



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, NSS Unit, AKAM.

YEAR:- 2021-22

EVENT / ACTIVITY REPORT

Title of Event / Activity:-8th International Yoga Day

Organized by the Department – Swasthavritta & Yoga (ADAMC,Ashta) & NSS Unit , Azadi ka Amrit Mahotsav

Date:-15/06/2022 to 21/06/2022

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

Subject: Conducting online Yoga Training session as well as Guest lectures and poster presentation, essay writing and slogan writing competition, Rangoli competition on the occasion of 8th International Yoga Day – 21 June 2022

Objectives of event / activity:-

- To promote practices of Yoga.
- To build up healthy society by propagating importance of Yogsadhana in Daily life.
- To making up of our students physically & mentally sound.

Event / Activity report:- Report of “8th International Yoga Day -21June 2022”





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Description:-

1. Inauguration of Yoga Saptah was done on 15/06/2022 at 8.00am Dr. Ashwini Khot gives details of Schedule of Yoga Saptah to all also gives guidelines to all students to participate in all events arranged during Yoga Saptah .

Yoga Training Session is conducted by our Yoga Teacher Mr.Sushant Ghorpade for one week daily at 8.00am to 8.45am .

Dr.Hemalata Kore gives vote of thanks.

2. 16/06/2022

Mr. Sushant Ghorpade conducts Yoga training session at 8.00am in ADPS Ashta for School Students.

At 11 am, Rally for yoga Awareness in society conducted. Our BAMS Students, Nursing Staff as well as Non-teaching & Teaching Staff all participated in Rally for yoga awareness.

3. 17/06/2022

Mr. Sushant Ghorpade conducts Yoga training session at 8.00am in ADPS Ashta for School Students. Essay writing competition & poster making competition was conducted on occasion of 8th International Yoga Day on 17/06/2022. Mr. Saugandha Thorat sir 1st year academic incharge conducted there completion for 1st BAMS Students.

4. 18/06/2022





Mr. Sushant Ghorpade conducts Yoga training session at 8.00am in ADPS Ashta for School Students. Very informative lecture on “Yougi shuddhi kriya with Demo” was given by our guest Mr. Vijay Shete yoga Pandit, Dip. Naturopathy, Kolhapur.

5. 20/06/2022

Mr. Sushant Ghorpade conducts Yoga training session at 8.00am in ADPS Ashta for School Students. Rangoli competition & Slogan writing competition was conducted on occasion of 8th International Yoga Day on 20/06/2022. Rangoli competition was conducted by dept. of Rognidan for II BAMS Students & Dept. of Rasashastra & Bhaishajyakalpana Conducted slogan writing competition for III BAMS Students.

6. 21/06/2022

On 8th International Yoga Day , we were celebrated Yoga Day at First 9.30 am on Yoga training session. It was performed under guidance of Yoga experts, in presence of our respected Principal Dr.Amit Pethkar sir, all teaching staff and all Students in Sports Complex of our college.

- Yoga Prayer
- Loosening Practices
- Yoga Demonstration of various Asanas
- Pranayam
- Dhyana
- Omkar Sadhana



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At 11 am Guest lecture was arranged for all Students as well as teaching & Non teaching staff. Very information lecture on "Yoga for Humanity" was given by our guest Mrs. Asmita Konduskar Yoga teacher, Yoga Vidhyadham Islampur. Dr. Mahesh Inamdar sir, HOD Dept. of Rasashastra & Bhaishajyakalpana was present as a Chair person.

(Dr. Nitin B. Tatpuje)
HOD & Proff.,
Swasthanitta Deptt.

