



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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REPORT ON INTERNATIONAL YOGA DAY 2021-22

The students and staff of ROFEL SHRI G M BILAKHIA College of Pharmacy participated and celebrated with great enthusiasm at Rotary Balar Auditorium from 8:00 am onwards. The session started with prayers and followed by some warm up movement for different Asanas. Ms. Jeel Bhanusali, Staff member who is also a running certified Yoga Classes in Vapi, has explained importance of Yogasana and Pranayam, medication for improvement of quality life. All Students, faculty members, Non-teaching staff have participated with great enthusiastic. More than 40 students had join session and learned about impact of medication, different yoga postures and how important it is to perform Surya Namaskar. 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 physically fit.

