

Ahmednagar Jilha Maratha Vidya Prasarak Samaj's
INSTITUTE OF
HOTEL MANAGEMENT AND CATERING TECHNOLOGY AHMEDNAGAR
Lal Taki Road, Ahmednagar – 414001. Ph. / Fax (0241) 2326778
Approved by AICTE, Govt. of Maharashtra, DTE & Affiliated to Uni. of Pune

Name of Activity:	Yoga day Workshop
Date:	21 st June 2019.
Venue:	Dining Hall, IHMCT, Ahmednagar
Faculty In-charge	Prof. Nirmal S. Sancheti, Prof. Wahid Maniyar
No. of Participant	19 students
Objectives of Event	<ul style="list-style-type: none"> • To enable the student to have good health. • To practice mental hygiene. • To possess emotional stability. • To attain higher level of consciousness.
Outcome	Student understood the importance of yoga and different types of yoga asana. To get relief from stress and for good health yoga should be practiced daily basis. Many students found that it was difficult to practice yoga during session. Students doubts were answered by yoga guru



Students and faculty members practicing yoga on International yoga day



[Signature]
I/c. Principal
Institute of
Hotel Management & Catering Technology
Lal Taki Road, AHMEDNAGAR-414 001

[Signature]
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Ahmednagar Jilha Maratha Vidya Prasarak Samaj's

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◀ AICTE No. F 421 / MS - 16 / APR (HM) / ET / 96 ▶ ID. No. PU/MGT/AH-12/97

Ref. No.:

Date : / / 201

NOTICE

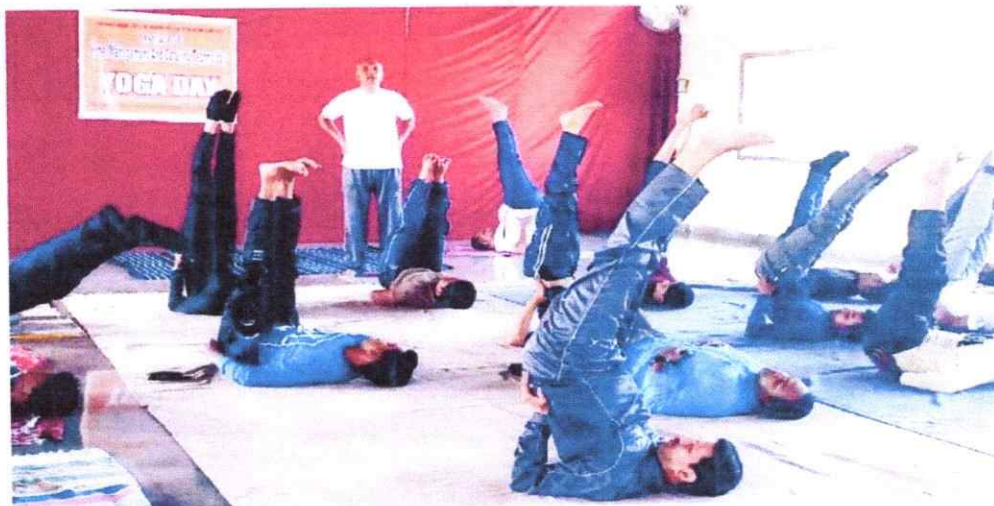
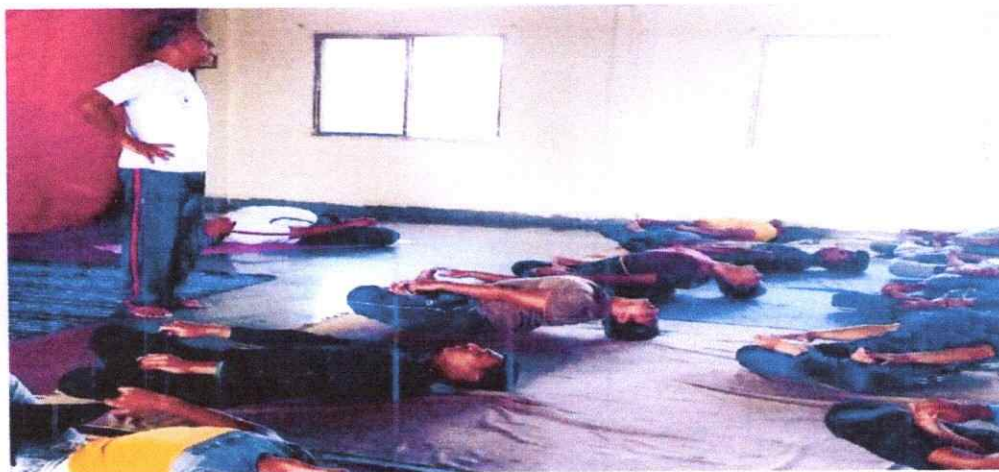
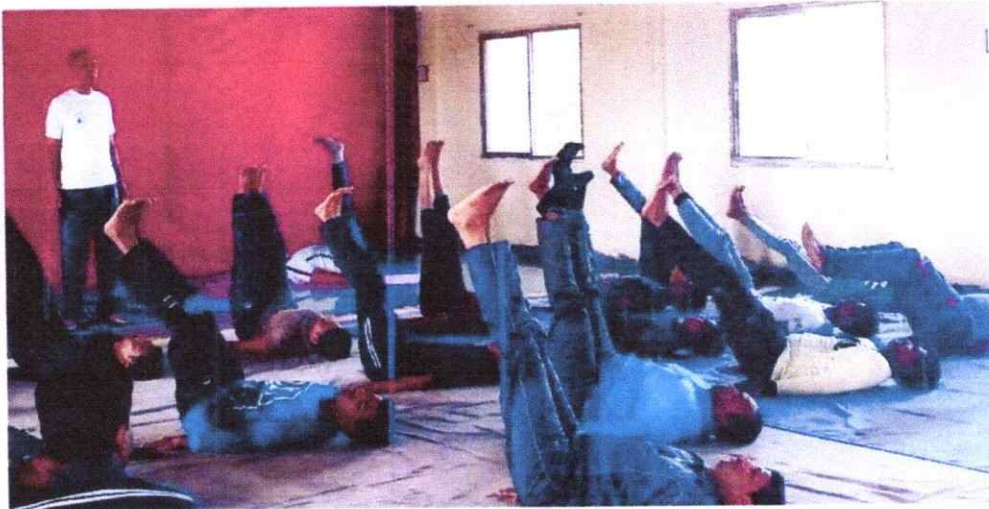
'Yoga' is a traditional Indian method of meditation and also useful to overcome stress for good health. The United Nations has declared 21st June as '**International Yoga Day**'. In order to be a part of this day, the institute is conducting a "**Workshop on Yoga**" on **Thursday 21/06/2019**. All the faculties and students should participate in this workshop which is being conducted by experienced and qualified yoga teachers. Participants should be in their casual wear and report to the institute before 8.0 am. Strict discipline and obedience of the Yoga Teacher's instructions is expected from all participants. **Prof. N. Sancheti** and **Prof. V. Maniyar** will be the coordinator.

