



Report on “SPECIAL YOGA SESSIONS ”

FOR PATIENT IDY2026

On the occasion of **12th International Yoga Day 2026**, this year Theme is **“YOGA FOR HEALTHY AGEING.”** The School of Ayurveda, D.Y.Patil Deemed to be University, Dept of **Swasthavritta and Yoga** Navi Mumbai were organised **Special Yoga sessions** for patients of D.Y.Patil Ayurvedic Hospital, Nerul.

Dr. Ashwini Patil, HOD, Shalakyatantra, Dr. Mangala Wange, HOD, Department of Swasthavritta and Yoga, **Dr.Amol Khedkar & Dr.Tejal Mokal DyMS** School of Ayurveda inaugurated the session which were held from **15th June to 17th June 2026** (3Days) at 9:00 am onward. The yoga sessions were conducted by **Miss Shradha**, Yoga Teacher under the guidance of **Dept. of Swasthavritta and Yoga** teaching faculty, the PG scholar and Interns who put all efforts to ensure that the patients were able to derive maximum benefits of Yoga. The patients were advised **Asanas and Pranayama** practices as per their physical condition and requirement.

From 15th June to 17th June Yoga 3 days' Workshop was conducted under the supervision of Dr. Mangala Wange, HOD, Swasthavritta & Yoga. All departmental staff of Swasthavritta & Yoga Dr.Pratik Patil & Dr. Aarti Nangare. Asso. Professor, Dr. Aishwarya Dukle and Dr. Sadhana Nambiyar. Assistant Professors.

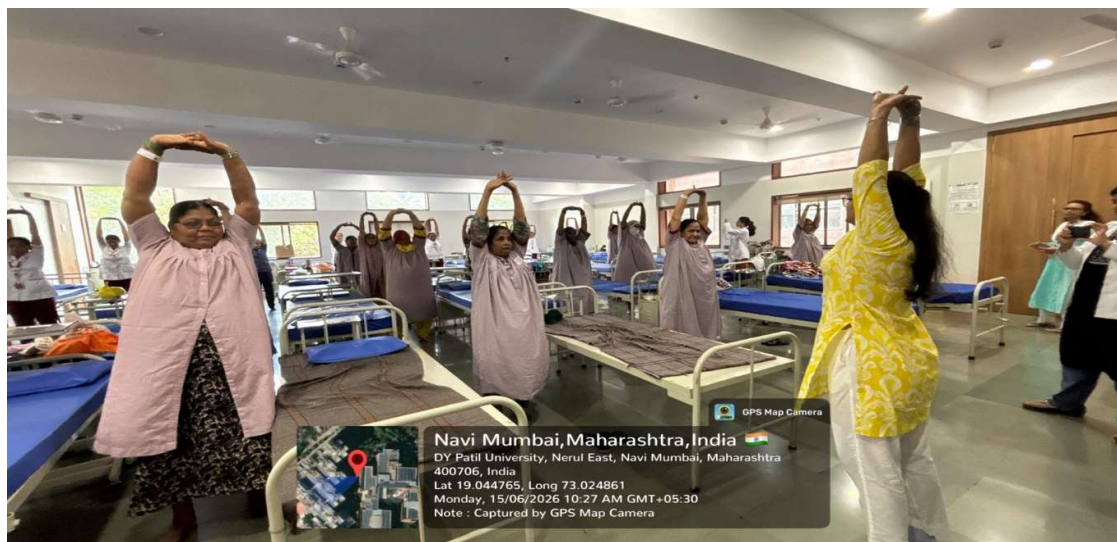
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YOGA SESSIONS

