



## Goa University

### Manohar Parrikar School of Law, Governance and Public Policy

#### Report of International Yoga Day

|  |  |
|--|--|
| 1. Title of the Event/Activity/Program                 | International Yoga Day Celebration   |
| 2. Date and Time                                       | 21st June, 2025, 10:00 a.m. to 12:00 p.m.  |
| 3. Mode of conduct (Physical/Online)                   | Physical   |
| 4. School/ Directorate/ Section                        | Manohar Parrikar School of Law, Governance and Public Policy   |
| 5. Collaborating Agency/School/Directorate             | -----  |
| 6. Detail of the Resource Person (Brief biodata)       | Yoga Experts-<br>1. Shri. Girish S. Prabhu Parulekar<br>2. Mrs. Anupa V. Khorjuvekar                   |
| 7. Number of Faculty attended/participated             | 10   |
| 8. Number of students attended/participated            | -----  |
| 9. No. of external students/faculty/other participants | Non-teaching staff- 08   |
| 10. The objectives of the Program/activity/event       | 1. To promote awareness about the importance of yoga in daily life for physical and mental well-being. |

|   |   |
|---|---|
|   | <p>2. To encourage faculty members and staff to adopt a healthy lifestyle through regular yoga practice.</p> <p>3. To commemorate International Yoga Day (21st June) as declared by the United Nations.</p> <p>4. To foster a sense of mindfulness, inner peace, and community participation through collective yoga sessions.</p>  |
| <b>11. Description of the Program/activity/event</b>          | <p>The International Yoga Day was observed at Goa University through organized yoga sessions conducted on campus. There was active participation from faculty members and non-teaching staff. Qualified yoga instructors led the sessions, which included breathing exercises (pranayama), basic asanas, meditation, and relaxation techniques.</p> <p>The sessions were conducted at the Conference Hall, Administrative Building and Lecture Hall-I, School of Chemical Sciences from 10:00 a.m. to 12:00 p.m. by Shri. Girish S. Prabhu Parulekar and Mrs. Anupa V. Khorjuvekar, Yoga Experts. The same sessions were streamed simultaneously across all the schools of Goa University to facilitate the active participation of all employees</p> |
| <b>12. Benefit/Key outcomes of the Program/activity/event</b> | <p>The sessions fostered awareness about the importance of physical, mental, and emotional well-being through the regular practice of yoga. Also, the participants reported a sense of calm and relaxation, with yoga techniques helping to manage work-related stress effectively.</p> <p>The program encouraged participants to incorporate yoga and mindful practices into their</p>   |

|                                   |   |
|-----------------------------------|---|
|                                   | <p>daily routines, promoting healthier living.</p> <p>The sessions served as a motivational platform for many to consider continuing yoga as part of their lifestyle, beyond the celebration of Yoga Day.</p> |
| <b>13. Enclosures with report</b> | Flyer, Geo-tagged photos, Registration Sheet.   |



Coordinator: Dr Alaknanda Shringare,  
Vice Dean (Research)



Sr. Prof. Rajendra S. Gad  
Dean MPSLGPP





INTERNATIONAL  
**Yoga day**

*Yoga for One Earth, One Health*

**21 June 2025**

10 a.m. onwards

Celebration at conference Hall, Administration Building and  
Lecture Hall-1, School of Chemical Sciences, Coa University

**CLICK HERE FOR REGISTRATION**

Highlight of the Program

Practical session on:

