

	Akhil Bharatiya Maratha Shikshan Parishad's Anantrao Pawar College of Engineering & Research		
	Record No.: ACA/D/021 Revision: 00	DoI: 01/02/2025	
Event Report			

12th International Day of Yoga – 2026

Date: 19 June 2026

Time: 9.00 a.m. to 10.00 a.m.

Venue: Basement Area, Anantrao Pawar College of Engineering and Research, Pune

The **12th International Day of Yoga** was celebrated with great enthusiasm and active participation on **19 June 2026** from **9.00 a.m. to 10.00 a.m.** at the Basement Area of Anantrao Pawar College of Engineering and Research (APCOER), Pune. The programme was organized by the Department of Physical Education and Sports, APCOER, in collaboration with the sister institutions of Akhil Bharatiya Maratha Shikshan Parishad (ABMSP), Pune.

The programme witnessed the enthusiastic participation of 150 students, teaching faculty, and non-teaching staff from the following institutions:

- Shri Shahu Mandir Mahavidyalaya
- Yashwantrao Chavan Law College
- Anantrao Pawar College of Engineering and Research
- Anantrao Pawar College of Architecture
- Namdeorao Survanshi ITI Institute

The inaugural function was graced by the distinguished presence of:

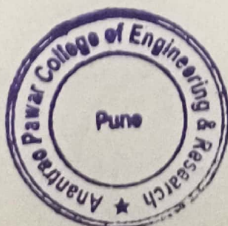
- **Dr. Vilas Patil**, Principal- Shri Shahu Mandir Mahavidyalaya
- **Dr. Shubhada Gholap**, Principal- Yashwantrao Chavan Law College
- **Dr. Sunil B. Thakare**, Principal -Anantrao Pawar College of Engineering and Research
- **Dr. Rajendra Koli**, Principal- Anantrao Pawar College of Architecture
- **Shri. Vishwas Sawant**, Principal- Namdeorao Suryavanshi ITI

The programme was also attended by the NSS Programme Officers, Student Development Officers, IQAC Coordinators, Heads of Departments, faculty members, and administrative staff from all participating institutions.

The programme commenced with a warm welcome and introduction by Prof. Sudam Shelake, Director of Sports, Shri Shahu Mandir Mahavidyalaya, who highlighted the significance of the International Day of Yoga and the importance of adopting yoga as a way of life for achieving physical fitness, mental well-being, and emotional balance.

The yoga practical session was conducted by Shri. Devavrat Lele, an experienced Yoga Trainer, along with his assisting team. The participants enthusiastically performed the Common Yoga Protocol prescribed by the Ministry of AYUSH, Government of India.

Sudam Shelake
21/7/2026



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Common Yoga Protocol Practiced

Prayer

Loosening Practices

- Neck Movements
- Shoulder Rotation
- Trunk Movements
- Knee Movements

Standing Asanas

- Tadasana (Palm Tree Pose)
- Vrikshasana (Tree Pose)
- Padahasthasana (Hand to Foot Pose)
- Ardha Chakrasana (Half Wheel Pose)
- Trikonasana (Triangle Pose)

Sitting Asanas

- Bhadrasana
- Vajrasana
- Ardha Ustrasana
- Ustrasana
- Shashankasana

Prone Asanas

- Bhujangasana
- Shalabhasana
- Makarasana

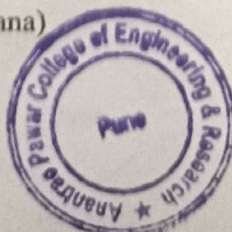
Supine Asanas

- Setu Bandhasana
- Pawanmuktasana
- Uttana Padasana

Pranayama

- Kapalabhati
- Anulom Vilom (Nadi Shodhana)

Signature
27/12/26



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- Bhramari
- Shectali

Meditation

- Dhyana (Meditation)
- Sankalpa
- Shanti Path

The trainer explained the health benefits of each yoga posture and pranayama practice while encouraging participants to incorporate yoga into their daily routine for a healthy and balanced lifestyle.

The programme concluded with a Vote of Thanks proposed by Prof. Sujit Medhekar, who expressed sincere gratitude to all the dignitaries, principals, faculty members, staff, yoga trainer, volunteers, and enthusiastic participants for making the event a grand success.

