

YASHODA GIRL'S ARTS AND COMMERCE COLLEGE, NAGPUR



5.3.2 : Sports and cultural activities in which the students of the institution have participated in the last five years (Organized by the institution/other institutions)

Department of Sports & Physical Education

Sports Activities- 2020-2021

(Organized by the Institution/Other Institutions)



Purushottam Khaparde Health & Education Society's

Yashoda Girls' Arts & Commerce College, Nagpur

Accredited
B++
by NAAC

■ Recognized by Government of Maharashtra ■ Affiliated to RTM Nagpur University, Nagpur
SNEH NAGAR, WARDHA ROAD, NAGPUR - 440 015. (M.S.) INDIA

■ Tel. : 0712-2290637 ■ Fax No.: 0712- 2290368 ■ Website : www.yashodagirlscollege.edu.in ■ Email : ygc.ngp@rediffmail.com

YGC No./

Date _____

5.3.2 Details of the Sports Activities/ Competitions organized by the institution/ other institutions in which the students of the college participated.

Sports- Session 2020-2021

Sr. No.	Details of the cultural event/ activity/Competition	Date From---to	Organized by the institution/other institution
1	Yoga Training program on Internation Yoga Day	21/6/2020	Organized by the institution
2	One Day National E-conference on Role of Holistic Approaches to Yoga during Covid-19 organized in Collaboration	29/8/2020	other institution
3	Health Guidance and practical approach workshop on National Sports Day	29/8/2020	organized by the institution
4	Seven Days Yoga Training Camp organized online	29/9/2020 to 5/10/2020	organized by the institution
5	Seven Days Aerobics Training camp	18/10/2020 to 24-10-2020	organized by the institution
6	One Month Online Yoga and Meditation Camp organized in Collabortion	27/1/2021 to 27/2/2021	other institution



PRINCIPAL
Yashoda Girls Arts & Commerce College
Sneh Nagar, Nagpur-15



Yashoda Girls' Arts & Commerce College

Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur

NAAC Accreditation B++ with 2.82 CGPA

Sneh Nagar, Wardha Road, Nagpur. 440015

Yoga Training Program on Inter-National Yoga day

Date: 21 JUNE 2020

Number of Teachers Participated: 09

Number of Students Participated: 41 Students

(Circular/Notice of the program)

NOTICE

सूचना

महाविद्यालयातील सर्व विद्यार्थिनींना सूचित करण्यात येते कि, महाविद्यालयात शारीरिक शिक्षण विभागातर्फे शनिवार दिनांक २१/०६/२०२० रोजी आंतरराष्ट्रीय योग दिनानिमित्त कार्यक्रमाला आयोजन केलेले आहे. या कार्यक्रमात विद्यार्थिनींनी उपस्थित राहावे.

मार्गदर्शक : श्रुती खोंडे (योग प्रशिक्षक)

वेळ : सकळी ८.०० वाजता.




Principal
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Sneh Nagar, Nagpur-15.

Yoga Training Program on Inter-National Yoga day

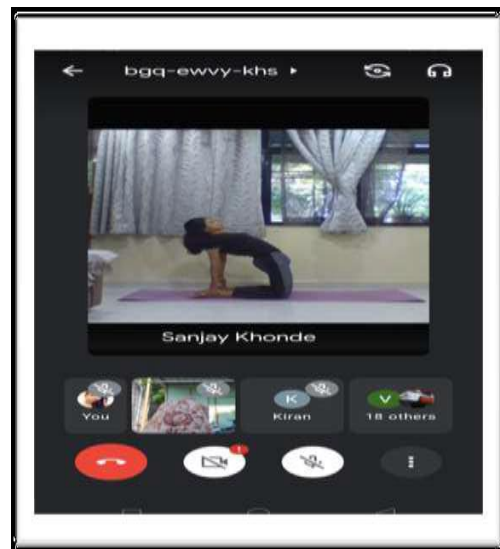
Date: 21 JUNE 2020

Report of the event

International Yoga Day

Saturday, June 21, 2020: An International Yoga Day program was organized in the college by the Department of Physical Education and the National Service Scheme. Shruti Khonde said that yoga is the best way to maintain physical and mental health. He provided information about meditative posture, body enhancement posture, resting posture, onkar, pranayama. Shown by demonstration. It was also conducted by students, professors and staff. Principal Dr Dhanraj Shete expressed the view that yoga is not an option for healthy health. Dr. Lalita Punanya conduct the program.

Photograph of the program



Yoga Training Program on Inter-National Yoga day

Date: 21 JUNE 2020

List of students to attended the program

SR.NO.	NAME OF THE STUDENT
1.	KIRAN RAJENDRA ADAGALE
2.	KOMA L KISHAN PARADHI
3.	VRUSAALI DEVANAND DHABARDE
4.	PRANALI SHRIRAM WANGE
5.	DIMPLE KUSH MAHURE
6.	MANISH DHANSAY YADAV
7.	MEENAKSHI RAMBHAROSE PATIL
8.	KALLYANI NARESHRAO DHOTE
9.	KOMAL SUDHAKAR BHAGAT
10.	ACHAL ANIL VISHWAKARMA
11.	NANDINI DIPAK CHOUDHARI
12.	DURGA HANUMAN DHAKATE
13.	ADITI YUVRAJ RAMTEKE
14.	SAKASHI DIPAK SHENDRE
15.	SACHI ANIL BAGADE
16.	PAYAL KANEHANJI NAGARIKAR
17.	NIKITA SUSRESH MANKAR
18.	POONAM BAGWAN TIRASAGARE
19.	PRATIKSHA DINESH RAUAT
20.	HOMESHWARI ANIL WANKHEDE
21.	VAISHANAVI GAJANAN DHAGE
22.	NISHA MOHAN SHAHU
23.	ARATI SHANKAR SONDHIIYA
24.	SAKSHI SANJAY JUNGHARE
25.	SAKSHI STISH BAJARE
26.	BARKHA DINESH UPADHYA

27.	CHETANA RAJENDRA DAMALE
28.	ABOLI PRASHANT DHAMGAYE
29.	APEKSHA ARVIND WANKHEDE
30.	ASHWARIYA ANIL NEWARE
31.	APURVA VILASH WANKHEDE
32.	AKANSHAN SHESHRAO JUNGHARE
33.	AKANSHA UTTAM BANSOD
34.	ROSHANI BABULAL THAARE
36.	JYOTSNA GAGIVAN SAHU
37.	SAKSHI VISHNU KUMBHARE
38.	SANTOSHI DADARAO SHINDE
39.	PRASTIKSHA RAVINDRA SELWANTE
40.	PRITI NILESH PANCHBUTE
41.	JANHVI VILAS RAMTEKE




Principal
Ashoda Girls Arts & Commerce
College, Sush Nagar, Nagpur-15

Brief report

The International Yoga Day was celebrated in the institution on 21th of June 2020 by the department of physical Education. Mrs. Shruti Khonde was invited as the resource person for providing training of Yoga to the students. She also explained the importance of Yoga exercises and performed yoga exercises before the students. The program was organized in online mode due to the restrictions of corona pandemic situation in the country. Total 41 girls and 09 teachers participated in the program by way of Virtual platform.



