



स्वातंत्र्याचा अमृत महोत्सव



# सावित्रीबाई फुले पुणे विद्यापीठ

(पूर्वीचे पुणे विद्यापीठ)



प्रो. (डॉ.) सदानंद भोसले

एम्.ए., पीएच्.डी.

संचालक (अतिरिक्त कार्यभार)

राष्ट्रीय सेवा योजना

गणेशखिंड, पुणे - ४११ ००७

कार्यालय क्र. : ०२०-२५६२२६८८/८९  
: ०२०-२५६२२६९०/९१  
: ०२०-२५६२२६९२  
: ०२०-२५६९७३४९

संदर्भ : रासेयो/२०२५-२६/१८

दि. ०२/०५/२०२५

प्रति,

मा.प्राचार्य/संचालक,

रासेयो संलग्नित सर्व महाविद्यालये परिसंस्था,

पुणे, अहिल्यानगर व नाशिक जिल्हा,

सावित्रीबाई फुले पुणे विद्यापीठ.

विषय : “राज्यस्तरीय ऑनलाईन योग” दिनांक ०३ मे २०२५ ते दि. २१ जून २०२५ या कालावधीत होणाऱ्या कार्यक्रमात सहभागी होणेबाबत...

महोदय,

मा. राज्य संपर्क अधिकारी, उच्च व तंत्र शिक्षण विभाग, मंत्रालय, मुंबई यांच्या पत्रानुसार उच्च व तंत्र शिक्षण विभाग, मंत्रालय, मुंबई आणि मुंबई विद्यापीठ, मुंबई व आरोग्य योग आणि निसर्गोपचार संस्था यांच्या संयुक्त विद्यमाने “Yoga for One Earth, One Health” या संकल्पनेवर आधारीत दि. ०३ मे २०२५ ते दि. २१ जून २०२५ दरम्यान राज्यस्तरीय ऑनलाईन योग कार्यक्रमाचे आयोजन करण्यात आले आहे.

त्यानुसार आपल्या महाविद्यालयातील जास्तीत जास्त विद्यार्थ्यांना या कार्यक्रमांमध्ये सहभागी होण्याबाबत सुचित करण्यात यावे. तसेच आपल्या माहिती व उचित कार्यवाहीकरिता सोबत जोडलेल्या पत्राचे अवलोकन करावे. कळावे, ही विनंती.

संचालक

राष्ट्रीय सेवा योजना

सोबत : मा. राज्य संपर्क अधिकारी, उच्च व तंत्र शिक्षण विभाग, मंत्रालय, मुंबई यांचे पत्र



## महाराष्ट्र शासन

### उच्च व तंत्र शिक्षण विभाग, मंत्रालय,

एलफिन्स्टन तंत्र विद्यालय परिसर, ३, महापालिका मार्ग, धोबी तलाव, मुंबई-४०० ००१.

ई-मेल- [nssmantralaya@gmail.com](mailto:nssmantralaya@gmail.com)

दूरध्वनी क्र.०२२-२२६७९५६५

### अति महत्वाचे

क्रमांक: रासेयो-२०२५/प्र.क्र.३७/रासेयो कक्ष,

दिनांक: ०२ मे, २०२५

प्रति,

कार्यक्रम समन्वयक तथा संचालक,

रासेयो संलग्नित सर्व विद्यापीठे व संचालनालये

**विषय : राज्यस्तरीय ऑनलाईन योग दिनांक ०३ मे, २०२५ ते दिनांक २१ जून, २०२५ या कालावधीत होणाऱ्या कार्यक्रमात सहभागी होणेबाबत....**

**संदर्भ : १. मुंबई विद्यापीठ, मुंबई यांचा ई-मेल दिनांक २९ एप्रिल, २०२५**

**२. आरोग्य योग आणि निसर्गोपचार संस्था यांचे पत्र**

उपरोक्त विषयांकीत संदर्भाधीन पत्राचे अवलोकन करावे. "एक पृथ्वी, एक आरोग्यासाठी योग" या थीमखाली आंतरराष्ट्रीय योग दिन-२०२५ च्या निमित्ताने राष्ट्रीय सेवा योजना कक्ष, मंत्रालय, मुंबई, उच्च व तंत्र शिक्षण विभाग, मुंबई विद्यापीठ, मुंबई व आरोग्य योग आणि निसर्गोपचार संस्थायांच्या संयुक्त विद्यमाने राज्यस्तरीय ऑनलाईन योग कार्यक्रम आयोजित करण्यात येत आहे.

