



Shiv Chhatrapati Shikshan Sanstha's
Rajarshi Shahu Mahavidyalaya (Autonomous), Latur
Department of Physical Education & Sports

A) Summary Report

1) Title of Programme:	'Yoga For Physical and Mental Health'			
2) Name of the Organizing Department/ Unit:	Department of Physical Education & Sports and Health and Wellness Committee			
3) Name of the Coordinator(S)/ Convener(S)/ Organizer(S) of the Programme:	Dr. Anirudh Baburao Birajdar Dr. Swati Fere Mrs. Ratnrani Koli			
4) Date(S) of the Programme:	15 June 2022			
5) Venue:	VLC Hall			
6) Targeted Group:	All Staff			
7) Number of Participants:		Male	Female	Total
	Teaching	80	41	121
	Non-Teaching	17	00	17
8) Name and Details of Resource Person/ Guest:	Dr. Nitinkumar Alandkar (Clinical & Rehabilitation Psychologist)			
9) Source of Funding:	Rajarshi. Shahu Mahavidyalay (Autonomous), Latur			
10) Total Expenditure:	Rs. 5,000/-			

B)A Report

i. Title: 'Yoga For Physical and Mental Health'

ii. **Introduction:** It was decided to take yoga and pranayama training for the entire staff of the college in association with the Sports Department and Health and Wellness Committee of Rajarshi Shahu College. In this connection it was decided to take a workshop of a psychiatrist, to reduce the mental stress of daily work on all the faculty and other staff, from which the tiredness of daily work which we call mental stress or psychological depression. Dr. Nitin Kumar Alandkar provided reasonable advice on how to handle the stress. On 15th June 2022 in the VLC Hall at 11.00 am.

iii. Objectives:

- To reducing stress, anxiety, and depression.
- It can be used as complementary medicine.

iv. **Details of Participants:** 138 staff members (97 Male & 41 Female) attended the one Day workshop.

v. **Brief Summary of Event / Session:** In this workshop organized by the sports department and health and wellness committee of the college, well-known psychiatrist Dr. Nitin Kumar Alandkar discussed how professors should take care while working so that there is minimum stress on our mind and brain. He also explained how the strain of daily teaching hours as well as doing other work should be avoided. He guided everyone by giving excellent examples. The program was presided over by Principal Dr. Mahadev Gavane, while the introduction was done by Director of Sports, Dr. Anirudh Birajdar. The chief guest (speaker) of the workshop was Dr. Nitin Kumar Alandkar introduce 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.

vi. **Conclusion, with Feedback on the Programme:** 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. Nitin Kumar Alandkar cleared all the doubts of the faculty and non-teaching staff, which made all the faculty and staff very satisfied.

vii. **Any Appendix if Necessary:** List of Participant Attached

Date: 16 June 2022


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




Principal
PRINCIPAL
Rajarshi Shahu Mahavidyalaya
(Autonomous), Latur

C) Geotagged Photographs/ Screenshots:-



Dr. Anirudh Birajdar give the brief information about Workshop




Principal Dr. Mahadev Gavhane gave Introductory Speech



Speaker Dr. Nitinkumar Alandkar dilivaring their Speech




D) Copies of Brochure for the Programme:



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

E) Letters to Resource Person and Notice for Staff :

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 दिवशीय वर्कशॉपचे आयोजन करण्यात आले असून सर्व स्टाफने यासाठी उपस्थित राहणे अनिवार्य आहे.

स्थळ : व्ही.एल.सी. हॉल


प्राचार्य
राजर्षी शाहू महाविद्यालय
(स्वायत्त), लातूर

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 शिक्षकेत्तर कर्मचाऱ्यांना मार्गदर्शन करावे, ही विनंती.

धन्यवाद!


