

International Webinar On **YOGA FOR HEALTHY LIFE AND WELLNESS**

(Under the aegis of IQAC)



REPORT



Dr. Monika Hardikar
Sports officer/Convener



Dr. Anand Tiwari
Principal /Patron

:: Organized by ::

Department of Physical Education & Yoga
Government Autonomous Girls P.G. College of Excellence
Sagar (M.P.)

Our Chief Guest



Padmashri
Dr. H. R. Nagendra

Founder & Chancellor
SVYASA Yoga University at Bangalore

Padmashri Nagendra Ji completed his Ph.D. in mechanical engineering from IISC in 1968, and later worked as a post doctoral research fellow in the University of British Columbia, Canada (1970). Subsequently he worked at NASA Marshall Space centre, USA (1971) as post doctoral research associate. In the coming years he served as a consultant in Harvard University, and as visiting staff at the Imperial college in London.

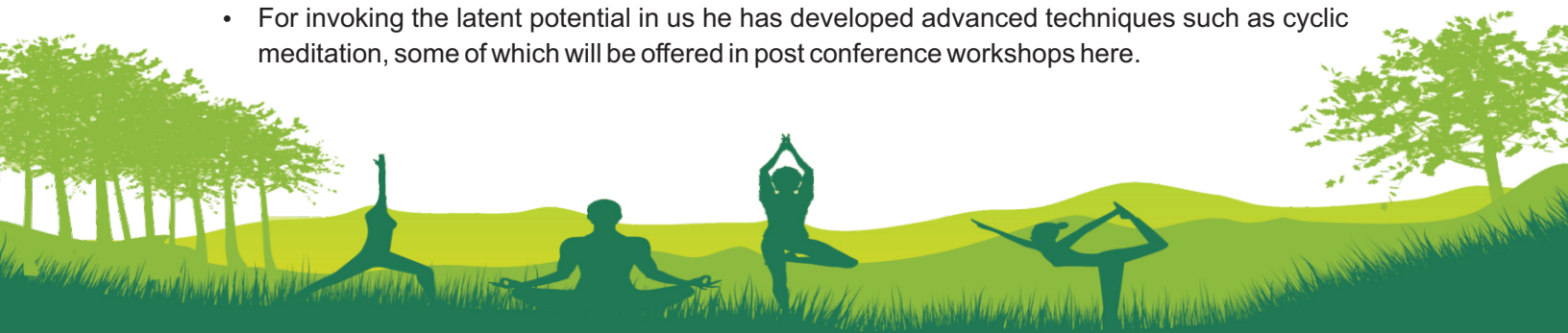
Acknowledging his inner beckoning, and in response to the call from Eknathji Ranade, the founder of Vivekananda Kendra service mission in India, Guruji shifted - as he puts it - from mechanical engineering to human engineering. Giving up a very promising and lucrative career abroad, he returned to India to serve his motherland, especially in the field of Yoga research.

Since then this scientist-yogi has been shedding a new light of ancient yoga with the modern scientific basis. He has been the guiding force behind the VYASA movement in India and abroad, and has published 135 research papers on Yoga in national and international journals, along with authoring-co-authoring more than 30 books on Yoga.

He has been instrumental in developing the 35 acre Yoga campus - Prashanti Kuteer - which means 'the abode of peace' - which hosts the SVYASA Yoga University, along with a 250 bed Yoga health-home and a Yoga research center. Inspired by the teachings of Swami Vivekananda, the dynamic monk who introduced the great spiritual wisdom of the east to the western world in the 19th century, Guruji has made it his life's mission to combine the best of the east (the ancient spiritual wisdom) with the best of the west (the modern scientific and technological advancements)

To give a brief mention of his multi-faceted projects:

- He has tailored, with the help of distinguished individuals from various fields, Yoga courses - Certificate, diploma, Bachelors, Masters, and Ph.D. Some of the certificate courses are run by our Singapore VYASAcenter.
- With his sister, Dr. Nagaratha, he has developed IAYT for treating modern day ailments on which he will be briefing us shortly
- For executives from the corporate world he has developed SMET
- For invoking the latent potential in us he has developed advanced techniques such as cyclic meditation, some of which will be offered in post conference workshops here.



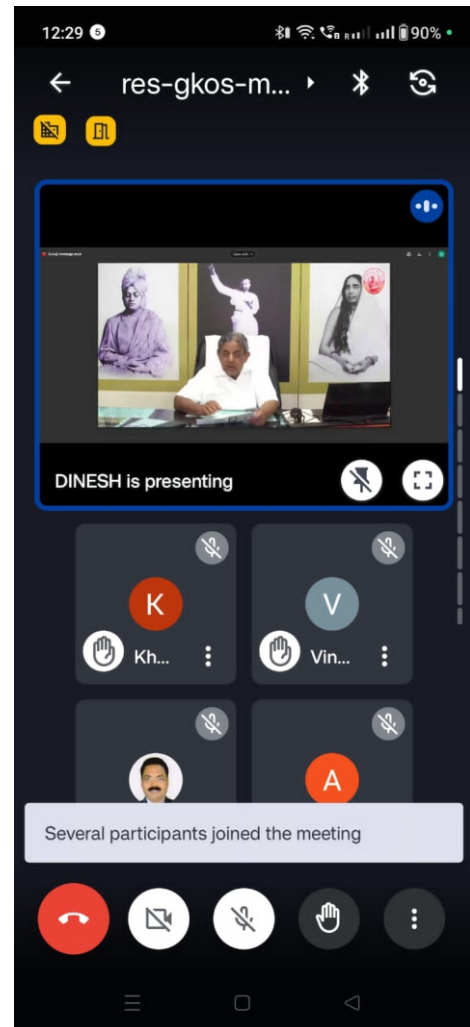
- In response to the increasing level of diabetes in India, he launched a nationwide Stop Diabetes Movement in 2008, which has since then picked up great momentum and has been conducting camps throughout the country helping tens of thousands of people.
- He has worked on several research projects on Yoga in association with esteemed institutions, such as Royal Free Hospital, London; Cancer center New York; Advanced psychiatry clinic, Los Angeles; to name a few.

He is the recipient of various awards and honours:

- Yogashree award by the great BKS Iyengar in 1995
- Patanjali award by the ministry of health and family welfare in 1997
- National Citizen's award in 2001
- International Yoga Grand Master award from Portuguese Yoga confederation in 2013
- Global peace award in Vienna last month in October

Along with being appointed as the chairman of the IDY expert committee, he has also been appointed as the chairman of AYUSH Task force (AYUSH is the ministry that deals with traditional systems of medicine in India), chairman of the documentation committee set up by the Central Council for Research in Yoga & Naturopathy, Ministry of AYUSH, Govt of India.

This is a very very short introduction to this great personality. And having been associated with SVYASA for the past 5 years I would like to add a few words which perhaps no website can tell you. In the world today, there are ashrams or monasteries hosting spiritual seekers, there are hospitals and places of rehabilitation sheltering the unhealthy, and there are universities for students. But you will never find a place which has all of them in one campus where all kinds of people find shelter under one roof. Prashanti Kuteer shelters people who can otherwise not have a normal life in the society. It shelters and imparts health to people with illnesses. It shelters people who are spiritual seekers and gives them the conducive atmosphere for their growth. It shelters people having career aspirations. It shelters people with research aspirations. And it shelters students who study Yoga in a systematic way. The divine atmosphere of the place that he has setup can only be understood by personally experiencing it.



Our Chief Guest



Prof. Shubha Tiwari

Vice-Chancellor
Maharaja Chhatrasal Bundelkhand University
Chhatarpur (M.P.)

Details of Experience Teaching

[a]	Designation	Professor and Head
[b]	Organization	Department of English, A.P.S. University, Rewa (M.P.)
[c]	Total Experience	33 Years

Administrative Experience/Post(s) & responsibilities held:

Total Administrative Experience – 31 Years

S. No.	Post	Organization University	Experience in Years and months)
1.	Head of Department	English, A.P.S. Uni.	14 Years
2.	Chairman, Board of Studies	English, A.P.S. Uni.	11 Years
3.	Member, Board of Studies	English, A.P.S. Uni.	31 Years 1 Months
4.	Dean of Faculty	Arts, A.P.S. University	2 Years
5.	Member of Academic Council	A.P.S. University	3 Years
6.	Member of Executive Council	A.P.S. University	1 and 1/2 Years
7.	Member of Professional/Academic Bodies	Chairperson Central Board of Studies Bhopal	1 Year
8.	Chair Person	Selection Committees Asst. Professor Affiliated Colleges of A.P.S. University	30 Years
9.	Convener	Ph.D. Course Work, A.P.S. University	5 Years
10.	Professor in Charge	M.Phil. Self supporting program	10 Years



As per the instruction of the Government a one day Yoga International Webinar on Topic “**YOGA FOR HEALTHY LIFE AND WELLNESS**” ON 26.09.2023 was organized by The college, Department of the Physical Education and Yoga, Chief patron of the webinar Dr. G.P. Choudhary, Additional Director of Higher Education, Principal and patron Dr. Anand Tiwari, Convener Dr. Monika Hardikar, Co-Convener Dr. Renubala Sharma, Co-Convener Dr. Naveen Gedion Organizing Sectary Dr. Anjana Nema, Organizing Sectary Dr. Sanjay Khare in which 417 registrations were done through Google form. We organized the Webinar On Google meet platform at 12 .00 to 4.00 PM. Dr. H.R. Nagendra (Padmashri) founder and chancellor of Sayasa Yoga University at Bangalore was our chief Guest and Prof. Subha Tiwari Vice-Chancellor of Maharaja Chatrashal Bundelkhand University Chhatarpur (M.P.) was Guest of Honour.

Eminent Speakers

- 1. Dr. Harish Kumar Tiwari** **Role of Yoga in Mental Health**
Deputy Director of Sports, Nagaland
University Nagaland.
- 2. Rajendra Damodara** **Yoga and Spirituality**
Founder - Vasudeva kriya Yoga,
Yenkannamoole Australia.
- 3. Monika Jain** - **Role of Yoga in Life Style Disorders**
Yoga Therapist and Fitness Instructor
Canada, Singapore, USA
- 4. Dr. Ravneet Chawla** **Understanding Mental Health in the
NEP 2020 Perspective**
Associate Professor
Govt. College of Education
Sector 20 D, Chandigarh

All the speakers presented their lectures on various topics which would prove very Useful for the participants, all of them highlighted the importance and usefulness of yoga and Effect on mental health, how yoga change our entire life, protects us from diseases, strengthens Our spirituality life and Research scholars also presented their papers. Research papers were invited in the webinar in which 35 papers were received and 35 Papers were published with ISBN number. 5 copies of the preceding are being sent to the Government and a copy of the preceding will be sent to research scholars.





Dr. Harish Kumar Tiwari

Contact No.: +917974048692

E-mail: dr.harishtiwari.23@gmail.com

Office Address:

Sports Department, Nagaland University,
Lumami, Nagaland-798627

Professional Experience

- Working as a **Deputy Director of Sports** at Nagaland University, Lumami, Nagaland.
- Worked as an **Assistant Professor** at National Sports University, Imphal, Manipur.
- Worked as an **Assistant Professor** at Barkatullah University, Bhopal, M.P.
- Worked as an **Assistant Professor** at Institute of Professional Studies College (IPS), Gwalior M.P.
- Worked as a **Sports Officer** at Amity University Gwalior M.P.

Book Published

- Yoga: The Sole of India, Year - 2023 in Swarnanjali Publication

Educational Qualification

- Qualified **UGC NET** Examination.
- **PhD** in Physical Education from L.N.U.P.E. Gwalior M.P. India in 2013.
- **M.Phil** in Physical Education from L.N.U.P.E. Gwalior M.P. India with 66% in 2010.
- Master of Physical Education from L.N.U.P.E. Gwalior M.P. India with 66 % in 2009.
- Bachelor of Physical Education from L.N.U.P.E. Gwalior M.P. India with 61% in 2007.
- Higher secondary from M.P Board, M.P. India in 2002.
- High school from M.P Board, M.P. India in 1999.

Technical Skills

- 1 Area of Specialization in B.P.E. & M.P.E. - Volleyball
- 2 Area of Specialization in M.Phil & PhD - Sports Biomechanics
- 3 Undergone advanced Coaching in : **Swimming, Handball, Basketball, Badminton, Table tennis, Weight training, Lawn tennis and Yoga.**
- 4 Participated in National Workshop on Modern Trends in Officiating in Volleyball.
- 5 Participated in Professional Workshop on Volleyball Officiating.
- 6 Certified FIVB Level -1 Coach



Dr. Harish Kumar Tiwari : Role of Yoga in Mental Health

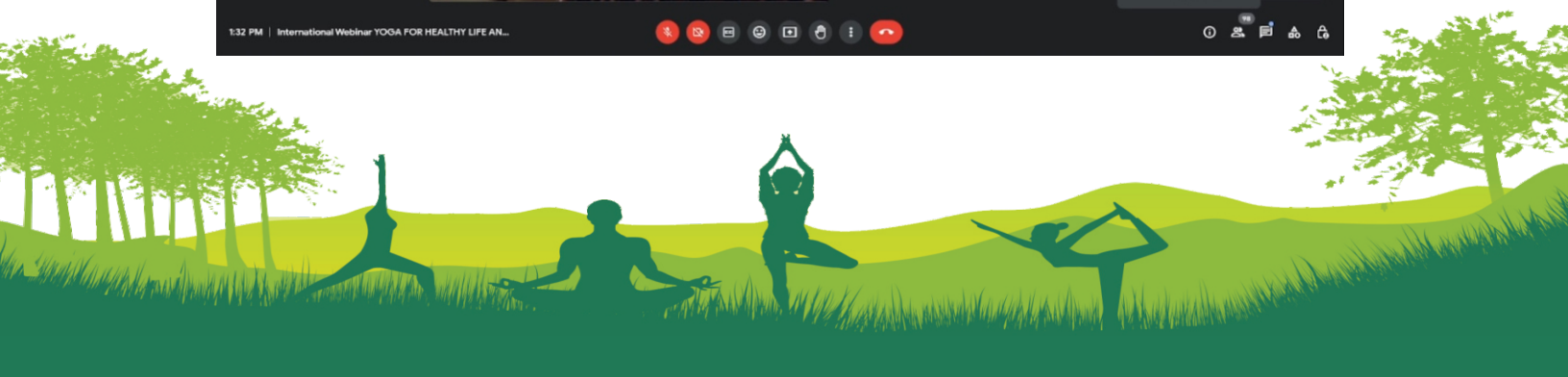
Yoga for Healthy Living and Wellness
Role of Yoga in Mental Health
By:
Dr. Harish Kumar Tiwari
Deputy Director of Sports
Nagaland University, Nagaland

1. Sharper Brain - तेज़ दिमाग
Research suggests that yoga positively affects certain neurological functions in the brain that are linked to focus and concentration.
Additionally, some studies indicate that yoga may even decrease brain atrophy in areas of the brain that affect cognition and memory.

