
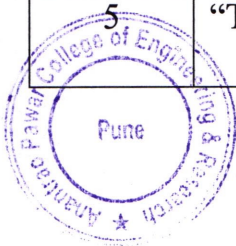
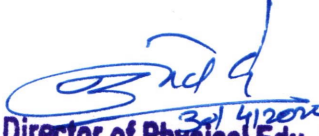
	Akhil Bharatiya Maratha Shikshan Parishad's Anantrao Pawar College of Engineering & Research		
	Record No.: ACA/D/021 Revision: 00	DoI: 21/01/2019	
EVENT REPORT			



Department of Physical Education & Sports

Annual Report 2020-21

Sr. no.	Program Details	Date	Mode of Conduction
1	International Yoga Day	21 June 2020	Online
2	Cleansing Therapy and Physical Fitness	14 th August 2020	Online
3	Fit India Freedom Run	25 th to 29 th September 2020	Online
4	Fit India Thematic Campaign (Fitness ka Dose Aadha Ghanta Roz)	1 st December to 30 th December 2020	Online
5	"The Secret of yoga" Covid care Program	28 th April 2021	Online




 Director of Physical Edu. & Sports
 Anantrao Pawar College of Engineering
 & Research, Parvati, Pune - 09

	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.

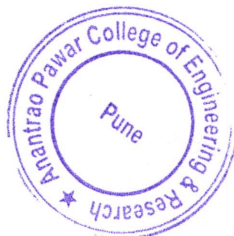
Mr. Navanath Sarode, Sports Director, APCOER Pune.



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, PawanaMuktaasana, finally ended with Pranayama and meditation.

	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			

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






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



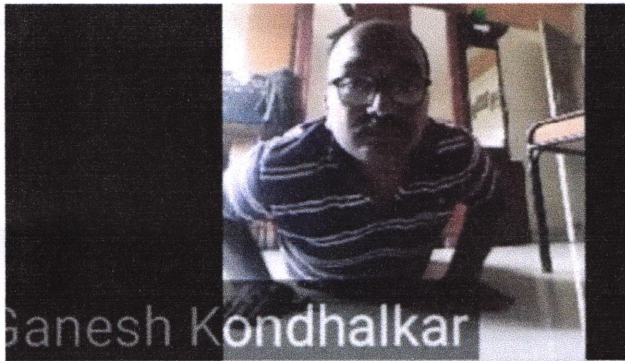
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Revision: 00**

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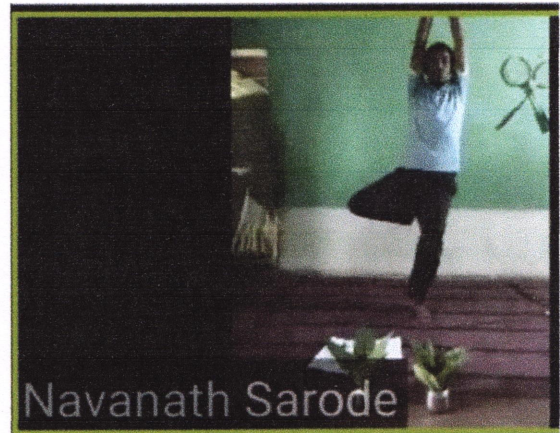
Report On Online Webinar



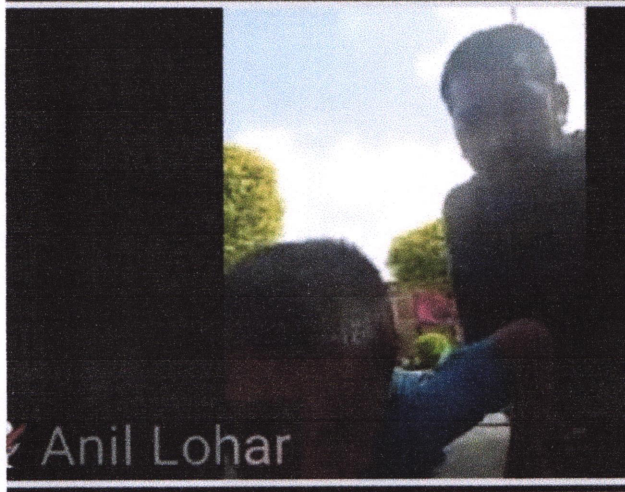
Mr. Navanath Sarode Performing shavasana



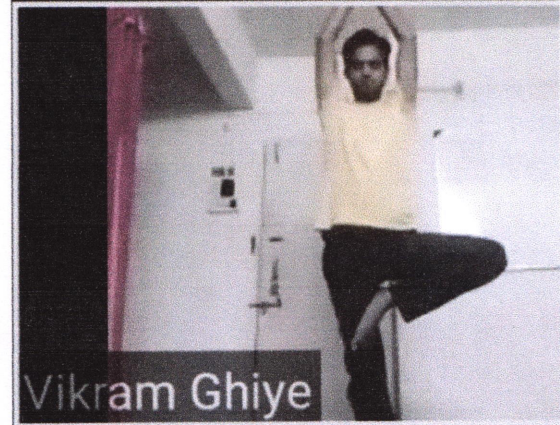
Ganesh Kondhalkar



Navanath Sarode



Anil Lohar



Vikram Ghiye

Participants Performing yoga on International Yoga day

Handwritten signature





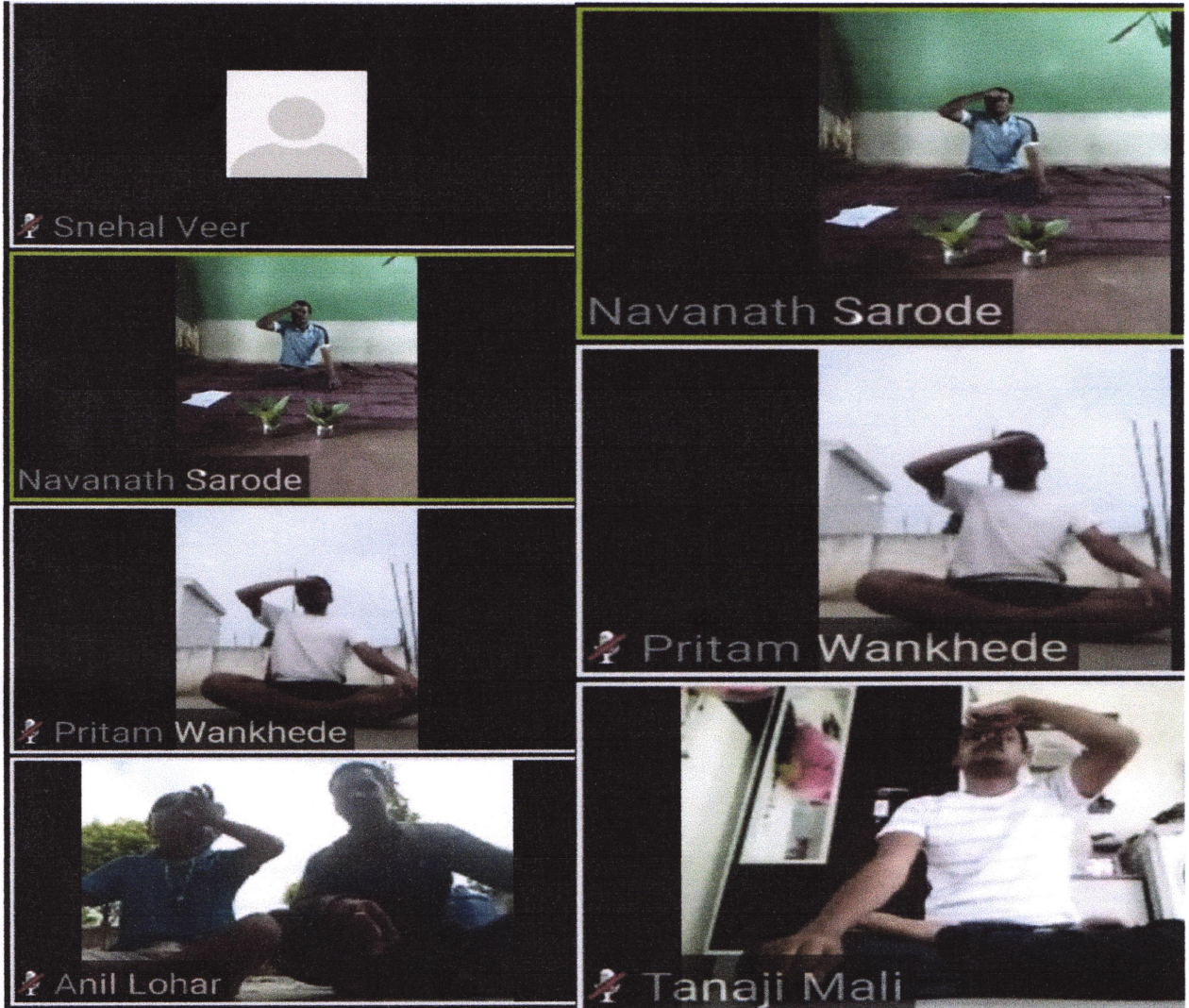
**Akhil Bharatiya Maratha Shikshan Parishad's
Anantrao Pawar College of Engineering & Research**



