



**Rayat Shikshan Sanstha's**  
**Savitribai Phule Mahila Mahavidyalaya, Satara**  
**Academic Year: 2024-25**  
**Report of International Yoga Day**

The **International Day of Yoga** is observed annually on **21st June** across the world. Yoga is a physical, mental, and spiritual discipline that originated in India and has been practiced for centuries for achieving harmony between body and mind. The date **21st June**, being the longest day of the year in the Northern Hemisphere, holds special significance and symbolizes the importance of adopting yoga for a healthy and balanced life.

The programme was organized in the college campus and commenced in the morning at **7.00 a.m.** under the guidance of **Hon. Principal Dr. Shivling Menkundale**. On this occasion, **Ms. Smita Kumbhar, Director of Physical Education**, introduced the significance of International Yoga Day and highlighted the importance of yoga in maintaining physical fitness and mental well-being.

**Hon. Principal Dr. Shivling Menkundale** addressed the participants and encouraged them to adopt yoga as a regular practice for a healthy lifestyle. The yoga session was conducted by **Ms. Smita Kumbhar**, who guided the participants through various yoga practices and breathing exercises.

On this occasion, **students of the College Yoga Centre presented a demonstration of various yoga asanas**, showcasing the practical aspects and benefits of yoga.

A total of **36 participants**, including **teachers, students, and non-teaching staff**, actively participated in the programme and performed different yoga asanas with great enthusiasm.

The programme concluded successfully with the message that regular practice of yoga helps in achieving **physical fitness, mental peace, and overall well-being**, thereby contributing to a healthier society.

### **Outcomes of the Programme**

- The programme created awareness among students and staff about the importance of yoga for maintaining **physical fitness and mental well-being**.
- Participants learned various **yoga asanas and pranayama techniques** and understood their benefits for improving concentration, flexibility, and overall health.

- The activity encouraged students and staff to **adopt yoga as a regular part of their daily routine** for leading a healthy lifestyle.



Yoga Demonstration By yoga volunteers



Practice of Pranayamas



Practice of asanas Prin.Dr.Shivling Menkudale also participated in this activity

  
Convener  
Department Of Physical Education

  
Principal  
Savitribai Phule Mahila Mahavidyalaya  
SATARA

