Prabhu Shri Ramchandra Shikshan Prasarak Mandal Tondgaon

Matoshri Shantabai Gote Art's, commerce and science College, Washim

(NAAC accredited with B Grade)

Activity Report

1) **Title of the Activity** : **Seminar Yoga & Our Life**

2) **Sub Title of the Activity** : ----

3) **Date of the Activity** : **02/01/2026**

4) **Organizing Dept./Committee** : **Dept. of Philosophy**

5) **Name of the Chief Speaker** : **Dr. Vedprakash Dongaonkar**

6) **Name of Guest** : ----

7) **Beneficiary of the Activity** : **Students**

8) **Participant Student** : **45**

9) **Number of Supporting Teacher:** -----

10) **Brief Report** :

On January 2, 2026, a seminar on the topic "Yoga and Our Life" was organized by the Department of Philosophy at Matoshri Shantabai Gote Arts, Commerce, and Science College, Washim. The event was presided over by Dr. Vedprakash Donggaonkar, Head of the Department of Philosophy. Students Ms. Neha Ramji Ingle and Mr. Prashik Pattebahadur participated as speakers on the subject of "Yoga and Our Life."

11) **Program Photographs** : **Attached**

12) **Social Media Cutting/Link** :

https://www.facebook.com/share/p/1DWuxf7Hck/?mibextid=wwXIfr

13) **Outcomes** : Students had known nature of Nature and signification of Yoga in our life.

Name & Signature of Faculty

MATOSHRI SHANTABAI GOTE ARTS, COM & SCI COLLEGE * WASHIM *

Principal

Officiating Principal
Matoshri Shantabai Gote Arts
Com.& Sci College, Washim

Report

Seminar on Yoga and Our Life

On January 2, 2026, a seminar on the topic "Yoga and Our Life" was organized by the Department of Philosophy at Matoshri Shantabai Gote Arts, Commerce, and Science College, Washim. The event was presided over by Dr. Vedprakash Donggaonkar, Head of the Department of Philosophy. Students Ms. Neha Ramji Ingle and Mr. Prashik Pattebahadur participated as speakers on the subject of "Yoga and Our Life."

In her presentation, Neha Ingle expressed the view that, given its utility in human life, yoga has emerged as a subject of global significance today. Meanwhile, Prashik Pattebahadur highlighted how yoga can be instrumental in maintaining sound physical and mental health. In his presidential address, Dr. Vedprakash Donggaonkar shed light on the contemporary relevance of yoga while elucidating the ancient origins of this discipline. A large number of students from the college were present on this occasion.

Social Media Link : https://www.facebook.com/share/p/1DWuxf7Hck/?mibextid=wwXIfr

Miss Neha Ingle Expressed her view on Yoga

Prashik Pattebahadur Expressed her view on Yoga

Present Students to this Seminar.