



Shiv Chhatrapati Shikshan Sanstha
Rajarshi Shahu Mahavidyalaya , Latur (Autonomous)
Shahu Extension Services center
Health And Wellness Committee

Activity Report
2021-22

Name of Activity : Yog Pranayam & Dhyandharana Shibir
Date : 26 to 30 April 2022
Place : College Ground
Target Group : Students of Smt. Zingubai Gaikwad Girls Hostel

Objective :

- To increase concentration of girls to focus on their studies.
- To become physically fit.

Summary of the Activity :

Health and Wellness Committee and Department of Physical Education of the institution organized Yoga, Pranayam and dhyandharna shibir with the help of Patanjali Yoga Samiti,Latur. For this camp Mrs. Bharti Avatade and Mr. Shivraj Avatade were present as the trainers and they taught yoga pranayama to the girls of the Smt Zingubai Gaikwad Hostel at 6 to 7am in the morning for five days. Total 35 students enthusiastically participated in this training camp.

Outcomes:

- This program proved fruitful as well as beneficial for the students.
- Students came to know the importance of yog pranayam and dhyandharna even learnt proper way of doing yoga pranayama.
- Students were trained to focus on their studies.
- Students were habituated with healthy practices for their better life.

convener *Fens.s.*
Medical Officer
Health Care Center
Rajarshi Shahu Mahavidyalaya
(Autonomous), Latur-413512

M.D.I.I.P
Principal
PRINCIPAL
Rajarshi Shahu Mahavidyalaya,Latur
(Autonomous)

Photographs :



Resource person Mr. Autade sir and Mrs. Autade giving yoga training.



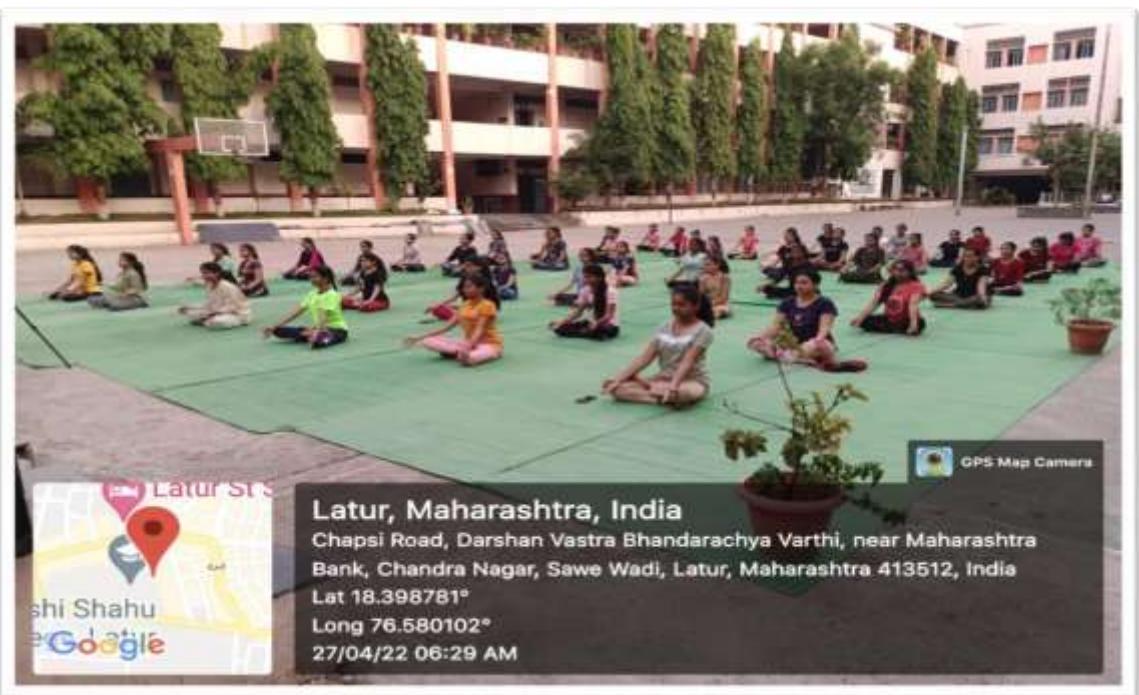
Resource persons ,Organizers and Participants



Resource Persons giving yoga training performing 'Vrukshasana'



Pranayama Training by Autade sir and Autade mam.



