



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.deepakpatilayu@gmail.com

• Recognized By Central Council of Indian Medicine, New Delhi & Govt. of India, Ministry of Health & Family Welfare. Department of AYUSH, New Delhi & Govt. of Maharashtra, Medical Education & Medicine Dept. •

• Affiliated to Maharashtra University Of Health Sciences, Nashik •



Day 1 Activity Report Yoga Saptaha Celebration 2026

- ❖ **Name of Institution :-** Dr. Deepak Patil Ayurvedic Medical College & Research Centre, Borpadale
- ❖ **Organizing Department:-** Swasthviritta Evum Yoga Department
- ❖ **Number of Participants: -** 100 Students
- ❖ **Name of Activity:**
- ❖ **Day 1 –** Inauguration of Yoga Saptaha Celebration 2026
- ❖ **Date :-** 15 June 2026
- ❖ **Venue :-** Dr. Deepak Patil Ayurvedic Medical College & Research Centre, Borpadale

➤ **Objectives:**

- To inaugurate Yoga Saptaha Celebration 2026.
- To create awareness regarding the importance of Yoga and Meditation.
- To promote physical, mental, and spiritual well-being among students.
- To encourage student participation in Yoga-related activities.

➤ **Activity Details:**

The Swasthviritta Evum Yoga Department of Dr. Deepak Patil Ayurvedic Medical College & Research Centre, Borpadale successfully organized the inaugural program of Yoga Saptaha Celebration 2026 on 15 June 2026.

The program was conducted under the guidance of Managing Director Dr. Smita Patil Madam and Principal Dr. Nitin Tatpuje Sir. The event was attended by faculty members Dr. Kulkarni, Dr. Jamadar, Dr. S. Patil, Dr. R. Houngauder, Dr. S. Houngauder, Dr. H. Kulkarni, and Dr. Desai.

The inaugural session commenced with a welcome address and introduction to the significance of Yoga Saptaha. The Swasthviritta Department faculty members Dr. Sayali Sankpal and Dr. Nilesh Bhople coordinated the event and motivated students to actively participate in all activities scheduled during the week.

A Brahma Kumaris Meditation Camp and Lecture Session was conducted by esteemed guests Miss Vidyadidi Suryavanshi and Pushpadidi Tawate. The speakers highlighted the importance of Rajyoga Meditation in achieving mental peace, stress management, positive thinking, and overall personality development. Students actively participated in the guided meditation session and gained practical knowledge about meditation techniques.

Following the lecture session, a Yoga Essay Writing Competition was organized for BAMS students. The competition encouraged students to express their views on Yoga, its

therapeutic benefits, and its role in preventive and promotive healthcare. Students enthusiastically participated and showcased their knowledge and creativity through essay writing.

➤ **Outcome of the Activity:**

- Students understood the significance of Yoga and Meditation in daily life.
- Awareness regarding stress management and mental well-being was enhanced.
- Students gained practical experience in Rajyoga Meditation.
- The essay competition improved students' writing and analytical skills.
- Active participation of students marked a successful beginning of Yoga Saptaha Celebration 2026.

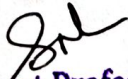
➤ **Conclusion :**

The Day 1 activities of Yoga Saptaha Celebration 2026 were conducted successfully with enthusiastic participation from students and faculty members. The Meditation Camp, Lecture Session, and Essay Writing Competition effectively promoted the principles of Yoga and holistic health. The program laid a strong foundation for the week-long celebration and encouraged students to adopt Yoga as a way of life.

Coordinator

Dr. Sayali Sankpal

Dr. Nilesh Bhopale



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



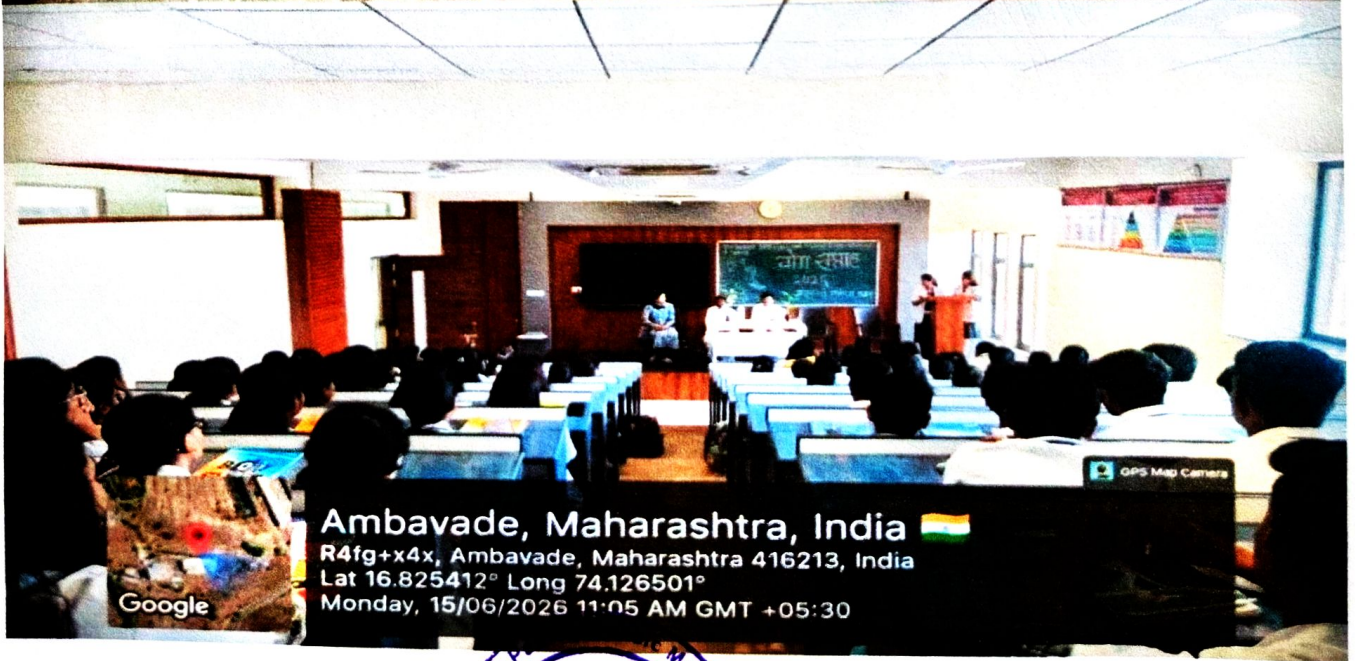
Principal
Dr. Deepak Patil Ayurvedic Medical College
& Research Center, Borpadale Phata, Tal. Panheta
Dist. Kolhapur-416 213



Ambavade, Maharashtra, India 
R4fg+x4x, Ambavade, Maharashtra 416213, India
Lat 16.82513° Long 74.126372°
Monday, 15/06/2026 03:29 PM GMT +05:30



Ambavade, Maharashtra, India 
R4fg+x4x, Ambavade, Maharashtra 416213, India
Lat 16.825142° Long 74.126305°
Monday, 15/06/2026 01:15 PM GMT +05:30



Ambavade, Maharashtra, India 
R4fg+x4x, Ambavade, Maharashtra 416213, India
Lat 16.825412° Long 74.126501°
Monday, 15/06/2026 11:05 AM GMT +05:30



