

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 byDr. Sanjay Baraskar.

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

Event Coordinator



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

NAMEOFACTIVITY: International Yoga Day"

DATE&DURATION: June21th, 2023

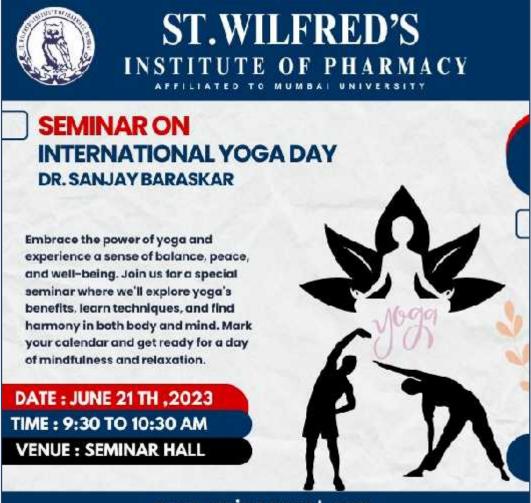
TYPEOFACTIVITY:Health Program

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:

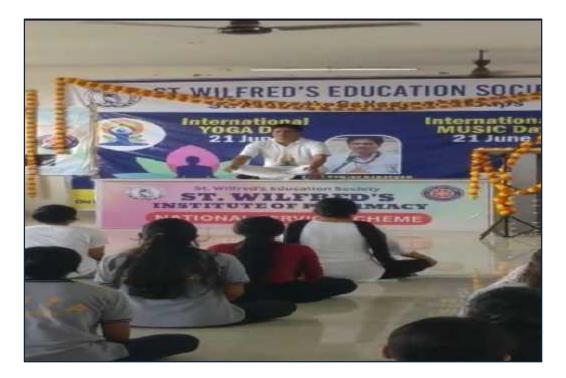


www.swippanvel.com



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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 expressedsincere 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.

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

Event Coordinator



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NAMEOFACTIVITY: International Yoga Day"

DATE&DURATION: June21th, 2022

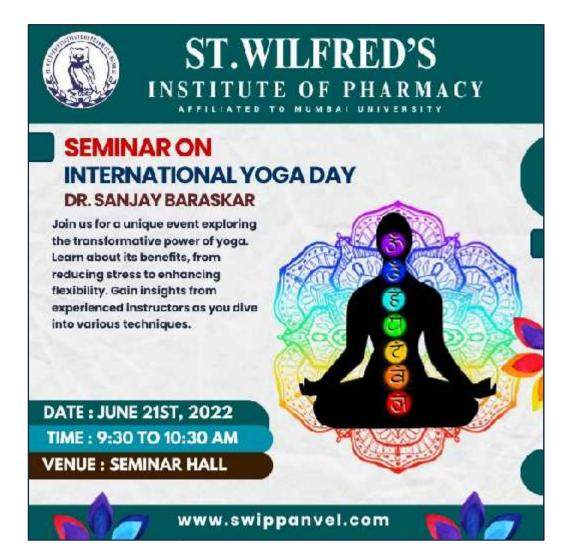
TYPEOFACTIVITY:Health Program

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

EXPECTED OUTCOMES:Alongside the festivities, the outcome was toemphasize spreading

awareness about the importance of yoga in maintaining physical and mental health.

Flyer:





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

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 theirminds.

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 sirextended 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.

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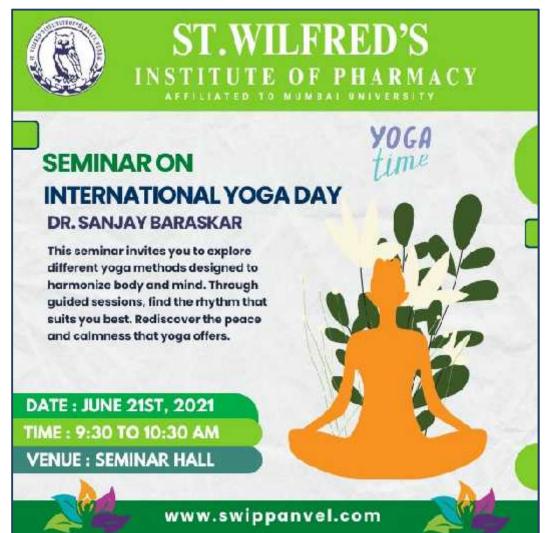
DATE&DURATION: June21th,2021

TYPEOFACTIVITY:Health Program

ORGANIZER(S): St. Wilfred Institute ofPharmacy, 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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GLIMPSES:



ABSTRACT:

Yoga sessionswere performed at the seminar hall, 4th floor. It started at the mentioned time 9:30 am. It started with prayers and Diya enlightenment. T 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 practitionerDr. 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.