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Sneh Nagar, Wardha Road, Nagpur. 440015

Participation in one day Interdisciplinary National e-conference on " Role of Holistic Approaches to Yoga during covid-19" organized in collaboration

Date: 29 August 2020

Number of Teachers Participated: 34

Number of Students Participated: 100 Students

(Circular/Notice of the program)

NOTICE

Date 27th August.2020

Sheth Kesarimal Porwal College of Arts, Science & Commerce, Kamptee organised **One Day Interdisciplinary National e-Conference on "Role of Holistic Approaches to Yoga during COVID-19"**

In collaboration with Physical Education Foundation of India (PEFI New Delhi)

Jointly organised by

Dhanwate National College, Nagpur

Yashoda Girls Arts & Commerce College Nagpur

Shradrao Pawar Arts & Commerce College, Gadchandur

S.P. College of law Chandrapur.

on Saturday, 29th August 2020 at 11.00.a.m. on Google Meet & You Tube Platform.
Interested staff may register for the conference.

ONE DAY INTERDISCIPLINARY NATIONAL e- CONFERENCE ON
"Role of Holistic approaches of Yoga during COVID - 19"
Organizing by
SETH KESARIMAL PORWAL COLLEGE OF ARTS & SCIENCE & COMMERCE,
KAMPTEE
In Collaboration with
Physical Education Foundation of India (PEFI New Delhi)
Jointly organizing by
-Dhanwate National College, Nagpur
-Yashoda Girls Arts & Commerce College, Nagpur
-Saradrao Pawar Arts & Commerce College, Gadchandur
-S. P. College Of Law Chandrapur

29th
August
2020
Time
11.00 AM
On Zoom
Meeting
Platform

REGISTER NOW:
<https://www.google.com/joinmeeting>

Hello everyone. In the present academic set - up when the humanity is struggling with COVID - 19 and it is a contagious disease all over the world. In our country too the number of corona virus patient are increasing day by day as we all know "prevention is better than cure" researchers proved that Yoga's incorporation of postures, meditation and breathing can help improve a person's physical, awareness, relieves chronic stress patterns, relaxes the mind, centers attention, and sharpens concentration. The one day e - conference aims to initiate discussion about improved knowledge base, with better access to information of "The holistic approach to health, well-being provided by the practice of Yoga"

Principal
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SEAL

Participation in one day Interdisciplinary National e-conference on “ Role of Holistic Approaches to Yoga during covid-19” organized in collaboration

Date: 29 August 2020

Report of the event

दिनांक २९/०८/२०२०

कार्यक्रमाचे नाव : आंतरराष्ट्रीय ई परिषद

२९ ऑगस्ट रोजी राष्ट्रीय खेळ दिवसाच्या निमित्त एम.के. पोरवाल कॉलेज कामठी , फिजीकल एज्युकेशन ऊण्डाटीण ऑफ इंडिया (पेफी) न्यू दिल्ली यांच्या सहयोगाने, धनवटे नेशनल कॉलेज, यशोदा गर्ल्स आर्ट्स अँड कॉमर्स कॉलेज, नागपूर, शरदराव पवार कला व वाणिज्य महाविद्यालय गडचानूर आणि एस.पी. विधी महाविद्यालय चंद्रपूर यांच्या संयुक्त विध्यमाने “Role of Holistic Approaches to Yoga during COVID -19” आंतरराष्ट्रीय ई परिषद आयोजित करण्यात आले. प्रमुख अतिथी म्हणून लक्ष्मीबाई राष्ट्रीय शारीरिक शिक्षण विद्यापीठ ग्वालियर चे कुलगुरू डॉ. दिलीप कुमार दुरेहा, विशेष अतिथी फेफी (PEFI) न्यू दिल्ली चे कार्यकारी अध्यक्ष डॉ. एके उप्पल, नागपूर शारीरिक शिक्षण विभागाचे पूर्व निर्देशक डॉ. श्रीदर्शन देसाई, फेफी (PEFI) न्यू दिल्ली चे राष्ट्रीय सचिव डॉ. जैन पियुष . तसेच राष्ट्रसंत तुकडोजी महाराज नागपूर विद्यापीठाचे कुलसचिव डॉ. पुरणचंद्र मेथ्राम उपस्थित होते. सर्वांनी राष्ट्रीय खेळ दिवसाच्या शुभेच्छा दिल्या. या आंतरराष्ट्रीय ई परिषदेत “कोरोना संक्रमणात योगाची विविध भूमिका”, “योगयुक्त जीवन”, “स्वास्थ्य आणि प्राणायाम” या विषयावर डॉ. डॉ.घरोटे .एम.एम . निर्देशक लोणावळा योग संस्थान पुणे, डॉ. कुमकुम बोरडकर सहयोगी प्राध्यापक नागपूर शारीरिक शिक्षण महाविद्यालय नागपूर, डॉ. प्रतिमा वशिष्ठ सहयोगी प्राध्यापक लक्ष्मीबाई राष्ट्रीय शारीरिक शिक्षण विद्यापीठ ग्वालियर यांनी मार्गदर्शन केले.




