

# Abhinav Degree Alumni (ADA)

## Campaign report

**Campaign serial number - 02**

**Campaign name – Yogic Surya Namaskar practice**

Description- Students and Staff from Abhinav Degree College (ADC) along with ADA members participated in the event organised by the Ministry of Ayush by Government of India, in which 75 lakh people from across the world performed Yogic Suryanamaskar on Friday, 14 January 2022. Training was given by the certified yoga instructors from ADA

Objective– Surya Namaskar, also known as 'The Ultimate Asana', strengthens the back, muscles and brings down blood sugar levels. It also improves metabolism and blood circulation (hence, a glowing skin) and ensures regular menstrual cycle for women. This opportunity provided ADC to showcase the Student Wellbeing culture on various social media platforms

Target audience – Abhinav Degree College (ADC) staff, current students and ADA

Period – 1 January to 14 January 2022

We tried targeting students and alumni from across years to get the variety

Sr. No.	Participant Name	From	Batch
1	Bhavna Patil	ADC	Staff
2	Haresh Agrawal	ADA	B.Com. 2009
3	Anil Solanki	ADA	BMM 2012
4	Vimal Upadhyay	ADA	B. Sc. C.S. 2007
5	Pranit Gaikwad	ADA	B.Sc. 2016
6	Priti Mahadik	ADA	B.Com. 2015
7	Durga Mahadik	ADC	BAF third year
8	Kesar Dubey	ADC	B.Com. first year
9	Ujjwal Sharma	ADC	B.Com. second year
10	Vinay Pal	ADC	B.A. second year
11	Ruby Kushwha	ADC	BAF third year
12	Sushmita Parmar	ADC	B.Com. first year
13	Anita Sakhare	ADC	B.Com. first year
14	Sarita Gole	ADC	B.Com. first year
15	Kunal Vishwakarma	ADC	B.Com. second year
16	Atharva Mali	ADC	B.Com. first year

Project team – Haresh Agrawal, B.Com., 2009 batch and a certified yoga instructor from ADA

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YouTube video link [https://youtu.be/l-YQeJTUT\\_g](https://youtu.be/l-YQeJTUT_g)



Suryanamaskar by ADA PhotoGrid

### Success insight matrix report from Facebook



Suryanamaskar by ADA  
 92 People Reached  
 1 Like 0 Comments  
 Ministry of Ayush by Go...  
 Jan 15, 2022, 12:13 PM



Suryanamaskar by ADA  
 90 People Reached  
 8 Likes 0 Comments  
 Ministry of Ayush by Go...  
 Jan 15, 2022, 12:09 PM



Suryanamaskar for Vitality  
 Lets participate with t Abhinav Degree Alum.  
 247 People Reached  
 3 Likes 0 Comments  
 Ministry of Ayush by Go...  
 Jan 10, 2022, 8:47 PM



Suryanamaskar for Vitality  
 Lets participate with t Abhinav Degree Alum.  
 81 People Reached  
 5 Likes 1 Comment  
 Ministry of Ayush by Go...  
 Jan 10, 2022, 8:44 PM



Yoga | Suryanamaskar | Abhinav Degr...  
 Ministry of Ayush by Government of India  
 has organised 75 lakh Suryanamaskar...

Public None Jan 15, 2022 170 17 100.0%  
 Published 25 likes

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Video got featured on the Ministry of Ayush social media page



ministryofayush 21m



Suryanamaskar by ADA PhotoGrid

@abhinav\_degree\_alumni

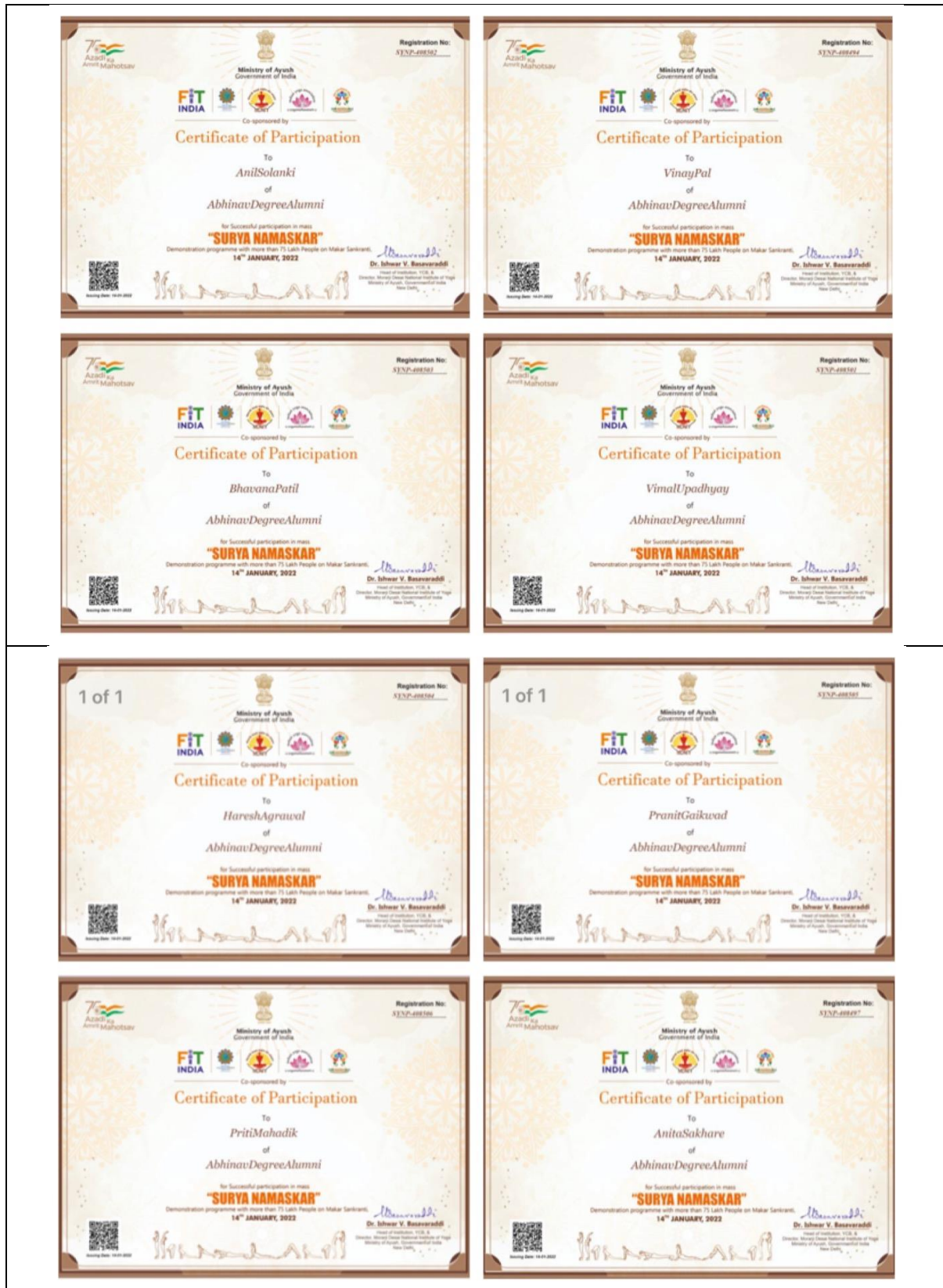


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All 16 participants received participation certificate from the Ministry of Ayush



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Thanks & Regards  
Abhinav Degree Alumni (ADA)