

Shri Kishor Umathe
SecretaryDr. D. V. Naik
Principal

Ref. No. MKU

Date : 30/06/2022

A Brief Report on Two-Day National Seminar on**“Yoga: The Power of Physical, Mental & Emotional Strength”****Date – 12 & 13 May 2022**

Two Day National Virtual Seminar on “Yoga: The Power of Physical, Mental & Emotional Strength” was organized Jointly by Department of Physical Education & Sports of PGTD of Physical Education, RTMNU, Nagpur, J.M. Patel Arts, Commerce & Science College, Bhandara, Institute of Science, Nagpur & Dr. M. K. Umathe College, Nagpur On 12 & 13 May 2022.

The aim of the webinar was to encourage the students and teachers, how Yoga is important in our daily life. The webinar started with the verbal welcome of the Chief guest, keynote speaker, resource persons and chairperson as well as the participants. The first day, In the inauguration session, Dr. Rajshree Vaishnav ,Dean, Faculty of Interdisciplinary Studies, RTM Nagpur University, Nagpur as a Chief Guest, Dr. Anjali M. Rahatgaonkar, Director Institute of Science, Nagpur presented as president of the programme. Then two Sessions were conducted in the webinar. In the first session, doctor Lakshmi Narayan Joshi present as a keynote speaker and he told, how yoga is most important in our daily life to Reduce our Lifestyle disease. He told us every disease is come from our brain, if we think positive then we spend our life Very easily. And if with think negative then we suffer a lot of negative impacts in our body and mind. He also talks about the bath, pitta and cough. Balance diet as well as sleeping are most important with practicing yoga and Pranayam. He give the concept of various pressure point during the session. In the second session, Dr. Sunil Joshi, Director of Vinayak Panchakarma Chikitsalaya Nagpur, Present as a resource person. Dr. Anil Karwande, Former Principal IDCPE, Nagpur, Founder NET JRF Gurukul, Present as a a chairperson. Dr.

is important in our daily life. He told if any person did yoga for 20 min a day they can be healthy all the time.

In the second session, the resource person was Dr. Sanjay Jagdale. The session was chaired by Dr. Chandra Mohan Singh. Dr. Sanjay Jagdale sir show the various yoga position and importance of yoga aasana. He told us about yoga neti kriya by doing. On the Second day vote of thanks was given by Mr. Apurba Pal.

The webinar received an overwhelming response and more than 254 participants from affiliated institutions from all over Maharashtra and others attended and actively participated and got immensely benefitted. The webinar was conducted on WEBEX.

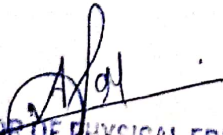
Registration Link


<https://forms.gle/qgEPSMKB6HpvrzVD8>

LIVE STREAMING ON WEBEX LINK

<https://rtmnunagpur.webex.com/rtmnunagpur/j.phpMTID=m7b9434be54b872a6f257f2c1f26730f6>

This programme was well organized by the Dr. Madhavi Mardikar, Dr. Bhimrao Pawar , Dr. Romi Bisht & Mr. Apurba Pal were worked hard for the success of this event.


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


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

TWO DAYS NATIONAL VIRTUAL SEMINAR ON

Yoga: The Power Of Physical , Mental & Emotional Strength

12 & 13 May 2022

11:00 AM To 02:00 PM



Organised Jointly by
Departments of Physical Education of

PGTD OF PHYSICAL EDUCATION, RTMNU, NAGPUR

J. M. PATEL ARTS, COMMERCE & SCIENCE COLLEGE, BHANDARA

INSTITUTE OF SCIENCE, NAGPUR

DR. M. K. UMATHE COLLEGE, NAGPUR

Registration Link

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LIVE STREAMING ON WEBEX

<https://rtmnunagpur.webex.com/rtmnunagpur/j.phpMTID=m7b9434be54b872a6f257f2c1f26730f6>

Schedule of the Virtual National Seminar

Day - 1

Inauguration Ceremony

12 May 2022 - 11:00 AM



Chief Guest

Dr. Rajshree Vaishnav
Dean, Faculty of Interdisciplinary Studies
RTM Nagpur University, Nagpur

