



Bharatiya Sanskriti Darshan Trust's
AYURVED MAHAVIDYALAYA
VISHWASHANTI DHAM, WAGHOLI,
TAL.-HAVELI, DIST.-PUNE-412207
MAHARASHTRA, INDIA

FOUNDER
Parampujya Shri P. K. Sardeshmukh Maharaj

PHONE: (020) 67346152
E.mail – bsdtam@gmail.com

PRINCIPAL:
Dr. A.B.Kulkarni
Ph. D. (Ayurved)

O. No. : BSDTAM / Ext - 134
DATE: 21/6/2023

9th International Yoga - Day - 2023 report

21st June 2023 was celebrated as the 9th International Yoga day. The theme this year is, "Yoga for Humanity", "हर घर –आंगन योग".

This year IDY was celebrated at BSDT's Ayurved Mahavidyalaya, Kesnand Rd, Wagholi, Pune, Maharashtra 412207. This was celebrated at 21st June 2023 – 7.30am to 9am by following the "Common Protocol for Yoga day" as directed by AYUSH Ministry. Instructions were given by Mrs Meenakshi Joshi, Yoga teacher, Dept of Swasthavritta & Yoga. This session included all the chalan kriya, aasanas in standing, sitting, Supine, Prone positions, Surya Namaskar, Pranayam and Meditation. The chanting of prayer was also done.

It was attended by 51 people.

BSDT's Ayurved College, Wagholi, Pune had organized workshop on कपालभाती , त्राटक , षट् चक्र ध्यान on 19/06/2023 for UG students, Pg students, Interns, teaching & non teaching staff off college & hospital.

This workshop was conduct by Vd Mrs Mrunal Jamdade , Asst professor, Dept of Swasthavritta & Yoga ,Seth Chandanmal Mutha Aryangla Vaidyak Mahavidyalaya, Satara.

Session started at 10.30 am & concluded at 12.30 am. This workshop was attended by 61 people



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Brief Report on celebration of 8th International Day of Yoga 21 June 2023

Name of the College: - B.S.D.T's Ayurved Mahavidyalaya Wagholi, Pune.

Region: - Pune

1. Morning Yoga demo (7.30 to 9 am) was conducted online :- Yes
2. Number of Participants in the morning demo :- 51
3. Name of Yoga teacher who conducted the morning demo:-
 1. Mrs Meenakshi Joshi
4. Name of the Asanas and Pranayama conducted during the morning demo.
 - a. Loosening Exercises
 - b. Tadasana, Vrukshasana, Hastapadmasana, Ardhaachakrasana, Trikonasana, Bhadrasana, Vajrasana Ardhaushtrasana, Ushtrasana, Shashakasana, Vakrasana, Uttanmandukasana
 - c. Makrasana, Bhujagasana, Salabhasana, Setubandha, Uttanapadasana, Ardhaahalasana, Pavanmuktasana, Savasana.
 - d. Kapalbhati, Anuloma – Viloma, Sitali, Bhramari, Dhyan.
 - e. Surya Namaskar
5. Whether banners/Poster were displayed in campus of awareness of Yoga :- Yes



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Sumedha

Co – ordinator of 9th IDY 2023:-

Dr. Karambelkar Sumedha

Asst Professor (Swasthavritta)

Email ID & Phone: -

bsdtam.swasthavritta@gmail.com

7744947366

B. Kulkarni

PRINCIPAL

Principal:-

Dr. Anand B. Kulkarni

B.S.D.T'S Ayurved Mahavidyalaya

Dr. Kulkarni Anand

At Post-Wagholi, Tal-Haveli, Dist-Pune.

