



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  
**Mahavidyalayin Sharirik Shikshan Shikshak**  
**Association, Amravati**

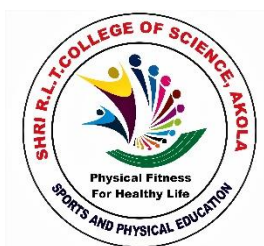
Affiliated to Sant Gadge Baba Amravati University, Amravati

**Online**

**National Level Programme (On the occasion of Olympic 2020)**

**“PHYSICAL FITNESS AND SPORTS AWARENESS**  
**PROGRAMME” (PFSAP)**

**Dt. 15<sup>th</sup> to 26<sup>th</sup> July 2021**



**Be fit for Nation**

**Fitness Task Force**

**No Fees**

**Open to All**



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



**Mahavidyalayin Sharirik Shikshan Shikshak Association,  
Amravati**

Affiliated to Sant Gadge Baba Amravati University, Amravati

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Last date of Registration 14<sup>th</sup> July 2021

Everybody knows the importance of Physical Fitness to boost immunity to fight against Corona Virus and such type of diseases in future. The aim of this programme is to develop physical fitness through daily practical session activities.

Due to Covid-19 pandemic Sports activities are lagging in previous two years. In this critical situation it is our responsibility to encourage, aware and motivate students, players and people towards sports activities. Olympic 2020 will be organising from 21<sup>st</sup> July 2021 to 8<sup>th</sup> August 2021 at Tokyo, Japan. To enjoy Sports Event of Olympic 2020 it is important to know the history, ground measurement, equipments, basic and latest rules or law of selected Olympic and Indian Sports.

**OUR PATRON**



**President**

**Hon'ble Adv. Motisingh Mohta**

President

The Berar General Education  
Society, Akola



**Inaugurator**

**Prof. Pradip Khedkar**

Member of Management  
Council, S.G.B. Amravati  
University, Amravati



**Chief Guest**

**Dr. Avinash Asanare**

Director

Physical Education & Sports  
S.G.B. Amravati Univ., Amravati

**OUR PATRON**

**The B.G.E. Society's All Executive Member**



**Shri V. S. Toshniwal**  
Sr. Vice President



**Dr. R. C. Jain**  
Jr. Vice President



**Shri P.N. Maheshwari**  
Hon. Secretary



**Er. A.G. Paranjape**  
Jt. Secretary

Adv. Pramod W. Agrawal    Shri. Rameshchandra S. Chandak    Dr. Ajay V. Kant  
 Ar. Atul R. Bang    Shri. Karan K. Cheema    Dr. Kiran H. Laddha  
 Shri. Abhay P. Bijwe    C.A. Vikram R. Golechha    Dr. Satish L. Rathi  
 Shri. Deepak B. Chandak    Adv. Ajaykumar R. Gupta    Shri. Amit A. Sureka

### IMPORTANT LINKS FOR REGISTRATION AND INFORMATION

EVENT	PLATFORM	DETAILS
<b>REGISTRATION</b>	Date	Registration Start from 9 <sup>th</sup> July 2021 to 14 <sup>th</sup> July 2021
	Link	<a href="https://docs.google.com/forms/d/e/1FAIpQLSc-ihWjBjF3tmThcc-kRkAuJ3XKzR5w3xOp40DgJVonJ4XDdQ/viewform?usp=sf_link">https://docs.google.com/forms/d/e/1FAIpQLSc-ihWjBjF3tmThcc-kRkAuJ3XKzR5w3xOp40DgJVonJ4XDdQ/viewform?usp=sf_link</a>
<b>CERTIFICATE</b>	Certificate	Participation Certificate will be issued on 31 <sup>st</sup> July 2021
<b>YOU TUBE</b>	Channel	<a href="https://www.youtube.com/channel/UCB6E1vJl3YwmDWPM510xzSA">https://www.youtube.com/channel/UCB6E1vJl3YwmDWPM510xzSA</a> Subscribe YouTube channel for online programme
<b>CONTACT</b>	Mobile No.	<b>Dr. R.D. Chandrawanshi</b> Coordinator 9850599429, 8788868145
<b>TELEGRAM GROUP</b>	Link	<a href="https://t.me/joinchat/YPQx8aRX2Fo3MjI9">https://t.me/joinchat/YPQx8aRX2Fo3MjI9</a>
	Join	Telegram Group joining is most useful for communication and certificate distribution.

### Organizing Committee Members



**Dr.V.D. Nanoty**

**Principal & Convenor**

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



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

Director of Physical Education and Sports



**Dr.Subhash Gawande**  
**President**

Mahavidyalayin Sharirik ShikshanShikshak Association, Amravati



**Dr.R.L.Rahatgaonkar**  
**IQAC Coordinator**



**Dr.Virant Wankhade**  
**Secretary**

Mahavidyalayin Sharirik ShikshanShikshak Association, Amravati

**Prof. Anil Bonde**

**Dr.Yogeshwar Nikas**

**Dr. Shrikant Alone**

**Dr. Atmaram Rathod**

**Dr. Khushal Alaspure**

**Dr. Kamini Mamarde**

**Dr. Kanchan Lathi**

## Programme Schedule

Date	Time	Event	Resource Person
15 <sup>th</sup> July 2021	7:00 AM To 7:30 AM	Opening Ceremony	Honourable Guests, Resource Persons, Participants and Organising Committee Members
	7:30 AM To 8:00 AM	Practical Session <b>Stretching Exercises</b>	<b>Dr. Rajesh Chandrawanshi</b> Director of Physical Education and Sports, Shri R.L.T. College of Sci., Akola
	8:00AM To 8:30 AM	Informative Session <b>Softball</b>	<b>Dr. Rupali Tone</b> Director of Physical Education and Sports, Shri. Shivaji Science College, Amravati
	8:30 AM To 9:00 AM	Informative Session <b>Football</b>	<b>Dr. Harish Gajbhiye</b> Ex. Voice-Principal Phulsing Naik College, Pusad, Yavatmal
16 <sup>th</sup> July 2021	7:00 AM To 8:00 AM	Practical Session <b>Warm up Exercises</b>	<b>Dr. Rakesh Badgujar</b> Exe. Member of Sports Authority of India, Director, Badgujar Sports Academy, Amravati
	8:00 AM To 8:30 AM	Informative Session <b>Archery</b>	<b>Dr. Pravin Dabre</b> Director of Physical Education and Sports, Shripad Krushna Kolhatkar Mah., Jaglaon Jamod
17 <sup>th</sup> July 2021	7:00 AM To 8:00 AM	Practical Session <b>Pranayama &amp; Meditation</b>	<b>Dr. V.A. Khodaskar</b> Director of Physical Education and Sports, Nehru Mahavidyalaya, Nerparsopant, Yavatmal
	8:00 AM To 8:30 AM	Informative Session <b>Gymnastics</b>	<b>Mr. Yogesh Shirke,</b> International Gymnastics Coach Directorate of Sports and Youth Services, Maharashtra State, Pune
	8:30 AM To 9:00 AM	Informative Session <b>Badminton</b>	<b>Dr. Seema Deshmukh</b> Director of Physical Education and Sports, Smt. S.R. Mohta Mahila Mahavidyalay, Khamgaon
18 <sup>th</sup> July 2021	7:00 AM To 8:00 AM	Practical Session <b>Suryanamaskar</b>	<b>Mr. Dhananjay Bhagat</b> Director, Ajinkya Fitness Park, Akola
	8:00 AM To 8:30 AM	Informative Session <b>Boxing</b>	<b>Mr. Abhishek Kumar</b> Fitness Trainer & Coach Short NIS in Boxing New Delhi
	8:30 AM To 9:00 AM	Informative Session <b>Fencing</b>	<b>Prof. Ganesh Vishwakarma</b> Director of Physical Education and Sports, Late B.S. Arts College, Khamgaon, Buldana
19 <sup>th</sup> July 2021	7:00 AM To 8:00 AM	Practical Session <b>Yoga</b>	<b>Dr. Babarao Sangle</b> Director of Physical Education and Sports, Bapuniya Sirajoddin Patel Arts, Commerce & Science College, Pimpalgaon Kale
	8:00 AM To 8:30 AM	Informative Session <b>Handball</b>	<b>Dr. Sagar Narkhede</b> Director of Physical Education and Sports, Saraswati Kala Mah., Dahihanda, Akola
	8:30 AM To 9:00 AM	Informative Session <b>Basketball</b>	<b>Dr. Ajit Bhise</b> Director of Physical Education and Sports, G.S. Tompe Arts, Commerce & Science College, Chandir Bazar

<b>Date</b>	<b>Time</b>	<b>Event</b>	<b>Resource Person</b>
20 <sup>th</sup> July 2021	7:00 AM To 8:00 AM	Practical Session <b>Aerobics/Zumba</b>	<b>Ms. Kanchan Wagh</b> Aerobics & Zumba Instructor University Colour Holder 24 Fitness Centre, Akola
	8:00 AM To 8:30 AM	Informative Session <b>Judo</b>	<b>Dr. Ravibhushan Kadam</b> Director of Physical Education and Sports, B.B. Arts, N.B. Commerce & B.P. Science College, Digras
	8:30 AM To 9:00 AM	Informative Session <b>Volleyball</b>	<b>Dr. Vijay Pande</b> Professor Degree College Physical Education (HVPM), Amravati
21 <sup>th</sup> July 2021	7:00 AM To 8:00 AM	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 AM To 8:30 AM	Informative Session <b>Swimming</b>	<b>Dr. Shirish Topare</b> Director of Physical Education and Sports, Bharatiya Mah., Morshi Amravati
	8:30 AM To 9:00 AM	Informative Session <b>Table Tennis</b>	<b>Mr. Sudarshan Mesare</b> Table Tennis Coach, ITTF Level II  Sports Authority of Gujarat,  Gandhinagar, Gujrat.
22 <sup>th</sup> July 2021	7:00 AM To 8:00 AM	Practical Session <b>Specific Exercises helps to increase height and Effective on burning Body Fats</b>	<b>Mr. Akshay Tiwari</b> Fitness Trainer & Nutritionist Enfield Fitness Center, Akola
	8:00 AM To 8:30 AM	Informative Session <b>History of Olympic</b>	<b>Dr. Shridhar Dhakulkar</b> Director of Physical Education and Sports, Mahatma Jyotiba Fule Mahavidyalaya, Amravati
23 <sup>rd</sup> July 2021	7:00 AM To 8:00 AM	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 AM To 8:30 AM	Informative Session <b>Hockey</b>	<b>Dr. Uday Manjare</b> Professor, Degree College Physical Education (HVPM), Amravati
	8:30 AM To 9:00 AM	Informative Session <b>Weight Lifting &amp; Power Lifting</b>	<b>Dr. Shamsundar Kela</b> Director of Physical Education and Sports, Bhagwan Baba Arts & Commerce College, Lonar, Buldana
24 <sup>th</sup> July 2021	7:00 AM To 8:00 AM	Practical Session <b>Pushups /Dips, Skipping Rope</b>	<b>Mr. Abhishek Kumar</b> Fitness Trainer & Coach Short NIS in Boxing New Delhi
	8:00 AM To 9:00 AM	Informative Session <b>Athletic Running &amp; Jumping Events</b>	<b>Dr. Atul Patil</b> Director of Physical Education and Sports, R.D.I. K. College, Badnera, Amravati

<b>Date</b>	<b>Time</b>	<b>Event</b>	<b>Resource Person</b>
<b>25<sup>th</sup> July 2021</b>	<b>7:00 AM To 8:00 AM</b>	<b>Practical Session Use of Resistance Tube Exercises for strength training</b>	<b>Dr. Deepakkumar Dogra</b> Asst. Professor Department of Physical Education Banaras Hindu University, Banaras, Uttar Pradesh
	<b>8:00 AM To 8:30 AM</b>	<b>Informative Session Athletic Throwing Events</b>	<b>Dr. Atul Patil</b> Director of Physical Education and Sports, R.D.I. K. College, Badnera, Amravati
	<b>8:30 AM To 9:00 AM</b>	<b>Informative Session Wrestling</b>	<b>Dr. Ranveer Singh Rahal</b> Indian Wrestling Coach National Centre of Excellences Mumbai.
<b>26<sup>th</sup> July 2021</b>	<b>7:00 AM To 8:00 AM</b>	<b>Practical Session Aerobics</b>	<b>Lt. Shweta Mendhe</b> Director of Physical Education and Sports, Smt. R.D.G. College for Women, Akola
	<b>8:00 AM To 8:30 AM</b>	<b>Informative Session Kho-Kho</b>	<b>Dr. Manoj Vyawahare</b> Director of Physical Education and Sports, Arts College, Buldana
	<b>8:30 AM To 9:00 AM</b>	<b>Informative Session Kabaddi</b>	<b>Prof. Suraj Bangade</b> NIS in Kabaddi D.C.P.E. (HVPM). Amravati
	<b>9:00 AM To 9:30 AM</b>	<b>Closing Ceremony with Feedback</b>	Honourable Guests, Resource Persons, Participants and Organising Committee Members

## List of Registered Participants with Roll Number

Roll No.	Full Name	District	State
1	Dinesh Kumar	South Andaman	Andaman and Nicobar Islands
2	Prince Hussain	Golaghat	Assam
3	Rituraj Borgohain	Lakhimpur	Assam
4	Abhishek Balo	Lakhimpur	Assam
5	Abhilash	Jorhat	Assam
6	Abhilash Dutta	Jorhat	Assam
7	Gitali	Tinsukia	Assam
8	Kuldeep Singh	Dibrugarh	Assam
9	Amit Kumar	Nalanda	Bihar
10	Deepak Kumar	Aurangabad	Bihar
11	Rahul kumar	Madhepura	Bihar
12	Pritam Tiwari	Rohtas	Bihar
13	Pushpraj Singh Rajput	Bilaspur	Chhattisgarh
14	K.M Tha-Ha Owasif Aurnob	Chittagong	Chittagong
15	Sandeep Kumar	Delhi	Delhi
16	Rajesh	Mheroli	Delhi
17	Fateh Khan	East delhi	Delhi
18	Vipin Sahu	North East	Delhi
19	Priyanka Gupta	North East	Delhi
20	Sonia	New Delhi	Delhi
21	Ritesh Ahlawat	Vikas puri	Delhi
22	Vipulkumar Bhikhabhai Patel	Gandhinagar	Gujarat
23	Ishwar S. Pawar	Vadodara	Gujarat
24	Sagar Chede	Vadodara	Gujarat
25	Pratik Bhatt	Ahmedabad	Gujarat
26	Jyoti Bakulbhai Makwana	Junagadh	Gujarat
27	Sudarshan Mesare	Bhavnagar	Gujarat
28	Nita V. Vaghasiya	Ahmedabad	Gujarat
29	Sureshkumar B. Rathod	Ahmedabad	Gujarat
30	Heer Shukla	Ahmedabad	Gujarat
31	Saroj Panchal	Vadodara	Gujarat
32	Kelvin Patel	Ahmedabad	Gujarat
33	Hiral Siddhart Barot	Vadodara	Gujarat
34	Salma Vhora	Anand	Gujarat
35	Dr Meenakshi Kadian	Rohtak	Haryana
36	Akash	Faridabad	Haryana
37	Bharat Kamal	Panchkula	Haryana
38	Kusuma devi	Mandi	Himachal Pradesh
39	Shavnam kumari	Mandi	Himachal Pradesh
40	Neelam Thakur	Sirmour	Himachal Pradesh

<b>Roll No.</b>	<b>Full Name</b>	<b>District</b>	<b>State</b>
41	Jaskiran kour	Mandi	Himachal Pradesh
42	Sahil Chauhan	Shimla	Himachal Pradesh
43	Rajni Sharma	Mandi	Himachal Pradesh
44	Nirmal Singh	Mandi	Himachal Pradesh
45	Pooja Thakur	Mandi	Himachal Pradesh
46	Pushpender Kumar	Mandi	Himachal Pradesh
47	Preeti Thakur	Mandi	Himachal Pradesh
48	Umesh	Shimla	Himachal Pradesh
49	Yashika Kanwar	Solan	Himachal Pradesh
50	Raj kumari	Kangra	Himachal Pradesh
51	Chandan Kumar	Kullu	Himachal Pradesh
52	Dr. Vikrant Bhardwaj	Mandi	Himachal Pradesh
53	Anil Kumar	Mandi	Himachal Pradesh
54	Diksha Sapehia	Kangra	Himachal Pradesh
55	Isha	Shimla	Himachal Pradesh
56	Khurshid Ahmad Hurrah	Pulwama	Jammu & Kashmir
57	Mr Mudaser Muzafer	Pulwama	Jammu & Kashmir
58	Aarif Majeed	Kulgam	Jammu & Kashmir
59	Rajat Jandyal	Rajouri	Jammu & Kashmir
60	Dr.Triza Janifer Toppo	Dumka	Jharkhand
61	Veena Kumari	Ramgarh	Jharkhand
62	Anil Kumar Singh	S. Kharsawan	Jharkhand
63	Raj Aditya	Ranchi	Jharkhand
64	Deepak Kumar Singh	Giridih	Jharkhand
65	Dr. Shivanna R	Tumkur	Karnataka
66	Mohamed Prince M	Malappuram	Kerala
67	Dr. Mahendra Sawant	Trivandrum	Kerala
68	Ghanendra Singh	Ujjain	Madhya Pradesh
69	Bhagwan Singh Singroure	Jabalpur	Madhya Pradesh
70	Manoj Nagle	Betul	Madhya Pradesh
71	Ghasilal Jogchand	Mandsaur	Madhya Pradesh
72	Vlivek Kumar Pathak	Jabalpur	Madhya Pradesh
73	Ramnarayan Sikarwar	Morena	Madhya Pradesh
74	Dinesh Singh Thakur	Jabalpur	Madhya Pradesh
75	Mayank Patel	Shajapur	Madhya Pradesh
76	Mahima Rohit	Gwalior	Madhya Pradesh
77	Rohit Sharma	Gwalior	Madhya Pradesh
78	Dr. Seema Patel	Rewa	Madhya Pradesh
79	Praveen Kumar Singh	Jabalpur	Madhya Pradesh
80	Gauri Sunil Khadse	Akola	Maharashtra



<b>Roll No.</b>	<b>Full Name</b>	<b>District</b>	<b>State</b>
81	Manoj Vyawahare	Buldana	Maharashtra
82	Keshav Prabhakar Argade	Pune	Maharashtra
83	Laxmi S Mhasaye	Akola	Maharashtra
84	Vikrant N. Chilkarwar	Jalna	Maharashtra
85	Rote Chindhu Dagu	A.Nager	Maharashtra
86	Dr. Anil S. Vaidya	Amravati	Maharashtra
87	Sanjay Deshmukh	PUNE	Maharashtra
88	Dr. Rakesh B. Malekar	THANE	Maharashtra
89	Nikita mangesh Tayade	Akola	Maharashtra
90	Dnayersh R. Tale	Akola	Maharashtra
91	Ulhas Vijay Bramhe	Buldana	Maharashtra
92	Dr.Rupali Abhijit Ingole	Amravati	Maharashtra
93	Vivek Shailesh Bhatia	Akola	Maharashtra
94	Prashant S. Charjan	Amravati	Maharashtra
95	Dr. Shirish V. Topare	Amravati	Maharashtra
96	Mrs. Kranti S. Kshirsagar	Jalgaon	Maharashtra
97	Bhushan V.Gondchawar	Akola	Maharashtra
98	Rutuja Sudhakar Badhe	Akola	Maharashtra
99	Juvairiya S. Nasir Khan	Akola	Maharashtra
100	Dr. Nitin W. Deulkar	Akola	Maharashtra
101	Dhiraj Shahaji Sardar	Akola	Maharashtra
102	Dr. Pravin D. Lamkhade	Nagpur	Maharashtra
103	Dr. Seema V. Deshmukh	Buldana	Maharashtra
104	Pramod S. Bhojar	Nagpur	Maharashtra
105	Vaibhav Balu Saraf	Akola	Maharashtra
106	Nilesh Sanjay Wagh	Buldana	Maharashtra
107	Gaikwad G. Laxmanrao	Parbhani	Maharashtra
108	Dr. Rajesh Wakode	Buldana	Maharashtra
109	Anubhav Murlidhar Bhatkar	Akola	Maharashtra
110	Gaytri Sitaram Jangid	Akola	Maharashtra
111	Dr.Alka Karanwal	Amravati	Maharashtra
112	Krishna Pathak	Mumbai	Maharashtra
113	Dr. Vikrant R. Wankhade	Amravati	Maharashtra
114	Amresh Kumar	Wardha	Maharashtra
115	Sunil chandrasingh Bais	Akola	Maharashtra
116	Ovi Arvind Agashe	Akola	Maharashtra
117	Dr. Mangesh R. Thombal	Buldana	Maharashtra
118	Dr. Bhaskar Salvi	Aurangabad	Maharashtra
119	Dr. Uday N Manjre	Amravati	Maharashtra
120	Mr. Narendra R. Mundhe	Jalna	Maharashtra

<b>Roll No.</b>	<b>Full Name</b>	<b>District</b>	<b>State</b>
121	Yash sandip Waghmare	Akola	Maharashtra
122	Dr. Anis Ahmed Khan	Amravati	Maharashtra
123	Dr.Chandrashekhar B. Kadu	Akola	Maharashtra
124	Dr. Bhaskar M. Sawarkar	Yavatmal	Maharashtra
125	Suraj Nagorao Bataki	Chandrapur	Maharashtra
126	Dr.Prashan Vighe	Amravati	Maharashtra
127	Ku. Sneha R. Patonde	Akola	Maharashtra
128	Dr. Prashant G. Gawande	Amravati	Maharashtra
129	Prof Dr Ravindra P. Jagtap	Nagpur	Maharashtra
130	Dr.Sangita N. Lohakpure	Akola	Maharashtra
131	Dr. Harish Sudhakarrrao Kale	Amravati	Maharashtra
132	Prof.Dr.Yogeshwar S.Nikas	Washim	Maharashtra
133	Pradhynesh Ashish Patil	Wardha	Maharashtra
134	Rama Mehasare	Buldana	Maharashtra
135	Manjusha J Deshmukh	Akola	Maharashtra
136	Dr. Sangita A. Deshmukh	Amravati	Maharashtra
137	Suresh Kishan Nirmal	Chandrapur	Maharashtra
138	Kuldeepsingh B. Thakur	Akola	Maharashtra
139	Gouri Pravin Rathi	Yavatmal	Maharashtra
140	Kapil V. Sonkamble	Nanded	Maharashtra
141	Javio Jose M	Amravati	Maharashtra
142	Mayur Sunil Chaudhari	Akola	Maharashtra
143	Dr. Wakankar Bansidharrrao	Parbhani	Maharashtra
144	Santosh S. Pole	Nanded	Maharashtra
145	Dr. Pramod S. Bhalerao	Amravati	Maharashtra
146	Nagsen D. Atkore	Parbhani	Maharashtra
147	Suresh Bankar	Aurangabad	Maharashtra
148	Dr Sudhir W. Khade	Washim	Maharashtra
149	Vaishnavi M. Nimbalkar	Buldana	Maharashtra
150	Vaibhav Bandupant Bhagat	Washim	Maharashtra
151	Prof.Satish. Anandrao. Kale	Washim	Maharashtra
152	Sunil B Chordiya	Yavatmal	Maharashtra
153	Ruchitra Prakash Jasmatiya	Akola	Maharashtra
154	Dr.Vishwanath Suryawanshi	Parbhani	Maharashtra
155	Anmol G. Gandhe	Gondia	Maharashtra
156	Mr.Pandurang A. Kendre	Beed	Maharashtra
157	Adwait Mahesh Jakate	Akola	Maharashtra
158	Abdul Sajid Abdul Salam	Wardha	Maharashtra
159	Akash Sanjay Jadhav	Akola	Maharashtra
160	Anil Ram Bhatati	Yavatmal	Maharashtra

Roll No	Full Name	District	State
161	Akil Shaikh	Solapur	Maharashtra
162	Vishal Ashok Ghanghav	Parbhani	Maharashtra
163	Srushti Gajanan Murhe	Akola	Maharashtra
164	Gayke Ganesh Vitthalrao	Jalna	Maharashtra
165	Vaishnavi Bhagwan Lawale	Akola	Maharashtra
166	Yogesh Sanjay Deore	Jalgaon	Maharashtra
167	Shraddha Vijay Ghatre	Akola	Maharashtra
168	Kushal Ramesh Borkar	Akola	Maharashtra
169	Prerna Kukade	Akola	Maharashtra
170	Sejal Vinayak Ingle	Akola	Maharashtra
171	Vaibhav S. Domkondewar	Nanded	Maharashtra
172	Mohan Prakash Khadekar	Akola	Maharashtra
173	Prathamesh Sanjay Honale	Akola	Maharashtra
174	Abhay Varma	Akola	Maharashtra
175	Mukta M. Charawande	Akola	Maharashtra
176	Sanjay Bhukan	Pune	Maharashtra
177	Prathamesh Gajanan Gite	Akola	Maharashtra
178	Anjali Ramdas Kale	Akola	Maharashtra
179	Kalpna Suresh Das	Akola	Maharashtra
180	Piyush Ganesh Mohod	Akola	Maharashtra
181	Miss Tejaswini M. Nemade	Akola	Maharashtra
182	Nikhil Fakira More	Chandrapur	Maharashtra
183	Vishal G. Chaurpagar	Akola	Maharashtra
184	Shrutika N. Deshmukh	Buldana	Maharashtra
185	Dr Kunturwar V. Shankarrao	Nanded	Maharashtra
186	Bhupendra Ramdas Malpure	Dhule	Maharashtra
187	Bhavana Gharde	Akola	Maharashtra
188	Shaheen Bano Mohd. Ali	Mumbai	Maharashtra
189	Prathamesh Gajanan Gite	Akola	Maharashtra
190	Sakshi Sanjiv Ghaywat	Akola	Maharashtra
191	Bhagwatsingh Bisen	Nagpur	Maharashtra
192	Shrutika S. Nutiwar	Akola	Maharashtra
193	Arya Rajesh Chandrawanshi	Akola	Maharashtra
194	Rasika Rajesh Tihile	Akola	Maharashtra
195	Saurabh K Chatule	Amravati	Maharashtra
196	Dr Magar Sharad Balasaheb	Ahmednagar	Maharashtra
197	Pavan Ashok Gedekar	Amravati	Maharashtra
198	Prasad Vilas Shingane	Amravati	Maharashtra
199	Bhalchandra S. Pawar	Jalgaon	Maharashtra
200	Darshana Mugutrao Bhonde	Akola	Maharashtra

<b>Roll No.</b>	<b>Full Name</b>	<b>District</b>	<b>State</b>
201	Dr Shridhar R Dhakulkar	Amravati	Maharashtra
202	Gatchirle Balaji Nagnath	Latur	Maharashtra
203	Satish Ingole	Jalgaon	Maharashtra
204	Lt. Sameer Anand Pawar	Satara	Maharashtra
205	Nitin Ramdas Bute	Amravati	Maharashtra
206	Dr. Sarang S. Khadse	Nagpur	Maharashtra
207	Dr.MAHADEO S.SURYAWANSHI	Kolhapur	Maharashtra
208	Samiksha S Dongare	Akola	Maharashtra
209	Dr.Bhushan Tukaram Funde	Gondia	Maharashtra
210	Priyanka Nidhane	Akola	Maharashtra
211	Dipak Gajanan Mahajan	Washim	Maharashtra
212	Priyanka Saraf	Akola	Maharashtra
213	Hajare Rahul Suresh	Solapur	Maharashtra
214	Divya Vinodrav Patil	Washim	Maharashtra
215	Manisha Pandey	Akola	Maharashtra
216	Dhanashree Anil Barshe	Akola	Maharashtra
217	Akshay Gulhane	Akola	Maharashtra
218	Dr.Vijay Laxman Mhaske	Satara	Maharashtra
219	Arun Khedkar	Akola	Maharashtra
220	Rafat Anjum Zamiruddin	Akola	Maharashtra
221	Shankesh C Zyate	Washim	Maharashtra
222	Pankay R. Shelotkar	Yavatmal	Maharashtra
223	Subhash Hiranman Nikumbhe	Dhule	Maharashtra
224	Prof. Dr. Vinod M. Bali.	Bhandara	Maharashtra
225	Dipali Sachin Mahalle	Amravati	Maharashtra
226	Dr.Gajendra B.Raghuwanshi	Amravati	Maharashtra
227	Vijay Ram Dhongade	Washim	Maharashtra
228	Ram B. Ghayalkar	Akola	Maharashtra
229	Rohan Dinesh Ghawat	Akola	Maharashtra
230	Anis khan	Akola	Maharashtra
231	Pradeep Harbhau Shende	Amaravati	Maharashtra
232	Anurag Kishor Bobdey	Buldana	Maharashtra
233	Dr. Kavita N. Watane	Amravati	Maharashtra
234	Komal Arun Deshmukh	Buldana	Maharashtra
235	Shubham S. Wankhade	Buldana	Maharashtra
236	Dhiraj Vasudeo Dhurandhar	Buldana	Maharashtra
237	Dr Rajani Bhojar(Gaikwad)	Yavatmal	Maharashtra
238	Kiran Wankhade	Buldana	Maharashtra
239	Suhani Kailashsingh Rajput	Buldana	Maharashtra
240	Sunil Dhonduji Jamode	Buldana	Maharashtra

