

Report of Yoga Day Celebrations at Tilak Ayurved Mahavidyalaya, Pune and Seth Tarachand Ramnath Charitable Ayurved Hospital, Pune

On the occasion of Fourth International Yoga Day 21st June 2018 Yoga Saptah was organized at Tilak Ayurved Mahavidyalaya, Pune and its Seth Tarachand Ramnath Charitable Ayurved Hospital, Pune from 14th June 2018 to 20th June 2018. Yoga Day was celebrated on 21st June 2018 as per Ayush protocol.

Various activities viz. Yoga Practical Camps, Yoga related Lectures and Practicals, Elocution, Essay writing and Suryanamaskar demonstration competitions and Yoga dindi were organized for students, teachers, non-teaching staff, hospital staff, doctors and lay people.

Daywise detail programme report is as follows:

1) 14th June 2018:

- Yoga Practical Camps daily in four batches viz. 7.00 a.m. to 8.00a.m., 8.00a.m. to 9.00 a.m, 10.00a.m to 11.00a.m and 11.00a.m to 12.00p.m were conducted from 14th June to 20th June 2018.
- Lecture on "Yoga for Lifestyle disorders" by Yoga Expert from Yoga Vidyadham, Pune Smt. Hema Shah was organized. Many students, teachers and lay people participated in the lecture.

2) 15th June 2018

- The day began with practical demonstrations of Yogic Shudhhi Kriyas- especially Jala Neti by Yoga Expert from Yoga Vidyadham, Pune Smt. Hema Shah were organized. Many PG scholars, UG students, teachers participated in the practical demos of Jala neti.
- Yoga Practical Camps in four batches viz. 7.00 a.m. to 8.00 a.m., 8.00 a.m. to 9.00 a.m, 10.00 a.m to 11.00 a.m and 11.00 a.m to 12.00 p.m were conducted
- Elocution competition was conducted from 2.00 pm to 5.00 pm. The topics for the elocution were as follows:
 1. Yoga & Health
 2. Role of Yoga in sports
 3. Yoga & Mental Health
 4. Pranayama – A Boon of Mankind
 5. Asana's & their role in physical & mental fitness
 6. Role of Yoga in Lifestyle related disorder
 7. Significance of Mudra & Bandha

Dr. Vinaya Dixit, Asst. Professor in Rasashashtra and Dr. Vilas Dole, Retd. Professor Rasashastra worked as examiners for the said competition. There were 25 participants for the competition. The winners in the competition were as follows:



- 1) First Rank - Vd. Maithili Nesargi, PG scholar , Swasthavritta and Yoga, Tilak Ayurved College
- 2) Second Rank- Vd. Apoorva Chiplunkar, PG scholar , Rognidan, Tilak Ayurved College
- 3) Second Rank - Vd. Gayatri Phadnis, PG scholar , Dravyaguna, Tilak Ayurved College
- 4) Consolation rank – Shubham Dhoot, UG student , Tilak Ayurved College

3) 16th June 2018:

- Yoga Practical Camps in four batches viz. 7.00 a.m. to 8.00 a.m., 8.00 a.m. to 9.00 a.m, 10.00 a.m to 11.00 a.m and 11.00 a.m to 12.00 p.m were conducted

4) 17th June 2018:

- Yoga Practical Camps in four batches viz. 7.00 a.m. to 8.00 a.m., 8.00 a.m. to 9.00 a.m, 10.00 a.m to 11.00 a.m and 11.00 a.m to 12.00 p.m were conducted

5) 18th June 2018:

- Yoga Practical Camps in four batches viz. 7.00 a.m. to 8.00 a.m., 8.00 a.m. to 9.00 a.m, 10.00 a.m to 11.00 a.m and 11.00 a.m to 12.00 p.m were conducted
- Essay writing competition was held in the college. There were 30 essays for the competition. Dr. Saroj Patil, Professor in Rachana Sharir and Dr. Manjiri Deshpande, Professor in Rognidan were examiners for the competition. The topics for essay were as follows:
 1. Yoga & Health
 2. Role of Yoga in sports
 3. Yoga & Mental Health
 4. Pranayama – A Boon of Mankind
 5. Asana's & their role in physical & mental fitness
 6. Role of Yoga in Lifestyle related disorder
 7. Significance of Mudra & Bandha

