"Sama Shreshba Dan Vidya Dan"

Samaj Shikshan Mandal Vinzar's

AMRUTESHWAR ARTS, COMMERCE & SCIENCE COLLEGE, VINZAR

At Post Vinzar, Tal. Velha, Dist. Pune - 412213

Telefax: 02130 - 232323

DD No. PU / PN / AC 121/ (1997)]

MARIO STATE OF THE STATE OF THE

Email: amruteshwar13@gmail.com

Website: amruteshwar.org

Date:

/20

Ref. : A.A.C.S.C.J

120

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 5 June 2023 to 21st June 2023, at Amruteshwer Arts commerce and Science College, Vinizar 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

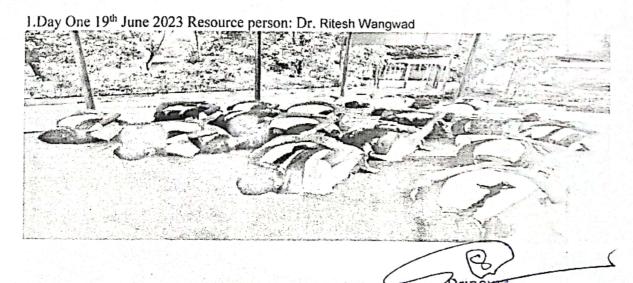
Participants for live session	63
	"Suryanamaskar Session"
	08.00 am to 9.00 am
Date & Time of the Program	:21 th June, 2023
Resource Person	Prof.Manoj Tapre
Name of the Event	Day !!!
Participants for live session	65
	"Pranayama Session"
	08.00 am to 9.00 am
Date & Time of the Program	:20 th June 2023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

incipa. War Arts. Commence & Strenge Talleto Viario Tal Valte Del 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 19th 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 Everyware 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.

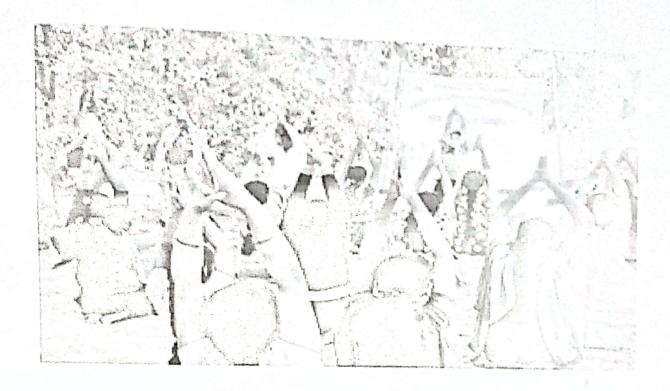
Second day on 20.06.2023 session Welcome address by Dr. Suresh Muluk Second day session speaker Dr. Sheetal Shendkar, She conduct demo and practice of pranayama technique

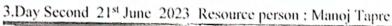
Third day workshop on 21.06.2023 Session speaker Prof. Tapare Manoj conduct practice session on pranayama, different types of pranayama, its benefit to human and easy way to practice with few tip and technique Later, Dr. Tapare sir responded to the Questions and doubts raised by the participants. The 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.



College Vinzar Tal Velhe, Dist. Pune

2,Day Second 20th June 2023 Resource person: Dr. Sheetal Shendkar







Principa. Amrutest war Arts, Commerce & Science College Vinzar Tal Velhe, Dist. Pure