

To

The Principal
Arts, Science and Commerce College,
Chikhaldara

Subject: Request for permission to organize "Add-on course on Balance Diet and Yoga" And
International Yoga Day 21 June 2023.

R/Sir,

I hope this letter finds you well. I am waiting to seek your permission to organize Add-on course on Balance Diet and Yoga And International Yoga Day, 21 June, At police kawayat Maidan, Chikhaldara premises and Add-on course at college premises from 12 June to 21 June 2023 at 7.00 to 10.00 am. .

The purpose of this event is providing Balance diet, yoga knowledge, and to motivate local as well as college students to take part in the Add-on course for their good health. We believe it will contribute significantly to the overall development and engagement of our college community.

We assure you that necessary arrangements and precautions will be taken to ensure the smooth conduct of the event without causing any disturbance to regular college activities.

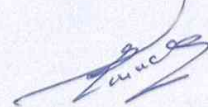
We kindly request your approval for this initiative and would be grateful for any guidance or conditions you may have.

Thank you for considering our request. We look forward to your positive response.

Date: 11/06/2023

Chikhaldara

Sincerely



Dr. P. G. Gawande

Director of Physical Education and Sports

P. G. GAWANDE
Director of Physical Education
Arts, Sci. & Commerce College, Chikhaldara

Sipna Shikshan Prasarak Mandal Amravati's,
Arts, Science & Commerce College, Chikhaldara, District Amravati

Department Of Physical Education and Sports and N.S.S.

21 June 2023, International Yoga Day and Add-on course on "Balance Diet and Yoga"

Jointly organized with

B. S. Patil Mahavidyalaya, Paratwada, Late C. M. Kadhi College, Paratwada,
Tahsil office, Nagar Parishad office, Police station, Chikhaldara and Girijan Sharirik
Shikshan Mahavidyalaya, Chikhaldara, District Amravati

Report

Name of Committee's	: Sports and NSS
Year	: 2023-24
Title of program conducted	: International Yoga Day, Add-on course on " Balance diet and Yoga"
Date of program	: 12 to 21 June 2023
Objective of program	: <ul style="list-style-type: none">• Help to achieve holistic health of every individual.• Enable the students to have good health and integrate moral values.• Stay healthy through Yoga.• Advance Knowledge of balance Diet and Yoga
Number of beneficiaries	: Add-on Course- 51 and Yoga Day- 294
References	: As per Meeting with Hon. Principal
Brief summary of the program	:

Department of Physical education & sports, Food Science and National Service Scheme of Arts, Science And Commerce College, Chikhaldara, District Amravati, Jointly organized 21 June International Yoga Day with B. S. Patil Mahavidyalaya, Paratwada, Late C. M. Kadhi College, Paratwada, Tahsil office, Nagar Parishad office, Police station and Girijan Sharirik Shikshan Mahavidyalaya, Chikhaldara, District Amravati. This year's theme was "Yoga for Vasudhaiv Kutumbkam", (One Earth, One Family, One Future). Also on this occasion Arts,

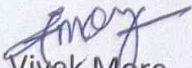
Science and commerce college Chikhaldara organized 10 Days Add-on course on "Balance Diet and Yoga" from 12 June to 21 June 2023 in college premises.


On the occasion of International Yoga Day, in concluding ceremony, dignitaries present on the dais were, Principal Dr. R.S. Jaipurkar, Ku. Maya Mane, Tahsildar, Chikhaldara, Mrs. Nimaje madam, Shri. Mandar Puri, Thanedar, Police Station, Chikhaldara, Social worker Ashrafbhai, Principal Prof. Anil Nimbekar, Girijan Sharirik Shikshan Mahavidyalaya, Chikhaldara. They were welcomed by offering bouquet.

Principal Dr. R.S. Jaipurkar, former Pro-Vice chancellor of Sant Gadge Baba Amravati University Amravati, in his presidential address guided the gathering saying, International Yoga Day is observed globally, to highlight the importance of yoga day in the contemporary era and Yoga should become an integral part of every one's life to make India fit and healthy. Smt. Maya Mane Tahsildar, Chikhaldara, Thanedar Shri. Mandar Puri Police station, Chikhaldara were prominently present on this occasion.

Dr. K. N. Shaha, Dr. N.Y. Bhoge, Dr. Ravindra Sawarkar, Shri. Jangbahadur Varma was present as Balance diet & Yoga experts to deliver lectures on Balance diet & Yoga. They delivered the lectures with demonstration of various asanas, Pranayama and meditation in the add-on course for 10 days. Total 51 students attended add-on course and 294 participants attended the International yoga day programme. Participants from both the organizing colleges from Paratwada were online present in the program through "Zoom" on 21 June 2023. Both the speakers simplified yoga postures sharing several tips, dietary tips also shared by them in both the programs.

Introductory remarks, conduct of Programme and vote of thanks were proposed by Dr. P. G. Gawande, Director Of Physical Education and Sports. N.S.S. Coordinator Prof. Vivek Morey, Dr. P. G. Gawande, Dr. N. Y. Bhoge, Dr. K. N. Shaha, Shri. Hemant Bakshi, Shri. Jangbahadur Varma, non teaching staff of ASCC and GSSM, Chihaldara took efforts for the success of programme. The add-on course was successfully organized for 10 days. Yoga Day was celebrated with warmth and enthusiasm with large participation from locals.


Prof. Vivek More
Programme Officer
National Service Scheme
Science & Commerce Co
Chikhaldara Pin-444807


Dr. P. G. Gawande
P. G. GAWANDE
Director of Physical Education
Arts, Sci. & Commerce College, Chikhaldara


Dr. R. S. Jaipurkar
PRINCIPAL
Arts, Science & Commerce College
Chikhaldara

Published News in daily news paper

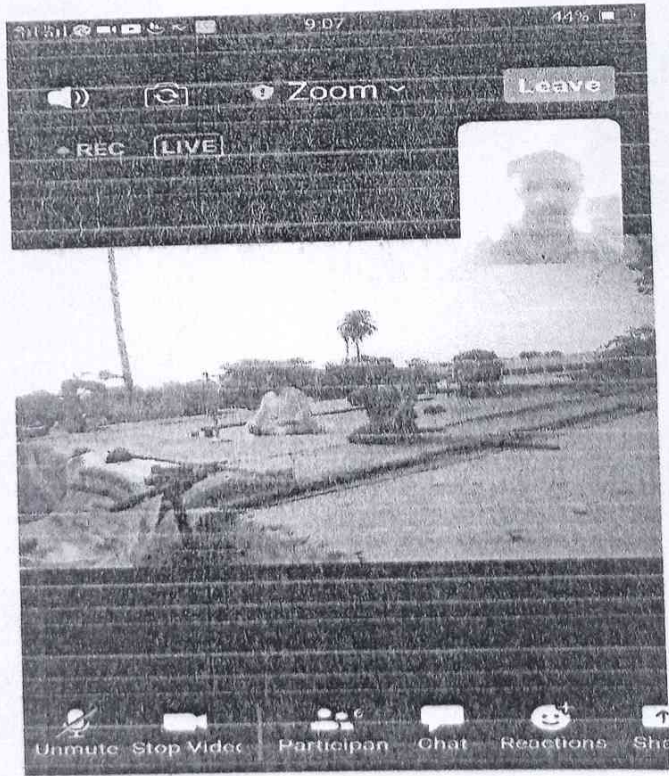
अर्थशास्त्र समाचार
मुळकार दि. 22 जून 2023

चिखलदरा नगरीत आंतरराष्ट्रीय योग दिनानिमित्त भव्य योगा प्रात्यक्षिक व सराव कार्यक्रम संपन्न

चिखलदरा येथील कला विद्यालय व प्राथमिक शाळांमध्ये आयोजित झालेल्या आंतरराष्ट्रीय योग दिनानिमित्त चिखलदरा नगरीत आंतरराष्ट्रीय योग दिनानिमित्त भव्य योगा प्रात्यक्षिक व सराव कार्यक्रम संपन्न झाला. यावेळी कला विद्यालय व प्राथमिक शाळांमध्ये आयोजित झालेल्या आंतरराष्ट्रीय योग दिनानिमित्त चिखलदरा नगरीत आंतरराष्ट्रीय योग दिनानिमित्त भव्य योगा प्रात्यक्षिक व सराव कार्यक्रम संपन्न झाला.

श्री समर्थ
द्यूबवेल अँड बोअरवेल

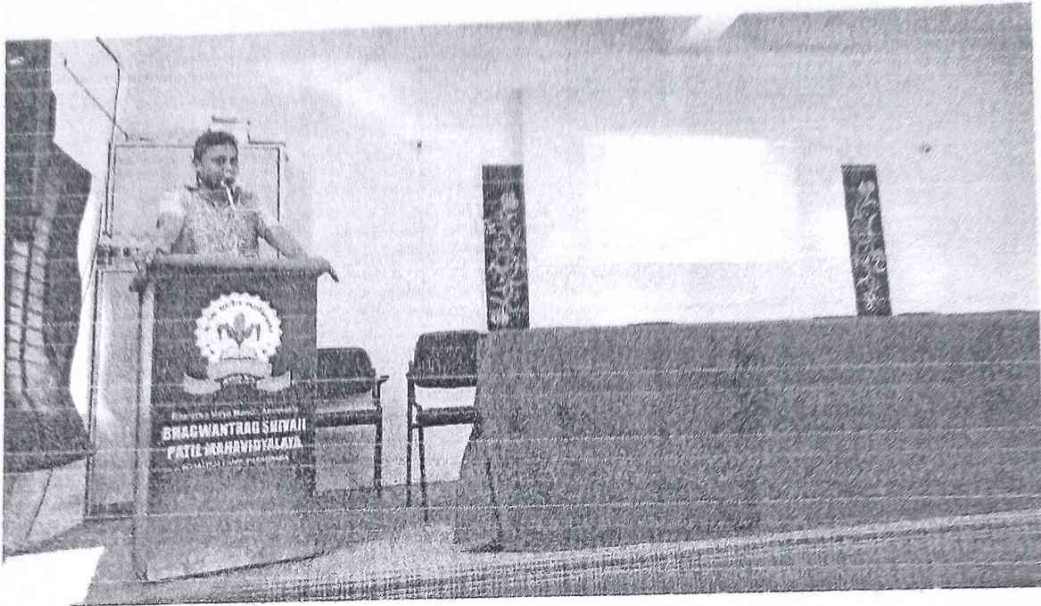
Online participants on Zoom Link



P. G. Gawande
P. G. GAWANDE
Director of Physical Education
Art, Science & Commerce College, Chikhaldara

ML
PRINCIPAL
Art, Science & Commerce
College, Chikhaldara

Sipna Shikshan Prasarak Mandal Amravati's,
Arts, Science & Commerce College, Chikhaldara, District Amravati
Workshop on "Yoga Protocol and Importance of Yoga in daily Life",
Online participants on Zoom Link



Participant's attendance online, at B.S. Patil Mahavidyalaya, Paratwada

P. G. GAWANDE
Director of Physical Education
Arts, Sci. & Commerce College, Chikhaldara

PRINCIPAL
Art, Science & Commerce
College, Chikhaldara

अ.क.	नांव	मोबाईल क्रमांक	स्वाक्षरी
1	विजया वि. वाकोडे	7887950389	Weekale
2)	सौ पुजा वा. वा. वा. वा.	7057065513	Pooja
3)	ड. वैशाली जेजुरी टोळा	9325919734	Jejurji
4)	भा. ग. ग. लुवार सुहाव	9763109042	Bhargava
5)	मंदा. डी. मडावी	9420336885	Mandav
6)	रुहा. आर. सडभेक	9404679294	Ruha
7)	लक्ष्मी जी. जाधव	9422182505	Laxmi
8)	माया उम नरारे	8275932419	Maya
9)	कमला उम. रामटेके	8975849653	Kamala
10)	रंजू आर. मडावी	7588925896	Ranjoo
11	निखा उम पुगाटी	9403669780	Nikha
12)	नेहा आर. गिरी	7218230363	Neelam
13)	ड. सोनिया रं. वांदिरे	8411804694	Sonia
14)	ड. प्रियंका दादाजी जावडेकर	8605384883	Princy
15)	मंदा. अशोक रामले	77744869618	Mandav
16)	शिवकन्या राजेश वरघर	7038049356	Shivanya
17)	Maya Ashok Mame	8324732305	Maya
18)	सज्जा रमेश बेतसरे	96999538984	Sajja
19)	सुनिता दिराजी लोय	7620742480	Sunita
20)	दिन्या अमरनिंग डईके	7773914771	Dinnya
21)	पुनम सुरजनाथ मावस्कर	7588158724	Punam
22)	मनिता शंभनाथ कार्देकर	8788036939	Manita
23)	अंजु साहेबराव बेतसरे	7499203549	Anju
24)	भारती रमेश डईके	9894038876	Bharti
25)	Rupali Burele	7769026894	Rupali
26)	रिया नितेश वेडे	7620759865	Riya
27)	पुनम चण्णु काले	9022102683	Punam
28)	आरती सुरेश काळेवे	9579386496	Arati
29)	Basanti R. Dvashimbe	7378546342	Dvashimbe

Arts, Science and Commerce College, Chikhaldara
Attendance Sheet
International Yoga Day
21 June 2023

Sr. No	Name of Participants	Signature
01	Sri. P. M. Kule	
02	D. S. HEDAOO	
03	H. W. Petkar	
04	V. H. Mashram	
05	A. R. Kanbur	
06	S. L. Kattawar	
07	P. M. Bhatnagar	
08	G. M. Sahu	
09	M. Ashraf	
10	P. S. Yewalkar	
11	Mr. Prakash Milind Dhore - forest guard.	
12	श्री. सत्य नारायण - Forest	
13	श्री. बी. सुभाष शिंदे FTI Chikhaldara	
14	डॉ. आर. वल्लभ FTI चिखलदारा	
15	जी. वाम. शिंदे FTI चिखलदारा	
16	दिनेश शिंदे - शिक्षक	
17	संजय शिंदे प्र.शे. चिखलदारा	
18	आशीष वसंत चे.शे. चिखलदारा	
19	रामेश्वर शिंदे प्र.शे. चिखलदारा	
20	दिनेश नानासाहेब तावडे (प.शे.) चिखलदारा	
21	श्री. विनायक बाबूसाहेब तावडे (प.शे.)	
22		
23	पुंजाव शिंदे वाम.शे.	
24	एन. एम. लखवडे FTI चिखलदारा	
25	की. ए. काशीशंकर FTI चिखलदारा	
26	Ajay D. Sander	
27	Abhay Kumar. B. Vaidya	
28	Rupesh Chavhan	
29	Rajendra P. Charjan Principal. Deepshikha G	
30	चैतन्य शांताराम शिंदे	
31	रामराव दारावजी शिंदे	
32	D. M. Pournane - FIT. Chikhaldara	
33	Samyek Manis Wankh	
34	S. B. Surjuse, Police station Chikhaldara	
35	A. B. Gikwad. Police station Chikhaldara	


P. G. GAWANDE
Director of Physical Education
Arts, Sci. & Commerce College, Chikhaldara

PRINCIPAL
Art, Science & Commerce
College, Chikhaldara

Sipna Shikshan Prasarak Mandal Amravati's,
Arts, Science & Commerce College, Chikhaldara
Department Of Physical Education and Sports

PROGRAMS UNDER MOU

SR. NO.	NAME OF PROGRAMS UNDER MOU	Date Of Program	NAME OF PARTY WITH WHOM MOU IS ESTABLISHED AND DATE
01	"Workshop on Yoga Protocol and importance of yoga in daily Life". International Yoga Day ,	21 June 2023	(01) B. S. Patil Mahavidyalaya, Paratwada: 25/03/2020 (02) Late C.M. Kadhi College, Paratwada: 28/03/2020 (01) Hanuman Vyayam Prasarak Mandal, Amravati: 11/05/2022 (02) Degree college of Physical Education , Amravati: 11/05/2022
02	International Yoga Day, 21 June	21 June 2022	Late C.M. Kadhi College, Paratwada: 28/03/2020
03	Online "Yoga Workshop" (Count-Down of IDY)	28 May 2022	(01) B. S. Patil Mahavidyalaya, Paratwada: 25/03/2020 (02) Late C.M. Kadhi College, Paratwada: 28/03/2020
04	Online " Sports General Knowledge Test" on the occasion of National Sports Day	29 August 2021	(01) B. S. Patil Mahavidyalaya, Paratwada: 25/03/2020 (02) Late C.M. Kadhi College, Paratwada: 28/03/2020


Dr. P. G. Gawande

Director of Physical Education and Sports

P. G. GAWANDE
Director of Physical Education
Arts, Sci. & Commerce College, Chikhaldara

To

The Principal
Arts, Science and Commerce College,
Chikhaldara

Subject: Request for permission to organize "Add-on course on Balance Diet and Yoga" And
International Yoga Day 21 June 2023.

R/Sir,

I hope this letter finds you well. I am waiting to seek your permission to organize Add-on course on Balance Diet and Yoga And International Yoga Day, 21 June, At police kawayat Maidan, Chikhaldara premises and Add-on course at college premises from 12 June to 21 June 2023 at 7.00 to 10.00 am. .

The purpose of this event is providing Balance diet, yoga knowledge, and to motivate local as well as college students to take part in the Add-on course for their good health. We believe it will contribute significantly to the overall development and engagement of our college community.

We assure you that necessary arrangements and precautions will be taken to ensure the smooth conduct of the event without causing any disturbance to regular college activities.

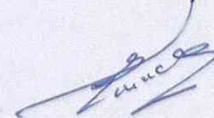
We kindly request your approval for this initiative and would be grateful for any guidance or conditions you may have.

Thank you for considering our request. We look forward to your positive response.

Date: 11/06/2023

Chikhaldara

Sincerely



Dr. P. G. Gawande

Director of Physical Education and Sports

P. G. GAWANDE
Director of Physical Education
Arts, Sci. & Commerce College, Chikhaldara

Sipna Shikshan Prasarak Mandal Amravati's,
Arts, Science & Commerce College, Chikhaldara, District Amravati

Department Of Physical Education and Sports and N.S.S.

21 June 2023, International Yoga Day workshop on

"Yoga Protocol and Importance of Yoga in daily Life"

Jointly organized with

B. S. Patil Mahavidyalaya, Paratwada, Late C. M. Kadhi College, Paratwada,

Tahsil office, Nagar Parishad office, Police station, Chikhaldara and Girijan Sharirik
Shikshan Mahavidyalaya, Chikhaldara, District Amravati

Report

Name of Committee's : Sports and NSS

Year : ~~2023~~ 24

Title of program conducted : International Yoga Day, Workshop on "Yoga Protocol and Importance of Yoga in daily Life"

Date of program : 21 June 2023

Objective of program :

- Help to achieve holistic health of every individual.
- Enable the students to have good health and integrate moral values.
- Stay healthy through Yoga.

Number of beneficiaries : 294

References : (01) N.S.S. SGBAU Letter No. Dated: /06/2023
(02) ASCC, Chikhaldara, ZOOM Meeting With Hon. Principal, dated: 17 June 2023

Brief summary of the program :

Department of Physical education & sports and National Service Scheme of Arts, Science And Commerce College, Chikhaldara, District Amravati, Jointly organized 21 June International Yoga Day workshop on the topic "Yoga Protocol and Importance of Yoga in

daily Life", with B. S. Patil Mahavidyalaya, Paratwada, Late C. M. Kadhi College, Paratwada, Tahsil office, Nagar Parishad office, Police station and Girijan Sharirik Shikshan Mahavidyalaya, Chikhaldara, District Amravati. This year's theme was "Yoga for Vasudhaiv Kutumbkam", (One Earth, One Family, One Future).

At the outset dignitaries present on the dais Principal Dr. R.S. Jaipurkar, Ku. Maya Mane, Tahsildar, Chikhaldara, Mrs. Nimaje madam, Shri. Mandar Puri, Thanedar, Police Station, Chikhaldara, Social worker Ashrafbhai, Principal Prof. Anil Nimbekar, Girijan Sharirik Shikshan Mahavidyalaya, Chikhaldara, were welcomed by offering bouquet.


Principal Dr. R.S. Jaipurkar, former Pro-Vice chancellor of Sant Gadge Baba Amravati University Amravati, in his presidential address guided the gathering saying, International Yoga Day is observed globally, to highlight the importance of yoga day in the contemporary era, Yoga should become an integral part of every one's life to make India fit and healthy. Smt. Maya Mane Tahsildar, Chikhaldara, Thanedar Shri. Mandar Puri Police station, Chikhaldara were prominently present on this occasion.

Dr. Ravindra Sawarkar and Shri. Jangbahadur Varma were present as Yoga experts to deliver lectures on Yoga Protocol and Importance of Yoga in daily Life". They delivered the lectures with demonstration of various asanas, Pranayama and meditation. Total 294 participants attended the programme. Participants from both the organizing colleges from Paratwada were online present in the program through "Zoom". Both the speakers simplified yoga postures sharing several tips, dietary tips also shared by them.


Introductory remarks, conduct of Programme and vote of thanks were proposed by Dr. P. G. Gawande, Director Of Physical Education and Sports. N.S.S. Coordinator Prof. Vivek Morey, Dr. P. G. Gawande, Shri. Hemant Bakshi, Shri. Jangbahadur Varma, non teaching staff of ASCC and GSSM, Chikhaldara took efforts for the success of programme. The event was celebrated with warmth and enthusiasm with large participation from locals.



