



Janseva Sevabhavi Pratishthan Bhopni's
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 – 399

Email:rasikadeoni399@gmail.com

Extension Activity

2020-21

| Sr.No | Name of the activity | Organizing unit / agency / collaborating agency | Name of the scheme | Year of the activity |
|-------|---------------------------|---|--------------------|----------------------|
| 1 | Fit India Freedom Run 2.0 | Department of Physical Education | Health Awareness | 2020-21 |
| 2 | FIT INDIA ONLINE | Department of Physical Education | Health Awareness | 2020-21 |
| 3 | Fit India Prabhatpheri | Department of Physical Education | Health Awareness | 2020-21 |



2020-21

Janseva Sevabhavi Pratisthan Bhopni's
Kai . Rasika Mahavidyalaya, Deoni

Tq. Deoni Dist.Latur

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(Science, Commerce & Technology)



Establishment Year: June 2008


Reg.No. MAHA/8734 / Date- 07-11-1998


College Code – 399


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Fit India Freedom Run 2.0

| | | | |
|----|---|---|--|
| 1 | Name of the Department | : | Department of Phy- Edu and NSS & IQAC |
| 2 | Complete name / title of the Activity | : | Fit India Freedom Run 2.0 FITNESS KA DOSE ADHA GHANTA ROZ |
| 3 | Dates or Duration (from-----to) | : | 01/01/2021 |
| 4 | Venue of the Event | : | Kai .Rasika College, Deoni |
| 5 | Sponsor / Collaborations (if any) | : | - |
| 6 | Level of the event (encircle) (International/ National / State / University / (District / College / Department etc.) | : | College |
| 7 | Purpose/aim/objective and outcome of the event | : | Fit India 2.0 Freedom Run creates awareness among the youth on how to increase and maintain physical fitness. This activity is being implemented to convey that physical fitness is necessary during the pidemic |
| 8 | Beneficiaries/participants (Type /number, etc.) | : | Boys and girls Students of kai.Rasika College,Deoni No of Participant teams: 25 |
| 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 |
| 10 | Any other information/ comment /qualitative remarks | : | - |
| 11 | Photographs (with captions) submitted (number) | : | 4 Photographs Youtub Link- https://www.youtube.com/watch?v=p-UVaibCLvk |
| 12 | Evidence produced (Certificate, letters, newspaper cuttings etc.) | : | Certificate , Notes , newspaper cuttings, Link |
| 13 | Name and Signature of Coordinator: | : | Dr. Sachin Chamle Dr.Gopal Somani |


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


Coordinator:


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


Coordinator:





Kai.Rasika Mahavidyalaya,Deoni

Department of Physical Education & Sports

Report

आजादी का अमृत महोत्सव

Fit India Freedom Run -2.0

FITNESS KA DOSE ADHA GHANTA ROZ

2021



Kai.Rasika Mahavidyalaya, Deoni

Department of Physical Education & Sports

Date: 29 /09 /2021

सुचना

महाविद्यालयातील सर्व विद्यार्थ्यांना सुचित करण्यात येते की, दिनांक 01 ऑक्टोबर 2021 रोजी महाविद्यालयात फिट इंडिया फ्रीडम रन 2.0 हा उपक्रम आयोजित करण्यात आलेला आहे. तरी महाविद्यालयातील सर्व विद्यार्थ्यांनी ठीक 10.00 am वाजता महाविद्यालयाच्या प्रांगणात उपस्थित राहावे. सहभाग घेणारा विद्यार्थ्यांना सहभाग प्रमाणपत्र देऊन गौरविण्यात येईल. तरी इच्छुक विद्यार्थ्यांनी आपली नावे प्रा.डॉ.सचिन चामले (क्रीडा विभाग प्रमुख) यांच्याकडे नोंदवावीत.




