



ARTS AND SCIENCE COLLEGE KURHA, DIST. AMRAVATI

== Jointly ==

SHRI R.L.T. COLLEGE OF SCIENCE, AKOLA  
S.N. ARTS, SCI. & U.K. COMM. COLLEGE, AKOLA  
S.K. ARTS, SCIENCE & COMMERCE COLLEGE, AKOLA

NEHRU MH (ARTS, COMM., SCI.) NER, DIST. YAVATAMAL  
SARASWATI KALA MAHAVIDYALAYA, DAHIHANDA, AKOLA  
ARTS, COMMERCE COLLEGE, YEODA, TA. DARAYAPUR, DIST. AMARAVATI

**Affiliated to Sant Gadge Baba Amravati University, Amravati**

\*\* COLLABORATION WITH \*\*

**Physical Education Foundation of India & Bruhan Maharashtra Yoga Parishad**

**Organize Online National Level Yoga Workshop Cum Seminar**

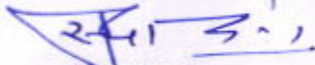
(On the Occasion of International Day of Yoga 2022)

**THEME :- YOGA THROUGH HOLISTIC HEALTH FOR EVERY INDIVIDUAL IN SOCIETY**

**Date :- 22<sup>nd</sup> May 2022 to 28<sup>th</sup> May 2022**

Department of Physical Education and Sports of 7 colleges affiliated S.G.B.A. University, Amravati is organized 7 days' workshop cum Seminars on "Yoga Through Holistic Health for Every Individual in Society" for faculty, non-teaching staff, students and others. You are cordially invited and requested to register & join for the same on **ZOOM** and **YouTube live Session** from 22<sup>nd</sup> May 2022 to 28<sup>th</sup> May 2022 at morning 6:30 am for workshop and 10:00 am for Resource Person's Presentation.



  
Principal  
Arts & Science College  
Kurha

### **The Program:**

Yoga brings together Physical, Mental, Social and Spiritual development and also health to achieve a healthy peaceful life. It develops Individual cum Social Personality and help for handling Stress, Anxiety and keeps mind fresh. It has lots of benefits physically e.g. body flexibility, muscular strength and body composition also it improves physiological benefits like respiration, cardiovascular endurance and energy.

### **Objectives of the Workshop cum Seminars:**

- To spread the importance of Yoga knowledge in society.
- To inspire the students and society.
- To promote the Yogic Practices in daily life.
- To celebrate in coming 8<sup>th</sup> International Yoga Day 2022.

### **Resource Person**



Dr. Sadhana Dauneri  
HOD, Dept. of Yoga  
Barkatullah Uni., Bhopal



Dr. S.K. Ganguly  
Ex-Principal, Institute  
of Kaivalyadham, Lonavla



Dr. Shrikant Kshirsagar  
Co-Founder Yoga Sanjivani  
Mumbai



Dr. Bhaskar Shukla  
Asst. Prof. HNB, Govt  
P. C. College, Prayagraj, UP



Yogacharya Ghanshyam Yadav  
Govt. of NCT, Delhi



Dr. Devanand Sonar  
Director, Soham Dept. Yoga  
& Naturopathy, M.J. College Jalgaon



Dr. Prashant Rokade  
Naturopathy & Shatkarma  
Specialist, Wardha

### Guest of Inaugural



Shri. Pradip Khatkekar  
Member of Mat. Comm. of  
S.G.B.A. University, Amravati

5/2022  
15 am



Dr. Anvish Jain  
Gen. Secy. Higher Edu. Board of  
Maharashtra, New Delhi

### Guest of Valedictory



Dr. Arun K. Patil  
Director of Higher Edu. & Sports  
S.G.B.A. University, Amravati

05/10/2022  
2:15 pm



Dr. Arun K. Patil  
Gen. Secy. Higher Edu. Board  
Maharashtra, Mumbai

### Chairman of the Session



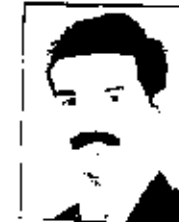
Principal, Dr. A. V. Dhanuk  
Arts and Science College Kurha,  
Dist Amravati



