

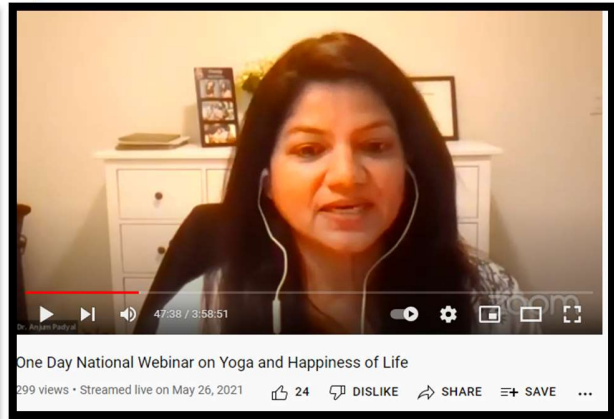
**Nijampur-Jaitane Shikshan Prasark Mandal's
Jagannath Kadwadas Shah Adarsh College
Nijampur-Jaitane, Tal-Sakri, Dist. – Dhule**

**In Collaboration with
Physical Education Foundation of India**

Organized by

**One Day National Level Webinar on Yoga and
Happiness of Life**

26 May 2021



**Dr.Priyanka P.Sulakhe
Coordinator
J.K.Shah Adarsh College**

**Dr.Ashok P.Khairnar
Principal & Chief Organizer
J.K.Shah Adarsh College**

One Day National Level Webinar on Yoga and Happiness of Life

Brochure

Nijampur-Jaitane Shikshan Prasarak Mandal's
Jagannath Kadwadas Shah Adarsh College
Nijampur-Jaitane, Tal.Sakri, Dist- Dhule
NAAC Reaccredited 2nd Cycle
(Affiliated to Kavayitri Bahinabai Chaudhari North Maharashtra University, Jalgaon)

Physical Education Foundation of India

One Day National Level Webinar on
Yoga and Happiness of Life

26 MAY 2021

Organize by
Department of Physical Education and Sport

For Webinar Registration Click here

One Day National Level Webinar on Yoga and Happiness of Life

One Day National Level Webinar on
Yoga and Happiness of Life



Inaugural

Hon. Dr. Piyush Jain
National Secretary, PEFI



Chief Guest

Hon. Dr. Balwant Singh
Maharashtra State Secretary, PEFI



Valedictory Speaker

Hon. Dr. P. S. Sonawane
Principal, V. Patil Arts, Comm. & Sci. College, Sakri



Organizer

Hon. Dr. Ashok P. Khairnar
Principal, N.J.S.P.M.J.K.S. Adarsh
College, Nijampur-Jaitane



**Resource
Person**

Hon. Dr. Anjum Padyal
Assistant Professor Dept. of PE and Sports
Sciences, Deshbandhu College, Uni. of Delhi
Topic- yoga for body mind and soul



**Resource
Person**

Hon. Prof. Yogacharya Rajiv Kumar
Founder - Arogyadev Vedic Science
Foundation (Trust).
Topic- Yajna and Yoga for happiness



**Resource
Person**

Hon. Prof. Yogeshwar M. Nandre
Karm. A.M. Patil and Kai. N.K. Patil Senior
College, Pimpalner
Topic- Yoga and happiness in life.



One Day National Level Webinar on Yoga and Happiness of Life

| National Webinar Programme Schedule | | | |
|--|----------------------|----------------------------------|--------------------------------|
| Time | Programme | Resource Person | Topic |
| 10.00 a.m. to 10.30 p.m. | Inaugural Ceremony | Hon. Prin.Dr.A.P.Khairnar | Introductory Note |
| | | Hon.Dr.Piyush Jain | Inaugural Speech |
| | | Hon.Dr.Balwant Singh | Chief Guest Speech |
| 10.30 p.m. to 11.15 p.m. | Session I | Hon. Dr. Anjum Padyal | yoga for body mind and soul |
| 11.15 p.m. to 12.00 p.m. | Session II | Hon. Prof.Yogacharya Rajiv Kumar | Yagya and Yoga for happiness |
| 12.00 p.m. to 12.45 p.m. | Session III | Hon. Prof.Yogeshwar M.Nandre | Yoga and happiness in life. |
| 12.45 p.m. to 01.30 p.m. | Valedictory Function | Hon.Prin.Dr.P.S.Sonawane | Valedictory Chief Guest Speech |

***One Day National Level Webinar on Yoga and
Happiness of Life
(26 May 2021)***

Objectives

- To Promote Yoga
- To create interest regarding yoga
- To develop personality through yoga
- To develop Mental Health through yoga

Report

Nizampur-Jaitane Shikshan Prasarak Mandal's Jagannath Kadwadas Shah Adarsh College Nizampur-Jaitane and Physical Education Foundation of India jointly organized one day national webinar on Yoga and Happiness of Life on 26 May 2021. Dr. Piyush Jain (National Secretary, Physical Education Foundation of India) and Dr. Balwant Singh (Maharashtra State Secretary, Physical Education Foundation of India) were the chief guests at the inauguration of this webinar. Prin.Dr.P.S Sonawane, Adv. Sharad Chandraji Shah (President Jagannath Kadwadas Shah Adarsh Mahavidyalaya Nizampur Jaitane) Shri Dashrath Narayan Jadhav (President Nizampur Jaitane Shikshan Prasarak Mandal) All Honorable Management Board, The keynote address was delivered by Dr. Anjum Padyal, Yogacharya Rajiv Kumar, Prof. Yogeshwar Nandre, Principals of various colleges, Dr. Ashok Khairnar, all the professors and non-professors of the college, as well as participating professors and students from different states

