

DATE: 20.6.2024

CIRCULAR

This is to inform you that a session on topic of **"Benefits of Yoga, Pranayama and meditation in hectic life of students"** to develop skills in new comer students on **21/6/2024** from 9:30 am -10:30 am J.K.Patel seminar hall PIHR, Parul University. All are cordially invited.

✓
Principal
Parul Institute of
Homoeopathy & Research
Ishwarpura, Limda, Vadodara-391760



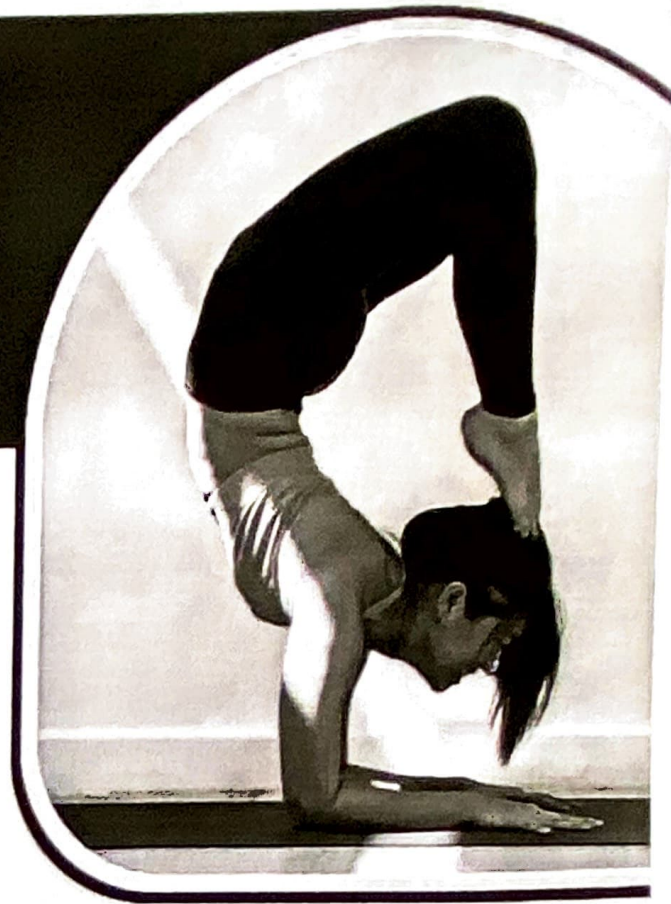
At. Ishwarpura, Po. Limda, Ta. Waghodia, Dist. Vadodara, Gujarat – 391760, India

DISCOVER THE POWER OF YOGA AND UNLOCK YOUR POTENTIAL !!

WORLD YOGA DAY 2024

EXPERIENCE THE
JOURNEY OF THE SELF, TO
THE SELF, THROUGH THE
SELF BY 'YOGA'

Let's pledge to make our physical
and mental health better



LET'S CELEBRATE YOGA DAY ALL TOGETHER !!



Yoga
Asanas/poses



Pranayama/
Breathing



Dhyana/
Meditation

FUNDAMENTAL DETAILS

CERTIFIED YOGA
INSTRUCTOR
DR. RIYA JODHA
(M.D. HOM)

REQUIREMENTS

- Yoga mat (must)
- Comforatble loose clothes

SESSION DATE- 21/6/24

TIME- 9:15- 10:30 AM

VENUE- PIHR seminar hall



Activity Report

INSTITUTE	Parul Institute of Homoeopathy and Research		
DEPARTMENT	EVENT TEAM		
ACTIVITY TYPE	WORLD YOGA DAY		
DATE	21/06/2024	DURATION	1 HOUR
YEAR/CLASS	3 BHMS	NO. OF PARTICIPANTS	25
RESOURCE PERSON	DR. RIYA JODHA, DR.NAYANA PATEL		
DESIGNATION	Assistant Professor Parul Institute of Homoeopathy & Research		
CONTACT DETAILS	Ph.- 8128815189 nayanaben.patel17843@paruluniversity.ac.in		

