



KAVIKULAGURU KALIDAS SANSKRIT UNIVERSITY

Ramtek(Dist. Nagpur, Maharashtra)



**INTERNATIONAL DAY OF
YOGA**

21st June 2017

Yoga life style should be adopted at early stage of life so that the benefits of Yoga practice can be enjoyed fully till the last breath. Because our body becomes non-flexible with age.

Yoga adds life to our years and years to our life.



Dr. Uma Vaidya
Hon'ble Vice-Chancellor

Report

The **third International Day of Yoga** was celebrated by the Kavikulaguru Kalidas Sanskrit University, Ramtek on 21st June, 2017 at Ramtek and Nagpur offices at 7 a.m. All the staff members of the University practiced Yoga on that Day and took pledge of practicing it daily.

Shri. Rajesh Chakinarpuwar had conducted Yoga classes for the non-teaching staff at head office at Ramtek and Sau. Sujata Dravyakar conducted Yoga classes for the teaching and non-teaching staff at Nagpur. Students of Yoga and NSS volunteers also attended these sessions with much zeal. After one hour practice of Yoga which comprised of asana, Suryanamaskar and Pranayama followed by practice of Omkara and meditation continued till 8 a.m. At the end of the session, all the participants pledged to practice Yoga daily. Thereafter, refreshment and milk was served to the participants.

The Department of Bharatiya Darshan organized many Yoga camps at various places in Nagpur to create awareness among masses about the usefulness of Yoga practice. 21 Yoga students of the Department had conducted these Yoga camps for 21 days at various places in Nagpur. About 500 participants got regular Yoga instruction during the period of November 2016-June 2017.

List of Yoga instructors

S.No	Name of Instructor	Place of Instruction	Duration	Number of Participants
01	Shri. RajendraChaudhari	Godrej Anandam City, nagpur	24-05-2017 to 30-05-2017	34
02	Sau. Varsha J. Masurkar	Ambanagar, Nagpur	05-05-2017 to 15-05-2017	10
		Hanuman mandir, nandanvan, Nagpur	20-05-2017 to 25-05-2017	10
		Anandamkamal Road, nagpur	26-05-2017 to 30-05-2017	
03	Sau. Vaishali Chide	Adv. SheshraoWankhadeVidyaniketan, NMC Nagpur	01-05-2017 to 15-05-2017	12
		Maratha SevaSanghLown Nagpur	15-05-2017 to 30-05-2017	20
04	Shri. ChandrakantDeshmukh Shri PramodMaive	PundalikMaharaj Ashram, Nandanwan, Nagpur	16-06-2017 to 20-06-2017	12
05	Shri. Bharat Gupta Shri. Pradip Gupta Sau. Saroj Gupta	R.T.M.Nagpur University Sports Complex, Nagpur	06-05-2017 to 10-05-2017	20
06	Ku. MadhuriWankar	AdilokMahilaMahavidyalay, Goregaon	01-04-2017 to 30-04-2017	15
		Gondiya Dist. Yoga Association Gondiya	21-05-2017 to 27-05-2017	15
		Nagar Parishad, Gondiya	06-06-2017 to 10-06-2017	15
		SfurtiBahudeshiya Society, Warora	29-05-2017 to 04-06-2017	25
		VivekmandirHighschool and Jr. College, Gondiya	01-05-2017 to 11-05-2017	15
		Vivekmandir CBSE School, Gondiya	12-05-2017 to 18-05-2017	16
		MangalamMukBadhir School, Gondiya	11-06-2017 to 17-06-2017	15
07	Sau. JyotiRangari	PadimatalBardhan Hall Prakashnagar, Khaparkheda	01-06-2017 to 10-06-2017	15
08	Sau. Shubhangi Naib Shri. RajendraChoudhari Shri. Pradeep Gupta Ku. GunjanDandekar Sau Sangeeta Agarkar Smt. Roopa Vyas Smt. NishigandhaKhandalkar Shri. ChandrakantDeshmukh Ku. SunitaWadhavan Sau. VarshaMasurkar	Vidarbha Co-operative Marketing Federation Hall	18-11-2016 to 21-11-2016	60
		Shri. Kaushal Guru Ashram		40
		Abhyankar Nagar, Nagpur		45
		Gandhisagar Garden, Nagpur		35
09	Ku Vanditamelag Dr.NishigandhaKhandalkar	GruhiniSamajbhavanRamdaspath, Nagpur	18-04-2017 to 24-04-2017	10

A special program cosponsored by **IDBI bank of India, Nagpur branch** was organized by the department at Hindi MorBhavan, Sitabuldi on 21st June 2017. It started at 10.30 am and continued till 12.30 pm. All the staff and students gathered at Hindi MorBhavan to know about the benefits of Yoga practice from Yoga experts.

