



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: **ART OF LIVING**

Date: 8th to 10th August

Programme summary/Details:

NSS Unit of VIVA Institute of Pharmacy in association with the "Art of Living" organized a three-day online yoga program from August 8th to 10th, consisting of daily one-hour evening sessions. This program was designed to provide relief from the stress and anxiety exacerbated by the ongoing COVID-19 pandemic. Participants experienced a holistic approach to well-being, integrating yoga, meditation, and breathing techniques. The sessions, led by experienced instructors, aimed to help individuals cope with the challenges brought on by the pandemic, fostering a sense of inner peace, mental clarity, and physical vitality. Through this accessible and interactive online program, participants gained valuable tools to navigate these trying times, enhancing their overall quality of life.

