



## Nootan Ayurvedic College & Rsearch Center -visnagar

# **Activity Report**

Celebration of Yoga Mahotsav Theme: One Earth, One Health

Date of Event :-(13/06/25)

**Venue: Yoga Centre (NACRC)** 

Organized By: Mrs Kinjal A Jadeja (Assi, professor Swasthavirtta & Yoga

Yoga &cultural co-coordinator(IKS))

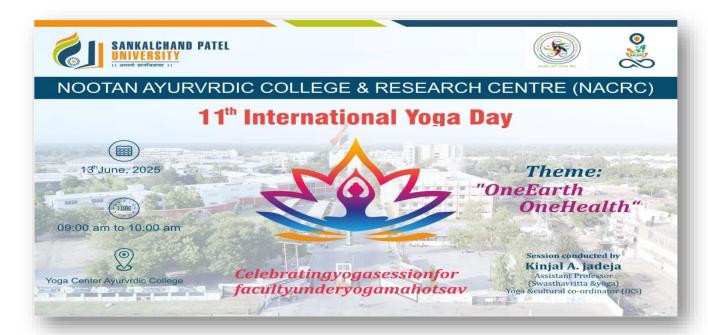
### **Objective of the Event:**

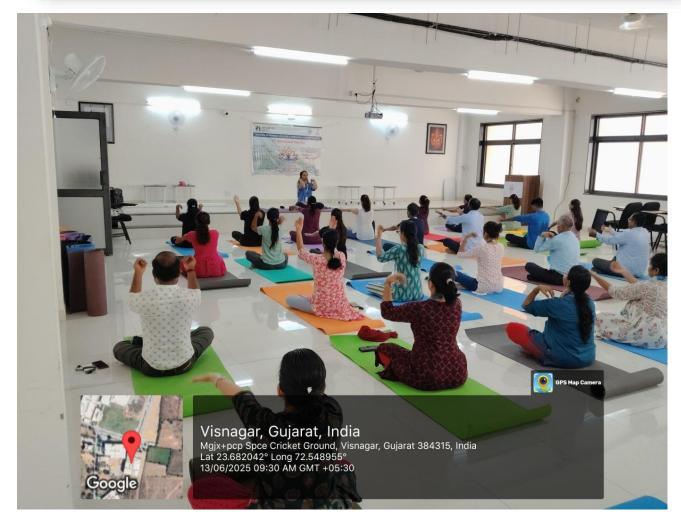
The main objective of the event was to promote the importance of yoga in daily life and encourage holistic well-being among faculty members, in alignment with the global campaign "One Earth, One Health". The session aimed at harmonizing body, mind, and soul while fostering the ancient Indian tradition of yoga.

#### **Outcomes:**

- Enhanced awareness of the integral role of yoga in physical and mental well-being.
- Strengthened the bond among faculty through collective participation in a healthoriented activity.
- Reinforced the values of the "One Earth, One Health" initiative among academia.

#### **Event Photos:**







Attendance of staff

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# Nootan Ayurvedic College and Research Centre 11th International Yoga Day Celebration "One Earth One Health"

Date- 13/06/25

Venue- NACRC Multipurpose hall

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## Kinjal A Jadeja

(Assi, professor Swasthavirtta & YogaYoga &cultural co-coordinator (IKS))Faculty of Ayurveda Sankalchand Patel University, Visnagar