

महाराष्ट्र आरोग्य मंडळाचे

# सुमतिभाई शाह आयुर्वेद महाविद्यालय



माळवाडी, हडपसर, पुणे ४११ ०२८

(ISO 9001:2015 प्रमाणित महाविद्यालय व

ISO 9001:2015 NABH प्रमाणित आयुर्वेद रुग्णालय)

\* मान्यता : भारत सरकार, स्वास्थ्य व परिवार कल्याण मंत्रालय (आयुष विभाग)

भारतीय चिकित्सा केंद्रीय परिषद, नवी दिल्ली व महाराष्ट्र सरकार मान्यताप्राप्त

\* महाराष्ट्र आरोग्य विज्ञान विद्यापीठ, नाशिक संलग्नित

॥अभ्यासात् प्राप्यते दृष्टिः  
कर्मसिद्धिप्रकाशनी॥

मआम/सुशाआयुम/२३४

दि.२२/०६/२०२२

प्रति,

मा.संचालक,

आयुष संचालनालय, महाराष्ट्र राज्य,  
मुंबई.

विषय: दिनांक २१ जून २०२२ आंतरराष्ट्रीय योग दिन साजरा केल्याबद्दल अहवाल सादर करणेबाब.

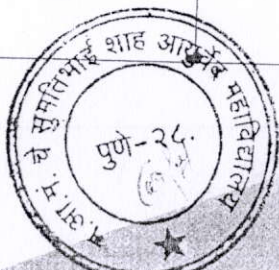
संदर्भ: मा.संचालक, आयुष संचालनालय, महाराष्ट्र राज्य, मुंबई यांचे पत्र क्रमांक जा.क्र.आसमुं/आंतरराष्ट्रीय /योगदिन/२१ जून /२०२२/आयु २/ दि.१ जून २०२२

मा.महोदय,

संदर्भाकित पत्राच्या अनुषंगाने दिनांक २१ जून २०२२ आंतरराष्ट्रीय योग दिनानिमित्त आमच्या महाविद्यालयाने घेतलेल्या विविध कार्यक्रमांचा अहवाल खालील प्रमाणे सादर करित आहे.

महाविद्यालयाचे नाव : महाराष्ट्र आरोग्य मंडळाचे, सुमतिभाई शाह आयुर्वेद महाविद्यालय, हडपसर, पुणे.

अ.क्र.	कार्यक्रम	दिनांक	तपशील	छायाचित्र क्रमांक
१.	सोशल मीडिया योगासन चालेंज मोहीम	-	सरासरी सहभागी संख्या:	-
२.	घोषवाक्य स्पर्धा	16/06/2022	स्पर्धक संख्या : २३ विजेत्यांची नावे : १. वै. आसावरी उपाध्ये २. कु. ऋतुजा निसाळकर ३. कु. प्रणाली कदम उत्तेजनार्थ : कु. मानसी लोणकर	
३.	पोस्टर स्पर्धा	18/06/2022	स्पर्धक संख्या : ८ विजेत्यांची नावे : १. कु. बडवे केतकी २. कु. सायली राठोड ३. वै. निशिगंधा पाटील	




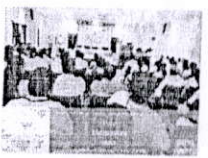
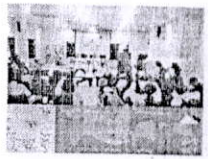
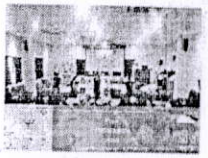

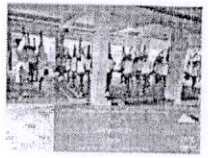



Web.: www.ssayurved.org

✉ ssayu@rediffmail.com, ssayu.college@gmail.com


College No.: 020-29522505, 29522506 Hospital No.: 020-29522503

Avurved Mahavidyalaya  
Hadapsar, Pune-411028

क्र.क्र.	कार्यक्रम	दिनांक	तपशील	छायाचित्र क्रमांक
४.	निबंध स्पर्धा	17/06/2022	स्पर्धक संख्या : १८ विजेत्यांची नावे : १. कु. आश्विनी पाथरीकर २. वै. वैष्णवी कुलकर्णी ३. कु. अनुष्का जगताप	
५.	रांगोळी स्पर्धा	14/06/2022	स्पर्धक संख्या : ०६ विजेत्यांची नावे : १. वै. काजल मोरांडे २. वै. प्रणिता गटलेवार ३. कु. रोहिणी लाडे	
६.	योगासन स्पर्धा	15/06/2022	स्पर्धक संख्या : ०८ विजेत्यांची नावे : १. कु. प्रणिता दिवेकर २. वै. ज्योती गवळी ३. वै. सायली तनपुरे	
७.	व्याख्यान	20/06/2022	वक्ता : वै. ज्योती गवळी विषय : माझा योग अनुभव सहभागी संख्या : ९०	
८.	रिदम योग	20/06/2022	प्रस्तुतीकरण संख्या : १६ सहभागी संख्या : ९०	  
९.	आंतरराष्ट्रीय योग दिन सामूहिक योगाभ्यास	21/06/2022	सहभागी संख्या : ५०	
१०.	व्याख्यान	15/06/2022	वक्ता : सौ. अर्चना फडणीस विषय : योग जागृती सहभागी संख्या : ५०	



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**PRINCIPAL**  
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Ayurved Mahavidyalaya,  
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ज.क्र.	कार्यक्रम	दिनांक	तपशील	छायाचित्र क्रमांक
११.	योग दिंडी	21/06/2022	सहभागी संख्या : ५०	



प्रत,  
 वै. मिहीर हजरनवीस,  
 समन्वयक,  
 पुणे परिक्षेत्र, आंतरराष्ट्रीय योग दिन २०२२,  
 आयुष संचालनालय, महाराष्ट्र राज्य,  
 मुंबई.