First Plenary Session

11:30 AM - 12:30 PM



keynote speaker

Dr. Laxmi narayan Joshi
Dean student welfare,
Founder faculty head Dept. Of Yogic science,
Uttarakhand Sanskrit University, Haridwar

Second Plenary Session

12:30 PM - 1:30 PM



Resource Person

Dr. Sunil Joshi
Director of Vinayak
Panchakarma Chikitsalaya
Nagpur



Chairperson

Dr. Anil Karwande
Former Principal IDCPE, Nagpur
Founder NET JRF Gurukul

Vote of Thanks

1:30 PM - 1:45 PM

Day - 2

First Plenary Session

11:00 AM - 12:00 PM



Resource Person
Dr. Sanjay Khonde
Yoga Instructor
Ayush Mantralaya



Chairperson
Dr. Alka A. Thodde
Director of Physical Education
Bar. Sheshrao Wankhede
Mahavidyalaya, Mohpa

Second Plenary Session

12:00 PM - 1:00 PM



Resource Person
Dr. Sanjay Jagdale
HOD, Asst. Prof. in Physical
Education



Chairperson
Dr. Chandra Mohan Singh
Director of Physical Education
Tai Golwalkar Mahavidyalaya,
Ramtek

Valedictory

1:00 PM - 1:30 PM



Chief Guest

Dr. V. B. Datarkar
Principal
Jyotiba College of Physical Education
Nagpur

Chief Patrons



Hon'ble
Dr. Dhanraj Mane
Director (Higher Education) Maharashtra State



Hon'ble
Dr. Subhash R. Chaudhari
Vice-Chancellor, RTM Nagpur University, Nagpur

Patrons



Hon'ble
Shri Rajendra Jain (Ex-MLC)
Secretary, Gondia Education
Society, Gondia



Hon'ble
Shri Kishor Umathe
Secretary, Satimata Shikshan
Sanstha, Nagpur

Conveners



Dr. Vikas Dhomne
Principal
J.M.Patel Arts, Commerce & Science
College, Bhandara



Dr. Anjali M. Rahatgaonkar
Director
Institute of Science
Nagpur



Dr. D. V. Naik
Principal
Dr. M.K. Umathe College
Nagpur

Organizing Secretaries



Dr. Bhimrao Pawar
Head, Department of Physical Education
J.M.Patel Arts, Commerce & Science
College, Bhandara



Dr. Madhavi Mardikar
Head, Department of Phy. Edn,
IOS & Coordinator PGTD of
Phy. Edn. Nagpur



Dr. Romi Bisht
Director of Physical Education
J.M.Patel Arts, Commerce &
Science College, Bhandara



Mr. Apurba Pal
Director of Physical Education
Dr. M.K. Umathe College
Nagpur

Organizing Committee

Dr. Aruna Dogara

Dr. Rajani Murkute

Dr. Sonali Kakde

For more details please contact

Dr. Madhavi Mardikar • +91 7875155888

Dr. Bhimrao Pawar • +91 99226 59918

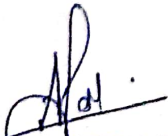
Dr. Romi Bisht • +91 90211 62989

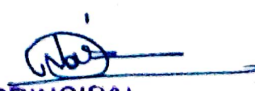
Mr. Apurba Pal • +91 9404746331



TWO DAYS NATIONAL VIRTUAL SEMINAR ON
Yoga: The Power of Physical, Mental & Emotional Strength
Agenda

