



Shri. Balasaheb Mane Shikshan Prasarak Mandal, Ambap's
ASHOKRAO MANE COLLEGE OF PHARMACY

Approved by PCI & AICTE New Delhi, DTE-Government of Maharashtra,
Affiliated to Shivaji University, Kolhapur

Peth Vadgaon Tal. Hatkanangale, Dist. Kolhapur (MH) PIN 416 112
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Academic Year: 2019-20

National Service Scheme

Event Details

Event Title	International Yoga Day
Organized By	Ashokrao Mane College of Pharmacy, Peth Vadgaon
Date Of Organization	Friday, 21/06/2019
Funding Agency	Shivaji University Kolhapur
Collaboration/MOU	-
Description	<p>International Yoga Day: Venue Auditorium Hall. Time- 2:00 to 4:00 pm</p> <ol style="list-style-type: none">1. Inauguration Function- Celebration of International Yoga Day. I.e. On 21/6/2019 started with traditional events Dip Prajwalan and Pratima Pujan Yoga teacher Prof.S.B.Bagal was welcome and felicitated by Principal Honourable Dr.S.S. Patil sir.2. Introductory Speech- An introductory speech was given by an event organizer Assistant Prof.Avdhut Jadhav explained the importance of yogic exercises in today's stressful life,3. Lecture: An elaborated lecture on the principles of Ashtang yoga was given by experienced yoga teacher Prof.S.B.Bagal explaining the usefulness, importance of Ashtang yog principles in life style of all human beings. He explained the eight principles of Ashtang yoga-Yam, Niyam, Asana, Pranayama, Pratyahar, Dhyan, Dharana and Samadhi. In simple words he explained the importance of Yam, Niyam, Asana, and Pranayama which is called as External Yoga. At the end Prof Bagal concluded that following the yogic principles we can mould our life style towards spiritual happiness.4. Yogic Activities- All the participants experienced effects of following yogic exercises:<ol style="list-style-type: none">A. Meditation- A piece of mind and soul with omkar chatting.B Pranayama-Participants experienced tremendous vibrations throughout the body with Bhramari PranayamaC Yognidra-30 minutes deep relaxation exercise Yog nidra was experienced by all teachers and students, seniors and juniors as well as ladies and gents pooling towards high level mental and physical relaxation with evolution of positive thoughts. It was a great experience to the participants.D. Stretching Asnas- Parvatasan, Sharnagat Mudra, Vrukshasan, Tadasan, and Teeryak Tadasan were performed to remove the physical stress of all the participants.5. Interaction By Participants- A cheerful interactions were observed in the participants.6. Closing Ceremony- Hon. Dr.S.S. Patil appealed all the participants to do daily yogic exercises and extended vote of thanks.



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Photographs		
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 Mr.A.P.Jadhav Name & Sign of Committee Incharge	 IQAC Coordinator	 Principal
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कार्यक्रम अधिकारी
राष्ट्रीय सेवा योजना
अशोकराव माने कॉलेज ऑफ फार्मसी
पेठ वडगांव, जि. कोल्हापूर

IQAC CO-ORDINATOR
Ashokrao Mane College of Pharmacy,
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PRINCIPAL
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