



Pune District Education Association's

College of Ayurved & Research Centre

(I.D.No. P.U./P.N./AYU./081/1990)

Sector No. 25, Pradhikaran, Nigdi, Pune-411 044 (Maharashtra State), India.

Phone - 020 - 27653965 / 27659578, Fax :- 020 - 27659578, Website - www.pdeaayurvedcollege.edu.in

E-mail - carc2006@rediffmail.com / carcakurdi@gmail.com Outlook- acrc_akurdi@pdeapune.org



CARC/ NAAC /8.1.8 QNM

ADVANCE YOGIC PRACTICES

Sr. No.	DATE	TIME	Name of Program	Arranged By	No. of Participants	Total no. of activities
	YEAR August 2022- July 2023					02
1.	24 & 25/04/2023	9am-11am	Netikriya Demonstration	Swasthavritta dept	40	
2.	17 & 18/07/2023	9am-11am	Tratak Demonstration	Swasthavritta dept	28	
	YEAR August 2021- July 2022					01
3.	21&22/03/2022	9am-11am	Netikriya Demonstration	Swasthavritta dept	41	
	YEAR August 2020- July 2021					02
4.	19/10/2020	10.15am-11.15am	Netikriya Demonstration	Swasthavritta dept	79	
5.	04/06/2021	10am-11am	Netikriya Demonstration	Swasthavritta dept	36	





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Date: - 06/05/2023

Metric No.: 8.1.8

Netikriya Demonstration

- **Name of the Event:** Netikriya Demonstration
- **Date:** 24/04/2023 & 25/04/2023
- **Organising Department:** Department of Swasthavritta
- **Location of the event:** PDEAS College of Ayurved & research centre, Nigdi Pune
- **Timing:** 9.00 am to 11.00 am
- **Number of participants attending the event:** UG Students:40
Teachers: Mrs.Archana Patil &
Dr Deepali Manore
- **Mode of event-** Offline
- **Google Link for Photos:** <https://photos.app.goo.gl/yyRx3Xwto61iLQur9>

Summary of the event:

Dr.Manore explained Netikriya in detail with introduction about shuddhikriyas in yoga and demonstration was given by Yoga teacher Mrs Archana Patil. She demonstrated Jalaneti Kriya and sutraneti Kriya. She explained precautions taken while performing Neti Kriya & how to perform Kriya and how to manage breathing before, during and after Kriya.

Students also tried, learned and did successfully Netikriya.


