

1st June, 2020

To,

**The Director,
AIMS, Baramati**

Respected Sir,

Sub: Annual Report of Yoga & Meditation Club for AY 2019-20-Reg.

We are happy to report your good self that the Club has taken following initiatives to promote Yoga & Meditation among staff and students of the institute.

1. A session on Importance of Suryanamaskar as a daily exercise regime for all age groups. Dr. Umesh S. Kollimath, Coordinator, Yoga & Meditation Club demonstrated 12 different postures, narrating benefit of each to the participants. The activity was conducted on 21st June, 2019.
2. Dr. Madhav Pol a renowned Yoga & Meditation expert associated with Art of Living was invited on the International Yoga Day to the campus. He interacted with the students and staff on the benefits of Meditation and breathing techniques. Students asked their doubts related to Yoga, Meditation, breathing techniques, stress management, etc. Dr. Pol explained quoting interesting anecdotes and illustrations.

Both the activities instilled lots of interest in the Indian heritage of Yoga, Meditation and ancient knowledge of breathing techniques. The activity was attended by 43 students and all the staff members.

This is for your kind reference,

With Regards



**Dr. Umesh S. Kollimath
Coordinator,
Yoga & Meditation Club,
AIMS, Baramati**



International Yoga Day 21st June 2019

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Date: 16 June 2019

To,

Dr. Madhav Pol
1, Akshat Plaza Laxmi Nagar
Behind State Bank,
Phaltan- 415523
Maharashtra

Respected Sir,

Sub: Invitation for the International Yoga Day celebration at AIMS-Reg..

We are pleased to inform your good self that Anekant Institute of Management Studies (AIMS) has been organizing International Yoga Day on 21st June every year by inviting renowned persons in the field of Yoga, Meditation and Wellness from the surrounding area.

We cordially invite you to grace the occasion as Chief Guest for the event and demonstrate the significance of Yoga and Meditation in coping with job related stress and its management.

Looking forward to your acceptance

With Warm Regards


Dr. M.A. Lahori
Director, AIMS

P.S. Dr. Umesh S. Kollimath (9975562586) is the Coordinator of the Yoga and Meditation Club of at our Institute Yoga. He will be in touch with you in connection with the event.



Anekant Education Society's
Anekant Institute of Management Studies
Baramati-413102

19/06/2019

Notice

International Yoga Day

21st June 2019

All students are notified hereby that there will be a Yoga session from 10:00 AM to 11:00 AM on account of International Yoga Day scheduled on 21st June 2018. The Yoga Session will be followed by a Guest Session on Yoga and Meditation.

We have invited Dr. Madhav Pol, Phaltan, to demonstrate the benefits of Yoga and Meditation in stress Management, on the occasion.

Students are suggested to attend the same and take benefit of the event.

Dr. M.A. Lahori
Director, AIMS



Anekant Education Society's
Anekant Institute of Management Studies
Baramati-413102

International Yoga Day

21st June 2019

Anekant Institute of Management Studies, Baramati had invited Dr. Madhav Pol, a medical doctor who is better known for Art of Living and organic farming initiatives in the Baramati region, on the occasion of International Yoga Day i.e., 21st June 2019.

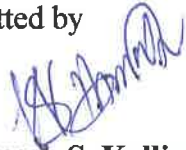
There was a Yoga Session conducted for Teaching and Non-Teaching Staff in the morning. Dr. Umesh S. Kollimath, Coordinator, Yoga and Meditation Club, AIMS demonstrated Suryanamaskar as a simple daily exercise regime for all. The audience actually performed the Suryanamaskar and realized the immense benefits.





The morning Yoga Session was followed by the Guest Session of Dr. Madhav Pol. The distinguished guest has been imparting Yoga and Meditation coaching to people from different walks of life in the surrounding areas. He happily interacted with our students and staff on the importance of Yoga and meditation. The audience realized immense benefits of correct breathing and meditation in coping with everyday stress. 43 students from MBA II besides the staff were benefitted by the event.