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NAMEOFACTIVITY: International Yoga Day"

DATE&DURATION: June 21st,2020

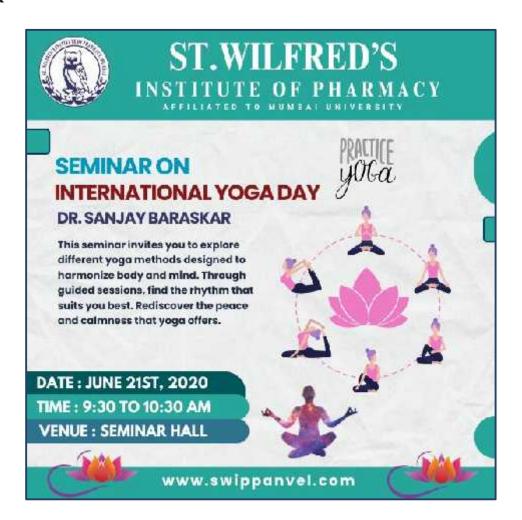
TYPEOFACTIVITY:Health Program

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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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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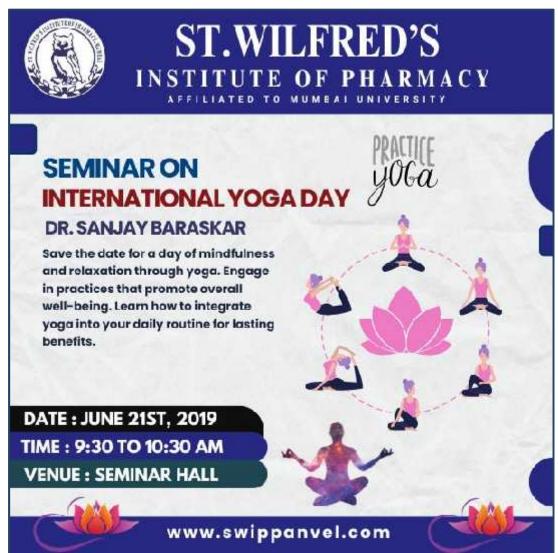
DATE&DURATION: June21th 2019

TYPEOFACTIVITY: Health Program

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

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

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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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	CERTIFICATE
	This certificate is proudly presented to
	Dr. Sanjay Baraskarn
 For giving	a Workshop on International Yoga Day held by SWIP, Panvel on June 21,2019
	DR. DEENANATH JHADE Principal



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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.

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

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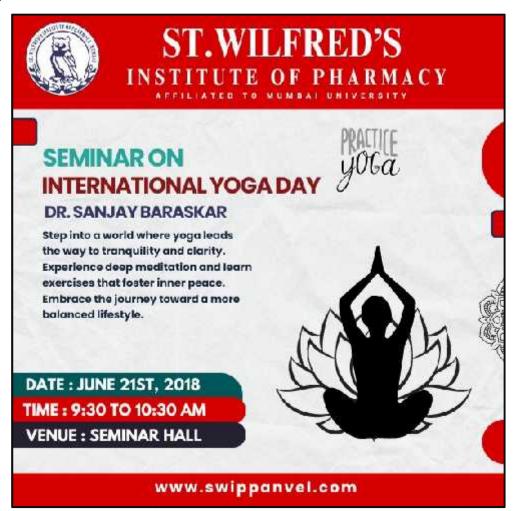
DATE&DURATION: June 21th 2018

TYPEOFACTIVITY: Health Program

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

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

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Vote of thanks:

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CERTIFIC OF PARTICIPATIO	10 Mar 10
This certificate is proudly pres	sented to
Dr. Sanjay B	araskarn
• For giving a Workshop on International Yoga Day he	eld by 5WIP, Panvel on June 21.2018
Nert.	
DR. DEENANATH JIAD Principal	E