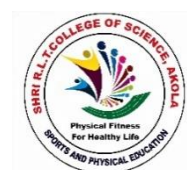


The Berar General Education Society's  
**SHRI R. L. T. COLLEGE OF SCIENCE, AKOLA**  
Department of Physical Education & Sports  
(Senior College)



**FITNESS DEVELOPMENT PROGRAMME  
(FDP)**

**Best Practice**

A poster for the Fitness Development Programme (FDP) for the year 2019-2020. The poster features the college logo on the left and a "Sports for All" logo on the right. The text includes the college name, department, and year. A central golden jubilee logo is also present. The main title "FITNESS DEVELOPMENT PROGRAM" is in large red letters. Below it, three bullet points list the program's focus: importance of fitness, health, diet, and exercise; overuse of mobile phones being harmful to health; and awareness related to addiction. At the bottom, a red banner contains the motto "Fit. Fine & Full Knowledge in Mind then Life will Shine.".

The Berar General Education Society's  
**SHRI R. L. T. COLLEGE OF SCIENCE, AKOLA**  
Department of Physical Education & Sports.  
2019-2020

**50**  
Years  
Golden Jubilee

**FITNESS DEVELOPMENT PROGRAM**

- Importance of Fitness, Health, Diet and Exercise
- Overuse of Mobile is Harmful to Health
- Awareness related to Addiction

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

**Session 2019-2020**

**The Berar General Education Society's**  
**SHRI R. L. T. COLLEGE OF SCIENCE, AKOLA**  
**Department of Physical Education & Sports**  
 (Senior College)

**FITNESS DEVELOPMENT PROGRAMME**  
**(FDP)**

Date	Faculty	Department /Committee	Name of Co-ordinator and Supportive Teachers
29/07/2019 To 15/08/2019	Dr. Rajesh D. Chandrawanshi	Department of Physical Education and Sports	----
Time	Venue	Number of Participants	Nature: Outdoor/ Indoor
School & Jr. College Timing	School & Jr. College of Different Places	<ul style="list-style-type: none"> <li>• 18 Students of College</li> <li>• 8000 Students from Schools &amp; Jr. Colleges</li> </ul>	Outdoor
<b>Support/Assistance:</b> Dr. Vijay Nanoty, Principal was guided and supportive for this activity.			

**BRIEF INFORMATION ABOUT THE ACTIVITY**



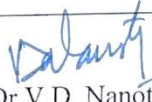

Topic/Subject of the Activity	Fitness Development Programme
<b>Objective</b>	<ul style="list-style-type: none"> <li>• To emphasis correct concept of Physical Fitness</li> <li>• To explain importance of diet, indoor and outdoor physical activities.</li> <li>• To know the importance of stretching exercises with practical session.</li> <li>• To aware about overuses of Mobile is Harmful to Health.</li> <li>• To aware about Addictions.</li> </ul>
<b>Methodology</b>	<ol style="list-style-type: none"> <li>1. Interaction with Students on the topic Physical Fitness, Physical Fitness related Activities, Diet, Indoor and Outdoor Sports Activities, Overuses of Mobile and Addiction.</li> <li>2. Practice Session of Stretching Exercises with perfect schedule.</li> <li>3. Perform Skit on Overuses of Mobile is Harmful to Health.</li> <li>4. Perform Skit to aware about Addiction.</li> <li>5. Oath taken by Students regarding daily exercise, minimum uses of mobile and keep distance from addiction.</li> </ol>
<b>Outcomes</b>	<ol style="list-style-type: none"> <li>1. Students, Teaching and Non-Teaching staff come to know the correct Concept of Physical Fitness.</li> <li>2. Students of School &amp; Jr. College Level come to know How to develop Physical Fitness with Indoor and Outdoor Physical fitness and Sports Activities related information in their proper age stage.</li> <li>3. Students taking Oath and gave assurance about they will do daily exercise, avoid Overuses of mobile and always stay away from addiction.</li> <li>4. 8000 Students from different Schools and Jr. Colleges were actively Participated in this Physical Fitness Development Programme.</li> </ol>

PROOFS/ DOCUMENTS ATTACHED (Tick mark the proofs attached)

- |                                  |                          |
|----------------------------------|--------------------------|
| Notice and Letters               | Feedback analysis        |
| ✓ Students list of participation | ✓ News clip with details |
| ✓ Activity report                | Certificates             |
| ✓ Photos                         | Any others               |
| ✓ Feedback forms                 |                          |

IQAC CELL:

IQAC CELL ACTIVITY NUMBERS;

Name of Coordinator Teacher & Signature	Name of Head/ Committee In-charge & Signature	Principal Signature	IQAC Coordinator (Seal and Signature)
 Dr. R.D. Chandrawanshi	 Dr. R.D. Chandrawanshi	 Dr. V.D. Nanoty	 Dr. R.L. Rahatgaonkar

### Brief Report

On the occasion of Golden Jubilee Year Celebration of establishment of Shri R.L.T. College of Science, it is organising Educational, Social and Environmental Safety related activities. Department of Physical Education and Sports is taking initiative to emphasis correct concept of physical fitness, importance of diet, importance of indoor or outdoor physical activities and explain importance of stretching exercises with conducting the practical session through Fitness Development Programme for Students of School and Colleges.

Fitness Development Programme includes two skits which are based on current issue of new generation. Overuse of Mobile is Harmful to Health and Awareness related to Addiction these two skits were presented in front of **8000** students from different Schools and Colleges of Akola City. Co-ordinator of this Fitness Development Program is Dr. R.D. Chandrawanshi, Director of Physical Education and Sport. This program was successfully organised with the help of B.Sc. final year students under the guidance and supervision of Dr. V. D. Nanoty, Principal.

## List of Students

Sr. No.	Name	Sr. No.	Name.
1	Mr. Animesh Deshmukh	10	Mr. Mangalkumar Mawale
2	Mr. Shreyas Ingle	11	Mr. Abhishek Lokhande
3	Mr. Rushikesh Talokar	12	Mr. Ankit Sawale
4	Mr. Gopal Zatale	13	Mr. Pratik Deshmukh
5	Mr. Askahy Gulhane	14	Mr. Rohit Dange
6	Mr. Himanshu Surnriwal	15	Mr. Balraj Khurania
7	Mr. Shubham Mhatarmare	16	Mr. Pranav Kadu
8	Mr. Kuldeep Shende	17	Mr. Pradip Kalbande
9	Mr. Pavan Darmode	18	Mr. Rushikesh Dhore

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

**Department of Physical Education & Sports.**  
**Fitness Development Programme**  
**2019-2020**

**Awareness related to Addiction**

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

**Department of Physical Education & Sports.**  
**Fitness Development Programme 2019-2020**

**Overuse of Mobile is Harmful to Health**

















खेळातील पुरस्कार प्राप्त खेळाडू, साहित्य, संगित, गायन, वादन, नृत्य इत्यादी क्षेत्रातील पुरस्कार विजेते, यशस्वी उद्योजकांचा पुरस्कार मिळविणारे, संगणक क्षेत्रात अति

तरी अकोला जिल्हातील सर्व माजी सैनिक, विधवा पत्नी यांनी नोंद घ्यावी, असे आवाहन जिल्हा सैनिक कल्याण अधिकारी आर. ओ. लडाड यांनी केले आहे.

करण्यात येणार आहे. तसेच १ ऑगस्ट रोजी १० वाजता प्रमिलाताई ओक हॉल येथे प्रकट मुलाखत व बक्षीस वितरण सोहळ्याचे आयोजन करण्यात आले आहे. या सोहळ्यात अध्यक्षस्थानी शिक्षण प्रसारक मंडळाच्या अध्यक्षा डॉ. तारा हातवळणे, तर मुख्य अतिथी

सर्वांनी या कार्यक्रमात महाविद्यालयाचे प्रा. आरती देशपांडे, प्रा. यानी केले आहे.

