

National Conference on **IMPORTANCE OF YOGA IN DIGITAL ERA FOR HOLISTIC WELL-BEING**

Date : 11th January 2025

Chief Guest & Key Note Speaker



Prof. Dr. Laxminarayan Joshi
Dean : Student Welfare,
Head : Department of yoga science
Uttarakhand Sanskrit University, Haridwar

Guest of Honour



Prof. Dr. Arun N. Khodaskar
Gen. Sec. Bruhan Mah. Yoga Parishad. Amravati
Ex Principal Degree College of Physical Education
H. V. P. Mandal. Amravati.

Eminent Speaker



Prof. Dr. Nilesh Wagh
Principal
Yog Vidya Gurukul
Yoga Mahavidyalaya, Nashik

Inspiration and Endorsement



**Pradnyawant
Nandkumar G. Bendale**
President, K.C.E. Society, Jalgaon

Patrons



Prof. Dr. S. N. Bharambe
Principal
M. J. (Autonomous) College, Jalgaon

Convener



Dr. Devanand S. Sonar
Dean : Faculty of Interdisciplinary Studies
Director : Soham Dept. of Yoga & Naturopathy

Organized by



Khandesh College Education Society's

MOOLJI JAITHA (AUTONOMOUS) COLLEGE, JALGAON **SOHAM DEPARTMENT OF YOGA & NATUROPATHY**

(An Autonomous College Affiliated to K.B.C. North Maharashtra University, Jalgaon)

NAAC Reaccredited Grade - A (CGPA : 3.15) (3rd Cycle) | UGC honoured "College of Excellence" (2014-2019) | DST(FIST) Assisted College
Jalgaon, Maharashtra, Pin - 425001

- Contact -

Prof. Pankaj Khajbage
8080104317 | 8390766901

Prof. Jyoti Wagh
8793421797

About Khandesh College Education Society

Khandesh College Education Society (KCES) is a premier educational institution in North Maharashtra, spread over 26 acres with state-of-the-art infrastructure. Established in 1944 by visionary leaders from Khandesh, KCES was founded with a deep concern for the educational welfare of students. Today, it comprises 19 institutions offering a wide range of academic programs at primary, secondary, and higher secondary levels, as well as higher education in Arts, Sciences, Commerce, Law, Education, Management, and Engineering. It also provides skill-based programs such as B. Voc., APJ Skill Development Centre, Geoinformatics, Animation, and Multimedia.

To foster artistic talents and spiritual awareness among students, the institution has established various departments with a visionary approach, including arts, music, yoga, and naturopathy. It has also implemented modern systems to align with the new educational policy.

The institution's success is credited to the zealous efforts of Late Dr. G. D. Bendale, an eminent surgeon whose academic vision and practical approach laid a strong foundation for KCES, making it a renowned name in education. Celebrating 75 years of inclusive education, KCES continues its legacy of knowledge dissemination and holistic development.

About Moolji Jaitha College

Moolji Jaitha College is one of the premier academic institutions, having junior and senior wings, with Arts, Science, Commerce and Management streams. The institution is committed to achieve the highest academic standards and provides an opportunity to the students to choose and enrol in programmes that are best suited to them. It is well known for its educational, cultural, social and spiritual enterprises. As a result, the college has been conferred with the status of 'College of Excellence' by UGC and 'Star college' by Ministry of Science and Technology.

We believe that in the present competitive environment, only the fittest will survive. With the help of Dnyanjyot Institution, we provide in-house training for MPSC, UPSC and other competitive examinations. Since 2015, our college has initiated two dream projects, 'Sports Talent Search' and "Art Talent Search, to identify talented students in and around Jalgaon district and nurture them to rise at national and international horizons. Therefore, our mission is to impart quality education to our students with a global vision and holistic perspective.



About Soham Department of Yoga and Naturopathy

The Soham Department of Yoga and Naturopathy, established in 2005 under the guidance of Shri Nandkumar Bendale, Chairman of K.C.E. Society, operates under the leadership of Principal Prof. S.N. Bharambe. The department is affiliated with an international yoga organization and implements schemes related to the Ministry of AYUSH. It actively promotes the well-being of society and students through regular online and offline yoga classes, as well as short- and long-term academic programs, including B.A. and M.A. degrees in Yoga, and certificate and diploma courses ranging from one month to one year. Also conducts courses under YCMOU (Yashwantrao Chavan Maharashtra Open University).

