



GONDWANA UNIVERSITY, GADCHIROLI
(Established by Government of Maharashtra Notification No. MISC - 2007/(322/07) UNI - 4 Dated 27th Sept. 2011 &
Presently a State University governed by Maharashtra Public University Act, 2016 (Maharashtra Act No. VI of 2017))
National Service Scheme



Dr. Shyam Khandare

Director

Mo. No. - 7020482443

पत्र क्र. No.GU/NSS/1/2/2025

MIDC Road, Complex, GADCHIROLI - 442 605 (M.S)

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Email: nssdsw.gug@gmail.com

Dt : 02/05/2025

प्रति,

मा. प्राचार्य/विभाग प्रमुख/रासेयो कार्यक्रम अधिकारी
संलग्नीत सर्व रासेयो महाविद्यालये
गोंडवाना विद्यापीठ, गडचिरोली.

विषय :-राज्यस्तरीय ऑनलाईन योग दिनांक ०३ मे २०२५ ते दिनांक २१ जून २०२५ या कालावधीत होणाऱ्या कार्यक्रमात सहभागी होणेबाबत.

संदर्भ:- कमांक रासेयो २०२५/प्र.क्र. ३७/रासेयो कक्ष, उच्च व तंत्र शिक्षण विभाग मंत्रालय, मुंबई दिनांक ०२ मे २०२५

महोदय,

उपरोक्त संदर्भीय विषयान्वये “ एक पृथ्वी, एक आरोग्यसाठी योग” या थीमखाली आंतराष्ट्रीय योग दिन २०२५ च्या निमित्त्याने राष्ट्रीय सेवा योजना कक्ष मंत्रालय, मुंबई, उच्च व तंत्र शिक्षण विभाग, मुंबई व आरोग्य योग आणि निसर्गोपचार संस्थायांच्या संयुक्त विद्यमाने राज्यस्तरीय ऑनलाईन योग कार्यक्रम आयोजित करण्यात येत आहे.

या कार्यक्रमाचे उदघाटन दिनांक ०३ मे २०२५ रोजी सांय. ८.०० वाजता मा. मंत्री महोदय उच्च व तंत्र शिक्षण यांच्या हस्ते ऑनलाईन पध्दतीने होणार आहे. या अनुषंगाने गोंडवाना विद्यापीठ संलग्नीत सर्व रासेयो महाविद्यालये व रासेयो कार्यक्रम अधिकारी दिनांक ०३ मे २०२५ ते दिनांक २१ जून २०२५ या कालावधीत “ ऑनलाईन राज्यस्तरीय योग काउंटडाउन कार्यक्रमाचे आयोजन व अंमलबजावणी” करणे बाबत आपल्यास्तरावरून योग्य ती कार्यवाही करण्यात यावी.

सदर उपक्रम सार्वजनिक स्थळांवर योग जनजागृती आणि योग सराव मोहिमेचे आयोजन करण्याचा सविस्तर आराखडा दिला आहे. या उपक्रमात समारोप दिनांक २१ जून २०२५ रोजी आंतराष्ट्रीय योग दिनानिमित्त भव्य कार्यक्रमाने होणार आहे.

ऑनलाईन राज्यस्तरीय योग काउंटडाउन कार्यक्रमाचे आयोजन व अंमलबजावणी बाबत महाविद्यालयाकडून नियोजन करण्यात यावे व सदर नियोजनाचा सविस्तर अहवाल रासेयो विभाग, गोंडवाना विद्यापीठ, गडचिरोली यांना तात्काळ पाठविण्यात यावा.

धन्यवाद!

डॉ. श्याम खंडारे

संचालक

राष्ट्रीय सेवा योजना
गोंडवाना विद्यापीठ, गडचिरोली



महाराष्ट्र शासन

उच्च व तंत्र शिक्षण विभाग, मंत्रालय,

एलफिन्स्टन तंत्र विद्यालय परिसर, ३, महापालिका मार्ग, धोबी तलाव, मुंबई-४०० ००१.

ई-मेल- nssmantralaya@gmail.com

दूरध्वनी क्र.०२२-२२६७९५६५

अति महत्वाचे

क्रमांक: रासेयो-२०२५/प्र.क्र.३७/रासेयो कक्ष,

दिनांक: ०२ मे, २०२५

प्रति,

कार्यक्रम समन्वयक तथा संचालक,

रासेयो संलग्नित सर्व विद्यापीठे व संचालनालये

विषय : राज्यस्तरीय ऑनलाईन योग दिनांक ०३ मे, २०२५ ते दिनांक २१ जून, २०२५ या कालावधीत होणाऱ्या कार्यक्रमात सहभागी होणेबाबत....

