

Event Report

- **Name of Event :** Celebration of International Yoga Day-2026
- **Date & Time:** 21st June, 2026 at 7.00 am
- **Venue:** College Campus
- **Organizers:** NSS Unit of College
- **Yoga Teacher:** Shri. Uddhav Lad
- **Chairperson:** Prof. Baliram V. Rakh (Principal)
- **Target Audience:** Teaching faculty, non-teaching staff, and NSS volunteers.

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Objectives of Event:

- **Promote Wellness:** Cultivate awareness about the physical, mental, and spiritual benefits of regular yoga practice.
- **Foster Discipline:** Encourage students to adopt a healthy and disciplined lifestyle to mitigate stress and anxiety.
- **Community Integration:** Educate the surrounding rural and urban youth on traditional Indian wellness systems.

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Summary of Event

Navgan Shikshan Sanstha Rajuri's Vasantdada Patil Arts, Commerce & Science College, Patoda (Beed, Maharashtra) regularly organizes the International Yoga Day Celebration and Health Awareness Program on 21st June. The institutional events are typically spearheaded by the National Service Scheme (NSS) Unit, of the college to promote holistic well-being among students and faculty members

Inaugural Session & Address:

The event commences with a welcome address highlighting the annual global theme of 2026 and purpose of the event by NSS program officer Prof. S. S. Landge. The Principal of college Prof. Baliram V. Rakh delivers a guiding speech emphasizing the integration of physical fitness and mental peace in modern academic environments.

Practical Yoga Session & Common Protocol

The Yoga teacher Shri. Uddhav Lad sir commences Warm-Up and yogasanas. All the Participants perform light stretching exercises and loosening movements to prepare the body.

Yogasanas: Yog Guru Lad Sir given demonstrations of fundamental postures—including *Tadasana*, *Vrikshasana*, *Bhujangasana*, and *Vajrasana*—focusing on proper posture, alignment, and flexibility.

Pranayama & Meditation: Core emphasis is placed on rhythmic breathing exercises like *Anulom Vilom* alongside short meditation segments to achieve mental clarity and stress relief.

Event Outcomes

- **Active Engagement:** NSS volunteers, sports students, faculty members and Non-teaching staff collectively participate, reinforcing the institution's commitment to extension activities.
- **Lifestyle Adoption:** Participants take a collective pledge to incorporate a minimum of 15–20 minutes of daily yoga into their routines.
- **Institutional Alignment:** The successful execution ensures adherence to the proactive mandates of the National Assessment and Accreditation Council (NAAC) and UGC skill-enhancement targets.

The session concludes gracefully with a vote of thanks delivered by Dr. Ganesh Pachkore, PG Director of college.



वसंतदादा पाटील महाविद्यालय पाटोदा, ता. पाटोदा जि.बीड



NOT ME BUT YOU

राष्ट्रीय सेवा योजना



NOT ME BUT YOU



आयोजित
आंतरराष्ट्रीय योग दिन

२१ जून

मार्गदर्शक : **मा.उध्दव लाड**

योग शिक्षक

सिध्देश्वर विद्यालय, सावरगाव/सोनेगाव ता.पाटोदा जि.बीड

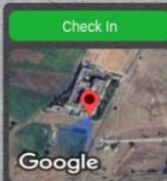
अध्यक्ष : **प्राचार्य डॉ.बळीराम राख**

दि.२१ जून २०२६

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Lat 18.792787° Long 75.477292°
Sunday, 21/06/2026 07:35 AM GMT +05:30

GPS Map Camera



Navgan Shikshan Sanstha Rajuri's

Vasantdada Patil College Patoda.

Tq. Patoda Dist. Beed-

Title of the Event : International Yoga Day

Date : 21/06/2026

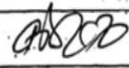
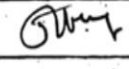
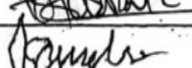
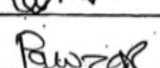
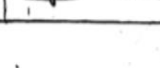
Department : NSS

Resource Person : Mr. Uddhav Lad

Chairperson : pr.in. pr.of. Baliram Ratch

Attendance Sheet

21/06/2026

Sr.No.	Name of the participant	Signature
1	principal. Ratch B.V	
2	Dr. A.R. Kshirsagar	
3	Prof. G.L. Pachore	
4	Jogdand A.V.	
5	Sripate D.A.	
6	Dr. Somnath S. Landge	
7	Smt. Pawan Chaudhary R.	
8	Dr. S.V. Gayakwad	
9	sonwane R. B.	
10	Kekan A.Y	
11	Kadam S. R.	
12	Shinde R. R.	

13	Dr. N. P. Kan			Dr.
14	Dr. Morale. M.			Dr. Morale. M.
15	Shinde Vithal			Shinde
16	Dr. Rathod B. S.			Dr. Rathod B. S.
17	Dr. Puri A. S.			Dr. Puri A. S.
18	Dr. Ghodke K. S.			Dr. Ghodke K. S.
19	Dr. Chaudhary P. R.			Dr. Chaudhary P. R.
20	Dr. A. N. Dharwadkar			Dr. A. N. Dharwadkar
21	Gadhare M. M.			Gadhare M. M.
22	Kodje R. L.			Kodje R. L.
23	Pandey V. R.			Pandey V. R.
24	Dr. Wankhede U. D.			Dr. Wankhede U. D.
25	Shri. Shinde D. S.			Shri. Shinde D. S.
26	Shri. Varat B. I.			Shri. Varat B. I.
27	Deshmukh M. L.			Deshmukh M. L.
28	Jogdand R. L.			Jogdand R. L.
29	Shrimangale G. W.			Shrimangale G. W.
30	Shri. Agarkar A. D.			Shri. Agarkar A. D.
31	Dr. Agarkar T. A.			Dr. Agarkar T. A.
32	Pant J. R.			Pant J. R.
33	Yadav B. J.			Yadav B. J.
34	Purechya P. M.			Purechya P. M.
35	Konde B. B.			Konde B. B.

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