

PARUL UNIVERSITY

FACULTY OF AYURVEDA

REPORT OF INTERNATIONAL YOGA DAY-2016

“Parul University” is a multidisciplinary hub of 22 self financed institutions with more than 27000+ students, 2500+ eminent faculty members and more than 100 programs at diploma, graduate and post graduate and doctoral levels. It is the only university to have 500+ foreign students from 50 nations. It is located in a campus of 150 acres with Engineering, Pharmacy, Ayurved, Management, Homeopathy, Physiotherapy, Education and the institutions are spread in Vadodara, Ahmadabad & Rajkot. Since its foundation in 2003, Parul Campus has become synonymous with the multi-disciplinary centre of quality learning and development across Gujarat.

Parul Institute of Ayurveda is a part of Parul University. Parul Sevashram Trust has acquired a prominent status by providing quality educational services in Ayurveda. It is one of the topmost colleges of the Western India which is stepping up to be the best in its kind. We started our journey 10 years ago in the year 2006 with B.A.M.S. course with 50 students which has reached 100 students at present. The Post Graduation course was started in the year 2014 initially with 5 Departments having 30 students which has reached 10 Departments having 60 students at present and in this year we are in perseverance of 3 more Post Graduate Departments. The Parul Ayurved Hospital is 280 bedded multispecialty hospital attached to college.

2nd International Yoga Day was celebrated from the dept of Swasthavritta and several events were organized on the eve.

- Two days Yoga camp was arranged on 16 & 17 June 2016 for the central jail inmates of Vadodara during which various Yoga postures like Tadasana, Bhadrasana, Bhujangasana, Pavanmuktasana etc recommended by AYUSH were demonstrated. Pranayam techniques like Anuloma Viloma, Sitali, Kapalbhathi, Bhramari were taught to have self control and for the stabilization of the mind. Around 150 jail inmates have actively participated and benefited in this camp. Literature regarding yoga was distributed among jail inmates. Participants were truly delighted and found it beneficial to have a healthy lifestyle.



- Online essay competition was arranged for awareness and usefulness of Yoga in our daily life for the faculties and students of Parul University. Many students and faculties of Parul University actively participated in the competition. The essay with title.....YOGA AND STRESS.....written by Physiotherapy the Post Graduate scholar Dr. Gopi Panchmatia won the 1st prize.
- Along with these 2 days yoga camp was organized for the campus inmates on 20 & 21 June 2016. National & International students, Faculties participated in this event.





- On 21st June, 2016 on the occasion of International Yoga Day, yoga session for the International students studying at Parul University was conducted. About 100 foreign national students participated in yoga session enthusiastically in which various Yogasanas, Pranayam, Dhyan, Prayer were taught.

