



"न हि ज्ञानेन सदृशं पवित्रमिह विद्यते"

OFFICE OF THE PRINCIPAL

C. P. & BERAR EDUCATION SOCIETY'S COLLEGE

TULSIBAG, MAHAL, NAGPUR- 44 0032.

☎ : 0712 -2722329 Fax No.: 0712 - 2722329 Web Site : www.cpberar.co.in

☎ : M.C.V.C : 2738513, MBA : RAVINAGAR 2540149, DASR : 2731931

Estd. 1960



Ref. No. 0/CPBC/2020

Date : 06/11/2020

To,
Dr. Sujit Maitre,
Principal,
Shri Binzani City College,
Nagpur.

Sub: Proposal for collaboration to organise faculty development programme.

Ref: Our telephonic conversation on the above-mentioned theme.

Dear Sir,

As a part of its initiative for quality development, the IQAC of our college proposes to conduct a ***Faculty Development Programme*** in collaboration with Shrimati Binzani Mahavidyalaya and Shri Binzani City College. The details of the aforementioned programme are as follows:

Duration

19/11/2020 - 21/11/2020

(One lecture per day)

Timing : 11.00 AM - 12.00 Noon

Title of the Programme: ***Qualitative Teaching-Learning in Post Covid Era***
Collaborative Online Faculty Development Programme

***Sessions*:**

Tools for Developing Quality E-content

Creating an Amazingly Professional PowerPoint Presentation

Use of Google Classroom and other Platforms

Expecting a positive reply.

With Warm Diwali Wishes!

(Dr. Milind A. Barhate)
Principal
C. P. & Berar E. S. College,
Nagpur

IQAC coordinator

for records

[Signature]
21/11/20

Dept. of Sports & Physical Education
Shri Binzani City College, Nagpur
S. K. Porwal College, Kamptee
Arts College, Sihora

Shri Niketan Arts, Commerce College, Nagpur
D. D. Bhoyar College of Arts & Science, Mouda
are Jointly Organising

One Week Online Workshop for Students

GAMES - New Rules, Regulations and Benefit

Date : 07-12-2020 to 12-12-2020

Topic

Self Defense



Chief Guest
Dr. Sujit Metre
Principal
S. B. City College, Nagpur



Dr. Zakir S. Khan
Director, Phy. Edu.,
Anjuman College of Engineering
& Technology, Nagpur



Convener,
Organising Committee
Dr. Sanjay Choudhari
S. B. City College, Nagpur



Secretary,
Organising Committee
Dr. Indrajit Basu
Assistant Professor
S. K. Porwal College,
Kamptee



Co-Convener,
Organising Committee
Dr. Jaikumar Kshirsagar
Assistant Professor
Arts College, Sihora



Joint Secretary,
Organising Committee
Dr. Prashant Khalatkar
Assistant Professor
Shri Niketan Arts, Commerce
College, Nagpur

Organising Committee :

Dr. Rajesh Alone, Dr. Prashant Bambal, Dr. Jayant Ramteke
Prof. Kalpana Mishra, Prof. Mallika Nagpure



Link : <https://meet.google.com/sux-dyng-nvh>

Dept. of Sports & Physical Education

Shri Binzani City College, Nagpur

S. K. Porwal College, Kamptee

Shri Niketan Arts, Commerce College, Nagpur

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Rules, Regulations and Games

Date : 07-12-2020 to 12-12-2020



Convener, Organising Committee
Dr. Sanjay Choudhari
S. B. City College, Nagpur



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Dr. Indrajit Basu
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S. K. Porwal College, Kamptee



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Arts College, Sivhora



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S. B. City College, Nagpur

Topic
Self Defense



Dr. Zakir S. Khan
Director, Phy. Edu.,
Anjuman College of Engineering
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Prof. Kalpana Mishra, Prof. Mallika Nagpure



Link : <https://meet.google.com/srx-dyng-mvh>

'सेल्फ डिफेन्स' वरील कार्यशाळेचा समारोप



नागपूर : एस. बी. सिटी महाविद्यालयाचा क्रीडा विभाग, पोरवाल कॉलेज, कला महाविद्यालय सिहोरा, श्रीनिकेतन कला व वाणिज्य महाविद्यालय आणि मौदा येथील डी. डी. भोयर कला व विज्ञान महाविद्यालयाच्या संयुक्त विद्यमाने नुकतेच 'सेल्फ डिफेन्स' या विषयावर ऑनलाइन कार्यशाळेचे आयोजन करण्यात आले.

प्रमुख अतिथी डॉ. सुजीत मेत्रे यांच्या हस्ते कार्यशाळेचे उदघाटन झाले. आयोजन सचिव डॉ. इंद्रजित बसू यांनी परिचय करून दिला. अतिथी वक्ता अंजुमन अभियांत्रिकी व तंत्रनिकेतन महाविद्यालयाच्या शारीरिक शिक्षण विभागाचे डॉ. झाकीर खान यांनी मुलींना 'सेल्फ डिफेन्स' चे महत्त्व पटवून दिले. यावेळी त्यांनी स्वसंरक्षणाच्या विविध तंत्र व प्रकारांची सविस्तर माहिती दिली. कार्यशाळेसाठी संयोजक डॉ. संजय चौधरी, डॉ. जयकुमार क्षीरसागर, डॉ. प्रशांत खळतकर, डॉ. राजेश अलोणे, डॉ. प्रशांत बांबळ, डॉ. जयंत रामटेके, प्रा. कल्पना मिश्रा, प्रा. मल्लिका नागपुरे यांनी सहकार्य केले.

प्रा. विज्ञान विभाग

प्रा. क्रीडा विभाग

स. बी. सिटी महाविद्यालय, नागपूर



Principal
S. B. City College
NAGPUR.

व्हॉलीबॉलवरील कार्यशाळेचा समारोप

सकाळ वृत्तसेवा

नागपूर, ता. १४ : एस. बी. सिटी महाविद्यालयाचा क्रीडा विभाग, एस. के. पोरवाल महाविद्यालय, कला महाविद्यालय सिहोरा, श्रीनिकेतन कला व वाणिज्य महाविद्यालय आणि मौदा येथील डी. डी. भोयर कला व विज्ञान महाविद्यालयाच्या संयुक्त विद्यमाने सुरू असलेल्या ऑनलाइन कार्यशाळेअंतर्गत 'व्हॉलीबॉल' या विषयावर मार्गदर्शन करण्यात आले. महाराष्ट्र राज्य व्हॉलीबॉल संघटनेच्या

पंच मंडळाचे अध्यक्ष पुरुषोत्तम पंत यांनी व्हॉलीबॉलचा इतिहास, नवीन नियम व खेळाचे तंत्र पटवून दिले. सुख्वातीला आयोजन सचिव डॉ. इंद्रजित बसू यांनी पंत यांचा परिचय करून दिला. कार्यशाळेला संयोजक डॉ. संजय चौधरी, डॉ. जयकुमार क्षीरसागर, डॉ. प्रशांत खळतकर, डॉ. राजेश अलोणे, डॉ. प्रशांत बांबळ, डॉ. जयंत रामटेके, डॉ. प्रशांत खळतकर आदी उपस्थित होते. प्रा. कल्पना मिश्रा यांनी संचालन केले. डॉ. जयकुमार क्षीरसागर यांनी आभार मानले.



