



IRW's

# International Centre of Excellence in Engineering and Management

Gut No.4, Opposite Bajaj Auto Ltd, In Front of MIDC Filtration Plant, Aurangabad-Pune Highway, Aurangabad 431136. (M.S.)

Tel.: 0240-2558101-10, Fax: 0240-2558111; E-mail: [director@iceemabad.com](mailto:director@iceemabad.com), Website: [www.iceemabad.com](http://www.iceemabad.com)



Date: 20/07/2020

## Report on "COVID 19 Awareness by NSS students"

### 1. Event

A COVID 19 awareness drive was conducted by NSS students of ICEEM in Limbejalgaon, Tq. Gangapur, Dist. Aurangabad.

### 2. Participants:

- Chandanse Pravin
- Kishor Dagadghote
- Halke Sunil
- Gayakwad Jagdish
- Shubham Vishwakarma
- Alajkar Pratibha
- Shavasti Dabhade

3. **Objective:** A COVID 19 awareness drive was conducted by NSS students of ICEEM on 20<sup>th</sup> July 2020. In this drive they guided villagers about precautions to be taken in COVID 19. In that they demonstrated how to wash our hands and use of sanitizer. They explained importance of mask, the symptoms of COVID 19 and guided villagers to avoid COVID 19.

Students of NSS made the villagers aware about the dangers of COVID 19. For this activity NSS coordinator Prof. S. D. Kulkarni, President of Grampanchayat Mr. Anis Ameer Sayyad and a few Grampanchayat members guided students.

4. **Outcome:** This was a very fruitful awareness drive. Students of NSS aware villagers about COVID 19. Villagers asked doubts to students and students satisfied them in a proper way.

  
CAMPUS DIRECTOR  
International Centre of

  
DIRECTOR





ग्रुप ग्रामपंचायत लिंबे जळगाव ता.गंगापूर, जि.औरंगाबाद.

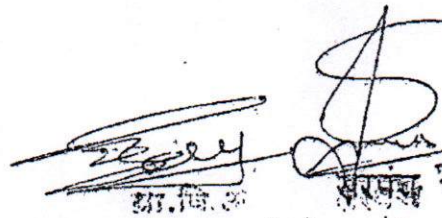
अंतर्गत गावे(अब्दुलपुर/रहीमपूर)

दि.27.07.2020

विषय:- कोविड 19 विषाणूचा प्रादुर्भाव होऊ नये यासाठी काळजी व उपाययोजना

वरील विषयानुसार प्रमाणित करण्यात येते की, ICEEM वाळूज महाविद्यालयातील राष्ट्रीय योजनेच्या खालील विद्यार्थ्यांनी लिंबे जळगाव ता.गंगापूर जि.औरंगाबाद. आपल्या गावात कोविड 19 विषाणूचा प्रादुर्भाव होऊ नये यासाठी काय उपाययोजना करू शकतो याविषयी सविस्तर माहिती दिली यात. साबनाणे बारबार हात धुणे, सेनेटायझरचा वापर करणे, मास्क वापरणे, सामाजिक अंतर ठेवणे गर्दी टाळणे आशा विविध विषयावर मार्गदर्शन केले. त्यामुळे जनजागृतीही झाली इत्यादि उल्लेखनीय कार्य प्रा.एस.डी.कुलकर्णी गावाचे सरपंच श्री. अनिस अमीर सय्यद व काही सभासद यांच्या मार्गदर्शनाखाली केले

यात पुढील प्रमाणे विद्यार्थी यांनी सहभाग नोंदवला 1. चंदनसे प्रवीण 2. दगडघाटे किशोर 3. हाळके सुनील 4. जगदीश गायकवाड 5. दाभाडे श्रावस्ती 6. अळंजकर प्रतिभा 7. शुभम विश्वकर्मा

