

Date: 21.06.2025

To,

The Hon. Principal,
Sumatibhai Shah Ayurved Mahavidyalaya,
Hadapsar, Pune 411028

Subject: BRIEF REPORT OF 11TH INTERNATIONAL DAY OF YOGA CELEBRATION.

Respected Sir,

As per the directions received by Director of AYUSH, Government of Maharashtra, Ref : D.O.No. M-16030/24/2025-YN Dated: 06.06.2025, Sec/Commission/IDY-2025, F.No. 15-2/2017-CARI/Admn/183 Dated: 12.06.2025. We the department of Swasthavritta and Yoga celebrated 11th International Day of Yoga by conducting various activities under your guidance. In the celebration, we have displayed posters on YOGA WALL in the campus for awareness of Yoga. The details about various activities are as follows:

1. **16.06.2025** - Lecture on Yoga, Yoga Nidra session conducted by Mrs. Archana Phadnis mam, the Lecture emphasizing on theme - Yoga for one Earth one Health at Dhanwantari Hall, SSAM. 73 participants were benefitted with this session.
2. **17.06.2025**- Mass Tratak Session was organized at Dhanwantari Hall. SSAM, Staff, UG and PG students actively participated in the session. 84 participants were benefitted with this session.
3. **18.06.2025**- Yog Picnic at Salisbury park, Gultekdi, pune, 14 Swasthavritta PG students visited and photographs captured.

Various competitions were conducted as-

- Yogasana Pose Photography Category 1(individual) – Participated by 12 students.
1st Prize – Ms. Dipti Vaidya,
2nd Prize – Dr. Pratiksha Gade,
3rd Prize – Ms. Neha Shingade, Ms. Harshali Goral.
- Yogasana Pose Photography Category 2 (yog with friends and family) – 3 entries were received.
1st Prize – Ms. Shivani Bhosale and group
2nd Prize – Ms. Sayali Madje and group
3rd Prize – Ms. Anvika Mandle and Dr. Rita Mandle
- Yog Promoting Digital Poster, Participated by 12 students
1st Prize – Dr. Varad Dhumal,
2nd Prize – Dr. Ankit Tapase,
3rd Prize – Ms. Prajakta Gunnal
- Yog Promoting Art Work , Participated by 6 students



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1st Prize –Ms. Rucha Aradhya,

2nd Prize – Ms. Shital Wanole

4. **19.06.2025**- Yog Olympiad - Unique Yog Quiz competition to identify The Yog Pose. Link was shared through Google forms with timer; conducted for all UG and PG Batches. Participated by 48 students

1st Prize – Dr.Vaishnavi Zende

2nd Prize – Ms.Arshiya Shaikh

3rd Prize – Ms.Vishakha Kolhe

5. **20.06.2025** - Yogasana Challenge - Performing Suryanamaskar & any three Asanas - Baddhapadmasana, Pavanmuktasana, Shalabhasana, Sarvangasana, Dhanurasana. Total (28 ug and pg sutdents and 23 yog varga students) 51 participated for the competition. Winners are –

1st Prize – Mr. Dhananjay Thorat

2nd Prize – Dr. Girish Ahirrao, Dr. Ankit Tapase

3rd Prize – Dr. Sonal Tinaikar, Ms. Isha Swami, Ms. Gayatri Songade

Participants – Yog Varga

1st Prize – Mrs. Manisha Jagtap

2nd Prize – Mrs. Sushma Kadam

3rd Prize – Mrs. Rohini More

6. **21.06.2025** - 11th International Day of Yoga Celebrated by performing Rhythm Yog Skit by PG students of swasthawritta department and students of Yogasana Varga at MAM Hall observing Common Yoga Protocol Practice session by Yoga Expert Mrs. Archana Phadnis. The programme was graced with presence of Joint Secretary Hon. Mr. Arun Gujar Sir and Principal of the college Hon. Prof. Dr. Sachinkumar Patil, Hon. Vice-Principal Dr. Vivek Chaudhari total 125 actively participated in this event.

