

Bajiraoji Karanjekar College of Pharmacy, Sakoli

Program: Skill Development Program "Overall Personality Development through Yoga"

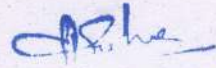
Session: 2019-20

Report:

- Type of program: Institute level Skill Development Program "Overall Personality Development through Yoga"
- Organized by: Bajiraoji Karanjekar College of Pharmacy, Sakoli
- Program Coordinator: Mr. A. Y. Sahare, Asst. Prof.
- Program Schedule
Objective: Skill approach for the development of overall personality.

Sr No	Date	Activity	Resource Person	Organization	Time
1	27/12/2019	Seminar on Personality Development through Yoga and Practical Performance of different Yoga	Dr. Sunil Chaturvedi, Principal	N.P.Singh Memorial, Wainganga College of Physical Education Sakoli	7.30 am
2	28/12/2019	Seminar on Physical Dimension through Yoga and Practical Performance of different Yoga	Dr. Sunil Chaturvedi Principal	N.P.Singh Memorial, Wainganga College of Physical Education Sakoli	7.30 am
3	29/12/2019	Seminar on Intellectual Development through Yoga and Practical Performance of different Yoga	Dr. J. K. Thakur, Principal	Swami Vivekananda Shikshan and Yoga College, Sakoli	7.30 am
4	30/12/2019	Seminar on Social Dimension of Personality through Yoga and Practical Performance of different Yoga	Dr. J. K. Thakur, Principal	Swami Vivekananda Shikshan and Yoga College, Sakoli	7.30 am




Official Principal
Bajiraoji Karanjekar
College of Pharmacy, Sakoli

Institute level Skill Development Program
on
“Overall Personality Development through Yoga”

• **Details of Program**

27/12/2019:

Time: 7.30 am

Resource Person :

Dr. Sunil Chaturvedi, Principal

N.P.Singh Memorial, Wainganga College of Physical Education, Sakoli

Seminar on Personality Development through Yoga:

Personality Development is not only an external mask and not only specific built of the body. It has a specific identity. It is a dynamic organization of psychophysical properties. Dynamic organization within the person of those psychophysical systems. It was determined by his characteristic behaviour and thought. Psycho-physical techniques of Yoga such as asana, pranayama, mudra, dharana and dhyana enable attainment of physical, mental and emotional fitness.

Practical Performance of different Yoga

28/12/2019:

Time: 7.30 am

Resource Person :

Dr. Sunil Chaturvedi, Principal

N.P.Singh Memorial, Wainganga College of Physical Education, Sakoli

Seminar on Physical dimension through Yoga:

Physical dimension is mainly concerned with the development of body from anatomical and physiological point of view. Changes in height, weight, and motor skills, development of brain, hormonal changes, cardiovascular changes etc. – all are parts or aspects of the physical development.

Practical Performance of different Yoga

29/12/2019:

Time: 7.30 am

Resource Person :

Dr. J. K. Thakur, Principal

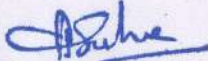
Swami Vivekananda Shikshan and Yoga College, Sakoli

Seminar on Intellectual development through Yoga:

Intellectual development is related to mental abilities and mental processes, such as perception, learning, memory, thinking, language, concept formation, reasoning, decision making, problem solving, creative activities etc.

Practical Performance of different Yoga




Officiating Principal
Bajraoji Karanjekar
College of Pharmacy, Sakoli

30/12/2019:

Time: 7.30 am

Resource Person :

Dr. J. K. Thakur, Principal

Swami Vivekananda Shikshan and Yoga College, Sakoli

Seminar on Social Dimension of Personality through Yoga:

Social dimension of personality is concerned with social skills. This dimension includes inter-dependence, harmony with others, behaving according to rules and norms of the society, developing healthy and caring relationships with those around us etc.

Practical Performance of different Yoga

Submitted by

A. S. Chavhan
(A. Y. - Sakase)



Principal
B. K. College of Pharmacy
Sakoli, Distt.-Bhandara (M.S.)
Pin-441302



Officiating Principal
Bajirao Karanjekar
College of Pharmacy, Sakoli

Bajiraoji Karanjekar College of Pharmacy,
Sakoli, Distt. Bhandara

NOTICE

All B.Pharm final year students hereby inform that, our college is going to organize Institute level Skill Development Program with the theme "Overall Personality Development through Yoga" from 27/12/2019 to 30/12/2019 daily at 07.30 am. The mentioned program will be organized in our college campus as per following schedule.

