



Rayat Shikshan Sanstha's
Dr. Patangrao Kadam Mahavidyalaya, Ramanandnagar (Burli).

'THREE DAYS ONLINE YOGA WORKSHOP'

Date: 14-5-2021

A Three-days Yoga Workshop was held in the college on Immunity Enhancement Program (Meditation, Breath and Yoga). This workshop was organized in considering the current situation of COVID-19 Pandemic to enhance the Immune System. The workshop was organized for three days on 12th, 13th and 14th May, 2021 for the professors and students of the college at 8 am every day.

This Three-days workshop was jointly organized by N.C.C., Gymkhana Department and Gurudev Sri Sri Ravishankar's Art of Living Institution. Amol Karpe Sir, Pune and Sachin Sir (SwayamSevak of Art of Living), gave in-depth information on yoga in these three days. They gave in-depth guidance on how to enhance healthy immune system and how to keep balanced mind in this crisis time.

While demonstrating the yoga, he ideally conducted the demonstration from all the participants. Art of Living Coordinator Amol Karpe Sir and Sachin Sir gave in-depth guidance for this online workshop.

This workshop was conducted smoothly only because of guidance and inspiration of our Hon. Principal Dr. L.D. Kadam. This program was coordinated by Prof. Lt. Sandesh Daunde, Head, Gymkhana Department. The workshop was attended by a large number of professors and students of the college.

In this workshop, Professor Dilip Kone, Professor Abhijeet Mane, Professor Mrs. Nita Patil shared their experiences. Vote of thanks was offered by Prof. Nitin Kumbhar and the workshop was concluded.

Outcomes:

1. Everyone understood the importance of Yoga.
2. It helps in boosting Immune System.

Beneficiaries: 40



Mr. Sachin, SwayamSevak(Art of Living) giving guidance on Importance of Yoga .



Mr. Amol Karpe, SwayamSevak(Art of Living) demonstrating Yoga.

Company Commander
Dr. Patangrao Kadam Mahavidhyalaya,
Ramanandnagar (Burli)

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



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



Mr. Sachin demonstrating the Yoga.



Vaishnavi Patil



Dilip Kone

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



AMOL JAMDADE



Tanaji Mane

College staff doing Yoga activities in an Online Workshop.