

## Neotech Campus – Event report

Name of Institute: Neotech institute of Pharmacy.

NC/ NIPH /IIC cell report/2025-26/006

Date: 21<sup>nd</sup> June 2025



### 1. Title of the Event: Yoga Sangam

2. Organized by: Neotech Campus, Neotech Institute of Pharmacy

3. Date & Venue: 21/06/25, Second floor, Academic block-2 Neotech Campus

### 4. Objective:

#### ➤ Physical Health:

Yoga asanas (postures) improve flexibility, strength, and balance, enhancing overall physical well-being.

#### ➤ Mental Clarity:

Yoga incorporates mindfulness and meditation techniques to reduce stress, improve focus, and promote mental clarity.

#### ➤ Emotional Balance:

Yoga practices, like breathwork and introspection, help regulate emotions, fostering emotional stability and resilience.

#### ➤ Spiritual Growth:

Yoga offers a path for self-discovery and spiritual evolution, leading to a deeper understanding of oneself and the universe.

#### ➤ Self-Realization:

The ultimate goal is to unify the individual consciousness with the universal consciousness, achieving a state of oneness and inner peace.

### 5. Number of Participants: 100

Number of Student	73
Number of Faculty	27
Number of external participants (if any)	-

### 6. Program Schedule:

Time	Activity	Venue
10:05 AM - 11: 00 AM	Yoga	Second floor, Academic block-2 Neotech Campus

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### 7. Key Highlights:

- Improved physical health (flexibility, strength, balance, posture)
- Mental well-being (stress reduction, improved mood)
- Enhanced overall well-being

### 8. Outcomes of the Event:

- Improved respiration, energy and vitality.
- Maintaining a balanced metabolism.
- Weight reduction.
- Cardio and circulatory health.
- Improved athletic performance.

### 9. Feedback Summary:

The event was insightful and interactive, with valuable health benefits.

### 10. Conclusion & Acknowledgment:

Yoga isn't merely physical exercise; it's a holistic approach to body, mind, and spirit. In our complex world, it continues to guide individuals towards a healthier, more fulfilling life amidst chaos. Its global appeal is a testament to the enduring relevance of its ancient wisdom in our modern lives.

### Acknowledgment

We extend our gratitude to the Participants and to the CEO Dr Prakash Patel of Neotech Campus and Principals for giving these opportunities. Special thanks to the participants for their enthusiasm and active engagement.

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### 11. Supporting Documents:



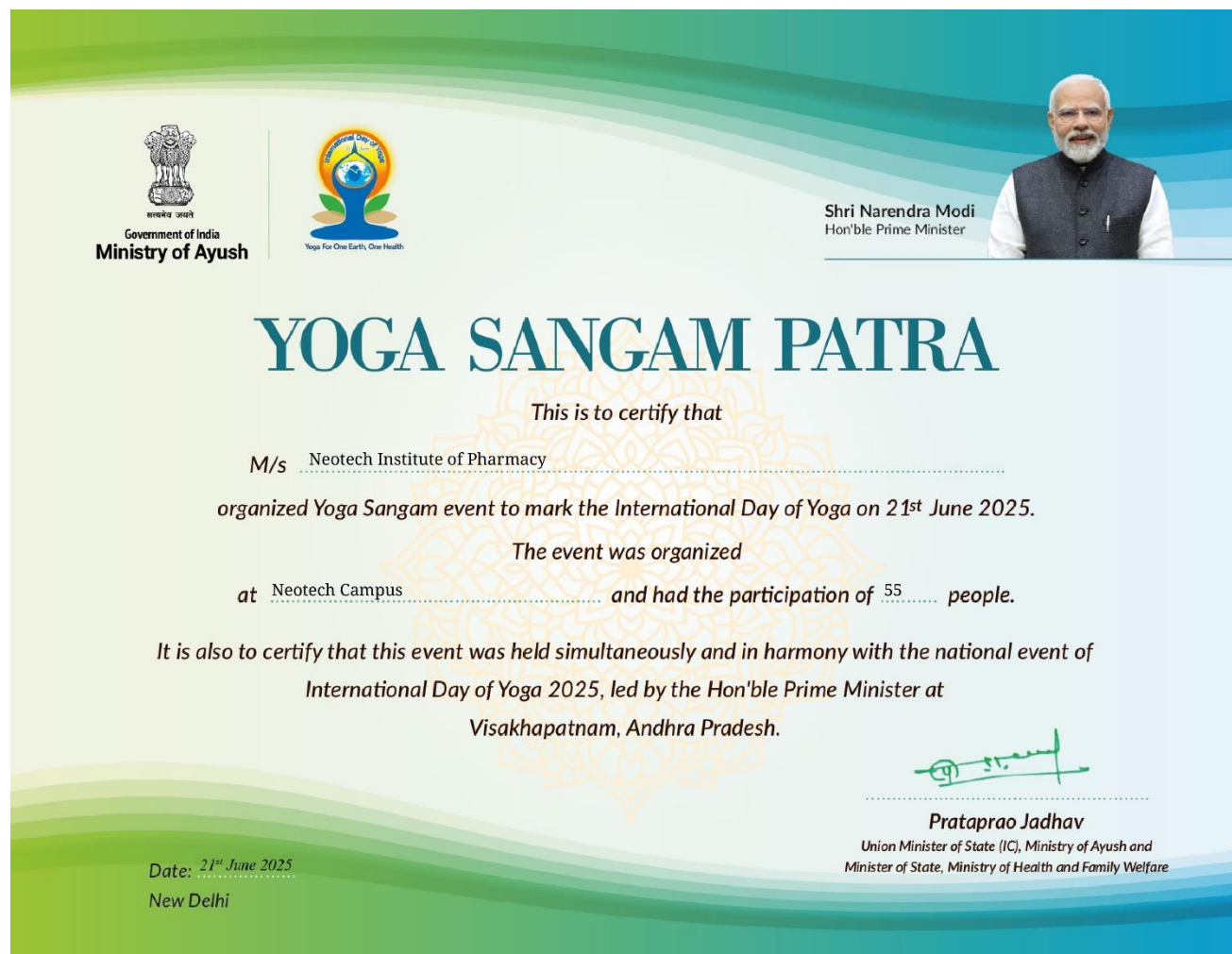


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Submitted by:

Miss. Meghna Solanki

Assistant Professor

21<sup>nd</sup> June 2025

Principal

Neotech Institute of Pharmacy