

Rayat Shikshan Sanstha's
Dr. Patangrao Kadam Mahavidyalaya, Ramanandnagar (Burli)
National Service Scheme
2022-23
International Yoga day Celebration Report

International Yoga Day was celebrated actively at Rayat Shikshan Sanstha's Dr. Patangrao Kadam Mahavidyalaya, Ramanandnagar (Burli) on account of International Yoga Day on 21st June 2022. The program commenced by joining Hon. Prime Minister Narendra Modiji on live telecast from Mysore. He highlighted the importance of yoga and its role in establishing peace worldwide. The theme of yoga Day this year is "Yoga for Humanity".

The yoga session commenced by stretching for warm up under guidance of Lt. Sandesh Daunde (Physical Education Director). Ms. Dipali Kamble from Kolhapur guided participants in performing yoga. Suryanamaskaras were performed at first. Various Asanas including Tadasana, Vrikshasana, Utthith Trikonasana, Dhanurasana, Noukasana, Bhramarasana, and Shavasan were also performed.

Hindustan Scout and guide team visited college and guided about opportunities in Hindustan Scout and guide lead by Mr. Mohsin Patharwat. The team felicitated Hon. Principal Dr. L. D. Kadam with woggle and Scarf. Hon Principal Dr. I. D. Kadam Saheb then expressed Presidential remark, he stated that Yoga is beneficial to health and its practice in day today life will help in building healthier life. The Vote of thanks was offered by Lt. Sandesh Daunde (Physical Education Director).

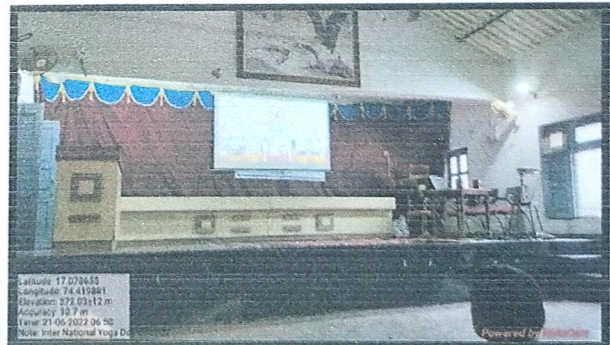
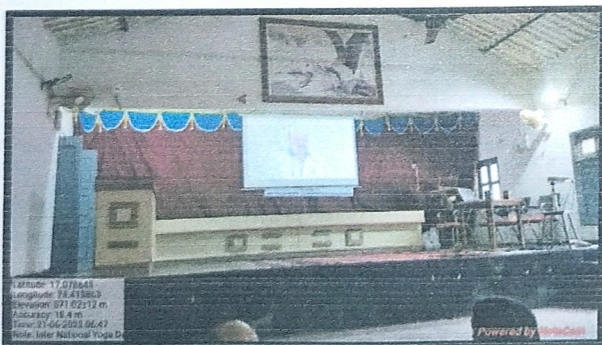
NSS volunteers, teaching –non teaching staff and NCC cadets were present on the occasion.

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.



The program commenced by joining Hon. Prime Minister Narendra Modiji on live telecast from Mysore.

[Signature]
Program Officer
Department of NSS
Dr. Patangrao Kadam Mahavidhyalaya,
Ramanandnagar (Burli)



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



Lt. Sandesh Daunde guiding participants about stretching and warm up



Yog Guru Dipali Kamble Madam performing Yogasanas



Hindustan Scout and guides team was present on the occasion.



Participants performing Yogasanas during the session.



Participant teachers and students warming up for yogasanas



Hon Principal Dr. L. D. Kadam, Vice Principal Dr.T.S. Bhosale, Vice Principal and NSS Program Officer Dr. K. B. Bhosale in frame

[Signature]
 NSS Program Officer
 Department of NSS
 Dr. Patangrao Kadam Mahavidhyalaya,
 Ramanandnagar (Buri)



[Signature]
 Principal,
 Dr. Patangrao Kadam Mahavidyalaya
 Ramanandnagar (Buri)
 Tal. Palus, Dist. Sangli.