

Late Dattatraya Pusadkar Shikshan Sanstha, Amravati.

Late Dattatraya Pusadkar Arts College Nandgaon Peth, Amravati.

Accredited with Grade "B" by NAAC



Affiliated to Sant Gadge Baba Amravati University



International Interdisciplinary e-Conference

16 th October, 2021

Jointly Organized

IQAC & DEPARTMENT OF PHYSICAL EDUCATION & SPORTS

- Mahatma Jyotiba Fule Mahavidyalaya, Amravati.
- Late Dattatraya Pusadkar Arts College, Nandgaon Peth, Amravati.
- Narayanrao Rana Mahavidyalaya, Badnera, Amravati.

**ROLE OF PHYSICAL ACTIVITIES,
HEALTH AND FITNESS IN
TODAY'S CRISIS**

Conference Report



RESEARCH NEBULA
AN INDEXED, REFEREED &
PEER REVIEWED JOURNAL
ISSN 2277-8071

RESEARCH NEBULA

An International Refereed, Peer Reviewed & Indexed Quarterly journal in
Arts, Commerce, Education & Social Sciences

DOI PREFIX 10.22183 JOURNAL DOI 10.22183/RN IMPACT FACTOR 7.399





ONE DAY

INTERNATIONAL INTERDISCIPLINARY E-CONFERENCE ON ROLE OF PHYSICAL ACTIVITIES, HEALTH AND FITNESS IN TODAY'S CRISIS

16 th October, 2021

| Jointly Organized by |

MAHATMA JYOTIBA FULE MAHAVIDYALAYA, AMRAVATI. (M.S.)
LATE DATTATRAYA PUSADKAR ARTS COLLEGE, NANDGAON PETH, AMRAVATI. (M.S.)
NARAYANRAO RANA MAHAVIDYALAYA, BADNERA, AMRAVATI. (M.S.)

CHIEF PATRONS



Prin. Murlidharrao Bhonde
President
Asmita Shikshan Mandal,
Amravati.



Shri. Shrikrushnarao Balapure
Secretary
Late Dattatraya Pusadkar
Shikshan Sanstha, Amravati.



Shri. Dolendra Patil
Treasurer
Gajanan Maharaj Shikshan
Sanstha, Amravati.

RESOURCE PERSONS



Prof. Vyasah Kalyanasunderam
Yoga Therapist
Sri Lanka



Dr. Lim Boon Hooi
University of
Malaya, Malaysia.



Dr. Chandrakant Agashe
Professor
Pandit Ravishankar Shukla
University, Raipur (C.G.)

ORGANIZERS



Dr. Meenal Thakare (Bhonde)
Principal
Mahatma Jyotiba Fule
Mahavidyalaya, Amravati.



Dr. Vijay Darne
Principal
Late Dattatraya Pusadkar Arts
College Nandgaon Peth, Amravati.



Dr. Gopal Vairale
Principal
Narayanrao Rana Mahavidyalaya,
Amravati.

INAUGURAL CEREMONY

Date : 16 October, 2021, Time : 10.30 am

INAUGURATOR



Dr. Tushar Deshmukh
Registrar
Sant Gadge Baba Amravati
University, Amravati.

CHAIRMAN



Prof. Mukul M. Bhone
Secretary
Asmita Shikshan Mandal,
Amravati.

CHIEF GUESTS



Prof. Pradip Khedkar
Member
Management Council, Santa Gadge Baba
Amravati University, Amravati.



Dr. Avinash Asnare
Director
Physical Education and Sports Sant Gadge
Baba Amravati University, Amravati.



Dr. Meenal Thakare (Bhonde)
Principal,
Mahatma Jyotiva Fule
Mahavidyalaya, Amravati.



Dr. Vijay Darne
Principal,
Late Dattatraya Pusadkar Arts
College Nandgaon Peth, Amravati.



Shri. Dolendra Patil
Treasurer,
Gajanan Maharaj Shikshan
Sanstha, Amravati.



Dr. Gopal Vairale
Principal,
Narayanrao Rana Mahavidyalaya,
Amravati.

VALEDICTORY FUNCTION

Date : 16 October, 2021, Time : 4.00 pm

CHAIRMAN



Dr. Gopal Vairale
Principal,
Narayanrao Rana Mahavidyalaya,
Amravati.

CHIEF GUESTS



Dr. Durgesh Kunte
Principal
Loknayak Bapuji Aney Mahila
Mahavidyalaya, Yavatmal.



Shri. Shrikrushnarao Balapure
Secretary
Late Dattatraya Pusadkar
Shikshan Sanstha, Amravati.



Dr. Vijay Darne
Principal,
Late Dattatraya Pusadkar Arts
College Nandgaon Peth, Amravati.

CONVENERS



Dr. Shridhar Dhakulkar
Director of Physical Education & Sports
Mahatma Jyotiba Fule Mahavidyalaya,
Amravati.



Dr. Shrikant Mahulkar
Director of Physical Education & Sports
Late Dattatraya Pusadkar Arts College
Nandgaon Peth, Amravati.



Dr. Khushal Alaspure
Director of Physical Education & Sports
Narayanrao Rana Mahavidyalaya,
Amravati.

IQAC COORDINATORS



Dr. Mariam Thomas
Mahatma Jyotiba Fule Mahavidyalaya,
Amravati.



Dr. Pankaj More
Late Dattatraya Pusadkar Arts College
Nandgaon Peth, Amravati.



Prof. Satish Khode
Narayanrao Rana Mahavidyalaya,
Amravati.

TECHNICAL ADVISOR



Dr. Vikas Adlok
Late Dattatraya Pusadkar Arts College
Nandgaon Peth, Amravati.

Late Dattatraya Pusadkar Shikshan Sanstha, Amravati.

Late Dattatraya Pusadkar Arts College Nandgaon Peth, Amravati.

Accredited with Grade "B" by NAAC

Affiliated to Sant Gadge Baba Amravati University



International Interdisciplinary e-Conference on **Role of Physical Activities, Health and Fitness in Today's Crisis**

16 October 2021

Conference Report

Contents

1. About Conference

- Purpose of the Conference
- Participants
- Keynote Speaker
- Resource Persons

2. Conference Proceedings

- Inaugural of the conference
- Keynote Address
- Technical Session I
- Technical Session II
- Paper Presentation Session I
- Paper Presentation Session II
- Paper Presentation Session III
- Paper Presentation Session IV
- Valedictory Function

3. Conference Outcome

4. Conference Brochure

5. Conference Invitation

6. Conference Schedule

7. List of Papers Published

8. Conference News

9. Conference Snap Shots



About Conference

International Conference on “Role of Physical Activities, Health and Fitness in Today’s Crisis” aims to bring together leading academic scientists, researchers and research scholars to exchange and share their experiences and research results on all aspects of Physical Exercises, Health and Fitness. It also provides a premier interdisciplinary platform for researchers, practitioners and educators to present and discuss the most recent innovations, trends, and concerns as well as practical challenges encountered and solutions adopted in the fields of Physical Exercises, Health and Fitness.

Physical activity and exercise can be effective treatment strategies for symptoms of both depression and anxiety. Each day is a new opportunity to engage in physical activity and exercise that can bring short and long-term benefits for mood, sleep, and physical health. Consistency and sustained motivation may be enhanced by peer support, family support, or electronic platforms offering exercise programs.

IQAC and Department of Physical Education and Sports, of Mahatma Jyotiba Fule Mahavidyalaya, Amravati., Late Dattatraya Pusatkar Arts College, Nandgaon Peth, Amravati and Narayanrao Rana Mahavidyalaya, Badnera, Amravati., have Jointly organised the one day Interdisciplinary International E-Conference on “Role of Physical Activities, Health and Fitness in Today’s Crisis” held on 16 October 2021.

Purpose of the Conference

The purpose of organizing this conference is to increase the awareness regarding importance of physical fitness, activities and health among the society. Music, psychology and nutrition is also playing an important role to maintain the fitness of human beings. This conference will definitely help to change the attitude of college physical directors, musicians, Ph.D scholars’, students and will bring the change in social status.

The Theme of the Conference

Theme : “Role of Physical Activities, Health and Fitness in Today’s Crisis”

Sub Themes :

1. Yoga,Pranayama and Breathing technique in music.
2. Role of music for mental fitness and health.
3. Role of Psychology in mental fitness and health.
4. Application of psychology in the field of physical education.
5. Obesity and weight control
6. Importance of sociology in sports.
7. Nutrition and Sports Performance of students.
8. Contributions of other therapy such as reiki, aerobics, music, Yoga, Herbal treatment for Fitness.
9. Physical fitness, Nutrition and sports performance.
10. Social impact of physical fitness on society.
11. Stress Management in Librarianship.
12. Effect of Political System on Sports.

Participants

For this conference 523 persons participated.In this conference Colleges Directors in the field of physical education, Psychologist, Dietician and nutritionist, Sociology published their research papers. Total 129 research papers are published from various states of the country.

Keynote Speaker



Dr.Chandrakant D. Agashe is a professor of Pandit Ravishankar Shukla University, Raipur (C.G.) He has 26 years of teaching experience. He Published 107 National and International Papers. He constructed 8 Test on various components, which is useful for students and researchers. He also published 4 books. He completed 3 projects and supervised 43 Ph. D students. He is member of NAAC Peer team, member of State Eligibility Test, Chairman of Board of studies. He was also resource person in number of refresher courses, conferences in various universities.

Resource Persons

For the conference resource persons Prof. Vyasah Kalyanasunderam from Sri Lanka and Dr. Lim Boon Hooi from Malaysia were present to deliver their knowledgeable speech.



