



**PARUL UNIVERSITY** PARUL INSTITUTE OF AYURVED  
WAGHODIA, VADODARA



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### Activity Report

INSTITUTE	Parul Institute of Ayurved		
DEPARTMENT	Swasthavritta		
ACTIVITY TYPE	Fifth international day of Yoga		
DATE	17/06/2019 to 21/06/2019	Duration	05 days
SEMESTER	NA	No. of Professors	NA
EXPERT NAME WITH DESIGNATION	DrNiranjan Shah (junior secretary of medical wing of Raj yog education and research foundation) and DrNilima (Ex principal of college of physiotherapy, SSG hospital)		
NAME OF ORGANIZATION	Parul Institute of Ayurved		
EXPERT CONTACT DETAILS	-NA-		
FACULTY COORDINATOR	Dr.AparnaBagul		
FACULTY CONTACT DETAILS	9016764181		
SPONSORING AUTHORITY	-NA-	Sponsorship amount:	-NA-

#### Activity Details: Fifth international day of Yoga

##### Details about the activity:

The fourth international day of yoga was organized by the dept of Swasthavritta, Parul Institute of Ayurveda on June 21, 2019 at 7 am.

Yoga session- 17/06.2019 to 20/06/2019, Mega yoga session on 21 june 2019 was held in the central auditorium enriched with the presence of chief guest. Following programmes were held:-Yogasana session, Poster presentation, Inaugral function and guest lecture

##### Outcome:

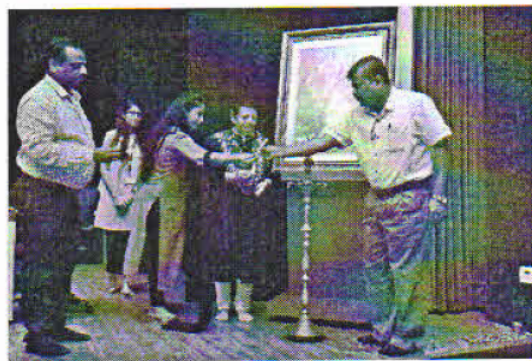
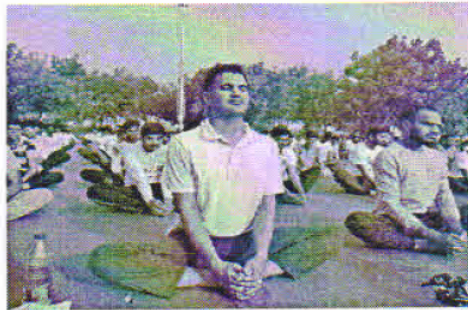
All the faculties of different fields along with their students get enriched and aware with the knowledge of Yoga.



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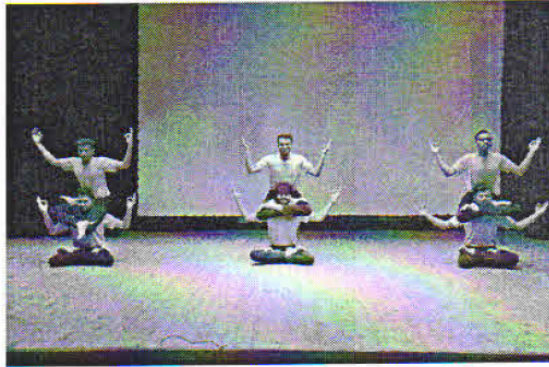
Dean sir with faculty members in the various sessions



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Yoga dance