Sant Gadge Maharaj Arts Commerce & Science College, Walgaon.

"Workshop on Yoga & Meditation "

Organized by

Physical Department

Duration : 17/05/2022 to 19/05/2022

Organizer

Asst Prof. V. B. Thakare Director of Physical Education (Department of Physical)

Sant Gadage Maharaj Arts, Commerce & Science College, Walgaon Dist : Amravati

Department of Physical Education & Sports

Workshop on Yoga & Meditation

(2021 - 2022)

17/05/2022 to 19/05/2022

Submitted By

Prof. Vasant Thakare

(Dir. of Physical Education)

Sant Gadage Maharaj Arts, Commerce & Science College, Walgaon Dist. Amravati

Workshop on Yoga & Meditation

Introduction of Workshop

Through this course we created the awareness of Health, Fitness, Yoga Activity and Meditation. In this workshop demonstration will be given on various Yogasana, Pranayama and Meditation.

Programme Benefit :

- 1. A Sense of Social responsibility.
- 2. They have understood the importance of Yoga .
- 3. They have understood Physical Activity.
- 4. They have got Knowledge of Yoga and Meditation.

Benefit of Learners :

- 1. Learning the Importance of Health & Fitness
- 2. Students gets detail Knowledge of Yoga.
- 3. Students learns how to start physical activity effectively.
- 4. This workshop brings awareness among students about benefits of meditation.



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Board of Study

To prepare the content (syllabus) of workshop following Board of study constituted.

Board of Study Committee is as Follows

Sr.No	Faculty	Designation	Department	Institution
1	Prof.Vasant B. Thakare	DPE	Phy. Edu	S.G.M.M, Walgaon
2	Dr. Khushal Alaspure	DPE	Phy Edu.	Arts and Commerce College,Badnera
3	Prof. S. S. Kedar	Professor	Commerce	
4	Prof. H. B. Gajabe	Assi. Prof	Arts	



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Wokshop on Yoga Meditation

Plan of Action (Requirement)

: 50

- 1. Name of Workshop
- : Yoga and Maditation
- 2. Intake of Students
- 3. Duration of Workshop

6. Examination Pattern

- 4. Course Fee
- 5. Syllabus

- : 3 Days : -----
- : Attached
- : Objective Type

Sr No.	Date	Time	Торіс	Resource Person
1	17/05/2022	8 AM To 9 AM	History of yoga	Vasant Thakare
2	17/05/2022	9 AM To 10 AM	Yoga and Yogic practice	Shrikant Mahulkar
3	17/05/2022	10.15 AM To 11.15 AM	Yoga Demonstration	Shrikant Mahulkar
4	18/05/2022	8 AM To 9 AM	Yoga for Positive Health	H B Gajbhiye
5	18/05/2022	9 AM To 10 AM	Yoga for Positive Health	S S Kedar
6	18/05/2022	10.15 AM To 11.15 AM	Yoga Demonstration	Vasant Thakare
7	19/05/2022	8 AM To 9 AM	Meditation	Khushal Alasapure
8	19/05/2022	9 AM To 10 AM	Meditation for Positive Health	Khushal Alasapure
9	19/05/2022	10.15 AM To 11.15 AM	Demonstration on Meditation	Vasant Thakare
10	19/05/2022	12 PM To 1 PM	Theory Examination	on



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SYLLABUS

- 1. Introduction to Yoga and Yogic practice
 - a. Yoga meaning and initiation
 - b. Astanga yoga
 - c. The Stream of Yoga
 - d. The Stream of yoga
 - e. Yogic practice for healthy living
- 2. Introduction to yogic text
 - a. History of yoga as a discipline
 - b. Classification of yoga and yogic text
 - c. Meditational process
- 3. Yoga and health
 - a. Needs of yoga for positive health
 - b. Concept of health and disease
 - c. Potential cause of ill health
 - d. Stress management through yoga
- Note : Based on the above three units practical to be organized