HOD

Department of Swasthavritta

H. O. D.
Dept. of Swastha Vrutta
College of Ayurved & Research Centre
Nigdi


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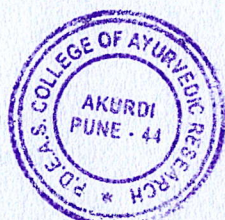
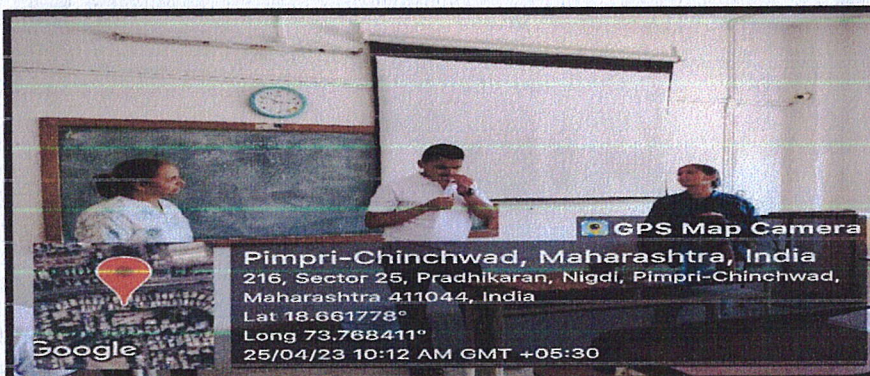
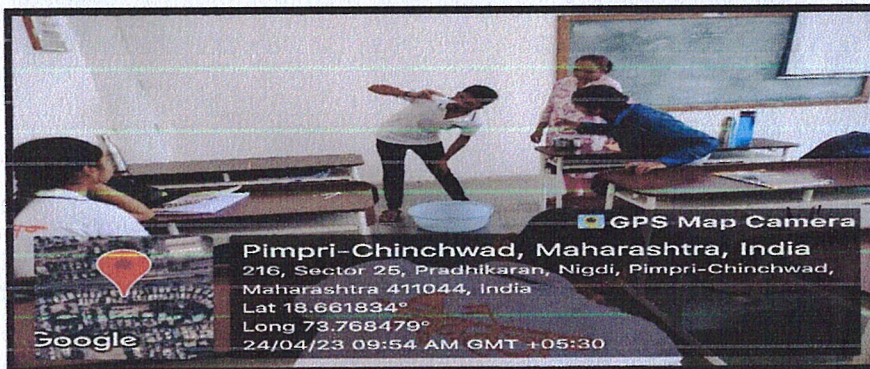
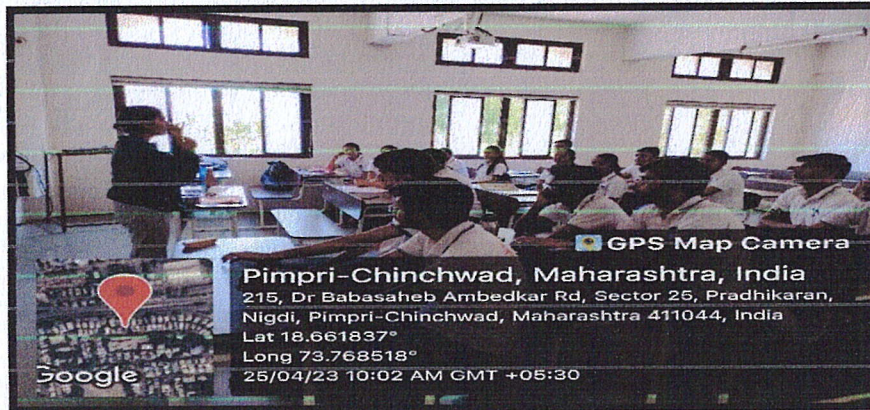
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Date: - 06/05/2023

Metric No.: 8.1.8

Photos of Netikriya Demonstration



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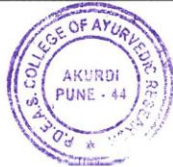
Department: - Swasthavritta

Name of Event: - Advance Yogic Practices Jala Neti & Sutra Neti

Date: - 24/04/2023

Attendance sheet

Sr.No.	Name	Sign
1.	<u>Sanket Milind Firke</u>	<u>[Signature]</u>
2.	<u>Aishwarya Mahendra Gaikwad</u>	<u>Ai</u>
3.	<u>Dumbee Shabdasheji Dattatray</u>	<u>[Signature]</u>
4.	<u>Viraj Lalising Girase</u>	<u>[Signature]</u>
5.	<u>Hitesh chunilal chadhary</u>	<u>[Signature]</u>
6.	<u>Anand Darling Bhusnar</u>	<u>[Signature]</u>
7.	<u>Apurva Hemantkumar Chauva</u>	<u>[Signature]</u>
8.	<u>Sanjivani Tukaram Ippar</u>	<u>[Signature]</u>
9.	<u>Jadhav Sakshi Anandrao</u>	<u>[Signature]</u>
10.	<u>Tejas Shivaji Bhure</u>	<u>[Signature]</u>
11.	<u>YOGESH NITIN INGLE</u>	<u>Y.N-Ingle</u>
12.	<u>Madhusudan Ramling</u>	<u>[Signature]</u>
13.	<u>Ankita Bhandarwar</u>	<u>Ankita</u>
14.	<u>Vaishnavi Rajesh Bhatrambe</u>	<u>[Signature]</u>
15.	<u>Arati Sanjay Chaudhari</u>	<u>[Signature]</u>
16.	<u>Vaishnavi Gopinath Fartade</u>	<u>[Signature]</u>
17.	<u>Deepthi Ravindra Jagtap</u>	<u>[Signature]</u>
18.	<u>Gauri Jagannath Khandekar</u>	<u>[Signature]</u>
19.	<u>Tejas Ramhari Dausale</u>	<u>[Signature]</u>
20.	<u>Shubmil Shamrao Ghate</u>	<u>S.S.Ghate</u>



[Signature]
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Department: - Swas tharvitta

