



# **CSMSS**

## **CHHATRAPATI SHAHU MAHARAJ SHIKSHAN SANSTHA'S COLLEGE OF POLYTECHNIC,**

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## **Report on 8th International Yoga Day 21st June 2022**

### **Theme: Yoga for Humanity**

Under the theme “**YOGA FOR HUMANITY**” 8th International Yoga day was celebrated by the students and the teachers of Chhatrapati Shahu Maharaj Shikshan Sanstha’s College of Polytechnic, Aurangabad on 21st June 2022 with great enthusiasm . On this occasion Hon. Dr. Shrikant Deshmukh, Administrative officer, CSMS Sanstha, Dr. Subhash Bhojar, Director, CSMSS Dental College and Hospital, Dr. Dattatray Shelke, Principal, CSMSS College of Agriculture, Dr. Ulhas Shinde, Principal, Chh. Shahu Engineering College, Dr. Ganesh Dongre, Principal, CSMSS College of Polytechnic, Dr. Lata Kale, Acting Dean, CSMSS Dental College & Hospital, Shri. Ashok Aher, HR officer, CSMS Sanstha, Shri. Sanjay Patil, PRO CSMS Sanstha were specially present.

The function began with a brief introduction of Yoga Day by Dr. Shrikant Deshmukh. He explained that regular practice of Yoga will help the students achieve better mental and physical health. Yoga Day is celebrated among the youth and children to make them understand the importance of Yoga in their life. It helps the students understand how to maintain harmony between body and mind. Dr. Shrikant Deshmukh stated the importance of Yoga in the life of youngsters. Dr. Sonal Antapurkar, HOD, Dept. of Swathvrutta, Dr. Vanita Puri and Yoga Trainer Dr. Deepa Khirsagar started Yoga demonstrations with the Yoga prayer.

After which a few warm up and simple Asanas were performed by the students and the teachers enthusiastically and the importance of these Asanas was explained simultaneously by Dr. Sonal Antapurkar and spoke about 'The Positive Framework of Meditation'. She began by explaining how negative thoughts disturb a person. Negativity she said increases the hormonal imbalance in people and thus there is a confusion of thoughts leading to stress. She emphasized the fact that purity of thought increases positivity in a person. Purity of thought increases mentally and physically strong people, which further create a positive nation leading to positive world. She emphasized that it is the responsibility of the teachers to imbibe positive thoughts among students. She conducted a 3 minute meditation session with the students and teachers and professed the regular use of meditation in one's life. Dr. Shrikant Deshmukh told the students that the International Yoga Day is a gift to the world by PM Modi, who put forward proposal on 11th December 2014 in the United Nations General Assembly (UNGA), which was accepted by 193 Nations. 21st June is since been celebrated as International Yoga day. He also explained the importance of breath in meditation and how we should read ancient Indian texts like Patanjali Maharishi's 'Ashtang Yog' along with personality development books by International writers. After that Principal Dr. Ganesh Dongre addressed to the staff and students on this occasion. He encouraged the students to practice in Yoga and meditation on a regular basis for a healthy body and mind. The function ended with a vote of thanks by Dr. Vanita Puri. The function was organized by Chhatrapati Shahu Maharaj Shikshan Sanstha's College of Polytechnic, Kanchanwadi, Aurangabad for all the students and staff in the campus along with this all the Professors and office staff who put in a lot of effort to make the function a success.



**Yoga Trainer Performing Yoga Asanas on 21<sup>st</sup> June 2022**



**All the staff and students participated in International Yoga Day celebration on 21<sup>st</sup> June 2022 with large number.**

# Snapshots of 8<sup>th</sup> International Yoga Day Celebration on 21<sup>st</sup> June 2022





**Felicitation of winner students in Yoga competition and Staff by Hon. Dignitaries**



**Aerial view of 8<sup>th</sup> International Yoga Day Celebration at CSMSS College of Polytechnic Kanchanwadi, Aurangabad**