Reports on Cultural Activities
(regional, linguistic, communal
socioeconomic etc.) and
Constitutional Values
Activities in Academic Session
2020-21



Affiliated To Dr. A.P.J. Abdul Kalam Technical University, Lucknow, U.P. & Approved By PCI

Date: August 7, 2020

Notice

Dear Students, Faculty, and Staff,

We are delighted to announce that Innovative College of Pharmacy will celebrate Independence Day on August 15, 2020. This significant day marks the anniversary of our nation's freedom and is a time for us to come together in patriotic spirit and unity.

Event Details:

Date: August 15, 2020

Time: 9:00 AM - 12:00 PM

Venue: Zoom Meeting

Copy to-

1. Chairman, Innovative College Of Pharmacy, Greater Noida

2 All HOD, Innovative College Of Pharmacy, Greater Noida

3. IQAC Office, Innovative College Of Pharmacy, Greater Noida





Affiliated To Dr. A.P.J. Abdul Kalam Technical University, Lucknow, U.P. & Approved By PC

Independence Day Celebration Report - August 15, 2020

The Independence Day 2020 Online Zoom Meeting was held successfully, celebrating our nation's independence with enthusiasm. Despite physical distances, the event fostered a strong sense of community among attendees from [Your Organization] and their families.

Agenda Highlights:

- Opening Remarks (10:00 AM 10:15 AM): [Host's Name] welcomed everyone and introduced the day's agenda. A patriotic video montage was shared.
- Historical Reflections (10:15 AM 10:30 AM): [Speaker's Name] delivered an
 insightful presentation on the significance of Independence Day, enriching attendees'
 understanding of the historical context.
- Guest Speaker Presentation (10:30 AM 11:00 AM): [Guest Speaker's Name]
 provided an inspiring talk on freedom and democracy, followed by an engaging Q&A session.
- Interactive Quiz and Games (11:00 AM 11:30 AM): Participants enjoyed a quiz and patriotic-themed games, promoting interaction and fun.
- Virtual Toast and Closing Remarks (11:30 AM 12:00 PM): Attendees joined in a virtual toast, and [Host's Name] concluded with appreciation for everyone's participation.

Conclusion:

The meeting successfully celebrated Independence Day and strengthened community bonds.





Affiliated To Dr. A.P.J. Abdul Kalam Technical University, Lucknow, U.P. & Approved By PCI



Independence Day



Plot No. - 6, Knowledge Park - 2, Greater Noida, U. P. - 201308. (Near Knowledge Park - 2 Metro Station) Ph: 0120-2328555 | Website - www.innovativepharmacy.in | E-mail: innovativepharmacy01@gmail.com



Affiliated To Dr. A.P.J. Abdul Kalam Technical University, Lucknow, U.P. & Approved By PCI

List of Students for Independence Day 2020-21

SR.NO	NAME OF STUDENTS
1	SUMIT CHANDELA
2	SUJAY KUMAR
3	SHUBHAM PANDEY
4	SHIVAM ARYA
5	PAHARI KARDONG
6	NANDITA SHARMA
7	MOHD INTZAR
8	MOHAMMAD BILAL
9	MD SAIF
10	MD SAIF
11	MD HAYATULLAH
12	MD HAYATULLAH
13 -	KUMAIL HUSSAIN
14	KUMAIL HUSSAIN
15	KM DEEPALI GUPTA
16	KM DEEPALI GUPTA
17	KARTIK AHUJA
18	KARTIK AHUJA
19	JALALUDDIN
20	HARIS WAQAS
21	GAURAV SINGH
22	DEEKAP SAIN
23	ANKIT SHARMA
24	ANKAJ KUMAR
25	ANKAJ KUMAR





Affiliated To Dr. A.P.J. Abdul Kalam Technical University, Lucknow, U.P. & Approved By PC

Date: August 25, 2020

Notice

Dear Students, Faculty, and Staff,

We are pleased to announce that Innovative College of Pharmacy will celebrate Teachers' Day on September 5, 2020. This special day is dedicated to honoring the dedication, hard work, and contributions of our esteemed faculty members.

