



ONE DAY INTERDISCIPLINARY NATIONAL e - CONFERENCE ON

“Role of Holistic Approaches to Yoga during COVID – 19”

Organised by
**SETH KESARIMAL PORWAL COLLEGE OF ARTS & SCIENCE & COMMERCE,
KAMPTEE.**

In Collaboration with
Physical Education Foundation of India (PEFI New Delhi)

Jointly Organised by

- ✓ **Dhanwate National College, Nagpur**
- ✓ **Yashoda Girls Arts & Commerce College, Nagpur**
- ✓ **Saradrao Pawar Arts & Commerce College, Gadchander.**
- ✓ **S. P. College Of Law Chandrapur**

29th August 2020
Time 11.00 AM
On
Zoom Meeting Platform

REGISTER NOW : <https://forms.gle/XJD6nbMkpHA6PtgbA>

Hello everyone, In the present academic set - up when the humanity is struggling with COVID – 19 and it is a contagious disease all over the world. In our country too, the number of corona virus patient are increasing day by day. As we all know “prevention is better than cure” researchers proved that **Yoga's** incorporation of postures, meditation and breathing can help improve a person's physical, mental well-being. “Regular **Yoga** practice creates mental clarity and calmness; increases body awareness; relieves chronic stress patterns; relaxes the mind; centers attention; and sharpens concentration. The one day e – conference aims to initiate discussion about improved knowledge base, with better access to information of ”The holistic approach to health, well-being provided by the practice of Yoga”



•● ————— ●●

Chief Patron

•● ————— ●●

Hon'ble Shri. SunilKumar Porwal
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•● ————— ●●

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Secretary, S.P.M,
Kamptee

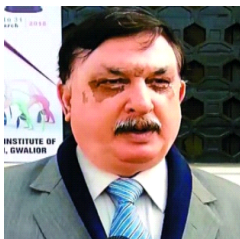
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Director Devepment,
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Dr. M. N. Ghoshal
CEO, S.P.M,
Kamptee

ABOUT THE COLLEGE: 1965, Seth Nemkumarji Porwal an industrialist started a college in the name of his father late Seth Kesarimal Porwal in Kamptee town. The college started running under the auspices of Shikshan Prasarak Mandal, Kamptee chaired by Seth Nemkumarji Porwal. In the year 1970, the college was shifted to the present site with courses in Arts & Commerce faculties. In the year 1971, the Science faculty was also started. Seth Kesarimal Porwal College, Kamptee affiliated to R.T.M. Nagpur University Nagpur since 1965 is a premier institution of higher learning in Central India. It is the first college affiliated to Nagpur University to start UG & PG Courses in Information Technology.



Chief Guest



Dr. Dilip K. Dureha
Hon'ble V.C,
LNIPE, Gwalior

Special Guest



Dr. A. K. Uppal
Former Dean,
Working President,
Physical Education
Foundation of
India (PEFI)
New Delhi.

Special Guest



Dr. Shridarshan Desai
Ex. Director of
Physical Education,
Nagpur University

Guest of Honour



Dr. Piyush Jain
National Secretary,
PEFI New Delhi.

Guest of Honour



Dr. Puranchandra Meshram
Ex. Registrar of
R.T.M.N.U, Nagpur

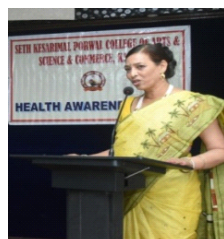
Invited Resource Persons

Resource Person for first session



Dr. Manmath M. Gharote
Director,
The Lonavala
Yoga Institute,
Pune

Resource Person for first session



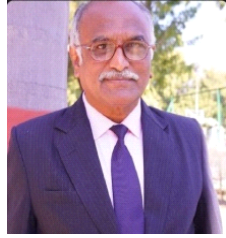
Dr. Kumkum Boradkar
Associate Professor
N.S. S.M. Mahavidyalaya,
Nagpur.

