

Smt. Maniben M. P. Shah Women's College of Arts & Commerce (Autonomous)

338, R. A. Kidwai Road, Matunga East , Mumbai – 400019

REPORT ON INTERNATIONAL YOGA DAY

International Yoga Day is observed every year on June 21st to raise awareness about this ancient practice and to celebrate the physical and spiritual prowess that yoga has brought to the world. Yoga is a practice that plays an important role in relaxing the mind and body and boosting people's immune systems.

On the occasion of **International Yoga Day 2026**, the **University** organized an **online International Yoga Day programme on 21st June 2026**. An online participation link was shared with all students and faculty members, who enthusiastically joined the virtual yoga session conducted as part of a **Guinness World Records** initiative. Upon successful participation, all attendees received an online participation certificate.

To continue the celebration, the **NSS Unit, Sports Department, and NCC Cell of Smt. Maniben M.P. Shah Women's College of Arts and Commerce (Autonomous), Matunga**, jointly organized an **offline International Yoga Day programme on 22nd June 2026** in the college auditorium **Shree Visanji Ravji Auditorium** on the theme **"Yoga for Healthy Ageing"**. The programme aimed to create awareness about the importance of yoga in promoting physical fitness, mental well-being, emotional balance, and a healthy lifestyle.

The programme was compered by **Dr. Rekha Shelar**, who warmly welcomed the gathering and the esteemed resource persons. In her address, she highlighted the significance of International Yoga Day and spoke about the college's continued commitment to celebrating Yoga Day every year, emphasizing its role in promoting health, harmony, and holistic well-being among students and staff. **Ms. Vandana Saha** then introduced the resource persons, **Ms. Ramangi Madam** and **Ms. Shail Nirmal** from **Vivekananda Kendra, Dadar**, highlighting their expertise and rich experience in the field of yoga and wellness before inviting them to conduct the session.

The programme commenced with a warm welcome by **Principal Dr. Archana Patki**, who addressed the gathering and emphasized the significance of International Yoga Day. In her inspiring welcome speech, she highlighted the importance of incorporating yoga into daily life to maintain good health, reduce stress, enhance mental peace, and achieve holistic well-being.

The resource person was warmly welcomed with a **Tulsi plant** by **Dr. Sarita Kaslekar, Arts In-charge**, and **Dr. Soumiya Nichani, Commerce In-charge**, as a token of respect and appreciation.

The yoga session was conducted by **Ms. Ramangi Madam**, who delivered an informative talk on the importance and benefits of yoga for physical, mental, and emotional health. She explained how different yogasanas improve flexibility, strength, concentration, and overall well-being. She also described the purpose and health benefits of each posture, enabling participants to understand the scientific relevance of yoga in everyday life.

The practical session began with **Surya Namaskar**, followed by a series of yoga asanas. The resource person demonstrated the correct techniques for performing each asana and explained its specific health benefits. 75 Students and 5 faculty members actively participated in the session with great enthusiasm and dedication.

The programme concluded with a relaxing **Pranayama** session, followed by a prayer that created a peaceful and positive atmosphere among all participants. The event ended with a **Vote of Thanks** proposed by **Lt. Suvarna Joshi**, who expressed

heartfelt gratitude to the Principal, the resource person, faculty members, and all the participants for their enthusiastic cooperation and valuable contribution in making the celebration a grand success. The event was ended with National Anthem.

Photo Glance









Outcomes of the Programme

- Created awareness about the importance and benefits of yoga.
- Encouraged participants to adopt yoga for a healthy lifestyle and healthy ageing.
- Enhanced knowledge of Surya Namaskar, yogasanas, and Pranayama.
- Promoted physical fitness, mental well-being, and stress management.
- Inspired students to incorporate yoga into their daily routine.