<b>Roll No.</b>	<b>Full Name</b>	<b>District</b>	<b>State</b>
241	Dhananjay Laxman Bhagat	Akola	Maharashtra
242	Amol Rambhau Solanke	Buldana	Maharashtra
243	Jayesh Deepak Peshwani	Buldana	Maharashtra
244	Mohit Suresh Ambuskar	Akola	Maharashtra
245	Akshay Narayanrao Chavan	Buldana	Maharashtra
246	Kiah Ajay Reddy.	Chandrapur	Maharashtra
247	Dr.Ravindra D Sawarkar	Amravati	Maharashtra
248	Akash Baldeo Akhare	Buldana	Maharashtra
249	Dr. K. R. Lathi	Akola	Maharashtra
250	Prof Gitesh V. Musanwar	Chandrapur	Maharashtra
251	Sanjay A. Desale	Mumbai	Maharashtra
252	Yogesh Rameshpant Sable	Amravati	Maharashtra
253	Shaikh Ashraf	Akola	Maharashtra
254	Motale S. Laxmikantrao	Beed	Maharashtra
255	Dr. Subhash Gawande	Amravati	Maharashtra
256	Pooja Gajanan Niwane	Buldana	Maharashtra
257	Rohitkumar J. Rangwani	Akola	Maharashtra
258	Mayur Anil Wankhade	Buldana	Maharashtra
259	Mr. Ashish Govindrao Barde	Nuksaan	Maharashtra
260	Anamika Rajendra Date	Akola	Maharashtra
261	Krishna J. Shukla	Akola	Maharashtra
262	Nabila Firdouse	Akola	Maharashtra
263	Dr. Mahendrasingh Rathod	Nagpur	Maharashtra
264	Dnyaneshwar M. Kankale	Buldana	Maharashtra
265	Saurabh Pradip Harne	Akola	Maharashtra
266	Kashi Nilesh Dheva	Akola	Maharashtra
267	Dr Samadhan L Munde	Akola	Maharashtra
268	Dr. Manish Madhukar Deore	Nashik	Maharashtra
269	Gajanan sheshrao Paikat	Buldana	Maharashtra
270	Prerna Sharad Gedam	Akola	Maharashtra
271	Sakshi Gosavi	Akola	Maharashtra
272	Mr. Sachin Jamnuji Kokode	Buldana	Maharashtra
273	Prof.Ganesh Vishwakarma	Buldana	Maharashtra
274	Dr.Sunil Narayanrao Ingle	Amravati	Maharashtra
275	Prof Atmaram P Rathod	Buldana	Maharashtra
276	Sahil Gopal Wahurwagh	Akola	Maharashtra
277	Abdul Ansar Abdul Sattar	Nanded	Maharashtra
278	Swati Tanaji Raje	Nanded	Maharashtra
279	Dr. R.D. Chandrawanshi	Akola	Maharashtra
280	Ashok S Gulhane	Yavatmal	Maharashtra

<b>Roll No.</b>	<b>Full Name</b>	<b>District</b>	<b>State</b>
281	Mayur suresh nimbalkar	Akola	Maharashtra
282	Vishvajeet Vhanmore	Pune	Maharashtra
283	Anand Dipak Dongare	Akola	Maharashtra
284	Kalyan Deoraoji Maldhure	Amravati	Maharashtra
285	Aakanksha S Dongare	Akola	Maharashtra
286	Dr Shyamasundar G.Kela	Buldana	Maharashtra
287	Yogendra Bhagwan Pahunkar	Buldana	Maharashtra
288	Dr Anushree Mahurkar	Nagpur	Maharashtra
289	Ku.Bhagyashree D. Nagpure	Akola	Maharashtra
290	Prof.Dr.Khushal J Alaspure	Amaravati	Maharashtra
291	Kishor Tayade	Yavatmal	Maharashtra
292	Khade J. Tolbaji	Nanded	Maharashtra
293	Dr. Murlidhar S Hedau	Nagpur	Maharashtra
294	Amol Ashok Palekar	Satara	Maharashtra
295	Dr. Sagar P. Narkhede	Akola	Maharashtra
296	Sanjay Keshavrao Kale	Akola	Maharashtra
297	Shruti Santosh Band	Akola	Maharashtra
298	Khushal Deshmukh	Jalgaon	Maharashtra
299	Vidya Kela	Buldana	Maharashtra
300	Hemant Patil	Nashik	Maharashtra
301	Avinash Vitthalrao Kharat	Buldana	Maharashtra
302	Khaja Abdul Quadeer	Parbhani	Maharashtra
303	Mr. Shaikh Sajeed	Nanded	Maharashtra
304	Akshay Tiwari	Akola	Maharashtra
305	Anuj Shamsundar Kela	Buldana	Maharashtra
306	Mahendra.W. Deshmukh	Amravati	Maharashtra
307	Dr. Santoshi R. Saulkar	Yavatmal	Maharashtra
308	Dr.Ravibhushan M. Kadam	Yavatmal	Maharashtra
309	Vikar Khelukar	Pune	Maharashtra
310	Shekhar Ramdas Patole	Nashik	Maharashtra
311	Dr. Santosh S. Ghorpade	Beed	Maharashtra
312	Pranali Sanjay Shirsat	Akola	Maharashtra
313	Kishan Mukesh Gupta	Akola	Maharashtra
314	Ankita Saroj	Amravati	Maharashtra
315	Dr Sunil Bhotmange	Nagpur	Maharashtra
316	Pushpak Ingole	Akola	Maharashtra
317	Sunil anandrao Kharade	Kolhapur	Maharashtra
318	Dr.Bhagwat R. Wase	Buldana	Maharashtra
319	Khan Qamaruzzaman	Akola	Maharashtra
320	Prafulla V. Wankhede	Buldana	Maharashtra

<b>Roll No.</b>	<b>Full Name</b>	<b>District</b>	<b>State</b>
321	Pankaj Onkar Jangle	Washim	Maharashtra
322	Prof. Sanjay N. Patil	Kolhapur	Maharashtra
323	Yashwant Gajanan Mahajan	Washim	Maharashtra
324	Abhay.Y. Bhisma	Yavatmal	Maharashtra
325	DR. HARICHARAN L. GAJBHIYE	Yavatmal	Maharashtra
326	Satish Fakira Jadhav	Buldana	Maharashtra
327	Atharva Joshi	Buldana	Maharashtra
328	Kuldeep Rajguru	Akola	Maharashtra
329	Dr.Ashok Kapta	Nagpur	Maharashtra
330	Rahul Tulshidas Chavan	Yavatmal	Maharashtra
331	Rutuja Mukund Bidwai	Akola	Maharashtra
332	Ankita Rajabhau Sultane	Buldana	Maharashtra
333	Sushil Maroti Nagrale	Akola	Maharashtra
334	Zeeshan Faisal Javed Ahmad	Akola	Maharashtra
335	Dr.Chhaganlal Babulal Katre	Nagpur.	Maharashtra
336	Chetan Arun Panditkar	Akola	Maharashtra
337	Sandeep Gopinath Gaikwad	Parbhani	Maharashtra
338	Archana Subhash Surwase	Pune	Maharashtra
339	Syed Aatifuddin Syed	Akola	Maharashtra
340	Ajay Dnyandeo Ugale	Buldana	Maharashtra
341	Pravin Gulabrao Parskar	Buldana	Maharashtra
342	Dr.Suhas D. Yadav	Aurangabad	Maharashtra
343	Sunil Gajananrao Dhakulkar	Washim	Maharashtra
344	Bhalerao Ajay Laxman	Nanded	Maharashtra
345	Abdul Firoz Abdul Khalik	Akola	Maharashtra
346	Sarita Surendra Yelpulla	Aurangabad	Maharashtra
347	Shweta Gajanan Mule	Buldana	Maharashtra
348	Shantanu Suresh Honale	Akola	Maharashtra
349	Shruti Nana Raybole	Akola	Maharashtra
350	Pavan Santosh Chavhan	Buldana	Maharashtra
351	Kirti Kashinath Hosurkar	Jalna	Maharashtra
352	Nikita Ramchandra Salunkhe	Sangli	Maharashtra
353	Fidellia Sun	East Khasi hills	Meghalaya
354	Richard Wahalang	Shillong	Meghalaya
355	Nikhil	Delhi	New Delhi
356	Deepak Kumar	Delhi	New Delhi
357	Akhilesh Kumar Yadav	South west	New Delhi
358	Ashutosh Sharma	Bhubneswar	Odisha
359	Mr. Chittaranjan Mahanta	Sundargarh	Odisha
360	Khokan Bauti	Khurda	Odisha

<b>Roll No.</b>	<b>Full Name</b>	<b>District</b>	<b>State</b>
361	Durga prasanna Das Mohapatra	Khorda	Odisha
362	Sreepati Sahoo	Sundergarh	Odisha
363	Vilhukhotso	Ganjam	Odisha
364	Sangram Keshari Bisoi	Balasore	Odisha
365	Pabitra Chakrabarty	Balasore	Odisha
366	Dipak Ranjan Behera	Khordha	Odisha
367	Sujit Kumar Das	Cuttack	Odisha
368	Upender	Sangrur	Punjab
369	Dr. Vikash Kumar Saharan	Alwar	Rajasthan
370	Chahat Jain	Udaipur	Rajasthan
371	Kalu Singh Rao	Chittorgarh	Rajasthan
372	Kamal	Hanumangarh	Rajasthan
373	Kalaiyarsan K	Chidambaram	Tamil Nadu
374	Dr. B. Akbar Ali	Theni	Tamil Nadu
375	Karthikeyan K	Virudhunagar	Tamil Nadu
376	Mr.V.Mohana Surenth	Madurai	Tamil Nadu
377	Karthi.P	Virudhunagar	Tamil Nadu
378	Muthukrishnan V	Virudhunagar	Tamil Nadu
379	K. Sasikumar	Thanjavur	Tamil Nadu
380	Dr.M. Seenimurugan	Madurai	Tamil Nadu
381	Sanjali Sharma	Lucknow	Uttar Pradesh
382	Akbar Ali	Kargil	UT-Ladakh
383	Premveer Singh Yadav	Etawah	Uttar Pradesh
384	Dr. Shashi Shekhar Misra	Lucknow	Uttar Pradesh
385	Dr. Niraj Gupta	Agra	Uttar Pradesh
386	Sunil Kumar Yadav	Kanpur Dehat	Uttar Pradesh
387	Abhilash Verma	Ghaziabad	Uttar Pradesh
388	Dr. Ajay Kumar Singh	Kanpur	Uttar Pradesh
389	Shweta Chaudhary	Gautam Buddha Nagar	Uttar Pradesh
390	Ajay Kumar Maurya	Sona Bhadra	Uttar Pradesh
391	Asaf Ahmed	Ghazipur	Uttar Pradesh
392	Shahana Parveen	Kanpur	Uttar Pradesh
393	Vijay Yadav	Ghazipur	Uttar Pradesh
394	Pooja Gurung	Lucknow	Uttar Pradesh
395	Dr Kuldeep Kumar	Meerut	Uttar Pradesh
396	Dr. Yogesh Chandra Joshi	Pithoragarh	Uttar Pradesh
397	Yogesh Bodh	Meerut	Uttar Pradesh
398	Pravin Kumar	Agra	Uttar Pradesh
399	Rakesh Kumar	Aligarh	Uttar Pradesh
400	Shipu Mishra	Gautam Budh Nagar	Uttar Pradesh



<b>Roll No.</b>	<b>Full Name</b>	<b>District</b>	<b>State</b>
401	Subhadip Sarkar	P. Barddhaman	West Bengal
402	DR. Sanjoy Mitra	North 24 Pgs	West Bengal
403	Santosh Pattanayak	Purba Medinipur	West Bengal
404	Kamal Chandra Biswas	S.24Paragans	West Bengal
405	Harendra Kundu	P.Medini Pur	West Bengal

### **Registration Details**

Organizing Committee is proud to announce that total registration for this Physical fitness and sports awareness programme is 405.

<b>Sr. No.</b>	<b>State</b>	<b>Country</b>	<b>No. of Participants</b>
1	Andaman & Nikobar	India	1
2	Assam	India	7
3	Bihar	India	4
4	Chhattisgarh	India	1
5	Delhi	India	10
6	Gujarat	India	13
7	Haryana	India	3
8	Himachal Pradesh	India	18
9	Jammu & Kashmir	India	4
10	Jharkhand	India	5
11	Karnataka	India	1
12	Kerala	India	2
13	Ladakh	India	1
14	Madhya Pradesh	India	12
15	Maharashtra	India	273
16	Meghalaya	India	2
17	Odisha	India	10
18	Punjab	India	1
19	Rajasthan	India	4
20	Tamil Nadu	India	8
21	Uttar Pradesh	India	19
22	West Bengal	India	5
23	Chittagong	Bangladesh	1
		<b>Total</b>	<b>405</b>

## Programme Schedule & Links/URL

<b>Date</b>	<b>Time</b>	<b>Event</b>	<b>Resource Person</b>	<b>Links / URL</b>
15 <sup>th</sup> July 2021	7:00 AM To 7:30 AM	Opening Ceremony	Honourable Guests, Resource Persons, Participants and Organising Committee Members	<a href="https://youtu.be/kWqkyNJBzL4">https://youtu.be/kWqkyNJBzL4</a>
	7:30 AM To 8:00 AM	Practical Session <b>Stretching Exercises</b>	<b>Dr. Rajesh Chandrawanshi</b> Director of Physical Education and Sports, Shri R.L.T. College of Sci., Akola	
	8:00AM To 8:30 AM	Informative Session <b>Softball</b>	<b>Dr. Rupali Tone</b> Director of Physical Education and Sports, Shri. Shivaji Science College, Amravati	
	8:30 AM To 9:00 AM	Informative Session <b>Football</b>	<b>Dr. Harish Gajbhiye</b> Ex. Voice-Principal Phulsing Naik College, Pusad, Yavatmal	
16 <sup>th</sup> July 2021	7:00 AM To 8:00 AM	Practical Session <b>Warm up Exercises</b>	<b>Dr. Rakesh Badgujar</b> Exe. Member of Sports Authority of India, Director, Badgujar Sports Academy, Amravati	<a href="https://youtu.be/xwiYzkg00R4">https://youtu.be/xwiYzkg00R4</a>
	8:00 AM To 8:30 AM	Informative Session <b>Archery</b>	<b>Dr. Pravin Dabre</b> Director of Physical Education and Sports, Shripad Krushna Kolhatkar Mah., Jaglaon Jamod	
17 <sup>th</sup> July 2021	7:00 AM To 8:00 AM	Practical Session <b>Pranayama &amp; Meditation</b>	<b>Dr. V.A. Khodaskar</b> Director of Physical Education and Sports, Nehru Mahavidyalaya, Nerparsopant, Yavatmal	<a href="https://youtu.be/9SI4nkFY09Y">https://youtu.be/9SI4nkFY09Y</a>
	8:00 AM To 8:30 AM	Informative Session <b>Gymnastics</b>	<b>Mr. Yogesh Shirke,</b> International Gymnastics Coach , Directorate of Sports and Youth Services, Maharashtra State, Pune	
	8:30 AM To 9:00 AM	Informative Session <b>Badminton</b>	<b>Dr. Seema Deshmukh</b> Director of Physical Education and Sports, Smt. S.R. Mohta Mahila Mahavidyalaya, Khamgaon	
18 <sup>th</sup> July 2021	7:00 AM To 8:00 AM	Practical Session <b>Suryanamaskar</b>	<b>Mr. Dhananjay Bhagat</b> Director, Ajinkya Fitness Park, Akola	<a href="https://youtu.be/np3880NMimI">https://youtu.be/np3880NMimI</a>
	8:00 AM To 8:30 AM	Informative Session <b>Boxing</b>	<b>Mr. Abhishek Kumar</b> Fitness Trainer & Coach Short NIS in Boxing New Delhi	
	8:30 AM To 9:00 AM	Informative Session <b>Fencing</b>	<b>Prof. Ganesh Vishwakarma</b> Director of Physical Education and Sports, Late B.S. Arts College, Khamgaon, Buldana	

<b>Date</b>	<b>Time</b>	<b>Event</b>	<b>Resource Person</b>	<b>Links / URL</b>
19 <sup>th</sup> July 2021	7:00 AM To 8:00 AM	Practical Session <b>Yoga</b>	<b>Dr. Babarao Sangle</b> Director of Physical Education and Sports, Bapumiya Sirajoddin Patel Arts, Commerce & Science College, Pimpalgaon Kale	<a href="https://youtu.be/ry8rxIymNUo">https://youtu.be/ry8rxIymNUo</a>
	8:00 AM To 8:30 AM	Informative Session <b>Handball</b>	<b>Dr. Sagar Narkhede</b> Director of Physical Education and Sports, Saraswati Kala Mah., Dahihanda, Akola	
	8:30 AM To 9:00 AM	Informative Session <b>Basketball</b>	<b>Dr. Ajit Bhise</b> Director of Physical Education and Sports, G.S. Tompe Arts, Commerce & Science College, Chandur Bazar	
20 <sup>th</sup> July 2021	7:00 AM To 8:00 AM	Practical Session <b>Aerobics/Zumba</b>	<b>Ms. Kanchan Wagh</b> Aerobics & Zumba Instructor University Colour Holder 24 Fitness Centre, Akola	<a href="https://youtu.be/wfEuuSmbuO0">https://youtu.be/wfEuuSmbuO0</a>
	8:00 AM To 8:30 AM	Informative Session <b>Judo</b>	<b>Dr. Ravibhushan Kadam</b> Director of Physical Education and Sports, B.B. Arts, N.B. Commerce & B.P. Science College, Digras	
	8:30 AM To 9:00 AM	Informative Session <b>Volleyball</b>	<b>Dr. Vijay Pande</b> Professor, Degree College Physical Education (HVPM), Amravati	
21 <sup>th</sup> July 2021	7:00 AM To 8:00 AM	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	<a href="https://youtu.be/XeAld5zbKHQ">https://youtu.be/XeAld5zbKHQ</a>
	8:00 AM To 8:30 AM	Informative Session <b>Swimming</b>	<b>Dr. Shirish Topare</b> Director of Physical Education and Sports, Bharatiya Mah., Morshi, Amravati	
	8:30 AM To 9:00 AM	Informative Session <b>Table Tennis</b>	<b>Mr. Sudarshan Mesare</b> Table Tennis Coach, ITTF Level II, Sports Authority of Gujarat, Gandhinagar, Gujrat.	
22 <sup>th</sup> July 2021	7:00 AM To 8:00 AM	Practical Session <b>Specific Exercises helps to increase height and Effective on burning Body Fats</b>	<b>Mr. Akshay Tiwari</b> Fitness Trainer & Nutritionist Enfield Fitness Center, Akola	<a href="https://youtu.be/r6GesmBF D7o">https://youtu.be/r6GesmBF D7o</a>
	8:00 AM To 8:30 AM	Informative Session <b>History of Olympic</b>	<b>Dr. Shridhar Dhakulkar</b> Director of Physical Education and Sports, Mahatma Jyotiba Fule Mahavidyalaya, Amravati	
23 <sup>rd</sup> July 2021	7:00 AM To 8:00 AM	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	<a href="https://youtu.be/nL9FAFbKtaQ">https://youtu.be/nL9FAFbKtaQ</a>
	8:00 AM To 8:30 AM	Informative Session <b>Hockey</b>	<b>Dr. Udaya Manjare</b> Professor, Degree College Physical Education (HVPM), Amravati	
	8:30 AM To 9:00 AM	Informative Session <b>Weight Lifting &amp; Power Lifting</b>	<b>Dr. Shamsundar Kela</b> Director of Physical Education and Sports, Bhagwan Baba Arts & Commerce College, Lonar, Buldana	

Date	Time	Event	Resource Person	Links / URL
24 <sup>th</sup> July 2021	7:00 AM To 8:00 AM	Practical Session <b>Pushups /Dips, Skipping Rope</b>	<b>Mr. Abhishek Kumar</b> Fitness Trainer & Coach Short NIS in Boxing New Delhi	<a href="https://youtu.be/iA--kf4ZMcE">https://youtu.be/iA--kf4ZMcE</a>
	8:00 AM To 9:00 AM	Informative Session <b>Athletic Running &amp; Jumping Events</b>	<b>Dr. Atul Patil</b> Director of Physical Education and Sports, R.D.I. K. College, Badnera, Amravati	
25 <sup>th</sup> July 2021	7:00 AM To 8:00 AM	Practical Session <b>Use of Resistance Tube Exercises for strength training</b>	<b>Dr. Deepakkumar Dogra</b> Asst. Professor Department of Physical Education Banaras Hindu University, Banaras, Uttar Pradesh	<a href="https://youtu.be/VYs9dKF3y28">https://youtu.be/VYs9dKF3y28</a>
	8:00 AM To 8:30 AM	Informative Session <b>Athletic Throwing Events</b>	<b>Dr. Atul Patil</b> Director of Physical Education and Sports, R.D.I. K. College, Badnera, Amravati	
	8:30 AM To 9:00 AM	Informative Session <b>Wrestling</b>	<b>Dr. Ranveer Singh Rahal</b> Indian Wrestling Coach National Centre of Excellences Mumbai.	
26 <sup>th</sup> July 2021	7:00 AM To 8:00 AM	Practical Session <b>Aerobics</b>	<b>Lt. Shweta Mendhe</b> Director of Physical Education and Sports, Smt. R.D.G. College for Women, Akola	<a href="https://youtu.be/NCyKHHe_smmw">https://youtu.be/NCyKHHe_smmw</a>
	8:00 AM To 8:30 AM	Informative Session <b>Kho-Kho</b>	<b>Dr. Manoj Vyawahare</b> Director of Physical Education and Sports, Arts College, Buldana	
	8:30 AM To 9:00 AM	Informative Session <b>Kabaddi</b>	<b>Prof. Suraj Bangade</b> NIS in Kabaddi D.C.P.E. (HVPM). Amravati	
	9:00 AM To 9:30 AM	<b>Closing Ceremony with Feedback</b>	Honourable Guests, Resource Persons, Participants and Organising Committee Members	

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  
**Mahavidyalaya Sharirik Shikshan Shikshak Association, Amravati**  
 Affiliated to Sant Gadge Baba Amravati University, Amravati




**CERTIFICATE**

This is to certify that **Dinesh Kumar**  
 has participated in Online Physical Fitness and Sports Awareness  
 Programme organized On the occasion of Olympic 2020 of duration  
 12 days from 15th to 26th July 2021.

  
**Dr. Subhash Gawande**  
 President  
 M.S.S.S. Assoc., Amravati

  
**Dr. R.D. Chandrawanshi**  
 Course Coordinator  
 Director of Physical Edu. & Sports





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



**Faster Higher Stronger Together**

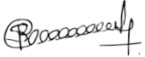

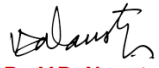
Cert.No. 1

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**Department of Physical Education and Sports**  
**I.Q.A.C. In collaboration with**  
**Mahavidyalaya Sharirik Shikshan Shikshak Association, Amravati**  
 Affiliated to Sant Gadge Baba Amravati University, Amravati

**CERTIFICATE**

This is to certify that **Dr. Rupali Tone**  
 has participated as a Resource Person in Online Physical Fitness and  
 Sports Awareness Programme organized On the occasion of Olympic  
 2020 of duration 12 days from 15th to 26th July 2021.

 <b>Dr. Subhash Gawande</b> President M.S.S.S. Assoc., Amravati	 <b>Dr. R. D. Chandrawanshi</b> Course Coordinator Director of Physical Edu. & Sports	 <b>Dr. V. D. Nanoty</b> Principal Shri R. L. T. College of Sci., Akola
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**Faster Higher Stronger Together** Cert.No. R.P. 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**  
**Mahavidyalaya Sharirik Shikshan Shikshak Association, Amravati**  
 Affiliated to Sant Gadge Baba Amravati University, Amravati






**CERTIFICATE**

This is to certify that **Dr. Subhash Gawande**  
 has participated as a Organising Committee Member in Online Physical  
 Fitness and Sports Awareness Programme organized On the occasion of  
 Olympic 2020 of duration 12 days from 15th to 26th July 2021.

 <b>Dr. Subhash Gawande</b> President M.S.S.S. Assoc., Amravati	 <b>Dr. R. D. Chandrawanshi</b> Course Coordinator Director of Physical Edu. & Sports	 <b>Dr. V. D. Nanoty</b> Principal Shri R. L. T. College of Sci., Akola
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**Faster Higher Stronger Together** Cert.No. O.C. 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



**Mahavidyalayin Sharirik Shikshan Shikshak Association,  
Amravati**

Affiliated to Sant Gadge Baba Amravati University, Amravati  
**Online-National Level Programme (On the occasion of Olympic 2020)**

**“PHYSICAL FITNESS AND SPORTS AWARENESS  
PROGRAMME” (PFSAP)**

**Be fit for Nation**

**Fitness Task Force**

**No Fees**

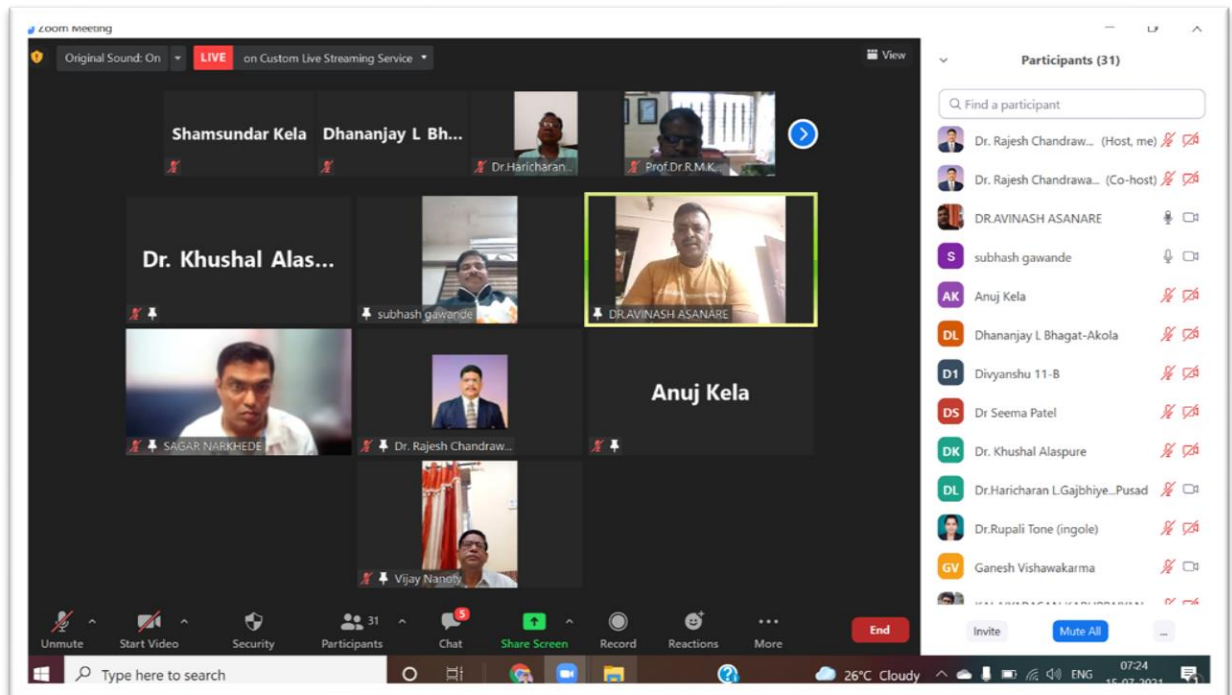
**Open to All**

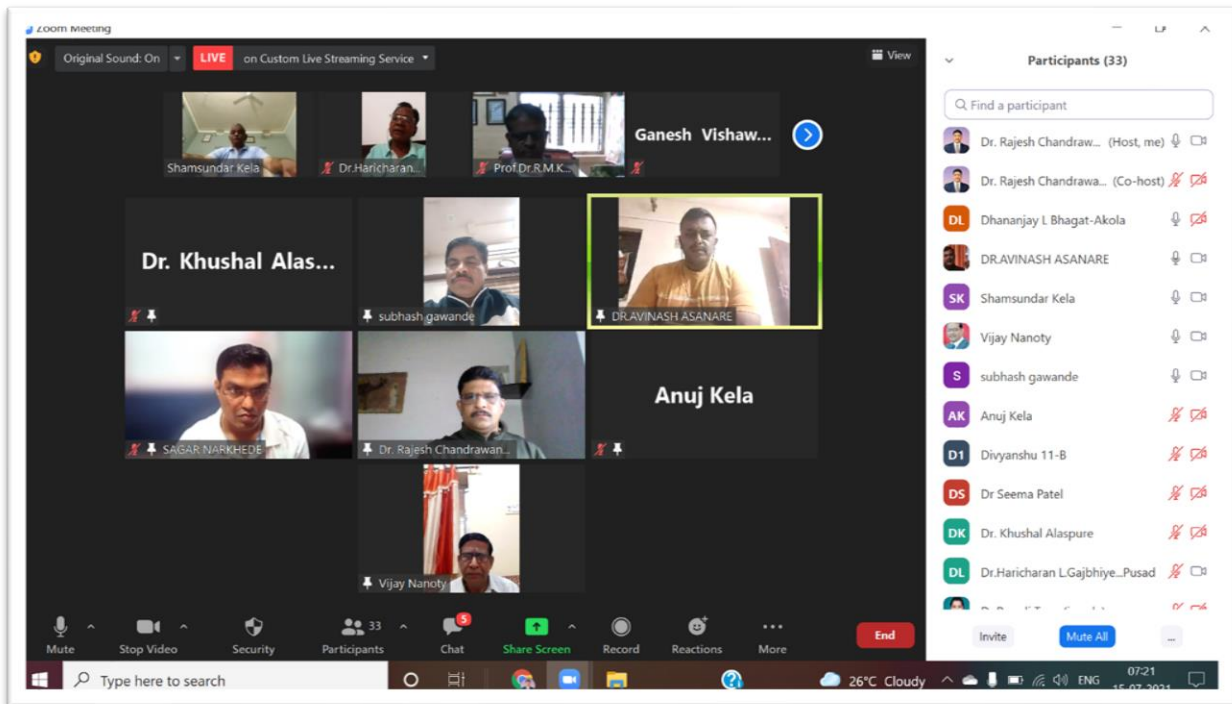
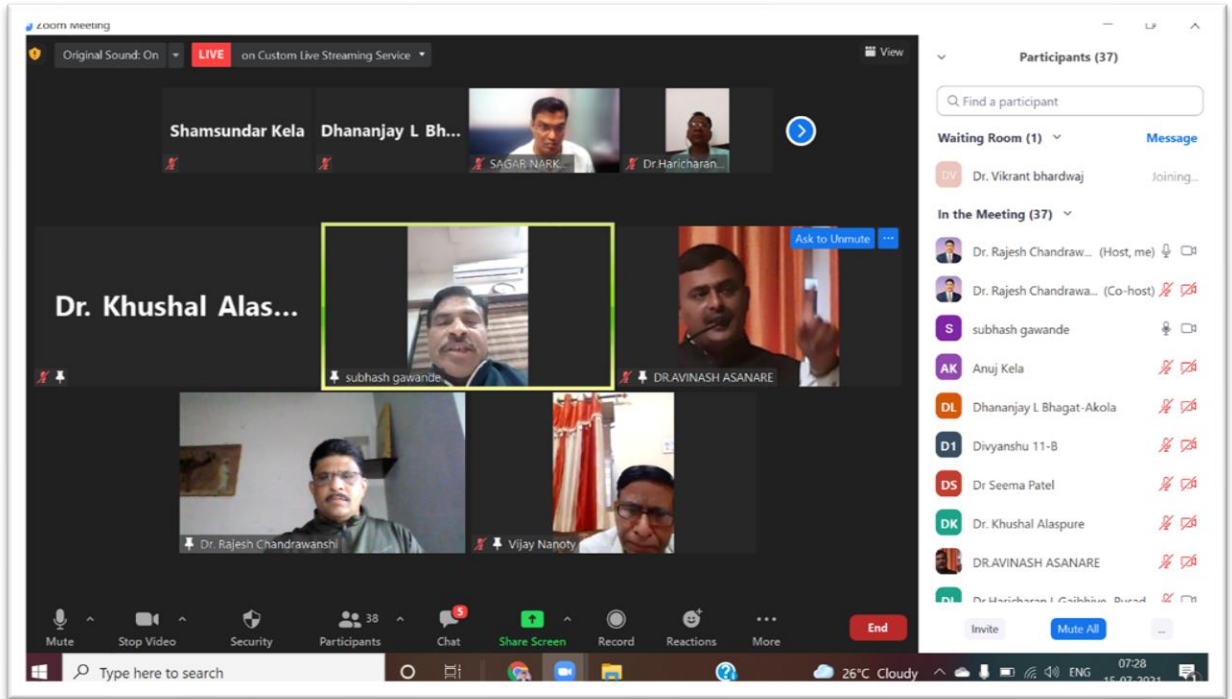
**Dt. 15<sup>th</sup> to 26<sup>th</sup> July 2021**

**Date: 15<sup>th</sup> July 2021**

**Opening Ceremony**

On the occasion of Olympic 2020, Opening Ceremony was organised as per schedule. Dr. V.D. Nanoty, Principal, Shri R.L.T. College of Science, Akola is a Chairpeson, Prof. Pradip Khedkar, Member of Management Council, S.G.B. Amravati University, is a Inaugurator, Dr. Avinash Asnare, Director, Physical Education and Sports, S.G.B. Amravati University, Amravati is a Chief Guest, Dr. Subhash Gawande, President, Mahavidyalayin Sharirik Shikshan Shikshak Association, Amravati, Dr. Vikrant Wankhedhi, Secretary, Mahavidyalayin Sharirik Shikshan Shikshak Association, Amravati, Dr. R.D. Chandrawanshi, Course Coordinatiore, Dr. R.L. Rahatgaonkar, IQAC Coordinatiore, Dr. K.R. Lathi, All Committee Members and Participants were joined in this online event. This programme was streamed online on YouTube. We got huge support from participants.