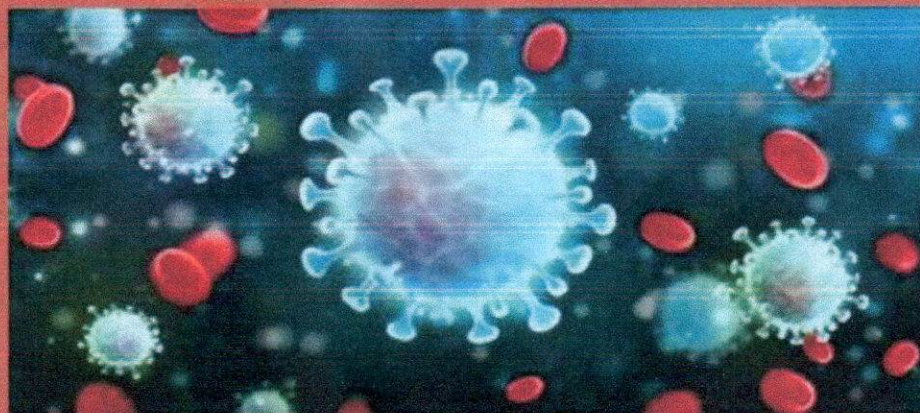
  
आ. जि. ३०  
३१/७/२०

ग्रुप गा. लिंबे जळगाव  
ता.गंगापूर, जि.औरंगाबाद.





# Covid 19 Awareness Program



Organizer: NSS

Date: 20/7/2020

Venue: Limbejalgaon Tq. gangapur





# ग्रामपंचायत कार्यालय गुरुधानोरा

[मुशिदाबाद, सुलतानपूर ता. गंगापूर जि. औरंगाबाद]

एस. डी. कुलकर्णी  
ग्रामपंचायत अधिकारी  
☎ - 9404856868.

शमीनाबी कादर शेख  
उपसरपंच  
Email-sambhagramsewak@gmail.com

दिलीप यादव साळवे  
सरपंच  
☎ - 9881722291

**सन्माननियसदस्य:-** श्री गणेश साईनाथ भावले, श्री सुशीलकुमार इजाकराव माने, श्री अप्पासाहेब रावसाहेब रहाटवाड, श्रीमती रशिताबी वजीर पठाण, श्रीमती उषा दत्ता पवार, श्रीमती शशिकला घनाजी निकम, श्रीमती समुणावाई दत्तात्रय म्हस्के, श्री रावण बंडू सुकारो.

दिनांक:



17/01/2020

**विषय:-** कोविड-१९ प्रादुर्भाव होऊ नये याची काळजी व उपाययोजना.

वैरील विषायानुसार नुसार प्रामाणीत करण्यात येते कि, ICEEM वाळूज महाविद्यालयातील राष्ट्रीय योजनेच्या खालील विद्यार्थिनी आमच्या गावात ( श्री.दिलप यादव साळवे ) अभियान राबवले यात हात धुणे, सेनिटायझर चा वापर, मास्क वापर, घायची काळजी, गरदी टाळणे अशा विविध विषयावर मार्गदर्शन केले. त्यामुळे बरीच जनजागृती झाली या उल्लेखनीय कार्य प्रा. एस. डी. कुलकर्णी, गावाचे सरपंच श्री. दिलीप यादव साळवे, काही सभासद, यांच्या मार्गदर्शनाखाली केले.

विद्यार्थ्यांचे नाव.

- १) चंदनसे प्रवीण
- २) अनमोल मिश्रा
- ३) हालके सुनील
- ४) जगदीश गायकवाड
- ५) संकेत वानखेडे
- ६) आळजकर प्रतीक्षा
- ७) श्रावस्ती दाभाडे

  
सरपंच  
  
ग्रामपंचायत  
गुरुधानोरा  
ता. गंगापूर जि. औरंगाबाद



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### A report on

### “Covid 19 awareness by NSS students”

#### 1. Event

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2. Anmol Singh
3. Halke Sunil
4. GayakwadJagdish
5. WankhedeSanket
6. AlajkarPratiksha
7. ShavastiDabhade

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NSS In Charge

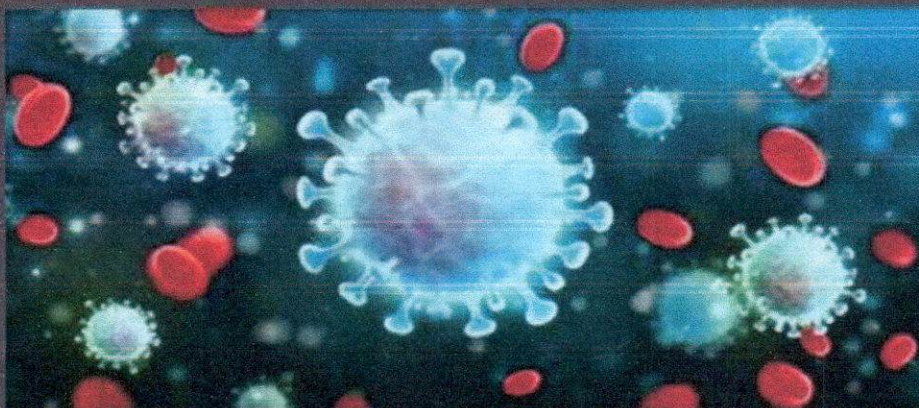
  
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# Covid 19 Awareness Program