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were present. Dr. Piyush Jain expressed his satisfaction about the huge response to the webinar. He said that such webinars are very important in bringing the field of physical education to the rural areas. He appreciated the fact that many activities are also carried out online by the college in the rural areas and the response of the students to those activities is so huge. In each field subjects can be taught online but in the field of physical education it is not possible to teach to some extent. But due to many such initiatives, physical education can be made available online to some extent. "Corona has made everyone aware of the online method and we should continue to use this online method in our lives after the Corona era is over," he said. Yoga helps a person in all aspects of mental, physical and spiritual development. He said that yoga is one of the most beautiful ways to take our Indian tradition to the rural areas. He hoped that the college would organize many such activities online and take physical education to the grassroots in the same way.

Dr. Balwant Singh lauded the college for its online initiatives in rural areas. Yoga promotes mental and physical health. Yoga plays a vital role in shaping one's personality. Yoga helps in teaching how to behave, how to speak, how to walk. Yoga helps to improve our overall lifestyle. At the international level, that yoga has come a long way, but in our India, yoga is still not given as much priority as it should be. He said that organizing many such programs in the context of yoga would play an important role in the spread of yoga.

The keynote speaker of the first session was Dr. Anjum was on foot. She mentions Los Angeles on Yoga for Body Mind and Soul. Yoga is our ancient culture. It is our heritage and our new generation is forgetting all these

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things somewhere. If you look abroad, there are different school classes for yoga. Yoga teachers from India are called there and students are taught yoga. And in our country, yoga is not given the desired response and status. He said that if our Indian culture is highly respected abroad, then why not in our own country. He said that our youth need to understand all this and focus on how to spread yoga everywhere and take it to a higher level. The body, the mind and the soul are all connected to each other. Yoga affects the body, mind and soul. Yoga has proved to be just as important, not just spiritually, but scientifically. He said that yoga is of great spiritual as well as scientific importance. Yoga plays a very important role in keeping your mind calm. The human mind is a sea of thoughts. Thoughts are always wandering. Yoga works to give a way to our thoughts. The mind is always thinking 80 percent negative and 20 percent positive. And even in this 20 percent positive thinking, it repeats the negative thoughts, which makes you feel like you're having trouble doing something. He said that yoga plays an important role in leading to positive thinking. People don't want you to control your own mind. Yoga has many benefits like yoga helps in reducing stress, increases body flexibility, builds proper balance between mind and body, strengthens the body, helps in weight loss, promotes restoration of the body and helps in preventing injuries. . He said that we should adopt such yoga which enables the body and mind and spread it to the world.

In the second session, Yogacharya Rajiv Kumar gave guidance on Yajna and Yoga for Happiness. Happiness is internal. Sacrifice and yoga both play an important role in finding spiritual happiness. He said that friendship should be with a person who is intellectually rich, there should be compassion in the heart for

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helpless people, there should be respect in the heart of wise people, and there should be no hatred in the mind about anyone. Following Ashtanga Yoga creates happiness in the mind. Everyone should adopt non-violence, a person who commits violence can never be happy. There is a law of nature that we get back what we do. So it is very important to always treat everyone well. It is very important to get the prior permission of the person when taking any item from anyone, these shows our humility. It is very important to keep our needs limited so that we can be happy with the money or things we have. A person's thoughts being pure, his mind being satisfied, his mind being calm is very important in creating happiness. Sacrifice is a spiritual as well as scientific method. It is very important to do it properly while performing Yadnya, only then we can feel the results. Every herb used in Yadnya and the smoke created from it works as a medicine in the atmosphere. When diagnosing any disease, the first thing that is given is medicine, which dissolves in our body and does its job. Injections are used to make a person feel better sooner than drugs, so that the drugs are delivered intravenously to the body and make a difference as soon as possible. And if you want to diagnose the body earlier than all this, it is very important to deliver the medicine through the air. This is why in Ayurveda, the herbs used in Yadnya are the medicine given by air. That's what he said. Each herb has a different benefit. The herbs used in Yadnya are typical and characteristic. It is very important to perform the Yadnya properly in order to benefit from it. Research in the field of sacrifice is very important. He said that research in the field of yoga has come a long way and research in this field is also very important.

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In the third session, Yogeshwar Nandre talk about Yoga for Happiness. He has done a lot of research in the field of yoga and he explains how important that research is to me. He took some specific camps and showed how yoga cures diseases like BP and diabetes. He presented his research to date and gave guidance on how we can do research in the field of yoga. Yoga plays a vital role in shaping a person's personality. It is very important for everyone to give a special place to yoga in their daily life; He said that it helps us to develop mentally and physically, not just spiritually. He said that it was very important to take yoga to the grassroots in rural areas.

