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Amravati



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Co-ordinator (PM-USHA)
Prof. & Head Dept. Physics



Dr. P. G. Gawande
Convener & HOD
Department of physical education & Sports

- Resource Person -



Dr. Arun N. Khodaskar
(Renowned Yoga expert and
Former Principal Degree College of physical Education (HVPM))



Dr. Vasistha A. Khodaskar
(Renowned Yoga Expert and Director Of Physical Education and Sports,
Neharu Mahavidyalaya, Nerpersopant Dist. Yevatmal)

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Sipna Shikshan Prasarak Mandal, Amravati's
Arts, Science & Commerce
College, Chikhaldara,
Dist. Amravati – 444807



NAAC Re-accredited with 'A' Grade C.G.P.A. 3.22 in 4th Cycle

E-mail: ascc163@sgbau.ac.in

website : www.sipnaascc.ac.in

Permanently affiliated to Sant Gadge Baba Amravati University
and included under section 2(f) & 12(B) of UGC Act.



Workshop On "Yoga & Meditation"

Date :- 13th September, 2025

Sponsored by
Ministry of Education
Department of Higher Education

PRADHAN MANTRI UCHCHATAR SHIKSHA ABHIYAN
(PM USHA)

Organized by
Department of Physical Education & Sports
Arts, Science & Commerce College, Chikhaldara
Dist. Amravati 444807

ABOUT SOCIETY :-

Sipna Shikshan Prasarak Mandal, Amravati was established in 1995 and registered under the Society Registration Act 1860 and Bombay public Trust Act, 1950. The society established Arts, Science and Commerce college at Chikhaldara in 1996 in melghat for tribal and other inhabitants of this remote, hilly, rural and backward area. Later on in 1999 society established College of Engineering and Technology and in 2021 Sipna School of Planning and Architecture at Amravati. SSPM is established with specific goals and mission for overall development of people in Melghat, a tribal, remote and backward region in Amravati district and renowned for '**Melghat Tiger Project**' and **Gugamal National Park**' worldwide. Chikhaldara is a **hill station** situated at an **altitude of 1118 meter**.

ABOUT COLLEGE :-

Arts, Science and Commerce College, Chikhaldara, Distt. Amravati came into existence in 1996. The college is permanently affiliated to Sant Gadge Baba Amravati University and is included under section 2(f) and 12(B) of the UGC Act 1956. The college offers B.A., B.Sc., and B.Com. programmes and M.Sc. (Environmental Science). with traditional & advanced subjects. The college runs recognized 11 research centers. Out of 33 permanent faculty, 26 are Ph.D. holders. 11 faculty members are on the Board of Studies of the University. In 2023, NAAC has recredited our college with 'A' grade in its 4th cycle with CGPA 3.22. Class-rooms and well-equipped laboratories with ICT facilities are available. Library is fully automated and has developed E-Library Portal. College has adopted e-governance. College has women's hostel, ethnobotanical garden, rainwater harvesting tank, weather observatory and multi-Gym with changing room. College campus is enabled with high bandwidth internet facility, Wi-Fi, and CCTV camera surveillance and standby power supply. College has indoor and outdoor sports facilities.

ABOUT CHIKHALDARA :-

Chikhaldara is a hill station located in the Amravati district of Maharashtra, India. It is situated at an altitude of 1188 meters (3900 feet) above sea level and nestled in the Satpura ranges. The region experiences a cool and pleasant climate throughout the year, with temperature ranging from 10°C to 30°C. The best time to visit this place is from October to June. The spots to visit are Panchbol point, Bhimkund, Devi point, Gavilgad Fort etc.

How to reach Chikhaldara :-

By Train the nearest railway Station is Badnera Junction which is approximately 105 km from Chikhaldara, connect to Badnera Junction from major cities like Mumbai, Pune, Nagpur, Delhi, Hyderabad, Vijaywada, Chennai, Bhusawal. and by road Amravati (100km), Nagpur (230km), regular bus service available from nearby cities and also Amravati-Paratwada-Chikhaldara has regular timing.

Department of physical education and sports :-

The Department of Physical Education and Sports in the college playing a vital role in promoting physical activity, sports, and wellness among students since its establishment in 1996. The department's continuous efforts likely include: Providing expert coaching and training in various sports and games to help students develop their skills and compete at different levels, offering programs and activities that promote physical fitness, health, and wellness among students, organizing and participating in intra-college and inter-college sports competitions, tournaments and events to foster a spirit of sportsmanship and teamwork among students, fostering the overall development of students through sports and physical education, including character building, discipline, and teamwork. The department's work likely contributes significantly to the college's efforts to promote a healthy and active lifestyle among its students. Till date department has produced more than 200 Color-coats, including International, Nationals, Inter-university West zone, All India, Khelo India, Kridamahostava, Ashwamedha, Ultimate Kho-Kho. Total 17 Times kho-kho men women teams grabbed university inter collegiate championships, college conducted 22 SGBA University inter-collegiate kho-kho tournaments and more than kho-kho 30 players placed in various police departments in Maharashtra.

The aims and objectives of a Physical Education Department:

- ❖ To develop and maintain physical fitness among students through various sports, games, and physical activities.
- ❖ To identify, train, and nurture talented athletes to represent the college in inter-college and national-level competitions.
- ❖ To contribute to the overall development of students by promoting values like teamwork, sportsmanship, discipline, and leadership.
- ❖ To provide opportunities for students to engage in recreational activities, reducing stress and promoting mental well-being.
- ❖ To educate students about the importance of physical activity, health, and wellness, and to promote healthy lifestyle choices.
- ❖ To identify and develop the potential of students in various sports and games, providing them with opportunities to excel at higher levels.
- ❖ To encourage participation from all students, regardless of their abilities or backgrounds, and to promote inclusivity in physical education.

:- ABOUT THE PROGRAM :-

Workshop on Yoga and Meditation under the soft Component proposed in Proposal for Grants to Strengthen Colleges under PM-USHA

Objectives :-

- To improve physical health by increasing flexibility, strength, balance, and cardiovascular health.
- To promote mental health by reducing stress and anxiety, Improving focus and concentration and enhancing overall emotional well-being
- To promote spiritual growth by cultivating self-awareness, compassion, and inner peace.
- To help individuals achieve self-realization, which is the ultimate goal of yoga practice, Self-realization involves understanding one's true nature and purpose in life and achieving a sense of unity with the divine or higher consciousness.
- To promote holistic health and well-being, facilitate personal growth and self-realization, and ultimately, help individuals achieve a sense of unity with the divine or higher consciousness

Purpose :-

The purpose of the Workshop on Yoga and Meditation is to promote physical and mental wellbeing through yoga and meditation

Expected Outcome :-

- Building skills to manage your stress
- Making you more self-aware
- Focusing on the present
- Reducing negative feelings
- Lowering resting heart rate
- Lowering resting blood pressure
- Helping you sleep better
- Meditation help improve medical conditions

Program Schedule/Sequence: Time: 10.00 am to 04.30 pm		
Date	Time	Schedule
13.09.2025	10.00 am	Breakfast
	10.30 - 11.00	Registration
	11.00 - 11.30	Inauguration
	11.30 - 01.00	YOGA & MEDITATION (Dr. Vasistha A. Khodaskar)
	01.00 - 02.00	Lunch Break
	02.00 - 03.30	YOGA & MEDITATION (Dr. Arun N. Khodaskar)
	03.30 - 04.10	QUESTION/ANSWER
	04.10 - 04.30	Valedictory Function

