
	Akhil Bharatiya Maratha Shikshan Parishad's Anantrao Pawar College of Engineering & Research		
	Record No.: ACA/D/021 Revision: 00	DoI: 21/01/2019	
Event Report			

Name of Event: 8th International Yoga Day Program

Date of Event: 21 June 2022

Time of Event: 7.00 am to 8.00 am &
9:00am to 10:00am

Name of Event Coordinator: Dr. N. M. Sarode , Director of Physical Education
Prof. V. V. Bhimate, NSS P. O., APCOER, Pune,
Prof. G. E. Kondhalkar, S. D. O., APCOER, Pune

Resource Person/Speaker, Yoga Trainer:

Mr. Rupesh Thopate (Yoga Trainer)

Dr. Navanath Sarode (Director of Phy. Edu, Apcoer, Pune)





Brief Description of Event:

The 8th International Yoga Day was celebrated on 21st June 2022 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

Address: Sr. No. 103, Parvati, Pune- 411 009,
Contact Details: Tel: 020-24218901/8959, Tele Fax:- 020-24213929
Website: <http://www.abmspcoerpune.org>, Email : abmspcoe@yahoo.com

	Akhil Bharatiya Maratha Shikshan Parishad's Anantrao Pawar College of Engineering & Research		
	Record No.: ACA/D/021 Revision: 00	DoI: 21/01/2019	
Event Report			

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

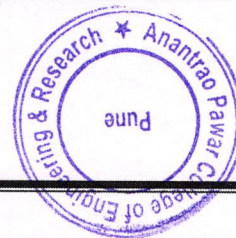
Prof. Rupesh Thopte (Yoga Trainer) and Dr. Navanath Sarode, Sports Director, APCOER Conducted Yoga session as per the international Yoga day Protocol on 8th International Yoga Day 2022, he thought the different yoga postures like Tadassana, Vrikshasana, Uttaanaasana, Trikonaasana, Bhadrasana, Shashankaasana, Bhujangasana, Pawan-Muktaasana, Anulom-vilom, Kapalbhathi, finally ended with Pranayama and meditation. Total 67 teaching staff, 30 non-teaching staff & 1035 students participated in Yoga Sessions.

Dr. S. B. Thakare, Principal APCOER, HODs of all the department, Teaching and nonteaching staff of APCOER performed Yoga between 7.00 am to 8:00 am.

Students of FE, SE, TE, BE from all departments, NSS students volunteer 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 8th International Yoga Day 2022.

Event Photos, News and Attendance of participants attached herewith.



Address:

Sr. No. 103, Parvati, Pune- 411 009,

Contact Details:

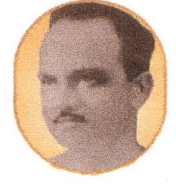
Tel: 020-24218901/8959, Tele Fax:- 020-24213929

Website:

<http://www.abmspcoerpune.org>, Email : abmspcoe@yahoo.com



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



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

DoI: 21/01/2019

Event Report



हॅलो प्रभात

**अनंतराव पवार कॉलेजमध्ये
आंतरराष्ट्रीय योग दिन साजरा**

पुणे : हॅलो प्रभात
वेथील सावित्रीबाई फुले
पुणे विद्यापीठाच्या निदेशानुसार
आंतरराष्ट्रीय योग दिनाच्या
निमित्ताने अखिल भारतीय
मराठा शिक्षण परिषदेच्या
अनंतराव पवार कॉलेज ऑफ
इंजिनिअरिंग अँड रिसर्च पर्वती,
पुणे महाविद्यालयामध्ये श्री शाहू
मंदिर महाविद्यालय, यशवंतराव
चव्हाण विधी महाविद्यालय व
अनंतराव पवार कॉलेज ऑफ
अर्कीटेक्चर पुणे यांच्या संयुक्त
विद्यमाने महाविद्यालयात
प्राध्यापकांसाठी योग
प्रात्यक्षिके घेण्यात आली.
यावेळी योग प्रशिक्षक प्रा.रुपेश
धोपटे यांच्या मार्गदर्शनाखाली
महाविद्यालयातील सर्व शिक्षक,
शिक्षकेतर कर्मचारी यांनी विविध
योगासने केली. यामध्ये ताडासन,
बक्रासन, कपालभाती, भ्रमरी
प्राणायाम, सेतुबंधासन, ध्यान
इ.आसने करण्यात आली. प्रा.
धोपटे यांनी नियमित योगासने
करा व तणावमुक्त जीवन उगा
असा संदेश देत योग व प्राणायाम
याचे महत्त्व सांगून योगसाधनेच्या
सहाय्याने विविध व्याधींपासून
मुक्ती मिळवता येते असे मार्गदर्शन
केले. सदर कार्यक्रमासाठी
महाविद्यालयाचे प्राचार्य डॉ.
सुमिल ठाकरे, प्रभारी प्राचार्य
डॉ. विलास पाटील, प्राचार्या डॉ.
शुभदा घोलप, प्राचार्य डॉ. रावेंद्र
कोळी, सर्व विभाग प्रमुख,
तिन्ही महाविद्यालयांचे शिक्षक,
शिक्षकेतर कर्मचारी व विद्यार्थी
उपस्थित होते. सदर कार्यक्रमाचे
प्रास्ताविक डॉ. सुदाम शेळके
यांनी केले तर आभार प्रदर्शन डॉ.
नवनाथ सरादे यांनी केले.

