



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 2019

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 you, 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 18/06/2019
Celebration of International Yoga Day
Date: 21 June 2019

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.... महाविद्यालयातील सर्व विद्यार्थ्यांना तसेच
शिक्षक व शिक्षकेतर कर्मचारी बंधु भगिनींना सुचित
करण्यात येते की.... आपल्या महाविद्यालयात दिनांक
21/06/2019 ला International Yoga day
साजरा करावयाचे आहे. या अनुषंगाने कार्यक्रमासाठी
महाविद्यालयात ठिक सकाळी सकाळी..7.00
वाजता "

या कार्यक्रमास सर्वांनी उपस्थित राहावे.

टीप : सोबत योगा मॅट आणावे.....

महाविद्यालयाचा खुला रंगमंच

Date :

21/06/2019

Time : 7.00 to 8.00 am.

आयोजक...

प्रा.सचिन कोकोडे

संचालक

शारीरिक व क्रिडा विभाग

आदेशानुसार

.....

प्राचार्य

(Dr. A. M. Garode)

4:52 PM ✓



Dr. Nivriti Parihar explaining the importance of the “Yoga and Meditation”



Participants performing “*Bhadrasana*”

Action Taken Report on International Day of Yoga 2019

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 2019

Organizer: Principal, Dr. A. M. Garode

Convener: Mr. S. J. Kokode

Resource persons: Dr. Nivruti Parihar

Number of Participants: 101

Department of Physical Education and Sports, with junior college, Shri Shivaji Science and Arts College Chikhli Dist. Buldana, organized dated 21st June 2019 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 2019

Sr.	Name of Student	Class	Mobile Number
1.	Ashwini Parshuram Shinde	B. A. III	9689332479
2.	Ashwini Shivaji Shinde	B. A. III	9011710504
3.	Avinash Devrao Kharat	B. A. III	8605669308
4.	Gajanan Abarao More	B. A. III	7558326543
5.	Ganesh Baliram Bhutekar	B. A. III	8805066021
6.	Harswardnan Surendra Morey	B. A. III	7219554113
7.	Ibrahim Amad Shaikh	B. A. III	7798709545
8.	Imrankhan Dilawar Pathan	B. A. III	7721829386
9.	Jayashri Narayan Gadhave	B. A. III	9921897583
10.	Jietndra Prakash Nikalje	B. A. III	7709099017
11.	Jitendra Ajaysinh Thakur	B. A. III	9158350072
12.	Jitesh Nivrutti Deshmane	B. A. III	9146136485
13.	Kiran Arun Jadhao	B. A. III	9112123227
14.	Kiran Dinkar Galat	B. A. III	7057031591
15.	Kiran Gautam Ghevande	B. A. III	7218133074
16.	Kiran Samadhan Gawargur	B. A. III	7038839390
17.	Rushikesh Vilas Gaikwad	B. Sc. III	8698474062
18.	Sadaf Shafiq Sheikh	B. Sc. III	7774071018
19.	Samiksha Sanjay Wankhede	B. Sc. III	7350365679
20.	Sandesh Gajanan More	B. Sc. III	7057782797
21.	Sandip Arun Jadhao	B. Sc. III	8554047213
22.	Sanmati Santosh Satpute	B. Sc. III	7058548694

23.	Sarita Shrikrishna Dapke	B. Sc. III	9689059221
24.	Saurabh Shrikrushna Tamboli	B. Sc. III	7038218535
25.	Savita Panjabrao Lanke	B. Sc. III	7038973406
26.	Ashvini Punjaji Kanhe	B. Sc. III	8698004222
27.	Ashwini Dattatray Khandagale	B. Sc. III	9764617261
28.	Chhaya Ganesh Chinchole	B. Sc. III	9767823199
29.	Deepak Pramod Kale	B. Sc. III	7887720882
30.	Devashri Shridhar Thoke	B. Sc. III	9067718934
31.	Diksha Milind Jadhao	B. Sc. III	7038382251
32.	Dinesh Vishwas Pawar	B. Sc. III	9325126664
33.	Dipali Jagannath Jaybhaye	B. Sc. III	9730163417
34.	Ganesh Bajirao Tale	B. Sc. III	8888482740
35.	Ganesh Devidas Misal	B. Sc. III	8788100709
36.	Ganeshsing Indrasingrajpur	B. Sc. III	9421148836
37.	Gaurav Jivan Chinchole	B. Sc. III	8412841315
38.	Gayatree Rajiv Patil	B. Sc. III	9922756061
39.	Gopal Janardhan Mosambe	B. Sc. III	8390364991
40.	Harshada Kaduba Ghule	B. Sc. III	7768947454
41.	Irfan Mukhtar Shaikh	B. Sc. III	9850408632
42.	Jaya Shivnarayan Pawar	B. Sc. III	9922822007
43.	Kalyani Rajesh Halkare	B. Sc. III	9370695387
44.	Kanchan Bharat Pawar	B. Sc. III	8007527443
45.	Kiran Pandurang Nemane	B. Sc. III	7744983904
46.	Kiran Prakash Tupkar	B. Sc. II	9730866029
47.	Laukik Ashok Shirale	B. Sc. II	9527997042
48.	Laxmi Ramdhan Shewale	B. Sc. II	9921944909
49.	Jaya Dipak Suradkar	B. Com. I	8551061086
50.	Jaya Vishwanath Tupkar	B. Com. I	9822951561
51.	Karan Eknath Jadhav	B. Com. I	9764593171

