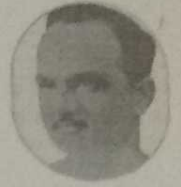




Akhil Bharatiya Maratha Shikshan Parishad's  
Anantrao Pawar College of Engineering & Research



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

DoI: 21/01/2019

Report On Online Webinar

**Name of Workshop:** Art of Living Yoga Online Workshop  
**Date of Workshop:** 24 June 2021 to 26 June 2021  
**Time of Workshop:** 05.00 PM to 07.00 PM  
**Name of Workshop Coordinator:** Prof. Ganesh E. Kondhalkar  
Prof. Navanath M. Sarode  
Prof. Vikram R. Ghiye

**Brief Introduction of Resource Person/Speaker:**

Ms. Yogita Thorat, Art of Living Yoga Trainer.  
Ms. Shruti Potdar, Art of Living Yoga Trainer.  
Mr. Rajendra Gandhi, Art of Living Yoga Trainer.  
Ms. Dipika Chavhan, Art of Living Yoga Trainer.  
Ms. Renu Chaudhari, Art of Living Yoga Trainer.  
Mr. Krupal Singh, Art of Living Yoga Trainer.

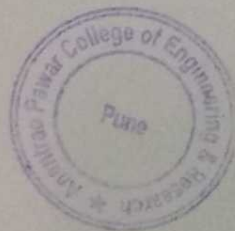
**Brief Description of Workshop:**

Savitribai Phule Pune University in association with all the university affiliated colleges organized, the Art of Living Yoga Online Workshop on 24 June 2021 to 26 June 2021. Yoga has been studied and 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

Ms. Yogita Thorat, Ms. Shruti Potdar given and useful information on the 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, Uttaanaasana, Trikonaasana, Bhadrāsana, Shashankaasana, Bhujangāsana, Pawana Muktaasana, finally ended with Pranayama and meditation.

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 session. Heartfelt thanks to Mrs. Pramilatatai Gaikwad General Secretary Akhil Bharatiya Maratha

3949





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



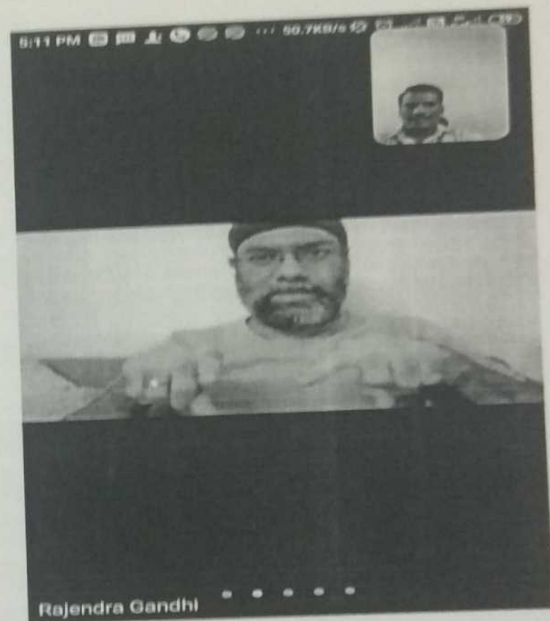
Record No.: ACA/D/021B  
Revision: 00

DoI: 21/01/2019

Report On Online Webinar

Shikshan Parishad Pune, Dr. S. B. Thakare Principal APCOER Pune for giving an opportunity to organized Art of Living Yoga Online Workshop.

Photos:



Students Performing Yoga



2022-12-14 15:52





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

6:30 PM 10.188/73 100 Full CRM

Close Participants (64)

- PM Pranali Mahadik
- PM Prashant Malpure
- P Prin.Dr.P.N.Shende
- P Priyanka
- Priyanka Kakade
- Rajesh Agavane
- RG Rama Gaikwad
- RS Ravindra Salve
- RP Rohini Pradeep Patil

Invite

6:30 PM 10.788/73 100 Full CRM

Close Participants (66)

- Savita Thorat
- S Sayali
- SJ Sharad Jagtap
- S Shriram Deshmukh
- SC Shriya Chaudhari
- Shweta Chavan
- Shyam Kamble
- Sumit Chejara
- S Swati

Invite

10:31 AM 19.288/73 100 Full CRM

Close Participants (220)

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

Invite

10:31 AM 14.588/73 100 Full CRM

Close Participants (219)

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

Invite

Participant list for the Art of Living Yoga Program

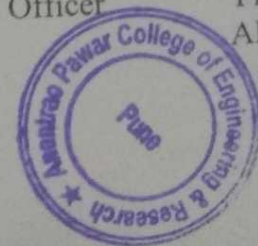
Date: 30/07/2021

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



2022-12-14 15:52

# ABMSPs Anantrao Pawar College of Engineering & Research Pune



Savitribai Phule Pune University in association  
with The Art of Living



Inviting you for AICTE recommended &  
WHO Guidelines based

## IMMUNITY

### BOOSTING PROGRAM

Increase Lung Capacity · Enhance Immunity · Eliminate Stress  
3 Days | 45 minutes each



3919



2022-12-14 15:52

# WhatsApp



CHATS 36 STATUS CALLS 2



**APCOER - Grp 2...** 9:21 am

Yogita Thorat Art: Hap... 1



**APCOER - Grp 5...** 9:21 am

Yogita Thorat Art: Hap... 1



**APCOER - Grp 1...** 9:21 am

Yogita Thorat Art: Hap... 1



**APCOER - Grp 3...** 9:21 am

Yogita Thorat Art: Happ...



**APCOER Staff** 9:21 am

Yogita Thorat Art: Happ...



**APCOER - Grp 4...** 9:21 am

Yogita Thorat Art: Hap



2022-12-14 15:52

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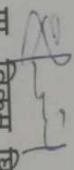
नोटीस

संदर्भ — Ref No. SPPU /online meeting date. 08/06/2021

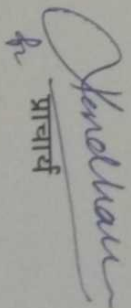
महाविद्यालयातील सर्व शिक्षक, शिक्षकेतर कर्मचारी व विद्यार्थ्यांना सूचित करण्यात येते की, दि २४ जून २०२१ ते २६ जून २०२१ या कालावधी मध्ये सलग तीन दिवस संध्याकाळी ५:०० ते ६:०० किंवा ६:०० ते ७:०० या वेळेत सावित्रीबाई फुले पुणे विद्यापीठ, पुणे व आर्ट ऑफ लिव्हिंग पुणे यांच्या संयुक्त विद्यमाने आपल्या महाविद्यालयामध्ये ऑनलाईन माध्यमातून योग प्रात्याक्षिक सत्राचे आयोजन केले आहे. सदर कार्यक्रम सर्वासोढी अनिवार्य आहे, तरी महाविद्यालयातील सर्व शिक्षक, शिक्षकेतर कर्मचारी व विद्यार्थ्यांनी योगसत्रा मध्ये सहभागी व्हावे.

दिनांक : २३/०६/२०२१.

  
प्रा. नवनाथ सरोदे  
शाारीरिक शिक्षण संचालक

  
प्रा. विक्रम शिवे  
ग. से. यो. अधिकारी



  
प्राचाय

प्रत—

१. सर्व विभागप्रमुख, ग्रंथपाल, शाारीरिक शिक्षण संचालक, ट्रेनिंग अॅन्ड प्लेसमेंट ऑफीसर.
२. कार्यालय, नोटीस बोर्ड .
३. सर्व वर्गीशिक्षकांनी व विभागप्रमुखांनी विद्यार्थ्यांना अवगत करावे.