

International Yoga Day

Date: 21st June 2025

Time: 08:00 am to 9:30 pm

Venue: IPS Auditorium

Introduction:

International Yoga Day is observed every year on 21st June, as declared by the India in 2014, following an initiative proposed by India's Prime Minister Shri Narendra Modi. The date was chosen as it is the longest day of the year in the Northern Hemisphere, symbolizing light, energy, and inner awakening. The purpose of this day is to raise global awareness about the benefits of yoga—a time-tested practice rooted in Indian culture that enhances physical, mental, emotional, and spiritual well-being.

Yoga is much more than a series of physical exercises; it is a lifestyle and a holistic discipline that unites the body, mind, and soul. In today's fast-paced, stress-filled world, yoga offers a powerful tool to restore balance, improve health, and cultivate inner peace. Its relevance has grown globally, and millions of people now practice yoga daily to improve flexibility, build strength, and manage stress.

Objective:

- To increase awareness about the importance and science of yoga.
- To motivate students and staff to include yoga in their daily routines.
- To promote physical and mental wellness through guided yoga practices.
- To instill a sense of discipline, concentration, and inner peace.

Speaker:

MR. HIRAMAN BHUJBAL.

DR. LALIT KANORE PRINCIPLE of CSIT

Report:

The International Yoga Day celebration held at ASM's Institute of Professional Studies. It was conducted with great enthusiasm and a deep sense of purpose. The event took place in the college auditorium, bringing together students, faculty, and invited dignitaries for a truly enriching experience.

The session started with a warm welcome by Ms. Amruta Joshi/Mrunal Ughade, who greeted all guests and participants with heartfelt words. Dr. Lalit Sir welcomed the speaker of the day with a offered a token of love as plant sapling, symbolizing life, growth, and the connection with nature—a key principle in yogic and Indian philosophical thought.

In his address, Dr. Lalit sir elaborated on the ancient origins of yoga, linking it to Adinath (Lord Shiva), who is traditionally considered the first yogi. He discussed the scientific and spiritual reasoning behind choosing 21st June as Yoga Day, a time of maximum energy and spiritual possibility. He emphasized that yoga is not just a fitness regime but a life philosophy deeply rooted in Indian culture and spirituality. He also acknowledged the visionary role of Prime Minister Narendra Modi, who brought yoga to the global stage through the United Nations. Dr. Lalit Sir then introduced the chief guest, Mr. Hiranman Bhujbal, a well-known scholar in yoga. Mr. Bhujbal's session was an inspiring blend of scriptural wisdom and practical guidance. He began by reciting two key shlokas from the Bhagavad Gita, explaining how Lord Krishna described yoga as a balanced way of living, where actions are performed without attachment and the mind is kept steady in joy and sorrow. He spoke about the integration of mind, body, and soul, which is the ultimate aim of yoga—not just flexibility or health.

Yoga Motivational Speaker Mr. Hiranman Bhujbal stressed the importance of yoga in a student's life, particularly for improving concentration, clarity of thought, emotional regulation, and character building. He recommended adding yoga-related books to the library to deepen understanding among students. He gave an in-depth explanation of Ashtanga Yoga (Eight Limbs of Yoga), detailing each limb with examples:

- Yama (ethical disciplines),
- Niyama (personal observances),
- Asana (physical postures),
- Pranayama (control of breath),
- Pratyahara (withdrawal of senses),
- Dharana (concentration),
- Dhyana (meditation),
- Samadhi (state of blissful absorption).

Each of these stages, he explained, is a step toward inner purification and enlightenment. He also connected these practices with daily moral behavior, mindful living, and spiritual discipline.

In addition, Mr. Bhujbal spoke about advanced yogic concepts such as the Sapta Chakra (seven energy centers), Hatha Yoga, and cosmic energy. He highlighted how modern science is now beginning to validate many of the insights the yogic sciences have spoken about for thousands of years.

As part of the session at last, Mr. Bhujbal also conducted a practical demonstration of Surya Namaskar (Sun Salutation). He guided students/faculty step-by-step through the twelve postures, explaining the physical benefits of flexibility and strength, as well as the spiritual symbolism behind each movement. In This Practical session Principle ,Dean and all faculty & students participated ,& experienced the rhythm of breath and body alignment firsthand. He emphasized how regular practice of Surya Namaskar can lead to increased energy levels, improved focus, and emotional balance. Throughout the session, participants were not only intellectually engaged and also eagerly and spiritually uplifted.

Photos:





GPS Map Camera



GPS Map Camera





Audyogik Shikshan Mandal's

INSTITUTE OF PROFESSIONAL STUDIES (IPS)

(Society Regd. No. Maharashtra/1330/Pune 83; Public Trust No. F-2451/Pune 83)

(Approved by AICTE, Govt. of India & affiliated to University of Pune)

AICTE CODE : 1-4240185 DTE CODE : MB6166 AISHE CODE : C-46639





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Outcomes:

- Participants learned about yoga beyond physical postures, gaining knowledge of its spiritual and mental dimensions.
- The session inspired many to begin or continue daily yoga practice.
- Students gained awareness of concentration techniques and ancient Indian wisdom.
- The event successfully highlighted India's cultural richness and promoted holistic wellness.