

## Azadi ka Amrit Mahotsav- 5 minutes Yoga Protocol 15<sup>th</sup> September 2021

On the occasion of "Azadi ka Amrit Mahotsav", 75<sup>th</sup> Anniversary of Independence. Bharati Vidyapeeth (Deemed to be University), College of Ayurved celebrated month of September as 'Poshan Maah' by planning a series of activities throughout the month.

On 15<sup>th</sup> September, 2021, NSS Unit of College of Ayurved, organized session on "5 minutes Yoga Protocol" for teaching and non-teaching staff at Bharati Vidyapeeth New English Medium School, Dhanakwadi, Pune.

The five-minute Yoga protocol intends to introduce people at the workplace to yoga. It promotes the idea of a break of five minutes from work schedule to practice Yoga to refresh, de-stress and re-focuses. It consists of Asanas, Pranayam and Dhyana.

Program was inaugurated by Mrs. Maya Gupta, Principal Bharati Vidyapeeth English Medium High School, Pune. In the program our faculty Dr. Amol Patil (Yogacharya) demonstrated the Yogasana as given in protocol. Dr. Ninad B Nangare, program officer briefly outlined the objective of this 'Y break'. The program had the presence of Dr. Mhetre, NSS coordinator of university as a guest. Event was organized under the valuable guidance of Principal, Prof. Abhijeet Patil, BV(DU)College of Ayurved, Pune. Almost 69 teaching and non-teaching staff members enthusiastically participated in the yoga session. Event was coordinated by team of NSS Volunteers.

