



Shri Shivaji Education Society Amravati's Shri Shivaji Science and Arts College, Chikhli

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 “Dhyana 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	Mobile Number
1.	Ashwini Parshuram Shinde	B. A. I	9689332479
2.	Ashwini Shivaji Shinde	B. A. I	9011710504
3.	Avinash Devrao Kharat	B. A. I	8605669308
4.	Gajanan Abarao More	B. A. I	7558326543
5.	Ganesh Baliram Bhutekar	B. A. I	8805066021
6.	Harswardnan Surendra Morey	B. A. I	7219554113
7.	Ibrahim Amad Shaikh	B. A. I	7798709545
8.	Imrankhan Dilawar Pathan	B. A. I	7721829386
9.	Jayashri Narayan Gadhave	B. A. I	9921897583
10.	Jietndra Prakash Nikalje	B. A. I	7709099017
11.	Jitendra Ajaysinh Thakur	B. A. I	9158350072
12.	Jitesh Nivrutti Deshmane	B. A. I	9146136485
13.	Kiran Arun Jadhao	B. A. I	9112123227
14.	Kiran Dinkar Galat	B. A. I	7057031591
15.	Kiran Gautam Ghevande	B. A. I	7218133074
16.	Kiran Samadhan Gawargur	B. A. I	7038839390
17.	Kirti Dilip Bedarkar	B. A. I	9657290203
18.	Kishor Ashok Gadekar	B. A. I	7741844471
19.	Kishor Sukhadeo Jadhao	B. A. I	7219557825
20.	Komal Gajanan Ingle	B. A. I	8605283539
21.	Komal Shrikrushna Jadhav	B. A. I	7350105472
22.	Komal Sudhakar Wankhede	B. A. I	7741831168
23.	Laxmi Suresh Kare	B. A. I	9850888410

24.	Madhav Arjun Lande	B. A. I	7218891490
25.	Mangesh Ravindra Tayde	B. A. I	7066834421
26.	Rushikesh Vilas Gaikwad	B. Sc. I	8698474062
27.	Sadaf Shafiq Sheikh	B. Sc. I	7774071018
28.	Samiksha Sanjay Wankhede	B. Sc.I	7350365679
29.	Sandesh Gajanan More	B. Sc.I	7057782797
30.	Sandip Arun Jadhao	B. Sc.I	8554047213
31.	Sanmati Santosh Satpute	B. Sc.I	7058548694
32.	Sarita Shrikrishna Dapke	B. Sc.I	9689059221
33.	Saurabh Shrikrushna Tamboli	B. Sc.I	7038218535
34.	Savita Panjabrao Lanke	B. Sc.I	7038973406
35.	Ashvini Punjaji Kanhe	B. Sc.I	8698004222
36.	Ashwini Dattatray Khandagale	B. Sc.I	9764617261
37.	Chhaya Ganesh Chinchole	B. Sc.I	9767823199
38.	Deepak Pramod Kale	B. Sc.I	7887720882
39.	Devashri Shridhar Thoke	B. Sc.I	9067718934
40.	Diksha Milind Jadhao	B. Sc.I	7038382251
41.	Dinesh Vishwas Pawar	B. Sc.I	9325126664
42.	Dipali Jagannath Jaybhaye	B. Sc.I	9730163417
43.	Ganesh Bajirao Tale	B. Sc.I	8888482740
44.	Ganesh Devidas Misal	B. Sc.I	8788100709
45.	Ganeshsing Indrasingrajput	B. Sc.I	9421148836
46.	Gaurav Jivan Chinchole	B. Sc.I	8412841315
47.	Gayatree Rajiv Patil	B. Sc. II	9922756061
48.	Gopal Janardhan Mosambe	B. Sc. II	8390364991
49.	Harshada Kaduba Ghule	B. Sc. II	7768947454
50.	Irfan Mukhtar Shaikh	B. Sc. II	9850408632
51.	Jaya Shivnarayan Pawar	B. Sc. II	9922822007
52.	Kalyani Rajesh Halkare	B. Sc. II	9370695387

53.	Kanchan Bharat Pawar	B. Sc. II	8007527443
54.	Kiran Pandurang Nemane	B. Sc. II	7744983904
55.	Kiran Prakash Tupkar	B. Sc.I	9730866029
56.	Laukik Ashok Shirale	B. Sc.I	9527997042
57.	Laxmi Ramdhan Shewale	B. Sc.I	9921944909
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

Upochhi
Dr. V. U. Pochhi
Coordinator
IQAC, Shri Shivaji Sci. & Arts
College, Chikhli Dist. Buldana



Deshmukh
Dr. Omraj S. Deshmukh
PRINCIPAL
Shri Shivaji Science & Arts
College, Chikhli, Dist. Buldana