



Pune District Education Association's
Seth Govind Raghunath Sable College of Pharmacy, Saswad.



Report of 'International Yoga Day'

Event Name: International Yoga Day

Date: 20/06/2026

Venue: Seminar Hall

On the occasion of **International Yoga Day**, the college organized a **Yoga and Meditation Session** to promote the importance of yoga in maintaining physical fitness, mental well-being, and a balanced lifestyle. The event was held on 20th June 2026 in the Seminar Hall at 09:00 AM.

The program commenced with a welcome address by **Principal Dr. R. S. Chavan**, who emphasized the significance of yoga in achieving a healthy body and peaceful mind. She encouraged students and staff to incorporate yoga into their daily routine for overall well-being.

The yoga session was conducted by Mr. Hrishikesh Shah, Art of Living Facilitator.

The session included:

- **Warm-Up Exercises:** Gentle stretching and loosening exercises to prepare the body.
- **Asanas (Yoga Postures):** Various yoga postures focusing on flexibility, balance, and physical fitness.
- **Pranayama (Breathing Techniques):** Breathing exercises to improve respiratory health and reduce stress.
- **Meditation:** Guided meditation for mental relaxation, concentration, and inner peace.

After the conclusion of the yoga session, **Mr. Hrishikesh Shah** delivered an inspiring speech on the importance of yoga and meditation in daily life. He explained how regular practice of yoga helps in stress management, enhances concentration, improves physical health, and promotes emotional well-being. He also motivated the participants to adopt yoga as a lifelong practice for achieving harmony between body, mind, and soul.

All students, faculty members, non-teaching staff, enthusiastically participated in the program and got benefited from the valuable guidance provided by the resource persons.

The program was successfully coordinated by Mr. S. K. Musale under the guidance of Principal Dr. R. S. Chavan.


PROGRAMME OFFICER
NATIONAL SERVICE SCHEME
PUNE DISTRICT EDUCATION ASSOCIATION'S
SETH GOVIND RAGHUNATH SABLE
COLLEGE OF PHARMACY, SASWAD


Dr. R. S. Chavan
Principal
PUNE DISTRICT EDUCATION ASSOCIATION'S
SETH GOVIND RAGHUNATH SABLE
COLLEGE OF PHARMACY, SASWAD
TAL. PURANDHAR, DIST. PUNE-412 304

Photo Gallery – International Yoga Day Celebration on 20/06/2026



Dr. R. S. Chavan
PROGRAMME OFFICER
 NATIONAL SERVICE SCHEME
 PUNE DISTRICT EDUCATION ASSOCIATION'S
 SETH GOVIND RAGHUNATH SABLE
 COLLEGE OF PHARMACY, SASWAD

Dr. R. S. Chavan
Dr. R. S. Chavan
 PUNE DISTRICT EDUCATION ASSOCIATION'S
 SETH GOVIND RAGHUNATH SABLE
 COLLEGE OF PHARMACY, SASWAD
 TAL. PURANDHAR, DIST. PUNE-412 301