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Date:

NAME OF THE EVENT	Fit India 4.0 (Swaccha Bharat Swasth Bharat)
TYPE OF EVENT	Free Yoga Session "YOGASANA"
FACULTY INCHARGE	NSS coordinator
DEPARTMENT	B. Pharm & D. Pharm
DATE AND TIME	October 19, 2023 6.00 a.m.- 7.00 p. m.
VENUE	Sant Gadge Baba University, Amravati

OBJECTIVES:

The objectives of the various programs instituted in the institution are to help assist students.

- Apply the principles of yoga for wholesome development.
- Channelize energies to creative and constitutional endeavors.
- Approach the mechanism with an open mind and scientific temper.
- Control and manage stress and enhance eustress.
- Build a physically strong and mentally agile youth power.
- Realize the values of Yoga as a future career option.

METHODOLOGY:

- “YOGASANA” a free yoga session was organized under the scheme Fit India 4.0 under the theme Swaccha Bharat Swasth Bharat in Sant Gadge Baba University, Amravati on 19th October 2023 from 6.00a.m. To 7.00 a.m. as NSS activity. Fit India 4.0 was celebrated by the students, teaching and non-teaching staff members with great enthusiasm.
- The session was started with the speech of NSS coordinator, A. S. Jumble. He said that the art of practicing yoga helps in controlling an individual’s mind, body and soul. It also helps in increasing flexibility muscle strength and body tone.
- All the faculty members and students did various Assans under the instruction of the yoga instructor Mr. Akshay Dhanorkar (Member of Indian Yoga Association) warm up exercise were taken and all the students, teaching and non-teachibg staff members performed sitting and standing assans, importance of these were explained simultaneously.
- All the NSS volunteers coordinated the program and at last the celebration concluded with the speech by Mr. Akshay Dhanorkar. He encouraged students to practice regular yoga to remain fit and improve concentrations.

GLIMPSE:



NSS coordinator

Principal