(डॉ. निलेश फुले)

प्राचार्य

प्राचार्य

महाराष्ट्र आरोग्य मंडळाचे,  
 सुमतिभाई शाह आयुर्वेद महाविद्यालय  
 हडपसर, पुणे-४११०२८



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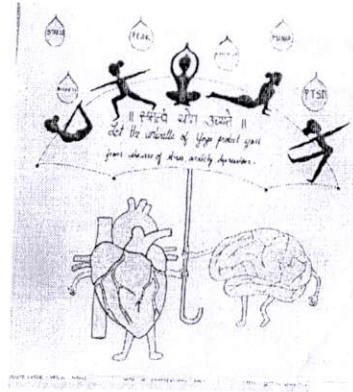
M.A.M's, Sumatibhai Shah  
 Ayurved Mahavidyalaya,  
 Hadapsar, Pune-411 028.

छायाचित्राच्या रकान्यात संबंधित उपक्रमाचे फ्लायर /स्क्रीनशॉट पेस्ट करावेत

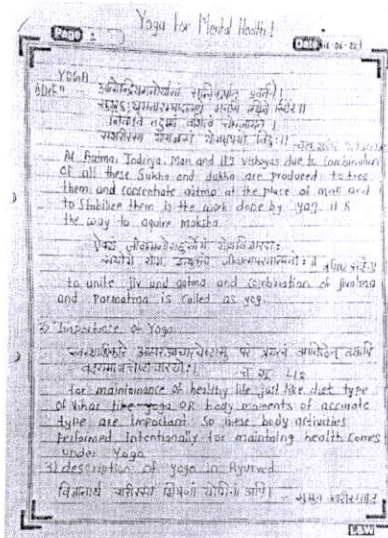
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छायाचित्र क्रमांक ३



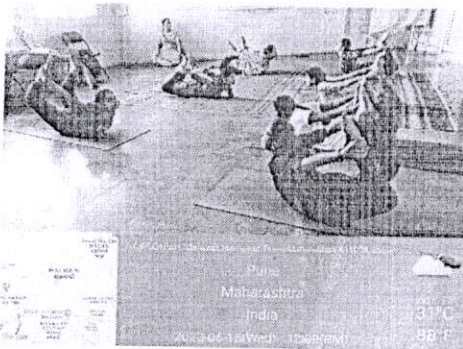
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छायाचित्र क्रमांक ५



छायाचित्र क्रमांक ६



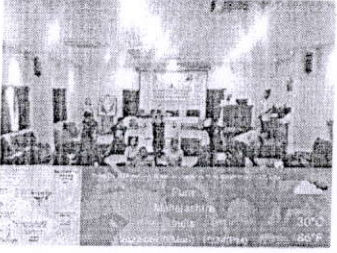
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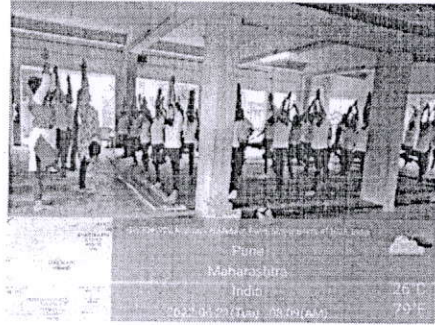
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Hadapsar, Pune-411028

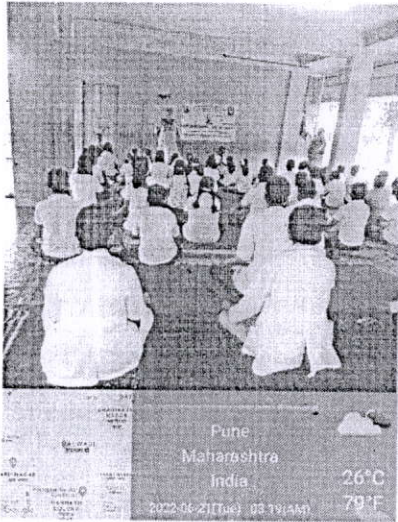
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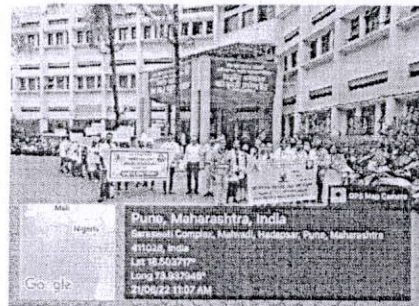
छायाचित्र क्रमांक ९



छायाचित्र क्रमांक १०



छायाचित्र क्रमांक ११



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PRINCIPAL  
M.A. M's, Sumatibhai Shah  
Ayurved Mahavidyalaya,  
Hadapsar. Pune-411028

Date: 23.06.2023

To,

The Hon. Principal,  
Sumatibhai Shah Ayurved Mahavidyalaya,  
Hadapsar, Pune.28

Subject - BRIEF REPORT OF 9<sup>TH</sup> INTERNATIONAL DAY OF YOGA CELEBRATION.

Ref: MAVV/SW/NSS/1057/2023 Dated: 20.06.2023

D.O.No. M-16011/13/2022-YN 08.06.2023

Respected Mam,

As per the directions by Director of AYUSH, Government of Maharashtra mail dated: 15.06.2023, we the department of Swasthavritta and Yoga celebrated 9<sup>th</sup> International Day of Yoga by conducting various activities under your guidance.

In the celebration, we have displayed banners in the campus for awareness of Yoga.