The whole program was organized under the guidance of Head of Department, Dr. Ramesh Ujwale and managed by faculty of department Dr. Nitesh Joshi, Dr. Roma Gangawane, Dr. Shravani Babar & Mrs. Archana Phadnis. All PG students participated enthusiastically and were actively involved in the entire activity

We take this opportunity to thank our Hon. Secretary Mr. Anil Gujar, Hon. Joint Secretary Mr. Arun Gujar Hon. Principal Hon. Prof. Dr. Sachinkumar Patil, Hon. Vice-Principal Dr. Vivek Chaudhari for their continuous and valuable guidance and support.

Attachment - Soft copy of event photographs.



Head

Dept. of Swasthavritta & Yoga

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Ayurved Mahavidyalaya,
Hadapsar, Pune-411 028.





Government of India
Ministry of Ayush



Yoga For One Earth, One Health

Shri Narendra Modi
Hon'ble Prime Minister



YOGA SANGAM PATRA

This is to certify that

M/s MAMs Sumatibhai Shah Ayurved Mahavidyalaya Pune

organized Yoga Sangam event to mark the International Day of Yoga on 21st June 2025.

The event was organized

at MAM Hall, Hadapsar and had the participation of 125 people.

It is also to certify that this event was held simultaneously and in harmony with the national event of International Day of Yoga 2025, led by the Hon'ble Prime Minister at Visakhapatnam, Andhra Pradesh.

Prataprao Jadhav

Union Minister of State (IC), Ministry of Ayush and
Minister of State, Ministry of Health and Family Welfare

Date: 21st June 2025

New Delhi



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Photo No. 1



Photo No. 2



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सरकारनेव जयते
Government of India
Ministry of Ayush



Yoga For One Earth, One Health

Shri Narendra Modi
Hon'ble Prime Minister



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Union Minister of State (IC), Ministry of Ayush and
Minister of State, Ministry of Health and Family Welfare

Date: 21st June 2025

New Delhi



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Hadapsar, Pune-411 028.

Photo No. 3



Pune, Maharashtra, India

Mitra Mandal Chowk, 494/13, Amar Lata Internal Rd,
Malwadi, Hadapsar, Pune, Maharashtra 411028, India

Lat 18.5035° Long 73.93866°
17/06/2025 10:51 AM GMT +05:30

Photo No. 4



City Workers Society, 54B, Iravati Narvekar Marg, Salisbury Park, Ghatkoti, Pune, Maharashtra 411037, India