Prof. Vivek More

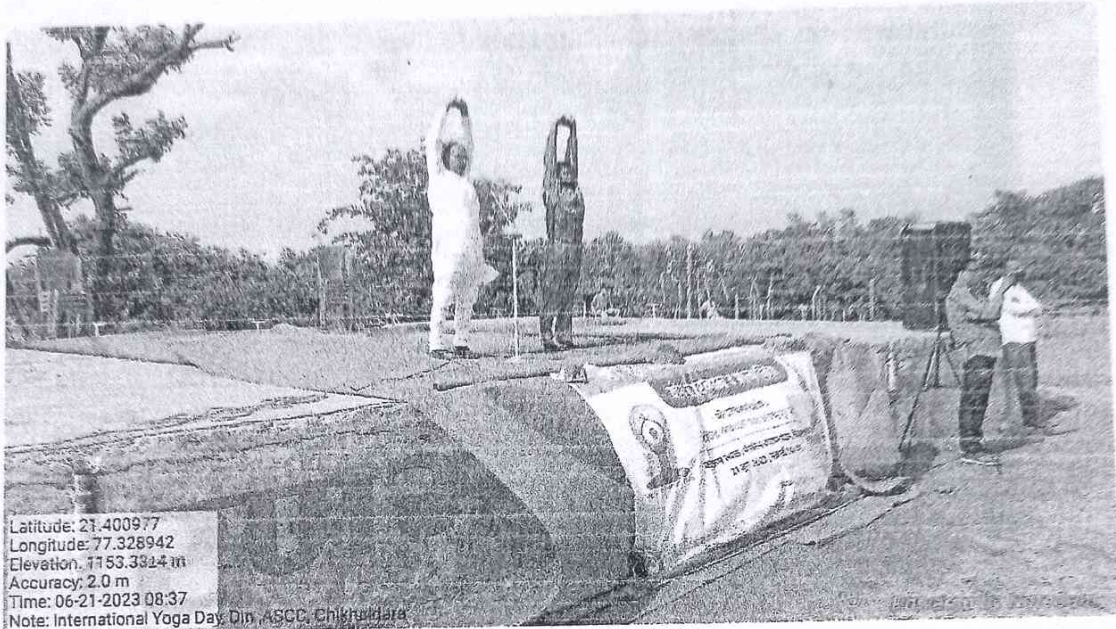


Dr. P. G. Gawande
P. G. GAWANDE
Director of Physical Education
Arts, Sci. & Commerce College, Chikhaldara

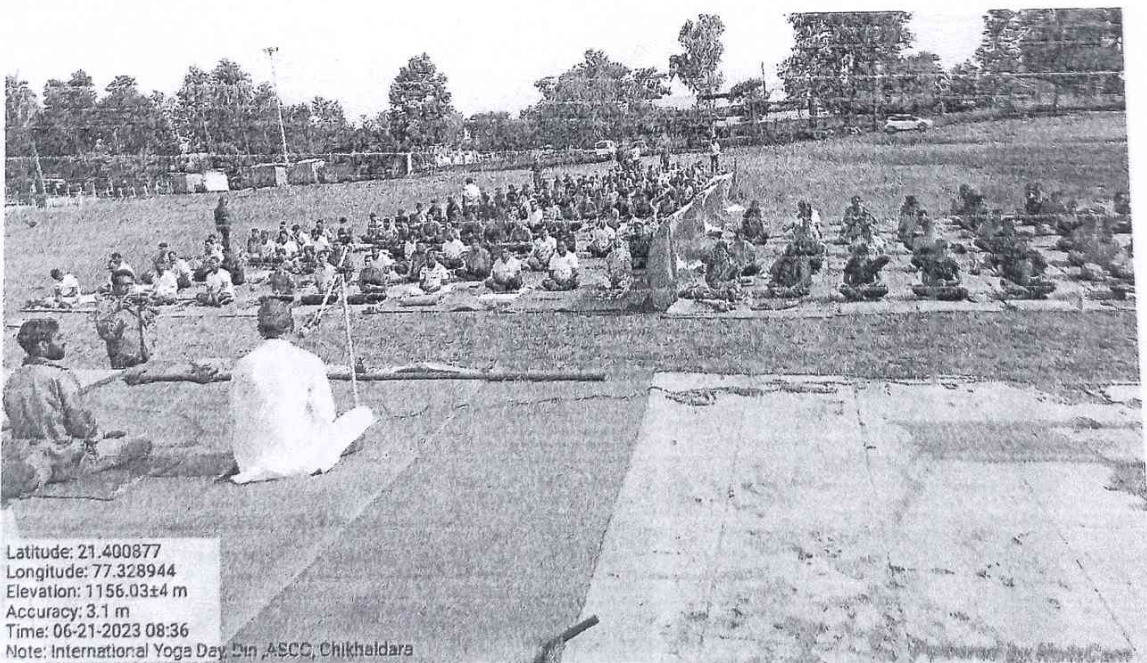


Dr. R. S. Jaipurkar
PRINCIPAL
Art, Science & Commerce
College, Chikhaldara

Sipna Shikshan Prasarak Mandal Amravati's,
Arts, Science & Commerce College, Chikhaldara, District Amravati
Department Of Physical Education and Sports and N.S.S.
2023, 21 June International Yoga Day workshop
"Yoga Protocol and Importance of Yoga in daily Life",



Experts are performing yoga in workshop.

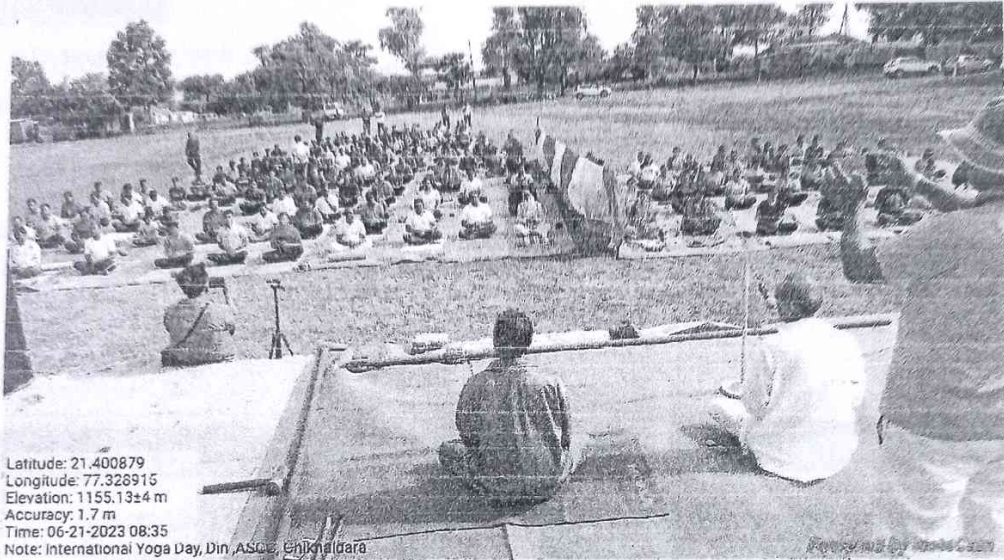


Experts and participants performing yoga in workshop.

G. GAWANDE
Director of Physical Education,
Arts, Sci. & Commerce College, Chikhaldara

PRINCIPAL
Art, Science & Commerce
College, Chikhaldara

Sipna Shikshan Prasarak Mandal Amravati's,
 Arts, Science & Commerce College, Chikhaldara, District Amravati
 Department Of Physical Education and Sports and N.S.S.
 2023, 21 June International Yoga Day workshop
 "Yoga Protocol and Importance of Yoga in daily Life",



Participants are seen in Yoga workshop



Yoga experts are seen in Yoga workshop.

T. G. GAWANDE
 Director of Physical Education

Art, Science & Commerce College, Chikhaldara

PRINCIPAL
 Art, Science & Commerce
 College, Chikhaldara

२१ जून आंतरराष्ट्रीय योग दिवस २०२३



योग व्याख्यान व प्रात्यक्षिक (वसुधैव कुटुंबकमसाठी योग)



योग म्हणजे केवळ काही आसने नव्हे योग हा जीवन जगण्याचा एक मार्ग आहे. सगळ्या विश्वाशी एकत्र होऊ पाहणे जे जे अस्तीत्वात आहे त्या सर्वांचा स्वीकार करू पाहणे म्हणजे योग. यथे आपल्या काही आयुष्ये, प्राणायाम यंत्रणे अर्पित आहे हे जरी आपण निव्विना पणे केले तर एक स्वस्थ, आनंदी, समृद्ध आणि निरोगी जीवन आपण जगू शकतो.

चिखलदरा नगरी आणि लगतच्या ग्रामिण परिसरातील सर्व विद्यार्थी, नागरिक, बंधू, भगिनी यांना नम्र निव्वेदन करण्यात येते की, येणाऱ्या २१ जून 'योगदिनाच्या' निमित्ताने चिखलदरा येथील पोलीस कवायत मैदान येथे भव्य प्रात्यक्षिक आणि मार्गदर्शनचे आयोजन केले आहे. सर्वांनी या कार्यक्रमास मोठ्या संख्येने उपस्थित राहून या कार्यक्रमाचा लाभ घ्यावा.

आपल्या मित्र मंडळांना नात्यातल्या व परिचारातल्या लोकांना योग करायला सांगून त्यांचेही जीवन आनंदी निरोगी आणि प्रदिग्ध करू शकतो. चला योग करू या.

योगतज्ञ मार्गदर्शक :- डॉ. रवींद्र सावरकर, श्री. जंगबहादूर वर्मा

**कार्यक्रमा स्थळ :- पोलीस कवायत मैदान, चिखलदरा
वेळ - सकाळी ७.४५ ते ९.०० पर्यंत**

* विनीत *

कु.माया माने
तहसिलदार, चिखलदरा

श्री.सुधाकर पानडडे
मुख्याधिकारी, न.प. चिखलदरा

श्री. मंदार पुरी
सहाय्यक पोलीस निरीक्षक, ठाणेदार,
पोलिस स्टेशन, चिखलदरा

डॉ. राजेश जयपूरकर
प्राचार्य कला, विज्ञान व वाणिज्य महा. चिखलदरा
(कडी ६-कुलगुरु संत गाडगे इ. अस्तवने विद्यपीठ, जम्हाती)

डॉ. शोभा रोखडे
प्राचार्य, रच. सी. एम. कडी कला महाविद्यालय, परतवाडा

डॉ. अनिल निंबेकर
प्राचार्य, गिरिजन शारीरिक शिक्षण महा. चिखलदरा

डॉ. एकनाथ तड्डे
प्राचार्य, बी.एस. पाटील महाविद्यालय, परतवाडा

* आयोजक *


शारीरिक शिक्षण व क्रीडा विभाग आणि राष्ट्रीय सेवा योजना
कला, विज्ञान व वाणिज्य महाविद्यालय चिखलदरा, जि. अमरावती

- तहसिल कार्यालय चिखलदरा • नगर परिषद चिखलदरा
 - पोलीस स्टेशन चिखलदरा • गिरिजन शारीरिक शिक्षण महाविद्यालय चिखलदरा
 - स्व. मी. एम. कडी कला महाविद्यालय परतवाडा • बी. एस. पाटील महाविद्यालय परतवाडा
- यांच्या संयुक्त विद्यमाने आयोजित

*** टीप :-** कार्यक्रमाची वेळी जर पाऊस असला तर हा कार्यक्रम नगर परिषद चिखलदरा येथील हॉल मध्ये आयोजित केला जाईल. सर्वांनी आपआपली योग्य मंड सततची किंवा वटई आणवी. सल कपडे परिधान केल्यास उत्तम.


F. G. GAWANDE

Director of Physical Education
Arts, Sci. & Commerce Collage, Chikhaldara


PRINCIPAL
Art, Science & Commerce
College, Chikhaldara

Sipna Shikshan Prasarak Mandal Amravati's,
Arts, Science & Commerce College, Chikhaldara, District Amravati
21 June International Yoga Day 2023,
Workshop on "Yoga Protocol and Importance of Yoga in daily Life",
Published News in daily news paper

चिखलदरा येथे योगा प्रात्यक्षिक

चिखलदरा : येथील कला, विज्ञान व वाणिज्य महाविद्यालय, तहसील कार्यालय, पोलिस ठाणे, नगरपरिषद, गिरिजन शारीरिक शिक्षण महाविद्यालय तसेच बी. एस. पी. कॉलेज, सी. एम. कट्टी महाविद्यालय, परतवाडा यांच्या संयुक्त विद्यमाने २१ जून २०२३ रोजी योगा प्रात्यक्षिक व सराव



कार्यक्रमाचे आयोजन करण्यात आले होते. प्राचार्य तथा माजी प्र-कुलगुरू डॉ. राजेश जयपूरकर यांच्या मार्गदर्शनात विद्यार्थी, शिक्षक, पालक व कर्मचाऱ्यांनी योगदिनानिमित्त प्राणायाम व योगप्रशिक्षण घेऊन प्रत्यक्ष सराव केला. याप्रसंगी तहसीलदार माया माने, ठाणेदार मंदार पुरी तथा सहायक पोलिस निरीक्षक श्रीमती निमजे, प्राचार्य अनिल निंबेकर यांनी उपस्थित राहून योग केला. प्राचार्य डॉ. एकनाथ तट्टे, प्राचार्य डॉ. शोभा शेकडे यांनी विशेष पाहुणे म्हणून ऑनलाइन हजेरी लावली. योगप्रात्यक्षिके डॉ. रवींद्र सावरकर तथा जंगबहादूर वर्मा यांनी केली. या कार्यक्रमाचे आयोजन चिखलदरा येथील पोलिस कवायत मैदानावर २१ जून रोजी करण्यात आले होते. संचालन डॉ. प्रशांत गावंडे यांनी केले. यशस्वीतेसाठी शिक्षण संचालक डॉ. प्रशांत, रासेयो कार्यक्रमाधिकारी प्रा. विवेक मोरे यांनी सहकार्य केले.

देशोन्मत्ती

चिखलदरा नगरीत आंतरराष्ट्रीय योग दिनानिमित्त योग प्रात्यक्षिक



देशोन्मत्ती वृत्तसंकलन...

चिखलदरा : येथील कला, विज्ञान व वाणिज्य महाविद्यालयाच्या शारीरिक शिक्षण विभाग आणि राष्ट्रीय सेवा योजना आणि तहसील कार्यालय, पोस्टिंग स्टेशन, नगर परिषद, गिरिजन शारीरिक शिक्षण महाविद्यालय तसेच बी. एस. पी. कॉलेज, परतवाडा, सी. एम. कट्टी

महाविद्यालय, परतवाडा यांच्या संयुक्त विद्यमाने २१ जून रोजी मध्य योगा प्रात्यक्षिक व सराव कार्यक्रमाचे यशस्वी आयोजन करण्यात आले.

आधुनिक काळात योग व प्राणायाम यांचे महत्त्व समाजास कळवणे आणि तसुयोग

कट्टीवकम वी परभरा निमण्याच्या उद्घाटन वेळी संभाषणीक सर्व विद्यार्थ्यांनी व क्वी पुरुषांनी दर रोज योग व प्राणायाम करायचा विद्यार्थ्यांनी प्रतिन शीऊन कला विद्यालय व वाणिज्य महाविद्यालय चिखलदराचे प्राचार्य तथा सत गाडगे वाया अमरावती विद्यापीठचे माजी प्र-कुलगुरू डॉ. राजेश जी जयपूरकर यांचे मार्गदर्शनात मोठ्या संख्येने उपस्थित विद्यार्थी, शिक्षक, पालक व कर्मचाऱ्या व अनेक नागरिकांनी योग दिनानिमित्त प्राणायाम व योग प्रशिक्षण घेऊन प्रत्यक्ष सराव केला. यशस्वी चिखलदराचे तहसीलदार कु. माया माने, ठाणेदार मंदार पुरी तथा सहायक पोलीस निरीक्षक निमजे शारीरिक शिक्षण महाविद्यालयाचे प्राचार्य अनिल निंबेकर हे

विशेष अतिथी म्हणून उपस्थित राहून योग केला. या कार्यक्रमाचे संवादन व आभार प्रदर्शन शारीरिक शिक्षण संचालक डॉ. प्रशांत गावंडे यांनी केले.

प्लॉट उपलब्ध

अमरावती शहराच्या पय्यबागी स्थित राम लक्ष्मण संकुल मार्केटच्या मागे, KL कॉलेज रोडवर पोकेशिर प्लॉट विकते आहे. फक्त २ प्लॉट उपलब्ध.

संपर्क : मो.नं.९५६९८३३३८२

Desonnati Edition
Jun 23, 2023 Page No. 7
Powered by eReLeGc.com

P. G. GAWANDE

Director of Physical Education

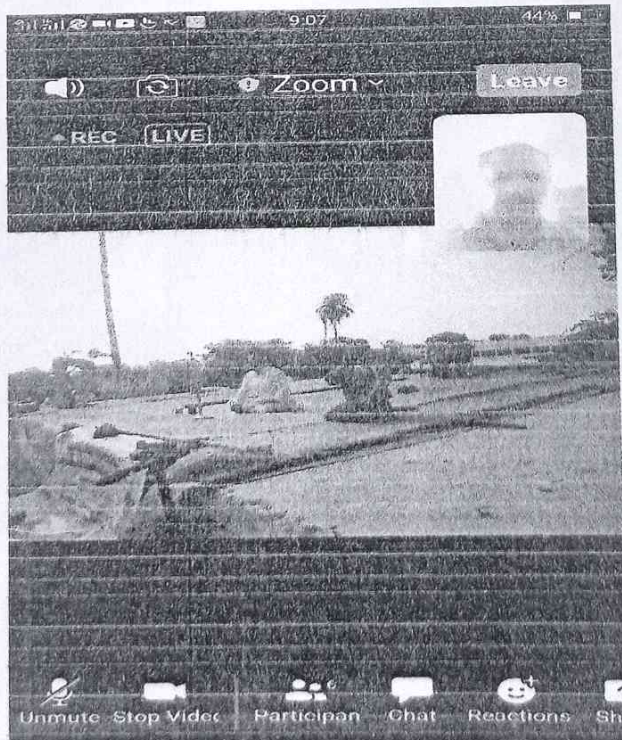
Sci. & Commerce College, Chikhaldara

PRINCIPAL

Art, Science & Commerce
College, Chikhaldara

Sipna Shikshan Prasarak Mandal Amravati's,
 Arts, Science & Commerce College, Chikhaldara, District Amravati
 Published News in daily news paper

Online participants on Zoom Link



P. G. GAWANDE
 Director of Physical Education
 Arts, Sci. & Commerce College, Chikhaldara

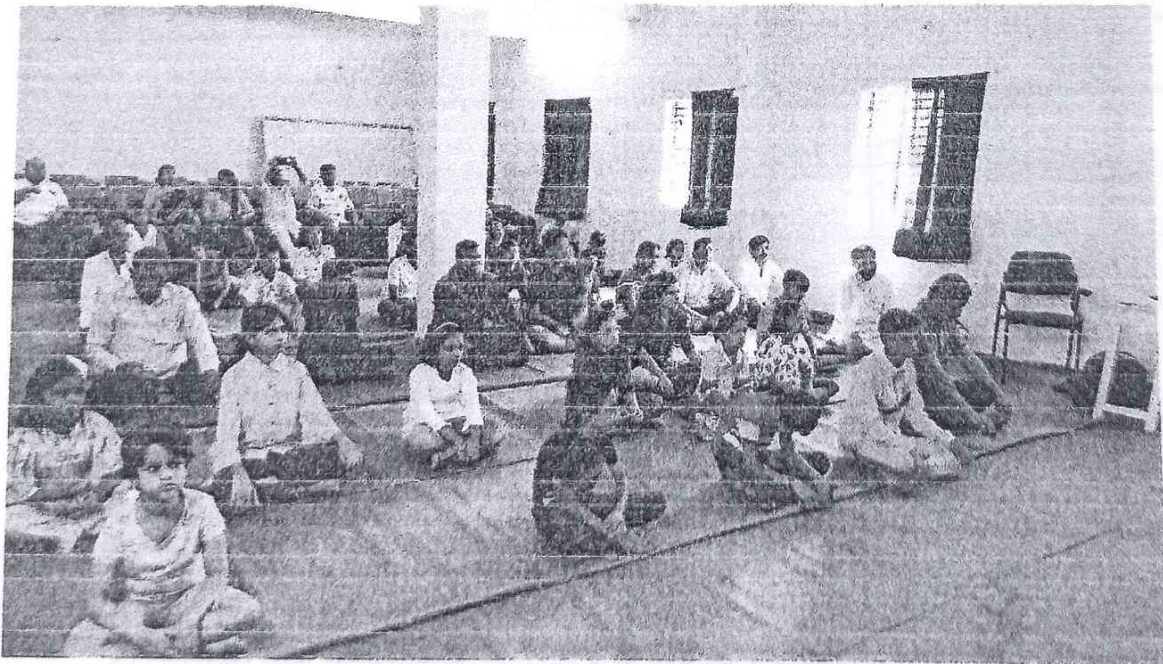
PRINCIPAL
 Art, Science & Commerce
 College, Chikhaldara

Sipna Shikshan Prasarak Mandal Amravati s,

Arts, Science & Commerce College, Chikhaldara, District Amravati

Workshop on "Yoga Protocol and Importance of Yoga in daily Life",

Online participants on Zoom Link



Participant's attendance online, at B.S. Patil Mahavidyalaya, Paratwada

P. G. GAWANDE

Director of Physical Education

Arts, Sci. & Commerce College, Chikhaldara

PRINCIPAL

Art, Science & Commerce
College, Chikhaldara

अ.क्र.	नांव	मोबाईल क्रमांक	स्वाक्षरी
1	विजया वि. वाकोडे	7887950389	<u>Wakode</u>
2)	सौ पूजा वाकोडे	7057065513	<u>Wakode</u>
3)	कु. वैशाली जेजोब टोळा	9325919734	<u>Jejow</u>
4)	भा. गणेश लुवार सुढाव	9763109042	<u>BTAdhar</u>
5)	मंग. डी. मडावी	9420336885	<u>Mandavi</u>
6)	रुहा. आर. सडमेक	9404679294	<u>Sadme</u>
7)	लक्ष्मी जी. जाधव	9422182505	<u>Jadhav</u>
8)	माया उम नरोडे	8275932419	<u>Narode</u>
9)	कमळा उम. रामटेके	8975849653	<u>Ramteke</u>
10)	रंजू आर. मडावी	7588928896	<u>Mandavi</u>
11	निता उम पुंगाडी	9403669780	<u>Pungadi</u>
12)	नेहा आर. गिरी	7218230363	<u>Giri</u>
13)	डु. सोनिया रं. वांदिरे	8411804694	<u>Vandire</u>
14)	कु. प्रियंका दादाजी जावहेकर	8605384883	<u>Javhekar</u>
15)	नंदा अशोक रामले	7774869618	<u>Ramle</u>
16)	शिवकन्या शंकर वरधर	7038049356	<u>Shankar</u>
17)	Maya Ashok Mame	8324732305	<u>Mame</u>
18)	सज्जा रमेश खोत्रसे	96999538984	<u>Khotrse</u>
19)	सुनिता हिराजी तोप	7620742480	<u>Tope</u>
20)	दिन्या अमरनिंग डुईके	7773914771	<u>Dusike</u>
21)	पुनम सुरजनाथ मावळकर	7588158724	<u>Mavalkar</u>
22)	सुनिता शंकरनाथ कारडेकर	8788036939	<u>Karadekar</u>
23)	अंजु राहुबराव बेतारसे	7499203549	<u>Betarase</u>
24)	भारती रमेश डुईके	9834038876	<u>Dusike</u>
25)	Rajaw' Burek	7769026894	<u>Burek</u>
26)	रिया निता वडे	7620759865	<u>Vade</u>
27)	पुनम चणू काले	9022102683	<u>Kale</u>
28)	आरती सुरेश फाळंदे	9579386496	<u>Falande</u>
29)	Basantli R. Dvashimbe	7378546342	<u>Dvashimbe</u>