Date: 21 /06 /2019

Co-ordinator




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[Signature]

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Student participating in various aasans...




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Name of Activity:	Sports Week
Date:	9 th -11 th January 2020
No of Participants:-	120
Venue:	AJMVPS IHMCT Ahmednagar
Purpose of Event	Physical fitness, health benefit and stress relief
Outcome	Students recognize their skills set, sports inculcates discipline and teaches us team work




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NOTICE

Sports help to develop sportsmanship spirit, competitiveness, good interpersonal relations as well as confidence in one another. To promote the development of these skills, 'Sports Week 2020' is being conducted in the institute between 09/01/2020 to 11/01/2020. The various games included as well as the schedule and the rules and regulations are displayed along with this notice. For further details contact the coordinator **Prof. A. P. Bajpai** and **Prof. S. P. Malwade**. Students shall enroll their entries on or before 07/01/2020.

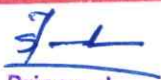
Date: 02/01/ 2020


02/01/20
Co-ordinator




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Name of Activity	Meditation Workshop
Year	04/02/2020
Venue	IHMCT Ahmednagar
Faculty In-Charge	Prof. A. P. Bajpai
No. of Participant	67
Purpose of Event	<ul style="list-style-type: none"> • To demonstrate stress reliving techniques • To maintain sound physical and mental health of students.
Outcome	<ul style="list-style-type: none"> • Students understood and practiced the stress reliving techniques. • It helps to calm the mind and helps students to relax.



Students practicing aasana's in Meditation Workshop at IHMCT,
Ahmednagar



[Signature]

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AHMEDNAGAR**

Laltaki road, Ahmednagar- 414001. Ph. / Fax(0241) 2326778

A
Report
On
Meditation Workshop



Date:04/02/2020

Submitted by:

Prof. Anubhav P. Bajpai

A.Y. 2019- 2020



II JAY SHREE MATAJI II

Date: 6th Feb. 2020

To,

Kind Attn: Ms. Hotel management, College

Subject – Request for permission letter to conduct Overall Personality Development Workshop & How achieve Balance in life through Sahaja Yoga Meditation Sessions (Absolutely Free of Cost) in the classes for students and staff in your School.

Respected Madam,

The National chapter of 'International Sahaja Yoga Research Centre' would be pleased to introduce the technique of Sahaja Yoga Meditation to all the schools which will help the staff & students to improve overall personality, attain balance in life and experience the self-enlightenment through Sahaja Yoga Meditation.

For this purpose we request your permission letter and guidance to go ahead and conduct workshops for the benefit of the students which are the future of our country and would be pillars of society.

Sahaja Yoga Meditation is based on Self-Realization through the awakening of our inner power referred to in all the scriptures. This can occur in every human being irrespective of religion, caste, gender, age or color. Through this process, an inner transformation takes place by which one becomes united with the true self & the all-pervading power of divine and Mother Nature.

This simple yet very effective technique has been revealed by **H.H. Mataji Shree Nirmala Devi Ji** and is being practiced in more than 210 countries by hundreds of thousands of people from all walks of life around the globe, thus benefiting from it.

This amazing, effortless and spontaneous meditation technique is absolutely free and carries NO CHARGE / FEE of any kind.

Hope that you will consider our request favorably, also let us know if required and meet you in person for the same.

