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- 2018-2019

(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 2018-2019

Sr. No.	Details of the cultural event/ activity/Competition	Date Fromto	Organized by the institution/other institution
1	International Yoga Day Yoga Training Program	21/6/2018	Organized by the Institution
2	Awanress program on national Sports Day	29/8/2018	Organized by the Institution
3	Participation of College Students in Inter Collegiate Cross Country Competition organzied by RTM Nagpur University, Nagpur	2/9/2018	other institution
4	12 Students from the Institution particiapted in Inter Collegiate Kabaddi Tournaments organzied by RTM Nagpur University	24/9/2018 to 26/9/2018	other institution
5	Participation in inter collegiate Badminton Selection Competition organzied by RTM Nagpur University	8/10/2018 to 10/10/2018	Other institution
6	Participation in Inter Collegiate Athletics Competition organzied by RTM Nagpur University	12/8/2018 to 15/8/2018	Other institution
7	Participation in Inter- Collegiate Soft Ball Competition orgaznied by RTM Nagpur University	15/10/2018 to 17/10/2018	Other institution
8	All India Inter-university Korfball championship organized by S.P. University Pune	5/1/2019 to 9/1/2019	Other institution
9	Participation of the students in inter- collegiate Cross Country Competition organzied by Santaji College, Nagpur	17/1/2019	Other institution
10	Inter-collegiate Baseball women tournament organized by RTMNagpur University Nagpur	20/2/2019 to 23/2/2019	Other institution
11	Inter-collegiate Baseball women tournament organized by RTMNagpur University Nagpur	25/2/2019 to 27/2/2019	Other institution
12	NIC Project for conducting Yoga Meditation training program	16/3/2019	Organized by the Institution
13	All India Inter university Baseball championship organised by Chandigarh University	9/4/2019 to 12/4/2019	Other institution

SEAL SEAL

Yashoda Oiris Arts & Commerce College Sneh Nagar Magnur 15



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 International Yoga Day

Date: 21 June, 2018

Number of Teachers Participated: 10
Number of Students Participated: 30 Students

(Circular/Notice of the program)

Report of the event

Data 20 | 0 & 91 21-4011 महाविद्यालयामील कानिस् व वरिष्ठ वर्गामील वर्गामील विद्यायीनीना । श्रीक्षक व श्रिक्षकालर क्रमाना भाषा क्रक्ताम क्रेन की, ग्राम्लार क्रमाना ना क्षाचा क्षाचा या का प्राचित्र क्षात् प्राचित्र व्याप्त क्षात् अमेलर हार्द्य क्षात् अमेलर हार्द्य क्षात् क्षात वेळ सलाळी : ८.३० वा 2210: महाविद्यालय परिसर Fermyel पा. त्वलीमा आय पुकार्था ज्ञानीक क्रिक्न अधिकारकामा R. BGhance XII aple P.G. fahy S S Thool M. D. Katre V. P. Hinge 5.m, Kapshloor or. 4. No Rullya R.L. Mechane 2010/2018 millind L. Indurkar L.D. Ivokar A.R. Bogde 493 Y.A. Burgagade My Jueser, Mobile Come. Mrs. Mashiam

योग सप्ताह अहवाल

यशोदा गर्ल्स आर्टस ॲन्ड कॉमर्स कॉलेज येथे चौथा आंतर राष्ट्रीय स्वित्त सेवार सेवार संपन्न झाला. याकरीता डॉ. सुनिता सोवार, माधुरीताई शारिरीक शिक्षण महाविद्यालय, इंदोरा, नागपूर यांना आमित्रत करण्यात आनं त्यांनी विद्यार्थीनींना सर्वांगीण विकास म्हणजे शारिरीक, मानसीक वौध्येक नैतीक, सामाजिक विकास घडवून आणणे हा शिक्षणाचा मुख्य उद्देश आहे. याची पूर्तता करण्यास योगशास्त्र उपयुक्त ठरते. व्यक्तीचे शारिरीक व मानसीक आरोग्य व्यवस्थित राहण्याकरीता त्यांनी मार्गदर्शन केले. प्रात्यक्षिक करन दालविले व विद्यार्थीनी,प्राध्यापक व कर्मचारी यांच्याकडे योगासन करन घेतले

प्रा. रेखा मेश्राम, गृहअर्थशास्त्र विभाग यांनी विद्यार्थीनीना शरिर स्वास्थ्याकरीता योगासोबत आहाराचे किती महत्व आहे. याविषयी मार्गदर्शन करन संतुलीत आहार कसा असावा यांची माहिती दिली.

डॉ. विजया बनकर यांनी दैनदिन गरजेनुसार आहाराचे नियोजनाविपयी माहिती दिली व तक्ता तथार करून दिला.

विद्यार्थीनीकडून आसान, प्राणायम, सराव करुन घेतला.

विद्यार्थीनीना सूर्यनमस्काराचे महत्व समजावून विद्यार्थीनीकडून सूर्यनमस्कार करन घेतले

प्रा. डॉ. ललीता पुन्नया यांनी बसल्या स्थितीत शरीर शिथीलीकरण कसे करा। यांची माहिती देवून विद्यार्थीनीकडून करवून घेतले.

सूर्यनमस्कारचे महत्व सांगून सूर्यनमस्कार करवून घेतले

महाविद्यालयात योगावर आधारीत पुस्तक, पोष्टर प्रदर्शन करण्यात आले. याप्रसर्गे डॉ. विनीता हिंगे व डॉ. ललीता पुन्नया यांनी विद्यार्थीनीना मार्गदर्शन केल अशाप्रकारे योगसप्ताह साजरा करण्यात आले.