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

DoI: 21/01/2019

Report On Online Webinar



Participants Performing yoga on International Yoga day

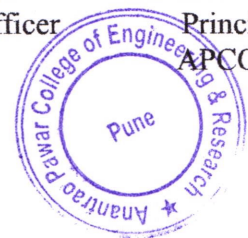
Date: 27/06/2020

Prof. Navanath Sarode
Sports Director
APCOER

Prof. Vikram R. Ghiye
NSS Coordinator
APCOER

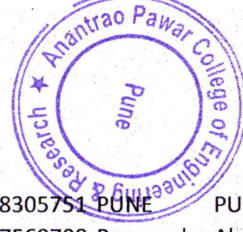
Prof. G. E. Kondhalkar
Student Development Officer
APCOER

Dr. S. B. Thakare
Principal
APCOER





Sr. No	Username	Full Name	Gender	Profession	Name of The Institute /Organization	Mobile No	Place/City/ District	State	Country
1	loharanil04	Anil Lohar	Female	Faculty	APCOER	8888800362	Jamkhed	Ahmadnag	Maharasht India
2	netradeng2	Netra Deng	Female	Student	Anant Rao Pawar College of Engineering & Research	8446639950	Pune	Pune	Maharasht India
3	purvagaikw	Purva Dnya	Female	Student	Anant Rao Pawar college of engineering and research	8530492816	Narayanga	Pune	Maharasht India
4	vishwajeet7	Vishwajeet	Male	Student	Anant Rao Pawar college of engineering and research pune	9767801564	Aslod	Nandurbar	Maharasht India
5	librarianco	Prof.Ketan	Male	Faculty	PDEA's College of Engineering, Manjari Bk.,Pune	9970922682	Pune	Pune	Maharasht India
6	chaitralinik	Chaitrali	Female	Student	APCOER	8329397817	Pune	Pune	Maharasht India
7	kishorvb7@	Kishor V. B	Male	Faculty	Dr. D. Y. Patil Arts,Commerce & Science College, Akurdi. P	9860334391	Pune	Pune	Maharasht India
8	rajsuraswa	Dr. Surwas	Male	Faculty	Chh.Shivaji Night College Solapur	8485064172	Solapur	Solapur	Maharasht India
9	samadhant	Samadhan	Male	Student	Anant Rao Pawar College of Engineering and Research, Par	7741971261	At.Post.- D	Osmanaba	Maharasht India
10	omkarjadh	Omkar Jadh	Male	Student	APCOER	9359860828	Pune	Pune	Maharasht India
11	suryakantg	Suryakant /	Male	Student	APCOER	7083248858	Yawat	Pune	Maharasht India
12	umeshsalu	Umesh Suk	Male	Student	Anant Rao Pawar College Of Engineering & Research	7219440998	Rajuri Tal-K	Solapur	Maharashtra India
13	kochetaDiv	Divya Dine	Female	Student	Anant Rao Pawar college of engineering parvati	7350218719	Pune	Pune	Maharasht India
14	sujataasab	Ms. Sabale	Female	Student	Apcoer	7083832724	Pune	Haveli	Maharasht India
15	kothavle.st	Suhas Ram	Male	Faculty	Anant Rao Pawar College of Engineering and Research	7774075458	Pune	Pune	Maharashtra India
16	nutansaroc	Nutan Saro	Female	Faculty	RIT POLYTECHNIC LOHEGAON	9881749094	Pune	Pune	Maharasht India
17	jayashri.bh	Jayashri Ka	Female	Other	Jayashree Tailor	9762001126	Tingergenag	Pune	Maharasht India
18	vyankati_p	Dr vyankati	Male	Faculty	K R M Mahila Mahavidyalaya Nanded	9657278217	Nanded	Nanded	Maharasht India
19	asthakare1	Aditya Thal	Male	Student	APCOER,Pune.	9370888815	Pune	Pune	MS India
20	akankshap	Akanksha s	Female	Student	Anant Rao Pawar college of engineering and research pune	8698533035	Marul have	Satara	Maharasht India
21	kn.nasreen	Khan Nasre	Female	Student	Anant Rao Pawar college of engineering and research pune	9561659322	Bhiwandi	Thane	Maharasht India
22	shailesh.ha	Shailesh S.	Male	Faculty	Anant Rao Pawar College of Engineering and Research	9579707373	Pune	Pune	Maharasht India
23	bhosalepur	Purva bhus	Female	Student	ABMSP'S Anant Rao Pawar College of Engineering and Rese	8793905978	Pune	Pune	MAHARASH India
24	pritamwan	PRITAM SA	Male	Student	APCOER, PUNE	8698139824	MORSHI	AMARAVATI	MAHARASH INDIA
25	dhanashri.j	Dhanashri I	Female	Faculty	Anant Rao Pawar College of Engineering and Research, Pur	9975545842	Pune	Pune	Maharasht India
26	anantsurya	Dr. Anant S	Male	Faculty	Amolakchand Mahavidyalaya, Yavatmal	9421746822	Yavatmal	Yavatmal	Maharasht India
27	apekshadp	Apeksha DI	Female	Student	Anant Rao Pawar College of engineering and research Parva	8530446775	Pune	Pune	Maharasht India
28	sudnyagad	Sudnya Dn	Female	Student	Anant Rao Pawar college of Engineering	9130400358	Pune	Pune	Maharasht India
29	ketankhara	Kharat Ket	Male	Student	Apcoer	7757815353	AHMEDNAG	Ahmednag	MAHARASH India
30	rashmi.ken	RASHMI KE	Female	Faculty	Anant Rao Pawar College of Engineering and Research, Par	8149932792	Pune	Pune	Maharasht India
31	sharadjagt	Prof.Shara	Male	Faculty	ABMSP's Anant Rao Pawar College of Engineering and Rese	9730616145	Pune	Pune	Maharasht Indian



