



Yoga-Themed Academic & Wellness Event

SOP: Yoga-Themed Academic & Wellness Event

Event Details

- Name of the Event: Yoga Awareness & Practice Program
- Theme: Yoga – Harmony of Body, Mind and Soul
- Date: 8th September 2025
- Venue: Lifeline Institute of Physiotherapy, Pandharpur
- Number of Participants: 31

Organizing Authority

- **Principal:** Dr. Ashwini Pardeshi
- **Organizers:**

Dr. Dhanraj Navatre

Dr. Ashly Rose George

Dr. Esha Kendre

Objectives of the Event

- To create awareness about the importance of yoga in physiotherapy and daily life.
- To promote physical, mental, and emotional well-being among students.
- To encourage regular practice of yoga for posture correction, flexibility, and stress management.
- To integrate yoga principles with physiotherapy education.

Target Participants

- Undergraduate Physiotherapy Students
- Interns and Faculty Members

Roles and Responsibilities

Principal

- Grant approval for the event.
- Provide overall guidance and support.
- Monitor smooth conduct of the program.

Organizers

- Planning and execution of the program.

- Allocation of duties to volunteers.
- Coordination with faculty and students.
- Ensuring discipline and adherence to schedule.

Volunteers

- Registration of participants.
- Arrangement of yoga mats and seating.
- Assistance during yoga demonstrations.
- Maintaining cleanliness and order.

Pre-Event Preparations

- Finalization of event schedule and session flow.
- Preparation of participant list.
- Arrangement of yoga mats, sound system, and open space.
- Display of banners/posters related to yoga.
- Briefing of volunteers and participants regarding safety measures.

Event Schedule (Proposed)

1. Registration of Participants
2. Inauguration & Welcome Address

3. Introduction to Yoga and Its Importance in Physiotherapy
4. Demonstration of Yoga Asanas & Pranayama
5. Interactive Session / Q&A
6. Conclusion & Vote of Thanks

Safety and Discipline Guidelines

- Participants must wear comfortable clothing suitable for yoga.
- Proper warm-up and cool-down to be ensured.
- Any participant with medical issues should inform organizers in advance.
- Strict adherence to instructions given by instructors.

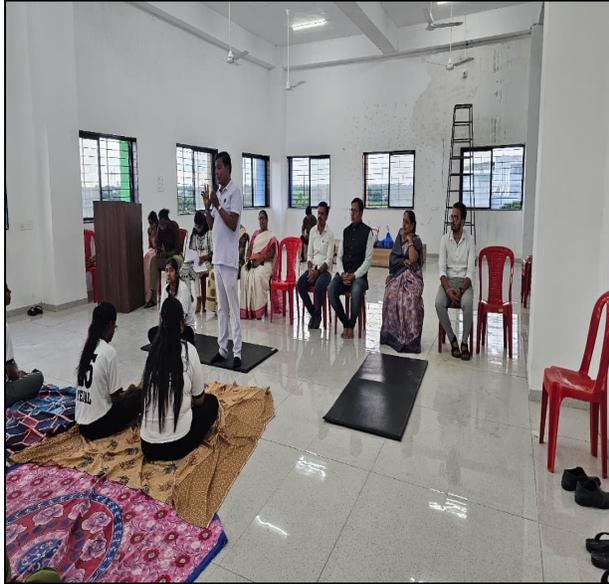
Documentation

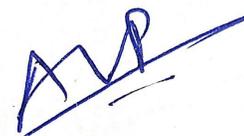
- Attendance record of participants.
- Photographs and videos of the event.
- Event report to be prepared and submitted to the institute.

Conclusion

This SOP ensures systematic planning and successful execution of the Yoga-themed event at Lifeline Institute of Physiotherapy, Pandharpur,

fostering holistic health awareness and academic enrichment among students.




Principal Signature
Principal
Lifeline Institute of Physiotherapy
Pandharpur, Dist. Solapur