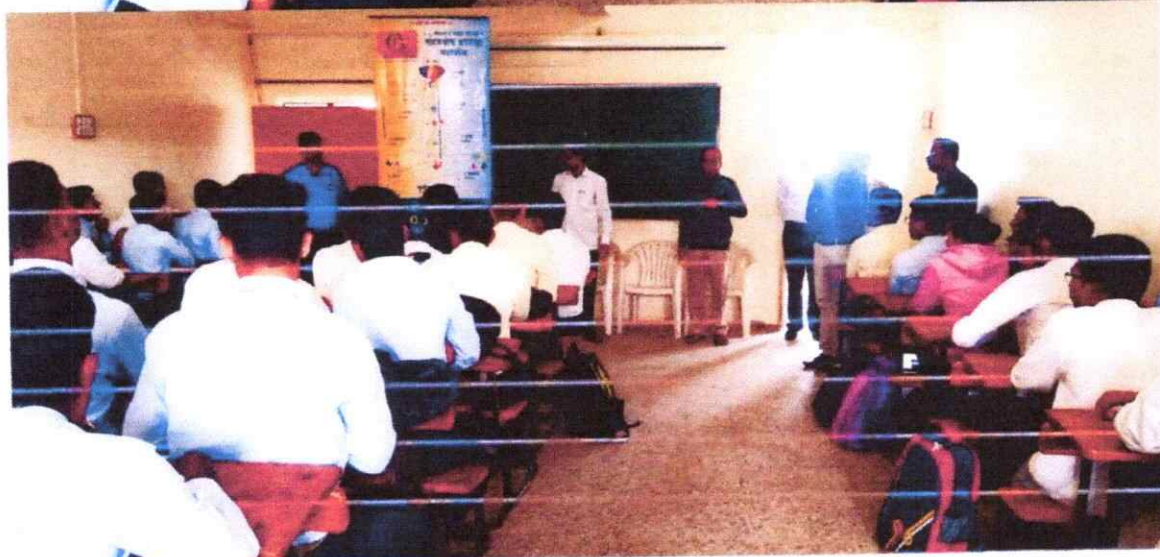
Thanking you,

Warm Regards,
Program Coordinator

Mr. Ashok Kotkar & Mr. J.D. Pawalkar







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Name of Activity:	Grooming Session
Date:	6 th March 2019
Venue:	Class room: 4 IHMCT, Ahmednagar
Faculty In-charge	Prof. Tejasvi S. Kolapkar
No. of Participant	50
Purpose of Event	Hotel industry has got many dimensions & is a great industry to be a part of. Many candidates are willing to join this glamorous industry. To be a part of industry, candidates should have some strong qualities. This helps him/her to grow in his career. In these qualities, communication skills plays important role, which helps everyone to be successful in any field.
Outcome	Students developed professional skill from attending and participating in such workshop and seminar Build the confidence to organize such grand events



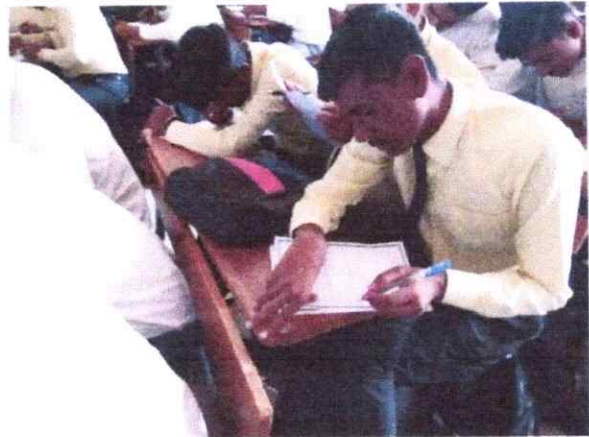
IHMCT and Gillette organized grooming session for students



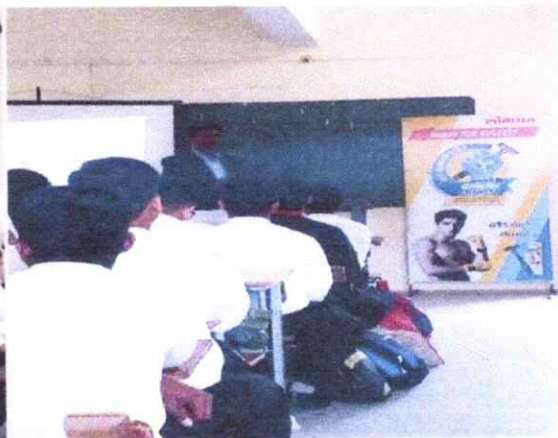

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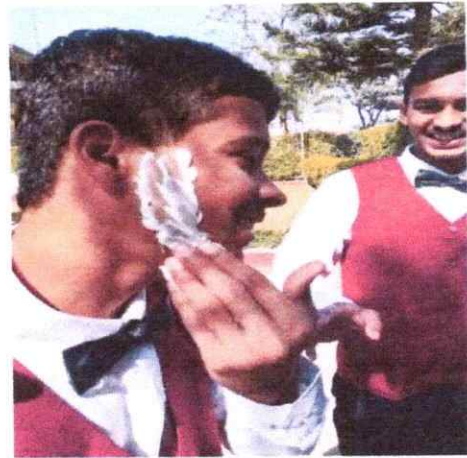
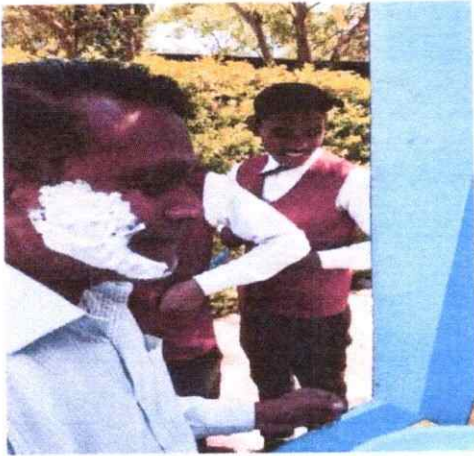
Filling of Registration form by students



Mr. Devashish Shendage was imparting lecture to the students on grooming



Demonstration session



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Name of Activity:	Yoga day Workshop
Date:	21 st June 2018
Venue:	Dining Hall, IHMCT, Ahmednagar.
Faculty In-charge	Prof. Nirmal S. Sancheti
No. of Participant	22
Objectives of Event	<ul style="list-style-type: none"> • To enable the student to have good health. • To practice mental hygiene. • To possess emotional stability. • To attain higher level of consciousness.
Outcome	Student understood the importance of yoga and different types of yoga asana. To get relief from stress and for good health yoga should be practiced daily basis.



Students and faculty members practicing yoga on International Yoga Day



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Ref. No.:

Date : / /20


NOTICE

'Yoga' is a traditional Indian method of meditation and also useful to overcome stress for good health. The United Nations has declared 21st June as 'International Yoga Day'. In order to be a part of this day, the institute is conducting a "Workshop on Yoga" on **Thursday 21/06/2018**. All the faculties and students should participate in this workshop which is being conducted by experienced and qualified yoga teachers. Participants should be in their casual wear and report to the institute before 8.0 am. Strict discipline and obedience of the Yoga Teacher's instructions is expected from all participants. **Prof. N. S. Sancheti** will be the coordinator.