**Pune
Maharashtra
India**

2025-06-18(Wed) 12:22



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(Signature)
PRINCIPAL

**M.A.M's, S. Sumatibhai Shah
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Photo No. 5

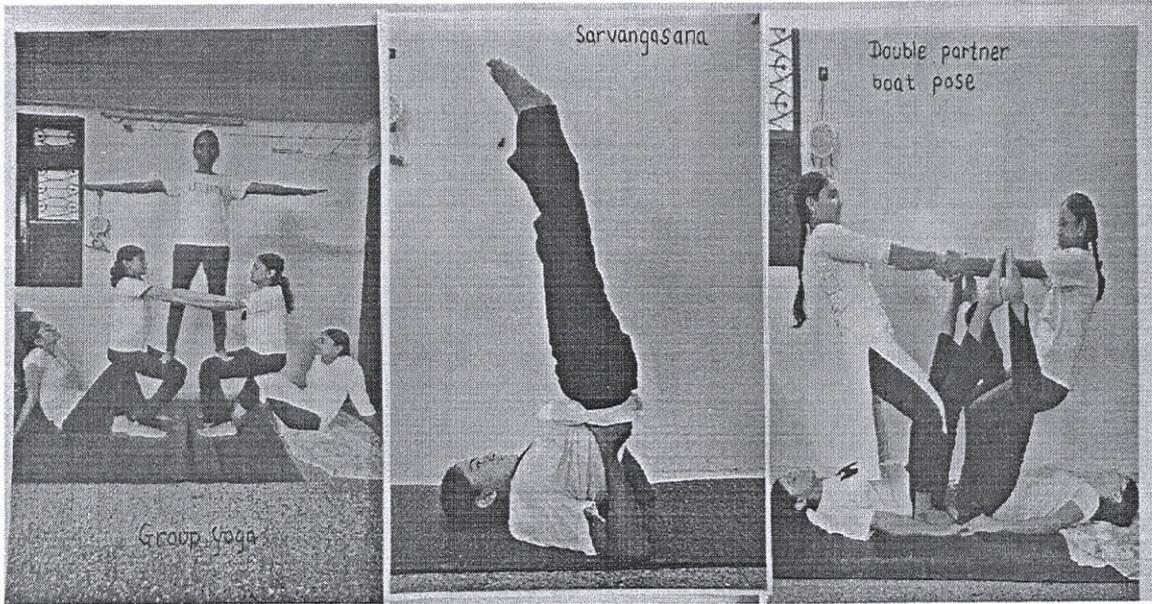
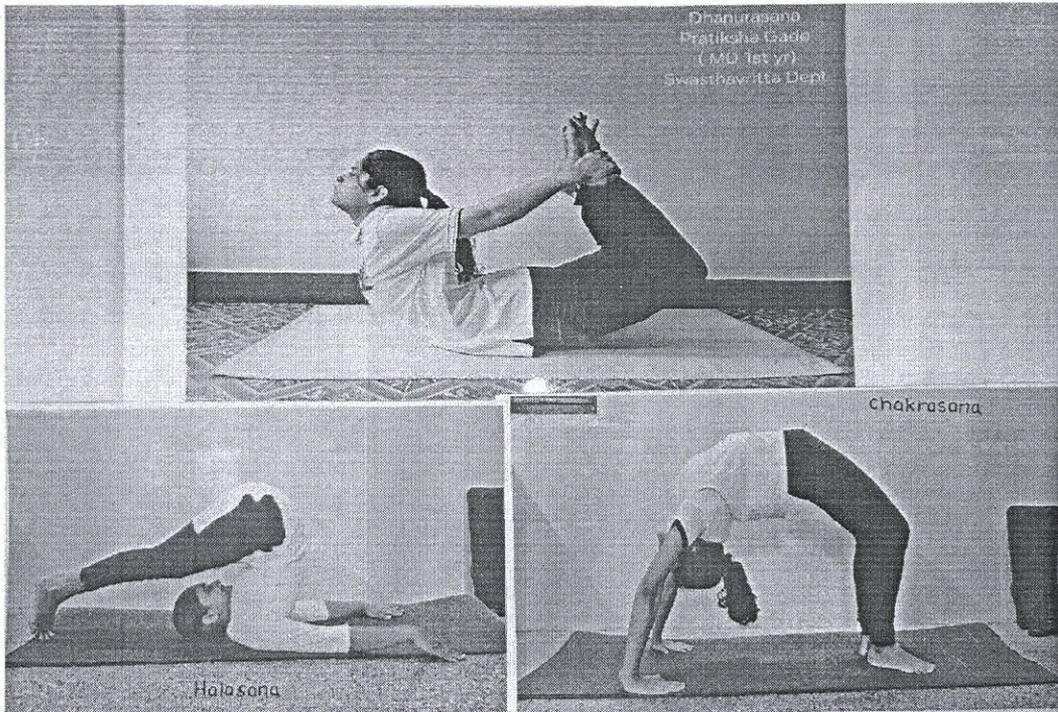


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M.A.M.'s, Swasthavritta Dept
Ayurved Mahavidyalaya,
Hadapsar, Pune-411 028.