Principal, Dr. M. D. Wadate  
Nehru Mahavidyalaya,  
Nerparsipant Dist. Yavatmal



Principal, Dr. D. R. Yawale  
Saraswati Kala Mahavidyalaya,  
Dahihanda, Akola



Principal, Dr. M. Saboo  
Shankarlal Khairdekar Arts, Sci.  
& Comm. College, Akola



Principal, Dr. V. D. Nanoty  
Shri R.L.T. College of Science,  
Akola



Principal, Dr. J. P. Bobde  
S. N. Arts & U.K. Commerce  
College, Akola



Principal, Dr. Y. G. Sing  
Arts, Comm. College, Yeoda  
Tq. Daryapur, Dist. Amravati



THE UNIVERSITY OF SAGE AND PRADYUMN UNIVERSITY  
 DEPARTMENT OF YOGA AND FITNESS  
 LECTURE ON: IMPORTANCE OF ASANAS IN TODAY'S LIFESTYLE

The slide features a central text area with a title and a small image of a person performing a yoga asana on the right side. The background is a light, textured pattern.

A screenshot of a Zoom meeting interface. At the top, there are icons for participants: a person with a red X, the University of Sage and Pradyumn logo, a person with a red X, a person with a red X, and a person with a red X. Below these are four video thumbnails in a 2x2 grid:

- Top-left: A person with a red X over their video.
- Top-right: A person with a red X over their video.
- Bottom-left: A person wearing glasses and a dark shirt.
- Bottom-right: A person with a red X over their video.

At the bottom of the screen is the Zoom control bar with various icons for muting, video on/off, chat, and other meeting functions.

## PROGRAMME SCHEDULE

22/05/2022 to 28/05/2022 Morning

Date	Time	Chairman of Session
22/05/2022	10 am to 11 am	Dr. A.V. Deshumkh, Principal
23/05/2022	10 am to 11 am	Dr. M.D. Wadate, Principal
24/05/2022	10 am to 11 am	Dr. D. R. Yawale, Principal
25/05/2022	10 am to 11 am	Dr. J. M. Saboo, Principal
26/05/2022	10 am to 11 am	Dr. Y. G. Sing, Principal
27/05/2022	10 am to 11 am	Dr. J. P. Rohade, Principal
28/05/2022	10 am to 11 am	Dr. V. D. Nanoty, Principal

Session Yogic Practical : 6.30 am to 7.30 am

Resource Person	Topics
Dr. Sadhana Daumeria	Importance of <u>Ashtanga Yoga</u> in Daily Life.
Shri. Prashant Rokade	Importance of <u>Shatkrama</u> .
Dr. Devanand Sonar	<u>Pranayama</u> for <u>Physical and Mental Health</u> .
Dr. Shrikant K. Kshirsagar	<u>Acu. Yoga</u> : Application for <u>Health Fitness &amp; Healing</u> .
Dr. Ghanshyam Yadav	<u>Yoga</u> through <u>Personality Development</u> .
Dr. Bhaskar Shukla	Importance of <u>Asanas</u> of Today's <u>Life Style</u> .
Dr. S. K. Ganguly	Teaching <u>Methodology</u> in <u>Yogic Practices</u> .

### Organizing Committee Members



**Dr. Umesh J. Bathi**  
DPES, Arts And Science College,  
Kurha, Dist. Amravati



**Dr. Vasistha A. Krodaskar,**  
DPES, Nehru Mah. (Arts, Com. & Sci.)  
Nerparsoant Dist. Chandrapur



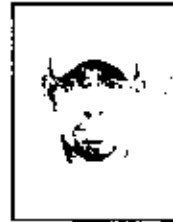
**Dr. Nitin Deunkar**  
DPES, Sudhakarrao M. K. Arts,  
Sci. & Comm. College, Akola



