



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
2021-22

Sr.No	Name of the activity	Organizing unit / agency / collaborating agency	Name of the scheme	Year of the activity
1	75 Crore Surya Namaskar Sankalp	Dept. of Phy Edu	Health Awareness	2021-22
2	Tree Plantation	NSS	Environmental Awareness	2021-22
3	Distribution of Masks	NSS	Health Awareness	2021-22
4	Campus Cleaning Program	NSS	Environmental Awareness	2021-22
5	Covid19 Vaccination Camp	NSS	Health Awareness	2021-22
6	International Yoga Day	NSS	Health Awareness	2019-20



2021-22



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



DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS



**Celebrating 75 years of
 India's Independence**

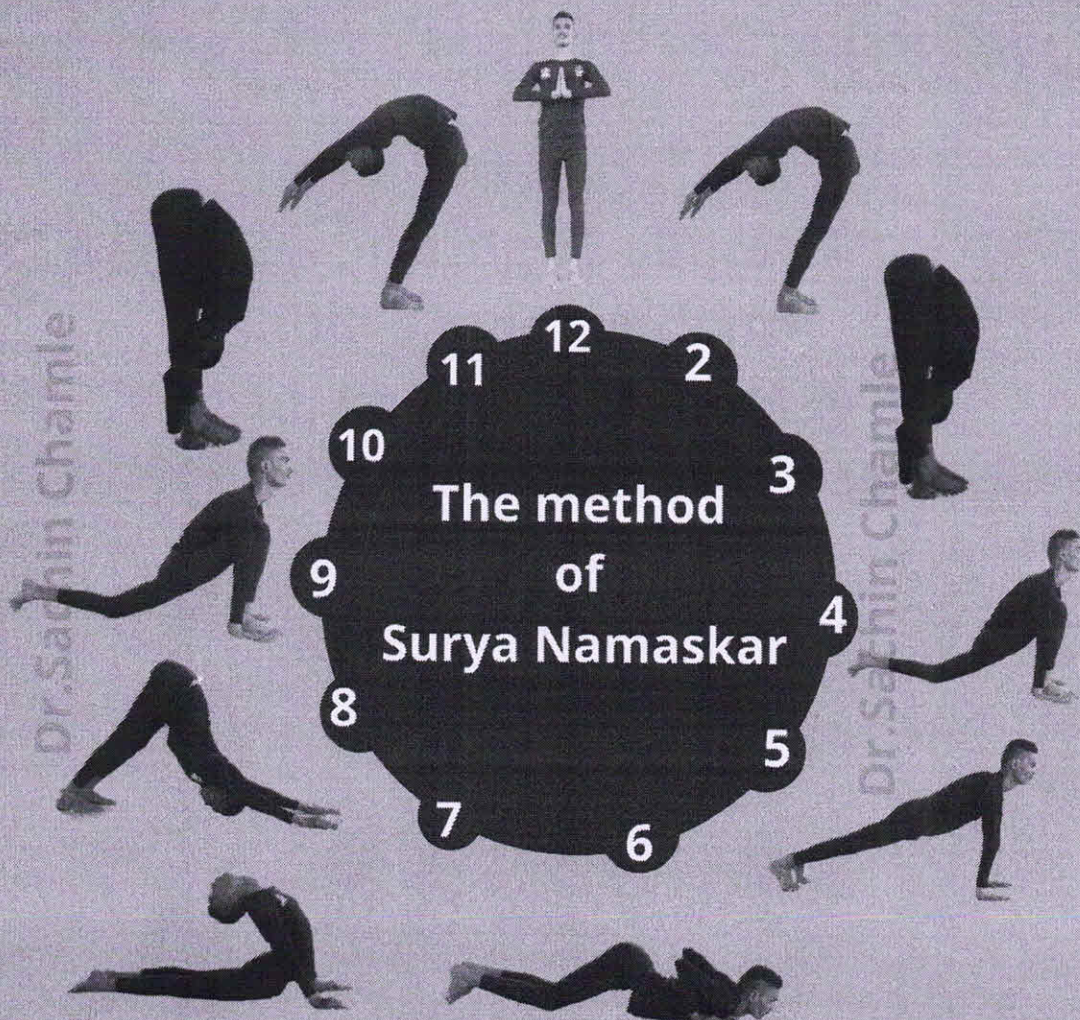


"Azadi ka Amrit Mahotsav"

75 Crore Surya Namaskar Sankalp



REPORT - 2021-2022



Dr.Sachin Chamle

Dr.Sachin Chamle

Dr.Sachin Chamle

Dr.Sachin Chamle

Director of Physical Education and Sports

KAI.RASIKA MAHAVIDYALAYA, DEONI





Janseva Sevabhavi Pratisthan Bhopni's
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" 75 Crore Surya Namaskar Sankalp "

