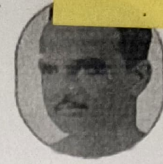




AKHIL BHARTIYA MARATHA SHIKSHAN PARISHAD'S
Anantrao Pawar College of Engineering & Research
S. No. 103, Shahu College Campus, Parvati
Ramana, Pune – 411009.
Tel.:020 24218901/8959 Tele Fax. 020-24213929.
Web: <http://www.abmshpcoeerpune.org> Email-
abmshpcoe@yahoo.com



Report **International Yoga Day (21 June 2017)**

Akhil Bhartiya Maratha Shikshan Parishad's Parvati Pune 09 organized yoga day Program in the auditorium of Anantrao Pawar College of Engineering and Research on the occasion of 3rd International Yoga Day Date 21/6/2017 at 9.00 am. Teachers, non-teaching staff and students and all the affiliated colleges, Anantrao Pawar College of Architecture, Yashwantrao Chavan_ Law College and Shahu Mandir College participated in this yoga day program. Inauguration of this Program and Deep Prajwalan was done by the Principal of Engineering College Dr. Sunil Thakare. Introductory speech given by Shahu Mandir College Sports Director Prof. Sudam Shelke. Special guidance given by him. After this, Yogacharya Pushkal Choubey and Dinesh Bajad from Akhil Vishwa Gayatri Parivar Shantikunj, Haridwar, who came to take yoga demonstration, were introduced and welcomed by the student development officer of the college Prof. Done by Ganesh Kondhalkar. The yoga demonstration program was conducted by Pushkal Choubey and Dinesh Bajad from Akhil Vishwa Gayatri Parivar Shantikunj, Haridwar in a peaceful and happy environment.

In the beginning of the program, the benefits of yoga in life, what is yoga, brief history of yoga, basic facts of Yoga, traditional yoga sects, yoga practice for health and well-being; general tips for yoga practice, satvic thoughts and food were guided. Also given information about the relationship between Yogasana and Pranayama, when these things should be done and at what time they should not be done. The benefits of doing it according to time and the harm caused by doing it in the wrong way at the wrong time on the mind and body were given reliable information. He also explained the possible mistake while doing yoga by throwing special light on it. After this, the Actual yoga demonstration started Yoga demonstration. In he had planned a yoga demonstration session According to the Yoga-Day protocol given by the Ministry of AYUSH , Government of India. In this first Prayer was offered.

Oo Sanghachchdhvam Sanvaddhavam
sam wo manasi jantam
Deva bhag vadha purve
Sang janana upasate.





AKHIL BHARTIYA MARATHA SHIKSHAN PARISHAD'S
Anantrao Pawar College of Engineering & Research
S. No. 103, Shahu College Campus, Parvati
Ramana, Pune - 411009.
Tel.: 020 24218901/8959 Tele Fax. 020-24213929.
Web: <http://www.abmspcorpune.org> Email-
abmspcoe@yahoo.com



"Let us all walk together in love, speak together and all become wise. Like our forefathers, let us all perform our duties." Some movements were taken after the prayer, including movements of the neck, movements of the arms and shoulders, movements of the muscles of the waist and legs, etc. Body parts were moved. After this, the actual practice of yogasanas begins came Asanas to be done in a standing position. Tadasana, Vri shasana, Padahasthasana, Ardhashakasan, Trikonasana. Seats to be done in a sitting position. Dandasana, Bhadrhasana, Vajrasana, Ardhushtasana, Ustasana, Shashankasana, Uttanmandukasana, Wakasan. Asanas to be done lying on the stomach Makarasana, Bhuja ngasana, Shalabhasana. Asanas to be done lying on the back Setubandhasana, Uttanapadasana, Urdhahalasana, Pavanmuktasana, Shavasana etc. were s-tudied.

After this some pranayama was also done. Kapalibhati, Anulom-Vilom (pulse detection) Pranayama, Bhramari Pranayama, Shitli Pranayama etc. were performed in it. Meditation was studied for contemplation and meditation. After that the following resolution was taken by all.

"We have to keep our mind balanced always. This is where our confidence lies. I am bound to promote peace, joy and health towards myself, towards my family, towards society and the world."

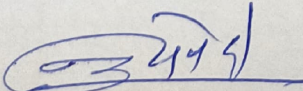
Peace was taken after this

May all be happy, and may all be healthy.

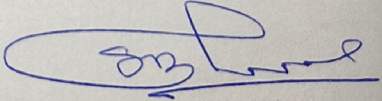
May all be well_ and no one _be in pain

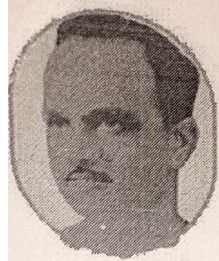
He is peace, peace, peace.

