



LokSewaShikshanBahuuddeshiyaMandal

Padm.Dr.V.B.Kolte College of Engineering

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Department:-Computer Science and Engineering

Academic Year:-2020-21

Department Activity :- Yoga Awareness Program

Name of Program: The secret's of Yoga" on Awareness of covid-19 Pandemic Situation.

Summary Report

Date: -06/05/2021

Name of Expert :- Prof. Dr. Uttam Kalwane

Name of Programme :- The secret's of Yoga" on Awareness of covid-19 Pandemic Situation.

Date : 06/05/2021

Class: - 2nd year ,3rd Year & 4th year Computer Science and Engineering

Padm. Dr.V.B. Kolte College of Engineering, Malkapur, Department of Computer Science and Engineering Organized an Energetic Powerful - Informative session - The secret's of Yoga" on Awareness of covid-19 Pandemic Situation, on 06 May , 2021 at our institute by online mode due to the pandemic situation of COVID-19. The aim of this program was to aware the students about importance of yoga. Our institute always takes an initiative for the development of the students, and about their health.

The online session was conducted by Prof. Prof. Dr. Uttam Kalwane on The secret's of Yoga" on Awareness of covid-19 Pandemic Situation on 06 May , 2021. During the session the speaker complete the yoga activity by students and staff. The objectives of yoga are physical well-being, prevention and cure of diseases and harmonization of vital force within body for mental up gradation. It is an excellent tool for human resource management, emotional intelligence and management of stress. It develops virtues from within and elevates quality of living. Those who prefer intellectual Self-inquiry follow jnana yoga while activists follow karma yoga by unattached service to humanity. Others adopt mystic path of devotion, or bhakti yoga, while some follow psychophysical process of raja yoga for regulation of mind and deep meditation. These diverse disciplines are complementary to one another. Yoga promotes universal love and selfless service to humanity rising above all sectarian boundaries discovering grand unity in apparent diversity.

Speaker practically explain the different yogasan as follows –

- Tadasana- This causes stretching of the entire body. Legs, thighs, and knees become strong. Along with this, it helps in increasing height and reducing weight.
- Konasana - Stretching of the entire body is done by doing this asana. If there is a backache, do not bend forward much, while if there is a hernia, avoid bending over backward.
- Padahastasana- Beneficial in heart disease, abdominal fat, increasing length, increasing circulation of blood to the brain.

• Mandukasana - Beneficial for diabetics. It helps to increase immunity as well as release

insulin in the pancreas.

- Ushtrasana- By doing this yoga, the digestive and reproductive system works properly. Relieves back pain, thyroid etc.
- Ardh Matsyendrasana - Get relief from diabetes, stomach, back pain. Increase blood circulation in the spinal cord. Makes the spine flexible.
- Vakrasana- If you are unable to do half Matsyendrasana, then you can do this asana. It also provides the same benefits.
- Gaumukh Asana - This asana can be done for 5 minutes. Spinal cord strong, useful in hemorrhoids, beneficial for liver-kidney.
- Bhujnagasan- By doing this asana, height increases. With this, the tiredness of the body is reduced. Get rid of stomach fat too.
- Markatasan - Get rid of back pain, get rid of every spinal problem, beneficial for cervical, gastric, kidney.
- Shalabhasana- By doing this asana, the entire body remains fit.
- Uttanapadasana- Stretching in the chest and muscles, relieving back pain as well as every problem related to the spinal cord. Along with this, there is a stretch in the neck and muscles with diabetes control.

There is also interaction session with students in that students asks their queries and raise different questions.

Lastly they end up with his experience about yoga. Total number of students attended the program is 74. HOD, program co-ordinator and faculties from department also attend program. Program is conducted by Zoom Platform.