प्राचार्य

डॉ. चंद्रकांत जावळे

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

Janseva Sevabhavi Pratishthan, Bhopni's
Kai. Rasika Mahavidyalaya, Deoni **FIT INDIA**
 National Service Scheme
 &
 Department Of Physical Education & Sport
 Jointly Organized

आझादी का अमृत महोत्सव
 Fit India Freedom Run 2.0
FITNESS KA DOZE ADHA GHANTA ROZ

Organizing Committee

| | | |
|--|--|--|
| Dr. Sachin Chamle Director of Physical Education | Dr. Gopal Somani NSS Program Officer | Dr. Chandarkant Jawale Principal |
|--|--|--|

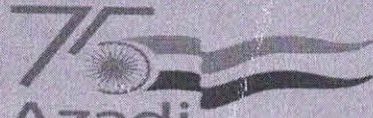
FITNESS IS EASY

FIT INDIA FREEDOM RUN 20

कै. रसिका महाविद्यालयात फिट इंडिया फ्रीडम उपक्रम संपन्न

(देवणी) - भारतीय स्वातंत्र्याला पंचेहत्तर वर्ष पूर्ण झाल्याबद्दल मिनिस्ट्री ऑफ युथ अफेअर्स अँड स्पोर्ट्स मंत्रालयाच्या मार्गदर्शक सूचनेनुसार भारतीय स्वातंत्र्याचा अमृत महोत्सवानिमित्त कै. रसिका महाविद्यालयात "फिट इंडिया फ्रीडम रन" हा उपक्रम घेण्यात आला आहे. 'फिट इंडिया फ्रीडम रन' अंतर्गत "फिटनेस का डोज, आधा घंटा रोज" या उपक्रमाचे आयोजन करण्यात आले यावेळी महाविद्यालयाचे प्राचार्य डॉ. चंद्रकांत जावळे, क्रीडा संचालक डॉ. सचिन चामले, रासेयो कार्यक्रमाधिकारी प्रा. डॉ. गोपाल सोमाणी यांच्यासह महाविद्यालयातील शिक्षक - शिक्षकेतर कर्मचारी व विद्यार्थ्यांनी या उपक्रमात सहभाग नोंदविला. आठ दिवस हा उपक्रम घेऊन फिटनेस संबंधी विद्यार्थी, शिक्षक, शिक्षकेतर यांच्यामध्ये जागृती करण्यात येणार आहे. असे संयोजक क्रीडा संचालक डॉ. सचिन चामले, रासेयो कार्यक्रमाधिकारी प्रा. डॉ. गोपाल सोमाणी यांनी यावेळी सांगितले.





Government of India
Ministry of Youth Affairs and Sports

Azadi Ka Amrit Mahotsav

FIT INDIA Freedom Run 2.0

Congratulations

KAI.RASIKA MAHAVIDYALAYA,DEONI

FOR SUCCESSFULLY ORGANIZING THE FIT INDIA FREEDOM RUN 2.0

13th Aug - 2nd Oct 2021

#Run4India

<https://fitindia.gov.in>

#AzadikaAmritMahotsav

This is a digital generated certificate and its issuance depends on the approval of the user.



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

सदरील कार्यक्रमाच्या व्हिडिओची युट्युब लिंक

<https://youtu.be/p-UVaibCLvk>

News –

देवणी येथील कै. रसिका
महाविद्यालयात फिट इंडिया फ्रीडम
उपक्रम

<https://public.app/s/hHzXU>

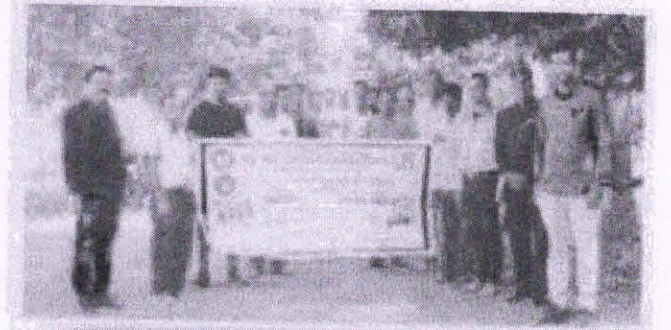
कै. रसिका महाविद्यालयात फिट इंडिया फ्रीडम उपक्रम

देशोन्नती वृत्तसंकलन...

