



Sanjeevani Multipurpose Foundation's

Dr. Deepak Patil Ayurvedic Medical College & Research Center

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REPORT OF YOGA SAPTAHA CELEBRATION 2026 Day 6:

Activities- Yoga Demonstration Competition and Guest Lecture

Name of Institution: Dr. Deepak Patil Ayurvedic Medical College and Research Centre, Borpadale

Department: Swasthvritta Evum Yoga Department

Date : 20 June 2026

Venue-Swasthvritta Department and DDPAMC class rooms

Introduction

As a part of the International Yoga Day 2026 celebrations, the Swasthvritta Evum Yoga Department of Dr. Deepak Patil Ayurvedic Medical College and Research Centre, Borpadale organized the sixth day of Yoga Saptaha Celebration. The program aimed to promote awareness regarding the importance of Yoga and encourage students to adopt Yoga as an integral part of a healthy lifestyle.

Objectives

- To create awareness about the importance of Yoga in maintaining physical, mental, and emotional health.
- To encourage students to practice Yoga regularly and adopt a healthy lifestyle.
- To provide a platform for students to demonstrate their yogic skills and knowledge.
- To enhance practical understanding of Yogasanas, Pranayama, and yogic practices.
- To educate students regarding the preventive and therapeutic applications of Yoga.
- To promote the message of holistic health and well-being through Yoga.

Activities Conducted

A Yoga Demonstration Competition was organized for Second Year BAMS students. Participants demonstrated various Yogasanas, Pranayama techniques, and yogic practices with enthusiasm and confidence. Students displayed flexibility, balance, coordination, and proper execution of yogic postures. The competition encouraged healthy participation and inspired students to deepen their interest in Yoga.

Guest Lecture

An informative guest lecture was delivered by Dr. Vitthal Patil Sir. He explained the significance of Yoga in maintaining physical fitness, mental stability, and emotional well-being. He emphasized the role of Yoga in disease prevention, stress management, and promotion of overall health. The lecture was highly beneficial and motivating for all participants.

Presence

The program was conducted under the guidance of Managing Director Dr. Smita Patil Madam and Principal Dr. Nitin Tatpuje Sir. The event was organized by the Swasthviritta Evum Yoga Department and attended by faculty members including Dr. Sayali Sankpal, Dr. Nilesh Bhopale, Dr. Parag Kulkarni, Dr. Sameer Jamadar, and Dr. Vitthal Patil. All Second Year BAMS students actively participated in the activities and contributed to the success of the event.

Conclusion

The Day 6 activities of Yoga Saptaha Celebration 2026 were conducted successfully. The Yoga Demonstration Competition provided students with an opportunity to showcase their practical skills, while the guest lecture enriched their understanding of Yoga and its applications in health promotion. The program successfully achieved its objectives and motivated students to incorporate Yoga into their daily lives for holistic well-being.

N. Bhopale

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SWASTHVIRITTA & YOGA
Dr. Deepak Patil Ayurvedic Medical
College & Research Center, Borpadale