The valedictory ceremony Principal Dr. P.S Sonawane, Principal Dr. Ashok Khairnar, keynote speaker Dr. Anjum Padyal, Yogacharya Rajiv Kumar, Prof. Yogeshwar Nandre, all participants were present. Some of the participating professors from different states expressed their views on the webinar in a representative manner. He expressed happiness over the fact that so many webinars are being organized in rural areas on such a beautiful subject and in such a large number. The overwhelming response to the webinar was appreciated by all.

Principal Dr. P.S. Sonawane summarized the report of the entire webinar. All the keynote speakers expressed satisfaction with the knowledge imparted in the context of yoga. He said that it is very important to seek the guidance of speakers from different countries in different states on such issues in rural areas. As a result, students in rural areas get in-depth knowledge of various subjects and also get acquainted with technology. Special thanks were due to the presence of students in the webinar and their interest in technology. He said that it is very important to teach physical education to the students at the college level.

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This allows students to develop their own mental, physical, holistic development. In this day and age of corona, we all see how important it is for a person to be strong, so it is very important for everyone to empower themselves physically and mentally. He said that yoga plays the most important role in this. Overall, he appreciated all the planning.

Concluding remarks were made by Principal Dr. Ashok Khairnar thanked all the keynote speakers for their guidance in the webinar. He said that the knowledge he imparted regarding yoga would definitely benefit everyone. He said that through this webinar, the message that yoga is important to all sections of the education sector and we should take care of it will be conveyed through this webinar. He said that it was important for the younger generation to practice yoga regularly, giving it a special place in their daily lives. Because of this we can take our heritage yoga to a special level by assimilating it ourselves. For this, it is important for everyone to come together and work. "If we all work in one direction, we can definitely give yoga a special place in the whole world," he said. Thanks to all the keynote speakers at the webinar and to all the participants who responded to the webinar.

Dr. Priyanka Sulakhe was expressed vote of thanks. The National Secretary of the Physical Education Foundation of India, Dr. Piyush Jain and Maharashtra State Secretary Dr. Special thanks to Balwant Singh Sir for giving me the opportunity to organize a webinar by engaging the college. As well as adv. Sharad Chandraji Shah President Jagannath Kadwadas Shah Adarsh Mahavidyalaya, Shri Dashrath Narayan Jadhav President Nizampur Jaitane Shikshan Prasarak Mandal, All Honorable Management Board, Principals of

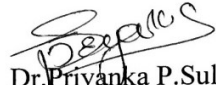
One Day National Level Webinar on Yoga and Happiness of Life

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various colleges and Principals of the College Dr. He also thanked Ashok Khairnar. He also thanked all the faculty and staff present and those who graced the webinar with their overwhelming response. Regarding the organization of the webinar, all the honorable management board and principal of Nizampur Jaitane Shikshan Prasarak Mandal, Dr. Ashok Khairnar expressed their satisfaction. all the teaching and non-teaching staff got the support for this webinar

Objectives

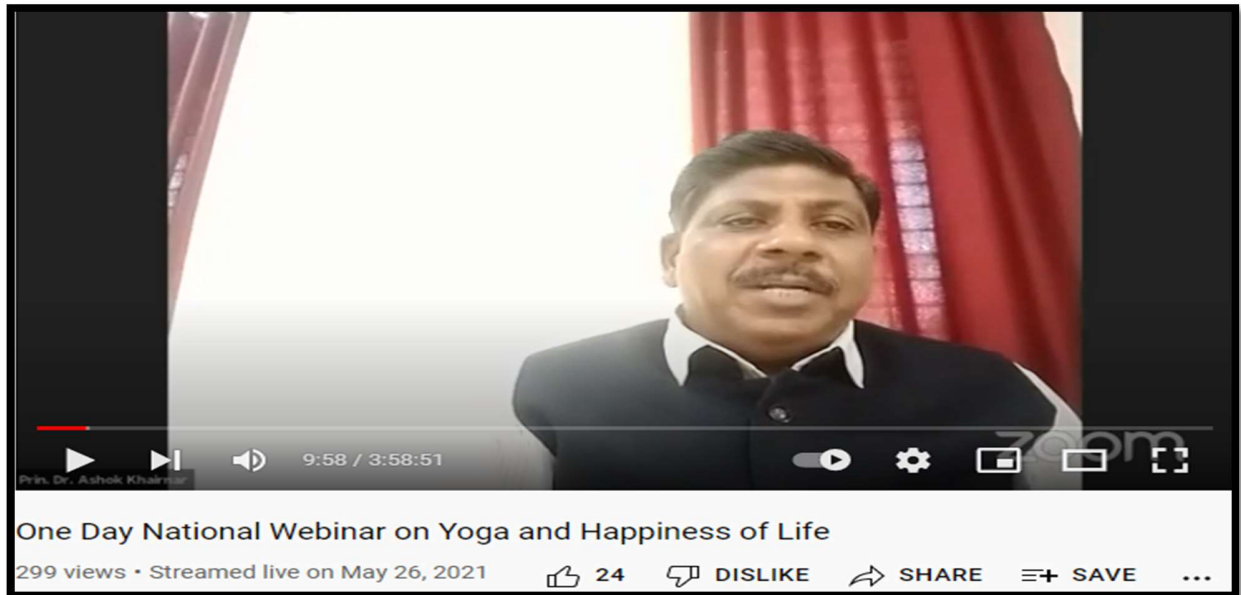
- Promote Yoga in Society.
- People added Yoga in daily routine.
- People know the Physical and Mental benefits of Yoga.


