



# Laureate Institute of Pharmacy

(Approved by PCI & AICTE, New Delhi and H.P. Govt.)

Affiliated to Himachal Pradesh Technical University, Hamirpur


V.P.O Kathog, Tehsil Jawalamukhi, Distt. Kangra, H.P. Pin Code 176031

Ref. No. ....

Date .....

## Notice

All students of B. Pharm and M. Pharm, along with faculty members, are hereby informed that the NSS unit of Laureate Institute of Pharmacy is going to celebrate International Yoga Day on 21st June 2023 on our campus at 6:00 am. Please take note of this and make sure to attend the event to make it a success.

  
DIRECTOR CUM PRINCIPAL  
LAUREATE INSTITUTE OF  
PHARMACY KATHOG  
TEHSIL JAWALAMUKHI  
DISTT. KANGRA (H.P.)  
Director cum Principal  
Prof. (Dr.) MS Ashawat



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Date:  
June 21, 2023

## Report on World Yoga Day

International Yoga Day is celebrated globally on June 21st each year. This day was officially recognized by the United Nations General Assembly in 2014, with the aim of promoting yoga as a holistic approach to health and well-being. The day serves as an opportunity to raise awareness about the numerous benefits of practicing yoga and to inspire individuals to incorporate yoga into their daily lives.

NSS unit of Laureate Institute of Pharmacy Kathog celebrated the International Yoga Day-2023 on the theme "Yoga for Vasudhaiva Kutumbakam". "Vasudhaiva Kutumbakam" is a Sanskrit phrase that originates from ancient Indian scriptures. It is often translated as "the world is one family" or "the whole world is a family." This phrase reflects the concept of interconnectedness and the belief that all living beings are part of a global family. When it comes to yoga, the principle of Vasudhaiva Kutumbakam emphasizes the unity and oneness that can be experienced through the practice



Figure: Prof. Dr. MS Ashawat, Prof. Dr. CPS verma, Guru Ji, & students doing Yoga

*[Signature]*  
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Yoga session was started with a short seminar on yoga and its benefits for human health. Dr. M.S., Ashawat Director cum Principal Laureate institute of Pharmacy highlighted the features and benefits of yoga.

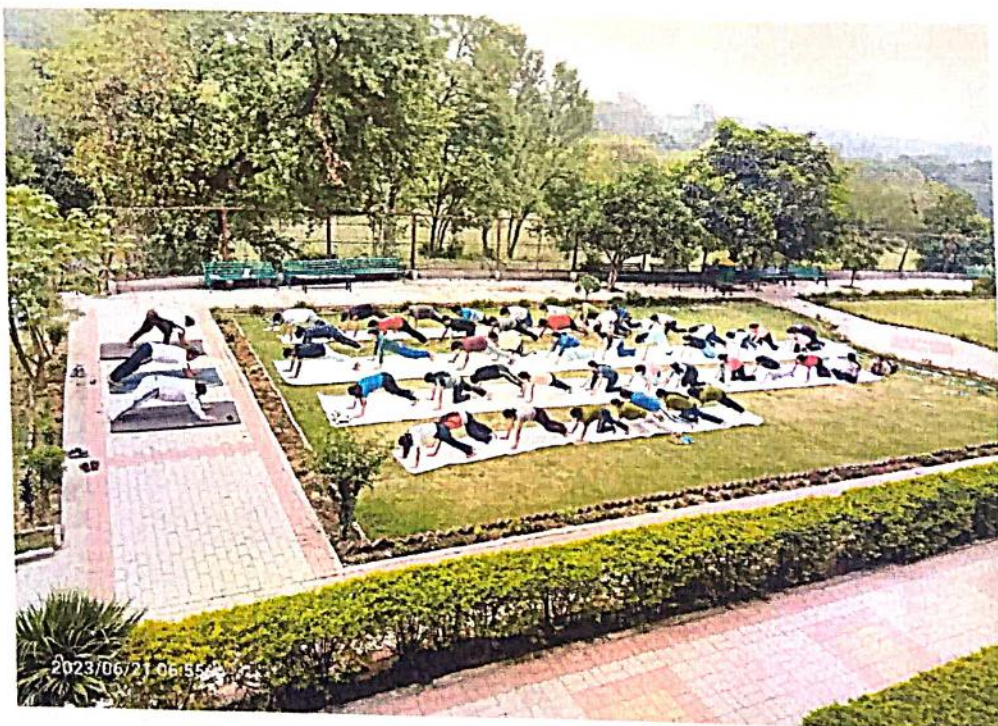


Figure: Everyone doing Asana of Yoga

*M.S. Ashawat*  
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LAUREATE INSTITUTE OF  
PHARMACY KATHOG  
TEH. JAWALAMUKHI  
DISTT. KANGRA (H.P.)

