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**GUJARAT TECHNOLOGY UNIVERSITY**

**NATIONAL SERVICE SCHEME**

**ANAND PHARMACY COLLEGE**

**A Report on INTERNATIONAL YOGA DAY CELEBRATION 2022**

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

**EVENT NAME: INTERNATIONAL YOGA DAY CELEBRATION 2022**

**Event Date:** 21/06/2022

**Theme: YOGA for Humanity**

**Time:7:30 to 8:10 AM**

**Platform: Anand High school, Anand**

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

**Total Participant :**45

**Brief Description of the Event:**

NSS unit of Anand Pharmacy College, Anand had celebrated International Day of Yoga 2022 on 21st June 2022. It was great experience for all those who participated . There were total 45 participants out of which 42 were the students and the other 3 were faculty members of the college itself. The programme commenced with recitation of prayer which was further followed by performing different *Yoga Asana.*

**Major Outcomes of Event:**

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

**Photograps of event:**

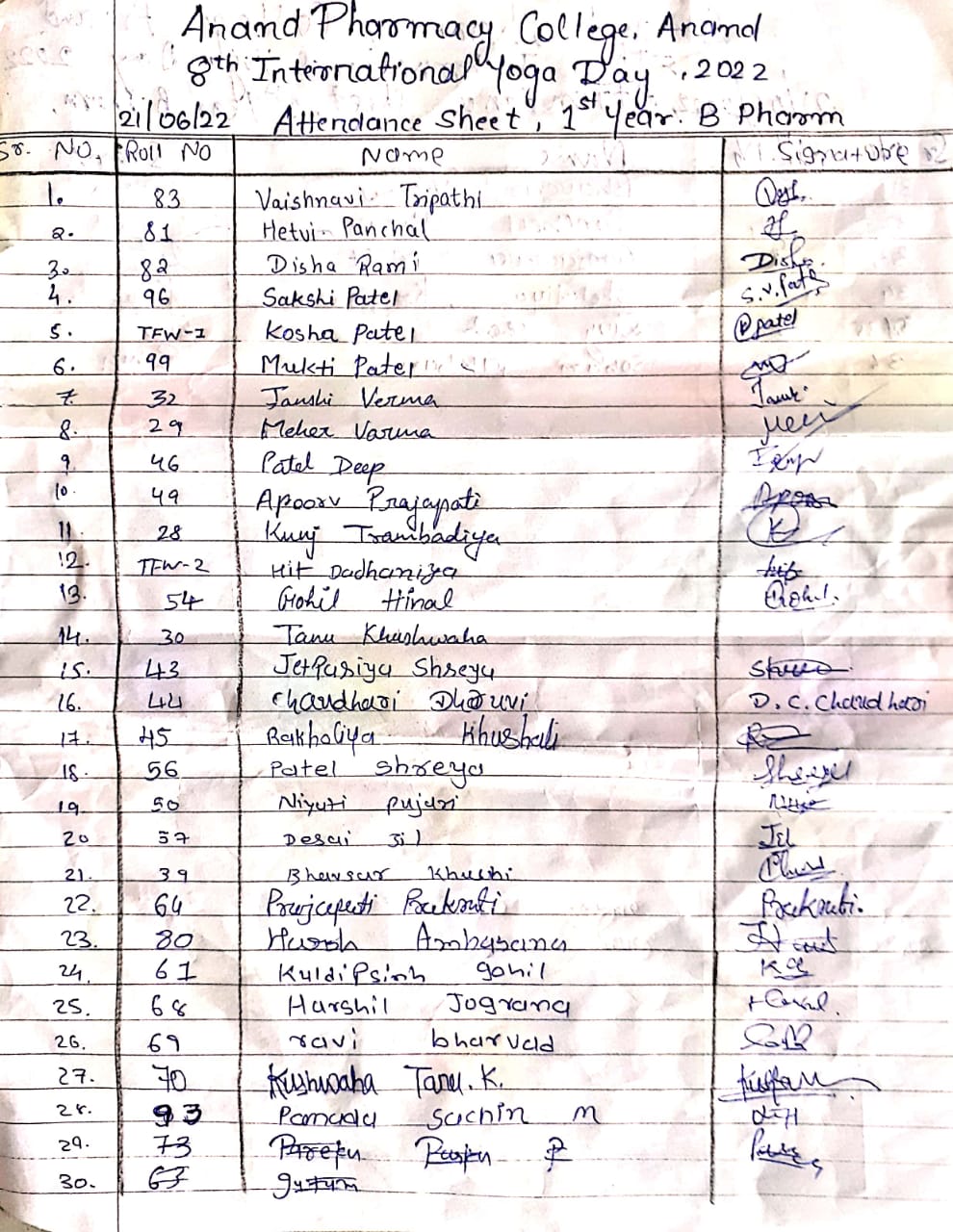
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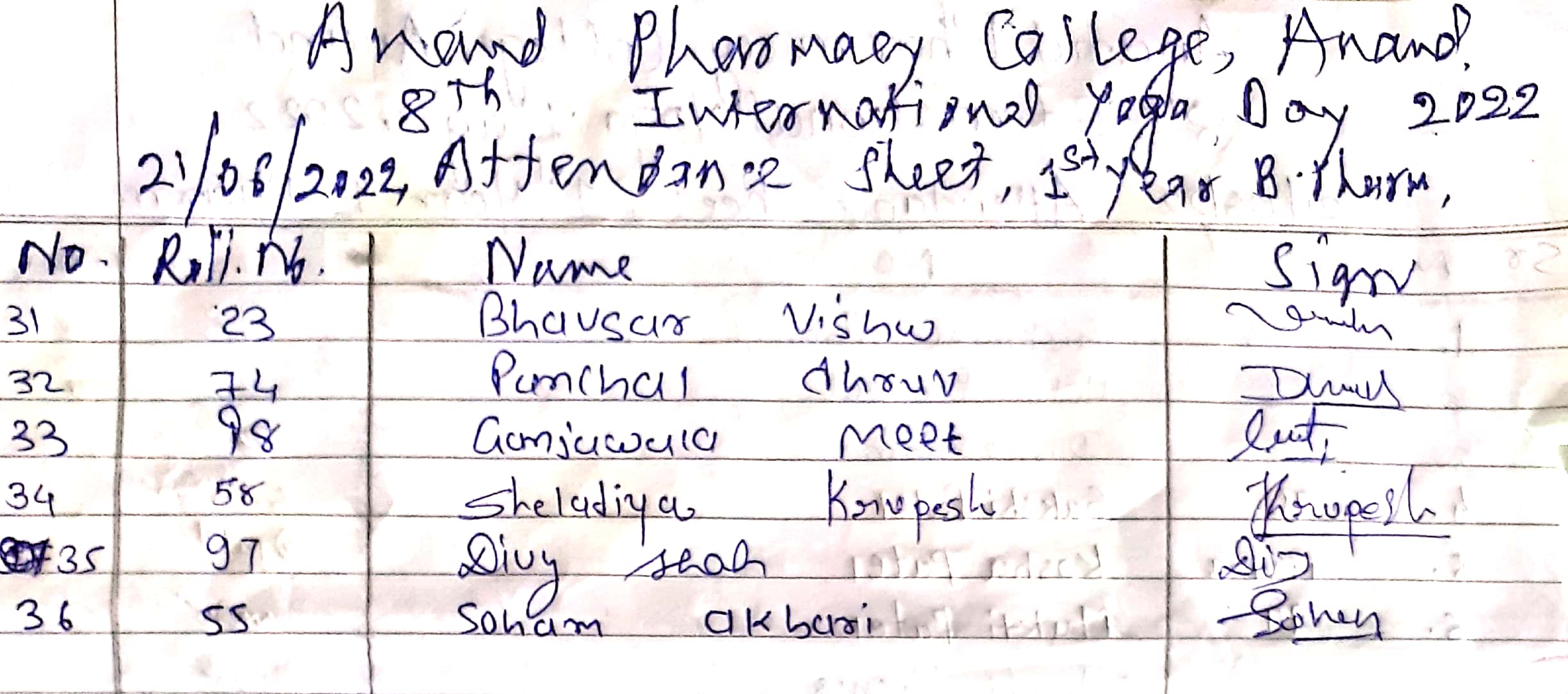
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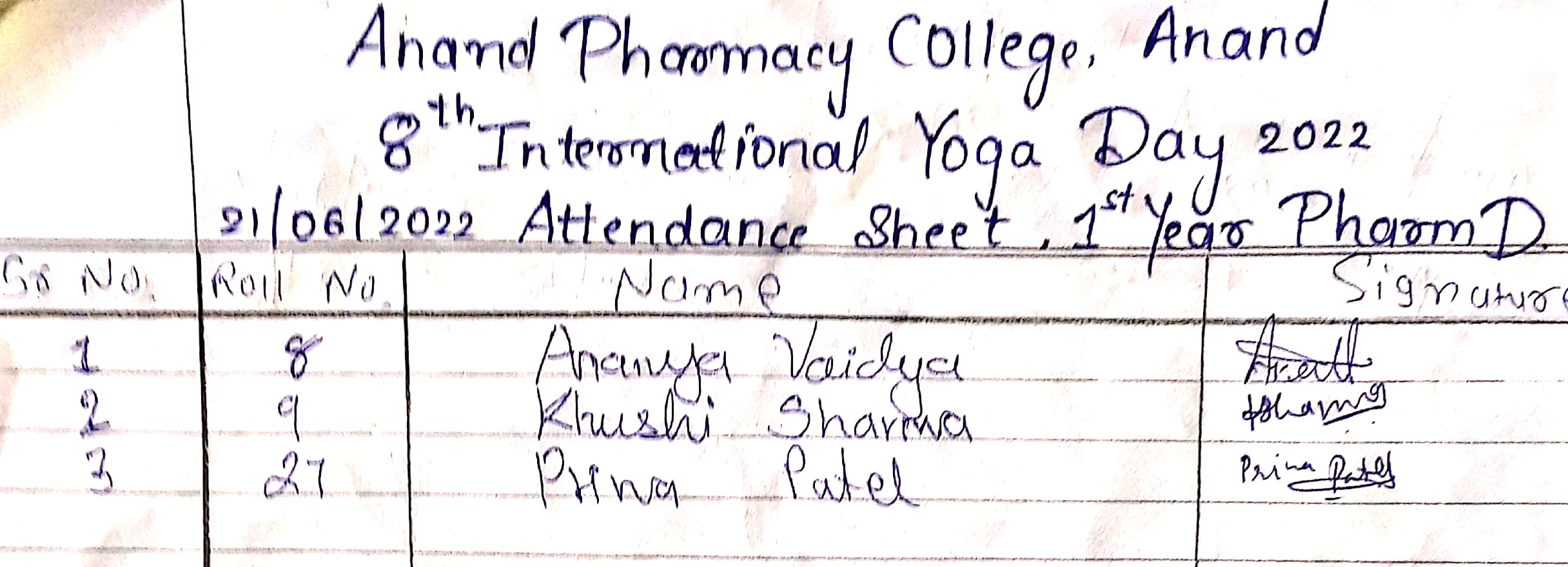