32	akshayinfo: Akshay Kan Male	Student	Parvatbai Genba Moze College of engineering	9168305751	PUNE	PUNE	MAHARASHTRA INDIA
33	dnyaneshw Dnyaneshw Male	Student	Anantrao pawar clg of Engineering and research	7387560708	Parner , kar	Ahmednagar	Maharashtra India
34	janhavirp.9 Janhavi Par Female	Student	Anantrao Pawar college of engineering and research	7387525965	Karmala	Solapur	Maharashtra India
35	bhimtevais Vaishali Ve Female	Faculty	Anantrao Pawar college of engineering and research	7387678834	Pune	Pune	Maharashtra India
36	patil.ravindr Ravindr: Male	Faculty	Vasantrao Naik College Shahada Maharashtra	9421614317	Shahada	Nandurbar	Maharashtra India
37	surajashinc Suraj Ashol Male	Faculty	Parvatibai Genba Moze College of Engineering	8983962632	Wagholi	Pune	Maharashtra India
38	pratikdautz Peatik omp Male	Student	APCOER	9881160539	Pune	Pune	Maharashtra India
39	sarode829(Prof. Navar Male	Faculty	Anantrao Pawar College of Engineering and Research Par	9730694725	Ganeshwar	Ahmednagar	Maharashtra India
40	adityagalar Aditya Gal: Male	Student	APCOER, Pune	9527876119	Pune	Pune	Maharashtra India
41	akashboba: Akash bob: Male	Student	Anantrao Pawar college of Engineering & research pune.	9552115945	Pune	Pune	Maharashtra India
42	indulkarshc Shounak S: Male	Student	Anantrao Pawar College of Architecture	9146013627	Ratnagiri	Ratnagiri	Maharashtra India
43	harshalmj1 Harshal Mc Male	Student	Anantrao Pawar College of Engineering	7558327072	Pune	Pune	Maharashtra India
44	subhashsh: Subhash sa Male	Other	Amrita vidyalayam baneshwar	9420672884	Dapode	Pune	Maharashtra India
45	snehalveer Prof. Sneha: Female	Faculty	APCOER, Pune	9028835257	Pune	Pune	Maharashtra India
46	ashish.paw Ashish Raj: Male	Faculty	ABMSP's Anantrao Pawar College of Engineering and Rese	8208721930	Pune	Pune	Maharashtra India
47	manasiap2. Manasi Par Female	Student	APCOER, Pune	7414966900	Karmala	Solapur	Maharashtra India
48	snehazaga: Sneha Gula Female	Student	Anantrao Pawar College Of Engineering And Research pur	9284477923	Pune	Pune	Maharashtra India
49	pisaldhanu Dhanashre: Female	Student	Anantrao Pawar College Of Engineering & Resarch, Pune.	9588489158	Baramati	Pune	Maharashtra India
50	rushikeshn. Rushikesh I Male	Student	APCOER	7875465131	Pune	Pune	Maharashtra India
51	contactusd Deepak Do Male	Student	APCOER PUNE	9.19076E+11	Pune	Pune	Maharashtra India
52	shrutilokha Shrutika H: Female	Other	Gvalet	7709543882	Vangani	Thane	Maharashtra India
53	bhaktirayk: Bhakti San: Female	Student	Anantrao Pawar College Of Engineering & Research	9623986985	Dhayri	Pune	Maharashtra India
54	manojmulil Manoj Mul Male	Faculty	APCOER Parvati Pune	9850662294	Pune	Pune	Maharashtra India
55	mrunalw2C Mrunal Suc Female	Student	Anantrao Pawar College of Engineering and Research	9561747538	Pune	Pune	Maharashtra India
56	tambolisan Sana Salim Female	Student	Anant Rao Pawar collage of engineering and research	9139173514	Pune	Pune	Maharashtra India
57	dvarsham2 Dr Varsha I Female	Faculty	Rural Medical College, Loni	9405333622	Loni, Ahme	Ahmednagar	MAHARASHTRA India
58	adityakund Aditya Kun: Male	Student	APCOER	7887676430	Pune	Pune	Maharashtra India
59	shashankz: Gaikwad S: Male	Student	Anatrao Pawar College of Engineering & Research	9284581995	Ahmednagar	Nagar	Maharashtra India
60	radhabhars Radha Gan: Female	Student	Anantrao Pawar College of Engineering and Research	9518771448	Akola	Akola	Maharashtra India
61	rushikeshb Rushikesh I Male	Student	Anantrao Pawar College of Engineering and Research , par	9420063259	Paravati	Pune	Maharashtra India
62	snehal.k.25: Snehal Aru Female	Student	Anantrao.pawar college of engineering and research	7038898090	Parvati	Pune	Maharashtra India
63	ssk129200(Sanket Sub Male	Student	Anantrao pawar college of engineering and research cent	9139588593	Pune	Pune	Maharashtra India
64	kolambe.ct Kolambe Cl Male	Faculty	Anantrao Pawar College of Engineering and Research	9552201336	Pune	Pune	Maharashtra India
65	ptejashri22 Tejashri An Female	Faculty	SSBT'S COET Bambhori Jalgaon	9545775300	Jalgaon	Jalgaon	Maharashtra India
66	m.sivakum: Malagonda Male	Faculty	JNTUA College Of Engineering, PULIVENDULA	9.19493E+11	KADAPA	KADAPA	Andhra Pra India

67	karanpawa Karan raju Male	Student	Anantrao pawar college of engineering and research	7024409820	Waghunde Ahmednag	Maharasht India
68	sssable199 SHARAD SF Male	Student	Anantrao Pawar college of engineering and research pune	7387790545	Baranjala Jalna	Maharasht India
69	metanaji10 Tanaji S. M Male	Faculty	Anandrao Pawar College of Engineering And Research,Pur	9960424904	Wadgaon E Pune	Maharasht India
70	supriyashri Supriya Shr Female	Student	APCOER	8411872028	beed beed	maharashti india
71	vikas.meht Mehtre Vik Male	Faculty	Apcoer pune	8975960529	Pune Pune	Maharasht India
72	priyankajac Priyanka N: Female	Student	Anantrao Pawar College of Engineering Parvati Pune	8669242705	Pune Pune	Maharasht India
73	kashinathr Munde Kas Male	Faculty	ABMSP APCOER Paravati Pune	9890821782	Pune Pune	Maharasht India
74	pranitawail Pranita san Female	Student	Anantrao pawar college of engineering and reasearch pun	8080492220	Hadapsar Pune	Maharasht India
75	madhulika; Madhulika Female	Student	Anantrao Pawar College Of Engineering And Research	9850846664	Pune Pune	Maharasht India
76	minapokha Mina Laxm Female	Student	Anantrao pawar college of engineering& research pune	9139612603	Manchar Pune	Maharasht India
77	sidpatil272 Siddhant R: Male	Student	Anantrao Pawar College of Engineering and Research	9699071897	Kharghar/ I Raigad	Maharasht India
78	kranti305@Krantikumā Male	Faculty	ABMSP's APCOER	9766751414	Pune Pune	Maharasht India
79	svkoratkar; Sunil Vijay Male	Student	APCOER&R	9822226910	Natepute Solapur	Maharasht Indian
80	salunkhech SALUNKHE Male	Student	Apcoer,pune-09	9657355112	Wathar b.k Stars	Maharasht India
81	sneha.salv; Sneha Salv; Female	Faculty	APCOER	7387772481	Pune Pune	Maharasht India
82	sandeep.ra SANDEEP V Male	Faculty	Anantrao Pawar College of Engineering and Research	9096154915	Pune Pune	Maharasht INDIA
83	samruddhi; Samruddhi Female	Student	APCOER	9175645666	Pune Pune	Maharasht India
84	gandasrutu Gandas Rui Female	Student	APCOERPUNE	9158991347	Kurduwadi Solapur	Maharasht India
85	suvarnades suvarna bh Female	Student	Anantrao Pawar college of engineering	7745826653	kotul Nagar	maharashti Bharat
86	thakareagr; Dr Gopal V Male	Faculty	Dr PDKV Akola	9552680888	Akola Akola	Maharasht India
87	riyaparate; Riya Anil p; Female	Student	K. D. K. College of engineering nagpur	9373952718	Nagpur Nagpur	Maharasht India



