

Sant Dnyaneshwar Shikshan Sanstha, Islampur's

**HON. SHRI. ANNASAHEB DANGE AYURVED MEDICAL COLLEGE,  
ASHTA**

**NAME OF DEPARTMENT:-** *Swastha NSS & Yoga* **YEAR:-** 2019-20

**EVENT / ACTIVITY REPORT**

Title of Event / Activity:- YOGA DAY


Objectives of event / activity:- Activities on yoga day.


Description:-

Sr no	Activities	Particip ant students
1.	On the background of International yoga Day ☐☐ *NSS unit Hon shree Annasaheb Dange ayurvedic medical College ashta. college has organized Facebook live yoga training session Conducted from 18 to 21st June 2020. <a href="https://www.facebook.com/nss.adamc.3">https://www.facebook.com/nss.adamc.3</a>	50
2.	NSS program officer and volunteers spreading awareness of importance of yoga on Social media through Digital cards and videos made by them by staying at home and following rules of lockdown:	04
3.	Importance of yoga in covid-19	50
4.	Topic: International yoga day celebration- Yoga from home and Yoga with family Time: Jun 21, 2020 07:00 AM	67
5.	Actively students taken part in different competition and own the awards (Achievements)	11

List of documents attached:- (mark if available)

1. Photos of event

  
Programme Officer,  
NSS Cell  
A.D.A.M.C., Ashta

  
PRINCIPAL  
Shri. Annasaheb Dange Ayurved Medical  
College, Ashta, Tal. Walwa, Dist. Sangli

INTERNATIONAL DAY OF  
**yoga**



BREATHE. STRETCH. STAY HEALTHY.

# YOGA DAY



ENJOY FREE YOGA SESSIONS ON  
INTERNATIONAL DAY OF YOGA!

JUNE 18-21, 2020

TIME-6.15 - 7.15 AM

YOGA TEACHER, NSS CADET



NSS WING - ADAMC, UG&PG  
INSTITUTE AND RESEARCH  
CENTER, ASHTA, TAL. WALWA, DIST.-  
SANGLI



*SSH*  
Programme Officer,  
NSS Cell  
A.D.A.M.C., Ashta





7:39 4G LTE



**YOGA @ HOME**

YogaTrainer - Chandrakant kamble

21 JUNE TIME - 7 - 8 AM

zoom ID - 753 0339 4550 P - 2GajAP

Dr. Shital Patil

NSS WING  
ADAMC UG4 PG  
INSTITUTE, RESEARCH  
CENTER, ASHTA, SANDLI

711 1133 7400

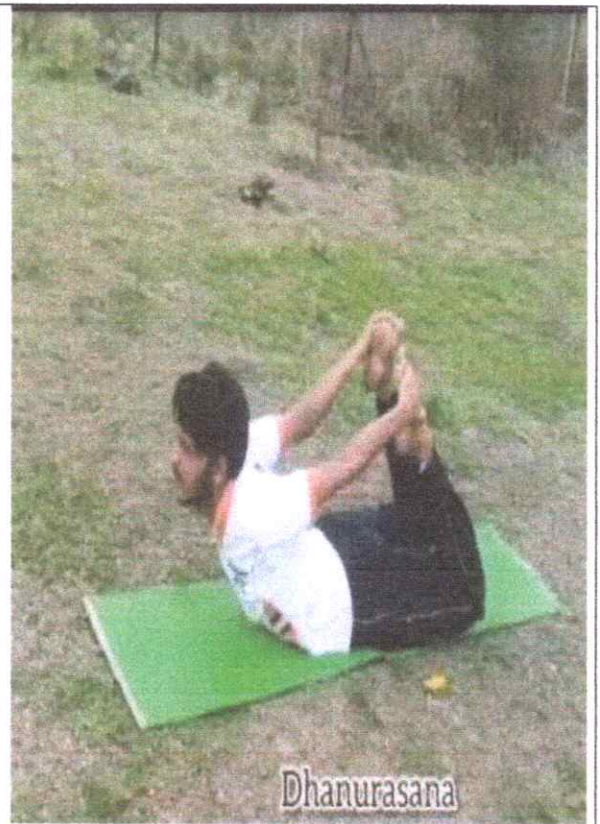
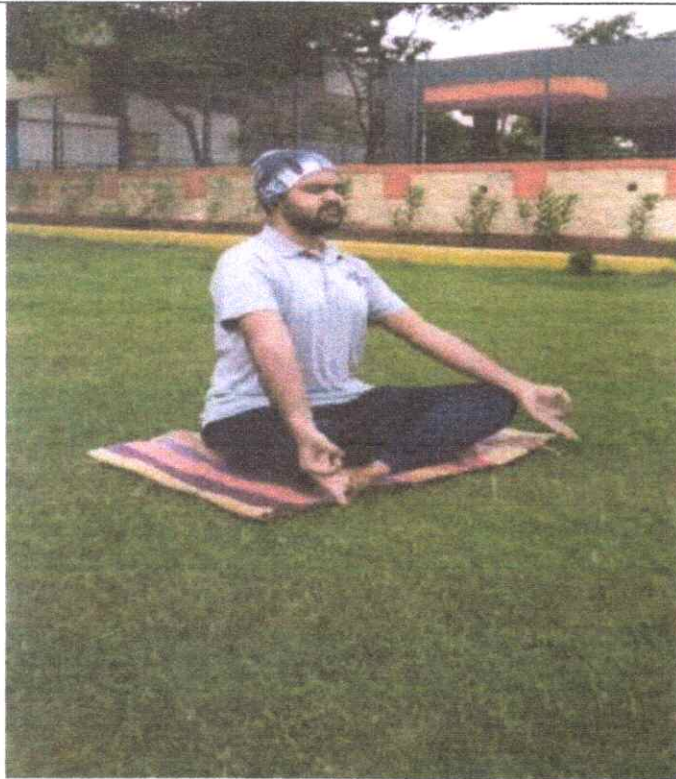
Ashwini Lavate

