

REPORT ON INTERNATIONAL YOGA DAY CELEBRATION

Smt. Malini Kishore Sanghvi Homeopathic Medical College

Event Name	International Yoga Day Celebration
Date & Time	June 21 07:00 AM – 08:30 AM
Venue	Smt. Malini Kishore Sanghvi Homeopathic Medical College Campus
Guided By	Mr. Mehul Parmar
Organizers	Sports Committees (1st to 4th Year)
Participants	1st to 4th Year BHMS Students (Girls & Boys), Interns & Faculty Professors

1. Overview

Smt. Malini Kishore Sanghvi Homeopathic Medical College celebrated International Yoga Day with immense enthusiasm and active participation. The event was organized to promote physical health, mental well-being, and holistic living through the traditional practice of Yoga among medical students, interns, and faculty members.

2. Event Highlights

- **Inauguration & Guidance:** The session commenced under the guidance of Mr. Mehul Parmar, who demonstrated various yoga techniques and emphasized the importance of integrating Yoga into daily health routines, especially for medical practitioners and students.
- **Warm-up & Pranayama:** The morning started with light warm-up routines followed by Pranayama (breathing exercises) to enhance focus, respiratory capacity, and mental clarity.
- **Surya Namaskar Training:** Participants were guided step-by-step through the practice of Surya Namaskar (Sun Salutation), understanding its physical and spiritual benefits, proper posture, and rhythmic breathing sync.
- **Asana Practice:** A series of basic to intermediate Asanas (postures) were performed, focusing on flexibility, posture alignment, stamina building, and stress relief.
- **Meditation & Relaxation:** The 90-minute session concluded with a tranquil meditation and relaxation practice to calm the mind and revitalize the body.

3. Participation & Coordination

- **Students:** Active and enthusiastic participation from 1st, 2nd, 3rd, and 4th-year BHMS students across both girls and boys batches.
- **Interns & Faculty:** College interns and respected professors joined the session, participating actively and inspiring the student community.
- **Organization:** The entire event was seamlessly managed and coordinated by the Sports Committees representing all academic years.

4. Conclusion

The 90-minute session was a resounding success, creating awareness about holistic health and building strong community spirit. The college management extends heartiest gratitude to Mr. Mehul Parmar, the Sports Committees across all years, faculty members, and participating students for making the International Yoga Day celebration highly impactful.





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