1. 16.06.2023 - Yogasana competition was arranged at Yogasana Kaksha SGAK. Participants had to perform Suryanamaskar and any three Asanas given below- Baddhapadmasana, Pavanmuktasana, Shalabhasana, Sarvangasana, Dhanurasana in scientific manner. Total 21 candidates participated for the competition. Winners are –  
**First Prize** - Dr. Sayali Tanpure  
**Second Prize** – Dr. Tejaswini Jadhav  
**Third Prize** – Dr. Rutuja Ingale  
**Teaching Staff : First Prize** - Dr. Jyoti Gavali  
**Second prize** Dr. Vijaya Mane
2. 17.06.2023 - Slogan competition was arranged by asking to submit the original, clear, & creative slogan emphasizing on 'Yoga for Humanity' theme. Total 15 participants submitted slogan for the competition. Winners are as follow –  
**First Prize** – Dr. Dhanashree Deshmukh  
**Second Prize** – Dr. Vandana Avhad  
**Third Prize** – Dr. Vaishnavi Kulkarni
3. 19.06.2023 - Essay competition was arranged on topics - Yoga for Humanity, Yoga in daily life and Yoga for mental health. Total 11 students participated in the competition. Winners declared are –  
**First Prize** – Ms. Anushka Jagtap  
**Second Prize** – Ms. Manasi Nandgude  
**Third Prize** – Dr. Ashiya Goveri
4. 19.06.2023 - Total 07 students participated in Poster Competition conducted on topics - Yoga for Humanity, Yoga in daily life and Yoga for mental health. Winners are -  
**First Prize** – Ms. Sakshi Shinde  
**Second Prize** – Dr. Nishant Taralkar



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Ayurved Mahavidyalaya,  
Hadapsar, Pune-411028

**Third Prize** –Ms. Asmita Tifanbane  
Ms. Ketki Badve

5. 19.06.2023- Total 04 students participated in Videography Competition on theme yoga for Humanity, winners are-  
**First Prize** – Dr. Kiran Ilay  
**Second Prize** – Dr. Komal Gaikwad
6. 19.06.2023- Total 11 students participated in Photography Competition on theme yoga for Humanity, winners are-  
**First Prize** – Dr. Ankit Tapase  
**Second Prize** – Dr. Dhanashree Deshmukh  
**Third Prize** – Dr. Vishal Devde  
Dr. Sonal Tinaikar
7. 20.06.2023- For UG and PG students Shatkarma was explained with the help of PPT followed by demonstration of Jalneti, Kapalbhathi and Tratak. Total 30 participants were benefited with this activity.
8. 21.06.2023 - **9<sup>th</sup> International Day of Yoga** was celebrated at MAM's SSAM, Malwadi, Hadapsar, Pune premises by , by Common Yoga Protocol Practice session by Yoga Expert Mrs. Archana Phadnis. The programme was graced with presence of Joint Secretary Hon. Mr. Arun Gujar Sir and Principal of the college Prof. Dr. Pranita Joshi-Deshmukh. Session was followed by a Yognidra, total 100 participants were benefited with this activity.
9. **Rhythm Yoga** was performed by 9 PG students, various yoga postures were demonstrated in different angles. This made the audience know about the appropriate postures of Yoga and to make them aware about the benefits of regular practice of these postures.
10. 21.06.2023 – Yoga awareness rally was conducted in Hadapsar area. Placards were displayed about Yoga Awareness in the community. Total 130 volunteers participated.

The whole program was organized under the guidance of Head of Department, Dr. Ramesh Ujwale and managed by departmental staff Dr. Nitesh Joshi, Dr. Roma Gangawane, Dr. Shravani Babar & Mrs. Archana Phadnis.

We take this opportunity to thank our Hon. Secretary Mr. Anil Gujar, Hon. Joint Secretary Mr. Arun Gujar Hon. Principal Prof. Dr. Pranita Joshi-Deshmukh and Hon. Vice-Principal Dr. Kavita Deshmukh, for their continuous and valuable guidance and support.

Attachment - Soft copy of event photographs.

*Byroah*  
Head

Dept. of Swasthavritta & Yoga  
**H.O.D.**

Dept. of Swasthavritta & Yoga  
M.A.M's, S.S.A.M. **TRUE COPY**  
Hadapsar, Pune.

**TRUE COPY**

*Pranita Joshi*  
**PRINCIPAL**

M.A.M's, Sumatibhai Shah  
Ayurved Mahavidyalaya,  
Hadapsar, Pune-411 028.



Received on 23/6/2023  
Sig. *Pranita Joshi*



**PRINCIPAL**  
M.A. M's, Sumatibhai Shah  
Ayurved Mahavidyalaya,  
Hadapsar, Pune-411028

Date: 28.06.2021

To,

**The Hon. Principal,  
Sumatibhai Shah Ayurved Mahavidyalaya,  
Hadapsar, Pune.28**

**Subject - BRIEF REPORT OF INTERNATIONAL DAY OF YOGA CELEBRATION.**

Respected Sir,

As per directions from directorate of AYUSH, letter No. 7700 - 12 dated 16.06.2021, we the department of Swasthavritta and Yoga celebrated 7th International Yoga Day by conducting following various activities under the guidance of Hon. Principal, SSAM, Hadapsar, Pune.

1. In the celebration we have displayed banner in the campus for awareness of Yoga.
2. Essay competition was arranged online on topic 'COVID-19 and Yoga'. Total 05 students participated in the competition. Winners declared are as follow –  
**First Prize** – Ketaki Badve  
**Second Prize** – Anushka Jagtap
3. Yogasana competition was arranged by asking to submit the photos of final position of any three asanas - Sarvangasan, Dhanurasan. Baddhapadmasan, Shalabhasan & Pawanmuktasan. Total 12 participants submitted photos for the competition Winners are as follow –  
**First Prize** – Diwakar Pranita  
**Second Prize** – Shradha Bhangire  
**Third Prize** – Vd. Priyanka Keram  
**Consolation Prize** – Mr. Tushar Junnarkar
4. Total 11 students participated in Poster Competition conducted on topic 'COVID-19 and Yoga'. Winners are as follow –  
**First Prize** – Mrunmayi Sasane  
**Second Prize** – Vd. Murade Sarita  
**Third Prize** – Ketaki Badve
5. Participants were appealed to participate in Rangoli Competition on topic 'COVID-19 and Yoga'. Total 04 students drew beautiful Rangoli. Winners are as follow –



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Ayurved Mahavidyalaya,  
Hadapsar, Pune-411028



**First Prize** – Kranti Ajbe  
**Second Prize** – Pranita Jarad  
**Third Prize** – Surbhi Kadam.

6. Slogan competition was arranged by asking to submit the original, clear, & creative slogan emphasizing on 'Yoga theme'. Total 10 participants submitted slogan for the competition Winners are as follow –

**First Prize** – Vd. Vrishalee Amte  
**Second Prize** – Vd. Sarita Murade  
**Third Prize** – Ketaki Badve

7. Students were appealed to participate in Shlok Recitation Competition on 'Yogsutras'. Total 07 students enthusiastically participated. Winners are as follow –

**First Prize** – Vd. Vrishalee Amte  
**Second Prize** – Vd. Ashwini Pargewar  
**Third Prize** – Samruddhi Kale

8. Three day online Workshop in association with Art of Living Institutional Program Bangalore was arranged on topic 'Covid Care Program' from 17.06.21 to 19.06.21 at 3:30 to 4:30 pm. Total 50 participants were benefited.