After the short seminar yoga practice session was conducted and led by Guru Ji from Patanjali Center Dehra along with their team. Yoga session was attended by Teaching, Non-Teaching staff along with College students. Overall, sixty students and NSS volunteers participated in the International yoga day celebration. During this session, yoga asanas, pranayama and meditation were practiced by the faculty and students of the Laureate Institute of Pharmacy.

The activities were as follows.

Asanas – Vajrasana, Sukhasana, Bhujangasana , Ardha Halasana

Suryanamaskar – 12 steps (Yogic Exercises)

Pranayama – Kapalbathi and Nadi shodhana (Breathing Exercises)

Meditation– State of Superconscious Mind

Prof. CPS Verma, Dean student Welfare, closed the session by thanking everyone.



**Dr. Shammy Jindal**

**NSS officer**



**N.S.S. Officer - N.S.S. Unit**  
**Laureate Institute of Pharmacy**  
Kathog, Teh. Jawalamukhi  
Distt. Kangra (H.P.)

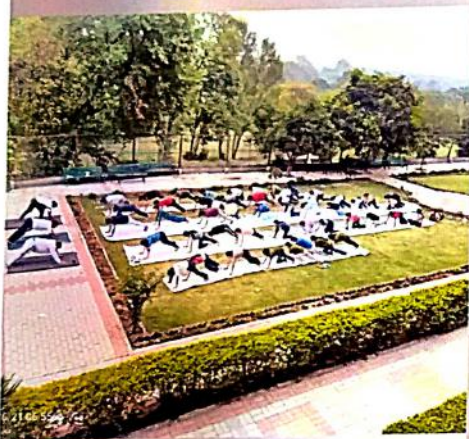


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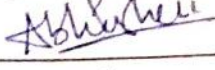


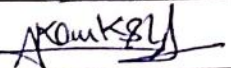
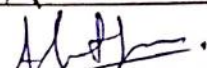
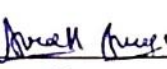
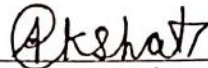
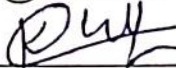
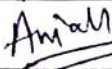


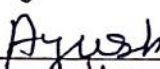
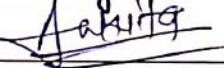
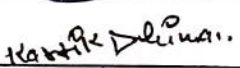
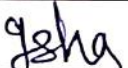


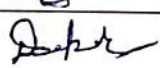
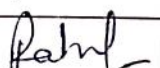
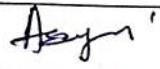

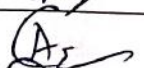
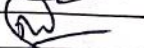
# INTERNATIONAL YOGA DAY, CELEBRATION

## 21ST JUNE 2023



**NSS Unit, Laureate  
Institute of Pharmacy  
Kathog**

## International Yoga Day Celebration Attendance 21<sup>st</sup> June 2023

Sr. No.	Name of Candidate	Signature
1	Ashay Sharma	
2	ABHISHEK	
3	Abhishek Rana	
4	Adityachandra	
5	Akanksha Verma	
6	Abshit Sharma	
7	Aman Anuja	
8	Akshat	
9	Kunal	
10	Anjali Kumari	
11	Ansh	
12	Ayush Pathania	
13	Ayush	
14	Ankita	
15	Hastik Deivan.	
16	Jsha	
17	Manish	
18	Sanchit	
19	Deepak	
20	Rahul Angaria	
21	Manish	
22	Aayush	
23	Aayush Gupta	
24	Abhijeet	
25	Nikhil	

International Yoga Day Celebration Attendance 21<sup>st</sup> June 2023

26	Ashish	Ashish
27	Rahul Kumar	Rahul
28	Divyansh Soni	Divyansh
29	Atul Sharma	Atul
30	Ankita Sharma	Ankita
31	Priyanka Devi	Priyanka
32	Tanmay Kumar	Tanmay
33	Daarpan Sood	Daarpan
34	Ashu Sankaria	Ashu Sankaria
35	Renki Guleria	Renki
36	Chetana	Chetana
37	Mridulea Kumari	Mridulea
38	Niti Thakur	Niti Thakur
39	Priya Thakur	Priya
40	Aayush Kumar	Aayush