

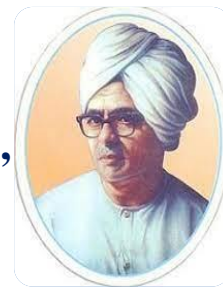


Shri Shivaji Education Society, Amravati's

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 2019

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. "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 18/06/2019
Celebration of International Yoga Day
Date: 21 June 2019

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.... महाविद्यालयातील सर्व विद्यार्थ्यांना तसेच
शिक्षक व शिक्षकेतर कर्मचारी बंधु भगिनींना सुचित
करण्यात येते की.... आपल्या महाविद्यालयात दिनांक
21/06/2019 ला International Yoga day
साजरा करावयाचे आहे. या अनुषंगाने कार्यक्रमासाठी
महाविद्यालयात ठिक सकाळी सकाळी..7.00
वाजता "

या कार्यक्रमास सर्वांनी उपस्थित राहावे.

टीप : सोबत योगा मॅट आणावे.....

महाविद्यालयाचा खुला रंगमंच

.....

Date :

21/06/2019

Time : 7.00 to 8.00 am.

आयोजक...

.....

प्रा.सचिन कोकोडे

संचालक

शारीरिक व क्रिडा विभाग

आदेशानुसार

.....

प्राचार्य

(Dr. A. M. Garode)

4:52 PM ✓



Dr. Nivriti Parihar, explaining the importance of the “Yoga and Meditation”



Participants performing “Bhadrasana”

Action Taken Report

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 2019

Organizer: Principal, Dr. A. M. Garode

Convener: Mr. S. J. Kokode

Resource persons: Dr. Nivruti Parihar

Number of Participants: 101

Department of Physical Education and Sports, with junior college, Shri Shivaji Science and Arts College Chikhli Dist. Buldana, organized dated 21st June 2019 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: **21st June 2019**

Sr.	Name of Student	Class	P/A
1.	Ashwini Parshuram Shinde	B. A. III	
2.	Ashwini Shivaji Shinde	B. A. III	
3.	Avinash Devrao Kharat	B. A. III	
4.	Gajanan Abarao More	B. A. III	
5.	Ganesh Baliram Bhutekar	B. A. III	
6.	Harswardnan Surendra Morey	B. A. III	
7.	Ibrahim Amad Shaikh	B. A. III	
8.	Imrankhan Dilawar Pathan	B. A. III	
9.	Jayashri Narayan Gadhave	B. A. III	
10.	Jietndra Prakash Nikalje	B. A. III	
11.	Jitendra Ajaysinh Thakur	B. A. III	
12.	Jitesh Nivrutti Deshmane	B. A. III	
13.	Kiran Arun Jadhao	B. A. III	
14.	Kiran Dinkar Galat	B. A. III	
15.	Kiran Gautam Ghevande	B. A. III	
16.	Kiran Samadhan Gawargur	B. A. III	
17.	Rushikesh Vilas Gaikwad	B. Sc. III	
18.	Sadaf Shafiq Sheikh	B. Sc. III	
19.	Samiksha Sanjay Wankhede	B. Sc. III	
20.	Sandesh Gajanan More	B. Sc. III	
21.	Sandip Arun Jadhao	B. Sc. III	
22.	Sanmati Santosh Satpute	B. Sc. III	
23.	Sarita Shrikrishna Dapke	B. Sc. III	
24.	Saurabh Shrikrushna Tamboli	B. Sc. III	

