

Department of Sanskrit

Date-15/06/2022

To,
The Principal,
Tuljaram Chaturchand College, Baramati.

Subject: Permission to conduct the programme "Yoga for One World Family".

Respected Sir,

We are planning to conduct the programme "Yoga for One World Family" on 19 th June 2022 in collaboration with Sharda Krushi Vahini 90.8MHz. The program is specifically designed to know importance of yoga, including techniques like Sudarshan Kriya, Pranayam, and meditation, for physical and mental health. Details of programme given below-

Organized by: Tuljaram Chaturchand College of Arts, Science, and Commerce, Department of Sanskrit

In Collaboration with: 90.8 MHz Sharda Krushi Vahini, Shardanagar

Expert Speaker: Mr. Pranit Wabale, Head, Department of Sanskrit, Tuljaram Chaturchand College of Arts, Science, and Commerce

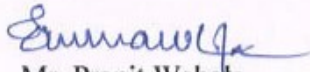
Program Name: Yoga for One World Family

Date: 19 th June 2022

Beneficiaries: All Society Members

kindly give permission to conduct the programme for the same.

Thanking You


Mr. Pranit Wabale



Report on the Program: Yoga for One World Family

Organized by: Tuljaram Chaturchand College of Arts, Science, and Commerce, Department of Sanskrit

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Expert Speaker: Mr. Pranit Wabale, Head, Department of Sanskrit, Tuljaram Chaturchand College of Arts, Science, and Commerce

Program Name: Interview for : Yoga for One World Family

Date: 19th June 2022

Beneficiaries: All Society Members

Event Outline:

The program "Yoga for One World Family" was conducted to promote the principles of yoga and its role in fostering unity and well-being across society. Held on 19 June 2022, this initiative aimed to bring together individuals from all walks of life to embrace a healthier and more harmonious lifestyle through yoga. Organized by the Department of Sanskrit of Tuljaram Chaturchand College in collaboration with Sharda Krushi Vahini 90.8 MHz, the event highlighted yoga's capacity to unite communities under the ethos of holistic health and mindfulness.

Community Engagement and Benefits:

The event saw active participation from community members of diverse backgrounds. Participants engaged in various yoga asanas, breathing exercises, and mindfulness sessions, which were guided by experienced instructors. Additionally, they were introduced to *Sudarshan Kriya*, an advanced rhythmic breathing technique, as well as *Yoga Pranayam* and meditations designed to promote inner peace and balance.

These practices helped participants learn methods to overcome stress, anxiety, depression, and fatigue, thereby improving their emotional well-being. The program made a significant positive impact by fostering awareness of physical and mental health benefits, while also promoting inclusivity and shared well-being.

Outcomes:

1. Enhanced understanding of the importance of yoga, including techniques like *Sudarshan Kriya*, *Pranayam*, and meditation, for physical and mental health.
2. Strengthened community ties through collective participation in wellness activities.
3. Increased awareness of yoga as a tool for personal and societal harmony.
4. Improved sleep quality and a boost in immunity among participants, reflecting the benefits of the taught practices.
5. Positive feedback from participants regarding the program's organization and its practical approach to reducing stress and enhancing overall well-being.



Appreciation

The Department of Sanskrit extends heartfelt gratitude to 90.8 MHz Sharda Krushi Vahini, Shardanagar, for their collaboration and support. Appreciation is also extended to the organizers, instructors, and volunteers whose contributions ensured the success of the program.

Summary :

The "Yoga for One World Family" program successfully achieved its objective of promoting yoga as a unifying practice. The event not only encouraged participants to embrace a healthier lifestyle but also reinforced the idea of yoga as a means of fostering unity in diversity. Such initiatives are vital in cultivating a culture of wellness and collective harmony within society.


Prof. Pranit Wabale,

Head Sanskrit Department,
Tuljaram Chaturchand College, Baramati.





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PRINCIPAL

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Anekant Education Society's

TULJARAM CHATURCHAND COLLEGE

of Arts, Science and Commerce, Baramati - 413102.

Dist. Pune. Maharashtra, India.

Empowered Autonomous Status

Religious Minority Institute

NAAC Reaccredited 'A+' Grade, CGPA 3.55

NAAC-SSR

Cycle IV

2019 - 2024

Yoga for one world family interview at Radio station



Yoga for one world family interview at Radio station dated 19 June 2022



Yoga for one world family interview at Radio station dated 19 June 2022




Principal
Tuljaram Chaturchand College
Baramati