

**A BRIEF REPORT OF THREE DAYS WORK SHOP  
ON "Yoga at everywhere" Jointly Organized by  
IQAC AND Department of Physical Education, Vinzar, Tal- Velhe, Dist -  
Pune.**

A Three days webinar on "Yoga at Home and everywhere" was conducted on 19<sup>th</sup> June 2023 to 21<sup>st</sup> June 2023, at Amruteshwar Arts commerce and Science College, Vinzar in order to spread importance in physical literacy among the tribal people of the Pune District of Maharashtra. This webinar has been sponsored by Department of Physical Education and IQAC, Savitribai Phule Pune University, Pune.

**Detail Report of Each day Workshop**

Name of the Event	: Day I
Resource Person	Dr. Ritesh Wangwad
Date & Time of the Program	: 19 <sup>th</sup> June 2023 08.00 am to 9.00 am
	"Yoga asana Session"
Participants for session	68
Name of the Event	Day II
Resource Person	Dr. Sheetal Shendkar
Date & Time of the Program	:20 <sup>th</sup> June 2023 08.00 am to 9.00 am
	"Pranayama Session"
Participants for live session	65
Name of the Event	Day III
Resource Person	Prof. Manoj Tapre
Date & Time of the Program	:21 <sup>st</sup> June, 2023 08.00 am to 9.00 am
	"Suryanamaskar Session"
Participants for live session	63

  
Principal

Amruteshwar Arts, Commerce & Science  
College, Vinzar, Tal Velha, Dist. Pune

With the encouragement and support from the Samaj Shikshan Mandal Vinzar, the IQAC and Department Of Physical Education, Vinzar college jointly organized a Three day workshop on "Yoga at everywhere" on 19<sup>th</sup> June 2023 at 08:00 am To 9:00a.m Around 65 participants comprising of Principals, Professors, Assistant Professors and IQAC coordinators of Affiliated Colleges from Colleges, Principal, Amruteshwar Arts, Commerce and Science College, Vinzar. Dr. Sanjeev Late extended his warm welcome to the participants and Resource Persons of the Workshop. He also appreciated the efforts made by Department of Physical Education to improve the quality of Sports Participation in Vinzar. Head IQAC Department, He narrated the working of IQAC, Department of Physical education and informed that the IQAC is making its rigorous efforts to boost the quality of teaching, research and learning in the Vinzar College. Welcome address by Rahul Kamble, Gymkhana welcomed all participants and introduces. First day 19.6.2023 session speaker Dr. Ritesh Wangwad appreciated the efforts of Vinzar College and then briefed about the key components of the Yoga at Everywhere revised assessment process. he also emphasized on ensuring quality in sports Participation by being accountable and improving constantly. Further, he elaborated being a lifelong learner and has a motto.

Second day on 20.06.2023 session Welcome address by Dr. Suresh Muluk Second day session speaker Dr. Sheetal Shendkar, She conduct demo and practice of pranayama technique

Third day workshop on 21.06.2023 Session speaker Prof. Tapare Manoj conduct practice session on pranayama, different types of pranayama, its benefit to human and easy way to practice with few tip and technique Later, Dr. Tapare sir responded to the Questions and doubts raised by the participants. The session was concluded by a vote of thanks from Dr. Sheetal Shendkar. She expressed special gratitude speaker for their informative and useful presentations. she also expressed gratitude to the participant, administration for their constant encouragement and support in conducting the Webinar, the IQAC team and Vinzar College for hosting the event and participants in making the Workshop a grand success.

1. Day One 19<sup>th</sup> June 2023 Resource person: Dr. Ritesh Wangwad




  
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2. Day Second 20<sup>th</sup> June 2023 Resource person: Dr. Sheetal Shendkar



3. Day Second 21<sup>st</sup> June 2023 Resource person : Manoj Tapre



  
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