

December 12-13, 2017

# International guest lecture on Yoga and Nutrition by Dr. Krzysztof Stec, Poland

Department of Physical Education and sports



Our department organized a Yoga workshop to create awareness about Yoga specifically on Dynamic *Suryanamaskar* among students and staff of our college.

**Date** – December 12 – 13, 2017

**International Guest lecturer** – Dr. Krzysztof Stec

**Number of attendees** – 1900, All students and staff of the college

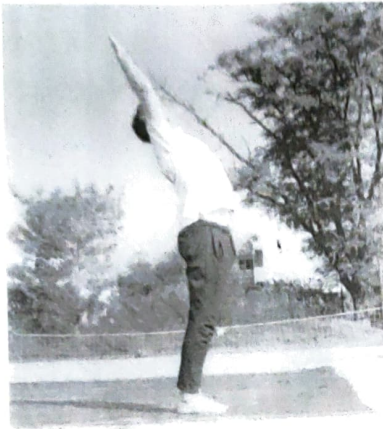
**Topic of workshop** –

1. *Suryanamaskar* : The all-inclusive ancient physical fitness system
2. Two wings of *sadhaka* bird : purification and proper food

## **About Dr. Krzysztof Stec**

He is originally from Warsa, Poland. He is currently a professor at Sandugloz University. He is a very active researcher and lecturer in the field of Yoga and physical education. He completed his PhD in Dynamic *Suryanamaskar* from Poland. He studied Yogic sciences from Kaivalyadham Yoga institute, Lonavala, Pune and B.H. University, Varanasi. He is an enthusiast of Ancient Indian culture and philosophy. He is invited to various conferences as a guest lecturer internationally. He is also associated with WHO and TAFISA.

## The workshop



Dr. Stec giving demonstration



Students practicing Dynamic Suryanamaskar

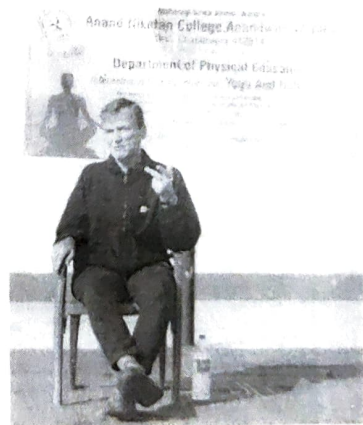
On first day of workshop, All students and staff gathered on college playground at 7.00 am. Prof. Tanaji Bayskar welcomed everyone and introduced everyone to Dr. Krzysztof Stec. Principal Dr. Mrunal Kale felicitated Dr. Krzysztof by offering a buckeye.

Dr. Stec started by introducing the concept of Dynamic *Suryanamaskar* and its impact on our body and mind. He gave an overview of his research on the same. He demonstrated the Dynamic *Suryanamaskar* to all and then he made everyone do *Suryanamaskar*.

The entire lecture was translated to the audience in Marathi by Prof. Avinash Pandre. Dr. Prashant Wagh delivered a note of thanks for an informative 1<sup>st</sup> day of workshop.



Dr. Stec interacting with students



On the second day, 13<sup>th</sup> December, at 9.00 am, Dr. Stec delivered a lecture on 'Two wings of *sadhaka* bird : purification and proper food' to BSc. Final year students in college hall for an hour. He explained that Yoga and nutrition are the two wings of human life, that help create balance in a person's life. The two day workshop was very informative and liberating to all students and staff. They learned many new concepts and ways to implement those in their daily life.

# आनंद विज्ञान महाविद्यालय, आनंदवन, वरेश सूचना

वरिष्ठ व कनिष्ठ महाविद्यालयातील सर्व सहकारी प्राध्यापकवृंद तसेच शिक्षकेतर कर्मचारीवृंदांना सूचित करण्यात येते की, वरिष्ठ महाविद्यालयाकरीता दिनांक 12 डिसेंबर 2017 ला सकाळी 7.30 ते 9.30, कनिष्ठ महाविद्यालयाकरीता दिनांक 13 डिसेंबर 2017 ला दुपारी 3.30 ते 5.30 व शिक्षकेतर कर्मचारीवृंद सकाळी पाळी 12 डिसेंबर ला सकाळी 7.30 ते 9.30 व दुपार पाळीतील कर्मचारीवृंद 12 डिसेंबर ला दुपारी 3.30 ते 5.30 या वेळेत महाविद्यालयाच्या प्रांगणावर डॉ. क्रीझस्टॉफ स्टेक (पोलंड) यांचे 'योग व पोषण' या विषयावर आंतरराष्ट्रीय व्याख्यान व सुर्यनमस्काराचे प्रात्यक्षिक आयोजित केलेले आहे.

तरी सर्वांनी व्याख्यान व सुर्यनमस्कार प्रात्यक्षिक कार्यक्रमाला उपस्थित राहावे.

वरेश

दिनांक - ६.१२.२०१७

