



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

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**NAME OF DEPARTMENT:- Swasthavritta & Yoga**

**YEAR:- 2020-21**

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### **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 Suryanamskar session on the occasion of World Suryanamskar 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.

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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 19<sup>th</sup> 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)



*Form*  
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

*SRh*  
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**



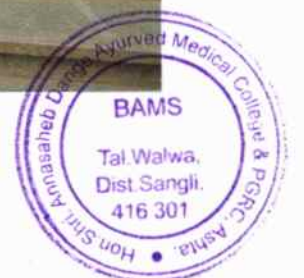
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## Jagtik Suryanamaskar Din-19/02/2021



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 <sup>rd</sup> yr	
2	Mane Sumit Nitin	III <sup>rd</sup> yr	
3.	Raut Gagar Sawanta	III <sup>rd</sup> yr	
4	sanket choudhari	III <sup>rd</sup> yr	
5	Rushkesh Kumbhar	III <sup>rd</sup> yr	
6	Prajwal saive	III <sup>rd</sup> yr	
7	Prajakta S. Sutar.	III <sup>rd</sup> yr	
8	Akanksha B. Kadamkar.	III <sup>rd</sup> yr	
9	Nita. R. Nandrale.	III <sup>rd</sup> yr	
10	Vaishnavi L. Range.	III <sup>rd</sup> yr	
11.	Bhosale Fayal Rajkumar	III <sup>rd</sup> yr	
12.	Shinde Shivani Kiran	III <sup>rd</sup> yr	
13.	Shaikh Sanobar miraj	III <sup>rd</sup> yr	
14.	Rengade Supriya Madhavrao	III <sup>rd</sup> yr	
15.	Ankita mohan giri	III <sup>rd</sup> yr	
16.	Rohini Balasaheb gambhize	III <sup>rd</sup> yr	
17.	Vrushali Vyuhraj Bagul	III <sup>rd</sup> yr	
18.	Ankita P. Pawar	III <sup>rd</sup> yr	
19.	Patel simran	III <sup>rd</sup> yr	
20.	Bhargavi Dhabinje	III <sup>rd</sup> yr	
21.	Fiza Gayad. R.	III <sup>rd</sup> yr	

