



Godavari Shikshan Mandal's

Asian Institute of Pharmacy

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Approved by PCI New Delhi, & DTE Mumbai,

Affiliated to Dr. Babasaheb Ambedkar Technological University, Lonere & MSBTE Mumbai

Event Report

Title of the event	International Yoga Day
Organized Date	21th June 2025
Name of the coordinator	Ms. Vaishnavi Wagh Ms Simaran Rawale
Name of Participants	Students and Faculty members
No of participants	50
Objective of program	<ul style="list-style-type: none">• To raise awareness about the benefits of practicing yoga for physical, mental, and spiritual well-being.• To encourage people of all ages and backgrounds to participate in yoga for improved lifestyle and stress management.• To celebrate the cultural and spiritual significance of yoga, originating from ancient Indian traditions.• To foster global unity and peace through a shared practice that transcends borders and beliefs.
Outcomes of the program	<ul style="list-style-type: none">• The International Yoga Day celebration proved to be a highly successful and impactful event.• Participants gained a deeper understanding of the importance of yoga in promoting physical health, mental clarity, and emotional balance.• The practical sessions helped individuals experience relaxation, improved flexibility, and increased mindfulness.• Overall, the program achieved its objective of spreading awareness about yoga and inspired many to incorporate it into their daily routine for a healthier and more balanced life.



Report of the Event

International Yoga Day was celebrated in **Asian institute of pharmacy** on **June 21st 2025** to spread awareness about the benefits of practicing yoga. It was first proposed by Prime Minister Narendra Modi. The initiative was to raise awareness amongst people about the role of Yoga in healthcare and promote healthier lifestyles.

Event Overview

The celebration began under the guidance of principal Dr K. R. Dandagvhal with an opening ceremony attended by faculty, staff and students. A certified yoga instructor Mrs N.R. Gangurde led participants through warm-up exercises, basic yoga asanas, pranayama and meditation. The session lasted around 45 minutes. The event was marked by various activities and discussion session.

On **International Yoga Day**, several yoga asanas are commonly performed

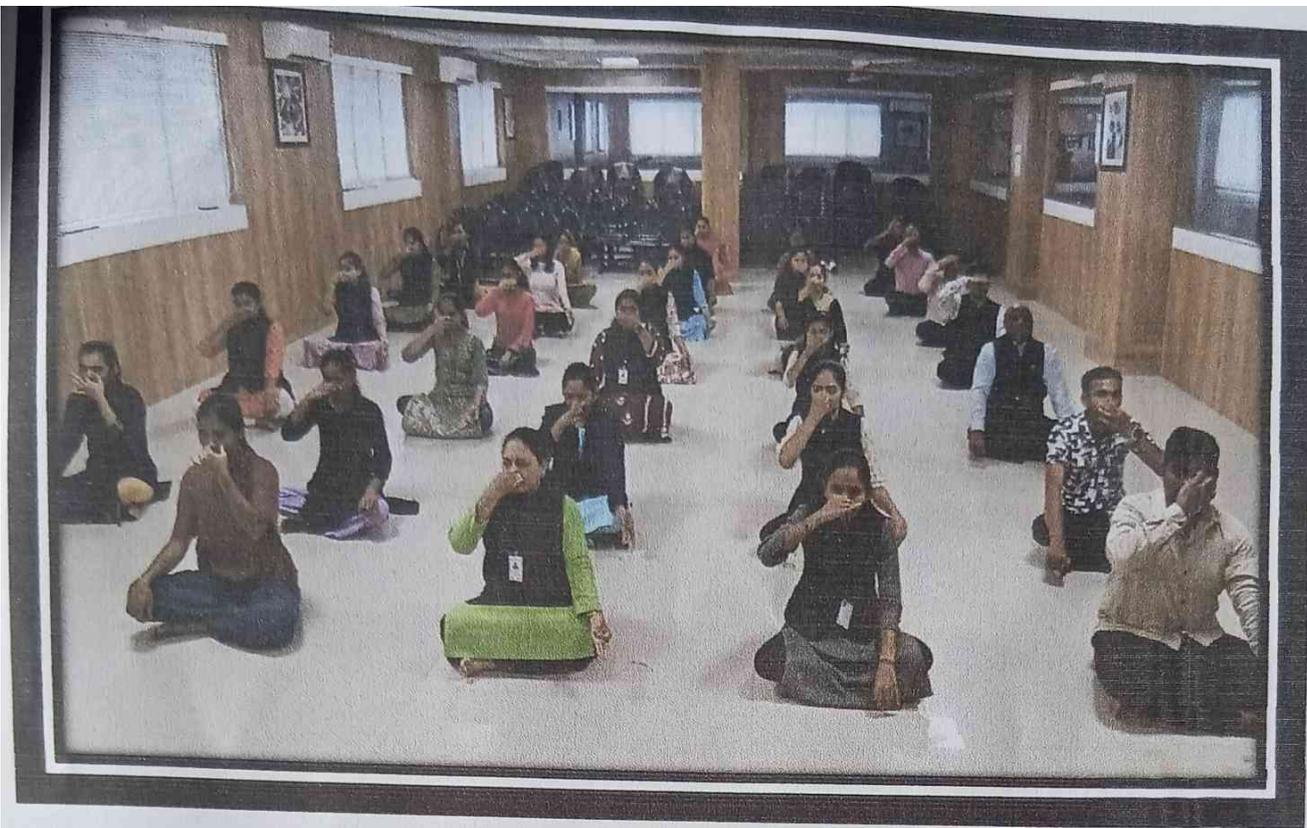
- **Kapalabhati**
- **Anulom Vilom (Alternate Nostril Breathing)**
- **Bhramari (Bee Breath)**
- **Dhyana (Meditation)**
- **Sankalpa (Resolution)**
- **Tadasana**
- **Vrikshasana (Tree Pose).**