Dr. Vedashri Kalavade

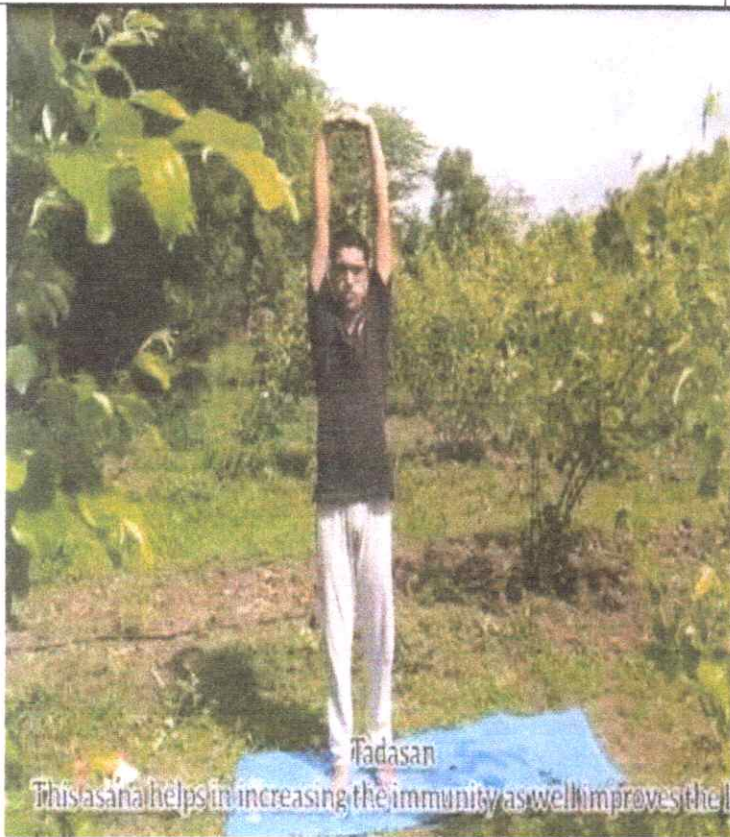
*SPH*  
Programme Office  
NSS Cell  
A.D.A.M.C. Ashta





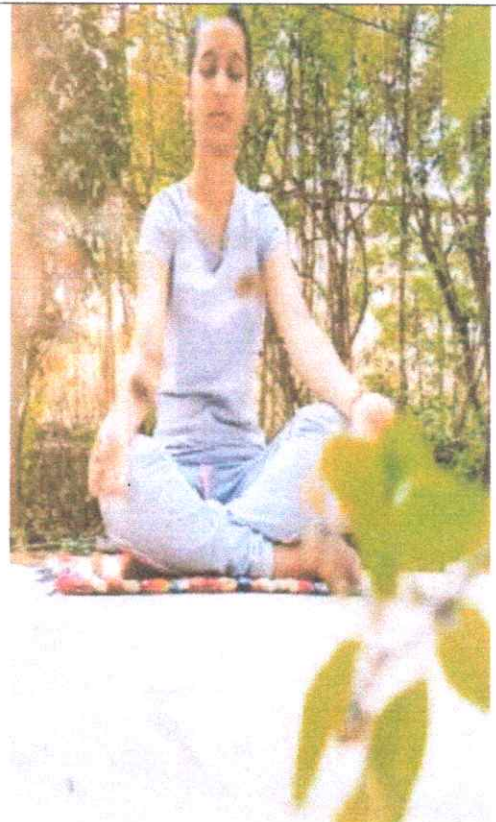


Dhanurasana



Tadasana

This asana helps in increasing the immunity as well improves the



*esd*  
Programme Office  
NSS Cell  
A.D.A.M.C., Aante







INTERNATIONAL DAY OF  
**yoga**

ON INTERNATIONAL YOGA DAY  
WE INVITES YOU TO

# YOGA @ HOME

Step on the mat, breathe, and rediscover  
your flow.

