



Swarnim Startup & Innovation University Activity Report 2023

Institute and Department	Aarihant Homoeopathic medical college and research institute AND Swarnim University
Activity Name / Event Name	INTERNATIONAL YOGA DAY 2023
Date of the event	21 JUNE 2023
Duration	9:30 AM ONWARDS
Semester	1ST , 2ND , 3 RD , 4TH BHMS STUDENTS AND INTERNSHIP STUDENTS AND FACULTIES
Faculty Coordinator Details (Name, Designation, Contact Details)	<p>DR. CHINTAN PANDYA ASSOCIATE PROFESSOR/ HOSPITAL INCHARGE PRACTICE OF MEDICINE MOB:9824576473</p> <p>DR VINEETA NEERAJ KUMAR ASSISTANT PROFESSOR SURGERY DEPT MOB- 8306190804</p>
Number of Participants	More than 200 students participated from different years of BHMS

Objective of the event: (why this event has organize, Brief about Importance of the event)

This day celebrates the ancient physical, mental and spiritual practice of yoga. It also aims to promote the many benefits of practicing yoga.

Flow of the event: mention the flow / schedule of the event in detail

- 1. INTRODUCTION OF THE IDY**
- 2. YOGA PROTOCOL**
- 3. SHLOKA CHANTING**
- 4. YOGA SESSION**
- 5. NATIONAL ANTHEM**
- 6. HEALTHY REFRESHMENT**

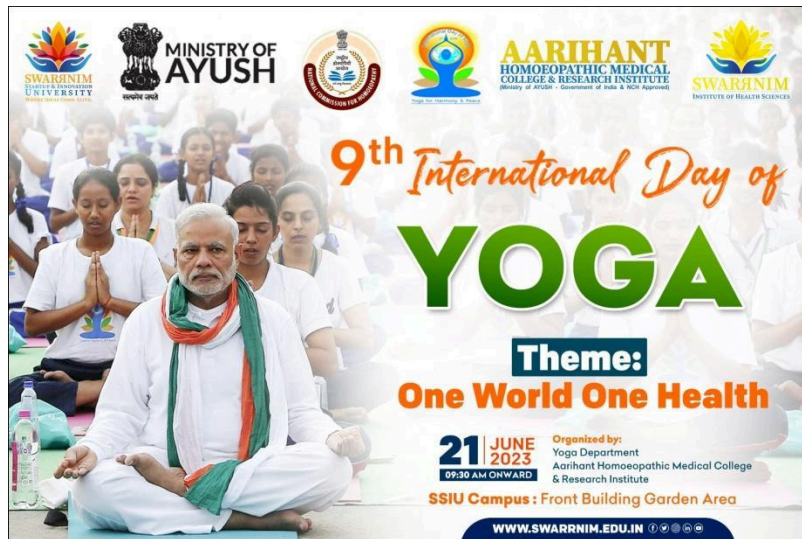
Conclusion:

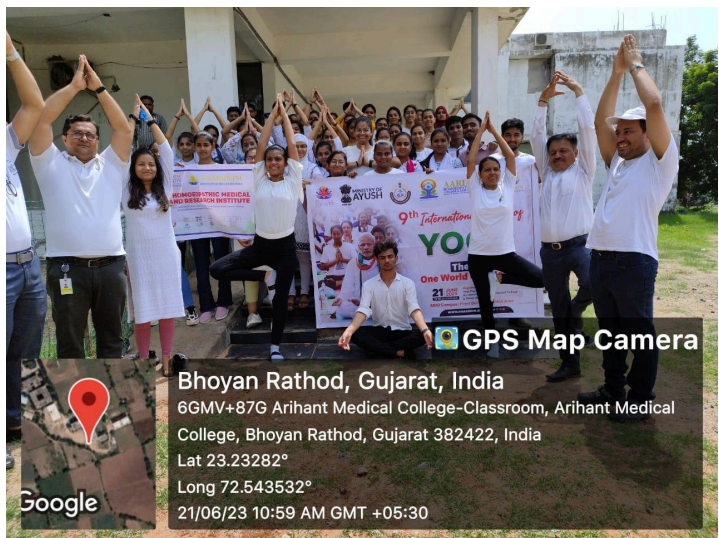
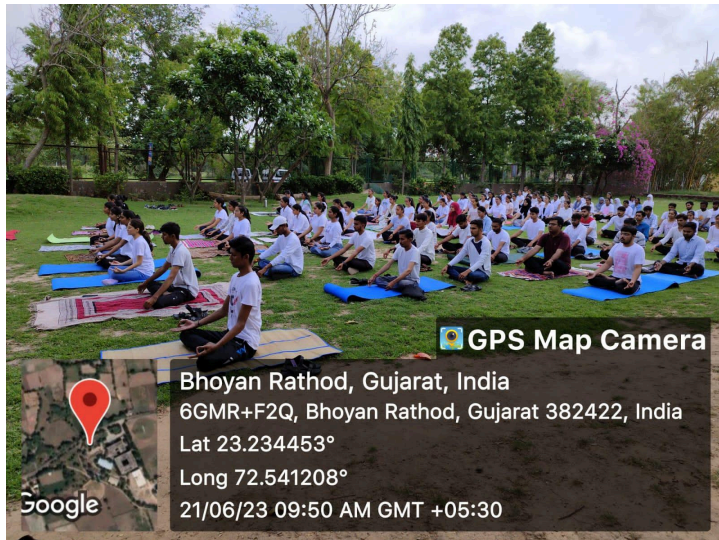
ON 21 JUNE 2023 AARIHANT HOMOEOPATHIC MEDICAL COLLEGE AND RESEARCH INSTITUTE& SWARNIM STARTUP AND INNOVATION UNIVERSITY HAS ORGANISED INTERNATIONAL YOGA DAY IN THE CAMPUS.

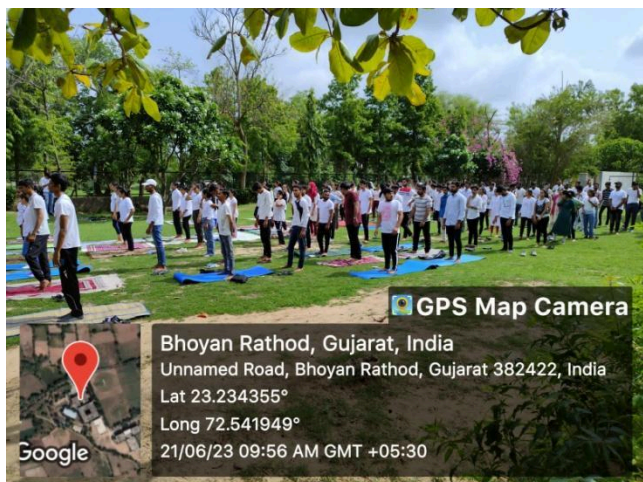
That way, yoga can support the healing process and help the person experience symptoms with more centeredness and less distress.


- Yoga improves strength, balance and flexibility.
- Yoga helps with back pain relief.
- Yoga can ease arthritis symptoms.
- Yoga benefits heart health.
- Yoga relaxes you, to help you sleep better.

Photographs







 GPS Map Camera

Bhoyan Rathod, Gujarat, India
Unnamed Road, Bhoyan Rathod, Gujarat 382422, India
Lat 23.234355°
Long 72.541949°
21/06/23 09:56 AM GMT +05:30

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