



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:-Azadi ka Amrit Mahotsav

YEAR:- 2021-22

EVENT / ACTIVITY REPORT

Title of Event / Activity:- "Suryanamaskar Programme -2022"

Organized by the Department – **Azadi ka Amrit Mahotsav** (ADAMC, Ashta)

Date:-14/01/2022

Time: - 7:30am - .11.30am

Duration:-four hours

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

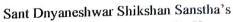
Subject: Celebration of "Suryanamaskar Programme -2022" on holy occasion of Makar Sankranti .

Objectives of event / activity:-

- To celebrate holy makar sankranti by exercising "Suryanamaskar Programme -2022".
- To propagate the importance of Suryanamaskar & positive health attitude among the society.
- To build up strong healthy India by creating awareness among the youth (students) about strong health.

Event / Activity report:-







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Description:-

Name of Instructors-

Dr. Nitin Tatpuje

(AKAM coordinator & Professor & HOD, Dept. of Swasthavritta & Yoga)

Dr. Ashwini Khot

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

Dr. Hemalata Kore

(Assistant Professor, Dept. of Swasthavritta & Yoga)

Mr. Sushant Ghorpade

(Yoga Teacher Dept. of Swasthavritta & Yoga)

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

To celebrate this event we have included following institutes-

- 1. Abhinav Nursing school
- 2. Hon. Shri Annasaheb Dange Public School
- 3. ADAMC, Ashta

The Programme began with suryanamaskar done by students of Hon. Shri Annasaheb Dange Public School at 7.30am by Dr. Hemalata Kore & Mr. Sushant Ghorpade..





Sant Dnyaneshwar Shikshan Sanstha's

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Then at 8.30am we have conducted the programme for staff of Dhanvantari Rugnalaya in auditorium hall of ADAMC, ashta.

After then at 9 am the programme was conducted for teaching faculty, non-teaching staff of ADAMC successively by Dr. Nitin Tatpuje, Dr. Hemalata Kore & Mr. Sushant Ghorpade..

At the same time 9.am students suryanamaskar programme was conducted at sports complex by Dr. Suraj Kundale & Dr. Ashwini khot.

Each session was conducted as –Firstly basic information about procedure & health benefits of suryanamaskar was given. Then demonstration was shown by volunteers to the participants. After this all participants were asked to do suryanamaskar with instructions.

Programme outcome-

- Overall programme remain successful.
- All the participants were happily involved in this event.
- All come to know the importance & health benefits of Suryanamaskar.

Documents to be attached

- Principal letter to ncism
- Requesting letters from Principals of Abhinav Nursing school & ADPS, Ashta
 - Photos
 - Attendance sheets
 - Suryanamaskar booklet



PRINTPIPAL
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College, Ashta. Tal.Walwa, Dist.Sangli