



AISSMS

COLLEGE OF ENGINEERING

ज्ञानम् सकलजनहिताय

Accredited by NAAC with "A+" Grade



Title : BIOMECHANICS OF SURYANAMASKAR POSTURE

Date : 22nd December 2020

Tuesday 22nd December 2020 , on the occasion of National Fitness Day. All India Shree Shivaji Memorial Society's College of Engineering in association with Gymkhana Sports Committee and National Service Scheme, held an interactive session for the celebration and discussion of National Fitness Day. The session was witnessed by our Physical director Dr. M. M. Kondhare ma'am and NSS Program Officer Prof. N. N. Shejwal sir, participants and volunteers, 70 students came together on this occasion which was organized on Zoom, an online platform.

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.

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.

The session commenced at 9,30 am. Anchor, Srushti Waichal, welcomed everyone present and shed some information on Yog. Prof. N. N. Shejwal, 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.

After that, Respected Principle Dr. D S Bormane sir extended welcome to 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.

Manesha

Dr M M Kondhare
Physical Director

Shri A B Bhonsle
Vice President Gymkhana

Dr D S Bormane
Principal

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

Along with his protege, Dr. Rupesh Thopate 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. 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 as well as its implementation came to light which were all looked upon by every participant.

After the QnA session, Abhishek Deo,(postion) informed everyone of the 21 day challenge organized by AISSMS COE, with the motive to indulge everyone in fitness and health care through means of fun and challenges. The details were provided and the session went on.

Extending the vote of thanks, Rucha Bhosale, extended gratitude to our Chief Guest Dr. Rupesh Thopate sir, Respected Principle Dr. D S Bormane sir, Dr. N NShejwal Sir Dr. M MKondhare Ma'am, and everyone present for having given their valuable input and cognized all that have been discussed.

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FIT INDIA
2019-2022

'FIT-INDIA, HIT-INDIA' - LOOK FIT, FEEL FIT
Organising Webinar On
"BIOMECHANICS OF SURYANAMASKAR POSTURE"

Time
09:30 am
Date
22nd December 2020, Tuesday
Registration Link
<http://bit.ly/3rc04yi>

Student Coordinators
Swaroop Godse (9975711844) **Abhishek Deo** (7218198690)

Faculty Coordinator
Dr. M. M. Kondhare Physical Director, AISSMS COE, Pune
Dr. N. N. Shejwal NSS Incharge, AISSMS COE, Pune

Speaker
Dr. Rupesh Thopate

Dr. D. S. Bormane
Principal,
AISSMS COE, Pune

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