Yoga training Program on International Yoga Day

Date: 21 June, 2018

Report of the event

आंतर राष्ट्रीय योग दिन अहवाल २०१८—२०१९



यशोदा गर्ल्स आर्टस ॲन्ड कॉमर्स कॉलेज येथे चौथा आंतर राष्ट्रीय विश्व योग दिवस आज संपन्न झाला. याकरीता डॉ. सुनिता सोनारे, माधुरीताई शारिरीक शिक्षण महाविद्यालय, इंदोरा, नागपूर यांना आमंत्रित करण्यात आले. प्राचार्य डॉ. शरद सांबारे यांच्या इस्ते मान्यवराचे स्वागत करण्यात आले. विद्यार्थीनींना सर्वांगीण विकास म्हणजे शारिरीक, मानसीक बौध्दीक, नैतीक, सामाजिक विकास घडवून आणणे हा शिक्षणाचा मुख्य उद्देश आहे. याची पूर्तता करण्यास योगशास्त्र उपयुक्त ठरते. व्यक्तीचे शारिरीक व मानसीक आरोग्य व्यवस्थित राहण्याकरीता त्यांनी मार्गदर्शन केले

योगशास्त्रात आसन, प्राणायाम, शुध्दीकिया व सुर्यनमस्कार उपघटक आहेत.

आसन :-

- १. ध्यानात्मक आसन मन एकाग्र करण्यासाठी.
- २. शरीर संवर्धनात्मक आसन हलासन, चकासन, सर्वागासन, यामुळे सांध्याची व स्नायुची लवचिकता वाढते. रक्ताभिसरण आंतरस्त्रावीय ग्रंथीच्या कार्यात सिक्रयता वाढते
- ३. विश्रांती कारक आसन हलासन, मकासन, यामुळे शरिर व मनावाचा थकवा, तान तणाव कमी होण्यास फायदा होतो.

बैठे आसन -

- पदमासन, बध्द पदमासन, सुखासन यामुळे पाठ दुखी कमी होते व पोठातील स्नायचा व्यायाम होतो.
- २. पश्चिमोतासन पाठ, पोट, पायाचे स्नयु बळकट होतात.
- ३. गोमुखासन पाठीचा कणा, कमर, मान यांच्या स्नायुचा व्यायाम होतो.
- ४.वज्रासन पचन शक्ती सुधारते.

उभे आसन :-

- ताडासन उंची वाढण्यास मदत होते. पाठीचा कणा सरळ राहण्यास मदत होते.
- २. हस्तपादासन अमर, पोट स्नायु बलशाली होतात.

त्रिकोणासन - पाठीचा कणा लविक बनतो. दृष्टी सुधारण्यास मदत होते.
 मानेला व्यायाम होते. यांशिवाय पाठीवर व पोटावर झोपून काही.
 आसनाची माहिती दिली.

ओकार ध्यान :- मनःशांती, एकाग्रता, स्मरणशक्ती वाढते, तणवः कमी होते

प्राणायाम :- अनुलोम विलोम, सित्कसा, कपालभारती

सुर्यनमस्कार: - पाठीच्या कण्याला मागे पुढे वाकविले जातात, पाय मागे पुढे ताणावे लागते त्यामुळे शरिराच्या विविध स्नायुचे आकुचन पसरण होते व पाठीच्या काणाची लवचिकता सुधारते. हुदय, फुफुस, आतडी, मुत्राशय, गर्भाशय इ. अवयाची कार्य सुरळीत होण्यास मदत होते

वेगळे-वेगळे आसन, प्राणायाम प्रात्याक्षिकाच्चारे करून दाखविले व करवून घेतले तसेच योग्य सात्वीक आहार, विश्रांती व जीवनाकडे बघण्याचा सकारत्मक दृष्टिकोन याविषयी माहिती दिली

निरामय आरोग्यासाठी योगसाधनेशिवाय पर्याय नाही. यासाठी नियमीत सराव महत्वाचा आहे असे मत महाविद्यालयाच्या प्राचार्य डॉ. शरद सांबारे यांनी वक्तव्य केले. कार्यक्रमाचे संचालन डॉ. ललीता पुन्नया व आभार डॉ. प्रमोद फटींग यांनी मानले. या कार्यक्रमात सर्व विद्यार्थीनी, प्राध्यापक व शिक्षकेत्तर कर्मचारी यांचा सहभाग होता.

News of the event



यशोदा कॉलेजमध्ये योग दिन साजरा

नागपूर: यशोदा गर्ल्स आर्ट्स ॲण्ड् कॉमर्स कॉलेजमध्ये आंतरराष्ट्रीय योग दिनानिमित्त कार्यक्रम घेण्यात आला. माधुरीताई शारीरिक शिक्षण महाविद्यालय, इंदोग येथील डॉ. सुनीता सोनारे यांची प्रमुख उपस्थिती होती. ध्यानात्मक आसन, शरीर संवर्धनात्मक आसन, विश्रांतीकारक आसन, बैठे व उभे आसन, पाठ व पोटावरील आसन, ऑकार, प्राणायाम यांनी माहिती देण्यात आली. प्रात्यक्षिकेही दाखिण्यात आली. प्रात्यक्षि डॉ. शरद सांबारे तसेच डॉ. प्रमोद फर्टिंग यांनी विद्याध्यांना मार्गदर्शन केले. सुत्रसंचालन डॉ. ल्लीता पुन्नया यांनी केले, तर डॉ. महेंद्र कटरे यांनी आभार व्यक्त केले.

Yoga training Program on International Yoga Day

Date: 21 June, 2018

Photograph of the program











<u>Yoga training Program on International Yoga Day</u>

Date: 21 June, 2018

Photograph of the program









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Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur NAAC Accreditation B++ with 2. 82 CGPA Sneh Nagar, Wardha Road, Nagpur. 440015

Sports Awareness Program on National Sports Day

Date: 29/08/2018

Number of Teachers Participated: 6
Number of Students Participated: 35 Students

(Circular/Notice of the program)

Report of the event

शारिरीक शिक्षण विभाग सूचना

महाविद्यालयातील सर्व विद्यार्थीनीना सूचित करण्यात येते की, दिनांक २९/०८/२०१८ रोजी "राष्ट्रीय क्रीडा दिनान्निमित्य" सकाळी १०.३०.वाजता खोली क. ०४ मध्ये कार्यक्रमाचे आयोजन केलेले आहे. सर्व विद्यार्थिनीची उपस्थिती आवश्यक आहे.

Principal
Yashoda Wits Arts & Commerce College
Sneh Mager, Nagpur-15.

