

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



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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.)

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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.)

KEYNOTE SPEAKER



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.

ORGANIZERS

INAUGURAL CEREMONY

Date : 16 October, 2021, Time : 10.30 am

INAUGURATOR



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Registrar
Sant Gadge Baba Amravati
University, Amravati.

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Prof.Mukul M. Bhonde
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Dr.Avinash Asnare
Director
Physical Education and Sports Sant Gadge
Baba Amravati University, Amravati.



Dr.Meenal Thakare (Bhonde)
Principal,
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Mahavidyalaya, Amravati.



Dr.Vijay Darne
Principal,
Late Dattatraya Pusadkar Arts
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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. Shrikrushnrao 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 Arts College

Nandgaon Peth, Amravati.

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

16 October 2021

Conference Report

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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. Vyasa Kalyanasunderam from Sri Lanka and Dr. Lim Boon Hooi from Malaysia were present to deliver their knowledgeable speech.



Prof. Vyasa Kalyanasunderam

Prof. Vyasa 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 Bhonde



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

Honourable Prof. Mukul Bhonde 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 mice 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 like 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 viscous 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

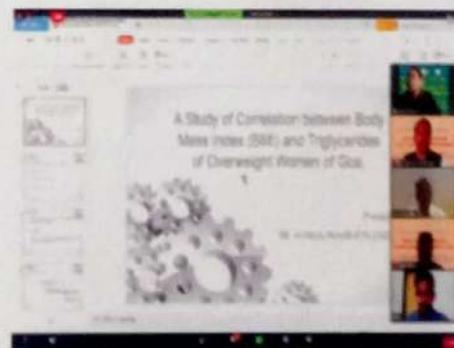
Paper Presentation Session II



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



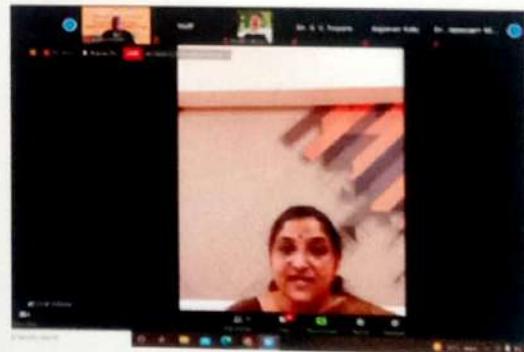
Prof. Sonali Asarkar

(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. Vyasar 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 Bairale

Principal,
Narayanrao Rana College,
Badnera. (M.S.)

Principal Dr. Gopal Bairale 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 Dattatraya 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 Brochure

Invitation:
Dear Sir/ Madam,

Mahatma Jyotiba Phule Mahavidyalaya, Amravati, Late Dattatreya Paudkar Arts College, Nardgaon Path, Amravati and Narayansena Rata Mahavidyalaya, Badnera, Amravati, jointly organising one day **International Interdisciplinary e-Conference on "Role of Physical Activities, Health and Fitness in Today's Crisis"** to be held on 16 October 2021. We are pleased to invite you to register, participate and contribute high quality deliberation and make the event a success.

About Conference:
International e-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 Activities, Health and fitness.

Physical activity and exercise can be effective treatment strategies for symptoms of both depression and anxiety. Each day is now 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.

Theme : "Role of Physical Activities, Health and Fitness in Today's Crisis"

Sub Themes:

1. Yoga practice 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 sports.
6. Importance of taxonomy in sports.
7. Nutrition's and sports performance of students.
8. Contributions of other therapy like Reiki, Aerobics, Music, Yoga, Herbal treatment for Fitness.
9. Physical fitness, Nutrition's and sports performance.
10. Social impact of physical fitness in society.
11. Stress Management in Librarianship.
12. Effect of Political System on Sports.

