



2021

Yoga for well-being

International Yoga Day



"Dissemination of Education through Knowledge, Science and Culture" - Shikshanamaharshi Dr. Rajaji Salunkhe
Shri Swami Vivekanand Shikshan Sanstha Kolhapur's

Padmabhushan Dr. Vasantraodada Patil Mahavidyalaya,
Tasgaon, Sangli-416312, Maharashtra, India
(Affiliated to Shivaji University Kolhapur)

In collaboration with



Celebrating
INTERNATIONAL YOGA DAY 2021

Organizing
10 Days Arogya Yatra
108 Suryanamskar
Challenge

Join on



11th June to 21 June 2021

Time: 06:30 AM to 07:15 AM



Are you ready for the challenge?

Registration link: <https://surveyheart.com/form/60c6b0c8b808785160a6126ef>

Join WhatsApp Group: <https://chat.whatsapp.com/E48UW9aauS777rlq12mzQ1>



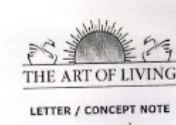
Dr. Sachinkumar K. Shinde
Coordinator

Dr. Megha U. Patil
Organizing Secretary

Dr. Milind S. Hujare
Principal

On 21st June 2021 “International Yoga day” was celebrated in our college at 6 O’clock. All the students of UG and PG had participated in the ‘International Yoga day’. There are 73 boys and 69 girls total 142 Participated in ‘Yoga day’.

Mr. Valmik Khairnar told the information of about ‘Yoga day’ and Importance of Yoga in our day-today life. The trainer Mr. Valmik Khairnar had given us his valuable guidance to the students, teacher and non-teaching staff also. The exercises are good and useful to the students. All the participants were excited and energetic. Some of our teachers and students had shown us Yoga by following the instruction given by the trainer. We all celebrate the day with a lot of eagerness and joy. It’s a very interesting Day for all of us. The experience we got was really amazing and important.



11th June 2021

डा. व. शिवाजी विद्यापीठ विकास/ 329 दि: 21 JUN 2021

To,
 Hon'ble Shri.Prof.(Dr.) D.T.Shirke,
 Vice Chancellor,
 Shivaji University
 Kolhapur

Subject: Free Covid Workshops by The Art of Living for the colleges under your esteemed university.

प्रती,
 मा. प्राचार्य / संनायक / संचालक
 सर्व सारंग महाविद्यालये व मान्यताप्राप्त संस्था,
 शिवाजी विद्यापीठ, कोल्हापूर.

विषय : कोव्हीड १९ च्या पार्श्वभूमीवर आर्ट ऑफ लिव्हिंग यांचे मार्फत Free Online Workshop आयोजित करण्याबाबत.....

Dear Sir,
 Greetings from the Art of Living.

महोदय / महोदया
 उपरोक्त विषय संबंदित सध्या सुरू असलेल्या कोव्हीड १९ परिस्थितीचा सामोरा जाण्यासाठी आर्ट ऑफ लिव्हिंग मार्फत तीन दिवसांचे प्रत्येक रोजी ४५ मिनिटे या प्रमाणे Free Online Workshop घेण्यात येणार आहेत. बरी आपल्या महाविद्यालयास धरून असेल तर मर Workshop आयोजित करण्याबाबत कार्यवाही करायची ही विनंती. Workshop बाबतची माहिती सोबत जोडलेल्या पत्रात नमूद केली आहे.
 कळायचे

India is faced with one of its biggest challenges. There is loss of lives, grief on one hand and on the other, financial and professional setbacks are pushing people over the brink. To support people's mental and physical health at this crucial time, The Art of Living has launched an essential series of 3 protocols of asanas, meditation and breathing practices or pranayama for different categories of people to boost their immunity, reduce their mental stress and bring a semblance of quiet and peace. The Art of Living faculty across the country will be conducting the programs to help people tide over these trying times.