Email. Id & Phone:-

drabk70@gmail.com

9890066749



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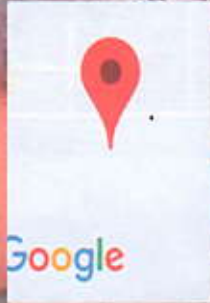
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GPS Map Camera



Pune, Maharashtra, India

BSDT's Ayurveda mahavidyalaya, Wagholi

Lat 18.582529°

Long 74.00284°

21/06/23 07:56 AM GMT +05:30





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Pune, Maharashtra, India
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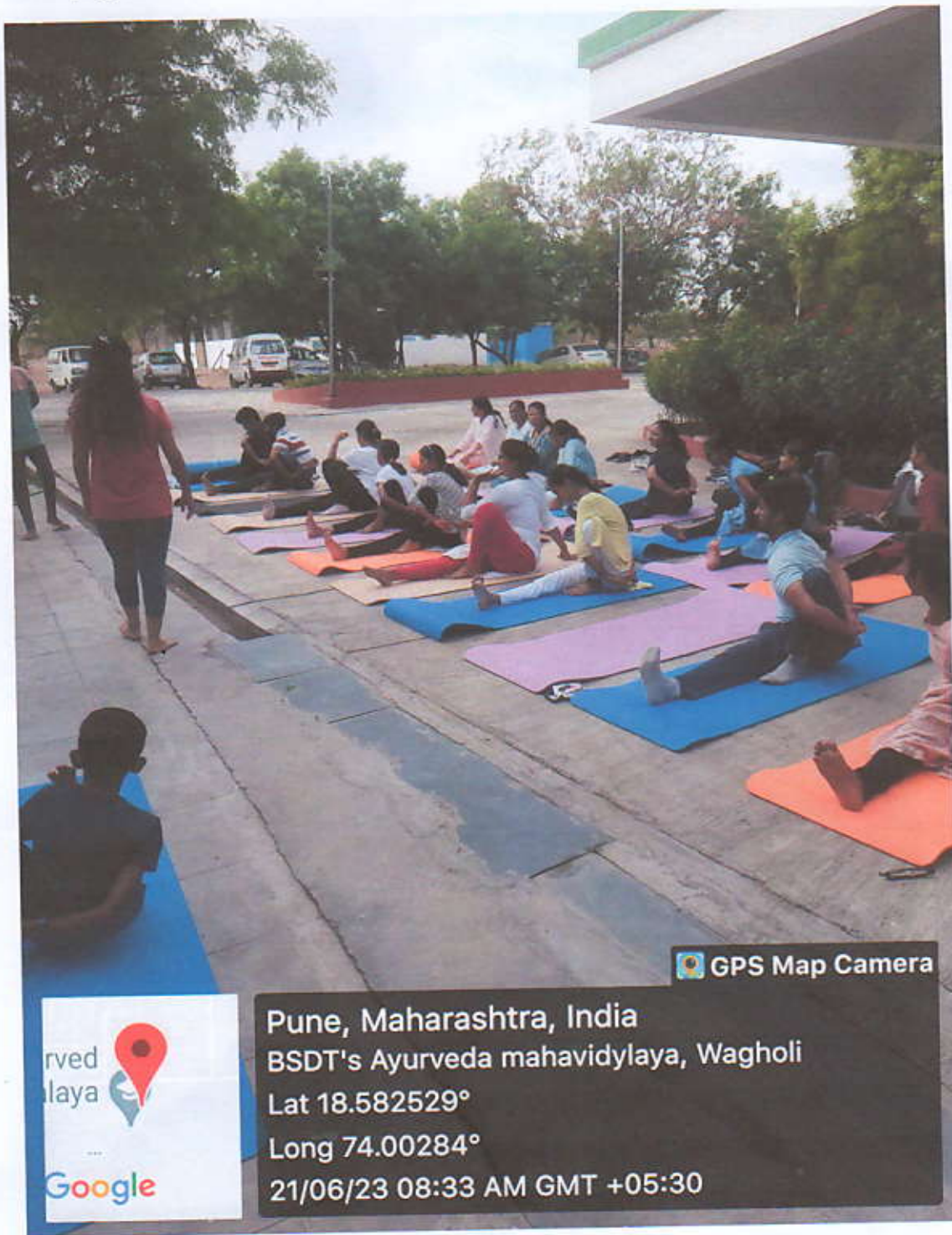
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Pune, Maharashtra, India
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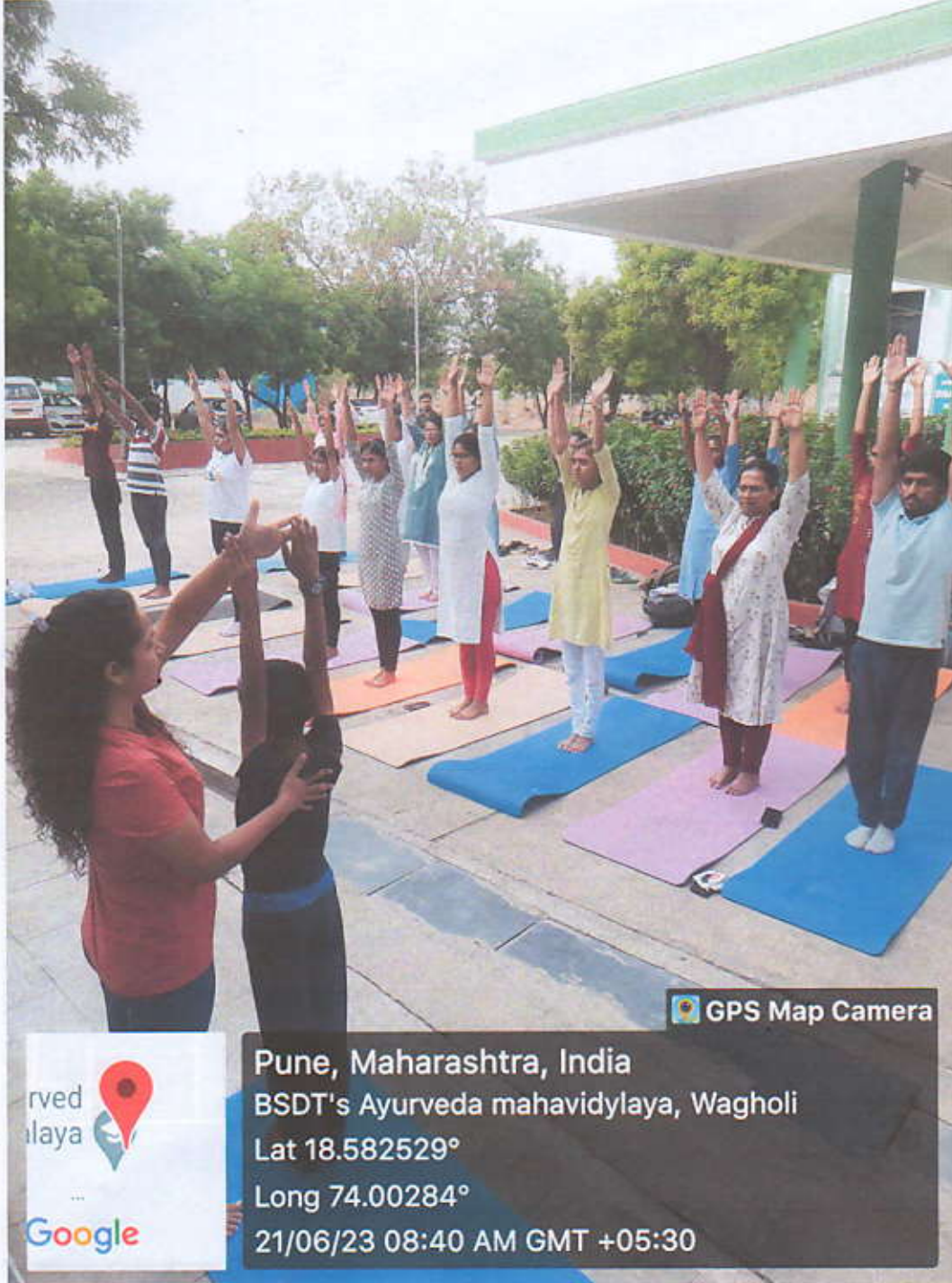