Call for Research Paper / Articles:

- All Papers should be the original one and it should not be published in any manner before and after the conference.
- All Authors and co-authors should write the correct affiliation inside the paper.
- Research paper/article for publication should be only in MS Office Word file format. (PDF format not accepted) Font for English, Times New Roman, Size-12, for Marathi & Hindi Mangal UniCode, Font Size-14.
- It should be categorized in title Page (Title of paper, Name of Author, Designation, Name of the College, Email Address and Mobile Number), Abstract, Introduction, Methodology, Result of the study, Discussion of the Findings and Reference form.
- The selected papers will be published in *Nebulae* (e-Journal). *Nebulae* is an International, Indexed, Peer Reviewed and Indexed Quarterly ISSN 2277-0771 with Impact Factor 7.399 (SJR).
- Please check Plagiarism policy on Research Nebulae Journal website.

Paper Submission Guidelines								
<p>The paper article must be sent through email as prescribed format to submit@icmponline.org.in on or before 15 December 2023 along with Certificate of Authorship and original and scanned copy of your payment transaction. Late papers will not be considered. Papers are not to be submitted/received for editing and correction of following categories:</p>								
Registration Fee: https://forms.gle/9GATBQ9WUHf739 Registration Link: https://tinyurl.com/y6x2y718 Registration Form: <table border="1"> <tr> <th>Category</th> <th>Registration</th> <th>Research Papers Publication per Author*</th> </tr> <tr> <td>Faculty / Intergate Research Scholar / Student</td> <td>FREE</td> <td>DOI No: \$ 10/-</td> </tr> </table> <p>* Note: DOI No. & Registration No. will be registered in and kept payment agency. Fee is Non-refundable</p>			Category	Registration	Research Papers Publication per Author*	Faculty / Intergate Research Scholar / Student	FREE	DOI No: \$ 10/-
Category	Registration	Research Papers Publication per Author*						
Faculty / Intergate Research Scholar / Student	FREE	DOI No: \$ 10/-						
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Photo Fee: https://tinyurl.com/2y62644k								
Chief Patron: Prof. Sudhakar Rao Director, IITB Prof. Sudhakar Rao Director, IITB								
Chairman: Prof. Sudhakar Rao Director, IITB Prof. Sudhakar Rao Director, IITB								
Chairman: Prof. Sudhakar Rao Director, IITB Prof. Sudhakar Rao Director, IITB								
Organizing Committee: Dr. Chaitanya Principal Department of Chemical Engineering IITB Prof. Sudhakar Rao Director, IITB Prof. Sudhakar Rao Director, IITB								
Dr. Chaitanya Principal Department of Chemical Engineering IITB Prof. Sudhakar Rao Director, IITB Prof. Sudhakar Rao Director, IITB								
Dr. Chaitanya Principal Department of Chemical Engineering IITB Prof. Sudhakar Rao Director, IITB Prof. Sudhakar Rao Director, IITB								

		
One Day International Interdisciplinary E-Conference		
Role of Physical Activities, Health and Fitness in Today's Crisis <i>(27 October, 2021)</i>		
Jointly Organized By IQAC and Department of Physical Education & Sports Mahatma Jayadev Polytechnic Maharashtra, Aarey, Late Bhavubhai Patel Arts College, Andheri West, Mumbai, Narayana Sanskriti Mahavidyalya, Andheri, Mumbai.		
Certificate of Authorship / Originality		
1. Name		
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3. Department		
4. Name of the Institute / College		
5. Corresponding Address		
Dated _____ Date _____		
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5. Name of Committee		
<ul style="list-style-type: none"> 1. We certify that the research paper has not previously been submitted for a degree nor has been submitted in part for the qualification in any form. 2. We declare that the research paper has not been submitted by anyone else. 3. We request the Chair UG/PG, Research Scholar, to publish the research paper in its form. 4. If for matter of plagiarism occurs, We accept the responsibility. 		
Place _____		
Date _____	Signature of Author(s)	

Conference Invitation



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

Jointly Organized By
Maharaja Jayanta Pala Mahavidyalaya, Amravati,
Late Dattatreya Punditkar Arts College, Nandgaon Path, Amravati,
Narayana Rana Mahavidyalaya, Beedara, Amravati

Date: 16 October 2021 Time: 10.30 AM

Chief Patrons

 Prof. Mahadevrao Bhoode
President
Narayana Rana Mahavidyalaya, Amravati

 Mr. Mukundrao Balapure
Secretary
Late Dattatreya Punditkar Shikshan Sanstha, Amravati

 Mr. Devendra Patil
Treasurer
Gopan Mahadev Shikshan Sanstha, Amravati

Resource Persons

 Narendarathna
Yoga Therapist, Sri Lanka

 Dr. Lata Bhat
University of Mysore, Mysore

 Dr. Chaudhari Agarwal
Professor
Panit Parmanand Shikshan Prayog (P.S.P.)