9. An online Yoga awareness lecture and demonstration on the topic 'Role of Yoga in COVID 19 pandemic' was conducted by Yoga Expert Mrs. Archana Phadnis at 10 am on 21/06/2021. Lecture was concluded by question answer session. Yoga demo was performed by dept. PG scholar Vd. Sarita Murade, Total 50 participants were benefited this online activity on GoToMeeting platform.

The prize distribution ceremony was graced by auspicious presence of Hon. Principal Dr. Nilesh Phule and Hon. PG Coordinator Dr. Anand Kalaskar on 25/06/2021 at 1pm at Dhanvantari hall. Winners of all competitions were appreciated by giving book on Yoga, pen and Rank E - Certificate. Also all the participants were given E – participation certificate.

The whole program was organized under the guidance of Head of Department, Dr. Ramesh Ujwale and managed by departmental staff Dr. Nitesh Joshi, Dr. Roma Gangawane, Dr. Shravani Babar & Mrs. Archana Phadnis.

We take this opportunity to thank our Hon. Secretary Mr. Anil Gujar, Hon. Principal Dr. Nilesh Phule for continuous valuable guidance and support.

Attachment - Soft copy of event photographs.

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**PRINCIPAL**  
M.A.M's, Sumatibhai Shah  
Ayurved Mahavidyalaya,  
Hadapsar, Pune-411 028.



**Head**  
Dept. of Swasthavritta & Yoga  
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**PRINCIPAL**  
M.A.M's, Sumatibhai Shah  
Ayurved Mahavidyalaya,  
Hadapsar, Pune-411028

Received on 23/6/21  
Sig. [Signature]

Date: 20.11.2020

To,  
The Hon. Principal,  
Sumatibhai Shah Ayurved Mahavidyalaya,  
Hadapsar, Pune.28

Subject – 'REPORT OF 5<sup>th</sup> AYURVEDA DAY CELEBRATION'

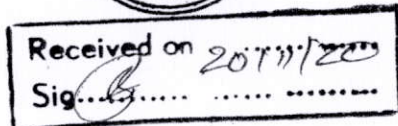
Respected Madam,

As per directions from directorate of AYUSH, letter No. 12075 dated 23.10.2020, we the department of Swasthavritta and Yoga celebrated 5th Ayurveda Day by conducting an online lecture on the topic 'Ayurveda for COVID-19 Pandemic'. The lecture was delivered by Dr. Ramesh Ujwale and Yoga Expert Mrs. Archana Phadnis at 3:00 pm on 13/11/2020. The lecture was focussed on Ayurvedic discipline (Swasthavritta) as well as Yoga practices to keep oneself healthy during COVID-19 pandemic period. Total 61 participants were benefited this online lecture on gotomeeting.

The whole program was organized under the guidance of Head of Department, Dr. Ramesh Ujwale and managed by departmental staff Dr. Nitesh Joshi & Dr. Shravani Babar.

We take this opportunity to thank our Hon. Secretary Mr. Anil Gujar, Hon. Principal Dr. Mrs. Nilakshi Pradhan and Hon. Vice Principal Dr. Nilesh Phule for continuous valuable guidance and support.

Attachment - Soft copy of event photographs.



*[Handwritten Signature]*

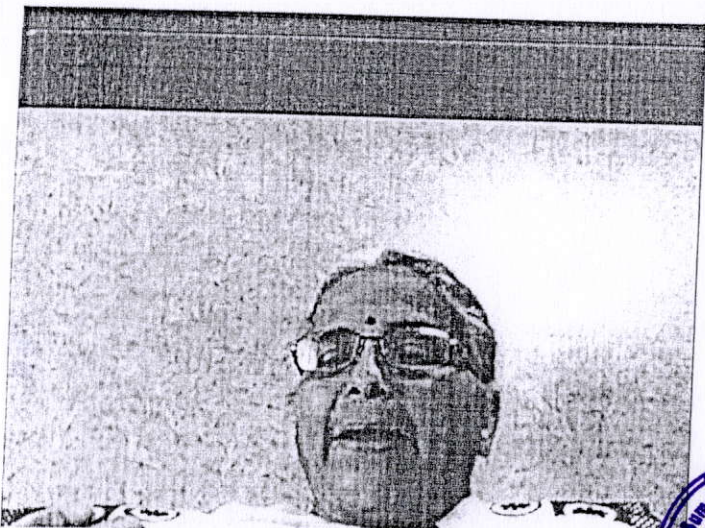
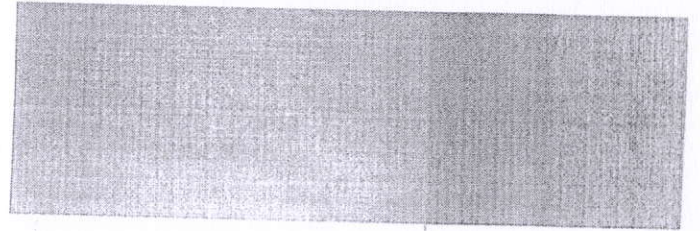
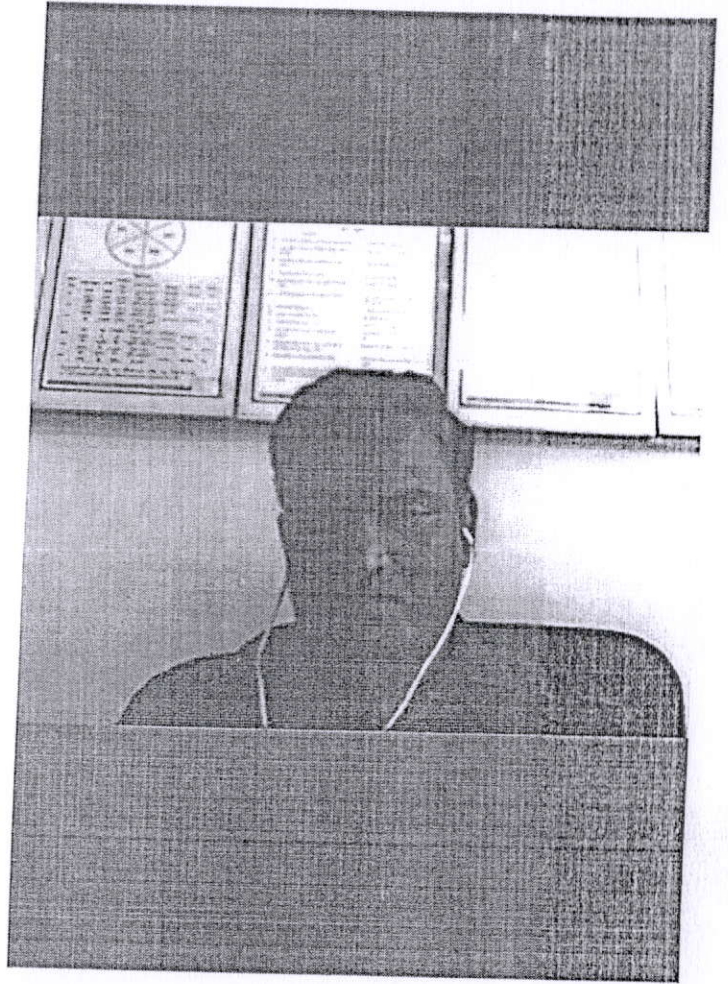
Head

