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
- International Yoga day online and offline yoga lecture and Demonstration
 Consolidated report

Practiced in India since 5th century, Yoga has been beneficial in keeping the body and mind in sound heath. 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 June21, 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 celebrates International Yoga Day.

B) Programme details/ highlights-

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

Following events was	conducted successfully
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Sr.no.	Name of Event	Date	Details	No. of Participant	Pics. no
1	Social media Yogasana challege	15/06/2021	Online awareness campaign Winners 1. Dhananjay Khanake 2. Ram Gayakwad 3. Bodabke Madhuree	80	1,2
2	E- Slogan	17/06/2021	Online slogan compitition Winners 1. Jadhav Dnyaneshwari Sakharam 2. Divya Anil Machwe 3. Sheetal Rajaram Jadhav	22	3,4

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

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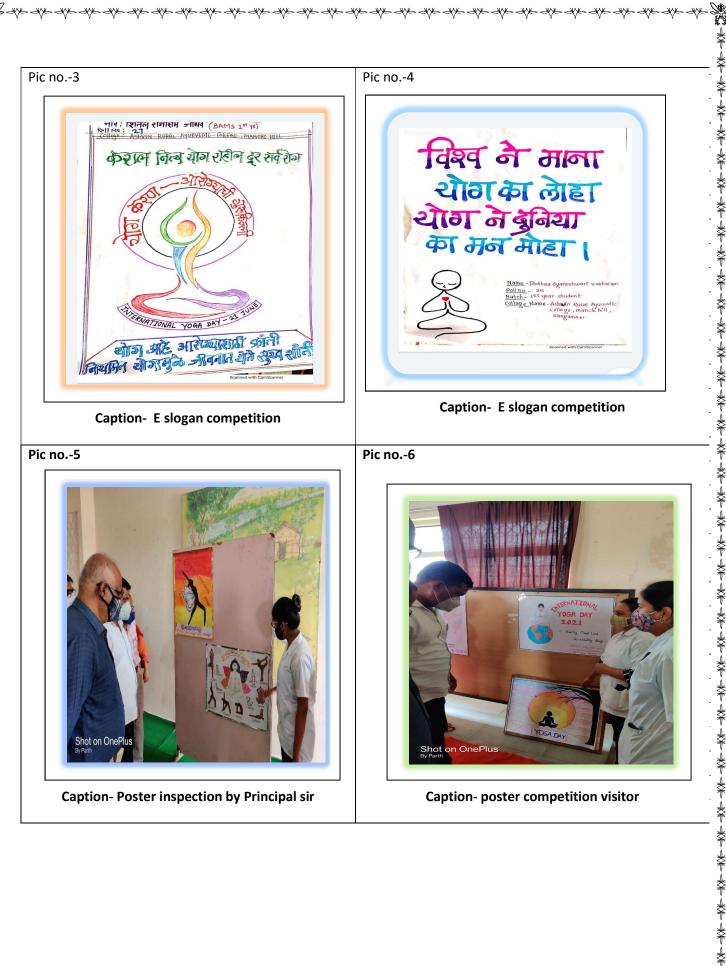
10	International	21/06/2021	Speaker and Demonstrator-	140+ 200	17,18,19,20
	Yoga day	07.00am -	Dr. Sunil Gandhe (MD Ayu.		
	Lecture and	09.00am	Fellow in Yoga)		
	Demonstration		Subject- Yoga – Principle and		
			Practice		

