

ASM's
College Of Commerce, Science and Information
Technology, Pimpri, Pune-18

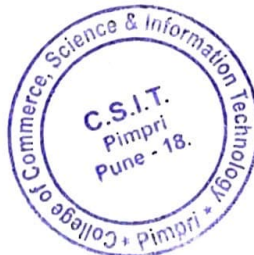
Notice

75 करोड सूर्यनमस्कार संकल्प अभियानात गिनीज बुक मध्ये सर्वात मोठा योगासन फोटो अल्बम या विश्वविक्रमाचे अभूतपूर्व लक्ष्य - आपले स्वागत..!

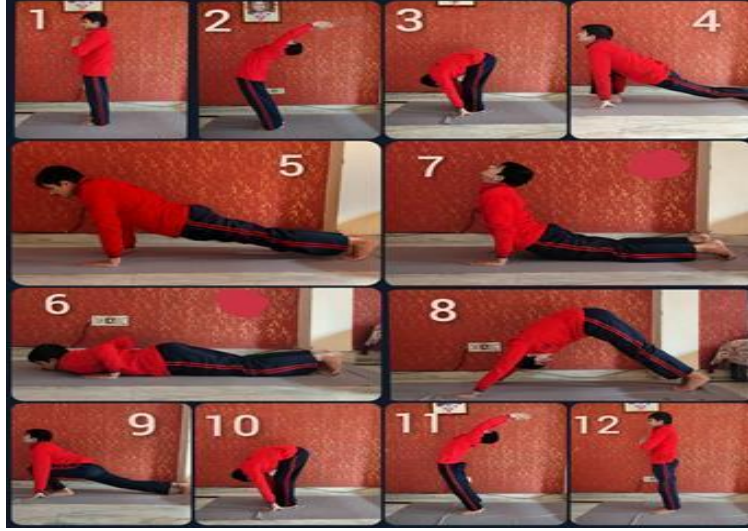
18/2/2021 पर्यंत वैयक्तिक सहभाग घेण्यासाठी महत्वपूर्ण बिंदू

1. विद्यार्थी किंवा व्यक्ती, सूर्यनमस्कारामधील अथवा अन्य कोणत्याही योगासनाचा वैयक्तिक, पूर्ण शरीराकृती दिसेल अशा स्थितीतील, स्वच्छ प्रकाशातील स्पष्ट व वेगवेगळ्या योगासनांचे अनेक स्वतंत्र फोटो खालील लिंकवर अपलोड करू शकतात.
2. बॅकग्राऊंड सुंदर, स्वच्छ असावे.
3. पायात व आसपास बूट चप्पल, कचरा दिसू नये.
4. फोटो एडिट करू नये.
5. अनेक फोटोंचा कोलाज करणे टाळावे.
6. एकच फोटो दोन वेळा अपलोड करू नये.
7. व्हिडीओ चा स्क्रीनशॉट ग्राह्य धरला जाणार नाही.
8. सेल्फी नसावी.
9. योगासनांव्यतिरिक्त अन्य फोटो नसावेत.
10. गुप फोटो अपेक्षित नाहीत.

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Pimpri, Pune - 411 018.



Physical Fitness & Yoga(Suryanamaskar) 2020-21

Online Attendance Life Skill 2020-21

18/12/21

50

Participants (21)

- Q Find a participant
- SS Sarika Shinde (Host, me)
 - BA 8608 Apurva dandavate
 - 8697 Shubham jadhav
 - AS Abhijit Singh Chauhan 8612
 - AK Aditi Kharote
 - GS Ganesh Sakharc8643
 - KD Kshitija Deshmukh8629
 - MM Manthan Mohite
 - NP Nancy priya
 - Nihal Mulla
 - N Nisha
 - Omkar Vishwakarma
 - RM Radhika madane 8681
 - SJ Sakshi jagadale 8622
 - S shubham
- Invite Mute All

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Participants (21)