संदर्भ : १. मुंबई विद्यापीठ, मुंबई यांचा ई-मेल दिनांक २९ एप्रिल, २०२५

२. आरोग्य योग आणि निसर्गोपचार संस्था यांचे पत्र

उपरोक्त विषयांकीत संदर्भाधीन पत्राचे अवलोकन करावे. "एक पृथ्वी, एक आरोग्यासाठी योग" या थीमखाली आंतरराष्ट्रीय योग दिन-२०२५ च्या निमित्ताने राष्ट्रीय सेवा योजना कक्ष, मंत्रालय, मुंबई, उच्च व तंत्र शिक्षण विभाग, मुंबई विद्यापीठ, मुंबई व आरोग्य योग आणि निसर्गोपचार संस्थायांच्या संयुक्त विद्यमाने राज्यस्तरीय ऑनलाईन योग कार्यक्रम आयोजित करण्यात येत आहे.

या कार्यक्रमाचे उद्घाटन दिनांक ०३ मे, २०२५ रोजी सायं. ८.०० वाजता मा. मंत्री महोदय उच्च व तंत्र शिक्षण यांच्याहस्ते ऑनलाईन पद्धतीने होणार आहे(उद्घाटनाची लिंक ईमेल द्वारे कळविण्यात येईल). या अनुषंगाने सर्व रासेयो कार्यक्रम समन्वयक तथा संचालक यांना कळविण्यात येते की, विद्यापीठे/ संचालनालये संलग्नित महाविद्यालयात दिनांक ०३ मे, २०२५ ते दिनांक २१ जून, २०२५ या कालावधीत "ऑनलाईन राज्यस्तरीय योग काउंटडाऊन कार्यक्रमाचे आयोजन व अंमलबजावणी" करणे बाबत आपल्यास्तरावरून योग्य ती कार्यवाही करण्यात यावी.

सदर उपक्रमात महाराष्ट्रातील विद्यापीठे व सार्वजनिक स्थळांवर योग जनजागृती आणि योग सराव मोहिमेचे आयोजन करण्याचा सविस्तर आराखडा दिला आहे. या उपक्रमाचा समारोप दि. २१ जून, २०२५ रोजी आंतरराष्ट्रीय योग दिनानिमित्त भव्य कार्यक्रमाने होणार आहे.

योग विद्या घरा-घरापर्यंत पोहचविण्याची मा.प्रधानमंत्री, भारत सरकार यांची ही संकल्पना असून, सदर संकल्पनेचा व मार्गदर्शनाचा स्वीकार करण्यात यावा. सदर उपक्रमात संपूर्ण महाराष्ट्रातील विद्यापीठांतर्गत असलेल्या महाविद्यालयातील विद्यार्थ्यांनी जास्तीत- जास्त प्रमाणात सहभागी होण्याचे आवाहन करण्यात यावे.जास्तीत-जास्त विद्यार्थ्यांनी सदर उपक्रमात सहभागी होऊन घरा-घरात योग पोहचविण्यात यावा.

ऑनलाईन राज्यस्तरीय योग काउंटडाऊन कार्यक्रमाचे आयोजन व अंमलबजावणी बाबत नियोजन आपल्या विद्यापीठ/संचालनालयाकडून करण्यात यावे व सदर नियोजनाचा सविस्तर अहवाल रासेयो कक्ष मंत्रालय व रासेयो क्षेत्रीय संचालक पुणे यांना तात्काळ पाठविण्यात यावा.

(डॉ.निलेश मो. पाठक)

राज्य संपर्क अधिकारी, राष्ट्रीय सेवा योजना,
महाराष्ट्र शासन



MINISTRY OF
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**NATIONAL SERVICE SCHEME CELL,
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GOVERNMENT OF MAHARASHTRA**

And

NATIONAL SERVICE SCHEME CELL

University Of Mumbai

ORGANIZE

International Day of Yoga Event 2025

"Yoga for One Earth, One Health"

**In Association with
Arogya Yoga and Naturopathy Institute
Jivan Foundation**

HOST COLLEGES

**SST COLLEGE OF ARTS AND COMMERCE, Ulhasnagar
JEEVANDEEP COLLEGE OF ARTS, COMMERCE AND SCIENCE, Goveli, Kalyan**

50-Days Yoga Revolution Initiative

**TRANSFORMATIVE
VACATION** **online**

MAY

Program Schedule

Part I: Virtual Transformative Vacation (May 2025)

