



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

Department of Physical Education & Sports

International Yoga Day Celebration

Action Taken Report 2018

Introduction

Yoga is an ancient physical, mental and spiritual practice that originated in India. The word 'yoga' derives from Sanskrit and means to join or to unite, symbolizing the union of body and consciousness. Today it is practiced in various forms around the world and continues to grow in popularity.

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 Yoga and Meditation camp enthusiastically conducted under the guidance of Dr. A. M. Garode, 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.

Notice

Notice 19/06/2018
Celebration of International Yoga Day
Date: 21 June 2018

.... महाविद्यालयातील सर्व विद्यार्थ्यांना तसेच
शिक्षक व शिक्षकेतर कर्मचारी बंधु भगिनींना सुचित
करण्यात येते की.... आपल्या महाविद्यालयात दिनांक
21/06/2018 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 :

21/06/2018

वेळ...

सकाळी..6 ते 7

आयोजक...

.....

प्रा.सचिन कोकोडे

संचालक

शारीरिक व क्रिडा विभाग

आदेशानुसार

.....

प्राचार्य

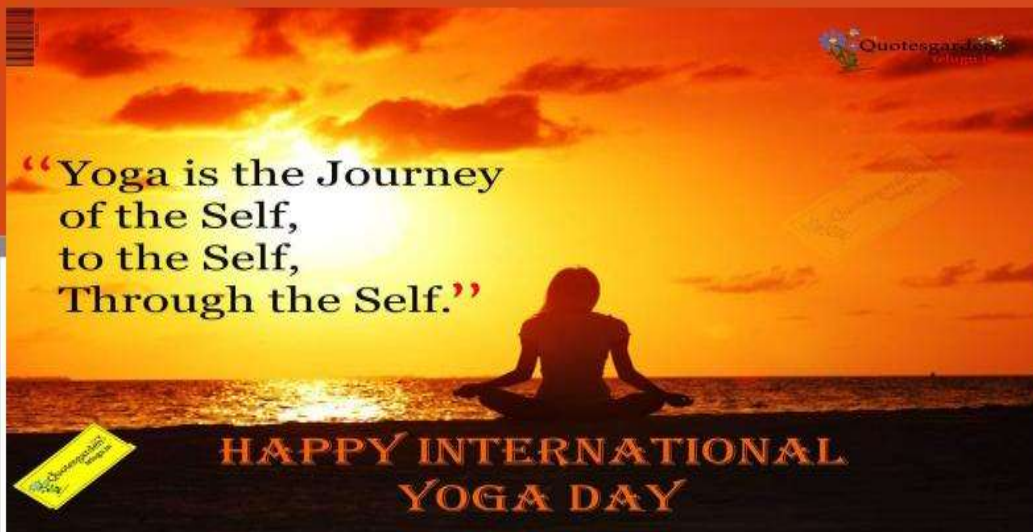
(Dr. A. M. Garode)

