

To,

**The Director,
AIMS, Baramati**

Annual Report submission of Yoga and Meditation Club for the A.Y. 2013-14

In the Academic Year 2013-2014 following activities were held in the Yoga & Meditation Club.

- This year, 20 students were enrolled into the Club. The club had organized a session on "Meditation and Mental Health" for students and staff on 16/08/13, Saturday 11.00 AM to 12.30 PM. Dr. V. B. Shinde from TC College Baramati visited the campus and addressed the audience on the theme.
- Prof Jadhav from TC College discussed and demonstrated importance of Suryanamaskaras as comprehensive exercise to address multiple health issues on 27/01/14.

Sr. No	Title of the Programme	Duration (From – to)	Number of Participants
1	'Meditation and Mental Health'	17 th August 2013 11.00 AM to 12.30 AM	52
2	'Suryanamaskara: A comprehensive exercise for all'	27 th January 2014. 08.00 AM to 10.00 AM	63

This is for your kind reference.



Submitted to-


Dr. M.A. Lahori
Director

Submitted by-


Prof. P. V. Yadav
Coordinator

To,

The Director,
AIMS, Baramati

Respected Sir,

Annual Report submission of Yoga and Meditation Club for the A.Y. 2014-15

In the Academic Year 2014-2015 following activities were held in the Yoga & Meditation Club.

- This year, 20 students were enrolled into the Club. The club had organized a session on "Mindfulness Intervention for Work Efficiency" for students and staff on 16/08/14, Saturday 11.00 AM to 12.30 PM. Dr. Shashi Thakur a Management Consultant, from Pune visited the campus and addressed the audience on the theme.
- Prof Jadhav from TC College discussed and demonstrated Yogasana to keep oneself fit.

Sr. No	Title of the Programme	Duration (From – to)	Number of Participants
1	'Mindfulness Intervention for Work Efficiency'	16 th August 2014 11.00 AM to 12.30 AM	54
2	'Asanas for Everyday Fitness'	27 th January 2015 08.00 AM to 10.00 AM	69

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Submitted to-

Dr. M.A. Lahori
Director

Submitted by-

Prof. R. V. Yadav

To,

**The Director,
AIMS, Baramati**

Respected Sir,

Annual Report submission of Yoga and Meditation Club for the A.Y. 2015-16

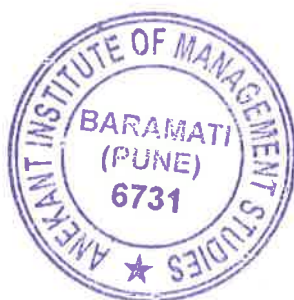
In the Academic Year 2015-2016 following activities were held in the Yoga & Meditation Club.

- This year, 21 students were enrolled into the Yoga & Meditation Club. The club had organized a session on "Ancient Meditation Techniques" for students and staff on 16/08/15, Sunday 11.00 AM to 12.30 PM. Prof. Udaykumar, from Art of Living, Bengaluru visited the campus and addressed the audience on the theme.
- Mr. Jagtap, a popular Yoga expert from Baramati discussed and demonstrated Pranayama Techniques that enhance physiological functions on 28/01/2016.

Sr. No	Title of the Programme	Duration (From – to)	Number of Participants
1	'Ancient Meditation Techniques'	16 th August 2015 11.00 AM to 12.30 AM	75
2	'Pranayam Techniques for Students'	28 th January 2016 08.00 AM to 09.00 AM	83

- The club focused on spreading awareness about mediation and Pranayama among students by wall papers and discussions..

This is for your kind reference.



Submitted to-

Dr. M.A. Lahori
Director

Submitted by-

Dr. U.S. Kollimath
Coordinator

To,

The Director,
AIMS, Baramati

Respected Sir,

Annual Report submission of Yoga and Meditation Club for the A.Y. 2016-17

In the Academic Year 2016-2017 following activities were held in the Yoga & Meditation Club.

- This year, 17 students were enrolled into the Yoga Club. The club had organized a session on "Deepening Your Meditation" for students and staff on 11/08/16, Thursday 11.00 AM to 12.15 PM. Ms. Sabrina Peuser, an Art of Living follower from Germany visited the campus and addressed the audience on the theme.
- Mr. Mane from Walchandnagar interacted with the students and performed some easy to practice Yoga Postures for all age groups to alleviate stress related complications.

Sr. No	Title of the Programme	Duration (From – to)	Number of Participants
1	'Deepening your Meditation'	11 th August 2016 11.00 AM to 12.15 PM	90
2	'Yoga without Hassles'	27 th January 2017 09.00 AM to 10.15 AM	81

- sThis year the club had also organized a poster presentation event for students on Yoga and Life Style.

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Submitted to-

Dr. M.A. Lahori
Director

Submitted by-

Dr. U.S. Kollimath
Coordinator

To,

The Director,
AIMS, Baramati

Respected Sir,

Annual Report submission of Yoga and Meditation Club for the A.Y. 2017-18

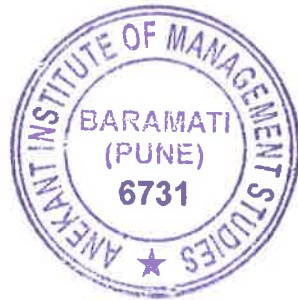
In the Academic Year 2017-2018 following activities were held in the Yoga Club.

- This year, 17 students were enrolled into the Yoga & Meditation Club. The club had organized Yoga Day for students and staff on 21/06/17, Wednesday 8:00AM to 09:00 AM. Mr. Kulkarni from Walchandnagar demonstrated various Yoga postures and their health benefits to the participants
- Dr. Madhav Pol from Art of Living interacted with the students about the importance of breathing techniques on 06/01/2018.

Sr. No	Title of the Programme	Duration (From – to)	Number of Participants
1	Yoga Day	21 st June, 2017 8:00 AM to 9:00 AM	227
2	Breathing Techniques	6 th January 2018 10.00 AM to 11.15 AM	75

- The club has put earnest efforts to inculcate the habit of Yoga and healthy lifestyle among the students community throughout the year..

This is for your kind reference.



Submitted to-

Dr. M.A. Lahori
Director

Submitted by-

Dr. U.S. Kollimath
Coordinator

INTERNATIONAL YOGA DAY CELEBRATION
21st June, 2018
At
Anekant Institute of Management Studies (AIMS), Baramati

We at AIMS had organized International Yoga Day on Thursday, 21st June, 2018. Our teaching, Non-Teaching Staff members were present on the occasion. A Yoga Practice Session was conducted. Some of the participants volunteered and guided the participants on specifics of different Yoga Postures and their health benefits.

All the teaching, Non-Teaching staff attended Yoga Practice Session on the occasion. Following are few glimpses of the day:



Dr. M.A. Lahori, Director, AIMS, addressed the participants after the Yoga Practice. He recounted the benefits of disciplined lifestyle in everyday performance of personal as well as professional responsibilities.

After one hour Yoga Practice, the session was concluded.