**YogaTrainer - Chandrakant kamble**

21 JUNE TIME - 7 - 8 AM



**zoom**

ID - 753 0339 4550  
P - 2GajAP



**NSS WING**

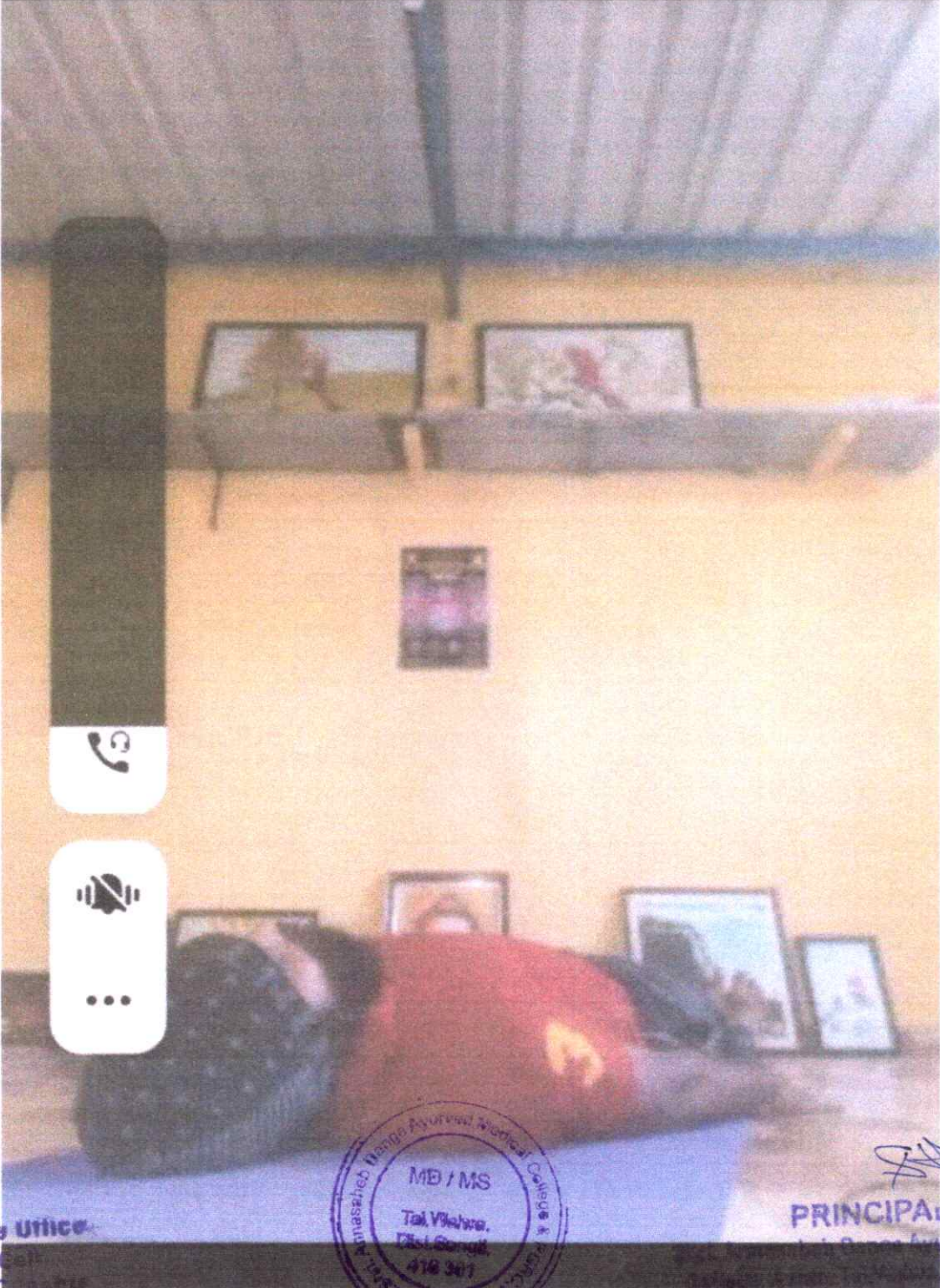
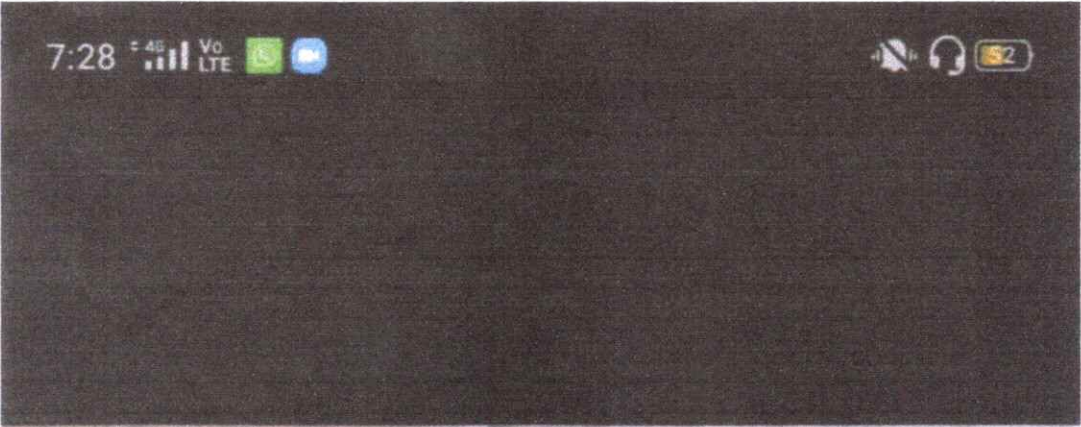
ADAMC, UG & PG  
INSTITUTE, REASERCH  
CENTER, ASHTA, SANGLI



