



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 2022

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. Omraj S. Deshmukh, 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.

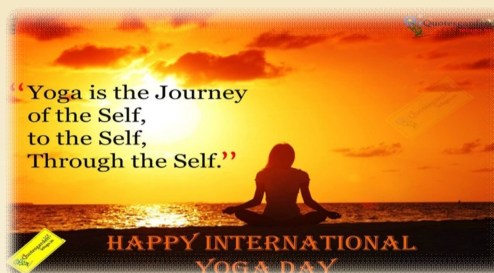


Shri Shivaji Education Society, Amravati's
Shri Shivaji Science and Arts College Chikhli,
Dist. Buldana (M. S.)
Accredited by NAAC 'B++' Grade CGPA 2.82



INTERNATIONAL DAY OF YOGA

21st June 2022



Organized By

Department of Physical Education & Sports

Shri Shivaji Science and Arts College, Chikhli Dist. Buldana (M.S.)

Notice

सूचना

योगाभ्यास व ध्यान

रोज मंगळवार दि. 21/06/2022

.महाविद्यालयातील सर्व शिक्षक व शिक्षकेत्तर कर्मचारी बंधू / भगिनींना सूचित करण्यात येते की, आपल्या महाविद्यालयात दिनांक 21/06/2022 रोज मंगळवारी सकाळी... 7.00 वाजता "योगाभ्यास व ध्यान " शिबिराचे आयोजन करण्यात येणार असून तरी सर्वांनी शिबिरास उपस्थित राहावे. स्थळ : महाविद्यालयाचा खुला रंगमंच वेळ : सकाळी... 7 ते 8 वा. आयोजक.... प्रा. सचिन कोकोडे , संचालक, शारीरिक शिक्षण व क्रीडा विभाग लेफ्ट. किरण पडघान एनसीसी विभाग सर्व कला,विज्ञान, वाणिज्य, पदवी व पदव्युत्तर विध्यार्थ्यांना नोटीस कळवावी. आदेशानुसार..... प्राचार्य (डॉ. ओमराज एस. देशमुख)

10:00 PM

International YOGA DAY...

Programme....👉

10:00 PM

June 17, 2022

Department of Physical Education & Sports

Action Taken Report on International Day of Yoga

Year 2022

Activity: Program on “**Yoga for Humanity, 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 2022

Organizer: Principal, Dr. O. S. Deshmukh

Convener: Mr. S. J. Kokode

Number of Participants: 128

Action Taken

Department of Physical Education and Sports, with junior college, Shri Shivaji Science and Arts College Chikhli Dist. Buldana, organized dated 21st June 2022 as a International Yoga day entitled Theme, “**Yoga for Humanity**” for Junior and senior college teaching, non-teaching staff and students.

Glimpses



Dr. O. S. Deshmukh, explaining the importance of the “Yoga and Meditation”



Participants performing “Prayer”

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 2022

Sr. No.	Name of Student	Class	Mobile Number
1.	Shivani Vilas Wavare	B. Sc. III	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 P. Shinde	B. A. II	9689332479
13.	Ashwini Shivaji Shinde	B. A. II	9011710504
14.	Avinash Devrao Kharat	B. A. II	8605669308
15.	Jayashri N. 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 S. 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 S. Jadhav	B. A. II	7350105472
28.	Komal. Wankhede	B. A. II	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 S. 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 S. Tamboli	B. Sc. II	7038218535
40.	Savita Panjabrao Lanke	B. Sc. II	7038973406
41.	Ashvini Punjaji Kanhe	B. Sc. II	8698004222
42.	Ashwini D. Khandagale	B. Sc. II	9764617261
43.	Chhaya G. 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 J. Jaybhaye	B. Sc. II	9730163417
49.	Ganesh Bajirao Tale	B. Sc. II	8888482740

