

ACTIVITY REPORT

Name of Activity- "INTERNATIONAL YOGA DAY 2025"

Courtesy- Sports room

Date and Date- Friday 21/06/2025

Staff & Student

75

Class and Course

F.Y. B. Pharmacy

Participants

Details of the Program:

MET'S Institute of Pharmacy, Bhujbal Knowledge City, Adgaon, Nashik has celebrated International Yoga Day on 21-06-2025 under NSS Unit. The expert for this session was Prof. N. D. Sonawane and Prof. Madhuri Pawar, who tough students about importance of yoga and meditation in daily life for healthy and stress free life. More than 75 students were actively participated and benefited by this event. The aim of this workshop was Stress management by yoga and Meditation in daily life.

Program Objective Achievement:

PO1	Pharmacy Knowledge		PO7	Pharmaceutical Ethics	
PO2	Planning Abilities	✓	PO8	Communication	
PO3	Problem Analysis		PO9	The Pharmacist and society	
PO4	Modern Tool Usage		PO10	Environment and Sustainability	✓
PO5	Leadership Skills	✓	PO 11	Lifelong Learning	
PO6	Professional Identity	✓			✓

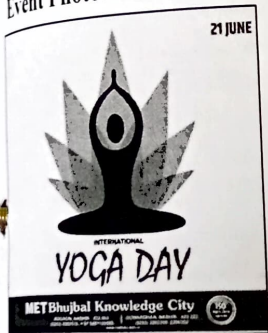
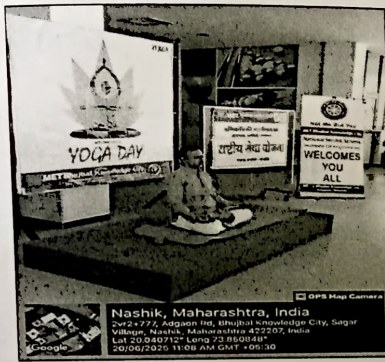
Objectives of the Activity

- To create awareness among students about Yoga and Meditation.
- To demonstrate various asanas and meditation.

Benefits of the activity

- Daily practice of yoga and meditation help students to manage stress and live healthy life and improve quality of life.

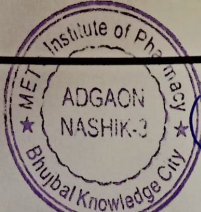
Event Photos:



Principal

PRINCIPAL

MET'S Institute of Pharmacy
Adgaon, Nashik-3.



NSS Program Co-ordinator

Dr. E. K. D. H. H. H.

NSS Program Officer

[Signature]