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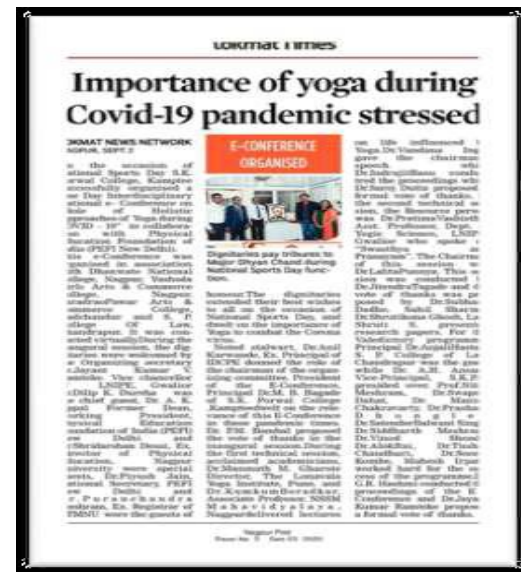
BRIEF REPORT

One day national E- conference on Role of Holistic Approaches to Yoga during Covid-19 was organized by the physical education department of the college in online mode due to corona pandemic situation in the country in collaboration with Dhanwate National College, Nagpur, Seth Kesrimalpowal College Kamptee and SharadraoPawar College, Gadchandur and S. P. College of law, Chandrapur on Saturday, 29th August, 2020. The program was grand success as trainer from the national level were invited. Total 100 students and so many staff members across the country participated in the event.

Participation in one day Interdisciplinary National e-conference on " Role of Holistic Approaches to Yoga during covid-19" organized in collaboration

Date: 29 August 2020

ACTIVITY REPORT



Participation in one day Interdisciplinary National e-conference on “ Role of Holistic Approaches to Yoga during covid-19” organized in collaboration

Date: 29 August 2020

INVITED SPEAKERS AND PHOTOGRAPH OF PROGRAM

Dr. Dilip K. Dureha
Hon'ble V.C.
UNIFE, Gwalior

Dr. A. K. Uppal
Former Dean,
Working president,
Physical Education
Foundation Of India (PEFI)
New Delhi.

Dr. Shridharshan Desai
Ex. Director of Physical
Education, Nagpur
University

Guest of owner

Dr. Piyush Jain
National Secretary,
PEFI New Delhi.

Guest of Honour

Dr. Puran Meshram,
Ex. Registrar of P.T.H.N.U.
Nagpur

Invited Speakers

Speaker for first session

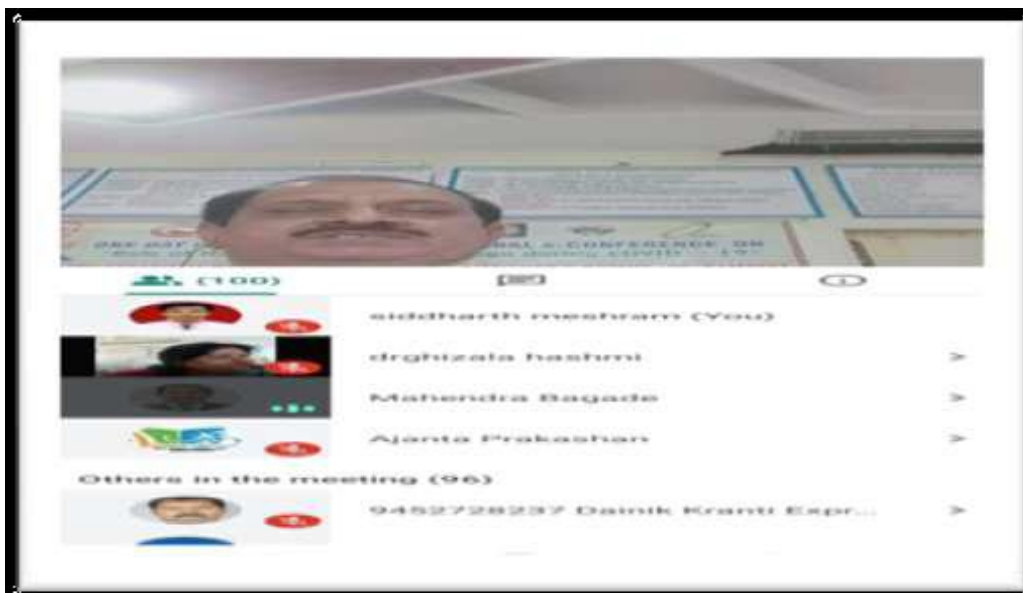
Dr. Mamath H. Ghante
Director,
The Laxmadi Yoga Institute,
Pune

Speaker for first session

Dr. Kambam Sarathia
Associate Professor
N.S. S.H.H.School of
Nagpur

Speaker for second session

Dr. Pratima V. Yazdiotka
Asst. Professor
Dept. of Yoga Science
UNIFE Gwalior





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Health Guidance and practical approach workshop on National Sports Day

Date: 29-08-2020

Number of Teachers Participated: 04

Number of Students Participated: 32 Students

(Circular/Notice of the program)

Report of the event

DATE : WEDNESDAY 27/08/2020

NOTICE

सूचना
राष्ट्रीय क्रीडा दिन

महाविद्यालयातील सर्व विद्यार्थिनींना सूचित करण्यात येते कि, महाविद्यालयात शारीरिक शिक्षण विभागातर्फे शुक्रवार दिनांक २९/०८/२०२० रोजी राष्ट्रीय क्रीडा दिनानिमित्त कार्यक्रमाचे आयोजन केलेले आहे. या कार्यक्रमात विद्यार्थिनींनी

वेळ : सकाळी ९.०० वाजता.




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Yashoda Girls Arts & Commerce Collg.
Sneh Nagar, Nagpur-15

Friday August 29: The National Sports Day (Major Dhyan Chand Jayanti) program was organized by the Department of Physical Education at the college. Principal Dr. Dhanraj Shete, President in the chair. Dr.Pramod Fating was present. First of all, wreaths were given to the image of Major Dhyan Chand. Principal Dr. Dhanraj Shete expressed the view that sports, exercise are very important for maintaining good mental and physical health for the students. Dr. Pramod Fating emphasized the importance of the game.

In celebration of National Sports Day Dr. Lalita Punanya informed about the sports, tournaments and coaching being implemented throughout the year.




