

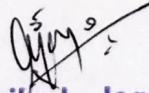
# NABIRA MAHAVIDYALAYA, KATOL

(UNDER COTI MOU)

College activity- Three-days' workshop on yoga & meditation

## Report

Under the umbrella of CoTI NMV Katol has organized the 3 days' workshop on the Yoga and Meditation from 23<sup>rd</sup> to 25<sup>th</sup> November 2021. In view of Covid 19 situation the above said activity conducted online with the participants from 13 colleges. Dr. Tejsigh L. Jagdale, Department of Physical Education and sports NMV Katol has delivered a talk and practical demonstration of various Asanas such as pranayama, yoga Nidra and meditation tricks to all the participants to get relief from the routine stress for student's and faculty members. He has also described the benefits of micro-exercise and Suryanamskar in the workshop. Total 350 participants were attended the workshop in online mode. After each session of demonstration and talk, 5-10 minutes discussion was conducted about yoga and its different therapies.



**Dr. Tejsigh L. Jagdale**  
Asst. Professor  
Dept. of Physical Education  
Nabira Mahavidyalaya, Katol.



SHIKSHAN PRASARAK MANDAL'S  
NABIRA MAHAVIDYALAYA, KATOL



Accredited 'B' Grade by NAAC

Approved by Govt. of Maharashtra Affiliated to RTM Nagpur University

CLUSTER OF THIRTEEN INSTITUTIONS

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

PRESENTS A THREE-DAY WORKSHOP ON

"YOGA AND MEDITATION"

23<sup>rd</sup> to 25<sup>th</sup> November 2021

Time : 05.00 to 06.15 PM



Dr. Haribhau Welukar  
Principal Arts, Comm.,  
Sci. College Arvi



Dr. Sunilkumar Navin  
Principal Nabira  
Maha. Katol



Dr. Vilas Deshmukh  
Principal Yashwant  
Maha. Wardha



Dr. Rambha Sonaye  
Principal Priyadarshini  
Mahila Maha.



