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Dr. Babasaheb Ambedkar Technological University, Lonere

(Established by Government of Maharashtra and Governed by Dr. Babasaheb Ambedkar Technological University Act No. XXIX of 2014)

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YOGA DAY 2017

Yoga is a group of physical, mental, and spiritual practices or disciplines which originated in ancient India. Our institute has observed the third International Yoga Day on 21st June 2017, in the Auditorium of Institute of Petrochemical Engineering, at 06:45am to 07:55am. Hon'ble Vice-Chancellor, Prof. Vilas G. Gaikar, was present for the Yoga program. Dr. Madhukar A. Dabhade, The Principal of IoPE, Principal of S.S.NIKAM School, Mr. Deshpande Sir has also attended and done the Yoga along with other faculties and staff of the Institute. The program was conducted by the NCC unit of the University. NCC cadets have done the yoga with their instructor.

The program has started at 06:45 hours. Around 25 students from S. S. Nikam school with teachers and Dr.BATU College faculties and other staff members and Security Guards ,NSS students and NCC cadets participated in the event. Principal of IOPE, Dr. BATU staff member and Capt. Milind Bhagat emphasized the need for yoga practice for a healthy and a holistic lifestyle and also explained about the history, different types and benefits of yoga.

Then with the help of instructor and the DVD of YOGA, started with prayer:

"May you move in harmony

May you speak in unison

Let your mind be equanimous

Like in the beginning

Let the divinity manifest

In all your sacred endeavours"

Yoga practice has started with the light warm up (chalana kriyas) first, we take neck exercises: forward & backward neck bending, right & left neck bending, right & left twisting, neck rotation clockwise & anticlockwise, trunk twisting, knees movement. Then yogasanas in sequence, tadasana, vrikshasana, pada hastasana, ardha chakrasana, trikonasana, bhadrasana (dandasana, vishramasana) ardha ushtrasana (vajrasana), shashankasana, vakrasana bhujangasana, shodabhasana, makarasana, setubandhasana, pavanamuktasana, shavasana; Then, kapalbhati, pranayama, nadishodhana / anuloma viloma pranayama, bhramari pranayama, bhramari with shanmukhi mudra; dhyana.

Then all the participants were served with the lemon water. The program concluded with vote of thanks. Here are a few photographs of the event:





YOGA DAY CELEBRATION 2018

Yoga is a group of physical, mental, and spiritual practices or disciplines which originated in ancient India. There is a broad variety of yoga schools, practices, and goals in Hinduism, Buddhism, and Jainism. Among the most well-known types of yoga are Hatha yoga and Rāja yoga. International Day of Yoga is a worldwide event, which is observed by the people of many countries. To raise the awareness about yoga among the people of India, Indian Govt. has also decided to observe and celebrate this day as a National event

As a part of it, Dr. B.A.T.University NCC Unit organised 4th International YOGA DAY on 21th June, 2018 Thursday between 7:00 to 9:30 AM at the Auditorium Hall of the IOPE College. The event was organized by Principal of IOPE, ANO of DBATU NCC Capt. Milind Bhagat and Head of DR. BATU NSS UNIT. Chief Guest for this event were Honourable Vice Chancellor Dr V.G. GAIKAR of Dr. BATU and principal of S.S.NIKAM SCHOOL Honourable DESHPANDE SIR . Around 25 students from S.S. Nikam school with teachers and Dr. B.A.T.University College faculties and other staff members and Security Guards, NSS students and NCC cadets participated in the event. Principal of IOPE, Dr. B.A.T. University staff member and Capt. Milind Bhagat emphasized the need for yoga practice for a healthy and a holistic lifestyle and also explained about the history, different types and benefits of yoga. After their innovative speech, with the help of video of various yoga , all people with students practiced yoga and after the program sweets were given and event was concluded at 9:30 am

The program was successfully conducted and thought provoking YOGA session. All felt rejuvenated and took the vow to incorporate Yoga into the daily life helps to reap the health and social benefits.

