



AMAR SEWA MANDAL'S

# GOVINDRAO WANJARI AYURVEDIC COLLEGE & RESEARCH CENTER



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Founder

LATE GOVINDRAO WANJARI

President

Dr. (Smt.) SUHASINI WANJARI

Secretary

Adv. ABHIJIT G. WANJARI

Treasurer

Dr. SMEETAA A. WANJARI

GWACRC : 175/2025

Date : 21 / 06 / 2025

## Report on International Yoga Day celebration 21<sup>st</sup> June 2025

### Introduction-

The international day of Yoga was celebrated with great enthusiasm on 21<sup>st</sup> June 2025, under the guidance of the Ministry of AYUSH. This year celebrations focused on promoting holistic well-being and the integration of Yoga into daily life.

### Aim:-

To raise awareness about the numerous physical, mental and spiritual benefits of practicing Yoga.

### Objectives

- 1) To promote healthy lifestyle.
- 2) To foster emotional balance.
- 3) To enhance focus and concentration.
- 4) To reduce stress and anxiety.
- 5) To Strengthen Global coordination and bring communities closer through the practice of Yoga.

### Theme: Yoga For One Earth, One health.

The theme emphasizes Yoga's role in promoting holistic well being and environmental harmony.

### Key aspects:

- 1) Global Celebration.
- 2) Focus on holistic health.
- 3) Utility and harmony.
- 4) Individual and collective well being.

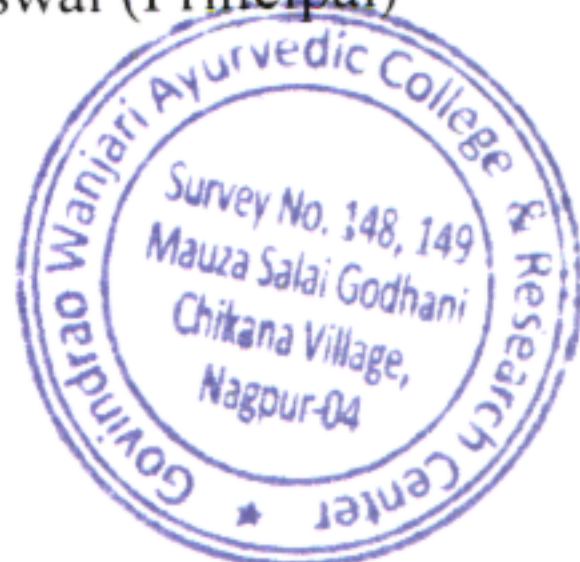
### Program conducted:

Place: Govindrao Wanjari Ayurvedic College and research centre, Salai Godhani, Hudkeshwar road, Nagpur. (M.S.)

Duration: 5<sup>th</sup> June 2025 to 21<sup>st</sup> June 2025

### Participants:

- 1) Dr. Nagesh Jaiswal (Principal)





- 2) Dr. Rasika Titarmare (Deputy superintendent)
- 3) Dr. Asha Ramteke (Consultant, Swasthavritta and Yoga dept)
- 4) Dr. Manisha Thakre (Assistant Professor, Rachana Sharir dept)
- 5) Dr. Shweta Jiwne (Consultant, Balrog dept)
- 6) Dr. Bhagyashri Hemke (Consultant, Stree roga and Prasuti tantra dept)
- 7) Dr. Pratiksha Yelne (Yoga Instructor)
- 8) Mrs. Trupti Sontakke (Yoga Instructor)
- 9) Dr. Minal Etankar (Consultant, Agadtantra Department)
- 10) Dr. Kalawati Dhok (Assistant Professor, Sharrir Kriya Department)
- 11) Dr. Pallavi Ghuge (Assistant Professor, Samhita Siddant Department)
- 12) Hospital staff of Govindrao Wanjari Ayurvedic College
- 13) Teaching staff of Govindrao Wanjari Ayurvedic College
- 14) Non teaching staff of Govindrao Wanjari Ayurvedic College
- 15) Students (B.A.M.S. 1<sup>st</sup> year)

