



BHARATI VIDYAPEETH'S COLLEGE OF ENGINEERING, KOLHAPUR

Accredited by NAAC With 'A' Grade
Approved by AICTE, New Delhi & Affiliated to Shivaji University, Kolhapur
Near Chitranagari, Kolhapur - 416013 (MS)

FOUNDER CHANCELLOR
Dr. Patangrao Kadam
M.A., LL. B., Ph. D.

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PRINCIPAL
Dr. Vijay Ghorpade
M.E., Ph. D. (Computer)

Web : <http://coekolhapur.bharatividyaapeeth.edu> E-mail : coekolhapur@bharatividyaapeeth.edu

NAAC SSR CYCLE- 2



Criterion 5	Student Support and Progression
Key Indicator 5.1	Student Support
5.1.2 Capacity building and skills enhancement initiatives taken by the institution include the following	
<ol style="list-style-type: none">1. Soft skills2. Language and communication skills3. Life skills (Yoga, physical fitness, health and hygiene)4. ICT/computing skills	

- **Organizing Department: Training and Placement**
- **Name of Activity** : Stress Management with Yoga
- **Date of Activity** : 4to 6/6/2021
- **No. of Participants** 45
- **Resource Person** : Mrs.Anima Dahibhate

Details of Activity : To support people's mental and physical health at COVID-19 crucial time, The Art of Living has launched meditation and breathing practices or pranayama for students and faculties to boost their immunity, improve their mental resilience and bring a semblance of quiet and peace for students and faculties of Bharati Vidyapeeth's College of Engineering, Kolhapur.

Day 1 session on healthy population in order to help them build overall immunity and lung capacity Student enjoyed session and taken active participation in all activities.

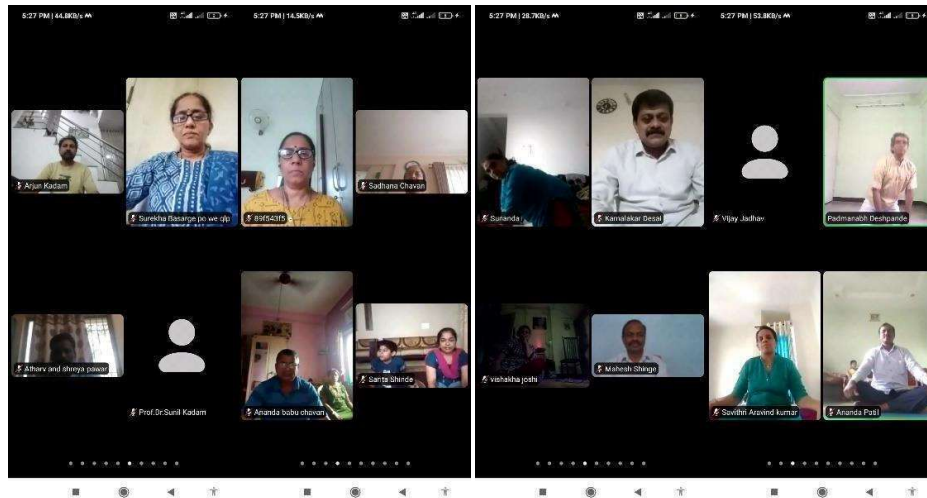
Day2 session on Supportive intervention of effective breathing exercises and stretches for patients with mild symptoms either at home or hospitals. Students motivated by mind and body improvement techniques taught by resource persons.

Day3 Supporting rehabilitation and recovery during Post Covid session.

Outcome of Activity : students and faculties who attended this program found enhancement in their immunity and improve their overall well-being.

How it Bridges gap between Industry and Academia: overall well-being.

- **Photos:**



TPO

Dr. Vijay R. Ghorpade
Principal



Date: 01.06.2021

To,

Respected Principal,
Dr. Yijay Ghorpade
Bharati Yidyapeeth College of Engineering, Kolhapur

Sub: Proposal to introduce the Art of Living's "COVID CARE PROGRAMS" for faculty, staff and students at your Institution.

Dear Sir,

Greetings from the Art of Living!

India is faced with one of its biggest challenges. There is loss of life, grief on one hand and on the other, financial and professional setbacks are pushing people over the brink. To support people's mental and physical health at this crucial time, The Art of Living has launched an essential series of 3 protocols of asanas, meditation and breathing practices or pranayama for different categories of people to boost their immunity, improve their mental resilience and bring a semblance of quiet and peace. The Art of Living faculty across the country will be conducting the programs to help people tide over these trying times.

The World Health Organization (WHO) describes Yoga as a valuable tool, one that increases physical activity, mental well-being. The positive physical or psychological outcome of Yoga intervention has been hypothesized to be a result of complex pathways involving relaxation, physical flexibility, breathing exercise, coping strategies, acceptance, and self-efficacy

The 30-45 minutes protocols of Asanas, Pranayama & Meditation will be delivered for three categories of people:

A. For a healthy population in order to help them build overall immunity and lung capacity (People who, so far, have not contracted COVID-19).

