



Date: 23/06/2026

Report on International Yoga Day Celebration 2026

Date of Celebration: 22 June 2026

Venue: Shree Siddheshwar College of Physiotherapy, Solapur

Shree Siddheshwar College of Physiotherapy celebrated International Yoga Day 2026 on 22nd June 2026 with great enthusiasm and active participation from students and faculty members. The program was organized to create awareness about the importance of yoga in maintaining physical, mental, and emotional well-being.

As part of the celebration, a seminar on Yoga and its Benefits was presented by the Gayatri Maske Third Year B.P.Th student who is a National Yoga Player & by Pranali Shinde (National Yoga Player) for the First Year B.P.Th students. The seminar focused on the significance of yoga in promoting a healthy lifestyle, improving concentration, reducing stress, and enhancing overall fitness.

During the session, various yoga postures (asanas) were demonstrated and explained in detail. The students presented different yoga poses and discussed their specific benefits for different body systems. They explained how yoga helps improve flexibility, muscle strength, posture, balance, respiratory function, and mental relaxation.

The participants were also informed about the role of yoga in preventing lifestyle-related disorders and maintaining holistic health. Practical demonstrations helped the students understand the correct techniques and benefits of each posture.

The event was highly informative and interactive. It encouraged students to incorporate yoga into their daily routine for better physical and mental health. The celebration concluded with felicitation by Principal Dr. Sureshkumar T. to Gayatri Maske & Pranali Shinde. And a vote of thanks, appreciating the efforts of the organizing the Yoga Seminar.

Organized by:
Cultural Committee

T. Y.



Principal

T. K. K.
27/06/26

Principal
Shree Siddheshwar College of
Physiotherapy, Solapur



Shri Siddheshwar Devasthan's Solapur,

SHREE SIDDHESHWAR COLLEGE OF PHYSIOTHERAPY, SOLAPUR.

(Affiliated to MUHS, Nashik)

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