



D Y PATIL
DEEMED TO BE
UNIVERSITY
SCHOOL OF
AYURVEDA
NAVI MUMBAI

NAAC reaccredited with A grade (CGPA 3.40)

Date: 27/02/2026

Report on Surya Namaskar Day 2026 program

D. Y. Patil Deemed to be University School of Ayurveda, Nerul, Navi Mumbai, Department of **Swasthavritta & Yoga** organized **Suryanamaskar workshop to celebrate Suryanamaskar Day** on 27 February 2026 at 9:00 am onwards.

We have conducted Surya Namaskar sessions for the staff & students of the school of Ayurveda. Program was started with keynote speech of Dr. **Mahesh kumar Harit, Dean**, D. Y. Patil Deemed to be University School of Ayurveda, Nerul, Navi Mumbai shared his views by addressing all about importance of Suryanamaskar, he stresses that it should be part of daily routine of everyone. Also requested all to follow guidelines at the time of performing of this **Surya Namaskar** event.

The main session was conducted by Mrs. **Gayatri (Yoga teacher)**, who guided participants through the **Surya Namaskar sequence**, along with warm-up exercises, pranayama (breathing techniques), and shavasana (relaxation). The session emphasized the physical, mental, and holistic health benefits of Surya Namaskar, including flexibility, strength, stress reduction, and improved overall well-being.

More than 90 participants **including** faculty members, PG, & UG students had practiced Surya Namaskar on this occasion. Finally vote of thanks was proposed by **Dr. Mangala Wange (Prof. & HOD Dept. of Swasthavritta & Yoga)**

Event was conducted under the Supervision of **Dr. MangalaWange**, HOD Swasthavritta & Yoga and faculties **Dr. Pratik Patil**, **Dr. Aarti Nangare** Associate Professor and **Dr.Sadhana Nambiar** Assistant professor.



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The whole event was successfully celebrated by the blessings of Hon. Dadasaheb Shree D. Y. Patil Sir, Founder Chancellor, D Y Patil University, program conducted under the guidance and support of our president and Chancellor, Hon. **Dr. Vijay Patil Sir**, Trustee Respected **Mrs. Shivani Patil** madam D.Y. Patil Deemed to be University, Nerul, Navi Mumbai. Total event was conducted under the guidance of **Dr. Mahesh Kumar Harit**, Dean, school of Ayurveda Nerul, Navi Mumbai.

D.Y. Patil Deemed to be University School of Ayurveda, Nerul, Navi Mumbai, Maharashtra

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Celebrating
Surya Namaskar Day 2026
जागतिक सूर्यनमस्कार दिवस

सूर्य
नमस्कार

DATE: 27/02/2026
TIMING: 9.00 AM ONWARDS
VENUE: YOGA HALL,
NEAR HERBAL GARDEN

for Registration
click here
Up to 26th Feb 2026 till 10:00 Am.
Organized By
Swasthavritta And Yoga Department

School of Ayurveda D. Y. Patil University, Dr. D.Y. Patil Vidyanagar, Sector 7, Nerul, Navi Mumbai – 400 706,



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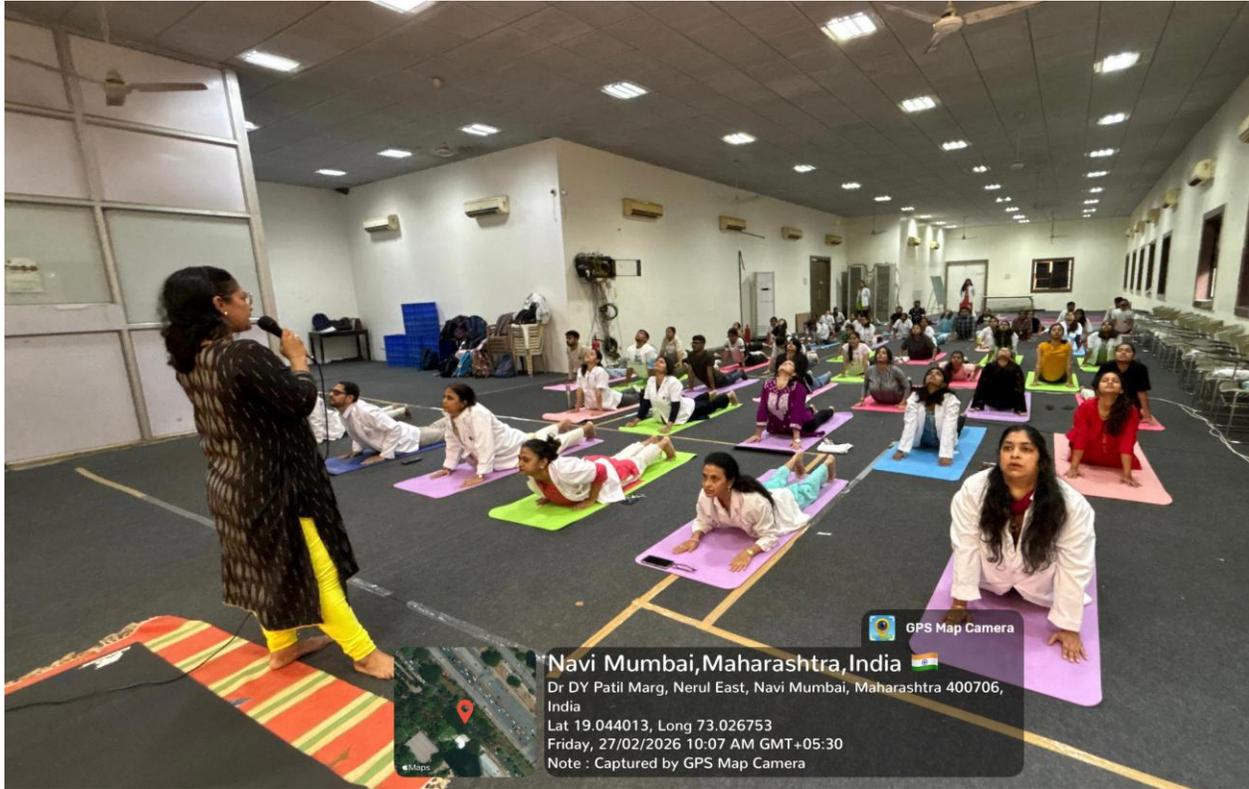


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