



JALGAON DISTRICT MARATHA VIDYA PRASARAK SAMAJ'S
**SHRI.S.S.PATIL ARTS, SHRI.BHAUSAHEB T.T. SALUNKHE COMMERCE
AND SHRI.G.R.PANDIT SCIENCE COLLEGE, JALGAON (M.S.)**
(NUTAN MARATHA COLLEGE, JALGAON)

E-Mail :- jdmvp.prin@gmail.com

Web :- <http://www.jdmvpascjal.ac.in>

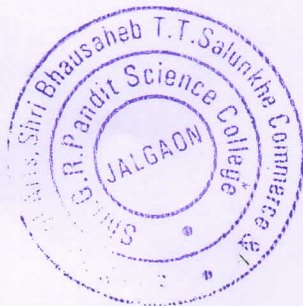
Dr .L. P. Deshmukh (M.Sc. Ph.D)
Principal

Re.No.NMCJ/20 -20

Date: / /

5.1.2 Following capacity development and skills enhancement activities are organised for improving students' capability for Educational year 2021-22 (soft copy of brochure/web link to particular programme/photograph with date and caption for each event)

Sr. No.	Name of the capacity development and skills enhancement program	Period (from date - to date)
1	University Online Workshop on Physical Education	15th July to 20 July 2021
2	One day Olympic Workshop	05-Aug-21
3	One Day National Webinar on Sports	03 Sept. 2021
4	01 Week National Workshop on Fit India Movement	27 Sept. to 02 Oct. 2021
5	Suryanmaskar, Yoga Practice and Health (Online)	12-02-2022



PRINCIPAL
J.D.M.V.P.S.

Shri S.S. Patil Arts, Shri Bhausaheb
T.T. Salunkhe Commerce and
Shri G.R. Pandit Science College, Jalgaon



ऑलिम्पिक जागरण

दिनांक - 15 जुलै ते 20 जुलै 2021 वेळ - सकाळी 8 ते 10

15 July



मारुती आडकर
ऑलिम्पिक वीर कुस्ती

16 July



हेमंत डोणगावकर
अंतरराष्ट्रीय खेळाडू व
मार्गदर्शक वॉडी विल्डींग

17 July



कविता राजत
ऑलिम्पिक अॅथलेटिक्स

18 July



नवनाथ फरताडे
वर्ल्ड चॅम्पीयन शुटींग

19 July



डॉ. प्रदिप तळवेलकर
शिव छत्रपती पुरस्कार प्राप्त

20 July



योगेश दाधवे
कॉमन वेल्थ मेडलीस्ट ज्युदो



कवयित्री बहिणाबाई चौधरी उत्तर महाराष्ट्र विद्यापीठ, जळगाव

जिल्हा क्रीडा अधिकारी कार्यालय, जळगाव

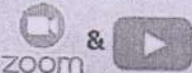
श्री. व्ही. एस. नाईक महाविद्यालय, रावेर

नुतन मराठा महाविद्यालय, जळगाव

यांचे संयुक्त विद्यमाने

ऑलिम्पिक जागरण

On Zoom APP



Zoom
YouTube Live
Dt. 15 to 20 July 2021

INDIA



आयोजन समिती



डॉ. एल पी. देशमुख
प्राचार्य - नुतन मराठा,
व्यवस्थापन परिषद सदस्य
क.व.चौ.उ.म.वि., जळगाव



डॉ. पी. व्ही. दलाल
प्राचार्य
श्री व्ही.एस. नाईक महाविद्यालय
रावेर



डॉ. दिनेश पाटील
क्रीडा संचालक
क.व.चौ.उ.म.वि., जळगाव



श्री. मिलिंद दिक्षित
जिल्हा क्रीडा अधिकारी
जळगाव



प्रा. सुभाष वानखेडे
शा.शि. संचालक
नुतन मराठा महाविद्यालय



प्रा. उमेश पाटील
शा.शि. संचालक
श्री व्ही.एस.नाईक महाविद्यालय
रावेर



PRINCIPAL
Shri. S.S. Patil Arts, Shri. Bhausaheb T.T. Salunkhe
Commerce & Shri. G.R. Pandit Science College
Jalgaon



**Kavayitri Bahinabai Chaudhari
North Maharashtra University, Jalgaon
District Sports Office, Jalgaon &
Olympic Awareness Committee,
Jointly Organize**

**Celebration of 75 Years of India's Independence
"Azadi Ka Amrit Mahotsav"**

**1 WEEK NATIONAL WORKSHOP ON
FIT INDIA MOVEMENT**

Date - 27th Sep. 2021 to 2nd Oct. 2021 | Time - 11 am to 1 pm

27 Sep.



Diet & Sports Nutrition
Dr. Birendra Jhajharia
LNIPE, Gwalior

28 Sep.



Sports Psychology
Dr. Aparna Ashtaputre Sisode
Dr. B.A.M.U., Aurangabad

29 Sep.



Training & Fitness
Suyash Burkal
Nashik

30 Sep.



Yoga
Shri. Sachin Patil
Burhanpur

1 Oct.



Sports Physiotherapy
Dr. Anil Karvaude
Nagpur

2 Oct



Debate on Sports



On Zoom APP
&
Zoom & YouTube Live

Organizing Committee



Dr. L.P. Deshmukh
Principal
Nutan Maratha College
Member of Management
Council KBCNMMU, Jalgaon