# शारीरिक क्षमता विकास कार्यक्रम

- आरएलटी विज्ञान महाविद्यालयाचा एक अभिनव उपक्रम
- शहरातील विविध शाळांमध्ये राबविले अभियान

प्रतिनिधी/३० जुलै

अकोला: स्वानिक आरएलटी विज्ञान महाविद्यालयाच्या स्थापनेला शैक्षणिक सत्र २०१९-२०२० मध्ये ५० वर्ष पुर्ण होत असल्याने महाविद्यालयातर्फे यदा सुवर्ण महोत्सवी वर्ष म्हणून साजरे करण्यात येत आहे. या अनुषंगाने विद्यार्थ्यांच्या सर्वांगिन सर्वांगीण विकासाकरिता शारीरिक शिक्षण विभागाच्यावतीने शारीरिक क्षमता विकास कार्यक्रमाचे २९ जुलै ते १० ऑगस्ट या कालावधीत अकोला शहरातील विविध शाळांमध्ये आयोजन करण्याचा शारीरिक शिक्षण विभागाचा मानस आहे. या कार्यक्रमात शारीरिक



क्षमतेचे महत्व, पोषक आहाराचे महत्व, व्यायामाचे महत्व, स्ट्रेचिंग व्यायामाचे महत्व पटवून प्राल्याक्षिक करून देण्यात येणार आहे.

तसेच इयत्ता ८ ते १२ वी मधील विद्यार्थ्यांशी मोबाईलचा अतिवापर व व्यसनाधिनता या ज्वलंत विषयावर मार्गदर्शन करून मोबाईलच्या अति वापराचे आरोग्यावर होणारे घातक परिणाम व व्यसनाधिनतेसंबंधी जागरूकता या विषयावरील उद्बोधनात्मक लघुनाटिकेच्या माध्यमातून विद्यार्थ्यांशी सुसंवाद साधल्या जाणार आहे.

या कार्यक्रमाचे आयोजन व यशस्वीतेसाठी बी.एस्सी. माग ३ चे विद्यार्थी अनिमेश देशमुख, श्रेयस इंगळे, ऋशीकेश तळोकार, गोपाल झटाले, अक्षय गुल्हाने, हिमांशु सुनरीवाल, शुभम म्हातारमारे, कुलदीप शेंडे, पवन धारमोडे, मंगलकुमार मावळे, अभिषेक लोखंडे, अंकित सावळे, प्रतिक देशमुख, रोहीत डांगे, बलराज खुरानीया, प्रवण कडू, ऋषीकेश डोरे व प्रदिप काळपांडे यांचा सहभाग महत्वाचा ठरला आहे.

दरम्यान, एम.बी. कॉन्वेंट व स्वावलंबी विद्यालय, बी.आर.

हायस्कूल येथे शारीरिक क्षमता विकास कार्यक्रमाचे आयोजन शेकडो विद्यार्थ्यांच्या उपस्थितीत संपन्न झाले. आरएलटीचे प्राचार्य डॉ. विजय नानोटी यांच्या प्रेरणेने समाज उपयोगी कार्यक्रमाचे नियोजन करण्यात आले असून या कार्यक्रमाचे समन्वय महाविद्यालयाचे शारीरिक शिक्षण संचालक डॉ. राजेश चंद्रवंशी आहेत. या कार्यक्रमाच्या यशस्वीतेसाठी डॉ. कांचन लाठी, डॉ. राजेंद्र रहाटगांवकर, डॉ.सुजाता ताडम, प्रा. वैषाली बडगुजर व प्रा. अरुण खेडकर यांचे सहकार्य लाभले आहे.

## इनरव्हील क्लब ऑफ अकोला क्वीन्सने दिल्या विविध शाळांना भेटी

प्रतिनिधी /३० जुलै

अकोला : इनरव्हील क्लब ऑफ अकोला क्वीन्सच्या वतीने प्लास्टिक निर्मूलन अभियान अंतर्गत अकोल्यातील शाळेला भेट देऊन प्लास्टिकमासून होणारे दुष्परिणामाची माहिती सांगून शाळेतील मुख्याध्यापकांना कपड्यापासून तयार केलेली पिशवी भेट देण्यात आली. या संकल्पनांमध्ये अकोल्यातील व बामुळगाव, मासा गावातील शाळेचा समावेश होता. अकोल्यामध्ये भिकमचंद खंडेलवाल, सरस्वती शिशू मंदिर, राजेश्वर कॉन्वेंट, इन्द्रादेवी मोहनलाल खंडेलवाल, पोदार इंटरनेशनल, जिल्हा परिषद शाळा बामुळगाव, जिल्हा परिषद शाळा मासा, मोहरीदेवी कन्या या शाळांचा समावेश होता. या कार्यक्रमाला सफल बनवण्याकरिता इनरव्हील क्लब



ऑफ क्वीन्सच्या अध्यक्षा प्राची खंडेलवाल, सचिव तेजल मेहता, सीसी अनुराधा अग्रवाल, कोषाध्यक्षा प्रेरणा धावरणी, नेहा गुप्ता यांनी अथक परिश्रम घेतले.

## अकोला कॉलेज ऑफ जर्नलिझममध्ये प्र

प्रतिनिधी/ ३० जुलै

अकोला : संत गाडगेबाबा अमरावती ऑफ जर्नलिझम अँड सोशल वर्क महाविद्यालय मासकम्युनिकेशन व सोशल वर्क या विभागाच्या अभ्यासक्रमासाठी प्रवेश प्रक्रिया ८ जुलै पासून शाखेतील पदवी प्राप्त विद्यार्थी प्रवेश घेवू शकतात. यासाठी १०.४ कॉन्वेंट अकोला, मिडीया सेंटर, वेबसाईट किंवा [www.acjmc.in](http://www.acjmc.in) वेबसाईटवर प्रवेश घ्यावा.

प्रवेशीत विद्यार्थ्यांना मिडीया क्षेत्रात अनुभवी तसेच कॉलेज युनिट FMRADIO 90.4, दैनिक न्युज चॅनल मध्ये ऑन जॉब ट्रेनिंग योजने केल्यानंतर नोकरी करिता आवश्यक उच्च शिक्षण घ्यावे. यासाठी जाईल. रेडीओ जॅकी, न्युज अँकर, ऑडीओ व्हिडीओ कॅमेरा ऑपरेटिंग या प्रमाणपत्र अभ्यास घ्यावे. इतर नियमित शिक्षणासोबत कोर्स घ्यावे. विद्यापीठाच्या बीए इन सोशल वर्क व बीए इन आरएनएम अभ्यासक्रमाकरिता १२ वी उत्तीर्ण झालेले विद्यार्थी प्रवेश समिती अध्यक्षाने

## आरडीजी महाविद्यालय में केवाईसी कार्यक्रम

भास्कर न्यूज | अकोला

भारतीय सेवा सदन के अध्यक्ष दिलीप राज गोयनका एवं वॉर्य डॉ. देवेंद्र व्यास के मार्गदर्शन में केवाईसी कार्यक्रम आयोजन किया गया था। महाविद्यालय के उत्कृष्ट क्रम अंतर्गत प्रतिवर्ष बीए प्रथम वर्ष की छात्राओं के लिए आईसी प्रोग्राम का आयोजन किया जाता है। नई छात्राओं महाविद्यालय का परिचय हो, प्राध्यापक वर्ग, कर्मचारी महाविद्यालय सुविधा, नियम एवं इनकी जानकारी छात्रों होने हेतु केवाईसी कार्यक्रम का आयोजन किया जाता है। कार्यक्रम के अवसर पर अध्यक्ष के रूप में प्राचार्य डॉ. द्र. व्यास, कला शाखा प्रमुख डॉ. विनोद खैरे, उपप्राचार्य ए. बी. पांडे, आयक्यूएसी समन्वयक प्रा. संजय विठे प्रमुख उपस्थिति थी। इतनी शक्ति हमें देना दाता प्रार्थना कार्यक्रम का आरंभ हुआ। माताजी एवं सरस्वती की मा पूजन किया गया। कार्यक्रम का प्रस्तावित प्रा. विठे ने प्रा. दीक्षा पट्टकर, प्रिया बुध, निकीता सिरसाट, कांचन वैष्णवी हलवणे ने मंतव्य व्यक्त किया। प्राचार्य ने श्राओं के लिए विभिन्न पाठ्यक्रम, विभिन्न सुविधाएं, वृत्ति, पुरस्कार, विभिन्न नियम, विद्यार्थी सहायता निधि जानकारी दी। कार्यक्रम का संचालन एवं आभार प्रदर्शन याणी गावंडे तथा जान्हवी मांटे ने किया। इस अवसर डॉ. वंग, डॉ. नितनवरे, डॉ. पाटील, प्रा. भट्टी, डॉ. डॉ. सावजीयानी, डॉ. बाजपेयी, प्रा. धुव, डॉ. कांबले, रूमाले, प्रा. शिंगाडे, प्रा. मानमोटे, प्रा. बोरकर, प्रा. के, डॉ. पांडे, प्रा. सगणे, प्रा. आलसी, प्रा. बंडगर, प्रा. लकर, प्रा. इंगले, डॉ. चौधरी की प्रमुख उपस्थिति कार्यक्रम में कर्मचारियों का सहयोग मिला।

