

## Importance of Yoga Excercies

### Report

1<sup>st</sup> July 2020

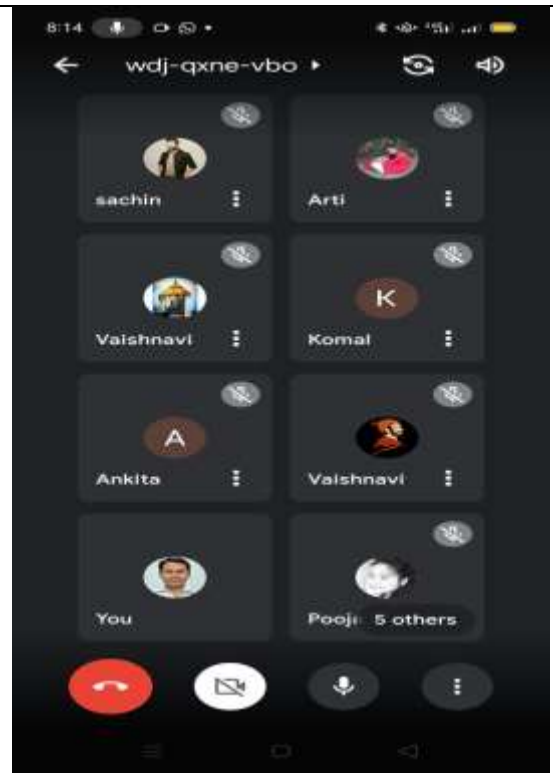
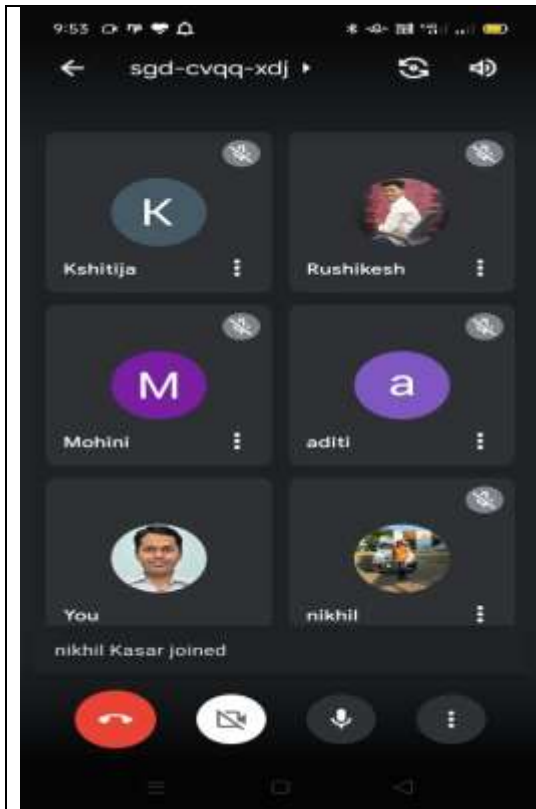
IQAC suggested start the video series on the yoga. The sport department organises the lecture series for 5 days in the morning session. Mr. Pawar V.S. trained the students for yoga exercises through zoom lecture series with the technical help of Prof. Vijay Nagpure.

The theme of International Yoga day, 2020 was “Yoga at Home and Yoga with Family” and the purpose of online yoga session was to encourage students as well as faculty members and staff of the to practice Yoga at home and stay healthy during the pandemic. **62** students and **14** faculty members joined the session.

This programmes covers following points

<p>Manifestations and Separations:-</p> <ul style="list-style-type: none"> <li>A) Physical Body</li> <li>B) Energy Body</li> <li>C) Mental / Emotional Body</li> <li>D) Witness Body</li> <li>E) Bliss Body</li> </ul>	<p>Manifestations and Separations:</p> <p><b>A. Physical body</b></p> <ol style="list-style-type: none"> <li>1. Postural misalignment—muscle tension, back pain</li> <li>2. Tension headaches/TMJ</li> <li>3. Digestive disorders—constipation, diarrhoea, IBS</li> <li>4. Immune system compromised</li> <li>5. Nervous system—drowsiness, exhaustion, memory loss</li> <li>6. Endocrine system—hypothyroidism, type II diabetes</li> <li>7. Respiratory system—rapid, shallow breathing</li> <li>8. Separation—lack of body awareness, prakriti</li> </ol>	<p><b>B. Energy body</b></p> <ol style="list-style-type: none"> <li>1. Low energy</li> <li>2. Obstructed nadis</li> <li>3. Affects all prana vayus</li> <li>4. Chakas blocked</li> <li>5. Separation—lack of awareness of breath/separation from nature</li> </ol>
<p><b>C. Mental/emotional body</b></p> <ol style="list-style-type: none"> <li>1. Negativity</li> <li>2. Anger (road rage)</li> <li>3. Depression</li> <li>4. Separation—lack of awareness of self and others</li> </ol>	<p><b>D. Witness body</b></p> <ol style="list-style-type: none"> <li>1. Inability to see big picture or seek creative solutions</li> <li>2. Separation from higher source</li> </ol>	<p><b>E. Bliss body</b></p> <ol style="list-style-type: none"> <li>1. Alienation</li> <li>2. Intellectualism</li> <li>3. Fatalism</li> <li>4. Withdrawal</li> <li>5. Separation from source of life, meaning of existence</li> </ol>





  
Principal  
C.D.Jain College of Commerce,  
Shrirampur



Rayat Shikshan Sanstha's  
Chandraroop Dakle Jain College of Commerce, Shrirampur

**Notice**

Date: 02/05/2020

All students is informed that the college is organizing fitness training program "Importance Physical Fitness Coivd-19" on 6<sup>th</sup> AUG 2020 at Gymkhana Hall. Due to Covid- 19 situation the program is organized on online platform Google link.

