

**MSPM's**

**Deogiri Institute of Technology and Management  
Studies (DITMS)**

**National Service Scheme (NSS)**

**Report**

**On**

**INTERNATIONAL DAY OF YOGA**

**Organized by**

**Deogiri Institute of technology & Management Studies**

**&**

**National Service Scheme Department**

**Date of the Activity:**

21<sup>st</sup> June 2025

**Venue:**

**Deogiri Institute of technology & Management Studies Campus**



## **2025 Theme: Yoga for One Earth, One Health**

This year marks the 11th International Day of Yoga with the theme “Yoga for One Earth, One Health”, which echoes a vital truth that personal wellness and planetary health are inseparably linked. Yoga strengthens the body, calms the mind and fosters a heightened sense of awareness and responsibility in daily life. This mindfulness allows one to choose healthier and more sustainable lifestyles. In caring for ourselves, we begin to care for the Earth, reflecting the enduring Indian ethos of Vasudhaiva Kutumbakam — the world is one family.

Yoga is an ancient physical, mental and spiritual practice that originated in India. The word „yoga“ derives from Sanskrit and means to join or to unite, symbolizing the union of body and consciousness.

Today it is practiced in various forms around the world and continues to grow in popularity.

Recognizing its universal appeal, on 11 December 2014, the United Nations proclaimed 21 June as the International Day of Yoga

Yoga a transformative practice represents the harmony of mind and body, the balance between thought and action and the unity of restraint and fulfillment. It integrates the body, mind, spirit and soul.

## **Celebration of International Yoga Day -2025**

**Event:** Celebration of International Yoga Day -2025

**Venue:** DITMS Campus

**Date:** 21-06-2025

**Time:** 07:00 to 08:00 am

**Teaching Staff:** 12

**Students:** 21

21/06/2025: DITMS has celebrated the 11<sup>th</sup> International Yoga Day with full energy and enthusiasm in the presence of Teaching, non-teaching staff and the Students. Dr. Rameshwar Gaikwad was the Guest of the event.

The event was introduced by the Mr. Vikas Mishra (NSS. Prog.Officer). Ms. Pooja Gandhi (Asst.Prof.) coordinated and hosted the programme.

Dr. Rameshwar Gaikwad has given guest speech and shared his views with the present participants. He guided the participants by explain the importance of yoga in living a healthy life.

Mr. Vikas Mishra has organized the yoga practiced for the students and the teaching and non-teaching staff with the coordination of Mr. Pratik Jaiswal (Asst. Prof. and NSS Coordinator) under the guidance of Dr. Shekhar Kothule.

Dr. Shekhar Kothule instructed for the yoga practice throughout the session of one hour. His excellent guidance has helped even the beginner participants in learning yoga.

All the volunteers contributed in the success of the program. On this occasion, Dr. Pallavi Bhalerao, Mr. Rajendra Motinge (Asst.Prof.) , Mrs. Pallavi Dakhore (Asst.Prof), Mr.Abhijeet Ghodake (Asst.Prof) and all the faculty, staff and volunteers of the National Service Scheme were present.

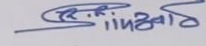
दि.19/06/2025

## सुचना

DITMS महाविद्यालयातील सर्व शिक्षक व शिक्षकेत्तर कर्मचा-यांना तसेच विद्यार्थ्यांना कळविण्यात येते की, शासनाच्या आदेशानुसार आपण 21 जून हा दिवस आंतरराष्ट्रीय योग दिवस म्हणून साजरा करत असतो. याही वर्षी आपण साजरा करणार आहोत.

तरी आपण सर्वांनी दि. 21 जून 2025 शनिवार रोजी DITMS कॉरोडोर मध्ये सकाळी 7.00 वा. योगाभ्यासासाठी उपस्थित राहावे.

रिपोर्टिंग वेळ – सकाळी 6.45 वा.



संचालक

DIRECTOR  
DEOGIRI INSTITUTE OF TECHNOLOGY &  
MANAGEMENT STUDIES A'BAD.

नोट :- योगाभ्यासाठी येताना सोबत सतरंजी किंवा योगा मॅट घेऊन यावे.



MSP Mandal's  
DEOGIRI INSTITUTE OF TECHNOLOGY AND MANAGEMENT STUDIES  
Chhatrapati Sambhajnagar

*Celebrates*  
**INTERNATIONAL YOGA DAY - 2025**  
Saturday, 21<sup>st</sup> June 2025

"Yoga For One Earth, One Health"

Venue : DITMS Campus Time : 7.00 am

The poster features a central illustration of three silhouettes of people in a yoga pose (Padmasana) against a background of a large, glowing sun or moon over a landscape with hills and clouds. The text is arranged in a clear, hierarchical manner, with the event title and date prominently displayed. Logos of the institute and the Mandal are visible in the top corners.

# Common Yoga Protocol (CYP) 45 minutes



## PRAYER : 1 Minute

ॐ Samgacchadhvam samvadadhvam, sam vo manāmsi jānatām  
devā bhāgam yathā pūrve, sanjānānā upāsate ||

## LOOSENING PRACTICES : 6 Minutes



## YOGĀSANAS : 25 Minutes



## KRIYĀ, PRĀṆĀYĀMA, DHYĀNA, SAṆKALPA : 12 Minutes



## Shanti Mantra : 1 Minute

ॐ Sarve Bhavantu Sukhīnaḥ,  
Sarve Santu Nirāmayāḥ  
Sarve Bhadrāṅī Paśyantu,  
Mā kaścīt Duḥkha Bhāgbhavet  
ॐ Śāntiḥ Śāntiḥ Śāntiḥ

## Glimpses of the Event



Dr. Rameshwar Gaikwad (Director, DITMS) guiding the participants



Participants setting in the tight posture and listening to the instructions



Participating performing Yoga



Participants performing yoga



Teaching staff group photo after Yoga Session