Dr. P.V. Dalal
Principal
Shri V. S. Naik
College, Raver



Dr. Dinesh Patil
Director of Sports
KBCNMMU,
Jalgaon



Mr. Milind Dixit
District Sports
Officer,
Jalgaon



Prof. Subhash Wankhade
Director of Phy. Edu.
Nutan Maratha College,
Jalgaon



Prof. V. S. Naik
Director of Phy. Edu.
Shri V. S. Naik
College, Raver



Dr. Anand Upadhyay
Director of Phy. Edu.
Nahata College,
Bhusawal



Dr. Chand Khan
Director of Phy. Edu.
H.J. Thim Arts &
Sci. College, Jalgaon



Dr. Devendra Dhakad
Director of Phy. Edu.
Dadasaheb
Royal College,
Dondacha



Dr. Priyanka Sulakhe
Director of Phy. Edu.
J.K. Shiv Arts College,
Nijampur, Jalgaon



Dr. Mahesh Patil
Director of Phy. Edu.
T.R. Gani Arts Ccm.
& Sci. College, Sherdurna



Dr. Chand Khan
Director of Phy. Edu.
H.J. Thim Arts &
Sci. College, Jalgaon
Dr. Priyanka Sulakhe
Director of Phy. Edu.
J.K. Shiv Arts College,
Nijampur, Jalgaon
Dr. Mahesh Patil
Director of Phy. Edu.
T.R. Gani Arts Ccm.
& Sci. College, Sherdurna



ऑलिम्पिक जागरण समिती

आणि

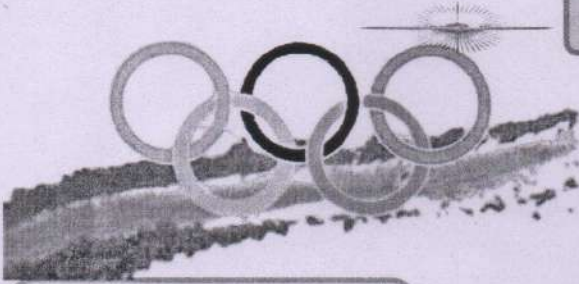
इकरा एच.जे.थीम महाविद्यालय जळगांव

यांचे संयुक्त विद्यमाने आयोजित

एक दिवशीय राष्ट्रीय कार्यशाळा



ऑलिम्पिक जागरण



प्रमुख मार्गदर्शक



प्रा. डॉ. उदय डोंगरे

क्रीडा विभाग प्रमुख,
शिवाजी कला, वाणिज्य व विज्ञान महाविद्यालय, कन्नड

YouTube



zoom

वेळ:

दु.०२:०० ते ०४:००

दिनांक :

०५ ऑगस्ट २०२१ रोजी

आयोजक



डॉ. एल. पी. देशमुख

प्राचार्य, नूतन मराठा महाविद्यालय व
व्यवस्थापन परिषद क.ब.चौ.उ.म.वि.जळगाव



डॉ. पी.व्ही.दलाल

प्राचार्य, श्री. व्ही. एस. नाईक
महाविद्यालय, रावेर



डॉ. सयेद शजाअत अली

प्राचार्य, इकरा
एच. जे. थीम कॉलेज जळगांव



डॉ. दिनेश पाटील

क्रीडा संचालक, क.ब.चौ.उ.म.वि.
जळगाव



प्रा.डॉ. चांद खान

शा. शि. संचालक, इकरा
एच. जे. थीम कॉलेज, जळगांव



प्रा. सुभाष वानखेडे

शा. शि. संचालक,
नूतन मराठा महाविद्यालय, जळगाव



प्रा. उमेश पाटील

शा. शि. संचालक, श्री व्ही. एस. नाईक
महाविद्यालय, रावेर

ZOOM MEETING ID :

410 040 8292

PASSWORD:

123

<https://chat.whatsapp.com/LTu60lXaJB4BUFRPifvIBE>

JOIN US ON:

Zoom Meeting link:

<https://us02web.zoom.us/j/4100408292?pwd=bFI>

Youtube URI:

https://youtu.be/FScaB3ng_9w

PRINCIPAL
Shri. S.S. Patil Arts, Shri. Bhau Sahab T.T. Salunkhe
Commerce & Shri G.R.Pandit Science College
Jalgaon

Registration Link:
<https://forms.gle/pKQCxd4PzEN9fbET9>



स्वोद्धारक विद्यार्थी संस्थेचे

दादासाहेब रावळ महाविद्यालय, दोंडाईचा.
ता. शिंदखेडा, जि. धुळे (महाराष्ट्र) ४२५४०८

One Day National Webinar on Sports - 2021

दिनांक ०३ सप्टें. २०२१



वेळ- सकाळी ०९:०० वाजता

आमचे आंधार स्तंभे



शिक्षण मंडळी मा.दादासाहेब रावळ
संस्थापक अध्यक्ष
स्वोद्धारक विद्यार्थी संस्था



विकासवदन मा. सरकारीशासकीय रावळ
अध्यक्ष
स्वोद्धारक विद्यार्थी संस्था



मा.जा.अच्छुमारमाळ रावळ
अध्यक्ष
स्वोद्धारक विद्यार्थी संस्था

कार्यक्रमाचे अध्यक्ष ज्योत्सना



डॉ. जे.के. पटिल
स्वोद्धारक विद्यार्थी संस्था,
दोंडाईचा, जि. धुळे

विशेष आभारित



डॉ. सु.के. पटिल, एम.पी. देवगुण
शुभम स्वराज मराठीशाळा, जळगाव
सावरवाला परिषद सदस्य (आयडी) उमेशी मळगाव



डॉ. जे.के. पटिल, डॉ. एम.के. पटिल
श्री.जी.एस.पटिलशाळा,
राजूर, जि. जळगाव

प्रमुख वक्ते



डॉ. श्रीराम विठ्ठल चव्हाण
ज्येष्ठ प्राध्यापक, शिक्षणमंत्री पुरस्कार व
एड विभागा अध्यक्ष

प्रमुख पाहुणे



डॉ. विठ्ठल चव्हाण, डॉ.ए.के. पटिल
अध्यक्ष, जळगाव

समन्वयक



डॉ. जे.के. पटिल,
मा.जि. संभाकर शास्त्रकार शाळा परिसर, दोंडाईचा.

