



IDEAL INSTITUTE OF PHARMACY
(Affiliate to the Mumbai University)
At.-Posheri, Tal.-Wada, Dist-Palghar,
Maharashtra



MoE's
INNOVATION CELL
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Semester 1: Self-Driven Activities

Thrust Area: Health and Yoga

Theme- Seminar on Yoga health benefits

Activity Name- Seminar

Speaker Name- Dr. Surbhi Bhotela

Mode of Conduct- Offline

Time of Conduct- 28th Nov 2023, 11:00 AM To 2:30 PM

Participants- Students 155

Faculty 29

Online resources-

Venue- 2nd Floor Seminar Hall, Ideal Institute of Pharmacy, Wada

Description & Key outcomes- On 23 November, 2023 an offline Seminar on Yoga Health benefits was held at the Department of Pharmacy in Ideal Group of Colleges, Posheri, Wada, Maharashtra on how to take care of your body in Ideal Institute of Pharmacy College, in which Dr. Surbhi Bhotela Madam told the students about the benefits of yoga for your body. 10 Benefits of Yoga which are 1. All-round fitness 2. Weight loss 3. Stress relief 4. Inner peace 5. Improved immunity 6. Living with greater awareness 7. Better relationships 8. Increased energy 9. Better flexibility & posture. 10. Better intuition. Yoga is capable of giving you everything you desire from weight loss, strong and flexible body, glowing skin, calm and peaceful mind and good health. People often misunderstand that the scope of yoga is only limited to yoga asanas because its benefits on a physical level are easy to see. But in reality, the union of body, mind and breath through yoga gives us innumerable benefits. Also, your mind, body and breath in balance leads to a peaceful, happy and overall successful journey through life. Principal of Ideal Institute of Pharmacy Dr. Sonali Uppalwar Madam was present on this program along with all the teaching and non-teaching staff of the college.



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