



Akhil Bharatiya Maratha Shikshan Parishad's
Anantrao Pawar College of Engineering & Research



Record No.: ACA/D/021B
Revision: 00

DoI: 21/01/2019

Report On Online Webinar

Name of Workshop: International Yoga Day Online Workshop
Date of Workshop: 21 June 2020
Time of Workshop: 9.00 AM to 10.00 AM
Name of Workshop Coordinator: Prof. Vikram R. Ghiye

Brief Introduction of Resource Person/Speaker:

Prof. Vikram R. Ghiye, NSS Coordinator, APCOER, Pune,
Prof. G. E. Kondhalkar, Student Development Officer, APCOER, Pune.
Mr. Navanath Sarode, Sports Director, APCOER Pune.

Brief Description of Workshop:

The International Yoga Day was celebrated on 21st June 2020 to bring peace, harmony, happiness and success to every soul in the world. Yoga is a mental, physical and spiritual practice that needs to be carried every day. Patricians chance to know how yoga embodies unity of mind and body. Yoga is an old discipline from India. It is both spiritual and physical. Yoga uses breathing techniques, exercise and meditation. It helps to improve health and happiness.

Yoga has been studied and may be recommended to promote relaxation, reduce stress and improve some medical conditions such as premenstrual syndrome. Yoga is considered to be a low-impact activity that can provide the same benefits as "any well-designed exercise program, increasing general health and stamina, reducing stress, and improving those conditions brought about by sedentary lifestyles". It is particularly promoted as a physical therapy routine, and as a regimen to strengthen and balance all parts of the body

Mr. Navanath Sarode, Sports Director, APCOER delivered online station on International Yoga day, he thought the different yoga postures like Vrikshasana, Uttaanaasana, Trikonaasana, Bhadrasana, Shashankaasana, Bhujangasana, Pawana Muktaasana, finally ended with Pranayama and meditation.





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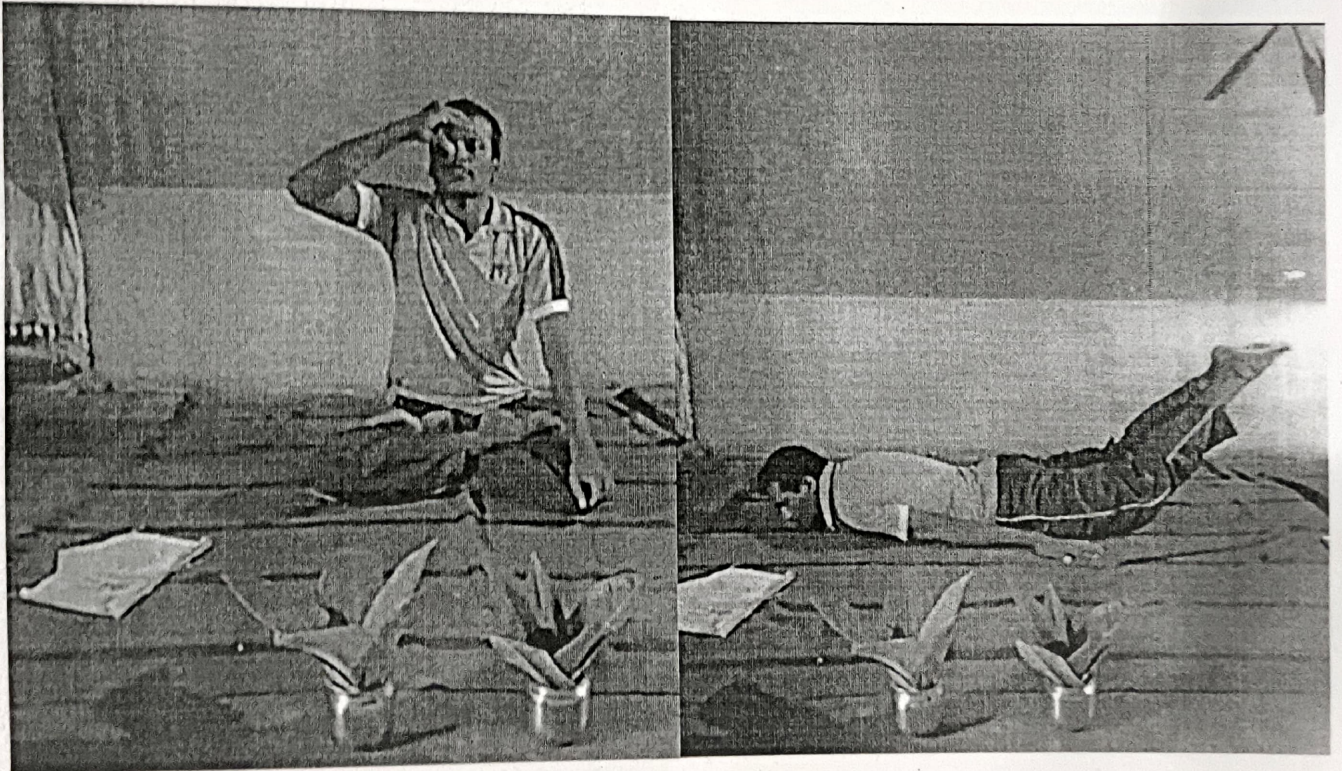
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Dr. S. B. Thakare, Principal APCOER, HODs of all the department, students of SE, TE, BE from all departments, NSS students volunteer, Teaching and nonteaching staff of APCOER performed Yoga between 9.00 am and 10:00 am.