Arts, Science and Commerce College, Chikhaldara

Attendance Sheet

International Yoga Day

21 June 2023

Sr. No	Name of Participants	Signature
01	Sri P. M. Kule	
02	D. C. HEDAOD	
03	H. V. Patkar	
04	V. H. Mashram	
05	A. R. Kanhu	
06	S. L. Kattawar	
07	P. M. Bhasatiya	
08	G. M. Sahu	
09	Mashram	
10	P. S. Yewalle	
11	Mr. Prakash Milind Dhole - forest guard.	
12	श्री. सत्य नारायण - Forest	
13	श्री. बी. वसु. कावरे FTI Chikhaldara	
14	डि. आर. वेलकी FTI चिखलदरा	
15	जी. वाम. कावरे FTI चिखलदरा	
16	दिगंबर देवरा गायक	
17	संजय राहुत पी. ई. चिखलदरा	
18	आशिष कावरे चे. ई. चिखलदरा	
19	रामचंद्रा भिकादेकर पी. ई. चिखलदरा	
20	दिनेश नानासाहेब लाडके (पी. ई.) चिखलदरा	
21	सविताम बाबुसाहेब कावरे (पी. ई.)	
22		
23	पुंजाव शिंदे वामसाहेब	
24	एन. एम. कावरे FTI चिखलदरा	
25	की. ए. कावरे FTI चिखलदरा	
26	Ajay. D. Sander	
27	Abhaya Kumar. B. Vaichya	
28	Rupesh Choukale	
29	Rajendra P. Charjan Principal. Deepshikha G	
30	चतुर्थ सांगुलाय दिगंबर	
31	रामराव दुरावजा शिंदे	
32	D. M. Bonwane - FIT. Chikhaldara	
33	SAMYEK MANIS WANKH	
34	S. B. Surjuse, Police station Chikhaldara	
35	A. B. Gikud. Police station Chikhaldara	

P. G. GAWANDE
 Director of Physical Education
 Arts, Sci. & Commerce College, Chikhaldara

PRINCIPAL
 Art, Science & Commerce
 College, Chikhaldara

Arts, Science and Commerce College, Chikhaldara

Attendance Sheet

International Yoga Day

21 June 2023

Sr. No	Name of Participants	Signature
01	Anjun Shriram Kondekar Chikhaldara	Akondekar
02	Najiko Namdeo Khandare	Najiko
03	Deepak Desai Samalkar PS Chikhaldara	Deepak
04	Sanjay Lakman Marsetwa	Sanjay
05	Vinay N. Kokate P.S	Vinay
06	Shrikam M. Kote	Shrikam
07	Rajendra P. Akashe	Rajendra
08	Vinod yadar Hingane	Vinod
09	Sambhaji Shondiba wadje	Sambhaji
10	mangesh kumbhar Jyotibhau	Mangesh
11	vilas M. Kapale	Vilas
12	Prajwal S. Kaluse	Prajwal
13	Sudhir Shamrao Akekar (Forest Training Inst)	Sudhir
14	Shankarrao V. Patil RFO FTRE	Shankarrao
15	Sunil B. Helkani	Sunil
16	Rutik Tayade	Rutik
17	Ram Kande Kulkarni	Ram
18	Kailaspati Tukaram Suryawanshi	Kailaspati
19	Pratul Desai Humnani	Pratul
20	M. P. Akade	M. P.
21	Siddhant Kumbhar	Siddhant
22	Dilip Padhal	Dilip
23	Munjalbhai Rukhad Police Station	Munjalbhai
24	Keshav Laxmanrao Kadam Forest Gt.	Keshav
25	Deepak Dalu Savalkar	Deepak
26	Shivkumar Ramkeshna Patorkar	Shivkumar
27	Anul Babuasa Hivale	Anul
28	Vijay Panjabrao Gawhane FTI	Vijay
29	Shamrao Sitaram Kumbhar MFG	Shamrao
30	R. D. Desai F.G.	R. D.
31	Aditya Prasad Deshmukh वन विभाग FG	Aditya
32	Dipak J. Vinay वन विभाग FGT FTI	Dipak
33	Pradip Kisan Rathod वन विभाग	Pradip
34	Shreshkant Dipak Maske वन विभाग	S. D. Maske
35	Ashish Digambar Hambare वन विभाग	Ashish

P. G. GAWANDE

Director of Physical Education

Arts, Sci. & Commerce College, Chikhaldara

ML

PRINCIPAL

Art, Science & Commerce
College, Chikhaldara

Arts, Science and Commerce College, Chikhaldara
Attendance Sheet
International Yoga Day
21 June 2023

Sr. No	Name of Participants	Signature
01	सम. वि. कापडवास वन प्रशिक्षण संस्था	
02	जे. ए. विठ्ठल वन प्रशिक्षण संस्था चिखलदारा	
03	साविक सुरज वन प्रशिक्षण संस्था चिखलदारा	
04	सचिन जोरकर	
05	हरिकेश बेलसर ITI College	
06	रोहित शंकर ITI College	
07	सुरज सुखुम ITI College	
08	गणेश दांडे ITI College	
09	विशाल मावळकर ITI College	
10	विकास दासिंबे ITI College	
11	सावित्री बिर्से ITI College	
12	विकेश सुखारकर ITI College	
13	रोहन शिंदे ITI College	
14	Rahul M. Taide F.T.I.	
15	D P Thakur FTI	
16	Rakesh R. Gunjapadgy F.T.I	
17	Shivaram Nalke FTI college FTI	
18	राज. ए. मुंडे वन प्रशिक्षण संस्था चिखलदारा	
19	राज. ए. मुंडे वन प्रशिक्षण संस्था चिखलदारा	
20	राज. ए. मुंडे वन प्रशिक्षण संस्था चिखलदारा	
21	राज. ए. मुंडे वन प्रशिक्षण संस्था चिखलदारा	
22	राज. ए. मुंडे वन प्रशिक्षण संस्था चिखलदारा	
23	Karmvir D. Chinchurkar FTI	
24	मन. मन. शंकर f.T.I chikhaldar	
25	A. B. Gaikwad Gawilgad range office	
26	AKASH PRAKASH पंजापूर ITI	
27	Shivra Kesdekar ITI college	
28	Anil Kumbale ITI college	
29	Vijay B. Dahikar ITI College	
30	Mande, Dhonde ITI College	
31	Aditya Kumbhar FTI College	
32	Vishal B. Solanki ITI college	
33	KISHOR GANU	
34	ए. आर. बरोडे वन प्रशिक्षण संस्था चिखलदारा	
35	एस एम मंडवी वन प्रशिक्षण संस्था चिखलदारा	

P. G. GAWANDE
Director of Physical Education
Arts, Sci. & Commerce College, Chikhaldara

ML

PRINCIPAL
Art, Science & Commerce
College, Chikhaldara

Arts, Science and Commerce College, Chikhaldara

Attendance Sheet

International Yoga Day

21 June 2023

Sr. No	Name of Participants	Signature
01	दिवकर ड. गिळा लळोडे प.प्र.स्व.स.अ.प	
02	तुषार हविषास हिरकर	
03	संजय गुंबळे 9403310367	
04	प्रविण काळे 7745746846	
05	दिनेश वेणुकर	
06	संजय युवनाते 9322412162	
07	अभिषेक मोरे ITI college	
08	गोपाल शिंदे ASCC COLLEGE	
09	तुषार दीकार ITI college	
10	रवींद्र कुडु ITI college	
11	हवेल पोडकार ITI college	
12	थना संजय मोरे ITI collage	
13	ओम श. शवरकर ITI F.T	
14	अंकित अ. भावकर ITI DUM	
15	विजय स. मंगले - Sipna college	
16	प्रशांत त्र. लाडके Sipna College.	
17	दत्तु वेणुकर शिंदे	
18	प्रा. डॉ. मुकेश भा. सरदार (ASCC)	
19	पंकज जामकर ITI W.D	
20	रोहित धुर्वे H.V.P.M.	
21	रमेश धोळे ITI	
22	Mukesh D. Kankhade, Municipal Council -	
23	राजीव हरिभाऊ यांगूरकर	
24	छोभा रामगोपाल जंभकार ITI collage	
25	Om Venjay Balinge ITI collage	
26	Pankaj Jayant Kale ITI College	
27	Kamvilas Shankar Bawskar ITI collage	
28	आनंद व. सुनार ASCC.	
29	वी. एम. म्हाळूम	
30	शोभा महारि	
31	Copet R. Dhokane	
32	Anil F. Bobade	
33	Dhesh B. Mavaskar ITI College	
34	H. V. Petkar (ASCC)	
35	Rajendra Hiral Sethekar ITI college	

P. G. GAWANDE

Director of Physical Education
Arts, Sci. & Commerce College, Chikhaldara

PRINCIPAL
Art, Science & Commerce
College, Chikhaldara

Arts, Science and Commerce College, Chikhaldara

Attendance Sheet

International Yoga Day

21 Jun 2023

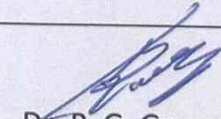
Sr. No	Name of Participants	Signature
01	ASM - SUNIL BHIMTE	
02	R. P. GAWANDE	
03	Dr. V. D. Kapse	
04	Vivek Mang	
05	Dr. Dilip Patil	
06	Dr. Mahendra Sangole	
07	N. J. Suryawanshi	
08	Ravesh D. Choudhary	
09	Ravindra Yewle	
10	Baldev R. Yawle	
11	Hemant Bakshi	
12	Dr. K. N. Shah	
13	Dr. P. G. Gawande	
14		
15		
16		
17	Total = 194 Present.	
18		
19		ML
20		
21		PRINCIPAL
22		Art, Science & Commerce
23		College, Chikhaldara
24	 P. G. GAWANDE	
25	Director of Physical Education	
26	Arts, Sci. & Commerce College, Chikhaldara	
27		
28		
29		
30		
31		
32		
33		
34		
35		

Sipna Shikshan Prasarak Mandal Amravati's,
Arts, Science & Commerce College, Chikhaldara

Department Of Physical Education and Sports

PROGRAMS UNDER MOU

SR. NO.	NAME OF PROGRAMS UNDER MOU	Date Of Program	NAME OF PARTY WITH WHOM MOU IS ESTABLISHED AND DATE
01	"Workshop on Yoga Protocol and importance of yoga in daily Life". International Yoga Day ,	21 June 2023	(01) B. S. Patil Mahavidyalaya, Paratwada: 25/03/2020 (02) Late C.M. Kadhi College, Paratwada: 28/03/2020 (01) Hanuman Vyayam Prasarak Mandal, Amravati: 11/05/2022 (02) Degree college of Physical Education , Amravati: 11/05/2022
02	International Yoga Day, 21 June	21 June 2022	Late C.M. Kadhi College, Paratwada: 28/03/2020
03	Online "Yoga Workshop" (Count-Down of IDY)	28 May 2022	(01) B. S. Patil Mahavidyalaya, Paratwada: 25/03/2020 (02) Late C.M. Kadhi College, Paratwada: 28/03/2020
04	Online " Sports General Knowledge Test" on the occasion of National Sports Day	29 August 2021	(01) B. S. Patil Mahavidyalaya, Paratwada: 25/03/2020 (02) Late C.M. Kadhi College, Paratwada: 28/03/2020


Dr. P. G. Gawande

Director of Physical Education and Sports

P. G. GAWANDE
Director of Physical Education
Arts, Sci. & Commerce College, Chikhaldara

Arts, Science & Commerce College, Chikhaldara

Department Of Physical Education and Sports

2023-2024

Name of Committee : Sports & Students Development Cell
Title of program conducted : Sports General Knowledge Test (National Sports Day)
Date of program : 29 August 2023
Reference : As per activity plan, submitted on: 12/06/2023

Objective of program :

1. Inform & aware the students about current affairs and facts of sports GK in competitive examination.
2. Helps to grow student's confidence level.
3. Celebrate National Sports Day, 29th August 2023
4. Aims to cultivate knowledgeable, informed, literate tribal students.
5. Propagate Swachha Bharat- Swasth Bharat Abhiyan & Fit India movement.

Number of beneficiaries : 141

Brief summary of the program :


The day is meant to commemorate the legend and create awareness on the importance of sports, fitness and health. Children must take part in sports because it is essential for their fitness, health and positive overall development.

Department of physical education and sports in collaboration with Students Development Cell of Arts, Science and Commerce College, Chikhaldara conducted Sports General Knowledge Test and Kho-Kho Coaching Camp on the occasion of national sports day 29th August. The main objective of the test was to Inform & aware the students about current affairs and facts of sports GK in competitive examination. Student development cell is working for the welfare of the college students.

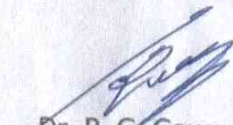
Concluding ceremony conducted on 29th August 2023 at seminar hall of Arts, science and commerce college, Chikhaldara. Hon. Principal Dr. R. S. Jaipurkar presided over the program. Dr. P. G. Gawande, Dr. G. B. Dhawale was present on the dais as an organizer. Winners were given away the prizes. All participants were given away e-certificates. At the outset Dr. P. G. Gawande delivered introductory remarks and conducted the proceedings of the program. Dr. G. B. Dhawale proposed the vote of thanks.

Sports committee members & Development cell members, Shri. Girish Shahu, Dr. Anand Bakshi, Dr. M. B. Sardar, Prof. Bharat Deshmukh, Prof. G. D. Muratkar, Prof. A. R. Kahnu took efforts for the success of the program. In Sports General Knowledge Test total 141 students participated.

Dr. G. B. Dhawale



Student Development Officer
Arts, Science & Commerce College
Amravati



Dr. P. G. Gawande,
P. G. GAWANDE

Director of Physical Education
Arts, Sci. & Commerce College, Chikhaldara



Principal
प्राचार्य

कला, विज्ञान व वाणिज्य महाविद्यालय
चिखलदारा, जि. अमरावती

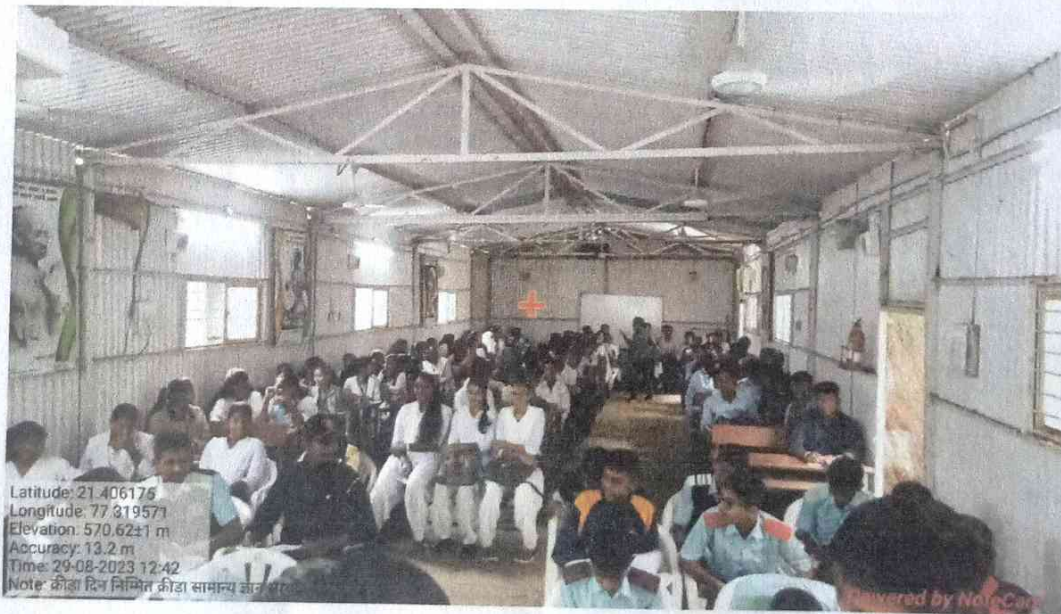
Sipna shikshan Prasarak Mandal Amravati's
Arts, Science & Commerce College, Chikhaldara

Department Of Physical Education and Sports & Students Development Cell

Sports GK Test Prize Distribution Ceremony



Principal Dr. R. S. Jaipurkar honoring the winner by presenting memento



Students are seen while attending the Sports GK test

Student Development Officer
Arts, Science & Commerce College
Chikhaldara, Dist. Amravati

P. G. GAWANDE
Director of Physical Education
Arts, Sci. & Commerce College, Chikhaldara

भा.श.स.

कला, विज्ञान व वाणिज्य महाविद्यालय
विस्वकर्ष, जि. अमरावती



सिपना शिक्षण प्रसारक मंडळ, अमरावती
द्वारा संचालित

कला, विज्ञान व वाणिज्य महाविद्यालय, चिखलदरा

NAAC Reaccredited B++ grade with CGPA 2.77



हॉकीचे जादुगर
मेजर ध्यानचंद

- 29 ऑगस्ट राष्ट्रीय क्रीडा दिन निमित्त -

क्रीडा सामान्य ज्ञान स्पर्धा

२९ ऑगस्ट २०२३ | वेळ : दुपारी १२.०५ ते १.३०

स्थळ : सेमिनार हॉल, कला, विज्ञान व वाणिज्य महा., चिखलदरा

खो-खो प्रशिक्षण शिबिर

२४ ते २९ ऑगस्ट २०२३ | वेळ : दुपारी ३.३० ते ५.००

स्थळ : पोलीस कवायत मैदान, चिखलदरा

मा. प्राचार्य/मुख्याध्यापक/सर्व खेळाडू/विद्यार्थी आपणास विनंती करण्यात येते की,
सिपना शिक्षण प्रसारक मंडळ, अमरावती, द्वारा संचालित
कला, विज्ञान व वाणिज्य महाविद्यालय, चिखलदरा द्वारा आयोजित
“क्रीडा सामान्य ज्ञान स्पर्धेकरिता तथा खो-खो प्रशिक्षण शिबिरामध्ये”
सहभागी व्हावे, ही विनंती.



मा.श्री. शैलेश पाल

माजी नगरसेवक तथा
सामाजिक कार्यकर्ता, चिखलदरा



- कार्यक्रमाचे अध्यक्ष -

डॉ. राजेश श. जयपूरकर

प्राचार्य, कला, विज्ञान व वाणिज्य महाविद्यालय, चिखलदरा
तथा माजी प्र-कुलगुरु, संत गाडगे बाबा अमरावती विद्यापीठ



मा.श्री. गौरव ठाकुर

राष्ट्रीय खेळाडू तथा
विद्यापीठ कलर कोट खो-खो खेळाडू

: आयोजक :

डॉ. पी.जी. गावंडे

शारिरीक शिक्षण संचालक

डॉ. जी.बी. ढवळे

समन्वयक, विद्यार्थी विकास कक्ष

शारिरीक शिक्षण व क्रीडा विभाग व विद्यार्थी विकास कक्ष

कला, विज्ञान व वाणिज्य महाविद्यालय, चिखलदरा

Students actively participate in kho-kho, GK competitions

Amravati Bureau
AMRAVATI, Sept 3

KHO-KHO camp and sports general knowledge competition was organised by Department of Physical Education and Sports Development Cell from Arts, Commerce and Science College, Chikhaldara, recently to mark the National Sports Day.

Total of 217 students participated in these activities including 141 in sports general knowledge competition and 76 at kho-kho camp.

Students from Girijan Junior College, Girijan College of Physical Education, Deepshikha Military School and Shivaji High School also participated in these activities. The valedictory and prize distribution ceremony was held in Seminar Hall of Arts, Commerce and Science College, Chikhaldara.

Dr R S Jaipurkar, Principal, presided over the programme while Dr G B Dhawale and Dr Prashant Gawande, Director of



Dr Rajesh Jaipurkar addressing the gathering.

Physical Education, and also the organiser of the events were present as the guests. Dr Prashant Gawande in his introductory remarks, narrated the importance of National Sport Day and also purpose behind the organisation of the programme.

In his presidential speech, Principal Dr Rajesh Jaipurkar provided information about Major Dhyan Chand's life history. Major Dhyan Chand who is known as the magician of hockey has contributed a lot

to the game of hockey. He achieved this reputation through constant hard work, struggle and determination.

The prize distribution ceremony of the sports general knowledge competition was held at the hand of the guests. Shripad Chikhalkar honoured with first prize while Namish Karia with second and Yash Itankar with third prize. All the first three winners are the students from College of Arts, Science and Commerce, Chikhaldara.

Tanmay Lokhande, Deepshikha Sainik School, Chikhaldara secured the fourth place. Winners were given memento, e-certificates.

Dr P G Gawande conducted the proceedings of the programme while G B Dhawale proposed a vote of thanks.

Prof Dr Prashant Gawande, Prof Dr G B Dhawale, Gajanan Ingle, Rajeev Panturkar, Anand Dhabe, Prof Dr Anand Bhukshi, Prof Kottewar, Prof Dr M B Sardar worked hard for the success of the programme.

अध्ययन समाचार

आता येज रक्षा अपडेट

संपादन : विजय शेंडे

शुक्रवार दि. १ सप्टेंबर २०२३

सिपना, कला, विज्ञान व वाणिज्य महाविद्यालय चिखलदरा येथे, २९ ऑगस्ट राष्ट्रीय क्रीडा दिना निमित्त विविध कार्यक्रमांचे आयोजन

चिखलदरा दि. ३ प्रतियोगी

सो सो विजय आणि क्रीडा साधन हात अर्पणे आयोजन २९ ते २९ ऑगस्ट पर्यंत कला, विज्ञान व वाणिज्य महाविद्यालय चिखलदरा येथे राष्ट्रीय क्रीडा दिना व क्रीडा दिनाचे निमित्त विविध कार्यक्रमांचे आयोजन करण्यात आले. या कार्यक्रमाचे आयोजन उपस्थित पणे साधन घेतला. एकूण १२२ विद्यार्थी क्रीडा साधन हात अर्पणे करून ७६ विद्यार्थी सो सो विजय अर्पणे करून घेतले. अनेक उपक्रम २९ ऑगस्टी साधन हात अर्पणे करून घेतले. अनेक उपक्रम २९ ऑगस्टी साधन हात अर्पणे करून घेतले. अनेक उपक्रम २९ ऑगस्टी साधन हात अर्पणे करून घेतले.



