



INTERNATIONAL WEBINAR ON

***‘HOLISTIC APPROACH OF YOGA AND PHYSICAL
FITNESS DURING PRE AND POST- PANDEMIC COVID-19’***

On

November 25th –26th, 2020

Organized by:

**Sports Authority of India
Lakshmbai National College of Physical Education
Trivandrum, Kerala, India.**

In Collaboration with

***PHYSICAL EDUCATION FOUNDATION OF INDIA
(PEFI) & SVYASA YOGA DEEMED UNIVERSITY,
BANGALORE***

WELCOME!

About the Webinar:

Communities that participate in Yoga, Physical Exercises, Sports and Recreation to develop strong social bonds, are safer places and the people who live in them are generally healthier and happier than places where physical activity isn't a priority. Yoga and Physical fitness builds stronger, healthier, happier and safer communities.

“People who perform regular Yoga and Physical fitness activities that bonds together everyone and makes Fit Nation in Mental, Physical and Social way to overcome during Challenging situations”.

About Lakshmibai National College of Physical Education:

The Lakshmibai National College of Physical Education, Karyavattom, Thiruvananthapuram which came into existence of 17th August, 1985 under the auspices of the Ministry of Youth Affairs and Sports, Sports Authority of India, Govt. of India. The college is affiliated to the University of Kerala and it aims to serve as a model institute of teachers training by offering undergraduate, post graduate courses and Research programmes. Besides the academic programmes, the SAI LNCPE Trivandrum Centre also has Centre of Excellence, sports training schemes of SAI in Major Sports disciplines. The Institution is the first of its kind to promote Physical Education and Sports, Yoga, Sports sciences, sports technology, sports management, and sports coaching in India.

SAI LNCPE, SVYASA and PEFI welcomes the PE Teachers, Coaches, Sports Administrators, Faculties and Professionals to this Webinar.

Welcome and we hope you will enjoy the Webinar!

Speakers	About the Speakers
	<p>◆ Dr.G.Kishore, Principal & Regional Director, SAI, LNCPE, Thiruvananthapuram, Kerala, India. Vice Chairman, Organizing Committee, International Webinar on Yoga and Physical Fitness, 2020.</p>
	<p>◆ Dr.H.R.Nagendra, Chancellor, SVYASA Yoga Deemed University, Bangalore. Chairman, International Webinar on Yoga and Physical Fitness, 2020.</p>
	<p>◆ Dr. Manmath Gharote(PhD), Director, Lonavala Yoga Institute, Pune, India.</p>
	<p>◆ Prof. Natalia Solvey(Ph.D.) Expertise in Yoga Hinduism Universidad del Salvador, Argentina.</p>
	<p>◆ Prof.Jadranko Miclec, Yogacharya, Yoga and Ayurveda Therapist, Teacher of Transcendental Meditation, Croatia.</p>
	<p>◆ Prof.Dr. Chandrasekharan, Director & Head, Dept. of Physical Education & Sports, Madurai Kamaraj University, India.</p>
	<p>◆ Shri. Santhosh Verghese, Rtd. SAI Athletics Coach, Advisor for STRIDERS PVT. LTD., Mumbai.</p>
	<p>◆ Dr. Kamakhya, Head, Dept. of Yoga, Uttarakhand Sanskrit University, Haridwar, India.</p>

	<p>◆ Dr. Manjunath Sharma, Director of Research, SVYASA Yoga University, Bangalore.</p>
	<p>◆ Dr. Piyush Jain, Secretary General, Physical Education Foundation of India, New Delhi. Vice Chairman, Organizing Committee, International Webinar on Yoga and Physical Fitness, 2020.</p>
	<p>◆ Prof. Rajesh Kumar, Principal, University College of Physical Education, Osmania University, Hyderabad. Vice Chairman, Organizing Committee, International Webinar on Yoga and Physical Fitness, 2020.</p>
	<p>◆ Dr. Lakshmikanth Rathode, Principal, Nizam College & Dean, Faculty of Education, Osmania University, Hyderabad . Vice Chairman, Organizing Committee, International Webinar on Yoga and Physical Fitness, 2020.</p>
	<p>◆ Dr. Sopan Kangne, Principal, Chandrashaker Agashe College of Physical Education, Pune, Maharashtra. Vice Chairman, Organizing Committee, International Webinar on Yoga and Physical Fitness, 2020.</p>
	<p>◆ Dr. Mahendra Sawant, Associate Professor, SAI, LNCPE, Trivandrum. Organizing Secretary, International Webinar on Yoga and Physical Fitness, 2020.</p>
	<p>◆ Dr. Sanjeev S Patil, Assistant Professor, SAI LNCPE, Trivandrum. Joint Secretary, International Webinar on Yoga and Physical Fitness, 2020.</p>

SCHEDULE
WEDNESDAY, NOVEMBER 25th, 2020

Date	Time	Topic	Presenters
25/11/2020	9:00AM to 9:15AM	Orientation to Participants	Dr .G. Kishore, Principal & Director , SAI LNCPE, Trivandrum , India
	9: 15 AM to 10:00AM	Inauguration	Representatives from Ministry of Youth Affairs and Sports (Govt of India), Sports Authority of India, SAI LNCPE, Trivandrum Dr. H.R. Nagendra, Chancellor, SVYASA Yoga Deemed University, Bangalore.
	10:00 AM to 11:00 AM	Importance of Health and Fitness during Covid -19	Dr. G. Kishore Principal, & Director, SAI LNCPE Region
	11:30AM to 12:30 PM	Role of Mind in Holistic Health	Dr. Manmath Gharote, Lonavala Yoga Institute, Pune.
	2:30PM to 3:15 PM	Wellness and Fitness	Sh. SanthoshVeghese Rtd. SAI Athletics Coach, Adviser for Striders PVT. LTD, Mumbai.
	3:30PM to 4:30PM	Importance of Yoga for Health and Fitness	Prof. Chandrasekharan, Director & Head, Madurai Kamaraj University, Tamilnadu
	5:00PM to 6:30PM	Achieving Physical Fitness through Yoga	Prof. Natalia Solvey, Argentina.

THURSDAY, NOVEMBER 26th, 2020

Date	Time	Topic	Presenters
26/11/2020	10: 00 AM to 11:00AM	Harvest your Brain	Dr. Kamakhya, Uttarakhand Sanskrit University, Haridwar.
	11:00 AM to 12:00 AM	Research in Yoga	Dr. Manjunath Sharma SVYASA, Bangalore.
	2:00PM to 3:00PM	Yoga is fulfilling the ideal of fitness	Prof.Jadranko Miklec, Croatia.
	3:00PM to 4:00PM	Panel Discussion (topic “Expansion of yoga and its advantages to the world”)	Experts (India & Abroad)
	4:00 PM to 4:30 PM	Valedictory Function	Representatives from Ministry of Youth Affairs and Sports (Govt of India), Sports Authority of India, SAI LNCPE Trivandrum.

Link for Registration: <https://forms.gle/X4D3Jchhr3nUg25FA>

E-certificate will be provided for the 100% attendees

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Contact Details:

Dr. Mahendra Sawant

Associate Professor,

SAI LNCPE, Trivandrum.

Email:sawantmn50@gmail.com

Mobile: 09447367649

Dr.Sanjeev S. Patil

Assistant Professor,

SAI LNCPE, Trivandrum.

Email:sanjeevspatil1977@gmail.com

Mobile: 7994607910