

SATIMATA SHIKSHAN SANSTHA'S

DR. M. K. UMATHE COLLEGE

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

Reaccredited
by
NAAC with
B++

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Shri Kishor Umathe
Secretary

Dr. D. V. Naik
Principal

Ref. No. MKU

Date :

A Report

On

“One-Day Training Program & Celebration of International Yoga Day”

“Yoga for Vasudhaiva Kutumbakam”

Date: 21st June 2023

Time: 7:00 AM

Venue: Dr. M. K. Umathe College, Khamla, Nagpur

The Departments of Physical Education and National Service Scheme (N.S.S.) of Dr. M. K. Umathe College, Nagpur and Let Prakashbhau Umathe Vidyalaya, Nagpur, in collaboration with Sukh Shanti Samadhan Sanstha, Nagpur, organized a one-day training program and celebration on the occasion of International Yoga Day. The theme for this year's event was "Yoga for Vasudhaiva Kutumbakam," emphasizing the unity of humanity. The program aimed to promote the physical and mental well-being of the participants through yoga practices.

A total of 56 individuals participated in the training program, including students, faculty members, and staff from Dr. M. K. Umathe College and Let Prakashbhau Umathe Vidyalaya. The diverse group consisted of people from different age groups and backgrounds, creating an inclusive atmosphere.

The program was graced by the presence of Smt. Mandatai Umathe, President of Satimata Shikshan Sanstha's Nagpur and Head Mistress of Late Prakashbhau Umathe Vidyalaya, Nagpur, as the President of the program. The Chief Guest for the event was Dr. D. V. Naik, Principal of Dr. M. K. Umathe College, Nagpur.

The training session was led by Smt. Pallavi Milind Bhalerao and shri Padmakar Gajapure an experienced and certified yoga instructor. Smt. Bhalerao guided the participants through various yoga asanas, pranayama (breathing exercises), and meditation techniques. She

emphasized the importance of maintaining a balance between physical and mental health for overall well-being.

The training program included a combination of beginner-friendly yoga postures that focused on flexibility, strength, and relaxation. Participants were encouraged to perform each asana with proper alignment and breath control. Smt. Bhalerao demonstrated the techniques and provided individual attention to ensure correct posture and form.


The program commenced with a brief opening ceremony, where the dignitaries lit the ceremonial lamp and delivered inspiring speeches highlighting the significance of yoga in today's fast-paced world.


The training session comprised a series of yoga asanas, Pranayama and Meditation. The session also included a guided meditation for mental relaxation and clarity.

In between the practical sessions, there was an informative talk on the philosophy and principles of yoga. The participants learned about the origins of yoga, its relevance in modern life, and the holistic benefits it offers.

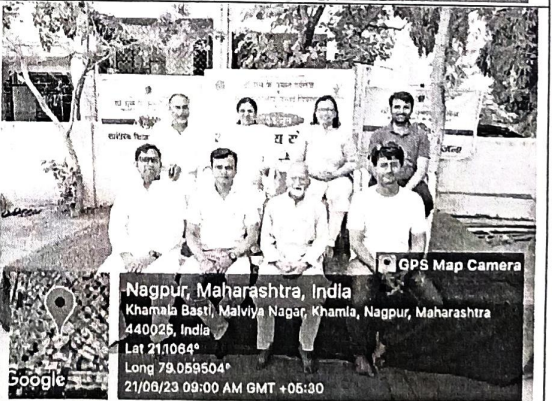
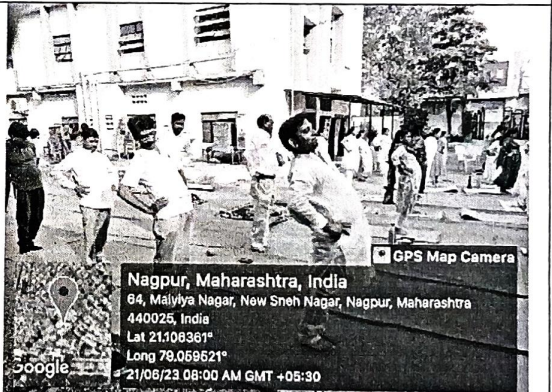
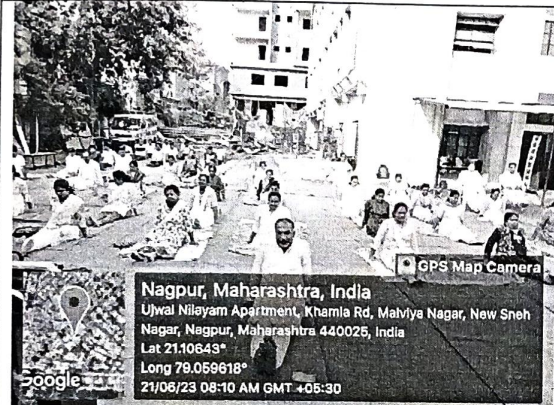
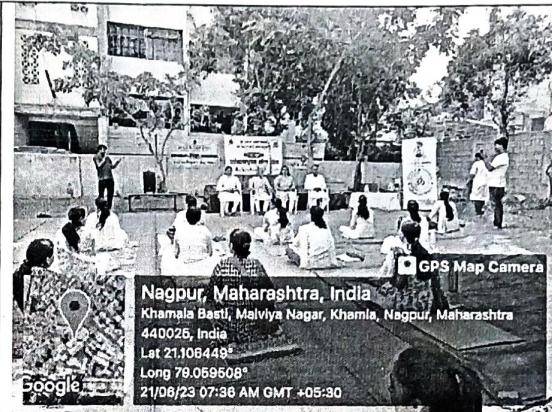
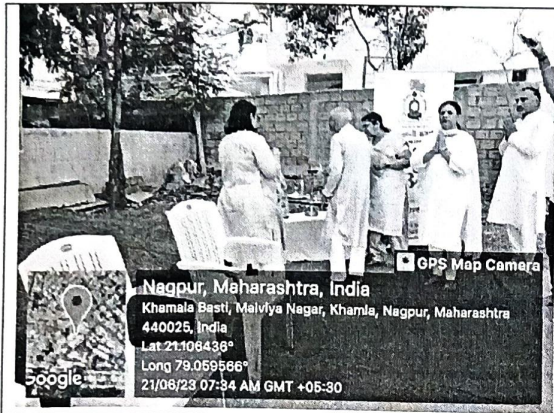
The one-day training program and celebration of International Yoga Day was a resounding success. The event provided participants with an opportunity to experience the physical, mental, and spiritual benefits of yoga. Through the collective practice of yoga, the participants gained a deeper understanding of unity, peace, and well-being.