क्षीर सागर
कार्यशाळा
की संघटना


Principal
B. B. City College
NAGPUR.

Readers may send their news on
sports@thehitavada.com

Girls must strengthen themselves, says Dr Khan

■ Sports Reporter

SPEAKING on the topic of 'Self Defence', Dr Zakir Khan stressed that it was high time the girls needed to strengthen themselves. Khan was addressing a lot of students on opening day of the online workshop on 'Games: New Rules, Regulations and Benefits'.

The week-long online workshop is being jointly organised by Department of Sports and Physical Education, SB City College, Nagpur; SK Porwal College Kamptee; Arts College, Sihora; Shri Niketan Arts Commerce College, Nagpur, DD Bhojar College of Arts and Science, Mouda.

Girls must strengthen their capacity to defend themselves against attacks, said Dr Khan. In his session, Dr Khan said the top weapons are palm, elbow, nails, head, teeth, knee, shin, toes and heel (shoe). He showed important tricks and methods for escaping from wrist grabs (opposite hand, wrist grab and same hand, wrist grab and both hands) escaping holds from behind, hold from behind, front bear hug, escaping from front choke, ham-

mer strike, groin kick, heel palm strike, elbow strike, alternative elbow strikes, escape from a bear hug attack, escape with hands trapped, escape from side headlock.

Dr Khan also shared a self defence video clip that was very useful for girls. He also advised them to keep self defence and safety equipment like personal alarm wristlet, personal alarm keychain, mace pepper guard, defence pepper spray, exquisite purse defence pepper spray and clutch pepper spray. He also reminded them about the Women Helpline Number 1091 (toll free).

A large number of participants learned self defence techniques during the session.

At the outset, Organising Secretary Dr Indrajit Basu introduced the guest speaker Dr Khan, who is Black Belt 8th Dan, Director Physical Education, Anjuman College of Engineering and Technology, Sadar. He is the only person from central India



as Asian Karate Federation Referee, first PhD holder in karate from RTM Nagpur University and also holds many important post in various karate organisations.

Chief guest of the programme was Dr Sujit Metre. He inaugurated the workshop and motivated the students and the participants. Metre congratulated the five colleges that have come forward and jointly organising the one week online workshop for students.

The programme was conducted by Prof Kalpana Mishra who also proposed a vote of thanks.

Organising Convenor Dr Sanjay Choudhary, Organising Co-Convenor Dr Jaikumar Kshirsagar, organising Joint Secretary Dr Prashant Khalatkar and organising committee members Dr Rajesh Alone, Dr Prashant Bambal, Dr Jayant Ramteke, Prof Mishra and Prof Mallika Nagpure are contributing in conducting the event.

श्रीकांत विमान बरुवा

Bambal explains calculation of time lost in interrupted one-day matches

■ Sports Reporter

CALCULATION of time lost and setting the revised target in a one-day match interrupted by weather or other circumstances is a very tedious job. In his 'Workshop On Cricket' that was a part of the week-long workshop on 'Games: New Rules, Regulations and benefits', Dr Prashant Bambal explained in details many aspects of cricket including the calculation of time lost in a one-dayers due to interruptions.

Bambal, who is Associate Professor and Head of Department of Physical Education, SK Porwal College, Kamptee, a Level B cricket coach and Level 'O' trainer, spoke on the subject 'Rules and Regulation

in Cricket'.

Main aim of the speaker was to make the students aware of playing conditions of One Day Games, focus on time calculation in interrupted matches, no ball, field restriction and high pitched deliveries and result of match.

In second part of workshop, students were guided regarding their approach toward cricket and participation in various tournaments. Bambal informed the Zoom gathering about the age-group tournaments and how to move step by step from junior to senior and finally India level.

A large number of participants learned calculation of time in interruption match during the session.

This was second day of the online workshop organised jointly by five colleges—Department of Sports and Physical Education, SB City College,

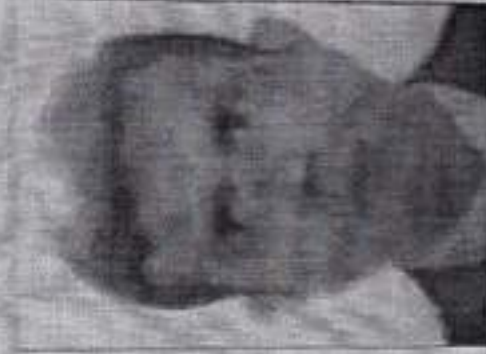
Nagpur, SK Porwal College Kamptee, Arts College, Silhara, Shri Niketan Arts Commerce College, Nagpur, DD Bhojpur College of Arts and Science, Mouda.

Earlier, the Organising Convener Dr Sanjay Choudhari introduced guest speaker Dr

Bambal, Chief guest of the programme Dr Saji Metre had inaugurated the workshop and motivated the students, all participants and congratulated all the five colleges for coming forward to jointly organise the one week online workshop.

The programme was conducted by Prof Kalpana Mishra while Prof Mallika Nagpure proposed a vote of thanks.

Organising Secretary Dr Indrajit Basu, Dr Choudhary, Organising Co-Convener Dr Jankumar Kshirsagar, Organising Joint Secretary Dr Prashant Khaladkar and organising committee members Dr. Rajesh Alone and Dr. Jayant Ramteke are putting in dedicated efforts for the workshop.



SDYS' badminton...

Readers may send their news on
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WORKSHOP ON GAMES, NEW RULES FROM TODAY

Correspondent

DEPARTMENT of Sports and Education of Shri Binzani College, Nagpur, SK Porwal Kamptee, Arts College, Arts, Commerce College, and DD Boyar College of Science, Mouda will be organising one week online workshop for students on Games Rules, Regulations and workshop will be held

from Monday through google meet platform. On the opening day, the workshop will be held on Self Defence. Dr Zakir SKhan, Director, Physical Education Department, Anjuman College of Engineering and Technology, will be the resource person.

Dr Sanjay Chaudhari, SB City College, is the convener of organising committee of the workshop while Dr Indrajit Basu, Assistant Professor, SK Porwal College, Kamptee, is the Secretary.

Dr Jaikumar Kshirsagar Assistant Professor, Arts College Sihora is Co-convenor and Dr Prashant Khalatkar, Assistant Professor, Shri Niketan Arts Commerce College, Nagpur the joint secretary of the organising committee.

The other members working hard for the success of the workshop include Dr Rajesh Alon Dr Prashant Bambal, Dr Jaya Ramteke, Prof Kalpana Mishra Prof Mallika Nagpur.