Dr. Priyanka P. Sulakhe
Coordinator


Dr. Ashok P. Khairnar
PRINCIPAL
Nizampur - Jaitane Shikshan Prasarak Mandals
Jagannath Kadwadas Shah Adarsh Mahavidyalay
Nizampur - Jaitane Tal. Sakri Dist. Dhule

One Day National Level Webinar on Yoga and Happiness of Life

Photo Gallery



Hon.ble Principal Dr.Ashok P.Khairnar delivering his Introductory Note

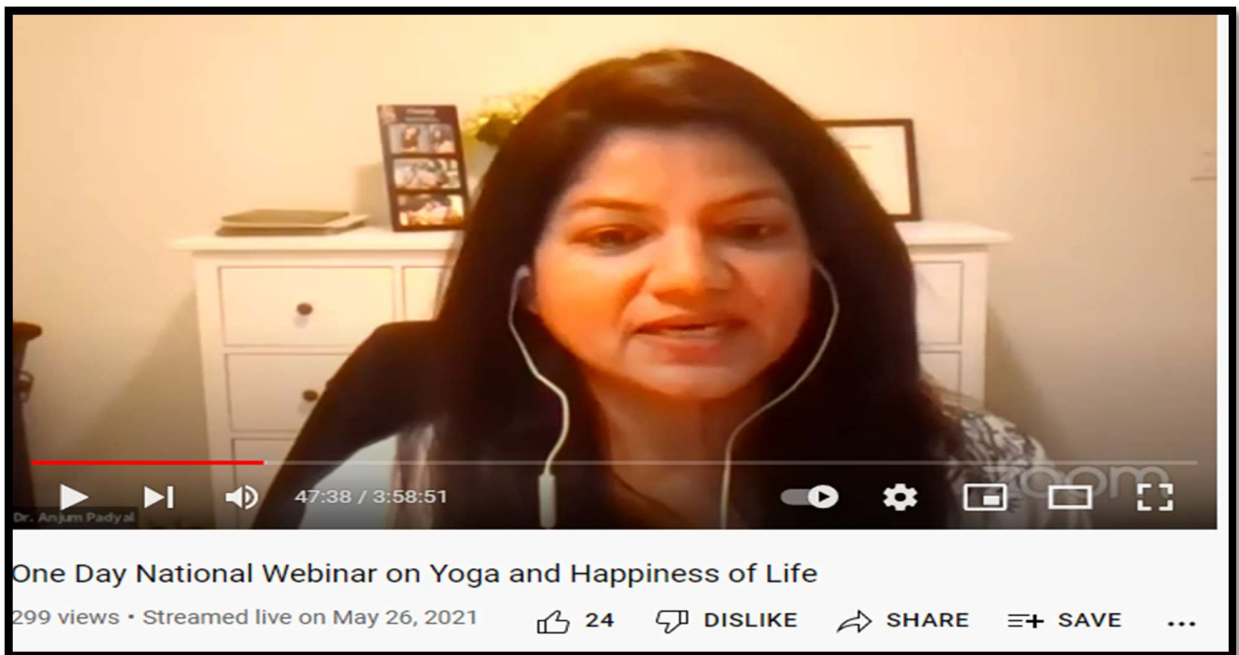


Hon.ble Dr.Piyush Jain delivering his Inaugural Speech

One Day National Level Webinar on Yoga and Happiness of Life



Hon.ble Dr.Balwant Singh addressing in the Webinar



**Hon.ble Dr.Anjum Padyal delivering her Speech on Yoga for Body,
Mind and Soul**

One Day National Level Webinar on Yoga and Happiness of Life



Hon.Yogachary Rajiv Kumar delivering his Speech on Yagya and Yoga for Happiness



Hon.Dr.Yogeshwar Nandre delivering his Speech on Yoga for Happiness

Media Coverage

डॉ. अंजुम पडयाल : शाह आदर्श महाविद्यालयात वेबिनार

सकाळ वृत्तसेवा

— प्रा. भगवान जगदाळे
निजामपूर, ता. ३० : आपल्या प्राचीन संस्कृतीतील योगा हा केवळ आध्यात्मिकच नव्हे, तर वैज्ञानिक दृष्टीनेही तितकाच महत्त्वपूर्ण असल्याचे सिद्ध झाले असून, योगा आपले मन स्थिर ठेवण्यात फार महत्त्वाची भूमिका बजावतो. म्हणून जगाला नियंत्रित करण्यापेक्षा स्वतःच्या मनाला नियंत्रित करा, असे लॉस एंजिल्स येथील प्रमुख वक्त्या डॉ. अंजुम पडयाल यांनी केले.