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



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Yoga Training session ADPS Ashta

DATE : 16/06/2022

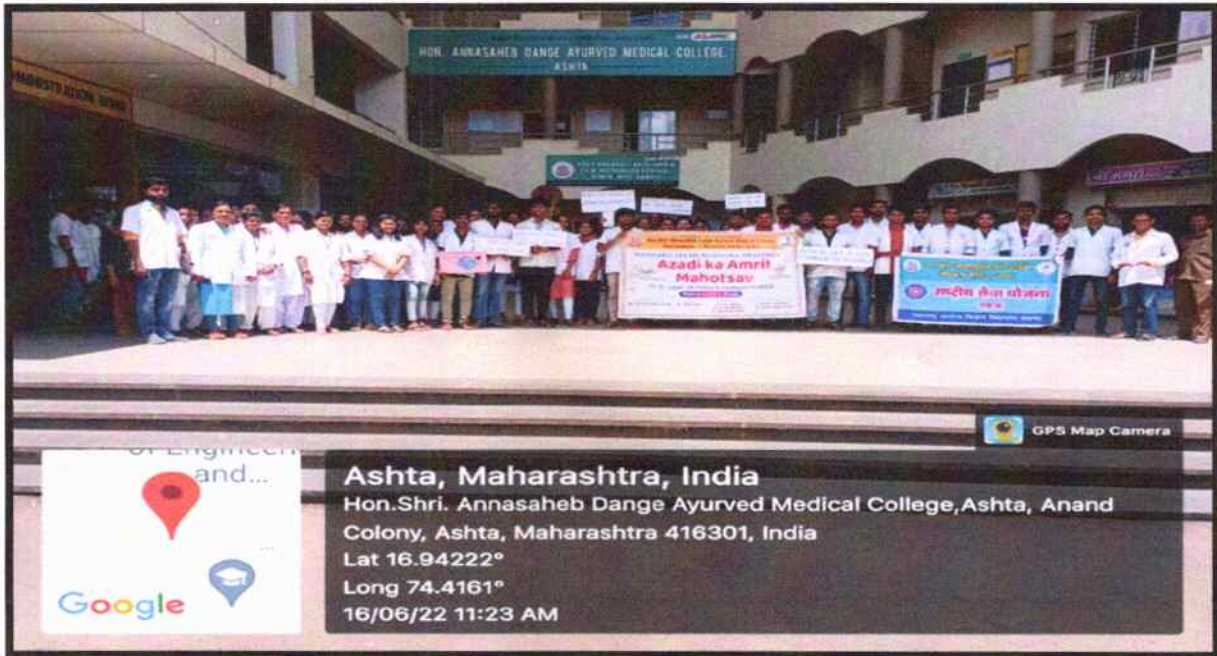




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Rally for Yoga Awareness in Society