विशेष सहकार्य



डॉ. जे.के. पटिल
मा.जि.संभाकर शाळा परिसर, दोंडाईचा.



डॉ. सुभाष चव्हाण
मा.जि. संभाकर शाळा परिसर, दोंडाईचा.

आयोजन समिती

डॉ. जे.के. चव्हाण
डॉ.जी.बी. शिंदेराव
डॉ. एम.एस. चव्हाण

डॉ. पी.एस. निरसे
डॉ. सी.एस. नाथ
डॉ. के.डी. गवई

श्री. अर. अर. शिंदेराव
डॉ. पी.एस. इंगळे
डॉ. ए.पी. शिंदेराव

महाविद्यालयीय स्तरीय प्राध्यापक आणि शिक्षकेतर कर्मचारी व ऑनलाईन जागरण समिती-२०२१, जळगाव

Registration Link:

<https://forms.gle/QmDR5xhCPHTU5FA>

Whatsapp Group Join

<https://chat.whatsapp.com/TrS44E02r6jIXmBqW1pSn>

Join Zoom Meeting

<https://us02web.zoom.us/j/89570835034?pwd=LnNlUkVlR2ZVagE1QUtQaWk0QZEdsQZ09>

Meeting ID: 895 7083 5034

Passcode: 12345

YouTube link is https://youtu.be/7FKKahj2_cM

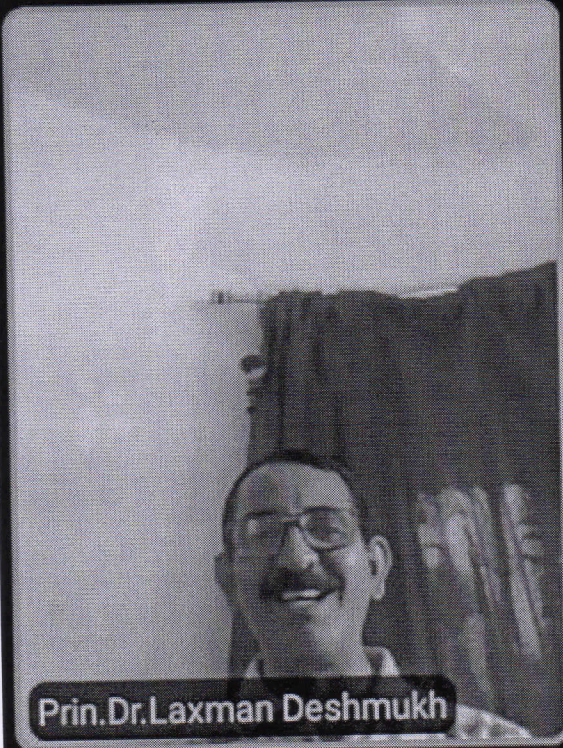
After successful feedback of the workshop you will get e-certificate on your email.



PRINCIPAL

Shri.S.S.Patil Arts, Shri Bhausaheb T.T.Salunke
Commerce & Shri G.R.Pandit Science Collage
Jalgaon

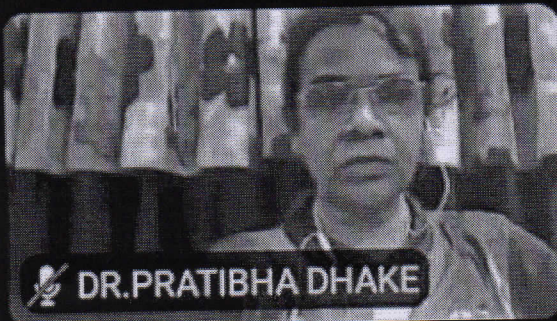
LIVE



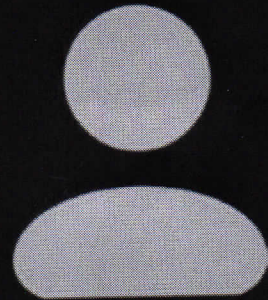
Prin. Dr. Laxman Deshmukh



Milind Dixit



DR. PRATIBHA DHAKE

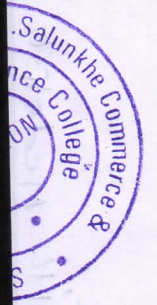


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Prin. Dr. Laxman Deshmukh
Principal
T.T. Salunkhe
College of Commerce &
Management Studies
Jalgaon (M.S.)



