



Sant Dnyaneshwar Shikshan Sanstha's
Hon. Shri. Annasaheb Dange Ayurved Medical College

A/p : Ashta, Tal. : Walwa, Dist : Sangli – 416 301
Phone : 02342-241103/241108, Fax – 02342-241110

Website : www.adamcashta.com

E-mail : ashta.adamc@gmail.com

NAME OF DEPARTMENT:- Swasthavritta & Yoga

YEAR:- 2020-21

EVENT / ACTIVITY REPORT

Title of Event / Activity:- Jagtik Suryanamaskar Din

Organized by the Department – Swasthavritta & Yoga (ADAMC,Ashta)

Date:- 19/02/2021 Time:- 07:15am-9.15am Duration:- 2 Hours

Venue:- Hon. Shri. Annasaheb Dange Ayurved Medical College

Subject: Conducting Suryanamaskar session on the occasion of World Suryanamaskar Day – 2021

Objectives of event / activity:-

- To promote practices of Suryanamaskar.
- To build up healthy society by propagating importance of Suryanamaskar..
- To making up of our students physically & mentally sound.

Event / Activity report:-

Description:-

Name of Instructors–

1. Dr. Nitin Tatpuje

(Professor & HOD, Dept. Of Swasthavritta & Yoga)

2. Dr. Ashwini Khot

(Asso. Professor, Dept. of Swasthavritta & Yoga)



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3. Dr. Hemalata Kore

(Lecturer, Dept. of Swasthavritta & Yoga)

4. Mr. Sushant Ghorpade

(Yoga teacher)

Today on 19th February 2021 we held the Suryanamskar session on the occasion of World Suryanamskar Day – 2021 at Hon. Shri Annasaheb Dange Ayurved Medical College, Ashta during 7.15 am to 9.15 am in college campus.

The purpose of World Suryanamskar Day is to promote Suryanamskar and endeavor towards making it a part of everyone's daily routine. Hence "World Suryanamskar Day was celebrated in the premise. It was 30 minutes session, started at 8.00 am and ended at 8.30 am. Dr. Nitin Tatpuje Sir has taken a brief literary review of Suryanamaskar.

The program started with the Suryanamskar and ended with the divine and energetic mood.

Dr. Hemalata Kore & Mr. Ghorpade sir held this session with full enthusiasm in the presence of respected Principal Dr. S. N. Ojha sir. Hon. Adv. Shri Chiman Bhau Dange, Secretary SDSS, Islampur also provided all the required guidance and support for conducting this session.

It was all together a rejuvenating experience for all the students and participants. At the end of the session Dr. Ashwini Khot gave vote of thanks to the instructors for giving such a great and useful session & also provided valuable guidance to our students.

List of the Teachers/ Students/ Instructors are attached with the report.

1. Dr. Nitin Tatpuje

(Professor & HOD, Dept. Of Swasthavritta & Yoga)



Tatpuje
19/02/2021
10.30 AM
HOD
Swasthavritta Dept.
Hon. Shri. Annasaheb Dange
Ayurved Medical College Ashta



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2. Dr. Ashwini Khot

Ashwini Khot
19/02/2021

(Asso. Professor, Dept. of Swasthavritta & Yoga)

3. Dr. Hemalata Kore

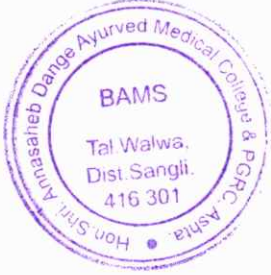
H.S.Kore
19/02/2021

(Lecturer, Dept. of Swasthavritta & Yoga)

4. Mr. Sushant Ghorpade

S.Rh
19/02/2021

(Yoga teacher)



S.N.Ojha
19/02/2021
Prof. Dr. S. N. Ojha
PRINCIPAL

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



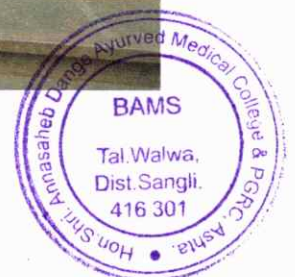
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Jagtik Suryanamaskar Din-19/02/2021



Sant Dnyaneshwar Shikshan Sanstha, Islampur's

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

PRESENTY SHEET

NAME OF PROGRAMME / ACTIVITY: Jagtik Suryanamaskar Din Celebration

NAME OF SPEAKER:

DATE: 19/02/2021

TIME: 7.15 AM to 8.15 AM

VENUE: ADAMC, Ashta

Sr. No.	Name of Student	Year	Signature
1	Junne Amol Shirsaj	III rd yr	
2	Mane Sumit Nitin	III rd yr	
3	Rawt Gagar Sawanta	III rd yr	
4	sanket choudhari	III rd yr	
5	Rushikesh Kumbhar	III rd yr	
6	Prajwal salve	III rd yr	
7	Prajakta S. Sulekar.	III rd yr	
8	Akanksha B. Kadamkar.	III rd yr	
9	Nita. R. Nandtrale.	III rd yr	
10	Vaishnavi L. Range.	III rd yr	
11.	Bhosale Fayal Rajkumar	III rd yr	
12.	Shinde Shivani Kiran	III rd yr	
13.	Shaikh Sanobar miraj	III rd yr	
14.	Rengade Supriya Madhavrao	III rd yr	
15.	Ankita mohan gitei	III rd yr	
16.	Rohini Balasaheb gambhize	III rd yr	
17.	Vrushali Vyuvraj Bagul	III rd yr	
18.	Ankita P. Pawar	III rd yr	
19.	Patel Simran	III rd yr	
20.	Bhargavi Dhahinje	III rd yr	
21.	Fiza Gayad. R.	III rd yr	



