



Sanjeevani Multipurpose Foundation's
Dr. Deepak Patil Ayurvedic Medical College & Research Center

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REPORT OF YOGA SAPTAHA CELEBRATION 2026 – DAY 5

Organizing Department: Swasthvritta Evum Yoga Department

Activity conducted : Yoga Rangoli Competition and Guest Lecture

Date : 19 June 2026

Introduction

As a part of the Yoga Saptaha Celebration 2026 organized in connection with the International Day of Yoga, the Swasthvritta Evum Yoga Department conducted various activities to promote awareness regarding Yoga and its therapeutic applications. The activities included a Yoga Rangoli Competition and an expert guest lecture on Applied Yoga and Therapeutic Yoga.

Objectives

- To promote awareness regarding the importance of Yoga in daily life.
- To encourage creativity and active participation among students.
- To enhance knowledge regarding the therapeutic applications of Yoga.
- To promote holistic health through yogic practices.

Details of Activities Conducted

1. Yoga Rangoli Competition

A Yoga Rangoli Competition was organized for students to creatively express various concepts and themes related to Yoga. Students enthusiastically participated and presented attractive rangoli designs depicting yoga postures, health awareness messages, International Yoga Day themes, and the significance of Yoga in maintaining physical and mental well-being. The competition encouraged creativity, teamwork, and awareness regarding yogic values.

2. Guest Lecture on Applied Yoga and Therapeutic Yoga

An enlightening guest lecture on “Applied Yoga and Therapeutic Yoga” was delivered by Yogpandit Shri Ramdas Nikam Sir. The speaker explained the practical application of Yoga in daily life and highlighted the therapeutic role of Yoga in the prevention and management of various lifestyle disorders. He also discussed the scientific basis of yogic practices and their

importance in promoting physical, mental, and emotional health. The session was highly informative, interactive, and beneficial for students and faculty members.

Participation

The program was attended by faculty members and students of Dr. Deepak Patil Ayurvedic Medical College & Research Centre, Borpadale.

The following faculty members were present during the program:

Dr. Nilesh Bhopale
Dr. Sevagra Shrama
Dr. Archana Abhrange

Dr. Nitin Tatpuje (Principal)
Dr. Jyostna Payaml
Dr. Imtiaz Desai

The students actively participated in all activities and contributed to the success of the event.

Outcome of the Program

- Increased awareness regarding Yoga and its therapeutic applications.
- Enhanced creativity and participation among students.
- Improved understanding of Applied Yoga and Therapeutic Yoga.
- Encouraged students to adopt Yoga as a part of a healthy lifestyle.

Conclusion

The Day 5 activities of Yoga Saptaha Celebration 2026 were successfully conducted by the Swasthviritta Evum Yoga Department. The Yoga Rangoli Competition and the guest lecture by Yogpandit Shri Ramdas Nikam Sir provided a valuable platform for learning, creativity, and awareness. The program effectively promoted the significance of Yoga in achieving holistic health and well-being.


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