



Estd. In 1999

# ROFEL SHRI G.M. BILAKHIA COLLEGE OF PHARMACY

APPROVED BY ALL INDIA FOR COUNCIL FOR TECHNICAL EDUCATION (AICTE) AND PHARMACY COUNCIL OF INDIA (PCI)  
AFFILIATED TO GUJARAT TECHNOLOGICAL UNIVERSITY, AHMEDABAD

Run by Rotary Foundation for Education and Learning (ROFEL) Trust

ROFEL NAMDHA CAMPUS, Vapi-Namdha Road, P.B. No. 11, Vapi (West) - 396191, Dist.- Valsad (Gujarat)

Tel: 9727723722 | 42 | 62; Email: rofelpharm@gmail.com; website: www.rofelpharma.org

## **INTERNATIONAL YOGA DAY CELEBRATION HELD ON 21<sup>ST</sup> JUNE 2017**

Under the visionary Leadership of Hon. Prime Minister Shri Narendra Modi, 21<sup>st</sup> June has been declared as INTERNATIONAL YOGA DAY. Yoga has not been limited and restricted to any community, religion, area, nation, society or any individual economy, but today the entire world has accepted and started practicing yoga.

As a part of International Yoga Day, we at ROFEL-GIDC Campus celebrated International Yoga day on 21<sup>st</sup> June 2017 from 8:00 am onwards. More than 100 participants comprising of students, faculty & staff performed yoga. We have invited yoga instructors cum trainer Mrs. Sheelaben Vashi from Gyan Sagar Group of Vapi. All participants performed yoga as per protocol given for 200 countries and the pledge taken to make a new start for a new India by adopting Yoga to keep ourselves and our society in good health.

### **The schedule was as follows:**

- 8:00 -8:02 Shlok & Prayer
- 8:02 -8:03 Garden paribhraman
- 8:03-8:04 Khabanu paribhraman
- 8:04- 8:05 Kandanu paribhraman
- 8:05-8:06 Tadasan
- 8:06- 8:07 Vruxashan
- 8:07-8:08 Padhastasan
- 8:08-8:09 Ardhchakrasan
- 8:09-8:10 Trikonasan
- 8:10-8:11 Bhadrasan
- 8:11-8:12 Shashankasan
- 8:12-8:13 Urdhvaushtrasan
- 8:13-8:14 Chakrashan
- 8:15-8:16 Bhujngasan
- 8:16-8:18 Shalbhasan
- 8:18-8:18 Setu bandandh saevangsan
- 8:18-8:19 Pavan muktasan
- 8:19-8:20 Savasan



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8:20-8:22 Kapalbhathi

8:22-8:25 Nadi shodhan / Anulom vilom Pranayam

8:25-8:27 Bhramari pranayam

8:27-8:32 Shitali pranayam

8:32-8:40 Shambhavi mudra, akho bandh

8:40-8:45 Dhyan with gyan mudra

8:45-8:50 Sankalp

8:50-9:00 Shantipath

## International Yoga Day Celebrations Photo Gallery





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## Details of No. of participants for Yoga Day Celebrations:

Sr.No	Category	No. of Persons
1	Students (Female )	45
2	Students (Male )	28
3	Teaching Faculty (Female )	12
4	Teaching Faculty (Male )	8
5	Non-Teaching Staff (Female )	5
6	Non-Teaching Staff (Male )	8

### Details of Yoga Trainer:

Name: Mrs. Sheelaben Vashi

Mobile No: 9377006484

Institution: Gyan Sagar Group of Vapi

### Details of Yoga Coordinator of Institute:

Name: Dr. Alisha Patel

Mobile No: 9327965644

E-Mail ID: alishabhm4@@gmail.com