Key-Note Address

 Dr. Meenal Thakare (Bhoode)
Principal
Maharaja Jayanta Pala Mahavidyalaya, Amravati

 Mr. Devendra Patil
Treasurer
Gopan Mahadev Shikshan Sanstha, Amravati

Organizers

 Dr. Meenal Thakare (Bhoode)
Principal
Maharaja Jayanta Pala Mahavidyalaya, Amravati

 Dr. Vijay Borse
Principal
Late Dattatreya Punditkar Arts College, Nandgaon Path, Amravati

 Dr. Gopal Valade
Principal
Narayana Rana Mahavidyalaya, Amravati

INAUGURAL CEREMONY

Date : 16 October, 2021, Time : 10.30 am

Chairman
 Prof. Mahadevrao Bhoode
Secretary
Narayana Rana Mahavidyalaya, Amravati

Chief Guests

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

 Mr. Narendarathna
Member
Physical Education, Sports
Sant Gadge Baba Amravati University, Amravati

 Dr. Meenal Thakare (Bhoode)
Principal
Maharaja Jayanta Pala
Mahavidyalaya, Amravati

 Dr. Vijay Borse
Principal
Late Dattatreya Punditkar Arts College
Nandgaon Path, Amravati

 Dr. Gopal Valade
Principal
Narayana Rana
Mahavidyalaya, Amravati

ZOOM LINK
<https://us02web.zoom.us/j/82727774928?pwd=QkVzZ2p5a2p5Z2p5Z2p5Z2p5Z2p5Zz09>

TUTORIAL LINK
<https://tinyurl.com/222148>

VALEDICTORY FUNCTION

Date : 16 October, 2021, Time : 4.00 pm

Chairman
 Dr. Gopal Valade
Principal
Narayana Rana Mahavidyalaya, Amravati

Chief Guests

 Dr. Dinesh Khatav
Principal
Lokayan Rajiv Arany Shiksha Mahavidyalaya, Yavatmal

 Mr. Mukundrao Balapure
Secretary
Late Dattatreya Punditkar Shikshan Sanstha, Amravati

 Dr. Vijay Borse
Principal
Late Dattatreya Punditkar Arts College, Nandgaon Path, Amravati

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 Dr. Prabhakar Shinde
Member of Physical Education
Maharaja Jayanta Pala
Mahavidyalaya, Amravati

 Dr. Mukundrao Balapure
Member of Physical Education
Late Dattatreya Punditkar Arany Shiksha
Mahavidyalaya, Yavatmal

 Mr. Sankalchandra
Member of Physical Education
Narayana Rana
Mahavidyalaya, Amravati

IQAC Coordinators

 Dr. Meenal Thakare
Maharaja Jayanta Pala
Mahavidyalaya, Amravati

 Dr. Pradeep Patil
Late Dattatreya Punditkar Arts
College, Nandgaon Path, Amravati

 Prof. Nirmala Kunte
Maharaja Jayanta Pala
Mahavidyalaya, Amravati

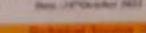
 Dr. Vilas Joshi
Maharaja Jayanta Pala
Mahavidyalaya, Amravati

Technical Advisor

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<https://tinyurl.com/222148>

Conference Schedule

  	
Mahatma Gandhi Pahar Mahavidyalaya, Gurugram 100th Anniversary Pahar Mahavidyalaya, Gurugram Pahar, Gurugram Gurugram Gram Vikas Nigam, Gurugram, Haryana, India 305009 Om Shanti	
International Interdisciplinary and Intersectoral Role of Physical Activities, Health and Fitness in Human's Growth Date: 10 October 2022	
	