या कार्यक्रमाचे उद्घाटन दिनांक ०३ मे, २०२५ रोजी सायं. ८.०० वाजता मा. मंत्री महोदय उच्च व तंत्र शिक्षण यांच्याहस्ते ऑनलाईन पद्धतीने होणार आहे(उद्घाटनाची लिंक ईमेल द्वारे कळविण्यात येईल). या अनुषंगाने सर्व रासेयो कार्यक्रम समन्वयक तथा संचालक यांना कळविण्यात येते की, विद्यापीठे/ संचालनालये संलग्नित महाविद्यालयात दिनांक ०३ मे, २०२५ ते दिनांक २१ जून, २०२५ या कालावधीत "ऑनलाईन राज्यस्तरीय योग काउंटडाऊन कार्यक्रमाचे आयोजन व अंमलबजावणी" करणे बाबत आपल्यास्तरावरून योग्य ती कार्यवाही करण्यात यावी.

सदर उपक्रमात महाराष्ट्रातील विद्यापीठे व सार्वजनिक स्थळांवर योग जनजागृती आणि योग सराव मोहिमेचे आयोजन करण्याचा सविस्तर आराखडा दिला आहे. या उपक्रमाचा समारोप दि. २१ जून, २०२५ रोजी आंतरराष्ट्रीय योग दिनानिमित्त भव्य कार्यक्रमाने होणार आहे.

योग विद्या घरा-घरापर्यंत पोहचविण्याची मा.प्रधानमंत्री, भारत सरकार यांची ही संकल्पना असून, सदर संकल्पनेचा व मार्गदर्शनाचा स्वीकार करण्यात यावा. सदर उपक्रमात संपूर्ण महाराष्ट्रातील विद्यापीठांतर्गत असलेल्या महाविद्यालयातील विद्यार्थ्यांनी जास्तीत- जास्त प्रमाणात सहभागी होण्याचे आवाहन करण्यात यावे.जास्तीत-जास्त विद्यार्थ्यांनी सदर उपक्रमात सहभागी होऊन घरा-घरात योग पोहचविण्यात यावा.

ऑनलाईन राज्यस्तरीय योग काउंटडाऊन कार्यक्रमाचे आयोजन व अंमलबजावणी बाबत नियोजन आपल्या विद्यापीठ/संचालनालयाकडून करण्यात यावे व सदर नियोजनाचा सविस्तर अहवाल रासेयो कक्ष मंत्रालय व रासेयो क्षेत्रीय संचालक पुणे यांना तात्काळ पाठविण्यात यावा.

(डॉ.निलेश मो. पाठक)

राज्य संपर्क अधिकारी, राष्ट्रीय सेवा योजना,  
महाराष्ट्र शासन



MINISTRY OF  
AYUSH



महाराष्ट्र शासन



**NATIONAL SERVICE SCHEME CELL,  
HIGHER & TECHNICAL EDUCATION DEPARTMENT  
GOVERNMENT OF MAHARASHTRA**

**And**

**NATIONAL SERVICE SCHEME CELL**

**University Of Mumbai**

**ORGANIZE**

# International Day of Yoga Event 2025

"Yoga for One Earth, One Health"

**In Association with  
Arogya Yoga and Naturopathy Institute  
Jivan Foundation**

**HOST COLLEGES**

**SST COLLEGE OF ARTS AND COMMERCE, Ulhasnagar  
JEEVANDEEP COLLEGE OF ARTS, COMMERCE AND SCIENCE, Goveli, Kalyan**

## 50-Days Yoga Revolution Initiative

**TRANSFORMATIVE  
VACATION** **online**

**MAY**

### Program Schedule

#### Part I: Virtual Transformative Vacation (May 2025)

- **Knowledge Summits (Saturdays, 8-9 PM):**
  - May 3rd : Transformative vacation and learning.
  - May 10th: Next gen success and skills.
  - May 17th: Inner transformation and Sound Healing
  - May 24th: Health promotion and Health Optimization.
  - May 31st: Inner peace and mind body harmony
- **Power Yoga Boosts (Sundays, 7:30-8:30 AM):**
  - May 4th, 11th, 18th, 25th
- **Kid's Yoga (Sun & Sat, 8:30-9:30 AM):**
  - May 3,4,10,11,17,18,24,25,31
- **Yoga Protocol Training (as per Ayush Ministry Guidelines)**  
5th to 31st May  
Mon, Wed, Fri : Morn. 7 to 8  
Tue, Thur, Sat : Eve. 5.30 to 6.30

