**Date/Day: 20th June 2026/Saturday**

**Title: Session on Yoga, Mindfulness & Healthy Lifestyle Practices on occasion of Yoga Day**

**Objective:**

- To create awareness about the importance of yoga in maintaining physical, mental, and emotional well-being.
- To encourage students and faculty members to adopt yoga as a part of their daily routine for a healthier lifestyle.
- To educate participants about various yoga practices, including Asanas, Pranayama, meditation, and relaxation techniques.
- To introduce the concept and benefits of Pranic Healing for enhancing overall wellness and energy balance.

**Program Outcome: PO1, PO2, PO11**

**Details of the Resource Person/Event:**

Ms. Meghna Mehta, Certified Pranic Healing Instructor

**Participants Details:**

**Total no. of college students: 40**

**Total no of Faculty: 8**

**Summary of the Lecture/Activity:**

**Summary of International Yoga Day Session**

The session was coordinated by **Mr. Prathmesh Kothawade**, Faculty Coordinator Sports Committee, **H. K. College of Pharmacy**, Mumbai. He delivered the **welcome address**, warmly greeting the guest speaker and participants, and highlighted the significance of International Yoga Day in promoting a healthy lifestyle.

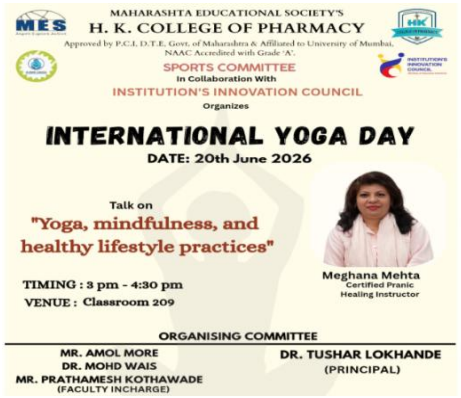
The International Yoga Day session was successfully conducted by **Meghana Mehta**, who led the participants through a variety of enriching activities focused on physical fitness, mental well-being, and holistic health. The session included yoga postures (Asanas), breathing exercises (Pranayama), meditation, relaxation techniques, and interactive wellness activities.

A special segment of the program was dedicated to **Pranic Healing**, where Ms. Mehta guided participants on the principles of energy healing and its role in maintaining physical, emotional, and

mental balance. Her expert guidance and practical demonstrations helped participants gain valuable insights into the benefits of yoga and energy healing practices.

The program concluded with a **vote of thanks** delivered by Mr. Prathmesh Kothawade, expressing gratitude to Ms. Meghana Mehta for conducting the informative session and to all participants for their enthusiastic involvement. The event was a great success and inspired attendees to adopt yoga and wellness practices in their daily lives.

**Brochure/Photo Gallery:**



**Key Outcome of the Lecture/Activity:**

Participants were encouraged to integrate yoga, mindfulness, and wellness practices into their daily routines to support better physical health, mental well-being, and overall balance.

**Link for social media:**

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| **LinkedIn:** | https://www.linkedin.com/posts/h-k-college-of-pharmacy-mumbai-303524222_a-yoga-session-was-conducted-on-20th-june-share-7478701642218057728-Feq4/?utm_source=share&utm_medium=member_desktop&rcm=ACoAADf2WrMBUFgAeZVznddoMfc3VtpDnyqdS4Y |

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|---|---|
| **Facebook:** | https://www.facebook.com/photo/?fbid=1505611254911845&set=a.470185965121051 |
| **Instagram** | https://www.instagram.com/p/DaKtSpaCOZf/?utm_source=ig_web_copy_link&igsh=MzRlODBiNWFlZA== |

**Mr. Prathmesh K**
**Event Coordinator/s**

**Dr. Archana Upadhya**
**IQAC Coordinator**

**Dr. Tushar Lokhande**
**Principal**