PRINCIPAL
Yashoda Girls Arts & Commerce Collg
Sneh Nagar, Nagpur-15

Health Guidance and practical approach workshop on National Sports Day

Date: 29-08-2020

Number of Teachers Participated: 04

Number of Students Participated: 32 Students

BRIEF REPORT

One Day Health awareness program was conducted in the institution in the occasion of the birth anniversary of Major Dhyanchand on 29 August, 2020 as the National Sports Day. The program was in online and offline both modes. Dr.Dhanraj Shete and Dr.Lalita Punayya guided the students on the occasion. The program was grand success. Dr. Pramod Fating and other staff members were present on the occasion. The students got encouragement and understood the importance of exercises

PHOTOGRAPH OF EVENT



**Health Guidance and practical approach workshop on
National Sports Day
Date: 29-08-2020**

List of students to attended the program

SR.NO.	NAME OF THE STUDENT
1.	AKANSHA SUNIL TELANGE B.A.I
2.	SNEHA NILESH GAIKAWAD
3.	RIYA RAJESHWAR KAMBLE
4.	DIMPLE KUSH MAHURE
5.	KOMA L KISHAN PARADHI
6.	VRUSAALI DEVANAND DHABARDE
7.	HOMESHWARI ANIL WANKHEDE
8.	VAISHANAVI GAJANAN DHAGE
9.	NISHA MOHAN SHAHU
10.	ACHAL ANIL VISHWAKARMA
11.	NANDINI DIPAK CHOUDHARI
12.	DURGA HANUMAN DHAKATE
13.	ADITI YUVRAJ RAMTEKE
14.	MEENAKSHI RAMBHAROSE PATIL
15.	SACHI ANIL BAGADE
16.	PAYAL KANEHANJI NAGARIKAR
17.	NIKITA SUSRESH MANKAR
18.	POONAM BAGWAN TIRASAGARE
19.	PRATIKSHA DINESH RAUAT
20.	PRANALI SHRIRAM WANGE
21.	KIRAN RAJENDRA ADAGALE
22.	MANISH DHANSAY YADAV
23.	ARATI SHANKAR SONDHIA
24.	SAKSHI SANJAY JUNGHARE
25.	SAKSHI STISH BAJARE
26.	BARKHA DINESH UPADHYA
27.	CHETANA RAJENDRA DAMALE
28.	ABOLI PRASHANT DHAMGAYE
29.	APEKSHA ARVIND WANKHEDE
30.	ASHWARIYA ANIL NEWARE
31.	APURVA VILASH WANKHEDE
32.	AKANSHAN SHESHRAO JUNGHARE



[Signature]
PRINCIPAL
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Sneh Nagar, Nagpur-46



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Sneh Nagar, Wardha Road, Nagpur. 440015

Seven days Yoga training camp

Date: 29-09-2020 to 5-10-2020

Number of Teachers Participated: 08

Number of Students Participated: 33 Student

(Circular/Notice of the program)

List of students attended the program

DATE ; FRIDAY 26/09/2020

NOTICE

सूचना

सात दिवसीय योग प्रशिक्षण कार्यशाळा

महाविद्यालयातील सर्व विद्यार्थिनींना सूचित करण्यात येते कि, महाविद्यालयात शारीरिक शिक्षण विभागातर्फे सात दिवसीय योग प्रशिक्षण कार्यशाळेचे आयोजन सोमवार दिनांक २९/०९/२०२० ते रविवार दिनांक ५/१०/२०२० पर्यंत केलेले आहे. जास्तीत जास्त विद्यार्थिनींनी उपस्थित राहून कार्यशाळेचा लाभ घ्यावा.

मार्दर्शक : डॉ. संजय खडतकर

वेळ : रोज सकाळी ६.४५ ते ७.४५




PRINCIPAL
Yashoda Girls Arts & Commerce College
Sneh Nagar, Nagpur-15

Student List

Sr.No.	Name of the students
1	Lilima Padhan
2	Arti Shahu
3	Smruti Mane
4	Vanashree Bhalavi
5	Seema Pande
6	PritiBansde
7	Punam Thakare
8	Rupali Ambagade
9	Shivani Lande
10	Roshani chouhan
11	Priti Bansode
12	Kavita daleman
13	Sanjana Wankhede
14	Kmal Rajgire
15	Astha soni
16	Dropadi Manikpuri
17	Supriya Wanjari
18	Rushali Dhabarde
19	Vandana
20	Nilima
21	Diya Hatgare
22	Durga Dhakate
23	Maya Kuhikar
24	Varsha Yadav
25	Khushali Gangurde
26	Pranali Wange
27	Kiran Adagale
28	Surabhi Shende
29	Samiksha Ragit
30	Rani Patel
31	Dr. Sharad Sambare
32	Dr. Mahendra Katare
33	Dr. Amol Raut




PRINCIPAL
Yashoda Girls Arts & Commerce Colleg
Sneh Nagar, Nagpur-15

Seven days Yoga training camp

Date: 29-09-2020 to 5-10-2020

Report of the event

NAME OF THE PROGRAM : WORKSHOP ON YOGA

29/9/2020b To 05/10/2020

A seven-day yoga training workshop was organized by the physical education department of the college. Yoga expert professor Dr. Sanjay Khadatkhar Assistant Professor, Department of Physical Education, Santaji College, Nagpur was invited. On the occasion of the inauguration, The introductory speech was made by Professor Lalita Punnayya. The mental and physical health of all is deteriorating due to the corona epidemic in the whole world. There are many problems to be faced. Prevention is better than Cure. To maintain your health, you need to increase your immunity along with Social Distancing, Sanitize, Hand Wash, Mask. Your diet along with yoga, meditation, retention, breathing technique helps to maintain good mental and physical health of the person. Stress is relieved, peace of mind is enhanced and immunity is enhanced. Negative thinking goes away and stress is relieved.

Dr. Sanjay Khalatkar emphasized the importance of Yoga, Ashtanga Yoga, Body Mind, Soul Purification, Pranayama & Mediation.

Standing Asana- Tadasana, Namaskar Asana, Vrikshasana,

Sitting Seat- Vajrasana, Sukhasana Parvatasana

Sleeping on the back - opposite to Uttanasana, Naukasana, Sarvagasana

Sleeping on the stomach - Sarpasan Salbhasana, Dhanusara Bhujangasana etc.

He demonstrated. And got it done by everyone. Asked to do it regularly and continuously.