Main Edition
22 Jun 2022 Page No. 1
Powered by: www.abmsscpcr.com



Yoga Day Celebration News & Students Performing Yoga Session on 8th
International Yoga day

Address: Sr. No. 103, Parvati, Pune- 411 009,

Contact Details:

Tel: 020-24218901/8959, Tele Fax:- 020-24213929

Website:

<http://www.abmsscpcr.org>, Email : abmsscpcr@yahoo.com

Handwritten signature





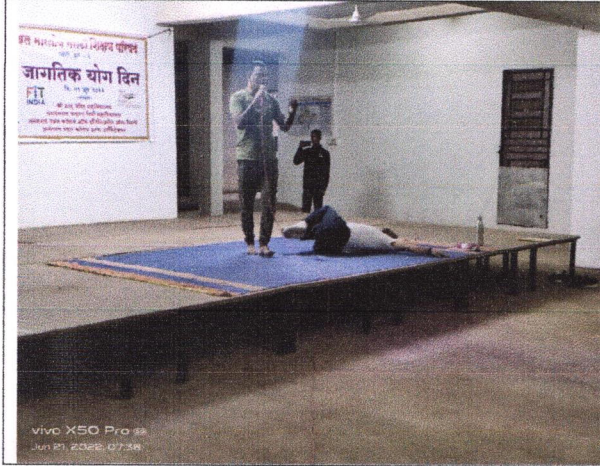
**Akhil Bharatiya Maratha Shikshan Parishad's
Anantrao Pawar College of Engineering & Research**



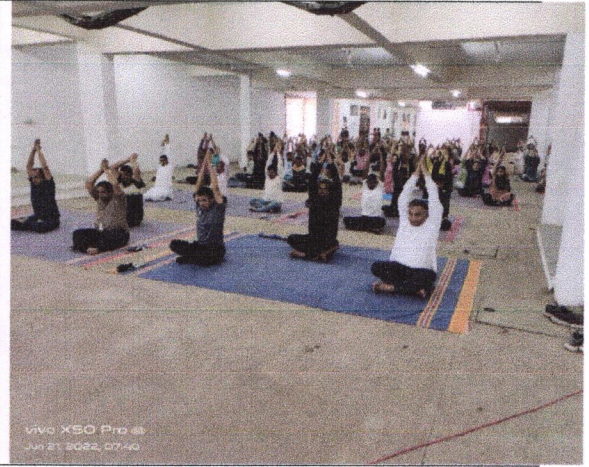
Record No.: ACA/D/021
Revision: 00

DoI: 21/01/2019

Event Report



Trainer Demonstration



Faculties Performing Yoga Session



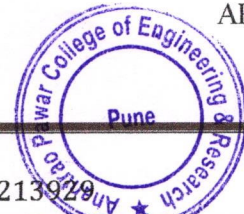
Date: 23/06/2022

Dr. N. M. Sarode
Sports Director
APCOER

Prof. V. V. Bhimate
NSS Coordinator
APCOER

Prof. G. E. Kondhalkar
Student Development Officer
APCOER

Dr. S. B. Thakare
Principal
APCOER



Address: Sr. No. 103, Parvati, Pune- 411 009,

Contact Details:

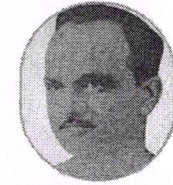
Tel: 020-24218901/8959, Tele Fax:- 020-24213929