Patankar holds workshop on kho kho

■ Sports Reporter

CHHATRAPATI Awardee Prashant Patankar shed light on popular tag game kho kho that was invented in Maharashtra and is one of the two most popular traditional tag games in the Indian subcontinent, the other being kabaddi.

The sport is widely played across South Asia and has a strong presence in South Africa and England, said Patankar during his 'Workshop On Kho Kho' that was a part of the week-long workshop on 'Games, New Rules, Regulations and Benefits' on Wednesday.

Speaking from Mumbai, Patankar, who is Chhatrapati Awardee (Coach, 2015), Convener of Maharashtra Kho Kho Association (MKKA) and Kho Kho Federation of India (KKFI), HOD, Sports Department, Sahyadri Vidya Mandir, Bhandup, Mumbai and an International Referee, informed the participants in detail about the sport.

Patankar shared some history related to the tag sport. The traditional Indian sport is one of the oldest forms of outdoor sport, dating back to prehistoric India. The origins of kho kho are



match. The playing field is rectangular. It is 27 by 16 metres (89 ft x 52 ft) in size.

Earlier, Joint Secretary of the Organising Committee Dr Prashant Khalatkar introduced the guest speaker on third day of the online workshop organised jointly by five colleges — Department of Sports and Physical Education, SB City College, Nagpur; SK Porwal College Kamptee, Arts College, Sihora; Shri Niketan Arts Commerce College, Nagpur; D.D. Bhojar College of Arts and Science, Mouda.

A large number of students participated during the session. The workshop was successfully completed with the hard work of the entire organising committee led by Organising Secretary Dr Indrajit Basu, Organising Convener Dr Sanjay Choudhary, Organising Co-Convener Dr Jaikumar Kshirsagar and Organising Joint Secretary Dr Prashant Khalatkar. Organising Committee members are Dr Rajesh Alone, Dr Prashant Bambal, Dr Jayant Ramteke, Prof. Kalpana Mishra and Prof. Manu...

tions, Patankar said, that the sport is played by teams of 12 nominated players out of fifteen, of which nine enter the field who sit on their knees (chasing team), and 3 extra (defending team) who try to avoid being touched by members of the opposing team.

Kho kho a match consists of two innings with each inning consisting of chasing and running turns of 9 minutes each. One team sits on their knees in the middle of the court, 8 in a row, with adjacent members facing opposite directions.

Patankar explained main points and rules of kho kho including — the runner or the chaser is decided by toss. A match consists of two innings of chasing and defending teams.

form of Run and Chase which in its simplest form involves chasing and touching a person. Originating in Maharashtra, kho kho in ancient times was played on rath or chariots and was known as RATHERA, he informed.

He then explained its evolution. It was an adoption from the time of World War I in 1914. But at that time, there were neither any dimensions of the playground nor the poles which demarcate the central line. The time factor was also missing. The Deccan Gymkhana Club of Pune, Maharashtra so named and baptised by the great Indian leader Lokmanya Tilak and Bhai Narorkar drafted the first-ever kho kho rules and regulations which symbolised the metamorphosis of the game, soon to follow. Kho kho is a

Volleyball has evolved over the years: Pant

■ Sports Reporter

SPEAKING during his 'Volleyball Workshop' that was part of the week-long online workshop on 'Games: New Rules, Regulations and Benefits', Purshottam Pant said the sports has evolved over the years.



over the boundaryline when serving, said Pant, Chairman, Referee Board, Maharashtra State Volleyball Association (MSVA), Vice-President of Nagpur District Volleyball Association, he has represented Sub-Junior National and also led Nagpur

University volleyball team in the year 1977-78.

At the outset, Dr Indrajit Basu of SK Porwal College and Organising Secretary introduced the guest speaker who is associated with volleyball for over 30 years.

Chief guest of the session was Dr Sanjay Khadale, Principal, DD Bhojar College of Arts and Science, Mouda. He encouraged the students for participating in the online workshop for various games and also congratulated the organising team.

The programme was conducted by Prof Kalpana Mishra while Dr Jaikumar Kshirsagar proposed a vote of thanks.

The online workshop organised jointly by five colleges — Department of Sports and

From a number of consistent techniques including spiking and blocking and the introduction of the libero player, volleyball has been evolving, informed Pant, adding that the sport has been a part of the official programme of the Summer Olympic Games since Tokyo 1964.

Pant in his workshop explained in detail about the rules and regulations of the sport and stated that the ball is usually played with the hands or arms, but players can legally strike or push (short contact) the ball with any part of the body.

Pant also stated the most common fouls committed in the sport — causing the ball to touch the ground or floor outside the opponent's court or without first passing over the net; catching and



Dept. of Physical Education & Sports
Shri Binzani City College

Umrer Road, Nagpur.

&

Dept. of Physical Education & Sports
S. K. Porwal College

Kamptee, Dist. Nagpur

are Jointly Organising

One Week Online Workshop for Students

Date : 26-10-2020 to 31-10-2020

Health, Nutrition & Motivation

Date : 26-10-2020

Topic :

**Nutritionist, Fitness and
Wellness Counselor**



Dr. Sujit Metre
Principal
S. B. City College, Nagpur



Dr. M. B. Bagade
Principal
S. K. Porwal College, Kamptee



Speaker
Dr. Roma Sarnaik
MBBS, Lifestyle Medicine Consultant
Medical, Nagpur



Secretary, Organising Committee
Dr. Sanjay Choudhari
S. B. City College, Nagpur



Convener, Organising Committee
Dr. Indrajit Basu
Assistant Professor
S. K. Porwal College, Kamptee

Organising Committee :

Dr. Rajesh Alone, Dr. Prashant Bambal, Dr. Jayant Ramteke
Prof. Kalpana Mishra, Prof. Mallika Nagpure



Link : <https://meet.google.com/eva-tzuh-nmx>



Dept. of Physical Education & Sports
Shri Binzani City College

Umrer Road, Nagpur.

&

Dept. of Physical Education & Sports
S. K. Porwal College

Kamptee, Dist. Nagpur
are Jointly Organising

One Week Online Workshop for Students

Date : 26-10-2020 to 31-10-2020

Health, Nutrition & Motivation



Dr. Sujit Metre
Principal
S. B. City College, Nagpur



Dr. M. B. Bagade
Principal
S. K. Porwal College, Kamptee



Secretary, Organising Committee
Dr. Sanjay Choudhari
S. B. City College, Nagpur



Co-Convenor, Organising Committee
Mrs. Kalpana Mishra
S. B. City College, Nagpur

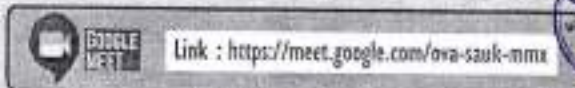


Convenor, Organising Committee
Dr. Indrajit Basu
Assistant Professor
S. K. Porwal College, Kamptee

Organising Committee :

Dr. Rajesh Alone, Dr. Prashant Bambal, Dr. Jayant Ramteke
Prof. Kalpana Mishra, Prof. Mallika Nagpure

Dr. Rajesh Alone
Dr. Prashant Bambal
Dr. Jayant Ramteke
Prof. Kalpana Mishra
Prof. Mallika Nagpure



Link : <https://meet.google.com/ova-sauk-mmx>



Principal
S. B. City College
NAGPUR.