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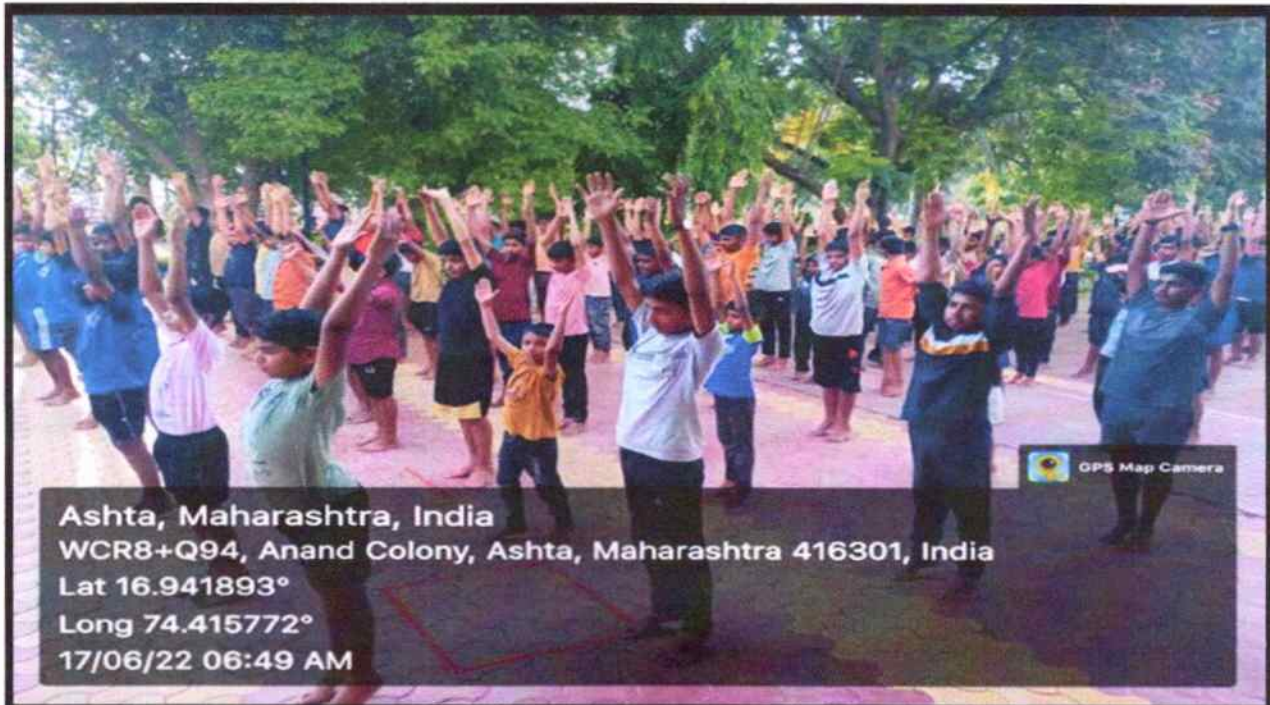
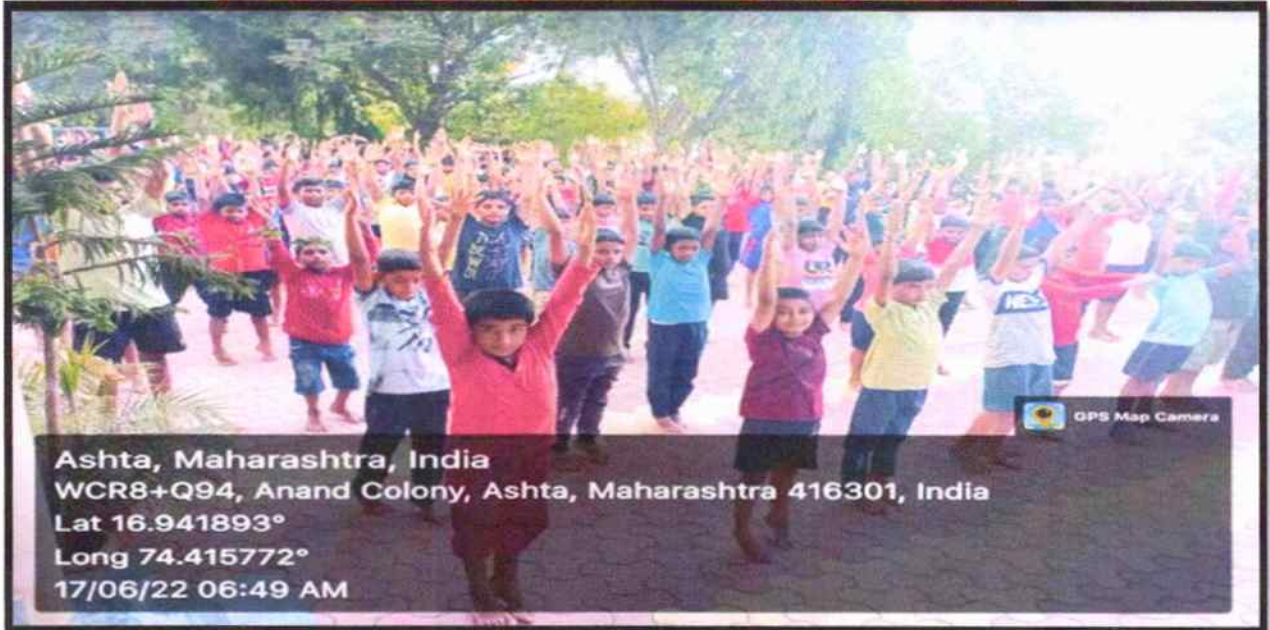