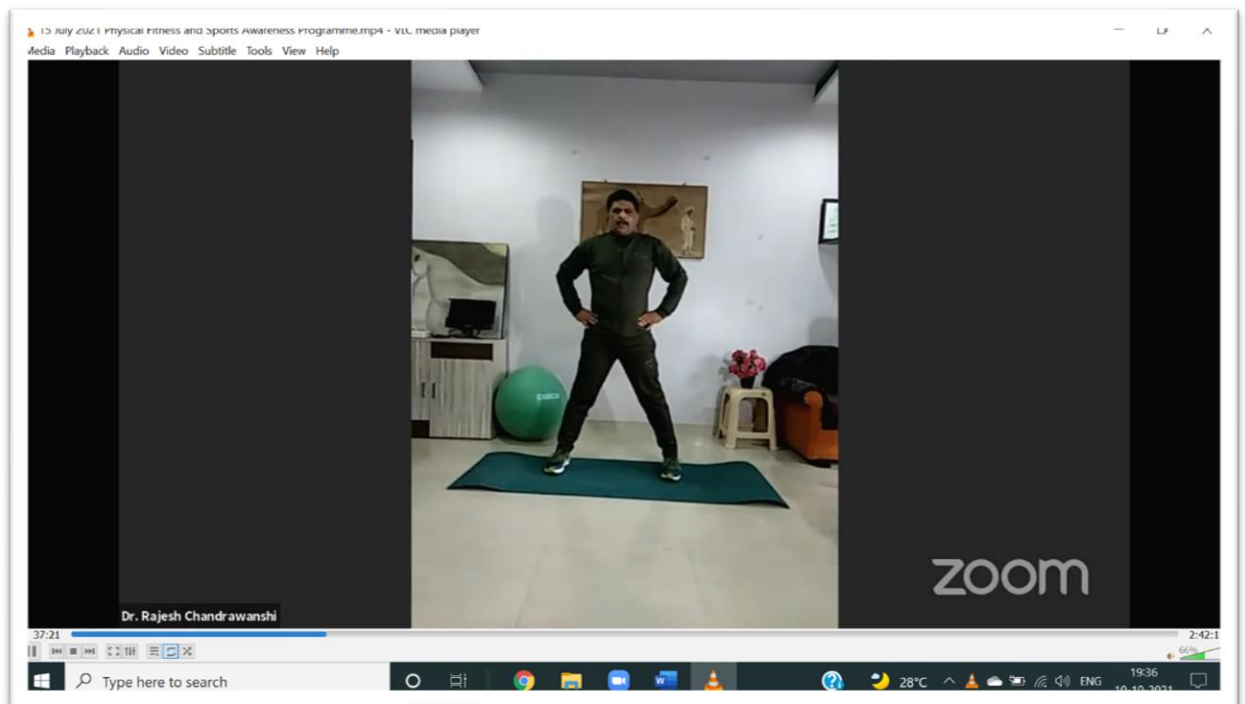
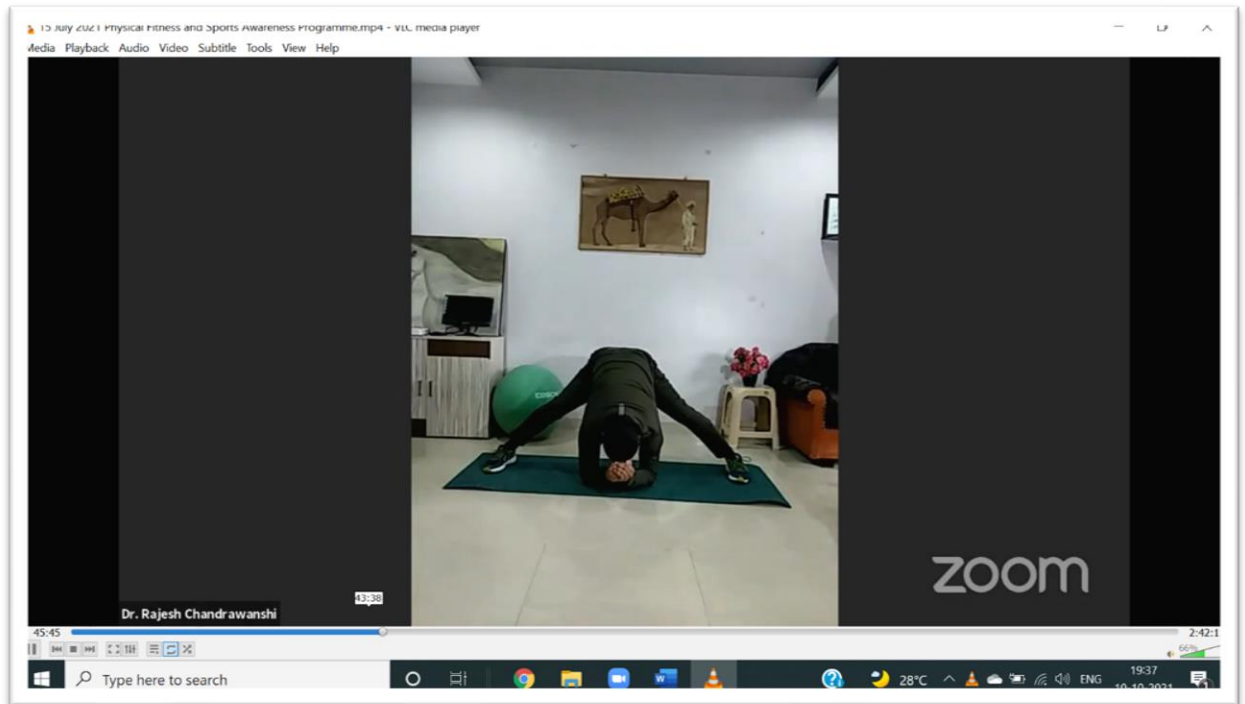




**Date: 15<sup>th</sup> July 2021**

## **Stretching Exercises**

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

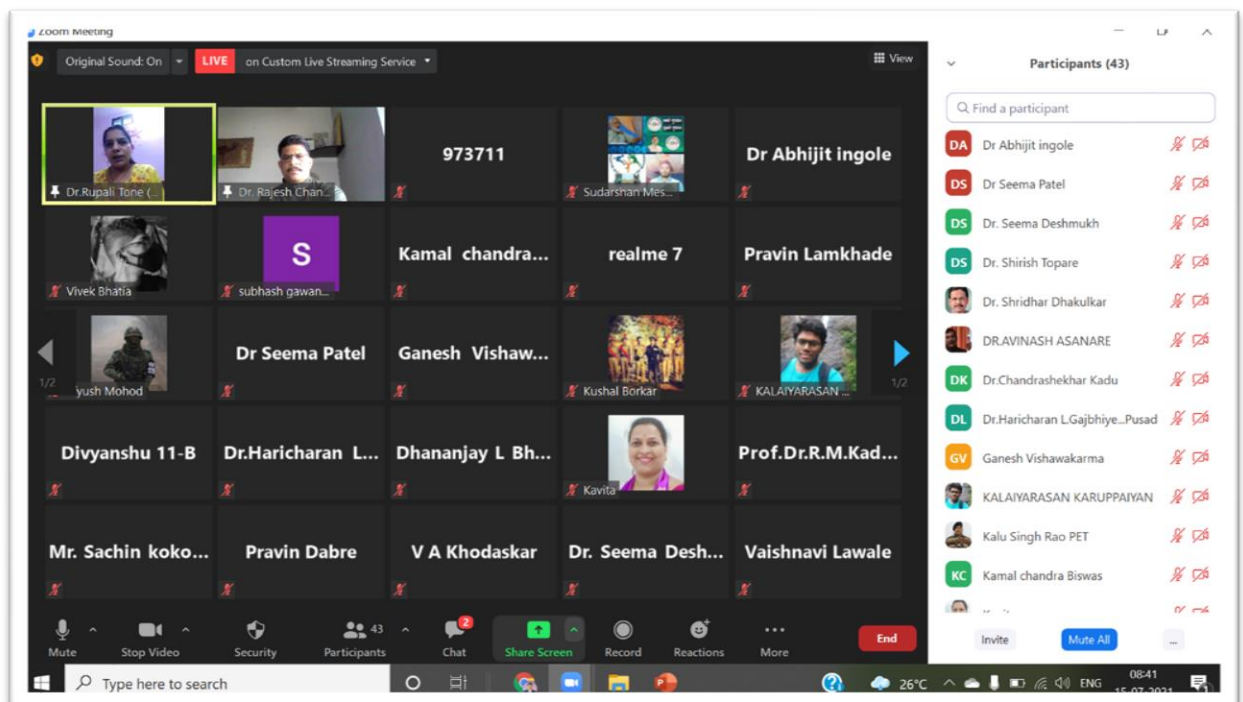




Date: 15<sup>th</sup> July 2021

## Softball

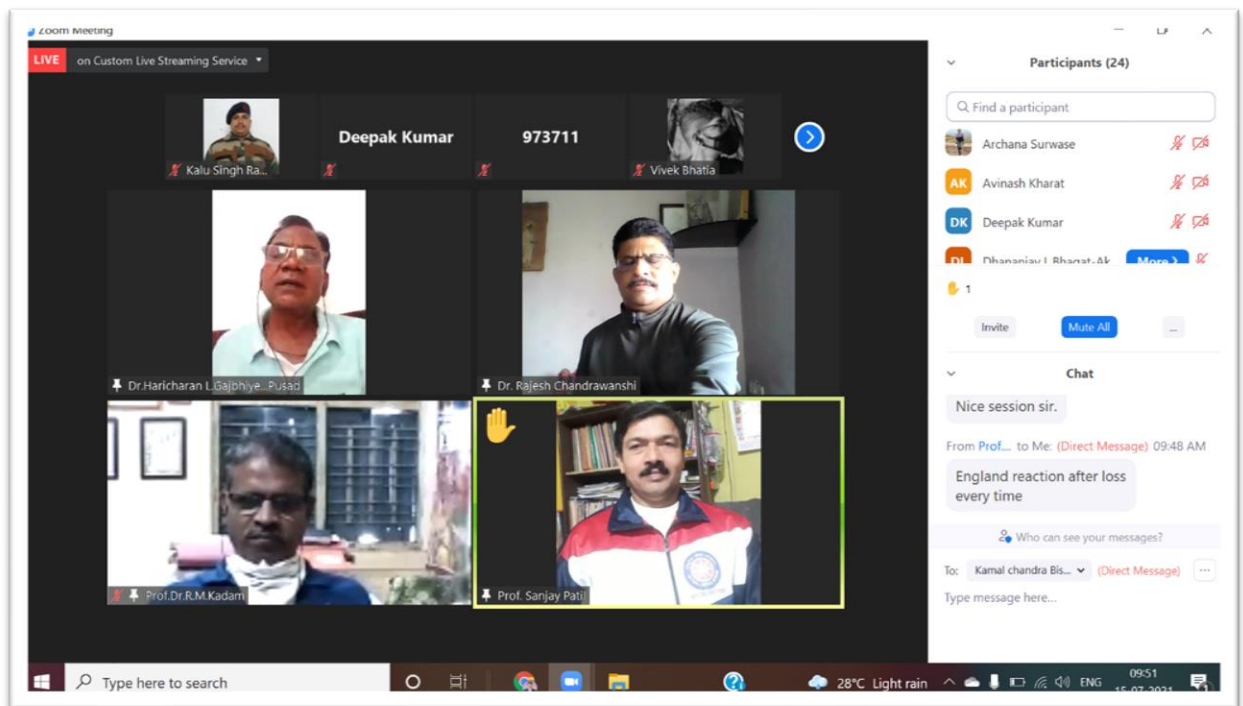
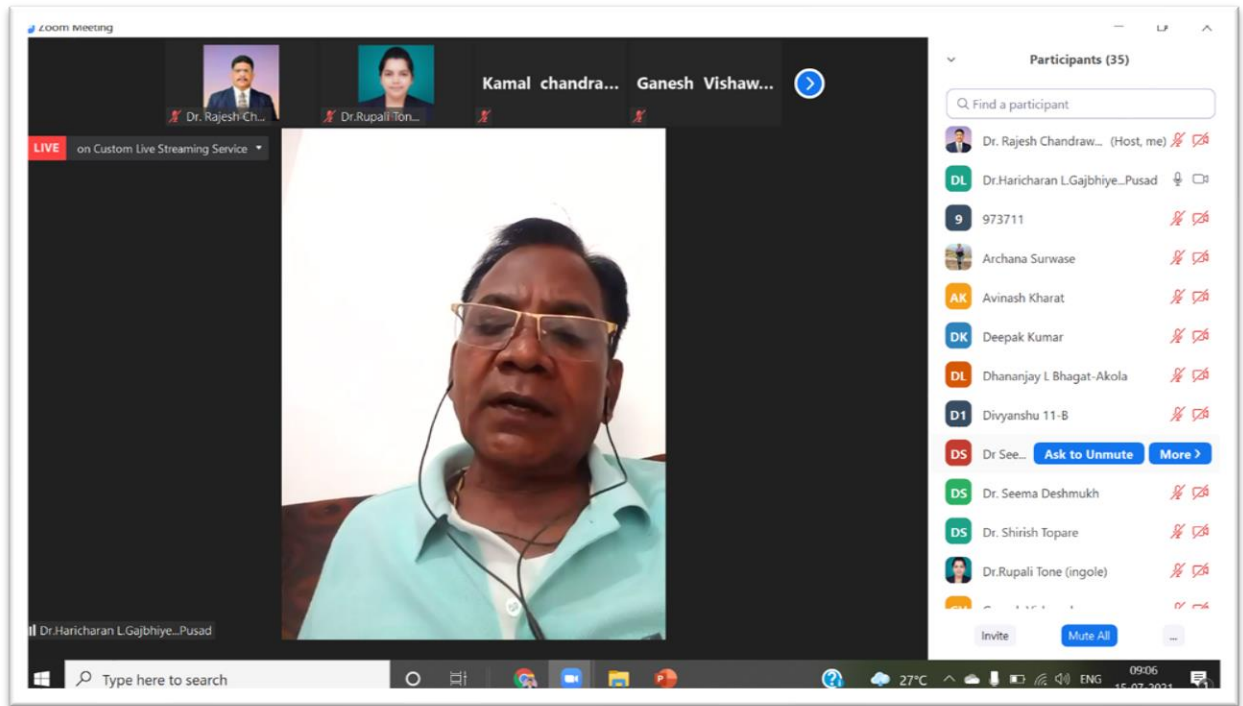
Softball related informative lecture was nicely delivered by **Dr. Rupali Tone**, Director of Physical Education and Sports, Shri. Shivaji Science College, Amravati



**Date: 15<sup>th</sup> July 2021**

## **Football**

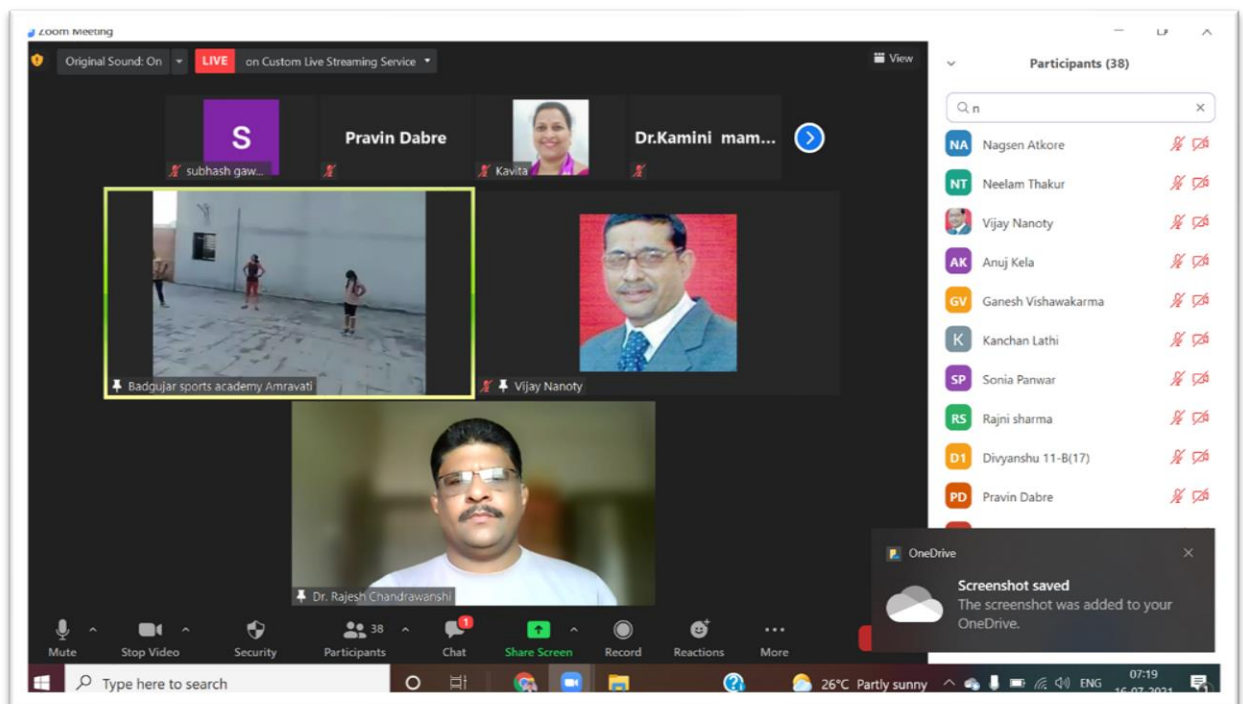
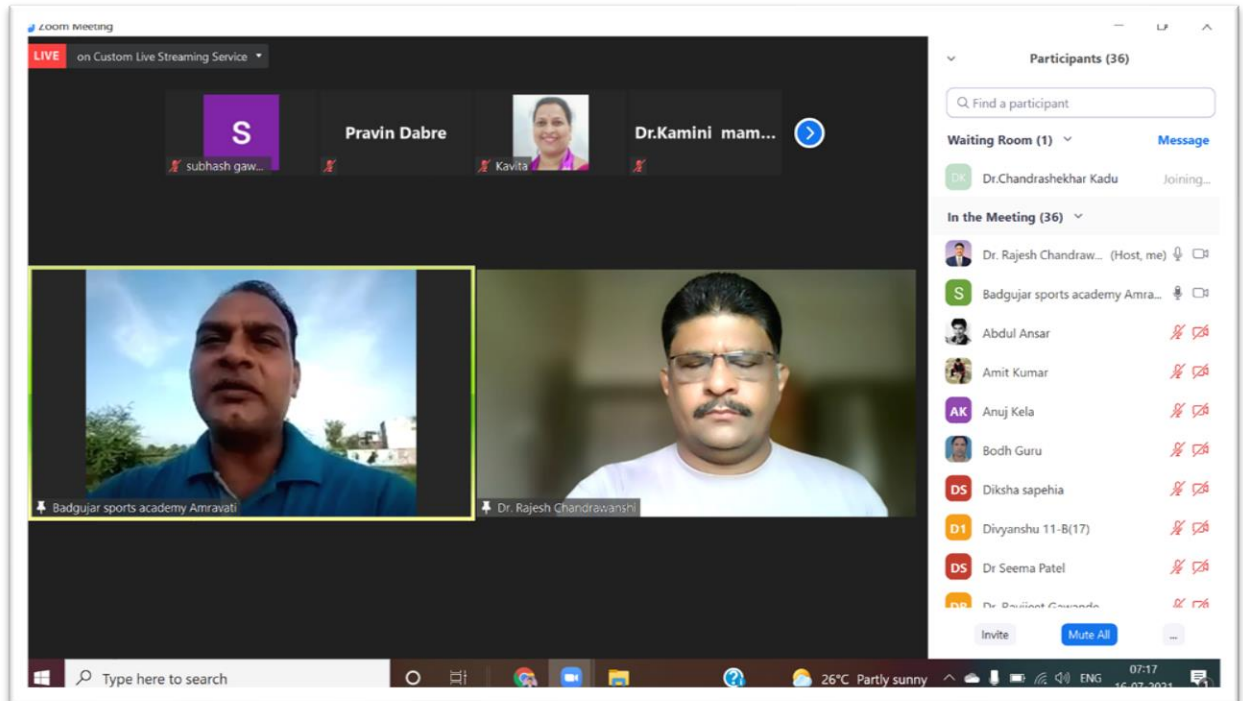
Football related informative lecture was nicely delivered by **Dr. Harish Gajbhiye**, Ex. Voice-Principal Phulsing Naik College, Pusad,



Date: 16<sup>th</sup> July 2021

## Warm Up Exercises

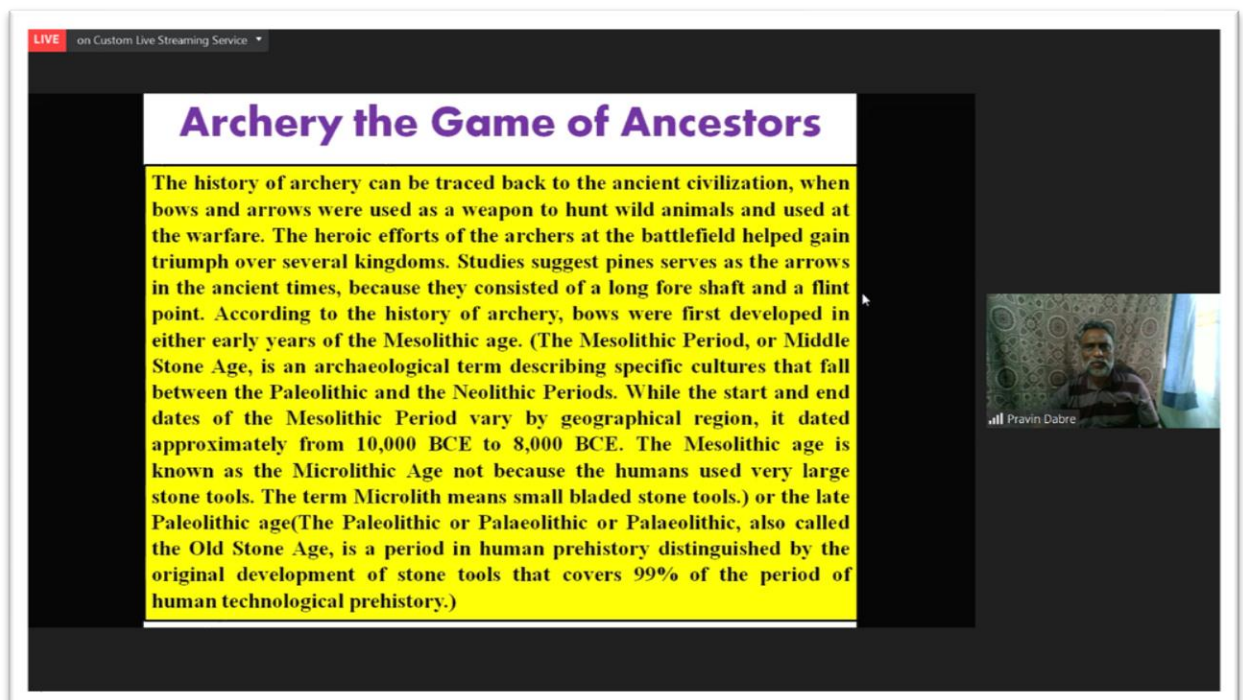
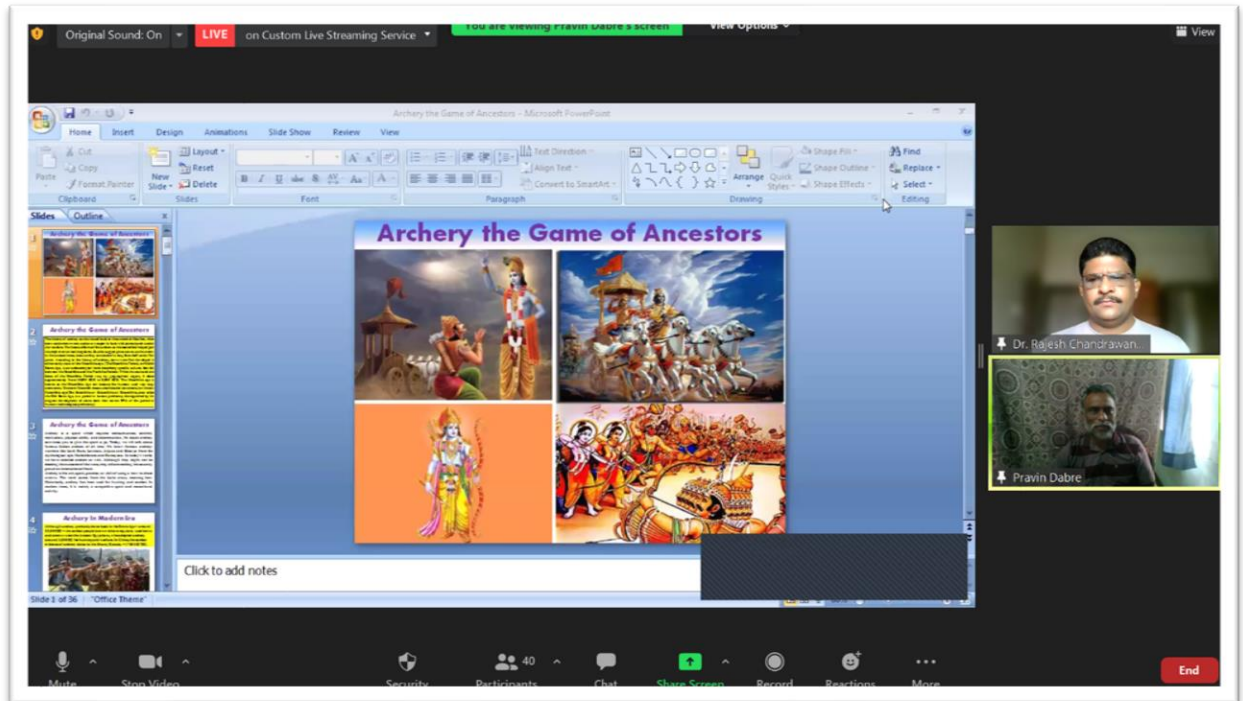
Warm up Exercises related introductory remark and practical session was nicely conducted by **Dr. Rakesh Badgujar**, Exe. Member of Sports Authority of India, Director, Badgujar Sports Academy, Amravati.



