



## **Savitribai Phule Pune University**

# **Department of Sports & Physical Eductaion**

organizing

# Three Days National Webinar on **INNER PEACE & HUMANITY** "A Humanistic Approach for Peace"

09th – 11th June, 2022









Prof. Karbhari Kale Prof. Sanjeev Sonawane Prof. Deepak Mane Hon'ble Vice Chancellor, Hon'ble Pro Vice Chancellor, Dean, Faculty of IDS SPPU, Pune SPPU, Pune Head & Director DSPE SPPU, Pune

## **INNER PEACE & HUMANITY** "A Humanistic Approach for Peace"

"Yoga practice brings joy, health and peace from within and it deepens a sense of continuous connection between an individual's inner consciousness and the external world. This 8th International Yoga Day appropriately portrays, how during the peak of the COVID-19 pandemic, Yoga served the humanity in alleviating the suffering. Even in this emerging post-COVID situation too, Yoga brings people together through compassion, kindness, along with building resilience among people all over the world. As the nation is celebrating "Azadi Ka Amrit Mahotsav", 75 national-level iconic sites showcasing the mass Common Yoga Protocol (CYP) demonstration on 21st June, 2022. We the Department of Sports & Physical Education, Savitribai Phule Pune University is organising "Jan-Jagran Pandhravada" from 05th-20th June, 2022. Our Yoga Volunteers will be conducting Daily Yoga Session for 01 hour in nearby Schools, Gram Panchayat Centers, Residential Socities for 15 days. 03 days online lectures series from 09th-11th June, 2022 and 07 days Yoga Workshop from 14th-21st June, 2022 will be conducted in Indoor Hall, Khashaba Jadhav Sports Complex, within Savitribai Phule Pune University campus.

### **Resource Persons**

### Dr. Manmath Gharote

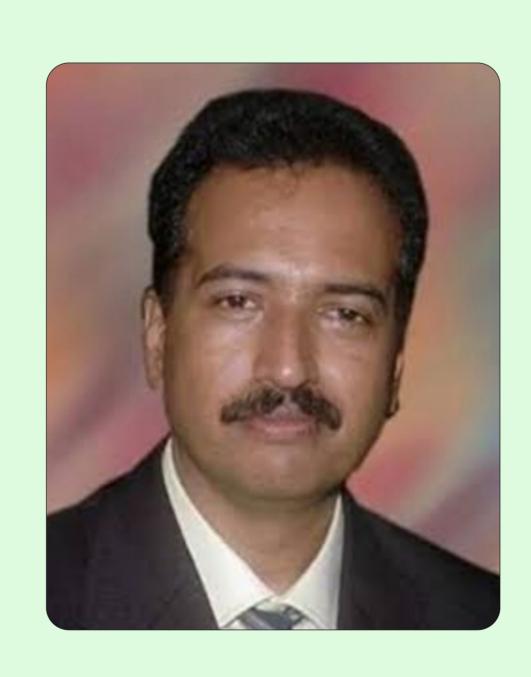
Director, The Lonavala Yoga Institute (India), Lonavala, Pune, MH **Topic :- "Importance of Yoga for Mental Stability"** Date : 09th June, 2022, Thursday Time :- 08:00 am - 09:30 am **Session** :- ]

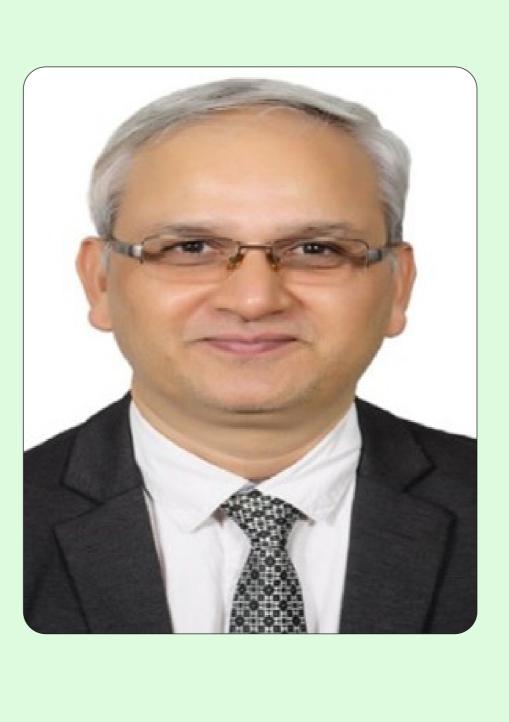


Yogarcharya Shri. Pramod Niphadkar Head, Yoga Vidya Dham, Pimpri Chinchwad, Pune, MH **Topic :- "Yoga and Mental Health"** Date : 10th June, 2022, Friday **Session :- II** Time :- 08:00 am - 09:30 am

#### Dr. Amit Mishra Director, Dirghayuh Treatment Center, Kalyan (Thane) Medical Director, Bharati Purohit Yoga Samsthana (NGO) **Topic :- "Youth and Stress"** Date : 11th June, 2022, Saturday Time :- 08:00 am - 09:30 am







**Session :- III** 



#### 2) After Registration join Telegram Group : https://t.me/+9TMrMykIG\_AyMzdl

3) It is mandatary to fill up the Registration form on or before 05:00 pm, 08th June, 2022 (Wednesday).

4) Participants should ensure that they have a stable internet connection.

5) Participant can join live session on Zoom via following link:https://us02web.zoom.us/j/84045822200?pwd=UmlFVkZQSzk4cUw1TGlKY2o1Z3A1QT09

OR

# Meeting ID: 840 4582 2200 **# Passcode: 100** 

6) Participant can also join on Department YouTube Channel https://www.youtube.com/c/DeptofPhysicalEducationSPPUPune for the sessions of the day.

7) Link (Google Form) for the feedback sessions of the day will be shared daily by 03:00 pm on Telegram Group, which participants have to complete and submit before 08:00 pm same day.

8) Each participant will have to submit total 03 feedback forms, i.e. one every day after viewing the sessions for that particular day to successfully complete this webinar.

9) For Enquiry and further details you can contact us at :-# Dr. Abhijeet Kadam (Asst. Prof.) :- 9689827038 # Dr. Vishvanath Pise (Asst. Prof.) :- 9881475758 # Mr. Mangesh Thomake (Asst. Prof.) :- 9011371412 # Mrs. Pooja Sharma (Asst. Prof.) :- 9960263102 # Mr. Deepak Ghole (Assistant) :- 9823082408



### **General Instructions for Participants**

### 1) Registration Link : https://forms.gle/XxDhw1KMUBce2jnbA