Olympic
Jagran
online
Attendace



[Signature]

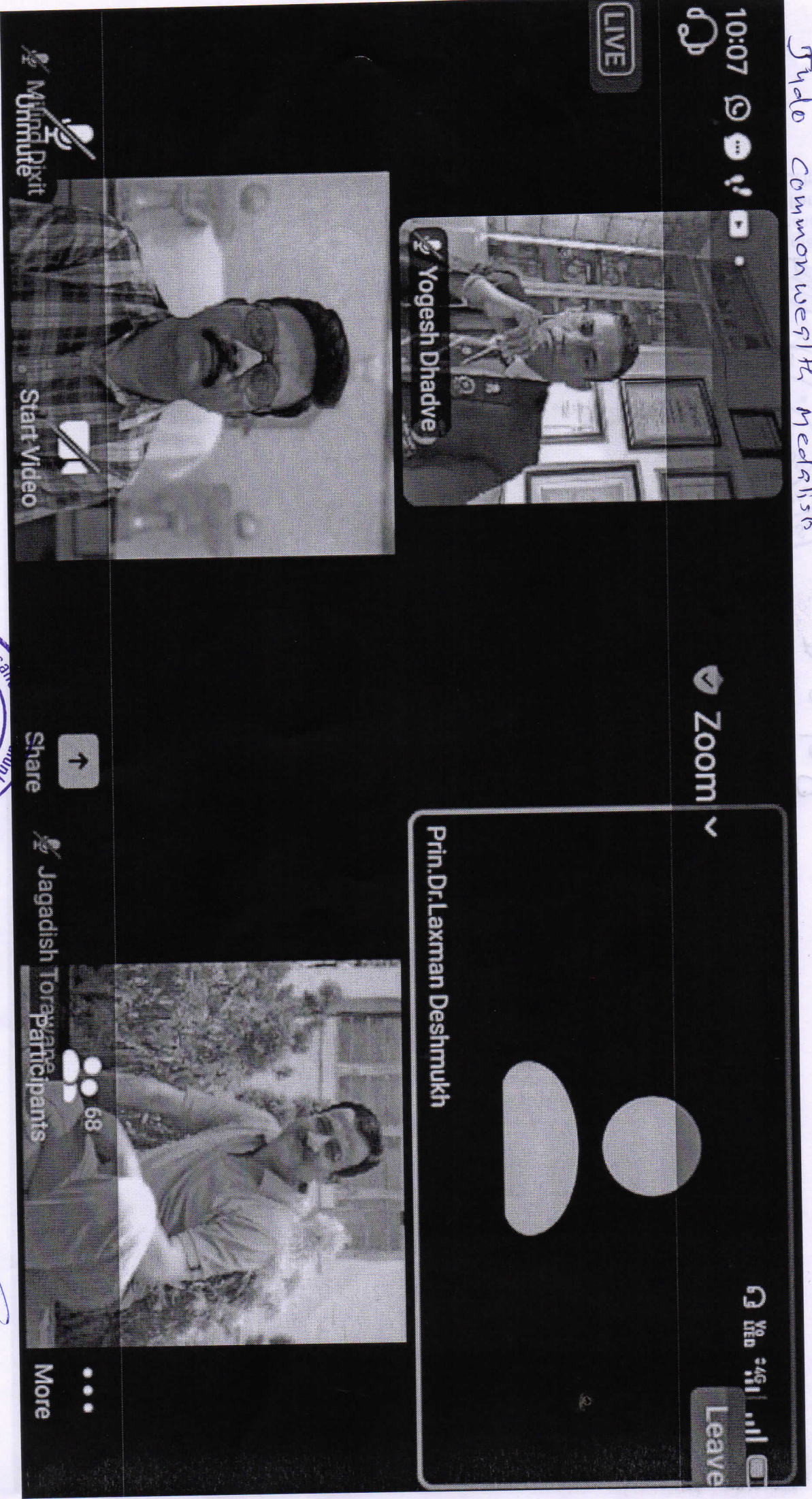
Dr. T.T. Salunkhe
Principal
T.T. Salunkhe
College of Commerce &
Management Studies
Jalgaon (M.S.)

Prin. Dr. Laxman Deshmukh
Principal
T.T. Salunkhe
College of Commerce &
Management Studies
Jalgaon (M.S.)

Dr. T.T. Salunkhe
Principal
T.T. Salunkhe
College of Commerce &
Management Studies
Jalgaon (M.S.)

1) Mr. Yogesh Dhadve,
Jhalo Commonwealth Medalist

Handwritten notes in blue ink, partially illegible.



Mr. Milind Dixit,
District Sports Officer



J.D.M.V.P. Samaj's
PRINCIPAL
Shri. S.S. Patil Arts, Shri. Bhausaheb T.T. Salunkhe
Commerce and Shri. G.R. Pandit Science
(Nutan Maratha) College, Jalgaon. (M.S.)



॥ अंतरी पेटवृ ज्ञानज्योत ॥

कवयित्री बहिणाबाई चौधरी उत्तर महाराष्ट्र विद्यापीठ, जळगाव
Kavayitri Bahinabai Chaudhari North Maharashtra University, Jalgaon

क्रीडा विभाग

जा.क्र. कबचौउमवि/क्रीडा/ 16 /2021

दिनांक : 10/07/2021

प्रति,

मा. प्राचार्य/संचालक,

कवयित्री बहिणाबाई चौधरी उत्तर महाराष्ट्र

विद्यापीठाशी संलग्नीत सर्व महाविद्यालये व संस्था यांना सविनय सादर..

विषय :- “ऑलम्पिक जागरण” या उपक्रमात सहभागी होऊन टोकियो ऑलम्पिक स्पर्धेत सहभागी होणाऱ्या राज्यातील व देशातील खेळाडूंना शुभेच्छा देणेबाबत..