1	Name of the Department	:	Department of Phy- Edu
2	Complete name / title of the Activity	:	75 Crore Surya Namaskar Sankalp Online & Off Line
3	Dates or Duration (from-----to)	:	Online 12/01/2022 to 01/02/2022 Offline 28/01/2023
4	Venue of the Event	:	Kai .Rasika College, Deoni
5	Sponsor / Collaborations (if any)	:	Ministry of AYUSH and National Yoga Sport Federation, Patanjali, Geeta Parivar, Krida Bharati
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 purpose of the International Day of Yoga is to increase public awareness of the various advantages of yoga practice.
8	Beneficiaries/participants (Type /number, etc.)	:	Boys and girls Students of kai.Rasika College,Deoni No of Participant teams: 68
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://youtu.be/627jpWnfLIA
12	Evidence produced (Certificate, letters, newspaper cuttings etc.)	:	Brochure, Attendance, Certificate
13	Name and Signature of Coordinator:	:	Dr. Sachin Chamle

Sachin Chamle
IQAC- Coordinator
IQAC-COORDINATOR

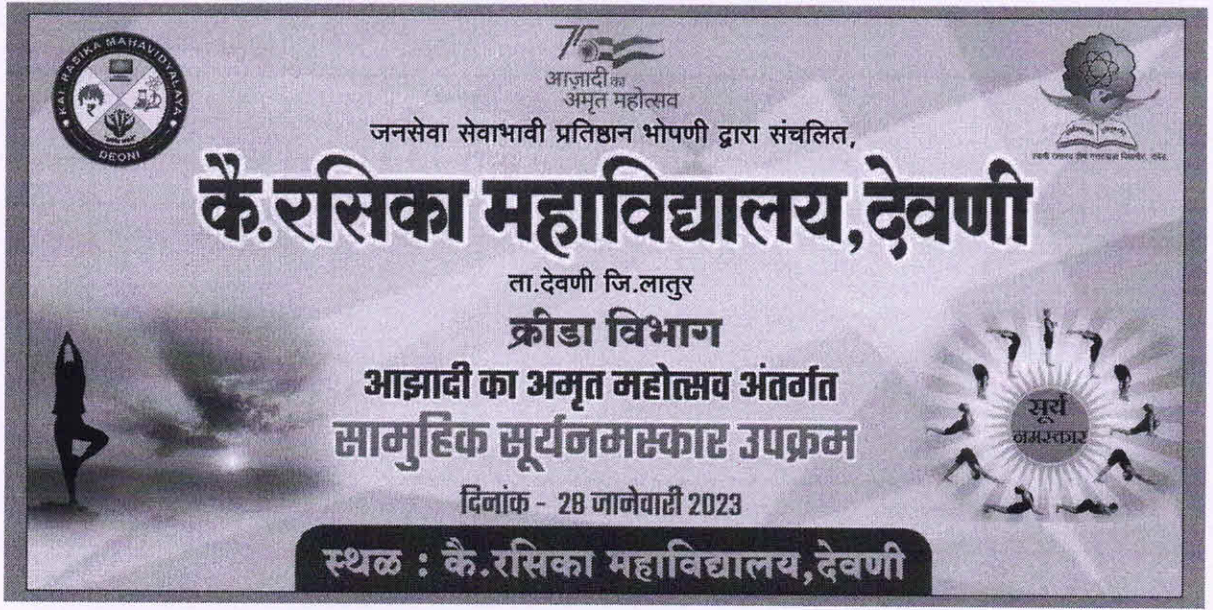
Kai.Rasika Mahavidyalaya, Deoni
Tq.Deoni Dist.Latur

Sachin Chamle
Coordinator:

Sachin Chamle
Principal

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





Kai.Rasika Mahavidyalaya has participated in the " 75 Crore Surya Namaskar Sankalp " jointly organized by the Ministry of AYUSH and National Yoga Sport Federation, Patanjali, Geeta Parivar, Krida Bharati and Heartfulness to celebrate 75 years of Indian Independence. A total of 70 students (43 boys, 2 girls and 25 teachers & Non-teaching staff) from the college participated in this activity. Participants performed Surya Namaskar on daily basis at their convenient place and shared their photos and videos performing Surya Namaskar on the social media group. This activity was implemented through online mode in the college during the period of 21 days from 12/01/2022 to 01/02/2022. Certificates were given to all the participants through the committee of 75 Crore Suryanamaskar Sankalp. Director of Physical Education Dr.Sachin.S. Chamle co-ordinated the activity.

The Chairman of the Janseva Sevabhavi Pratishthan Bhopni's, Hon. Mr. Govindrao Bhopanikar, Secretary of the Janseva Sevabhavi Pratishthan Bhopni's, Hon. Mr. Gajananji Bhopanikar, Principal Dr. Chandrakant A. Jawale guided to make this event a great success,

YouTube link :- <https://youtu.be/627jpWnfLIA>

Certificate

Supported by

Orare Surya Namaskar
Certificate

Organized by

Kai. Rasika Mahavidyalaya, Deoni District Latur Maharashtra

has participated in the 750 Million Suryanamaskar challenge for 21 days organized on the auspicious occasion of the 75th anniversary of Independence of India - Azadi Ka Amrit Mahotsav.

