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**GUJARAT TECHNOLOGY UNIVERSITY**

**NATIONAL SERVICE SCHEME**

**ANAND PHARMACY COLLEGE**

**A Report on YOGA MEDITATION-2022**

**NSS Unit Name/College Name:** Anand Pharmacy College

**EVENT NAME: YOGA MEDITATION 2022**

**Event Date:** 22/06/2022

**Theme: YOGA for KUNDALINI(DHYAN)**

**Time:11:45-12:45**

**Platform: UG-2 Class Room, Anand Pharmacy College**

**Participant:** NSS Volunteers, Teaching & Non-teaching staff.

**Total Participant :**65

**Brief Description of the Event:**

NSS unit of Anand Pharmacy College, Anand had celebrated YOGA MEDITATION 2022 on 22nd June 2022. It was great experience for all those who participated . There were total 49 participants out of which 45 were the students and the other 4 were faculty members of the college itself. The programme commenced with information about kundalini dhyan which was further followed by performing kundalini dhyan.

**Major Outcomes of Event:**

Practicing meditation aids in achieving mindfulness along with balance, strength and flexibility. This event left a very educative and inspiring impact on the participants. Performing meditation on regular basis helps us attain discipline and consistency in our day to day life.

**Photograps of event:**

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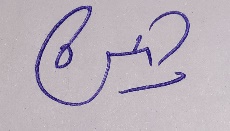
**List of Participant:**

|  |  |  |  |
| --- | --- | --- | --- |
| Sr No. | Name | Enrollment No. | Class |
| 1 | Ganjawala Meet | 212050290101 | B.Pharm 2nd Sem |
| 2 | Varma Meher | 212050290029 | B.Pharm 2nd Sem |
| 3 | Rami Disha | 212050290084 | B.Pharm 2nd Sem |
| 4 | Patel Kosha | 212050290102 | B.Pharm 2nd Sem |
| 5 | Patel Sakshi | 212050290099 | B.Pharm 2nd Sem |
| 6 | Desai Jil | 212050290057 | B.Pharm 2nd Sem |
| 7 | Patel Shreya | 212050290058 | B.Pharm 2nd Sem |
| 8 | Pujari Niyati | 212050290050 | B.Pharm 2nd Sem |
| 9 | Bhavsar Khushi | 212050290039 | B.Pharm 2nd Sem |
| 10 | Desai Hetvi | 212050290086 | B.Pharm 2nd Sem |
| 11 | Makwana Dhruv | 212050290080 | B.Pharm 2nd Sem |
| 12 | Dadhaniya Hit | 212050290072 | B.Pharm 2nd Sem |
| 13 | Ambasana Harsh | 212050290082 | B.Pharm 2nd Sem |
| 14 | Tripathi Vaishanvi | 212050290085 | B.Pharm 2nd Sem |
| 15 | Gandhi Khushi | 212050290047 | B.Pharm 2nd Sem |
| 16 | Panada Sachin | 212050290095 | B.Pharm 2nd Sem |
| 17 | Chandani Rishika | 212050290094 | B.Pharm 2nd Sem |
| 18 | Maji Dipika | 212050290096 | B.Pharm 2nd Sem |
| 19 | Rakholiya Khushi | 212050290045 | B.Pharm 2nd Sem |
| 20 | Ahir Anjani | 212050290070 | B.Pharm 2nd Sem |

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| Sr No. | Name | Enrollment No. | Class |
| 21 | Varma Janshi | 212050290032 | B.Pharm 2nd Sem |
| 22 | Patel Isha | 212050290098 | B.Pharm 2nd Sem |
| 23 | Sheladiya Krupesh | 212050290058 | B.Pharm 2nd Sem |
| 24 | Akbari Soham | 212050290055 | B.Pharm 2nd Sem |
| 25 | Ladani Nandan | 212050290088 | B.Pharm 2nd Sem |
| 26 | Trabadiya Kunj | 212050290028 | B.Pharm 2nd Sem |
| 27 | Gohil Kuldeepsinh | 212050290061 | B.Pharm 2nd Sem |
| 28 | Patel Maitri | 212050290040 | B.Pharm 2nd Sem |
| 29 | Patel Tanvi | 212050290002 | B.Pharm 2nd Sem |
| 30 | Patel Riya | 212050290093 | B.Pharm 2nd Sem |
| 31 | Rana Sakshi | 212050290106 | B.Pharm 2nd Sem |
| 32 | Sindha Dhruva | 212050290107 | B.Pharm 2nd Sem |
| 33 | Rathod Pearlin | 212050290062 | B.Pharm 2nd Sem |
| 34 | Patel Tanisha | 212050290003 | B.Pharm 2nd Sem |
| 35 | Panchal Hetvi | 212050290083 | B.Pharm 2nd Sem |
| 36 | Chaudhari Dhruvi | 212050290044 | B.Pharm 2nd Sem |
| 37 | Rohit Kaushik | 212050290078 | B.Pharm 2nd Sem |
| 38 | Bhatt Khushi | 212050290063 | B.Pharm 2nd Sem |
| 39 | Yadav Khushi | 212050290059 | B.Pharm 2nd Sem |
| 40 | Patel Vandan | 212050290027 | B.Pharm 2nd Sem |

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| Sr No. | Name | Enrollment No. | Class |
| 41 | Shah Divy | 212050290100 | B.Pharm 2nd Sem |
| 42 | Prajapati Prakruti | 212050290065 | B.Pharm 2nd Sem |
| 43 | Honey Raval | 212050290077 | B.Pharm 2nd Sem |
| 44 | Kushwaha Tanu | 212050290030 | B.Pharm 2nd Sem |
| 45 | Jetpariya Shreya | 212050290043 | B.Pharm 2nd Sem |
| 46 | Mr. Subhashchandra Patel | **-** | **-** |
| 47 | Mr. Rajesh Patel | **-** | **-** |
| 48 | Mrs. Gopi Patel | **-** | **-** |
| 49 | Mrs. Himali Desai | **-** | **-** |

**Name and Sign of NSS PO: Mr. Subhashchandra K. Patel  **

**Name and Sign of Student Head: Ms. Janki M. Patel**



**Name and Sign of Principal/ Vice Principal: Dr Tejal R. Gandhi / Dr. Kalpana G. Patel**