



Sanjeevani Multipurpose Foundation's
Dr. Deepak Patil Ayurvedic Medical College & Research Center
Borpadale Phata (Nebapur), Kolhapur-Ratnagiri Road, Tal- Panhala, Dist. Kolhapur, Pin - 416213, Maharashtra State, India.
Ph. No. 9132039595 Website: www.dpayurvediccollege.com Email: dr.deepakpatilayurveda@gmail.com
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REPORT ON INTERNATIONAL YOGA DAY CELEBRATION 2026

Name of the Activity :- International Yoga Day Celebration 2026

Date :- 21st June 2026

Venue:- Dr. Deepak Patil Ayurvedic Medical College & Research Centre (DDPAMC), Borpadale

Organizing Department :- Department of Swasthvritta Evum Yoga

Objectives

- To create awareness regarding the importance of Yoga in maintaining physical, mental, emotional, and spiritual health.
- To promote the practice of Yoga as an effective tool for disease prevention and health promotion.
- To encourage students and faculty members to adopt Yoga as a part of their daily lifestyle.
- To enhance knowledge regarding the practical applications of Yoga in healthcare through expert guidance.
- To celebrate International Yoga Day and spread the message of holistic well-being among society.

Introduction

International Yoga Day is celebrated every year on 21st June across the world to recognize the immense benefits of Yoga in achieving a healthy body and peaceful mind. Yoga is an invaluable gift of India's ancient tradition and plays a significant role in promoting harmony between body, mind, and spirit. To commemorate this occasion, the Department of Swasthvritta Evum Yoga of Dr. Deepak Patil Ayurvedic Medical College & Research Centre, Borpadale, organized a grand International Yoga Day Celebration on 21st June 2026.

Report of the Activity

The International Yoga Day Celebration was conducted with great enthusiasm and active participation from students, faculty members, and staff of the institution. The event was organized under the valuable guidance of Secretary Dr. Swati Patil madam, Managing Director Dr. Smita Patil Madam and Principal Dr. Nitin Tatpuje Sir.

The program commenced with a formal inauguration and welcome of the dignitaries. The importance of International Yoga Day and the role of Yoga in modern healthcare were highlighted during the introductory session.

A special Guest Lecture on "Applied Yoga" was delivered by Dr. Namdeo Patil Sir. During his lecture, he explained the practical applications of Yoga in daily life and healthcare. He emphasized the role of Yoga in preventing lifestyle disorders, improving physical fitness, reducing stress, enhancing mental well-being, and promoting holistic health. The lecture provided valuable insights into integrating Yoga with modern healthcare practices and inspired participants to adopt Yoga as a regular health-promoting activity.

Following the guest lecture, a comprehensive Yoga Demonstration Session was conducted. The session included various Yogasanas, stretching exercises, breathing techniques, Pranayama practices, and meditation techniques. Special emphasis was given to the practice of Surya Namaskar, and participants performed multiple rounds under expert supervision. The significance, health benefits, and correct methodology of Surya Namaskar were explained in detail.

A guided Meditation Session was also conducted to help participants experience mental relaxation, concentration, and inner peace. The meditation practice created a calm and positive atmosphere and highlighted the importance of mental health in today's fast-paced life.

The celebration witnessed enthusiastic participation from all students of DDPAMC, DDP Nursing students, teaching faculty, non-teaching staff, and members of the Swasthivrita Evum Yoga Department. The participants actively engaged in all activities and demonstrated great interest in learning and practicing Yoga.

The successful organization of the event reflected the institution's commitment to promoting health awareness and encouraging healthy lifestyle practices among future healthcare professionals. The event served as a platform to reinforce the importance of Yoga in achieving physical fitness, mental stability, and overall well-being.



Outcome of the Program

- Participants gained awareness regarding the significance of Yoga in maintaining health and preventing diseases.
- Students developed a better understanding of the practical applications of Yoga in healthcare.
- Knowledge regarding Surya Namaskar, Pranayama, and Meditation was enhanced.
- Participants were motivated to incorporate Yoga into their daily routine.
- The event promoted a positive attitude toward holistic health and wellness.

Participants :-

- All DDPAMC Students
- DDP Nursing Students
- Teaching Faculty Members
- Non-Teaching Staff
- Department of Swasthvritta Evum Yoga

Guest Speaker

- Dr. Namdeo Patil Sir

Conclusion

The International Yoga Day Celebration 2026 was successfully conducted at Dr. Deepak Patil Ayurvedic Medical College & Research Centre, Borpadale. The guest lecture on Applied Yoga, Yoga demonstration, Surya Namaskar practice, and meditation session enriched the knowledge and experience of all participants. The program effectively conveyed the message of adopting Yoga as a way of life for achieving holistic health, happiness, and well-being.