जगन्नाथ शाह आदर्श महाविद्यालय व फिजिकल एज्युकेशन फाउंडेशन ऑफ इंडिया, नवी दिल्ली यांच्याकडून नुकताच 'योगा अँड हॅपिनेस ऑफ लाइफ' याविषयावर एकादिवसीय राष्ट्रीय वेबिनार आयोजित करण्यात आले आहे.

राष्ट्रीय सचिव डॉ. पीयूष जैन, राज्य सचिव डॉ. बलवंत सिंग, प्राचार्य डॉ. पी. एस. सोनवणे, योगाचार्य राजीवकुमार, प्रा. योगेश्वर नांदे, विविध महाविद्यालयांचे प्राचार्य उपस्थित होते.

प्रथम सत्रात डॉ. पडयाल म्हणाल्या, की युवा पिढीने योग समजून घेऊन त्याचा सर्वत्र प्रचार, प्रसार करून देशाला उच्च स्तरावर कसं घेऊन जाता येईल? याकडे लक्ष देण्याची गरज आहे. दुसऱ्या सत्रात योगाचार्य राजीवकुमार यांनी 'यज्ञ आणि योगा फॉर हॅपिनेस' याविषयावर मार्गदर्शन केले. यज्ञ ही एक आध्यात्मिक वैश्विक गरज आहे.

आयुर्वेदानुसार यज्ञात वापरली जाणारी प्रत्येक जडीबुटी व त्यामधून निर्माण झालेला धूर वातावरणातील हवेत औषधनिर्मितीचे काम करतो, असेही त्यांनी सांगितले.

तिसऱ्या सत्रात प्रा. योगेश्वर नांदे यांनी 'योगा फॉर हॅपिनेस' याविषयावर मार्गदर्शन केले. प्राचार्य डॉ. पी. एस. सोनवणे यांनी योग व शारीरिक शिक्षण हा विषय विद्यार्थ्यांच्या सर्वांगीण विकासासाठी महाविद्यालयीन स्तरावर शिकवणे गरजेचे असल्याचे सांगितले. प्राचार्य डॉ. खैरनार यांनी अध्यक्षीय समारोपात योगाचे महत्त्व विशद केले. महाविद्यालयाचे अध्यक्ष अॅड. शरदचंद्र शाह, संस्थेचे अध्यक्ष दशरथ जाधव यांच्यासह सर्व संचालक मंडळाने मौजोबादादने वेबिनारचा



Certificate



**Nijampur-Jaitane Shikshan Prasarak Mandal's**
Jagannath Kadwadas Shah Adarsh College
Nijampur-Jaitane, Tal.Sakri, Dist- Dhule
NAAC Reaccredited

**Physical Education Foundation of India**

E-CERTIFICATE Prin.Dr.Ashok P.Khairnar

This is to Certify that Dr./Prof./Mr./Mrs.Miss -----
of----- N.J.S.P.Mandal's, Jagannath Kadwadas Shah Adarsh College,
Nijampur-Jaitane -- has Organized
in One Day National Level Webinar on Yoga and Happiness of Life organized
by Nijampur -Jaitane Shikshan Prasarak Mandal's, Jagannath Kadwadas Shah, Adarsh
College, Nijampur-Jaitane, Tal.Sakri, Dist- Dhule on 26 May 2021.