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Yoga Training session ADAS Ashta

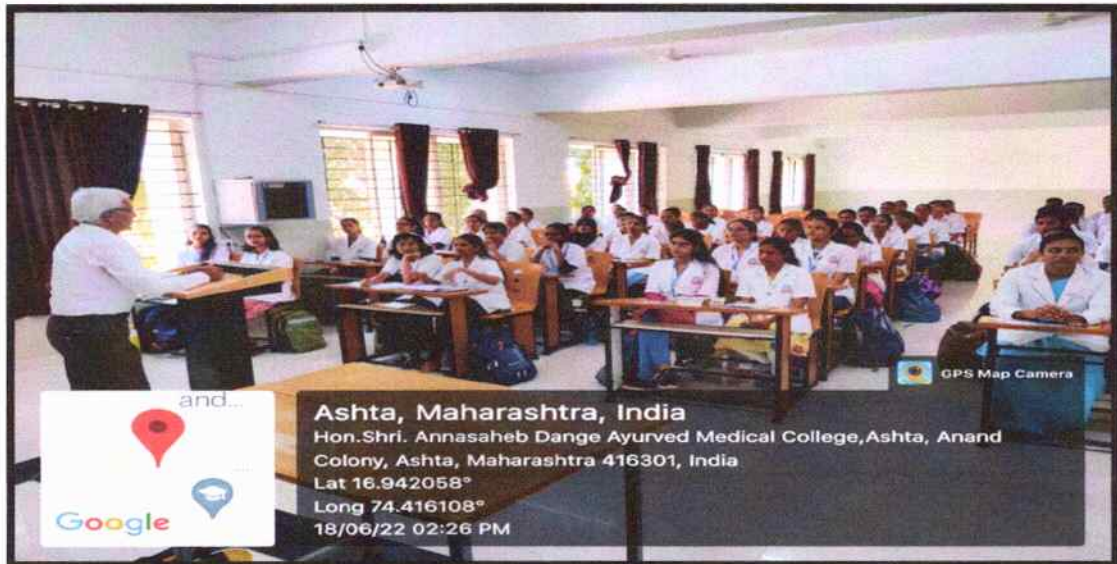
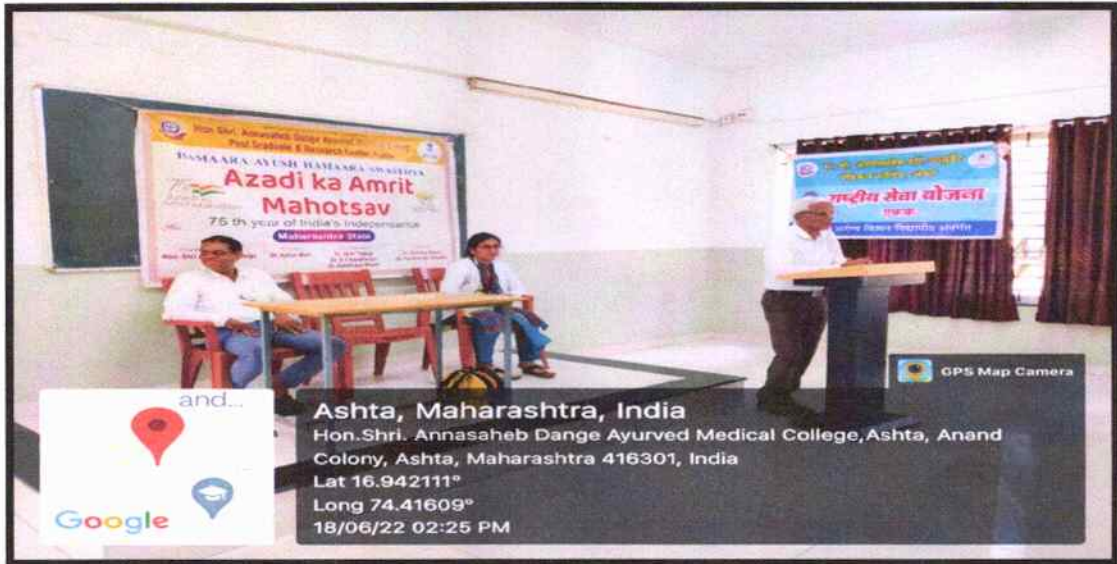