Submitted by



Dr. Umesh S. Kollimth
Coordinator,
Yoga and Meditation Club



Anekant Education Society's
Anekant Institute of Management Studies
Baramati-413102

International Yoga Day

21st June 2018

ROLL NO.	NAME OF THE STUDENTS	SIGNATURE
673118001	ABBAD ASHISH RAJKUMAR	
673118002	ATOLE KOYAL NANDKUMAR	
673118003	BABLADI SAPNA SIDDARAM	
673118004	BAGWAN HUJEP A UMAR	
673118005	BANDGAR DIKSHA DNYANDEV	
673118006	BANSODE UDAY GANPAT	
673118007	BARAMATI WALA AMATULLA YUSUF	
673118008	BHAGWAT ADITYA BHALCHANDRA	
673118009	BHALERAO SURAJ VIJAY	
673118010	BHAPKAR RAJ RAMCHANDRA	
673118011	BHISE GANESH SHIVAJI	
673118012	BHISE ABHIJEET BAPURAO	
673118013	BHOITE RANI GANPAT	
673118014	BHOITE SAFAL DASHRATH	
673118015	BHOSALE SWAPNIL ASHOK	
673118016	BHUJBAL VARSHA DADASAHEB	
673118017	BORAWAKE ANUSHKA UMESH	
673118018	CHANDGUDE POOJA BAPPURAV	
673118019	CHAUGULE HARISHCHANDRA DATTA	
673118020	CHAVARE AKSHAY ANKUSH	
673118021	CHOUDHAR AKSHAY BAPU	
673118022	DEDE ANIKET RAGHUNATH	




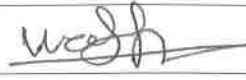
673118023	DESHMANE SHIVANI RAJKUMAR	Deshmane S.R.
673118024	DESHPANDE SANKET SANDIP	
673118025	DHAGE SURAJ KISAN	
673118026	DHAYGUDE SAGAR MANIK	
673118027	DHAYGUDE VIKAS BAPURAO	
673118028	DOMBE VAISHNAVI DATTATRAY	
673118029	DOSHI SAVAN RAJAN	
673118030	GADHAVE NEHA SANJAY	
673118031	GADHAVE RAVINDRA KRUSHNARAO	
673118032	GAIKAWAD ROHIT RAJENDRA	
673118033	GAIKWAD AMRUTA AVINASH	
673118034	GAIKWAD NIKITA VILAS	
673118035	GAIKWAD NILESH TANAJI	
673118036	GAIKWAD YOGESH RAVINDRA	
673118037	GALINDE AKSHAY RAJENDRA	
673118038	GALINDE OMKAR PRASHANT	
673118039	GAONDHARE MANISHA ADHIKRAO	
673118040	GAWADE AKSHAY PANDURANG	
673118041	GHEWARE SNEHAL AJAY	
673118042	GHOLAP NIKITA SHRINIVAS	
673118043	GHOLAP VIRAJ VIJAY	
673118044	GIRASE RAJENDRA PRATAPSING	
673118045	GORAD VANDANA TATYASO	
673118046	HOLE RANJEET SANJAY	
673118047	INGULE VIPUL VIJAY	
673118048	JADHAV SHANKAR LAXMAN	
673118049	JADHAV SOMNATH LAXMAN	
673118050	JAGTAP AISHWARYA ANIL	

673118051	JAGTAP KOMAL BHARAT	
673118052	JAGTAP PRADIP VIJAYKUMAR	
673118053	JAGTAP SAGAR UTTAM	
673118054	JAGTAP SHIWATMIKA SUHAS	
673118055	JAMDADE PRAVIN SUNIL	<u>Jandale</u>
673118056	KADAM MRUGAJA RAJENDRA	
673118057	KAKADE JUI MAKARAND	<u>Kakade</u>
673118058	KAMBLE MAYUR BHIMRAO	
673118059	KAMBLE SURAJ BHIMRAO	
673118060	KATKAR DIPIKA SHAKTI	
673118061	KHOMANE SUMIT GOPALRAO	
673118062	KHOMANE YOGESH RAJENDRA	
673118063	MAKAR NAYAN BAJARANG	<u>Makar</u>
673118064	MALVADKAR AMRUTA RAJENDRA	
673118065	MANDHARE TEJASWINI BABANRAO	
673118066	MERGAL AJIT ASHOK	
673118067	MODI SAKSHI MAHENDRA	<u>Modi</u>
673118068	MOHITE DIGVIJAY PRATAPRAO	
673118069	MOHITE SNEHA PRAVIN	
673118070	MORE ARATI ASHOK	<u>More</u>
673118071	MORE PRAYAG SANJAY	
673118072	MORE YOGESH SHRIPATI	
673118073	NADAF KARISHMA JAVED	
673118074	PANDHARE SUPRIYA VASANTRAO	
673118075	PATHAK SHUBHAM RAJENDRA	
673118076	PATIL OMKAR HARIBHAU	<u>Patil</u>
673118077	PATWADKAR KULBHUSHAN JIVANRAO	
673118078	PAWAR NIKITA KIRAN	<u>Pawar</u>