**FREE**

**Conducted By**

**Dr. Vijay Kukkrejja**

**Founder**



**Arogya Yoga & Naturopathy Institute**



**Jivan Foundation**

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## 50-Days Yoga Revolution Initiative

**LIVE INDIAN  
WISDOM SUMMIT** **online**

**JUNE**

**Program Schedule**

**Part II: Live Academic Summit (June 1st to 21st)**

• **Sessions:**

- June 1st : Yoga as a Competition (National & International)
- June 8th : Level Up Your Life : Yoga For The Next Gen
- June 9th : Ancient Secrets For Modern Minds - Decoding Patanjali's Yoga Sutras
- June 10th : Overcoming Modern Obstacles With Patanjali's Wisdom
- June 11th : The Power Of Ashtang Yog - Transforming Your Life
- June 12th : Purification And Awakening - Kriya Yog For Modern Life
- June 13th : Karma Yoga : Empowering Young Leaders Through Selfless Action
- June 14th : From Ignorance To Insight - Jnana Yoga For Youth
- June 15th : Unlock The Wisdom Of The Bhagwad Gita For The Next Gen
- June 16th : Words can Heal or Harm
- June 17th : Swing Into Wellness - Ariel Yoga
- June 18th : Take Control Of Your Mind :stress & Anxiety Management Techniques
- June 19th : Life is Yours , Live it with Dignity
- June 20th : CYP : Practice & Instructions for 21st June Program
- June 21st : 21 International Yoga Day Celebration

• **Yoga Protocol Training (as per Ayush Ministry Guidelines)**

1st to 20th June

Mon, Wed, Fri :Morn.7 to 8 | Tue, Thur, Sat : Eve. 5.30 to 6.30

**FREE**

**Conducted By**

**Dr. Vijay Kukkrejja**

**Founder**

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**University Of Mumbai**

**ORGANIZE**

**International Day of Yoga Event 2025**

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**50-Days Yoga Revolution Initiative**

**INITIATIVE & INAUGURATION BY**

**Hon'ble Shri Chandrakant Dada Patil**  
**Higher Education Minister, Maharashtra State**

**OUR ALLIED EVENT PARTNER INSTITUTIONS**



**Maharashtra Yog Shikshak Sangh, Thane**  
**The Yoga**

**Aasha Foundation Charitable Trust**  
**Sahakar Bharti**

**Society Pro**

**Janmada Eye and Medical Foundation**

**Mumbai | Pune | Thane | Satara | Raigad | Nasik**

**OUR PREMIER YOGA EVENT PARTNER STUDIO**

**Sahastrar Yoga Classes**

**Yog Sadhana Center**

**Maa Gayatri Yog Classes**

**Adhiraj Yoga Classes**

**Siddhant Wellness**

**Yoganushasan**

**Nirvana Yog**



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**50-Days Yoga Revolution Initiative**

**TEAM**

**Co-founder, Arogya Yoga and Naturopathy Institute**

Nikita Shelar

Sarika Kukreja

**Coordinator**

Swati Palav

Annapurna Rao

**Yoga Teachers**

01. Bhavna Gupta

03. Nalini Karale

05. Sunita Sahu

07. Neelam Shah

09. Surekha Kuthal

11. Seema Tiwari

02. Sheetal Wasnik

04. Neelam Pandey

06. Sonali Waje

08. Maya Riyal

10. Swaroopa Phaltankar

12. Snehal Kale



MINISTRY OF  
AYUSH



महाराष्ट्र शासन



INTERNATIONAL  
**YOGA DAY**  
21ST JUNE

# Program Details of May



GOVERNMENT OF MAHARASHTRA  
HIGHER & TECHNICAL EDUCATION DEPARTMENT

University Of Mumbai  
NATIONAL SERVICE SCHEME

HOST :

Jeevandeep Arts, Commerce And Science College, Goveli, Kalyan  
SST College of Arts and Commerce, Ulhasnagar, Dist. Thane



"Yoga For One Earth,  
One Health"

# INTERNATIONAL DAY OF YOGA 2025

TOPIC

Next Gen Success and Skills

online

FREE



## Dr. Jitendra Arya

About the Speaker: Dr. Jitendra Arya is an eminent Naturopath with a profound interest in Ancient Indian Healing Sciences, yoga, meditation, Ayurveda.