YOGA DAY CELEBRATION 2019

Yoga is a group of physical, mental, and spiritual practices or disciplines which originated in ancient India. There is a broad variety of yoga schools, practices, and goals in Hinduism, Buddhism, and Jainism. Among the most well-known types of yoga are Hatha yoga and Rāja yoga. International Day of Yoga is a worldwide event, which is observed by the people of many countries. To raise the awareness about yoga among the people of India, Indian Govt. has also decided to observe and celebratethis day as a National event.

As a part of it, Hon'ble Vice-Chancellor has directed to Dr. Babasaheb Ambedkar Technological University, NCC/NSS Unit to organise the 5th International YOGA DAY on 21st June, 2019, Friday between 0650 to 0930 hours at the Auditorium Hall of Dr. Babasaheb Ambedkar Technological University, Lonere. The event was organized by the NCC and NSS UNIT, DBATU, Lonere. The Registrar, Dr. Shankar B. Deosarkar, of DBATU was the Chief Guest for this function. Dr. Madhukar A. Dabhade, The Principal; Mr Bhutada, Finance Officer and The Principal of 'S. S. NIKAM SCHOOL' Mr.Deshpande was also present for the celebration. The HoD, faculties and staff members and Security Guards, NSS students and NCC cadets of DBATU Lonere and Students from S. S. Nikam School with teachers participated in this grand event.

The yoga instructors, Dr. Narendra S Jadhav, two cadets and with Yoga video everyone practiced yoga. The Registratr has addressed the gathering and emphasized the need for yoga practice for a healthy and a holistic lifestyle and also explained about the history, different types and benefits of yoga. After their innovative and inspirational speech everyone got motivated. After the program fruits and Lemon juice was served to all the yogis and event was concluded.

The program was successfully conducted and thought provoking YOGA session. All felt rejuvenated and took the vow to incorporate Yoga in the daily life which helps to reap the health and social benefits.

Event captured as follows:











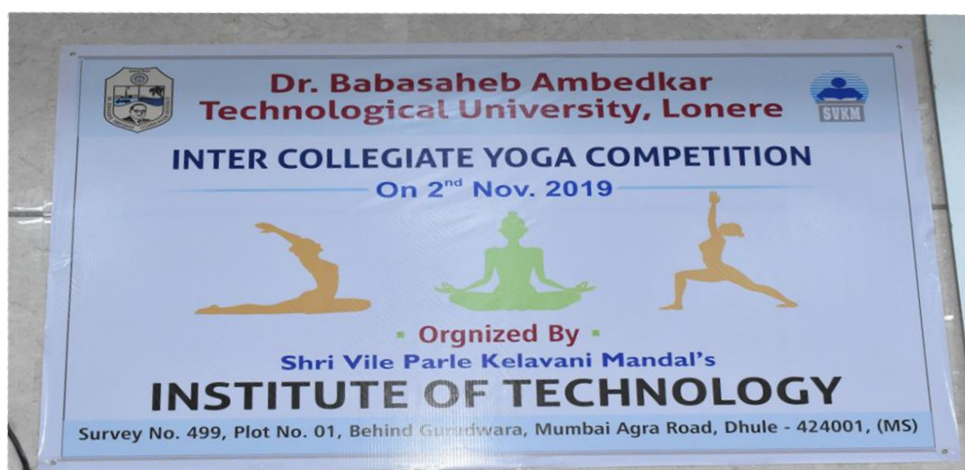








Yoga inter collegiate 2019



YOGA DAY 2020

In context of the current COVID-19 pandemic situation, slowdown in daily activities and restrictions on the movement of people, this year's observance of International Day of Yoga will aim to highlight the health-building and stress-relieving aspects of Yoga. To facilitate this, under the guidance of our ANO Capt. Dr. M.P. Bhagat the DBATU NCC UNIT organized a Live Streaming YOGA SESSION which was premiered (DBATU NCC UNIT) unit's official YouTube channel on 21st June 2020 at 6 AM for Cadets & University students to follow and practice in solidarity.

In the new scenario, the trend that has emerged for observation of IDY is to focus on its health-rewards and to do Yoga at home on Yoga Day. The Ministry of AYUSH is supporting this trend by promoting the theme ***"Yoga at Home and Yoga with Family"*** in its IDY activities. Blogging competition was arranged by Ministry of AYUSH. So, for same preparation were made. Our 34 Cadets participated in that competition to make awareness amongst students.

