

MEMORANDUM OF UNDERSTANDING OF



Dadapaltil Rajale Arts Science and Commerce
College, Adinathnagar
Dist. Ahmednagar

And



Kai. Rasika Mahavidyalaya, Deoni
Dist. Latur (M.S.)

Ankush
IQAC COORDINATOR
Kai. Rasika Mahavidyalaya, Deoni
Tq. Deoni Dist. Latur



Jawad
Principal
Kai. Rasika Mahavidyalaya, Deoni
Tq. Deoni Dist. Latur



Kai . Rasika Mahavidyalaya, Deoni

Tq. Deoni Dist.Latur

(Affiliated to Swami Ramanand Teerth Marathwada University, Nanded.)
(Science, Commerce & Technology)

Establishment Year: June 2008
Reg.No. MAHA/8734 / Date- 07-11-1998

College Code --
Email:rasikadeoni399@gmail


State level workshop on "Career Opportunities in Physical Education and Sports"

1	Name of the Department	:	Department of Physical Education and Sports & IQAC
2	Complete name / title of the Activity	:	State level work shop on " Career Opportunities in Physical Education and Sports "
3	Dates or Duration (from-----to)	:	29 Aug 2022
4	Venue of the Event	:	Kai .Rasika College, Deoni (Online)
5	Sponsor / Collaborations (if any)	:	Dadapatil Rajale Arts, Science and Commerce College, Adinathnagar, Tal-Pathardi, Dist. Ahmednagar
6	Level of the event (encircle) (International/ National / State / University / (District / College / Department etc.)	:	State level
7	Purpose/aim/objective and outcome of the event	:	The workshop was organized to inform the students about career opportunities in the field of physical education and sports
8	Beneficiaries/participants (Type /number, etc.)	:	Beneficiaries in all 197 people from all over the Maharashtra State participated in this workshop.
9	Other major staff/student/Institution involved in the organization of the activity	:	Principal, Directors of Physical Education and All Teaching Staff, Non Teaching Staff, student
10	Any other information/ comment /qualitative remarks	:	
11	Photographs (with captions) submitted (number)	:	4 Photographs Youtub Link- https://www.youtube.com/watch?v=aQrAr5e Jvc
12	Evidence produced (Certificate, letters, newspaper cuttings etc.)	:	newspaper cuttings, Link, Certificate
13	Name and Signature of Coordinator:	:	Dr. Sachin Chamle

IQAC- Coordinator
IQAC-COORDINATOR
Kai.Rasika Mahavidyalaya, Deoni
Tq.Deoni Dist.Latur


Coordinator:

Director of Physical Education & Sports
Kai.Rasika Mahavidyalaya,Deoni


Principal
Kai. Rasika Mahavidyalaya, Deoni
Tq. Deoni Dist. Latur



On the occasion of the **National Sports Day**
One Day Online

State Level Workshop on
' Career Opportunities in Physical Education and Sports'

Organized under the Memorandum of understanding (MOU) between
Department of Physical Education and Sports & IQAC
Kai.Rasika Mahavidyalaya,Deoni
District - Latur (M.H)

Dadapatil Rajale Arts, Science and Commerce College,
Adinathnagar
Tal-Pathardi, Dist. Ahmednagar

29/08/2022 Time - 10:30Am

REPORT

2022 - 23



Coordinator

PROF. ROHIT ADLING
DIRECTOR OF PHYSICAL EDUCATION AND SPORTS

DR.SACHIN.S.CHAMLE
DIRECTOR OF PHYSICAL EDUCATION AND SPORTS

Convener

DR. RAJDHAR TEMKAR
PRINCIPAL
DADAPATIL RAJALE ARTS, SCIENCE AND COMMERCE COLLEGE,
ADINATHNAGAR, TAL-PATHARDI,
DIST. AHMEDNAGAR

DR.CHANDRAKANT JAWALE
PRINCIPAL
KAI.RASIKA MAHAVIDYALAYA,DEONI



Signature
IQAC COORDINATOR
Kai.Rasika Mahavidyalaya, Deoni
Tq.Deoni Dist.Latur



Signature
Principal
Kai. Rasika Mahavidyalaya, Deoni
Tq. Deoni Dist. Latur

State Level Workshop
Career Opportunities in Physical Education and Sports
Report

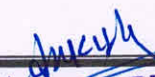
To celebrate 75-year of Indian Independence and the National Sports Day, Department of Physical Education and Sports of Kai. Rasika Mahavidyalaya, Deoni Tal- Deoni, Dist-Latur And Dadapatil Rajale Arts, Science and Commerce College, Adinathnagar, Tal-Pathardi, Dist. Ahmednagar organized state level workshop on **“Career Opportunities in Physical Education and Sports”** under the MoU between these two institutions. The workshop was open to all the students, teachers and parents. Dr. Shirsh Vijay More, from Chandrashekhar Agashe College of Physical Education, Pune worked as Resource Person for this workshop.

Prof. Rohit Adling, the Director of Physical Education of Dadapatil Rajale College welcomed all the participants and narrated the aims and objectives of the workshop through his introductory speech.

Later on, Vice Principal Dr. Shivaji Sontakke of Kai. Rasika Mahavidyalaya , in his speech, talked about how a career can be made in sports and the Principal Dr. Rajdhar Temkar of Dadapatil Rajle ASC College, speaking on this occasion, said that physical education and sports are an integral part of life and students should keep an eye on new career opportunities in sports and physical education along with maintaining good health. He commented on how progress is being made and informed about the various activities being carried out through the Physical Education and Sports Department of the college. He expressed the purpose of organizing the workshop and extended good wishes for the workshop.

Dr. Sachin Chamle the Director of Physical Education of Kai. Rasika Mahavidyalaya introduced the Resource Person to all the participants.

Prof. Dr. Shirish More, Resource Person of the workshop, in his lecture, said that while choosing a career in sports, it is important to study social skills,


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Principal
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while students need to set goals and increase their network. He also guided the participants about the various career opportunities in the education sector in physical education and sports, management sector, tourism sector, fitness sector, diet and yoga sector and the educational qualification required for it.

197 people from all over Maharashtra participated in the said workshop. At the end of the workshop, Dr. Sachin Chamle the Director of Physical Education of Kai. Rasika Mahavidyalaya proposed vote of thanks to all the dignitaries as well as all office bearers of the organization and participants.

For the successful completion of the workshop, Trustee of the Institute Respected President Shri Govindraoji Bhopanikar Saheb, Institute Respected Secretary Shri Gajananji Bhopanikar Saheb, College Principal Dr. Chandrakant Jawale, IQAC Coordinator Prof. Mahadev Tenkale, The Sports Advisory Committee were given very important guidance by the chairman and all members of the committee. all the teachers of the college extended their support.

देशोन्नती

खेळातील करिअर निवडताना अंगिक कौशल्य अभ्यासणे महत्वाचे-प्रा. डॉ. शिरीष मोरे

देशोन्नती वृत्तसंकलन...

देवणी - खेळातील करिअर निवडताना अंगिक कौशल्य अभ्यासणे महत्वाचे असल्याचे प्रतिपादन प्रा. डॉ. शिरीष मोरे यानी केले.

स्वातंत्र्याचा अमृत महोत्सव व राष्ट्रीय क्रीडा दिनानिमित्त शारीरिक शिक्षण व क्रीडा विभाग कॅ. रसिका महाविद्यालय, देवणी, जि. लातूर व दादा पाटील राजळे कला, विज्ञान आणि वाणिज्य महाविद्यालय, आदिनाथनगर, जि. अहमदनगर यांच्यामध्ये झालेल्या सामंजस करार अंतर्गत 'शारीरिक शिक्षण व क्रीडा या मधील करिअरच्या संधी' या विषयावरील ऑनलाईन माध्यमातून राज्यस्तरीय कार्यशाळेत ते बोलत होते. कार्यशाळेसाठी साधन व्यक्ती म्हणून



प्रा. डॉ. शिरीष विजय मोरे, सहाय्यक प्राध्यापक, चंद्रशेखर आगळे शारीरिक शिक्षण महाविद्यालय, पुणे याचे मार्गदर्शन लाभले. कार्यक्रमाचे प्रास्ताविक व वाहण्याचे स्वागत दादा पाटील राजळे महाविद्यालयाचे शारीरिक शिक्षण संचालक प्रा. रोहित आदरिंग यानी केले. या नंतर कॅ. रसिका महाविद्यालयाचे उपप्राचार्य डॉ. जितोजी सोनटकरे यानी

आज खेळामध्ये करिअर करणे केले जाऊ शकते या विषयी आपल्या माध्यमात सांगितले. त्या नंतर दादा पाटील राजळे महाविद्यालयाचे प्राचार्य डॉ. राजधर

देसाकर यानी मार्गदर्शन केले. या प्रसंगी बोलताना शारीरिक शिक्षण व क्रीडा क्षेत्राचा अविभाज्य पटल आहे आणि आरोग्य क्षमते राखण्यासोबतच आणू क्रीडा व शारीरिक शिक्षणामध्ये नवीन करिअरच्या संधी निर्माण झाल्या आहेत, त्याकडेदेखील विद्यार्थी आज पाहिले जाऊ शकते आहे, असे त्यांनी सांगितले. त्याचबरोबर राष्ट्रीय क्रीडा दिन का साजरा केला जातो ? व भारत आज क्रीडा

क्षेत्रामध्ये कशाप्रकारे प्रगती करत आहे यावर त्यांनी भाष्य केले. शारीरिक शिक्षण व क्रीडा विभागाच्या माध्यमातून चालणाऱ्या विविध उपक्रमाची माहिती दिली. त्याचबरोबर कार्यशाळा घेण्याचा उद्देश काय या विषयी मार्गदर्शन केले व कार्यशाळेसाठी शुभेच्छा दिल्या.