The World Health Organisation (WHO) describes Yoga as a valuable tool, one that increases physical activity, mental well-being. The positive physical or psychological outcome of Yoga intervention has been hypothesised to be a result of complex pathways involving relaxation, physical flexibility, breathing exercise, cooling strategies, acceptance, and self-efficacy

The 45 minutes protocols of Asanas, Pranayama & Meditation will be delivered for three categories of people:

- A. For a healthy population in order to help them build overall immunity and lung capacity (People who so far have not contracted COVID-19).
- B. Supportive intervention of effective breathing exercises and stretches for patients with mild symptoms either at home or hospitals. (People who are COVID positive)
- C. Supporting rehabilitation and recovery during Post Covid. (People who have recovered from COVID-19)

All the trained Yoga and Meditation teachers of Art of Living will for the next two months conduct these online free guided workshops to support communities in the current crisis, which will be 3-day programs for 45 mins each day.

आपला विश्वास

 संचालक
 विद्यापीठ विकास

सोबत : बरील प्रमाणे
 प्रथम माहितीसाठी
 संस्थालाक कार्यक्रम विकसने संघ,
 व आर्ट ऑफ लिव्हिंग,
 20/6/21

P. D. V. P. Mahavidyalaya
 Tasgaon
 Inward No. - 11-0
 Date -
 File No. 12 3 JUN 2021

14/06/2021

 15.06.21

With social distancing, medical isolations on one hand and the lockdowns on the other, people are also battling with loneliness and fear. People across borders, cultures, communities and economic classes are suffering as a consequence of this pandemic. The protocol will give hope to people who are in home isolation, and give them someone to talk to. This will also help significantly reduce fear and anxiety.

In the recovery process, meditation plays a vital role in helping one achieve a relaxed state of mind that enables healing and regeneration. There are numerous studies to show that just twenty minutes of daily meditation can decrease blood cortisol levels and increase endorphins causing a positive and happy state of mind.

Hence, it is our sincere request that during this difficult times, it would be best in the interest of all the students of Reputed Pune University to undergo the free program. It is our earnest request to implement the program in all the colleges under Pune University at the earliest.

Course Duration : 3 days, 45 mins every day

- Co-ordinators:-
1. Mr.Himanshu Nagarkar.Contact No-9422323446
 2. Ms.Deepali Masutage.Contact No-8379843073

Looking forward to your continued support.

Warm Regards
 Institutional Programs Development Team, Maharashtra
 The Art of Living
www.artofliving.org

Introduction: Yoga is a mind and body practice with historical origins in ancient Indian philosophy. The word Yoga is derived from the Sanskrit word 'Yuj' which means to join or unite. The union referred to is that of the individual self-uniting with Cosmic Consciousness or the Universal Spirit. Yoga is believed to have evolved during the period of the 'Sat Yuga', also called the Golden age. It was not until the discovery of the Indus- valley civilization, the largest civilization: that the knowledge about the origin of Yoga surfaced.

Yoga: Its Origin, History and Development The practice of Yoga is believed to have started with the very dawn of civilization. The science of yoga has its origin thousands of years ago, long before the first religions or belief systems were born. In the yogic lore, Shiva is seen as the first yogi or Adiyogi, and the first Guru or Adi Guru. Several Thousand years ago, on the banks of the lake Kantisarovar in the Himalayas, Adiyogi poured his profound knowledge into the

legendary Saptarishis or "seven sages". The sages carried this powerful yogic science to different parts of the world, including Asia, the Middle East, Northern Africa and South America. Interestingly, modern scholars have noted and marvelled at the close parallels found between ancient cultures across the globe. However, it was in India that the yogic system found its fullest expression. Agastya, the Saptarishi who travelled across the Indian subcontinent, crafted this culture around a core yogic way of life. Yoga is widely considered as an "immortal cultural outcome" of the Indus Saraswati Valley Civilisation – dating back to 2700 BC – and has proven itself to cater to both material and spiritual uplift of humanity.