Sports Awareness Program on National Sports Day Date: 29/08/2018

Name of students

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Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur NAAC Accreditation B++ with 2. 82 CGPA

Sneh Nagar, Wardha Road, Nagpur. 440015

Participation in Inter-collegiate Cross country competition organized by RTM Nagpur University NAGPUR

Date: 02 September 2018

Number of Teachers Participated: 01

Number of Students Participated: 04 Students

Circular of the University

DEPARTMENT OF PHYSICAL EDUCATION RASHTRASANT TUKDOJI MAHARAJ NAGPUR UNIVERSITY NAGPUR

VENUE :- RASHTRASANT TUKDOJI MAHARAJ NAGPUR UNIVERSITY SPORTS COMPLEX, AMRAVATI ROAD, NAGPUR

All The Principals of Participating Colleges

Subject :- Organization of Inter Collegiate CROSS COUNTRY [MEN & WOMEN] Competition 2018-19

01. DATE OF RACE SUNDAY 2nd SEPTEMBER 2018

02. VENUE OF THE COMPETITION RASHTRASANT TUKDOJI MAHARAJ

NAGPUR UNIVERSITY SPORTS COMPLEX, AMRAVTI ROAD, NAGPUR

03. REPORTING DATE AND TIME 2nd SEPTEMBER 2018 AT 5.30 A.M.

04. TEACHER INCHARGE Prin DR SHARAD SURYANWANSHI SHARIRIK SHIKSHAN MAHAVIDYALAYA,

NAGPUR

05. ENCLOSURES DETIALS ENTRY FORM & MEDICAL FORM

- Distance of the Race for Women 5 km & Men 12.5 km.
- · 9 participants in Men Section & 6 participants in Women section are allowed to participate Only. First 6 position in Men and First 4 position in Women section will be considered for Calculating championship.
- Last date for receiving the Entry Form in the enclosed proforma alongwith Eligibility Form will be 28th August 2018. Late entry will not be entertained No. change will be permitted in the entries once submitted.
- Principals / Physical Education Teacher are requested to submit participants MEDICAL CERTIFICATE FORM of Registered Medical Practioner in it may kindly be noted that no student will be allowed to participate in the race without submission of Medical Certificate.
- All the participants will assemble on the university ground on 2nd SEPTEMBER 2018 at 5.30 p.m. for instructions. A copy of the route is enclosed herewith. Rs. 100/- Chest Number will have to be deposited as refundable deposit while receiving chest number.

 RACES WILL BE FLAGGED OF AT THE FOLLOWING TIME:-MEN ----- 6.30 A.M. WOMEN----- 6.40 A.M.

ELIGIBILITY WITHOUT ENTRY FORM WILL NOT BE ENTERTAINED.

- The Principals & the Physical Education Teacher is fully responsible for the Eligibility submitted to the Concern Office
- All the concerned teams College Principal & Physical Education are requested to submit One Eligibility alongwith the concern Players Xerox Copy of N.M.C. BIRTH CERTIFICATE in the Office of the Director Physical Education.
- > EVERY COLUMN OF THE ELIGIBILITY MUST BE FILLED PROPERLY.

Dr. Ms. Kalpana V. Jadhav Director Physical Education

Ref. No. / Phy.Edu./ICCR/18-19/01/174 Dated: 17th August 2018

- 1. The Principals of all participating college in the Cross Country Men & Women Championship for information 2018-19.
 1. Prin. Dr., Sharad Suryawanshi, Sharirik Shikshan Mahavidyalaya, Koradi for information: Kindly submit the account and details of remuneration to be paid to the Referee/Officials
- with 7 days form the conclusion of the championship.
 03. Secretary, Sharirik Shikshan Mahavidyalaya, Koradi for information
- Members of Cross Country Men & Women Selection Committee for information.
 Chairman, Board of Physical Education, Rashtrasant Tukdoji Maharaj Nagpur University for information
- 06. Members, Board of Physical Education, Rashtrasant Tukdoji Maharaj Nagpur University for information.
- 07. Wardan, University Girls Hostel, Rashtrasant Tukdoji Maharaj Nagpur University for information and accommodation available to the outstation teams.

 08. Estated Officer, Vidharati Bhavan, Rashtrasant Tukdoji Maharaj Nagpur University for
- information and accommodation available to the outstation teams.

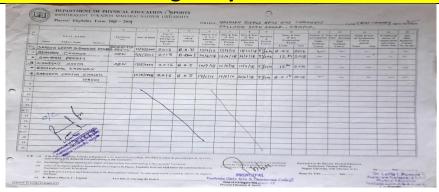
09. The Sports Editors of all Local News Paper for information and wide publicity in their esteemed papers.

Dr. Ms. Kalpana V. Jadhav

Inter-collegiate Cross country competition organized by RTMNagpur University Nagpur

Date: 02 September 2018

Eligibility Form



Certificates











Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur NAAC Accreditation B++ with 2. 82 CGPA Sneh Nagar, Wardha Road, Nagpur. 440015

Participation in Inter-collegiate Kabaddi Competition organized by RTM Nagpur University

