



Rayat Shikshan Sanstha's

Dr. Patangrao Kadam Mahavidyalaya, Ramanandnagar (Burli).

Date: 21/06/2021

'International Yoga Day Workshop'

An online yoga webinar was organized in the college on the occasion of International Yoga Day on 21 June 2021 at 7 am. The purpose of this webinar was to teach yoga to all, to relieve mental stress, to learn the art of living a free life, to increase concentration, to live a life free from fear and to become one with the body. Volunteers from the Art of Living demonstrated yoga and demonstrated it to the participants to do it. Anju Sonawale, Coordinator, Art of Living, spoke on Yoga. The webinar was organized in three sessions. In the first session, Art of Living volunteer Anju Sonawale, took pranayama. She did supplementary activities and taught everyone how to control their breathing and do pranayama. In the second session, miss. Meenaka Rajendran did a holistic exercise through supplementary movements. In the third session, Shivkumar Giri Ex chief Engineer (WRD), Art of Living Faculty gave in-depth guidance on yoga and cleared the audience of doubts. Everyone enthusiastically participated by answering the question.

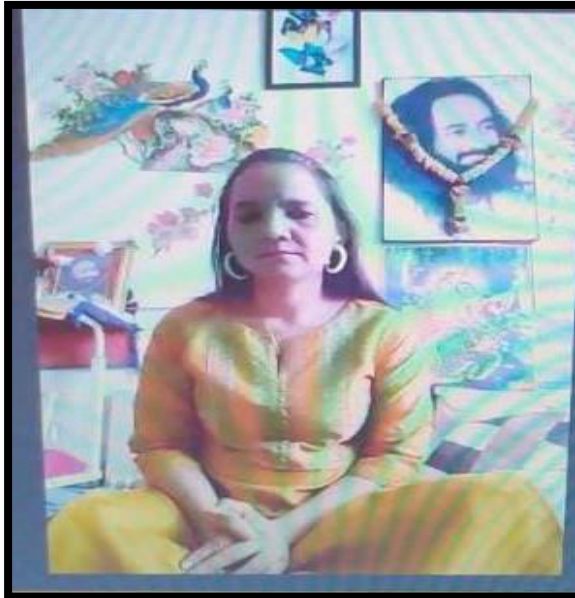
110 people had registered for this online yoga webinar. Feedback form was filled by all the participants in the yoga and they were given e-certificate on behalf of the college. The online yoga webinar was attended by all the servants, students and parents of the college.

The program was organized under the guidance of principal of the college, Dr. L.D. Kadam. The program was coordinated by Lieutenant Sandesh Daunde (Director of Physical Education) and Head of Gymkhana Department. The programme was anchored by Prof. Amol Jamdade and Vote of Thanks was paid by Prof. N.H. Kumbhar.

Outcomes:

- 1. Everyone understood the importance of Yoga.**
- 2. Everyone decided to do yoga regularly.**

Beneficiaries: 103



**Miss. Anju Sonawale SwyamSevak
(Art of Living) demonstrating Yoga.**



**Mr. Shivkumar Giri, (Art of Living faculty)
giving guidance on Importance of Yoga.**

Head of Dept.

Department of Sports & Physical Education,
Dr. Patangrao Kadam Mahavidyalaya,
Ramanandnagar (Burli)

Principal,

Dr. Patangrao Kadam Mahavidyalaya,
Ramanandnagar (Burli)
Tal. Palus, Dist. Sangli.



Lt. Sandesh Daunde giving Welcoming & introductory speech



Hon. Prin. Dr. L.D. Kadam giving guidance on Importance of Yoga in Life.



Miss. Anju demonstrating the Yoga.



College staff doing Yoga activities in an Online Workshop.



College staff and Students doing Yoga activities in an Online Workshop.


Head of Dept.

Department of Sports & Physical Education,
Dr. Patangrao Kadam Mahavidyalaya,
Ramanandnagar (Burl)


Principal,

Dr. Patangrao Kadam Mahavidyalaya,
Ramanandnagar (Burl)
Tal. Palus, Dist. Sangli.