



Department of Swasthavritta

INTERNATIONAL YOGA DAY - 21st JUNE 2025

On behalf of the Department of Medical Education and AYUSH, Government of Maharashtra, R. A. Podar Ayurved Medical College (Ayu), Worli, Mumbai, in collaboration with Grant Government Medical College & J.J. Hospital Mumbai, Government Dental College Mumbai, and K.J. Mittal Ayurveda College Mumbai, organized the celebration of "International Yoga Day" at the National Sports Club of India. This year's yoga gathering was based on the theme, **"Yoga for One Earth, One Health."**

To begin the program, a live broadcast of Hon'ble Prime Minister Shri Narendra Modi's address to the nation from Visakhapatnam was shown. Following this, Ms. Gayatri from Kaivalyadham conducted a collective yoga demonstration. Later, Brahmakumari Vanita Didi from Prajapita Brahma Kumaris conducted a meditation session that mesmerized all attendees. Students of R. A. Podar Ayurved Medical College presented an innovative performance of rhythmic yoga.

The event was presided over by **Shri Rajiv Nivatkar**, Commissioner, Department of Medical Education & AYUSH, Government of Maharashtra and **Dr. Raman Ghungaralekar**,

Director, AYUSH Directorate, Maharashtra, was present as the Chief Guest. **Vaidya Vrushali Ujade** hosted the event, while **Vaidya Prashant Dalvi** delivered the vote of thanks. The program concluded with the National Anthem. Around **400 students** participated **enthusiastically** in the event.



ADVANCED RESEARCH WORKSHOP

Conducted on 28 July 2025 – 2nd August 2025 at R. A Podar Medical College (Ayu). Worli.Mumbai - 18 in collaboration with Maharashtra University of Health Sciences, Nashik. The workshop was mix of Lectures, Group Activities , Group Presentations and Hands on Training.