



**Karmaveer Bhaurao Patil Institute of
Management Studies and Research,
Satara**

NAAC Accreditation B++ (CGPA -2.95)

organized by IQAC

webinar on

YOGA FOR PEACEFULL MIND

By

Dr.S.A.Bhosale

Assistant Professor KBPIMSR, &

Yoga Teacher

**Discussion & Practical Session
June 21, 2020 | 9 a.m. 0n ZOOM**



<https://us04web.zoom.us/j/7506933390100065>

FOR MORE DETAIL CONTACT:- 9822124414, 9403967179

Date: 21/06/2020

Dr. R. D. Kumbhar
Assistant Professor
KBPIMSR, Satara

To
The Director
KBPIMSR, Varye Satara

Subject – Report on Webinar on “Yoga for Fitness and Mental Health”

A Webinar on “**Yoga for Peaceful Mind**”, on occasion of Yoga Day was organized by Rayat Shikshan Sanstha’s Karmaveer Bhaurao Patil Institute of Management Studies and Research, Satara. Dr. R.D. Kumbhar gives introduction of this webinar.


On that occasion of yoga day celebration webinar is organized on Sunday 21st June 2020 at 9.00 AM. A webinar on, “**Yoga for Peaceful Mind**”, by the resource person Dr. Mrs. Sarika Bhosale is organized. She delivered lecture on benefits of yoga. She also told how to keep ourselves fit with daily yoga and proper exercise. With easy tricks she delivered this lecture and handled all queries of participants. After proper discussion Madam conducted breathing exercise for the participants.

Webinaris organized via online platform. Google meet link meet.google.com/ttr-chjt-uuf is the link used for this lecture. 96 students of different classes took benefit of that webinar.

The session was concluded with the open discussion. Mrs. Shelar P. M. Madam proposed vote of thanks. The feedback of this session given by students, Faculties and club members were very good and also good presentation by resource person.

Thanking You,

Yours Faithfully,


Mrs. Shelar P. M.
Co- Ordinator





Rayat Shikshan Sanstha's

Karmaveer Bhaurao Patil Institute of Management Studies and Research Varye, Satara

Organize

A webinar on "Yoga for Peaceful Mind", on occasion of Yoga Day

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21/6/20

Report

Rayat Shikshan Sanstha's
**Karmaveer Bhauroao Patil Institute of Management Studies and
Research, Satara**

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A webinar on "Yoga for Peaceful Mind", on occasion of Yoga Day

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 Estd. 1981	<p align="center">"EDUCATION THROUGH SELF-HELP IS OUR MOTTO"- KARMAVEER Rayat Shikshan Sanstha's, Karmaveer Bhaurao Patil Institute of Management Studies & Research, Satara.</p> <p align="center">(Affiliated to Shivaji University & Approved by A.I.C.T.E., New Delhi) Dist. Satara (Maharashtra) Pin : 415 001. Founder - Padmabhushan Dr. Karmaveer Bhaurao Patil, D.Litt. Web Site : www.kbpimsr.com</p>	<p align="right">☎ -(02162) 230011, Fax : (02162) 229089 Email: mba.kbp@gmail.com www.kbpimsr.com</p>
	<p align="center">Ref. No. ,</p> <p align="right">Date 18 /06 / 2020</p>	
<p>Dr. B. S. SAWANT M.Com(Stat.), M.C.M., M.B.A., M.Phil, Ph.D. DIRECTOR</p>		

To

Dr. Mrs. S.A. Bhosale.
KBPIMSR
Satara

Sub: - **Invitation as a Resource Person**

Dear Madam,

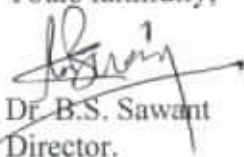
It gives a pleasure to invite you as Resource Person for giving webinar on **"Yoga for Peaceful Mind"**, on occasion of Yoga Day Celebration, on Sunday, 21st June 2020 at 9:00 A. M., in the Institute, via online platform using Google meet.

We need your valuable presence. We will be appreciative if you accept our invitation and remain present to encourage our students and guide regarding, how yoga is used for Fitness and Mental Health, on occasion of Yoga Day Celebration.

Please make it convenient to be present for the lecture and guide the students.

Thanking you in anticipation.

Yours faithfully,


Dr. B.S. Sawant
Director.



