

# VES COLLEGE OF PHARMACY

Hashu Advani Memorial Complex, Behind Collector Colony, Chembur (E), Mumbai - 400 074

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## REPORT ON INTERNATIONAL DAY OF YOGA 21/06/2018

VES College of Pharmacy, Chembur, Mumbai, celebrated International Yoga Day on Thursday, June 21, 2018, from 11.00 a.m. to 12.30 am. The ceremony was held in the seminar hall of the college.

**Participants:** The participants include the teaching and non-teaching staff and PG students.

**Ceremony details:** Programme was started with the brief information on the importance of Yoga in our life and healthy eating habits. Also general guidelines about the breathing pattern and other precautions to be taken during Asanas was given to the participants.

Prayer as given in the protocol was recited. Salutations to Patanjali were given in the form of shloka.



Asanas being the third limb of yoga was demonstrated by students with their benefits & staff who are the regular practitioner of Yoga which was then followed and performed by the other participants.



**Following sequence of Yogasanas was performed:**

1. Loosening practices

- a. Neck Bending
- b. Trunk Movement
- c. Knee Movement

2. Naman Mudra and Yoga Mudra (2 types)

3. Kapālabhāti

4. Anuloma Viloma Prāṇāyāma

5. Yogasanas Standing posture

6. Yogasanas sitting posture

7. Yogasanas in supine position

Each Yogasana was performed three times. Dyana was carried out.

A presentation was given by Mrs. Harsha Kathpalia on Rajyoga, the highest form of Meditation highlighting self realization and connecting with the Supreme Soul.

A short meditation session based on Rajyoga (inward journey), the highest form of Meditation highlighting self realization and connecting with the Supreme Soul was then taken up for about 20 mins. A 5 mins video was shown on 'Who am I' -introduction to the real self, the soul. The song on yoga was played.

The session ended with taking of Sankalp and Şantih Pātha.

