



Prakash Shikshan Mandal's  
LOKNETE RAJARAMBAPU PATIL AYURVEDIC MEDICAL COLLEGE,  
HOSPITAL, P.G.INSTITUTE AND RESEARCH CENTER, ISLAMPUR

NAME OF DEPARTMENT/COMMITTEE- SWASTHAVRITTA DEPT&NSS  
COMMITTEE

ACADEMIC YEAR: 2020-21

## EVENT / ACTIVITY REPORT

Title of Event / Activity: **International Yoga Day 21**

Date: 21 June 21

Time: 11am

Event Image:



Prakash Shikshan Mandal's  
**LOKNETE RAJARAMBAPU PATIL**  
AYURVEDIC MEDICAL COLLEGE, HOSPITAL,  
P.G.INSTITUTE AND RESEARCH CENTER, ISLAMPUR  
DIST-SANGLI (MAHARASHTRA) INDIA





**Hon. Nishikant Bhosale-Patil (Dada)**  
Founder, Prakash Shikshan Mandal

**DEPARTMENT OF SWASTHAVRITTA & YOGA**  
PRESENTS  
**INTERNATIONAL WEBINAR ON**  
**YOGA**

**Date 21/ 06/2021 Time: 12.00 pm to 2.00 pm (IST)**

Sr. No	Name of Speaker	Time (IST)	Topic
1	<b>Dr.Nikhila B. Hiremath</b> Professor at Sri Sri College of Ayurvedic Science & Research, Bengaluru, India	12pm to 1pm	Application of principles of Yoga in health & wellbeing
2	<b>Karin Furtmeier</b> Yoga & Spiritual teacher, Managing Director of Yoga & therapy Center Munich, Germany	1pm to 2pm	Karma Yoga Life is a karmic dance

**Organizing Committee (Dept. of SWASTHAVRITTA & YOGA )**

Organizing Secretary <b>Dr. Rahul Nakil</b> Prof. & H.O.D.	Organizing Coordinator <b>Dr. Nitin Jathar</b> Prof.	Organizing Co-Coordinator <b>Dr.Shweta Nakil</b> Asso. Prof.	Organizing Co-Coordinator <b>Dr. Kuldeep Chile</b> Asso. Prof.	Organizing Co-Coordinator <b>Dr.Indrajit Patil</b> Assi. Prof.
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**Contact 9860756724, 9049707080, 9822287051**  
**Note — Registration Free**  
E-Certificate will be sent to all Registered Participants Email Id after Submitting Feedback Form

<b>Mr. Sandip Yadav</b> Director P.S.M.	<b>Dr. Houserao Patil</b> Ph.D Director	<b>Dr. Vishal Patil</b> Hospital Incharge	<b>Dr. Pramod Kanap</b> P.G. Director	<b>Dr. Ranjit Mohite</b> Vice Principal	<b>Dr. Veerendra Meenkire</b> Dean
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**JOIN US LIVE ON**  <https://us02web.zoom.us/j/87600790020?pwd=bng0T2V3NlFYbTlzMnc0clAvWHdvUT09>  <https://youtu.be/8YGpiv8sXZU>



Prakash Shikshan Mandal's  
**LOKNETE RAJARAMBAPU PATIL**  
 AYURVEDIC MEDICAL COLLEGE, HOSPITAL,  
 P.G.INSTITUTE AND RESEARCH CENTER, ISLAMPUR



Islampur - Sangli Road, Islampur, Tal Walwa, Dist Sangli (MAHARASHTRA)  
 INDIA 415 409 Ph.: 02342-661212 To 661224 Fax: 661212