The Origin of International Day of Yoga: Yoga is a 5,000 year-old tradition from India that combines physical, mental and spiritual pursuits to achieve harmony of the body and mind. On December, 11 in 2014, the United Nations General Assembly declared 21st June as the International Day of Yoga. The

declaration came at the behest of the Hon'ble Prime Minister of India Shri Narendra Modi during his address to UN General Assembly on September 27, 2014 wherein he stated: "Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfilment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature". In Suggesting June 21, which is the Summer Solstice, as the International Day of Yoga, Narendra Modi had said: "the date is the longest day of the year in the Northern Hemisphere and has special significance in many parts of the world

Our college celebrated yoga day with great reverence every year. We learn different standing and sitting asanas. This year, our Yoga day celebration started with meditation. After meditation, we shifted to sun salutation. We completed 108 sun salutations. There were several exits to avoid the rush at

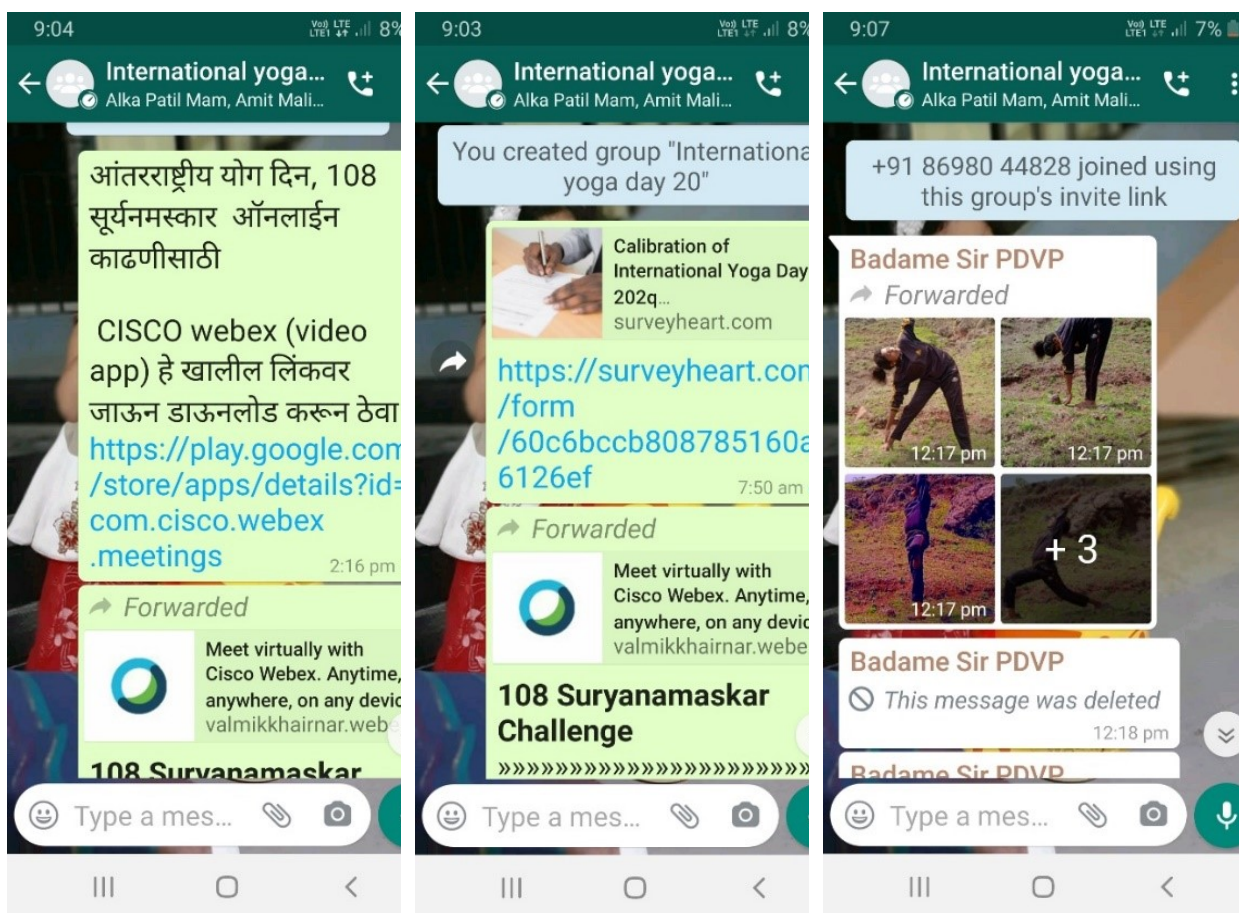
the end of the sessions. We pledged to make yoga a daily part of their lives so as to increase our physical, emotional, mental and spiritual well being.

This year's yoga day celebration was held with great enthusiasm at our college. A large number of students, teaching and non-teaching staff attended the event this year.

