

P.T.C. Education Society's
Sau. Rajanitai Nanasaheb Deshmukh
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Principal

Report on International Yoga Day

***Date:** June 21, 2023*

***Venue:** Rau, Yoga Pranayam Ground, Sau. Rajanitai Nanasaheb Deshmukh Arts, Commerce, and Science College, Bhadgaon*

Participants:

- Principal, Dr. N. N. Gaikwad
- Yoga Guru : Dr. A. N. Bhangale
- Physical Director : Dr. D.H. Tandale
- College Staff Members and Students



Introduction:

On June 21, 2023, the International Yoga Day was celebrated with great enthusiasm at the Rau, Yoga Pranayama Ground, located in Sau. Rajanitai Nanasaheb Deshmukh Arts, Commerce, and Science College in Bhadgaon.

Event Details:

The International Yoga Day celebration commenced at 7:00 AM with participants gathering at the Rau, Yoga Pranayama Ground. The event was organized to promote the significance of yoga in maintaining physical, mental, and spiritual well-being. The participants included students, faculty members, and other staff members.

Inauguration:

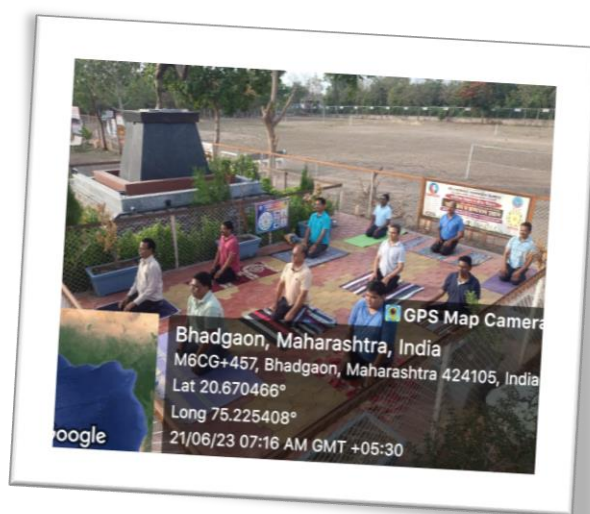
The event was inaugurated by Principal Dr. N.N. Gaikwad, who emphasized the importance of yoga in leading a balanced and healthy lifestyle. He highlighted the role of yoga in relieving stress, improving concentration, and enhancing overall well-being. Dr. Gaikwad expressed his gratitude towards the Yoga Guru, Dr. A.N. Bhangale, for gracing the occasion and guiding everyone towards the practice of yoga.

Yoga Session:

The Yoga Guru, Dr. A.N. Bhangale, conducted a comprehensive yoga session, demonstrating various asana (postures) and pranayama (breathing exercises). The participants actively engaged in the session, following the instructions of Dr. Bhangale. The session focused on promoting flexibility, strength, and relaxation through different yoga techniques.

Benefits of Yoga:

During the yoga session, Dr. Bhangale explained the numerous benefits of yoga, which include stress reduction, improved flexibility, enhanced mental clarity, and increased physical fitness. He also highlighted how regular practice of yoga can contribute to a healthier lifestyle, both physically and mentally.



Talk on Yoga and its Relevance:

Following the yoga session, a talk on the importance and relevance of yoga in today's fast-paced world was delivered by Dr. D.H. Tandale, the Physical Director of the college. Dr. Tandale shared insights into the history of yoga and its integration into modern society. He emphasized that incorporating yoga into one's daily routine can help individuals achieve a state of equilibrium and lead a more balanced life.




Closing Ceremony:

The event concluded with a closing ceremony where Principal Dr. N.N. Gaikwad expressed his gratitude to Dr. A.N. Bhangale, Dr. D.H. Tandale, and all the participants for their active involvement and support in making the International Yoga Day celebration a success. He encouraged everyone to continue practicing yoga regularly and emphasized its long-term benefits.

Conclusion:

The International Yoga Day celebration at Sau. Rajanitai Nanasahab Deshmukh Arts, Commerce, and Science College in Bhadgaon was a significant event that highlighted the importance of yoga in maintaining overall well-being. The participation of Principal Dr. N.N. Gaikwad, Yoga Guru Dr. A.N. Bhangale, Physical Director Dr. D.H. Tandale, faculty, support staff and students.


PRINCIPAL
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