

Nijampur-Jaitane Shikshan Prasarak Mandal's  
**ADARSH COLLEGE OF ARTS**

Nijampur-Jaitane, Tal-Sakri, Dist. – Dhule  
NAAC Reaccredited

**International Yoga Day**  
**21 June 2016**



**Report  
on  
International Yoga Day  
21 June 2016**

**Objectives**

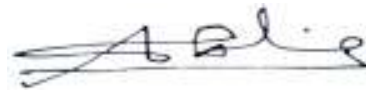
- To enable the students to have good health.
- To improve the physical and mental health of students and teachers.
- To make the student physically fit
- To integrate moral values
- To attain higher level of conciousness

Nizampur -Jaitane Shikshan Prasarak Mandal's Adarsh College of Arts, Nijampur Jaitane celebrated International Yoga Day on 21st June 2016. On this occasion, all the honorable members of Nijampur Jaitane Shikshan Prasarak Mandal, Principal Dr. Ashok P. Khairnar, all teaching and non-teaching staff with 38 students were present. On this occasion, the principal of the college, Dr. Ashok Khairnar explained the importance of yoga in his introductory speech and also in today's fast paced life one forgets to pay attention to oneself and on this occasion every element of the country is doing yoga. He said that yoga is the key to a healthy life and appealed to all to practice yoga not only on the occasion of yoga but also on a daily basis. Priyanka Sulakhe, director of physical education of the college, explained the importance of subtle movements to

all and asked them to do it by demonstrating subtle movements. All the muscles of the body were stimulated by subtle movements. Some pranayamas were started as per the guidelines of the Ministry of AYUSH. After that, out of the vertical seats, Trikonasana, Tadasana, Padahasthasana, Uttanasana were taken. Among the sitting seats, Padmasana, Ardha Chandrasana, as well as Bhujangasana, Naukasana, Dhanurasana, were taken from the abdominal seats. Director of Physical Education Priyanka Sulakhe explained the importance of every pranayama and asana. Nizampur- All the honorable management board members of Jaitane Shikshan Prasarak Mandal, Principal Dr. Ashok Khairnar, all the faculty, professors and other staff and students celebrated International Yoga Day by demonstrating the various asanas of yoga.

### **Outcomes**

- The students got into the habit of doing yoga.
- Helped to improve the physical and mental health of the students.
- Students become physically fit



**Dr. Ashok P. Khairnar**  
**Principal**

**All the honorable members of Nijampur Jaitane Shikshan Prasarak Mandal, Principal Dr. Ashok Khairnar, all the Teaching and Non- Teaching staff with students while doing yoga on the occasion of International Yoga Day.**



*International Yoga Day 2017-2018*

**Nijampur-Jaitane Shikshan Prasarak Mandal's  
ADARSH COLLEGE OF ARTS**

Nijampur-Jaitane, Tal-Sakri, Dist. – Dhule  
NAAC Reaccredited

**International Yoga Day  
21 June 2017**



**International Yoga Day  
21 June 2017  
Report**

**Objectives**

- To enable the students to have good health.
- To improve the physical and mental health of students and teachers.
- To make the student physically fit
- To integrate moral values
- To attain higher level of consciousness

International Yoga Day was celebrated in the college on 21st June 2017. On this occasion, all the honorable management board of Nizampur-Jaitane Shikshan Prasarak Mandal, Principal Dr. Ashok Khairnar, all professors and professors, non-teaching staff and students were present. On the occasion of this program, the principal of the college, Dr. Ashok Khairnar said that yoga should be a habit. Yoga is very important not only for the physical but also for the mental stability of the person. Yogi is our culture and we have to carry on this culture. For this, it is our duty to spread yoga to every section of our society by doing yoga every day, he said in his introduction. The yoga day begins with a prayer followed by supplementary movements to stimulate the cells in the body.

Complementary movements Pranayama was performed to prepare the lungs or to speed up the breathing process. Pranayama included Ujjayi, Kapalbhati, Bhramari.

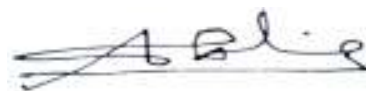
## ***International Yoga Day 2017-2018***

While doing pranayama, Priyanka Sulakhe, director of physical education, gave guidance on the condition of each pranayama and the proper action to do it. After pranayama, many asanas like Paschimottanasana, Bhadrasana were included in the sitting asanas. Also how many positive effects of these asanas have on your body and how is the proper ritual of these asanas? Director of Physical Education Priyanka Sulakhe also gave guidance on how to do it and when. The vertical asanas include various asanas like Tadasana, Uttanasana, Veerabhadrasana, Trikonasana. He also gave guidance on the proper method of doing this asana, the right time and how it affects his body.