- **Knowledge Summits (Saturdays, 8-9 PM):**
 - May 3rd : Transformative vacation and learning.
 - May 10th: Next gen success and skills.
 - May 17th: Inner transformation and Sound Healing
 - May 24th: Health promotion and Health Optimization.
 - May 31st: Inner peace and mind body harmony
- **Power Yoga Boosts (Sundays, 7:30-8:30 AM):**
 - May 4th, 11th, 18th, 25th
- **Kid's Yoga (Sun & Sat, 8:30-9:30 AM):**
 - May 3,4,10,11,17,18,24,25,31
- **Yoga Protocol Training (as per Ayush Ministry Guidelines)**
5th to 31st May
Mon, Wed, Fri : Morn. 7 to 8
Tue, Thur, Sat : Eve. 5.30 to 6.30

FREE

Conducted By

Dr. Vijay Kukkrejja

Founder



Arogya Yoga & Naturopathy Institute



Jivan Foundation

SCAN for REGISTRATION



+ 91 7875150355/+91 +91 78751 35113 / +91 7875319595
arogyamandiriyoga@gmail.com | Jambhilghar, Badlapur (West)-421 503.



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50-Days Yoga Revolution Initiative

**LIVE INDIAN
WISDOM SUMMIT** **online**

JUNE

FREE

Program Schedule

Part II: Live Academic Summit (June 1st to 21st)

• **Sessions:**

- June 1st : Yoga as a Competition (National & International)
- June 8th : Level Up Your Life : Yoga For The Next Gen
- June 9th : Ancient Secrets For Modern Minds - Decoding Patanjali's Yoga Sutras
- June 10th : Overcoming Modern Obstacles With Patanjali's Wisdom
- June 11th : The Power Of Ashtang Yog - Transforming Your Life
- June 12th : Purification And Awakening - Kriya Yog For Modern Life
- June 13th : Karma Yoga : Empowering Young Leaders Through Selfless Action
- June 14th : From Ignorance To Insight - Jnana Yoga For Youth
- June 15th : Unlock The Wisdom Of The Bhagwad Gita For The Next Gen
- June 16th : Words can Heal or Harm
- June 17th : Swing Into Wellness - Ariel Yoga
- June 18th : Take Control Of Your Mind :stress & Anxiety Management Techniques
- June 19th : Life is Yours , Live it with Dignity
- June 20th : CYP : Practice & Instructions for 21st June Program
- June 21st : 21 International Yoga Day Celebration

• **Yoga Protocol Training (as per Ayush Ministry Guidelines)**

1st to 20th June

Mon, Wed, Fri :Morn.7 to 8 | Tue, Thur, Sat : Eve. 5.30 to 6.30

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JEEVANDEEP COLLEGE OF ARTS, COMMERCE AND SCIENCE, Goveli, Kalyan

50-Days Yoga Revolution Initiative

INITIATIVE & INAUGURATION BY

Hon'ble Shri Chandrakant Dada Patil
Higher Education Minister, Maharashtra State

OUR ALLIED EVENT PARTNER INSTITUTIONS



Maharashtra Yog Shikshak Sangh, Thane
The Yoga

Aasha Foundation Charitable Trust
Sahakar Bharti

Society Pro

Janmada Eye and Medical Foundation

Mumbai | Pune | Thane | Satara | Raigad | Nasik

OUR PREMIER YOGA EVENT PARTNER STUDIO

Sahastrar Yoga Classes

Yog Sadhana Center

Maa Gayatri Yog Classes

Adhiraj Yoga Classes

Siddhant Wellness

Yoganushasan

Nirvana Yog



MINISTRY OF
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50-Days Yoga Revolution Initiative

TEAM

Co-founder, Arogya Yoga and Naturopathy Institute

Nikita Shelar

Sarika Kukreja

Coordinator

Swati Palav

Annapurna Rao

Yoga Teachers

01. Bhavna Gupta

03. Nalini Karale

05. Sunita Sahu

07. Neelam Shah

09. Surekha Kuthal

11. Seema Tiwari

02. Sheetal Wasnik

04. Neelam Pandey

06. Sonali Waje

08. Maya Riyal

10. Swaroopa Phaltankar

12. Snehal Kale



MINISTRY OF
AYUSH



महाराष्ट्र शासन



INTERNATIONAL
YOGA DAY
21ST JUNE

Program Details of May



GOVERNMENT OF MAHARASHTRA
HIGHER & TECHNICAL EDUCATION DEPARTMENT

University Of Mumbai
NATIONAL SERVICE SCHEME

HOST :

Jeevandeep Arts, Commerce And Science College, Goveli, Kalyan
SST College of Arts and Commerce, Ulhasnagar, Dist. Thane



"Yoga For One Earth,
One Health"

INTERNATIONAL DAY OF YOGA 2025

TOPIC

Next Gen Success and Skills

online

FREE



Dr. Jitendra Arya

About the Speaker: Dr. Jitendra Arya is an eminent Naturopath with a profound interest in Ancient Indian Healing Sciences, yoga, meditation, Ayurveda.