Organizer: NSS

Date: 17/09/2020

Venue: Gurudhanora Tq. gangapur


  
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Date 15/05/2021

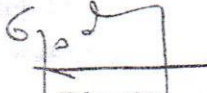
**NOTICE**

All Students and Staff are hereby informed that we have arranged an online yoga session on "Importance of Yoga in Pandemic Situation on 17<sup>th</sup> May 2021 to 22<sup>th</sup> May 2021 at 7:00 AM. Which is organized by Civil Engineering Department and Conducted by Yoga Trainer Prof (Dr.) Uttam Kalwane.


  
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**Event Coordinator**

  
**HOD**

  
**Campus Director**



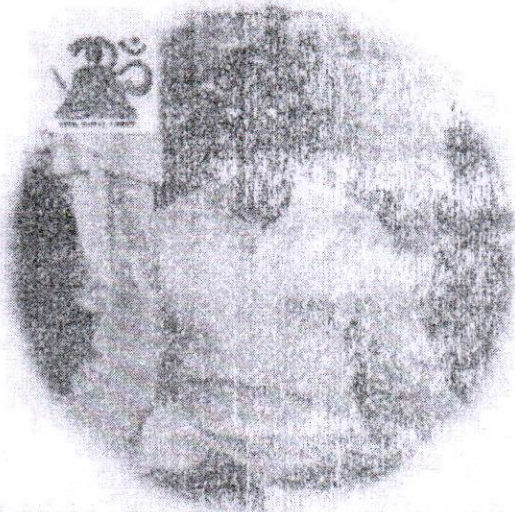
  
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**INTERNATIONAL  
CENTER OF EXCELLENCE IN  
ENGINEERING AND MANAGEMENT  
(ICEEM) AURANGABAD  
DEPARTMENT OF CIVIL ENGINEERING  
ORGANIZED ONLINE WEBINAR  
ON  
**IMPORTANCE OF YOGA IN THIS  
COVID SITUATION****

Chief Guest & Speaker



**Dr. Uttam Kulkarni**

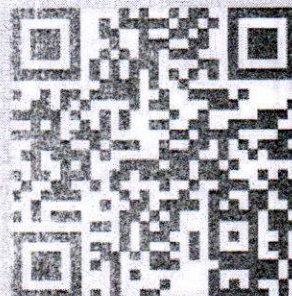
Yoga Trainer (Bharatiya Yog Sanshodhan)  
HoD and Professor, MIT Aurangabad

Date & Time:

24.04.2021

Saturday

at 7.00 AM (IST)



*Handwritten signature*  
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Research to reality....

NAAC ACCREDITED

## SCHEDULE

### 17/5/2021 Day 1: Introduction and Foundation

Introduction (10 mins): Welcome and overview of the 6-day program.

Warm-up (10 mins): Gentle stretching and joint rotations.

Asanas

Tadasana (Mountain Pose), Vrikshasana (Tree Pose)

Meditation : Guided mindfulness meditation.

Relaxation : Savasana (Corpse Pose)

### 18/5/2021 Day 2: Strength and Stability

Warm-up (10 mins): Dynamic stretches and sun salutation variations.

Asanas :

Virabhadrasana I (Warrior I)

Virabhadrasana II (Warrior II)

Virabhadrasana III (Warrior III)

Navasana (Boat Pose)

Meditation (10 mins): Focused attention on breath.

Relaxation (10 mins): Savasana with body scan.

### 19/5/2021 Day 3: Flexibility and Balance

Warm-up (10 mins): Gentle stretching and preparatory poses.

Asanas :

Trikonasana (Triangle Pose)

Parsvottanasana (Intense Side Stretch)

Pranayama : Bhramari (Bee Breath)

Meditation (10 mins): Visualization technique.

Relaxation (10 mins): Savasana with guided relaxation.

