

YOGA TRAINING

2017 -18

GYMKHANA

Objectives for yoga

1. Strengthening students physically by yoga
2. To give information about Yoga to the students
3. To possess emotional stability
4. To integrate moral values.



Prof. S. B. Patil
Physical Director
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Satara.

Outcomes of Yoga

All-round fitness:

If there is physical health and not walking, they should have mental and emotional health. "It is not possible to call health only if there is a disease-free body, whereas joy, love and enthusiasm are spontaneously expressed in your life, then it can be called true health prosperity."

Yoga comes to your aid in this place. Asanas, Pranayam (breathing exercises) and meditation retention can help you to get better health.

Weight loss:

Surya Namaskar, Kapal Bhati and Pranayam, these yogic actions reduce weight by using Yoga. Similarly, practicing regular yoga every day brings awareness about the time and condition of which our body needs. Due to proper diet, weight gain helps.

Stress relief:

If you want to drain stress everyday in your mind and body, then for a few minutes. practice a few minutes of yoga is enough. Yoga, Pranayam and meditation are all effective techniques that expose stress. Tension of body poisoning and stress of body tension is thrown out of the body by practicing yoga


Inner peace:

All of us like to go to a quiet, pleasant and scenic place. But only a few people know that the peace that we want is located in ours. Just take some time off from the daily stressful program to take this piece of experience. Yoga and meditation on this small holiday can give you many benefits. There is no other solution like yoga for controlling the uncomfortable min

Increased immune system:

The body, mind, and soul are all one and the same together. Therefore, physical disorders such as hurts on the mind, as well as results from mental disorders in the form of disease in the body. Yoga is done by mating various organs and strengthening their muscles. Stress in body strains due to different techniques of breathing and meditation leaves the stress and increases the immune system.




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Principal
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Report Yoga Training 2017-18

During the academic year 2017-18, the Gymkhana Principal Dr. Yashwant Patne started yoga training for college students. 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 28th August 2017. The inaugural program began at 10:30 am. The Principal gave the participants good wishes and finally Gautam Katkar thanked the inaugural ceremony.

PROGRAMME FOR YOGA

DAY	EVENT	TIME
28.08.2017	OPENING	10.30 – 10.45 AM
	INTRODUCTION	10.45 – 11.20 AM
	CLOSING CERENOMY	11.20 – 11.30 AM
30.08.2017	ARDHA CHANDRASANA	10.30-11.30AM
	TADASANA	
	VRUKSHASANA	
01.09.2017	TRIKONASANA	10.30-11.30AM
	GARUDASANA	
	VIRBHADRASANA	
04.09.2017	REPETATION OF ALL AASAN	10.30-11.30AM
06.09.2017	PADMASANA	10.30-11.30AM
	PARVTASANA	
	TOLASANA	
08.09.2017	CHATUSHKONASANA	10.30-11.30AM
	HASTPADANGGUTOSANA	
	PADHASTASANSA	



11.09.2017	REPETATION OF ALL AASAN	10.30-11.30AM
13.09.2017	MATCYASANA	10.30-11.30AM
	GARBHASANA	
	KUKUTASANA	
15.09.2017	PACHHIMOTANASANA	10.30 - 11.30 AM
	BADDHAPADMASANA	
	ARDH BADDHAPADMASANA	
18.09.2017	REPETATION OF ALL AASAN	
20.09.2017	ARDHAMACHENDRASANA	10.30-11.30AM
	GOMUKHASANA	10.30 - 11.30 AM
	AKARNDHANURASANA	
22.09.2017	VAJRASANA	10.30 - 11.30 AM
	VUSHTRASANA	
	ARDHA KURMASANA	
25.09.2017	REPETATION OF ALL AASAN	
27.09.2017	SHASHANGASANA	10.30-11.30AM
	HALASANA	10.30 - 11.30 AM
	SARVANGASANA	
29.09.2017	SHALABHASANA	10.30 - 11.30 AM
	BHUJANGASANA	
	SHANURASANA	
04.10.2017	REPETATION OF ALL AASAN	10.30-11.30AM
06.10.2017	PURN DHANURASANA	10.30 - 11.30 AM
	NATARAJANSANA	
	ARDHA BHUJANGASANA	
09.10.2017	PURN SHALABHASANA	10.30 - 11.30 AM
	EKASHIRASANA	
	CHOKORASANA	
11.10.2017	REPETATION OF ALL AASAN	10.30-11.30AM
13.10.2017	SANKHYASANA	10.30 - 11.30 AM
	AMKARASANA	
	DVIPADASHRISANA	
16.10.2017	TITIBHASANA	10.30-11.30AM
	BAKASONA	
	CHAKRASANA	
18.10.2017	REPETATION OF ALL AASAN	10.30-11.30AM
23.10.2017	UTTITHPADMASANA	10.30-11.30AM
	PADAMMAYURASANA	
	BHUMASANA	



25.10.2017	DHANURASANA PADAM DHANURASANA Y-LIVERASANA	10.30-11.30AM
27.10.2017	REPETATION OF ALL AASAN	10.30-11.30AM



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