*Signature*  
Programme Office  
NSS Cell  
A.D A.M.C., Ashta







*Sg/H*  
Programme Office  
NSS  
& DAMC



*[Signature]*  
PRINCIPAL  
Maharashtra Institute of Ayurvedic Medical  
Dist. Sangli

**HON. SHRI. ANNASAHB DANGE AYURVED MEDICAL COLLEGE, ASHTA**

**Online Action Plan of 6<sup>th</sup> International Yoga Day 2020**

Sr.No.	Competition/Events	Date
1	Inauguration	16/06/2020
2	Yoga Workshop for students & Patients	17/06/2020
3	Online Yoga Training	18/06/2020
3	Guest lecture	20/06/2020
4	Poster Presentation competition	20/06/2020
5	Celebration of Yoga Day	21/06/2020

*Ashta*

Swasthvirya Dept.  
Hon. Shri. Annasaheb Dange  
Ayurved Medical College Ashta



*Ashta*


**PRINCIPAL**

Hon. Shri. Annasaheb Dange Ayurved Medical  
College, Ashta, Tal. Waiwa, Dist. Sangli



## Report of 6<sup>th</sup> International Yoga Day 2020

- 1) Inauguration of Yog Saptah was done on 16/06/2020 at 08:00 a.m. and decided to take daily online Yoga Sessions by our Yoga Teacher Mr. Sushant Ghorpade for 15 days on Zoom app.
- 2) Yoga Workshop for students & Patients was arranged and conducted by Dr. Ashwini Khot on 17/06/2020 online on Zoom app.
- 3) On day 18/06/2020, our college had organized Facebook live Yoga Training Sessions from 18/06/2020 to 21/06/2020.
- 4) On day 20/06/2020 online Guest Lecture was arranged, Very Informative Lecture on Yoga was given by our guest Mr. Chandrakant Kamble, Yoga Expert online on Zoom app.
- 5) On day 20/06/2020, we conducted online competition for Poster Presentation in which 11 students were participated out of that 5 best posters were selected.
- 6) On the International Yoga Day 21/06/2020, we were celebrated Online Yoga Day at 7:00 am on Zoom app. Following events had been performed under guidance of yoga experts on 21/06/2020,
  - i. Yoga preyer
  - ii. Loosening practices
  - iii. Yoga Demonstration of various Asanas
  - iv. Pranayama
  - v. Dhyana
  - vi. Omkar Sadhana

  
Swasthivitta Dept.  
Hon. S. D. Dange  
Ayurveda College, Ashta

  
**PRINCIPAL**  
Sri. Amasaheb Dange Ayurved Medical  
College, Ashta, Tal. Waiwa, Dist. Sangli



## A. Prize Winners of Poster Presentation:

- i. 1<sup>st</sup> prize - Miss.Jadhav Shruti
- ii. 2<sup>nd</sup> prize - Miss.Shivani Sawant
- iii. 3<sup>rd</sup> prize - Miss.Vaishnvi shinde
- iv. 4<sup>th</sup> prize - Miss. Sawant Ritu
- v. 5<sup>th</sup> prize - Miss. Dhaygude Aarti



