



Shri ShardaBhavan Education Society's

RAJIV GANDHI MAHAVIDYALAYA

MUDKHED, DIST. NANDED (Maharashtra)

Accredited by NAAC with 'B' Grade

Department of Cultural

Name of the Activity: International Yoga Day Celebration

Venue: Rajiv Gandhi Mahavidyalaya, Mudkhed

Date: 21st June 2025

Subject: Yoga and Wellness

Number of Participants: 25

Name of the Guest: Mr. Sanjay Deshmukh

Objective: To promote physical and mental well-being through the practice of yoga and to raise awareness about its health benefits.

Outcome : Created a positive and mindful atmosphere within the campus.

Brief Report:

To mark the occasion of **International Yoga Day**, Rajiv Gandhi Mahavidyalaya, Mudkhed organized a special event on **21st June 2025** under the subject **Yoga and Wellness**. The primary objective of the program was to promote awareness regarding the importance of yoga for physical, mental, and spiritual well-being and to inspire students and staff to adopt yoga as part of their daily routine. The celebration commenced at 7:30 AM in the college campus. A total of **25 participants**, including students, faculty, and non-teaching staff, actively took part in the event. The program was graced by **Mr. Sanjay Deshmukh**, a certified yoga trainer and wellness expert, who was invited as the **Chief Guest**. The event was presided over by **Dr. A. T. Shinde**, Principal of Rajiv Gandhi Mahavidyalaya, who welcomed all participants and shared valuable insights on the significance of yoga in managing stress and improving quality of life.

Mr. Sanjay Deshmukh conducted a detailed **yoga session**, starting with basic warm-up exercises followed by the demonstration and practice of various **asanas** such as Tadasana, Vrikshasana, Bhujangasana, and Vajrasana. He also guided the participants through **pranayama techniques** including Anulom-Vilom and Bhramari, emphasizing the importance of proper breathing in enhancing mental clarity and reducing anxiety. The session concluded with a brief **guided meditation**, leaving participants feeling relaxed and rejuvenated. Throughout the session, Mr. Deshmukh explained the health benefits of each practice, linking them to common lifestyle challenges faced by students and professionals today, such as poor posture, lack of focus, and mental stress. He also addressed questions raised by the participants during an interactive segment, encouraging them to be consistent in their practice and view yoga as a lifelong discipline rather than a one-day activity.

Principal Dr. A. T. Shinde expressed his appreciation for the enthusiastic participation and assured that the college would continue to support such wellness initiatives in the future. He also highlighted the potential of yoga in contributing to a healthier academic environment and reducing exam-related stress among students. The event successfully met its goals of raising awareness about the benefits of yoga and encouraging a healthier, more mindful lifestyle. The positive response from participants reflected the impact of the session, with many requesting regular yoga workshops and sessions on campus. The celebration of International Yoga Day at Rajiv Gandhi Mahavidyalaya not only reinforced the global significance of the day but also strengthened the institution's commitment to the **holistic development** of its students and staff. It served as a reminder that the ancient practice of yoga is still highly relevant in today's fast-paced world, offering tools for inner peace, resilience, and well-being.

Photography:



While giving yoga training, yoga instructor Mr. Sanjay Deshmukh



While giving yoga training, yoga instructor Mr. Sanjay Deshmukh



While guiding on the topic of **Yoga and Wellness**, Principal Dr. A. T. Shinde.



While felicitating the Principal, Head of the Department of Sociology, Professor Prakash Kothale, along with Mr. Sanjay Deshmukh and Coordinator Dr. D. H. Mehatre, were present.

**Rajiv Gandhi Mahavidyalaya
Mudkhed, Dist. Nanded**