Event Details:

Copy to-

• Date: September 5, 2020

Time: 3:00 PM -5:00 PM

· Venue: Seminar hall

1. Chairman, Innovative College Of Pharmacy, Greater Noida

2 All HOD, Innovative College Of Pharmacy, Greater Noida

3. IQAC Office, Innovative College Of Pharmacy, Greater Noida





Affiliated To Dr. A.P.J. Abdul Kalam Technical University, Lucknow, U.P. & Approved By Po

Teachers' Day Celebration Report - September 5, 2020

On September 5, 2020, Innovative College of Pharmacy celebrated Teachers' Day with a heartwarming event dedicated to honoring the faculty. Despite the challenges posed by the pandemic, the event was organized in the college auditorium with strict adherence to safety protocols.

Event Highlights:

- Opening Speech: The Principal began the event with an opening speech that extended
 deep gratitude to the faculty. The speech highlighted the importance of Teachers' Day and
 set a tone of respect and appreciation for the teaching staff.
- Tributes: Students and faculty members shared heartfelt speeches that acknowledged the
 hard work and dedication of the teachers. The tributes reflected deep appreciation and
 admiration for the educators, who have played a vital role in shaping the students'
 academic and personal growth.
- Awards and Recognition: Outstanding faculty members were honored with awards and certificates, recognizing their exceptional dedication and contributions. The awards ceremony was met with enthusiastic applause and appreciation from all attendees.
- Light Refreshments: The event concluded with the sharing of light refreshments, providing an opportunity for informal interactions and expressions of gratitude while maintaining social distancing.

Conclusion: The Teachers' Day celebration at Innovative College of Pharmacy in 2020 was a significant and memorable event. It provided a meaningful way for students and staff to express their appreciation for the faculty, making the occasion special despite the circumstances



Affiliated To Dr. A.P.J. Abdul Kalam Technical University, Lucknow, U.P. & Approved By PC



Teachers' Day





Affiliated To Dr. A.P.J. Abdul Kalam Technical University, Lucknow, U.P. & Approved By PC

List of Students for Teacher's Day 2020-21

SR.NO	NAME OF STUDENTS
1	UJJAWAL KUMAR
2	SIDRA KAUSHER
3	SHEIKH SAHIL
4	SHANTANU RANJAN
5	SAHRUKH KHAN
6	SAHIL
7	RAVI KUMAR
8	RAJEEV KUMAR
9	RAJAT KUMAR
10	RAHUL KUMAR
11	PRINCE KUMAR
12	OMPRAKASH SINGH
13	NAVNEET KUMAR
14	NANDINI
15	MOHD SAMEER
16	MOHD SADAN SAIFI
17	MOHD NASEEM KHAN
18	MOHD FAISAL
19	MEGHA MEHTA
20	MD OMER ALAM
21	MD BAKAR RAEES
22	LALIT KUMAR
23	KM ROMI TIWARI
24	KM JASSI SEHJWAL
25	JUNAID
26	JASVEER YADAV
27	HINA KAUSHER
28	GAURAV SINGH
29	DEEPANSHU SHARMA
30	DEEPAK JHA
31	DEEPA CHECHI
32	DANISH
33	BOBBY BANSAL





Affiliated To Dr. A.P.J. Abdul Kalam Technical University, Lucknow, U.P. & Approved By PCI

34	ATUL KUMAR
35	ARYAN SINGH
36	ANKUSH
37	ANKUR BISWAS
38	ANKIT RATHORE
39	ANKIT KUMAR MAHATO





Date: September 9, 2020

Notice

Subject: Best Out of Waste Competition

Dear Students,

We are excited to announce the Best Out of Waste Competition for B.Pharma and M.Pharma students. This event is designed to promote creativity and artistic skills among students, and to create a vibrant atmosphere in the college.

Event Details:

Date: September 25, 2020

Time: 10:00 AM-5:00 PM

· Venue: College Auditorium and Grounds

Principal PRINCI

- 1. Chairman, Innovative College Of Pharmacy, Greater Noida
- 2 All HOD, Innovative College Of Pharmacy, Greater Noida
- 3. IQAC Office, Innovative College Of Pharmacy, Greater Noida





Affiliated To Dr. A.P.J. Abdul Kalam Technical University, Lucknow, U.P. & Approved By P.

Best Out of Waste Report - September 25, 2020

On September 25, 2020, Innovative College of Pharmacy hosted the "Best Out of Waste" competition, focusing on creativity and sustainability. The event aimed to highlight the potential of discarded materials through artistic and practical creations.

Participants were tasked with using items such as plastic containers, old magazines, and fabric scraps to craft innovative pieces. The competition featured a variety of projects, including decorative objects and functional items, all made from recycled materials.

