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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)

Ref no.

Date: 20/03/2024

Report on One day Yoga celebration at Gautam college of Pharmacy

Date: 19/03/2024

Location: Auditorium, Gautam college of pharmacy, Hamirpur. (H.P) 177001

In Collaboration with: Morarji Desai national institute of yoga, Ministry of Ayush, Govt of India, New Delhi & Career point university, Hamirpur

Yoga is a holistic practice that originated in ancient India and has been practiced for thousand of years. The word "Yoga" comes from Sanskrit word "Yuj" which means to yoke or unite, symbolizing the connection between the mind, body and spirit. Yoga encompasses a wide range of physical, mental and spiritual practices that aim to promote overall well-being and harmony. Yoga is a versatile and adaptable practice that can be tailored to suit individual needs and goals. Its introduction to the world has had a profound impact on the health and wellness of countless individuals. Gautam college of pharmacy organized one day yoga camp in collaboration with Morarji Desai national institute of yoga, ministry of Ayush, govt of India, New Delhi & Career point university.

Morarji Desai national institute of yoga was established in the year 1970. It acts as the nodal agency for promotion and development of yoga across the India and is focused on yoga research, yoga therapy & yoga education. One day camp was conducted in blended mode both online & offline. World Famous Sanskari Yog guru Dr. Ram Avtar was the chief guest of the event. He addressed the students about the various benefits of yoga in student life. He also taught the students about increasing focusing power which will be beneficial in studies.