International Yoga Day was celebrated with great enthusiasm by all. All the esteemed management board of Nizampur-Jaitane Shikshan Prasarak Mandal expressed their satisfaction about this. Ashok Khairnar's inspiration for this event. All the faculty members, professors and other staff members cooperated in organizing the program.

### **Outcomes**

- The students got into the habit of doing yoga.
- Helped to improve the physical and mental health of the students.
- Students become physically fit.



**Dr.Ashok P.Khairnar**  
**Principal**

## *International Yoga Day 2017-2018*

**All the honorable management board members of Nizampur Jaitane Shikshan Prasarak Mandal, Principal Dr. Ashok Khairnar, all the Teaching and Non- Teaching staff and students while doing yoga on the occasion of International Yoga Day.**





*International Yoga Day 2018-2019*

**Nijampur-Jaitane Shikshan Prasarak Mandal's  
ADARSH COLLEGE OF ARTS**

**Nijampur-Jaitane, Tal-Sakri, Dist. – Dhule  
NAAC Reaccredited**

**International Yoga Day  
21 June 2018**



# International Yoga Day 21 June 2018 Report

## **Objectives**

- To enable the students to have good health.
- To improve the physical and mental health of students and teachers.
- To make the student physically fit
- To integrate moral values
- To attain higher level of consciousness

International Yoga Day was celebrated on 21st June 2018 at Adarsh Kala Mahavidyalaya of Nizampur-Jaitane Shikshan Prasarak Mandal, Nizampur-Jaitane, Tal. Sakri, Dist. Dhule. On the occasion of Yoga Day, all the honorable management members of Nizampur Jaitane Shikshan Prasarak Mandal, Principal Dr. Ashok P. Khairnar, all the professors and non-teaching staff brothers and sisters, volunteers of N.S.S.. All the students were present in large numbers.

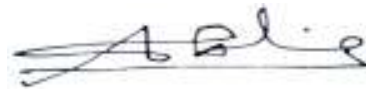
The program began with a prayer. In order to stimulate the muscles of the body and make yoga easier, supplementary movements were taken mainly on the neck, waist and legs. After that Tadasana, Vrikshasana, Padahastana, Ardhashakrasana, Trikonasana, Bhadrasana, Shashankasana, Ardhustrasana Vakrasana in sitting seat and Bhujangasana, Makarasana, Setubandhasana, Pavanmukrasana in sleeping position were performed in vertical seat.

## ***International Yoga Day 2018-2019***

Along with this, the benefits of Kapalabhati, Anulom-Vilom, meditation were explained in Pranayama. In this program, Prof. Priyanka Sulakhe, Director of Education of the College, gave a demonstration and accordingly, all those present celebrated Yoga Day by doing Yogasana.

### **Outcomes**

- The students got into the habit of doing yoga.
- Helped to improve the physical and mental health of the students.
- Students become physically fit.



**Dr. Ashok P. Khairnar**  
**Principal**

## *International Yoga Day 2018-2019*

**All the honorable management board members of Nizampur Jaitane Shikshan Prasarak Mandal, Principal Dr. Ashok Khairnar, all the Teaching and Non- Teaching staff and students while doing yoga on the occasion of International Yoga Day.**



*International Yoga Day 2020-2021*

**Nijampur-Jaitane Shikshan Prasarak Mandal's  
ADARSH COLLEGE OF ARTS**

Nijampur-Jaitane, Tal-Sakri, Dist. – Dhule  
NAAC Reaccredited

**International Yoga Day  
21 June 2019**



# **International Yoga Day**

## **21 June 2019**

### **Report**

### **Objectives**

- To enable the students to have good health.
- To improve the physical and mental health of students and teachers.
- To make the student physically fit
- To integrate moral values
- To attain higher level of consciousness

In the programs organized to celebrate the International Yoga Day on 21st June 2019, all the honorable management board of Nizampur-Jaitane Shikshan Prasarak Mandal, Principal Dr. Ashok Khairnar, all the professors, professors, staff and students were present in large numbers. The yoga day began with a prayer. Prayer works to concentrate your entire distracted mind in one place.