Date: 16<sup>th</sup> July 2021

## Archery

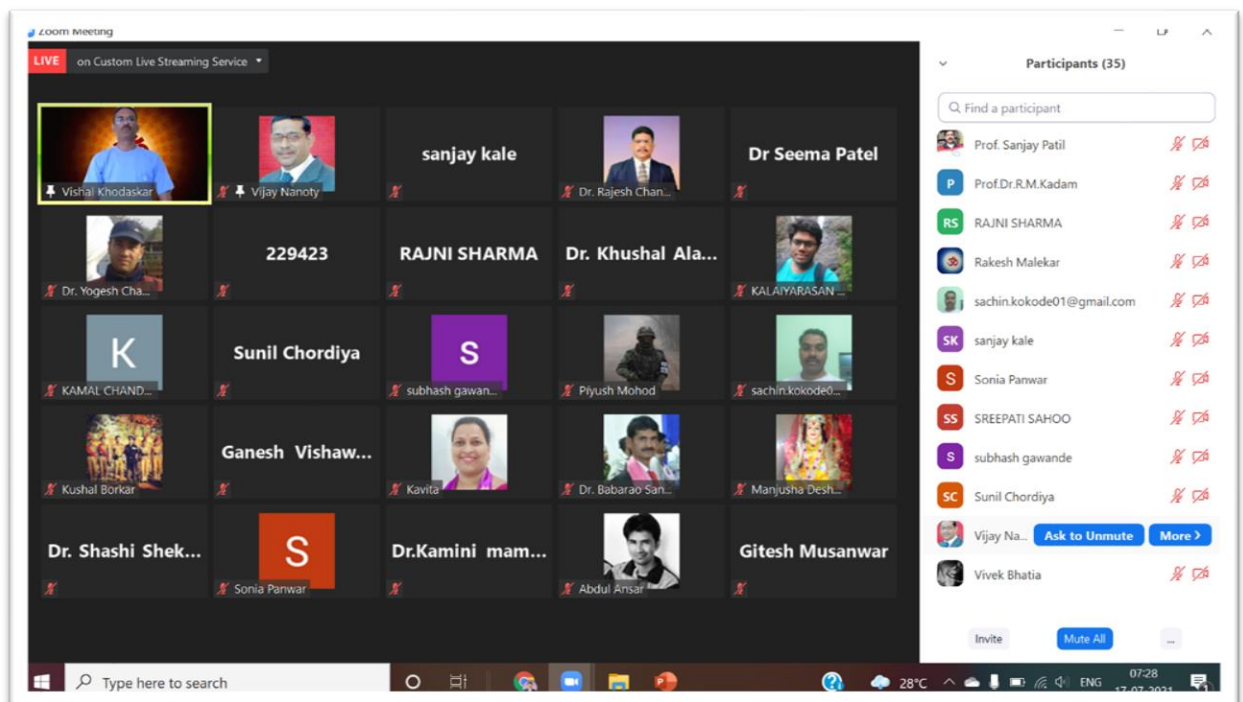
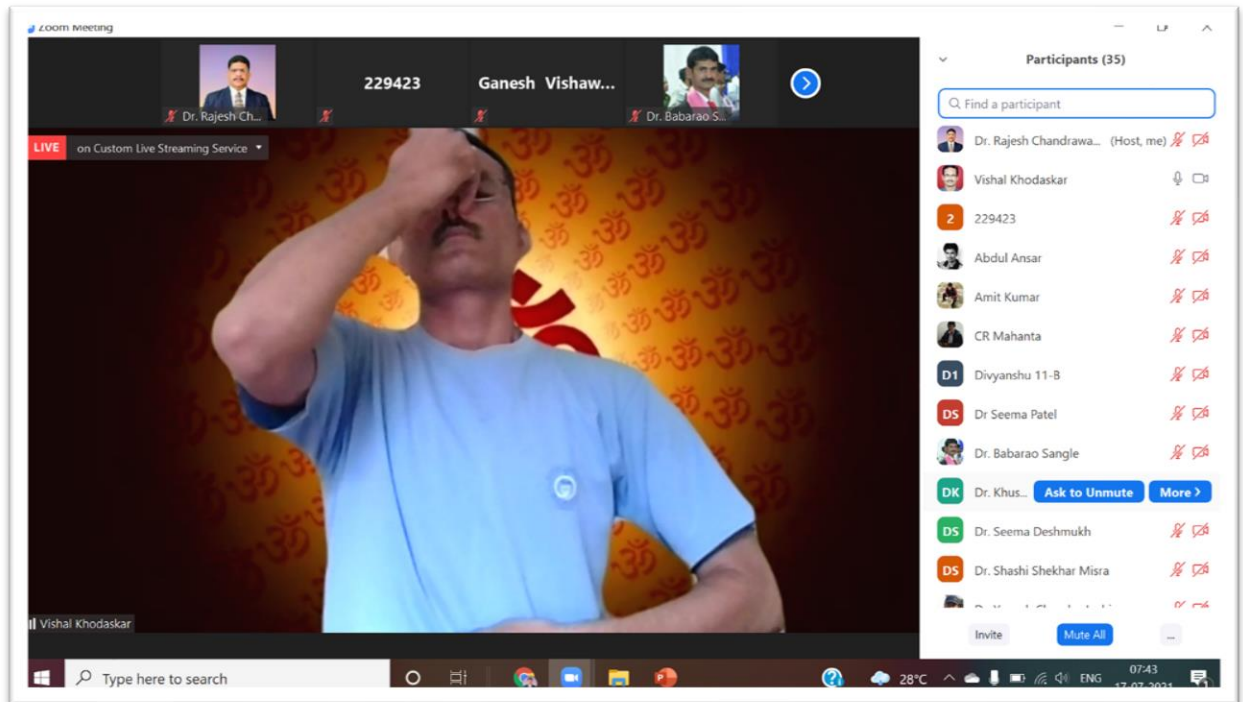
Football related informative lecture was nicely delivered by **Dr. Pravin Dabre**, Director of Physical Education and Sports, Shripad Krushna Kolhatkar Mah., Jaglaon Jamod



Date: 17<sup>th</sup> July 2021

## Pranayama & Meditation

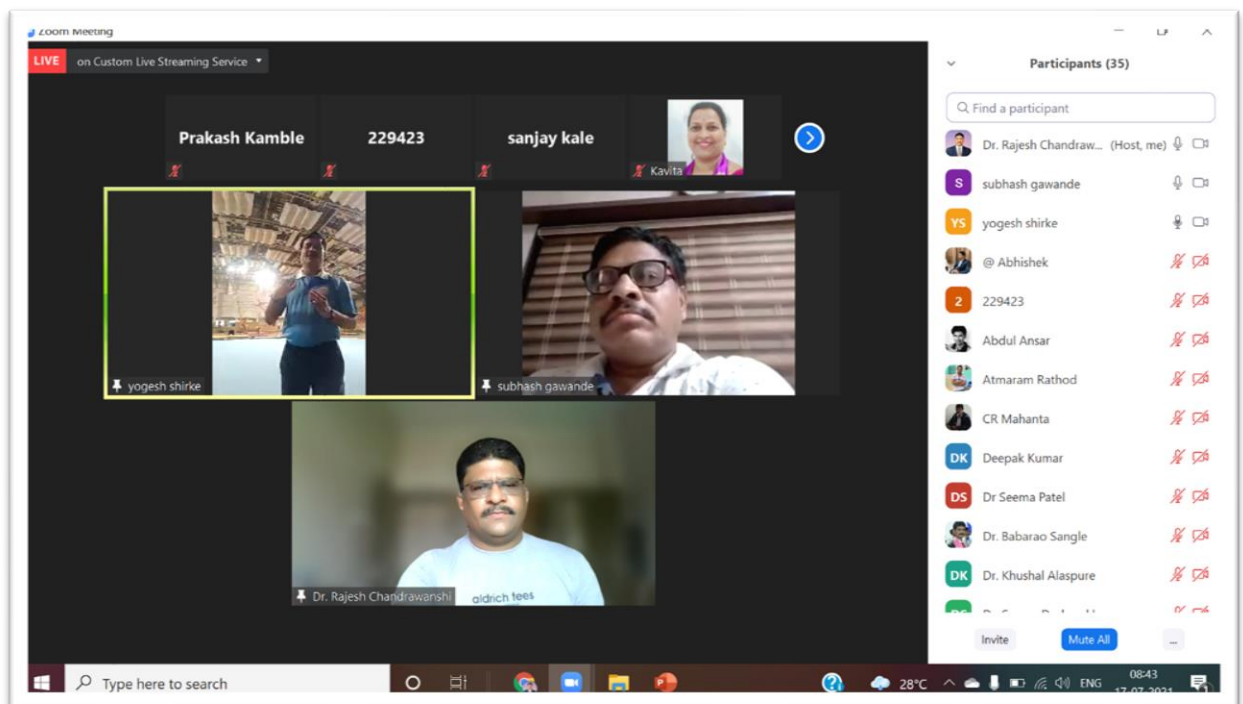
Pranayama & Meditation related introductory remark and practical session was nicely conducted by **Dr. V.A. Khodaskar**, Director of Physical Education and Sports, Nehru Mahavidyalaya, Nerparsant, Yavatmal.



Date: 17<sup>th</sup> July 2021

## Gymnastics

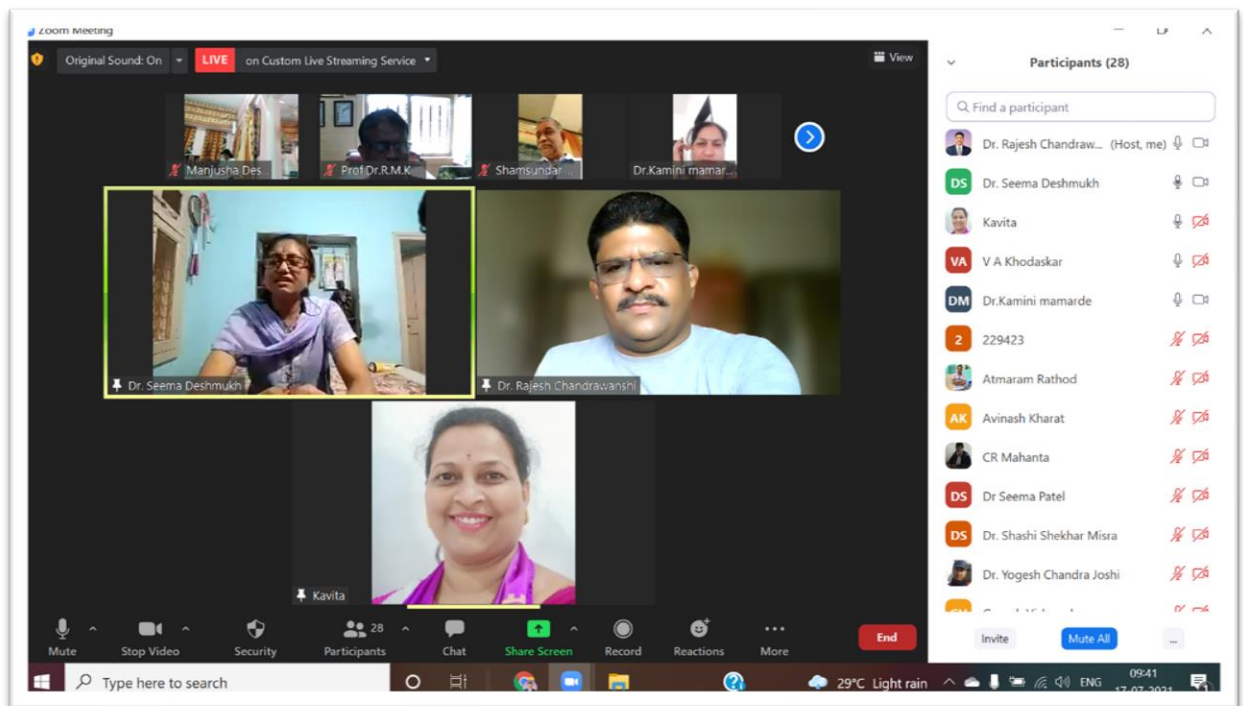
Gymnastic related informative lecture was nicely delivered by **Mr. Yogesh Shirke**, International Gymnastics Coach, Directorate of Sports and Youth Services, Maharashtra State, Pune.



**Date: 17<sup>th</sup> July 2021**

## **Badminton**

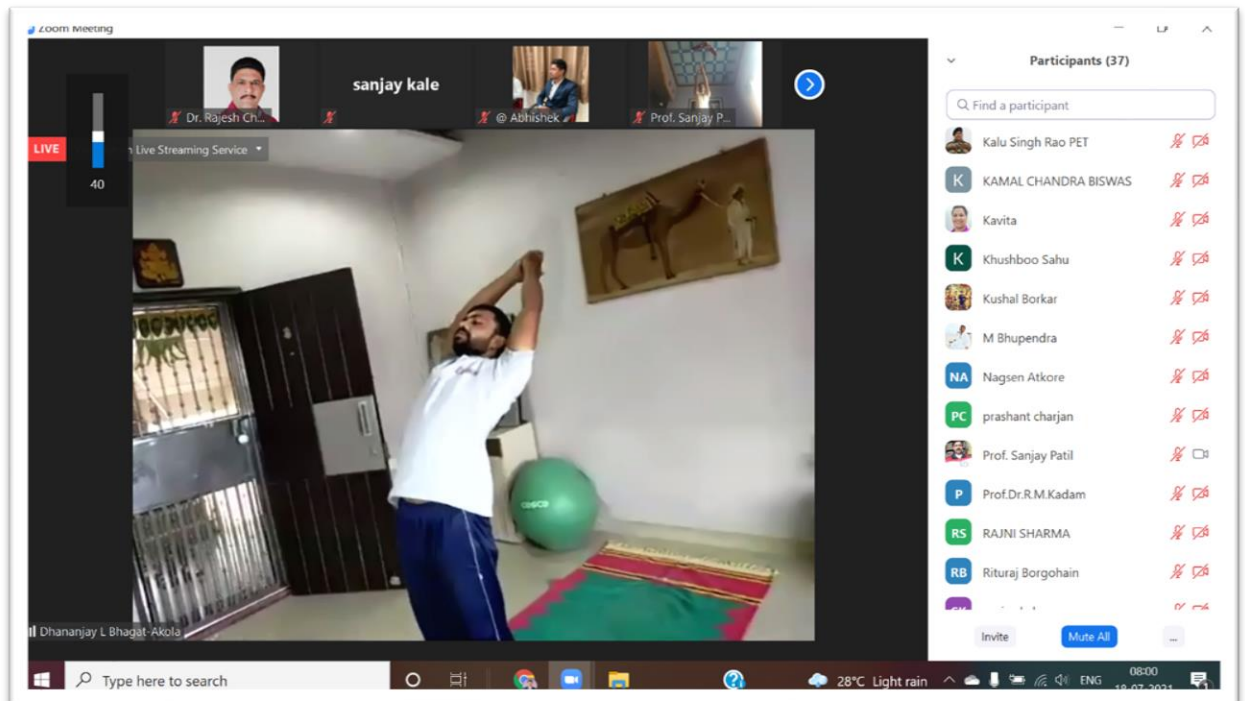
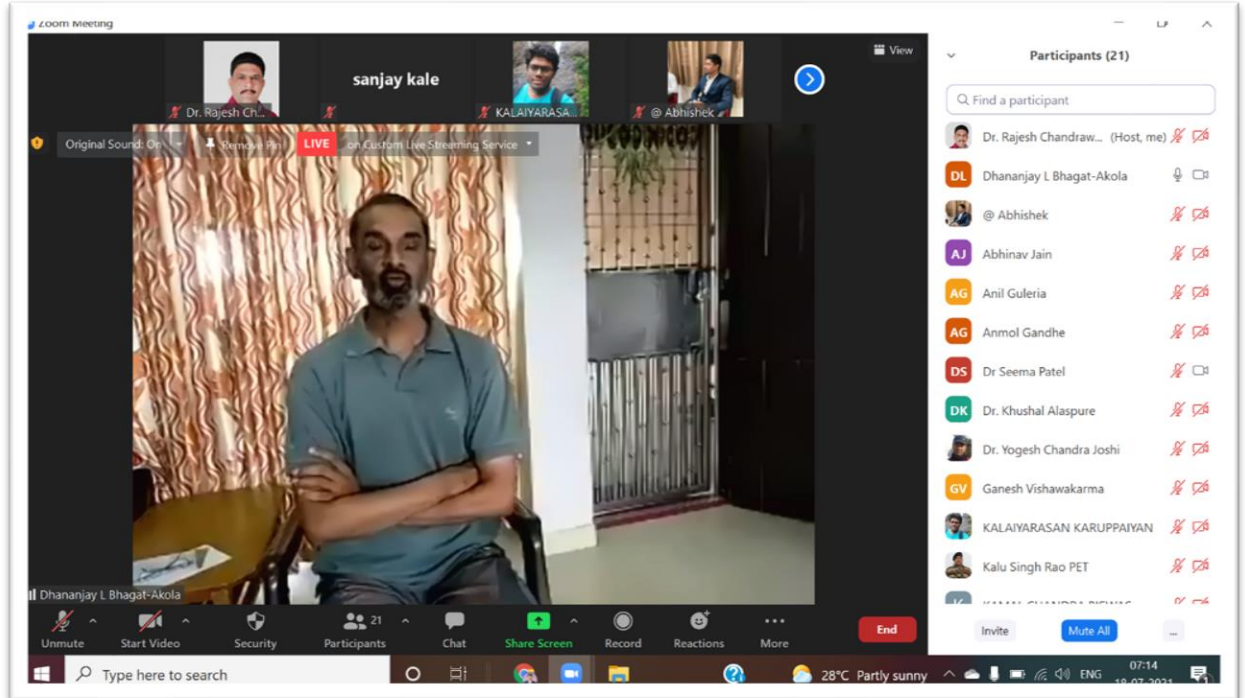
Badminton related informative lecture was nicely delivered by **Dr. Seema Deshmukh**, Director of Physical Education and Sports, Smt. S.R. Mohta Mahila Mahavidyalaya, Khamgaon.



Date: 18<sup>th</sup> July 2021

## Suryanamaskar

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

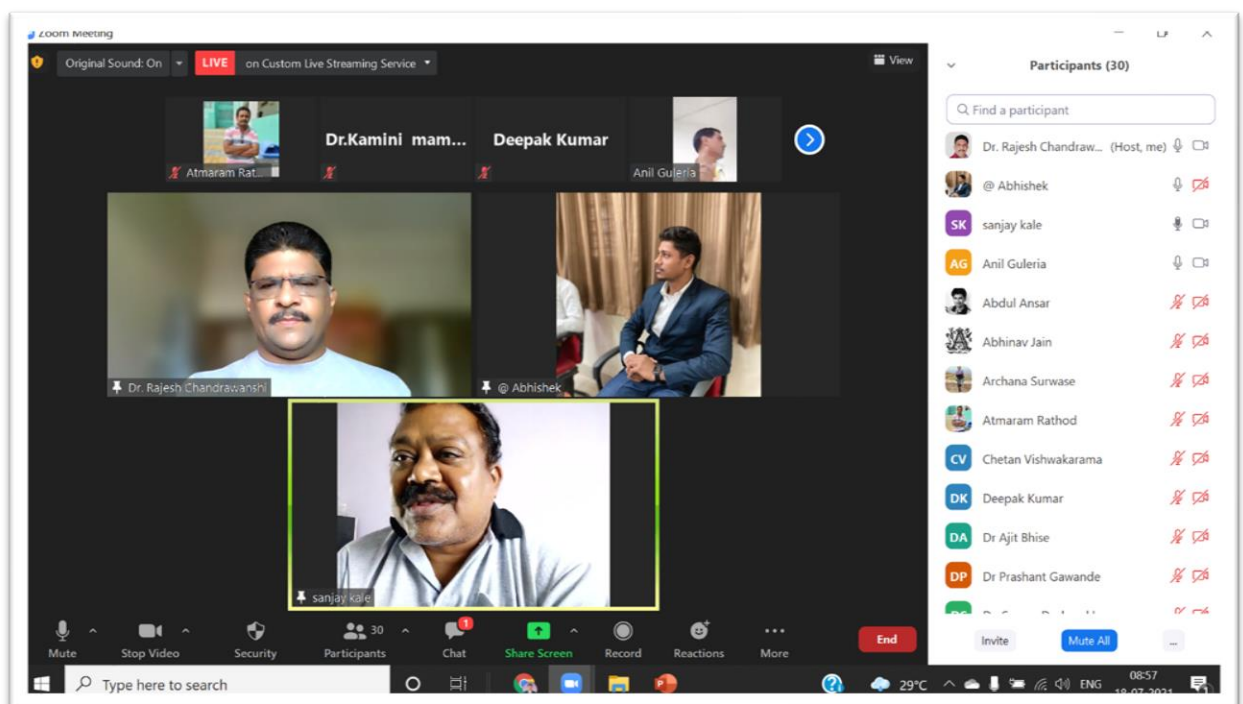




**Date: 18<sup>th</sup> July 2021**

## **Boxing**

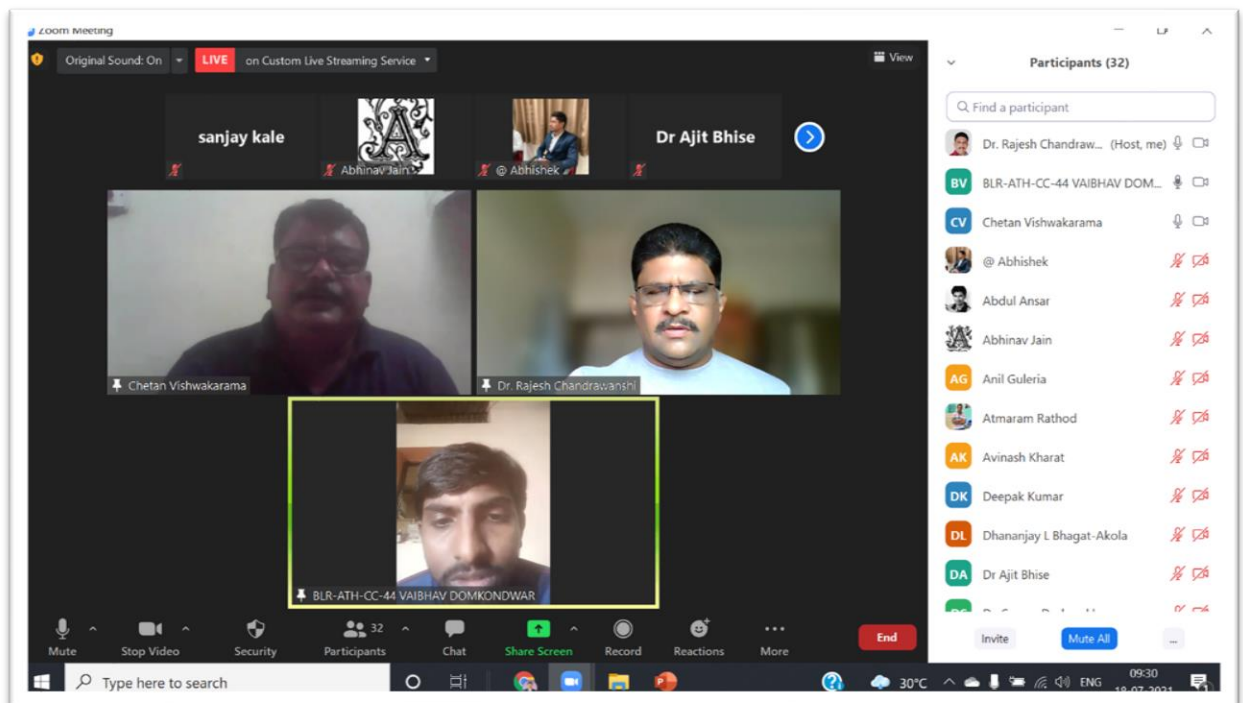
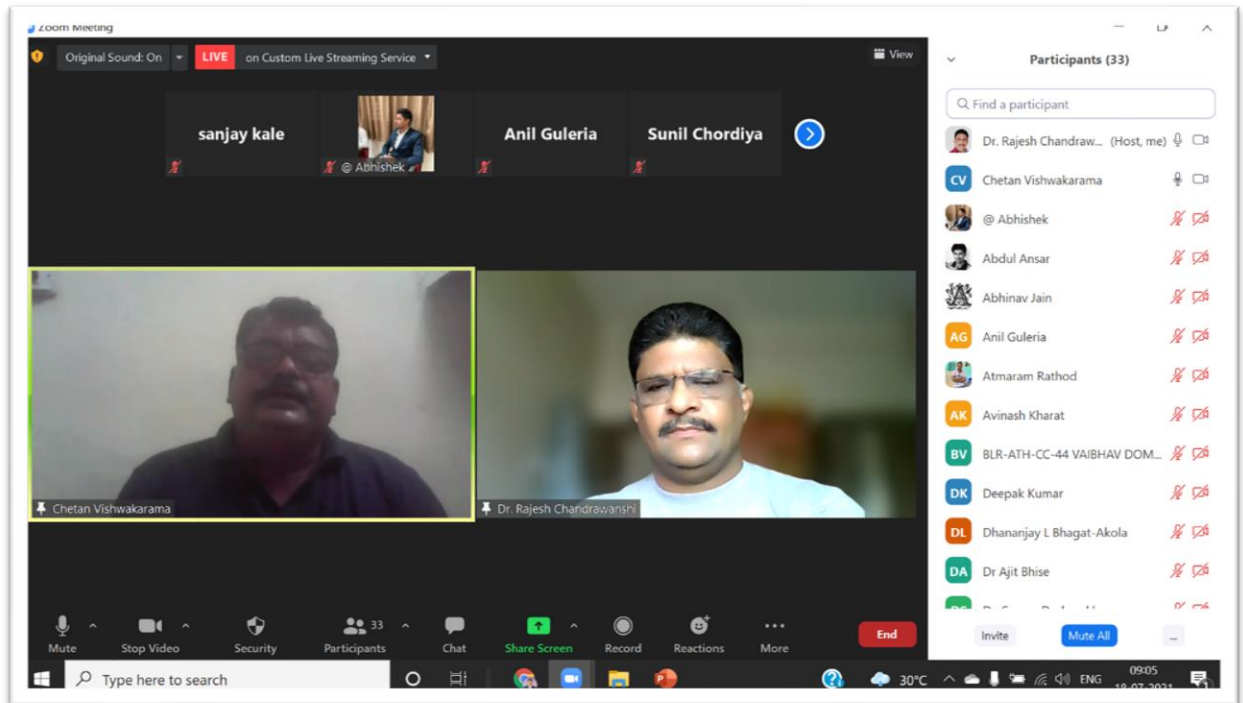
Boxing related informative lecture was nicely delivered by **Mr. Abhishek Kumar**, Fitness Trainer & Coach, Short NIS in Boxing, New Delhi.



