

Arts & Commerce College ,Satara

YOGA

2016-17

Satara Maratha Vidya Prasarak Samaj, Satara

ARTS AND COMMERCE COLLEGE, SATARA

(National Assessment and Accreditation Council (NAAC) Re-Accredited, 'C' Grade
with CGPA 1.71)

117/1,2,3 Shukrawar peth, Satara, 415 002

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Prof. Sandip B.Patil

Patne

Physical Director

Principal Dr. Yashwant Sambhajirao

M.A., B.Ed., M.Phil. Ph. D

A&CC/ / Gymkhana / /2016-17

Date- 17/08/2016

GYMKHANA



Notice of Yoga

All the enrolled students for Yoga are hereby informed that the yoga classes will be held every alternate day (Monday, Wednesday, and Friday) on Monday 22nd August, 2016. Moreover who has not been enrolled for the course do contact to Gymkhana.

Time: : 10.30 . 00 A.M. to 11.30 A.M.

Venue : Hall no 5,6,, Arts &Commerce College

Physical Director,
Arts &Commerce College,
Satara.



Principal,
Arts &Commerce College,
Satara.

Report Yoga Training 2016-17

During the academic year 2016-17, the Gymkhana Department of Arts and Commerce College started yoga training for college students. Principal Dr. Yashwant Patne presided over the inauguration ceremony. NS.S. coordinator Dr. Bharat Jadhav and Gautam Katkar were presented for this camp. About 54 students took advantage of this yoga training. Yoga training is going on for 25 days. Kumbhar Aniket of Satara District Youth Association guided the trainees involved in this yoga training. The training started on 22nd August 2016. The inaugural program began at 10:30 am. The Principal gave the participants good wishes and finally Bharat Jadhav thanked the inaugural ceremony.

PROGRAMME FOR YOGA 2016

DAY	EVENT	TIME
22.08.2016	OPENING	10.30 - 10.45 AM
	INTRODUCTION	10.45 - 11.20 AM
	CLOSING CERENOMY	11.20 - 11.30 AM
24.08.2016	ARDHA CHANDRASANA	10.30-11.30AM
	TADASANA	
	VRUKSHASANA	
26.08.2016	TRIKONASANA	10.30-11.30AM
	GARUDASANA	
	VIRBHADRASANA	
29.08.2016	REPETATION OF ALL AASAN	10.30-11.30AM
31.08.2016	PADMASANA	10.30-11.30AM
	PARVTASANA	
	TOLASANA	
02.09.2016	CHATUSHKONASANA	10.30-11.30AM
	HASTPADANGGUTOSANA	
	PADHASTASANSA	
07.09.2016	REPETATION OF ALL AASAN	10.30-11.30AM
09.09.2016	MATCYASANA	10.30-11.30AM
	GARBHASANA	
	KUKUTASANA	
14.09.2016	PACHHIMOTANASANA	10.30 - 11.30 AM
	BADDHAPADMASANA	
	ARDH BADDHAPADMASANA	



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16.09.2016	REPETATION OF ALL AASAN	10.30-11.30AM
19.09.2016	ARDHAMACHENDRASANA	10.30 – 11.30 AM
	GOMUKHASANA	
	AKARNDHANURASANA	
21.09.2016	VAJRASANA	10.30 – 11.30 AM
	VUSHTRASANA	
	ARDHA KURMASANA	
23.09.2016	REPETATION OF ALL AASAN	10.30-11.30AM
26.09.2016	SHASHANGASANA	10.30 – 11.30 AM
	HALASANA	
	SARVANGASANA	
28.09.2016	SHALABHASANA	10.30 – 11.30 AM
	BHUJANGASANA	
	SHANURASANA	
30.09.2016	REPETATION OF ALL AASAN	10.30-11.30AM
03.10.2016	PURN DHANURASANA	10.30 – 11.30 AM
	NATARAJANSANA	
	ARDHA BHUJANGASANA	
05.10.2016	PURN SHALABHASANA	10.30 – 11.30 AM
	EKASHIRASANA	
	CHOKORASANA	
07.10.2016	REPETATION OF ALL AASAN	10.30-11.30AM
10.10.2016	SANKHYASANA	10.30 – 11.30 AM
	AMKARASANA	
	DVIPADASHRISANA	
14.10.2016	TITIBHASANA	10.30-11.30AM
	BAKASONA	
	CHAKRASANA	