C)Photographs / screenshots

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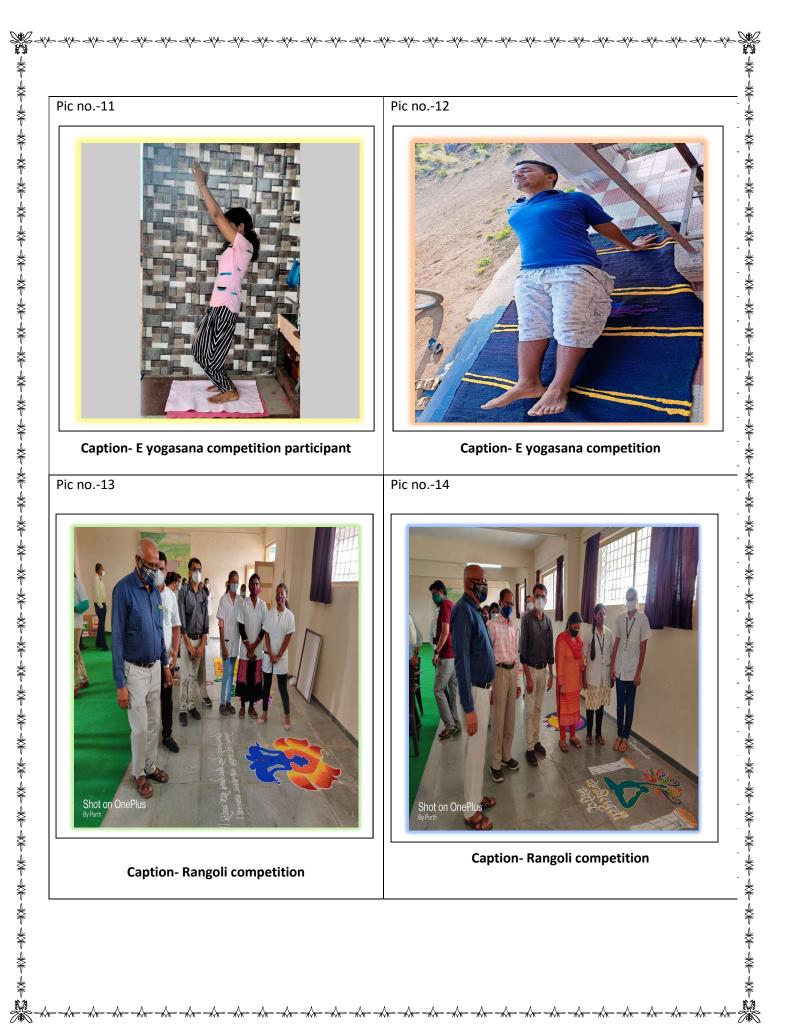
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← Attendees	ප්	~	Dr MADHAV BORUDE	é
SB Sahil Bidwai		DB	n Organizer, Me	
SY Sakshi Yadav Attendee	Ξ.	Dग	Dr Shankarprasad @ Sunil Ga Attendee, Presenter	andhe डॉ. सु
SP Sandhya Patne		С	05) Prinsika Chandgude 👼 Attendee	
SD SANGHARSH DHIV	/AR	PC	07.priya Sanjay Chavan 👰 Attendee	
Sapiiyani Sandinan	Pol	D	08 Mayuree Dhawale	
SP & Attendee		L	16 Manda Jadhav 👰 Attendee	
SD Sanket Dhondge	Ξ.		17 Pooja Jadhav 👰 Attendee	
SK Saurabh Kawatheka	ar	AK	19.Arati Haribhau Kale 👰 Attendee	
SP Sayaba Patel		RK	20.Rupali Damodhar Kale 👰 Attendee	
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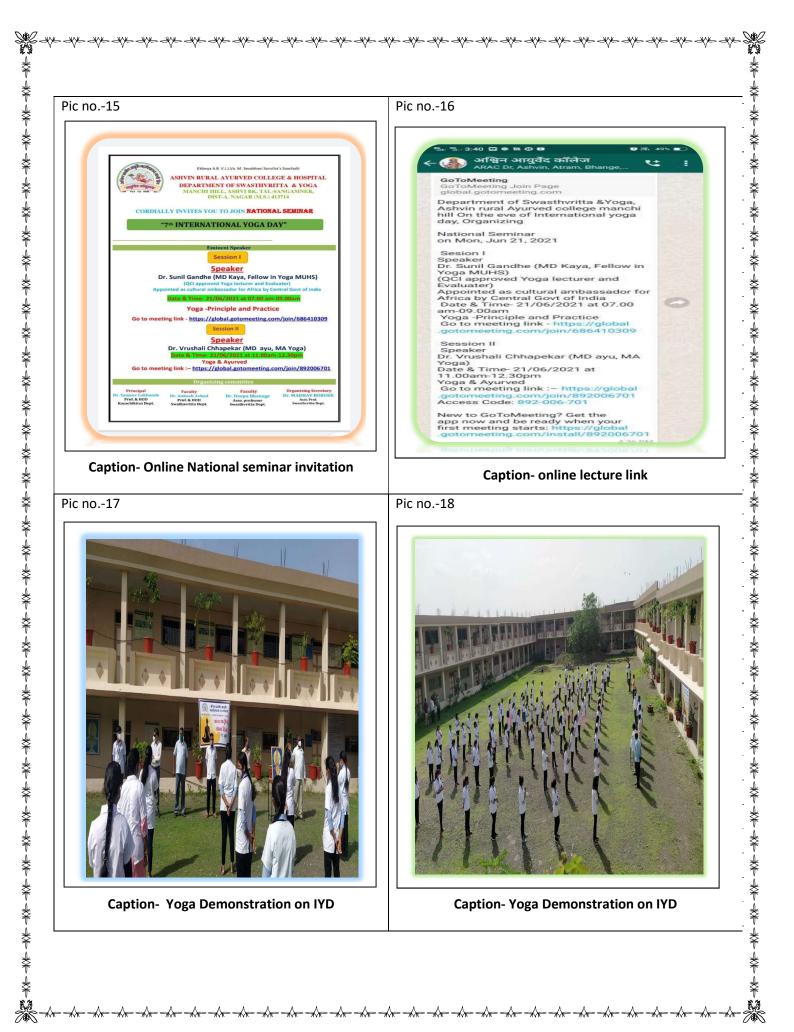
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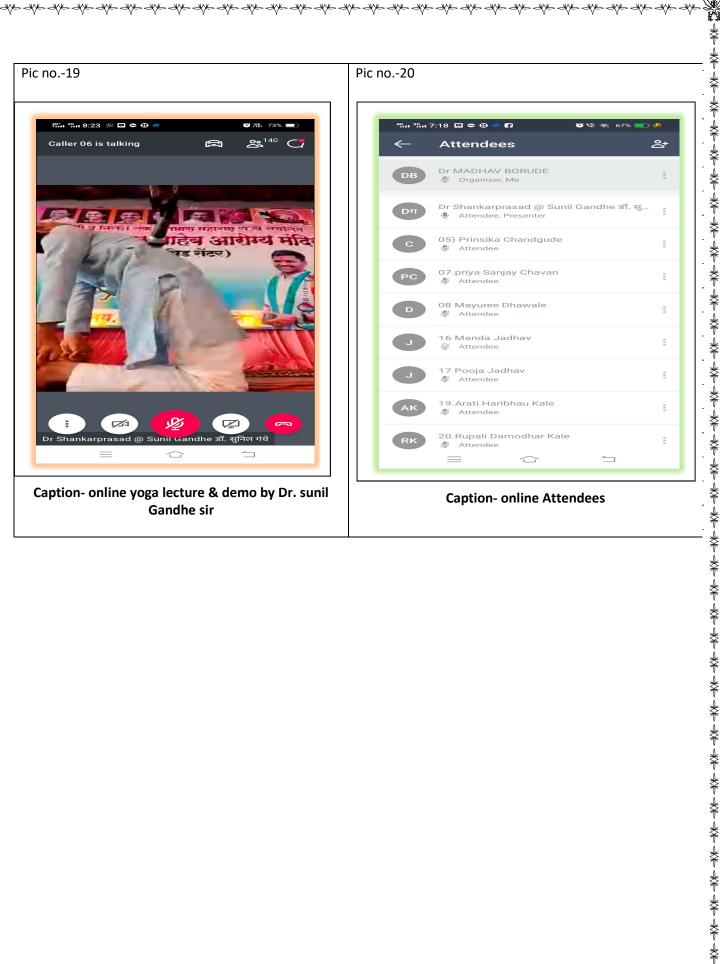