5. Suicide prevention - आत्महत्या की रोकथाम
• Suicide prevention is a global priority and included in the Sustainable Development Goals.
• Much progress can be achieved by limiting access to means, responsible media reporting, social and emotional learning for adolescents and early intervention.

Dr. Harish Kumar Tiwari

DINESH Y19498001





Rajendra Damodara

Founder - Vasudeva Kriya Yoga
Yenkannamoole, Australia

- The founder of Vasudeva Kriya Yoga, Shri Rajendra Yenkanamoole has been teaching Yoga in Melbourne since early 2000 to spread the message of health and wellness in the community. Currently, Vasudeva Kriya Yoga has several centers spread across Melbourne, USA and Bengaluru, India. Shri Rajendra has personally trained many yoga teachers to take the message of yoga to the wider global community.
- Since 2008 Vasudeva Kriya Yoga has been conducting International Yoga conferences by inviting health and yoga experts. In 2023 for the third time, the International Day of Yoga was celebrated by Vasudeva Kriya Yoga in the Federal Parliament of Australia in Canberra.
- Since 2015 in collaboration with the Consulate General of India Melbourne, Vasudeva Kriya Yoga celebrated many International Day of Yoga events in the Victoria Parliament.
- Since 2017, in collaboration with Dandenong City Council, Vasudeva Kriya Yoga has been running Wellness programs for teenagers.
- Rajendra Yenkanamoole has master's degrees in engineering and Business Administration from Canterbury University, New Zealand.
- Shri Rajendra started practicing yoga at an early age and has been teaching in Melbourne since 2004. He has added a new dimension to yoga called Divinity in Yoga. Yoga is divine, and divinity cannot be separated from it. He has published books on yoga Vasudeva Kriya Yoga - Divinity in Yoga, Surya Namaskara and Life Sutra.
- Every year he conducts yoga in villages and schools across India. In December 2009, he spoke at the World Parliament of Religions and he conveyed the message of Yoga for Healing the Earth.
- Since 2012 Vasudeva Kriya Yoga has been conducting yoga retreats, and workshops for corporates and the general public.
- Vasudeva Kriya Yoga has over 1800 YouTube videos covering the inner dimensions of Yoga. Shri Rajendra has inspired thousands of people across the world through his tireless service for nearly two decades. Vasudeva Kriya Yoga has been supporting various humanitarian projects across the world. In the last two years, Vasudeva Kriya Yoga School has donated nearly \$250,000 to various community-based projects across India.



Rajendra Damodara : **Yoga and Spirituality**

The screenshot shows a Zoom meeting interface. The main window displays a presentation slide titled "Yoga and Spirituality" with the following bullet points:

- Yoga is Spiritual
- Yoga is connecting from change to changeless
- Life is Aswatta and the world is Jagat
- Body is on short shelf life while the soul is eternal
- Jiva confined one body, God is in everybody
- Yoga for transformation from brute to divine qualities
- Brute qualities yield diminishing returns
- Divine qualities are inexhaustible wealth

The speaker, Rajendra Damodara, is visible in a smaller window on the right, wearing a white shirt and having his hands clasped in a prayer-like gesture. The Zoom interface at the bottom shows a grid of participants, including MONIKAJAIN, rajdeep singh p..., Monika Hardikar, rp yadav, Rohit Hardikar, Sanjana Gul..., Keertika Th..., Anil kumar Jain, and Anjana Nema. A notification indicates that Ayushi Daryani, Sanjana Guleria, and 2 more have raised hands. The meeting title is "International Webinar YOGA FOR HEALTHY LIFE AN..." and the time is 2:26 PM.





Monika Jain

Yoga Therapist and Fitness Instructor
Canada, Singapore, USA

Professional Qualification

- Pursuing : Phd in Yoga, from Jiwaji University, Gwalior
- M. A. Yoga: With Gold medalist, from Jiwaji University, Gwalior (2017-19)
- UGC NET: Qualified for assistant professor in Yoga.
- MBA: Master in Business Administration (1999-2001)

Work Experience: 13 years plus in different fields

- Yoga Trainer / Instructor: VINYAS , Gwalior, affiliated with SVYASA UNIVERSITY BENGALURU.
- RMP INFOTEC PVT LTD, a referral based company, as a Team Leader and Trainer. Prime responsibility is to train new distributors and their teams on regular intervals. Handling a team of 1000+ distributors.
- Worked with GOLD FIELD PUBLIC SCHOOL, Dwarka as Admission Counselor & Administrative In charge .(April 2007- April 2010)
- Worked with NIIT Dwarka centre as “Business Manager” Job Responsibilities:
- Worked with Micro world Bhopal (Authorized Dealers of COMPAQ & HP) as Business Development Executive.
- Worked with Adam Smith Institute (U.K) and J.P.S Associates, New Delhi on the project “Public Sector Undertaking Reforms & Social Safety Net Project” in Madhya Pradesh.

Achievements & cultural Activities

- Attended 4th International Yoga Conference at Bali Indonesia.
- Qualified UGC NET YOGA in July 2018 for assistant professor in first attempt.
- Won 1st Prize in Badminton in inter college competition.
- Won 2nd Prize in Antakshari competition in Inter college Event “PRAYAS 2000” Organized by Barkatullah University Bhopal.
- Coordinator of Sponsorship and Organizing Committee in National management Convention “VISAGE 2000” Conducted by Bhopal Management Association”



Monika Jain : Role of Yoga in Life Style Disorders

What Are Lifestyle Disorders

- ▶ Life style disorders are defined as those health problems that react to changes in the way of living.
- ▶ All life style risk factors have one common property, they make breathing heavier and body O₂ low.
- ▶ Cell hypoxia is the driving force for any lifestyle disorder.

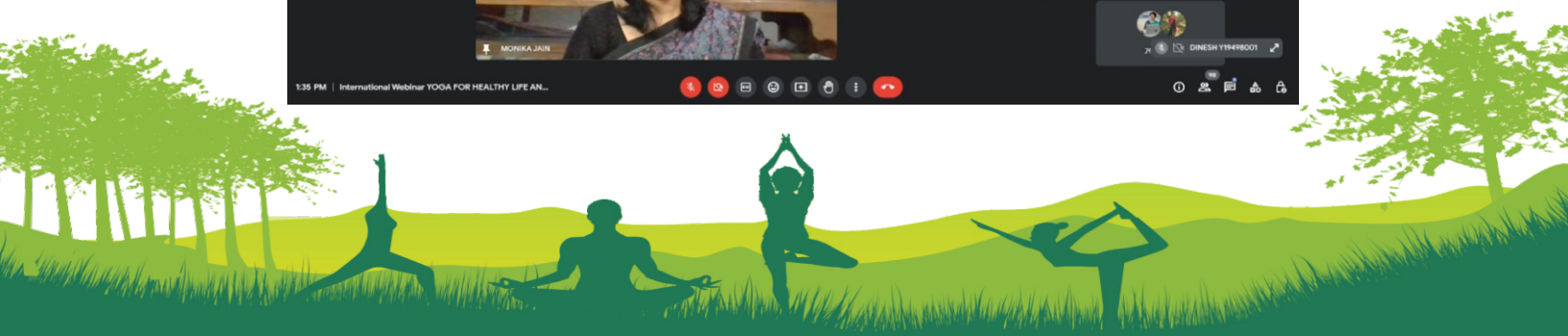
1:43 PM | International Webinar YOGA FOR HEALTHY LIFE AN...

LAYERS TO THE SELF
5 KOSHAS

- Annamaya Kosha
Physical body
- Pranamaya Kosha
Energy Body
- Manomaya Kosha
Emotional Body
- Vijananamaya Kosha
Wisdom Body
- Anandamaya Kosha
Bliss Body

1:53 PM | International Webinar YOGA FOR HEALTHY LIFE AN...

1:55 PM | International Webinar YOGA FOR HEALTHY LIFE AN...





Dr. Ravneet Chawla

Associate Professor
Govt. College of Education
Sector 20 D, Chandigarh

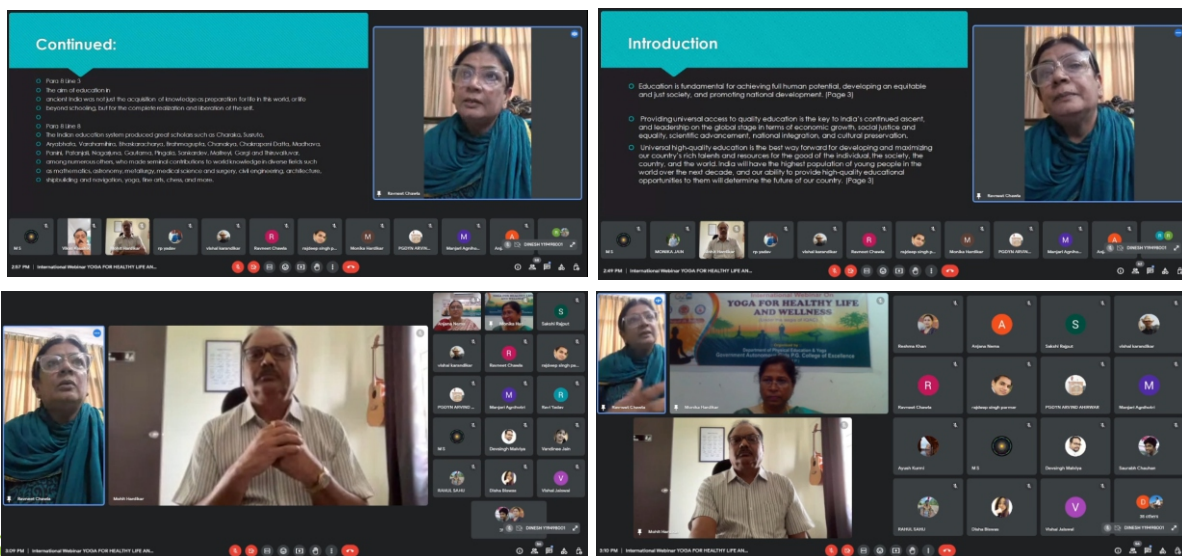
Associate Professor in Government College of Education, Sector 20, Chandigarh, India (on deputation since 18 July, 2018): Teaching subjects allied to education and counselling, NSS programme officer since January 2021-also served as one for 4 years upto April 2003- organized, attended and was invited as speaker for 20+ online events during Pandemic, volunteered in containment zone, published books and research articles. Presented research at the Harvard and Princeton Universities in August 2019.

Served as Assistant Professor in Human Development and Family Relations in Government Home Science College Sector 10 Chandigarh (parent cadre) as UPSC Selectee since March 2, 2003 guiding research, teaching at UG and PG levels, officiating head of Physical Education, Presented research work at different universities in Zambia, China, USA (UCONN and PennState), and in India, spent time with students out of class on behavioural issues and skill building. Recieved scholarship travel grants and published books and articles(Preceding 12 years worked as TGT Home Science in government schools of Chandigarh, received State Award in 2002 on the Teachers Day).

Presented two research papers the ISSBD Conference at Rhodes Island, Greece in June 2022.

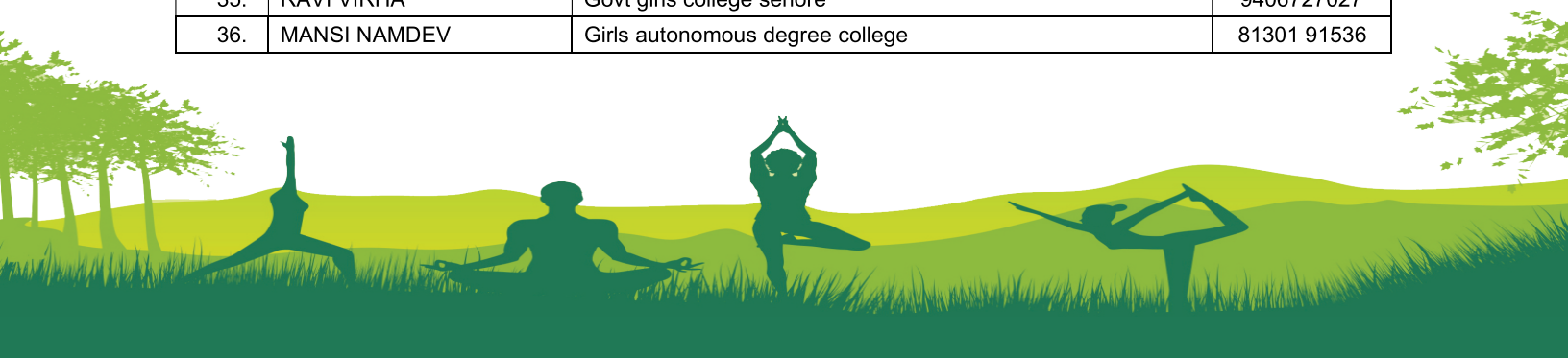
Holds various important portfolios of the college including Placement, NSS, MGNCRE, SWACCHTA

