



Maharashtriya Mandal's
**Chandrashekhar Agashe College
of Physical Education (CACPE)**
Pune, Maharashtra



स्थापना १९२४
**महाराष्ट्रीय
मंडळ, पुणे**

Sports and Education Institute

*Centenary
Celebrations*

**INTERNATIONAL
CONFERENCE ON**

YOGGA



16th-17th Feb 2024

Mat To Mind (Conference & Workshops)

**Organized by
MM's CACPE
in collaboration with
Yoga & Ayurveda Prabodhini & PEFI**

THEMES FOR TECHNICAL SESSIONS

- Yoga - Asanas, Postures and Alignment
- Yoga - Meditation and Mindfulness
- Yoga and Ayurveda
- Yoga for Divyang- Special Groups
- Yoga for Sports Performance & Coaching
- Yoga Philosophy and Spirituality
- **Yoga & Allied Areas**
- Yoga and Mental Health
- Yoga for Workplace Wellness
- Yoga - Education, Research & Innovations
- Fitness for Commoners, Athletes and Relevance of Yoga

About MM's CACPE :

Chandrashekhar Agashe College of Physical Education (CACPE), a centre for quality physical education, one of its kind, known and recognized widely across the state of Maharashtra and the country. It is spread over a sprawling area of 32 acres of land, has the requisite infrastructure and facilities and vast play fields and tracks. All the modern administrative facilities are housed in suitable buildings. The college also has its own hostel and mess facilities.

CACPE is affiliated to Savitribai Phule Pune University (SPPU), accredited by NAAC and is a recognized Research Centre in Physical Education. It offers a range of Bachelor's and Master's Courses in physical education as also an M.Phil course. CACPE also offers extension courses on Sports Nutrition, Yoga Trainer, Fitness Trainer, Aerobics Trainer, Skating Trainer, Gym Trainer, Geriatric Fitness Expert, etc.

Vision : *Social Transformation through Health, Physical Education and Sports*

About Yoga & Ayurveda Prabodhini :

Yoga and Ayurved Prabodhini, from year 2008 serving in Yoga and Ayurved all over the world...Our all Yogasanas players are: National-and world champions,the winners of khelo India and national games and many more...We serve for: senior citizens,Special childrens,NDA cadets ,Cricket teams,School children and Under privileged children Teacher training course in Yogic sciences ,We offer Certificate courses in:Aerial Yogasana,Yogic philosophy,Yogasana Props,Garbhsanskar, Basic Ayurved and many more Regular Yogasana batches of:Hatha Yoga,Ashtanga Vinyasas flow,Pranayama and meditation,Sun salutation,Yogasana with props,Yoga as Therapy etc By **Dr. Pallavi Kavhane** (3 times world champion gold medalist, champion of champion Awardee, Yogarjun Awardee)

About PEFI :

The Physical Education Foundation of India (PEFI) is a prominent organization comprising top educators, sports professionals, and physical education experts dedicated to fostering a robust sports culture in the country. Their efforts focus on advocating for the importance of physical education and sports among policymakers, institutions, parents, and students. PEFI stands as a credible national body, pioneering the development of world-class sports facilities across India. These efforts create opportunities for aspiring youth to pursue sports as a profession while granting access to sports facilities for children who previously lacked such resources due to financial constraints or other limitations.

About Pune :

Pune, Maharashtra's cultural hub, blends history with modernity, boasting landmarks like Aga Khan Palace and the revered Parvati Hill. It mirrors tradition through sites like Shaniwar Wada and Dagdusheth Halwai Ganpati temple, encapsulating the city's rich heritage and contemporary allure.