Total Marks : 50

Internal Theory Examination : 25 Marks

Internal Assignment : 25 Marks



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Faculty Profile

Sr. No	Faculty	Qualification	Specialization	Rugular / Guest Lecture
1	Prof. Vasant B. Thakare	M.Ped	Phy.Education	Regular
2	Prof. H. B. Gajabhe	МА	Marathi	Regular
3	Prof Sunil Kedar	MCom PhD	Commerce	Regular
4	Dr. S. S. Mahulkar	M.Ped, M.Phil, PhD	Phy. Education	Guest Lecture
5	Dr. Khushal Alaspue	M.Ped, M.Phil, PhD	Phy, Education	Guest Lecture



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Yoga & Meditation

Workshop Outcomes

- 1. Yoga and Meditation Workshop define the stages of Health and Fitness.
- 2. Student Improve Physically, Mentally, and Psychologically.
- 3. Student gets Knowledge about Yoga.
- 4. Students understand the importance life
- 5. All round development of Student.

Report of Workshop on Yoga & Meditation

At Sant Gadge Maharaj College, Walgaon. workshop on meditation and yoga was organized from 17/05/2022 to 19/05/2022. The purpose behind this workshop was to educate the college students to get exercise, peace of mind and a healthy body in the busy and stressful life. This workshop will bring the awareness among students about yoga and meditation.

Since ancient times, yoga and meditation have been given great importance in the 64 arts and Puranavedas. Because Ashtang Yoga brings peace of mind, internal cleanliness of the body and a healthy life. due to fast food, unhealthy diet and non physical exercise the young generation is lagging behind in physical strength. To aware the young students about their physical fitness college organize this workshop. UGC also in his recommendatation suggest this type of courses for college students. In this workshop an intellectual session was also conducted along with demonstration.

In the first session from 8 to 9 am on Dt.17/05/2022 Director of Physical Education Prof. Vasant Thakare gave a very important lecture on History of Yoga. He elaborated by giving examples of how the people of that time used it to lead a healthy lifestyle. In the next session from 9 to 10 am Prof. Shrikant Mahulkar gave a lecture on Yoga and Yogic Practice along with a demonstration. In the next session from 10.15 to 11.15 am he conducted demonstrations from the students and told how it is beneficial.

on the second day of workshop Prof. Harishchandra Gajbe gave a lecture on positivity and yoga in first session from 8 to 9 am on the next Prof. Dr. Sunil Kedar gave a lecture on the same topic in the next session from 9 to 10



am. In the last session of Dt.18/05/2022 from 10.15 to 11.15 am Prof. Vasant Thackeray gave a demonstration of yoga and pranayama to the students.

On the last day of workshop Dt.19/05/2022 Prof. Kushal Alaspure gave scholarly guidance on the subject of Meditation of Positive Health. in two sessions ie during 8 to 10 am. Then in next session during 10.15 to 11.15 am Prof. Vasant Thakare gave a demonstration on Meditation.

In the last session, examination of students were conducted. after the examination valedictory function was organized under the chairmanship of principal Dr. Dinesh Nichit Sir.

Benefit of Workshop to the Students

- Awareness of this subject was created among the students.
- Realized about social responsibility.
- The importance of yoga, pranayama, meditation in today's life was revealed among the students.
- ➤ He incorporated yoga in his daily life.
- The restlessness among the students decreased and their engagement in studies increased.
- Students went to society and started creating awareness about yoga and pranayama, meditation so that they can live a healthy and free life.



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Workshop News in Newspaper

संत गाडगेमहाराज महाविद्यालय वलगाव येथे ध्यान आणि योगा कार्यशाळेचे आयोजन

NOGA & MELINA

यांनी आसनांपासून होणारे शारीरिक, मानसिक व भावनात्मक फायदे कशाप्रकारे होतात या विषयावर सविस्तर माहिती विद्यार्थीना दिलेली आहे. कार्यक्रमामध्ये एकुण ४७ विद्यार्थ्यांनी सहभाग घेतला होता या कार्यक्रमाचे सूत्रसंचालन डॉ माधुरी भटकर यांनी केले तर आभार प्रदर्शन डॉ चव्हाण सर यांनी केले कार्यक्रमाचे आयोजक प्रा वसंत टाकरे होते कार्यक्रमाला सर्व शिक्षक व शिक्षकेर कर्मचारी उपस्थित होते.

