

Report of
International Yoga Day
Celebration


On
21st June, 2022 at 7.45 a.m.


Of
Padmabhushan Vasantodada Patil Mahavidyalaya,
Kvathe Mahankal, Dist. Sangli

Date: 22/06/2022

‘Shikshan Prasarak Sanstha’s
Padmabhushan Vasantodada Patil Mahavidyalaya, Kavathe Mahankal
DEPARTMENT OF PHYSICAL EDUCATION & SPORT
Report of the Activity

Title	Guest Lecture
Day & Date	21st June, 2022
Organizer	Department of Physical Education and Sports
Funding	-
Chief Guest	Hon. Lieutenant Colonel Satish Bhosale
Chairperson	Prof. (Dr.) M. K. Patil Principal, Padmabhushan Vasantodada Patil Mahavidyalaya, KavatheMahankal
Background	Since its inception in the year 2015, June 21st is celebrated as The International Day of Yoga all over the world. This idea was proposed by our Honorable Prime Minister Narendra Modi. He said, “Yoga is an invaluable gift of India’s ancient tradition. It embodies unity of mind and body, thought and action, restraint and fulfillment, harmony between man and nature, a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help in well-being.” Department has realized the need arrange a Guest Lecture.
Objective	<ul style="list-style-type: none">• To enable the student participation in college as well as Departmental activities.• To acknowledge the healthy food habits and importance of health.• To acknowledge the Changing & risk bearing lifestyle of 21st century’s young generation. .
Conclusion	<ul style="list-style-type: none">• Students got to know importance of Yoga in the life of youngsters• In addition, Students enthusiastically participated in the activity.


Dr. M. M. Shinde
Director
(Department Of Sport)


Mr. A. P. Bhosale
Head
(Department Phy.Edu.)


Prof. (Dr.) M. K. Patil
Principal
पद्मभूषण वसन्तोददा पाटील महाविद्यालय,
कवठेमहानकाळ, जि. सांगली.

Shikshan Prasarak sansth's
PADMABHUSHAN VASANTRAODADA PATIL MAHAVIDYALAYA
KAVATHE MAHANKAL, Dist. Sangli

“International Yoga Day”

On
21st June, 2022 at 7.45 a.m.

Chief Guest :

Hon. Lieutenant Colonel Satish Bhosale

Chairperson:

Prof. (Dr.) M.K.Patil

(Principal P.V.P. Mahavidyalaya)

Venue:

Open Hall, P.V.P. Mahavidyalaya, Kavathe Mahankal.

Date: 22/06/2022

**Shikshan Prasarak Sanstha's
Padmabhushan Vasantodada Patil Mahavidyalaya, Kavathe Mahankal
DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS**

Report of the Activity

21st June 2022

Since its inception in the year 2015, June 21st is celebrated as The International Day of Yoga all over the world. This idea was proposed by our Honorable Prime Minister Narendra Modi. He said, "Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body, thought and action, restraint and fulfillment, harmony between man and nature, a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help in well-being."

8th International Yoga day was celebrated by the students and the teachers of Padmabhushan Vasantodada Patil Mahavidyalaya Kavathe Mahankal, Dist. Sangli on 21st June 2022 with great enthusiasm. Hon. Lieutenant Colonel Satish Bhosale also participated in the celebration as a chief guest. More than 300 students and teaching Staff participated in it. The function began with a brief introduction of Yoga Day by Acting Principal Prof.(Dr.) M.K.Patil and Mr. Arun Bhosale. The chief guests were felicitated by Acting Principal Prof.(Dr.) M.K.Patil and Mr. Arun Bhosale respectively. Yoga Day is celebrated among students and teachers to make them understand the importance of Yoga in their life. It helps the students to understand how to maintain harmony between body and mind. To explain the importance of Yoga. Hon. Lieutenant Colonel Satish Bhosale explained the importance of Yoga in the life of youngsters. He explained that regular practice of Yoga will help the students achieve better mental and physical health. Hon. Lieutenant Colonel Satish Bhosale started Yoga demonstrations. After which a few warm up and simple Asanas were performed by the students and the teachers enthusiastically and the importance of these Asanas was explained simultaneously by Hon. Lieutenant Colonel Satish Bhosale spoke about 'The Positive Framework of Meditation'. He began by explaining how negative thoughts disturb a person. Negativity He said increases the hormonal imbalance in people and thus there is a confusion of thoughts leading to stress. He emphasized the fact that purity of thought increases positivity in a person. Purity of thought increases mentally and physically strong people, which further create a positive nation leading to positive world. He emphasized that it is the responsibility of the teachers to imbibe positive

thoughts among students. He conducted a 3 minute meditation session with the students and teachers and professed the regular use of meditation in one's life. He encouraged the students to practice Yoga and meditation on a regular basis for a healthy body and mind. The function ended with a vote of thanks by Dr. Mayur Shinde. The function was organized by Mr. Arun Bhosale and Dr. Mayur Shinde along with all the Professors and office staff who put in a lot of effort to make the function a success.



Dr. M. M. Shinde

Director

(Department Of Sport) (Department Phy.Edu.)



Mr. A. P. Bhosale

Head



Prof. (Dr.) M. K. Patil

Principal

Date: 22/06/2022

**‘Shikshan Prasarak Sanstha’s
Padmabhushan Vasantodada Patil Mahavidyalaya, Kavathe Mahankal
DEPARTMENT OF PHYSICAL EDUCATION & SPORTS
Workshop on Police Recruitment**

Activity Photograph



The chief guest Hon. Lieutenant Colonel Satish Bhosale was felicitated by Acting Principal Prof.(Dr.) M.K.Patil and Mr. Arun Bhosale

The chief guest explained the importance of Yoga in the life of youngsters.





The chief guest Performing
YogAsanas on 21st June 2022,
International Yoga Day.

Teachers and students Performing
YogAsanas on 21st June 2022,
International Yoga Day.



The function ended with a vote of
thanks by Dr. Mayur Shinde