

Celebration of International Yoga Day, June 21, 2024

Sachdeva College of Pharmacy celebrated the International Yoga Day with great enthusiasm. The event was attended by the College Principal, the Department Heads, and College Faculty, all of whom demonstrated a keen interest in this ancient practice - the Yoga. The objective of this year's celebration is themed "Yoga for, self and society" This subject emphasizes the double benefits of yoga practice: enhancing personal well-being and improving society at large. The theme recognizes that inner serenity and self-care are the cornerstones of a happy and healthy existence.

The event commenced with a comprehensive introduction to Yoga by the College Principal Prof. S.P Goel. Following that, the program kicked off with warm-up exercises, during which all the folks present actively participated. The instructor who was one of our trained faculty members guided us through various sitting and standing asanas, with simultaneous explanations of their significance. The instructor emphasized the importance of incorporating yoga into daily life and maintaining harmony between the body and mind. The session lasted for over an hour, witnessing active participation and engagement from all attendees. The yoga instructor provided detailed explanations of each pose and offered guidance on precautions to taken. Undoubtedly, it proved to be a successful event.

The celebration concluded with a speech and a note of thanks by the Department Head, Dr. Vandana Kharb, to the participants while expressing joy for the success of the program.

The event's success can be attributed to the meticulous planning, active participation, and the dedication of the organizing college team. The glimpses of the event are:

Sachdeva College of Pharmacy, Gharuan, Punjab