कार्यक्रमाचे महत्त्व व महत्त्वपूर्णताचे उद्देश साधन हात अर्पणे करून घेतले. अनेक उपक्रम २९ ऑगस्टी साधन हात अर्पणे करून घेतले. अनेक उपक्रम २९ ऑगस्टी साधन हात अर्पणे करून घेतले. अनेक उपक्रम २९ ऑगस्टी साधन हात अर्पणे करून घेतले.

वेळी आले. ते तीन वेळा अतिथिगत सुकृष्टीकरण विज्ञानाचा संघर्ष करणारे होते. त्यांच्या १९२२, १९२६, ३० ऑगस्टी साधन हात अर्पणे करून घेतले. अनेक उपक्रम २९ ऑगस्टी साधन हात अर्पणे करून घेतले. अनेक उपक्रम २९ ऑगस्टी साधन हात अर्पणे करून घेतले.

संघर्ष करणारे सर्वोत्तम होते. अतिथिगत वेळी साधन हात अर्पणे करून घेतले. अनेक उपक्रम २९ ऑगस्टी साधन हात अर्पणे करून घेतले. अनेक उपक्रम २९ ऑगस्टी साधन हात अर्पणे करून घेतले.

गावंडे ज्वेलर्स जगदंबा चौक, परतवाडा.

— आपला विश्वास हीच आपली जीविका —

सोने | चांदी | हिरें | मोती

73 78 55 7777

07223-222522

Signature

Student Development Officer
Arts, Science & Commerce College
Chikhaldara, Dist. Amravati

Signature

P. G. GAWANDE
Director of Physical Education
Arts, Sci. & Commerce College, Chikhaldara

Signature

प्रचारक
कला, विज्ञान व वाणिज्य महाविद्यालय
चिखलदरा, जि. अमरावती

Sipna shikshan Prasarak Mandal Amravati's
Arts, Science & Commerce College, Chikhaldara
Department Of Physical Education and Sports

2023-2024

Name of Committee : Sports & Students Development Cell
Title of program conducted : Kho-Kho Coaching Camp
Date of program : 24th to 29th August 2023
Reference : As per activity plan, submitted on: 12/06/2023

Objective of program :

1. Prepare a sportsman for a highest possible performance in a main competition/event.
2. Improvement of physical fitness.
3. Acquisition of motor skills.
4. Improvement of technical and tactical efficiency.
5. Education and improvement of mental capabilities.

Number of beneficiaries : 78


Brief summary of the program :

The day is meant to commemorate the legend and create awareness on the importance of sports, fitness and health. Children must take part in sports because it is essential for their fitness, health and positive overall development.

The main aim of Kho-Kho coaching camp is to prepare a sportsman for a highest possible performance in a main Kho-Kho competition and to train and impart Kho-Kho coaching to the local as well as college students. Department of physical education and sports in collaboration with Students Development Cell of Arts, Science and Commerce College, Chikhaldara conducted Kho-Kho Coaching Camp from 24th to 29th August 2023, on the occasion of National Sports Day 29th August.

Concluding ceremony conducted on 29th August 2023 at seminar hall of Arts, science and commerce college, Chikhaldara. Hon. Principal Dr. R. S. Jaipurkar presided over the program. Dr. P. G. Gawande, Dr. G. B. Dhawale was present on the dais as an organizer. Winners were given away the prizes. All participants were given away e-certificates.


Dr. P. G. Gawande delivered introductory remarks and proposed the vote of thanks. Dr. G. B. Dhawale conducted the proceedings of the program. Sports committee members & Students Development cell members, Shri. Girish Shahu, Dr. Anand Bakshi, Dr. M. B. Sardar, Prof. Bharat Deshmukh, Prof. G. D. Muratkar, Prof. A. R. KAHnu took efforts for the success of the program. In Kho-Kho coaching camp total 78 students participated.


Dr. G. B. Dhawale


Dr. P. G. Gawande,

Student Development Officer
Arts, Science & Commerce College
Chikhaldara, Dist. Amravati

P. G. GAWANDE
Director of Physical Education
Arts, Sci. & Commerce College, Chikhaldara

Principal

Dr. R. S. Jaipurkar
प्राचार्य
कला, विज्ञान व वाणिज्य महाविद्यालय
चिखलदारा, जि. अमरावती

Sipna shikshan Prasarak Mandal Amravati's
Arts, Science & Commerce College, Chikhaldara
Department Of Physical Education and Sports
Kho-Kho Coaching Camp



24/08/2023



24/08/2023

Student Development Officer
Arts, Science & Commerce College
Chikhaldara, Dist. Amravati

P. G. GAWANDE
Director of Physical Education
Arts, Sci. & Commerce College, Chikhaldara

प्रणाय
कला, विज्ञान व वाणिज्य महाविद्यालय
चिखलदारा, जि. अमरावती

Sipna shikshan Prasarak Mandal Amravati's
Arts, Science & Commerce College, Chikhaldara
Department Of Physical Education and Sports

Kho-Kho Coaching Camp



25 / 08/2023



25 / 08/2023

Student Development Officer
Arts, Science & Commerce College
Chikhaldara, Dist. Amravati

P. G. GAWANDE
Director of Physical Education
Arts, Sci. & Commerce College, Chikhaldara

प्रचारक
कला, विज्ञान व वाणिज्य महाविद्यालय
चिखलदारा, जि. अमरावती

Sipna shikshan Prasarak Mandal Amravati's
Arts, Science & Commerce College, Chikhaldara
Department Of Physical Education and Sports
Kho-Kho Coaching Camp



25 / 08/2023



26 / 08/2023

Bash
Student Development Officer
Arts, Science & Commerce College
Chikhaldara, Dist. Amravati

P. G. Gawande
P. G. GAWANDE
Director of Physical Education
Arts, Sci. & Commerce College, Chikhaldara

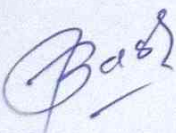
ML
प्रवाथ
कला, विज्ञान व वाणिज्य महाविद्यालय
चिखलदारा, जि. अमरावती


Sipna shikshan Prasarak Mandal Amravati's
Arts, Science & Commerce College, Chikhaldara
Department Of Physical Education and Sports
Kho-Kho Coaching Camp




26 / 08/2023




Student Development Officer
Arts, Science & Commerce College
Chikhaldara, Dist. Amravati


P. G. GAWANDE
Director of Physical Education
Arts, Sci. & Commerce College, Chikhaldara


प्राचार्य
कला, विज्ञान व वाणिज्य महाविद्यालय
चिखलदारा, जि. अमरावती

Sipna shikshan Prasarak Mandal Amravati's
Arts, Science & Commerce College, Chikhaldara
Department Of Physical Education and Sports
Kho-Kho Coaching Camp




27/08/2023



28/08/2023


Student Development Officer
Arts, Science & Commerce College,
Chikhaldara, Dist. Amravati


P. G. GAWANDE
Director of Physical Education
Arts, Sci. & Commerce College, Chikhaldara

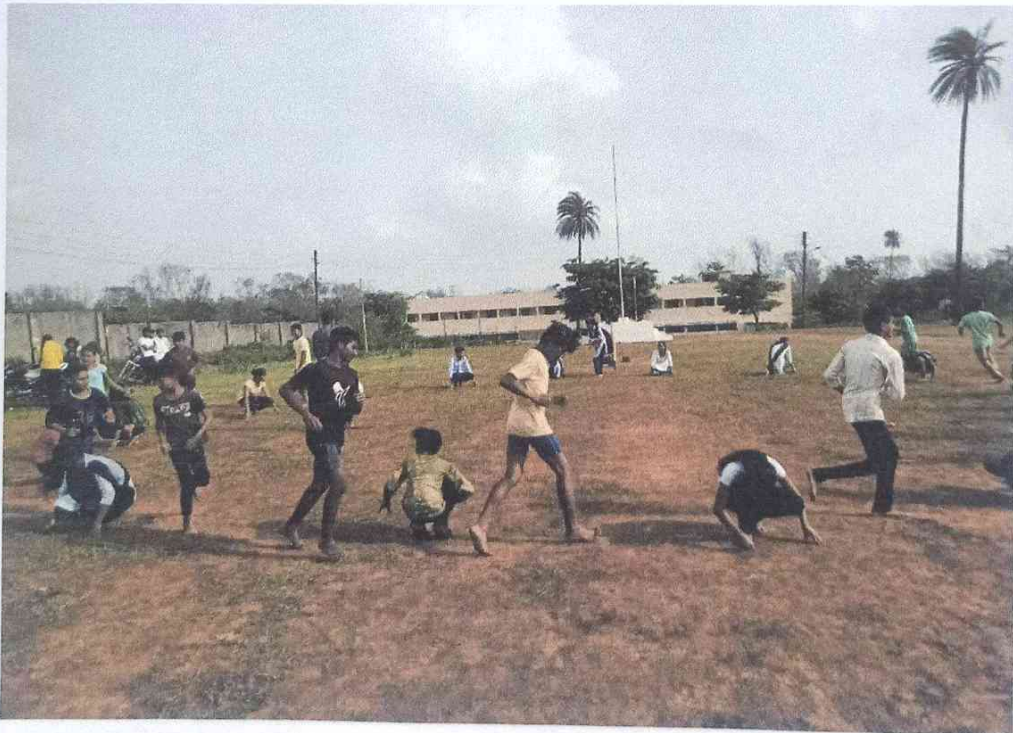

प्राध्याय
कला, विज्ञान व वाणिज्य महाविद्यालय
चिखलदारा, जि. अमरावती

Sipna shikshan Prasarak Mandal Amravati's
Arts, Science & Commerce College, Chikhaldara
Department Of Physical Education and Sports

Kho-Kho Coaching Camp




28/08/2023



29/08/2023


Student Development Officer
Arts, Science & Commerce College
Chikhaldara, Dist. Amravati


P. G. GAWANDE
Director of Physical Education
Arts, Science & Commerce College, Chikhaldara


प्रधान
कला, विज्ञान व वाणिज्य महाविद्यालय
चिखलदारा, जि. अमरावती

Sipna shikshan Prasarak Mandal Amravati's

Arts, Science & Commerce College, Chikhaldara

Department Of Physical Education and Sports and Students development cell

29 August, National Sports Day: Kho-Kho Coaching Camp: 24th to 29th August 2023

Participant's Attendance

Sr. No.	Students Names	Mobile No.	24/08/ 2023	25/08/ 2023	26/08/ 2023	27/08/ 2023	28/08/ 2023	29/08/ 2023
01	Ku. Sakshi Sawalkar	8767251274	P	P	P	P	P	P
02	Ku. Nikita Belsare		P	P	P	P	P	P
03	Ku. Sandhya S. Kasdekar	9529450442	P	A	P	P	P	A
04	Ku. Vaishnavi Harsule	9322626132	P	P	P	A	P	P
05	Ku. Sawita Belsare		P	P	A	P	A	P
06	Ku. Paramila Thakare	9699847065	P	A	P	P	P	P
07	Ku. Monika Jamunkar		P	P	P	P	P	P
08	Ku. Rutuja Dahikar		P	P	P	P	A	P
09	Ku. Shital Bethekar	9370672906	P	P	P	P	P	P
10	Ku. Sonali Dhadse		P	P	P	P	P	P
11	Ku. Chandani Belsare		P	P	P	P	P	P
12	Ku. Kiran Dhande		P	A	A	A	P	P
13	Ku. Anjali Belsare		P	P	P	P	A	P
14	Ku. Rita Belsare		P	P	P	P	P	P
15	Ku. Kirti G. kasdekar	9359157614	P	P	P	P	P	P
16	Ku. Shila S. Kasdekar	9834064788	P	A	P	P	P	P
17	Ku. Nandini S. Bhusum	9373072431	P	P	P	A	A	P
18	Ku. Nilam P. Jamunkar	8767534682	P	P	A	P	P	P
19	Ku. Radhika R. Belsare	9511775492	P	P	P	P	P	P
20	Ku. Archana R. Dhikar	9325436351	P	P	P	P	P	P
21	Ku. Susuma L. Jamunkar	8817050770	P	A	P	A	P	P
22	Ku. Radha A. Jamunkar	9325774938	P	P	P	P	A	P
23	Ku. Priyanka M. Jamunkar	8010423816	P	P	P	P	P	P
24	Ku. Sunanada M. Jambu		P	P	P	P	P	A
25	Ku. Divyani Dhurve	9527556949	P	P	P	P	P	P
26	Ku. Anjali Zombade	9527551719	P	A	A	P	P	P
27	Ku. Sakshi Zombade	9527551719	P	P	P	P	A	P
28	Ku. Sonali Dhadse	9529597393	P	P	P	P	P	P
29	Ku. Rita Belsare	9325488843	P	P	A	A	P	A
30	Ku. Chandani Belsare	9325488843	P	P	P	P	P	P
31	Ku. Monika Jawarkar	9422834174	P	P	P	P	A	P
32	Sheikh Abuzar	8087637577	P	P	P	P	P	P
33	Diwakar S. Kasdekar	8766882920	P	P	P	P	A	P
34	Raja M. Dhande	8263884715	P	P	P	P	A	P
35	Sawan R. Bhilawekar	9529627081	P	P	A	A	P	P
36	Sumit M. Sawalkar	9307298686	P	P	P	P	P	A
37	Vikas S. Jamunkar	9322875290	P	A	P	P	P	P
38	Raj L. Bhilawekar	9373958283	P	P	P	P	P	P
39	Srideo S. Kasdekar	7787342800	P	P	P	P	P	A
40	Ritik R. Kasdekar	9579179636	P	P	A	A	P	P
41	Shivaraj M. Mawaskar	9518756824	P	P	P	P	P	P


P. G. GAWANDE

Director of Physical Education
Arts, Sci. & Commerce College, Chikhaldara

B. B. B.

Student Development Officer
Arts, Science & Commerce College
Chikhaldara, Dist. Amravati

42	Krish K. Jambekar	9307249914	P	P	P	P	P	P
43	Nitesh s. Kasdekar	9373678553	P	P	P	P	P	P
44	Ankit S. Harsule	8262017357	P	A	P	P	P	A
45	Harsh M. Raut	7887326456	P	P	P	P	P	P
46	Nayan D. Deshmukh		P	P	P	P	P	P
47	Pranav S. Wankhade		P	P	A	P	P	P
48	Purv G. Pande		P	P	P	P	P	P
49	Om R. Khadake	9022594452	P	P	P	P	P	P
50	Uplaksha P. Nawale	8390284449	P	P	A	P	P	P
51	Dipak B. Kachawa		P	P	P	A	P	P
52	Shivam R. Dhurve	9527556949	P	P	P	P	P	P
53	Praful N. Belsare	8956966821	P	P	P	P	P	P
54	Sheikh Ayyan Sheikh Anvar	7057787104	P	A	P	A	P	P
55	Pratikesh D. Tote		P	P	P	P	P	P
56	Prem M. Darsimbe		P	P	P	P	P	P
57	Mangesh N. Hekade		P	P	P	P	P	P
58	Shravan B. Shanware		P	P	P	P	P	P
59	Aniket N. Yewale		P	P	P	P	P	P
60	Dashrath R. Shanware		P	P	P	A	P	P
61	Lucky Kasdekar		P	P	P	P	P	A
62	Ritesh Chavahan		P	P	P	P	P	P
63	Manoj Kale		P	P	P	P	P	P
64	Viki Belsare	7620798671	P	A	P	P	P	P
65	Ram Chimote	9699241354	P	P	P	P	P	P
66	Avinash Jamunkar		P	P	P	P	P	P
67	Akash Mavaskar	9359011136	P	P	P	P	P	P
68	Sunil Tandilkar	9098766587	P	P	P	P	P	P
69	Aditya Bhusum	8265084494	P	A	P	A	P	P
70	Vikram Darsimbe	9309914844	P	P	P	P	P	P
71	Sarvesh Kasdekar	7498617299	P	P	P	P	P	P
72	Sanjay Belsare	9376817041	P	P	P	P	P	P
73	Gangaram Belsare	9529497902	P	P	P	P	P	A
74	Akash Jambekar	9359011136	P	A	P	A	A	P
75	Saif Sheikh Saif	7875141697	P	P	P	P	P	P
76	Jivan Puri		P	P	P	P	P	P
77	Rohit Chavhan		P	P	A	P	P	A
78	Shivam Lokhande		P	A	P	A	P	P


Dr. P. G. Gawande

P. G. GAWANDE
Director of Physical Education
Arts, Sci. & Commerce College, Chikhaldara



Student Development Officer
Arts, Science & Commerce College
Chikhaldara, Dist. Amravati

Principal



Dr. R.S. Jaipurkar
अध्यक्ष

कला, विज्ञान व वाणिज्य महाविद्यालय
चिखलदारा, जि. अमरावती



सिपना शिक्षण प्रसारक मंडळ, अमरावती
द्वारा संचालित

कला, विज्ञान व वाणिज्य महाविद्यालय,
चिखलदरा

NAAC Reaccredited B++ grade with CGPA 2.77



हॉकीचे जादुगर
मेजर ध्यानवंद

- 29 ऑगस्ट राष्ट्रीय क्रीडा दिन निमित्त -

क्रीडा सामान्य ज्ञान स्पर्धा

२९ ऑगस्ट २०२३ | वेळ : दुपारी १२.०५ ते १.३०
स्थळ : सेमिनार हॉल, कला, विज्ञान व वाणिज्य महा., चिखलदरा

स्वो-स्वो प्रशिक्षण शिबिर

२४ ते २९ ऑगस्ट २०२३ | वेळ : दुपारी ३.३० ते ५.००
स्थळ : पोलीस कवायत मैदान, चिखलदरा

मा. प्राचार्य/मुख्याध्यापक/सर्व खेळाडू/विद्यार्थी आपणास विनंती करण्यात येते की,
सिपना शिक्षण प्रसारक मंडळ, अमरावती, द्वारा संचालित
कला, विज्ञान व वाणिज्य महाविद्यालय, चिखलदरा द्वारा आयोजित
“क्रीडा सामान्य ज्ञान स्पर्धेकरिता तथा खो-खो प्रशिक्षण शिबिरामध्ये”
सहभागी व्हावे, ही विनंती.



मा.श्री. शैलेश पाल
माजी नगरसेवक तथा
सामाजिक कार्यकर्ता, चिखलदरा



- कार्यक्रमाचे अध्यक्ष -
डॉ. राजेश श. जयपुरकर
प्राचार्य, कला, विज्ञान व वाणिज्य महाविद्यालय, चिखलदरा
तथा माजी प्र. कुलगुरु, संत गाडगे बाबा अमरावती विद्यापीठ



मा.श्री. गौरव ठाकुर
राष्ट्रीय खेळाडू तथा
विद्यापीठ क्लर कोट खो-खो खेळाडू

: आयोजक :

डॉ. पी.जी. गावंडे
शारिरीक शिक्षण संचालक

डॉ. जी.वी. ढवळे
समन्वयक, विद्यार्थी विकास कक्ष

शारिरीक शिक्षण व क्रीडा विभाग व विद्यार्थी विकास कक्ष
कला, विज्ञान व वाणिज्य महाविद्यालय, चिखलदरा

© 2023 8 936040478

F. G. GAWANDE

Director of Physical Education

Arts, Sci. & Commerce College, Chikhaldara

Student Development Officer
Arts, Science & Commerce College
Chikhaldara, Dist. Amravati

प्राचार्य

कला, विज्ञान व वाणिज्य महाविद्यालय
चिखलदरा, जि. अमरावती

Students actively participate in kho-kho, GK competitions

Amravati Bureau
AMRAVATI, SEP 3

KHO-KHO camp and sports general knowledge competition was organised by Department of Physical Education and Sports and Student Development Cell from Arts, Commerce and Science College, Chikhaldara, recently to mark the National Sports Day.

Total of 217 students participated in these activities including 141 in sports general knowledge competition and 76 at Kho-Kho camp.

Students from Garjan Junior College, Garjan College of Physical Education, Deepshikha Military School and Shivaji High School also participated in these activities. The valedictory and prize distribution ceremony was held at Seminar Hall of Arts, Commerce and Science College, Chikhaldara.

Dr B S Jaipurkar, Principal, presided over the programme while Dr G B Dhawale and Dr Prashant Gawande, Director of



Dr Rajesh Jaipurkar addressing the gathering.

Physical Education, and also the organisers of the events were present as the guests. Dr Prashant Gawande, in his introductory remarks, narrated the importance of National Sports Day and also purpose behind the organisation of the programme.

In his presidential speech, Principal Dr. Rajesh Jaipurkar provided information about Major Dhyani Chand's life history. Major Dhyani Chand who is known as the magician of hockey has contributed a lot

to the game of hockey. He achieved this reputation through constant hard work, struggle and determination.

The prize distribution ceremony of the sports general knowledge competition was held at the hand of the guests. Shripad Chikhalkar honoured with first prize while Mamini Karia with second and Yash Jankar with third prize. All the first three winners are the students from College of Arts, Science and Commerce, Chikhaldara.

Tanmay Lokhande, Deepshikha Sainik School, Chikhaldara secured the fourth place. Winners were given memento, e-certificates.

Dr P G Gawande conducted the proceedings of the programme while G B Dhawale proposed a vote of thanks.

Prof Dr Prashant Gawande, Prof Dr G B Dhawale, Gajanan Ingle, Rajeev Panurkar, Anand Dhabe, Prof Dr Anand Sakshi, Prof Kottewar, Prof Dr M B Sardar worked hard for the success of the programme.

अध्ययन समाचार

संपादक : जितेंद्र चौधे

शुक्रवार दि. १ सप्टेंबर २०२३

सिपना, कला, विज्ञान व वाणिज्य महाविद्यालय चिखलदरा येथे, २९ ऑगस्ट राष्ट्रीय क्रीडा दिना निमित्त विविध कार्यक्रमांचे आयोजन

चिखलदरा दि. १ प्रतिनिधी
याे र्शे शिरीर आणि क्रीडा सममन हान समर्चे आयोजन २५ ते २९ ऑगस्ट पर्यंत कल्प, विज्ञान व वाणिज्य महाविद्यालय चिखलदरा येथे शारीरिक शिक्षण विभाग व क्रीडा आणि विद्यार्थी विकास कक्ष यांचे संयुक्त विद्यमाने करण्यात आले. या कार्यक्रमात विद्यार्थ्यांनी उच्चमूर्त पणे सहभाग घेतला. प्रथम स्थान विद्यार्थी क्रीडा सामान्य ज्ञान स्पर्धेत मध्ये तर ७६ विद्यार्थी व्ही कोर विभागध्ये सहभागी झाले होते. असे एकूण २१७ विद्यार्थी सहभागी झाले होते. अतिरिक्त विभिन्न कनिष्ठ महाविद्यालय, विभिन्न आर्थिक शिक्षण महाविद्यालय, टॉपबिळा सैनिक शाळा, शिवाजी हाईस्कूल, वैशील विद्यापीठ हाजर होते.