प्रमुख साधन व्यक्तींचा परिचय कॅ. रसिका महाविद्यालयाचे शारीरिक शिक्षण संचालक प्रा. डॉ. रविचंद्र चामले यानी केले. शिरीष मोरे यानी त्यांच्या व्याख्यानात खेळातील करिअर निवडताना अंगिक कौशल्य अभ्यासणे महत्वाचे आहे. त्याचबरोबर विद्यार्थी ध्येय ठरवणे व नेटवर्क वाढवणे गरजेचे आहे, असे त्यांनी सांगितले. तसेच शारीरिक शिक्षण व

क्रीडामध्ये असलेल्या शिक्षण क्षेत्रातील, मॅनेजमेंट क्षेत्रातील, टुरिझम क्षेत्रातील, फीटनेस क्षेत्रातील, आहार व योगा क्षेत्रामध्ये असलेल्या विविध करिअरच्या संधी व त्यासाठी लागणारी शैक्षणिक पातळा या विषयी मार्गदर्शन केले. सदरील कार्य शाळेमध्ये संपूर्ण महाराष्ट्रातून १९७ जणांनी सहभाग नोंदवला. कार्यशाळेच्या शेवटी कॅ. रसिका महाविद्यालयाचे शारीरिक शिक्षण संचालक प्रा. डॉ. रविचंद्र चामले यानी मान्यवरांचे तसेच संस्थेच्या सर्व पदाधिकार्यांचे व उपस्थितांचे आभार मानले. कार्यशाळा यशस्वी पार पाडण्यासाठी जनसेवा सेवाभावी प्रतिष्ठानचे सस्था सचिव गजानन मोण्णपिकर, प्राचार्य डॉ. चंद्रकांत जावळे व महाविद्यालयातील सर्व शिक्षक वृंद व शिक्षकत्वर कर्मचारी यांचे सहकार्य लाभले.

खेळातील करियर निवडताना कौशल्य महत्वाचे : डॉ. मोरे

कासार पिपळगाव : खेळातील करियर निवडताना विद्यार्थ्यांनी आंगीक कौशल्य अभ्यासणे महत्वाचे असून, निश्चित ध्येय ठरवणे व नेटवर्क वाढवणे गरजेचे आहे, असे प्रतिपादन प्रा. डॉ. शिरीष मोरे यांनी केले.

पाथडों तालुक्यातील आदिनाथनगर येथे राष्ट्रीय क्रीडादिनानिमित्त दादापाटील राजळे महाविद्यालयात शारीरिक शिक्षण व क्रीडा विभाग व के. रसिकादेवी महाविद्यालय देवणी जि. लातूर यांच्यामध्ये झालेल्या सामंज्यस करारान्वये शारीरिक शिक्षण व क्रीडा, यामधील करियरच्या संधी, या विषयावर ऑनलाईन राज्यस्तरीय कार्यशाळेचे वे वेळेत होते.

कार्यशाळेत संसाधन प्रा. डॉ. शिरीष विजय मोरे (सहाय्यक प्राध्यापक) चंद्र शेखर आगाशे शारीरिक शिक्षण महाविद्यालय, पुणे यांनी मार्गदर्शन केले. प्रास्ताविक दादापाटील राजळे महाविद्यालयाचे शारीरिक शिक्षण संचालक प्रा. रोहित आदलिंग यांनी केले. के. रसिकादेवी महाविद्यालयाचे प्राचार्य डॉ. शिवाजी सोनटकरे यांनी खेळामध्ये करियर करणे केले जाऊ शकते, याविषयी माहिती दिली. महाविद्यालयाचे प्राचार्य डॉ. राजधर टेंमकर यांनी, बोलताना शारीरिक शिक्षण व क्रीडा जीवनाचा अविभाज्य घटक असून, आरोग्य चांगले राखण्यासोबतच आता क्रीडा

व शारीरिक शिक्षणामध्ये नवीन करियरच्या संधी निर्माण झाल्या असून, त्याकडे विद्यार्थ्यांनी लक्ष



केंद्रीत करणे गरजेचे आहे. तसेच शारीरिक शिक्षण व क्रीडा विभागाच्या माध्यमातून चालणाऱ्या विविध उपक्रमांची माहिती दिली. के. रसिकादेवी महाविद्यालयाचे शारीरिक शिक्षण संचालक प्रा. डॉ. सचिन चामले यांनी परिचय

करून दिला.

प्रा. डॉ. शिरीष मोरे यांनी, करियर निवडताना आंगीक कौशल्य अभ्यासणे महत्वाचे आहे. त्याचबरोबर विद्यार्थ्यांनी ध्येय ठरवणे व नेटवर्क वाढवणे गरजेचे आहे, असे त्यांनी सांगितले. शारीरिक शिक्षण व क्रीडामध्ये असलेल्या शिक्षण क्षेत्रातील, मॅनेजमेंट क्षेत्रातील, टॅरिझम क्षेत्रातील, फीटनेस क्षेत्रातील, आहार व योग्य क्षेत्रामध्ये असलेल्या विविध करियरच्या संधी व त्यासाठी लागणारी शैक्षणिक पात्रता, या विषयी त्यांनी मार्गदर्शन केले. कार्यशाळेमध्ये महाराष्ट्रातून १९७ व्यक्तींनी सहभाग नोंदवला. के. रसिकादेवी महाविद्यालयाचे

शारीरिक शिक्षण संचालक प्रा. डॉ. सचिन चामले यांनी आभार मानले. कार्यशाळेसाठी शिक्षण संस्थेचे विश्वस्त राहुल राजळे, महाविद्यालय विकास समितीचे अध्यक्ष शिवाजीराव राजळे, प्राचार्य डॉ. राजधर टेंमकर, कार्यालयीन अधिकक्षक विक्रमराव राजळे, आय.क्यू.एस.सी समन्वयक प्रा. रानू घोलेप, महाविद्यालयाच्या क्रीडा सल्लागार समितीचे अध्यक्ष डॉ. ज्ञानदेव कांडेकर यांचे मार्गदर्शन लाभले. कार्यक्रमासाठी डॉ. किशोरकुमार गायकवाड, डॉ. अशुलकुमार चौरपगार, प्रा. आसारां देसाई, प्रा. चंद्रकांत पानसरे व महाविद्यालयातील सर्व शिक्षकांचे सहकार्य लाभले.



On the occasion of the "National Sports Day"

One day Online STATE LEVEL WORKSHOP ON

Career Opportunities in Physical Education and Sports

Date : 29/08/2022 Time :10:30 AM

Organized under the Memorandum of Understanding (MOU) Between

Department of Physical Education and Sports

Dadapatil Rajale Arts, Science and Commerce College, Adinathnagar

Tal-Pathardi, Dist. Ahmednagar-414505.

Kai. Rasika Mahavidyalaya, Deoni

Tal- Deoni, Dist-Latur-413519.

Resources Person

Dr. Shirish Vijay More

Assistant Professor

Chandrashekhra Agashe College of Physical Education, Pune.



Registration link <https://forms.gle/7LZBRDTHjBW6KLvt9>

E- CERTIFICATE WILL BE PROVIDED FOR ALL PARTICIPANTS AFTER SUBMISSION OF FEEDBACK FORM



Subscribe

To join the workshop, click following icon

Students, Teachers and Parents can participate



Join

Coordinators

Prof. Rohit B. Adling
Director of Physical Education and Sports

Dr. Sachin S. Chamle
Director of Physical Education and Sports

Conveners

Dr. Rajdhar J. Temkar
Principal

Dr. Chandrakant .A. Jawale
Principal

Jawale
Principal
Kai. Rasika Mahavidyalaya, Deoni
Tq. Deoni Dist. Latur

Watch video Click Below Banner



On the occasion of the "National Sports Day"

One day Online

STATE LEVEL WORKSHOP ON

Career Opportunities in Physical Education and Sports

Organized under the Memorandum of Understanding (MOU) Between

Department of Physical Education and Sports

Dadapatil Rajale Arts, Science and Commerce College, Adinathnagar

Tal-Pathardi, Dist. Ahmednagar-414505.