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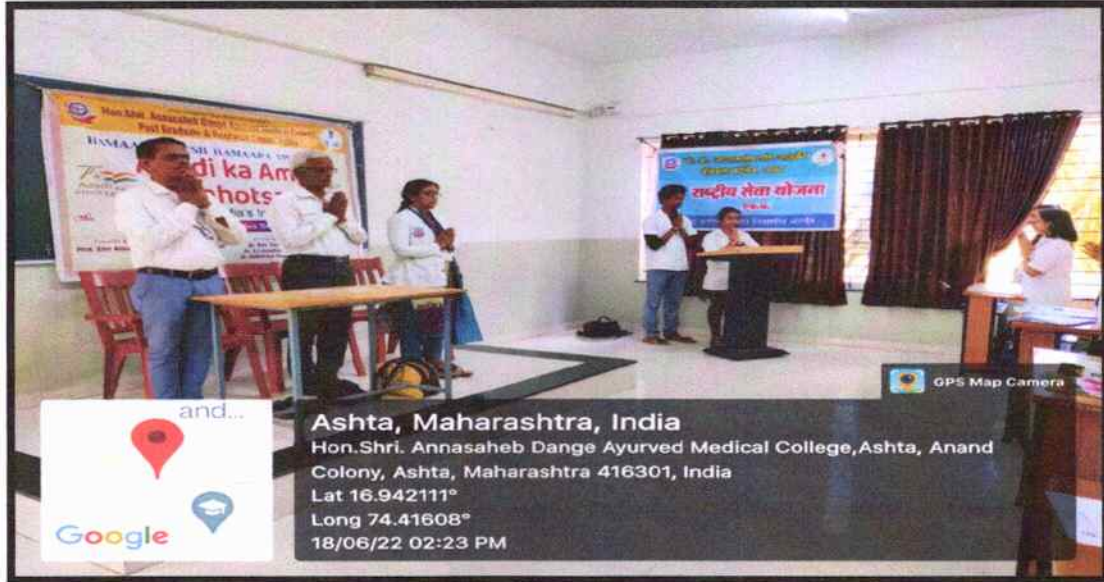
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Guest lectures -Yougik Shuddhi kriya with Demo