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Sneh Nagar, Nagpur- 44

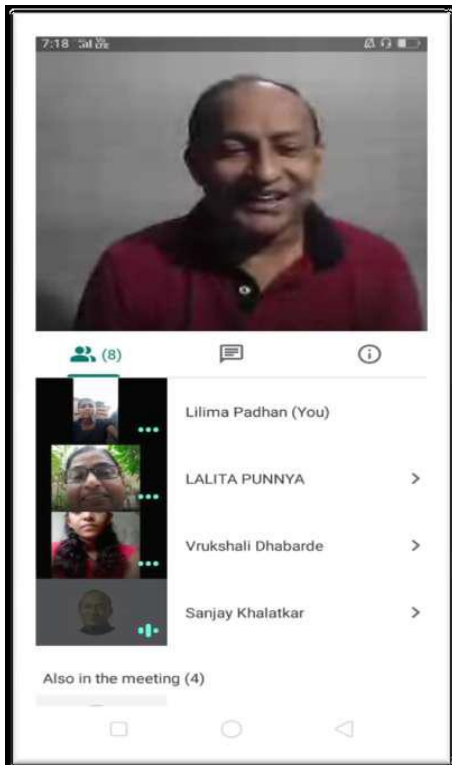
Seven days Yoga training camp

Date: 29-09-2020 to 5-10-2020

BRIEF REPORT

A Seven day yoga training workshop was organized by the physical education department of the college from 29-09-2020 to 05-10-2020 in the online mode due to the corona pandemic situation in the country. Dr. Sanjay Khadatkar, yoga trainer from Santaji college nagpur was the resource person who trained the students and the staff for seven days. Dr.Dhanraj shete , Principal of college also appealed the students to continue yoga exercises in life to remain fit and healthy .He also explained the benefits of yoga on the occasion. The program was a grand success .

PHOTOGRAPH OF EVENT





Yashoda Girls' Arts & Commerce College

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Sneh Nagar, Wardha Road, Nagpur. 440015

Seven Days Aerobic training Camp

Date: 18-10-2020 to 24-10-2020

Number of Teachers Participated: 01

Number of Students Participated: 12 Students

(Circular/Notice of the program)

NOTICE

AEROBIC TRAINING PROGRAM

महाविध्यालयात शारीरिक शिक्षण विभागातर्गत रविवार दिनांक १८/१०/२०२० ते शनिवार दिनांक २४/१०/२०२० पर्यंत **AEROBIC TRAINING PROGRAM (ONLINE/OFFLINE)** आयोजित करण्यात आले आहे. सर्व विद्यार्थिनींची उपस्थिती अनिवार्य आहे.

मार्गदर्शक : पूजा बडवाईक एरोबिक ट्रेनर,
नागपूर.

वेळ : सकाळी ९.००




Principal
Yashoda Girls Arts & Commerce College
Sneh Nagar, Nagpur-15.

Report of the event

आयोजक : शारीरिक शिक्षण विभाग

महाविध्यालयात शारीरिक शिक्षण विभागातर्गत रविवार दिनांक १८/१०/२०२० ते शनिवार दिनांक २४/१०/२०२० पर्यंत **AEROBIC TRAINING PROGRAM** आयोजित करण्यात आले. या कार्यक्रमात विद्यार्थिनींना मार्गदर्शन करण्याकरिता पूजा बडवाईक एरोबिक ट्रेनर यांना आमंत्रित करण्यात आले. त्यांनी विद्यार्थिनींना एरोबिक चे महत्व संगीतले. नियमित याचा सराव केल्याने शरीराची ताकद, स्टॅमीना व लवचिकता वाढते असे मत व्यक्त केले. त्यांनी विद्यार्थिनींना प्रात्यक्षिक करून दाखवले व विद्यार्थिनी कडून करवून घेतले. विद्यार्थिनींनी चांगला प्रतिसाद दिला.




Principal
Yashoda Girls Arts & Commerce College
Sneh Nagar, Nagpur-15.

Seven Days Aerobic training Camp

Date: 18-10-2020 to 24-10-2020

Date: 29-08-2020

Number of Teachers Participated: 01

Number of Students Participated: 12 Students

BRIEF REPORT

A Seven day Aerobics training camp was organized in the institution on 24-10-2020 by the department of physical education. Miss. Pooja Badwik, Aerobics trainer was invited as the resource person for providing training in Aerobics to the students. she also explained the importance of Aerobics exercises and performed Aerobics exercises before the students The program was a organized in online mode due to the restrictions of corona pandemic situation in the country .Total 33 girls and 02 teachers participated in the program.

PHOTOGRAGH OF THE PROGRAM




Participation in Aerobic training program

Date: 29-08-2020

List of students to attended the program

SR.NO.	NAME OF THE STUDENT
1.	VAISHNAVI AMRUT BHAT
2.	PRIYANKA SIDDHARTH KAMBLE
3.	NISHA DEOGULAL SHAHU
4.	SEEMA SHYAMDATTA VISHWAKARMA
5.	PRCHI MANOJ NAGDIVE
6.	KIRAN RAJKISHOR RAM B.COM 1
7.	PALLAVI RAMVEER SINGH
8.	KHUSHALI DIGAMBAR GANJURDE
9.	SEEMA KESHAV PANDE
10.	RINA JIVANDAS MANIKPURI
11.	ARATI BALWANTSINGH THAKUR
12.	LILIMA PADMALOCHAN PADHAN
13.	SANDHYA VISHANU RAKSHAK
14.	PRIYANKA JAYADEV KELWADE
15.	RUPALI SITARAM AMBAGADE
16.	PALLAVI PRAKSH KARPATE
17.	SANGEETA HARIPRASAD SONI
18.	SANGEETA HARIPRASAD SONI
19.	INDU BHUVAN SHAHU
20.	SEJAL RAHUL SONULE
21.	RASIKA NAMDEO RUIKAR
22.	MANISH DHANSAY YADAV
23.	ARATI SHANKAR SONDHIA
24.	SAKSHI SANJAY JUNGHARE
25.	SAKSHI STISH BAJARE
26.	APEKSHA ARVIND WANKHEDE
27.	ASHWARIYA ANIL NEWARE
28.	APURVA VILASH WANKHEDE
29.	AKANSHAN SHESHRAO JUNGHARE
30.	AKANSHA UTTAM BANSOD
31.	CHITRA NIRANJAN NARNAWARE
32.	CHETANA RAJENDRA DAMALE
33.	ABOLI PRASHANT DHAMGAYE