Swasthvirita Dept.  
Hon.shri. Annasaheb Dange  
Ayurved Medical College Ashta



**PRINCIPAL**  
Sri. Annasaheb Dange Ayurved Medical  
College, Ashta, Tal. Naiwa, Dist.Sangli

**6<sup>th</sup> Internatinal Yoga day, 2020**

**Posters submitted Online for  
poster competition**

**Dated -20/06/2020**



# आंतरराष्ट्रीय योग दिवस

२१ जून २०२०

आयुर्वेद :-

आत्मेन्द्रियमनोऽर्शोना सन्निकर्षात् प्रवर्तते ।

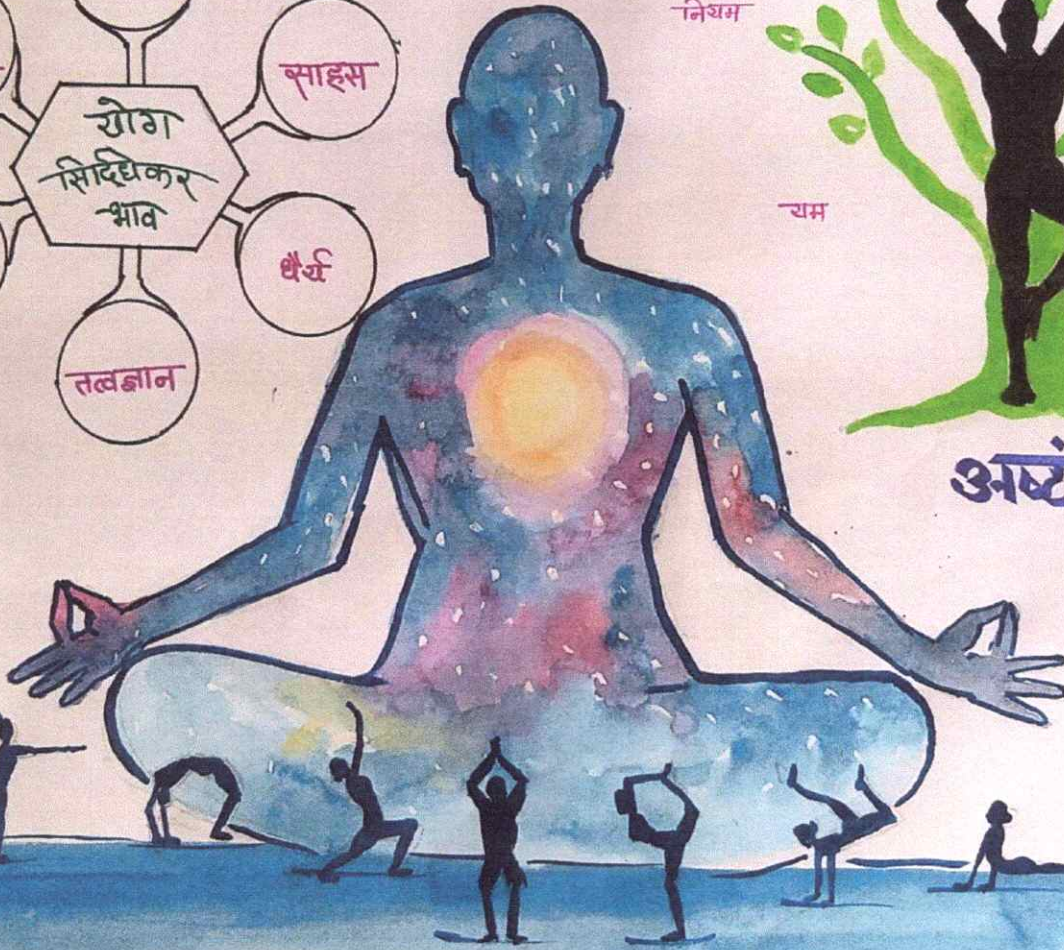
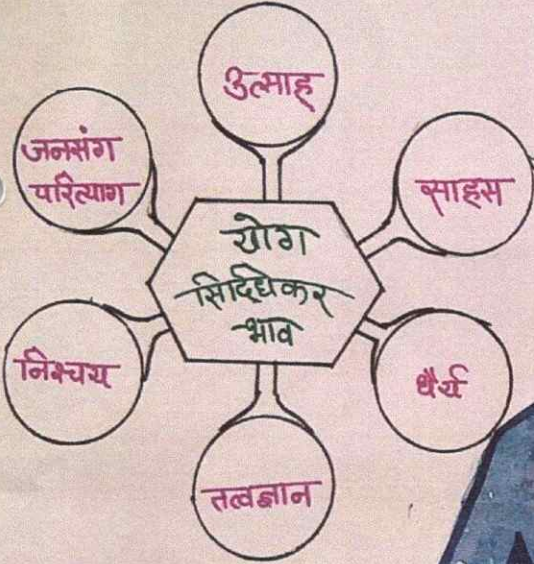
सुखदुःखमनारम्भादात्मस्ये मनसि स्थिरे ॥

निवर्तते तदुभवं वशित्वं चोपनायते ।

असरीरस्य योगज्ञास्तं योगमृष्योविदुः ॥

च. सा. १/१३८ - १३९

हठयोगा प्रदिपिकाकारानुसार:-



प्रत्याहार  
धारणा  
ध्यान  
समाधी  
चम  
नियम  
आसन  
प्राणायाम

अष्टांग योग

नाव :- जाधव श्रुती संजय  
बी.ए.एम.एस. ३<sup>०</sup> वर्ष





# INTERNATIONAL

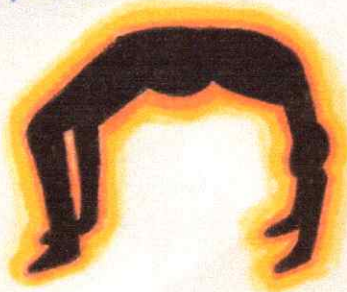
# YOGA

## DAY 21<sup>st</sup> JUNE 2020

“युज्यते अनेन इति योगः।”

Yuj means joining. It is joining of the Individual Self (जीवात्मा) with the Universal Self (परमात्मा)

चक्रासन



झुजंगासन



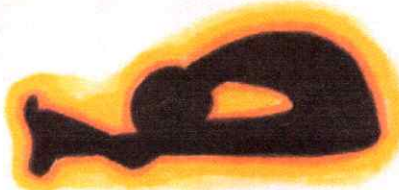
वृक्षासन



ताडासन



पश्चिमोत्तनासन



त्रिकोणासन

“योगः चित्तवृत्ति निरोधः।”