Resource Person for second session



Dr. Pratima Vashistha
Asst. Professor
Dept. of Yogic Science
LNIPE, Gwalior

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Dr. Anil Karwande,
Ex. Principal of I. D. C. P. E College, Nagpur



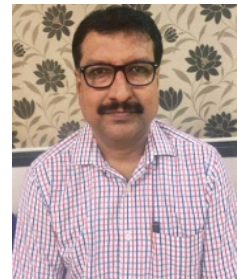
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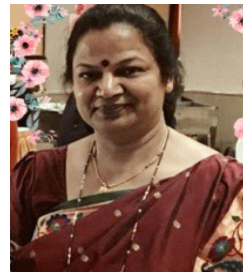
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Assistant Professor,
Department of Physical Education & Sports
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JT. ORGANIZING SECRETARY



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Department of
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& Sports,
S. K. Porwal College,
Kamptee



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HOD, Department
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S. K. Porwal College,
Kamptee



Dr. Subhash Dadhe

Department of
Physical Education
& Sports,
D.N. C, Nagpur

Guidelines for Paper Submission

1. All Accepted papers will be published in peer reviewed referred & UGC listed Journal No. 40776 "AJANTA" ISSN: 2277-5730 with Impact Factor 6.399 (July to September - 2020)
2. Hard copy of the journal and Certificate will be sent on the postal address provided by the participant.
3. Full paper must be written in English, Marathi and Hindi as a Microsoft Word format.
4. Full paper should be in Times New Roman font for English, Marathi & Hindi font APS-DV-Priyanka, Kruti Dev 010, DVB-TTSurekh, DVBW-TTSurekh, Unicode, Mangal font. (Font size 12/14 and line spacing should be 1.5.)
5. The word limit for the article will be 1500 to 2000.
6. The fees of publication for soft copy is 400/- whereas participants who want softcopy along with hard copy of the journal will have to pay 600/-.
7. The Full paper must be submitted with registration fees to the link :

<https://forms.gle/wg3sDi7zqRm3Yvf59> August 27th, 2020.

Registration FREE for all participants

Registration fees and paper along with Cash / Account Pay / Google Pay / PhonePe in favour and send to

Account Name : **Ajanta Prakashan**
Account No. : **32856592267 (State Bank of India)**
IFS Code : **SBIN 0007919**
Branch : **Samarth Nagar, Aurangabad. (M.S.)**

Note: -

Google Pay or PhonePe mobile number is 9579260877 (Vinay Hatole).

Researchers should send their research article or scanned paper along with their e-mail ID or mobile no. to 8390984760 by 27th August 2020 for publication with the publication fee to

E-mail : kampteeconf2020@gmail.com

For More Details, Please Contact: Gaurav Kumawat - 8390984760.

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Prof. N. P. Meshram, HOD, Department of Zoology, S. K. Porwal College Kamptee.

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Join our WhatsApp groups for more schedule and other information

Nat. E - Conf. on YOGA 1. <https://chat.whatsapp.com/J2are2ELcWPE6HHQcE8BcQ>

Nat. E - Conf. on YOGA 2. <https://chat.whatsapp.com/GQPvl66xg7HIqISvFZbWHp>

Nat. E - Conf. on YOGA 3. <https://chat.whatsapp.com/HcAHuDaebqEIs02AbPrPp8>

or Telegram group

Nat e - conference of Yoga SKPC <https://t.me/joinchat/NyKfGhrkcwR9gA0as4bHCg>

SUB -THEMES

1. Role of Yoga for stress management during COVID -19
2. Role of Yoga for Physical fitness protocols during COVID -19
3. Role of Yoga for maintaining fitness for sport professional during COVID -19
4. Role of Yoga in Health Hazards during COVID -19
5. Role of Yoga for women's holistic health and fitness during COVID -19
6. Role of Yogic diet during COVID -19
7. Historical approaches of Yoga for mention holistic health.
8. Employment through Yoga

DETAILS OF THE e-CONFERENCE

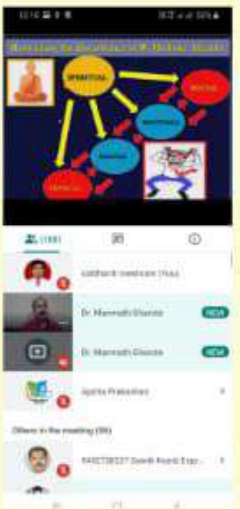
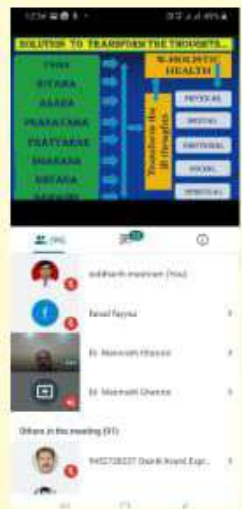
1. e – conference platform Google Meet, YouTube & Face book live
2. 250 participants will access Google Meet while others can access You Tube live

For More Details Please Contact Us

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skpceconferenceyoga01@gmail.com
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(Jt. Org. Secretary)

Dr. Indrajit Basu 9850316583
(Jt. Org. Secretary)
Dr. Satender Balwant Singh
(Convener)
+918208875141 S. P. College, Gadchandur