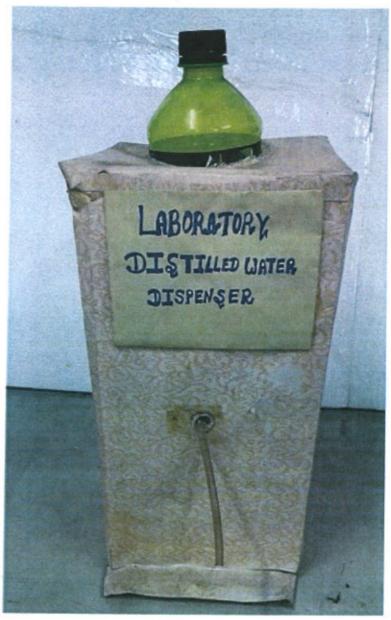
A panel of judges, including sustainability advocates and artists, reviewed the entries based on creativity, effectiveness in repurposing materials, and overall impact. The event also included educational segments on the importance of recycling and reducing waste.

The 2020 "Best Out of Waste" competition was well-received, successfully promoting environmental awareness and showcasing the creativity of students. It reinforced the message of sustainability and the benefits of turning waste into valuable resources.





Affiliated To Dr. A.P.J. Abdul Kalam Technical University, Lucknow, U.P. & Approved By PC



Best Out of Waste



Plot No. - 6, Knowledge Park - 2, Greater Noida, U. P. - 201308. (Near Knowledge Park - 2 Metro Station) .Ph: 0120-2328555 | Website - www.innovativepharmacy.in | E-mail: innovativepharmacy01@gmail.com



Affiliated To Dr. A.P.J. Abdul Kalam Technical University, Lucknow, U.P. & Approved By PC

List of Students for Best of out Waste 2020-21

S.NO.	NAME OF STUDENTS
1	ANKIT RATHORE
2	ANKIT KUMAR MAHATO
3	ANKUR BISWAS
4	ANKUSH
5	ARYAN SINGH
6	ATUL KUMAR
7	BOBBY BANSAL
8	DANISH
9	DEEPA CHECHI
10	DEEPAK JHA
11	DEEPANSHU SHARMA
12	GAURAV SINGH
13	HINA KAUSHER
14	JASVEER YADAV
15	JUNAID
16	KM JASSI SEHJWAL
17	KM ROMI TIWARI .
18	LALIT KUMAR
19	MD BAKAR RAEES
20	MD OMER ALAM
21	MEGHA MEHTA
22	MOHD FAISAL
23	MOHD SAMEER





Date: September 09, 2020

Notice

Subject: Rangoli Competition

Dear Students,

We are excited to announce the Rangoli Competition for B.Pharma and M.Pharma students. This event is designed to promote creativity and artistic skills among students, and to create a vibrant atmosphere in the college.

Event Details:

Date: September 25, 2020

Time: 10:00 AM-5:00 PM

· Venue: College Auditorium and Grounds

Principal COLLEGE OF PRINCIPAL PRINC

1. Chairman, Innovative College Of Pharmacy, Greater Noida

2 All HOD, Innovative College Of Pharmacy, Greater Noida

3. IQAC Office, Innovative College Of Pharmacy, Greater Noida





Affiliated To Dr. A.P.J. Abdul Kalam Technical University, Lucknow, U.P. & Approved By Po

Rangoli Competition Report - September 25, 2020

On September 25, 2020, Innovative College of Pharmacy hosted its annual Rangoli competition, a vibrant display of art and culture. Participants from different backgrounds showcased their creativity through intricate rangoli designs.

Competition Overview:

Participants were allocated specific spaces and materials, with a two-hour timeframe to create their designs based on the theme "Pharmacy."

Judging Criteria:

A panel of respected artists and critics judged the competition, focusing on originality, technical skill, aesthetic appeal, and adherence to the theme.

Event Highlights:

The event featured a wide variety of designs, from traditional motifs to modern interpretations. Some participants used innovative materials, adding a unique twist to their designs. Team efforts were also highlighted, with groups creating impressive collaborative works.

Winners and Recognition:

Winners were selected based on their creativity and skill, with all participants receiving certificates in recognition of their efforts.

Conclusion:

The 2020 Rangoli competition was a great success, highlighting the artistic talent within the community. It served as a platform for creative expression and cultural exchange, celebrating the importance of traditional art forms. The event concluded with gratitude to all participants and contributors.