Fwd: Zoom meeting invitation - International Yoga Day online session

2 messages

Vikram Ghiye <vikram.ghiye@abmspcoerpune.org>
To: teaching@abmspcoerpune.org

Sat, Jun 20, 2020 at 8:28 PM

Topic: International Yoga Day online session
Time: Jun 21, 2020 09:00 AM Mumbai, Kolkata, New Delhi

Join Zoom Meeting
<https://zoom.us/j/95985407404?pwd=NTImMmE4cFRHWkpDUeIUzNteG5DUT09>

Meeting ID: 959 8540 7404
Password: 6Mksbi

 **invite.ics**
1K

Vikram Ghiye <vikram.ghiye@abmspcoerpune.org>
To: rashmi.kenvat@abmspcoerpune.org

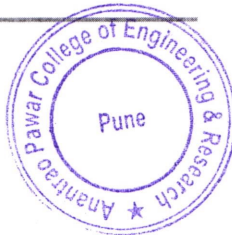
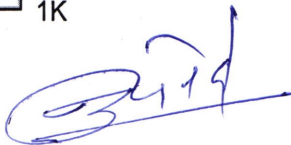
Wed, May 17, 2023 at 10:18 PM

----- Forwarded message -----
From: **vikram ghiye** <vikramghiye@gmail.com>
Date: Sun, Jun 21, 2020 at 8:57 AM
Subject: Fwd: Zoom meeting invitation - International Yoga Day online session
To: Vikram Ghiye <vikramghiye@abmspcoerpune.org>

----- Forwarded message -----
From: **vikram ghiye** <vikramghiye@gmail.com>
Date: Sat, 20 Jun, 2020, 11:37 AM
Subject: Zoom meeting invitation - International Yoga Day online session
To: Vikram Ghiye <vikramghiye@gmail.com>

Vikram Ghiye is inviting you to a scheduled Zoom meeting.
[Quoted text hidden]

 **invite.ics**
1K



Yoga Day online event on 21/06/2020

2 messages

Vikram Ghiye <vikram.ghiye@abmspcoerpune.org>

Sat, Jun 20, 2020 at 6:38 AM

To: teaching@abmspcoerpune.org

Cc: prof_sbthakare@rediffmail.com, Ganesh Kondhalkar <ganeshkondhalkar@gmail.com>, loharani04@gmail.com

Respected all,

Our institute is organizing online session of Yoga and meditation on the occasion of Yoga Day on 21/06/2020 at 9.00am. It is requested to attend the session on 21/06/2020 at 9.00am

Kindly register for the event using following link

https://docs.google.com/forms/d/e/1FAIpQLSdWHolQSiLa10Ny43mNhELUyta6QmqaO5ZPsngN4WgmnU5NhA/viewform?usp=pp_url

Zoom session link

<https://zoom.us/j/95985407404?pwd=NTlmMmE4cFRHWkpDUeUlUzNteG5DUT09>

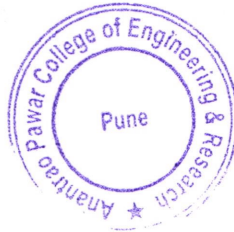
Thank you



Vikram Ghiye <vikram.ghiye@abmspcoerpune.org>

Wed, May 17, 2023 at 10:18 PM

To: rashmi.kenvat@abmspcoerpune.org

[Quoted text hidden]



	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: Cleansing Therapy and Physical Fitness

Date of Event: 14th August 2020.

Mode of event: Online mode (Using Google meet).

Name of Event Coordinator:

1. Mr. Navanath Sarode, Sports Director, APCOER Pune.
2. Prof. Vikram R. Ghiye, Program officer NSS , APCOER, Pune,

Name of the Speaker: Dr. Uday Navalekar, Principal, Parvekar College Yavatmal.

Brief Description of Event:

Mr. Navanath Sarode given an introductory speech about the cleansing therapy that Cleansing, or detoxification, is an ancient method of healing. The accumulation of toxic substances in the body, whether end products of metabolism or environmental toxins, is thought of as one of the root causes of many organ system dysfunctions. Cleansing these contaminants from the system is essential for healing. He introduced the speaker for Cleansing Therapy and Physical Fitness session Dr. Uday Navalekar, he is Principal, Parvekar College Yavatmal.

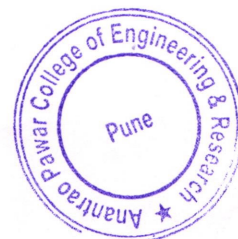
Dr. Uday Navalekar focused on Cleansing Therapy is an alternative healing and cleaning technique propagated by Dr Piyush Saxena after years of research and successful trials. It is based on the concept of cleansing up of toxins from various parts of the body using completely natural and commonplace products found in our kitchens or in the neighborhood shops. Cleansing Therapy does not claim to be a replacement for modern allopathic treatments and surgery, which are perhaps necessary in acute conditions and surgery.

Strengths of Cleansing Therapy

There are three core Strengths of Cleansing Therapy.

1. These uses naturally occurring, beneficial substances, which are found in abundance .
2. These Cleanses are completely safe and have no known or reported side-effects even after several years of practice. They have just not been publicized enough to pass on the benefits to the masses because they are easy to administer and can be self-administered in most cases.

All Teaching, Non-Teaching staff of APCOER, APCOER Students attended Cleansing Therapy and Physical Fitness online program. There was 126 participants attend ended online session and took a benefit of Cleansing Therapy session.



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

Prof. Ganesh Kondhalkar, delivered a vote of thanks for the session and Prof. Vikram Ghiye make a necessary arrangement of online webinar on Cleansing Therapy and Physical Fitness

Heartfelt thanks to Mrs. Pramilitai Gaikwad General Secretary Akhil Bharatiya Maratha Shikshan Parishad Pune, Dr. S. B. Thakare Principal APCOER Pune for giving an opportunity to organize Cleansing Therapy and Physical Fitness online program(Online).