Step into the future with Next Gen Success—a virtual event focused on empowering the leaders and innovators of tomorrow. Whether you're looking to level up your mindset, skills, or strategy, this session will bring the insight and inspiration you need. Mark your calendar—big ideas ahead!

Schedule:
Date: May 10th, 2025
Time: 8 pm to 9 pm

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**GOVERNMENT OF MAHARASHTRA
HIGHER & TECHNICAL EDUCATION DEPARTMENT**

**University Of Mumbai
NATIONAL SERVICE SCHEME**

HOST :

**Jeevandeep Arts, Commerce And Science College, Goveli, Kalyan
SST College of Arts and Commerce, Ulhasnagar, Dist. Thane**



**"Yoga For One Earth,
One Health"**

INTERNATIONAL DAY OF YOGA 2025

TOPIC

.online

INNER TRANSFORMATION and Evolution...

FREE



Dr. Rashmita Sabat

Ph.D. in Yoga

Founder of Rashmita's Healing Foundation
Sound Healer, Wellness Coach
Corporate Yoga Trainer.

Take a deep dive inward with
INNER TRANSFORMATION
— a reflective and empowering session
dedicated to personal growth,
resilience, and clarity.
Discover how inner shifts can lead to
real-world breakthroughs. Show up for
yourself. This journey starts within.

Schedule:

Date: May 17th, 2025

Time: 8 pm to 9 pm



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University Of Mumbai
NATIONAL SERVICE SCHEME

HOST :

Jeevandeep Arts, Commerce And Science College, Goveli, Kalyan
SST College of Arts and Commerce, Ulhasnagar, Dist. Thane



"Yoga For One Earth,
One Health"

INTERNATIONAL DAY OF YOGA 2025

FREE

TOPIC

online

Health Promotion & Health Optimization !



Dr Pradnya Kulkarni
Consulting Ayurved Physician (MUHS)
Dip योग शिक्षक (YCMOU)
MA योग (KKSU).

Schedule:
Date: May 24th, 2025
Time: 8 pm to 9 pm

Learn how proactive wellness and smart care can make all the difference in today's fast-paced world. Empower your health. Expand your understanding.

Join us for an insightful session on
Health Promotion and Disease Management—
where expert knowledge meets practical strategies.



Conducted By

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GOVERNMENT OF MAHARASHTRA
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"Yoga For One Earth,
One Health"

University Of Mumbai
NATIONAL SERVICE SCHEME

HOST :

Jeevandeep Arts, Commerce And Science College, Goveli, Kalyan
SST College of Arts and Commerce, Ulhasnagar, Dist. Thane

INTERNATIONAL DAY OF YOGA 2025

TOPIC

online

FREE

INNER

PEACE

Techniques



Discover practical methods
to calm the mind
and center yourself.

Instructor:

MR. PRABHULING ZUNJA

Founder of Rajyog Yoga & Wellness,
Empowered 2,000+ individuals
through yoga, mindfulness, and
lifestyle coaching, blending ancient wisdom
with modern science.

Date: 31st May 2025

Time: 8:00 PM – 9:00 PM



Conducted By

Arogya Yoga & Naturopathy Institute
Jivan Foundation



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GOVERNMENT OF MAHARASHTRA
HIGHER & TECHNICAL EDUCATION DEPARTMENT



"Yoga For One Earth,
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NATIONAL SERVICE SCHEME

HOST :

Jeevandeep Arts, Commerce And Science College, Goveli, Kalyan
SST College of Arts and Commerce, Ulhasnagar, Dist. Thane

INTERNATIONAL DAY OF YOGA 2025

TOPIC

online

KIDS YOGA SESSIONS

FREE



Help your child build focus, balance
& well-being through yoga!

Pranali Patil

With 8+ years of experience,
Pranali blends ancient
wisdom with modern wellness.



Conducted By

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Jivan Foundation



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arogyamandiryoga@gmail.com
Jambhilghar, Badlapur (West)-421 503.

