



AISSMS
COLLEGE OF ENGINEERING
ज्ञानम् सकलजनहिताय
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Title : Yoga for prevention from COVID-19

Date : 9TH May 2021

Sunday: 9TH May 2021, All India Shri Shivaji Memorial Society's College of Engineering in association with Gymkhana Sports Committee, Civil Department and National Service Scheme, held an interactive session for the prevention from COVID-19. The session was witnessed by our Physical director Dr. M. M. Kondhare ma'am, Dr. U. R. Awari HOD of Civil Department and NSS Program Officer Dr. N. N. Shejwal sir, participants and volunteers, 100 students came together on this occasion which was organized on Zoom, an online platform.

The session commenced at 7:30 am. Anchor, Devang Tupe and Pratik Nawale, welcomed everyone present and shed some information on Yog. Dr. M. M. Kondhare, started the session by an introduction to Suryanamaskar and its origin and modifications throughout time. Later in his speech, through his inspiring words, sir spoke about the current issues faced by the people regarding health which creates distress. The issues like lack of proper knowledge and consistency continue to do harm. Sir posed a solution and stated that the way to bring about traditional fitness will be through true practise of Yog and Suryanamaskar and its encouragement for prevention of COVID-19.

Manesha

Dr M M Kondhare
Physical Director

Shri A B Bhonsle
Vice President Gymkhana

Dr D S Bormane
Principal

Yoga is a systematic practice of physical exercise, breath control, relaxation, diet control, and positive thinking and meditation aimed at developing harmony in the body, mind, and environment. The practice entails low-impact physical activity, postures (called *asanas*), breathing techniques (*pranayama*), relaxation, and meditation. Most people are familiar with the physical poses or yoga positions but don't know that yoga involves so much more. In the health fields, yoga techniques are being applied in health promotion programs, substance abuse treatment programs, and as a complementary treatment for diseases such as anxiety disorders, depression, coronary heart disease, cancers, and HIV/AIDS. Yoga is a low-cost self-help approach to well-being.

The origin is a Sanskrit word *Yog* meaning union. Yoga is a union of the organ systems in the body with the consciousness in the mind. Philosophically, yoga produces a union of body, mind, and energy (or soul or spirit) to bring about a state of equanimity (calmness). Progressing to an even more advanced state, blending science and philosophy, one experiences a union of body, mind, internal energy, and the all-pervading cosmic energy, resulting in better physical health, mental control, and, ultimately, self-realization.

Surya namaskar, Salute to the Sun or Sun Salutation, is a practice in yoga as exercise incorporating a flow sequence of some twelve gracefully linked asanas.

Devoting time to Surya Namaskar every morning ensures that you have a set schedule which cannot be altered. It brings greater stability to your life despite the sheer dynamism prevailing in it.

Surya Namaskar, also known as 'The Ultimate Asana', strengthens your back as well as your muscles and brings down blood sugar levels.

Secondly, it is a full-body workout

It also improves metabolism and blood circulation.

Manisha

Dr M M Kondhare
Physical Director



Shri A B Bhonsle
Vice President Gymkhana



Dr D S Bormane
Principal

The purpose of holding the session was to throw light on the benefits and necessity of Yog, mainly Suryanamaskar and spread it amongst the youth. Principal Dr. D. S Bormane sir extended welcomed our Chief Guest and stated his thoughts on the ongoing ruse about modern and traditional fitness rituals. He weighed its pros and cons and showed appreciation towards the field of our Guest.

Further the event progressed with our Chief Guest addressing our gathering and beginning with the Pose of Suryanamaskar.

Along with his followers Dr. Kalwane sir advanced with explaining pose, its significance and pressure with practicing the infamous Suryanamaskar.

He also underlined the importance of the Yog in day-to-day life while also suggesting ways which can take the course to a speed. He also made people Acquainted with the knowledge of Yoga for prevention of corona.

After such a benefitting session of information, some students had their doubts cleared as our Guest answered their queries.

