



ROFEL SHRI G.M. BILAKHIA COLLEGE OF PHARMACY

APPROVED BY PHARMACY COUNCIL OF INDIA (PCI) AND AFFILIATED TO GUJARAT TECHNOLOGICAL UNIVERSITY, AHMEDABAD

Managed by Rotary Foundation for Education and Learning (ROFEL) Trust

Estd. In 1999

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Date: 21/06/21

Report on 7th International Yoga Day Celebration at College Campus

When you cannot hold the body still,
You cannot hold the brain still,
If you do not know the silence of the body
You cannot understand the silence of the mind

By: BKS Iyengar

In view of this, Rofel Shri G.M. Bilakia College of Pharmacy has organized to celebrate 7th International Yoga Day for faculty, College staff in Seminar Hall and for students on Virtual medium on 21st June 2019 at 9:00 am onwards. Session was started with prayers to remembrance of Sage Patanjali and followed by some warm up movement for different Asana. Mr. Jitesh K. Jariwala, faculty member who is certified Yoga Trainers, has explained importance of Yogasana and Pranayam techniques for improvement of quality life. All faculty members, Non-teaching staff and peon have participated with great zeal. More than Hundred students had join session on virtual media and participate to learn our ancient tradition for healthy life-style. Faculty members and students had participated with great enthusiasm to learn different posture of asana and breathing methods. All participants performed yoga as per protocol and the pledge taken to make a new start for a Healthy India by adopting Yoga to keep ourselves and our society in fit.