Step into the future with Next Gen Success—a virtual event focused on empowering the leaders and innovators of tomorrow. Whether you're looking to level up your mindset, skills, or strategy, this session will bring the insight and inspiration you need. Mark your calendar—big ideas ahead!

Schedule:

Date: May 10th, 2025

Time: 8 pm to 9 pm



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**GOVERNMENT OF MAHARASHTRA  
HIGHER & TECHNICAL EDUCATION DEPARTMENT**

**University Of Mumbai  
NATIONAL SERVICE SCHEME**

**HOST :**

**Jeevandeep Arts, Commerce And Science College, Goveli, Kalyan  
SST College of Arts and Commerce, Ulhasnagar, Dist. Thane**



**"Yoga For One Earth,  
One Health"**

# **INTERNATIONAL DAY OF YOGA 2025**

**TOPIC**

**.online**

## **INNER TRANSFORMATION and Evolution...**

**FREE**



**Dr. Rashmita Sabat**

**Ph.D. in Yoga**

Founder of Rashmita's Healing Foundation  
Sound Healer, Wellness Coach  
Corporate Yoga Trainer.

Take a deep dive inward with  
**INNER TRANSFORMATION**  
— a reflective and empowering session  
dedicated to personal growth,  
resilience, and clarity.  
Discover how inner shifts can lead to  
real-world breakthroughs. Show up for  
yourself. This journey starts within.

**Schedule:**

**Date: May 17th, 2025**

**Time: 8 pm to 9 pm**



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NATIONAL SERVICE SCHEME

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SST College of Arts and Commerce, Ulhasnagar, Dist. Thane



"Yoga For One Earth,  
One Health"

# INTERNATIONAL DAY OF YOGA 2025

**FREE**

**TOPIC**

**online**

## Health Promotion & Health Optimization !



**Dr Pradnya Kulkarni**  
Consulting Ayurved Physician (MUHS)  
Dip योग शिक्षक (YCMOU)  
MA योग (KKSU).

**Schedule:**  
**Date: May 24th, 2025**  
**Time: 8 pm to 9 pm**

Learn how proactive wellness and smart care can make all the difference in today's fast-paced world. Empower your health. Expand your understanding.

**Join us** for an insightful session on  
Health Promotion and Disease Management—  
where expert knowledge meets practical strategies.



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GOVERNMENT OF MAHARASHTRA  
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"Yoga For One Earth,  
One Health"

University Of Mumbai  
NATIONAL SERVICE SCHEME

HOST :

Jeevandeep Arts, Commerce And Science College, Goveli, Kalyan  
SST College of Arts and Commerce, Ulhasnagar, Dist. Thane

# INTERNATIONAL DAY OF YOGA 2025

TOPIC

online

## INNER

## PEACE

Techniques

FREE



Discover practical methods  
to calm the mind  
and center yourself.

Instructor:

**MR. PRABHULING ZUNJA**

Founder of Rajyog Yoga & Wellness,  
Empowered 2,000+ individuals  
through yoga, mindfulness, and  
lifestyle coaching, blending ancient wisdom  
with modern science.

**Date: 31st May 2025**

**Time: 8:00 PM – 9:00 PM**



Conducted By

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SST College of Arts and Commerce, Ulhasnagar, Dist. Thane

**INTERNATIONAL DAY OF YOGA 2025**

TOPIC

online

**KIDS YOGA SESSIONS**

**FREE**



Help your child build focus, balance  
& well-being through yoga!

**Pranali Patil**

With 8+ years of experience,  
Pranali blends ancient  
wisdom with modern wellness.



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HOST :

Jeevandeep Arts, Commerce And Science College, Goveli, Kalyan  
SST College of Arts and Commerce, Ulhasnagar, Dist. Thane

INTERNATIONAL DAY OF YOGA 2025

TOPIC

KIDS YOGA SESSIONS  
online

FREE



Fun and engaging weekend yoga  
classes for children, led by the  
experienced Sayali Jadhav



Give your child  
the gift of balance,  
focus, and wellness  
through yoga!

**Sayali Jadhav**

Education: M.Com, MA in  
Yoga. 10+ years of experience in  
the field of Yoga.

On 3rd, 4th, 17th, 18th, 24th,  
25th & 31st May  
Time: 8:30 AM – 9:30 AM

SCAN for REGISTRATION



Conducted By

**Arogya Yoga & Naturopathy Institute**  
**Jivan Foundation**



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arogyamandiryoga@gmail.com  
Jambhilghar, Badlapur (West)-421 503.





