



Dnyan Kala Krida and Krushi Pratishthan's
Late Laxmibai Phadtare College of Pharmacy
Kalamb – Walchandnagar, Tal: Indapur, Dist: Pune, Pin: 413114
Approved by PCI, New Delhi, DTE, Mumbai, Recognized by Govt. of Maharashtra
Affiliated to MSBTE, Mumbai & Dr. Babasaheb Ambedkar Technological University, Lonere, Raigad



International Yoga

Day Report

Date: 21st June

2025

Late Laxmibai Phadtare

College of Pharmacy, kalamb

The International Yoga Day was celebrated with great enthusiasm and active participation at Late laxmibai phadtare collage of pharmacy,kalamb on 21st June 2025. The event was jointly organized by the Department of Sports of Pharmacy and the NSS Unit of the college.

Inauguration:

The program began at 7:00 AM with a prayer and lamp lighting ceremony. The ceremonial lamp was lit by the Principal dr. uttekar sir , Chief Guest mr. uttam phadtare president, and other dignitaries. The Principal gave a brief welcome address highlighting the importance of yoga in maintaining physical and mental health.

Yoga Session:

Following the inauguration, a structured yoga session was conducted under the guidance of trained yoga instructor, The session included warm-up exercises, basic asanas such as:

Tadasana (Mountain Pose)

Vrikshasana (Tree Pose)



Trikonasana (Triangle Pose)

Bhujangasana (Cobra Pose)



Pranayama (Breathing Techniques) such as **Anulom-Vilom** and **Kapalbhati**



Concluded with **Shavasana** (Relaxation Pose)

The instructor also explained the scientific and spiritual benefits of each yoga posture and how regular practice can improve focus, reduce stress, and enhance overall health.



Post yoga session, an interactive talk was conducted where:
The Chief Guest spoke on the philosophy of yoga and its relevance for youth.
Students shared their personal experiences and how yoga has helped improve their focus and reduce stress during academic pressure.
After the session, the Principal addressed the participants and encouraged everyone to make yoga a regular part of their daily routine.
Some students also spoke about the significance of International Yoga Day and shared their personal experiences with yoga. The program concluded with a Vote of Thanks delivered by the Event Coordinator. The speaker expressed gratitude towards:
The management and principal for their support
The yoga trainer for their valuable guidance
All faculty, staff, and students for their active participation

Conclusion:

The event concluded with a vote of thanks delivered by the program coordinator, appreciating the efforts of the organizing committee, the instructor, and all the participants.