



Shri Shivaji Education Society, Amravati's

**SHRI SHIVAJI SCIENCE AND ARTS COLLEGE,**

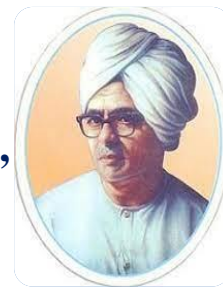
Chikhli, Dist Buldana (M.S) 443201

NAAC Re-accredited B++ Grade (CGPA 2.82)



**DR. OMRAJ S. DESHMUKH**

**PRINCIPAL**



**SHRI HARSHVARDHAN DESHMUKH**

**PRESIDENT**

## **Department of Physical Education & Sports**

### **Celebration of International Yoga Day**

#### **Action Taken Report 2020**

#### **Introduction**

The International Day of Yoga aims to raise awareness worldwide of the many benefits of practicing yoga. Yoga embodies unity of mind and body, thought and action. A holistic approach [that] is valuable to our health and our well-being. Yoga is not just about exercise; it is a way to discover the sense of oneness with you, the world and the nature.

Practicing Yoga is known to improve flexibility, balance, endurance and physical strength while Yoga Practices and Meditation helps to keep the mind sharp and clear relieves stress and improves overall well being. College promotes health benefits among the faculty and students through Yoga and Meditation.

The International Yoga Day enthusiastically conducted under the guidance of Dr. Anil M. Garode, The Principal, Shri Shivaji Science and Arts College, Chikhli.

Department of Physical Education conduct International Yoga Day online mode due to pandemic COVID19 for the college staff and students.

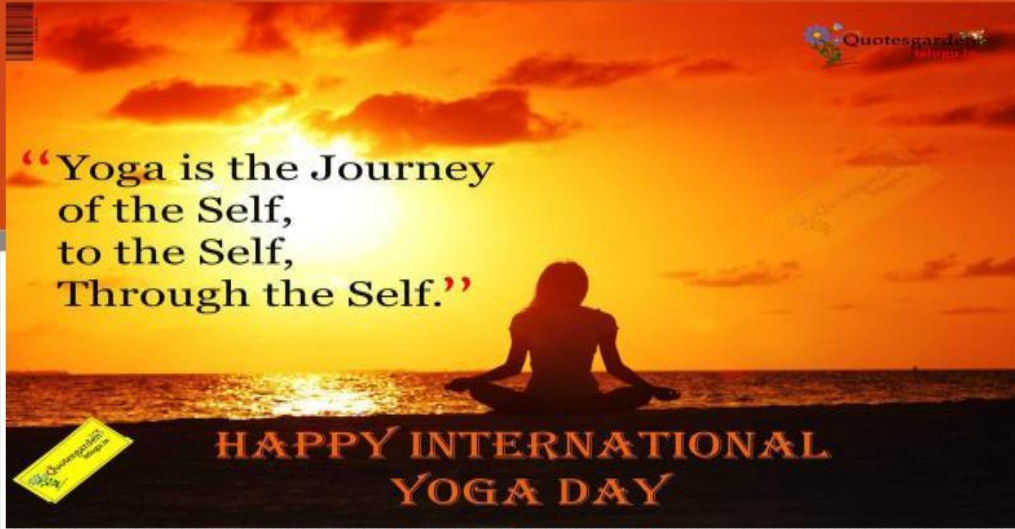


# INTERNATIONAL DAY OF YOGA

## 21<sup>st</sup> June 2020



|| ज्ञानम् परम् ध्येयम् ||



**Organized By**

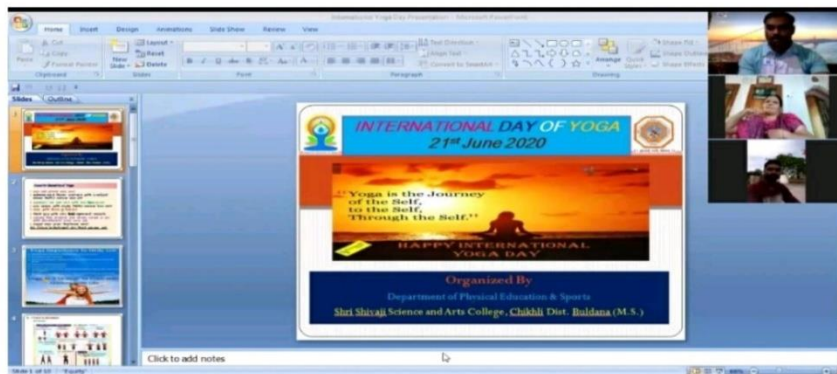
Department of Physical Education & Sports

Shri Shivaji Science and Arts College, Chikhli Dist. Buldana  
(M.S.)