Photo No. 7

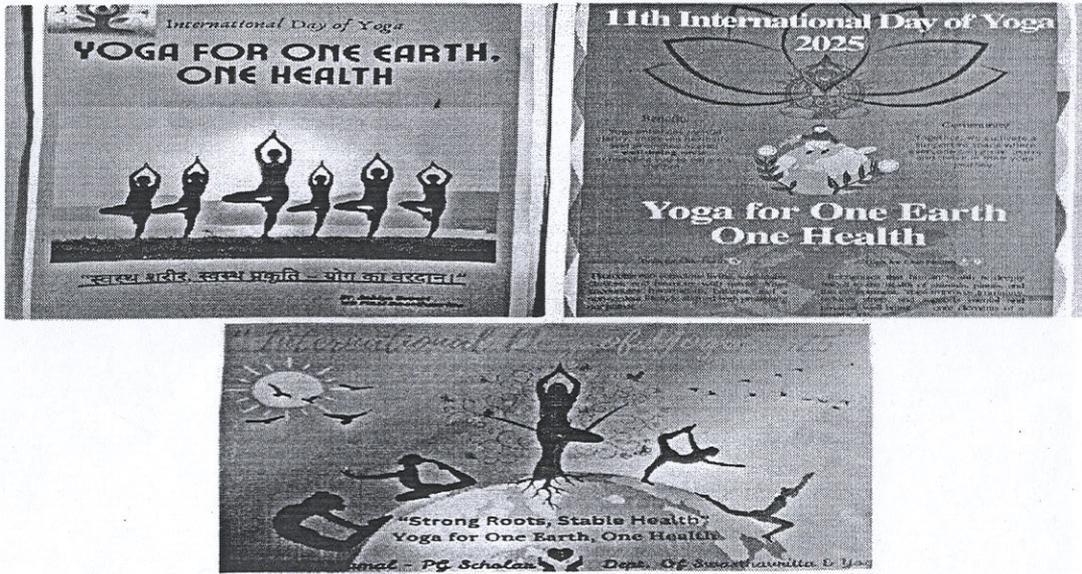
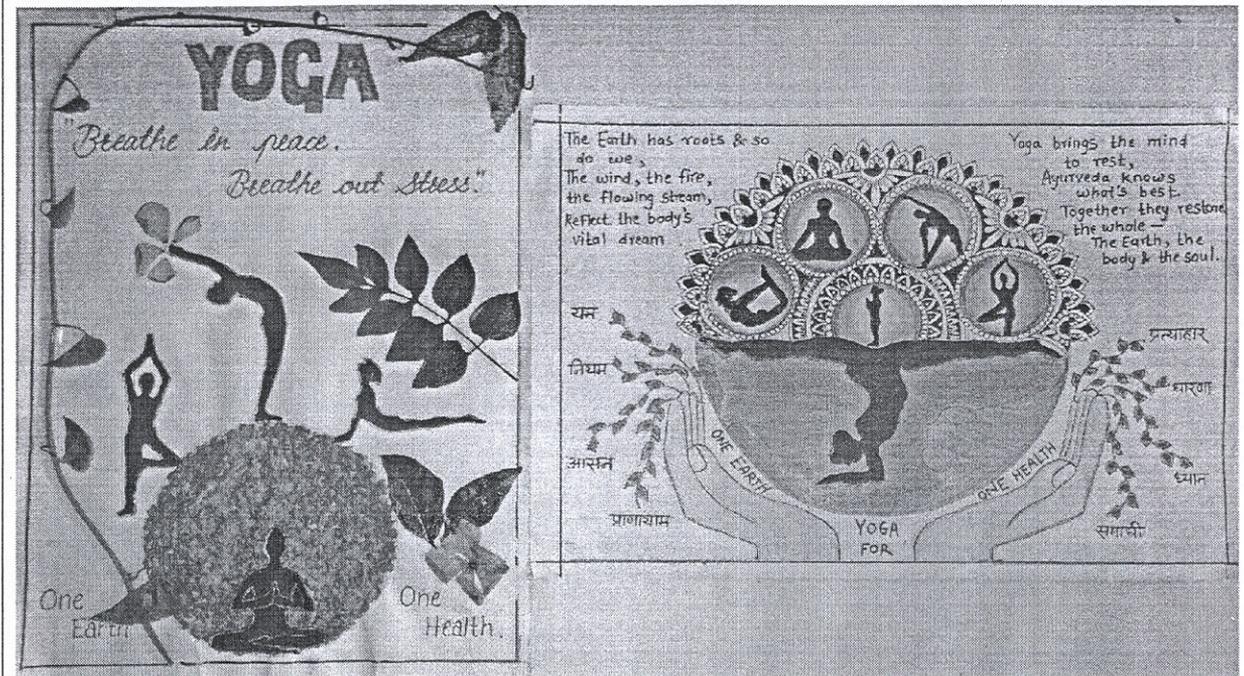


