

Report

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

Organize

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

A Webinar on "Yoga: Post COVID Recovery", 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 Monday 21st June 2021 at 9.00 AM. A webinar on, "Yoga: Post COVID Recovery", 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.

Webinar is organized via online platform. Google meet link meet.google.com/ttr-ehjt-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 and Faculties were very good and also good presentation by resource person.


Mrs. Shelar P. M
Co- Ordinator



Date: 25/06/2021

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

To

The Director
KBPIMSR, Varye Satara

Subject – Report on Webinar on “Yoga: Post COVID Recovery”

A Webinar on “Yoga: Post COVID Recovery”, 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.

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Thanking You,

Yours Faithfully,



Mrs. Shelar P. M
Co- Ordinator



	<p>"EDUCATION THROUGH SELF-HELP IS OUR MOTTO"- KARMAVEER Rayat Shikshan Sanstha's, Karmaveer Bhaurao Patil Institute of Management Studies & Research, Satara. (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 Ref. No. : Date 18 /06 / 2021</p>
<p>Estd. 1981</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,

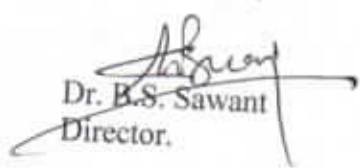
It gives a pleasure to invite you as Resource Person for giving webinar on **"Yoga: Post COVID Recovery"**, on occasion of Yoga Day Celebration, on Monday, 21st June 2021 at 9:00 A. M., in the Institute, via online platform using Google meet.

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 Post COVID recovery, 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 align="center"> "EDUCATION THROUGH SELF-HELP IS OUR MOTTO"- KARMAVEER Rayat Shikshan Sanstha's, Karmaveer Bhaurao Patil Institute of Management Studies & Research, Satara. (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>	Phone : (02162) 230011, Fax : (02162) 229089 Email: mba.kbp@gmail.com www.kbpimsr.com Ref. No. : Date 22 /06 / 2021
Dr. B. S. SAWANT M.Com(Stat.),M.C.M., M.B.A., M.Phil, Ph.D. DIRECTOR		

To

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

Sub: - Gratitude for your presence as a Resource Person

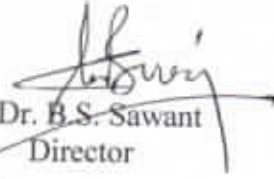
Dear Madam,

It gives a gratification for your valuable presence and accepting our invitation as a resource person on webinar on, **"Yoga: Post COVID Recovery"**, on occasion of Yoga Day Celebration, on Monday, 21st June 2021 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: Post COVID Recovery", on occasion of Yoga Day Celebration

योगा करत असताना सधेच अजिबात पाणी पिऊ नये

- 1. योगा करत असताना सधेच अजिबात पाणी पिऊ नये.
- 2. योगा हा नेहमी सकाळी तिकाभ्या पोटी आणि पोट ताफ झाल्यानंतरच करायला ठेवा.
- 3. योगा करत असताना तुम्ही शरीरावर कमीत कमी आणि सितसर कपडे घाला.
- 4. योगा नेहमी सोप्या आणि स्वच्छ जागीच करावा.
- 5. योगा करताना सर्वात पहिले शोष्या जागनाने तुलवात करावी आणि नस फटीण आस्त कराच हे नेहमी न्हात ठेवा.
- 6. योगा हा नेहमी एखाद्या तज्ज्ञाच्या देखरेखीखालीच करावा.

Sarika Bhosale's screen

बदलणारे

→ प्रारंभिकी वेळ
← अंतिमस्थितीची वेळ

अंतिमस्थिती

प्रारंभिकी

Sarika Bhosale's screen



A webinar on “Yoga: Post COVID Recovery”, on occasion of Yoga Day Celebration

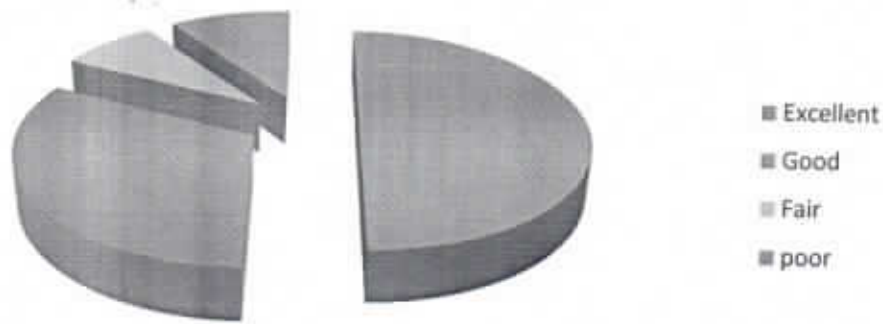
1. How helpful was the webinar for you?



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?

Not at all clear
10%

Not very clear
10%

Moderately clear
10%



Extremely clear
30%

Very clear
40%

Are There Any Suggestions to the Institute

No

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

Arrange webinar on Physical fitness tips.