The organizers express their gratitude to Smt. Mandatai Umathe, Dr. D. V. Naik, Smt. Pallavi Milind Bhalerao, and all the participants for their active involvement and support in making the event a memorable one. This celebration of International Yoga Day will undoubtedly inspire individuals to incorporate yoga into their daily lives, leading to a healthier and more harmonious society. Where in Prof. Apurba Pal, Director of Physical Education, Dr. Vinod B. Khedkar, Program Officer in National Service Scheme (NSS) organized and conduct the program and vote of thanks given by Shri Datta Pawar.


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Nagpur - 440022


Some Remarkable Photos






उमाठे महाविद्यालयात योग प्रशिक्षण

नागपूर : डॉ. एम. के. उमाठे कॉलेजमधील राष्ट्रीय सेवा योजना (एनएसएस), शारीरिक शिक्षण विभाग आणि प्रकाशभाऊ उमाठे विद्यालय यांच्या संयुक्त विद्यमाने आंतरराष्ट्रीय योगदिनानिमित्त एकदिवसीय प्रशिक्षण कार्यक्रम घेण्यात आला. अध्यक्षस्थानी सतीमाता शिक्षणसंस्थेच्या अध्यक्षा मंदा उमाठे होत्या. योग प्रशिक्षक पल्लवी भालेराव, पद्माकर गजापुरे, प्राचार्य डॉ. डी. व्ही. नाईक, अरुणराव कलोडे कॉलेजचे प्राचार्य रजनी आतकरे यांची प्रमुख उपस्थिती होती. योगाला सर्वांनी जीवनाचा अविभाज्य भाग बनवावा, असे आवाहन मंदा उमाठे यांनी केले. सूत्रसंचालन डॉ. विनोद खेडकर यांनी केले. आभार दत्ता पवार यांनी मानले. यावेळी अपूर्व पाल, डॉ. विजय बन्सोड, डॉ. समीर नईम, जयंत मुळे उपस्थित होते.


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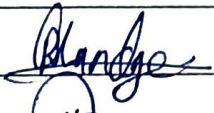










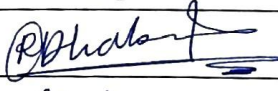
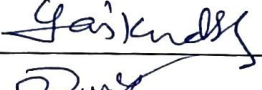


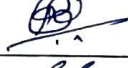



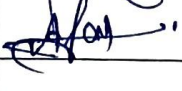
One-day training program & celebration of International Yoga Day
"Yoga for Vasudhaiva Kutumbakam"

Wednesday- 21st June 2023

07:00 AM

Attendance Sheet

Sl. No	Name	Signature
1)	Mayuri M. Sawarkar	
2)	Dr. Kirali R. Dekate	
3)	Prema C. Sorte	
4)	Madhuri S. Warudkar	
5)	Rashmi R. Dhote	
6)	Shilpa M. Vaidya	
7)	Seema P. Keshale	
8)	Sunita S. Wase	
9)	Archana A. Anasane	
10)	Medha G. Deshpande	
11)	Shubhangi R. Borkar	
12)	Prajakta N. Raut	
13)	Geeta Basantani	
14)	Madhuri P. Vaidya	
15)	Gauri Menjoge	
16)	Sushma Dhoble	
17)	Jayshree Sonjawar	
18)	Pritisha. Muttalwar	
19)	Kamrunnagaraswami	

