

## EVENT REPORT

Title / Name of Event

# INTERNATIONAL YOGA DAY CELEBRATION

Date of The Event

FROM 16/06/2021 TO 21/06/2021

Venue

Online & Offline at Ashvin Rural Ayurved College

Organized By

Ashvin Rural Ayurved College, Manchi Hill, Tal-Sangamner

### Objectives

- ✚ To celebrate International Yoga day according to direction of Ministry of AYUSH Government of India and Directorate of Ayush Maharashtra state
- ✚ To create Yoga awareness and Practical Demonstration

Total no of Events-10

1. Social media Yogasana challenge
2. E- Slogan
3. E- Poster
4. E- Essay
5. quiz competition
6. Yogasana
7. Yogasutra recitation
8. Rangoli
9. Online lecture
10. International Yoga day online and offline yoga lecture and Demonstration

**Consolidated report**

## A) Background-

Practiced in India since 5<sup>th</sup> century, Yoga has been beneficial in keeping the body and mind in sound health. A holistic approach, Yoga targets all the different systems of the body and mind.

On September 27, 2014, during his speech at the UN General Assembly, Prime Minister Narendra Modi put forth his suggestion for the occasion of 'Yoga Day'. The draft resolution proposed by India was then endorsed by a record 177 member states. The first International Day of Yoga was observed around the world on June 21, 2015.

With reference to direction of ministry of AYUSH, Government of India and Directorate of AYUSH, Maharashtra State, Mumbai, our institute organized various events to celebrate International Yoga Day.

## B) Programme details/ highlights-

Department of Swasthivritta and Yoga planned 7 day programme to celebrate International Yoga day.

Following events were conducted successfully

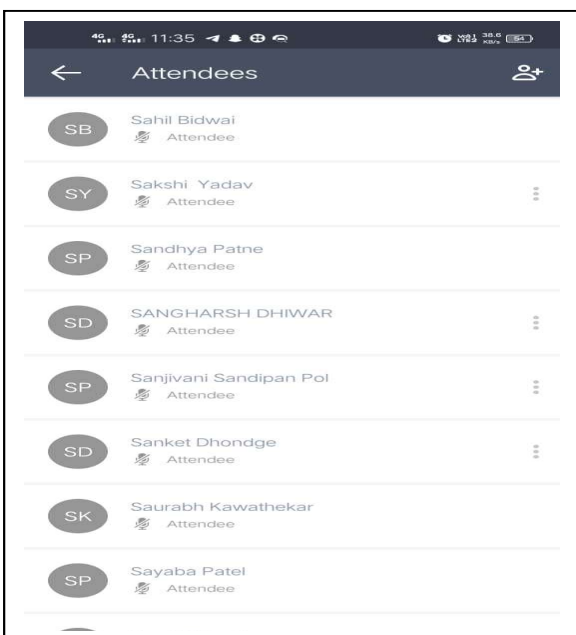
| Sr.no. | Name of Event                      | Date       | Details                                                                                                                            | No. of Participant | Pics. no |
|--------|------------------------------------|------------|------------------------------------------------------------------------------------------------------------------------------------|--------------------|----------|
| 1      | Social media<br>Yogasana challenge | 15/06/2021 | Online awareness campaign<br>Winners<br>1. Dhananjay Khanake<br>2. Ram Gayakwad<br>3. Bodabke Madhuree                             | 80                 | 1,2      |
| 2      | E- Slogan                          | 17/06/2021 | Online slogan competition<br>Winners<br>1. Jadhav Dnyaneshwari<br>Sakharam<br>2. Divya Anil Machwe<br>3. Sheetal Rajaram<br>Jadhav | 22                 | 3,4      |