GOVERNMENT OF MAHARASHTRA  
HIGHER & TECHNICAL EDUCATION DEPARTMENT

University Of Mumbai  
NATIONAL SERVICE SCHEME

HOST :

Jeevandeep Arts, Commerce And Science College, Goveli, Kalyan  
SST College of Arts and Commerce, Ulhasnagar, Dist. Thane



"Yoga For One Earth,  
One Health"

INTERNATIONAL DAY OF YOGA 2025

TOPIC

.online

FREE

POWER YOGA SESSIONS

*Join us for revitalizing*

Start your Sundays with  
strength, flexibility, and  
peace of mind!



**Sunita Walunj**

**About the Instructor:**

Certified Personal Trainer  
(Fitness Institute of  
SS Fitness, 2017) CPR and  
First Aid Certified (Institute of  
Health and Wellness, 2018)  
Awarded Best Fitness Trainer  
by SS Fitness in 2018

Every Sunday Morning With **Sunita Walunj**  
-An Experienced And Certified Yoga Instructor.

**Session Details**

**Time: 7:30 AM – 8:30 AM**  
**On 4th, 11th, 18th, and 25th May**



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**INTERNATIONAL DAY OF YOGA 2025**

**TOPIC**

**.online**

**YOGA PROTOCOL TRAINING**

**FREE**

Strengthen your body and mind with  
authentic and well-structured yoga training!



Join systematic and  
rejuvenating  
yoga sessions  
with Snehal Patil ji,  
certified by  
the Ministry of Ayush.

**Snehal Patil ji**

MA in Yog Shastra  
YCB Certified,  
Ministry of  
Ayush, Govt. of India

**Schedule:**

Date : 5th to 31st May  
Monday, Wednesday & Friday  
Time: Morn. 7.00 to 8.00 am

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"Yoga For One Earth,  
One Health"

HOST :

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**INTERNATIONAL DAY OF YOGA 2025**

**TOPIC**

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**YOGA PROTOCOL TRAINING**

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Strengthen your body and mind with  
authentic and well-structured yoga training!



Join systematic and  
rejuvenating  
yoga sessions  
with Shweta Deshpande,  
certified by  
the Ministry of Ayush.

**Shweta Deshpande**

B E ( Production), MA Yoga ,  
PGDYT, Face Yoga Trainer.  
Have About 20yrs Of Experience  
In Field Of Yoga. Have Conducted  
Workshops In Schools, Institutions Corporate  
And Other In House Workshops Of Yoga.

**Schedule:**

Date : 5th to 31st May  
Tuesday, Thursday, Saturday  
Time: Eve. 5.30 pm – 6.30 pm

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MINISTRY OF  
AYUSH



महाराष्ट्र शासन



INTERNATIONAL  
**YOGA DAY**  
21ST JUNE

# Program Details of June



GOVERNMENT OF MAHARASHTRA  
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University Of Mumbai  
NATIONAL SERVICE SCHEME

HOST :

Jeevandeep Arts, Commerce And Science College, Goveli, Kalyan  
SST College of Arts and Commerce, Ulhasnagar, Dist. Thane



"Yoga For One Earth,  
One Health"

# INTERNATIONAL DAY OF YOGA 2025

TOPIC

.online

FREE

## Yoga as a Competition : National & International Arena



*Join us to understand how Yoga as a competition is shaping a new generation of athletes and spiritual warriors—equipped to compete with grace and live with purpose.*

**Dr. Balwant Singh**

Distinguished Academician,  
Yoga Expert and  
Physical Educationist

**Schedule:**

**Date: June 1st, 2025**

**Time: 8 pm to 9 pm**



Conducted By

**Arogya Yoga & Naturopathy Institute  
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"Yoga For One Earth,  
One Health"

HOST :

Jeevandeep Arts, Commerce And Science College, Goveli, Kalyan  
SST College of Arts and Commerce, Ulhasnagar, Dist. Thane

# INTERNATIONAL DAY OF YOGA 2025

TOPIC

LEVEL UP YOUR LIFE :  
YOGA FOR THE NEXT GEN

online

FREE



**Dr. Vijay Kukkrejja**

Founder, Arogya Yoga and Naturopathy Institute  
Ambassador – Murbad Vidhansabha President –  
Maharashtra Yog Shikshak Sangh, Thane, Maharashtra  
Ratna Awardee (2023)

EMPOWERING YOUNG MINDS TO UNLOCK THEIR  
POTENTIAL, BUILD RESILIENCE, AND THRIVE IN  
A FAST-PACED WORLD THROUGH  
TRADITIONAL YOGA PRACTICES WITH A MODERN TWIST."

