



Deccan Education Society's

Shri. Navalmal Firodia Law College, Pune

12th

INTERNATIONAL DAY OF YOGA

Yoga for Healthy Ageing



Dr. Sunita Adhav
Principal, DES SNFLC

CONVENERS

Adv. Ashok Palande
Vice-Chairman, GB & Council, DES
Chairman, CDC, DES SNFLC

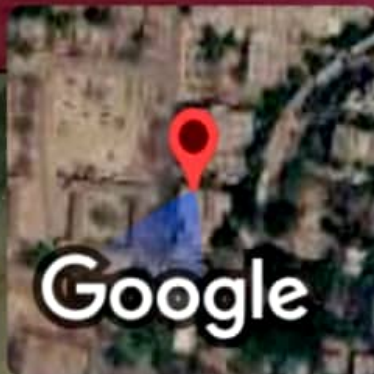


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GPS Map Camera



Pune, Maharashtra, India 🇮🇳

Academic Complex, Des Brijlal Jindal College Of
Physiotherapy, Fergusson College Campus Rd,
Shivajinagar, Pune, Maharashtra 411004, India

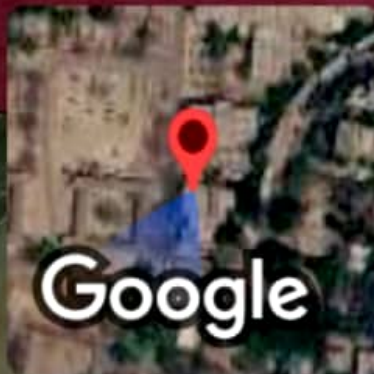
Lat 18.525697° Long 73.83989°

Tuesday, 23/06/2026 10:43 AM GMT +05:30





 GPS Map Camera



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Lat 18.5257° Long 73.839882°

Tuesday, 23/06/2026 10:43 AM GMT +05:30



DECCAN EDUCATION SOCIETY'S
Shri. Navalmal Firodia Law College, Pune

(Permanently Affiliated to Savitribai Phule Pune University ID No.PU/PN/LAW/207/2004)
Recognised u/s "2 (f) & 12 (B) of UGC Act 1956 "
(Approved by Bar Council of India) NAAC Accredited : B++ ,ISO 9001:2015 certified

Sports Department

REPORT ON THE CELEBRATION OF INTERNATIONAL DAY OF YOGA

DES Shri Navalmal Firodia Law College, Pune.

Date: 21 June 2026

Venue: DES Shri Navalmal Firodia Law College, Pune.

DES Shri Navalmal Firodia Law College enthusiastically celebrated the International Day of Yoga on 21 June 2026 with active participation from the teaching and non-teaching staff members of the institution. The programme was organized with the objective of promoting physical health, mental well-being, and holistic development through the practice of yoga. The programme was conducted under the guidance and encouragement of the Principal, Dr. Sunita Adhav, whose constant support contributed significantly to the successful organization of the event. The celebration aimed to create awareness regarding the importance of yoga in maintaining physical fitness, emotional balance, and mental wellness in everyday life. The college invited Ms. Ketaki Manthalkar, an experienced psychologist and certified yoga practitioner, as the resource person for the programme. The session began with a warm welcome and felicitation of the guest. Dr. Sunita Adhav, Principal of the college, felicitated Ms. Ketaki Manthalkar as a token of appreciation for her valuable contribution to the programme.

Addressing the gathering, Dr. Sunita Adhav emphasized the importance of yoga in modern life and highlighted its role in reducing stress, enhancing concentration, and promoting overall well-being. She encouraged all staff members to adopt yoga as a regular practice to maintain a healthy body and mind. Ms. Ketaki Manthalkar conducted an informative and engaging session that combined both theoretical understanding and practical application of yoga. Drawing upon her expertise in psychology and yoga, she explained the relationship between the mind and body and discussed the importance of breathing practices, mindfulness, and emotional regulation.

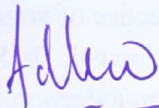
Various workshops and practical sessions were conducted during the programme. These activities included:

- Breathing exercises and Pranayama techniques.
- Yoga postures for physical flexibility and relaxation.
- Mindfulness and awareness practices.
- Stress management techniques.
- Relaxation exercises for emotional well-being.

- Practices for improving concentration and mental clarity.

The participants enthusiastically took part in the yoga practices and interactive activities. The sessions helped the teaching and non-teaching staff understand the significance of integrating yoga into their daily routines for maintaining physical health and psychological well-being. The programme created a positive and refreshing atmosphere on the campus. Participants appreciated the practical demonstrations, interactive discussions, and valuable insights shared by the resource person. The workshops provided effective techniques for stress management and encouraged participants to cultivate mindfulness and healthy living practices. The celebration concluded with a vote of thanks, expressing sincere gratitude to Dr. Sunita Adhav for her leadership and encouragement, and to Ms. Ketaki Manthalkar for conducting an enriching and inspiring session. The participants acknowledged the importance of yoga in achieving balance between professional responsibilities and personal well-being.

Overall, the International Day of Yoga celebration at DES Shri Navalmal Firodia Law College was highly successful and meaningful. The programme strengthened awareness about holistic health and reaffirmed the institution's commitment to promoting wellness, mental health, and a healthy lifestyle among its teaching and non-teaching staff members.



Dr. Sunita Adhav
Principal