Kal. Rasika Mahavidyalaya, Deoni

Tal- Deoni, Dist-Latur-413519.

Date : 29/08/2022 Time :10:30 AM



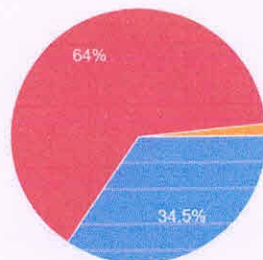
Resources Person

Dr. Shirish Vijay More

Feedback of Workshop

Which of the following is your role?

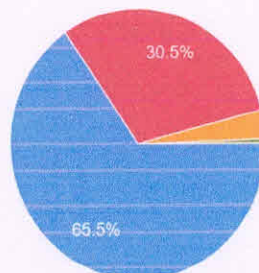
203 responses



- STUDENT
- TEACHER
- PARENTS

Content of Webinar

203 responses

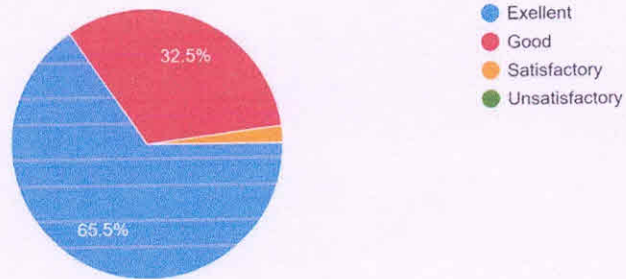


- Exellent
- Good
- Satisfactory
- Unsatisfactory

Jawaz
Principal
Kal. Rasika Mahavidyalaya, Deoni
Tq. Deoni Dist. Latur

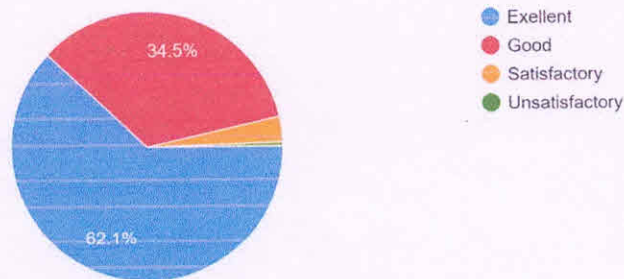
Method of explanation by Resource Person

203 responses



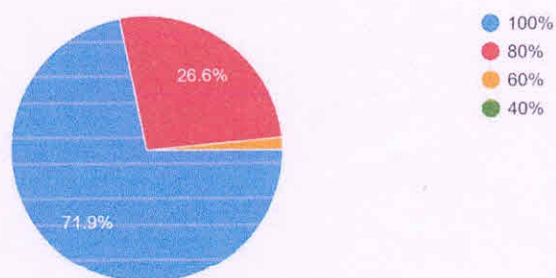
Use of ICT in Webinar

203 responses



Usefulness & Effectiveness of Webinar

203 responses



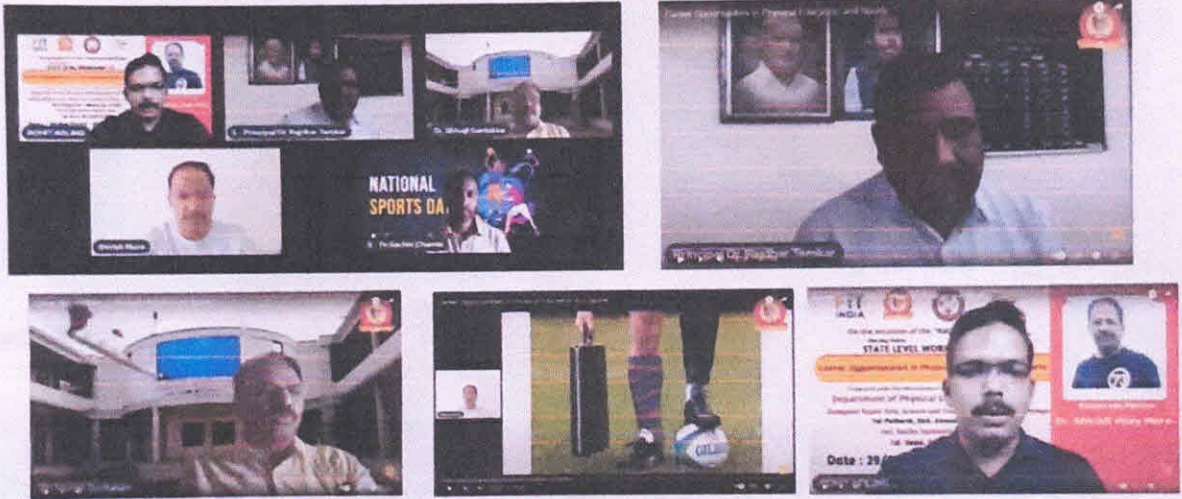
This webinar is excellent on career opportunities in physical education

Prof. Rohit Adling Sir, thank you for organizing such a nice workshop. Definitely it will help all aspirants.

असे वेबिनार सतत घेत राहून आम्हा सर्वांना स्पोर्ट्स बदल चांगली माहिती मिळावी थॅक्यू मोरे सर थॅक्यू ऑर्गनायझेशन कमिटी

Such type of webinars should be conducted in near future also.

Workshop Photo



Dr. Sachin Chamle
Director of Physical Education

Director of Physical Education & Sports
Kal.Rasika Mahavidyalaya, Deoni

Prof. Mahadev Tenkale
IQAC Coordinator

Dr. Chandrakant Jawale
Principal

Kal. Rasika Mahavidyalaya, Deoni
Tq. Deoni Dist. Latur

Kal. Rasika Mahavidyalaya, Deoni





On the occasion of the "International Yoga Day"

One day Online

STATE LEVEL WORKSHOP ON

YOGA FOR WELLNESS

Date : 18/05/2022 Time :10:00 AM

Organized under the Memorandum of Understanding (MOU) Between

Department of Physical Education and Sports

Dadapati Rajale Arts, Science and Commerce College, Adinathnagar

Tal-Pathardi, Dist. Ahmednagar-414505.

Kai. Rasika College, Deoni

Tal- Deoni, Dist-Latur-413519.

C.H.Chaudhari Arts, S. G. Patel Commerce, and Babaji B.J. Patel Science College

Tal -Taloda. Dist – Nandurbar Pin 425413.



Resource Person -

Dr. Rupesh Thopate
Director of Physical Education and Sports
Dr. Ambedkar college of Arts & Commerce, Verwada

Resource Person -

Dr. Rajendra More
Assistant Professor
C.H.Chaudhari Arts, S. G. Patel Commerce, and Babaji B.J. Patel Science College, Taloda.



Registration link

<https://forms.gle/YZoHxsa3A1PhJaFD6>

E- CERTIFICATE WILL BE PROVIDED FOR ALL PARTICIPANTS AFTER SUBMISSION OF FEEDBACK FORM

To join the workshop, click following icon



Meeting ID: 419 670 5248
Passcode: dprc1234



Subscribe



Join

Students, Teachers and Parents can participate

Prof. Rohit B. Adling

Director of Physical Education and Sports

Coordinators

Dr. Sachin S. Chamle

Director of Physical Education and Sports

Prof. Prasad P. Bhoge

Director of Physical Education and Sports

Conveners

Dr. Rajdhar J. Temkar

Principal

Dr. Chandrakant .A. Jawale

Principal

Dr. Shashikant R. Magare

Principal

Amesh
IQAC COORDINATOR
Kai.Rasika Mahavidyalaya, Deoni
Tq.Deoni Dist.Latur



Harvey
Principal
Kai. Rasika Mahavidyalaya, Deoni
Tq. Deoni Dist. Latur

Report of State Level Workshop

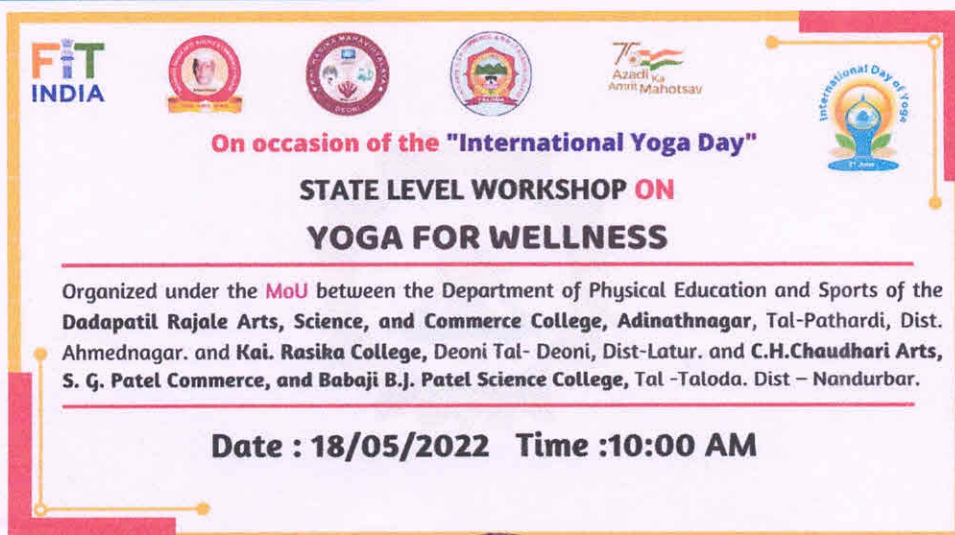
on

'YOGA FOR WELLNESS'