Resource Persons giving training of "Pranayama"



Copies of flyer prepared for the session :



List of Participants

Name of the Game : <u>Yoga Competition of Dancers, Bhakti Sangeet</u>				
Sr. No.	Name of the Player	Class	Date	Signature
1.	Gowarikar, Dr. Vaishali	Other	-	✓
2.	Shendge, Anyita	Other	-	✓
3.	Swaroop, Bhavna	Other	-	✓
4.	Talukdar, Nidhi	BA.F.Y	-	✓
5.	Bhagya Shri, Hiral Patel	Other	-	✓
6.	Amitika, Tanisha	Other	-	✓
7.	Ruchika, Patti	Other	-	✓
8.	Vaidhyan, Deeksha	Other	-	✓
9.	Geeta, Fernandes	Other	-	✓
10.	Momavari, Tanisha	Other	-	✓
11.	Priya, Tanisha P.	BA.C.Y	-	✓
12.	Agastya, Dhruv	Other	-	✓
13.	Mane, Kunal	Other	-	✓
14.	Santosh, Govind	-	-	✓
15.	Sonali, Rohitkumar	-	-	✓
16.	Sangeet, Gayatri	-	-	✓
17.	Chaitra, Ishani	BA.F.Y	-	✓
18.	Supriya, Kadam	-	-	✓
19.	Sheetal, Jayati	-	-	✓
20.	Jit, Chaitanya	BA.F.Y	-	✓
21.	Sohil, Patti	-	-	✓
22.	Mona, Vishakha	BA.F.Y	-	✓
23.	Aman, Lata, Shrikant	BA.C.Y	-	✓
24.	Paprika, Shinde	BA.C.Y	-	✓
25.	Vanya, Patti	Other	-	✓
26.	Gaurav, Vaishnavi	BA.F.Y	-	✓
27.	Patti, Archana	BA.C.Y	-	✓
28.	Lorraine, Sakshi	BA.C.Y	-	✓
29.	Anupamkumar, Shradha	BA.C.Y	-	✓

Sr. No.	Name of the Player	Class	Date	Signature
30.	Shweta, Vaishnavi	BA.C.Y	-	✓
31.	Santoshi, Basave	Other	-	✓
32.	Kripa, Vaishnavi	BA.C.Y	-	✓
33.	Ravneet, Rohini	BA.C.Y	-	✓
34.	Jitendra, Sunethra	BA.C.Y	-	✓
35.	Fatih, Akash	BA.C.Y	-	✓
36.	Vanya, Parma	Other	-	✓
37.	Ganitha, Sugandha	BA.C.Y	-	✓

Day -1 <https://www.youtube.com/watch?v=ppxyx9jdzHo> <https://www.youtube.com/watch?v=yV11bC2svok>