SCAN for REGISTRATION





GOVERNMENT OF MAHARASHTRA
HIGHER & TECHNICAL EDUCATION DEPARTMENT

University Of Mumbai
NATIONAL SERVICE SCHEME

HOST :

Jeevandeep Arts, Commerce And Science College, Goveli, Kalyan
SST College of Arts and Commerce, Ulhasnagar, Dist. Thane



"Yoga For One Earth,
One Health"

INTERNATIONAL DAY OF YOGA 2025

TOPIC

KIDS YOGA SESSIONS
online

FREE



Fun and engaging weekend yoga
classes for children, led by the
experienced Sayali Jadhav



Give your child
the gift of balance,
focus, and wellness
through yoga!

Sayali Jadhav

Education: M.Com, MA in
Yoga. 10+ years of experience in
the field of Yoga.

On 3rd, 4th, 17th, 18th, 24th,
25th & 31st May
Time: 8:30 AM – 9:30 AM

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"Yoga For One Earth,
One Health"

INTERNATIONAL DAY OF YOGA 2025

TOPIC

.online

FREE

POWER YOGA SESSIONS

Join us for revitalizing

Start your Sundays with
strength, flexibility, and
peace of mind!



Sunita Walunj

About the Instructor:

Certified Personal Trainer
(Fitness Institute of
SS Fitness, 2017) CPR and
First Aid Certified (Institute of
Health and Wellness, 2018)
Awarded Best Fitness Trainer
by SS Fitness in 2018

Every Sunday Morning With **Sunita Walunj**
-An Experienced And Certified Yoga Instructor.

Session Details

Time: 7:30 AM – 8:30 AM
On 4th, 11th, 18th, and 25th May



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"Yoga For One Earth,
One Health"

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INTERNATIONAL DAY OF YOGA 2025

TOPIC

.online

YOGA PROTOCOL TRAINING

FREE

Strengthen your body and mind with
authentic and well-structured yoga training!



Join systematic and
rejuvenating
yoga sessions
with Snehal Patil ji,
certified by
the Ministry of Ayush.

Snehal Patil ji

MA in Yog Shastra
YCB Certified,
Ministry of
Ayush, Govt. of India

Schedule:

Date : 5th to 31st May
Monday, Wednesday & Friday
Time: Morn. 7.00 to 8.00 am

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NATIONAL SERVICE SCHEME



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One Health"

HOST :

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INTERNATIONAL DAY OF YOGA 2025

TOPIC

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YOGA PROTOCOL TRAINING

FREE

Strengthen your body and mind with
authentic and well-structured yoga training!



Join systematic and
rejuvenating
yoga sessions
with Shweta Deshpande,
certified by
the Ministry of Ayush.

Shweta Deshpande

B E (Production), MA Yoga ,
PGDYT, Face Yoga Trainer.
Have About 20yrs Of Experience
In Field Of Yoga. Have Conducted
Workshops In Schools, Institutions Corporate
And Other In House Workshops Of Yoga.

Schedule:

Date : 5th to 31st May
Tuesday, Thursday, Saturday
Time: Eve. 5.30 pm – 6.30 pm

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MINISTRY OF
AYUSH



महाराष्ट्र शासन



INTERNATIONAL
YOGA DAY
21ST JUNE

Program Details of June



GOVERNMENT OF MAHARASHTRA
HIGHER & TECHNICAL EDUCATION DEPARTMENT

University Of Mumbai
NATIONAL SERVICE SCHEME

HOST :

Jeevandeep Arts, Commerce And Science College, Goveli, Kalyan
SST College of Arts and Commerce, Ulhasnagar, Dist. Thane



"Yoga For One Earth,
One Health"

INTERNATIONAL DAY OF YOGA 2025

TOPIC

.online

FREE

Yoga as a Competition : National & International Arena



Join us to understand how Yoga as a competition is shaping a new generation of athletes and spiritual warriors—equipped to compete with grace and live with purpose.

Dr. Balwant Singh

Distinguished Academician,
Yoga Expert and
Physical Educationist

Schedule:

Date: June 1st, 2025

Time: 8 pm to 9 pm



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"Yoga For One Earth,
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INTERNATIONAL DAY OF YOGA 2025

TOPIC

LEVEL UP YOUR LIFE :
YOGA FOR THE NEXT GEN

online

FREE



Dr. Vijay Kukkrejja

Founder, Arogya Yoga and Naturopathy Institute
Ambassador – Murbad Vidhansabha President –
Maharashtra Yog Shikshak Sangh, Thane, Maharashtra
Ratna Awardee (2023)

EMPOWERING YOUNG MINDS TO UNLOCK THEIR
POTENTIAL, BUILD RESILIENCE, AND THRIVE IN
A FAST-PACED WORLD THROUGH
TRADITIONAL YOGA PRACTICES WITH A MODERN TWIST."