Sl. No	Name	Signature
20	Rupali Landge.	
21)	Yogita Talikhanse	
22)	Prof. Rekha Pacholi	
23)	Mangala Janjal	M.V. Janjal
24)	Roshan Ambarkar	
25)	Vijay Kharatkar	
26)	Shazad Madankar	
27)	Dattarao P. Pawar	
28)	Rajendra Kharale	
29)	Rajesh. Jumle	
30)	Jayant M. Muley	
31	Sudhir S. Chaitchure	
32	Ravendra Dhabale	
33	Subhash Gairwad	
34	Dheeraj D Pande	
35	D.V. Naik	
36	Dr. K.R. Borkar	
37	P. A. Pathan	
38	M. R. Madhikar	
39	Dr. Vinod Kherdkar	
40	Aruna Patil	



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Notice

International Yoga Day Celebration

“Yoga for Vasudhaiva Kutumbakam”

Department of Physical Education and National Service Scheme (N.S.S.)

Going to celebrate the 9th International Yoga Day on 21st June 2023 at 7:00 A.M.

at Dr. M. K. Umathe Junior College, Khamla, Nagpur.

All the Teaching staff, Non- Teaching Staff and students are requested to make the occasion a big success by their active participation.

- | | |
|----------------------|----------------------------------|
| 1) Dr. K.R. Borkar - | 14) Mayur M. Sawarkar |
| 2) Sameer Naini - | 15) Dr. Kirti Dekate |
| 3) Roshan Ambekar - | 16) Prema Sorke |
| 4) Anurag In - | 17) Prof. R. M. Mishra (Pacholi) |
| 5) Vinod Khedkar - | 18) P. A. Pathan |
| 6) Pravin K. Abgar | 19) N. S. Galgale |
| 7) Aniket Kumar | 20) Dheeraj Pandit |
| 8) V. K. Bansod. | 21) S. S. Gairwad |
| 9) S. Y. Madankar | 22) N. J. Meshram |
| 10) S. S. Chalkhure | 23) B. M. Tebandhe |
| 11) S. S. Babhase | 24) S. N. Dudhe |
| 12) H. R. Siddhar | 25) Jayant Muley |
| 13) M. S. Karulkar | 26) R. S. Khavare |

13) Nagesh Melhram

28) S. N. Kumbhar



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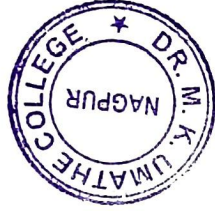
Notice

International Yoga Day Celebration





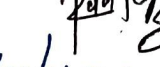

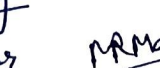




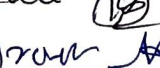

“Yoga for Vasudhaiva Kutumbakam”

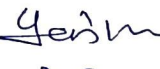




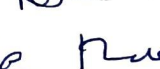







Department of Physical Education and National Service Scheme (N.S.S.)
Going to celebrate the 9th International Yoga Day on 21st June 2023 at 8:00 A.M. at Dr. M. K. Umathe Junior College, Nagpur. (Khaulra)

All the Teaching staff, Non- Teaching Staff and students are requested to make the occasion a big success by their active participation.




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

1. Apunba Jal — 
2. Sameer Nani — 
3. H.R. Siddewar — 
4. K. R. Bookar — 
- 5) Vinod Khedkar — 
- 6) Dr. Vaishali Meshram — 
- 7) M.J. Wanichete — 
- 8) Manisha Madhikar — 
- 9) R. S. Khavale — 
- 10) R. M. Mishra (Pacholi) — 
- 11) Prema Sorte — 
- 12) Dr. Kirti R. Dekate — 
- 13) Nagesh Melhwar — 

- 14) S.S. Gaikwad — 
- 15) S.S. Babhale — 
- 16) N.S. Galgal — 
- 17) S.S. Chalkure — 
- 18) A.P. Kulkarni — 
- 19) P. A. Patil — 
- 20) R.V. Deshpande — 
- 21) D. P. Pawar — 
- 22) V.G. Khadke — 
- 23) P. U. Muttalwar — 
- 24) P. R. Dhole — 
- 25) S.M. Vaidya — 
- 26) V.S. Awachet — 
- 27) M.A. Tatode —
- 28) S.N. Pandey —

- 29) madhuri Thakare Thakare
- 30) Purnam Dhengare Dhengare
- 31) Medha G. Deshpande Deshpande
- 32) Gayatri J. Naik Naik
- 33) Prajakta N. Raut Raut
- 34) Yogita Talkhande Talkhande
- 35) Rupali Landge Landge
- 36) Kumkum Paraswani Paraswani
- 37) Geeta Basantani Basantani
- 38) Mrs. Jayshree Sangawar Sangawar
- 39) Shubhangi R. Borkar Borkar
- 40) Gauri Y. Menjoge Menjoge
- 41) Sujay Wankar Wankar
- 42) Arun S. Dote Dote
- 43) Rajan D. Bhusari Bhusari
- 44) Atharva P. Ambulkar Ambulkar
- 45) Mukund Chahande Chahande
- 46) Sameer Nitraware Nitraware
- 47) Roshan Ambulkar Ambulkar