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Signature

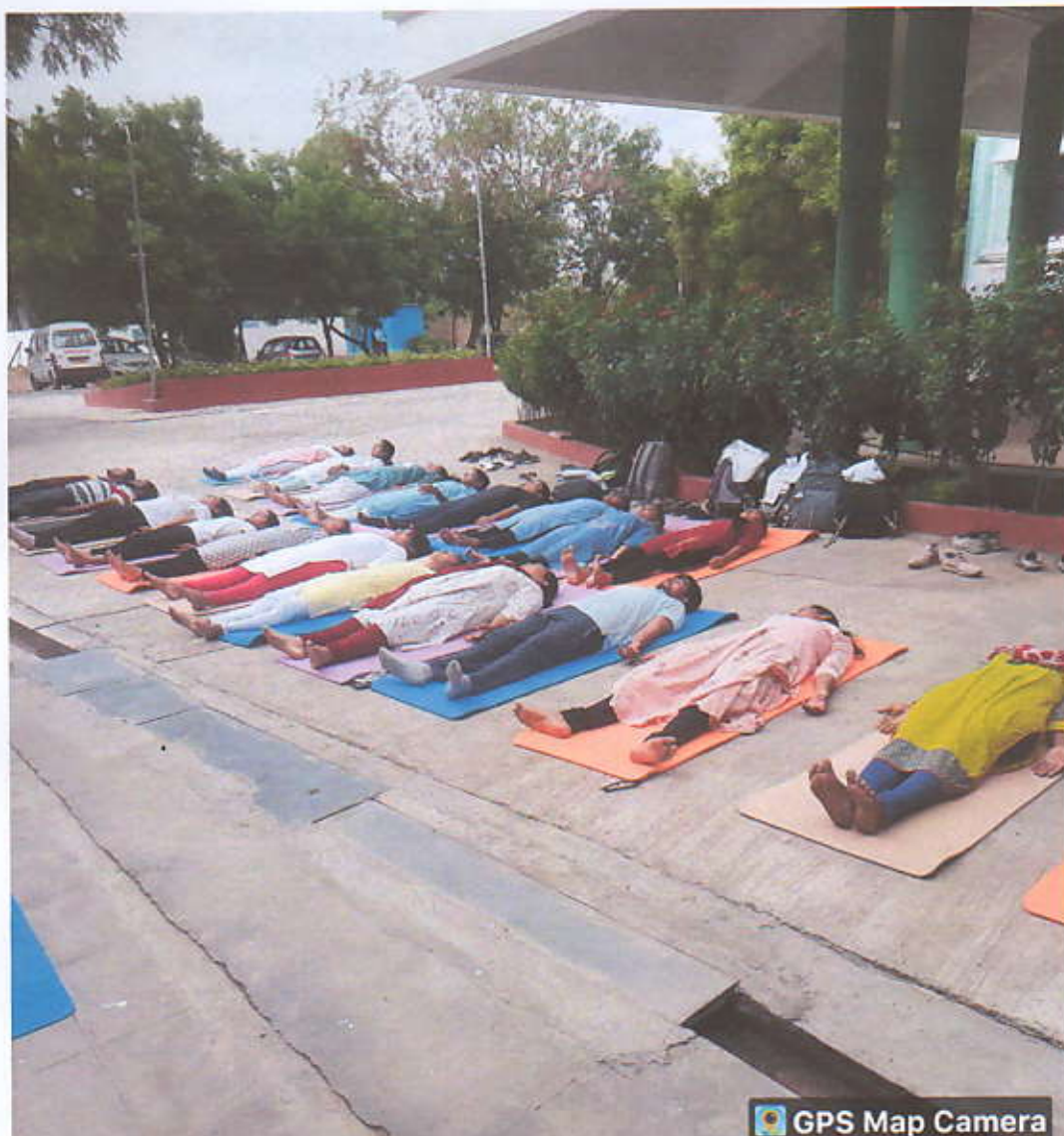


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Report Workshop on कपालभाती , त्राटक , षट् चक्र ध्यान

As a part of 9th international day celebration 2023, Department of Swasthavritta & Yoga of BSDT's Ayurved Mahavidyalaya organised workshop on कपालभाती , त्राटक , षट् चक्र ध्यान on 19/06/2023 for UG students, Pg students, Interns, teaching & non teaching staff off college & hospital.