**Activities:**

- 1) Inauguration of Program was done by plantation followed by lecture on roll of Yoga in promoting holistic, well-being and environmental harmony by Dr. Nagesh Jaiswal Sir on 5<sup>th</sup> June 2025 for Hospital staff of Govindrao Wanjari Ayurvedic College, Nagpur.
- 2) Regular Yoga sessions were conducted from 11<sup>th</sup> June to 21<sup>st</sup> June 2025 for students and staff of college and Hospital. All Participants were advised to maintain Yoga chain by practicing sunrise Yoga, family Yoga and Yoga with friends.
- 3) Y Break Yoga session was conducted for clerical staff at Govindrao Wanjari College of Engineering and Technology On 11<sup>th</sup> June 2025 by Dr. Asha Ramteke and Trupti Sontake.
- 4) Yoga session conducted for children at Tathagat Bouddha Vihar, New Prerana Nagar, Nagpur by Dr. Asha Ramteke on 13<sup>th</sup> June 2025.
- 5) On 16<sup>th</sup> June, Yoga Seminar was conducted for B.A.M.S. 1st year students of our college, where
  - a) Lecture delivered by Dr. Nagesh Jaiswal sir on importance of Yoga in day to day life for complete health.
  - b) Dr. Bhagyashri Hemke delivered a lecture on role of Kapalbhati in the management of PCOS.
  - c) Dr. Manisha Thakre Conducted a lecture on role of Yoga and Aahar in lifestyle disorders.
  - d) Dr. Rasika Titarmare delivered a lecture on Yogic practices for mental health.
- 6) Yoga workshop conducted for B.A.M.S. first year students on 17<sup>th</sup> June 2025 by Dr. Asha Ramteke and Trupti Sontakke.
- 7) We Arranged Yoga picnic for B.A.M.S. first year students at Dattatray nagar garden, Nagpur at early morning on 18<sup>th</sup> June 2025 where Students experienced role of Yoga in nature (Satvik Environment) for better health.





- 8) Essay Competition on role of Kapalbhathi in management of PCOS was conducted For B.A.M.S. first year students on 19<sup>th</sup> June 2025. Huge response given by students.
- 9) On 21<sup>st</sup> June 2025, International Yoga Day was celebrated by playing Yoga, Geet at Celebration (Auditorial) hall Followed by common Yoga protocol issued by Ministry of AYUSH. All B.A.M.S. first year students, Hospital staff, teaching and non teaching staff of the college Participated in celebration.
- e) As the theme of International Yoga day 2025 is “**YOGA FOR ONE EARTH ONE HEALTH**”, we concluded the program by plantation at medicinal garden of Govindrao Wanjari, Ayurved College and research centre for environmental harmony.

**Participation:**

**Total participants:- 179**

**Age group: - Children, Youth and Adults.**

**Institutions involved:**

1. Govindrao Wanjari College of engineering and technology, Nagpur
2. Tathagat Bouddha vihar, Prerana Nagar, Nagpur

**Media and publicity:**

1. The event was publicized through banners, social media like face book and Instagram.
2. Photos and Videos were captured for documentation and promotional use.

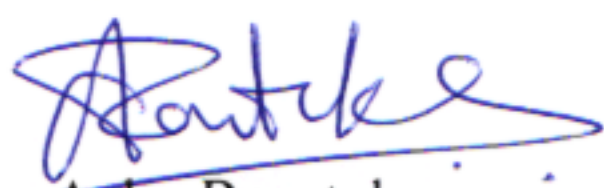
**Outcome:**

- 1) Increased awareness and enthusiasm for Yoga among participants.
- 2) Many expressed interest in continuing Yoga practice regularly.

**Attachments:**

- 1) Photographs
- 2) Videos

**Reported by**

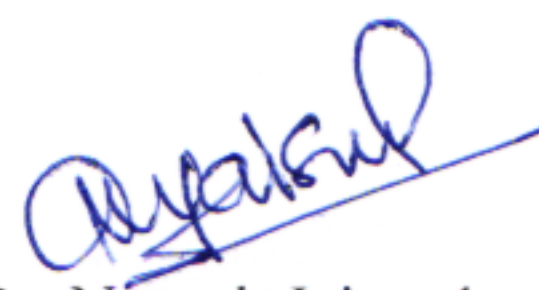


Dr. Asha Ramteke

Consultant

(Swasthavritta and Yoga dept)

G. W. A. H & R.C., Nagpur



Dr. Nagesh Jaiswal

Principal

Govindarao Wanjari

Ayurvedic Colleg Nagpur

**Date:-21/06/2025**

**Place- Nagpur**



Principal  
Govindrao Wanjari Ayurvedic  
College & Research Center,  
Nagpur.