Schedule:

Date: June 8th, 2025

Time: 8 pm to 9 pm



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University Of Mumbai
NATIONAL SERVICE SCHEME

HOST :

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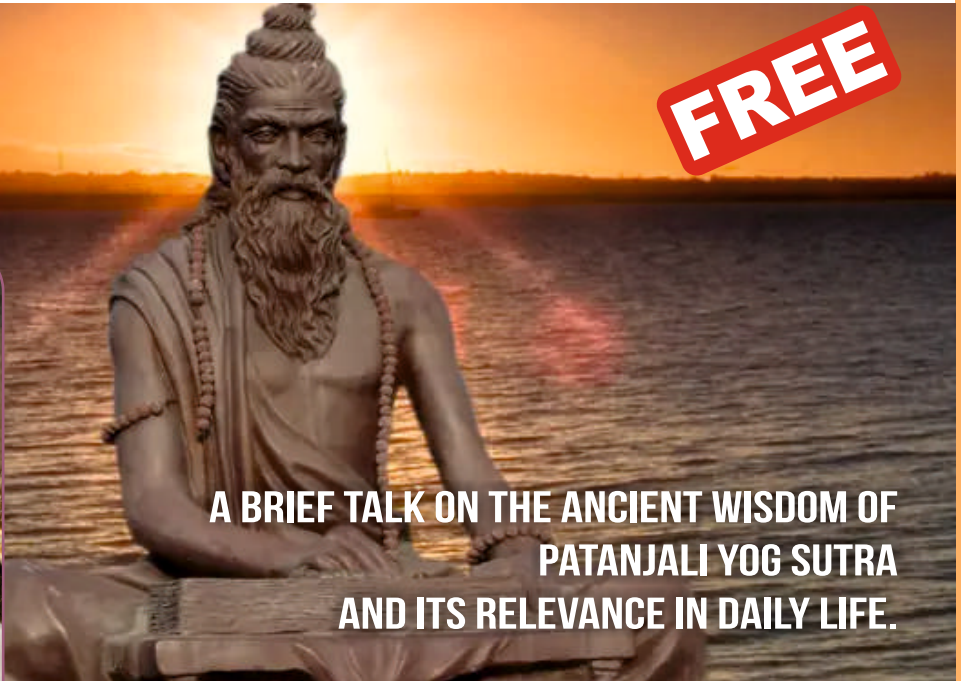
"Yoga For One Earth,
One Health"

INTERNATIONAL DAY OF YOGA 2025

TOPIC **.online**

**Ancient Secrets for Modern Minds -
Decoding Patanjali's Yoga Sutras**

FREE



A BRIEF TALK ON THE ANCIENT WISDOM OF
PATANJALI YOG SUTRA
AND ITS RELEVANCE IN DAILY LIFE.

Dr. Jitendra Arya

About the Speaker: Dr. Jitendra Arya is an eminent Naturopath with a profound interest in Ancient Indian Healing Sciences, yoga, meditation, Ayurveda.

Schedule:

Date: June 9th, 2025

Time: 8 pm to 9 pm



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University Of Mumbai
NATIONAL SERVICE SCHEME

HOST :

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"Yoga For One Earth,
One Health"

INTERNATIONAL DAY OF YOGA 2025

TOPIC

.online

Overcoming Modern Obstacles with Patanjali's Wisdom

FREE



Instructor:

MR. PRABHULING ZUNJA

Founder of Rajyog Yoga & Wellness,
Empowered 2,000+ individuals
through yoga, mindfulness, and
lifestyle coaching, blending ancient wisdom
with modern science.



"Navigate life's challenges with
Patanjali's wisdom. Find inner peace,
clarity, and strength to overcome obstacles
and live a balanced life."

Schedule:

Date: June 10th, 2025

Time: 8 pm to 9 pm



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University Of Mumbai
NATIONAL SERVICE SCHEME

HOST :

Jeevandeep Arts, Commerce And Science College, Goveli, Kalyan
SST College of Arts and Commerce, Ulhasnagar, Dist. Thane

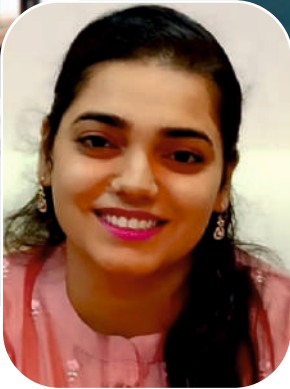


"Yoga For One Earth,
One Health"

INTERNATIONAL DAY OF YOGA 2025 TOPIC .online

The Power Of **Ashtang Yog** - Transforming Your Life

FREE



Nikita Shelar Bagde

YCB Certified Yoga Teacher & Evaluator
(AYUSH Ministry, Govt. of India)
Maharashtra Pillars Awardee – 2023

"Unlock your potential with Ashtang Yoga's 8 limbs,
fueling holistic growth and development through
mental, and spiritual balance, leading to self-discovery,
empowerment, and transformation."

