



Shri Shivaji Education Society, Amravati's

SHRI SHIVAJI SCIENCE AND ARTS COLLEGE,

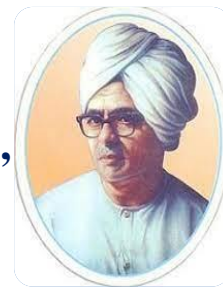
Chikhli, Dist Buldana (M.S) 443201

NAAC Re-accredited B++ Grade (CGPA 2.82)



DR. OMRAJ S. DESHMUKH

PRINCIPAL



SHRI HARSHVARDHAN DESHMUKH

PRESIDENT

Department of Physical Education & Sports

Yoga and Art of Living, Yoga and Meditation camp

Introduction

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, 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 regularly conducts yoga classes for the students.

Glimpses

श्री शिवाजी शिक्षण संस्था, अमरावती द्वारा संचालित


श्री शिवाजी विज्ञान व कला महाविद्यालय चिखली, जि.बुलडाणा

योग अभ्यास
व
ध्यान केंद्र


GPS Map Cam


Chikhli, Maharashtra, India
9728+592, Gandhi Nagar, Chikhli, Maharashtra 443201, India
Lat 20.350272°
Long 76.265427°
18/11/21 06:46 AM

Chikhli
Google




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






'Yoga Practices and Meditation Center'
 Date : 18 / 11 / 2021
 Organized By
 Department of Physical Education and Sports




Patron




Hon'ble Shri Harshvardhan P. Deshmukh
President
 Shri Shivaji Education Society, Amravati


Organizer



Dr. O. S. Deshmukh
Principal
 Shri Shivaji Science & Arts College, Chikhli



Resource Person
 Dr. N. Parihar
 M. D. Homeopathy, Chikhli
 Coordinator, Heartfulness Meditation



Prof. S. J. Kokode
 Head, Department of Physical Education
Convener



'YOGA PRACTICES AND MEDITATION CENTER'
 Date : 18/ 11/ 2021
SCHEDULE



| Time | Program / Topic | Resource Persons |
|----------|-------------------------|--|
| 06:00 Am | Welcome Address | Prof. S. Kokode Director of Physical Education & Sports |
| 06:10 AM | Principal Address | Dr. O. S. Deshmukh Principal Shri Shivaji Science & Art College, Chikhli |
| 06:20 AM | Resource Person Lecture | Dr. N. Parihar M. D. Homeopathy, Chikhli Coordinator, Heartfulness Meditation Dist. Buldana |
| 07:00 AM | Vote of Thanks | Dr. V. U. Pochhi IQAC Coordinator |



Dr. Nivruti Parihar explaining the importance of the “Yoga and Meditation”
Trainer - (Heart fullness and Meditation center, chikhli)



Participants performing “Dhyan Sadhana”

SHRI SHIVAJI SCIENCE AND ARTS COLLEGE,

Chikhli Dist. Buldana

Department of Physical Education & Sports

LIST OF PARTICIPANT

Name of the Programme: “Yoga and Art of Living, Yoga Practices and Meditation Camp”

Date: 18th Nov. 2021

| Sr. | Name of Student | Class | P/A |
|------------|--------------------------|--------------|------------|
| 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 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 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 | |

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|-----|----------------------------|------------|--|
| 39. | Saurabh Shrikrushn 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 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 | |
| 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 | |

Department of Physical Education & Sports

Action Taken Report

Year 2021

Activity: Program on “**Yoga and “Art of Living, Yoga Practices and Meditation Camp”** 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 practices.

Date: 18/11/2021

Organizer: Principal, Dr. Omraj S. Deshmukh

Convener: Mr. S. J. Kokode

Guest Lecture: Trainer - Dr. Nivruti Parihar
(Heart fullness and Meditation Center, Chikhli)

Number of Participants: 67

Action Taken

Dr. Nivruti Parihar, (Heart fullness and Meditation Center, Chikhli), addressed the students explaining what Meditation and Action Movement was and its usefulness in one’s life. He / She stressed on mindfulness “a technique when we train the mind to be thoughtless- all the above helps are to lead to self-awareness and a deep concentration and silence.

The sessions of Yoga and meditation are conducted regularly. It begins every year on International Yoga Day. The practice helps a lot to refine the students and make them realize the importance of mental and spiritual health and stress free life. A few minutes of yoga during the day can be a great way to get rid of stress that accumulates daily in both the body and mind. Yoga Postures, Pranayama and Meditation are effective techniques to release stress.

Techniques of Meditation and various postures (Asanas) are performed to lead a healthy and stress free life. Department of Physical Education regularly conducts yoga classes every Thursday of the month 6.00 am. to 7.00 am. At college open state for the students.

Prof. Sachin Kokode
Convener

IQAC
Coordinator

Dr. Omraj S. Deshmukh
Principal