AYU0842



**Inauguration of International Yoga Day Celebration  
Govindrao Wanjari Ayurvedic College, Hospital &  
Research Centre  
Chikna Village, Nagpur**

Date: 5 June 2025



*Principal*  
Principal  
Govindrao Wanjari Ayurvedic  
College & Research Center,  
Nagpur,

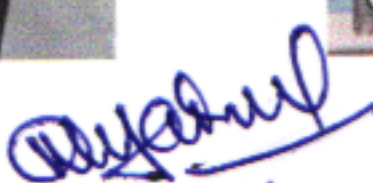




**Y-Break Session**  
**Govindrao Wanjari Colege of Engeneering & Technology**  
**Chikna Village, Nagpur**

Date: 11 June 2025



  
**Principal**  
**Govindrao Wanjari Ayurvedic**  
**College & Research Center,**  
**Nagpur.**





**Yoga Sesstion of Hospital Staff**  
**Govindrao Wanjari AyurvedicHospital & Research Centre**  
**Chikna Village, Nagpur**

Date: 11 June 2025



*Signature*  
Principal  
Govindrao Wanjari Ayurvedic  
College & Research Center,  
Nagpur.





# Child Yoga at Tathagat Buddha Vihar

Nagpur

13 June 2025



*Rajakul*

Principal  
Govindrao Wanjari Ayurvedic  
College & Research Center,  
Nagpur.





# Govindrao Wanjari Ayurvedic College & Research Centre

Chikna Village, Nagpur.

Yog Seminar

Date: 16 June 2025



*P. Wanjari*  
Principal  
Govindrao Wanjari Ayurvedic  
College & Research Center,  
Nagpur.





# Govindrao Wnajari Ayurvedic Hospital & Research Centre

Chikna Village, Nagpur

Yoga Workshop

Date: 17 June 2025



*P. J. J. J.*

Principal

Govindrao Wanjari Ayurvedic  
College & Research Center,  
Nagpur.





# Yoga Picinic at Dattatray Nagar Garden Nagpur

Date:18 June 2025



*Ayalekul*  
Principal  
Govindrao Wanjari Ayurvedic  
College & Research Center,  
Nagpur.





# Sunrise Yoga Nagpur

Date: 20 June 2025



*Prakash*  
Principal  
Govindrao Wanjari Ayurvedic  
College & Research Center,  
Nagpur,






**International Yoga Day Celebration**  
**Govindrao Wanjari Ayurvedic College & Research Centre**  
**Chikna Village, Nagpur**

Date: 21 June 2025



  
Principal  
Govindrao Wanjari Ayurvedic  
College & Research Center,  
Nagpur.





**International Yoga Day Celebration  
Plantation  
Hearbal Garden  
Govindrao Wanjari Ayurvedic College & Research Centre  
Chikna Village, Nagpur**

Date: 21 June 2025



*(Signature)*  
Principal  
Govindrao Wanjari Ayurvedic  
College & Research Center,  
Nagpur.





# Family Yoga Nagpur

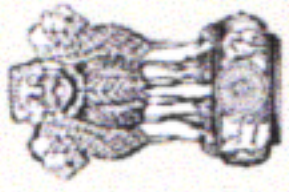
Date: 21 June 2025



*Govindrao*  
Principal  
Govindrao Wanjari Ayurvedic  
College & Research Center,  
Nagpur.







सत्यमेव जयते

Government of India  
Ministry of Ayush



Yoga For One Earth, One Health



Shri Narendra Modi  
Hon'ble Prime Minister

# YOGA SANGAM PATRA

This is to certify that

M/s Govindrao Wanjari Ayurvedic College.

organized Yoga Sangam event to mark the International Day of Yoga on 21st June 2025.

The event was organized

at Salai Godhni, Nagpur

and had the participation of 176 people.

It is also to certify that this event was held simultaneously and in harmony with the national event of International Day of Yoga 2025, led by the Hon'ble Prime Minister at Visakhapatnam, Andhra Pradesh.



Date: 21<sup>st</sup> June 2025  
New Delhi

Principal

Govindrao Wanjari Ayurvedic  
College & Research Center,  
Nagpur.

