



VIDYA VIKAS SHIKSHAN SANSTHA, HINGANGHAT
VIDYA VIKAS ART'S, COMMERCE & SCIENCE COLLEGE,
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(NAAC Accredited B++)

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(Estd. 1989)

PROGRAMME REPORT

- **Name of Program/Event:** International Yoga Day
- **Name of the Organizing Department :** Department Of N.C.C., N. S. S. and sports
- **Date, Venue, Time/Duration:** 21st June 2026
- **Number of participated Students/ Faculty members/ Research Scholar:** 123
- **Name of the Speaker/Guest:** Dr. Nayana Tulaskar, Prof. Meghshyam Dhakare, Shri. Wankhade, Shri. Vitthalrao Bodhe, Sau. Shalinitai Sonare, Shri. Gajanan Raut, Dr. Prakash Tale, Dr. Rahul Gajbhiye

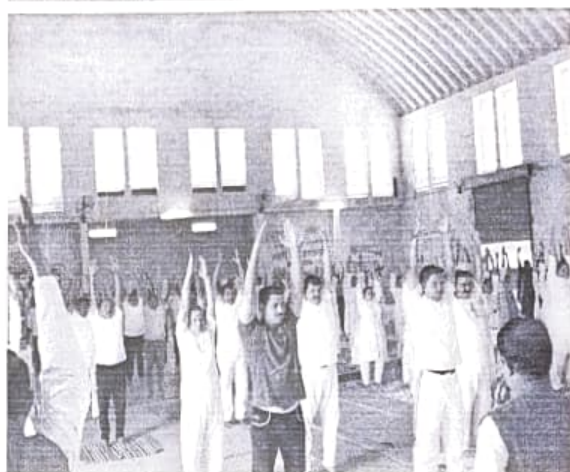
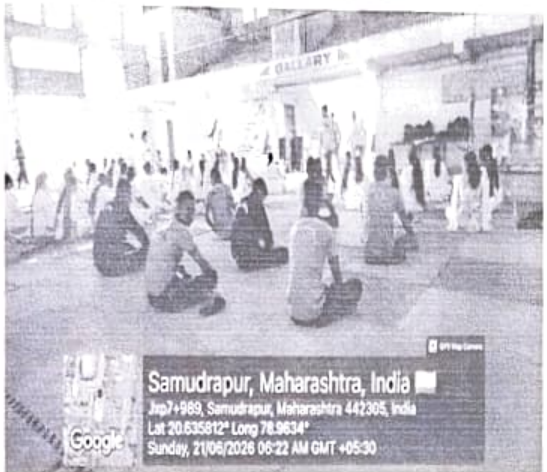
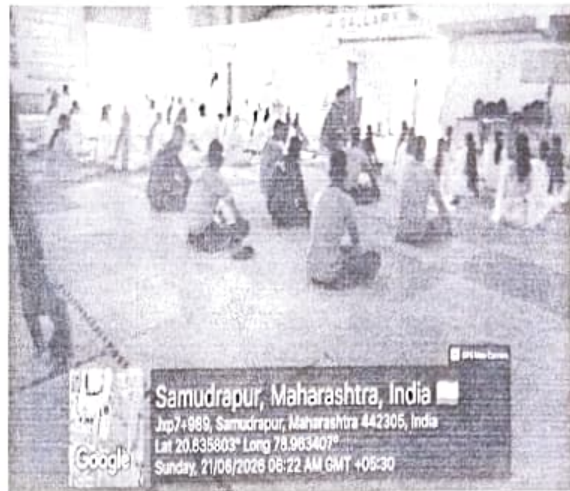
❖ **INTRODUCTION OF THE EVENT:**

The N. C. C. Unit of our institution and Patanjali Yog Samiti, Samudrapur has jointly observed the International Yoga Day on 21st June 2026 at 6.00 am. The President of the program was Dr. Nayana Tulaskar, Secretary, Vidya Vikas Education Society, Hinganghat and President, Nagar Parishad, Hinganghat. The Special Guest of the event was our Vice Principal Prof. Meghshyam Dhakare and the PSI of Samudrapur Police Station Wankhade Saheb were present on the dias. The Chief Guest of the event were Ex-President of Nagar Panchayat, Samudrapur Shri. Gajanan Raut and Sau. Sushilatai Sonare. The Yoga Instructor Shri. Vitthalrao Bodhe and Sau. Priya Babhulkar, Patanjali Yog Samiti, Samudrapur. Various asanas and pranayama were performed by every participant. During the performance the instructors explained the importance of asanas. Vitthalrao Bodhe threw shed on the various Yoga practices while Priya Babhulkar explained its importance in daily life. They guided through various sitting and standing asanas, with simultaneous explanations of their significance. They also emphasized on the importance of incorporating yoga into daily life and maintaining harmony between the body and mind. The Vice Principal suggested the participants to do Yoga practice in their routine life: it is the need of hour. The President of the program stated his views regarding the need of Yoga in life. There were number of participants from teaching and non teaching staff of our college. The members of Patanjali Yog Samiti, Samudrapur were actively participated in the event. The program was compered by Dr. Rahul Gajbhiye (CTO NCC) while Prof. Meghshyam Dhakare proposed a vote of thanks.

OBJECTIVES OF THE EVENT:

- ❖ To raise awareness worldwide of the many benefits of practicing yoga.

- ❖ To promote good mental and physical health of people through yoga.
- ❖ To make one free from diseases, ignorance, egoism, and miseries in life.
- ❖ **PHOTOGRAPHS:**



OUTCOMES:

- People will be able to maintain physical health.
- By practicing yoga, people will be able to connect with nature.
- To reduce the rate of health challenging diseases all over the world.

Name and Sign of the coordinator

Dr. R. G. Gajbhiye (CTO NCC)


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Date: 21/06/2026

Place: Samudrapur