 11.30 AM to 12.30 PM 12.30 PM to 1.30 PM	Registration Welcome and Introduction Dr. Pankaj Singh Vice Chancellor, Shaheed Bhagat Singh College, Gurugram Pahar, Gurugram Resource Person  Dr. Kavita Kaur Head, Department of Physical Education Guru Nanak Dev University, Amritsar
1.30 PM to 2.30 PM 2.30 PM to 3.30 PM 3.30 PM to 4.30 PM 4.30 PM to 5.30 PM	Workshop Shaheed Bhagat Singh Institute for Education and Research (SBSIER) Shaheed Bhagat Singh University Gurugram, Haryana, India Convenor Dr. Pankaj Singh Vice Chancellor, Shaheed Bhagat Singh College, Gurugram Pahar, Gurugram Guest of Honour Dr. Kavita Kaur Head, Department of Physical Education Guru Nanak Dev University, Amritsar

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

Conference Schedule



**Mahatma Jyotiba Phule Maharashtra State Arts College, Nandgaon Peth, Amravati,
Late Dattatreya Panditkar Arts College, Nandgaon Peth, Amravati,
Narayana Rana Mahavidyalaya, Badnera, Amravati.**

Jointly Organized

One Day

International Interdisciplinary e-Conference

on Role of Physical Activities, Health and Fitness in Today's Crisis

Date 10th October 2021

Paper Presentation Session - I

Time	Particulars
1.30 pm to 1.31 pm	Welcome and Introduction: Dr. Pankaj More, Late Dattatreya Panditkar Arts College, Nandgaon Peth, Amravati.
1.32 pm to 1.33 pm	Paper Presenter: Dr. Jayant More, K.M.C. College, Khopoli, Mumbai.
1.33 pm to 1.34 pm	Topic: Contribution of other therapy BOKL Activities Music, Yoga for Stress Chairperson: Dr. Pravin Dabre, Mahavidyalaya, Khopoli; Aptapur.
1.34 pm to 1.35 pm	Co-Chairperson: Dr. Prakash Chougule, Dr. Meenakshi Shinde Arts Mahavidyalaya, Shindejgaon Ghat.
1.35 pm to 1.36 pm	Question Answer Session
1.36 pm to 1.37 pm	Vote of Thanks: Dr. Shrikant Patil, Shrikant Patil Arts, Mumbai.

Meeting Link: <https://meet.google.com/oxka-ahsq/lnkqyqyq>
Meeting ID: 93843112112



**Mahatma Jyotiba Phule Maharashtra State Arts College, Nandgaon Peth, Amravati,
Late Dattatreya Panditkar Arts College, Nandgaon Peth, Amravati,
Narayana Rana Mahavidyalaya, Badnera, Amravati.**

Jointly Organized

One Day

International Interdisciplinary e-Conference

on Role of Physical Activities, Health and Fitness in Today's Crisis

Date 10th October 2021

Paper Presentation Session - II

Time	Particulars
1.45 pm to 1.46 pm	Welcome and Introduction: Dr. Pankaj More, Late Dattatreya Panditkar Arts College, Nandgaon Peth, Amravati.
1.47 pm to 1.48 pm	Paper Presenter: Mr. Abhishek Kulkarni, Ph.D. Scholar, College Director of Physical Education and Sports, Yavatmal Shri Dharmaraj College of Commerce & Economics, Marapur, Govt.
1.48 pm to 1.49 pm	Topic: A study of correlation between body mass index & Triglycerides of overweight women of Goa Chairperson: Dr. Sangeeta Kadam, S.M.I. Arts, Nanded, B.P. S.S. Mahavidyalaya, Digras.
1.49 pm to 1.50 pm	Co-Chairperson: Dr. Anilika Khare, Sant Bhagwanrao Arts Mahavidyalaya, Shindejgaon Ghat.
1.50 pm to 1.51 pm	Question Answer Session
1.51 pm to 1.52 pm	Vote of Thanks: Dr. Manoj Vaidya, Arts College, Warli.

