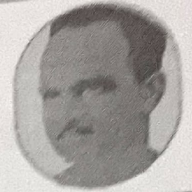




Akhil Bharatiya Maratha Shikshan Parishad's
Anantrao Pawar College of Engineering & Research



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

DoI: 21/01/2019

Report On Online Webinar

Name of Workshop: 7th International Yoga Day Online Workshop
Date of Workshop: 20 June 2021 to 21 June 2021
Time of Workshop: 10.00 AM to 12.00 AM
Name of Workshop Coordinator: Prof. Ganesh E. Kondhalkar
Prof. Navanath M. Sarode
Prof. Vikram R. Ghiye

Brief Introduction of Resource Person/Speaker:

Dr. Manmath Manohar Gharote, Director Lonavala Yoga Institute of India.
Prof. Raj Sinnarkar, Corporate trainer and motivational speaker.
Shri. Govind Gadgil, Head Patanjali Yog samiti, Pune.
Prof. Milind Patre, Associate Dean MIT, WPU.

Brief Description of Workshop:

Savitribai Phule Pune University in association with all the university affiliated colleges organized, the 7th International Yoga Day was celebrated on 20 June 2021 to 21 June 2021 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.

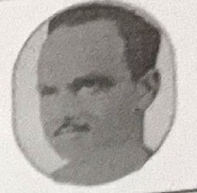
Yoga has been studied and may be recommended to promote relaxation, reduce stress and improve some medical conditions such as premenstrual syndrome. Yoga is considered to be a low-impact activity that can provide the same benefits as "any well-designed exercise program, increasing general health and 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



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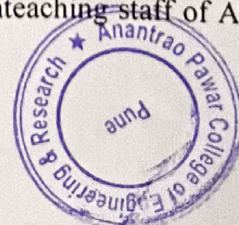
Dr. Manmath Manohar Gharote, was discussed on the topic of real concept and utility of Yoga in Modern era, he said While living a modern life, your brain is constantly engaged in endless thoughts and never rests in tranquility. As a result, you lack focus, skill and vitality. The yoga calms the brain and enhances its vital functioning. This makes it the most effective and important practice to adopt in modern times.


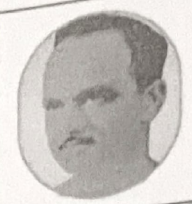
Prof. Raj Sinnarkar, discussed on the topic of Day to Day life and Yog, he said yoga is not a religion, it is a way of living that aims towards a healthy mind in a healthy body. Man is a physical, mental and spiritual being; yoga helps promote a balanced development of all the three. Yogic exercises recharge the body with cosmic energy and facilitates: Attainment of perfect equilibrium and harmony, Promotes self-healing, Removes negative blocks from the mind and toxins from the body, Enhances personal power, Yoga to live with greater awareness, Helps in attention, focus and concentration, especially important for children, Reduces stress and tension in the physical body by activating the parasympathetic nervous system, Yoga for better relationships, The aspirant feels rejuvenated and energized. Thus, yoga bestows upon every aspirant the powers to control body and mind.

Shri. Govind Gadgil, given and useful information on thye topic of yoga for covid-19, he said Yoga may play significant role in the psycho-social care and rehabilitation of COVID-19 patients in quarantine and isolation. They are particularly useful in allaying their fears and anxiety. He thought the different yoga postures like Vrikshasana, Uttanaasana, Trikonaasana, Bhadrasana, Shashankaasana, Bhujangasana, PawanaMuktaasana, finally ended with Pranayama and meditation.

Prof. Milind Patre, he delivered session on Yoga For Evaluation of Human consciousness, he said The science of Consciousness and Yoga is a never-ending subject to be discussed and to be studied. Consciousness is a non-physical entity, which is essentially different from the four basic entities of space, time, energy and matter of the conventional science. Consciousness does not have any physical attribute or property or action, but is endowed with autonomous will power of creation, retention and annihilation of the knowledge of an individual or that of the universe. The present volume of "Human Consciousness and Yogic Science is an attempt to understand the mystery of Consciousness in perspective to Yoga.