Plot No. - 6, Knowledge Park - 2, Greater Noida, U. P. - 201308. (Near Knowledge Park - Ph. 0120-2328555 | Website - www.innovativepharmacy.in | E-mail: innovativepharmacy.in



Affiliated To Dr. A.P.J. Abdul Kalam Technical University, Lucknow, U.P. & Approved By PC



Rangoli Competition



Rangoli Competition

Plot No. - 6, Knowledge Park - 2, Greater Noida, U. P. - 201308. (Near Knowledge Park - 2 Metro Station) Ph: 0120-2328555 | Website - www.innovativepharmacy.in | E-mail: innovativepharmacy01@gmail.com



Affiliated To Dr. A.P.J. Abdul Kalam Technical University, Lucknow, U.P. & Approved By PCI

List of Students for Rangoli compettion 2020-21

SR.NO	NAME OF STUDENTS
1	DEEPAK JHA
2	DEEPANSHU SHARMA
3	GAURAV SINGH
4	HINA KAUSHER
5	JASVEER YADAV
6	JUNAID
7	KM JASSI SEHJWAL
8	KM ROMI TIWARI
9	LALIT KUMAR
10	MD BAKAR RAEES
11	MD OMER ALAM
12	MEGHA MEHTA
13	MOHD FAISAL
14	MOHD SAMEER
15	MOHD NASEEM KHAN
16	MOHD SADAN SAIFI
17	NANDINI
18	NAVNEET KUMAR
19	OMPRAKASH SINGH
20	PRINCE KUMAR
21	RAHUL KUMAR
22	RAJAT KUMAR
23	RAJEEV KUMAR
24	RAVI KUMAR
25	SAHIL
26	SAHRUKH KHAN
27	MD OMER ALAM
28	MEGHA MEHTA
29	MOHD FAISAL
30	MOHD SAMEER
31	MOHD NASEEM KHAN
32	MOHD SADAN SAIFI
33	NANDINI
34	UJJAWAL KUMAR
35	UMESH KUMAR





Affiliated To Dr. A.P.J. Abdul Kalam Technical University, Lucknow, U.P. & Approved By Po

Date: October 11, 2020

Notice

Dear Students,

We are delighted to announce that Innovative College of Pharmacy will celebrate diwali mela on October 19, 2020. This significant day marks the anniversary of our nation's freedom and is a time for us to come together in patriotic spirit and unity.

Event Details:

Date: October 19, 2020

Time: 10:00 AM - 1:00 PM

Venue: College Grounds



1. Chairman, Innovative College Of Pharmacy, Greater Noida

2 All HOD, Innovative College Of Pharmacy, Greater Noida

3. IQAC Office, Innovative College Of Pharmacy, Greater Noida



Affiliated To Dr. A.P.J. Abdul Kalam Technical University, Lucknow, U.P. & Approved By Pr

Diwali Mala Report - October 19, 2020

On October 19, 2020, the Innovative College of Pharmacy hosted its annual Diwali Mala with vibrant energy. The event, which ran from 10:00 AM to 1:00 PM on the college grounds, saw a large turnout of students, faculty, and staff. This year's celebration focused on traditional food and entertaining games, encapsulating the festive spirit of Diwali.

The Diwali Mala featured a wide array of traditional sweets, including laddoos and barfis, which were a big hit among attendees. Popular chaat items such as pani puri and bhel puri were also available, satisfying a range of palates. The event's games were a major draw, with participants enjoying the fun and camaraderie.

Conclusion

The Diwali Mala 2020 at Innovative College of Pharmacy was a tremendous success. It provided a joyful environment for everyone to celebrate and connect, with the traditional foods and lively games leaving lasting memories for all who attended.