Website:

<http://www.abmspcoerpune.org>, Email : abmspcoe@yahoo.com



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



Record No.: ACA/R/015
Revision: 00

DoI: 21/01/2019

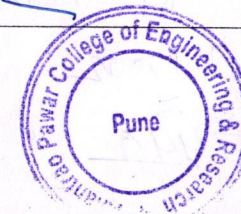
Participant's Attendance for Event

Name of Event: **8TH INTERNATIONAL YOGA DAY 2022** (21 June 2022)

Sr. No.	Name of the Participant	Designation	Institute Name	Signature of Participant
	Anuj Kulkarni	Students	APCOER	Anuj's
	Samiksh Gbharage	"	APCOER	Samiksh's
	Pranjali Ichake	"	APCOER	Pranjali's
	Atharva Bhardale	"	APCOER	Atharva's
	Isha Dalbhanjan	"	APCOER	Isha's
	Megha Kasavkar	"	APCOER	Megha's
	Deepak Rajput	"	APCOER	Deepak's
	Tejas Gurav	"	APCOER	Tejas's
	Gauri Bhagwat	"	APCOER	Gauri's
1	Prathamesh Zol	"	APCOER	Prathamesh's
	Kundlik Gouhane	"	APCOER	Kundlik's

Date: 21/6/2022

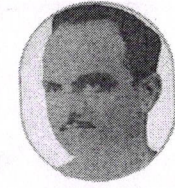
Event Coordinator



Principal



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



Record No.: ACA/R/015
Revision: 00

DoI: 21/01/2019

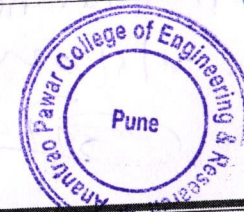
Participant's Attendance for Event

Name of Event: 8TH INTERNATIONAL YOGA DAY 2022 (21 June 2022)

Sr. No.	Name of the Participant	Designation	Institute Name	Signature of Participant
12.	Prof. S.S. Jamadade	Ass. Prof.	APCOER Pune	
13	Prof. Akshada Gogawale	Ass. Prof.	APCOER Pune	
14.	Prof. Anurita More	Ass. Prof	APCOER PUNE	
15-	Prof. Pranjali More	Ass. Prof	APCOER PUNE	
16.	Prof. Shweta Jashi	Ass. Prof	APCOER Pune	
17.	Prof. Sneha Reutele	Ass. Prof	APCOER Pune	
	Prof. S.R. Kokane	Ass. Prof	APCOER, Pune	
19	Prof. S.M. Veer	Assi. Prof	APCOER, Pune	
20	Prof. C.G. Kolambe	Asst. Prof	APCOER, Pune	
21	Sachitanand S. Gosad	Lab. ASST	APCOER PUNE	
22	Ceenesh R Khair	Leads A++	X.C. Law	

Date: 21/6/2022

Event Coordinator



Principal



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



Record No.: ACA/R/015
Revision: 00

DoI: 21/01/2019

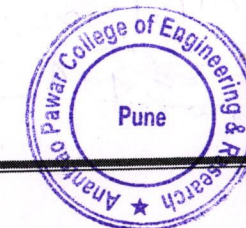
Participant's Attendance for Event

Name of Event: **8TH INTERNATIONAL YOGA DAY 2022** (21 June 2022)

Sr. No.	Name of the Participant	Designation	Institute Name	Signature of Participant
1	Dr. Shubhada Ghole	Principal	Y. C. Law College	Shubhada
2	Chalwadi N.S	Asst. Prof.	"	NS
3	Dr. Ranindra Patil	Asso. Prof.	"	RP
4	Dr. Gauri Kulkarni	Asst. Prof.	S. S. M. M. Pune	Gauri
5	Khanare. M. M.	Asst. prof	Y. C. Law college	MM
6	Tushar More	B.COM	F.Y.B.A.COM	Tushar
7	Pratik Dhaware	XII COM	S. COM	Pratik
8	Sumit Rokade	COM.	XII COM	Sumit
9	Pankaj Salve	F.Y. BA		P. Salve
10	N. R. Adna	pan	S. S. M. M. Pune	NR
11	M. S. Shikhar	Asso prof	Y. C. Law College	MS