This workshop was conducted by Vd Mrs Mrunal Jamdade , Asst professor, Dept of Swasthavritta & Yoga ,Seth Chandanmal Mutha Aryangla Vaidyak Mahavidyalaya, Satara.

Session started at 10.30 am & concluded at 12.30 am.

Vd Jamdade madam gave brief information about proper method to perform कपालभाती , त्राटक , षट् चक्र ध्यान. She also told indication & contra indication for these kriyas.

She guided well on management of improperly done these kriyas.

This workshop was attended by 61 people.

This workshop was appreciated by all attendees.

Sumedha

Dr Sumedha Karambelkar
Dept of Swasthavritta & Yoga



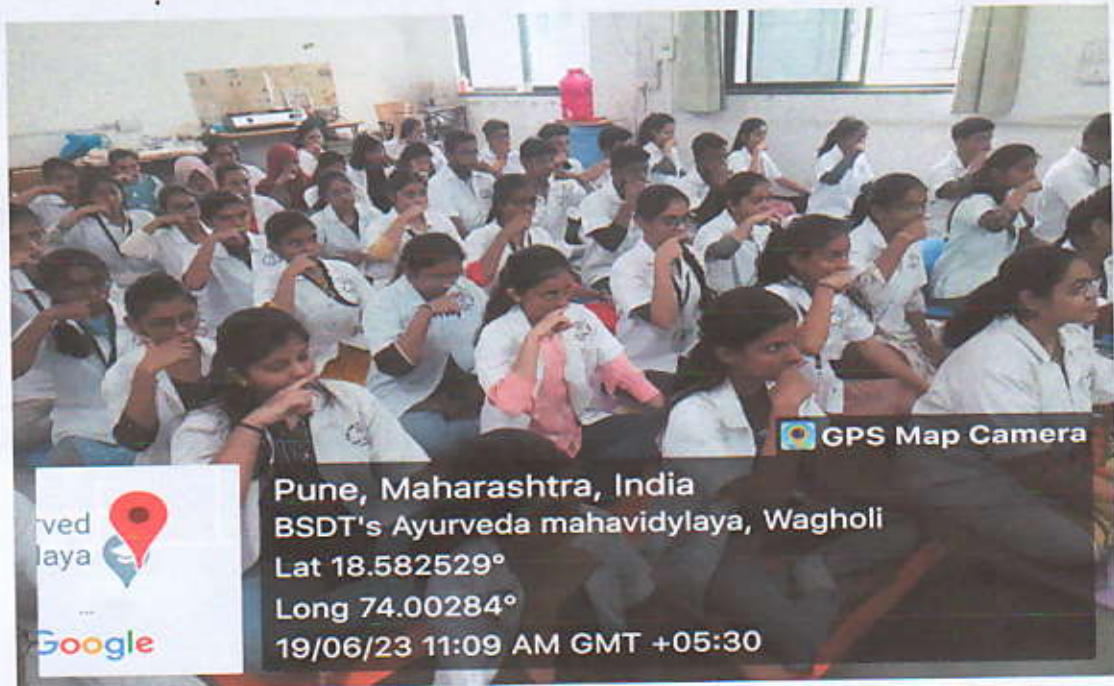


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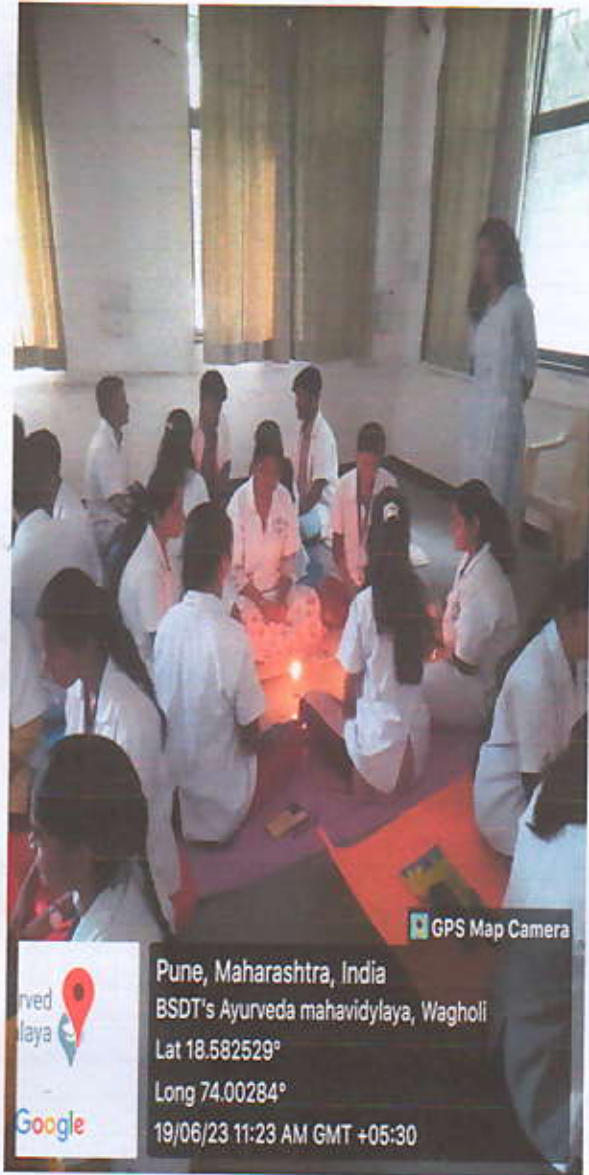
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Academic Year- 2023

Date 21/06/2023

Name of the Programme / Activity 9th IDY 2023

Attendance (Teaching - Non Teaching Staff)

Roll No.	Name of the Participants	Signature
1)	Dr. Sumedha Karambelkar	Sumedha
2)	Vd. Kamble S-G.	S-G
3)	Vd. Shinde Priyanka A.	Priyanka
