

The Berar General Education Society's  
**Shri R. L. T. College of Science, Akola**



**Department Physical Education & Sports  
Degree College**



**Report of Session 2020-2021**



1. MalayDhara Delhi



2. Abhjit Sayre Akola, Maharashtra



3. Mrunali Wawge Akola Maharashtra

# Shri R. L. T. College of Science, Akola

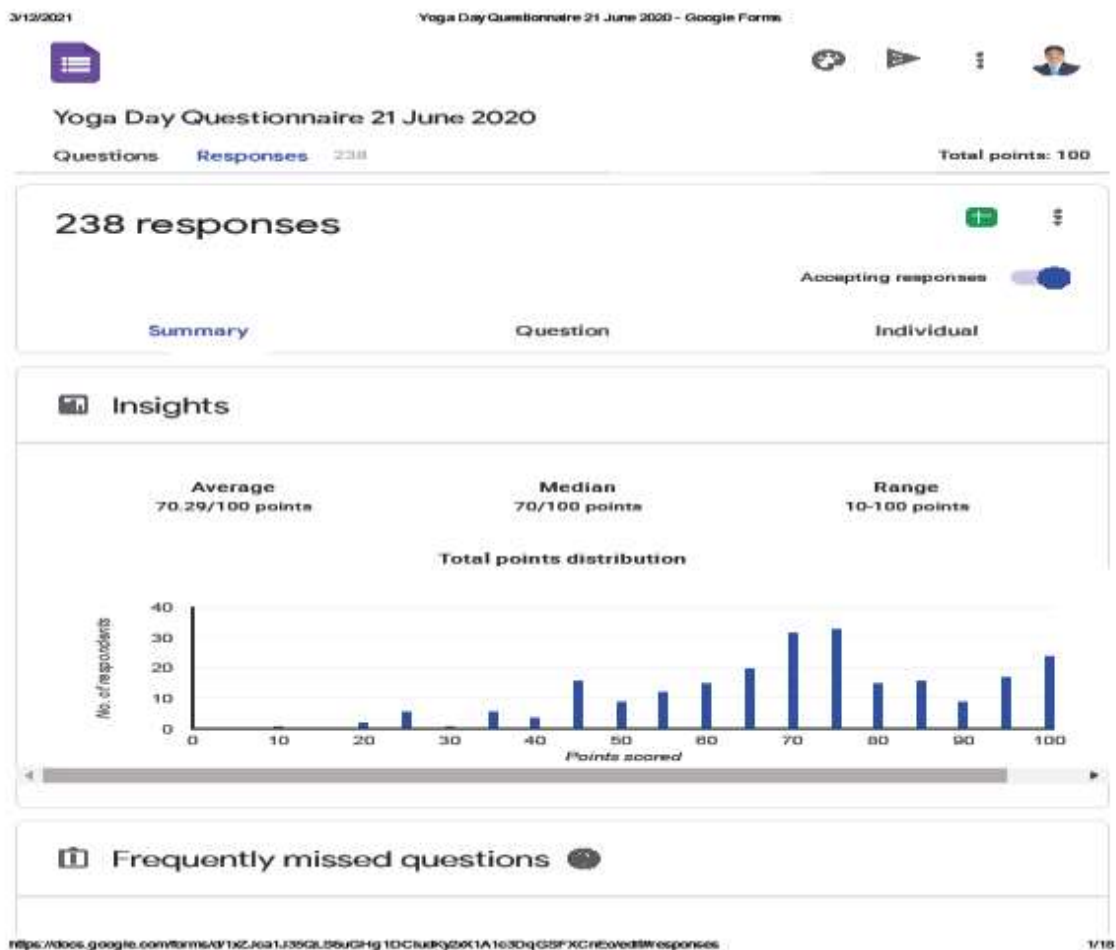
## Department Physical Education and Sports

Degree College

Report of Session 2020-2021

### International Day of Yoga 2020 21<sup>st</sup> June 2020

International Day of Yoga was celebrated on 21<sup>st</sup> June 2020 through online Quiz Competition due to Covid-19 pandemic. Quiz included 20 questions on the basis of Yoga related important information. 238 participants online participated and out of these participants 202 were awarded certificates. This activity helps to motivate all participants to develop body mind coordination and physical fitness with Yoga Practices.



## List of Participants

<b>Sr. No.</b>	<b>Full Name</b>	<b>City</b>	<b>State</b>
1	Dr. Rajesh D. Chandrawanshi	Akola	Maharashtra
2	Arya Rajesh Chandrawanshi	Akola	Maharashtra
3	Ulhas Vijay Bramhe	Chikhli	Maharashtra
4	Dr. Balasaheb Dattarao Paul	Washim	Maharashtra
5	Jayant Dadarao Porey	Khamgaon	Maharashtra
6	Prof. Anand Gomaji Chavan	Akola	Maharashtra
7	Dr. Shyam S. Dalvi	Amravati	Maharashtra
8	Anita Vijay Bhasakhetre	Pusad	Maharashtra
9	Harshada Shrikant Wadhone	Akola	Maharashtra
10	Dr Baljeet Kaur R Oberoi	Karanja	Maharashtra
11	Dr. Shubhangi Damle	Washim	Maharashtra
12	Mrs. Archana B. Lokhande	Nagpur	Maharashtra
13	Dr.Ravibhushan Manikrao Kadam	Yavatmal	Maharashtra
14	Kishor U. Tayade	Yavatmal	Maharashtra
15	Ritesh Pillewar	Nagpur	Maharashtra
16	Sau Rushali Shyam Dalvi	Amravati	Maharashtra
17	Avinash Kailash Hanwate	Nagpur	Maharashtra
18	Jagadamba Achanta	Nagpur	Maharashtra
19	Dr. Vijaykumar M Gawai	Amravati	Maharashtra
20	Dr K R Lathi	Akola	Maharashtra
21	Ram Sathe	Akola	Maharashtra
22	Dr. Nitin Wasudeo Deulkar	Akola	Maharashtra
23	Dr. Eknath Gagdeo Halge	Buldana	Maharashtra
24	Chaitanya Rameshwar Khadsan	Chikhli	Maharashtra
25	Sonali Gawande	Akola	Maharashtra
26	Pravin Kisan Hole	Pune	Maharashtra
27	Vijay Nanoty	Akola	Maharashtra
28	Mr. Kandalkar Lahanu Shivaji	Sinnar	Maharashtra
29	Dr. Pravin Devidas Lamkhade	Kuhi, Nagpur	Maharashtra
30	Kalyani P. Sangunwedhe	Akola	Maharashtra
31	Kale Vinayak Namdeo	Shrirampur	Maharashtra
32	Dr Anushree Mahurkar	Nagpur	Maharashtra
33	Dr. Sagar Pralhadrao Narkhede	Akola	Maharashtra
34	Suryakant Aamaram Thakur	Panvel	Maharashtra
35	Prof Dr Ravindra P. Jagtap	Nagpur	Maharashtra
36	Sima Hari Kothalkar	Karanja	Maharashtra
37	Dr. Jitendra Kumar Thakur	Sadak Arjuni	Maharashtra
38	Mangesh R. Ubale	Akola	Maharashtra
39	Dr. Bhaskar M. Sawarkar	Umardhed	Maharashtra
40	Noor Ahmad Khan	Kanpur Dehat	Uttar Pradesh

<b>Sr. No.</b>	<b>Full Name</b>	<b>City</b>	<b>State</b>
41	Vaishnavi Satish Sonwane	Akola	Maharashtra
42	Subhash Ganpat Gadade	Daund	Maharashtra
43	Mr. Vitthal Sodnawar	Pune	Maharashtra
44	Mayur Suresh Nimbalkar	Akola	Maharashtra
45	Saroj Mahurkar	Nagpur	Maharashtra
46	Vidyesh Vasudev Phanase	Lanja	Maharashtra
47	Yogesh Bhaskarao Hage	Washim	Maharashtra
48	Ishwar Shankar Randaye	Chandrapur	Maharashtra
49	Ishab Bothara	Yavatmal	Maharashtra
50	Shrawani Vitthal Sodnawar	Pune	Maharashtra
51	Rupesh Nareshrao Channevar	Hinganghat	Maharashtra
52	Pawan Kumar	Ramban	UT J&K
53	Dr. Harish Sudhakarrrao Kale	Amravati	Maharashtra
54	Sunil B Chordiya	ARNI	Maharashtra
55	Abdul Aziz Khan yunus Khan	Akola	Maharashtra
56	Vaidehi Khodkumbhe	Akola	Maharashtra
57	Shri. Kishor Baburao Navkar	Aurangabad	Maharashtra
58	Prajakta Yogesh Kopnar	Karjat	Maharashtra
59	Rajsi Shah	Akola	Maharashtra
60	Kopnar Yogesh Machindra	Karjat	Maharashtra
61	Dipak Jagannath Wankhade	Khamgaon	Maharashtra
62	Lakshmi sitaram pawar	Latur	Maharashtra
63	Dr. Madan B. Ingle	Wardha	Maharashtra
64	Anushka Dabhade	Aurangabad	Maharashtra
65	Preethi.P. Sharma	Washim	Maharashtra
66	Chandrakant Vikasrao Latekar	AKola	Maharashtra
67	Medha Kurhekar Deshmukh	Akola	Maharashtra
68	Priya Santosh Kalalkar	Akola	Maharashtra
69	Pooja Mishra	Nagpur	Maharashtra
70	Anjali Vinod Pawar	Akola	Maharashtra
71	Priti Narhari Nanwatkar	Hinganghat	Maharashtra
72	Punam Narhari Nanwatkar	Hinganghat	Maharashtra
73	Prof. Dr. N. D. Deshmukh	Akola	Maharashtra
74	Prachi Chandrashekhar Banode	Nagpur	Maharashtra
75	Javid Ali	Bilaspur	Chhhtishgarh
76	Dr. Astha Rautela	Nagpur	Maharashtra
77	Mr. Ajay Vijay Ambhore	Amravati	Maharashtra
78	Nitu Jivanrao Shende	Yavatmal	Maharashtra
79	Swapnil Sarang Ambhore	Akola	Maharashtra
80	Mrs. Kranti Sandesh Kshirsagar	Chopda	Maharashtra

<b>Sr. No.</b>	<b>Full Name</b>	<b>City</b>	<b>State</b>
81	Dr. Saurabh Rajaram Mhatre	Akola	Maharashtra
82	Vijay Shivanand Shinde	Akola	Maharashtra
83	Dr. Renu Wasu	Navi Mumbai	Maharashtra
84	Sayali Sunil Mahurkar	Nagpur	Maharashtra
85	Prof Atmaram P Rathod	Buldana	Maharashtra
86	Kalyani Ladole	Akola	Maharashtra
87	Sudhir Satpute	Akola	Maharashtra
88	Akshay Kailas Ingle	Akola	Maharashtra
89	Archana Iingle	Akola	Maharashtra
90	Madhav Tukaram Ambhore	Akola	Maharashtra
91	Ameya Ambhore	Akola	Maharashtra
92	Rajesh D. Chaudhari	Akola	Maharashtra
93	Anil Kumar Bharti	Dausa	Rajasthan
94	Samruddhi Shrikant Patil	Buldana	Maharashtra
95	Ramdas Khodkumbhe	Akola	Maharashtra
96	Krushnakant Shrikant Patil	Buldana	Maharashtra
97	Dilip Madhukar More	Daryapur	Maharashtra
98	Archana Rajiv Ingle	Akola	Maharashtra
99	Khundongbam Birjeet Singh	Aligarh	Uttar Pradesh
100	Dr. Dinesh Mahadeo Yeul	Jalgaon Jamod	Maharashtra
101	Prof.Rushikesh N. Kandalkar	Jalgaon Jamod	Maharashtra
102	Sunil Atmaram Kakade	Chikhli	Maharashtra
103	Sakshi Gopalrao Tayade	Akola	Maharashtra
104	Kuldeep Rajguru	Akola	Maharashtra
105	Ashlesha Mungi	Baramati	Maharashtra
106	Miss.Shalini Dilip Sawale	Ratnagiri	Maharashtra
107	Samiksha Sunil Lingayat	Akola	Maharashtra
108	Mrunal Gopal Partike	Akola	Maharashtra
109	Anjali Ramdas Kale	Akola	Maharashtra
110	Mirza Khalid Raza	Akola	Maharashtra
111	Prof. Narayan Yamaji Tuwar	Dahanu	Maharashtra
112	Amar Mahadeo Nandgude	Baramati	Maharashtra
113	Jitendra Ghanshyam Suryawanshi	Amravati	Maharashtra
114	Prajakta Gajanan Lavhale	Akola	Maharashtra
115	Dr. Kalwale Govind Kerba	Latur	Maharashtra
116	Shon Kishor Patil	Nagpur	Maharashtra
117	Karan Cheema	Akola	Maharashtra
118	Kapil vishwanath Sonkamble	Nanded	Maharashtra
119	Nausheen Parveen Qayyum Khan	Akola	Maharashtra
120	Prof. Ashok J Rathi	Buldhana	Maharashtra

<b>Sr. No.</b>	<b>Full Name</b>	<b>City</b>	<b>State</b>
121	Amit Ashok Dhoot	Akola	Maharashtra
122	Akhilesh	Akola	Maharashtra
123	Rahul R. Korde	Gadchiroli	Maharashtra
124	Sneha Prakash Gujar	Pune	Maharashtra
125	Prof. Shyam B. Korde	Ashti	Maharashtra
126	Ramesh Shamrao Patil	Shirale Tarf Warun	Maharashtra
127	Monika Nandkishor There	Buldhana	Maharashtra
128	Yogita Devidas Chimkar	Akola	Maharashtra
129	Sneha Prakash Gujar	Pune	Maharashtra
130	Prasad Avinash Ankushkar	Akola	Maharashtra
131	Pro.Mrs Vaishali N.Badgujar	Akola	Maharashtra
132	Mrs.Karuna D. Rajput	Dondaicha	Maharashtra
133	Kajal Sunil Wankhade	Akola	Maharashtra
134	Shuddhodhan Ashokrao Modak	Chalbardi	Maharashtra
135	Anjali Prakash Kamble	Yavatmal	Maharashtra
136	Dr. Prakash Trimbak Kamble	Yavatmal	Maharashtra
137	Ku. Arti. Gajanan. Kadu	Akola	Maharashtra
138	Sanjay Haribhau Kothalkar	Muktainagar	Maharashtra
139	Nitin Purushottam Borle	Buldhana	Maharashtra
140	Dr. Syed Imran Zainuddin	Nandura	Maharashtra
141	Dr. S. B. Tadam	Akola	Maharashtra
142	Bansode Pandhari Sopanrao	Latur	Maharashtra
143	Miss. Triveni Sodnawar	Pune	Maharashtra
144	Dr Dhaswadikar usha sitaram	Udgir	Maharashtra
145	Mr.Sanjay Shripati Paikrao	Aurangabad	Maharashtra
146	Snehal Ashish Patil	Chikhli	Maharashtra
147	Rahul Govardhan Mahure	Akola	Maharashtra
148	Dr.Mohd. Nadeem Mohd.Shamim	Akola	Maharashtra
149	Zakirullah Khan	Akola	Maharashtra
150	Dr. Mohammad Nadeem	Akola	Maharashtra
151	Chandrakant babanrao Dhumale	Akola	Maharashtra
152	Vaibhao Gopal Patil	Nagri	Maharashtra
153	Rahul Digambar Mahajan	Akola	Maharashtra
154	Dr.Shiba Almas Tausef Khan	Akola	Maharashtra
155	Kehkasha Khan	Akola	Maharashtra
156	Vaibhav Prakash Dahatre	Akola	Maharashtra
157	Yogeshwar N. Balinge	Buldhana	Maharashtra
158	Sapna Gurbani	Akola	Maharashtra
159	M Khan	Akola	Maharashtra
160	Mohammad Talha Mujeeb Ahmad	Akola	Maharashtra

<b>Sr. No.</b>	<b>Full Name</b>	<b>City</b>	<b>State</b>
161	Nida Firdous Mujeeb	Akola	Maharashtra
162	Abdul Shoeb Abdul	Akola	Maharashtra
163	Neha Khan Yaar Mohd. Khan	Akola	Maharashtra
164	Syed Ahraz	Akola	Maharashtra
165	Adnanuddin Shaikh	Akola	Maharashtra
166	Dr. Samadhan L. Munde	Akola	Maharashtra
167	Vipinsingh Ashoksingh Gahilot	Patur	Maharashtra
168	Swapnil Chandrakant Salunke	Buldhana	Maharashtra
169	Gajanan Laxman Dahatre	Akola	Maharashtra
170	Wipin Rajaram. Lilhare	Amravati	Maharashtra
171	Khan Arifa Navedul Haque	Mumbai	Maharashtra
172	Khan Naved-Ul-Haque	Pune	Maharashtra
173	Priyanka Ramchandra Lathi	Jalgaon	Maharashtra
174	Laxmishankar ramsamuz Yadav	Akola	Maharashtra
175	Sachindra Champatrao Milmile	Yavatmal	Maharashtra
176	Aruna	Yavatmal	Maharashtra
177	Affan Sarosh Firoz Ahmad	Akola	Maharashtra
178	Akshay Vilas khanvilkar	Virar	Maharashtra
179	Ishita Prakash Ttehra	Yavatmal	Maharashtra
180	Pravin P. Dighade	Yavatmal	Maharashtra
181	Prakash Kailashnath Tehra	Yavatmal	Maharashtra
182	Rohit Rajesh Kewarkar	Yavatmal	Maharashtra
183	Jitendra Rajkumar Yadav	Yavatmal	Yavatmal
184	Mr. Rahul A. Dhone	Yavatmal	Maharashtra
185	Mangesh Vijay Gudadhe	Bhandara	Maharashtra
186	Kopulwar Sunil	Yavatmal	Maharashtra
187	Saheba Anjum	Hiwarkhed	Maharashtra
188	Mohammad Akif Mohd.	Akola	Maharashtra
189	Arun Gangadhar Gandhe	Nagpur	Maharashtra
190	Vaibhav R. Mandavgade	Yavatmal	Maharashtra
191	Gopal Dnyaneshwar Karwate	Akola	Maharashtra
192	Zeeshan Ahmar mubeen Ahmad	Akola	Maharashtra
193	Shyam Prabhakar Rao Deshpande	Akola	Maharashtra
194	Bhushan Gulab Patil	Jalgaon	Maharashtra
195	Nita Sharad Jadhav	Jalgaon	Maharashtra



<b>Sr. No.</b>	<b>Full Name</b>	<b>City</b>	<b>State</b>
196	Muzammil Ahmad Bhat	Amravati	Maharashtra
197	Zoya Aafreen Syed Zainuddin	Nandura	Maharashtra
198	Prachi Chandrshekar Banode	Nagpur	Maharashtra
199	Santosh Ravindra Dhyade	Nanded	Maharashtra
200	Shaikh Hafij Sharif	Osmanabad	Maharashtra
201	Chandrakala Soma Udar	Nashik	Maharashtra
202	Jayshree Udar	Nashik	Maharashtra
203	Saheba Anjum Meer Shoeb Ali	Akola	Maharashtra
204	Rajesh Kumar	Gorakhpur	Uttar Pradesh
205	Dharamendra Bhagawanji Dupare	Akola	Maharashtra
206	Dr Ramanuj Patel	Jabalpur	Madhya Pradesh
207	Bharat Kumar Tak	Sumerpur (Pali)	Rajasthan
208	Shital Bhavre	Burhanpur	Madhya Pradesh
209	Dr. Prasad Shankarrao Madavi	Achalpur	Maharashtra
210	Karishma Rameshlal Panjwani	Akola	Maharashtra
211	Aditya N. Dharaiya	Patan	Gujarat
212	T Yazhini T	Cheyyar	Tamil Nadu
213	Balaji K	Cheyyar	Tamil Nadu
214	Vaishnavi A Kene	Katol	Maharashtra
215	Bhojeshwari (B.P.ED STUDENT)	Raipur	Chhattisgarh
216	Pravasini Mohanty	Bhubaneswar	Odisha
217	Vinod Kumar	Udhampur	J and K UT
218	Dr. N.S. Jadhav	Belgum	Karnataka
219	Sayali Sachin Patil	Panvel	Maharashtra
220	Dhananjay Maheshrao Bulbule	Akola	Maharashtra
221	Ashoka	Bangalore	Karnataka
222	Mohammed Ilias	Srirangapatana	Karnataka
223	Srinivasa V.	Chitradurga	Karnataka
224	Chandrashekar R	Chitradurga	Karnataka
225	Krishna H	Chikkaballapura	Karnataka
226	Vedika Yadanlal Banothe	Amgaon	Maharashtra
227	Pratham Vidyadhar Patil	Alibag	Maharashtra
228	Prof. Pradip Haribhau Shende	Amravati	Maharashtra
229	Amit Vijay Joshi	Akola	Maharashtra
230	Jaya Mishra	Dombivli east	Maharashtra
231	Shahrukh Shah Khushdil Shah	Akola	Maharashtra
232	Sagar Purushottam Gawande	Akola	Maharashtra
233	Ravina Ramesh Sarap	Akola	Maharashtra
234	Prachi Haridas Tathurkar	Nagpur	Maharashtra
235	Ms. Tejal D. Thakur.	Akola	Maharashtra
236	Rushabh Nimborkar	Akola	Maharashtra
237	Abhijeet Prashant Sayre	Akola	Maharashtra
238	Rohit Gajanan Dange	Akola	Maharashtra






The Berar General Education Society's  
**SHRI R. L. T. COLLEGE OF SCIENCE, AKOLA**  
(Affiliated to Sant Gadge Baba Amravati University, Amravati)  
Re-accredited 'A' Grade by NAAC with CGPA 3.12  
**Department of Physical Education and Sports**  
**INTERNATIONAL DAY OF YOGA -2020**  
21<sup>st</sup> June 2020, Sunday




Yoga is Life

**CERTIFICATE OF PARTICIPATION**

This is awarded to **{{Full Name}}**  
is successfully appeared the Yoga Quiz on the occasion of  
the **INTERNATIONAL DAY OF YOGA, 2020**. We salute your efforts.

  
**Dr. K.R. Lathi**  
Physical Education  
Teacher

  
**Dr. R.D. Chandrawanshi**  
Director of Physical  
Education and Sports

  
**Dr. V.D. Nanoty**  
Principal  
Shri R.L.T. College of Sci., Akola

Fit, Fine and Full Knowledge in Mind then Life will Shine. **{{Certificate ID}}**


## **National Sports Day on 29th August 2020**

On the occasion of National Sports Day on 29<sup>th</sup> August 2020 Sports achievers are felicitated and Online Practical Video Session Presentation (Physical Fitness Exercises) Competition was conducted.


### **List of Participants**

<b>S.N.</b>	<b>Full Name</b>	<b>City</b>	<b>State</b>
1	Dr. Rajesh D. Chandrawanshi	Akola	Maharashtra
2	Dr. K. R. Lathi	Akola	Maharashtra
3	Sunil B Chordiya	ARNI	Maharashtra
4	Mr. Noor Ahmad Khan	Kanpur Dehat	Uttar Pradesh
5	Poonam Baburao Navgire	Aurangabad	Maharashtra
6	Anuj Shamsundar Kela	Lonar	Maharashtra
7	Sunil Gajananrao Dhakulkar	Washim	Maharashtra
8	Pradeep kacharuji Ingole	Mulawa	Maharashtra
9	Vaibhav Balu saraf	Akola	Maharashtra
10	Himanshu Kunjilal Sunariwal	Akola	Maharashtra
11	Ravindra Chandrakant Wasurkar	Lanja	Maharashtra
12	Kalpna Suresh Das	Akola	Maharashtra
13	Kalyani Purushottam Sangunwedhe	Akola	Maharashtra
14	Ganesh Ramdhan gite	Akola	Maharashtra
15	Ram Nirmal	Akola	Maharashtra
16	Nemichand Fakira Chavhan	Akola	Maharashtra
17	Tejasvi Vijay Ingole	Panvel	Maharashtra
18	Shubham Mhatarmare	Akola	Maharashtra
19	Teja Mahadev Sapkal	Panvel	Maharashtra
20	Dr. Balasaheb Dattarao Paul	Washim	Maharashtra
21	Vaibhav vijaykumar chaughule	Ratnagiri	Maharashtra
22	Kalyani Vilas Pawar	Balapur	Maharashtra
23	Suraj kumar Behera	Baripada	Odisha
24	Ashish Dubey	Bhopal	Madhya Pradesh
25	Dr. Mohammad Nadeem	Akola	Maharashtra
26	Saradambal S	Chennai	Tamil Nadu
27	Anuja Manikrao Ingle	Akola	Maharashtra
28	Mr. Sriraman K.	Chennai	Tamil Nadu
29	Rajiv Sharma	Ludhiana	Punjab
30	Vikas Khelukur	Pune	Maharashtra
31	Kanchan Rajesh Shide	Murtizapur	Maharashtra
32	Ruchita Ravindra Khandare	Akola	Maharashtra
33	Efat Anjum Ramju Gaware	Akola	Maharashtra
34	Prathmesh Shailendra Gopnarayan	Akola	Maharashtra
35	Gayatri Sitaram Jangid	Akola	Maharashtra

S.N.	Full Name	City	State
36	Vindhyavasini Patel	Maharajganj	Uttar Pradesh
37	Dr. Prajakta Kuralkar	Akola	Maharashtra
38	Sangita Vijay Thakre	Nagpur	Maharashtra
39	Ms. Tejal Dharmendrasingh Thakur	Akola	Maharashtra
40	Dr. Madhuri Bansilal Saoji	Akola	Maharashtra
41	Malay Dhara	Delhi	Delhi
42	Madhuri Datey	Akola	Maharashtra
43	Prakash Kisanrao Datey	Akola	Maharashtra
44	Samrudhi Prakash Datey	Akola	Maharashtra
45	Archana P. Mahajan	Nagpur	Maharashtra
46	Vishwanand Kumar Patel	Maharajganj	Uttar Pradesh
47	Mrunali Gajanan Wawge	Akola	Maharashtra
48	Sanjay Keshavrao Kale	Akola	Maharashtra
49	Raghuveer Rameshwar Ingle	Akola	Maharashtra
50	Akash Sanjay Jadhav	Akola	Maharashtra
51	Vaishnavi Satish Sonwane	Akola	Maharashtra
52	Abhijeet Prashant Sayre	Akola	Maharashtra
53	Dr. Hasinkha Shakil Ahamadkha Tadv	Sakri	Maharashtra
54	Jyoti sanjay kale	Akola	Maharashtra
55	Shubham shukla	Mumbai	Maharashtra
56	Bakhtiyar Asif Iqbal Ahmed	Malegaon	Maharashtra
57	Dr. Kishan Vora	Ahmadabad	Gujarat





The Berar General Education Society's  
**SHRI R. L. T. COLLEGE OF SCIENCE, AKOLA**  
 (Affiliated to Sant Gadge Baba Amravati University, Amravati)  
 Re-accredited 'A' Grade by NAAC with CGPA 3.12  
**Department of Physical Education and Sports**  
**National Sports Day**  
**29<sup>th</sup> August 2020**

