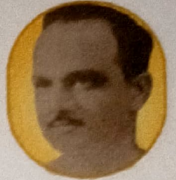


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	Record No.: ACA/D/021B Revision: 00	DoI: 21/01/2019	
Report On Online Webinar			

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/Speaker:

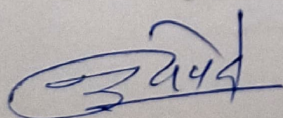
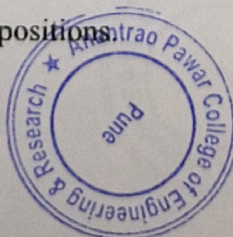
Dr Uttam Kalwane, Expert Yoga Teacher Bhartiya Yog Sansthan, Professor and Head, Department of Civil Engg., Maharashtra Institute of Technology, Aurangabad.

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.

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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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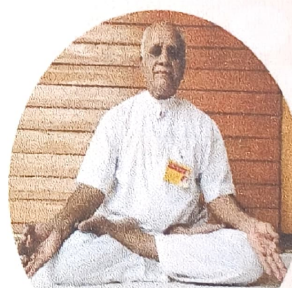
Department of Physical Education & IQAC Cell
Organizes

Institute Code:
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Google Meet
Webinar

The Secret's of "YOGA"



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

To Register Visit at:
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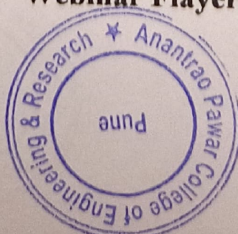
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**APR
28**
- 7.00 AM -

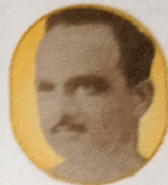
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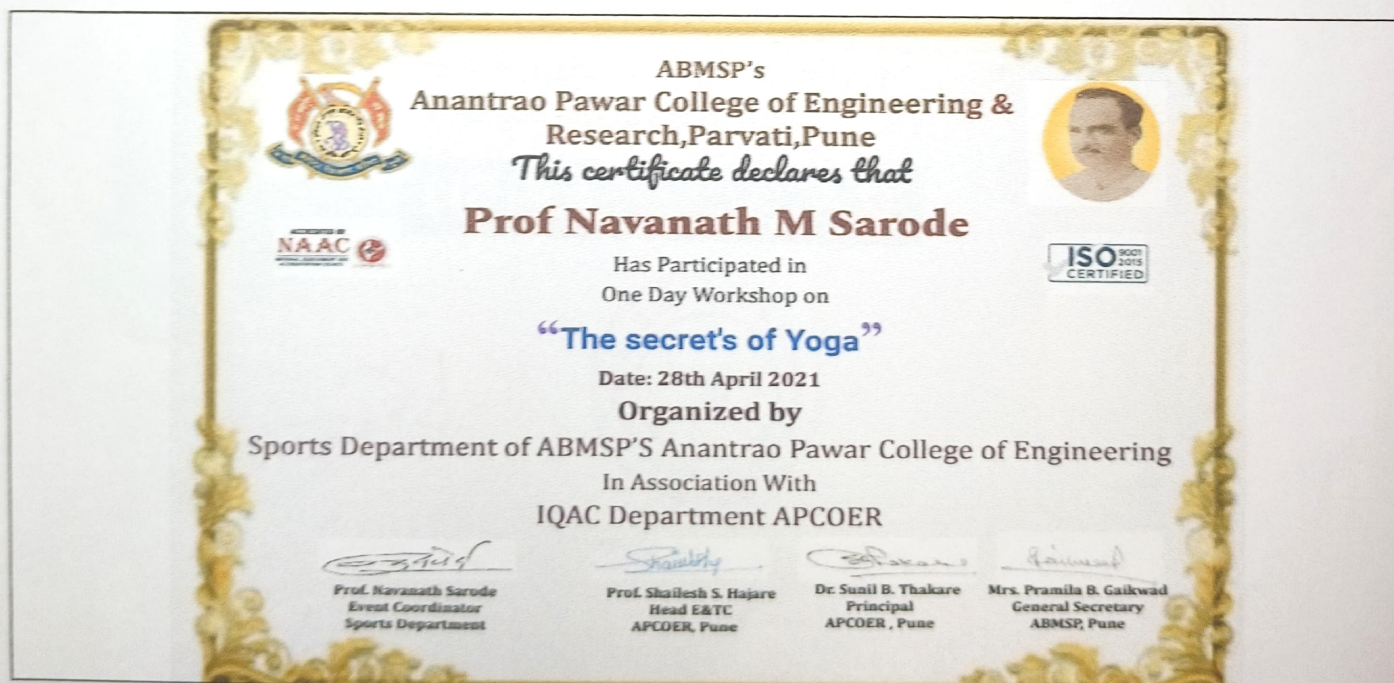
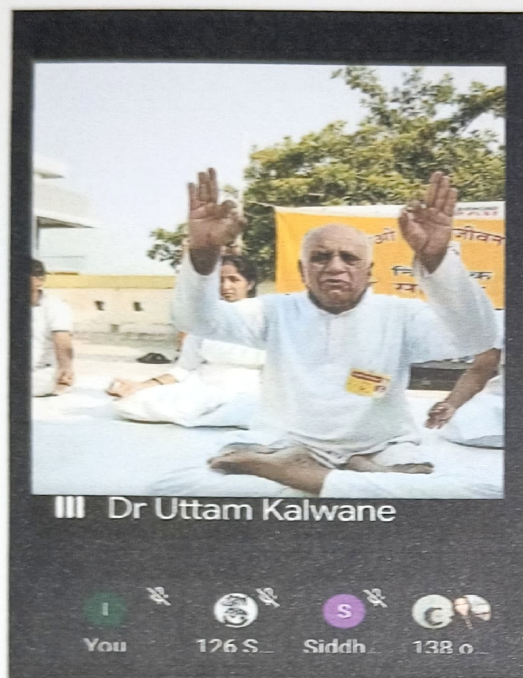