## छात्रों के सर्वांगीण विकास के लिए शारीरिक क्षमता विकास कार्यक्रम



भास्कर न्यूज | अकोला

स्थानीय रालतो विज्ञान महाविद्यालय के स्थापना को पचास साल पूरे होने के उपलक्ष्य में विद्यार्थियों के सर्वांगीण विकास के लिए आवश्यक शारीरिक क्षमता की कमी को दूर कर विकास करने के मद्देनजर सामाजिक उपक्रम महाविद्यालय से लिये जा रहे हैं। महाविद्यालय के शारीरिक शिक्षा विभाग की ओर से शारीरिक क्षमता विकास कार्यक्रम का आयोजन 20 जुलाई से 10 अगस्त क शहर के विभिन्न शालाओं में किया गया है।

कार्यक्रम में शारीरिक क्षमता का महत्व, पोषक आहार, व्यायाम, स्ट्रेचिंग व्यायाम का महत्व विषय पर प्रात्यक्षिक किया जाएगा।

आठवी से बारहवी के छात्रों के साथ संवाद साधा जाएगा।

कार्यक्रम के सफल आयोजन के लिए बीएसस्सी भाग तीन के विद्यार्थी अनिमेश देशमुख, श्रेयस इंगले, ऋषिकेश तलोकार, गोपाल झटाले, अक्षय गुल्हाने, हिमांशु सुनरीवाल, शुभम म्हातारमारे, कुलदीप शंडे, पवन धारमोडे, मंगलकुमार मावले, अभिषेक लोखंडे, अंकित सावले, प्रतिक देशमुख, रोहित डांगे, बलराज खुरानिया, प्रवण कडू, ऋषिकेश दोरे व प्रदीप कालपांडे का सहभाग रहा है। इस तौर पर अनेक शालाओं में कार्यक्रम हुए और हो रहे हैं। प्राचार्य डॉ. विजय नानोटी की प्रेरणा से समाज उपयोगी कार्यक्रम का नियोजन किया गया है।

## उपचार केंद्र में निःशुल्क सेवा मराठा सेवा संघ ने किया पौधारोपण



अकोला

ईल हिलिंग और आहार पद्धति से मारियों पर सप्ताह पोषधि उपचार केंद्र न प्लांट अकोला रसंग भवन ट्रस्ट गये इस चिकित्सा वार व बुधवार को कये जाएंगे। सुबह 10 बजे के लिए यह हिलिंग, आहार,

सु-जोक एक्जुप्रेसर, सीड थेरपी, मैग्नेट थेरपी, कलर थेरपी, मोक्सा, आरिक्युलर आदि पद्धति से उपचार किये जाएंगे। सायटिका, जोड़ी का दर्द, कमरदर्द, थायराइड, बवासीर, फिशर, मोटापन, डाइबिटीज, संधीवात,

टोसिस जैसी अनेक बीमारियों का सामना किया जा सकता ऐसा मोहन काजले ने बताया है। केंद्र में मोहन काजले समेत डॉ.चेतन पिठडिया, सुधीर कुलकर्णी, प्रीति अग्रवाल, सोनल किशोर भंडे, बिस्मिल्ला खान यह तज्ञ उपरोक्त विभिन्न पद्धति से इलाज करेंगे। इंडियन मेडिकल एसोसिएशन के अध्यक्ष डॉ. शशिकांत मोरे, बालरोग तज्ञ डॉ. नितिन अग्रवाल, एक्जुप्रेसर क्षेत्र के अनंत इंगले, प्रा. सत्यनारायण बाहेती, श्रीमती उषाताई सोनोने, चिमनभाई पाडिया, वाशिम अर्बन बैंक के संचालक रमेश बजाज, जुगलकिशोर शर्मा, जयंत भाटिया, विवेक कान्हेड, अतुल नाहटा सहित अनेकों ने सराहना की।



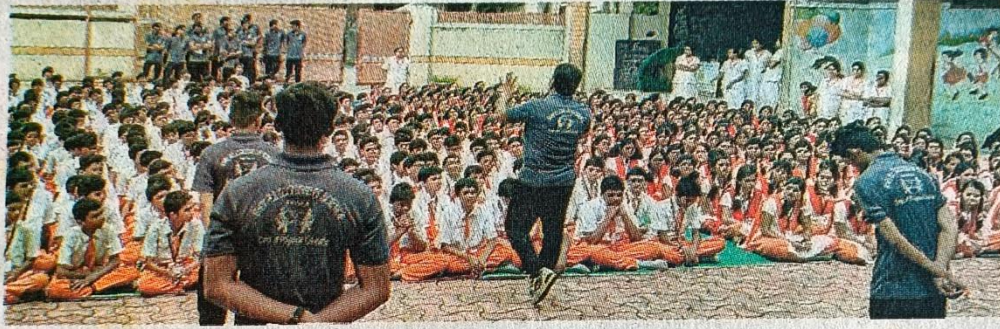
भास्कर न्यूज | अकोला

मराठा सेवा संघ के पदाधिकारी व कार्यकर्ताओं ने रोपवाटिका से 110 पौधे लेकर खदान पुलिस थाने में उपविभागीय पुलिस अधिकारी उमेश माने पाटिल के हाथों पौधारोपण किया गया। पौधारोपण कर उसका संवर्धन करने की आज समय की आवश्यकता है, ऐसा प्रतिपादन उपविभागीय पुलिस अधिकारी ने

इस अवसर व्यक्त किया। इस अवसर मराठा सेवा संघ विरिष्ठ नागरिक मंच व शाला के विद्यार्थी व पुलिस अधिकारी व कर्मचारियों के हाथों पौधारोपण किया गया। इस अवसर इंदू देशमुख मराठा सेवा संघ उपाध्यक्ष डॉ. सीमा तायडे, सुरेखा राऊत, मराठा सेवा संघ पदाधिकारी पटोकार संघ के अध्यक्ष व सिम किट्स प्राईमरी स्कूल के विद्यार्थी व प्राचार्य कोमल देशमुख उपस्थित थे।

विद्यार्थियों के सर्वांगीण विकास के लिए

## शारीरिक क्षमता विकास कार्यक्रम



भास्कर न्यूज | अकोला

विद्यार्थियों के सर्वांगीण विकास के लिए आवश्यक शारीरिक क्षमता की कमी का विकास करने के मद्देनजर सामाजिक उपक्रम के रूप में महाविद्यालय के शारीरिक शिक्षा विभाग की ओर से शारीरिक क्षमता विकास कार्यक्रम का आयोजन रालतो विज्ञान महाविद्यालय की ओर से 29 जुलाई से 10 अगस्त तक किया गया है। 5 अगस्त तक अकोला शहर के एमबी कान्वेंट, बी. आर. हाईस्कूल, नोएल

कान्वेंट, जानकीबाई चौधरी, स्वावलंबी विद्यालय, हिंदू ज्ञानपीठ, खंडेलवाल स्कूल, कोठारी कान्वेंट व जागृति विद्यालय में किया गया।

