

Date: 21/06/24

SVKM's NMIMS

Shobhaben Pratapbhai Patel School of Pharmacy & Technology Management

Mumbai

Celebrations of the International Yoga Day (IDY) at SPPSTM, SVKM'S NMIMS

The **International Day of Yoga (IDY)** has been celebrated annually throughout the globe since 21st June 2015, following its inception in the United Nations General Assembly in 2014 on the suggestion of our honorable Prime Minister, Mr. Narendra Modi.

The theme of IDY for 2024 is "Yoga for Self and Society." IDY was observed in SPPSPTM, Mumbai on June 21 2024., 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 which plays an important role in relaxing the mind and body and boosting of self and society.



Dr. Jagannath Sahoo, Dean - SPPSPTM, Mumbai, has facilitated this Yoga session. He is committed towards the healthy lifestyle and a strong advocate of including Yoga in our day to day lifestyle to achieve better physical and mental health. He has deep knowledge about asanas, relaxation and breathing techniques.

The Yoga session was kept on 4th floor, Classroom 411, at 10:30 am - 11:30 am on the 21st of June 2024 and was attended by faculties and staff members of SPPSPTM. Dr. Yogesh Kulkarni, Associate Dean, SPPSPTM, Mumbai and Dr. Suvakanta Dash, Associate Dean, SPPSPTM, Mumbai also graced the session and was part of the celebrations.

All those who attended this session enjoyed and made a firm resolve to practice Yoga every day to remain fit and healthy. The session received a good feedback from the audience.





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Mumbai, Maharashtra, India

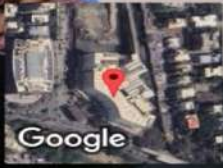
SVKM'S NMIMS, Shobhaben Pratapbhai Patel School of Pharmacy & Technology Management, V. L.Mehta Rd, Vile Parle West, Mumbai, Maharashtra 400056, India

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