



KLS-IMER, Belagavi (Autonomous)

Report on "International Yoga Day" Celebration

Date of the Event : 21st June, 2023
Venue : KLS IMER, Belagavi
Timing : 4:00 pm to 5:15 pm
Mode of Event (offline) : Practical, Presentation, Lecture & Sankalpa
Targeted Audience : Magt.Sta ff& Students of KLS IMER
Total Attendance : 29 Nos.
 Students-07 No., Teaching Staff-09 Nos. & Non-teaching Staff-13 Nos.
Resource Person : Sunil N. Kulkarni, Librarian, KLS IMER
Coordinators : Sunil N. Kulkarni, Librarian & George Rodrigues, Asstt. Physical Instrctor

KLS' Institute of Management Education & Research (Autonomous)
Celebration of International Yoga Day
21st June, 2023
One Yoga For One World

On the eve of International Yoga Day on 21st, June, 2023, and as per the direction received from AICTE, we are organizing Yoga Session on **21.6.2023** for the staff & students from **4:00 pm onwards**.

Mr. Sunil Kulkarni, Librarian will be the main resource person for the session.

All the staff members & students are requested to attend the practical session in time in **comfortable dress to perform Yogasana @ Basement area in front of the Gym.**

Attendance is compulsory.

(Signature)
 Director
 20th. June, 2023
 Atach.: Agenda & Yoga protocol

KLS' Institute of Management Education & Research (Autonomous)
 (Celebration of International Yoga Day)
 21st June, 2023; 4.00 pm onwards
COMMON YOGA PROTOCOL

Yogayna Chitasa Padyna wacha
 Malam Shairshya Chavaidyakayna
 Yopa karotam Pravaram Munina
 Patantali Pranchati Ranatochi

Prayer - 01 Minute

1. SADILAJA/CHALANA KRIYA/LOOSENING PRACTICE (To Increase the Micro-Circulation) - 14 Minutes

Samastithi, Neck Bending (Forward & Backward), Right & Left Bending (Stretching), Right & Left Bending (Twisting), Neck Rotation 360 Degree

2. SHOULDER MOVEMENTS

Up & Down Movement, Shoulder Stretching, Shoulder Rotation, Trunk/Waste Line Movement, Knee Movement

3. YOGASANAS (30 MINUTES)

Samastithi, Tadasana, Rukhsasana, Padahastasana (1 & 2), Ardhaachakrasana, Trikonasana, Dandasana, Samandandasana, Bhadrasana, Vajrasana, Ardhaustasana, Ustasana, sasangasana, Mandukasana, Vakrasana, Makarasana, Sarvangasana, Bhujangasana, Shalabasana, Shetubandasana, Uthana Padasana, Archa Halasana, Pawanmuktasana, Shavasana

4. Pranayama & Meditation (14 MINUTES)

Kapalabhati, Nadi Sodhana, Ujjayi, Pranyama, Shanti Mantra

Shanti Mantra 01 Minute

Om Sarve Bhavantu Sukhinaha Sarve Santu Niramaya
 Sarve Bhadrani Pechantu Maa khashi chukha bhargeve
 One Shanti, Shanti, Shanti Hi.

KLS' Institute of Management Education & Research (Autonomous)
International Yoga Day - 21st June, 2023
One Yoga For One World
AGENDA

Mode: Offline
 Target Audience: Staff & Students of IMER
 Time: 4.00 pm onwards (one Hr.)
 Resource Person: Sunil N. Kulkarni, Librarian
 Coordinators: Sunil N. Kulkarni & George Rodrigues

4.00 pm	Words from Shri. R.S. Mutalik, Chairman, GC, KLS IMER/Dr. Praveen Kulkarni, Professor, KLS IMER
4.05 pm	Prayer
4.10 pm	Sadilaja/Chalana Kriyas/Loosening Practices
4.25 pm	Yogasana: Standing Postures, Sitting Postures, Prone Postures & Supine Postures
4.45 pm	Kapalabhati, Pranayama, Dhyana
4.55 pm	Prayer
4.59 pm	Pledge / Sankalp (Oath taking)
5.00 pm	End of the Session & Retire for the Refreshment (@ canteen)

INTERNATIONAL YOGA DAY

SANKALPA (PLEDGE)

I commit myself to remain in a balanced state of mind all the time. It is in this state that my development reaches its greatest possibility. I commit to do my duty to self, family, at work, to society, and to the world, for the promotion of peace, health and harmony.



