

SANDIP UNIVERSITY

School of Pharmaceutical Sciences

Mahiravani, Trimbak Road, Tal & Dist. Nashik-422213, Maharashtra State

www.sandipuniversity.com



SANDIP
UNIVERSITY

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: 21st 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 contact details: Faculty co-ordinator prof. Arifmansuri ,prof. Neetusharma

Dr. V.S.Gulecha(Dean –SOPS)(8554916001) , Dr.A.G.Zalte (Associate Dean-SOPS)(9921948789)

Resource person : Ms.SuvarnaKute ,Trained Yoga Guru

Event Outline & Outcome of the event:

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 21st June 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.



SANDIP
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— UGC Recognised —

INTERNATIONAL
YOGA DAY



Event Organised By SUN Yoga, Meditation and Fitness Club

Morning 7:00 AM , 21 June 2k21

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**

