



**Shiv Chhatrapati Shikshan Sanstha
Rajarshi Shahu Mahavidyalaya , Latur (Autonomous)**

**Shahu Extension Services
Health And Wellness Committee**

**Activity Report
2022-23**

Name of Activity : Yoga For Physical and Mental Health
Date : 15 June 2022
Place : VLC Hall
Target Participants : All Staff

Objectives :

- To reduce stress ,anxiety and depression.
- It can be used as complimentary medicine.

Participants : Total 138 participants (male 97 & Female 41)

Brief Summary of event :

Department of Physical Education and Sports in association with Health and wellness Committee organized a Yoga for Physical and Mental Health training program for entire staff of college. In this connection we decided to take a workshop of a well-known psychiatrist Dr. Nitinkumar Alandkar . He discussed how professors should take care while working so that there is minimum stress on their mind and brain .He guided everyone by giving excellent examples. The program was presided over by Principal Dr. Mahadev Gavhane, while the introduction was done by Director of Sports, Dr. Anirudh Birajdar. The chief guest (speaker) of the workshop Dr. Nitinkumar Alandkar was introduced by Health and Wellness Committee Chairperson Dr. Swati Fere. At the end of the workshop Mrs. Ratnrani Koli thanked all those present in the program.


Outcomes :

At the end of the workshop, there was a question and answer session in which various questions were raised by the professors, turning those questions into excellent examples, Dr. Nitinkumar Alandkar cleared all the doubts of the faculty and non-teaching staff , which made all the faculty and staff very satisfied.

Feres.S.
Medical Officer
Health Care Center
Convener
Rajarshi Shahu Mahavidyalaya
(Autonomous), Latur-413512

[Signature]
Principal
PRINCIPAL
Rajarshi Shahu Mahavidyalaya, Latur
(Autonomous)

Banner :-



राजर्षी शाहू महाविद्यालय (स्वायत्त) लातूर

अंतर्गत

क्रीडा विभाग व हेल्थ अँड वेलनेस समिती द्वारा आयोजित

"Yoga for Physical and Mental Health"

या विषयावर एक दिवसीय **कार्यशाळा**

प्रमुख वक्ते
डॉ. नितिनकुमार आळंदकर
(Clinical & Rehabilitation Psychologist)

अध्यक्ष
प्राचार्य डॉ. महादेव गव्हाणे

दिनांक : १५ जून २०२२ वेळ : सकाळी ११.०० वा. स्थळ : व्ही.एल.सी.हॉल

Notice :-


राजर्षी शाहू महाविद्यालय (स्वायत्त), लातूर

सूचना

दि. १३/०६/२०२२

महाविद्यालयातील सर्व प्राध्यापक, शिक्षक व शिक्षकेत्तर कर्मचाऱ्यांना सूचित करण्यात येते की, क्रीडा विभाग व हेल्थ अँड वेलनेस समिती मार्फत दि. १५/०६/२०२२ रोजी सकाळी ११.०० ते १.०० दरम्यान "Yoga for Physical and Mental Health" या विषयावर एक दिवसीय वर्कशॉपचे आयोजन करण्यात आले असून सर्व स्टाफने यासाठी उपस्थित राहणे अनिवार्य आहे.

स्थळ : व्ही.एल.सी. हॉल


प्राचार्य
प्राचार्य
राजर्षी शाहू महाविद्यालय
(स्वायत्त), लातूर

-: Invitation Letter :-

जा.क्र.:राशाम/आभार/२०२२-२३/ ०६.

दि. १३/०६/२०२२

प्रति,

डॉ. नितीनकुमार आळंदकर

Clinical and Rehabilitation Psychologist,

Latur

विषय : एक दिवसीय कार्यशाळेसाठी प्रमुख वक्ते म्हणून मार्गदर्शन करणे बाबत...

महोदय,

आमच्या महाविद्यालयात क्रीडा विभाग व हेल्थ अँड वेलनेस समितीच्या वतीने एक दिवसीय कार्यशाळेचे आयोजन करण्यात येत आहे. या कार्यशाळेसाठी आपण दि. १५ जून २०२२ रोजी सकाळी ११.०० वा. उपस्थित राहून "Yoga for Physical and Mental Health" या विषयावर शिक्षक व शिक्षकेतर कर्मचाऱ्यांना मार्गदर्शन करावे, ही विनंती.