Hon. Patrons

 Daaji Global Guide, Heartfulness	 Swami Ramdev President, Patanjali Yogpeeth	 Swami Govind Dev Giri Founder, Geeta Parivar
 Ekta Boudierique Secretary	 Chaitanya Kashyap Vice President	 Dr. Jaideep Arya President, Event Committee
	 Udit Sheth Vice President	 Dr. Sanjay Malpani Project Director

Central Organising Committee
www.75suryanamaskar.com

Supported by

Orare Surya Namaskar
Certificate

Organized by

Dr. Chandrakant A. Jawale (Principal)

has participated in the 750 Million Suryanamaskar challenge for 21 days organized on the auspicious occasion of the 75th anniversary of Independence of India - Azadi Ka Amrit Mahotsav.

Hon. Patrons

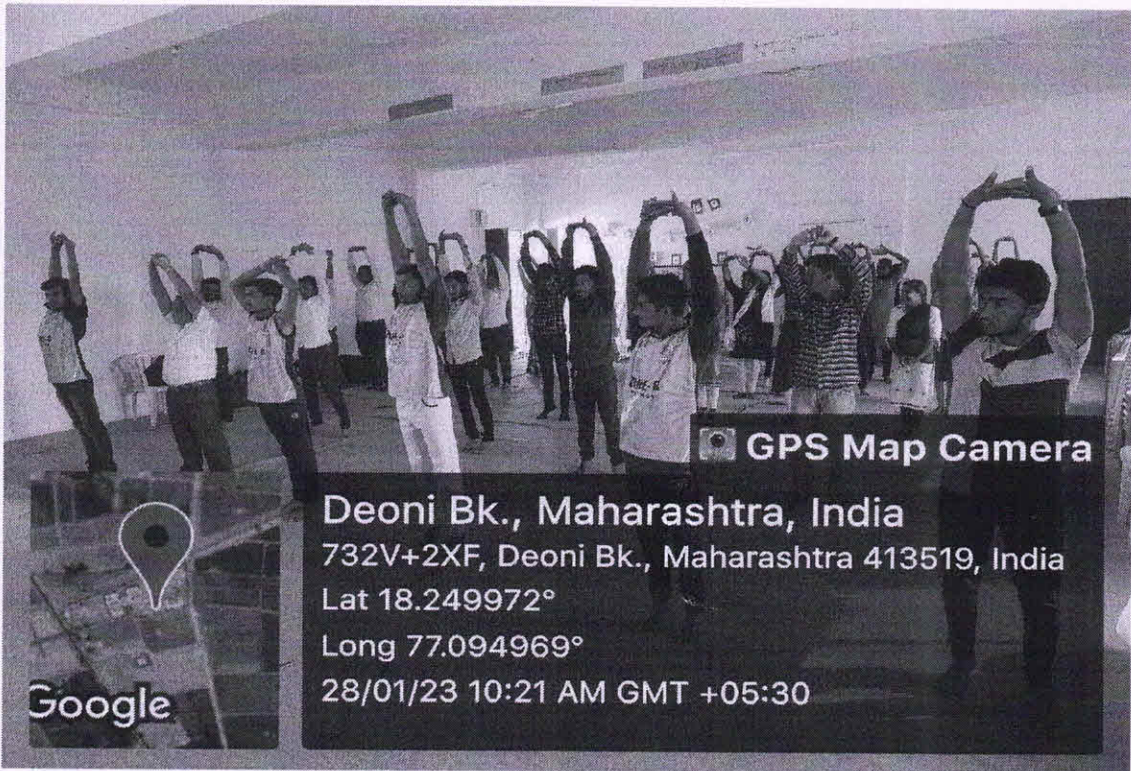
 Daaji Global Guide, Heartfulness	 Swami Ramdev President, Patanjali Yogpeeth	 Swami Govind Dev Giri Founder, Geeta Parivar
 Ekta Boudierique Secretary	 Chaitanya Kashyap Vice President	 Dr. Jaideep Arya President, Event Committee
	 Udit Sheth Vice President	 Dr. Sanjay Malpani Project Director