One week Online Workshop for Students

Jointly Organise by

Shri Binzani City College, Nagpur
Dept. of Physical Education & Sports,
&

S. K. Porwal College, Kamptee
Dept. of Physical Education & Sports,

Health, Nutrition & Motivation

held on 26-10-2020 to 31-10-2020

Day & Date	Session	Resource Person	Time
Monday 26-10-2020	Nutritionist Fitness & Wellness Counselor	Dr. Roma Surnaik	11.30 a.m. to 12.30 p.m.
Tuesday 27-10-2020	Stress Management	Dr. Sushma Chowgale	11.30 a.m. to 12.30 p.m.
Wednesday 28-10-2020	Personality Development	Mrs. Soma Kiran	11.30 a.m. to 12.30 p.m.
Thursday 29-10-2020	Patriotism Development	Mrs. Shiwalee Deshpande	11.30 a.m. to 12.30 p.m.
Friday 30-10-2020	Physical Education & Sports it's importance n Scope	Dr. Indrajit Basu	11.30 a.m. to 12.30 p.m.
Saturday 31-10-2020	The Success Mantra	Dr. Vartika P. Patil	11.30 a.m. to 12.30 p.m.



श्री विनयनी शिवाजी
श्री विनयनी शिवाजी
श्री विनयनी शिवाजी




Principal
S. B. City College
NAGPUR.

Dt. _____

To,

Sub: Invitation Letter

Respected Sir/Madam,

The Physical Education and Sports Department of Shri Binzani City College, Umrer Road, Nagpur, in collaboration with S. K. Porwal College, Kamptee, is organizing an **Online One-week Workshop on Health, Nutrition & Motivation** for the overall development of the students from **26th Oct to 31st Oct 2020**.

We would like to extend invitation to you to be the Resource Person for the session on (topic) _____ on dt. _____ at (time) _____ and impart your valuable knowledge and experience to the students.

Looking forward to receive a positive reply from you. Please accept our invitation & oblige.



Convener
Dr Indrajit Basu
Mob. No. 9850316583



Organizing Secretary
Dr Sanjay Chaudhari
Mob. No. 9423403852



श्रीश विद्यालय वसुध
आरोग्यक मिलाप विभाग
श्री विद्यापीठ - वरु मयूरविद्यालय, नागपुर



Principal
S. B. City College
NAGPUR.

Dr Sarnaik holds motivational workshop on health and fitness

■ Sports Reporter

DEPARTMENT of Physical Education and Sports, Shri Binzani City College, Umrer Road and SK Porwal College, Kamptee have jointly organised a one week online workshop for students, that got under way with resource person Dr Roma Sarnaik.

On the occasion, Dr Sujit Metre, Principal, Shri Binzani City College, motivated the students. Dr MB Bagade, Principal, SK Porwal College also encouraged students and was looking forward for jointly organising the workshop for students on such an important topic, that is need of the hour.

Dr Sarnaik, who is a Lifestyle Medicine Consultant and Counsellor currently practising in Nagpur, enlightened the students about nutrition, fitness and health. A medical doctor, Dr Sarnaik is a medical nutritionist and fitness professional. She has been a national level swimmer.

Dr Sarnaik enlightened the students on physical and mental health, benefits of regular exercise, proper nutrition, proper sleep-wake cycle, stress man-

agement and daily routine. She motivated the students on each topic throughout the workshop and gave some tips to increase their motivation levels.

The students were made aware of lifestyle medicine, which is a newly emerging branch of medicine to be practised in India. Dr Sarnaik focused on ways of prevention of chronic or lifestyle diseases and also their reversal through lifestyle changes.

Dr Sarnaik, who has Master's Degrees from England, also spoke about obesity, cardiovascular diseases, gastrointestinal diseases, cancers, diabetes, hormonal imbalances, sarcopenia, mental health disorders amongst others and how our lifestyle can affect these conditions. She gave some examples from her practice, including her own experience, highlighting the benefits of lifestyle medicine.

She gave some tips to the students to follow a proper routine, sleep well, be physically active, manage stress better and main-



tain good nutrition in the current situation when all classes are virtual. Students were also informed about ways to overcome some psychosocial challenges and barriers that most of them face in order to follow a healthy lifestyle.

Dr Sarnaik backed up all that she spoke about with recent research and explained the physiology behind everything in detail to the students. The response was very overwhelming, as students from both the colleges along with many outsiders attended the workshop.

The programme was conducted by Prof Kalpana Mishra. Convenor of the workshop Dr Indrajit Basu introduced the guest speaker. All the committee members—Dr Rajesh Alone, Dr Prashant Bambal, Dr Jayant Ramteke, Prof Mishra, Prof Mallika Nagpure were present. The programme was concluded by Dr Sanjay Chaudhary, Secretary of the Organising Committee, who proposed a vote of thanks.

कार्यालय
कार्यालय
कार्यालय



Principal
S. B. City College
NAGPUR.

Students enlightened about nutrition, fitness and health

LOKMAT NEWS NETWORK
NAGPUR, OCT 27

Department of Physical Education and Sports, of Shri Binzani City College, Umrer Road, Nagpur and S. K. Porwal College, Kamptee District, Nagpur jointly organised a one-week online workshop for students, which started today resource person Dr. Roma Sarnaik.

On this occasion Dr Sujit Metre (principal, Shri Binzani city college, Nagpur) motivated the students for this workshop. Dr M. B. Bagade (principal, S. K. Porwal College, Kamptee) also encouraged students and was looking forward for jointly organising the workshop for students on such an important topic, which is the need of the hour.

Dr. Roma Sarnaik, who is a Lifestyle Medicine Consultant and Counsellor currently practicing in Nagpur, Maharashtra enlightened the students about Nutrition, Fitness and Health. Dr. Roma enlightened the students on the physical and mental health benefits of regular exercise, proper nutrition, proper sleep-wake cycle, stress management and

WEBINAR



Dr Roma

Dr Bagade

daily routine. She motivated the students on each topic throughout the workshop and gave some tips to increase their motivation levels and stay motivated.

The students were made aware of lifestyle medicine, which is a newly emerging branch of medicine to be practiced in India. Dr. Roma focused on the ways of prevention of chronic or lifestyle diseases and also their reversal through lifestyle changes.

Dr. Roma Sarnaik, who has Master's degrees from England, also spoke about obesity, cardiovascular diseases, gastrointestinal diseases, cancers, diabetes, hormonal imbalances, sarcopenia, mental health disorders amongst others and how our lifestyle can affect these conditions. She gave some examples from her practice, including her own

experience, highlighting the benefits of lifestyle medicine.