Affiliated To Dr. A.P.J. Abdul Kalam Technical University, Lucknow, U.P. & Approved By PC



Diwali Mala



Plot No. - 6, Knowledge Park - 2, Greater Noida, U. P. - 201308. (Near Knowledge Park - 2 Metro Station) Ph: 0120-2328555 | Website - www.innovativepharmacy.in | E-mail: innovativepharmacy01@gmail.com



Affiliated To Dr. A.P.J. Abdul Kalam Technical University, Lucknow, U.P. & Approved By PCI

List of Students for Diwali Mela 2020-21

SR.NO	ANKIT RATHORE
1	ANKIT KUMAR MAHATO
2	ANKUR BISWAS
3	ANKUSH
4	ARYAN SINGH
5	ATUL KUMAR
6	BOBBY BANSAL
7	DANISH
8	DEEPA CHECHI
9	DEEPAK JHA
10	DEEPANSHU SHARMA
11	GAURAV SINGH
12	HINA KAUSHER
13	JASVEER YADAV
14	JUNAID
15	KM JASSI SEHJWAL
16	DEEPA CHECHI





Affiliated To Dr. A.P.J. Abdul Kalam Technical University, Lucknow, U.P. & Approved By P.

Date: November 07, 2020

Notice

Dear Students.

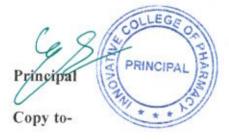
We are excited to announce the T-Shirt Painting Competition for B.Pharma and M.Pharma students. The pharmacy-themed aspect of the T-shirt painting adds an educational component to the creative activity. This event is designed to promote creativity and artistic skills among students, and to create a vibrant atmosphere in the college.

Event Details:

Date: November 22, 2020

Time: 10:00 AM - 1:00 PM

Venue: College Grounds



- 1. Chairman, Innovative College Of Pharmacy, Greater Noida
- 2 All HOD, Innovative College Of Pharmacy, Greater Noida
- 3. IQAC Office, Innovative College Of Pharmacy, Greater Noida





Affiliated To Dr. A.P.J. Abdul Kalam Technical University Lucknew U.P. & Approved By P.

T-Shirt Painting Competition Report - November 23, 2020

On November 23, 2020, the Innovative College of Pharmacy conducted a T-shirt painting competition themed around the field of pharmacy. This event aimed to blend artistic creativity with pharmaceutical knowledge, allowing students to express their insights through art.

The competition was held in the college auditorium, with participants from various pharmacy disciplines. Each student was provided with a plain white T-shirt and fabric paints, and tasked with designing artwork that reflected different aspects of pharmacy, such as the role of pharmacists, the importance of medication, and advancements in the field.

A panel of judges from the pharmacy faculty evaluated the entries based on their creativity, thematic relevance, and artistic execution. The competition was a testament to the students' ability to integrate artistic flair with their understanding of pharmacy.

The event concluded with a prize distribution ceremony, where participants were honored for their contributions. The competition effectively highlighted the intersection of art and pharmacy, providing a platform for students to showcase their creative and academic skills.





Affiliated To Dr. A.P.J. Abdul Kalam Technical University, Lucknow, U.P. & Approved By Po



T-Shirt Painting Competition





Affiliated To Dr. A.P.J. Abdul Kalam Technical University, Lucknow, U.P. & Approved By PCI

List of Students for T-Shirt Painting 2020-21

SR.NO	NAME OF STUDENTS
1	ABHISHEK NAGAR
2	FIROZ AHMAD
3	ABHISHEK SHARMA
4	ABU SALIM
5	ADARSH RAGHAV
6	ADITYA RAJ
7	AMAN MISHRA
8	AMIT KUMAR RAHUL
9	ARUN
10	ARUN PANDEY
11	CHINTU TAYAL
12	CHOORAMANI K SINGH
13	MOHD FAISAL
14	MOHD SAMEER
15	MOHD NASEEM KHAN
16	MOHD SADAN SAIFI
17	NANDINI
18	NAVNEET KUMAR
19	OMPRAKASH SINGH
20	PRINCE KUMAR
21	RAHUL KUMAR
22	RAJAT KUMAR
23	RAJEEV KUMAR
24	RAVI KUMAR
25	SAHIL





Affiliated To Dr. A.P.J. Abdul Kalam Technical University, Lucknow, U.P. & Approved By PCI

Date: December, 22, 2020

Notice

Dear Students, Faculty, and Staff,

We are pleased to announce that Innovative College of Pharmacy will celebrate Christmas Day on 25th December 2020. This special day is dedicated to honoring the dedication, hard work, and contributions of our esteemed faculty members.