The session shed light on some misconceptions which are carried since ages without a thought and continued and then expressing views on various solutions which can lead to accomplish the health and agility the person needs.

The session achieved success as many aspects of Suryanamaskar and Yoga as well as its implementation came to light which were all looked upon by every participant.

Extending the vote of thanks, Pratik Nawale, extended gratitude to our Chief Guest Dr. Uttam Kalwane sir, Respected Principal Dr. D S Bormane sir, Dr. N N Shejwal Sir, Dr. M M Kondhare Ma'am, Dr. U. R. Awari everyone present for having given their valuable input and cognized all that have been discussed about prevention of Covid-19.

Manisha

Dr M M Kondhare
Physical Director

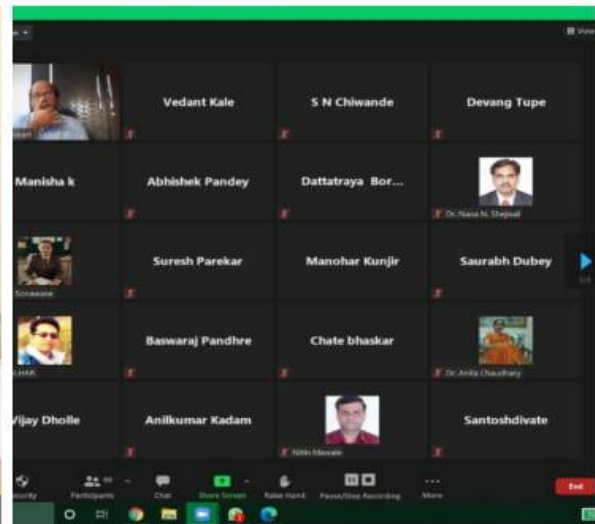
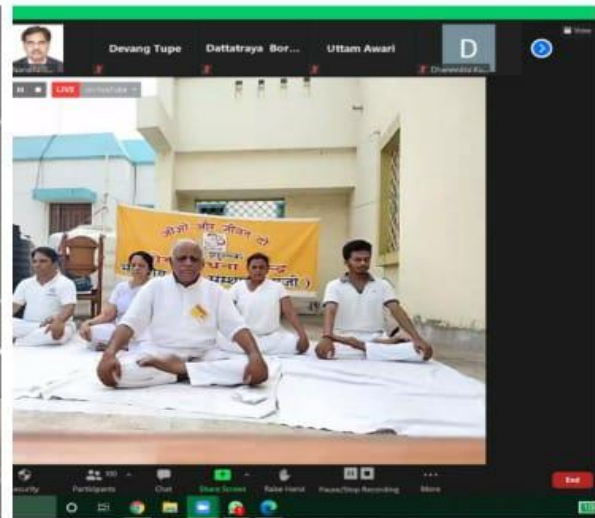
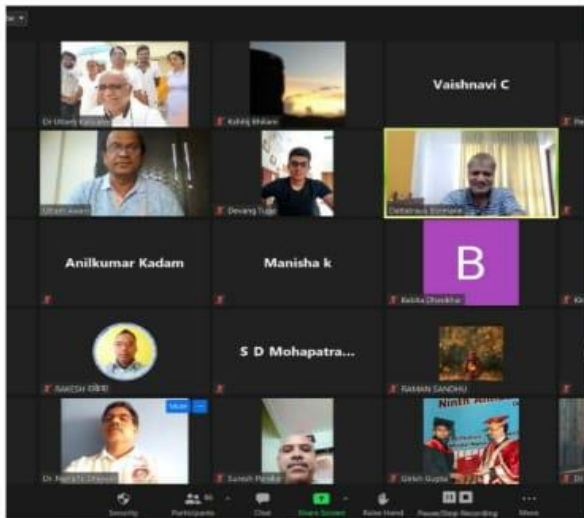


Shri A B Bhonsle
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Dr D S Bormane
Principal

Few glances of Webinar:



Manesha
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

