



SKYLARK FOUNDATIONS ARTS, SCIENCE & COMMERCE COLLEGE

Khed Shivapur, Tal. Haveli, Dist. Pune - 412205

ID No. : PU/PN/ACS/346/2009

Recognized by Govt. of Maharashtra

Affiliated to Savitribai Phule Pune University

PUNCODE : CAAP014750

College Code No. 880

Exam. Code No. 200

Phone : 9762745639 / 9545117123

Email : acsck2009@gmail.com | asccskylark@gmail.com

Website : www.asccskylark.in

Ref. :

Date :

Activity Report – Yoga Day

Course Title: Yoga for Wellness

Date: 21 June 2022

Duration: 1 to 6 days.

Instructor Name: Konde V. S.

Venue: Skylark Foundation Arts, Science, and Commerce College

Objective

The Yoga Day event was organized to promote holistic well-being by focusing on the following objectives:

- **Self-Realization:** Enhancing self-awareness and inner peace.
- **Physical Health:** Building strength, flexibility, and vitality.
- **Mental Clarity:** Cultivating focus and mindfulness.
- **Emotional Balance:** Managing stress and emotions effectively.
- **Spiritual Growth:** Fostering a deeper connection to the self.
- **Balance & Harmony:** Achieving equilibrium in body and mind.
- **Flexibility:** Improving posture and mobility.

Summary of Activities

The three-day event featured structured sessions designed to introduce participants to the fundamental principles and practices of yoga.

1. Day 1: Prayer and Introduction

The event began with a prayer to create a serene atmosphere. On the first day, the instructor introduced the core components of yoga, emphasizing its significance in daily life.

2. Day 2: Asanas Practice

Participants learned and practiced basic yoga postures, including:

- **Tadasana (Mountain Pose):** For improved posture and stability.
- **Vrikshasana (Tree Pose):** For balance and concentration.

3. Day 3: Advanced Asanas

On the third day, the focus was on intermediate and advanced poses, such as:



- **Pad-Hastasana (Hand-to-Foot Pose):** Enhancing flexibility and blood circulation.
 - **Ardha Chakrasana (Half Wheel Pose):** Strengthening the spine and muscles.
 - **Trikonasana (Triangle Pose):** Improving balance and core strength.
 - **Vajrasana (Thunderbolt Pose):** Promoting digestion and relaxation.
 - **Ustrasana (Camel Pose):** Enhancing chest and spine flexibility.
 - **Makarasana (Crocodile Pose):** For deep relaxation and stress relief.
4. **Breathing Exercises**
The sessions included mindful breathing practices, body scanning, and guided visualization to foster relaxation and self-awareness.
5. **Slide Show Presentation**
A slide show highlighting the importance of yoga in physical, mental, and emotional well-being was presented to the participants.

Benefits

The Yoga Day event provided a wide range of benefits to participants, including:

- **Improved Strength:** Building muscle endurance and physical resilience.
- **Back Pain Relief:** Easing tension and enhancing spinal health.
- **Heart Health:** Supporting cardiovascular well-being through mindful practice.
- **Better Sleep:** Encouraging relaxation and reducing insomnia.

Conclusion

The Yoga Day event was a resounding success, with active participation from students and faculty. The sessions created a foundation for holistic well-being by blending physical postures, breathing exercises, and mindfulness practices. The combination of theoretical insights and hands-on activities allowed participants to experience the transformative power of yoga. Feedback from attendees highlighted the event's positive impact, emphasizing the importance of integrating yoga into everyday life for long-term benefits.



A handwritten signature in blue ink is written over a rectangular official stamp. The stamp contains the text "PRINCIPAL", "Skylark Foundation's", "Arts-Science & Commerce College", and "Khed-Shivapur". The number "15" is visible at the bottom right of the stamp.

SKYLARK FOUNDATION'S,
ARTS, SCIENCE AND COMMERCE COLLEGE KHEDSHIVAPUR

NAME OF COURSE: - Yoga.

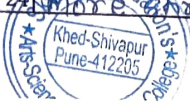
21 जून 2022.