Date: 20 /06 /2018


Co-ordinator



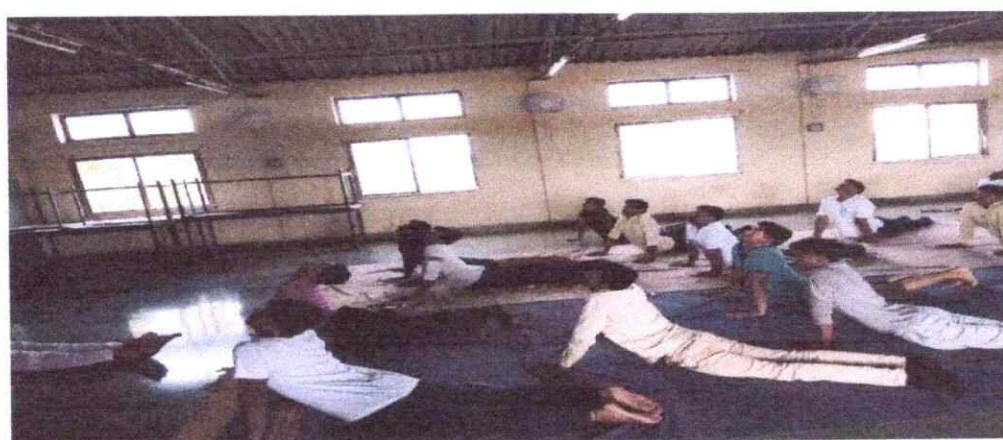
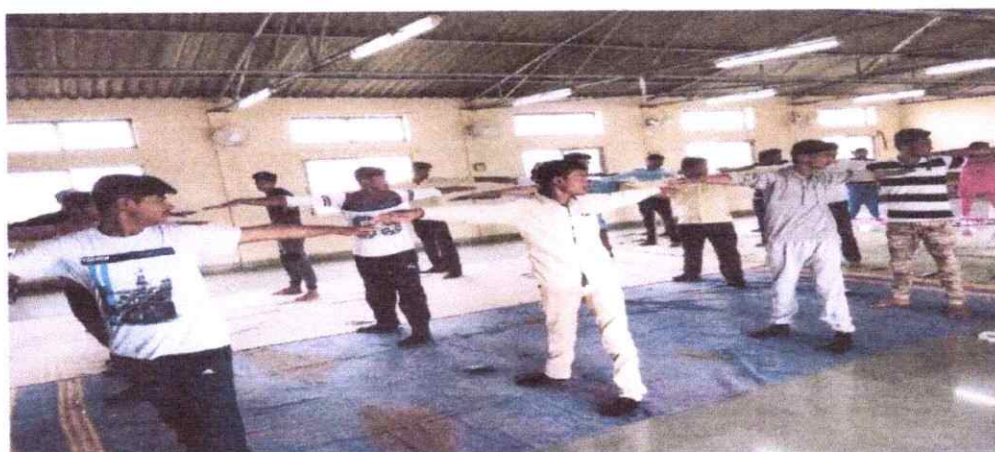

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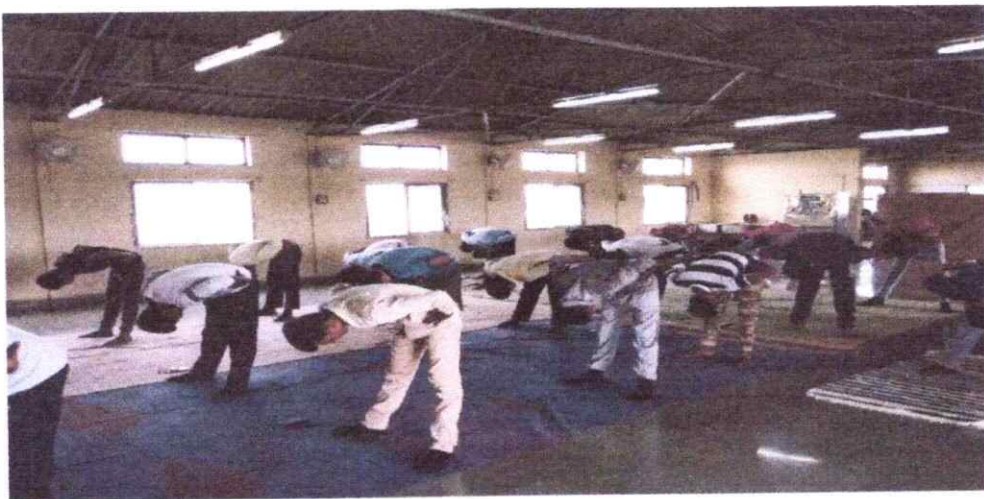
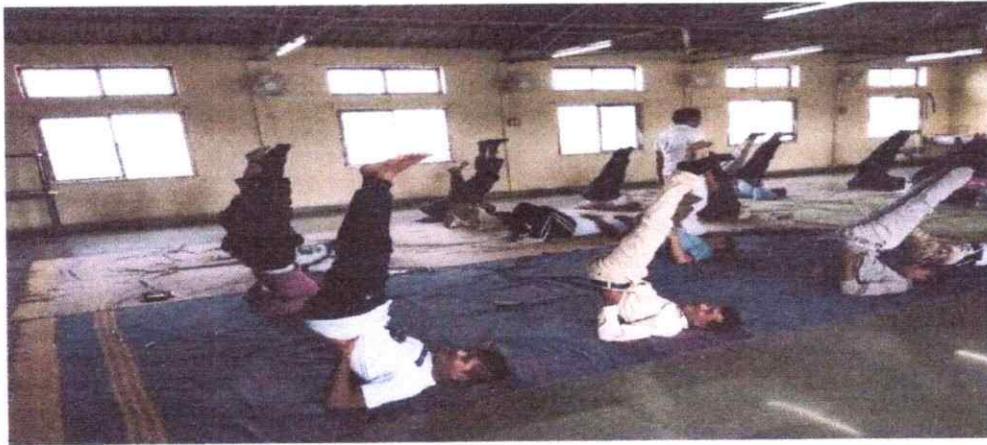
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Photos of event:-





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Name of Activity:	Sports Week
Date:	16 th -19 th January 2019
No of Participants:-	106
Venue:	AJMVPS IHMCT Ahmednagar
Purpose of Event	Physical fitness, health benefit and stress relief
Outcome	Students recognize their skills set, sports inculcates discipline and teaches us team work.




