

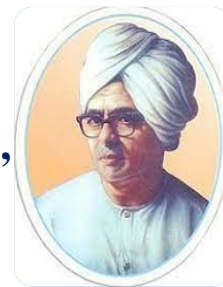


Shri Shivaji Education Society, Amravati's

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 2021

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.

Every year center conduct program related to Yoga and Meditation both for the faculty and students. College celebrates International Yoga day since its inception.

Techniques of Meditation and various postures (Asanas) are performed to lead a healthy and stress free life. Department of Physical Education yearly conduct International Yoga Day for the college staff and students.

Notice

19/06/2021

Celebration of International Yoga Day

Date: 22 June 2021

*****"*****"*****

.... महाविद्यालयातील सर्व विद्यार्थ्यांना तसेच शिक्षक व शिक्षकेतर कर्मचारी बंधु भगिनींना सुचित करण्यात येते की.... आपल्या महाविद्यालयात दिनांक 22/06/2021 ला International Yoga day साजरा करावयाचे आहे. या अनुषंगाने कार्यक्रमासाठी महाविद्यालयात ठिक सकाळी सकाळी..6.00 वाजता "

या कार्यक्रमास सर्वांनी उपस्थित राहावे.

टीप : सोबत योगा मॅट आणावे.....

महाविद्यालयाचा खुला रंगमंच

.....

Date :

22/06/2021

वेळ...

सकाळी..6 ते 7

आयोजक...

.....

प्रा.सचिन कोकोडे

संचालक

शारीरिक व क्रिडा विभाग

आदेशानुसार

.....

प्राचार्य

(Dr. A. M. Garode)

1:38 PM ✓

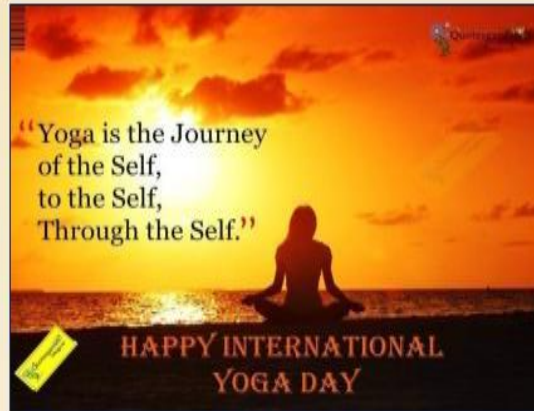


Shri Shivaji Education Society, Amravati's
Shri Shivaji Science and Arts College Chikhli,
Dist. Buldana (M. S.)
Accredited by NAAC 'B++' Grade CGPA 2.82



INTERNATIONAL DAY OF YOGA

21st June 2021

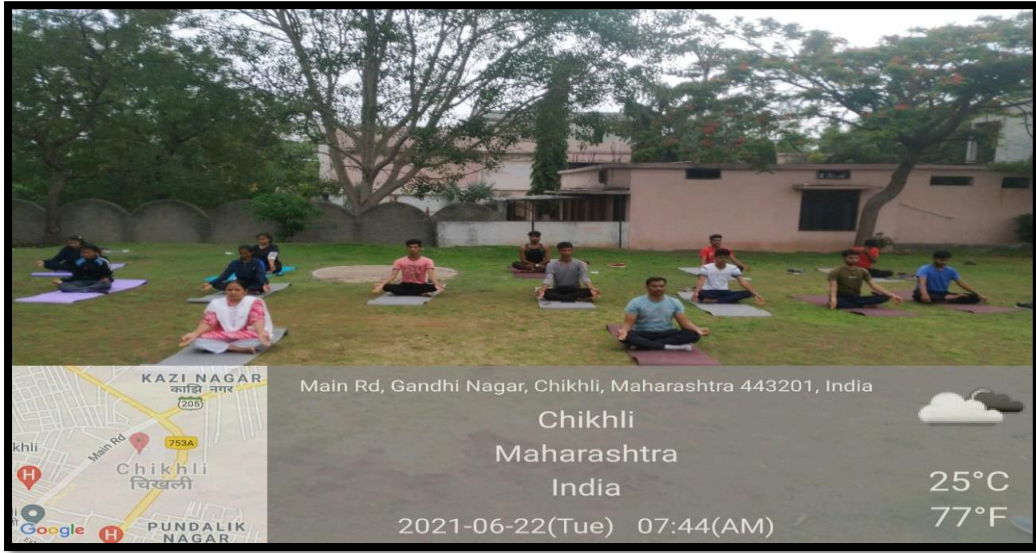


Venue: Open Stage, Time: 6:45 am.

