



AISSMS
COLLEGE OF ENGINEERING
ज्ञानम् सकलजनहिताय
Accredited by NAAC with "A+" Grade



Name of Event: INTERNATIONAL YOGA DAY

Name of Event President: Dr. D. S. Bormane

Name of Resource Person: Smt. Kailash Patel, Shri. Sudhakar Shetty, Shri. Kamalji Jadhav, Smt. Nutan Bothare, Smt. Devyani Shah, Shri. Hiwale, Shri. Kalyankar Gajanan, Shri. Pradip Bhattacharya, Shri. K B Jadhav, Smt. Ulka Raut, Smt. Priya Naidu, Smt. Pushpa Manch

Guest of Honour: Dr. Abhijit Mancharkar, Director IOM, Shri. S. B. Giram, Principal Polytechnics

Name of Coordinator: Dr. N. N. Shejwal (PO. NSS)

Participants: Teaching, Non-Teaching Staff and Volunteers

Participants: 510 (IOIT=50, Polytechnic=110, IOM=10, COE=340)

Date: 21/06/2018

Time: 09:00 am

Venue: Open Stage Lawns (MBA Institute)

Event Report:

The International Yoga Day has been celebrated in our AISSMS, College of Engineering in association with Bhartiya Yog Sanstha, Yogashram Kendra, Rohini Sector-3, Yogashram Marg Mangalam Place, Delhi-110085 with great enthusiasm on 21.06.2018. The Principal, Teaching and non teaching staff and students of AISSMS, Institute of Management, Institute of Information Technology, Polytechnic College were participated in Yoga program.

The program has been inaugurates with the specious hands of the chief guest Mrs. Kailash Patel and K.B. Jadhav, Regional officer, Bharatiya Yoh Sanstha along with Dr. D S Bormane Principal and Dr. N.N. Shejwal, Prog. Officer, Dr, Manisha Kondhare, Physical Director and Shri. Sudhakar Shetty , District Coordinator, Smt. Nutan Bothare, Area Coordinator, Smt. Devyani Shah, Center coordinator and the volunteers such as Shri. Hiwale, Shri. Kalyankar Gajanan, Shri. Pradip Bhattacharya, Smt. Ulka Raut, Smt. Priya Naidu, Smt. Pushpa Manch.

The program begins with the Samai Lighting and Sarswati Vandana by NSS Volunteers. Hon. Dr. D. S. Bormane gave brief introduction about the yoga day. The Chief Guest explains the importance of yoga in our life. Everyone should perform yoga everyday at least 10 minutes for better health.

After the speech of the dignitaries the practical session has been conducted by the Yoga trainer. The different types of performance were carried out along with the explanation of their benefits

Manisha

Dr M M Kondhare
Physical Director

Shri A B Bhonsle

Shri A B Bhonsle
Vice President Gymkhana

Dr D S Bormane

Dr D S Bormane
Principal

to the different organs of the body. The program was conducted by Dr. Manisha Kondhare, Physical Director and NSS volunteers Komal, Varad Patil, Akshay Shirwadkar etc. The vote of thanks was given by NSS volunteer Shalaka Bhosale. The program ended with the National anthem. The tea and snacks has been provided to all the gathering.

Photograph of the Event:



Principal with the Guest



Samai Lighting by Dignitaries



Introduction by Principal



Practical Session of Yoga

Manisha

Dr M M Kondhare
Physical Director

Shri A B Bhonsle
Vice President Gymkhana

Dr D S Bormane
Principal



Vrukshasan by participant



Yoga for Knee strengthening



Stretching the body



stretching the body

Manisha

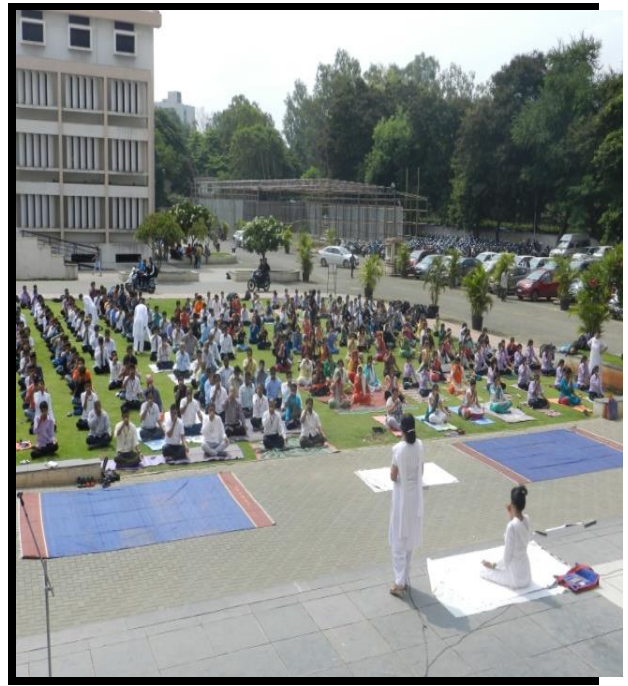
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Yoga Exercise



Pranayam



Yoga Pray

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