महोदय,

उपरोक्त विषयान्वये दि. 23 जुलै ते 05 सप्टेंबर, 2021 दरम्यान टोकियो येथे होणाऱ्या ऑलम्पिक स्पर्धेत महाराष्ट्र राज्याचे 10 खेळाडूंसह देशातील इतर खेळाडू सहभागी होणार आहेत. या खेळाडूंना शुभेच्छा व प्रोत्साहन देण्यासाठी महाराष्ट्र राज्यातील खेळाडूसोबतच देशातील सहभागी खेळाडूंना अधिकाधिक प्रोत्साहन मिळावे, त्यांचे मनोबल वाढवावे तसेच कोविड-19 च्या प्रादुर्भाव कमी होत असतांना खेळाचे वातावरण निर्मिती व्हावी. याकरीता सर्वांनी प्रयत्न करणे गरजेचे आहे.

कवयित्री बहिणाबाई चौधरी उत्तर महाराष्ट्र विद्यापीठ, जळगाव, जिल्हा क्रीडा अधिकारी कार्यालय, जळगाव, जिल्हा मराठा विद्याप्रसारक सहकारी समाज संचालित नूतन मराठा महाविद्यालय, जळगाव तसेच रावेर परिसर शिक्षण प्रसारक मंडळ संचालित श्री. विठ्ठलराव शंकरराव नाईक महाविद्यालय, रावेर यांचे संयुक्तिक विद्यमाने “ऑलम्पिक जागरण” हा उपक्रम दि. 15 ते 20 जुलै, 2021 या दरम्यान सकाळी 8.00 ते 10.00 या वेळेत Online Zoom App, youtube Live होणार असून विविध क्रीडा प्रकाराचे माजी ऑलम्पिक व आंतरराष्ट्रीय खेळाडू मार्गदर्शन करणार आहेत. कार्यक्रमात सहभागी व्यक्तींनी आपली माहिती भरून प्रमाणपत्र प्राप्त करून घ्यावयाचे आहे. तसेच Link प्राप्त होण्यासाठी प्रा.उमेश पाटील 9730623497 व प्रा.सुभाष वानखडे 8605704535 या whatsapp ग्रुपवर नोंदणी करावी.

या कार्यक्रमाचे उद्घाटन विद्यापीठाचे मा. प्रभारी कुलगुरु ई. वायुनंदन यांचे हस्ते Online पध्दतीने होणार असून या प्रसंगी मा. प्र. कुलसचिव व इतर मान्यवर उपस्थित राहणार असून आपल्या महाविद्यालयातील शा.शि.संचालक, प्राध्यापक, शिक्षक, शिक्षकेतर कर्मचारी, सर्व खेळाडू व क्रीडा प्रेमी यांना Online पध्दतीने उपस्थित राहण्यास आपल्या स्तरावरून सूचना द्याव्यात ही विनंती.

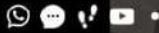
कळावे-धन्यवाद!

आपला विश्वासू,

(डॉ.दिनेश पाटील)

क्रीडा संचालक

10:07



LIVE

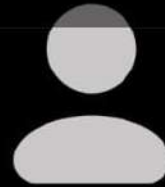


Yogesh Dhadve

Zoom



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Prin.Dr.Laxman Deshmukh



Unmute

Start Video

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Jagdish Torawane



Participants 68

More

23:03

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Rajesh Jadhav Jaig...	Milind Dixit	Chandrakant kambli...	Prin.Dr.Laxman Des...
Dr.P.R.Chaudhari	Prin. Paresh Dalal, R...	Lucky	Prin. Dr. Rajendra S...
Dilip Patil	Subhash Wankhade	S.r. Jadhav sir Sir	

zoom

00:30



HEMANT DONGAONKAR



Milind Dixit



Prin. Paresh Dalal, Raver



S.r. Jadhav sir



Subhash Wankhade



A P Patil

zoom

00:30



HEMANT DONGAONKAR



Milind Dixit



Prin. Paresh Dalal, Raver



S.r. Jadhav sir



Subhash Wankhade



A P Patil

zoom

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Subhash Wankhade

Dinesh Patil

Dr. Chandkhan

A Karim Salar

Shujat Ali

Principal, Parash Dalal, Ra...

Dr. zahid hasan jafri

zoom



Kishor Pathak



Oly. Anand Menezes



Milind Dixit



Dr. Pratibha Dhake



Dr. Devendra Dhakad



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JDMVP Samajs



Rajendra



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Dr. S. A.



Indira



Dinesh



Kishor 35 others



REC

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Celebration of 75 Years of India's Independence
"Azadi Ka Amrit Mahotsav"
1 WEEK NATIONAL WORKSHOP ON FIT INDIA MOVEMENT

Date - 27th Sep, 2021 to 2nd Oct, 2021 | Time - 11 am to 4 pm

27 Sep	28 Sep	29 Sep	30 Sep	1 Oct	2 Oct
Host & Sports Scientist Dr. Sandeep Bhatnagar IIS, B.A.N. Lucknow	Guest Personality Dr. Anjali Arora IIS, B.A.N. Lucknow	Guest Dr. Vaidya Prasad IIS, B.A.N. Lucknow	Guest Dr. Prashant Kumar IIS, B.A.N. Lucknow	Guest Dr. Anil Kumar IIS, B.A.N. Lucknow	Guest Dr. Anil Kumar IIS, B.A.N. Lucknow

Milind Dixit

Prin. Dr. Paresh Dalal,...