देवणी ■ भारतीय स्वातंत्र्याला पंचेहत्तर वर्ष पूर्ण झाल्याबद्दल मिनिस्ट्री ऑफ युथ अफेअर्स अँड स्पोर्ट्स मंत्रालयाच्या मार्गदर्शक सूचनेनुसार भारतीय स्वातंत्र्याचा अमृत महोत्सवानिमित्त कै. रसिका महाविद्यालयात 'फिट इंडिया फ्रीडम रन' हा उपक्रम घेण्यात आला आहे. 'फिट इंडिया फ्रीडम रन' अंतर्गत 'फिटनेस क्वीझ, आधा घंटा रोज' या उपक्रमाचे आयोजन करण्यात आले यावेळी महाविद्यालयाचे प्राचार्य डॉ. चंद्रकांत जावळे, क्रीडा संचालक डॉ. सचिन चामले, रासेयो

भारतीय स्वातंत्र्याचा
अमृत महोत्सवानिमित्त

कार्यक्रमाधिकारी प्रा. डॉ. गोपाल सोमाणी यांच्यासह महाविद्यालयातील शिक्षक - शिक्षकेतर कर्मचारी व विद्यार्थ्यांनी या उपक्रमात सहभाग नोंदविला. आठ दिवस हा उपक्रम घेऊन फिटनेस संबंधी विद्यार्थी, शिक्षक, शिक्षकेतर यांच्यामध्ये जागृती करण्यात येणार आहे. असे संयोजक क्रीडा संचालक डॉ. सचिन चामले, रासेयो कार्यक्रमाधिकारी प्रा. डॉ. गोपाल सोमाणी यांनी यावेळी सांगितले.



ePaper
देशोन्नती

Tue, 05 October 2021

<https://deshonnati.digitalec>



Dr. Sachin.S. Chamle

Director of Physical Education



Principal

Kai. Rasika Mahavidyalaya, Deoni

Principal

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



Jan seva Sevabhavi Pratishtan Bhopni's Kai. Rasika Mahavidyalaya, Deoni

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(Science, Commerce & Technology)

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Reg.No. MAHA/8734 / Date- 07-11-1998


College Code – 399

Email:rasikadeoni399@gmail.com

Fit India Freedom Run

| | | | |
|----|---|---|--|
| 1 | Name of the Department | : | Department of Phy- Edu & IQAC |
| 2 | Complete name / title of the Activity | : | Fit India Run (Online) |
| 3 | Dates or Duration (from-----to) | : | 15 Aug 2020 to 2 Oct 2020 |
| 4 | Venue of the Event | : | Kai .Rasika College, Deoni |
| 5 | Sponsor / Collaborations (if any) | : | FIT INDIA Ministry of Youth Affairs and Sports |
| 6 | Level of the event (encircle) (International/ National / State / University / (District / College / Department etc.) | : | College |
| 7 | Purpose/aim/objective and outcome of the event | : | The mission of the Movement is to bring about behavioural changes and move towards a more physically active lifestyle. |
| 8 | Beneficiaries/participants (Type /number, etc.) | : | Boys and girls Students of kai.Rasika College,Deoni No of Participant teams: 39 |
| 9 | Other major staff/student/Institution/ other citizens involved in the organization of the activity | : | Principal, Directors of Physical Education and All Teaching Staff, Non Teaching Staff |
| 10 | Any other information/ comment /qualitative remarks | : | This initiative has been implemented online in the Covid19 |
| 11 | Photographs (with captions) submitted (number) | : | - |
| 12 | Evidence produced (Certificate, letters, newspaper cuttings etc.) | : | Brochure ,Certificate , Registration link |
| 13 | Name and Signature of Coordinator: | : | Dr. Sachin Chamle |


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


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


Coordinator





Janseva Sevabhavi Pratishthan Bhopni's
Kai.Rasika Mahavidyalaya, Deoni
 District - Latur (M.H)



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

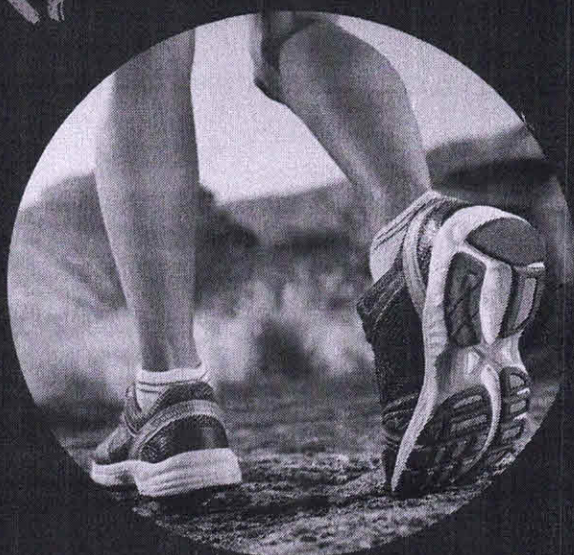
RUN FOR FIT 

KRMD FIT INDIA RUN

REPORT



APPLICATION LINK



Our Telegram group
 Link Fit India movement
 Run For Fit

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

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



Janseva Sevabhavi Pratishthan Bhopni's
Kai.Rasika Mahavidyalaya, Deoni
 District - Latur (M.H)