**Schedule:**

**Date: June 8th, 2025**

**Time: 8 pm to 9 pm**



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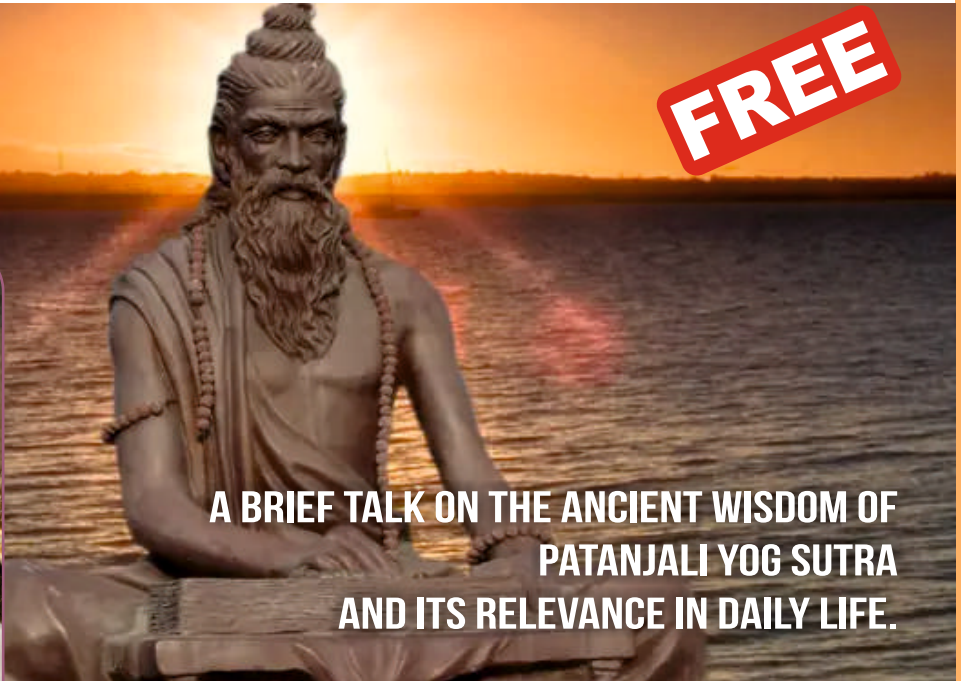
"Yoga For One Earth,  
One Health"

# INTERNATIONAL DAY OF YOGA 2025

**TOPIC** **.online**

**Ancient Secrets for Modern Minds -  
Decoding Patanjali's Yoga Sutras**

**FREE**



A BRIEF TALK ON THE ANCIENT WISDOM OF  
PATANJALI YOG SUTRA  
AND ITS RELEVANCE IN DAILY LIFE.

## Dr. Jitendra Arya

About the Speaker: Dr. Jitendra Arya is an eminent Naturopath with a profound interest in Ancient Indian Healing Sciences, yoga, meditation, Ayurveda.

**Schedule:**

**Date: June 9th, 2025**

**Time: 8 pm to 9 pm**



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"Yoga For One Earth,  
One Health"

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# INTERNATIONAL DAY OF YOGA 2025

TOPIC

online

## Overcoming Modern Obstacles with Patanjali's Wisdom

FREE



Instructor:

**MR. PRABHULING ZUNJA**

Founder of Rajyog Yoga & Wellness,  
Empowered 2,000+ individuals  
through yoga, mindfulness, and  
lifestyle coaching, blending ancient wisdom  
with modern science.



"Navigate life's challenges with  
Patanjali's wisdom. Find inner peace,  
clarity, and strength to overcome obstacles  
and live a balanced life."

**Schedule:**

**Date: June 10th, 2025**

**Time: 8 pm to 9 pm**



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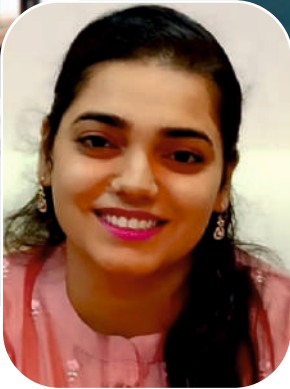


"Yoga For One Earth,  
One Health"

# INTERNATIONAL DAY OF YOGA 2025 TOPIC .online

## The Power Of **Ashtang Yog** - Transforming Your Life

**FREE**



**Nikita Shelar Bagde**

YCB Certified Yoga Teacher & Evaluator  
(AYUSH Ministry, Govt. of India)  
Maharashtra Pillars Awardee – 2023

"Unlock your potential with Ashtang Yoga's 8 limbs,  
fueling holistic growth and development through  
mental, and spiritual balance, leading to self-discovery,  
empowerment, and transformation."

