



JAI SHRI SIDDHIVINAYAK FOUNDATION'S
B. R. Harne College of Pharmacy

Approved By Pharmacy Council of India, New Delhi, Affiliated to University of Mumbai, And Affiliated To MSBTE, Mumbai
Karav, Vangani (W), Ambernath, Dist: Thane



Date: 22/06/2026

A Report on International Yoga Day celebration

Organized by: B. R. Harne, College of Pharmacy, Karav, Vangani

Date and Day: 19/06/2026, Friday.

Venue: Assembly hall, B. R. Harne, College of Pharmacy, Karav, Vangani

Chief Guest & Instructor: Dr. Prachi Dalvi, Professor and HOD (Dept. of Swasthvrutta and Yoga),
B. R. Harne Ayurvedic Medical College, Vangani

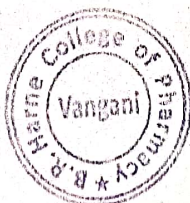
Participants: Students, teaching and nonteaching faculty members, administrative staff

Event Co-ordinator: Ms. Gaikwad Sonal, Mrs. Priyanka Hajare, Mrs Snehal Magar

International Yoga Day celebration was organized in B. R. Harne College of Pharmacy for students, teaching and non-teaching faculty members. The session began with the warm welcome of the Dr. Prachi Dalvi (Yoga instructor). A welcoming speech highlighted this year's official theme and emphasized how integrating yoga into daily routines acts as an excellent mechanism for stress management and mental clarity. Dr. Prachi Dalvi then addressed the assembly, speaking about "Yoga for Modern Stress". The lecture focused on the balance between physical movement and dietary habits. Dr. Prachi Dalvi emphasized that daily discipline, mindfulness, and just 20 minutes of conscious breathing can significantly elevate a student's concentration and an employee's productivity. The core session was directed entirely by Dr. Prachi Dalvi, who initiated the practice with gentle loosening exercises and deep breathing awareness (Pranayama). Mam guided participants through a sequential series of Asanas (including Tadasana, Vrikshasana, Bhujangasana, and Surya Namaskar). While leading the session, mam actively walked through the crowd, helping participants correct their physical postures and alignments. Throughout the session, the instructor explained the clinical and biological benefits of each posture, detailing how they boost flexibility, respiratory function, and overall metabolic health. Following the physical exercises, mam conducted a 15-minute guided meditation session that left the audience in a state of absolute tranquility.

The programme was structured under the guidance of Prof. Dr. Gita Mohire (Principal B. R. Harne, College of Pharmacy, Karav, Vangani). The guest speaker Dr. Prachi Dalvi was felicitated by Prof. Dr. Gita Mohire, Principal, acknowledging their contribution to the success of the event. Vote of thanks concluded by Ms. Gaikwad S. C., expressing gratitude to the guest, faculty, students, and all participants.

Event Coordinator



Principal

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B.R. Harne College of Pharmacy
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Celebration of International Yoga Day