Central Organising Committee
www.75suryanamaskar.com

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



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



 GPS Map Camera

Deoni Bk., Maharashtra, India

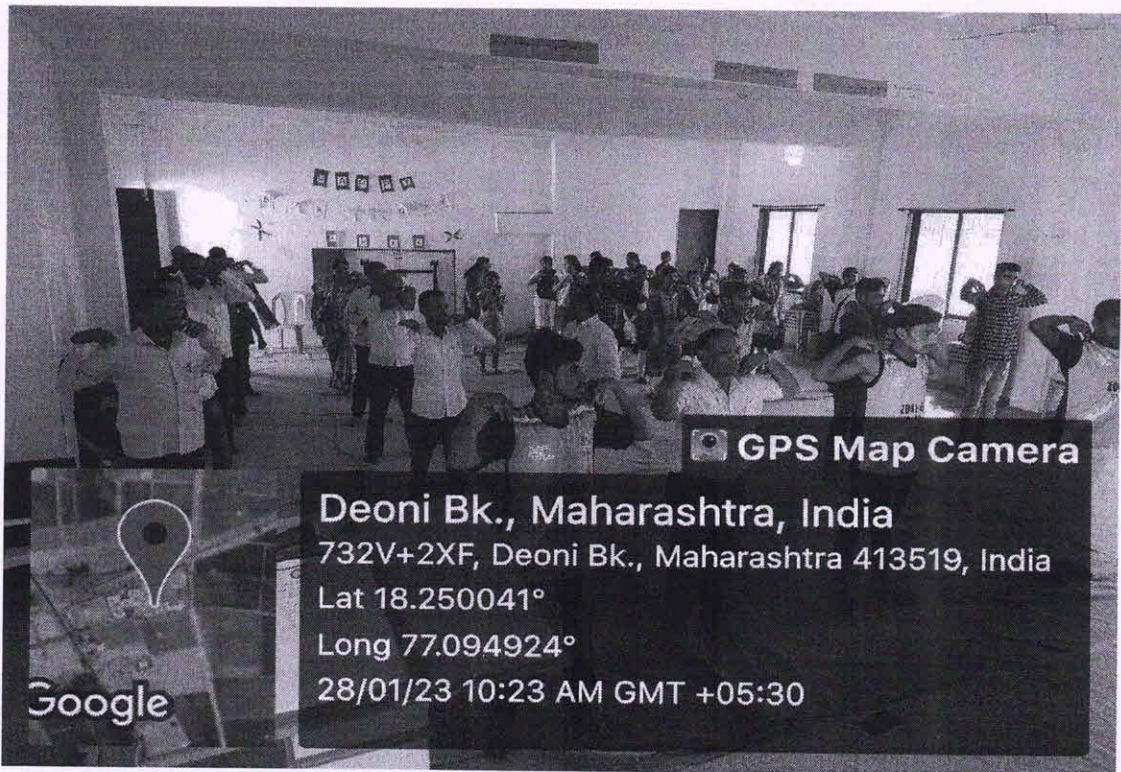
732V+2XF, Deoni Bk., Maharashtra 413519, India