THE ART OF LIVING

Registered Charitable Trust

Trust Office: The Art of Living, Gate No. 1, The Art of Living International Campus,
21+ Km, Udayapura, Kanakapura Road, Bangalore-560082 | Email: trustees@in.artofliving.org



B. Supportive intervention of effective breathing exercises and stretches for patients with mild symptoms either at home or hospitals. (People who are COVID positive)

C. Supporting rehabilitation and recovery during Post Covid. (People who have recovered from COVID-19)

All the trained Yoga and Meditation teachers of Art of Living will for the next two months conduct these online free guided workshops to support communities in the current crisis. These will be 3-day programs for 30-45 minutes each day.

With social distancing, medical isolation on one hand and the lockdowns on the other, people are also battling with loneliness and fear. People across borders, cultures, communities and economic classes are suffering as a consequence of this pandemic. The protocol will give hope to people who are in home isolation, and give them someone to talk to. This will also help significantly reduce fear and anxiety.

In the recovery process, meditation plays a vital role in helping one achieve a relaxed state of mind that enables healing and regeneration. There are numerous studies to show that just twenty minutes of daily meditation can decrease blood cortisol levels and increase endorphins causing a positive and happy state of mind. We would like to encourage all your students and faculty to attend this program and enhance their immunity and improve their overall well-being.

In case of any query, feel free to contact,
Dr. Anima Dahlbhat - 9850992175 or
Email on - dahlbhatanima2013@gmail.com

Looking forward to a fruitful engagement.

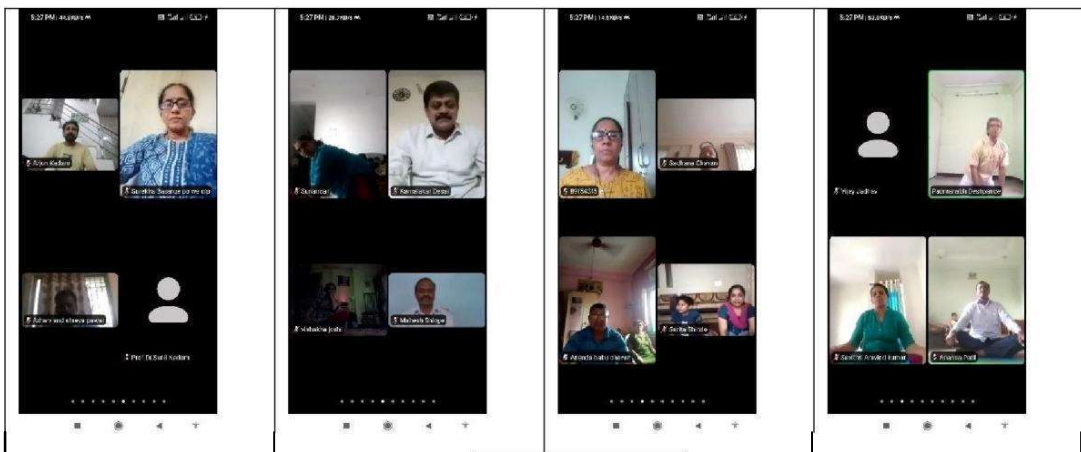
Yours sincerely,

Rajeev Nambiar
Director, Art of Living Institutional Programs

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21+ Km, Udayapura, Kanakapura Road, Bangalore-560082 | Email: trustees@in.artofliving.org



Close Participants (73)

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- II Swati Kadam
- Tejaswini Arjun Patil
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- III VinodChougule
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- II YogeshJadhav
- DlokapurkarAjBabu
- II Nilam Kulkarni

Close Participants (73)

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- II Mr, Sanja) Pawar
- D Mukundmohite
- II PRAJAKTA RAJMANE
- GD PrashantHirmath
- a Prof,Dr,Sunil Kadum
- CI Ranje,elSuryawanshi
- II Lranjifs iPhone
- GI Redmi Note 7 Pro
- Drihawalvekar
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- D Gajendra Pol
- CI Haibat Patil
- DI Heena Baelari
- Insha Kittur
- JS Jitendra Shinde
- D Kalpana Patil
- D Kamalakar Desai
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- II Dr. Jayanta Kumar P&il
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- II YogeshJadhav
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- D ArjLin Kadam
- II NilamKulkarni
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- SaritaShinde
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- D SwatKadam
- Tejaswini Arjun Patil

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- II Mr,SunJEdyPEIwur
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- II AnandaPatil
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- Dr. Jayanta Kumar Patil
- Dr. Rajkumar Chougale
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