

Maharashtra competed in this championship.

The team was coached by 5th Dan Black Belt, Sensei Sanjay Ingole, Chief Instructor and Technical Director, National Shotokan Karate Association India. Medals winners are: Vedant Sable, Shruti Jais, Muskan Dudani, Harshali Araikar,

Priyanka Jaiswar, Shreesha Mujumdar, Shrushti Jhunjhunwala, Adiya Pandhre, Harman Sharma, Palak Chavan, Prakruti Waghmare, Priyanka Pantawane, Shreya Raut, Unnati Dhimole, Mayuri Waghmare, Rutika Araikar, Mrunmyee Shastry, Prajwal Murkute, Bhushan Kokale, Youraj Mate,

Suyesh Panbude, Vedant Plandurkar, Tasneem Ali, Saraswati Dudani, Hrusiheksh Sakharkar, Rudra Tidke, Shweta Nirkulwar, Mrunal Hirulkar, Syuridin Sheekh, Shivani Gour, Asmit Kashyap, Pushkar Damle, Awdhut Gore, Rohit Makume, Avantil Tanduikar, Yoshita Deshmukh, Aryan Gupta, Kavish

Betala, Khushi Gilda, Aishwarya Nagle, Jay Kashyap, Atharva Khadse, Mabek Choudhary, Ramrishan Prajapati, Pratyush Awachat, Ninad Khadse, Dhruv Bokde, Vivek Shrivastava, Nidhish Choudhary, Harsh Choudhary, Diya Charde, Anushka Vaidya, Pratiksha Kamdhi, Vaishnavi Dhakate.

70 years, it will be of 1 km. The walkathon will be flagged off from Joggers Track, Civil Lines. Entry for walkathon is free.

Prizes will be given to the fittest amongst the senior citizens.

President Prasanna Kulkarni, Secretary Dr Pranav Nagarnaik and Project Director Rtn Tushar Agrawal and other members of Rotary Club of Nagpur West are working hard for the success of the walkathon.

Subconscious mind far more superior, says Mishra

DURING his address as the lead speaker at International Conference on Sports Psychology and Yogic Sciences, Dr Vedprakash Mishra, Vice-Chancellor, Krishna Institute of Medical Sciences, Karad, said that the subconscious mind is far more superior than the conscious mind.

The conference was organised by PP Dr Babasaheb Ambedkar Smarak Samiti, Department of Physical Education and Sports and IQAC, Dr Ambedkar College Deeksha Bhoomi Nagpur in Collaboration with Sports



Guests during the concluding function of international conference.

Psychology Association of India under the aegis of Association of

Indian Universities, New Delhi. "Conscious mind is full of neg-

activities like fear, hesitation, anxiety etc but our subconscious mind is more superior to it. Psychodynamics is arousal of subconscious into conscious mind. Confidence does not come alone with conscious but it's subconscious which matters. Awareness add to competence. Swami Vivekanand famously said 'Arise, awake and stop not till our goal is achieved,' said Mishra while addressing the delegates from across the country on the second day of the two day's international conference.

In the Technical Session IV, the

keynote speaker of the conference was Dr M.L. Kamlesh, Patron, SPAL. He spoke on the important topic of rational explanation and practical application. He also said that yoga plays a very important role in the treatment of various disorders like distraction, attention and concentration problems and imbalance mind.

Dr Arvind Joshi was the Organising Secretary of the event. The programme was completed by Dr Dhanashree Borikar who a vote of thanks was proposed by Dr Anil Karwande ex-Principal IDCPE, Nagpur.