



SAYALI CHARITABLE TRUST'S
COLLEGE OF HOMOEOPATHY

Gut No. 141-150, Nityanand Park, Near Kasliwal Tarangan, Mitmita, Nashik Road, Chhatrapati Sambhajnagar (Aurangabad)

Ph.No. : 0240-299-0250 ; Mobile No. : 9823019534, 9422709440

E-mail: drpyk1953@gmail.com or sayalibhms@gmail.com

Website: www.scthmca.com

Ref : SCT/H/2356/ 2026

Date : 22 / 06 /2026

Report on International Yoga Day Celebration 21 June 2026

International Yoga Day Celebrated with Great Enthusiasm

International Yoga Day was celebrated with great enthusiasm and active participation at **Sayali Charitable Trust's College of Homoeopathy, Mitmita, Chhatrapati Sambhajnagar**, on **21 June 2026** from **7:00 a.m. to 9:00 a.m.**

The programme commenced with an informative session conducted by College Yoga instructors, **Ms. Sushila Banswal** and **Mr. Sachin Kumar**. They highlighted the significance of Yoga in maintaining physical health, mental well-being, emotional balance, and overall personality development. They also explained the importance of incorporating Yoga into daily life to reduce stress, improve concentration, and promote a healthy lifestyle.

Following the introductory session, the instructors demonstrated various **Yogasanas (Yoga postures)** and **Pranayama (breathing exercises)**. Faculty members, non-teaching staff, and a large number of students actively participated in the practical session and performed the exercises under the expert guidance of the instructors. The participants enthusiastically practiced different Yoga techniques aimed at enhancing flexibility, strength, respiratory health, and mental relaxation.

The programme was graced by the presence of **Dr. Uma P. Kulkarni, Principal of Our College and Chairperson of the programme**, who encouraged all participants to adopt Yoga as a regular practice for achieving holistic health and well-being. All teaching staff, non-teaching staff, and students attended the event and contributed to its success through their enthusiastic participation.

The celebration served as an excellent opportunity to spread awareness about the importance of Yoga and its positive impact on physical, mental, and spiritual health. The programme concluded successfully with a collective pledge to embrace Yoga as an integral part of daily life and to promote its benefits within society.

Overall, the International Yoga Day celebration was a memorable and inspiring event that reflected the institution's commitment to promoting health, wellness, and holistic education among students and staff.



Dr. Uma P. Kulkarni
Principal / Dean
Principal
Sayali Charitable Trust
Homoeopathic Medical College & Hospital,
Mitmita, Chhatrapati Sambhajinagar (Aurangabad)



Encl. :- Geo-tags Photographs of above Programme

सायला चरदपती
आंतरराष्ट्रीय योग दिवस - 2026

वसुधैव



कुटुम्बकम्

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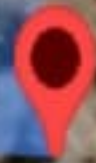
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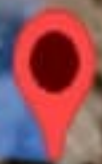
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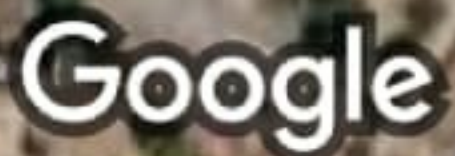


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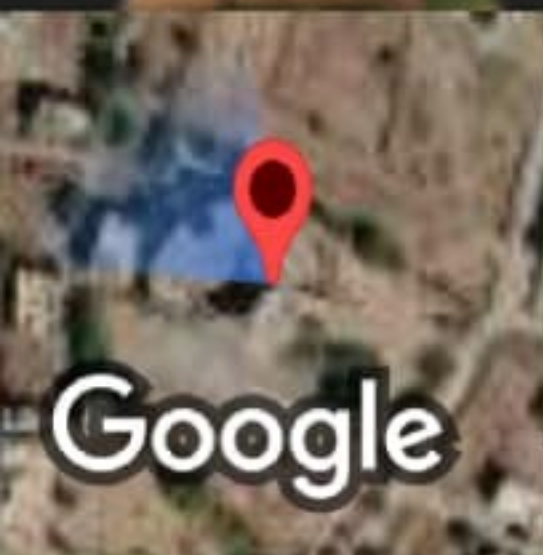
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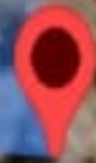
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Note: SCTI yoga day

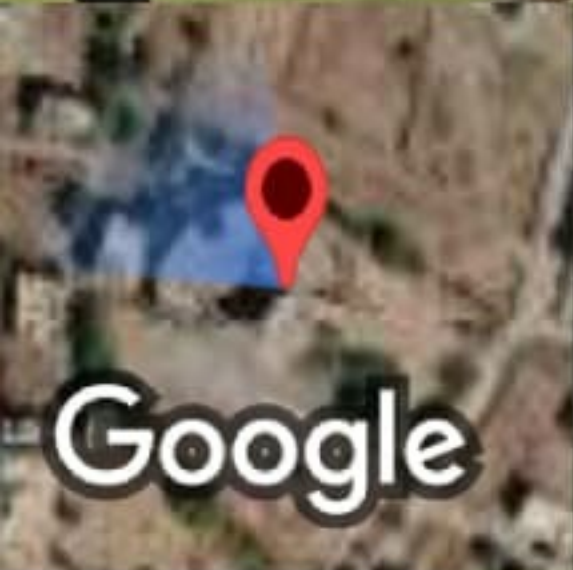
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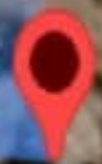




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आंतर रुग्ण विभाग

डॉ. प्रियंका कामेकर



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