

Bharati Vidyapeeth
Deemed to be University
College of Ayurveda, Satara Road, Pune
National Service Scheme & Department of
Swasthavritta & Yoga

Celebrates Poster Making Competition on the
Occasion of 10th International Yoga Day.

Date- June 19th, 2024

Venue- Yoga Hall, College of Ayurveda, BVDU

A poster making Competition was held on the Occasion of 10th International Yoga Day at College of Ayurveda, Bharati Vidyapeeth (DU). The Competition was organised by the Swasthavritta Department of Bharati Vidyapeeth, College of Ayurveda. The Competition was held to increase awareness about yoga and its importance amongst students. More than 30 students from different classes participated enthusiastically in the poster making competition. The theme for the Competition was “Yoga for self & Society & Women Empowerment”. Students created very beautiful posters with their creative & innovative ideas, which were aimed at raising awareness in the society about Yoga & it’s importance in Ayurveda & Daily Lives. The participants showcased their artistic talents through visually captivating posters which conveyed powerful messages about yoga.

Overall, the Competition was a remarkable success, showcasing the creativity & commitment of the students towards promoting Yoga. By creatively illustrating the benefits of Yoga through the art, the Competition not only celebrated the spirit of the Yoga Day, but also educated & inspired the College community about the importance of holistic wellness.

Submitted By- Dr. Amol Patil

College of Ayurveda, Bharati Vidyapeeth (DU)

Participants- 35 (15 Male, 20 Female)

NSS Volunteers- 60

Faculty Members- 15



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Yoga

Celebrates 10th International Yoga Day.

Date- June 21st, 2024

Venue- College of Ayurveda, Bharati Vidyapeeth (DU)

Students & teachers of College of Ayurveda, Bharati Vidyapeeth (Deemed to be University), Pune, celebrated 10th International Yoga Day 2024 with great enthusiasm & participation. The event aimed at the promotion of physical & mental well being through the practice of Yoga. About a 100 students and NSS volunteers, and 140 faculty members participated in the activities conducted on the Yoga Day. The Yoga session started at 7AM in the morning, & was led by Dr. Amol Patil. The session started with basic warmup & included various Yogasanas such as Vrikshasana, Tadasana, Trikonasana & more. Breathing exercises like Pranayam, Bhrastrika, & meditation were also integrated to emphasize mental relaxation & focus. The Yoga session was concluded with a speech by Dr. Amol Patil & Hon' Principal Dr. Abhijeet Patil, emphasizing the benefits of Yoga & thanking everyone for their enthusiastic participation making the Yoga Day 2024 a successful event.

The celebration of International Yoga Day 2024 at College of Ayurveda, Bharati Vidyapeeth (DU) was a resounding success. It not only highlighted the physical & mental benefits of Yoga but also encouraged a healthy & balanced lifestyle among the community. The event set a positive precedent of future health & wellness activities.

Submitted by- Dr. Amol Patil

College of Ayurveda, Bharati Vidyapeeth (DU)

Participants- 100

NSS Members- 100

Faculty Members- 140



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Yoga

Celebrates Yoga Day Rally on the Occasion of 10th
International Yoga Day.

Date- 18th June, 2024

A Yoga Day rally for spreading awareness amongst the students & the society regarding Yoga & it's importance in our daily lives. The rally was arranged by College of Ayurveda, Bharati Vidyapeeth (DU) & almost 800 students from different colleges in the campus participated very enthusiastically in the rally. The rally commenced from the Campus of Bharati Vidyapeeth & proceeded through the Trimurti Chowk, Backgate, covering the prominent areas in the vicinity. Along the route, participants engaged in distributing information about yoga by the means of slogans, highlighting the significance of Yoga in holistic health. The faculty members & the NSS volunteers provided the support & ensured the Smooth conduction of the event.

Conclusively, the Yoga Day rally organized by the students of Bharati Vidyapeeth (DU), College of Ayurveda was a resounding success, emphasizing the college's commitment towards promoting traditional health practices. By showcasing the transformative power of Yoga, the event not only celebrated International Yoga Day but also inspired a deeper appreciation for holistic wellness amongst the participants & the community at large.

Submitted By- Dr. Amol Patil

College of Ayurveda, Bharati Vidyapeeth (DU)

No. Of students Participated- 800

NSS Volunteers- 200

Faculty Members- 100

