

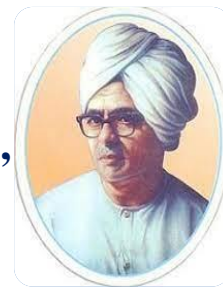


Shri Shivaji Education Society, Amravati's

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 2022

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. Omraj S. Deshmukh, 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.



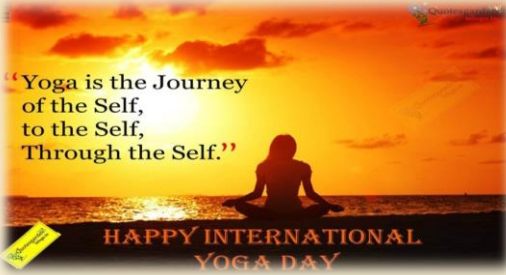
Shri Shivaji Education Society, Amravati's
Shri Shivaji Science and Arts College Chikhli,
Dist. Buldana (M. S.)
Accredited by NAAC 'B++' Grade CGPA 2.82



International Day of Yoga

INTERNATIONAL DAY OF YOGA

21st June 2022



HAPPY INTERNATIONAL YOGA DAY

Organized By
Department of Physical Education & Sports
Shri Shivaji Science and Arts College, Chikhli Dist. Buldana (M.S.)

Notice

सूचना योगाभ्यास व ध्यान

रोज मंगळवार दि. 21/06/2022

.महाविद्यालयातील सर्व शिक्षक व शिक्षकेत्तर कर्मचारी बंधू / भगिनींना सूचित करण्यात येते की, आपल्या महाविद्यालयात दिनांक 21/06/2022 रोज मंगळवारी सकाळी... 7.00 वाजता "योगाभ्यास व ध्यान " शिबिराचे आयोजन करण्यात येणार असून तरी सर्वांनी शिबिरास उपस्थित राहावे. स्थळ : महाविद्यालयाचा खुला रंगमंच वेळ : सकाळी... 7 ते 8 वा. आयोजक.... प्रा. सचिन कोकोडे , संचालक, शारीरिक शिक्षण व क्रीडा विभाग लेफ्ट. किरण पडघान एनसीसी विभाग सर्व कला,विज्ञान, वाणिज्य, पदवी व पदव्युत्तर विध्यार्थ्यांना नोटीस कळवावी. आदेशानुसार..... प्राचार्य (डॉ. ओमराज एस. देशमुख)

10:00 PM

International YOGA DAY...

Programme....👉

10:00 PM

June 17, 2022

Glimpses



Dr. O. S. Deshmukh, explaining the importance of the “Yoga and Meditation”



Participants performing “Prayer”

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 2022**

Sr.	Name of Student	Class	P/A
1.	Shivani Vilas Wavare	B. Sc. III	
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 P. Shinde	B. A. II	
13.	Ashwini Shivaji Shinde	B. A. II	
14.	Avinash Devrao Kharat	B. A. II	
15.	Jayashri N. Gadhave	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 S. 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 S. Jadhav	B. A. II	
28.	Komal. Wankhede	B. A. II	
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 S. 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 S. Tamboli	B. Sc. II	
40.	Savita Panjabrao Lanke	B. Sc. II	
41.	Ashvini Punjaji Kanhe	B. Sc. II	
42.	Ashwini D. Khandagale	B. Sc. II	
43.	Chhaya G. 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 J. Jaybhaye	B. Sc. II	
49.	Ganesh Bajirao Tale	B. Sc. II	

50.	Ganesh Devidas Misal	B. Sc. II	
51.	Ganeshsing I. rajput	B. Sc. II	
52.	Gaurav Jivan Chinchole	B. Sc. II	
53.	Gayatree Rajiv Patil	B. Sc. III	
54.	Gopal J. 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	
59.	Sushma Pradip Bambal	B. Sc. II	
60.	Swati Dilip Dhole	B. Sc. II	
61.	Tejal Aniruddha Khandagale	B. Sc. II	
62.	Tejas Gajanan Gaykwad	B. Sc. II	
63.	Trupti Keshav Nikas	B. Sc. II	
64.	Tushar Baliram Sapkal	B. Sc. II	
65.	Vaidehi Rajesh Zalte	B. Sc. II	
66.	Vaishnavi Gajanan Ingle	B. Sc. II	
67.	Vaishnavi Gajanan Padghan	B. Sc. II	
68.	Vaishnavi Gajanan Shelke	B. Sc. II	
69.	Vaishnavi Ramesh Hadole	B. Sc. II	
70.	Vaishnavi Shivdas Atole	B. Sc. II	
71.	Vaishnavi Sunil Dhundale	B. Sc. II	
72.	Vedant Keshav Khandagale	B. Sc. II	
73.	Vedika Jitendra Deshmukh	B. Sc. II	
74.	Vedika Rajendra Ambhore	B. Sc. II	
75.	Vikas Madhav Panchal	B. Sc. II	
76.	Vikas Rameshwar Harkal	B. Sc. II	
77.	Vishal Narayan Wagh	B. Sc. II	