After the prayers, they were stimulated by subtle movements of the neck, arms and waist. After subtle movements, pranayama like Kapalbhathi, Bhramari, Ujjayi, Dhyana-dharana was done. Pranayama, along with the importance of pranayama for a peaceful life, was highlighted. Guidance was also given on how radical changes take place in a person's life and body due to pranayama.

## ***International Yoga Day 2020-2021***

After Pranayama, a demonstration of Surya Namaskar was presented and accordingly information about Surya Namaskar was given. Sun salutation is a group of twelve physical actions in total. Regular sunbathing is considered to be a complete asana. In a stressful life where there is a lack of time, even just saluting the sun can improve our physical and mental health. Everyone present did five sun salutations.

The sun salutation was followed by a sitting seat, a seat on the abdomen and a standing seat. Demonstrations as well as the position of each seat, the time to do the seat and how each seat works scientifically on the body were also given guidance. Yogasana is one of the main ways for good health. Yogasanas help to purify not only the body but also the mind.

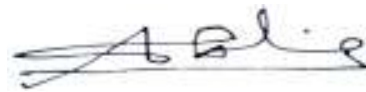
Due to the enormous impact of yoga on one's life, yoga is now a part of everyday life in many parts of the world. Since yoga has a positive effect on every muscle, system and mind of the body, it is very important to take time out and do yoga every day. Ashok Khairnar said. International Yoga Day was celebrated with enthusiasm by performing various activities like Pranayama, Yoga, Surya Namaskar.

All the esteemed management board of Nizampur-Jaitane Shikshan Prasarak Mandal expressed their satisfaction about this project. Ashok Khairnar was instrumental in organizing the event. The entire program was organized with the cooperation of all the faculty members of the college, professors and other staff and students. Performed by Priyanka Sulakhe.

## ***International Yoga Day 2020-2021***

### **Outcomes**

- The students got into the habit of doing yoga.
- Helped to improve the physical and mental health of the students.
- Students become physically fit.



**Dr.Ashok P.Khairnar**  
**Principal**



## *International Yoga Day 2020-2021*

**All the honorable management board members of Nizampur Jaitane Shikshan Prasarak Mandal, Principal Dr. Ashok Khairnar, all the Teaching and Non- Teaching staff and students while doing yoga on the occasion of International Yoga Day.**



*International Yoga Day 2020-2021*

**Nijampur –Jaitane ShikshanPrasarak Mandal's**

# **Adarsh College of Arts**

**Nijampur-Jaitane Tal.Sakri, Dist-Dhule**

**&**

**Department of Physical Education &Sports**

**Organized**

**Celebrating Online International  
Yoga Day**

*21 June 2020*



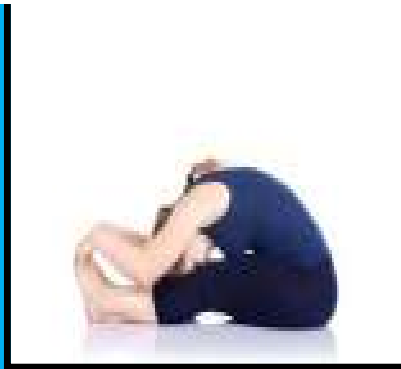
**Coordinator**  
**Dr.Priyanka P.Sulakhe**

**Organizer**  
**Prin.Dr.Ashok P.Khairnar**

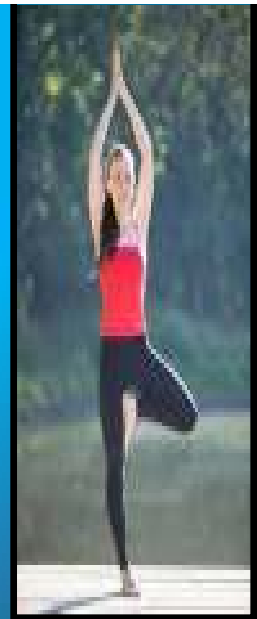
*International Yoga Day 2020-2021*



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# **21 June 2020 International Yoga Day Online Yoga Video Competition Report**

## **Objectives**

- To enable the students to have good health.
- To improve the physical and mental health of students and teachers.
- To make the student physically fit
- To integrate moral values
- To attain higher level of consciousness

Nijampur -Jaitane Shikshan Prasarak Mandal's Jagannath Kadwadas Shah Adarsh Mahavidyalaya Nizampur Jaitane and the Department of Physical Education jointly organized the Inter-College Inter-College Online Yoga Video Competition on 21st June 2020 to celebrate International Yoga Day online.