Please Click here for more information : <https://www.thrillophilia.com/places-to-visit-pune>



About Maharashtra Mandal's :

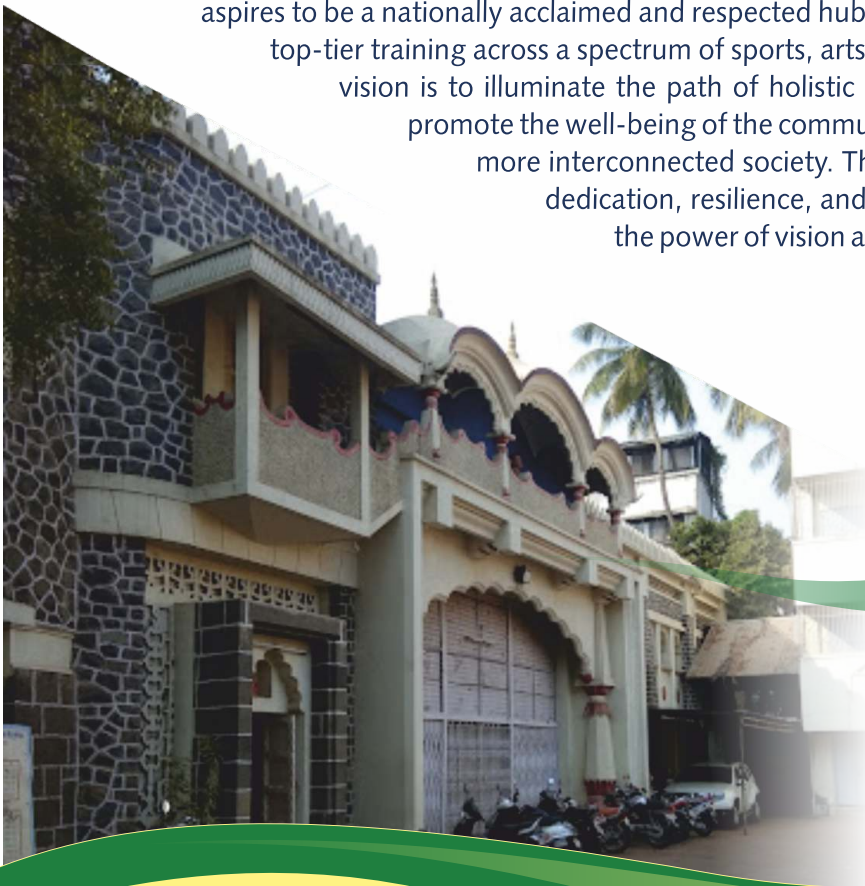
In the heart of Pune, the illustrious Maharashtra Mandal emerged in 1924, a beacon of hope and enlightenment, its inception gracing the auspicious occasion of Vijaya Dashmi. Founded by the revered late Captain Shri. Shivarampant Damle, this institution marked the inaugural step towards a grand vision for the youth of Maharashtra.

Captain Damle's vision was not just ordinary; it was a profound aspiration to mould the youth into physically robust, mentally resilient, motivated, spirited, and addiction-free individuals. His dream extended to the development of self-righteous and proud citizens of India. To transform this vision into reality, the establishment of dedicated facilities for mental and physical education was paramount. The concept of a college for physical education was born, a dream realized in 1977 after 45 years of unwavering dedication and government support. During those intervening years, the Maharashtra Mandal played a pivotal role in nurturing physically fit youth in various capacities. It provided free training to school-going children, especially during the tumultuous years leading up to India's independence. In response to the call for armed recruits during World War II, the Mandal took on the task of preparing individuals for short commission. Special coaching classes for NDA entrance exams became a part of its offerings, reflecting its commitment to national service.

The Mandal also prioritized women's health and fitness, offering classes in swimming, lathi-kathi, jambia, and more, particularly for women. Between 1963 and 1970, various schools, such as the Seth Dagduram Katariya English Medium High School, Pune Vyayam Shala, Smt. Indirabai Karandikar English Medium School, Maharashtra Mandal Marathi Medium School, and Capt. Shivarampant Damle Marathi Medium School, were established, expanding the reach and impact of the Mandal.

The relentless dedication of Late Shri. Shivarampant Damle bore fruit when the government allocated 32 acres of land, marking a significant milestone in the institution's journey. The legacy was carried forward with great success by subsequent generations. Rameshji Damle, a recipient of the Shivchhatrapati award, continued to guide the Mandal's progress. The baton was then passed to Dhananjayji Damle, who emphasized infrastructure development.

