



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 9th INTERNATIONAL YOGA DAY 2023

Title: INTERNATIONAL YOGA DAY

Date: 21/06/2023

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 Yoga session for celebrations of “9th International Yoga Day 2023” and actively participated in the **G-20** theme of “**Vasudhaiva Kutumbakam**” on the date 21 June 2023 from 9:00 am onwards at Balar Auditorium, Namdha campus. The one-hour Yoga session was organized for faculties and students. This day celebrates the ancient physical, mental, and spiritual practices of yoga. It also aims to promote the many benefits of practicing yoga. The practice of Yoga brings joy, health, and peace from within and deepens a sense of connection between an individual's inner consciousness and the external world. Yoga helps improve both mental and physical health. It improves your strength, sleep pattern, and immunity. All these factors collectively improve one's quality of life. Thus, on this International Yoga Day, various Yoga Asanas, stretching exercises, and Pranayam were performed under the instruction of yoga instructor Miss Jill Bhanushalli. 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 146 students and faculty members participated in the Yoga session held on International Yoga Day.

