



**SRES's**  
**SHREE RAMCHANDRA COLLEGE OF ENGINEERING**  
Lonikand, Pune – 412216

Ref. No: SRCOE/2020-21/Sports/03

Date: 06/08/2020

## **Stress Management and Science behind it by Manshakti Research Centre, Lonavala**

Organized by – Shree Ramchandra College of Engineering, Lonikand, Pune.

Date- 02-Aug-2020.

No of Participant - 82

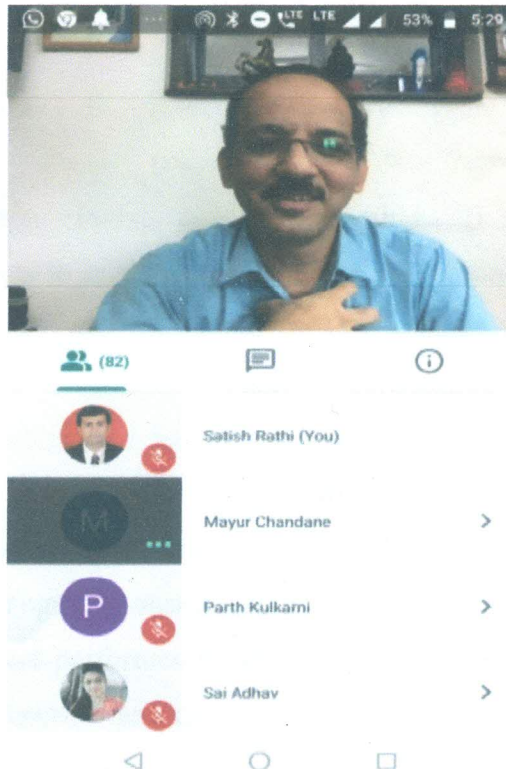


Fig: Mr. Mayur Chandane, from Manshakti foundation, Pune, has conducted this online session Stress management.

**Prof. Dr. A.D. Desai**  
Principal  
Principal



**Prof. Dr. Sushma Tayade**  
Director of Physical Education

Shree Ramchandra Education Society's  
Shree Ramchandra College of Engineering  
Pune-Nagar Road, Lonikand, Pune-412216

**Prof. Dr. Sushma U. Tayade**  
Director of Physical Education & Sports  
Shree Ramchandra College of Engineering,  
Lonikand, Pune-412216



**SRES's**  
**SHREE RAMCHANDRA COLLEGE OF ENGINEERING**  
Lonikand, Pune – 412216

Ref. No: SRCOE/2020-21/Sports/02

Date: 08/08/2020

## Meditation Program- Sahaj Yoga

Organized by - Shree Ramchandra College of Engineering, Lonikand, Pune.

Date- 06- Aug.2020.