Prof. Vyasah Kalyanasunderam

Prof. Vyasah Kalyanasunderam is a Renowned Yoga Therapist, Yoga Consultant, from Sri Lanka. Chief Yoga Instructor, Swami Vivekananda Cultural Center (High Commission of India in Sri Lanka), Yoga Consultant - Relaxation unit – Maharagama Cancer Hospital-Government of Sri Lanka. Chief Yoga Therapist, Astanka Yoga Mandhir - Established in 1953 Head of Academic Department (HAD). Institute Of Human Excellence -Which offers

1. Hatha Yoga Instructor Course and Yogic Life style Counsellor - 500 Hours of Diploma Course
2. Yoga Therapist and Yogic Life style Counselor-Advance Diploma in Yoga Therapy -1800 Hours .

National Institute for Traditional Medicine (Ministry of Ayurveda), Visiting Lecturer/Trainer for Yoga Therapy for Ayurveda and Siddha physicians. He also a resource person in International Yoga Conference in Sri Lanka Organized by Shree Hanuman Vyayam Prasatak Mandal and TAFISA Regional Center for Traditional Sports and Games Amaravati, India. Supported by National Institute of Sports Science and Ministry of Sports, Sri Lanka

Panel Member - Panel Member Development of National Competency standard & Curricular for Yoga Sector by National Apprentice and Industrial Training Authority. International Conference of Body and Mind –Organized by Alagappa University –Karaikudi –Guest of Honor and did five days Yoga workshop for physical education unit. International Conference on Role of Sports Science and Yoga on Human Performance Enhancement. Guest of Honor and Key note address. In this our conference he delivered a lecture and gave guidance on topic “Hatha Yoga Asanas for Efficiency of Physical Culture.”

Resource Persons



Dr. Lim Boon Hooi

Dr. Lim Boon Hooi is an Associate Professor, University of Malaya, Malaysia. He is a Deputy Director (Academic), University Malaya, Director, University Malaya. He published books and conducted many conferences as a resource person. In this our conference, he delivered a lecture and gave guidance on topic “Keep Up Your Physical Conditioning During the Challenging Period”

Conference Proceedings

Inauguration of the E-Conference



Dr. Vijay Darne

Principal, Late Dattatrya Pusadkar Arts College, Nandgaon Peth, Amt.

The Welcome Address was delivered by Principal Dr. Vijay Darane Sir, from Late Dattatrya Pusadkar Arts College, Nandgaon Peth, where he talked about the intention and importance of the organization of this conference briefly. He welcomed all the delegates, the dignitaries, invitees, Inaugurator, President, Chief Guests, Organizing Committee Members, National Advisory Board Members, Local Advisory Board Members and all the participants from all over India and abroad.

The conference was inaugurated by honourable Dr. Tushar Deshmukh, Registrar of Sant Gadge Baba Amravati University, Amravati who appreciated the efforts of all the three colleges for organizing such an International E-Conference, which is very much useful for everyone at this pandemic time where most of the individuals are undergoing mental and physical traumatic crisis. He gave his best wishes for the success of the E-Conference.

Conference Proceedings

Dr.Meenal Thakare, Principal, Mahatma Jyotiba Fule Mahavidyalaya, Amravati gave best wishes for the conference and appreciated the three colleges for collaborating the event.

Dr.Avinash Asnare, Director, Sports and Physical Education, SGBAU, Amravati, in his speech appreciated the efforts of all the three colleges for taking initiative in this era of pandemic for organizing such a big event on virtual platform. He also appreciated the topic chosen by the organizers.



Shri.Dolendra Patil
Treasurer, Gajanan Maharaj
Shikshan Sanstha, Amravati

Shri. Dolendra Patil, Treasurer of GMSS, Amravati also admired the efforts of the organizers and congratulated for organizing such an event on this crucial time. He stressed on the importance of regular exercise or yoga at least for 30 to 45 minutes a day in order to live happy and healthy for a longer period of time.



Dr.Gopal Vairale
Principal, Narayanrao Rana
College, Badnera, Amt.

Principal Dr.Gopal Vairale Sir of Narayanrao Rana College, Badnera, in his speech acknowledged all the earlier speeches in the conference. He also admired the efforts of all the organizers for organizing such a big event and mentioned that this conference will be really beneficial for all those attending. He gave his best wishes for the grand success of the conference.

Presidential address by Prof. Mukul Bhone



Prof. Mukul Bhone
Secretary, Asmita Shikshan
Mandal, Amravati.

Honourable Prof. Mukul Bhone Sir, in his presidential address congratulated all the organizers of the conference. He stressed on the relevance and importance of Physical Fitness and health in today's scenario. He mentioned that due to covid-19, our life, society, country and whole world is in tremendous trouble and suffered greatly. And in this context this conference will be highly beneficial for all to regain our health, mental fitness and to lead a normal life. He offered best wishes for the grand success of this E-Conference.

Vote of thanks



Dr. Shridhar Dhakulkar
Organizing Secretary,
E-conference,
Mahatma Jyotiba Fule
Mahavidyalaya, Amravati.

Inaugural Session which lasted more than an hour and a half ended with a vote of thanks by Dr. Shridhar Dhakulkar, organizing Secretary of this E- Conference.



Dr. Mariam Thomas
IQAC Coordinator,
Mahatma Jyotiba Fule
Mahavidyalaya, Amravati.

Dr. Mariam Thomas, HOD, Dept of English, MJF Mahavidyalaya, Amravati was the anchor of the inaugural session.

Keynote Address

In the Second Session Keynote Address was delivered by Prof. Dr. Chandrakant Agashe from Pandit Ravishankar Shukla University, Raipur. Dr. Rajesh Kumar, Prof. and Head Dept. of Physical Education, Osmania University, Hyderabad was the Chairperson and Dr. Kalyan Maldhure was the Co-Chairperson.



Prof. Dr. Chandrakant Agashe
Pandit Ravishankar Shukla
University, Raipur.

Prof. Agashe Sir in his keynote address talked about Role of health and fitness in today's crisis but health and fitness are a concern even before pandemic. He highlighted that millions of Indians died due to heart disease every year. And these numbers are continually growing due to stress, unhealthy food habits, alcohol and cigarette. He also differentiated the difference between work and exercise. He also talked about how to develop and maintain fitness.

Dr. Rajesh Kumar, Chairperson and Dr. Kalyan Maldhure, Co-Chairperson of the session summed up the session.



Dr. Khushal Alaspure
Convener, E-conference,
Narayanrao Rana
College, Badnera, Amt.

Dr. Khushal Alaspure, convener of conference, proposed vote of thanks for this Keynote address session.



Dr. Pankaj More
Asst.Prof.Dept.of English
Late Dattatrya Pusadkar
Arts College,
Nandgaon Peth, Amravati.

Dr. Mariam Thoms handed over the mic to Dr. Pankaj More who introduced all the resource persons and conducted all the technical sessions, paper presentation sessions up to valedictory function.

Technical Session First

For the 1st technical session, we had Prof. Vyasah Kalyansunderam, Yoga therapist from Sri Lanka as a resource person. Dr. Chandrashekharan, HOD, Physical Education Madurai Kamraj University, Madurai as a Chairperson and Dr. Anil Vidya, N.A. Deshmukh Mahavidyalaya, Chandur Bazar as a Co-Chairperson.



Prof. Vyasah Kalyansunderam
Yoga Therapist, Sri Lanka

Prof. Vyasah Kalyansunderam talked on the topic of - Hatha Yoga Asanas for Efficiency of Physical Culture. He delivered his speech with the help of live demonstration performed by his disciple Nelushi Bandara. He gave an example of a person who bore the leg of a huge elephant on his chest. And he claimed that everything happened due to the Yoga practice and certain breathing exercises.



Nelushi Bandara

He talked about growth and development of body and difference between them. He gave many examples to illustrate his topic.



Chairperson
Dr. Chandrashekharan
HOD, Physical Education Madurai
Kamraj University, Madurai

Dr. Chandrashekharan, HOD, Physical Education Madurai Kamraj University, Madurai as the Chairperson and Dr. Anil Vidya, N.A. Deshmukh Mahavidyalaya, Chandur Bazar as the Co-Chairperson have summed up the session with their findings. Dr. Jayvant Mane, proposed vote of thanks.

Technical Session Second

For the 2nd technical session, we had Dr. Lim Boon Hooi, University of Malaya from Malaysia as the resource person. Dr. Tanuja Raut, HOD, PGTD, SGBAU, Amravati as the Chairperson and Dr. Sunil Dambare, Mungsaji Maharaj Mahavidyalaya, Darwha as the Co-Chairperson.



Dr. Lim Boon Hooi
University of Malaya,
Malaysia

Dr. Lim Boon Hooi talked about keeping up your physical conditioning during the Challenging Period and health-related physical fitness, impact of covid-19 pandemic on immune system, Respiratory system, Cardiovascular system, Musculoskeletal system also exercise programming during covid-19 pandemic. His comprehensive speech explored many of the unexplored aspects related with the topic.



Chairperson
Dr. Tanuja Raut
HOD, PGTD of
SGBAU, Amravati.

Dr. Tanuja Raut, HOD, PGTD, SGBAU, Amravati as the Chairperson and Dr. Sunil Dambare, Mungsaji Maharaj Mahavidyalaya, Darwha as the Co-Chairperson have summed up the session with their findings. Dr. Prashant Gawande, proposed vote of thanks.

Paper Presentation Session

In this session Dr. Jayawant Mane, Mr. Ajinkya Kudtarkar, Prof. Sonali Asarkar and Mr. Yogesh Dhanjani presented their papers in four sessions respectively.

Paper Presentation Session I



Dr. Jayawant Mane

Director Physical Education
& Sports, K.M.C. College, Khopoli .