Conclusion

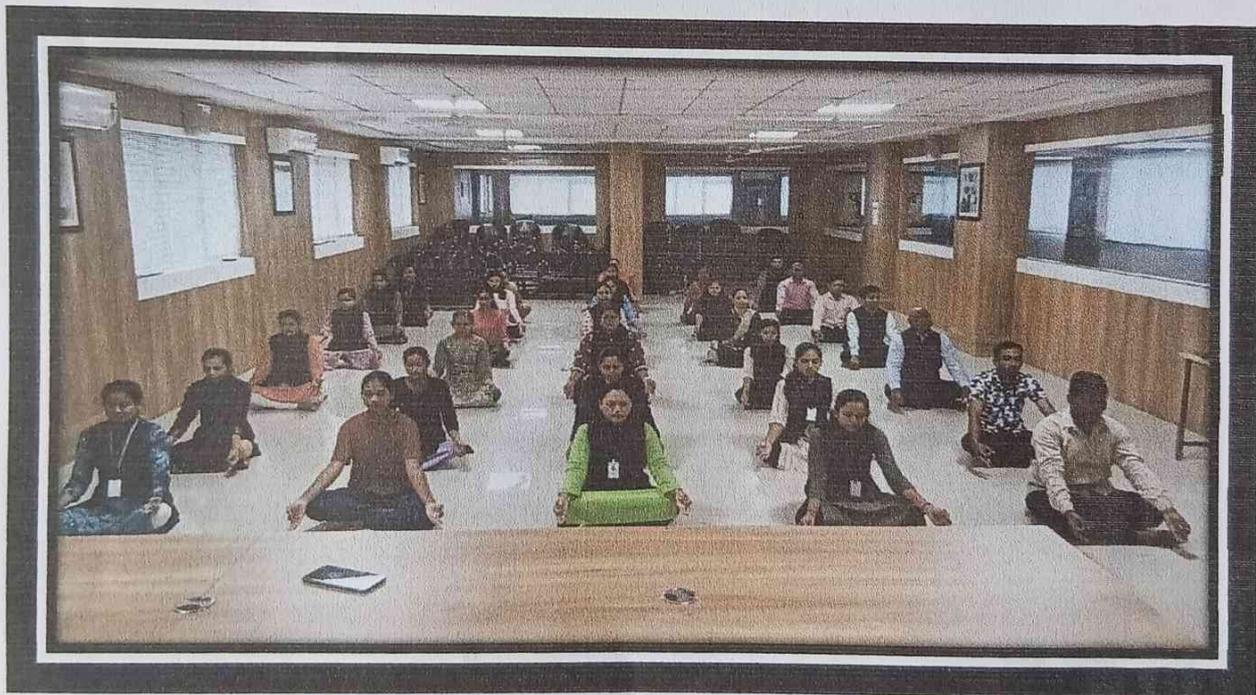
The International Yoga Day celebration at Asian Institute of pharmacy was a great success. It reinforced the importance of holistic well-being through yoga and inspired many to pursue a healthier lifestyle.