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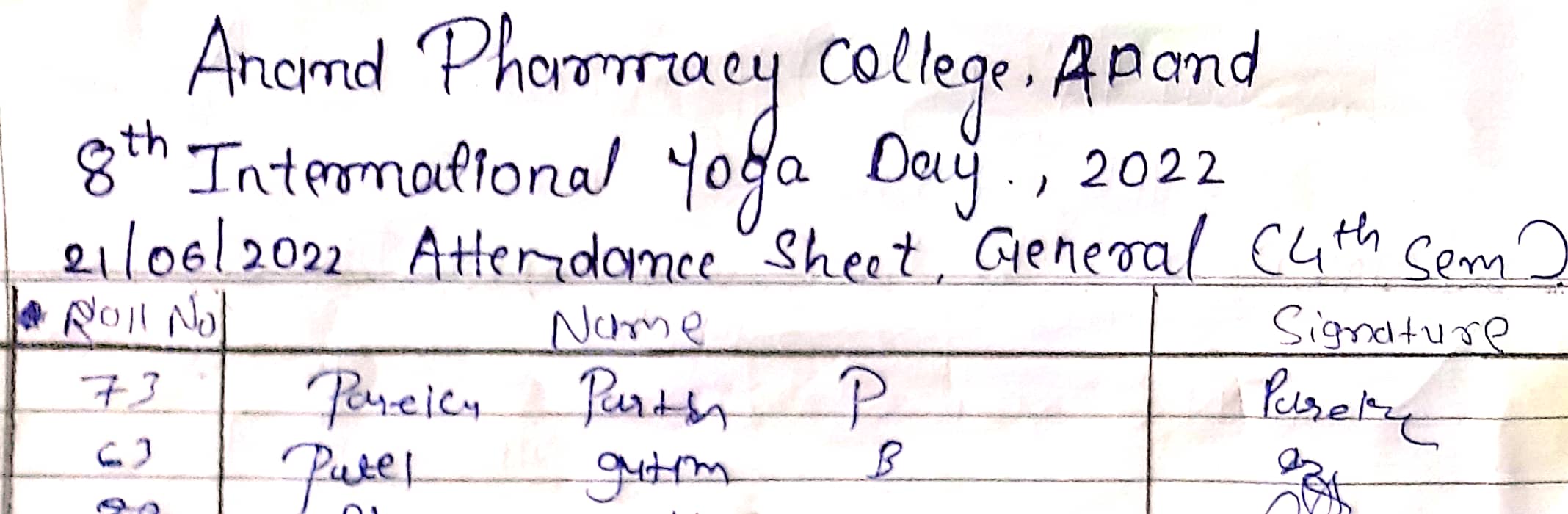
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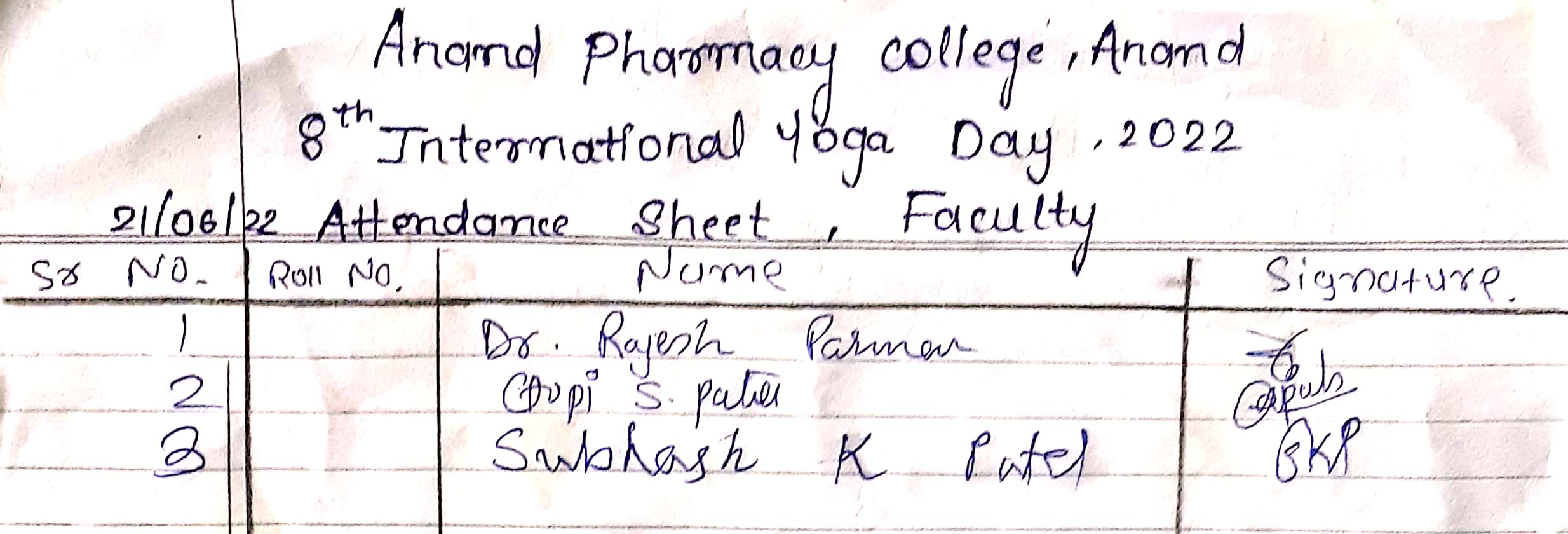
**List of Participant:**

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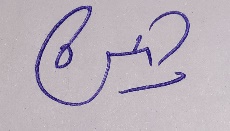
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**Name and Sign of NSS PO: Mr. Subhashchandra K. Patel  **

**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**