Name of Event: - Advance Yogic Practices Talaveti & Sutra Neti

Date: - 25/04/2023

Attendance sheet

Sr.No.	Name	Sign
1.	Mayuri S. Umbardand	<u>[Signature]</u>
2.	Sevanti S. Pawar	<u>[Signature]</u>
3.	Madhura G. Tulshe	<u>[Signature]</u>
4.	Rajnandini Rajkumar Mali	<u>[Signature]</u>
5.	Sandeep Santosh Khandve	<u>[Signature]</u>
6.	Rahul Arun Raut	<u>[Signature]</u>
7.	Madhusudan R. Swami	<u>[Signature]</u>
8.	Poonam Dnyaneshwar Thigale	<u>[Signature]</u>
9.	Shingade Prajakta Arvind	<u>[Signature]</u>
10.	Sonali Santosh Muzumkar	<u>[Signature]</u>
11.	Sohani Shashwati Gangadhar	<u>[Signature]</u>
12.	Rajwal Rajendra Patil	<u>[Signature]</u>
13.	Ganesh Harmantrao Morge	<u>[Signature]</u>
14.	Nikhil Dhanyajay Satpute	<u>[Signature]</u>
15.	Tushar Rajendra Kakate	<u>[Signature]</u>
16.	Shantanu Lakhchand Patil	<u>[Signature]</u>
17.	Himanshu Rajesh Kolhe	<u>[Signature]</u>
18.	Pawan N. Nalla	<u>[Signature]</u>
19.	Yogesh Kishor Kulkarni	<u>[Signature]</u>
20.	Apurva Thube	<u>[Signature]</u>



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Date- 19/07/2023

Metric no-8.1.8.

Advance Yogic Technique-Shuddhikriya - Tratak

Event Name- Yogic Shuddhikriya - Tratak

Organizing Department- Swasthavritta Department

Date - 17 /07/ 2023& 18/07/2023

Time - 9:00 am to 11:00 am

Location of the event- College of Ayurved & Research Center, Nigdi, Pune

Number of student attending the event- 28

Yoga teacher Mrs Archana Patil

Link of event photos- <https://photos.app.goo.gl/M2fQzex5JRdPeAS76>

Summary of the event- Swasthavritta department conducted a Advance Yogic Technique-Shuddhikriya Tratak for students. Yoga teacher Mrs Archana Patil conducted this activity. Total 28 students participated in the event and performed Shuddhikriya Tratak.

पु.जि.शि.मं.चे	
आयुर्वेद महाविद्यालय व संशोधन केंद्र	
निगडी, पुणे-४११०४४.	
आवक क्र	1660/1-223-24
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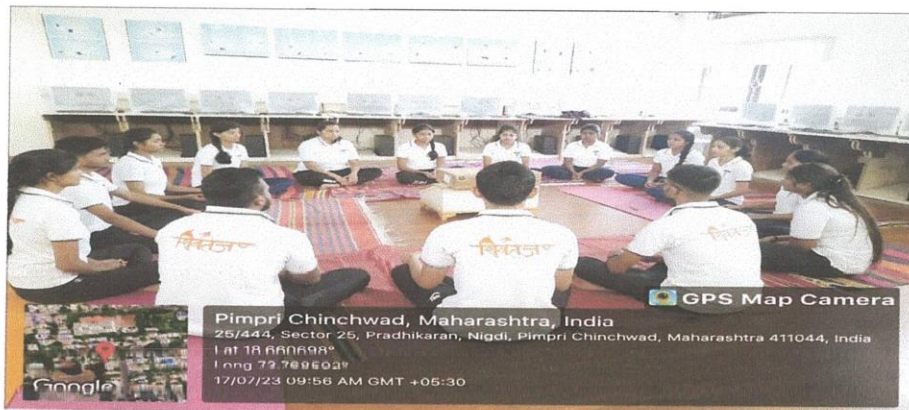


Date- 19/07/2023

Metric no-8.1.8.

