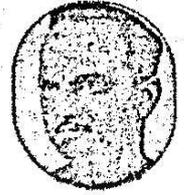


Akhil Bharatiya Maratha Shikshan Parishad's
Anantrao Pawar College of Engineering & Research



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

DoI: 21/01/2019

Event Report

Name of Event: Awareness Program of Y-Break' Yoga protocol
App launched by Ayush Ministry

Date of Event: 15 September 2021

Mode of Program : Online mode

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

Brief Description of Event :

Y-Break' Yoga protocol App launched by Ayush Ministry. Y-Break is a five-minute Yoga protocol, especially designed for working professionals to de-stress, refresh and re-focus at their workplace to increase their productivity, consists of Asanas, Pranayam and Dhyana.

The Yoga protocol in the Y-Break application comprises of a few simple Yogic practices as follows:

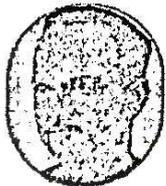
- Tadasana- Urdhva-hastottanasana- Tadasana
- Skandha chakra- Uttanamandukasana- Kati Chakrasana
- Ardhashakrasana, PrasarithaPadottanasana- Deep Breathing
- Nadishodhana Pranayama
- Bhramari Pranayama- Dhyana

To download the app for Android platform, click here.

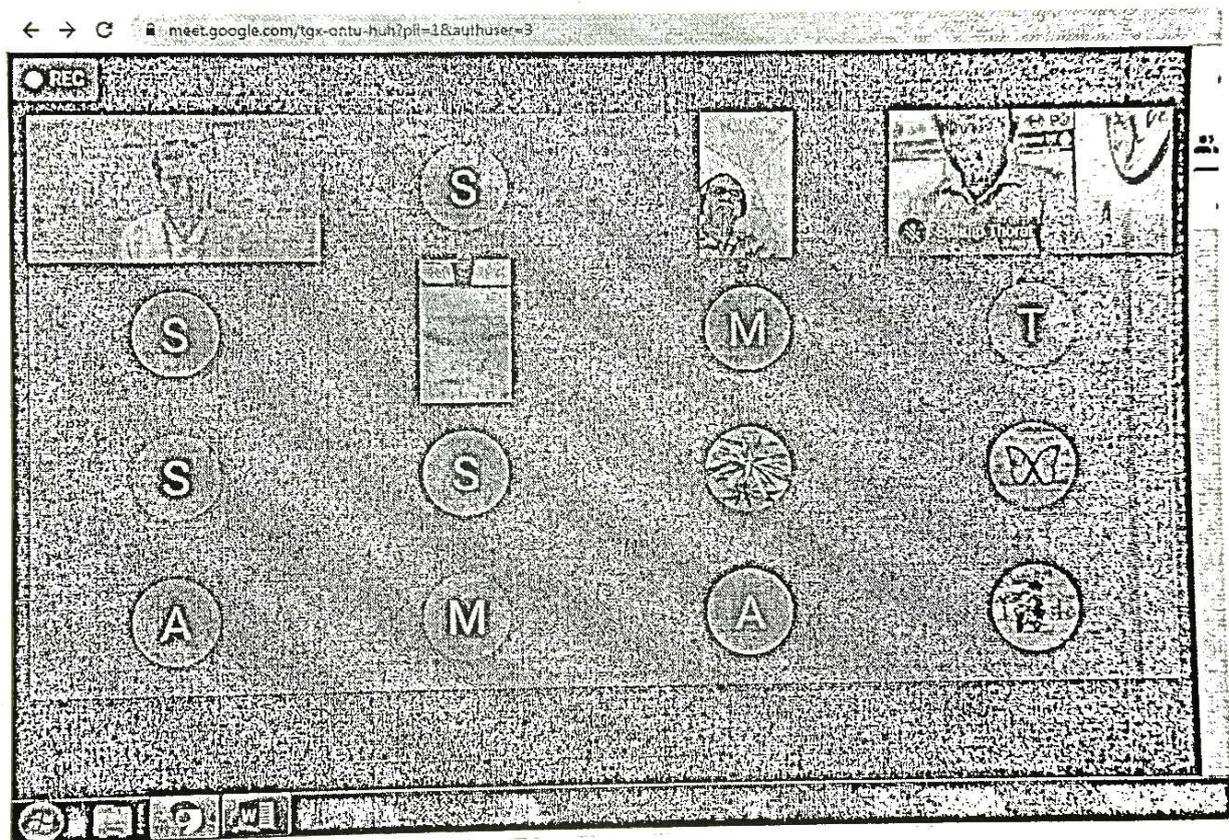
To download the app for iOS platform, click here.

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 this session. Heartfelt thanks to Mrs. Pramilatatai Gaikwad General

2022-12-29 13:16

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

Secretary, Akhil Bharatiya Maratha Shikshan Parishad Pune, Dr. S. B. Thakare Principal APCOER Pune for giving an opportunity organize Y-Break awareness Program.



Date: 22/09/2021

Navanath Sarode
22/09/2021
Prof. Navanath Sarode,
Director of Phy. Edu.
APCOER, Pune Prof.

Ganesh Kondhalkar
Prof. Ganesh Kondhalkar
Students Development officer
APCOER, Pune

S. B. Thakare
Principal
APCOER, Pune



2022-12-29 13:16

2021/Y&N

To get De-stressed,
Re-freshed and
Re-focused

2022-12-20 13:17

S.No	Name of the Yoga practices Total Duration: 5 minutes
01	Tadasana Urdhva Hastottasana Tadasana
02	Skandha Chakra Uttara Mahottasana Kati Chakrasana
03	Ardha Chakrasana Prasarita Padottasana Deep breathing (3 rounds)
04	Nadi Sodhana Pranayama
05	Bhramari Pranayama Dhyana