

Department of Sanskrit

Date-15/06/2022

To,
The Principal,
Tuljaram Chaturchand College, Baramati.

Subject: Permission for programme "Yoga for Humanity"

Respected Sir,

We are planning to conduct a programme "Yoga for Humanity" in collaboration with 90.8 MHz Sharda Krushi Vahini, Shardanagar on 19th June 2023. This initiative is aimed to encourage individuals from diverse backgrounds to adopt yoga as a lifestyle practice. This event will cover series of interactive sessions including Yoga Asanas, breathing Techniques and meditation. Kindly allow volunteers from department of Sanskrit to participate in this workshop. This will certainly benefit our students and all Society Members. Please allow us for the same.

Thanking You

Yours sincerely,


Mr. Pranit Wabale



Program Report: Yoga for Humanity

Organizer Details

- **Organized By:** Tuljaram Chaturchand College of Arts, Science, and Commerce, Department of Yoga
- **In Collaboration With:** 90.8 MHz Sharda Krushi Vahini, Shardanagar
- **Facilitator:** Mr. Pranit Wabale, Head, Department of Sanskrit, Tuljaram Chaturchand College of Arts, Science, and Commerce

Program Information

- **Event Name:** Yoga for Humanity
- **Date:** 19th June 2023
- **Target Beneficiaries:** All Society Members

Program Description

The *Yoga for Humanity* event was designed to highlight the transformative power of yoga in fostering unity and well-being within society. Conducted on 19th June 2023, this initiative was aimed at encouraging individuals from diverse backgrounds to adopt yoga as a lifestyle practice.

The program was spearheaded by the Department of Yoga, Tuljaram Chaturchand College, in partnership with 90.8 MHz Sharda Krushi Vahini. It emphasized yoga's holistic benefits, focusing on physical, mental, and spiritual wellness while promoting community harmony through shared practices.

Key Activities

The event comprised a series of interactive sessions:

- **Yoga Asanas:** Demonstrations and practice of postures for flexibility and physical strength.
- **Breathing Techniques:** Introduction to rhythmic breathing, including *Sudarshan Kriya* and *Yoga Pranayam*, tailored to reduce stress and improve focus.
- **Meditations:** Guided sessions to cultivate mindfulness and inner peace.

Participants were encouraged to incorporate these practices into their daily lives to overcome stress, anxiety, depression, and fatigue while improving sleep quality and boosting immunity.

Impact on the Community



- Active involvement from community members of various age groups and professions fostered inclusivity.
- Empowered participants with techniques to enhance emotional and physical well-being.
- Highlighted the role of yoga in building a sense of unity and shared purpose among diverse groups.

Following Outcomes were Achieved by the program Yoga for Humanity

1. Broadened understanding of yoga's relevance in physical and mental health through practices like *Sudarshan Kriya*, *Pranayam*, and meditation and wisdom.
2. Fostered stronger community connections through collective engagement in wellness-focused activities.
3. Raised awareness about yoga as a tool for promoting harmony within society.
4. Improvement in participants' sleep quality and immunity, reflecting the practical benefits of the practices.
5. Received overwhelmingly positive feedback on the event's organization and impact.

The Department of Yoga sincerely thanks 90.8 MHz Sharda Krushi Vahini, Shardanagar, for their invaluable collaboration in making this program a success. Special recognition is extended to the organizers, instructors, and volunteers, whose dedication and efforts were pivotal in ensuring the program's seamless execution.

The *Yoga for Humanity* initiative successfully fulfilled its mission of uniting society through yoga. By promoting a healthier lifestyle and reinforcing the values of unity and inclusivity, this event set a positive example of community-driven wellness. Initiatives like this are crucial for fostering a culture of collective harmony and personal growth in today's world.



Sunanda

Event Co-ordinator



Prof. Dr. Avinash S. Jagtap
M.Sc. Ph.D.
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 Humanity interview at Radio station 90.8 MHz



Yoga for Humanity interview at Radio station 90.8 MHz



Yoga for Humanity interview at Radio station 90.8 MHz


Principal
Tuljaram Chaturchand College
Baramati