

PARUL INSTITUTE OF AYURVED & RESEARCH **DAY CELEBRATION 2026**

INTERNATIONAL WOMEN'S DAY

The WDC Cell of Parul Institute of Ayurved and Research celebrated International Women's Day on 11.03.2026 with great enthusiasm and cultural spirit. The event was coordinated by Dr. Amarjeet Kaur. On this occasion, a "Parampara Parade" was organized in which female participants beautifully showcased traditional attire representing different cultures and regions of India. The activity highlighted the richness of Indian heritage, cultural diversity, traditions, and the importance of women's empowerment. The celebration created an atmosphere of pride, unity, and appreciation for the strength and grace of women in society.



NATIONAL YOUTH DAY

The Students Council of Parul Institute of Ayurved and Research organized an Elocution Competition on the occasion of National Youth Day and Swami Vivekananda Jayanti on 12th January, 2026. The event was conducted with the objective of inspiring students through the ideals, teachings, and vision of Swami Vivekananda while also enhancing their public speaking skills and confidence.

A total of 12 students enthusiastically participated in the competition and expressed their thoughts on topics related to youth empowerment, patriotism, personality development, and the life philosophy of Swami Vivekananda. The participants delivered their speeches with great confidence, clarity, and enthusiasm, making the event highly informative and motivational.

The competition created a platform for students to develop communication skills, stage confidence, and awareness about the contribution of Swami Vivekananda towards the nation and youth. The event concluded successfully with appreciation for all participants and encouragement for students to follow the values and principles taught by Swami Vivekananda in their personal and professional lives.

