



Shreeyash Ayurvedic College and Hospital Research Center

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12th International Yoga Day Celebration at Shreeyash Ayurvedic College Hospital and Research Center, Chh. Sambhajinagar

On the occasion of the 12th International Yoga Day, a vibrant and meaningful celebration was organized at Shreeyash Ayurvedic College Hospital and Research Center.

The program was graced by the presence of:

CEO – Mr. Pradip Singh

Principal – Dr. Swati Itagi

Hospital Superintendent – Dr. Paresh Deshmukh

The introductory session was conducted by Dr. Sonal Antapurkar, who highlighted the importance of yoga for holistic health and healthy ageing.

The program was efficiently assisted by Dr. Pranjali Shewale and Dr. Suchita Sawale.

In the lead-up to Yoga Day, a week-long practice session was conducted where Staff members and students actively participated in daily sessions and followed the Common Yoga Protocol.

To encourage participation and enthusiasm, various competitions were organized in the institution.

Yoga Competition:

Date	Name of competition	Winners	
		First	Second
15/06/26	Slogan competition for teachers	Dr. Nivedita tajane	Dr. Nikita khandekar
16/06/26	Slogan competition for students	Kalpesh bhamre	Dipali sonune
17/06/26	Essay competition	Vaishnavi chavan	Rushikesh shinde
18/06/26	Poster competition	Shrawani gore	Pratik bansode

Today's program began with a guided yogic practice session.

Participants performed asanas, pranayama, and meditation techniques.

The celebration successfully emphasized the importance of yoga in daily life, especially for preventive and promotive health, aligning with the global theme of healthy ageing. Programme concluded with Yog geet and national anthem.

Dr. Swati Itagi
Principal
Shreeyash Ayurvedic College and
Hospital Research Center
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