Name of the Game : <u>Yoga Competition of Dancers, Bhakti Sangeet</u>				
Sr. No.	Name of the Player	Class	Date	Signature
1.	Ghajad, Tushar	Other	24/4/18	✓
2.	Parbat, Pravina	Other	-	✓
3.	Swaroop, Gargi	Other	-	✓
4.	Shendge, Anyita	Other	-	✓
5.	Dhananjay, Sunethra	Other	-	✓
6.	Jalkarni, Madhuika	Other	-	✓
7.	Farhad, Nishant	BA.F.Y	-	✓
8.	Leeladhar, Bhagat	Other	-	✓
9.	Sohail, Anikha	Other	-	✓
10.	Patti, Ruchiya	Other	-	✓
11.	Dhamone, Vaishnavi	Other	-	✓
12.	Geeta, Geeta	Other	-	✓
13.	Tanisha, Manasvi	Other	-	✓
14.	Chayalata, Bhagavathi	Other	-	✓
15.	Shilpa, Aditi, Aditi	BA.C.Y	-	✓
16.	Tanisha, Priya P.	BA.C.Y	-	✓
17.	Anupam, Gayatri	Other	-	✓
18.	Patil, Vaishnavi	Other	-	✓
19.	Patil, Vaishnavi	Other	-	✓
20.	Prateek, Karmal	Other	-	✓
21.	Sonali, Sangeet	Other	-	✓
22.	Sonali, Padmini	BA.C.Y	-	✓
23.	Sonali, Padmini	BA.C.Y	-	✓
24.	Sonali, Padmini	BA.C.Y	-	✓
25.	Mane, Archana	BA.F.Y	-	✓
26.	Chaitra, Patti	BA.F.Y	-	✓
27.	Anupamkumar, Shradha	BA.C.Y	-	✓
28.	Sangeet, Gayatri	BA.C.Y	-	✓
29.	Shreeta, Jayati	BA.C.Y	-	✓
30.	Supriya, Kadam	Other	-	✓

Sr. No.	Name of the Player	Class	Date	Signature
31.	Shreeta, Vaishnavi	BA.C.Y	-	✓
32.	Santoshi, Basave	Other	-	✓
33.	Rekha, Vaishnavi	BA.C.Y	-	✓
34.	Mane, Savitri	Other	-	✓
35.	Jitendra, Sunethra	BA.C.Y	-	✓
36.	Pawar, Rohini	BA.C.Y	-	✓
37.	Supriya, Sangeet	BA.C.Y	-	✓
38.	Lonne, Sunita	BA.C.Y	-	✓
39.	Radhan, Vaishnavi	BA.C.Y	-	✓
40.	Tanvi, Vaishnavi	BA.C.Y	-	✓
41.	Pranale, Sakshi	BA.C.Y	-	✓
42.	Fatih, Akash	BA.C.Y	-	✓
43.	Sonali, Vaishnavi	BA.C.Y	-	✓
44.	Vanya, Parma	Other	-	✓
45.	Sheetal, Sangeeta	BA.C.Y	-	✓
46.	Shreeta, Jayati	BA.C.Y	-	✓
47.	Mane, Vishakha, Vaishnavi	BA.C.Y	-	✓

DFay 2 <https://www.youtube.com/watch?v=DWD8eGcQmjE>

List of Participants

Shri Chhatrapati Shahu Mahavidyalaya Rajarshi Shahu Mahavidyalaya (Autonomous) Latur Department of Physical Education & Sports Daily Attendance Register / Book				
No.	Name of the Player	Class	Date	Signature
1	Dachay Manoju	Other	29/12/19	Handwritten
2	Dapurwadee Saptakali	Other	29	Handwritten
3	Dharmik Sonawale	Other	29	Handwritten
4	Harme Ashwini	B.A.P.T	29	Handwritten
5	Fauzia Mithawani	B.A.F.Y	29	Handwritten
6	Jadhav Ankita	Other	29	A
7	Minal Bhagatash	Other	29	B
8	Ritika Rituika	Other	29	C
9	Waghul Warikarde	Other	29	Waghul
10	Tamaine Nandani	Other	29	Nandani
11	Male hanum	Other	29	Male hanum
12	Kadam Supriya	Other	29	Supriya
13	Angila Shinde	Other	29	Angila
14	Yashwantrao Omawade	Other	29	Yashwantrao
15	Umesh wankar	Other	29	Umesh
16	Jitendra Jitendra	Other	29	Jitendra
17	Shivra Ingle	Other	29	Ingle
18	Madhura Lukdari	Other	29	Madhura
19	Vishnoshi khape	B.C.P.Y	29	Vishnoshi
20	Mane Gunaji	Other	29	Gunaji
21	Zodhav Sumontha	B.COM.P.Y	29	Sumontha
22	Chennaveekar Shradha	B.COM.P.Y	29	Shradha
23	Chaudhary Tu	B.A.F.Y	29	Tu
24	Shivra Ingole	B.COM.P.Y	29	Shivra
25	Ganeshi Baijnath	Other	29	Ganeshi
26	Kumbal Prajna	Other	29	Prajna
27	Sherali Ishwari	Other	29	Ishwari
28	Deshmukh shreya	B.COM.P.Y	29	Shreya
29	Male Vishalika V.	B.COM.P.Y	29	Vishalika
30	Shree surajya nigam	B.COM.P.Y	29	Surajya

