



Shri Shivaji Education Society, Amravati's

SHRI SHIVAJI SCIENCE AND ARTS COLLEGE,

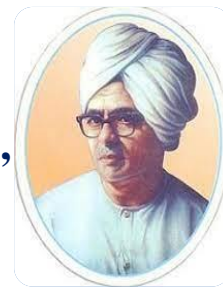
Chikhli, Dist Buldana (M.S) 443201

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 2017

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 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 International day of Yoga enthusiastically conducted under the guidance of Dr. A. M. Garode, 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

Celebration of International Yoga Day

Date: 21 June 2017

.... महाविद्यालयातील सर्व विद्यार्थ्यांना तसेच शिक्षक व शिक्षकेतर कर्मचारी बंधु भगिनींना सुचित करण्यात येते की.... आपल्या महाविद्यालयात दिनांक 21/06/2017 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 :

21/06/2017

वेळ...

सकाळी..6 ते 7

आयोजक...

.....

प्रा.सचिन कोकोडे

संचालक

शारीरिक व क्रिडा विभाग

आदेशानुसार

.....

प्राचार्य

(डॉ. ए. एम. Garode)

3:11 PM ✓

Glimpses



Participants performing “Dhyan Sadhana”

Action Taken Report on International Day of Yoga 2017

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.

Organizer: Principal, Dr. A. M. Garode

Convener: Mr. S. J. Kokode

Number of Participants: 134

Action Taken

Department of Physical Education and Sports, Shri Shivaji Science and Arts College Chikhli Dist. Buldana, organized dated 21st June 2017 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 2017**

Sr.	Name of Student	Class	P/A
1.	Ashwini Parshuram Shinde	B. A. I	
2.	Ashwini Shivaji Shinde	B. A. I	
3.	Avinash Devrao Kharat	B. A. I	
4.	Gajanan Abarao More	B. A. I	
5.	Ganesh Baliram Bhutekar	B. A. I	
6.	Harswardnan Surendra Morey	B. A. I	
7.	Ibrahim Amad Shaikh	B. A. I	
8.	Imrankhan Dilawar Pathan	B. A. I	
9.	Jayashri Narayan Gadhave	B. A. I	
10.	Jietndra Prakash Nikalje	B. A. I	
11.	Jitendra Ajaysinh Thakur	B. A. I	
12.	Jitesh Nivrutti Deshmane	B. A. I	
13.	Kiran Arun Jadhao	B. A. I	
14.	Kiran Dinkar Galat	B. A. I	
15.	Kiran Gautam Ghevande	B. A. I	
16.	Kiran Samadhan Gawargur	B. A. I	
17.	Kirti Dilip Bedarkar	B. A. I	
18.	Kishor Ashok Gadekar	B. A. I	
19.	Kishor Sukhadeo Jadhao	B. A. I	
20.	Komal Gajanan Ingle	B. A. I	
21.	Komal Shrikrushna Jadhav	B. A. I	
22.	Komal Sudhakar Wankhede	B. A. I	
23.	Laxmi Suresh Kare	B. A. I	
24.	Madhav Arjun Lande	B. A. I	

25.	Mangesh Ravindra Tayde	B. A. I	
26.	Rushikesh Vilas Gaikwad	B. Sc. I	
27.	Sadaf Shafiq Sheikh	B. Sc. I	
28.	Samiksha Sanjay Wankhede	B. Sc.I	
29.	Sandesh Gajanan More	B. Sc.I	
30.	Sandip Arun Jadhao	B. Sc.I	
31.	Sanmati Santosh Satpute	B. Sc.I	
32.	Sarita Shrikrishna Dapke	B. Sc.I	
33.	Saurabh Shrikrushna Tamboli	B. Sc.I	
34.	Savita Panjabrao Lanke	B. Sc.I	
35.	Ashvini Punjaji Kanhe	B. Sc.I	
36.	Ashwini Dattatray Khandagale	B. Sc.I	
37.	Chhaya Ganesh Chinchole	B. Sc.I	
38.	Deepak Pramod Kale	B. Sc.I	
39.	Devashri Shridhar Thoke	B. Sc.I	
40.	Diksha Milind Jadhao	B. Sc.I	
41.	Dinesh Vishwas Pawar	B. Sc.I	
42.	Dipali Jagannath Jaybhaye	B. Sc.I	
43.	Ganesh Bajirao Tale	B. Sc.I	
44.	Ganesh Devidas Misal	B. Sc.I	
45.	Ganeshsing Indrasingrajput	B. Sc.I	
46.	Gaurav Jivan Chinchole	B. Sc.I	
47.	Gayatree Rajiv Patil	B. Sc. II	
48.	Gopal Janardhan Mosambe	B. Sc. II	
49.	Harshada Kaduba Ghule	B. Sc. II	
50.	Irfan Mukhtar Shaikh	B. Sc. II	
51.	Jaya Shivnarayan Pawar	B. Sc. II	
52.	Kalyani Rajesh Halkare	B. Sc. II	
53.	Kanchan Bharat Pawar	B. Sc. II	

