



Maharashtra Educational Society
H. K. College of Pharmacy, Jogeshwari (W),
Mumbai, Maharashtra

Title: Mindfulness session on International Yoga Day at H. K. College of Pharmacy

Date: 21st June 2024

Venue: Gymkhana Room, 4th Floor and Time:- 11:30 am to 12:30pm

Organized By: Dr Sheela Yadav

Objectives:

- Yoga Day aims to encourage people to incorporate yoga into their daily routines to achieve better physical well-being.
- Enhancing Mental Well-being: - Yoga is known for its mental health benefits, including reducing stress, anxiety, and depression.

Mode of the session: OFFLINE

Participants Details: All teaching and non -teaching staff.

Link for social media:

Instagram: https://www.instagram.com/p/C8g4r4lo2rt/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==

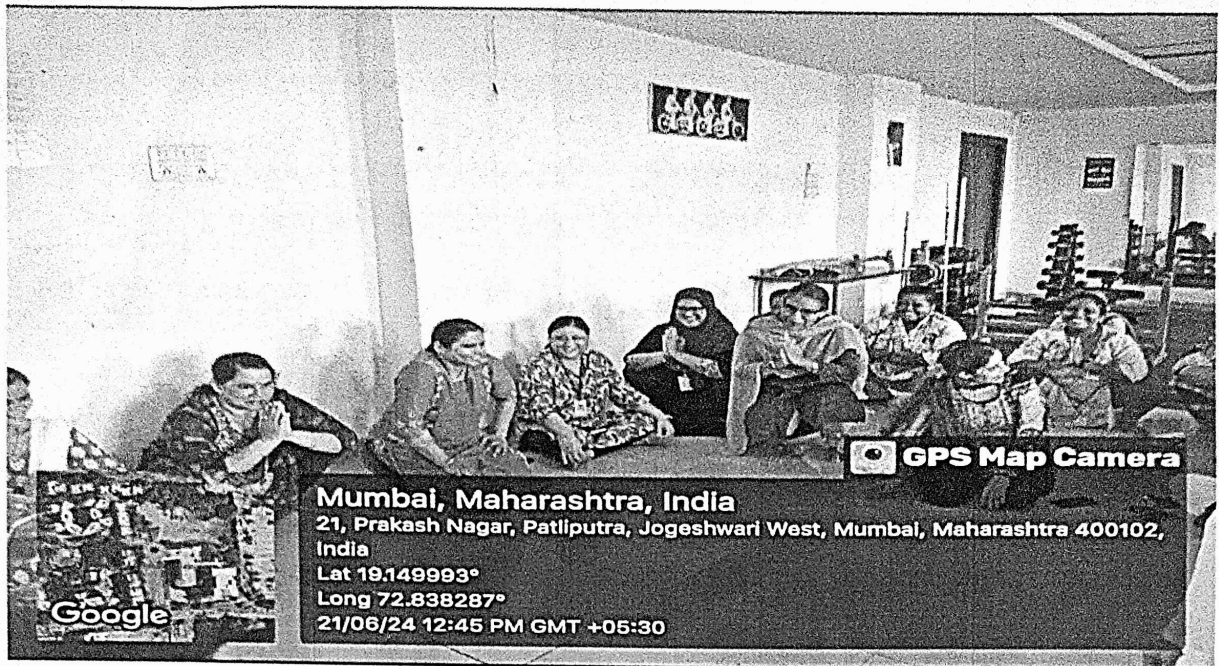
Facebook: <https://www.facebook.com/photo/?fbid=908841587922151&set=pcb.908842811255362>

Key Outcome of the Activity/Lecture:

- Yoga practices such as asanas (postures), pranayama (breathing exercises) and meditation are effective in reducing stress, anxiety and depression.
- They promote mental clarity, focus and emotional stability. By celebrating this day, awareness is raised about the role of yoga in mental well-being.

Brochure/Photo Gallery:





The session was successfully conducted by Dr Sheela Yadav and supported by Principal Dr Tushar Lokhande. All participants were overwhelmed and decided to include yoga exercises in their daily routine.

Prepared By

DR. SHEELA YADAV
 (FACULTY HEAD)



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