**For Paper publication and Payment call on
8390984760 Gaurav Kumawat,
Ajanta Prakashan, Aurangabad (M.S.)**



AGENDA

Schedule - Content

10:30am - 11:00am	Dr. J. K. Bhatnagar, Director, PEF, New Delhi
11:00am - 11:15am	Dr. J. K. Bhatnagar, Director, PEF, New Delhi
11:15am - 11:30am	Dr. J. K. Bhatnagar, Director, PEF, New Delhi
11:30am - 11:45am	Dr. J. K. Bhatnagar, Director, PEF, New Delhi
11:45am - 12:00pm	Dr. J. K. Bhatnagar, Director, PEF, New Delhi
12:00pm - 12:15pm	Dr. J. K. Bhatnagar, Director, PEF, New Delhi
12:15pm - 12:30pm	Dr. J. K. Bhatnagar, Director, PEF, New Delhi
12:30pm - 12:45pm	Dr. J. K. Bhatnagar, Director, PEF, New Delhi
12:45pm - 1:00pm	Dr. J. K. Bhatnagar, Director, PEF, New Delhi
1:00pm - 1:15pm	Dr. J. K. Bhatnagar, Director, PEF, New Delhi
1:15pm - 1:30pm	Dr. J. K. Bhatnagar, Director, PEF, New Delhi
1:30pm - 1:45pm	Dr. J. K. Bhatnagar, Director, PEF, New Delhi
1:45pm - 2:00pm	Dr. J. K. Bhatnagar, Director, PEF, New Delhi
2:00pm - 2:15pm	Dr. J. K. Bhatnagar, Director, PEF, New Delhi
2:15pm - 2:30pm	Dr. J. K. Bhatnagar, Director, PEF, New Delhi
2:30pm - 2:45pm	Dr. J. K. Bhatnagar, Director, PEF, New Delhi
2:45pm - 3:00pm	Dr. J. K. Bhatnagar, Director, PEF, New Delhi
3:00pm - 3:15pm	Dr. J. K. Bhatnagar, Director, PEF, New Delhi
3:15pm - 3:30pm	Dr. J. K. Bhatnagar, Director, PEF, New Delhi
3:30pm - 3:45pm	Dr. J. K. Bhatnagar, Director, PEF, New Delhi
3:45pm - 4:00pm	Dr. J. K. Bhatnagar, Director, PEF, New Delhi
4:00pm - 4:15pm	Dr. J. K. Bhatnagar, Director, PEF, New Delhi
4:15pm - 4:30pm	Dr. J. K. Bhatnagar, Director, PEF, New Delhi
4:30pm - 4:45pm	Dr. J. K. Bhatnagar, Director, PEF, New Delhi
4:45pm - 5:00pm	Dr. J. K. Bhatnagar, Director, PEF, New Delhi

ONE DAY INTERDISCIPLINARY NATIONAL e-CONFERENCE ON "Role of Holistic approaches to Yoga during COVID – 19"

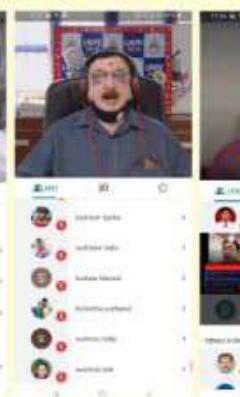
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29th August 2020
11:00 AM
 On Google Meet & Zoomable Platform

Dr. J. K. Bhatnagar, Director, PEF, New Delhi
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Dr. J. K. Bhatnagar, Director, PEF, New Delhi
Dr. J. K. Bhatnagar, Director, PEF, New Delhi



Subham Thakur	- Hockey,	Amol Humare	- Tennis
Ku. Shetal Kathane	- Athletic, All India University	Ishant Lingaiwar	- Hockey
Jayan Chauhan	- Cricket	Prasanna Motghare	- Hockey
Akshay Ninawe	- Cricket	Dinesh Yadav	- Cricket men's
		Jawaharlal B Thakare	- Kabaddi men's University, Nanded.