To aware more People the Awareness video were made by our Cadets. This video was found helpful in awareness of YOGA and it's Practice. The Quiz competition was also arranged so that attendees should get more information about Yoga. Certificates were also distributed for those who attempted the Quiz.

Link of YouTube Channel :- <https://youtu.be/Tw-L6qlXeyY>



Yoga Day 2021

Every year **2st June is celebrated as International Day of Yoga since 2015**. This year we have celebrated 7th International Day of Yoga. In spite of pandemic situations DBATU NCC UNIT successfully organized online program. Although it was online program there was no lack of enthusiasm among the cadets.

Cadets from 1st, 2nd and 3rd year actively participated in program. The program started at 0700 hrs. Cdt. Kartik Waghmare hosted the program. Capt. Dr. Milind Bhagat Sir address the cadets and guided the cadets. On this auspicious occasion many cadets actively participated in various activities like speech competition, tree plantation and PPT presentation. Cdt. Dhananjay Tekale presented a presentation on Origin and the History of yoga and some interesting facts about yoga. The ppt also included many amazing facts about Yoga. Cdt. Mahesh Sontakke also delivered great speech on information of yoga day celebration in this pandemic situation. Moving forward, Cdt. Vaibhav Vanage presented a video on Yogasanas and tree plantation which were done by our cadets. Coming to the end Capt. Dr. Milind Bhagat Sir appreciated the participation of all cadets and guided new cadets from 1st year. At the end Cdt. Soham Borkar expressed vote of thanks and then NCC song has been played. After this, event concluded. After event, there was quiz for cadets.

In total 100 Cadets from 1st, 2nd and 3rd year enthusiastically participated in the event.

<https://youtu.be/YCjFZF4OQjE>



• The term 'Yoga' is derived from the Sanskrit root 'YUJ', meaning 'to join' or 'to yoke' or 'to unite'.

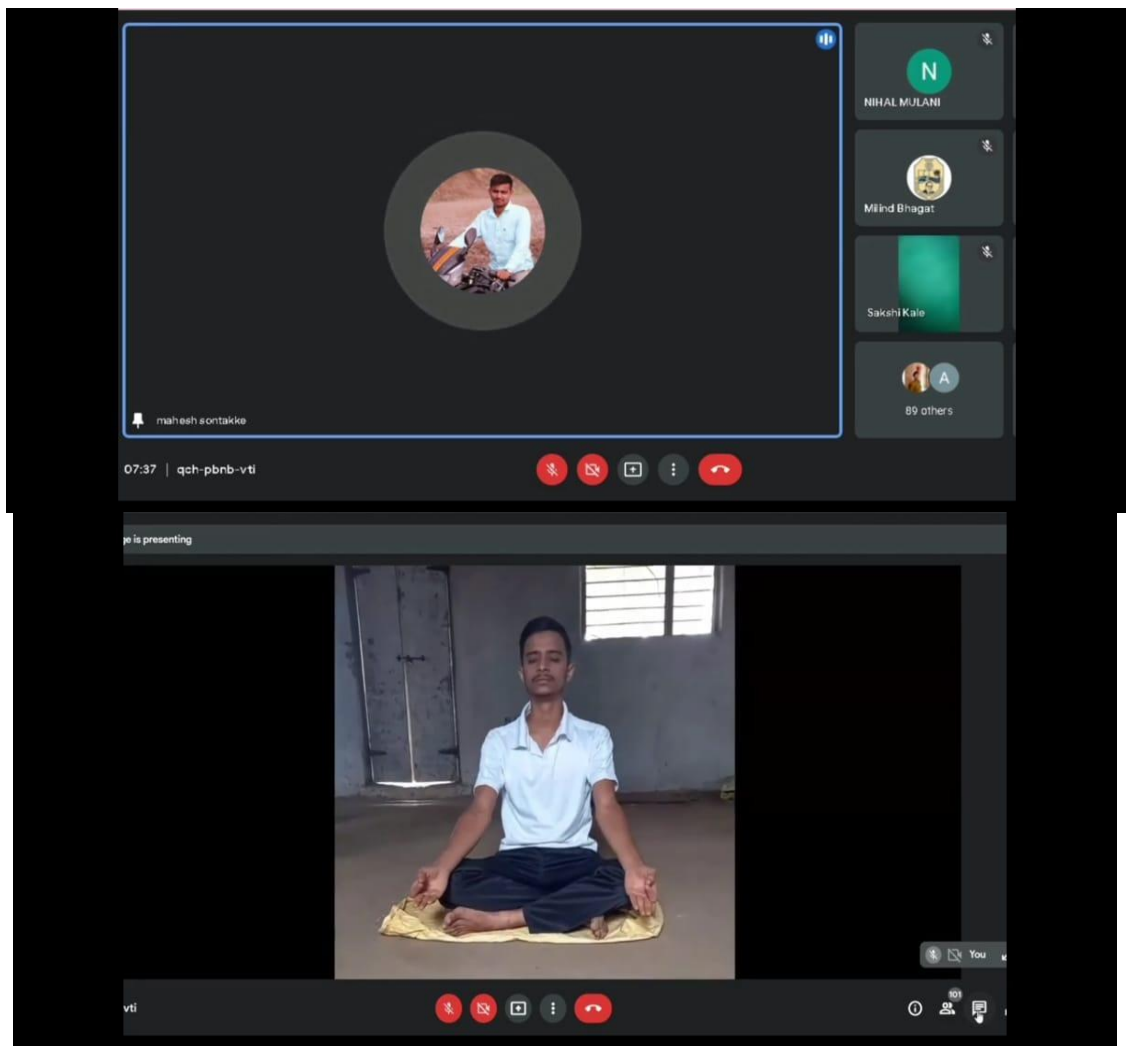
• As per Yogic scriptures the practice of Yoga leads to the union of individual consciousness with that of the Universal Consciousness, indicating a perfect harmony between the mind and body, Man & Nature.