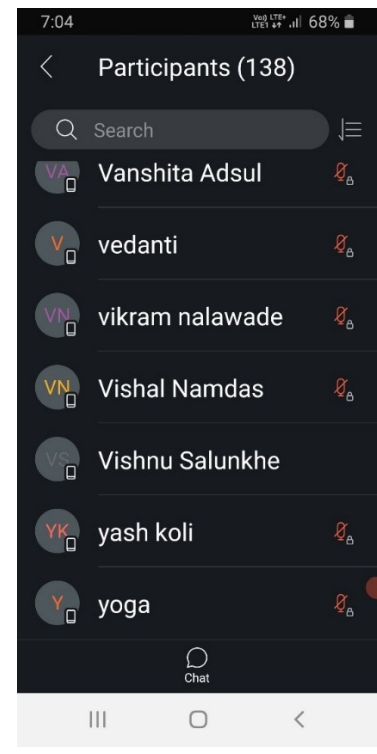
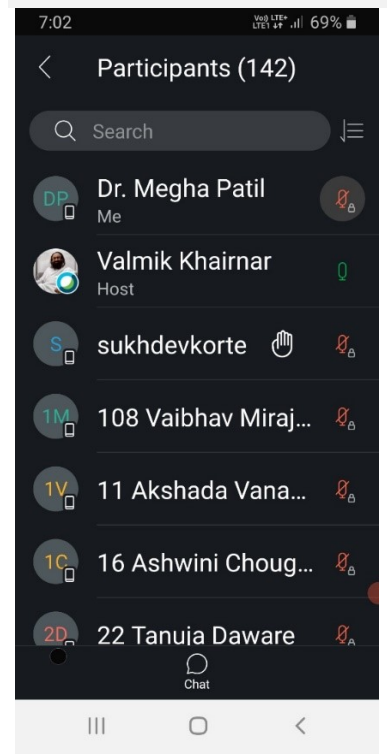
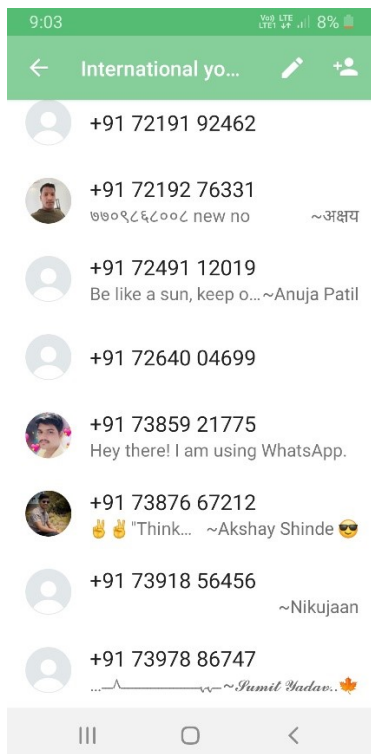
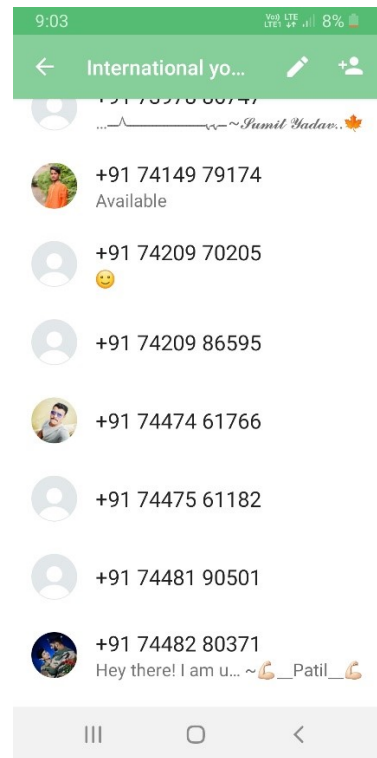
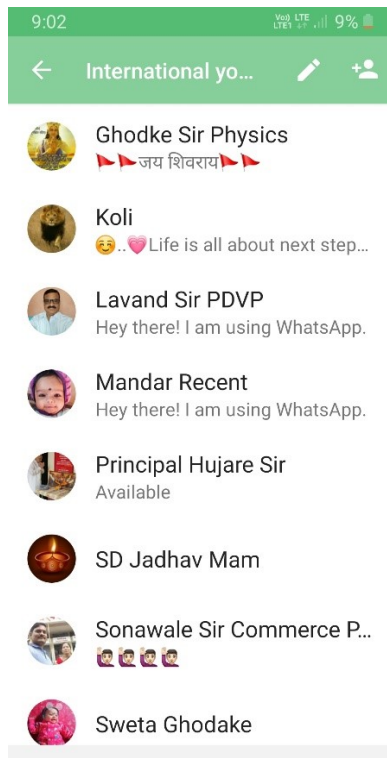
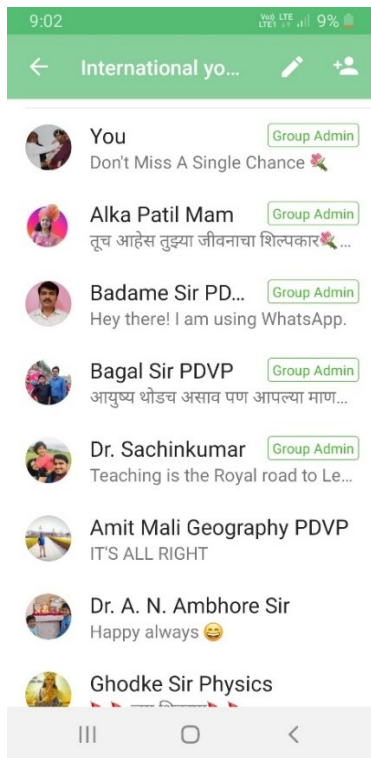
The theme for this year's yoga day was " **Yoga** for well-being". Various asanas were followed by omkar chanting. Warm-up exercises, sitting and standing asanas were performed. The trainers Mr. Valmik Khairnar gave us a short class about the benefits of yoga. They help in improving concentration and in attaining inner peace. It helps a person improve life physically, mentally and spiritually as well.