The principal of the college, Dr. Ashok Khairnar, all the professors and non-professor staff and students from various colleges participated. Participants all made videos of doing different asanas. The principal of the college, Dr. Ashok Khairnar explained the importance of pranayama through yoga. "Yogasana is our Indian culture and we have to take care of it," he said.

It mainly includes Vrikshasana, Paschimotannasana, Vajrasana, Veerabhadrasana and Hasthauddhanasana as well as it is suggested that everyone should voluntarily do the remaining asanas, pranayama. Try to do each asana for at least one minute. Sent to Prof. Yogeshwar Nandre for examination.

## ***International Yoga Day 2020-2021***

According to the results given by Panchani after proper examination, first number 1. Tawale Rahul Sujit (College of Arts, Commerce and Science, Taloda) No. 2 Jagdale Chetan and third place went to Jadhav Ashwini Vitthal.

It was then collected and published on the college's YouTube channel. The program was organized by Dr. Priyanka Sulakhe with the guidance of Principal Dr. Ashok Khairnar and the cooperation of all the professors and non-professor staff.

### **Conclusion**

- The students got into the habit of doing yoga even during Corona period.

सुधार Improves physical and mental health of students during coronal period.

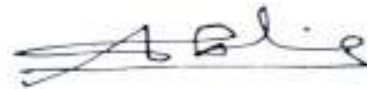
- Students developed interest in technology.

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No. 1. Tawale Rahul Sujit (College of Arts, Commerce and Science, Taloda)

No. 2. Jagdale Chetan

3rd No. 3. Jadhav Ashwini Vitthal



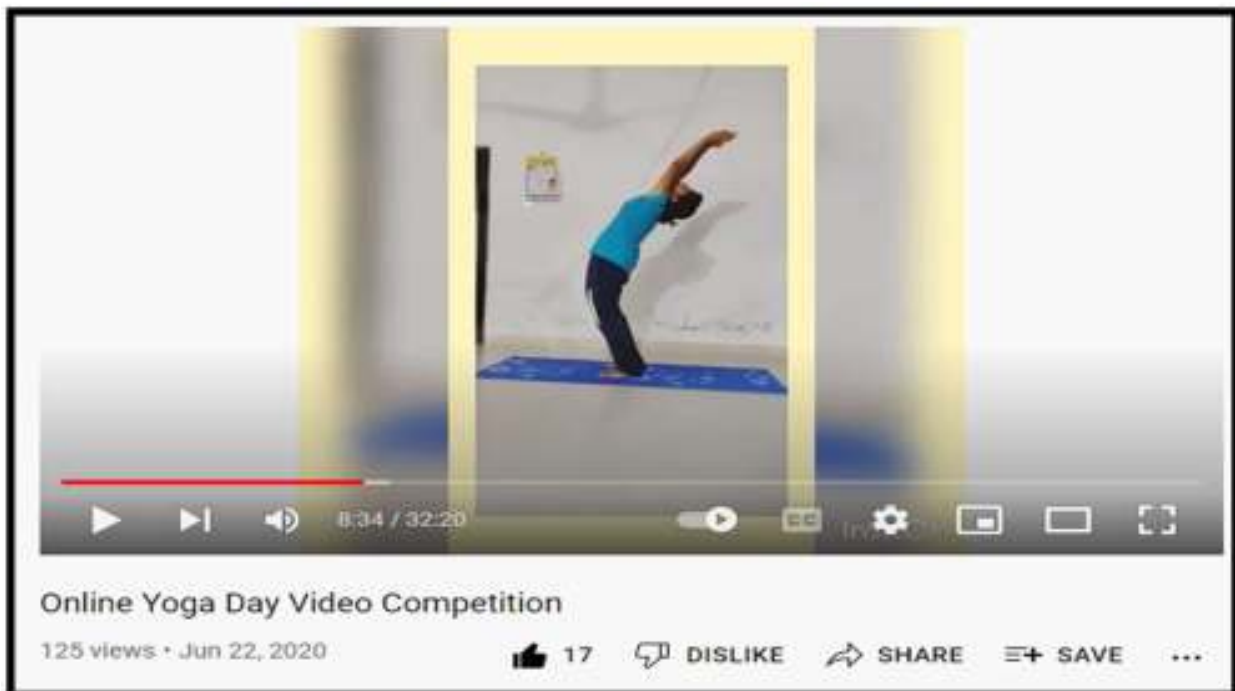
**Dr. Ashok P. Khairnar**  
**Principal**

