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Shri Kishor Umathe
SecretaryDr. D. V. Naik
Principal

Ref. No. MKU

Date :

Notice

DT: 17.10.19

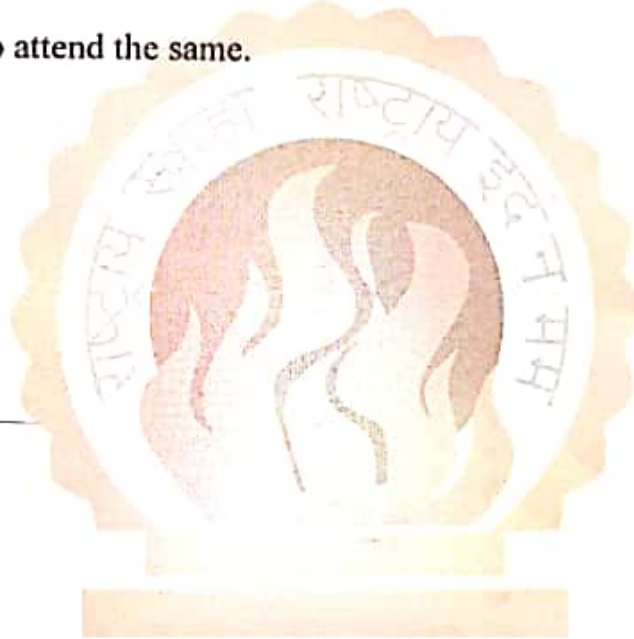
All the faculties are hereby informed to attend one- day programme on Meditation and Yoga proposed on 19th October, 2019 in Room No. 20 under Staff Development Programme. Shri. Amitji Harkare, was invited as a resource person for the same.

All are requested to attend the same.



Principal

PRINCIPAL
Dr. M. K. Umathe College
Nagpur - 440022



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Faculty Development Program

Dt : 19.10.19


A Brief Report**On****Meditation & Yoga**

A one- day programme on Meditation and Yoga was organized on 19th October, 2019 in Room No. 20 under Staff Development Programme. Shri. Amitji Harkare, the son of Yogiraj Shri. Manohar Harkare was invited as a resource person for the same. He beautifully explained the benefits of Yoga to the audience. He stressed on "Omkar Shatchakra Bhedan and Yognidra". Shri. Deshpande was invited as a chief guest who performed all the asanas.

At the outset, Shri Harkareji took some warm up exercises. He urge the audience to do 3 or 4 warm up exercises i.e. some Asanas before performing Shatchakra Bhedan Yoga. He gave some instructions about the Asanas and the entire staff followed his instructions and tried to imitate Shri. Deshpandeji. Both the yoga asanas are very much beneficial to human beings. Shri Harkare advised the staff to practice yoga and meditation regularly to stay hale and hearty and lead a peaceful life.

The meditation programme received an overwhelming response from the staff of Dr.M.K.Umathe College, Nagpur. Dr.D.V.Naik, the principal, all staff members were prominently present on the occasion. Dr. Vinod Khedkar compared the programme. Dr.Ujwala Salve, the convener of the Staff Development Programme successfully coordinated the programme.




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