



Bhavesh Vaity <bvaity@ptvaim.com>

PTVAIM's National Webinar "Yoga For Holistic Life"

PTVA's Institute of Management PTVAIM <ptvaim.mms@gmail.com>

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To: braval16.br@gmail.com, piyushsonawane0@gmail.com, bvaity@ptvaim.com, omamaansari990@gmail.com, Roshan Jebin <mpjebin@gmail.com>, thutabhaskararao@gmail.com, osamaansari720@gmail.com, ghadale.krushna604@gmail.com, niveditasrivastava28@gmail.com, sujitkumarpatra.education@gmail.com, sultanasuhana57@gmail.com, susmitamondal72215@gmail.com, vinodydesale6@gmail.com, harshagoyal@ymail.com, sansicodias@gmail.com, moontahaimran786@gmail.com, smtripathi330@gmail.com, miraangondalwala15@gmail.com, rramawat814@gmail.com, shikhatrivedi26@gmail.com, abhiajin143@gmail.com, bhoomi0100@gmail.com, sahilyadav.sy3553@gmail.com, dhaneshgargmmcn@mmumullana.org, srushygaikwad12@gmail.com, Gsgarale29@gmail.com, abhijeetavhad10@gmail.com, mohitkadolkar07@gmail.com, sshivani467@gmail.com, smartboy_mail@yahoo.com, rohitvans51@gmail.com, vartakchaitanya30@gmail.com, drmp1977@gmail.com, ajityadavsaidhi@gmail.com, Chandanshivnikhil2@gmail.com, Jitendramaurya4444@gmail.com, Samiksharaykar12@gmail.com, crusadebegins@gmail.com, sushantyadav1688@gmail.com, vivekydv1996@gmail.com, sonawaneshreyas77@gmail.com, akashthorat84@gmail.com, gauri.zade09@gmail.com, alkamohanmmcn@mmumullana.org, dhiwarvikas85@gmail.com, raunaktiwari34@gmail.com, ruchigothankar9@gmail.com, divyashhot214@gmail.com, jyotimishra19122001@gmail.com, aachalv@gmail.com, nikhildubey6340@gmail.com, Swagatachalke999@gmail.com, shailesh.yadav2492004@gmail.com, akshaysangale0201@gmail.com, nkmwill@gmail.com, rohanpandey967@gmail.com, pintuprasad068@gmail.com, dhraddhashivgan999@gmail.com, snehalkamble2807@gmail.com, lokhande.tejal36@gmail.com, chavansonal.official@gmail.com, 123chaudharihitesh@gmail.com, Mysehal007@gmail.com, rugvedburse14@gmail.com, dmikhader@gmail.com, himanshu2020sre@gmail.com, kanojiyajitendra786@gmail.com, muthupandianp@saveetha.ac.in, Sumit.singh@mldc.edu.in, sushant.nimbalkar69@gmail.com, advrohityadav08@gmail.com, prachisawant256@gmail.com, smitanakti915@gmail.com, Techie5000@gmail.com, mskpshefi@gmail.com, niteshkajave2345@gmail.com, arajimba@gmail.com, kmusarrat1511@gmail.com, tulsankart5@gmail.com, rutikasangle58408@gmail.com, rajeshchandrasekaranm@gmail.com, durgavatisingh05@gmail.com, bhagyeshpisat05@gmail.com, heenalmanjrekar@gmail.com, nemadeutkarsha2@gmail.com, Rootujairmalwar1997@gmail.com, paritoshraut369@gmail.com, prathameshshirke684@gmail.com, contractorjash@gmail.com, Pahadeomkar08@gmail.com, Heenal1204@gmail.com, sawantsharvari703@gmail.com, saloni.khamkar2000@gmail.com, Bhagyeshpatil0799@gmail.com, sarvesh007salunke@gmail.com, chetna.gupta112@gmail.com, meenakshirai10@gmail.com, prathmeshsarang98@gmail.com, tanujadhav28.july@gmail.com, esakkimuthu1431996@gmail.com, yelveruchika@gmail.com, payalnaik04@gmail.com, amitsoren4482@gmail.com, rahulborhade.cr@gmail.com, pradhnyau@gmail.com, singh.vivekkumar1976@gmail.com, adityamalpani2000@gmail.com, sawantpurva2999@gmail.com, kaameya99ingale@gmail.com, siddhisalvi17@gmail.com, gayatrids05@gmail.com, dupare.atit022@gmail.com, onlynams@gmail.com, badekarmahanti@gmail.com, drsnborhade@gmail.com, kirankamble112233@gmail.com, riyaznpathan@gmail.com, schakranarayan61@gmail.com, goralsanappa@gmail.com, utkarshverma10nov@gmail.com, drvkj23@gmail.com, savitaswamy257@gmail.com, stishap@gmail.com, mpranav.adc@gmail.com, vyshnacv21@gmail.com, anuj31530@gmail.com, Senti.banjare9@gmail.com, shasin3125@gmail.com, saurabhkale0311@gmail.com, Seema.pundir@yahoo.com, aartivarma2130@yahoo.com, anuskacardozo023@gmail.com, bksingare74@gmail.com, sonianarang456@gmail.com, Kaur.manjot1292@gmail.com, sureshchmishra437@gmail.com, girdharsharma07@gmail.com, thanga.222@gmail.com, adityanimbalkar58@gmail.com, aparnapatil@ptvaim.com, Pankaj.godse1979@gmail.com, jaymane8111@gmail.com, Ahindolia@ptvaim.com, Skakkar@ptvaim.com, adeokule@ptvaim.com, tiwari.ritik.9831@gmail.com, vs.rt.0711@gmail.com, ferzinranderia@gmail.com, rmurudkar@ptvaim.com, dask35083@gmail.com, narangmuskan008@gmail.com, rvsharma4675@gmail.com, profkrjain7@gmail.com, ramesh1mahadev3suje@gmail.com, mubashshir1984@gmail.com, Mayankmksharma18@gmail.com, Snaz987@gmail.com, neeraj.kumar4286@gmail.com, arpanamishra98@gmail.com, riddhizaveri786@gmail.com, sahilshaikh2244786@gmail.com, indhu200129@gmail.com, sambhajibhosale212@gmail.com, tmsaed@gmail.com, Shyamlife79@gmail.com, samikshasomvanshi24@gmail.com, yadavk@gmail.com, 13pathology@gmail.com, sn.tripathi41@gmail.com, Thakurasim2@gmail.com, meghanabvaity@gmail.com