This year due to the widespread pandemic, large gatherings were not possible and also not allowed. Covid - 19 was already taking a huge toll on us but we decided to celebrate yoga day

virtually. Our college held a virtual yoga session for us. This year's theme for world yoga day was "Yoga for well-being". This was an excellent theme since due to the covid situation, gatherings and celebrations were not possible.



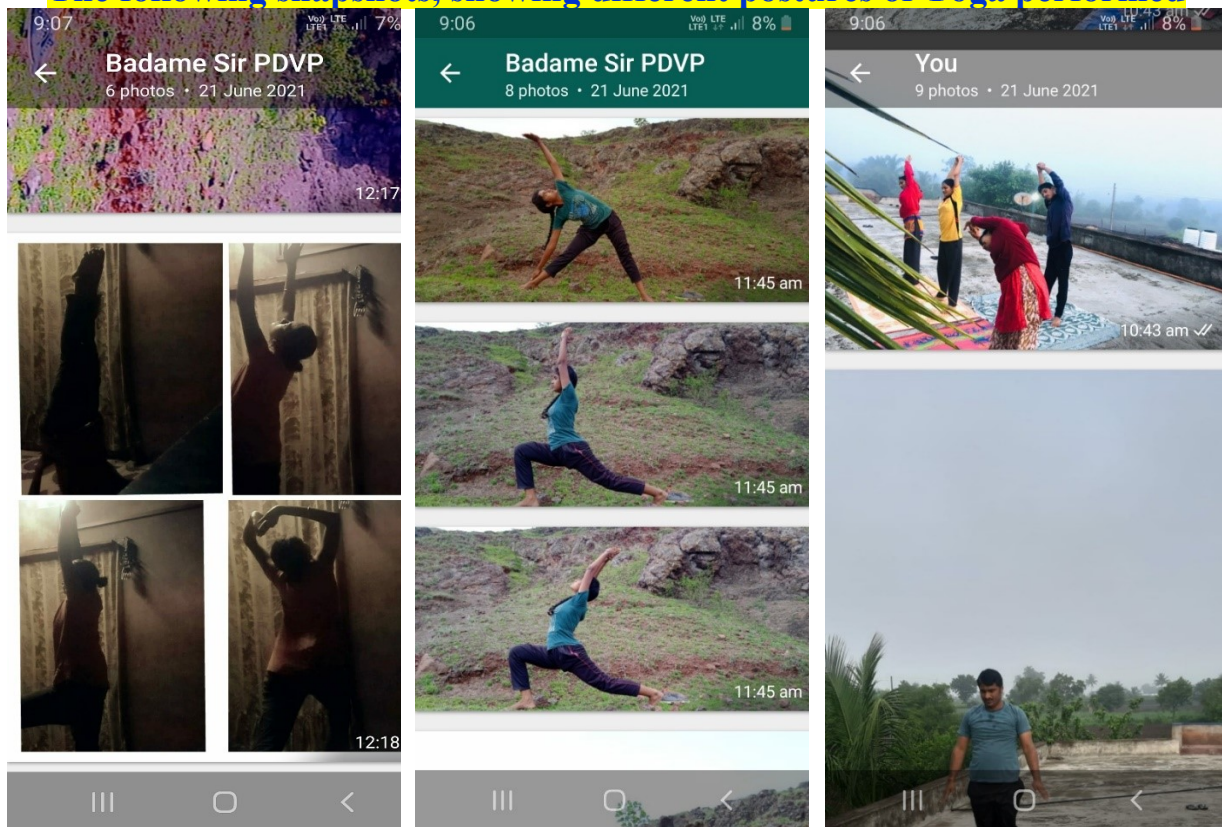
The above snapshots, showing active participants on WhatsApp group