इसमें अब तक कार्यक्रम के माध्यम से 5232 विद्यार्थियों ने सहभाग लिया था। कार्यक्रम में शारीरिक क्षमता का महत्व, पोषण आहार का महत्व, व्यायाम का महत्व, स्ट्रेचिंग व्यायाम का महत्व व प्रात्यक्षिक किया। बीएस्सी भाग 3 के विद्यार्थी अनिमेष देशमुख, श्रेयस इंगले, ऋषिकेश तलोकार, गोपाल झटाले, अक्षय गुल्हाने, हिमांशु सुनारीवाल,

शुभम म्हातारमारे, कुलदीप शेंडे, पवन धारमोडे, मंगलकुमार मावले, अभिषेक लोखंडे, अंकित सावले, प्रतीक देशमुख, रोहित डांगे, बलरात खुरानिया, प्रवीण कडू, ऋषिकेश ढोरे व प्रदीप कालबांडे ने ज्वलंत प्रश्न जैसे मोबाईल का अति इस्तेमाल व नशे सम्बंधी जागरूकता लघुनाटिका पेश की। इसे शाला महाविद्यालय का बड़ता प्रतिसाद देखकर प्राचार्य डा. विजय नानोटी व डा. राजेश चंद्रवंशी ने यह कार्यक्रम प्रामाण क्षेत्र में चलाने का मानस व्यक्त किया।

## क्रांतिवीरमाला वक्तृत्व स्पर्धा में हिंदू ज्ञानपीठ का वर्चस्व

भास्कर न्यूज | अकोला

क्रांतिदिवस पर डीएवी कान्वेंट की ओर से क्रांतिवीरमाला वक्तृत्व स्पर्धा का आयोजन किया गया था। आंतरशालेय वक्तृत्व स्पर्धा का विषय 'नेताजी सुभाषचंद्र बोस' का जीवन चरित्र व कार्य यह था। उक्त स्पर्धा कक्षा 5 से 7 अगुट व 8 से 10 व गुट ऐसी दो गुटों में ली गई। दोनों गुटों में हिंदू ज्ञानपीठ कान्वेंट के विद्यार्थियों ने सफलता प्राप्त की है। गुट

स्पर्धा में प्रमुख अतिथि में विधायक गोवर्धन शर्मा व जिला क्रीड़ा अधिकारी आसाराम जाधव तथा परीक्षक के रूप में वक्ते व सिरसालकर ने कामकाज देखा। हिंदू ज्ञानपीठ के संस्थापक संचालक चंद्रशेखर गाडगील व वरिष्ठ प्राचार्या सौ. गिरीजा गाडगील ने सफल छात्रों की सराहना की। प्राचार्या स्वामिनी गाडगील, सहसंचिव संग्राम गाडगील, प्रधानाध्यापिका सौ. आगरकर,

सौ. ढगेकर, सौ. परसोडकर, सौ. अहेरकर, सौ. कानकिरड ने एवं सभी उपस्थित शिक्षकों ने उनका अभिनंदन किया है। सफल विद्यार्थियों को वंदना तिटके, मानसी मानकर, रेणुका देशमुख दिदी ने मार्गदर्शन किया।

### कृषि उपज मंडी समिति के बाजार भाव

अकोला - 10 - अगस्त - 2019			
उत्पाद	न्यूनतम	अधिकतम	अटक
ज्वार	2200	2400	30
गेहूं	2000	2125	140
गेहूं (प्रारंभिक)	2200	2750	42

### 10 - अगस्त - 2019

#### सराफा बाजार भाव

अकोला	
सोना : 36800	चांदी : 42500
वाशिम	
सोना : 36500	चांदी : 42500

### अकोला किराना बाजार

सौजन्य से - दलाल दिलीपकुमार जामनादास, किराना बाजार अकोला	
खोपरा (डोल)	1600-1700
खोबरा तुकड़ा	1050-125
खोपरा गोला कट	1350-1900
खोपरा (किस)	3400-3600
जिरा	1900-2200
सौफ	1030-1900
धनिया (मोटा)	800 - 1100
धनिया (बारीक)	1100-1600
साबुदाना	650-750
मेथी	550-600
सुपारी (नया) सफेद	330-400
सुपारी (जुना) सफेद	400-510
पोहा जाड़ा	330-390
पोहा (पतला)	360-410
मुरमुरा	-----
मुरमुरा पैकिंग	425-460
भगर	700-950
हलदी सेलम	000



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



**Fitness Development Programme 2019-2020**

- > Importance of Fitness, Health, Diet and Exercises
- > Overuse of Mobile is Harmful for Health
- > Awareness related to Addiction

**Feedback Form**

S.N.	Particulars	Information																				
1	Name of Institution	M.B. Convent School																				
2	Address of Institution	Opp. to Main Hospital Akola.																				
3	Email Id																					
4	Name of Principal/ Headmaster	Mrs. Mamba A. Chawla.																				
5	Contact Number																					
6	Programme attended by Classes/Sections	<table border="1"><thead><tr><th>5<sup>th</sup></th><th>6<sup>th</sup></th><th>7<sup>th</sup></th><th>8<sup>th</sup></th><th>9<sup>th</sup></th><th>10<sup>th</sup></th><th>11<sup>th</sup></th><th>12<sup>th</sup></th><th>UG</th><th>PG</th></tr></thead><tbody><tr><td>✓</td><td>✓</td><td>✓</td><td>✓</td><td>✓</td><td>✓</td><td></td><td></td><td></td><td></td></tr></tbody></table>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>	UG	PG	✓	✓	✓	✓	✓	✓				
5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>	UG	PG													
✓	✓	✓	✓	✓	✓																	
7	No. of Students Benefited	Or around 200 students																				

**Your valuable Opinion (Please Tick ✓ in the box)**

S.N.	Question	*	**	***	****	*****
1	How important was this event?				✓	
2	Do you feel these are current problem in Front of youth?					✓
3	Are you motivated from this programme?					✓
4	Are the students benefited from this programme?				✓	
5	How was organization of the event?					✓
6	Overall impact of Programme.					✓

**Any other information or Remark**

The programme was motivational and the students will definitely get benefited with the programme and lead a healthy life.

Date : 29/7/19.

Place : Akola.

Sign.

( Name Mrs. M. A. Chawla.



The Berar General Education Society's  
**Shri R. L. T. College of Science, Akola**  
**Department of Physical Education & Sports**  
**Fitness Development Programme 2019-2020**



- Importance of Fitness, Health, Diet and Exercises
- Overuse of Mobile is Harmful for Health
- Awareness related to Addiction

**Feedback Form**

S.N.	Particulars	Information																				
1	Name of Institution	B. R. High School Akola																				
2	Address of Institution	Behind Head Post Office Akola																				
3	Email Id	brhsaki@gmail.com																				
4	Name of Principal/ Headmaster	Suhas B. Deshpande																				
5	Contact Number	9850334968																				
6	Programme attended by Classes/Sections	<table border="1"><thead><tr><th>5<sup>th</sup></th><th>6<sup>th</sup></th><th>7<sup>th</sup></th><th>8<sup>th</sup></th><th>9<sup>th</sup></th><th>10<sup>th</sup></th><th>11<sup>th</sup></th><th>12<sup>th</sup></th><th>UG</th><th>PG</th></tr></thead><tbody><tr><td>-</td><td>-</td><td>-</td><td>-</td><td>25</td><td>20</td><td></td><td></td><td></td><td></td></tr></tbody></table>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>	UG	PG	-	-	-	-	25	20				
5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>	UG	PG													
-	-	-	-	25	20																	
7	No. of Students Benefited	45																				

**Your valuable Opinion (Please Tick ✓ in the box)**

S.N.	Question	*	**	***	****	*****
1	How important was this event?					✓
2	Do you feel these are current problem in Front of youth?					✓
3	Are you motivated from this programme?					✓
4	Are the students benefited from this programme?					✓
5	How was organization of the event?					✓
6	Overall impact of Programme.					✓