The enthusiasm and active participation of all involved made the event both meaningful and memorable.



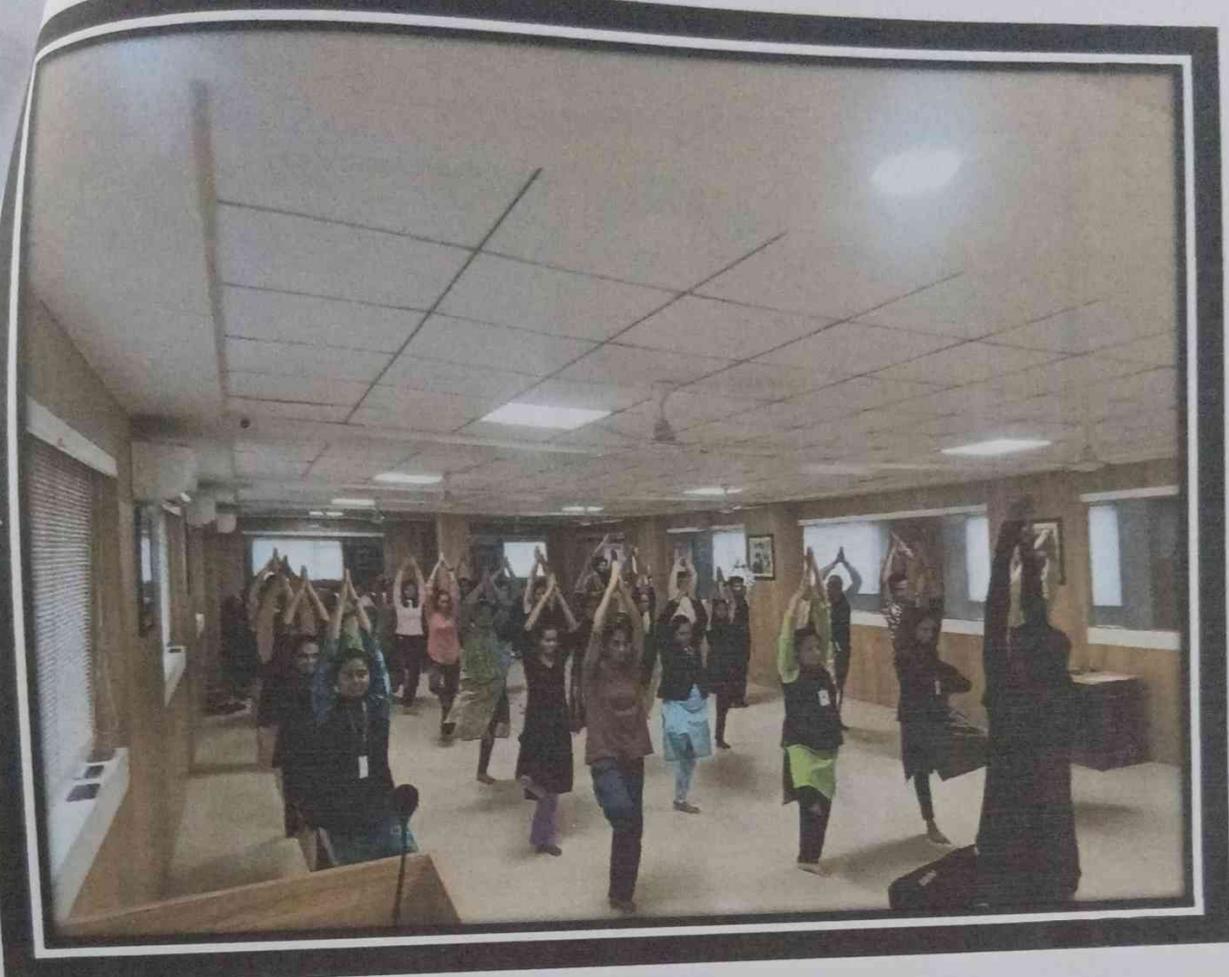


Faculty and students performing “Anolom-Vilom “



Faculty and student take active participation in Yoga day





Celebrating International Yoga Day with faculty member and students

Mb. Vaishnavi. P. Wagh
Vaishnavi P. Wagh
Event Co-ordinator



K.R. Dandagvhal
Principal
Dr. K.R. Dandagvhal