**Dr. Sagar P. Narkhede**  
DPES, Saraswati Kala  
Mahavidyalaya Dahihanda, Akola



**Dr. Rajesh D. Chandrawanshi,**  
DPES, Shri R.L.T. College of Science,  
Akola.



**Dr. Chandrashekar B. Kadu**  
DPES, Shankarlal Khandelwat Arts,  
Sci. & Comm. College, Akola



**Dr. Kalyan Maldhure,**  
DPES, Arts, Commerce College, Yeoda  
Tal. Daryapur, Dist. Amravati

## Information of Registration and Links

Particular	Platform / Link	Details
Registration	<a href="https://docs.google.com/forms/d/e/1FAIpQLSfIsSRnhYXVIKX057inPbbn:4UOWH6vdNCRXDRIQ-60696Nc.Q/viewform?usp=ml_link">https://docs.google.com/forms/d/e/1FAIpQLSfIsSRnhYXVIKX057inPbbn:4UOWH6vdNCRXDRIQ-60696Nc.Q/viewform?usp=ml_link</a>	Date: 18/05/2022 to 21/05/2022
Zoom Link	<a href="https://us02web.zoom.us/j/87461151290?pwd=eEJrXm0dtvdTLwAYT6GFlw5hO3Ad4L1">https://us02web.zoom.us/j/87461151290?pwd=eEJrXm0dtvdTLwAYT6GFlw5hO3Ad4L1</a>	From 22 <sup>nd</sup> to 28 <sup>th</sup> May 2022
YouTube Link	<a href="https://youtu.be/kAVghrFLIpk">https://youtu.be/kAVghrFLIpk</a>	
Contact	<u>Subscribe YouTube channel for online programme</u> Dr. Vasistha A. Khodaskar, 9730885763 Shri. Ashish Manekar, 9850186426	
Join the Group	<a href="https://t.me/onlineeveloyogaworkshop12">https://t.me/onlineeveloyogaworkshop12</a> OR <a href="https://t.me/+9PMk2yINn54zZ1s9">https://t.me/+9PMk2yINn54zZ1s9</a>	Please Fill Feedback Form to Generate the Certificate. Link will be displayed soon.



# देशोन्नती

## कला व विज्ञान महाविद्यालयात परिसंवादाचे आयोजन

देशोन्नती वृत्तसंकलन...

+ कुन्हा = येथील कला व विज्ञान महाविद्यालयात शारीरिक शिक्षण व क्रीडा विभागांतर्गत राष्ट्रीय स्तर आभासी पध्दतीने योग या विषयावर कार्यशाळा व परिसंवाद आयोजन करण्यात आले.

या कार्यशाळाचा मुख्य उद्देश समाजातील प्रत्येक व्यक्तीच्या सर्वांगीण आरोग्यासाठी योग अभ्यास हा आहे. या कार्यशाळेमध्ये सत नाहणेबाबा विद्यापीठ अमरावती संलग्नित एकूण सात महाविद्यालये सहभागी झाली होती. त्यामध्ये कला व विज्ञान महाविद्यालय कुन्हा, सरस्वती कला महाविद्यालय दरिहाहा, नेत्र महाविद्यालय नरपरसोपत, आर्या विज्ञान महाविद्यालय

अकोला, सुधाकर नाईक महाविद्यालय अकोला, आर्ट कॉमर्स कॉलेज दर्यापूर, शंकरराव खंडेलवाल आर्ट्स कॉमर्स महाविद्यालय अकोला अशा एकूण सात महाविद्यालयांचा सहभागी या कार्यशाळेत आहेत.