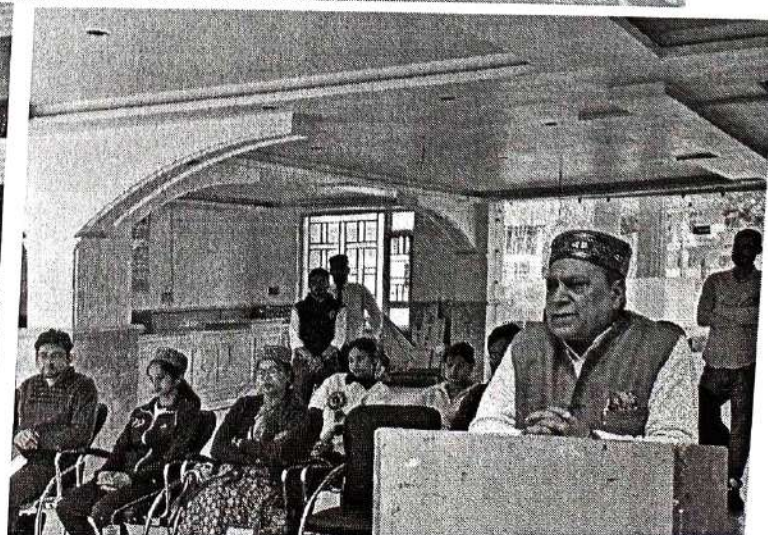
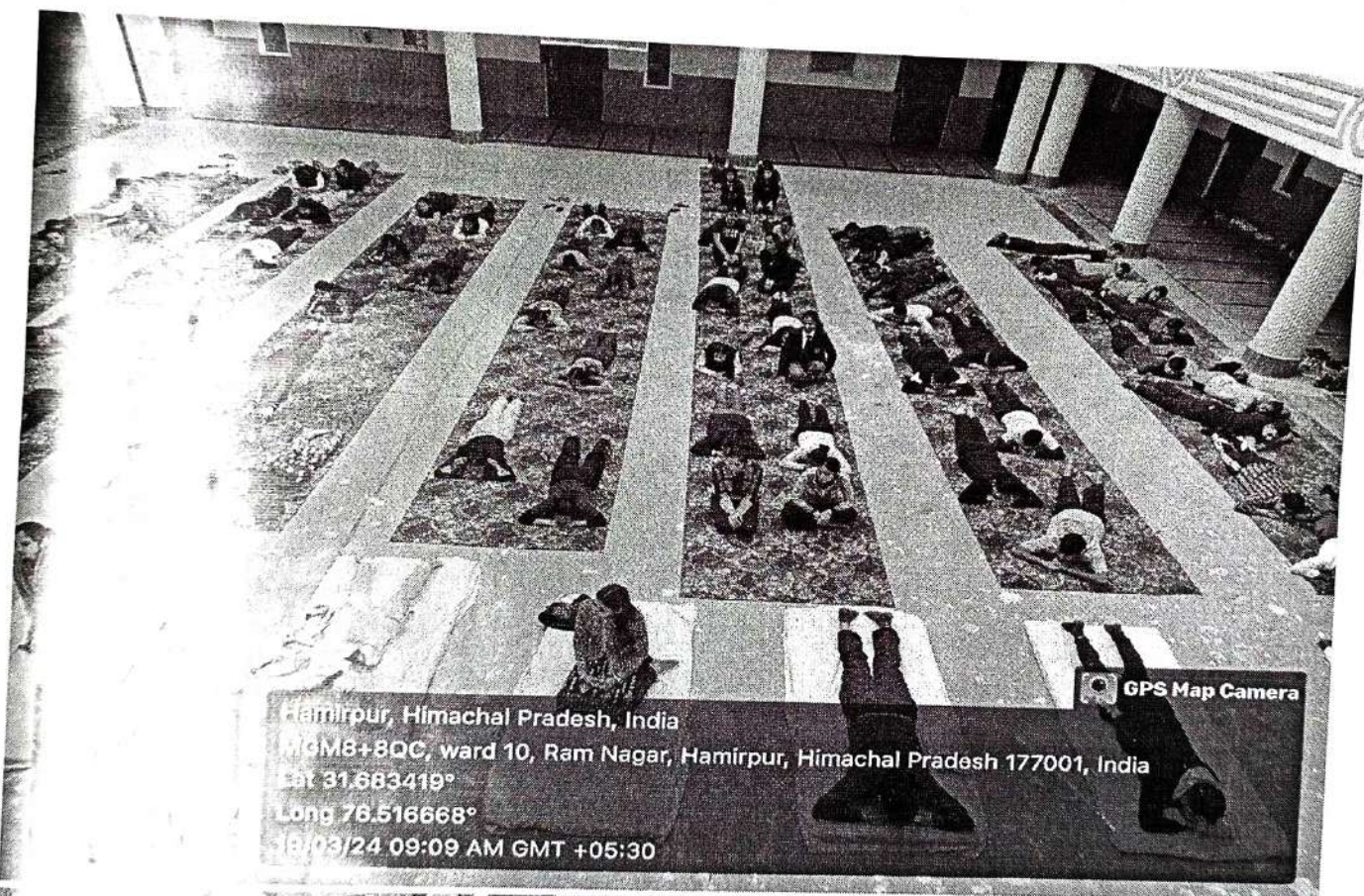
Yoga celebration commenced with a warm welcome address by the Director cum principal Dr. Sanjay Kumar secretary of Gautam group of colleges Dr Rajneesh Gautam, highlighting the significance of yoga in promoting physical, mental, and spiritual well-being. One day camp was conducted in blended mode both online & offline. World Famous Sanskari Yog guru Dr. Ram Avtar was the chief guest of the event. He addressed the students about the various benefits of yoga in student life. He also taught the students about increasing focusing power which will be beneficial in studies