Schedule:

Date: June 11th, 2025

Time: 8 pm to 9 pm



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University Of Mumbai
NATIONAL SERVICE SCHEME

HOST :

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INTERNATIONAL DAY OF YOGA 2025

TOPIC

online

Purification and Awakening : Kriya Yog for Modern Life

FREE

Transform your life with Kriya Yoga's powerful practices, fostering inner purification, spiritual growth, and self-awareness, leading to a more balanced and awakened you."



Mrs. Vibha Vaibhav Chorge

An energetic yoga guru with advanced training in Hatha and Ashtanga Yoga. She also serves as a lecturer for volunteer courses under AYUSH, Govt. of India. Yoga today is not only a path to inner well-being but also a recognized competitive discipline. National and international yoga competitions celebrate strength, balance, discipline, and mindfulness, offering a platform for practitioners to showcase their skills while promoting global unity through yoga.



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**GOVERNMENT OF MAHARASHTRA
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**University Of Mumbai
NATIONAL SERVICE SCHEME**

HOST :

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INTERNATIONAL DAY OF YOGA 2025

TOPIC

Karma Yoga :

online

Empowering Young Leaders through Selfless Action

FREE



**"Empowering Young Leaders through Karma Yoga:
Cultivating selfless action, compassion, and service
to others, fostering leadership, character, and
positive impact in the world."**

Schedule:

Date: June 13th, 2025

Time: 8 pm to 9 pm

Dr. Rashmi Ranade

Director, School of Health Science
Yashwantrao Chavan Maharashtra
Open University



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HOST :

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INTERNATIONAL DAY OF YOGA 2025

FREE

TOPIC

online

**From Ignorance to Insight -
Jnana Yoga for Youth**



**"Jnana Yoga for Youth: Discover the path
from ignorance to insight through
knowledge, self-inquiry, and wisdom,
empowering young minds to navigate life's
complexities with clarity and purpose."**

RITU KAUSHIK

Yoga & Naturopath Scholar| Therapeutic Yoga Practitioner
|Chakra Healer With over 11 years of experience,
Founder & Director of Yogtatvah –
Wellness & Beyond.
She brings a holistic approach to healing through yoga,
energy work, and naturopathy.

Schedule:

Date: June 14th, 2025

Time: 8 pm to 9 pm



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University Of Mumbai
NATIONAL SERVICE SCHEME

HOST :

Jeevandeep Arts, Commerce And Science College, Goveli, Kalyan
SST College of Arts and Commerce, Ulhasnagar, Dist. Thane



INTERNATIONAL DAY OF YOGA 2025

TOPIC

.online

Unlock the wisdom of Bhagvat Gita

FREE



Dr. Balwant Singh

Distinguished Academician,
Yoga Expert and
Physical Educationist

Today, he brings us an inspiring session on “Unlock the Wisdom of Bhagavad Gita for the Next Gen.” In an era marked by rapid change, emotional challenges, and information overload, the eternal teachings of the Bhagavad Gita serve as a guiding light. Dr. Singh will explore how the Gita's philosophy can empower today's youth with clarity, purpose, and resilience—equipping them to face life's complexities with inner strength and balanced thinking.

Schedule:

Date: June 15th, 2025

Time: 8 pm to 9 pm



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**GOVERNMENT OF MAHARASHTRA
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**University Of Mumbai
NATIONAL SERVICE SCHEME**

HOST :

**Jeevandeep Arts, Commerce And Science College, Goveli, Kalyan
SST College of Arts and Commerce, Ulhasnagar, Dist. Thane**



INTERNATIONAL DAY OF YOGA 2025

TOPIC

.online

Words Can Heal or Harm

FREE

Words have immense power.

They can build confidence, mend hearts and spread positivity — or they can tear down, discourage, and leave emotional wounds that last a lifetime. In a world where communication plays such a vital role, it is essential to understand the impact our words have on others.



Mr. Samir Ramesh Pimpalkar

Principal,
Gurukul International School,
Badlapur

This session aims to create awareness on using our speech responsibly to heal, to uplift, and to inspire.