INDIVIDUAL PERFORMANCE

2010-11
 Ku. Rajeshwar Nered - 2nd Place in 100m Hurdles
 Mast. Akash Koushik - 2nd Place in javelin throw

2011-12
 Mast. G... 55 Kg Body building competition
 Ku. Sh... 400m
 Mast... 60 Kg judo competition

2012-13
 ... mts
 ... mts
 ... mts
 ... Kajuace competition



SHRI SARFARAZ
 Dr. INDRAJIT P
 Dr. PRASHANT
 ... SH CHAN
 ... AMPAR AI
 ... DEEP SI
 ... AYANT V. RAM



ate tournament.
er collegiate

Hockey

Sahid Akhater - Football
Vivek Yadav - Hockey
Pankaj Umap - Hockey
Pradeep Mudamwar - Hockey
Niraj Pali - Hockey
Prashant Tuppatt - Hockey
Vinood Kushwa - Cricket
Sumittin Bhattachraya - VCA U-19 team

Iqbal Ahmad - Football
Mohd. Sahabab - Football
Naqib Akhater - Football
Rishab Vaidya - Hockey
Pradeep Mudamwar - Hockey
Prashant Tuppatt - Hockey
Ku. Geeta Thakur - Stand bye in Hockey
Saloom Khan - Cricket
Chelun Jangitwar - Cricket
Tauseef Sanu - Cricket
Ormkrisna Singh - Boxing



...anwar - Hockey
...Kathane - Football
...Khan - Football
...Bhattacharya - Football
Tauseef Sanu - Cricket

Mohd Yasin - Football
Rayees Ahmed - Football
Tauseef Ansari - Football
Monis Inran - Football
Harshat Lingamwar - Hockey, All India University
Tushar Indralwar - Hockey, All India University
Prasuna Muthagarna - Hockey, All India University
Shanvik Brimte - Hockey, All India University
Ku. Shetal Kithane - Athletic, All India University
Jayan Chauhan - Cricket

... - Football
... - Football
... - Football
... - Football
... - Hockey
... - Hockey
... - Athletic
... - Cricket

... - Tennis
... - Tennis
... - Hockey
... - Cricket men's
... - Kabaddi men's University, Nanded.

ON
9"
MPTEE

INDIVIDUAL PERFORMANCE

2011-12
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"Role of Holistic approach to Yoga during COVID - 19"

on the Occasion of National Sports Day

29th
August
2020
Time
11.00 AM
On Google Meet
& Youtube
Platform



SETH KESARIMAL PORWAL COLLEGE OF ARTS & SCIENCE & COMMERCE, KAMPTEE

In Collaboration with
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Director,
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Resource person
Dr. Namrata Beraudkar
Associate Professor,
N.S.S.M Mahavidyalaya, Nagpur



Resource person
Dr. Pratima Vashistha
Associate Professor,
Department of Yoga Science,
LMPE, Gwalior

- Dhanwate National College, Nagpur
- Yashoda Girls Arts & Commerce College, Nagpur
- Saradrao Pawar Arts & Commerce College, Gadhcandur
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stood 2nd place in RTM Nagpur university inter collegiate tournament.
 stood 2nd place in RTM Nagpur university inter collegiate tournament.
 stood 2nd place in RTM Nagpur university inter collegiate tournament.
 stood 2nd place in RTM Nagpur university inter collegiate tournament.

4x 100 mts - Boys relay team stood 1st place in RTM Nagpur university annual athletic meet.
 Cricket - (C) Zone winner in RTM Nagpur university inter collegiate tournament.
 Kabaddi - Boys were Zone winner in RTM Nagpur university inter collegiate tournament.
 Kabaddi - Girls were Zone Runner up in RTM Nagpur university inter collegiate tournament.

Football - RTM Nagpur university inter collegiate tournament.
 Football - Seth Kesarimal Porwal college Golden Jubilee Football tournament.
 Cricket - Zone Finalist in RTM Nagpur university inter collegiate tournament.
 Cricket - Semi-finalist in T-20 Panjabrao Deshmukh Krifa Mahotsava.

Football - 1st Zone RTM Nagpur university inter collegiate tournament.
 Football - 1st Zone RTM Nagpur university inter collegiate tournament.
 Athletics - 1st Zone champion in RTM Nagpur university inter collegiate athletic meet.
 Hockey - Runners up in 1st Zone RTM Nagpur university inter collegiate hockey tournament.
 Cricket - Semi-finalist in T-20 Panjabrao Deshmukh Krifa Mahotsava.