Rehaan Reyaansh

Ajaypal Upadhyay



REC

LIVE



Subhash Wankhade Sir



Sanjay misar



anand



Dr Shrikishna Belorkar



LIVE



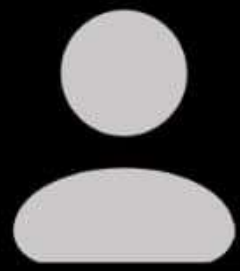
Prin. Dr. Laxman Deshmukh



Milind Dixit



DR. PRATIBHA DHAKE



89123688737





Zoom



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Subhash Wankhade



Principal, Paresh Dalal, Raver



A Karim Salar



Shujat Ali



Unmute



Stop Video



Share

48

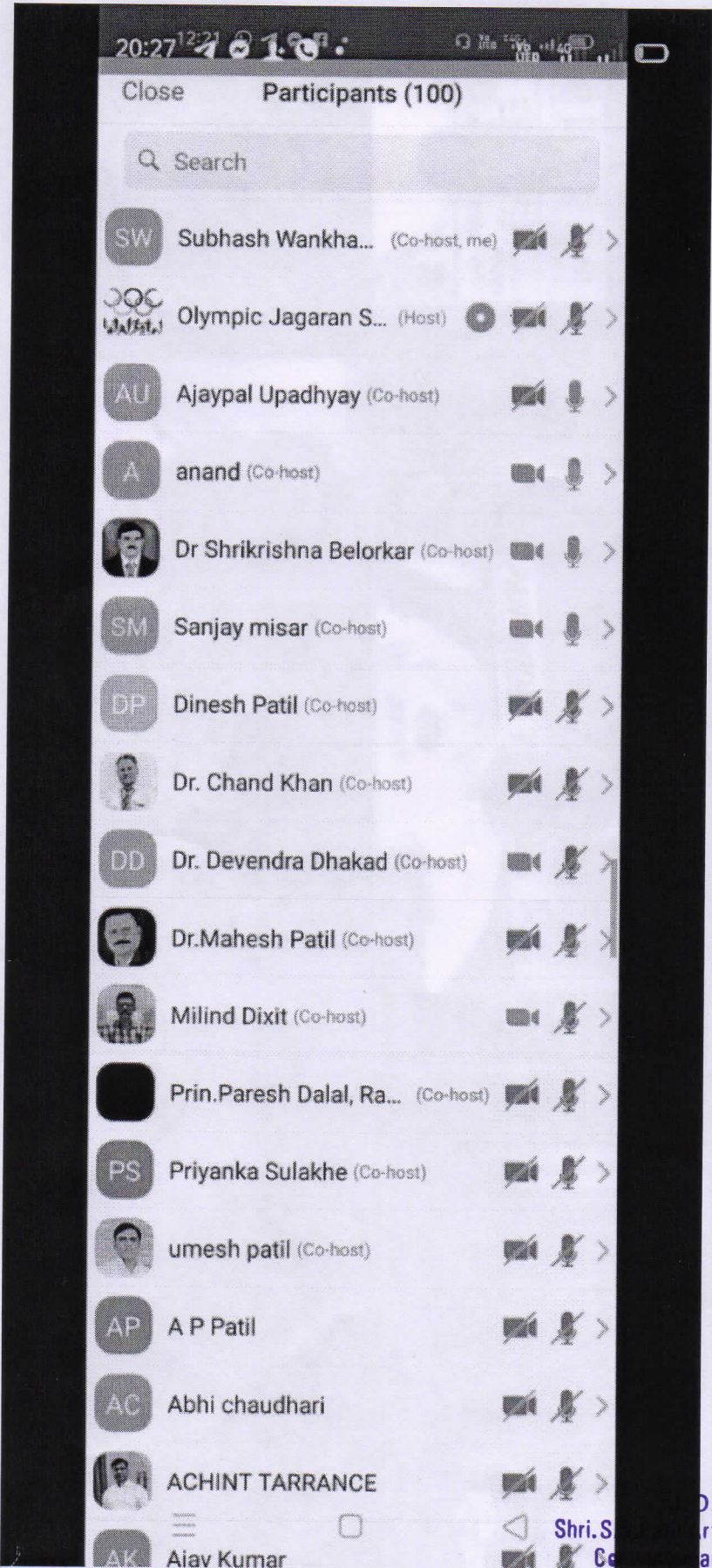
Participants

13

More



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 Commerce and Arts, Shri. G. R. Pandit
 Science College, Jalgaon (M.S.)



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 Commerce and Arts, Shri. G. R. Pandit
 Science College, Jalgaon (M.S.)



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 Commerce and Shri. G. R. Pandit Science
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(S.M.)
19/08/2020



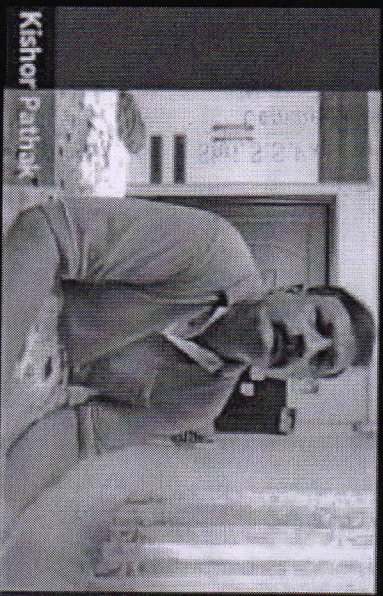
Mr. Anand Menezes, 2000 Sydney Olympic Athlete



