

**Dr. Madhukarrao Wasnik PWS Arts and
Commerce College
Accredited B+ by NAAC
Kamptee Road, Nagpur
Department of Physical Edu. & Sports**



and

**Physical Education Foundation of India (PEFI)
National Sports Promotion Organization
under the aegis of Ministry of Youth Affairs &
Sports (Govt. of India)**



organize

**Online International
Workshop on Yoga**

on the occasion of

***International Yoga
Day***

June 21-26, 2021

Time: 10 to 11am

Convener

Hon. Dr. Yeshwant Patil

Principal



FIND YOUR BEST

About the International Workshop and the Concept Note:

June 21 was marked as an International Yoga Day by United Nation General Assembly in 2015 that was supported by 177 countries across the world. 'Yog' is a Sanskrit word for 'union' that is 5000 years old physical, mental, and spiritual practice in India. Today's world which is full of stress, ailments and conflicts needs it even more. The breathing exercizes, postures and meditation help reduce the stress level, build immunity, improve lung functions leading to healthy mental and physical life. The observation of this day aims to spread the awareness of the benefits of yoga and to lead a healthier lifestyle.

As the world is going through the adversity of Pandemic Covid-19, 'Yoga' has become the need of the hour. Therefore, this year the theme of the International Yoga Day is "Yoga for well being". Apart from giving physical wellness yoga can help pandemic affected society to overcome the mental ill-health, negativity, stress, depression and fear. World Health Organization (WHO) has also approved the benefits of Yoga.

This international workshop on yoga is also a humble attempt in this drive to spread awareness about the benefits of yoga for the well-being of the world by connecting with the experts of Yoga around the world and providing a common platform for all.

About Registration:

Free Registration and participation

Online Platform: Zoom Meeting

Registration link will be sent along with this brochure

Live sessions on the college You Tube channel: dmwpws webinar

The link of the workshop will be sent to the registered participants one day prior to the workshop

Feedback form will be sent to the registered emails

E-Certificate will be sent to the participants who will attend and submit the feedback form

About the College



Dr. Madhukarrao Wasnik PWS Arts and Commerce College is one of the oldest institutions in Nagpur which celebrated its Golden Jubilee of foundation in the year 2018. It is accredited B+ by NAAC, Bangalore in its third cycle. Under the able guidance of Chairperson, Dr. Madhukarrao Wasnik, the institution has grown up into a multi-faculty college with the strength of over 5000 students in Jr., UG and PG catering to the needs of the weaker section of the society in this region. The college is running UGC sponsored Dr. Ambedkar and Buddhist Studies and Six Research Centers for Ph.D research recognized by RTM Nagpur University, Nagpur.

About PEFI



PHYSICAL EDUCATION FOUNDATION OF INDIA

(National Sports Promotion Organization)

Recognized by

Ministry of Youth Affairs & Sports, Government of India

Physical Education Foundation of India is one of the apex organizations working for development and awareness of physical education and sports in India. PEFI has been formed by the group of the country's top physical education teachers, sports professionals and officials of the country (source of information: pefindia.org and Google images)



CHAIRMAN

Dr. Madhukarrao Wasnik
Hon. Ex. MLC and Chairman
People's Welfare Society



INAUGURATOR
DR. ANIL HIREKHAN

Hon. Registrar
RTM Nagpur University,
Nagpur



CHIEF GUEST
MS. AIGUL

Teacher of Hatha Yoga
City of Nur-Sultan,
Kazakhstan
Expert in Aayurvedic
Massage and Wellness
Acupunture(Acupressure)



ORGANIZER & CONVENER

Dr. Yeshwant Patil
Principal
DMW PWS Arts and
Comm College





June 21, 2021

YOGA

Mr. Lokesh R. Chawre
International Yoga Teacher
and founder of Yog
Yogeshwar
Mumbai



