



Rayat Shikshan Sanstha's,  
**Dr. Patangrao Kadam Mahavidyalaya, Ramanandnagar (Burli).**

Date: 22/06/2023

## Report of '9<sup>th</sup> International Yoga Day Celebration'

On the occasion of International Yoga Day on 21<sup>st</sup> June 2023 at 7 am, a yoga workshop was organized at the historic venue. A yoga workshop was organized at the foot of Parshwanath Hill at Kundal. For this yoga workshop, NCC cadets from Dr. Patangrao Kadam Mahavidyalaya, Ramanandnagar and Swami Ramanand Tirtha Vidyalaya Ramanandnagar were present. Guidance for this workshop was demonstrated by Lt. Sandesh Daunde and was followed by everyone. Third Officer Santosh Tarlekar guided on yoga. NCC cadets and students were present in large numbers for this workshop. NCC Department and Gymkhana Department of college jointly organized the yoga demonstration at the historic site on the instructions of 19 Maharashtra NCC Battalion Karad. The workshop was successfully executed.

### Outcomes:

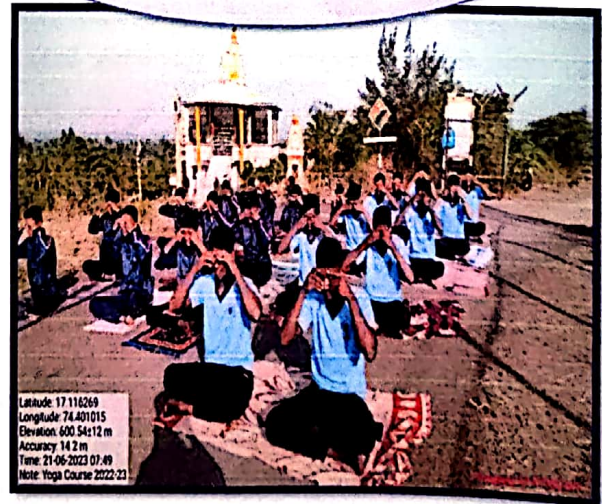
- 1) There was a lot of excitement during the yoga at the historic site.
- 2) Resolved to do yoga regularly.

### Beneficiaries:

Cadets/Players- 45



Lt. Sandesh Daunde while demonstrating Yoga.



Cadets/Players performing Asanas.

*SS Daunde*  
Head of Dept.

Department of Sports & Physical Education  
Dr. Patangrao Kadam Mahavidhyalaya,  
Ramanandnagar (Burli)



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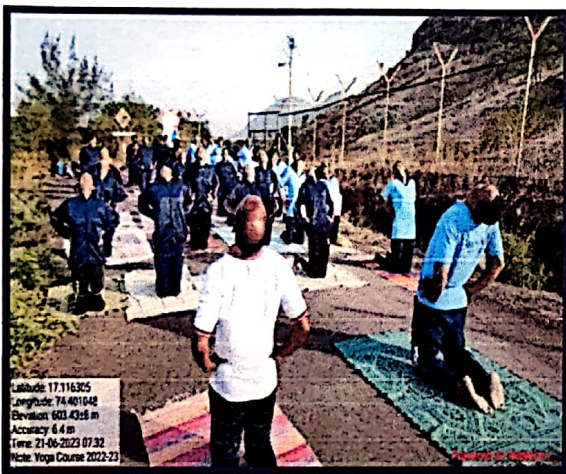
Principal,  
Dr. Patangrao Kadam Mahavidyalaya,  
Ramanandnagar (Burli)  
Tal. Palus, Dist. Sangli.



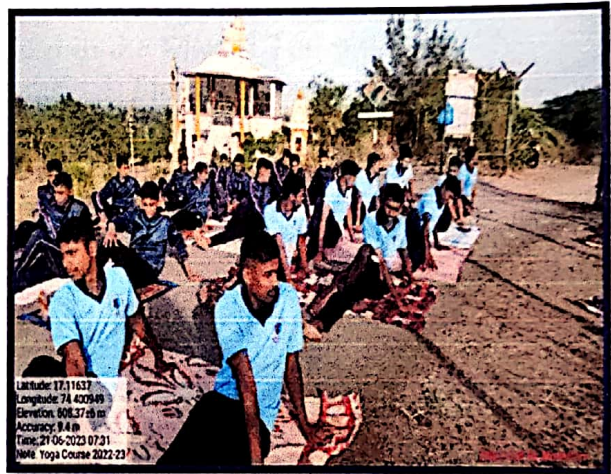
Lt. S.S. Daunde & NCC Cadets/ Players while performing Yogasana.



Cadets doing Yogasanas on International Yoga Day.



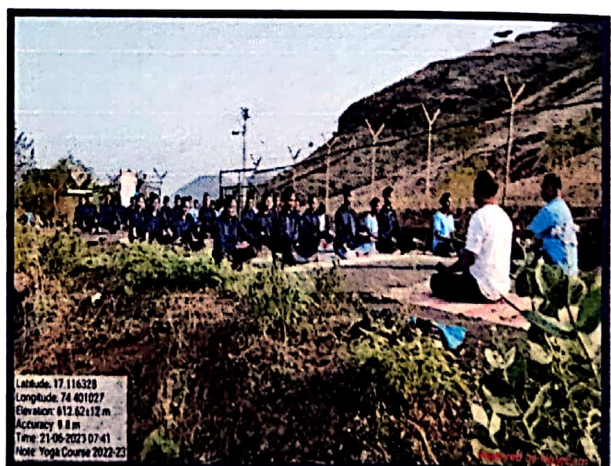
Lt. Santosh Tarlekar & Lt. S.S. Daunde demonstrating Yoga.



Cadets performing Yoga at Historic Place at Kundal.



Cadets/ Players doing various forms of Yogasanas.



Lts. guiding on the importance of Yoga & Pranayama.

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