



MAHATMA GANDHI SHIKSHAN MANDAL ARTS, SCIENCE & COMMERCE COLLEGE, CHOPDA DIST. JALGAON

NATIONAL SERVICE SCHEME, STUDENT WELFARE DEPARTMENT AND DEPARTMENT OF SPORT
& PHYSICAL EDUCATION JOINTLY ORGANIZING

NATIONAL WORKSHOP ON YOGA & PHYSICAL FITNESS (17th – 21st JUNE, 2021)



COVID-19 taught us the change in our lifestyle. Yoga and Physical fitness are unavoidable part of our living physically as well as mentally sound. This is a one step towards the developing yoga culture. Hence, our college is organizing one-week National Workshop on Yoga & Physical Fitness.

Duration of the Workshop : 17th to 21st June, 2021

Time : Everyday 7:30 – 8:15 am

Registration Fee : No registration fee

Registration Link: <https://forms.gle/ZaKtMmejatJHSEN9A>



Join the Whatsapp Group here : <https://chat.whatsapp.com/CWt6HjnJUySKefBt1gOgSl>

Resource Persons

Date	Resource Person
17th – 18th June	Dr. G. S. Martale Director of Physical Education, D.N. College, Faizpur
19th – 20th June	Mrs. Jyoti Wagh Yoga Expert, Yoga Center, M.J. College, Jalgaon
21st June (International Yoga Day)	Prin. Dr. S. M. Kote Principal, MSM's College of Physical Education, Aurangabad

-: Convenor :-
Prof. Dr. A. L. Chaudhari (I/C Principal)

-: Organizing Committee :-
Mr. D. P. Sapkale (Program Officer, NSS)
Mrs. K. S. Kshirsagar (Director of Physical Education)
Dr. S. A. Wagh (Student Development Officer)
Dr. L. B. Patle (Technical Support Team Leader)

Schedule

Date	Time	Event	Anchor
17/06/2021 Thursday	7:30-7:40	Welcome & Inauguration Ceremony Chairperson : Hon. Mr. Adityadada Sandeep Patil (Director, MGSM, Chopda) Chief Guest : Hon. Dr. G. S. Martale Hon. Prof. Dr. A. L. Chaudhari	Mr. D. P. Sapkale
	7:40-8:10	Yoga Session – Dr. G. S. Martale	
	8:10-8:15	Vote of Thanks	Mrs. K. S. Kshirsagar
18/06/2021 Friday	7:30-7:35	Welcome	Mr. P. K. Labhane
	7:35-8:10	Yoga Session – Dr. G. S. Martale	
	8:10-8:15	Vote of Thanks	Dr. L. B. Patale
19/06/2021 Saturday	7:30-7:35	Welcome	Dr. S. A. Wagh
	7:35-8:10	Yoga Session – Mrs. Jyoti Wagh	
	8:10-8:15	Vote of Thanks	Mrs. K. S. Kshirsagar
20/06/2021 Sunday	7:30-7:35	Welcome	Mr. L. B. Patale
	7:35-8:10	Yoga Session – Mrs. Jyoti Wagh	
	8:10-8:15	Vote of Thanks	Mrs. K. S. Kshirsagar
21/06/2021 Monday	7:30-7:40	Welcome & Inauguration Ceremony of International Yoga Day Chairperson : Hon. Bhaiyyasaheb Adv. Sandeep Suresh Patil (President, MGSM, Chopda) Chief Guest : Hon. Prin. Dr. S. M. Kote Hon. Prof. Dr. A. L. Chaudhari	Dr. P. K. Labhane
	7:40-8:20	Yoga Session – Prin. Dr. S. M. Kote	
	8:20-8:30	Valedictory function of Workshop	Dr. S. A. Wagh