प्राचार्य
राजर्षी शाहू महाविद्यालय
(स्वायत्त), लातूर


Reson
15/6/22

जा.क्र.:राशाम/आभार/२०२२-२३/ ०७. दि. १५/०६/२०२२


प्रति,
डॉ. नितीनकुमार आळंदकर
Clinical and Rehabilitation Psychologist,
Latur

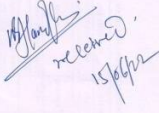
विषय : आभारपत्र...

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 शिक्षकेत्तर कर्मचाऱ्यांना मार्गदर्शन केले, ते अत्यंत उपयुक्त ठरणारे आहे. त्याबद्दल आपले हार्दिक आभार.

यानंतरही अशा सहकार्यांची अपेक्षा.
धन्यवाद!


प्राचार्य
राजर्षी शाहू महाविद्यालय
(स्वायत्त), लातूर


Reson
15/6/22

F) List of Participating :

Shiv Chhatrapati Shikshan Sanstha's
Rajarshi Shahu Mahavidyalaya (Autonomous) Latur
 Department of Physical Education & Sports
Daily Attendance Register / Book

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

Sr. No.	Name of the Player	Class	Date	Signature
01	Shalashan S. Patil		15/06/22	[Signature]
02	Rajesh V. Patil		15-6-22	[Signature]
03	Bansode S.M.		15-6-22	[Signature]
04	Dr. Gokul B.P.		15/6/22	[Signature]
05	Dr. Uphade G.D		15/6/22	[Signature]
06	Mr. S.D. Kadam		15/6/22	[Signature]
07	Mr. A.J. Waghmare		15-06-22	[Signature]
08	B.S. Gorde		15-6-22	[Signature]
09	M.P. Birajdar		15-6-22	[Signature]
10	S.M. Kale		15-6-22	[Signature]
11	Mr. V.M. Dhume		15-6-22	[Signature]
12	M.S. Suleward		15/06/22	[Signature]
13	V.D. Late		15/6/22	[Signature]
14	K.B. Wadasange		15/06/22	[Signature]
15	N.B. Chavan		15/6/22	[Signature]
16	Y.B. Shikhare		15/06/22	[Signature]
17	Suryakant Chavan		15/06/22	[Signature]
18	[Signature]		15-6-22	[Signature]
19	Deshmukh K.D		15-06-2022	[Signature]
20	Bansode D.M		15-6-2022	[Signature]
21	Awad D.R		-11-	[Signature]
22	Pokade B.C.		-11-	[Signature]
23	Shinde R.M.		-11-	[Signature]
24	Shaikh F.A		-11-	[Signature]
25	Dr. R.V. More		-11-	[Signature]
26	Gravali V.A.		-11-	[Signature]
27	H.L. Joshi		15/6/2022	[Signature]
28	Arjun S. Shinde		-11-	[Signature]
29	Sawam Rajiv		-11-	[Signature]

Shiv Chhatrapati Shikshan Sanstha's
Rajarshi Shahu Mahavidyalaya (Autonomous) Latur
 Department of Physical Education & Sports

Daily Attendance Register / Book

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. Puzlopalata Tembhre	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 paya S.	Comp. Sci.	--	
11	Bamankat Megha N.	Comp. Sci.	--	
12	Miss. Sumita M. Jadhav	Comp. Sci.	15/06/2022	
13	Miss. Aakanksha K. Balsale	Commerce	15/06/22	
14	Miss. Amruta S. Savakure	Commerce	15/06/22	
15.	Dhoble pati Y. A.	Sci (Jr)	15/06/22	
16	Ghasale N. A.	Sci (Jr)	15/06/22	
17	Tadrear B. G.	Arts (Jr)	15/06/22	
18	Dodge S A	Comm. (Jr)	15/6/22	
19	Kasbe Suchita K	Comp. Sci	15/6/22	
20	Dhanashri Sharmy.	Comp. Sci	15/6/22	
21	Ms. Shubhangi G. Bansaude	Biotechnology	15/06/22	
22.	Shaikh Rukhsae M.	Commerce	15/06/22	
23	Dhondasee Jagtap	Zoology	15/06/22	
24	Sayali Samudhre	Sociology	15-6-22	
25.	Dr. Shilpa R. Sunware.	Biotech	15/06/22	
26	Dr. Manisha A. Dhote	Biotech	15/06/22	
27	Miss. Pratiksha D More	MICRO	25/06/22	
28	Ms. Sonali S. Pahl	MICRO	15/06/22	
29	Mr. Madhav V. Shelke	CEP	15/06/22	

