



Sanjeevani Multipurpose Foundation's
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REPORT OF YOGA SAPTAHA CELEBRATION 2026 – DAY4

Department : Swasthvritta Evum Yoga Department

Activity : Guest Lecture, Yoga Poster Presentation and Paper Presentation

Date : 18 June 2026

Venue : Dr. Deepak Patil Ayurvedic Medical College & Research Centre, Borpadale

Introduction

As a part of Yoga Saptaha Celebration 2026 organized in connection with the International Day of Yoga, the Swasthvritta Evum Yoga Department conducted Day 5 activities on 18 June 2026. The program aimed to create awareness regarding the importance of Yoga and to encourage academic participation among students through various educational activities.

Objectives

- To promote awareness regarding the benefits of Yoga.
- To encourage creativity and scientific thinking among students.
- To enhance knowledge regarding the therapeutic and preventive aspects of Yoga.
- To develop presentation and communication skills among students.

Details of Activities Conducted

1. Guest Lecture

A guest lecture was delivered by Dr. Amar Abhrange on the significance of Yoga in maintaining physical, mental, and spiritual well-being. The speaker highlighted the role of Yoga in disease prevention, stress management, lifestyle modification, and holistic health promotion. The lecture was highly informative and interactive, providing valuable insights to students and faculty members.

2. Yoga Poster Presentation

A Yoga Poster Presentation activity was organized for students. Participants presented informative and creative posters on various themes related to Yoga, health promotion, yogic lifestyle, prevention of lifestyle disorders, and the importance of

regular Yoga practice. The activity enhanced students' understanding and expression of Yoga concepts through visual presentation.

3. Paper Presentation

A Paper Presentation session was conducted wherein students presented scientific papers and literature reviews on various Yoga-related topics. The presentations focused on the therapeutic applications of Yoga, research findings, and the role of Yoga in preventive and promotive healthcare. The session encouraged research-oriented learning and improved students' presentation skills.

Evaluation of Presentations

The Yoga Poster Presentation and Paper Presentation activities were evaluated by Dr. Sandip Patil, who served as the guest faculty and judge for the competitions. He appreciated the efforts of the students and provided valuable guidance regarding scientific presentation techniques, research methodology, and effective communication skills.

Participation

The program was attended by Dr. Amar Abhrange (Guest Speaker), Dr. Sandip Patil (Guest Faculty and Judge), faculty members, and students of Dr. Deepak Patil Ayurvedic Medical College & Research Centre, Borpadale. The participants actively engaged in all the activities, making the event successful and meaningful.

Outcome of the Program

- Enhanced awareness regarding the importance and benefits of Yoga.
- Encouraged research and scientific understanding of Yoga.
- Improved communication, presentation, and analytical skills among students.
- Motivated students to adopt Yoga as a part of a healthy lifestyle.

Conclusion

The Day 4 activities of Yoga Saptaha Celebration 2026 were successfully conducted by the Swasthviritta Evum Yoga Department. The Guest Lecture, Yoga Poster Presentation, and Paper Presentation provided an excellent platform for academic learning, creativity, and knowledge enhancement. The program successfully conveyed the importance of Yoga in achieving holistic health and well-being.




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