या सात दिवसीय कार्यशाळेकरिता अध्यक्ष म्हणून डॉ. अरविंद देशमुख कला व विज्ञान महाविद्यालय कुन्हा हे आवर्जून उपस्थित होते. आयोजन समितीमध्ये डॉ. सागर नारखेडे, डॉ. बरिष्ठ खोडस्कर, डॉ. उमेश राठी, डॉ. नितीन देऊळकर डॉ. राजेश चंद्रवंशी, डॉ. चंद्रशेखर कडू, डॉ. कल्याण मालपुरे आदींचा सहभाग आहे. या शिबिरातील समाजातील प्रत्येक व्यक्तीकरिता योग व त्याचे महत्त्व याचे सर्वोत्तम मार्गदर्शन करण्यात येणार आहे.

Amravati Edition

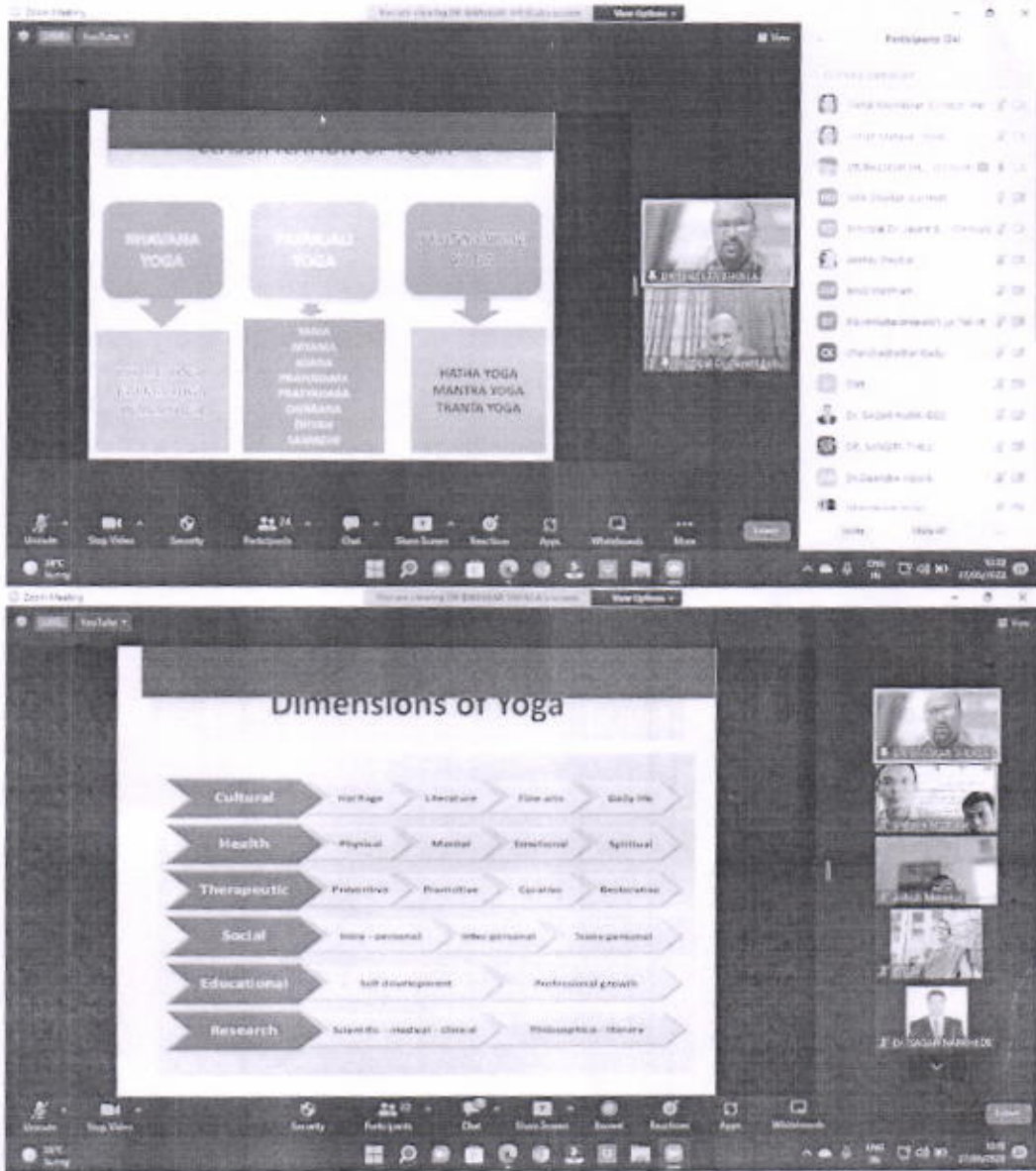
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Principal  
Arts & Sci. College  
Kurha