धन्यवाद !

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received
15/6/22

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प्राचार्य
प्राचार्य
राजर्षी शाहू महाविद्यालय
(स्वायत्त), लातूर

-: Letter Of Thanks :-

जा.क्र.:राशाम/आभार/२०२२-२३/ ०७.

दि. १५/०६/२०२२

प्रति,

डॉ. नितीनकुमार आळंदकर

Clinical and Rehabilitation Psychologist,

Latur

विषय : आभारपत्र...

महोदय,

आमच्या महाविद्यालयात क्रीडा विभाग व हेल्थ अँड वेलनेस समितीच्या वतीने आयोजित करण्यात आलेल्या एक दिवसीय कार्यशाळेत आपण दि. १५ जून २०२२ रोजी सकाळी ११.०० वा. "Yoga for Physical and Mental Health" या विषयावर शिक्षक व शिक्षकेतर कर्मचाऱ्यांना मार्गदर्शन केले, ते अत्यंत उपयुक्त ठरणारे आहे. त्याबद्दल आपले हार्दिक आभार.

यानंतरही अशा सहकार्याची अपेक्षा.

धन्यवाद !

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15/6/22

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प्राचार्य
प्राचार्य
राजर्षी शाहू महाविद्यालय
(स्वायत्त), लातूर

Geotagged Photographs :



Dr. Anirudh Birajdar give the brief information about Workshop



Principal Dr. Mahadev Gavhane welcoming Guest Speaker Dr. Nitinkumar Alandkar .

Speaker Dr. Nitinkumar Alandkar delivering their Speech





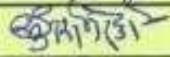
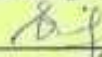

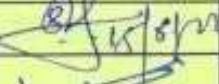



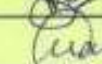

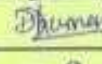
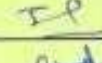

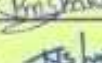
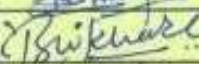



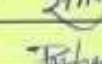
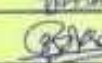
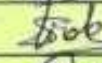

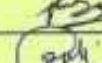







Principal Dr. Mahadev Gavhane giving Presidential speech



Principal Dr. Mahadev Gavhane giving letter of thanks and gifted a book .

List of Participants

Name of the Game: One Day Workshop on Physical & mental Health.

Sr. No.	Name of the Player	Class	Date	Signature
01	Sudashan S. Patil		15/06/22	
02	Rajpat V. Patil		15-6-22	
03	Bansode S.M.		15-6-22	
04	Dr. Gadekar B.P.		15/6/22	
05	Dr. Uphade G.D		15/6/22	
06	Mr. S.D. Kadam		15/6/22	
07	Mr. A.J. Waghmare		15-06-22	
08	B.S. Gorde		15-6-22	
09	M.P. Birajdar		15-6-22	
10	S.M. Kale		15.6.22	
11	Mr. V.M. Dhume		15-6-22	
12	M.S. Sulewadi		15/06/22	
13	V.D. Late		15/06/22	
14	K.B. Walasange		15/06/22	
15	N.B. Chavan		15/6/22	
16	Y.B. Shikharre		15/06/22	
17	Suryakant Chavan		15/06/22	
18	M.A. 30th		15-6-22	
19	Berhmush K.D.		15-06-2022	
20	Bansode D.M		15-6-2022	
21	Awad D.B		-11-	
22	Bokade B.C.		-11-	
23	Shinde R.M.		-11-	
24	Shaikh F.A		-11-	
25	Dr. R.V. More		-11-	
26	Gavali V.A.		-11-	
27	H.L. Joshi		15/6/2022	
28	Arjun S. Shinde		-11-	
29	Savarn Rajiv		-11-	

List Of Participants

Name of the Game One Day Workshop on Physical & Mental Health.