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Photo No. 9

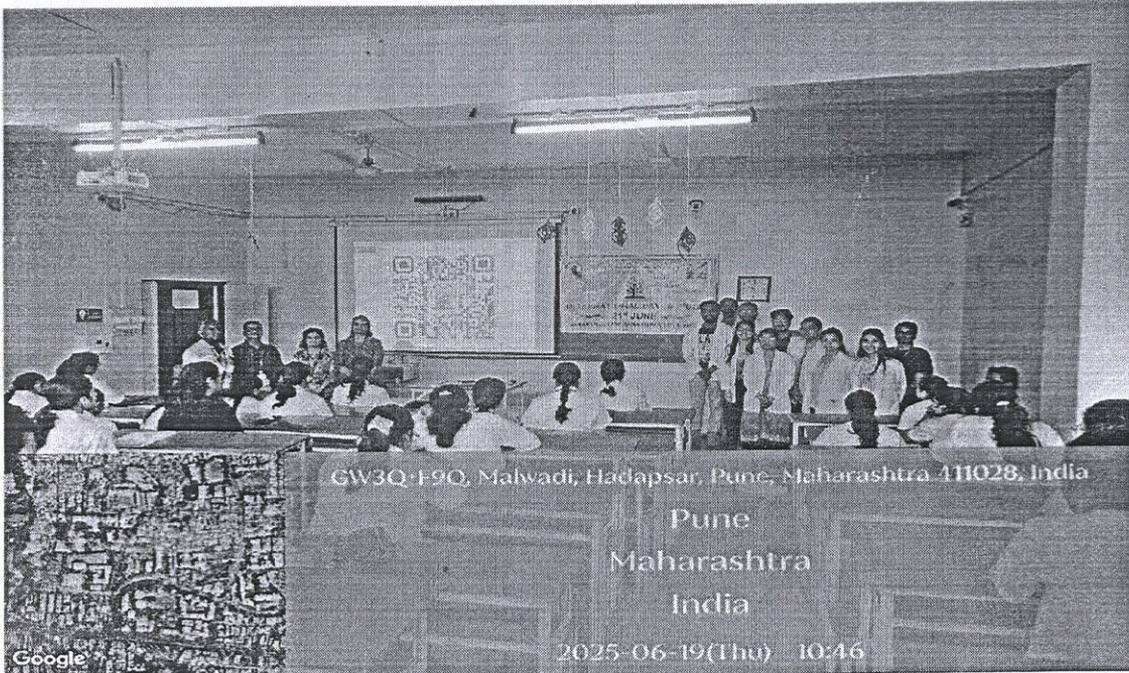
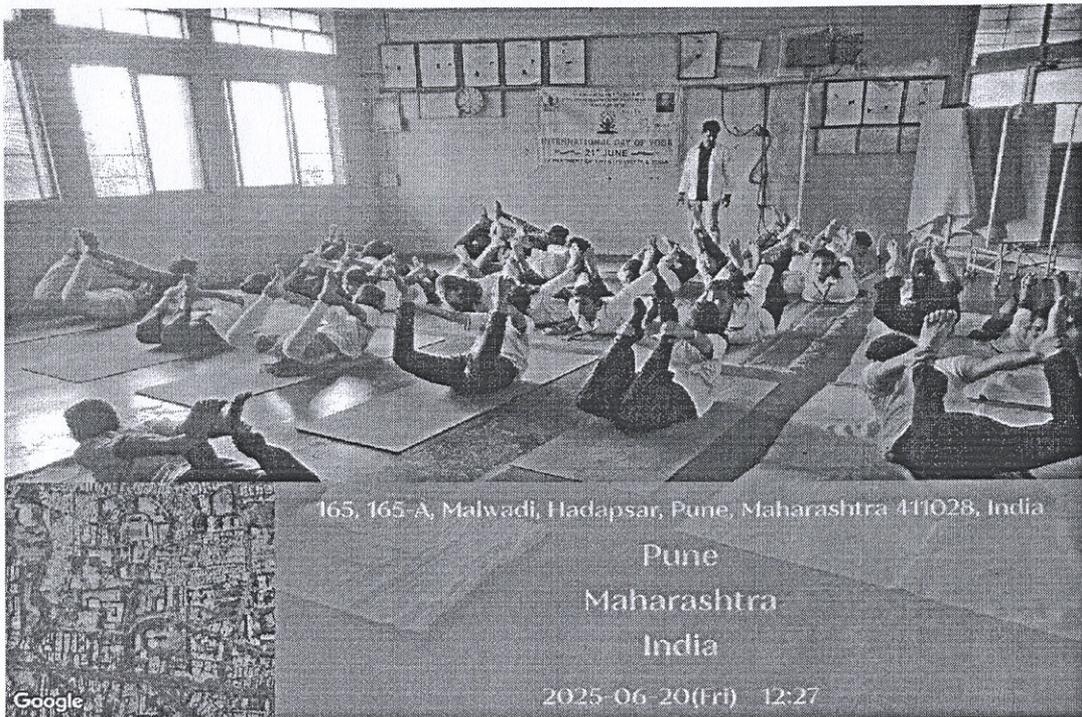