- Chief Guest:** **Dr. KeshavKshirsagar**
(well-known Yoga expert)
- Special Guest:** **Shri. Santosh Potdar,**
Deputy General Manager,
IDBI Sitabuldi Branch, Nagpur
- Presided over by:** **Hon'ble Dr. Uma Vaidya,**
Vice Chancellor
- Special presence on stage:** **Dr. Aravind Joshi,**
Registrar, KKSU
Dr. Penna Madhusudan,
Coordinator of the program

The main program commenced with Vedic prayer by Veda student of the University. The Yoga students presented a Yoga song as per the Government protocol.

Mrs. Sunita Wadhawan, a Yoga student of the University Department and her team gave a demonstration of very difficult asana of flexibility to underline the efficacy of Yoga practice even in middle age. It was highly appreciated by the audience as it was shown through demonstration that regular Yoga practice makes our body strong and keeps it healthy.

Later special team of **17 children (young Yoga practitioners)** from **Vivek Mandir School, Gondia** also gave impressive demonstration of Yoga asana on this occasion.



Dr. Penna Madhusudan, Head Department of Bharatiya Darshan and Dean informed the audience about the department and its

activities during the Yoga day celebration. He also informed the dignitaries about the Yoga courses the Department has been running for last so many years.

He also informed that Sau. Naib, Shri. Chaudhari and team (students of the University) had taken special interest in conducting Yoga camps for general public. They arranged special Yoga camp for farmers. This camp generated interest among many people who appreciated the efforts of these Yoga instructors. Shri. Bharat Gupta, Sau. Niraja Gupta and team had given Yoga instructions to needy people at various places in New Zealand.

Dr. Keshav Shriram Kshirsagar was the chief Guest. He has been practicing Yoga for several Years and has invented a new Yoga method as sanjivani Pranayama. He has many books to his credit.



He enlightened the Yoga lovers with his knowledgeable speech. He highlighted the benefits of Yoga practice. He also told the participants not to imitate Yoga as it is very detrimental to

health. Instead one should learn Yoga from a trained Yoga instructor. Without proper training Yoga can cause health problems, he warned the audience. Daily regular Yoga practice can bring happiness in one's life, if practiced sincerely.



Dr. Uma Vaidya, Hon'ble Vice Chancellor delivered the presidential speech emphasizing on the importance of Yoga in today's life and how Yoga brings about physical, mental and spiritual

health in a well-coordinated way. Through physical health one can get mental health and it is for this reason that the Yoga Asanas bear importance. She also insisted on regular and sincere practice of Yoga to alleviate all types of ailments.

Dr. Vaidya explained in her inimitable style that Yoga life style should be adopted at early stage of life so that the benefits of Yoga practice can be enjoyed fully till the last breath. Because our body becomes non-flexible with age. This is exactly the quintessence of Yoga that it adds life to our years and years to our life.

Hon'ble Vice Chancellor madam congratulated the young Yoga practitioners from Vivek Mandir School, Gondia for their sincere and honest practice of Yoga. She appreciated the efforts of the students and declared cash incentive to all the participants.

Shri. Santosh Potdar, Deputy General Manager IDBI Bank, Sitabuldi branch, Nagpur who graced the occasion as special guest also spoke on the occasion. He incidentally threw



light on the importance of economic awareness also. He said that it is also important to have economic awareness to make a stronger nation. He illustrated how people cheat in the name of Bank personnel and explained the measures to keep personal accounts safe. He thanked the University authorities for having invited him on the occasion. He promised that in future too the IDBI Bank shall strive to participate in the academic activities of the University.



Dr. Kalapini Agasti, Assistant Professor, Department of Bharatiya Darshan proposed a vote of thanks and the program concluded with the Pasayadan rendered by Shri. Shripada Abhayankar.





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