

# NEOTECH INSTITUTE OF PHARMACY

## YOGA WEEK

Date: 12/06/2023 to 20/06/2023

During Yoga Week, held from June 12 to June 20, 2023, various forms of yoga were practiced, as listed below:

- Meditation
- Sun salutation
- Iyengar yoga
- Hatha yoga
- Bakti yoga
- Astanga vinyasaa Yoga
- Pranayama

These seven yoga practices were conducted over seven days, with active participation from both students and teachers. Participants reported feeling relaxed, happy, and energized. The program was implemented by Mrs. Rutvi D. Patel and Ms. Drashti C. Patel.