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NOTICE


Sports help to develop sportsmanship spirit, competitiveness, good interpersonal relations as well as confidence in one another. To promote the development of these skills, 'Sports Week 2019' is being conducted in the institute between 16/01/2019 to 19/01/2019. The various games included as well as the schedule and the rules and regulations are displayed along with this notice. For further details contact the coordinator Prof. P. R. Chavan. Students shall enroll their entries on or before 14/01/2019.

Date: 10/01/ 2019

Co-ordinator




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- Inauguration



Running Race Competition



Tug Of war



Winners of cricket team



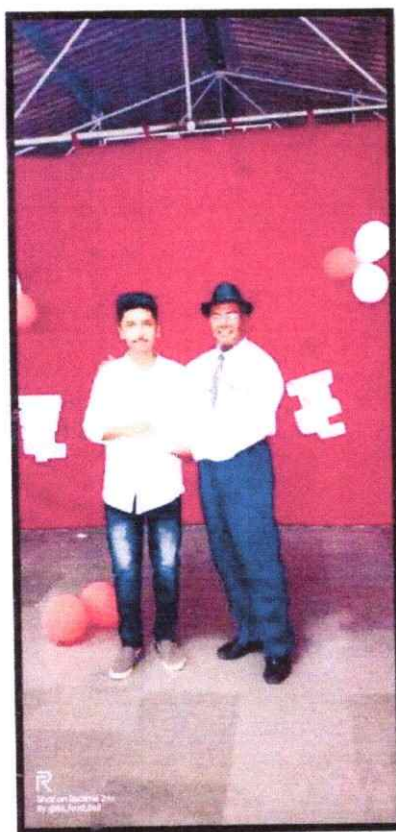
Runners up of cricket team



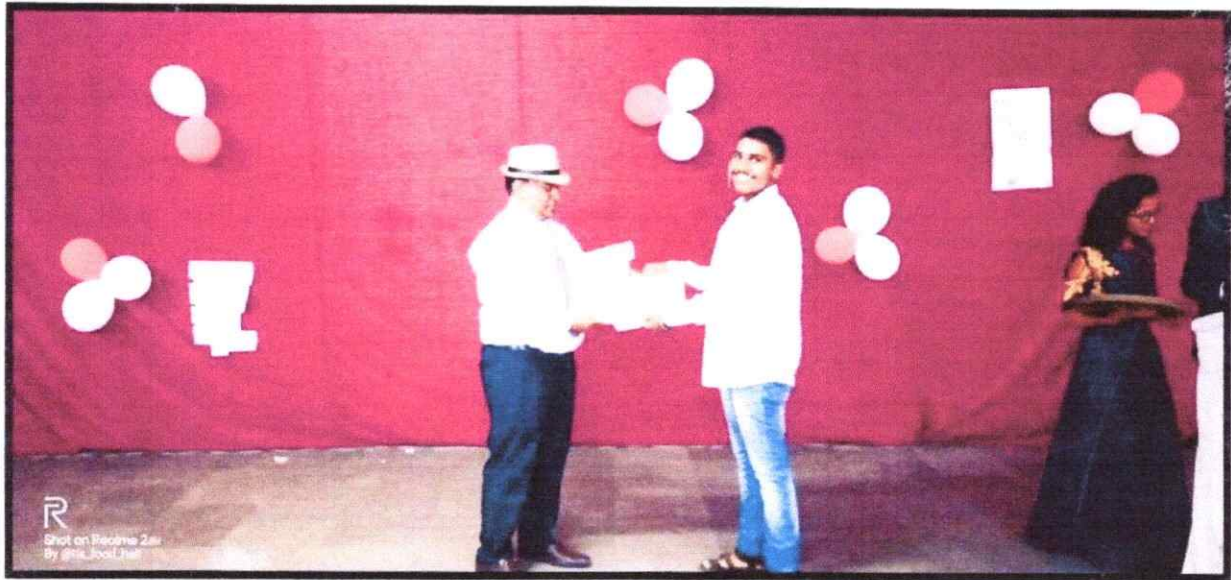
Winners of Tug of war



Winner of Carrom



Winner of Chess



Thank you

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Name of Activity:	Yoga day Workshop
Date:	21 st June 2017
Venue:	Dining Hall, IHMCT, Ahmednagar.
Faculty In-charge	Prof. Pravin V. Rathod
No. of Participant	25 (Students - 18, Faculty - 7)
Objectives of Event	<ul style="list-style-type: none"> • To enable the student to have good health. • To practice mental hygiene. • To possess emotional stability. • To attain higher level of consciousness.
Outcome	Student understood the importance of Yoga and different types of yoga asana. To get relief from stress and for good health yoga should be practiced daily basis.




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'Yoga' is a traditional Indian method of meditation and also useful to overcome stress for good health. The United Nations has declared 21st June as 'International Yoga Day'. In order to be a part of this day, the institute is conducting a "Workshop on Yoga" on Wednesday, 21/06/2017. All the faculties and students should participate in this workshop which is being conducted by experienced and qualified yoga teachers. Participants should be in their casual wear and report to the institute before 8.0 am. Strict discipline and abeyance of the Yoga Teacher's instructions is expected from all participants. Prof. P. V. Rathod will be the coordinator.