Shuddhikriya Tratak

Date – 17/07/2023 & 18/07/2023



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Department: - Swasthavritta

Name of Event: - Advance Yogic Practices - Tratak

Date: - 18/7/2023

Attendance sheet

Sr.No.	Name	Sign
1.	Madhura Govind Tulshe	<i>M. Tulshe</i>
2.	Rituja Dasharath More	<i>R. More</i>
3.	Rajnandini Rajkumar Mali	<i>R. Mali</i>
4.	Shingade Pranjyoti Arvind	<i>P. Shingade</i>
5.	Sonali Santosh Murumkar	<i>S. Murumkar</i>
6.	Sharmaji Gangadhar Sohoni	<i>S. Sohoni</i>
7.	Sandeep Santosh Khandve	<i>S. Khandve</i>
8.	Aparna Sambhaji Thube	<i>A. Thube</i>
9.	Swasti Santosh Pawar	<i>S. Pawar</i>
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Department: - Swasthavritta

Name of Event: - *Yogic Practices - Treatise*

Date: - *17/7/2023*

Attendance sheet

Sr.No.	Name	Sign
1.	Pooja Panchakshari Gonda	<i>Ppoda</i>
2.	Apurva Hemantkumar Chauhan	<i>Ahu</i>
3.	Sanjivani Tukaram Ippar	<i>Sanjivani</i>
4.	Shabdashi Dattatray Dumbhe	<i>SD</i>
5.	Aishwarya Mahendra Gaikwad	<i>A-i</i>
6.	Sayali Sunil Arude	<i>SARUS</i>
7.	Vaishnavi Gopinath Fartade	<i>Vaishnavi</i>
8.	Vaishnavi Rajesh Bhosambe	<i>Vaishnavi</i>
9.	Sakshi Anandrao Jadhav	<i>Sakshi</i>
10.	Tejas Shivaji Bhure	<i>Tejas</i>
11.	YOGESH NITTIN INGLE	<i>Yogesh</i>
12.	Vinay Lalasing Girase	<i>Vinay</i>
13.	Hitesh Chudal Chaudhary	<i>Hitesh</i>
14.	Pragati Sanjay Bagade	<i>Pragati</i>
15.	Arati Sanjay Chaudhari	<i>Arati</i>
16.	Mirakshi Suresh Nayyar	<i>Mirakshi</i>
17.	Mohini Kulkarni	<i>Mohini</i>
18.	Rujuta Korday	<i>Rujuta</i>
19.	Vaishnavi Shenale	<i>Vaishnavi</i>
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Date 25/04/2022

Post event summary report

- Name of the Event: - Netikriya Demonstration
- Date: 21 & 22 March 2022
- Organising Department: Department of Swasthavritta
- Location of the event: Yoga Hall
- Timing: 9 am-11 am
- Demonstrator - Yoga teacher Archana Patil
- Number of participants: 21 March 2022-UG Students- 14
22 March 2022-UG Students- 19
PG students- 08
- Link of Photos: <https://photos.app.goo.gl/x8ryodVeUiaGBCLo7>

Summary of the event

Netikriya Explanation and Demonstration started at 9 am with introduction about shuddhikriyas in yoga and introduction about Netikriya. Yoga teacher Mrs Archana Patil did Jalaneti Kriya and sutraneti Kriya. She explained how to prepare yourself for Netikriya, how to perform Kriya and how to manage breathing before, during and after Kriya. Students also tried, learned and did successfully the whole technique.

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आयुर्वेद महाविद्यालय व सशोधन केंद्र
निगडी, पुणे-४११०४४.
आवक क्र 327/2022-23
दिनांक - 28/4/2022
लेखनिक *Patil*
प्रचार्य

Patil
H. O. D.
Dept. of Swastha Vrutta
College of Ayurved & Research Centre
Nigdi

Name of the Department – Swasthavritta

NAAC Metric No. 8.1.8



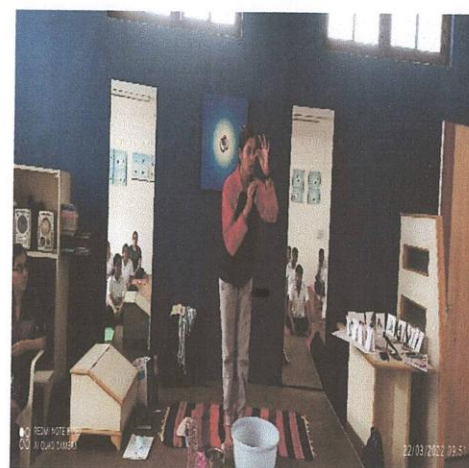
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Topic- Netikriya Demonstration

Date- 21 & 22 March 2022

Time- 9 am - 11 am




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Name of the Department – Swasthavritta