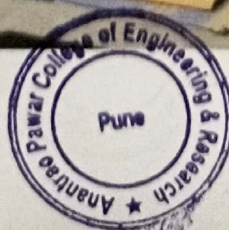
The programme was successfully coordinated and organized by Dr. Navanath M. Sarode, Director of Physical Education and Sports, Anantrao Pawar College of Engineering and Research, Pune.

A special note of heartfelt gratitude is extended to Hon. Sau. Pramilatai Gaikwad, General Secretary, Akhil Bharatiya Maratha Shikshan Parishad, Pune, for granting permission and extending valuable support for organizing the 12th International Day of Yoga Celebration – 2026.

The programme concluded with the collective pledge to adopt yoga as a daily practice and to promote the message of "Yoga for Healthy Ageing" thereby contributing to a healthier and happier society.

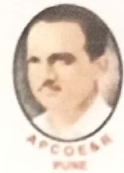


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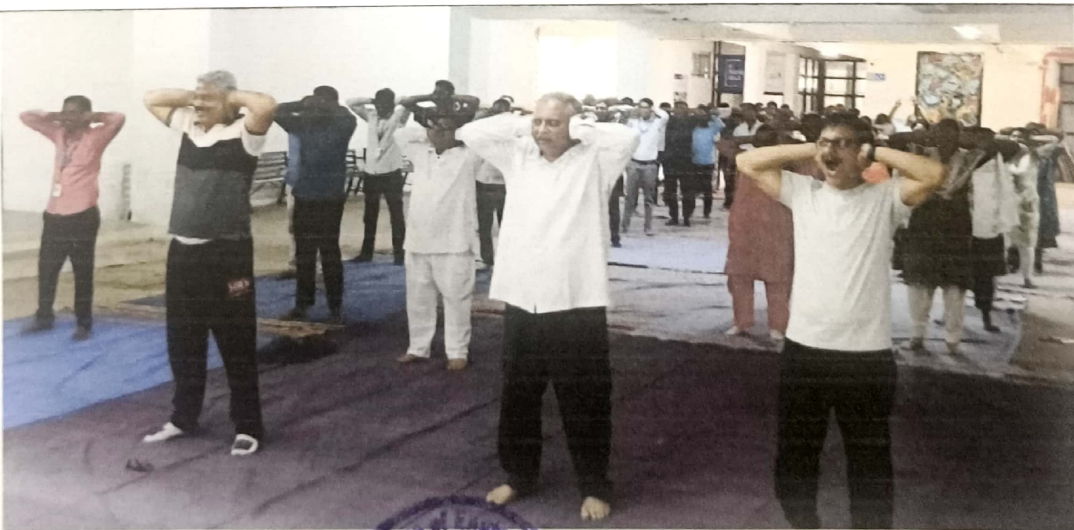
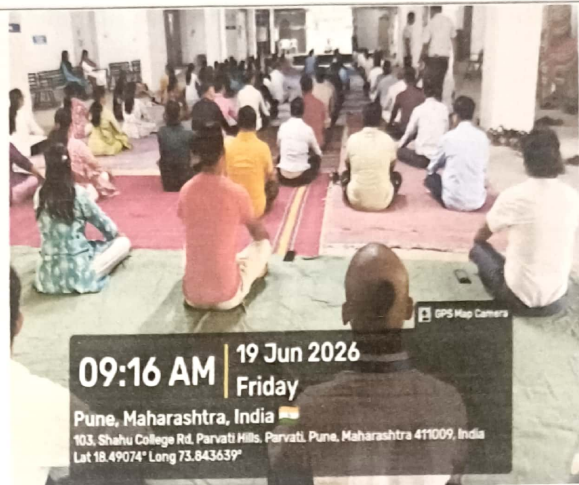
Akhil Bharatiya Maratha Shikshan Parishad's
Anantrao Pawar College of Engineering & Research



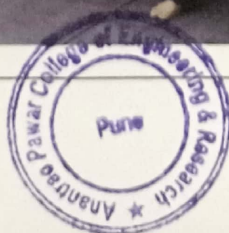
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21/7/2026