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SWASTHVIRITTA & YOGA
Dr. Deepak Patil Ayurvedic Medical
College & Research Center, Borpadale



Principal

Principal
Dr. Deepak Patil Ayurvedic Medical College
& Research Center, Borpadale Phata, Tal. Panhala,
Dist. Kolhapur-416 213



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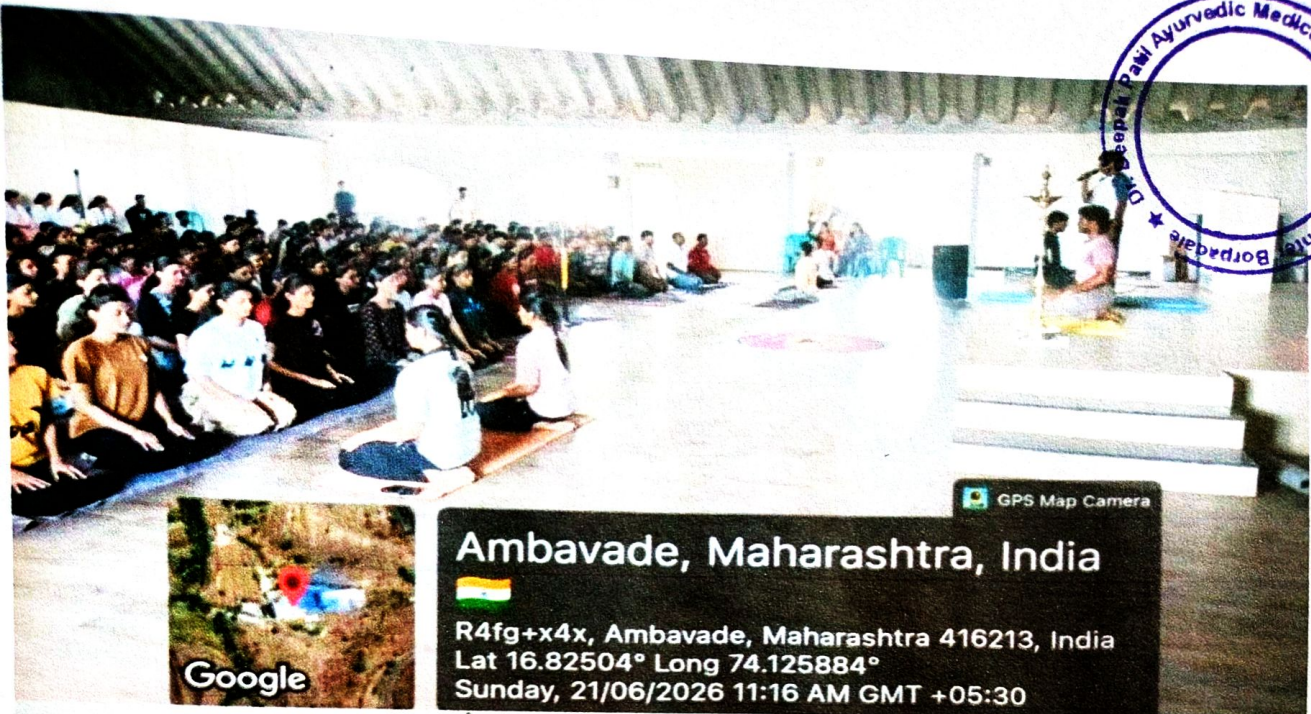
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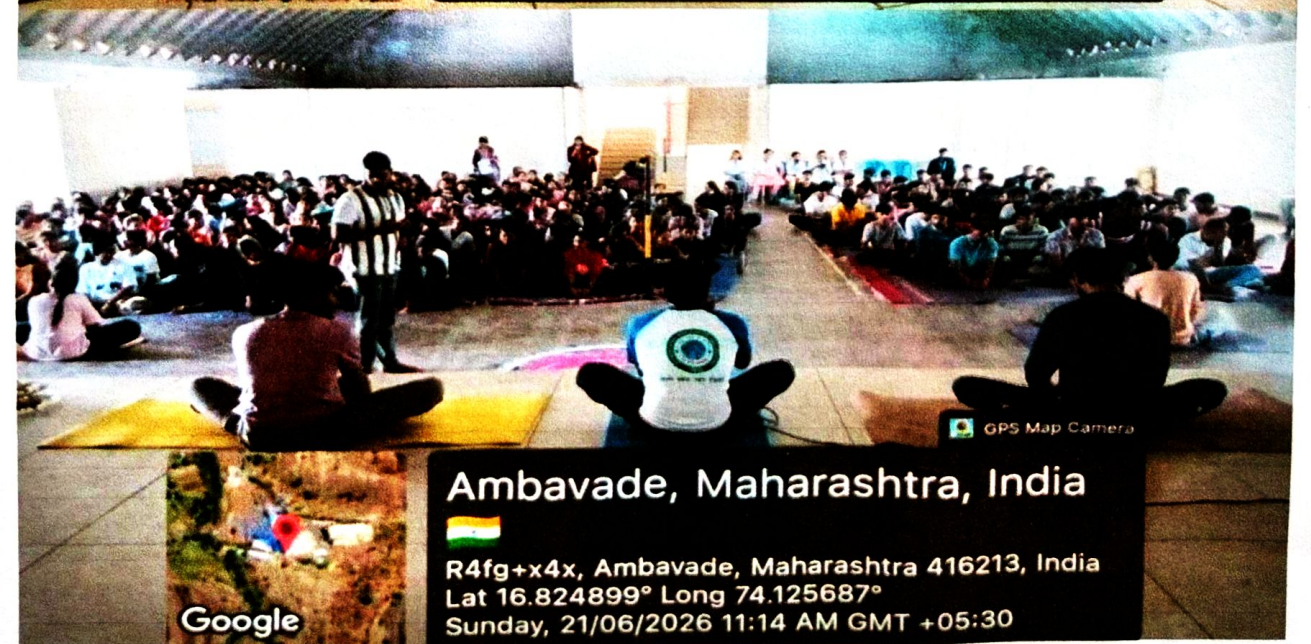