Date: 21/6/2022

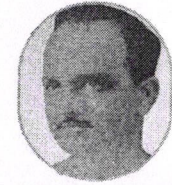
Event Coordinator



Principal



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



Record No.: ACA/R/015
Revision: 00

DoI: 21/01/2019

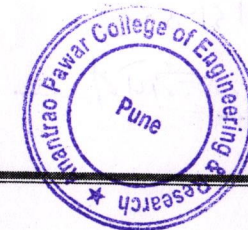
Participant's Attendance for Event

Name of Event: **8TH INTERNATIONAL YOGA DAY 2022** (21 June 2022)

Sr. No.	Name of the Participant	Designation	Institute Name	Signature of Participant
1)	Pranil P. Wankar	—	—	—
1)	Pranil P. Wankar	Students	AAPCOER	Pranil
2)	Dishank Shekore	Students	APCOER	Pranil
3)	Saiyoti Bedar	Students	APCOER	Pranil
4)	Anuja N. Shinde	FE	—	Shinde
5)	Mruga Rithe	FE	—	Shinde
6)	Shivam Shelke	FE	—	Shelke
7)	Om Shinde	FE	—	Shinde
	Sanika Whaval	FE	—	Sanika
	Rohini Surwase	FE	APCOER	Surwase
	Vishal Sharma	FE	—	Vishal

Date: 21/6/2022

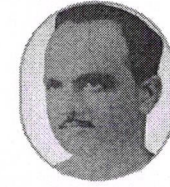

Event Coordinator




Principal



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



Record No.: ACA/R/015
Revision: 00

DoI: 21/01/2019

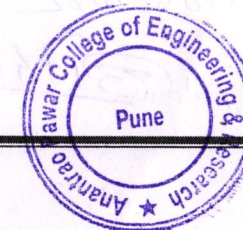
Participant's Attendance for Event

Name of Event: **8TH INTERNATIONAL YOGA DAY 2022** (21 June 2022)

Sr. No.	Name of the Participant	Designation	Institute Name	Signature of Participant
1.	Dr. N. M. Sarode	Sports Director	APCOER	
2.	Mr. Lokesh S. Chavan	PEON	APCOER	
3	Mr. Wakade R.A.	Assist prof	YCLC	
4)	Mr. Salunke S.B	Head clerk	YCLC	
5)	Mr. Tanaji S. meli	Librarian	APCOER	
6)	Mr. Mukame N. J.	O.S.	APCOER	
7)	Dr. D S. Borcar	Asst Prof.	SSMMP	
8)	M.S. Kamble			
9	Mr. D. O. Bhasarnale	ASST. prof	APCOER	
10	Pareendra Kale	Asst. prof	S.S.M.M	
11	Bhausheeb Tadhw	Asst. prof	S.S.M.M	

Date: 21/06/2022

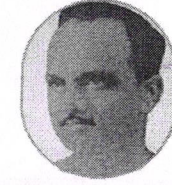
Event Coordinator



Principal



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



Record No.: ACA/R/015
Revision: 00

DoI: 21/01/2019

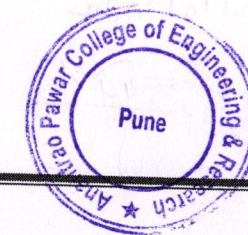
Participant's Attendance for Event

Name of Event: 8TH INTERNATIONAL YOGA DAY 2022 (21 June 2022)

Sr. No.	Name of the Participant	Designation	Institute Name	Signature of Participant
1	Dr. S. P. Shende	Asst. Prof.	S.S.M.M	
2	Dr. Vaishali Jadhav	Professor	Yashwantrao Chavan Law College	
3	Ms. Anjali G. Ghare	Vice-Principal	S.S.M.M Junior College	
4	Swati Mathurkar	H.Y. Edu Teacher	Shahu college	
5	Archana Ladkels	APCOA	APCOA	
6	Kamble Yogita B.	Assist. Prof.	APCOER	
7	Ashwini Maral	Clerk	APCOA	
8	Smita Bankar	Sr. clerk	APCOA	
9	Prof. Shilpa Jagawale	Asso. Professor.	APCOA	
10	Prof. Swati Jorhi	Asst. Professor	APCOER	
11	Sohan Subhash Alchade	student	APCOER	