Day 1-15th June 2026



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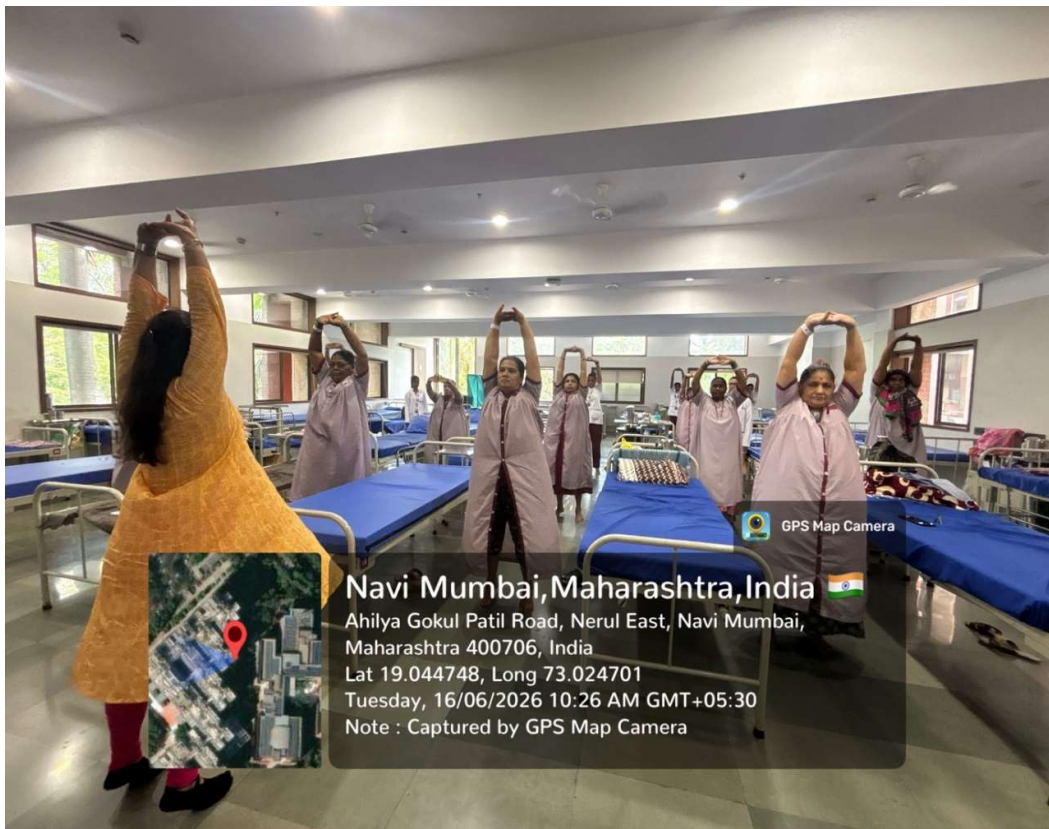
DAY 2. 16th June 2026



