



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**

**International Yoga Day Celebration**

**Action Taken Report 2018**

## **Introduction**

Yoga is an ancient physical, mental and spiritual practice that originated in India. The word 'yoga' derives from Sanskrit and means to join or to unite, symbolizing the union of body and consciousness. Today it is practiced in various forms around the world and continues to grow in popularity.

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 yourself, the world and the nature. "Yoga cultivates the ways of maintaining a balanced attitude in day-to-day life and endows skill in the performance of one's actions."

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 Yoga and Meditation camp enthusiastically conducted under the guidance of Dr. A. M. Garode, The Principal, Shri Shivaji Science And Arts College, Chikhli. This wellness

platform hugely contributes in creating stress free positive environment and healthy way of thinking and living. 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

Notice 19/06/2018  
Celebration of International Yoga Day  
Date: 21 June 2018

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.... महाविद्यालयातील सर्व विद्यार्थ्यांना तसेच शिक्षक व शिक्षकेतर कर्मचारी बंधु भगिनींना सुचित करण्यात येते की.... आपल्या महाविद्यालयात दिनांक 21/06/2018 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 :

21/06/2018

वेळ...

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सकाळी..6 ते 7

आयोजक...

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प्रा.सचिन कोकोडे

संचालक

शारीरिक व क्रिडा विभाग

आदेशानुसार

.....

प्राचार्य

(Dr. A. M. Garode)