No of Students Participated - 27

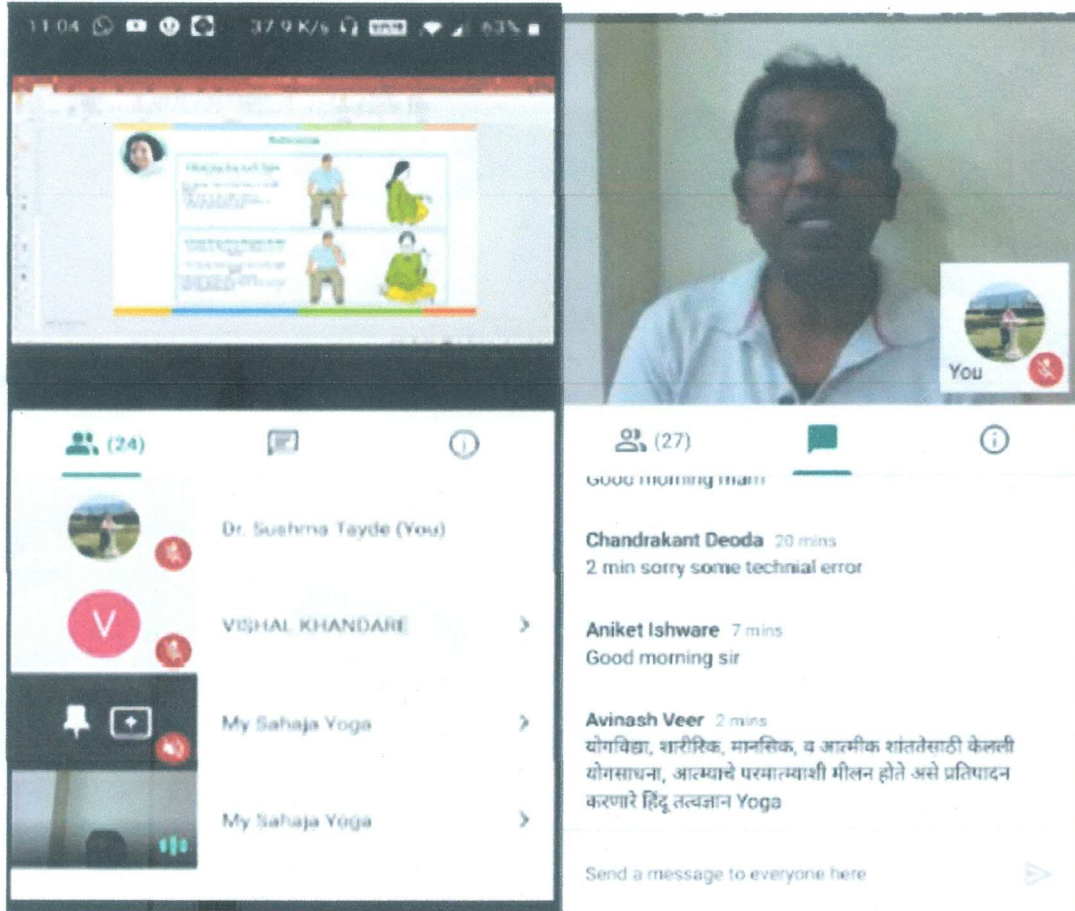


Fig: The member of Sahaj Yoga,Pune, Mr.Chandrakant Deoda has conducted this online session.

Prof. Dr. A. D. Desai



Prof. Dr. Sushma U. Tayade

Principal

Shree Ramchandra Education Society's  
Shree Ramchandra College of Engineering  
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Lonikand, Pune – 412216

Ref. No: SRCOE/2020-21/Sports/03

Date: 06/08/2020

## **Stress Management and Science behind it by Manshakti Research Centre, Lonavala**

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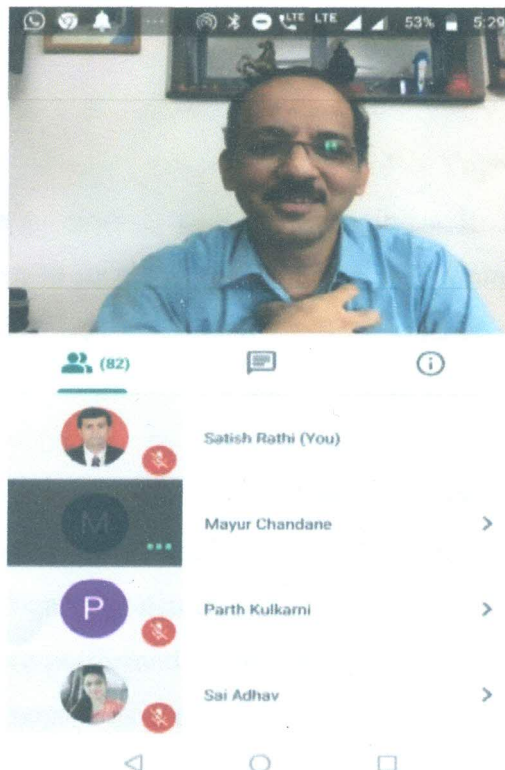


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Principal  
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**Prof. Dr.Sushma Tayade**  
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Shree Ramchandra Education Society's  
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SRES's  
SHREE RAMCHANDRA COLLEGE OF ENGINEERING  
Lonikand, Pune – 412216  
Department of Electrical Engineering

Ref. No.SRCOE/Sports/2016-17/01

Date: 25.06.2016

**Report of an Event**

- ❖ **Title of Event:** International Yoga Day
- ❖ **Date:** 21<sup>st</sup> June 2016 **Time:** 9.10 am – 10.30 am
- ❖ **Name of Instructor :** Mrs. Deshpande (Yoga Teacher)

**Objective of Event:**


International Yoga Day is celebrated every year on 21 June to raise awareness worldwide about the benefits of Yoga in daily life. Yoga brings balance between body, soul and mind. It helps us to understand the purpose of life and how to survive in the changing environment.

