



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

**“Azadi ka Amrut Mahotsav”**

**MASS SURYANAMASKAR EVENT**

The banner features the college logo at the top center, flanked by portraits of Dr. Omraj S. Deshmukh and Shri Harshvardhan Deshmukh. The text reads: "Shri Shivaji Education Society Amravati's SHRI SHIVAJI SCIENCE AND ARTS COLLEGE CHIKHLI, DIST. BULDANA NAAC Reaccredited with 'B++' Grade (CGPA 2.82) ISO: 9001-2015 Organized By DEPARTMENT OF PHYSICAL EDUCATION & SPORTS". Below this is a circular diagram of Surya Namaskar poses. The bottom section is green and blue, with the text: "Azadi ka Amrut Mahotsav Mass Suryanamaskar Event 17<sup>th</sup> to 18<sup>th</sup> FEBRUARY 2022". Logos for Azadi Ka Amrit Mahotsav, Ministry of AYUSH, Ministry of Youth Affairs and Sports, and FIT INDIA are at the bottom.

# Azadi ka Amrut Mahotsav

## MASS SURYANAMSHKAR EVENT

17 FEBRUARY 2022

Venue; Khule Rang Manch, SSSAC

Time: 6.00 am



### Our Patrons



Hon'ble Shri Harshvardhan P. Deshmukh

President

Shri Shivaji Education Society, Amravati

### Organizers



Prof. Sachin J. Kokode  
Director of Physical Education



Prof. Dr. Omraj S. Deshmukh  
Principal

### STEP BY STEP GUIDE FOR PERFORMING SURYANAMASKAR

Date	Time	Topic	Trainer
17-02-2022	6.00 am	Suryanamaskar	Mr. Sachin Kokode
18-02-2022	6.00 am	Suryanamaskar	Mr. Sachin Kokode



## Notice

सूचना

योगाभ्यास व ध्यान

गुरुवार दि. 17th to 18th feb.22

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.... महाविद्यालयातील सर्व शिक्षक व शिक्षकेतर कर्मचारी बंधु भगिनींना सुचित करण्यात येते की.... आपल्या महाविद्यालयात दिनांक 17 व 18/02/2022 रोज गुरुवार आणि शुक्रवारला सकाळी..6.00 वाजता " योगाभ्यास ..व.. ध्यान " अंतर्गत " आझादी का अमृत महोत्सव Mass Suryanamaskar event" कार्यक्रमाचे आयोजन करण्यात येणार आहे..

या कार्यक्रमास सर्वांनी उपस्थित राहावे.

टीप : सोबत योगा मॅट आणावे.....

महाविद्यालयाचा खुला रंगमंच

.....

गुरुवार ,दिनांक. 17 व 18 फेब्रुवारी 2022

वेळ...

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सकाळी..6 ते 7

आयोजक...

.....

प्रा.सचिन कोकोडे

संचालक

शारीरिक व क्रिडा विभाग

आदेशानुसार

.....

प्राचार्य

(डॉ.ओ.एस.देशमुख )

5:16 PM

## Glimpses

### Mass Suryanamaskar Event



Participants performing “Tadasana”



**Participants performing “Tadasana”**

## Department of Physical Education & Sports

### LIST OF PARTICIPANT

Name of the Programme: Azadi ka Amrut Mahotsav

Mass Suryanamaskar Event

Date: 21<sup>st</sup> 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	



# Action Taken Report

2022

## Introduction

Azadi Ka Amrut Mahotsav is an initiative of the Government of India to celebrate and commemorate 75 years of independence and the glorious history of its people, culture and achievements. The official journey of Azadi ka Amrut Mahotsav commenced on 12th March 2021 which started a 75-week countdown to our 75th anniversary of independence and will end post a year on 15th August 2023.

**Activity:** Yoga and Meditation Camp on

**“Azadi Ka Amrut Mahotsav” MASS SURYANAMASKAR EVENT**

**Aim:** To aware about benefits of Suryanamaskar to teachers and students,

To aware society about Azadi Ka Amrut Mahotsav is an initiative of the Government of India to celebrate and commemorate 75 years of independence and the glorious history of its people, culture and achievements.

**Notice:** Leaflet is attached with this action taken report

**Date:** 17th & 18<sup>th</sup> February, 2022

**Organizer:** Principal, Dr. O. S. Deshmukh

**Convener:** Prof. Sachin J. Kokode

**Number of Participants:** 75

**Actions Taken:** Department of Physical Education & Sports, Shri Shivaji Science and Arts College Chikhli, organized Workshop on dated 17<sup>th</sup> & 18<sup>th</sup> February, 2022 entitled, **“Azadi Ka Amrut Mahotsav” MASS SURYANAMASKAR EVEN** for college teachers, staff, students and society. Yoga and Meditation camp starts on 6:00 am. With step by step guide for performing Suryanamaskar by trainer S J. Kokode on **Azadi Ka Amrut Mahotsav MASS SURYANAMASKAR EVENT** is an initiative of the Government of India to celebrate and commemorate 75 years of independence and the glorious history of its people, culture and achievements.

Prof. Sachin Kokode  
Convener

IQAC  
Coordinator

Dr. Omraj S. Deshmukh  
Principal