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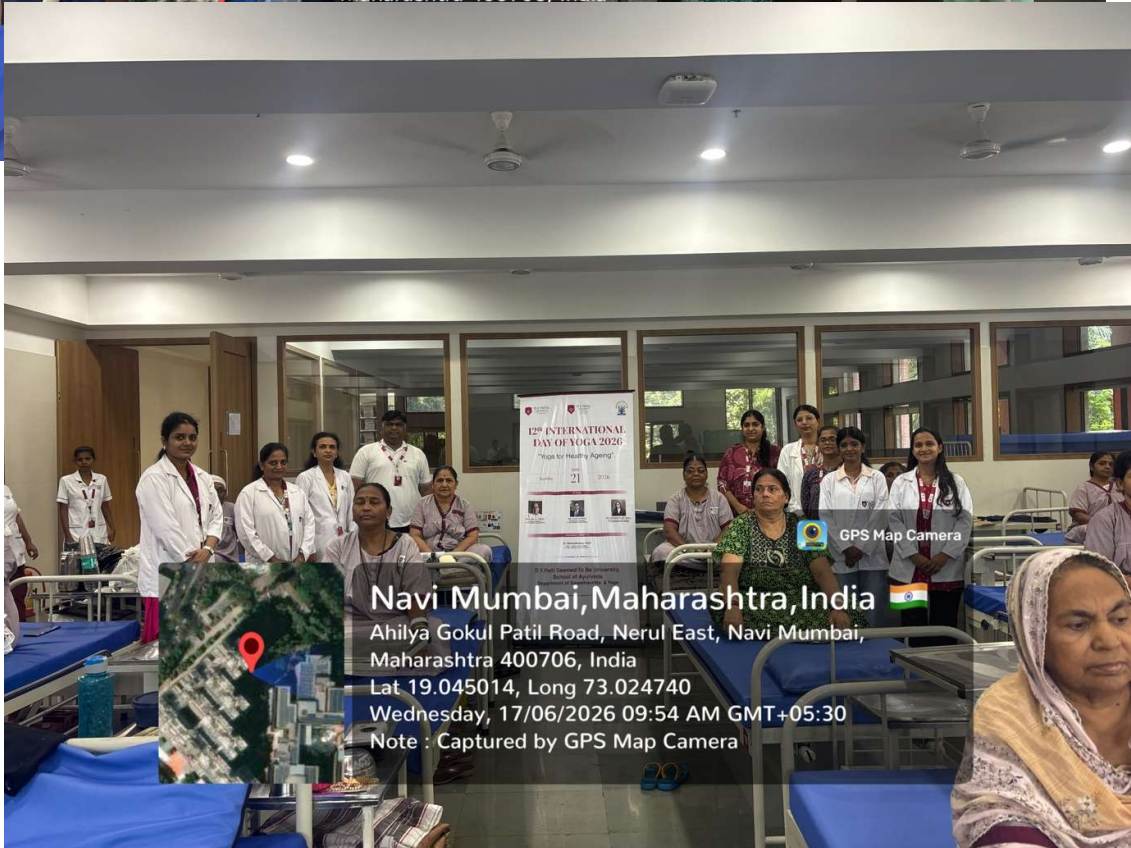
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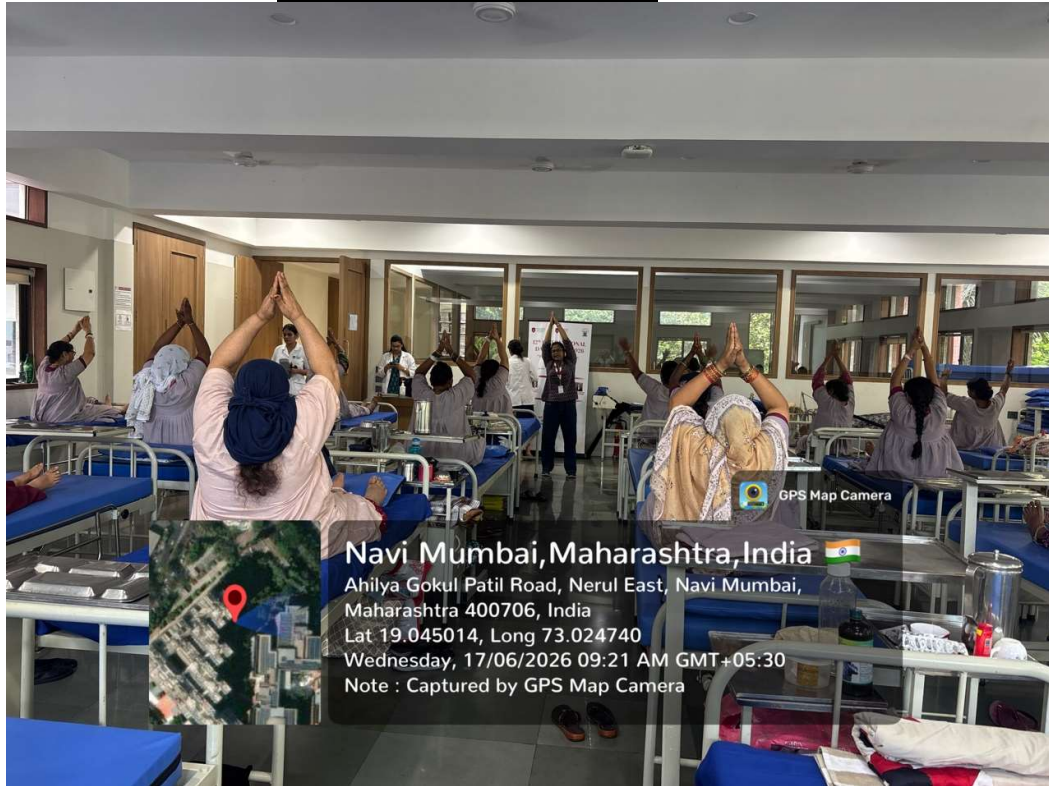
DAY 3. (17 June 2026)



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