Shri Chhatrapati Shahu Mahavidyalaya Rajarshi Shahu Mahavidyalaya (Autonomous) Latur Department of Physical Education & Sports Daily Attendance Register / Book				
No.	Name of the Player	Class	Date	Signature
30	Shree surajya nigam	All F.Y	29/12/19	Surajya
31				
32				
33				
34				
35				
36				
37				
38				
39				
40				
41				
42				
43				
44				
45				
46				
47				
48				
49				
50				

Day 3 <https://www.youtube.com/watch?v=MRYbmyuGjdA>

Shri Chhatrapati Shahu Mahavidyalaya Rajarshi Shahu Mahavidyalaya (Autonomous) Latur Department of Physical Education & Sports Daily Attendance Register / Book				
No.	Name of the Player	Class	Date	Signature
1	Dhaval Shrikant	Other	30/12/19	D
2	Jadhav Ankita	Other	30	
3	Patil Rituika	Other	30	R
4	Waghul Waghul	Other	30	Waghul
5	Jadhav Panchali	Other	30	Jadhav
6	Lokhande Bajirao	Other	30	Lokhande
7	Gupte Dnyanshing	Other	30	Gupte
8	Antony Lominge	Other	30	Antony
9	Rajneet Basile	Other	30	Rajneet
10	Gurav Basile	Other	30	Gurav
11	Harme Ashwini	B.A.F.Y	30	Harme
12	Deshmukh Anandini	Other	30	Anandini
13	Umesh Hale	Other	30	Hale
14	Waghul Waghul	Other	30	Waghul
15	Albadore Vilma	Other	30	Albadore
16	Shresti Smita	Other	30	Shresti
17	Angila Shinde	Other	30	Angila
18	Ganeshi Baijnath	Other	30	Ganeshi
19	Male Vishalika V.	B.COM.P.Y	30	Vishalika
20	Ganeshi Baijnath	B.COM.P.Y	30	Ganeshi
21	Deshmukh Shreya	B.COM.P.Y	30	Shreya
22	Yashwant Patel	B.Sc.T.Y	30	Yashwant
23	Yashwant Patel	B.Sc.T.Y	30	Yashwant
24	Zodhav Sumontha	B.COM.P.Y	30	Sumontha
25	Jadhav Sumontha	B.COM.P.Y	30	Jadhav
26	Shrivastava R.	B.Sc.T.Y	30	Shrivastava
27	Waghul Waghul	B.Sc.T.Y	30	Waghul
28	Waghul Waghul	B.Sc.T.Y	30	Waghul
29	Male Vishalika	B.Sc.T.Y	30	Vishalika
30	Male Vishalika	B.Sc.T.Y	30	Vishalika
31	Waghul Waghul	B.Sc.T.Y	30	Waghul
32	Waghul Waghul	B.Sc.T.Y	30	Waghul
33	Male Vishalika	B.Sc.T.Y	30	Vishalika
34	Male Vishalika	B.Sc.T.Y	30	Vishalika
35	Male Vishalika	B.Sc.T.Y	30	Vishalika
36	Male Vishalika	B.Sc.T.Y	30	Vishalika

