

J. S. M. College Alumni Association

Alibag - Raigad

Registration No. : Maharashtra/367/2019/Raigad; 15 Nov. 2019

**Office : C/o Principal, J. S. M. College, Late Nanasheh Kunte Educational Complex,
Near SBI, Alibag, Dist. Raigad, Pin Code : 402201; Maharashtra.**

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email : jsmalumni.367@gmail.com

President : Adv. Gautam P. Patil

Ref. No. :

Date :

Vice-President :
Shri. Surendra B. Datar
Mob. : 9270600370

Secretary :
Shri. Anil K. Patil

Joint Secretary :
Shri. Jayesh S. Mhatre

Treasurer :
Mrs. Jayashree S. Patil

Members :

- **Shri. Prasad S. Patil**
- **Shri. Jayant N. Dhulap**
- **Mrs. Sonali S. Patil**
- **Mrs. Minal A. Patil**
- **Mrs. Mayuri G. Patil**
- **Mr. Pravin Patil**

Report of Yoga Workshop

A Four days Yoga workshop was organized by J.S.M. College, Alibag-Raigad and J.S.M. College, Alumni Association and IQAC of the College on 26th May to 29th May 2021 from 8.30am to 9.30am under the guidance of Hon'ble President of Alumni association, Adv. Gautam Patil. Yoga workshop was opened for all students, staff members, non-teaching staff members and Alumni of the College.

Mr. Ajay Kumbhar was invited as the resource person for this workshop. He is one of the experts Yoga Teacher who have completed successfully more than 1200 workshops and sessions on Sanskar Sinchan projects -Stress Management programme. Currently he is working as a Yoga teacher in DAV public school, Thane.

The main objectives of Yoga workshop were to make youth free from stress and tension and to improve concentration and confidence. With the help of Yoga. Pranayama and meditation it is possible to develop personality of youths so to make them healthy responsible citizens.

During the first session introduction of Mr. Ajay Kumbhar was given by Dr. Jayashree Patil. Formal inauguration was conducted on online platform. Principal of J.S.M. college, Alibag and Secretary of Alumni Association, Dr. Anil K. Patil explained the importance of Yoga in day to day life.

Four day workshop was consists of following four themes.

Day 1: Yoga for Covid – 19.
Day 2: Yoga for Brain
Day 3: Yoga for Health and Fitness.
Day 4: Yoga for stress



More than 70 participants were participated in this workshop. Dr. Sonali Patil and Dr. Minal Patil were helped for the workshop to make the workshop successful.

In the final session of workshop, Prof. Mr. Jayesh Mhatre offered a Vote of thanks.



Jayesh Mhatre
Joint Secretary

ATTESTED



Principal
Smt. Indirabai G. Kulkarni Arts,
J. B. Sawant Science and
Sau. Janakibai Dhondo Kunte Commere
College, Alibag - 402 201, Dist. Raigad

