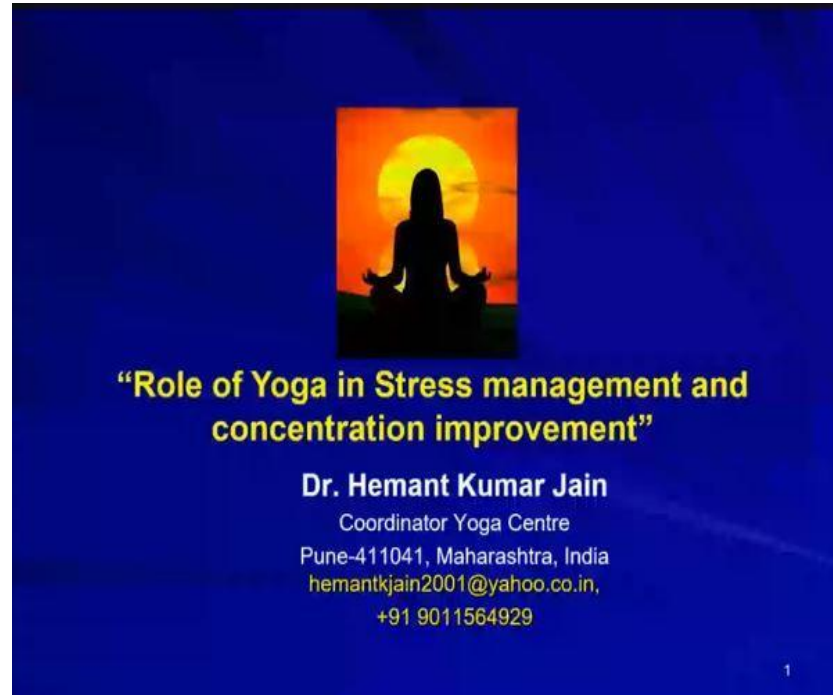


# YOGA WEEK EVENTS 2020 - 2021

Name of the event : Role of Yoga in stress management and concentration improvement

Date and day of the event : 3<sup>rd</sup> May to 7<sup>th</sup> May 2021

## Poster of the Event



SINHGAD TECHNICAL EDUCATION SOCIETY'S  
SINHGAD COLLEGE OF ARCHITECTURE, PUNE  
**YOGA WEEK -2020- 2021**  
**DAY-WISE SCHEDULE**  
GOOGLE MEET LINK - <https://meet.google.com/gjq-ampx-dkj>

**DAY 1 : 3 MAY 2021 : 8:30am TO 9:00am :**  
PARTICIPANTS: ALL STUDENTS OF 1<sup>st</sup> YEAR B.ARCH & ALL STUDENTS OF 1<sup>st</sup> YEAR M.ARCH