• The aim of Yoga is Self-Realization, to overcome all kinds of sufferings leading to 'the state of liberation'. This is one of the oldest sciences of the world, originated in India, which is very useful for preserving and maintaining one's physical and mental health and also for 'spiritual evolution'.

07:08 | qch-pbnb-vti







Yoga Day 2022

Every year **21st June is celebrated as International Day of Yoga since 2015**. Following the same tradition, which one of the integral part of Dr. Babasaheb Ambedkar Technological University, The DBATU NCC Unit successfully organised and celebrated the 8th International Day of Yoga after the pandemic situations offline with full enthusiasm and passion among the cadets. The great theme for this year's Yoga Day was 'Yoga for Humanity'.

The program started at 06.00 am in the morning by welcoming the Hon'ble Vice-Chancellor of Dr. Babasaheb Ambedkar Technological University Prof. Dr. Karbhari V. Kale, The Registrar, Prof. Dr. Bhagvan F. Jogi, The Principal of Institute of Petrochemical Engineering, Prof. Dr. Madhukar A. Dabhade, by offering the tree plants.

Then Yoga started with providing the information on YOGA as well as guiding how to do yoga. The program was organised in the Institute of Petrochemical Engineering by the NCC Unit under the guidance of the ANO of DBATU NCC Unit, Maj. Dr. Milind P. Bhagat. The Dean Academic, Prof. Dr. Sanjay L. Nalbalwar, Dr. Chandrakumar M. Badole, Rector and Incharge Students section, Prof. Rajendra N. Mehta, supporting staff and students around 100+ participants have grace the function with their presence. Everyone has performed yoga and created awareness for a healthy lifestyle. Hon'ble Vice-Chancellor has then addressed all the YOGIs and appealed to do at least one good karma daily along with the YOGA. The healthy refreshment (Apples, Dry Fruits and lemon juice) has served to all after the vote of thanks.

On this occasion the tree plantation has done by Hon'ble Vice-Chancellor, The Registrar and The Principal. Each and every one present for the event and planted one tree each in the college campus. The event gave out a very clear message that with a healthy lifestyle it is equally important to have a healthy environment which can be possible by planting and conserving the trees on our Mother Earth.

Some Glimpse of the event:

<https://drive.google.com/drive/folders/1ZHrfoZpmtS8vEFyZkiuOm2nsv74BRZ-M>

<https://www.youtube.com/channel/UC85Kkuwndqu3fjHWymajtgw/videos>