3:28 PM ✓

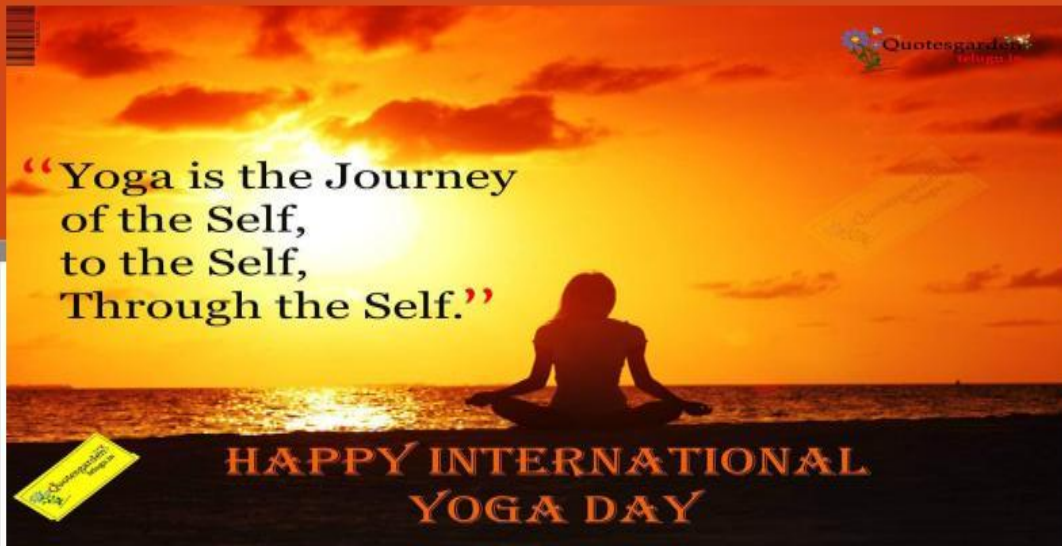


# INTERNATIONAL DAY OF YOGA

21<sup>st</sup> June 2018



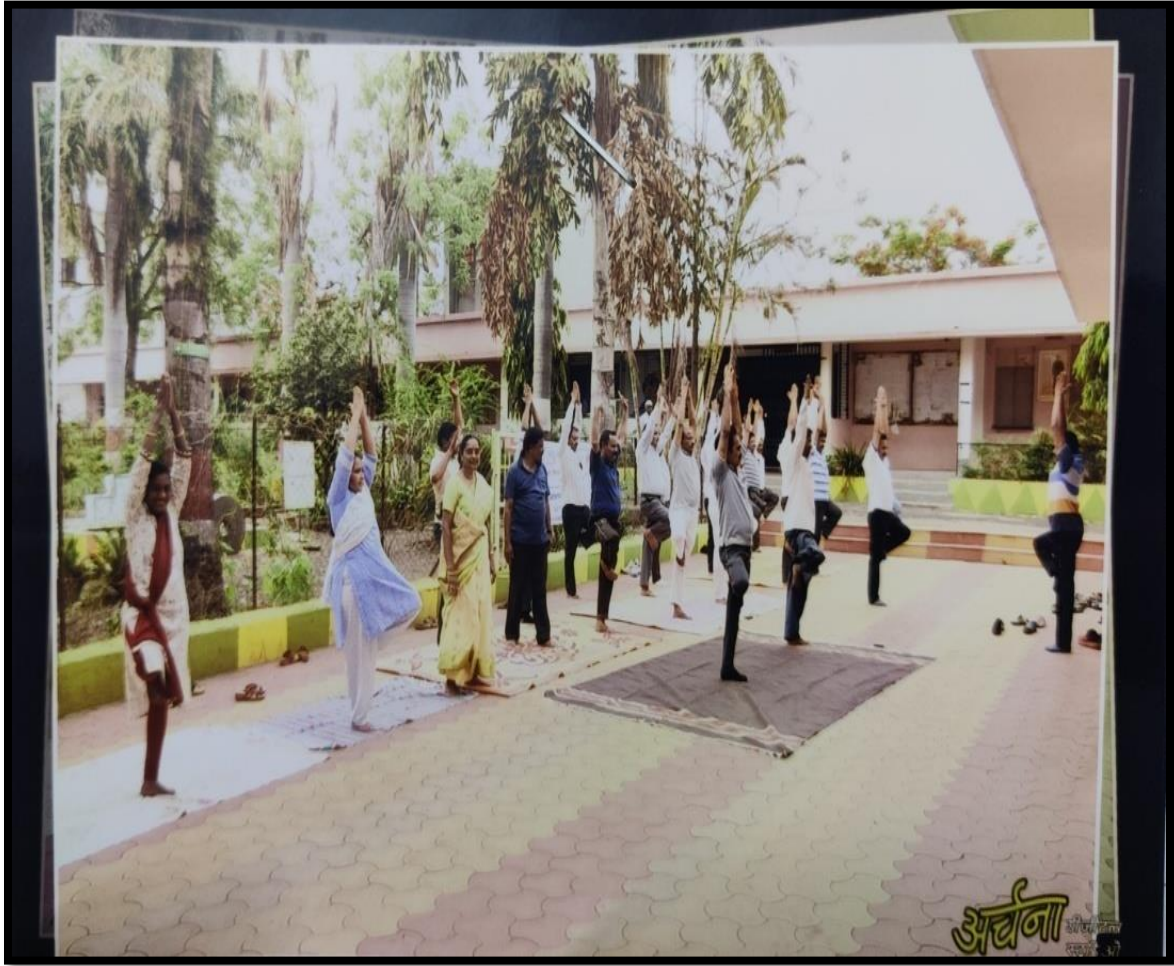
|| ज्ञानम् परम् ध्येयम् ||



**Organized By**

Department of Physical Education & Sports

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



**Participants performing “Vrikshasana” for concentration and balancing of mind**

## Department of Physical Education and Sports

Action Taken Report on International Day of Yoga

2018-19

**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 2018

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

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

**Number of Participants:** 58

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 2018 as a Yoga day entitled, “International Day of Yoga” for Junior and Senior college teaching, non-teaching staff and students.

**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 2018**

<b>Sr. No.</b>	<b>Name of Student</b>	<b>Class</b>	<b>P/A</b>
1.	Shivani Vilas Wavare	B. Sc. II	
2.	Harish Dilip Jadhao	B. Sc. II	
3.	Jay Pradeep Chunawale	B. Sc. II	
4.	Jaya Dipak Suradkar	B. Sc. II	
5.	Jaya Vishwanath Tupkar	B. Sc. II	
6.	Karan Eknath Jadhav	B. Sc. II	
7.	Komal Eknath Karhade	B. Sc. II	
8.	Laxmi Raju Adhao	B. Sc. II	
9.	Mangal Gajanan Dukare	B. Sc. II	
10.	Mangesh Dharma Gade	B. Sc. II	
11.	Habib Rahim Sayyed	B. Sc. II	
12.	Ashwini Parshuram Shinde	B. A. II	
13.	Ashwini Shivaji Shinde	B. A. II	
14.	Avinash Devrao Kharat	B. A. II	
15.	Jayashri Narayan Gadhawe	B. A. II	
16.	Jietndra Prakash Nikalje	B. A. II	
17.	Jitendra Ajaysinh Thakur	B. A. II	
18.	Jitesh Nivrutti Deshmane	B. A. II	
19.	Kiran Arun Jadhao	B. A. II	
20.	Kiran Dinkar Galat	B. A. II	

21.	Kiran Gautam Ghevande	B. A. II	
22.	Kiran Samadhan Gawargur	B. A. II	
23.	Kirti Dilip Bedarkar	B. A. II	
24.	Kishor Ashok Gadekar	B. A. II	
25.	Kishor Sukhadeo Jadhao	B. A. II	
26.	Komal Gajanan Ingle	B. A. II	
27.	Komal Shrikrushna Jadhav	B. A. II	
28.	Komal Sudhakar Wankhede	B. A. I	
29.	Laxmi Suresh Kare	B. A. II	
30.	Madhav Arjun Lande	B. A. II	
31.	Mangesh Ravindra Tayde	B. A. II	
32.	Rushikesh Vilas Gaikwad	B. Sc. I	
33.	Sadaf Shafiq Sheikh	B. Sc. II	
34.	Samiksha Sanjay Wankhede	B. Sc. II	
35.	Sandesh Gajanan More	B. Sc. II	
36.	Sandip Arun Jadhao	B. Sc. II	
37.	Sanmati Santosh Satpute	B. Sc. II	
38.	Sarita Shrikrishna Dapke	B. Sc. II	
39.	Saurabh Shrikrushna Tamboli	B. Sc. II	
40.	Savita Panjabrao Lanke	B. Sc. II	
41.	Ashvini Punjaji Kanhe	B. Sc. II	
42.	Ashwini Dattatray Khandagale	B. Sc. II	
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	

Prof. Sachin Kokode  
Convener

IQAC  
Coordinator

Principal