Dr. Ravneet Chawla : Understanding Mental Health in the NEP 2020 Perspective

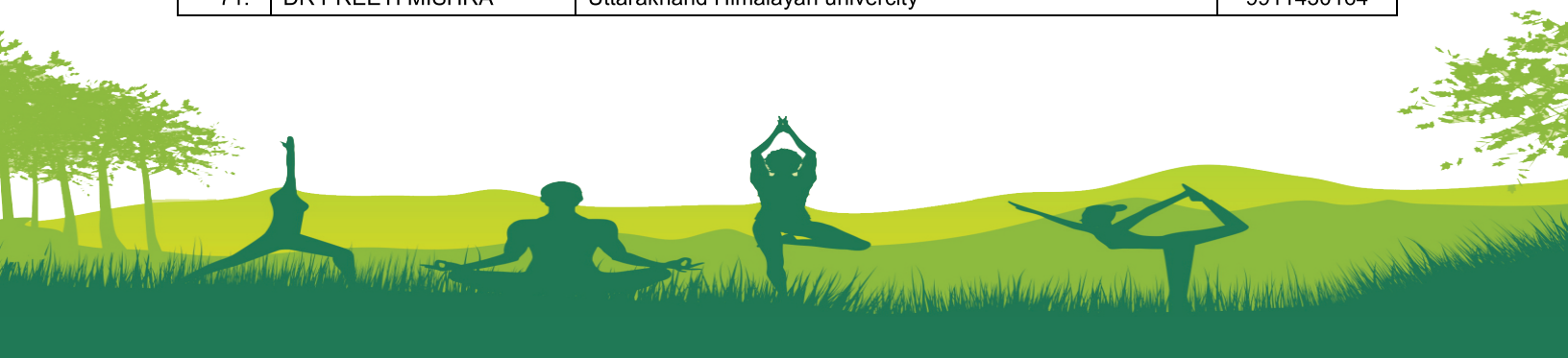


LIST OF PARTICIPANTS

Sr. No	Name of Participate	Institution/College	Mobile Number
1.	DR.MONIKA HARDIKAR	Govt.Autonomous Girls P.G.College of Excellence Sagar	9425452824
2.	ANJANA NEMA	Govt Autonomous P G Girls College of Excellence Sagar	9826078161
3.	DR. NITIN KORPAL	Department of Yoga Education Doctor Harisingh Gour Vishwavidyalaya Sagar M. P.	9827269010
4.	SEJAL SAHU	Girls autonomous P.G. college sagar (mp)	8878763169
5.	DR. ABHISHEK GOYAL	Govt Nehru P.G. College, Deori	9706191436
6.	SHIVANI CHAUHAN	Banaras Hindu University Varanasi Uttar Pradesh	8449668892
7.	RAMESHWAR PRASAD DAUNDEY	Dept. of Vikriti Vigyan, Faculty of Ayurveda, IMS, BHU, Varanasi	9111839712
8.	SANJEET RAI	Government Madhav Science College Ujjain	9826753101
9.	DR VIKAS KAUSHIK	Government Nirbhay Singh Patel Science College Indore	9425059228
10.	DR SMT SHAKTI JAIN	Go pg girls college Sagar mp	9425626261
11.	DR. AJAY SINGH HAZARI	Govt. College Vidisha (M.P.)	7987724178
12.	DR. ARADHANA SHRIVAS	Govt. Kamala Nehru Mahila Mahavidhyalaya Damoh M.P	8103763111
13.	DR RENUBALA SHARMA	Government Autonomous Girls PG College of Excellence Sagar	9926551810
14.	MRS. SANDHYA KUMARI	Banaras Hindu University	8707339635
15.	DR NISHA JAIN	Govt girls college bina dis Sagar	7000590885
16.	DR. SUBHASH HARDIKAR	Govt. Arts & Commerce Nodal College Sagar MP	9425170724
17.	VIBHA KURMI	Govt Girls PG College sagar	9171607468
18.	DR SUNITA SINGH	Govt Girls PG College Sagar	9425170843
19.	AAKANKSHA PATERIYA	Girls autonomous Pgdigree college sagr	8458842629
20.	SATYANARAYAN LADIYA	Government College Pathariya District Damoh Sagar Madhya Pradesh India	9039648630
21.	DR POONAM SINGH	Government college Amanganj, Panna	9911745577
22.	REENA C.SETHI	SVPATEL UNIV.OF AGRI.&TECH MERRUT	9412853202
23.	DR.D. K. GUPTA	Govt..P.G.Grils College Sagar	9827369561
24.	POOJA JAIN	D. H. S. G vishvidhalay	9691363917
25.	SAKSHI GURU	Autonomous girls p.g college	8982202512
26.	SHEELENDRA KUSHWAH	Banaras Hindu University	8864819138
27.	DR.PRABHAT SINGH THAKUR	Raja Bhoj Government College Katangi,Balaghat	9826234300
28.	RAMESHWAR SAHU	Govt college bandri Sagar	9340367214
29.	PRIYANKA JOSHI	Banaras Hindu University	753688591i
30.	PRIYANKA JAIN	Autonomous girls college sagar	6260549867
31.	PRASHANT KHARE	Banaras Hindu University	8982226366
32.	PRACHI JAIN	Govt. Autonomous girls p.g. college of excellence sagar (m.p.)	7354746230
33.	VIKASH AHIRWAR	Dr Hari Singh Gour Central University	8319311398
34.	DR HARSHA CHACHANE	Govt home scipg college	9524381954
35.	RAVI VIRHA	Govt girls college sehore	9406727027
36.	MANSI NAMDEV	Girls autonomous degree college	81301 91536



37.	DHANIRAM SEN	Govt nehru college deori	7974689537
38.	DR SUNIL DATT LAKHERA	OFK Govt. College, Jabalpur	9826583778
39.	GAYATRI PRAJAPATI	Dr Hari Singh Gour University	7247219934
40.	डॉ उमा लवानिया	शासकीय कन्या महाविद्यालय बीना	9425671456
41.	DR DEEPAK KUMAR AHIRWAR	Govt Home Science College, Narmadapuram	9893817796
42.	DR. DURGESH SHANDILYA	Govt. M. L. B. Girls P. G. College Indore	9424663734
43.	PREETI BUNKER	Govt college harrai	9479542205
44.	BUSHRA MOMIN	P.G college	9039899787
45.	MAHABIR SHUKLA	IMS. BHU. Varanasi	9411197794
46.	DR. SHARDA VISHWAKARMA	Dr. Harisingh Gour Central University sagar	9893976229
47.	HARSHIT CHOUBEY	Dr harisingh Gaur vishwavidyalay Sagar	6263838819
48.	REENA JAIN	Dr Hari singhgourvishwavidyalayasagar	9826732141
49.	DR.BINDU SHRIVASTAVA	Govt.Aoto.Girls PG college Of Excellence Sagar	9294529676
50.	TARUN KUMAR DIXIT	Govt college khimlasa Sager m.p.	9981764530
51.	DR.D.,N SHARMA	Department of Psychology,Dr.Harisingh Gour University Sagar MP	9926341073
52.	SURBHI TIWARI	DHSGU	8770370950
53.	DR. PRIYA BAGHEL	Government Chhatrasal maharaja college Maharajpurchhatarpur	8800406956
54.	PRADEEP KUMAR AWASTHI	Government post graduate college niwari M.P	9470013242
55.	KHAGENDRA KUSHWAH	Banaras Hindu University	8534005810
56.	ADITI JAIN	Govt.Autonomous Girls Pg college of Excellence Sagar MP.	9522186606
57.	SHRUTI KHATIK	Govt autonomous girls pg college of excellence sagar	7587513024
58.	RUBEE JAIN	Govt. Autonomous Girls PG College Of Excellence Sagar MP	9753504088
59.	PRIYA GOUND	Government Autonomous Girls PG College Of Excellence in Sagar M.P.	7879990968
60.	SHIVANI YADAV	Girls pg college	9303836108
61.	ANJALI	BHU	9716091296
62.	NITIN PATEL	Govt nehru pg college deori	7477009349
63.	PARVEEN	OSGU HISAR	8295227171
64.	RAKESH KUMAR	Baba SahebBhimrao Ambedkar University (A Central University),Lucknow	9931182226
65.	RAVI PRAKASH	HARISH CHANDRA P. G. COLLEGE, VARANASI	9598941792
66.	RAGHAVENDRA RASTOGI	Invertis University, Bareilly	9027039125
67.	MANOJ KUMAR	RAISINGHNAGAR Rajasthan	9982424102
68.	SHIVANAND DEVAPPA MALLAR	Karnataka University dharawad	8050745607
69.	RAVINDER KUMAR	MOHALI WELLNESS CENTER	8437305227
70.	RAJAT TYAGI	SD DEGREE COLLEGE MUZAFFARNAGAR	7895841067
71.	DR PREETI MISHRA	Uttarakhand Himalayan univercity	9911430164





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72.	ABHISHEK KUMAR	Faculty of Ayurveda Institute of medical science	7697031572
73.	AJAY RAJ	S. B.D. government College Sardarshahar	9351418042
74.	MAHESH PRASAD BHATT	Jay ram Wishwavidhalay	8630815586
75.	REENA CHOURASIA	Banaras Hindu University	7014421660
76.	YOGESH NAUTIYAL	Uttarakhand sanskrit university	9760808697
77.	MUKESH KUMAR	HVsansakr college	6263926341
78.	BRIJESH KUMAR MEHAR	AHWC Salawad	9785778380
79.	THANA RAM	Maharaja Ganga Singh University Bikaner	7793085370
80.	KRISHNA KUMAR	PSLS University	8103775537
81.	INDRESH KUMAR SHARMA	Shree Guru Dev Yoga Sansthan	8953751563
82.	PRAKHAR MAURYA	Dev Sanskriti Vishwavidyalaya, Haridwar	9005947041
83.	SALMAN KHAN	Uttarakhand open University	9557280180
84.	DR MAHENDRA KUMAR MISHRA	Shri atalBihari Vajpayee Govt arts and commerce College indore	9425177645
85.	SANDIP PURISHOTTAM MANDALE	Degree College of Physical Education, Amravati	8275753648
86.	NITISH BHARDWAJ	Ayush Department UP	8218224476
87.	PRADIP KUMAR SONI	DSVV Durg	9826779555
88.	RAKESH CHOUHAN (YOGACHARYA)	Kaivalyadhama Yog kender Bhopal	8602568296
89.	PREETI CHANDRAKAR	देवसंस्कृति विश्वविद्यालय साकरा, रायपुर, छ.ग.	8319368698
90.	ANIL KUMAR	Gkv	7409004450
91.	LOVELESH KUMAR	C. C. S. U	8408887725
92.	SANTOSHI CHANDEL	देव संस्कृति विश्वविद्यालय कुम्हारी सांकरा (दुर्ग)	7974404145
93.	स्वामी रामप्रकाश योगगुरु	UNIVERSITY OF LUCKNOW	9506678059
94.	AVADHESH SINGH	Shri Lal Bahadur Shastri National Sanskrit University, New Delhi	7275717457
95.	ANIL KUMAR GUPTA	NA	8595619763
96.	POOJA KUMARI	S.k.d.university	8003886039
97.	JUHI CHOUKSEY	Govt. girls pg college sagar	7805071846
98.	DR. RAMA SHARMA	DEWAN PUBLIC SCHOOL	9808622184
99.	YOG GURU RAJESH GAMBHIR	S M Yoga Research Institute	8368073746
100.	RASHMI AHIRWAR	Autonomous girls pg college of excellence sagar	6261406854
101.	VED PRAKASH SAINI	NIMS	8114405869
102.	HANSVEER SINGH	KRASHI Vigyan College ChandkotiChuru	8279646887
103.	PRIYANKA RAIKWAR	RajarshiTandonvishwavidyalay Allahabad	8874619342
104.	SUBHASH PANDEY	Ministry of Ayush	8922979972
105.	JITENDRA SINGH PURAWAT	Patanjali yogpith	7891449420, 6378193054
106.	RAJESH KUMAR YADAV	P.S..S.M.U. BILASPUR C..G.	9926127328
107.	ASHIS MAITY	Lady vidyasagar college (IGNOU)	7890609699



108.	CHANDRA PRAKASH MOUWAR	C.G yog aayog	9770581609
109.	DWARIKA PRASAD MEENA	Sports and yoga centre mathura	8209082337
110.	ABHISHEK RATHAUR	Kanhiyalal Vishnu Charanmahavidyalayjalaun.	9555876727
111.	JYOTI BHATI	Ytt Institute	6397374233
112.	DR.VED PRAKASH	Kisan P.G College Simbhaoli (Hapur) U.P	9411611360
113.	SANJEET KUMAR MISHRA	Atabiharivajpayee hindi vishwavidyalaya, bhopal	7869798522
114.	SAPANA GUPTA	Pbpg college pratapgarh, 230001(up)	8953306996
115.	RATNESH KUMAR AGRAHARI	Shri harishchandrapg college Varanasi , diploma in yoga BHU	9335804936
116.	SOHAN LAL	OSGU University Hisar	9467592231
117.	PULKITA SINGH GOUR	Govt Autonomous Girls PG College of Excellence	9131987450
118.	SHWETA PATEL	p.g.girls college	7987327267
119.	SARIKA	Patanjali	7083457661
120.	AVDHESH KUMAR TIWARI	Delhi Public school	7007309929
121.	PRAVESH KUMAR	लौग श्री कालिज आफ एजूकेशन	9412948283
122.	RAVINDRA KUMAR BAIS	Shri jai ram college	6261041938
123.	DEEP KUMAR MISHRA	health Department	8982004228
124.	RAJESH KUMAR	RK YOGA ACADEMY	8955616822
125.	DR. MAHADEO	J.P.Naturopathy Center	9452118554
126.	AKANKSHA GUPTA	Jiwaji University Gwalior	97550 94711
127.	AMIT KUMAR JHA	C.V.Raman University, Chhattisgarh, Bilaspur	9608111207
128.	JITENDER CHANDEL	Yogaguide Foundation	8580644824
129.	ANURADHA VERMA	Aksuniverstiysatna	9140825547
130.	AASHI JAIN	Government autonomous girls pg college of excellence	9752305708
131.	NIVEA SHARMA	Shri khushal das university	7240535520
132.	SANTOSH KUMAR	JVBI RAJSTHAN	9334666120
133.	CHANCHAL RAJPOOT	Govt autonomous girls pg college of excellence	7697702636
134.	VAISHNAVI YADAV	Govt girls p g collage sagar MP	6260038549
135.	BHOOMI YADAV	Government autonomous girls pg college of excellence sagarp	6264618760
136.	SONY MARANDI	AAROGYAM YOGA AND WELLNESS	7287929382
137.	ANJALI PATEL	Girls pg college sagar	8602920249
138.	MOHD RAZA QURESHI	Bareilly College	9557454573
139.	ARPIT SAXENA	Swami Vivekanand Govt PG college Narsinghpur MP	8817250858
140.	KUMKUM AHIRWAR	Govt. Autonomous Girls PG college of Excellence in sagar Madhya Pradesh	9977080156
141.	KRISHNA	Shri jairam college	9528543617
142.	APARNA AGARWAL	UPRTOU	8057675782
143.	DR SEEMA	Parmarthyog Natural Healthcare foundatione	8930240858
144.	KUNJUM SINGH	Shri Jai Ram Sanskrit Mahavidyalaya	8755694843