Day - 1 (12-05-2022)			
	Time	Details	By Whom
Inauguration	11:00 AM	Oral Welcome	Compering by Dr. Rajani Murkute
		Introductory Speech	Dr. Madhavi Mardikar
		Guest of honour	Dr. Vikas Dhomne
		Introduction of Chief Guest Dr. Rajshree Vaishnav	Compering by Dr. Rajani Murkute
		Chief Guest Speech	Dr. Rajshree Vaishnav
		Introduction of Dr. Anjali M. Rahatgaonkar	Compering by Dr. Rajani Murkute
		Presidential Speech	Dr. Anjali M. Rahatgaonkar
1 st Session	11:30 AM	Introduction of Key Note Speaker	Compering by Dr. Rajani Murkute
		Key Note Speaker speech	Dr. Laxmi narayan Joshi
2 nd Session	12:30 PM	Introduction of Resource Person	Compering by Dr. Rajani Murkute
		Introduction of Chairperson	Compering by Dr. Rajani Murkute
		Resource Person Speech	Dr. Sunil Joshi
		Chairperson Speech	Dr. Anil Karwande
	1:30 PM	Vote of Thanks	Dr. Romi Bisht


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TWO DAYS NATIONAL VIRTUAL SEMINAR ON
Yoga: The Power of Physical, Mental & Emotional Strength

Agenda

Day – 2 (13-05-2022)			
	Time	Details	By Whom
	11:00 AM	Oral Welcome	Compering by Dr. Sonali Kakde
		Preview of last day	Dr. Madhavi Mardikar
1 st Session	11:15 AM	Introduction of 1 st Resource Person	Compering by Dr. Sonali Kakde
		Introduction of 1 st Chairperson	Compering by Dr. Sonali Kakde
		Resource Person Speech	Dr. Sanjay Khonde
		Chairperson Speech	Dr. Alka A. Thodge
2 nd Session	12:00 PM	Introduction of 2 nd Resource Person	Compering by Dr. Sonali Kakde
		Introduction of 2 nd Chairperson	Compering by Dr. Sonali Kakde
		Resource Person Speech	Dr. Sanjay Jagdale
		Chairperson Speech	Dr. Chandra Mohan Singh
Valedictory			
	1:00 PM	Oral Welcome	Compering by Dr. Sonali Kakde
		Concluding remarks	Dr. Madhavi Mardikar
		Introduction of Chief Guest Dr. V. B. Datarkar	Compering by Dr. Sonali Kakde
		Chief Guest Speech	Dr. V. B. Datarkar
		Presidential Speech	Dr. Anjali M. Rahatgaonkar
	2:00 PM	Vote of Thanks	Mr. Apurba Pal

TWO DAYS NATIONAL VIRTUAL SEMINAR ON
“Yoga: The Power of Physical, Mental & Emotional Strength”

Organized Jointly by

Departments of Physical Education of

PGTD of Physical Education, RTMNU, Nagpur

J.M. Patel Arts, Commerce & Science College, Bhandara

Institute of Science, Nagpur

Dr. M. K. Umathe College, Nagpur

Certificate of Participation

This certificate is being given to << Name >> of << Institution >> for his/her active participation in the Two Days National Virtual Seminar organized on 12th & 13th May 2022.

Dr. Madhavi Mardikar
Head
Department of Phy. Edn, IOS &
Coordinator PGTD of Phy. Edn. Nagpur

Dr. Vikas Dhomne
Principal
J. M. Patel Arts, Commerce & Science
College, Bhandara

Dr. Anjali M. Rahatgaonkar
Director
Institute of Science
Nagpur

Dr. D. V. Naik
Principal
Dr. M. K. Umathe College
Nagpur

Two-day online seminar on Yoga organised

BHANDARA, May 20

A TWO-day online national seminar on 'Yoga: The Power of Physical, Mental & Emotional Strength' was organised jointly by Physical Education Departments of Institute of Science, Rashtrasant Tukadoji Maharaj Nagpur University's PG Department of Physical Education, J M Patel College, Bhandara and M K Umathe College, Nagpur recently.

Dr Rajshree Vaishnav, Dean, Inter-Disciplinary Studies, was the chief guest of the inaugural function. Dr Karthik Panicker, IQAC Coordinator, J.M Patel College, Bhandara, was the guest of honour and Dr Anjali Rahatgaonkar, Director, Institute of Science, Nagpur, presided over the function. Dr Vikas Dhomne congratulated the Department of Physical Education of the three institutions for organising the Seminar as a build-up to the International Yoga Day-2022.

