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KONKAN GYANPEETH RAHUL DHARKAR COLLEGE OF PHARMACY AND RESEARCH INSTITUTE, KARJAT

Konkan Gyanpeeth Shikshak Sanstha, Vengal Road, Dahanu - Parase Post, Tal. Karjat, Dist. Raigad 410201 MS
Approved by AICTE & P.C.I (New Delhi), D.T.E. (Govt. of Maharashtra) and Affiliated to Murlidhar University
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Date: 29/06/2021

Action taken report of Yoga Day Celebration on 21st June 2021

Konkan Gyanpeeth Rahul Dharkar college of Pharmacy and Research Institute Karjat celebrated 7th International Day of Yoga on 21st June 2021, in association with Ghantali Mitra Mandal (Yoga Department) Thane.

This program was conducted separately in two groups, one group was of students' participants handled by Yoga teachers from Ghantali Mitra Mandal, Dr. Manali Vibhute, Mrs. Hemali Dayani and Mrs. Gopi Chauhan, this group's activity was coordinated by Dr. Vaishali Jadhav from Konkan Gyanpeeth Rahul Dharkar college of Pharmacy and Research Institute Karjat. Above 60 student participants attended this session online on zoom platform.

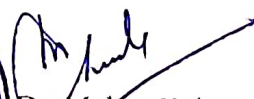
Second group was created for teaching and nonteaching staff of Konkan Gyanpeeth Rahul Dharkar college of Pharmacy and Research Institute, Karjat. This group was handled online by Mrs. Meenaxi Nihlani, Mrs. Anandi Bhaskaran and Mrs. Prema Somani from Ghatalimitra Mandal (Yoga Department), Thane and Ms. Jyoti Lahane from Konkan Gyanpeeth Rahul Dharkar college of Pharmacy and Research Institute Karjat. 25 staffs attended this session in college seminar hall with social distancing and 10 staff participants attended it online from home.

In both the groups yoga teachers taught and taken practices of various asanas in various postures such as sitting posture, standing posture, sleeping posture, and in reverse sleeping postures. While teaching these asana's teachers also mentioned about right ways of performing asana, probable mistakes while performing asanas, contra-indications for particular asanas and the benefits of asanas. Later yoga teachers also conducted very relaxing and beneficial shavasana practices.

After that yoga teachers took the pranayama practices, such as deep breathing practices, sectional breathing practices, anulomvilom, and Bhramari pranayama.

Thus, in entire session of yoga day celebration all the sadhaka's got the chance to experience very beneficial and relaxing complete yogic practices.



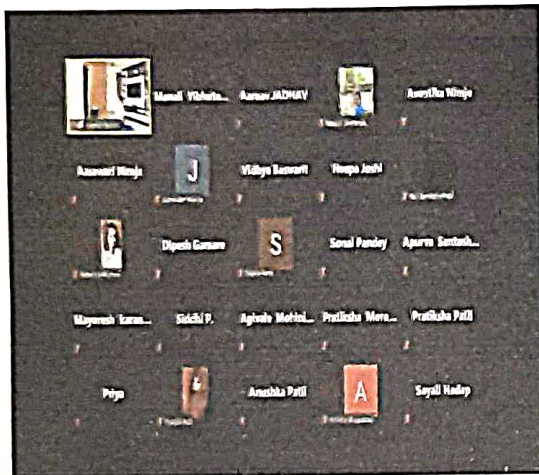
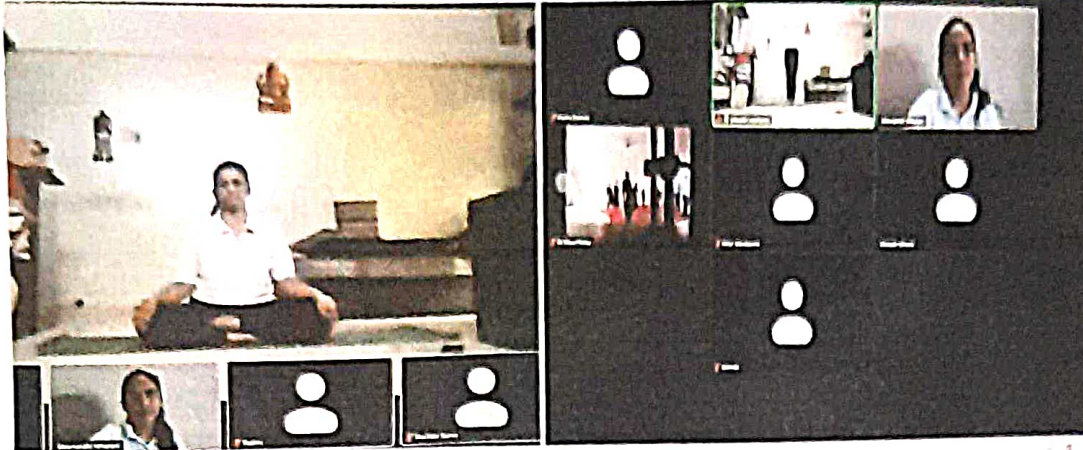