Dept. of Swasthavritta & Yoga

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**PRINCIPAL**

**M.A.M's, Sumatibhai Shah  
Ayurved Mahavidyalaya,  
Hadapsar, Pune-411 028.**



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**PRINCIPAL**

**M.A. M's, Sumatibhai Shah  
Ayurved Mahavidyalaya,  
Hadapsar, Pune-411028**

Date: 02.07.2022

To,

The Hon. Principal,  
Sumatibhai Shah Ayurved Mahavidyalaya,  
Hadapsar, Pune.28

Subject - **BRIEF REPORT OF 8<sup>TH</sup> INTERNATIONAL DAY OF YOGA CELEBRATION.**

Ref: 1) UGC F. No. 1-16/2021, Dated – 25.03.2022;  
2) MUHS/SW/NSS/451/2022, Dated – 04.04.2022  
3) DOA/IDY/21JUNE/2022/AYU2/6060-65, Dated – 01.06.2022  
4) MUHS/SW/NSS/750/2022, Dated – 15.06.2022  
5) NCISM Ref 15-3/2021-VIC, Dated – 16.06.2022

Respected Sir,

We the department of Swasthavritta and Yoga celebrated 8<sup>th</sup> International Yoga Day by conducting following various activities under the guidance of Hon. Principal, SSAM, Hadapsar, Pune.

1. In the celebration we have displayed banner in the campus for awareness of Yoga.
2. 14.06.2022 - Participants were appealed to participate in Rangoli Competition on topic – 'Yoga for Humanity'. Total 06 students drew beautiful Rangoli.  
Winners for competition are as follow –  
**First Prize** - Dr. Kajal Morande  
**Second Prize** – Dr. Pranita Gatlewar  
**Third Prize** – Ms. Rohini Lade
3. 15.06.2022 - Yogasana competition was arranged at Yogasana Kaksha SGAK. Participants had to perform Suryanamaskar and any three Asanas given below-  
Baddhapadmasana, Pavanmuktasana, Shalbhasana, Sarvangasana, Dhanurasana in scientific manner. Total 8 candidates participated for the competition. Winners are –  
**First Prize** – Ms. Pranita Divekar  
**Second Prize** – Dr. Jyoti Gavali  
**Third Prize** – Dr. Sayali Tanpure
4. 16.06.2022 - Slogan competition was arranged by asking to submit the original, clear, & creative slogan emphasizing on 'Yoga for Humanity' theme. Total 23 participants submitted slogan for the competition. Winners are as follow –  
**First Prize** – Dr. Asawari Upadhyc  
**Second Prize** – Ms. Rutuja Nisalkar  
**Third Prize** – Ms. Pranali Kadam  
**Consolation Prize** – Ms. Manasi Lonkar



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Ayurved Mahavidyalaya,  
Hadapsar, Pune-411028

5. 17.06.2022 - Essay competition was arranged on topics - Yoga for Humanity, Yoga in daily life and Yoga for mental health. Total 18 students participated in the competition. Winners declared are –  
**First Prize** – Ms. Ashwini Pathrikar  
**Second Prize** – Dr. Vaishnavi Kulkarni  
**Third Prize** – Ms. Anushka Jagtap
6. 18.06.2022 - Total 8 students participated in Poster Competition conducted on topics - Yoga for Humanity, Yoga in daily life and Yoga for mental health. Winners are -  
**First Prize** – Ms. Badve Ketaki  
**Second Prize** – Ms. Sayali Rathod  
**Third Prize** – Dr. Nishigandha Patil
7. 20.06.2022 - Lecture on Yoga awareness & Experience Sharing by Dr. Jyoti Gavali, Associate Professor, Dept of RSBK. Four Yog Varga students of Yogasana Kaksha SGAK shared their experiences with daily Yoga practice. Suwarna Dodake, Ratnaprabha Gaikwad, Rita Muchkute and Rohini More. **Rhythm Yoga** was performed by 6 Pre-PG & 10 Yogvarga students. Programme was concluded by Jalneti Demo by 2 Pre-PG students. Total 90 participants were benefited with this activity.
8. 21.06.2022 - **8<sup>th</sup> International Day of Yoga** was celebrated at Sane Guruji Primary School, Malwadi, Hadapsar, Pune, by Common Yoga Protocol Practice and Lecture on Yoga Awareness by Yoga Expert Mrs. Archana Phadnis. The Programme was concluded with National Anthem.
9. 21.06.2022 – Yoga awareness rally was conducted in Hadapsar area. Placards were displayed about Yoga Awareness in the community. Total 50 volunteers participated.

