



ST. WILFRED'S INSTITUTE OF PHARMACY

Affiliated to Mumbai University, Approved by AICTE- New Delhi, DTE Maharashtra (DTE Code-3485)
Near Shedung Toll Plaza, Old Mumbai Pune Highway, Shedung, Panvel-410206

Ref No.:

Date: 19/6/2023

NOTICE

This is to inform all the students of all B. Pharmacy students, Teaching Faculty, and Non-Teaching Faculty, that the SWIP, Panvel is organizing a Workshop on International Yoga Day on Wednesday, 21st June 2023 from 9.00 A.M to 10.30 P.M. at Seminar Hall.

The session will be conducted by Dr. Sanjay Baraskar.

Concerned Students and faculty members are required to compulsorily attend the same.

Event Coordinator

Principal



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NAME OF ACTIVITY: International Yoga Day

DATE & DURATION: June 21th, 2023

TYPE OF ACTIVITY: Health Program

ORGANIZER(S): St. Wilfred Institute of Pharmacy, committee members of the pharmacy department.

EXPECTED OUTCOMES: The program promotes the good mental and physical health of people through yoga.

Flyer:

The flyer features a dark blue header with the institute's logo and name. The main content is on a light background with a yoga-themed illustration. The text is organized into sections: title, description, date, time, venue, and website.

**ST. WILFRED'S
INSTITUTE OF PHARMACY**
AFFILIATED TO MUMBAI UNIVERSITY

**SEMINAR ON
INTERNATIONAL YOGA DAY**
DR. SANJAY BARASKAR

Embrace the power of yoga and experience a sense of balance, peace, and well-being. Join us for a special seminar where we'll explore yoga's benefits, learn techniques, and find harmony in both body and mind. Mark your calendar and get ready for a day of mindfulness and relaxation.

DATE : JUNE 21 TH ,2023
TIME : 9:30 TO 10:30 AM
VENUE : SEMINAR HALL

www.swippanvel.com



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Glimpses:



Today, on 21st June 2023, St. Wilfred's Institute of Pharmacy celebrated International Yoga Day. It was attended by many prominent Professors and Students. The event began with a brief introduction on Yoga Day by students & by welcoming the guest of honor Dr. Sanjay Baraskar (Renowned Yoga practitioner & yoga story reader).

Warm-up exercises were taken and all the students practiced & performed sitting and standing asanas, the importance of these was explained simultaneously. The celebration concluded with the speech of our Principal Dr. Deenanath Jhade. He encouraged students to practice regular yoga to remain fit and improve concentration.

Vote of thanks:

Dr. Deenanath Jhade sir expressed sincere appreciation to our yoga trainer of the day for sharing their invaluable insights and expertise with us. We acknowledged the hard work and dedication of our organizing committee and volunteers.



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Dr. Akshay Meshram Sir, HOD addressed all the participants and explained the importance of yoga in life.





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Ref No.:

Date: 17/6/2022

NOTICE

This is to inform all the students of all B. Pharmacy students, Teaching Faculty, and Non-Teaching Faculty, that the SWIP, Panvel is organizing a Workshop on International Yoga Day on Tuesday, 21st June 2022 from 9.00 A.M to 10.30 P.M. at Seminar Hall.

The session will be conducted by Dr. Sanjay Baraskar.

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Event Coordinator

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NAME OF ACTIVITY: International Yoga Day

DATE & DURATION: June 21st, 2022

TYPE OF ACTIVITY: Health Program

ORGANIZER(S): St. Wilfred Institute Of Pharmacy, committee members of the pharmacy department.

EXPECTED OUTCOMES: Alongside the festivities, the outcome was to emphasize spreading awareness about the importance of yoga in maintaining physical and mental health.

Flyer:

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**SEMINAR ON
INTERNATIONAL YOGA DAY**
DR. SANJAY BARASKAR

Join us for a unique event exploring the transformative power of yoga. Learn about its benefits, from reducing stress to enhancing flexibility. Gain insights from experienced instructors as you dive into various techniques.