78.	Vishal Subhash Paithane	B. Sc. II	
79.	Vishvajit Himmat Awchar	B. Sc. II	
80.	Abhishek Bhagwat More	B. Com. II	
81.	Abhishek Datta Wankhade	B. Com. II	
82.	ABHISHEK DILIP BEDARKAR	B. Com. II	
83.	Akash Sadashiv Wankhade	B. Com. II	
84.	Akshay Sunil Wankhade	B. Com. II	
85.	Akshay Vithoba Horkal	B. Com. II	
86.	Aniket Rajendra Dalimkar	B. Com. II	
87.	Arpita Dilip Shinde	B. Com. II	
88.	Arti Ashok Bhise	B. Com. II	
89.	Ashvini Bharat Tayde	B. Com. II	
90.	Avinash Damodhar Hade	B. Com. II	
91.	Bharat Santosh Lokhande	B. Com. II	
92.	Chaitany Pravin Deshmukh	B. Com. II	
93.	Dattu Natthu Khajure	B. Com. II	
94.	Dhanashri Ramdas Lahane	B. Com. II	
95.	Dhanashri Samadhan Pawar	B. Com. II	
96.	Dipak Dnyandev Warpe	B. Com. II	
97.	Dipak Ramesh Lahudkar	B. Com. II	
98.	Ganesh Gajanan Khandalkar	B. Com. II	
99.	Gopal Baliram Wanjol	B. Com. II	
100.	Jivan Raghunath Jadhav	B. Com. II	
101.	Kirti Jagan Navle	B. Com. II	
102.	Mahesh Ganesh Jadha0	B. Com. II	
103.	Tabish Aashik Shaikh	B. Sc. II	
104.	Tanmay Bandu Hivarkar	B. Sc. II	
105.	Taufik Shaikh	B. Sc. II	

106.	Tejaswini Sunil Nagpure	B. Sc. II	
107.	Tushar Sunil Paithankar	B. Sc. II	
108.	Vaibhav VISHNU SHETE	B. Sc. II	
109.	Arti Sanjay Dandge	B. Sc. I	
110.	Ashwini Sanjay Galat	B. Sc. I	
111.	Awesh Ravindra Tayade	B. Sc. I	
112.	Diksha Suresh Gawai	B. Sc. I	
113.	Dipak Subhash Surushe	B. Sc. I	
114.	Dipali Anantha Bhagat	B. Sc. I	
115.	Durga Tryambak Shirsath	B. Sc. I	
116.	Farhat Anjum Ansar	B. Sc. I	
117.	Gayatri Arun Shelke	B. Sc. I	
118.	Gayatri Gulab Patil	B. Sc. I	
119.	Gayatri Rameshwar Chikane	B. Sc. I	
120.	Gayatri Santosh Kharat	B. Sc. I	
121.	Prashant Pralhad Dongardive	B. A. I	
122.	Pravin Bharat Ingle	B. A. I	
123.	Prerna Manik Shinde	B. A. I	
124.	Rahul Haribhau Kute	B. A. I	
125.	Randhir Shankar Nikalje	B. A. I	
126.	Rohan Ishwar Ghewande	B. A. I	
127.	Rohini Ramesh Salve	B. A. I	
128.	Rupali Bhanudas Bakal	B. A. I	

Action Taken Report

Year 2022

Activity: Program on “Yoga for Humanity, 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 2022

Organizer: Principal, Dr. O. S. Deshmukh

Convener: Mr. S. J. Kokode

Number of Participants: 128

Action Taken

Department of Physical Education and Sports, with junior college, Shri Shivaji Science and Arts College Chikhli Dist. Buldana, organized dated 21st June 2022 as a International Yoga day entitled Theme, “Yoga for Humanity” for Junior and senior college teaching, non-teaching staff and students.

Prof. Sachin Kokode
Convener

IQAC
Coordinator

(Dr. O. S. Deshmukh)
Principal