

A Report on World International Yoga day celebration at Ideal Institute of

Name of college- Ideal Institute of pharmacy

Name of contact person-Dr. Sonali Vinod Uppalwar

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Title of Event: World International Yoga Day

Date of Event: 21 June 2025

Time of Event: 10:00 AM to 1:30 PM

Venue-: Ideal Campus, Ideal Institute of pharmacy, Wada, Palghar.

Instructor's Name-: Dr. Rekha Mam

Participants: Dr. Sonali Vinod Uppalwar (Principal) ,faculties and All Students

Name of Faculties':

Dr. Sonali Uppalwar

Mr. Lokesh Vyas

DR. Abhishek Kumar Sen

Dr. Priyanka. D

Ms. Shanti Patil

Ms.Mrunali Patil

Mr. Jay Sutar

Ms. Dipti Patil

Dr. Rajan Kothari

Dr. Ashok Arya

Ms. Harshali Thakare

Ms. Harshada Dhak

Mr. Shivprasad Dhage

Ms. Monika Tambe

To commemorate the **International Day of Yoga**, Ideal Institute of Pharmacy, Wada Palghar Maharashtra , organized a special yoga session on **21st June 2025**, promoting health, wellness, and mindfulness among students, faculty, and staff. The theme for this year was "**Yoga for Self and Society**", highlighting the role of yoga in fostering both personal well-being and collective harmony.

Objectives:

- To raise awareness about the benefits of practicing yoga.
- To promote physical, mental, and spiritual well-being.
- To encourage students and faculty to adopt a healthy lifestyle.

Program Highlights:

The celebration began at **10:00 AM** with the lighting of the lamp and a short welcome address by Dr. Sonali Vinod Uppalwar (Principal) who emphasized the significance of yoga in today's fast-paced life. A certified yoga trainer, **Dr. Rekha mam**, conducted the yoga session. The participants performed various asanas including:

- **Tadasana (Mountain Pose)**
- **Vrikshasana (Tree Pose)**
- **Bhujangasana (Cobra Pose)**
- **Trikonasana (Triangle Pose)**
- **Pranayama (Breathing Exercises)**

The session concluded with a guided **meditation** and a collective **Sankalp (Resolution)** for adopting yoga as a daily practice.

Participation:

Over **75** students, teaching, and non-teaching staff enthusiastically participated in the event. Yoga mats were arranged in the open hall, and safety protocols were followed throughout the session.

Feedback: Participants appreciated the session and shared that it helped them feel rejuvenated, focused, and relaxed. Many expressed interest in continuing regular yoga sessions at the institute.

Conclusion: The event was a great success and served as a reminder of the importance of physical and mental fitness. The institute aims to incorporate yoga as a regular activity and is planning to initiate weekly yoga sessions for all.

Prepared by: Ms. Shanti Patel

Date: 25/06/2025