Date: 21/06/2022

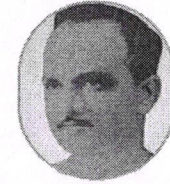
Event Coordinator



Principal



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



Record No.: ACA/R/015
Revision: 00

DoI: 21/01/2019

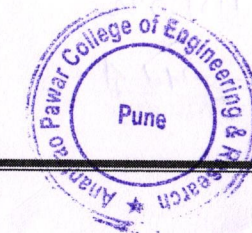
Participant's Attendance for Event

Name of Event: **8TH INTERNATIONAL YOGA DAY 2022** (21 June 2022)

Sr. No.	Name of the Participant	Designation	Institute Name	Signature of Participant
1	Rugheesh S. Kadam	Peon	APCOER	
2	Sham S. Upkate	Peon	APCOER	
3	Pallase Abhijit Bal	Peon	APCOER	
4	Anika S. Ghumel	Electrician	APCOER	
5	Prasad Pradnya	P.O.S	Y.C. Law	
6	Sagar Chorge	Jr. Clerk	Y.C. Law College	
7	Prakash B. Jadhav	Librarian	Y.C. Law College, f	
8	Sandeep S. Kamble	Sr. Clerk	Y.C. Law College	
9	Raju B. Gul	Jr. Clerk	Y.C. Law College	
10	Sirsat S. K.	Asst. Prof	Y.C. Law College	
11	Prof. Pradnya S. Zool	Asst. Prof.	APCOER	

Date: 21/06/2022

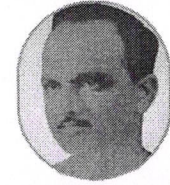
Event Coordinator



Principal



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



Record No.: ACA/R/015
Revision: 00

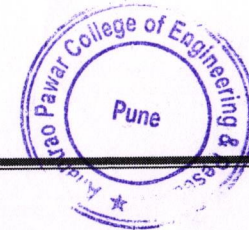
DoI: 21/01/2019

Participant's Attendance for Event

Name of Event: 8 TH INTERNATIONAL YOGA DAY 2022 (21 June 2022)				
Sr. No.	Name of the Participant	Designation	Institute Name	Signature of Participant
	Sameer Jayant	Lab Asst	APCER	
	Sameer Kumbhar	Lab Asst	APCER	
	Santosh P. Ardekar	Princ. Pune	S.S.M.M.	
	Shinde Yoges	student	APCER	
	Vedant palekar	"	"	Vedant
	Trupti. pakhal	"	"	Trupti
	Mitali zagade	student	"	Mitali
	Ritika Jadhav	"	"	
	Amruta thorat	student	"	
	Trupti more	"	"	
	Dhese Sujata	"	"	

Date: 21/6/2022

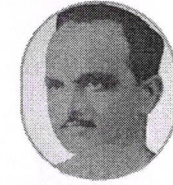
Event Coordinator



Principal



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



Record No.: ACA/R/015
Revision: 00

DoI: 21/01/2019

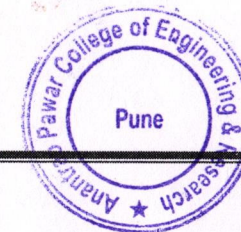
Participant's Attendance for Event

Name of Event: 8TH INTERNATIONAL YOGA DAY 2022 (21 June 2022)


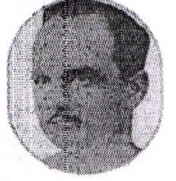
Sr. No.	Name of the Participant	Designation	Institute Name	Signature of Participant
1	Dr. R.D. Susam	Asst. Prof.	Shri Shahu Mandir Nala	
2	Dr. Vaibhav Chodke	Asst. Prof.	Anantrao Pawar College of Architecture, Pune	
3	Dr. D. B. Gaurav	Asst. prof	Shri Shahu Mandir	
4	Dr. Madhu Khair	professor	Shahu College	
5	Swayona A. Kulkarni	Asst. Prof.	Shri Shahu Mandir	
6	Dr. Ganesh Madhe		Mahavidyalaya	
7	Shweta A. Joshi	Asst. Prof. (IT)	APCOER, Pune	
8	Mr. M.R. Bhasale	A.P. SSM	SSM	
9)	Swati D. Leel	pcan	y.c. Law college	
10)	Gaurav Ladhkar	Lab Assistant	Anantrao Pawar College	
11)	Dr. Rajendra B. Koli	Principal.	Anantrao Pawar College of Architecture, Pune	