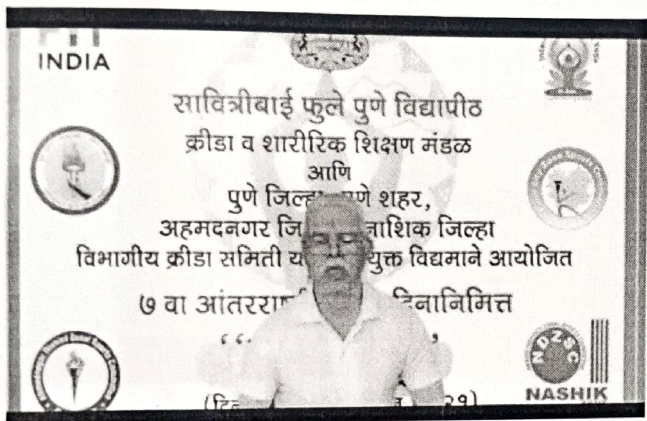
Dr. S. B. Thakare, Principal APCOER, HODs of all the department, students of FE, SE, TE, BE from all departments, NSS students volunteer, Teaching and nonteaching staff of APCOER attended Yoga



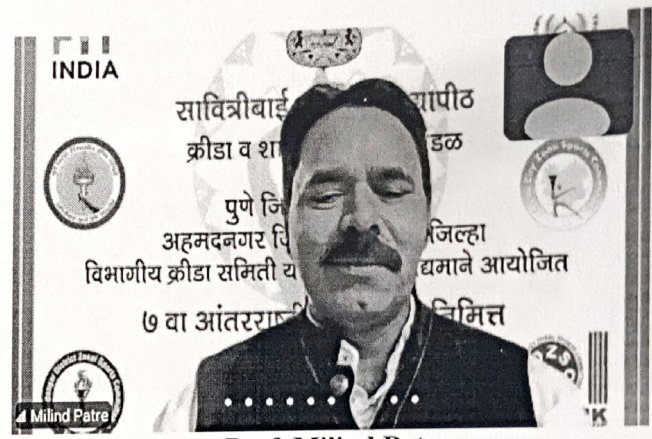
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|  | Akhil Bharatiya Maratha Shikshan Parishad's Anantrao Pawar College of Engineering & Research | |  |
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| Report On Online Webinar | | | |

session. 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.

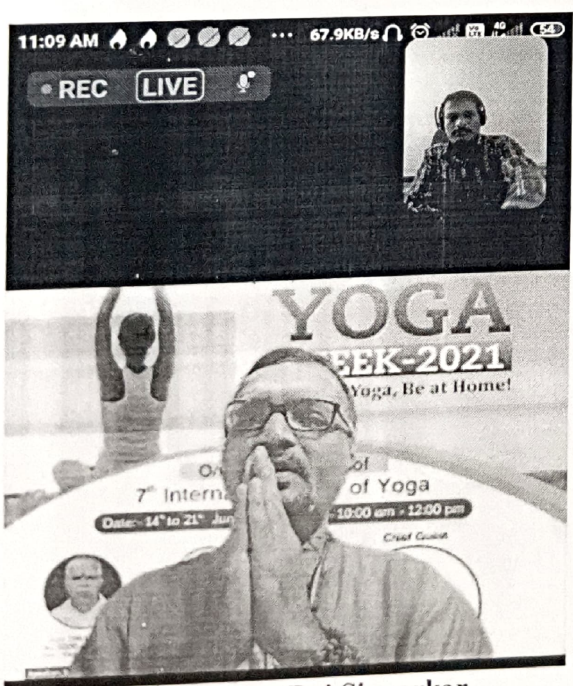
Photos:



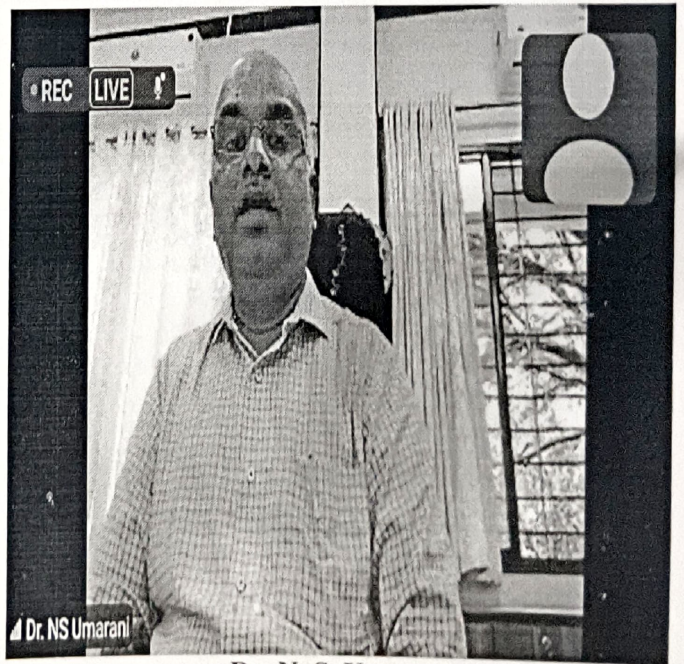
Shri. Govind Gadgil



Prof. Milind Patre



Prof. Raj Sinnarkar



Dr. N. S. Umrani

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Akhil Bharatiya Maratha Shikshan Parishad's
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Report On Online Webinar

10:51 AM 130KB/s

REC LIVE



ENCYCLOPAEDIA OF TRADITIONAL ASANAS


Encyclopaedia of Traditional Asanas

Approximately 900 titles of Asanas,
1100 techniques and illustration of asanas,
200 authoritative and valid source most of which are unpublished Manuscript.
Thousand of references.
Hundred of cross-reference,
100 applications of padmasana
60 Applications of Shirshasana (Inversion).
An exhaustive Introduction.

www.lonavlayoga.org

10:28 AM 145KB/s

REC LIVE



Root cause for disturbance of Health...

YAMA, NIVASA, DHARANA, DHYANA, SAM, MANTRA CHANTING

SPIRITUAL

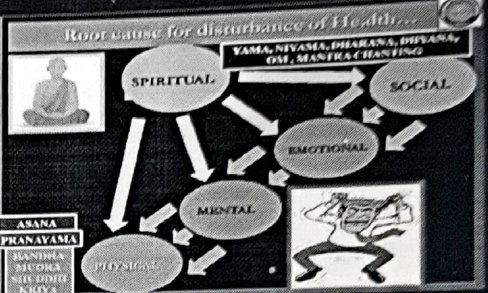
SOCIAL

EMOTIONAL

MENTAL

PHYSICAL


ASANA
PRANAYAMA
SANDHYA
MUDRA
SIDDHI
KRIYA



10:54 AM 112KB/s

Zoom Leave


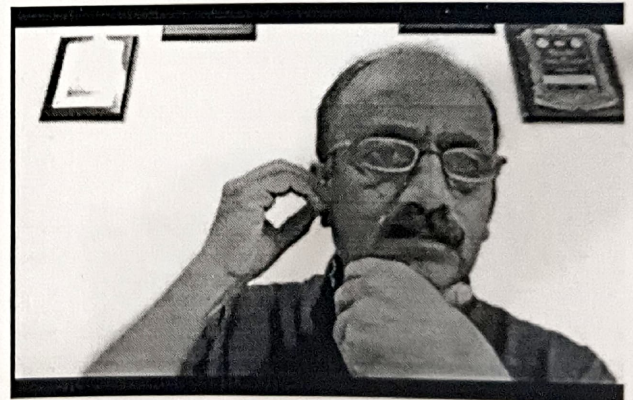
REC LIVE



Healthy People
Happy Nations
Harmonious World

BEST WISHES
FOR
INTERNATIONAL
YOGA DAY
21.06.2021

International Day of Yoga

Dr. Manmath Manohar Gharote Delivering a session on real concept and utility of Yoga in Modern era





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

10:31 AM 68.7KB/s

Close Participants (219)

Search

- NS Navanath Sarode (me)
- S Shantanu (Host)
- GG GOVIND... (Co-host)
- AS Anirudha... (Co-host)
- Anjushre... (Co-host)
- Dattatra... (Co-host)
- DM Deepak... (Co-host)
- DN Dr. Nam... (Co-host)

Invite

10:31 AM 15.2KB/s

Close Participants (220)

- Vidya Pathare
- VIDYADHAR KANIT...
- VR VIT Rohit Tidke
- Vivek
- YM Yuliah Mathew
- क क्षीरसागर
- ड डॉक्टर श्रीधर दिवेकर
- प प्रेमा कुलकर्णी
- SG Suhas Ghugare

