

Date: 2/01/20

To,  
The,  
Principal  
Vinayak Vidnyan Mahavidyalaya  
Nandgaon Khandeshwar

Subject: Seeking permission for the conduction of one day Workshop on Yoga.

Respected Madam,

Department of Physical Education, wish to organise a one day Workshop on "**importance of Yoga in Modern day Life style**", 3<sup>rd</sup> January 2020 at college campus 8.00 am onwards. The Workshop will be conducted by invited guest Dr. Snathosi Saurkar, Assistant Professor Hanuman Vyama Physical education College, Yavtaml. And Dr. Vishwas Jadhav , Assistant professor, Shivaji Science College, Amravati.

I request you to consider our proposal

Regards

Dr Shyam Dalvi  
Director of Physical Education  
Vinayak Vidnyan Mahavidyalaya  
Nandgaon Khandeshwar

## Report

The department of Physical Education recently organised on 3<sup>rd</sup> January 2020, a one day Workshop on “ Importance of Yoga in modern day life style. The Workshop was conducted specially for the faculty and students of Vinayak Vidnyan Mahavidyalaya, Nandgaon Kha deshwar. The department invited Dr Santoshi Sautkar , Assistant professor Dept of Physical education at Shri Hanuman Vyam Colleg of Physical Education, Yavatmal and Dr Vishwas Jadhav, Physical Director, Shri Shivaji Science College Amravati. The president of the event Dr Alka Bhise , Principal of Vinayak Vidnyan Mahavidyalaya, Nandgaon Khandeshwar. The IQAC coordinator , Dr Suchita Khodke was also present



at the event. Dr Santoshi in her talk , discussed about the importance of yoga and also demonstrated the techniques to perform yoga in a proper way. Dr Vishwas Jadhav, also demonstrated various yogic practices and express the importance of yoga in daily life. The event started with national anthem and got concluded with the vote of thanks given by Dr Gajendrasingh Pachlore.



# VINAYAK VIDNYAN MAHAVIDYALAYA

Nandgaon Khandeshwar, Dist. Amravati

(An institute run by Pravin Khodke Memorial Trust, Amravati)



Sau. Sulbha Sanjay Khodke  
(MLA)  
President, P. K. M. Trust, Amt

College Code No. : 197 || (07721) 222245

Email : [vvm197@sgbau.ac.in](mailto:vvm197@sgbau.ac.in)

Sev. Id. 06610100047

Dr. Alka Anant Bhise

Principal

Mob. No.

9823526341

Website: [www.vinayakmahankh.in](http://www.vinayakmahankh.in)

Outward No. : PKMT/VVM/0120/Q

Date : 1/01/2020

## Invitation Letter

To,

**Dr Santoshi Saurkar**  
Assistnat Professor  
Hanuman Vyam Physical Education  
College  
Yavatmal

**Subject:** Requesting you to grace the event as Resource for One day Workshop on “  
Importance of Yoga in Modern day Life Style”

Dear Madam

It gives us immense pleasure to Invite you for One day Workshop on “ Importance of Yoga in Modern day Life Style” Scheduled to be organized on **3<sup>rd</sup> January 2020** by Department of Sports. Of Vinayak Vidnyan Mahavidyalaya, Nandgaon (kh). At Deshmukh Hall from 8.00 am onwards.

We hope you will accept our invitation and would grace occasion.

Thanking you

**Dr Alka Bhise**

Principal

Vinayak Vidnyan Mahavidyalaya  
Nandgaon Khandeshwar  
Dist.Amravati



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Outward No. : PKMT/VVM/0120/Q

Date : 1/01/2020

## Invitation Letter

To,

**Dr. Vishwas Jadhav**  
Asst. Professor  
Director of Physical education  
Shri Shivaji Science College  
Amravati

**Subject:** Requesting you to grace the event as Resource for One day Workshop on “  
Importance of Yoga in Modern day Life Style”

Dear Sir

It gives us immense pleasure to Invite you for One day Workshop on “ Importance of Yoga in Modern day Life Style” Scheduled to be organized on **3<sup>rd</sup> January 2020** by Department of Sports. Of Vinayak Vidnyan Mahavidyalaya, Nandgaon (kh). At Deshmukh Hall from 8.00 am onwards.

We hope you will accept our invitation and would grace occasion.

Thanking you

**Dr Alka Bhise**

Principal

Vinayak Vidnyan Mahavidyalaya  
Nandgaon Khandeshwar  
Dist. Amravati



Dr. Anil Kumar Singh  
M.A. in Sanskrit & Hindi  
Lecturer  
Jyoti

विमलसिद्धि  
THE YOGA SHIKSHA

Accuracy:  
time: 2020-01-03 10:12:01  
longitude:  
latitude:  
Weather: null  
Temperature: -273.15°C



Accuracy: 5.483

time: 2020-01-03 10:15:07

longitude: 77.8230608

latitude: 20.684385

null,Nandgaon Khandeshwar,Mah

Weather: null

Temperature: -273.15°C



Accuracy: 2200.0

time: 2020-01-03 10:18:29

longitude: 77.8322611

latitude: 20.6798732

null,Nandgaon Khandeshwar,Maha

Weather: null

Temperature: -273.15°C

Yoga)

मा. वाडयशदा अमरावती विद्यापीठ, अमरावती महानगर  
प्रधान खासक मेमोरिअल ट्रस्ट, अमरावती ज्येष्ठ शाखातील  
**विनायक विज्ञान महाविद्यालय**  
नांदगाव स्वदेश्वर जि. अमरावती  
आधुनिक युगातील मानवी जीवन शैलीत योगाचे महत्त्व  
**एक दिवसीय कार्यशाळा**  
दिनांक २२/१२/२०२२











2020.01.03 13:05