



RAJJU SHROFF ROFEL
UNIVERSITY, VAPI

ROFEL SHRI G.M. BILAKHIA COLLEGE OF PHARMACY, VAPI

NAAC Accredited B++ Grade Institution & Approved by Pharmacy Council of India

A Constituent College of Rajju Shroff ROFEL University, Vapi

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REPORT SURYA NAMASKAR

Title: Surya Namaskar

Date: 17/06/2023

Timing: 9:00 am onwards

Venue: Balar Auditorium, ROFEL, Shri G. M. Bilakhia College of Pharmacy, Namdha

Summary Report:

ROFEL, Shri G. M. Bilakhia College of Pharmacy, a renowned college of Rajju Shroff Rofel University, organized a Surya Namaskar session for celebrations of “International Yoga Day 2023” and actively participated in the G-20 theme of “**Vasudhaiva Kutumbakam**” on the date 17 June 2023 from 9 am onwards at Balar Auditorium, Namdha campus. one-hour yoga session and Surya Namaskar session were organized for faculties and students. Surya Namaskar is the salutation to Sun and has been known to improve immunity and vitality and thus improve health. The convenor of the event was Dr. Arindam Paul, Principal ROFEL, Shri G. M. Bilakhia College of Pharmacy, and the co-convenor was Dr. Ankita Jaykumar Patel, Associate Professor, ROFEL, Shri G. M. Bilakhia College of Pharmacy. In Total 141 students and faculty members participated in Surya Namaskar.