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Report on "International Yoga Day" Celebration





KLS-IMER, Belagavi (Autonomous)

Report on "International Yoga Day" Celebration



INSTITUTE OF MANAGEMENT EDUCATION AND RESEARCH (AUTONOMOUS)

Report of the event/activity for the purpose of documentation

Name of the activity/event: International Yoga Day

Category of the event: _____

Academic/ Co-curricular/Extracurricular/Extension/Research/Consulting/Others (Mention) _____

Date/Duration: 21.06.2023

Details of accolades: (NA if not applicable)

Sl. No	Staff Name	Designation	Signature
1	Praveen Kulkarni	SDA	[Signature]
2	Sunil Kulkarni	Prof	[Signature]
3	Prasa V. Prabhu	Asst.	[Signature]
4	Varsha Patil	SDA	[Signature]
5	Vamsath N. Badgaon	O/S	[Signature]
6	Arpita Kanbalkar	Asst. Insp.	[Signature]
7	Sushma Rautwar	Asst. Insp.	[Signature]
8	Dr. P. Anil Kumar	Asst. Professor	[Signature]
9	Dr. P. Anil Kumar	Asst. Prof	[Signature]
10	Dr. S. G. Naik	Asst. Dir.	[Signature]
11	Arundh V. Kulkarni	Asst. Professor	[Signature]
12	Katix Mandi	SDA	[Signature]
13	Sudhakar P. Prabhalwar	ICAR	[Signature]
14	Dr. Anand Kulkarni	Comp. Instr.	[Signature]

Name of the faculty coordinator/s with signature:
 1. Mr. Sunil Kulkarni, Librarian S.A. Kulkarni
 2. Mr. George Rodrigues, Phy. Edu. Director [Signature]

Dr. Anil Shaikh
Director

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Date/Duration: 21.06.2023

Details of accolades: (NA if not applicable)

Sl. No	Staff Name	Designation	Signature
1	Sunil Kulkarni	Librarian	[Signature]
2	Prof. Shrinivas Deshpande	Asst. Prof	[Signature]
3	Mr. George Rodrigues	Phy. Edu. Director	[Signature]
4	Anil Naik	Asst. Librarian	[Signature]
5	Seema P. Paabhanika	Docu	[Signature]
6	Shant. C. Amruti	Attender	[Signature]
7	Bharati Sontakki	Attender	[Signature]
8	Sumanth P. Desai	Asst. Prof	[Signature]
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12			
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14			

Name of the faculty coordinator/s with signature:
 1. Mr. Sunil Kulkarni, Librarian S.A. Kulkarni
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Date/Duration: 21.06.2023

Details of accolades: (NA if not applicable)

Sl. No	Student Name	Roll Number	Signature
1	Chetan Kale	22MBA025	[Signature]
2	Poo B. Puro	22MBA030	[Signature]
3	Parshwa Sheha	22MBA028	[Signature]
4	Sonket Khat	22MBA013	[Signature]
5	Pranjwal Ruande	22MBA031	[Signature]
6	Ranjendra Sawant	22MBA009	[Signature]
7	Rahul Jitgekar	22MBA035	[Signature]
8			
9			
10			

Name of the faculty coordinator/s with signature:
 1. Mr. Sunil Kulkarni, Librarian S.A. Kulkarni
 2. Mr. George Rodrigues, Phy. Edu. Director [Signature]

Dr. Anil Shaikh
Director

BRIEF REPORT :

One the eve of the **International Yoga Day, 21st June, 2023**, Yoga Session for Management Members, Staff & Students was organized with the sole aim and objective of making them healthy i.e. Physically, Mentally, Emotionally and Spiritually, so that they can lead a happy life. Management Members, Students and Staff attended the event in large numbers. Our main aim is to make every IMERian **KARMA YOGI** so that, they will spread this **"Health Campaign"** further. To begin with Shri. R.S. Mutalik, Chairman, KLS IMER explained about what is Yoga and History of Yoga. Dr. Praveen Kulkarni, Professor, KLS IMER briefed about importance of doing Yogic Kriyas in Modern Life. Sunil Kulkarni, Librarian & Resource Person of the event guided the participant in Practicing of Yoga and conducted Yoga Session.

Yoga Session begin with PPT & Video presentation on Yoga followed by practice of light exercises, Yogasana, Pranayama and Meditation along with some discourse of Health Management, Stress Management & Managing Self-spirituality and session ended with Oath taking ceremony. The Session was led by by Sunil Kulkarni & Library Team along with Mr. George Rodrigues, Asstt. Physical Director, KLS IMER Belagavi.

YouTube Video link to Yoga Activities undertaken:
<https://youtu.be/PGNlaGnuKhQ>