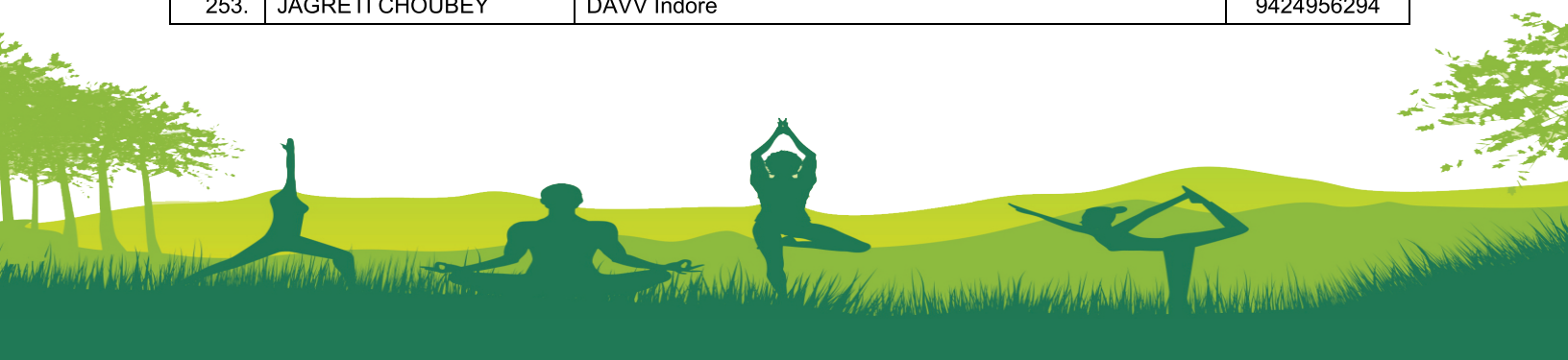
145.	SHUBHAM CHOUDHARY	DDPS MUZAFFARNAGAR	8791149147
146.	MOOL CHAND MIROTHA	Panna dhay Hearing and Impairment college tonk	9828950064
147.	KIRAN MAAN	M. K . J. K college	7015900962
148.	DR. RESHMA QURESHI	Institute For Excellence In Higher Education Bhopal	9425172346
149.	ADITI PANDEY	PG girls college	8319638768
150.	RITIKA AHIRWAR	Girls P.G. College Sagar (M.P.)	7440358461
151.	GAMINI TIWARI	Govt Autonomous girls pg College of excellence sagarp	7806080586
152.	RAJKUMAR SHARMA	Jain Vishva Bharti Institute, ladnun, (Rajasthan)	9414675084
153.	DR HEMANT KUMAR YADAV	Govt babu college nowgongdostichhatarpump	9826295204
154.	MR DEVIDAS KONAPURE	UIIC SOLAPUR	9404080965
155.	SUCHITA AMOL LAKHKAR	Mahrshi Mahesh Yogi	7389126417
156.	SWETA ANAND	Nalanda open University patna	7004935982
157.	KHUSHBOO RAJAK	PG girls Degree college gopalganssagarp	9171970780
158.	NIDHI JAIN	Govt. Autonomous Girls PG College of Excellence Sagar MP	6266501122
159.	RASHMI TIWARI	Banaras Hindu University	8954497922
160.	VISHAL JAISWAL	Department of sangyahanFoA IMS BHU	9335643432
161.	NIDHI	BHU , Varanasi UP	6261111648
162.	SUNIL SHUKLA	Dev sanskriti University, sankra, durgc.g.	9826804567
163.	NEHA	Institute of medical science	7309601587
164.	ANJALI IDNANI	Collage	6264054210
165.	AASTHA JAIN	College	8305950292
166.	DIKSHA JAIN	Government girls autonomous p.college,sagar	7723000169
167.	KRATIKA ASATI	Government girls degree College bus stand	7771912538
168.	DRISHTI SINGHAI	Girls pg college of excellence in sagar	9302574512
169.	ADITI JAIN	Govt. Autonomous girls PG College of excellence Sagar MP	7999852476
170.	AYUSHI JAIN	Government autonomous Pg girls college	6262985278
171.	PALAK SINGH	College	9329093847
172.	BHAGWAN SINGH BAGHEL	Maharana Pratap Government College Suwasra, Mandsour	9826043840
173.	DR. G. SATYANARAYAN RAO NAIDU	Government college umranalaDist Chhindwara	7999103630
174.	SAURABH CHAUHAN	Banaras Hindu University	8707357613
175.	ABHISHEKKUMRAWAT.PH YEDU@GMAIL.COM	DPS SANAWAD	8889612135
176.	DR. SATISH KUMAR	Govt. Dr. Shyama Prasad Mukherjee Science and Commerce college Bhopal	9827318612
177.	DR DEEPAK KUMAR GUPTA	JNTM Government College Bhikangaon	9827012634
178.	NITESH JAIN	Devi ahilyavishwavidyalay	8358957751
179.	IMRAN KHAN MANSURI	Govt Higher Secondary School Jawar	9098378606
180.	RAMENDRA SINGH TOMAR	M J B Govt. Girls P. G. College Indore	9406575412



181.	DR RAJKUMAR SUTRAKAR	Government College Mohan Badodiya	9926364139
182.	BHALCHANDRA BHATE	Govt. Girls Degree College, Khargone	8989523222
183.	KAVITA	Girls digree collage sagar	8349417246
184.	JUHI LALWANI	Govt. Autonomous Girls pg college of excellence	8435787845
185.	SAKSHI GHOSHI	Pg collage sagar	758291761
186.	SUDEEP SINGH YADAV	Govt.CollegeKhichipur	9422454702
187.	NAGENDRA YADAV	Government Girls College Katni Madhya Pradesh	8726900313
188.	SNEHA JAIN	Govt. Auto. Girls pg college sagar	8839886230
189.	DR. DIWAKAR PAL	Govt. Girls college Chachoda	9977022271
190.	PRADIP KUMAR MISHRA	Banaras Hindu University Varanasi	8957055789
191.	DR. MANJULA VISHWAS	SNGGPG College, Bhopal,462016	9425024766
192.	YOGA	Girls degree College Sagar M.P.	8349417246
193.	DR JYOTI JUNGARE	Gov. Mahakoshal Arts,and commerce college jabalpur	9425043363
194.	ISHIKA JAIN	Girls college	7879044955
195.	BHUMIKA PRAJAPATI	Autonomous excellence PG girls college sagar	8349859277
196.	KALPANA RAWAT	Banaras Hindu University	9140969280
197.	DR. PRADNYA KARANDIKAR	Govt.College, Shahganj	7748091962
198.	MAHI KARN THAKUR	Govt girls P G college,sagar	8827352576
199.	AYUSHI	P.G.girls college	9669265636
200.	NAINSHEE YADAV	Girls pg college	74895 09953
201.	GAYATRI JATAV	Pg girls college sagar	8817398690
202.	DR.RASHMI KELA HOLANI	Govt Sarojini Naidu girls p g autonomous college bhopal	9165101500
203.	DR BRIJESH SINGH	KJS Institute of Dharma Studies	7697403947
204.	SUJEET KUMAR SINGH	AtalBihari Vajpayee Hindi Vishwavidyalaya Bhopal	922 9420 669
205.	SANJAY AHIRWAR	MCBU University	7024551375
206.	MAHIMA JAIN	Girls degree college	7353989899
207.	SNEHA AHIRWAR	P g girls college	9340098991
208.	DITSINGH MAVEE	Govt girls college vidisha	6264827877
209.	महादेवी चतुर्वेदी	साँची बौद्ध भारतीय ज्ञान अध्ययन विश्वविद्यालय साँची	9755713207
210.	RAHUL SAHU	Doctor Hari Singh Gour Vishwavidyalaysagar	7974338500
211.	VINOD PATEL	Banaras Hindu University, Varanasi UP	8305325357
212.	ABHISHEK MAURYA	Banaras Hindu University	9456574125
213.	DEEKSHA	Department of Yoga Education, Doctor Harisingh Gour Vishwavidyalaya, Sagar M.P.	9927669912
214.	KESAR	Department of Swasthavritta and Yoga, Faculty of Ayurveda, IMS, BHU, Varanasi (U.P.)	8463058050
215.	VISHAL JAISWAL	Faculty of Ayurveda IMS BHU	9335643432
216.	ANAND MOHAN	PatliPutra university Patna	9110060583
217.	AJIT KUMAR JAIN	Shri AtalBihari Vajpayee Govt. Art & Commerce College, INDORE (M.P.)	8518042019



218.	NAVIN PAL	Govt.ShriatalBihari Vajpayee art and commerce College INDORE (M.P)	9111401817
219.	RAJESH KUMAR SAROJ	DR. Ramchandra shuklaMahavidyalayftehpurrniganjpratapgarh UP.	7275281672
220.	YOGA	GOVT. AUTONOMOUS GIRLS PG COLLEGE OF EXCELLENCE, SAGAR [MP]	9009625147
221.	ROHIT KUMAR	Banaras Hindu University Varanasi	8127973433
222.	AYUSHI KESHARWANI	GOVT. AUTONOMOUS GIRLS PG COLLEGE OF EXCELLENCE, SAGAR [MP]	7805067295
223.	AASTHA JAIN	Girls PG college of Excellence in sagar	8982613952
224.	SHATAKSHI AGRAWAL	Government girls college sagar (m.p.)	8889955853
225.	AAGYA SHRIVASTAVA	Degree	7747099534
226.	ANJALI PATEL	Government girls college sagar	9098750769
227.	PRACHI KURMI	Girls PG college of Excellence in sagar	8450042943
228.	MAHAK SEN	Girls degree college sagar	9343802417
229.	NIKITA YOGI	Girls pg college sagar	7477001066
230.	SHIVANI KACHHI	Govt.autonomous girls PG College Sagar	9301668379
231.	MAHIMA SURYAVANSHI	Govt. Autonomous girl's pg College of excellence	9691107046
232.	VIJAYA TIWARI	Govt autonomous girls p.g.college Sagar	8103272943
233.	AYUSHIKURMI	gov autonomous girls p.g collage sagar	9244148221
234.	REETA YADAV	Govt autonomous girls pg college sagar	7974403708
235.	KHUSHBOO DANGI	Girls P.G.College	7999584979
236.	POOJA TIWARI	Government Girls pg College sagar	8839849200
237.	MOHANI LODHI	Govt.girlsp.g.collagesagar	7566825810
238.	ASHA SEN	Girls PG College Sagar	9691213331
239.	ADEEBA MEHBOOB KHAN	Govt. Girls pg college sagar	6268815113
240.	PRAGYA SAO	Department of yoga Education Doctor Harisingh Gour Vishwavidyalaya Sagar M. P.	8839961558
241.	GATHA SINGHAI	Girls degree college	8815125347
242.	SAKSHI SOLANKI	GACC Indore	8349136009
243.	SONALI	सेंट्रल यूनिवर्सिटी सागर	798722451
244.	VANDANA GOSWAMI	DOCTOR HARI SINGH GOUR CENTRAL UNIVERSITY SAGAR (M.P.)	8989190379
245.	RANI KAG	Attlbihari college	7879845069
246.	NEHA MANDLOI	Shri Atalbehari Bajpai govt Arts and commerce college	9977142166
247.	JYOTI SHIVHARE	GACC indore	8928467767
248.	ATUL PIRWAS	Dr. Harisingh Gour University Sagar (M.P.)	9755484803
249.	PRIYA MISHRA	Dr. Hari singhgourvishwavidyalaya Sagar M.P	7869544104
250.	ARCHIKA KESHARWANI	Autonomous Girls degree college	9171414924
251.	RAJANEESH KUMAR GUPTA	Banaras Hindu University, Varanasi	9453782902
252.	VIJAYSHREE MALVIYA	Government Arts And Commerce College	9926607594
253.	JAGRETI CHOUBEY	DAVV Indore	9424956294