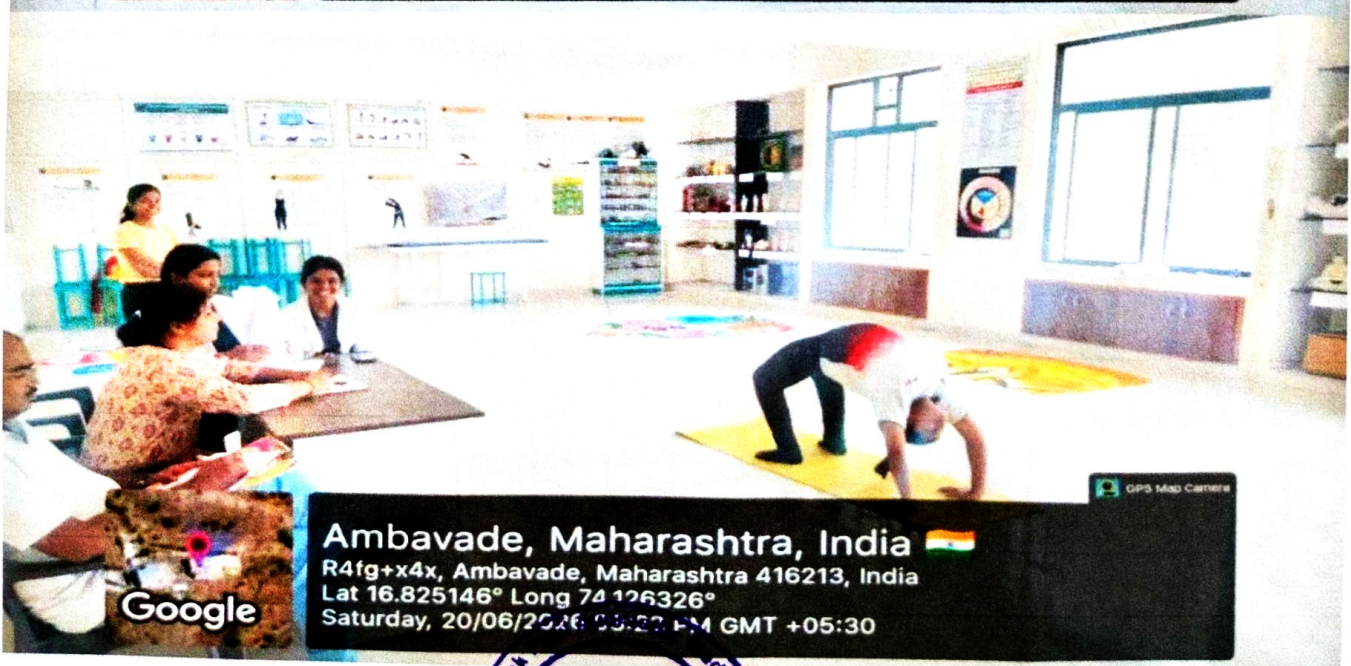
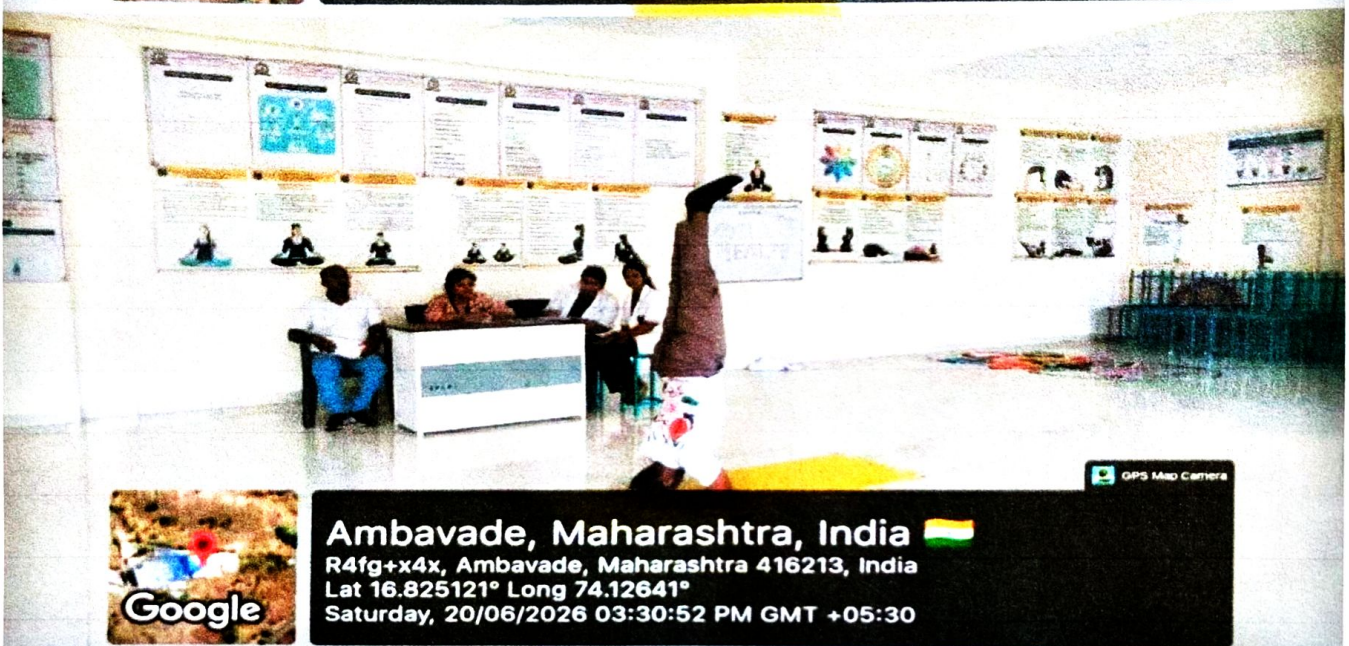
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