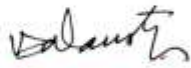


**CERTIFICATE OF PARTICIPATION**

This is awarded to **Sunil Gajananrao Dhakulkar**  
 for successfully Participated and Appeared in the Sports Quiz and  
 Practical Video Session on the occasion of the **NATIONAL SPORTS**  
**DAY 2020. Be fit for Nation.**

  
**Dr. K.R. Lathi**  
 Physical Education  
 Teacher

  
**Dr. R.D. Chandrawanshi**  
 Director of Physical  
 Education and Sports

  
**Dr. V.D. Nanoty**  
 Principal  
 Shri R.L.T. College of Sci., Akola

**Fit, Fine and Full Knowledge in Mind then Life will Shine.**





# National Sports Day- 29<sup>th</sup> August 2020

## Online Practical Video Session Presentation

### (Physical Fitness Exercises)

### Result

Rank	Name of Participants	Institute	Place	Prize Amount
I	Mr. Maly Dhara	Pharmaceutical Science and Research University	Delhi	1000/-
II	Mr. Abhijeet Sayre	Shri R.L.T. College of Science, Akola	Akola	700/-
III	Ms. Mrunali Wawge	Shri R.L.T. College of Science, Akola	Akola	500/-



1. MalayDhara Delhi



2. Abhijit Sayre Akola, Maharashtra



3. Mrunali Wawge Akola Maharashtra



4. Shubham Mhatarmare Maharashtra



5. Noor Khan Kanpur UP



6. Anuja Ingle Maharashtra



The Berar General Education Society's  
**Shri R.L.T. College of Science, Akola**  
Department of Physical Education and Sports  
**National Level**

## **Physical Fitness Campaign**

**Open for All**

**No Age Limit**

**No Fees**

**Physical Fitness Exercise related Quiz and Online Video Competition.**  
**(Link is open from 20<sup>th</sup>March 2021 to 26<sup>th</sup>March 2021)**

**(Cash Prize only for Video: I Rank 3000/-, II Rank 2000/-, III Rank 1000/- and Two Consolation Prizes of Rs.500/-each)**

**Google Link for**

**Registration:** [https://docs.google.com/forms/d/e/1FAIpQLSdWnB0qjzhSSVXAIhY3rhpjEKpjQPCu0ntZHcGqDUJYUEq\\_g/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSdWnB0qjzhSSVXAIhY3rhpjEKpjQPCu0ntZHcGqDUJYUEq_g/viewform?usp=sf_link)

**Department of Physical Education and Sports and IQAC invite you to send your Physical Fitness exercise related video.**

- 1. For getting Certificate minimum 50% score is required.**
- 2. Short Video of Physical Fitness exercise on proper kit.**  
Video Size up to 10 MB and duration 1MIN.
- 3. Language of Video is Hindi, Marathi and English only. Video Format MP4 only.**
- 4. I, II and III rank given to video on the basis of Best Exercise, Importance of Exercise and Presentation Skill.**
- 5. There will be cash prize for Winner First Rank 3000/-, Second Rank 2000/-, Third Rank Rs. 1000/- and Two Consolation Prizes of Rs. 500/- each)**
- 6. Judge's panel decision will be final and there is no appeal in future.**
- 7. Result will be declared on 30<sup>th</sup>March 2021.**
- 8. Participation certificates will be issued on 10th April 2021 on Telegram or Google drive link.**
- 9. Cash Prize will be transfer by online payment mode or if you want to collect cash Prize visit to college on 30<sup>th</sup>March 2021 between 11:00 AM to 2:00 PM.**

**Dr. Vijay D. Nanoty, Principal, Shri R.L.T. College of Science, Akola**  
**Dr. Rajesh D. Chandrawanshi, Director of Physical Education and Sports,**  
**Mob.No.8788868145**  
**Dr. Rajendra L. Rahatgaonkar, IQAC, Coordinator**  
**Dr. Kanchan R. Lathi, Physical Education Teacher**

## List of Participants

<b>Sr.</b>	<b>Full Name</b>	<b>City</b>	<b>State</b>
1	Dr. Rajesh D. Chandrawanshi	Akola	Maharashtra
2	Dr K R Lathi	Akola	Maharashtra
3	Shweta Singh	Varanasi	UP
4	Kamlesh Tewari	Haldwani	Uttarakhand
5	Srushti Gajanan Murhe	Akola	Maharashtra
6	Shabdashri Gajanan Murhe	Akola	Maharashtra
7	Sebastian Varghese	Gandinagar	Gujarat
8	Anuradha Aniruddha Mahajan	Akola	Maharashtra
9	Miss. Sanskruti Anil Tirkar	Akola	Maharashtra
10	Dr Ravindra Pandurang Jagtap	Nagpur	Maharashtra
11	Divya Manik Sable	Akola	Maharashtra
12	Arya Rajesh Chandrawanshi	Akola	Maharashtra
13	Pinku singh	Lucknow	Uttar Pradesh
14	Dr.Abhishek Anand	Giridih	Jharkhand
15	Vinay Kadam	Gwalior	Madhya Pradesh
16	Jyoti prasad raidingia	Dibrugarh	Assam
17	Manoj Sharma	Sundernager	Himachal Pradesh
18	Anuj S. Kela	Lonar	Maharashtra
19	Priyatam Kumar Singh	Isri , Dumri , 825167	Jharkhand
20	Pranjali vishwambhar tathod	Akola	Maharashtra
21	Chetan Vilas Kale	Akola	Maharashtra
22	Sanskriti Vinod Ganoje	Akola	Maharashtra
23	Rutuja Mukund Bidwai	Akola	Akola
24	Prof.Aslam N.Khan	. Amravati	Maharashtra
25	Sagar Babanrao Aarulkar	Akola	Maharashtra
26	Dr.Hemant Verma	Jalna	Maharashtra
27	Jidnyasa Rajesh Yadav	Akola	Maharashtra
28	Gaurav Pandurang Bhatkar	Akola	Maharashtra
29	Ku. Sakshi Pramod Payghan	Akola	Maharashtra
30	Tanaya Jaykumar Wankhade	Akola	Maharashtra
31	Ku.Vaishnavi Panjabrao Dalu	Akola	Maharashtra
32	Avanti Milind Deshmukh	Akola	Maharashtra
33	Bhamtosh Pramanik	Bargarh	Odisha
34	Komal Amol Wahurwagh	Akola	Maharashtra
35	Anil Nayak	Bhubaneswar	Odisha
36	Ajaiz Ahmad Ganie	Kulgam	Jammu and Kashmir
37	Hiteshkumar Govindbhai Parmar	Ahemdabad	Gujarat
38	Nitin Kumar	Bilaspur	Himachal
39	Abhishek Kumar	Vikeshpury	Delhi
40	Rutuja Sudhakar Badhe	Akola	Maharashtra



<b>Sr.</b>	<b>Full Name</b>	<b>City</b>	<b>State</b>
41	Lavannya Ravindra Likhari	Akola	Maharashtra
42	Vedanti Murlidhar Kokate	Akola	Maharashtra
43	Kishan Mukesh Gupta	Akola	Maharashtra
44	Rutwik Rajendra Katekar	Akola	Maharashtra
45	Dr. Bhaskar M. Sawarkar	Umarkhed	Maharashtra
46	Kalyani Killedar	Akola	Maharashtra
47	Vivek Shailesh Bhatia	Akola	Maharashtra
48	Mohammad Rafique Abdul Rauf	Akola	Maharashtra
49	Roshan Devanand Gawarguru	Akola	Maharashtra
50	Sunil B Chordiya	Arni	Maharashtra
51	Rajni Sharma	Sundernager	Himachal Pradesh
52	Rajvi Gawai	Akola	Maharashtra
53	Amisha Suresh Pradhan	Akola	Maharashtra
54	Divyani Sanjay Khandare	Akola	Maharashtra
55	Bhushan Vishnu Gondchawar	Akola	Maharashtra
56	Akshay Parasnath Tiwari	Akola	Maharashtra
57	Vaishnavi Bhagwan Lawale	Akola	Maharashtra
58	Chirag Sanjay Annadate	Akola	Maharashtra
59	Mrunali Gajanan Wawge	Akola	Maharashtra
60	Abdul Aziz Khan	Akola	Maharashtra
61	Santosh Chauhan	Renusagar	Uttar Pradesh
62	Apurva santosh Wakode	Akola	Akola
63	Shrutika Sadashiv Kogade	Degaon	Maharashtra
64	Ku Bhagyashree D. Nagpure	Akola	Maharashtra
65	Debasish Barla	Jharsuguda	Odisha
66	Shreyash chandrashekhar Choube	Akola	Maharashtra
67	Sakshi Sanjiv Ghaywat	Akola	Maharashtra
68	Surjeet Singh	Mandi	Himachal Pradesh
69	Isha Gupta	MANDI	M. L. S. M collage
70	Hemlata kishorkumar Mundada	Akola	Maharashtra
71	Manisha Thakur	Sundernagar	HP
72	Komal Ramesh Waghmare	Akola	Maharashtra
73	Abhishek Pratapsing Rathod	Patur	Maharashtra
74	Sayeed Khan	Akola	Maharashtra
75	Adesh Rajesh Dongare	Amravati	Maharashtra
76	Avinash ShudakarTayade	Akola	Maharashtra
77	Ankita Vishnu Bagde	Akola	Maharashtra
78	Sarjerjerao Rambhau Wagh	Buldana	Maharashtra
79	Harshdip Ranjeet Umale	Akola	Maharashtra
80	Jyotiprakash Mohanty	Bhubaneswar	Odisha
81	Aditya Ramesh Talokar	Akola	Maharashtra
82	Mr.Pramod Mallinath Khed	Kalaburagi	Karnataka
83	Anand Rajendra Bajpai	Akola	Maharashtra



The Berar General Education Society's  
**Shri R.L.T. College of Science, Akola**  
 Department of Physical Education and Sports  
 and I.Q.A.C.

**National Level Online  
 Physical Fitness Campaign**

(20<sup>th</sup> March 2021 to 26<sup>th</sup> March 2021)

**Result**

Rank	Name	State	Prize Amount
I	Ms. Vaishanvi Lawale	Maharashtra	3000/-
II	Mr. Akshay Tiwari	Maharashtra	2000/-
III	Ms. Rutuja Badhe	Maharashtra	1000/-
Consolation I	Mr. Abhishek Kumar	Delhi	500/-
Consolation II	Mr. Bhabatosh Pramanik	Odisha	500/-

Place : Akola

Date : 30/03/2021



Rank	Name	State	Prize Amount
I	Ms. Vaishanvi Lawale	Maharashtra	3,000/-



Rank	Name	State	Prize Amount
II	Mr. Akshay Tiwari	Maharashtra	2,000/-



Rank	Name	State	Prize Amount
III	Ms. Rutuja Badhe	Maharashtra	1,000/-



Rank	Name	State	Prize Amount
Consolation - I	Mr. Abhishek Kumar	Delhi	500/-



Rank	Name	State	Prize Amount
Consolation -II	Mr. Bhabatosh Pramanik	Odhisha	500/-



The Berar General Education Society's  
**Shri R. L. T. College of Science, Akola**  
**Department of Physical Education and Sports**  
&I.Q.A.C. in Collaboration with  
**Ajinkya Fitness Park, Akola**



**Online**  
**Certificate Course in Physical Fitness**  
**Dt. 5<sup>th</sup> to 15<sup>th</sup> June 2021**



**Be fit for Nation**

**Fitness Task Force**

**No Fees**

**Open to All**

The world is facing a problem of Covid 19 pandemic and as per scientist's opinion the third wave of Covid 19 may be active soon. In the light of the current situation physical fitness plays a vital role in prevention of disease and it helps the person to stay active. This course will be helpful to boost your immunity. We are committed to provide basic physical fitness related information and practical knowledge to Students, Players and People. We conduct this course to develop physical fitness activities for society health benefits.

**Registration Scheduled. 27<sup>th</sup> May 2021 To 4<sup>th</sup> June 2021**

**Google Link For Registration : [Certificate Course in Physical Fitness](#)**



**Course Schedule /Time Table**

<b>Date</b>	<b>Time</b>	<b>Event/Classes</b>	<b>Name of Expert</b>
<b>5<sup>th</sup> June 2021</b>	<b>7:00 To 7:30 AM</b>	<b>Opening Ceremony</b>	
	<b>7:30 To 8:00 AM</b>	<b>Concept of Physical Fitness</b>	<b>Dr. R. D. Chandrawanshi</b> Director of Physical Education and Sports, Shri R.L.T. College of Science, Akola
	<b>8:00 To 9:00 AM</b>	<b>Informative &amp; Practical Session- Stretching Exercises</b>	
<b>6<sup>th</sup> June 2021</b>	<b>7: 00 To 8:00AM</b>	<b>Informative &amp; Practical Session- Warm up Exercises</b>	<b>Dr. R.M. Kadam</b> Director of Physical Education and Sports, B.B. Arts, N.B. Commerce & B.P. Science College, Digras
	<b>8:00 To 9:00 AM</b>	<b>Informative &amp; Practical Session- Suryanamaskar</b>	<b>Mr. Dhananjay Bhagat</b> Director, Ajinkya Fitness Park,Akola
<b>7<sup>th</sup> June 2021</b>	<b>7:00 To 8:00 AM</b>	<b>Informative &amp; Practical Session- Aerobics</b>	<b>Dr. Shweta Mendhe</b> Director of Physical Education and Sports, Smt. R.D.G. College for Women, Akola
	<b>8:00 To 9:00 AM</b>	<b>Informative &amp; Practical Session- Yoga</b>	<b>Dr. Babarao Sangle</b> Director of Physical Education and Sports, Bapumiya Sirajoddin Patel Arts, Commerce & Science College, Pimpalgaon Kale

<b>Date</b>	<b>Time</b>	<b>Event/Classes</b>	<b>Name of Expert</b>
8 <sup>th</sup> June 2021	7:00 To 8:00 AM	Informative & Practical Session- <b>Zumba</b>	<b>Ms. Kanchan Wagh</b> Aerobics & Zumba Instructor University Color Holder 24 Fitness Center, Akola
		Informative & Practical Session- <b>Pranayama &amp; Meditation</b>	<b>Dr. V.A. Khodaskar</b> Director of Physical Education and Sports, Nehru Mahavidyalaya, Nerparsopant, Yavatmal
9 <sup>th</sup> June 2021	7:00 To 8:00 AM	Informative & Practical Session - <b>Postural Deformities Part I</b>	<b>Dr. Pravin Dabre</b> Director of Physical Education and Sports, Shripad Krushna Kolhatkar Mah., Jaglaon Jamod
	8:00 To 9:00 AM	Informative & Practical Session- <b>Use of Resistance Tube exercises for strength training</b>	<b>Dr. Shirish Topare</b> Director of Physical Education and Sports, Bharatiya Mah., Morshi Amravati
10 <sup>th</sup> June 2021	7:00 To 8:00 AM	Informative & Practical Session- <b>Abdominal Exercises, Squats, Planks and Lunges</b>	<b>Mr. Anuj Kela</b> Fitness Trainer & Nutritionist P.G. Student of M.P.Ed., PGTD Dept. SGBAU, Amravati
	8:00 To 9:00 AM	Informative Session- <b>Healthy Habits &amp; Diet Plan</b>	<b>Dr. Nilima Tingre</b> , Dietitian, Ajinkya Fitness Park Akola
11 <sup>th</sup> June 2021	7:00 To 8:00 AM	Informative & Practical Session- <b>Sticks Exercises, Wall Exercises</b>	<b>Mr. Abhijit Sayre</b> Gold Medal in Ashtedo Akhada International Tournament Expert in Stick Practice, Akola
	8:00 To 9:00 AM	Informative & Practical Session- <b>Jogging, Walking and Running</b>	<b>Dr. Atul Patil</b> Director of Physical Education and Sports, R.D.I. K. College, Badnera, Amravati
12 <sup>th</sup> June 2021	7:00 To 8:00 AM	Informative & Practical Session- <b>Physical Fitness through Traditional Sports</b>	<b>Dr. Rakesh Badgujar</b> Exe. Member of Sports Authority of India, Director, Badgujar Sports Academy, Amravati
	8:00 To 9:00 AM	Informative Session- <b>Importance of Physical Activities in Covid 19 Pandemic</b>	<b>Dr. Sagar Narkhede</b> Director of Physical Education and Sports, Saraswati Kala Mah., Dahihanda, Akola
13 <sup>th</sup> June 2021	7:00 To 8:00 AM	Informative & Practical Session- <b>Pushups/Dips, Specific Exercises, Skipping Rope</b>	<b>Mr. Abhishek Kumar</b> Fitness Trainer & Coach Short NIS in Boxing New Delhi
	8:00 To 9:00 AM	Informative Session- <b>Jobs Opportunities in the field Of Physical Fitness</b>	<b>Dr. K.R Lathi</b> Physical Education Teacher Shri R.L.T. College of Sci., Akola
14 <sup>th</sup> June 2021	7:00 To 8:00 AM	Practical Session- <b>Specific Exercises for Increase of Height an Effective on burning Body Fats</b>	<b>Mr. Akshay Tiwari</b> Fitness Trainer & Nutritionist Enfield Fitness Center, Akola
	8:00 To 9:00 AM	Informative & Practical Session - <b>Postural Deformities Part II</b>	<b>Dr. Pravin Dabre</b> Director of Physical Education and Sports, Shripad Krushna Kolhatkar Mah., Jaglaon Jamod
<b>All participants are informed to prepare one-hour practical session based on daily task in evening time and post photograph on Telegram group. (Please Join Telegram Group at the time of Registration)</b>			
15 <sup>th</sup> June 2021	7:00 To 5:00 PM	<b>Quiz &amp; Feedback</b>	Online
20 <sup>th</sup> June 2021	7:00 To 5:00 PM	<b>Certificate Distribution</b>	Online



## Certificate Course in Physical Fitness

### Syllabus

#### Practical and Informative Session

<b>Sr. No.</b>	<b>Event</b>	<b>Morning Session</b>	<b>Evening Session</b>	<b>Total Hours</b>
1	Concept of Physical Fitness	00:30 Min.	00:00 Min.	00:30 Min.
2	Stretching Exercises	00:30 Min.	00:30 Min.	1:00 Hour
3	Warm up Exercises	1 :00 Hour	1:00 Hour	3:00 Hours
4	Suryanamaskar	1:00 Hour		
5	Aerobics	1 :00 Hour	1:00 Hour	3:00 Hours
6	Yoga	1 :00 Hour		
7	Zumba	1 :00 Hour	1:00 Hour	3:00 Hours
8	Pranayama & Mediation	1 :00 Hour		
9	Postural Deformities Part I	1 :00 Hour	1:00 Hour	3:00 Hours
10	Use of Resistance Tube exercises for strength training	1 :00 Hour		
11	Abdominal Exercises, Squats, Planks and Lunges	1 :00 Hour	1:00 Hour	3:00 Hours
12	Healthy Habits & Diet Plan	1 :00 Hour		
13	Sticks Exercises, Wall Exercises	1 :00 Hour	1:00 Hour	3:00 Hours
14	Jogging, Walking and Running	1 :00 Hour		
15	Physical Fitness through Traditional Sports	1 :00 Hour	1:00 Hour	3:00 Hours
16	Importance of Physical Activities in Covid 19 Pandemic	1 :00 Hour		
17	Pushups/Dips, Specific Exercises, Skipping Rope	1 :00 Hour	1:00 Hour	3:00 Hours
18	Jobs Opportunities in the field Of Physical Fitness	1 :00 Hour		
19	Specific Exercises helps to Increase Height an Effective on burning Body Fats	1 :00 Hour	1:00 Hour	3:00 Hours
20	Postural Deformities Part II	1 :00 Hour		
21	Quiz/ Examination	7:00 AM To 5 :00 PM		10:00 Hours
<b>Total Hours</b>				<b>38.50Hours</b>

#### Time Table

This course related time table was shown in above brochure.

## List of Registered Participants with Roll Number

<b>Roll Number</b>	<b>Full Name</b>	<b>State</b>	<b>Country</b>
CPF- 001	Dr .N Rama Chandra Rao	Andhra Pradesh	India
CPF- 002	SwapnaniSarmah	Arunachal Pradesh	India
CPF- 003	Ananya Gogoi	Assam	India
CPF- 004	KumitaRajbongshi	Assam	India
CPF- 005	Hirok Jyoti Baruah	Assam	India
CPF- 006	Abhishek Balo	Assam	India
CPF- 007	Sanjib Haloi	Assam	India
CPF- 008	SumitDeori	Assam	India
CPF- 009	Gias Uddin Ahmed	Assam	India
CPF- 010	Dimbonath Payeng	Assam	India
CPF- 011	Prince Hussain	Assam	India
CPF- 012	Bidur Singha	Assam	India
CPF- 013	Arabindaphukan	Assam	India
CPF- 014	Ritupon Boruah	Assam	India
CPF- 015	Nirmal Paul	Assam	India
CPF- 016	Priyanka Saikia	Assam	India
CPF- 017	Rituraj Borgohain	Assam	India
CPF- 018	Rahul Saikia	Assam	India
CPF- 019	Avilash Dutta	Assam	India
CPF- 020	DibyajyotiSonowal	Assam	India
CPF- 021	Abhilash Dutta	Assam	India
CPF- 022	Kuldeep Singh	Assam	India
CPF- 023	Rahul Kumar	Bihar	India
CPF- 024	Vikky Kumar	Bihar	India
CPF- 025	Deepak Kumar	Bihar	India
CPF- 026	Amit kumar	Bihar	India
CPF- 027	Gaurav Singh	Bihar	India
CPF- 028	Anil Rana	Chandigarh	India
CPF- 029	Somesh Kumar Sahu	Chhattisgarh	India
CPF- 030	Animesh Yadav	Chhattisgarh	India
CPF- 031	Pushpraj Singh Rajput	Chhattisgarh	India
CPF- 032	K.M Tha-Ha OwasifAurnob	Chittagong	Bangladesh
CPF- 033	Fateh Khan	Delhi	India
CPF- 034	Jai Prakash Hindegul	Delhi	India
CPF- 035	Deepti	Delhi	India
CPF- 036	Mukul Anand	Delhi	India
CPF- 037	Priyanka Gupta	Delhi	India
CPF- 038	Sandeep Kumar	Delhi	India
CPF- 039	Jyoti Tiwari	Delhi	India
CPF- 040	Mohit	Delhi	India



<b>Roll Number</b>	<b>Full Name</b>	<b>State</b>	<b>Country</b>
CPF- 041	Rohit Sehrawat	Delhi	India
CPF- 042	Rajesh	Delhi	India
CPF- 043	Ishantsharma	Delhi	India
CPF- 044	BABLOO	Delhi	India
CPF- 045	Sonia Panwar	Delhi	India
CPF- 047	Maneesh Kumar Gihar	Delhi	India
CPF- 048	Govinda	Delhi	India
CPF- 049	Vishal Kumar Singh	Delhi	India
CPF- 050	Mandeep Prajapati	Delhi	India
CPF- 051	Upender	Delhi	India
CPF- 052	Ritesh Ahlawat	Delhi	India
CPF- 053	Kshitij Raghav	Delhi	India
CPF- 054	Pushkar Kapoor	Delhi	India
CPF- 055	Sourav Kumar	Delhi	India
CPF- 056	Nikhil	Delhi	India
CPF- 057	Aviral Prakash	Delhi	India
CPF- 058	Lalit Kumar	Delhi	India
CPF- 059	Daksh Ahlawat	Delhi	India
CPF- 060	Tariq Jamil	B.K. Pakhtunkhwa	Pakistan
CPF- 061	Mr. Avidh A. Morajkar	Goa	India
CPF- 062	Shreya Shreedhar Naik	Goa	India
CPF- 063	Vipulkumar Patel	Gujarat	India
CPF- 064	Darshini Chandrakant Rami	Gujarat	India
CPF- 065	Dr Ravirajsinh P. Chauhan	Gujarat	India
CPF- 066	Hiral Siddhartha Barot	Gujarat	India
CPF- 067	Muralidhar Kadu Patil	Gujarat	India
CPF- 068	Ishwar S. Pawar	Gujarat	India
CPF- 069	Nilesh Patel	Gujarat	India
CPF- 070	Dr. Girish. J. Thakkar	Gujarat	India
CPF- 071	Dave Bhargav H	Gujarat	India
CPF- 072	Vaghela R. Ghanshyambhsi	Gujarat	India
CPF- 073	Saroj Panchal	Gujarat	India
CPF- 074	Jyoti Makwana	Gujarat	India
CPF- 075	Rupesh Makwana	Gujarat	India
CPF- 076	Pratik R Bhatt	Gujarat	India
CPF- 077	Sureshkumar Bachusinh Rathod	Gujarat	India
CPF- 078	Nita Vitthalbhai Vaghasiya	Gujarat	India
CPF- 079	Salma Vhora	Gujarat	India
CPF- 080	Parul Chauhan	Gujarat	India
CPF- 081	Patel Kelvin Nathalal	Gujarat	India
CPF- 082	Kirit Jethalal Roy	Gujarat	India
CPF- 083	Akash	Haryana	India
CPF- 084	Deepika	Haryana	India
CPF- 085	Aditya heera	Haryana	India
CPF- 086	Bharat kamal	Haryana	India
CPF- 087	Jagdish Kaushik	Haryana	India

<b>Roll Number</b>	<b>Full Name</b>	<b>State</b>	<b>Country</b>
CPF- 088	Neeju	Himachal Pradesh	India
CPF- 089	Neelam Thakur	Himachal Pradesh	India
CPF- 090	Rajni sharma	Himachal Pradesh	India
CPF- 091	Manoj Sharma	Himachal Pradesh	India
CPF- 092	Archna Kumari	Himachal Pradesh	India
CPF- 093	Sonia	Himachal Pradesh	India
CPF- 094	PreetiThakur	Himachal Pradesh	India
CPF- 095	Umesh Sharma	Himachal Pradesh	India
CPF- 096	Ritik	Himachal Pradesh	India
CPF- 097	Akhil Vashisht	Himachal Pradesh	India
CPF- 098	Chandan Kumar	Himachal Pradesh	India
CPF- 099	Prateek Rana	Himachal Pradesh	India
CPF- 100	Harish Kumar	Himachal Pradesh	India
CPF- 101	Suraj	Himachal Pradesh	India
CPF- 102	Reena Thakur	Himachal Pradesh	India
CPF- 103	Jyoti Chauhan	Himachal Pradesh	India
CPF- 104	Ranjan Kumar	Himachal Pradesh	India
CPF- 105	Surjeet Singh Thakur	Himachal Pradesh	India
CPF- 106	Andrej Thakur	Himachal Pradesh	India
CPF- 107	Sahil	Himachal Pradesh	India
CPF- 108	Diksha Sapedia	Himachal Pradesh	India
CPF- 109	Shavnam Kumari	Himachal Pradesh	India
CPF- 110	Chetan	Himachal Pradesh	India
CPF- 111	Anil Kumar	Himachal Pradesh	India
CPF- 112	Om Prakash	Himachal Pradesh	India
CPF- 113	Nitin kumar	Himachal Pradesh	India
CPF- 114	Avtar singh	Himachal Pradesh	India
CPF- 115	Manish Verma	Himachal Pradesh	India
CPF- 116	Khurshid Ahmad Hurrah	Jammu & Kashmir	India
CPF- 117	Anuj Sharma	Jammu & Kashmir	India
CPF- 118	Mr MudeserMuzafer	Jammu & Kashmir	India
CPF- 119	Aarif Majeed	Jammu & Kashmir	India
CPF- 120	Ankita Thakur	Jammu & Kashmir	India
CPF- 121	Amandeep Singh Parihar	Jammu & Kashmir	India
CPF- 122	Tishad Kiran Rathore	Jammu & Kashmir	India
CPF- 123	Sumit Kumar Singh	Jharkhand	India
CPF- 124	Veena Kumari	Jharkhand	India
CPF- 125	Subhlata Kumari	Jharkhand	India
CPF- 126	Meera Rani	Jharkhand	India
CPF- 127	Binita Godsora	Jharkhand	India
CPF- 128	Raj Aditya	Jharkhand	India
CPF- 129	Mamtakumari	Jharkhand	India
CPF- 130	Dr.Shivanna R.	Karnataka	India
CPF- 131	Dr. Ashwin.R	Karnataka	India
CPF- 132	Dr Mahendra Narendra Sawant	Kerala	India
CPF- 133	Javio Jose	Kerala	India
CPF- 134	TashiNamgail	Ladakh	India