In the first paper presentation session, Dr. Jayawant Mane, Director Physical Education & Sports, K.M.C. College, Khopoli, presented the paper on "Contribution of other therapy Reiki, Aerobics, Music, Yoga for Fitness". He expressed that, Therapy is the method to scale back pain and improve or restore your quality with the help of therapists. With education and exercise, you will be able to manage your condition to decrease your pain and succeed long-run health benefits. Reiki is a sort of complementary medical aid about energy healing. Proponents say that it works with the energy fields round the body and involves the transfer of universal energy from the practitioner's palms to the client. Aerobics is a system of physical acquisition involving exercises admire running, walking, swimming, or workout performed so on cause marked short time increase in respiration and heart rate. High stroke volume is why athletes' hearts don't pump as quick throughout exercise and why they have such low resting heart rates. This happens because of an increase among the activity and variety of enzymes that transport element out of the blood and into the muscle.



Music medical aid is employed to assist in physical discomfort by rising respiration, lowering blood pressure, improved viscus output, reduced pulse and relaxed muscle tension. For mental health, this way of therapy is nice for reducing stress, common negative aspect effects, similar to emotional and activity problems. Yoga medical care could be a variety of therapy that uses yoga postures, respiratory exercises, meditation, and target-hunting imagination to enhance mental and physical health.

For this session Dr. Pravin Dabare was the Chairperson, Prof. Prashant Charjan was the Co-Chairperson and Dr. Shirish Topare expressed the vote of thanks.

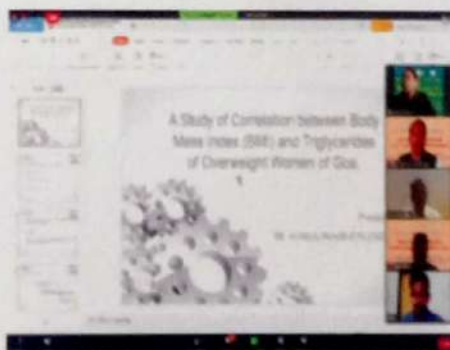
Paper Presentation Session

Paper Presentation Session II



Mr. Ajinkya Kudtarkar
Director of Physical Education
& Sports, VVM's Shree Damodar
College, Margao, Goa.

In the second paper presentation session, Paper Presenter, Mr. Ajinkya Avadhut Kudtarkar, Ph.D. Scholar, College Director of Physical Education & Sports, VVM's Shree Damodar College of Commerce & Economics, Margao, Goa, presented the paper on "A Study of Correlation between Body Mass Index (BMI) and Triglycerides of Overweight Women of Goa." While presenting the paper, he expressed briefly, that the purpose of the study is to investigate if any relationship exists between BMI and Triglycerides. 40 overweight Women aged between 25 to 57 years with BMI and Fat % above 23mm/hg and 33% respectively was selected to study the purpose. The result shows a weak positive correlation exists between BMI and Triglycerides of Overweight Women from Goa. We can conclude that a positive relationship exists, which means as BMI goes up, triglycerides follow; however, the relationship is weak.

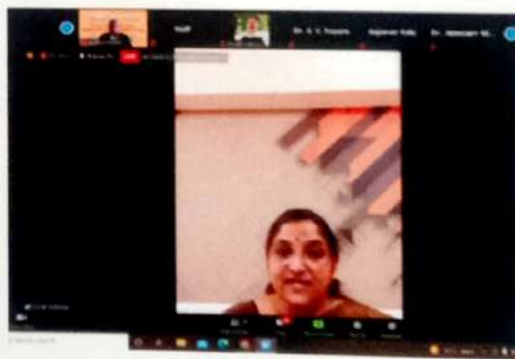


For this Session Prof. Dr. Ravibhushan Kadam was the Chairperson and Dr. Avinash Kharat was the Co-chairperson and Dr. Manoj Vyavhare delivered the vote of thanks.

Paper Presentation Session**Paper Presentation Session III**

Prof. Sonali Asarkar
(Music)
Mahatma Jyotiba Fule
Mahavidyalya, Amravati.

In the third paper presentation session, Paper Presenter, Prof. Sonali Asarkar, expressed that “Sound mind dwells in a sound body”. It means healthy mind dwells in a healthy body. Similarly, we can say that if mind is sound, then body will also be healthy and it is possible through music. When we think about human health, it includes physical and mental health. Physical health is related to mental health. For a successful and developed human life, every person has to maintain physical fitness and mental health. Only music has such power to keep a person physically and mentally healthy. Musical notes, Swarasadhana, raagas, and all musical forms are very effective for physical and mental health of humans. Music relieves physical and mental stress and it is very important for all physical activities.



For this Session Dr. Rajesh Chandrawanshi was the Chairperson and Dr. Aslam Khan was the Co-Chairperson. Dr. Sudhir Pathare proposed the vote of thanks.

Paper Presentation Session

Paper Presentation Session IV



Mr. Yogesh Dhanjani
LNCT University,
Bhopal

In the fourth paper presentation session, Paper Presenter, Mr. Yogesh Dhanjani, Research Scholar, School of Journalism and Mass Communication, LNCT University, Bhopal, presented the paper on “The Touch of Music: Understanding the Impact of music streaming applications and their work-out playlists in enhancing physical fitness.” He expressed that Music streaming applications today are gaining immense popularity amongst workout enthusiasts due to their tailor made work out playlists that cater to all kinds of physical exercises impacting motivational levels and making physical fitness activity more enjoyable. Music streaming services like Spotify, Apple Music and Tidal have created great dominance in the minds of people as they get equipped with high end mobile phones and easy availability of internet through data services and Wi-fi technology. Studies have shown that the music during physical training helps people to stimulate their minds better and focus on training aspects better. Different kinds of tempo and types of music can induce people to increase their motivation towards exercise routine and improve their participation. The study analyses the secondary data to understand the impact these music playlists of streaming applications have on the mood, pace and other aspects on those who indulge in activities that promote physical fitness.



For this session Dr.Sagar Narkhede was the Chairperson and Dr.Shubhangi Dambale was the Co-Chairperson. Dr.Pankaj More expressed the vote of thanks.

Valedictory Function

The Valedictory session was conducted by Dr. Jagdish Bawane, Asst. Professor, Dept of English, MJF Mahavidyalaya, Amravati. Valedictory Function started with the feedback by Dr. Jaywant Mane and Dr. Rajesh Chandrawanshi.

Feedback of the Conference :

In the feedback session Dr. Jaywant Mane from Mumbai, expressed his views that "One day interdisciplinary international e-conference on role of physical activities health and fitness today's crisis"



Dr. Jaywant Mane

Director Physical Education & Sports, K.M.C.College, Khopoli .

It's my indeed pleasure to give feedback at the occasion of valedictory function of one day interdisciplinary international conference on role of physical activities, health and fitness today's crisis. My heartiest congratulation to Principal, Mahatma Jyotiba Phule Mahavidyalaya Amravati, Late Dattatraya Pusadkar Arts College Nandgaon and Narayanrao Rana Mahavidyalaya Badnera for organising one day interdisciplinary international conference on role of physical activities, health and fitness in today's crisis.

It's the need of the hour to have such conference to restart and reboot physical education arena to start activities after pandemic situation. This conference has played very well right from the beginning including brochure which is very informative, registration link and paper sending information. Sub themes for this conference was selected wisely so maximum people from all disciplines can send the papers on various topics.

Conference inaugural session started on time. During this session keynote speaker professor Dr. Chandrakant agashe from Pandit Ravishankar Shukla University Raipur had given a very enlightening keynote address followed by first technical session by prof. Vyasah Kalyanasunderam from Kamraj University, Madurai. In this session he explained various aspects of the yoga and hatha yoga and efficiency of Physical Culture. In second technical session Dr. Lim Boon Hooi from University of Malaya, Malaysia spoke about physical conditioning & physical activities in a very nice manner.

All paper presentation sessions were organised in a very nice manner so maximum paper presenters can get an opportunity to present the paper. Over all I can say that time management during e-conference was very remarkable.

Very big congratulations to conveners Dr. Shridhar Dhakulkar, Dr. Shrikant Mahulkar & Dr. Kushal Alaspure for putting their efforts and being with all participants at every point where participants faced any sort of difficulty. IQAC coordinators have supported this conference every good manner to make this conference a grand success. Dr. Vikas Adlok have given very good technical support during this conference. All Technical sessions was planned in such a manner that each speaker can get reasonable time to put up his respective topic.

I like to say that this conference was a grand success because of team efforts especially Dr. Sridhar Dhakulkar has given his best to make this conference a grand success.

Thank you again for giving me an opportunity to express my feedback about one day interdisciplinary international conference on role of physical activities health and fitness in today's crisis.



Dr. Rajesh Chandrawanshi
R.L.T. College of Science,
Akola (M.S.)

And secondly in feedback session Dr. Rajesh Chandrawanshi from Akola, expressed his views that, First of all, I appreciate the great efforts of all the 3 colleges and the organizers for the great success of this conference. I am extremely happy and proud to state that your hard work had brought great success and huge response to this conference. It is praise worthy that all the participants from far near and from India and other countries have benefitted and all will definitely make it a point to practice what they heard & learned from this conference. Once again I congratulate all the 3 colleges & the organizers.

Guests



Dr. Durgesh Kunte
Principal, Loknayak Bapuji
Aney Mahila Mahavidyalaya,
Yavatmal

Prin. Dr. Durgesh Kunte in his speech appreciated the organizers for taking initiative to organize this big event. He mentioned that with the help of physical fitness we can maintain equilibrium of mind and body. He also stated that the whole world is suffering from this covid pandemic and we became literally inactive. Many people are facing the problem of obesity and lethargy. He appreciated the topic chosen by the organizers in this crucial time.



Dr. Vijay Darne
Principal, Late Dattatrya
Pusadkar Arts College,
Nandgaon Peth, Amravati.

Principal Dr. Vijay Darane Sir, from Late Dattatrya Pusadkar Arts College, Nandgaon Peth, expressed his overall review of the conference. And talked about all the speakers. He congratulated all the organizers for successful organisation of the conference.