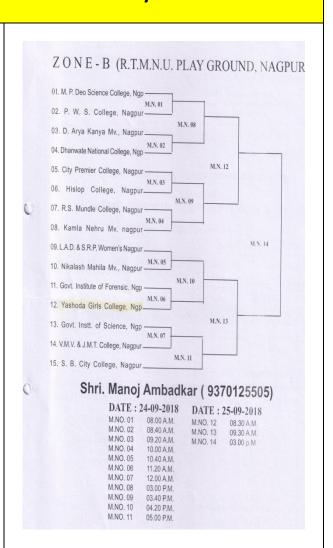
Date: 24-26 September 2018

Number of Teachers Participated: 01

Number of Students Participated: 12 Students

Circular/ Fixture of the University

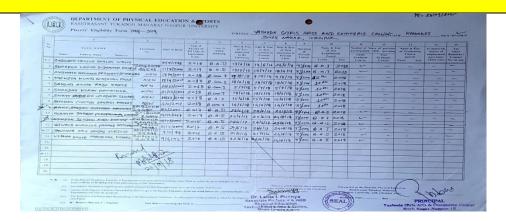
DEPARTMENT OF PHYSICAL EDUCATION RASHTRASANT TUKDOJI MAHARAJ NAGPUR UNIVERSITY NAGPUR INTER COLLEGIATE KABADDI [WOMEN] TOURNAMENT 2018-2019 DATE OF TOURNAMENT 24 SEPTEMBER 2018 TO 26 SEPTEMBER 2018 Telephone No. 0712-2531696, Mobile No. 9890320768, E-mail. departnmu@yahoo Ref. No. / DPE-12/2018-2019/235 Date: 16-09-2018 **VENUE OF TOURNAMENT** 70NF A :- C. P. & BERAR COLLEGE, NAGPUR (RESHIM BAGH GROUND, NAGPUR) ZONE B :- R. T. M. NAGPUR UNIVERSITY GROUND, NAGPUR ZONE C :- S. N. MOR COLLEGE, TUMSAR ZONE G :- S. N. MOR COLLEGE, TUMSAR :- LOK MAHAVIDYALAYA, WARDHA 70NF H ZONE TEACHER INCHARGE ZONE A :- Shri. Nishant Tipte (9371170089) ZONE B :- Shri. Manoj Ambadkar (9370125505) ZONE C :- Shri, Sanjay Aghase (9422133679) ZONE D :- Shri, Dinesh Kimta (9736909192) ZONE E :- Shri. S. M. Mankar (9834012779) ZONE F :- Shri. Manoj Ambadkar (9370125505) ZONE G :- Shri. Sanjay Aghase (9422133679) ZONE H :- Shri. S. M. Mankar (9834012779)



<u>Participation in Inter-collegiate Kabaddi Competition</u> <u>organized by RTM Nagpur University</u>

Date: 24-26 September 2018

Eligibility Form



Certificates









Participation in Inter-collegiate Kabaddi Competition organized by RTM Nagpur University

Date: 24-26 September 2018













Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur NAAC Accreditation B++ with 2. 82 CGPA

Sneh Nagar, Wardha Road, Nagpur. 440015

Inter-collegiate Badminton Selection competition organized by RTM

Nagpur University Nagpur

Date: 8/10/2018 to 10/10/2018

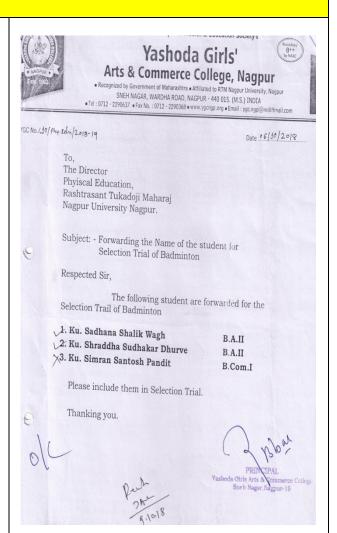
Number of Teachers Participated: 1 Number of Students Participated: 02 Students

Circular/ Fixture of the University

DIRECTROR, PHYSICAL EDUCATION, RASHTRASANT TUKDOJI MAHARAJ NAGPUR UNIVERSITY, NAGPUR Dr. Ms. Kalpana Jadhav R. B. D. Laxminarayan Campus, Law College Square, Amravati Road, Nagpur Office Phone & Fax No. 0712-2531696, Mobile No. 9890320768, E-mail : departnmu@yahoo.in No. DPE/RTMNU/2018 - 2019 /279 Date :.01/10/2018 The All Principals of Participating Colleges, Subject :- Organization of Inter Collegiate BADMINTON (WOMEN) Selection Trials for the year 2018-19. 01. Date of Selection Trials : 08 / 10 / 2018 to 10 / 10/ 2018 02. Venue of Selection Trials : SUBHEDAR BADMINTON HALL R. T. M. NAGPUR UNIVERSITY PLAY GROUND, NAGPUR 03. Reporting Date & Time : 08 / 10 / 2018 at 9.00 a.m. IT IS REQUESTED TO SEND YOUR COLLEGE PLAYERS ALONGWITH ELIGIBILITY FORM AND I-CARD. THE STUDENTS TO BE DIRECTED TO REPORT THE BADMINTON WOMEN SELECTION . Kalpana Vasant Jadhav) Physical Education Rashtrasant Tukdoji Maharaj COPY to :-01. The Principal of all participating college in the Badminton Women Selection 02. Members of Selection Committee Badminton Women for information. 03. The Sports Editors of all Local News Paper for information and vide

published in their esteemed news paper.

Mjrehman9764338797

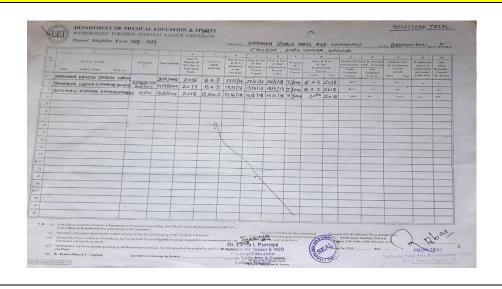


Inter-collegiate Badminton Selectioncompetition organized by

RTMNagpur University Nagpur

Date: 8/10/2018 to 10/10/2018

Eligibility Form





Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur NAAC Accreditation B++ with 2. 82 CGPA

Sneh Nagar, Wardha Road, Nagpur. 440015

Participation in Inter-collegiate Annual Athletics meet organized by

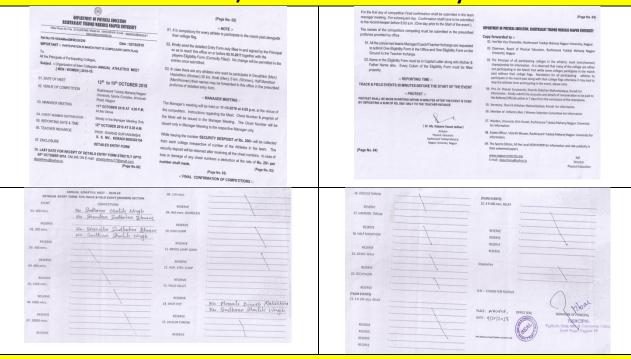
RTM Nagpur University Nagpur

Date: 12 to 15 October 2018

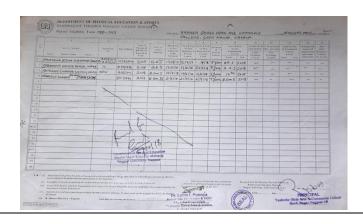
Number of Teachers Participated: 01

Number of Students Participated: 04 Students

Circular/ Fixture of the University



Eligibility Form



Participation in Inter-collegiate Annual Athletics meet organized by RTM Nagpur University Nagpur