Event Details:

Date: 25th December 2020

Time: 3:00 PM -5:00 PM

Venue: Seminar hall

Principal

Copy to-

- 1. Chairman, Innovative College Of Pharmacy, Greater Noida
- 2 All HOD, Innovative College Of Pharmacy, Greater Noida
- 3. IQAC Office, Innovative College Of Pharmacy, Greater Noida





Affiliated To Dr. A.P.J. Abdul Kalam Technical University, Lucknow, U.P. & Approved By PC

Christmas Day - 25th December 2020

The Christmas Day celebrations at the Innovative College of Pharmacy on 25th December 2020 were filled with festive cheer and community spirit. The college grounds were beautifully decorated with Christmas lights, trees, and ornaments, creating a magical atmosphere for the holiday festivities.

The day's events included a Christmas concert held in the auditorium, featuring performances by student choirs and musicians. The concert included traditional carols and contemporary Christmas music, delighting attendees with a festive array of songs. A highlight of the celebration was the appearance of Santa Claus, who distributed gifts and interacted with students, adding a touch of joy and excitement to the event.

A Christmas fair was also held, offering a variety of stalls with holiday-themed crafts, baked goods, and seasonal treats. The fair provided an opportunity for students and staff to come together, share holiday cheer, and enjoy the festive offerings. A charitable component of the event involved a toy drive, where attendees contributed toys and gifts for local children in need.

In summary, the celebrations for Christmas Day in 2020 at the Innovative College of Pharmacy were a success. Christmas Day provided a joyful and inclusive celebration of the holiday spirit. The events underscored the college's commitment to community engagement and cultural enrichment.





Affiliated To Dr. A.P.J. Abdul Kalam Technical University, Lucknow, U.P. & Approved By PCI



Christmas day





Affiliated To Dr. A.P.J. Abdul Kalam Technical University, Lucknow, U.P. & Approved By PC

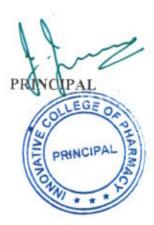
NOTICE

Dear all students and esteemed faculty,

We are pleased to announce that the Innovative college of pharmacy are organizing international womens day on 8th march 2021. This day honors the achievements and contributions of women around the world. Let's stand together to promote gender equality, empowerment, and recognition of women's rights. Participate in our events and activities to show your support and appreciation. Happy International Women's Day!

Copy to

- 1. Chairman Sir
- 2. Academic Director
- 3. IQAC
- 4. Notice Board







Affiliated To Dr. A.P.J. Abdul Kalam Technical University, Lucknow, U.P. & Approved By

REPORT

Report on International Women's Day

Introduction

On 8 march 2021 Innovative college of pharmacy organized International Women's Day (IWD) is celebrated annually to honor the social, economic, cultural, and political achievements of women worldwide. This day also marks a call to action for accelerating gender parity and fostering women's rights and empowerment.

Global Celebrations and Events

International Women's Day is marked by various events and activities worldwide. These include marches, rallies, conferences, and cultural performances. Many organizations and institutions, including governments, NGOs, and private companies, organize events to promote women's achievements and advocate for gender equality.

Achievements and Progress

IWD has played a significant role in highlighting the progress made towards gender equality and women's rights. There have been notable improvements in women's access to education, healthcare, and political participation. More women are now in leadership roles, and global awareness about gender-based violence and discrimination has increased.

Challenges and Future Goals

Despite the progress, challenges remain. Women continue to face significant barriers, including wage gaps, underrepresentation in leadership positions, and societal norms that perpetuate gender stereotypes. The COVID-19 pandemic has further exacerbated these issues, highlighting the need for sustained efforts towards achieving gender parity.

Conclusion

International Women's Day serves as a powerful reminder of the ongoing struggle for gender equality. It is a day to celebrate the achievements of women, reflect on the progress made, and recognize the challenges that lie ahead. By continuing to advocate for women's rights and tender

Plot No. - 6. Knowledge Park - 2, Greater Noida, U. P. - 201308. (Near Knowledge Park - 2 Metro Ph. 0120-2328555 | Website - www.innovativepharmacy.in | E-mail: innovativepharmacy



Affiliated To Dr. A.P.J. Abdul Kalam Technical University, Lucknow, U.P. & Approved By PCI

equality, we can create a more inclusive and equitable world for all.