Dr. Mohan Kale
(Principal)



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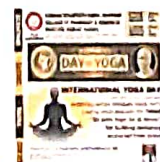
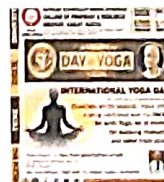
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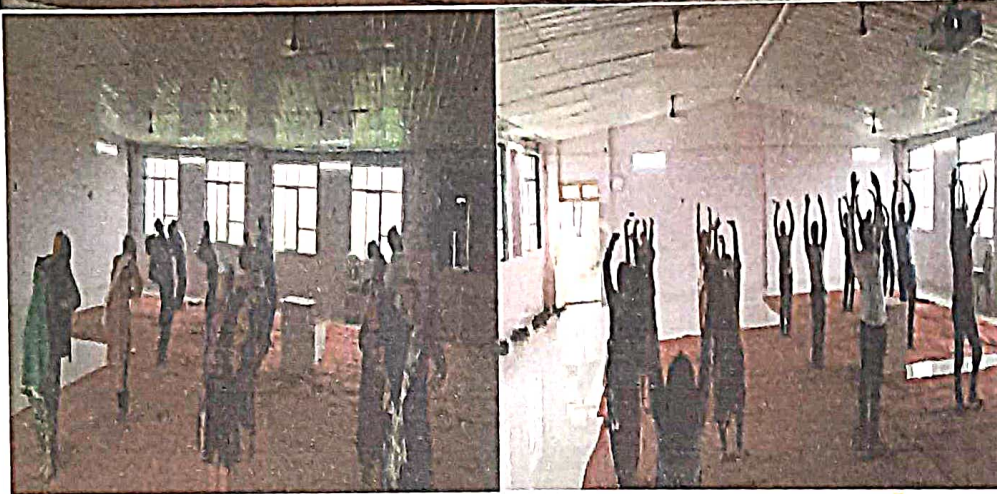
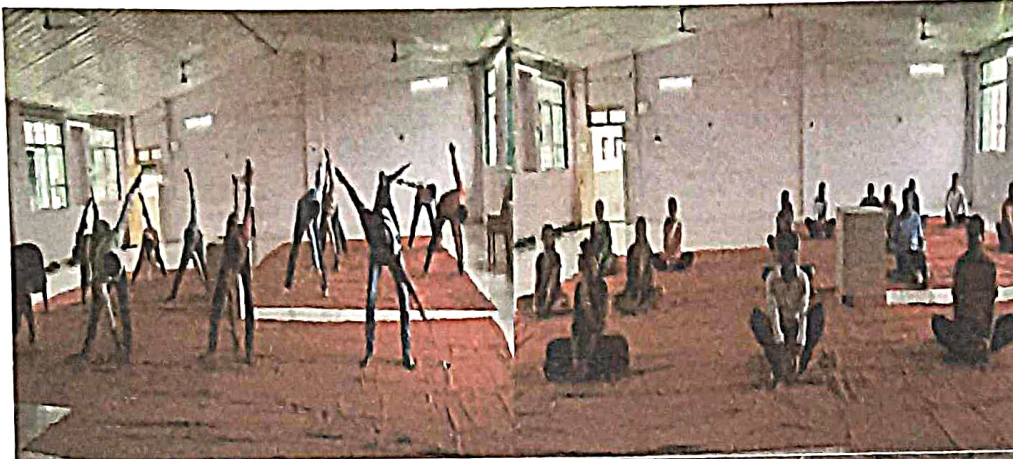
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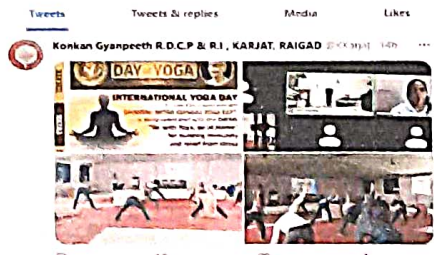