Invite

11:56 AM 24.9KB/s

Close Participants (165)

- D dimple
- DA Dr Anap Uttam Da...
- DS Dr Sushma Tayde
- DA Dr. Ajit kadam
- DA Dr. Asha V. Bengle
- DH Dr. Hemraj Patil
- DM Dr. Meena Pawar
- S Dr. Sulbha Patil
- Dr. Vidya Mithare

Invite

10:31 AM 14.9KB/s

Close Participants (219)

- K Kanika sajal Bhow...
- KA Kimaya Ashtekar
- KM krantikumar Mhetre
- LM Lata Moghe
- Mangesh Bhalekar
- Manish Mahale
- MK Manohar Kunjir
- Manoj Bauskar
- MARUTI PATIL

Invite

Participant list for the Yoga Program

Date: 25/06/2021

Prof. Navanath Sarode
Sports Director
APCOER

Prof. Vikram R. Ghiye
NSS Coordinator
APCOER

Prof. G. E. Kondhalkar
Student Development Officer
APCOER

Dr. S. B. Thakare
Principal
APCOER





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



Record No.: ADM/D/35A
Revision: 00

DoI: 21/01/2019

Notice for Faculty/Students'

Ref. No. : APCOER/OFFICE/4644/2021-22

नोटीस

संदर्भ—Ref No. SPPU VKM/yogdin/3/3917 date. 12/06/2021.

Ref No.PCZSC/05/2020-21 date. 12/06/2021.

महाविद्यालयातील सर्व शिक्षक, शिक्षकेतर कर्मचारी व विद्यार्थ्यांना सूचित करण्यात येते की, दि २१ जून २०२१ आंतरराष्ट्रीय योग दिनानिमित्त क्रीडा व शारीरिक शिक्षण विभाग सावित्रीबाई फुले पुणे विद्यापीठ, पुणे व पुणे शहर विभागीय क्रीडा समिती यांच्या संयुक्त विद्यमाने ऑनलाईन माध्यमातून आयोजित केलेल्या 'योग सप्ताह २०२१' या कार्यक्रमा अंतर्गत दि. २०/०६/२०२१ व दि. २१/०६/२०२१ रोजी व्याख्यान व प्रत्याशिक्षण उपस्थित राहून ७ व्या आंतरराष्ट्रीय योग दिन कार्यक्रमांमध्ये सहभागी व्हावे.

कार्यक्रमाचे वेळापत्रक —

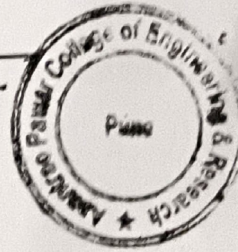
| Date | Time | Resource Persons | Topics | Zoom Link |
|------------|-----------------------|--|--|---|
| 20/06/2021 | 10:00am to 11:00am | Shri. Govind Gadgil Head, Patanjali yog samiti Pune. | Yoga for Covid-19 | https://us02web.zoom.us/j/9946539711? |
| | 11:00am to 12:00 noon | Prof. Milind Patre Associate Dean Faculty of Peace Studies MIT world Peace University, Pune | Yoga for Evolution of Human Consciousness | Meeting ID : 9946539711 Passcode : 12345 |
| 21/06/2021 | 10:00am to 11:00am | Dr. Manmath Gharote Director of The Lonavala Yoga Institute | Real concept and utility of Yoga in modern era | https://us02web.zoom.us/j/9946539711? |
| | 11:00am to 12:00 noon | Prof. Raj Sinnarkar Corporate Trainer & Motivational Speaker | Day to day Life & Yog | Meeting ID : 9946539711 Passcode : 12345 |

Registration Link: <https://forms.gle/w5f2ei8knqLc4uGP7>

दिनांक : १९/०६/२०२१.

प्रा. नवनाथ सरोदे
शारीरिक शिक्षण संचालक

प्रा. गणेश कोंडाळकर
विद्यार्थी विकास अधिकारी



डॉ. सुनिल ठाकरे
प्राचार्य

- प्रत—
- सर्व विभागप्रमुख, ग्रंथपाल, शारीरिक शिक्षण संचालक, ट्रेनिंग अँड प्लेसमेंट ऑफीसर.
 - कार्यालय

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