She gave some tips to the students to follow a proper routine, sleep well, be physically active, manage stress better and maintain good nutrition in the current situation when all classes are virtual. Students were also taught about ways to overcome some psychosocial challenges and barriers that most of them face in order to follow a healthy lifestyle. She backed up all that she spoke about with recent research and explained the physiology behind everything in detail to the students. The response was very overwhelming, as students from both the colleges along with many outsiders attended the workshop.

The programme was conducted by Prof. Kalpana Mishra. Dr. Indrajit Basu (convener of this workshop) introduced the guest speaker. All the committee members - Dr Rajesh Alone, Dr Prashant Bambal, Dr Jayant Ramteke, Prof Kalpana Mishra, Prof Mallika. Dr. Sanjay Choudhary (secretary of the organising committee), who proposed the formal vote of thanks.

श्री बाबा विद्यालय कला

कार्यालय: विद्यालय विभाग

श्री विद्यालयी गुरु मंदिरावधालय, वास्कोडुगा

Nagpur First

Page No. 3 Oct 28, 2020

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Principal
S. B. City College
NAGPUR.

Workshop on stress management held

■ Sports Reporter

EFFECTIVE stress management plays a core role to lead a happier, healthier, and more productive life, feels Dr Sushama Chougule.

Addressing students in the online workshop conducted jointly by Department of Physical Education and Sports, Shri Binzani City College, Ummer Road, and SK Porwal College, Kamptee, Dr Chougule said effective stress management plays a core role to lead a happier, healthier, and more productive life. She added that ultimate goal is a counterbalanced life, with time for work, relationships, and relaxation and meet challenges.

The coronavirus pandemic has brought with itself a stressful environment throughout the world.

She aid nobody knows when

and how the pandemic will vanish. One of the effective strategies to cope with stress during this period is not to fear death and there should be no fear of spreading but by enjoying normal life.

In fact, we need to be grateful to coronavirus that has taught us value of life, Dr Chougule said.

Our mission must be to reduce transmission with certain measures enforced by Government like lockdown, focusing on hand hygiene, masking, social distancing, increasing testing at the early stage.

Time management is one of the most effective stress-relieving techniques. Scheduling time



Dr Sushama Chougule

very important role to get the desired place in future.

Optimistic approach, clear timeframe, focused, and on track with persistence will help the students to head their goal, Dr Chougule asserted.

Facing rejection is hard. Parents, friends, teachers, coun-

and organising things is an art as time once gone never comes back. So one must spend it wisely.

Technique may vary from person to person. Successful people use visualisation technique to achieve desired goal and students can follow it with practice to crack any examination. For that vision plays

sellors, therapists, and other support services must be ready to give a helping hand to heal fast. Thinking out of the box and optimistic approach helps during these tough times, was Dr Chougule mantra for success.

Dr Sujit Metre, Principal, Shri Binzani City College and Dr MB Bagade, Principal, SK Porwal College also addressed the students.

Convener of the workshop Dr Indrajit Basu introduced the guest speaker.

All the committee members — Dr Rajesh Alone, Dr Prashant Bambal, Dr Jayant Ramteke and Prof Mallika Nagpure were among those present on the occasion.

The programme was conducted by Prof Kalpana Mishra Dr Sanjay Chaudhary, Secretary of the Organising Committee proposed a vote of thanks.

श्री सुशमा चौगुले
कार्यशाळाचे अध्यक्ष
श्री सुशमा चौगुले, प्रा. शिक्षिका, एम. ए.
श्री सुशमा चौगुले



Principal
S. B. City College
NAGPUR.

Dr

Sportspersons outshine others: Kiran

■ Sports Reporter

PLAYING at least one sport in life helps in overall personality development and sportspersons outshine others in society, observes Soma Kiran.

Kiran, an Accounts Officer in Finance Department of Maharashtra State, was interacting with students in an ongoing online workshop that is a joint venture of Department of Physical Education and Sports, Shri Guruji City College, Guntur Road, and St. Xavier College, Karimnagar.

Making remarks during her presentation on 'Personality Development for students', Kiran urged the students to enhance their personality by regular exercises and minimising the use of electronic gadgets like mobile phones and social media.



Accounts Officer Soma Kiran addressing students during an online event.

Physical stressed that fitness brings a certain change in phys-

ical, mental, emotional stability in our lives. With stress and physical, mental, emotional stability it also attributes to increased concentration in the work. There are keen observations made that personality of the students who indulge in any sports outshine those who do not play any sport.

According to Kiran, personality means public image, it is the totality of the person, the character, behavioural traits and attitude toward life not merely external life. Personality development programme improves communication skills, body language, interpersonal relationships, ethics and attitude towards life.

Every individual is unique by his qualities and traits. Personality can be developed by improving reading habits, channeling energy towards positive traits, overcoming weaknesses,

Thinking positive, getting out of comfort and taking risks, time management and keeping focused on goal and by improving communication skills. She also advised to improve personality through yoga and pranayams which improves individuals, physical, mental and spiritual state. Kiran also provided tips to the students by appearing in interviews.

The programme was conducted by Prof Kalpana Mahuya. Dr Indrajit Bera, convener of this workshop, introduced the guest speaker. All the committee members — Dr Rajesh Arune, Dr Prashant Bumbal, Dr Jayant Hansteke, Prof Mishra, Prof Mallika Nagpure were present.

Dr Sanjay Chaudhary, secretary of the organising committee, concluded the event and proposed a formal vote of thanks.

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Principal
S. B. City College
NAGPUR.

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SPORTS

Members may send their news on sports@thehitavada.com

Binzani, Porwal College sports depts hold webinar

The Department of Physical Education and Sports of Shri Binzani City College, Umrer Road and SK Porwal College, Kamptee, jointly organised a one-week online webinar for students on various topics. On the third day of the webinar Flight Lieutenant Shriwalee Deshpande (Retd) was the resource person.

The topic of webinar was patriotism development for students. Flt Lt Deshpande enlightened the students about patriotism. She motivated the students

throughout the session and gave some tips to improve their thoughts and actions towards our nation. Students were made aware that development of society depends on patriotism of people. She said that every citizen of the country can serve or contribute without being in the military by joining



Flight Lt Shriwalee Deshpande (Retd)

the peace corps, taking care of the environment, advocating your education, doing charity work.

electing the right leader and working for the government. She even spoke about incidents like Pulwama attack and UJI and also shared her experiences while she was serving the Armed

forces. Flt Lt Deshpande inspired the students by saying that never let the feelings of patriotism diminish.

The programme was conducted by prof Kalpana Mishra, Dr Indrajit Basu, Convener, introduced the guest. All the committee members including Dr Rajesh Alope, Dr Prashant Bumbal, Dr Jayant Ramteke, Prof Kalpana Mishra, Prof Mallika

Dr Sanjay Chaudhary, Secretary of the organising committee, proposed a vote of thanks.