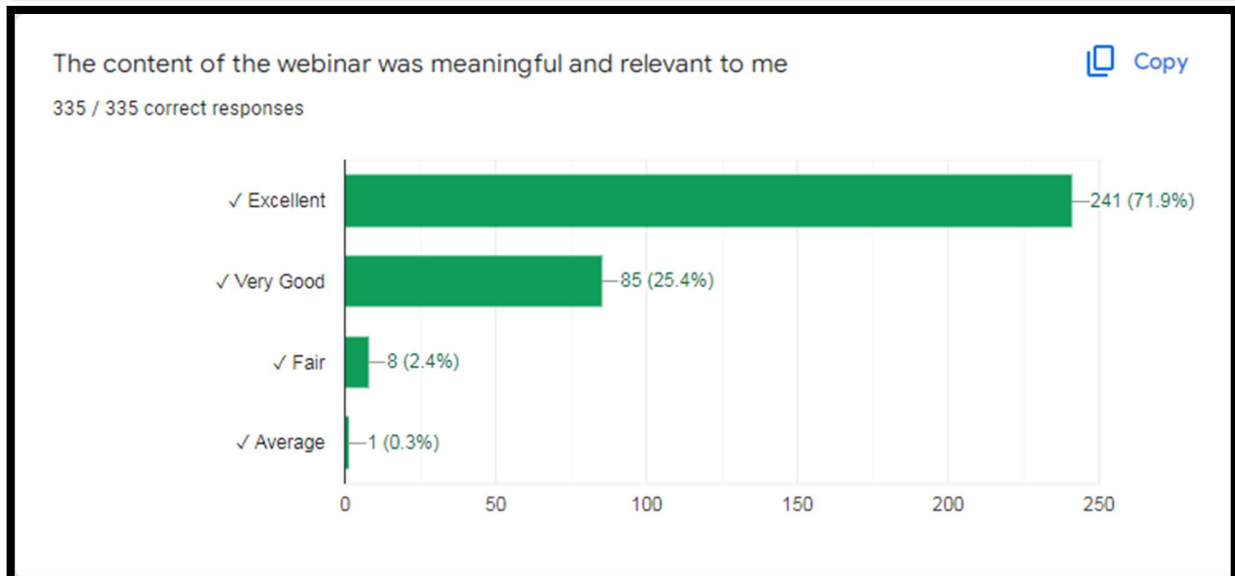
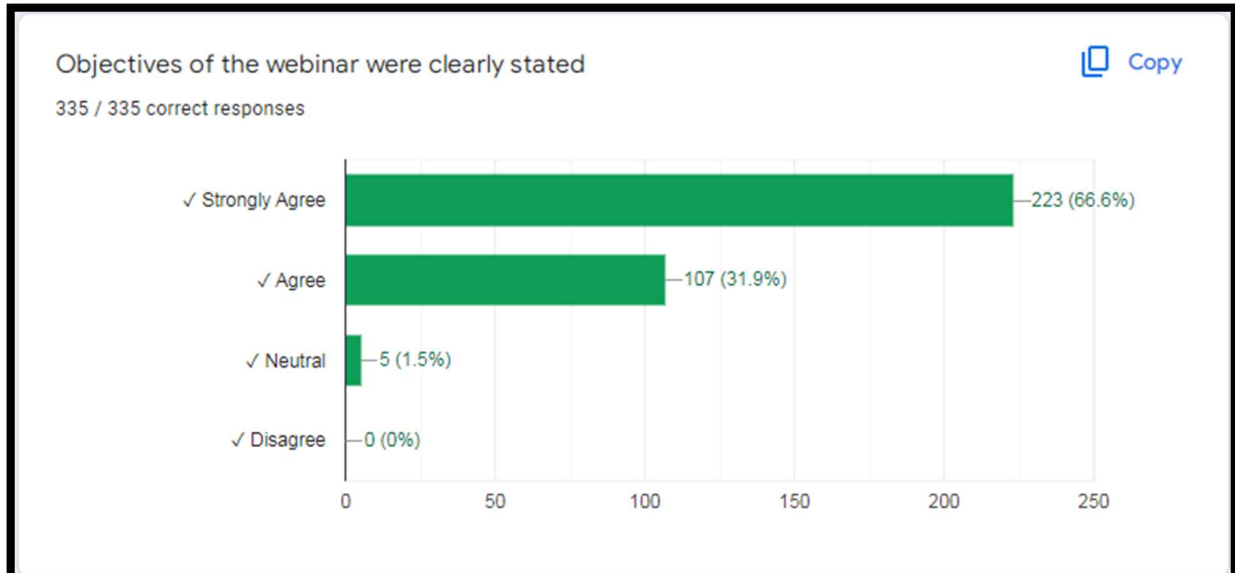