Date: 18<sup>th</sup> July 2021

## Fencing

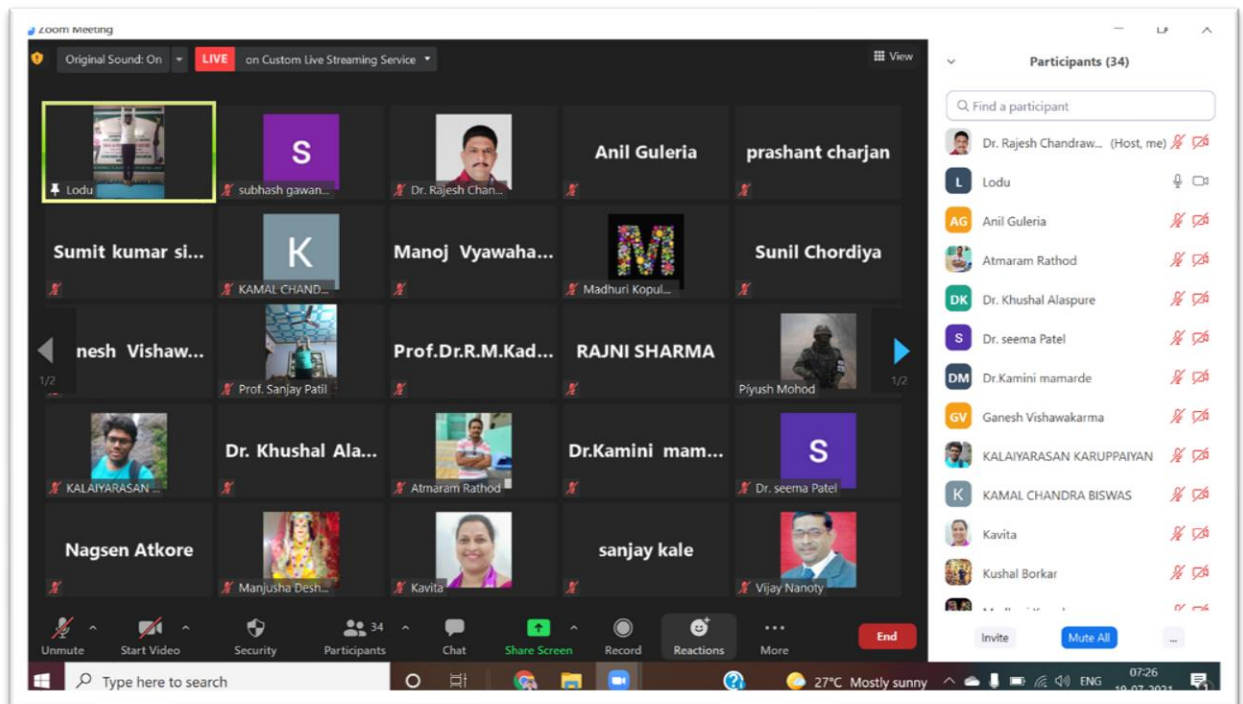
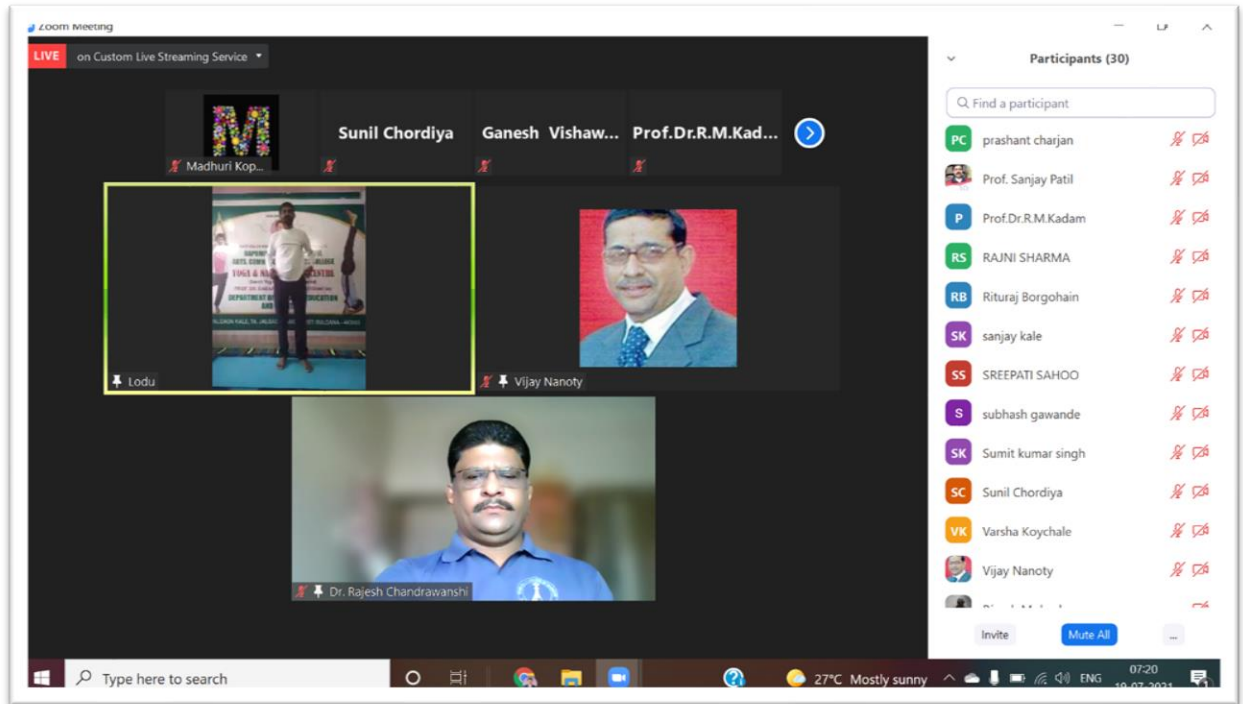
Fencing related informative lecture was nicely delivered by **Prof. Ganesh Vishwakarma**, Director of Physical Education and Sports, Late B.S. Arts College, Khamgaon, Buldana.



Date: 19<sup>th</sup> July 2021

## Yoga

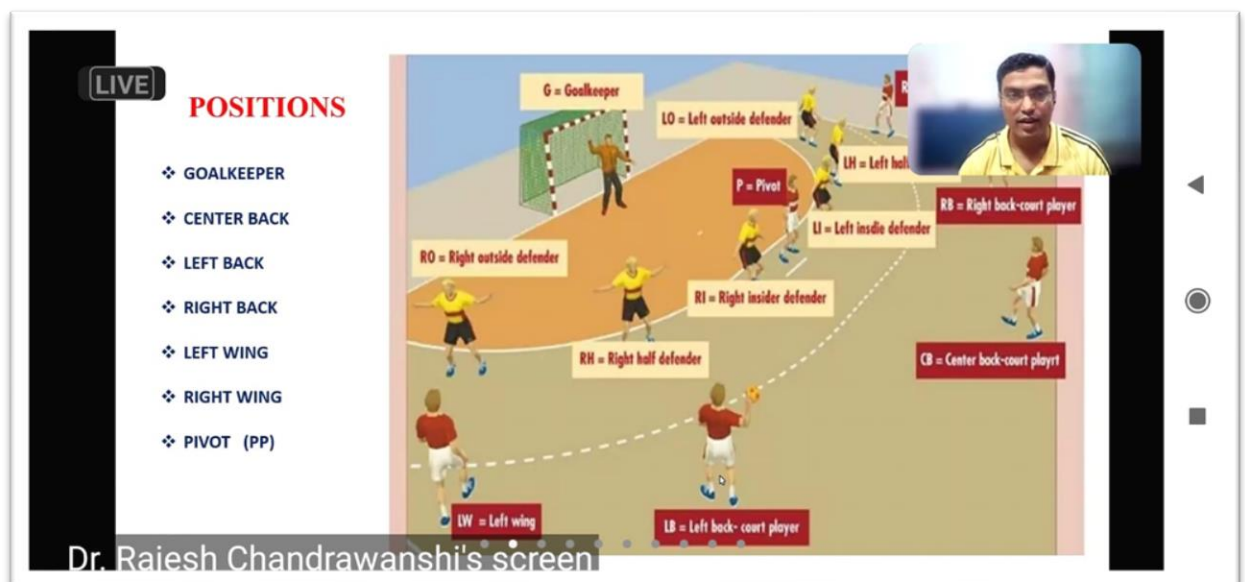
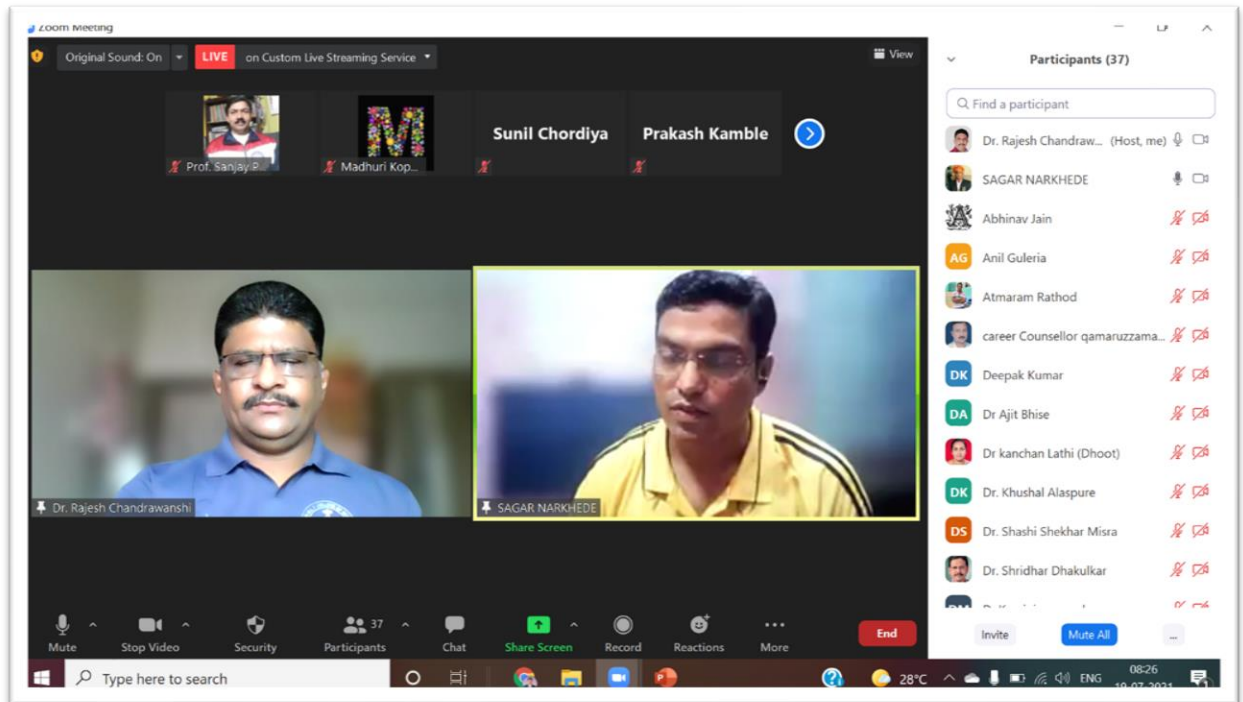
Yoga related introductory remark and practical session was nicely conducted by **Dr. Babarao Sangle**, Director of Physical Education and Sports, Bapumiya Sirajoddin Patel Arts, Commerce & Science College, Pimpalgaon Kale.



Date: 19<sup>th</sup> July 2021

## Handball

Handball related informative lecture was nicely delivered by **Dr. Sagar Narkhede**, Director of Physical Education and Sports, Saraswati Kala Mah., Dahihanda, Akola



**Date: 19<sup>th</sup> July 2021**

## **Basketball**

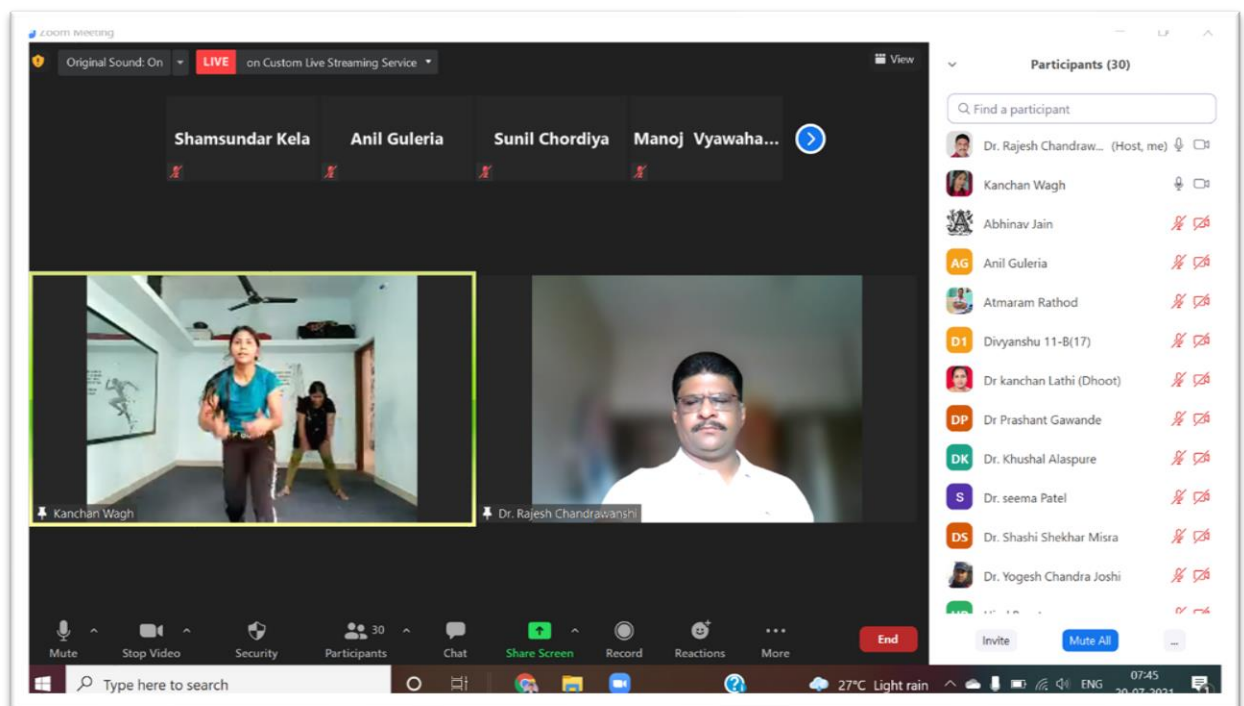
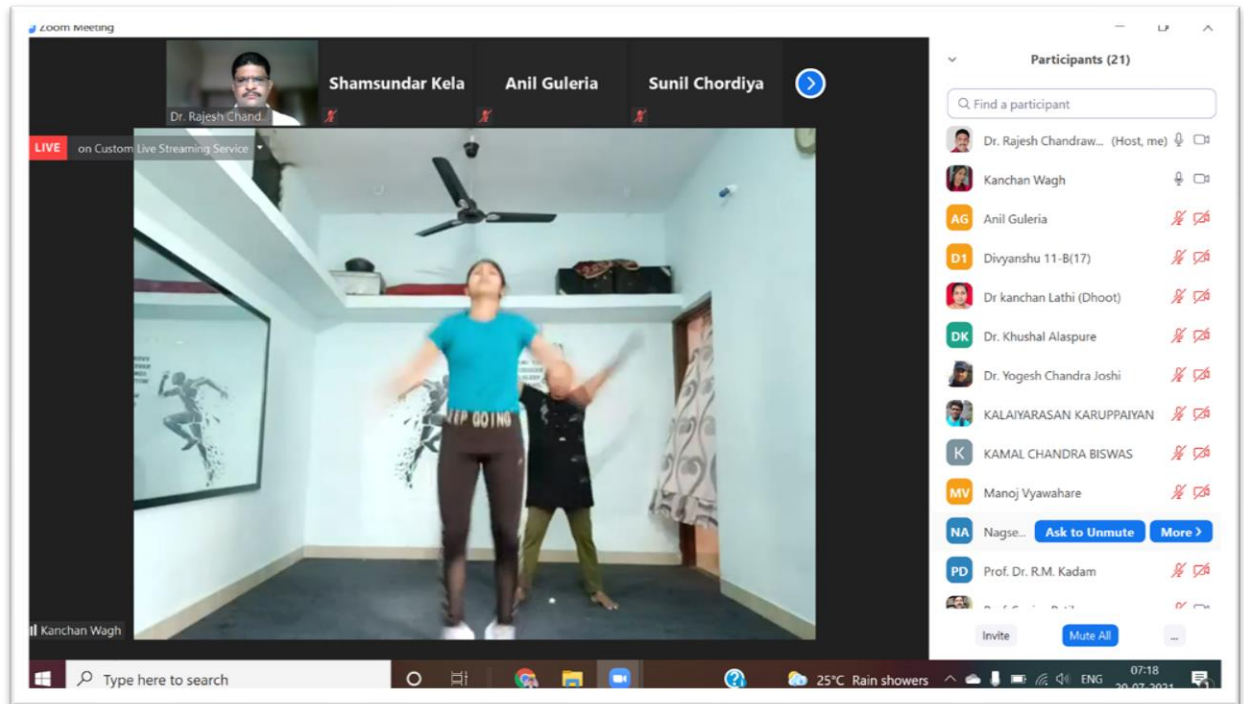
Basketball related informative lecture was nicely delivered by **Dr. Ajit Bhise**, Director of Physical Education and Sports, G.S. Tompe Arts, Commerce & Science College, Chandur Bazar



Date: 20<sup>th</sup> July 2021

## Aerobics/ Zumba

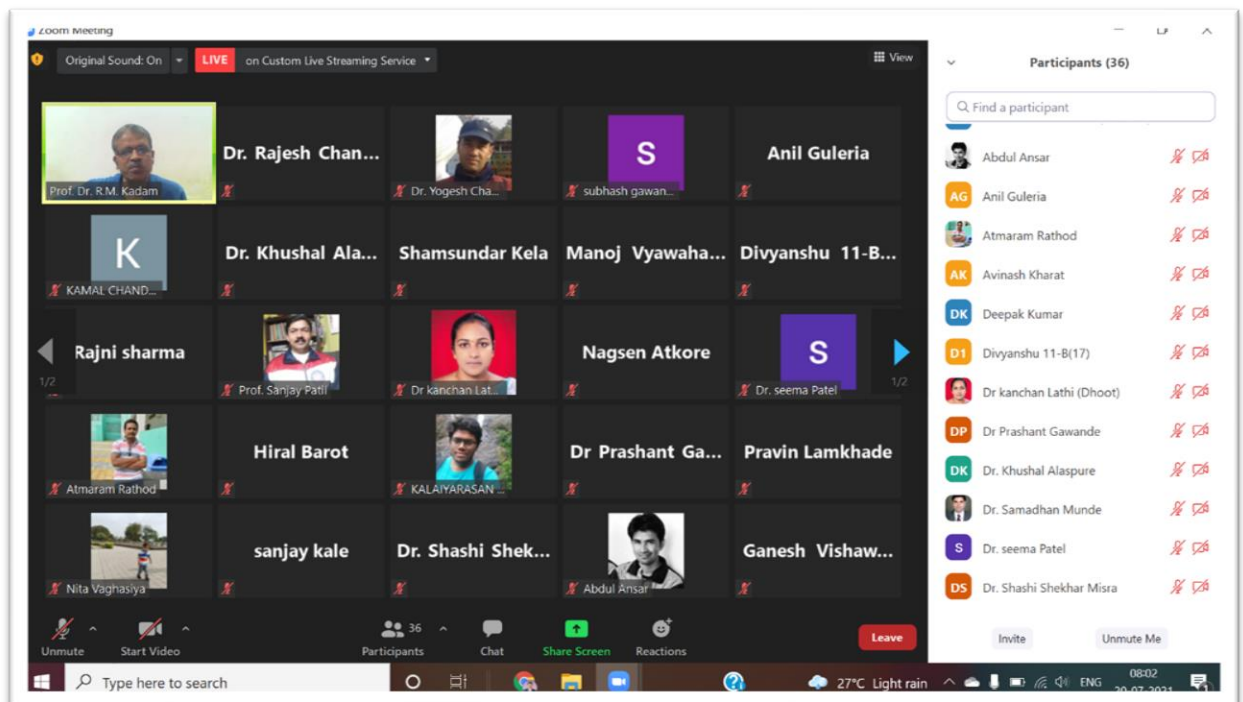
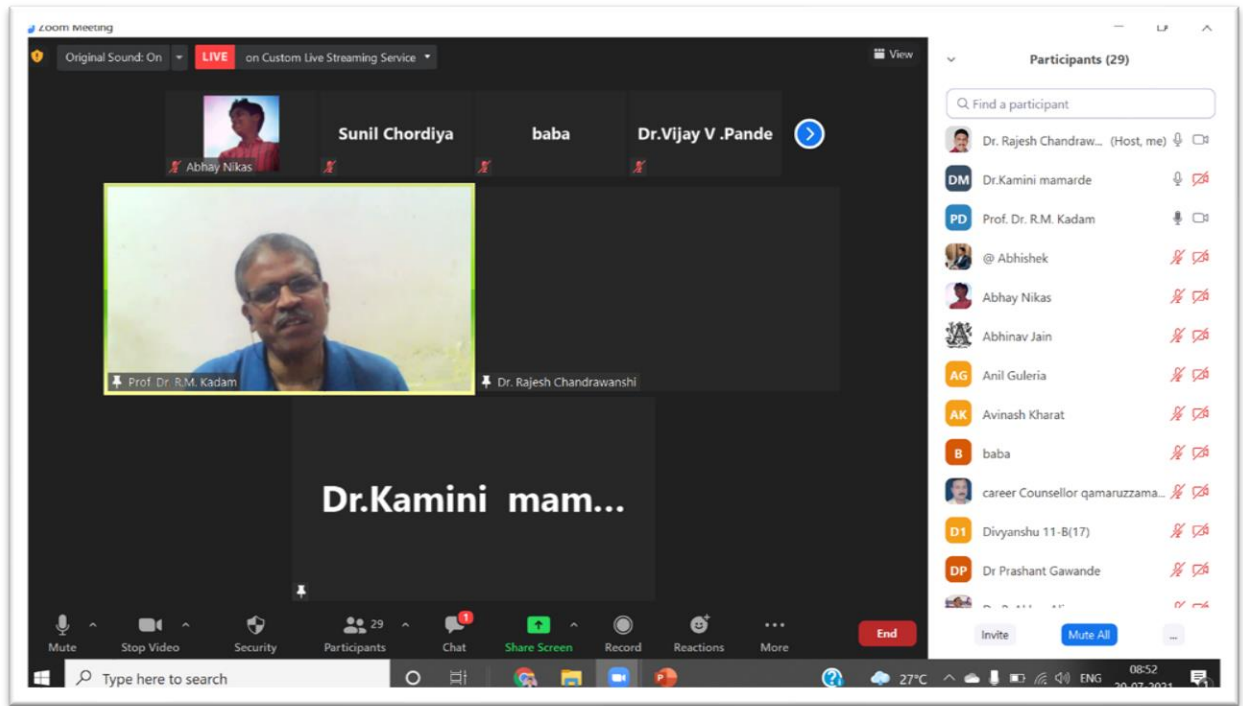
Aerobics or Zumba related introductory remark and practical session was nicely conducted by **Ms. Kanchan Wagh**, Aerobics & Zumba Instructor, University Colour Holder, 24 Fitness Centre, Akola



Date: 20<sup>th</sup> July 2021

## Judo

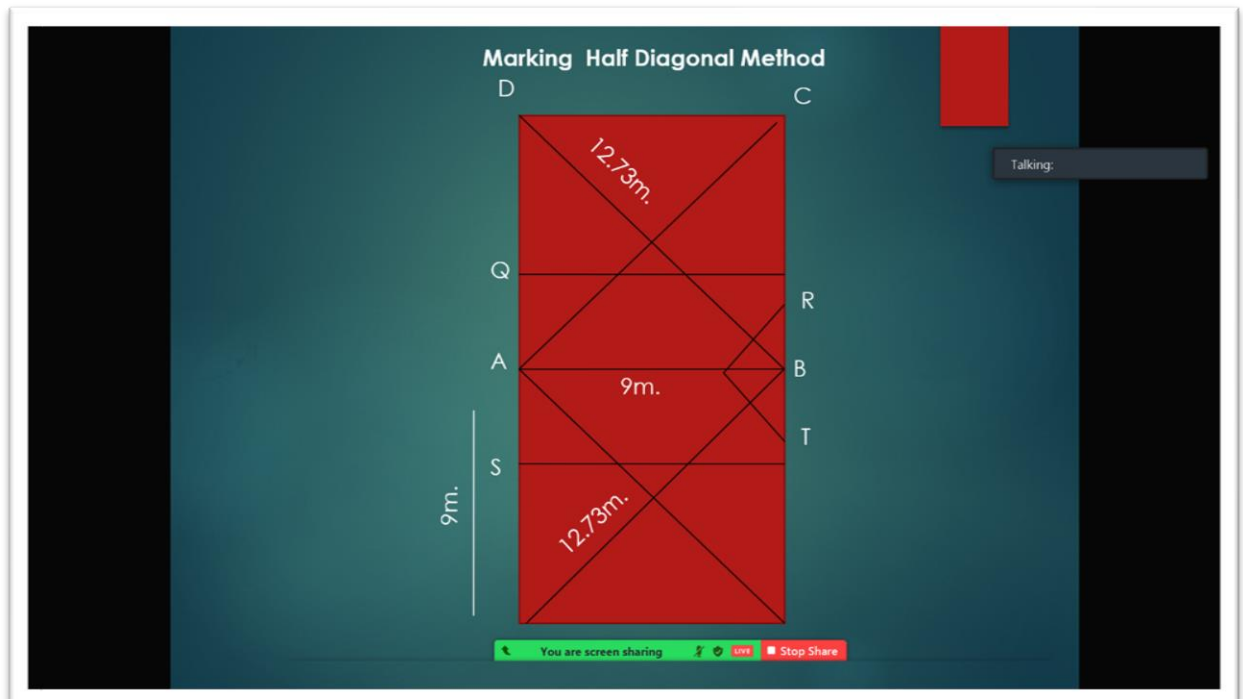
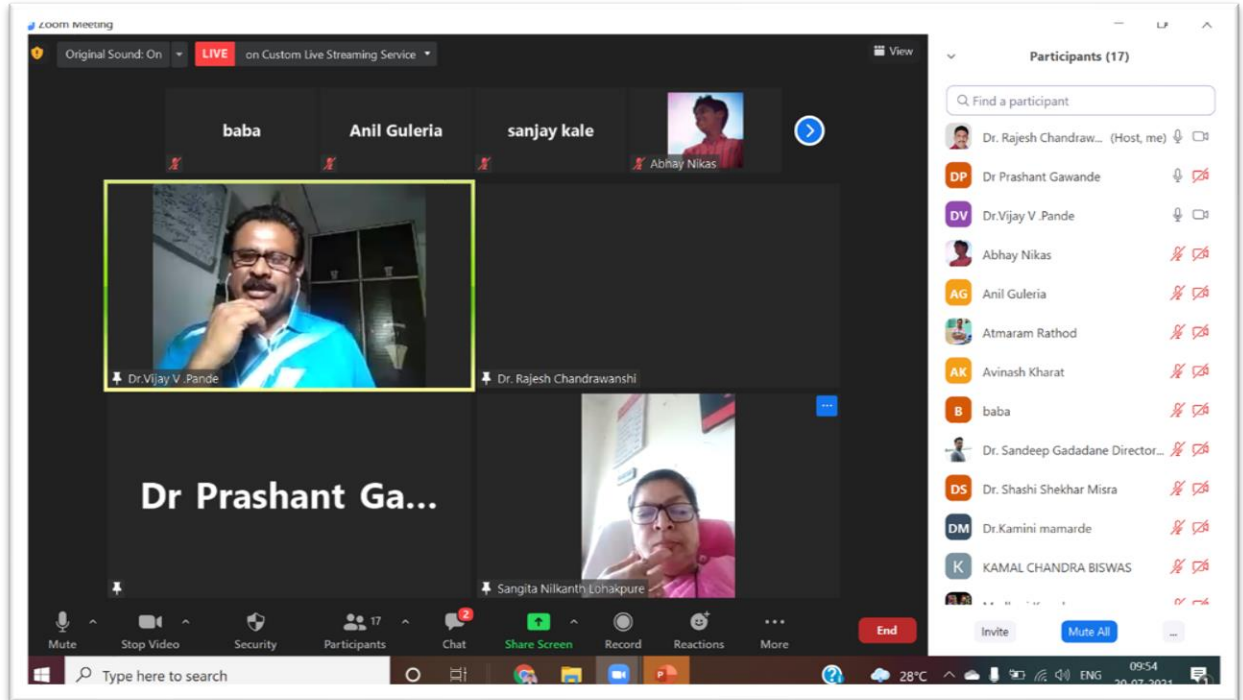
Judo related informative lecture was nicely delivered by **Dr. Ravibhushan Kadam**, Director of Physical Education and Sports, B.B. Arts, N.B. Commerce & B.P. Science College, Digras



Date: 20<sup>th</sup> July 2021

## Volleyball

Volleyball related informative lecture was nicely delivered by **Dr. Vijay Pande**, Professor, Degree College Physical Education, (HVPM), Amravati