Today, the Maharashtra Mandal stands tall as a formidable name in the realms of education, sports, and physical education. It boasts a great sports infrastructure and a standard of education that ranks among the finest in the nation. With a vision to establish a world-class sports university in the future, the institution aspires to be a nationally acclaimed and respected hub for accessible, high-quality education and top-tier training across a spectrum of sports, arts, and human development activities. Their vision is to illuminate the path of holistic education, foster a culture of sports, and promote the well-being of the community, thus creating a healthier, happier, and more interconnected society. The Maharashtra Mandal is an emblem of dedication, resilience, and unwavering commitment, a testament to the power of vision and the relentless pursuit of excellence.



About Conference :

This Yoga Conference is designed for a diverse audience, including yoga practitioners, physical education professionals, fitness experts, coaches, Ayurveda doctors, athletes, researchers, and yoga enthusiasts. It serves as a dynamic platform for all who seek to deepen their yoga practice, explore new techniques, and connect with a like-minded community. This event offers valuable insights into the integration of yoga into physical education, fitness regimens, and coaching, and how it can benefit athletes. Ayurveda doctors can explore the synergy of yoga and Ayurvedic principles for holistic health. Researchers can delve into the latest innovations, while all enthusiasts can enrich their understanding and practice of yoga.

The Conference offers a multifaceted experience, combining workshops, hands-on practice, practical sessions, informative displays, engaging exhibitions, and paper presentations. Participants can immerse themselves in a wide range of interactive workshops and hands-on experiences, enhancing their practical knowledge of yoga. The event features informative displays and exhibitions showcasing the latest developments in the yoga world. Additionally, there are opportunities for in-depth exploration and scholarly engagement through paper presentations. These papers may also find a platform in UGC Care Listed Journals, adding an academic dimension to the conference. The conference aims to cater to diverse learning preferences and scholarly interests within the yoga community.

Objectives of Conference :

1. To provide a dynamic and inclusive platform for individuals to deepen their yoga practice, connect with a broader community, and explore various aspects of yoga and related disciplines
2. To foster a sense of community, bringing together like-minded individuals to delve into the rich world of yoga.
3. To facilitate interactions between teachers and experts, aim to inspire personal growth and professional development.
4. To discover new practices, explore various yoga styles, and enhance your well-being.
5. To enrich lives through mindfulness, holistic health, and personal connections, making the world a more balanced and harmonious place.

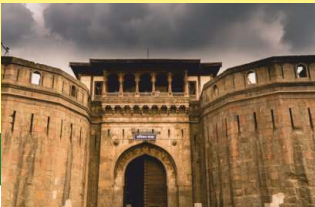


CONFERENCE PROGRAM

Day 1	Details	Day 2	Details
	16th February 2024, Friday		17th February 2024, Saturday
7:00 - 8:30 am	Parallel Workshops (Free) 1 : Dr. Pallavi Kavhane 2 : Mr. Nilesh Yadav 3 : Dr. Rupesh Thopate 4 : Mr. Subhash Kedari	6:30 - 8:30 am	Parallel Workshops (Free) 5: Dr Vishwajit Chavhan 6: Dr. Ujwala Raje 7: Mr. Durgadas Savant 8: Dr. Pallavi Kavhane
8:30 - 9:00 am	Breakfast	8:30 - 9:00 am	Breakfast
9:00 - 10:00 am	Registration	9:00 - 10:15 am	Keynote 5 Dr. Renu Mahatani
9:45 - 10:15 am	Opening ceremony	10:15 - 10:30 am	Tea break
10:15 - 11:45 am	Key note 1 Dr. Anand Bhavanani	10:30 - 11:45 pm	Keynote 6 Yogacharya Abhijata Iyengar
12:00 - 1:15 pm	Key note 2 Dr. Manmath Gharote	12:00 - 1:00 pm	Keynote 7 Dr. Gandhar Mandlik
1:15 - 2:15 pm	Lunch break	1:15 - 2:15 pm	Lunch break
2:30 - 3:30 pm	Key note 3 Dr. Ranjeet Bhogal	2:15 - 3:15 pm	Plenary session 1 Ms. Sucheta Kadethankar Plenary session 2 Former CEO Erik W. Henningsen, Norway
3:45 - 4:00 pm	Tea break	3:15 - 3:30 pm	Tea break
4:00 - 4:45 pm	Key note 4 Master Kamal Thailand, Vietnam	3:30 - 4:30 pm	Practical session 1 Ms. Rashmi Ghatge (Chakra Meditation) Param Yoga, Pune & Practical session 2 Ms. Sae Vanjape (Sound Healing) Anahat Naad, Pune
4:45 - 6:00 pm	Technical sessions	4:30 - 5:30 pm	Closing Ceremony Dr. Subodh Tiwari