<b>Roll Number</b>	<b>Full Name</b>	<b>State</b>	<b>Country</b>
CPF- 135	TseringYoudon	Ladakh	India
CPF- 136	Syed Mustafa	Ladakh	India
CPF- 137	Akbar Ali	Ladakh	India
CPF- 138	Manoj Nagle	Madhya Pradesh	India
CPF- 139	Gunja soni	Madhya Pradesh	India
CPF- 140	Payal Das	Madhya Pradesh	India
CPF- 141	ChandrabhanDhurwey	Madhya Pradesh	India
CPF- 142	Manish Bendre	Madhya Pradesh	India
CPF- 143	Rita agaraiya	Madhya Pradesh	India
CPF- 144	Upendra Singh Bhadoria	Madhya Pradesh	India
CPF- 145	Nidhi Nanhet	Madhya Pradesh	India
CPF- 146	DevangiTomar	Madhya Pradesh	India
CPF- 147	Vivek Kumar Pathak	Madhya Pradesh	India
CPF- 148	PayalSangani	Madhya Pradesh	India
CPF- 149	GhasilalJogchand	Madhya Pradesh	India
CPF- 150	Ravindra Parihar	Madhya Pradesh	India
CPF- 151	Ghanendra Singh	Madhya Pradesh	India
CPF- 152	MekhilaSarvaiya	Madhya Pradesh	India
CPF- 153	Narendra Garg	Madhya Pradesh	India
CPF- 154	Praveen Nanhet	Madhya Pradesh	India
CPF- 155	Aakancha Bhardwaj	Madhya Pradesh	India
CPF- 156	Praveen Kumar Sarwar	Madhya Pradesh	India
CPF- 157	Premveer Singh Yadav	Madhya Pradesh	India
CPF- 158	Hanuman Shivaji Bhone	Maharashtra	India
CPF- 159	Manisha Suresh Khade	Maharashtra	India
CPF- 160	Prashant Vishwanath Swamy	Maharashtra	India
CPF- 161	Dr. Sangita A. Deshmukh	Maharashtra	India
CPF- 162	Vaibhav VamanUghade Patil	Maharashtra	India
CPF- 163	Abhay SharadraoChandekar	Maharashtra	India
CPF- 164	Prof.VikramSayajiYamagekar	Maharashtra	India
CPF- 165	Mr. Yogesh Bhagawan Thakur	Maharashtra	India
CPF- 166	Ansari Mohd.Ubaid	Maharashtra	India
CPF- 167	Sandhya Prajapati	Maharashtra	India
CPF- 168	Anurag Gurung	Maharashtra	India
CPF- 169	Dr. R. L. Rahatgaonkar	Maharashtra	India
CPF- 170	Sagar P. Narkhede	Maharashtra	India
CPF- 171	Arya Rajesh Chandrawanshi	Maharashtra	India
CPF- 172	Lt. Shweta Mendhe	Maharashtra	India
CPF- 173	Yashwant Gajanan Mahajan	Maharashtra	India
CPF- 174	Ganesh VitthalraoGayke	Maharashtra	India
CPF- 175	Munde N. Rantanrao	Maharashtra	India
CPF- 176	Parde Priyanka Ashok	Maharashtra	India
CPF- 177	Dr.P.V.Pingle	Maharashtra	India
CPF- 178	Radhika Anil Hastak	Maharashtra	India
CPF- 179	Mr. Rahul Shivaji Lahane	Maharashtra	India
CPF- 180	Khan QamaruzzamanYunus	Maharashtra	India
CPF- 181	Dr Sharad Balasaheb Magar	Maharashtra	India

<b>Roll Number</b>	<b>Full Name</b>	<b>State</b>	<b>Country</b>
CPF- 182	Vaishalee P. Lohakare	Maharashtra	India
CPF- 183	Aratigajananmadankar	Maharashtra	India
CPF- 184	Rohitkumar J. Rangwani	Maharashtra	India
CPF- 185	Isha Ganesh Deshmukh	Maharashtra	India
CPF- 186	Miss. Madhu Namdev Mundhe	Maharashtra	India
CPF- 187	Vivek Shailesh Bhatia	Maharashtra	India
CPF- 188	Dr.Rupali Abhijit Ingole	Maharashtra	India
CPF- 189	Dhiraj Shahaji Sardar	Maharashtra	India
CPF- 190	Medha Mukund Kurhekar	Maharashtra	India
CPF- 191	Rutuja Sudhakar Badhe	Maharashtra	India
CPF- 192	Dr. Shilpa Serigar	Maharashtra	India
CPF- 193	Subhash Gopal Sutar	Maharashtra	India
CPF- 194	Vaibhav Shekhar Halake	Maharashtra	India
CPF- 195	Lahase Vishnu Shaligram	Maharashtra	India
CPF- 196	Saurabh Prakash Wankhade	Maharashtra	India
CPF- 197	Nilesh Sanjay Wagh	Maharashtra	India
CPF- 198	Aniket Shivaji Shinde	Maharashtra	India
CPF- 199	Avadhut Tukaram Zanjage	Maharashtra	India
CPF- 200	Pravin Vijay Hatagale	Maharashtra	India
CPF- 201	Gokul Rangnath Kale	Maharashtra	India
CPF- 202	Shritej Rajesh Gawande	Maharashtra	India
CPF- 203	Hemant Verma	Maharashtra	India
CPF- 204	Poonam B. Navgire	Maharashtra	India
CPF- 205	Aniket Gajanan Kaware	Maharashtra	India
CPF- 206	Amol Ashok Palekar	Maharashtra	India
CPF- 207	Preet Nilayranjan Singh	Maharashtra	India
CPF- 208	Ku. Nandini Shyam Kute	Maharashtra	India
CPF- 209	Rishabh Sawant	Maharashtra	India
CPF- 210	Chandrakant VishwasraoTaral	Maharashtra	India
CPF- 211	Dr. Sunil Bhotmange	Maharashtra	India
CPF- 212	Saurabh K Chatule	Maharashtra	India
CPF- 213	Shaukat Baba Shaikh	Maharashtra	India
CPF- 214	Komal vinodBobade	Maharashtra	India
CPF- 215	Lavu Ankush Mulik	Maharashtra	India
CPF- 216	Satish Tatyrao Muley	Maharashtra	India
CPF- 217	Vedanti Rahul Ujjankar	Maharashtra	India
CPF- 218	Divya Vinod Patil	Maharashtra	India
CPF- 219	Jaydeep bhagwanraophad	Maharashtra	India
CPF- 220	TanmaiKhandare	Maharashtra	India
CPF- 221	Yash Nandkishor Pande	Maharashtra	India
CPF- 222	Vaishali Krushnakant Joshi	Maharashtra	India
CPF- 223	Neha Sanjay Dhore	Maharashtra	India
CPF- 224	Dipak Gajanan Mahajan	Maharashtra	India
CPF- 225	Mane Satish Ramchandra	Maharashtra	India

<b>Roll Number</b>	<b>Full Name</b>	<b>State</b>	<b>Country</b>
CPF- 226	Dr. Sarang S. Khadse	Maharashtra	India
CPF- 227	Devyani Gawande	Maharashtra	India
CPF- 228	Komal Ramesh Dhole	Maharashtra	India
CPF- 229	Nikita Ganesh Ambuskar	Maharashtra	India
CPF- 230	DhanshreeDilipkumarDeshkar	Maharashtra	India
CPF- 231	Devendra Ramkrishna Gawande	Maharashtra	India
CPF- 232	DR. SandeepBalkrushna Satao	Maharashtra	India
CPF- 233	Kalyani P. Sangunwedhe	Maharashtra	India
CPF- 234	Ku SupriyaDilipraoSolanke	Maharashtra	India
CPF- 235	Vaibhav GajananraoGorale	Maharashtra	India
CPF- 236	Yash Waghmare	Maharashtra	India
CPF- 237	Savita Mangal Nemade	Maharashtra	India
CPF- 238	Adwait Mahesh Jakate	Maharashtra	India
CPF- 239	Aparna Harshvardhan Bhise	Maharashtra	India
CPF- 240	Mrs, Sneha ShyamGachake	Maharashtra	India
CPF- 241	Vaishali Tukaram Parde	Maharashtra	India
CPF- 242	Dr. Sunil k. Bathe	Maharashtra	India
CPF- 243	Vaishnavi BalasahebBhakare	Maharashtra	India
CPF- 244	Sunil Dambhare	Maharashtra	India
CPF- 245	Krishna J. Shukla	Maharashtra	India
CPF- 246	Miss. Shivali M. Shende	Maharashtra	India
CPF- 247	Shaikh Farhan Shaikh	Maharashtra	India
CPF- 248	Dr. Chandrashekhar B. Kadu	Maharashtra	India
CPF- 249	Shubham Gautam Gopnarayan	Maharashtra	India
CPF- 250	Hanuman Sanjay Salve	Maharashtra	India
CPF- 251	Karan Bundele	Maharashtra	India
CPF- 252	Dr. Rajesh Wakode	Maharashtra	India
CPF- 253	Harsha Wadhone	Maharashtra	India
CPF- 254	Maalika P. Dhoran	Maharashtra	India
CPF- 255	Rachana SuhasRandive	Maharashtra	India
CPF- 256	Dr. Jaikumar G Kshirsagar	Maharashtra	India
CPF- 257	Neha Moskani	Maharashtra	India
CPF- 258	Mohammad Usman	Maharashtra	India
CPF- 259	Dr. Anil M. Tirkar	Maharashtra	India
CPF- 260	Kalpana Das	Maharashtra	India
CPF- 261	Dr AnushreeMahurkar	Maharashtra	India
CPF- 262	Dr. Vijay Laxman Mhaske	Maharashtra	India
CPF- 263	Varsha ChhabanKoyachale	Maharashtra	India
CPF- 264	Sufiyan Mirza	Maharashtra	India
CPF- 265	Gaurav Raju Mahalle	Maharashtra	India
CPF- 266	Nisha Mahadev Kamble	Maharashtra	India
CPF- 267	Bhagyshri Ramesh Nimje	Maharashtra	India
CPF- 268	Atul Wagh	Maharashtra	India
CPF- 269	Ms. PranitaPurushottam Rathod	Maharashtra	India
CPF- 270	Kunal Thokal	Maharashtra	India
CPF- 271	Sanjeev R. Chordia	Maharashtra	India

<b>Roll Number</b>	<b>Full Name</b>	<b>State</b>	<b>Country</b>
CPF- 272	Dhananjay Mahesh Bulbule	Maharashtra	India
CPF- 273	Chetana Dinesh Sharma	Maharashtra	India
CPF- 274	Sachin Jagannath Akotkar	Maharashtra	India
CPF- 275	Priyanka Saraf	Maharashtra	India
CPF- 276	Rashi Vyas	Maharashtra	India
CPF- 277	Shahu Shivaji Patil	Maharashtra	India
CPF- 278	Dr. Swati Dipak Damodare	Maharashtra	India
CPF- 279	Dr. Bhagwat Ramchandra Wase	Maharashtra	India
CPF- 280	Dr. SwapnilAvinash Gawande	Maharashtra	India
CPF- 281	Prakash DeoramShirsat	Maharashtra	India
CPF- 282	Rupali Nawale	Maharashtra	India
CPF- 283	Dnyanesh R. Tale	Maharashtra	India
CPF- 284	Devanshi Bute	Maharashtra	India
CPF- 285	Bhagyshri Ramesh Nimje	Maharashtra	India
CPF- 286	Dr. VikramsinhP.Nangare	Maharashtra	India
CPF- 287	Miss SonaliShridharraoHarne	Maharashtra	India
CPF- 288	Sakshi Waghmare	Maharashtra	India
CPF- 289	Mrs. Kranti Sandesh Kshirsagar	Maharashtra	India
CPF- 290	Prof Dr Ravindra P. Jagtap	Maharashtra	India
CPF- 291	Mangal Pandu Dalvi	Maharashtra	India
CPF- 292	Dr PralhadVitthalarao Raut	Maharashtra	India
CPF- 293	Mrs.SonaliS. Waghmare	Maharashtra	India
CPF- 294	Shubham NamdevKalantre	Maharashtra	India
CPF- 295	Zainab Shakil Khan	Maharashtra	India
CPF- 296	Anil Ram Bharati	Maharashtra	India
CPF- 297	Vaishnavi Narendra Gaikwad	Maharashtra	India
CPF- 298	Dr. Prashant G. Gawande	Maharashtra	India
CPF- 299	Dheeraj Arjun Singh Thakur	Maharashtra	India
CPF- 300	Prachi BhanudasDhale	Maharashtra	India
CPF- 301	Manoj Vyawahare	Maharashtra	India
CPF- 302	Dr. Rakesh Baburao Malekar	Maharashtra	India
CPF- 303	Sakshi Rajesh Wakode	Maharashtra	India
CPF- 304	Rahul Wakode	Maharashtra	India
CPF- 305	SaiyadAsifoddinShamshoddin	Maharashtra	India
CPF- 306	Prajwal Bhamburkar	Maharashtra	India
CPF- 307	Dipti Gajanan Chinchole	Maharashtra	India
CPF- 308	Vijay Ram Dhongade	Maharashtra	India
CPF- 309	Chandrakant Dashrath Idhole	Maharashtra	India
CPF- 310	Akshay Shriram Kulthe	Maharashtra	India
CPF- 311	Darshana MugutraoBhonde	Maharashtra	India
CPF- 312	Rohit GhanshyamdasChandak	Maharashtra	India
CPF- 313	Sujal Rajesh Amrutkar	Maharashtra	India
CPF- 314	Suraj Shriram Kulthe	Maharashtra	India
CPF- 315	Sujal Rajesh Amrutkar	Maharashtra	India
CPF- 316	Aarti Prakash Tiwari	Maharashtra	India
CPF- 317	Ashwini Kene	Maharashtra	India
CPF- 318	Radhika Vijay Warkari	Maharashtra	India

<b>Roll Number</b>	<b>Full Name</b>	<b>State</b>	<b>Country</b>
CPF- 319	VishvajeetVhanmore	Maharashtra	India
CPF- 320	Shri. Kishor BaburaoNavkar	Maharashtra	India
CPF- 321	Shrushti Nilesh Dahrenkar	Maharashtra	India
CPF- 322	Vishal Walthare	Maharashtra	India
CPF- 323	Shubham VaijinathSonawane	Maharashtra	India
CPF- 324	Pradnya Jagdish Malpure	Maharashtra	India
CPF- 325	Anubhav MurlidharBhatkar	Maharashtra	India
CPF- 326	Renuka Rahul Waghmare	Maharashtra	India
CPF- 327	ShubhangiDamle	Maharashtra	India
CPF- 328	Dr. Bhushan Tukaram Funde	Maharashtra	India
CPF- 329	Shrikant Gawande	Maharashtra	India
CPF- 330	Sakshi GangaramDhande	Maharashtra	India
CPF- 331	Samrudhi Shrikant Mahajan	Maharashtra	India
CPF- 332	Laxmi Thakur	Maharashtra	India
CPF- 333	Dipali Shridhar Harne	Maharashtra	India
CPF- 334	Aniruddha Jayant Palaskar	Maharashtra	India
CPF- 335	Jitendra Rajaram Patil	Maharashtra	India
CPF- 336	MuskanJasmatiya	Maharashtra	India
CPF- 337	Pavan Ashok Gedekar	Maharashtra	India
CPF- 338	Gayatri S Jangid	Maharashtra	India
CPF- 339	Sahitya Ghanshyam Baman	Maharashtra	India
CPF- 340	Akil Shaikh	Maharashtra	India
CPF- 341	Krishna Pathak	Maharashtra	India
CPF- 342	Ruchitra Prakash Jasmatiya	Maharashtra	India
CPF- 343	Dnyaneshwari Dhananjay Zape	Maharashtra	India
CPF- 344	Dinesh BhagwanjiChhapane	Maharashtra	India
CPF- 345	Reva Rajendra Karnik	Maharashtra	India
CPF- 346	Padma Ratan Jadhav	Maharashtra	India
CPF- 347	Harde Sandip Machindra	Maharashtra	India
CPF- 348	Chetas Mishra	Maharashtra	India
CPF- 349	Savya Harish Kale	Maharashtra	India
CPF- 350	Gayatri ShahadevTayade	Maharashtra	India
CPF- 351	Srushti Gajanan Murhe	Maharashtra	India
CPF- 352	Suresh Bankar	Maharashtra	India
CPF- 353	Yogesh Somdatta Pal	Maharashtra	India
CPF- 354	Dr. Zafar Abbas	Maharashtra	India
CPF- 355	Rajendra Shinde	Maharashtra	India
CPF- 356	Javed Hayat	Maharashtra	India
CPF- 357	Devyani Ladhe	Maharashtra	India
CPF- 358	Krutika Rajkumar Shirsat	Maharashtra	India
CPF- 359	Monika BhagwanWadhawe	Maharashtra	India
CPF- 360	ManyaRizvankhaHabibkha	Maharashtra	India
CPF- 361	Shruti Nana Raybole	Maharashtra	India
CPF- 362	Manisha Shitalaprasad Pandey	Maharashtra	India
CPF- 363	Kanchan Ghogare	Maharashtra	India
CPF- 364	Vaishnavi Baburao Deshmukh	Maharashtra	India



<b>Roll Number</b>	<b>Full Name</b>	<b>State</b>	<b>Country</b>
CPF- 365	Rutuja Vijay Pedhekar	Maharashtra	India
CPF- 366	MahendraVasantraoBharaskar	Maharashtra	India
CPF- 367	Uday Shripati Babar	Maharashtra	India
CPF- 368	Sanjay A. Desale	Maharashtra	India
CPF- 369	Achyut Vishnu Lahane	Maharashtra	India
CPF- 370	Shubham Vilas Hatakar	Maharashtra	India
CPF- 371	Anjali	Maharashtra	India
CPF- 372	Seema Patil	Maharashtra	India
CPF- 373	Nandini Jadhao	Maharashtra	India
CPF- 374	Mahima Dhagekar	Maharashtra	India
CPF- 375	SnehalYogirajKhantade	Maharashtra	India
CPF- 376	Ramchandra Wani	Maharashtra	India
CPF- 377	Suhani KamalputraShirsat	Maharashtra	India
CPF- 378	Gurule Jagdish Sopan	Maharashtra	India
CPF- 379	Abdul Sajid Abdul Salam	Maharashtra	India
CPF- 380	Gayatri Prasad Khare	Maharashtra	India
CPF- 381	Sanjay VitthalraoKolhe	Maharashtra	India
CPF- 382	Lal Khan Sher Khan	Maharashtra	India
CPF- 383	BhagwatsinghBisen	Maharashtra	India
CPF- 384	Syed Shahebaz Syed Mubin	Maharashtra	India
CPF- 385	Radha Ishwar Yedlawar	Maharashtra	India
CPF- 386	Vaishnavi Prakash Gawande	Maharashtra	India
CPF- 387	Rutuja Mukund Bidwai	Maharashtra	India
CPF- 388	Kartika KailasraoNahate	Maharashtra	India
CPF- 389	Shruti Sandeep Rambhapure	Maharashtra	India
CPF- 390	Tushar Prakash Bobade	Maharashtra	India
CPF- 391	Bhumika Jivtode	Maharashtra	India
CPF- 392	Priya Devendra Athawale	Maharashtra	India
CPF- 393	Saurabh vitthalraoSuryawanshi	Maharashtra	India
CPF- 394	BalashebMahadeoeraoTayade	Maharashtra	India
CPF- 395	Kaustubh Shayam Vaidya	Maharashtra	India
CPF- 396	Miss PriteeDevidasThakare	Maharashtra	India
CPF- 397	Rani Ravindra Ghawghawe	Maharashtra	India
CPF- 398	Pranay VijayraoParasgaye	Maharashtra	India
CPF- 399	Prof.Sameer Vishnu Ghodeswar	Maharashtra	India
CPF- 400	NishikantmarotiSadaphule	Maharashtra	India
CPF- 401	Gatchirle Balaji Nagnath	Maharashtra	India
CPF- 402	Khapare Nilesh Kacharu	Maharashtra	India
CPF- 403	ShaheenBano Mohammad Ali	Maharashtra	India
CPF- 404	Rahul Suresh Hajare	Maharashtra	India
CPF- 405	Sanjay Ram Borse	Maharashtra	India
CPF- 406	Prof. Dr. Sanjay D. Chaudhari	Maharashtra	India
CPF- 407	Aryan Rajesh Banole	Maharashtra	India
CPF- 408	Onkar Vilas Jadhao	Maharashtra	India
CPF- 409	Shraddha Krishna Dhopte	Maharashtra	India
CPF- 410	Rohit Ravindra Thokal	Maharashtra	India
CPF- 411	Rahul Dilip Pandit	Maharashtra	India

<b>Roll Number</b>	<b>Full Name</b>	<b>State</b>	<b>Country</b>
CPF- 412	Dr. KashinathAmbadasMaske	Maharashtra	India
CPF- 413	Khushal Deshmukh	Maharashtra	India
CPF- 414	Puja sheshraoRangari	Maharashtra	India
CPF- 415	Sandip Selukar	Maharashtra	India
CPF- 416	Sudarshan Narayan Ingole	Maharashtra	India
CPF- 417	Manav Sanjay Sonone	Maharashtra	India
CPF- 418	Ku. Sneha Rajkumar Patonde	Maharashtra	India
CPF- 419	Ajay Kumar	Maharashtra	India
CPF- 420	Bhalchandra S. Pawar	Maharashtra	India
CPF- 421	Bharti MahendraBharaskar	Maharashtra	India
CPF- 422	Shailesh Bagde	Maharashtra	India
CPF- 423	Atul Ramdas Bute	Maharashtra	India
CPF- 424	Meghana Badjate	Maharashtra	India
CPF- 425	Tanvi Pavitrakar	Maharashtra	India
CPF- 426	Nagsen Dnyaneshwar Atkore	Maharashtra	India
CPF- 427	Vrushali Sanjay Khanderao	Maharashtra	India
CPF- 428	Ruchita Ganesh Vispute	Maharashtra	India
CPF- 429	SuyogArunraoTayade	Maharashtra	India
CPF- 430	Ratan DasharathKolpe	Maharashtra	India
CPF- 431	Sahil Sharad Bohra	Maharashtra	India
CPF- 432	Vilas BhojrajSuryatale	Maharashtra	India
CPF- 433	Archana Subhash Surwase	Maharashtra	India
CPF- 434	Jayant Sharad Jape	Maharashtra	India
CPF- 435	Charul Yadav	Maharashtra	India
CPF- 436	Bhaskar Narayan Patil	Maharashtra	India
CPF- 437	Pranjali Santosh Pawar	Maharashtra	India
CPF- 438	Ulhas Vijay Bramhe	Maharashtra	India
CPF- 439	PravinVijayMasram	Maharashtra	India
CPF- 440	Vaishnavi Gotmare	Maharashtra	India
CPF- 441	Aniket Tukaram Jadhav	Maharashtra	India
CPF- 442	Pankaj RameshraoShelotkar	Maharashtra	India
CPF- 443	Rajashri Ramchandra Chougale	Maharashtra	India
CPF- 444	MokshitManojkumar Shah	Maharashtra	India
CPF- 445	Aparna Bute	Maharashtra	India
CPF- 446	Sayali Sunil Jadhav	Maharashtra	India
CPF- 447	Vidya Shamsundar Kela	Maharashtra	India
CPF- 448	Nikita Lalbahadur Prasad	Maharashtra	India
CPF- 449	Vaishnavi Narendra Awachar	Maharashtra	India
CPF- 450	Nikhil Fakira More	Maharashtra	India
CPF- 451	Namrata Kishor Sakarkar	Maharashtra	India
CPF- 452	Shreya Shrikant Mugal	Maharashtra	India
CPF- 453	Sharvin Abhijit Raut	Maharashtra	India
CPF- 454	Tanusha Shrikant Mugal	Maharashtra	India
CPF- 455	Sunil Mahadeo Chahakar	Maharashtra	India
CPF- 456	Prashant Prakash Wahurwagh	Maharashtra	India
CPF- 457	DineshKumarUmarekar	Maharashtra	India

