



VIDYA VIKAS SHIKSHAN SANSTHA

# TULASKAR COLLEGE OF PHARMACY

Hinganghat Dist. Wardha 442301

Approved by PCI, New Delhi & DTE, Maharashtra (DTE Code – 04751)

Affiliated to DBATU, Lonere & MSBTE, Mumbai



## REPORT ON INTERNATIONAL YOGA DAY CELEBRATION 2026

**Event:** International Yoga Day Celebration 2026

**Theme:** *Yoga for Healthy Ageing*

**Date:** 21 June 2026

**Time:** 6:30 AM

**Venue:** Tulaskar College of Pharmacy, Hinganghat, Dist. Wardha

Tulaskar College of Pharmacy, Hinganghat, celebrated **International Yoga Day 2026** on **21 June 2026** at **6:30 AM** in the college premises. The program was organized under the theme “**Yoga for Healthy Ageing**” to promote physical fitness, mental well-being, and a healthy lifestyle through the practice of yoga.

The program commenced with the **ceremonial lamp lighting** by the dignitaries. The event was organized under the guidance of **Dr. Mahendra C. Gunde, Principal**, Tulaskar College of Pharmacy, Hinganghat.

The function was graced by **Dr. Umesh P. Tulaskar, President**, Vidya Vikas Shikshan Sanstha, Hinganghat, as the **Chief Guest**. The Resource Person, **Shri Renudas Naktode**, Zilla Parishad Yoga Teacher and Patanjali Yog Samiti Representative, conducted the yoga session and guided the participants through various yoga postures, pranayama, and meditation techniques.

The program was effectively anchored by **Mr. Pranay D. Burle, Assistant Professor**, who welcomed the dignitaries and highlighted the significance of International Yoga Day and the benefits of regular yoga practice.

During the session, **Shri Renudas Naktode** explained the importance of yoga in maintaining **physical health, mental peace, stress management, and healthy ageing**. He demonstrated various yogic practices and encouraged the participants to incorporate yoga into their daily routine for overall well-being.

Addressing the gathering, Chief Guest **Dr. Umesh P. Tulaskar** emphasized the role of yoga in promoting a healthy and balanced lifestyle. Principal **Dr. Mahendra C. Gunde** also encouraged all staff members to practice yoga regularly to maintain physical and mental fitness. The teaching and non-teaching staff members actively participated in the yoga session and performed various **yogasanas and breathing exercises under the expert** guidance of the resource person.

The program concluded with a **Vote of Thanks** proposed by **Mr. Suraj D. Thakare, Assistant Professor**, who expressed sincere gratitude to the Chief Guest, Resource Person, Principal, management, faculty members, and staff for their valuable presence and contribution to the successful organization of the event. The celebration was successful in creating awareness about the importance of yoga and inspiring the participants to adopt yoga as a part of their daily lives for better health and well-being.



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*Burle*

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 NSS Programme Officer



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