

REPORT

DR. AMBEDKAR COLLEGE, DEEKSHABHOOMI, NAGPUR
WOMENS DEVELOPED CELL

TWO DAY WORKSHOP ON YOGA

DATE: 28-29 JANUARY 2019




NOTICE

A Two Day Workshop on "YOGA AND MEDITATION" is being organized under the aegis of The Womens' Development Cell of Dr. Ambedkar College Nagpur in the college auditorium on 28th and 29th January 2019 at 10:30AM. Attendance is mandatory for members of ladies' staff teaching and non-teaching and girl students of UG and PG Courses of all faculties.

PRINCIPAL



DR.P.C.PAWAR



Womens Development Cell of
DR. AMBEDKAR COLLEGE, DEEKSHABHOOMI, NAGPUR
Organises
A TWO DAY WORKSHOP On
Yoga And Meditation
28th and 29th JANUARY 2019 COLLEGE AUDITORIUM, 10:30 AM

ABOUT THE COLLEGE :
Dr. Ambedkar College, of Arts, Commerce, Science and Law is a Premier Educational Institution in the city of Nagpur. Established in the year 1964, the college is run under the aegis of "Param Poojya Dr. Babasaheb Ambedkar Smarak Samiti", Deekshabhoomi, Nagpur. The college has the privilege of being situated at the holy "Deekshabhoomi", where "DhammaChakra", an emblem of our national aspiration and the symbol of the best in human being was set in motion on 14th October, 1956.
The entire campus of Dr. Ambedkar College is beautifully designed and constructed with an area of 12 acres of land with the college in the same vicinity surrounded by lush green atmosphere. The architectural excellence of Lord Buddha's stupa stands tall and fearless in the centre symbolising purity, prosperity and peace, depth of thought, strength of conviction, faith in oneself, the humanistic impulse and practical efficiency which are essential ingredients of character and human excellence. This giant, beautiful stupa is known as the eighth wonder of the world.
The arduous efforts of the institution toward excellence have earned it a noble reaccreditation of 'A', conferred upon it by National Assessment and Accreditation Council, Bangalore. The institution has evolved into a state of art learning centre with a rich storehouse of knowledge base. The edifice has an all encompassing facility in various fields of advance research and studies.

ABOUT THE WORKSHOP :
In today's environment, most of the people are suffering from stress and anxiety in their day to day life finding themselves unable to cope with life's little situations. Conventional drugs are on the rise due to the increasing need for people to deal with their stress and anxiety. Nevertheless, many people are searching for ways to be less stressed and live a healthy life without drugs. If stress and anxiety are getting the better of you, then think about grabbing a mat and giving yoga and meditation a spin. Yoga and meditation are known to open the doors to a more peaceful and healthy lifestyle. So come on let's begin...
To explore this and know more, You all are invited to the college auditorium located on the second floor. Lend your ears and eyes to our dynamic speaker Mr. Sachin N. Mathurkar who will guide you in this amazing journey, the destination of which is Yoga and Meditation. Dr. Lalita Punaiya and Dr. Pradnya Bhelwa will be conducting the practical session.

<p>Patron Principal Dr. P. C. Pawar</p>	<p>WDC Members Mrs. B.A. Mehere (Coordinator) Dr. Sandhya Kalamhad Dr. Pradnya Bhelwa Dr. Varsha Panbude Mrs. Priti Singh</p>
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WORKSHOP ON YOGA AND MEDITATION

Yoga can be a set of exercises done in any way you wish to do it but ‘Yog’ is simply an union with the divine, quipped Yog Guru Shri Sachin Mathurkar of Sukh, Shanti Samadhan Yoga Institute, Nagpur, on the first day of the workshop on Yoga and Meditation organised by the Womens Development Cell of Dr. Ambedkar College Deekshabhoomi, Nagpur on 28th January 2019 at the college auditorium.

He further elaborated on the origin and meaning of the word Yog, which means ‘to join’. Yog conjoins the body, mind and emotion to create a harmonious life. Practicing Yog enables a person to be physically fit, mentally calm and stable and generates an emotional satisfaction in turn leading to the purest form of happiness. It also helps to ward off negative thoughts, stress and anxiety, thus creating an atmosphere of positivity. Meditation is a part of Yog, informed Shri Mathurkar. It is a technique in which the meditator seeks not only to reach a deep state of relaxation, but to quieten the mind. The auditorium vibrated with the chanting of ‘AUM’, as the meditation technique was even practiced upon.

The second day of the workshop on 29th January 2019, began with Dr. Lalita Punayya, Associate Professor of Physical Education, Yashoda Girls’ College, Nagpur and Dr. Pradnya Bhelwa, Associate Professor of Physical Education, Dr. Ambedkar College, Deekshabhoomi, Nagpur, explaining and demonstrating the various asanas in the auditorium. The entire gathering of girl students’ and teachers’ performed the warming up, surya namaskar and various other asanas, concluding with the chanting of Aum.

The two day workshop was successfully organised by the committee members of the Womens’ Development Cell of DACN, comprising of Co-ordinator Mrs. B.A. Mehere, Dr. P. A. Bhelwa, Dr. V.V. Panbude, Dr. S.P. Kalamdhad and Mrs. Priti Singh.

Mrs. B. A. Mehere conducted the proceedings whilst Dr. V.V Panbude proposed the formal vote of thanks.





Latitude: 21.129136
Longitude: 79.067622
Accuracy: 30.0m
Time: 28-01-2019 12:28
Note: workshop 28.01.2019



Latitude: 21.118814
Longitude: 79.115638
Accuracy: 20.9m
Time: 28-01-2019 12:17
Note: workshop 28.01.2019



21°06'51.3"N 79°03'59.7"E
21.114250, 79.066592
WDC WORKSHOP
29-01-2019



REPORT CONCLUDED