On the occasion of the "International Yoga Day" state level work shop on 'YOGA FOR WELLNESS' through online mode. Organized under the MoU between the Department of Physical Education and Sports of the **Dadapatil Rajale Arts, Science, and Commerce College, Adinathnagar**, Tal-Pathardi, Dist. Ahmednagar. and **Kai. Rasika College**, Deoni Tal- Deoni, Dist-Latur. and **C.H.Chaudhari Arts, S. G. Patel Commerce, and Babaji B.J. Patel Science College**, Tal -Taloda. Dist – Nandurbar The main objective of this workshop was to aware people about the importance of yoga for wellness. The workshop was open to all the students, teachers and Parents. Dr. Rupesh Thopte (Director of Physical Education and Sports, Dr. Ambedkar college of Arts &commerce, Yerwada) and Dr. Rajendra More (Assistant Professor, C.H.Chaudhari Arts, S. G. Patel Commerce, and Babaji B.J. Patel Science College, Taloda.) worked as Resource Person for this workshop.

In all 188 people from all over the Maharashtra State participated in this workshop. Among this, 128 teacher, 60 students (131 male and 57 Female) took part in this workshop.

Watch video Click Below Banner



The banner features logos for FIT INDIA, Dadapatil Rajale Arts, Science, and Commerce College, Kai. Rasika College, C.H. Chaudhari Arts, S. G. Patel Commerce, and Babaji B.J. Patel Science College, along with the International Day of Yoga logo. The text on the banner reads: "On occasion of the 'International Yoga Day' STATE LEVEL WORKSHOP ON YOGA FOR WELLNESS". It also states: "Organized under the MoU between the Department of Physical Education and Sports of the Dadapatil Rajale Arts, Science, and Commerce College, Adinathnagar, Tal-Pathardi, Dist. Ahmednagar. and Kai. Rasika College, Deoni Tal- Deoni, Dist-Latur. and C.H.Chaudhari Arts, S. G. Patel Commerce, and Babaji B.J. Patel Science College, Tal -Taloda. Dist – Nandurbar." and "Date : 18/05/2022 Time :10:00 AM".

IQAC-COORDINATOR
Kai.Rasika Mahavidyalaya, Deoni
Tq.Deoni Dist.Latur



Principal
Kai. Rasika Mahavidyalaya, Deoni
Tq. Deoni Dist. Latur



Paper Cutting

देशोन्नती

कै.रसिका महाविद्यालयात राज्यस्तरीय योग कार्यशाळा

देशोन्नती वृत्तसंकलन...

देवणी येथील कै. रसिका महाविद्यालयात दादा पाटील राजळे कला, विज्ञान आणि वाणिज्य महाविद्यालय, आदिनाथनगर, जि. अहमदनगर व सी. एच. चौधरी कला, एस. जी पटेल वाणिज्य आणि बाबाजी व. जे पटेल विज्ञान महाविद्यालय, तळोदा, जि. नंदुरबार यांच्या शारीरिक शिक्षण व क्रीडा विभाग यांच्यामध्ये झालेल्या सामंजस्य करारांतर्गत 'निरामय जीवनशैलीसाठी योग' या विषयावर ऑनलाईन माध्यमातून एक दिवसीय राज्यस्तरीय कार्यशाळेचे आयोजन करण्यात आले होते.

कार्यशाळेचे प्रस्ताविक प्रा. रोहित आदरिंग यांनी केले. आजच्या धावपळीच्या जीवनामध्ये आणि वैज्ञानिक जीवनासाठी आपल्या आरोग्यावर याचे दुष्परिणाम होताना पाहण्यास मिळत आहेत. यामुळे आपल्याला निरामय जीवनशैली योगाद्वारे कशी प्राप्त करता येईल आणि योगा उत्तम आरोग्य राखण्यासाठी कशाप्रकारे उपयुक्त ठरू शकेल हा मुख्य उद्देश समोर ठेवून आजच्या कार्यशाळेचे आयोजन केल्याचे त्यांनी



सांगितले. या नंतर डॉ. मेहबूब तांबोळी यांनी सर्व मान्यवरांचे स्वागत केले व अशा प्रकारचे उपक्रम भविष्यात घेण्यात यावेत, असे मत त्यांनी व्यक्त केले. या नंतर कै. रसिका महाविद्यालयाचे प्राचार्य डॉ. चंद्रकांत जावळे यांनी कार्यशाळेसाठी शुभेच्छा दिल्या व सर्वांगीण विकासासाठी शारीरिक शिक्षण व योगा खूप महत्त्वाचे आहेत, असे त्यांनी आपल्या भाषणात म्हटले.

प्रथम सत्रात डॉ. रुफेश खोपटे यांनी योगाविषयी असलेल्या चुकीच्या समजुती यावर भाष्य केले. तसेच निरामय जीवनासाठी योग आणि प्राणायाम आपल्याला कशी मदत करतात तसेच योग आपल्या शारीरिक व मानसिक

विकासासाठी कसा फायदेशीर आहे हे सांगितले. दुसऱ्या सत्रात डॉ. राजेंद्र मोरे यांनी अष्टांग योगाविषयी माहिती दिली, तसेच योगाचे फायदे काय आहेत हे त्यांनी आपल्या व्याख्यानात सांगितले. त्याचबरोबर विविध प्रकारचे प्राणायाम कसे करावे याचे प्रात्यक्षिक देखील त्यांनी याेळी दाखवले.

मान्यवरांचे आभार प्रा. प्रसाद मोगे यांनी मानले. डॉ. लचिन चामले यांनी राज्यस्तरीय कार्यशाळेचे सूत्रसंचालन केले. या कार्यशाळेमध्ये जवळपास १२४ विद्यार्थी, संशोधक शिक्षक व प्राध्यापक सहभागी झाले होते. कार्यशाळेचे आयोजन करण्यासाठी दादापाटील राजळे शिक्षण संस्थेचे अध्यक्ष

सी. एच चौधरी कला, एस. जी पटेल वाणिज्य आणि बाबाजी व. जे पटेल विज्ञान महाविद्यालयाचे डॉ. सुनील गोसावी यांनी धकाधकीच्या जीवनामध्ये मनावरील ताण कमी करण्यासाठी योगा खूप महत्त्वाचा आहे, असे सांगितले.

आप्यासाहेब राजळे, मोनिका राजळे, राहुल राजळे, सचिव जे. आर. पवार तसेच महाविद्यालय विकास समितीचे अध्यक्ष शिवाजी राजळे यांचे प्रोत्साहन लाभले.

कार्यक्रम यशस्वी पार पाडण्यासाठी महाविद्यालयाचे प्राचार्य डॉ. आर. जे. टेमकर तसेच जनसेवा सेवामावी प्रतिष्ठान संस्थेचे अध्यक्ष गोविंदराव मोपणीकर, संस्था सचिव गजानन मोपणीकर यांचे प्रोत्साहन लाभले. कार्यक्रम यशस्वी पार पाडण्यासाठी महाविद्यालयाचे प्राचार्य डॉ. चंद्रकांत जावळे व अध्यापक शिक्षण मंडळाचे अध्यक्ष भरत बबनराव माळी व उपाध्यक्ष सुधीर कुमार माळी, प्राचार्य डॉ. एस. आर मगरे यांनी मार्गदर्शन केले.

Prasad Moge
Principal
Kal. Rasika Mahavidyalaya, Deoni
Tq. Deoni Dist. Latur

होते.