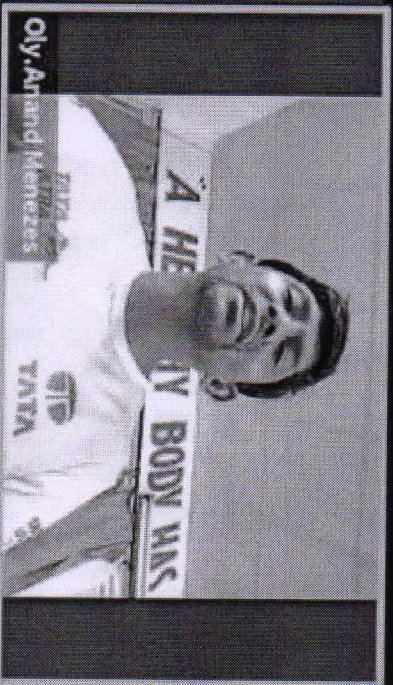
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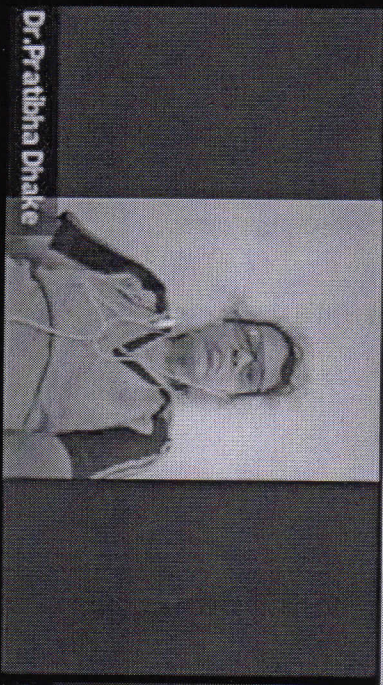
Kishor Pathak



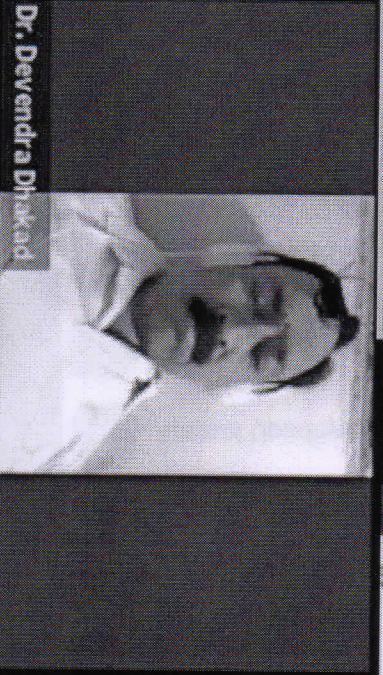
Oly. Anand Menezes



Milind Dixit

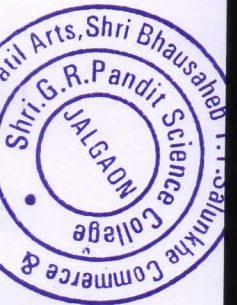


Dr. Pratibha Dhake



Dr. Devendra Dhakad

Zoom



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SURYANAMASKAR, YOGA PRACTICE AND HEALTH(Onlile)-

Objectives-

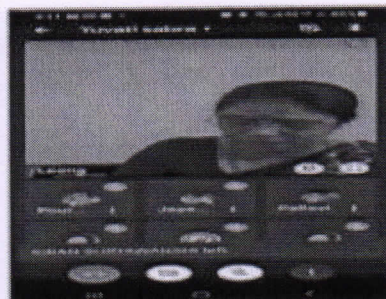
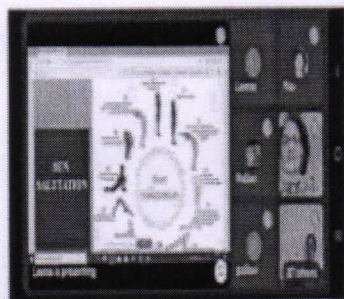
Prepare the students physically and mentally for the integration of their physical, mental and spiritual faculties so that the students can become healthier, saner and more integrated members of the society and of the nation.

Outline-

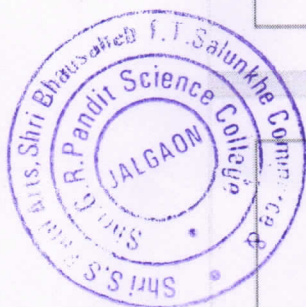
On 15/2/2022 Dr.Leena Chaudhari –Ass. Prof. – Yoga Guidance center KBC NM university Jalgaon.guided about the importance of Surya Namaskar on Yoga practice and health and give guidance on the importance of yoga and health. 41 girls participated. Satisfactory answers the questions were given by her in this program. The chair person of the program was principal of the College Dr.L.P.Deshmukh The program was conducted online.

Outcomes-

- 1 Understand importance of suryanamaskar.
- 2 The tendency to practice yoga was awakened among the students.
- 3 Realized the importance of yoga for the treatment of various diseases.
- 4 Understand importance of yoga to increase concentration positive approach and happiness .
- 5 The student got ready to practice yoga every day.



35/48



SELF-DEFENSE WORK SHOP-

Objectives-

- 1 To develop self confidence in girl students
- 2 Be spontaneous.
- 3 To empower girls.
- 4 To make them able to defend against physical assault.
- 5 To strive for girls physical and mental health improvement.