Muskan Akhaur	Football	Mohit Karm	Football
Naghi Akhaur	Football	Asif Fawad	Football
Sami Akhaur	Football	Usman Ahmad	Football
Shahid Akhaur	Football	Muhammad Anwar	Football
Faraz Akhaur	Football	Shahid Akhaur	Football
Faraz Akhaur	Football	Shahid Akhaur	Football
Faraz Akhaur	Football	Shahid Akhaur	Football
Faraz Akhaur	Football	Shahid Akhaur	Football
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Faraz Akhaur	Football	Shahid Akhaur	Football

Dr. Indrajit Basu
 Director

Dr. T. V.
 Director

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One Day Interdisciplinary National e -Conference on “Role of Holistic Approaches to Yoga during COVID – 19”

Report



On the occasion of National Sports Day on 29th August, S.K. Porwal College, Kamptee is organizing a One Day Interdisciplinary National e – Conference on “**Role of Holistic Approaches of Yoga during COVID – 19**” in collaboration with Physical Education Foundation of India (PEFI New Delhi). This e-Conference is being jointly organized with Dhanwate National College, Nagpur, Yashoda Girls Arts & Commerce College, Nagpur, Saradrao Pawar Arts & Commerce College, Gadchandur and S. P. College Of Law, Chandrapur. The programme will be graced by Dr. Dilip K. Dureha Hon’ble V.C, LNIPE,

Gwalior as the Chief Guest, Dr. A. K. Uppal Former Dean, Working President, Physical Education Foundation of India (PEFI) New Delhi and Dr. Shridarshan Desai Ex. Director of Physical Education, Nagpur University as Special Guests, Dr.Piyush Jain, National Secretary, PEFI New Delhi and Dr.Puranchandra Meshram, Ex. Registrar of R.T.M.N.U, Nagpur as Guests of Honour. Acclaimed academicians, Dr.Manmath M. Gharote Director, The Lonavala Yoga Institute, Pune, Dr.Kumkum Boradkar, Associate Professor N.S. S.M. Mahavidyalaya, Nagpur and Dr.PratimaVashistha, Asst. Professor Dept. of Yogic Science LNIPE, Gwalior are the invited Resource Persons. The Organizing Committee consists of stalwarts like Dr.Anil Karwande, Ex. Principal of I. D. C. P. E College, Nagpur, Principal Dr. M. B. Bagade, S.K. Porwal College, Principal, Dr. S. R. Jichkar, Dhanwate National College, Nagpur, Principal Dr. Dhanraj Shete, Yashodha Girls Arts & Commerce College, Nagpur, Principal Dr. Sanjay Kumar Singh, Sharadrao Pawar Arts and Commerce College, Gadchandur Tel Korpana, Dist. Chandrapur and Principal Dr.Anjali Hastak, S. P. College of Law, Chandrapur. The Conveners of the Conference are Dr. P. M. Bambal, HOD, Department of Physical Education & SKPC, Kamptee, Dr.Vandana Ingle, Dept. of Physical Education & Sports DNC, Nagpur, Dr.Lalita Punnya HOD, Dept. of Physical & Sports, Yashodha Girls Arts & Commerce College, Nagpur, Dr.Saroj Kumar Datta HOD, Dept. of Physical Education & Sports S. P. College of Law, Chandrapur and Dr.SatenderBalwant Singh, HOD, Dept. of Physical Education & Sports, SharadraoPawar Arts and Commerce College, Gadchandur Tel Korpana, Dist. Chandrapur.

Dr.Jayant Kumar V. Ramteke Assistant Professor, Department of Physical Education & Sports, SKPC, Kamptee is the Organizing Secretary while Dr.Indrajit Basu, Department of Physical Education & Sports, SKPC, Kamptee,Dr.Jitendra S. Tagade HOD, Department of History, SKPC, Kamptee and Dr.Subhash Dadhe, Department of Physical Education & Sports, DNC, Nagpur are Jt. Organizing Secretaries.

The Sub-Themes of the Conference are - **Role of Yoga for stress management during COVID -19, Role of Yoga for Physical fitness protocols during COVID -19**, Role of Yoga for maintaining fitness for sports professionals during COVID -19, Role of Yoga in Health Hazards during COVID -19, Role of Yoga for women's holistic health and fitness during COVID -19, Role of Yogic diet during COVID -19, Historical approaches of Yoga for mention holistic health, and Employment through Yoga.e – Conference platform will be Google Meet, YouTube & Face book live. Registration for participants is free. Research papers on the above themes are invited, and nominal fees will be charged for publication. All accepted papers were published 25 papers in English part – I, English Part – II 28 research papers were published also English part – III 15 papers were published /Marathi part – I 08 papers were published / Hindi part – I 08 papers were published in peer reviewed refereed & UGC listed Journal Ajanta Vol. IX issue – IV Oct –Dec.- 2020 (Impact Factor/Indexing 2019 – 6.399).

Whether **1820 participants had registered** online to participate in One Day Interdisciplinary National e – Conference and joining link were provided for online program through Google Meet, by different WhatsApp groups. **Total of 1006 participants field positive feedback** through online e form, online certificates were awarded from the organizing committee in their registered email, also moments were also awarded through courier service all the organizing guests, resource persons and committee members.

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