Heartfelt thanks to Mrs. Pramilatatai Gaikwad General secretary Akhil Bharatiya Maratha Shikshan Parishad Pune, Dr. S. B. Thakare Principal APCOER Pune for giving an opportunity to celebrate the International Yoga Day.

Photos:

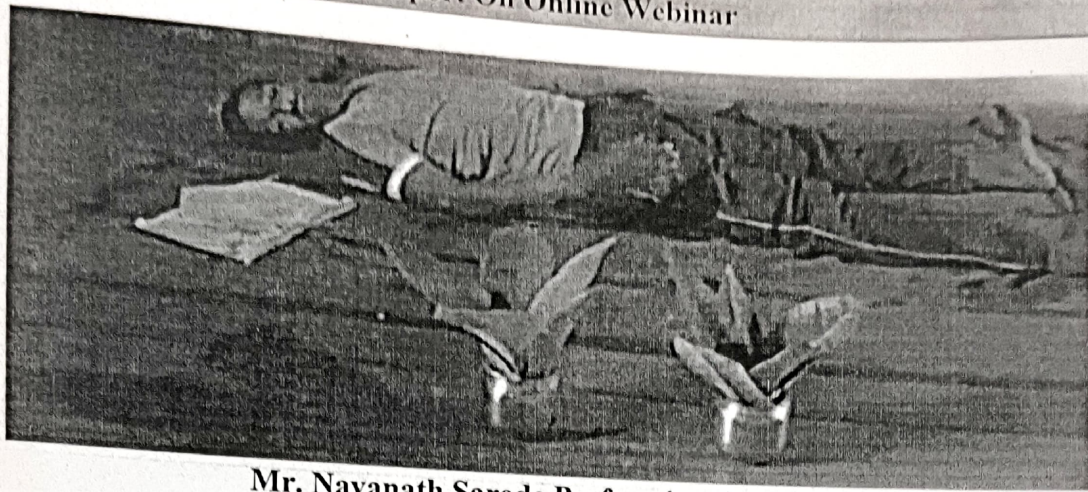


Mr. Navanath Sarode delivering online station on International Yoga day

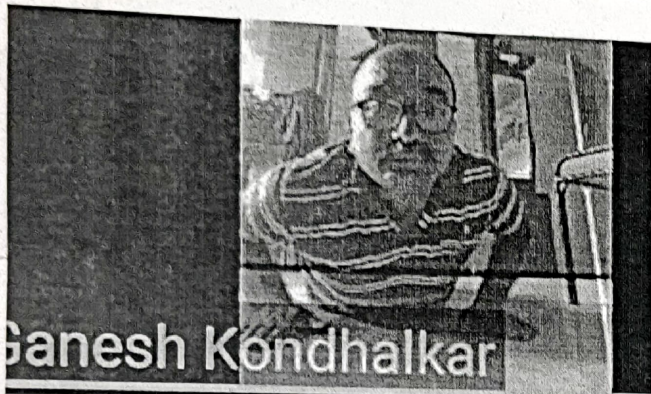




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Mr. Navanath Sarode Performing shavasana