- Q Find a participant
- KD Kshitija Deshmukh8629
 - MM Manthan Mohite
 - NP Nancy priya
 - Nihal Mulla
 - N Nisha
 - Omkar Vishwakarma
 - RM Radhika madane 8681
 - SJ Sakshi jagadale 8622
 - S shubham
 - S shwetavaidya8717
 - Tanmay Kundu
 - T Triveni Godse
 - VS vivek shirame
 - Yogini Mohite
 - Prajwal Potdar
- Invite Mute All

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Online Attendance
Life Skill 2020-21

50

Participants (13) 18/2/2021

Find a participant

- SS Sarika Shinde (Host, me)
- Aditi Kharote
- AD Apurva dandavate
- GS Ganesh Sakhare
- KD Kshitija Deshmukh
- R Radhika Madane
- S Sakshi Jagadale
- Shubham Dubey
- SV Shweta vaidya
- Sumit Deshmukh
- T Triveni Godse
- VS Vivek Shrirame
- Manthan Mohite

Invite

Mute All



ASM GROUP OF INSTITUTES

Webinar: “Co-Win”

Date: 11th May, 2021

Time: 11.30 AM

Attended By: 173 members.

Report by: Laxmikanth kumbhar & Amruta desai

Organizing Team: Rotaract Club ASM Group Of Institutes, Sponsored By RCPC Dist 3131

Presented By: Vaishnavi Raut & Jae Dhatingan

The webinar was started with auspicious opening Of Saraswati and the Webinar was Addressed by Dr. Sandeep Pachpande, Chairman,ASM group of Institutes.He called this session a great initiative and a Infomedics. Address by Dr. R K Suri (Clinical Psychologist)

As a renowned psychologist he gave us a lot of tools that could be used in this tough times. The snippets of it were as follows:

- 1.Doing “OM” chanting for one hour everyday solves the breathlessness. Corona affects the breathing capacity, hence is the problem of breath and focusing on breath can help strengthen it. Chanting “OM” has a scientific importance, helps in reducing depression.
- 2.Flush out the virus-keep the flow of water constant, so it cleans the system of virus.
- 3.Social distancing must be a priority and not just an option.
- 4.He also said vaccine will help even if there have been cases of people suffering post vaccine. It has helped to reduce the intensity of the infection aiding the recovery.
- 5.He also emphasised the importance of mental health. How important it is to vent out, when necessary, grief, bereavement has become major causes of mental stress. The pandemic has affected



each and everyone. He has cited about the talktoangel.com a group of clinical psychologists who support people who are going through grim times.

7. Lastly, He concluded his Infomedics with these words,

4“sa” importance- Sankalp, Sanskar and Sanskruti.

Address by Mrs. Neha Sharma (Covid Survivor)

Mrs Neha Sharma is a epitome of strength, patience and will power. She has shown to us, how to stay positive in life and realise that “It is just a phase, and it shall be over soon!”. Giving importance recovering and staying focussed rather than putting yourself depression is such an important aspect of recovering from any ailment.

She has come forward to spread awareness on **Guillain-Barré syndrome (GBS)** and its impacts.

Post Corona she had suffered with GBP and had lost all her leg strength. when she was taken to the hospital with the half-paralysed body, she stayed strong and positive. Diksha Madam narrated to everyone a heart touching moment, how Mrs Neha Sharma had asked the doctor” when she will be able to wear her heels again” This had eft us all in tears. She has proved.

“No mountain too high to climb. No sea too deep to swim.”

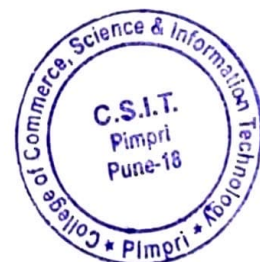
If you have the right attitude and will power anything is possible, she has recovered and stood strong to prove this to us.

She also said that her family and her friends constantly supported her and were her support system through her challenging times she used to listen to music and keep focused on recovery. When the doctor had announced that her heart might stop and only her right hand and head was working. Even then she stayed calm and only focused on recovery shows the determination and strength one has to focus on she could have easily slipped into depression.