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Date: 16/12/2019



Principal
Principal

B. K. College of Pharmacy
Sakoli, Distt -Bhandara (M.S.)
Pin-441802



Officiating Principal
Bajiraoji Karanjekar
College of Pharmacy, Sakoli



ESTD-2003

॥ विद्या परम् दैवतम् ॥

Wainganga Bahu-Uddeshiya Vikas Sanstha, Nagpur's



BAJIRAOJI KARANJEKAR COLLEGE OF PHARMACY

Nagzira Road, Sakoli District: Bhandara (Maharashtra) 441802

Tel/Fax: 07186-237199

E-mail: bkcp_sakoli@yahoo.com Web Site: www.bkcp.in



Reference No. BKCP/3254/2019-20

Date: 06/12/2019

To,

Dr. J. K. Thakur,
Principal
Swami Vivekananda Shikshan and Yoga College,
Sakoli.

Subject:- Request for your Seminar on 'Intellectual development through Yoga' on 29/12/19 and 'Social Dimension of Personality through Yoga' on 30/12/19 as well as Practical Performance of different Yoga on the occasion of Institute level Skill Development Program with the theme "Overall Personality Development through Yoga"

Dear Sir,

As per mentioned subject, we are requesting your Seminar on 'Intellectual development through Yoga' on 30/12/19 and 'Social Dimension of Personality through Yoga' on 29/12/19 as well as Practical Performance of different Yoga on the occasion of Institute level Skill Development Program with the theme "Overall Personality Development through Yoga"

We expecting your positive response for the conduct of above mentioned activity on mentioned date.

Kindly Obligue

Looking forward to welcome you

Received and
Accepted
[Signature]

Officiating Principal
Swami Vivekananda College of Education
and Yoga, Nagzira Road, Sakoli
Dist Bhandara

[Signature]
Principal

B. K. College of Pharmacy
Sakoli, Dist. Bhandara (M.S.)
Pin-441802



[Signature]
Officiating Principal
Bajiraoji Karanjekar
College of Pharmacy, Sakoli

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Nagzira Road, Sakoli District: Bhandara (Maharashtra) 441802

Tel/Fax: 07186-237199

E-mail: bkcp_sakoli@yahoo.com Web Site: www.bkcp.in



Date: 06/01/2020

To,

Dr. Sunil Chaturvedi,
Principal
N.P.Singh Memorial,
Wainganga College of Physical Education, Sakoli

Subject:- Thanks letter for your valuable cooperation and guidance during Institute level Skill Development Program with the theme "Overall Personality Development through Yoga"

Dear Sir,

This is to thank you for sparing time and giving the guidance to our students during skill development program on the topic 'Personality Development through Yoga' on 27/12/19 and 'Physical dimension through Yoga' on 28/12/19 as well as Practical Performance of different Yoga.

We appreciate your interest in the well-being of the students through the knowledge to understand the concept of various parameters of Personality Development.

We hope that this kindness and co-operation will remain continue in the future.

With warm regards,

Respected
Sunil
Principal
Wainganga College of Physical Education,
SAKOLI, Distt. Bhandara (M.S.)

Arul
Principal
Principal
B. K. College of Pharmacy
Sakoli, Distt.-Bhandara (M.S.)
Pin-441802



Ashe
Officiating Principal
Bajiraoji Karanjekar
College of Pharmacy, Sakoli

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Wainganga Bahu-Uddeshiya Vikas Sanstha, Nagpur's

BAJIRAOJI KARANJEKAR COLLEGE OF PHARMACY

Nagzira Road, Sakoli District: Bhandara (Maharashtra) 441802

Tel/Fax: 07186-237199

E-mail: bkcp_sakoli@yahoo.com Web Site: www.bkcp.in

Reference No: BKCP/325-11/2019-20

Date: 06/12/2019

Dr. J. K. Thakur,
Principal
Swami Vivekananda Shikshan and Yoga College,
Sakoli.