या कार्यक्रमाचा अग्रेसर आणि ब्रीफिंग विभाग वीहिका महाविद्यालयतील सैकितार शील मध्ये संयोज झाला. सर्व प्रथम संत गावडे खासा प्रतिष्ठेचे मुख्य कर्मण कार्यक्रमाची सुरुवात झाली. या वाणी प्रारंभ डॉ. आर. एस. जयपूरकर अध्यक्ष स्थानी विभागात होते. तर डॉ. जी. बी. दमळे, डॉ. प्रदीप गावडे आजीवक संपन्न संचालक होते. प्रारंभिक संपन्न डॉ. गावडे यांनी



कार्यक्रमाचे प्रारंभ व महाविद्यालयाचा उद्देश साय आहें ते सांगितले.

आपल्या ज्येष्ठ शिष्या भाषणातून प्रारंभ डॉ. राजेश जयपूरकर यांनी मेजर ध्यानचंद यांचे जीवनचर्या बद्दल माहिती देताना सांगितले की, २९ ऑगस्ट हा राष्ट्रीय क्रीडा दिन म्हणून साजरा करतो.

खतर हा दिवस मेजर ध्यानचंद यांचा जन्म आहे. मेजर ध्यानचंद यांचे शौकाल फार मोठे सौंदर्य आहे. मेजर ध्यानचंद यांना होरिच्या वादुरा म्हटले जाते. मेजर ध्यानचंद यांचे जन्म २९ ऑगस्ट १९०५ रोजी इलाहाबाद मध्ये झाला. त्यांचा बालपणी खेळापणाचे विशेष लक्षण दिसत नव्हते. हीकी प्रतियोगितात नव्हती. तर त्यांनी सतत मेहनत साधना संपन्न व संकल्प द्वारे ही प्रतिष्ठा प्राप्त केली. मेजर ध्यानचंद भारतीय हीकी संघाचे शीकडू व कर्णधार होते. त्यांची गणना आधुनिक अग्रगण्य शीकडू म्हणून

केली जाते. ते हीच वेळा अलिप्तक सुवर्णपदक जिंकण्यात सहाय्य मदत्य होते. त्यामधी १९२८, १९३२, १९३५, व ऑलिंपिक सामील आहे.

१९३६ मध्ये भारत जर्मनी यांच्यातील ऑलिंपिक सामन्यामध्ये त्यांचे नेळ पाहून जर्मनीचा हल्लामुखा अफोल्क हिटलरने घाबरे झाले होते. त्यामुळे हिटलरने त्यांना जर्मन नागरिकत्व देण्याची तसेच इंग्लिश झडियन आर्मीत एक मेजर पद व गर्जल यतार्थीत नव्हतीची ऑफर दिली होती. उपर देशभेदी व स्वातंत्र्याची ध्यानचंद यांची ही गमती नव्हतली होती. भारत स्वतंत्रत्वे त्यांना १९५६ साली ही पदसंपुषण देऊन गौरवले होते.

भारत पुन्हा एकदा इंग्लिंड हे युद्धरतदाकडे तटघाल करू शकले. हीच मेजर ध्यानचंद यांना खाऱ्या अर्थीने जनाहितची खरी फेर समजावी व खाऱ्या अर्थीने क्रीडा दिलस

साजरा करण्याचे संकल्प होईल असे प्रतिपादन केले.

आजलेली बहील वितरण शीकडा संपन्न झाला. प्रथम पुरस्कार श्रीपद चिखलकर, द्वितीय पुरस्कार नमिष कार्या, तृतीय पुरस्कार यश इतलकर, सर्व विद्यार्थी व्हा, विज्ञान व वाणिज्य महाविद्यालय, चिखलदरा तर चतुर्थ पुरस्कार तनय शोबडे. शीपशिक्षण शैलीक खासा चिखलदरा यांना मिळाला. विजेत्यांना पेयदो, ई - प्रमाणपत्र देण्यात आली.

कार्यक्रमाचे आस्ताविक व संचालन डॉ. पी. जी. गावडे तर आभार डॉ. जी. बी. दमळे यांनी मानले. कार्यक्रमाचे आस्ताविक वितरण डॉ. प्रदीप गावडे, डॉ. जी. बी. दमळे, गजानन इंगळे, राजीव पातूरकर, आनंद दगडे, प्रा. डॉ. अनंत बशी, प्रा. कोतेवार, डॉ. एस. बी. सत्वार, यांनी आलेतात परिश्रम घेतले.

गावंडे ज्वेलर्स जगदंबा चौक, परतवाडा.

— आपला विश्वास हीच आम्हाची ओळख —

सोने | चांदी | हिरे | मोती

73 78 55 7777

07223-222522

F. G. GAWANDE
Director of Physical Education
Arts, Sci. & Commerce College, Chikhaldara

Student Development Officer
Arts, Science & Commerce College
Chikhaldara, Dist. Amravati

प्रचारय
कला, विज्ञान व वाणिज्य महाविद्यालय
चिखलदरा, जि. अमरावती

Sipna Shikshan Prasarak Mandal, Amravati's,
Arts, Science & Commerce College, Chikhaldara.

Name of Committee : Sports
Year : 2023-24
Title of program conducted : Sant Gadge Baba Amravati University Amravati
Inter-collegiate Kho-Kho men competition
Date of program : 14-17 October 2023
Reference : Letter No. SGBAU/12/720/2023, Dated: 26/09/2023
Objective of program :

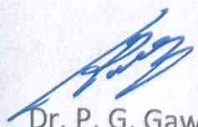
1. Nurture sports culture, develop physical fitness and skill.
2. Mental alertness and ethical qualities through sports.
3. Encourage students to participate in Indigenous game Kho-Kho.
4. Swachya Bharat, Swastha Bharat Abhiyan through sports events.

Number of beneficiaries : 180 Players

Brief summary of the program :

Department of physical education and sports of Arts, Science and Commerce College, Chikhaldara organized Sant Gadge Baba Amravati University, Amravati Inter-collegiate Kho Kho men tournament At Chikhaldara from 14th to 17th October 2023. Total 12 teams, 180 players participated from University arena in the Zone A-competition. Objective to organize Kho-Kho event was to promote the game at Melghat region. Shri. Tukesh Sapkal, Alumina player of the college inaugurated the competition, Ku. Pooja Tiwari, All India Color holder player, Shri. Anand Pidurkar, PI, Police Station, Shri. Rajendra Singh Somwanshi, Former President, Nagar Parishad, Chikhaldara were present as a Chief guests. Principal Dr. R.S. Jaipurkar presided over the Inauguration program. Sipna Arts, Science and Commerce College, Chikhaldara won the zone final. Later team secured second place of SGBAU, Amravati Inter-collegiate Kho-Kho tournament.

Dr. P. G. Gawande, Person In-charge, SGBAU, Amravati Inter-collegiate Kho-KHo competition, (Director of physical education and Sports), Sports committee members took efforts for the success of the Kho-Kho competition. Tournament was organized under the guidance of Hon. Principal Dr. R.S. Jaipurkar.



Dr. P. G. Gawande
P. G. GAWANDE
Director of Physical Education
Arts, Sci. & Commerce College, Chikhaldara




Dr. Dr. R. S. Jaipurkar
PRINCIPAL
Arts, Science & Commerce Coll.,
Chikhaldara

Sipna Shikshan Prasarak Mandal, Amravati,

Arts, Science & Commerce College, Chikhaldara.

SGBAU, Amravati Inter-collegiate Kho Kho Tournament 14 to 17 October 2023




P.G. GAWANDE
Director of Physical Education
Arts, Sci. & Commerce College, Chikhaldara


PRINCIPAL
Arts, Science & Commerce Coll.,
Chikhaldara

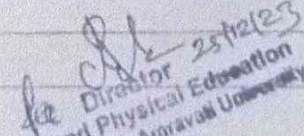
SANT GADGE BABA AMRAVATI UNIVERSITY
Inter collegiate Tournament 2023-24
Person In-Charge Report

Name of Organizing College	Arts sci. & comm. College, Chikhaldara
Tournament	Inter collegiate Kho Kho Men
Section	Men OR Women Men
Zone	A
Date of Tournaments	14 Oct 2023 to 18 Oct 2023

List of Participating College

Sr.No.	Name of the Participating College
1.	Arts sci. & Commerce College, Chikhaldara
2.	Late N.A. Deshmukh College, Chandur Bazar
3.	G. S. Tompe College, Chandur Bazar
4.	S. M. B. Shinde Arts College, Khargapur
5.	Shivaji College of Arts Commerce & Science, Akola
6.	Padm Dr. V. B. Kulkarni College, Malkapur
7.	Shri. P. K. Kulkarni Mahavidyalaya, Talgaon Jambh
8.	Ramkrishna Mahavidyalaya, Datapur
9.	Shri. V. N. College, Dharni
10.	Vivekanand Science College, Hivara B.K.
11.	Karmavaji Jatyasaheb Bhande Institute of Pharmacy, Chikhaldara
12.	Chhatrapati Shivaji Kala Mahavidyalaya, Asegaonpur, Dist. Buldana
13.	
14.	
15.	
16.	
17.	
18.	
19.	
20.	
21.	
22.	
23.	
24.	
25.	
26.	
27.	
28.	
29.	
30.	

Date: 17/10/2023	Zone Final Result	Winner	Arts sci. & comm. College, Chikhaldara
		Runner	श्री. ए. ए. शिंदे College, Chandur Bazar

Date: _____	Final Result	Winner	 P. G. Gawande Director of Physical Education Sant Gadge Baba Amravati University Amravati
		Runner	
		IIIrd Place	
		IVth Place	

Signature

Name of the Person in-charge

Name of College

Dr. Poashant G. Gawande
Arts Science & Commerce College
Chikhaldara

Director of Physical Education

Logo/Person in-charge/Microsoft Word

P.G. GAWANDE

Director of Physical Education

Arts, Sci. & Commerce College, Chikhaldara

PRINCIPAL

Arts, Science & Commerce Col
Chikhaldara



॥ निमंत्रण पत्रिका ॥

संत गाडगे बाबा अमरावती विद्यापीठ, अमरावती



आंतर महाविद्यालयीन खो-खो स्पर्धा (मुले)

- आयोजक -

सिपना शिक्षण प्रसारक मंडळ

द्वारा संचालित

कला, विज्ञान व वाणिज्य महाविद्यालय, चिखलदरा

आपणास कळविण्यात अत्यंत आनंद होतो की, संत गाडगे बाबा अमरावती विद्यापीठ, अमरावती, आंतर-महाविद्यालयीन खो-खो (मुले) स्पर्धा

दि. १४ ते १७ ऑक्टोबर २०२३ चे दरम्यान

आमचे महाविद्यालयाद्वारे आयोजित करण्यात येत आहेत. कृपया आपण स्पर्धेस उपस्थित राहून खेळाडूंना प्रोत्साहित करावे, ही विनंती.

स्थळ : पोलीस कवायत मैदान, चिखलदरा

*** उद्घाटन सोहळा**

शनिवार, दि. १४ ऑक्टोबर २०२३ वेळ : सकाळी ११.३० वा.

*** उद्घाटक ***

मा. श्री. तुकेश सपकाळ
राष्ट्रीय तथा विद्यापीठ कलर कोट खेळाडू

*** प्रमुख अतिथी ***

मा. श्री. राजेंद्रसिंह सोमवंशी,
माजी नगराध्यक्ष, न.प., चिखलदरा

*** प्रमुख अतिथी ***

मा. श्री. आनंद पिदुरकर,
पोलीस निरीक्षक, पो.स्टे., चिखलदरा

मा. कु.पुजा तिवारी,

ऑल इंडिया विद्यापीठ कलर कोट खेळाडू

*** कार्यक्रमाचे अध्यक्ष**

मा. डॉ.राजेश जयपूरकर

प्राचार्य, कला, विज्ञान व वाणिज्य महाविद्यालय, चिखलदरा
(माजी प्र-कुलगुरु, संत गाडगे बाबा अमरावती विद्यापीठ, अमरावती)

*** विनीत ***

डॉ. पी. जी. गावंडे

संयोजक तथा पर्सन इन्वार्ज खो-खो स्पर्धा (मुले) संत गाडगेबाबा अमरावती विद्यापीठ, अमरावती
क्रिडा समिती सदस्य : डॉ. यु. जी. तायडे, डॉ. एन.जे. सूर्यवंशी, डॉ. एम.बी. सरदार, डॉ.ए.आर. बक्षी,
प्रा.बी.एस. देशमुख, श्री. जि.एम. साहू व शिक्षक तथा शिक्षकेत्तर कर्मचारी
कला, विज्ञान व वाणिज्य महाविद्यालय, चिखलदरा

Sipna Shikshan Prasarak Mandal Amravati's,
Arts, Science & Commerce College, Chikhaldara
Department Of Physical Education and Sports

Name of Committee : Sports
Year : 2023-24
Title of program conducted : Republic day Kho-Kho tournament
(Swachya bharat- Swasth bharat)
Date of program : 24rd January 2024
Objective of program :

- (01) Nurture sports culture, develop physical fitness, skill, mental alertness and ethical qualities
- (02) Develop constructive social abilities and emotional maturity
- (03) Fulfill Swachya Bharat- Swasth Bharat objective
- (04) Encourage children's to go for non-expenditure indigenous games

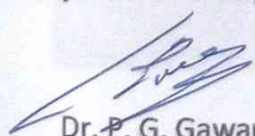
Number of beneficiaries : 256

Brief summary of the program :

Department of physical education and sports organized kho_kho tournament at Aladoh sports ground , Proposed Land ASCC, Chikhaldara in collaboration with Tahsil and Nagar Parishad, Chikhaldara. Tournament was organized to propagate the indigenous Kho-Kho game and to fulfill the objective of "Swachya Bharat-Swastha bharat" abhiyan. On the same venue & occasion Volleyball tournament was also organized for the local school and colleges. Through this tournament most of the Melghat students covered (took part), who are learning in chikhaldara school and colleges. This tournament is being conducted from last 15 Years by Department of physical education, ASCC, Chikhaldara.

Principal Dr. R. S. Jaipurkar presided over the program. In his speech he has guided the players and congratulated them for their participation, addressed them about the importance of sports in their life. Dr. N. J. Suryawanshi, Dr. M.B. Sardar, Prof. Hemant Bakshi, Shri. Naik were present as a guest.

At the outset all the guest inaugurated the tournament by worshiping the Kho-Kho & Volleyball courts. Then Guest was introduced with players. Dr. P. G. Gawande, gave introductory remarks. In his introductory address he has told the students about the objective behind organizing the Kho- Kho tournament. He has conducted the proceedings also proposed the vote of thanks. He was convener of the Kho-Kho tournament. Huge response received from players of local various school and colleges. Tournament was conducted under the guidance of Hon. Principal Dr. R. S. Jaipurkar.



Dr. P. G. Gawande

P. G. GAWANDE

Director of Physical Education
Arts, Sci. & Commerce College, Chikhaldara



Dr. R.S. Jaipurkar


PRINCIPAL


Art, Science & Commerce
College, Chikhaldara

Sipna Shikshan Prasarak Mandal Amravati's,
Arts, Science & Commerce College, Chikhaldara
Department of physical education and sports

Volleyball Tournament Inauguration, Aladoh, Chikhaldara




P. G. GAWANDE
Director of Physical Education
Arts, Sci. & Commerce College, Chikhaldara


PRINCIPAL
Art, Science & Commerce
College, Chikhaldara

Sipna Shikshan Prasarak Mandal Amravati's,
Arts, Science & Commerce College, Chikhaldara
Department of physical education and sports

Kho-Kho & Volleyball tournament, Aladoh, Chikhaldara



P. G. GAWANDE
Director of Physical Education
Arts, Sci. & Commerce College, Chikhaldara

PRINCIPAL
Art, Science & Commerce
College, Chikhaldara


Sipna Shikshan Prasarak Mandal Amravati's,
Arts, Science & Commerce College, Chikhaldara
Department of physical education and sports

Kho-Kho & Volleyball tournament, Aladoh, Chikhaldara



Kho-Kho players from Chikhaldara, who conducted the tournament




P. G. GAWANDE
Director of Physical Education
Arts, Sci. & Commerce College, Chikhaldara



PRINCIPAL
Art, Science & Commerce
College, Chikhaldara

Sipna Shikshan Prasarak Mandal Amravati's,
Arts, Science & Commerce College, Chikhaldara
Department of physical education and sports

Kho-Kho/ Volleyball Tournament Inauguration, Aladoh, Chikhaldara




P.G. GAWANDE
Director of Physical Education
Arts, Sci. & Commerce College, Chikhaldara


PRINCIPAL
Art, Science & Commerce
College, Chikhaldara

Arts, Science & Commerce College, Chikhaldara

Department of physical education and sports

Kho-Kho/ Volleyball Tournament Inauguration, Aladoh, Chikhaldara



P. G. GAWANDE
Director of Physical Education
Arts, Sci. & Commerce College, Chikhaldara

PRINCIPAL
Art, Science & Commerce
College, Chikhaldara

प्रति,

मा. तहसीलदार,

तहसील कार्यालय, चिखलदरा

विषय: २६ जानेवारी २०२४, क्रीडा महोत्सव खो-खो स्पर्धा निकाल सबमिशन बाबत.

मा. महोदय,

दि. २४ जानेवारी २०२४ ला, सिपना परिसर, आलाडोह, चिखलदरा येथे खो-खो स्पर्धेचे आयोजन वर्ग १ ते ४, वर्ग ५ ते ७, वर्ग ८ ते १० आणि ११ ते खुला गट असे करण्यात आले. संबंधित स्पर्धेचा निकाल आपणाकडे सादर करण्यात येत आहे.

सदर निकालाची प्रत यासोबत देत आहोत,

धन्यवाद,

संयोजक, खो-खो स्पर्धा

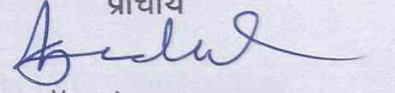

डॉ. प्रशांत गावंडे

P. G. GAWANDE

Director of Physical Education

Chikhaldara

प्राचार्य



डॉ. राजेश जयपुरकर

प्राचार्य

उला, विज्ञान व वाणिज्य महाविद्यालय

चिखलदरा, जि. अमरावती

प्रतिलिपी: मा. मुख्याधिकारी, नगरपरिषद, चिखलदरा

सहपत्र : खो-खो स्पर्धा निकाल पत्रक



प्राचार्य
२५/०१/२०२४
नगर परिषद कार्यालय
चिखलदरा

**REPUBLIC DAY, 26th JANUARY, KRIDA MAHOISTAV KHO-KHO TOURNAMENT
TAHSIL KARYALAYA AND NAGAR PARISHAD, CHIKHALDARA
ORGANIZED BY
ARTS, SCIENCE AND COMMERCE COLLEGE, CHIKHALDARA
2024**


**RESULT SHEET
KHO-KHO**

SR. NO.	GROUP	BOYS/ GIRLS	WINNER/ 1ST	RUNNER-UP/ 2ND
01	01 st to 04 th Std.	Boys	Holicross Purva Madhymik school, Chikhaldara	Saint John school, Chikhaldara
02	05 th to 07 th std.	Boys	Shivaji high school, Chikhaldara	Saint John school, Chikhaldara
03	05 th to 07 th std.	Girls	Holicross Purva Madhymik school, Chikhaldara	-----
04	08 th to 10 th std.	Boys	Shivaji high school, Chikhaldara	Holicross Purva Madhymik school, Chikhaldara
05	08 th to 10 th std.	Girls	Shivaji high school, Chikhaldara, Chikhaldara	Holicross Purva Madhymik school, Chikhadara
06	11 th to Open	Boys	Sipna Ambadevi Krida Mandal, Chikhaldara	ITI, Chikhaldara
07	11 th to Open	Girls	Girijan Jr. college	Sipna ASCC, Chikhaldara



Director of Physical Education and Sports

P. G. GAWANDE
Director of Physical Education
Arts, Sci. & Commerce College, Chikhaldara



Principal
प्राचार्य
कला, विज्ञान व वाणिज्य महाविद्यालय
चिखलदारा, जि. अमरावती

TAHSIL KARYALAYA AND NAGAR PARISHAD, CHIKHALDARA DIST. AMRAVATI

Outward No. 24/11/2024

Date: 26/01/2024



APPRECIATION CERTIFICATE

This is to certify that, Prof. Dr. P. G. Gawande, Director of Physical Education and Sports, Arts, Science and Commerce college, Chikhaldara worked as a Convener for organizing Kho-Kho, Volleyball, Kabaddi, Chess tournaments on the occasion of 75th Republic Day i.e. 26th January 2024 for local school and college going students in collaboration with Nagar Parishad and Tahsil Karyalaya, Chikhaldara, Dist. Amravati.

We appreciate his excellent performance and work. We sincerely hope that you will continue with your exceptional service for these sports events in the coming years as well. Students at large and society enormously benefitted from this great endeavor.

Keep up the good work.

Chief Officer


मुख्याधिकारी
Nagar Parishad, chikhaldara
नगर परिषद, चिखलदरा


Tahisaldar


Tahsil Karyalaya, chikhaldara
तहसीलदार चिखलदरा

To

The Principal
Arts, Science and Commerce College,
Chikhaldara

Subject: Request for permission to organize "Add-On course's in

(01) Yoga & Meditation for Good Health
(02) Martial Arts for Self Defense

R/Sir,

I hope this letter finds you well. I am waiting to seek your permission to organize **Add-On course in Yoga & Meditation for Good Health & Martial Arts For Self Defense**, At Adiwasi Mulinche Shaskiya, Vastigruha, Chikhaldara premises 14th to 23 March 2024 at 7.00 to 10.00 am.

The purpose of this event is providing Yoga & Martial Arts knowledge and to motivate local as well as college students to take part in the Add-on courses for their good health. We believe it will contribute significantly to the overall development and engagement of our college community.

We assure you that necessary arrangements and precautions will be taken to ensure the smooth conduct of the events without causing any disturbance to regular college activities.

We kindly request your approval for this initiative and would be grateful for any guidance or conditions you may have.

Thank you for considering our request. We look forward to your positive response.