About PUNE :

Shaniwar Wada



Sinhgad



Lal Mahal



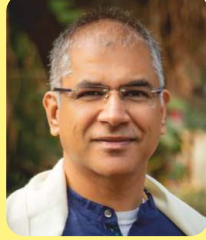
Parvati



INTERNATIONAL SPEAKERS (Key note)



Dr. Ananda Balayogi Bhavanani (ISCM, Pondicherry)



Dr. Subodh Tiwari (Kaivalyadham Lonavala)



Dr. Ranjeet Bhogal (Kaivalyadham Lonavala)



Dr. Manmath Gharote (Director, The Lonavla Yoga Institute)



Yogacharya Abhijata Iyengar (Iyengar Institute, Pune)



Master Kamal (Kriyoga Thiland, Vietnam)



Dr. Renu Mahtani (Param Yoga Founder, Pune)



Eirik W. Henningsen (Former CEO of Viking Football Club in Norway)



Dr. Gandhar Mandlik (Yoga Vidyadham Nashik)



Ms. Sucheta Kadethankar (Koham Yoga Shala, Pune)



Dr. Mandlecha (Ayurvedacharya, Vishwanand Kendra, Pune)



Dr. Ganesh Rao (ACT Yoga, Mumbai)

NATIONAL RESOURCE PERSONS



Dr. Pallavi Kavhane (MM's Yoga & Ayurveda Prabodhini, Pune)



Shri. Durgadas Savant (Yoga Vidyaniketan, Mumbai)



Dr. Rupesh Thopate (Ved Yoga Education and Research Foundation)



Dr. Vishvajeet C. (Shashwat Yoga & Arurveda, Pune)

Call for Papers (Publication opportunities)

Research Papers related to the Conference title or sub-themes are invited. Abstract submission date **1st February 2024**. Selected Papers will be published in UGC CARE Listed Journal. Email your papers for publication in prescribed format before **10th February 2024**. Conference sessions will be conducted in blended mode (in person and online both) Kindly mail your papers on : agasheevents@agashecollege.org

Note : Special Opportunity : If you want to publish your research work in Peer reviewed Journal (JOSH-PE) at the Cost of Rs. 1500/- or in the SCOPUS Journal at the Cost of Approximately Rs. 18,000/- Kindly contact on the Mobile Numbers given below

Guidelines for Paper Publication

- Not more than 3 authors for single paper
- All authors need to register for the Conference
- Research Papers only in English Language will be accepted.
- Send papers in MsWord – 1.5 spacing,
- Font – Times New Roman
- Paper Title – 14 & Main Body – 12
- Images if any in JPEG format only.

The research papers should include:

- Title
- Author Affiliation (Designation & Institution)
- Contact details – (email id, phone no.)
- Abstract and Keywords
- Introduction
- Objective / Purpose
- Methodology
- Results
- Discussion & Conclusion
- References in APA Style

Registration & Publication

Type	Registration	Research Paper	Total
Indian Delegate	₹ 3,000 /-	₹ 4,000 /-	₹ 7,000 /-
Alumni CACPE	₹ 2,500 /-	₹ 4,000 /-	₹ 6,500 /-
Forien Delegate	\$ 200 /-	\$ 60 /-	\$ 260 /-
Forien Student	\$ 150 /-	\$ 60 /-	\$ 210 /-

Note: After 15th January 2024, additional registration fees (₹1000/-) will be charged.

Conference fee includes :

conference sessions, workshops, teas, lunches and conference kit (accommodation is not included, cost will be borne by the attendees)

Registration Link

<https://forms.gle/h8mGb3pe6j2gf1oHA>



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