



Rayat Shikshan Sanstha's,

**Dr. Patangrao Kadam Mahavidyalaya, Ramanandnagar (Burli).**

Date: 21/06/2022

## Report of 'International Yoga Day Celebration: 2022-23'

On June 21<sup>st</sup>, 2022, International Yoga Day was enthusiastically observed in the Dr. Patangrao Kadam Mahavidyalaya of Rayat Shikshan Sanstha in Ramanandnagar (Burli). Hon. Prime Minister Narendra Modiji was welcomed to the program as a live broadcast from Mysore. He emphasized the value of yoga and how it contributes to world peace. 'Yoga for Humanity' served as this year's Yoga Day theme. Stretching exercises were performed as a warm-up before the yoga session under the direction of Lt. Sandesh Daunde, director of physical education. Yoga exercises were led by Ms. Dipali Kamble from Kolhapur for the attendees. At first, Suryanamaskaras were performed. There were also several more asanas performed, such as Tadasana, Vrikshasana, Utthith Trikonasana, Dhanurasana, Noukasana, Bhramarasana, and Shavasana.

The Hindustan Scout and Guide team, led by Mr. Mohsin Patharwat, visited a college and provided information about opportunities within Hindustan Scout and Guide. Honorary Principal Dr. L.D. Kadam was presented with a scarf and wig by the squad. Then, Hon. Principal Dr. L.D. Kadam Saheb made a presidential comment. He said that yoga is good for your health and that practicing it regularly can help you live a healthier life. Director of Physical Education Lt. Sandesh Daunde gave the vote of gratitude. There were NSS volunteers, teaching and non-teaching personnel, and NCC cadets present.

### Program Outcomes:

- 1) Benefits of practicing Yoga in day today life were highlighted.
- 2) A message of world peace was spread by celebrating Yoga Day.

### Beneficiaries:

Teaching Staff of 90 and 50 students were present for the program.



**Lt. Sandesh Daunde explaining theme of Yoga Day.**



**Hon. Principal Dr. L.D. Kadam while motivating the importance of Yogasana.**

*S Sandesh Daunde*

Head of Dept.

Department of Sports & Physical Education  
Dr. Patangrao Kadam Mahavidhyalaya,  
Ramanandnagar (Burli)

*Dr. Patangrao Kadam*

Principal,  
Dr. Patangrao Kadam Mahavidyalaya,  
Ramanandnagar (Burli)  
Tal. Palus, Dist. Sangli.



Teaching & Non-teaching staff while doing Yoga.



College staff practicing Yogasanas.



One of the scout guide guiding the way of doing Yoga.



Teaching & Non Teaching Staff while doing Yogas.



College staff while demonstrating Yoga.



College staff practicing Yogasanas.

*SSGaurde*  
Head of Dept.  
Department of Sports & Physical Education  
Dr. Patangrao Kadam Mahavidhyalaya,  
Ramanandnagar (Burli)

*Dr. Patangrao*  
Principal,  
Dr. Patangrao Kadam Mahavidyalaya,  
Ramanandnagar (Burli)  
Tal. Palus, Dist. Sangli.