Lat 18.249972°

Long 77.094969°

28/01/23 10:21 AM GMT +05:30





 GPS Map Camera

Deoni Bk., Maharashtra, India

732V+2XF, Deoni Bk., Maharashtra 413519, India

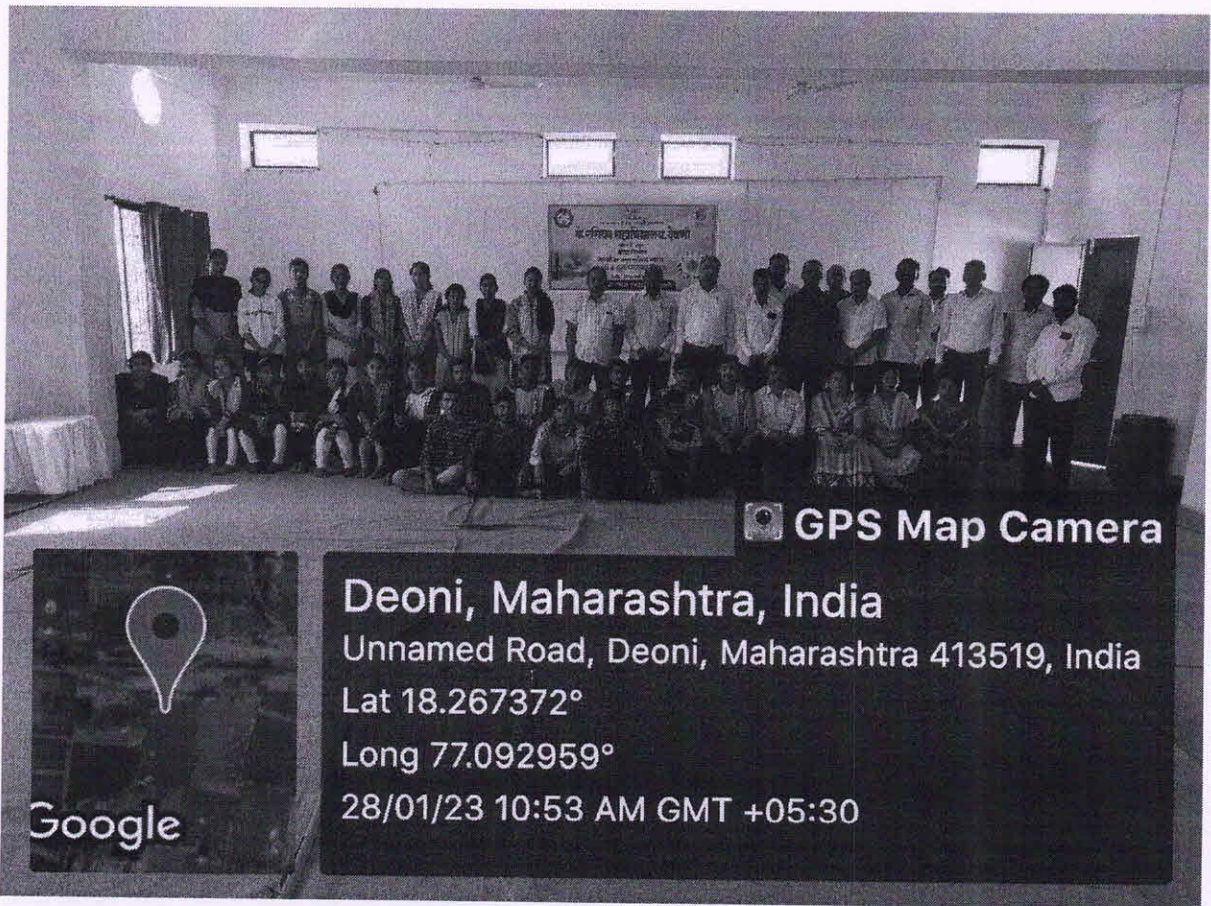
Lat 18.250041°

Long 77.094924°

28/01/23 10:23 AM GMT +05:30




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



GPS Map Camera



Deoni, Maharashtra, India
Unnamed Road, Deoni, Maharashtra 413519, India
Lat 18.267372°
Long 77.092959°
28/01/23 10:53 AM GMT +05:30

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



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

Participation List

Sr.No	Student Name	Class
1	JADHAV VISHAL MADHAVE	B.COMTY
2	JADHAV ANKIT VYANKATRAO	B.COMTY
3	SHAIKH AFTAB ISAMODDIN	B.COMTY
4	RAWLE DANYANESHWAR NAGNATH	B.COMSY
5	PAWAR YADAV VITTHALRAO	B.COMTY
6	MANIYAR TAHA AYUB	B.SC.TY
7	CHANALE PAVAN SANJIVAN	B.COMTY
8	TELANGHE KULDEEP RAJENDRA	B.COMTY
9	DHABALE AKASH SHIVMURTI	B.COMTY
10	CHAFE TANAJI DATTATRYA	B.COMTY
11	BIRADAR AKASH BALAJI	B.COM FY
12	BHATAMBRE PARMESHWAR BALAJI	B.COMSY
13	BHOJANE SAURABH SHIVAJI	B.SC.TY
14	CHINCHOLE RAMESHWAR CHANDRASHEKHAR	B.SC.SY
15	SURAVASE RAJRATHA SUNIL	B.SC.FY
16	THIGALE SAINATH SURYAKANTH	B.COM FY
17	KEDASE ABHISHEK ROHIDAS	B.SC.FY
18	MACALWAD GAJANAN SHIVAJI	B.COMTY
19	RATHOD SAGAR PANDURANG	B.SC.FY
20	BHOSLE AKASH ASHOK	B.SC SY
21	BIRADAR SUMIT GUNWANT	B.SC.FY
22	PASHIME AMAR SHREENIVAS	B.COM SY
23	CHAVAN YOGIRAJ DHONDIRAM	B.COM SY
24	SAGAR VAIBHAV NITIN	B.SC.FY
25	GOUNDGAVE BHAGVAT ATMARAM	B.SC.FY
26	HARDE ROHIT NIVRUTTI	B.COMTY
26	PAWAR YADAV VITTHALRAO	B.COMTY
27	BIRADAR PARMESHWAR RAMKISHAN	B.COMTY
28	BIRADAR GOPAL BALAJI	B.SC SY
29	DHOTRE MANGESH BALAJI	B.Com FY
30	PATALE SAMBHAJI SANGRAM	B.SC SY
31	JADHAV GAJANAN MADHAV	B.SC.FY
32	GHATGE AKASH SATISH	B.SC.TY
33	BHATAMBRE AMIT DILIPRAO	B.COMTY
34	KORE PAWAN DATTATRAY	B.COMTY
35	HADBE GOVIND DHANAJI	B.COMTY
36	ZINGE DANYANESHWAR SATISH	B.COMTY
37	GHOOGARE POOJA ASHOK	B.COMTY
38	MOMIN JAHUR KHAJAMINYA	B.COMTY
39	BHORDE ADARSH SHIVAJI	B.COMTY
40	SURYAWANSHI SANTOSH DILIP	B.COMTY
41	SHINDE VIKRAM BALAJI	B.COMTY
42	QURESHI NAVEED MINHAJODDIN	B.COMTY
43	Dr. Bhande Prashant Sundarrao	Asst. Prof
44	Dr. Yogesh Manohar Muley	Asst. Prof
45	Dr. Vijaykumar Shivdas More	Asst. Prof
46	Mr.Tenkale Mahadev Nagnath	Asst. Prof
47	Dr. Shivaji Narayanrao Sontakke	Lb
48	Dr. Somani Gopal vishnudas	Asst. Prof