### 20/5/2021 Day 4: Core and Back Strengthening

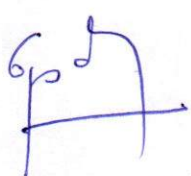
Warm-up (10 mins): Cat-Cow stretches and gentle twists.


Asanas (30 mins):

Bhujangasana (Cobra Pose)

Salabhasana (Locust Pose)

Pranayama : Kapalbhati (Skull Shining Breath)

  
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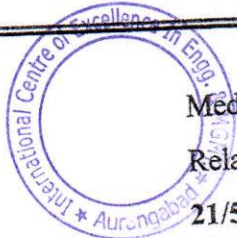
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Research to reality....

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Meditation (10 mins): Guided meditation on inner strength.

Relaxation (10 mins): Savasana with soothing music.

## 21/5/2021 Day 5: Hip Openers and Lower Body

Warm-up (10 mins): Hip circles and gentle leg stretches.

Asanas (30 mins):

Baddha Konasana (Bound Angle Pose)

Malasana (Garland Pose)

Eka Pada Rajakapotasana (Pigeon Pose)

Pranayama : Sheetali (Cooling Breath)

Meditation (10 mins): Loving-kindness meditation.

Relaxation (10 mins): Savasana with progressive muscle relaxation.

## 22/5/2021 Day 6: Full Body Integration

Warm-up (10 mins): Full-body dynamic stretches.

Asanas (30 mins):

Surya Namaskar (Sun Salutation) sequence

Parsvakonasana (Extended Side Angle Pose)

Savasana (Corpse Pose)


Pranayama : Nadi Shodhana

Meditation (10 mins): Chakra meditation.

Relaxation (10 mins): Savasana with guided imagery.

  
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ICEEM/CIVIL/20-21

Date - 11/05/2021



**INVITATION LETTER**

To,

**Dr. Uttam Kalwane  
Aurangabad.**

Dear Sir,


I hope this letter finds you in great health and spirits. We are organizing a special online event, "Importance of Yoga in Pandemic Situation" focused on wellness and mindfulness, which will take place on 17<sup>th</sup> May 2021 to 22<sup>th</sup> May 2021.

We have been highly impressed by your expertise and dedication to the practice of yoga and would be honored to invite you to lead a yoga session at our event. Your experience and approach to yoga align perfectly with the goals of our event, which aims to promote physical well-being, mental clarity, and overall health among the participants.

Thank you for considering our invitation. We are looking forward to the possibility of having you share your knowledge and passion for yoga with our community.



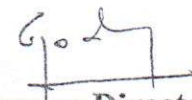
**Event coordinator**



**HOD  
Civil Engineering**



**CAMPUS DIRECTOR  
International Centre of  
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Aurangabad**



**Campus Director**



**CAMPUS DIRECTOR  
International Centre of  
Excellence In Engg. & MGMT.  
Aurangabad**





7:05 AM

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7:05 AM

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About this call







About this call

People

Information

People

Information

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-  ANUPMA JAIN
-  archana kunte
-  Ashish Wahule
-  Bhavana Chopda
-  Chandraprakas...
-  Deepmala Biradar
-  Dhananjay Tam...
-  dipali nighut
-  Dr Uttam Kalwane
-  Ganesh kathar
-  Ganesh Mahalkar


IN CALL

-  Alka Gawande (You)
-  Aarti Kuldhar
-  Ajay Kalmegh
-  Akash Kshirsagar
-  amol dhotre
-  Amol Murgai
-  Amol Murgai
-  Amol Satpute
-  anand humbe
-  Aniket Khare
-  aniket thorat