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- 2 To develop self confidence in girl students.
- 3 To reduce stress and conflicts.
- 4 To increase positive qualities like punctuality, flexible attitude, willingness to learn, friendly nature.
- 5 Be spontaneous.
- 6 To empower girls.

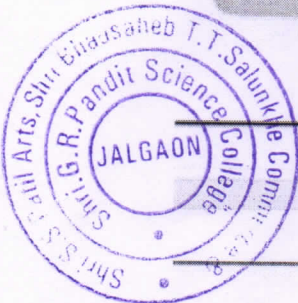
Outline-

Personality development workshop was organized for female students in which 70 female students participated. The workshop was inaugurated by Mrs. SangeetaPatil, Director of INIFD. The program was presided over by Hon'ble L.P. Deshmukh, Principal of the college.

The first resource person Mrs. SangeetaPatil guided the students on how to live life and how to achieve what they set their mind to and she also gave supportive answers to the questions of the students. The second resource person Prof. Dr. SudhaKharate gave a lecture on the importance of language in leading happy life and how language can express our thoughts and emotions in various ways. For this she gave examples of various prose and poems and also answered the questions of the students.

The third resource person, Sau.SarikaDafre , Education officer (Govt. of India) guided the girls on how to face the competitive examinations and how to control the stress during the exams.

Fourth resource person Dr. Arti Gore Academic council member KBC NMU gave guidance on yog and stress management as well as yoga and women's health.



Outcomes-

- 1 Confidence was created among the students.
- 2 They expressed their thoughts spontaneously while giving feedback.
- 3 openly discussing all the issues with the resource persons.
- 4 Overcome self-doubt, and be able to assert one self in professional setting.
- 5 Verbal and non verbal communication abilities increases active listening and

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SHRI T.T. SALUNKHE COMMERCE
& SHRI G.R.PANDIT SCIENCE COLLEGE JALGAON.

YUVATI SABHA REPORT-2020-21

In the academic year 2020-21, the entire world was gripped by CORONA pandemic.

Online lecture on Yoga

Objectives-

- 1 To build powerful physical, mental and spiritual health system.
- 2 To increase strength and concentration, Positivity and happiness.
- 3 Reduce stress.
- 4 Reduce depression

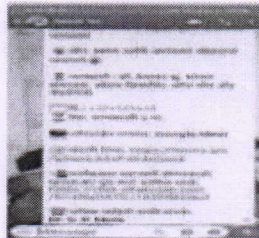
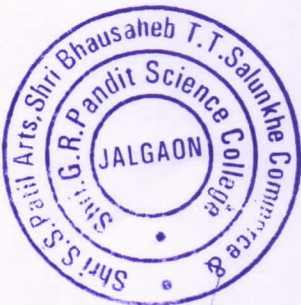
Outline-


On 2/1/21 online lecture was organized yoga specialist Dr. Somar give lecture on- sakhije vanjagnya cha Raj yog. 36 girls are participated.

Outcomes-

- 1 For Physical, mental and spiritual health they started looking at yoga.
- 2 They learned various yoga practices to reduce stress and depression.
- 3 Positive attitudes, happiness increased in them.

27/48




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YOGA FOR HEALTH (26-9-18 to 03-10-18)

Objectives-

Prepare the students physically and mentally for the integration of their physical, mental and spiritual faculties so that the students can become healthier, saner and more integrated members of the society and of the nation.

Outline-

Yoga teacher Dr.MadhuriPatil and National player of yoga JanhaviPatil gave information and demonstration on all subjects of health, mental development, yoga and employment creation in eight days. Yoga bhushan Anita Patil was present on the concluding day.

On the first day, the importance of yogasana for staying healthy as well as diversity and how yogasana treat various diseases were explained with a demonstration.

On second day, supplements for mental development, eye exercises, exercises for peace of mind, meditation, shavasana, makarasana were explained with demonstration.

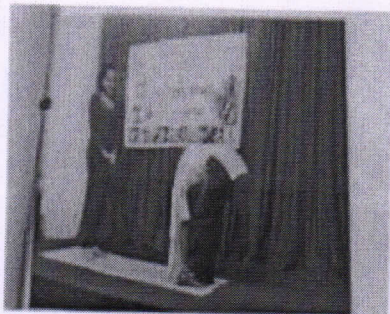
On the third day pranayam meditation to supplement was said to increase memory.

On last day, yoga is a form of sports and information was given about making athletes, various yoga competition and about yoga trainer.

Outcomes-

- 1 Understand how to increase concentration.
- 2 The tendency to practice yoga was awakened among the students.
- 3 Realized the importance of yoga for the treatment of various diseases.
- 4 The importance of employment generation from yoga was realized.
- 5 The student got ready to practice yoga every day.

7/48



yogasana demonstration

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Yoga bhushan Anita Patil was present on the concluding day.



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Dr. Nysalhari Patil
Mobile training 2024

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Online Attendance to Log

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Rajendra

R



Madhuri



Kishor



You



Mayur

M



Bhagwat



Dr. S. A.



Rajesh 27 others



Rajendra

R



Madhuri



Kishor



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Mayur

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Bhagwat



Dr. S. A.

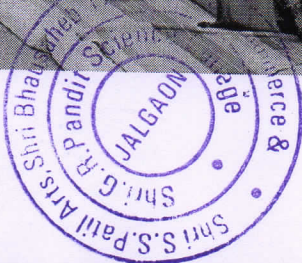


Rajesh 27 others



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Practising Yoga



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