



Sanjeevani Multipurpose Foundation's
Dr. Deepak Patil Ayurvedic Medical College & Research Center
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• Affiliated to Maharashtra University Of Health Sciences, Nashik •



Activity Report Day 2 Yoga Day Celebration

Name of the College :- Dr. Deepak Patil Ayurvedic Medical College & Hospital, Borpadle

Department :- Swasthvritta Evum Yoga Department

Name of Activity :- International Yoga Day Celebration 2026 – Day 2: Yoga Rally, Guest Lecture and Speech Competition

Date of Activity :- 16 June 2026

Venue :- DDPAMC Campus and Borpadle Village

Objectives

- To create awareness regarding the importance of Yoga in daily life.
- To promote physical, mental, and social well-being through Yoga.
- To encourage community participation in Yoga Day celebrations.
- To enhance communication and presentation skills among students.
- To motivate students to adopt Yoga as a preventive and promotive health practice.

Introduction

As a part of the International Yoga Day Celebration 2026 (Yoga Saptaha), the Swasthvritta Evum Yoga Department of Dr. Deepak Patil Ayurvedic Medical College & Hospital, Borpadle organized a Yoga Rally, Guest Lecture, and Speech Competition on 16 June 2026. The program was conducted under the guidance of the college administration to promote awareness regarding Yoga and healthy living among students and the community.

Description of Activity

1. Yoga Awareness Rally

The program commenced with a Yoga Awareness Rally organized by students and faculty members. Participants carried placards, banners, and slogan boards displaying messages related to the importance of Yoga, stress management, disease prevention, and healthy lifestyle practices. The rally passed through the

nearby areas of Borpadle village and successfully spread awareness among the local population regarding the benefits of regular Yoga practice.

2. Guest Lecture

A guest lecture was organized as part of the celebration. The speaker elaborated on the significance of Yoga in maintaining physical fitness, mental stability, emotional balance, and overall health. The lecture emphasized the role of Yoga in preventing lifestyle disorders and improving the quality of life. Students actively participated in the interactive session and benefited from the expert guidance.

3. Speech Competition

A Speech Competition was conducted for BAMS students on various Yoga-related topics. Students enthusiastically participated and presented informative speeches on the importance of Yoga, holistic health, mental well-being, and preventive healthcare. The competition enhanced students' confidence, communication skills, and understanding of yogic principles.

Faculty Present

- | | |
|----------------------|----------------------------------|
| • Dr. Parag Kulkarni | Dr. S. Jamadar |
| • Dr. Kedar Todkar | Dr. Sayali Sankpal (Coordinator) |
| • Dr. Vitthal Patil | Dr. Nilesh Bhopale (Coordinator) |

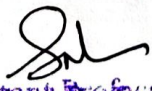
Outcomes

- Increased awareness regarding Yoga and its health benefits.
- Improved communication and public speaking skills among students.
- Encouraged regular practice of Yoga for holistic health.
- Enhanced community awareness regarding preventive healthcare.
- Promoted active participation of students in health education activities.

Conclusion

The Yoga Rally, Guest Lecture, and Speech Competition were successfully conducted as a part of International Yoga Day Celebration 2026. The program effectively promoted awareness regarding Yoga and encouraged students and community members to adopt Yoga as an integral component of a healthy lifestyle.




Assistant Professor
SWASTHVRITTA & YOGA
Dr. Deepak Patil Ayurvedic Medical
College & Research Center, Borpadale

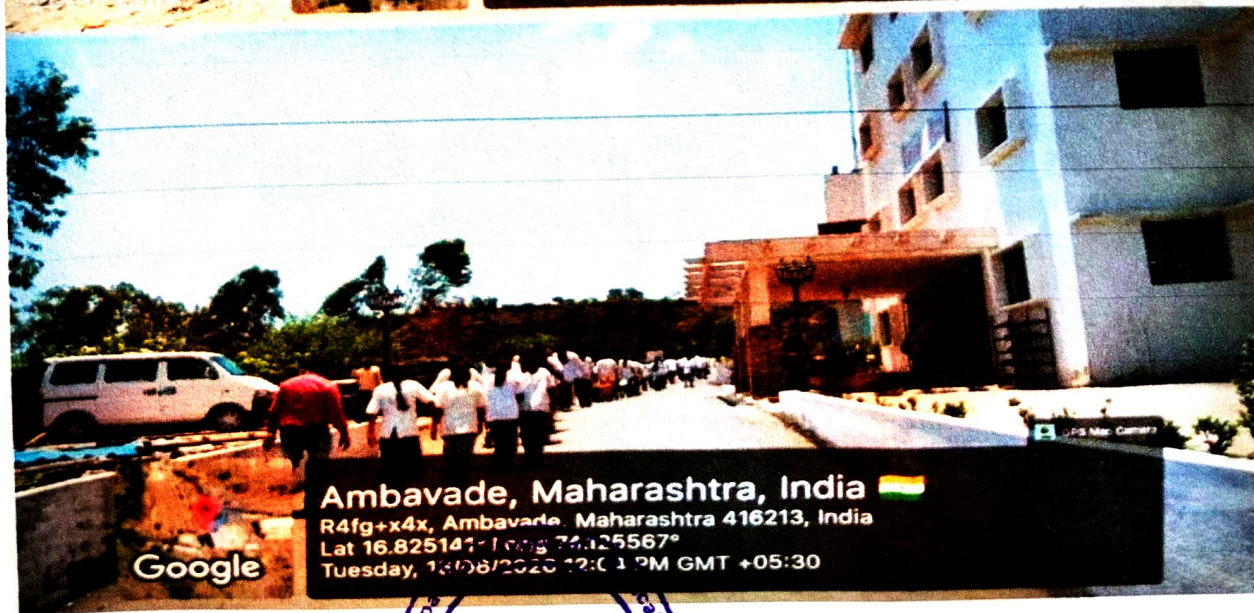

Principal
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