

Ref. No. : **CMPHMC/**

REPORT INTERNATIONAL DAY OF YOGA, 2024

The 10th International Day of Yoga was celebrated on 21st June 2024. The event was conducted by The Department of Yoga and The Department of Homeopathic Materia Medica and attended by Students and Teachers.

The event was conducted by **Dr. Atul Pednekar** and **Mrs. Pushpa Sarvaiya** and was hosted by **Dr. Dipika Velkar**.

The celebrations began with playing the National Anthem followed by warm up yoga asanas and meditative practices for the audience. A small fun event - "Know your Asana" where the students were asked to identify the asana which was demonstrated to them. Another event- "Do your Asana" had student volunteers to perform the asanas which were instructions were given by Mrs. Pushpa Sarvaiya.

The final event was conducted by **Dr. Atul Pednekar** where symmetrical yoga asanas were taught to the student volunteers reflecting the importance of the theme "Yoga for self and society".

Dr. Atul Pednekar addressed the audience (comprising of 1st to 4th year BHMS students and Teaching faculty) regarding the benefits of Yoga and its importance in keeping society healthy. **Principal Dr. Parizad Damania** spoke about the need of Yoga for medical students and the advantages of adding Yoga Education as a subject in the new CBDC Curriculum by the National Council of Homeopathy.

Asanas performed were:

1. Warm up exercises
2. Sthala Prathrasana
3. Vrikshasana
4. Utkatasana
5. Ek Chakrasana
6. Parvatasana

P. F. Damania

DR. P. F. DAMANIA
Principal
Smt. C.M.P. Horn. Med.
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Cultural Secretary Ms. Radha Thakur concluded the event by conveying the vote of Thanks.