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Photo No. 11



165, Tupe Patil Rd, Malwadi, Hadapsar, Pune, Maharashtra 411028, India

Pune
Maharashtra
India

2025-06-20(Fri) 12:31

Photo No. 12



Mitra Mandal Chokk, 494/11, Amr Lata Internal Rd, Malwadi, Hadapsar, Pune, Maharashtra 411028, India

Pune
Maharashtra
India

2025-06-21(Sat) 08:32



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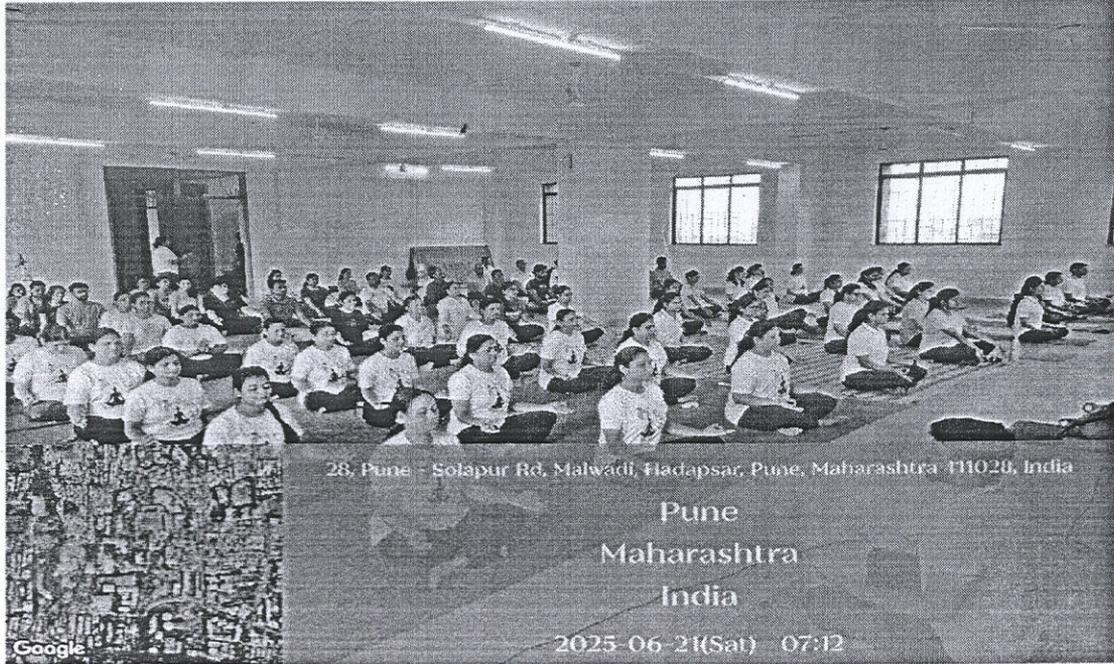