- Pranayamas
- Yoga Aasanas
- Meditation







**Durgavado, Goa, India**

Fr5f+ppp, Durgavado, Goa 403206, India

Lat 15.458619° Long 73.824161°

21/06/2025 10:34 AM GMT +05:30



**Durgavado, Goa, India**

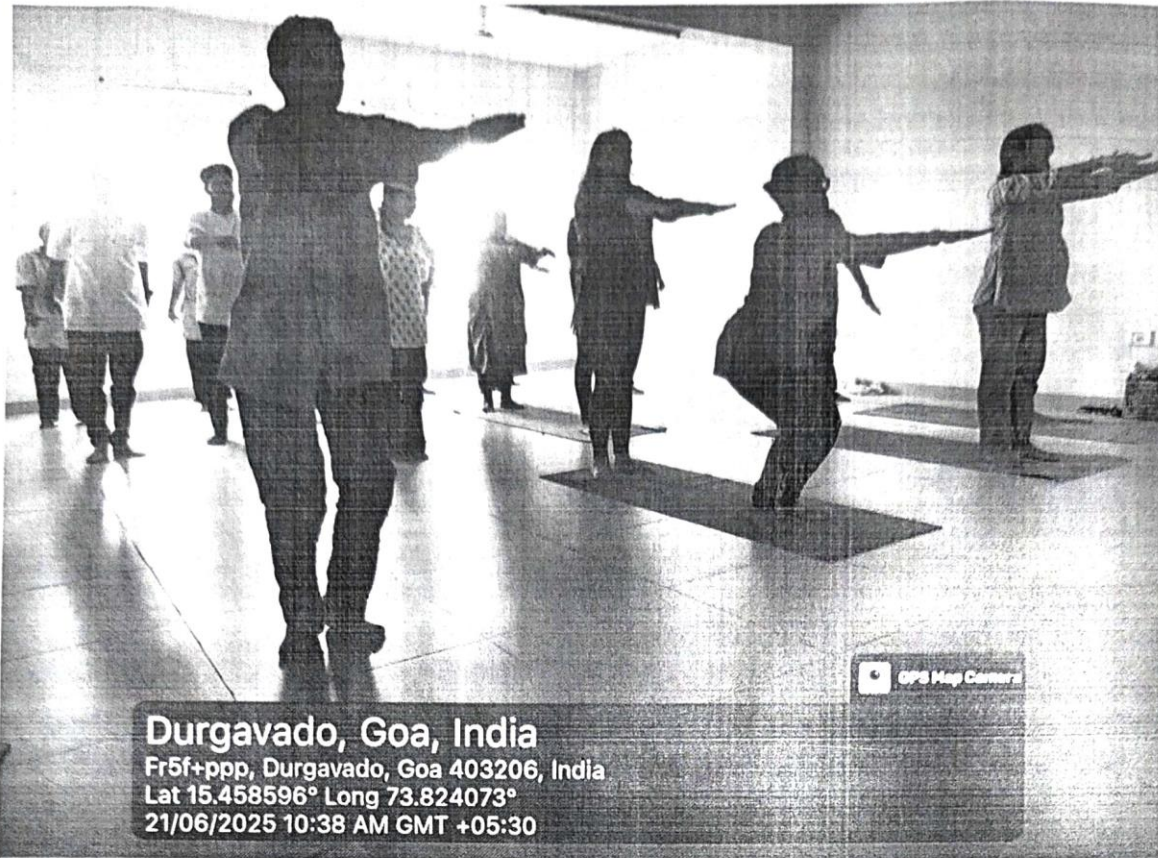
Fr5f+ppp, Durgavado, Goa 403206, India

Lat 15.458553° Long 73.82404°

21/06/2025 10:31 AM GMT +05:30





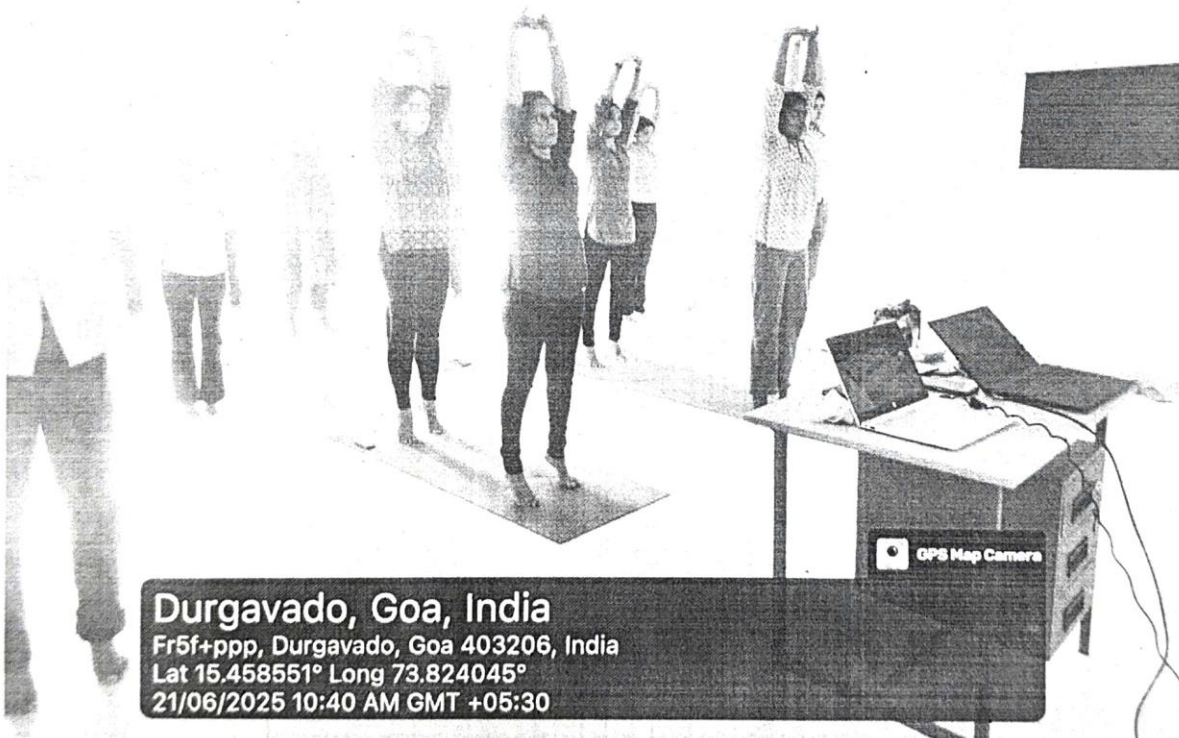


**Durgavado, Goa, India**

Fr5f+ppp, Durgavado, Goa 403206, India

Lat 15.458596° Long 73.824073°

21/06/2025 10:38 AM GMT +05:30



**Durgavado, Goa, India**

Fr5f+ppp, Durgavado, Goa 403206, India

Lat 15.458551° Long 73.824045°

21/06/2025 10:40 AM GMT +05:30







## International Yoga Day

21/06/2025

MPSLGPP

- |                             |                                |
|-----------------------------|--------------------------------|
| F1) Dr. Ataknande Shringum  | <u>Shringum</u>                |
| F2) Dr. Steffi Quinstal     | <u>Steffi</u>                  |
| F3) Mr. Siddhesh Kalekar    | <u>Siddhesh</u>                |
| F4) Sanskruti Ayir          | <u>Sanskruti</u>               |
| F5) Ms. Richa B. Kajoli     | <u>Richa</u>                   |
| F6) Saprem Shirsikar        | <u>Saprem</u>                  |
