

MET'S Institute of Pharmacy

ACTIVITY REPORT

Name of Activity- "INTERNATIONAL YOGA DAY 2023"

Day and Date- Wednesday 21/06/2023

Courtesy- Sports room

Participants	Staff & Student	Class and Course
	69	

Details of the Program

MET's Institute of Pharmacy, Bhujbal Knowledge City, Nashik has celebrated International Yoga Day on 21/06/2023 under NSS Unit. The expert for this session was Prof. Madhuri Pawar, who taught students about importance of yoga and meditation in daily life for healthy and stress free life. More than 30 students were actively participated and benefited by this event.

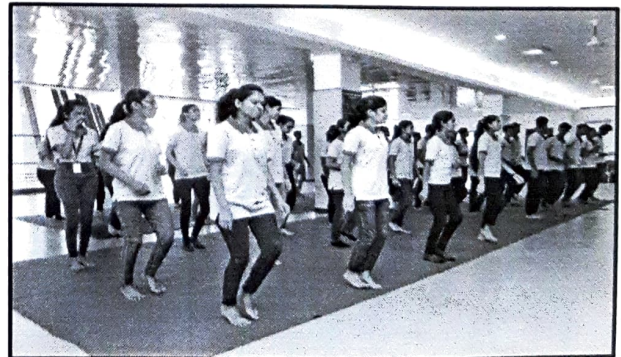
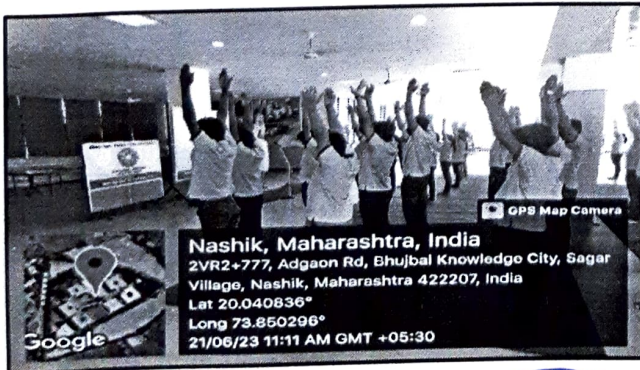
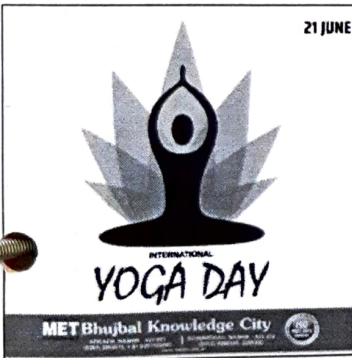
The aim of this workshop was Stress management by Sahajayoga and Meditation in daily life.

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.

Photos of the event



Principal

PRINCIPAL
MET's Institute of Pharmacy
Adgaon, Nashik-3.

Committee- NSS



Coordinator- Prof. R.R. Sable & Prof. R.T. Mogal

(Signature)