

## Yoga Day Report

The third International Day of Yoga programme organized by the Dept of Swasthavritta, Parul Ayurveda on June 20, 2017 began with the morning Yoga session strictly following the “Common Yoga Protocol” that had already been promulgated by CCRYN. The one hour session (7.30 am-8.30 am) was conducted in the campus circle, Parul University in which around 200 people (faculties, UG & PG students) attended. The nutritional drink prepared by Dept of Rasashastra & Bhaishajya Kalpana was also distributed after the session.

The inaugural function held at 10.00 am in the central seminar hall was enriched with the presence of Shri. Abhaya Charana Das, guest speaker from Iskcon, Ujjain, Shri. Vamshidhari Das, spiritual scholar from Iskcon Vadodara, Dr. Geetika Madan Patel, Medical Director, Parul Sevashram Hospital, Dr. Hemant Toshikhane, Dean, Faculty of Ayurveda, and Dr. B.G.Kulkarni, Principal, Parul Institute of Ayurveda & Research. Dr. Nikhil Dongarkar, PG scholar from Kayachikitsa Dept was also felicitated for his prestigious achievement in presenting a research paper on “Ayurvedic management of Cancer” at Munich, Germany. The inaugural function was followed by the guest lecture on “Yoga for modern age” by Shri. Abhaya Charana Das at 10.30 am. The two hour session was informative and Swamiji detailed the essence of Bhakti yoga, different schools of yoga and the benefits of yoga in daily life in simple words. The Swamijis from Iskcon distributed the Prasad and feedback form to the students and faculties in the seminar hall.