Sr.No	Student Name	Class
49	Dr.Vaishali Sidram Chatage	Asst. Prof
50	Dr. Kunale Renuka Apparao	Asst. Prof
51	Mr.Bhaskar Prabhakar Ankush	Asst. Prof
52	Dr.Sulochana shivraj Dengale	Asst. Prof
53	Dr. More Purushottam Rambhau	Asst. Prof
54	Dr. Chandrakant A. Jawale (Principal)	Principal
55	More Mahesh Yeshwantrao	Non-teaching staff
56	Landage Geetanjali Madhukar	Non-teaching staff
57	Patil Deepak Gunwantrao	Non-teaching staff
58	Mohite Sumit Sudhakarrao	Non-teaching staff
59	Bhojane Vijaykumar Sadashiv	Non-teaching staff
60	More Pradeep Nagorao	Non-teaching staff
61	Pandhare Venkatreddy Vithalreddy	Non-teaching staff
62	Biradar Vinod Kantrao	Non-teaching staff
63	Randive Dayanand Nagorao	Non-teaching staff
64	Mule Santosh Madhavrao	Non-teaching staff
65	Panchal Sadashiv Bandu	Non-teaching staff
66	Mehtre ShankarDnyanoba	Non-teaching staff
67	Biradar VitthalKishor	Non-teaching staff
68	Dr.Sachin Subhashrao Chamle	(Dirt of Phy- Edu)

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



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



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

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Establishment Year: June 2008
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College Code – 399
Email:rasikadeoni399@gmail.com

Name of Activity – Tree Plantation (A.Y. 2021-22)

1	Name of the Department	:	NSS
2	Complete name / title of the Activity	:	Tree Plantation
3	Dates or Duration (from-----to)	:	September 2021
4	Venue of the Event	:	Kai. Rasika Mahavidyalaya, 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	:	The purpose of tree plantation initiative is to combat deforestation, enhance air and water quality, restore ecosystems, provide habitat for wildlife, and promote community engagement in environmental stewardship, fostering a healthier and more resilient environment for current and future generations.
8	Beneficiaries/participants (Type /number, etc.)	:	38
9	Other major staff/student/Institution involved in the organization of the activity	:	Principal Mr. Prashant Bhande, Chief Guest Dr. Jagtap Dr, Ashok Munde, Dr. Kant Jadhav and college staff with students.
10	Any other information/ comment /qualitative remarks	:	-
11	Photographs (with captions) submitted (number)	:	03
12	Evidence produced (Certificate, letters, newspaper cuttings etc.)	:	Photograph and News paper cutting
13	Name and Signature of Coordinator:	:	Dr. G.V. Somani


Head of Department
NSS


IQAC- Coordinator


Principal
Principal

Programmer Officer
Kai. Rasika Mahavidyalaya
Deoni Tq. Deoni Dist. Latur

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

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





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

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Name of Activity – Tree Plantation (A.Y. 2021-22)



Plantation by NSS Volunteers



Plantation by Principal Dr. Chandracant Jawale



Plantation by Principal NSS PO Dr. G.V. Somani

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



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



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Name of Activity – Corona Awareness (A.Y. 2021-22)

1	Name of the Department	:	NSS
2	Complete name / title of the Activity	:	Distribution of Masks
3	Dates or Duration (from-----to)	:	20-09-2021
4	Venue of the Event	:	Kai. Rasika Mahavidyalaya, Deoni
5	Sponsor / Collaborations (if any)	:	--
6	Level of the event (encircle) (International/ National / State / University / (District / College / Department etc.)	:	Collegge
7	Purpose/aim/objective and outcome of the event	:	"The aim of our mask distribution activity is to mitigate the spread of infectious diseases, particularly COVID-19, within our community."
8	Beneficiaries/participants (Type /number, etc.)	:	138
9	Other major staff/student/Institution involved in the organization of the activity	:	Principal Dr. Chandrakant Jawale, Staff and Student
10	Any other information/ comment /qualitative remarks	:	-
11	Photographs (with captions) submitted (number)	:	1
12	Evidence produced (Certificate, letters, newspaper cuttings etc.)	:	Photograph
13	Name and Signature of Coordinator:	:	Dr. G. V. Somani


Head of Department

NSS

Programmer Officer
Kai. Rasika Mahavidyalaya
Deoni Tq. Deoni Dist. Latur


IQAC- Coordinator

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


Principal

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



Janseva Sevabhavi Pratishthan Bhopni's
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Name of Activity – Mask Distribution (A.Y. 2021-22)



Principal Dr. Chandrakant Jawle while distributing masks

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

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



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

Tq. Deoni Dist. Latur

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College Code – 399


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Name of Activity – Campus Cleanig Program (A.Y. 2021-22)

1	Name of the Department	:	NSS
2	Complete name / title of the Activity	:	Campus Cleanig Program
3	Dates or Duration (from-----to)	:	August – 2021
4	Venue of the Event	:	Kai. Rasika Mahavidyalaya, Campus
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	:	The aim of the Campus Cleaning Program is to foster a clean, hygienic, and aesthetically pleasing environment within the campus premises. By promoting a culture of cleanliness and environmental stewardship, the program aims to enhance the overall well-being and satisfaction of students, faculty, staff, and visitors.
8	Beneficiaries/participants (Type /number, etc.)	:	32
9	Other major staff/student/Institution involved in the organization of the activity	:	NSS PO, Staff and Vollunters
10	Any other information/ comment /qualitative remarks	:	
11	Photographs (with captions) submitted (number)	:	03
12	Evidence produced (Certificate, letters, newspaper cuttings etc.)	:	Photo
13	Name and Signature of Coordinator:	:	Dr. P. R. More