Date: 12 to 15 October 2018









Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur NAAC Accreditation B++ with 2. 82 CGPA

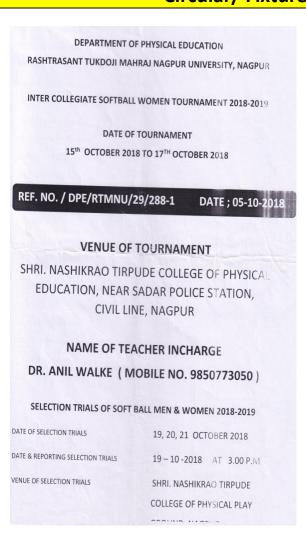
Sneh Nagar, Wardha Road, Nagpur. 440015

Inter-collegiate Softball women tournament organized by RTM Nagpur University Nagpur

Date: 15 to 17 October 2018

Number of Teachers Participated: 01
Number of Students Participated: 11 Students

Circular/ Fixture of the University



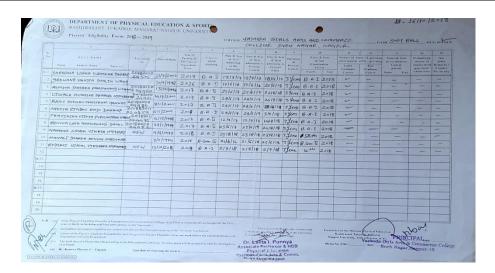
		ege, Ngp		05			
02. Shivaji Scie	ene College, Na	gpur					
03. P. W. S. Ar	ts Commerce Co	ollege. Ngp			23		
		-0-70F		06			
04. Yashwant	Mv, Wardha	01					
05. C.P. & Bera	ar E.S. College, 1	Vgp 01				17	
06. Anjuman E	ngg., Nagpur						
07. Nutan Ada	rsh Mv. Nagpur	02					
				07			
08. Rajkumar k	ewalramani M	Ngp					
09 Sindhu Mah	avidyalaya, Ngp	,			14		
10. Dhanwate	National College	Nagnur		08			9
		, magpui					
11. M. B.Patel	College, Sakoli						
12. Govt. Instt.	of Science, Na	gpur		09			
13. G. S. Comm	erce College, W	ardha			15		
14. Shri Binzani	City College, N	gnur		10)		
			03				
15. V. N. Govt.	nstt. Arts & S. S	. Nagpur				18	
16. Kamla Nehr	u College, Nagp	ur					
17. J. B. Sciene	College, Wardha		04				
				11			
18. City Premier	College, Nagpu	ır					
19. Yashoda Gir	s College, Nagp	ur			16		
20. N. T. C. O.	P E. NAGPUR			12			
			D PLA	E MATCH			
Looser of	Match no. 17	/s. Looser	of Mat	ch no. 18		17.10.2018	09.00
		-					
DATE: 15-1	0-2018	DATE: 1	6-10-	2018		DATE : 17-	10 2010
M.NO. 01	08.00 A.M.	M.NO. 10		8.00 A.M.		M.NO. 19	
M.NO. 02	09.00 A.M.	M.NO. 11		9.00 A.M.		WI.NO. 19	10.00 /
M.NO. 03	10.00 A.M.	M.NO. 12					
M.NO. 04	11.00 A.M.			0.00 A.M.			
M.NO. 05		M.NO. 13		1.00 A.M.			
M.NO. 06	12.00 A.M.	M.NO. 14	1	2.00 A.M.			
M.NO. 06 M.NO. 07	01.00 P.M.	M.NO. 15	0	1.00 P.M.			
	02.00 P.M.	M.NO. 16		2.00 P.M.			

Inter-collegiate Softball women tournament organized by

RTMNagpur University

Date: 15 to 17 October 2018

Eligibility Form



CERTIFICATES









Inter-collegiate Softball women tournament organized by RTMNagpur University Nagpur

Date: 15 to 17 October 2018













Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur NAAC Accreditation B++ with 2. 82 CGPA

Sneh Nagar, Wardha Road, Nagpur. 440015

All India Inter-university Korfball championship organized by S.P. University Pune

Date: 5-1-2019 to 9-1-2019

Number of Students Participated: 01 Students

Circular/ Fixture of the University

CERTIFICATE

DEPARTMENT OF PHYSICAL EDUCATION
RASHTRASANT TUKDOJI MAHARAJ NAGPUR UNIVERSITY, NAGPUR
Place Ha. 0712-2931899 intention no. 9890207989 (3149760656 F. mail : department@yateau in, Website - nagpuruniversity, org
NO.DPERTAMNUT8-19777-1

DATE : 29172/2018

10.
The Principals of all Concerned Colleges.

Subject : Rashtrasant Tukdoji Maharaj Njapur University KORF BALL [MIX] team for Year : 2018-2019.

Sir Mardam:

fullowing players are selected to represent Rashrasaint Tukdoji Maharaj Naggur University KORF BALL

[MIX] boains ALL INDIA INTIFIC UNIVERSITY KORF: Championships schoduled to be held at PUNE. Organized by

S. P. UNIVERSITY The competition will be held on 05/01/2019 TO 09/01/2019. The University boam will leave for the

Venue on 95-01-2019.