673118079	PAWAR NISHITA RAJENDRA	
673118080	PAWAR PRIYANKA DASHRATH	<i>Pawar PD</i>
673118081	PAWAR ROHIT BIBHISHAN	
673118082	POMANE YOGESH YUVRAJ	
673118083	RAJAGE AKSHATA DILIP	
673118084	SALAVE AMOL DHARASING	
673118085	SALE VAISHALI ARUN	<i>Sale V</i>
673118086	SALUNKHE ABHIJEET SUBHASH	
673118087	SHAHA KARTIK SANTOSHKUMAR	
673118088	SHAHA KRUTIKA SANTOSHKUMAR	
673118089	SHAHA TANMAYA PRAKASH	
673118090	SHENDRE SHANTANU PRABHAKAR	
673118091	SHINDE BHUSHAN DILIP	
673118092	SHINDE PRAVIN MARUTI	
673118093	SHINDE PREETI RAMESH	
673118094	SHINDE ROHIT BABASAHEB	
673118095	SHINDE ROHIT RAJESH	<i>Shinde R</i>
673118096	SHINDE SUJATA ARUN	
673118097	SHINDE SWAPNIL TEJKUMAR	
673118098	SOLANKI RAHUL MAHENDRAKUMAR	
673118099	SOMAN GIRIJA VIJAY	
673118100	SONAVANE AKASH JAWAHAR	
673118101	SONAWANE DINESH CHANDRAKANT	
673118102	SONAWANE RUSHIKESH ASHOK	
673118103	SONAWANE SAGAR RAMCHANDRA	
673118104	SURANA SNEHAL PARESHKUMAR	
673118105	SURYAVANSH VAIBHAV CHANDRAKANT	
673118106	SURYAWANSHI ROHIT RAVINDRA	



673118107	SUTAR ANIKET CHANDRAKANT	
673118108	SUTAR PRATIK RAJENDRA	
673118109	THORAT AISHWARYA DILIP	
673118110	VAGARE SAMADHAN DEVIDAS	
673118111	WABALE SWARAJ SUBHASH	
673118112	WABLE NIKITA RAJENDRA	
673118113	WAGH MANASI MANDAR	
673118114	WAGHMARE KAJAL SAMPAT	
673118115	WAGHMODE BHARAT ANKUSH	
673118116	WAGHMODE NITIN KUNDALIK	
673118117	WAGHMODE RESHMA DADASAHEB	
673118118	WALAKE RENUKA SURYAKANT	
673118119	WAYASE ROHINI BHAGWAN	
673118120	ZAGADE ATISH KANTILAL	





Anekant Education Society's
Anekant Institute of Management Studies (AIMS)

Religious Minority Institution
Anekant Education Society Campus
Baramati, Dist-Pune, Maharashtra, PIN-413102
Phone :(02112) 227299 Fax :(02112) 227299 Website:
www.aimsaramati.org

International Yoga Day
21 June 2019
Feedback Report

Parameter	Excellent	Good	Average	Bad	Extremely Poor
Overall, rating to the event					
Event planning and organization					
Event Theme & Background					
Institute Staff Support					
Availability of the Infrastructure for event					
Time allotted to the event					
Duration of the time given to participant					
Event Coordination					

Any other suggestions.....

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International Yoga Day

21.June2019

Parameter	Mean	Rank
Overall, rating to the event	2.52	1
Event planning and organization	2.80	3
Event Theme & Background	2.70	2
Support Staff Support	2.91	2
Availability of the Infrastructure for event	2.79	1
Time allotted to the event	2.09	4
Duration of the time given to participant	2.18	5
Overall Satisfaction	2.84	3

Staff support, overall rating, and infrastructure were the areas
Time allotment, duration given to participant for the event of the

be happy about the competition and would be
by the Institute in future.



Date: 21 June 2019

To,

Dr. Madhav Pol
1, Akshat Plaza Laxmi Nagar
behind State Bank,
Phaltan- 415523
Maharashtra

Respected Sir,

Sub: Letter of Gratitude-Reg..

We wish to extend our great indebtedness and appreciation for your kind visit to our campus on the occasion of International Yoga Day (21/07/2019). Your interaction with the audience and demonstrations of breathing and Meditation techniques, besides life-skills impressed our students and staff. The session will definitely help our Yoga and Meditation Club in promotion of its cause.

Anticipating your continued support and association to our Yoga and Meditation Club,

With Warm Regards,

Dr. M.A. Lahori
Director, AIMS

