



Shri Siddheshwar Devasthan Solapur,  
**Shree Siddheshwar College of Physiotherapy,  
Solapur.**

City Survey No.6095/4,PlotNo.14,15,16 and City Survey No.6095/69,  
Siddheshwar Peth  
Near Panch Katta, Solapur. District –Solapur. State- Maharashtra. Pin Code-  
413001  
Email Id:-[ssamchsol@gmail.com](mailto:ssamchsol@gmail.com)Website :-[www.sscop.edu.in](http://www.sscop.edu.in)

---

Ref. No.

Date: 21/06/2024

**Report on World Yoga Day Activities at Shree Siddheshwar College of  
Physiotherapy, Solapur**

On the occasion of World Yoga Day, Shree Siddheshwar College of Physiotherapy, Solapur conducted a series of events on 21<sup>st</sup> June, 2024. The program was conducted in Yoga Lab at Shree Siddheshwar College of Physiotherapy, Solapur from 2pm to 5pm. The students from first to third year BPTH participated in the events. The activities aimed at promoting the practice of yoga and highlighting its significance in improving physical and mental well-being. The celebration witnessed active participation from students, faculty members, and staff, making it a memorable and enriching experience. This year's Yoga Day followed the theme "Yoga for Self and Society" emphasizing the physical and mental health of individual and others. The events organized consisted of Best Poster Competition followed by Demonstration of Advance Yoga Asanas. The posters were then evaluated by Dr. T. Suresh Kumar, Principal, Shree Siddheshwar College of Physiotherapy, Solapur and declared the winners for the Best Poster Competition. The activities on Yoga Day successfully instilled awareness about the importance of integrating yoga into daily life for physical and mental well-being. Feedback from participants indicated improved understanding of yoga's role in health, encouragement to practice yoga regularly, greater interest in incorporating yoga into physiotherapy practices.

The World Yoga Day celebrations at Shree Siddheshwar College of Physiotherapy, Solapur, were a resounding success. The college reaffirmed its commitment to holistic health by promoting yoga as a complementary approach to physiotherapy and overall wellness. The management and organizers extend heartfelt gratitude to the participants, trainers, and volunteers who contributed to the success of this event.