Shri Chhatrapati Shahu Mahavidyalaya Rajarshi Shahu Mahavidyalaya (Autonomous) Latur Department of Physical Education & Sports Daily Attendance Register / Book				
No.	Name of the Player	Class	Date	Signature
31	Kadam Supriya	Other	30/12/19	Supriya
32	Komal Akash	Other	30	Komal
33	Amitab Omshi	Other	30	Omshi
34	Yashwant Patel	Other	30	Patel
35	Yashwant Patel	Other	30	Patel
36	Khane Shubhangi	B.Sc.T.Y	30	Khane
37	Mane Gunaji	Other	30	Gunaji
38	Zodhav Sumontha	B.COM.P.Y	30	Sumontha
39	Puneet Kohint	B.Sc.T.Y	30	Puneet
40	Dwivedi Tej	B.Sc.T.Y	30	Tej
41	Sumontha Ghorashi	B.Sc.T.Y	30	Ghorashi
42	Talati Omash	B.Sc.T.Y	30	Omash
43	Dwivedi Tej	B.Sc.T.Y	30	Tej
44	Alamedar Bhimrao	Other	30	Bhimrao
45	Yashwant Patel	Other	30	Yashwant
46	Yashwant Patel	Other	30	Yashwant
47	Yashwant Patel	Other	30	Yashwant
48	Yashwant Patel	Other	30	Yashwant
49	Yashwant Patel	Other	30	Yashwant
50	Yashwant Patel	Other	30	Yashwant

Day 4 <https://www.youtube.com/watch?v=yFQ-qpvaNc>

List of Participants

Rajarshi Shahu Mahavidyalaya (Autonomous) Latur

Department of Physical Education & Sports

Daily Attendance Register / Book

Name of the Game : Yag Praveshan Shringar Sahayam 30/04/22

Sl. No.	Name of the Player	Class	Date ,	Signature
1	Shinde Aarti	other	30/04/22	Aarti
2	Khadilkar Supriya	other	"	Supriya
3	Nilmalik Roshini	other	"	Roshini
4	Kulkarni Madhura	other	"	Madhura
5	Sodkar Manasi	other	"	Manasi
6	Shinde Radhika	other	"	Radhika
7	Goyalakar Padmaja	other	"	Padmaja
8	Sanechka Basale	other	"	Basale
9	Vankar Parvati	other	"	Parvati
10	Gholap Ishwari	other	"	Ishwari
11	Mote Namrata	other	"	Namrata
12	Dongre Shradha	Other	"	Shradha
13	Devaline Vaishnavi	Other	"	Vaishnavi
14	Kapule Vaishnavi	BSC FY	"	Vaishnavi
15	Mote Nagunee	"	"	Nagunee
16	Rohini Mane	"	"	Rohini

Rajarshi Shahu Mahavidyalaya (Autonomous) Latur

Department of Physical Education & Sports

Daily Attendance Register / Book

Name of the Game : Yag Praveshan Shringar Sahayam 30/04/22

Sl. No.	Name of the Player	Class	Date ,	Signature
17	Bornnashni Shradha	B.COM FY	30/04/22	Shradha
18	Chinchude Tul	B.A FY	"	Tul
19	Tingle Shweta	B.COM FY	"	Shweta
20	Mote Vishalika	B.COM FY	"	Vishalika
21	Jasbir Priya	Monfy	"	Priya
22	Thosale Shraddha	B.COM FY	"	Shraddha
23	Manole Sakshi	B.comfy	"	Sakshi
24	Shinde Parvati	BCOMFY	"	Parvati
25	Borse Pratisha	HSC FY	20/04/22	Pratisha
26	Mote Angiti	HSC FY	20/04/22	Angiti
27	Simjade Ranjani	BSC FY	30/04/22	Ranjani

Day 5 <https://www.youtube.com/watch?v=sd8TzCJMpcQ>

Date : 30/04/2022


Director

Physical Education & Sports

Director

Dept. of Phy. Edu. & Sports
Rajarshi Shahu Mahavidyalaya
(Autonomous), Latur


Medical Officer
Health Care Center
Rajarshi Shahu Mahavidyalaya
(Autonomous), Latur-413512


Principal
PRINCIPAL
Rajarshi Shahu Mahavidyalaya
(Autonomous), Latur