Principal
Yashoda Girls Arts & Commerce College
Shree Nagar, Nagpur



Yashoda Girls' Arts & Commerce College

Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur

NAAC Accreditation B++ with 2.82 CGPA

Sneh Nagar, Wardha Road, Nagpur. 440015

One month Yoga and Meditation camp

Date: 27-1-2021 to 27-2-2021

Number of Teachers Participated: 13

Number of Students Participated: 46 Students

NOTICE

दिनांक १५/०१/२०२१

NOTICE

योग प्रशिक्षण शिबीर

CERTIFICATE COURSE IN YOGA

महाविद्यालयातील सर्व प्राध्यापकांना व विद्यार्थिनींना सूचित करण्यात येते कि, मातोश्री अंजनाबाई बहुउद्देशीय महिला विकास मंडळ नागपूर, सहयोगी तत्वावधान शारीरिक शिक्षण संस्थान न्यू दिल्ली तसेच समाजकार्य महाविद्यालय कामठी व यशोदा गर्ल्स आर्ट्स अँड कॉमर्स कॉलेज, स्नेह नगर नागपूर, एस.जी.बी. वूमन कॉलेज तुमसर, एन. जे. पटेल आर्ट्स अँड कॉमर्स कॉलेज मोहाडी, एस.आर.बी.टी महिला महाविद्यालय मौदा यांच्या संयुक्त विद्यमाने ऑनलाईन आयोजित एक महिना योग व ध्यानसाधना प्रशिक्षण अभ्यासक्रम शिबीर दिनांक २७ जानेवारी ते २७ फेब्रुवारी २०२१ पर्यंत राहिल. जास्तीत जास्त विद्यार्थिनींनी नामांकन करून या शिबिराचा लाभ घ्यावा.

टीप :

नामांकन करण्याची अंतिम तारीख : २५/०१/२०२१

शिबिराची वेळ : रोज सकाळी ५-३० ते ७.००

PRINCIPAL

Yashoda Girls Arts & Commerce Coll
Sneh Nagar, Nagpur-15

One month Yoga and Meditation camp

Date: 27-1-2021 to 27-2-2021

Report of the event

कार्यक्रमाचे नाव : योग प्रशिक्षण शिबिर CERTIFICATE COURSE IN

अवकाश : मातोश्री अंबनाबाई बहुउद्देशीय महिला विकास मंडळ नागपूर, महयोगी तत्वावधान शारीरिक शिक्षण संस्थान न्यू दिल्ली वनेच समाजकार्य महाविद्यालय कापठी, यशोदा वर्ल्स अर्ट्स अँड कॉमर्स कॉलेज, श्रेष्ठ नगर नागपूर, एम.बी.बी. वृत्त कोलेज तुमरार, एम.जे. पेटेल अर्ट्स अँड कॉमर्स कॉलेज कोहली, एम.आर.बी.टी. महिला महाविद्यालय नोंदा

मातोश्री अंबनाबाई बहुउद्देशीय महिला विकास मंडळ नागपूर, महयोगी तत्वावधान शारीरिक शिक्षण संस्थान न्यू दिल्ली वनेच समाजकार्य महाविद्यालय कापठी, यशोदा वर्ल्स अर्ट्स अँड कॉमर्स कॉलेज, श्रेष्ठ नगर नागपूर, एम.बी.बी. वृत्त कोलेज तुमरार, एम.जे. पेटेल अर्ट्स अँड कॉमर्स कॉलेज कोहली, एम.आर.बी.टी. महिला महाविद्यालय नोंदा यांच्या संयुक्त विद्यमाने ऑनलाईन अवकाशित एक महिना योग व ध्यानसाधना प्रशिक्षण अभ्यासक्रमाचा उद्घाटन सोहळा दिनांक २७ जानेवारी २०२१ रोजी सकाळी १०.०० वाजता संपन्न झाला.

समारंभाचा प्रमुख अतिथी म्हणून प्रोफेसर धीनिवास वरखेडी कुलतुल, कवी कुलतुल संस्कृत विद्यापीठ रामटेक, राष्ट्रमंत तुळोजी महाराज नागपूर विद्यापीठाचे माजी कुलमंचिव व वेष्ट ऑबेडकरी विचारवंत डॉ. पुराचंद मेथाम अध्यक्ष स्थानी होते. विशेष अतिथी फेरीचे (PEFI) राष्ट्रीय मंचिव डॉ. विष्णु जैन, अतिथी राष्ट्रीय योग संस्थेचे अध्यक्ष डॉ. एम.एम. धरोटे व योग प्रशिक्षक इंजिनियर संजय खोंडे सर उपस्थित होते.

एक महिना योग व ध्यानसाधना प्रशिक्षण अभ्यासक्रम समारोप समारंभ दिनांक २७ फेब्रुवारी २०२१ रोजी सकाळी ११.०० वाजता संपन्न झाला. समारंभाचा राष्ट्रमंत तुळोजी महाराज नागपूर विद्यापीठाचे माजी कुलमंचिव व वेष्ट ऑबेडकरी विचारवंत डॉ. पुराचंद मेथाम अध्यक्ष स्थानी होते. प्रमुख अतिथी म्हणून शिष्य तार व विद्यार्थी नेते श्री श्रीहरी बोरकर, अखिल भारतीय विद्यापीठ, अखिल भारतीय व वीद्यार्थी परिषदेचे प्रमुख कागपूर, विशेष अतिथी फेरीचे (PEFI) राष्ट्रीय मंचिव डॉ. विष्णु जैन, राष्ट्रीय योग संस्थेचे अध्यक्ष डॉ. एम.एम. धरोटे, डॉ. राकेशकुमार शास्त्री, प्रो. डॉ. सी.डी. नाईक, योगतज इंजिनियर संजय खोंडे यांची उपस्थिती लाभली. कोरोना मानवावरील जागतिक स्वरूपाचे संकट असून त्याविषय लक्षा देण्यासाठी भारतीयानी मानसिकता मुदूद करण्याचे दृष्टीने सदर प्रशिक्षणाचे यशस्विरित्या अवकाशित केलावद्दून सर्व वरुषानी अवकाशाचे कौतुक केले. या प्रसंगी प्रशिक्षण अभ्यासक्रमाचे अवकाश डॉ. वंदना मेथाम ईंगळे, डॉ. ललिता पुत्रय्या, डॉ. राजेशी मेथाम हे उपस्थित होते.

