



Dnyaneshwar Gramonnati Mandal's

Hon. BALASAHEB JADHAV ARTS, COMMERCE & SCIENCE COLLEGE, ALE

Tal. - Junnar, Dist.- Pune 412 411.

Affiliated to Pune University
Id No PU/PN/ASC/097/1993
(NAAC- Accredited 'B' Grade CGPA 2.80)

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Best Practice

Title of the Practice: Spiritual healing to Daily life problems of faculties and students through yoga

Objectives:

Objective of the practice is to create awareness among student's, faculties and society about post Covid-19 situations and boosting the immunity by practicing yoga. Performing yoga could achieve greater success in fighting the novel coronavirus as it boosts the immune system, according to guidelines of Ayush Ministry of India. Looking this current pandemic situation of Covid-19, our college in association with the Art of living organized various online programmes of Yogasans, Pranayama and Dhyan(Meditation).Dr. Arun Gulave from our college is a yoga instructor coordinating the entire programme running in college. To strengthen mind and body through yoga and maintaining a healthy environment in the college campus and also in the society this practice is adopted by the college.

Context:

In this pandemic situation of Covid-19 it is not only to take nutritional diet to increase immunity power but also requires yoga to boosts it. According to the "WHO" Yogasans, Pranayama and Dhyan(Meditation) helps in boosting the immunity. The outcomes of yoga education are not merely a set of skills or knowledge acquired in the program but it has purposefully transferred to them to boost their immunity. In this context, we are preparing out students and staffs and society to face the current pandemic situation and to stay away from Covid-19. Students are acting as messenger to spread further awareness amongst the community.

Practice:

In our college on 21st of June every year we are celebrating "International Yoga Day by performing yoga practices with students and faculties. In NSS Special camp every year we organizes Arts of Living "Happiness Program" to

create awareness about the yoga and improve physical and mental health of students and villagers. Our college has organized Health and Happiness workshop at Samarth college of Engineering and in our college especially for youth. One day workshop on the “Mind mattes and Yoga” was also conducted via Zoom platform in the pandemic situation. To create awareness about the healthy diet our college has organized “Inter-talk on Pro-Biotic food”.

In association with S.P. Pune University and Arts of living our college has organized a three days Immunity Boosting Program for all the students and faculty members. This program was conducted on zoom platform. Certified yoga teachers from Arts of Living were assigning as instructor to conduct the program. 750 students and all faculty members of our college were actively participated in this program. Some of our faculty members have completed four days Health and Happiness workshop of Art of living.

Institution have more than 60% girls and female faculties. Many times these people not have enough time to take own care physically. Therefore our institution provide them space for yoga. Trained them and on Sunday fallow up section is conducted for all trainee. As a Yoga teacher Dr. Gulve is coordinator for this event.

Evidence of Success:

1. Improves Concentration and Academic Acceleration: The most important characteristic of yoga is that it increases the students and faculties focus. Those who practice yoga are more actively participating in the events than those don't perform yoga.
2. Calm Personality: The most important quality that is required in the long run to accomplish great things and huge goals is patience and calmness of the students. As the students grow up patience and calmness seems to be lost. The yoga helps them in marinating them patience and calmness which helps them to improve and achieve desired goal.
3. Creativity and Innovation: The benefits of yoga are not limited to preparing teachers and keeping students calm. It exceeds the normal requirements. It takes students to bring up innovation and inspiration so as to acquire a better place in life. The spirit has no limits when it comes to innovation and creativity.
4. Reduces Stress and Anxiety: Yoga improves students' brain skills and performance, making them sharper and quicker in learning, reasoning and problem solving.
5. Healthy Body and Mind: Many of our staff members regularly practicing the yoga were fallen less ill and even in the pandemic situation none of our faculty

member was hospitalized even if they were infected by Covid-19. The yoga really keeps the body healthy and mind happy.

6. Increase Participation in Yoga: Due to this activity many of our teachers as well as students have completed “Happiness Program of Art of Living”. This in future will produce new and dynamic yoga teacher to teach yoga to our society.

Problems Encountered and Resources Required:

1. All students and faculty members are not continuing the practice of yoga regularly.
2. Youth are not facing the major problems of health, so they are not paying more attention towards Yoga.
4. Students are busy in the mobile so as to distract them this kind of programs is needed.

Outcome:

Successful completion and active participation of majority students, faculties and people in yoga is achieved.



