

**RAJKOT HOMOEOPATHIC MEDICAL COLLEGE**



**CELEBRATION OF INTERNATIONAL YOGA DAY**

**ACADEMIC YEAR 2022-23**



*(Handwritten signature)*  
28/6/23  
**PRINCIPAL**  
RAJKOT HOMOEOPATHIC MEDICAL COLLEGE  
RAJKOT.

RAJKOT HOMOEOPATHIC MEDICAL COLLEGE  
PARUL UNIVERSITY

DATE : 21/6/2023

CELEBRATION OF INTERNATIONAL YOGA DAY

The INTERNATIONAL YOGA DAY is celebrated on 21<sup>th</sup> June, 2023 under the guidance of National commission of Homoeopathy & Meri life at Rajkot Homoeopathic medical college campus.

The students have taken pledge under the guidance of field officer Dr. Raxitkumar Ramavat.

The event is celebrated under the guidance of Yogacharya Meenaben Trivedi, she told about the importance of doing yoga in health.

Suryanamaskar activity was done on 17/6/2023 in which 38 Faculties & 150 Students & 17 Patients & Yoga activity done on in which 300 Students & 38 Faculties & 10 patients participated actively on 21/6/2023.

The whole event is successful under the guidance & motivation of Our Principal Dr. Hitarth Mehta sir.

All the students & faculty members also patients have participated actively.



