



Rayat Shikshan Sanstha's,

Dr. Patangrao Kadam Mahavidyalaya, Ramanandnagar (Burli).

Report of Yoga Training Programme

Date: 17/06/2022

On 17th June, 2022 a yoga guidance program was organized on the occasion of International Yoga Day at Patangrao Kadam Mahavidyalaya, Ramanandnagar (Burli). Yoga Guru, Yoga Pandit Pandurang Chavan Sir was present as the chief guide. He gave in-depth guidance on how to stay healthy through yoga, how to increase energy in the body, how to keep positivity in your mind, as well as yoga practice, meditation posture, pranayama, yogasana etc. Art of Living volunteers Sunil Phatak and Balkrishna Kale were also present.

The principal of the college, Dr. L.D. Kadam conveyed the message of regular yoga. The college is currently running this training for a week but he decided to organize yoga guidance on every 21st. The program was jointly organized by Gymkhana Department, Rashtriya Chhatra Sena (NCC), Rashtriya Seva Yojana (NSS), Yoga Center, Health Center. The event was attended by a large number of teachers, non-teaching staff and students. Everyone expressed satisfaction about this event.

Outcomes: Yoga training programs created collective emotion awareness to understand the value of yoga.

Beneficiaries: 120



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



Yoga Pandit Shri Pandurang Chavan guiding on various forms of Yogasana & Pranayama.

SS Gaunde

Company Commander
Dr. Patangrao Kadam Mahavidyalaya,
Ramanandnagar (Burli)

Dhad

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



Yoga Pandit Shri Pandurang Chavan Himself demonstrating a Pranayama.



Yoga Pandit Shri Pandurang Chavan guiding the way of doing Yoga.



Yoga Pandit Shri Pandurang Chavan demonstrating the Yogasana



Teaching & Non-teaching staff while doing Yoga



Students while doing Yogasana



Students while doing Yogasana

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