The prize distribution ceremony was graced by auspicious presence of Hon. Principal Dr. Nilesh Phule and Hon. Vice-Principal Dr. Kavita Deshmukh, Head of Department of Swasthavritta and Yoga, Dr. Ramesh Ujwale and Yoga Expert - Mrs. Archana Phadnis on 01.07.2022 in Dhanvantari Hall. Winners of all competitions were appreciated by giving book on Yoga, Jalneti Pot and Rank Certificate. Also all the participants were given participation certificate.

The whole program was organized under the guidance of Head of Department, Dr. Ramesh Ujwale and managed by departmental staff Dr. Nitesh Joshi, Dr. Roma Gangawane & Mrs. Archana Phadnis.

We take this opportunity to thank our Hon. Secretary Mr. Anil Gujar, Hon. Principal Dr. Nilesh Phule and Hon. Vice-Principal Dr. Kavita Deshmukh, for their continuous and valuable guidance and support.

Attachment - Soft copy of event photographs.

*Byrval*

Head

Dept. of Swasthavritta & Yoga



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*Principals*  
**PRINCIPAL**  
M.A.M.'s, Sumatibhai Shah  
Ayurved Mahavidyalaya,  
Hadapsar, Pune-411 028.



Received on 02/07/22  
Sig. *Byrval* .....

Date: 27.06.2020

To,

**The Hon. Principal,  
Sumatibhai Shah Ayurved Mahavidyalaya,  
Hadapsar, Pune.28**

Subject - **BRIEF REPORT OF INTERNATIONAL YOGA DAY CELEBRATED**

Respected Madam,

As per directions from directorate of AYUSH, letter No. 5764-67 dated 15.06.2020, we the department of Swasthavritta and Yoga celebrated 6th International Yoga Day by conducting following various activities under the guidance of Hon. Principal, SSAM, Hadapsar, Pune.

1. In the celebration we have displayed banner in the campus for awareness of Yoga.
2. Essay competition was arranged online on topic 'COVID-19 and Yog'. Total 11 students participated the competition. Winners declared are as follow –

**First Prize – Vd. Khabale Nikhita.**

**Second Prize – Chothe Vivek**

**Third Prize – Takawale Gayatri**

3. Yogasana competition was arranged by asking to submit the photos of final position of any three asanas - Sarvangasan, Dhanurasan. Matsyasana, Chakrasana & Mayurasan. Total 27 participants submitted photos for the competition Winners are as follow –

**First Prize – Gore Hrushikesh**

**Second Prize – Diwakar Pranita**

**Third Prize – A. Vd. Bangar Suraj.**

**B. Vd. Rathod Saiprasad.**

**Special Prize** was given to the only teaching staff participant Dr. Maya Gokhale.

4. Total 11 students participated in Poster/Drawing Competition conducted on topic 'YOG'. Winners are as follow –

**First Prize – Chaudhari Ankita**

**Second Prize – Vd. Murade Sarita**

**Third Prize – A. Karhale Nikita.**

**B. Mahind Asmita**



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**M.A. M's. Sumatibhai Shah**  
**Ayurved Mahavidyalaya,**  
**Hadapsar, Pune-411028**

5. Participants were appealed to participate in Rangoli Competition on topic YOG. Total 6 students drew beautiful Rangoli. Winners are as follow –

**First Prize** – Lade Rohini  
**Second Prize** – Gawade Sejal  
**Third Prize** – Rathod Neha.

6. An online Yoga awareness lecture on the topic 'Sadya Paristhitit Manobal Vadhavinyaasathi Yogshastrache Mahatva' (Role of Yoga to boost Morale in current COVID 19 pandemic) was delivered by Yoga Expert Mrs. Archana Phadnis at 11 am on 21/06/2020. Lecture was concluded by question answer session. Total 57 participants were benefited this online lecture on gotomeeting.

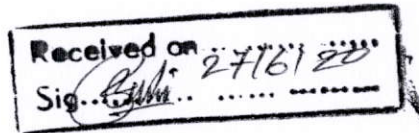
The whole program was organized under the guidance of Head of Department, Dr. Ramesh Ujwale and managed by departmental staff Dr. Nitesh Joshi & Dr. Shravani Babar.

We take this opportunity to thank our Hon. Secretary Mr. Anil Gujar, Hon. Principal Dr. Mrs. Nilakshi Pradhan and Hon. Vice Principal Dr. Nilesh Phule for continuous valuable guidance and support.

Attachment - Soft copy of event photographs.

Head

Dept. of Swasthavritta & Yoga  
Maharashtra Ayurved University  
Sumatibhai Shah Ayurved Mahavidyalaya  
Dept. of Swasthavritta



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**PRINCIPAL**  
M.A.M's, Sumatibhai Shah  
Ayurved Mahavidyalaya,  
Hadapsar, Pune-411 028.

**Maharashtra Arogya Mandal's**  
**Sumatibhai Shah Ayurved Mahavidyalaya**

(an ISO 9001:2015 Certified Mahavidyalaya)

Malwadi, Hadapsar, Pune - 411028

Recognized by : Government of India, Ministry of Health & Family Welfare,  
Department of AYUSH, New Delhi, C.C.I.M New Delhi & Government of Maharashtra.  
Affiliated to Maharashtra University of Health Sciences, Nashik.



॥ अभ्यासात् प्राप्यते दृष्टिः  
कर्मसिद्धिप्रकाशिनी ॥

MAM/SS Ayu/136-1

Date: 21/06/2019

To,

**Prof. Rajnish Jain**  
**Secretary & CVO**

University Grants Commission (UGC)  
Bahadur Shah Zafar Marg,  
New Delhi - 110002.

