



DATE: 23/06/25

REPORT ON CELEBRATION OF INTERNATIONAL YOGA DAY

Sr. No.	Particulars	Remarks
1.	Class	D. Pharmacy & B. Pharmacy
2.	Subject	Extra- Curricular
3.	Topic	Yoga Day
4.	Venue	Ground floor, AIMS Foundation, Vedvalli, Dombivli (E)
5.	Day and Date	Saturday, 21/06/2025
6.	Time	07:30 AM - 09:00 AM

TEACHERS/INSTRUCTOR:

1. Ms. Pradnya Patil
2. Ms. Aditi Mhatre



V. Kanase
Principal

Dr. (Mrs.) Vanita G. Kanase

PRINCIPAL
AIMS College of Pharmacy
At-AIMS Foundation, Vadavli
Dombivli (E)



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INTRODUCTION:

International Yoga Day is celebrated every year on **21st June** across the globe, following its official adoption by the United Nations in 2015. It aims to raise awareness about the many benefits of practicing yoga. On **21st June 2025**, AIMS College of Pharmacy organized the celebration of International Yoga Day in accordance with the PCI circular. The event was inaugurated by the **Principal, Dr. (Mrs.) Vanita Kanase** of the college along with **Ms. Sakshi Patil**, a dedicated Yoga practitioner.

Yoga, a physical, mental, and spiritual discipline that originated in ancient India, is known for promoting harmony between mind and body, nature and the individual. It encourages a holistic approach to health and well-being.

Theme of the Year: “Yoga for Self and Society”

This year’s theme highlighted how yoga benefits both individuals and the larger community. By promoting inner peace, self-discipline, and wellness, yoga contributes to creating a healthier and more harmonious society.

OBJECTIVES OF THE CELEBRATION:

1. To encourage students to adopt yoga as a part of their daily routine.
2. To create awareness about yoga’s benefits on physical, mental, and spiritual well-being.
3. To promote a sense of social well-being and unity through collective yoga practice.

EVENT HIGHLIGHTS:

The session began with an informative introduction about the theme and its relevance in today’s fast-paced world. Participants were reminded that yoga not only nurtures personal health but also fosters empathy, balance, and cooperation within communities.

The celebration was held in the college Ground floor and witnessed enthusiastic participation from students of B. Pharmacy. The program commenced at 10:00 AM with a warm welcome to dignitaries by student emcees.

- Expert instructors guided students through various yoga postures and breathing exercises.
- The students actively participated in Anulom Vilom (alternate nostril breathing) and Surya Namaskar (Sun Salutation) — a dynamic sequence of 12 yoga poses that improve strength, flexibility, and circulation.

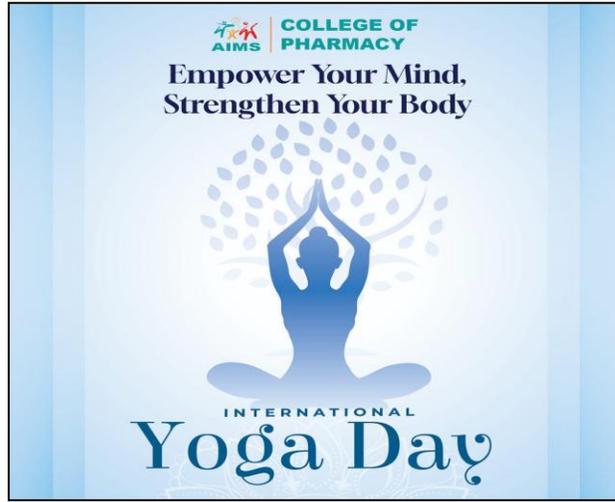
The peace and mindfulness achieved through the yoga session was clearly visible on the faces of the participants. Everyone showed great energy and confidence while performing the asanas.

The program concluded with a 2-minute guided meditation, which left the students feeling refreshed, centered, and full of positive energy. The event created a calm and joyful atmosphere that was appreciated by all attendees, including teachers and the principal.



(Recognized By : Pharmacy Council of India (PCI), New Delhi, Government of Maharashtra, Directorate of Technical Education, Mumbai
(Affiliated To : University of Mumbai, Maharashtra State Board of Technical Education (MSBTE))

Here are some highlights of the programme:





Conclusion:

The celebration of International Yoga Day 2025 at AIMS College of Pharmacy was a grand success. The theme “Yoga for Self and Society” was effectively communicated through activities that emphasized self-care, community harmony, and mental well-being. The active participation of students, faculty, and staff made it a memorable and meaningful event. It was indeed a day well spent in the spirit of health, unity, and inner peace.



V. Kanase

Principal

Dr. (Mrs.) Vanita G. Kanase

PRINCIPAL

**AIMS College of Pharmacy
At-AIMS Foundation, Vadavli
Dombivli (E)**