

**TILAK MAHARASHTRA VIDYAPEETH**  
**JAYANTRAO TILAK COLLEGE OF PHYSIOTHERAPY**

**Name of the event:** Celebration International Yoga Day

**Date and duration of the event:** 21<sup>st</sup> June 2024, 9.30 am – 10.30 am

**Name of the Faculty members:**

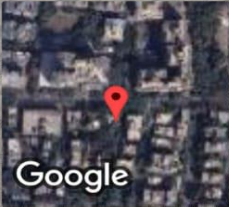
1. Dr. Rajkiran Tiku
2. Dr. Rutuja Kowale
3. Dr. Aditi Shah

On the occasion of International Yoga Day on 21<sup>st</sup> June 2024, department of Ayurveda and department of Physiotherapy had jointly organized a Yoga session following the theme 2024 that is ‘Yoga for self and for society’. The event was conducted by Dr. Rupa Joshi, Dr. Anjali Vaidya and Dr. Rutuja Kowale. During the session, different yogasanas and yogamudras were demonstrated and practiced. The significance and benefit of each yogasana and yogamudra was explained to the students. In total 56 Students from NSS units of all the batches along with faculty actively participated in the event.





 **GPS Map Camera**



**Pune, Maharashtra, India**

58, Shankar Rao Lohane Marg, Mukund Nagar, Pune, Maharashtra 411037, India

Lat 18.496483°

Long 73.863439°

21/06/24 09:41 AM GMT +05:30