राजळे महाविद्यालयात राज्यस्तरीय योग कार्यशाळेचे आयोजन

जंतू, भूमी कासार पिपळगाव :
प्रतिनिधी

दादापाटील राजळे कला, विज्ञान आणि वाणिज्य महाविद्यालय, अदिनाथनगर जि. अ. नगर व कै.रसिका महाविद्यालय, देवणी जिल्हा लातूर व सी.एच चौधरी कला, एस.जी पटेल वाणिज्य आणि बाबाजी ब.जे पटेल विज्ञान महाविद्यालय, तळोदा, जिल्हा नंदुरबार यांच्या शारीरिक शिक्षण व क्रीडा विभाग यांच्यामध्ये झालेल्या सामंजस्य करार अंतर्गत निरामय जिवनशैलीसाठी योगा या विषयावर ऑनलाईन माध्यमातून एक दिवशीय राज्यस्तरीय कार्यशाळेचे आयोजन करण्यात आले होते. कार्यशाळेचे प्रास्ताविक प्रा. रोहित आदलिंग यांनी केले या मध्ये आजच्या धावपळीच्या जीवनामध्ये आणि भेट्या जीवनशैलीमुळे आपल्या आरोग्यावर याचे दुष्परिणाम होतांना पाहायला मिळत

आहेत यामुळे आपल्याला निरामय जिवनशैली योगांवर कशी प्राप्त करता येईल आणि योगा उत्तम आरोग्य राखण्यासाठी कशाप्रकारे उपयुक्त ठरू शकेल हा मुख्य उद्देश समोर ठेवून आजच्या कार्यशाळेचे आयोजन केल्याचे त्यांनी सांगितले. त्याच बरोबर सर्व मान्यवरांचे स्वागत केले. या नंतर डॉ. मेहबुब तांबोळी यांनी सर्व मान्यवरांचे स्वागत केले व अशा प्रकारचे उपक्रम भविष्यात घेण्यात यावेत असे मत त्यांनी व्यक्त केले. या नंतर, कै.रसिका महाविद्यालय, प्राचार्य डॉ. चंद्रकांत जावळे यांनी कार्यशाळेसाठी शुभेच्छा दिल्या व सर्वांगीण विकासासाठी शारीरिक शिक्षण व योगा खूप महत्त्वाचे आहेत असे त्यांनी आपल्या भाषणात म्हणले. सी.एच चौधरी कला, एस.जी पटेल वाणिज्य आणि बाबाजी ब.जे पटेल विज्ञान महाविद्यालयांचे डॉ. सुनिल गोसावी यांनी धकाधकीच्या

जीवनामध्ये मनावरील ताण कमी करण्यासाठी योगा खूप महत्त्वाचा आहे असे सांगितले. प्रथम सत्रात डॉ. रुपेश थोपटे यांनी योगा विषयी असलेल्या चुकीच्या समजूती यावर भाष्य केले तसेच निरामय जिवनासाठी योग आणि प्राणायाम आपल्याला कशी मदत करतात तसेच योग आपल्या शारीरिक व मानसिक विकासासाठी कसा फायदेशीर आहे हे सांगितले. दुसऱ्या सत्रात डॉ. राजेंद्र मोरे यांनी अष्टांग योगा विषयी माहिती दिली तसेच योगाचे फायदे फायदे आहेत हे त्यांनी आपल्या व्याख्यानात सांगितले त्याचबरोबर विविध प्रकारचे प्राणायाम कसे करावे याचे प्रात्यक्षिक देखील त्यांनी यावेळी दाखवले. मान्यवरांचे आभार प्रा. प्रसाद भोगे यांनी मानले डॉ. सचिन चामले यांनी राज्यस्तरीय कार्यशाळेचे सुरुसंचालन केले. या कार्यशाळेमध्ये जवळपास १२४ विद्यार्थी, संशोधक शिक्षक व प्राध्यापक सहभागी झाले

होते. कार्यशाळेचे आयोजन करण्यासाठी दादापाटील राजळे शिक्षण संस्थेचे अध्यक्ष आप्पासाहेब राजळे, श्रीमती मोनिकाताई राजळे, राहुल राजळे, सचिव जे. आर. पवार तसेच महाविद्यालय विकास समितीचे अध्यक्ष शिवाजी राजळे यांचे प्रोत्साहन लाभले. कार्यक्रम यशस्वी पार पाडण्यासाठी महाविद्यालयाचे प्राचार्य डॉ. आर.जे. टेमकर तसेच जनसेवा सेवाभावी प्रतिष्ठान संस्थेचे अध्यक्ष गोविंदराव भोपणीकर, संस्था सचिव गजानन भोपणीकर यांचे प्रोत्साहन लाभले. कार्यक्रम यशस्वी पार पाडण्यासाठी पाडण्यासाठी प्राचार्य डॉ. चंद्रकांत जावळे व अध्यापक शिक्षण मंडळाचे अध्यक्ष भरत बबनराव माळी व उपाध्यक्ष सुधीर कुमार माळी यांचे प्रोत्साहन लाभले. कार्यक्रम यशस्वी पार पाडण्यासाठी महाविद्यालयाचे प्राचार्य डॉ. एस. आर मगरे यांनी मार्गदर्शन केले.

राजळे महाविद्यालयात योग विषयावर कार्यशाळा

कासार पिपळगाव: पाथडी तासुक्क्यातीत कासार पिपळगाव येथील दादापाटील राजळे महाविद्यालय व कै.रसिका महाविद्यालय, देवणी व सी.एच चौधरी कला, एस.जी पटेल वाणिज्य आणि बाबाजी ब.जे पटेल विज्ञान महाविद्यालय यांच्यात झालेल्या सामंजस्य करार अंतर्गत निरामय जीवनशैलीसाठी योगा या विषयावर ऑनलाईन माध्यमातून एक दिवशीय राज्यस्तरीय कार्यशाळेचे आयोजन केले होते. कार्यशाळेचे प्रास्ताविक प्रा. रोहित आदलिंग यांनी केले. यात आजच्या धावपळीच्या जीवनामध्ये आणि भेट्या जीवनशैलीमुळे आरोग्यावर दुष्परिणाम होतात. यामुळे आपल्याला निरामय जीवनशैली योगाद्वारे कशी

प्राप्त करता येईल आणि योगा उत्तम आरोग्य राखण्यासाठी या कार्यशाळेचे आयोजन केल्याचे त्यांनी सांगितले. डॉ. मेहबुब तांबोळी यांनी सर्व मान्यवरांचे स्वागत केले



व अशा प्रकारचे उपक्रम भविष्यात घेण्यात यावेत असे मत त्यांनी व्यक्त केले. प्राचार्य डॉ. चंद्रकांत जावळे यांनी सर्वांगीण विकासासाठी शारीरिक शिक्षण व योगा खूप महत्त्वाचे असल्याचे सांगितले. डॉ.

सुनिल गोसावी यांनी धकाधकीच्या जीवनामध्ये मनावरील ताण कमी करण्यासाठी योगा खूप महत्त्वाचा आहे असे सांगितले.

डॉ. रुपेश थोपटे यांनी योगाबाबत चुकीच्या समजूती यावर भाष्य केले तसेच योग आणि प्राणायाम आपल्या शारीरिक व मानसिक विकासासाठी कसा फायदेशीर आहे हे सांगितले.

डॉ. राजेंद्र मोरे यांनी अष्टांग योगा विषयी माहिती देवून योगाचे फायदे सांगून विविध प्रकारचे प्राणायामाचे प्रात्यक्षिक देखील त्यांनी दाखवले. प्रा. प्रसाद भोगे यांनी उपस्थितांचे आभार मानले डॉ. सचिन चामले यांनी राज्यस्तरीय कार्यशाळेचे सुरुसंचालन केले. या कार्यशाळेत १२४ विद्यार्थी, संशोधक

शिक्षक व प्राध्यापक सहभागी झाले होते. कार्यशाळेसाठी दादापाटील राजळे शिक्षण संस्थेचे अध्यक्ष आप्पासाहेब राजळे, आ. मोनिका राजळे, राहुल राजळे, सचिव जे. आर. पवार तसेच महाविद्यालय विकास समितीचे अध्यक्ष शिवाजी राजळे यांचे प्रोत्साहन लाभले. कार्यक्रम यशस्वी पार पाडण्यासाठी महाविद्यालयाचे प्राचार्य डॉ. आर.जे. टेमकर तसेच जनसेवा सेवाभावी प्रतिष्ठान संस्थेचे अध्यक्ष गोविंदराव भोपणीकर, संस्था सचिव गजानन भोपणीकर, प्राचार्य डॉ. चंद्रकांत जावळे व अध्यापक शिक्षण मंडळाचे अध्यक्ष भरत माळी व उपाध्यक्ष सुधीर माळी, प्राचार्य डॉ. एस. आर मगरे यांनी मार्गदर्शन केले.