DATE : JUNE 21ST, 2022
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Yoga Day celebrations can also serve as an opportunity for community outreach and service activities. This could involve organizing yoga sessions in schools' senior centers, or hospitals, promoting inclusivity and accessibility to yoga for all demographics.

ABSTRACT OF THE YOGA SESSION

The event began with a brief introduction on Yoga Day by students & by welcoming the guest of honor Dr. Sanjay Baraskar (Renowned Yoga practitioner & yoga story reader). It was attended by many prominent Professors and Students. The yoga session started with gentle warm-up exercises to prepare the body and mind for the practice ahead, followed by a dynamic sequence of standing, seated, and balancing poses designed to improve posture, increase flexibility, and enhance body awareness. Throughout the session, emphasis was placed on mindful breathing, encouraging participants to synchronize their breath with movement to deepen their practice and calm their minds.

As the session progressed, participants were guided through a series of restorative poses and relaxation techniques to release tension, reduce stress, and promote relaxation.

Vote of thanks

On behalf of St. Wilfred College of Pharmacy, Principal Dr. Deenanath Jhade expressed heartfelt gratitude to every attendee for joining there for an invigorating yoga session. He expressed his deepest appreciation to our esteemed yoga instructor for guiding us through this transformative journey of mind, body, and spirit.



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Ref No.:

Date: 18/6/2021

NOTICE

This is to inform all the students of all B. Pharmacy students, Teaching Faculty, and Non-Teaching Faculty, that the SWIP, Panvel is organizing a Workshop on International Yoga Day on Monday, 21st June 2021 from 9.00 A.M to 10.30 P.M. at Seminar Hall.

The session will be conducted by Dr. Sanjay Baraskar.

Concerned Students and faculty members are required to compulsorily attend the same.

Event Coordinator

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NAME OF ACTIVITY: International Yoga Day

DATE & DURATION: June 21st, 2021

TYPE OF ACTIVITY: Health Program

ORGANIZER(S): St. Wilfred Institute of Pharmacy, committee members of the pharmacy department.

EXPECTED OUTCOMES: Expected outcome was to encourage self-awareness, self-acceptance, and emotional regulation, leading to greater emotional resilience and stability.

FLYER:

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AFFILIATED TO MUMBAI UNIVERSITY

SEMINAR ON
INTERNATIONAL YOGA DAY
DR. SANJAY BARASKAR

YOGA time

This seminar invites you to explore different yoga methods designed to harmonize body and mind. Through guided sessions, find the rhythm that suits you best. Rediscover the peace and calmness that yoga offers.

DATE : JUNE 21ST, 2021
TIME : 9:30 TO 10:30 AM
VENUE : SEMINAR HALL

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GLIMPSES:



ABSTRACT:

Yoga sessions were performed at the seminar hall, 4th floor. It started at the mentioned time 9:30 am. It started with prayers and Diya enlightenment. Throughout the sessions participants were guided through a variety of yoga styles, including Hatha, Vinyasa, and Yin, catering to practitioners of all levels, from beginners to advanced. The session ended at 11:30 am.

VOTE OF THANKS

Our HOD, Dr. Akshay Meshram Sir thanked everyone for their participation and enthusiasm. He expressed heartfelt gratitude to Yoga practitioner Dr. Sanjay Baraskar (Renowned Yoga practitioner & yoga story reader), and all the students and staff. He presented a memento to the chief guest of honor.



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Ref No.:

Date: 19/6/2020

NOTICE

This is to inform all the students of all B. Pharmacy students, Teaching Faculty, and Non-Teaching Faculty, that the SWIP, Panvel is organizing a Workshop on International Yoga Day on Sunday, 21st June 2020 from 9.00 A.M to 10.30 P.M. at Seminar Hall.

The session will be conducted by Dr. Sanjay Baraskar.

Concerned Students and faculty members are required to compulsorily attend the same.