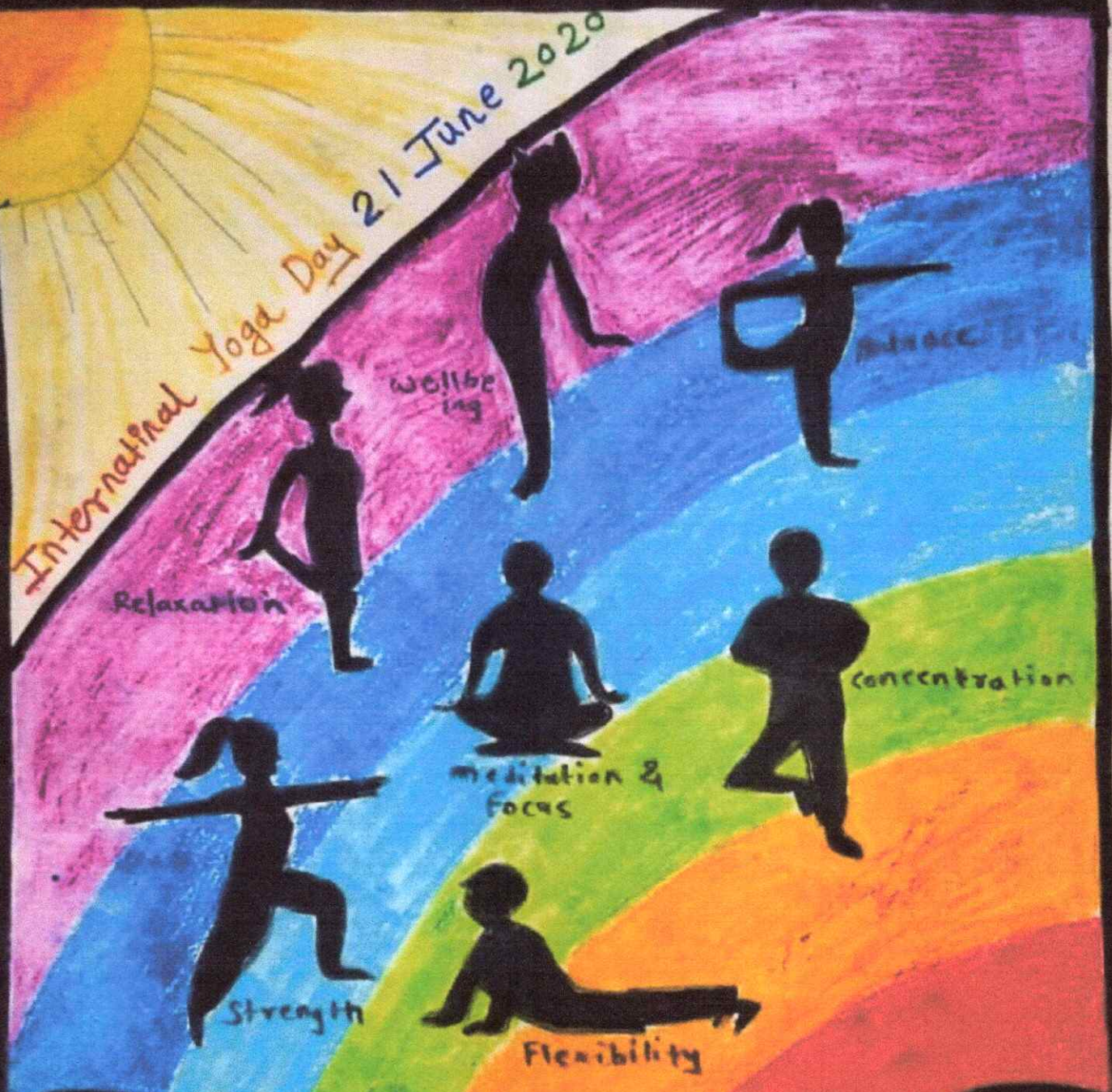
Yoga is a technique of mind control

SHIVANI SAWANT  
III<sup>rd</sup> yr BAMS





International Yoga Day 21 June 2020



Body  
 increases circula<sup>n</sup>  
 Helps in digestion  
 Helps to remove  
 toxins, improve  
 joints mobility,  
 Better Breathing.

Why Yoga?  
Mind  
 Reduction of stress  
 improve concentra<sup>n</sup>  
 helps mind to  
 focus.

Soul  
 Encourages  
 Balance, ins -  
 pires creativity  
 Postures & Great  
 nwork increases  
 confidence.