Cc: ajinkyakumawat@ptvaim.com

Dear All,

Greetings from Parle Tilak Vidyalaya Association's Institute of Management (PTVAIM),

Global Citizens' Club and IQAC in Association with Yoga Vidya Niketan presents National Webinar on -

"Yoga For Holistic Life"

On account of 8th International Yoga Day.

United Nations have declared theme as Yoga for Humanity

"Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfilment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and nature. By changing our lifestyle and creating consciousness, it can help in well being"

Speakers:

Mrs. Janita Raikar- She has corporate experience of 10yrs + and holds a Diploma in Yogic Education (From Yoga Vidya Niketan)

Ms. Shilpa Jain - A Yoga practitioner from past 20 years also has a Diploma in Yogic Education (From Yoga Vidyaniketan) as well as a diploma in Yogic therapy, Naturopathy and Natural living.

Ms. Tejashwi Pagare - Founder of Brightside Yoga and have Conducted various online workshops for Yoga specially having trained for Bharatnatyama dancers and is Currently working as Yoga Teacher for Individuals, Classes and group

On - Tuesday, 21st June,2022

From - 08.15 Am to 9.15 Am

The webinar is open for all.

Registration Link:

<https://forms.gle/kkKSJR5q8EiZkJhVA>

Kindly join the Telegram Group created for the Webinar. All updates will be posted in telegram group.

<https://t.me/+cOLhs6qae11NzI1>

Registration Fee: NIL

Participants will get E-Certificate from PTVA'S Institute of Management as well as Yoga Vidya Niketan under Ministry of Ayush, Government of India.

E-certificates will be awarded to all the registered participants who attend the entire webinar and fill in the feedback form.

Few Instructions to be followed for the webinar-

1. Seat - Perform your practice on a Yoga Mat / carpet covered with a clear piece of cloth
2. Clothing - Should be clean, minimum, loose and light
3. Food - Yoga Practice must be Performed with an empty or light stomach. A moderate quantity of food can be taken half an hour after practice.

Join at 08.00 am to avoid last minute glitches on the day of the webinar

For queries, feel free to get in touch with us.

Shreyas Sonawane
+91 7039697879

Asst. Prof. Ajinkya Kumawat
+91 7977741848

Asst. Prof. Bhavesh Vaity
+91 9867955708



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