Presidential Address



Dr.Gopal Vairale
Principal,
Narayanrao Rana College,
Badnera. (M.S.)

Principal Dr. Gopal Vairale Sir of Narayanrao Rana College, Badnera, in his presidential address heartily congratulated all the organizers for successful organisation of the conference. He also appreciated the efforts of all those who worked hard from the last one and half month. He mentioned that conference was highly beneficial for one and all in terms of mental and physical fitness. He also talked about the resource persons and gave his overall review on the grand success of the E-Conference.



Dr.Shrikant Mahulkar
Convener, E-conference,
Late Dattatrya Pusadkar
Arts College,
Nandgaon Peth, Amravati.

Valedictory session which lasted for an hour ended with a vote of thanks by Dr. Shrikant Mahulkar, convener of this E- Conference.



Dr. Jagdish Bawane
Asst.Prof.Dept.of English,
Mahatma Jyotiba Fule
Mahavidyalaya, Amravati

Dr.Jagdish Bawane, Department of English, Mahatma Jyotiba Fule Mahavidyalaya, Amravati was the anchor of the Valedictory Session.

Details of Registration and Paper Publication

More than 658 delegates from nine countries have participated in the conference, 127 papers are selected to be published in J-Gate Indexed Research Nebula, an Indexed, Referred and Peer Reviewed International Research Journal. Dr. Vikas Adlok , from Dattatray Pusadkar College technically managed the whole conference.

Conference Outcome

The conference was a great success and 658 faculty members have attended and 129 have presented their research papers in the journal. It had definitely benefitted all those participated, all who were involved in this event and all associated with the participants. Due to this conference many had adapted the practice of yoga and regular exercise to their daily life. This e-conference had increased the awareness of all the participants & their students about the advantages of exercise & fitness in one's life and also it had enhanced the confidence level and positive attitude to fight any pandemic and to come out successful in life.

Dr. Shrikant Mahulkar
Organizing Secretary
Director of Physical Education & Sports
Late Dattatraya Pusadkar Arts College,
Nandgaon Peth, Amravati.

Dr. Vijay Darne
Principal
Late Dattatraya Pusadkar Arts College,
Nandgaon Peth, Amravati.

Dr. Pankaj More
IQAC Coordinator
Late Dattatraya Pusadkar Arts College,
Nandgaon Peth, Amravati.




Conference Invitation

International Interdisciplinary E-Conference
on
Role of Physical Activities,
Health and Fitness in Today's Crisis



Jointly Organized by
 Mahatma Jyotiba Phule Mahavidyalaya, Auravali
 Late Dattatraya Prasadkar Arts College, Nanalgan Pathi, Auravali
 Narayana Rana Mahavidyalaya, Badnari, Auravali

Date: 16 October 2021 Time: 10.30 AM




Chief Patrons

 Prof. Narayanas Shinde President Naraya Shrihari Mahavidyalaya, Auravali	 Sri. Narayanaswaroop Salgotra Secretary Late Dattatraya Prasadkar Arts College, Nanalgan Pathi, Auravali	 Sri. Bhadrendra Pait Treasurer Gagan Mahaling Shikshan Sanstha, Auravali
--	--	--

Resource Persons

 Yashu Lakshminandan IIT Thane, Mumbai	 Dr. Lee Boon Seng University of Malaya, Malaysia	Key-Note Address
---	---	-------------------------

Organizers

 Dr. Murali Thiagaraj Principal Mahatma Jyotiba Phule Mahavidyalaya, Auravali	 Dr. Vijay Duran Principal Late Dattatraya Prasadkar Arts College, Nanalgan Pathi, Auravali	 Dr. Gopal Vairale Principal Narayana Rana Mahavidyalaya, Auravali
---	---	--

INAUGURAL CEREMONY

Date : 16 October, 2021, Time : 10.30 am

 Dr. Vishal Shindekar Inaugurator Sant Gadge Baba Ambedkar University, Auravali	 Prof. Mahul N. Shinde Chairman Naraya Shrihari Mahavidyalaya, Auravali
---	--

Chief Guests

 Prof. Pradip Sankar Member Management Council Sant Gadge Baba Ambedkar University, Auravali	 Dr. Anand Anand Director Physical Education and Sports Sant Gadge Baba Ambedkar University, Auravali
 Dr. Murali Thiagaraj Principal Mahatma Jyotiba Phule Mahavidyalaya, Auravali	 Dr. Vijay Duran Principal Late Dattatraya Prasadkar Arts College, Nanalgan Pathi, Auravali
 Sri. Bhadrendra Pait Treasurer Gagan Mahaling Shikshan Sanstha, Auravali	 Dr. Gopal Vairale Principal Narayana Rana Mahavidyalaya, Auravali

[ZOOM LINK](https://www.youtube.com/watch?v=0Bw9v11tXpU)
[YOUTUBE LINK](https://www.youtube.com/watch?v=0Bw9v11tXpU)

VALEDICTORY FUNCTION

Date : 16 October, 2021, Time : 4.00 pm

 Dr. Gopal Vairale Chairman Narayana Rana Mahavidyalaya, Auravali
--

Chief Guests

 Dr. Durgam Kurle Principal Lakshmi Ramji Phule Mahavidyalaya, Tumbur	 Sri. Narayanaswaroop Salgotra Secretary Late Dattatraya Prasadkar Arts College, Nanalgan Pathi, Auravali	 Dr. Vijay Duran Principal Late Dattatraya Prasadkar Arts College, Nanalgan Pathi, Auravali
--	--	---

Commentors

 Dr. Anand Shindekar Director of Physical Education Mahatma Jyotiba Phule Mahavidyalaya, Auravali	 Sri. Narayanaswaroop Salgotra Secretary of Physical Education Late Dattatraya Prasadkar Arts College, Nanalgan Pathi, Auravali	 Dr. Sandesh Anand Director of Physical Education Narayana Rana Mahavidyalaya, Auravali
--	--	---

IQAC Coordinators

 Dr. Murali Thiagaraj Principal Mahatma Jyotiba Phule Mahavidyalaya, Auravali	 Dr. Pradip Shinde Late Dattatraya Prasadkar Arts College, Nanalgan Pathi, Auravali	 Prof. Mahul N. Shinde Secretary Narayana Rana Mahavidyalaya, Auravali	 Dr. Gopal Vairale Principal Narayana Rana Mahavidyalaya, Auravali
--	---	---	--

[ZOOM LINK](https://www.youtube.com/watch?v=0Bw9v11tXpU)
[YOUTUBE LINK](https://www.youtube.com/watch?v=0Bw9v11tXpU)

Conference Schedule

Mohammed Jassim Faleh Makhadmeh, Assistant
 Lect. Department of Physical Education, Faculty of Education, Al-Qadisiyah University, Al-Qadisiyah, Iraq
 Department of Physical Education, Faculty of Education, Al-Qadisiyah University, Al-Qadisiyah, Iraq
 (Host Organization)

Chair Day
International Interdisciplinary e-Conference
Role of Physical Activities, Health and Fitness in Today's Crisis
 Date: 14th October 2021

10:00 AM - 11:30 AM
Registration

Time	Participants
10:00 AM - 11:30 AM	Registration (Continuing)
11:30 AM - 12:30 PM	Keynote Address: Prof. Dr. Y. Sambalathu, Uganda
12:30 PM - 1:30 PM	Technical Session - I Business Presentations Prof. Yousang Ahn, South Korea
1:30 PM - 2:30 PM	Technical Session - II Business Presentations Dr. Lim Boun Ghil
2:30 PM - 3:30 PM	Paper Presentations Session I
3:30 PM - 4:30 PM	Paper Presentations Session II
4:30 PM - 5:30 PM	Paper Presentations Session III
5:30 PM - 6:30 PM	Technical Presentations

Mohammed Jassim Faleh Makhadmeh, Assistant
 Lect. Department of Physical Education, Faculty of Education, Al-Qadisiyah University, Al-Qadisiyah, Iraq
 Department of Physical Education, Faculty of Education, Al-Qadisiyah University, Al-Qadisiyah, Iraq
 (Host Organization)

Chair Day
International Interdisciplinary e-Conference
Role of Physical Activities, Health and Fitness in Today's Crisis
 Date: 14th October 2021

10:00 AM - 11:30 AM
Registration

Time	Participants
10:00 AM - 11:30 AM	Registration (Continuing)
11:30 AM - 12:30 PM	Keynote Address: Prof. Dr. Y. Sambalathu, Uganda
12:30 PM - 1:30 PM	Technical Session - I Business Presentations Prof. Yousang Ahn, South Korea
1:30 PM - 2:30 PM	Technical Session - II Business Presentations Dr. Lim Boun Ghil
2:30 PM - 3:30 PM	Paper Presentations Session I
3:30 PM - 4:30 PM	Paper Presentations Session II
4:30 PM - 5:30 PM	Paper Presentations Session III
5:30 PM - 6:30 PM	Technical Presentations

Mohammed Jassim Faleh Makhadmeh, Assistant
 Lect. Department of Physical Education, Faculty of Education, Al-Qadisiyah University, Al-Qadisiyah, Iraq
 Department of Physical Education, Faculty of Education, Al-Qadisiyah University, Al-Qadisiyah, Iraq
 (Host Organization)

Chair Day
International Interdisciplinary e-Conference
Role of Physical Activities, Health and Fitness in Today's Crisis
 Date: 14th October 2021