But she chose not to she said she will stay strong and face whatever comes ahead of her and recover fully pain was just a setback no matter how hard it pushed her back. She kept pushing herself ahead recovering proving herself and challenging the tough times.

She has taken as a responsibility to spread awareness About GBS.

In conclusion she said, “Life should said take life as it comes.”



“Mind is the strongest tool a human has.”

Robin Hood army is voluntary based NGO that takes extra food from functions restaurant's extra food and distributes among the less fortunate or needy there are 5 to 600 people working towards this only goal. YCM, Jumbo COVID Centre they have been provided for two months. Blood plasma drive, Senior patrol where they take care of the elderly and are aided by delivering medicines, groceries, medical drives, vaccination registration and drive to the vaccination centres and dropping to their houses. Distributing grain kits to the needy construction workers who are jobless. Robin Hood army is driven by smiles of the needy. They get paid in smiles, that sends energy to work more. They make you feel alive said she. They also support through grief counselling in hospitals. It has been two years of journey of Mrs bandari that she shared with us there was a twinkle in our eyes and smile constantly on her face.

Address by Mr. Prasad Joshi (Asst. Professor at MVPS's KBTCOE, NASHIK and Motivational Speaker)

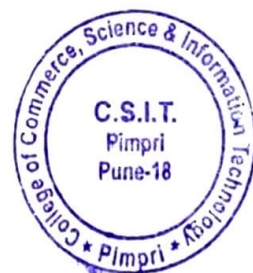
After such a heart-warming and share of gratitude it was time for motivation. Mr Prasad is a multi-talented person. He is a photographer, An Influencer, A teacher, A Philosopher and A Motivational Speaker. He had addressed the webinar which in an interactive session. We are grateful for his wisdom. He told us we should be grateful for what we have. There is a struggle everywhere all over, physical emotional and in families in this pandemic. He also congratulated Robin Hood army and expressed his regards to Mrs Sharma. He said there are 70 thousand thoughts that pass through every human brain, but to choose the right thought and act upon it.

He gave us an affirmation “I am happy I am healthy I am strong.” and made sure we interacted with him through the session. An invisible virus has affected us all. The donations via money or food are being made everywhere, also it is required time donation. The best way to grow yourself in this situation of pandemic is to focus on oneself and use this time to focus on self-improvement. This is the right time to set and achieve financial, personal, and spiritual goals. He quoted to us Robin Sharma's quote from 20 minutes.

He also quoted Swami Vivekananda “If you control your mind, you can control the whole world”.

This is the mantra we should work upon.

There were so many snippets he gave to us which were priceless like



"Died in 20s and buried in 80s".

"Stop procrastination. Start acting."

To know what is the purpose one's existence

What I love to do?

What I am expert at?

What can I get paid for?

What the world needs

Characteristics of Successful People

We all have 24 hours in a day what we do in those is what decides who we become.

Wake up before 5:00 AM

Exercise daily. It is the best life insurance one can get.


Set the goals and visualise the goals

Read Books

He urged all to watch Earl Nightingale's - Strangest Secrets of life. The things we value the things we pay money for, but best things in life are free.

Refered us to read books like: Monk who sold his Ferrari, Mega Living, Who will Cry When you Die, Alchemist, Power of Subconscious Mind, The Magic of Thinking Big, & Ikigai

The session was concluded by Mr Sandip Sane with vote of thanks and it was a successful webinar.


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WEBINAR LINK <https://zoom.us/j/95000515746?pwd=U014Y0pJNIBBVIArc1kyRmszQWliUT09>



ROTARACT CLUB OF ASM GROUP

We are Cordially inviting you to join the webinar

Co-Win

On 11th of May , 2021 at 11.30am.

OUR SPEAKERS



DR. SANDEEP PACHPANDE (CHAIRMAN, ASM GROUP OF INSTITUTES)



NEHA SHARMA (COVID SURVIVOR)



DR. RK SURI (CLINICAL PSYCHOLOGIST)



CHERIESHA BHANDARI (ROBINHOOD ARMY, PUNE)



PRASAD JOSHI (MOTIVATIONAL SPEAKER)