## *International Yoga Day 2020-2021*

**Hon.Prin.Dr.Ashok P.Khairnar is doing Online Yoga on the occasion of International Yoga Day**



**Dr.Priyanka P.Sulakhe is doing Online Yoga on the occasion of International Yoga Day**



## *International Yoga Day 2020-2021*

**Dr.V.G.Gurav is doing Online Yoga on the occasion of International Yoga Day**



**Mr.P.G.Garud is doing Online Yoga on the occasion of International Yoga Day**



## *International Yoga Day 2020-2021*

**Dr.K.D.Sonawane is doing Online Yoga on the occasion of International Yoga Day**



**Dr.P.B.More is doing Online Yoga on the occasion of International Yoga Day**





## *International Yoga Day 2020-2021*

**Mr.A.S.Meshram is doing Online Yoga on the occasion of International Yoga Day**



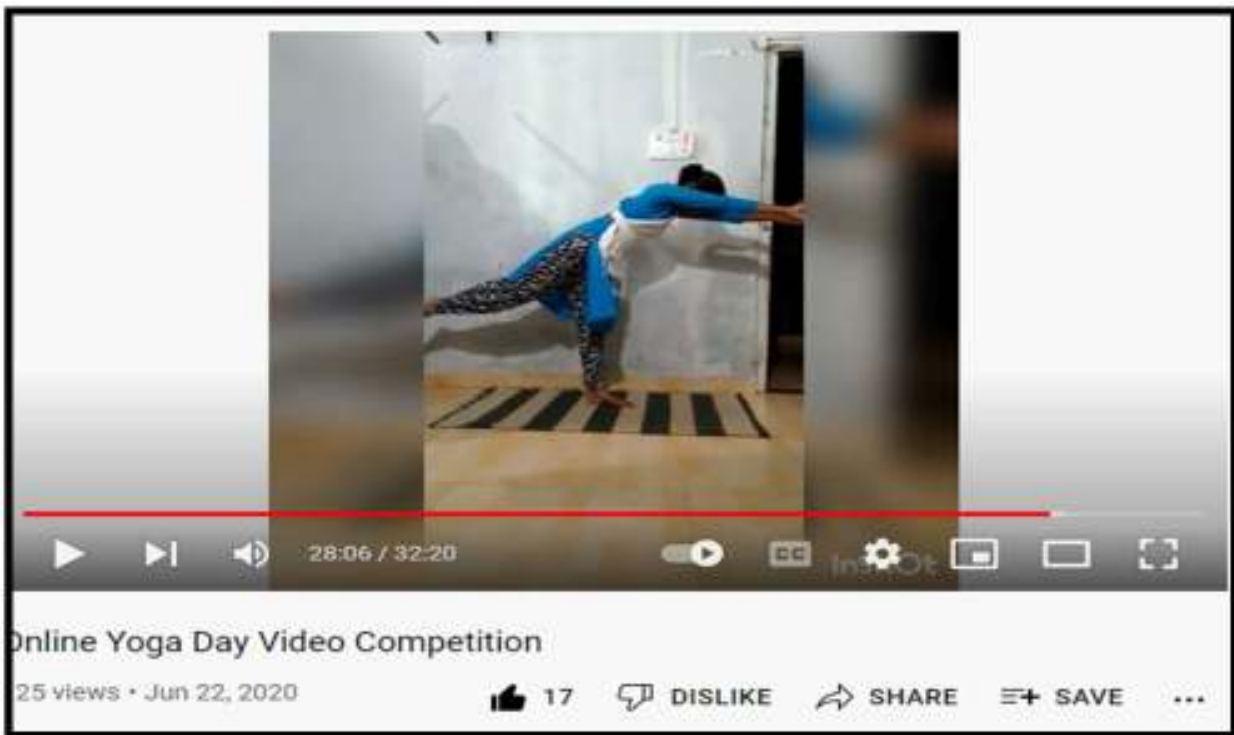
**Mr.A.S.Meshram is doing Online Yoga on the occasion of International Yoga Day**



## *International Yoga Day 2020-2021*



## *International Yoga Day 2020-2021*



# *International Yoga Day 2020-2021*

## **Participated Students in Online Yoga Video Competiton**



A YouTube video player showing a student performing a yoga pose outdoors. The student is wearing a red long-sleeved shirt and black pants, standing on a green lawn with buildings in the background. The video player interface includes a progress bar at 24:37 / 32:20, play/pause, volume, and other controls. Below the video, the title "Online Yoga Day Video Competition" is displayed, along with "125 views • Jun 22, 2020" and interaction buttons for like (17), dislike, share, save, and a menu icon.



