

M.M.E. & R.C's

M.A. RANGOONWALA COLLEGE OF PHYSIOTHERAPY AND RESEARCH

International Yoga Day 2024

Date: 21st June, 2024


Venue: Kinesiotherapy Lab, 3rd floor, M. A. Rangoonwala College of Physiotherapy and Research, Pune

Resource Person: Mr. Devvrat Lele

Attendees: Staff and students of M. A. Rangoonwala College of Physiotherapy and Z. V. M Unani Medical College.

On 21st June 2024, International Yoga Day was celebrated in M. A. Rangoonwala College of Physiotherapy like every year. To spread awareness about health and fitness, this year as well, a yoga demonstration session was organized on 3rd floor Kinesiotherapy Department of M.A. Rangoonwala College of Physiotherapy and Research, Pune. The session was organized by M. A. Rangoonwala College of Physiotherapy in association with Z. V. M Unani Medical College. A flyer was made regarding the same with details of the session and circulated in groups of all the institutes of Azam Campus. The Yoga Instructor for the session was Mr. Devvrat Lele who has more than 11 years of experience in the field. The Session began at 10.30 a.m with warm up followed with various asanas in standing, long sitting, supine and prone position followed by Shavasana and pranayam. The instructor also gave a brief talk on importance of performing yoga everyday and hoe it can impact on the life of an individual. The yoga session was attended by all the staff members from various colleges of Azam campus along with students. Everybody performed yoga poses enthusiastically in the session. The session ended at 11.30 am.

We are extremely thankful to Mrs. Abeda Inamdar (President, M.M.E & R.C), Dr. Arif Memon (Vice President M.M.E & R.C), Dr. Nazim Shaikh (Secretary M.M.E & R.C) and Dr. Ronika Agrawal, Principal M.A. Rangoonwala College of Physiotherapy and Research and Dr. A. H. Farooqui, Principal Z. V. M Unani Medical College for arranging such a memorable event.



M.M.E.R.C'S
Z.V.M. Unani Medical College & Hospital
Azam Campus, Camp, Pune - 411001
M. A. Rangoonwala College of Physiotherapy and Research
On the occasion of
"INTERNATIONAL YOGA DAY"
Friday | 21st | June 2024
YOGA CAMP
"योग स्वयंम् और समाज के लिए"
has been organized at
Venue : Exercise Therapy Hall, 3rd Floor, Physiotherapy College | Time : 10.00 am
Mrs. Abeda P. Inamdar President - M.M.E.&R.C.
Dr. Nazim Shaikh Secretary - M.M.E.&R.C.
Dr. Ronika Agrawal Principal - M.A.R.C.O.P., Pune
Dr. A.H. Farooqui Principal - Z.V.M.U.M.C., Pune