The department conducts regular awareness programs on Yoga and Naturopathy and focuses on research-based studies beneficial to students and society. A Naturopathy clinic, established in 2015, offers natural treatments such as massage therapy, steam baths, sauna baths, vibro massage, magneto therapy, acupuncture, water therapy, mud therapy, and enemas.

Dedicated to achieving holistic health, the department provides scientific training in Yoga and evidence-based Naturopathy treatments to benefit individuals and the community.

Organizing Committee

Dr. Devanand S. Sonar
Dean : Faculty of Interdisciplinary Studies

Prof. K. P. Narkhede
Co-ordinator IQAC

Prof. D. S. Ingle
Vice Principal : Faculty of Humanities

Prof. B. N. Kesur
Dean : Faculty of Humanities

Prof. Pankaj Khajbage
Soham Dept. of Yoga & Naturopathy

Prof. Jyoti Wagh
Soham Dept. of Yoga & Naturopathy

Prof. Anant Mahajan
Naturopathy Co-ordinator
Soham Yoga & Naturopathy

Prof. Sonal Mahajan
Naturopathy Co-ordinator
Soham Yoga & Naturopathy

Prof. Shraddha Vyas
Soham Yoga & Naturopathy

Conference Committee

Gaurav Joshi

Swapnil Chaudhari

Tejaswini Chaudhari

Shubham Bhongale

Prakash Rathod

Radhika Patil

Sahil Tadvi

Vasudeo Chaudhari

Kalyani Chaudhari

Rahul Kharat

Tanmay Gayakwad

Sharayu Vispute

Shubham Patil

Swapnali Mahale

Shubhangi Ubhale



Guidelines for research papers

1. Your paper title should be specific concise & descriptive.
 2. The reserach papers can be written in English, Hindi, Marathi.
 3. Font for Marathi & Hindi should be - Unicode font size 12 & For English - Times New Roman - font size 14.
 4. Send your paper on following Email Id : sohamdyn@kces.in
- Note : (Send your full paper in word & PDF fromat with your name)

Sub themes of the conference

1. Yoga & Digital Era
2. Yoga, Naturopathy & Holistic well being
3. The Utility of Yoga in modern life
4. Recent trends in Yoga & Naturopathy
5. Yoga & therapy
6. Yoga & Traditional knowledge systems
7. Digital Detox & Balance through yoga
8. Yoga for self transformation
9. Yoga for Psychosomatic Disorder
10. Yoga for Work place wellness
11. Effect of virtual world on real life



Objectives of the conference

1. Highlight the Role of yoga in modern life
2. Promote Digital Detox strategies
3. Address mental Health concerns
4. Encourage physical well - being
5. Foster Holistic wellness Awareness
6. Explore Innovations in Yoga Education
7. Create a community of like - minded Individuals
8. Encourage Research & Development

Target Participants

- Yoga Professionals
- Physical Educators
- Yoga Practitioners
- Counsellors & Life Coaches
- Researchers & Academics
- Administrators and Policy Makers
- General Educators
- Psychologist
- Therapeutic Professionals
- Social Workers
- Students and Scholars
- Persons with Disabilities
- Philosophers



Registration Fees : **Rs. 500/-** | Registration & Research Paper Presentation Fees - **Rs. 800/-**

Online Registration : <https://forms.gle/Ax4UHNqUnq44LNyb7>

Registration Link



Payment



Payment Details

Bank Name : The Jalgaon People co opp Bank

A.C. Name. : Principal M J College Jalgaon

A.C. No. : 00701116000010

IFSC Code : JPCB0000007



Programe Schedule 11th January 2025

No.	Event	Time
1.	Reporting	8:00 to 9:00 AM
2.	Break Fast	9:00 to 10:00
3.	Inaugural Ceremony	10:00 to 11:30
4.	Key Note address	11:30 to 1:00
5.	Lunch Break	1:00 to 2:00
6.	Research Paper Presentation	2:00 to 3:30
7.	Plenary Session	3:30 to 4:30
8.	Tea Break	4:30 to 5:00
9.	Closing Ceremony	5:00 to 6:00 PM



Important Dates

Kindly Confirm your Registration before 5th January 2025

Last date for abstract Submission : 01st January 2025

(Up to 250 Words)

Last date for Submission of full paper : 05th January 2025

(Up to 2500 Words)

Email : sohamdyn@kces.in

Tourist Places



Gandhi Teerth (Distance - 8 KM)



Padmalaya (Distance - 30 KM)



Ajanta Caves (Distance - 60 KM)



Patnadevi (Distance - 120 KM)



Ghrishneshwar Jyotirlinga
(Distance - 162 KM)



Ellora Caves (Distance - 165 KM)

