

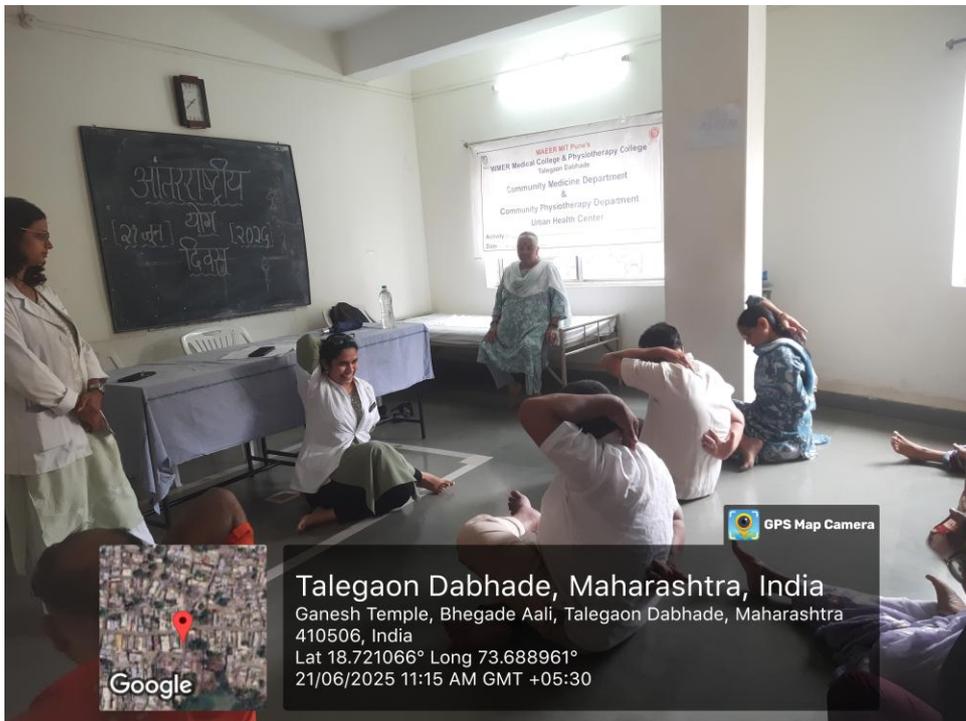
## ACTIVITY REPORT

1.	Name of the activity	International yoga day
2.	Date & Time	21/06/2025 , 11am to 12 noon.
3.	Venue / Place	UHTC
4.	Total number of participants/beneficiaries (No of individuals benefited by activity)	25
5.	Organizing Faculty / Medical team	Dr. Aastha Pandey, Dr. Ashlesha Dandekar and interns
6.	In-charge	Dr. Aastha Pandey,
7.	Brief summary of the event in around 100 words (purpose, conduct, feedback, impact, suggestions)	International yoga day is global event celebrated annually on 21st june 2025 to raise awareness and promote adoption of yoga and its benefits. It benefits on their metabolism.It reestablish their connection with their own body. It helps in stress management. This session was conducted by the psm department and physiotherapy department under the guidance of Dr.Astha ma'am, Dr.Ashlesha ma'am, Dr.Pralhad Patil sir
8.	Number of faculties attended (Guest lecture/CME/Workshop/Seminar/Health camps)	3
9.	Number of Students Attended	8



Professor & Head,  
Dept. of Community Medicine  
MIMER Medical College,  
Talegaon Dabhade.

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MIMER Medical Collage  
Talegaon Dabhade





**Talegaon Dabhade, Maharashtra, India**  
Ganesh Temple, Bhegade Aali, Talegaon Dabhade, Maharashtra  
410506, India  
Lat 18.721057° Long 73.689019°  
21/06/2025 11:21 AM GMT +05:30