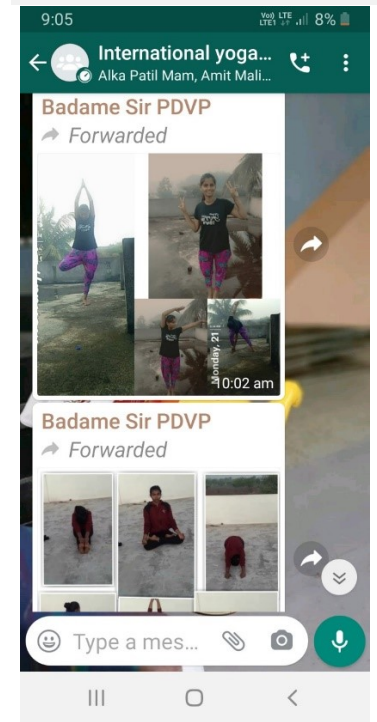
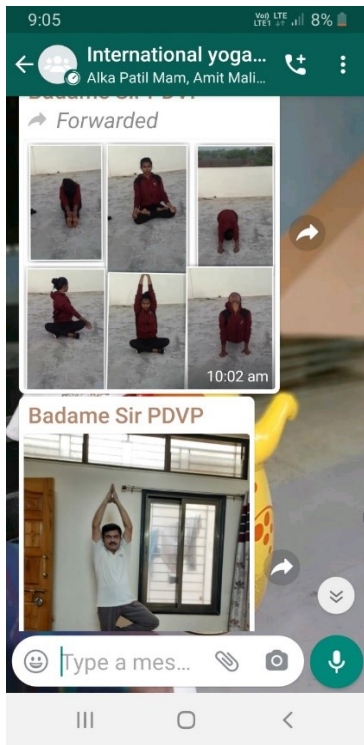
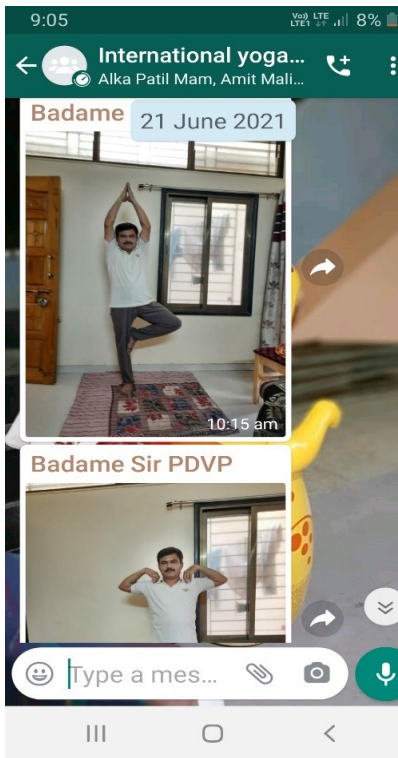
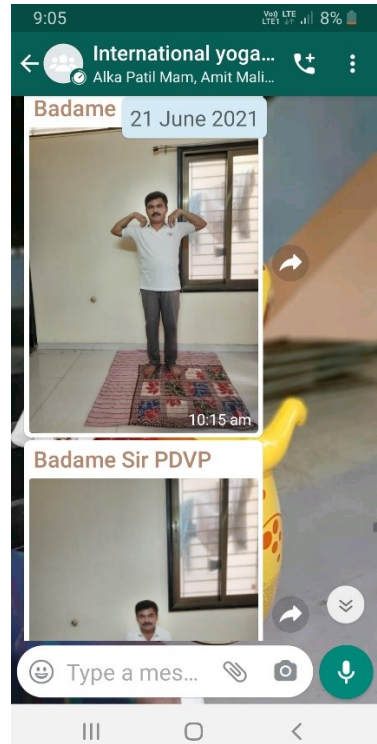
The above snapshots, showing participants on WebEx platform during Yoga Performance

