



Late Shri. Vishnu Waman Thakur Charitable Trust's
VIVA INSTITUTE OF PHARMACY
At. Shirgaon, Veer Sawarkar Road, Virar (E),
Taluka: Vasai, Dist. Palghar-401305, Maharashtra.
National Service Scheme (SH-11)



Name of the Event **YOGA DAY**

Date 20/06/2019

Time 9.00AM

Number of Volunteers 2

Programme Summary/Detail:

20th June, **VIVA Institute of Pharmacy** has celebrated **International Yoga Day** at VIVA Technical campus in association with **Shri Ambika Yogashram**, Vasai. Yoga is an invaluable gift of India's ancient tradition. The art of practicing yoga helps in controlling an individual's mind, body and soul. Also it helps to manage stress and anxiety and keeps one relaxing. Yogaasana build strength, flexibility and confidence, loses weight, improves immunity and maintains healthier life style. Yogasanas were performed by students as well as staff of pharmacy with the guidance of experts from Shri Ambika Yogashram.