10:00 AM - 11:30 AM
Registration

Time	Participants
10:00 AM - 11:30 AM	Registration (Continuing)
11:30 AM - 12:30 PM	Keynote Address: Dr. Felecia Wilson, USA East Tennessee State University, Johnson City, Tennessee, USA
12:30 PM - 1:30 PM	Business Presentations Prof. Dr. Y. Sambalathu, Uganda Paikani University, Paikani, Uganda
1:30 PM - 2:30 PM	Chairman: Dr. Nagdy Elmaghrabi Prof & Staff, Dept. of Physical Education, Mansoura University, Mansoura, Egypt
2:30 PM - 3:30 PM	Technical Session - I Business Presentations Dr. Lim Boun Ghil
3:30 PM - 4:30 PM	Technical Session - II Business Presentations Dr. Lim Boun Ghil
4:30 PM - 5:30 PM	Paper Presentations Session I
5:30 PM - 6:30 PM	Paper Presentations Session II
6:30 PM - 7:30 PM	Paper Presentations Session III
7:30 PM - 8:30 PM	Technical Presentations

Mohammed Jassim Faleh Makhadmeh, Assistant
 Lect. Department of Physical Education, Faculty of Education, Al-Qadisiyah University, Al-Qadisiyah, Iraq
 Department of Physical Education, Faculty of Education, Al-Qadisiyah University, Al-Qadisiyah, Iraq
 (Host Organization)

Chair Day
International Interdisciplinary e-Conference
Role of Physical Activities, Health and Fitness in Today's Crisis
 Date: 14th October 2021

10:00 AM - 11:30 AM
Registration

Time	Participants
10:00 AM - 11:30 AM	Registration (Continuing)
11:30 AM - 12:30 PM	Keynote Address: Dr. Felecia Wilson, USA East Tennessee State University, Johnson City, Tennessee, USA
12:30 PM - 1:30 PM	Business Presentations Prof. Dr. Y. Sambalathu, Uganda Paikani University, Paikani, Uganda
1:30 PM - 2:30 PM	Chairman: Dr. Nagdy Elmaghrabi Prof & Staff, Dept. of Physical Education, Mansoura University, Mansoura, Egypt
2:30 PM - 3:30 PM	Technical Session - I Business Presentations Dr. Lim Boun Ghil
3:30 PM - 4:30 PM	Technical Session - II Business Presentations Dr. Lim Boun Ghil
4:30 PM - 5:30 PM	Paper Presentations Session I
5:30 PM - 6:30 PM	Paper Presentations Session II
6:30 PM - 7:30 PM	Paper Presentations Session III
7:30 PM - 8:30 PM	Technical Presentations

Mohammed Jassim Faleh Makhadmeh, Assistant
 Lect. Department of Physical Education, Faculty of Education, Al-Qadisiyah University, Al-Qadisiyah, Iraq
 Department of Physical Education, Faculty of Education, Al-Qadisiyah University, Al-Qadisiyah, Iraq
 (Host Organization)

Chair Day
International Interdisciplinary e-Conference
Role of Physical Activities, Health and Fitness in Today's Crisis
 Date: 14th October 2021

10:00 AM - 11:30 AM
Registration

Time	Participants
10:00 AM - 11:30 AM	Registration (Continuing)
11:30 AM - 12:30 PM	Keynote Address: Dr. Felecia Wilson, USA East Tennessee State University, Johnson City, Tennessee, USA
12:30 PM - 1:30 PM	Business Presentations Prof. Yousang Ahn, South Korea Paikani University, Paikani, Uganda
1:30 PM - 2:30 PM	Chairman: Dr. Nagdy Elmaghrabi Prof & Staff, Dept. of Physical Education, Mansoura University, Mansoura, Egypt
2:30 PM - 3:30 PM	Technical Session - I Business Presentations Dr. Lim Boun Ghil
3:30 PM - 4:30 PM	Technical Session - II Business Presentations Dr. Lim Boun Ghil
4:30 PM - 5:30 PM	Paper Presentations Session I
5:30 PM - 6:30 PM	Paper Presentations Session II
6:30 PM - 7:30 PM	Paper Presentations Session III
7:30 PM - 8:30 PM	Technical Presentations

Conference Schedule

Mahatma Jyothiba Fule Mahavidyalaya, Amravati,
Late Dattatraya Parulkar Arts College, Nandgaon Path, Amravati,
Narayanaswami Rana Mahavidyalaya, Badnera, Amravati,
 Jointly Organized
 One Day
International Interdisciplinary e-Conference
Role of Physical Activities, Health and Fitness in Today's Crisis
 Date: 14th October 2021

Paper Presentation Session - I

Time	Particulars
1.20 pm to 1.25 pm	Welcome and Introduction: Dr. Parulok Mishra, Late Dattatraya Parulkar Arts College, Nandgaon Path, Amravati.
1.25 pm to 1.33 pm	Paper Presentation: Dr. Jaydeep Mehta, K.M. V. College, Khamgaon, Gadchiroli.
	Topic: Contribution of other therapy like, acrobatic, music, yoga for fitness.
	Chairperson: Dr. Prachi Dabas, Sri Jagadgururambhadracharya Kulkarni Mahavidyalaya, Jalgaon, Gujarat.
	Co-Chairperson: Dr. Pravinha Chavan, Dr. Shrikrishna Mahadaj Rana Mahavidyalaya, Shindgaon Taluk, Amravati.
1.33 pm to 1.42 pm	Question Answer Session
1.42 pm to 1.50 pm	Vote of Thanks: Dr. Shikha Vagade, Bhamburda Mahavidyalaya, Shirdi.

FOR MORE INFO: <https://ojs.umsida.ac.id/index.php/ijcs/article/view/12421>
 YouTube Link: <https://youtu.be/3m34vX1iU88>

Mahatma Jyothiba Fule Mahavidyalaya, Amravati,
Late Dattatraya Parulkar Arts College, Nandgaon Path, Amravati,
Narayanaswami Rana Mahavidyalaya, Badnera, Amravati,
 Jointly Organized
 One Day
International Interdisciplinary e-Conference
Role of Physical Activities, Health and Fitness in Today's Crisis
 Date: 14th October 2021

Paper Presentation Session - II

Time	Particulars
1.40 pm to 1.45 pm	Welcome and Introduction: Dr. Parulok Mishra, Late Dattatraya Parulkar Arts College, Nandgaon Path, Amravati.
1.45 pm to 1.57 pm	Paper Presentation: Mr. Abhishek Kulkarni, Ph.D. Scholar, College Director of Physical Education and Sports, VJVF's Shri Chhatrapati College of Commerce & Economics, Marga, Goa.
	Topic: A Study of correlation between Body mass Index & Ympactness of overweight women of Goa.
	Chairperson: Dr. Manishkumar Patil, B.R. Arts, V. R. College, R.P. Veda, Maharashtra, Durgam.
	Co-Chairperson: Dr. Arvind Khawar, B.A. Honours Student, Maharashtra State University, Maharashtra, Raigad.
1.57 pm to 2.07 pm	Question Answer Session
2.07 pm to 2.15 pm	Vote of Thanks: Dr. Manoj Thakur, Arts College, Badliwadi.

FOR MORE INFO: <https://ojs.umsida.ac.id/index.php/ijcs/article/view/12422>
 YouTube Link: <https://youtu.be/3m34vX1iU88>

Mahatma Jyothiba Fule Mahavidyalaya, Amravati,
Late Dattatraya Parulkar Arts College, Nandgaon Path, Amravati,
Narayanaswami Rana Mahavidyalaya, Badnera, Amravati,
 Jointly Organized
 One Day
International Interdisciplinary e-Conference
Role of Physical Activities, Health and Fitness in Today's Crisis
 Date: 14th October 2021

Paper Presentation Session - III

Time	Particulars
3.10 pm to 3.17 pm	Welcome and Introduction: Dr. Parulok Mishra, Late Dattatraya Parulkar Arts College, Nandgaon Path, Amravati.
3.17 pm to 3.25 pm	Paper Presentation: Prof. Smita Acharya, Mahatma Jyothiba Fule Mahavidyalaya, Amravati.
	Topic: Muscular stress: Muscular Involuntary Spont. vs Physical Mediation.
	Chairperson: Dr. Rajesh Chandravanshi, M.A. W.L.T. College of M.L. Akola.
	Co-Chairperson: Dr. Ashok Khan, Maharashtra State Inf. College, Chanderi, M.P.
3.25 pm to 3.37 pm	Question Answer Session
3.37 pm to 3.45 pm	Vote of Thanks: Dr. Jyoti Patil, Mahatma Jyothiba Fule Mahavidyalaya, Dhule, Maharashtra, M.P.

FOR MORE INFO: <https://ojs.umsida.ac.id/index.php/ijcs/article/view/12423>
 YouTube Link: <https://youtu.be/3m34vX1iU88>

Mahatma Jyothiba Fule Mahavidyalaya, Amravati,
Late Dattatraya Parulkar Arts College, Nandgaon Path, Amravati,
Narayanaswami Rana Mahavidyalaya, Badnera, Amravati,
 Jointly Organized
 One Day
International Interdisciplinary e-Conference
Role of Physical Activities, Health and Fitness in Today's Crisis
 Date: 14th October 2021

Paper Presentation Session - IV

Time	Particulars
3.20 pm to 3.27 pm	Welcome and Introduction: Dr. Parulok Mishra, Late Dattatraya Parulkar Arts College, Nandgaon Path, Amravati.
3.27 pm to 3.47 pm	Paper Presentation: Mr. Yashraj Bhambhani, Research Scholar, V.N.V. University, Bhujad, M.P.
	Topic: Understanding the impact of mental stressors and their external pathokin in enhancing physical fitness.
	Chairperson: Dr. Supar Narkhede, Swarnprastha Arts College, Dhule, Maharashtra.
	Co-Chairperson: Dr. Akshaykumar Patil, Mahatma Jyothiba Fule Mahavidyalaya, Amravati.
3.47 pm to 3.57 pm	Question Answer Session
3.57 pm to 4.05 pm	Vote of Thanks: Dr. Parulok Mishra

FOR MORE INFO: <https://ojs.umsida.ac.id/index.php/ijcs/article/view/12424>
 YouTube Link: <https://youtu.be/3m34vX1iU88>

