



Sinhgad Institutes

SINHGAD TECHNICAL EDUCATION SOCIETY'S  
**SINHGAD INSTITUTE OF TECHNOLOGY**

(Affiliated to SavitribaiPhule Pune University, Pune & Approved by AICTE)

Gat No. 309/310, off Mumbai Pune Expressway Kusgaon (Bk), Lonavala Pune – 410401  
website: sit.sinhgad.edu

**Career Counseling Centre**

**2 Weeks Yoga Sadhana  
Report AY 2020-21**

**Vision and Mission Statement: Institute**

**उत्तमपुरुषान् उत्तमाभियंतृन् निर्मातुं कटिबद्धाः वयम् ।**

We are committed to produce not only good engineers but good human beings, also.

**Mission**

Holistic development of students and teachers is what we believe in and work for. We strive to achieve this by imbibing a unique value system, transparent work culture, excellent academic and physical environment conducive to learning, creativity & technology transfer. Our mandate is to generate, preserve and share knowledge for developing a vibrant Society.

**Vision and Mission of the Department**

**Objectives of Cell:**

The objective is to achieve the excellence in Technical Education, by acquiring autonomous status to the institutes with recognition at national and International level. For this, we are committed to:

- Promote awareness and participation in competitive exams
- Promoting foreign language program, Entrepreneurship amongst students
- Encouraging Alumni interaction cell.
- Create environment for Research and getting industry-sponsored projects for students.

**Long Term Goals**

- To produce competent professional engineers
- To create excellent teaching learning facilities
- To foster research in the field of mechanical engineering for the benefit of society

**Short term Goals:**

- To successfully implement the activity plan evolved through faculty and students deliberations
- To upgrade laboratories with excellent facilities for implementation of curriculum and consultancy
- To arrange specific skill development programs ,National conferences, Technical festivals and other activities for overall development of students
- To improve the qualifications of staff consistently to match the professional and technical requirements of society.



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## Career Counseling Centre

Title of Activity (AY 2020-21)	
<b>Day:</b>	14 days
<b>Date:</b>	10 May to 25 may 2021
<b>Venue:</b>	SIT, Lonavala (Online mode)
<b>Time:</b>	from 8:00 AM to 8:45 AM Everyday
<b>Staff Co-coordinator:</b>	Prof. Yogini Raut
<b>Student Coordinator:</b>	Tanya Singh
<b>Resource Person:</b>	Mrs. Madhuri Deore Yoga Expert from Nasik
<b>Event Conducted Under:</b>	Department of Mechanical
<b>Activity Type:</b>	Yoga health awareness
<b>Target Group:</b>	Students and their families and faculties of S.I.T Lonavala.
<b>Program Objectives :</b>	To create yoga awareness in students and faculties as well as parents

### Brief Summary of the Event / Program

Two weeks sessions on Yoga Sadhana for students with parents was conducted by Carrier Counseling Center STES, Lonavala. The guest Expert was certified yoga trainer Mrs. Madhuri Deore from Nashik, Maharashtra. She took best yoga sessions, for STES Faculties, students and parents.

### ACTIVITIES CONDUCTED:

- Yoga Asanas Experts demonstrations and practice for students.
- Pranayama and its importance was given by Mrs Madhuri Deore.
- Advantages and disadvantages of every asanas explained.
- Surya namaskara was well explained by trainer to all.

➤ Program was well organized by Prof. Yogini .M.Raut and Prof. Mayur S. Raut, Carrier Counselling Head , STES LONAVALA.

The registration link is as follows:

<https://forms.office.com/r/71sWaxx943>

Join WhatsApp :

<https://chat.whatsapp.com/IQuztbP1io7B3KPur72L57>

No registration fees

To join program, click this link:

<https://teams.microsoft.com/l/meetup-join/19%3a27f3afb908e14048acb0415d485fbfe0%40thread.tacv2/1620543387954?context=%7b%22Tid%22%3a%2222796e7e-c327-42e9-bef4-6f0d422b5fde%22%2c%22Oid%22%3a%22b3a0a4e7-d901-4ab7-a463-a5d19f3aba5f%22%7d>

**Boucher:**

**Sinhgad Institutes**  
Sinhgad Technical Education Society  
Sinhgad Institute of Technology, Lonavala  
Career Counseling Center

Presents  
**Two Weeks Sessions**  
on  
**"Yoga Sadhana for Students with Parents"**  
From **10<sup>th</sup> May to 25<sup>th</sup> May 2021**  
Time: **8 AM-8:45 AM Everyday**  
Registration Link: <https://forms.office.com/r/71sWaxx943>  
Organizer

**Organizers:**

<b>Campus Director</b>  <b>Dr. M. S. Galikwad</b>	<b>Vice Principal, SIT</b>  <b>Dr. D. D. Chaudhary</b>	<b>HOD Mechanical</b>  <b>Prof. S. M. Galikwad</b>	<b>CCC Head</b>  <b>Prof. M. S. Raut</b>	<b>Faculty Coordinator</b>  <b>Prof. Y. M. Raut</b>
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**Resource Person**  
  