A YouTube video player showing a student performing a yoga pose indoors. The student is wearing a pink and white patterned kurta and black leggings, standing on a white mat in a room with a doorway in the background. The video player interface includes a progress bar at 27:05 / 32:20, play/pause, volume, and other controls. Below the video, the title "Online Yoga Day Video Competition" is displayed, along with "125 views • Jun 22, 2020" and interaction buttons for like (17), dislike, share, save, and a menu icon.

## *International Yoga Day 2020-2021*



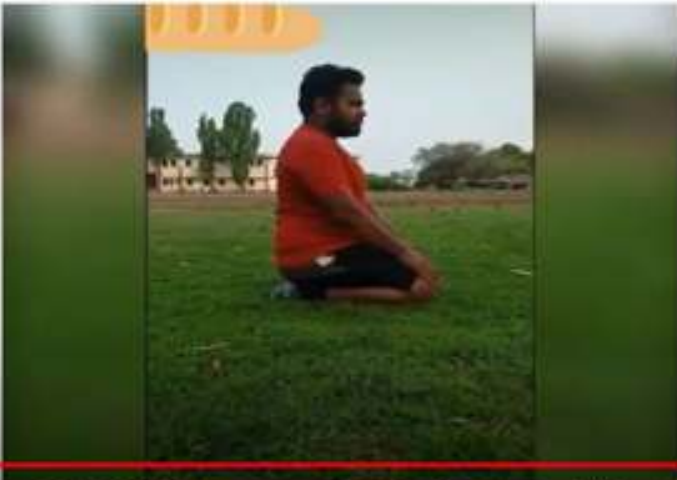
29:43 / 32:20

Online Yoga Day Video Competition

125 views • Jun 22, 2020

17 DISLIKE SHARE SAVE ...

This video shows a person in a blue t-shirt and dark shorts performing the Urdhva Dhanurasana (Upward Bow) yoga pose on a red mat in a room. The person is in a bridge position with their feet flat on the floor, hips lifted, and arms extended forward. The video player interface shows a progress bar at 29:43 / 32:20 and standard YouTube controls.



27:46 / 32:20

Online Yoga Day Video Competition

125 views • Jun 22, 2020

17 DISLIKE SHARE SAVE ...

This video shows a person in a red t-shirt and dark shorts performing the Padmasana (Lotus) yoga pose on a green lawn outdoors. The person is sitting cross-legged with their feet tucked under their thighs. The video player interface shows a progress bar at 27:46 / 32:20 and standard YouTube controls.

## *International Yoga Day 2020-2021*



Online Yoga Day Video Competition

125 views • Jun 22, 2020

17 DISLIKE SHARE SAVE ...



Online Yoga Day Video Competition

125 views • Jun 22, 2020

17 DISLIKE SHARE SAVE ...

## *International Yoga Day 2020-2021*




Online Yoga Day Video Competition

125 views • Jun 22, 2020

17 DISLIKE SHARE SAVE ...

This video player shows a person in a yellow shirt performing a yoga pose (Urdhva Dhanurasana) outdoors on a paved area. The video player interface includes a progress bar at 26:25 / 32:20 and standard YouTube controls.



Online Yoga Day Video Competition

125 views • Jun 22, 2020

17 DISLIKE SHARE SAVE ...

This video player shows a person in a white shirt performing a yoga pose (Urdhva Dhanurasana) indoors on a purple mat. The video player interface includes a progress bar at 25:17 / 32:20 and standard YouTube controls.

## *International Yoga Day 2020-2021*




31:30 / 32:20

Online Yoga Day Video Competition

125 views · Jun 22, 2020

17 DISLIKE SHARE SAVE ...

This video shows a man in a blue and white striped shirt performing a Balasana (Child's Pose) on a blue and green patterned mat in a hallway. The video player interface includes a progress bar at 31:30 / 32:20, a play button, a volume icon, a closed captions icon, a settings gear, a full screen icon, and a share icon. The video title is "Online Yoga Day Video Competition" and it has 125 views as of June 22, 2020. The interaction bar shows 17 likes, a dislike button, a share button, a save button, and a more options menu.