VIBIGOR USED TAYERS HAS TO REPORT ON FOR FURTHER INSTRUCTIONS ON 30/12/2018 AT 2:00 P.M. DHANNATE NATIONAL COLLEGE GROUND, NAGPUR TO REPORT THE DR. MRS. VANDANA MESHRAM COACHING CAMP ON 30.12,2018 TO 04.01.2019

Sr No	Name of Player (MIX)	Name of College
01	Shri, Mohit Patel	N. M. D. College, Gondia
02	Brijesh Jal	N. M. D. College, Gondia
03	Nishant Narad	D. N. C. Nagpur
04	Prajwal Channe	D. N. C. Nagpur
05	Darshan Hasti	Yashwnat Mahavidyalaya, Wardha
06	Rohit Bhandarkar	M. B. Patel College, Sakoli
07	Rohit Shende	Institute of Science, Nagpur
08	Sagar Katre	Shyamkishor Pashine College, DASGAON
09	Ku. Priyanka Pramanik	N. M. D. College, Gonza
10	Sakshi Kohale	D. N. C. Nagpur
11	Bhavana Kohle	G. S. Commerce College, Wardha
12	Sadhana Waghi	Yashoda Girls College, Nagpur
13	Kalyani Sarode	Pt. Ajit Wadekar S. S. Mv., Nagpur
14	Sakshanda kadav	Hislop College, Nagpur
15	Bharti Badge	D. B. Science College, Gondia
16	Trupti Harinkhede	M. B. Patel College, Sakoli
	STAND BYE	
()1	Rasika Moon	D. N. C. Nagpur
02	Diskha Rautkhede	N. M. D. College, Gondia
03	Darshana Dadmal	Yashwnat My Wardha
04.	Ashwini Mudak	Institute of Science, Nagpur
05	Mr. Vinit Dhakne	D. N. C Nagpur
06	Akshay Shende	G. S. Commerce College, Wardha
07	Satyesh Chouhan	N. M. D. College, Gondia
08	Siddharth Amuley	D. B. Science College, Gondia

The selected Players are requested to report on 3012/2018 AT 3.00 P.M. in the Office of the Director, Physical Lutration, Restination (Indept Maintain) Nagpur University, Nagpur alongwith college (IDENTITY CARD AND XEROX COPY 0-12° MARKSHEET, 10° DIPLOMA & LAST EXAMINATION PASSED MARKSHEET & P.G. STUDENT TO BRING FINAL YEAR PASS MARKSHEET OF U.G. & ADHAR CAR in case player is employed it is mandatory to produce N.O.C. from their employer. Otherwise they will not be allowed to participate in the coaching campiliner University Tournament.

Thanking you.

(Prof. Atamaram K. Pande)
DIRECTOR
Physical Education
Rashtrasant Tukdoji Maharaj

COPY FORWARDED TO:
The Chairman Board of Physical Education R. F. M. Magner University, Nagpur

The Member of Korf Ball Selection Committee for informatic
 Dr Mrs. Vandada Meshrain 13 N.C. Naggur for information

Dr. Mrs. Vandana Moshram, D.N.C. Nagpur for information,
 The Wardan, University Girls Hostel, Nagpur for information

Ob. The Listalo Officer, Rashtrasant Tukdoji Maharaj Nagpur University Nagpur for information.

Property Comments of the property of the prope



Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur NAAC Accreditation B++ with 2. 82 CGPA
Sneh Nagar, Wardha Road, Nagpur. 440015

Participation in Inter-collegiate Cross Country Competition organized by Santaji College, Nagpur

Date: 17 /01/ 2019

Number of Teachers Participated: 01
Number of Students Participated: 21 Students

NOTICE Shri Santaji Shikshan Vikas Sanstha's SANTAJI MAHAVIDYALAYA (Affiliated to Rashtrasant Tukdoji Maharaj Nagpur University) ACCREDITED "B" GRADE BY NAAC website: www.santajicollege.ac.in Jawaharlal Nehru Marg, Nagpur - 440015. Ph.: (O) 0712-2283953 From: Principal Date: 8.1.2019 No The Principal. Yasheda Maharidyalaya Magpus Subject: Late MLA Shri Govindraoji Wanjari Inter-Collegiate Cross Country (Men/Women) Respected Sir/Madam, I am glad to inform you that the college is holding Late MLA Shri Govindraoji Wanjari Inter-Collegiate Cross Country (Men/Women). You are requested to send the students of your esteemed college to participate in the competition. Thanking you, Yours faithfully Swall Off. Principal Santaji Mahavidyalaya Pt. Jawaharial Nehru Marg, Nagpur-16.

ottam Khaparde Health & Education Society's Yashoda Girls' Arts & Commerce College, Nagpur Recognized by Government of Maharashtra • Affiliated to RTM Nagpur Universi SNEH NAGAR, WARDHA ROAD, NAGPUR - 440 015. (M.S.) INDIA YGC No. / Phy. Ech. 18/2018 - 2019 Date 17:01.2019 Santaji Mahavidyalaya, Nagpur Sub- Late MLA Shri Govindrao Wanjari Inter Collegiate Cross-country (Men/Women) Ref.- Letter Dt 08.01.2019 The following Students are forwarded to precipitated in the competition Chest No. 1 Ku. Dipali Bawariya 05-06-1999 4805 Ku. Mayuri Bawariya 28-05-2001 Ku Swati Tiwari 4 803 Ku Archana Dhurve 4801 Ku. Roshani Hirapure 4800 Ku Shilpa Washberde BAII Ku Shraddha Dhurve Ku Sadhana Wadh 4797 Ku Ranu Hanwat 4796 4795 4794 Ku Nikita Dahane 04-01-2000 Ku Nandini Mehere Ku Prachi Puram 10-01-2000 14 Ku Durga Doijad 13-09-2000 Ku Shweta Mule 4790 18-11-2000 Ku Sakshi Kapse 19 Ku Simran Bawariya 20 Ku Khushbu Dongre 11-11-1998 Ankita Kadu 13/12/99 Thanking You Prof. Dr. Lalita Punuayva HOD PHYSICAL EDUCATION Date 17-01-2019 Yashoda Girls Acts & Commerce College Shehnagar, Nagpur-15

NAME OF STUDENTS

Participation in Inter-collegiate Cross Country Competition organized by Santaji College, Nagpur

Date: 17 /01/ 2019

CERTIFICATES













Participation in Inter-collegiate Cross Country Competition organized by Santaji College, Nagpur

Date: 17 /01/ 2019

CERTIFICATES













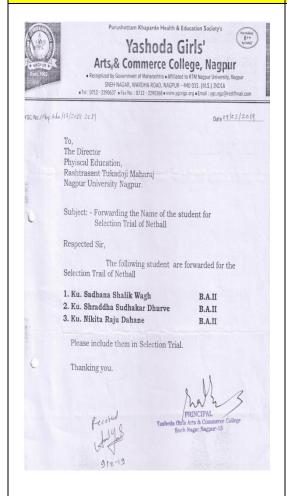
Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur NAAC Accreditation B++ with 2. 82 CGPA

