

CAMP EDUCATION SOCIETY's
Rasiklal M. Dhariwal Institute of Management
Sector 27/A, Nigdi Pradhikaran, Pune-44

Date: Monday, 23/06/2025

Report
International Yoga Day Celebration

On June 23, institute celebrated the 11th International Yoga Day in association with Camp Education Society's Dr. A. B. Telang Sr. College and ITI Institute and Board of Students Development SPPU, Pune, with great enthusiasm. Staff members of the institute and other institutes demonstrated a keen interest in yoga, both mentally and physically. International Yoga Day emphasizing its importance for every section of society through the wellness of human beings.

The program commenced with the introduction by Prof. Dr. Rajesh Londhe Sir and felicitation of guests and the Yoga instructor with hands of Institute Director Dr. Bharat Kasar. The instructor, Mrs Rupali Talawade, a renowned yoga trainer gave a comprehensive introduction to yoga. She explained, how yoga exercises focus on the body and mind, aiming to connect with the soul. Initially warm up exercises like Soul Yoga were practiced. Various sitting and standing asanas were practiced with simultaneous explanations of each step and its significance including Suryanamaskara.

Instructor, Mrs. Rupali Talawade also conducted various breathing exercises such as Bhramari Pranayama, and Anulom Vilom. She guided participants in meditation through focused breathing observation technique on Agya Chakra, highlighting the importance of integrating yoga into daily life and maintaining harmony with the body.

The celebration concluded with a closing address by the institute's Director, Dr. Bharat Kasar, thanking everyone for their participation. The workshop was successfully accomplished with the support of all teaching and non-teaching staff members.

Director
Dr. Bharat Kasar



Welcome And Inauguration of Yoda Day



Felicitation of Instructor Mrs Rupali Talwade in the Hands of Director Dr. Bharat Kasar



Instructions by Instructor



Warm up Exercises



Various Asanas Performed by Instructor and Students



Various Asanas Performed by Instructor and Students



Seating Asanas Performed by Instructor and Students



Closing Address by The Institute's Director, Dr. Bharat Kasar