Dr Madhavi Mardikar presented the introductory



The participants taking part in the online seminar on Yoga.

remarks. Dr Rajni Murkute and Dr. Bhimrao Pawar conducted the proceedings while Dr. Romi Bisht proposed the vote of thanks. Dr. Laxminarayan Joshi, Dean, Sanskrit University, Haridwar, delivered the keynote address while Dr. Sunil Joshi, Director, Panchkarma Chikitsalaya, Nagpur, was the resource person for the plenary session. On the second day, Dr. Sanjay Khonde, Yoga Instructor, Aayush Mantralaya, and Dr. Tejsingh Jagdale, Head, Department of Physical Education, Nabira Mahavidyalaya, Katol, were the

Resource Persons. Dr Anil Karwande, Dr Chandramohan Singh, Dr Alka Thodge were the Chairpersons for various different sessions.

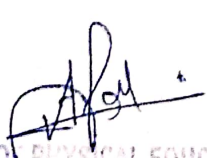
Dr Laxminarayan Joshi, in his talk, drove home the importance of meditation *kriyas* like *Sukshma Dhyana*, *Jyoti Dhyana*, *Muladhara Dhyana*, *Chakradhar Dhyana*, which increase our positivity and reduces negative or bad thoughts. Dr. Sanjay Konde explained how the internal organs of our body can be strengthened with the help of Yoga. He explained in details


Maharshi Patanjali's *Ashtanga Yoga*. He also stressed on the importance of positive thinking as well as sending children to the playground. Dr Tejsingh Jagdale explained the importance of *Rajasik*, *Satvik* and *Tamasik* diet and highlighted the importance of vegetarian diet. Dr Vijay Datarkar, Principal, Jyotiba College of Physical Education and Chairman, Board of Studies, was present as chief guest of the valedictory function.

He congratulated organisers for thinking of such an informative, effective and important seminar.

Dr Anjali Rahatgaonkar, in her presidential address, appreciated the participation of delegates from different parts of the country. She highlighted the need for integrating Yoga into the curriculum at all levels. Dr Madhavi Mardikar summed up the key takeaways of the two-day seminar. Dr Sonali Patil and Dr Romi Bisht conducted the proceedings on the second day. Dr Apurba Pal proposed the vote of thanks.

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'योगासनांमुळे नकारात्मकता होते दूर'

नागपूर : शासकीय विज्ञान संस्था, राष्ट्रसंत तुकडोजी महाराज नागपूर विद्यापीठ पदव्युत्तर शारीरिक शिक्षण विभाग, जे. एम. पटेल कॉलेज भंडारा आणि एम. के. उमाठे कॉलेज यांच्या संयुक्त विद्यमाने 'योगा : पॉवर ऑफ फिजिकल, मेंटल, इमोशनल स्ट्रेथ' या विषयावर दोनदिवसीय आभासी योगा सेमिनार झाला. अध्यक्षस्थानी विज्ञान संस्थेच्या संचालक डॉ. अंजली राहाटगावर तर प्रमुख पाहुणे म्हणून आंतरविद्याशाखीय अभ्यासक्रमाच्या अधिष्ठाता डॉ. राजश्री वैष्णव, डॉ. कार्तिक पनिकर यांची उपस्थिती होती. प्रमुख वक्ता म्हणून हरिद्वार येथील संस्कृत विद्यापीठाच्या अधिष्ठाता डॉ. लक्ष्मीनारायण जोशी आणि डॉ. सुनील जोशी उपस्थित होते. जोशी यांनी स्नायूंच्या मजबुतीकरणावर भाष्य करीत ध्यान आणि योगासन केल्याने नकारात्मकता दूर होण्यास मदत होते, असे सांगितले. दुसऱ्या दिवशी आयुष्य मंत्रालयाचे डॉ. संजय खोंडे आणि यशवंतराव चव्हाण मुक्त विद्यापीठाचे योग प्रशिक्षक डॉ. संजय जगदाळे प्रमुख मार्गदर्शक म्हणून उपस्थित होते. प्रास्ताविक विज्ञान संस्थेच्या शारीरिक शिक्षण विभागप्रमुख डॉ. माधवी मारडीकर, संचालन डॉ. सोनाली पाटील आणि डॉ. रोमी बिष्ट यांनी केले. अपूर्वा पॉल यांनी आभार मानले.