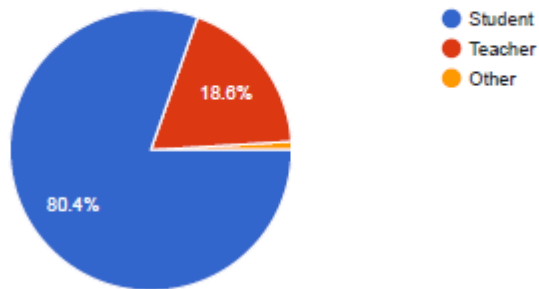
J.S.M. College, Alibag

Four Day Online Yoga Sessions

Feedback

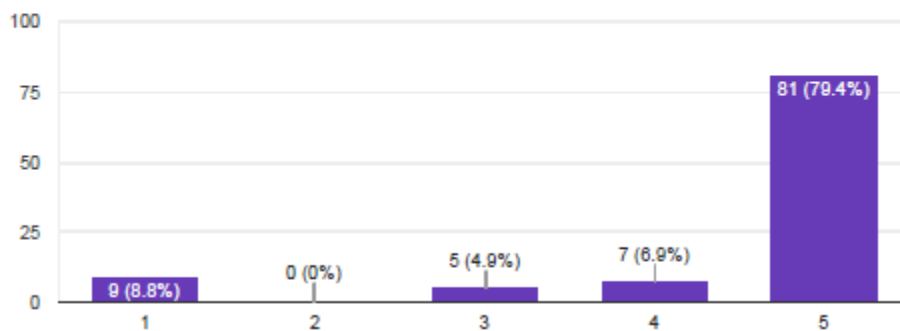
Profession

102 responses



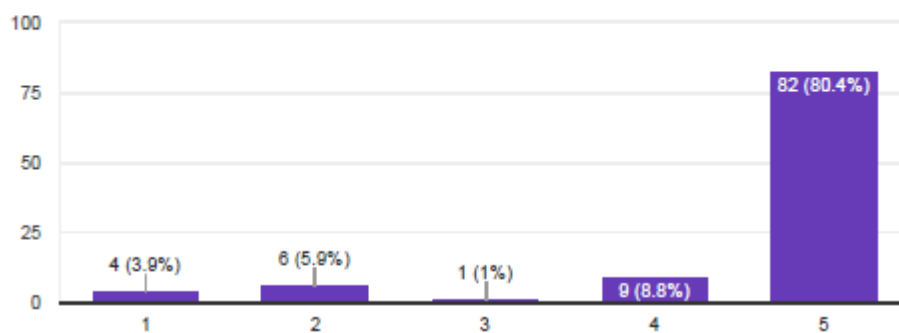
How useful did you think Session I (Yoga for COVID- 19)

102 responses



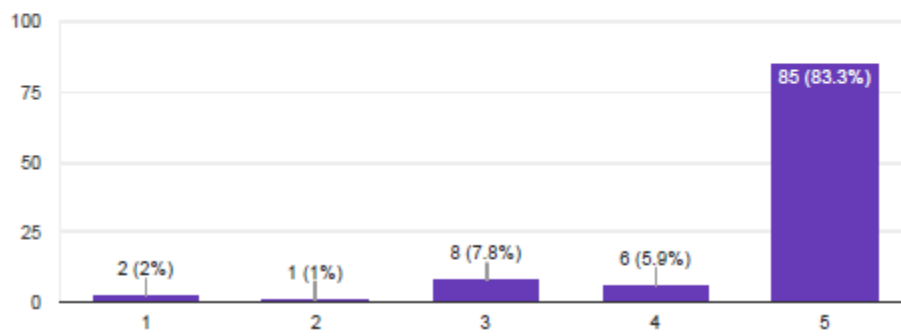
How useful did you think Session II (Yoga for Brain)

102 responses



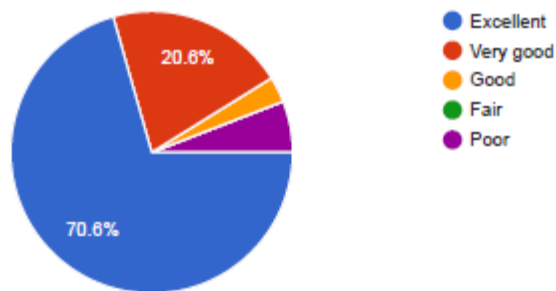
How useful did you think Session III (Yoga for Health & Fitness)

102 responses



Kindly rate your overall experience about the organization of the Yoga Sessions

102 responses



Screen shots of Yoga Workshop



Live chat

Top chat 25

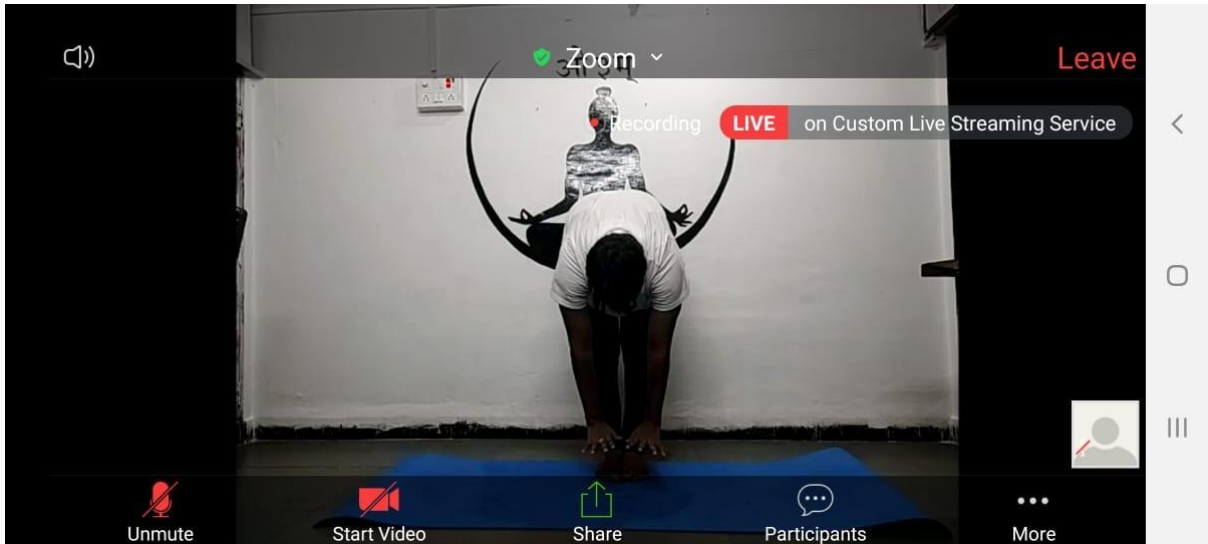
- 08:47 Santosh Kushwan global
- 08:48 Vijay kumar D.N. Good morning everyone
- 09:06 kapil kulkarni Good morning everyone.
- 09:07 Jayashree patil good morning
- 09:09 Siddhi Rajaram Patil Good morning
- 09:12 Apeksha Patil Good morning
- 09:13 Namrata Patil good morning
- 09:19 Chandani Chogale good morning
- 09:24 Samidha Sanjay More good morning