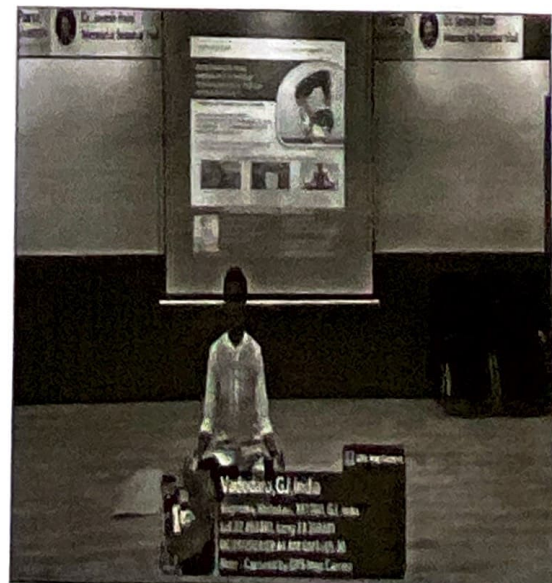
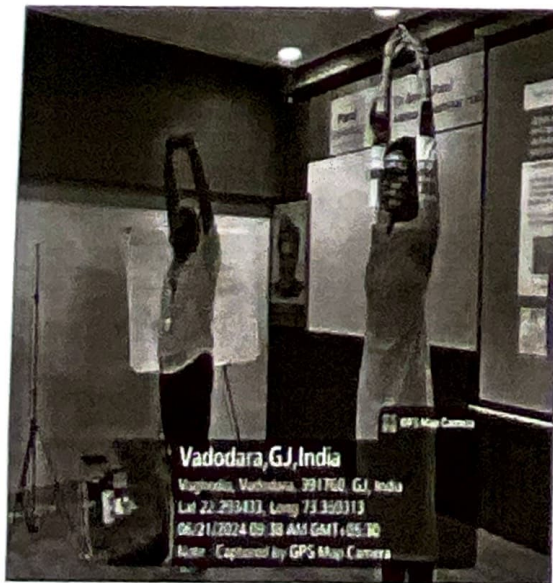
Details about the activity:

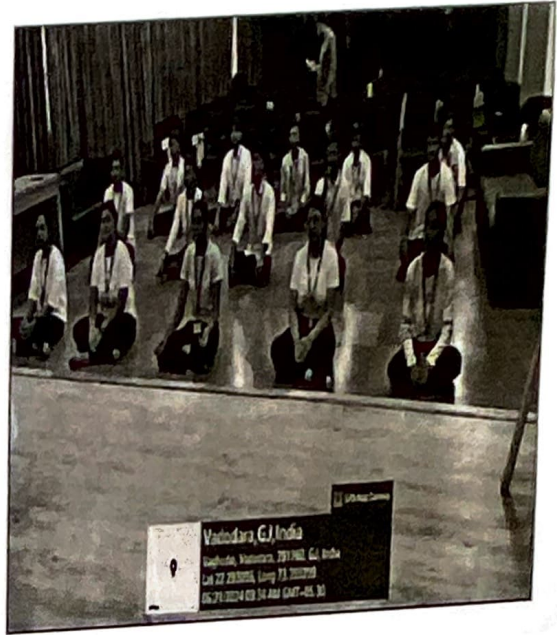
1. Explanation regarding Importance of Yoga, Pranayama and mediation and their benefits.
2. Practical demonstration of different Yoga poses.
3. Practical demonstration of various breathing exercises.
4. Meditation practices

Outcome/Feedback

Students shall develop & understand important of health in modern time.

Geotagged Photos With Caption:





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Iswarpura, Limda, Vadodara-391111

PARUL INSTITUTE OF HOMOEOPATHY AND RESEARCH			
21-06-2024			
WORLD YOGA DAY			
Sr. No.	NAME	YEAR	SIGN
1	DR. Nayana	Faculty	Nayana
2	DR. Riya Godhe	"	Riya
3	Pooja Adhikari	Student	Pooja
4	Yashika Gaudrasija	"	Yashika
5	Dhanu Adhikari	"	Dhanu
6	Narash Arthaa	"	Narash
7	Aditya Parmar	"	Aditya
8	Yashika Waland		Yashika
9	Sandeep Naag		Sandeep
10	Deepa Prasad	Sty.	Deepa
11	Urja Vadile	"	Urja
12	Shah Hetvi	"	Hetvi
13	patel Hetvi	"	Hetvi
14	patel Zeal	"	Zeal
15	patel Preshma	"	Preshma
16	Yashgvi Raj	"	Yashgvi
17	Bhargya Sneha	"	Sneha
18	yashvi vijoloja	"	Yashvi
19	Vasava Binjal	"	Binjal
20	Vasava Mahima	"	Mahima
21	Ankita Kulkarni	"	Ankita
22	Soni Kulkarni	"	Soni
23	Vandhika Patel	"	Vandhika
24	Drushti Patel	"	Drushti
25	Prabhata Solanki	"	Prabhata



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Iskcon, Limda, Vadodra-3.