50.	Ganesh Devidas Misal	B. Sc. II	8788100709
51.	Ganeshsing I. rajput	B. Sc. II	9421148836
52.	Gaurav Jivan Chinchole	B. Sc. II	8412841315
53.	Gayatree Rajiv Patil	B. Sc. III	9922756061
54.	Gopal J. 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
59.	Sushma Pradip Bambal	B. Sc. II	9975832238
60.	Swati Dilip Dhole	B. Sc. II	9527153776
61.	Tejal Aniruddha Khandagale	B. Sc. II	9322138465
62.	Tejas Gajanan Gaykwad	B. Sc. II	9309831426
63.	Trupti Keshav Nikas	B. Sc. II	9373132174
64.	Tushar Baliram Sapkal	B. Sc. II	9307596845
65.	Vaidehi Rajesh Zalte	B. Sc. II	8669616754
66.	Vaishnavi Gajanan Ingle	B. Sc. II	9359374840
67.	Vaishnavi Gajanan Padghan	B. Sc. II	8956904877
68.	Vaishnavi Gajanan Shelke	B. Sc. II	9075101049
69.	Vaishnavi Ramesh Hadole	B. Sc. II	9579067407
70.	Vaishnavi Shivdas Atole	B. Sc. II	9527630755
71.	Vaishnavi Sunil Dhundale	B. Sc. II	9146833123
72.	Vedant Keshav Khandagale	B. Sc. II	8180891440
73.	Vedika Jitendra Deshmukh	B. Sc. II	8668966484
74.	Vedika Rajendra Ambhore	B. Sc. II	8805609296
75.	Vikas Madhav Panchal	B. Sc. II	9130879376
76.	Vikas Rameshwar Harkal	B. Sc. II	9322177097
77.	Vishal Narayan Wagh	B. Sc. II	9309864674

78.	Vishal Subhash Paithane	B. Sc. II	7218960221
79.	Vishvajit Himmat Awchar	B. Sc. II	9665847714
80.	Abhishek Bhagwat More	B. Com. II	8080225396
81.	Abhishek Datta Wankhade	B. Com. II	7397897423
82.	ABHISHEK DILIP BEDARKAR	B. Com. II	9325576096
83.	Akash Sadashiv Wankhade	B. Com. II	9175221355
84.	Akshay Sunil Wankhade	B. Com. II	9307327759
85.	Akshay Vithoba Horkal	B. Com. II	8262926079
86.	Aniket Rajendra Dalimkar	B. Com. II	8010674520
87.	Arpita Dilip Shinde	B. Com. II	7480851426
88.	Arti Ashok Bhise	B. Com. II	8625041120
89.	Ashvini Bharat Tayde	B. Com. II	9356945687
90.	Avinash Damodhar Hade	B. Com. II	9657960489
91.	Bharat Santosh Lokhande	B. Com. II	9604847417
92.	Chaitany Pravin Deshmukh	B. Com. II	7276029840
93.	Dattu Natthu Khajure	B. Com. II	9022808935
94.	Dhanashri Ramdas Lahane	B. Com. II	9699660080
95.	Dhanashri Samadhan Pawar	B. Com. II	9370413703
96.	Dipak Dnyandev Warpe	B. Com. II	9022371207
97.	Dipak Ramesh Lahudkar	B. Com. II	9579717469
98.	Ganesh Gajanan Khandalkar	B. Com. II	8956634450
99.	Gopal Baliram Wanjol	B. Com. II	9579595573
100.	Jivan Raghunath Jadhav	B. Com. II	8010610923
101.	Kirti Jagan Navle	B. Com. II	9028259527
102.	Mahesh Ganesh Jadha0	B. Com. II	9922982560
103.	Tabish Aashik Shaikh	B. Sc. II	7385653857
104.	Tanmay Bandu Hivarkar	B. Sc. II	8669722471
105.	Taufik Shaikh	B. Sc. II	7743903056

106.	Tejaswini Sunil Nagpure	B. Sc. II	9561620565
107.	Tushar Sunil Paithankar	B. Sc. II	9860068983
108.	Vaibhav VISHNU SHETE	B. Sc. II	8421262478
109.	Arti Sanjay Dandge	B. Sc. I	9130117929
110.	Ashwini Sanjay Galat	B. Sc. I	8767918638
111.	Awesh Ravindra Tayade	B. Sc. I	9860604486
112.	Diksha Suresh Gawai	B. Sc. I	7498492445
113.	Dipak Subhash Surushe	B. Sc. I	9322990438
114.	Dipali Anantha Bhagat	B. Sc. I	7875954591
115.	Durga Tryambak Shirsath	B. Sc. I	9822708928
116.	Farhat Anjum Ansar	B. Sc. I	9699603570
117.	Gayatri Arun Shelke	B. Sc. I	8805290465
118.	Gayatri Gulab Patil	B. Sc. I	9322393301
119.	Gayatri Rameshwar Chikane	B. Sc. I	9921579897
120.	Gayatri Santosh Kharat	B. Sc. I	8007657450
121.	Prashant Pralhad Dongardive	B. A. I	7559361150
122.	Pravin Bharat Ingle	B. A. I	9325981467
123.	Prerna Manik Shinde	B. A. I	7350797937
124.	Rahul Haribhau Kute	B. A. I	9665974978
125.	Randhir Shankar Nikalje	B. A. I	7776901675
126.	Rohan Ishwar Ghewande	B. A. I	7822951023
127.	Rohini Ramesh Salve	B. A. I	7517383191
128.	Rupali Bhanudas Bakal	B. A. I	7798203142

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