Mahatma Jyothiba Fule Mahavidyalaya, Amravati,
Late Dattatraya Parulkar Arts College, Nandgaon Path, Amravati,
Narayanaswami Rana Mahavidyalaya, Badnera, Amravati,
 Jointly Organized
 One Day
International Interdisciplinary e-Conference
Role of Physical Activities, Health and Fitness in Today's Crisis
 Date: 14th October 2021

Valedictory Function

Time	Particulars
8.40 pm to 8.45 pm	Welcome: Dr. Jaydeep Mehta, Mahatma Jyothiba Fule Mahavidyalaya, Amravati.
8.45 pm to 8.53 pm	Certificate Receipt: Dr. Jaydeep Mehta, Manohar, Prof. Dr. Rajesh Chandravanshi, Akola.
8.53 pm to 9.03 pm	Chief Guest's Speech: Prof. Dr. Manojkumar Patil, Late Dattatraya Parulkar Arts College, Nandgaon Path, Amravati.
9.03 pm to 9.13 pm	Chief Guest's Speech: Prof. Dr. Manojkumar Patil, Late Dattatraya Parulkar Arts College, Nandgaon Path, Amravati.
9.13 pm to 9.23 pm	Chief Guest's Speech: Prof. Dr. Manojkumar Patil, Late Dattatraya Parulkar Arts College, Nandgaon Path, Amravati.
9.23 pm to 9.33 pm	Final remarks: Prof. Dr. Manojkumar Patil, Late Dattatraya Parulkar Arts College, Nandgaon Path, Amravati.
9.33 pm to 9.43 pm	Vote of Thanks: Dr. Manojkumar Patil, Late Dattatraya Parulkar Arts College, Nandgaon Path, Amravati.

FOR MORE INFO: <https://ojs.umsida.ac.id/index.php/ijcs/article/view/12425>
 YouTube Link: <https://youtu.be/3m34vX1iU88>

LIST OF PAPERS PUBLISHED

ISSN: 2278-0181 CODING: 010200000 01/2021	RESEARCH PAPER An International Refereed, Peer Reviewed & Indexed Quarterly Journal in Arts, Commerce, Education & Social Sciences	ISSN: 2278-0181 CODING: 010200000 01/2021
94	THOMAS S. JONES Ph.D Scholar Bhagwanrao Arts and Science College Eklaji, Dist Solapur	THE INFLUENCE OF EXERCISE ON MENTAL HEALTH OBESITY AND WEIGHT MANAGEMENT 100
95	DR. VIDYASAGAR S. SHARDE Associate Professor, Dept. of Physical Education and Sports, Dharmaveer National college Nagpur, Dist. Nagpur (M.S.)	IMPORTANCE OF SOCIOLOGY IN SPORTS 106
97	SHARAD POLSARAM BASHINDE Assistant Professor, Department of Physical Education, Savitribai Phule Mahavidyalaya, Nagpur	EFFECT OF PHYSIC ACTIVITIES ON LIFE STYLE OF SCHOOL STUDENTS 109
98	DR. SANGITA BHARGAVYA WALLEN Head department of political science Narasimha Raja Mahavidyalaya, Baburda, Amravati	THE IMPORTANCE OF PHYSICAL ACTIVITY AND THE ROLE OF GOVERNMENT IN SPORTS 113
99	DR. TRIFITA CHAKRE Asst. Professor, Department of Geography Mahatma Jyotiba Phule Mahavidyalaya, Amravati.	PSYCHOLOGICAL EFFECTS OF YOGA 117
100	SANGEETA WALLESH Research Scholar, Department of Studies in Physical Education and Sports science Karnataka State Akkamahadevi Women's University, Vijaypura.	THE NEEDS OF THE YOGA AND VITAL CAPACITY OF SPORTS WOMEN 117
101	DR. ANJANABAI KURE PhD Scholar (UJAL University) Maharashtra (Mumbai)	STRESS LEVEL OF INTER COLLEGIATE PLAYERS OF SAMBALPUR UNIVERSITY, ODISHA 121
102	DR. RAJESH K. JAIN Department of Physical Education Sports, Sant Baba Bhag Singh University, Khudai Jandhar	GOALS FOR IMPROVEMENT OF PHYSICAL AND MENTAL HEALTH OF SPORTS PERSONS 121
103	DR. SANKARDEY Department of Physical Education Sports, Sant Baba Bhag Singh University, Khudai Jandhar	NEED AND IMPORTANCE OF SPORTS KIDNA IN INDIA 122
104	DR. SHARAD K. W. Assistant Professor, Department of Physical Education, Maitree College of Commerce & Science, Manasa Eklajad, India	
105	DR. DR. SHARAD K. W. Assistant Professor, Department of Physical Education, Anant Training College for Women, Parandhane, Thane India	

ISSN: 2278-0181 CODING: 010200000 01/2021	RESEARCH PAPER An International Refereed, Peer Reviewed & Indexed Quarterly Journal in Arts, Commerce, Education & Social Sciences	ISSN: 2278-0181 CODING: 010200000 01/2021
104	DR. P. K. KARNANDEVI OTTUNNAD PATE Director of Physical Education and Sports, Dudheshwar Bahar Arts Science and Commerce College, Peth, Tal. Peth, Dist. Nashik	THE IMPACT OF MOTIVATIONAL APPROACHES ON THE SKILL ACQUISITION OF VOLLEYBALL BEGINNERS 122
105	DR. PRADEEP ATYANAND WADHAWAN Director of Physical Education and Sports, M.G.M Arts, Science and Commerce College, Surapur, Tal. Surapur, Dist. Nashik	HEALTH & PLANNING TO DEVELOP POSITIVE THINKING, ESPECIALLY IN PERIOD OF COVID 123
106	DR. PRASANT K. BHARGAVELLA University Department of Chemical Technology, S.J.S. Amravati University Amravati, Maharashtra	COVID-19 AND COVID-19 AWARENESS 124
107	DR. MOHAN S. DESHPANDE Director of Physical Education, Siddhikaram Yash Arts & V.K. Commerce College, Akola (MS)	APPLICATION OF PERFORMANCE IN THE FIELD OF PHYSICAL EDUCATION 125
108	DR. MOHAN S. DESHPANDE Director of Physical Education, Siddhikaram Yash Arts & V.K. Commerce College, Akola (MS)	YOGA AND COVID-19 127
109	DR. MOHAN S. DESHPANDE Director of Physical Education, Siddhikaram Yash Arts & V.K. Commerce College, Akola (MS)	YOGA AND COVID-19 127
110	DR. MOHAN S. DESHPANDE Director of Physical Education, Siddhikaram Yash Arts & V.K. Commerce College, Akola (MS)	YOGA AND COVID-19 127
111	DR. MOHAN S. DESHPANDE Director of Physical Education, Siddhikaram Yash Arts & V.K. Commerce College, Akola (MS)	YOGA AND COVID-19 127
112	DR. MOHAN S. DESHPANDE Director of Physical Education, Siddhikaram Yash Arts & V.K. Commerce College, Akola (MS)	YOGA AND COVID-19 127
113	DR. MOHAN S. DESHPANDE Director of Physical Education, Siddhikaram Yash Arts & V.K. Commerce College, Akola (MS)	YOGA AND COVID-19 127
114	DR. MOHAN S. DESHPANDE Director of Physical Education, Siddhikaram Yash Arts & V.K. Commerce College, Akola (MS)	YOGA AND COVID-19 127
115	DR. MOHAN S. DESHPANDE Director of Physical Education, Siddhikaram Yash Arts & V.K. Commerce College, Akola (MS)	YOGA AND COVID-19 127

ISSN: 2278-0181 CODING: 010200000 01/2021	RESEARCH PAPER An International Refereed, Peer Reviewed & Indexed Quarterly Journal in Arts, Commerce, Education & Social Sciences	ISSN: 2278-0181 CODING: 010200000 01/2021
116	DR. MOHAN S. DESHPANDE Director of Physical Education, Siddhikaram Yash Arts & V.K. Commerce College, Akola (MS)	YOGA AND COVID-19 127
117	DR. MOHAN S. DESHPANDE Director of Physical Education, Siddhikaram Yash Arts & V.K. Commerce College, Akola (MS)	YOGA AND COVID-19 127
118	DR. MOHAN S. DESHPANDE Director of Physical Education, Siddhikaram Yash Arts & V.K. Commerce College, Akola (MS)	YOGA AND COVID-19 127
119	DR. MOHAN S. DESHPANDE Director of Physical Education, Siddhikaram Yash Arts & V.K. Commerce College, Akola (MS)	YOGA AND COVID-19 127
120	DR. MOHAN S. DESHPANDE Director of Physical Education, Siddhikaram Yash Arts & V.K. Commerce College, Akola (MS)	YOGA AND COVID-19 127
121	DR. MOHAN S. DESHPANDE Director of Physical Education, Siddhikaram Yash Arts & V.K. Commerce College, Akola (MS)	YOGA AND COVID-19 127
122	DR. MOHAN S. DESHPANDE Director of Physical Education, Siddhikaram Yash Arts & V.K. Commerce College, Akola (MS)	YOGA AND COVID-19 127
123	DR. MOHAN S. DESHPANDE Director of Physical Education, Siddhikaram Yash Arts & V.K. Commerce College, Akola (MS)	YOGA AND COVID-19 127
124	DR. MOHAN S. DESHPANDE Director of Physical Education, Siddhikaram Yash Arts & V.K. Commerce College, Akola (MS)	YOGA AND COVID-19 127
125	DR. MOHAN S. DESHPANDE Director of Physical Education, Siddhikaram Yash Arts & V.K. Commerce College, Akola (MS)	YOGA AND COVID-19 127
126	DR. MOHAN S. DESHPANDE Director of Physical Education, Siddhikaram Yash Arts & V.K. Commerce College, Akola (MS)	YOGA AND COVID-19 127
127	DR. MOHAN S. DESHPANDE Director of Physical Education, Siddhikaram Yash Arts & V.K. Commerce College, Akola (MS)	YOGA AND COVID-19 127
128	DR. MOHAN S. DESHPANDE Director of Physical Education, Siddhikaram Yash Arts & V.K. Commerce College, Akola (MS)	YOGA AND COVID-19 127
129	DR. MOHAN S. DESHPANDE Director of Physical Education, Siddhikaram Yash Arts & V.K. Commerce College, Akola (MS)	YOGA AND COVID-19 127

Conference NEWS

दैनिक स्वजनरंग

गुरुवार दि. १४.१०.२०२१

शारिरीक शिक्षण विभागांतर्गत एकदिवसीय आंतरराष्ट्रीय परिषदेचे आयोजन

अमरावती- शारिरीक शिक्षण विषयांतर्गत रोल ऑफ फीजीकल अक्टिविटीज हेल्थ अँड फिटनेस इन टूडेज क्रायसिस या विषयावर आंतरराष्ट्रीय परिषदेचे आभासी पद्धतीने आयोजन महात्मा ज्योतीबा फुले महाविद्यालय अमरावती, स्व. दत्तात्रय पुसदकर महाविद्यालय, नांदगाव पेठ व नारायणराव राणा महाविद्यालय, बडनेरा यांचे संयुक्त विद्यमाने आयोजन दि. १६ ऑक्टोबर २०२१ रोजी करण्यात आले आहे.