|   |                      |                              |                                                                                                                                         |     |       |
|---|----------------------|------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|-----|-------|
| 3 | E- Poster            | 18/06/2021                   | Online poster Competition<br>(draw, scan and send)<br>Winners<br>1. Rohit Tapkir and group<br>2. Sayali Wakchaure<br>3. Nandini Chavhan | 33  | 5,6   |
| 4 | E- Essay             | 19/06/2021                   | Online essay competition<br>(write, scan and send)<br>Winner<br>1. Arati Kalr<br>2. Rutik Nagare<br>3. Pratik Kokate                    | 28  | 7,8   |
| 5 | quiz competition     | 19/06/2021                   | Offline quiz (MCQ)<br>Competition<br>Winners<br>1. Snehal Buhrade<br>2. Arati Sarak<br>3. Snehal Patil                                  | 40  | 9     |
| 6 | E Yogasana           | 19/06/2021                   | Online Yoga competition<br>(2 min yoga video shoot and send)<br>Winners<br>1. Shraddha Kare<br>2. Snehal Patil<br>3. Hrushikesh Jaware  | 16  | 11,12 |
| 7 | Yogasutra recitation | 19/06/2021                   | Offline Yogasutra Recitation<br>competition<br>Winners<br>1. Shivani Jondhale<br>2. Pritam Borse<br>3. Dnyaneshwar Bhale                | 55  | 10    |
| 8 | Rangoli              | 19/06/2021                   | Offline Rangoli competition<br>Winners<br>1. Akshada Gite<br>2. Pragati Barge<br>3. Shivanjali Bhavsar                                  | 16  | 13,14 |
| 9 | Online lecture       | 21/06/2021<br>11am - 12.30pm | Speaker- Dr. Vrushali Chhapekar (MD Ayu, MA Yoga)<br>Subject-Yoga and Ayurveda                                                          | 142 | 15,16 |

|    |                                                           |                                    |                                                                                                                         |          |             |
|----|-----------------------------------------------------------|------------------------------------|-------------------------------------------------------------------------------------------------------------------------|----------|-------------|
| 10 | International<br>Yoga day<br>Lecture and<br>Demonstration | 21/06/2021<br>07.00am -<br>09.00am | Speaker and Demonstrator-<br>Dr. Sunil Gandhe ( MD Ayu.<br>Fellow in Yoga)<br>Subject- Yoga – Principle and<br>Practice | 140+ 200 | 17,18,19,20 |
|----|-----------------------------------------------------------|------------------------------------|-------------------------------------------------------------------------------------------------------------------------|----------|-------------|

### C)Photographs / screenshots

Pic no.-1



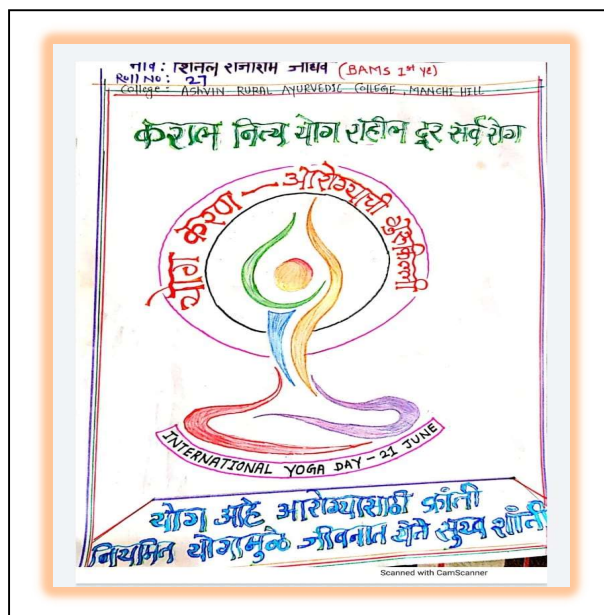
caption- attendee / participant screenshot

Pic no.-2



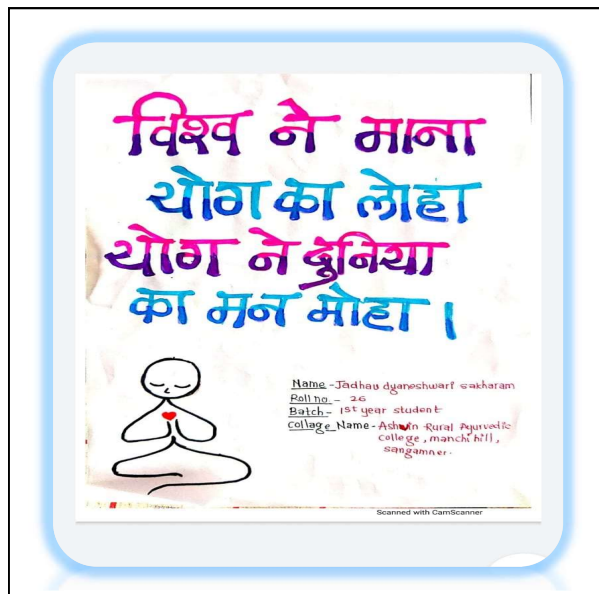
caption- attendee / participant screenshot

