



SNDT Women's University, Mumbai

S.N.D.T. College of Education, Pune

Academic Year 2024-2025

REPORT ON THE CELEBRATION OF 11th INTERNATIONAL YOGA DAY FROM 11th JUNE TO 21st JUNE.

SNDT College of Education, Pune, a Constituent College of SNDT Women's University, Mumbai, organized a 10 Day program for the 11th International Yoga Day from 11th June, 2025 to 21st June, 2025. The theme of the 11th International Yoga Day is "Yoga for one earth, one health" which emphasizes the deep interconnection between personal well-being and planetary wellness. From June 11 to 21, 2025, students and faculty participated in a structured 10-day yoga initiative, culminating on International Yoga Day (June 21). Each morning session from 11 am to 12 pm included a blend of breathing techniques, prayer, standing, seated, and relaxation asanas.

Objectives of the Program:

- To create awareness about the importance of yoga in everyday life.
- To encourage the regular practice of yoga among future educators.
- To promote holistic health and stress relief within the college environment.

The sessions were conducted by Asst. Prof. Priya Kalyankar. Each day's attendance was documented, and the ITEP, B.Ed students, staff members participated enthusiastically.

The objectives of this program were to foster awareness about the significance of yoga in daily life. To install the habit of regular yoga practice among future educators. To promote holistic health and stress management on campus.

The sessions included prayer and Om Chanting – to bring calmness and prepare the mind for practice, loosening and warm-up exercises – including

shoulder rolls, joint rotations, and gentle stretches, tapping exercises – light rhythmic tapping on body parts to energize and stimulate blood circulation, breathing exercises: Deep Breathing, Anulom Vilom (Alternate Nostril Breathing), sukshma vyayam, Brahmari Pranayama (Humming Bee Breathing) and some basic asanas in sitting, standing, sleeping positions were practiced.



“YOGA FOR ONE EARTH, ONE HEALTH”



"एक पृथ्वी - एक स्वास्थ्य के लिये योग"



The concluding session on June 21 was conducted on a larger scale. All the students from the university, the HODs of various departments, staff members were a part of this session. The trained conducted various yoga asana and concluded with pranayama.

This 10-day yoga programme not only aligned with the global celebration of International Yoga Day but also served as a foundation for students to adopt yoga as a lifelong wellness practice. It reflected the commitment of our college to holistic education, nurturing both mind and body.