<b>Roll Number</b>	<b>Full Name</b>	<b>State</b>	<b>Country</b>
CPF- 458	Vaibhav Domkondwar	Maharashtra	India
CPF- 459	Sonsale Bunt	Maharashtra	India
CPF- 460	Dr Shyamasundar G. Kela	Maharashtra	India
CPF- 461	Rasika Sarkate	Maharashtra	India
CPF- 462	Prashant Daulat Lute	Maharashtra	India
CPF- 463	Tuba Urooj Mohammad Fazil	Maharashtra	India
CPF- 464	Mayur Sudhir Raut	Maharashtra	India
CPF- 465	Dr. Om Prakash Aneja	Maharashtra	India
CPF- 466	Abhishek Dudhe	Maharashtra	India
CPF- 467	Rajesh Nilkanth Choudhary	Maharashtra	India
CPF- 468	Darsh Rajesh Jalan	Maharashtra	India
CPF- 469	Tanvi Narendra Pavitrakar	Maharashtra	India
CPF- 470	Shaikh Jalal Shaikh Lal	Maharashtra	India
CPF- 471	Yogesh Sanjay Deore	Maharashtra	India
CPF- 472	Dr. Prakash TrimbakKamble	Maharashtra	India
CPF- 473	Ritesh Ganesh Jibhakte	Maharashtra	India
CPF- 474	Nikita Ramchandra Salunkhe	Maharashtra	India
CPF- 475	Santosh Shesherao Pole	Maharashtra	India
CPF- 476	Aakanksha Ranjit Bulkunde	Maharashtra	India
CPF- 477	Harish Ram Dhongade	Maharashtra	India
CPF- 478	Alok BhanudasKasture	Maharashtra	India
CPF- 479	Aryan Anil Dawande	Maharashtra	India
CPF- 480	Sohel kha Arif kha Pathan	Maharashtra	India
CPF- 481	Tanmayi Sanjay Waghmare	Maharashtra	India
CPF- 482	MaltiSunilrao Jadhav	Maharashtra	India
CPF- 483	Revti Kishor Raut	Maharashtra	India
CPF- 484	Bhaves Patil	Maharashtra	India
CPF- 485	TarunKanti Ghosh	Maharashtra	India
CPF- 486	Palak Mohta	Maharashtra	India
CPF- 487	Ghanshyam. Bodhe	Maharashtra	India
CPF- 488	Geeta v. Bhandirge	Maharashtra	India
CPF- 489	Ujali Rajesh Somani	Maharashtra	India
CPF- 490	Gouri Pravin Rathi	Maharashtra	India
CPF- 491	Dr. K. R. Lathi	Maharashtra	India
CPF- 492	Vaishali	Maharashtra	India
CPF- 493	Suyog T. Thakare	Maharashtra	India
CPF- 494	Kanchan Rohit Pingle	Maharashtra	India
CPF- 495	Sharda Mohan Dongre	Maharashtra	India
CPF- 496	Kailash KachnuTehare	Maharashtra	India
CPF- 497	Lalita Mohanrao Yadav	Maharashtra	India
CPF- 498	Dhananjay Laxman Bhagat	Maharashtra	India
CPF- 499	BhagyashreeShyamrao Yadav	Maharashtra	India
CPF- 500	Seema Upendra Nandapurkar	Maharashtra	India
CPF- 501	Subhash Pralhadrao Gawande	Maharashtra	India
CPF- 502	Dr. Kavita N. Watane	Maharashtra	India
CPF- 503	Anil marutiZopol	Maharashtra	India

<b>Roll Number</b>	<b>Full Name</b>	<b>State</b>	<b>Country</b>
CPF- 504	Tejas Keshav Bade	Maharashtra	India
CPF- 505	Dr.Rajesh D. Chandrawanshi	Maharashtra	India
CPF- 506	Gajanan sheshraoPaikat	Maharashtra	India
CPF- 507	Abdul Ansar Abdl Sattar	Maharashtra	India
CPF- 508	Yogesh Bhosle	Maharashtra	India
CPF- 509	Dr Raju Dayaramji Chawake	Maharashtra	India
CPF- 510	Pradeep Atmaram Waghmare	Maharashtra	India
CPF- 511	Anjali Rajesh Bhagat	Maharashtra	India
CPF- 512	Jayshree Raju Kanojiya	Maharashtra	India
CPF- 513	Shakir Shah Nasir Shah	Maharashtra	India
CPF- 514	Reshma pramodraogandhe	Maharashtra	India
CPF- 515	Ankush Namdeo Gore	Maharashtra	India
CPF- 516	Ankush Gajanan Ghanbahadur	Maharashtra	India
CPF- 517	Anuj S. Kela	Maharashtra	India
CPF- 518	Nandkishor Mahadev Dhumale	Maharashtra	India
CPF- 519	Pranali Sanjay Shirsat	Maharashtra	India
CPF- 520	Dr. Santosh ShahuraoGhorpade	Maharashtra	India
CPF- 521	Naheed Parveen	Maharashtra	India
CPF- 522	Manjusha J Deshmukh	Maharashtra	India
CPF- 523	Nandedkar I Dattatrya	Maharashtra	India
CPF- 524	Dnyaneshwar M. Kankale	Maharashtra	India
CPF- 525	Shubham Laxman Bhalerao	Maharashtra	India
CPF- 526	Nisha Mansing Patil	Maharashtra	India
CPF- 527	Swati Devidas Yadao	Maharashtra	India
CPF- 528	Patil Manthan Shankar	Maharashtra	India
CPF- 529	Ashwini Suresh Jagadale	Maharashtra	India
CPF- 530	Smriti Sanjay Umale	Maharashtra	India
CPF- 531	Sanchit Santosh Dod	Maharashtra	India
CPF- 532	RitikBhimraojiPunse	Maharashtra	India
CPF- 533	Dr. Sanjay S. Biranwar	Maharashtra	India
CPF- 534	Prasad PunjabraoBhoge	Maharashtra	India
CPF- 535	KirankumarRameshMagare	Maharashtra	India
CPF- 536	Dr. Bhalchandra R. More	Maharashtra	India
CPF- 537	Dr. NamdevPhatangare	Maharashtra	India
CPF- 538	Virat DattarajGhude	Maharashtra	India
CPF- 539	Umesh Narayan Patil	Maharashtra	India
CPF- 540	Sakshi Dattatray Pokarnekar	Maharashtra	India
CPF- 541	Vishal Ashok Ghanghav	Maharashtra	India
CPF- 542	Ajay Laxman Bhalerao	Maharashtra	India
CPF- 543	Asadullah Munshi	Maharashtra	India
CPF- 544	Dr. Hasinkha Shakil A. Tadvi	Maharashtra	India
CPF- 545	Jadhav Sudrshan Bhika	Maharashtra	India
CPF- 546	Rameshwar D. Rathod	Maharashtra	India
CPF- 547	Akhilesh Maheshwari	Maharashtra	India
CPF- 548	Bhupendra Ramdas Malpure	Maharashtra	India
CPF- 549	Mayur sureshNimbalkar	Maharashtra	India

<b>Roll Number</b>	<b>Full Name</b>	<b>State</b>	<b>Country</b>
CPF- 550	Vishal Ankush Gaikwad	Maharashtra	India
CPF- 551	Anand MahadeoraoNachane	Maharashtra	India
CPF- 552	Ravindra Rahulkar	Maharashtra	India
CPF- 553	Rajshree Pandhare	Maharashtra	India
CPF- 554	Rajeshwari Jambhe	Maharashtra	India
CPF- 555	Yuvraj Ashok Gaikwad	Maharashtra	India
CPF- 556	Sachin k Majethia	Maharashtra	India
CPF- 557	Kartikey Rajendra Pannase	Maharashtra	India
CPF- 558	Akash Sanjay Jadhav	Maharashtra	India
CPF- 559	Nitin Ramdas Bute	Maharashtra	India
CPF- 560	SarjeraoRambhau Wagh	Maharashtra	India
CPF- 561	Dr Dhamane Ishwar Gopal	Maharashtra	India
CPF- 562	Praveen Ravi Hurkat	Maharashtra	India
CPF- 563	Sushmitha A.	Maharashtra	India
CPF- 564	Aastha Jungade	Maharashtra	India
CPF- 565	Sunil AnandraoKharade	Maharashtra	India
CPF- 566	Vignesh Deshmukh	Maharashtra	India
CPF- 567	Sanjay Deshmukh	Maharashtra	India
CPF- 568	Satish Ingole	Maharashtra	India
CPF- 569	Chetana NandkishorMahore	Maharashtra	India
CPF- 570	Shivam VaijinathSonawane	Maharashtra	India
CPF- 571	Payal Bhaskar Gawawnde	Maharashtra	India
CPF- 572	Gaurav Jitendra Rajput	Maharashtra	India
CPF- 573	Aditya Nitin Bute	Maharashtra	India
CPF- 574	AvinashVitthalraoKharat	Maharashtra	India
CPF- 575	Usha Rajendra Salvikar	Maharashtra	India
CPF- 576	Mohit NandkumarWankhade	Maharashtra	India
CPF- 577	Dr. Ashok Kapta	Maharashtra	India
CPF- 578	Gaurav Prabhakar Bhole	Maharashtra	India
CPF- 579	Vanita Arun Kalpande	Maharashtra	India
CPF- 580	Amit Vijay Joshi	Maharashtra	India
CPF- 581	Sapna Pakhrani	Maharashtra	India
CPF- 582	Ankita Saroj	Maharashtra	India
CPF- 583	Parth Vinod Bobde	Maharashtra	India
CPF- 584	Dr. Manish Madhukar Deore	Maharashtra	India
CPF- 585	Santoshi Ramakrishna Saulkar	Maharashtra	India
CPF- 586	Pankaj Onkar Jangle	Maharashtra	India
CPF- 587	Sanjana Manoj Dhopte	Maharashtra	India
CPF- 588	Rekha Chandak	Maharashtra	India
CPF- 589	NandkishorBurde	Maharashtra	India
CPF- 590	Aditya Laddha	Maharashtra	India

<b>Roll Number</b>	<b>Full Name</b>	<b>State</b>	<b>Country</b>
CPF- 591	Dr. Ravibhushan M. Kadam	Maharashtra	India
CPF- 592	Ajit Singh	Maharashtra	India
CPF- 593	Sakshi Sanjay Sable	Maharashtra	India
CPF- 594	Akanksha Harish Kakarwal	Maharashtra	India
CPF- 595	Niraj Daf	Maharashtra	India
CPF- 596	Dr. Sanjay R Agashe	Maharashtra	India
CPF- 597	Rohit Sudhir Pingle	Maharashtra	India
CPF- 598	Tanvi Narendra Pavitrakar	Maharashtra	India
CPF- 599	Ameya Rohit Pingle	Maharashtra	India
CPF- 600	Vikas Khelukar	Maharashtra	India
CPF- 601	Swaraj Rajendra Dhote	Maharashtra	India
CPF- 602	Rushikesh Rajesh Chaudhary	Maharashtra	India
CPF- 603	Mansha Pravin Joshi	Maharashtra	India
CPF- 604	Anjali Ranjit Bulkunde	Maharashtra	India
CPF- 605	Shantanu Suresh Wasatkar	Maharashtra	India
CPF- 606	Pratyush Maheshwari	Maharashtra	India
CPF- 607	Sakshi Narayan Dhande	Maharashtra	India
CPF- 608	Shweta Santosh Raut	Maharashtra	India
CPF- 609	Padmini Barde	Maharashtra	India
CPF- 610	Dr. Mahadeo S. Suryawanshi	Maharashtra	India
CPF- 611	Akshay Chimankar	Maharashtra	India
CPF- 612	Avinash Suresh Wasatkar	Maharashtra	India
CPF- 613	Ajinkya Akotkar	Maharashtra	India
CPF- 614	Ms Monika Ramesh Bisne	Maharashtra	India
CPF- 615	Prof Ashok Narayan Bhadane	Maharashtra	India
CPF- 616	Vaishali Bhoras	Maharashtra	India
CPF- 617	Nidhi Mishra	Maharashtra	India
CPF- 618	Renuka Deshmukh	Maharashtra	India
CPF- 619	Dhanashri sone	Maharashtra	India
CPF- 620	Mrs.DipaliSupada Ingle	Maharashtra	India
CPF- 621	Rajendra LaxmanraoDongare	Maharashtra	India
CPF- 622	Vaishnavi Sunil Bandebuche	Maharashtra	India
CPF- 623	Siddarth B. Bhagat	Maharashtra	India
CPF- 624	Karan Sanjay Khanderao	Maharashtra	India
CPF- 625	Dr WakankarG.Bansidharrao	Maharashtra	India
CPF- 626	Suhas P. Mahalle	Maharashtra	India
CPF- 627	Dr. MadanB.Ingle	Maharashtra	India
CPF- 628	Zeeshan Faisal Javed Ahmad	Maharashtra	India
CPF- 629	LeitanthemSushilkumar Singh	Manipur	India
CPF- 630	Ricard Wahlang	Meghalaya	India
CPF- 631	Ashutosh Sharma	Odisha	India
CPF- 632	Amanrdeep Kujur	Odisha	India
CPF- 633	Sunny Chauhan	Punjab	India
CPF- 634	Ankit Bhatt	Punjab	India
CPF- 635	Gurdeep Singh	Punjab	India



<b>Roll Number</b>	<b>Full Name</b>	<b>State</b>	<b>Country</b>
CPF- 636	Syed Afzaal Haider	Punjab	Pakistan
CPF- 637	Satya Narayan	Rajasthan	India
CPF- 638	Samar Pratap Singh	Rajasthan	India
CPF- 639	Chahat Jain	Rajasthan	India
CPF- 640	Rishabh Jain	Rajasthan	India
CPF- 641	Ghanshyam	Rajasthan	India
CPF- 642	Rohitash	Rajasthan	India
CPF- 643	Ram Chandra Menaria	Rajasthan	India
CPF- 644	Pankaj	Rajasthan	India
CPF- 645	Kamal	Rajasthan	India
CPF- 646	Dr. Gajender Sharma	Rajasthan	India
CPF- 647	Kalu Singh Rao	Rajasthan	India
CPF- 648	Ajay Singh	Rajasthan	India
CPF- 649	SaphalSubba	Sikkim	India
CPF- 650	Dr. N. Rajasekar	Tamil Nadu	India
CPF- 651	M.Roopan	Tamil Nadu	India
CPF- 652	Arun Kumar J	Tamil Nadu	India
CPF- 653	V.Shanmuga Exwaran	Tamil Nadu	India
CPF- 654	A. Rama Subramniyan	Tamil Nadu	India
CPF- 655	V.Deepak	Tamil Nadu	India
CPF- 656	Karthi P.	Tamil Nadu	India
CPF- 657	Karthikeyan K.	Tamil Nadu	India
CPF- 658	Adaikalamathan	Tamil Nadu	India
CPF- 659	T. Alagu Raja	Tamil Nadu	India
CPF- 660	Mr.V. Mohana Surenth	Tamil Nadu	India
CPF- 661	M P. Pradeep	Tamil Nadu	India
CPF- 662	Sasikumar.M	Tamil Nadu	India
CPF- 663	Mr. Muthukrishanan V	Tamil Nadu	India
CPF- 664	Balakrishnan R R	Tamil Nadu	India
CPF- 665	T. Chandru	Tamil Nadu	India
CPF- 666	Dr. Raghavan G	Tamil Nadu	India
CPF- 667	Dr.J. Paul Jeeva Singh	Tamil Nadu	India
CPF- 668	M. Mutiya Amuthuraj	Tamil Nadu	India
CPF- 669	Dr S Vijayakumari	Tamil Nadu	India
CPF- 670	Jeyasakthi S.	Tamil Nadu	India
CPF- 671	Vetrivelmurugan N.	Tamil Nadu	India
CPF- 672	P. Gopinath	Tamil Nadu	India
CPF- 673	G. Veerramanikandan	Tamil Nadu	India
CPF- 674	Hannah Joy J	Tamil Nadu	India
CPF- 675	Vigneshwaran P.	Tamil Nadu	India
CPF- 676	Selvakumar E.	Tamil Nadu	India
CPF- 677	Arunjunairaja.V	Tamil Nadu	India
CPF- 678	Dr.M. Seenimurugan	Tamil Nadu	India
CPF- 679	ShireeshaSulthan	Telangana	India
CPF- 680	PurvaGaneshraoKherkar	Telangana	India
CPF- 681	Thakur Devender Singh	Telangana	India

<b>Roll Number</b>	<b>Full Name</b>	<b>State</b>	<b>Country</b>
CPF- 682	Nikhil	Uttar Pradesh	India
CPF- 683	Abhishek Kumar	Uttar Pradesh	India
CPF- 684	Ankit Kumar Vishwakarma	Uttar Pradesh	India
CPF- 685	Shashvat Priyam Khare	Uttar Pradesh	India
CPF- 686	Abhilash Verma	Uttar Pradesh	India
CPF- 687	Ajay Kumar maurya	Uttar Pradesh	India
CPF- 688	Aushaf Ahmed	Uttar Pradesh	India
CPF- 689	Vinay Panwar	Uttar Pradesh	India
CPF- 690	Dr. Shashi Shekhar Misra	Uttar Pradesh	India
CPF- 691	Govind Pratap Singh Chauhan	Uttar Pradesh	India
CPF- 692	Bhavna Singh	Uttar Pradesh	India
CPF- 693	Shweta Chaudhary	Uttar Pradesh	India
CPF- 694	Vijay Kumar Verma	Uttar Pradesh	India
CPF- 695	Vijay Yadav	Uttar Pradesh	India
CPF- 696	Ajay Kumar Singh	Uttar Pradesh	India
CPF- 697	Pravin Kumar	Uttar Pradesh	India
CPF- 698	Pawan Kumar	Uttar Pradesh	India
CPF- 699	Subham Choudhary	Uttar Pradesh	India
CPF- 700	Shipu Mishra	Uttar Pradesh	India
CPF- 701	Alok Panwar	Uttar Pradesh	India
CPF- 702	Yogesh Bodh	Uttar Pradesh	India
CPF- 703	Amrita	Uttarakhand	India
CPF- 704	Dr Vinay Chaudhary	Uttarakhand	India
CPF- 705	Chandraraj das	West Bengal	India
CPF- 706	Souvik Samanta	West Bengal	India
CPF- 707	Santosh Pattanayak	West Bengal	India
CPF- 708	Dr. Sanjoy Mitra	West Bengal	India
CPF- 709	Dr. Subrata Biswas	West Bengal	India
CPF- 710	Sujan Mondal	West Bengal	India
CPF- 711	Brajagopal Mondal	West Bengal	India
CPF- 712	Shubhdip Sarkar	West Bengal	India
CPF- 713	Biplab Majhi	West Bengal	India
CPF- 714	Kamal Chandra Biswas	West Bengal	India

## Registration Details

Organizing Committee is proud to announce that total registration for this Certificate Course in Physical Fitness is 714 out of these registration 02 participants from Pakistan and Bangladesh.

Sr. No.	State	Country	No. of Participants
1	Andhra Pradesh	India	1
2	Arunachal Pradesh	India	1
3	Assam	India	20
4	Bihar	India	5
5	Chandigarh	India	1
6	Chhattisgarh	India	3
7	Delhi	India	27
8	Goa	India	2
9	Gujarat	India	20
10	Haryana	India	5
11	Himachal Pradesh	India	28
12	Jammu & Kashmir	India	7
13	Jharkhand	India	7
14	Karnataka	India	2
15	Kerala	India	2
16	Ladakh	India	4
17	Madhya Pradesh	India	20
18	Maharashtra	India	470
19	Manipur	India	1
20	Meghalaya	India	1
21	Odisha	India	2
22	Punjab	India	3
23	Rajasthan	India	12
24	Sikkim	India	1
25	Tamil Nadu	India	30
26	Telangana	India	3
27	Uttarakhand	India	2
28	Uttar Pradesh	India	21
29	West Bengal	India	10
30	Chittagong	Bangladesh	1
31	Distt Bajaur Khyber Pakhtunkhwa	Pakistan	2
		<b>Total</b>	<b>714</b>



The Berar General Education Society's  
**Shri R. L. T. College of Science, Akola**  
**Department of Physical Education and Sports**  
&I.Q.A.C.in Collaboration with  
**Ajinkya Fitness Park, Akola**



**Online**  
**Certificate Course in Physical Fitness**  
**Dt. 5<sup>th</sup> to 15<sup>th</sup> June 2021**

**Be fit for Nation**

**Fitness Task Force**

**No Fees**

**Open to All**

**Links / URL**

<b>Date</b>	<b>Event/Classes</b>	<b>Name of Expert</b>	<b>Links /URL</b>
5 <sup>th</sup> June 2021	Opening Ceremony	<b>Dr. R. D. Chandrawanshi</b> DPES, Shri R.L.T. College of Science, Akola	<a href="https://www.youtube.com/watch?v=AqUm57yB6Cg&amp;t=1536s">https://www.youtube.com/watch?v=AqUm57yB6Cg&amp;t=1536s</a>
	<b>Concept of Physical Fitness</b>		
	Informative & Practical Session- <b>Stretching Exercises</b>		
6 <sup>th</sup> June 2021	Informative & Practical Session- <b>Warm up Exercises</b>	<b>Dr. R.M. Kadam</b> DPES, B.B. Arts, N.B. Commerce & B.P. Science College, Digras	<a href="https://www.youtube.com/watch?v=FwnMKt740Po&amp;t=473s">https://www.youtube.com/watch?v=FwnMKt740Po&amp;t=473s</a>
	Informative & Practical Session- <b>Suryanamaskar</b>	<b>Mr. Dhananjay Bhagat</b> Director, Ajinkya Fitness Park, Akola	
7 <sup>th</sup> June 2021	Informative & Practical Session- <b>Aerobics</b>	<b>Dr. Shweta Mendhe</b> DPES, Smt. R.D.G. College for Women, Akola	<a href="https://www.youtube.com/watch?v=j4ZFpt5u2CQ&amp;t=422s">https://www.youtube.com/watch?v=j4ZFpt5u2CQ&amp;t=422s</a>
	Informative & Practical Session- <b>Yoga</b>	<b>Dr. Babarao Sangle</b> DPES, Bapumiya Sirajoddin PatelArts, Commerce & Sci. College,Pimpalgaon Kale	
8 <sup>th</sup> June 2021	Informative & Practical Session- <b>Zumba</b>	<b>Ms. Kanchan Wagh</b> Aerobics & Zumba Instructor University Color Holder 24 Fitness Center, Akola	<a href="https://www.youtube.com/watch?v=4UiaIUmbCU&amp;t=2672s">https://www.youtube.com/watch?v=4UiaIUmbCU&amp;t=2672s</a>
	Informative & Practical Session- <b>Pranayama &amp; Mediation</b>	<b>Dr. V.A. Khodaskar</b> DPES, Nehru Mahavidyalaya, Nerparsopant, Yavatmal	
9 <sup>th</sup> June 2021	Informative & Practical Session - <b>Postural Deformities-I</b>	<b>Dr. Pravin Dabre</b> DPES, Shripad Krishna Kolhatkar Mah., JaglaonJamod	<a href="https://www.youtube.com/watch?v=H8AIWb1nd0&amp;t=160s">https://www.youtube.com/watch?v=H8AIWb1nd0&amp;t=160s</a>
	Informative & Practical Session- <b>Use of Resistance Tube exercises for strength training</b>	<b>Dr. Shirish Topare</b> DPES, Bharatiya Mah., Morshi Amravati	

<b>Date</b>	<b>Event/Classes</b>	<b>Name of Expert</b>	<b>Links /URL</b>
10 <sup>th</sup> June 2021	<b>Informative &amp; Practical Session- Abdominal Exercises, Squats, Planks and Lunges</b>	<b>Mr. Anuj Kela</b> Fitness Trainer & Nutritionist P.G. Student of M.P.Ed., PGTD Dept. SGBAU, Amravati	<a href="https://www.youtube.com/watch?v=GB7ujyVPv18&amp;t=7037s">https://www.youtube.com/watch?v=GB7ujyVPv18&amp;t=7037s</a>
	<b>Informative Session- Healthy Habits &amp; Diet Plan</b>	<b>Dr. Nilima Tingre</b> Dietitian Ajinkya Fitness Park, Akola	
11 <sup>th</sup> June 2021	<b>Informative &amp; Practical Session- Sticks Exercises, Wall Exercises</b>	<b>Mr. Abhijit Sayre</b> Gold Medal in Ashtedo Akhada International Tournament Expert in Stick Practice, Akola	<a href="https://www.youtube.com/watch?v=FJEMeKx2wqE&amp;t=7170s">https://www.youtube.com/watch?v=FJEMeKx2wqE&amp;t=7170s</a>
	<b>Informative &amp; Practical Session- Jogging, Walking and Running</b>	<b>Dr. Atul Patil</b> DPES, R.D.I. K. College, Badnera, Amravati	
12 <sup>th</sup> June 2021	<b>Informative &amp; Practical Session- Physical Fitness through Traditional Sports</b>	<b>Dr. Rakesh Badgujar</b> Exe. Member of Sports Authority of India, Director, Badgujar Sports Academy, Amravati	<a href="https://www.youtube.com/watch?v=2pkadaHY74g&amp;t=1833s">https://www.youtube.com/watch?v=2pkadaHY74g&amp;t=1833s</a>
	<b>Informative Session- Importance of Physical Activities in Covid 19 Pandemic</b>	<b>Dr. Sagar Narkhede</b> DPES, Saraswati Kala Mahavidyalaya, Dahihanda, Akola	
13 <sup>th</sup> June 2021	<b>Informative &amp; Practical Session- Pushups/Dips, Specific Exercises, Skipping Rope</b>	<b>Mr. Abhishek Kumar</b> Fitness Trainer & Coach Short NIS in Boxing New Delhi	<a href="https://www.youtube.com/watch?v=bPX7MP_2Srg">https://www.youtube.com/watch?v=bPX7MP_2Srg</a>
	<b>Informative Session- Jobs Opportunities in the field Of Physical Fitness</b>	<b>Dr. K.R Lathi</b> Physical Education Teacher Shri R.L.T. College of Science, Akola	
14 <sup>th</sup> June 2021	<b>Practical Session- Specific Exercises for Increase of Height an Effective on burning Body Fats</b>	<b>Mr. Akshay Tiwari</b> Fitness Trainer & Nutritionist Enfield Fitness Center, Akola	<a href="https://www.youtube.com/watch?v=rCZw1zscZFU">https://www.youtube.com/watch?v=rCZw1zscZFU</a>
	<b>Informative &amp; Practical Session - Postural Deformities-II</b>	<b>Dr. Pravin Dabre</b> DPES, Shripad Krushna Kolhatkar Mah., Jaglaon Jamod	
	<b>Last Session- Group Discussion, Quiz related Guidance, Feedback</b>	Course organizing Committee Members and Participants	
15 <sup>h</sup> June 2021	<b>Quiz, Photos &amp; Feedback</b>	Online 7:00 AM To 5:00 PM	<a href="https://forms.gle/xB1hbrDr9ko7oxpE9">https://forms.gle/xB1hbrDr9ko7oxpE9</a>

## Quiz/Examination

The following participants were appeared in online Quiz/Examination held on 15<sup>th</sup> June 2021 and passed.