Head of Department
NSS


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


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

Programmer Officer
Kai. Rasika Mahavidyalaya
Deoni Tq. Deoni Dist. Latur





Janseva Sevabhavi Pratishthan Bhopni's
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NSS Vullunters Cleaning the college campus



NSS PO Dr. P. R. More, Dr. V.S. More and Mr. Ankush Bhashkr taking care of the trees in the campus

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

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





Janseva Sevabhavi Pratishthan Bhopni's
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Name of Activity – Corona Awareness (A.Y. 2021-22)

1	Name of the Department	:	NSS
2	Complete name / title of the Activity	:	COVID-19 vaccination camp
3	Dates or Duration (from-----to)	:	13/10/2021
4	Venue of the Event	:	Kai. Rasika Mahavidyalaya, 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	:	The aim of COVID-19 vaccination is to save lives, protect public health, facilitate economic recovery, and ultimately bring an end to the pandemic.
8	Beneficiaries/participants (Type /number, etc.)	:	10
9	Other major staff/student/Institution involved in the organization of the activity	:	Principal Dr. Chandrakant Jawale, Medical Officer Dr. Shinde sir, Tahasildar Shri Suresh Gholve sir, college Staff and Students
10	Any other information/ comment /qualitative remarks	:	--
11	Photographs (with captions) submitted (number)	:	1
12	Evidence produced (Certificate, letters, newspaper cuttings etc.)	:	Photo
13	Name and Signature of Coordinator:	:	Dr. G. V. Somani


Head of Department
NSS


IQAC Coordinator


Principal
Principal

Programmer Officer
Kai. Rasika Mahavidyalaya
Deoni Tq. Deoni Dist. Latur

IQAC-COORDINATOR
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Name of Activity – Corona Awareness (A.Y. 2021-22)



Staff member Dr. Sulochana Dengle taking the second dose of Kovid-19 vaccination

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



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



Janseva Sevabhavi Pratishthan Bhopni's

KAI.RASIKA MAHAVIDYALAYA, DEONI

Dist- Latur (M.H)

DEPARTMENT OF PHYSICAL EDUCATION

AND SPORTS & NSS

&

IQAC

**FIT
INDIA**



INTERNATIONAL YOGA DAY

21 JUNE 2021

REPORT




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

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


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

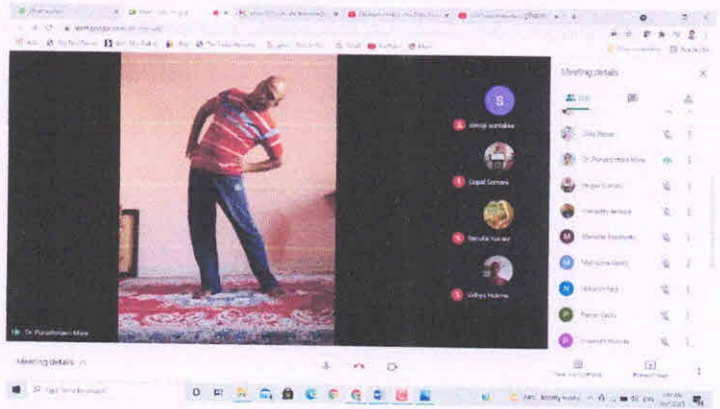
DR.CHANDRAKANT JAWALE
PRINCIPAL
KAI.RASIKA MAHAVIDYALAYA, DEONI

1

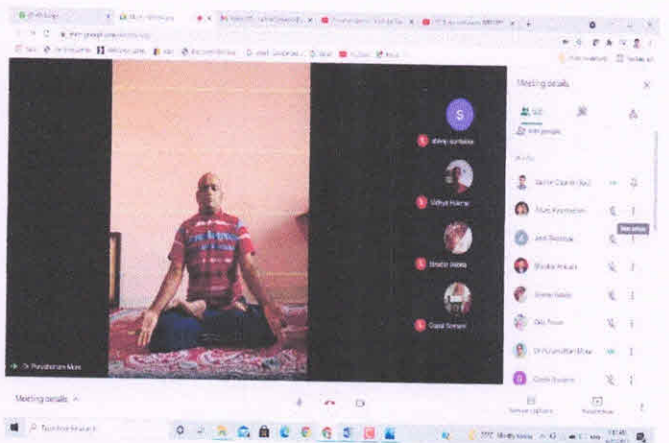
International Yoga Day Celebration


The Department of Physical Education and Sports and National Service Scheme (NSS) units of Kai.Rasika Mahavidyalaya, Deoni District- Latur (Maharashtra) jointly organized The 7th International Yoga Day on 21st June, 2021. The principal of the college, Dr.Chandrakant Jawale welcomed the audience and wished them a Happy Yoga Day and said that yoga is the lifeblood of maintaining good health in today's world and it is also important to do regular yoga to stay healthy.