Welcome to live chat! Remember to guard your privacy and abide by our Community Guidelines.

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Chat publicly as Jayashree patil...





08:17 [Icons] 93%

Close **Participants (50)**

- SM Shruti mhatre [Mute] [Video Off]
- SP Shweta Patil [Mute] [Video Off]
- SP Sonali Patil [Mute] [Video Off]
- SW Srushti Wani [Mute] [Video Off]
- SW Surabhi Wani [Mute] [Video Off]
- S Suraj Mhatre [Mute] [Video Off]
- TP Tanvi Patil [Mute] [Video Off]
- TT Tanvi Tushar Thakur [Mute] [Video Off]
- VG Vinay Gharat [Mute] [Video Off]
- WT Walde T.D [Mute] [Video Off]
- AD Aparna Deo [Mute] [Video Off]
- C Chougule [Mute] [Video Off]
- KP Ketki patil [Mute] [Video Off]
- PP Pravin Patil [Mute] [Video Off]

Invite

08:07 [Icons] 97%

Close **Participants (40)**

- JM JAYESH MHATRE [Mute] [Video Off]
- KG Kalpesh Gaikar [Mute] [Video Off]
- KP Kalyan Patil [Mute] [Video Off]
- KP Kartik Patil [Mute] [Video Off]
- KP Ketki patil [Mute] [Video Off]
- KW khushi watekar [Mute] [Video Off]
- PN Pradnya Nagaonkar [Mute] [Video Off]
- PA Prem Acharya [Mute] [Video Off]
- RC Ravindra Chikhale [Mute] [Video Off]
- R riddhiguruji [Mute] [Video Off]
- S Sakshi Kadam [Mute] [Video Off]
- SK Sakshi Kabale [Mute] [Video Off]
- SM Sanskar Mokal [Mute] [Video Off]
- SH Santosh Hake [Mute] [Video Off]

Invite



08:29 [status icons] 90%

Close **Participants (55)**


Search

- JS Jayashree S. Patil (me) [mute] [video]
- JC JSM College Alibag (host) [mute] [video]
- AK Ajay Kumbhar [mute] [video]
- AD Aditi Damle [mute] [video]
- AG Advait Ghatpande [mute] [video]
- AT Akanksha Thakur [mute] [video]
- AR Akshata Rane [mute] [video]
- AM Anuja Mhatre [mute] [video]
- AK Anushka Kathe [mute] [video]
- AD Aparna Deo [mute] [video]
- AJ Ashok Jadhav [mute] [video]
- AD Ashwini Dalvi [mute] [video]
- C Chougule [mute] [video]

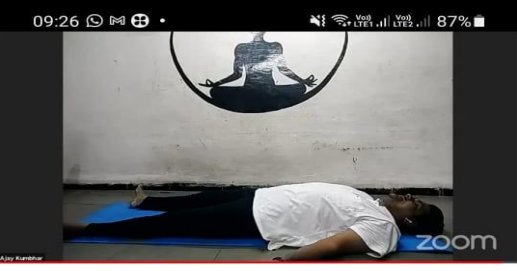
Invite

08:05 [status icons] 98%

LIVE on Custom Live Streaming Service



Ajay Kumbhar



09:26 87%

Live chat

Top chat 25

08:47 Santosh Kushwan global

08:48 Vijay kumar D.N. Good morning everyone

09:06 kapil kulkarni Good morning everyone.