Speaker Details -

Dr. Uttam Kalwane
Professor and Head, Department of Civil Engineering, Maharashtra Institute of Technology, Aurangabad

Date: 23rd April 2021

Time: 11.00 am

Join Zoom meeting Platform -

*Link for live program :

Join Zoom Meeting

<https://us02web.zoom.us/j/85288208522>

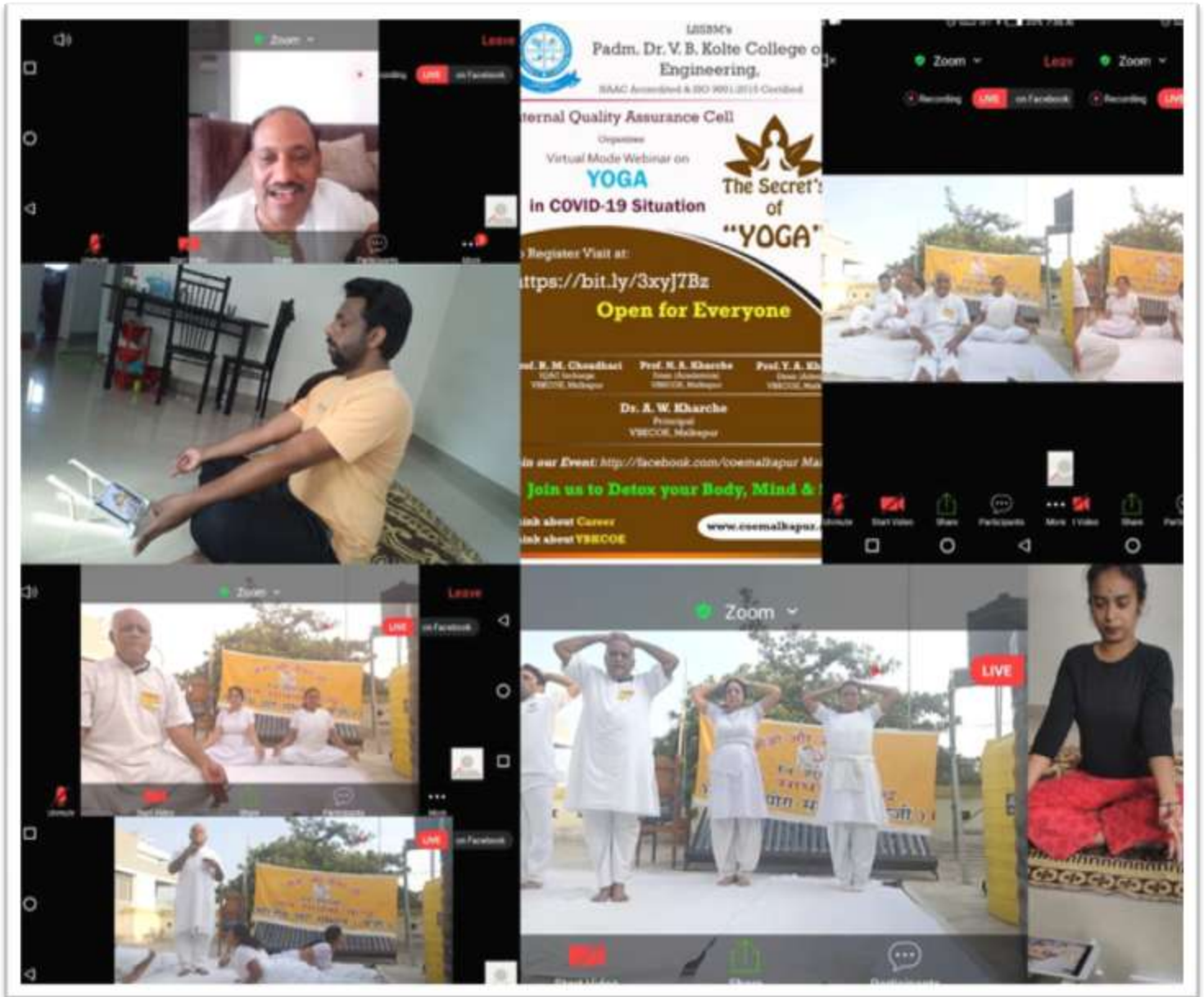
Meeting ID: 852 8820 8522

Passcode: 12345

Link for registration-

<https://bit.ly/3xyJ7Bz>

Snapshots of Program




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