Meeting Link: <https://meet.google.com/oxka-ahsq/lnkqyqyq>
Meeting ID: 93843112112

Time	Particulars
1.54 pm to 1.55 pm	Welcome and Introduction: Dr. Pankaj More, Late Dattatreya Panditkar Arts College, Nandgaon Peth, Amravati.
1.56 pm to 1.57 pm	Paper Presenter: Prof. Smita Achari, Mahatma Jyotiba Phule Maharashtra State Arts College, Nandgaon Peth, Amravati.
1.57 pm to 1.58 pm	Topic: Music from Mouth Swinnydale's Snug in Prabhakar Madhav Chairperson: Dr. Rajesh Chaudhari, Shri I.I.T. College of M.S., Akola. Co-Chairperson: Dr. Adil Khan, Rajyashri State Art. College, Chanderi.
1.58 pm to 1.59 pm	Question Answer Session
1.59 pm to 1.60 pm	Vote of Thanks: Dr. Smita Achari, Mahatma Jyotiba Phule Maharashtra State Arts College, Nandgaon Peth, Amravati.

Meeting Link: <https://meet.google.com/oxka-ahsq/lnkqyqyq>
Meeting ID: 93843112112

Time	Particulars
2.37 pm to 2.38 pm	Welcome and Introduction: Dr. Pankaj More, Late Dattatreya Panditkar Arts College, Nandgaon Peth, Amravati.
2.39 pm to 2.40 pm	Paper Presenter: Mr. Vinay Bhosale, Research Scholar, I.I.T. University, Bhopal, M.P.
2.40 pm to 2.41 pm	Topic: Understanding the impact of music listening experience and their workout practices in reducing physical fitness Chairperson: Dr. Sujata Narkhede, Narayana Rana Arts College, Dhadkana.
2.41 pm to 2.42 pm	Co-Chairperson: Dr. Akashdeep Ganguly, Sant Bhagwanrao Arts Mahavidyalaya, Warli.
2.42 pm to 2.43 pm	Question Answer Session
2.43 pm to 2.44 pm	Vote of Thanks: Dr. Pankaj More

Meeting Link: <https://meet.google.com/oxka-ahsq/lnkqyqyq>
Meeting ID: 93843112112

