

Rayat Shikshan Sansthas
Swami Sahajanand Bharati College of Education,
Shrirampur, District:- Ahmednagar

Course no. 112 - B Health and Yoga Education : Annual Report 2020-21


Sr.no.	Month	Date,Day	Details of Activities
1.	March- 2021	08-03-21, Saturday	Activity no. 1: Induction programme on Introduction and Guidance of Health and Yoga Education Practical Guide: Prof. Dr. B. A. Shinde
2.		13-03-21, Saturday	Activity no. 2: Objectives of Health and Yoga Education Guide: Prof. Dr. B. A. Shinde
3.		20-03-21, Saturday	Activity no. 3 : Health and Yoga Education : Concept Guide: Prof. Dr. B. A. Shinde
4.		22-03-21, Monday	Activity no. 4 : Introduction and guidance of health and yoga education Guide: Prof. V. S. Patole
5.		27-03-21, Saturday	Activity no. 5: Benefits of Health and Yoga Education Guide: Prof. Dr. B. A. Shinde

Sr.no.	Month	Date,Day	Details of Activities
6.	April : 2021	03-04-21, Saturday (From 05 th to 25th April, Your health in your hands, one hour every day for Exercise ! Various activities given for one hour every day under the activity, activity completion and experience writing)	Activity no. 6: Your health is in your hands, One hour every day for Exercise ! Guide: Prof. Dr. B. A. Shinde
7.	May- 2021	03-05-21, Monday (May 04 to 31, various activities given for one hour daily under Suryanamaskar activity, activity completion and experience writing)	Activity no. 7: Surya Namaskar: Theoretical and practical guidance Guide: Prof. Dr. B. A. Shinde, Rituja Kadam, Rachna Fasate
8.	June-2021	21-06-21, to 09-07 2021 (From 22nd June to 07th July, under yoga and pranayama activities, various activities given for one hour daily, activity completion and experience writing)	Activity no. 8: Yoga and Pranayama: Theoretical and practical guidance Guide: Prof. Dr. B. A. Shinde, Rituja Kadam, Rachna Fasate

Sr.no.	Month	Date,Day	Details of Activities
9.	July- 2021	10-07-21 to 30-07-21 Various activities given for one hour daily under yoga and pranayama activities, activity completion and experience writing	Activity no. 9: Exercise Type: Theoretical and practical guidance Guide: Prof. Dr. B. A. Shinde, Rituja Kadam, Rahul Sable
10.	August- 2021	10-08-21, Tuesday	Activity no. 10: The Brain, Exercise and Health Guide: Prof. Dr. B. A. Shinde
11.	September- 2021	20 -09-2021 Monday	Activity no. 11 : Sports, Exercise and Health Guide : Rituja Kadam
		22 -09-2021 Wednesday	Activity no. 12 : Annual Sports Tournament (Total 15 Events for Girls & Boys)
		23 -09-2021 Thursday	Activity no. 13 : Oral Examination

Department Head
Dr. Bhagwat Shinde




PRINCIPAL
S.S.B. College of Education
Shrirampur, Dist. A.Nagar