Jawar

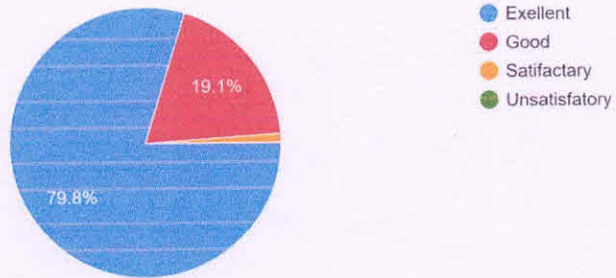
Principal

Kat. Rasika Mahavidyalaya, Deoni
Tq. Deoni Dist. Latour

Feedback of Webinar

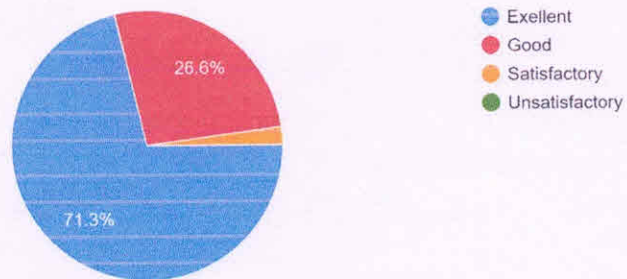
Organization of Webinar

188 responses



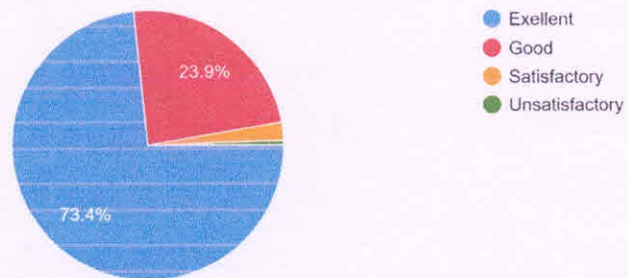
Content of Webinar

188 responses



Method of explanation by Resource Person

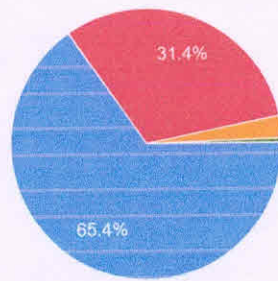
188 responses



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Use of ICT in Webinar

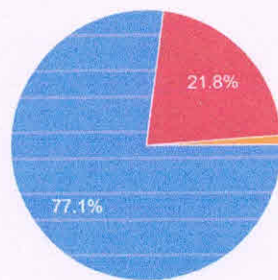
188 responses



- Exellent
- Good
- Satisfactory
- Unsatisfactory

Usefulness & Effectiveness of Webinar

188 responses



- 100%
- 80%
- 60%
- 40%

Such webinars should be held frequently

Overall Excellent

Yoga is the best for us because yoga makes us healthy

Thank you for the wonderful and informative webinar..

Good interaction with students and teachers.

This is best webinar & it is very usefulness and effectiveness.

Dr.Sachin.S.Chamle
Director of Physical Education

Mr.A.N Bhusawale
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Abstract

Mental disorders are common, and they are a significant contributor to disability in the community. There is growing interest in the effectiveness of exercise interventions for improving mental and physical health in individuals with mental disorders. This paper reviews the evidence for the benefits of exercise for mental health problems and also shown that physical fitness apparently protects the memory centers of the brain. Regular physical exercise helps lower our risk for high blood pressure, high cholesterol, diabetes, and host of other problems. In this paper we are discuss the effect of physical fitness as a factor influenced by sport and other bodily activities on the mental health of non-patients.

Keywords: Physical Fitness, Mental Health, Sports, Exercise.

Introduction

There is a substantial body of evidence that shows a positive relationship between physical activity and mental health and illness [6, 25, 26, 28, and 29]. People who are engaged in sports activities have a better feeling about their body image and physical health [4]. Cross-sectional studies show that regular physical activity is associated with better mental health and emotional well-being [11] and lower rates of mental disorders [12]. Physical fitness exercises help cure panic, reduce depression symptoms, increase emotional responses in depressed people [8-15], decrease anxiety [16,17], cure psychosomatic disorders, obsession and psychosis [18-20], increase life expectancy [13] and improve the quality of life [21]. Because of today's lifestyle and eating habits, relaxed work environment rich as well as poor people also are struggling with various various mental and physical disorders / sickness, like high blood pressure, diabetise, canser, hart desises,



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hypertension, etc. For betterment and maintaining standard of life every human being has to maintain his/ her mental health sound. Physical Fitness and its components are related with mental health. Self-image and life satisfaction are truly responsible for good mental health. It helps to improve positive approach towards self and others. And it is been proved that physical activity helps an individual in maintaining his/ her mental state.^[4]

Research has proved that Mental health is improved by regular low, medium level physical activity. People exercising for regular succession find improvement in their self actualisation, self image and their physical fitness^[24-25]. In today's generation, lack of exercise has become very serious health issues associated with mental and Physical health. Through participation in sports and other physical activity self image can be improved^[3,5] and personality becomes dynamic. Also self confidence, high social cooperation and coordination can be achieved. By exercising physical activity anxiety can be reduced, and increases emotional response of people suffering from anxiety. It helps in making an individual free from physical and mental fitness related disorders^[7,8] Also it helps to improve Quality life span.

Therefore, the aim of this research is to study the effect of physical fitness as a factor influenced by sport and other bodily activities on the mental health of non-patients.

Effect of Exercise on Various Components of Mental Health :

1. Emotions:

As we start with regular exercise of any physical activity then it becomes our habit with regular exercising any kind of physical activity. It helps to achieve good living standard and good habits. Regular exercising fill our life with positive attitude and strengthens our emotional attitude.^[1]

Physical exercise are related to continuous positive emotional state of an individual's mind. Research work carried out in this field proved that physical activity and mental health are closely associated with each other. 'META' describes that aerobic exercise provides boost to the mental and physical energy level. Which required to perform day today work.^[3] In our daily routine sometime we come across intensive fatigue, partially or complete failure, anxiety, depression etc. Through exercising regular physical activity we can lower the intensity of such elements. Experimental test promotes positive effect of medium intensity level exercise in maintaining good mental health.^[6]

2. Quality of life :

Physical activity is closely associated with overall physical, mental, spiritual, health and our quality of life depend upon all these aspects. There are total 8 components on which quality of life is characterized. Vitality, Social work, mental health, emotional health pain, physical work, health limitations. Research has proved that physical activity is benefitted for the people suffering



from mental disorder ^[9] High level physical activity helps adolescents to balance their mental health related state positively ^[27]

3. Self Image:

As per experts self assessment is the best index of an individual's mental health. It has been proved from 399 non clinical tests, positive impact of regular exercise can be seen as self image, self concept can be positively improved and level of anxiety (depression) can be reduced. Study shows that regular exercise is beneficial for self awareness and self image. Also to change negative self image in to positive. And also it has been proved that in less time clusture of aerobic exercise and resistance training method helps to improve self-image.^[5]

It is been studied in supervisory training programme implemented/ executed for obese adolescents, they found their improvement in their self image and also approach of others towards them was positively improved.^[22]

4. Sleep:

Research shows that out of adult population 30 percent people are suffering from sleep disorder. And also found that exercising physical fitness activity done in adequate presence of light it helps in sound sleep. Also in personal study it is been observed that through exercise quality and depth of sleep is improved^[13]. Therefore people who are suffering from sleeping disorder by exercising any physical activity regularly they can improve their quality of sleep.

5. Stress and Tension :

Study shows that regular physical activity can minimize or control the anxiety level of stress or tension. To avoid / reduce mental or physical stress people generally found smoking or drinking but it won't help. And its bad reaction can be observed ^[2]. Exercise is the only healthy way of overcoming any sort of stress and anxiety. By exercising regular physical activity we will be able to maintain our health sound and can improve positive response to mental stress and control it.

6. Sadness:

Medical field has proved that mental challenge and stress are the two mild levels of mental disorders and through exercise one can overcome from it. Research shows that exercise is a perfect way of mental stress healing. Therefore physical activity is a n easier way to keep away sadness rather than smoking, Alcohol consumption, taking medical and or any psychiatric treatment. Also study shows that people who are actively doing Physical activity from last two or more years are physically and mentally fit ^[21].



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Importance of Physical Exercise to Maintain the Mental Fitness.

Various research being carried out regarding curing various serious physical or mental disorder, minimum three time per week 30 minutes workout is suggested by the medical Practitioners. 'DOSE' study suggests that 30 Minutes Exercise for 5 or more days in a week, it helps in lowering the desperation / mental stress ^[23]. Aerobic and anaerobic physical training beneficial for overall health.