संस्थेचे आश्रयदाते मा. मुरलीधरराव भोंडे अध्यक्ष,

अस्मिता शिक्षण मंडळ अमरावती, श्री. श्रीकृष्णराव बाळपुरे, सचिव दत्तात्रय शिक्षण संस्था, अमरावती, मा. दोलेन्द्रजी पाटील कोषाध्यक्ष, श्री. मजानन महाराज शिक्षण संस्था, अमरावती यांचे मार्गदर्शनखाली चर्चासत्र आयोजित करण्यात आले आहे. चर्चा सत्रामध्ये उद्घाटक म्हणून डॉ. तुषार देशमुख, कुलसचिव संत गाडगेबाबा अमरावती विद्यापीठ, कार्यक्रमाचे अध्यक्ष प्रा. मुकुलजी भोंडे, सचिव, अस्मिता शिक्षण मंडळ, अमरावती, चर्चासत्राचे बिजभाषक म्हणून प्रा. डॉ. चंद्रकांत

आगारे, पंडीत रविशंकर मुक्ला विद्यापीठ रायपुर प्रमुख पाहुणे म्हणून प्रा. प्रदीपजी खेडकर, व्यवस्थापन परिषद सदस्य, संत गाडगेबाबा अमरावती विद्यापीठ, प्रा. डॉ. अविनाशजी असनारे, संचालक शारिरीक शिक्षण खेळ व क्रीडा विभाग संत गाडगेबाबा अमरावती विद्यापीठ, प्राचार्य डॉ. मिनलताई ठाकरे (भोंडे), प्राचार्य डॉ. विजय दरणे, प्राचार्य डॉ. गोपाळ वैराळे यांचे प्रमुख उपस्थितीत संपन्न होत आहे.

रोल ऑफ फीजीकल अक्टिविटीज हेल्थ अँड फिटनेस इन टूडेज क्रायसिस या आभासी

पद्धतीने संपन्न होणाऱ्या चर्चा सत्रात प्रमुख मार्गदर्शक म्हणून मलाया विद्यापीठ मलेरीया येथुन डॉ. लीम बुम्ब हूई व श्रीलंका कोलंबो येथुन प्रा. डॉ. व्यासा कल्याणसुंदरम (योग तंत्र) हे मार्गदर्शन करणार असुन परिषदेला जगभरातुन सहारो ध्यतीनी आपला सहभाग नोंदविला आहे. तसेच कार्यक्रमाच्या समारोपीय समारंभाकरीता प्राचार्य डॉ. दुर्गा कुंटे लोकमान्य बाबुजी अणे महाविद्यालय, यवतमाळ कार्यक्रमाचे अध्यक्ष प्राचार्य डॉ. गोपाल वैराळे प्रमुख अतिथी श्री श्रीकृष्णजी बाळपुरे, सचिव स्व

दत्तात्रय शिक्षण संस्था अमरावती व प्राचार्य डॉ. विजय दरणे उपस्थित राहून मार्गदर्शन करणार आहेत.

एकदिवसीय आंतरराष्ट्रीय परिषदेचे आयोजन शारिरीक शिक्षण व क्रीडा विभाग प्रमुख प्रा. डॉ. श्रीधर धाकुलकर महात्मा ज्योतीबा फुले महाविद्यालय अमरावती, प्रा. डॉ. श्रीकांत माहूलकर, स्व. दत्तात्रय पुसदकर महाविद्यालय, नांदगाव पेठ, प्रा. डॉ. खुशाल अळसपुरे नारायणराव राणा महाविद्यालय, बडनेरा यांनी केले आहे.

शारिरीक शिक्षण विभागांतर्गत एकदिवसीय आंतरराष्ट्रीय परिषदेचे आयोजन

अमरावती/ प्रति. - शारिरीक शिक्षण विषयांतर्गत 'रोल ऑफ फीजीकल अक्टिविटीज हेल्थ अँड फिटनेस इन टूडेज क्रायसिस' या विषयावर आंतरराष्ट्रीय परिषदेचे आभासी पद्धतीने आयोजन महात्मा ज्योतीबा फुले महाविद्यालय अमरावती, स्व. दत्तात्रय पुसदकर महाविद्यालय, नांदगाव पेठ व नारायणराव राणा महाविद्यालय, बडनेरा यांचे संयुक्त विद्यमाने आयोजन दि. १६ ऑक्टोबर २०२१ रोजी करण्यात आले आहे.

संस्थेचे आश्रयदाते मा. मुरलीधरराव भोंडे अध्यक्ष, अस्मिता शिक्षण मंडळ अमरावती, श्री. श्रीकृष्णराव बाळपुरे, सचिव दत्तात्रय शिक्षण संस्था, अमरावती, मा. दोलेन्द्रजी पाटील कोषाध्यक्ष, श्री.

क्रीडा विभाग संत गाडगेबाबा अमरावती विद्यापीठ, प्राचार्य डॉ. मिनलताई ठाकरे (भोंडे), प्राचार्य डॉ. विजय दरणे, प्राचार्य डॉ. गोपाळ वैराळे यांचे प्रमुख उपस्थितीत संपन्न होत आहे.

रोल ऑफ फीजीकल अक्टिविटीज हेल्थ अँड फिटनेस इन टूडेज क्रायसिस या आभासी पद्धतीने संपन्न होणाऱ्या चर्चा सत्रात प्रमुख मार्गदर्शक म्हणून मलाया विद्यापीठ मलेरीया येथुन डॉ. लीम बुम्ब हूई व श्रीलंका कोलंबो येथुन प्रा. डॉ. व्यासा कल्याणसुंदरम (योग तंत्र) हे मार्गदर्शन करणार असुन परिषदेला जगभरातुन सहारो ध्यतीनी आपला सहभाग नोंदविला आहे. तसेच कार्यक्रमाच्या समारोपीय समारंभा करीता प्राचार्य डॉ. दुर्गा कुंटे लोकमान्य

* शारिरीक शिक्षण विभाग अंतर्गत आंतरराष्ट्रीय परिषद का आयोजन १६ को

प्रतिनिधि/दि. १३ अमरावती-स्थानीय

महात्मा ज्योतीबा फुले महाविद्यालय, स्व. दत्तात्रय पुसदकर महाविद्यालय नांदगाव पेठ व नारायणराव राणा महाविद्यालय बडनेरा के संयुक्त तत्वावधाने शारिरीक शिक्षण विषय अंतर्गत रोल ऑफ फीजीकल अक्टिविटीज हेल्थ अँड फिटनेस इन टूडेज क्रायसिस विषय पर आंतरराष्ट्रीय परिषद का ऑनलाईन पद्धति से आयोजन १६ अक्टूबर को किया गया है.

संस्था के आश्रयदाता, अस्मिता शिक्षण मंडल के अध्यक्ष मुरलीधर भोंडे, दत्तात्रय शिक्षण संस्था के सचिव श्रीकृष्ण बाळपुरे, मजानन महाराज शिक्षण संस्था के कोषाध्यक्ष दोलेन्द्र पाटील के मार्गदर्शन में चर्चासत्र का आयोजन किया गया है.

चर्चासत्र में उद्घाटक के रूप में संत गाडगेबाबा अमरावती विद्यापीठ के कुलसचिव डॉ. तुषार देशमुख, कार्यक्रम के अध्यक्ष के रूप में अस्मिता शिक्षण संस्था के सचिव प्रा. मुकुल भोंडे, बिजभाषक के रूप में पंडीत रविशंकर शुक्ल विद्यापीठ रायपुर के प्रा. डॉ. चंद्रकांत आगारे एवं प्रमुख अतिथि के रूप में मंगला विद्यापीठ के व्यवस्थापन परिषद

सदस्य प्रा. प्रदीप खेडकर, मंगला विद्यापीठ के शारिरीक शिक्षा खेळ व क्रीडा विभाग के संचालक डॉ. अविनाश असनारे, प्राचार्य डॉ. मिनल ठाकरे (भोंडे), प्राचार्य डॉ. विजय दरणे, प्राचार्य डॉ. गोपबन वैराळे उपस्थित रहेंगे. चर्चासत्र में प्रमुख मार्गदर्शक के रूप में मलाया विद्यापीठ मलेरीया से डॉ. लीम बुम्ब हूई व श्रीलंका कोलंबो से योग तंत्र प्रा. डॉ. व्यासा कल्याणसुंदरम मार्गदर्शन करेंगे. परिषद में विद्यमान ६०० व्यक्तियों ने अपना सहभाग दर्शाया है. वही कार्यक्रम के समापन समारोह में लोकमान्य बाबुजी अणे महाविद्यालय यवतमाळ के प्राचार्य डॉ. दुर्गा कुंटे, कार्यक्रम के अध्यक्ष प्राचार्य डॉ. गोपाल वैराळे, प्रमुख अतिथि के रूप में श्रीकृष्ण बाळपुरे व प्राचार्य डॉ. विजय दरणे उपस्थित रहकर मार्गदर्शन करेंगे.

