

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

M.A. RANGOONWALA COLLEGE OF PHYSIOTHERAPY AND RESEARCH

International Yoga Day

Date: 21st June, 2025

Time: 12md – 1pm

Venue: **M.A. Rangoonwala College of Physiotherapy And Research**

Attendees: 2nd year B.P.Th students

Total: **42 Students**

Resource person: **Dr. Jennifer Manuel**

On 21st June 2025, M. A. Rangoonwala College of Physiotherapy and Research, Pune had organized International Yoga Day. The students of 2nd year were asked to assemble in the kinesiotherapy lab, 3rd floor.

It commenced by a short introduction on Yoga and its history. The students were told to perform asanas in standing, sitting and lying. The asanas in standing included Ardha- chakrasana, Virabhadrasana, Astachandrasana and Uttanasana. The asanas in sitting started with meditative poses in which the students performed Anulom-Vilom and brahmri and continued with Vajrasana, Sukhasana, Janushirshasana, Gomukasana amd Baddha-konasana The asanas in lying were Bhujangasana, Dhanurasana, Balasana and shavasana. Each asana was repeated 5 times. While each asana was being performed the importance of the pose and the muscles getting stretched were mentioned by Dr. Jennifer Manuel. Students from 2nd year B.P.Th attended the lecture. The session was informative and insightful for all the students.

We would like to thank 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) for arranging programme and providing us this opportunity.



