



Sanjeevani Multipurpose Foundation's

Dr. Deepak Patil Ayurvedic Medical College & Research Center

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Activity Report Day 3 Yoga Day Celebration

Name of the Institute : Dr. Deepak Patil Ayurvedic Medical College & Research Centre, Borpadale

Department: Swasthviritta Evum Yoga Department

Date: 17 June 2026

Venue : DDPAMC, Borpadale

Title of the Programme :- Yoga Saptaha Celebration – Day 3

Activities:- Sketch competition and Guest lecture

Objectives

- To promote awareness regarding the holistic benefits of Yoga.
- To educate students about the role of Yoga in maintaining physical, mental, and emotional well-being.
- To encourage creativity and participation among students through co-curricular activities.
- To enhance understanding of Heartfulness and meditation practices.

Programme Details

As a part of Yoga Saptaha Celebration 2026, the Swasthviritta Evum Yoga Department of Dr. Deepak Patil Ayurvedic Medical College & Research Centre, Borpadale successfully organized the Day 3 activities on 25 June 2026.

The programme was graced by Managing Director Dr. Smita Patil, Principal Dr. Nitin Tatpuje, Dr. Parag Kulkarni, Dr. Vitthal Patil, Dr. Sameer Jamadar, Dr. Sayali Sankpal, and Dr. Payamal.

The programme commenced with the welcome and introduction of the guest speaker Shree Nitin Bhosale, who delivered an enlightening guest lecture on

“Heartfulness of Yoga.” During the session, he elaborated on the importance of Heartfulness Meditation, relaxation techniques, and yogic practices for

achieving physical, mental, and emotional well-being. He motivated students to incorporate Yoga and meditation into their daily routine for a balanced and healthy lifestyle.

Following the guest lecture, a Sketch Competition was organized for students. Participants creatively presented various themes related to Yoga, health, wellness, nature, and holistic living through their artwork. The competition encouraged students to express their understanding of Yoga and its significance through artistic creativity.

The students actively participated in both activities, making the programme highly interactive and successful. Faculty members appreciated the enthusiasm and creativity displayed by the participants.

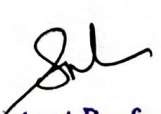
Outcomes

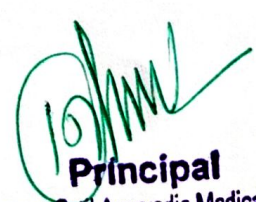
- Enhanced awareness regarding Heartfulness Meditation and Yoga.
- Improved understanding of the role of Yoga in maintaining holistic health.
- Encouraged creativity and artistic skills among students.
- Promoted positive attitudes -towards healthy living and stress management.

