



01972-292018, 221493

ggchmr@gmail.com

Gautam College of Pharmacy, Hamirpur

(Approved by PCI - New Delhi & Himachal Pradesh Government)
Affiliated to Himachal Pradesh Technical University, Hamirpur
& Himachal Pradesh Takniki Shiksha Board, Dharamshala
Ward No. 10 Hamirpur (Himachal Pradesh)

Ref. No. = GCPH(HMR)2024/952-B

Date - 17/03/24

To
The Coordinator IQAC
Gautam College of Pharmacy
Hamirpur HP

Subject – Permission for organizing a event on One day Yoga day celebrationon 19th March 2024 in the Campus.

Respected

Sir

I am writing to inform you about an upcoming activity on One day Yoga day celebrationon 19th March 2024 in the Campus.

The details of the event are as follows:

Date: 19th March 2024

Time: 08:00-09:30am

Chief Guest: Yog Guru Dr. Ram Avtar

One day Yoga day celebrationon organized at Gautam College of Pharmacy on on 19th March 2024. This event was collaboration with Morarji Desai national institute of Yoga, Ministry of Ayush, Govt of India, New Delhi & Career Point University, Hamirpur.

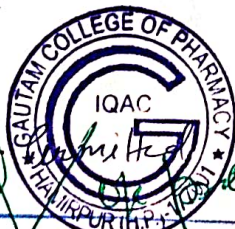
We believe that this event will not only help in creating awareness but also provide a platform for open discussions and collaborations among students, faculty members, and other stakeholders. We request you to support us in organizing and promoting this event. Your valuable suggestions and guidance will be highly appreciated as we will work together towards making this event successful. We look forward to your positive response and active participation in making this event a pedagogic one.

Thank you for your attention and support.

Yours sincerely
Akhil Moudgal
Assistant Professor
Pharmacology

IQAC Coordinator

Director
Gautam College of Pharmacy
Hamirpur (H.P.)-177001





01972-292018, 221493

ggchmr@gmail.com

Gautam College of Pharmacy, Hamirpur

(Approved by PCI - New Delhi & Himachal Pradesh Government)
Affiliated to Himachal Pradesh Technical University, Hamirpur
& Himachal Pradesh Technical Shiksha Board, Dharamshala
Ward No. 10 Hamirpur (Himachal Pradesh)

Ref.: GCPH/HMR / 2024 - 952B

Date: 17/03/2024

Circular

Subject: One day Yoga day celebration on 19th March 2024 in the Campus.

We are pleased to announce that Gautam College of Pharmacy will be organizing a One day Yoga day celebration on 19th March 2024 in the Campus.

Event Details:

- **Date:** 19th March 2024
- **Time:** 08:00-09:30pm
- **Chief Guest :** Yog Guru Dr. Ram Avtar
- **Venue:** Auditorium Gautam College of Pharmacy
- **Mode of Session:** Offline mode

One day Yoga day celebration organized at Gautam College of Pharmacy on 19th March 2024. This event was in collaboration with Morarji Desai National Institute of Yoga, Ministry of Ayush, Govt of India, New Delhi & Career Point University, Hamirpur. All students, faculty, and staff members are encouraged to attend this activity.

We look forward to your active participation.

Thank you.

Event Coordinators

Organizing Secretary / IQAC Head

Director cum Principal
Gautam College of Pharmacy
Hamirpur (H.P.)-177001

[Handwritten signatures of Event Coordinators, Organizing Secretary, and other staff members]



Gautam College of Pharmacy, Hamirpur

(Approved by PCI - New Delhi & Himachal Pradesh Government)
Affiliated to Himachal Pradesh Technical University, Hamirpur
& Himachal Pradesh Takniki Shiksha Board, Dharamshala
Ward No. 10 Hamirpur (Himachal Pradesh)

Ref no.