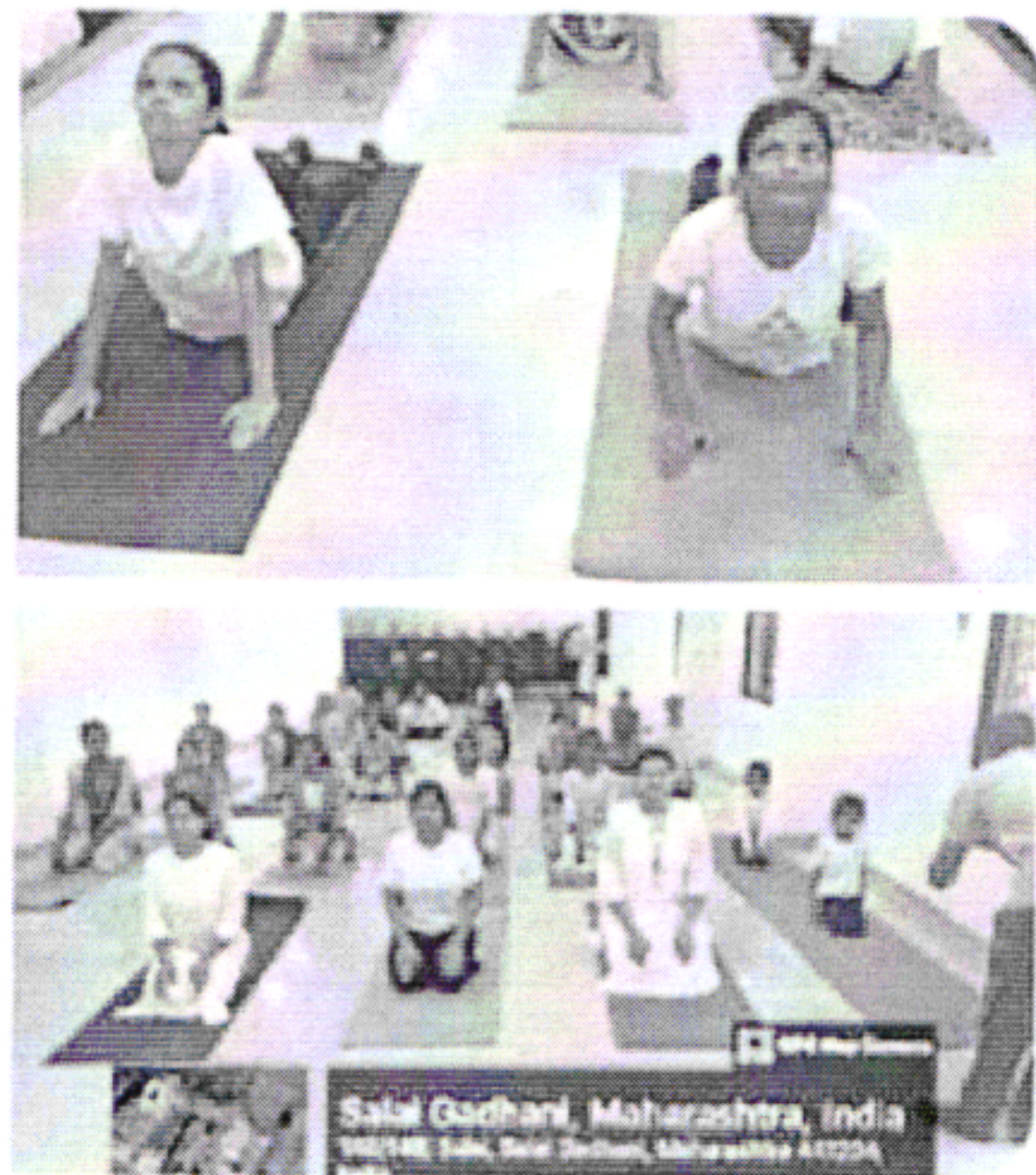
Prataprao Jadhav  
Union Minister of State (IC), Ministry of Ayush and  
Minister of State, Ministry of Health and Family Welfare





**Govindrao Wanjari Ayurved...**  
@AyurvedWanjari

21 June International Yog Day  
is celebrated at Govindrao  
Wanjari Ayurvedic College  
and Reasearch Centre Chikna  
Nagpur. Teaching, Hospital staff  
and Students participated in  
the program



NCISM and Ministry of Ayush

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*Govindrao Wanjari*  
Principal  
Govindrao Wanjari Ayurvedic  
College & Research Center,  
Nagpur,  
21/6/25





**Govindrao Wanjari Ayurved...**

@AyurvedWanjari

International yoga day 2025  
was organised by Govindrao  
Wanjari Ayurvedic College  
and Reasearch Centre Chikna  
Nagpur. #IDY2025



NCISM and Ministry of Ayush

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*Govindrao Wanjari*  
21/6/25  
Principal  
Govindrao Wanjari Ayurvedic  
College & Research Center,  
Nagpur





**Govindrao Wanjari Ayurved...**

@AyurvedWanjari

Plantation is done on occasion of International Yog Day 2025 by Govindrao Wanjari Ayurvedic College and Reasearch Centre Chikna Nagpur. #IDY2025



NCISM and Ministry of Ayush

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*Govindrao Wanjari*  
21/6/25  
Principal  
Govindrao Wanjari Ayurvedic  
College & Research Center,  
Nagpur.