**Schedule:**

**Date: June 11th, 2025**

**Time: 8 pm to 9 pm**



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**University Of Mumbai  
NATIONAL SERVICE SCHEME**

**HOST :**

**Jeevandeep Arts, Commerce And Science College, Goveli, Kalyan  
SST College of Arts and Commerce, Ulhasnagar, Dist. Thane**



# INTERNATIONAL DAY OF YOGA 2025

**TOPIC**

**online**

## Purification and Awakening : Kriya Yog for Modern Life

**FREE**

Transform your life with Kriya Yoga's powerful practices, fostering inner purification, spiritual growth, and self-awareness, leading to a more balanced and awakened you."



### **Mrs. Vibha Vaibhav Chorge**

An energetic yoga guru with advanced training in Hatha and Ashtanga Yoga. She also serves as a lecturer for volunteer courses under AYUSH, Govt. of India. Yoga today is not only a path to inner well-being but also a recognized competitive discipline. National and international yoga competitions celebrate strength, balance, discipline, and mindfulness, offering a platform for practitioners to showcase their skills while promoting global unity through yoga.



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# INTERNATIONAL DAY OF YOGA 2025

**TOPIC**

**Karma Yoga :**

**online**

**Empowering Young Leaders through Selfless Action**

**FREE**



**"Empowering Young Leaders through Karma Yoga:  
Cultivating selfless action, compassion, and service  
to others, fostering leadership, character, and  
positive impact in the world."**

**Schedule:**

**Date: June 13th, 2025**

**Time: 8 pm to 9 pm**

**Dr. Rashmi Ranade**

Director, School of Health Science  
Yashwantrao Chavan Maharashtra  
Open University



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# INTERNATIONAL DAY OF YOGA 2025

**FREE**

**TOPIC**

**online**

## From Ignorance to Insight - Jnana Yoga for Youth



**"Jnana Yoga for Youth: Discover the path from ignorance to insight through knowledge, self-inquiry, and wisdom, empowering young minds to navigate life's complexities with clarity and purpose."**

### **RITU KAUSHIK**

Yoga & Naturopath Scholar| Therapeutic Yoga Practitioner  
|Chakra Healer With over 11 years of experience,  
Founder & Director of Yogtatvah –  
Wellness & Beyond.  
She brings a holistic approach to healing through yoga,  
energy work, and naturopathy.

**Schedule:**

**Date: June 14th, 2025**

**Time: 8 pm to 9 pm**



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SST College of Arts and Commerce, Ulhasnagar, Dist. Thane



# INTERNATIONAL DAY OF YOGA 2025

TOPIC

.online

## Unlock the wisdom of Bhagvat Gita

FREE



**Dr. Balwant Singh**

Distinguished Academician,  
Yoga Expert and  
Physical Educationist

Today, he brings us an inspiring session on “Unlock the Wisdom of Bhagavad Gita for the Next Gen.” In an era marked by rapid change, emotional challenges, and information overload, the eternal teachings of the Bhagavad Gita serve as a guiding light. Dr. Singh will explore how the Gita's philosophy can empower today's youth with clarity, purpose, and resilience—equipping them to face life's complexities with inner strength and balanced thinking.

**Schedule:**

**Date: June 15th, 2025**

**Time: 8 pm to 9 pm**



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University Of Mumbai  
NATIONAL SERVICE SCHEME

HOST :

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SST College of Arts and Commerce, Ulhasnagar, Dist. Thane



INTERNATIONAL DAY OF YOGA 2025

TOPIC

.online

# Words Can Heal or Harm

FREE

Words have immense power.

They can build confidence, mend hearts and spread positivity — or they can tear down, discourage, and leave emotional wounds that last a lifetime. In a world where communication plays such a vital role, it is essential to understand the impact our words have on others.