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श्री विद्या कृष्ण
शास्त्रिक विद्या विद्या
श्री विद्या -के अतिरिक्त, अतिरिक्त



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Principal
S. B. City College
NAGPUR.

Dr Vartika holds workshop on success mantra for students

■ Sports Reporter

DEPARTMENT of Physical Education and Sports, Shri Binzani City College, Umrer Road and SK Porwal College, Kamptee had jointly organised a one week online workshop for their students.

Dr Vartika Parihar Patil, MBBS, MD was resource person on the concluding day and talked on success mantra for students. Dr Sharad Suryawanshi, Director, Department of Sports and Physical Education, RTM Nagpur University, was the chief guest.

In her address, Dr Patil said success is that million dollar thing which everyone wishes to achieve in their lifetime but only a few have it. She said that why some people are achieve that while

some do not lies in the basic understanding of having a positive mindset and an attitude towards success. To become something in life one has to be serious about one's goals.

The medical practitioner reminded that there was no shortcut to success. It requires hard work, dedication, sacrifice,

practice and consistency and without inculcating these qualities it is difficult to become a person of accolades. In student life there is more interaction with friends so it's very necessary to select similar goal oriented friends who inspire and bring out the best in you and not force or tempt you

Dr Sharad Suryawanshi



towards the vices of life because ultimately a man is known by the company he keeps.

Dr Patil said leaving one's comfort zone is the most difficult thing to do but it is the most important thing to achieve success. Respecting teachers and institution is important as the seeds and foundation for success is laid by them.

Taking responsibility of life, being goal-orientated, striving to be better with what you have and wherever you are is extremely important. Gratitude, confidence, self-belief and discipline are pivotal in goal achieving, she added.

On the occasion, Dr Sujit Metre, Principal, Shri Binzani City College, motivated the students and Dr MB Bagade, Principal, SK Porwal College,

Kamptee encouraged students adding that he was looking forward to organising workshop for students on important and relevant topics.

Dr Sanjay Choudhari, Secretary of the Organising Committee introduced the chief guest.

Dr Suryawanshi appreciated both the colleges for organising the one week online workshop for students during the pandemic. He also congratulated the organising committee for selecting different subjects for students' overall development.

The programme was conducted by Prof Kalpana Mishra. Dr Indrajit Basu (convener of this workshop) introduced the guest speaker. Committee members — Dr Rajesh Alone, Dr Prashant Bambal and Dr Jayant Ramteke were present. The programme was concluded by Prof Mallika Nagpure, who also proposed a vote of thanks.



Dr
Principal
S. B. City College
NAGPUR.

श्री वार्तिके पारिहार पाटील
भारतीयिक फौजना सिमाना
श्री भयवर्मा, ए. ए. 43, नारायण, नागपुर

यश मिळविण्यासाठी दृष्टिकोन सकारात्मक ठेवा!

बिंझाणी आणि पोरवाल कॉलेजतर्फे कार्यशाळा

म.टा. प्रतिनिधी, नागपूर

'कुठल्याही क्षेत्रात यश मिळवायचे असेल तर ठरविलेल्या गोष्टींकडे बघण्याचा दृष्टिकोन सकारात्मक असायला हवा. त्याचबरोबर यात यश मिळवायचेच, ही जिद्द उराशी बाळगल्यास हमखास यश मिळेल', असे प्रतिपादन डॉ. वर्तिका परिहार पाटील यांनी केले. बिंझाणी सिटी कॉलेज आणि एस.के. पोरवाल कॉलेज कामठी यांच्या शारीरिक शिक्षण विभागाच्यावतीने नुकतेच आठवडाभराच्या ऑनलाइन कार्यशाळेचे आयोजन करण्यात आले होते. या कार्यशाळेच्या समारोपीय कार्यक्रमात त्या बोलत होत्या.

याप्रसंगी प्रमुख पाहुणे म्हणून राष्ट्रसंत तुकडोजी महाराज नागपूर विद्यापीठाच्या शारीरिक शिक्षण विभागाचे संचालक डॉ. शरद सूर्यवंशी उपस्थित होते. या कार्यशाळेत संबोधित करताना डॉ. वर्तिका परिहार पाटील यांनी विद्यार्थ्यांना 'सक्सेस मंत्रा' विषयावर संबोधित केले. डॉ. परिहार पुढे म्हणाल्या, 'यश मिळवण्याचा कुठलाही शॉर्टकट नाही. त्यामुळे मेहनत, त्याग, सराव, सातत्य हेच यश मिळवण्याचे गमक आहे', असेही



डॉ. शरद
सूर्यवंशी



डॉ. वर्तिका
परिहार पाटील

प्रकारचे मित्र भेटतात. बरेचदा आयुष्यात काहीतरी करण्याचे ध्येय असलेले किंवा आपल्या ध्येयासाठी पाठबळ, प्रोत्साहन देणारे मित्र अत्यंत महत्त्वाचे ठरतात', असेही त्यांनी स्पष्ट केले. यावेळी डॉ. परिहार यांनी विविध उदाहरणे देत विद्यार्थ्यांशी संवाद साधला.

आठवडाभराच्या या कार्यशाळेत विविध क्षेत्रातील तज्ज्ञांनी विद्यार्थ्यांना संबोधित केले. याप्रसंगी बिंझाणी कॉलेजचे प्राचार्य डॉ. सुजित मेत्रे, एस. के. पोरवाल कॉलेजचे डॉ. एम. बी. बागडे यांनी या कार्यक्रमाच्या आयोजनामागील भूमिका विशद केली. डॉ. सूर्यवंशी यांनी या उपक्रमाचे कौतुक केले. आयोजन समितीचे सचिव संजय चौधरी यांनी पाहुण्यांचा परिचय करून दिला. सूत्रसंचालन प्रा. कल्पना मिश्रा यांनी केले. या कार्यशाळेचे समन्वयक डॉ. इंद्रजीत बासू, डॉ. राजेश अलोणे, डॉ. प्रशांत बांबल, डॉ. जयंत रामटेके, प्रा. मल्लिका नागपुरे आदी यावेळी उपस्थित होते.



Principal
S. B. City College
NAGPUR.



डॉ.
रक्त

बम

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शारीरिक शिक्षण विभाग
मिहाराण, स.के. मंडुविभागात, नागपूर

'One has to be serious about goals'

LOKMAT NEWS NETWORK
NAGPUR, OCT 31

The Department of Physical Education and Sports, Shri Binzani City College, Umrer road, Nagpur and S. K. Porwal College, Kamptee District, Nagpur jointly organized a one week online workshop for students.

During the concluding function Dr. Vartika Parihar Patil, MBBS, MD spoke on success mantra.