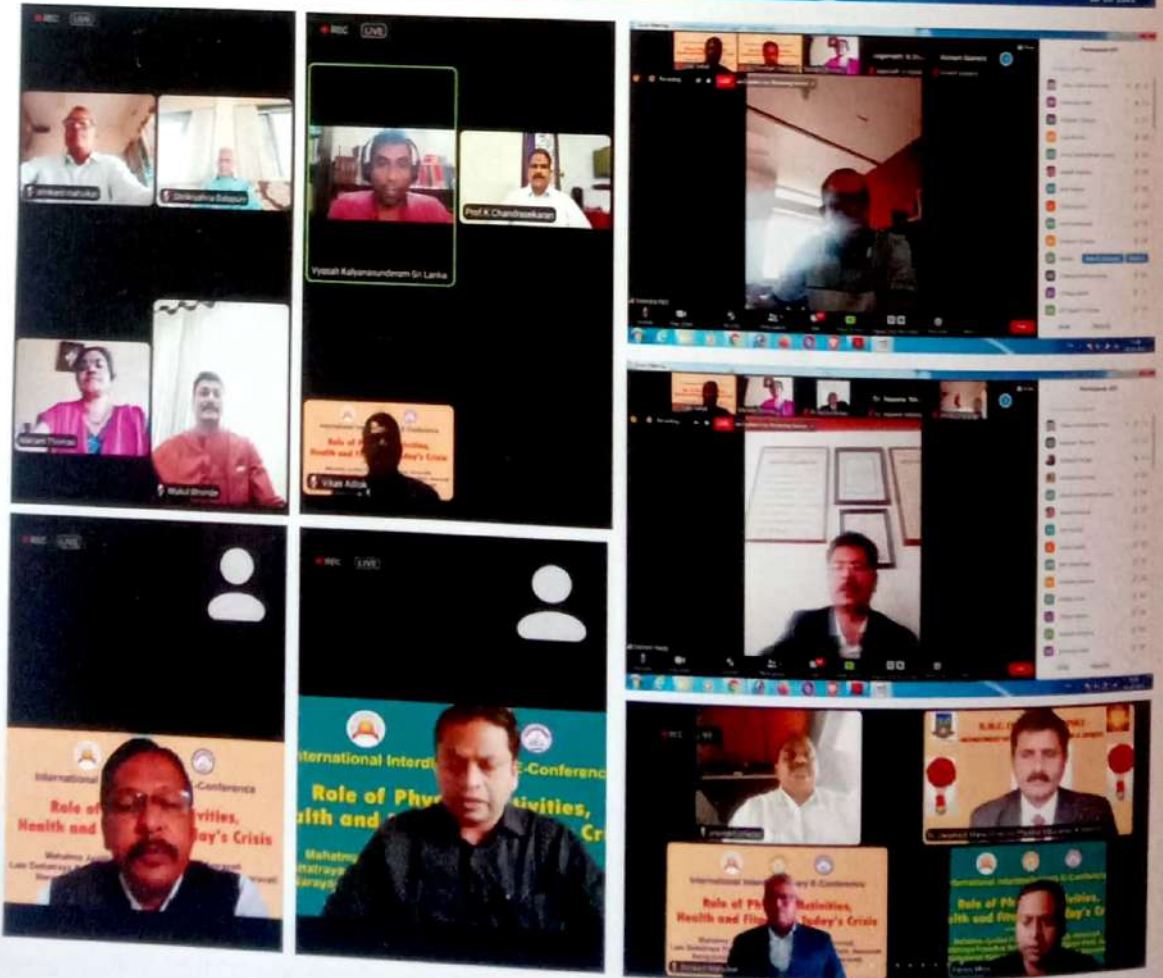
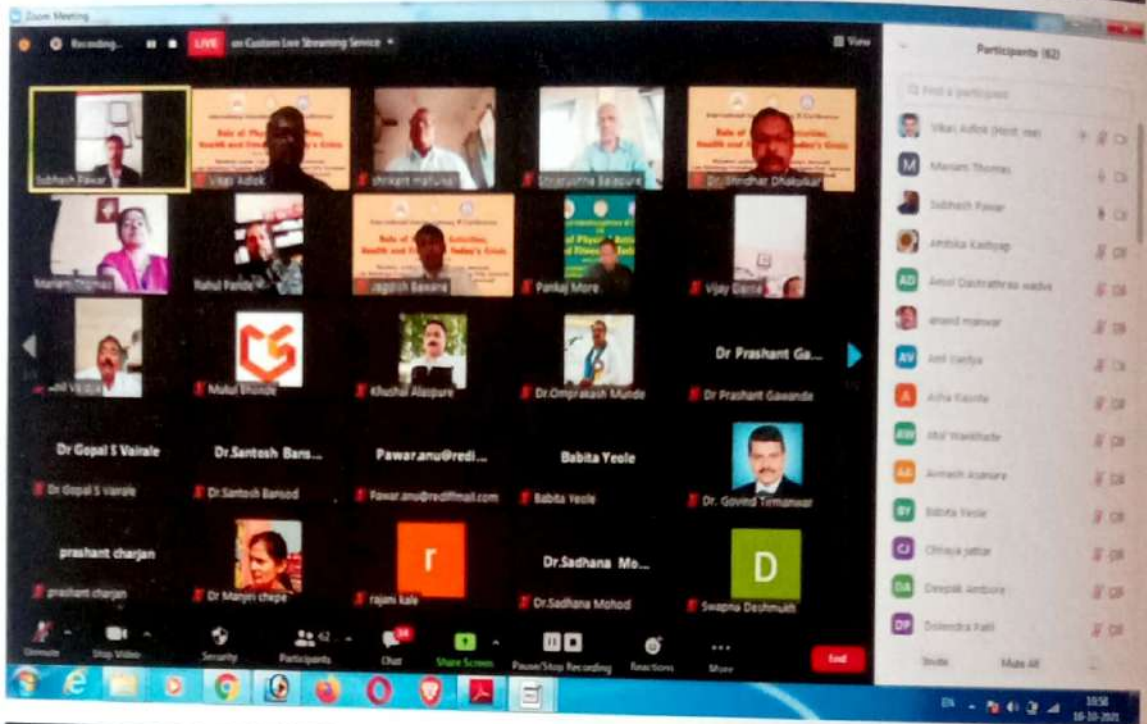
एक दिवसीय आंतरराष्ट्रीय परिषद का आयोजन महात्मा ज्योतीबा फुले महाविद्यालय के शारिरीक शिक्षण व क्रीडा विभाग प्रमुख प्रा. डॉ. श्रीधर धाकुलकर, स्व. दत्तात्रय पुसदकर महाविद्यालय के प्रा. डॉ. श्रीकांत माहूलकर, नारायणराव राणा महाविद्यालय के प्रा. डॉ. खुशाल अलसपुरे द्वारा किया गया है.

पुण्य नगरी

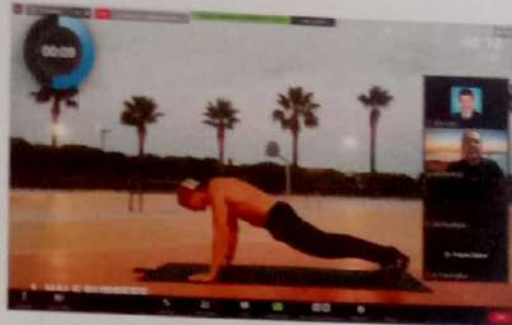
शारिरीक शिक्षण विभागांतर्गत एकदिवसीय आंतरराष्ट्रीय परिषदेचे १६ ला आयोजन

अमरावती : शारिरीक शिक्षण विषयांतर्गत 'रोल ऑफ फीजीकल अक्टिविटीज हेल्थ अँड फिटनेस इन टूडेज क्रायसिस' या विषयावर आंतरराष्ट्रीय परिषदेचे आभासी पद्धतीने आयोजन महात्मा ज्योतीबा फुले महाविद्यालय अमरावती, स्व. दत्तात्रय पुसदकर महाविद्यालय, नांदगाव पेठ व नारायणराव राणा महाविद्यालय, बडनेरा यांचे संयुक्त विद्यमाने आयोजन १६ ऑक्टोबर रोजी २०२१ रोजी करण्यात आले आहे. या परिषदेला संस्थेचे अध्यक्ष मुरलीधर भोंडे, श्रीकृष्ण बाळपुरे, पाटील यांचे मार्गदर्शनखाली चर्चासत्र आयोजित करण्यात आले आहे. चर्चा सत्रामध्ये उद्घाटक म्हणून कुलसचिव डॉ. तुषार देशमुख, कार्यक्रमाचे अध्यक्ष प्रा. मुकुल भोंडे, प्रा. डॉ. चंद्रकांत आगारे, पंडीत रविशंकर शुक्ला, प्रदीप खेडकर, प्रा. डॉ. अविनाश असनारे, प्राचार्य डॉ. मिनल ठाकरे (भोंडे), प्राचार्य डॉ. विजय दरणे, प्राचार्य डॉ. गोपाळ वैराळे यांचे प्रमुख उपस्थितीत संपन्न होत आहे.

Conference SNAP SHOTS (Highlights)



Conference SNAP SHOTS (Highlights)





*International
Interdisciplinary
e-Conference*