NAAC Metric No. 8.1.8

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Department of Swasthavritta

Attendance

Date: 21/3/2022 Time: 9am-11am

Event: Netikriya Demonstration

Roll No.	Name of Student	Signature
1.	Adale Rupali	Rupali
2.	Aditi Annigiri	Aditi
3.	Pratiksha Chavhan	Chavhan
4.	Falguni Daspute	Falguni
5.	Indapure Shrivika	Indapure
6.	Hansha Devang	Hansha
7.	Sakshi Jagtap	Sakshi
8.	Sakshi Katala	Sakshi
9.	Dandavate Anushika	Anushika
10.	Poopti Dhanale	Poopti
11.	Mansi Chaudhary	Mansi
12.	Priyanka Jadhav	Priyanka
13.	Shruti Gupta	Shruti
14.	Abhay Kaste	Abhay
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Department of Swasthavritta

Attendance

Date: 23/10/22 Time: 9am-11am

Event: Netikriya Demonstration

Roll No.	Name of Student	Signature
1.	Supriya Lakal	Supriya
2.	Vaishnavi Mekale	Mekale
3.	Deeksha Sankpal	Deeksha
4.	Ranjal Kumbhar	Ranjal Kumbhar
5.	M D Taufik	MD Taufik
6.	Arya Deshpande	A. Arya
7.	Piyush Yadav	Piyush
8.	Vishakha Wawalkar	Vishakha
9.		
10.	Megha Yadav	Megha
11.	Shivpriya Nambiyar	Shivpriya
12.	Vaishnavi Wayse	V. Wayse
13.	Nishtha Wagh.	Nishtha Wagh
14.	Omkar Patil	Omkar
15.	Ravindra Sapkal	Ravindra
16.	Nikita Pethe	Nikita
17.	Saonruddhi Patil	Saonruddhi
18.	Mr. Pawar Sushiti	Sushiti
19.	Rahul Khomne	Rahul Khomne
20.	Tadvi Alisha	Tadvi
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Department of Swasthavritta

Attendance

Date: 22/3/2022 Time: 9 am to 11 am

Event: Neti kriya Demonstration

Roll No.	Name of Student	Signature
1.	Shubhanur Kulkarni	S.K.
2.	Kirti Jadhav	KHS
3.	Apurva Mundargi	Am
4.	Umesh Malluwar	Umesh
5.	Ganesh Kade	RHS
6.	Mohini Kulkarni	Mohini
7.	Vaishnavi Shenale	Vaishnavi
8.	Rujuta Korday	RK
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**PDEA'S COLLEGE OF AYURVED AND RESEARCH CENTRE, NIGDI, PUNE.
DEPARTMENT OF SWASTHAVRITTA**

**ONLINE ADVANCE YOGIC TECHNIQUES NETI AND TRATAK BY DEPARTMENT
OF SWASTHAVRITTA**

REPORT

Demonstrator - Yoga teacher Archana Patil

Explanation – Dr. Deepali Manore

Topic- Netikriya Demonstration

Date- 04/06/2021

Time-10:00 am -11:00am

Audience-

UG Students- 31 PG students- 05

Platform for Demonstration - lecture was conducted on online zoom app.

Link for joining lecture –

Topic: Advance Yogic kriya Neti & Tratak

Time: Jun 4, 2021 10:00 AM India

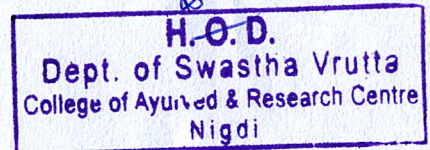
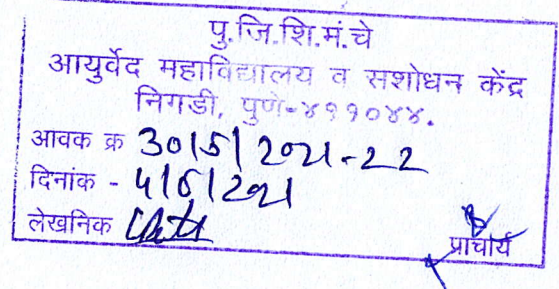
Join Zoom Meeting

<https://us02web.zoom.us/j/85024801000?pwd=VFJoTXBtUTVuUDZPZCs5NGRrT2xYQT09>

Meeting ID: 850 2480 1000

Passcode: 020841

Dr.Manore gave information regarding shuddhikriyas in yoga.She also explained importance of Shuddhikriya. She described Netikriya in detail and Yoga teacher Mrs Archana Patil gave demonstration of Jalaneti Kriya and sutraneti Kriya live in front of camera. She explained how to prepare yourself for Netikriya, how to perform Kriya and how to manage breathing before, during and after Kriya. Questions were asked by participants. All Video recording was done by Dr.Deepali Manore.