Conducted an Inter Talk on Probiotic (Super Healthy Food – Sources & Importance) in Association with THE ART OF LIVING



An INTRATALK On PROBIOTICS
(Super Health Food)
with
Dr. Arun Gulave
on Friday, 01 January 2021 at 7.00 to 8.00pm
Id - 749 3461 9481
Pass - 1839

2021
HAPPY NEW YEAR

For more information - 9850013754



Immunity Boosting programme 5-7 July 2021 In Association with S. P. Pune University & Art of Living



Immunity Boosting programme 5-7 July 2021



जानेश्वर रामोन्नती मंडळ आळे , संतवाडी ,कोळवाडी संचालित
मा. बाळासाहेब जाधव कला , वाणिज्य व विज्ञान महाविद्यालय आळे


THE ART OF LIVING

आर्ट ऑफ लिव्हिंग आयोजित
जागतिक महिला दिनाचे औचित्य साधून
ऑफलाइन प्रोग्रॅमचे आयोजन

आनंद अनुभूती शिबीर

२१ मार्च ते २४ मार्च २०२२ सकाळी ७.०० ते ९.००

रजिस्ट्रेशन लिंक: <http://aolt.in/622733>

ऑनलाईन रजिस्ट्रेशन आवश्यक.

स्थळ
मा . बाळासाहेब जाधव कला , वाणिज्य व विज्ञान महाविद्यालय आळे
ता. चुन्नर, जि. पुणे.

संपर्क: - 9860388938 , 7758074444, 8975826020

सकाळ | पुणे जिल्हा

पुणे, शुक्रवार, २५ मार्च २०२२

TODAY

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आळे (ता. जुन्नर) : बाळासाहेब जाधव महाविद्यालयात योग प्रशिक्षणात सहभागी झालेल्या प्राध्यापिका.

प्राध्यापिकांनी गिरवले योगाचे धडे आळे येथील जाधव महाविद्यालयातील शिबिराला प्रतिसाद

आळेफाटा, ता. २४ : आळे (ता. जुन्नर) येथील ज्ञानेश्वर प्रामोन्नती मंडळ आळे, संतवाडी, कोळवाडी संचलित बाळासाहेब जाधव महाविद्यालय आणि आर्ट ऑफ लिव्हिंग यांच्या संयुक्त विद्यमाने २१ ते २४ मार्च या कालावधीत योग प्रशिक्षण शिबिराचे आयोजन करण्यात आले होते. महाविद्यालयातील प्राध्यापिकांचे मन आणि आरोग्य निरोगी आणि उत्साही राहण्यासाठी या शिबिराचे आयोजन केल्याचे

महाविद्यालयाचे प्राचार्य डॉ. प्रवीण जाधव यांनी सांगितले. या वेळी महिला प्राध्यापिकांनी निरोगी आरोग्याचा संकल्प या शिबिराच्या माध्यमातून केला. शिबिरामध्ये ३० प्राध्यापिकांनी सहभाग नोंदवून योग साधनेचे महत्त्व जाणून घेतले.

योग प्रशिक्षक म्हणून आर्ट ऑफ लिव्हिंगचे राज्य समन्वयक बाळासाहेब ढमाले, सुवर्णा मुळे, संगीता ढमाले, भारती देवसुखकर, अण्णासाहेब वाकचौर, डॉ. तुषार झोपे, विलास

बामणे, तुषार कोन्हाळे यांनी आसने शिकविली.

शिबिराच्या समारोपप्रसंगी ज्ञानेश्वर प्रामोन्नती मंडळाचे अध्यक्ष भाऊदादा कुन्हाडे, अर्जुन पाडेकर, उल्हास सहाणे, बाळासाहेब गुंजाळ, रोहिदास पाडेकर, प्रमन्न डोके आदी उपस्थित होते. शिबिराचे नियोजन महाविद्यालयाचे योग प्रशिक्षक प्रा. डॉ. अरुण गुळवे, क्रीडाशिक्षक रावसाहेब गरड, प्राध्यापक संजय वाकचौर, प्राध्यापिका नूतन जोशी, शुभम गुंजाळ यांनी केले.

Women's Special Health & Happiness Workshop

(21st to 24th March 2022) Attendance



Sr. No.	Name of Participant	21.03.2022	22.03.2022	23.03.2022	24.03.2022
1	Joshi Nutan Pandurang	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
2	Kurhade Asmita	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
3	Date Varsha Vishnu	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
4	Gagre Ashwini Sanjay	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
5	Nighojkar Pooja	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
6	Shaikh Asiya Mo. Yusuf	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
7	Waman Anuradha	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
8	Waghmare Swati Shivaji	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
9	Nikhil Pallavi Vijay	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
10	Sau Shelke Sunanda	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
11	Gadhane Nikita Babu	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
12	Rahangadale Savita Sanjay	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
13	Lonkar Sonali Vasant	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
14	Dumbare Bharati Prakash	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
15	Jori Punam Rohidas	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
16	Thorat Shital Ashok	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
17	Gunjal Archana Anant	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
18	Dhoble Vrushali Vilas	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
19	Bamhane Bhagyashri Bhaskar	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
20	Auti Chaya Yashwant	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
21	Jadhav Shradha Suresh	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
22	Bhujbal Priyanka Sujit	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
23	Waghole Aruna Ravindra	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
24	Bharati Sangita Subhash	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
25	Giri Manisha S	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
26	Kale Sonali Bhagvan	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>

Yoga Teachers

1. Mrs. Suvarna Mule :
2. Mrs Sangita Dhamale :
3. Mrs. Bharati Devrukhkar :

[Signature]
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