Women's Day celebration



Empowered women, empower the world



Affiliated To Dr. A.P.J. Abdul Kalam Technical University, Lucknow, U.P. & Approved By PC



'Equality knows no gender'





Affiliated To Dr. A.P.J. Abdul Kalam Technical University, Lucknow, U.P. & Approved By PCI

List of Students for Women's Day 2020-21

SR.NO	NAME OF STUDENTS
1	SALONI MANGLIK
2	SHIVANI PARMAR
3	SONAKSHI SHARMA
4	DEEPA CHECHI
5	PRIYANKA VATS
6	RIYA KUMARI
7	RUBY SOLANKI
8	HINA KAUSHER
9	KM JASSI SEHJWAL
10 .	VANDANA GUPTA





Affiliated To Dr. A.P.J. Abdul Kalam Technical University, Lucknow, U.P. & Approved By PC

NOTICE

Dear all students and esteemed faculty,

We are pleased to announce that the Innovative college of pharmacy are organizing international yoga day on 21st june 2021. This annual event is a wonderful opportunity for us to come together to promote physical, mental, and spiritual well-being through the practice of yoga. This event is open to all students, faculty, and staff members. No prior experience in yoga is necessary-beginners are especially welcome! Join us in celebrating International Yoga Day and discover the numerous benefits of yoga for your body and mind. We look forward to your enthusiastic participation.

Copy to

- 1. Chairman Sir
- 2. Academic Director
- 3. IQAC
- 4. Notice Board

PRINCIPAL







Affiliated To Dr. A.P.J. Abdul Kalam Technical University, Lucknow, U.P. & Approved By Prince of the Control of

Report on International Yoga Day

Introduction

On 21 june 2021 Innovative college of pharmacy organized International Yoga Day, observed every year on June 21st, celebrates the physical, mental, and spiritual benefits of practicing yoga. Established by the United Nations in 2014 and first celebrated in 2015, this day promotes global awareness of yoga's positive impact on health and well-being.

History

The initiative for International Yoga Day was proposed by Indian Prime Minister Narendra Modi at the United Nations General Assembly in 2014. His suggestion was met with overwhelming support, with 177 member states co-sponsoring the resolution. June 21st was chosen for its significance as the longest day of the year in the Northern Hemisphere, a day that holds special meaning in many parts of the world.

Significance

Yoga, an ancient practice originating in India, combines physical postures, breathing exercises, and meditation. It is celebrated worldwide for its benefits, which include improved flexibility, reduced stress, enhanced mental clarity, and a sense of peace and well-being. The day also highlights the cultural heritage of yoga and promotes a healthy lifestyle in harmony with nature.

Celebrations

International Yoga Day is marked by a variety of events, including mass yoga sessions, workshops, and demonstrations held in cities and communities worldwide. These events, often led by experienced yoga instructors, are attended by people of all ages and skill levels. Due to the COVID-19 pandemic, many activities have also moved online, allowing even broader participation.

Impact

The celebration of International Yoga Day has greatly increased global awareness of yoga and its benefits. It has encouraged many individuals to incorporate yoga into their daily routines, fostering physical fitness and mental well-being. The day also promotes cultural

Plot No. - 6. Knowledge Park - 2, Greater Noida, U. P. - 201308. (Near Knowledge Park - Ph. 0120-2328555 | Website - www.innovativepharmacy.in | E-mail: innovativepharmacy.

2 Metro State

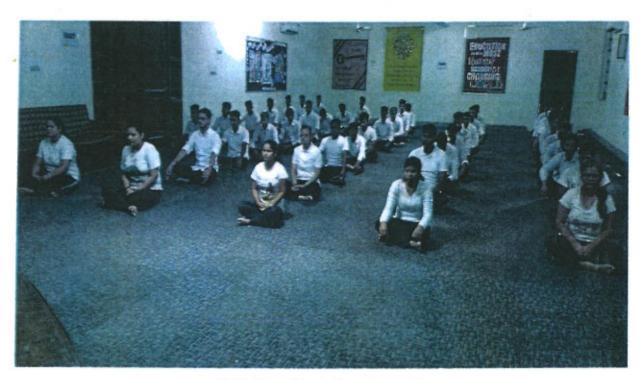


Affiliated To Dr. A.P.J. Abdul Kalam Technical University, Lucknow, U.P. & Approved By PCI

bringing together people from different backgrounds to celebrate a shared interest in health and mindfulness.

Conclusion

International Yoga Day is a global celebration of the ancient practice of yoga and its benefits. It encourages people worldwide to engage in yoga, promoting a holistic approach to health and well-being. The day is a reminder of the importance of maintaining a healthy lifestyle and the universal appeal of yoga as a tool for achieving balance and peace in life.



Find peace through movement

