

Date/Day: 21.06.2025, Saturday

International Yoga Day Celebration

Objective:

- To raise awareness about the interconnectedness of personal health and environmental sustainability and to encourage participants to adopt Yoga as a daily practice for physical, mental, and emotional well-being.
- To promote the theme “One Earth, One Health”, inspiring collective responsibility towards personal fitness and ecological balance.

Program Outcome: PO10, PO11

Details of the Resource person(s):

The resource people for the event were Dr. Sai and Dr. Mangal from BMC Health Post. They were accompanied by Yoga instructors from Shiv Shakti Yog School.

Participant details:

Total no of Teaching and Non- teaching Faculty: 30

Summary of the Lecture/Activity:

International Yoga Day is celebrated on June 21st every year to encourage people to adopt Yoga as a daily practice for physical, mental, and emotional well-being. To raise awareness on the topic, the Extension and Outreach Committee of MES's H.K. College of Pharmacy, in collaboration with the Women Development Cell (WDC) and Department of Lifelong Learning and Extension (DLLE) and BMC Health Post organized a Yoga session on 21st June 2025, Saturday.

The session began with a welcome speech by the college authorities, followed by an address on the significance of International Yoga Day and the 2025 theme- Yoga for One Earth, One Health. Dr. Sai and Dr. Mangal educated the participants on the health benefits of Yoga in preventing lifestyle-related diseases, boosting immunity, and managing stress. They also highlighted the importance of a clean, healthy environment in supporting community health.

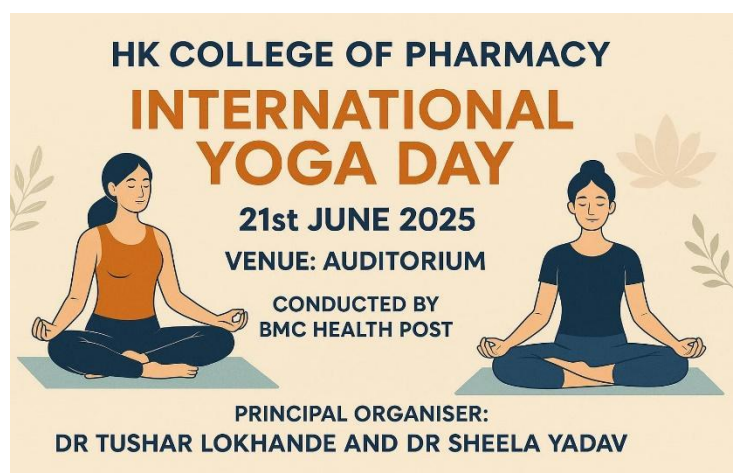
A skilled instructor from Shiv Shakti Yog School conducted a practical Yoga session. Faculty, and staff actively participated in various Asanas, Pranayama, and Meditation techniques designed for

physical flexibility, mental calmness, and inner balance. The instructor emphasized that a sustainable, nature-connected lifestyle complements personal well-being — fostering harmony between self and nature, in line with the One Earth, One Health philosophy.

The session was a resounding success, achieving its objectives of promoting Yoga and reinforcing the message of sustainable health practices. The college expressed gratitude to Dr. Sai, Dr. Mangal, and the Shiv Shakti Yog School instructor for their invaluable contribution.

Such initiatives reaffirm the vital relationship between a healthy individual and a thriving planet — reminding us that nurturing our well-being also nurtures the world we live in.

Brochure/Photo Gallery:



Key Outcomes of the Lecture/ Activity:

- The session increased understanding of the physical and mental benefits of yoga among staff and encouraged the incorporation of yoga into daily routines.
- The session suggested tools for stress management and improved focus, mindfulness, and emotional regulation among participants.

Link for social media:

LinkedIn	https://www.linkedin.com/posts/h-k-college-of-pharmacy-mumbai-303524222_on-21st-june-2025-extension-and-outreach-activity-7342100535602204672-RSfW?utm_source=share&utm_medium=member_desktop&rcm=ACoAADf2WrM-BUFgAeZVznddoMfc3VtpDnyqdS4Y
Facebook	https://www.facebook.com/photo/?fbid=1183887427084231&set=a.470185965121051
Instagram	https://www.instagram.com/p/DLJ8kJonmV/?utm_source=ig_web_copy_link&igsh=MzRIODBiNWFIZA==

Dr. Sheela Yadav

Mrs. Vaishali Patel

Ms. Sayli Sawant

Event Coordinator



Dr. Archana Upadhyaya

IQAC Coordinator



Dr. Tushar Lokhande

Principal