Pic no.-3



Caption- E slogan competition

Pic no.-4



Caption- E slogan competition

Pic no.-5



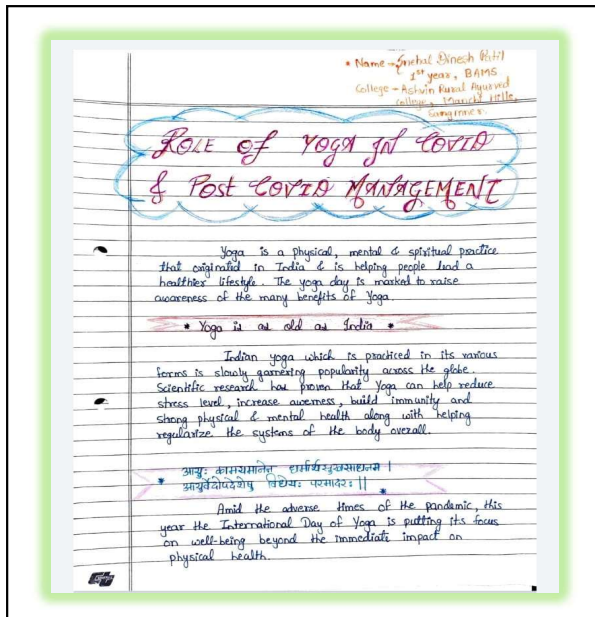
Caption- Poster inspection by Principal sir