09:07 Jayashree patil good morning

09:09 Siddhi Rajaram Patil Good morning

09:12 Apeksha Patil Good morning

Welcome to live chat! Remember to guard your privacy and abide by our Community Guidelines.

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09:13 Namrata Patil good morning

09:19 Chandani Chogale good morning

09:24 Samidha Sanjay More good morning

Chat publicly as Jayashree patil...

08:07 95%

Close Participants (32)

ES	Esha Shigwan	
JM	JAYESH MHATRE	
KV	Komal Vartak	
MC	Miteshri Change	
M	Mrunali gharat	
NP	Nidhi Pramod Naik	
PN	Pradnya Nagaonkar	
PW	Priyanka Wargude	
RC	Ravindra Chikhale	
R	riddhiguruji	
SA	Sakshi Ashok Kabale	
SH	Santosh Hake	
SP	Satish Patil	
S	shanthali	

Invite

News Paper clipping

जेएसएम, माजी विद्यार्थी संघटनेतर्फे योग शिबीर

। अलिबाग । विशेष प्रतिनिधी ।

आयक्युएसी, जेएसएम. महाविद्यालय; अलिबाग, जे.एस. एम. कॉलेज अॅल्युमनी असोसिएशन व योग सिंचन शिबिर, मुंबई यांच्या संयुक्त विद्यमाने चार दिवसीय ऑनलाईन योग शिबिराचे यशस्वी आयोजन झूम व यु-ट्यूबवर करण्यात आले. योगा फॉर कोविड-१९ योगा फॉर ब्रेन, योगा फॉर हेल्थ अँड फिटनेस, योगा फॉर स्ट्रेस या विविध संकल्पनांवर हे शिबिर आयोजित करण्यात आले होते. हे योग शिबिर आयोजित करण्यासाठी जेएसएमचे अध्यक्ष संजय दत्ता पाटील, उपाध्यक्ष व माजी विद्यार्थी संघटनेचे अध्यक्ष अॅड. गौतम पाटील, सेक्रेटरी अजित शाह आदींचे यासाठी प्रोत्साहन मिळाले.



करताना काय काळजी घ्यावी?, या योगासनांचे आपल्याला शारीरिक, मानसिक व बौद्धिक फायदे कोणते होतात? याची माहिती या शिबिरात दिली; तसेच या प्रत्येक विषयाशी निगडित योगासनांची प्रात्यक्षिके करून दाखविली.

यायोगशिबिरातमहाविद्यालयाचे आजो-माजी विद्यार्थी, प्राध्यापक, शिक्षक, शिक्षकेतर कर्मचारी यांनी

सहभाग घेतला. हे योग शिबिर यशस्वी होण्यासाठी महाविद्यालयाचे प्राचार्य डॉ. अनिल पाटील, माजी विद्यार्थी संघटनेचे उपाध्यक्ष प्रा. सुरेंद्र दातार यांच्या मार्गदर्शनाखाली आय.क्यु.ए.सी. समन्वयक डॉ. एस.ए. कानडे, डॉ. जयश्री पाटील, डॉ. सोनाली पाटील, डॉ. मीनल पाटील, प्रा. सुबोध डहाके, प्रा. जयेश म्हात्रे यांनी परिश्रम घेतले. हे शिबिर आयोजित केल्याबद्दल अनेक माजी विद्यार्थ्यांनी समाधानाची भावना व्यक्त केली.

कोरोना काळात हे शिबिर आपणास अत्यंत उपयुक्त ठरल्याचे मनोगत देखील त्यांनी व्यक्त केले. शिबिरात सहभागी झालेल्या सर्वांना सहभाग प्रमाणपत्र देण्यात आले.

योगशास्त्राचा प्रचंड अनुभव गाठीशी असलेले व देशोविदेशी योगासनांचे विविध कार्यक्रम आयोजित केलेले अजय कुंभार, मुंबई हे या शिबिरात मुख्य योग प्रशिक्षक म्हणून उपस्थित होते. कोरोना

काळात विविध प्रकारचे मानसिक ताण-तणाव तसेच शारीरिक व्याधी यापासून दूर राहण्यासाठी योगासनांचे महत्त्व पटवून देतानाच अजय कुंभार यांनी वेगवेगळ्या विषयांशी निगडित योगासने कशी करावी?, ती