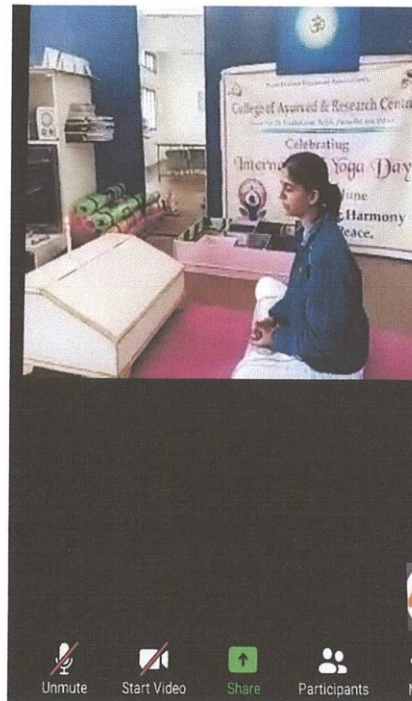
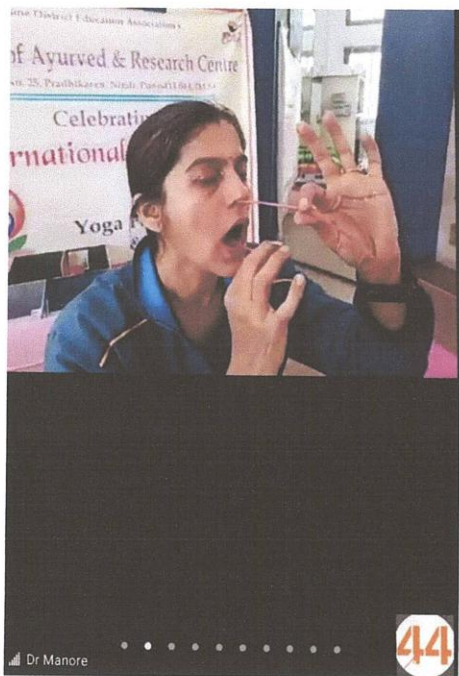


**PDEA'S COLLEGE OF AYURVED AND RESEARCH CENTRE, NIGDI, PUNE.
DEPARTMENT OF SWASTHAVRITTA**

Topic- Netikriya Demonstration

Date- 04/06/2021

Time-10:00am -11:00am



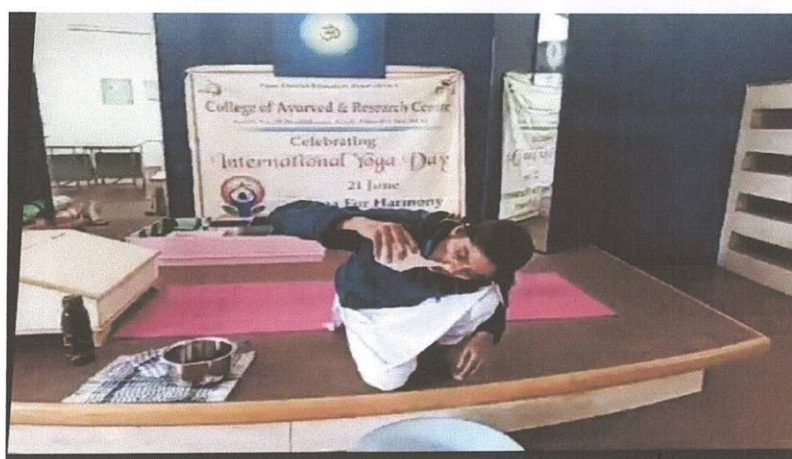
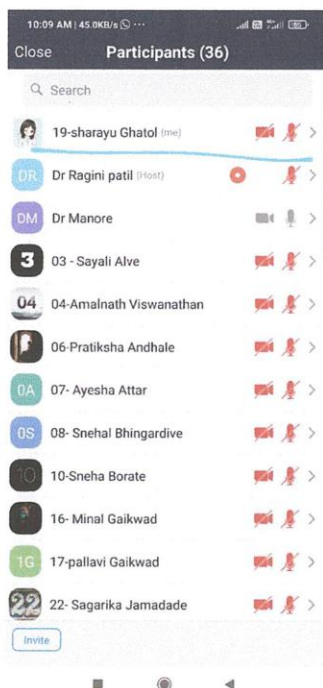
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Principal
P.D.E.A.'S
College of Ayurved And Research Centre
Nigdi, Pune - 411 044.

