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**Department of Physiotherapy &  
Paramedical Sciences**



**MALWANCHAL UNIVERSITY, INDORE**

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Ref: - IDOPT/PO/2024/

Ref: - IDOPT/PO/2024/

Date: - 19/06/2024

**CIRCULAR**

All the students of **B.P.T I, II, III, IV** and **Internship** are here by instructed to attend International Yoga Day celebration on

**Date** : 21/06/2024

**Time** : 10:00am to 12:00pm

**Day** : Friday

**Venue** : IDOPT

**It is compulsory for all students to attend the seminar**

**For any Query contact:-**

**Dr.Shivi Trivedi**

**Mob.no 7400626354**

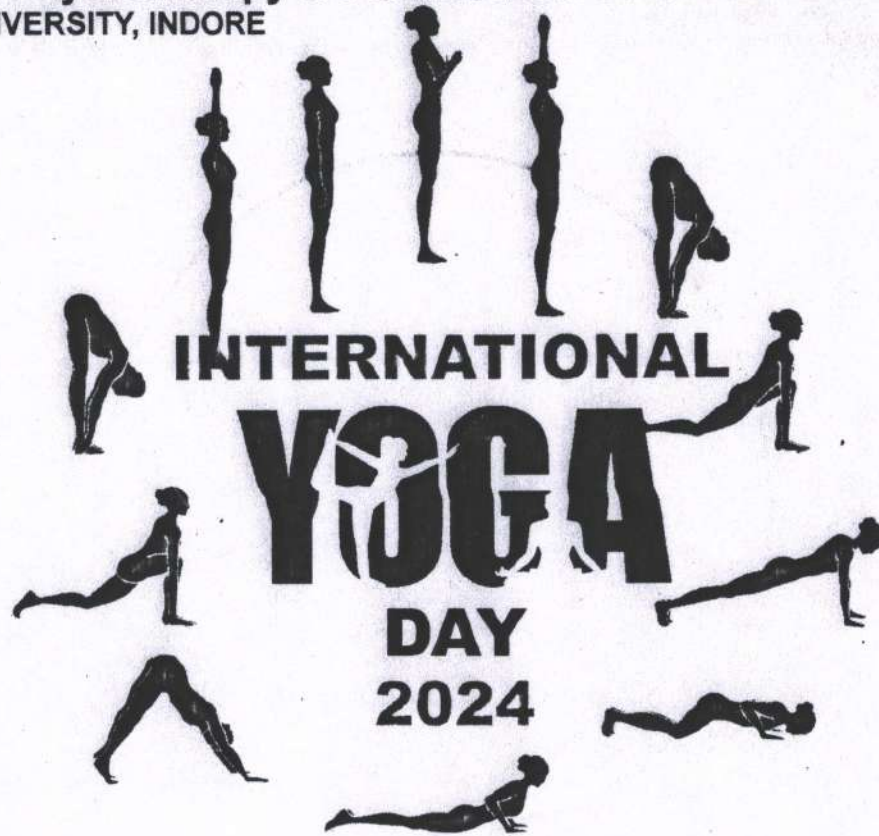


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: All Whatsapp official groups  
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Department of Physiotherapy & Paramedical Sciences  
MALWANCHAL UNIVERSITY, INDORE



We Invite you to roll out your mats for:

## INTERNATIONAL DAY OF YOGA (IDY)

Theme- Yoga for Self and Society

“योग- स्वयं ओर समाज के लिए”

Friday, June 21<sup>st</sup>

Guest of Honour



Chancellor, Malwanchal University, Indore



Stadium Café Ground,  
MALWANCHAL UNIVERSITY, INDORE (M.P.)

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malwanchal University  
Indore (M.P.)



## INDEX

### Department of Physiotherapy and Paramedical Sciences

Ref:- IDOPT/PO/2024/

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**Report on :**International Yoga Day 2024

Report on International Yoga Day 2024

**Theme:** Yoga for Self and Society.

**Date:**21<sup>st</sup> June 2024

**Time:**10:00- 11:00am

**Venue:**Stadium Ground, MalwanchalUniversity, Indore

***"YOGA DOES NOT TRANSFORM THE WAY WE SEE THINGS,  
IT TRANSFORMS THE PERSON WHO SEES".***

On June 21st, Index Department of physiotherapy & Paramedical sciences Malwanchal University indorel celebrated **International Yoga Day 2024** on the theme "**Yoga for Self and Society**" with great enthusiasm and zeal. The event was organized by Bachelor of Physiotherapy (BPT) students, who demonstrated their passion for yoga and its benefits.

The celebration began with a welcome speech by Dr Reshma Khurana principal Index Department of physiotherapy & Paramedical sciences , she welcome the chief guest Mr Gopal verma SDM KhudellIndore by bookey.later on SDM Mr Gopal Verma and Dr Sanjeev Narang vice chancellor Malwanchal University gave their speech by explaining the benefits of doing yoga .

The BPT students had meticulously planned and choreographed a series of yoga poses, breathing techniques, and meditation exercises, which were demonstrated by their peers. The session began with gentle stretches and gradually progressed to more complex poses, showcasing the beauty and grace of yoga.

The event also featured a yoga demonstration by the BPT students, who showcased their skills and flexibility. The audience was left spellbound by the sheer energy and enthusiasm of the participants.



The celebration concluded by vote of thanks . The event was a resounding success, and the BPT students received accolades for their efforts. All faculties were present.

Mr Gopal VermaSDM Indore speech was highly informative and inspiring. His emphasis on the importance of yoga in modern life resonated with the audience, and the event inspired students to embrace yoga as a way of life.

**Some of the highlights of the event include:**

- Over 300 participants in the yoga session.
- 30 BPT students participated in the yoga demonstration.
- Mr. Gopal VermaSDMKhudel delivered a lecture on yoga and its benefits.
- Refreshment distribution by management.
- The event was covered by local media outlets.

The event was a grand success, and we are proud to have celebrated International Yoga Day with such enthusiasm and passion.

  
**Report Made By  
Dr. Shivi Trivedi**

  
  
**Principal  
Paramedical Courses**





**Registrar  
Matwanchal University  
Indore (M.P.)**

**Yoga day celebrated by Index department of physiotherapy and paramedical sciences on 21th June 2024**



KHUDEL, Madhya Pradesh, India  
M3M2 +MP4 , Indore ,Madhya Pradesh 452016, India  
Lat 22.683971° Long 76.052105°  
21/06/24 10:47 AM GMT +05:30

**Rangoli made by BPT students on the**



KHUDEL, Madhya Pradesh, India  
M3M2 +MP4 , Indore ,Madhya Pradesh 452016, India  
Lat 22.683971° Long 76.052105°  
21/06/24 10:47 AM GMT +05:30

**Special pose performed by BPT students on the occasion of international yoga day**



*Sooraj*

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Matwanchal University  
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