June 22, 2021

AAYURVEDA

Dr. Krunal Shah
Dr. of Aayurveda, Arham
clinic, Nashik



June 23, 2021

YOGNIDRA

Ms. Parul Patel
Yog Nidra Therapist
in Yog Yogeshwar
Mumbai

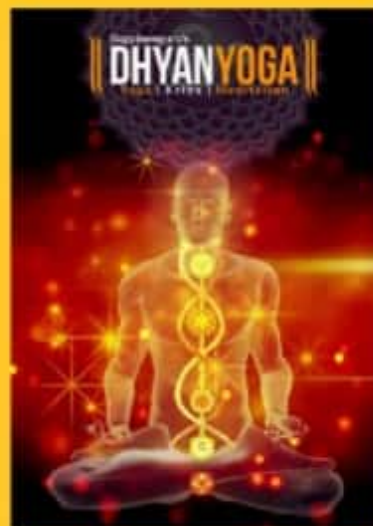




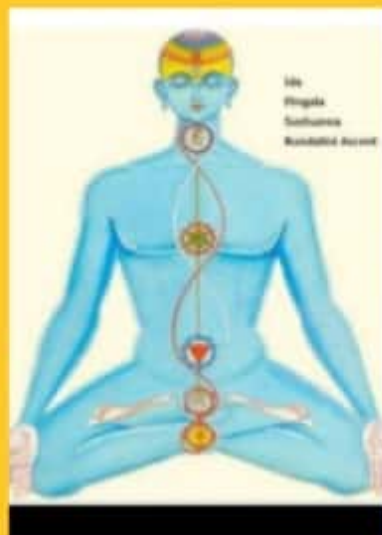
June 24, 2021
**DIET AND
NUTRITION**
Capt(retd) Pragya
Kukade
Diet Consultant
Bhopal, MP



June 25, 2021
DHYAN YOG
Mr. Tarun Kumar
Sharma
Founder of Nirvana
Trust & National
Jt. Secretary of Physical
Edu. Foundation of
India



June 26, 2021
YOG SHUDDHI KRIYA
Mr. Lokesh Chawre
International Yoga
Teacher and founder of Yog
Yogeshwar
Mumbai



ORGANIZING COMMITTEE

Patron

**Dr. Madhukarrao Wasnik
Hon. Ex. MLC and Chairman
People's Welfare Society**

**Dr. Subhash R. Chaudhary
Hon. Vice Chancellor
RTM Nagpur University**

**Dr. Sanjay Dudhe
Hon. Pro. Vice Chancellor
RTM Nagpur University**

**Mr. Mohan Wasnik
Hon. Secretary
People's Welfare Society**

**Mr. Manoj Wasnik
Hon. Jt. Secretary
People's Welfare Society**

Advisory committee:

Dr. Piyush Jain
Physical Education Foundation of India (PEFI)

Dr. Sinku Kumar Singh
Vice President, PEFI

Dr. Uday Chavan
President, PEFI, Maharashtra

Dr. Balwant Singh
Secretary, PEFI, Maharashtra

Dr. Umesh Rathi
Secretary, PEFI, Vidarbha

Dr. D. Ulape
Shivaji University, Kolhapur

Dr. Sharad Suryawanshi
Director of Physical Education and Sports Dept. RTMNU, Nagpur

Dr. Sushma Sharma
Principal(offi), Bar S K Wankhede College of Education, RTMNU, Nagpur

Former Asso. Prof. Atmaram Pande
DMW PWS Arts and Comm college, Nagpur.

Dr. Pravin Lamkhede
Rani Indirabai Bhosale Mahavidyalaya, Kuhi, Umrer

Dr. Ghanshyam Makkasare
KZS Science College, Bramhani, Kalmeshwar

Dr. Pravin Patil
Renuka College, Besa, Nagpur

Dr. Madan Ingle
New Arts, Commerce and Science College, Wardha

Dr. Nitin Jangitwar
Principal Arunrao Kalode Mahavidyalaya, Nagpur

Dr. Narendra Bagade
Vice Principal, DMW PWS Arts and Comm College, Nagpur

Dr. Pradnya Bagade
DMW PWS Arts and Comm College, Nagpur

Dr. Manisha Nagpure
DMW PWS Arts and Comm College, Nagpur

Mr. Parag Kopolwar
Vice Principal, DMW PWS Arts and Comm Junior College, Nagpur

Rajendra Gaikwad
Head, MCVC Dept, DMW PWS Arts and Comm College, Nagpur

co-convener

Dr. Sudesh Bhowate
NAAC Coordinator
DMW PWS Arts and Comm
College

Secretary of the International Workshop:

Dr. Saurabh Mohod
Shiv Chhatrapati Awardee
Mb: 9579117650

Dr. Megha Ramteke
DMW PWS Arts and Comm College, Nagpur
Mb: 9975478543

Members of the committee:

Dr. Vivek Chavan

Dr. Chandrashekhar Patil

Dr. Vimal Rathod

Dr. Pranoti Sahare

Dr. Kamlakar Tagde

Dr. Sumedh Nagdeve

Prof. Amol Mendhe

Dr. Sushant Chimankar

Mr. Sidharth Wani

Mr. Kishor Warbhe

Ms. Gamini Meshram

Ms. Varsha Bansod

Dr. Jayant Jambhulkar

Mr. Kiran Lute

Mr. Ankush Ghate

Mr. Dnyaneshwar Nikhare

Mr. Suresh Patil

Mr. Dipak Jaiswal



We are looking forward to
connecting with you!