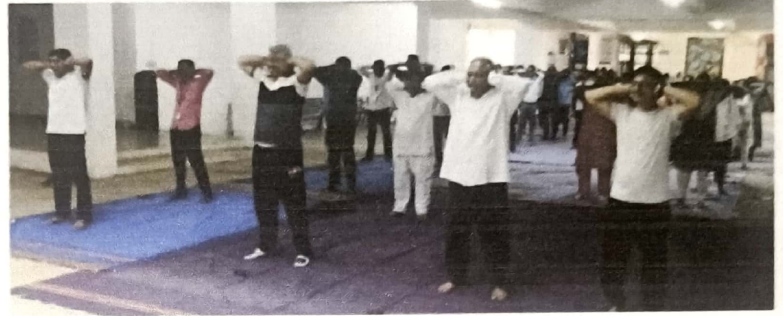
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हॅलो प्रभात

अनंतराव पवार अभियांत्रिकीमध्ये योग दिन उत्साहात

पुणे : हॅलो प्रभात

येथील अखिल भारतीय मराठा शिक्षण परिषदेच्या अनंतराव पवार कॉलेज ऑफ इंजिनिअरिंग अँड रिसर्च महाविद्यालयामध्ये श्री शाहू मंदिर महाविद्यालय, यशवंतराव चव्हाण विधी महाविद्यालय, अनंतराव पवार अभियांत्रिकी महाविद्यालय, अनंतराव पवार आर्किटेक्चर महाविद्यालय व नामदेवराव सूर्यवंशी औद्योगिक प्रशिक्षण संस्था यांच्या संयुक्त विद्यमाने १२ व्या आंतरराष्ट्रीय योग दिनाचे आयोजन करण्यात आले. यामध्ये आयुष्य मंत्रालय भारत सरकार यांनी दिलेल्या योग प्रोटोकॉल नुसार प्रार्थना, सूक्ष्म हालचाली, उभ्या स्थितीतील आसने, बैठक स्थितीतील आसने, पोटावर झोपून करावयाची आसने, पाठीवर झोपून करावयाची आसने, शुद्धिक्रिया व निवडक प्राणायामांचा अभ्यास व सराव करण्यात आला. योग प्रशिक्षक म्हणून

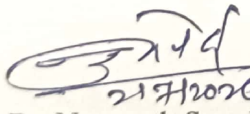


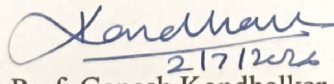
श्री.देवव्रत लेले व सहकारी यांनी मार्गदर्शन केले. या योगसत्रासाठी प्राचार्य डॉ. विलास पाटील, प्राचार्य डॉ. शुभदा घोलप, प्राचार्य डॉ. सुनील ठाकरे, प्राचार्य डॉ. राजेंद्र कोळी व प्राचार्य सावंत यांची प्रमुख उपस्थिती होती. तसेच पाचही महाविद्यालयांचे विद्यार्थी विकास अधिकारी, एन एस एस अधिकारी, शिक्षक, शिक्षकेतर कर्मचारी व विद्यार्थी उपस्थित होते. संस्थेच्या सरचिटणीस मा. सौ. प्रमिलाताई

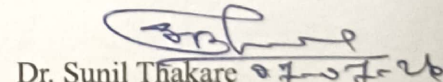
गायकवाड यांनी या कार्यक्रमाचे आयोजन करून सर्वांसाठी एकत्रित योग प्रात्यक्षिक सरावसत्राचे आयोजन करून योगाचे महत्त्व पटवून दिल्याबद्दल आयोजकांचे अभिनंदन केले. कार्यक्रमाचे प्रास्ताविक डॉ. सुदाम शेळके यांनी केले तर आभार प्रा.सुजित मेढेकर यांनी मानले. कार्यक्रमाचे आयोजन अभियांत्रिकी महाविद्यालयाचे क्रीडा संचालक डॉ. नवनाथ सरोदे यांनी केले.