Photos:

Cleansing Therapy Cure Yourself अपना इलाज अपने हाथ

Kidney Cleanse
Acidity Cleanse
Parasite Cleanse
Liver Cleanse
Joint Cleanse
Fat Cleanse
Colon Cleanse
Mouth Cleanse
Ovary & PCOS Cleanse
Uterus & Fertility Cleanse
Fallopian Tube Cleanse
Vagina Cleanse



“खाओ पियो मस्त रहो
क्लींज करो स्वस्थ रहो”

Dr Piyush Saxena

वेब सेलर Cleansing Therapy - Cure Yourself का हिंदी संस्करण

क्लींजिंग थेरेपी क्योर योरसेल्फ अपना इलाज अपने हाथ

किडनी क्लींज
एसिडिटी क्लींज
पैरासाइट क्लींज
लिवर क्लींज
ज्वाइंट क्लींज
कोलोन क्लींज
माउथ क्लींज
ओवरी एंड PCOS क्लींज
यूटेरस एंड फर्टिलिटी क्लींज
फैलोपियन ट्यूब क्लींज
वजाइना क्लींज
कंसीव नेचुरली



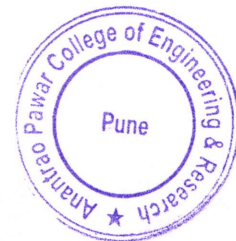
“खाओ पियो मस्त रहो
क्लींज करो स्वस्थ रहो”

डॉ. पीयूष सखसेना

Cleansing Therapy

क्लींजिंग थेरेपी

Information Book for Cleansing Theory





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



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

DoI: 21/01/2019

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AKHIL BHARATIYA MARATHA SHIKSHAN PARISHAD'S
Anantrao Pawar College of Engineering & Research, Pune
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Department Physical Education & Sports
Organizes

Online Webinar

On

*"Cleansing Therapy and
Physical Fitness"*



APCOER, PUNE

**AUG
14**

- 03.00 PM -

Meet Our
Expert



Dr. Uday Navalekar
Principal,
Abasaheb Parvekar Mahavidyalaya,
Yavatmal.

To Register & Join Visit:
<https://tinyurl.com/APCOERCTF>

Join with Google meet: 
<https://meet.google.com/tgx-ontu-huh>

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Secretary
A.B.M.S. Parishad, Pune

Cleansing Therapy and Physical Fitness online program Flyer





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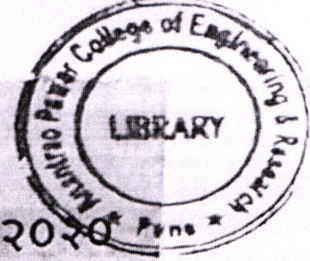


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Revision: 00

DoI: 21/01/2019

EVENT REPORT

प्रभात पुणे, बुधवार, दि. १९ ऑगस्ट २०२०



**'क्लीन्जिंग थेरपी अँड फिजिकल फिटनेस'
विषयावर ऑनलाइन कार्यशाळा**

पुणे- अखिल भारतीय मराठा शिक्षण परिषदेच्या अनंतराव पवार कॉलेज ऑफ इंजिनिअरिंग अँड रिसर्चतर्फे 'क्लीन्जिंग थेरपी अँड फिजिकल फिटनेस' या विषयावर ऑनलाइन कार्यशाळा घेण्यात आली. महाविद्यालयाच्या क्रीडा व शारीरिक शिक्षण विभागाच्या वतीने कोरोनाच्या काळामध्ये सर्वांनी आपले आरोग्य सांभाळून आपली प्रतिकारशक्ती वाढविण्यासाठी ही कार्यशाळा आयोजित करण्यात आली. प्राचार्य डॉ. उदय नवलेकर यांनी मार्गदर्शन केले. यावेळी क्लीन्जिंग थेरपी म्हणजे काय? ही थेरपी शरीराच्या कोणकोणत्या अवयवावर परिणामकारक आहे, या विषयी मार्गदर्शन केले. यात लिव्हर क्लीन्जिंग, किडनी क्लीन्जिंग, सीडीटी क्लीन्जिंग, माऊथ क्लीन्जिंग व जॉइन्ट क्लीन्जिंग या घटकावर भर देऊन ते करण्याची पद्धत वापरण्यात येणारे साहित्य व त्याचे प्रमाण, ही थेरपी करताना घ्यावयाची काळजी आणि ही थेरपी केल्यानंतर होणारे फायदे याविषयी सखोल माहिती उपस्थितांना दिली. यावेळी महाविद्यालयाचे प्राचार्य डॉ. सुनील ठाकरेसह सर्वांनी सहभाग नोंदवला. कार्यक्रमाचे नियोजन क्रीडा संचालक प्रा. नवनाथ सरोदे यांनी केले. विद्यार्थी विकास मंडळाचे अधिकारी प्रा.गणेश कोंढाळकर यांनी आभार मानले.

Cleansing Therapy and Physical Fitness online program News





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

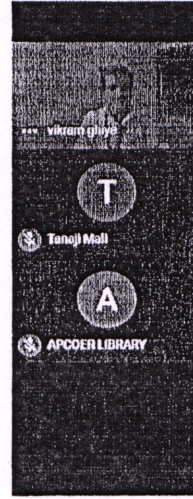
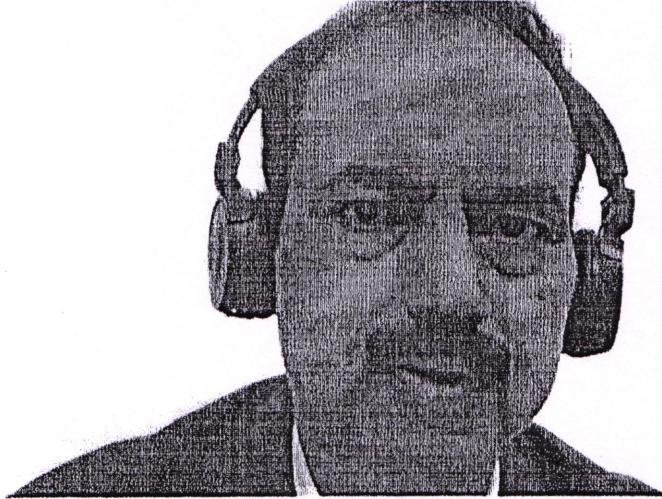


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Cleansing Therapy & Physical F...

People (5)

Add people

Vikram R. Ghiye

APCOER LIBRARY

Tanaji Mall

APCOER LIBRARY

Uday Navalekar

Uday Navalekar

Cleansing Therapy & Physical Fit...



14/08/2020

Turn on apps



Present now

Dr. Uday Navalekar delivering session on Cleansing therapy

Date: 14/08/2020

14/08/20

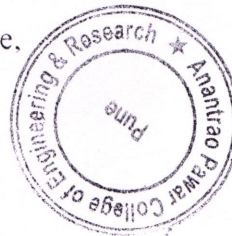
Prof. Vikram R. Ghiye
Program officer NSS
APCOER, Pune

14/8/2020

Prof. Navanath Sarode,
Sports Director
APCOER, Pune

[Signature]

Principal
APCOER



Webinar sms

1 message

Navanath Sarode <sarode8290@gmail.com>
To: Vikram Ghiye <vikram.ghiye@abmspcoerpune.org>

Thu, Aug 13, 2020 at 1:48 PM

Greetings ABMSP'S Anantrao Pawar College of Engineering and Research Parvati Pune 09, Maharashtra

The Department of Physical Education and Sports is organizing a Webinar On - "Cleansing Therapy & Physical Fitness"

The speaker of the Webinar is Dr. Uday Navalekar (Principal, Abasaheb Parvekar Mahavidyalaya Yavatmal)
This webinar is free for all participants.