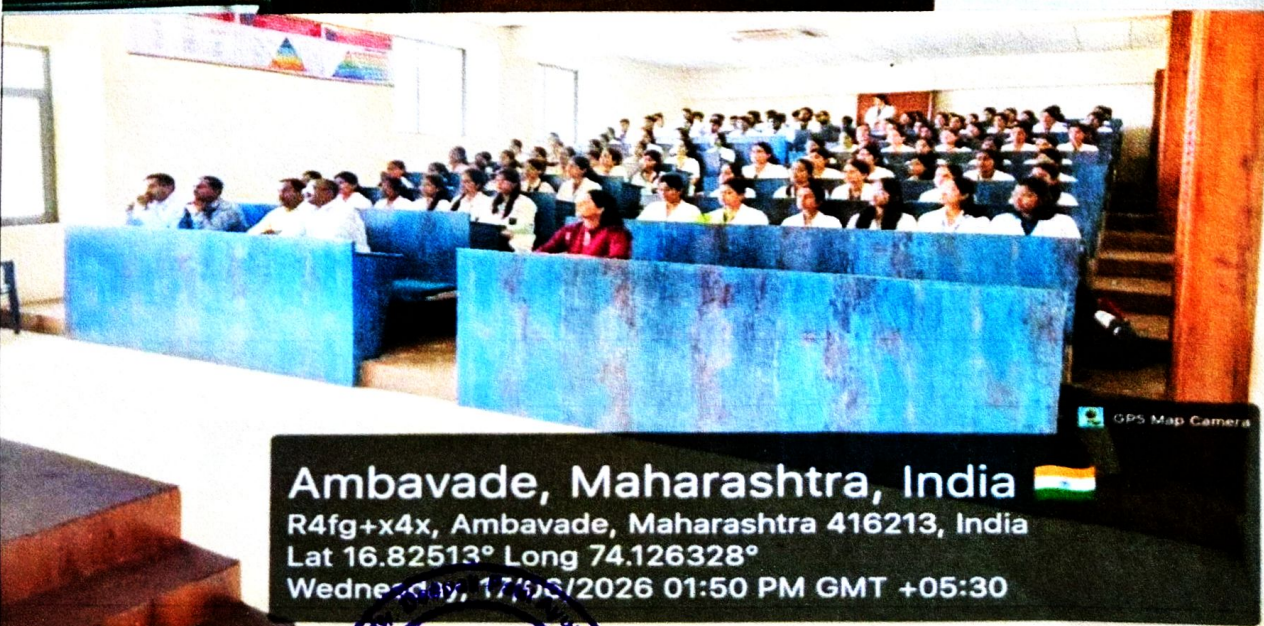
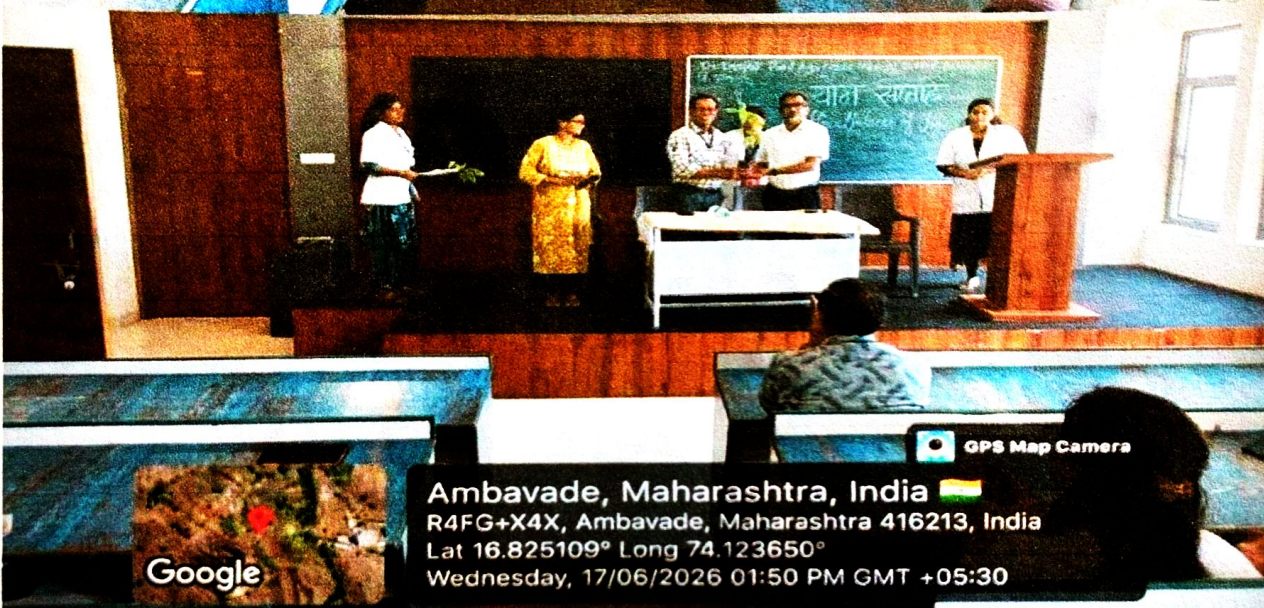
Conclusion

The Day 3 activities of Yoga Saptaha Celebration 2026 were conducted successfully under the guidance of the Swasthvritha Evum Yoga Department. The guest lecture on “Heartfulness of Yoga” and the Sketch Competition significantly contributed to spreading awareness about Yoga and holistic wellness among students.




