



**St. Vincent College**  
**(Affiliated to Savitribai Phule Pune University)**  
**Pune -411037**

Title of the Event	International Yoga Day Workshop					
Date of the Event	June 21, 2025	Place of the event	St. Vincent College			
Objectives of the Event	The workshop aimed to provide Warkari pilgrims with accessible, restorative yoga practices to alleviate physical fatigue and mental stress after their long pilgrimage journey, while expressing the college's commitment to compassionate, community-centered service on International Yoga Day.					
Name/s of the Resource Persons	Dr. Yogesh Mate					
A short narration of the program						
<p><b>International Yoga Day Workshop</b></p> <p>On June 21, 2025, in observance of International Yoga Day, faculty members of St. Vincent College organized a special yoga and wellness session exclusively for Warkari pilgrims who had arrived in Pune as part of the annual Wari pilgrimage. Recognizing the immense physical and mental exertion undertaken by the devotees—many of whom had walked hundreds of kilometers over several days—the workshop was conceived as a gesture of care and support, offering practical tools for recovery, relaxation, and rejuvenation.</p> <p>Held in a quiet, shaded outdoor area near a resting point along the pilgrimage route, the session provided a peaceful respite from the summer heat and the fatigue of the journey. Led by Dr. Yogesh Mate, a faculty member and long-time practitioner of yoga with a deep commitment to holistic well-being, the program was tailored to the immediate needs of the pilgrims. The session began with gentle warm-up movements to ease stiff joints and muscles, followed by a carefully selected sequence of accessible asanas (yoga postures) designed to relieve common strains associated with prolonged walking—such as lower back tension, foot fatigue, and shoulder stiffness. Emphasis was placed on comfort, safety, and mindful movement rather than performance.</p> <p>This was followed by simple yet effective pranayama (breathing exercises), including slow diaphragmatic breathing and calming breath rhythms, introduced to help regulate heart rate, reduce stress, and restore</p>						



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mental clarity. The practice concluded with a short guided relaxation, during which participants were invited to rest in stillness, allowing their bodies and minds to integrate the benefits of the session.

Throughout, the tone remained respectful, inclusive, and unhurried. Faculty members and student volunteers from the college's NSS unit assisted with logistics, hydration, and personal support, ensuring that elderly and visibly exhausted pilgrims could participate comfortably. Many Warkaris, initially hesitant, responded warmly to the invitation, with several expressing appreciation for the opportunity to rest, breathe, and reconnect with their bodies after days of continuous travel.

The initiative reflected St. Vincent College's commitment to community engagement rooted in empathy and service. Rather than a ceremonial observance, the yoga session was a practical extension of the values of seva (selfless service) and cura personalis (care for the whole person), aligning wellness with compassion. In offering this quiet space of restoration on International Yoga Day, the college honored both the spirit of yoga and the dignity of the Warkari tradition.

Name of the Collaborating Agency	St. Vincent College
Learning Outcomes of the Event for the Participants	Warkari pilgrims experienced practical, gentle yoga techniques—including restorative postures, calming breathwork, and guided relaxation—that offered immediate relief from travel-related strain and introduced them to yoga as a tool for holistic well-being, regardless of prior experience.
Learning Outcomes for the Organizing team	Faculty and student volunteers deepened their understanding of culturally sensitive, needs-based outreach by adapting yoga practices to the real-time physical and emotional conditions of the pilgrims, reinforcing the value of humility, presence, and service-oriented engagement in community initiatives.
No. of Participants	50+ participants
Faculty in Charge	Dr. Yogesh Mate
Documents Attached	<ol style="list-style-type: none"><li>1. Attendance Sheet</li><li>2. Geotag photographs</li><li>3. Resume of resource persons if any</li><li>4. Copy of remuneration paid if any</li><li>5. Notice of the event</li><li>6. Thank you letter to the resource persons</li></ol>