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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	<i>[Signature]</i>
2	Dr. Vijay Kumar (Karnik)	Mar 2	15/6/22	<i>[Signature]</i>
3	Shivkanya Shinde	Faculty	15/6/22	<i>[Signature]</i>
4.	Nishank S. Pimple	Faculty	15-06-2022	<i>[Signature]</i>
5	Sonwane v. Rajendra	Faculty	15-06-22	<i>[Signature]</i>
6	Dr. Pallavi Bhudev Patil	Faculty	15-06-2022	<i>[Signature]</i>
7	Smt. Kulkarni C.V.	Faculty	15-06-2022	<i>[Signature]</i>
8	Smt. Ahale C.P.	-11-	-11-	Ahale
9	Smt. Jayshree M. Jadhav	-11-	15/6/2022	<i>[Signature]</i>
10	Marywha A. Shinde	-11-	15/6/2022	<i>[Signature]</i>
11.	Karuna. S. Korntarwal	-11-	15/6/2022	<i>[Signature]</i>
12	Dr. D.S. Raut	Faculty	15-6-2022	<i>[Signature]</i>
13	S.N. More	Faculty	15/06/2022	<i>[Signature]</i>
14.	MRS. Bagdure U.M.	"	15/06/22	<i>[Signature]</i>
15	Remala R. Lemate	Faculty	15/6/22	<i>[Signature]</i>
16.	Mane Pallavi R.	Faculty	15/6/22	<i>[Signature]</i>
17	Dr. K.S. Raut	Faculty	15-6-2022	<i>[Signature]</i>
18	S.P. Kulkarni	Faculty	15-6-2022	<i>[Signature]</i>
19	R.P. Bansode	Faculty	15-6-22	Bansode
20.	B.K. Jawalekar	Faculty	15-6-22	Jawalekar
21	V.D. Washmore	Faculty	15-6-22	<i>[Signature]</i>
22	Amol V. Lemate	-11-	15-6-22	<i>[Signature]</i>
23	Dr. Shivraj Kachhe	-11-	15-06-22	<i>[Signature]</i>
24.	Jopale Nishwant Karim	Faculty	15/6/22	<i>[Signature]</i>
25	Asok R. Galphode	Faculty	15/6/2022	<i>[Signature]</i>
26	Dr. Vijay J. Dalvi	-11-	15/06/22	<i>[Signature]</i>
27	Mr. A.A. Bhambhani	-11-	-11-	<i>[Signature]</i>
28	Dr. P.R. Podiya	-11-	-11-	<i>[Signature]</i>
29	Dr. S.G. Hadule	-11-	-11-	<i>[Signature]</i>

Shiv Chhatrapati Shikshan Sanstha's
Rajarshi Shahu Mahavidyalaya (Autonomous) Latur
 Department of Physical Education & Sports
Daily Attendance Register / Book