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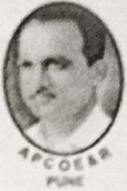
Date : 02/07/2026


21/7/2026
Dr. Navanath Sarode
Director of Sports


21/7/2026
Prof. Ganesh Kondhalkar
IQAC Coordinator


21/7/2026
Dr. Sunil Thakare
Principal



	Akhil Bharatiya Maratha Shikshan Parishad's Anantrao Pawar College of Engineering & Research		
	Record No.: ADM/D/35A Revision: 00	DoI: 01/02/2025	
Notice for Faculty & Students			

Ref. No. : APCOER/Office/ 108 /2026-27

Date- 17/6/2026

NOTICE

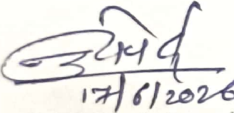
All Teaching and Non-Teaching Staff members and Students are hereby informed that our Institute is organizing a **Yoga Session** on the occasion of **12th International Yoga Day** on **Friday, 19th June 2026 at 8:45am to 10.00am** in the college premises.

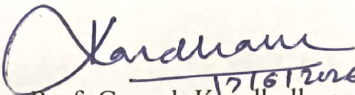
All are requested to participate enthusiastically and make the program a grand success.

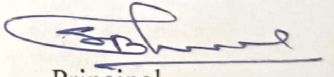
Venue:

Basement Area,

Anantrao Pawar College of Engineering and Research, Pune-09


 17/6/2026
Dr. Navanath Sarode
 Director of Sports


 17/6/2026
Prof. Ganesh Kondhalkar
 IQAC Coordinator


Principal
 APCOER, Pune-09



Copy to:

1. All Head of Departments for circulation among staff members and students.
2. Departmental / College Notice Board
3. Office Copy
4. Librarian, Training and Placement Officer.

APCOER.



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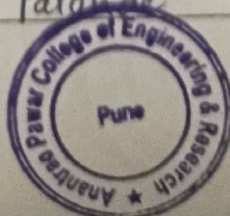
Event Attendance

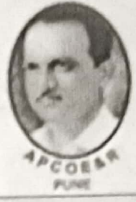
12th International Day of Yoga

Attendance Sheet

Date : 19/06/2026

Sr No	Participants Name	Institute Name	Sign
1.	Dr. Sunil B. Thakare	APCOER	
2.	Dr. Navaneth Sarnode	APCOER	
3.	Mr. Nitin J. Mukame	APCOER	
4.	Mr. Sanchip S. Pise	APCOER	
5.	Mr. Lokesh S. Chavan	APCOER	
6.	Mr. Sham S. Upkare	APCOER	
7.	Mr. Dilip J. Pawar	APCOER	
8.	Dr. Sunil B. Thakare	APCOER	
9.	Mr. Siddhesh C. Pardeshi	APCOER	
10.	Mr. Kedar Fulchand Nadam	APCOER	
11.	Mr. Mangesh J. Patil	APCOER	
12.	Mr. S. P. Tumbare	APCOER	
13.	Mr. Vijay S. Shirset	APCOER	
13.	Mr. Prakashottam C. Goggar	APCOER.	
14.	Mr. Gaurikumar B. D.	- - -	
15.	Prof. Ajit Suryawanshi	APCOER	
16.	Mr. Sachin Yachur	APCOER	
17.	Mrs. Aparna Badave	APCOER	
18.	Mrs. Pratiksha Mo Palande	APCOER	

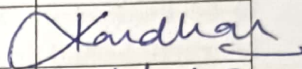
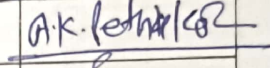
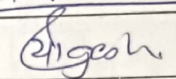
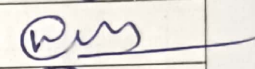
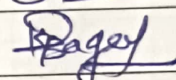
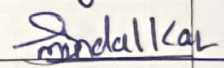
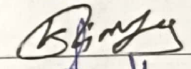
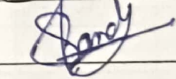
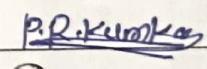
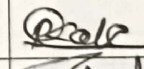
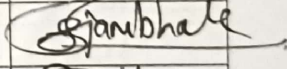
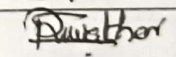
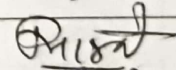
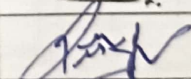
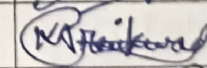
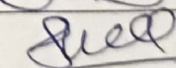
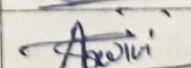
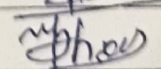
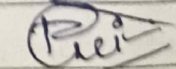


