



BACKWARD CLASS YOUTH RELIEF COMMITTEE'S

BHIWAPUR MAHAVIDYALAYA

BHIWAPUR DIST. NAGPUR- 441201

ACCREDITED WITH GRADE 'B' (CGPA-2.54) BY NAAC, BENGALURU

ISO-9001:2015

AFFILIATED TO RASHTRASANT TUKADOJI MAHARAJ NAGPUR UNIVERSITY, NAGPUR

E-mail: bmv_bhiwapur@yahoo.com; bgm.college1990@gmail.com

Website: <https://www.bmb.ac.in>

Tel: 07106-232349

ACTIVITY REPORT

| | |
|--|--|
| ACADEMIC SESSION | 2021-2022 |
| ORGANIZER | Bhiwapur Mahavidyalaya, Bhiwapur |
| NAME OF THE ACTIVITY WITH TITLE | Three Days' Online Workshop on Yoga and Meditation |
| DATE OF ACTIVITY | From 23/11/2021 To 25 /11/2021 |
| MODE OF ACTIVITY (ONLINE/OFFLINE) (IF ONLINE, GIVE WEBLINK) | ONLINE LINK: Hi there, You are invited to a Zoom webinar. When: Nov 23, 2021 05:00 PM India Every day, 3 occurrence(s) Nov 23, 2021 05:00 PM Nov 24, 2021 05:00 PM Nov 25, 2021 05:00 PM Please download and import the following iCalendar (.ics) files to your calendar system. Daily: https://us02web.zoom.us/webinar/tZYscu-tqT8oGNGRec56zchkQN7B43WiCuod/ics?icsToken=98tyKuGqrz4sH9ORshuCRpwQBY_4M_wt ilBjY16rhrmVnZJYQv9B8wVEOYsJ9Hz Topic: Three Days Workshop on Yoga & Meditation Topic: Three Days Workshop on Yoga & Meditation Please click the link below to join the webinar: https://us02web.zoom.us/j/82156574225?pwd=Vy9ibTdFMzBvUjhM emJwWHRSbmZFUT09 Passcode: 076829 Or One tap mobile : US: +13017158592,,82156574225#,,,*076829# or +13126266799,,82156574225#,,,*076829# Or Telephone: Dial(for higher quality, dial a number based on your current location): US: +1 301 715 8592 or +1 312 626 6799 or +1 346 248 7799 or +1 669 900 6833 or +1 929 205 6099 or +1 253 215 8782 Webinar ID: 821 5657 4225 Passcode: 076829 International numbers available: https://us02web.zoom.us/j/82156574225 12:40 pm ✓ |
| ORGANIZING COMMITTEE | Centre for Imparting Yoga and Meditation under the aegis of IQAC |
| PROGRAMME COORDINATOR | Asst. Prof. Dr. Vijay S. Dighore |
| NUMBER OF STUDENTS/BENEFICIARIES | 100 |



PRINCIPAL
Bhiwapur Mahavidyalaya
Bhiwapur, Dist. Nagpur

| | |
|------------------------------------|---|
| <p>BRIEF REPORT</p> | <p>Three Days' Workshop on Yoga and Meditation was organized on Digital Platform by Cluster of Thirteen Institutions (CoTI) from 23/11/2021 to 25 /11/2021. In this Online Yoga and Meditation Camp every evening from 5.00 to 6.00 PM, Dr. Tejsingh Jagdale, the Hon. Director of Physical Education, Nabira Mahavidyalaya, Katol gave Online Yoga and Meditation training to the students of Cluster of Thirteen Institutions (CoTI). Along with Yoga Training Dr. Tejsingh Jagdale gave vital information about the manifold benefits of Yoga to its participants. As such, during this Online Yoga Training Programme, the Yoga instructor gave valuable information to students about Meditation. Asst. Prof. Dr. Vijay S. Dighore, the Member Secretary of 'Yoga and Meditation Centre' was present throughout the Online Yoga and Meditation Training Programme. Asst. Prof. Dr. Vijay S. Dighore encouraged the students from Cluster of Thirteen Institutions to participate in the Online Yoga and Meditation Training Camp in large numbers and take its advantages. Nearly 100 students from various Colleges under Cluster of Thirteen Institutions (CoTI) participated in this Three Days' Online Yoga and Meditation Workshop. It was a joint venture.</p> |
| <p>PROGRAMME OBJECTIVES</p> | <ul style="list-style-type: none"> • To know the importance of Yoga and Meditation to boost the immunity power. • To educate people that they should not stop practicing Yoga and Meditation during the COVID-19 Pandemic. • To instill more self-confidence among people who are otherwise devastated due to the untimely outbreak of Corona Virus. |
| <p>PROGRAMME OUTCOMES</p> | <ul style="list-style-type: none"> • Participants got ample opportunities to hear live demonstrations of Yoga and Meditation. • They were impressed upon the importance of Yoga in their daily lives. • Participants got the knowledge of various asanas in Yoga. • Participants were told that Yoga is the only way to keep the body and mind fit during the Covid-19 Pandemic. • Now they can perform Yoga and Meditation of their own. • Awareness about its importance was created among students in maintaining their mental and physical health steady. • They realized the importance of Yoga in overcoming Corona disease. • More than 100 participants were benefited |



