



Dr.V.P.S.S.M's
Padmabhooshan Vasantraodada Patil
Institute Of Technology, Budhgaon (Sangli)
NSS
A.Y. 2024-2025



REPORT

International Yoga Day Celebration

Organizer: NSS Department

Title: Celebration of International Yoga Day (21st June 2025)

Objective:

The primary objectives of International Yoga Day, celebrated annually on June 21st, are to raise global awareness about the numerous benefits of yoga for physical and mental well-being and to encourage its adoption as a way of life. It also aims to promote holistic health, reduce physical inactivity and related diseases, and foster a sense of unity and peace among people.

Benefits:

The celebration of International Yoga Day offers numerous benefits for both students and staff, contributing to their overall well-being. For students, participating in yoga helps improve concentration, memory, and focus, which are essential for academic success. It also helps manage stress and anxiety, promoting emotional balance and a calm mindset. For staff members, yoga acts as a powerful tool to reduce work-related stress and improve mental clarity, boosting productivity and job satisfaction. Physically, yoga enhances flexibility, posture, and general fitness, reducing the risk of health issues caused by a sedentary lifestyle. Moreover, the collective participation in yoga fosters a sense of unity and harmony within the institute or organization, strengthening bonds among peers and promoting a positive, healthy environment. Through this celebration, both students and staff are encouraged to adopt yoga as a regular part of life, supporting long-term physical and mental wellness.

Overall Report:

On the occasion of the 11th International Yoga Day, PVPIT organized a vibrant and enriching celebration in the college auditorium. Students, faculty members, and non-teaching staff participated wholeheartedly in the event, which aimed to promote physical, mental, and spiritual well-being through the timeless Indian practice of yoga.



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The program commenced early in the morning with a mass yoga session led by **Mr. Pravin Munde**, a certified instructor from **Dhanvantari Yog, Nisargopchar Kendra, Sangli**. Participants engaged in various asana, pranayama (breathing exercises), and meditation techniques, all in harmony with this year's theme, "Bhakti Yog." The session offered a refreshing and unifying experience, reinforcing the college's commitment to holistic education and wellness.

The event was inaugurated by Principal **Dr. B. S. Patil**, who highlighted the importance of incorporating yoga into daily life. In his address, he emphasized how yoga helps bring balance to our fast-paced lives, contributing not only to physical fitness but also nurturing mental and emotional health.

The introduction of the yoga trainer was given by **Mr. S. B. Mohite**. The program concluded with a vote of thanks by **Dr. K. K. Pandyaji**, who appreciated the enthusiastic participation and encouraged everyone to continue practicing yoga regularly.

This event was successfully coordinated by **Mr. Abhijit K. Salunkhe, Mr. Anis A. Shaikh, Mr. S. E. Narwade**, and all NSS department members under the NSS program. The active involvement of all teaching and non-teaching staff, along with students, made the celebration a grand success.

Sr. No.	Name of the college	Place of organization of Camp	No. of Participants attend the camp
1	P.V.P.I.T.Budhgaon, Sangli.	P.V.P.I.T.Budhgaon, Sangli.	110



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PHOTOS



Picture: Welcome of Yoga Trainer Mr. Pravin Munde by Principal Dr. B. S. Patil



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Picture- Yoga Session



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Picture- International Yoga Day Celebration with student and faculty

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