Date: 20 /06 /2017

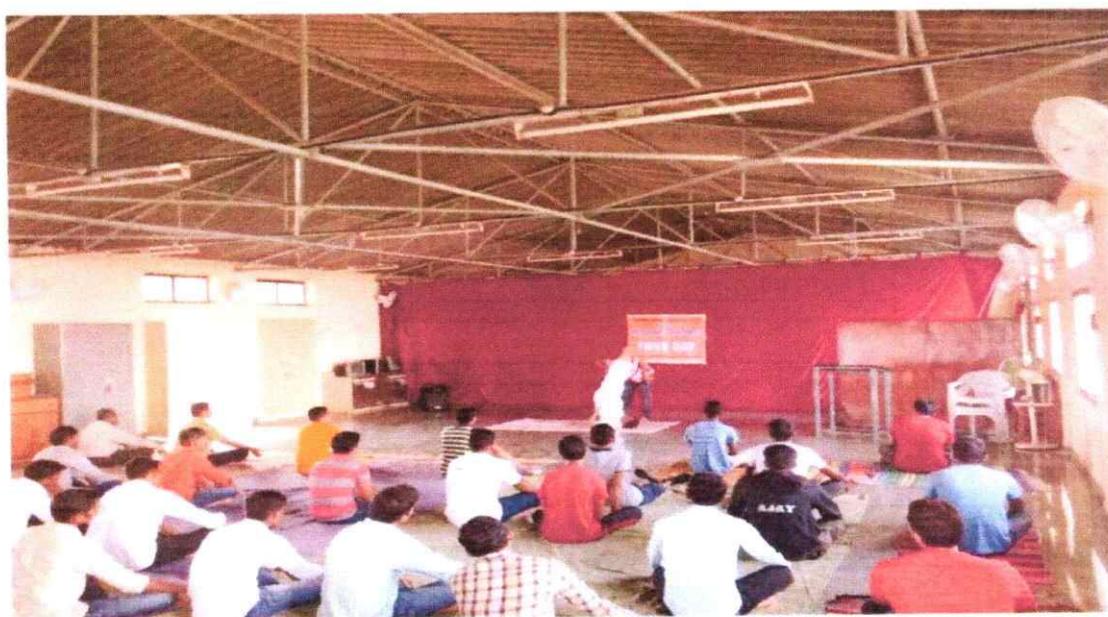
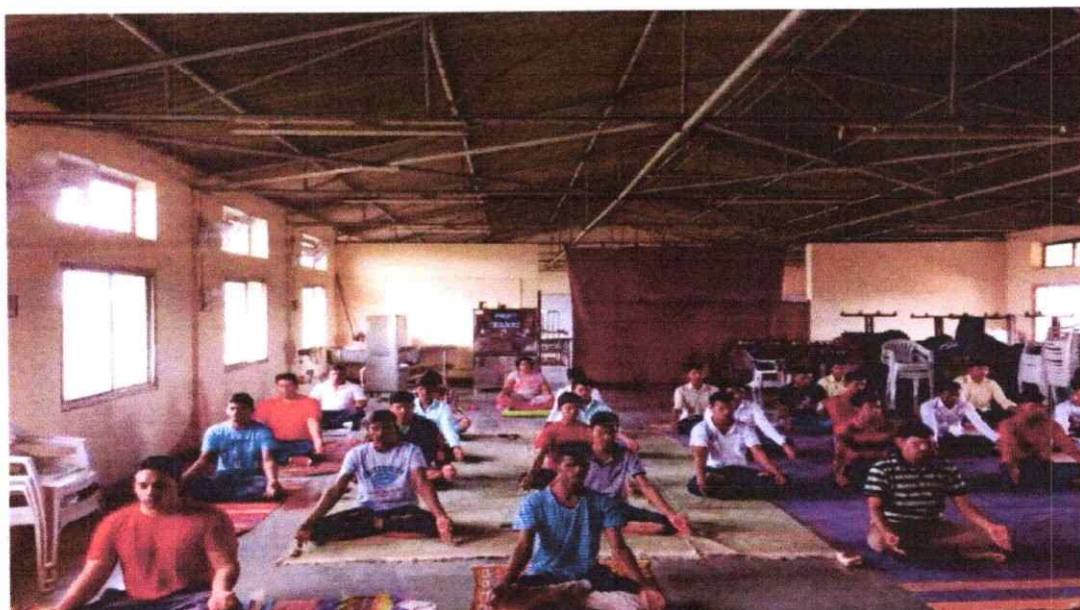
Co-ordinator