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

RUN FOR FIT

Activity information

- KRMD - FIT INDIA RUN starting from 1st September, 2020 to 5th September, 2020. (1 Km/ 2 Km/ 3 Km)
- Run individual or with your family, friends, neighbors, employees with social distancing. Any age, gender eligible to participate in the KRMD - FIT INDIA RUN.
- Run individual or with your family, friends, neighbors, employees with social distancing. Any age, gender eligible to participate in the KRMD - FIT INDIA RUN & WALK
- Select your any suitable date, time and route and Run Anywhere & Anytime
- Run your own race at your own pace
- You may track your race by GPS based device such as aWatch / Mobile Phone and syncing their workouts to apps etc.
- More information and Certificate join our Telegram Group



APPLICATION LINK



Our Telegram group
 Link Fit India movement
 Run For Fit

MORE INFORMATION CONTACT
 ON WHATAPP :
 Dr.SachinChamle
 9881845166

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

Dr.Chandrakant Jawale
 Principal
 Kai.Rasika Mahavidyalaya, Deoni

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



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

The Department of Physical Education and Sports of Kai.Rasika Mahavidyalaya, Deoni District- Latur (Maharashtra) organized KRMD Fit India Run 2020 -2021.

FIT INDIA Movement was launched on 29th August, 2019 by Honourable Prime Minister with a view to make fitness an integral part of our daily lives. The mission of the Movement is to bring about behavioural changes and move towards a more physically active lifestyle. Towards achieving this mission, Fit India proposes to undertake various initiatives and conduct events to achieve the following objectives:

- To promote fitness as easy, fun and free.
- To spread awareness on fitness and various physical activities that promote fitness through focused campaigns.
- To encourage indigenous sports.
- To make fitness reach every school, college/university, panchayat/village, etc.
- To create a platform for citizens of India to share information, drive awareness and encourage sharing of personal fitness stories.

Total 44 participants from all over India have participated in this KRMD Fit India Run. there were 30 males and 14 females. students, teachers and coaches and parents. It was attended by players, parents, teachers and coaches from different districts of Maharashtra.

Student Participation List Link: [Student and Teacher List](#)

Registration link: <https://forms.gle/xRWo6XwG5NzocmgA8>

Participant List

| Sr.No | Name of Participant | |
|-------|-----------------------------------|--------|
| 1 | Shaikh Shadul Mhamad | Male |
| 2 | Mundhe Satish Bhanudasrao | Male |
| 3 | Pathan Salimkhan Abdulkhan | Male |
| 4 | Burge Samadhan Nagnath | Male |
| 5 | Prashant Vishwanath Swamy | Male |
| 6 | Mr. Bhaskar Prabhakar Ankush | Male |
| 7 | Biradar Ramdas Digambararao | Male |
| 8 | Prin. Dr. Bhausahab Gurubasu Kore | Male |
| 9 | Nilofar Shaikh | Female |
| 10 | Prasanna Raghunath Vaidya | Male |
| 11 | Uma Namdas | Female |
| 12 | Ankush Bhusawale | Male |
| 13 | Parole Shailesh Sudhirrao | Male |
| 14 | Mandhana Omprakash Nandlal | Male |
| 15 | Tukaram Manik Waghmode | Male |
| 16 | Dnyaneshwar Vishwanath Sonsale | Male |
| 17 | Sk .Ayesha Nasruddin | Female |
| 18 | Khan Masuma Mumtaz Ali | Female |
| 19 | Jameerunnisa Faruke Azam Shaikh | Female |
| 20 | Shriram Hanmantrao Patale | Male |
| 21 | Dr. Vijaykumar Shivdas More | Male |
| 22 | Dr. Sarika Prabhakar Jagtap | Female |
| 23 | Ansari Waiza Khatoon Kalamuddin | Female |
| 24 | Vilas Khushalrao Khinde | Male |
| 25 | Omkar Venkatreddy Pandhare | Male |
| 26 | Mehjabeen Muradali Shaikh | Female |
| 27 | Nazima Khawaja Ahmed Siddiqui | Female |
| 28 | Shelke Narayan Dnyanoba | Male |
| 29 | Vairale Mauli Prabhu | Male |
| 30 | Phad Madhav | Male |
| 31 | Survase Ganesh Shivaji | Male |
| 32 | Shaikh Nabila Bakhshan M.D Luqman | Female |
| 33 | Tohid Naushad Pathan | Male |
| 34 | Shaikh Alina Mohd Zubair | Female |
| 35 | Shaikh Farzana Mohd Zubair | Female |
| 36 | Gaikwad Ajay | Male |
| 37 | Savle Omkar | Male |
| 38 | Saud Shaikh | Male |
| 39 | Sonkamble Rajkamal Subhash | Male |
| 40 | Qureshi Naveed Minhajodin | Male |
| 41 | Devade Balkishan Bhagojirao | Male |
| 42 | Vikram Balaji Shinde | Male |
| 43 | Lashkari Sanobar Tabraiz | Female |
| 44 | Shaikh Faiza Abdul Aziz | Female |