30:24 / 32:20

Online Yoga Day Video Competition

125 views · Jun 22, 2020

17 DISLIKE SHARE SAVE ...

This video shows a man in a blue shirt performing a Padmasana (Lotus Pose) on a mat in a room with a white wall. The video player interface includes a progress bar at 30:24 / 32:20, a play button, a volume icon, a closed captions icon, a settings gear, a full screen icon, and a share icon. The video title is "Online Yoga Day Video Competition" and it has 125 views as of June 22, 2020. The interaction bar shows 17 likes, a dislike button, a share button, a save button, and a more options menu.



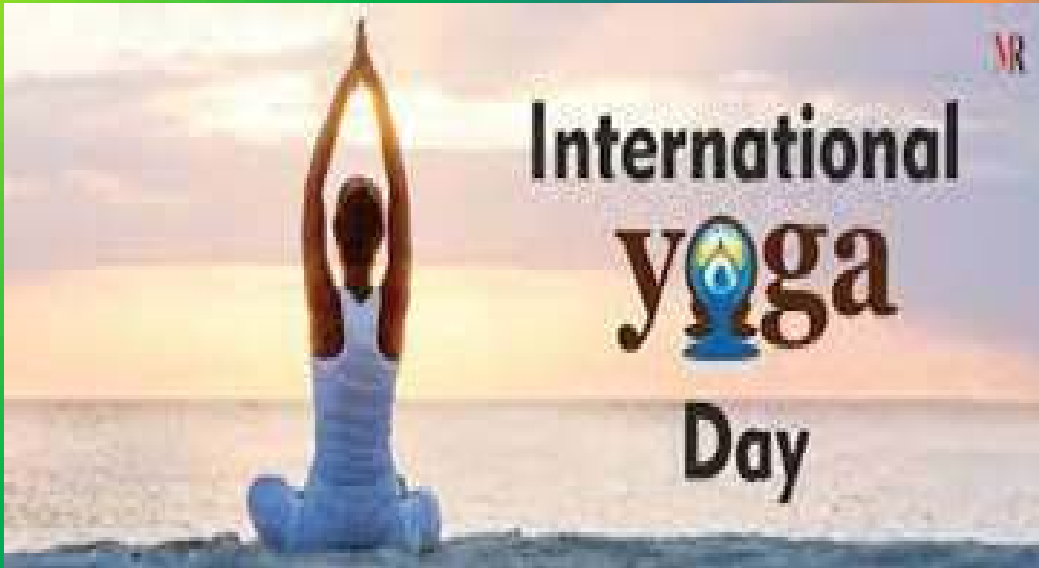
## *International Yoga Day 2020-2021*



**Dr.Yogeshwar Nandre is declaraning the result of online video competition**

**Nijampur –Jaitane ShikshanPrasarak Mandal's**  
**Jagannath Kadwada Shah Adarsh College**  
**Nijampur-Jaitane Tal.Sakri, Dist-Dhule**  
**&**  
**Department of Physical Education &Sports**  
**Organized**

**Celebrating Online International Yoga Day**



**Coordinator**  
**Dr.Priyanka P.Sulakhe**

**Organizer**  
**Prin.Dr.Ashok P.Khairnar**



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# **Inter collegiate online yoga video competition 21 June 2021**

## **Objectives**

- To enable the students to have good health.
- To improve the physical and mental health of students and teachers.
- To make the student physically fit
- To integrate moral values
- To attain higher level of consciousness

Nizampur- Jaitane Shikshan Prasarak Mandal's Jagannath Kadwadas Shah Adarsh Mahavidyalay, Nijampur Jaitane and the Department of Physical Education was celebrated online International Yoga Day on 21st June 2021. On this occasion Inter Collegiate Online Yoga Video Competition was organized. In this Competition principal of the college, Dr. Ashok Khairnar, all the teaching and non teaching staff and students from various colleges were participated. Participants all made videos of doing different asanas. The principal of the college, Dr. Ashok Khairnar, explained the importance of pranayama through yoga. "Yogasana is our Indian culture and we have to take care of it," he said. It mainly includes Tadasana, Vrikshasana and Bhujangasana.

Try to make each seat at least one minute long and make a video of it and send it. The video was sent to the Refree Prof. Yogeshwar Nandre for examination. That

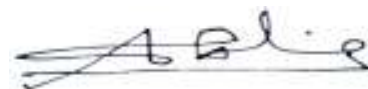
all of them were later put together and published on the college's YouTube channel.