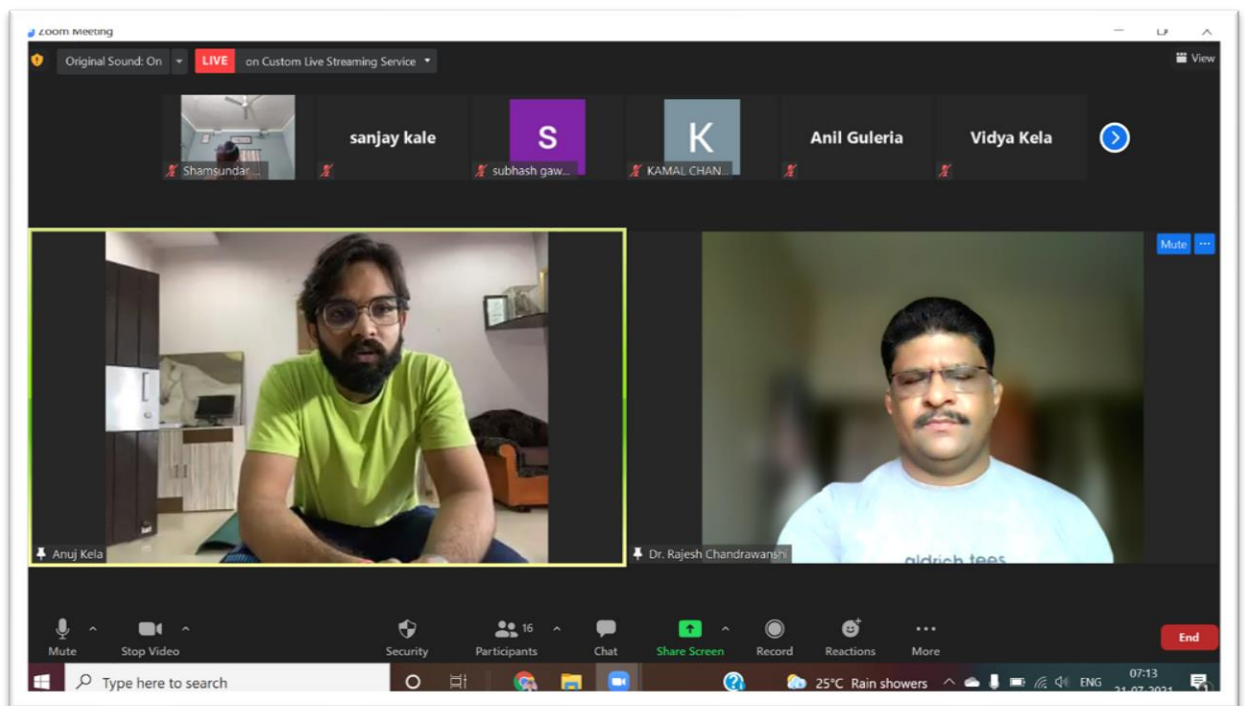
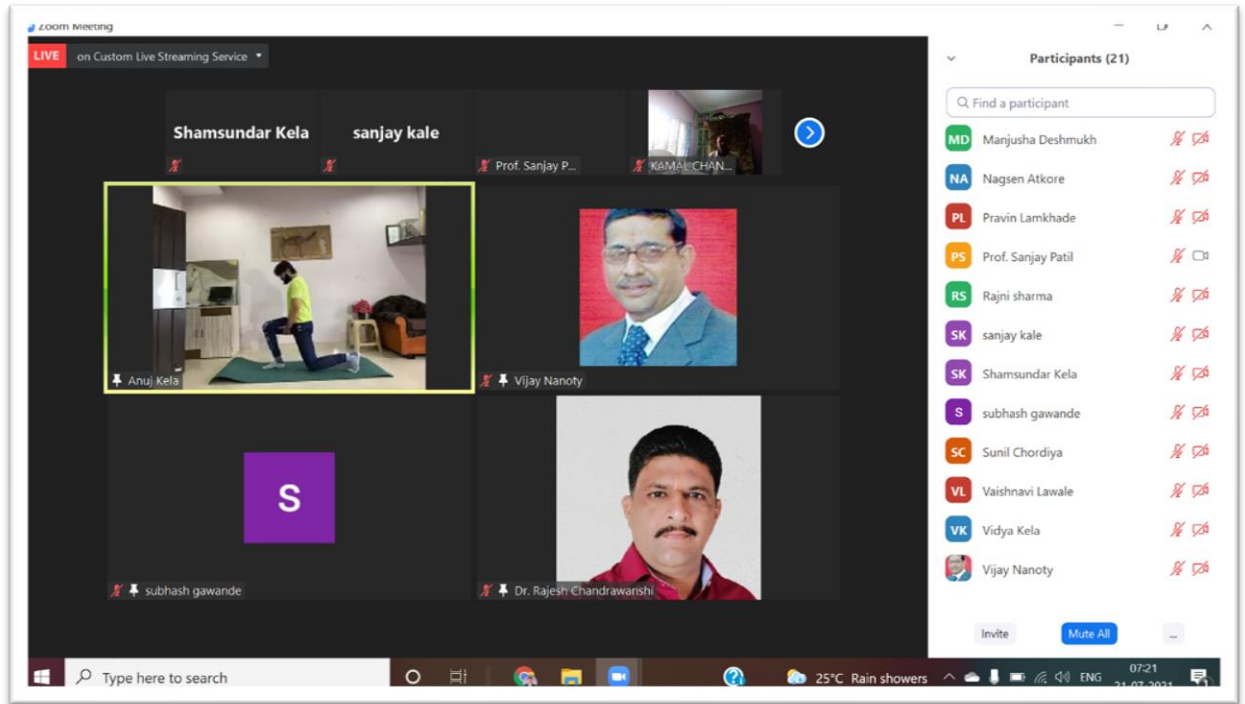




**Date: 21<sup>st</sup> July 2021**

## **Abdominal Exercises, Squats, Planks and Lunges**

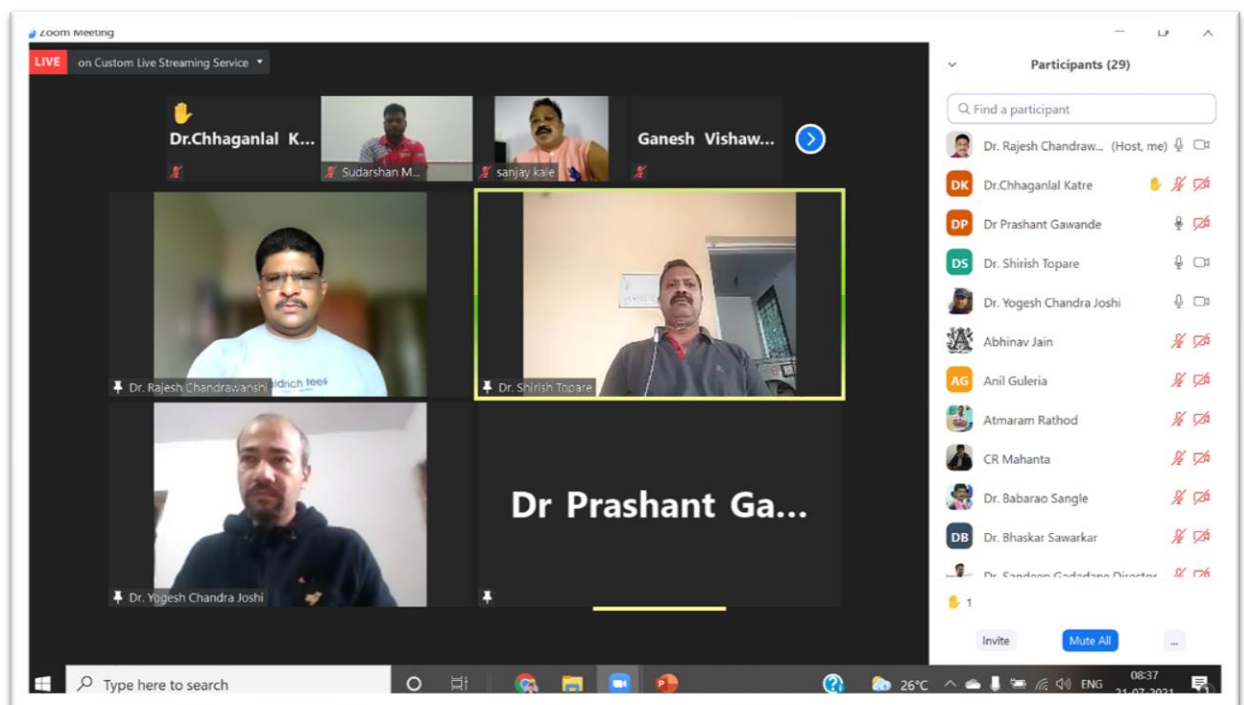
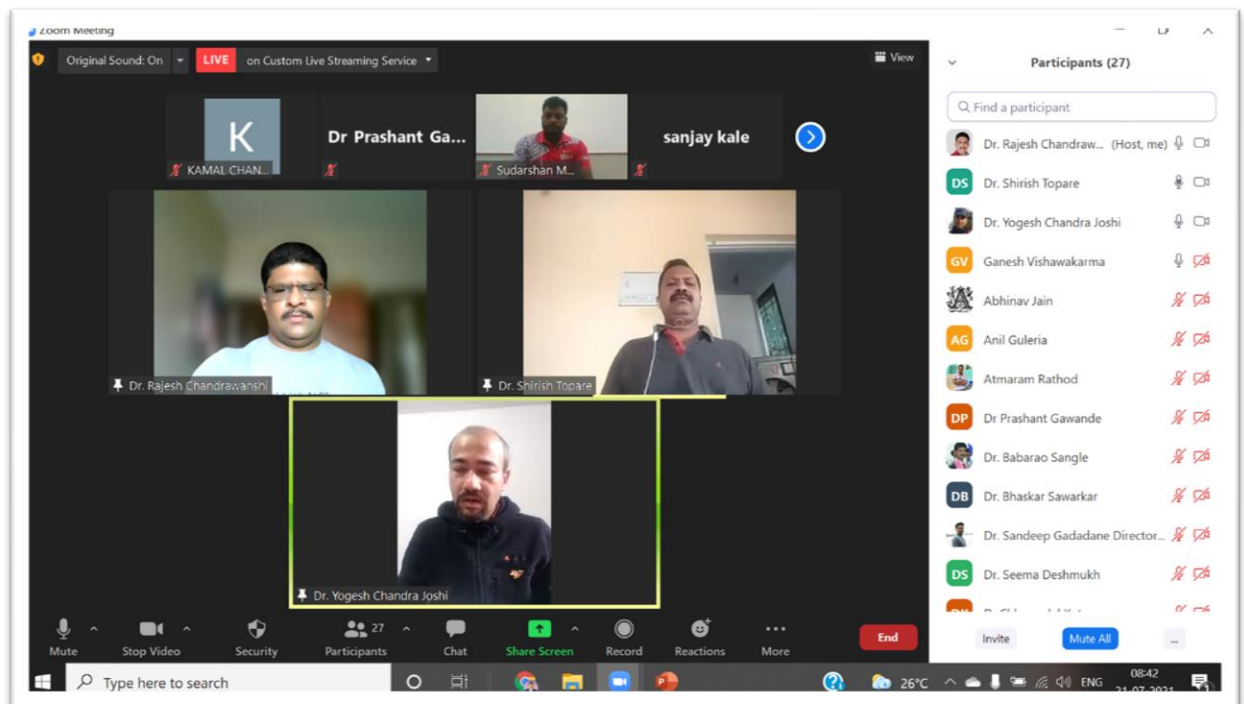
Abdominal Exercises, Squats, Planks and Lunges related introductory remark and practical session was nicely conducted by **Mr. Anuj Kela**, Fitness Trainer & Nutritionist, P.G. Student of M.P.Ed., PGTD Dept. SGBAU, Amravati



Date: 21<sup>st</sup> July 2021

## Swimming

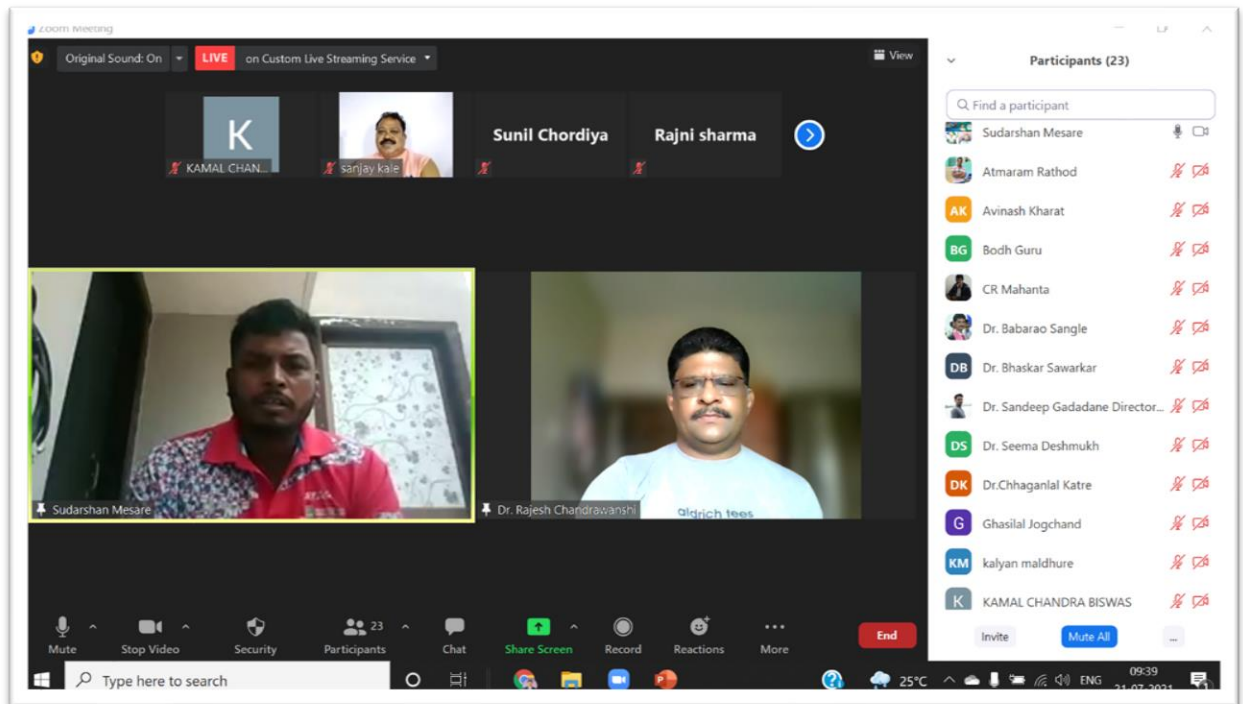
Swimming related informative lecture was nicely delivered by **Dr. Shirish Topare**, Director of Physical Education and Sports, Bharatiya Mah., Morshi, Amravati.



**Date: 21<sup>st</sup> July 2021**

## **Table Tennis**

Table Tennis related informative lecture was nicely delivered by **Mr. Sudarshan Mesare**, Table Tennis Coach, ITTF Level II, Sports Authority of Gujarat, Gandhinagar, Gujrat.



**Quations raise in the mind ?**

Fear/anxiety about sports in society & awareness

risk factors injury, carrier, job ,politics, study, some accidental life of players

- ▶ Child enter the sports activities-through
- ▶ School, Family Awareness, force, heredity& env, **interest,choice** accident, Gelousy, facilities

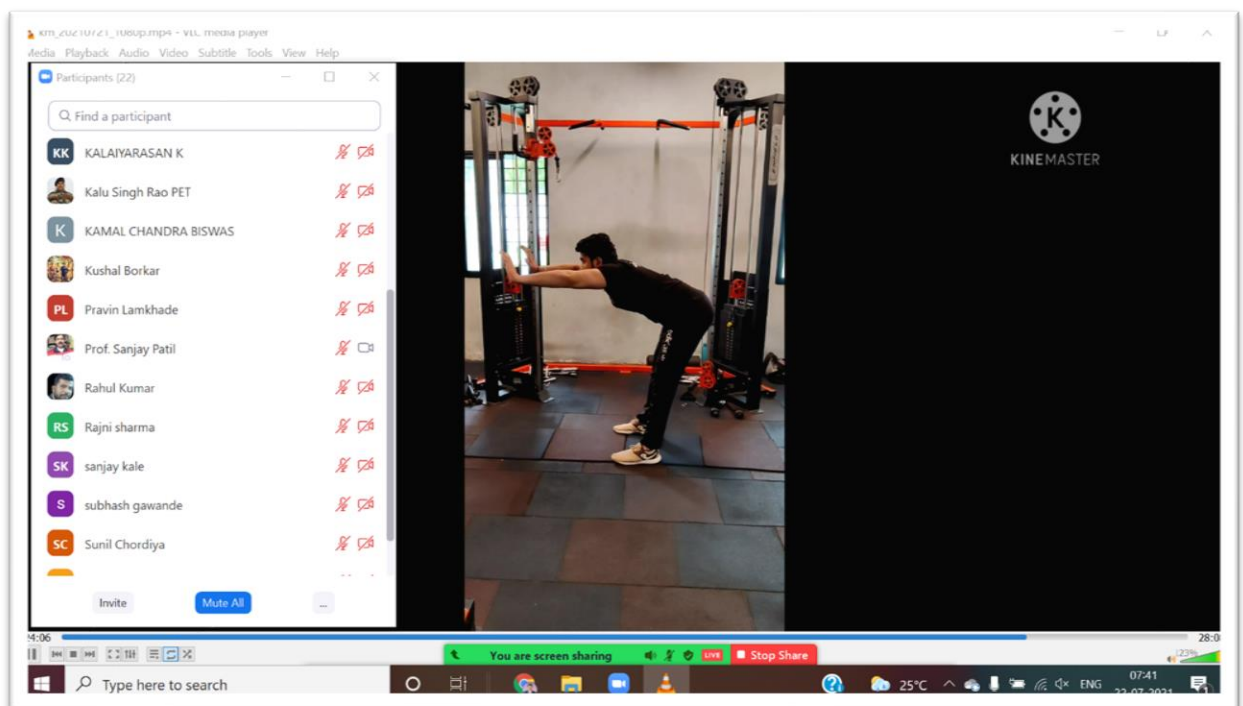
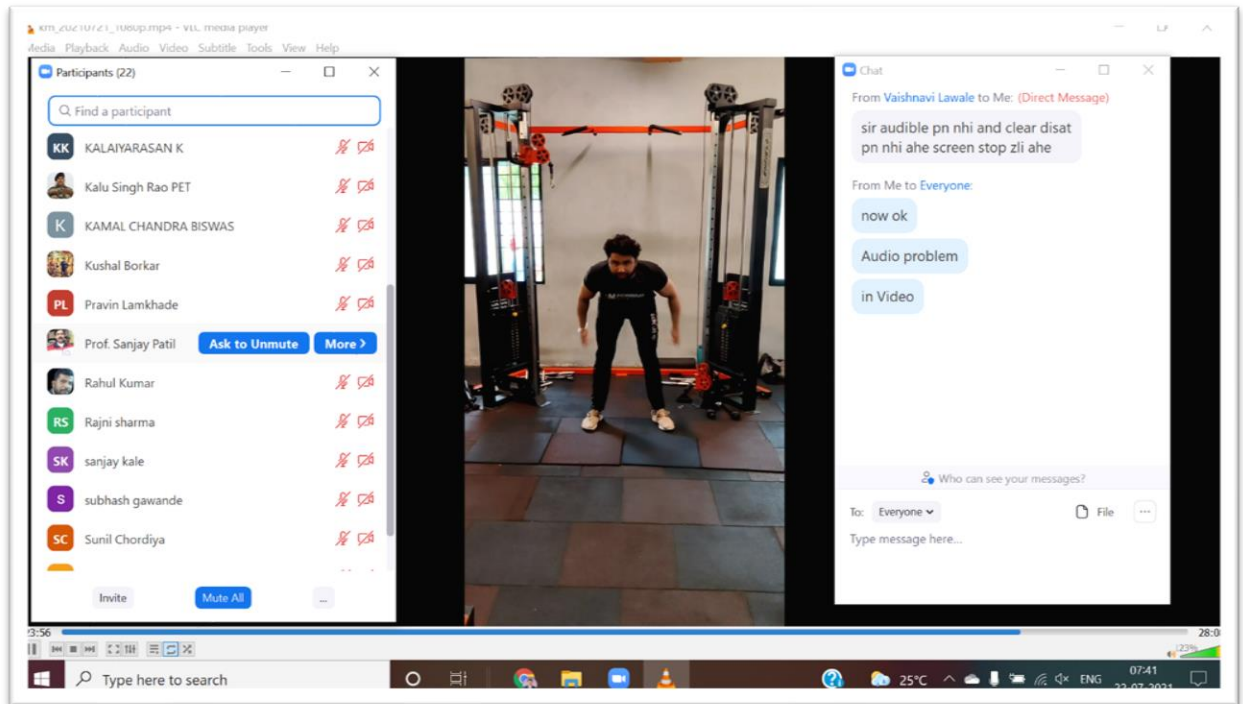
You are screen sharing **LIVE** Stop Share

Unmute Start Video Security Participants 25 Chat **New Share** Pause Share More

Date: 22<sup>nd</sup> July 2021

## Specific Exercises helps to increase height and Effective on burning Body Fats

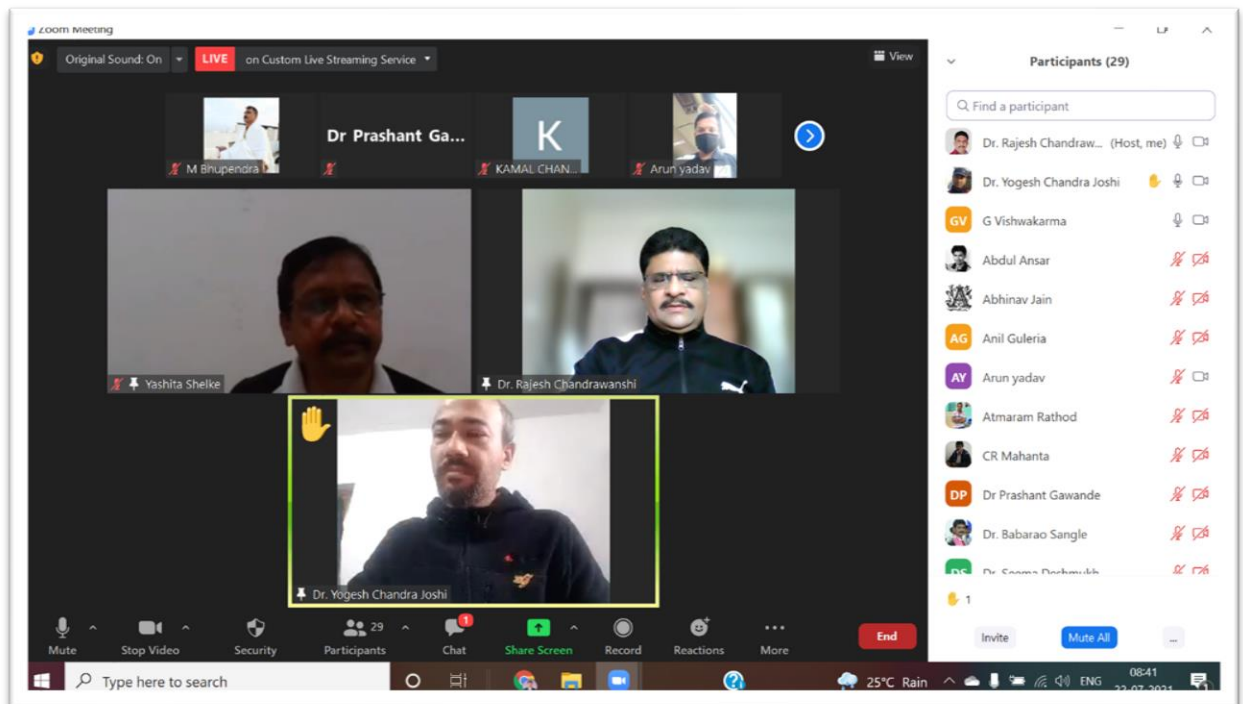
Specific Exercises helps to increase height and Effective on burning Body fats related introductory remark and practical session was nicely conducted by **Mr. Akshay Tiwari**, Fitness Trainer & Nutritionist, Enfield Fitness Center, Akola.



Date: 22<sup>nd</sup> July 2021

## History of Olympic

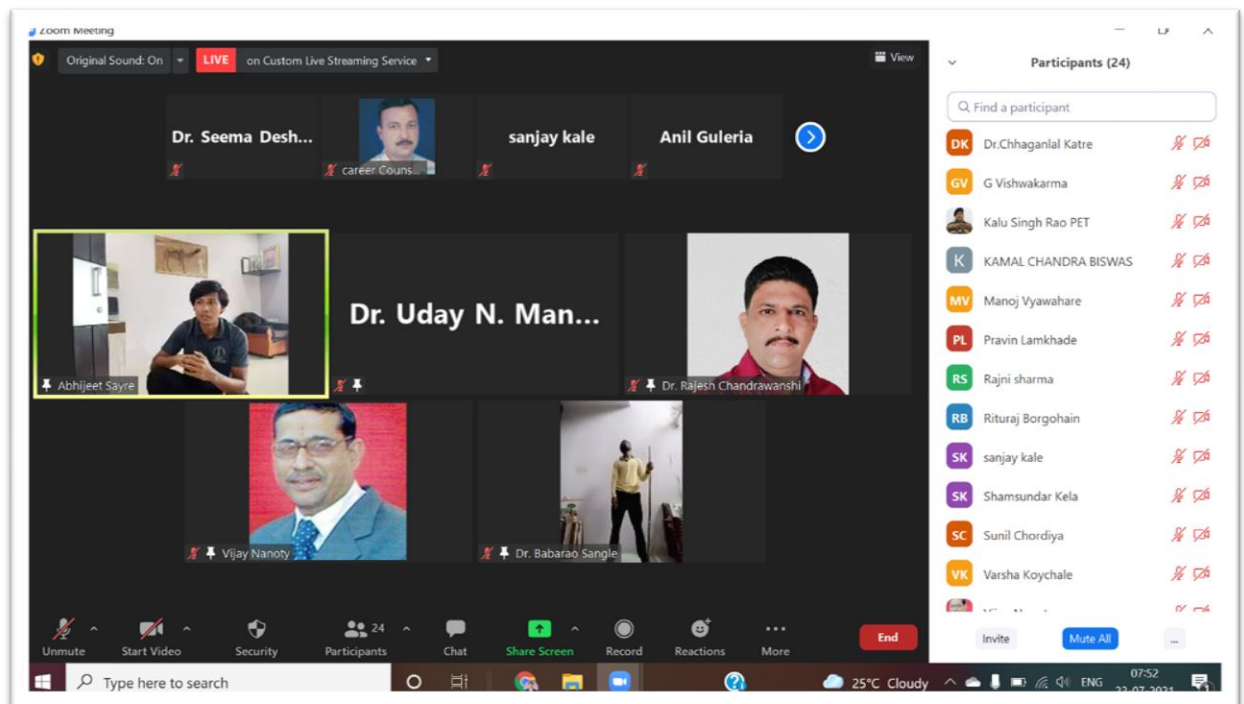
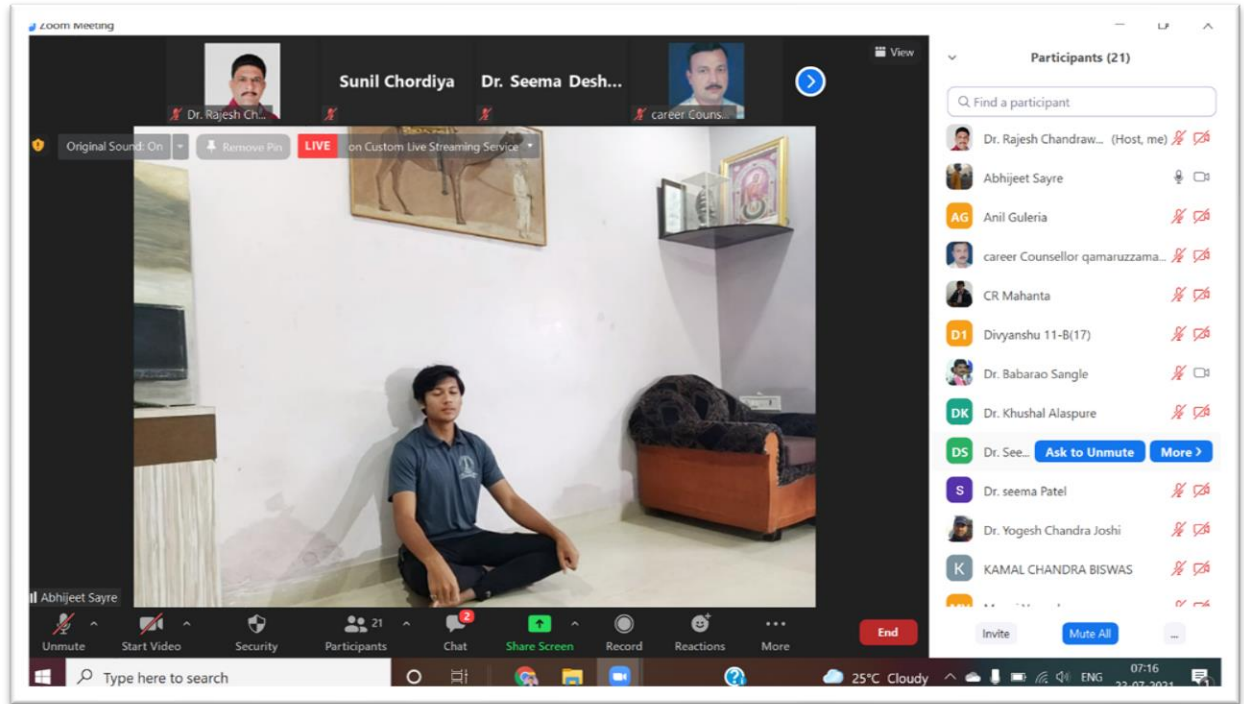
History of Olympic related informative lecture was nicely delivered by **Dr. Shridhar Dhakulkar**, Director of Physical Education and Sports, Mahatma Jyotiba Fule Mahavidyalaya, Amravati



Date: 23<sup>rd</sup> July 2021

## Sticks Exercises and Wall Exercises

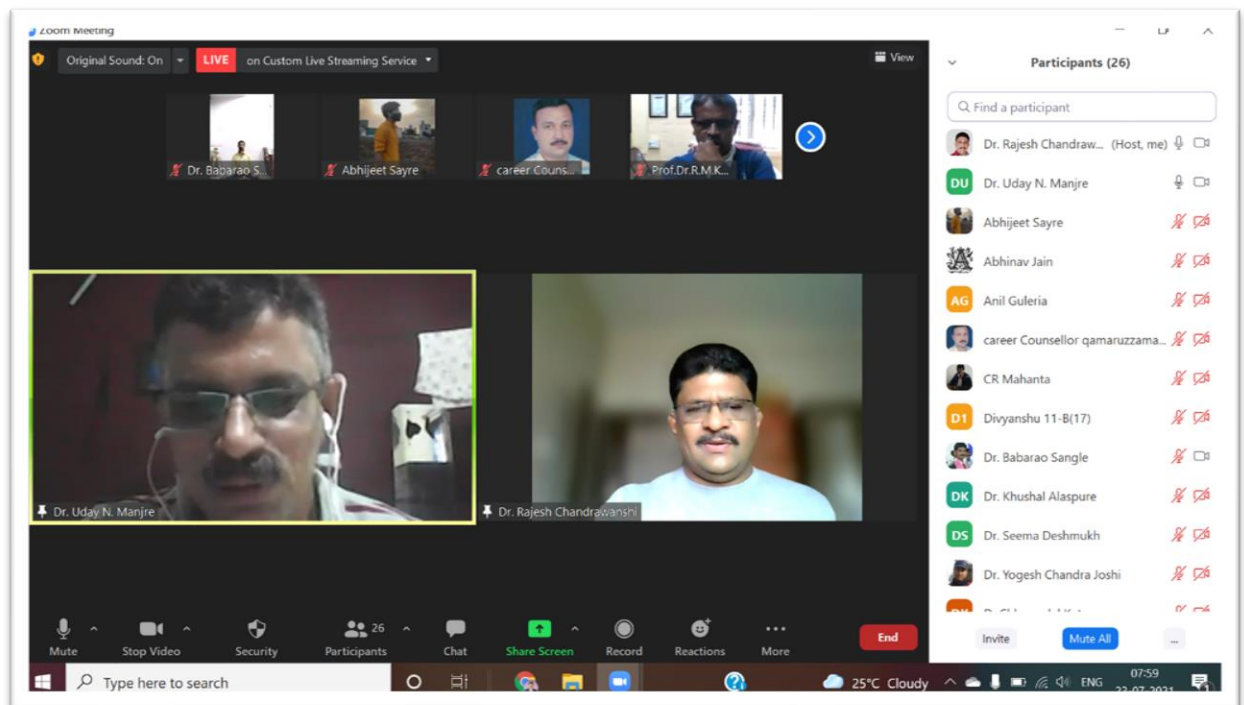
Sticks Exercises and Wall Exercises related introductory remark and practical session was nicely conducted by **Mr. Abhijeet Sayre**, Gold Medal in Ashtedo Akhada, International Tournament Expert in Stick Practice, Akola