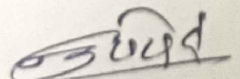
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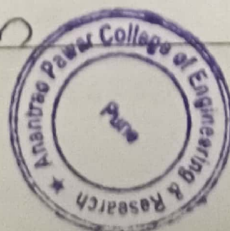
12th International Day of Yoga

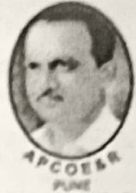
Attendance Sheet

Date : 19/06/2026

Sr No	Participants Name	Institute Name	Sign
19	Kondhalkar G.E	APCOER	
20	AKSHAY. K. PETHAKAR.	APCOER.	
21	Yogesh S. Santwani	APCOER	
22	Hemalata K. Chavhan	APCOER	
23	Komal A. Bagal	APCOER	
24	Sarika Indalkar	APCOER	
25	Kimya S. Kandekar	APCOER	
26	Prof. Sandhya W. Lohare	APCOER	
27	Pratiksha Kulkarni	APCOER	
28	Reshma J. Kale	APCOER	
29	Prof. Ashwini Jambhale	APCOER	
30	Prof. Purnima Wathorkar	APCOER	
31	Prof. Rita. Salve	APCOER	
32	Mr. Sourabh Kudal	APCOER	
33	Mr. Kunal Gupte	APCOER	
34	Prof. V. Shinde	APCOER	
35	Ashwini Suryawanshi	APCOER	
36	Varsha Chavan	APCOER	
37	Rajshree Nikam	APCOER	


19/06/26

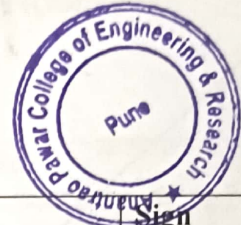


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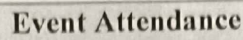
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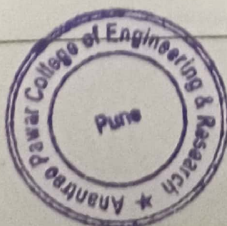


Sr No	Participants Name	Institute Name	Sign
38	Prof. R.P. Gaikwad	APCOER	[Signature]
39	Prof. Rohini Kulkade	APCOER	[Signature]
40	Gadekar C B	APCOER	[Signature]
41	Prof. P. R. Patange	APCOER	[Signature]
42	Prof. Smita Shirsat	APCOER	[Signature]
43	Prof. V.G. Kulkarni	APCOER	[Signature]
44	Prof. P. R. More	APCOER	[Signature]
45	Prof. Preeti Padalkar	APCOER	[Signature]
46	Shital Khot	APCOER	[Signature]
47	Vijay Raporbi	APCOER	[Signature]
48	Chetan Kolambe	APCOER	[Signature]
49	N. A. Sakhare	APCOER	[Signature]
45	Prof. Purvesh Wagh	APCOER	[Signature]
46	Prof. Ajay B Shiketod	APCOER	[Signature]
47	Gaikwad Prashant	APCOER	[Signature]
48	Akshay Gogawale	APCOER	[Signature]
49	Sandeep V. Pant	APCOER	[Signature]
50	Anita Pore	APCOER	[Signature]
51	Tanvi Nitin Badhe	APCOER	[Signature]
52	Dr. Rama Gaikwad	APCOER	[Signature]
53	Prof A.S. Desai	APCOER	[Signature]
54	Prof M.P. Kumbhar	APCOER	[Signature]
55	Prof. N. N. Pawar	APCOER	[Signature]



Event Date : 19/06/2026

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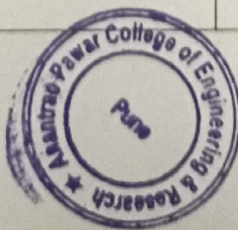
Event Attendance

Event Date : 19/06/2026

[illegible]

21/7/2026

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



Principal
Anantrao Pawar College of Engineering
& Research, Parvatl, Pune - 9