**BRIEF REPORT OF INTERNATIONAL YOGA WEEK CONDUCTED**

**FROM 14.06.2019 TO 21.06.2019**

Name of College: **SUMATIBHAI SHAH AYURVED MAHAVIDYALAYA,  
HADAPSAR, PUNE.**

Region: Pune

1. Morning Yoga Demo (7 am to 8 am) was conducted – Yes
2. Number of Participants in Morning Demo – 100
3. Name of Yoga Teacher who conducted the Morning Demo – **Mrs. Phadnis Archana**  
(Yoga Expert & Teacher)
4. Name of Asanas and Pranayam conducted during the Morning Demo –
  - a) Tadasana
  - b) Vrikshasana
  - c) Padahasthasana
  - d) Ardhakatichakrasana
  - e) Trikonasana
  - f) Paschimottanasana
  - g) Vakrasana
  - h) Vajrasana
  - i) Shashankasana
  - j) Shavasana
  - k) Anulom-Vilom Pranayam
  - l) Omkar Chanting
  - m) Bhramari Pranayam and Meditation

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**PRINCIPAL**

**M.A. M's. Sumatibhai Shah**  
**Ayurved Mahavidyalaya,**  
**Hadapsar, Pune-411028**

☎ 020-26998937, 26999405 Fax: 020-26999467

www.ssayurved.org ✉ ssayu@rediffmail.com, ssayucollege@mam.org.in





5. Name of Best Participant in the Morning Yoga Session – **Dr. Bhujle Saumya Shrinivas**
6. Was the Participant Felicitated – **Yes**
7. Whether Yoga exhibition was conducted at College – **No**
8. Whether banners/posters were displayed in campus for awareness of Yoga – **Yes**
9. Whether essay competition was conducted – **Yes**
10. Number of Prize winning participants – **03**
11. Topic(s) of essay given –
  1. Yoga and Health.
  2. Role of Yoga in Sports.
  3. Role of Yoga in Lifestyle Disorders.
  4. Yoga in Stress management.
  5. Pranayam a Boon to Mankind.
  6. Yoga Goes Green.
12. Name of prize winning and topics of essay –
 

**First Prize – Chothe Vivek Gitaram** – Yoga and Health.

**Second Prize – Kale Mahesh Prakash** – Yoga in Stress Management.

**Third Prize – Kulkarni Mahesh Mukund**– Yoga in Lifestyle Disorders.
13. Any other Activity conducted for awareness of Yoga –
  - Yoga awareness lectures –
    1. Dr. Gayatri Sawant
    2. Mrs. Archana Phadnis
  - Yoga Nidra session for teaching staff and students.
  - Yoga Demo by students and Patients.
  - Asana Competition for students –
 

**First Prize – Tinaikar Sonal Shriprasad**

**Second Prize – Satre Shraddha Dattatray**

**Second Prize – Garud Mandar Pramod**
  - Yoga Awareness Rally for community was conducted.
  - Yoga counseling for patients by department staff.
14. Relevant photographs of Morning Demo of action taken report and other photographs of the day - **Yes**
15. Soft copy of photographs and report sent by email – **Yes**

**College Coordinator**

Name – **Dr. Ramesh Ujwale**

Signature – 

Designation – **H.O.D.**

Dept. of **Swasthavritta & Yoga**


Email id – [ssayu@rediffmail.com](mailto:ssayu@rediffmail.com)

Phone – 020- 26998930



**Incharges of Institute**

Name – **Dr. Mrs. Nilakshi Pradhan**

Signature – 

Designation – **Principal, H.O.D.**

Dept. of **Shalakyatantra**

Email id – [ssayu@rediffmail.com](mailto:ssayu@rediffmail.com)

Phone – 020- 26998930

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**M.A.M.'s, Sumatibhai Shah  
Ayurved Mahavidyalaya,  
Hadapsar, Pune-411 028.**

**NATIONAL SERVICE SCHEME**

International Day of Yoga, 21<sup>st</sup> June 2019

**Name of the University : MAHARASHTRA UNIVERSITY OF HEALTH SCIENCES, Nashik**

**Name of College : SUMATIBHAI SHAH AYURVED MAHAVIDYALAYA HADAPSAR PUNE -28**

Name of State : MAHARASHTRA

Sl. No	Name of the Activities / Programme	No of Activities / Programme in University / +2 Council Institutions / Colleges / Schools	Total No of Universities / +2 Council Participated	Total No of Colleges / Schools Participated	Total No of Units	No of NSS Volunteers Participated in Activities / Programme			No of Youth / Others Participated in Activities / Programme			Total No. of Participation
						Male	Female	Total	Male	Female	Total	
1	Workshops	1	1	1	2	50	20	70	65	35	100	170
2	University / +2 Council or Colleges / Schools - Level Rallies	1	1	1	2	50	20	70	65	35	100	170
3	Seminars	1	1	1	2	16	26	42	13	22	35	77
4	Debates	1	1	1	1	00	00	00	1	1	2	2
5	Nukkar Natak / Street Plays Organized	0	0	0	0	0	0	0	0	0	0	0
6	Any other Activity											
A	Yoga Demo	1	1	1	1	12	23	35	2	3	5	40
B	Essay Competition	1	1	1	1	4	5	9	2	1	3	12
C	Asan Competition	1	1	1	1	3	6	9	0	3	3	12
D	Yoga Performed	2	1	2	2	50	20	70	65	35	100	170
	<b>Total</b>	<b>9</b>	<b>8</b>	<b>9</b>	<b>12</b>	<b>185</b>	<b>120</b>	<b>305</b>	<b>213</b>	<b>135</b>	<b>348</b>	<b>653</b>



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*[Signature]*

**PRINCIPAL**

M.A. M's, Sumatibhai Shah  
Ayurved Mahavidyalaya,  
Hadapsar, Pune-411028.



Maharashtra Arogya Mandal's  
**Sumatibhai Shah Ayurved Mahavidyalaya**

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& Government of Maharashtra. Affiliated to Maharashtra University of Health Sciences, Nashik.



