

# INTERNATIONAL YOGA DAY

21<sup>st</sup> June,2017.

Gahlot Institute of Pharmacy.

On occasion of International Yoga Day, Gahlot Institute of Pharmacy had organized a short session of Yoga for its students. Students of Third Year actively participated in this event. The Yoga session was held in college campus. A crowd of about 35 students had participated in this event.

The event was attended by Prof Ms. Monika who shared few words of importance of Yoga. The students practiced some Pranayamas and some Asanas. Students enthusiastically participated in this event. The importance of Yoga was well received by the students.

