

## REPORT

The one day National Level Seminar on 'Aesthetics and Health. An integral part of Education' is organized by MES's Pillai College of Education and Research, New Panvel.

The inaugural session was graced with the presence of a noble gathering of dignitaries from various institutions of the Mahatma Education Society and other eminent academicians. The Chief Guest for the day was Shri. A. L. Tripathi, Deputy CEO, MES- Khanda colony campus.

Dr. Pratima Pradhan welcomed all the dignitaries. The seminar began with the lighting of the lamp and recitation of auspicious prayer.

Shri A.L. Tripathi addressed the gathering by stressing on the intimate relationship of health and aesthetics through wonderful poetic expression.

Ms. Bindu Tambe unveiled the theme of the seminar. This seminar is arranged keeping in view the importance of arts and physical education in education which is now highlighted in changing curriculum at various levels in education.

The keynote address was given by Dr. Jyotsna Tiwari, Associate professor, Department of Education, Arts and Aesthetics, NCERT. Mrs. Bhavana Dave gave an introduction of Dr. Jyotsna Tiwari.

Dr. Tiwari stated that Aesthetics and health are key burning issues in today's era. We have succeeded in integrating art and health education in our curriculum. Dr. Tiwari highlighted the important aspect of art education, i.e. Design which should be brought into the school curriculum. She expressed the need of inculcating Aesthetics as one of the important values for our life. Teachers need to take special efforts to integrate art education in various subjects and it should be closed to life. She suggested that Technology must be used to give rich experiences to fulfill these objectives.

Mrs. Geeta S Thakur offered vote of thanks.

This session was followed by thought stimulating discussion.

Then the tea break followed by the first session of the seminar which was on Aesthetics and education. The Guest Speaker was Prof. Mustansir Dalvi who is professor of J J school of Architecture. Mrs. Geeta S Thakur introduced Prof. Mustansir Dalawi to the audience.

Prof Dalawi shared his knowledge about aesthetic in a larger context.

He advised that teacher shouldn't be restricted to his/her subject. A teacher must have a world view of knowledge. The student is not only a learner, but also a producer of knowledge. So the knowledge created by students should be preserved and disseminated. He suggested that for any communication the suggested meaning through any art form is the prime source of aesthetic appeal. He further illustrated the different effective media of communication like books, painting, comic books, etc. Prof. Dalawi emphasized the need of reflective questions to evaluate the gained knowledge.

He quoted we need to make the student a real 'Rasika' i.e. An aesthete with a world view.

At the end of this session the vote of thanks was given by Dr. Lata Venkat.

After the first session the delegates from various institutions presented their papers.

The session was chaired by Mrs. Smita Dalavi. The papers presented kaleidoscopic integration of cinema, music, drama, dance, sketches in education. The paper presentations were beautifully supported with artifacts, activities, demonstrations etc. which provided rich learning experiences. This is followed by a lunch break

The second session was initiated by Mrs. Namrata Saxena.

The second session was taken by Dr. Linda Dennis, Assistant Director, Department of Physical education, SNTW Women University and Mrs. Anjali Joglekar, Yoga instructor, Department of Education, SNTW Women University.

Ms. Alpana Sharma introduced Dr. Linda Dennis and Mrs. Anjali Joglekar,

The session was about "Body, mind integration through mental fitness."

The session initiated with a quote "man is not the owner of his body but only trusty". For better health, one needs to have a positive and a sound mind. So it is very essential to maintain body and mind integrity.

They explained the functioning of the brain and the concept of mind. She further explained how thoughts generated from mind activate pulse rate, respiration, blood pressure. Breath and mind are directly related to each other. Whatever transpires in the mind influences the rate, depth, and rhythm of the breath. One needs to develop mental fitness through proper breathing training.

Mrs. Anjali Joglekar presented an overview of how yoga is the pathway of better living, benefits of yoga. She gave demonstrations of various breathing exercises and simple asanas and helped the audience get a feel of these yogic exercises.

Mrs. Namrata Saxena thanked resource. After the second session, second paper presentation initiated by Mrs. Bindu Tambe. Papers presented threw light on various aspects of health education such as yoga, aerobics, sports, meditation etc. Dr. Linda Dennis and Mrs. Archana Joglekar chaired the session. Overall through this seminar, the paper presenters and guest speakers make us realize art education and health education is an essential part of public education. From Dance and music to theatre and the visual art, sport, the arts give children a unique means of expression, capturing their passion and emotions and allowing them to explore new ideas, subject matter and culture. They bring joy in every aspect of our lives.

The sessions were well knitted with subtheme based paper presentations of the participants. The guest speakers and the paper presentations gave precious insight into the themes.