Coordinator
Dr.Priyanka P.Sulakhe


Secretary, PEFI Maharashtra State
Dr. Balwant Singh

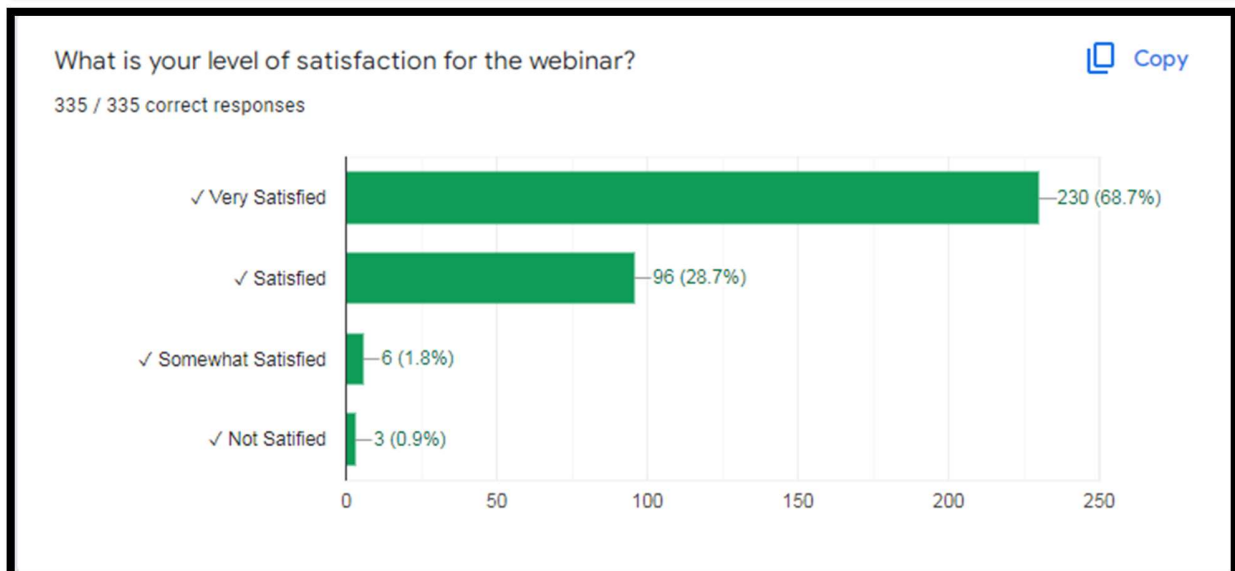
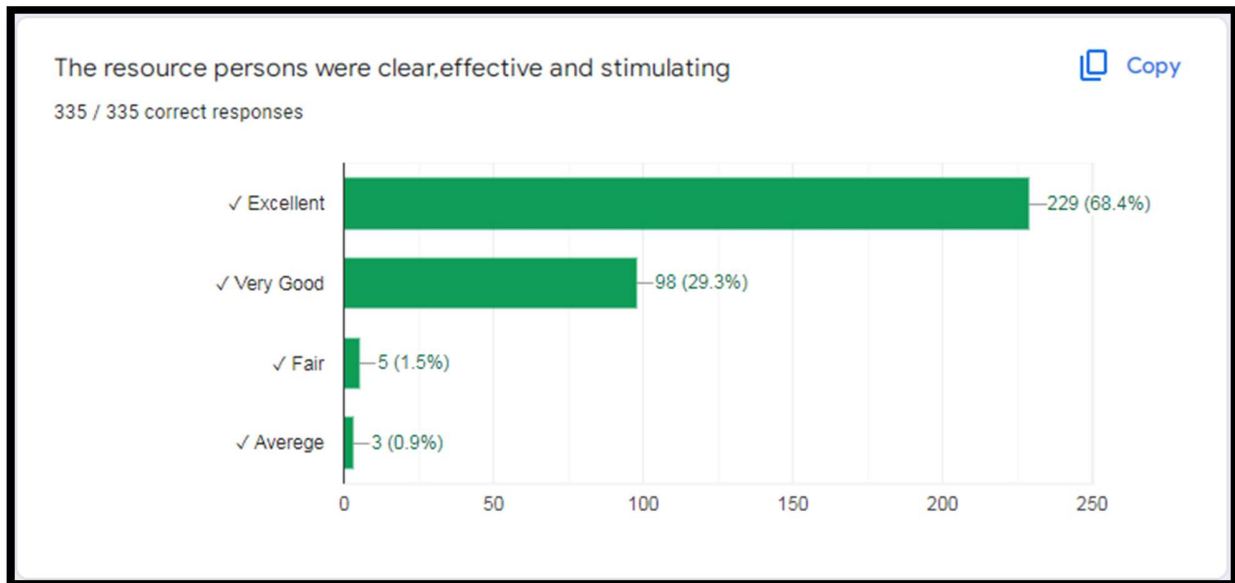

Organizer
Prin.Dr.Ashok P.Khairnar

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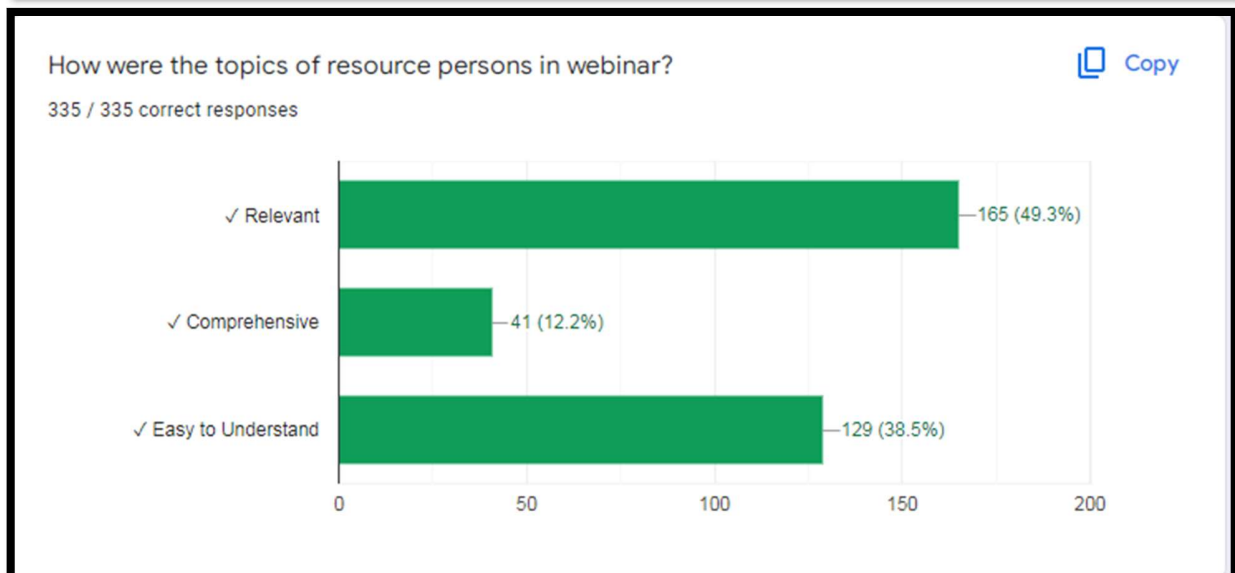
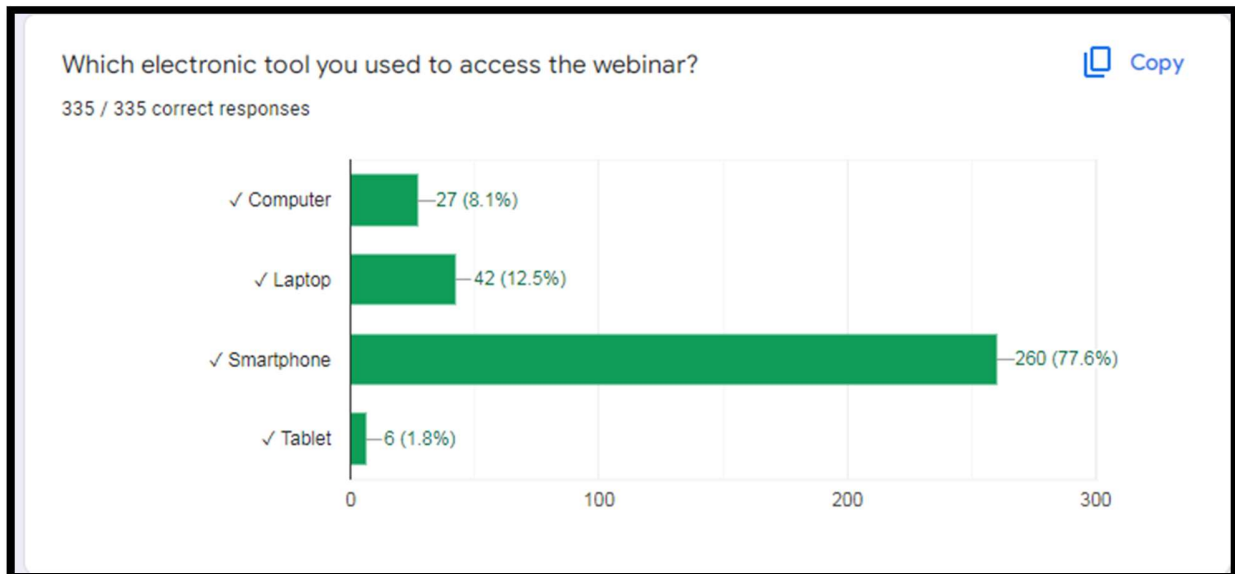
Feedback Analysis