ATTENDANCE REGISTER OF COURSE BATCH TIME SCHEDULE

SR NO.	NAME	CLASS	1	2	3	4	5	6	7	8	9	10
1	pawar Vaibhav Bhanesh	T.Y.B.A	Vaibh	Vaibh	Vaibh	Vaibh	Vaibh	Vaibh				
2	lonche Abhishek Ramesh	T.Y.B.A	A.R.	A.R.	A.R.	A.R.	A.R.	A.R.				
3	wadkar Omkar mahadev	T.Y.B.A	Wadkar	Wadkar	Wadkar	Wadkar	Wadkar	Wadkar				
4	Nikam Sharayu Uttam	T.Y.B.A	Nikam	Nikam	Nikam	Nikam	Nikam	Nikam				
5	Khutwad Rupali Uttam	T.Y.B.A	R. Uttam	R. Uttam	R. Uttam	R. Uttam	R. Uttam	R. Uttam				
6	Singh Sanam Hem	S.Y.B.A	S.h. Sing	S.h. Sing	S.h. Sing	S.h. Sing	S.h. Sing	S.h. Sing				
7	Bhote Teja sree Raju	S.Y.B.A	Teja	Teja	Teja	Teja	Teja	Teja				
8	Ambe Nikhil Rajendra	S.Y.B.A	N.R. Ambe	N.R. Ambe	N.R. Ambe	N.R. Ambe	N.R. Ambe	N.R. Ambe				
9	More Saurabh Ganesh	S.Y.B.A	M.S.G	M.S.G	M.S.G	M.S.G	M.S.G	M.S.G				
10	Taware pooja Bharat	F.Y.B.A	Taware	Taware	Taware	Taware	Taware	Taware				
11	Waghmare Pallavi Vikram	F.Y.B.A	Wagp	Wagp	Wagp	Wagp	Wagp	Wagp				
12	Chavan Rutik Shivaji	S.Y.B.A	Rutik	Rutik	Rutik	Rutik	Rutik	Rutik				
13	Zol Sampath Dilip	S.Y.B.A	S.P.Zol	S.P.Zol	S.P.Zol	S.P.Zol	S.P.Zol	S.P.Zol				
14	Yadav Rutuja Narayan	F.Y.B.A	Rutuj	Rutuj	Rutuj	Rutuj	Rutuj	Rutuj				
15	Surve Shruti Samohaji	F.Y.B.A	Surve	Surve	Surve	Surve	Surve	Surve				
16	Parmar Sahil Vinod	S.Y.B.A	Sahil	Sahil	Sahil	Sahil	Sahil	Sahil				
17	Bathod Divya Raju	T.Y.B.A	Divya	Divya	Divya	Divya	Divya	Divya				
18	Amre Akash Anil	S.Y.B.A	Amre	Amre	Amre	Amre	Amre	Amre				
19	Gogawale Vedika Pashant	T.Y.B.A	Gogawale	Gogawale	Gogawale	Gogawale	Gogawale	Gogawale				
20	Gi Kwad Atharv Prabhakar	T.Y.B.A	Gi Kwad	Gi Kwad	Gi Kwad	Gi Kwad	Gi Kwad	Gi Kwad				
21	Awasthane Pratik Shabani	S.Y.B.A	Pratik	Pratik	Pratik	Pratik	Pratik	Pratik				
22	Gaikwad Divya Digambar	S.Y.B.A	D.D.G	D.D.G	D.D.G	D.D.G	D.D.G	D.D.G				
23	Ambe Rutik Shivaji	S.Y.B.A	Rutik	Rutik	Rutik	Rutik	Rutik	Rutik				
24	More Bhadrabha Vilas	S.Y.B.A	MS.V	MS.V	MS.V	MS.V	MS.V	MS.V				

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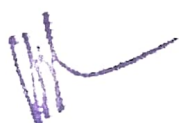
Yoga 21/06/2022 to 26/06/2022