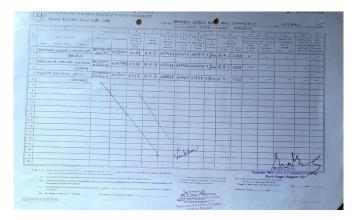
Sneh Nagar, Wardha Road, Nagpur. 440015

All India Inter-universityKorfball championship Date: 15 to 17 October 2018

NOTICE

Eligibility Form







Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur NAAC Accreditation B++ with 2. 82 CGPA
Sneh Nagar, Wardha Road, Nagpur. 440015

All India Inter-university Netball championship organized by Tamilnadu physical education and sports university Chennai

Date: 20 to 23February 2019
Number of Students Participated: 01 Students

Circular/ Fixture of the University

DEPARTMENT OF PHYSICAL EDUCATION

RASHTRASANT TUKDOJI MAHARAJ NAGPUR UNIVERSITY, NAGPUR

Phone No. 0712-2531686 / mobile no. 9890020768 / 8149760656 E-mail - departmru@yahoo.in, Website - nagpuruniversity.org

NO.DFE/RTMNU/18-19/278/6

DATE: 10/02//2019

The Principals of all Concerned Colleges,

Subject :- Rashtrasant Tukdoji Maharaj Nagpur University NETBALL [MENWOMEN] team for Year 2018-2019. Simikladam,

SirkIndedm,
Following players are selected to represent Rashtrasant Tukdoji Meharaj Nagpur University NETBALL IMENI
teom in ALL INDIA INTER UNIVERSITY NETBALL Championships scheduled to be held at TAMBARAM Organized
by TAMILINADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, CHENNAI The competition will be held on
20 / 02 / 2019 TO 23 / 02 / 2019 The University team will leave for the Venue on 18/02/2019

Following players are selected to represent Rashirasant Tukdoli Meharaj Nagpur University NETBALL
[WOMEN] team in ALL INDIA INTER UNIVERSITY NETBALL Championships schouled to be held at TAMBARAM
Organized by TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, CHENNAI The competition will be
held on 25 / 02 / 2019 TO 28 / 02 / 2019 The University team will leave for the Venue on 23/02/2019

THE MENIwomen TEAM PLAYERS HAS TO REPORT ON FOR FURTHER INSTRUCTIONS ON TUKDOJI MAHARAJ NAGPUR UNIVERSITY, R.B.D. CAMPUS, LAW COLLEGE SQUARE, AMRAVATI ROAD, NAGPUR.

Sr.		Position	Name of C-II
01	Pratiksha Mandade	C	
02	Sneha Girihepunje	WA	Yashwant Mv., Wardha
03	Aarzoo Patel		J. M. Patel College, Bhardara
04	Tejaswini Kukde	WD	J. B. Science College, Wardha
05	Seema Wasnik	GA	J. M. Patel College Bhandara
06	Nisha Yaday	GS	Dhanwate National College Nagour
07		GK	5. 5. GITIS College, Gondia
	Ashwini Irpate	GD	J. M. Pate College, Bhandara
	Babli Maneshwar	C	N. M. College, Gondia
09	Sadhana Wagh	WA	Yashoda Girls College, Nagpur
10	Darshana Dadmal	WD	Yashwant Mv., Wardha
11	Diksha Gowai	GA	M P Potal Call
	Bhart Badge	GS	M. B. Patel College, Salekasa
	Stand bye	00	D. B. Science College, Gondia
	Rasika Moon	GK	21
	Kalyani Gondole		Dhanwate National College, nagpur
3	Sakshi Kapgate	GD	Institute of Science Nagpur
	Pranvi Kolhatkar	C	M. B. Patel College, Sakoli
	Rani Marathe	GS	N. M. D. College, Gondia
	ixani waratne	WA	J. M. Patel College, Bhandara

		Position	Name of O. II
	Akashay Shende	C	
	Nawaj Ali Saiyyad	WA	G. S. Commerce College, Wardha
	Shubham Mate		J. M Patel College, Bhandara
	Mohit Patel	WD	Ishwar Deshmukh Phy.Edu. Nagpur
		GA	N. M. D College, Gondia
		GS	N. M. D. College, Gondia
07	Baronari i asu	GK	Yashwant Mv., Wardha
		GD	N. M.D. College, Gondia
		C	N. J. Patel College, Mohadi
	- Mondie Gamunde	WA	Yashwant Mv., Wardha
	Darshan Khandar	WD	V B College MV III
	Tushar Idpate	GA	V. R. College, Wardha
	Vinit Dhakne		M. B. Patel College, Salekasa
	Stand bye	GS	Dhanwate National College, Nagpur
	Dhiraj Rathod	GK	1
	Sanket Babhare		Institute of Science , Nagpur
	Nayan Bhiogade	GD	Dhanwate National College, Nagpur
	Sagar Borkar	WA	W. B. Patel College, Sakoli
	Harish Warthi	WD	Wainganga College of Phy. Edu. Sakol
	Hansh Warth	GS	Lok Mahavidyalaya, Wardha

The selected Players are requested to report on 13.02.2019 AT 11.00

A.M. In the Office of the Director, Physical Education, Rashtrasant Tukdoji Maharaj Nagpur University, Nagpur alongwith college IDENTITY CARD AND XEROX COPY OF 12th MARKSHEET, 10Th DIPLOMA & LAST EXAMINATION PASSED MARKSHEET & P.G. STUDENT TO BRING FINAL YEAR PASS MARKSHEET OF U.G. In case a player is employed it is mandatory to produce N.O.C. from their employer. Otherwise they will not be allowed to participate in the coaching camp/Inter University Tournament.

It is therefore requested to kindly inform the concerned players of your college accordingly.

Thanking you.

