



# 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

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## 5<sup>th</sup> International Yoga Day Celebration held on 21<sup>st</sup> June, 2019



A few minutes of Yoga during the day can be a great way to get rid of stress that accumulates daily-in both the body and mind. Yoga postures, Pranayama and meditation are effective techniques to release stress. Meditation is Relaxation which gives calm mind, good concentration and Rejuvenation of the body and mind etc. Particularly for a working people and students, Yoga is a great remedy to remove their tensions, anxiety and fear which definitely affects their health and performance.

In view of this, Rofel Shree G.M. Bhalakia College of Pharmacy has organized to celebrate 5<sup>th</sup> International Yoga Day for faculty, College staff and students at Multipurpose Hall on 21<sup>st</sup> June 2019 at 8:00 am onwards. Function was started with reciting three 'Omkar'. Mr. Jitesh K. Jariwala, faculty member has demonstrated and teaches with high level of dedication. He has also explained importance of Yoga, Asana and Pranayam techniques for improvement of quality of life. Faculty members and students had participated with great enthusiasm to learn different posture of asana and breathing methods. All participants performed yoga as per protocol and the pledge taken to make a new start for a Healthy India by adopting Yoga to keep ourselves and our society in fit. After the session Institute has arranged light healthy breakfast for all.