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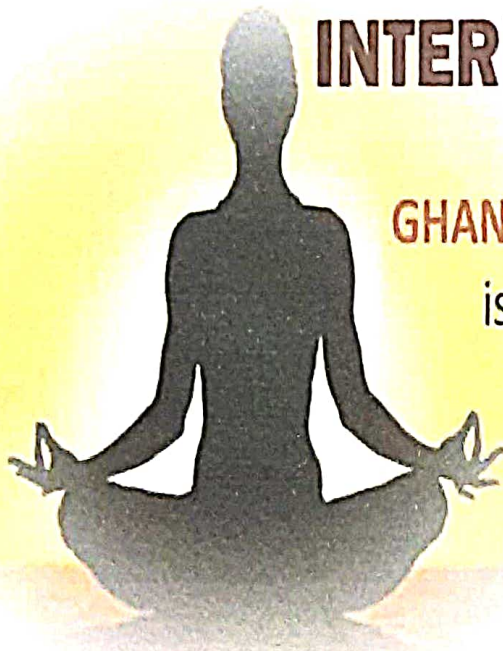
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**7th INTERNATIONAL
DAY OF YOGA**
Monday, 21 June, 2021



INTERNATIONAL YOGA DAY

21st June 2021 in association with

GHANTALI MITRA MANDAL YOGA DEPT.

is being celebrated with the **THEME**

"Be with Yoga, be at Home"

**for building immunity
and relief from stress**

Please Register at: <https://forms.gle/5bYSy6WkeLrsf1bW9>

For Details of Schedule and link

Kindly Contact:

Mrs. Jyoti Lalhane : 9960713684 | Dr. Vaishali Jadhav : 9619560080



Dr. Mohan Kale
Principal, KGRDCP&RI



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लोकमत

कोंकण ज्ञानपीठ महाविद्यालयात योग दिन साजरा

लोकमत न्यूज नेटवर्क
कर्जत : कोंकण ज्ञानपीठ राहुल
धारकर फार्मसी महाविद्यालयामध्ये
ठाणे येथील घंटाळी मित्र मंडळाच्या
सहकार्याने आज आंतरराष्ट्रीय योगदिन
साजरा करण्यात आला. यामध्ये
शिक्षक व कर्मचारी सहभागी झाले
होते, तर विद्यार्थी आपापल्या घरूनच
ऑनलाईन सहभागी झाले होते.

कर्जतमधील कोंकण ज्ञानपीठ
फार्मसी महाविद्यालयात आंतरराष्ट्रीय
योगदिन साजरा करण्यात आला. या
कार्यक्रमाचे उद्घाटन घंटाळी मित्र
मंडळ योग विभागाच्या योग शिक्षिक
डॉ. मनाली विभुते यांच्या हस्ते
करण्यात आले. याप्रसंगी डॉ. वैशाली
जाधव, समन्वयक प्रा. ज्योती लहाने,
हेमाली दयानी, गोपी चैहान, मीनाक्षी
निहलानी, आनंदी भास्करन आणि प्रेमा
सोमाणी उपस्थित होते. डॉ. वैशाली
जाधव यांनी उपस्थितांचे स्वागत केले.
ज्योती लहाने यांनी प्रास्ताविकात
उपक्रमाचे महत्त्व सांगितले. त्यानंतर
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करण्यात आला. कार्यक्रम दोन
वर्गामध्ये विभागण्यात आला होता.
एका विभागामध्ये महाविद्यालयतील
विद्यार्थ्यांनी आपापल्या घरून
कार्यक्रमात सहभाग घेतला.