FIT INDIA FREEDOM RUN

Government of India
Ministry of Youth Affairs and Sports

CONGRATULATIONS TO

FOR SUCCESSFULLY ORGANIZING THE

FROM 15th AUGUST - 2nd OCTOBER

www.fitindia.gov.in

This is a digitally generated certificate, based on the information provided by the organiser of the event.

**College certificate
Participant certificate**

Government of India
Ministry of Youth Affairs and Sports

FIT INDIA FREEDOM RUN

Congratulations to

VAIRALE MAULI PRABHU

FOR SUCCESSFULLY PARTICIPATING IN THE

KRMD FIT INDIA RUN

Event Organised by **KAI.RASIKA MAHAVIDYALAYA, DEONI, DIS-LATUR (M.H)**

From 15th August - 2nd October

www.fitindia.gov.in

[Signature]
Dr.Sachin.S.Chamle
 Director of Physical Education

[Signature]
Dr.Chandrakant Jawale
 Principal
 Kai.Rasika Mahavidyalaya, Deoni



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



Kai. Rasika Mahavidyalaya, Deoni

Tq. Deoni Dist.Latur

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College Code – 399
Email:rasikadeoni399@gmail.com

Fit India Prabhatpheri 2020

| | | | |
|----|---|---|--|
| 1 | Name of the Department | : | Department of Phy- Edu & IQAC |
| 2 | Complete name / title of the Activity | : | Fit India Prabhatpheri 2020 |
| 3 | Dates or Duration (from-----to) | : | 15 Dec 2020 |
| 4 | Venue of the Event | : | Kai .Rasika College, Deoni & Deoni City Area |
| 5 | Sponsor / Collaborations (if any) | : | FIT INDIA Ministry of Youth Affairs and Sports |
| 6 | Level of the event (encircle) (International/ National / State / University / (District / College / Department etc.) | : | College |
| 7 | Purpose/aim/objective and outcome of the event | : | Prabhat Pheri is one of the ethnic Indian ways to promote a fit and healthy India. People in Indian villages have been taking part in early morning processions since ancient times chanting songs and using musical instruments. This activity can spread the benefits of fitness which will bring in a positive change in the local communities. |
| 8 | Beneficiaries/participants / other citizens (Type /number, etc.) | : | Boys and girls Students of kai.Rasika College,Deoni and other citizens No of Participant teams: 40 |
| 9 | Other major staff/student/Institution/ other citizens involved in the organization of the activity | : | Principal, Directors of Physical Education and All Teaching Staff, Non Teaching Staff |
| 10 | Any other information/ comment /qualitative remarks | : | - |
| 11 | Photographs (with captions) submitted (number) | : | 02 |
| 12 | Evidence produced (Certificate, letters, newspaper cuttings etc.) | : | Certificate ,Photo |
| 13 | Name and Signature of Coordinator: | : | Dr. Sachin Chamle |

Sachin Chamle
IQAC-Coordinator
Principal
Kai. Rasika Mahavidyalaya, Deoni
Tq. Deoni Dist. Latur