4)	Meenakshi Joshi	Joshi
5)	Parth Deshmukh	Parth
6)	Abhas M. Jadhav	Abhas
7)	Akshay Waghade	Akshay
8)	Dr. A. A. Deshpande	Dr. A. A. Deshpande
9)	Dr. Moghe Pallavi	Dr. Moghe
10)	Vd. Joshi Seema D.	Joshi
11)	Vd. Savita Wale	Savita
12)	Vd. Mrs. Mane S.S	S.S
13)	Vd. Jawalkar A A	A A
14)	Vd. Shek P.I.	Shek
15)	Dr. Pooja Modh	Pooja
16)	Dr. Rashmi Oshare	Rashmi
17)	Dr Karambelkar Sharadini Aniket.	Sharadini
18)	Dr. R-M-Nemede	Nemede
19)	Sangeeta V. Dhage	S.Dhage
20)	Vd. Annetkar Prashant	Annetkar
21)	Vd. Anurita Anurikar	Anurita
22)	Pradip Tekarwade	Pradip
23)	Shital. Dnyaneshwar. Karwade	Karwade
24)	Dhanashree Kaluram Gutar	D.Gutar
25)	Hargule Yogita Santosh	Yogita
26)	Shikha Vasa Rakesh	Rakesh
27)	Talshela Rajade	Rajade
28)	Ankit P. Wadhav	Ankit P.
29)	Kawar Gitanjali	Gitanjali
30)	Shinde Rupali	Rupali
31)	Mandla Shikha Turpe	Shikha
32)	Suman Bhosale	Suman
33)	Archana Jadhav	Archana
33)	Dr. Yogita Sarode	Dr. Yogita
34)	Dr. Apurva Pathak	Dr. Apurva
35)	DR. SHRUTI SALUN	Dr. Shruti



B.S.D.T's Ayurved Mahavidyalaya, Wagholi, Pune.