After this remain program was coordinated by the director of Physical Education Prof. Navanath Sarode.


Prof. Navanath Sarode
Director of Phy. Edu.




Dr. Sunil Thakare
Principal



Akhil Bharatiya Maratha Shikshan Parishad's

Anantrao Pawar College of Engineering & Research, Parvati, Pune

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

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

Web.: <http://www.abmspcorpune.org> Email: abmspcor@yahoo.com

Approved by AICTE & Govt. of Maharashtra, Affiliated to Savitribai Phule Pune University
Savitribai Phule Pune University Identification No. PU/PN/Engg./441/2012, DTE CODE:- EN 6794

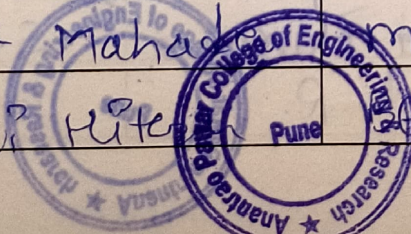


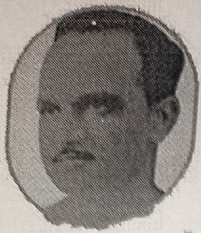
Date: 21/06/2017

Activity Attendance Sheet

Name of Activity: International Yoga Day

Sr. No	Name of Student	Class & Department	Sign.
1)	Thore Santosh Shohade	B.E. Mech	
2)	Aishwarya. D. Jain	B.E. comp	
3)	Pooja. D. Takalkar	B.E. comp	
4)	Akshay. N. Jadhav	— II —	
5)	Vishal. L. Satpute	— II —	
6)	Pooja Deramani	BE comp	
7	Pratik Sawale	BE comp	
8	Sulanya Hrusnale	— " —	
9	Vaibhav Sawarkar	BE Mech	
10	Rohit Patil	BE civil	
9.	Abhishek Mohan Nagawade	T.E. (Civil)	
10.	Dhawal Sethe	B.E. Comp	
11	Vaibhav Bahinest	BE Comp	
12	Arun Vishwakarma	BE Comp	
13	Darshana Thorat	— II —	
14	Sushant Phangalkar	— II —	
15	Sanjay Umkar	Civil B.E.	
16	Madhve Aniket Mahade	mech BE	A.M. MADHVE
17	Antara Ravi Kite	BE Mech	





Akhil Bharatiya Maratha Shikshan Parishad's

Anantrao Pawar College of Engineering & Research, Parvati, Pune

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

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

Web.: <http://www.abmospcoerpune.org> Email: abmospcoe@yahoo.com

- Approved by AICTE & Govt. of Maharashtra, Affiliated to Savitribai Phule Pune University
Savitribai Phule Pune University Identification No. PU/PN/Engg./441/2012, DTE CODE:- EN 6794

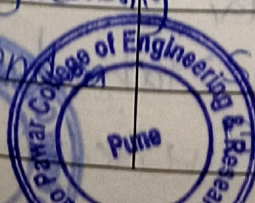


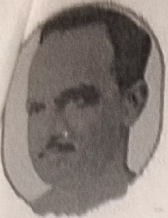
Date: 21/06/2017

Activity Attendance Sheet

Name of Activity: International Yoga Day

Sr. No	Name of Student	Class & Department	Sign.
18	Aniket Dirckal	TE	
19	Balirwad / Santalheraj	TE	
20	Suryawarshi Anurag	TE	C
21	Yogesh girak	T-C	
22	Sagar Chaudhary	B.E	
23	Dongare Avinash	SE	
24	Solanki Shweta Sunil	TE	
25	Sneha Sangle	TE	
26	Neha Baloo	TE	
27	Kajal Parodeshi	TE	
28	Srushti Nijampurkar	BE	
29	Sonal Somwarshi	BE	
30	Shubham Gaxad	SE	
31	Prashant Pawar	SE	
32	Wankhede Anurag	SE	
33	Sawant Alisha	SE	
34	Rajput Chirendrasing	S.E	
35	Pawar Nikita Naren	S.E	
36	Jadhav Vinod R.	S.E	





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

Sr. No. 103, Parvati, Pune - 411 009.
Tel.: 020-24218901/8959 Tele Fax: 020-24213929

Web.: <http://www.abmspcorpune.org> Email: abmspcor@yahoo.com

Approved by AICTE & Govt. of Maharashtra, Affiliated to Savitribai Phule Pune University
Savitribai Phule Pune University Identification No. PU/PN/Engg./441/2012, DTE CODE:- EN 6794

