



SAVITRIBAI PHULE PUNE UNIVERSITY



INTERNATIONAL DAY OF YOGA

A webinar series
"Yoga for Youth"
June 22nd to 24th



A Webinar Series to commemorate
"International Yoga Day"
(22 to 24 June 2020, 3.30 PM– 5.30 PM)

Organized by
Ramkumar Rathi Patanjali Yoga Chair,
Board of Sports and Physical Education,
Centre for Complementary and Integrative Health,
Interdisciplinary School of Health Science
Savitribai Phule Pune University, Pune 411007

Yoga for Youth

The COVID-19 pandemic has affected all the walks of life. The impact of the disease is much more than the number of cases. Physical and psychological effects on people need to be addressed with teachings of Yoga. Yoga can lead to the path of health and wellness, which is the need of the hour. Foundations and practices of Yoga can be instrumental in bringing resurgence and help rebuilding the society. Considering the strengths of Yoga, the Ramkumar Rathi Patanjali Yoga Chair, Board of Sports and Physical Education and Centre for Complementary and Integrative Health, Interdisciplinary School of Health Science of Savitribai Phule Pune University (SPPU) presents a webinar series on 'Yoga for Youth'.

The series aims at introducing various dimensions of Yoga especially for the students who are aspiring for academic excellence and future career. The topics and interaction with experts will address potentials of Yoga in development of personality, optimism, energy, and creativity. The series will be useful for the audience of all age group in achieving physical and mental health.

Day 1: Inauguration (Monday, 22 June 2020)

• Yoga at Home - Yoga with Family

3.30 PM : Welcome : Dr Aarti Nagarkar, (Director, Interdisciplinary School of Health Sciences, SPPU)

3.35 PM : About the webinar : Prof. Dr Nitin Karmalkar, (Vice Chancellor, SPPU)

3.45 PM : Inaugural Address : Dr. Bhushan Patwardhan, (Vice Chairman, UGC)

4.00 PM : Address by the Chief Guest: Dr H R Nagendra, (Chancellor, S-VYASA University, Bengaluru)

5.00 PM : Practical Session : Dr. Pallavi Kavhane, (Yoga Teacher, Chiranjiv Foundation)

5.30 PM : Vote of thanks : Prof N S Umarani, (Pro-Vice Chancellor, SPPU)

Day 2: (Tuesday, 23 June 2020)

• Yoga and Mind Body Health

3.30 PM : Welcome

3.30 PM : Meditation for Youth : Dr Samprasad Vinod, (Director, Maharshi Vinod Research Foundation, Pune)

4.00 PM : Yoga for mind body health : Dr Manmath Gharote, (Director, Lonavala Yoga Institute, Lonavala)

4.30 PM : Yoga for personality development : Dr Raghavendra Rao, (Director, Central Council of Research in Yoga and Naturopathy)

5.00 PM : Practical Session (Meditation) : Dr Sunanda Rathi, (Yoga Researcher, Chiranjiv Foundation)

5.30 PM : Vote of Thanks : Prof Deepak Mane, (Director, Board of Sports & Physical Education, SPPU)

Day 3: (Wednesday, 24 June 2020)

