



Sipna Shikshan Prasarak Mandal, Amravati's

Arts, Science And Commerce College

Chikhaldara, Distt. Amravati
Two Day's University Level Webinar

On

“Application of Yoga and Meditation for Happy Lifestyle”

Date :- 12 - 13 July 2021

Department of Physical Education & Sports and IQAC of Arts, Science And Commerce College, Chikhaldara, Distt.: Amravati is organizing two days University level webinar on “**Application of Yoga and Meditation for Happy Lifestyle**” for all teaching, non teaching staff, students of all affiliated colleges and University Departments of Sant Gadge Baba Amravati University, Amravati. You are cordially requested to register & join for the same on ZOOM and YouTube live on 12th and 13th July 2021 at 8.00 am.

About the college:

Sipna Shikshan Prasarak Mandal, Amravati is established with the specific goals and mission of overall development of the people in Melghat, a tribal, remote, hilly and backward region in Amravati and Akola district of Maharashtra state. Melghat comprises of Chikhaldara and Dharni tahsil and part of Achalpur, Anjangaon Surji and Akot tahsil. Melghat is hilly terrain at the northern extreme of the Amravati district of Maharashtra. Melghat means 'meeting of the ghats', which describes the area as a large tract of unending hills and ravines scarred by jagged cliffs and steep climbs. It is renowned for 'Melghat Tiger Project' and 'Gugamal National Park' worldwide. Presently, the total area of the reserve is around 1677 km². The forest is tropical dry deciduous in nature, dominated by teak (*Tectonagrandis*). Chikhaldara is a Hill Station, famous tourist destination and a municipal council in Melghat. Chikhaldara is the sole hill station known as the 'Nandanvan of Vidarbha'. Chikhaldara is situated at an altitude of 1118 mtrs with Vairat point at 1188 mtrs. Also, it has the added dimension of being the only coffee-growing area in Maharashtra. The place has a rich variety of flora and fauna with the nature's beautiful architecture spread all over the region.

Arts, Science and Commerce College, Chikhadara, Distt.: Amravati came into existence in 1996 with an intention to impart higher education to the tribal at their very door steps and ensure their well being, growth and safety. The college is assessed and accredited by NAAC, Bengaluru with B++ grade (CGPA 2.77) in 3rd NAAC cycle.



The college offers degree courses like B. A., B. Sc., B. Com with traditional and advanced subjects and M. Sc. (Environmental Science). Whereas in UG science stream there are innovative subjects like Petrochemical Science, Food Science, Apiculture, Industrial Chemistry and Environmental Science. The college run recognized research centers for the subjects Physics, Botany, Mathematics, Chemistry, Environmental Science, Marathi, Hindi, English, Political Science and Sociology. Besides this the college also runs various add-on and certificate courses. Department of Physical Education and Sports is also one of the active department in the college, which has produced more than 175 meritorious color coats which includes International, khelo India, Nationals, west zone inter-university, All India University players.

Chief Patron



Hon'ble Shri. Jagdishji Gupta

**President, S.S.P.M., Amravati
Former Minister of State and
Guardian Minister Amravati District
INAGURAL FUNCTION**

Chairperson



Principal Dr. R. S. Jaipurkar

**Former -Pro-Vice-Chancellor,
SGBAU, Amravati**

Inaugurator



Hon'ble Dr. R. M. Kadu

**Secretary, S.S.P.M., Amravati
Chairman, NCTE (West Zone),
Member, Senate, SGBAU**

Chief Guest



Dr. P. R. Rajput

**Former Principal,
S.S.S.K.R. Innani Mahavidyalaya,
Karanja (Lad) Dist. Washim
And Former Director, NSS, SGBAU**

Resource Persons



Dr. Vishal Khodaskar
Director of Phy. Edu. & Sports,
Nehru Maha. Nerparsopant



Dr. Ravindra Sawarkar
Director of physical education and Sports,
Late. C. M. Kadhi Mahavidyalaya,
Paratwada



Dr. Vandana Parhate
Associate Professor,
Chemistry, Vidyabharati,
Mahavidyalaya, Amravati



Dr. Sunil Chordiya
Director of Phy. Edu. & Sports,
Late R.B. Arts, & Science College
Aarni

About the Program:

Dear teachers and students,
Greetings of the day!

Yoga brings together physical and mental fitness to achieve a healthy and peaceful life. It manages stress and anxiety and keeps relaxing. It also adds to flexibility, muscle strength and body tone. It improves respiration, energy and vitality.

Our objective is to spread awareness about yoga and its benefits in the society through this webinar. This will be beneficial for teaching, non teaching staff and students of affiliated colleges and the University Departments of the Sant Gadge Baba Amravati University.

Therefore you all are requested to register yourself and participate in the two days webinar. Certificates will be awarded to all registered participants only.

Objectives:

- To spread the importance of Yoga and Meditation
- To practice mental hygiene
- To possess emotional stability and good health
- To celebrate "Fit India Movement"

Registration Link:

<https://forms.gle/Mss7xgvrNyLuYSkb8>

After registration, ZOOM ID and Password will be shared through the whatsapp group. So you all are requested to join the whatsapp group.

Program Schedule

Date and Day	Time	Session	Resource Person/Anchoring
12/07/2021	08.00 am to 08.05 am	Conduct of program	Dr. Anand R. Bakshi
12/07/2021	08.05 am to 08.15am	Guest Introduction & Introductory remarks	Dr. P. G. Gawande, Convener
12/07/2021	08.15 am to 08.20 am	Welcome Address	Principal Dr. R. S. Jaipurkar
12/07/2021	08.20 am to 08.45 am	Inaugural Address	Hon. Dr. Ravindraji Kadu,
12/07/2021	08.45 am to 09.30 am	Introduction and Misconception of Yoga	Dr. Vishal Khodaskar
12/07/2021	09.30 am to 10.15 am	Sitting, Supine, Lying, Standing & Balancing asanas, Pranayama	Dr. Sunil Chordia
12/07/2021	10.15 am to 10.30 am	Presidential Address	Principal Dr. R. S. Jaipurkar
12/07/2021	10.30 am to 10.35 am	Vote of Thanks	Dr. P. G. Gawande,
13/07/2021	08.00 am to 08.05am	Conduct of program	Dr.M. B. Sardar
13/07/2021	08.05 am to 08.15 am	Guest Introduction	Dr. P. G. Gawande
13/07/2021	08.15 am to 08.30 am	Chief Guest Address	Dr. P. R. Rajput
13/07/2021	08.30 am to 09.15 am	Types of Bandha Mudra, Concepts of Kapalbhathi	Dr. Ravindra Sawarkar
13/07/2021	09.15 am to 10.00 am	Personality Development through Yoga	Dr. Vandana Parhate
13/07/2021	10.00 am to 10.15 am	Presidential Address	Principal Dr. R. S. Jaipurkar
13/07/2021	10.15 am to 10.20 am	Vote of Thanks	Dr. P. G. Gawande

FIT INDIA

Organizing Committee



Dr. Prashant G. Gawande
Convener
Mo. No. 9422949160



Dr. V. D. Kapse
IQAC, Coordinator



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