Director of Physical Education of the College Dr.Sachin Chamle and Department of Zoology, Asst. Professor Dr. Purushottam More performed all the yoga demonstrations as per the protocol




given by the Ministry of AYUSH for Yoga Day. The actual session was started with prayers followed by stretching movements. Tadasana, Vrikshasana, Trikonasana, Padahastasana were taken in the standing position, followed by Padmasana, Vajrasana, Shashankasana, Vakrasana in the sitting position. After this, lying on stomach Bhunjagasana, Shalabhasana were made. This was followed by Suryanamaskara (sun salutations) and finally Pranayama with long breathing






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Anulom-Vilom and Bhramari. After that, chanting of Om was performed. At the end of the session, prayers were offered again. Prof. Prashant Bhande, Department of Marathi, Asst. Professor expressed vote of thanks on this occasion. Dr.Sachin Chamle and Dr.Gopal Somani programme officer of NSS unit coordinated the event. The principal of the college Dr.Chandrakant Jawale provided guidance to make the event a success. All the teaching, non-teaching staff were present for this event.



जनसेवा सेवाभावी प्रतिष्ठान भोपणी द्वारा संचालित
कै.रसिका महाविद्यालय, देवणी
जिल्हा - लातूर (महाराष्ट्र)
क्रीडा विभाग
व
राष्ट्रीय सेवा योजना विभाग
यांच्या संयुक्त विद्यमाने
आंतरराष्ट्रीय योग दिन 21 जून 2021
वेळ सकाळी ठीक - 7.30 वाजता
आयोजन समिती




प्रा.डॉ.सचिन चामले
क्रीडा संचालक

प्रा.डॉ.गोपाल सोमानी
कार्यक्रमाधिकारी

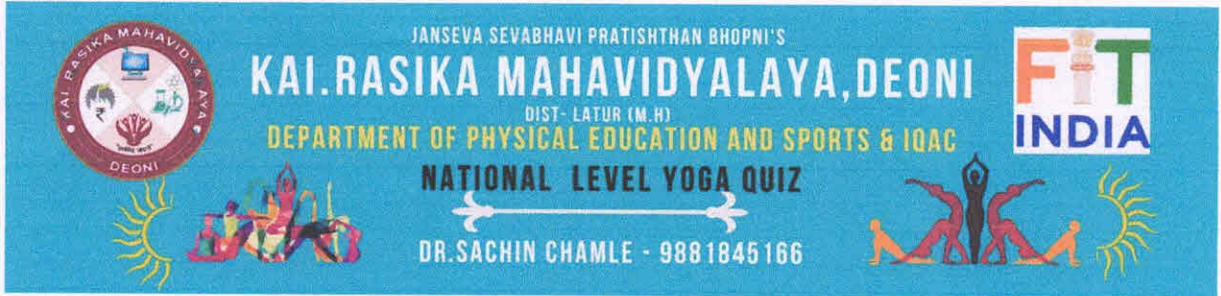
मा.डॉ. चंद्रकांत जावळे
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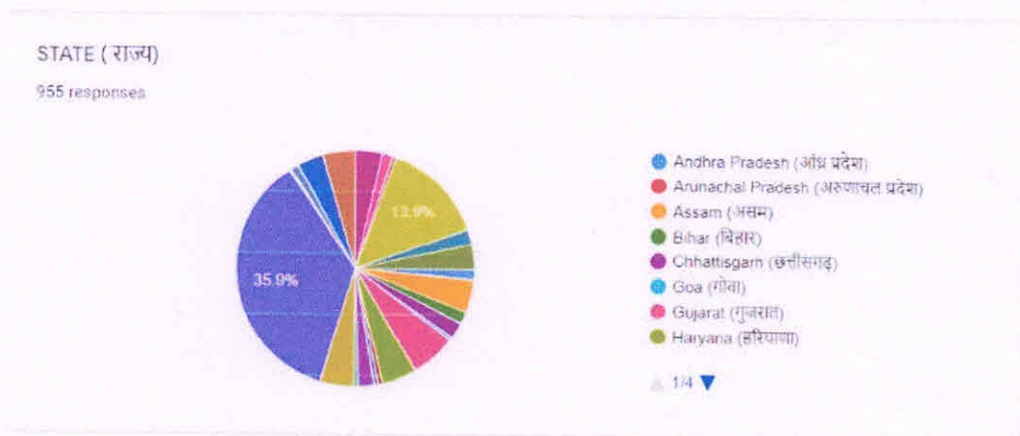
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National Level Yoga Day Quiz




On the occasion of International Yoga Day, a quiz was conducted at the national level by the Department of Physical Education and Sports. Fifteen yoga based questions were given carrying two marks each. Certificates of participation were issued to the participants who successfully secure more than fifty percent marks in the quiz.

This activity was carried out from 1st June to 21st June 2021. Around Nine hundred fifty-five (955) participants from all over India have taken part in this activity.




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The yoga activity was conducted at the national level. The participants were asked to upload photos or videos of doing any five Asanas in the given Google form as per the yoga protocol given by the Ministry of AYUSH. A total of 140 people participated in this initiative. Each participant was sent an e- certificate by mail.

Participant Photograph




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