

"INTERNATIONAL YOGA DAY CELEBRATION 2023"

Shrimad Rajchandra College of Physiotherapy celebrated "INTERNATIONAL YOGA DAY" on 21st June, 2023. The motive of this activity was to create awareness among students. This program was organized by Shrimad Rajchandra College of Physiotherapy in association with NSS unit of Uka Tarsadia University. This Program was conducted by Raj Verma and Pratik Khaire, 4th Year BPT students. Program was started with brief introduction of Yoga and importance of Yoga for healthy lifestyle. Followed to this, our students guided how to perform yoga and conducted 3 sessions of 1 hour where various types of yoga were performed by all participants. There were around 100 enthusiastic participants including faculties and students who participated in this Program. The event ended with realizing and rediscovering the benefits of doing yoga asana and great feeling of inner peace. This event was co-ordinated by Dr. Anand Patel and Dr. Bhavik Jhaveri.