

“International Yoga Day”

The International Yoga Day session was arranged by SMES’s Mahavir Institute of Pharmacy, Nashik at the college campus on June 21, 2023 from 9:30 am to 3:00pm .

International Yoga Day is celebrated worldwide on June 21st every year to raise awareness about the numerous benefits of practicing yoga. Mahavir Institute of pharmacy, Nashik actively participated in this global celebration, organizing a series of events and activities to promote the practice of yoga among students and faculty members.

A yoga session was organized in the college premises, conducted by faculty. The session aimed to introduce participants to various yoga asanas, breathing techniques, and meditation practices. Students and faculty members enthusiastically participated in the workshop, eager to learn and experience the holistic benefits of yoga.

Throughout the day, special yoga sessions were conducted in the college campus. Participants had the opportunity to engage in guided yoga practice, focusing on relaxation, flexibility, and mindfulness.

Meditation sessions were conducted to help participants cultivate inner peace, clarity of mind, and emotional balance. Guided meditation techniques were employed to assist individuals in quieting their thoughts and achieving a state of deep relaxation. Many attendees found these sessions to be profoundly calming and rejuvenating, providing them with valuable tools for stress management and self-awareness.

Students from the college's yoga club showcased their skills through captivating yoga demonstrations. They performed various complicated asanas and sequences, demonstrating strength, flexibility, and grace. These demonstrations served as a source of inspiration for others, encouraging them to explore the limitless possibilities of yoga practice.

The International Yoga Day celebration at Mahavir Institute of pharmacy, Nashik was a resounding success, fostering a greater sense of unity, wellness, and community among students and faculty members. Through informative workshops, engaging sessions, and inspiring demonstrations, participants gained valuable insights into the transformative power of yoga.

The event served as a catalyst for promoting holistic health and wellness on campus, encouraging individuals to embrace yoga as a lifelong practice for physical, mental, and spiritual well-being.



Prepared by:

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