54.	Kiran Pandurang Nemane	B. Sc. II	
55.	Kiran Prakash Tupkar	B. Sc.I	
56.	Laukik Ashok Shirale	B. Sc.I	
57.	Laxmi Ramdhan Shewale	B. Sc.I	
58.	Jaya Rajesh Gawai	B. Com. II	
59.	Arti Ramesh Bawaskar	B. A. II	
60.	Sakshi Manish Gawai	B. Sc. II	
61.	Pallavi Madhukar Nikalje	B. Sc. II	
62.	Ashwini Ramdas Pathe	B. A. II	
63.	Sadhana Vijay Solanke	B. A. II	
64.	Vaishnavi Ravindra Umale	B. A. II	
65.	Arti Namdeo Nikam	B. A. II	
66.	Kiran Samadhan Yangad	B. A. III	
67.	Laxmi Raju Sagat	B. A. II	
68.	Ashwini Vijay Jadhao	B. A. II	
69.	Jyoti Sanjay Pandhare	B. A. II	
70.	Pawan Rameshwar Ambhore	B. A. II	
71.	Devendra Sitaram Gawai	B. A. II	
72.	Avinash Gajanan Kale	B. A. II	
73.	Shubham Wamanrao Ingle	B. A. II	
74.	Saurabh Rahul Bhalerao	B. A. III	
75.	Vaibhav Shivaji Shelke	B. Com. II	
76.	Samadhan Jagannath Kalyankar	B. Com. II	
77.	Chetan Rambhau Lothe	B. Com. II	
78.	Shubham Ram Sawale	B. Com. II	
79.	Pawan Dnyaneshwar Dalimkar	B. Com. II	
80.	Dipak Sukhdeo Shejul	B. Com. II	
81.	Jivan Rajendra Tarmale	B. Com. II	
82.	Sheshrao Shivaji Surkute	B. A. I	

83.	Mahendra Samadhan Khillare	B. A. III	
84.	Ganesh Dattu Suradkar	B. A. III	
85.	Vaibhav Subhash Ingle	B. A. II	
86.	Om Vasanta Katkar	B. A. II	
87.	Ankush Santosh Kokate	B. A. I	
88.	Akash Gajanan Jumde	B. A. III	
89.	Vilas Subhash Sonune	B. A. III	
90.	Ashish Baban Wakode	B. A. III	
91.	Vithal Ramkisan Dahatonde	B. A. I	
92.	Mayur Gajanan Gore	B. A. I	
93.	Tushar Sudhakar Shinde	B. A. III	
94.	Abhay Kailas Nikhade	B. A. III	
95.	Jatin Subhash Danawat	B. A. III	
96.	Nilesh Bajirao Bhusari	B. A. III	
97.	Imran Ismail Khan	B. A. I	
98.	Ganesh Sanjay Dodke	B. A. III	
99.	Sagar Ashok Pawar	B. A. II	
100.	Uday Shivaji Kale	B. A. II	
101.	Sany Kishor Gaikwad	B. A. II	
102.	Ganesh Rajesh Shelke	B. A. I	
103.	Ananta Subhash Kadam	B. A. III	
104.	Madhav Manohar Chavhan	B. A. III	
105.	Shubham Bhanudas Pawar	B. A. III	
106.	Raksha Ramkrushna Jadhao	B. A. I	
107.	Snehal Bhaskar Kadam	B. A. I	
108.	Pragati Rameshwar Sapkal	B. A. III	
109.	Sima Devanand Gawai	B. A. III	
110.	Poorva Chandrakant Ghorpade	B. A. III	
111.	Kanchan Manoj Sharma	B. A. III	

112.	Puja Devidas Jadhao	B. A. I	
113.	Pallavi Sanjay Kale	B. A. III	
114.	Manisha Naresh Shipne	B. A. II	
115.	Vothoba Ashok Khodke	B. A. I	
116.	Hariom Eknath Jawakar	B. A. III	
117.	Bhushan Krushna Golande	B. A. II	
118.	Ansar Isak Shaikh	B. Com. II	
119.	Shubham Gajanan Andhale	B. Com. II	
120.	Gopal Parasram Bundhe	B. Com. II	
121.	Amol Subhash Ingle	B. Com. II	
122.	Shubham Vijay Jadhao	B. Com. II	
123.	Sagar Madhukar Wakode	B. Com. II	
124.	Abhishek Suresh Gophane	B. Com. II	
125.	Sopan Ramesh Waghmare	B. Com. II	
126.	Shubham Baburao Wagh	B. Com. II	
127.	Shankar Vishnu Jaybhaye	B. Com. II	
128.	Rajesh Manikrao Warbhuwan	B. Com. II	
129.	Vikas Sunil Deshmukh	B. A. I	
130.	Pravin Vishnu Chithe	B. A. I	
131.	Rahul Ram Bhutekar	B. A. I	
132.	Akash Subhash Ufale	B. A. I	
133.	Sagar Manohar Jadhao	B. A. I	
134.	Gopal Kailash Bhumkar	B. A. I	

Prof. Sachin Kokode
Convener

IQAC
Coordinator

Principal