

**MIMER MEDICAL COLLEGE, TALEGAON DABHADE DEPARTMENT OF COMMUNITY MEDICINE
INTERNATIONAL YOGA DAY ACTIVITY REPORT 22.06.2022**

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| 1. | Name of the activity | International Yoga Day |
| 2. | Date | 22/06/2022 |
| 3. | Time | 12.00 noon to 1.00pm |
| 4. | Venue | RHTC, Sudumbare |
| 5. | Total number of participants/beneficiaries | 40 |
| 6. | Faculty / Medical team | Dr. Abhay Tophkhane, Dr. Sadhana Bhangare |
| 7. | In-charge | Dr. S.J. Kulkarni |
| 8. | Brief summary of the event in around 100 words (purpose, conduct, feedback, impact, suggestions) | <p>On the occasion of 'International Yoga Day'2022, a yoga session along with a guided meditation session was organized at RHTC, Sudumbare .</p> <p>The theme for this year is 'Yoga for Humanity'.</p> <p>The programme was initiated with a discussion about stress in day to day life, and about post covid effects on health. The discussion was held by Dr. Gauri .and Dr Sadhana Bhangare. The detailed information regarding importance of Yoga for stress management, healthy life and well-being. Was given to the audience</p> <p>The speech was followed by a Yoga session which included various 'Asanas' . .The audience was also informed about meditation.</p> |
| 9. | Circular / Notification (Date, time, venue, guest, speaker, faculty etc.) | Not Attached |
| 10. | Pamphlet | Not available |
| 11. | Attendance (if applicable) | NA |
| 12. | Coloured geo-tagged photos (2 to 4) | Attached |



QQ44+9JQ, Sudumbre, Maharashtra 412109, India
Sudumbre
Maharashtra
India
28°C
82°F
2022-06-22(Wed) 12:23(pm)



QQ44+9JQ, Sudumbre, Maharashtra 412109, India
Sudumbre
Maharashtra
India
28°C
82°F
2022-06-22(Wed) 12:12(pm)

