

**M.M.E. & R.C's**  
**M.A. RANGOONWALA COLLEGE OF PHYSIOTHERAPY AND RESEARCH, PUNE**

**INTERNATIONAL YOGA DAY 2023**

International Yoga Day is celebrated on 21<sup>st</sup> June every year. To spread awareness about health and fitness, this year as well, a yoga demonstration session was organized at M.A. Rangoonwala College of Physiotherapy and Research, Pune for all the staff members and students. The Yoga Instructor for the session was Mr. Devvrat Lele who has more than 10 years of experience in the field. The Session began at 10 a.m with warm up followed with various asanas in standing, sitting and supine position followed by Shavasana. The instructor also taught Pranayam in the end. Principal of M. A. Rangoonwala College of Physiotherapy Dr. Ronika Agrawal and Principal of Z.V.M Unani Medical College Dr. Farouqi along with all the staff members from both colleges participated enthusiastically along with students.