Conclusion:

In this paper relation between physical activity and mental health is studied. It is also observed that Physiology and Psychology this two different subjects are closely related with each other. Also for curing mental health physical activity are being suggested. And high level physical fitness enables an individual to improve and or maintain his / her mental health and to pursue a good standard of living. Physical fitness can be enhanced by regular sporting and other physical moderate activities. Once physical fitness, as a factor influenced by sport, is improved, society's mental health can be expected to be attained. Since sport, as a tool in managing tension, can reduce the effects of tenseness, increase positive emotions and since it can enhance people's physical and mental health and, as a result, their happiness in life. As mental disorders increase the risk of chronic physical conditions, and tend to recur across the lifespan, exercise can be useful for both mental and physical health, and may maintain well-being and prevent recurrences of poor mental health

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head to obtaining some relief from headache. However, this does not relief from headache. Person may vomit in this stage. After sometime, person may become unconscious.

In this type of injury, persons' pupil of eye on one side becomes very large and wide and on other side it becomes very narrow. These persons need immediate brain surgery after brain computed tomography (CT) scan. These players should not be taken to ordinary hospital. They need advance investigation of brain CT scan and highly advance hospital where neurosurgery and brain surgery are available.

Fracture of Skull

If there is fracture of base of skull then player shows three different patterns according to the position of injury.

The base of skull is divided into three compartments:

- i. If there is fracture in first compartment, person becomes unconscious, the blood comes from the nose
- ii. If there is fracture in second compartment, the blood will come out through ear
- iii. If there is fracture in third compartment, the blood goes down to the vertebral column. It can be detected by doctor by taking out fluid from inside the back bone. In this condition, if we examine the eyes of person, pupil of one eye becomes very narrow and other pupil becomes very wide.

All these three cases will need in investigation of CT scan of brain and brain surgery.

CONCLUSION

Sports persons of the same age can differ greatly in size and physical maturity. Some youngsters may be physically less mature than their peers and try to perform at levels for which they are not ready. Thus, coaches, parents, physical educators should try to group youngsters according to skill level and size not chronological age, particularly during contact sports. Wear appropriate clothing for the sport, do not wear any clothing that can interfere with vision, do not participate in sports when ill or very tired, avoid uneven or unpaved surfaces when cycling, skateboarding or rollerblading, perform regular safety checks of sports fields, playgrounds and equipment, discard and replace damaged sporting equipment or protective gear. This reduction in incidence and severity of athletic head injury has been the result of changes and improvements instituted following constant study and research.

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Research Article

Importance of daily physical activity

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ABSTRACT

Physical activity (PA) and exercise on a regular basis can help you stay healthy, energetic, and independent as you age. Exercise is important in preventing health problems such as heart disease and stroke. Many studies have demonstrated the health benefits of regular exercise. This report examines the evidence regarding the health benefits of exercise across the board. PA and exercise can help to lower stress and anxiety, enhance happy neurotransmitters, promote self-confidence, boost brain function, improve memory, and strengthen our muscles and bones. It also aids in the prevention and treatment of heart disease, obesity, blood sugar swings, cardiovascular disease, and cancer.

Keyword: Advantages, Exercise, Importance, Physical activity, Sports need

INTRODUCTION

Physical inactivity may be a modifiable risk factor for disorder and a widening sort of other chronic diseases, including diabetes mellitus, cancer (colon and breast), obesity, hypertension, bone and joint diseases (osteoporosis and osteoarthritis), and depression (Wilmore and Knuttgen, 2003). Physical activity (PA) is described as any bodily movement formed by skeletal muscles that need energy consumption. The term "PA" is not adequate to "Exercise." Exercise may be a subcategory of PA which is structured, repetitive, and purposeful. PA is a crucial determinant of health. Its fundamental role in energy balance and weight control and in decreasing the risks of coronary heart condition, stroke, hypertension, diabetes, carcinoma, carcinoma, and depression is widely known. However, during this fast-moving life, people hardly integrate PA into their daily routine. Non-communicable diseases have, as a result, been on the increase across the planet.

PA and exercise can have existing and lifelong health benefits. Regular activity can improve your constitution of life (Jones *et al.*, 1998). "A sound body features a sound mind." It means if an individual is weak, dull, and sick, he is unable to try to do his work efficiently and quickly. It is vital to possess a fresh mind before any work, such as paperwork, study, or some creative work. The people that make exercise as essential

a part of their routine are better off and efficient than others (De Vos *et al.*, 2005).

Available experience and scientific evidence show that the regular practice of appropriate PA and sports provides people, male, and feminine, of all ages and conditions, including persons with disabilities, with a good range of physical, social, and psychological state benefits. It interacts positively with strategies to enhance diet, helps reduce violence, enhances functional capacity, and promotes social interaction and integration. PA is for an individual; a robust means for the prevention of diseases and for the nation's cost-effective methods to enhance public health across the population (Craft and Perna 2004).

According to the newest shape of the stater report (12), both the National Association of Sport and Physical education and therefore the American Heart Association believe PA achieved through participation in education improves one's overall well-being and is one among the simplest preventers of serious health problems linked to several chronic diseases (e.g., obesity, high vital sign, and high cholesterol). No other school subject has the potential to satisfy these health needs. If schools are to form a positive impact on our children's health now and within the future, education must be present in schools, be taught by qualified teachers, and specialize in healthy behaviors.

Regular PA, fitness, and exercise are critically important for the health and well-being of individuals of all ages. Research has demonstrated that virtually all individuals can enjoy regular PA, whether or not they participate in vigorous exercise or some sort of moderate health-enhancing PA. Even among frail and really old adults, mobility and functioning are often improved through PA (World Health Organization, 2016). Therefore, fitness should be a priority for all ages.

DIRECT AND INDIRECT HEALTH BENEFITS

Daily workouts, activity, and sports are often practical means to achieving numerous health benefits, either straightly or indirectly through their impact on other major risks, especially high vital signs, high cholesterol, obesity, tobacco use, and stress. Workout reduces the danger of the disorder, some cancers, and sort 2 diabetes (World Health Organization, 2016). These benefits are mediated through a variety of mechanisms: In general, it improves glucose metabolism, reduces body fat, and lowers vital signs. Workout may cut down the danger of carcinoma by effects of prostaglandins, reduced intestinal transit time, and better antioxidant levels. PA is additionally related to a lower risk of carcinoma, which can be the result of effects on hormonal metabolism. Participation in PA can improve musculoskeletal health, control body weight, and reduce symptoms of depression (Winter *et al.*, 2007).

Regular Workout

1. Reduces the danger of dying prematurely
2. Reduces the danger of dying from heart condition or stroke, which are liable for one-third of all deaths
3. Reduces the danger of developing a heart condition, carcinoma, and sort 2 diabetes
4. Helps to prevent/reduce hypertension, which affects one-fifth of the world's adult population
5. Helps control weight and lower the danger of becoming obese
6. Helps to reduce osteoporosis, abbreviating the danger of hip fracture in women
7. Reduces the danger of developing lower back pain can help within the management of painful conditions, such as back pain or knee pain
8. Helps build and maintain healthy bones, muscles, and joints
9. Make people with chronic, disabling conditions improve their stamina.

Promotes psychological well-being, helps prevent or control risky behaviors, especially among children and children, like tobacco, alcohol or other substance use, unhealthy diet or violence.

DIRECT AND INDIRECT MENTAL HEALTH BENEFITS

Exercise and Depression

Studies show that exercise can treat mild to moderate depression as effectively as antidepressant medication-but without the side effects, of course. Research also shows that maintaining an exercise schedule can prevent you from relapsing.

For a variety of reasons, exercise may be an effective depression combatant. Most importantly, it encourages a variety of changes in the human brain, including neuronal development, reduced inflammation, and new activity patterns that enhance sensations of calm and well-being. It also causes your brain to release endorphins, which are potent molecules that stimulate your spirits and make you feel happy. Finally, do some exercises.

Anxiety and Exercise

Exercise may also be an effective and natural anti-anxiety medication. Through the release of endorphins, it relieves tension and stress, increases physical and psychic vitality, and improves overall well-being. Anything that gets you moving will help, but concentrating instead of zoning out will have a far greater effect.

Try to notice the sensation of your feet hitting the floor, the rhythm of your respiration, or the feel of the wind on your skin, for instance. You will not only improve your fitness faster by adding this mindfulness element-really focusing on your body and how much it feels when you work out, you will also be able to break the flow of incessant anxiety going through your head.

Stress and Exercise

Have you ever realized how your body reacts to stress? Your muscles, particularly those in your face, as well as unpleasant headaches. You may experience chest tightness, a hammering pulse, or muscle cramps. In addition, you may feel sleeplessness, heartburn, stomachache, diarrhea, or frequent urination.