Academic Year- 2023

Date 21/06/23

Name of the Programme / Activity *9th IDY 2023 session*

Attendance Students.

[illegible]

B.S.D.T's Ayurved Mahavidyalaya, Wagholi, Pune.

Academic Year- 2023

Date 19/6/23

Name of the Programme / Activity Yoga workshop on आपल भाति, गारक, एल-युन
ध्यान

Attendance

Roll No.	Name of the Participants	Signature
1) B2039	Namute Damshan Dattatray	<u>Namute</u>
2) B2047	Pawar Ruchita Pardeep	<u>Ruchita</u>
3) B2023	Kale Krushna laxman	<u>Kale</u>
4) B2036	Masrar shubhangi santosh	<u>Shbb</u>
5) B2236	Nagarkar Adesh Santosh	<u>Adesh</u>
6) B2251	Shede Aditya Umesh	<u>Aditya</u>
7) B2240	Patil Harshal Jitendra	<u>Harshal</u>
8) B2201	Agarwal Aryan Sanjay	<u>Aryan</u>
9) B2225	Kale Tanish Sumedh	<u>Tanish</u>
10) B2252	Shinde Aishwarya santosh	<u>Aish</u>
11) B2210	Burase Vaishnavi Bhaghnath	<u>Vaish</u>
12) B2203	Andil Pratiksha Madhav	<u>Puma</u>
13) B2209	Rhure vishal Balaji	<u>Rhure</u>
14) B2014	Ayushree Girish Dedli	<u>Ayushree</u>
15) B2209	Snehal satish Girish	<u>Snehal</u>
16) B1905	Bhandare Rutuja Govind	<u>Bhandare</u>
17) B1920	Jadhav Sakshi Milind	<u>Sakshi</u>
18) B1959	Fatema Salim Zake	<u>Fatema</u>
19) B1945	Sichlikar Intiaz Shauikh	<u>Intiaz</u>
20) B2253	Solanke Rutuja Ganeshaan	<u>Rutuja</u>
21) B2233	Maske Dipali Balasaheb	<u>Dipali</u>
22) B2248	Pale Akanksha Adinath	<u>Akanksha</u>
23) B2238	Nanekar Monika Bhanudas	<u>Monika</u>
24) B2202	Amhekar Takita Pramod	<u>Takita</u>
25) B2217	Dambe Shrutika Subhash	<u>Shrutika</u>
26) B2259	Yadav Shweta Sanjay	<u>Yadav</u>
27) B2219	Gholap Purna Balasaheb	<u>Gholap</u>
28) B2227	Kharat Dhanashree Popurav	<u>Dhanashree</u>
29) B2250	Salavade Pranati Shaikant	<u>Pranati</u>
30) B2029	Kolhe Rutuja sanjay	<u>Rutuja</u>
31) B2008	Bhoskar Nilrita Narayan	<u>Nilrita</u>
32) B2007	Rhure Shreuti Shahaji	<u>Shreuti</u>
33) B2052	Salunke Shendha Shivaji	<u>Shendha</u>
34) B2013	Dawange Rutuja sunil	<u>Rutuja</u>
35) B2016	Graikwad Shital Granesh	<u>Shital</u>
36) B2045	Pawar Aparna Sanjay	<u>Aparna</u>
37) B2002	Bartakke Ankita Chadrakishor	<u>Ankita</u>
38) B2237	Nair Arya Prasad	<u>Arya</u>
39) B2241	Patil Mahil Sandip	<u>Mypatil</u>



B.S.D.T's Ayurved Mahavidyalaya, Wagholi, Pune.

Academic Year- 2023

Date 19/6/23

Name of the Programme / Activity Yoga Workshop on अपालनादि, गायन.

Attendance

[illegible]

B.S.D.T's Ayurved Mahavidyalaya, Wagholi, Pune.

Academic Year- 2023

Date 19/6/23

Academic Year- 2023

Name of the Programme / Activity Workshop on कपालमति, तारक, धूर्त-ध्यान

Attendance

[illegible]