Schedule:

Date: June 16th, 2025

Time: 8 pm to 9 pm



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University Of Mumbai
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HOST :

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SST College of Arts and Commerce, Ulhasnagar, Dist. Thane



INTERNATIONAL DAY OF YOGA 2025

TOPIC

online

Swing Into Wellness - Ariel Yoga

FREE



Dr. Rashmita Sabat

Ph.D. in Yoga

Founder of Rashmita's Healing Foundation
Sound Healer, Wellness Coach
Corporate Yoga Trainer.



Elevate your practice, challenge your body,
and free your spirit through weightless poses,
inversions, and meditative flows in the air."

Schedule:

Date: June 17th, 2025

Time: 8 pm to 9 pm



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NATIONAL SERVICE SCHEME

HOST :

Jeevandeep Arts, Commerce And Science College, Goveli, Kalyan
SST College of Arts and Commerce, Ulhasnagar, Dist. Thane



INTERNATIONAL DAY OF YOGA 2025

TOPIC

online

Take control of your Mind:
Stress & Anxiety Management Techniques

FREE



Prajakta Deo

13+ years of experience in India and internationally.
* Education excellence award 2023.
* Rashtriya Pratishtha puruskar (2023).

"Master your mind: Effective stress and anxiety management techniques to calm the mind, soothe the body, and empower resilience, helping you regain control, find inner peace, and boost productivity."

Schedule:

Date: June 18th, 2025

Time: 8 pm to 9 pm



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University Of Mumbai
NATIONAL SERVICE SCHEME

HOST :

Jeevandeep Arts, Commerce And Science College, Goveli, Kalyan
SST College of Arts and Commerce, Ulhasnagar, Dist. Thane



INTERNATIONAL DAY OF YOGA 2025

TOPIC

online

Life is Yours, Live it with Dignity

FREE



Schedule:

Date: June 19th, 2025

Time: 8 pm to 9 pm

Dr. Shaligram Bhandari

Honoring for his dedicated medical service since 1974 in Talegaon Dabhade, guided by the belief: "Service to patients is service to God." Also celebrating "Abhalmaya", founded by Shantabai Yewale in Pachane — a home nurturing and educating orphaned and underprivileged girls.

"Claim your life's purpose:
Live with dignity, self-respect, and
authenticity, embracing values
that uplift and inspire, and making
choices that reflect your true
potential and aspirations."



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University Of Mumbai
NATIONAL SERVICE SCHEME

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SST College of Arts and Commerce, Ulhasnagar, Dist. Thane



INTERNATIONAL DAY OF YOGA 2025

TOPIC

.online

CYP : Practice & Instructions for
21st June Program

FREE



Schedule:

Date: June 20th, 2025

Time: 8 pm to 9 pm



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INTERNATIONAL DAY OF YOGA 2025

TOPIC

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International Yoga Day Celebration



Schedule:
Date: June 21th, 2025



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GOVERNMENT OF MAHARASHTRA
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University Of Mumbai
NATIONAL SERVICE SCHEME



"Yoga For One Earth,
One Health"

HOST :

Jeevandeep Arts, Commerce And Science College, Goveli, Kalyan
SST College of Arts and Commerce, Ulhasnagar, Dist. Thane

INTERNATIONAL DAY OF YOGA 2025

TOPIC

.online

YOGA PROTOCOL TRAINING

Strengthen your body and mind with **FREE**
authentic and well-structured yoga training!



Join systematic and
rejuvenating
yoga sessions
with Snehal Patil ji,
certified by
the Ministry of Ayush.

Snehal Patil ji
MA in Yog Shastra
YCB Certified,
Ministry of
Ayush, Govt. of India

Schedule:

Date : 1st to 20th June
Monday, Wednesday & Friday.
Time: Morn. 7:00 am – 8:00 am

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INTERNATIONAL DAY OF YOGA 2025

TOPIC

.online

YOGA PROTOCOL TRAINING

FREE

Strengthen your body and mind with
authentic and well-structured yoga training!



Join systematic and
rejuvenating
yoga sessions
with Shweta Deshpande,
certified by
the Ministry of Ayush.

Shweta Deshpande

B E (Production), MA Yoga ,
PGDYT, Face Yoga Trainer.
Have About 20yrs Of Experience
In Field Of Yoga. Have Conducted
Workshops In Schools, Institutions Corporate
And Other In House Workshops Of Yoga.

Schedule:

Date : 1st to 20th June
Tuesday, Thursday, Saturday
Time: Eve. 5.30 pm – 6.30 pm

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