एक महिन्याच्या योग आणि ध्यान साधना शिबिरात अमेरान या देशातील तसेच भारतातील महाराष्ट्र, मध्यप्रदेश, गुजरात, राजस्थान, असाम, अरुणाचल प्रदेश, बिहार, दिल्ली, ओडीशा, जम्मू, काश्मीर, कर्नाटक, हरियाणा, इत्यादी राज्यातून लोक सहभागी झाले होते.




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या अभ्यासक्रमात योग, ध्यानसाधना, आहारशास्त्र, निसर्गउपचार, इलेक्ट्रो हेमिओपॅथी, स्नान कर्करोग, तणाव व्यवस्थापन इत्यादी विषयावर इंजिनियर संजय खोंडे, श्री सचिन माधूरकर, इंजिनियर शुती खोंडे, डॉ. संजय खलतकर, डॉ. इशिता खलतकर, कु. वैदेही इंगळे, डॉ. राजेशी पैठारकर, डॉ. विनोद मुने, डॉ. विद्या लाजेवार, डॉ. दिनेश लाजेवार, डॉ. सी. डी. नाईक, डॉ. रोहिणी पाटील, डॉ. शुभमा देशमुख, डॉ. ललिता पुत्रय्या, डॉ. लीना बिरे काळमेघ यानि मार्गदर्शन केले.

कार्यक्रमात योग प्रशिक्षण अभ्यासक्रमाचा आढावा वाचन डॉ. वंदना मेथाम-इंगळे यांनी केले. सूत्र संचालन डॉ. ललिता पुत्रय्या यांनी केले व डॉ. शुभाष दाडे यांनी आभार व्यक्त केले.




Principal
Yashoda Girls Arts & Commerce College
Sneh Nagar, Nagpur-15.

One month Yoga and Meditation camp

Date: 27-1-2021 to 27-2-2021

Photograph of the event

Commemoration of 26th Death Anniversary of Matahri Late Anjanabai Meshram
Inaugural - Ceremony
 online 1 Month Certificate Course in Yoga and Meditation

Chief Guest
 Prof. Shivani Varhad
 Prof. in Science, C.S.I., Bane

Chair Person
 Dr. Parvati Bhatnagar
 Dr. in Yoga, IYR, Nagpur

Special Guest
 Dr. Vandana Ingole
 Dr. in Yoga, IYR, Nagpur

Guest of Honor
 Dr. Sanjay Khonde
 Dr. in Yoga, IYR, Nagpur

Resource Person
 Dr. Sachin Mathurkar
 Dr. in Yoga, IYR, Nagpur

Wednesday
27 January 2021
 at 9.30 AM

Physical Education Foundation of India (PEFI), New Delhi
 College of Social Work, Kamptee
 N.J. Patel Arts & Commerce College, Mohani
 S.G.B. Mahila Mahavidyalaya, Tumori
 S.B.T. Patil College, Warud

Commemoration of 26th Death Anniversary of Matahri Late Anjanabai Meshram
 online 1 month certificate course in
"Yoga and Meditation"
 Organized by
 Matahri Anjanabai Meshram Mahila Vikas
 Mandal, Nagpur

Topic - 05:30 a.m. to 7:00 a.m. **Date** - 03/02/2021 and 04/02/2021

Organizer
 Dr. Vandana Ingole
 Secretary, M.A.V.M. U.S. Nagar

Resource Person
 Dr. Vinod Mohi
 Director of Yoga Education, Center
 for Yoga Education, Yoga Pratishthan, Maharashtra
 P.O. Box 112, No. 10 (Diploma in Nutrition)

of Matahri Late Anjanabai Meshram
 online 1 month certificate course in
"Yoga and Meditation"
 Organized by
 Matahri Anjanabai Meshram Mahila Vikas
 Mandal, Nagpur

Date - 16th Feb To 16th Feb 2021

Time - 8:00 to 9:30 a.m.
Time - 6:30 to 7:00 a.m.

Er. Sanjay Khonde
Mr. Sachin Mathurkar

Dr. Vandana Ingole
 Secretary, Anjanabai Meshram Mahila Vikas Mandal, Nagpur

Dr. Sanjay Khonde
 Assistant Yoga Expert, IYR, Nagpur

Mr. Sachin Mathurkar
 Yoga expert, IYR, Nagpur

Commemoration of 26th Death Anniversary of
 Late Matahree Anjanabai Meshram

1 Month Online Certificate Course in Yoga and Meditation
 Organized by
 ANJANABAI MESHRAM MAHILA VIKAS MANDAL, NAGPUR

Date - 19/02/2021
Time - 06:30 - 07:30 am - **Dr. Sanjay Khonde - Yoga Practice**

Topic - 06:20 - 07:00 am - **Dr. Sanjiva Deshmukh - अर्थ अर्थशास्त्र अर्थ**

Organizer **Coordinator** **Yoga Expert** **Resource Person**

Dr. Vandana Ingole **Dr. Lalita Patil** **Dr. Sanjay Khonde** **Dr. Sanjiva Deshmukh**
 Secretary, President, N.A. Nagpur, Yoga & Director of Yoga Education,
 Anjanabai Meshram Mahila Vikas Mandal, Nagpur Nagpur Nagpur Anjanabai Meshram Mahila Vikas Mandal, Nagpur

Commemoration of 26th Death Anniversary of Matahri Late Anjanabai Meshram
 online 1 month certificate course in
"Yoga and Meditation"
 Organized by
 Matahri Anjanabai Meshram Mahila Vikas Mandal, Nagpur

"योग व रोगप्रतिकारक आहार"

Time - 8:00 a.m. to 7:00 a.m. **Date** - 01/02/2021

Organizer **Resource Person**

Dr. Vandana Ingole **Dr. Jayashree Parthasarthy**

Commemoration of 26th Death Anniversary of Matahri Late Anjanabai Meshram
 online 1 month certificate course in
"Yoga and Meditation"
 Organized by
 Matahri Anjanabai Meshram Mahila Vikas Mandal, Nagpur

"Dandi" (5th Feb) - "Rachana" (6th Feb)

Time - 6:30 to 7:00 **Date** - 5th and 6th February

Organizer **Resource Person**

Dr. Vandana Ingole **Dr. Jayashree Parthasarthy**

One month Yoga and Meditation camp

Date: 27-1-2021 to 27-2-2021



Commemoration of 26th Death Anniversary of Late Matoshree Anjanabai Meshram

1 Month Online Certificate Course in Yoga & Meditation

Organized by MATOSHREE ANJANABAI BANUDDESHIYA DANILA VIKAS MANDAL, NAGPUR

Date: 28/02/2021
Time: 06.00 - 06.30 am - Dr. Mh. Sanjay Khende - Yoga Practice
Time: 06.30 - 07.00 am - Dr. Madhusudan Patil - Yoga & Stress Management