Date: 12/03/2024

Chikhaldara

Sincerely



Dr. P. G. Gawande

Director of Physical Education and Sports

P. G. GAWANDE

Director of Physical Education
Arts, Sci. & Commerce College, Chikhaldara

Permission granted, follow
rules

MYL

Arts, Science & Commerce College, Chikhaldara

Department Of Physical Education and Sports

Name of Committee : Sports
Year : 2023-24
Title of program conducted : Yoga & Meditation for Good Health
Date of program : 14 / 03 /2024 to 23 / 03/ 2024
Objective of program :

(01)Enable the students to have good health

(02)Practice mental hygiene

(03)Integrate moral values

(04)Possess emotional stability

Reference: As per IQAC Plan of Action Letter (2022-2023)

Number of beneficiaries : 50

Brief summary of the program :

The inauguration function of Add-On course in "Yoga & Meditation for Good Health" for college students was held on 13th March 2024 at 7.00am at Adiwasi Mulinche Shaskiya Vastigruha, Chikhaldara. Add-on Course was conducted during 14th to 23rd March 2024. Over all 50 girls students were present in this add-on course. The objective of add-on course was to enable the students to have good health, Practice mental hygiene, Integrate moral values, possess emotional stability & to give detailed knowledge of yoga & meditation. Dr. H.U. Petkar & Dr. V. D. Kapse, former IQAC coordinator was present in the inauguration program. Dr. Dr. H.U. Petkar presided over the inauguration program. Dr. V.D. Kapse also guided the students at this occasion. Shri. Jangbahadur Varma was present as a Yoga expert for add-on course. Dr. U. S. Wasnik conducted one of the session on "importance of Mudra in Yoga".

Dr. P. G. Gawande, delivered introductory remarks, conducted the proceedings also proposed the vote of thanks; Sports committee strove hard for the success of the add-on course. Program was conducted under the guidance of Hon. Principal Dr. R. S. Jaipurkar, Former Pro-VC, Sant Gadge Baba Amravati University, Amravati.

Dr. P. G. Gawande

P. G. GAWANDE

Director of Physical Education
Arts, Sci. & Commerce College, Chikhaldara

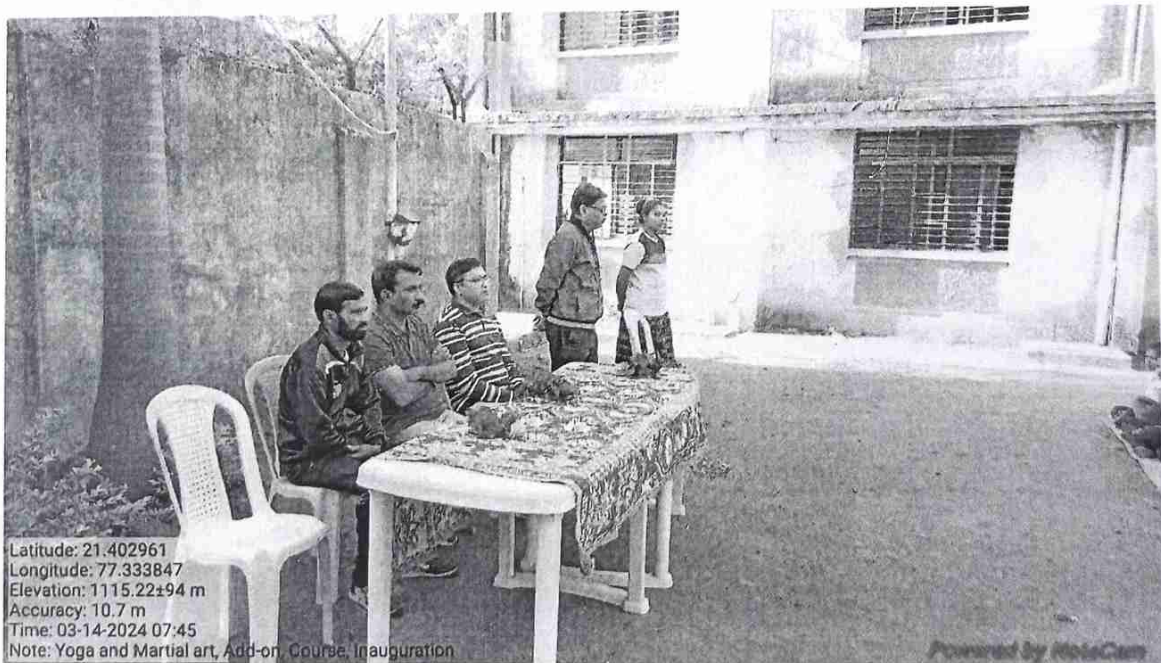
ML

Dr. R. S. Jaipurkar

PRINCIPAL
Art, Science & Commerce
College, Chikhaldara

Sipna Shikshan Prasarak Mandal Amravati's,
Arts, Science & Commerce College, Chikhaldara, District Amravati
Department Of Physical Education and Sports and N.S.S.
ADD- ON COURSE IN YOGA & MEDITATION FOR GOOD HEALTH

14 to 23 MARCH 2024

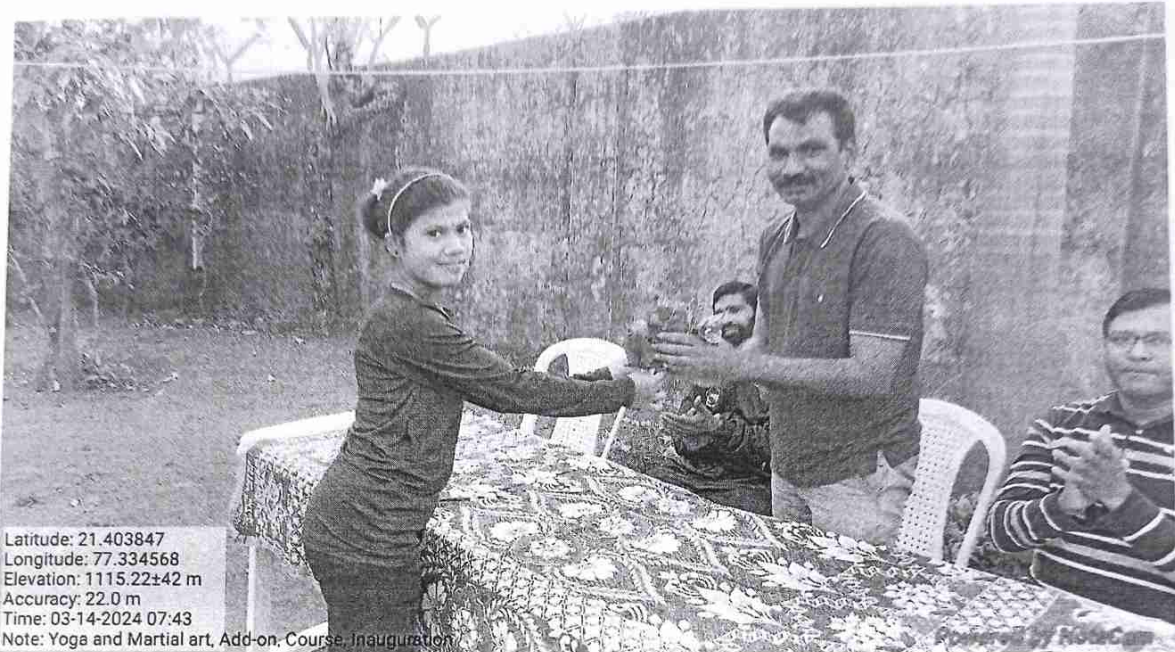


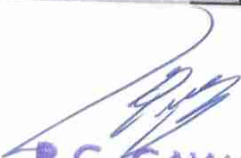
P. G. GAWANDE
Director of Physical Education
Arts, Sci. & Commerce College, Chikhaldara


PRINCIPAL
Art, Science & Commerce
College, Chikhaldara

Sipna Shikshan Prasarak Mandal Amravati's,
Arts, Science & Commerce College, Chikhaldara, District Amravati
Department Of Physical Education and Sports and N.S.S.
ADD- ON COURSE IN YOGA & MEDITATION FOR GOOD HEALTH

14 to 23 MARCH 2024

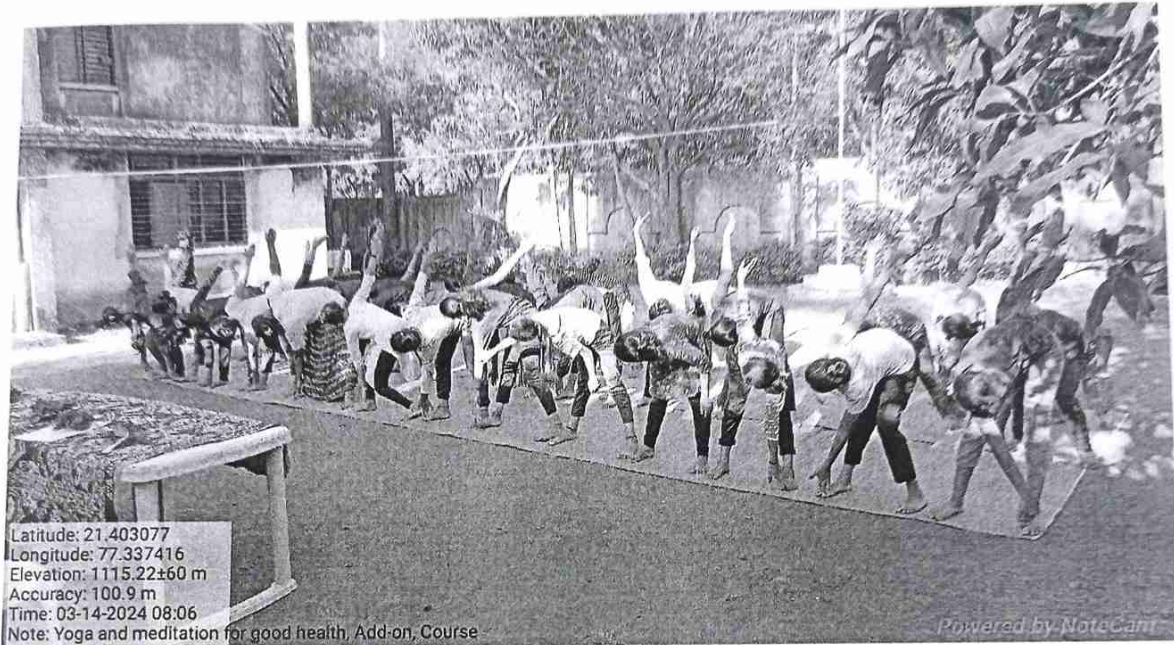




P. G. GAWANDE
Director of Physical Education
Arts, Sci. & Commerce College, Chikhaldara



PRINCIPAL
Art, Science & Commerce
College, Chikhaldara

Sipna Shikshan Prasarak Mandal Amravati's,
Arts, Science & Commerce College, Chikhaldara, District Amravati
Department Of Physical Education and Sports and N.S.S.
ADD- ON COURSE IN YOGA & MEDITATION FOR GOOD HEALTH

14 to 23 MARCH 2024





P. G. GAWANDE
Director of Physical Education
Arts, Sci. & Commerce College, Chikhaldara



PRINCIPAL
Art, Science & Commerce
College, Chikhaldara

Sipna Shikshan Prasarak Mandal Amravati's,
Arts, Science & Commerce College, Chikhaldara, District Amravati
Department Of Physical Education and Sports and N.S.S.
ADD- ON COURSE IN YOGA & MEDITATION FOR GOOD HEALTH

14 to 23 MARCH 2024




G. GAWANDE
Director of Physical Education
Arts, Sci. & Commerce College, Chikhaldara


PRINCIPAL
Art, Science & Commerce
College, Chikhaldara


Sipna Shikshan Prasarak Mandal, Amravati's
Arts, Science And Commerce College, Chikhaldara
Tentative Plan of Proposed Action


Add-On Course in Yoga and Meditation for Good Health
14 to 23 March 2024

- ❖ **Title: Add-On Course in Yoga and Meditation for Good Health**
- ❖ **Objectives of the course**
 - (01) To enable the students to have good health
 - (02) To practice mental hygiene
 - (03) To integrate moral values
 - (04) To possess emotional stability
- ❖ **Syllabus/ Course Content/Theme**
 - Opening ceremony & Session: - Benefits of yoga, Asanas Demonstration
 - Hatha yoga, Raja yoga, Karma yoga,
 - Bhakti yoga, Jnana yoga, Tantra yoga
 - Types of yoga:- Ashtanga yoga, Hatha yoga and other
 - Types of Pranayama:- Kapalbhathi, ujjay
 - Breathing techniques in yoga
 - Importance of Jalneti, Sutra neti
 - Chakras: - Sahasrara, Ajna, Vishuddha, Anahata, Manipura, Svadhishtana, Muladhara
 - Yoga meditation for relaxation, mental balance
 - Various Mudra's and its benefits
- ❖ **Resource persons:**
 - Shri. Jangbahadur Varma
 - Dr. Usha Wasnik
- ❖ **Proposed Schedule:**
 - From 14 March 2024 to 23 March 2024
 - Daily 3 hours schedule, sessions in 10 Days (Duration 30 Hours)
 - Expected no of beneficiaries: 50 Students
- ❖ **Expected Outcome;**

Upon successful completion of this course students would able to go for yoga daily without mistakes, would able to develop their health
- ❖ **Expected expenditure:**

Rs. 5000/- (Certificates printing , remuneration and miscellaneous expenses)
- ❖ **Name Of In-charge teacher: Dr. P. G. Gawande**


P. G. GAWANDE
Director of Physical Education
Arts, Sci. & Commerce College, Chikhaldara


PRINCIPAL
Art, Science & Commerce
College, Chikhaldara

Sipna Shikshan Prasarak Mandal, Amravati's
Arts, Science and Commerce College, Chikhaldara, dist. Amravati

ADD-ON COURSE IN YOGA & MEDITATION

Organized by Department of Physical Education and Sports

Duration: 14th to 23rd March 2024, Time: 7.00am to 10.00am,

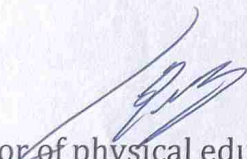
Place: Adiwasi Mulinche Shaskiya Vastigruha, Chikhaldara


ATTENDANCE

Sr. No.	Name of Students	14/03/2024	15/03/2024	16/03/2024	17/03/2024	18/03/2024	19/03/2024	20/03/2024	21/03/2024	22/03/2024	23/03/2024	Sign.
01	Ku. Sharada Bhilawekar	P	P	P	P	A	P	P	P	P	P	Sharada
02	Ku. Karishma Bhilawekar	P	P	P	P	P	P	P	A	P	P	Karishma
03	Ku. Poonam Jamunkar	P	P	P	P	P	P	A	P	P	P	Poonam
04	Ku. Nirmal Bhilawekar	P	P	P	P	P	P	P	P	P	P	Nirmal
05	Ku. Karina Jamunkar	P	P	P	P	P	P	P	P	P	P	Karina
06	Ku. Nisha Dhande	P	P	P	P	P	P	P	P	P	P	Nisha
07	Ku. Pooja Jamunkar	P	P	P	P	P	P	P	P	P	P	Pooja
08	Ku. Niokita Akhande	P	P	P	P	P	P	P	P	P	P	Nikita
09	Ku. Mamata Kasdekar	P	P	P	P	P	P	P	P	P	P	Mamata
10	Ku. Supriya Athote	P	P	P	P	P	P	P	P	P	P	Supriya
11	Ku. Sharmila Darsimbe	P	A	P	A	P	P	P	P	P	P	Sharmila
12	Ku. Aruna Zamarkar	P	P	P	P	A	A	P	A	A	P	Aruna
13	Ku. Ashwini Bhilawekar	P	P	P	P	P	P	P	P	P	A	Ashwini
14	Ku. Durga Bethekar	P	P	P	P	P	P	P	P	P	P	Durga
15	Ku. Nisha Jawarkar	P	A	P	P	P	P	A	P	P	P	Nisha

16	Ku. Manisha Sawalkar	P	P	A	P	A	A	P	P	P	P	Manisha
17	Ku. Sushila Belsare	P	P	P	P	A	P	P	P	P	P	Sushila
18	Ku. Karishma Kasdekar	P	P	P	P	P	P	P	P	P	P	Karishma
19	Ku. Roshani Sawalkar	P	P	A	P	P	P	P	P	P	P	Roshani
20	Ku. Saloni Chimote	P	P	P	P	A	A	P	P	P	P	Saloni
21	Ku. Shiwani Bhilawekar	P	P	P	P	P	P	P	P	P	P	Shiwani
22	Ku. Sunanda Kasdekar	P	P	A	P	P	P	P	P	P	P	
23	Ku. Vanita Selukar	P	P	P	P	P	P	P	A	A	P	Vanita
24	Ku. Mamata Sawalkar	P	P	P	P	A	A	P	P	P	P	Mamata
25	Ku. Sangita Dhande	P	P	A	P	P	P	P	P	P	P	
26	Ku. Ashwini Darsimbe	P	P	P	P	P	P	P	P	A	P	Ashwini
27	Ku. Payal Parve	P	P	P	P	P	P	P	P	P	P	Payal
28	Ku. Manisha Belsare	P	P	P	P	P	P	P	P	P	P	Manisha
29	Ku. Renuka Jambekar	P	P	P	P	P	P	P	P	P	P	Renuka
30	Ku. Tamasi Chaturkar	P	P	P	P	P	P	P	P	P	P	Tamasi
31	Ku. Sangita Thakare	P	P	P	P	P	P	P	P	P	P	Sangita
32	Ku. Uma Akhande	P	P	P	P	A	P	P	A	A	P	Uma
33	Rahul Kushwaha	P	P	P	P	P	P	P	A	A	P	
34	Prathmesh Likhitkar	P	P	P	P	P	P	P	P	P	P	
35	Yash Mahajan	P	P	P	P	P	P	P	P	P	P	
36	Roshan Mawaskar	P	P	P	P	A	A	P	P	P	P	
37	Raoji Mawaskar	P	P	P	P			P	P	P	P	
38	Mohammad Faraz Mohammad Nasir	P	P	A	P			P	P	P	P	

39	Ruth Sawalkar	P	A	P	P	P	P	P	P	P	P
40	Sayyed Musddiqmuhibbur Rahman	P	P	P	P	P	P	P	P	P	P
41	Akshay Selekar	P	P	P	P	P	P	P	P	P	A
42	Sachin Selukar	P	P	P	P	P	P	P	P	P	P
43	Girish Shahare	P	P	P	P	P	P	P	P	P	P
44	Shaikh Danish Shaikh Amad	P	P	P	P	P	P	P	P	P	P
45	Rushabh Somwanshi	P	P	P	P	P	P	P	P	P	P
46	Tanmay Sonar	P	A	P	P	P	P	P	P	P	P
47	Dhanesh Tarkar	P	P	P	P	P	P	P	P	P	P
48	Abhijit Uike	P	P	P	P	A	P	P	A	P	P
49	Umakar Nagesh	A	P	A	P	A	P	P	P	P	P
50	Deep Borkar	P	P	A	P	A	P	P	A	P	P


 Director of physical education & Sports
P. G. GAWANDE
 Director of Physical Education
 Arts, Sci. & Commerce College, Chikhaldara


 Principal
PRINCIPAL
Art, Science & Commerce
College, Chikhaldara



SIPNA SHIKSHAN PRASARAK MANDAL AMRAVATI'S

ARTS, SCIENCE & COMMERCE COLLEGE,
CHIKHALDARA, DIST. AMRAVATI

(NAAC Accredited 'A' Grade with CGPA 3.22)

DEPARTMENT OF PHYSICAL EDUCATION & SPORTS

"Add On Course in Yoga & Meditation for Good Health"

Certificate

This is to certify that,

Class _____ has successfully completed

"Add On Course in Yoga & Meditation for Good Health"

organized during 14 -23 March 2024.



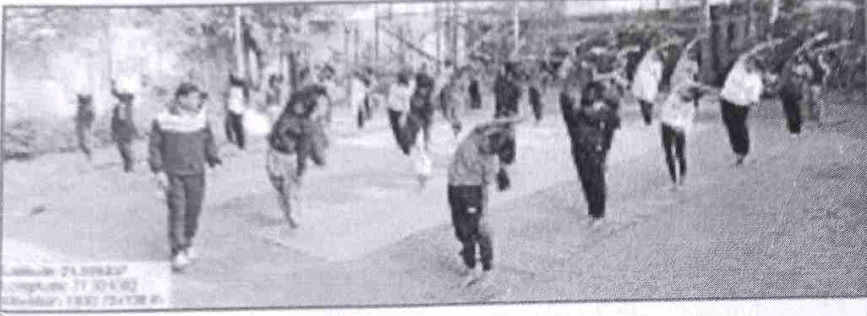
Dr. P. G. Gawande

Director, Department of Physical
Education & Sports

Principal, Dr. R. S. Jaipurkar

(Former Pro-VC, Sant Gadge Baba
Amravati University, Amravati)

सिपना कला, विज्ञान व वाणिज्य महाविद्यालय चिखलदरा द्वारे योगा व सेल्फ डिफेन्स प्रमाणपत्र कोर्सचे आयोजन



चिखलदरा दि. १८ : दिनांक १४ पासून ते २३ मार्च २०२४ पर्यंत सिपना कला, विज्ञान व वाणिज्य महाविद्यालय चिखलदरा द्वारे १० दिवसीय अँड-ऑन प्रमाणपत्र कोर्स चे आयोजन आदिवासी मुलींचे वसतिगृह , चिखलदरा येथे सकाळी ७.०० ते १०.०० पर्यंत करण्यात आले आहे. योगा अँड मेडीटेशन फॉर गूड हेल्थ कोर्स मध्ये विद्यार्थ्यांना योगा मधील स्टँडिंग प्रकारामध्ये ताडासन, वृक्षासन, गरुडासन, चक्रासन, गीर्टींग प्रकारामध्ये मध्ये पद्मासन, बद्धपद्मासन, पश्चीमोत्तनासन, धनुरासन, वज्रासन आणि झोपून प्रकारच्या आसनांमध्ये सर्वांगासन, हलासन, पादवृत्तासन, नौकासन , आणि प्राणायाम मध्ये , भ्रामरि, अनुलोम-विलोम, कपालभाती, शितली शितकारी, उद्दगित अशी सर्व योगा प्रकार व आसने घेण्यात येत आहे तर मार्शल आर्ट फॉर सेल्फ डिफेन्स कोर्स मध्ये ज्युडो , कराटे व इतर स्व - संरक्षण कौशल्ये आणि स्व-बचावाचे ट्रिक्स घेण्यात येत आहे.

