

Activity Report

Type of activity: International Yoga Day Celebration

Title of activity: Seminar on “Power Yoga and Su-Jok-Yoga Mudras”

Objective of activity:

1. To create awareness among the students and staffs about the importance of yoga
2. To encourage healthy mind in a healthy body by daily practising yoga basis.
3. To increase self awareness, manage stress and anxiety.

Name of the associating organization:

Holistic Health Club in association with NSS

Date and time: 21st June 2022; 11:00 am

Duration of the activity (Minutes): One hour

Expenditure Amount if any: Rs.3250/-

Target Students: B.Pharm., M.Pharm. and faculty

Mode of Session: offline

Program type: Extracurricular

Program Theme: Seminar

Number of Student participants: 104

Number of faculty participants: 06

About the activity:

The event started with the felicitation of the chief guests at the hands of Dr. Abubakar Bawazir and SPICES coordinator Dr. Marzooka Chishti.

The first speaker Dr. K.G. Baheti, HOD & Professor in Pharmaceutical Chemistry, is a fitness freak enlightened the students on importance of Power yoga. Through his presentation and experiences he made the audience to ponder over the concept of balanced life. He made the students aware that a balanced life or a happy circle of life can be realized only when there is synchronization between healthy body and mind which can be effectively achieved through regular practice of yoga and meditation. He showcased his own yoga videos to explain the students the how a yoga session should commence and various yoga asanas with their importance.

The second speaker Dr. Dureshahwar Khan, Assistant Professor in Pharmacology has accomplished her Diploma in Acupressure Therapy explained the importance of Sujok Yoga Mudras. She elucidated that Sujok Therapy is a healing methodology based on Acupressure and is a simple method that produces highly effective results. In this acupressure is used at specific points on hands and feet to treat the ailments. It also makes use of seeds, semi precious stones along with pressure stimulation that help relieve problem like diabetes and kidney stones.

The event ended with everyone promising themselves to practice yoga to lead a healthy life. Finally, vote of thanks was proposed by Mrs. Nahid Chishti, Activity In-charge by thanking AICTE SPICES for sponsoring the HH club events and the club members for being a part of the event.

The Flyer of the event:



Registration link:

<https://forms.gle/naUQAcHAYqCSnqk59>

Benefit in terms of learning/skill/knowledge:

1. Knowledge acquired regarding importance of yoga asanas and guidelines on how beginners should perform it.
2. Benefits of Sujok therapy and its application for treating common ailments.

Feedback:

The audiences found the information and skills provided to be beneficial in everyday life. The seminar was considered to be well tailored and the listeners agreed that yoga stimulates coordination of mind, body and soul for healthy living.

Activity Incharge: Mrs. Nahid Chishti

Dr. Marzooka Chishti
SPICES Coordinator

Dr. Furqan Khan
SPICES Co-coordinator

Dr. Abubakar Bawazir
Convener & I/C Principal

I/C Principal

Y.B. Chavan College of Pharmacy
Aurangabad



Photos of the event



L to R- Dr. Marzooka Chishti; SPICES Coordinator, Dr. Dureshahwar Khan; Speaker 2, Dr. Abubakar Bawazir; Convener and Dr. K.G. Baheti; Speaker 1.



Felicitation of resource person, Dr. K.G. Baheti at the hands of Dr. Abubakar Bawazir, Convener



Felicitation of resource person, Dr. Dureshahwar Khan by SPICES Coordinator



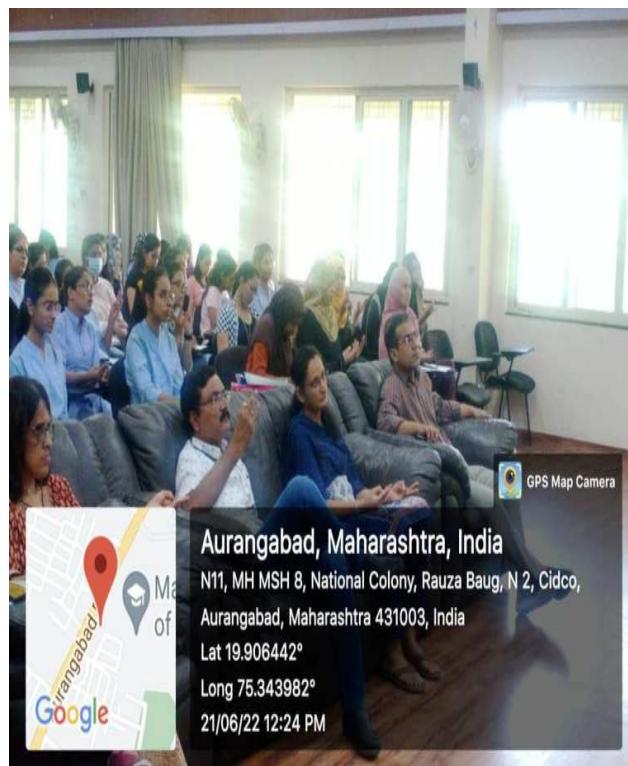
Session on Power Yoga



The audience



Session on Sujok Yoga Mudras



The session in gear



Appreciation of speaker 2 by Mrs. Reshma Toshniwal



Appreciation of speaker 1 by Dr. S.R.Lahoti