 Estd. 1981	<p>"EDUCATION THROUGH SELF-HELP IS OUR MOTTO" - KARMAVEER Rayat Shikshan Sanstha's, Karmaveer Bhaurao Patil Institute of Management Studies & Research, Satara.</p> <p>(Affiliated to Shivaji University & Approved by A.I.C.T.E., New Delhi) Dist. Satara (Maharashtra) Pin : 415 001. Founder - Padmabhushan Dr. Karmaveer Bhaurao Patil, D.Litt. Web Site : www.kbpimsr.com</p>	<p>☎ -(02162) 230011, Fax : (02162) 229089 Email: mba.kbp@gmail.com www.kbpimsr.com</p>
		<p>Ref. No. : Date 22 /06 / 2020</p>
<p>Dr. B. S. SAWANT M.Com(Stat.),M.C.M., M.B.A., M.Phil, Ph.D. DIRECTOR</p>		

To

Dr. Mrs. S.A. Bhosale.
KBPIMSR
Satara

Sub: - Gratitude for your presence as a Resource Person

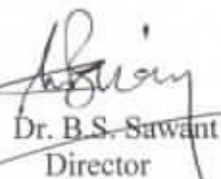
Dear Madam,

It gives a gratification for your valuable presence and accepting our invitation as a resource person on webinar on, **"Yoga for Peaceful Mind"**, on occasion of Yoga Day Celebration, on Sunday, 21st June 2020 at 9:00 A. M., in the Institute, via online platform using Google meet.

Your valuable presence and appreciation really encourages our students. We wish same kind of co-operation in near future to maintain a relational healthy bond with each other.

Thanking for your presence to grace the occasion.

Yours faithfully,


Dr. B.S. Sawant
Director



A webinar on "Yoga for Peaceful Mind", on occasion of Yoga Day Celebration

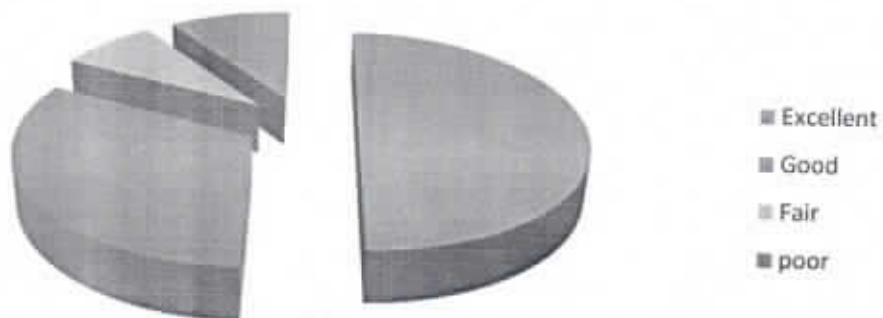
1. How helpful was the webinar for you?



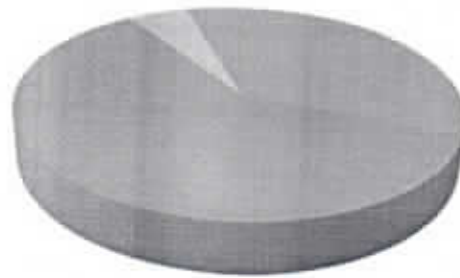
2. Please rate the speaker's knowledge of the topic:



3. Please rate the speaker's knowledge of the topic:



4. Overall session evaluation:



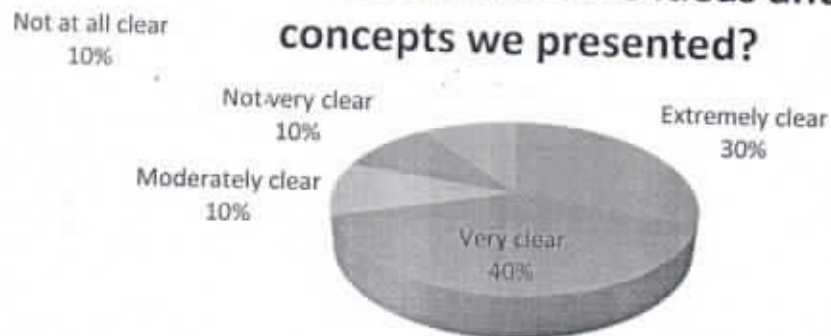
■ Excellent
■ Good
■ Fair
■ poor

5. Please rate the content of the slides/virtual aids:



■ Excellent
■ Good
■ Fair
■ poor

6. How clear were the ideas and concepts we presented?



Are There Any Suggestions to the Institute

No

I Don't have Any Suggestion.. All are Excellent

Arrange webinar on Physical fitness tips.



A webinar on "Yoga for Peaceful Mind", on occasion of Yoga Day Celebration

योग करत असताना कायचे अजिबात पाणी पिऊ नये

1. योगा करत असताना जास्तच अजिबात पाणी पिऊ नये.
2. योगा हा नेहमी सकाळी तिकान्या पांटी आणि पांटे साफ आल्यानंतरच करावला हवा.
3. योग करत असताना तुम्ही शरीरावर कमीत कमी आणि वेगवेगळे कापडे घाला.
4. योगा नेहमी साफळ्या आणि स्वच्छ जागीच करावा.
5. योगा करताना सर्वात पहिले सोप्या आसनाने सुरुवात करावी आणि नमः कठीण आसन करावे हे नेहमी ज्ञात ठेवा.
6. योगा हा नेहमी एखाद्या तज्ज्ञाच्या देखरेखीखालीच करावा.

Sarika Bhosale's screen

शरीर

→ अग्रवर्तितारी रेषे
← अग्रवर्तितारी रेषे

Padmasana Bhujangasana Bhadrasana Padmasana

Sarika Bhosale's screen

