

## Health, Yoga & Sports Dept. Activities (2018-19)

Sr. No.	Name of Activity	Nature, Resource Persons, Experts	Date, time
1	Induction of Health & Yoga practical	Health & Yoga Education: Resource Person: Dr. Bhagwat Shinde	29.11.2018 11 to 1.00 pm
2	Health Awareness Student Seminar Series	Guest Lecture: Prof. Dr. Bhagwat Shinde Topic: Planning & Implementation of Health Awareness Student Seminar Series	01.12.2018 11 to 12.00 pm
3	Health Awareness Student Seminar Series	Seminar Presenter: Aishwarya Pawar Topic: Sex Education	03.12.2018 11 to 12.00 pm
4	Health Awareness Student Seminar Series	Seminar Presenter: Jayashri Salunkhe Topic: Health & Exercise	03.12.2018 11 to 12.00 pm
5	Health Awareness Student Seminar Series	Seminar Presenter: Amol Ranadive Topic: health, DIET & Exercise	03.12.2018 11 to 12.00 pm
6	Health Awareness Student Seminar Series	Seminar Presenter: Pallavi Bhaladand Topic: Stress Management & Health	04.12.2018 11 to 12.00 pm
7	Health Awareness Student Seminar Series	Seminar Presenter: Samapada Gayake Topic: Dipression: Causes & Effects	04.12.2018 11 to 12.00 pm
8	Health Awareness Student Seminar Series	Seminar Presenter: Arachana Aalkute Topic: Yoga Education & Health	04.12.2018 11 to 12.00 pm
9	Health Awareness Student Seminar Series	Seminar Presenter: Puja Anap Topic: Health Literacy viva Education	17.12.2018 11 to 12.00 pm
10	Health Awareness Student Seminar Series	Seminar Presenter: Dhanshri Jadhav Topic: Balanced DIET	17.12.2018 11 to 12.00 pm
11	Health Awareness Student Seminar Series	Seminar Presenter: Swati Thorat Topic: HIV AIDS: Causes & Symptom's	17.12.2018 11 to 12.00 pm
12	Health Awareness Student Seminar Series	Seminar Presenter: Rahul Surywanshi Topic: Remedies on Inculation of Mental Health	17.12.2018 11 to 12.00 pm
13	Health Awareness Student Seminar Series	Seminar Presenter: Arachana Aalkute Topic: Puja Aanap	04.12.2018 11 to 12.00 pm

14	Drills	Demonstration of Drills: Dr. Bhagwat Shinde, Amol Ranadive, Rahul Surywanshi & Samapada Gayake	10.01.2019 11.00.to 12.00	
15	Field Visit to Blood Bank & Blood donation	Jondhali Blood Bank, Shrirampur Blood Donor: Amol Ranadive, Shahabaj Shekh	28.02.2019 11 to 12.30 pm	
16	Annual sports competitions	Inauguration: Hon. Principal Dr. M. S. Pondhe Number of Participants: 44 Students	25.02.2019 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
17	Suryanamaskar & Yoga	Surya Namaskar and Yoga: Theoretical Guidance and Demonstrations Dr. Bhagwat Shinde, Total 08 YOGIK AASANAS & PRANAYAAM	25.02.2019 8.00 to 10.00	
18	Suryanamaskar & Yoga	Surya Namaskar and Yoga: Theoretical Guidance and Demonstrations Dr. Bhagwat Shinde, Total 08 YOGIK AASANAS & PRANAYAAM	09.03.2019 8.00 to 10.00	
19	Report Writing & Preparation of Oral Exam	As per University Rubrics	March 2019	
20	Oral Exam	Examiner: Dr. R. K. Nannar, Pro. Anil Karwar, Pro. Vijay Patole, Dr. Bhagwat Shinde, Pro. Chandarkant Bhoje	March- April 2019	

Sr. No.	Academic Year	Year wise Sports Event		Total Sport Events	Total Participated Students
		Boys Sport Event	Girls Sport Event		
1	2018-19	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	55

**Photo:**



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



**Event of Throw Ball**



**Event of 4 X 4 Relay**



**Lady Student Teachers Music Chair**



**Event of Chess**



**Event of Passing Ball**



**Disc throw Competition**



**200 Meter Running Event**