

YOGA DAY (Online Mode)

ORGANIZER: *Internal Quality Assurance Cell*

DATE & DAY: 21st JUNE 2021, MONDAY

TIME: 10:00 AM TO 11:00 AM (IST)

VIDEO CALL LINK: meet.google.com/mnn-uoqm-euv

SPEAKER: PROF. (DR.) SANGEETA TROTT

(H.O.D. Decision Sciences, ITM Business School)

HOSTED BY: DHANLAXMI GAINER (MMS DIVISION A)

OBJECTIVE

- *To introduce students to the importance and benefits of Yoga.*

KEY TAKEAWAYS

- Introduction to Yoga.
- Introduction to our speaker.
- Discussing the good things happened due to COVID-19, enhancing the positive side of things.
- Personal health is the most important thing in life.
- Learning how much it is important to have a synchronization between our mind and body.
- The word 'YOGA' means 'United', hereby learning how yoga is an exercise which unites every part of our body and unites people.
- Basic pillars of yoga: Karma (Action), Kriya (Activity), Bhakti (Devotion) and Gnana (Knowledge).
- Doing some exercises with explanation of proper yogic postures.
 - **Breathing Exercise(Part of Pranayam):** Concentration on our breathing creates peace, calmness and relaxes our mind.
 - **Humming Exercise:** It activates our braincells, generating positive energy and improving concentration.

- **Clapping Exercise:** It helps in activating our acupressure points.
- **Laughing Exercise:** It helps in releasing stress.
- ‘OM’ is a very strong and powerful word which helps emotionally, spiritually and physically.
- QUESTIONS AND ANSWERS.
- Feedback from students.
- Few words from our Director sir about his experience.

FLYER OF THE EVENT for social media



ATHARVA INSTITUTE OF MANAGEMENT STUDIES
(APPROVED BY AICTE, DTE, GOVERNMENT OF MAHARASHTRA & AFFILIATED TO UNIVERSITY OF MUMBAI)
NAAC ACCREDITED



“

*Yoga is that Light, which, if you
can lit once; will Never get
Dimmed, the more you Practice,
the Brighter the Flame will be.*

invites

PROF (DR) SANGEETA TROTT

Head of the Department
Decision Sciences
ITM Business School

for

YOGA DAY

10-11 AM

21st, June 2021

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Continuous Quality Improvement