दोन दिवसीय योगा शिबिराचा समारोप

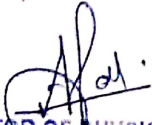
◆ भंडारा, १७ मे


जे.एम. पटेल महाविद्यालय भंडारा, विज्ञान संस्था नागपूर, पदव्युत्तर शारीरिक शिक्षण विभाग राष्ट्रसंत तुकडोजी महाराज विद्यापीठ, एम.के. उमाठे महाविद्यालय नागपूर यांच्या संयुक्त विद्यमाने योगा शिबिराचे आयोजन करण्यात आले होते. उद्घाटनप्रसंगी डॉ. राजश्री वैष्णव, विशेष अतिथी म्हणून डॉ. कार्तिक पनिकर तर अध्यक्षस्थानी डॉ. अंजली राहाटगावर उपस्थित होते.

कार्यक्रमाच्या पहिल्या दिवशी योगा-पॉवर ऑफ फिजिकल, मेंटल, इमोशनल स्ट्रेथवर मार्गदर्शन करण्यात आले. दुसऱ्या दिवशी डॉ. संजय खोंडे, डॉ. संजय जगदाळे, डॉ. अनिल करवंदे, डॉ. चंद्रमोहन सिंग, डॉ. अलका थोडगे यांनी अध्यक्षपद भूषविले. दोनदिवसीय योगा शिबिरात डॉ. लक्ष्मण जोशी यांनी नाडी प्रेशर किंवा मसल्स कसे स्ट्रॉंग बनवायचे हे सांगितले. तसेच ७ मिनिटात ध्यान किंवा मनाची मलिनता दूर कशी करायची, सूक्ष्म ध्यान, ज्योती ध्यान, मूलाधार ध्यान, चक्रधर ध्यान केल्यास आपली सकाशत्मकता वाढते, असे त्यांनी सांगितले.

डॉ. सुनील जोशी यांनी आपल्या दैनंदिन जीवनात योगाचा उपयोग करताना सांगितले की, सध्याची जीवनशैली अत्यंत ताणमय असून ती बदलणे जरूरी आहे. योग आणि इतर व्यायामातील मौलिक फरक त्यांनी सांगितला. त्याचप्रमाणे जो योग करणारा आहे, त्याची मस्तिष्क, मानसिक दोन्ही क्षमता अत्यंत चांगल्या प्रकारची असते असे त्यांनी सांगितले. डॉ. संजय खोंडे यांनी शरीराचा अंतरीक अवयव कसे मजबूत होतील याबाबत माहिती दिली. डॉ. संजय जगदाळे यांनी सामाजिक जागृती, स्व-जागृती, अष्टांग योग, मानसिक हिंसा, कापिक हिंसा, वाचिक अहिंसा यावर मार्गदर्शन केले. त्यांनी हट्ट प्रदीपिका शत्रिया शुद्धीकरणाचे अनन्यसाधारण महत्त्व समजावून सांगितले. डॉ. कार्तिक पनिकर यांनी कोरोनाकाळात प्रत्येक वयोवृद्धाला योगाचे महत्त्व कळलेच आहे. परंतु अजूनही बरेच लोक योगाकडे दुर्लक्ष करीत आहेत. त्यामुळे आज धकाधकीच्या जीवनात प्रत्येकाने योग करणे आवश्यक असल्याचे सांगितले. कार्यक्रमाला डॉ. लक्ष्मीनारायण जोशी, डॉ. सुनील जोशी, डॉ. माधवी मारडीकर, डॉ. रजनी मुरकुटे, डॉ. भीमराव पवार, डॉ. रोमी बिष्ट, डॉ. पाटील उपस्थित होते. (तथा वृत्तसेवा)

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