

Health, Yoga & Sports Dept. Activities (2019-20)

Sr. No.	Name of Activity	Nature, Resource Persons, Experts	Date, time																						
1	Induction of Health & Yoga practical	Health & Yoga Education: Definition, meaning, nature, objectives, need, importance, Planning & implementation, Principal guidelines, - Dr. Bhagwat Shinde	15.10.2019 11 to 1.00 pm																						
2	Health Awareness Guest Lecture	Guest Lecture: Prof. Dr. Subhash Deshmukh, (Subject: Everything for health..., health-based demonstrations) Presidential Guidance - Hon. Principal Dr. M. S. Pondhe	14.11.2019 11 to 1.00 pm																						
3	World HIV Awareness Day	Chief Guest Mentoring- Prasanna Dhumal, Laxmikant Karpe, HIV Testing under Know Your Status, Presidential Guidance - Hon. Principal Dr. M. S. Pondhe	02.12.2019 11 to 1.00 pm																						
4	Your health is in your hands, One hour every day for your Health!	Chief Guest Guide- Prof. Dr. Bhagwat Shinde, (Topic: 20 minutes' walk/run for health, exercise, yoga, pranayama, diet etc.) Presidential Guidance - Hon. Principal Dr. M. S. Pondhe	02.12.2019 11 to 12.00 pm (08-12-2020 to 28-12-2020)																						
5	Field Visit to Blood Bank & Blood donation	Guest Lecture: Prof. Dr. Jondhale, Presidential Guidance – Hon. Principal Dr. M. S. Pondhe	28 -02 -2020 11 to 1.00 pm																						
6	Guest Lecture on Mental Health & Stress Management	Guest Lecture: Prof. Dr. Ganesh Lokhande, Presidential Guidance – Hon. Principal Dr. M. S. Pondhe	09-03-2020 11 to 12.30 pm																						
7	Annual sports competitions	Inauguration: Hon. Principal Dr. M. S. Pondhe Sports Events <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 50%; text-align: center;">Boys</th> <th style="width: 50%; text-align: center;">Boys</th> </tr> </thead> <tbody> <tr> <td>1. Chess</td> <td>1. Chess</td> </tr> <tr> <td>2. Music Chair</td> <td>2. Music Chair</td> </tr> <tr> <td>3. Passing Ball</td> <td>3. Passing Ball</td> </tr> <tr> <td>4. 100 Meter Running</td> <td>4. 100 Meter Running</td> </tr> <tr> <td>5. 200 Meter Running</td> <td>5. 200 Meter Running</td> </tr> <tr> <td>6. 4 X 4 Relay</td> <td>6. 4 X 4 Relay</td> </tr> <tr> <td>7. Long Jump</td> <td>7. Long Jump</td> </tr> <tr> <td>8. Disc Throw</td> <td>8. Disc Throw</td> </tr> <tr> <td>9. Throw Ball</td> <td>9. Throw Ball</td> </tr> <tr> <td>10. Lemon Spoon</td> <td>10. Lemon Spoon</td> </tr> </tbody> </table>	Boys	Boys	1. Chess	1. Chess	2. Music Chair	2. Music Chair	3. Passing Ball	3. Passing Ball	4. 100 Meter Running	4. 100 Meter Running	5. 200 Meter Running	5. 200 Meter Running	6. 4 X 4 Relay	6. 4 X 4 Relay	7. Long Jump	7. Long Jump	8. Disc Throw	8. Disc Throw	9. Throw Ball	9. Throw Ball	10. Lemon Spoon	10. Lemon Spoon	12.03.2020 8.00 am to 4.00 pm
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8	Suryanamaskara & Yoga	Surya Namaskar and Yoga: Theoretical Guidance and Demonstrations	05-01-2020 to 11-01-2020 Every day 6.00 to 7.30 am
9	Drills	Drills: Theoretical Guidance and Demonstrations- Prof. Dr. Bhagwat Shinde, Supriya Kale	13-01-2020 to 15-01-2020 5.00 to 6.00 pm
10	National Girl Child Day	Chief Guest Guidance and Presidential Guidance: 5 Internship School wise Essay, Painting, Speech Competition etc.	24-01-2020

Sr. No.	Academic Year	Year wise Sports Event		Total Sport Events	Total Participated Students
		Boys Sport Event	Girls Sport Event		
1	2019-20	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	65



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



Boys 200 Meter Running Event



Girls 200 Meter Running Event



Long Jump Competition



Girls Music Chair Competition



Girls Passing Ball Competition



Event of Chess



Limbu Chamcha Competition