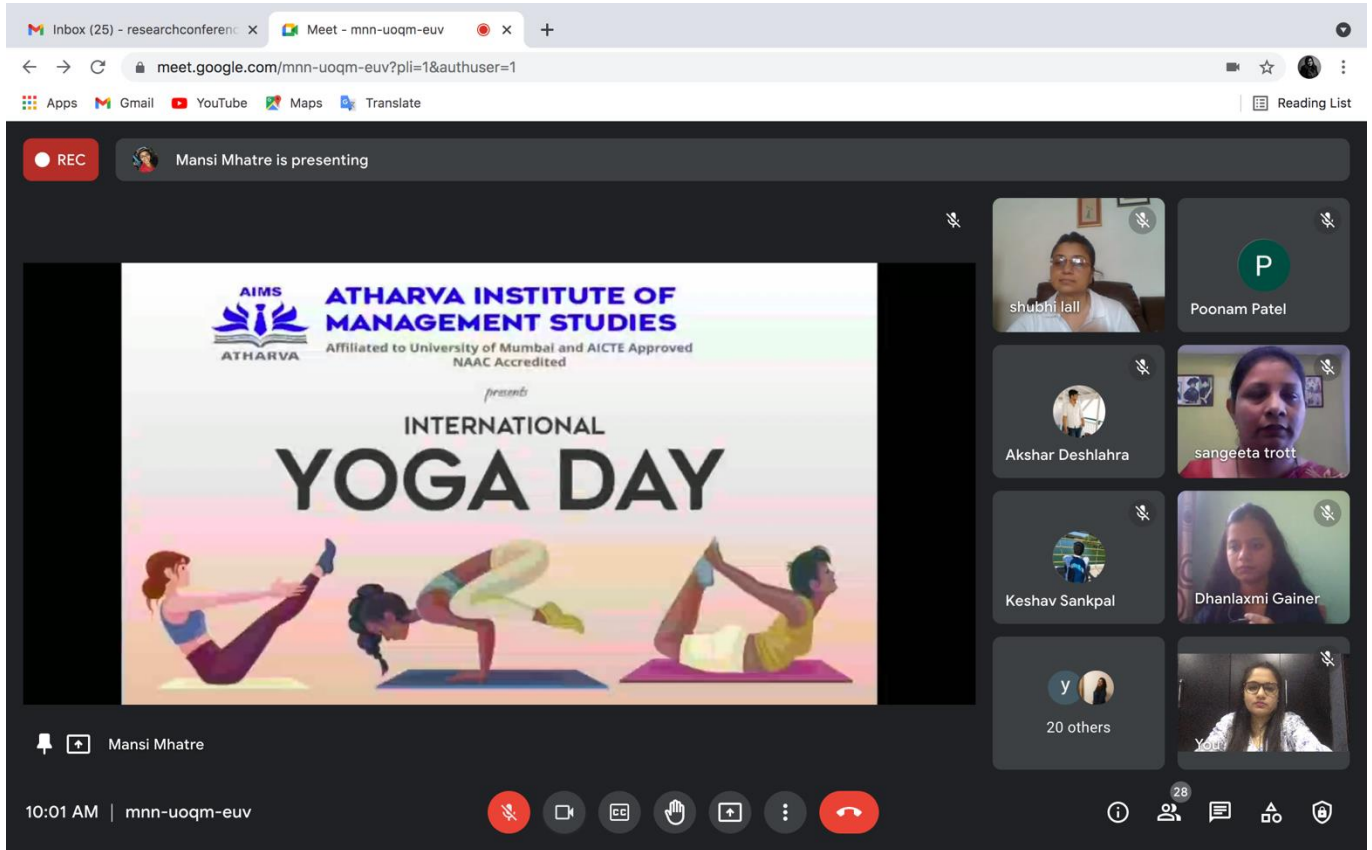


ATTENDANCE OF THE EVENT through google recording

First name	Last name	Email	Duration	Time joined	Time exited
Vivek	Alandkar	vive*****@***.com	1 hr 2 min	10:04 AM	11:05 AM
AIMS	ASB	researchconference@atharvacoe.ac.in	1 hr 45 min	9:26 AM	11:11 AM
Bincy	Baby	binc*****@***.com	54 min	10:01 AM	10:55 AM
Nikita	Bachim	niku*****@***.com	20 min	9:59 AM	10:19 AM
Harshal	Bhamare	hars*****@***.com	4 min	9:58 AM	10:02 AM
PRATIKSH A	BHAMBORE	prat*****@***.com	49 min	9:34 AM	11:05 AM
maithili	bhatt	mait*****@***.com	1 hr 33 min	9:36 AM	11:09 AM
Kaustubh	Bobade	kaus*****@***.com	1 hr	10:06 AM	11:05 AM
Piyush	Chaudhari	piyu*****@***.com	1 hr 21 min	9:46 AM	11:11 AM
Alpita	Chitroda	chit*****@***.com	26 min	10:13 AM	11:05 AM
Kshitij	Deshbhratar	kshi*****@***.com	24 min	9:55 AM	10:28 AM
Akshar	Deshlahra	aksh*****@***.com	1 hr 24 min	9:46 AM	11:11 AM
Yash	Deshmukh	yash*****@***.com	35 min	9:37 AM	10:37 AM
Neha	Devani	neha*****@***.com	32 min	10:12 AM	11:06 AM
Sharon	Dsouza	shar*****@***.in	2 min	10:17 AM	10:19 AM
Krupali	Dudhatra	krup*****@***.com	4 min	9:38 AM	9:46 AM
Akanksha	Dutt	akan*****@***.com	20 min	9:57 AM	10:17 AM
Dhanlaxmi	Gainer	dhan*****@***.com	1 hr 18 min	9:52 AM	11:11 AM
YASH	GUDIGAR	yash*****@***.com	13 min	10:02 AM	10:14 AM
yogesh	gunjal	yrgu*****@***.com	13 min	9:38 AM	9:51 AM
Mihir	Jadhav	mihi*****@***.com	6 min	10:05 AM	10:11 AM
Viresh	Jadhav	veer*****@***.com	1 hr 19 min	9:52 AM	11:11 AM
Ankit	Joshi	anki*****@***.com	56 min	10:03 AM	11:05 AM
Darshan	Kamde	dars*****@***.com	52 min	9:52 AM	10:56 AM
VAISHNAV	KENI	vais*****@***.in	1 hr 17 min	9:52 AM	11:09 AM
Ketan	Kharvi	khar*****@***.com	35 sec	9:29 AM	9:35 AM
Divyanshu	Kumar	dvns*****@***.com	58 min	10:13 AM	11:11 AM
Nidhi	Kuril	nidh*****@***.com	15 min	9:42 AM	10:21 AM
shubhi	lall	shub*****@***.in	1 hr 33 min	9:28 AM	11:05 AM
Shubhi	Lall	shub*****@***.com	21 sec	10:14 AM	10:14 AM