Parul University NAAC A++



RAJKOT HOMOEOPATHIC MEDICAL COLLEGE  
PARUL UNIVERSITY

Celebrating

# INTERNATIONAL YOGA DAY

Under the guidelines of  
NATIONAL COMMISSION FOR  
HOMOEOPATHY

21ST JUNE 2023



RAJKOT HOMOEOPATHIC  
MEDICAL COLLEGE

Celebrating

# INTERNATIONAL YOGA DAY



YOGACHARYA  
MEENABEN TRIVEDI

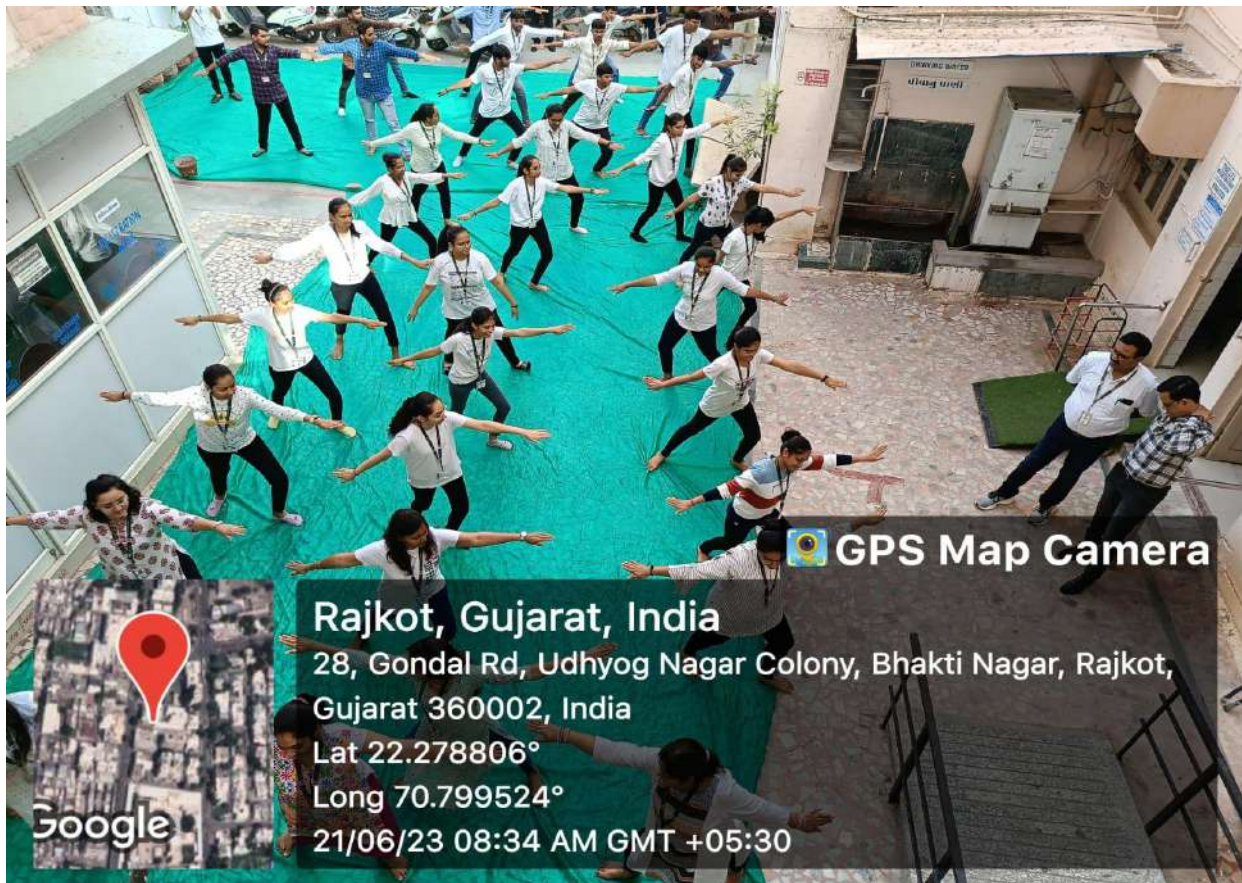
## EVENTS

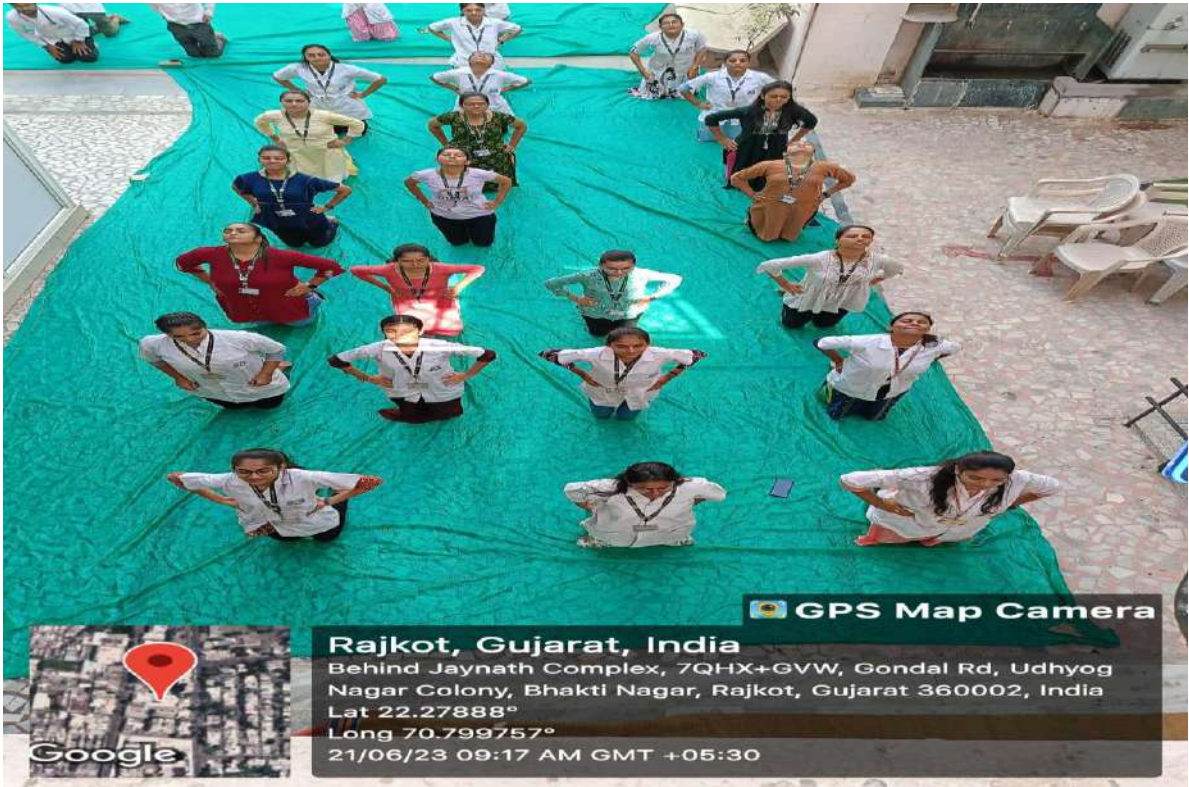
- 17 JUNE, 2023  
SURYANAMASKAR SESSION
- 21 JUNE, 2023  
YOGA SESSION

9:00AM ONWARDS

RHMC CAMPUS

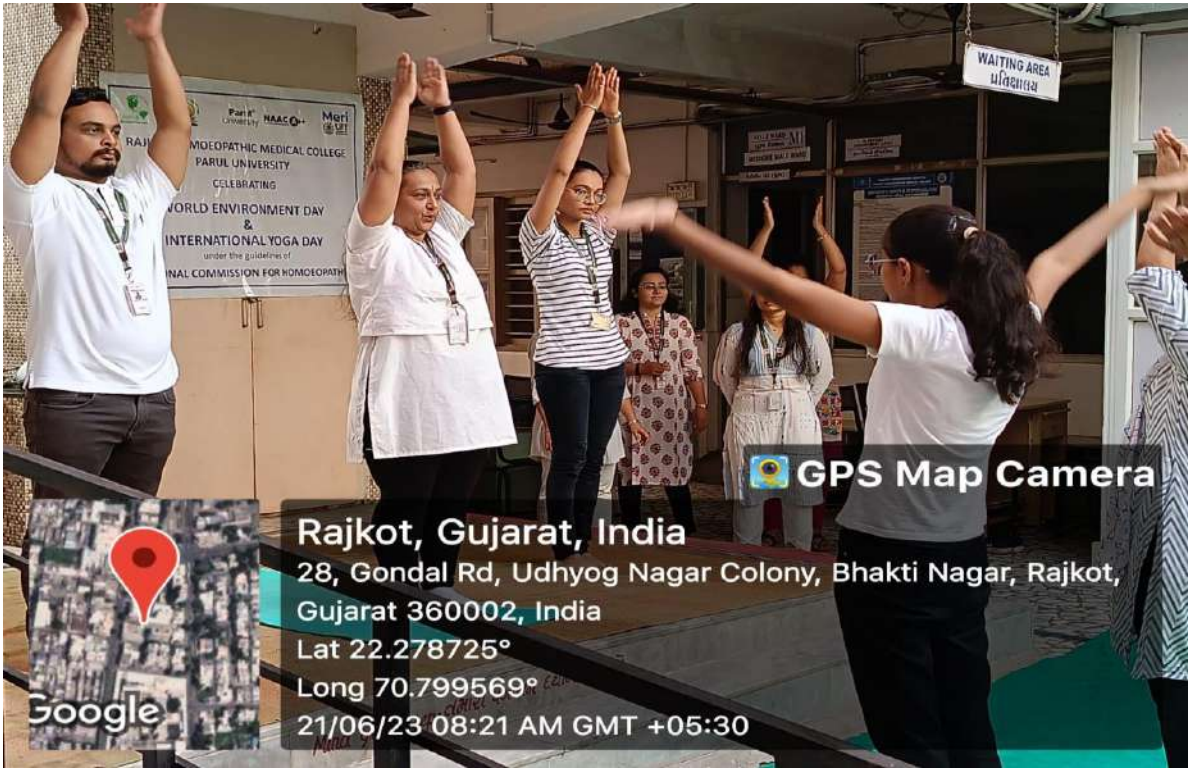
# GLIMPSES OF THE EVENT





GPS Map Camera

**Rajkot, Gujarat, India**  
Behind Jaynath Complex, 7QHx+GVW, Gondal Rd, Udhyog  
Nagar Colony, Bhakti Nagar, Rajkot, Gujarat 360002, India  
Lat 22.27888°  
Long 70.799757°  
21/06/23 09:17 AM GMT +05:30



GPS Map Camera

**Rajkot, Gujarat, India**  
28, Gondal Rd, Udhyog Nagar Colony, Bhakti Nagar, Rajkot,  
Gujarat 360002, India  
Lat 22.278725°  
Long 70.799569°  
21/06/23 08:21 AM GMT +05:30





### **OBJECTIVE OF INTERNATIONAL YOGA DAY:**

- To increase public awareness of the various advantages of yoga practice
- To practise mental health, integrating moral and spiritual values, and attaining a higher level of consciousness for oneself and the surroundings
- Provides an opportunity for individuals and communities to come together and experience the transformative effects of yoga.

### **OUTCOME:**

- To bring students under one roof and practice yoga with a sense of instilling awareness amongst them
- To make the staff, faculty and patients understand the importance of Yoga and to make it a habit every day.