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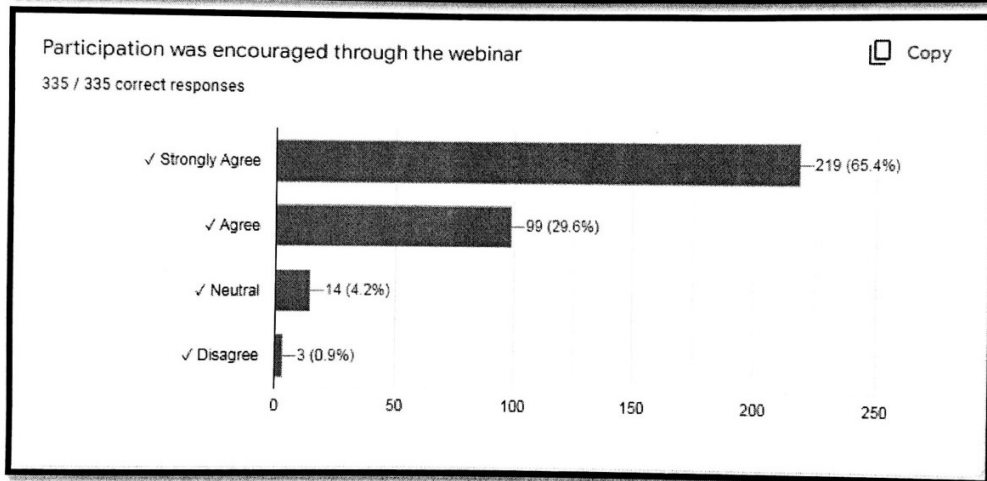
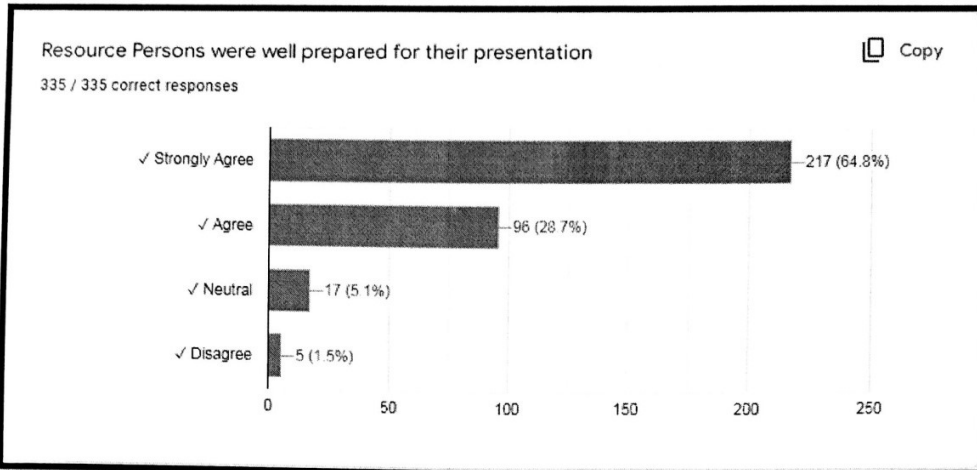



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