PDEA'S COLLEGE OF AYURVED AND RESEARCH CENTRE, NIGDI, PUNE.
DEPARTMENT OF SWASTHAVRITTA

Topic- Netikriya Demonstration

Date- 04/06/2021

Time-10:00am -11:00am



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**PDEA'S COLLEGE OF AYURVED AND RESEARCH CENTRE, NIGDI, PUNE.
DEPARTMENT OF SWASTHAVRITTA**

**ONLINE NETIKRIYA DEMONSTRATION (ADVANCE YOGIC TECHNIQUES) BY
DEPARTMENT OF SWASTHAVRITTA**

REPORT

Demonstrator - Yoga teacher Archana Patil

Explanation - Dr. Deepali Manore

Topic- Netikriya Demonstration

Date- 19 October 2020

Time-10:15 am -11:15am

Audience-

UG Students- 59 PG students- 07 teaching staff-13

Advertisement -16 October 2020 on whats app groups, mail and Notice for Teaching and nonteaching staff.

Platform for Demonstration - lecture was conducted on online zoom app.

Link for joining lecture -

Join Zoom Meeting

<https://us02web.zoom.us/j/83888804511?pwd=b0M2YU5tUVNUazExd25ZWkNxb3hpZz09>

Meeting ID: 838 8880 4511

Passcode: 278865

पु. जि. शि. मं. चे
आयुर्वेद महाविद्यालय
संशोधन केंद्र निगडी, पुणे-४११००४.

आवक क्र.
1684/20-21

दिनांक 19 OCT 2020

टबल क्र.

S/V

लेखनिक

प्राचार्य

Netikriya Explanation and Demonstration started at 10:20 am with introduction about shuddhikriyas in yoga and introduction about Netikriya by Dr Manore, Host Dr. Firke handled all technical aspects. Yoga teacher Mrs Archana Patil did Jalaneti Kriya and sutraneti Kriya live in front of camera. She explained how to prepare yourself for Netikriya, how to perform Kriya and how to manage breathing before, during and after Kriya. Hospital staff nurse and pg students were present to see and to learn the technique. They also tried, learned and did successfully the whole technique. Audience were from Teaching Staff, PG, UG Students, and Hospital staff. Questions were asked by participants. All Video recording was done by Dr. Manjusha Potdar.

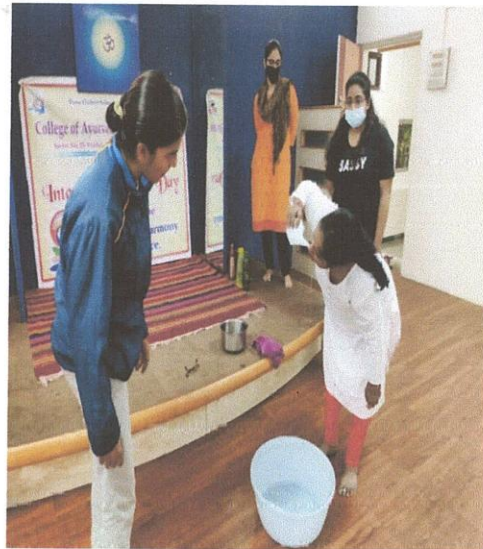
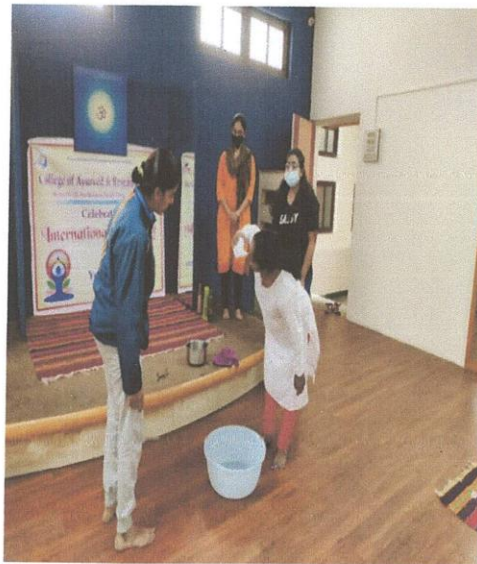
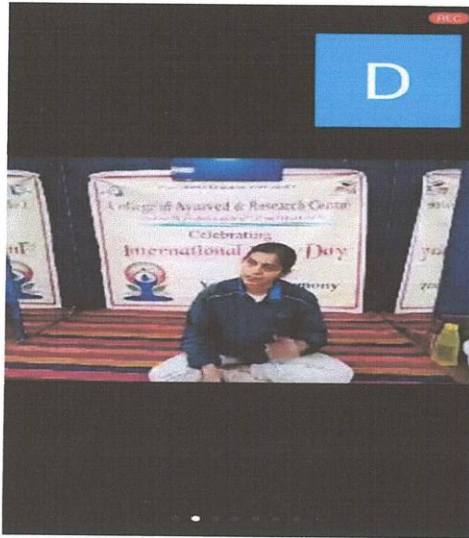
Outtake
19.10.2020
Dr. S.
19.10.2020