Date: 20/03/2024

Report on One day Yoga celebration at Gautam college of Pharmacy

Date: 19/03/2024

Location: Auditorium, Gautam college of pharmacy, Hamirpur. (H.P) 177001

In Collaboration with: Morarji Desai national institute of yoga, Ministry of Ayush, Govt of India, New Delhi & Career point university, Hamirpur

Yoga is a holistic practice that originated in ancient India and has been practiced for thousand of years. The word "Yoga" comes from Sanskrit word "Yuj" which means to yoke or unite, symbolizing the connection between the mind, body and spirit. Yoga encompasses a wide range of physical, mental and spiritual practices that aim to promote overall well-being and harmony. Yoga is a versatile and adaptable practice that can be tailored to suit individual needs and goals. Its introduction to the world has had a profound impact on the health and wellness of countless individuals. Gautam college of pharmacy organized one day yoga camp in collaboration with Morarji Desai national institute of yoga, ministry of Ayush, govt of India, New Delhi & Career point university.

Morarji Desai national institute of yoga was established in the year 1970. It acts as the nodal agency for promotion and development of yoga across the India and is focused on yoga research, yoga therapy & yoga education. One day camp was conducted in blended mode both online & offline. World Famous Sanskari Yog guru Dr. Ram Avtar was the chief guest of the event. He addressed the students about the various benefits of yoga in student life. He also taught the students about increasing focusing power which will be beneficial in studies.

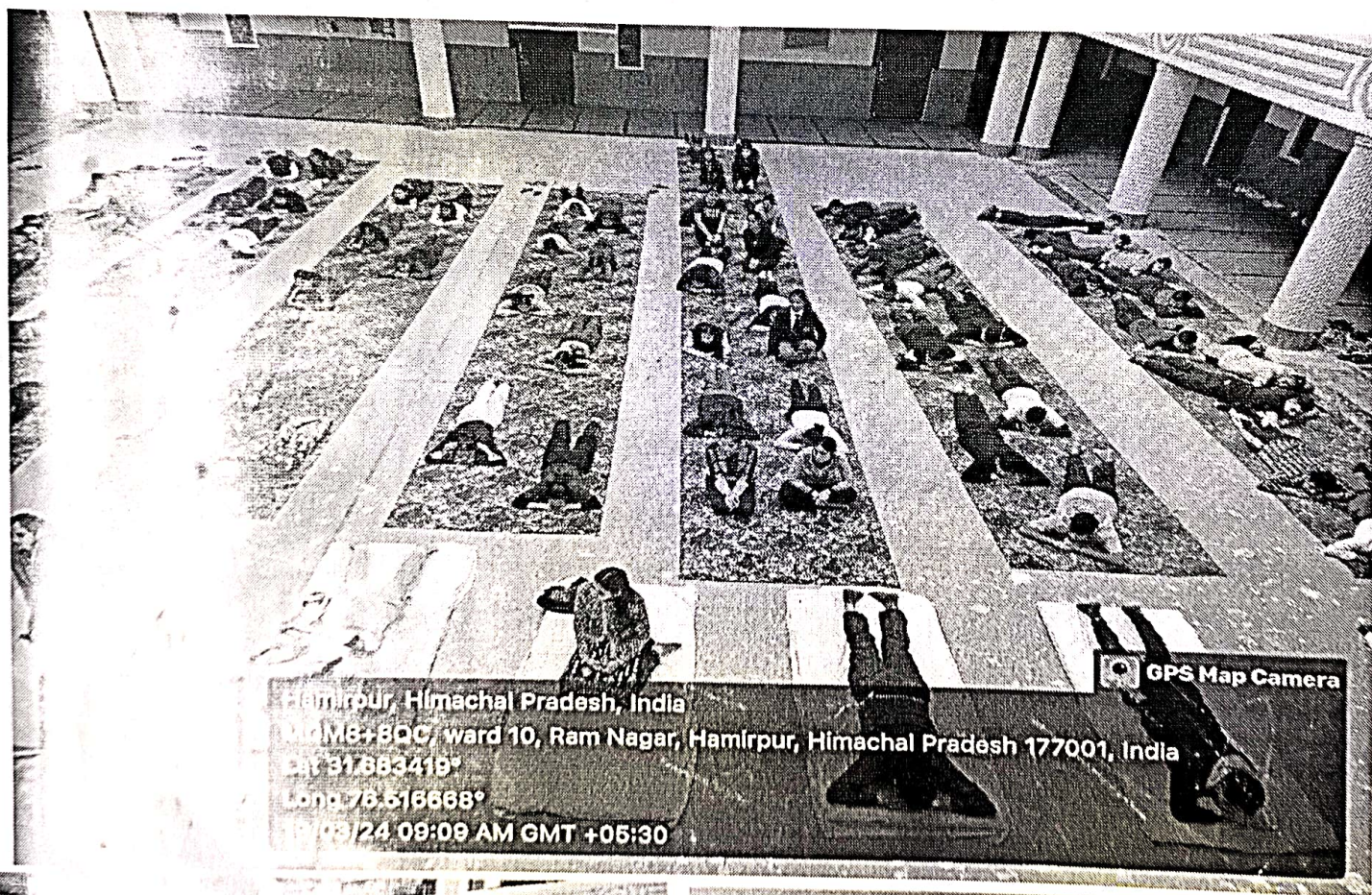
Yoga celebration commenced with a warm welcome address by the Director cum principal Dr. Sanjay Kumar secretary of Gautam group of colleges Dr Rajneesh Gautam, highlighting the significance of yoga in promoting physical, mental, and spiritual well-being. One day camp was conducted in blended mode both online & offline. World Famous Sanskari Yog guru Dr. Ram Avtar was the chief guest of the event. He addressed the students about the various benefits of yoga in student life. He also taught the students about increasing focusing power which will be beneficial in studies