CERTIFICATE





Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur NAAC Accreditation B++ with 2. 82 CGPA

Sneh Nagar, Wardha Road, Nagpur. 440015

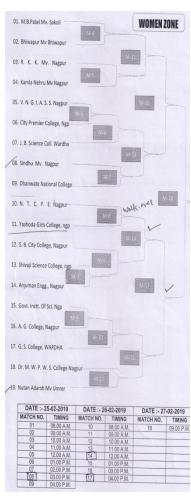
Inter-collegiate Baseball women tournament organized by RTMNagpur University Nagpur

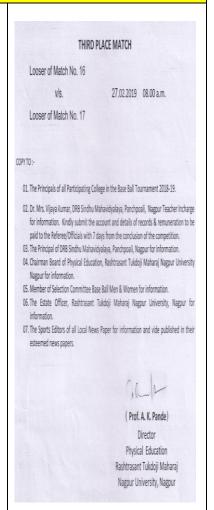
Date: 25 to 27February 2019

Number of Students Participated: 09 Students

Circular/ Fixture of the University



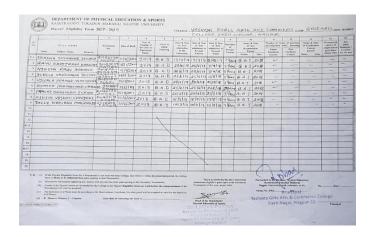




Inter-collegiate Baseball women tournament organized by RTMNagpur University Nagpur

Date: 25 to 27 February 2019

Eligibility Form



CERTIFICATES









Inter-collegiate Baseball women tournament organized by RTMNagpur University Nagpur

Date: 25 to 27 February 2019

CERTIFICATES













Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur NAAC Accreditation B++ with 2. 82 CGPA

Sneh Nagar, Wardha Road, Nagpur. 440015

NIC Project for conducting Yoga Meditation training program Date: 16/03/2019

Number of Teachers Participated: 07
Number of Students Participated: 70 Students

Notice

Yogoda Satsanga Dhyana Kendra,

c/o Shri K.D. Tule, 4, "Mandar"
Paramahansa Yogananda lane
Shraddhanandpeth, Nagpur - 440010

To.

The Principal

Ycishoda Girls Arb & Commerce Callege Snehnagar, Wardha Road Nagpan 15

DATE: 11/03/2019

Sub: NIC Project For Conducting Yoga-Meditation Session

Dear Sir/Madam

This is to request your help to conduct yoga-meditation in your institute/school/college based on non-sectarian, "how-to-live" teachings of Sri Sri Paramahansa Yogananda.

- 1. We introduce ourselves as a spiritual organization founded by our Gurudeva Sri Sri Paramahansa Yogananda in 1917 to disseminate among the nations knowledge of definite scientific techniques for attaining direct personal experience of God. The universal Kriya Yoga teachings of Paramahansa Yogananda enable us to create for ourselves spiritually harmonious lives, and to contribute to a more compassionate and peaceful world.
- Paramahansaji was born on January 5, 1893, in Gorakhpur, From his birth Paramahansaji's deepest desire was God-realization. His search for the Ultimate Goal led him to his guru, Swami Sri Yukteswarji Giri. In his guru's ashram at Serampore, Paramahansaji received spiritual training for ten years. In 1915 Paramahansaji joined the monastic Swami Order.
- 3. Paramahansa Yoganandaji was always deeply interested in the education of youth. While still a young man he established his first school, with seven boys, at Dihika in Bengal in 1917. His work came to the attention of Sri Manindra Chandra Nundy, the Maharaja of Kasimbazar. In 1918 the Maharaja gave his palace and 25 acres in Ranchi, Jharkhand, to serve as Headquarters for the school, which is named Yogoda Satsanga Vidyalaya.

- 4. The curriculum includes standard high school subjects as well as yoga concentration, meditation, and the Yogoda system of physical development. Mahatma Candhi and many other illustrious personages have visited the unique school. Now our society runs over 20 educational institutions in West Bengal and Jharkhand.
- In 1920 Paramahansaji began his mission in the West. Serving as a delegate from India to an International Congress of Religious Liberals, Paramahansaji gave his first speech in America – "The Science of Religion" – on October 6, 1920 in Boston, U.S.A.
- With the help of students Paramahansaji founded in 1925 an international headquarters in Los Angeles, California. On the 12-acre estate are ashrams and office building, which carry on the work of disseminating throughout the world the teachings of Paramahansaji.
- 7. The Government of India is celebrating Paramahansa Yoganandaji's 125th birth anniversary. One of the programmes is to conduct yoga-meditation sessions for students and teachers in schools and colleges. We also plan to distribute one of Paramhansaji's best selling booklets The Law of Success to all participants/ your institute's library. These events are being conducted under the aegis of the National Implementation Committee (NIC), Ministry of Culture, Covt. of India.
- 8. We would be grateful if you could accede to this request of implementing this programme in your prestigious institute,
- We would also appreciate if you could identify someone from your institute whom we can contact for helping with the above.

Thanking you,

Yours faithfully,

for Yogoda Satsanga Society of India

Enclosed:

- Conducted Yoga-Meditation Session document
- 2. Yogasanas document
- A copy of the letter from the Govt. of India regarding commemoration of 125th Birth Anniversary
- 4. The Law of Success booklet

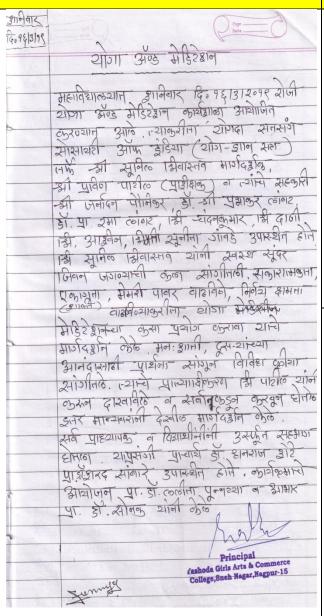
Mobile No.: 9422111616

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NIC Project for conducting Yoga Meditation training program Date: 16/03/2019

REPORT OF THE EVENT

PHOTOGRAPF OF THE EVENT







NIC Project for conducting Yoga Meditation training program Date: 16/03/2019

PHOTOGARPH OF THE ACTIVITY













Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur NAAC Accreditation B++ with 2. 82 CGPA
Sneh Nagar, Wardha Road, Nagpur. 440015

All India Inter university Baseball championship organised by Chandigarh <u>University</u> <u>Date 9-4-2019 to 12-4-2019</u>

Number of Students Participated: 01 Students

CERTIFICATE