Date: 21/06/2022

Event Coordinator



Principal

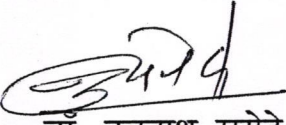
	Akhil Bharatiya Maratha Shikshan Parishad's Anantrao Pawar College of Engineering & Research		
	Record No.: ADM/D/035A Revision: 00	DoI: 21/01/2019	
Notice for Students & Faculty			

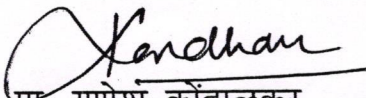
RefNo: APCOER/Off/०१७०/20221-22

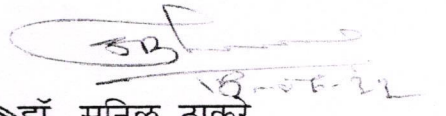
नोटीस

महाविद्यालयातील सर्व शिक्षक व शिक्षकेतर कर्मचारी यांना कळविणेत येते की, मंगळवार दि. २१ जून २०२२ रोजी सकाळी ७:०० वाजता महाविद्यालयामध्ये श्री शाहू मंदिर महाविद्यालय, यशवंतराव चव्हाण विधी महाविद्यालय, अनंतराव पवार कॉलेज ऑफ इंजिनिअरींग अँड रीसर्च, व अनंतराव पवार कॉलेज ऑफ आर्किटेक्चर यांच्या संयुक्त विद्यमाने ८ व्या आंतरराष्ट्रीय योग दिनाचे आयोजन करण्यात आले आहे. यामध्ये सकाळी ७:०० वाजता सर्वांसाठी योग प्रत्याक्षिकांचे आयोजन करण्यात येणार आहे. तरी सर्व शिक्षक व शिक्षकेतर कर्मचाऱ्यांनी योग प्रत्याक्षिक कार्यक्रमांमध्ये सहभागी होण्यासाठी नियोजित वेळेपूर्वी १० मिनीटे उपस्थित रहाणे आवश्यक आहे.

दि. १८/०६/२०२२


 डॉ. नवनाथ सरोदे
 क्रीडा संचालक


 प्र. गणेश कोंढाळकर
 विद्यार्थी विकास अधिकारी




 डॉ. सुनिल ठाकरे
 प्राचार्य



Copy to :

1. HOD Civil/Comp/E&TC/IT/AI&DS/Mech/FE/ME Civil, Mech. Engg. to display on notice boards
2. TPO/Sports Director/Library to display on notice boards.
3. Office copy



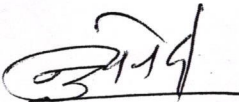
	Akhil Bharatiya Maratha Shikshan Parishad's Anantrao Pawar College of Engineering & Research		
	Record No.: ADM/D/035A Revision: 00	DoI: 21/01/2019	
Notice for Students & Faculty			

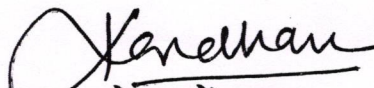
Ref.No.: APCOER/OFFICE/0969 /2021-22

नोटीस

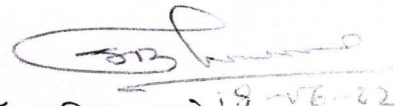
महाविद्यालयातील सर्व विद्यार्थ्यांना कळविणेत येते की, मंगळवार दि. २१ जून २०२२ रोजी सकाळी ९:०० वाजता महाविद्यालयामध्ये ८ व्या आंतरराष्ट्रीय योग दिनाचे आयोजन करण्यात आले आहे. यामध्ये सकाळी ९:०० वाजता सर्वांसाठी योग प्रत्याक्षिकांचे आयोजन करण्यात येणार आहे. तरी सर्व विद्यार्थ्यांनी योग प्रत्याक्षिक कार्यक्रमांमध्ये सहभागी होण्यासाठी नियोजित वेळेपूर्वी १० मिनीटे उपस्थित रहाणे आवश्यक आहे:

दि. १८/०६/२०२२


 डॉ. नवनाथ सरोदे
 क्रीडा संचालक


 प्रा. गणेश कोंढाळकर
 विद्यार्थी विकास अधिकारी




 डॉ. सुनिल ठाकरे
 प्राचार्य

Copy to :

1. HOD Civil/Comp/E&TC/IT/AI&DS/Mech/FE/ME Civil, Mech. Engg. to display on notice boards
2. TPO/Sports Director/Library to display on notice boards.
3. For circulation among all classes.
4. Office copy