**Mr. Samir Ramesh Pimpalkar**

Principal,  
Gurukul International School,  
Badlapur

**This session aims to create awareness on using our speech responsibly to heal, to uplift, and to inspire.**

**Schedule:**

**Date: June 16th, 2025**

**Time: 8 pm to 9 pm**



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**HOST :**

**Jeevandeep Arts, Commerce And Science College, Goveli, Kalyan  
SST College of Arts and Commerce, Ulhasnagar, Dist. Thane**



# INTERNATIONAL DAY OF YOGA 2025

**TOPIC**

**.online**

## Swing Into Wellness - Ariel Yoga

**FREE**



**Dr. Rashmita Sabat**

**Ph.D. in Yoga**

Founder of Rashmita's Healing Foundation  
Sound Healer, Wellness Coach  
Corporate Yoga Trainer.



**Elevate your practice, challenge your body,  
and free your spirit through weightless poses,  
inversions, and meditative flows in the air."**

**Schedule:**

**Date: June 17th, 2025**

**Time: 8 pm to 9 pm**



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SST College of Arts and Commerce, Ulhasnagar, Dist. Thane



# INTERNATIONAL DAY OF YOGA 2025

TOPIC

online

Take control of your Mind:  
Stress & Anxiety Management Techniques

FREE



**Prajakta Deo**

13+ years of experience in India and internationally.  
\* Education excellence award 2023.  
\* Rashtriya Pratishtha puruskar (2023).

"Master your mind: Effective stress and anxiety management techniques to calm the mind, soothe the body, and empower resilience, helping you regain control, find inner peace, and boost productivity."

**Schedule:**

**Date: June 18th, 2025**

**Time: 8 pm to 9 pm**



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HOST :

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SST College of Arts and Commerce, Ulhasnagar, Dist. Thane



# INTERNATIONAL DAY OF YOGA 2025

TOPIC

online

## Life is Yours, Live it with Dignity

FREE



**Schedule:**

**Date: June 19th, 2025**

**Time: 8 pm to 9 pm**

### Dr. Shaligram Bhandari

Honoring for his dedicated medical service since 1974 in Talegaon Dabhade, guided by the belief: "Service to patients is service to God." Also celebrating "Abhalmaya", founded by Shantabai Yewale in Pachane — a home nurturing and educating orphaned and underprivileged girls.

"Claim your life's purpose:  
Live with dignity, self-respect, and  
authenticity, embracing values  
that uplift and inspire, and making  
choices that reflect your true  
potential and aspirations."



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SST College of Arts and Commerce, Ulhasnagar, Dist. Thane



# INTERNATIONAL DAY OF YOGA 2025

TOPIC

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CYP : Practice & Instructions for  
21st June Program

FREE



Schedule:

Date: June 20th, 2025

Time: 8 pm to 9 pm



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# INTERNATIONAL DAY OF YOGA 2025

TOPIC

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## International Yoga Day Celebration



**Schedule:**  
**Date: June 21th, 2025**



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"Yoga For One Earth,  
One Health"

HOST :

Jeevandeep Arts, Commerce And Science College, Goveli, Kalyan  
SST College of Arts and Commerce, Ulhasnagar, Dist. Thane

**INTERNATIONAL DAY OF YOGA 2025**

**TOPIC**

**.online**

**YOGA PROTOCOL TRAINING**

Strengthen your body and mind with **FREE**  
authentic and well-structured yoga training!



Join systematic and  
rejuvenating  
yoga sessions  
with Snehal Patil ji,  
certified by  
the Ministry of Ayush.

**Snehal Patil ji**  
MA in Yog Shastra  
YCB Certified,  
Ministry of  
Ayush, Govt. of India

**Schedule:**

Date : 1st to 20th June  
Monday, Wednesday & Friday.  
Time: Morn. 7:00 am – 8:00 am

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"Yoga For One Earth,  
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**TOPIC**

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**YOGA PROTOCOL TRAINING**

**FREE**

Strengthen your body and mind with  
authentic and well-structured yoga training!



Join systematic and  
rejuvenating  
yoga sessions  
with Shweta Deshpande,  
certified by  
the Ministry of Ayush.

**Shweta Deshpande**

B E ( Production), MA Yoga ,  
PGDYT, Face Yoga Trainer.  
Have About 20yrs Of Experience  
In Field Of Yoga. Have Conducted  
Workshops In Schools, Institutions Corporate  
And Other In House Workshops Of Yoga.

**Schedule:**

Date : 1st to 20th June  
Tuesday, Thursday, Saturday  
Time: Eve. 5.30 pm – 6.30 pm

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