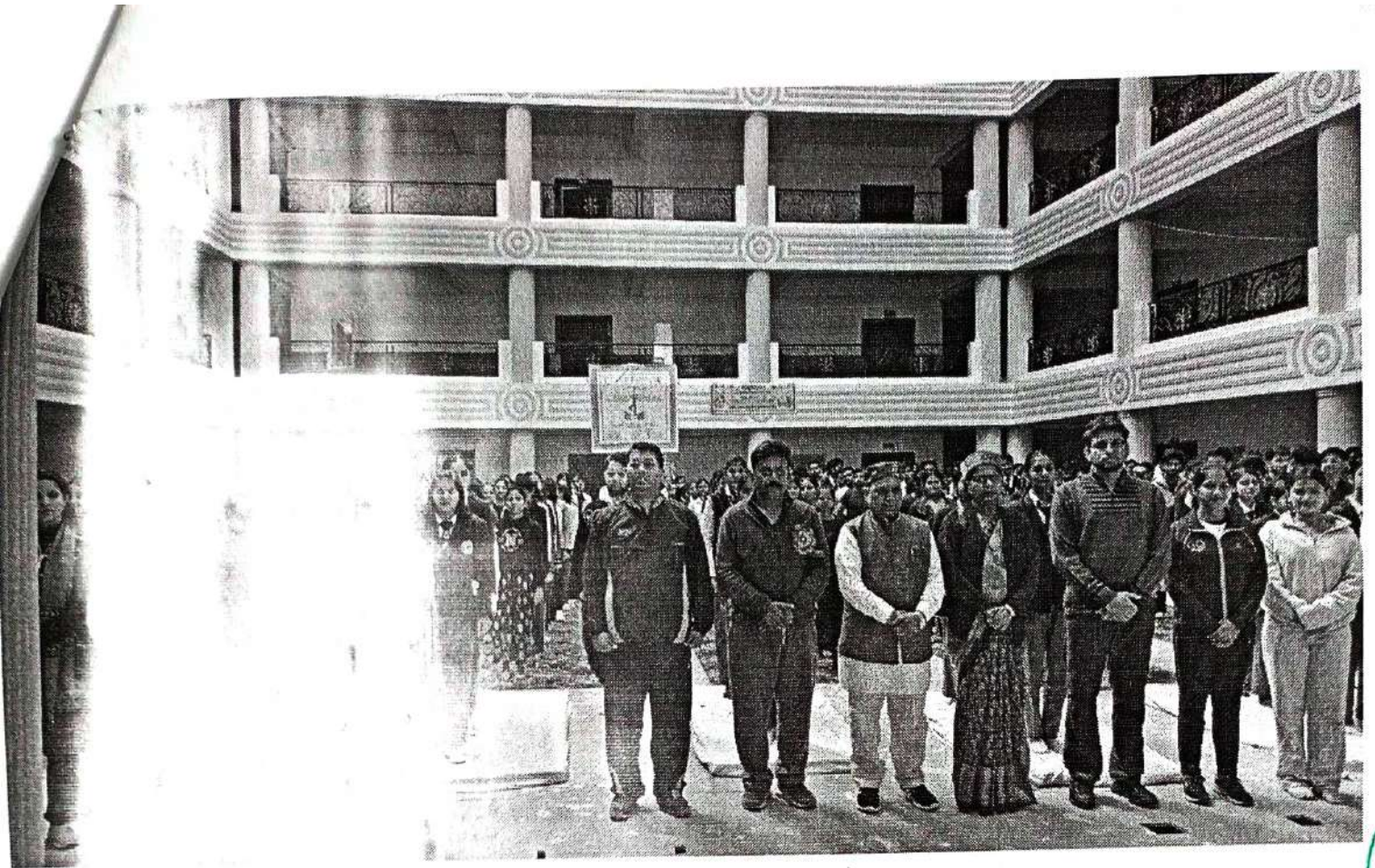
This was followed by a series of yoga sessions conducted by certified yoga instructors, focusing on various asanas, breathing techniques, and meditation practices. The participants actively engaged in the yoga sessions, demonstrating their enthusiasm and commitment to embracing the ancient practice of yoga. The event provided an opportunity for students and faculty members to experience the benefits of yoga firsthand, including improved flexibility, stress relief, and overall health enhancement.

A special lecture on the importance of incorporating yoga into daily life was delivered by a renowned yoga expert world famous sanskari yog guru Dr. Ram Avtar, inspiring the audience to adopt a holistic approach to health and wellness. The lecture emphasized the role of yoga in maintaining a balanced lifestyle and cultivating inner peace and harmony. Yoga celebration at Gautam College of Pharmacy concluded with a group meditation session, symbolizing unity and harmony among all participants. The event received positive feedback from attendees, who expressed their gratitude for the opportunity to engage in a meaningful and rejuvenating experience.

Academic incharge Mr. Ravinder Khatri concluded the show by giving the vote of thanks to world famous yog guru Dr. Ram avatar for his valuable knowledge and secretary of Gautam group of colleges for organising such an enchanting event.

Glimpses of event:-






Activity Coord


Coordinator IQAC


Director/Principal
Gautam College of P
Hamirpur (H.P.)-1770
Director