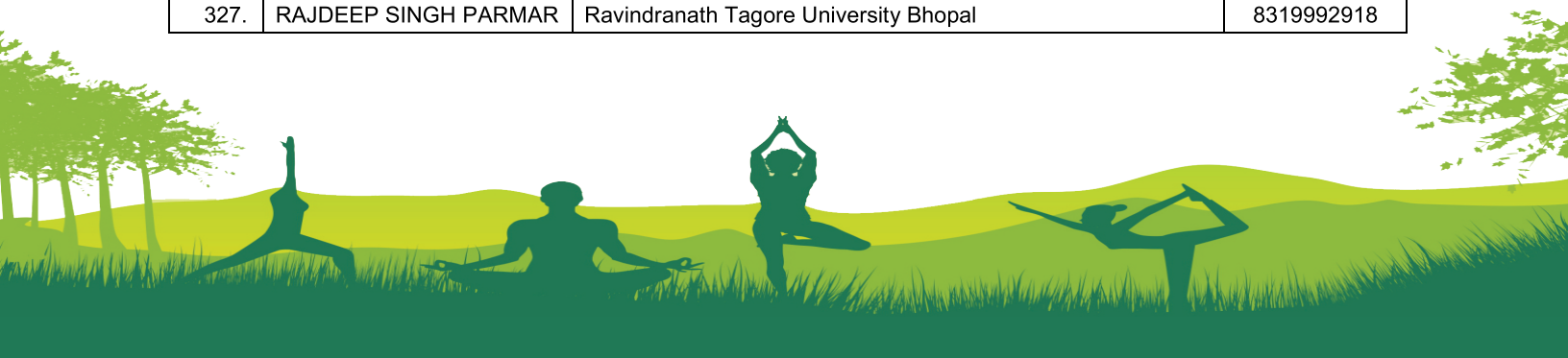
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254.	SANJANA RAJPOOT	Gov. Autonomous girls pg collage	8770965757
255.	SRINIVAS M	Sri DevarajUrs Academy of Higher Education and Research	9880286653
256.	BRAJESH NAMDEV	Sanchi University	9806063094
257.	शिवांगिनी	जीएसीसी	6265695034
258.	ROLI MISHRA	DR. HARI SINGH GOUR VISHWAVIDYALAYA SAGAR (M.P)	6266369719
259.	KHUSHBOO VISHWAKARMA	Department of Yoga education	9165984882
260.	SAMIKSHA TIWARI	Dr.Hari Singh Gour Vishwavidyalaya Sagar MP	8889979003
261.	SANDEEP TEKLE	Swami Vivekanand University Sagar	9516536370
262.	LAMBODAR PATEL	Doctor Hari Singh gourVish	7999730512
263.	RIMJHIM DUBEY	dhsgu	6269795416
264.	SUHANI DANGI	Girls PG College sagar MP	6268817679
265.	MUSKAN VISHWAKARMA	Grilspg College	8989496190
266.	DISHA LADIYA	Girls pg college	7725094533
267.	SHEFALI NAAZ	Govt girls pg.collegesagarmp	8109289845
268.	KHUSHBU SAHU	Girls college	9303182576
269.	SHAIMEEN KHAN	Govt. Girl's p.g college sagarmp	9098076705
270.	UMRA JAHAN	PG girls degree College Sagar Mp	9575643960
271.	ANITA PATEL	Girls pg collage	7440586624
272.	MUSKAN VISHWAKARMA	government girls pg collage	7693911797
273.	VANSHIKA SAMAIYA	Girls degree College, Sagar	7879479110
274.	PRIYANKA JAIN	GOVT. AUTONOMOUS GIRLS PG COLLEGE OF EXCELLENCE,SAGER (M.P.)	9179124845
275.	VARSHA NAMDEV	Govt. Autonomous girl pg college of excellence sagarmp	8602226436
276.	PREMLATA PANDEY	Government girls deegree college Sagar Madhya Pradesh	6260864323
277.	PALAK UPADHYAY	Govt. Autonomous girls degree college sagar , mp	7610471457
278.	PRIYAL GUPTA	Dr.harishinggourvishvidhaalaysagar	7389736108
279.	SHIVAM SAXENA	Govt Girls College Sehore	9990590063
280.	DR. MANJARI AGNIHOTRI	Govt. Girls College Sehore	9425726185
281.	KHUSHBOO JAT	Govt.AutonomousPg College of Excellence sagar	7354013531
282.	RAMESH B.JHA	VIKRAM UNIVERSITY UJJAIN	9754925531
283.	CHETNA DUBEY	Govt. Girls pg college	6267651889
284.	DR ARCHANA DUBEY	Govt college kesli (Sagar)	9009950535
285.	MAHIMA SEN	govt autonomous girls pg college of excellence sagarmp	6260034901
286.	DR. RASHMI MALAIYA	Govt. Auto. girls P G College Sagar	9407266004
287.	DEVANSHI THAKUR	GOVERNMENT AUTONOMOUS GIRLS PG COLLEGE OF EXCELLENCE SAGAR (M.P.)	8085814678
288.	HARSHITA SEN.	Dr.Harisinghgour University Sagar.	9131179067
289.	DRX LUCKY TRIVEDI	Nil	9755522596
290.	SNEHA RAJPUT	Govt.Autonomous Girls P.G College Of Excellence Sagar M.P	8319029577
291.	MAMTA VIJAY	Manipur university	8839521569



292.	DEVSINGH MALVIYA	Govt girls college sehore (MP)	9229910571
293.	AKSHAY KUMAR TIWARI	Government Girls College, Sehore	8962612429
294.	DR.MADHUKA SHRIVASTAVA LALORAYA	Ordnance Factory Khamaria Government College Khamaria Jabalpur M.P India	9425155071
295.	SURBHI PAL	Banaras Hindu University Varanasi Uttar Pradesh	9761631651
296.	DR REENA BHAIRAM	Govt M H College of Home Science and science for women Jabalpur Madhya Pradesh	7869938812
297.	DR ANURADHA UPADHYAY	Mjbgovt girls pg college Motitabelaindore MP	9425903310
298.	DR AKANKSHA CHOUDHARY	Mata Jijabai Govt. PG Girls College, Indore	9752585051
299.	DR. SEEMA PATEL	Government Girls P.G.CollegeRewa M.P.	9977853512
300.	DR RENU SHRIVASTAVA	S N G G P G College Bhopal	9827155977
301.	MANISHA KESHARWANI	Pg college	7225087544
302.	DISHA BISWAS	Government Autonomous Girls P.G. College of Excellence, Sagar , M.P	8770785428
303.	MAHAK JAIN	Gov. Autonomous Girls PG College Of Excellence, Sagar (M. P.)	6265461118
304.	HARSHITA SINGH	Govt. PG Girls College Sagar MP	9452253619
305.	ARVIND AHIRWAR	SANCHI UNIVERSITY OF BUDDHIST INDIC STUDIES SANCHI RAISEN MADHYA PRADESH	8435192578
306.	VANSHIKA SAMUNDRE	Girls pg college	7509775737
307.	DR.MEENA SISODIYA	Government girls PG college Ratlam	9907698786
308.	PRIYANKA VARMA	Govt. G. P. G. College Ujjain	9893570401
309.	POOJA DANGI	Govt girls pg College Sagar	9589319377
310.	YAGYADUTT SHARMA	RDVV UNIVERSITY	8269840236
311.	SEEMA RAJPOOT	Girls degree college	6267084251
312.	NEHA SHARMA	Government girls college sehore	9926346329
313.	MOHIT KUMAR	Department of Sangyahan	8958066049
314.	KNKKORI	Degree college	9755246621
315.	ANSHULPRAJAPATI	Pg girls college	9098793514
316.	MRS SANTOSHI ROMDE	Govt Pench Valley PG College Parasia	8109967327
317.	BEENA SANODIYA	SBS govt PG college pipariya	6265485769
318.	NAVNEET SONARE	Government Kusum P G College Seonimalwa	7771805900
319.	DR. DEVASHISH HALDAR	Govt.GundadhurP.G.College, Kondagaon, Chhattisgarh	8979555043
320.	ALEKH KERKETTA	Government Naveen College ManoraJashpur Chhattisgarh	8770570389
321.	DR. DILIP DHOBALE	Govt. College Damua,Dist.-Chhindwara	9340584816
322.	डॉक्टर संध्या राय	शासकीय गृह विज्ञान स्नातकोत्तर महाविद्यालय नर्मदा पुरम	8839234406
323.	AVINASH KUMAR	Guru ghasidasVisvavidyalayabilaspurchhattisgarh	8896843029
324.	PREMVEER SINGH YADAV	JiWAJi university gwalior	8962414367
325.	SATISH KUMAR	MATS UNIVERSITY	8807999613
326.	VIVEK KUMAR PATHAK	Mahakaushal University Jabalpur Madhya Pradesh India	9424626202
327.	RAJDEEP SINGH PARMAR	Ravindranath Tagore University Bhopal	8319992918

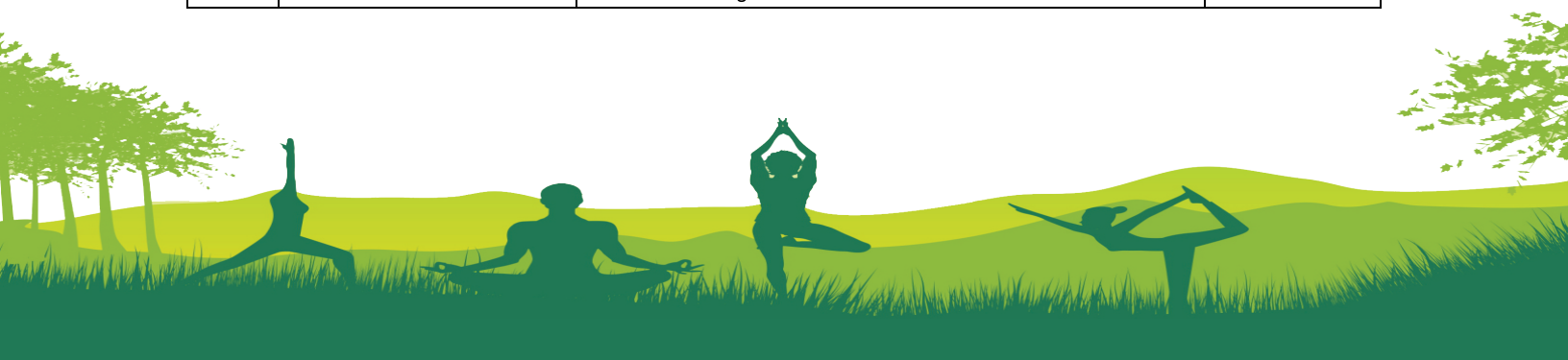




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328.	POOJA SAO	Govt. Arts, Science & Commerce College Dharamjaigarh, Raigarh (Chhattisgarh)	7974628340
329.	DR.PRIYANKA DEVARA	Govt Girls college Barwani	9863842171
330.	MALTI YADAV	Agra university	8979784367
331.	MUKESH KUMAR UIKEY	BarkatullahVishwavidyalay Bhopal	9981218731
332.	DR. AMITA TIWARI	Government K. R. G. P. G. Autonomus College, Gwalior	9755370506
333.	ANURAG GAUTAM	Rani durgavatiVishvvidhyalaya , Jabalpur, Madhya Pradesh	9039206188
334.	DR. SUSHMA PILLAI	St. aloysius college jabalpur Madhya Pradesh	9009933662
335.	KAPIL KUMAR VERMA	Mascot The School	9950091231
336.	MD TABISH	Anand Bhawan school	7417699958
337.	SUNIL DATT	Institution	9895113330
338.	AKANSHA ATHALE	Maharishi Mahesh Yogi Vedic Vishwavidyalaya Jabalpur	8109732974
339.	SANGEETA TIRKEY KUMAR	Government College DharamjaigarhRaigarh Chhattisgarh	8878985902
340.	DEEPA MALVIYA	Govt MLB Girls PG College Bhopal	8839774058
341.	DR. MADHUBALA VARMA SONI	Govt. MLB GIRLS PG AUTONOMOUS COLLEGE, BHOPAL	7999371727
342.	DHARMENDRA KUMAR	St.paul school	7376819419
343.	NEELU BAGHEL	RDVV University	7000535670
344.	KANCHAN SINGH	RDVV jabalpur	9329188737
345.	PRITI PARMAR	Gandhi MahavidhyalayaOrai	9140686096
346.	DR.POONAM KAUSHIK	Kasturbagram Rural Institute	9425059225
347.	DR. SUBHASH KUMAR SONI	Govt.collegeharrai	9691933251
348.	DR ANURADHA AWASTHI	M L B Government Girl's P G college, Indore	9826398611
349.	SHIVINI AHIRWAR	GOVT. AUTONOMOUS GIRLS PG COLLEGE OF EXCELLENCE, SAGAR [MP]	9826147361
350.	ANURADHA KORI	Government Girls p.g college	6267629160
351.	RADHIKA UPADHAYA	GOVT. AUTONOMOUS GIRLS PG COLLEGE OF EXCELLENCE, SAGAR [MP]	8305614951
352.	KHUSHI JAIN	Gov.Autnouns Girl PG College of Excellence, Sagar (M.P.)	9340502621
353.	KEERTIKA THAKUR	Govt autonomous girl's p.g college sagar	7354832482
354.	DR RAVNEET CHAWLA	Government College of Education, Sector 20 D, Chandigarh	8968233155
355.	SUPRIYA MUDI	Jain Vishva Bharati Institute	9836465924
356.	SHELLY YADAV	Government Autonomous Girls PG College of Excellence, Sagar, M.p.	8889278282
357.	PRIYA JAIN	College	6261162559
358.	VINEETA PATEL	PG college	6265838677
359.	JAISHREE RATHORE	college	7999688113
360.	VIKRAM SINGH	S.K.D. University Hanumangarh(Raj.)	9671112209
361.	TILAK RAJ SINGH	Rani DurgavatiVishwavidyalay Jabalpur	9109041425
362.	PUSHPENDRA KUMAR AHIRWAR	Govt. College Bakswaha District-Chhatarpur (MP)	7000458168
363.	ATUL KUSHWAHA	Neelkanth college	9630117748



364.	SALEHA NAAZ	Girls PG college	9294581301
365.	SHIVANI JAIN	Girls degree College	7302980471
366.	HARISH CHANDRA CHAURASIA	Govt P G College Rehli Sagar	9039556886
367.	ANUNEET KAUR ARORA	GOVERNMENT AUTONOMOUS GIRLS PG COLLEGE OF EXCELLENCE SAGAR (M.P.)	9165799556
368.	RAHEES AHMAD	H.N.B PG Govt. College khatima	9012914785
369.	APURVA TIWARI	Laxmibai national institute of physical education	8318793070
370.	YOGESH KUMAR PATEL	Adarsh institute of management and science dhamnod	9575389729
371.	TANU YADAV	School of Yoga DAVV	6261848464
372.	DR. JYOTI PARMAR	School of studies in Political science & Public administration, vikramuniversity,ujjain	9109567893
373.	SONIA SHARMA	University of Patanjali	8178509373
374.	ADITYA CHOUDHARY	GOVERNMENT NIRBHAY SINGH PATEL SCIENCE COLLEGE INDORE	9302963081
375.	DAYARAM RAJPOOT	Government College Kasrawad District Khargone Madhya Pradesh	9753040863
376.	PAWAN MALVIYA	Gnspsc	7694828766
377.	PRITAM PRAJAPAT	Govt. Nirbhay Singh Patel Science Collage	9589185309
378.	DR.VANDANA RAJPUT	govy.collegepipalrawan	8462918641
379.	ANSHUL KHATRI	SANT singaji Government college Mundi	9406663382
380.	SAKSHI RAJPUT	Girl pg college	9174302550
381.	DR. SHIKHA DUBEY	Indore Institute of Law	81092 27872
382.	NISHA SAINI	LNIPe	8920099551
383.	ASHISH DHAR DIWAN	Shri Rawatpura Sarkar University, Raipur, Chhattisgarh	9993287046
384.	SARJESH YADAV	Govt nirbhay Singh patel science college indore	9522575813
385.	DURGESH THAKUR	Shrikanwartara College, Mandleshwar	9926600796
386.	SONAM YADAV	Govt. (Auto) Girls P.G. College of Excellence, Sagar (M.P.)	9981257668
387.	DR.RASHMI MATHUR	Govt Autonomous girls P.G. College of Excellence Sagar MP	8718985466
388.	ALOK SHRIVASTAVA	Govt College Ater Distt Bhind M.P.477111	883-940-2588
389.	SANJANA RAJPUT	Girls degree College sagarmp	9340340702
390.	RAMAN MISHRA	Dr.HariShinggour Central University	8349159288
391.	MALLIKA ADHIKARY	GURU GHASIDAS VISWAVIDYALAYA	9062208544
392.	KULDEEP JATAV	Shaheed Bhagat Singh Govt. Degree College Ashta Dist. Sehore (M.P.)	7000134068
393.	POOJA SINGH	Laxmibai National Institute of Physical Education Gwalior	9752345512
394.	DR. ROLI SHARMA	Greatman international school Sagar M. P.	9907208202
395.	BHARATI AHIRWAR	LNIPe Gwalior	9174122186
396.	RIMSHA KHAN	Girls PG college	9584322707
397.	DR SANJAY KUMAR PANDEY	Madhav Mahavidyalaya	9827431639
398.	BHOOP SINGH	Skd University Hanumangarh (Raj)	9992060660
399.	AMITA BAIRAGI	Government Girls college sehore	7987120725



