

## **International Yoga Day**

### Introduction:

VESIT went live with the second event 'Aarogyam Dhansampada' under the EBSB programme on 21<sup>st</sup> June at 8 a.m. VESIT, in collaboration with International Management Institute, Bhuvaneshwar and Dr. D.Y. Patil Institute of Technology, Pimpri, Pune, celebrated 'International Day of Yoga' by having a live yoga session with Yoga Guru Mrs. Pallavi Pawar.

Mrs Pallavi Pawar is an alumna from the Batch of 1990, Dept of instrumentation. She worked 22 years in Engineering Consultancies and did many projects in the chemical and petrochemical industry. She did her diploma, three-year B A and is now pursuing MA in yoga. She loves teaching and learning yoga. Apart from that she also teaches German and English language to students from all age groups.

### Teachers and students involved:

The event was organized and managed by VESIT with active participation from the other two institutes. Dr. Geeta Ajit (Humanities and Science department) was the coordinator for the event.

Mrs. Nilima Warke (Instrumentation Engineering) was the incharge for this event. Sivanta Beera(D12A) was the student coordinator with Pronoy Mandal(D16B) as the deputy head. In the Junior Executive Committee, we had Tanya Dubey(D4B) and Yash Bhise(D4B).

The event was hosted on the Zoom app and was being streamed live on YouTube. Prithvi Shetty(D13) was the host for the event.

Dr. Ramesh Solanki (MCA) was incharge of the technical support team which included Pronoy Mandal (D16B), Naren Khatwani(D12B) and Yash Bhise(D4B). Special thanks to Atique Kudchi(D11A), who despite not being a part of the EBSB Student Team played a crucial role in the smooth flow of the events, especially in the live streaming of the event on YouTube. Hemkesh Raina(D10) was appointed as the chat moderator for the YouTube live stream.

Mrs. Pooja Shetty (IT Department) and Dr. Sushil Dhuldhare (Humanities and Science) were incharge of the publicity team which included Tanya Dubey(D4B), Saurav Jeswani(D15), Risa Samanta(D4B) and Tania Mahata(MCA 1A). Special

thanks to Somesh Sidhwani(D17C) for helping with the publicity of the event. Amit Chhabria (D7C) did a commendable job with the poster.

Other organising team members include Dr. Parmeshwar Birajdar (Electronics Engineering), Mrs. Priya R.L. (Computer Engineering), Mr. Ajinkya Valanjoo (Electronics and Telecomm. Engg.), Mr. Vikas Pange (Administrative Support) and Mr. Pravin Shivsharan (Technical support).

There were two participants from each institute. Dhvani Serai(D7B) and Aditya Moykhede (D5A) from VESIT. Sloka Patel and Snehil Singh from IMI Bhubaneshwar. Sarthak Khedkat and Neha Kishor from D.Y. Patil College of Engineering, Pimpri, Pune.

### The Event:

The live session began with a short college video followed by an introduction to the EBSB program and the International Yoga Day 2020 program by the host.

This was followed by a series of addresses. First by Shri. B. L. Boolani, President of Vivekanand Education Society, followed by Prof. Ramesh Bhel, Director of IMI and then by Dr. Kishor Dhande, HOD Mechanical Department, D. Y. Patil.

Next, the host introduced Mrs. Pallavi Pawar, the yoga guru. The introduction was followed by an hour-long yoga session. The live session came to an end with a vote of thanks by Dr. J. M. Nair.