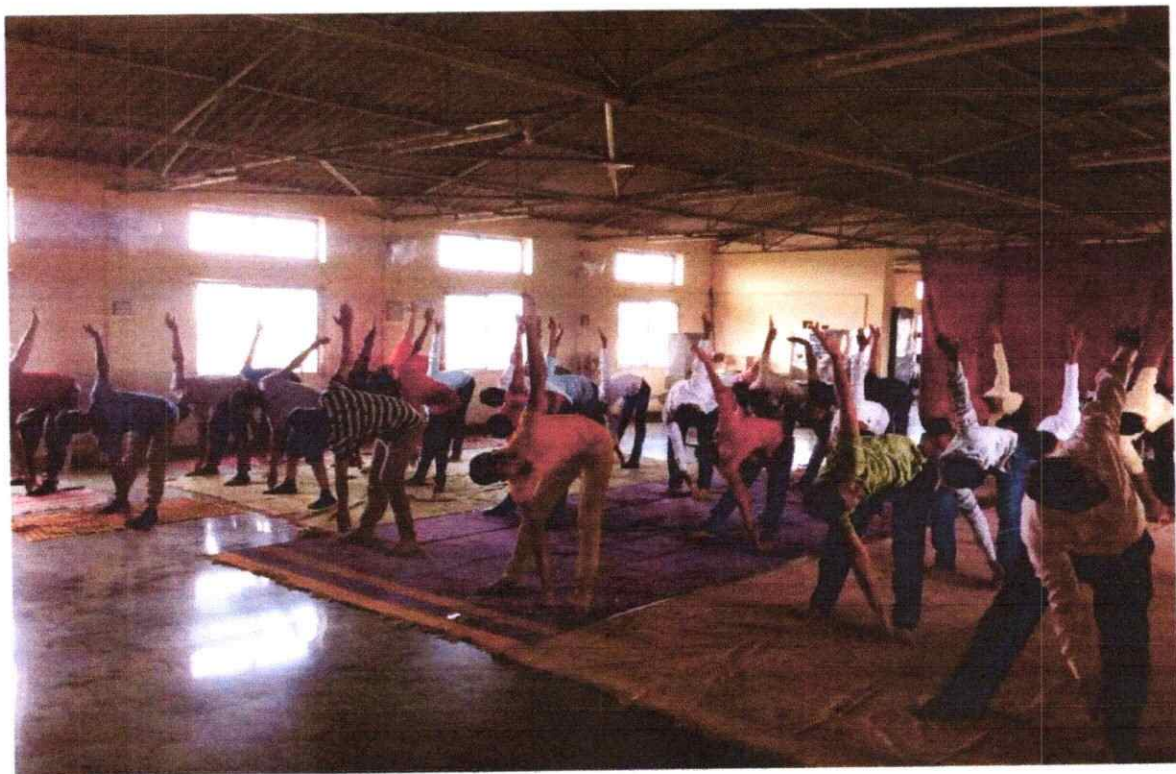
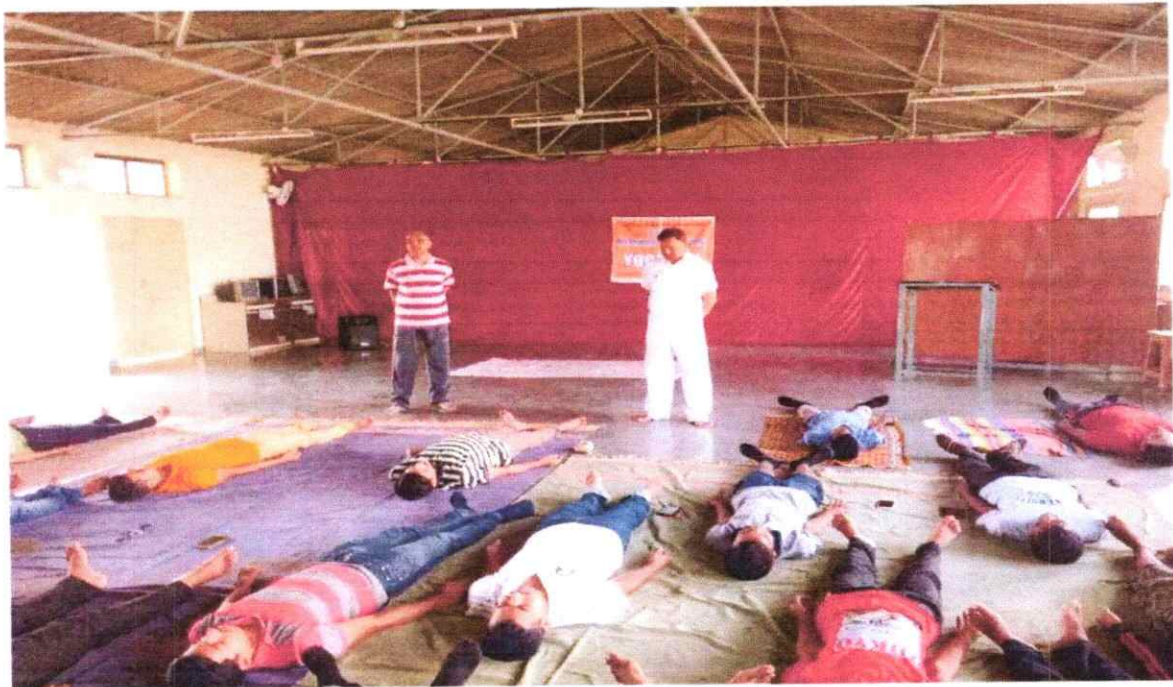

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Guest. Principal, Teachers and Students are doing Yoga




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Name of Activity:	Sports Week
Date:	11 th -15 th January 2018
Venue:	AJMVPS IHMCT Ahmednagar
No of Participants:-	88
Purpose of Event	Physical fitness, health benefit and stress relief
Outcome	Students recognize their skills set, sports inculcates discipline and teaches us team work.



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Longitude: 74.731329
Accuracy: 700.0m
Azimuth: 323 (NW)
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Date: 04/01/2018


Co-ordinator




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Inauguration Done by the Principal



[Signature]

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Students Enjoying the Race



Faculties Enjoying the Race





Students playing Carrom



Students Playing Carrom



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Name of Activity:	Yoga day Workshop
Date:	2 nd July 2016.
Venue:	Dining Hall, IHMC1, Ahmednagar.
Faculty In-charge	Prof. Pravin V. Rathod
No. of Participant	18
Objectives of Event	<ul style="list-style-type: none"> • To enable the student to have good health. • To practice mental hygiene. • To possess emotional stability. • To attain higher level of consciousness.
Outcome	Student understood the importance of Yoga and different types of yoga asana. To get relief from stress and for good health yoga should be practiced daily basis. Many students found that it was difficult to practice yoga during session. Student's doubts were answered by yoga guru.