25.	Savita Panjabrao Lanke	B. Sc. III	
26.	Ashvini Punjaji Kanhe	B. Sc. III	
27.	Ashwini Dattatray Khandagale	B. Sc. III	
28.	Chhaya Ganesh Chinchole	B. Sc. III	
29.	Deepak Pramod Kale	B. Sc. III	
30.	Devashri Shridhar Thoke	B. Sc. III	
31.	Diksha Milind Jadhao	B. Sc. III	
32.	Dinesh Vishwas Pawar	B. Sc. III	
33.	Dipali Jagannath Jaybhaye	B. Sc. III	
34.	Ganesh Bajirao Tale	B. Sc. III	
35.	Ganesh Devidas Misal	B. Sc. III	
36.	Ganeshsing Indrasingrajput	B. Sc. III	
37.	Gaurav Jivan Chinchole	B. Sc. III	
38.	Gayatree Rajiv Patil	B. Sc. III	
39.	Gopal Janardhan Mosambe	B. Sc. III	
40.	Harshada Kaduba Ghule	B. Sc. III	
41.	Irfan Mukhtar Shaikh	B. Sc. III	
42.	Jaya Shivnarayan Pawar	B. Sc. III	
43.	Kalyani Rajesh Halkare	B. Sc. III	
44.	Kanchan Bharat Pawar	B. Sc. III	
45.	Kiran Pandurang Nemanee	B. Sc. III	
46.	Kiran Prakash Tupkar	B. Sc. II	
47.	Laukik Ashok Shirale	B. Sc. II	
48.	Laxmi Ramdhan Shewale	B. Sc. II	
49.	Jaya Dipak Suradkar	B. Com. I	
50.	Jaya Vishwanath Tupkar	B. Com. I	
51.	Karan Eknath Jadhav	B. Com. I	
52.	Komal Eknath Karhade	B. Com. I	
53.	Laxmi Raju Adhao	B. Com. I	

54.	Mangal Gajanan Dukare	B. Com. I	
55.	Mangesh Dharma Gade	B. Com. I	
56.	Mithilesh Vijay Gondhane	B. Com. I	
57.	Ashwini Ramdas Thutte	B. Sc. II	
58.	Ashwini Vishnu Changade	B. Sc. II	
59.	Avinash Gajanan Kale	B. Sc. II	
60.	Azimunisa Ansar Khatun	B. Sc. II	
61.	Bhagwat Prabhu Raut	B. Sc. II	
62.	Bhagyashri Subhash Bhagat	B. Sc. II	
63.	Bhagyshri Subhash Theng	B. Sc. II	
64.	Datta Rambhau Mundhe	B. Sc. II	
65.	Dipak Santosh Gawai	B. Sc. II	
66.	Dipali Bhimrao Wakode	B. Sc. II	
67.	Divya Shivcharan Pawar	B. Sc. II	
68.	Divya Vijay Hade	B. Sc. II	
69.	Dnyaneshwar R. Mosambe	B. Sc. II	
70.	Gayatri Dilip Padghan	B. Sc. II	
71.	Gopal Dnyaneshwar Navghare	B. Sc. II	
72.	Gopal Suresh Pathade	B. Sc. II	
73.	Harshada D. Mudmali	B. Sc. II	
74.	Hrushikesh Balkiram Yelwande	B. Sc. II	
75.	Hrushikesh Kisan Ambhore	B. Sc. II	
76.	Shivani Vilas Yendole	B. Sc. II	
77.	Shraddha Sunil Deshmukh	B. Sc. II	
78.	Shubham Rajendra Karhade	B. Sc. II	
79.	Shubham Sanjay Salok	B. Sc. II	
80.	Shubham Vithoba Kharat	B. Sc. II	
81.	Ratnadip Rajesh Gawai	B. A. II	
82.	Ravi Mahadu Sultane	B. A. II	

83.	Ritesh Bhaskar Hiwale	B. A. II	
84.	Roshan Ashok Wankhade	B. A. II	
85.	Rupali Bharat Chalase	B. A. II	
86.	Rupali Laxman Shegokar	B. A. II	
87.	Rushikesh Bapurao Pimpale	B. A. II	
88.	Rushikesh N. Ghode	B. A. II	
89.	Rushikesh S. Solanki	B. A. II	
90.	Rutuja Ravindra Jadhao	B. A. II	
91.	Sachin Baban Kharat	B. A. II	
92.	Sagar Anil Bansode	B. A. II	
93.	Sagar Ganesh Sawale	B. A. II	
94.	Sagar Madhukar Janjal	B. A. II	
95.	Sagar Manohar Jadhao	B. A. II	
96.	Sakshi Netaji Kale	B. A. II	
97.	Samadhan Tejrao Waghmare	B. A. II	
98.	Satish Rajaram Kalekar	B. A. II	
99.	Saurabh Shrikrushna Shinde	B. A. II	
100.	Saurav Sanjay Sonalkar	B. A. II	
101.	Ratnadip Rajesh Gawai	B. A. II	

Prof. Sachin Kokode
Convener

IQAC
Coordinator

Principal