This day is the longest day of the year also known as the summer solstice. They gave a brief history of the origin of yoga. It is a gift of India's ancient tradition. Yoga is said to be practised from the 5th century.

The following snapshots, showing different postures of Yoga performed



Even though the yoga day celebration was at home we were still happy. Our school physical education teacher showed us the sun salutation and carefully explained the meaning of each asana in the sun salutation.



दैनिक तरुण भारत

निरोगी शरीरासाठी योगसाधना महत्वाची : वाल्मिक खैरनार

प्रतिनिधी

तासगाव

तणावमुक्त जीवन जगण्यासाठी, प्रसन्न राहून निरोगी जीवनाचा आनंद घेण्यासाठी योगसाधना महत्वाची आहे, असे प्रतिपादन द आर्ट ऑफ लिव्हिंगचे प्रशिक्षक वाल्मिक खैरनार यांनी केले.

पद्मभूषण डॉ.वसंतरावदादा पाटील महाविद्यालयाच्या राष्ट्रीय सेवा योजना व आर्ट ऑफ लिव्हिंग यांच्या संयुक्त विद्यमाने आंतरराष्ट्रीय योग दिन ऑनलाइन साजरा करण्यात आला यावेळेस ते बोलत होते. ते म्हणाले, निरोगी शरीर, तणावमुक्त मन यासाठी योग, प्राणायम व ध्यान ही तिसूत्री भारतीय संस्कृतीने जगाला दिलेली अनमोल भेट आहे. जागतिक योग दिननिमित्त याचे महत्त्व अधोरेखित झाले आहे. ११ जून ते २१ जून अखेर दहा दिवशीय शिबिरात १०८

सूर्यनमस्कार, योग प्रात्यक्षिक व योग निद्रा इत्यादीचे ऑनलाईन प्रशिक्षण द आर्ट ऑफ लिव्हिंग तासगाव तालुक्याचे प्रशिक्षक मा.वाल्मिक खैरनार आणि त्यांच्या टीमने करवून घेतले. या उपक्रमात १४२ स्वयंसेवक व प्राध्यापकांनी सहभाग घेतला. ह्या उपक्रमाचे संयोजन महाविद्यालयाचे प्राचार्य डॉ.मिलिंद हुजरे यांच्या मार्गदर्शनाखाली राष्ट्रीय सेवा योजनेचे सदस्य डॉ. मेघा पाटील, प्रा.डॉ. सचिन शिंदे, कार्यक्रम अधिकारी डॉ.टी.के. बदामे, डॉ.अमोल सोनवले, डॉ. पी.बी.तेली, प्रा.आण्णासाहेब बागल यांनी केले.

प्राचार्य डॉ. मिलिंद हुजरे यांनी जीवनातील व्यायामाचे व योगाचे महत्त्व विशद केले. नियमित योगसाधना केल्यामुळे आपण तणावमुक्त होवू शकतो हा विश्वास व्यक्त केला.

**Celebration of Yoga Day has published in Newspaper
'Dainik Tarun Bharat'**

Report Submitted by

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