Vaishnavi Shinde 3rd 1st batch





# योगः कर्मसु कौशल्यम् ।

## अष्टांग योग

“यमनियमासन प्राणायम प्रत्याहारः  
धारणाध्यान समाधयोऽष्टांगवद्गानिः।”

## योग लाभः :-

- शरीर स्थैर्य
- चित्तप्रसन्नता
- जाठराग्निवर्धक
- लवचिकता
- स्थौल्यनाशक
- मन स्वास्थ्यकर

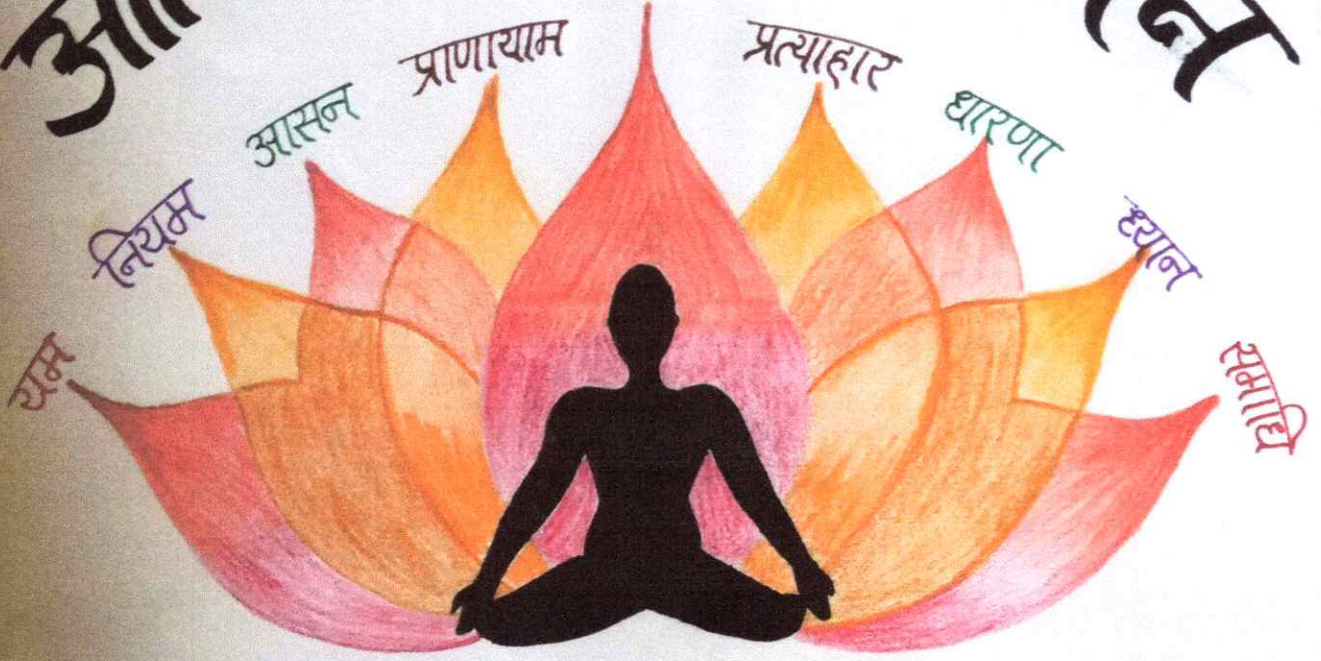


Ritu R Sawant  
3rd year  
BAMS





# आंतरराष्ट्रीय योग दिवस



योगः  
कर्मसु कौशलम्

NAME :- Arati Dattatraya Dhayagude  
BAMS 3<sup>rd</sup> Year





अंतर्राष्ट्रीय योग दिवस



॥ योगेन चित्तस्य पदेन वाचां  
मलं शरीरस्य च वैद्यकेन ।  
योऽपरोक्तं प्रवरं मुनीनां  
पतञ्जलिं प्राञ्जलिबान्तोऽस्मि ॥ ॥

