



# Gautam College of Pharmacy, Hamirpur

(Approved by PCI - New Delhi & Himachal Pradesh Government)  
Affiliated to Himachal Pradesh Technical University, Hamirpur  
& Himachal Pradesh Takniki Shiksha Board, Dharamshala  
Ward No. 10 Hamirpur (Himachal Pradesh)

## Report on Yoga Day Celebration at Gautam College of Pharmacy

**Organized By:** Gautam College of Pharmacy  
**Supported By:** IQAC (internal quality assurance cell)

**Date:** June 21, 2024

**Event Overview:** The Gautam College of Pharmacy celebrated International Yoga Day on June 21, 2024, with great enthusiasm and active participation. The event featured a yoga session and an awareness talk conducted by the renowned yoga instructor, Mr. Ravinder Khatri. The event witnessed the participation of over 30 students and staff members, marking a successful celebration of the holistic benefits of yoga.

**Yoga Session:** The celebration commenced with a yoga session led by Mr. Ravinder Khatri, who has extensive experience in teaching yoga and promoting its benefits. The session began at 7:00 AM in the college auditorium. Participants were guided through a series of yoga asanas (postures), pranayama (breathing exercises), and meditation techniques.

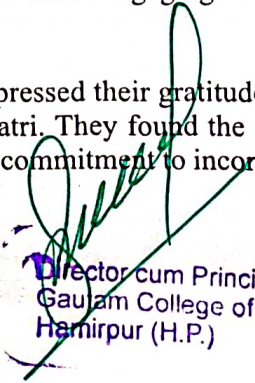
Mr. Khatri emphasized the importance of regular yoga practice for physical and mental well-being. He demonstrated various asanas, such as Tadasana (Mountain Pose), Vrikshasana (Tree Pose), Bhujangasana (Cobra Pose), and Shavasana (Corpse Pose), explaining their benefits in enhancing flexibility, strength, and relaxation.

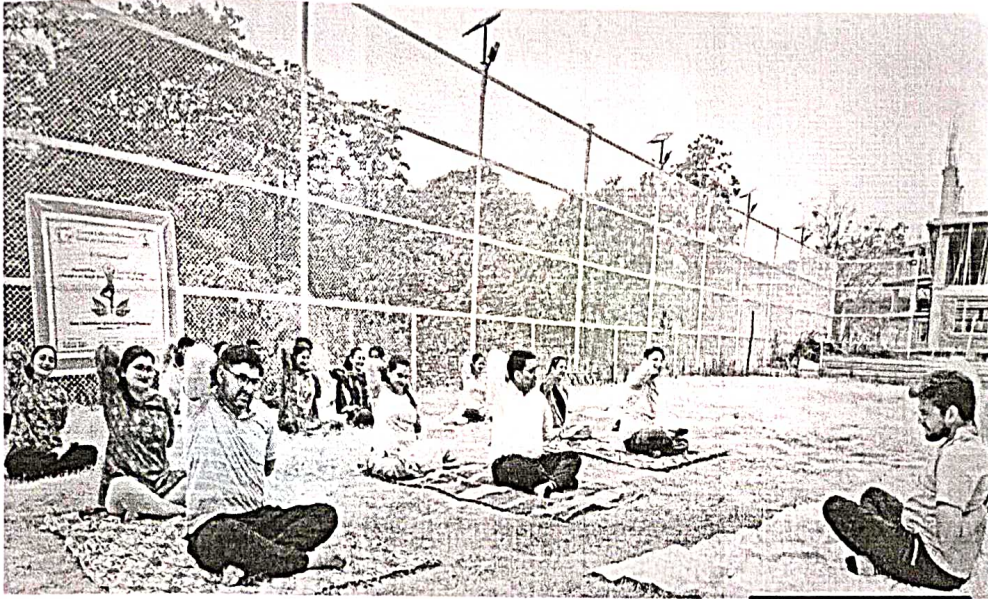
The yoga session lasted for an hour and was well-received by the participants. The attendees expressed their appreciation for the session, noting the immediate sense of relaxation and rejuvenation they experienced.

**Awareness Talk:** Following the yoga session, Mr. Ravinder Khatri conducted an awareness talk on the significance of yoga in daily life. The talk highlighted the historical and cultural roots of yoga, its scientific basis, and its impact on overall health. Mr. Khatri shared insights into how yoga can help manage stress, improve concentration, and promote a balanced lifestyle.

He also addressed common misconceptions about yoga and provided practical tips for integrating yoga into busy schedules. The talk was interactive, with participants asking questions and sharing their experiences. Mr. Khatri's engaging and informative approach made the session both educational and inspiring.

**Participant Feedback:** The participants expressed their gratitude for the opportunity to learn from an experienced instructor like Mr. Khatri. They found the event to be enlightening and beneficial, with many expressing a renewed commitment to incorporating yoga into their daily routines.

  
Director cum Principal  
Gautam College of Pharmacy  
Hamirpur (H.P.)



- International yoga day celebration by Gautam college of Pharmacy

**Conclusion:** The International Yoga Day celebration at Gautam College of Pharmacy was a resounding success. The yoga session and awareness talk conducted by Mr. Ravinder Khatri provided valuable insights and practical knowledge about the benefits of yoga. The active participation and positive feedback from attendees highlighted the importance of such events in promoting health and well-being within the college community.

The college looks forward to organizing more such events in the future to continue fostering a culture of wellness and mindfulness among its students and staff.

Program Coordinator



Director/Cum Principal  
Gautam College of Pharmacy  
Hamirpur