## **Outcomes**

- The students got into the habit of doing yoga.
- Helped to improve the physical and mental health of the students.
- Students become physically fit.
- Students developed interest in technology.

## **Result**

- No. 1. Girase Mahendrasing Ganpatsing (Arts, Commerce and Science, College, Shindkheda)
- No. 2. Surryawanshi Dinesh (J.K.ShahcCollege, Nijampur-Jaitane)
- 3rd No. 3. Sonawane Neha Kailas



**Dr.Ashok P.Khairnar**  
**Principal**



**Prin.Dr.A.P.Khairnar guided student on the occasion of International Yoga Day**



**Prin.Dr.A.P.Khairnar while performing Yoga**

All the Teaching and Non teaching Staff while performing Yoga





International Yoga Day Celebrations 21 June, 2021

28 views • Aug 30, 2021

3 DISLIKE SHARE SAVE ...

This video player shows a man in a blue t-shirt and light-colored pants standing in a room with pink walls. The video progress bar is at 5:35 / 13:14. The interface includes standard YouTube controls like play, volume, and settings.



International Yoga Day Celebrations 21 June, 2021

28 views • Aug 30, 2021

3 DISLIKE SHARE SAVE ...

This video player shows a man in a white t-shirt performing a crawling yoga pose on a colorful mat. The video progress bar is at 7:41 / 13:14. The interface includes standard YouTube controls like play, volume, and settings.





A YouTube video player interface. The video shows a man with a mustache, wearing a white long-sleeved shirt and dark pants, sitting in a meditative pose (Padmasana) on a patterned mat. He has his hands resting on his knees with palms facing up. The background is a bright, outdoor setting, possibly a balcony or terrace. The video player controls are visible at the bottom, showing a progress bar at 5:50 / 13:14. Below the video, the title "International Yoga Day Celebrations 21 June, 2021" is displayed, along with "18 views · Aug 30, 2021" and interaction buttons for Like (3), Dislike, Share, Save, and a menu icon.




A YouTube video player interface. The video shows a man in a white t-shirt and grey pants performing a side stretch (Urdhva Dhanurasana) indoors. He is standing with one leg forward, leaning back with his hands clasped behind his head. The background shows a staircase and a doorway. The video player controls are visible at the bottom, showing a progress bar at 8:40 / 13:14. Below the video, the title "International Yoga Day Celebrations 21 June, 2021" is displayed, along with "28 views · Aug 30, 2021" and interaction buttons for Like (3), Dislike, Share, Save, and a menu icon.



**Student While performing Yoga**





International Yoga Day Celebrations 21 June, 2021

28 views • Aug 30, 2021

3 DISLIKE SHARE SAVE ...

The image shows a YouTube video player. The video content is a woman in a black t-shirt and blue pants performing a handstand on a red patterned rug. The video player interface includes a progress bar at 11:49 / 13:14, a volume icon, a play button, a settings gear, a share icon, a save icon, and a full-screen icon. Below the video, the title "International Yoga Day Celebrations 21 June, 2021" is displayed, followed by "28 views • Aug 30, 2021". At the bottom, there are icons for like (3), dislike, share, save, and a menu icon.



11:49 / 13:14

The image shows a YouTube video player. The video content is a man in a blue t-shirt and shorts performing a tree pose (Vrikshasana) outdoors. He is standing on one leg with his other leg raised and foot on his inner thigh, and his arms are raised with hands clasped above his head. The background shows a dirt area and trees. The video player interface includes a progress bar at 11:49 / 13:14, a volume icon, a play button, a settings gear, a share icon, a save icon, and a full-screen icon.

International Yoga Day Celebrations 21 June, 2021

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International Yoga Day Celebrations 21 June, 2021

28 views • Aug 30, 2021

3 DISLIKE SHARE SAVE ...

The image shows a YouTube video player interface. The video title is "International Yoga Day Celebrations 21 June, 2021". Below the title, it shows "28 views • Aug 30, 2021". The interaction bar includes a thumbs-up icon with the number "3", a thumbs-down icon labeled "DISLIKE", a share icon labeled "SHARE", a plus icon labeled "SAVE", and a three-dot menu icon. The video player itself shows a person in a dark blue long-sleeved shirt and dark pants performing a yoga pose on a mat in a room with a wooden slatted ceiling. The video progress bar is at 10:58 / 13:14.