Link for the Registration is: <https://forms.gle/UxctqU6pQx7cKtNWA>

Live session link (on Google meet)- <https://meet.google.com/tgx-ontu-huh>

Webinar will be held on


14th August 2020 at *03:00 PM*

Regards,
Prof. Navanath Sarode
(Director of Physical Education, APCOER, Pune)
Mob.9730694725, 8459469795

Dr. Sunil Thakare
(Principal, APCOER, Pune)

Mrs. Pramila Gaikwad
(General Secretary, ABMSP's, Pune)

#Stay Home 🏠 #Stay Safe



Google meet link for Webinar On - "Cleansing Therapy & Physical Fitness"

1 message

Vikram Ghiye <vikram.ghiye@abmspcoerpune.org>

Thu, Aug 13, 2020 at 7:35 PM

To: sarode8290@gmail.com

Bcc: shreyasmanolkar123@gmail.com, sarode8290@gmail.com, vishwajeetgirase2001@gmail.com, akashdeshmukh521@gmail.com, rushi8001@rediffmail.com, keshavdaune07@gmail.com, Mandar Kakade <mandar.kakade@abmspcoerpune.org>, iamsagardhikale@gmail.com, rakeshvadje57@gmail.com, rakeshvadje96@gmail.com, manishdeore10@gmail.com, shreyasbharam31@gmail.com, dshirke37@gmail.com, mazharahmad93@gmail.com, dhamaleshantaram96@gmail.com, Ware.suresh@gmail.com, mahesh.kumbhare@abmspcoerpune.org, ashish.pawar@abmspcoerpune.org, atifshaikh7313@gmail.com, djpratik05@gmail.com, kusumdeore2@gmail.com, anuraginibokey@gmail.com, Pratimanikam527@gmail.com, Salunkhechetan121@gmail.com, asthakare142000@gmail.com, dspsport54@gmail.com, sandipsthorat@gmail.com, rajumhetre123@gmail.com, pranalishinde@gmail.com, Itsmearunareddy@gmail.com, ajayvaka@gmail.com, drshilpa.kshatriya@gmail.com, niks.yoga@gmail.com, gkvolleyball@gmail.com, life4sports786@gmail.com, srivstavasweta@gmail.com, macchindramane2016@gmail.com, nsumaiyya359@gmail.com, ramtekemsneha@gmail.com, vickyathawale76@gmail.com, sayali.kokane@abmspcoerpune.org, rankhambedevika@gmail.com



Respected sir/madam,

Greetings ABMSP'S Anantrao Pawar College of Engineering and Research Parvati Pune 09, Maharashtra

The Department of Physical Education and Sports is organizing a Webinar On - "Cleansing Therapy & Physical Fitness"



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Live session link (on Google meet)- <https://meet.google.com/tgx-ontu-huh>

Webinar will be held on

14th August 2020 at *03:00 PM*



	Akhil Bharatiya Maratha Shikshan Parishad's Anantrao Pawar College of Engineering & Research		
	Record No.: ACAD/021 Revision: 00	DoI: 21/01/2019	
EVENT REPORT			

Name of Event: Fit India Freedom RUN

Date of Event: 25th September 2020 to 29th September 2020

Mode of event: Online mode (Using Impact Fitness Mobile Application).

Name of Event Coordinator:

1. Mr. Navanath Sarode, Sports Director, APCOER Pune.
2. Prof. Vikram R. Ghiye, Program officer NSS , APCOER, Pune,

Brief Description of Event:

Hon'ble Prime Minister has launched the FIT INDIA Movement on 29th August 2019 with a view to make physical fitness a way of life. FIT INDIA Movement aims at behavioral changes from sedentary lifestyle to physically active way of day to day living. FIT INDIA would be a success only when it becomes a people's movement.

Hon'ble Prime Minister launched nation-wide "Fit India Movement" aimed to encourage people to inculcate physical activity and sports in their everyday lives and daily routine. The motto of Fit India Freedom RUN is,



- Healthy people, healthy families, healthy society. Health is wealth
- The bad work out is no workout
- Don't be a brat, burn that fat
- Fitness is not a destination it is a way of health. Commit yourself to be healthy and fit.

As per the guidelines of AICTE Students and Faculty members can participate for the fit India Freedom RUN movement activity Participants can ,

1. RUN a rout of their choice, at a time that suits them.
2. Breakup their Runs.
3. Run their own Race at their own pace.
4. Track KMs manually or by using any tracking application or GPS watch.

As APCOER NSS volunteers, Teaching, Non-Teaching staff, APCOER Students performs the daily Fit India Freedom RUN activity. Such as walking, running etc. from 25th September 2020 to 29th September 2020.




	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			

In the Fit India Freedom RUN activity organized the motivational fitness competition upto 6 Months and declared the winners at every month.

Following are details of winner for Fit India Freedom RUN activity

Month/Year	Winner	Branch
October 2020	Ms. Netra Deng	E&TC
November 2020	Mr. Umesh Salunke	IT
December 2020	Ms. Netra Deng	E&TC
January 2021	Mr. Atharva Walake	Civil
February 2021	Mr. Umesh Salunke	IT
March 2021	Mr. Ketan Kharat	Civil



Heartfelt thanks to Mrs. Pramilatani Gaikwad General secretary Akhil Bharatiya Maratha Shikshan Parishad Pune, Dr. S. B. Thakare Principal APCOER Pune for giving an opportunity to organize Fit India Freedom RUN activity.

Photos:




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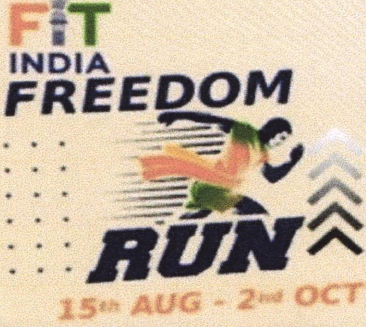
	Akhil Bharatiya Maratha Shikshan Parishad's Anantrao Pawar College of Engineering & Research		
	Record No.: ACA/D/021 Revision: 00	DoI: 21/01/2019	
EVENT REPORT			

Fit India Freedom RUN Logo

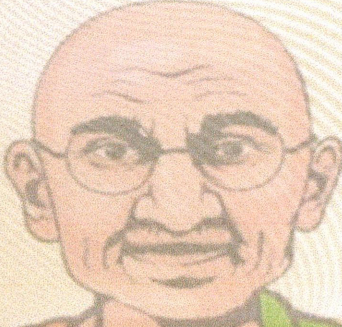


**AKHIL BHARATIYA MARATHA SHIKSHAN PARISHAD'S
Anantrao Pawar College of Engineering & Research, Pune**






15th AUG - 2nd OCT



"Fit India Freedom Run"



Participants can

1. Run a route of their choice, at a time that suits them.
2. Break-up their runs.
3. Run their own race at their own pace.
4. Track kms manually or by using any tracking app or GPS watch.
5. After completing run/walk activity upload photo/ screen shot on given link.
<https://forms.gle/Wjfnb2E7mX7b9BAM6>
6. E-certificate will be provided by Fit India freedom Run.

Registration Link:
<https://forms.gle/Wjfnb2E7mX7b9BAM6>

Event Date: 25th to 29th September 2020



Prof. Sarode N. M.
Director of Phy. Edu.
APCOER, Pune

Dr. Sunil Thakare
Principal
APCOER, Pune

Mrs. Pramila Gaiwad
Secretary
A.B.M.S. Parishad, Pune

Fit India Freedom RUN Flayer




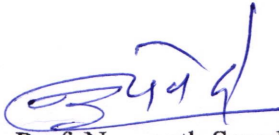

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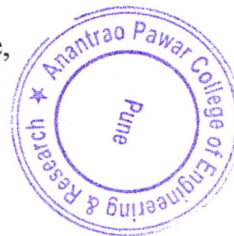


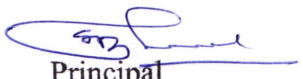
Certificate Fit India Freedom RUN



Date: 05/04/2021


 Prof. Vikram R. Ghiye
 Program officer NSS
 APCOER, Pune


 Prof. Navanath Sarode,
 Sports Director
 APCOER, Pune




 Principal
 APCOER

	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: Fit India Thematic Campaign (Fitness Ka Dose-Aadha Ghanta Roz).