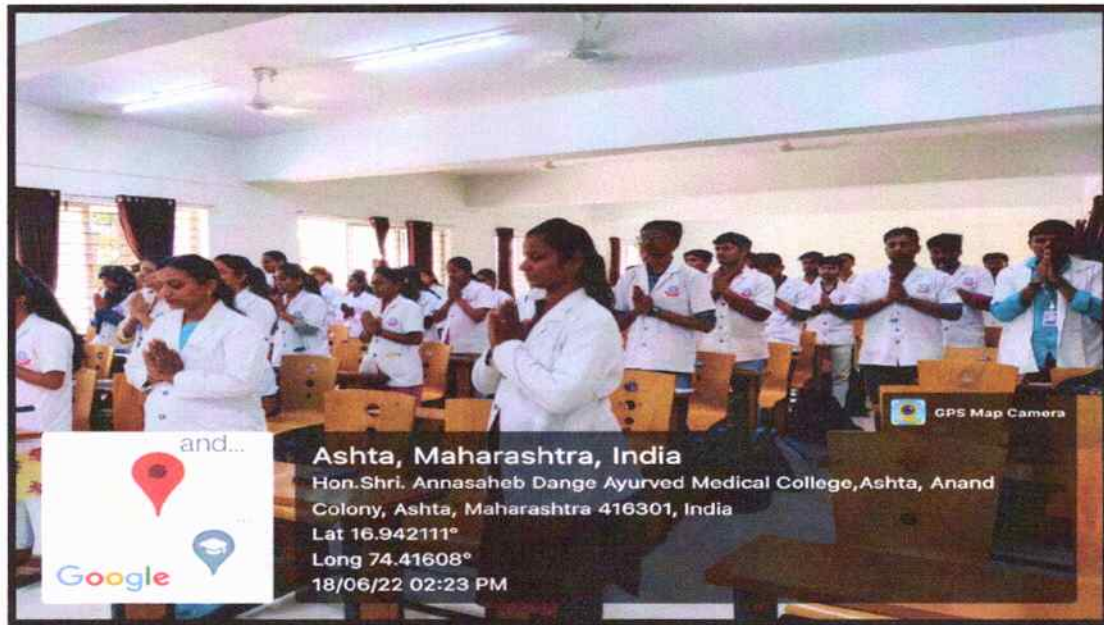




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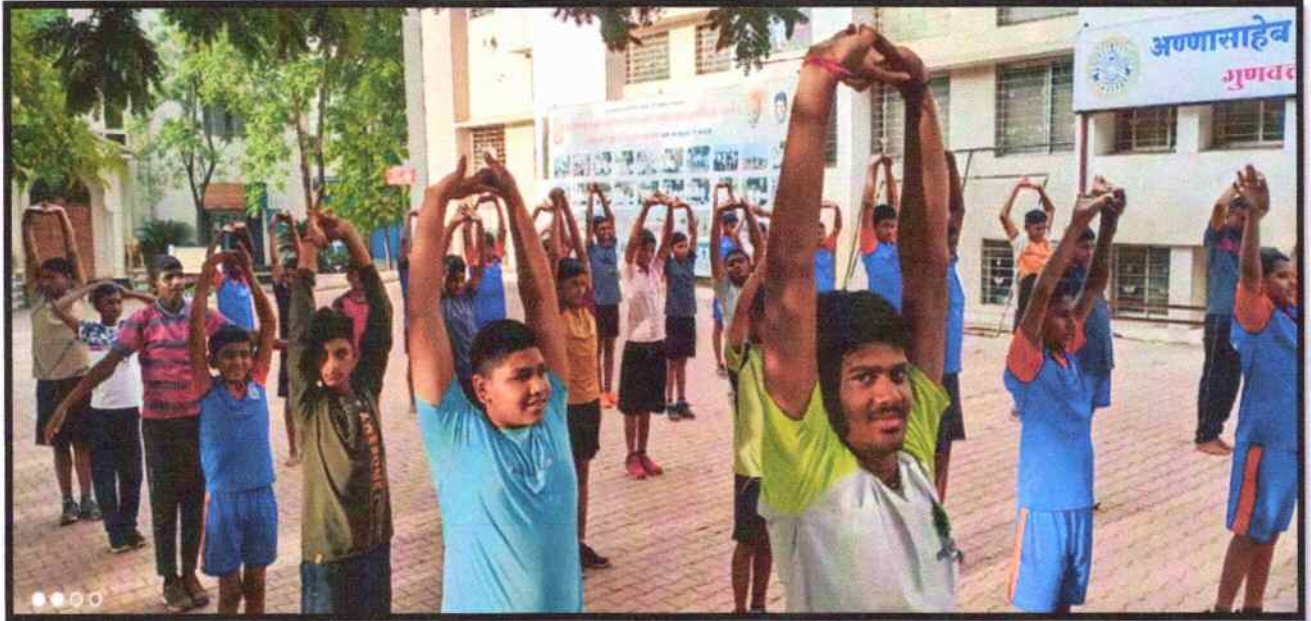




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Yoga Training session ADPS Ashta





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Rangoli Competition





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