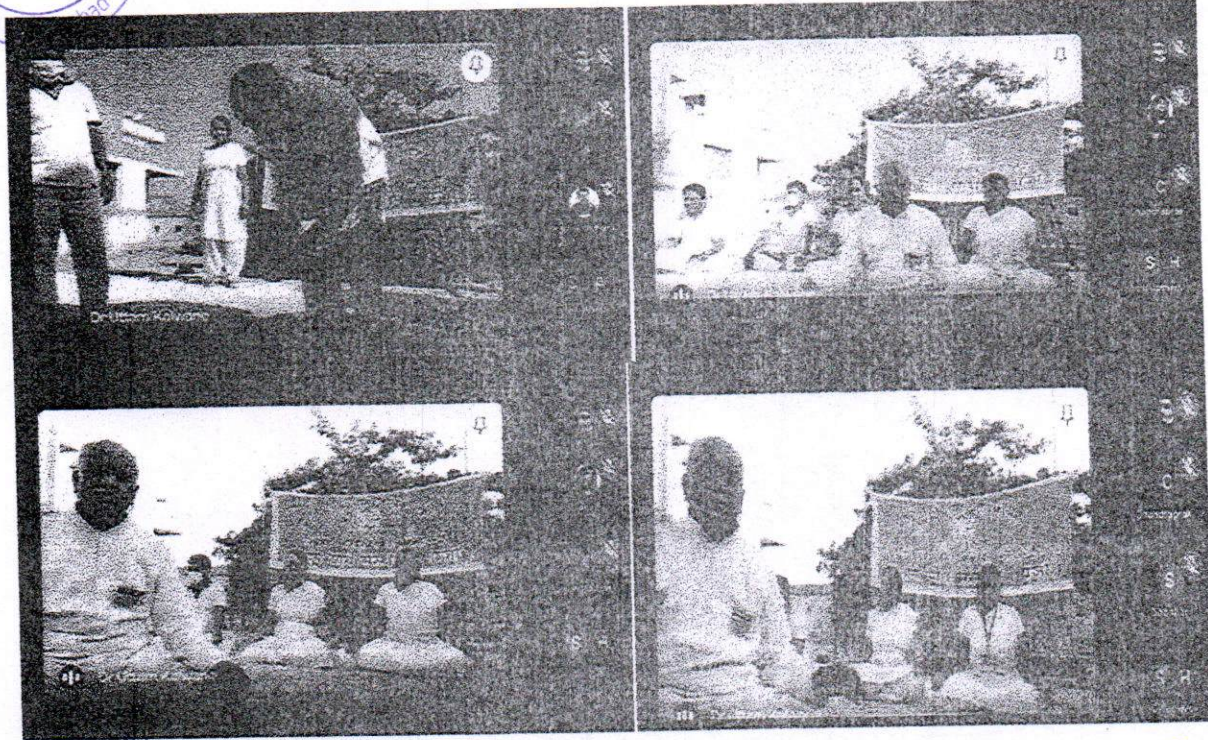
Online Attendance

  
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Dr. Kalwane sir teaching Yoga Techniques

7:05 AM

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7:05 AM

456KB/s












7:05 AM

523KB/s

← About this call

People













Informati...

 Pooja Wankhade  
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 Prof. Hemant Ja...  
 Prof. Shishir R. R...  
 Rajendrakumar ...  
 rajesh wagh  
 Renuka Athole  
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← About this call

People

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 M. Kale  
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 Monika Gholve  
 Mushahid Khan  
 Nikita Sonawane  
 Nirupama Barah...  
 Padmanabhan D...  
 Pandit Bodake  
 PAYAL  
 Pooja Kanse

← About this call

People

Informati...

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 Hrushikesh Gud...  
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 Ketan Kulkarni  
 Komal Borade  
 Komal Gadekar  
 lalita bankar  
 M. Kale



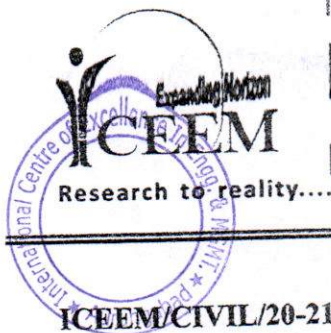
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IIRW'S

# INTERNATIONAL CENTRE OF EXCELLENCE IN ENGINEERING AND MANAGEMENT (ICEEM)



Date: 22/05/2021

ICEEM/CIVIL/20-21



## THANKING LETTER

To,  
Dr. Uttam Kalwane  
ICEEM  
Aurangabad.

Respected Sir,

We, on behalf of International Centre of Excellence in Engineering and Management, Civil engineering department would like to thank you for giving us your precious time to share your valuable knowledge and experience to the delegates and our Faculty members.

The 6-day yoga session was well-received, with participants noting improvements in physical flexibility, strength, and mental clarity. We wish the same kind of cooperation in future.

Thanking you,

Yours Sincerely,

*God*  
CAMPUS DIRECTOR  
International Centre of  
Excellence In Engg. & MGMT.  
Aurangabad

*SB*  
Event coordinator

*SE*  
HOD  
Civil Engineering

*God*  
Campus Director

*God*  
CAMPUS DIRECTOR  
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