



PARUL UNIVERSITY
WAGHODIA, VADODARA

Activity Report

INSTITUTE	Parul Institute of Ayurved		
DEPARTMENT	Parul institute of Ayurved(NSS Unit)		
ACTIVITY TYPE	International Yoga Day Celebration		
DATE	18-06-2020 19-06-2020	Duration	02 Days
SEMESTER	NA	No. of Professors	NA
EXPERT NAME WITH DESIGNATION			
NAME OF ORGANIZATION	ParulUniversity		
EXPERT CONTACT DETAILS	NA		
FACULTY COORDINATOR	DrHemang Joshi		
FACULTY CONTACT DETAILS	9925039565		
SPONSORING AUTHORITY	NA	Sponsorship amount:	-NA-

Activity Details: International Yoga Day Celebration- Parul Institute of Ayurved.

Details about the activity:

“Yoga is an invaluable gift of India’s ancient tradition. It is not about exercise but to discover the sense of oneness with yourself, the world and nature” quoted by honourable Prime Minister ShriNarendraModiji. ParulUniversity imparts utmost importance to explore the sence of oneness through yoga. To throw lights regarding the utility yoga to the society the following activities were carried out in ParulUniversity by Faculty of Ayurveda. These revels the magnitude of the ancient tradition yoga in thus current pandemic situation. At this juncture of international yoga day, we are immensely delighted that the faculty of Ayurveda has giving training to COVID patients regarding the basic yoga asanas and breathing exercises. It has been regularly practiced in the COVID ward under strict monitoring. There are around 60 patients performing these yoga asanas and they are getting benefits out of it. ParulUniversityFaculty of Ayurveda yoga instructor has given training o international students regarding the yoga asanas. Around more than 100 students have gained out of this and they practice it every day by understanding its scientific applicability in day to day life.Paruluniversity, Faculty of Ayurveda has conducted one day yoga session for all the faculties and students, around 2000 people participated in this session. To promote honorable Prime Ministers ‘my Life - My Yoga video blogging contest’-Faculty of Ayurveda has organized a Yoga asana video competition and around 200 people participated and uploaded their yoga Sana videos in social media page.

Outcome:

The health benefits of yoga and its importance were made available to patients and also the togetherness in maintaining health through yoga was depicted by Faculty of Ayurveda through online yoga even in these difficult times of the pandemic because preservation of health is very important to battle this pandemic disease and it was highlighted through the practice of yoga as one of the ways.



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photo of the event