स्व दत्तात्रय पुसतकर कला महाविद्यालय नांदगाव पेठ हे उपस्थित होते त्यांनी पहिल्या सभा मध्ये विविध योगासने या विषयावर सविस्तर माहिती देवून त्यापासून होणारे फायदे या विषयी सविस्तर मार्गदर्शन केले तर दुसऱ्या सभा मध्ये डॉ संजय वाघ यांनी प्राणायाम या संबंधी विस्तूत माहिती देवून आपल्या जीवनशैली साठी अतिशय आवश्यक आहे असे विचार व्यक्त केले तिसऱ्या सभामध्य डॉ खुशाल अळसपुरे सर

अमरावती दि. १९ : संत गाड गे महाराज महाविद्यालय वंलगाव येथे शारीरिक शिक्षण विभागा अंतर्गत तीन दिवसीय ध्यान आणि योगा कार्यशाळेचे आयोजन दिं १७/५/२०२२ते २०/५/२०२२ या कालावधीत करण्यात आले. या कार्यशाळेकरिता अध्यक्ष म्हणून महाविद्यालयाचे प्राचार्य डॉ दिनेश निचित सर होते. मार्गदर्शक म्हणून डॉ श्रीकांत एस माहलकर शा. शिक्षण संचालक



Presidential Speech In Inaugural Function by Dr.D.W.Nichit





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PRINCIPAL Sant Gadge Maharaj Art's, Commerce & Science College WALGAON, Dist. Amravati.

Guidance by Dr.S.S.Mahulkar





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SANT GADGE MAHARAJ ARTS, COMMERCE & SCIENCE COLLEGE WALGAON STUDENT ATTENDENCE SHEET 19/05/2022 Organized By: Dept. of Physical Education o Name of Students Sr.N o Name of Students Class Signature	SAN	T GADGE MAHARAJ ARTS , CON	MMERCE	SCIENCE (COLLEGE M	VALGAON
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Signature of Organizer

Signature of NAAC Co-Ordinator Signature of Principal

PRINCIPAL Sant Gadge Maharaj Art's, Commerce & Science College WALGAON, Dist. Amravati.

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Signature of Organizer

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Signature of Principal

PRINCIPAL Sant Gadge Maharaj Art's, Commerce & Science College WALGAON, Dist. Amravati.

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SANT	SANT GADGE MAHARAJ ARTS , COMMERCE & SCIENCE COLLEGE WALGAON				
	STUDENT ATTENDENCE SHEET 19/05/2022				
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Signature of Principal PRINCIPAL Sant Gadge Maharaj Art's, Commerce & Science College WALGAON, Dist. Amravati.

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SANT GADGE MAHARAJARTS, COMMERCE & SCIENCE COLLEGE, WALGAON STUDENT ATTENDENCE SHEET CTIVITY: <u>Joga & Meditation C Theory Examination</u> Organized By <u>Dept of Physical Education</u> Date: <u>19/05/2022</u>

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Signature of Organizer

Signature of NAAC Co-ordinator

Signature of Principal

-G PRINCIPAL Sant Gadge Maharaj Art's, Commerce & Science College WALGAON, Dist. Amravati.

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SANT GADGE MAHARAJ ARTS, COMMERCE & SCIENCE COLLEGE, WALGAON

STUDENT ATTENDENCE SHEET

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Sant Gadge Maharaj Art's, Commerce & Science College WALGAON, Dist. Amravati.

Yoga & Meditation

Workshop Outcomes

- 1. Yoga and Meditation Workshop define the stages of Health and Fitness.
- 2. Student Improve Physically, Mentally, and Psychologically.
- 3. Student gets Knowledge about Yoga.
- 4. Students understand the importance life
- 5. All round development of Student.

Workshop News in Newspaper



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