

PARUL INSTITUTE OF AYURVED & RESEARCH

DAY CELEBRATION 2025

WORLD ENVIRONMENT DAY

On the occasion of *World Environment Day 2025*, the **Department of Dravyaguna**, Parul Institute of Ayurved and Research, organized a **Tree Plantation Drive** on 5th June 2025. The event aimed to promote environmental awareness and the importance of conserving nature through sustainable practices.

Faculty members, students, and staff actively participated in planting medicinal and native trees within the campus premises. The initiative emphasized the Ayurvedic perspective on the role of plants in maintaining ecological balance and human health. Through this drive, the department reinforced its commitment to nurturing nature and creating a greener and healthier environment.

The celebration concluded with a pledge to protect and preserve Mother Earth by incorporating eco-friendly habits in daily life.



WORLD BLOOD DONATION DAY

On the occasion of **World Blood Donation Day**, the **Department of Rognidan evam Vikriti Vigyan (RNVV)** of **Parul Institute of Ayurved and Research**, Parul University, organized a **Blood Donation Camp** on **16th June 2025**. The event aimed to raise awareness about the importance of voluntary blood donation and to encourage students and staff to contribute to this noble cause.

The camp witnessed enthusiastic participation from faculty members, students, and volunteers. Medical professionals ensured a safe and hygienic environment for the donors. The event highlighted the life-saving impact of donating blood and promoted the values of compassion and service to humanity.

This initiative not only supported the blood bank requirements but also strengthened the spirit of social responsibility among the participants.



INTERNATIONAL YOGA DAY

The **Department of Swasthavritta** of **Parul Institute of Ayurved and Research**, Parul University, organized a vibrant celebration on the occasion of **International Yoga Day** on **21st June 2025**. The event was conducted with the objective of promoting holistic health and well-being through the ancient practice of Yoga.

The program began with a brief introduction highlighting the theme and significance of the day, followed by a guided yoga session conducted by experienced faculty members. Participants performed various **Asanas**, **Pranayama**, and **Meditation techniques** focusing on physical, mental, and spiritual wellness.

Students, teaching and non-teaching staff actively participated in the event, embracing the essence of Yoga as a way of life. The celebration reinforced the importance of preventive healthcare and the role of Yoga in maintaining harmony of body and mind.