J.S.M.
Dr. Manjusha Potdar
19.10.2020

For NATEC ✓

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DEPARTMENT OF SWASTHAVRITTA**



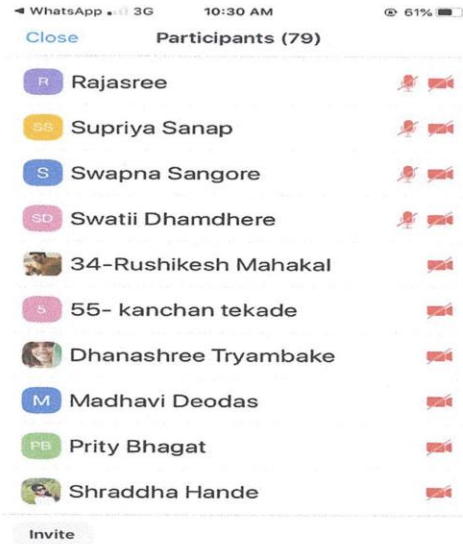
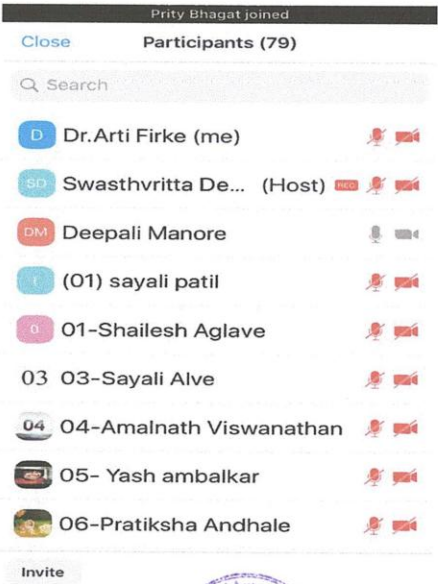
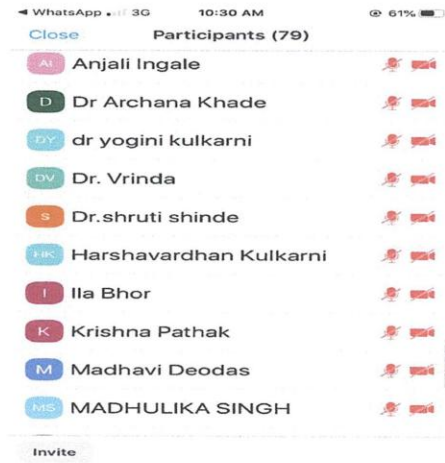
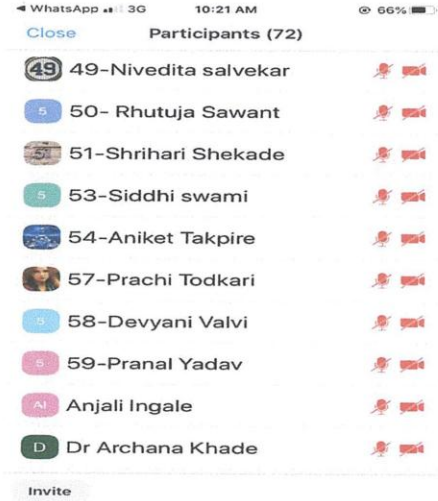

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