

Date- 28/01/2023

ACTIVITY REPORT

Title of Event / Activity: - World Suryanamaskar Day

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

Date:-28/01/2023 Time:- 07:45am-8.45am Duration:- 1 Hours

Venue:- Hon. Shri. Annasaheb Dange Sports Complex Hall

Subject: Conducting Suryanamaskar session on the occasion of World Suryanamaskar Day – 2023

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.

Description:

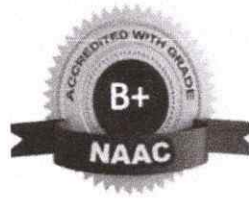
With Principal sir's permission there was celebration of 'World Suryanamaskar Day' organised by Department of Swasthavritta & Yoga, ADAMC, Ashta.

On 28th January 2023 Suryanamaskar session was practiced on the occasion of World Suryanamaskar Day – 2023 at Hon. Shri. Annasaheb Dange Sports Complex Hall from 07:45am-8.45am by the students of Hon. Shri Annasaheb Dange Ayurved Medical College Ashta.

The purpose of World Suryanamaskar Day is to promote Suryanamaskar practice and endeavor towards making it a part of everyone's daily routine. Hence "World Suryanamaskar Day was celebrated in the premise. It was 60 minutes session, started at 07.45 am and ended at 08.45 am. Dr Sanjay Jadhav Sir has talked about a brief literary review of Suryanamaskar.

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

Dr.Hemalata Kore & Mr.Ghorpade sir conducted this session with full enthusiasm in the presence of respected Principal Dr. Amit Peathkar sir.



It was all together a rejuvenating experience for all the student. At the end of the session Dr. Ashwini Khot delivered vote of thanks to the instructors for conducting such a great and useful session & also for providing valuable guidance to our students.

Outcome:-


- 1) Students and participants performed Suryanamskar
- 2) Students and participants understood importance of Suryamaskar
- 2) Students and participants assured to practice Suryanamskar daily

Feedback:-

Feedback was taken from students

Feedback Analysis-

Sr. No.	How many asanas are there in suryanamskar ?				Does the Suryanamskar useful for daily use?		Did you get New Information ?		How Was overall organization?			
	10	11	12	14	Yes	No	Yes	No	Excellent	Good	Fair	Inappropriate
1			√		√		√		√			
2			√		√		√			√		
3			√		√		√			√		
4			√		√		√			√		
5	√				√		√				√	
6			√		√		√			√		
7			√		√		√			√		
8			√		√		√				√	
9			√		√		√			√		
10			√		√		√		√			
11			√		√		√			√		
12			√		√		√			√		
13			√		√		√			√		
14			√		√		√		√			
15			√		√		√			√		
16			√		√		√			√		
17	√				√		√			√		
18			√		√		√			√		
19			√		√		√				√	
20			√		√		√		√			
Total	2	0	18	0	20	0	20	0	4	12	3	0
%	10	00	90	00	100	00	100	00	20	65	15	00

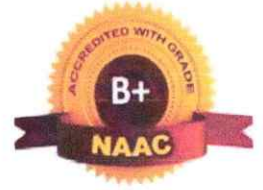

HOD
Swasthritta Dept.
Hon.shri Annasaheb Dange
Ayurved Medical College Ashta




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



Sant Dnyaneshwar Shikshan Sanstha's
**Hon. Shri. Annasaheb Dange Ayurved Medical College
& Post Graduate Research Center**
A/p : Ashta, Tal. : Walwa, Dist : Sangli – 416 301
Website : www.adamc.ac.in E-mail : ashta.adamc@gmail.com
NAAC Accrediated ISO Certified 9001-2015, 14001-2015



DEPARTMENT OF SWASTHAVRITTA AND YOGA

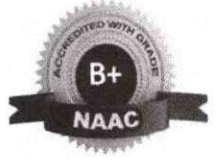
World Suryanamaskar Day 2023

Date - 28/01/2023





Sant Dnyaneshwar Shikshan Sanstha's
Hon. Shri. Annasaheb Dange Ayurved Medical College
& Post Graduate Research Center
A/p : Ashta, Tal. : Walwa, Dist : Sangli - 416 301
Website : www.adamcashta.com



NAAC Accrediated ISO Certified 9001-2015,14000-2015

PRESENTY SHEET

NAME OF PROGRAMME/ ACTIVITY : Jagtik Suryanamaskar Din.
DATE : 28/01/2023 TIME : 7.45am to 8.45am
VENUE : Sports Complex, ADAME, Ashta.

Sr. No.	Name of Student/ Staff	Year/Dept.	Signature
1.	Bhopate Mndula Abaso	I st BAMS	
2.	Kulkarni Gayatri Rajshetkar	"	
3.	Alone Chandani	"	
4.	Khatke Sakshi	"	
5.	sangram Bhosale	"	
6.	Satpute Abhishek Mahadev	"	
7.	Kshirsagar satyanarayan satyobhan	"	
8.	Vishal Bhagwat Dhavle	"	
9.	Shubhangi Rajendra zambare	"	
10.	Ahogare Sakshi Sugriv	"	
11.	Mohini prabhakar mahore	"	
12.	Anisha Sopan Rukme	"	
13.	Dhanashri vijay Gurel	"	
14.	Vaishnavi. M. kaverkar	"	
15.	Aaxa Prashant Jangam	"	
16.	Panali Satappa Patil	"	
17.	Anushka Dhondiram Patil	"	
18.	Sandhya Bhagwan Patil	"	
19.	Supriya Pandurang kachore	"	
20.	Vaishnavi Santosh Jadhav	"	
21.		"	
22.		"	



28/1/23