3:28 PM ✓

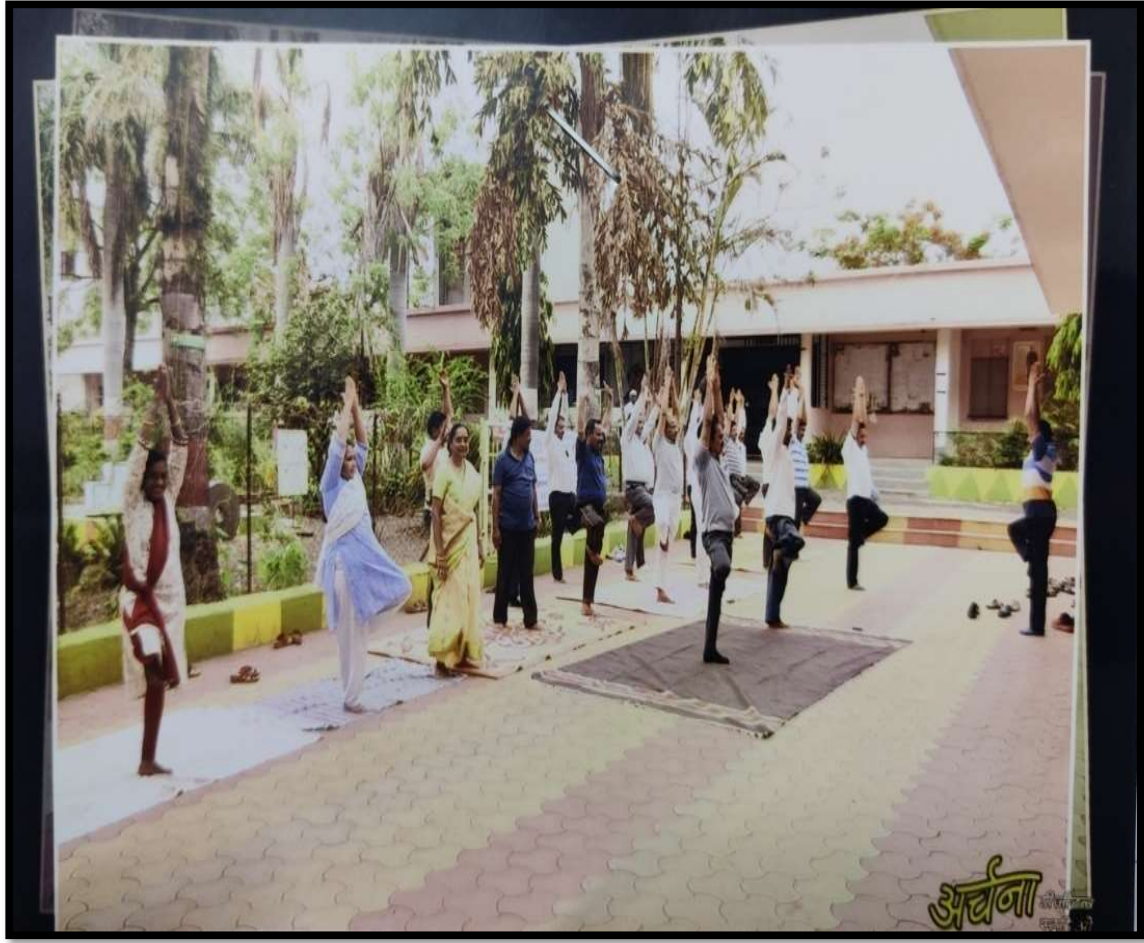


INTERNATIONAL DAY OF YOGA

21st June 2018



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



Participants performing “Vrikshasana” for concentration and balancing of mind

Department of Physical Education and Sports

Action Taken Report on International Day of Yoga

2018-19

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.

Date: 21st June 2018

Organizer: Principal, Dr. A. M. Garode

Convener: Mr. S. J. Kokode

Number of Participants: 58

Department of Physical Education and Sports, with junior college, Shri Shivaji Science and Arts College Chikhli Dist. Buldana, organized dated 21st June 2018 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 2018

Sr.	Name of Student	Class	Mobile Number
1.	Shivani Vilas Wavare	B. Sc. II	9763990819
2.	Harish Dilip Jadhao	B. Sc. II	9975355904
3.	Jay Pradeep Chunawale	B. Sc. II	8793224969
4.	Jaya Dipak Suradkar	B. Sc. II	8551061086
5.	Jaya Vishwanath Tupkar	B. Sc. II	9822951561
6.	Karan Eknath Jadhav	B. Sc. II	9764593171
7.	Komal Eknath Karhade	B. Sc. II	8552896217
8.	Laxmi Raju Adhao	B. Sc. II	7021568644
9.	Mangal Gajanan Dukare	B. Sc. II	8888468102
10.	Mangesh Dharma Gade	B. Sc. II	9096889036
11.	Habib Rahim Sayyed	B. Sc. II	9130144731
12.	Ashwini Parshuram Shinde	B. A. II	9689332479
13.	Ashwini Shivaji Shinde	B. A. II	9011710504
14.	Avinash Devrao Kharat	B. A. II	8605669308
15.	Jayashri Narayan Gadhave	B. A. II	9921897583
16.	Jietndra Prakash Nikalje	B. A. II	7709099017
17.	Jitendra Ajaysinh Thakur	B. A. II	9158350072
18.	Jitesh Nivrutti Deshmane	B. A. II	9146136485
19.	Kiran Arun Jadhao	B. A. II	9112123227

20.	Kiran Dinkar Galat	B. A. II	7057031591
21.	Kiran Gautam Ghevande	B. A. II	7218133074
22.	Kiran Samadhan Gawargur	B. A. II	7038839390
23.	Kirti Dilip Bedarkar	B. A. II	9657290203
24.	Kishor Ashok Gadekar	B. A. II	7741844471
25.	Kishor Sukhadeo Jadhao	B. A. II	7219557825
26.	Komal Gajanan Ingle	B. A. II	8605283539
27.	Komal Shrikrushna Jadhav	B. A. II	7350105472
28.	Komal Sudhakar Wankhede	B. A. I	7741831168
29.	Laxmi Suresh Kare	B. A. II	9850888410
30.	Madhav Arjun Lande	B. A. II	7218891490
31.	Mangesh Ravindra Tayde	B. A. II	7066834421
32.	Rushikesh Vilas Gaikwad	B. Sc. I	8698474062
33.	Sadaf Shafiq Sheikh	B. Sc. II	7774071018
34.	Samiksha Sanjay Wankhede	B. Sc. II	7350365679
35.	Sandesh Gajanan More	B. Sc. II	7057782797
36.	Sandip Arun Jadhao	B. Sc. II	8554047213
37.	Sanmati Santosh Satpute	B. Sc. II	7058548694
38.	Sarita Shrikrishna Dapke	B. Sc. II	9689059221
39.	Saurabh Shrikrushna Tamboli	B. Sc. II	7038218535
40.	Savita Panjabrao Lanke	B. Sc. II	7038973406
41.	Ashvini Punjaji Kanhe	B. Sc. II	8698004222
42.	Ashwini Dattatray Khandagale	B. Sc. II	9764617261
43.	Chhaya Ganesh Chinchole	B. Sc. II	9767823199
44.	Deepak Pramod Kale	B. Sc. II	7887720882
45.	Devashri Shridhar Thoke	B. Sc. II	9067718934
46.	Diksha Milind Jadhao	B. Sc. II	7038382251

47.	Dinesh Vishwas Pawar	B. Sc. II	9325126664
48.	Dipali Jagannath Jaybhaye	B. Sc. II	9730163417
49.	Ganesh Bajirao Tale	B. Sc. II	8888482740
50.	Ganesh Devidas Misal	B. Sc. II	8788100709
51.	Ganeshsing Indrasingrajput	B. Sc. II	9421148836
52.	Gaurav Jivan Chinchole	B. Sc. II	8412841315
53.	Gayatree Rajiv Patil	B. Sc. III	9922756061
54.	Gopal Janardhan Mosambe	B. Sc. III	8390364991
55.	Harshada Kaduba Ghule	B. Sc. III	7768947454
56.	Irfan Mukhtar Shaikh	B. Sc. III	9850408632
57.	Jaya Shivnarayan Pawar	B. Sc. III	9922822007
58.	Kalyani Rajesh Halkare	B. Sc. III	9370695387

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



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