MAM/SS Ayu/219

Date: 21/06/2018

To,

**Dr. Kuldip Raj Kohli**

Director, Directorate of AYUSH,

Maharashtra State, Mumbai,

Govt. Dental college & Hospital Building,

4<sup>th</sup> floor, St. George's Hospital Compound,

P.D. Mello road, Fort, Mumbai-400001

**Subject:- Brief Report Of International Yoga Day Conducted  
On 21.06.2018**

**Name of College: SUMATIBHAI SHAH AYURVED MAHAVIDYALAYA,  
HADAPSAR, PUNE.**

**Region: Pune**

1. Morning Yoga Demo (7 am to 8 am) was conducted - Yes
2. Number of Participants in Morning Demo - 100
3. Name of Yoga Teacher who conducted the Morning Demo - **Mrs. Phadnis Archana**  
(Yoga Expert & Teacher)
4. Name of Asanas and Pranayam conducted during the Morning Demo -
  - a) Tadasana
  - b) Vrikshasana
  - c) Padahastasana
  - d) Ardhakatichakrasana
  - e) Trikonasana
  - f) Paschimottanasana
  - g) Vakrasana
  - h) Vajrasana
  - i) Shashankasana
  - j) Shavasana
  - k) Anulom-Vilom Pranayam
  - l) Omkar Chanting
  - m) Bhramari Pranayam and Meditation



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5. Name of Best Participant in the Morning Yoga Session – **Dr. Poonam Kale**
6. Was the Participant Felicitated – **Yes**
7. Whether Yoga exhibition was conducted at College – **No**
8. Whether banners/posters were displayed in campus for awareness of Yoga – **Yes**
9. Whether essay competition was conducted – **Yes**
10. Number of Prize winning participants – **3**
11. Topic(s) of essay given – English
  1. Importance of Yoga – In my view.
  2. Yoga on International Platform.
  3. Role of Yoga in Treatment.
  4. Different Schools of Yoga.
  5. Difficulties faced in daily Yoga practice and its solutions.
12. Name of prize winning and topics of essay –
  1. **First Prize – Kale Manoj Prakash** - Importance of Yoga – In my view.
  2. **Second Prize – Dr. Narke Mohini C.** - Difficulties faced in daily Yoga practice and its solutions.
  3. **Third Prize – Hodshil Ankush L.** - Importance of Yoga – In my view
13. Any other Activity conducted for awareness of Yoga –
  - **Asana Competition for Students –**  
**First Prize – Ms. Snehal Jaybhay**  
**Second Prize – Dr. Sadhana Kumar**
  - Yoga awareness lecture – Mrs. Archana Phadnis
  - Awareness and Asana Demo for patients.
  - Yoga Awareness Rally for community was conducted.
14. Relevant photographs of Morning Demo of action taken report and other photographs of the day - **Yes**
15. Soft copy of photographs and report sent by email – **Yes**

**College Coordinator**

Name – **Dr. Mrs. Sunanda Vanarase**

Signature –

*Sunanda*

Designation – **H.O.D.**

Dept. of **Swasthavritta & Yoga**

Email id – [ssayu@rediffmail.com](mailto:ssayu@rediffmail.com)

Phone – 020- 26998930



**In charge of Institute**

Name – **Dr. Mrs. Nilakshi Pradhan**

Signature –

*Nilakshi*

Designation – **Principal, H.O.D.**

Dept. of **Shalakyatantra**

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Hadapsar, Pune-411 028.**

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*Nilakshi*

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& Government of Maharashtra. Affiliated to Maharashtra University of Health Sciences, Nashik.



MAM/SS Ayu/221

Date: 21/06/2018

To,

Vd. Bhaskar Perke,  
Co ordinator, International Yoga Day  
Pune Region.

**Subject:- Brief Report Of International Yoga Day Conducted  
On 21.06.2018**

**Name of College: SUMATIBHAI SHAH AYURVED MAHAVIDYALAYA,  
HADAPSAR, PUNE.**

**Region: Pune**

1. Morning Yoga Demo (7 am to 8 am) was conducted – Yes
2. Number of Participants in Morning Demo – 100
3. Name of Yoga Teacher who conducted the Morning Demo – Mrs. Phadnis Archana  
(Yoga Expert & Teacher)
4. Name of Asanas and Pranayam conducted during the Morning Demo –

- a) Tadasana
- b) Vrikshasana
- c) Padahastasana
- d) Ardhakatichakrasana
- e) Trikonasana
- f) Paschimottanasana
- g) Vakrasana
- h) Vajrasana
- i) Shashankasana
- j) Shavasana
- k) Anulom-Vilom Pranayam
- l) Omkar Chanting
- m) Bhramari Pranayam and Meditation

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M.A. M's, Sumatibhai Shah  
Ayurved Mahavidyalaya,  
Hadapsar, Pune-411028

5. Name of Best Participant in the Morning Yoga Session – **Dr. Poonam Kale**
6. Was the Participant Felicitated – **Yes**
7. Whether Yoga exhibition was conducted at College – **No**
8. Whether banners/posters were displayed in campus for awareness of Yoga – **Yes**
9. Whether essay competition was conducted – **Yes**
10. Number of Prize winning participants – **3**
11. Topic(s) of essay given – English
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**Second Prize – Dr. Sadhana Kumar**
  - **Yoga awareness lecture – Mrs. Archana Phadnis**
  - **Awareness and Asana Demo for patients.**
  - **Yoga Awareness Rally for community was conducted.**
14. Relevant photographs of Morning Demo of action taken report and other photographs of the day - **Yes**
15. Soft copy of photographs and report sent by email – **Yes**

**College Coordinator**

Name – **Dr. Mrs. Sunanda Vanarase**

Signature –

*Sunanda*

Designation – **H.O.D.**

**Dept. of Swasthavritta & Yoga**

Email id – [ssayu@rediffmail.com](mailto:ssayu@rediffmail.com)

Phone – 020- 26998930



**In charge of Institute**

Name – **Dr. Mrs. Nilakshi Pradhan**

Signature –

*Nilakshi*

Designation – **Principal, H.O.D.**

**Dept. of Shalakyatantra** **TRUE COPY**

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Phone – 020- 26998930

**PRINCIPAL**

**M.A.M's, Sumatibhai Shah  
Ayurved Mahavidyalaya,  
Hadapsar, Pune-411 028.**