

RSM's Tilak Ayurved Mahavidyalaya, Pune

Department of Swasthavritta and Yoga


10th Ayurved Day Celebrations

Report for Programme held on 18/09/2025

The Department of Swasthavritta and Yoga of Tilak Ayurved Mahavidyalaya, Pune had organized a Yoga & Meditation Session and Ayurveda Ahara demonstration. The pranayama consisted of Anulom Vilom and Bhramari Pranayama followed by a short meditation session. This was followed by a demonstration of Ayurveda recipes- Rochaka Takra, Hamsini based on AYUSH Ahara Regulations 2022 issued by FSSAI was conducted for UG Students.

The Yoga & Meditation Session was conducted by Mrs Tejashree Pendse, the Yoga teacher. The Post graduate students Dr Santosh Thorat, Dr Harshada Ishwarkatti demonstrated the Ayurveda recipes under the guidance of Assistant professor Dr Maithili Naik. A total number of 130 participants participated in the session.

The entire programme was organized under the guidance of the head of the department Prof. Dr Mihir Hajarnavis. Dr Neelima Shisode, Associate Professor department of Swasthavritta and Yoga proposed the vote of thanks.


Head of the Department
Dept. of Swasthavritta
Tilak Ayurved Mahavidyalaya, Pune