Sr. No.	Name of the Player	Class Faculty	Date	Signature
01	Dr. K. G. Maske	1 sci	15/06/2022	
02	Swati Sawant	Lib.	—	
03	Koli R. B. (Sports)	Arts	—	
4	Dr. Puzpalata Tirmukhe	Commerce	—	
5	lt. Dr. Archana Tak	History	15/06/2022	
6.	Sampada Suresh Kale	Commerce	—	
7	Miss S. N. Bagwan	Commerce	—	
8	Miss. J. M. Shaikh	Commerce	—	
9	Miss. A. S. Indale	Commerce	—	
10	Latoriya paia S.	Comp. Sci.	—	
11	Bamanikar Megha N.	Comp. Sci.	—	
12	Miss. Sumta M. Jadhav	Comp. Sci.	15/06/2022	
13	Miss. Ankanksha K. Balasat	Commerce	15/06/22	
14	Miss. Amruta S. Savakure	Commerce	15/06/22	
15.	Dhoble pati Y. A.	Sci (Jr)	15/06/22	
16	Ghosale N. A.	Sci (Jr)	15/06/22	
17	Todkar S. G.	Arts (Jr)	15/06/22	
18	Jadga S A	Comm. (Jr)	15/6/22	
19	Kasbe Suchita K	Comp. Sci	15/6/22	
20	Dhanashri Sharmu.	Comp. Sci	15/6/22	
21	Ms Shubhangi G. Bansode	Biotechnology	15/06/22	
22.	Shaikh Rukhsar M.	Commerce	15/06/22	
23.	Dhondasee Jagtap	Zoology	15/06/22	
24	Sayali Samudra	Sociology	15-6-22	
25	Dr. Shilpa R. Surwase.	Biotech	15/06/22	
26	Dr. Manisha A. Dhote	Biotech	15/06/22	
27	Miss. Pratiksha D More	Micro	15/06/22	
28	Ms. Sonali S. Patil	Micro	15/06/22	
29	Mr. Madhav V. Shelke	CEP	15/06/22	

List Of Participants

Name of the Game: One Day Workshop on Physical & Mental Health.

Sr. No.	Name of the Player	Class	Date	Signature
1.	Anuja Jadhav	Faculty	15/06/22	
2	Dr. Vijay Kumar Kamble	Mar	15/6/22	
3	Shivkanya Shinde	Faculty	15/6/22	
4.	Nishant S. Pimple	Faculty	15-06-2022	
5	Sonwane V. Rajendra	Faculty	15-06-22	
6	Dr. Pallavi Bhudekar Patil	Faculty	15-06-2022	
7	Smt. Kulkarni C.V.	Faculty	15-06-2022	
8	Smt. Ahale C.P.	-11-	-11-	Ahale
9	Smt. Jayashree M. Jadhav	-11-	15/6/2022	
10	Maryusha A. Shinde	-11-	15/6/2022	
11.	Katara S. Korntawar	-11-	15/6/2022	
12	Dr. D.S. Raut	Faculty	15-6-2022	
13	S.N. More	Faculty	15/06/2022	
14.	Mrs. Bagdare U.M.	"	15/06/22	
15	Remona R. Lemhe	Faculty	15/6/22	
16.	Mani pallavi R.	Faculty	15/6/22	
17	Dr. K.S. Raut	Faculty	15.6.2022	
18	S.P. Kulkarni	Faculty	15-6-2022	
19	R.P. Bansode	Faculty	15-6-22	Bansode
20.	B.K. Jawalekar	Faculty	15-6-22	
21	V.D. Washmore	Faculty	15.6.22	
22	Amol V. Kamble	-11-	15.6.22	
23	Dr. Shivraj Kachre	-11-	15.06.22	
24.	Jopale Yashwant Kachre	Faculty	15/6/22	
25	Asoka L. Galphade	Faculty	15/6/2022	
26	Dr. Vijay J. Dalvi	-11-	15/06/22	
27	Mr. A.A. Bhunaleone	-11-	-11-	
28	Dr. P.R. Rodiya	-11-	-11-	
29	Dr. S.G. Hadule	-11-	-11-	