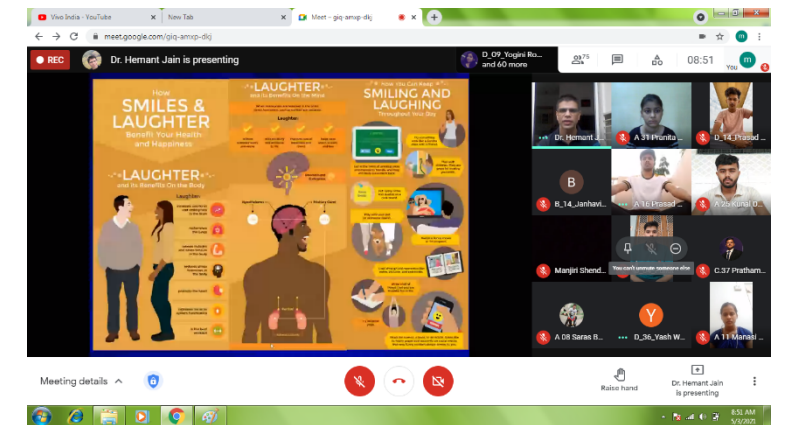
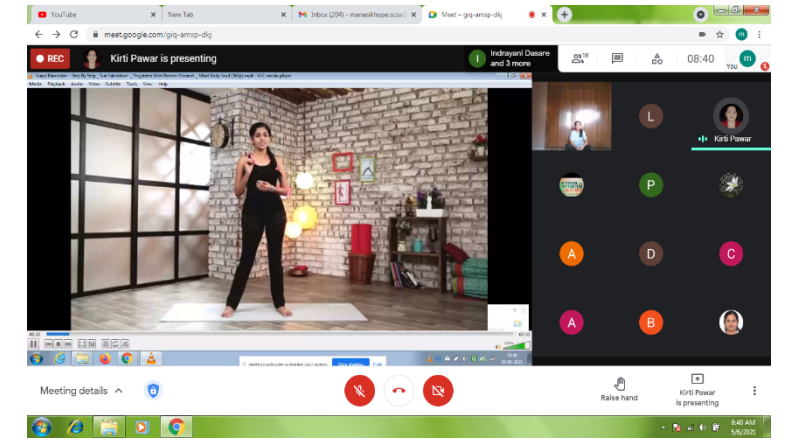
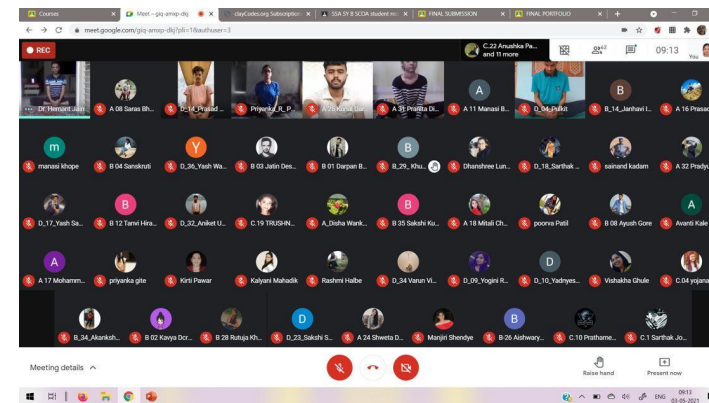
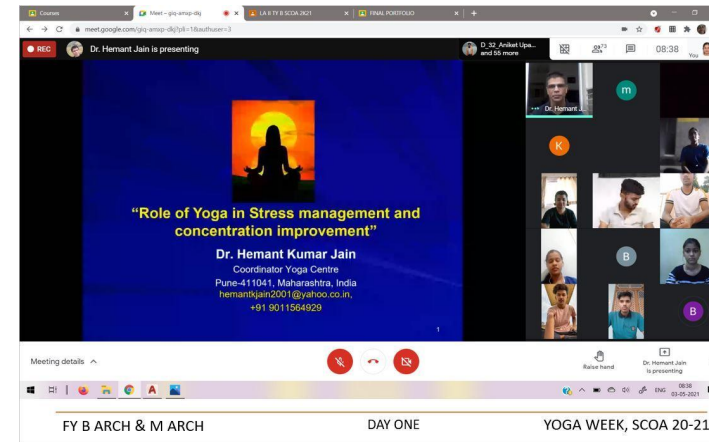
**DAY 2 : 4 MAY 2021 : 8:30am TO 9:00am :**  
PARTICIPANTS: ALL STUDENTS OF 2<sup>nd</sup> YEAR B.ARCH & ALL STUDENTS OF 2<sup>nd</sup> YEAR M.ARCH

**DAY 3 : 5 MAY 2021 : 8:30am TO 9:00am :**  
PARTICIPANTS: ALL STUDENTS OF 3<sup>rd</sup> YEAR B.ARCH & ALL NON-TEACHING STAFF

**DAY 4 : 6 MAY 2021 : 8:30am TO 9:00am :**  
PARTICIPANTS: ALL STUDENTS OF 4<sup>th</sup> YEAR B.ARCH & ALL TEACHING STAFF DIVISION A & B

**DAY 5 : 7 MAY 2021 : 8:30am TO 9:00am :**  
PARTICIPANTS: ALL STUDENTS OF 5<sup>th</sup> YEAR B.ARCH & ALL TEACHING STAFF DIVISION C & D

- Notes:
1. All participants should be join before 10min.
  2. All participants should mention their division in log-in name. e.g.- Division\_student's name. (A\_ Saurabh Patil)
  3. Please keep camera on while doing yoga.
  4. Participant may need mat, napkin & water bottle.