<b>Roll No.</b>	<b>Full Name</b>	<b>City/District</b>	<b>State</b>
2	SwapnaniSarmah	Itanagar	Arunachal Pradesh
3	Ananya Gogoi	BiswanathChariali	Assam
4	KumitaRajbongshi	GUWAHATI	Assam
6	Abhishek Balo	North Lakhimpur	Assam
7	Sanjib Haloi	Kumarikata	Assam
23	Rahul Kumar	Madhepura	Bihar
25	Deepak Kumar	Aurangabad	Bihar
26	Amit Kumar	Nalanda	Bihar
35	Deepti Rajpoot	New Delhi	Delhi
36	Mukul Anand	Noida	Uttar Pradesh
42	Rajesh	Delhi	Delhi
46	Prashant	Delhi	Delhi
47	Maneesh Kumar Gihar	Sarita Vihar	Delhi
48	Govinda	South Delhi	Delhi
51	Upender	North West	Delhi
52	Ritesh Ahlawat	Najafgarh	Delhi
56	Nikhil	City	New Delhi
58	Lalit Kumar	New Delhi south enclave	Delhi
59	Daksh Ahlawat	New Delhi	Delhi
61	Mr. Avidh A. Morajkar	North Mapusa	Goa
62	Shreya Shreedhar Naik	Mapusa, North Goa	Goa
64	Darshini Rami	Ahmedabad	Gujarat
68	Ishwar Sahadeorao Pawar	Vadodara	Gujarat
71	Dave Bhargav H	Patan	Gujarat
72	Rashmika Vaghela	Gandhinagar	Gujarat
74	Jyoti Makwana	Junagarh	Gujarat
75	Ruesh Makwana	Ahmadabad	Gujarat
76	Pratik R. Bhatt	Ahmedabad	Gujarat
78	Nitaben Vitthalbhai Vaghasiya	Ahmedabad	Gujarat
79	Salma Vhora	Anand	Gujarat
80	Parul V. Chauhan	Ahmedabad	Gujarat
82	Kirit J. Roy	Ahmedabad	Gujarat
83	Akash Tewatia	Faridabad	Haryana
85	Aditya Heera	Faridabad	Haryana
86	Bharat kamal	Panchkula	Haryana
89	Neelam Thakur	Sirmour	Himachal Pradesh
90	Rajni Sharma	Mandi	Himachal Pradesh
91	Manoj Sharma	Sudernagar	Himachal Pradesh
93	Sonia	Solan	Himachal Pradesh
94	Preeti Thakur	Mandi	Himachal Pradesh
95	Umesh Kumar	Shimla	Himachal Pradesh
98	Chandan Kumar	Kullu	Himachal Pradesh
99	Prateek Rana	Baijnath	Himachal Pradesh
102	Reena Thakur	Mandi	Himachal Pradesh
105	Surjeet Singh	Kullu	Himachal Pradesh
107	Sahil	SHIMLA	Himachal Pradesh



<b>Roll No.</b>	<b>Full Name</b>	<b>City/District</b>	<b>State</b>
108	Diksha Sapehia	Kangra	Himachal Pradesh
109	Shavnamkumari	Mandi	Himachal Pradesh
111	Anil Kumar	Mandi	Himachal Pradesh
112	Om Parkash Thakur	Mandi	Himachal Pradesh
116	Khurshid Ahmad Hurrah	Pulwama	Jammu & Kashmir
118	Mr. MudeserMuzafer	PULWAMA	Jammu and Kashmir
119	Aarif Maheed	Kul gam	Jammu and Kashmir
121	Amandeep Singh Parihar	Kishtwar	Jammu and Kashmir
122	Tishad Kiran Rathore	Kishtwar	Jammu and Kashmir
123	Sumit Kumar Singh	Ramgarh	Jharkhand
124	Veena kumari	Ramgarh	Jharkhand
125	Subhlatakumari	Ramgarh	Jharkhand
133	Javio Jose M	Thrissur	Kerala
135	Tsering Youdon	Leh	Ladakh
137	Akbar Ali	Kargil	UT-Ladakh
138	Manoj Nagle	Betul	Madhya Pradesh
140	Payal Das	Bhopal	Madhya Pradesh
141	ChandrabhanDhurwey	Balaghat	Madhya Pradesh
142	Manish Bendre	Balaghat	Madhya Pradesh
144	Upendra Singh Bhadoria	Bhind	Madhya Pradesh
147	Vivek Kumar Pathak	Jabalpur	Madhya Pradesh
148	Payal Mehul Sangani	Jabalpur	Madhya Pradesh
149	GhasilalJogchand	Mandsaur	Madhya Pradesh
154	Praveen Nanhet	Balaghat	Madhya Pradesh
155	Aakancha Bhardwaj	Chhindwara	Madhya Pradesh
157	Premveer Singh Yadav	Chhindwara	Madhya Pradesh
160	Prashant V. Swamy	Latur	Maharashtra
164	Prof. VikramSayajiYamagekar	Kolhapur	Maharashtra
166	Ansari Mohd.Ubaid	Mumbai central	Maharashtra
167	Sandhya Prajapati	Akola	Maharashtra
170	Sagar P. Narkhede	Akola	Maharashtra
171	Arya Rajesh Chandrawanshi	Akola	Maharashtra
173	Yashwant Gajanan Mahajan	Washim	Maharashtra
175	Narendra Ratanrao Mundhe	Jalna	Maharashtra
176	Parde Priyanka Ashok	Nanded	Maharashtra
178	Radhika Anil Hastak	Malkapur	Maharashtra
179	Mr. Rahul Shivaji Lahane	Kolhapur	Maharashtra
180	Khan Qamaruzzaman Yunus	Akola	Maharashtra
184	Rohitkumar J. Rangwani	Akola	Maharashtra
185	Isha Gaensh Deshmukh	Akola	Maharashtra
186	Miss. Madhu N. Mundhe	Latur	Maharashtra
187	Vivek Shailesh Bhatia	Akola	Maharashtra
188	Dr.Rupali Abhijit Ingole	Amravati	Maharashtra
190	Medha M. Kurhekar	Akola	Maharashtra
191	Rutuja Sudhakar Badhe	Akola	Maharashtra
192	Dr. Shilpa Serigar	Mumbai	Maharashtra
201	Gokul Ranganath Kale	Nashik	Maharashtra
205	Aniket Gajanan Kaware	Yavatmal	Maharashtra
206	Amol Ashok Palekar	Satara	Maharashtra
207	Preet N. Singh	Thane	Maharashtra
208	Nandini shyamkute	Karanja /Washim	Maharashtra
211	Dr. Sunil Bhotmange	Nagpur	Maharashtra

<b>Roll No.</b>	<b>Full Name</b>	<b>City/District</b>	<b>State</b>
214	Komal Vinod Bobade	Akola	Maharashtra
216	Satish Tatyrao Muley	Buldana	Maharashtra
224	Dipak Gajanan Mahajan	Washim	Maharashtra
228	Komal Ramesh Dhole	Akola	Maharashtra
231	Dr. Devendra R. Gawande	Dist. Washim	Maharashtra
234	Ku SupriyaDilipraoSolanke	Akola	Maharashtra
239	Aparna Bhise	AKOLA	Maharashtra
240	Sneha ShyamGachake	Buldana	Maharashtra
241	Parde Vaishali Tukaram	Nanded	Maharashtra
244	Sunil A. Dambhare	Yavatmal	Maharashtra
245	Krishna J. Shukla	Akola	Maharashtra
248	Dr. Chandrashekhar B. Kadu	Akola	Maharashtra
252	Dr. Rajesh Wakode	Buldana	Maharashtra
259	Dr. Anil M. Tirkar	Akola	Maharashtra
260	Kalpna Suresh Das	Akola	Maharashtra
262	Vijay Laxman Mhaske	Satara	Maharashtra
263	Varsha Koyachale	Chandrapur	Maharashtra
269	Ms. PranitaP.Rathod	Akola	Maharashtra / Goa
270	Kunal Thokal	Akola	Maharashtra
272	Dhananjay Mahesh Bulbule	Akola	Maharashtra
273	Chetana Dinesh Sharma	Nashik	Maharashtra
275	Priyanka Saraf	Akola	Maharashtra
276	RashiShyam Vyas	Gadchiroli	Maharashtra
277	Shahu Shivaji Patil	Kolhapur	Maharashtra
278	Dr.Swati D. Damodare	Akola	Maharashtra
281	Prakash DeoramShirsat	Nashik	Maharashtra
282	Nawale Rupali Gulab	Pune	Maharashtra
284	Devanshi Bute	Amravati	Maharashtra
287	Miss SonaliS. Harne	Amravati	Maharashtra
289	Mrs. Kranti S. Kshirsagar	Jalgaon	Maharashtra
291	Mangal Pandu Dalvi	Nashik	Maharashtra
292	Dr. PralhadVitthalrao Raut	Amravati	Maharashtra
298	Dr. Prashant G. Gawande	Amravati	Maharashtra
302	Dr. Rakesh BaburaoMalekar	Thane	Maharashtra
303	Sakshi Rajesh Wakode	Buldana	Maharashtra
304	Rahul Wakode	Buldana	Maharashtra
308	Vijay Dhongade	Washim	Maharashtra
310	Akshay Shriram Kulthe	Pune	Maharashtra
314	Suraj shriramKulthe	Pune	Maharashtra
319	Vishvajeet B. Vhanmore	PUNE	Maharashtra
320	Kishor BaburaoNavkar	Jalna	Maharashtra
321	Shrushti Nilesh Dahenkar	Akola	Maharashtra
323	Shubham VaijinathSonawane	Pune	Maharashtra
324	Pradnya Jagdish Malpure	Dhule	Maharashtra
326	RENUKA WAGHMARE	Pune	Maharashtra
327	Dr. ShubhangiDamle	Washim	Maharashtra
328	Dr. Bhushan Tukaram Funde	Gondia	Maharashtra
332	Laxmi Thakur	Pune	Maharashtra
336	MuskanJasmatiya	Akola	Maharashtra

<b>Roll No.</b>	<b>Full Name</b>	<b>City/District</b>	<b>State</b>
338	Gayatri Sitaram Jangid	Akola	Maharashtra
339	Sahitya Baman	Akola	Maharashtra
342	Ruchitra Prakash Jasmatiya	Akola	Maharashtra
344	Dinesh BhagwanjiChhapane	Nagpur	Maharashtra
363	Kanchan Ravindra Ghogare	Amravati	Maharashtra
365	Rutuja Vijay Pedhekar	Amravati	Maharashtra
368	Sanjaya A. Desale	Mumbai	Maharashtra
379	Abdul Sajid Abdul Salam	Wardha	Maharashtra
381	Mr. Sanjay V.	Yavatmal	Maharashtra
382	Lal Khan Sher Khan	Buldana	Maharashtra
387	Rutuja Mukund Bidwai	Akola	Maharashtra
388	Kartika KailasraoNahate	Akola	Maharashtra
389	Miss.Shruti S. Rambhapure	Akola	Maharashtra
392	Priya Devendra athawale	Akola	Maharashtra
394	BalasahebMahadeoeraoTayade	Akola	Maharashtra
396	Miss PriteeDevidasThakare	Akola	Maharashtra
407	Aryan Rajesh Banole	Akola	Maharashtra
411	Rahul Dilip Pandit	Nashik	Maharashtra
415	Sandip Selukar	Nagpur	Maharashtra
418	Ku. Sneha Rajkumar Patonde	Akola	Maharashtra
423	Atul Ramdas Bute	Amravati	Maharashtra
426	Nagsen Dnyaneshwar Atkore	Parbhani	Maharashtra
427	Vrushali Sanjay Khanderao	Buldana	Maharashtra
429	SuyogArunraoTayade	Amravati	Maharashtra
437	Pranjali Santosh Pawar	Akola	Maharashtra
438	Ulhas Vijay Bramhe	Buldana	Maharashtra
440	Vaishnavi ShyamGotmare	Akola	Maharashtra
442	Pankaj R. Helotkar	Yavatmal	Maharashtra
445	Aparna Bute	Amravati	Maharashtra
447	Vidya shamsundarkela	Buldana	Maharashtra
456	Prashant Prakash Wahurwagh	Akola	Maharashtra
457	DineshKumarUmarekar	Nanded	Maharashtra
458	Vaibhav Domkondwar	Nanded	Maharashtra
459	Bunty Sonsale	Nanded	Maharashtra
460	Dr. Shamsundar G. Kela	Buldana	Maharashtra
461	Rasika Vishal Sarkate	Akola	Maharashtra
464	Mayur Sudhir Raut	Akola	Maharashtra
465	Dr. Om Prakash Aneja	Chandrapur	Maharashtra
468	Darsh Rajesh Jalan	Akola	Maharashtra
471	Yogesh Sanjay Deore	Jalgaon	Maharashtra
472	Dr. PrakashTrimbakKamble	Yavatmal	Maharashtra
473	Ritesh Ganesh Jibhakate	Nagpur	Maharashtra
474	Nikita Ramchandra Salunkhe	Sangli	Maharashtra
476	Aakanksha Ranjit Bulkunde	Nagpur	Maharashtra
477	Harish Ram Dhongade	Washim	Maharashtra
478	Alok BhanudasKasture	Akola	Maharashtra
483	Revti Kishor Raut	Akola	Maharashtra
485	TarunKanti Ghosh	Pune	Maharashtra
488	Geeta V. Bhandirge	Akola	Maharashtra
490	Gouri Pravin Rathi	Digras	Maharashtra
491	Dr. Kanchan R. Lathi	Akola	Maharashtra
494	Kanchan Rohit Pingle	Akola	Maharashtra

<b>Roll No.</b>	<b>Full Name</b>	<b>City/District</b>	<b>State</b>
495	Sharda Mohan Dongre	Akola	Maharashtra
498	Dhananjay L. Bhagat	AKOLA	Maharashtra
500	Seema Upendra Nandapurkar	Aurangabad	Maharashtra
503	Anil Maruti Zopol	Pune	Maharashtra
505	Dr. Rajesh D. Chandrawanshi	Akola	Maharashtra
507	Abdul Ansar	Parbhani	Maharashtra
509	Dr. Raju DayaramjiChawake	DesaiganjGadchiroli	Maharashtra
517	Anuj S. Kela	Buldana	Maharashtra
518	Nandkisho M. Dhumale	Akola	Maharashtra
520	Dr. Santosh S. Ghorpade	Beed	Maharashtra
522	Manjusha J. Deshmukh	Akola	Maharashtra
523	Nandedkar I. Dattatrya	NANDED	Maharashtra
526	Nisha Mansing Patil	Kolhapur	Maharashtra
533	Dr. Sanjay S. Biranwar	GONDIA	Maharashtra
534	Bhoge Prasad P.	Nandurbar	Maharashtra
538	Virat DattarajGhude	Yavatmal	Maharashtra
546	Rameshwar Dinkarrao Rathod	Akola	Maharashtra
547	Akhilesh A. Maheshwari	AKOLA	Maharashtra
548	Bhupendra Ramdas Malpure	Dhule	Maharashtra
553	Rajshree Pandhare	Pune	Maharashtra
554	Rajeshwari Jambhe	Akola	Maharashtra
555	Yuvraj Ashok Gaikwad	Pune	Maharashtra
556	Sachin KantilalMajethiya	Akola	Maharashtra
559	Nitin Ramdas Bute	Amravati	Maharashtra
561	Dr. Dhamane Ishwar Gopal	Nandurbar	Maharashtra
567	Sanjay Deshmukh	Pune	Maharashtra
571	Payal B. Gawande	Akola	Maharashtra
573	Aditya Nitin Bute	Amravati	Maharashtra
574	AvinashVittalraoKharat	Buldana	Maharashtra
578	Gaurav Prabhakar Bhole	Akola	Maharashtra
579	Vanita Arun Kalpande	Jalgaon	Maharashtra
581	Sunita Rajesh Pakhrani	Akola	Maharashtra
582	Ankita Saroj	Amravati	Maharashtra
583	Parth Vinod Bobde	Akola	Maharashtra
584	Dr. Manish Madhukar Deore	Nashik	Maharashtra
586	Pankaj Onkar Jangle	Washim	Maharashtra
588	Rekha Chandak	Akola	Maharashtra
591	Dr.R.M. Kadam	Digras Yavatmal	Maharashtra
598	Tanvi Narendra Pavitrakar	Paratwada	Maharashtra
599	Ameya Rohit Pingle	Akola	Maharashtra
604	Anjali Ranjit Bulkunde	Nagpur	Maharashtra
605	Shantanu Suresh Wasatkar	Akola	Maharashtra
611	Akshay J. Chimankar	Akola	Maharashtra
612	Avinash Suresh Wasatkar	Akola	Maharashtra
613	Ajinkya Akotkar	Buldana	Maharashtra
614	Ms. Monika Ramesh Bisne	Bhandara	Maharashtra
621	Rajendra LaxmanraoDongare	Akola	Maharashtra
624	Karan sanjayKhanderao	Khamgaon (Buldana)	Maharashtra
627	Dr.MadanB.Ingle	Wardha	Maharashtra

<b>Roll No.</b>	<b>Full Name</b>	<b>City/District</b>	<b>State</b>
628	Zeeshan Faisal Javed Ahmad	Akola	Maharashtra
629	LeitanthemSushilkumar Singh	Kakching	Manipur
631	Ashutosh Sharma	Khurda	Odisha
636	Syed Afzaal Haider	Okara	Punjab (Pakistan)
638	Samar Pratap Singh	Sri Ganganagar	Rajasthan
639	Chahat Jain	Udaipur	Rajasthan
648	Ajay Singh	Sriganganagar	Rajasthan
656	P. Karthi	Virudhunagar	Tamil Nadu
657	Karthikeyan K.	Virudhunagar	Tamil Nadu
678	Dr.M. Seenimurugan	Madurai	Tamil Nadu
679	ShireeshaSulthan	Warangal	Telangana
680	Purva G. Kherkar	Sangareddy	Telangana
683	Abhishek Kumar	Siddhartha Nagar	Uttar Pradesh
686	Abhilash Verma	Ghaziabad	Uttar Pradesh
688	Aushaf Ahmed	Ghazipur	Uttar Pradesh
689	Vinay Panwar	Saharanpur	Uttar Pradesh
690	Dr. Shashi Shekhar Misra	Lucknow	Uttar Pradesh
693	Shweta Chaudhary	Dadri	Uttar Pradesh
701	Alok Panwar	Saharanpur	Uttar Pradesh
702	Yogesh Bodh	Meerut	Utter Pradesh
703	Amrita Yadav	Dehardun	Uttarakhand
705	Chadraj Das	Paschim Medinipur	West Bengal
708	Dr. Sanjoy Mitra	Santipur.Nadia	West Bengal
709	DR. Subrata Biswas	North 24 Parganas	West Bengal
712	Subhadip Sarkar	Durgapur	West Bengal





The Berar General Education Society's  
**SHRI R. L.T. COLLEGE OF SCIENCE, AKOLA**

Affiliated to Sant Gadge Baba Amravati University, Amravati  
Re-accredited 'A' Grade by NAAC with CGPA 3.12

**Department of Physical Education and Sports**  
I.Q.A.C. In collaboration with

**Ajinkya Fitness Park, Akola**

**Certificate Course in Physical Fitness**



Be Active & Stay  
Healthy at Home.



This is to certify that

**Swapnanil Sarmah**

has successfully completed Online Certificate Course in Physical  
Fitness of duration of 11 days from 5th to 15th June 2021.

**Mr. Dhananjay Bhagat**  
Director

**Dr. R.D. Chandrawanshi**  
Course Coordinator

**Dr. V.D. Nanoty**  
Principal

Ajinkya Fitness Park, Akola Director of Physical Edu.& Sports Shri R.L.T.College of Sci., Akola

Fit, Fine and Full Knowledge in Mind then Life will Shine .

Cert.No. 1



The Berar General Education Society's  
**SHRI R. L. T. COLLEGE OF SCIENCE, AKOLA**

Affiliated to Sant Gadge Baba Amravati University, Amravati  
Re-accredited 'A' Grade by NAAC with CGPA 3.12

**Department of Physical Education and Sports**  
I.Q.A.C. In collaboration with

**Ajinkya Fitness Park, Akola**

**Certificate Course in Physical Fitness**



Be Active & Stay  
Healthy at Home.



This is to certify that

**HIROK JYOTI BARUAH**

has participated in Online Certificate Course in Physical Fitness of  
duration of 11 days from 5th to 15th June 2021.

**Mr. Dhananjay Bhagat**  
Director

**Dr. R.D. Chandrawanshi**  
Course Coordinator

**Dr. V.D. Nanoty**  
Principal

Ajinkya Fitness Park, Akola Director of Physical Edu.&Sports Shri R.L.T.College of Sci., Akola

Fit, Fine and Full Knowledge in Mind then Life will Shine.

Cert.No. CPF- 005



## Photograph of Participants (Practical Session)

















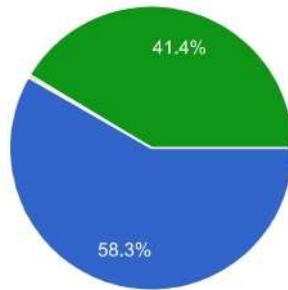




## Quiz/ Examination & Feedback Analysis

1. Stretching Exercises improve स्ट्रेचिंग एक्सरसाइज से विकास होता है

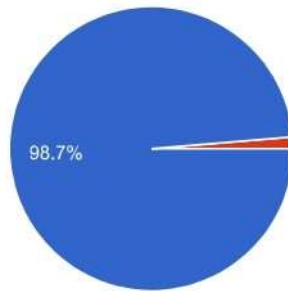
302 responses



- Flexibility लवचिकता
- Agility दिशाभिमुखता
- Body Mind Coordination शरीर मन समन्वयता
- All Above उपरोक्त सभी

2. Is Warm up helpful to increase skill performance in Sports ? खेलों में कौशल प्रदर्शन को बढ़ाने के लिए वार्म अप सहायक है क्या ?

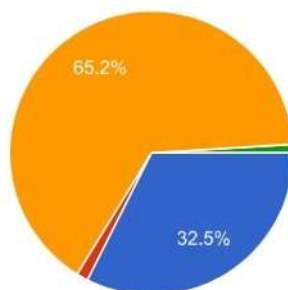
302 responses



- Yes हाँ
- No नहीं

3. Which asana is helpful to improve the brain function and quick decision making ? कौन सा आसन मस्तिष्क के कार्य को बेहतर बनाने और त्वरित निर्णय लेने में सहायक है ?

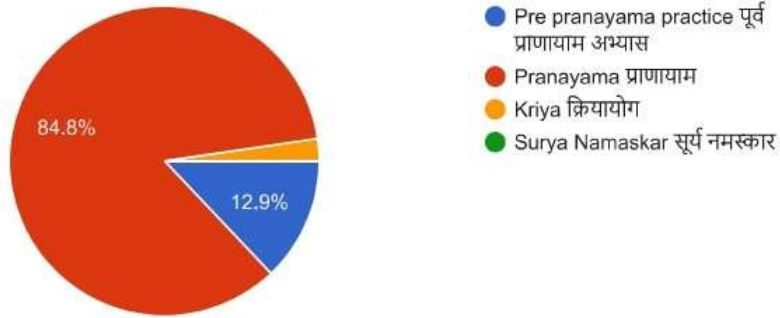
302 responses



- Padmasana (Lotus pose) पद्मासन (कमल मुद्रा)
- Dhanurasana धनुरासन
- Sirsasana (Headstand सिरसासन (शीर्षासन))
- Trikonasana त्रिकोणासन

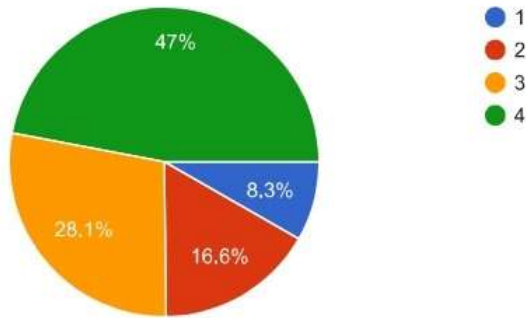
4. Anuloma - Viloma is a part of अनुलोम - विलोमा किसका भाग है

302 responses



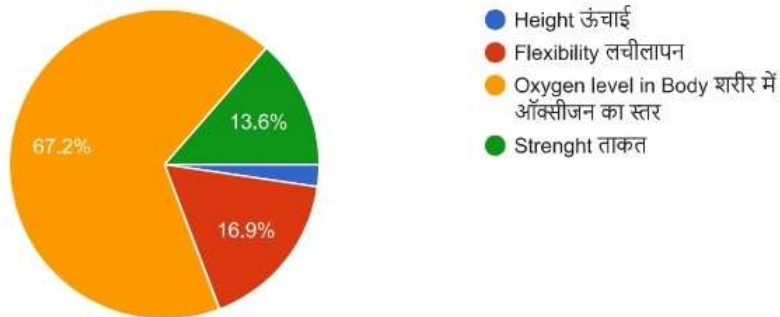
5. How many types of Surya Namaskar were shown in the lecture of this course? इस पाठ्यक्रम के व्याख्यान में कितने प्रकार के सूर्य नमस्कार को दिखाया गया?

302 responses



6. Aerobics helps to increase more एरोबिक्स अधिक बढ़ाने में मदद करता है

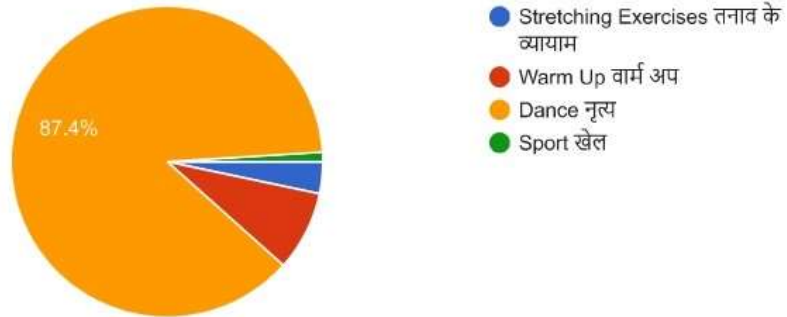
302 responses





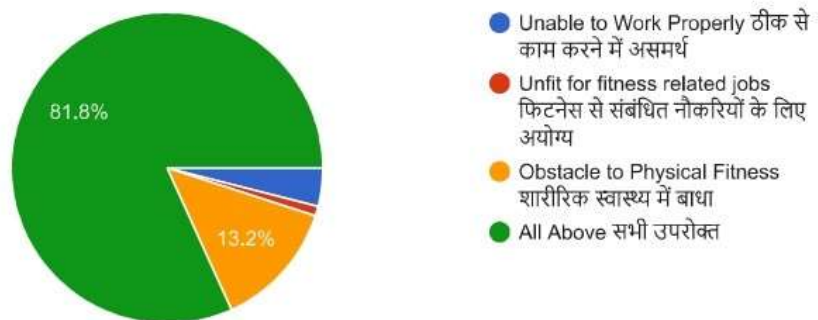
7. Zumba is most related to जुम्बा सबसे अधिक संबंधित है

302 responses



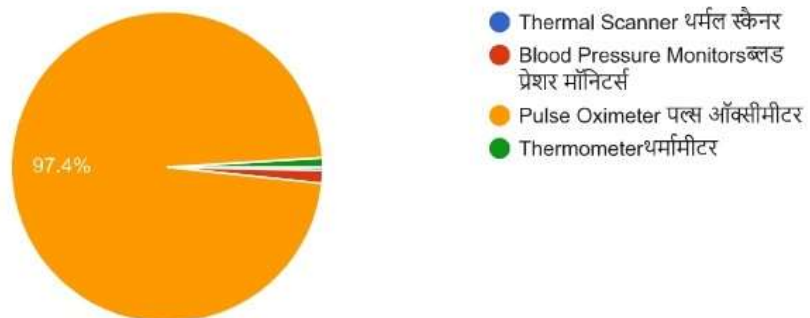
8. What are the effects of Postural deformities? आसनीय विकृतियों के प्रभाव क्या हैं?