Date of Event: 1st December 2020 to 30th December 2020.

Mode of event: Online mode (Using Impact Fitness Mobile Application).

Name of Event Coordinator:

1. Mr. Navanath Sarode, Sports Director, APCOER Pune.
2. Prof. Vikram R. Ghiye, Program officer NSS , APCOER, Pune,

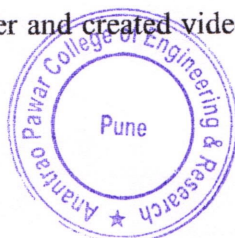
Brief Description of Event:



Hon'ble Prime Minister has launched the FIT INDIA Movement on 29th August 2019 with a view to make physical fitness a way of life. FIT INDIA Movement aims at behavioral changes from sedentary lifestyle to physically active way of day to day living. FIT INDIA would be a success only when it becomes a people's movement. We have to play the role of a catalyst. All would agree that 'How to Live' ought to be the first pillar of formal education. This involves teaching and practicing the art of taking care of one's body and health every day. Therefore, colleges have to be the first formal institution after home where physical fitness is taught and practiced. Fit India proposes to undertake various initiatives and conduct events to achieve the following objectives:

- To promote fitness as easy, fun and free
- To spread awareness on fitness and various physical activities that promote fitness through focused campaigns
- To encourage indigenous sports
- To make fitness reach every school, college/university, panchayat/village, etc.
- To create a platform for citizens of India to share information, drive awareness and encourage sharing of personal fitness stories

In the above background, the Fit India Mission has prepared a system of FIT INDIA Certification with simple and easy parameters.

As APCOER NSS volunteers, Teaching , Non-Teaching , APCOER Students performs the daily fitness activity such as walking, Running, Jumping, Cycling, Skipping etc. from 1st December to 30st December and created video based on the activity perform by themselves and

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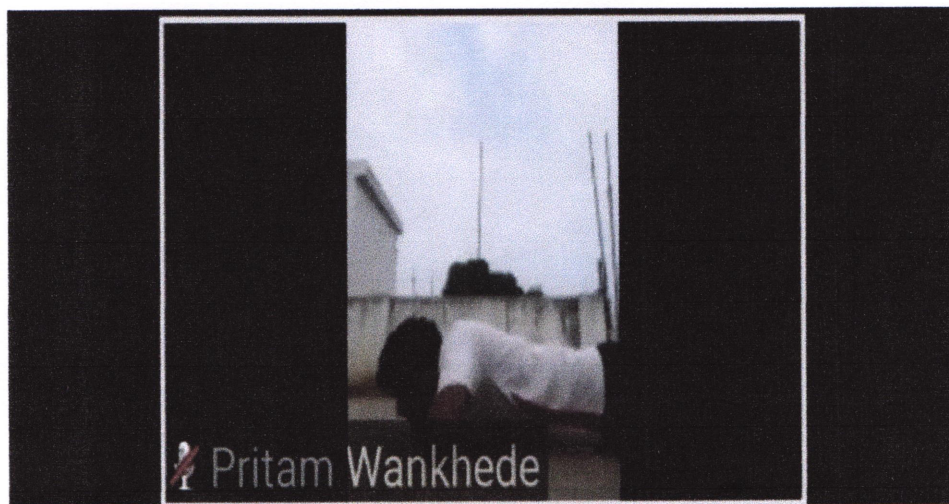
shared on the social media such as Facebook , Instagram, Whatsapp. Through the video recorded by NSS volunteers they motivated the peoples in the Society.

Heartfelt thanks to Mrs. Pramilitai Gaikwad General secretary Akhil Bharatiya Maratha Shikshan Parishad Pune, Dr. S. B. Thakare Principal APCOER Pune for giving an opportunity to organize : Fit India Thematic Campaign (Fitness Ka Dose-Aadha Ghanta Roz).

Photos:





Prof. Navanath M. Sarode Performing Dhyana Yoga



Mr. Pritam Wankhede Performing Makhrasana

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



Mr. Tanaji Mali performing pray

Date: 02/01/2021



Prof. Vikram R. Ghiye
Program officer NSS
APCOER, Pune



Prof. Navanath Sarode,
Sports Director
APCOER, Pune




Principal
APCOER



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: "The secret of Yoga " the COVID care Program

Date of Workshop: 28th April 2021

Time of Workshop: 07.00 AM to 09.00 AM

Name of Workshop Coordinator: Prof. Ganesh E. Kondhalkar
Prof. Shailesh S, Hajare
Prof. Navanath M. Sarode
Prof. Vikram R. Ghiye

Brief Introduction of Resource Person/Speakèr:

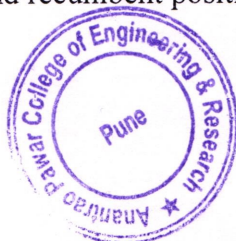
Dr Uttam Kalwane, Expert Yoga Teacher Bhartiya Yog Sansthan, Professor and Head, Department of Civil Engg., Maharashtra Institute of Technology, Aurangabad.

Brief Description of Workshop:

Anantrao Pawar College of engineering and research organized, the Secret of Yoga for covid care online webinar on 28 April 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.

Dr Uttam Kalwane, 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.

Mr. Kishor Taksande, Ms. Vidhya Taksande and Ms. Shradha Pathak did the Yoga poses that can be in sitting, standing, and recumbent positions.





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



**Record No.: ACA/D/021B
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Report On Online Webinar

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 Shikshan Parishad Pune, Dr. S. B. Thakare Principal APCOER Pune for giving an opportunity organize Covid care Program the Secrets of Yoga.

Photos:



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Anantrao Pawar College of Engineering & Research, Pune
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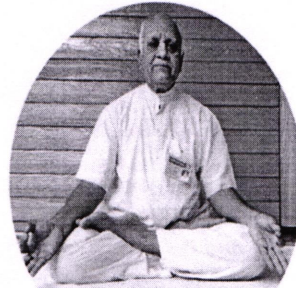


Department of Physical Education & IQAC Cell
Organizes

Institute Code:
EN6794



**The Secret's
of
"YOGA"**



Dr. Uttam Kalwane
Yoga Trainer (Bhartiya Yoga Sansthan)
HoD & Professor, MIT Aurangabad

To Register Visit at:
<https://tinyurl.com/APCOERYOGA>

Open for Everyone!!

