



St. Vincent College,
(Affiliated to Savtribai Phule Pune University)
Pune -411037

Title of Event	International Yoga Day		
Date of Event	21 st June 2024	Place of Event	St. Vincent College
Objective of the event	To impart the knowledge of Yoga to the younger generation		
Name of the resource person	Dr. Kulkarni		
A short narration of the program			
International Yoga Day The college observed International Yoga Day with a special workshop conducted by renowned yoga instructor Dr. Kulkarni, who spoke on the importance of yoga in maintaining a healthy body and balanced mind. 75 Students participated in the inaugural function. In his talk, Dr. Kulkarni highlighted how yoga can improve physical health, reduce stress, and enhance concentration. He emphasized that practicing yoga regularly leads to a harmonious lifestyle and improved overall well-being. The workshop also included a practical session where students were taught basic asanas such as <i>Surya Namaskar</i> , <i>Tadasana</i> , and <i>Vrikshasana</i> . Dr. Kulkarni guided the students through the correct postures and breathing techniques, explaining the benefits of each asana. The students learned the importance of body alignment, mindfulness during yoga practice, and how incorporating yoga into their daily routine can foster both mental clarity and physical fitness. The event concluded with a short meditation session, leaving the participants energized and motivated to make yoga a part of their everyday lives. Dr Anil Adsule Principal, St. Vincent College, Pune felicitated Dr Kulkarni and Dr Gilbi John expressed gratitude to Dr Kulkarni on behalf of the management, staff and students.			
Name of the Collaborating Agency	_____		
Learning Outcomes of the Event for the Participants	The students learned the basic asanas and the importance of yoga for health.		
Learning Outcomes for the Organizing team	To familiarize the students about the rich heritage and legacy of India through Yoga. The organisers also sought to impart basic knowledge of Yoga.		



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Participants	Students from the college
Faculty in Charge	Dr Gilbi John, Director Kenneth Misquitta
Documents Attached	Photographs

Photographs