Principal  
Arts & Sci. College  
Kurha



International Multi-Disciplinary Conference on  
**Research, Innovation, Challenges &  
Opportunities In Higher Education**  
13<sup>th</sup> January 2023



Jointly Organized By

Department of Physical Education & Sports & I.Q.A.C.

**Smt. Salunkabai Raut Arts & Commerce College,  
Wanoja, Dist. Washim**

**Saraswati Kala Mahavidyalaya, Dahihanda, Dist. Akola  
Arts and Science College, Kurha, Amravati**

In Collaboration With

**Physical Education Foundation of India, New Delhi**

**Invitation:**

Dear Sir/Madam,

Smt. Salunkabai Raut Arts & Commerce College, Wanoja, Dist. Washim, Saraswati Kala Mahavidyalaya, Dahihanda, Dist. Akola & Arts and Science College, Kurha, Amravati in collaboration with Physical Education Foundation of India has jointly organising one day Multi-Disciplinary International Conference on "**Research, Innovation, Challenges & Opportunities In Higher Education (RICOHE2023)**" to be held on 13<sup>th</sup> January 2023. We are pleased to invite you to register, participate and contribute high quality deliberations and make the event a success.

**About Conference:**

There are many challenges India facing in higher education, but it is most important to resolve these challenges and improve higher education. India is a nation with tremendous potential for human capital, which must be discussed in order to make effective use of this potential. Opportunities are abundant, but it is of concern whether such opportunities can be gained and made accessible to others. There is a need to urgently evaluate financial resources, access and equity, efficiency, standards, relevance, infrastructure and ultimately responsiveness in order to achieve and meet future requirements.

The aim of the conference is mainly focused on the Research, Innovation, Challenges & Opportunities in higher education in today's era. The conference also aims to identify issues and challenges in the field of higher education in India.

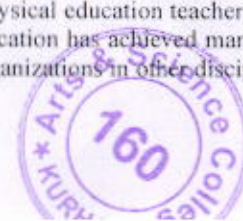
**About College:**

Smt. Salunkabai Raut Arts & Commerce College Wanoja Dist. Washim has been imparting quality education to the students especially from socially and economically backward classes, since its foundation in 1984. The college is run by Dyanganga Shikshan Prasarak Sanstha Wanoja, which comprises the team of farmers and social workers with the mission to provide quality higher education to the students from rural area irrespective of Cast, Creed, and Religion.

The college is affiliated to Sant Gadge Baba Amravati University Amravati. The Programs run by college are B.A., B.com., M.A. (Marathi), M.A. (Political Science), M.Com ( English and Marathi medium), Junior College and M.C.V.C. The College has competent Staff, NSS unit, NCC unit, IQAC, Women Empowerment Cell, Equal Opportunity Cell, Remedial Coaching Center, Competitive Examination Center, Computer Lab, Internal Complaint Committee, ICT, Digital Library Facility, Smart Classrooms with premises of 5 acres of land. The college had got accredited by NAAC in 2005 obtaining 'C' Grade in the first Cycle and reaccredited in 2019 securing 'B' Grade with CGPA 2.46.

**About PEFI:**

Physical Education Foundation of India is one of the apex professional groups of country's top physical education teachers of the country and it has done outstanding work during the last decade for uplifting the profession and dealt with all kinds of problems of the profession as well as problems of physical education teachers in the country. By dint of hard work, the profession of physical education has achieved many mile stones and it has taken a shape on the lines of professional organizations in other disciplines.