302 responses



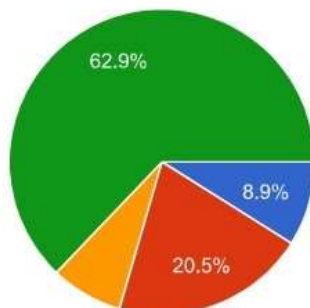
9. How to check Oxygen level in body ? शरीर में ऑक्सीजन के स्तर की जांच कैसे करें?

302 responses



10. Resistance Tube exercises are helpful to increase रेजिस्टेंस ट्यूब एक्सरसाइज बढ़ाने में मददगार है

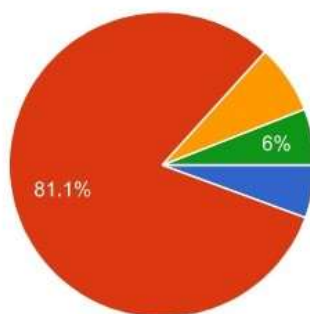
302 responses



- Endurance सहनशीलता
- Flexibility लचीलापन
- Speed गती
- Strength शक्ति

11. Which exercise is useful to reduce belly fat ? पेट की चर्बी कम करने के लिए कौन सी एक्सरसाइज फायदेमंद है ?

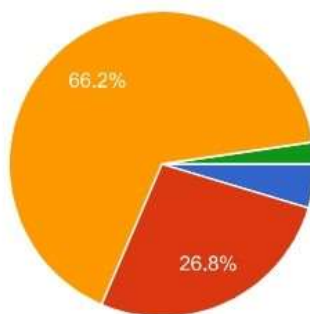
302 responses



- Lunge लंजेस
- Crunches क्रेंचेस
- Squats स्क्वाट
- Leg extension exercises लेग एक्सटेंशन एक्सरसाइज

12. Which heavy calories diet is essential ? कौन सी हैवी कैलोरी डाइट जरूरी है ?

302 responses

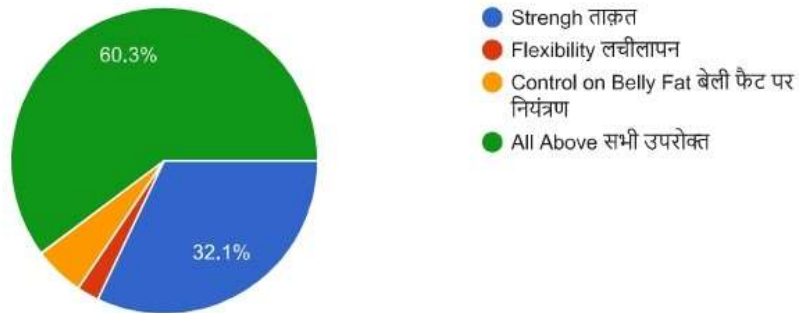


- Dinner रात का खाना
- Lunch दोपहर का भोजन
- Breakfast सुबह का नाश्ता
- Snacks शाम का नाश्ता



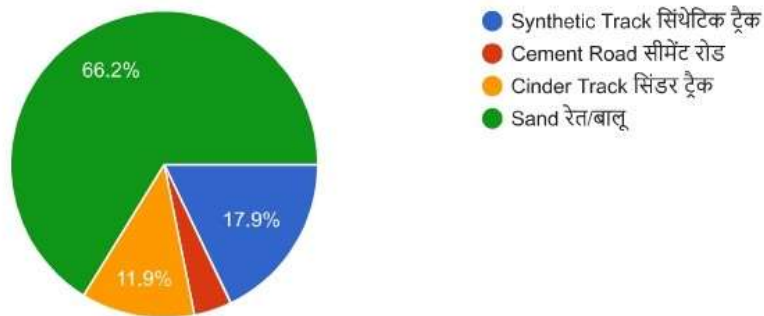
### 13. Wall Exercise improves your वॉल एक्सरसाइज से सुधार होता है

302 responses



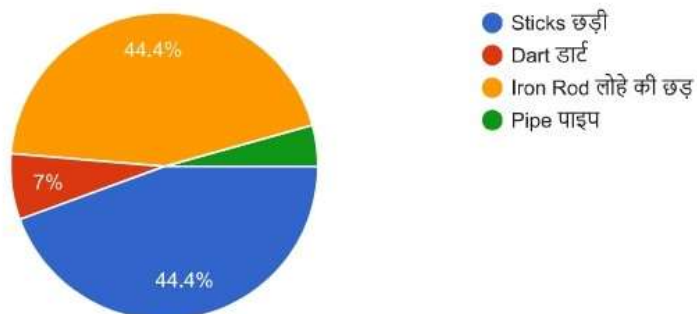
### 14. Weight reduce fast, when we are walking, jogging and running on which track? वजन तेजी से कम होता है, जब हम चल रहे हैं, जॉगिंग कर रहे हैं और किस ट्रैक पर दौड़ रहे हैं?

302 responses



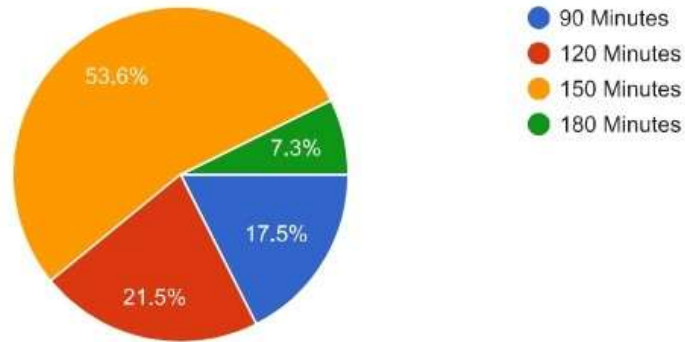
### 15. Which equipment is used in traditional sports Khupas ? पारंपरिक खेल खुपस में किस उपकरण का प्रयोग किया जाता है?

302 responses



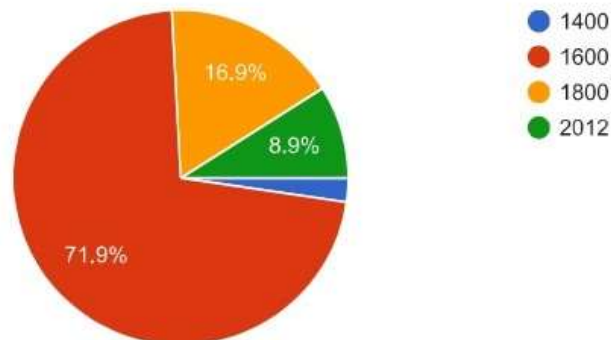
16. How many minutes did an adult require for proper heart pumping through physical activity in a week? एक वयस्क को एक सप्ताह में शारीरिक गतिविधि के माध्यम से उचित हृदय पंपिंग के लिए कितने मिनट की आवश्यकता होती है?

302 responses



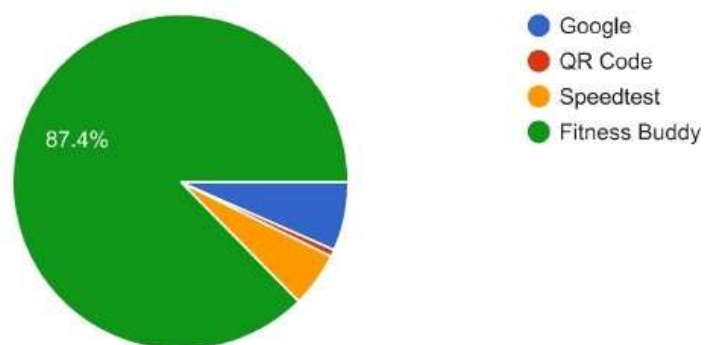
17. When was Jumprope invented? जम्प्रोप का आविष्कार कब किया गया था?

302 responses



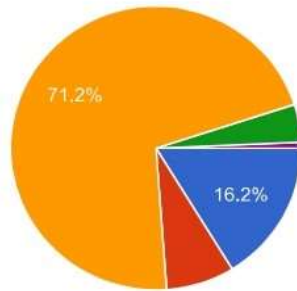
18. Which fitness app is best? कौन सा फिटनेस ऐप सबसे अच्छा है?

302 responses



19. Which factor is most effective for Height? ऊंचाई से संबंधित सबसे प्रभावी कारक कौन सा है?

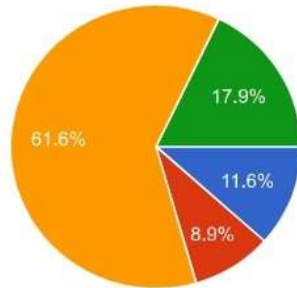
302 responses



- Height increasing Exercises  
ऊंचाई को बढ़ाने वाले व्यायाम
- Physical Fitness शारीरिक योग्यता
- Genetics आनुवंशिकी
- Diet आहार
- Height increasing Exercises  
ऊंचाई को बढ़ाने वाले व्यायाम

20. Main cause of poor posture खराब आसान का मुख्य कारण

302 responses



- Lack of Diet आहार की कमी
- Inactivity निष्क्रियता
- Bad Standing and Sitting position खराब खड़े होने और बैठने की स्थिति
- Physically Unfit शारीरिक दृष्टि से अयोग्य

05 Photos of your activities Photo uploading is not Compulsory. फोटो अपलोड करना अनिवार्य नहीं है।

Photo

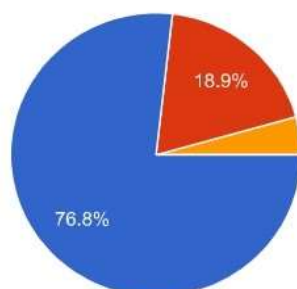
76 responses

**Feedback**

Feedback

1. Usefulness of Course Content पाठ्यक्रम सामग्री की उपयोगिता

302 responses

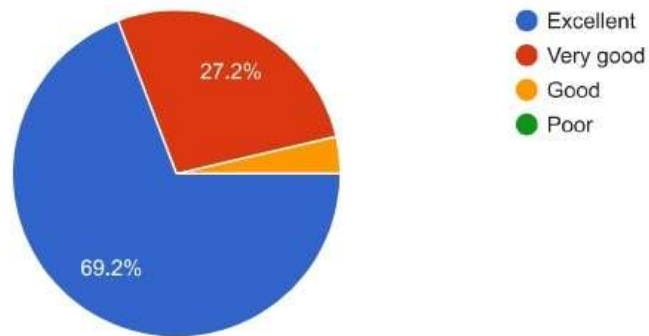


- Excellent
- Very good
- Good
- Poor



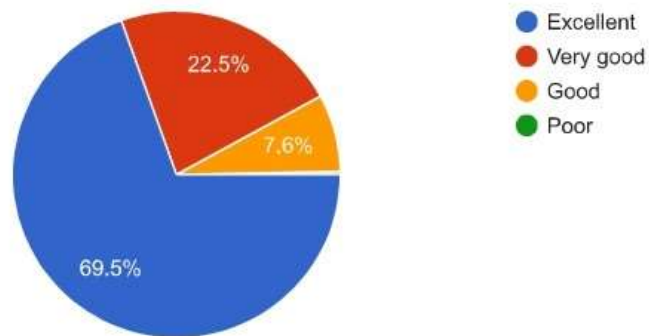
2. Subject & Practical Knowledge of Resource Persons विशेषज्ञ संसाधकों का विषय और व्यावहारिक ज्ञान

302 responses



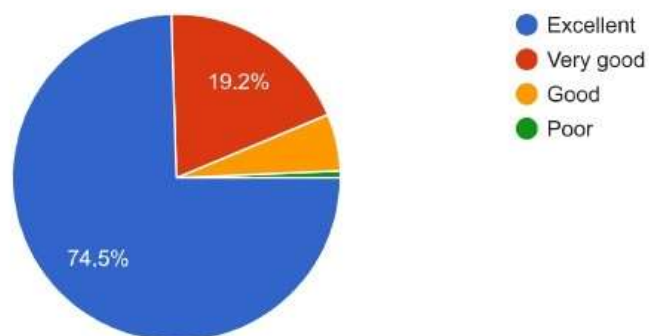
3. The Sessions were informative सभी सत्र जानकारीपूर्ण थे

302 responses



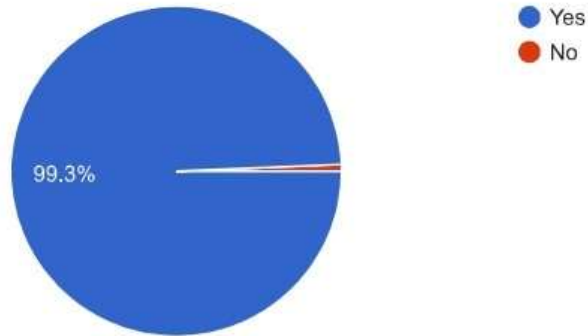
4. System of organizing of course पाठ्यक्रम के आयोजन की प्रणाली

302 responses



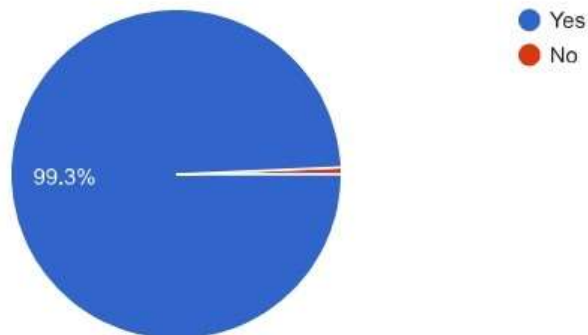
5. Has this course changed your mind that physical fitness is essential for healthy lifestyle ? क्या इस कोर्स ने आपके विचार को बदल दिया है कि स्वस्थ जीवन शैली के लिए शारीरिक योग्यता आवश्यक है।

302 responses



6. Are you interested to join such type of course in future? क्या आप भविष्य में इस प्रकार के पाठ्यक्रम में शामिल होने के लिए इच्छुक हैं?

302 responses





The Berar General Education Society's  
**Shri R. L. T. College of Science, Akola**  
**Department of Physical Education and Sports**  
& I.Q.A.C. in Collaboration with  
**Ajinkya Fitness Park, Akola**

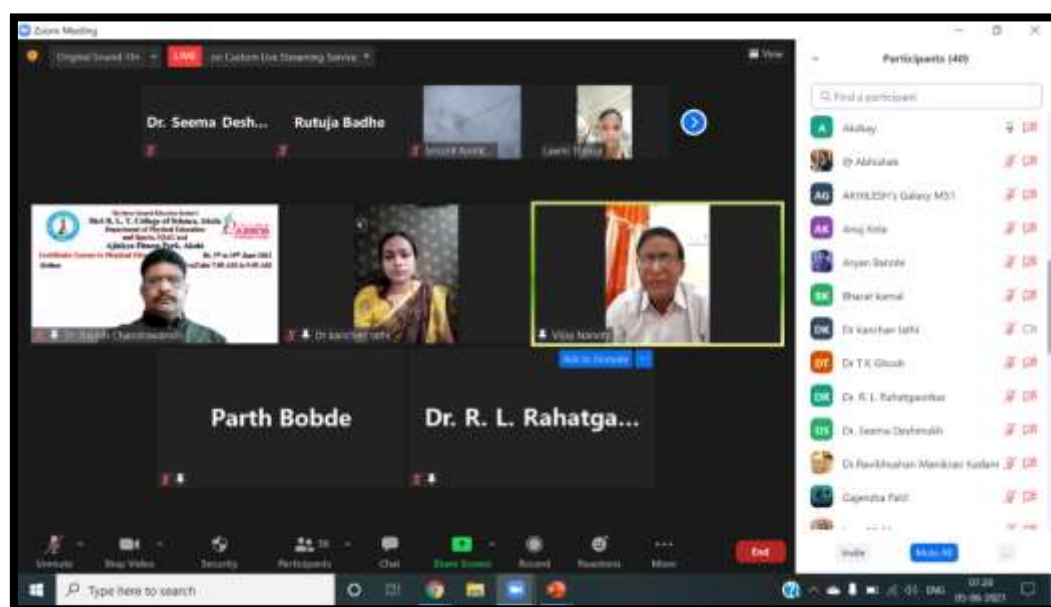


**Online**  
**Certificate Course in Physical Fitness**  
**Dt. 5<sup>th</sup> to 15<sup>th</sup> June 2021**

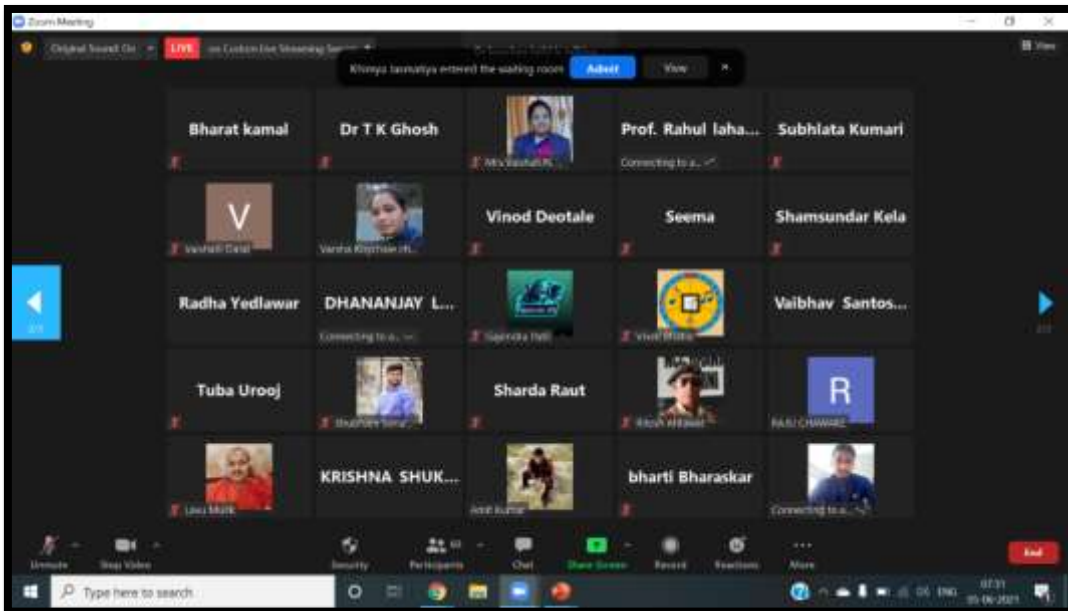
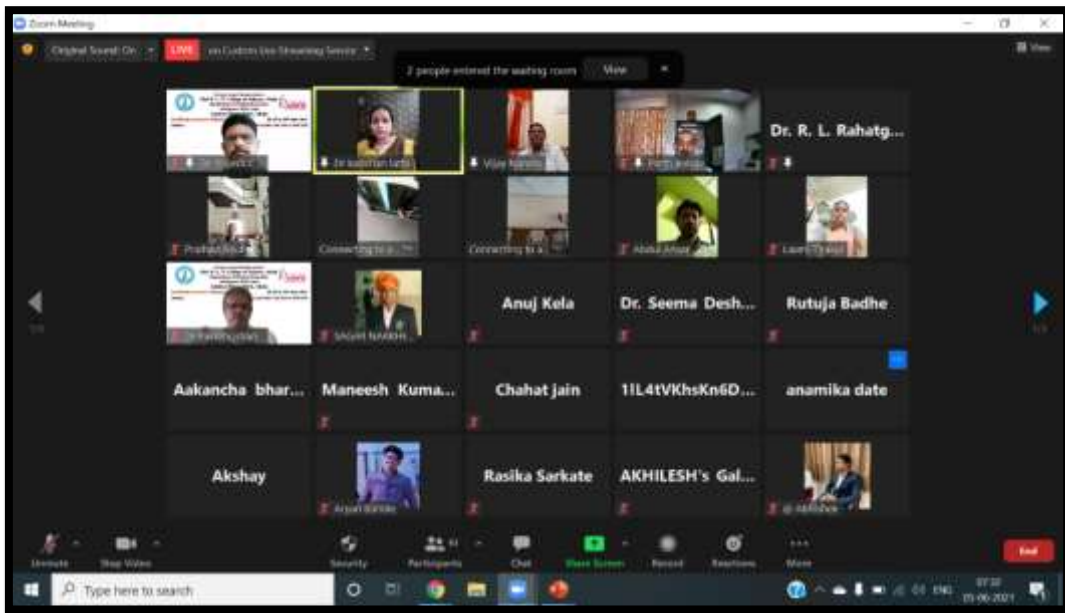
**Date: 5<sup>th</sup> June 2021**

**Opening Ceremony**

On the occasion of World Environment Day 2021, Opening Ceremony was organised as per schedule. Dr. V.D. Nanoty, Principal, Shri R.L.T. College of Science, Akola Chairpeson of today's programme. Dr. R.D. Chandrawanshi, Course Coordinatior, Dr. R.L. Rahatgaonkar, IQAC Coordinatior, Mr. Dhananjay Bhagat , Director, Ajinkya Fitness Park, Akola, Resource Persons, Dr. K.R. Lathi and Participants were joined in this online event. This programme was streamed online on YouTube. We got huge support from participants.

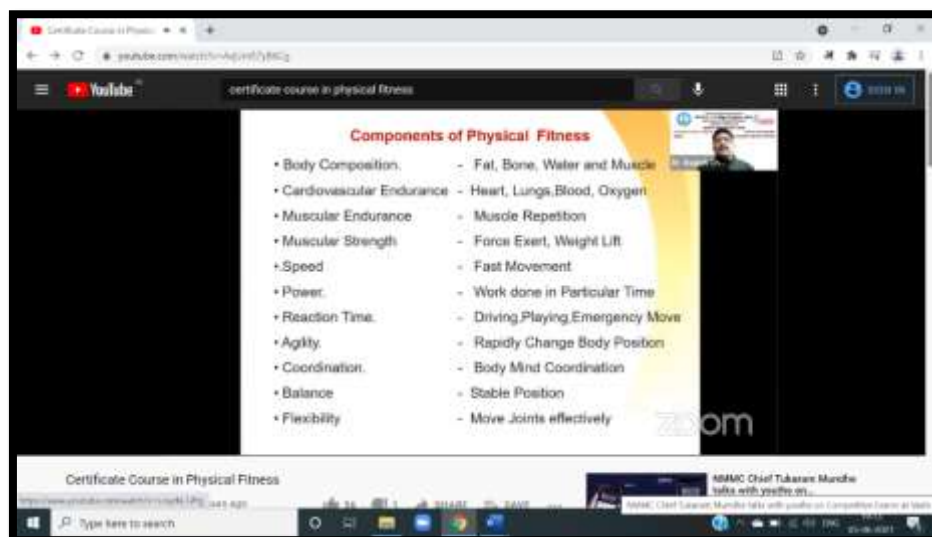
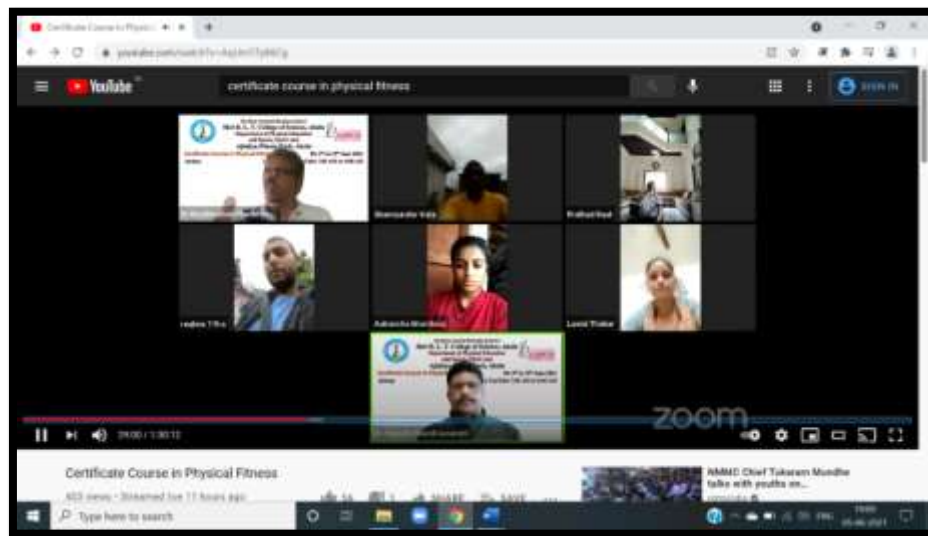






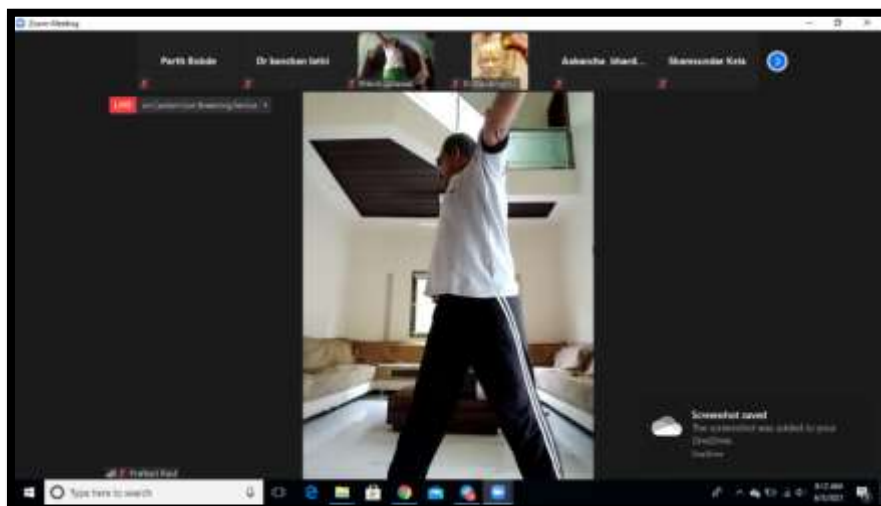
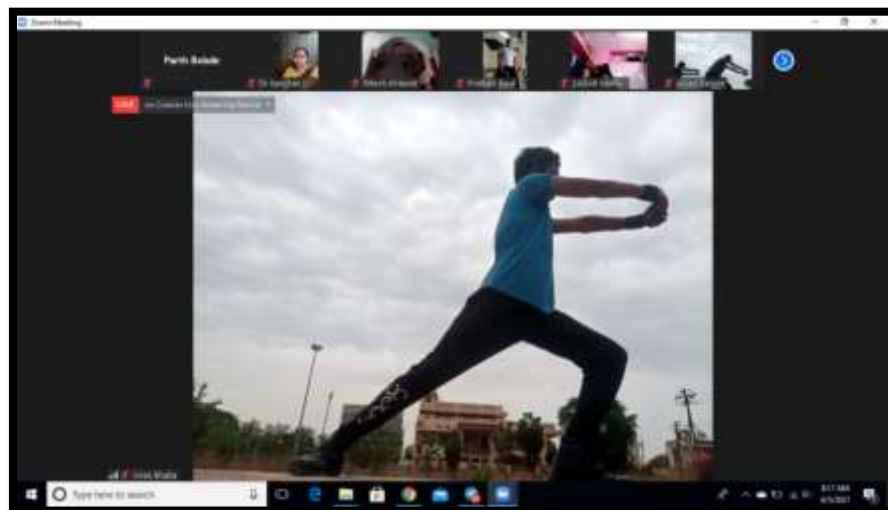
## Concept of Physical Fitness

Course related introductory remark delivered by Dr. Rajesh D. Chandrawanshi, Course Coordinator.



