

DEPARTMENT OF COMMUNITY MEDICINE
International Yoga Day Activity Report 19/06/2023

1.	Name of the activity	International Yoga Day
2.	Date	19/06/2023
3.	Time	11.00 AM To 1.00 AM
4.	Venue	RHTC Sudumbre
5.	Total number of participants/beneficiaries	40
6.	Faculty / Medical team	Dr. S.J.Kulkarni, Dr.Abhay Tophkhane,RHTC Interns And Staff
7.	In-charge	Dr. S. J. Kulkarni
8.	Brief summary of the event in around 100 words (purpose, conduct, feedback, impact, suggestions)	On the occasion of ' International Yoga Day 2023' yoga session along with guided meditation session was organised at RHTC, Sudumbre.The theme of this year is ' Yoga for Vasudhaiva Kutumbakam '.The program was initiated with discussion of stress in day to day life. The discussion was held by Dr. Priyanka. The detailed information regarding importance of yoga for stress management, healthy life and wellbeing was given to the audience. The speech was followed by yoga session which included various aasanas and its benefits. The audience was also informed about mediation. The activity was held under the guidance of HOD Dr. S.V. Chincholikar.
9.	Circular / Notification (Date, time, venue, guest, speaker, faculty etc.)	Not attached.
10.	Pamphlet	NO
11.	Attendance (if applicable)	-
12.	Coloured geo-tagged photos (2 to 4)	Attached



GPS Map Camera

Sudumbre, Maharashtra, India
QQ44+9JQ, Sudumbre, Maharashtra 412109, India
Lat 18.755908°
Long 73.756312°
19/06/23 11:38 AM GMT +05:30

Google



GPS Map Camera

Sudumbre, Maharashtra, India
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Lat 18.755908°
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