2<sup>nd</sup> International Yoga day was celebrated by the students and the teachers of SRCOE on 21st June 2016 with great enthusiasm. Principal Prof. Dr. A.D. Desai Sir also participated in the celebration. The function began with a brief introduction of Yoga Day by Prof. Shubahngi Arable. A brief introduction of the guests, Smt. Deshpand Ma'am , Certified Yoga trainer .


Smt. Deshpande started Yoga demonstrations with the Yoga prayer. After which a few warm up and simple Asanas were performed by the students and the teachers enthusiastically and the importance of these Asanas was explained simultaneously by ma'am.

**Conclusion Remark:**

Happy soul, a fresh mind, and a healthy body. All three can be achieved with yoga! Yoga is the best way to put an end to your physical problems and live life to the fullest.

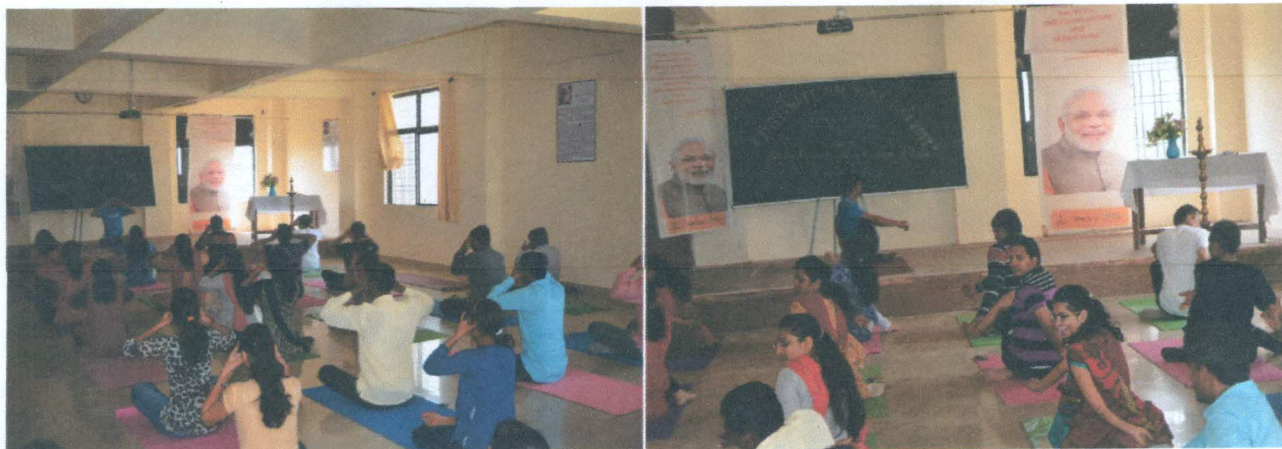
  
Prof. Shubahngi Arbale  
Prepared by



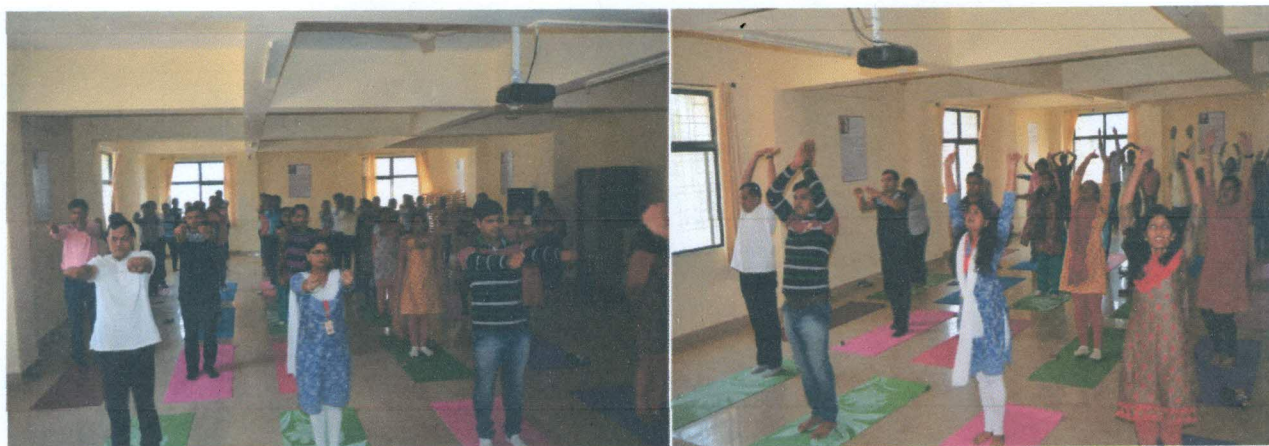
  
Dr. Sushma Tayde  
Physical Director



**Events Photograph:**



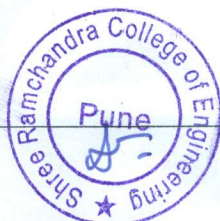
1. Students Performing YogAsanas on 21<sup>st</sup> June 2016, International Yoga Day.



2. Hon. Principal Sir Performing YogAsans with Faculty



3. Prayer and Asanas







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Lonikand, Pune – 412216  
Department of Electrical Engineering

Ref. No.SRCOE/Sports/2017-18/01

Date: 21.06.2017

**Report of an Event**

- ❖ **Title of Event:** International Yoga Day
- ❖ **Date:** 21<sup>st</sup> June 2017                      **Time:** 9.00 am – 10.50 am
- ❖ **Name of Instructor :** Mr. Niraj Khyade (Yoga Trainer)

**Objective of Event:**

International Yoga Day was celebrated with full spirit and joy in SRCOE on 21st June 2017 with great enthusiasm. Principal Prof. Dr. A.D. Desai Sir also participated in the celebration. The function began with a brief introduction of Yoga Day by Dr. Sushma Tayde. The benefits of the postures were narrated by the Yoga teacher side by side as students and faculties performed with the instructions e.g. the importance of meditation and pranayama, in day to day life to keeps one mentally, physically, psychologically healthy was highlighted.

**Conclution Remark:**

The celebration concluded with some breathing techniques and exercises like Pranayams, Anulomaand Viloma, Meditation and Relaxation with Laughter yoga. The students were encouraged to practice regular yoga to remain fit and improve concentration as they showcased a very energetic and spirited performance!