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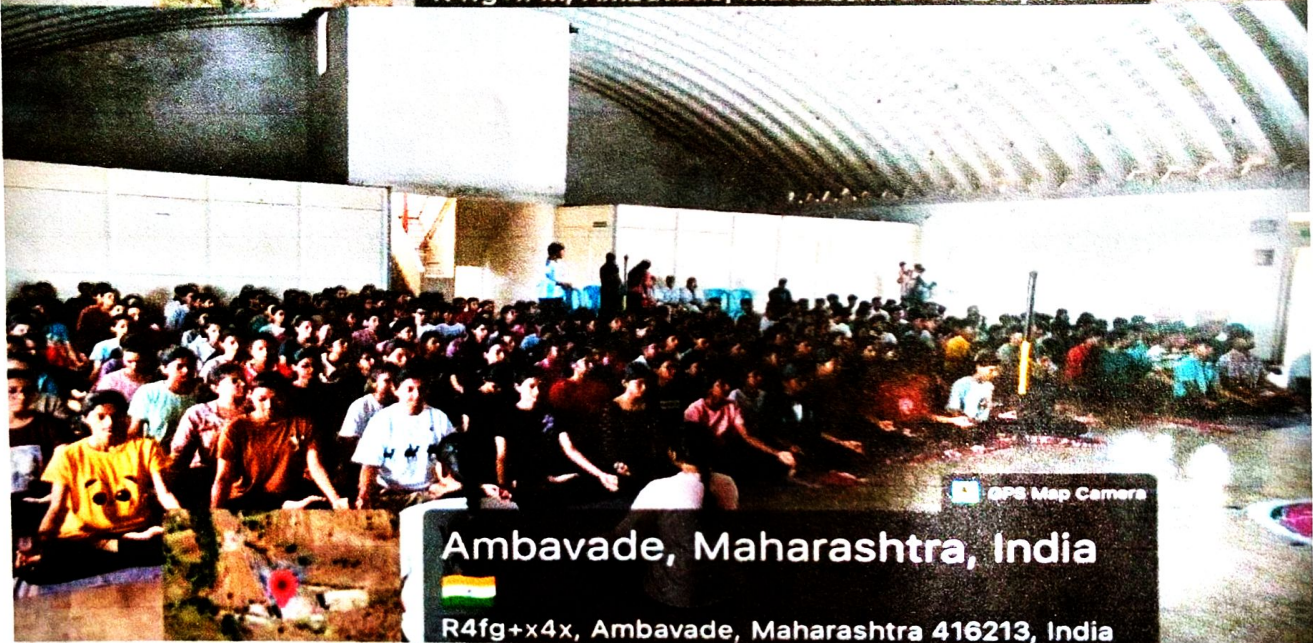
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