## Stretching Exercises

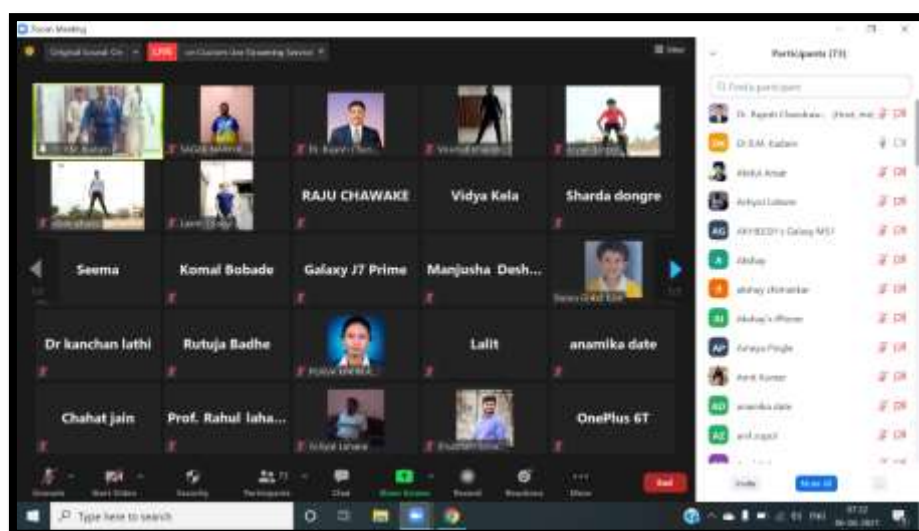
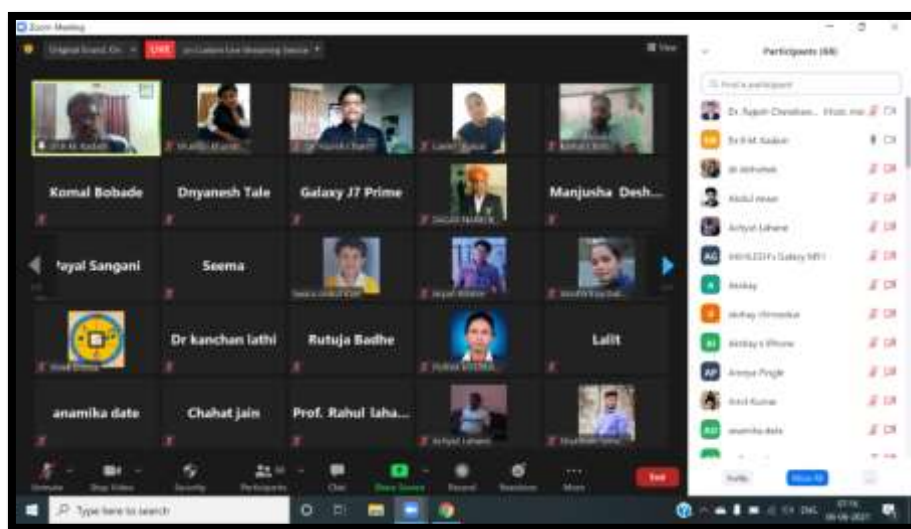
This live practical session was conducted by Dr. Rajesh D. Chandrawanshi, Course Coordinator.



Date: 6<sup>th</sup> June 2021

### Warm Up Exercises

Warm up Exercises related introductory remark and practical session was nicely conducted by Dr. R.M. Kadam, Director of Physical Education and Sports, B.B. Arts, N.B. Commerce & B.P. Science College, Digras, Yavatmal





## Suryanamaskar

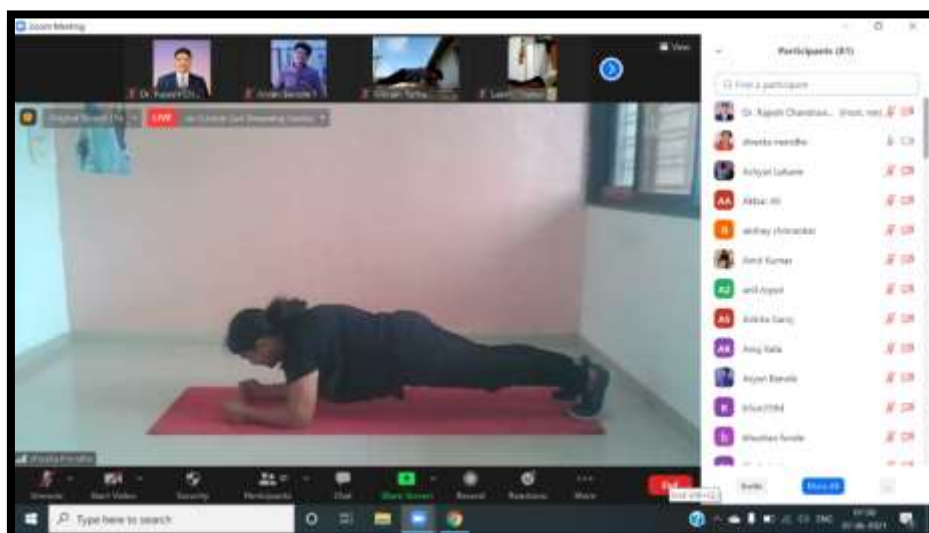
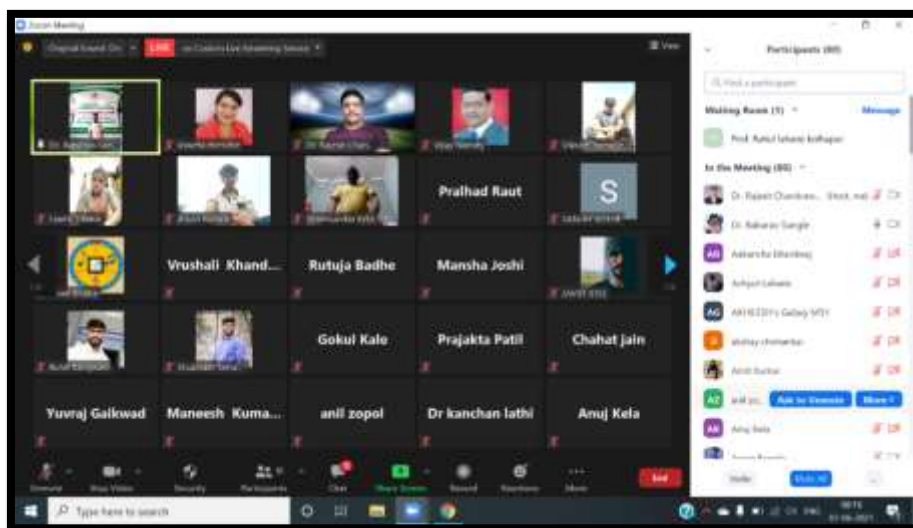
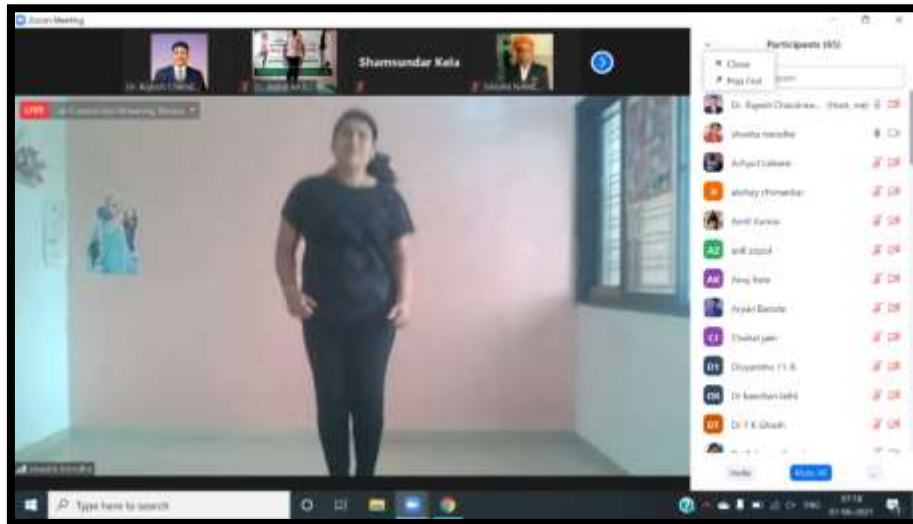
Suryanamaskar related introductory remark and practical session was nicely conducted by Mr. Dhananjay Bhagat, Director, Ajinkya Fitness Park, Akola.



**Date: 7th June 2021**

## **Aerobics**

Aerobics related introductory remark and practical session was nicely conducted by Prof. Shweta Mendhe, Director of Physical Education and Sports, Smt. R.D.G. College of Women, Akola





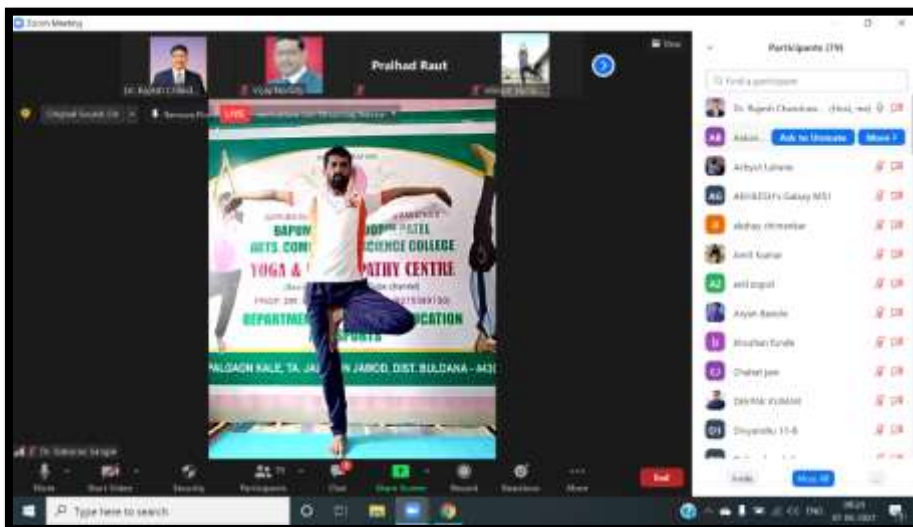
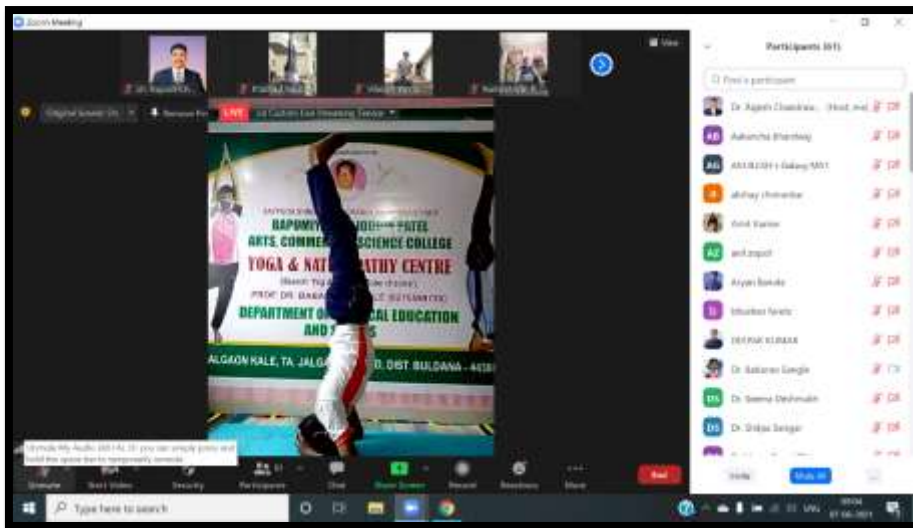
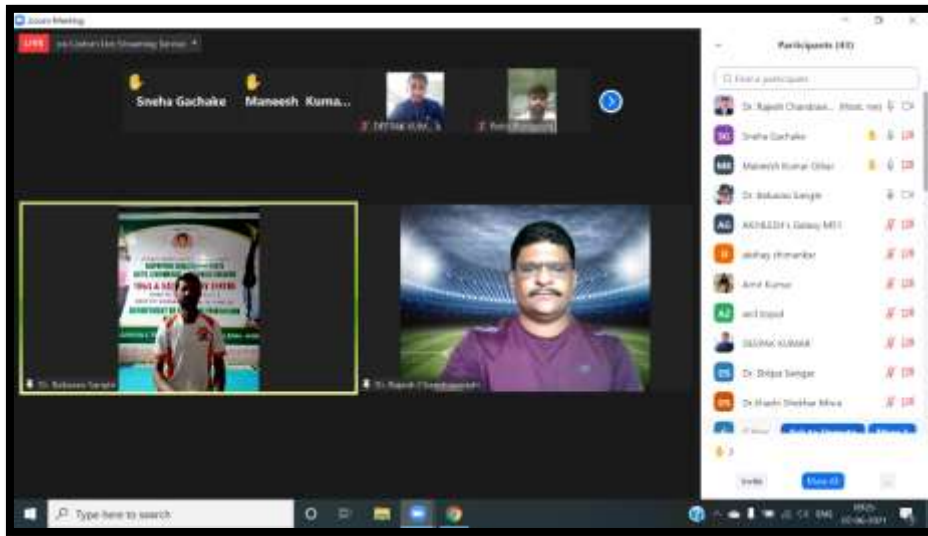
## Covid -19 Awareness related Safety Measures

Covid 19 awareness related safety measures nicely explain by Dr. V. D. Nanoty, Principal, Shri R.L.T. College of Science, Akola. In interaction with participants as a microbiologist he explained to keep the daily record of your body temperature, Oxygen Level in body and Pulse count. This record may help you to know your fitness level and can be used as an alert from Covid-19 infection.



## Yoga

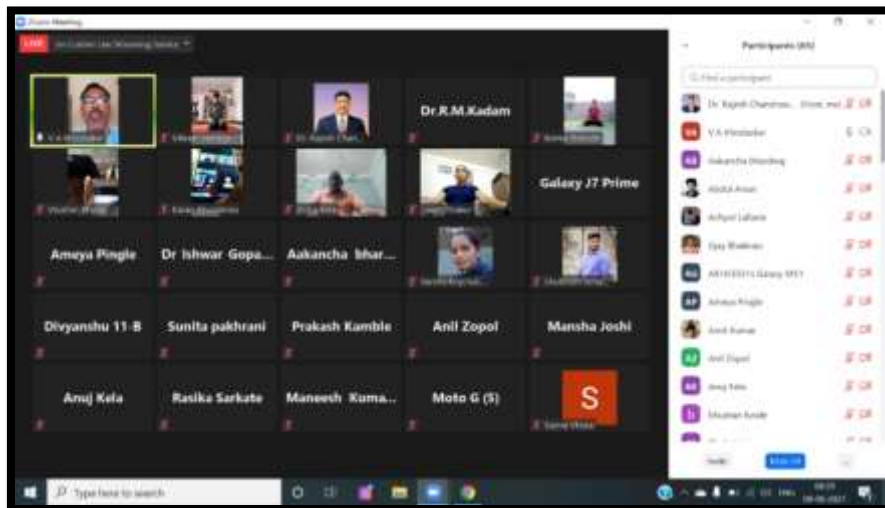
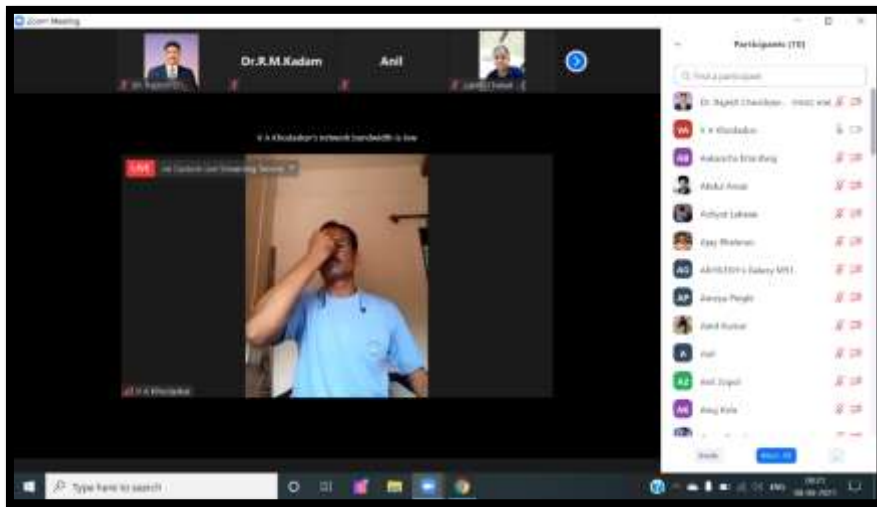
Yoga related introductory remark and practical session was nicely conducted by Dr. Babarao Sangle, Director of Physical Education and Sports, Bapumiya Sirajoddin Patel Arts, Commerce & Science College, Pimpalgaon Kale





## Pranayama and Meditation

Pranayama and Meditation related introductory remark and practical session was nicely conducted by Dr. V. A. Khodaskar, Director of Physical Education and Sports, Nehru Mahavidyalaya, Nerparsopant, Yavatmal.





Date: 9<sup>th</sup> June 2021

## Postural Deformities Part I

Postural Deformities Part I related introductory remark and practical session was nicely conducted by Dr. Pravin Dabre, Director of Physical Education and Sports, Shripad Krushna Kolhatkar Mah., Jaglaon Jamod.

**POSTURE AND POSTURAL DEFORMITIES**

**MEANING OF POSTURE:-** POSTURE CONCERNS THE WAY AN INDIVIDUAL CARRIES HIMSELF/HERSELF WHILE SITTING, STANDING, WALKING AND LYING.

**TYPES OF GOOD POSTURE STANDING POSTURE:-** Standing posture of an individual is generally considered as the basic posture . In standing position weight should be equally distributed between the ball of the foot and the heel.

**POSTURE AND POSTURAL DEFORMITIES**

0 degrees 15 degrees 30 degrees 45 degrees 60 degrees

**POSTURE AND POSTURAL DEFORMITIES**

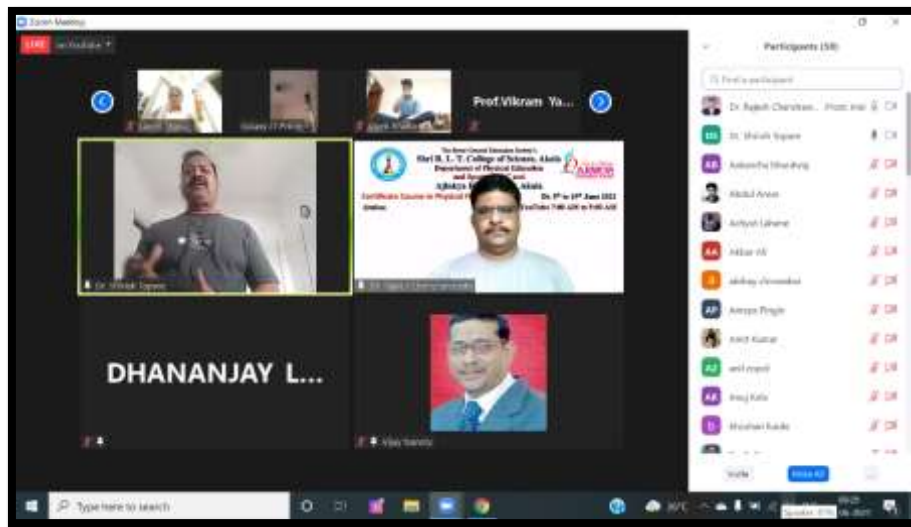
**MEANING OF POSTURE:-** POSTURE CONCERNS THE WAY AN INDIVIDUAL CARRIES HIMSELF/HERSELF WHILE SITTING, STANDING, WALKING AND LYING.

**TYPES OF GOOD POSTURE STANDING POSTURE:-** Standing posture of an individual is generally considered as the basic posture . In standing position weight should be equally distributed between the ball of the foot and the heel.

The proper alignment of your spine allows you to move easily so that your body supports your weight without strain. Poor posture can place stress on your tendons, muscles, and ligaments, leading to neck and back pain.

## Use of Resistance Tube exercises for strength training

Use of Resistance Tube exercises for strength training related introductory remark and practical session was nicely conducted by Dr. Shrish Topare, Director of Physical Education and Sports, Bharatiya Mah., Moshi, Amravati

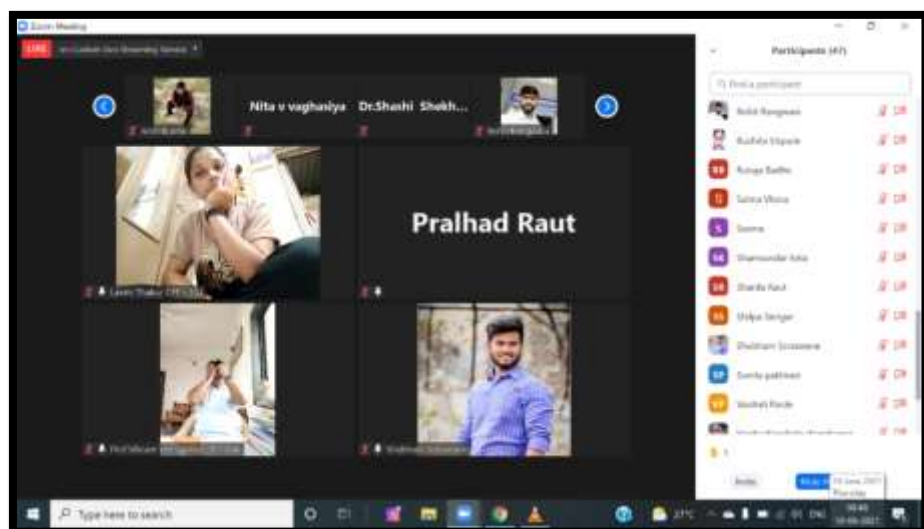
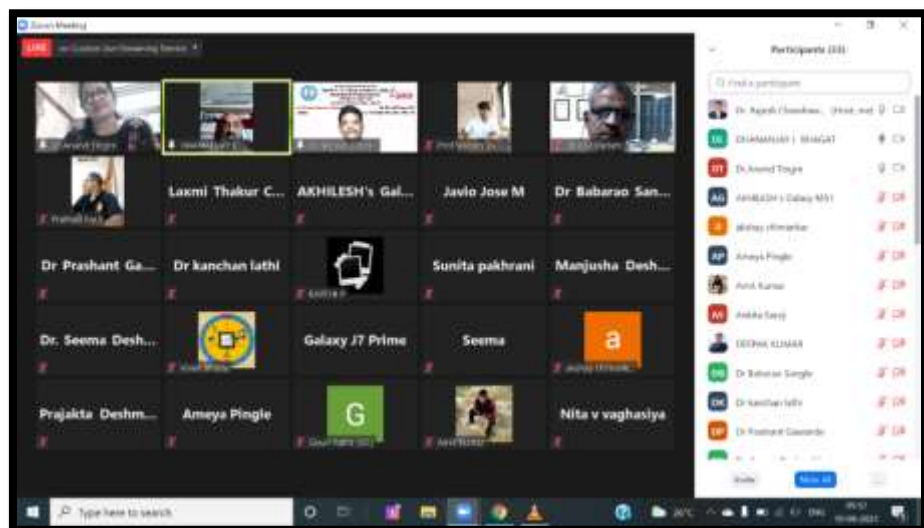
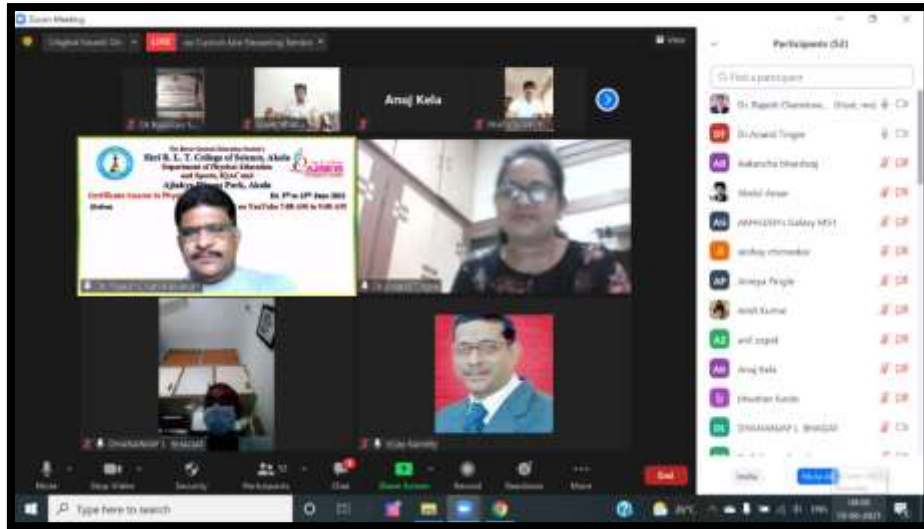






## Healthy Habits & Diet Plan

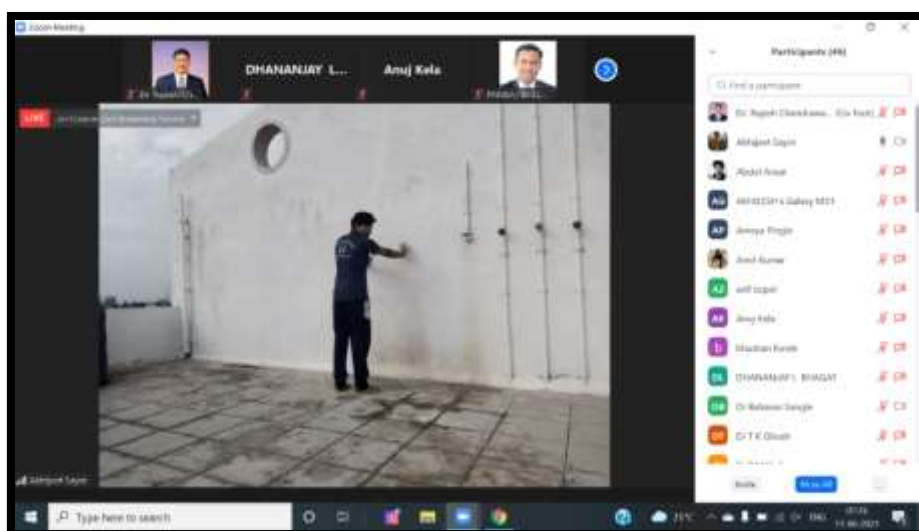
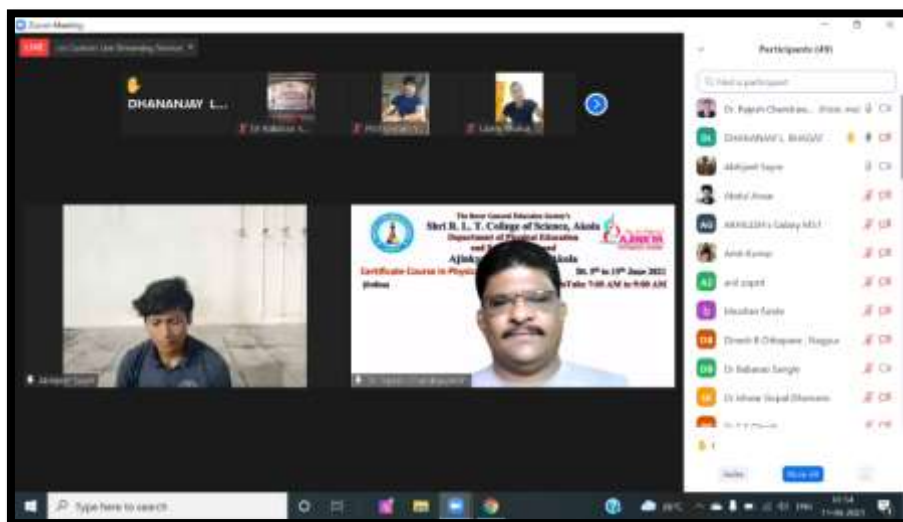
Healthy Habits & Diet Plan related introductory remark and practical session was nicely conducted by Dr. V. A. Khodaskar, Dr. Nilima Tingre, Dietitian, Ajinkya Fitness Park, Akola