Pic no.-6



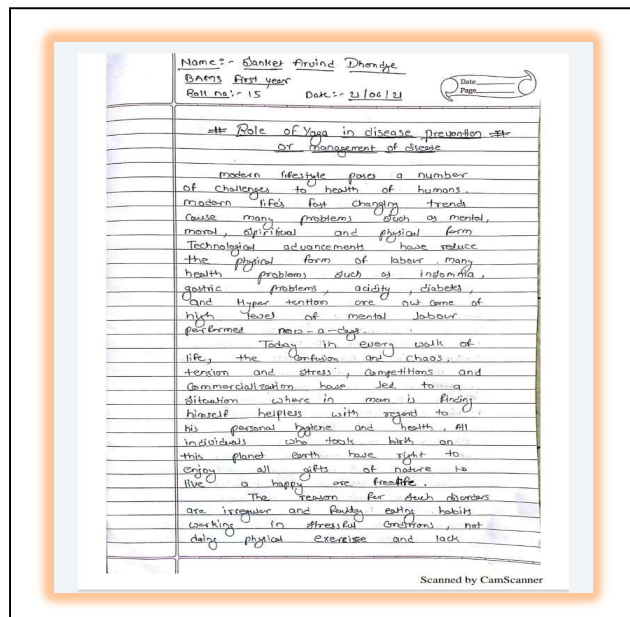
Caption- poster competition visitor

Pic no.-7



Caption- online essay competition pdf

Pic no.-8



caption- online essay competition pdf

Pic no.-9



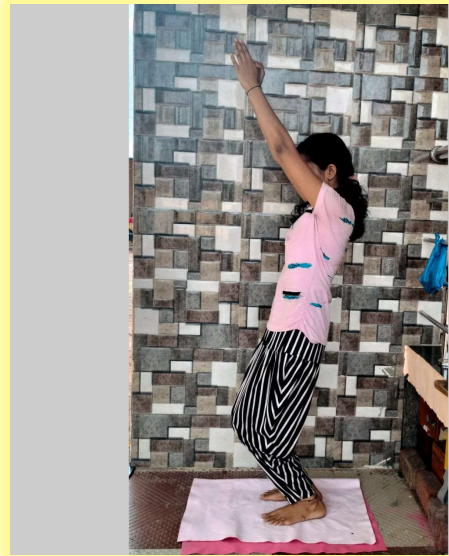
Caption- Offline quiz competition

Pic no.-10



Caption- Yogasutra Recitation competition

Pic no.-11



**Caption- E yogasana competition participant**

Pic no.-12



**Caption- E yogasana competition**

Pic no.-13



**Caption- Rangoli competition**

Pic no.-14



**Caption- Rangoli competition**

Pic no.-15



Caption- Online National seminar invitation

Pic no.-16



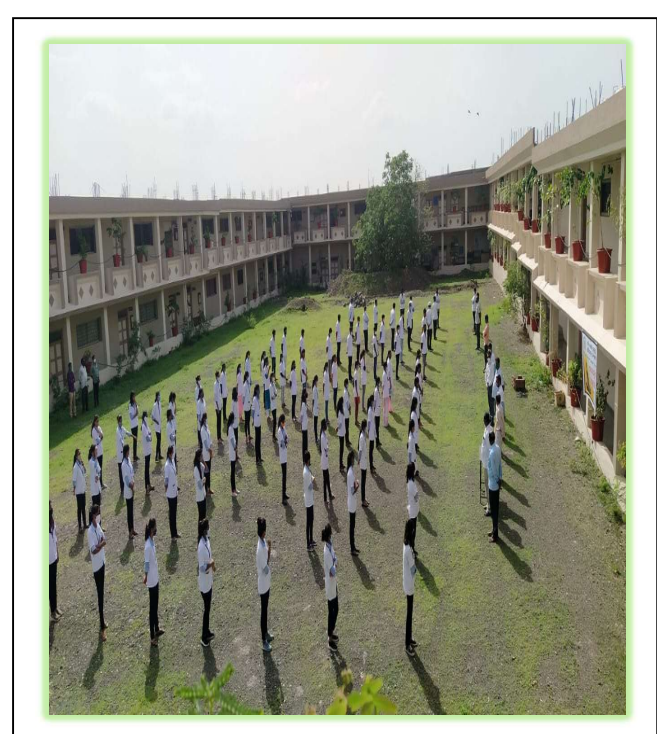
Caption- online lecture link

Pic no.-17



Caption- Yoga Demonstration on IYD

Pic no.-18



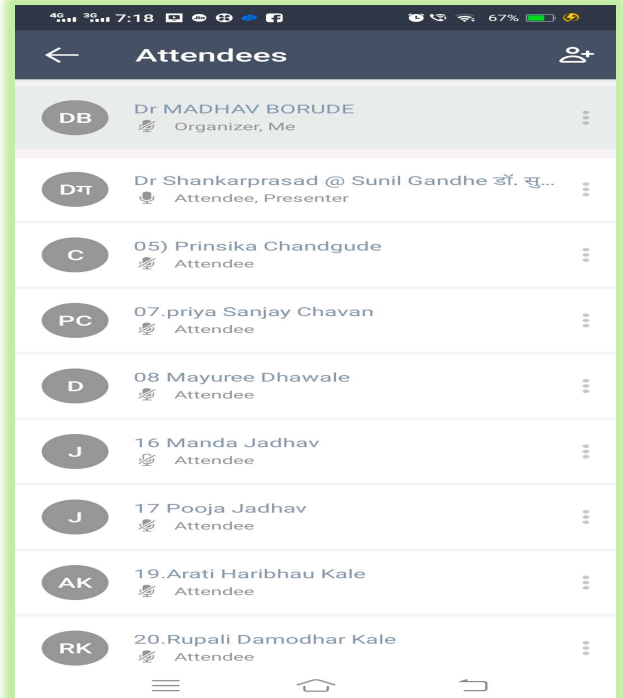
Caption- Yoga Demonstration on IYD

Pic no.-19



Caption- online yoga lecture & demo by Dr. sunil Gandhe sir

Pic no.-20



Caption- online Attendees