



“SHAIKH COLLEGE OF EDUCATION CELEBRATES INTERNATIONAL YOGA DAY 2026”

Shaikh College of Education enthusiastically celebrated **International Yoga Day** on 22nd June 2026 under the guidance of Principal Dr. I. P. Sutar. Students of B.Ed. I and II Year actively participated in the programme with great energy, enthusiasm, and a spirit of togetherness.

The event aimed to promote physical fitness, mental well-being, and holistic health through a blend of traditional yoga practices and modern fitness activities. The session was organized and conducted by Physical Director Mr. Pramod Patil, who guided students through various yoga asanas performed in perfect synchronization to soothing music.

The celebration continued with a collective Surya Namaskara session, followed by an energetic Zumba dance activity that added excitement and enthusiasm among the participants.

In her presidential address, Principal Dr. I. P. Sutar highlighted the importance of practicing yoga every day and shared her personal experience of how yoga helps maintain a healthy lifestyle.

Dr. Indira Sutar, Usha D. B., Pramod Patil, Dr. Nirmala Teli, Savita S., and Rukaya Kurankop were present. The programme, organized by R & C coordinators Usha D. B. and Pramod Patil, concluded with an inspiring and enriching learning experience for all.





SHAIKH GROUP