Time	Particulars
4.00 pm to 4.01 pm	Welcome
4.01 pm to 4.11 pm	Conference Review & Feedback
4.11 pm to 4.21 pm	Chief Guest's Speech
4.21 pm to 4.31 pm	Chief Guest's Speech
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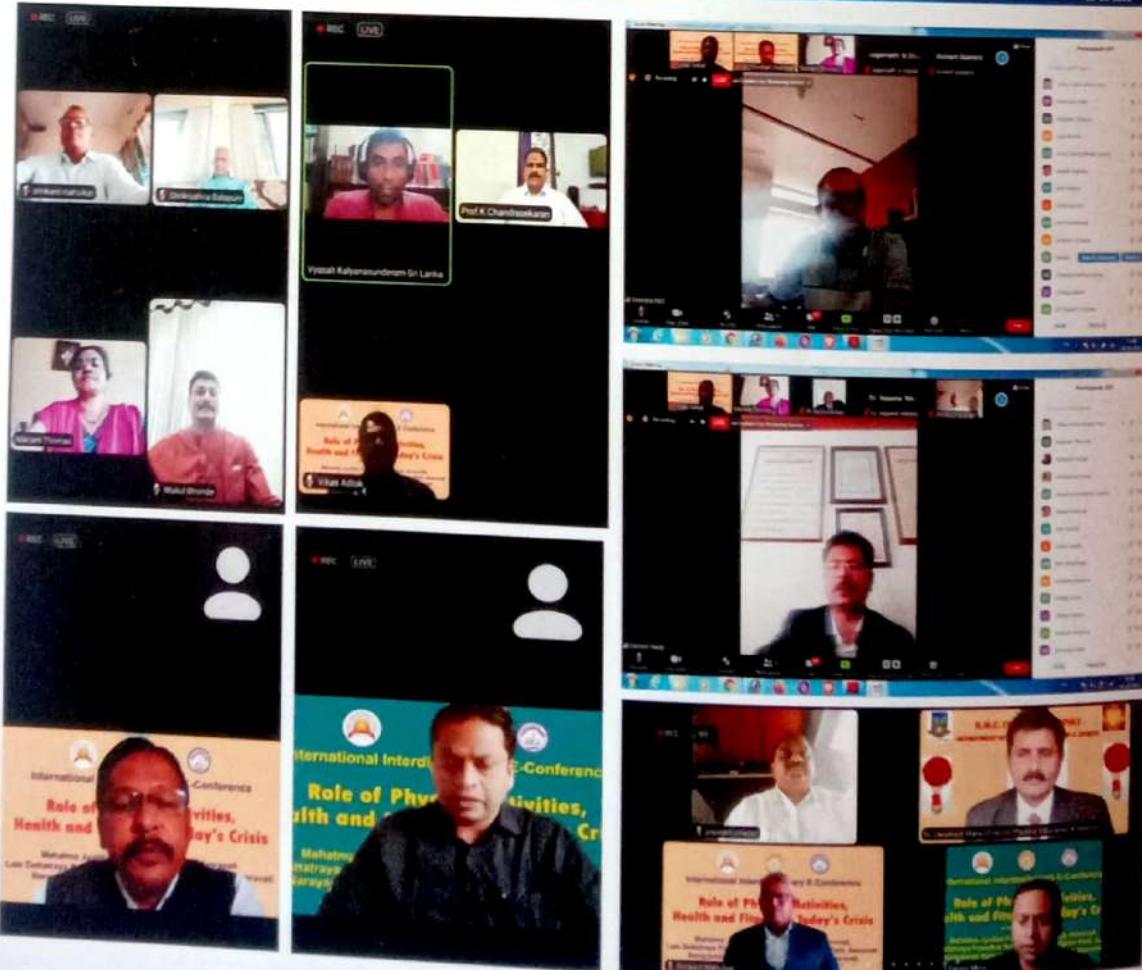
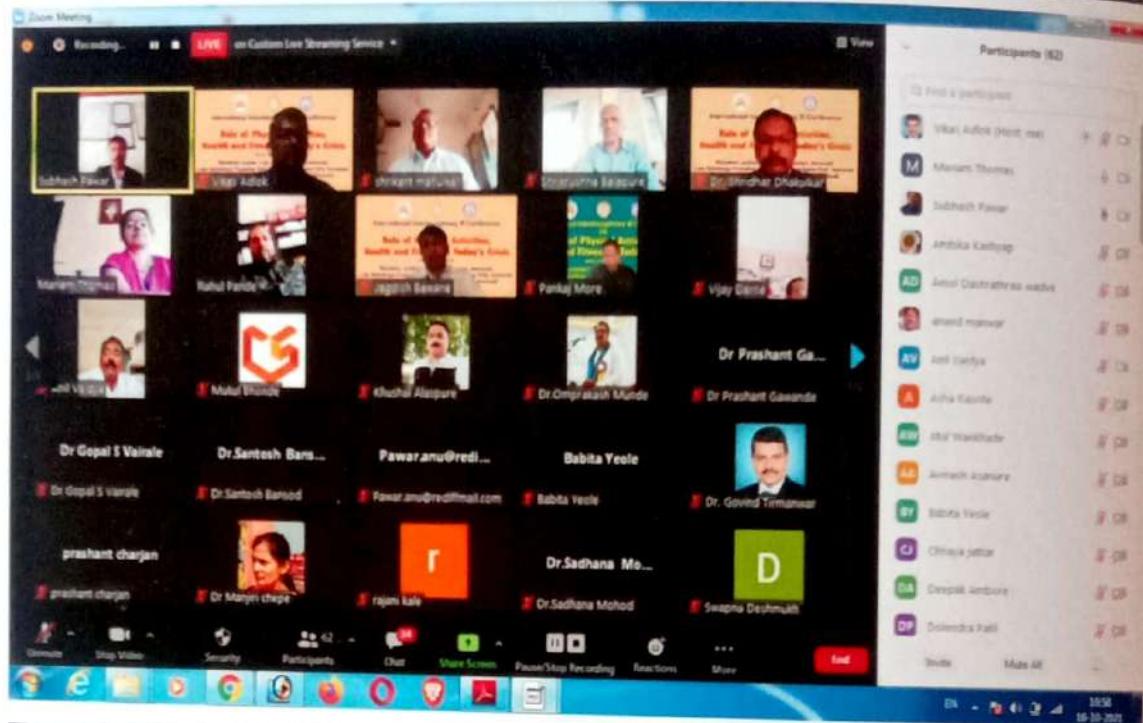
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