**Any other information or Remark**

Nice aelinty }  
very useful at teenage.  
should be conducted in each & every school

Date : 30/7/2019

Place : Akola

Sign. S. B. Deshpande

( Name S. B. Deshpande )

12 to 1:30





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



**Fitness Development Programme 2019-2020**

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- > Awareness related to Addiction

**Feedback Form**

S.N.	Particulars	Information																				
1	Name of Institution	THE NOEL ENGLISH HIGH SCHOOL, AKOLA. (State Board)																				
2	Address of Institution	AZAD COLONY, BEHIND S.T. WORKSHOP, KAULKHED ROAD, AKOLA - 444004.																				
3	Email Id	noelschoolakola@gmail.com																				
4	Name of Principal/ Headmaster	MRS. ARPANA S. DONGRE																				
5	Contact Number	0724-2454557, 2456746.																				
6	Programme attended by Classes/Sections	<table border="1"> <thead> <tr> <th>5<sup>th</sup></th> <th>6<sup>th</sup></th> <th>7<sup>th</sup></th> <th>8<sup>th</sup></th> <th>9<sup>th</sup></th> <th>10<sup>th</sup></th> <th>11<sup>th</sup></th> <th>12<sup>th</sup></th> <th>UG</th> <th>PG</th> </tr> </thead> <tbody> <tr> <td>-</td> <td>-</td> <td>-</td> <td>✓</td> <td>✓</td> <td>✓</td> <td>-</td> <td>-</td> <td>-</td> <td>-</td> </tr> </tbody> </table>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>	UG	PG	-	-	-	✓	✓	✓	-	-	-	-
5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>	UG	PG													
-	-	-	✓	✓	✓	-	-	-	-													
7	No. of Students Benefited	420																				

**Your valuable Opinion (Please Tick ✓ in the box)**

S.N.	Question	*	**	***	****	*****
1	How important was this event?					✓
2	Do you feel these are current problem in Front of youth?				✓	
3	Are you motivated from this programme?					✓
4	Are the students benefited from this programme?					✓
5	How was organization of the event?					✓
6	Overall impact of Programme.					✓

**Any other information or Remark :** Congratulations for the Golden Jubilee!  
 The overall idea <sup>meticulously</sup> designed by Dr. R. D. Ukhedrawarshi sir  
 was excellently implemented by B.Sc III<sup>rd</sup> year students.  
 It is evident that they all were very passionate to  
 spread their message. All the Best to all !!

Date : 31.07.19

Place : AKOLA.

Sign. Arpana

( Name : Mrs. A.S. DONGRE )

**Head mistress,  
 The Noel English High School,  
 AKOLA**

12 to 1:30



The Berar General Education Society's  
**Shri R. L. T. College of Science, Akola**  
**Department of Physical Education & Sports**  
**Fitness Development Programme 2019-2020**



- Importance of Fitness, Health, Diet and Exercises
- Overuse of Mobile is Harmful for Health
- Awareness related to Addiction

**Feedback Form**

S.N.	Particulars	Information																				
1	Name of Institution	NOEL SCHOOL, AKOLA (CBSE SCHOOL)																				
2	Address of Institution	Behind S.T. Workshop, Kaulkhed Road, AKOLA - 444004																				
3	Email Id	noelschoolakola@gmail.com																				
4	Name of Principal/ Headmaster	Mr. Anosh Vijay Manwar																				
5	Contact Number	9890010933																				
6	Programme attended by Classes/Sections	<table border="1"><thead><tr><th>5<sup>th</sup></th><th>6<sup>th</sup></th><th>7<sup>th</sup></th><th>8<sup>th</sup></th><th>9<sup>th</sup></th><th>10<sup>th</sup></th><th>11<sup>th</sup></th><th>12<sup>th</sup></th><th>UG</th><th>PG</th></tr></thead><tbody><tr><td>-</td><td>✓</td><td>✓</td><td>✓</td><td>✓</td><td>✓</td><td>-</td><td>-</td><td>-</td><td>-</td></tr></tbody></table>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>	UG	PG	-	✓	✓	✓	✓	✓	-	-	-	-
5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>	UG	PG													
-	✓	✓	✓	✓	✓	-	-	-	-													
7	No. of Students Benefited	435																				

**Your valuable Opinion (Please Tick ✓ in the box)**

S.N.	Question	*	**	***	****	*****
1	How important was this event?					✓
2	Do you feel these are current problem in Front of youth?					✓
3	Are you motivated from this programme?					✓
4	Are the students benefited from this programme?					✓
5	How was organization of the event?					✓
6	Overall impact of Programme.					✓

**Any other information or Remark**

Very good attempt to make the school kids <sup>aware</sup> about the social evils and negative impact of screens on social and emotional skills. An eye opener event with very good message for students. Stretching exercises were demonstrated wonderfully, by Dr. Rajesh Chandrawanshi sir and team members.

Date : 31-07-2019

Place : AKOLA

Sign.

( Name Mr. Anosh Manwar )

**PRINCIPAL**  
**Noel School, Akola**  
CBSE Affiliation No. 1130490

1:30 3.10



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



**Fitness Development Programme 2019-2020**

- Importance of Fitness, Health, Diet and Exercises
- Overuse of Mobile is Harmful for Health
- Awareness related to Addiction

**Feedback Form**

S.N.	Particulars	Information																				
1	Name of Institution	Jankibai Chaudhary Digital English School,																				
2	Address of Institution	Ratanlal Plots, Akola																				
3	Email Id	jankibaichaudhary42@gmail.com																				
4	Name of Principal/ Headmaster	Sau. Ashwini G. Deshpande																				
5	Contact Number																					
6	Programme attended by Classes/Sections	<table border="1"><thead><tr><th>5<sup>th</sup></th><th>6<sup>th</sup></th><th>7<sup>th</sup></th><th>8<sup>th</sup></th><th>9<sup>th</sup></th><th>10<sup>th</sup></th><th>11<sup>th</sup></th><th>12<sup>th</sup></th><th>UG</th><th>PG</th></tr></thead><tbody><tr><td>13</td><td>12</td><td>18</td><td>15</td><td>15</td><td>12</td><td>-</td><td>-</td><td>-</td><td>-</td></tr></tbody></table>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>	UG	PG	13	12	18	15	15	12	-	-	-	-
5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>	UG	PG													
13	12	18	15	15	12	-	-	-	-													
7	No. of Students Benefited	75																				

**Your valuable Opinion (Please Tick ✓ in the box)**

S.N.	Question	*	**	***	****	*****
1	How important was this event?					✓
2	Do you feel these are current problem in Front of youth?					✓
3	Are you motivated from this programme?					✓
4	Are the students benefited from this programme?					✓
5	How was organization of the event?					✓
6	Overall impact of Programme.					✓

**Any other information or Remark**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Date : 01/08/2019

Place : Akola

Sign.

( Name \_\_\_\_\_ )

**HEAD MISTRESS**  
Jankibai Chaudhary  
Digital English School, AKOLA

11:30 to 1:00



The Berar General Education Society's  
**Shri R. L. T. College of Science, Akola**  
**Department of Physical Education & Sports**  
**Fitness Development Programme 2019-2020**



- Importance of Fitness, Health, Diet and Exercises
- Overuse of Mobile is Harmful for Health
- Awareness related to Addiction

**Feedback Form**

S.N.	Particulars	Information																				
1	Name of Institution	N.M. Chaudhary Schol, Akola.																				
2	Address of Institution	Ratanlal Plot, Akola																				
3	Email Id	siyjiscc007@gmail.com.																				
4	Name of Principal/ Headmaster	Mr. Sanjay S. Chandanbatwe																				
5	Contact Number	9823186007																				
6	Programme attended by Classes/Sections	<table border="1"><thead><tr><th>5<sup>th</sup></th><th>6<sup>th</sup></th><th>7<sup>th</sup></th><th>8<sup>th</sup></th><th>9<sup>th</sup></th><th>10<sup>th</sup></th><th>11<sup>th</sup></th><th>12<sup>th</sup></th><th>UG</th><th>PG</th></tr></thead><tbody><tr><td>✓</td><td>✓</td><td>✓</td><td>✓</td><td>✓</td><td>✓</td><td></td><td></td><td></td><td></td></tr></tbody></table>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>	UG	PG	✓	✓	✓	✓	✓	✓				
5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>	UG	PG													
✓	✓	✓	✓	✓	✓																	
7	No. of Students Benefited	128																				

Your valuable Opinion (Please Tick ✓ in the box)

S.N.	Question	*	**	***	****	*****
1	How important was this event?					✓
2	Do you feel these are current problem in Front of youth?					✓
3	Are you motivated from this programme?					✓
4	Are the students benefited from this programme?					✓
5	How was organization of the event?					✓
6	Overall impact of Programme.					✓

Any other information or Remark

Health related programme.