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Photo No. 15

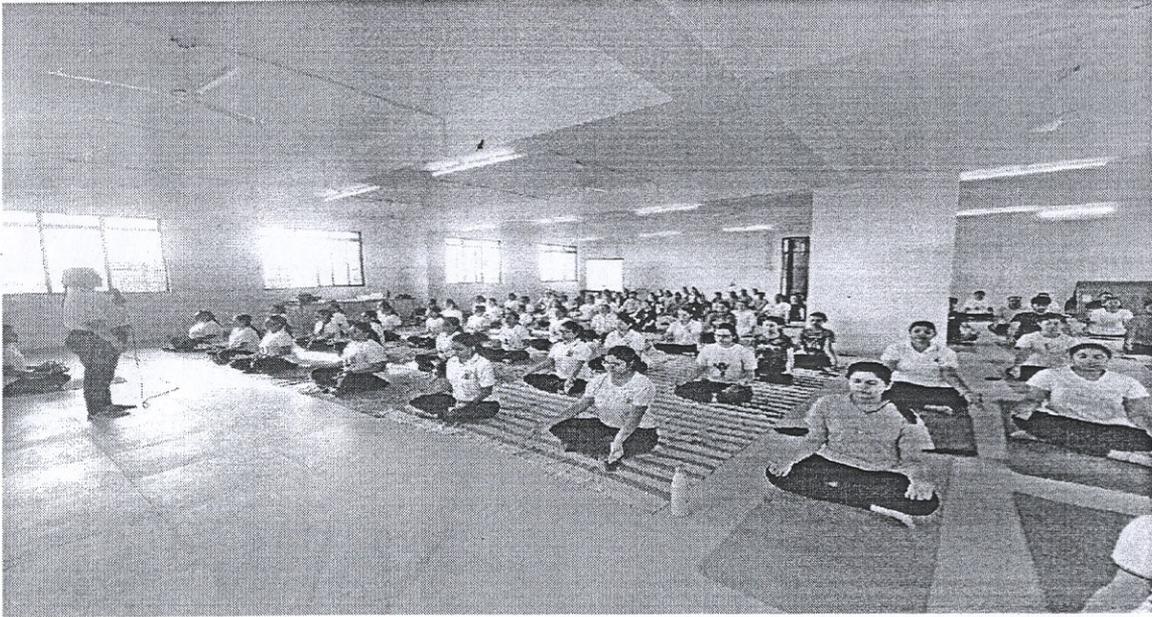


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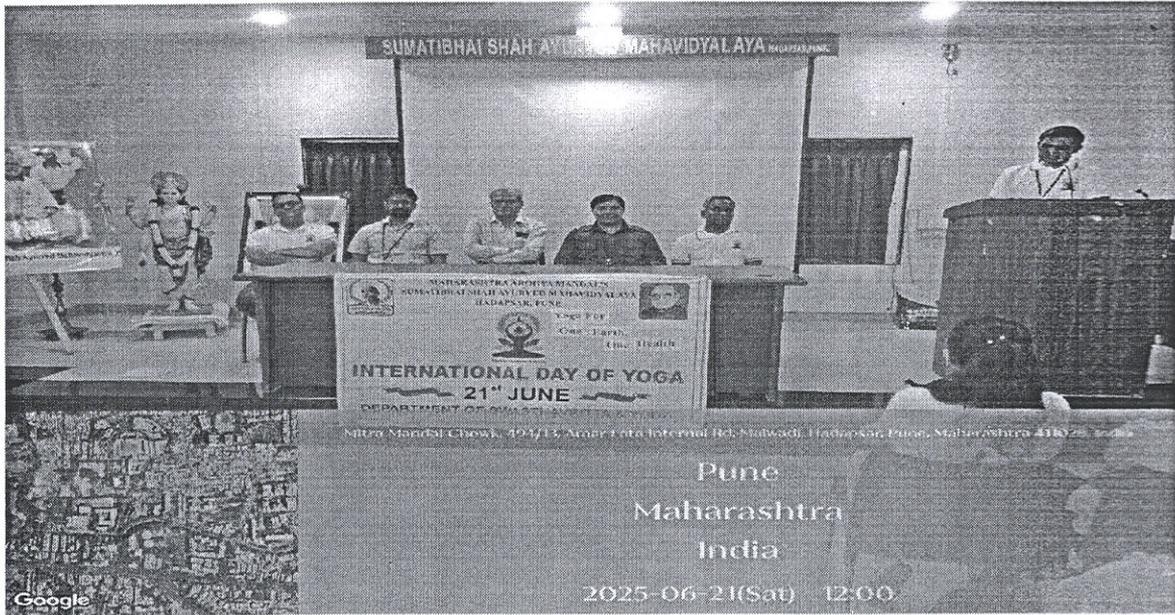


Photo No. 17



Photo No. 18