400.	PRIYA THAPA	Govt. Kamla Nehru Girls College, Damoh	8718983896
401.	PROF. RUPALEE RAWAT	Govt. Kasturba girls college gunamp	7869035293
402.	DR MADHURI SINGHAL	Government MVM Bhopal	9425679846
403.	DR LAXMI BARELIA	Govt MVM Bhopal	7869028681
404.	DR RASHMI AHUJA	Govt.Motilal Vigyan Mahavidyalala, Bhopal	9294820251
405.	DR. NEELU SINGHAI	Govt. M. V. M. Bhopal	9755054461
406.	JAYKUMAR JANAKKUMAR THAKAR	VAIDIK DHYAN YOG KENDRA, SURAT.	8009751115
407.	DR. RAJNI DUBEY	Govt girls pg college sagar m.p	9425170714
408.	MRITYUNJAY	Bhu	9675316039
409.	SONU KUMAR JOURNALIST(CEO)	IYC NEWS NETWORK-AGENCY, Patna(Bihar)	9304351310
410.	MEGHA RAJPUT	Rdvv	7880076174
411.	DR.ARCHANA GUPTA	Govt.M.H.College of H.Sc and Sc for women Jabalpur	94251 888 36
412.	NISHCHIT PANDEY	Rdvv Jabalpur	7999622206
413.	SADHANA KUMARI	Government Lal Bahadur Shastri PG College sironj	8319073830
414.	PROF ABHA TIWARI	GOVT M H COLLEGE OF HOME SCIENCE AND SCIENCE FOR WOMEN AUTONOMOUS JABALPUR	9425612360
415.	KHILAWAN SINGH	SCHOOL EDUCATION DEPARTMENT RAJNANDGAON CHHATTISGARH	8770644006
416.	AVINASH KUMAR SINGH	Magadh University	7004677598
417.	बलजीतसिंहमित्वा	IGNOU	9813952450



Webinar Brochure

Call for Paper (Free Publication)

We cordially invite scholars, academia and participants to submit their original full length research paper with abstract in 150 words. A full paper within 2500 words typed in MS word format, Times New Roman for English font 12 margin 1" line spacing 1.5" all side, for Hindi Krutidev 010 font 14. Only selected participants will be allowed to present their paper. E-Mail for paper submission - monikahardikar65@gmail.com

Important Dates

Registration	-	22-08-2023
Submission of research paper	-	21-08-2023
Time	-	12:00 PM to 4:00 PM

Sub Title :

- Yoga and Spirituality
- Yoga for All Round Personality Development
- Yoga and Science
- Yoga Practices and their importance in physical Fitness
- Meditation Techniques for Holistic Health
- Role of Yoga in Moral & Value Education
- Role of yoga in Psychological and Sociological upliftment of Youth
- Stress Management through yoga
- Recent Advances in yoga practices with Rhythmic & Dance fusion
- Role of yoga in Mental Health
- Role of yoga in lifestyle Disorders
- Importance of yoga in National Education Policy 2020

About College

The "Government Autonomous Girls PG College of Excellence, Sagar" was established in 1964 by the Municipal Corporation of Sagar. It was called as Girls Degree College, Sagar in 1964. On 11 January, 1978, it was taken over by the Government of Madhya Pradesh. The campus of the college is situated at the heart of the city on 2 acer land. The oldest building of this campus is the Town Hall of the British period which was established in 1861 having an inbuilt library. In 1964 this college was started in this building. In 1985, this college was registered under 21 and in 1989, it was registered under 12b of UGC act. In 2014, college is reaccredited with "A" grade. This college is affiliated to Maharaja Chhatrasal Bundelkhand University, Chhatrapur. With 13365 girl students the college stands as the second largest institution in Madhya Pradesh. Apart from regular courses prescribed by Higher Education Department of M.P., the college runs several employable courses like BBA, BCA, BLib, MLib on the self finance basis.

आज़ादी का अमृत महोत्सव

GOVT. AUTONOMOUS GIRLS PG COLLEGE OF EXCELLENCE SAGAR (M.P.)
 Reaccredited Grade "A" by NAAC
International Webinar
on
"YOGA FOR HEALTHY LIFE AND WELLNESS"
 (Under the aegis of IQAC)
 26, August 2023

 Chief Guest Padmashri Dr. H.R. Nagendra Founder & Chancellor SVYASA Yoga University at Bangalore	 PROF. SHUBHA TIWARI Vice-Chancellor Maharaja Chhatrasal Bundelkhand University, Chhatrapur (M.P.)	 SPEAKER Dr. Harish Kumar Tiwari Deputy Director of Sports Nagaland University, Nagaland
 Dr. G.P. Choudhary Chief Patron Additional Director HED Sagar	 Dr. Anand Tiwari Principal & Patron	 Ranjender Damodara Founder- Vasudeva Kriya Yoga Yenkannamoole Australia
 Dr. Monika Hardikar Convener	 Dr. Remubala Sharma Co-Convener	 Monika Jain Yoga Therapist & Fitness Instructor (Canada, USA, Singapore, U.K.)
 Dr. Naveen Gideon Co-Convener	 Dr. Anjana Nema Organizing Secretary	 Dr. Sanjay Khare Organizing Secretary

International Webinar YOGA FOR HEALTHY LIFE AND WELLNESS
 Joining link Saturday, August 26 Time zone : 12:00 PM to 4:00 PM
 Google Meet joining info Video call link : <https://meet.google.com/res-gkos-mpm>

Chief Patron	Dr. G.P. Choudhary	Additional Director HED Sagar
Patron	Dr. Anand Tiwari	Principal
Convener	Dr. Monika Hardikar	Sports Officer
Co-Convener	Prof. Remubala Sharma Prof. Naveen Gideon	Prof. Dean of Home Science MCBU, Chhatrapur Prof. HOD of History
Organizing Secretary	Dr. Anjana Nema Dr. Sanjay Khare	Associate Prof. Dept. of Home Science Associate Prof. Dept. of Sociology
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International Webinar On
YOGA FOR HEALTHY LIFE AND WELLNESS
 (Under the aegis of IQAC)



International Webinar On
YOGA FOR HEALTHY LIFE AND WELLNESS
 (Under the aegis of IQAC)

Organized by ::
 Department of Physical Education & Yoga
 Government Autonomous Girls P.G. College of Excellence
 Sagar (M.P.)

August 26, 2023

Webinar Backdrop



Webinar Certificates

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International Webinar On
YOGA FOR HEALTHY LIFE AND WELLNESS
(Under the aegis of IQAC)

August 26, 2023

Certificate

This is to certify that Dr./Mr./Ms.....
of
has participated in the online session of the International Webinar on
"Yoga for Healthy Life and Wellness" organized by Government Autonomous
Girls P.G. College of Excellence, Sagar (M.P.) under the aegis of IQAC.

 Dr. Monika Hardikar Convener	 Prof. Renu Bala Sharma Co-convener	 Dr. Anand Tiwari Principal
 Prof. Naveen Gideon Co-convener	 Dr. Anjana Nema Organizing Secretary	 Dr. Sanjay Khare Organizing Secretary

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International Webinar On
YOGA FOR HEALTHY LIFE AND WELLNESS
(Under the aegis of IQAC)

August 26, 2023

Certificate of Publication

This is to certify that Prof./Dr.
has presented and contributed a paper as Author/Co-author to Proceedings of
International Webinar "Yoga for Healthy Life and Wellness"
entitled.....
and has got published in Book with **ISBN No. 978-81-19584-28-4**.

The Editorial Board appreciate the intellectual contribution of
the author/co-author.

 Dr. Monika Hardikar Convener	 Prof. Renu Bala Sharma Co-convener	 Dr. Anand Tiwari Principal
 Prof. Naveen Gideon Co-convener	 Dr. Anjana Nema Organizing Secretary	 Dr. Sanjay Khare Organizing Secretary

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YOGA FOR HEALTHY LIVING AND WELLNESS

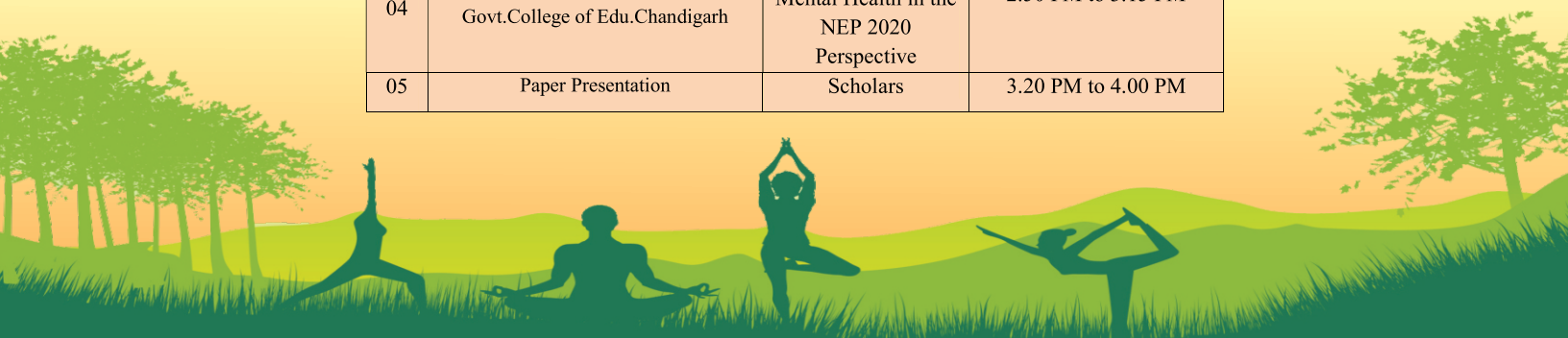
Date - 26th August 2023 Time – 12.00 PM to 4.00 PM

Inaugural Session

No.	Person	Content & Topic	Duration
01	Prof. Renubala Sharma Co-Convenor	Introduction of Guest & Speakers	12 PM to 12.05 PM
02	Dr. Monika Hardikar Convenor	About Webinar	12.05 PM to 12.10 PM.
03	Dr. Anand Tiwai Principal / Patron	Welcome Speech	12.10 PM to 12.20 PM
04	Dr. G.P.Choudhary Additional Director / Chief Patron	Word of Blessings	12.20 PM to 12.25 PM
04	Dr. Anajana Nema Organizing Secretary	Introduction of Guest	12.25 PM to 12.30 PM
05	Prof. Subha Tiwari Hon. Vice Chancellor Distinguished Guest	Speech	12.30 PM to 12.40 PM.
06	Prof. Renubala Sharma Co-Convenor	Introduction of Chief Guest	12.45 PM
07	Chief Guest	Key note Speaker	12.50 PM to 1.20 PM
08	Dr. Anjana Nema Organizing Secretary	Vote of Thanks	1.20 PM