• Yoga and Youth

3.30 PM : Welcome: Prof. Dr Nitin Karmalkar, (Vice Chancellor, SPPU)

3.35 PM : Yoga based lifestyle: Shri Ramkumar Rathi, (Philanthropist and Yoga Sadhak)

3.45 PM : Introduction of Shri Ramdevji : Dr. Sunanda Rathi, (Director, Chiranjiv Foundation, Pune)

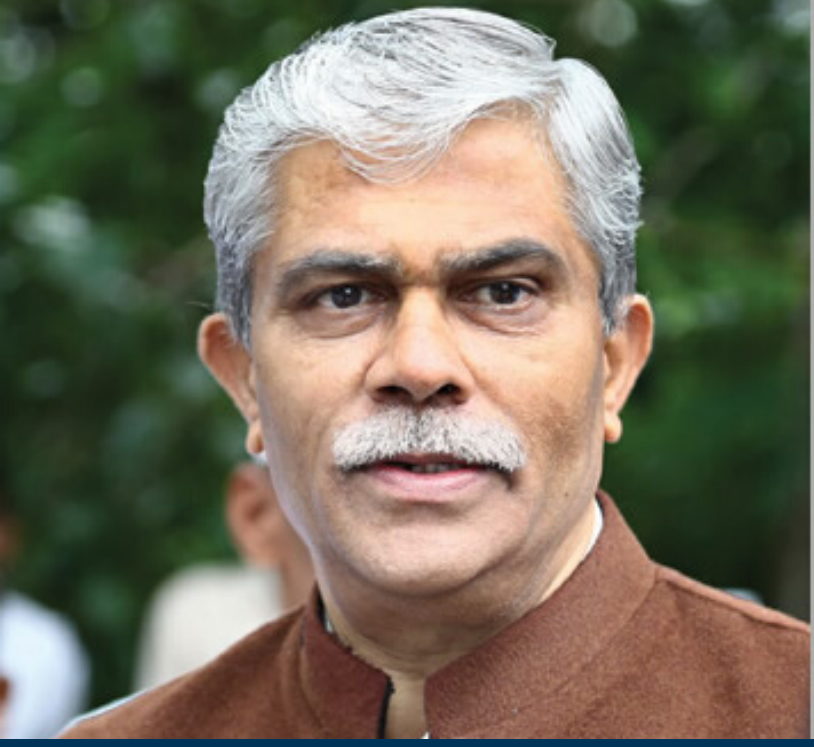
3.50 PM : Yoga for Youth : Shri Swami Ramdevji

4.30 PM : Questions and Answers

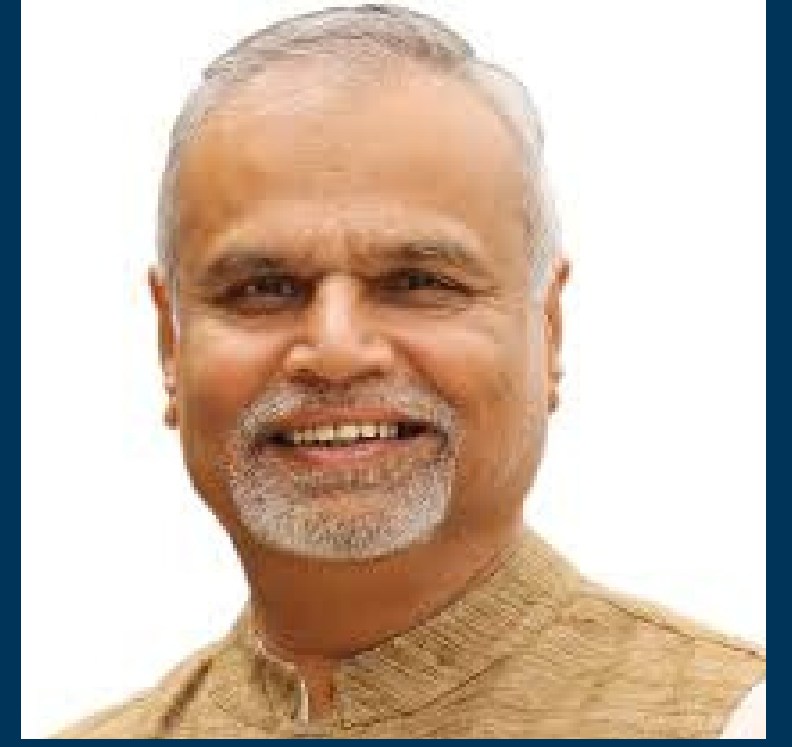
5.00 PM : Remarks by Prof. Dr Nitin Karmalkar, (Vice Chancellor, SPPU)

5:30 PM : Vote of Thanks : Prof Prafulla Pawar, (Registrar, SPPU)

Organizers & Speakers



Dr Nitin Karmalkar



Dr. Bhushan Patwardhan



Dr Manmath Gharote



Dr Samprasad Vinod



Dr Raghavendra Rao



Shri Ramkumar Rathi



Dr. Sunanda Rathi



Dr. Pallavi Kavhane



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Please visit www.unipune.ac.in for live webcast.**