**PHOTO GALLERY
WITH CAPTIONS**

BROCHURE

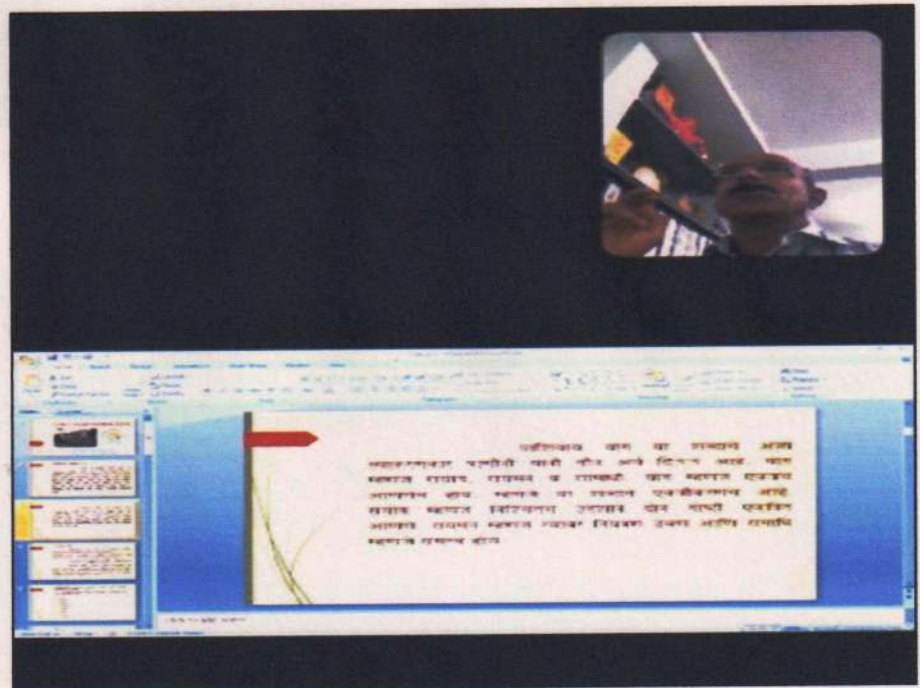
SHIKSHAN PRASARAK MANDAL'S
NABIRA MAHAVIDYALAYA, KATOL

Accredited 'B' Grade by NAAC
Approved by Govt. of Maharashtra Affiliated to RTM Nagpur University
CLUSTER OF THIRTEEN INSTITUTIONS
DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS
PRESENTS A THREE-DAY WORKSHOP ON
"YOGA AND MEDITATION"
23rd to 25th November 2021
Time : 05.00 to 06.15 PM