  
Prof. Shubahngi Arbale

**Prepared by**

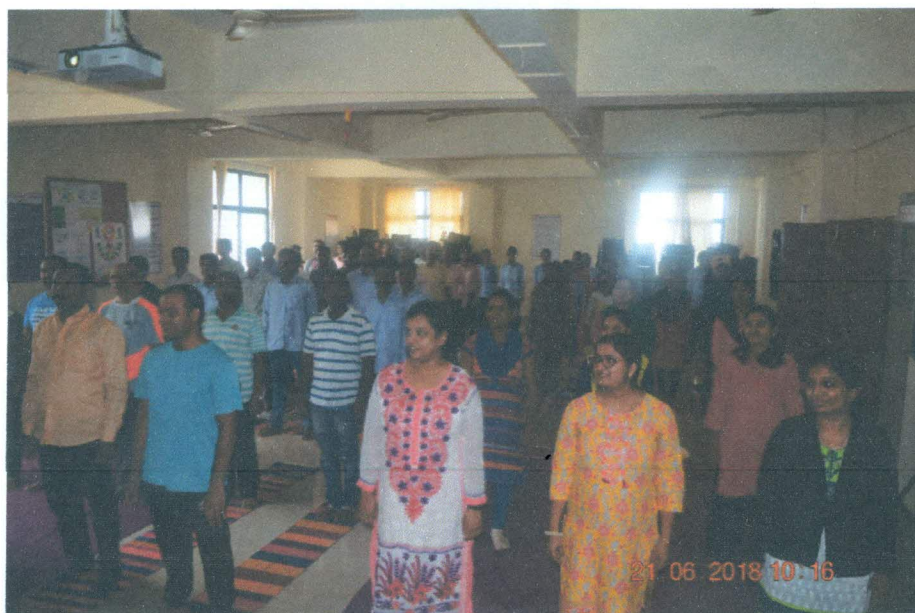


  
Dr. Sushma Tayde

**Director of Physical Education**



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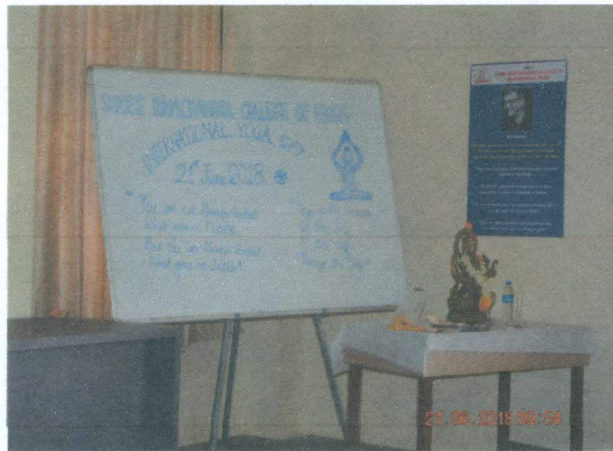


3. Students and Performing YogAsanas

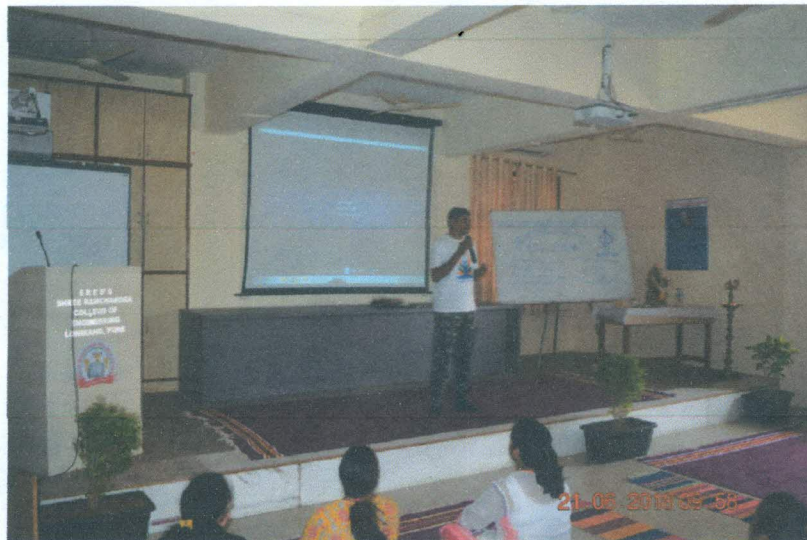




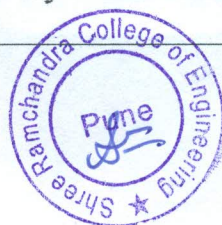
## Events Photograph:



### 1. Welcome and Facilitation of Guest By Hon. Principal Sir.



### 2. Session By: Mr. Santosh Deshmukh







SRES's  
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Department of Electrical Engineering

Ref. No.SRCOE/Sports/2018-19/01

Date: 24.06.2018

**Report of an Event**

- ❖ **Title of Event:** International Yoga Day
- ❖ **Date:** 21<sup>st</sup> June 2018                      **Time:** 9.30 am – 11.30 am
- ❖ **Name of Instructor :** Mr. Santosh Deshmukh (Yoga Instructor)

**Objective of Event:**

The International Yoga Day was celebrated on 21 June 2018 with great eagerness and enthusiasm at SRCOE, Pune and coordinated by Prof. Shubhangi Arbale and Dr. Sushma Tayde and was attended by around 35 staff and students.

Before the demonstration, Mr. Santosh Deshmukh explained the meaning of Yog and then illustrated Pranayama and he demonstrated the various Asanas and stressed on the need to be practiced every single day. He elaborated the point that regular yoga practice lead to the better mental, physical and intellectual health. It positively changes the lifestyle of the people and increase the level of well-being.

Finally the session was concluded by Prof. Shubahngi Arbale by delivering vote of thanks.

  
Prof. Shubahngi Arbale

**Prepared by**



  
Dr. Sushma Tayde

**Director of Physical Education**



### Events Photograph:



1. Students Performing YogAsanas on 21<sup>st</sup> June 2016, International Yoga Day.



2.

2. Hon. Principal Sir Performing YogAsans with Faculty



3. Prayer and Asanas

