

ACTIVITY REPORT

1.	Name of the activity	International Yoga Day
2.	Date & Time	22/06/2026 11am to 12 noon
3.	Venue / Place	RHTC
4.	Total number of participants/beneficiaries (No of individuals benefited by activity)	170-180
5.	Organizing Faculty / Medical team	Dr. S.J.Kulkarni, Dr. Prahlad Patil, Physiotherapy Intern, 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)	On the occasion of "International Yoga Day 2026" yoga session along with guided meditation session was organised at RHTC, Sudumbare collaboration with Rayat Shikshan Sauntha Bagh Shala 1 [8-10th standard]The theme of this year is "Yoga for Healthy Ageing". The program was initiated with the discussion of stress in day-to-day life. 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. The audience was also informed about meditation. This activity was held under the able guidance of HOD & Prof. of Department of Community Medicine, Dr. S.V. Chincholikar, I/C RHTC Associate, Dr.S.J.Kulkarni, and and Dr. Prahlad Patil.
8.	Number of faculties attended (Guest lecture/CME/Workshop/Seminar/Health camps)	3
9.	Number of Students Attended	3



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GPS Map Camera



Sudumbre, Maharashtra, India



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Lat 18.755895° Long 73.756616°

Monday, 22/06/2026 12:40 PM GMT +05:30