Soham	Mahajan	maha*****@***.com	1 hr 7 min	9:58 AM	11:05 AM
hiral	makwana	hira*****@***.com	1 hr 7 min	9:58 AM	11:05 AM
Mansi	Mhatre	mans*****@***.com	1 hr 35 min	9:27 AM	11:06 AM
Pruthvi	Moota	prut*****@***.com	50 sec	9:31 AM	9:55 AM
sheetal	mundhada	shee*****@***.com	1 hr 5 min	10:00 AM	11:06 AM
Navin	Nadar	guyl*****@***.com	20 min	10:11 AM	11:05 AM
Sairaj	Nagvekar	sair*****@***.com	19 min	9:36 AM	10:42 AM
Rachana	Nair	rach*****@***.com	1 hr	10:05 AM	11:05 AM
Vrushali	Ostwal	vrus*****@***.com	1 hr 8 min	9:58 AM	11:05 AM
Riya	Pai	riya****@***.in	32 min	9:56 AM	10:33 AM
Navin	Pandey	navi*****@***.in	1 hr 6 min	9:59 AM	11:05 AM
JIDNYASA	PARULEKAR	jidn*****@***.com	1 hr 14 min	9:53 AM	11:11 AM
Swapnil	Patange	swap*****@***.com	14 min	9:51 AM	10:19 AM
Poonam	Patel	poon*****@***.in	1 hr 9 min	9:55 AM	11:08 AM
yash	patil	itsm*****@***.com	1 hr 4 min	9:57 AM	11:05 AM
Sandeep	Rasal	sand*****@***.in	1 hr 13 min	9:52 AM	11:05 AM
r	ratnawat	rrat*****@***.in	40 min	10:25 AM	11:05 AM
Rajat	Sahay	rsah*****@***.com	1 hr 1 min	10:05 AM	11:05 AM
Chetan	Sakharwade	sakh*****@***.com	1 hr 2 min	10:08 AM	11:11 AM
Shivam	Sangekar	shiv*****@***.com	1 min	9:36 AM	9:38 AM
Keshav	Sankpal	kesh*****@***.com	1 hr 37 min	9:28 AM	11:05 AM
Navin	Saw	navi*****@***.com	20 min	9:31 AM	9:52 AM
Kinjal	Shethia	kinj*****@***.in	11 min	10:36 AM	10:47 AM
PRANAV	SHETTY	pran*****@***.in	1 hr 12 min	9:58 AM	11:11 AM
Saurav	Surude	suru****@***.com	52 min	9:59 AM	10:51 AM
KRUTIKA	THAKRE	krut*****@***.com	18 min	9:36 AM	10:41 AM
aparajita	tiwari	apar*****@***.com	16 min	10:33 AM	10:50 AM
sangeeta	trott	sang*****@***.com	1 hr 22 min	9:43 AM	11:05 AM
Prameya	Upasane	pram*****@***.com	9 min	9:36 AM	10:05 AM
Priyanka	Vanjare	priy*****@***.com	1 hr 4 min	10:01 AM	11:05 AM
Ritu	Varma	vrut****@***.com	12 min	10:04 AM	10:15 AM
shivani	vichare	vich*****@***.com	52 min	10:00 AM	10:53 AM
Sapna	Yadav	sapn*****@***.com	2 min	9:42 AM	9:44 AM
SAYUSH	YADAV	sayu*****@***.in	18 min	10:51 AM	11:09 AM

SCREENSHOTS OF THE EVENT



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REC sangeeta trott is presenting

AutoSave yoga session - Saved to this PC

Click to add title

Karma
If you can joyfully involve yourself in any activity, that is Karma yoga. If you do it with great effort, only karma will come, no yoga will happen!

Bhakti
If you use your emotions and try to reach the ultimate, we call this Bhakti yoga. That means the path of devotion.

Kriya
With the path of kriya you are not only seeking realization, you also want to know the mechanics of life-making.

Gnana
"What I know, I know. What I do not know, I do not know." This is gnana.

sangeeta trott PRANAV SHETTY

Rajat Sahay Mansi Mhatre

Akshar Deshlahra shubhi lall

34 others

10:15 AM | mnn-uoqm-euv

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The WISE Bodymind Lens

Consciousness

Energy

Body Mind

Emotion

Click to add title

Akanksha Dutt has left the meeting

sangeeta trott Poonam Patel

Rajat Sahay Mansi Mhatre

Akshar Deshlahra shubhi lall

32 others

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Activity Vital Care Energy Peace Body SOUL MIND SPIRIT Fit Wellness Meditation Quality Emotional Physical Sleep Harmony Lifestyle Therapy Training Health Mental Feelings Balance Exercise Attitude Clean

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Dhanlaxmi Gainer sangeeta trott VAISHNAV KENI

Poonam Patel shubhi lall Navin Pandey

PRANAV SHETTY 30 others You

10:24 AM | mnn-uoqm-euv

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Poonam Patel

sangeeta trot

Dhanlaxmi Gainer

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10:32 AM | mnn-uoqm-euv

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Rajat Sahay

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Akshar Deshlahra

Sandeep Rasal

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28 others

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Akshar Deshlahra

Sandeep Rasal

27 others

You

11:00 AM | mnn-uoqm-euv

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PREPARED BY: SNEHA KAMALPURIA (MMS DIVISION B)

This video was recorded on the Email ID researchconference@atharvacoe.ac.in

Live session was initiated by Sneha Kamalpuria.

Hosting was done by Dhanlaxmi Gainer.

This event conducted under the guidance of Dr. Shubhi Lall Agarwal, Coordinator,
Internal Quality Assessment Cell (IQAC).