Dr. Ashish Sasankar  
Principal Indraprasth  
New Arts Maha.  
Wardha



Dr. Sanjay Dhanwate  
Principal NKS Model  
College Karanja



Dr. Prakash Pawar  
Off. Principal A.D.  
College Bharsingi



Dr. Vilas Hadge  
Principal Arts, Comm.,  
Sci. Pulgaon



Dr. Nitin Matankar  
Principal Late  
Kolhatkar Maha.  
Rohana



Dr. Jobi George  
Principal Bhivapur  
Maha. Bhivapur



Dr. Devendra Bhongade  
Principal Jivan Vikas  
Maha. Devgram



Dr. Sanjay Kanode  
Principal Vidyabharti  
Maha. Seloo



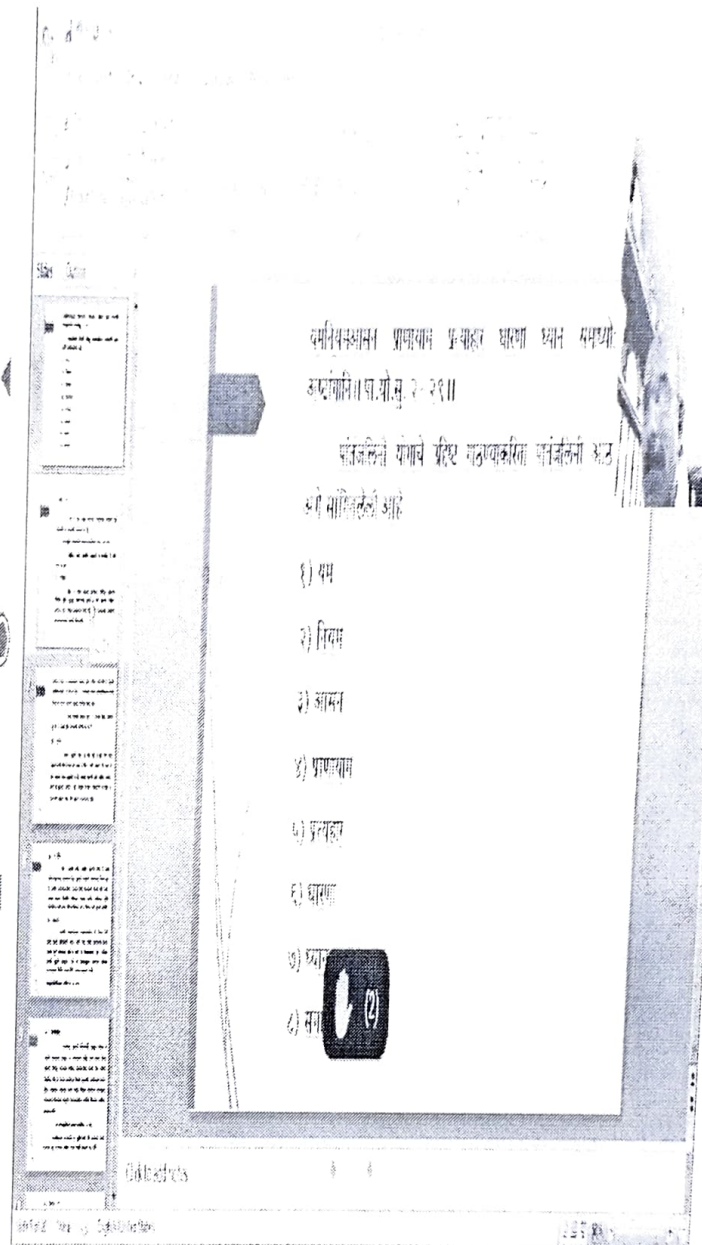
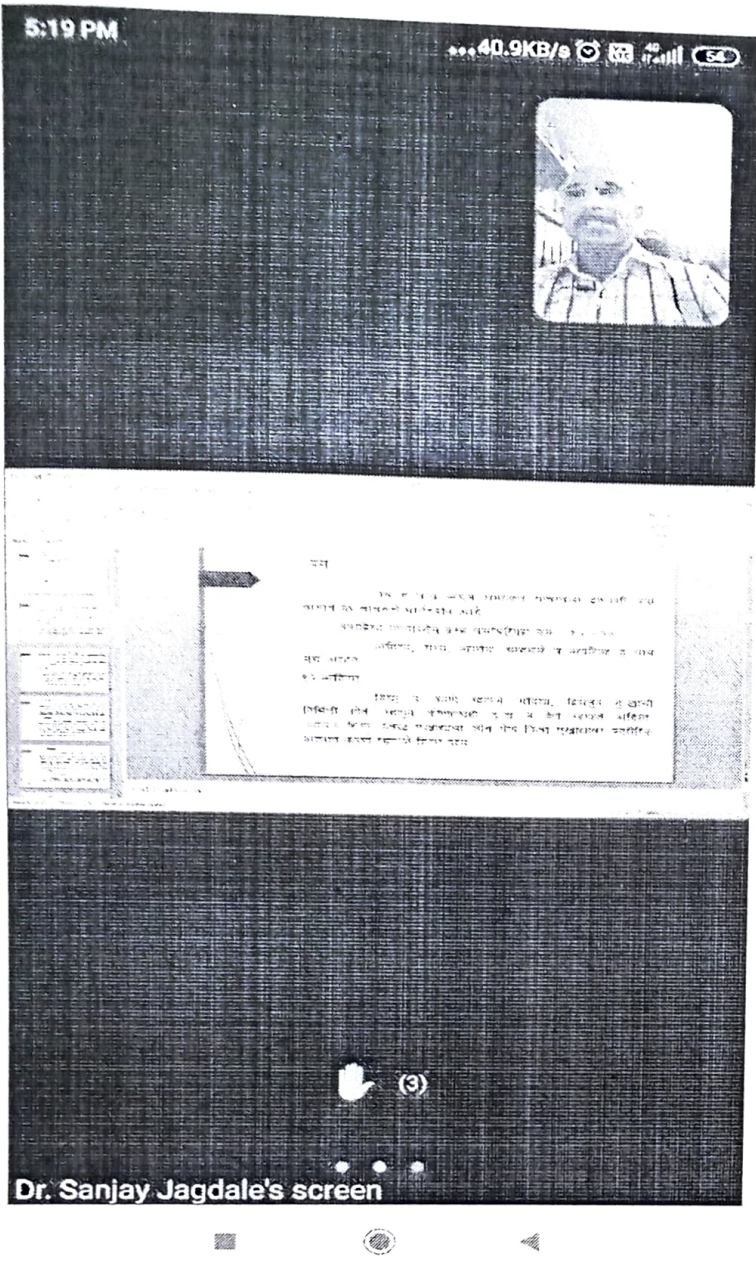
Dr. Archana Falke  
Off. Principal Yashwant  
Maha. Seloo

Resource Person :- Dr. Tejsiha L. Jagdale, Director Department of Physical Education & Sports,

Nabira Mahavidyalaya, Katol

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Asst. Professor  
Dept. of Physical Education  
Nabira Mahavidyalaya, Katol.