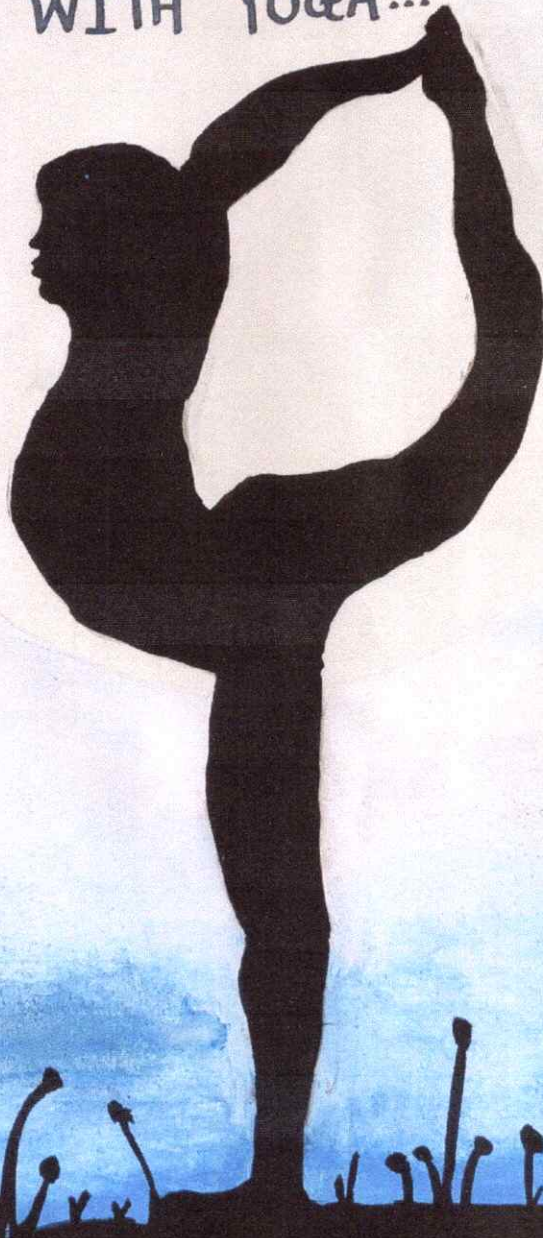


3<sup>rd</sup> YEAR BAMS  
Shivani Ramchandra Waghmare



योगः  
कर्मसु  
कौशलम्।

STAY FIT  
WITH YOGA...



Name :- Pratiksha Bhosale



Roll No:- 07  
BAMS 3<sup>rd</sup> Year

Name : -Shital Appasaheb Gadade-



## YOGA

- " Yoga is dance between control and surrender "
- " Inhale the future , Exhale the past "
- " Peace begins with a smile "
- " Here and now is where Yoga begin "
- " No matter how old. How sick or out of shape you are  
You still can have a new beginning with Yoga "
- " YOGA ADDS YEARS TO YOU LIFE  
AND LIFE TO YOUR YEARS "





# जागतिक योग दिन

२१ जून २०२०



योग मनुष्य के शरीर,  
मन और आत्मा को  
उर्जा, ताकत और सौंदर्य  
प्रदान करता है।

योग दिवस की शुभकामना।



नाझिया शब्बीर मुल्ला  
BAMS 3rd Year



ध्यान म्हणजे  
स्वतःच्या मनाला  
परत आणणे.



योग असे  
जेथे, आरोग्य  
वसे तेथे.

२१ जून आंतरराष्ट्रीय योग दिवस - २०२०



युवराज भारत काळे

BAMS III Year

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## History of Yoga.

• Thought to have been in existence for 5000 years.

• Focuses of 8 limbs.

1. Yama - restraint.

2. Niyamas - Purity and observance.

3. Asanas - Steady Poses.

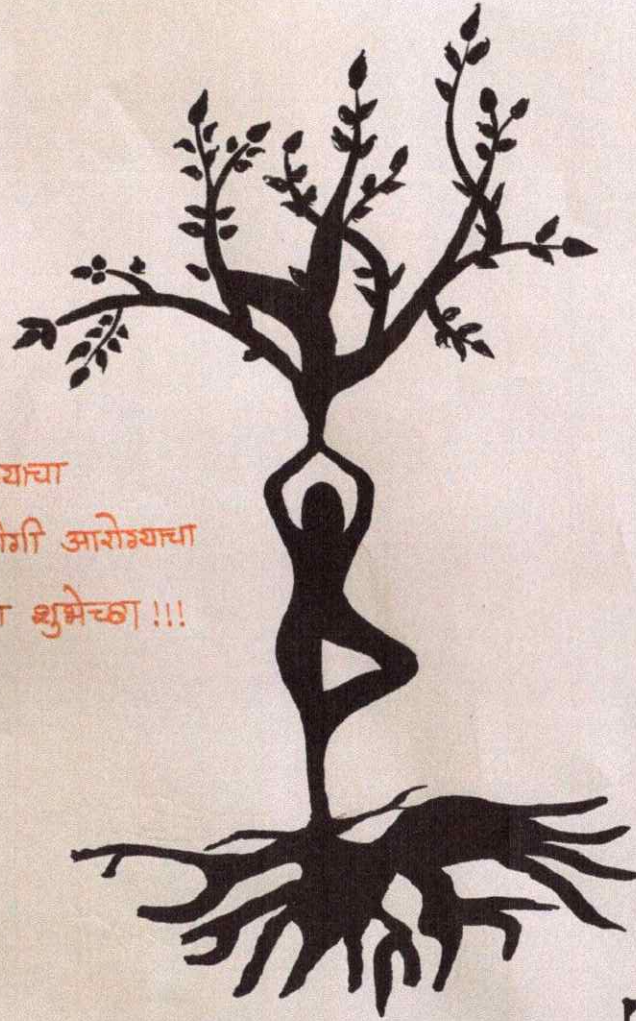
4. Pranayama - control of breath & energy.

5. Pratyahara - preparation for meditation.

6. Dharana - control of the mind.

7. Dhyana - Meditation.

8. Samadhi - The superconscious state.



निर्धारित नियमित योग कर्षणच्या  
आजपासून जपा मंत्र निरोगी आरोग्याचा  
आंतरराष्ट्रीय योग दिनाच्या शुभेच्छा!!!

योग  
दिनाच्या  
शुभेच्छा!!!



आसावरी मधुकर वनसाठे.  
3<sup>rd</sup> year B.A.M.S