



St. Andrews Education Foundation's
(An ISO 9001:2015 Certified Minority Institution)

St. Andrews College of Physiotherapy

(Christian Minority Institution)

Affiliated to Maharashtra University of Health Sciences, Nashik and

Recognized by Maharashtra State Council for Occupational Therapy & Physiotherapy, Mumbai

INTERNATIONAL YOGA DAY CELEBRATION

20th JUNE 2025

The INTERNATIONAL YOGA DAY was celebrated with great enthusiasm and participation on 21st June 2025 at Yoga Lab of SACOP. The event aimed to spread awareness about the importance of yoga in maintaining physical and mental well-being.

The program commenced at 9AM with a brief inaugural ceremony. The welcome address was followed by a warm-up session led by Dr. Vijaya Bagade, who guided participants through various asanas, pranayama, and meditation techniques.

Over 40 students and staff took part in the yoga session. The yoga demonstration included basic postures like **Tadasana** (improves posture, strengthens legs, enhances balance, and increases focus), **Vrikshasana** (strengthens legs, ankles, and core muscles, enhances balance and stability, improves posture, and promotes flexibility, particularly in the hips and groin), **Bhujangasana** (strengthens the spine, improves posture and enhances flexibility), **Gomukhasana** (enhances flexibility, particularly in the shoulders and hips, and can relieve stiffness in these areas. It also strengthens back muscles, improves posture, and can help alleviate sciatica and mild back pain) and Surya Namaskar, promoting strength, flexibility, and inner peace.

The event concluded with a short talk on the theme of this year's Yoga Day - "**One Earth ,One Health**", aligning yoga with sustainability and global well-being.

The celebration of International Yoga Day was a great success, instilling a sense of discipline and promoting a healthy way of living among all participants. The event reflected the true spirit of wellness and unity, in alignment with the global movement initiated by the United Nations.



PHOTOGRAPHS:



Principal,
 St. Andrews College of Physiotherapy
 Pune, Maharashtra