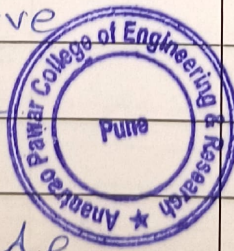


Date: 21/06/2017

Activity Attendance Sheet

Name of Activity: International Yoga Day

Sr. No	Name of Student	Class & Department	Sign.
1	Ar. Shailgja Bhagwat.	Architecture	
2	Ar. Sharayu A. Magdum	Architecture	
3.	Mrs. Smile N. Bankar.	—U—	
4.	Mrs. Archana N. Ladkar	—U—	
5.	Kemal Tadhar.	—U—	
6	Shubham Pawar	Comp	
7)	Shivpuje Pethamesh	comp	
8)	Kalade Ganes A.	Comp	
9.	Awale Sanket	Comp.	
10)	Vedant Vinay Adya	I.T.	
11)	Komal Jagdeep	Civil	
12)	Swarni Surwast	civil	
13)	Zanje Keshav	Mech	
14)	Shubham Thorve	Comp.	
15)	Mayur More	Comp	
16)	Rash Pore	comp	
17)	Cheton Rokade	ESTC(SE)	
18)	Somadhan Borkar	ETC(SE)	
19	Pooja Singh	ETC(SE)	



Total 19



AKHIL BHARTIYA MARATHA SHIKSHAN PARISHAD'S
Anantrao Pawar College of Engineering & Research
S. No. 103, Shahu College Campus, Parvati
Ramana, Pune - 411009.
Tel.: 020 24218901/8959 Tele Fax. 020-24213929.
Web: <http://www.abmspcorpune.org> Email-
abmspcoe@yahoo.com



Department: Department of Physical Education

Academic Year: 2017-18

Name of Event: International Yoga day

Sr. No.	Name	Signature
1.	Prof. Navanath Sirode	
2.	Prof. D.P. Komar	
3.	Pratik Jagtap	
4.	Smita Londge	
5.	Sakshi Shinde	
6.	Gayatri Nimbekar	
7.	Harshada Dongare	
8.	Shweta Ghogare	
9.	Vishwjit Gogare	
10.	Shubham Thorve	
11.	Pronay Zanje	
12.	Bhauke Bhanu	
13.	Vijay Gokhale	
14.	Prince Gupta	
15.	Om Khallan	
16.	Siddhant Marathe	
17.	Abhishek Vanshi V	
18.	Manav Sharma	
19.	Piyush Baskar	
20.	Sunny Shrivastava	
21.	Mansi Sondkar	
22.	Amisha Telangi	
23.	Shantanu Adap	
24.	Prayank Ichalkar	
25.	Siddharth Patil	
26.	Tilak M.K.	
27.	Prerona Lale	
28.	Swazali Anmakar	
29.	Tripti more	
30.	Anushka unharikan	
31.	Soham S. Akhade	
32.	AFTAB Shaikh	
33.	Yash Lad	
34.	Sorathale Kalkhairr	
35.	Atharv Ithape	
36.	Abhinaya Nighe	



**AKHIL BHARATIYA MARATHA SHIKSHAN PARISHAD'S
ANANTRAO PAWAR COLLEGE OF ENGINEERING & RESEARCH**

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

Tel.: 020-24218901/8959 Tele Fax : 020-24213829

Web.: <http://www.abmshpcoerpune.org> Email : abmshpcoe@yahoo.com



Approved by AICTE & Govt. of Maharashtra, Affiliated to Savitribai Phule Pune University
Savitribai Phule Pune University Identification No. PU/PN/Engg. / 441/2012, DTE CODE :- EN 6794

Ref. No. /APCOER/Off./ 5436/2017

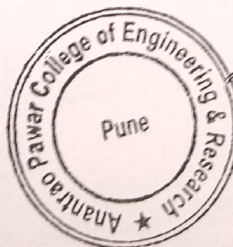
Date : 21 /06/2017

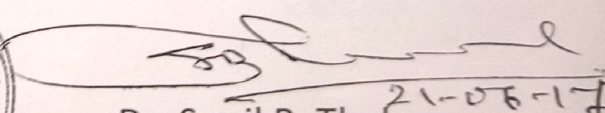
CERTIFICATE OF APPRICIATION

Mr. Pushkal Choubey from Akhil vishwa gayatri parivar, Shantikunj Haridwar have visited our College on 21st june 2017 on the occasion of 3rd International Yoga day and Conducted the training for our Teaching and Nonteaching staff.

The program conducted was very helpful to all.

We appreciate the efforts taken by Mr. Pushkal Choubey for Succesful conduct of the program.




21-06-17
Dr. Sunil B. Thakare
Principal

