



MARATHWADA MITRA MANDAL'S
COLLEGE OF COMMERCE

Affiliated to Savitribai Phule Pune University, Re-Accredited by NAAC with "A" Grade
ISO 9001:2015 Certified, Awarded as Best College by Savitribai Phule Pune University

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Date: 23-06-2025

International Yoga Day Celebration

Date: 21st June 2025

Time: 8:00 AM – 9:00 AM

Venue: Gala no. 256 & 610, Market Yard, Gultekadi, Pune.

Organized by:

Sports Department, Marathwada Mitra Mandal's College of Commerce

In Collaboration with:

Savitribai Phule Pune University and Government of Maharashtra

Objective:

To promote physical, mental, and spiritual well-being among students and faculty through yoga, and to celebrate International Yoga Day in the culturally rich environment of the Sant Tukaram Maharaj Palkhi Sohala, fostering a sense of harmony and tradition.


Observation:

- The event was conducted in the sacred presence of Warakaris at Gala No. 256 & 610, Market Yard, Gultekadi, Pune.
- A total of 5 students and 2 faculty members from MMCC participated enthusiastically.
- The yoga session included basic asanas, pranayama, and meditation, guided by trained instructors.
- The spiritual energy of the Palkhi Sohala complemented the calm and focused atmosphere of the yoga session.
- The initiative was well-received by participants and local attendees.

Outcome:

- Participants experienced improved awareness of the importance of yoga for health and stress management.
- The event successfully integrated cultural tradition with holistic wellness practices.
- Strengthened the spirit of community participation and cultural appreciation among students.
- Reinforced the commitment of the Sports Department to overall student development through experiential learning.




 Dr. Ganesh Patare
 Principal (I/C)