Event Coordinator

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NAME OF ACTIVITY: International Yoga Day

DATE & DURATION: June 21st, 2020

TYPE OF ACTIVITY: Health Program

ORGANIZER(S): St. Wilfred Institute of Pharmacy, committee members of the pharmacy department.

EXPECTED OUTCOMES: the expected outcomes of the Yoga Day celebration were:

1. Increased awareness
2. Promotion of health and wellness
3. Community Engagement.

FLYER

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SEMINAR ON
INTERNATIONAL YOGA DAY

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This seminar invites you to explore different yoga methods designed to harmonize body and mind. Through guided sessions, find the rhythm that suits you best. Rediscover the peace and calmness that yoga offers.

DATE : JUNE 21ST, 2020
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PRACTICE yoga



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ABSTRACT:

The yoga session started at the mentioned time 9:30 am. All the students and staff members joined in yoga sessions online.

Vote of thanks:

After the session our Principal Dr. Deenanath Jhade sincere appreciation to our yoga trainer of the day for sharing their invaluable insights and expertise with us. We acknowledged the hard work and dedication of our organizing committee and volunteers.





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Ref No.:

Date: 17/6/2019

NOTICE

This is to inform all the students of all B. Pharmacy students, Teaching Faculty, and Non-Teaching Faculty, that the SWIP, Panvel is organizing a Workshop on International Yoga Day on Friday, 21st June 2019 from 9.00 A.M to 10.30 P.M. at Seminar Hall.

The session will be conducted by Dr. Sanjay Baraskar.

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NAME OF ACTIVITY: International Yoga Day

DATE & DURATION: June 21st 2019

TYPE OF ACTIVITY: Health Program

ORGANIZER(S): St. Wilfred Institute Of Pharmacy, committee members of the pharmacy department.

EXPECTED OUTCOMES: Alongside the festivities, the outcome was to emphasize spreading awareness about the importance of yoga in maintaining physical and mental health.

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SEMINAR ON
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DR. SANJAY BARASKAR

Save the date for a day of mindfulness and relaxation through yoga. Engage in practices that promote overall well-being. Learn how to integrate yoga into your daily routine for lasting benefits.

DATE : JUNE 21ST, 2019
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VENUE : SEMINAR HALL

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GLIMPSES:



ABSTRACT:

World International Yoga Day started at 9:30 am in the seminar hall, 4th floor, SWIP. Yoga sessions offer a supportive and inclusive space for participants to reconnect with their bodies, quiet the mind, and nourish the spirit. The session ended successfully with a vote of thanks to the guest of honor and all the participants.

Vote of thanks:

A vote of thanks was delivered by Dr. Uma Patil to all the staff members and participants. He expressed gratitude to everyone for their dedication, time, and energy.



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Ref No.:

Date: 18/6/2018

NOTICE

This is to inform all the students of all B. Pharmacy students, Teaching Faculty, and Non-Teaching Faculty, that the SWIP, Panvel is organizing a Workshop on International Yoga Day on Thursday, 21st June 2018 from 9.00 A.M to 10.30 P.M. at Seminar Hall.

The session will be conducted by Dr. Sanjay Baraskar.

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NAME OF ACTIVITY: International Yoga Day

DATE & DURATION: June 21th 2018

TYPE OF ACTIVITY: Health Program

ORGANIZER(S): St. Wilfred Institute of Pharmacy, committee members of the pharmacy department.

EXPECTED OUTCOMES: Alongside the festivities, the outcome was to emphasize spreading awareness about the importance of yoga in maintaining physical and mental health.

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SEMINAR ON
INTERNATIONAL YOGA DAY

DR. SANJAY BARASKAR

Step into a world where yoga leads the way to tranquility and clarity.
Experience deep meditation and learn exercises that foster inner peace.
Embrace the journey toward a more balanced lifestyle.

DATE : JUNE 21ST, 2018
TIME : 9:30 TO 10:30 AM
VENUE : SEMINAR HALL

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