Be with Yoga,  
 Be at home

## DEPT. OF SWASTHAVRITTA & YOGA & NSS UNIT

Live Yoga Session on YouTube  
 On Occasion of

## 7<sup>th</sup> INTERNATIONAL YOGA DAY

with  
**DR. RAHUL B. NAKIL**  
 and  
 Yoga Teacher  
**MR. SHASHIKANT MANE**



**YOUTUBE LIVE ON**  
**MONDAY 21ST JUNE 2021**  
**7AM TO 8AM**

JOIN US LIVE ON YouTube <https://youtu.be/H1odHy3QecY>



महाराष्ट्र शासन

महाराष्ट्र शासन

आयुष मंत्रालय, नवी दिल्ली

वैद्यकीय शिक्षण व औषधी द्रव्ये विभाग, महाराष्ट्र शासन

वैद्यकीय संचालनालय, आयुष महाराष्ट्र राज्य यांच्या संयुक्त विद्यमाने



# आंतरराष्ट्रीय योग दिन



सोमवार दिनांक २१ जून २०२१

Theme - "Be with Yoga, Be at Home"



आयोजक : L.R.P. आयुर्वेदिक मेडीकल कॉलेज, हॉस्पिटल, P.G. इन्स्टिट्यूट ऑफ रिसर्च सेंटर, इस्लामपूर.



श्री. नरेंद्रजी मोदी  
 मा. पंतप्रधान, भारत सरकार



श्री. उद्धवजी ठाकरे  
 मा. मुख्यमंत्री महाराष्ट्र राज्य



श्री. अजितजी पवार  
 मा. उपमुख्यमंत्री महाराष्ट्र राज्य



श्री. अमितजी देशमुख  
 मा. मंत्री, वैद्यकीय शिक्षण, महाराष्ट्र राज्य



श्री. राजेंद्रजी पाटील यडवाकर  
 मा. राज्यमंत्री, वैद्यकीय शिक्षण, महाराष्ट्र राज्य

Yoga for Harmony & Peace







### INTERNATIONAL WEBINAR ON YOGA

360 views · Streamed 7 hours ago



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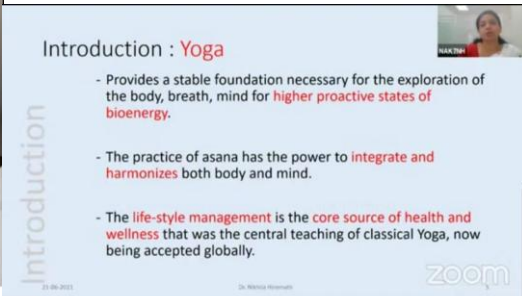
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### LIVE YOGA SESSION ON THE OCCASION OF INTERNATIONAL YOGA DAY 2021

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drTejashr ... ryawanshi

## HOLISTIC APPROACH OF YOGA IN COVID-19

आचार्य च.चि. 01/04/35

सबबुद्धि पालन च.सू.8

- वैयक्तिक
- सामाजिक
- मानसिक
- धार्मिक

विचार पा.यो. 42/29

अष्टांग योग

यम, प्रत्याहार, नियम, धारणा, आसन, ध्यान, प्राणायाम, समाधी

जनपदोर्ध्वस

दूषित वायु, दूषित जल, दूषित देश, दूषित काल

अधर्म, शस्त्रप्रभाव, रक्षोगण, अभिशाप

**Yoga In Covid -19**

आचार्य, विचार, आहार, विहार

- Attainment of perfect equilibrium & Harmony
- Promotes self healing
- Remove negative blocks from the mind & toxin from the body
- Enhance personal power body
- Impress self awareness
- Helps with attention focus & concentration
- Reduces stress & tension in physical body

आहार

- Proteins
- Fruit
- Vegetables
- Fat
- Carbohydrates

विहार

Music therapy:  
Productive engagement

- Family talks
- Communication with Friends
- Social Activity
- Hobbies

अहिंसा, सत्य, धर्म, अपरिग्रह, अस्तेय, ब्रह्मचर्य, संतोष, शौच, नियम, तप, ईश्वरपूजा, स्वाध्याय

प्रत्याहार, इन्द्रिय संयम प्राप्ति

धारणा, मन एकाग्रता

ध्यान, मन एकाग्र ठिकाणी केंद्रीत करणे

समाधी, सर्व वृत्ती निरोध

Presented By : Dr. Tejashri R. Suryawanshi 1<sup>st</sup> P.G., K.C. Guided By : Dr. Sonal Shah H.O.D. K.C. Dept. Dr. Amit Chingale Prof. K.C. Dept.