Date : 01/08/2019.

Place : AKOLA.

Sign.

( Name

Y. S. Chandanbatwe

11:30 to 1:00



The Berar General Education Society's  
**Shri R. L. T. College of Science, Akola**  
**Department of Physical Education & Sports**  
**Fitness Development Programme 2019-2020**



7

- > Importance of Fitness, Health, Diet and Exercises
- > Overuse of Mobile is Harmful for Health
- > Awareness related to Addiction

**Feedback Form**

S.N.	Particulars	Information																				
1	Name of Institution	N.W. Swawalambi Vidya & Shri. R.K. Shukla U.M.V., Akola																				
2	Address of Institution	Behind Head post office New Redhakisan plot, Akola																				
3	Email Id	nwwswawalambi@rediffmail.com																				
4	Name of Principal/ Headmaster	Harish Sureshchandra Sharma																				
5	Contact Number	9011587655																				
6	Programme attended by Classes/Sections	<table border="1"><thead><tr><th>5<sup>th</sup></th><th>6<sup>th</sup></th><th>7<sup>th</sup></th><th>8<sup>th</sup></th><th>9<sup>th</sup></th><th>10<sup>th</sup></th><th>11<sup>th</sup></th><th>12<sup>th</sup></th><th>UG</th><th>PG</th></tr></thead><tbody><tr><td>✓</td><td>✓</td><td>✓</td><td>✓</td><td>✓</td><td>✓</td><td>✓</td><td>✓</td><td></td><td></td></tr></tbody></table>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>	UG	PG	✓	✓	✓	✓	✓	✓	✓	✓		
5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>	UG	PG													
✓	✓	✓	✓	✓	✓	✓	✓															
7	No. of Students Benefited	750																				

**Your valuable Opinion (Please Tick ✓ in the box)**

S.N.	Question	*	**	***	****	*****
1	How important was this event?					✓
2	Do you feel these are current problem in Front of youth?					✓
3	Are you motivated from this programme?					✓
4	Are the students benefited from this programme?					✓
5	How was organization of the event?					✓
6	Overall impact of Programme.					✓

**Any other information or Remark**

Congratulations to Shri R.D. Chandravanshi sir and  
all the students of B.Sc. III. This programme is  
totally oriented to the students of all age group.  
Such type of programme is a need of time in this  
age. I am very thankful to Shri Chandravanshi  
sir for selecting my school.  
Date : 01/08/19  
Place : Best wishes for future.  
1:30 to 3:10

Sign. \_\_\_\_\_  
(Name: Harish Sureshchandra Sharma)  
Headmaster  
N.W.W. Swawalambi Vidyalaya  
And Shri R. K. Shukla Uchcha  
Madhyamik Vidyalaya, Akola



The Berar General Education Society's

**Shri R. L. T. College of Science, Akola**  
**Department of Physical Education & Sports**

**Fitness Development Programme 2019-2020**

- > Importance of Fitness, Health, Diet and Exercises
- > Overuse of Mobile is Harmful for Health
- > Awareness related to Addiction



8

**Feedback Form**

S.N.	Particulars	Information																				
1	Name of Institution	Hindu Dnyanpeeth Convent, Akola.																				
2	Address of Institution	Adarsh Colony, Gourakshan Road, Akola.																				
3	Email Id	hindudnyanpeeth@gmail.com.																				
4	Name of Principal/ Headmaster	Sau. Swamini Sangram Gadgil.																				
5	Contact Number																					
6	Programme attended by Classes/Sections	<table border="1"> <thead> <tr> <th>5<sup>th</sup></th> <th>6<sup>th</sup></th> <th>7<sup>th</sup></th> <th>8<sup>th</sup></th> <th>9<sup>th</sup></th> <th>10<sup>th</sup></th> <th>11<sup>th</sup></th> <th>12<sup>th</sup></th> <th>UG</th> <th>PG</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td>✓</td> <td>✓</td> <td>✓</td> <td>✓</td> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>	UG	PG			✓	✓	✓	✓				
5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>	UG	PG													
		✓	✓	✓	✓																	
7	No. of Students Benefited	673																				

Your valuable Opinion (Please Tick ✓ in the box)

S.N.	Question	*	**	***	****	*****
1	How important was this event?					✓
2	Do you feel these are current problem in Front of youth?					✓
3	Are you motivated from this programme?				✓	
4	Are the students benefited from this programme?					✓
5	How was organization of the event?					✓
6	Overall impact of Programme.				✓	

Any other information or Remark

Overall programme is well, essential for new generation and motivated, well organized. From this, awareness about fitness and health increases.

Date : 21/08/19

Place : Akola.

Sign. Hindu Dnyanpeeth Convent

( Name. Sau. Swamini S. Gadgil. AKOLA )

2:30 to 4:00 PM



The Berar General Education Society's  
**Shri R. L. T. College of Science, Akola**  
Department of Physical Education & Sports  
Fitness Development Programme 2019-2020



- > Importance of Fitness, Health, Diet and Exercises
- > Overuse of Mobile is Harmful for Health
- > Awareness related to Addiction

**Feedback Form**

S.N.	Particulars	Information																				
1	Name of Institution	KHANDELWAL DNYANMANDIR SCHOOL & JR. COLLEGE.																				
2	Address of Institution	VISAY HOUSING SOCIETY GAURAKSHAN ROAD AKOLA. - 444 001.																				
3	Email Id	Kdmcakl03@gmail.com.																				
4	Name of Principal/ Headmaster	MRS. MUGDHA M. KALAMKAR (PRINCIPAL.)																				
5	Contact Number	[Redacted]																				
6	Programme attended by Classes/Sections	<table border="1"><thead><tr><th>5<sup>th</sup></th><th>6<sup>th</sup></th><th>7<sup>th</sup></th><th>8<sup>th</sup></th><th>9<sup>th</sup></th><th>10<sup>th</sup></th><th>11<sup>th</sup></th><th>12<sup>th</sup></th><th>UG</th><th>PG</th></tr></thead><tbody><tr><td></td><td>✓</td><td>✓</td><td>✓</td><td>✓</td><td>✓</td><td></td><td></td><td></td><td></td></tr></tbody></table>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>	UG	PG		✓	✓	✓	✓	✓				
5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>	UG	PG													
	✓	✓	✓	✓	✓																	
7	No. of Students Benefited	600																				

Your valuable Opinion (Please Tick ✓ in the box)

S.N.	Question	*	**	***	****	*****
1	How important was this event?					✓
2	Do you feel these are current problem in Front of youth?					✓
3	Are you motivated from this programme?					✓
4	Are the students benefited from this programme?					✓
5	How was organization of the event?					✓
6	Overall impact of Programme.					✓

Any other information or Remark

The entire program is motivational. I  
wish to get somewhat more emphasis on  
the misuse of social media. Extra information  
should be given to boys specially.

Date : 02/08/2019.

Place : Akola.

Sign.

(Name M. M. Kalamkar.)