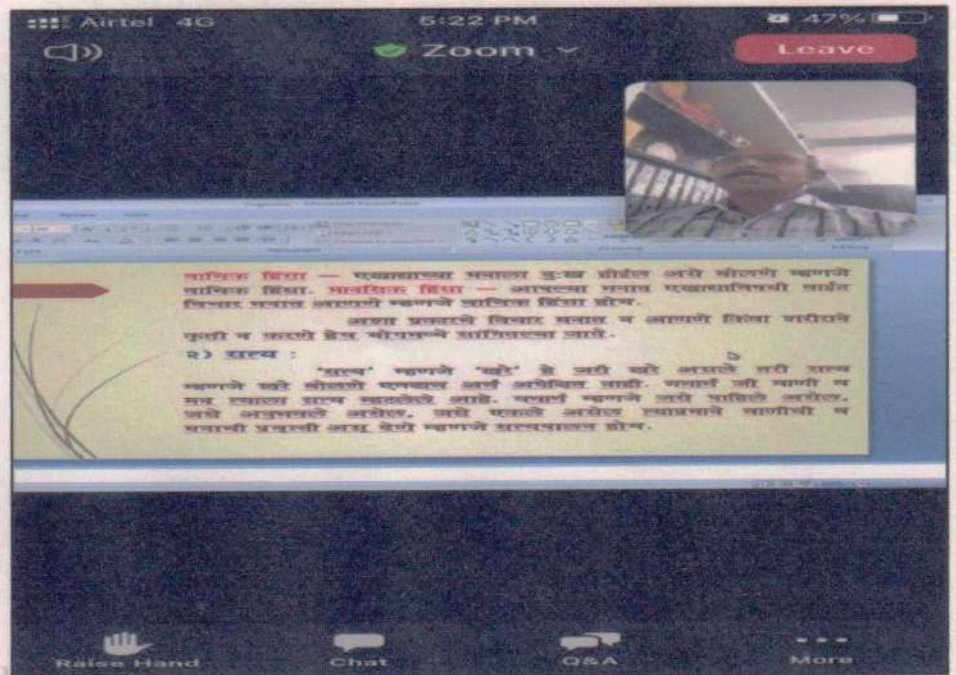
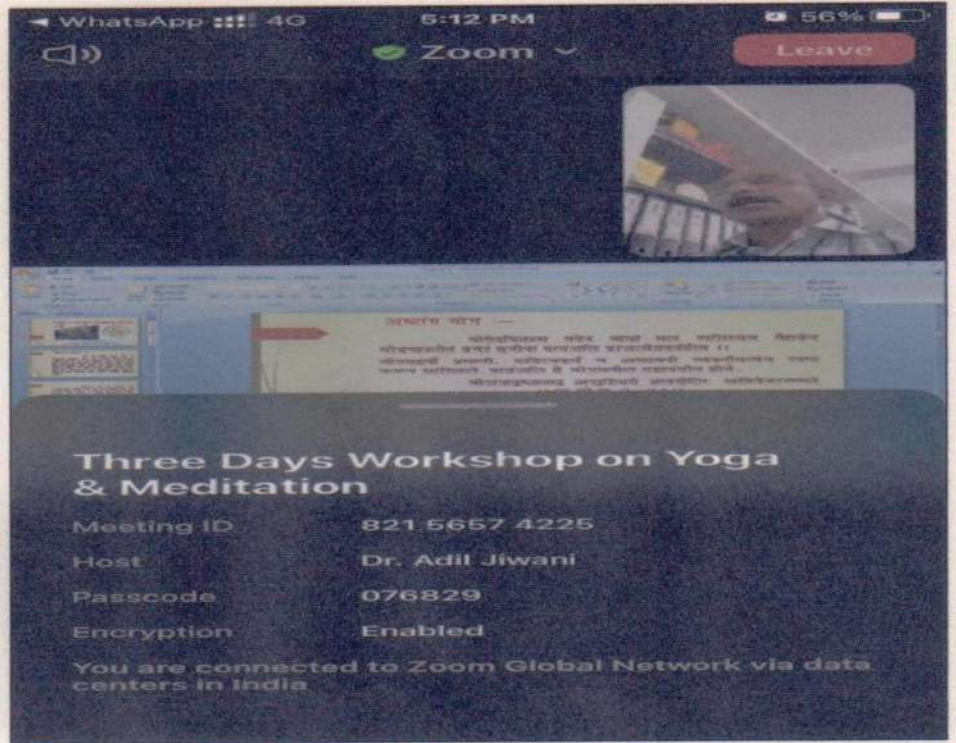
| | | | | |
|--|--|---|---|---|
| | | | | |
| Dr. Harbhajan Warhadkar Principal Arts, Comm., Sci. College Awar | Dr. Sunil Kumar Nandan Principal Nabira Maha. Katol | Dr. Vinita Chaudhary Principal Yashwantrao Maha. Warudha | Dr. Rimbika Senapathy Principal Prasadashwin Maha. Khatola | Dr. Ashish Sawantkar Principal Indraprastha New Ang. Maha. Warudha |
| | | | | |
| Dr. Suresh Dhanawade Principal NEJ, Malhar College Kanwar | Dr. Prabhakar Purohit DR. Principal A.D. College Shringpur | Dr. Vinita Harde Principal Arts, Comm., Sci. Purgani | Dr. Nalin Malankar Principal Late Kulkarni Maha. Khatola | Dr. Joti George Principal Shivajirao Maha. Shivajirao |
| | | | | |
| Dr. Geetika Bhargade Principal Manoj Maha. Dargan | Dr. Sarika Karande Principal Yashwantrao Maha. Sirohi | Dr. Archana Faldar DR. Principal Yashwantrao Maha. Sirohi | | |

Resource Person :- Dr. Tejisha L. Jagdale, Director Department of Physical Education & Sports,
Nabira Mahavidyalaya, Katol

Glimpses of the Online Yoga and Meditation Training Programme



Dr. Tejsingh Jagdale, the Hon. Director of Physical Education, Nabira Mahavidyalaya, Katol was giving live Yoga and Meditation training to its participants.



Live Demonstrations on Yoga and Meditation



PRINCIPAL
Bhiwapur Mahavidyalaya
Bhiwapur, Dist. Nagpur