Organized By

Department of Physical Education & Sports

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



Participants performing “Dhyana sadhana”



Participants performing “Vakrasana”

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: **22st June 2021**

Sr.	Name of Student	Class	Mobile Number	Signature
1.	Shivani Vilas Wavare	B. Sc. II	9763990819	
2.	Harish Dilip Jadhao	B. Sc. II	9975355904	
3.	Jay Pradeep Chunawale	B. Sc. II	8793224969	
4.	Jaya Dipak Suradkar	B. Sc. II	8551061086	
5.	Jaya Vishwanath Tupkar	B. Sc. II	9822951561	
6.	Karan Eknath Jadhav	B. Sc. II	9764593171	
7.	Komal Eknath Karhade	B. Sc. II	8552896217	
8.	Laxmi Raju Adhao	B. Sc. II	7021568644	
9.	Mangal Gajanan Dukare	B. Sc. II	8888468102	
10.	Mangesh Dharma Gade	B. Sc. II	9096889036	
11.	Habib Rahim Sayyed	B. Sc. II	9130144731	
12.	Ashwini Parshuram Shinde	B. A. II	9689332479	
13.	Ashwini Shivaji Shinde	B. A. II	9011710504	
14.	Avinash Devrao Kharat	B. A. II	8605669308	
15.	Jayashri Narayan Gadhave	B. A. II	9921897583	
16.	Jietndra Prakash Nikalje	B. A. II	7709099017	
17.	Jitendra Ajaysinh Thakur	B. A. II	9158350072	
18.	Jitesh Nivrutti Deshmane	B. A. II	9146136485	
19.	Kiran Arun Jadhao	B. A. II	9112123227	
20.	Kiran Dinkar Galat	B. A. II	7057031591	
21.	Kiran Gautam Ghevande	B. A. II	7218133074	
22.	Kiran Samadhan Gawargur	B. A. II	7038839390	
23.	Kirti Dilip Bedarkar	B. A. II	9657290203	
24.	Kishor Ashok Gadekar	B. A. II	7741844471	
25.	Kishor Sukhadeo Jadhao	B. A. II	7219557825	
26.	Komal Gajanan Ingle	B. A. II	8605283539	
27.	Komal Shrikrushna Jadhav	B. A. II	7350105472	
28.	Komal Sudhakar Wankhede	B. A. I	7741831168	
29.	Laxmi Suresh Kare	B. A. II	9850888410	
30.	Madhav Arjun Lande	B. A. II	7218891490	
31.	Mangesh Ravindra Tayde	B. A. II	7066834421	
32.	Rushikesh Vilas Gaikwad	B. Sc. I	8698474062	
33.	Sadaf Shafiq Sheikh	B. Sc. II	7774071018	
34.	Samiksha Sanjay Wankhede	B. Sc. II	7350365679	
35.	Sandesh Gajanan More	B. Sc. II	7057782797	
36.	Sandip Arun Jadhao	B. Sc. II	8554047213	
37.	Sanmati Santosh Satpute	B. Sc. II	7058548694	
38.	Sarita Shrikrishna Dapke	B. Sc. II	9689059221	
39.	Saurabh Shrikrushn Tamboli	B. Sc. II	7038218535	
40.	Savita Panjabrao Lanke	B. Sc. II	7038973406	

41.	Ashvini Punjaji Kanhe	B. Sc. II	8698004222	
42.	Ashwini D. Khandagale	B. Sc. II	9764617261	
43.	Chhaya Ganesh Chinchole	B. Sc. II	9767823199	
44.	Deepak Pramod Kale	B. Sc. II	7887720882	
45.	Devashri Shridhar Thoke	B. Sc. II	9067718934	
46.	Diksha Milind Jadhao	B. Sc. II	7038382251	
47.	Dinesh Vishwas Pawar	B. Sc. II	9325126664	
48.	Dipali Jagannath Jaybhaye	B. Sc. II	9730163417	
49.	Ganesh Bajirao Tale	B. Sc. II	8888482740	
50.	Ganesh Devidas Misal	B. Sc. II	8788100709	
51.	Ganeshsing Indrasingrajput	B. Sc. II	9421148836	
52.	Gaurav Jivan Chinchole	B. Sc. II	8412841315	
53.	Gayatree Rajiv Patil	B. Sc. III	9922756061	
54.	Gopal Janardhan Mosambe	B. Sc. III	8390364991	
55.	Harshada Kaduba Ghule	B. Sc. III	7768947454	
56.	Irfan Mukhtar Shaikh	B. Sc. III	9850408632	
57.	Jaya Shivnarayan Pawar	B. Sc. III	9922822007	
58.	Kalyani Rajesh Halkare	B. Sc. III	9370695387	

Prof. Sachin Kokode
Convener

IQAC
Coordinator

Principal

Action Taken Report

Year 2021

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: 21st June 2021

Organizer: Principal, Dr. A. 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 21st June 2021 as a International Yoga day entitled, for Junior and senior college teaching, non-teaching staff and students.

Prof. Sachin Kokode
Convener

IQAC
Coordinator

Principal