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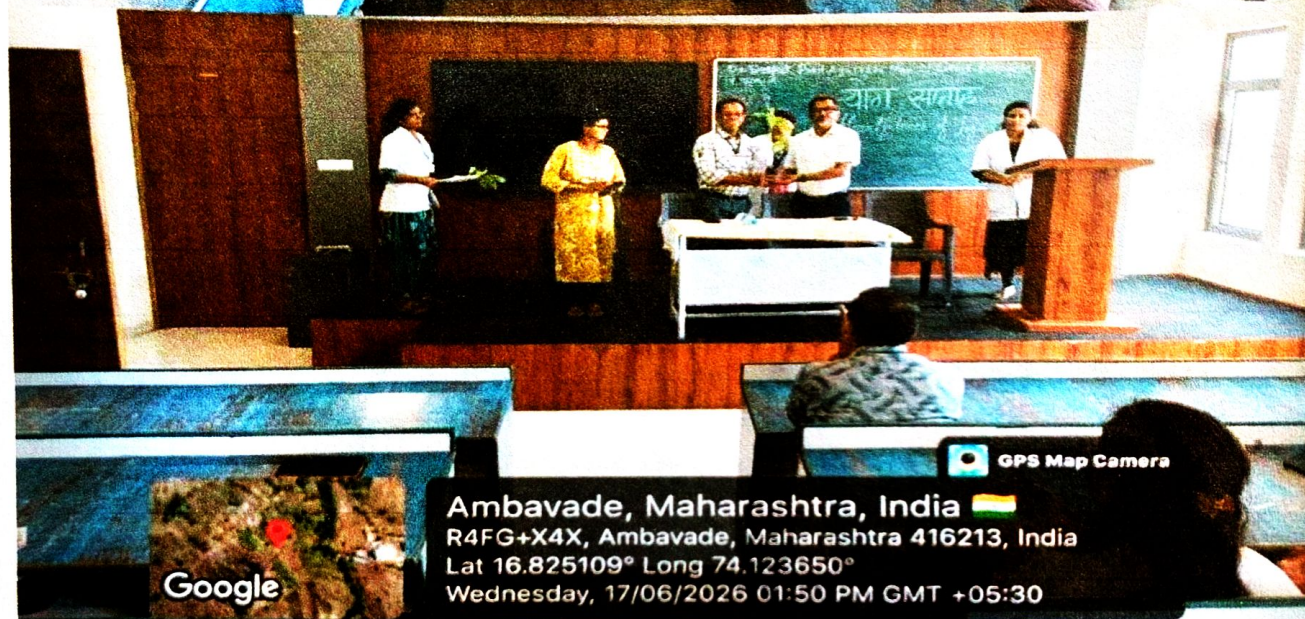




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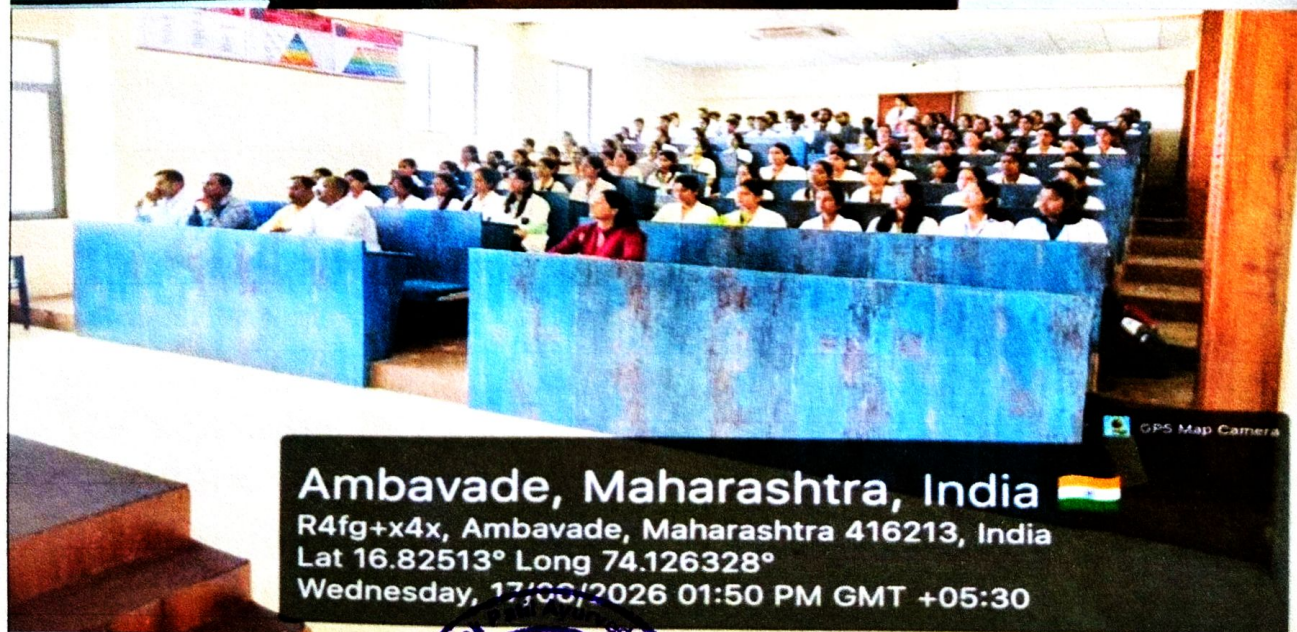
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