This was followed by a series of yoga sessions conducted by certified yoga instructors, focusing on various asanas, breathing techniques, and meditation practices. The participants actively engaged in the yoga sessions, demonstrating their enthusiasm and commitment to embracing the ancient practice of yoga. The event provided an opportunity for students and faculty members to experience the benefits of yoga firsthand, including improved flexibility, stress relief, and overall health enhancement.

A special lecture on the importance of incorporating yoga into daily life was delivered by a renowned yoga expert world famous sanskari yog guru Dr. Ram Avtar, inspiring the audience to adopt a holistic approach to health and wellness. The lecture emphasized the role of yoga in maintaining a balanced lifestyle and cultivating inner peace and harmony. Yoga celebration at Gautam College of Pharmacy concluded with a group meditation session, symbolizing unity and harmony among all participants. The event received positive feedback from attendees, who expressed their gratitude for the opportunity to engage in a meaningful and rejuvenating experience.

Academic incharge Mr. Ravinder Khatri concluded the show by giving the vote of thanks to world famous yog guru Dr. Ram avatar for his valuable knowledge and secretary of Gautam group of colleges for organising such an enchanting event.

Glimpses of event:-



...rered by a
...dience
...in




Activity Coord




Director, Principal
Gautam College of Pharmacy
Hamirpur (H.P.)-177001
Director

ATTENDANCE SHEET

YOGA DAY CELEBRATION ON 19TH MARCH 2024

S.no.	Name of Students/Faculty	Roll No.	Signature	Remarks
1.	Saweta kumarf	Faculty	[Signature]	
2.	Akshay	22013314013	Akshay P.	
3.	Abhishek	22013314005	Abhishek	
4.	Abhishek Chauhan	22013314007	Abhishek Chauhan	
5.	Akshay Kumar	22013314014	Akshay	
6.	Abhay Jaswal	22013314001	Abhay	
7.	Ankush Katoch	22013314021	Ankush	
8.	Aryan	22013314029	Aryan	
9.	Adik Sharma	22013314010	Adik	
10.	Ankita Sharma	22013314020	Ankita	
11.	Anchal Kumari	22013314016	Anchal	
12.	Akansha Thakur	22013314011	Akansha	
13.	Anchal kumari	22013314017	Anchal	
14.	Arti	22013314027	Arti	
15.	Ankita Bhatia	22013314019	Ankita Bhatia	
16.	Ankush Thakur	22013314023	Ankush	
17.	Ammol Verma	22013314024	Ammol	
18.	Anshul Choudhary	22013314025	Anshul	
19.	Anusag Chauhan	22013314026	Anusag	
20.	Anish Shrivastava	22013314018	Anish	
21.	Axon Kumar	22013314028	Axon	
22.	Akshit Rana	22013314015	Akshit	
23.	Arpit Moudgil	Faculty	[Signature]	
24.	Aman Thakur	"	[Signature]	
25.	Priyanka Sharma	"	[Signature]	