**Date: 11<sup>th</sup> June 2021**

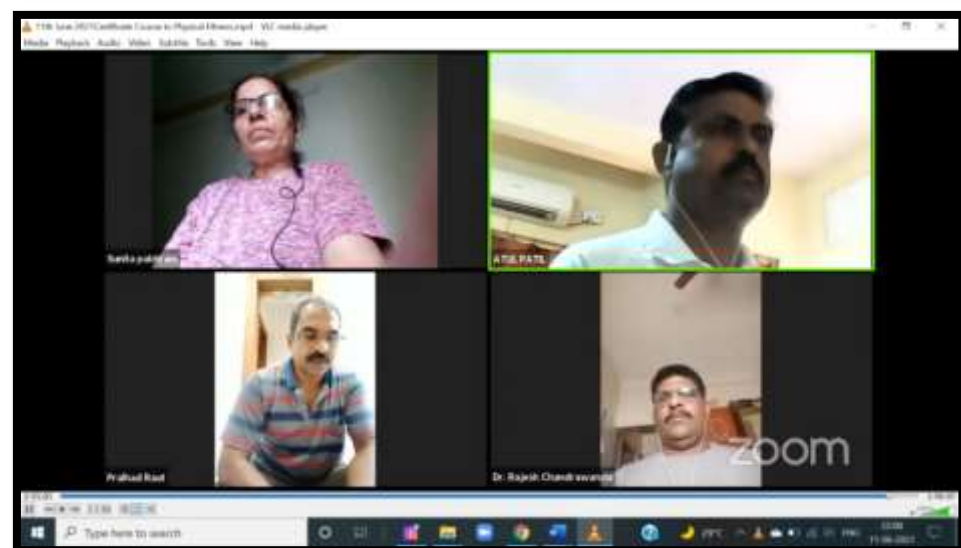
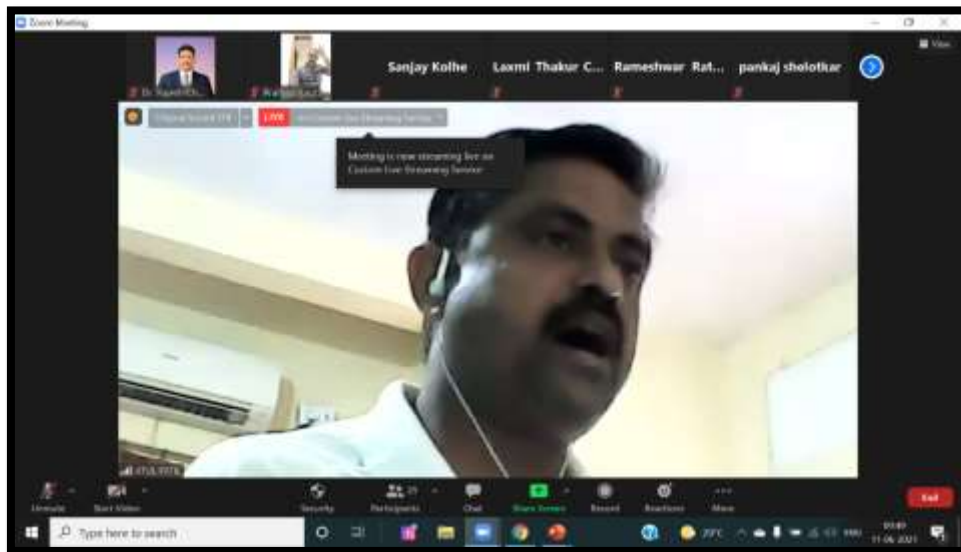
### **Wall Exercises & Stick Exercises**

Wall Exercises & Stick Exercises related introductory remark and practical session was nicely conducted by Mr. Abhijeet Sayre, Gold Medal in Ashtedo Akhada International Tournament, Expert in Stick Practice, Akola



## Walking, Jogging and Running

Walking, Jogging and Running Pranayama and Meditation related introductory remark and practical session was nicely conducted by Dr. Atul Patil, Director of Physical Education and Sports, R.D. I.K. College, Badnera, Amravati.

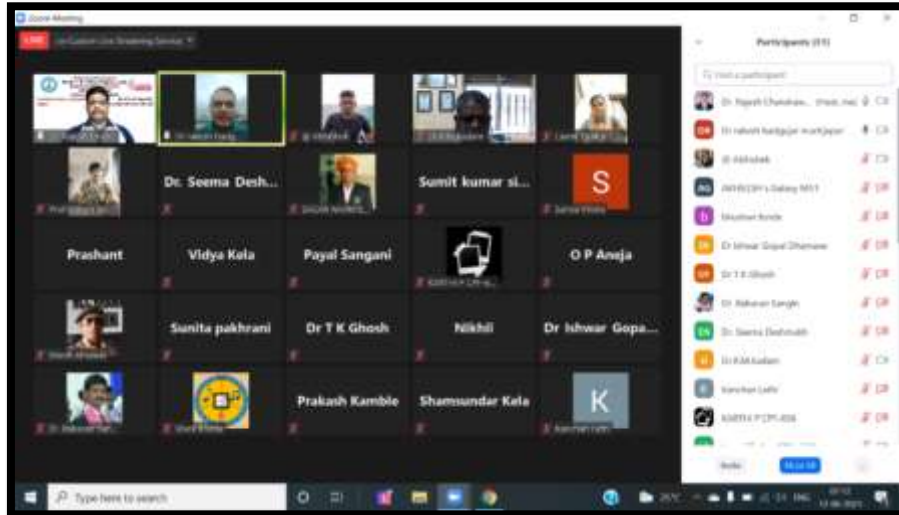




**Date: 12<sup>th</sup> June 2021**

### **Physical Fitness through Traditional Sports**

Physical Fitness through Traditional Sports related introductory remark and practical session was nicely conducted by Dr. Rakesh Badgujar, Director of Physical Education and Sports, Sant Gadge Maharaj Mahavidyalaya, Murtizapur Exe. Member of Sports Authority of India, Director, Badgujar Sports Academy, Amravati.



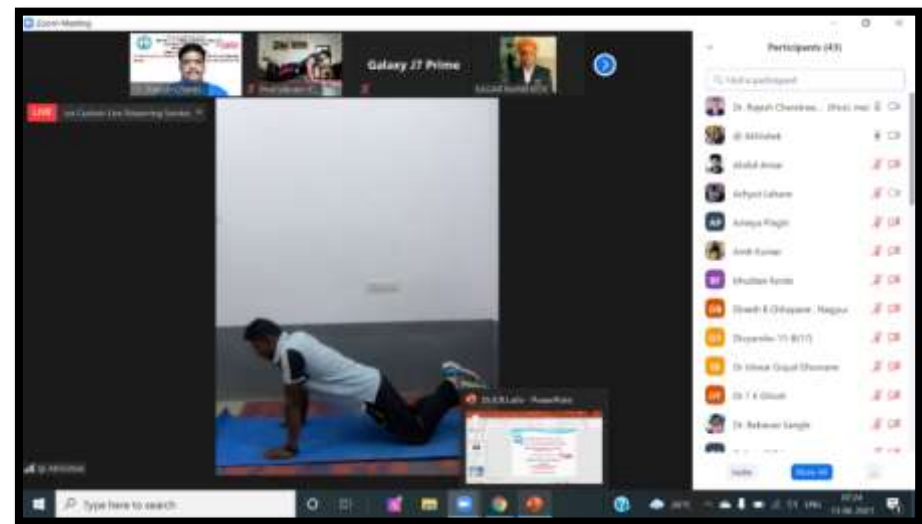
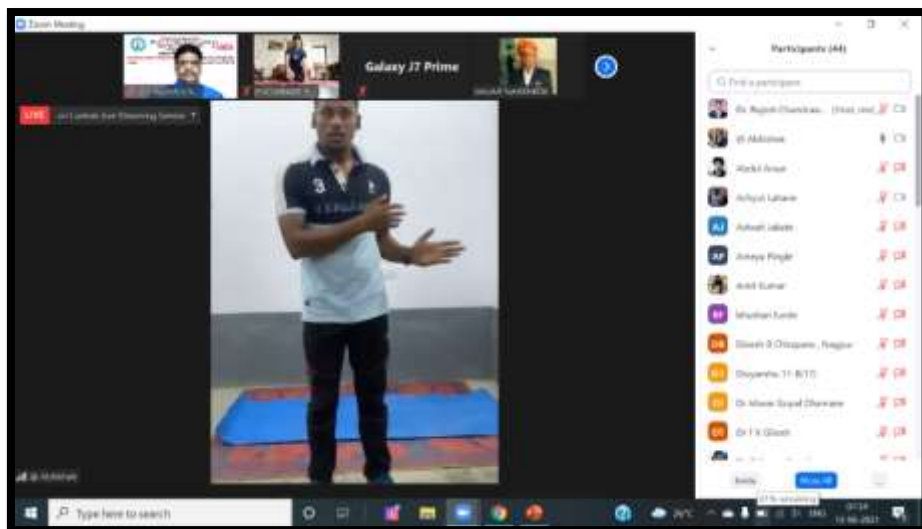
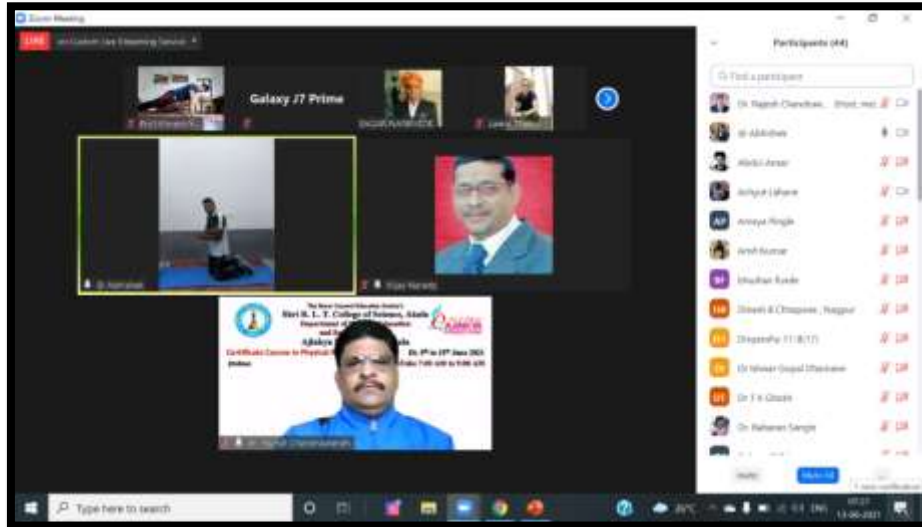




Date: 13<sup>th</sup> June 2021

### Pushups/Dips and Skipping Rope

Pushups/Dips and Skipping Rope related introductory remark and practical session was nicely conducted by Mr. Abhishek Kumar, Fitness Trainer & Coach Short NIS in Boxing, New Delhi

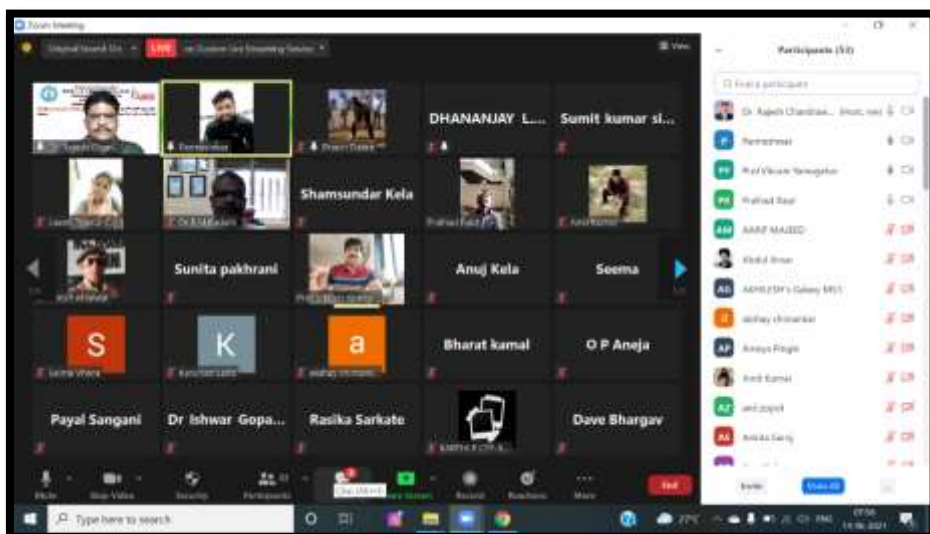
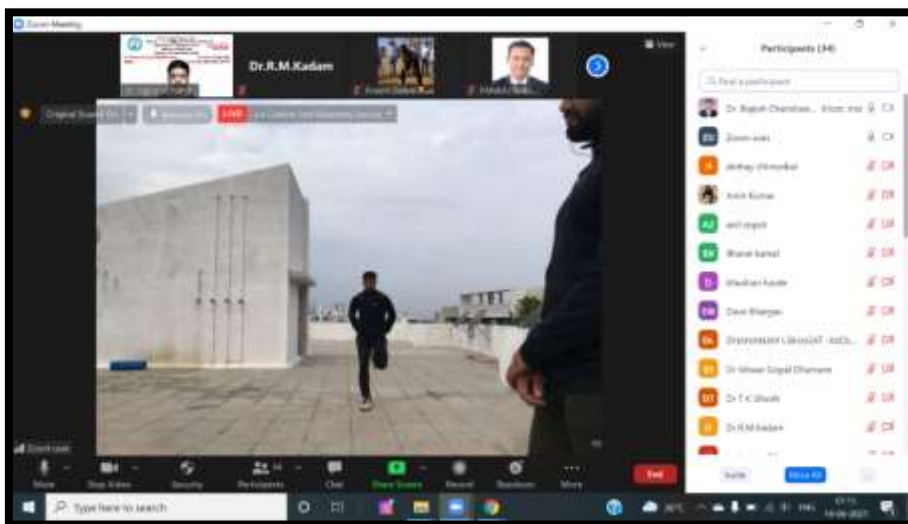
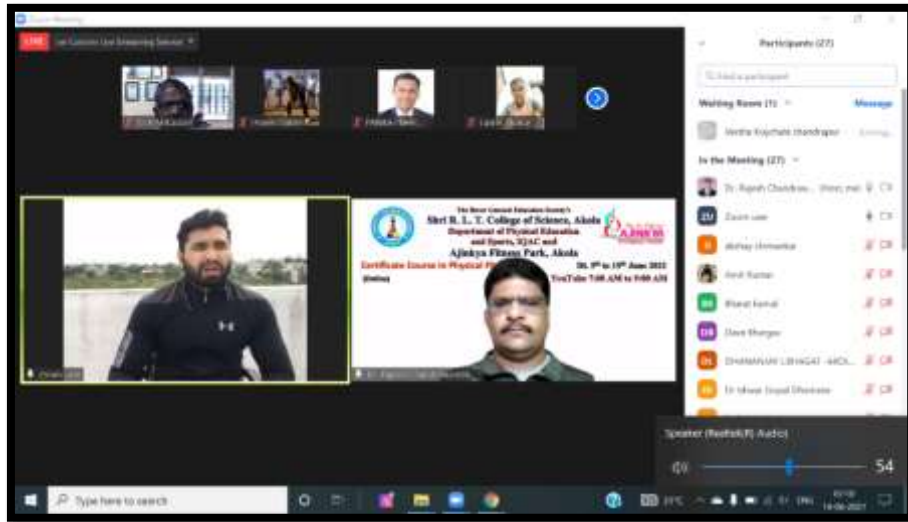




Date: 14<sup>th</sup> June 2021

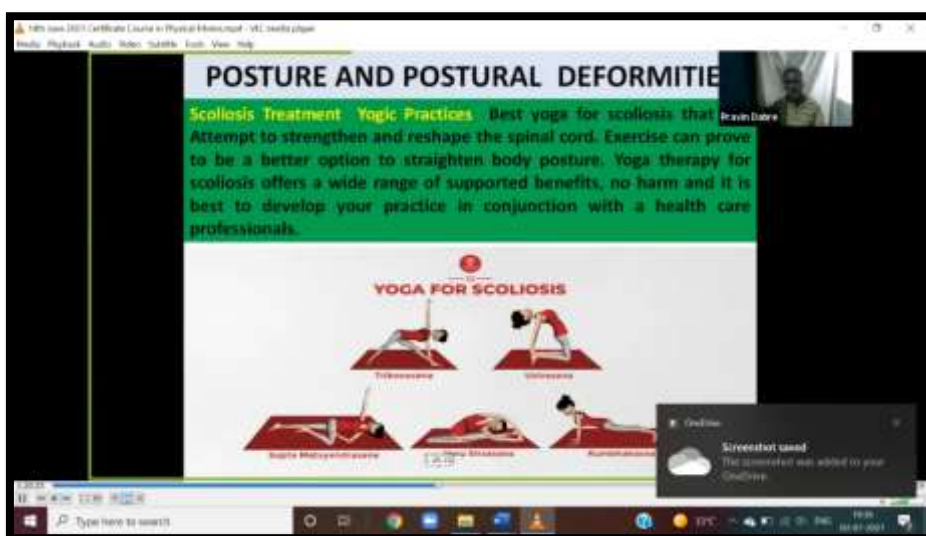
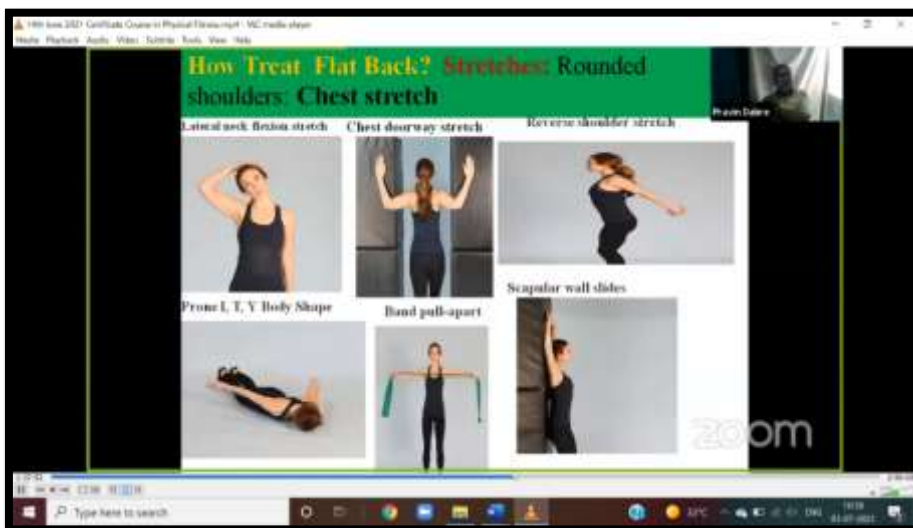
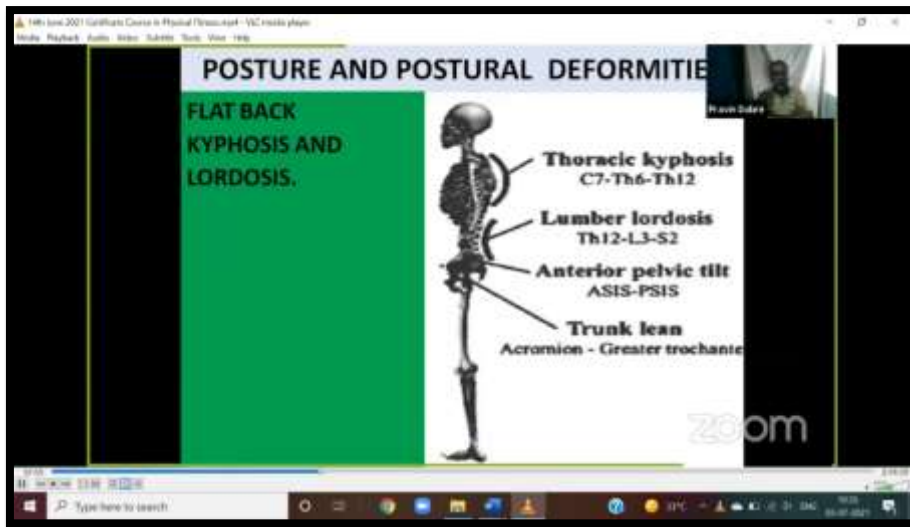
## Specific Exercises for Increase of Height an Effective on burning Body Fats

Exercises for Increase of Height an Effective on burning Body Fats related introductory remark and practical session was nicely conducted by Mr. Akshay Tiwari, Fitness Trainer & Nutritionist, Enfield Fitness Center, Akola



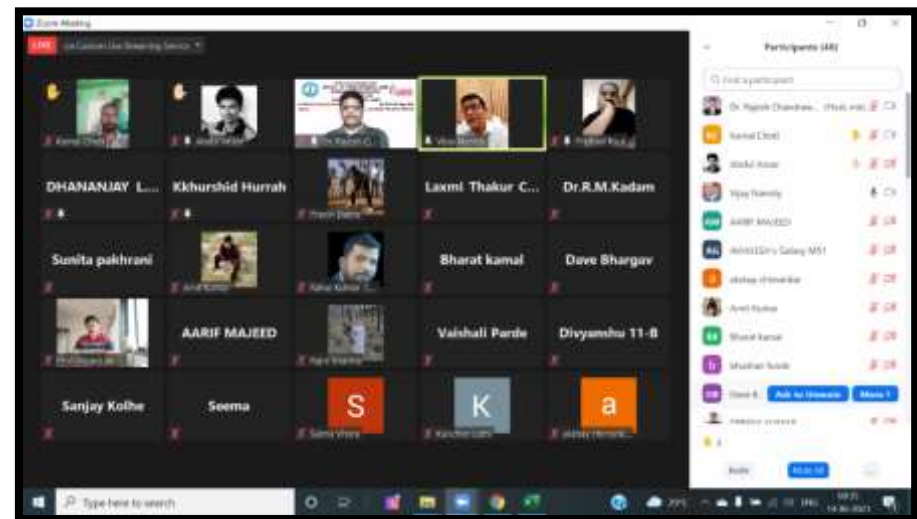
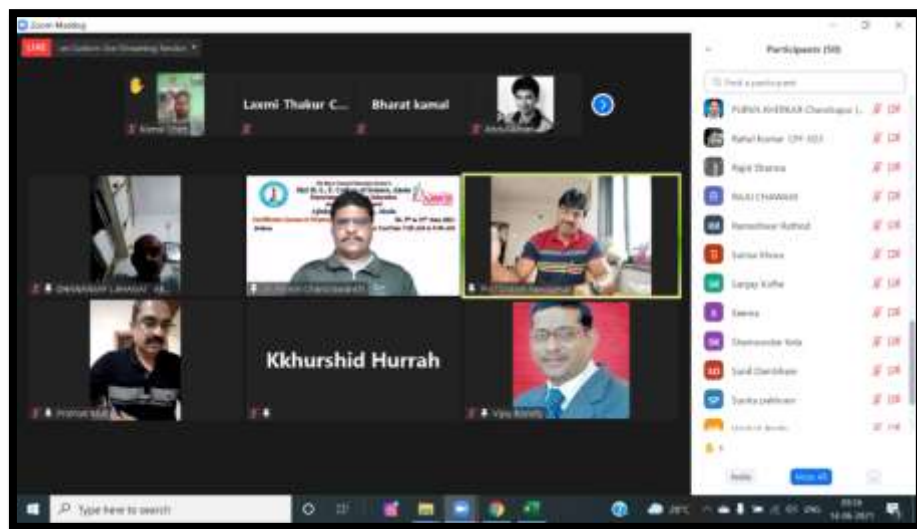
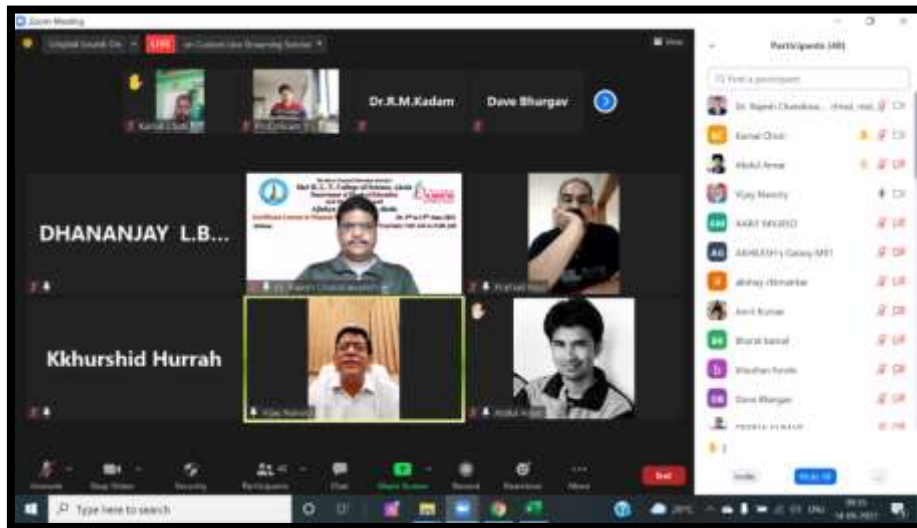
## Postural Deformities Part-II

Postural Deformities Part-II related informative session was nicely conducted by Dr.Pravin Dabre, Director of Physical Education and Sports, Shripad Krushna Kolhatkar Mah., Jaglaon Jamod





## Group Discussion, Feedback



### Sports Committee Members

- |                           |          |
|---------------------------|----------|
| 1. Dr. R.D. Chandrawanshi | Chairman |
| 2. Dr. R.L. Rahatgaonkar  | Member   |
| 3. Prof. V.N. Badgujar    | Member   |
| 4. Prof. S.B. Tadam       | Member   |