- The winners of the competition were as follows:

PG Category-

- 1) First Rank -Vd. Hiteshwar Lonare, PG Scholar Kriya Sharir, Tilak Ayurved College
- 2) Second Rank -Vd. Kanchan Lovalekar, PG Scholar Rognidan, Tilak Ayurved College
- 3) Third Rank -Vd. Maithili Nesargi, PG Scholar Swasthavritta and Yoga, Tilak Ayurved College
- 4) Consolation rank- Vd. Shantanu Deshmukh, PG Scholar Rognidan, Tilak Ayurved College



UG Category:

- 1) First Rank –Amarja Patil, UG Student, Tilak Ayurved College
- 2) Second Rank – Arya Dixit, UG Student, Tilak Ayurved College

Teachers Category:

- 1) Dr. Sarika Chopde- Asso. Prof. Rachana Sharir, Tilak Ayurved College
- Suryanamaskar Demonstration Competitions were held in the afternoon session. There were 20 participants for the competition. Dr. Yoginee Patil, Asso. Prof. Rasashastra nad Dr. Sharvari Inamdar, Asso. Prof. Swasthavritta and Yoga worked as examiners for the competitions. The winners of the competition were as follows:
 - 1) First Rank -Vd. Pratik Mehta, PG Scholar Samhita Siddhant, Tilak Ayurved College
 - 2) Second Rank -Vd. Indraneel Joshi, PG Scholar Swasthavritta and Yoga, Tilak Ayurved College
 - 3) Third Rank -Vd. Kiran Mulgir, PG Scholar Swasthavritta and Yoga, Tilak Ayurved College & Vd. Sarika Warhade , PG Scholar Swasthavritta and Yoga, Tilak Ayurved College
 - 4) Consolation rank- Vd. Maithili Nesargi, PG Scholar Swasthavritta and Yoga, Tilak Ayurved College

6) **19th June 2018**

- Yoga Practical Camps in four batches viz. 7.00 a.m. to 8.00 a.m., 8.00 a.m. to 9.00 a.m, 10.00 a.m to 11.00 a.m and 11.00 a.m to 12.00 p.m were conducted
- Lecture cum demonstration on “Stress management with Yoga nidra” was organized Dr. Renuka Kulkarni – Ayurvedic and Yoga Expert delivered the lecture along with demonstration of Yoga Nidra to the participants. This lecture was also organized on the occasion of death anniversary of Late Vaidya Narayan Shankar Parchure. Dr. Suhas Parchure – Managing trustee Tarachand Hospital was the Chairman of the function. In the memory of his father Dr. Parchure felicitated first rank holders in the University exam in the subject of Kayachikitsa and Rasashastra. He emphasized the importance of Yoga in day to day life and inspired the delegates to perform Yogasana and Pranayam for maintenance of good health. Dr. S.V.Deshpande Principal Tilak Ayurved College was present on the occasion and he guided the delegates regarding importance of Yoga. Dr.S.V.Patil –Vice Principal, Dr. Mihir Hajarnavis – HOD Yoga dept., Dr. Kalyani Bhat – Dy. Supt. Tarachand Hospital, Dr. Rekha Upasani – Co-ordinator Yoga dept. and Dr. Priyadarshani Nipanikar – R.M.O. Tarachand Hospital, teachers, students, non teaching staff, hospital staff and doctors were present for the lecture.

7) **20th June 2018**

- Yoga Practical Camps in four batches viz. 7.00 a.m. to 8.00 a.m., 8.00 a.m. to 9.00 a.m, 10.00 a.m to 11.00 a.m and 11.00 a.m to 12.00 p.m were conducted.