Prof. Sarode N. M.
Director of Phy. Edu.
APCOER, Pune

Dr. Sunil Thakare
Principal
APCOER, Pune

Mrs. Pramila Gaikwad
Secretary
A.B.M.S. Parishad, Pune

Morning
**APR
28**
- 7.00 AM -

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Think APCOER.

www.abmspcoerpune.org

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Session



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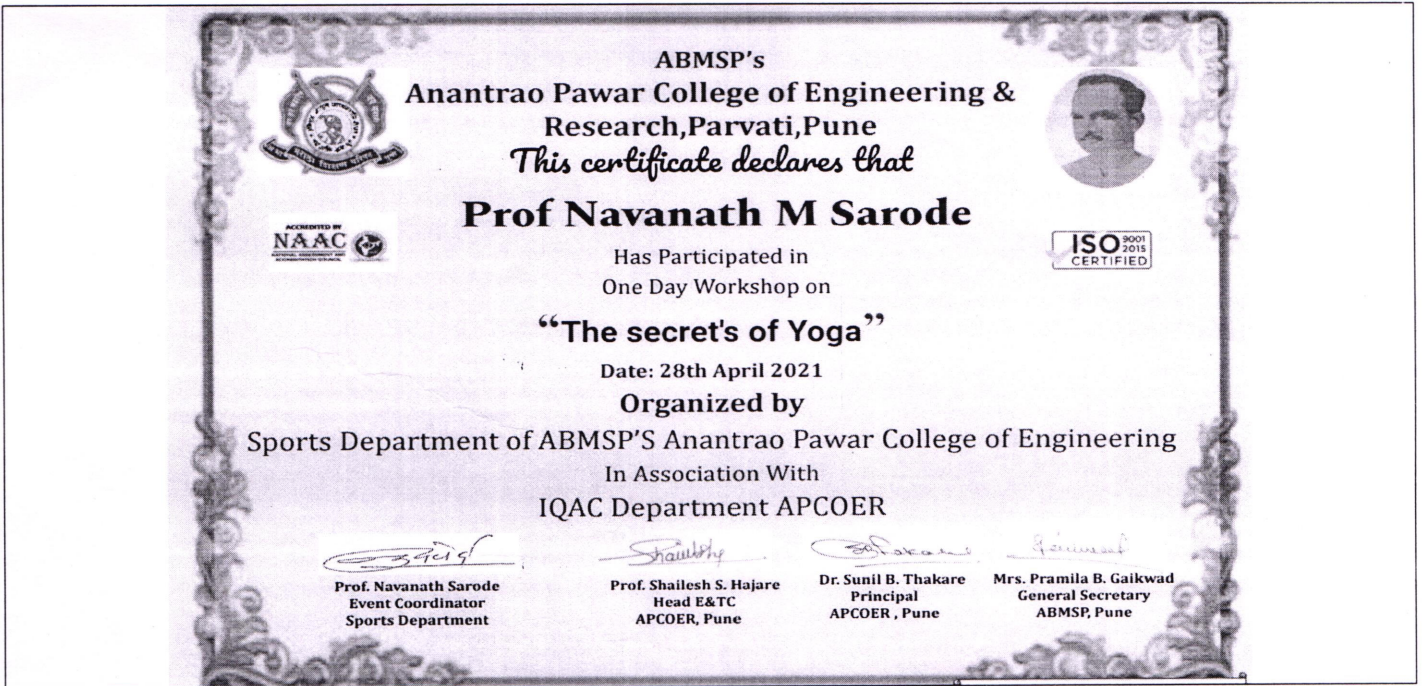
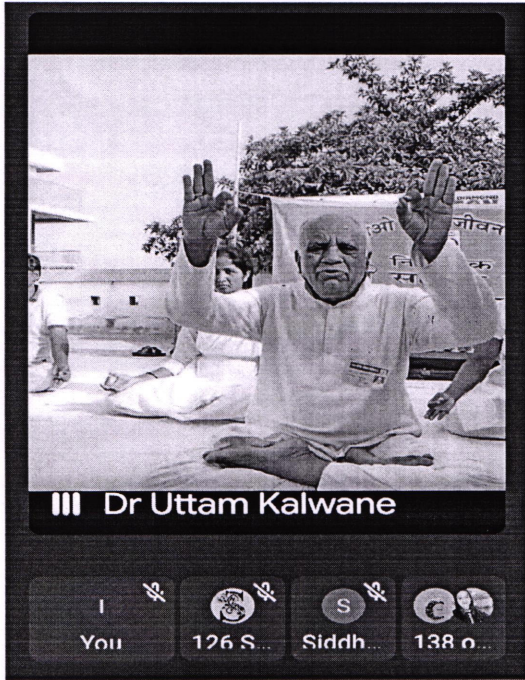
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Anantrao Pawar College of Engineering & Research



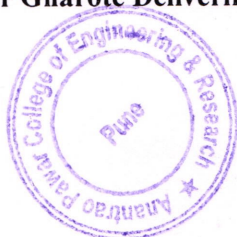
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Revision: 00

DoI: 21/01/2019

Report On Online Webinar



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



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Participant list for the Yoga Program

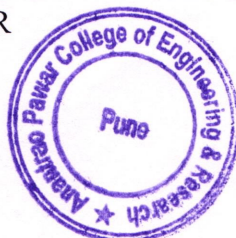
Date: 17/01/2021

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



Invitation for Online "The secret's of Yoga" on Awareness of Covid-19 Situation.

3 messages

APCOER Office <office@abmspcoerpune.org>

Tue, Apr 27, 2021 at 9:27 AM

To: teaching@abmspcoerpune.org, navnath.sarode@abmspcoerpune.org, library@abmspcoerpune.org,
prof_sbthakare@rediffmail.com

Invitation

Online "The secret's of Yoga" on Awareness of Covid-19 Situation.

Dear all

Greetings from ABMSP's Anantrao Pawar College of Engineering & Research, Pune !!!

**Department of Physical Education and IQAC cell is organized
online "The secret's of Yoga" on Awareness of covid-19 Situation.**

Open to all Faculty members, Students & all Professionals.

Resource Person:

Dr. Uttam Kalwane,

Yoga Trainer (Bhartiya Yoga Sanstha), HoD & Professor MIT Aurangabad)

Link for live program -

<https://meet.google.com/bor-epyu-rxd>

Link for registration-

<https://forms.gle/v1LFQKb8kNrRAW818>

Please click on the link to participate for registration.

No registration fee.

Date - 28th April 2021.

Time. Morning 7:00 to 8:30.

Patron

**Hon. Mrs. Pramila B. Gaikwad
General Secretary
ABMS Parishad, Pune**

Convener

**Dr. Sunil B. Thakare
Principal
APCOER,Pune**

Program Coordinator

Prof. Navanath Sarode
Prof. Shailesh Hajare
APCOER,Pune

For any queries please feel free to contact

Contact No: 9730694725





AkhilBharatiya Maratha ShikshanParishad's
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प्रतिकारक्षमता

वाढविण्यासाठी 'पंचसुत्री'



पुणे, दि. २ - अनंतराव पवार कॉलेज ऑफ इंजिनिअरिंगमध्ये शारीरिक शिक्षण विभाग व इंटरनल क्वालिटी शुरन्स सेल यांच्या वतीने 'दिसिक्रेट्स ऑफ योगा' या विषयावर ऑनलाइन कार्यशाळेचे आयोजन केले होते. यामध्ये योग प्रशिक्षक डॉ. उत्तम कळवणे यांनी विविध आसने, मुद्रा, प्राणायाम, ध्यान व शुद्धीक्रिया या पंच सुत्रीच्या आधारे आपली प्रतिकारक्षमता वाढविण्यास कशी मदत होते याची ऑनलाइन प्रत्यक्षिके दाखविली. या कार्यशाळेमध्ये १६२ विद्यार्थ्यांनी सहभाग नोंदविला. या कार्यक्रमासाठी विद्या ताकसांडे, श्रद्धा पाठक, किशोर ताकसांडे, प्राचार्य डॉ. सुनिल ठाकरे, क्रीडा प्रशिक्षक प्रा. नवनाथ सरोदे, विद्यार्थी विकास अधिकारी प्रा. गणेश कोंढाळकर, आयक्यूएसी समन्वयक प्रा. शैलेश हजारे यांनी सहभाग नोंदविला.

प्रभात Mon, 03 May 2022
<https://epaper.>



Signature

