



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 CELEBRATION**  
Date: 21 June 2020  
Time: Morning

### **Programme Summary/Details:**

On 21<sup>st</sup> June 2020, In light of the COVID-19 pandemic, our Yoga Day Celebration this year transitioned to a unique blend of indoor activities at homes and engaging online quizzes. With the safety and well-being of our participants in mind, we encouraged individuals to practice yoga within the comfort of their homes, promoting physical and mental health during these challenging times. Simultaneously, we organized online quizzes related to yoga, fostering awareness and knowledge about its profound benefits. This innovative approach allowed us to not only ensure the continuity of our annual tradition but also reach a wider audience through the virtual medium. It reinforced the importance of adaptability and resilience during the pandemic, uniting our community in the spirit of holistic well-being and mindfulness





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