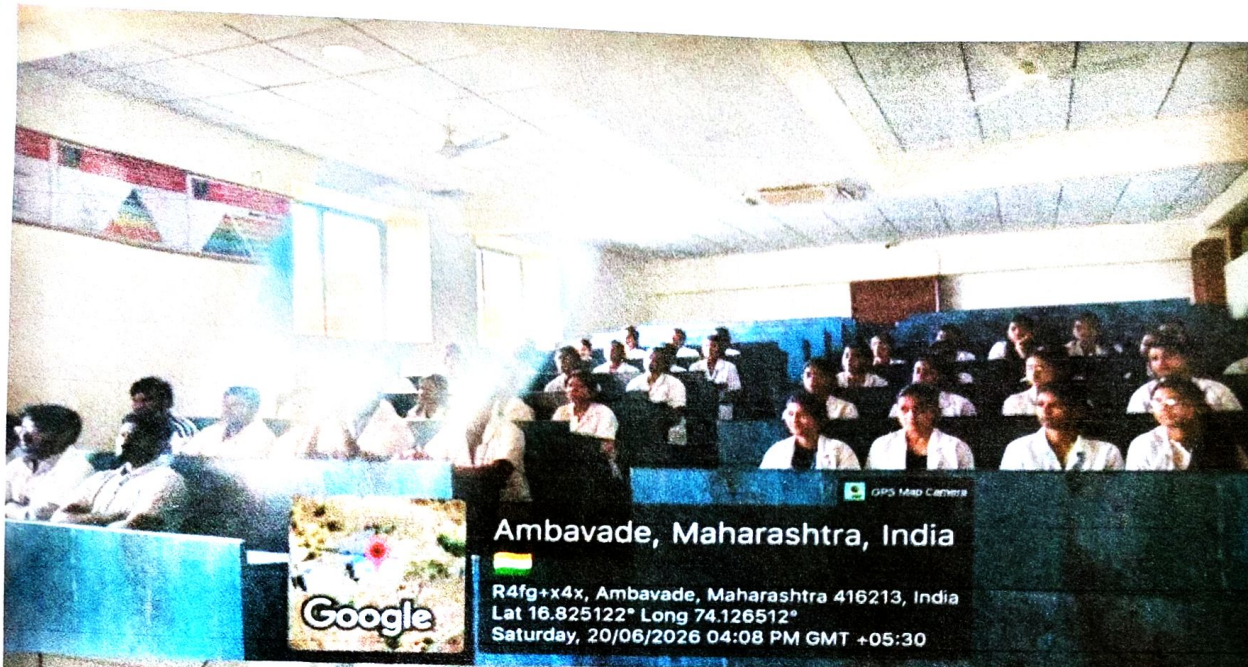
Principal

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