Webinar Flayer

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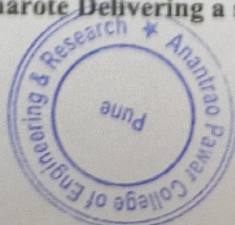


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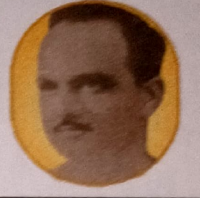
Dr. Manmath Manohar Gharote Delivering a session on real concept and utility of Yoga in Modern era

03244





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प्रतिकारक्षमता वाढविण्यासाठी 'पंचसुत्री'



पुणे, दि. २ - अनंतराव पवार कॉलेज ऑफ इंजिनिअरिंगमध्ये शारीरिक शिक्षण विभाग व इंटरनल क्वालिटी शुन्स सेल यांच्या वतीने 'दि सिंक्रेट्स 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 प्रात्यक्षिके दाखविली. या कार्यशाळेमध्ये १६२ विद्यार्थ्यांनी सहभाग नोंदविला. या कार्यक्रमासाठी विद्या ताकसाडे, श्रद्धा पाठक, किशोर ताकसाडे, प्राचार्य डॉ. सुनिल ठाकरे, क्रीडा प्रशिक्षक प्रा. नवनाथ सरोदे, विद्यार्थी विकास अधिकारी प्रा. गणेश कोंढाळकर, आयक्यूएसी समन्वयक प्रा. शैलेश हजारे यांनी सहभाग नोंदविला.

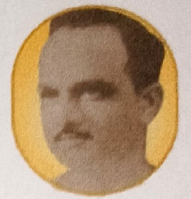
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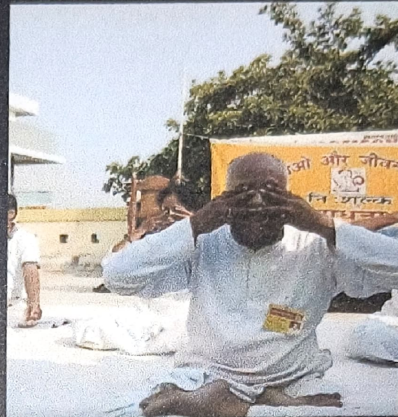
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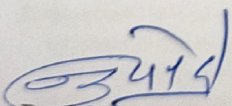
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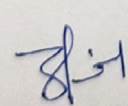
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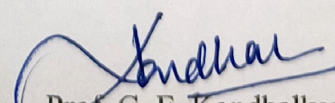
 ... Dr Uttam Kalwane You 126 S Siddh 139 o	 ... Dr Uttam Kalwane You 126 S Roll N 132 o
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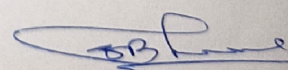
Participant list for the Yoga Program

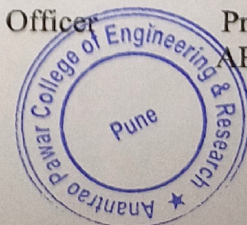
Date: 28/04/2021


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

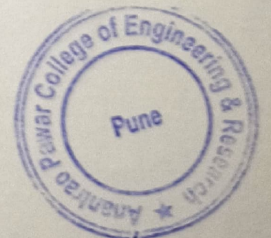


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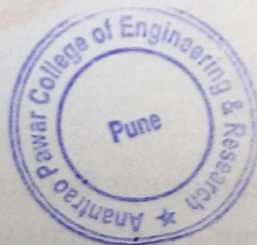
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nikibhilare1601@gmail.com	0	Nikita Kisan Bhilare	8999375372	Student

24/9



5/18/23, 1:44 AM

Gmail - The secret's of Yoga on Awareness of Covid-29 situation

M Gmail

Navanath Sarode <sarode8290@gmail.com>

The secret's of Yoga on Awareness of Covid-29 situation

1 message

Navanath Sarode <sarode8290@gmail.com>

Mon, Apr 26, 2021 at 4:33 AM

To: Ganesh Kondhalkar <ganeshkondhalkar@abmspcoerpune.org>, Shailesh Hajare <shailesh.hajare@abmspcoerpune.org>

Invitation of 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.

*Link for live program - *

<https://meet.google.com/tvm-htoy-zjn>

Link for registration-

<https://forms.gle/v1LFQKb8kNrRAW818>

*Please click on the link to participate for registraion.

*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

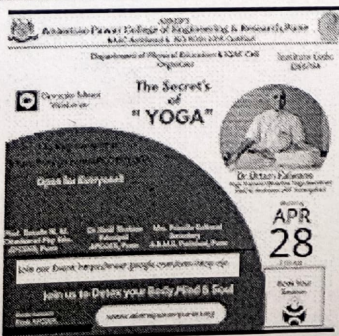
Prof. Shailesh Hajare*

COER, Pune



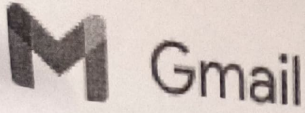
For any queries please feel free to contact

Contact No: 9730694725



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343K

Signature



Rashmi Kenvat <rashmi.kenvat@abmspcoerpune.org>

Fwd: Webinar sms

1 message

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

Wed, May 17, 2023 at 10:22 PM

----- Forwarded message -----

From: **Navanath Sarode** <sarode8290@gmail.com>
Date: Thu, Aug 13, 2020 at 1:49 PM
Subject: Webinar sms
To: Vikram Ghiye <vikram.ghiye@abmspcoerpune.org>

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