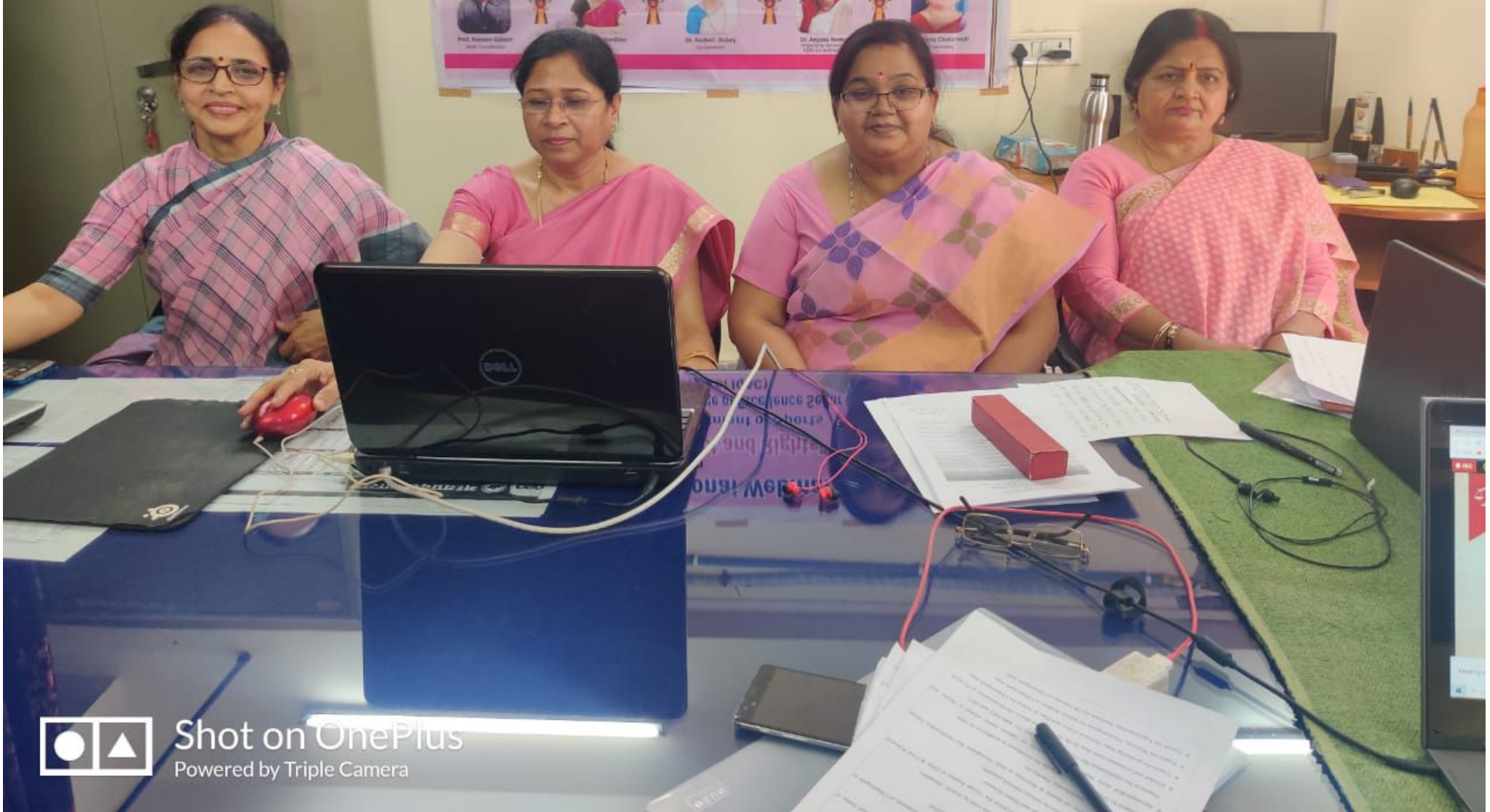
Technical Session

No.	Speaker	Topic	Duration
01	Prof. Naveen Gideon	Introduction of Speaker	1.25 PM to 1.30 PM
01	Dr. Harish Kumar Tiwari Deputy Director of Sports Nagaland University Nagaland	Role of yoga in Mental Health	1.30 PM to 1.55 PM
02	Ranjender Damodara Yenkannamoole Australia	Yoga and Spirituality	2.00 PM to 2.20 PM
03	Monika Jain Yoga Therapist & Fitness Instructor (Canada, USA, Singapur , U.K)	Role of Yoga in Lifestyle Disorders	2.25 PM to 2.45 PM.
04	Dr. Ravneet Chawala Associate Professor Govt.College of Edu.Chandigarh	Understanding Mental Health in the NEP 2020 Perspective	2.50 PM to 3.15 PM
05	Paper Presentation	Scholars	3.20 PM to 4.00 PM





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Under the aegis of IQAC

on

PHYSICAL EDUCATION

Organized by the Department of Sports

Date : 21.01.2021 to 05.02.2021



Dr. Monika Hardikar



Dr. B. D. Ahirwar

Dr. Monika Hardikar
Co-ordinator

Dr. Anjana Nema
IQAC Co-ordinator

Prof. Navin
NAAC

Dr. B. D. Ahirwar
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Dr. Monika H...
Dr. M...
Dr. Anjana Nema
IQAC Co-ordinator
Prof. Naveen Gideon
NAAC Co-ordinator
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Dr. Monika Hardikar
Dr. Anjana Nema
IQAC Co-ordinator
Prof. Naveen Gideon
NAAC Co-ordinator
Dr. B. D. Ahirwar



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Govt. Autonomous Girls P.G. College of Excellence Sagar (M.P.)

Department of Sports
Faculty Development Programme
on
E-Content Development
Power Point Based Video Lectures

Date : 5 & 6 August 2022, Time 2.00 to 5.00 PM



Dr. Ela Tiwari
Principal



Dr. Manika Kamdar
In-charge



Dr. Renu Bala Sharma
Supporting Lecturer

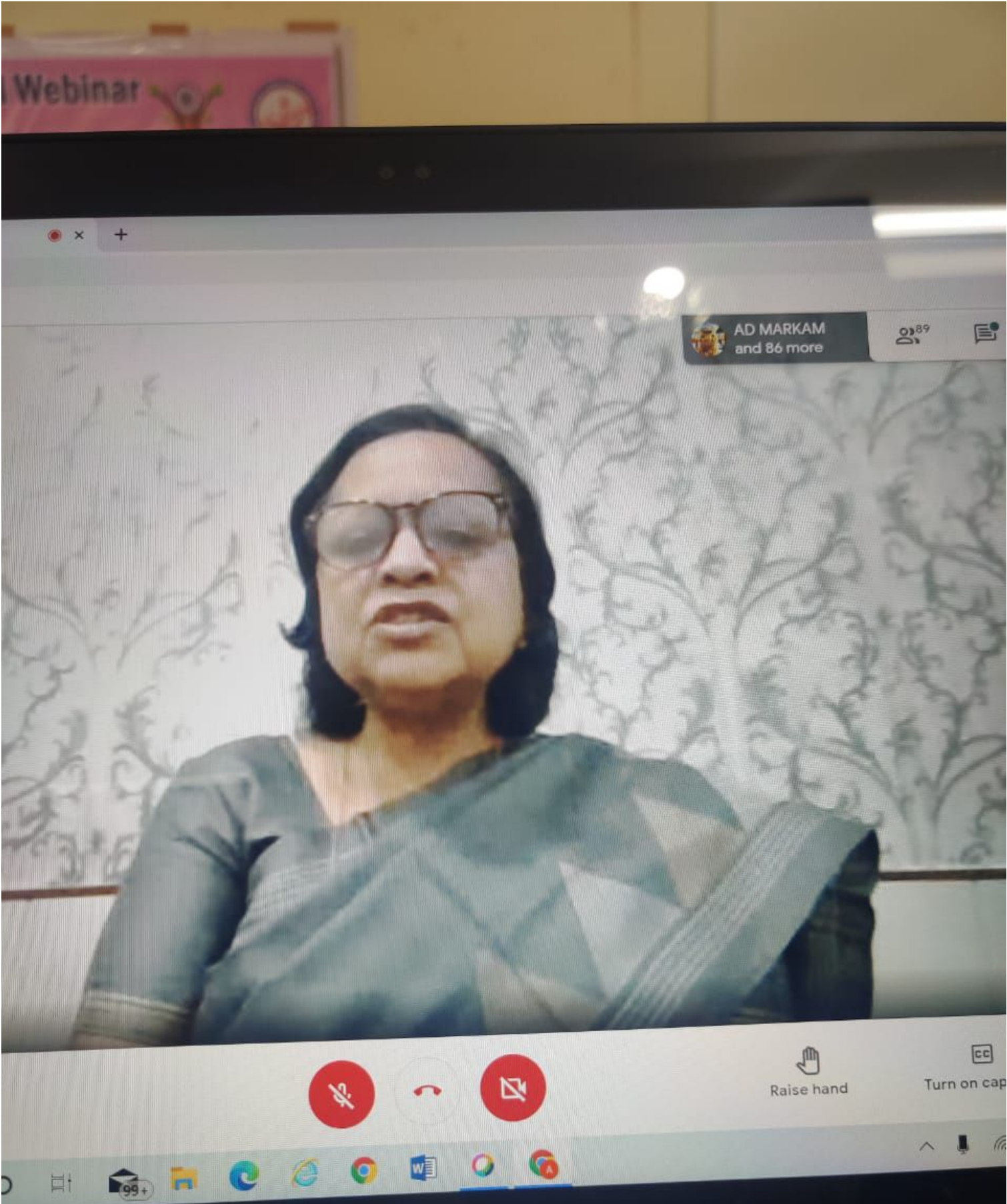


Prof. Navneet Gidoni
Ex-Officio



Dr. Anjana Nema
Co-Coordinator

2022.08.05 14:08



Webinar

AD MARKAM
and 86 more

89



Raise hand

Turn on cap



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Department of Sports
Faculty Development Programme
on

E-Content Development

Power Point Based Video Lectures

Govt. Autonomous Girls P.G. College of Excellence Sagar (M.P.)

Date : 5 & 6 August 2022



Certificate

This is to Certify that *Dr. Sona Vishwakarma, Sports Officer*

..... *Govt. College, Loukushnagar* has participated in
Two Days Faculty Development Programme on "E-Content Development" Power Point Based
Video Lectures Organised by the Department of Sports.

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Convener

Dr. Renu Bala Sharma
Organizing Secretary

Prof Naveen Gideon
Co - Convener

Dr. Anjana Nema
Co - Convener

Dr. Ela Tiwari
Principal



International Webinar on

Role of Sports Activities on Health and Changing Lifestyle : Pandemic 2020

Organized by - Department of Sports

Govt. Autonomous Girls P.G. College of Excellence, Sagar (M.P.)



Dr. L.L. Kori
Additional Director
Higher Education Sagar Division
Chief Patron



Dr. B.D. Ahirwar
Principal-Govt. Autonomous
Girls College Sagar
Patron



Dr. Monika Hardikar
Sport Officer
Convener



Dr. S.K. Gupta
Professor
Co-Convener



Dr. Anjana Nema
Associate Professor
Moderator

Eminent Speaker



Dr. Rajendra Singh
Ex Director
Physical Education
Jiwaji University Gwalior



Dr. Rakesh Tomar
Associate Professor-King Fahd University of
Petroleum and Minerals, Dhahran, Saudi Arabia



Dr. Renu Bala Sharma
Professor
Govt. Girls College Bina



Dr. Dhinu M.R.
Head Dept. of Physical Education,
See Sarikaracharya University of Sanskrit,
Kalady, Kerala



Himanshu Giri
Psychotherapist
Sigmund Freud University
Vienna Austria



Dr. Nidhi Agrawal
R.D.N. Corporate
Dietician - Ocean Health Care
New Jersey USA



14th July 2020

Tuesday

Time - 1 pm to 6 pm

Link for Registration : <https://forms.gle/CeXaMq3THxgHHjeSA>

Follow this link to join my WhatsApp group :

<https://chat.whatsapp.com/CEGwejHUdBaEnK600Saso5S>





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Govt. Autonomous Girls P.G. College of Excellence, Sagar

REPORT OF THE ONE DAY INTERNATIONAL WEBINAR- 2020

“Role of Sports Activities on Health and Changing Lifestyle Pandemic 2020”

*One day International Webinar has been organized by Sports Department of Government Girls P.G. College of Excellence, Sagar. on the topic “**Role of Sports Activities on Health and Changing Lifestyle Pandemic 2020**” On 14 July 2020. Around 1065 participants of various Colleges and Universities have attended this webinar on zoom app and you Tube. Many participant have appreciated this webinar as very useful and beneficial, having wonderful discussion, excellent PPT. Participants have highly admired and given very motivational and impressive comments.*

Rational of the webinar:-*Due to this pandemic, people are all going through adverse conditions, due to stress and anxiety cases of mental and physical health were increasing, people with problems like blood pressure, obesity, diabetes cardiovascular diseases etc. were more prone to COVID -19 with low immunity and faced more challenges towards health.*

Medical experts were continuously talking about boosting the immunity through physical activity, proper rest, nutritious diet, yoga and meditation. Therefore this webinar was designed to cover all these areas to promote good health and better lifestyle during pandemic.

Physical activity improves our health and reduces the risk of developing several diseases and can have immediate and long term health benefits .Most importantly regular activity can improve the quality of life.

There is a direct relationship between the diet, physical activity, and health. Nutrition is a key player when it comes to physical, mental and social well-being and it's important for preventing diseases. Lifestyle factors also determine well-being of a person and also reduce the magnitude of mortality



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and morbidity. One of those factors is physical activity, sedentary lifestyle is usually associated with an increased risk of chronic disease, loss of movement and decreased immune health, to prevent this, physical activity and movement is extremely important and necessary.

*Stress and anxiety cases are rising with the current pandemic and it can lower your immune response. Exercising releases chemicals in your brain such as **Serotonin** and **Endorphins** which can improve the mood reduce the risk of depression and cognitive decline and delay onset of dementia.*

Yoga also plays an important role in our lives, it helps in controlling an individual's mind, body and soul it brings together physical and mental disciplines to achieve a peaceful body and mind it helps to manage stress and anxiety and keeps mind relaxed. It also helps in increasing flexibility, muscle strength and body tone. As well as games and sports play an important role in our education system as they help in the mental and moral development of a student. With thoughts of such academicians and eminent speakers involved in this Webinar, we are sure that it has been a very useful, beneficial and informative academic event that concludes with concrete results for betterment and benefit of Human Society.

*The Chief Patron of the webinar is **Dr. L.L. Kori** , Additional Director, Higher Education, Sagar Division and Parton **Dr. B.D. Ahirwar** , Principal of the College. Convener and sports officer **Dr. Monika Hardikar** ,Co- Convener **Dr. S.K. Gupta** , Professor, Department of Psychology and Moderator **Dr. Anjana Nema** Associate Professor, Home Science Department.*



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Eminent Speakers

Name of the Speaker	Designation	Address	Topic of Speech
Prof. Rajendr Singh	Retired Director	Retired Director of Physical Education Jiwaji University GWALIOR M.P. E-mail - rajendersingh@yahoo.com	Mental Health and Physical Fitness in Present Scenario
Dr. Rakesh Tomar -	Associate Professor Physical Education	King Fahd University of Petroleum and minerals Dhahran Saudi Arabia	Sports Culture in Higher Education :An effective Tool for Active Lifestyle
Prof.Renubala Sharma	Professor Home Science	Govt P G Girls College Bina M P Email:renubala_04@yahoo.in	Roadmap of Health and Wellness
Mr Himanshu Giri	Psychotherapist	University of Vienna Austria	Mindfulness of Sports
Dr Dheenu M R	HOD Physical Education	S S University of Sanskrit Kalady Kerala	Rehabilitation Interventions During COVID 19
Dr Madhuri Singhal	Professor Chemistry	Govt M V M college Bhopal	Science behind Yoga Meditation and Pranayam
Dr Nidhi Agarwal	Corporate Dentition Ph D RDN	Ocean Health New Jersey USA	COVID19 Nutrition and Immunity Boosters

Dr. Rajendra Singh- Mental health and physical health Fitness in Present Scenario

Dr. Rajendra Singh Sir has mentioned exercise is medicine it is a global iterative to establish physical activity as a standard in health care. He gave guidelines for children, Adolescent, Man, Woman and Elderly to do exercise.

Most common causes of death are due to inactivity, heart disease, cancer, stroke, diabetes, essential hypertension and hypertensive renal diseases.

Key Takeaways,

1. Facilities to open Gyms in all locations in India for free access to public.
2. Inclusion of credits for fitness to motivate youth in Education Institutions.
3. Recruitment and retention of Physical Education in schools, colleges and universities.