Students and faculty members practicing Yoga on International yoga day




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Report on

Celebrating
YOGA DAY 2016



Date: 02nd July 2016

Submitted By- Prof. PRAVIN RATHOD

A.Y. 2016 - 2017



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Date : / /20

NOTICE

‘Yoga’ is a traditional Indian method of meditation and also useful to overcome stress for good health. The United Nations has declared 21st June as ‘**International Yoga Day**’. In order to be a part of this day, the institute is conducting a “**Workshop on Yoga**” on **Saturday 02/07/2016**. All the faculties and students should participate in this workshop which is being conducted by experienced and qualified yoga teachers. Participants should be in their casual wear and report to the institute before 8.0 am. Strict discipline and obedience of the Yoga Teacher’s instructions is expected from all participants. **Prof. P. V. Rathod** will be the coordinator.

Date: 27 /06 /2016

Co-ordinator




I/c. Principal
Institute of
Hotel Management & Catering Technology
Lal Taki Road, AHMEDNAGAR-414 001


I/c. Principal
Institute of
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Guest. Principal, Teachers and Students are doing Yoga



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Approved by AICTE, Govt. of Maharashtra, DTE & Affiliated to Uni. of Pune

Name of Activity:	Sports Week
Date:	9 th Jan - 14 th Jan 2017
No of Participants:-	101
Venue:	AJMVPS IHMCT Ahmednagar
Purpose of Event	Physical fitness, health benefit and stress relief
Outcome	students recognize their skills set, sports inculcates discipline and teaches us team work.




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◀ AICTE No. F 421 / MS - 16 / APR (HM) / ET / 96 ▶ INST.CODE NO. C001863

Ref. No.:

Date : / /20


NOTICE


Sports help to develop sportsmanship spirit, competitiveness, good interpersonal relations as well as mutual confidence. To promote the development of these skills, 'Sports Week – Khel Kud' is being conducted by the institute between 09/01/2017 and 14/01/2017. The various games included as well, the schedule and the rules and regulations are displayed along with this notice. For further details contact the coordinator **Prof. H. N. Kamble**. Students shall confirm their participation on or before 07/01/2017.

Date: 03 / 01 /2017

Co-ordinator




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Memories of the Event.....







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Name of Activity:	Seminar on Soft skill development
Date:	26 th September 2015
Venue:	Dining Hall IHMCT, Ahmednagar
Faculty In-charge	Prof. Balasaheb Shendage , Prof. Gokul Sonawane
Speaker	Ms. Anuja Deshmukh
No. of Participant	71
Purpose of Event	The workshop arranged for the purpose of the overall development of the student through various soft skill training to groom the personality of the student
Outcome	Students were developed professional skill from the attending and participating in the such workshop and seminar Build the confidence to organize such grand events




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Inauguration of event and Saraswati Pujan with lamp lightening by
Guest Speakers, Principal, Faculty members



Felicitation of Ms. Anuja Deshmukh & Mr. Alap Kulkarni



5


Interactive Sessions conducted by Ms. Anuja Deshmukh on Soft Skills as Interview Skills, Group Discussions, Communication Skills, Personality Development, etc....



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Name of Activity:	Sports Week
Date:	18 th - 27 th January 2016
No. of Participants:-	87
Venue:	AJMVPS IHMCT Ahmednagar
Purpose of Event	Physical fitness, health benefit and stress relief
Outcome	Students recognize their skills set, sports inculcates discipline and teaches us team work




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AJMVPS
INSTITUTE OF HOTEL MANAGEMENT AND CATERING TECHNOLOGY
AHMEDNAGAR

Report On

SPORTS WEEK 2016



VENUE

IHMCT & RESIDENTIAL HIGH SCHOOL GROUND, AHMEDNAGAR

BHMCT



Prepared by

Prof. Harshal Kamble

Ahmednagar Jilha Maratha Vidya Prasarak Samaj's

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Ref. No.:

Date : / /20

NOTICE

Sports help to develop sportsmanship spirit, competitiveness, good interpersonal relations as well as mutual confidence. To promote the development of these skills, 'Sports Week – Khel Kud' is being conducted by the institute between 18/01/2016 and 23/01/2016. The various games included as well, the schedule and the rules and regulations are displayed along with this notice. For further details contact the coordinator **Prof. H. N. Kamble**. Students shall confirm their participation on or before 15/01/2016.

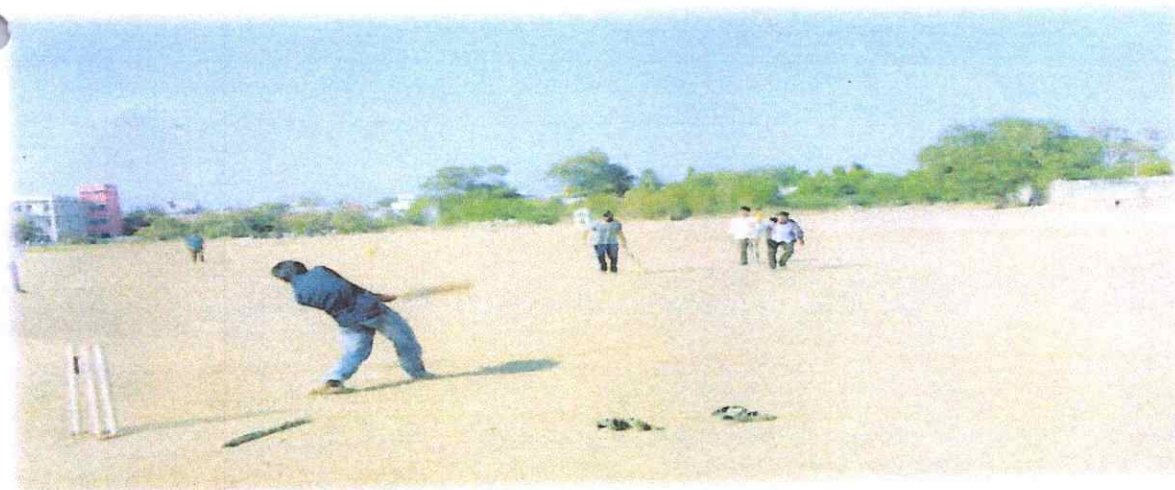
Date: 11 / 01 /2016

Co-ordinator



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