Day Wise Schedule of Yoga Week

Day – 1 of online yoga event

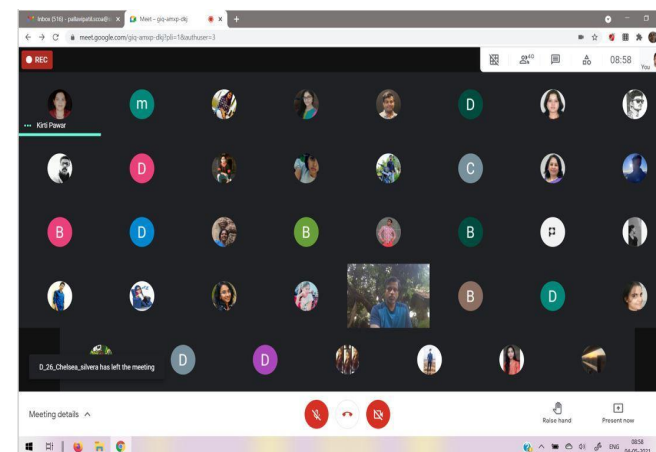
Day – 3 of online yoga event

## Event Description :

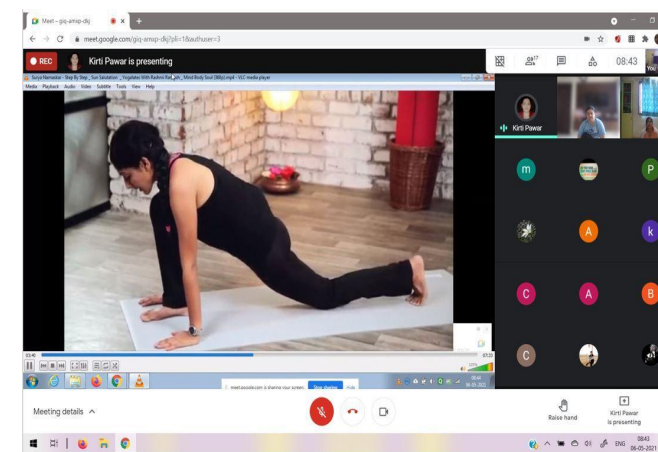
Organized full week yoga sessions from 3<sup>rd</sup> May 2021 to 7<sup>th</sup> May 2021 under 'Yoga for Unity & Well Being – 100 Days of Yoga towards International Day of Yoga 2021', for all students, teaching & non-teaching staff of SCAA.

Dr. Hemant Jain explained the importance of yoga practice regularly and also performs some asanas for getting relief from stress and back pain which really helpful to get over of pandemic situation. Some students and Staff actively participate.

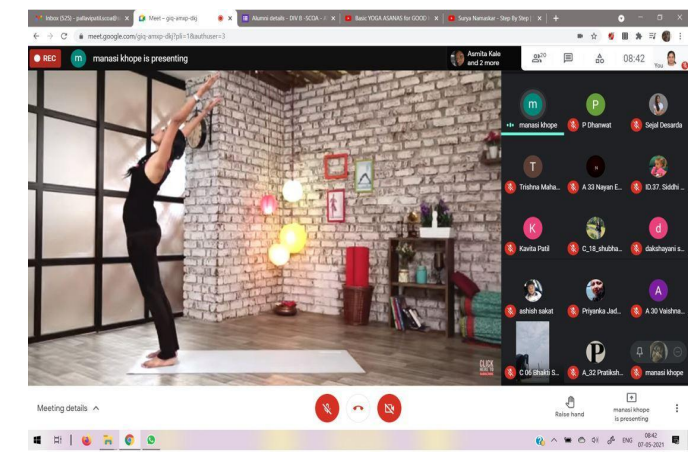
Also we play some selected videos on correct steps of sun salutations for warm up and some asanas with its benefits and correct postures with important tips for regular practice of yoga.



