

D. Y. Patil College of Pharmacy

Kdamwadi, Kolhapur 416003

Report of "International Yoga Day"

1. Title and Introduction:

D. Y. Patil College of Pharmacy, Kolhapur, celebrated the 9th International Yoga Day under the banner of National Service Scheme with great enthusiasm.

2. Event details:

Date: 21st June, 2023 Time: 10.00 am - 11.00 am

Location: D. Y. Patil College of Pharmacy, Kolhapur.

3. Objectives: The objective of this year's celebration, themed "Yoga for Vasudhaiva Kutumbakam," was to connect with a larger global community and promote the widespread adoption of yoga all over the India.

4. Agenda and activities: 1. Guest Lecture

5. Attendance: No. of participants faculty: 6 Students: 77 Administrative staff: 2

6. Contents and topics covered:

The program started with warm-up exercises as directed by guest Dr. Smrutika Shinde, during which all faculty members along with students actively participated. She guided through various sitting and standing asanas, with simultaneous explanations of their significance. The instructors emphasized the importance of incorporating yoga into daily life and maintaining harmony between the body and mind. The session lasted for over an hour, witnessing active participation and engagement from all attendees. The yoga instructors provided detailed explanations of each asana and offered guidance on precautions to be taken.

7. Learning outcomes: 1. Encourage participants to incorporate yoga in their daily routine 2. Creates awareness of Yoga is a practice which plays an important role in relaxing the mind and body and boosting people's immune system.

8. Feedback & evaluation:



Principal

D. Y. Patil College of Pharmacy
Kadamwadi, Kolhapur