52.	Komal Eknath Karhade	B. Com. I	8552896217
53.	Laxmi Raju Adhao	B. Com. I	7021568644
54.	Mangal Gajanan Dukare	B. Com. I	8888468102
55.	Mangesh Dharma Gade	B. Com. I	9096889036
56.	Mithilesh Vijay Gondhane	B. Com. I	7888219266
57.	Ashwini Ramdas Thutte	B. Sc. II	9921388784
58.	Ashwini Vishnu Changade	B. Sc. II	7758912813
59.	Avinash Gajanan Kale	B. Sc. II	7066292624
60.	Azimunisa Ansar Khatun	B. Sc. II	9881939972
61.	Bhagwat Prabhu Raut	B. Sc. II	8308141812
62.	Bhagyashri Subhash Bhagat	B. Sc. II	7741949327
63.	Bhagyashri Subhash Theng	B. Sc. II	7775992216
64.	Datta Rambhau Mundhe	B. Sc. II	7744981586
65.	Dipak Santosh Gawai	B. Sc. II	7507463475
66.	Dipali Bhimrao Wakode	B. Sc. II	7796264210
67.	Divya Shivcharan Pawar	B. Sc. II	7507993792
68.	Divya Vijay Hade	B. Sc. II	7721097477
69.	Dnyaneshwar R. Mosambe	B. Sc. II	9763046232
70.	Gayatri Dilip Padghan	B. Sc. II	8378005367
71.	Gopal Dnyaneshwar Navghare	B. Sc. II	7218180250
72.	Gopal Suresh Pathade	B. Sc. II	8408083773
73.	Harshada D. Mudmali	B. Sc. II	9921544569
74.	Hrushikesh Balkiram Yelwande	B. Sc. II	7057868840
75.	Hrushikesh Kisan Ambhore	B. Sc. II	8379951048
76.	Shivani Vilas Yendole	B. Sc. II	9960440257
77.	Shraddha Sunil Deshmukh	B. Sc. II	9421652217
78.	Shubham Rajendra Karhade	B. Sc. II	7083194328
79.	Shubham Sanjay Salok	B. Sc. II	9545656293
80.	Shubham Vithoba Kharat	B. Sc. II	9325279547

81.	Ratnadip Rajesh Gawai	B. A. II	7263841461
82.	Ravi Mahadu Sultane	B. A. II	9325015567
83.	Ritesh Bhaskar Hiwale	B. A. II	9158498577
84.	Roshan Ashok Wankhade	B. A. II	9657433642
85.	Rupali Bharat Chalase	B. A. II	9850691418
86.	Rupali Laxman Shegokar	B. A. II	9657688166
87.	Rushikesh Bapurao Pimpale	B. A. II	9730721460
88.	Rushikesh N. Ghode	B. A. II	9146246772
89.	Rushikesh S. Solanki	B. A. II	9834532782
90.	Rutuja Ravindra Jadhao	B. A. II	9881753396
91.	Sachin Baban Kharat	B. A. II	9673750571
92.	Sagar Anil Bansode	B. A. II	9146346026
93.	Sagar Ganesh Sawale	B. A. II	9112033921
94.	Sagar Madhukar Janjal	B. A. II	9503399516
95.	Sagar Manohar Jadhao	B. A. II	7057593879
96.	Sakshi Netaji Kale	B. A. II	9881342054
97.	Samadhan Tejrao Waghmare	B. A. II	8007702927
98.	Satish Rajaram Kalekar	B. A. II	9172176602
99.	Saurabh Shrikrushna Shinde	B. A. II	7517266344
100.	Saurav Sanjay Sonalkar	B. A. II	9423503843
101.	Ratnadip Rajesh Gawai	B. A. II	7263841461

Y. Pochhi
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