



DR. M. K. UMATHE COLLEGE

APPROVED BY GOV.T OF MAHARASHTRA & AFFILIATED TO RTM NAGPUR UNIVERSITY

reaccredited
by
NAAC with
B++

Lokseva Nagar, Bhamti, Ring Road, Nagpur - 440 022.
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Shri Kishor Umathe
Secretary

Dr. D. V. Naik
Principal

Date :- 14/06/21

Notice

Online International Yoga Day Celebration

“Yoga at Home and Yoga with Family”

Department of Physical Education and National Service Scheme (N.S.S.)
Going to organize five days Yoga Workshopon 'YOGA AT HOME - YOGA WITH FAMILY' to the celebrate 7thInternational Yoga Dayfrom 17th June to 21th 2021. at 5:45 A.M. to 7:00 A.M.in online mode due to COVID – 19 Pandemic.

All the Teaching staff, Non- Teaching staff and Students are requested to make the occasion a big success by their active participation from home through Zoom.

Join Zoom Meeting:

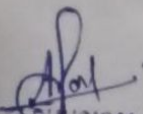
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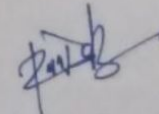
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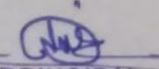
Passcode: 089182

Facebook Live Link:

<https://www.facebook.com/sukhshantisamadhan.sanstha>


DIRECTOR OF PHYSICAL EDUCATION
DR. M. K. UMATHE COLLEGE
BHAMTI, NAGPUR - 440022


कार्यक्रम अधिकारी
राष्ट्रीय सेवा योजना
डॉ एम के. उमाठे कॉलेज
नागपुर ४४००२२


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



**FIVE DAYS NATIONAL ONLINE
WORKSHOP
'YOGA AT HOME - YOGA WITH FAMILY'**

**INTERNATIONAL
YOGA DAY**

Jointly Organized

Dr. M. K. Umathe College , Nagpur

and

Govindrao Warjekar Arts and Commerce College, Nagbhid

Collaboration with

Sukh Shanti Samadhan Sanstha, Nagpur

Resource Person : Yog Guru shri sachin Mathulkar

FROM 17TH JUNE 2021 TO 21ST JUNE 2021 AT 6 A.M. TO 7 A.M

Organiser

Department of Physical Education

&

National Service Scheme (NSS)

Convener

Co- Ordinator

Dr. D. V. Naik

Principal

**Dr. M. K. Umathe College ,
Nagpur**

Dr. Sanjay Singh

Principal

**Govindrao Warjekar Arts and Commerce College,
Nagbhid**

Adv. Bindiya Murkute





SATIMATA SHIKSHAN SANSTHA'S
DR. M. K. UMATHE COLLEGE
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Shri Kishor Umathe
Secretary

Dr. D. V. Naik
Principal

Ref. No. MKU

Date : 29/06/2021

A Report
On
Five Days National Online Workshop on
'YOGA AT HOME - YOGA WITH FAMILY'
in
"International Yoga Day Celebration"
From 17th June 2021 to 21st June 2021 at 6 a.m. to 7 a.m

A Five Days National Online Workshop on 'YOGA AT HOME - YOGA WITH FAMILY' in the celebration of 7th International Yoga Day was jointly organized by the Department of Physical Education and National Service Scheme (N.S.S.) of Dr. M. K. Umathe College, Nagpur, Govindrao Warjekar Arts and Commerce College, Nagbhid in collaboration with Sukh Shanti Samadhan Sanstha, Nagpur from 17th June 2021 to 21st June 2021 at 6 a.m. to 7 a.m

The Indian Prime Minister, Shri Narendra Modi in his UN address suggested the date of 21 June. International Day of Yoga is celebrated annually on 21st June since its inception in 2015.

In this year (2021) due to COVID - 19 Pandemic, the workshop was Organized online through Zoom.

At this celebration, we had got Yoga Guru Shri Sachin Mathulkar as yoga advisor and instructor. Smt. Mandatai Umathe, President of Sati Mata Shikshan Sanstha, Shri. Kishorbhau M. Umathe, Secretary of Sati Mata Shikshan Sanstha and Dr. D. V. Naik, Principal of Dr. M. K. Umathe College, Nagpur and All the Teaching and Non-Teaching staff and also College Students and Dr. Sanjay Sing Principal of Govindrao Warjekar Arts and Commerce College, Nagbhid and all the staff member participated in an online workshop to mark International

Yoga Day. In this workshop, 100 participants joined in Zoom meeting and around 190 participants joined in Facebook.

Yoga Guru Shri Sachin Mathulkar, inaugurated the Yoga day celebration by lighting the lamp and he emphasized the importance of yoga for strengthening our mental and physical ability, increase body flexibility and reduces stress.

Dr. D. V. Naik, Principal of Dr. M. K. Umathe College, Nagpur welcomed the participants and emphasized the need and importance of yoga in daily life. He also mentioned that under COVID-19 lockdown, performing online yoga and meditation is good for health. This time everyone needs stronger immunity to fight against coronavirus. The enhanced activeness through bending and twisting and immunity through exhaling-inhaling can be achieved through the daily practice of yoga and meditation.

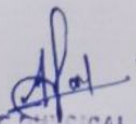
Dr. Sanjay Sing Principal of Govindrao Warjekar Arts and Commerce College, Nagbhid motivated the staff and conveyed the importance of making yoga an integral part of our daily life by extending the practice of yoga beyond the mat.

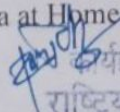
The session began by seeking the blessings of the Almighty by chanting the Gayatri Mantra. Asanas starting with warming up and stretching were followed by a series of Padmasanas, Sukhasana, Tadasana, Bhujang Asana and ending with Shavasana. Exercises for relieving stress, reducing joint pain and enhancing the flexibility of the back were also done for the benefit of the participants.

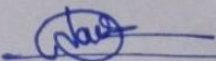
The workshop was concluded by Adv. Bindiya Kurkar, suggested following yoga and meditation for a peaceful and healthy life.

Where in Prof. Apurba Pal, Director of Physical Education, Dr. Vinod B. Khedkar, Program Officer in National Service Scheme (NSS) help to conduct the workshop and they thanked the participants, students and the faculty for making the event successful.

As feedback, the participants appreciated the event. A few people shared their experiences as very enjoyable, useful, informative and excellent. The participants will look forward to attending similar sessions in future.


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“Yoga at Home and Yoga with Family”

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डॉ एम के. उमाठे कॉलेज
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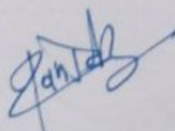
Some Remarkable Photos

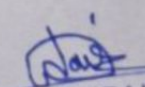


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