Principal,  
**Arts & Science College  
Kurha**



## Theme: -

### “Research, Innovation, Challenges & Opportunities In Higher Education”

#### Sub Themes: -

- Research, Innovation in Higher Education in India and Worldwide.
- Challenges & Opportunities in Higher Education in India and Worldwide.
- Future of higher education system.
- Career opportunities in Higher Education.
- Research, Innovation, Challenges & Opportunities in Physical Education & Sports.
- Future of Physical Education & Sports.
- Role of Physical Education & Sports in Healthy Lifestyle Management.
- Importance of Physical fitness, Physical activity, Yoga & Meditation in Healthy Lifestyle Management.
- Career opportunities in Higher Education.
- Best Practices in Higher Education.
- Current Trends in Higher Education.
- Advance Technologies in Higher Education.
- New Trends in Teaching & Learning.
- The rise of E-learning, Virtual Learning and Distance Education in today's era.
- Challenges & Opportunities of Online Education.
- Use of ICT in Higher Education.
- Digital Library Need of today's era.
- Information Sources and Services in Higher Education.
- Languages & Information Technology.
- Role of Social Media in Higher Education.
- Employment opportunity threat in today's era.
- Youth employability: Skills for Employment.
- Impact of Politics on Higher Education.
- Present Status of Research in Higher Education.
- Current Trends and Issues in Human Development.
- Indian Society and its Challenges for Higher Education
- Emerging Trends in Educational Technology.
- Management of Teacher Education.
- Innovative Teaching Approaches and Its Impact on Student Learning
- Current Trends and Issues in Extension and Communication.
- Faculty Empowerment Strategies in Higher Education.
- The effects of Pandemic on students learning and training.
- Current Trends and Issues in Inter-Disciplinary Studies faculty.



*[Signature]*  
Principal  
Arts & Sci. College

Note: - Papers from Inter-Disciplinary Studies, Humanities, Commerce faculties are also invited on various Inter-Disciplinary / multidimensional areas, will also consider.

#### Call for Research Papers/Articles: -

- ❖ All Papers should be the Original one and it should not be published in any manner before and after the e-conference.
- ❖ All Authors & Co-authors should write the correct affiliation inside paper.
- ❖ Research papers/articles for publication should be **ONLY** in MS office Word File format. (PDF format not accepted)
- ❖ Full paper along with abstract between 1500 to 3000 words only.
- ❖ Fonts for English Times New Roman size-12,
- ❖ for Marathi & Hindi Mangal Unicode MS Font Size-14.
- ❖ It should be categorized in Title Page (Title of Paper, Name of Author/s, Designation, Name of the College, Email Address, and Mobile Number), Abstract, Key words, Introduction, Methodology, Results of the Study, Discussion of the Findings, Conclusion and References (APA 7 Format).
- ❖ The selected papers will be published in RESEARCH NEBULA (J-Gate Indexed) An International Refereed, Peer Reviewed & Indexed Quarterly Journal ISSN 2277-8071 with Impact Factor 7.399 (SJIF) & DOI PREFIX 10.22183.
- ❖ Please check Plagiarism policy on RESEARCH NEBULA Journal website.

#### Importance Dates: -


The paper/article should be sent through e-mail in prescribe format to [wanojaconference2022@gmail.com](mailto:wanojaconference2022@gmail.com) on or before 31<sup>st</sup> December 2022 along with screenshot image of your payment transferred. Late papers will not be entertained. *Paper will not be published without Registration / Publication fee.*

#### Venue of the conference: -

**Smt. Salunkabai Raut Arts & Commerce College, Wanoja,  
Dist. Washim**

#### Route:-

06 Km Away From Shelu Bazar  
45 Km Away From Akola,  
90 Km Away From Amravati,  
250 Km Away From Nagpur.  
Nearest Airport Is Nagpur,  
Nearest Railway Station Is Akola.

Scan QR code for Location 



**International Multi-Disciplinary Conference on Research,  
Innovation, Challenges & Opportunities in Higher Education**



*Principal*  
Arts & Sci. College  
Kurha