

Report of National Level Orientation Programme on “Yoga Education: Need for the 21st Century” 30-31st January, 2010 by Sheth M. N. C. College of Education, Dabhoi

The National Level Orientation Programme on “Yoga Education: Need for the 21st century” was organized on 30-31st January, 2010 by Sheth M. N. C. College of Education, Dabhoi , Council for Teacher Education (CTE), Gujarat and Patanjali Yog Samiti, Vadodara.

The objectives of the orientation programme were

- ✚ To understand the importance of Yoga Education for Physical and Mental Health
- ✚ To understand the objectives of Pranayam and Meditation in Yoga and to develop the skill of Pranayam and Meditation.
- ✚ To understand the process of stress and management through yoga education.
- ✚ To acquire the knowledge and techniques of performing yogasana and to develop the skills for the same.
- ✚ To correlate the yoga and ayurved for physical health.

Principal, Dr. Kanubhai Patel welcomed the august gathering and also talked on importance of Yoga.

Prof. R. G. Kothari the Former Vice Chancellor Veer Narmad South Gujarat University and Presently President CTE and Professor of Education, The Maharaja Sayajirao University of Baroda, Vadodara, inaugurated the programme. He presented the concept of Yoga as well as the creation of Healthy, Clean, Prosperous and independent country through Yoga and Pranayam. He highlighted the effective ways of healthy living. Focused on the importance of yoga education in ones life and gave many slogans for healthy living.

Dr R.S Patel Professor and Head Department of Education, Gujarat University, Ahmedabad, the chief guest- of the programme, focused on health education and said that yoga is primary base for our health and commented that western people are following our ancient traditional of yoga and we are forgetting our rich and old culture. He also cited many examples which showed that through yoga one can live happily. On this occasion the members of management (Baroda District Education Society) also wished their best complements. The coorganizing secretary, Dr. C. S. Sangada gave the general information & explained the importance of orientation programme. The programme was compered by Smt. Vaishaliben Patel, the organizing

secretary of orientation programme. The team of Resource Person comprised of Dr. Vipinbhai D Shah (Former President of Patanjali Yog Samiti, Vadodara), Dr. Hetalben Desai (Gujarat Rajya Mahila Prabhari, Patanjali Yog Samiti Bilimora), Shri Jayeshbhai S. Bhatt (Vice President, Patanjali Yog Samiti, Vadodara) and Shri Ashishbhai Arya (Mandal Prabhari, Patanjali Yog Samiti, Vadodara). The President and the secretary of the trust also expressed their deep gratitude. The inaugural programme ended with the vote of thanks proposed by Dr. R . K. Pandya.

In the first session, Dr V. D. Shah one of the resource persons of Patanjali Yoga Samiti, Vadodara delivered a detailed speech on 'Importance and need of yoga in life'. In the second & third session, Shri Jayeshbhai Bhatt & Dr. V. D. Shah informed about methods of performing Yogasana and Pranayam and also highlighted its benefits and gave descriptive information with help of demonstration. On the second day, 31st January 2010, early in the morning, during 6 to 9 practical sessions of yoga & pranayam were held in groups. This session was handled by Ashishbhai Arya & his team members. The participants were given enough scope and time to practice the Yogasana and Pranayam in the following sessions. Later on resource persons gave the satisfactory answers of the questions of the delegates in the open forum & discussion session.

At last in the valedictory session Dr. Ratibhai Patel Chief Guest and President of the management, donor Shashikantbhai Patel & member of management as well as resource person of Patanjali Yoga Samiti were present. Shri A. P. Makwana gave brief report of two days programme. The delegates were given chance to express their opinions about the orientation programme. They appreciated the orientation. The Vice President of management Shree Jayantibhai Patel focused on needs of yoga education in modern society. The donor Shri Shashikantbhai Patel presented a bag as a memento to all the participants. The organizing secretary of programme Smt. Vaishaliben Patel narrated the experiences of programme and expressed her happiness due to participation of large number of delegates who showed their interest in the orientation programme by actively participating in each and every session. Dr. Ratibhai Patel informed about the need of oxygen for human-body & importance of yoga. He also thanked the college staff and student for organizing such a need based programme. Then certificates were distributed by the members of management. The valedictory ceremony was organized by Dr M. D. Prajapati. The two day programme ended by the vote of thanks proposed by Shri S.C. Patel.