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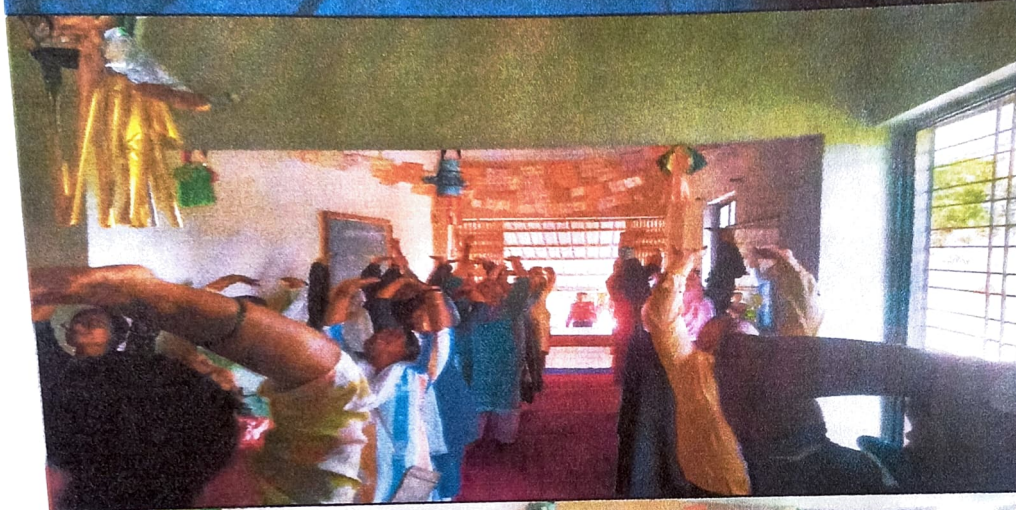

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Skylark Foundation's Arts,
Science & Commerce College

YOGA CLASS

Trainer
Mrs. Vaishnavi Konde

Duration : 21st to 26th
June 2022

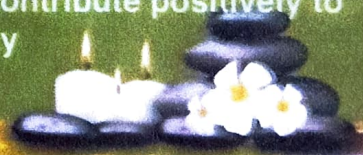
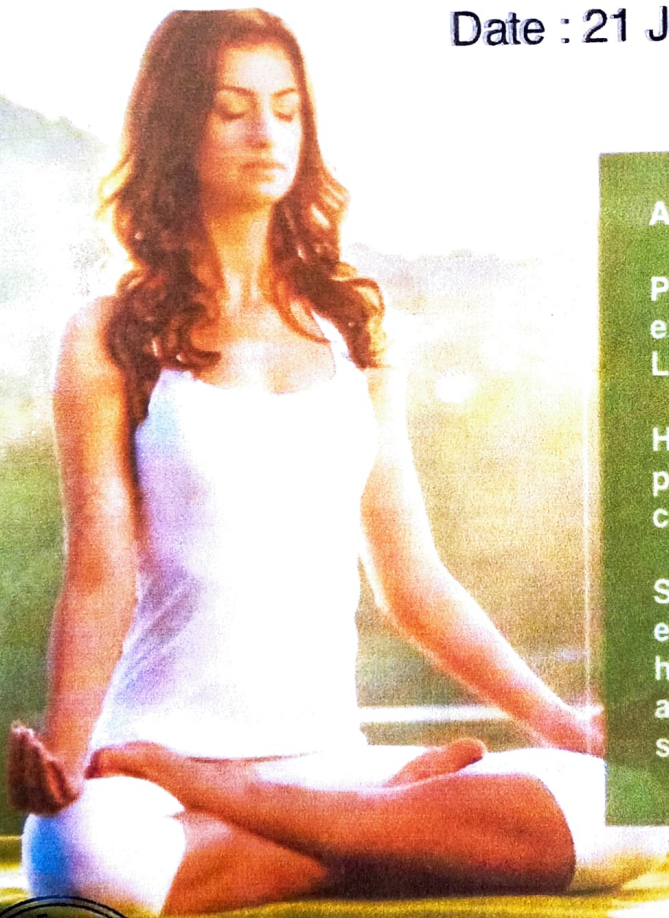
Date : 21 June 2022

Aims & Objectives :

Personal Growth: Student experience, Personal Growth & Lifelong Learning

Holistic Health: Yoga promotes physical health, mental health clarity & emotional balance

Social Contribution: Yoga encourages individuals to live in harmony with their surroundings and contribute positively to society



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