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	<i>M.S.W.</i>
2	Dr. C. A. Sawane	Faculty	15/6/22	<i>C.A.S.</i>
3	S. B. Sonkamble	Faculty	15/6/22	<i>S.B.S.</i>
4	Dr. S. M. Sonone	-11-	-11-	<i>S.M.S.</i>
5	Surgatcant masice	Librarian	15/6/22	<i>S.M.</i>
6	A. K. Shejkh	Faculty	15/6/2022	<i>A.K.S.</i>
7	V. D. Poochaj	"	"	<i>V.D.P.</i>
8	P. G. Tosh	"	"	<i>P.G.T.</i>
9	Dr. K. B. Shinde	"	"	<i>K.B.S.</i>
10	Dr. K. E. Momin	-11-	-11-	<i>K.E.M.</i>
11	Dr. D. V. Rajet	-11-	-11-	<i>D.V.R.</i>
12	Dr. D. V. Vedpathak	-11-	-11-	<i>D.V.V.</i>
13	Dr. D. V. Shahapurkar	-11-	-11-	<i>D.V.S.</i>
14	Dr. V. D. Dhormad	"	"	<i>V.D.D.</i>
15	Dr. A. A. Yadav	-11-	-11-	<i>A.A.Y.</i>
16	Rahul M. Athawale	T.P.O	15/06/2022	<i>R.M.A.</i>
17	Dr. Suresh Phule	Faculty	15/06/22	<i>S.P.</i>
18	Dr. Suresh Phule	Faculty	15/06/22	<i>S.P.</i>
19	Shekhar Garkwad	Faculty	15/06/22	<i>S.G.</i>
20	Shinde somdev D.	Faculty	15/06/22	<i>S.S.</i>
21	Rupesh C. Jami	Faculty	15/06/22	<i>R.C.J.</i>
22	Pawar S. S	"	15/06/22	<i>P.S.S.</i>
23	Sampate V. B	-11-	15/6/22	<i>S.V.B.</i>
24	Dr. Sanghapal Kalwar	-11-	-11-	<i>S.K.</i>
25	Ms. Suniti G. Swami	Faculty	-11-	<i>S.G.S.</i>
26	Ms. Ashwini M. Devatshre	Faculty	-11-	<i>A.M.D.</i>
27	Dr. D. G. Patil	"	-11-	<i>D.G.P.</i>
28	S. P. Tingusale	-11-	15/6/22	<i>S.P.T.</i>

Shiv Chhatrapati Shikshan Sanstha's
Rajarshi Shahu Mahavidyalaya (Autonomous) Latur
 Department of Physical Education & Sports

Daily Attendance Register / Book

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

Sr. No.	Name of the Player	Class	Date	Signature
01	Sadanand Nikam	Lib Att		<i>[Signature]</i>
02	R.R. Lokhande	Lab Att	15/6/22	<i>[Signature]</i>
03	B.B. Dhengle	"	15/6/22	<i>[Signature]</i>
04	N.P. Kamthare	Li'b.	15/6/22	<i>[Signature]</i>
5	S.G. Gore		15/6/22	<i>[Signature]</i>
6	N.T. Kabhure	Lib Att	15/6/2022	<i>[Signature]</i>
7	S.N. Balne	Lab Att	15/4/2022	<i>[Signature]</i>
8	R.C. Kambur	"	15/4/22	<i>[Signature]</i>
9	A.K. Dhuragi	Lab	15/06/22	<i>[Signature]</i>
10	P.S. Surawanshi	"	15/06/22	<i>[Signature]</i>
11	Bhairwad A.H.	Lab Assi	"	<i>[Signature]</i>
12	Mangale M.S.	Peon	15/06/22	<i>[Signature]</i>
13	Shinde Madhav	Lab Att	15/6/22	<i>[Signature]</i>
14	Gansode Y.M.	Peon	15/06/22	<i>[Signature]</i>
15	A.J. Koshi	Peon	15/6/22	<i>[Signature]</i>
16	A.B. Boyne	Att	15-6-22	<i>[Signature]</i>
17	R.P. Swami	Asst. Prof.	15-6-22	<i>[Signature]</i>
18	Priya B. Londhe	Asst. prof.	15.6.22	<i>[Signature]</i>
19	Dongapure S.B.	"	15.6.22	<i>[Signature]</i>
20	Jadhav S.R.	IT	15.6.22	<i>[Signature]</i>
21	Shairh R.S.S.	IT	15.6.22	<i>[Signature]</i>
22	Bhatore m.B.	IT	15.6.22	<i>[Signature]</i>
23	Khandkure S.B.	Peon IT	15.06.22	<i>[Signature]</i>

Date: 16 June 2022

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



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