Dr. Rajesh Tomar:-Sports Culture in Higher Education: An Effective Tool for Active Lifestyle Sport is not just sports It is a science,



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Dr. Tomar sagest about sports culture in universities. Sustainable development of sports culture is only possible if sports is prioritized and emphasized at universities and college. we have change this approach and this can be achieve by development and promotion of sports culture in universities .Sports and sporting activities actually reflect characteristic of society therefore traditional and local games can help to create sports culture in universities.

Key Takeaways,

- 1. We need to boost major International Tournament at universities. We have to develop universities as a hub of International events.*
- 2. Mass participation and reach to each student is necessary to develop Sports Culture in universities.*

He told sports is not just sport It's a science; it's an Art, its philosophy. Understanding of psychology Understanding of mechanics it's a business, management.

Dr.Tomar said "Let the 21 st century be the century of university sports"

We need to promote and spread this idea and topped one of the largest untapped reservoirs of talents available in Indian universities.

Dr. Renubala Sharma - Roadmap of Health and wellness.

Dr Renubala shrma in his lecture explained how we can improve our health during this Pandemic. She has elaborate health is state of complete harmony of the body, mind and spirit. When one is free from physical disabilities and mental distractions the gates of the soul open.

She told total person concept of wellness emotional, spiritual physical, social and intellectual all 5 dimensions are equally important to the total well- being of the individual. Mindful eating is another impotent factor is maintaining an in the moment awareness of the food and drink you put in to your body, observing rather than judging how the satisfaction and fullness.



GOVERNMENT (AUTONOMOUS) GIRLS POST GRADUATE COLLEGE OF EXCELLENCE, SAGAR (M.P.)

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Sports have an immense impact on a person's daily life and health. They do not just give you an interesting routine but also a healthy body.

Key Takeaways,

- 1. Good personality arises from healthy body and mind.*
- 2. Healthy mind can be achieved by preventing accumulation of complexes in Mind.*
- 3. Non- reactive self observation de- stressed the mind*
- 4. This is possible through several.*
- 5. Intellectual analysis, mindful eating yoga, exercise, devotion and meditation.*

Himanshu Giri - Mindfulness of Sports

Speaker Himanshu Giri delivers his lecture on mindfulness in sports. Players how can control our emotion, feeling and behavior.

Key Takeaways,

- 1. Practice being in your body.*
- 2. Practice tasting your food.*
- 3. Practice doing one task at a time.*
- 4. Practice paying attention to what you do.*

Dr. Dhinu M.R. - Rehabilitation in terventions during Covid - 19

Dr. Dhinu gave the guidelines in his speech to do the exercise during this pandemic.

Guidelines for exercise –

- 1. Avoid prolonged period of sitting.*
- 2. Walking/ jogging /running and aim to involve in 150 minutes of physical activity*
- 3. Slow bouts of high intensity exercise.*
- 4. The idea is to move more.*



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Exercise Intensity-

Intensity is probably the most important element of your workout because when you workout at a sufficient intensity, your body grows stronger and you see the changes in your body weight, fat percentage, endurance and strength.

Workout Zones-

- 1. Low intensity 40%-50% of maximum heart rate.*
- 2. Moderate intensity 50%-70% of maximum heart rate.*
- 3. High intensity 70%-85% of maximum heart rate.*

Dr. Madhuri Singhal- Topic- *Science behind Yoga, Meditation and Pranayam.*

Dr. Madurai explains the benefits of yoga and meditation, how you can reduce your stress level through meditation.

Key Takeaways,

- 1. Rest and alertness together.*
- 2. Hormones responsible for good emotions are released.*
- 3. Meditation is the killer of stress.*
- 4. It controls mind and keeps it in the present moment.*
- 5. It is responsible for hormones that create happiness and joy.*

Dr. Nidhi Agarwal- Covid-19 – *Nutrition and Immunity Boosters*

How we can improve our immunity with good Nutrition and exercise .She explain prevention of risk of corona vitreous and manage chronic illnesses as well as maintain a normal body weight through a balanced digit.

Key Takeaways,

- 1. Good nutrition is essential to a strong immune system.*
- 2. It helps prevent from seasonal illness and other health problem.*
- 3. Variety of nutrition is needed to help support the immune system.*



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a. *She explains immunity boosters*

1. *Photo chemicals*
2. *Super foods*
3. *Antioxidants*

Recommendations: *All forms of physical activity play a major role in enhancing immune functions, resulting in lowered risks of being infected as well as quicker recovery if becoming infected. However being physically and mentally active during the pandemic COVID 19 is challenging due to restrictions.*

It is still vital to continue daily life with regular movements in order to remain fit and active. To benefit overall health and wellbeing WHO has suggested at least 150 minutes of moderate intensity physical activity per week. At least 30 Minutes per day and 5 days per week.

Vigorous intensity exercise should be avoided. It may suppress certain aspect of immune function.

We should learn how to use lifestyle as a drug for better health. Simple changes in eating, sleeping, talking, moving, thinking; it works the most performed ways. Immunity is the first and the last line of defense in our body. Immunity is the smartest intelligence that already exists in our body and we have to keep on boosting its power and function.

Investing in immunity and it is not something that develops overnight, therefore its an investment that you will reap benefit from in future.

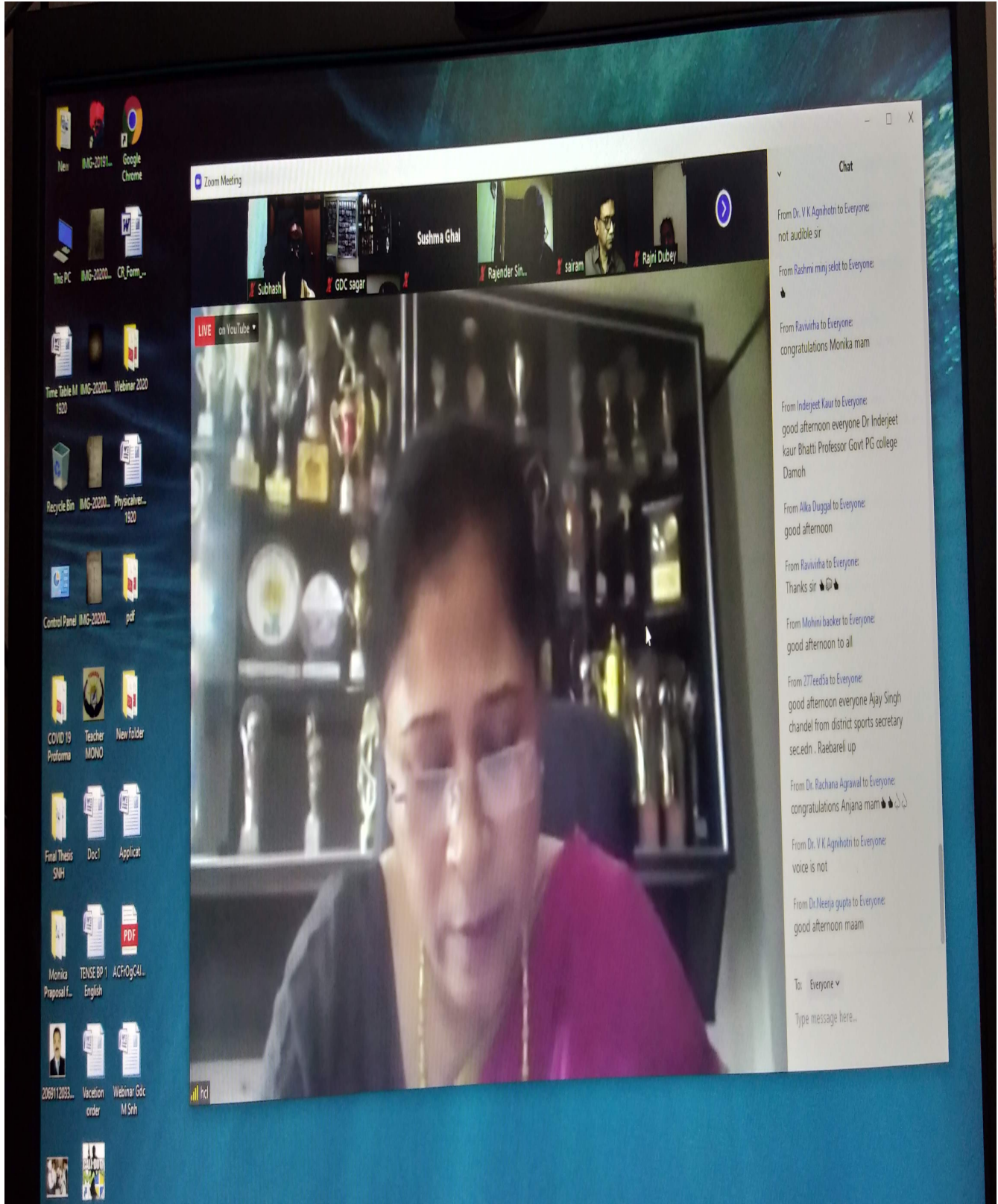


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The screenshot displays a Zoom meeting in progress. The interface includes a top navigation bar with 'Zoom Meeting' and 'LIVE on YouTube'. A grid of 20 video thumbnails shows participants, some with names like 'GDC sagar', 'Subhash', 'Rajender Singh', 'pushendra pandey', 'sairam', 'Rajni Dubey', 'Dr Deependra Yadav', 'Yashvi Pathak', 'Ganesan Thimm...', 'SUNITA KATRE', 'Laxmi Narayan Rajak,34...', 'Ragni singh', 'Sushma Ghal', 'neelima peter', 'Galaxy M40', 'moto e3 plus', 'Connecting to audio...', 'hcl', 'Bapi Das', and 'Inderjeet Kaur'. A chat window on the right shows messages such as 'From Rashmi minj selot to Everyone: not audible sir', 'From Dr. V K Agnihoti to Everyone: not audible sir', 'From Ravivirha to Everyone: congratulations Monika mam', 'From Inderjeet Kaur to Everyone: good afternoon everyone Dr Inder kaur Bhatti Professor Govt PG coll Damoh', 'From Alka Duggal to Everyone: good afternoon', 'From Ravivirha to Everyone: Thanks sir', 'From Mohini baoker to Everyone: good afternoon to all', 'From 277ed5a to Everyone: good afternoon everyone Ajay Sin chandel from district sports secre sec edn , Raebareli -up', 'From Dr. Rachana Agrawal to Everyone: congratulations Anjana mam', and 'From Dr. V.K. Agnihoti to Everyone: voice is not'. The desktop background on the left shows various icons like 'New', 'Google Chrome', 'This PC', 'Time Table M 1920', 'Recycle Bin', 'Control Panel', 'COVID 19 Proforma', 'Teacher MONO', 'Final Thesis SNH', 'Doc1', 'Applicat', 'Monika Praposal f...', 'TENSE BP English', 'ACFOgCAU...', '2069112033...', 'Vacation order', and 'Webinar Gdc M.Sni'.



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The screenshot displays a Zoom meeting in progress. The main window shows a grid of 20 participants in a gallery view. The participants are arranged in 5 rows and 4 columns. The names of the participants are: Row 1: GDC Sagar, Subhash, Rajender Singh, sairam; Row 2: Yashvi Pathak, Dr Deependra Yadav, Ganesan Thimm..., SUNITA KATRE; Row 3: Ragini Singh, Sushma Ghai, neelima peter, Galaxy M40; Row 4: hdi, PRINCIPAL sir, moto eb plus, Connecting to audio; Row 5: Bapi Das, Inderjeet Kaur, Mohini booker, Dr.Neerja gupta, gvbramhe@gm...; Row 6: Laxmi Narayan Rajak, 3402, Raj kumar sharma, Rashmi Dubey, Rita Lalra, Sharda Vishwakarma.

On the right side, there is a 'Participants (88)' list with a search bar and icons for each participant. Below the list is a 'Chat' window with the following messages:

- From Nanda Gunwara: nandagunwara@gmail.com
- From Raj kumar sharma to Everyone: good afternoon to all
- From Harsh Gunwara to Everyone: congratulations mam nice presentation.
- From Ajay Tyagi to Everyone: Good Afternoon myself Ajay Tyagi St. John's School Greater Noida West

The chat window also includes a 'To: Everyone' dropdown and a 'Type message here...' input field.



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The image shows a Zoom meeting in progress. The desktop background is visible on the left, showing various files and folders such as 'New', 'IMG-2019...', 'Google Chrome', 'This PC', 'IMG-2020...', 'CR Form...', 'Time Table M IMG-2020...', 'Webinar 2020 1920', 'Recycle Bin', 'IMG-2020...', 'Physicalver... 1920', 'Control Panel IMG-2020...', 'pdf', 'COVID 19 Profoma', 'Teacher MONO', 'New folder', 'Final Thesis SHH', 'Doc1', 'Applicat', 'Monika Proposal L...', 'TENVE DP 1 English', 'ACF-OyCAU...', '20/01/2021...', 'Vacation order', and 'Webinar Gdc M Sah'.

The Zoom meeting window shows a grid of participants. The participants visible are:

- GOC sagar
- Subhash
- Rajender Singh
- sairam
- Rajni Dubey
- Yashvi Pathak
- Dr Deependra Yadav
- Ganesan Thimm...
- SUNITA KATRE
- Laxmi Narayan Rajak,34...
- Rajni Singh
- Sushma Ghai
- naelma peter
- Galaxy M40
- 277eed5a...
- hd
- PRINCIPAL sir
- moto es plus
- Ravivirha
- Reshma
- Bapi Das
- Inderjeet Kaur
- Mohini baoker
- Dr.Neerja gupta
- gvbramhe@gm...

On the right side of the Zoom window, there is a chat area with the following messages:

- good afternoon
- kaur Bhatti Profe
- Damoh
- From Alka Duggal
- good afternoon
- From Ravivirha to E
- Thanks sir
- From Mohini baoker
- good afternoon
- From 277eed5a to I
- good afternoon
- chandel from dis
- sec.edn . Raeban
- From Dr. Rachana
- congratulations
- From Dr. V K Agnih
- voice is not
- From Dr.Neerja gu
- good afternoon
- From Harsh Gurw
- plz share feedba
- Dr.Nanda Gurw
- nandagurwar@
- From Raj kumar th
- good afternoon
- From Harsh Gurw
- congratulations