

ACTIVITY REPORT

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| 1. | Name of the activity | International yoga day |
| 2. | Date & Time | 21/06/2025 , 11am to 12 noon. |
| 3. | Venue / Place | RHTC |
| 4. | Total number of participants/beneficiaries (No of individuals benefited by activity) | 120-130 |
| 5. | Organizing Faculty / Medical team | Dr. S.J. Kulkarni, Dr. Kiran Napte(PG), Dr. Shruti Brahme(MPT- JR1), Physiotherapy and RHTC interns and staff |
| 6. | In-charge | Dr. S.J. Kulkarni |
| 7. | Brief summary of the event in around 100 words (purpose, conduct, feedback, impact, suggestions) | <p>On the occasion of “International Yoga Day 2025” yoga session along with guided meditation session was organised at RHTC, Sudumbare. The theme of this year is “Yoga for One Earth, One Health”. The detailed information regarding importance of yoga for stress management, healthy life and well-being was given to the audience. The speech was followed by yoga session which included various asana and their benefits.</p> <p>This activity was held under the able guidance of HOD & Prof. of Department of Community Medicine, Dr. S V Chincholikar, I/C RHTC Associate S V Kulkarni and Dr. Kiran Napte and Dr. Shruti Brahme(PT)</p> |
| 8. | Number of faculties attended (Guest lecture/CME/Workshop/Seminar/Health camps) | 3 |
| 9. | Number of Students Attended | 8 |



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