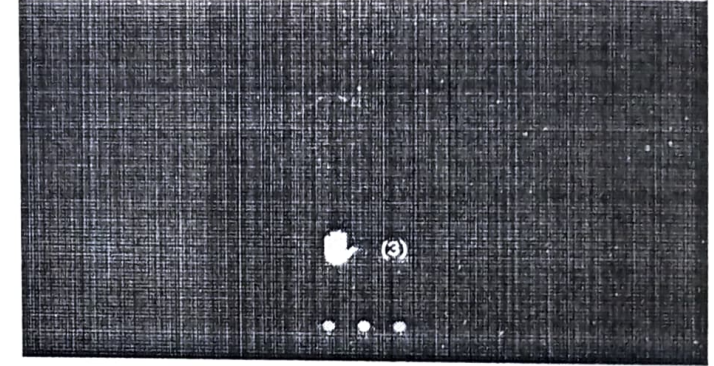
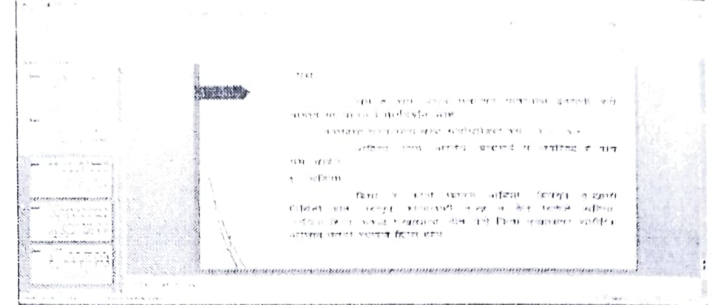
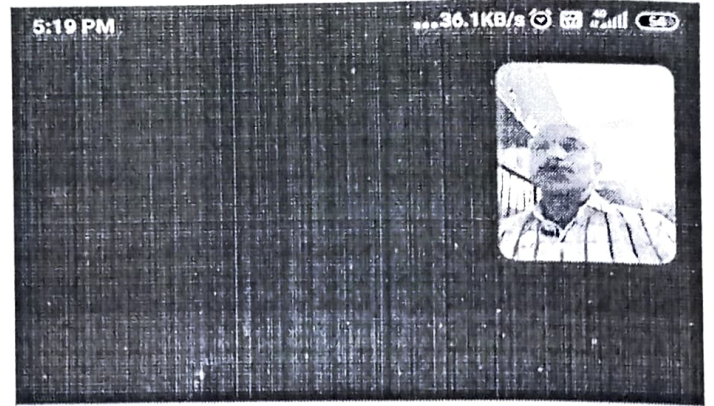
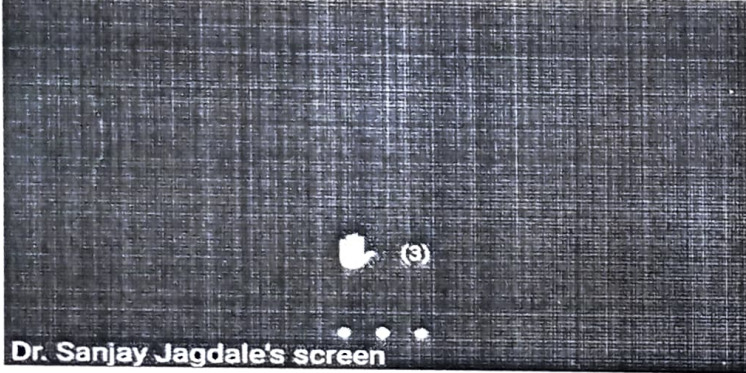
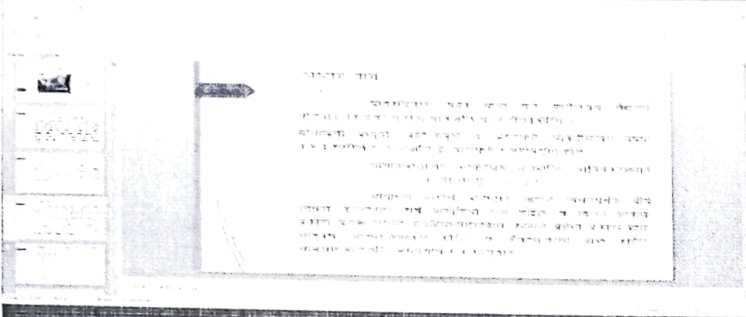





*Tejsi*

**Dr. Tejsi L. Jagdale**  
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 Dept. of Physical Education  
 Nabira Mahavidyalaya, Katol.





  
**Dr. Tejsiha V. Jagdale**  
**Asst. Professor**  
**Department of Physical Education**  
**Kolhapur Mahavidyalaya, Katol.**