

PRINCIPAL K. M. KUNDNANI COLLEGE OF PHARMACY



(GOVT. AIDED, PCI APPROVED, ACCREDITED BY NBA & AFFILIATED TO UNIVERSITY OF MUMBAI)

Plot No. 23, Jote Joy Building, Rambhau Salgaonkar Road, Cuffe Parade, Mumbai-400005.

(www.kmkcp.edu.in)



Celebrated

INTERNATIONAL YOGA DAY

On June 21, 2025

At Smt. Geeta Israni Auditorium, 10:30Am onwards, KMKCP


In line with the global observance of the International Day of Yoga, and as per the directives from the University of Mumbai, Prin. K. M. Kundnani College of Pharmacy proudly hosted a yoga session on 21st June 2025, at the Smt. Geeta Israni Auditorium. The celebration was held to acknowledge yoga as a gift of India to the world and to promote the harmony of body, mind, and environment.

Theme for 2025:




“Yoga for One Earth, One Health”


This year's theme emphasizes the interconnectedness of individual health and planetary well-being, fostering the idea that a balanced life leads to a balanced Earth.



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Celebrates



International Yoga Day

Yoga is a powerful natural state that can inspire you in many ways!!..

JUNE 21, 2025
10:30 am onwards
Venue: Smt. Geeta Israni Auditorium



Program Highlights

Welcome Address: The event commenced at 11:30 AM with a welcome address by Dr. Archana Gurjar, Vice-principal, KMKCP, who highlighted the significance of yoga and its relevance in today's fast-paced academic and professional life. A brief overview of the history and objectives of International Yoga Day was presented, reflecting on how yoga integrates physical postures, breath control, and mindfulness to promote holistic health.

Yoga Demonstration Session

- A live yoga session was conducted covering Common Yoga Protocol (Asanas, Pranayama, Meditation)
- Interactive participation from students and staff
- Special focus on stress management, posture correction, and breathing techniques
- All participants took the official Yoga Day Pledge, committing themselves to integrate yoga into their daily lives and promote its benefits among peers, family, and the community.
- Active Participation: The session saw the participation of over 45 students, 6 faculty, and 7 non-teaching staff.



Outcomes and Impact

Participants reported feeling more relaxed, rejuvenated, and motivated to include yoga in their daily routine. The event reinforced the benefits of yoga in reducing academic stress, improving concentration, and enhancing overall health.

The activity also served as a commitment by the college to support the University of Mumbai's initiative to highlight the role of academia in advancing the global wellness movement.



Conclusion

The International Yoga Day celebration at Prin. K. M. Kundnani College of Pharmacy was a successful initiative reflecting the spirit of well-being and sustainability. The program was not only a reminder of the power of ancient Indian wisdom but also an example of how educational institutions can contribute meaningfully to global health awareness campaigns