



**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 2020

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.

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.

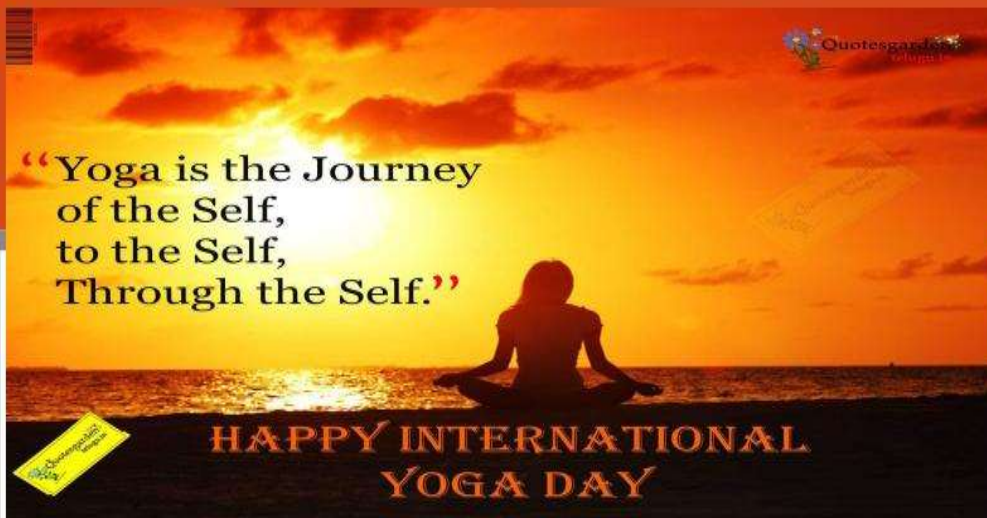
The International Yoga Day enthusiastically conducted under the guidance of Dr. Anil M. Garode, The Principal, Shri Shivaji Science and Arts College, Chikhli.

Department of Physical Education conduct International Yoga Day online mode due to pandemic COVID19 for the college staff and students.



INTERNATIONAL DAY OF YOGA

21st June 2020



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

Department of Physical Education & Sports

Action Taken Report on International Day of Yoga

Year 2020

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 2020

Organizer: Principal, Dr. Anil M. Garode

Convener: Mr. S. J. Kokode

Number of Participants: 58

Action Taken

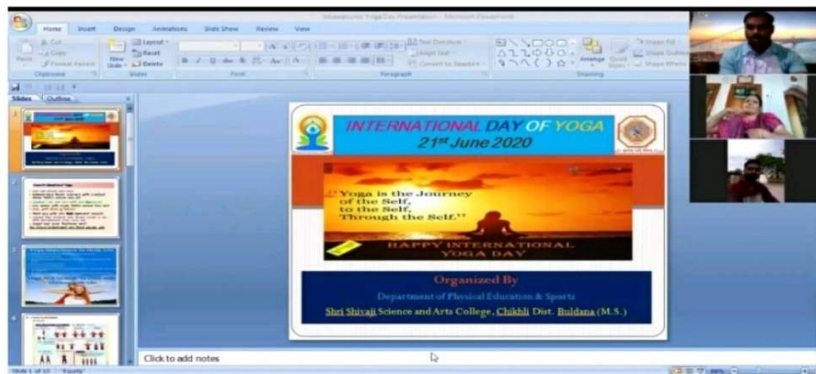
Department of Physical Education and Sports, with junior college, Shri Shivaji Science and Arts College Chikhli Dist. Buldana, organized dated 21st June 2020 as a International Yoga day entitled, for Junior and senior college teaching, non-teaching staff and students.

Glimpses

International Day of Yog



International Day of Yog celebrated on 21/06/2020 by
Department of Physical Education and Sports



International Day of Yog celebrated by online mode enthusiastically

Mr. S. J. Kokode, explaining the importance of the “Yoga and Meditation”

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 2020

Sr.	Name of Student	Class	Mobile Number
1.	Shivani Vilas Wavare	B. Sc. III	9763990819
2.	Harish Dilip Jadhao	B. Sc. III	9975355904
3.	Jay Pradeep Chunawale	B. Sc. III	8793224969
4.	Jaya Dipak Suradkar	B. Sc. III	8551061086
5.	Jaya Vishwanath Tupkar	B. Sc. III	9822951561
6.	Karan Eknath Jadhav	B. Sc. III	9764593171
7.	Komal Eknath Karhade	B. Sc. III	8552896217
8.	Laxmi Raju Adhao	B. Sc. III	7021568644
9.	Mangal Gajanan Dukare	B. Sc. III	8888468102
10.	Mangesh Dharma Gade	B. Sc. III	9096889036
11.	Habib Rahim Sayyed	B. Sc. III	9130144731
12.	Ashwini Parshuram Shinde	B. A. III	9689332479
13.	Ashwini Shivaji Shinde	B. A. III	9011710504
14.	Avinash Devrao Kharat	B. A. III	8605669308
15.	Jayashri Narayan Gadhave	B. A. III	9921897583
16.	Jietndra Prakash Nikalje	B. A. III	7709099017
17.	Jitendra Ajaysinh Thakur	B. A. III	9158350072
18.	Jitesh Nivrutti Deshmane	B. A. III	9146136485
19.	Kiran Arun Jadhao	B. A. III	9112123227
20.	Kiran Dinkar Galat	B. A. III	7057031591
21.	Kiran Gautam Ghevande	B. A. III	7218133074
22.	Kiran Samadhan Gawargur	B. A. III	7038839390
23.	Kirti Dilip Bedarkar	B. A. III	9657290203
24.	Kishor Ashok Gadekar	B. A. III	7741844471
25.	Kishor Sukhadeo Jadhao	B. A. III	7219557825
26.	Komal Gajanan Ingle	B. A. III	8605283539
27.	Komal Shrikrushna Jadhav	B. A. III	7350105472

28.	Komal Sudhakar Wankhede	B. A. III	7741831168
29.	Laxmi Suresh Kare	B. A. III	9850888410
30.	Madhav Arjun Lande	B. A. III	7218891490
31.	Mangesh Ravindra Tayde	B. A. II	7066834421
32.	Rushikesh Vilas Gaikwad	B. Sc. II	8698474062
33.	Sadaf Shafiq Sheikh	B. Sc. III	7774071018
34.	Samiksha Sanjay Wankhede	B. Sc. III	7350365679
35.	Sandesh Gajanan More	B. Sc. III	7057782797
36.	Sandip Arun Jadhao	B. Sc. III	8554047213
37.	Sanmati Santosh Satpute	B. Sc. III	7058548694
38.	Sarita Shrikrishna Dapke	B. Sc. III	9689059221
39.	Saurabh Shrikrushna Tamboli	B. Sc. III	7038218535
40.	Savita Panjabrao Lanke	B. Sc. III	7038973406
41.	Ashvini Punjaji Kanhe	B. Sc. III	8698004222
42.	Ashwini D. Khandagale	B. Sc. III	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

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