



Amar Sewa Mandal's  
**Kamla Nehru Mahavidyalaya, Nagpur**

(Reaccredited A+ Grade with CGPA3.53)

National Service Scheme (NSS)

Organises

National Level Lecture series on

**आरोग्यम् धनसंपदा on the Occasion of**

**International Yoga Day (21 June To 24<sup>th</sup> June 2021)**

At 4.00 pm on ZOOM & You Tube Live



**PATORNS**



Hon'ble Dr. Suhasini Wanjari  
President  
Amar Sewa Mandal,  
Nagpur



Hon'ble Adv. Abhijit Wanjarri  
MLC & Secretary,  
Amar Sewa Mandal  
Nagpur



Hon'ble Dr. Smeeta Wanjarri  
Treasurer  
Amar Sewa Mandal  
Nagpur

**OBJECTIVE**

The meaning of Yoga is Union. The word Yoga comes from the Sanskrit word 'yuj'. Which means to yoke, join or unite. Yoga is ancient physical and spiritual discipline and branch of philosophy more than 5,000 years ago. The International Day of Yoga has been celebrating annually on 21<sup>st</sup> June since 2015, following its inception in the United Nations General Assembly in 2014. Yoga is a physical, mental and spiritual practice which originated in India.

**OUTCOME**

In today's pandemic situation in all over the world human being need to be mentally & physically fit to Health means not only a person who is physically fit but also mentally & socially healthy. This conference has been organize for the achievement of mental & physical stability.

**ABOUT KAMLA NEHRU MAHAVIDYALAYA, NAGPUR**

Kamla Nehru Mahavidyalaya a renowned educational institute was established in 1983 by founder President Late Shri Govindraoji Wanjari for the noble mission of imparting knowledge. The college is forging ahead under the dynamic leadership of President Hon'ble Dr. Smt. Suhasini Wanjari, Hon'ble MLC Adv. Abhijit Wanjarri Secretary of Amar Sewa Mandal and Hon'ble Dr. Smt. Smeeta Wanjarri, Treasurer of Amar Sewa Mandal. The college has been re-accredited with A+ by NAAC, Bangalore with CGPA of 3.53. The institute continuously strives to improve the operational efficiency and has catered to the needs of diversified learners with reference to running several courses in Faculty of Art's Science, Commerce, and Management studies at Undergraduate, Postgraduate and Doctoral levels. The college has Ph.D. programs in Chemistry, Physics, Electronics, Computer science, English and Commerce. During last five years more than 300 research papers in refereed National and International Journals have been published. The college has also been associated with several International Universities like University of Huddersfield UK, University of Cambridge, INQAAHE, APQN.

## INTERNATIONAL YOGA DAY LECTURE SERIES 21<sup>ST</sup> JUNE TO 24<sup>TH</sup> JUNE 2021

Date- 21/06/2021 at 4.00 pm



**Mrs. Varsha J. Masurkar,**

**D.N.Y.D.,M.A.,M.Phil ,Ph.D** Appear:-Yogshartra  
Teacher at Kendriya Vidyalaya Vayusena Nagar  
Owner of 'YOGDARSHANAM' The search of inner soul yoga  
institution,Nagpur.

**Topic- Impact of Yoga on daily Life**



**Mrs. Rajani Satpute,**

**Principal , Navgyan Vikas (Govt. School)  
Certified Yoga Teacher .  
She work as a Yoga Teacher Since 20 Years.**

**Topic- Yoga & Me**

Date- 22/06/2021 at 4.00 pm



**Mrs. Pradnya Bagalkote,**

**Head, Dept. of Nutrition & Dietetics Viveka Hospitals &  
Research Institute Pvt. Ltd. Nagpur.  
Special area of interest in Diabetic patients, sports nutrition  
& covid patients. Member of Indian Dietetic Association,  
Nagpur Chapter, Member of National Diebetic educator  
association.**

**Topic- Stick to Basics**

Date-23/06/2021 at 4.00 pm



**Dr. Sumeeta Jogad**

**M.D. Ph.D (Reg)Prof.& Head, Department of Swasthavritta  
& Yoga Govt. Ayurved college Nagpur.  
She is incharge of post covid and Lifestyle through Ayurved  
OPD.**

**Topic- Impact of Biological clock on Lifestyle, An  
Ayurvedic Perspective.**

Date- 24/06/2021 at 4.00 pm



**Miss Shruti Deshpande ,**

**Bsc Biotechnology, PG diploma in plant medicine &  
Biomedicine,  
She is a product Manager at Promax Scientific Developer  
and is incharge of Cardiology conferences in India and  
Abroad.**

**Topic- Look Good Be Good**

**Registration: - Free**

**Please Make Registration –**

**<https://forms.gle/RRPcHs2BWBM5Vp8e9>**

**Join the What's app group –**

**Group I-**

**<https://chat.whatsapp.com/HBJ5YgWZ9MXErjDzTwp5ie>**

**Group II-**

**<https://chat.whatsapp.com/HBJ5YgWZ9MXErjDzTwp5ie>**

**ORGANIZERS**



**Dr. Dilip Badwaik**  
Principal  
Kamla Nehru Mahavidyalaya  
Nagpur.



**Dr. Pradip Dahikar**  
Vice Principal  
Kamla Nehru Mahavidyalaya  
Nagpur.



**Dr. Ninad Kashikar**  
NSS , Programe officer  
Kamla Nehru Mv.  
Nagpur



**Dr. Mrunal Waliokar**  
NSS , Programe officer  
Kamla Nehru mv.  
Nagpur.

**Organizing Committee Members:-**

**Dr. Kalpana Bhajni**

**Prof. Devendra Mangate**

**Dr. Manjusha Borkar**

**Dr. Sandhya Jain**

**prof. Praveen Sontakke**

**Prof. Preeti Mahajan**

**For any Query please contact**

**Dr. N. Kashikar, 9284470772**

**Dr. M.R. Waliokar 7757008809**