Subject:- Thanks letter for your valuable cooperation and guidance during Institute level Skill Development Program with the theme "Overall Personality Development through Yoga"

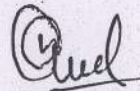
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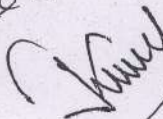
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With warm regards,



Principal
Principal

B. K. College of Pharmacy
Sakoli, Distt.-Bhandara (M.S.)
Pin-441802

Received


Officiating Principal
Swami Vivekananda College of Education
and Yoga, Nagzira Road, Sakoli
Distt. Bhandara




Officiating Principal
Bajiraoji Karanjekar
College of Pharmacy, Sakoli

ESTD-2003

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Wainganga Bahu-Uddeshiya Vikas Sanstha, Nagpur's

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Nagzira Road, Sakoli District: Bhandara (Maharashtra)441802

Tel/Fax: 07186-237199

E-mail: bkcp_sakoli@yahoo.com WebSite: www.bkcp.in

Reference No. BKCP/325-A / 2019-20

Date: 06/12/2019

To,

Dr. Sunil Chaturvedi,
Principal
N.P.Singh Memorial,
Wainganga College of Physical Education, Sakoli

Subject:- Request for your Seminar on 'Personality Development through Yoga' on 27/12/19 and 'Physical dimension through Yoga' on 28/12/19 as well as Practical Performance of different Yoga on the occasion of Institute level Skill Development Program with the theme "Overall Personality Development through Yoga"

Dear Sir,

As per mentioned subject, we are requesting your Seminar on 'Personality Development through Yoga' on 27/12/19 and 'Physical dimension through Yoga' on 28/12/19 as well as Practical Performance of different Yoga on the occasion of Institute level Skill Development Program with the theme "Overall Personality Development through Yoga"

We expecting your positive response for the conduct of above mentioned activity on mentioned date.

Kindly Obligue

Looking forward to welcome you

Reserved

Arif
Principal

Wainganga College of Physical Education
SAKOLI, Distt. Bhandara (M.S.)

Arif

Principal
Principal

B. K. College of Pharmacy
Sakoli, Distt.-Bhandara (M.S.)
Pin-441802



Arif
Officiating Principal
Bajiraoji Karanjekar
College of Pharmacy, Sakoli



Wainganga Bahu- Uddeshiya Vikas Sanstha Nagpur's
N.P.Singh Memorial

WAINGANGA COLLEGE OF PHYSICAL EDUCATION

SAKOLI, Dist.Bhandara (M.S.) Pin Code - 441802

(Govt.Recognised & Affiliated to Rashtrasant Tukdoji Maharaj, Nagpur University
Nagpur & Permitted by N.C.T.E.)

Ph. 07186 - 236020
9414147746

www.wcpesakoli.com

npsinghwcp@gmail.com

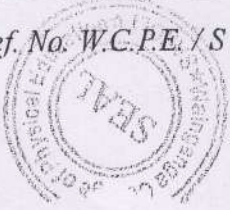
Uni. College Code - 525

N.C.T.E. Code - 114075

AISHE - 18609

Ref. No. W.C.P.E./S/.....

Date - 07/12/2019



To,

**The Principal,
Bajiraoji Karanjekar College of Pharmacy,
Sakoli**

Subject:- Acceptance of invitation for Seminar on 'Personality Development through Yoga' on 27/12/19 and 'Physical dimension through Yoga' on 28/12/19 as well as Practical Performance of different Yoga on the occasion of Institute level Skill Development Program with the theme "Overall Personality Development through Yoga"

Dear Sir,

As per mentioned subject, I am accepting your invitation for Seminar on 'Personality Development through Yoga' on 27/12/19 and 'Physical dimension through Yoga' on 28/12/19 as well as Practical Performance of different Yoga on the occasion of Institute level Skill Development Program with the theme "Overall Personality Development through Yoga"

Thanking You.

Onil
Principal

Wainganga College of Physical Education
SAKOLI, Dist. Bhandara (M.S.)



Ashe
Officiating Principal
Bajiraoji Karanjekar
College of Pharmacy, Sakoli

Bajiraoji Karanjekar College of Pharmacy,
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