दिनांक १४ मार्च २०२४ ला या कार्यक्रमांचा उद्घाटन सोहळा पार पडला. कार्यक्रमाचे अध्यक्ष स्थानी डॉ. एच. यु. पेटकर, प्रमुख उपस्थिती डॉ. वि. डी. कापसे, योगा मार्गदर्शक जंगबहादुर वर्मा, मार्शल आर्ट प्रशिक्षक श्री. मंगेश गायकवाड, महाविद्यालयाचे शारीरिक शिक्षण संचालक डॉ. प्रशांत गावंडे उपस्थित होते.

सर्व प्रथम कार्यक्रम संयोजक डॉ. प्रशांत गावंडे यांनी आपल्या प्रास्थाविकातून कार्यक्रमाचा उद्देश व महत्व सांगितले ज्यामध्ये मार्शल आर्ट द्वारे मुलींनी कठीण प्रसंगी स्व-संरक्षण कसे करावे आणि स्वतःची सुटका कशी करायची या संदर्भात माहिती सराव करून दिली जाईल असे प्रतिपादन केले, तर योगा द्वारे मानवी जीवन कसे सुदृढ , तंदुरुस्त होईल आणि योगा चे जीवनात असलेले महत्व हे समजावून सांगितले. दहा दिवसात विद्यार्थ्यांना त्यांचे दैनंदिन जीवनात कामात येणारे सर्व कौशल्य शिकविण्यात येणार आहे ही माहिती दिली.

आपल्या अध्यक्षीय भाषणातून डॉ. एच. यू. पेटकर यांनी योगा व मार्शल आर्टचे महत्व सांगत असताना विद्यार्थ्यांनी ते त्यांचे जीवनात नियमित अंगिकारन्यास आणि योगा आणि मुलींनं करिता सेल्फ डिफेन्स प्रोग्राम कसा फायद्याचा ठरू शकतो हे सांगितले आणि सर्व सहभागी विद्यार्थ्यांचे अभिनंदन केले. प्रमुख अतिथी डॉ. विवेक कापसे , माजी कोऑर्डिनेटर , आय. क्यू. ए. सी. यांनी आपले मनोगत व्यक्त केले. दोनही कार्यक्रमास ५०-५० विद्यार्थ्यांची उपस्थिती होती. डॉ. यू. एस. वासनिक यांनी विविध योग मुद्रा व ब्रीदिंग विषयावर व्याख्यान दिले .

कार्यक्रम प्राचार्य डॉ. राजेश जयपुरकर (माजी प्र- कुलगुरू संत गाडगेबाबा अमरावती विद्यापीठ, अमरावती) यांचे मार्गदर्शनात संपन्न झाला. त्यांनी जास्तीत जास्त विद्यार्थ्यांनी या कार्यक्रमांचा लाभ घेण्याचे आवाहन सुद्धा केले आहे. कार्यक्रमाचे संचालन, प्रास्ताविक, आभार प्रदर्शन डॉ. प्रशांत गावंडे यांनी केले. कार्यक्रमाचे यशस्वितेसाठी , सौ. नाईक मॅडम , मुलींचे वसतिगृह इन्चार्ज, चिखलदरा आणि महाविद्यालय क्रीडा समिती सदस्य डॉ. यू. जी. तायडे, डॉ. एन. जे. सूर्यवंशी, डॉ. मुकेश सरदार, डॉ. आनंद बक्षी, प्रा. भारत देशमुख, श्री. गिरीश शाहू, व डॉ. उषा वासनिक, श्री. आनंद ढगे, यांनी सहकार्य केले.

ML

PRINCIPAL
Art, Science & Commerce
College, Chikhaldara

To

The Principal
Arts, Science and Commerce College,
Chikhaldara

Subject: Request for permission to organize "Add-On course's in

(01) Yoga & Meditation for Good Health
(02) Martial Arts for Self Defense

R/Sir,

I hope this letter finds you well. I am waiting to seek your permission to organize **Add-On course in Yoga & Meditation for Good Health & Martial Arts For Self Defense**, At Adiwasi Mulinche Shaskiya, Vastigruha, Chikhaldara premises 14th to 23 March 2024 at 7.00 to 10.00 am.

The purpose of this event is providing Yoga & Martial Arts knowledge and to motivate local as well as college students to take part in the Add-on courses for their good health. We believe it will contribute significantly to the overall development and engagement of our college community.

We assure you that necessary arrangements and precautions will be taken to ensure the smooth conduct of the events without causing any disturbance to regular college activities.

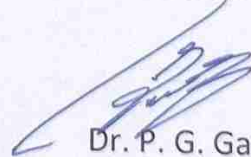
We kindly request your approval for this initiative and would be grateful for any guidance or conditions you may have.

Thank you for considering our request. We look forward to your positive response.

Date: 12/03/2024

Chikhaldara

Sincerely

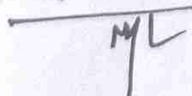


Dr. P. G. Gawande

Director of Physical Education and Sports

P. G. GAWANDE

Director of Physical Education
Arts, Sci. & Commerce College, Chikhaldara

Permission granted, follow
rules


Arts, Science & Commerce College, Chikhaldara

Department Of Physical Education and Sports

Name of Committee : Sports

Year : 2023-24

Title of program conducted : Martial Arts for Self Defense

Date of program : 14 / 03 /2024 to 23 / 03/ 2024

Objective of program :

(01)Improve the whole person

(02)Improve mental health, physical health and emotional health.

(03)Empowerment and self-confidence

(04)Physical fitness, well being, self defense and personal Safety.

Reference: As per IQAC Plan of Action Letter (2022-2023)


Number of beneficiaries : 50

Brief summary of the program :

The inauguration function of Add-On course in "Martial Arts for Self Defense" for college students was held on 13th March 2024 at 7.00am at Adiwasi Mulinche Shaskiya Vastigruha, Chikhaldara. Add-on Course was conducted during 14thto 23rd March 2024. Over all 50 girls students were present in this add-on course. The objective of add-on course was to improve the whole person, improve mental health, physical health and emotional health, empowerment and Self-Confidence, Physical Fitness and Well being and self defense and personal safety. Dr. H.U. Petkar & Dr. V. D. Kapse, former IQAC coordinator was present in the inauguration program. Dr. H.U. Petkar presided over the inauguration program. Dr. V.D. Kapse also guided the students at this occasion. Shri. Mangesh Gaykawad was present as a Martial Arts expert for add-on course. Shri Vedant Dahe conducted one of the session on "importance of Martial Arts in students life".

Dr. P. G. Gawande, delivered introductory remarks, conducted the proceedings also proposed the vote of thanks; Sports committee strove hard for the success of the add-on course. Program was conducted under the guidance of Hon. Principal Dr. R. S. Jaipurkar, Former Pro-VC, Sant Gadge Baba Amravati University, Amravati.

Dr. P. G. Gawande


P. G. GAWANDE
Director of Physical Education
Arts, Sci. & Commerce College, Chikhaldara

Dr. R. S. Jaipurkar

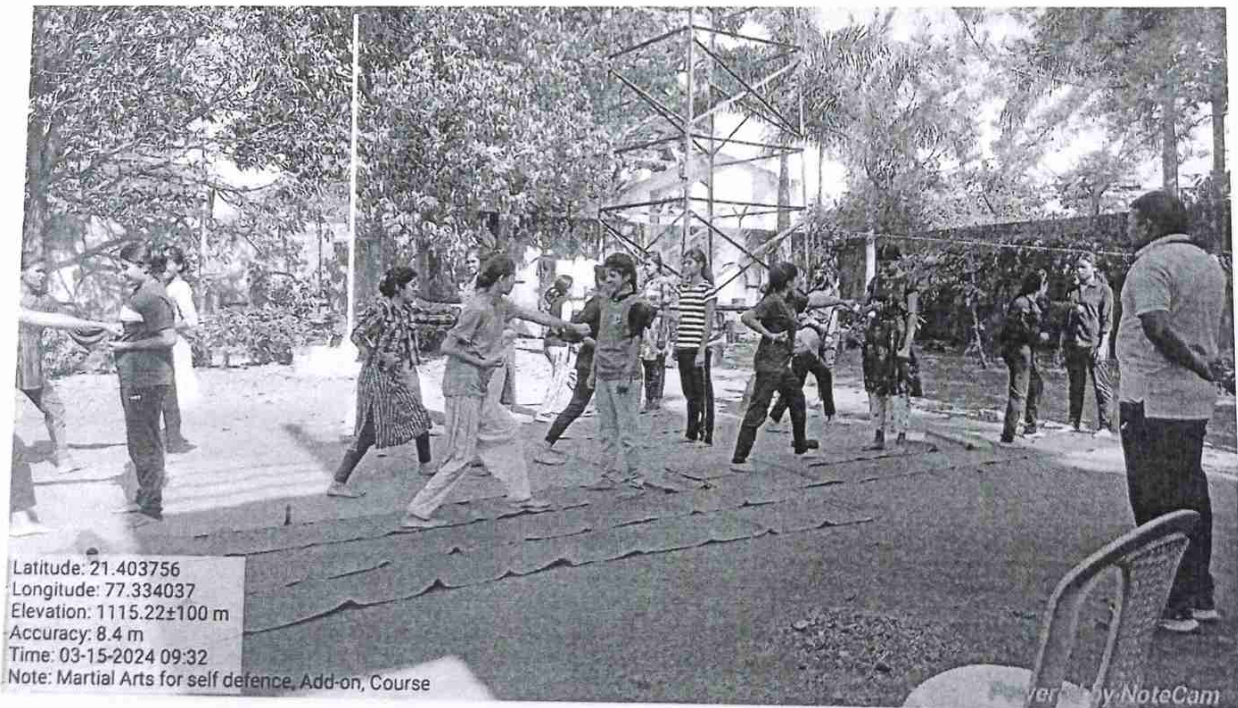

PRINCIPAL
Art, Science & Commerce
College, Chikhaldara


Sipna Shikshan Prasarak Mandal Amravati's,
Arts, Science & Commerce College, Chikhaldara, District Amravati


Department Of Physical Education and Sports and N.S.S.

ADD-ON COURSE IN MARTIAL ARTS FOR SELF DEFENSE

14 to 23 MARCH 2024

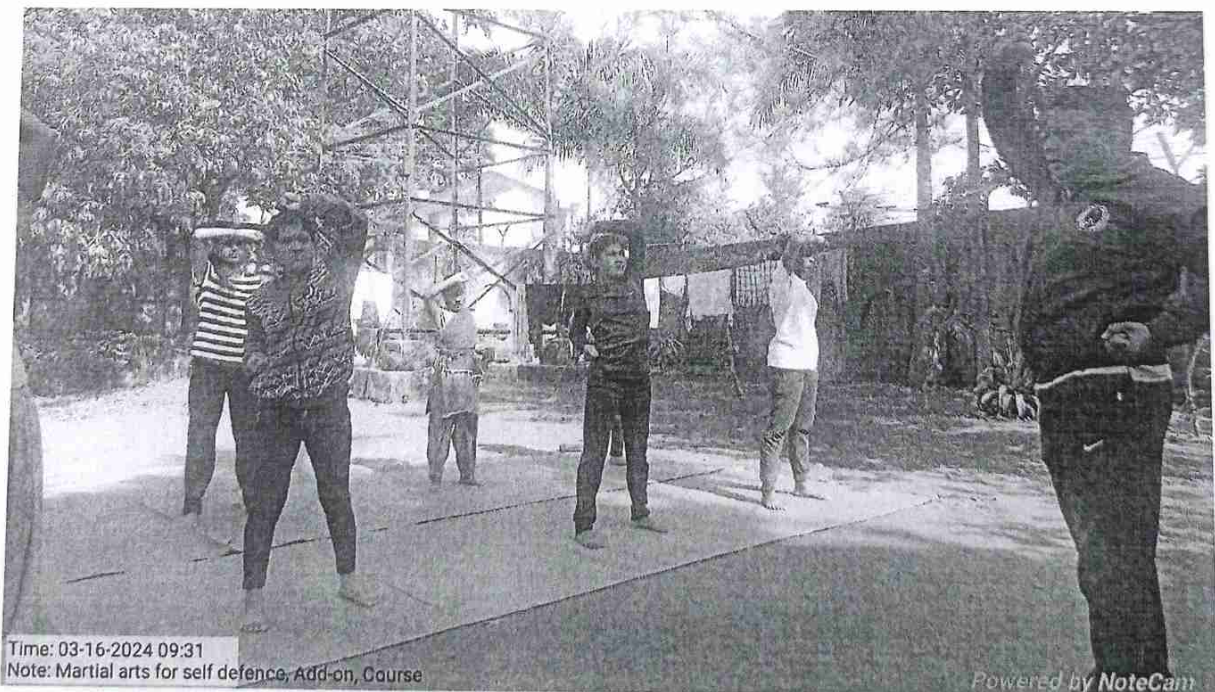
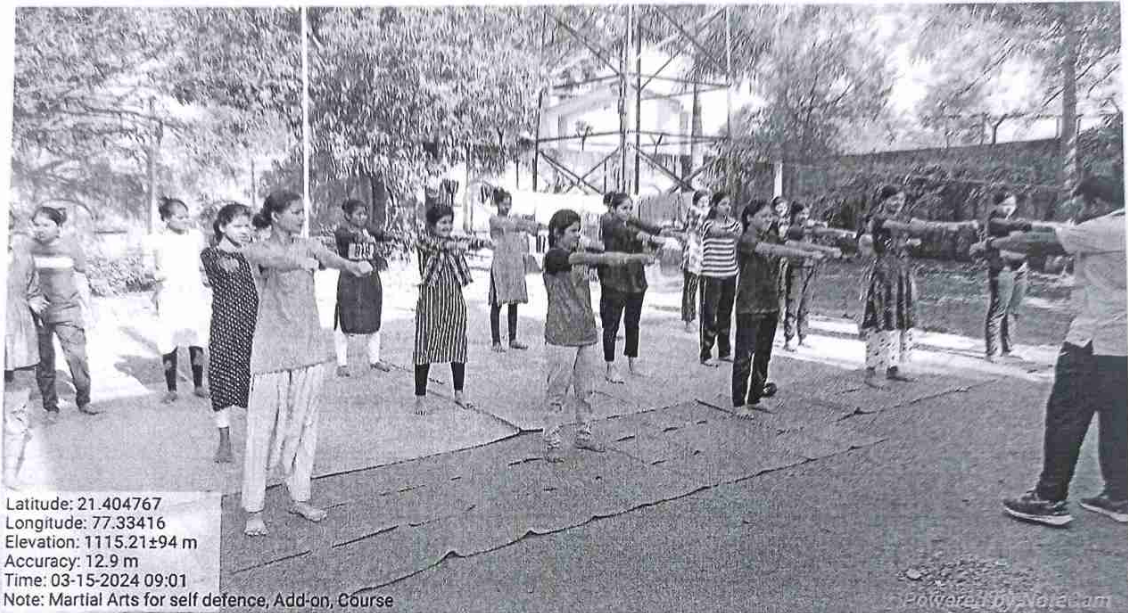




P.G. GAWANDE
Director of Physical Education
Arts, Sci. & Commerce College, Chikhaldara


PRINCIPAL
Art, Science & Commerce
College, Chikhaldara

Sipna Shikshan Prasarak Mandal Amravati's,
Arts, Science & Commerce College, Chikhaldara, District Amravati
Department Of Physical Education and Sports and N.S.S.
ADD-ON COURSE IN MARTIAL ARTS FOR SELF DEFENSE

14 to 23 MARCH 2024

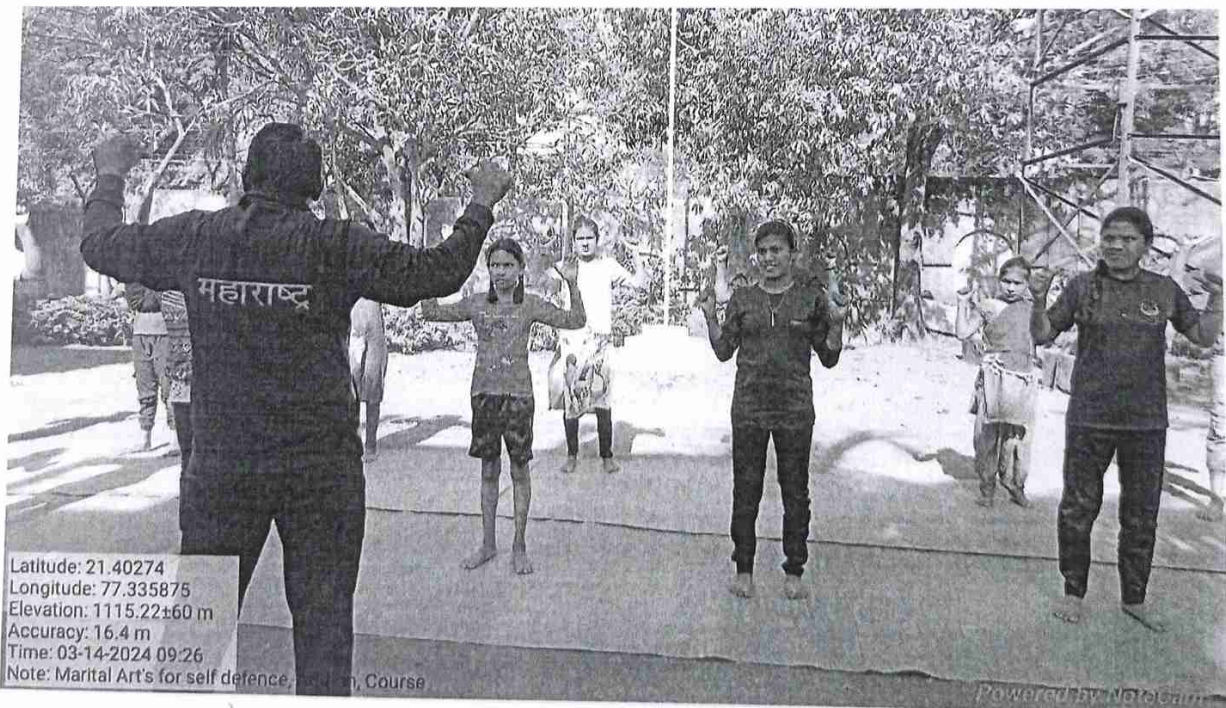
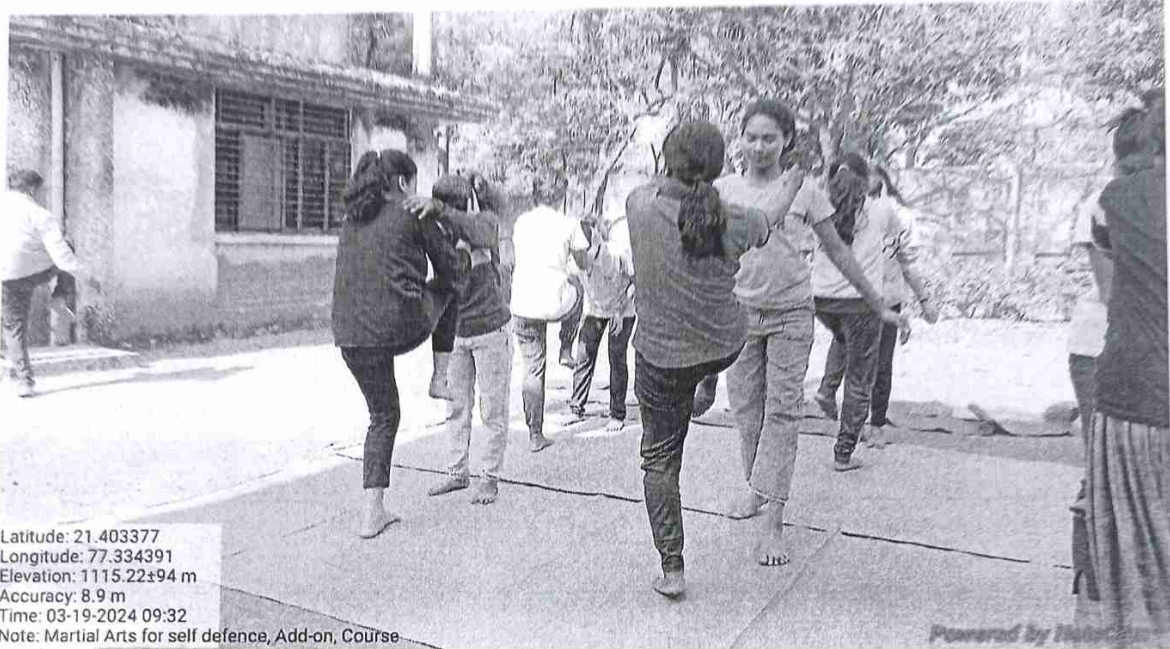




P. G. GAWANDE
Director of Physical Education
Arts, Sci. & Commerce College, Chikhaldara



PRINCIPAL
Art, Science & Commerce
College, Chikhaldara

Sipna Shikshan Prasarak Mandal Amravati's,
Arts, Science & Commerce College, Chikhaldara, District Amravati
Department Of Physical Education and Sports and N.S.S.
ADD-ON COURSE IN MARTIAL ARTS FOR SELF DEFENSE

14 to 23 MARCH 2024




F. G. GAWANDE
Director of Physical Education
Arts, Sci. & Commerce College, Chikhaldara

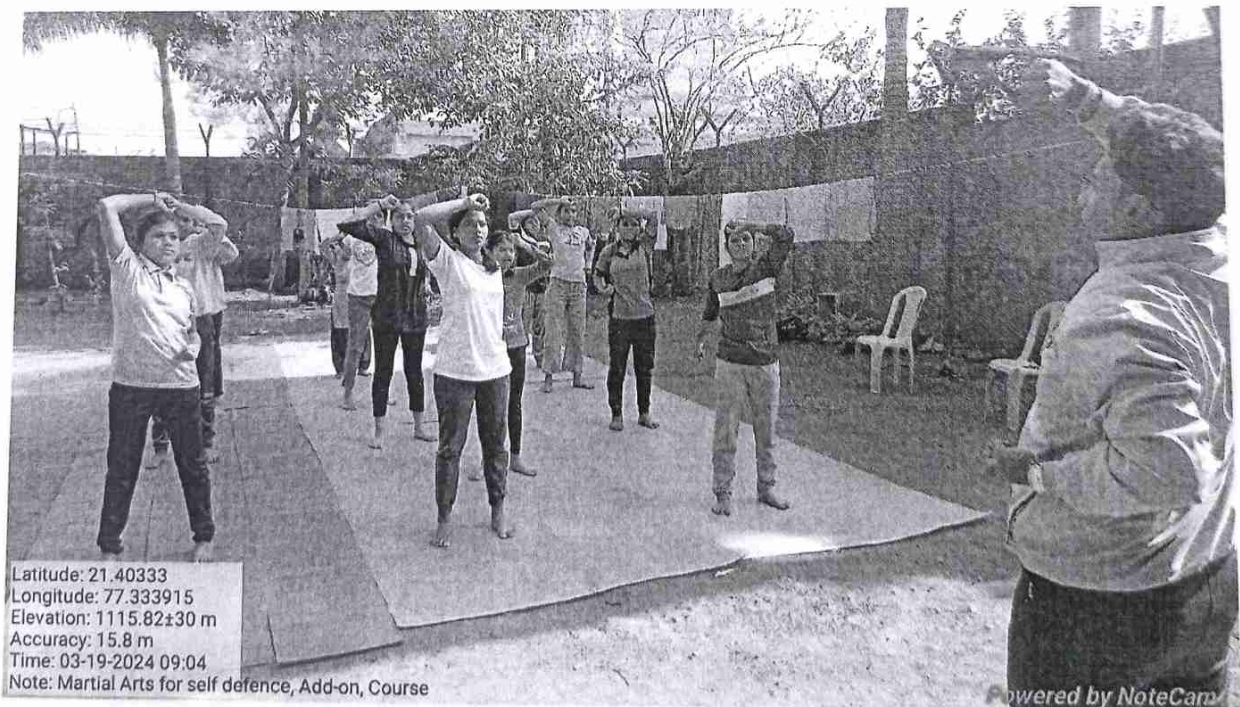

PRINCIPAL
Art, Science & Commerce
College, Chikhaldara


Sipna Shikshan Prasarak Mandal Amravati's,
Arts, Science & Commerce College, Chikhaldara, District Amravati

Department Of Physical Education and Sports and N.S.S.

