



TILAK MAHARASHTRA VIDYAPEETH (TRUST)
LOKMANYA TILAK COLLEGE OF PHYSIOTHERAPY
Affiliated to MUHS

Plot No. 3, Sector 14, Near Raghunath Vihar, Kharghar, Navi Mumbai 410210.
Email ID: lokmanyamcop@gmail.com / Web Site: <http://www.lmcop.edu.in>

REPORT : INTERNATIONAL YOGA DAY 2023

THEME : VASUDHAIVA KUTUMBAKAM : ONE EARTH ONE FAMILY ONE FUTURE

DATE : 21st JUNE 2023

TOPIC : YOGA SESSION

VENUE : LOKMANYA TILAK COLLEGE OF PHYSIOTHERAPY

PRINCIPAL : DR. SHWETA PHADKE

CO-ORDINATOR : DR. JYOTI PARLE, DR. RAMESHWARI KORBekar

PHOTOGRAPHS INCLUDED : YES

REPORT OF THE EVENT :

International Yoga Day was celebrated at Lokmanya Tilak College Of Physiotherapy on 21st June 2023, under the theme of "Vasudhaiva Kutumbakam : One Earth One Family One Future." The event aimed to promote the physical, mental and spiritual well being of the staff members through various yoga practices.

The event commenced at 02:00 pm with an introduction to yoga and a prayer. The staff members of Physiotherapy department & Law department of Tilak Maharashtra Vidyapeeth actively participated in the yoga session, which included pranayama (normal breathing, anulom vilom & brahmari pranayama), a variety of asanas (Tadasana, Vrikshasana, Trikonasana, Baddhakonasana, Pashchimottanasana, Gomukhasana, Vajrasana, Pawanmuktasana, Setubandhasana) were performed in standing, sitting and supine. The session concluded with a meditation practice called savasana. At the end of the session, feedback was taken. Overall, the participants expressed a positive response to the yoga session, highlighting the benefits of increased energy, reduced stress, and improved focus.


Dr. Jyoti Parle
Professor & HOD
Community Physiotherapy

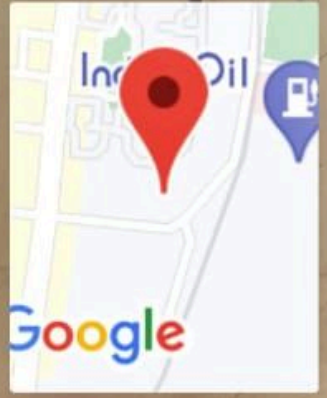
Dr. Shweta S. D. Phadke
Professor & Principal
Lokmanya Tilak College of Physiotherapy
Kharghar, Navi Mumbai



Tilak Maharashtra Vidyapeeth (Trust)
Lokmanya Tilak College of Physiotherapy
Affiliated to MUMS
Department of Community Physiotherapy
International Yoga Day
Date: 21st June 2023
Venue: Mini auditorium


TILAK MAHARASHTRA VIDYAPEETH
LOKMANYA TILAK COLLEGE OF PHYSIOTHERAPY
COMMUNITY PHYSIOTHERAPY DEPARTMENT
Cordially invites you to celebrate
**INTERNATIONAL
YOGA
DAY**
Theme: *Yoga for all*
Date: 21st June 2023
Venue: Mini auditorium

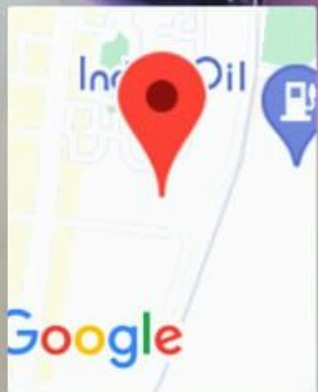
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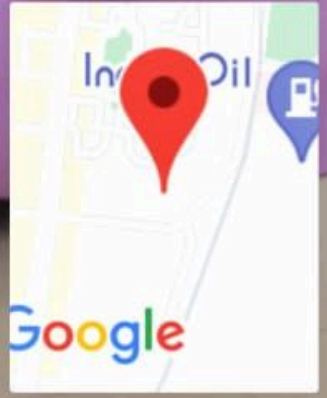
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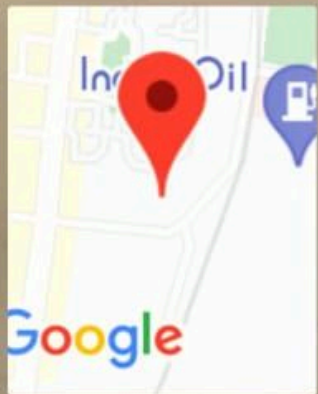
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