LRP Ayurvedic Medical College, Hospital, P.G. Institute & Research Center Islampur



3:19

4G 61%



**Rohit Yamgar**

**#BeWithYogaBeAtHome**

**#YogaForHealth**

**#YogaForAll**

**#IYD2021**

**\*#YOGASANA CHALLENGE\***

**Rushikesh Bhilare**

**Prathmesh Salokhe — at Banpuri, Maharashtra, India.**

7 MINUTES AGO



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PDF Slogans b ... rfect.PDF

## Slogans

- 1) Nearer to the yoga, nearer to the health.
- 2) If you want health, try yoga for wealth.
- 3) जर नियमित कराल योग,  
बनाल तुम्ही सहट आणि निरोग.
- 4) Yoga is for you, from you, with you.
- 5) yoga not only makes physical fitness,  
It is also ocean of mental fitness.

- Sanket Shivajirao Ghule

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## YOGA AND HEALTH

What is YOGA?

- Yoga is an ancient science originated in India. Sage 'Patanjali' codified the yoga in the 'Eight Limbs'. They are:

1. Yama (Self-discipline),
2. Niyama (Social-discipline),
3. Asana (Yogic Postures),
4. Pranayama (Breathing technique),
5. Pratyahara (Sense-withdrawal),
6. Dharana (concentration),
7. Dhyana (Meditation) and
8. Samadhi (merging individual consciousness with universal consciousness).

The literal meaning of YOGA is "UNION, TO UNITE, JOIN TOGETHER."

Also, in classical texts yoga is described as:- "युजते अतए इति योगः ॥"

That which unites atma with paramatma is known as 'YOG'.

Also 'Shatkarma's' regular practice leads to purification of body. They are Dhauti, Basti, Nadi, Mooli, Tristaka and

FOR EDUCATIONAL USE

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2.

Duration of the activity: - 7 days

Venue: - College Campus

Name of Secretary/Coordinator/s: Dr.Shweta Nakil

**Objectives to attend the Event / Activity:-**

1. To make celebrate International Yoga Day
2. To arrange various competitions to promote yoga
3. To make aware about Yoga.

**Guest faculty with designation (if applicable):-**

For INTERNATIONAL YOGA WEBINAR

1. Dr. Nikhila Hiremath, M.D.Swasthavritta  
Benguluru.
2. Keren Fertmeier, Yoga teacher  
Munich, Germany.

**Event / Activity report:-**

On occasion of International Yoga Day Various Online competitions (E-Slogan, E-Poster, E-Essay, E-Quiz, E-Yogasan, E-Sloka recitation) were carried out for staff and students. Social media Yogasan challenge were given by few NSS volunteers. On Yoga day International Yoga Webinar was conducted by Swasthavritta dept.

**Outcome of Event: -**

1. Yoga got promoted
2. Results of competitions are as follows

Sr.No	Competitions	Participants	Winners
1	E-Slogan	07	1.Sanket Ghule



			2.Swati Kharat 3.Tanaya Kumbhar
2	E-Poster	17	1.Dr.Teashree Suryavanshi 2.Priyanka Shendge 3.Dr.Vishakha Chintalwar
3	E-Essay	21	1.Damini Bagul 2.Dr.Sonal Shaha 3.Pranali Tapkire
4	E-Quiz	16	1.Mayur Hasbe & Sandip Jadhav 2.Umesh Jagtap
5	E-Yogasan	06	1.Neha Bhatwadekar 2.Shankar Kute 3.Tejaswini Kondekar
6	E-Sloka recitation	06	1.Swapnali Chormale 2.Dipashree Khambe 3.Bharati Mhaskar

**List of Documents Attached: - (✓ mark whichever is applicable)**

1. Permission of Institute
2. Notice of the event- ✓
3. Attendance (Student, Teacher, Others) - ✓
4. Photos of the event (Geo tagged) - ✓
5. Event report- ✓
6. Account /Budget/Tally report

**Copy to:**

1. NSS Department