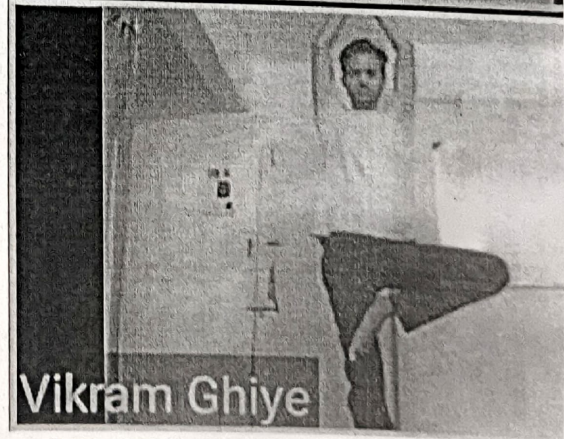
Ganesh Kondhalkar



Navanath Sarode



Anil Lohar



Vikram Ghiye

Participants Performing yoga on International Yoga day





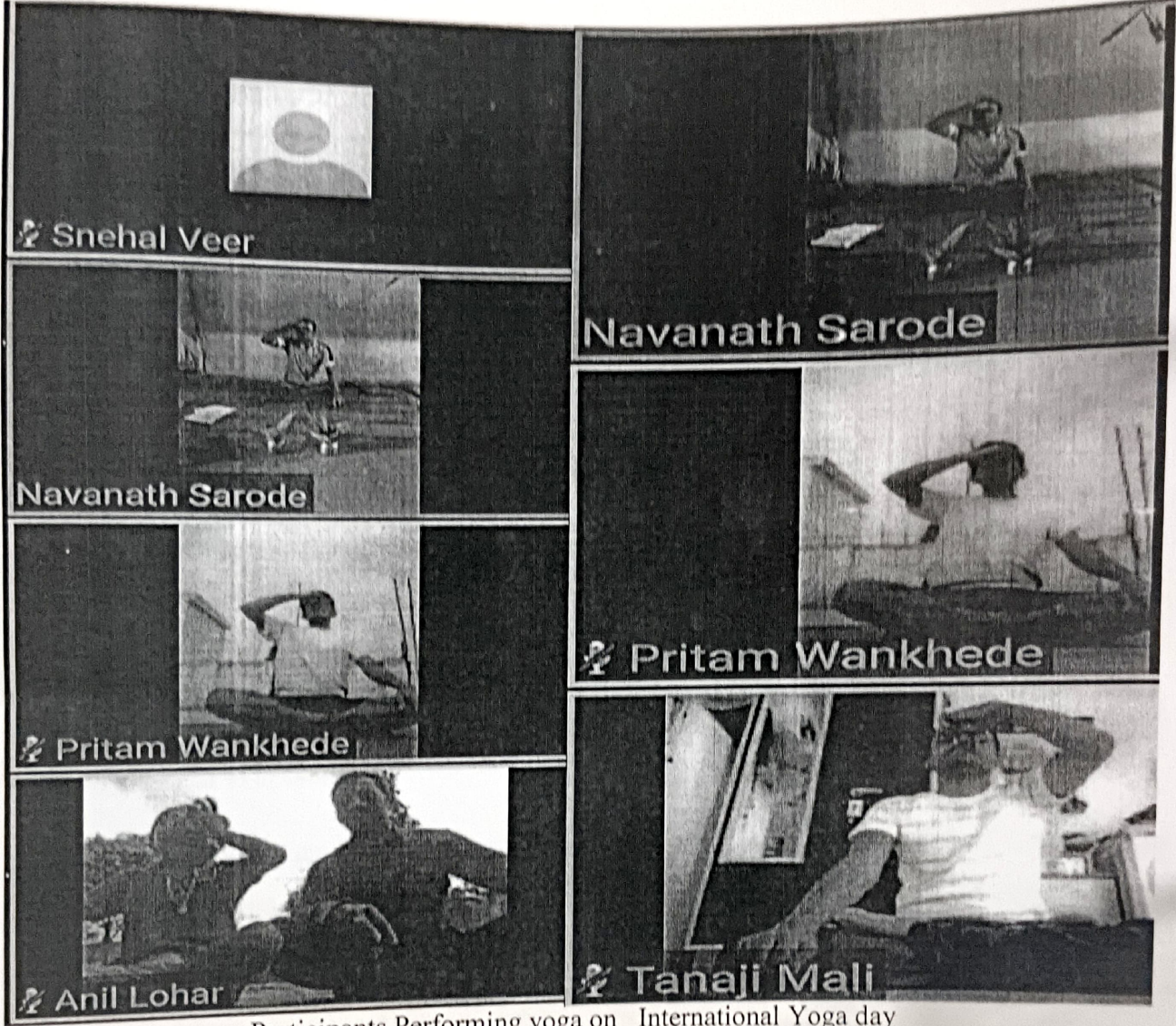
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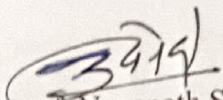
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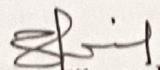
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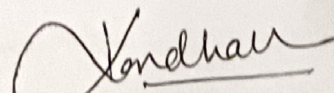


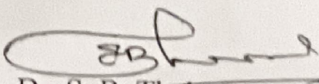
Participants Performing yoga on International Yoga day

Date: 21/6/2020


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