Fear and discomfort associated with those bodily symptoms can lead to even more stress, creating a vicious cycle between your mind and body. Exercising is a good way to get out of this track. PA relaxes the muscles and relieves tension in the body, as well as releasing endorphins in the brain. Because the mind and body are so intertwined, your intellect will improve as your body improves.

Exercise and Attention Deficit Hyperactivity Disorder (ADHD)

Regular exercise is one of the simplest and most effective strategies to reduce ADHD symptoms and improve

concentration, motivation, memory, and mood. PA raises dopamine, norepinephrine, and serotonin levels in the brain, all of which affect focus and alertness. Exercise acts in a similar way to ADHD drugs such as Ritalin and Adderall in this way.

Exercise and Post-traumatic Stress Disorder (PTSD) and Trauma

Evidence suggests that focusing on your body and how it feels while exercising will assist your systema nervosum to get “Unstuck” and begin to move away from the immobility stress response that characterizes PTSD or trauma. Rather than allowing your mind to wander, focus on the physical sensations in your joints and muscles, as well as your insides, while you move your body. Cross-movement exercises that work both arms and legs, such as walking (particularly in sand), running, swimming, weight training, or dancing, are among your best options.

Hiking, sailing, mountain biking, hiking, whitewater rafting, and downhill and cross-country skiing (both downhill and cross-country) have all been demonstrated to reduce PTSD symptoms.

OTHER MENTAL HEALTH ADVANTAGES OF EXERCISING

Even if you do not have a mental health issue, regular PA can improve your mood, attitude, and mental well-being.

Exercising can assist with:

Memory and Reasoning Skills are Improved

Endorphins, which make you feel better, also help you concentrate and stay intellectually alert for the tasks at hand. Exercise also promotes the growth of new brain cells, which aid in the prevention of age-related deterioration.

Self-esteem is Improved

Exercise on a regular basis is an investment in your mind, body, and soul. It can boost your self-esteem and make you feel strong and powerful if you make it a habit. You will feel better about yourself and have a sense of success if you achieve even tiny workout goals.

More Restful Slumber

Even small spurts of exercise early in the morning or late in the afternoon can help you sleep better. Relaxing exercises such as yoga or moderate stretching can help you sleep better if you like to exercise in the dark.

More Efficiency

Increasing your pulse several times a week will help you feel more energized. Begin with a few minutes of exercise

per day and gradually increase your routine as your energy levels rise.

Greater Resiliency

When confronted with mental or emotional obstacles in life, exercise can help you build resilience and cope in a healthy way, rather than turning to drink, drugs, or other bad behaviors that just exacerbate your symptoms. Regular exercise can also assist to strengthen your immune system and lessen the effects of stress. (Burroughs and Dahners, 1990).

Be a Smart Person

Fitting exercise into your daily routine will pay off in terms of everyday activities, sporting achievements, stronger muscles, self-sufficiency, and overall fitness. Is not that fantastic? Even yet, finding the time and motivation to exercise may be difficult. Experts argue that setting SMART goals-specific, measurable, achievable, realistic, and time-based-is more likely to lead to success. As you are defining a goal and writing it down on the worksheet, make sure it passes the SMART test, which is outlined below.

Smart

Make a very precise goal,-for example, on Mondays and Wednesdays, I will undertake strength training. On Tuesday, Thursday, and Sunday, I will complete a set of front and side planks.

Smart

Find a mechanism to track your progress,-for example, I will keep track of my efforts on a daily calendar, crossing off days when I reach my objective.

Smart

Make sure it is a realistic goal. Make sure you are physically capable of achieving your goal in a safe manner. If not, start with a more modest goal.

Smart

Make sure it is attainable. Choose the change you are most confident you will be able to ake, rather than the one you are most desperate for. Focus on safe bets: Your target should be in the 7–10 range on a scale of 1–10, with one equaling no confidence and ten equaling 100% certainties. If it does not, reduce the size to something more workable. I will do cardio 3 times a week, for example.

Set time commitments with SMART. Choose a start date and time,-for example, starting this week, on Wednesday and Friday, I will get up half an hour earlier to go to a yoga session. Choose weekly check-in times to keep track of whether you are on track or running across roadblocks: Every Friday evening, I will review my schedule to see if I need to make any modifications to my routines to succeed (Fletcher *et al.*, 1996).

CONCLUSION

Exercise not only improves your physical fitness, but it also enhances your overall health and well-being. PA and exercise can help people avoid diseases such as Type 2 diabetes, cancer, and cardiovascular disease. Daily exercise can lower stress and anxiety, enhance happy chemicals, promote self-confidence, boost brain function, sharpen memory, and strengthen muscles and bones. PA and exercise can boost your health both now and in the future. Most naturally, regular exercise can help you live a better life. These advantages can be obtained by exercising for at least 30 min/day.

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Effect of physical activity on physical fitness factor among first year college students

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Abstracts

The main purpose of the study was to examine the effects of physical activity on physical fitness factors among first year college student on the bend knee sit-ups variable. The study was being conducted on 250 first year college student. In the pre-post research design method use for study, the college student acted as their own control. Simple Systematic sampling was used for the collection of data. The data were anatomized using the students t- test. The position of significance was fixed at 0.05.

It was plant that the pre and post-intervention mean score of Bend knee sit up was 25.15 ± 5.17 and 30.11 ± 6.66 independently. T rate was plant to be 2.63 for fraudulent bend knees sit-ups, which was significant at .05 position. Thus, the null thesis that there won't be significant differences between pr and post-intervention fraudulent knee sit-ups was rejected.

Keywords: exercise, physical fitness, college students.

1. Introduction

Every existent is blessed with a body that is involved both in physical internal functions. These functions inclusively determine the character of an existent. They also prompt his geste and conduct. In a nutshell, they keep a person happy, energetic, content or make him sad lazy inactive or displeased. An energetic person, for illustration, can do internal and physical conditioning gormandize whereas an inactive can't. The capacity, therefore, depends upon the multiple factors that determine a particular existent. Thus, to develop and to ameliorate one's health and fitness physical education is essential.

Physical fitness is the capacity to eagerly, effectively, with interest and delectation. Also, his recovery must be briskly and hastily. Physical fitness is a veritably important moment. We say a person is a fit means a person is fit physically as well as mentally fit. If a person is fit in a factual sense also person is can perform each and every task efficiently. Suppose if work is demanded to be done this work can be done by both healthy and unhealthy person but the difference lies in timing as the work may be done by a healthy person in lower time but same work may be done by an unhealthy person in further time.

Physical fitness helps a person to fight with conditions and a physically fit person may get recovered fluently and snappily. While a person who isn't physically fit will

suffer from serious problems indeed by small illness. There are occasionally those situations where only physical fitness can be helpful. Though there are numerous physical fitness variables that can be used to determine overall strength fraudulent knee sit-ups are important for determining the core muscle strength.

2. Objective of the study

To study Effect of physical activity on bent knee sit up's ability among first Year college students.

3. Method

A sample of total 250 first year students was selected as a subject for present study. The variable selected in this study was. Only one trail was given. To analysis the data Mean, Standard deviation and t value was used at significance level of 0.05.

The subject is asked to lay down on ground on back side with knees bend, feet on the floor & heels not more than 12 inches from the buttocks. The angle at the knees should less than 90* angles the hands of the subject is on the back of the neck with the figures clasped & has to place the elbows squarely. On the mat the mat the subject's feet are to be held by assistant to keep them in touch with surface. The subject is asked to tighten the abdomen muscles & bring the head and elbows forward as he or she sit – ups. Finally, to touch the to the knees the entire above process constitutes one sit up. The subject is asked to return to the starting position & to do sit ups again.

4. Results and Discussion

Table 1:

Shows effect of physical activity on bent knee sit up's ability among first Year college students.

	Students No	Mean	S.D	S.ED	T-Value
Pre	250	25.15	5.17	1.79	2.63*
Post	250	30.11	6.66		

From the table-1, it is observed that that the Mean Value for Pre intervention Bend Knees Sit-Ups was 25.15 ± 5.17 , and Post intervention value was 30.11 ± 6.66 and S.Ed (1.79) Tt Value was 2.63* which is significant at 0.05 level of confidence. Thus, the null hypothesis was rejected.

4.1 Discussion and finding

The present study deals with the effects of physical activity on bend knee sit-up among first year college student and one variable was selected i.e. Bend knees sit ups. Association of physical fitness components and health-related quality of life in women with systemic lupus erythematosus with mild disease activity.

5. Conclusion

In the light of finding, it was concluded that there can be significant effect of exercise on bent knee sit up's ability among male college students of of age group from 20-24 in first year colleges.

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