**Benefits of the Programme :**

- Physical fitness
- Breathing Exercises
- Muscular Exercise
- Strengthening Exercise



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# Importance Physical Fitness Coivd-19

## Report

6<sup>th</sup> AUG 2020

IQAC suggested to Sport Department to Increase the Physical fitness of the students through video lectures. In pandemic situation every person knows the importance of health and fitness. To help the students improve the health benefits it's our moral and social responsibility so the video lectures helps to enhance the health of the students.

The trainer Mr. Vishal Pawar Director of Physical Education started to share video on social media platform such as You Tube, Whats-app and Zoom app etc.

Physical fitness provides strong bones and muscles, leads to better health and well-being, prevents various health problems, and reduces the risk of several diseases. The Trainer performs the Physical exercise and explains the benefits of the exercise. How you can go to increase the own fitness along help your family with small exercises.











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# Importance of Yoga in Covid-19 Situation

## Report

21<sup>st</sup> June 2020

Rayat Shikshan Sanstha's  
Chandraroop Dakle Jain College of Commerce, Shrirampur  
Dist. – Ahmednagar

Affiliated to Savitribai Phule Pune University, Pune NAAC Re-accredited 'A' Grade (CGPA – 3.14)

**Importance of Yoga in Covid-19**  
Organized by  
**IQAC & Sport Department**

Date: 21 JUN., 2020  
Time: 7.30 am

Trainers: Mr. Kiran Rupwate  
Jr. Teacher  
C.D. Jain College of Commerce

Organizing Committee:  
Mr. Vishal Pawar, Director of Physical Education  
Mr. Vivek More, IQAC, Coordinator  
Dr. Bhor L.D., Principal, C. D. J. College of Commerce, Shrirampur

Highlight :  
At the end of the training individual will be able to –

- Importance of Yoga in Covid-19
- Breathing Exercises
- Health Benefits of Pranayam
- Flexibility of Body
- Importance of Body and Mind to activate cells
- How to avoid injuries
- Various Asanas, Mudras etc.

Sports Department observed observes International Yoga Day on 21 June every year. This event is albeit in a different manner amid the raging COVID -19 pandemic, organized an online yoga session on 21/6/2020(Sunday) at 7:30 AM in the online webinar mode through the Zoom online platform. The theme of International Yoga day, 2020 was “Yoga at Home and Yoga with Family” and the purpose of online yoga session was to encourage students as well as faculty members and staff of the to practice Yoga at home and stay healthy during the pandemic. **78** students and **13** faculty members joined the session.

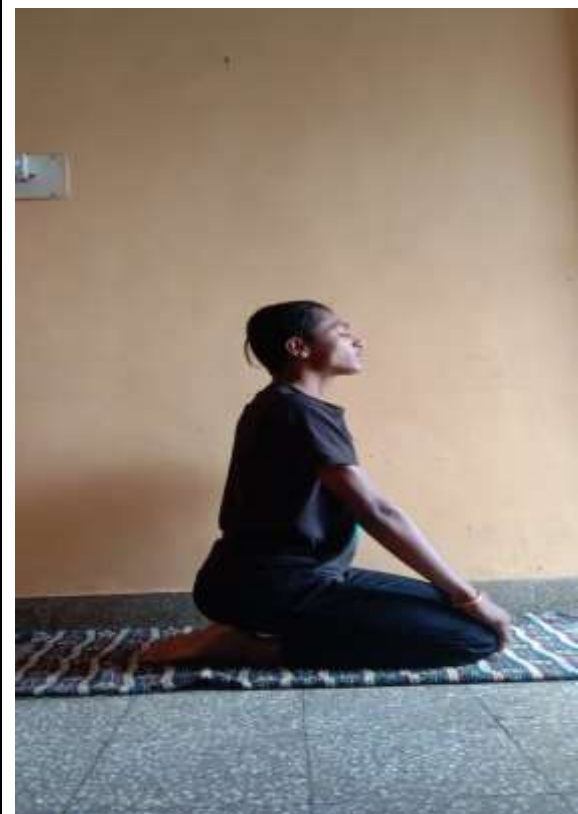
Mr. Kiran Rupwate a yoga Trainer and our Jr, College Teacher instructed students how to perform YOGA Asanas. It helps the students understand how to maintain harmony between body and mind. Two lectures organised to explain the importance of Yoga.

Hon. Principal Dr. L.D.Bhor explains benefits of yoga in pandemic situation. He explains “health is wealth” and appreciate the efforts of sports department to organises International Yoga Day.

Mr. Pawar Vishal Proposed vote of thanks.



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You tube Link :

S.N.	Name of the Topic	Link
1.	Cardiac and Lungs Exercises	<a href="https://youtu.be/EYp5D9npHV8">https://youtu.be/EYp5D9npHV8</a>
2.	Cardiac and Lungs Exercises- Pranayam	<a href="https://youtu.be/z12zyGnIPjc">https://youtu.be/z12zyGnIPjc</a>
3.	Cooling Down Exercises	<a href="https://youtu.be/c7s1kaCrzVk">https://youtu.be/c7s1kaCrzVk</a>
4.	Warming up exercises	<a href="https://youtu.be/6NbeJKUZ_BY">https://youtu.be/6NbeJKUZ_BY</a>
5.	Mixed Exercises	<a href="https://youtu.be/KOQ2HKnudLo">https://youtu.be/KOQ2HKnudLo</a>