

JAYAWANT SHIKSHAN PRASARAK MANDAL's



Kautilya Institute of Management & Research

(Approved by AICTE, New Delhi, Govt. of Maharashtra & Affiliated to Savitribai Phule Pune University)

NAAC Accredited with "A" Grade

Gat. No. 720(1&2), Wagholi, Pune-Nagar Road, Pune-412 207.

PH: 020-67335104, 67335100 Telefax: 020-67335100

E-mail: director@jspmkimr.edu.in Website: www.jspmkimr.edu.in

Dr.T.J.Sawant
Founder Secretary

Dr.H.D.Patil
Director



3.4.1 Extension Activities - Reports

International Yoga Day a short workshop for both Staff and students to promote emotional and physical health with social distancing norms (Covid Appropriate Behaviour)

Date & Day – 19th June 2021, Friday

June 21 is the longest day of the year in the Northern Hemisphere and has special significance in many parts of the world. Prime Minister Narendra Modi had proposed this date at the United Nations General Assembly 2014. On this day, which is dedicated to inner and outer well-being of human body, people across the world practice yoga in groups. The International Day of Yoga aims to raise awareness worldwide of the many benefits of practicing yoga, a physical, mental and spiritual practice. The word yoga originates from Yuja, a Sanskrit word which means, "to join or to unite", symbolizing the union of body and consciousness. The first International Day of Yoga was observed all over the world on June 21, 2015. The event at Rajpath established two Guinness world records - one for the largest yoga class, featuring almost 30,000 people, and second for the largest number of participating nationalities (84 Nations). So, the institute also arranged the yoga day celebration along with other institutes in the campus. Trainer Mr. Date engaged the session with ashtang vinyasa yoga, bikram yoga, yin yoga.



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Tree Plantation

Every human being needs the oxygen for their life and Trees are the foremost source of oxygen as well trees help to reduce the level of CO₂. As we all know that the whole world is facing the problem of global warming and to recover from such problem planting the trees has become one of the most important today's aspects. The institute organized "Tree Plantation Drive: Plant & Saplings" program. The objective was the "It's my planet – my Earth – my responsibility" on Friday, 9th October, 2020 in the institute premises. Under the guidance of Dr.H.D.Patil, the faculty members and students planted few saplings in the institute premises.



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AIDS Awareness Program

World Aids Day observed annually on December 1st, is dedicated to raising awareness to the Aids pandemic caused by the spread of HIV infection. The program was conducted in the seminar hall by involving students from the campus.

Name of the program – AIDS Awareness Program

Date & Day – 1st Dec.2020, Tuesday

Time – 10am

Venue – Seminar Hall,

Resource Person- Dr. Kusum Tamhane

Objectives

- Prevention of HIV transmission
- Safe Blood Transfusion
- Reduction of Sexually Transmitted Diseases transmission

Purpose

- Acquisition of necessary knowledge about HIV, AIDS and STDs.
- Develop life skills that would lead to AIDS free life.
- Making decisions about personal & social behavior.

Outcome – The program helped in creating the awareness about the AIDS, its causes and prevention.

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Quit Tobacco Movement

Name of the program – Quit tobacco movement

Date & Day – 5th February 2021, Thursday

Time – 10 AM

Venue – Wagholi Area

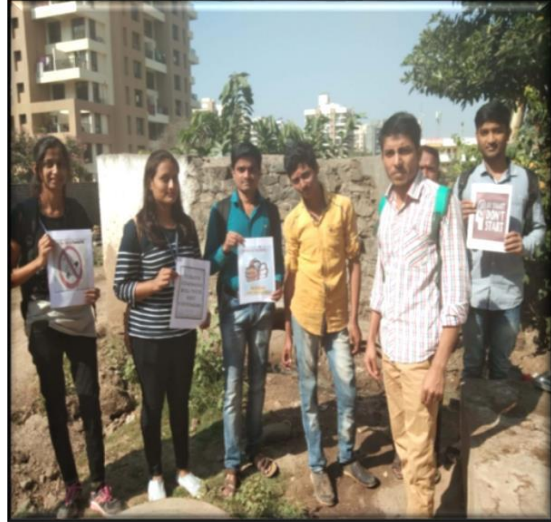
Event Coordinators-Dr. Kulkarni & Prof. O.B. Shivpuje

Objectives-

- To prevent the use of tobacco among young people and adults during COVID pandemic which increases the risk of lung damage additionally.
- To reduce the prevalence of smoking among male adults aged 20 years and above
- To protect from exposure to environmental tobacco smoke (ETS).
- To increase public awareness on the consequences of tobacco use.
- To increase anti-tobacco policies and programmes in schools.
- To reduce access to tobacco products to minors.
- To reduce access to tobacco products through illicit trade.
- To increase the price of tobacco products.

Purpose –

- Tobacco use can lead to tobacco/nicotine dependence and serious health problems.
- Quitting smoking greatly reduces the risk of developing smoking-related diseases.
- Tobacco/nicotine dependence is a condition that often requires repeated treatments




DIRECTOR
JSPM's Kautilya Institute of
Management & Research
Wagholi, Pune - 412 207