Day – 2 of online yoga event



Day – 4 of online yoga event



Day – 5 of online yoga event

# SPORT EVENTS 2020 - 2021

Name of the event : Online Sport Event for All B. Arch & M. Arch students

Date and day of the event : 3<sup>rd</sup> May to 7<sup>th</sup> May 2021

## Poster of the Event



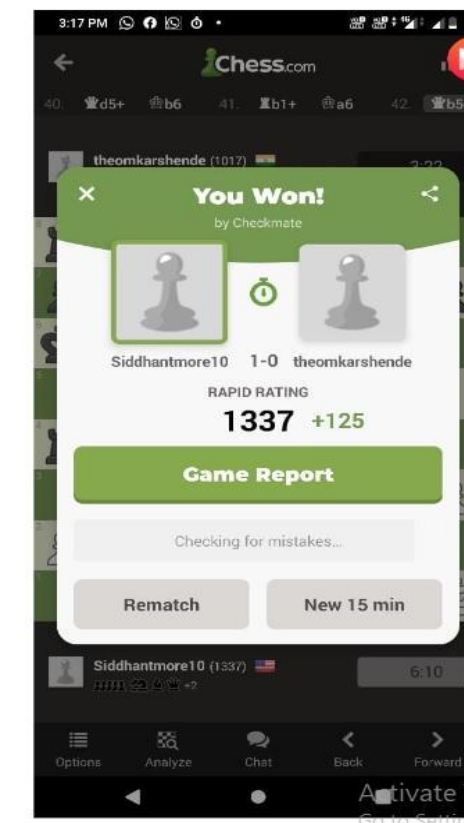
Online Ludo participants and winner



Online Carrom participants and winner



Online Snake & Ladder participants and winner



Online Chess participants and winner

## Event Description :

Organized from 3<sup>rd</sup> May to 7<sup>th</sup> May 2021, for the all-year students of B.Arch. and M.Arch. Sports coordinators (faculties) team short listed 7 different games which students can play online easily and accordingly participation entries are collected with the google-form. Some common rules and schedule was prepared

Sr.no.	Student's Full Name	Division	Roll NO.	Contact No.	Game	Group
1	Kaushal Satish Gaikwad	A	35	9370534306	Ludo King	Group I
2	Soham Yedekar	A	35	7977742873	Ludo King	
3	YATISH JAGDISH CHOUHARI	A	23	7498367676	Ludo King	
Match on 3rd may						
4	Aditya Hemant Pangul	A	1	8552910452	Ludo King	Group II
5	Kunal Shivaji Dorcar	A	25	9545348060	Ludo King	
6	Shantanu Baroliya	A	7	7014696207	Ludo King	Group III
7	Deekate Girish Manumant	A	39	9765958181	Chess	
8	Parth Bhagwat	A	6	9156299727	Chess	Group IV
9	Hiril Dhanushali	A	7	9673144330	Chess	
Match on 4th may with Group III winner						
10	Vaibhav vasant chede	A	12	9133635017	Bowling King	Group V
Match on 3rd may						
semifinal match on 5th may with B div winner						
11	Suksha Prakash Badjate	A	7	8830486213	Carrom King	Group VI
12	Piyush Bhoys	A	14	8080539626	Carrom King	
Match on 3rd may						
13	Prasad Sudhakar Birajdar	A	16	9021349531	8 Ball Pool	Group VII
14	Ujwal santhosh chavan	A	20	9370123137	8 Ball Pool	
Match on 3rd may						
15	Aishwarya Awchar	A	4	7720037501	8 Ball Pool	Group VIII
Match on 4th may with Group VII winner						

Schedule of Stage 2 Matches

SEMI FINAL SPORTS SCHEDULE					5TH MAY 2021		
Sr.no.	Student's Full Name	Division	Contact No.	VS	Student's Full Name	Division	Game
1	Sahil vilas ingale	B	9604960952	VS	YATISH JAGDISH CHOUHARI	7498367676	A Ludo King
2	Ayush Abhijit Gore	B	9284597909	VS	Parth Bhagwat	9156299727	A Chess
3	Shritej Rajkumar Koli	B	8855073096	VS	Piyush Bhoys	8080539626	A Carrom King
4	Mayank Jain	B	6264106912	VS	Aishwarya Awchar	7720037501	A 8 Ball Pool
5	Will directly play the finals				Vaibhav vasant chede	9139835017	A Bowling king

Schedule of Semi Final Matches