**Date: 23<sup>rd</sup> July 2021**

## **Hockey**

Hockey related informative lecture was nicely delivered by **Dr. Uday Manjare**, Professor, Degree College Physical Education (HVPM), Amravati



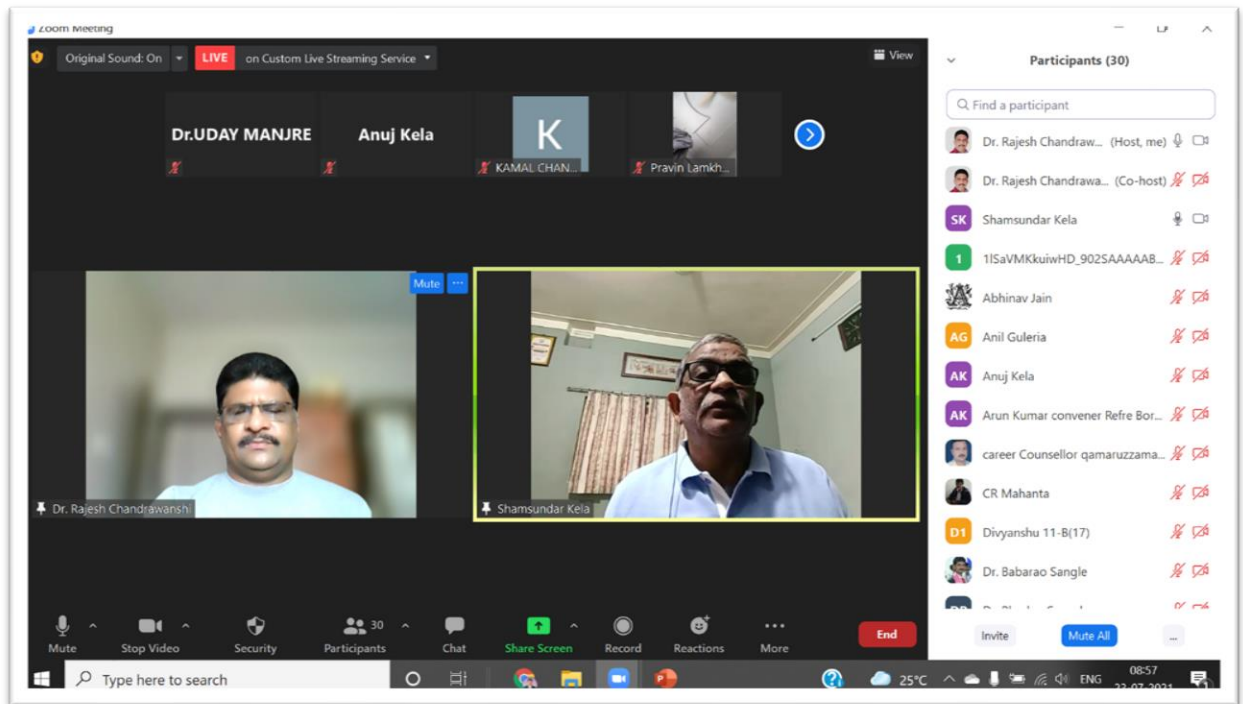
- **Women's field hockey** was **first** played at British universities and schools in **1887** .
- The introduction of women's field hockey to the **Olympic games from 1980** .
- **Introduction of Field Hockey in India**
- First it was played in Kolkata ,only British Army was used to play Hockey in 1886.
- First Indian Hockey Club is Formed in 1896 by
- **Name- Batten Club.**

You are screen sharing

Date: 23<sup>rd</sup> July 2021

## Weight Lifting and Power Lifting

Weight Lifting and Power Lifting related informative lecture was nicely delivered by **Dr. Shamsundar Kela**, Director of Physical Education and Sports, Bhagwan Baba Arts & Commerce College, Lonar, Buldana

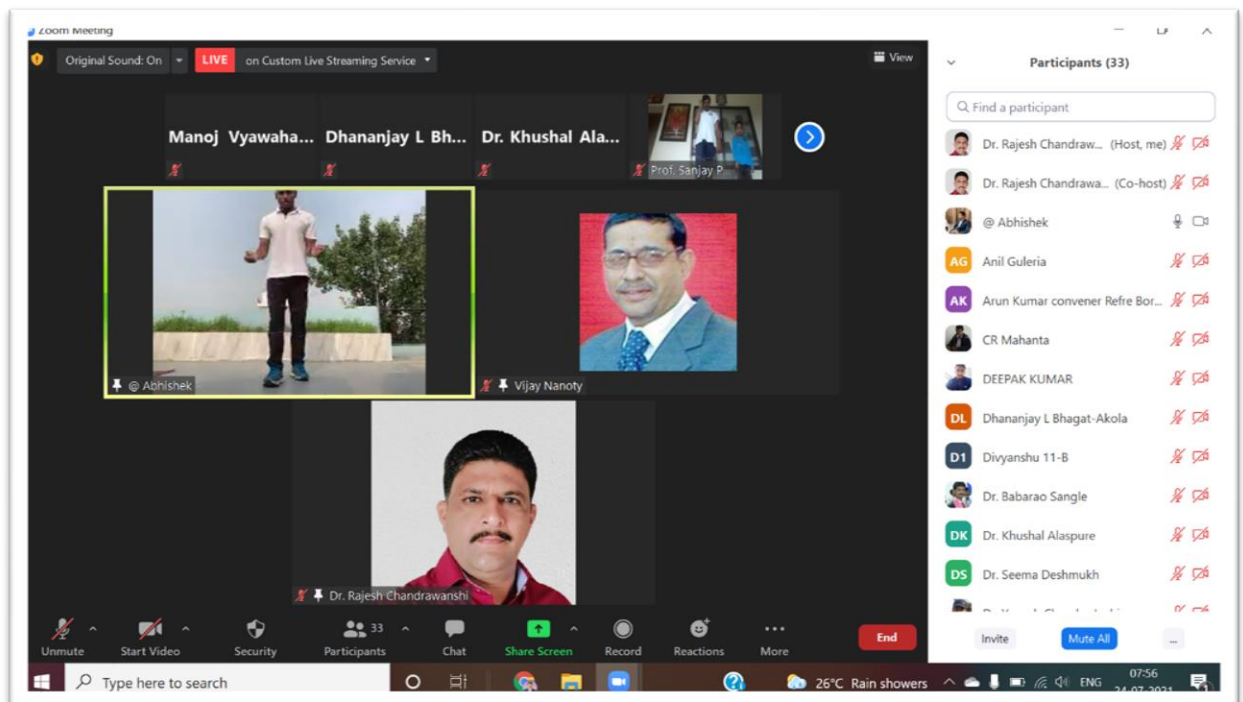
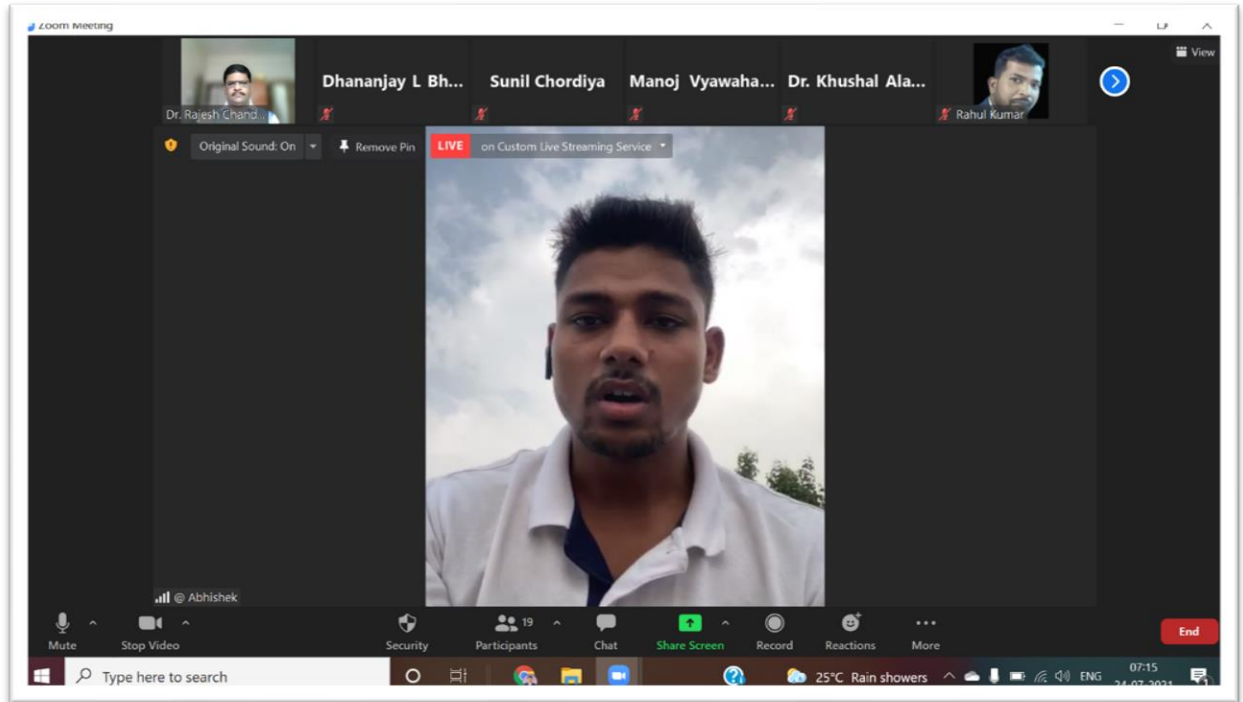




**Date: 24<sup>th</sup> July 2021**

## **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: 24<sup>th</sup> July 2021

## Athletics (Running & Jumping Events)

Athletics (Running & Jumping Events) related informative lecture was nicely delivered by **Dr. Atul Patil**, Director of Physical Education and Sports, R.D.I. K. College, Badnera, Amravati.

The slide displays track events for men and women. The men's events list includes 100 Meters, 200 Meters, 400 Meters, 800 Meters, 1500 Meters, 5000 Meters, 10,000 Meters, 110 Meters Hurdles (1.067m), 400 Meters Hurdles (0.914m), 3000 Metres Steeplechase (0.914m), 4 x 100 Meters Relay, 4 x 400 Meters Relay, 4 x 400 Metres Mixed Relay, 20,000 Meters Race Walk, and 50 Kilometres Race Walk (Road). The women's events list includes 100 Meters, 200 Meters, 400 Meters, 800 Meters, 1500 Meters, 5000 Meters, 10,000 Meters, 100 Meters Hurdles, 400 Meters Hurdles, 3000 Meters Steeplechase, 4 x 100 Meters Relay, 4 x 400 Meters Relay, and 20,000 Meters Race Walk. The slide also features a grid of participant video thumbnails with names: Atul Patil, Dr. Rajesh Chandrawanshi, subhash gawande, Manjusha Deshmukh, Anil Guleria, and Rajni sharma.

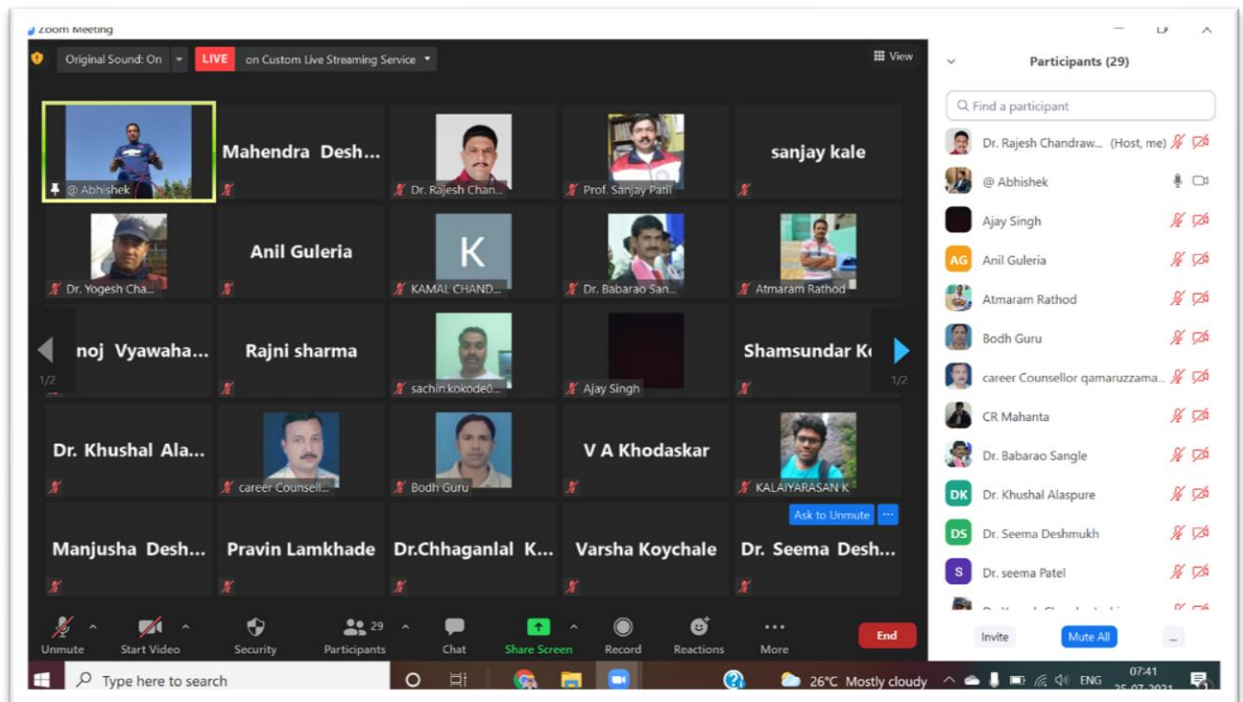
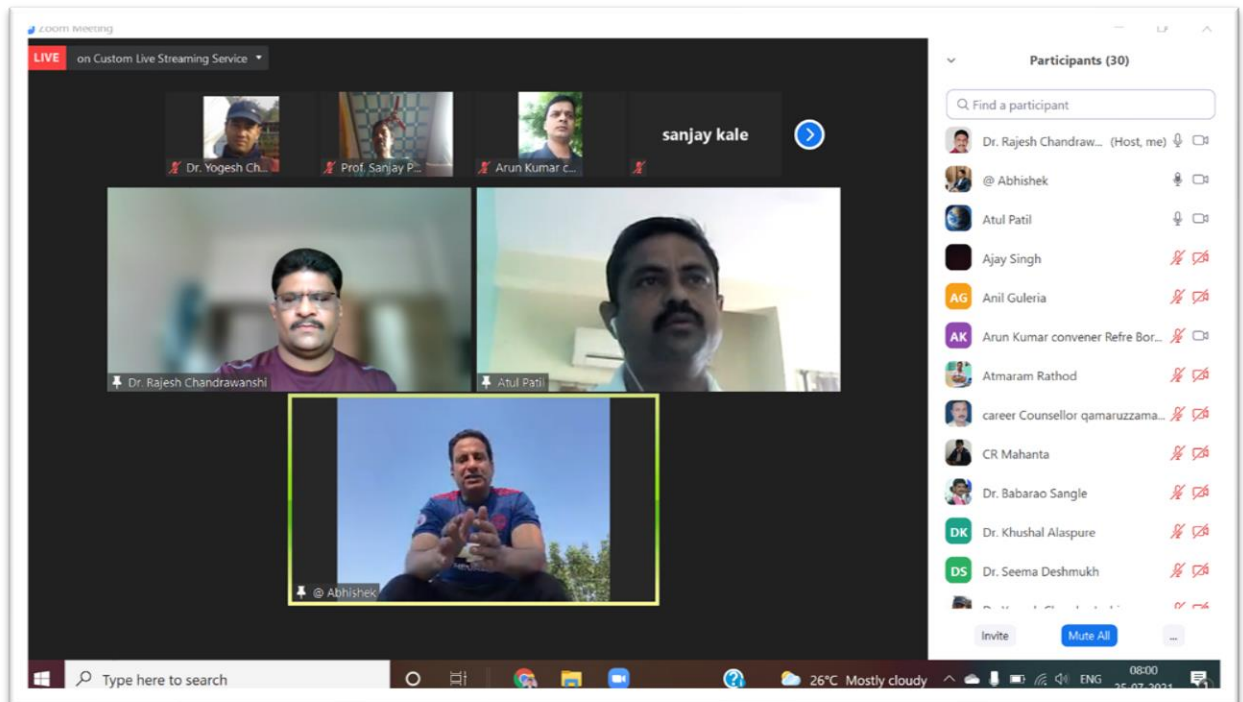
TRACK EVENTS	
MEN	WOMEN
1) 100 Meters	1) 100 Meters
2) 200 Meters	2) 200 Meters
3) 400 Meters	3) 400 Meters
4) 800 Meters	4) 800 Meters
5) 1500 Meters	5) 1500 Meters
6) 5000 Meters	6) 5000 Meters
7) 10,000 Meters	7) 10,000 Meters
8) 110 Meters Hurdles (1.067m)	8) 100 Meters Hurdles
9) 400 Meters Hurdles (0.914m)	9) 400 Meters Hurdles
10) 3000 Metres Steeplechase (0.914m)	10) 3000 Meters Steeplechase
11) 4 x 100 Meters Relay	11) 4 x 100 Meters Relay
12) 4 x 400 Meters Relay	12) 4 x 400 Meters Relay
13) 4 x 400 Metres Mixed Relay	
14) 20,000 Meters Race Walk	14) 20,000 Meters Race Walk
15) 50 Kilometres Race Walk (Road)	

The screenshot shows a Zoom meeting interface with 22 participants. The main video area displays three participants: Dr. Rajesh Chandrawanshi, Atul Patil, and Dr. Yogesh Chandra Joshi. The participants list on the right includes: subhash gawande, Anil Guleria, CR Mahanta, Dhananjay L Bhagat-Akola, Dr. Babarao Sangle, Dr. Seema Deshmukh, Dr. Shashi Shekhar Misra, Dr. Shridhar Dhakulkar, Dr. Chhaganlal Katre, Ghasilal Jogchand, KAMAL CHANDRA BISWAS, and Kamal Chandra Biswas. The interface also shows controls for Mute, Stop Video, Security, Participants, Chat, Share Screen, Record, Reactions, and More. The meeting is currently live and streaming on a custom service.

Date: 25<sup>th</sup> July 2021

## Use of Resistance Tube Exercises for Strength Training

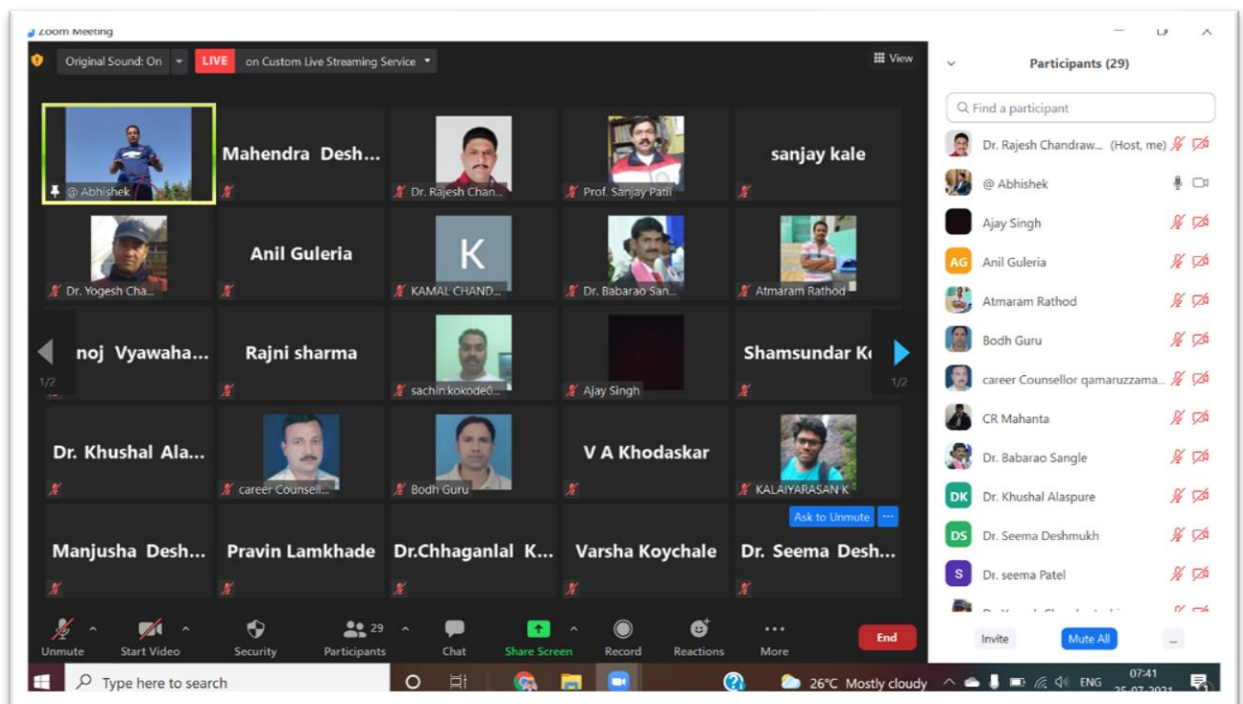
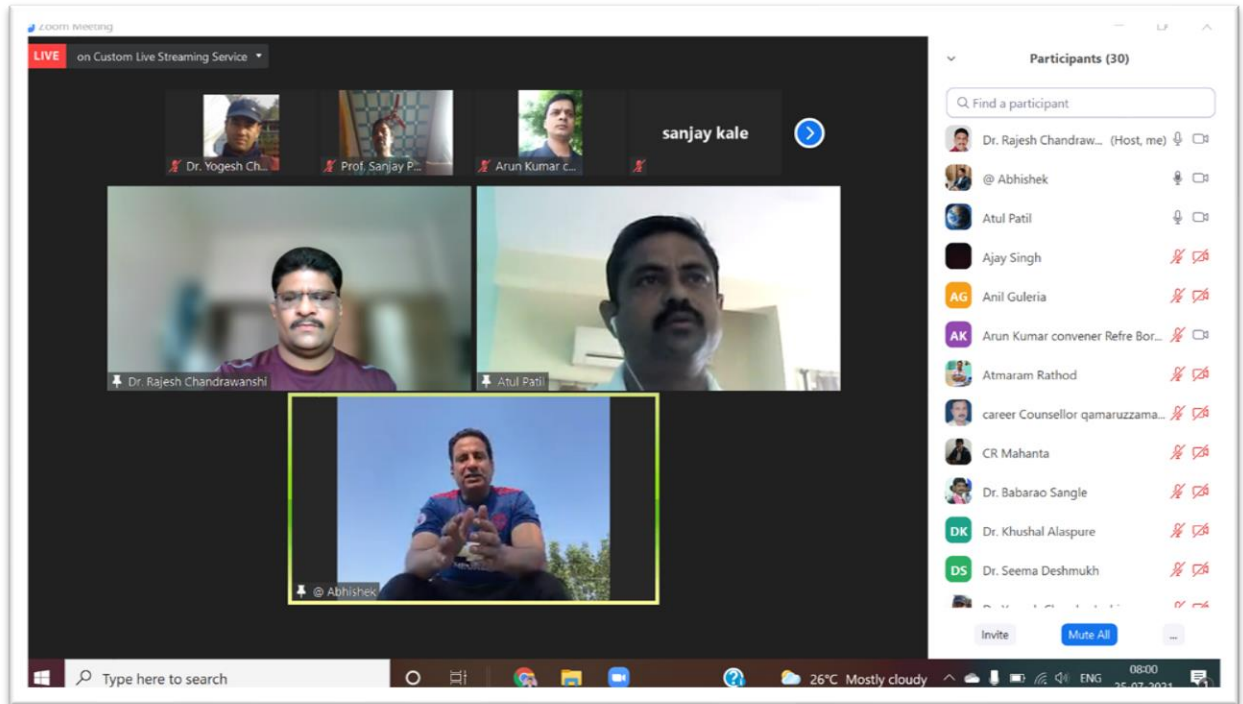
Use of Resistance Tube exercises for Strength Training related introductory remark and practical session was nicely conducted by **Dr. Deepakkumar Dogra**, Asst. Professor, Department of Physical Education, Banaras Hindu University, Banaras, Uttar Pradesh



**Date: 25<sup>th</sup> July 2021**

### **Athletics (Throwing Events)**

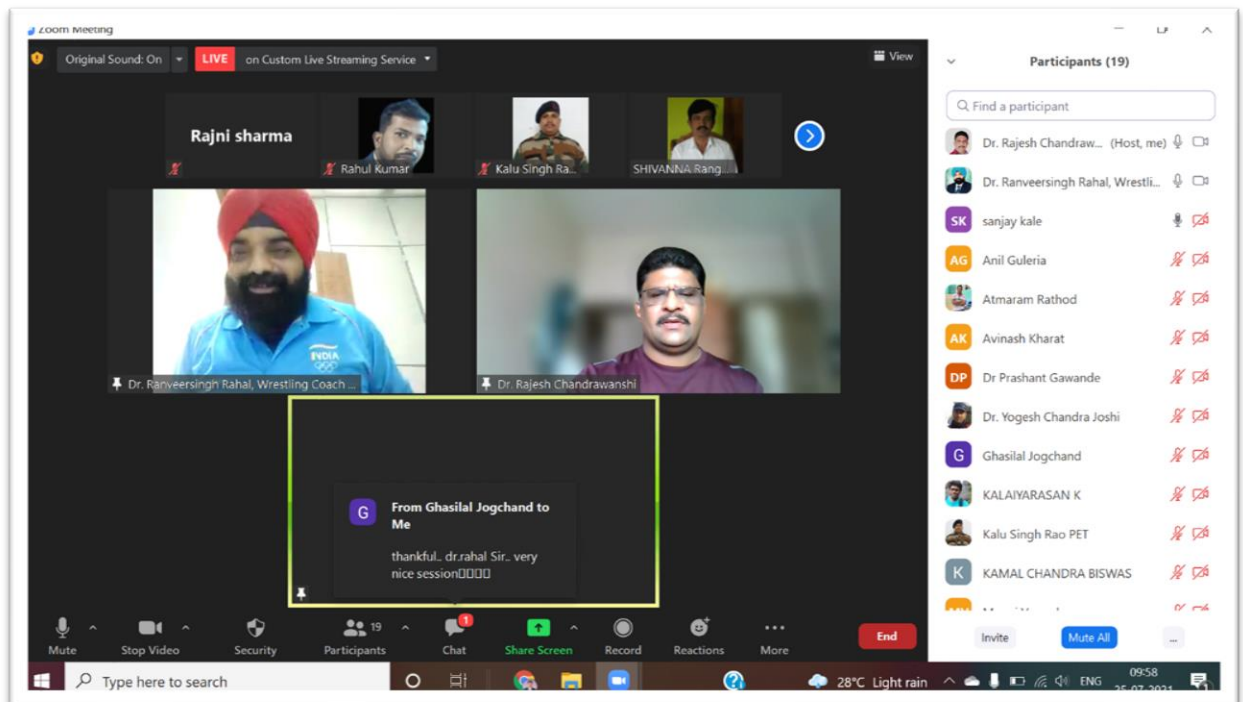
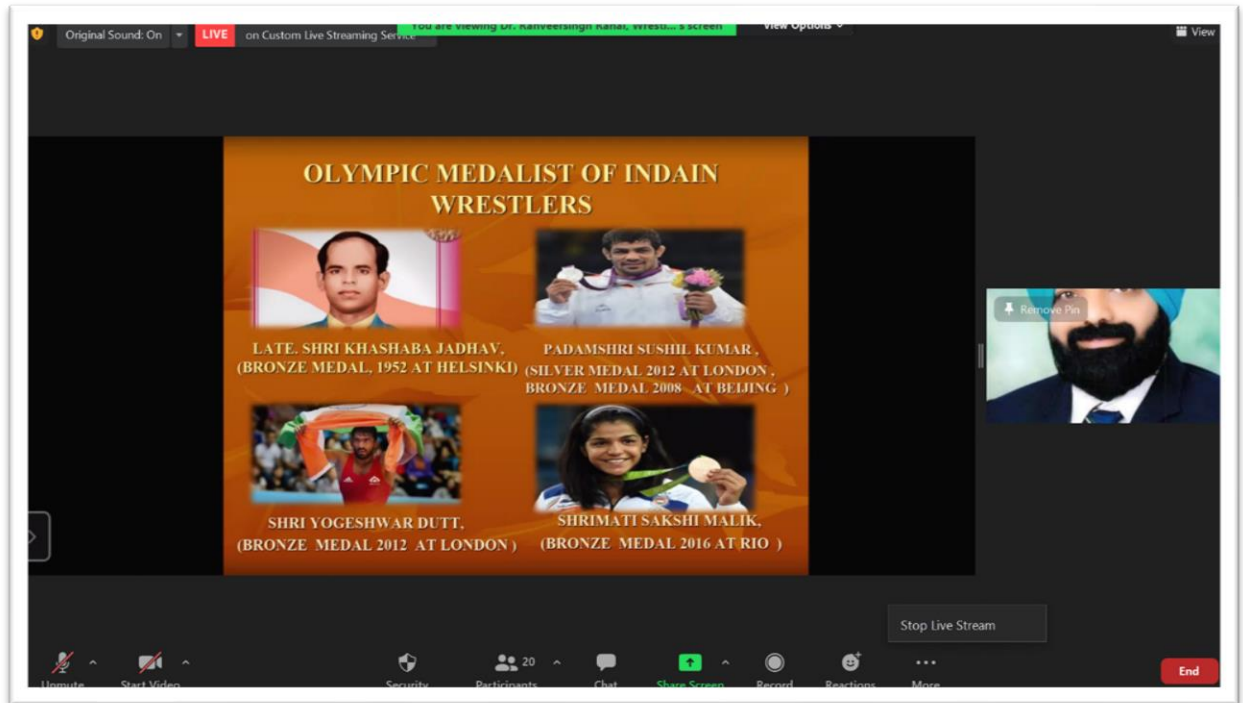
Athletics (Throwing Events) related informative lecture was nicely delivered by **Dr. Atul Patil**, Director of Physical Education and Sports, R.D.I. K. College, Badnera, Amravati.