Dr. Sachin Chamle
Coordinator

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



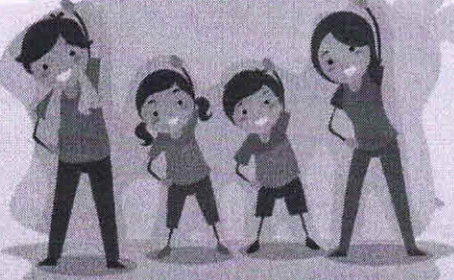


Janseva Sevabhavi Pratishthan, Bhopni's

Kai. Rasika Mahavidyalaya, Deoni

Department Of Physical Education & Sport

Organized



FITNESS IS EASY

FIT INDIA



FITNESS IS FUN

Prabhat Pheri 2020

FITNESS KA DOZE ADHA GHANTA ROZ

Fit India Prabhat Pheri-2020 report

The Department of Physical Education and Sports of Kai.Rasika Mahavidyalaya, Deoni District- Latur (Maharashtra) organized Fit India Prabhatpheri 2020 -2021.

FIT INDIA Movement was launched on 29 th August, 2019 by Honourable Prime Minister with a view to make fitness an integral part of our daily lives. The mission of the Movement is to bring about behavioural changes and move towards a more physically active lifestyle. Towards achieving this mission, Fit India proposes to undertake various initiatives and conduct events to achieve

the following objectives:

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- To spread awareness on fitness and various physical activities that promote fitness through focused campaigns.
- To encourage indigenous sports.
- To make fitness reach every school, college/university, panchayat/village, etc.
- To create a platform for citizens of India to share information, drive awareness and encourage sharing of personal fitness stories.

Fit India Prabhatpheri -2020:

1. Total 80 participants from Kai.Rasika College, deoni participated in this Fit India Prabhatpheri -2020. students, teachers and parents.