PRINCIPAL

Khandelwal Dnyanmandir Junior College  
of Science & Commerce, Akola

12:15 to 1:45



The Berar General Education Society's

**Shri R. L. T. College of Science, Akola**  
**Department of Physical Education & Sports**

**Fitness Development Programme 2019-2020**

- > Importance of Fitness, Health, Diet and Exercises
- > Overuse of Mobile is Harmful for Health
- > Awareness related to Addiction



10

**Feedback Form**

S.N.	Particulars	Information																				
1	Name of Institution	Kothari Convent, Akola																				
2	Address of Institution	Vidya Nagar, Aorakhan Road Akola																				
3	Email Id	nnkeakola1@gmail.com																				
4	Name of Principal/ Headmaster	Mrs. Anjali Kadlaskar																				
5	Contact Number	[Redacted]																				
6	Programme attended by Classes/Sections	<table border="1"><thead><tr><th>5<sup>th</sup></th><th>6<sup>th</sup></th><th>7<sup>th</sup></th><th>8<sup>th</sup></th><th>9<sup>th</sup></th><th>10<sup>th</sup></th><th>11<sup>th</sup></th><th>12<sup>th</sup></th><th>UG</th><th>PG</th></tr></thead><tbody><tr><td>✓</td><td>✓</td><td>✓</td><td>✓</td><td>✓</td><td>✓</td><td></td><td></td><td></td><td></td></tr></tbody></table>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>	UG	PG	✓	✓	✓	✓	✓	✓				
5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>	UG	PG													
✓	✓	✓	✓	✓	✓																	
7	No. of Students Benefited	950																				

Your valuable Opinion (Please Tick ✓ in the box)

S.N.	Question	*	**	***	****	*****
1	How important was this event?					✓
2	Do you feel these are current problem in Front of youth?					✓
3	Are you motivated from this programme?					✓
4	Are the students benefited from this programme?					✓
5	How was org nization of the event?					✓
6	Overall impact of Programme.					✓

Any other information or Remark

The program was crisp. In limited time a lot of  
information was conveyed. Students energy and  
discipline is worth appreciation. keep it up!

Date : 03/08/19

Place : Akola.

Sign. Kadlaskar

( Name Anjali Kadlaskar )  
Headmistress,  
Kothari Convent Eng. Medium  
Secondary School, AKOLA

8:10 to 9:30





The Berar General Education Society's  
**Shri R. L. T. College of Science, Akola**  
Department of Physical Education & Sports  
Fitness Development Programme 2019-2020



- > Importance of Fitness, Health, Diet and Exercises
- > Overuse of Mobile is Harmful for Health
- > Awareness related to Addiction

**Feedback Form**

S.N.	Particulars	Information																				
1	Name of Institution	Jajouli High-school, AKOLA Ranpise Nagar, AKOLA																				
2	Address of Institution																					
3	Email Id	arunlaute@gmail.com																				
4	Name of Principal/ Headmaster	Arun Shivlal Laute																				
5	Contact Number	9850356401																				
6	Programme attended by Classes/Sections	<table border="1"><thead><tr><th>5<sup>th</sup></th><th>6<sup>th</sup></th><th>7<sup>th</sup></th><th>8<sup>th</sup></th><th>9<sup>th</sup></th><th>10<sup>th</sup></th><th>11<sup>th</sup></th><th>12<sup>th</sup></th><th>UG</th><th>PG</th></tr></thead><tbody><tr><td>98</td><td>139</td><td>152</td><td>175</td><td>195</td><td>197</td><td>-</td><td>-</td><td>-</td><td>-</td></tr></tbody></table>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>	UG	PG	98	139	152	175	195	197	-	-	-	-
5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>	UG	PG													
98	139	152	175	195	197	-	-	-	-													
7	No. of Students Benefited	956																				

**Your valuable Opinion (Please Tick ✓ in the box)**

S.N.	Question	*	**	***	****	*****
1	How important was this event?					✓
2	Do you feel these are current problem in Front of youth?				✓	
3	Are you motivated from this programme?					✓
4	Are the students benefited from this programme?					✓
5	How was organization of the event?				✓	
6	Overall impact of Programme.					✓

**Any other information or Remark**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Date : 5/8/19

Place : Akola

Sign. \_\_\_\_\_  
( Name A. S. Laute )

12:30 to 2:00



The Berar General Education Society's  
**Shri R. L. T. College of Science, Akola**  
**Department of Physical Education & Sports**  
**Fitness Development Programme 2019-2020**



12

- > Importance of Fitness, Health, Diet and Exercises
- > Overuse of Mobile is Harmful for Health
- > Awareness related to Addiction

**Feedback Form**

S.N.	Particulars	Information																				
1	Name of Institution	Prabhat kids school																				
2	Address of Institution	Prabhat kids school, Washim 12 Road AKOLA, Mob: 8806667115																				
3	Email Id	www.Prabhatkids.com																				
4	Name of Principal/ Headmaster	Kanchan Patilkar																				
5	Contact Number																					
6	Programme attended by Classes/Sections	<table border="1"><thead><tr><th>5<sup>th</sup></th><th>6<sup>th</sup></th><th>7<sup>th</sup></th><th>8<sup>th</sup></th><th>9<sup>th</sup></th><th>10<sup>th</sup></th><th>11<sup>th</sup></th><th>12<sup>th</sup></th><th>UG</th><th>PG</th></tr></thead><tbody><tr><td></td><td></td><td>✓</td><td></td><td>✓</td><td></td><td></td><td></td><td></td><td></td></tr></tbody></table>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>	UG	PG			✓		✓					
5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>	UG	PG													
		✓		✓																		
7	No. of Students Benefited	200+																				

Your valuable Opinion (Please Tick ✓ in the box)

S.N.	Question	*	**	***	****	*****
1	How important was this event?					✓
2	Do you feel these are current problem in Front of youth?					✓
3	Are you motivated from this programme?					✓
4	Are the students benefited from this programme?					✓
5	How was organization of the event?					✓
6	Overall impact of Programme.					✓

Any other information or Remark

All over program is to good, For Fitness  
Development.

Date : 6.8.19

Place : Akola

Sign.

( Name Kanchan Patilkar )

**Principal**

Prabhat Kids School, Akola  
CBSE Affiliation No. 1130426

10:45 to 2:00 PM



The Berar General Education Society's  
**Shri R. L. T. College of Science, Akola**  
**Department of Physical Education & Sports**  
**Fitness Development Programme 2019-2020**



- > Importance of Fitness, Health, Diet and Exercises
- > Overuse of Mobile is Harmful for Health
- > Awareness related to Addiction

**Feedback Form**

S.N.	Particulars	Information																				
1	Name of Institution	G. D. Convent & Smt L. D. Patel High School																				
2	Address of Institution	Behind Head Post office																				
3	Email Id																					
4	Name of Principal/ Headmaster	Jayashree Pimple																				
5	Contact Number																					
6	Programme attended by Classes/Sections	<table border="1"><thead><tr><th>5<sup>th</sup></th><th>6<sup>th</sup></th><th>7<sup>th</sup></th><th>8<sup>th</sup></th><th>9<sup>th</sup></th><th>10<sup>th</sup></th><th>11<sup>th</sup></th><th>12<sup>th</sup></th><th>UG</th><th>PG</th></tr></thead><tbody><tr><td></td><td></td><td></td><td></td><td>✓</td><td>✓</td><td></td><td></td><td></td><td></td></tr></tbody></table>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>	UG	PG					✓	✓				
5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>	UG	PG													
				✓	✓																	
7	No. of Students Benefited	250																				

**Your valuable Opinion (Please Tick ✓ in the box)**

S.N.	Question	*	**	***	****	*****
1	How important was this event?					✓
2	Do you feel these are current problem in Front of youth?					✓
3	Are you motivated from this programme?					✓
4	Are the students benefited from this programme?					✓
5	How was organization of the event?					✓
6	Overall impact of Programme.					✓

**Any other information or Remark**

Very nice and effective performance.

Date : 6<sup>th</sup> Aug 2016

Place : Akola

Sign.