Date: 25<sup>th</sup> July 2021

## Wrestling

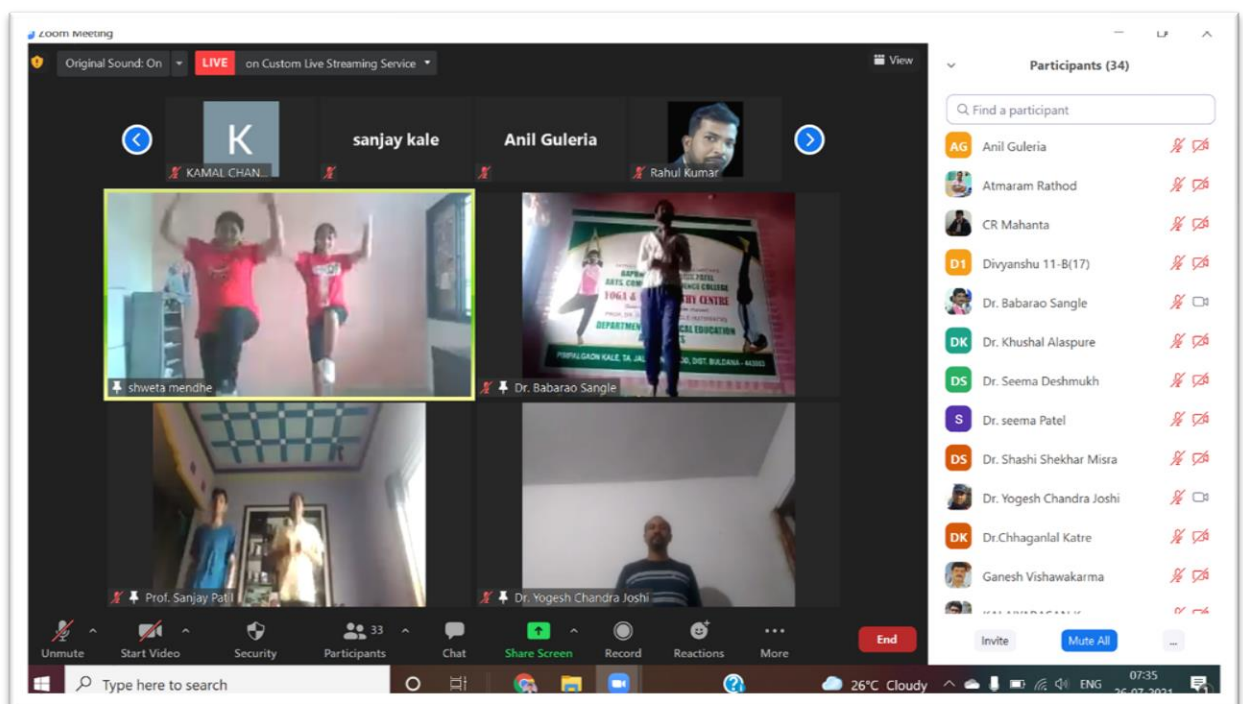
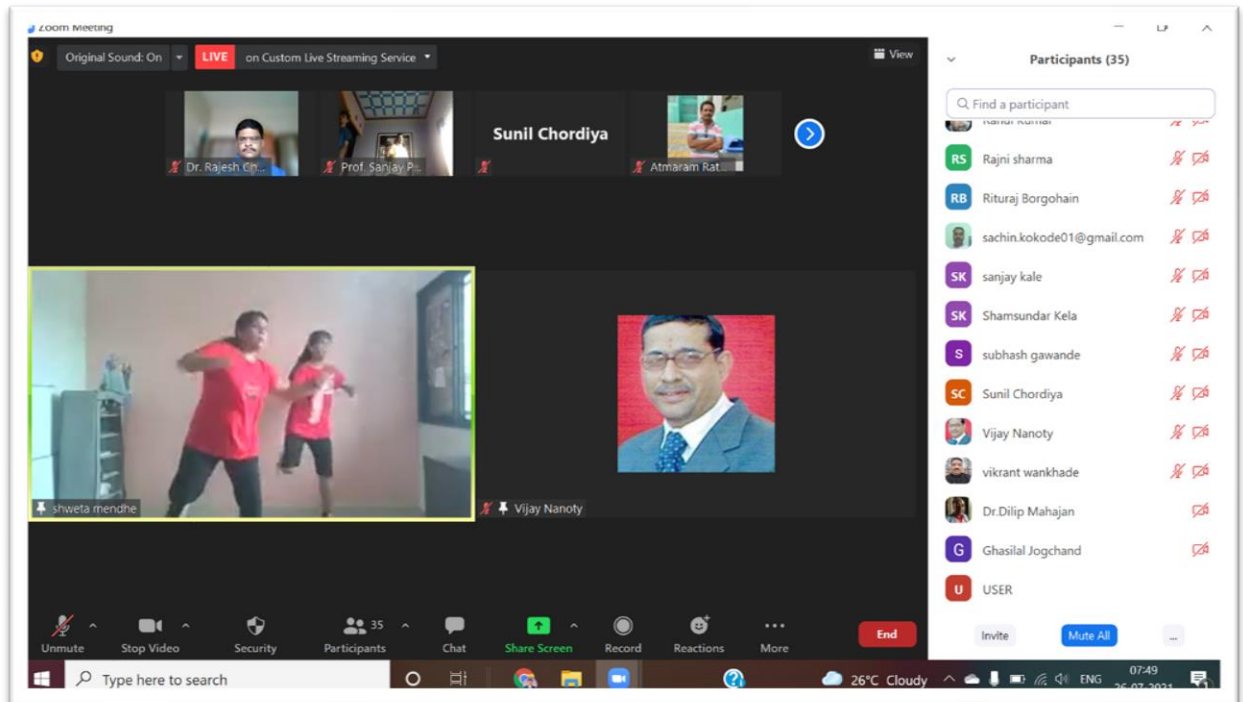
Wrestling related informative lecture was nicely delivered by **Dr. Ranveer Singh Rahal**, Indian Wrestling Coach, National Centre of Excellences, Mumbai.



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## Aerobics

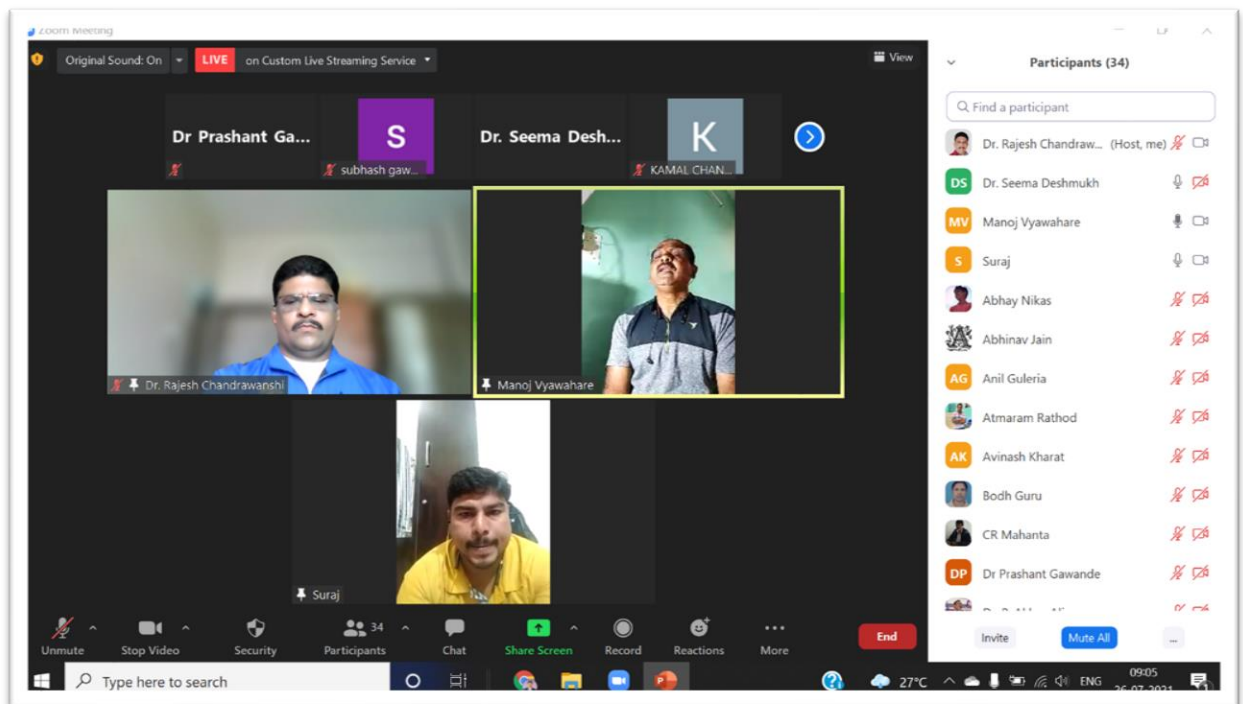
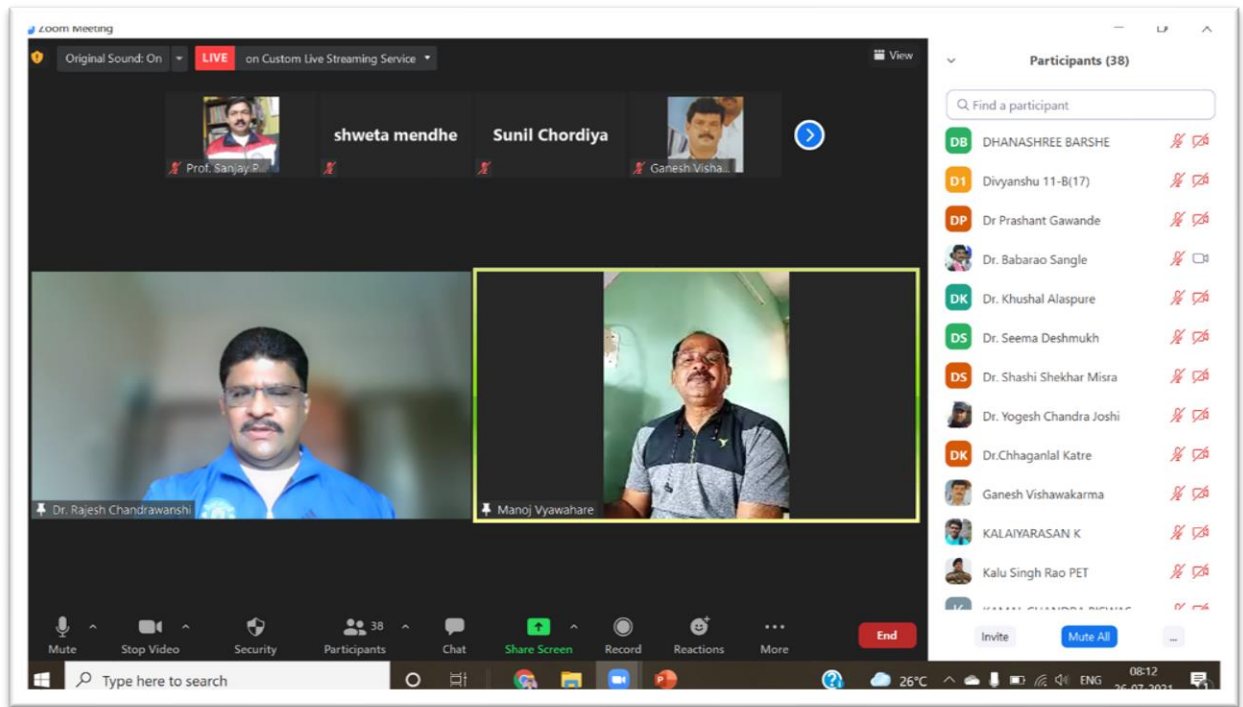
Aerobics related introductory remark and practical session was nicely conducted by **Lt. Shweta Mendhe**, Director of Physical Education and Sports, Smt. R.D.G. College for Women, Akola.



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## Kho-Kho

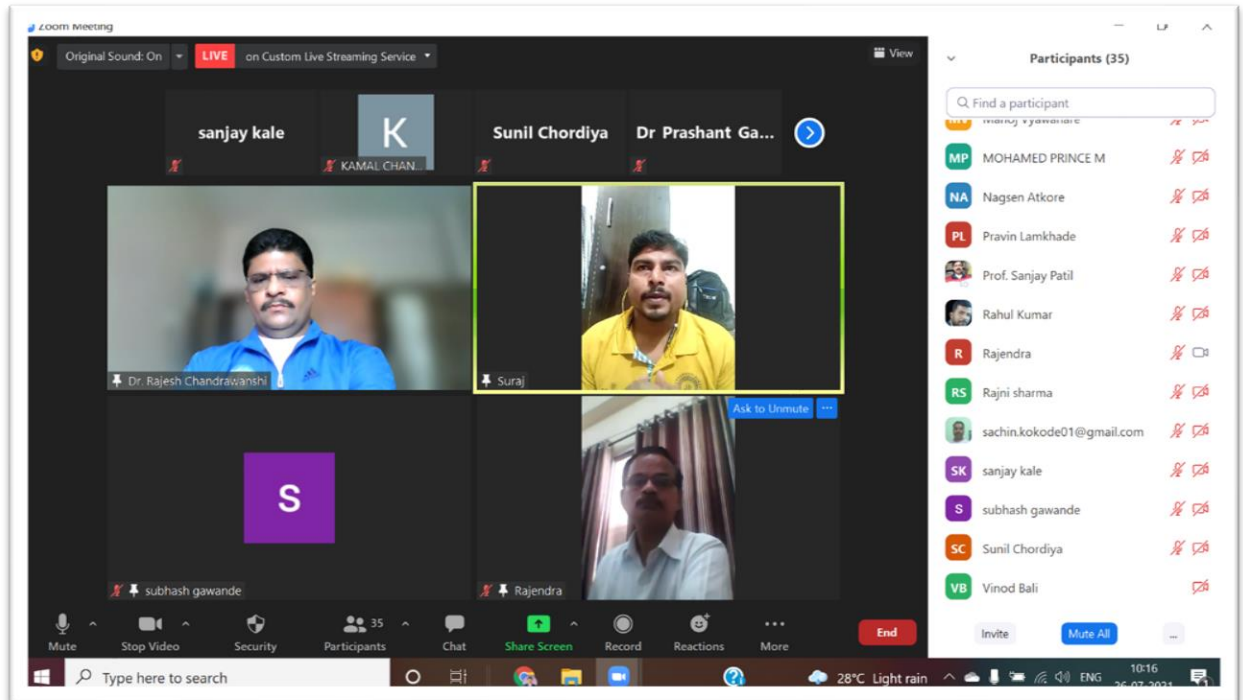
Kho-Kho related informative lecture was nicely delivered by **Dr. Manoj Vyawahare**, Director of Physical Education and Sports, Arts College, Buldana



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## **Kabaddi**

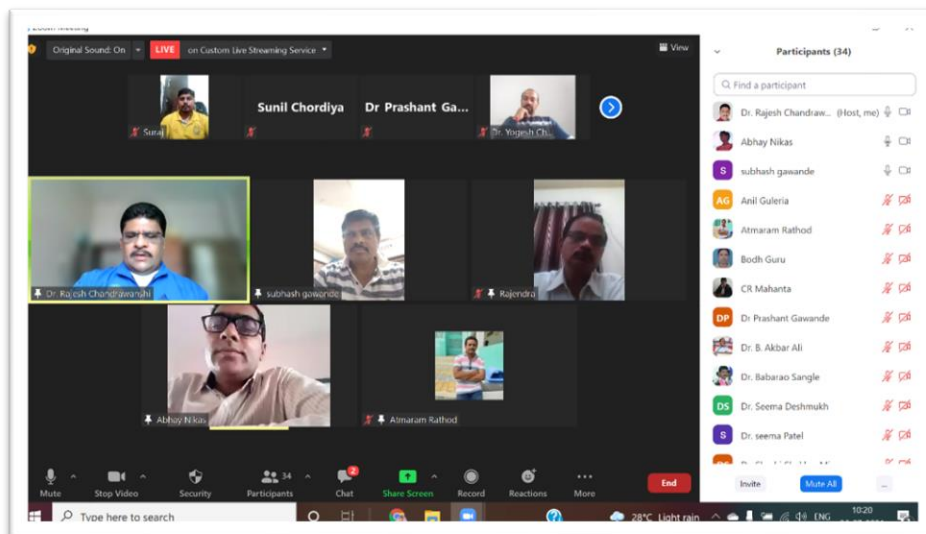
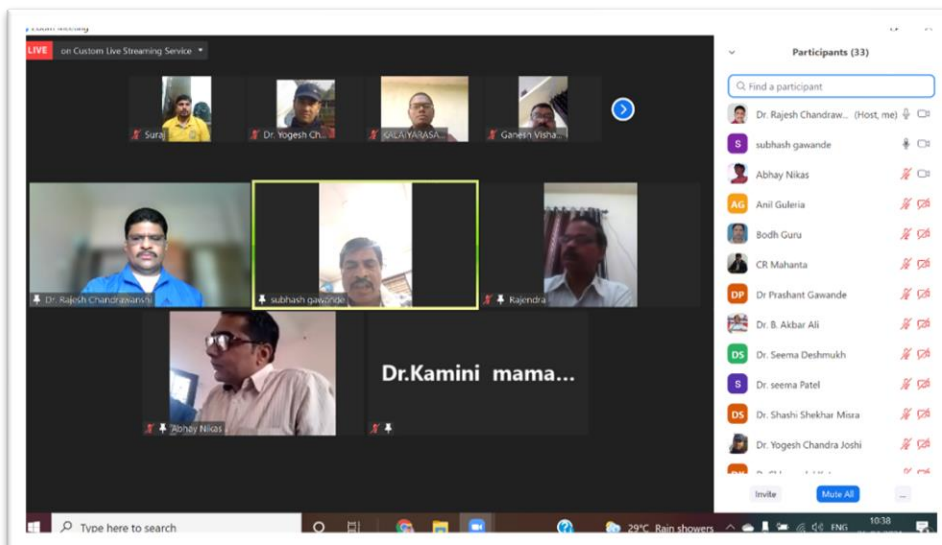
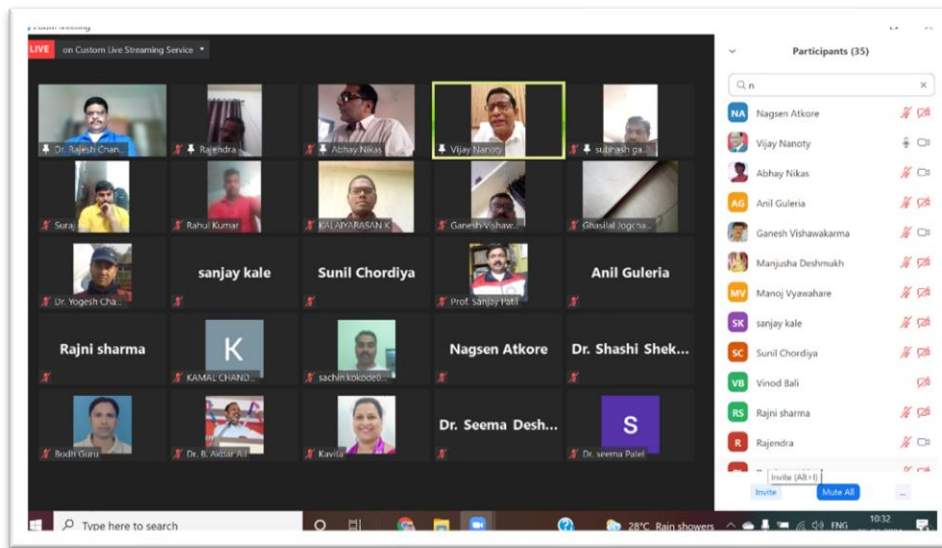
Kabaddi related informative lecture was nicely delivered by **Prof. Suraj Bangade**, NIS in Kabaddi, D.C.P.E. (HVPM). Amravati

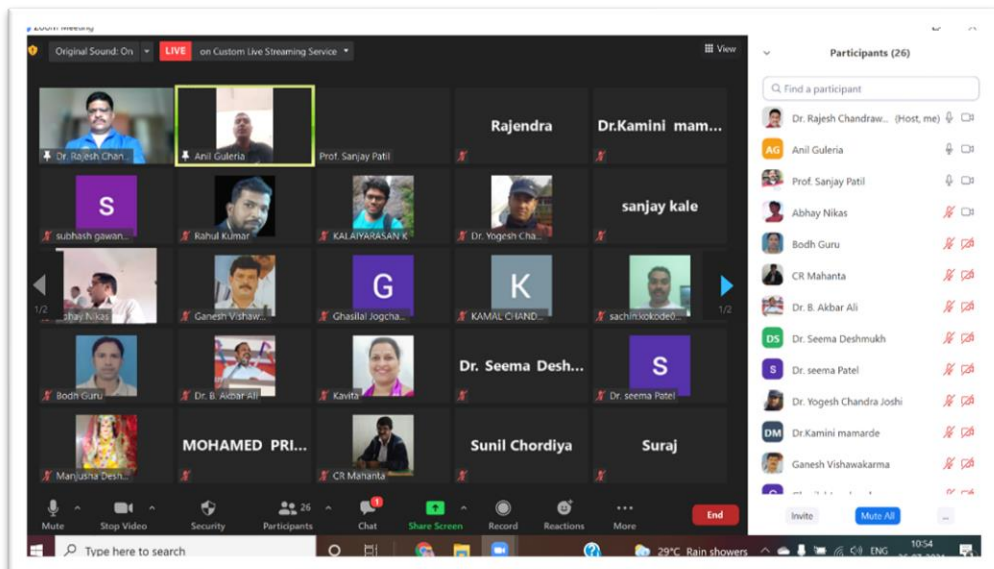
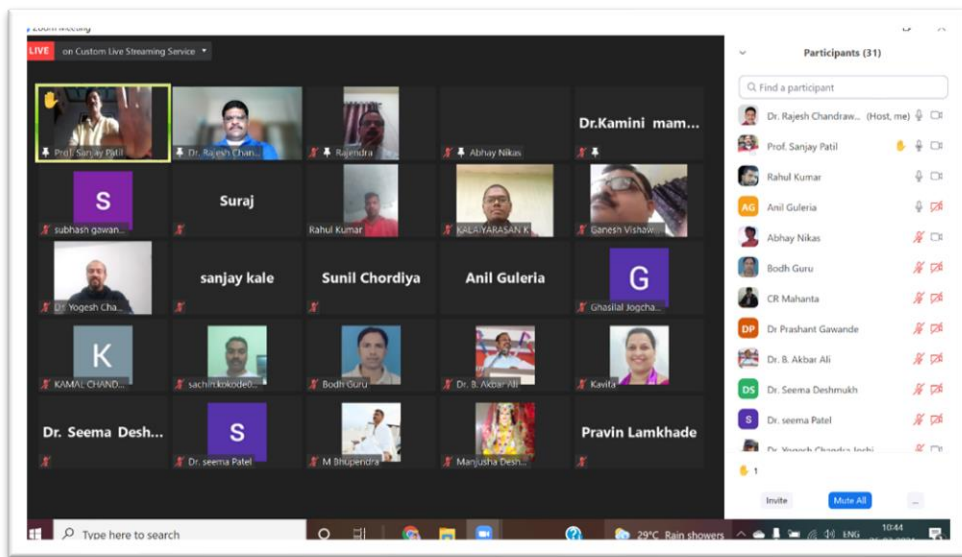
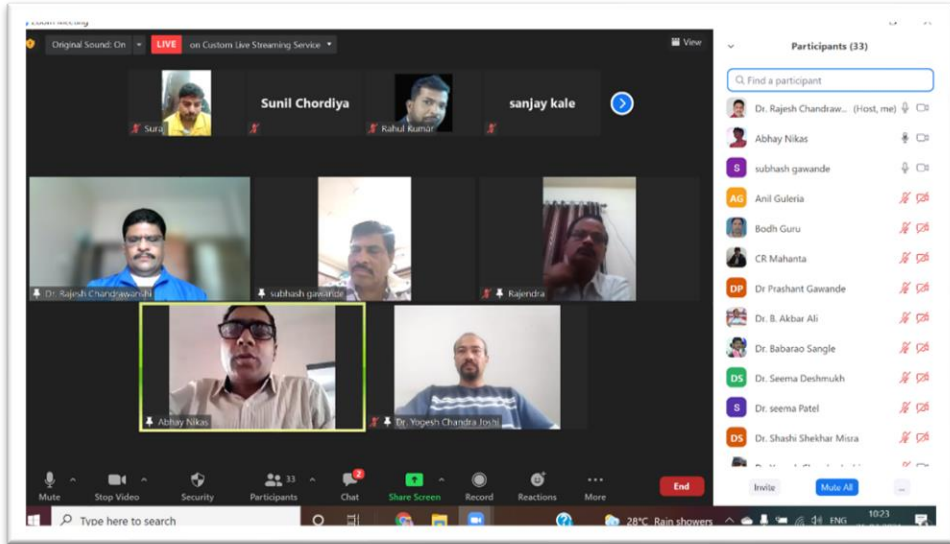


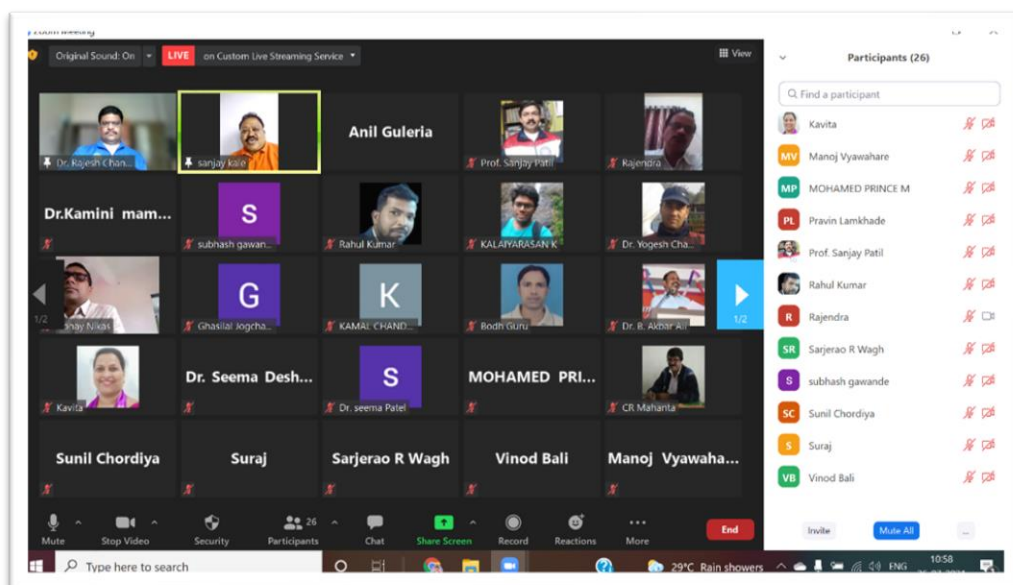


Date: 26<sup>th</sup> July 2021

## Closing Ceremony with Feedback







### Organizing Committee Members



**Dr. V.D. Nanoty**  
**Principal & Convenor**  
 Shri R.L.T. College of Science, Akola



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



**Dr. Subhash Gawande**  
**President**  
 Mahavidyalayin Sharirik ShikshanShikshak Association, Amravati



**Dr. R.L. Rahatgaonkar**  
**IQAC Coordinator**



**Dr. Virant Wankhade**  
**Secretary**  
 Mahavidyalayin Sharirik ShikshanShikshak Association, Amravati

**Prof. Anil Bonde**  
**Dr. Yogeshwar Nikas**  
**Dr. Shrikant Alone**

**Dr. Atmaram Rathod**  
**Dr. Khushal Alaspure**

**Dr. Kamini Mamarde**  
**Dr. Kanchan Lathi**