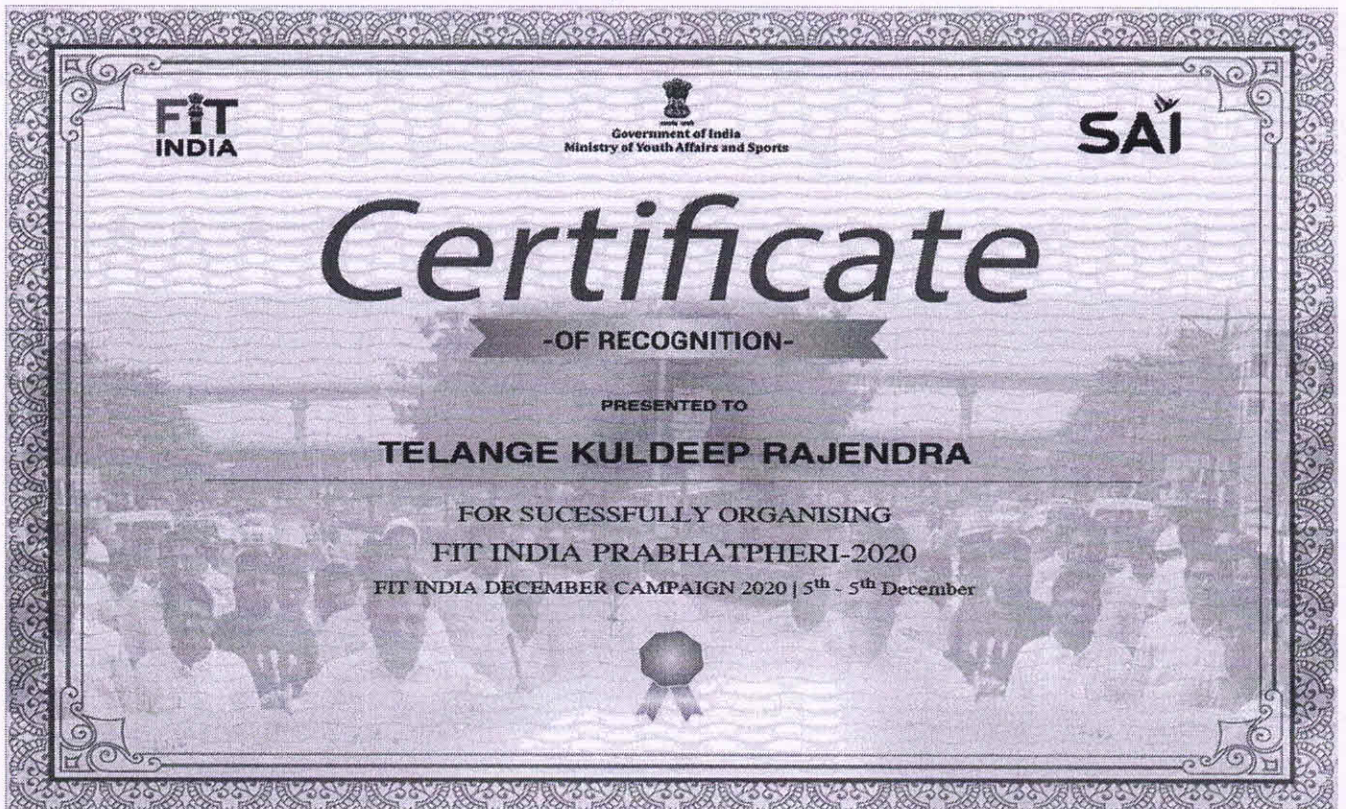


Jawar
Principal
Kai. Rasika Mahavidyalaya, Deoni
Tq. Deoni Dist. Latur

College certificate: -

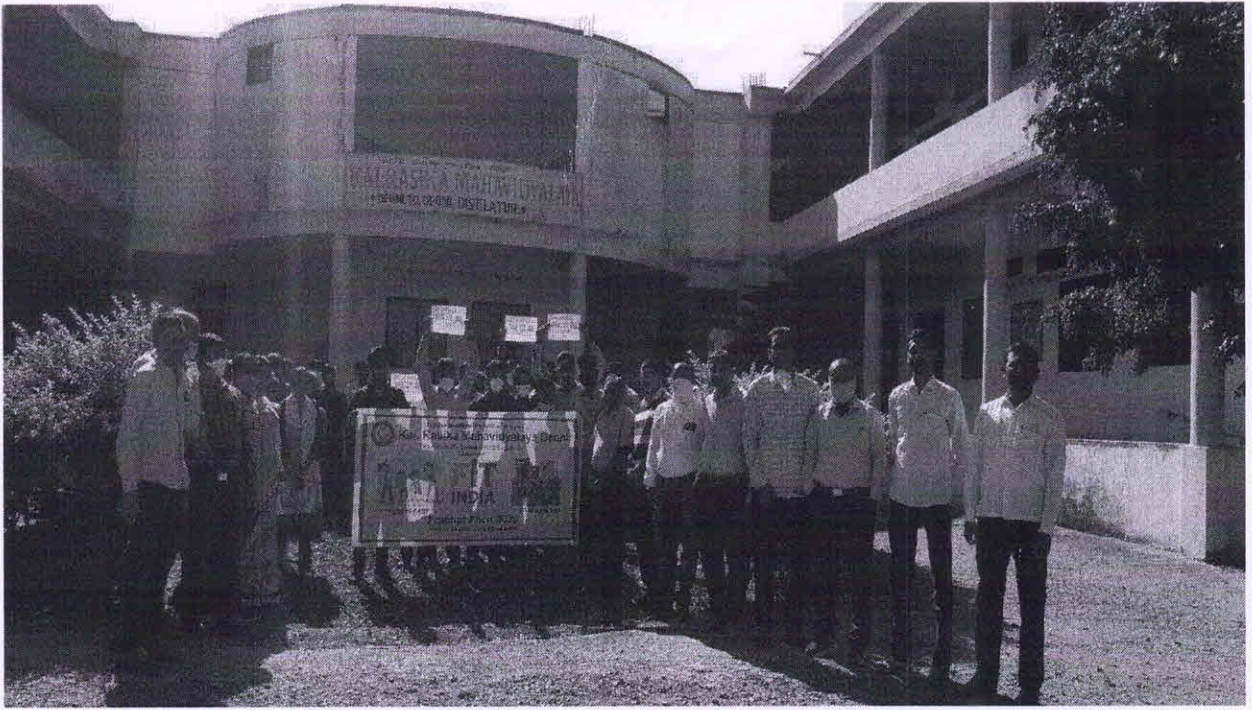


Participant certificate



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

Page



Dr.Sachin.S.Chamle
 Director of Physical Education

Jawale
Dr.Chandrakant Jawale
 Principal
 Kai.Rasika Mahavidyalaya,Deoni



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