



SAVITRIBAI PHULE PUNE UNIVERSITY
NATIONAL SERVICE SCHEME
AMRUTVAHINI COLLEGE OF ENGINEERING,
SANGAMNER



YOGA Day (Virtual Program)		Date: 22/06/2020
1.	Name of Program	Yoga Day Program
2.	Objectives	1. To motivate the Staff by experience of yoga steps. 2. To join all Students virtually for program and make them aware about Yoga. 3. To impart Awareness of physical and mental fitness.
3.	Date of Conduction:	21/06/2020
4.	Time of Conduction:	7.30am to 9.30am
5.	Dignities Present: (with designation)	1. Dr.M.A.Venkatesh Principal
6.	Name of Dept. Coordinator:	Dr.R.S.Pawase, Miss. Archana Nawale Physical I/C
7.	Departments Involved:	All
8.	No. of Participants (Students):	Nil due to COVID-19 Pandemic
9.	No. of Participants (Staff):	45
10.	No. of Participants (Public):	Nil
11.	Any Government Agency involved? If yes details:	No
12.	Any Non-Governmental Organization (NGO) involved? If yes details:	No
13.	Activity Details:	1. Yoga steps carried out by 45 staff with maintaining social distancing in COVID-19 conditions. 2. Awareness is created among staff members 3. All participants including virtual students participation by making program live on youtube.
14.	Outcomes:	1. Staff get motivation for yoga steps. 2. Students also participated virtually for program. 3. Awareness of physical and mental fitness created.
15.	Remarks (if any)	Virtual program was the new theme and mode which was successful in pandemic.
 Department NSS Coordinator		 Prof. R.S. Pawase NSS Program Officer
 Dr. M.A. Venkatesh Principal		 Dr. M.A. Venkatesh Principal

Amrutvahini College of Engg.
SANGAMNER - 422 608
Dist.-Ahmednagar (M.S.)



Principal Dr. M. A. Venkatesh himself and Pvt. K. P. Morankar, Archana Navale performing various yoga and pranayama demonstrations



Head of department of the college and selected teachers from Amrutvahini colony while doing yoga by keeping social distance

PRESS REPORT

अमृतवाहिनी अभियांत्रिकी महाविद्यालयात ऑनलाईन योगा दिन उत्साहात ।

संगमनेर दि . २१/६/२०२०

अमृतवाहिनी अभियांत्रिकी महाविद्यालयात राष्ट्रीय सेवा योजना व विद्यार्थी विकास मंडळ यांच्यावतीने कोविड -१९ च्या पार्श्वभूमीवर ऑनलाईन योगदिन साजरा करण्यात आला. कोरोना विषाणूच्या संसर्गामुळे जगभरत लॉकडाउन किंवा अनलॉक अशी परीस्थिती असताना प्रत्येक व्यक्तीला शारिरीक व मानसिक कार्यक्षमता वाढविण्याकरीता योगा आणि प्राणायाम हे शस्त्र ठरून उपयोगात येत आहेत. कोविड मुळे महाविद्यालय बंद असताना सर्व शिक्षक, विद्यार्थी आणि त्यांचे कुटुंबीय सर्वांकरिता " योगा फ्रॉम होम - योगा कीर फेमिली " या संकल्पाने नुसार महाविद्यालय प्रायतेक्ष सुरू असणारे योगा प्रात्यक्षिक ऑनलाईन यूट्यूब द्वारे प्रसारीत करण्यात आले. यावेळी प्राचार्य डॉ. एम. ए. व्यंकटेश यांनी स्वतः आणि प्रा. के. पी. मोरानकर , प्रशिक्षिका अर्चना नवले यांनी विविध योगासने आणि प्राणायाम प्रात्यक्षिके सादर केली. या ऑनलाईन उपक्रमामध्ये २०० शिक्षक व ३००० विद्यार्थी यांनी आनंद मिळविला.

अडचणी कितीही असतील तरी सामुहिक दृष्ट्या आपत्तीचा सामना कसा करावा आणि एकमेकापासून दूर असले तरी "आपण सर्व एकत्रित या परीस्थितीशी मुकाबला करूया" असा संदेश देण्याचा कार्यक्रमाचा हेतू होता. विद्यार्थ्यांनी आपापले तीन मिनिटाचे योगा प्रात्यक्षिकाचे विडियो तयार करून सोशल मिडीयावर अपलोड केले. कार्यक्रमाच्या यशस्वी आयोजनाबद्दल महसूल मंत्री ना. बाळासाहेब थोरात, आमदार डॉ. सुधीर तांबे व मुख्य कार्यकारी अधिकारी श्री. अनिल शिंदे यांनी आयोजकाचे अभिनंदन केले आहे. कार्यक्रम नियोजन रा. से. यो कार्यक्रम अधिकारी डॉ. मनोज वाकचौरे , प्रा. रखमाजी गव्हाणे व प्रा. दिपक पाटील यांनी केले.

Enthusiasm to give online yoga in Amritvahini Engineering College.

Sangamner dt. 21/6/2020

An online contribution day was celebrated at Amrutvahini Engineering College on the backdrop of Kovid-19 on behalf of Rashtriya Seva Yojana and Vidyarthi Vikas Mandal. Yoga and pranayama are being used as a weapon to increase the physical and mental efficiency of every person in the world when there is a situation of lockdown or unlock due to corona virus infection. Due to covid, While the college was closed, a yoga demonstration was held online on YouTube for all teachers, students and their families under the theme "Yoga from Home - Yoga Kir Family". P. Morankar, Trainer Archana Navale presented various yoga and pranayama demonstrations. 200 teachers and 3000 students enjoyed this online activity. The purpose of the program was to convey the message of "Let's face this situation together", no matter how difficult it is to face the crisis collectively and how far away from each other. The students created their own three minute video of the yoga demonstration and uploaded it on social media. Regarding the successful organization of the program, the Revenue Minister no. Balasaheb Thorat, MLA Dr. Sudhir Tambe and Chief Executive Officer Shri. Anil Shinde has congratulated the organizers. Program Planning Ra. To This program officer Dr. Manoj Wakchaure, Pvt. Rakhmaji Gavhane and Pvt. Performed by Deepak Patil.