-4/4-Pic no.-7 Pic no.-8 * Name - Inchal Dinesh Ratil 1st year, BAMS College - Astroin Rural Augured College - Manual Augured Name :- Banket Arvind Dhonge BAMS First year Page. Date = - 21/06/21 =## Role of Yaga in disease prevention =## or management of disease ROLE of YOGH IN COVID modern lifestyte pars a number of challoges to health of humons. Tradern lifes fut charging trend Gauss many problems dien as realist marel, spiritikal and fysilal firm Technological advancement have realist the physical form of labour many health problems dien al indonthal, gastric problems acidity diabets, and hyper tention are no work one hyper termet people. & Post COVID MANAGEMENT Yoga is a physical, mental & spiritual positive that originated in Todia & is before people land a healthier lifestife. The yoga day is marked to raise accorreses of the many benefits of Yoga. * Yoga is as ald as India * high Te Today in every wolk of the onfwion and chaos, Totion yoga which is practiced in its various. Forms is slowly garnering popularity across the globe. Scientific research has proven that yoga can help reduce stress level, increase governess, wild immunity and schoog physical & mental health along with helping regularize the systems of the body overall. life, The tension and chaos, in tension a stress, canged these and demonscialization have led to a distantion cahere in more in finding himself helpfus with more to a this parson bythese and have an this parson bythese and the stress the parson bythese and the distants filter a large are firstly and distants are irregular and fields, early doubles are irregular and fields. ange annumber enforzation i snathing fibur cantars [] And the abarse threes of the products, this on well-bring beyond the transcalate impact on physical health. -Scanned by CamScanne caption- online essay competition pdf Caption- online essay competition pdf Pic no.-10 Pic no.-9 Shot on OnePlus **Caption- Yogasutra Recitation competition Caption- Offline quiz competition**

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