Organizer	Coordinator	Yoga Expert	Resource Person
Dr. Vandana Ingole Secretary M.A.S.V.M. Nagpur Asst. Prof. Dept. of Physical Education Dharmraj National College, Nagpur	Dr. Lalita Punnya President M.A.S.V.M. Nagpur Associate Prof. & H.O.D. Dept. of Physical Education Dharmraj National College, Nagpur	Dr. Sanjay Khende B.A. Yashwantrao Chavan Yashwantrao Chavan President Yashwantrao Chavan Nagpur	Dr. Madhusudan Patil Professor & Head Faculty of Health Dharmraj National College, Nagpur

Commemoration of 26th Death Anniversary of Late Matoshree Anjanabai Meshram

1 Month Online Certificate Course in Yoga & Meditation

Organized by MATOSHREE ANJANABAI BANUDDESHIYA DANILA VIKAS MANDAL, NAGPUR

Date: 23/02/2021
Time: 06.00 - 07.00 am - Dr. Manmath Gharote

Topic - Meditation

Organizer	Coordinator	Coordinator	Resource Person
Dr. Vandana Ingole Secretary M.A.S.V.M. Nagpur Asst. Prof. Dept. of Physical Education Dharmraj National College, Nagpur	Dr. Lalita Punnya President M.A.S.V.M. Nagpur Associate Prof. & H.O.D. Dept. of Physical Education Dharmraj National College, Nagpur	Dr. Subhash Dhadke Associate Prof. Dept. of Physical Education Dharmraj National College, Nagpur	Dr. Manmath Gharote President Yoga Institute, Laxmavai Pune

Commemoration of 26th Death Anniversary of Late Matoshree Anjanabai Meshram

30 Day Online Certificate Course in Yoga & Meditation

Organized by MATOSHREE ANJANABAI BANUDDESHIYA DANILA VIKAS MANDAL, NAGPUR

Date: 23/02/2021
Time: 06.00 - 06.15 am - Dr. Lalita Punnya
Time: 06.15 - 07.00 am - Dr. Leena Bira-Kalavagh

Topic - Yoga & Stress

Organizer	Resource Person	Coordinator	Resource Person
Dr. Vandana Ingole Secretary M.A.S.V.M. Nagpur Asst. Prof. Dept. of Physical Education Dharmraj National College, Nagpur	Dr. Lalita Punnya President M.A.S.V.M. Nagpur Associate Prof. & H.O.D. Dept. of Physical Education Dharmraj National College, Nagpur	Dr. Subhash Dhadke Associate Prof. Dept. of Physical Education Dharmraj National College, Nagpur	Dr. Leena Bira-Kalavagh Secretary Research Institute Gadchiroli & Nanded

Commemoration of 26th Death Anniversary of Late Matoshree Anjanabai Meshram

Online 1 month certificate course in "Yoga and Meditation"

Organized by MATOSHREE ANJANABAI BANUDDESHIYA DANILA VIKAS MANDAL, NAGPUR

Date: 18/02/2021

Time: 6:00-6:30
Time: 6:30-7:00

Topic: Yoga Practice
Topic: Stress & Health

Organizer	Coordinator	Yoga Expert	Resource Person
Dr. Vandana Ingole Secretary M.A.S.V.M. Nagpur Asst. Prof. Dept. of Physical Education Dharmraj National College, Nagpur	Dr. Lalita Punnya President M.A.S.V.M. Nagpur Associate Prof. & H.O.D. Dept. of Physical Education Dharmraj National College, Nagpur	Dr. Sanjay Khende B.A. Yashwantrao Chavan Yashwantrao Chavan President Yashwantrao Chavan Nagpur	Dr. Madhusudan Patil Professor & Head Faculty of Health Dharmraj National College, Nagpur



Commemoration of 26th Death Anniversary of Late Matoshree Anjanabai Meshram

Online 1 month certificate course in "Yoga and Meditation"

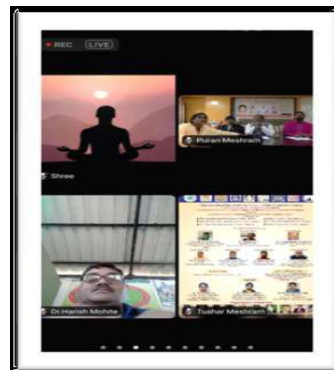
Organized by MATOSHREE ANJANABAI BANUDDESHIYA DANILA VIKAS MANDAL, NAGPUR

Date: 23/02/2021

Time: 6:00-6:30
Time: 6:30-7:00

Topic: Yoga Practice
Topic: Stress & Health

Organizer	Coordinator	Yoga Expert	Resource Person
Dr. Vandana Ingole Secretary M.A.S.V.M. Nagpur Asst. Prof. Dept. of Physical Education Dharmraj National College, Nagpur	Dr. Lalita Punnya President M.A.S.V.M. Nagpur Associate Prof. & H.O.D. Dept. of Physical Education Dharmraj National College, Nagpur	Dr. Sanjay Khende B.A. Yashwantrao Chavan Yashwantrao Chavan President Yashwantrao Chavan Nagpur	Dr. Madhusudan Patil Professor & Head Faculty of Health Dharmraj National College, Nagpur



One month Yoga and Meditation camp

Date: 27-1-2021 to 27-2-2021

Report of the event

Photograph of the event



One month Yoga and Meditation camp

Date: 27-1-2021 to 27-2-2021

BRIEF REPORT

One month Yoga and Meditation camp from 27-01-2021 to 27-01-2021 was organised as cluster activity in collaboration with Matoshri Anjanabai Bahuuddeshiy Mahila Vikas mandal, Sahayogi tatvavdhan physical Education Institute, New Delhi, Yashoda Girl's College, Nagpur, College of Social work Kamptee, N. J. Patel College, Mohadi and SRBT Mahila College Mouda . Total 54 Girls from the college participated in the one month training camp .The event was a grand success as the resource persons explained all sorts of remedies to remain healthy and fit by doing Yoga exercises and by following regular meditation .