



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:-





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
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

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




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