List Of Participants

Name of the Game: One Day Workshop on Physical & Mental Health

Sr. No.	Name of the Player	Class	Date	Signature
1	Dr. M. S. Wavare			
1	Dr. M. S. Wavare	Faculty	15/6/22	M.S.W.
2	Dr. C. A. Danane	Faculty	15/6/22	C.A.D.
3	S. B. Sonkamble	Faculty	15/6/22	S.B.S.
4	Dr. S. M. Sonone	-11-	-11-	S.M.S.
5	Surgatcant maske	Librarian	15/6/22	S.M.
6	A. K. Sheikh	Faculty	15/6/22	A.K.S.
7	V. D. Panchaj	4	4	V.D.P.
8	P. G. Joshi	11	11	P.G.J.
9	Dr. K. B. Shinde	-11-	-11-	K.B.S.
10	Dr. K. I. Momin	-11-	-11-	K.I.M.
11	Dr. D. V. Rajee	-11-	-11-	D.V.R.
12	Dr. D. V. Vaidyashankar	-11-	-11-	D.V.V.
13	Dr. D. V. Shahapurkar	-11-	-11-	D.V.S.
14	Dr. V. D. Dhurmal	-11-	-11-	V.D.D.
15	Dr. A. A. Yadav	-11-	-11-	A.A.Y.
16	Rahul M. Athawale	T.P.O	15/06/2022	R.M.A.
17	Dr. Suresh Phule	Faculty	15/06/22	S.P.
18	Dr. Suresh Phule	Faculty	15/06/22	S.P.
19	Shekhar Garkwad	Faculty	15/06/22	S.G.
20	Shinde somdev D.	Faculty	15/06/22	S.S.
21	Rupesh C. Jami	Faculty	15/06/22	R.C.J.
22	Pawar S. S	-11-	15/06/22	P.S.S.
23	Simpate V. B	-11-	15/6/22	S.V.B.
24	Dr. Sanghapal Kharasga	-11-	-11-	S.K.
25	Ms. Sauri G. Swami	Faculty	-11-	S.G.S.
26	Ms. Ashwini M. Devasthale	Faculty	-11-	A.M.D.
27	Dr. D. G. Patil	0	-11-	D.G.P.
28	S. P. Tingusale	-11-	15/6/22	S.P.T.

Name of the Game: One Day Workshop on Physical & Mental Health


Sr. No.	Name of the Player	Class	Date	Signature
01	Sudhanshu Nikam	216 A/B	15/6/22	Sudhanshu
02	R. R. Lokhande	Lab Att	15/6/22	R.R.
03	B. B. Dhondle	"	15/6/22	B.B.
04	N. P. Kamdar	Lab	15/6/22	N.P.
05	S. G. Gore	"	15/6/22	S.G.
06	N. T. Kumbhar	Lab Att	15/6/22	N.T.
07	S. N. Baine	Lab Att	15/6/22	S.N.
08	R. C. Kumbhar	"	15/6/22	R.C.
09	G. R. Dhumane	Lab	15/6/22	G.R.
10	P. S. S. S. S. S.	"	15/6/22	P.S.
11	Pranav A. N.	Lab Att	15/6/22	Pranav
12	Mangale M. S.	Peon	15/6/22	Mangale
13	Shinde Manhar	"	15/6/22	Shinde
14	Dandekar Y. M.	Peon	15/6/22	Dandekar
15	A. J. Koshi	Peon	15/6/22	A.J.
16	A. B. B. B.	Peon	15/6/22	A.B.
17	R. P. S. S.	Peon	15/6/22	R.P.
18	Prig B. Londhe	And put	15/6/22	Prig
19	Singapore S. B.	"	15/6/22	Singapore
20	Jadhav S. B.	IT	15/6/22	Jadhav
21	Shankar R. S. S.	IT	15/6/22	Shankar
22	Bhatnagar M. B.	IT	15/6/22	Bhatnagar
23	Khandekar S. B.	Peon	15/6/22	Khandekar

Fern

Principal

PRINCIPAL

Rajarshi Shahu Mahavidyalaya
(Autonomous), Latur


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