| 7 Shubham Padetkar          | <u>Shubham</u>                 |
| F8) Parita Naile            | <u>Parita Naile</u>            |
| F9) Vaibhavi Rane           | <u>Vaibhavi</u>                |
| 10) Karishma Murganekar     | <u>Karishma Murganekar</u>     |
| 11) Pallavi S. Karkhanavala | <u>Pallavi S. Karkhanavala</u> |
| 12) Rakesh Singh            | <u>Rakesh Singh</u>            |
| 13) Anita KC                | <u>Anita KC</u>                |
| 14) Sema                    | <u>Sema</u>                    |
| 15) Hum Bahadur             | <u>HM</u>                      |
| F16) RIDDHI DICHOLKAR       | <u>Riddhi</u>                  |
| 17) Dharmendra K.L.         | <u>Dharmendra</u>              |
| 18) Ruchika Naik            | <u>Ruchika</u>                 |









INTERNATIONAL  
**Yoga day**  
**'Yoga for One Earth, One Health'**

21 June 2025

10 a.m. onwards

Celebration at conference Hall, Administration Building and  
Lecture Hall-1, School of Chemical Sciences, Goa University

**[CLICK HERE FOR REGISTRATION](#)**

Highlight of the Program

Practical session on:

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**Note:** Only first 80 participants who register using above link will get the opportunity to be a part of practical session of Yoga