WEBINAR

Dr. Sharad Suryawanshi, Director Dept. of Sports and Physical Education, RTM Nagpur University was the chief guest. On this occasion, Dr Sujit Metre (principal, Shri Binzani city college, Nagpur) motivated the students for this workshop. Dr M. B. Bagade (Principal, S. K. Porwal College, Kamptee) also encouraged students and was looking forward to jointly organizing the workshop for students on such an important topic,



Dr Sharad Suryavanshi




Dr Vartika Parihar

which is the need of the hour. Sanjay Choudhari, Secretary of the organizing committee introduced the chief guest Dr. Sharad Suryawanshi. He appreciated both the colleges for jointly organizing the one week online workshop for students in this pandemic situation. He also congratulated the organizing committee for involving different topics for the student's development.


Dr. Vartika Patil started her session with the success mantra. She said "Success is that million dollar word which everyone wishes to achieve in their lifetime but only a few can have it Why some people are achievers and some are not lies in the basic under-

standing of having a positive mindset and an attitude of success. To become something in life one has to be serious about ones goals. As the old saying goes There is no shortcut to success, and truly so as it requires hardwork, dedication, sacrifice, practice and consistency without inculcating these qualities its difficult to become a person of accolades. In student life there is more interaction with friends so it's very necessary to select similar goal orientated friends who inspire and bring out the best in you and not force or tempt you towards the vices of life because ultimately a man is known by the company he keeps" The programme was conducted by Prof. Kalpana Mishra. Dr. Indrajit Basu (convener of this workshop) introduced the guest speaker. All the committee members - Dr Rajesh alone, Dr Prashant Bambal, Dr Jayant Ramteke were present. The program was concluded by Prof Mallika Nagpure, who proposed the formal vote of thanks.


 श्रीलक्ष्मी विद्यालय
 भारतीय विद्यालय
 श्री विद्यालय: १०० मधुसूदनराव, वावडुड

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 S. B. City College
 NAGPUR.



NAGPUR SHIKSHAN MANDAL'S

SHRI BINZANI CITY COLLEGE

(S. B. CITY COLLEGE)

RE-ACCREDITED BY NAAC 'B++' (CGPA 2.87)

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- President
A. K. GANDHI | 2426883, 6619800
- Secretary
DR. HARISH RATHI | 9730037001
- Principal
DR. SUJIT G. METRE
9822714241

Ref. : _____

Date : _____

प्रति

मा. संपादक

स.न.वि.वि.

महोदय,

आमच्या महाविद्यालयात झालेल्या कार्यक्रमाचा वृत्तांत फोटोसहित आपणाकडे पाठवित आहोत. कृपया आपल्या प्रसिद्ध वृत्तपत्रातून प्रकाशित करण्यात यावा, अशी विनंती आहे.
धन्यवाद.



आपला विश्वासू

प्राचार्य

श्री विज्ञानी नगर महाविद्यालय,
नागपूर

राष्ट्रीय क्रीडा दिन

नागपूर, दि. 31 ऑगस्ट, 2020

श्री विज्ञानी नगर महाविद्यालयात दि. 31 ऑगस्ट 2020 रोजी स्व. मेजर ध्यानचंद यांच्या जन्मदिवसानिमित्त 'राष्ट्रीय क्रीडा दिवस' हा कार्यक्रम Online Motivation Talk - Webinar च्या माध्यमातून संपन्न झाला.

कार्यक्रमाच्या सुरुवातीला स्व. मेजर ध्यानचंद यांच्या फोटोला माल्यार्पण करण्यात आले. कार्यक्रमाच्या अध्यक्षस्थानी महाविद्यालयाचे प्राचार्य डॉ. सुजित मेत्रे होते. अध्यक्षीय भाषणातून खेळाडूंना डॉ. सुजित मेत्रे यांनी सांगितले की, जीवनामध्ये ध्येय (लक्ष) असणे आवश्यक आहे. ध्येयाने प्रेरित होऊनच प्रयत्न केल्यास आपण यशस्वी होतो.

कार्यक्रमाचे मुख्य अतिथी डॉ. शरद सुर्यवंशी, संचालक, क्रीडा व शारीरिक शिक्षण, रा.तु.म. नागपूर विद्यापीठ, नागपूर यांनी आपल्या भाषणातून सांगितले की, खेळाच्या माध्यमातून अभ्यासासोबतच आपल्या व्यक्तिमत्त्वाचा विकास होतो. समाजाच्या जडणघडणीत महत्त्वाची भूमिका आपण पार पाडू शकतो.

कार्यक्रमाच्या विशेष अतिथी अरुंधती पानतावणे, आंतरराष्ट्रीय बॅडमिंटनपटू यांनी खेळाडूंना मार्गदर्शन करताना सांगितले की क्रीडा जीवनात परिश्रम, अनुशासन आणि जिद्द हे गुण अंगी बाळगणे अत्यंत आवश्यक आहे.

अतिथी परिचय क्रीडा व शारीरिक शिक्षण विभागाचे डॉ. संजय चौधरी यांनी करून दिला. कार्यक्रमाचे सूत्रसंचालन व आभारप्रदर्शन प्रा. कल्पना मिश्रा यांनी केले. कार्यक्रमाच्या यशस्वितेसाठी प्रा. राजेश खडके, प्रा. सुनिता मसने, प्रा. मोना चांडक यांनी सहकार्य केले. कार्यक्रमाला प्राध्यापक वृंद, खेळाडू आणि विद्यार्थी बहुसंख्येने Online उपस्थित होते.



विद्यार्थी, खेळाडूंनी आहार- फिटनेसला महत्त्व द्यावे

एस.बी. सिटी व पोरवाल
कॉलेजच्या कार्यशाळेत
मान्यवरांचा सल्ला

पुण्य नगरी / प्रतिनिधी

नागपूर : कोरोना व लॉकडाउनमध्ये सद्यःस्थितीत महाविद्यालय बंद असून विद्यार्थी घरीच आहेत. विद्यार्थ्यांनी रिकामे न बसता अभ्यासासह आहार, फिटनेस व मानसिकरीत्या सक्षम कसे राहता येईल याला महत्त्व द्यावे, असा सल्ला एस. बी. सिटी कॉलेजचा क्रीडा व शारीरिक शिक्षण विभाग आणि कामठीच्या एस. के. पोरवाल कॉलेजच्या संयुक्त विद्यमाने घेण्यात आलेल्या कार्यशाळेत मान्यवरांनी विद्यार्थी व खेळाडूंना दिला.