### International Day of Yog



International Day of Yog celebrated on 21/06/2020 by Department of Physical Education and Sports



International Day of Yog celebrated by online mode enthusiastically

Mr. S. J. Kokode, explaining the importance of the “Yoga and Meditation”

**SHRI SHIVAJI SCIENCE AND ARTS COLLEGE,**

Chikhli Dist. Buldana

**Department of Physical Education & Sports**

**LIST OF PARTICIPANT**

Name of the Programme : **Celebration of International Yoga Day**

Date: **21<sup>st</sup> June 2020**

<b>Sr.</b>	<b>Name of Student</b>	<b>Class</b>	<b>P/A</b>
1.	Shivani Vilas Wavare	B. Sc. III	
2.	Harish Dilip Jadhao	B. Sc. III	
3.	Jay Pradeep Chunawale	B. Sc. III	
4.	Jaya Dipak Suradkar	B. Sc. III	
5.	Jaya Vishwanath Tupkar	B. Sc. III	
6.	Karan Eknath Jadhav	B. Sc. III	
7.	Komal Eknath Karhade	B. Sc. III	
8.	Laxmi Raju Adhao	B. Sc. III	
9.	Mangal Gajanan Dukare	B. Sc. III	
10.	Mangesh Dharma Gade	B. Sc. III	
11.	Habib Rahim Sayyed	B. Sc. III	
12.	Ashwini Parshuram Shinde	B. A. III	
13.	Ashwini Shivaji Shinde	B. A. III	
14.	Avinash Devrao Kharat	B. A. III	
15.	Jayashri Narayan Gadhawe	B. A. III	
16.	Jietndra Prakash Nikalje	B. A. III	
17.	Jitendra Ajaysinh Thakur	B. A. III	
18.	Jitesh Nivrutti Deshmane	B. A. III	
19.	Kiran Arun Jadhao	B. A. III	
20.	Kiran Dinkar Galat	B. A. III	
21.	Kiran Gautam Ghevande	B. A. III	
22.	Kiran Samadhan Gawargur	B. A. III	
23.	Kirti Dilip Bedarkar	B. A. III	
24.	Kishor Ashok Gadekar	B. A. III	
25.	Kishor Sukhadeo Jadhao	B. A. III	
26.	Komal Gajanan Ingle	B. A. III	
27.	Komal Shrikrushna Jadhav	B. A. III	
28.	Komal Sudhakar Wankhede	B. A. III	
29.	Laxmi Suresh Kare	B. A. III	
30.	Madhav Arjun Lande	B. A. III	
31.	Mangesh Ravindra Tayde	B. A. II	

32.	Rushikesh Vilas Gaikwad	B. Sc. II	
33.	Sadaf Shafiq Sheikh	B. Sc. III	
34.	Samiksha Sanjay Wankhede	B. Sc. III	
35.	Sandesh Gajanan More	B. Sc. III	
36.	Sandip Arun Jadhao	B. Sc. III	
37.	Sanmati Santosh Satpute	B. Sc. III	
38.	Sarita Shrikrishna Dapke	B. Sc. III	
39.	Saurabh Shrikrushna Tamboli	B. Sc. III	
40.	Savita Panjabrao Lanke	B. Sc. III	
41.	Ashvini Punjaji Kanhe	B. Sc. III	
42.	Ashwini D. Khandagale	B. Sc. III	
43.	Chhaya Ganesh Chinchole	B. Sc. II	
44.	Deepak Pramod Kale	B. Sc. II	
45.	Devashri Shridhar Thoke	B. Sc. II	
46.	Diksha Milind Jadhao	B. Sc. II	
47.	Dinesh Vishwas Pawar	B. Sc. II	
48.	Dipali Jagannath Jaybhaye	B. Sc. II	
49.	Ganesh Bajirao Tale	B. Sc. II	
50.	Ganesh Devidas Misal	B. Sc. II	
51.	Ganeshsing Indrasingrajput	B. Sc. II	
52.	Gaurav Jivan Chinchole	B. Sc. II	
53.	Gayatree Rajiv Patil	B. Sc. III	
54.	Gopal Janardhan Mosambe	B. Sc. III	
55.	Harshada Kaduba Ghule	B. Sc. III	
56.	Irfan Mukhtar Shaikh	B. Sc. III	
57.	Jaya Shivnarayan Pawar	B. Sc. III	
58.	Kalyani Rajesh Halkare	B. Sc. III	

# Action Taken Report

**Year 2020**

**Activity:** Program on “**International Day of Yoga**” at College level.

**Aim:** To make people aware of physical and mental diseases and its solutions through practicing yoga. To reduce the rate of health challenging diseases all over the world. To get win over all the health challenges through regular yoga practice.

**Date:** 21<sup>st</sup> June 2020

**Organizer:** Principal, Dr. Anil M. Garode

**Convener:** Mr. S. J. Kokode

**Number of Participants: 58**

## **Action Taken**

Department of Physical Education and Sports, with junior college, Shri Shivaji Science and Arts College Chikhli Dist. Buldana, organized dated 21<sup>st</sup> June 2020 as a International Yoga day entitled, for Junior and senior college teaching, non-teaching staff and students.

Prof. Sachin Kokode  
Convener

IQAC  
Coordinator

Principal