**Mrs. Madhuri V. Deore**  
Yoga Expert  
Kendriya Vidyalaya  
Hashik

**Mr. V. D. Raiker**  
Technical Coordinator


**Schedule if any:**

Day	Date	Activity carried out
1.	10 May 2021	Introduction to Yoga, asanas
2	11 May 2021	Introduction to various yoga postures
3	12 May 2021	Introduction and importance of pranayama , k
4	13 May 2021	Practicing of surya namaskar, its advantages or overall health
5	14 May 2021	Complete asanas and pranayama
6	15 May 2021	Most effective and healthy yoga asanas with its advantages
7	16 May 2021	Holiday- self practice
8	17 May 2021	Power Yoga And Weight Loss/ Maintaining Body Tips Given
9	18 May 2021	Importance of 12 suryanamaskar with 12 names of god sun, surya.
10	19 May 2021	Importance of om, meditation power
11	20 May 2021	Importance of meditation for students and to increase concentration
12	21 May 2021	Yoga- healthy lifestyle practice sets
13	22 May 2021	Welcoming of resource person yoga asanas expert Mr. S.R.Raut who performed halasna, mayursana, sheershana at age of 65.
14	23 May 2021	All well yoga, live yoga by all participants .feedback taken

Photographs of the activity:



Yoga expert Mrs Madhuri Deore teaching yoga asanas and pranayam


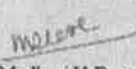
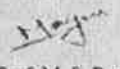
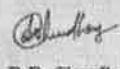


**SINHGAD TECHNICAL EDUCATION SOCIETY LONAVALA CAMPUS**  
 &  
 Career Counseling Center, STES Lonavala

PRESENTS

## “Two week “Yoga Sadhana for Students and Parents”

### CERTIFICATE OF PARTICIPATION

This is to certify that Mrs. Yogini Mayur Raut of Sinhgad Institute of Technology LONAVLA has participated in the two week Program “Yoga Sadhana for Students and Parents”, organized by Career Counselling Center of *Sinhgad Technical Education Society, Lonavala Campus* from 10<sup>th</sup> May 2021 to 25<sup>th</sup> May 2021.

 Prof. Yogini M. Raut Faculty Co-ordinator	 Mrs. Madhuri V. Deore Yoga Expert (Kendiya Vidyalay Nashik)	 Prof. M. S. Raut CCC Co-ordinator	 Dr. D.D. Chaudhary Vice- Principal & HOD	 Dr. M. S. Gaikwad Principal
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Certificate ID: H0TY1S-CE000011

Made for free with Certify'em

Certificate for those who completed the yoga course successfully with 60 % attendance

## Outcome

- Yoga Asanas Experts demonstrations and practice for students.
- Pranayama and its importance was given by Mrs Madhuri Deore.
- Advantages and disadvantages of every asanas explained.
- Surya namaskara was well explained by trainer to all.
- Attendees got certificate for the same.

## Attendance

1	Mayur Raut	Joined	5/11/2021, 7:29:41 AM
2	Madhuri Deore (Guest)	Joined	5/11/2021, 7:32:22 AM
3	Yogini Raut	Joined	5/11/2021, 7:33:10 AM
4	akshayjagdale	Joined	5/11/2021, 7:33:33 AM
5	HARSHADA THOMBRE	Joined	5/11/2021, 7:55:57 AM
6	dipti ghate	Joined	5/11/2021, 7:58:09 AM
7	Pushpa Bhong	Joined	5/11/2021, 7:59:51 AM
8	Rahul Hirmukhe	Joined	5/11/2021, 8:00:12 AM
9	shivani dongare	Joined	5/11/2021, 8:01:56 AM
10	Reeta Mantri	Joined	5/11/2021, 8:02:04 AM
11	suyash jadhav	Joined	5/11/2021, 8:03:15 AM
12	Dilip Chaudhary	Joined	5/11/2021, 8:05:05 AM
13	Mohini Raut	Joined	5/11/2021, 8:06:56 AM
14	Mohini Raut DSEIT67 MORE RUPALI	Joined	5/11/2021, 8:48:39 AM
15	SUDHAKAR	Joined	5/11/2021, 8:11:56 AM
16	Pranita veer	Joined	5/11/2021, 8:12:23 AM
17	Abhijit Patil	Joined	5/11/2021, 8:17:14 AM
18	Nilofar Mulani (Guest)	Joined	5/11/2021, 8:21:32 AM
19	Somnath lahane	Joined	5/11/2021, 8:22:00 AM
20	Rahul Koli (Guest)	Joined	5/11/2021, 8:23:49 AM
21	Pravin Linge	Joined	5/11/2021, 8:24:23 AM
22	Abhishek	Joined	5/11/2021, 8:25:49 AM
23	Sarthak Gaikwad	Joined	5/11/2021, 8:28:40 AM
24	ROHIT DANDE	Joined	5/11/2021, 8:30:20 AM
25	Sulakshana Patil	Joined	5/11/2021, 8:32:07 AM
26	aishwarya jagtap	Joined	5/11/2021, 8:38:10 AM
27	Dr.Shivaji Desai	Joined	5/11/2021, 8:47:45 AM

  
**Prof Yogini Raut**

**Coordinator**

  
**Prof Mayur Raut**

**CCC Head**

  
**Dr. M.S. Gaikwad**

**Principal, Sinhgad Institute of Technology,  
LonaVala**  
**SINHGAD INSTITUTE OF TECHNOLOGY**  
**Kusgaon (Bk.), LonaVala-410401**