yoga in life meditation tips and QA session

No. of participants-100

Faculty participants-50

Objective of Program: The objective of the workshop is to reach every person who want to safeguard them self and their family in the pandemic of corona virus, participate in this workshop

Output of Program:SOPS successfully conducted the workshop, the resource person guided with the tricks to safeguard every person, and how to keep a good health during this pandemic with the help of yoga and meditation.



Faculty Co-ordinator

Prof.Arif Mansuri Sir Prof.Neetu Sharma Mam **Resource Person**

Ms.Suvarna Kute

SOCMS department Sandip University

Student Co-ordinator

Mr.Tanmaymani Sharma Mr.Onkar Bingewar