( Name Jayashree Pimple )  
**Principal,**  
**L. D. Patel High School,**  
**Akola**

2:30 to 4:00 PM



The Berar General Education Society's  
**Shri R. L. T. College of Science, Akola**  
**Department of Physical Education & Sports**  
**Fitness Development Programme 2019-2020**



1h

- Importance of Fitness, Health, Diet and Exercises
- Overuse of Mobile is Harmful for Health
- Awareness related to Addiction

**Feedback Form**

S.N.	Particulars	Information																				
1	Name of Institution	New English High School and Jr. College Akola																				
2	Address of Institution	Near Police Station Ramdas path, OR Behind Court, AKOLA - 444001																				
3	Email Id	munshi.madhav@gmail.com																				
4	Name of Principal/ Headmaster	Shri Madhav S. Munshi																				
5	Contact Number	9404090830																				
6	Programme attended by Classes/Sections	<table border="1"><thead><tr><th>5<sup>th</sup></th><th>6<sup>th</sup></th><th>7<sup>th</sup></th><th>8<sup>th</sup></th><th>9<sup>th</sup></th><th>10<sup>th</sup></th><th>11<sup>th</sup></th><th>12<sup>th</sup></th><th>UG</th><th>PG</th></tr></thead><tbody><tr><td></td><td></td><td></td><td></td><td>✓</td><td>✓</td><td></td><td></td><td></td><td></td></tr></tbody></table>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>	UG	PG					✓	✓				
5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>	UG	PG													
				✓	✓																	
7	No. of Students Benefited	452																				

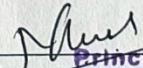
**Your valuable Opinion (Please Tick ✓ in the box)**

S.N.	Question	*	**	***	****	*****
1	How important was this event?					✓
2	Do you feel these are current problem in Front of youth?					✓
3	Are you motivated from this programme?					✓
4	Are the students benefited from this programme?					✓
5	How was organization of the event?					✓
6	Overall impact of Programme.					✓

**Any other information or Remark**

munshi.madhav@gmail.com  
A very good program/ event.

Date : 09.08.2019  
Place : AKOLA

Sign.   
( Name Shri Madhav S. Munshi  
& Jr College, Akola )

10:30 to 1:00



The Berar General Education Society's  
**Shri R. L. T. College of Science, Akola**  
Department of Physical Education & Sports  
Fitness Development Programme 2019-2020



15

- > Importance of Fitness, Health, Diet and Exercises
- > Overuse of Mobile is Harmful for Health
- > Awareness related to Addiction

**Feedback Form**

S.N.	Particulars	Information																				
1	Name of Institution	Jubilee English High school-Akola																				
2	Address of Institution	Ramdas Peth, Near C.T.O Akola.																				
3	Email Id																					
4	Name of Principal/ Headmaster	Sunil Bhaterao																				
5	Contact Number	9422861978																				
6	Programme attended by Classes/Sections	<table border="1"><thead><tr><th>5<sup>th</sup></th><th>6<sup>th</sup></th><th>7<sup>th</sup></th><th>8<sup>th</sup></th><th>9<sup>th</sup></th><th>10<sup>th</sup></th><th>11<sup>th</sup></th><th>12<sup>th</sup></th><th>UG</th><th>PG</th></tr></thead><tbody><tr><td><input checked="" type="checkbox"/></td><td><input checked="" type="checkbox"/></td><td><input checked="" type="checkbox"/></td><td><input checked="" type="checkbox"/></td><td><input checked="" type="checkbox"/></td><td></td><td></td><td></td><td></td><td></td></tr></tbody></table>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>	UG	PG	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>					
5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>	UG	PG													
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>																		
7	No. of Students Benefited	550																				

**Your valuable Opinion (Please Tick ✓ in the box)**

S.N.	Question	*	**	***	****	*****
1	How important was this event?					✓
2	Do you feel these are current problem in Front of youth?					✓
3	Are you motivated from this programme?					✓
4	Are the students benefited from this programme?					✓
5	How was organization of the event?					✓
6	Overall impact of Programme.					✓

**Any other information or Remark**

The programme was very motivating for the  
students to make them aware of addiction.

Date : 10/08/2019

Place : Akola.

Sign.

( Name Sunil Bhaterao )

9:00 to 10:30 AM



The Berar General Education Society's

**Shri R. L. T. College of Science, Akola**  
**Department of Physical Education & Sports**

**Fitness Development Programme 2019-2020**

- > Importance of Fitness, Health, Diet and Exercises
- > Overuse of Mobile is Harmful for Health
- > Awareness related to Addiction



16

**Feedback Form**

S.N.	Particulars	Information																				
1	Name of Institution	BHARAT VIDYALAYA, AKOLA																				
2	Address of Institution	Tapadiya Nagar, AKOLA																				
3	Email Id	bra-akl@rediffmail.com																				
4	Name of Principal/ Headmaster	SAN. M. R. ABHYANKAR																				
5	Contact Number	[REDACTED]																				
6	Programme attended by Classes/Sections	<table border="1"><thead><tr><th>5<sup>th</sup></th><th>6<sup>th</sup></th><th>7<sup>th</sup></th><th>8<sup>th</sup></th><th>9<sup>th</sup></th><th>10<sup>th</sup></th><th>11<sup>th</sup></th><th>12<sup>th</sup></th><th>UG</th><th>PG</th></tr></thead><tbody><tr><td></td><td></td><td></td><td>✓</td><td>✓</td><td></td><td></td><td></td><td></td><td></td></tr></tbody></table>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>	UG	PG				✓	✓					
5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>	UG	PG													
			✓	✓																		
7	No. of Students Benefited	550																				

Your valuable Opinion (Please Tick ✓ in the box)

S.N.	Question	*	**	***	****	*****
1	How important was this event?					✓
2	Do you feel these are current problem in Front of youth?					✓
3	Are you motivated from this programme?					✓
4	Are the students benefited from this programme?					✓
5	How was organization of the event?					✓
6	Overall impact of Programme.					✓

Any other information or Remark

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Date : 10/08/2019

Place : Akola

Sign. **Head Mistress**  
**Bharat Vidyalaya, Akola**  
( Name **Mrs. Manisha R. Abhyankar** )



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



**Fitness Development Programme 2019-2020**

- > Importance of Fitness, Health, Diet and Exercises
- > Overuse of Mobile is Harmful for Health
- > Awareness related to Addiction

**Feedback Form**

S.N.	Particulars	Information																				
1	Name of Institution	Shri R.L.T. College of Science, Akola.																				
2	Address of Institution	Civil Line Road, Akola.																				
3	Email Id	Principal@rltsc.org																				
4	Name of Principal/ Headmaster	Dr. Vijay Nanoty																				
5	Contact Number	9822724504																				
6	Programme attended by Classes/Sections	<table border="1"> <tr> <td>5<sup>th</sup></td> <td>6<sup>th</sup></td> <td>7<sup>th</sup></td> <td>8<sup>th</sup></td> <td>9<sup>th</sup></td> <td>10<sup>th</sup></td> <td>11<sup>th</sup></td> <td>12<sup>th</sup></td> <td>UG</td> <td>PG</td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td>✓</td> <td>✓</td> <td>✓</td> <td>✓</td> </tr> </table>	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>	UG	PG							✓	✓	✓	✓
5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>	8 <sup>th</sup>	9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>	UG	PG													
						✓	✓	✓	✓													
7	No. of Students Benefited	800																				

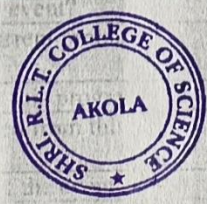
**Your valuable Opinion (Please Tick ✓ in the box)**

S.N.	Question	*	**	***	****	*****
1	How important was this event?					✓
2	Do you feel these are current problem in Front of youth?					✓
3	Are you motivated from this programme?					✓
4	Are the students benefited from this programme?					✓
5	How was organization of the event?					✓
6	Overall impact of Programme.					✓

**Any other information or Remark**

Need of Society

Date : 15/08/2019  
Place : Akola



Sign. Dr. V. D. Nanoty  
(Dr. V. D. Nanoty)  
Principal,  
Shri R.L.T. College of Science,  
AKOLA

**Dr. Rajesh Chandrawanshi**  
Director of Physical Education and Sports