

## Health, Yoga & Sports Dept. Activities (2017-18)

Sr. No.	Name of Activity	Nature, Resource Persons, Experts	Date, time	
1	Induction of Health & Yoga	Health & Yoga Education: Resource Person: Dr. Bhagwat Shinde	23.11.2017 11 to 1.00 pm	
2	Health Awareness Lecture Series	Guest Lecture: Prof. Dr. Bhagwat Shinde Topic: Yoga & Life	25.11.2017 11 to 12.00 pm	
3	World HIV Awareness Day	Chief Guest Mentoring- Prasanna Dhumal, Laxmikant Karpe, Topic: Role of Teachers in HIV Awareness Campaign	30.11.2017 11 to 12.30 pm	
4	Health Awareness Guest Lecture Series	Chief Guest Guide- Prof. Dr. Ganesh Lokhande Topic: Mental Health & Stress Management	30.11.2017 11 to 12.00 pm	
5	Clean India, Healthy India Campaign	Chief Guest Guide- Prof. Anil Karwar Topic: Role of Youth in Clean India, Healthy India Campaign	20.12.2017 11 to 12.00 pm	
6	Health Awareness Lecture Series	Resource Person: Prof. Vijay Patole Topic: Health Literacy & Education	23.12.17 11.00 to 12.00	
7	Health Awareness Lecture Series	Resource Person: Prof. Manjiri Somani Topic: Students Mental Health	30.12.17 11.00 to 12.00	
8	Health Awareness Lecture Series	Resource Person: Do. Shital Hiwarkar Topic: Students Physical Health	30.12.17 11.00 to 12.00	
9	Field Visit to Blood Bank & Blood donation	Gangadhar Ogale Hospital, Shrirampur Blood Doner: Dr. Bhagwat Shinde, Librarian Narayan Mengal	20.01.2018 11 to 12.30 pm	
10	Annual sports competitions	Inauguration: Hon. Principal Dr. M. S. Pondhe Number of Participants: 44 Students	22.01.2018 8 am to 4.00 pm	
		<b>Sports Events</b>		
		<b>Boys</b>		<b>Boys</b>
		1. Chess 2. Music Chair 3. Passing Ball 4. 100 Meter Running 5. 200 Meter Running 6. 4 X 4 Relay 7. Long Jump 8. Disc Throw 9. Throw Ball 10. Lemon Spoon		1. Chess 2. Music Chair 3. Passing Ball 4. 100 Meter Running 5. 200 Meter Running 6. 4 X 4 Relay 7. Long Jump 8. Disc Throw 9. Throw Ball 10. Lemon Spoon
11	Drills	Demonstration of Drills: Dr. Bhagwat Shinde	27.02.2018 11.00.to 12.00	

12	Suryanamaskar & Yoga	Surya Namaskar and Yoga: Theoretical Guidance and Demonstrations Dr. Bhagwat Shinde, Karishma Pathan Total 08 YOGIK AASANAS & PRANAYAAM	01.03.2018 8.00 to 10.00
13	Report Writing & Preparation of Oral Exam	As per University Rubrics	02 to 25 March 2018
14	Oral Exam	Examiner: Dr. R. K. Nannar, Pro. Anil Karwar, Pro. Vijay Patole, Dr. Bhagwat Shinde, Pro. Chandarkant Bhoje	28.03.2018

Sr. No.	Academic Year	Year wise Sports Event		Total Sport Events	Total Participated Students
		Boys Sport Event	Girls Sport Event		
1	2017-18	1. Chess 2. Music Chair 3. 100 Meter Running 4. 200 Meter Running 5. Long Jump 6. Disc Throw 7. Throw Ball 8. Passing Ball	1. Chess 2. Music Chair 3. 100 Meter Running 4. 200 Meter Running 5. Long Jump 6. Disc Throw 7. Throw Ball 8. Lemon Spoon 9. 4 X 4 Relay 10. Passing Ball	18	45



**Inauguration of Sports Competition:  
Prin. Dr. Mukund Pondhe & others**



**Event of Long jump**



**Girls 200 Meters Running Event**



**Boys 200 Meters Running Event**



**Girls 200 Meters Running Event**



**Golaphek Event**



**Long Jumps Event**



**100 meters Running Event**