डॉ. शरद सूर्यवंशी



डॉ. वर्तिका पाटील

व्यक्तीची वर्तणूक, पोशाख आणि सादरीकरण कसे असावे याबद्दल विद्यार्थ्यांना मार्गदर्शन किले. चौथ्या दिवशी फ्लाइट लेफ्टनंट (सेवानिवृत्त) शिवाली देशपांडे यांनी देशसेवा करण्यासाठी सैन्यदलात सहभागी होण्याची आवश्यकता नाही. समाजात राहूनही विविध प्रकारे योगदान देऊन देशाची सेवा करू शकतो. प्रत्येक विद्यार्थ्यांने हृदयात देशप्रेमाची भावना कायम ठेवणे आवश्यक आहे, असे मत

ऑनलाइन कार्यशाळा २६ ते ३१ ऑक्टोबरदरम्यान घेण्यात आली. कार्यशाळेचे उद्घाटन एस.बी.सिटी महाविद्यालयाचे प्राचार्य डॉ. सुजीत मेत्रे, एस.के. पोरवाल महाविद्यालयाचे प्राचार्य डॉ. एम.बी. बागडे यांच्या हस्ते करण्यात आले. पहिल्या दिवशी आहार व आरोग्यतज्ज्ञ डॉ. रोमा सरनाईक यांनी घरी असताना आहार कसे असावे, आरोग्याची काळजी कशी घ्यावी याबद्दल मार्गदर्शन केले. दुसऱ्या दिवशी वडाळा (मुंबई) येथील शारीरिक शिक्षण महाविद्यालयाच्या डॉ. सुषमा चौगुले यांनी विद्यार्थ्यांमध्ये निर्माण होणारे ताणतणाव व त्यापासून क्लेशा प्रकारे मुक्ती मिळवावी, याबद्दल माहिती दिली. एनसीसी गोल्डन ग्रुपच्या सोमा किरण किरण यांनी तिसऱ्या दिवशी व्यक्तिमत्त्व विकास, नोकरीसंदर्भात मुलाखतीला जाताना

व्यक्त केले. पाचव्या दिवशी पोरवाल महाविद्यालयातील शारीरिक शिक्षक डॉ. इंद्रजित बासू यांनी शारीरिक शिक्षण व खेळाडूंना भविष्यातील संधी याबद्दल माहिती दिली. शेवटच्या दिवशी डॉ. वर्तिका पी. पाटील यांनी यशस्वितेसाठी काय करावे आणि काय टाळावे याबद्दल मार्गदर्शन केले. समारोप कार्यक्रमाला राष्ट्रसंत तुकडोजी महाराज नागपूर विद्यापीठाच्या शारीरिक शिक्षण विभागाचे संचालक डॉ. शरद सूर्यवंशी, एस.के. पोरवाल महाविद्यालयाचे प्राचार्य डॉ. एम.बी. बागडे व एस.बी. सिटी महाविद्यालयाचे प्राचार्य डॉ. सुजीत मेत्रे उपस्थित होते. याप्रसंगी संयोजक डॉ. इंद्रजित बासू, आयोजन सचिव डॉ. संजय चौधरी, डॉ. राजेश अलोणे, डॉ. प्रशांत बांबल, डॉ. जयंत रामटेके उपस्थित होते.


कोशा विभाग नमते
शारीरिक शिक्षण विभाग
जे. विद्यापीठ - ४६ महाविद्यालय, ना



Principal
S. B. City College
NAGPUR.



Sports & physical Education Dept. RTM Nagpur University, nagpur, Center for open & distance learning, KKK Sanskrit University, Ramtek. Shri Binzani City College, Nagpur, Priyadarshini Mahila Mahavidyalaya, Wardha & Nabira Mahavidyalaya, Katol, jointly organizing seven days national workshop on YOGA AND HOLISTIC HEALTH from 10 to 16 June 2021. Participants are requested to kindly register through this google form to participate in this workshop, all the participants will get E-certificate after completion of this workshop.

For more details pls contact;

Dr. Sanjay Chaudhary: 9423403852

Dr. Sonali Sirbhate: 9850488692

Dr. Tejsingh Jagdale: 9623338896

Prof. Renushree Bansode: 9370530313

Registration Link:

<https://forms.gle/WRjHPtKHTDKrvnVf6>

For further details pls join our telegram group: <https://t.me/joinchat/tGiljwspEU4OWVI>

Organizing Committee National Workshop inviting you to a scheduled Zoom meeting.

Topic: Day- National Workshop on Yoga and Holistic Health

Time: Jun 10, 2021 07:15 AM Mumbai, Kolkata, New Delhi

Join Zoom Meeting

<https://us02web.zoom.us/j/5131702852?pwd=aDV4YkR4MGdnbW54U3Vsc2JpVIR1Zz09>

Meeting ID: 513 170 2852

Passcode: yoga2021

Organizing Committee National Workshop inviting you to a scheduled Zoom meeting.

Topic: Day- National Workshop on Yoga and Holistic Health

Time: Jun 11, 2021 07:45 AM Mumbai, Kolkata, New Delhi

Join Zoom Meeting

<https://us02web.zoom.us/j/5131702852?pwd=aDV4YkR4MGdnbW54U3Vsc2JpVIR1Zz09>

Meeting ID: 513 170 2852

Passcode: yoga2021

Topic: Day 3- National Workshop on Yoga and Holistic Health

Time: Jun 12, 2021 08:00 AM India

Join Zoom Meeting

<https://us02web.zoom.us/j/82885312902?pwd=eGxPUEICeHluZWp5ay9ZMThhYzJ2QT09>

Dr. Sanjay Chaudhary



Meeting ID: 828 8531 2902

Passcode: yoga123

Only 500 Participants will be allowed to participate on zoom & remaining participants must join us on our youtube live stream via link provided below;

<https://youtu.be/bTwg7wXPqgg>

Organizing inviting you to a scheduled Zoom meeting.

Topic: National Workshop on Yoga & Holistic Health

Time: Jun 14, 2021 08:00 AM India

Join Zoom Meeting

<https://us02web.zoom.us/j/86163641443?pwd=anZETy9yaktUNGEvc3lTOVV1ZGJGUT09>

Meeting ID: 861 6364 1443

Passcode: yoga123

Organizing Comittee National Workshop on Yoga & holistic Health inviting you to a scheduled Zoom meeting.

Topic: Day 6- National Workshop on Yoga & holistic Health

Time: Jun 15, 2021 08:00 AM India

Join Zoom Meeting

<https://us02web.zoom.us/j/81807025467?pwd=NHJ1Q2MvYVVVZDhwN0hIbVlVb1hxZz09>

Meeting ID: 818 0702 5467

Passcode: yoga123

YouTube Link:

<https://youtu.be/lvdiSqcrs1l>

Dr. Amit Tembhurne is inviting you to a scheduled Zoom meeting.

Topic: Day 7- national Workshop on Yoga & Holistic Health

Time: Jun 16, 2021 08:00 AM India

Join Zoom Meeting

<https://us02web.zoom.us/j/82379246831?pwd=ZkgxelR4eHFxaEk1T3lEcXN6bmRlQT09>


Meeting ID: 823 7924 6831

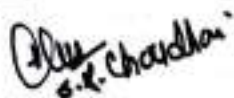
Passcode: yoga123

YouTube Live Link:

<https://youtu.be/bWgKJwltUs>




Principal
S. B. City College
NAGPUR.


Dr. Amit Tembhurne