ADD-ON COURSE IN MARTIAL ARTS FOR SELF DEFENSE

14 to 23 MARCH 2024




P. G. GAWANDE
Director of Physical Education
Arts, Sci. & Commerce College, Chikhaldara


PRINCIPAL
Art, Science & Commerce
College, Chikhaldara

सिपना कला, विज्ञान व वाणिज्य महाविद्यालय चिखलदरा द्वारे योगा व सेल्फ डिफेन्स प्रमाणपत्र कोर्सचे आयोजन



चिखलदरा दि. १८ : दिनांक १४ पासून ते २३ मार्च २०२४ पर्यंत सिपना कला, विज्ञान व वाणिज्य महाविद्यालय चिखलदरा द्वारे १० दिवसीय अँड-ऑन प्रमाणपत्र कोर्स चे आयोजन आदिवासी मुलींचे वसतिगृह, चिखलदरा येथे सकाळी ७.०० ते १०.०० पर्यंत करण्यात आले आहे. योगा अँड मेडीटेशन फॉर गूड हेल्थ कोर्स मध्ये विद्यार्थ्यांना योगा मधील स्टँडिंग प्रकारामध्ये ताडासन, वृक्षासन, गरुडासन, चक्रासन, पीटिंग प्रकारामध्ये मध्ये पद्मासन, बद्धपद्मासन, पश्चीमोत्तनासन, धनुरासन, वज्रासन आणि झोपून प्रकारच्या आसनांमध्ये सर्वांगासन, हलासन, पादवृत्तासन, नौकासन, आणि प्राणायाम मध्ये, ध्रामरि, अनुलोम-विलोम, कपालभाती, शितली शितकारी, उद्दगित अशी सर्व योगा प्रकार व आसने घेण्यात येत आहे तर मार्शल आर्ट फॉर सेल्फ डिफेन्स कोर्स मध्ये ज्युडो, कराटे व इतर स्व - संरक्षण कौशल्ये आणि स्व-बचावाचे ट्रिक्स घेण्यात येत आहे.

दिनांक १४ मार्च २०२४ ला या कार्यक्रमांचा उद्घाटन सोहळा पार पडला. कार्यक्रमाचे अध्यक्ष स्थानी डॉ. एच. यु. पेटकर, प्रमुख उपस्थिती डॉ. वि. डी. कापसे, योगा मार्गदर्शक जंगबहादुर वर्मा, मार्शल आर्ट प्रशिक्षक श्री. मंगेश गायकवाड, महाविद्यालयाचे शारीरिक शिक्षण संचालक डॉ. प्रशांत गावंडे उपस्थित होते.

सर्व प्रथम कार्यक्रम संयोजक डॉ. प्रशांत गावंडे यांनी आपल्या प्रास्थाविकातून कार्यक्रमाचा उद्देश व महत्व सांगितले ज्यामध्ये मार्शल आर्ट द्वारे मुलींनी कठीण प्रसंगी स्व-संरक्षण कसे करावे आणि स्वतःची सुटका कशी करायची या संदर्भात माहिती सराव करून दिली जाईल असे प्रतिपादन केले, तर योगा द्वारे मानवी जीवन कसे सुदृढ, तंदुरुस्त होईल आणि योगा चे जीवनात असलेले महत्त्व हे समजावून सांगितले. दहा दिवसात विद्यार्थ्यांना त्यांचे दैनंदिन जीवनात कामात येणारे सर्व कौशल्य शिकविण्यात येणार आहे ही माहिती दिली.

आपल्या अध्यक्षीय भाषणातून डॉ. एच. यू. पेटकर यांनी योगा व मार्शल आर्टचे महत्व सांगत असताना विद्यार्थ्यांनी ते त्यांचे जीवनात नियमित अंगिकारन्यास आणि योगा आणि मुलींनं करिता सेल्फ डिफेन्स प्रोग्राम कसा फायद्याचा ठरू शकतो हे सांगितले आणि सर्व सहभागी विद्यार्थ्यांचे अभिनंदन केले. प्रमुख अतिथी डॉ. विवेक कापसे, माजी कोऑर्डिनेटर, आय. क्यू. ए. सी. यांनी आपले मनोगत व्यक्त केले. दोनही कार्यक्रमास ५०-५० विद्यार्थ्यांची उपस्थिती होती. डॉ. यू. एस. वासनिक यांनी विविध योग मुद्रा व ब्रीदिंग विषयावर व्याख्यान दिले.

कार्यक्रम प्राचार्य डॉ. राजेश जयपुरकर (माजी प्र- कुलगुरू संत गाडगेबाबा अमरावती विद्यापीठ, अमरावती) यांचे मार्गदर्शनात संपन्न झाला. त्यांनी जास्तीत जास्त विद्यार्थ्यांनी या कार्यक्रमांचा लाभ घेण्याचे आवाहन सुद्धा केले आहे. कार्यक्रमाचे संचालन, प्रास्ताविक, आभार प्रदर्शन डॉ. प्रशांत गावंडे यांनी केले. कार्यक्रमाचे यशस्वितेसाठी, सौ. नाईक मॅडम, मुलींचे वसतिगृह इन्चार्ज, चिखलदरा आणि महाविद्यालय क्रीडा समिती सदस्य डॉ. यू. जी. तायडे, डॉ. एन. जे. सूर्यवंशी, डॉ. मुकेश सरदार, डॉ. आनंद बक्षी, प्रा. भारत देशमुख, श्री. गिरीश शाहू, व डॉ. उषा वासनिक, श्री. आनंद ढगे, यांनी सहकार्य केले.

M L

PRINCIPAL
Art, Science & Commerce
College, Chikhaldara

Sipna Shikshan Prasarak Mandal, Amravati's
Arts, Science and Commerce College, Chikhaldara, dist. Amravati

ADD-ON COURSE IN MARTIAL ARTS FOR SELF DEFENSE

Duration: 14th to 23rd March 2024, Time: 7.00am to 10.00am,
Place: Adiwasi Mulinche Shaskiya Vastigruha, Chikhaldara

ATTENDANCE

Sr. No.	Name of Students	14/03/2024	15/03/2024	16/03/2024	17/03/2024	18/03/2024	19/03/2024	20/03/2024	21/03/2024	22/03/2024	23/03/2024	Sign.
01	Ku. Nirmala Sawalkar	P	P	P	P	A	A	P	P	P	P	Nirmala
02	Ku. Pranjali Bethekar	P	P	P	P	P	P	P	A	A	P	Pranjal
03	Ku. Shubhangi Jambekar	P	P	P	P	P	P	P	P	P	P	Shubhangi
04	Ku. Kavita Bhilawekar	P	P	P	P	P	P	P	P	P	P	Kavita
05	Ku. Dipali Dhande	P	P	A	P	P	P	P	P	P	P	Dipali
06	Ku. Arpana Darsimbe	P	P	P	P	P	P	P	P	P	P	Arpana
07	Ku. Nilima Jambe	P	P	P	P	P	P	P	P	P	P	Nilima
08	Ku. Saroj Dhurve	P	P	A	P	P	P	P	P	P	P	Saroj
09	Ku. Trupti Sawalkar	P	P	P	P	P	P	P	P	P	P	Trupti
10	Ku. Shital Kasdekar	P	P	P	P	A	P	A	P	P	P	Shital
11	Ku. Rupa Bhilawekar	P	A	P	P	P	A	P	P	P	P	Rupa
12	Ku. Sumant Dhande	P	P	P	P	P	P	P	P	A	P	Sumant
13	Ku. Roshani Belsare	P	P	P	P	P	P	A	P	P	P	Roshani
14	Ku. Sawitri Dhikar	P	P	P	P	P	A	P	P	P	P	Sawitri
15	Ku. Sunita Sawalkar	P	P	P	P	P	P	P	P	P	P	Sunita
16	Ku. Manjusha Kasdekar	P	A	P	P	P	P	P	A	A	P	Manjusha

17	Ku. Payal Parawe	P	P	A	P	P	P	P			P	Payal
18	Ku. Kalyani Kasdekar	A	A	P	P	A	A	P			A	Kalyani
19	Ku. Varsha Patel	P	P	P	P	P	P	P			P	Varsha
20	Ku. Kalyani Belsare	P	P	P	P	A	P	P			P	Kalyani
21	Ku. Ragini Jamunkar	P	P	P	P	P	P	P			P	Ragini
22	Ku. Samiksha Kale	P	P	P	P	P	P	P			A	Kale
23	Ku. Yashoda Darsimbe	P	P	P	P	P	P	P			P	Yashoda
24	Ku. Anita Zamarkar	P	P	P	P	P	P	P			P	Anita
25	Ku. Anita Baraskar	P	P	A	P	A	A	P			P	Anita
26	Ku. Kalpana Bhusum	P	P	P	P	P	P	P			A	Kalpana
27	Ku. Sonali Kasdekar	P	P	P	P	P	P	P			P	Sonali
28	Ku. Manisha Selukar	P	P	P	P	P	P	P			P	Manisha
29	Rohit Deshmukh	P	P	P	P	P	P	P			A	
30	Nitish Ingle	P	P	P	P	P	P	P			P	
31	Swaraj Jawanjale	P	P	P	P	P	P	P			P	
32	Tanmay Kawathale	P	P	A	P	P	P	P			P	
33	Ajesh Kasdekar	P	A	P	P	P	P	P			P	Ajesh
34	Nitesh Kasdekar	P	P	P	P	P	P	P			P	Nitesh
35	Shashank Yewale	A	P	P	P	A	A	P			P	
36	Neha Ladhe	P	P	P	P	P	P	P			P	
37	Rohit Chavhan	P	P	P	P	P	P	P			P	
38	Kunal Choudhari	A	P	P	P	P	P	P			P	
39	Adesh Jaisinghpure	P	P	P	P	P	P	P			P	
40	Tomendra Semalkar	P	P	A	P	P	P	P			A	

41	Gaurav Kasdekar	P	A	P	P	P	P	P	A	A	P	
42	Ku. Darshana Dhale	P	A	P	P	P	P	P	P	P	P	
43	Ku. Sangita Dhande	P	P	P	P	P	P	P	P	P	P	Sandhi
44	Ku. Chaitali Gedam	P	P	P	P	P	P	P	P	P	P	
45	Ku. Vaishnavi Ghormade	P	P	P	A	P	P	P	P	P	P	
46	Ku. Triveni Girhe	P	P	P	P	P	P	P	P	P	P	
47	Ku. Sakshi Kalaskar	P	P	A	P	P	P	P	A	A	P	
48	Ku. Rajshri Manmode	P	P	A	P	A	P	P	P	P	P	
49	Sumit Chimote	P	P	P	P	P	P	P	P	P	P	
50	Abhishek Darshimbe	P	P	P	P	P	P	P	P	P	P	

Director of physical education & Sports

P. G. GAWANDE

Director of Physical Education
Arts, Sci. & Commerce College, Chikhaldara

Principal

PRINCIPAL
Art, Science & Commerce
College, Chikhaldara

Sipna Shikshan Prasarak Mandal, Amravati's
Arts, Science And Commerce College, Chikhaldara
Tentative Plan of Proposed Action
Add-On Course in Martial Arts for Self Defense
14 to 23 March 2024

❖ **Title: Add-On Course in Martial Arts For Self Defence**

❖ **Objectives of the course**

- (01) Improve the whole person
- (02) Improve mental health, physical health and emotional health.
- (03) Empowerment and Self-Confidence
- (04) Physical Fitness and Well being.
- (05) Self Defense and personal Safety.

❖ **Syllabus/ Course Content/Theme**

- Benefits of Martial Arts and Demonstration
- Father of Martial Arts, information in brief.
- Types of Martial Arts.
- Stances.
- Kicks, Blocks, Hand Techniques.
- Types Katas, Advance Katas.
- Traditional Karate.
- Self Defense, Real Life Defense.
- Unarmed Combat.
- Recreational Drills to develop physical fitness for fighting.

❖ **Resource persons:**

- Shri. Mangesh Gaykawad
- Shri. Vedant Dahe
- Shri. Yadhynesh Lokhande

❖ **Proposed Schedule:**

- From 14 to 23 March 2024
- Daily 3 hours schedule, sessions in 10 Days (Duration 30 Hours)
- Expected no of beneficiaries: 50 Students

❖ **Expected Outcome;**

Upon successful completion of this course students would able to defend themselves, able to escape in difficult situation and able to develop their physical fitness.

❖ **Expected expenditure:**

Rs. 9000/- (Certificates printing, remuneration and miscellaneous expenses)

❖ **Name Of In-charge teacher: Dr. P. G. Gawande**



P. G. GAWANDE

Director of Physical Education
Arts, Sci. & Commerce College, Chikhaldara



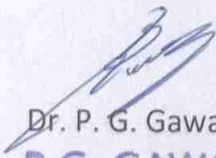
PRINCIPAL
Art, Science & Commerce
College, Chikhaldara


Sipna Shikshan Prasarak Mandal, Amravati's
Arts, Science and Commerce College, Chikhaldara
Add-on Course in Martial Arts for Self Defense
Syllabus & Scheduled

Date:- 14th To 23rd March 2024, Time:- 7.00am to 10.00am

Sr. No.	Date	Time	Topics Practical/Theory	Name of Resource Person & Sign
01	14/03/2024	7.00 to 7.30am	Opening ceremony	Dr.H.U. Petkar, Dr. V. D. Kapse, Shri. Mangesh Gaykawad
		7.30 am to 9.00am	Benefits of Martial Arts and Demonstration	Shri. Mangesh Gaykawad
		9.00 to 10.00am	Father of Martial Arts, information in brief.	Shri. Mangesh Gaykawad
02	15/03/2024	7.00 to 7.30am	Physical Fitness and General Exercise	Dr.P.G.Gawande
		7.30 am to 9.00am	Types of Martial Arts.	Shri. Mangesh Gaykawad
		9.00 to 10.00am	Stances.	Shri. Mangesh Gaykawad
03	16/03/2024	7.00 to 7.30am	Physical Fitness and General Exercise	Dr.P.G.Gawande
		7.30 am to 9.00am	Type of Kicks	Shri. Mangesh Gaykawad
		9.00 to 10.00am	Types Katas, Advance Katas.	Shri. Mangesh Gaykawad
04	17/03/2024	7.00 to 7.30am	Physical Fitness and General Exercise	Dr.P.G.Gawande
		7.30 am to 9.00am	Traditional Karate.	Shri. Mangesh Gaykawad
		9.00 to 10.00am	Self Defense, Real Life Defense.	Shri. Mangesh Gaykawad
05	18/03/2024	7.00 to 7.30am	Physical Fitness and General Exercise	Dr.P.G.Gawande
		7.30 am to 9.00am	Unarmed Combat.	Shri. Mangesh Gaykawad
		9.00 to 10.00am	Recreational Drills to develop physical fitness for fighting.	Shri. Mangesh Gaykawad
06	19/03/2024	7.00 to 7.30am	Physical Fitness and General Exercise	Dr.P.G.Gawande
		7.30 am to	Various Blocks.	Shri. Mangesh

		9.00am		Gaykawad
		9.00 to 10.00am	Hand Techniques to fight	Shri. Mangesh Gaykawad
07	20/03/2024	7.00 to 7.30am	Physical Fitness and General Exercise	Dr.P.G.Gawande
		7.30 am to 9.00am	Blocks, demonstration & practical	Shri. Mangesh Gaykawad
		9.00 to 10.00am	Importance of Self Defense Techniques, Theory	Shri. Mangesh Gaykawad
08	21/03/2024	7.00 to 7.30am	Physical Fitness and General Exercise	Dr.P.G.Gawande
		7.30 am to 9.00am	Specific Fitness for Martial Arts	Shri. Mangesh Gaykawad
		9.00 to 10.00am	Practice of All Drills of Self Defense	Shri. Mangesh Gaykawad
09	22/03/2024	7.00 to 7.30am	Physical Fitness and General Exercise	Dr.P.G.Gawande
		7.30 am to 9.00am	Traditional Karate.	Shri. Vedant Dahe
		9.00 to 10.00am	Meditation for relaxation, mental balance concerning Martial Arts - Theory	Shri. Yadhynesh Lokhande
10	23/03/2024	7.00 to 7.30am	Physical Fitness and General Exercise	Dr.P.G.Gawande
		7.30 am to 9.00am	Unarmed Combat, Practice Drills	Shri. Vedant Dahe
		9.00 to 10.00am	All Self Defense Techniques Demonstration	Shri. Mangesh Gaykawad
		10.00am to 10.30am	Concluding Ceremony	Dr.U.S.Wasnik, Dr. P.G.Gawande, Shri. Mangesh Gaykawad


 Dr. P. G. Gawande
P. G. GAWANDE
 Director of Physical Education
 Arts, Sci. & Commerce College, Chikhaldara


 Dr. R. S. Jaipurkar
PRINCIPAL
 Art, Science & Commerce
 College, Chikhaldara



SIPNA SHIKSHAN PRASARAK MANDAL AMRAVATI'S

ARTS, SCIENCE & COMMERCE COLLEGE,
CHIKHALDARA, DIST. AMRAVATI

(NAAC Accredited 'A' Grade with CGPA 3.22)

DEPARTMENT OF PHYSICAL EDUCATION & SPORTS

"Add On Course in Martial Arts for Self Defense"

CERTIFICATE

This is to certify that,

Class _____

has successfully completed **"Add On Course in Martial Arts for Self Defense"**

organized during 14-23 March 2024.

Dr. P. G. Gawande
Director, Department of Physical
Education & Sports

Principal, Dr. R. S. Jaipurkar
(Former Pro-VC, Sant Gadge Baba
Amravati University, Amravati)

@PRINTWAY

Arts, Science & Commerce College, Chikhaldara.

Cultural Committee Report

Year: 2023-24

Name of Committee: Cultural Committee

Title of program conducted : Youth Festival


Date of program : 10-13 October . 2023

Objectives of program :

1. To seek overall development of Artistic qualities of students.
2. To identify and nurture the specific tribal culture of tribal students.
3. To make students well aware of various social, economic, cultural aspects of our society.
4. To seek growing of a student into responsible and sensible citizen of India.
5. To help the deserving students in all fields of education.

Participated students in all these competition : 30

Brief summary of the program : Department of Student Development, Sant Gadge Baba Amravati University Amravati Organized Inter College Youth Festival at Ram Meghe college of Engineering & management Amravati where 30 events were organized. 17 Students participated in Flock dance , 08 in Drama, 04 in singing and 01 in Clay Modeling. The performance of the students was immensely appreciated by the audiences. All the participants were felicitated with certificates.

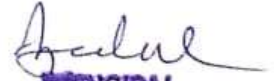


संयोजक

सांस्कृतिक समिती

करळा, विहान व थाणिक्य महाविद्यालय,

चिखलदारा, दि. अमरावती



PRINCIPAL

Art, Science & Commerce
College, Chikhaldara

Students Performing Dance at Youth Festival.



Drama presentation by students in Youth Festival.



Students presenting songs in the group singing competition of Youth Festival.





Report of the Event

Title of the Event : Annual Gatherings

Academic Year: 2023-24

(Name of Committee : Cultural Committee Report)

- **Date /Period** :
- **Venue** : Prof. Ram Meghe Institute of Technology and Research Center Badnera.
- **Objectives**
 1. To seek overall development of Artistic qualities of students.
 2. To identify and nurture the specific tribal culture of tribal students.
 3. To make students well aware of various social, economic, cultural aspects of our society.
 4. To seek growing of a student in responsible and sensible citizen of India.
 5. To help the deserving students in all fields of education.

- **Brief Report :**

'A' Jallos The Cultural activities ensure overall development of students' personality. Besides, they need a break from the routine work of academics. The students actively participated in the various cultural programs organized. Sports feats were also organized for students and staff. Some 08 competitions were arranged. The opening ceremony was held on 15/02/2024 Chief guest was Mr. Pradip Govindrao Shirskar PSI Paratwada and the concluding ceremony was held on 16/02/2024. Alumni meet was also held. Ex student Present in the meet were Vishal Dhande, Shard Porate, Tiwari, etc. Gunvant Vidyarthi Satkar and Best student award did happen on the same day. Sakshi Raju Jog B.A.II was selected the best student of the year 2023-24.

The college has been awarded an 'A' grade by NAAC Bangalore. To celebrate this achievement and to appreciate and encourage all the professors and students, the college president, Honorable JagdishBhau Gupta, graced the occasion with his presence at the felicitation ceremony.

The chief guest of the closing ceremony was Shri. Rajubhau Nandanwar. Local C.D.C. Member our Collage, chairperson of the cultural program was the principal Dr.R.S.Jaipurkar.

- **No. of participants/ Beneficiaries** : 595

संयोजक

सांस्कृतिक समिती
कला, विज्ञान व वाणिज्य महाविद्यालय,
चिखलदारा, जि. अमरावती

PRINCIPAL
Art, Science & Commerce
College, Chikhaldara



Opening Ceremony



Dance Presentation by Students in Annual Gathering.



Honorable Chairman of the Closing Ceremony Jagdishbhou Gupta.

