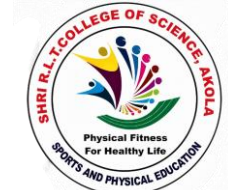


# Shri R. L. T. College of Science, Akola

## Department Physical Education & Sports Senior College



## Report of Session 2021-2022



FIT, FINE & FULL KNOWLEDGE IN MIND  
THEN LIFE WILL SHINE



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

## Department Physical Education and Sports



### Senior College

### Report of Session 2021-2022

Individual Students and Teams participated in Inter Collegiate Tournaments and Selection Trials of Sant Gadge Baba Amravati University, Amravati.

The details are given as follows.

Sr. No.	Name of Students	Class	Event
1	Vaidik Thadkar	B.Sc. I	Archery
2	Aditya Shirsat		Boxing
3	Tanaya Wankhade		Boxing
4	Tushit Damodar		Judo
5	Nalanda Damodar		Judo, Wrestling
6	Kalesh Waghmare		Volleyball
7	Jay Nawkar		Kabaddi
8	Dhiraj Pawar		Kabaddi
9	Mandar Kulkani		Cricket
10	Kuldeep Ahirkar		Cricket
11	Jay Rathod		Taekwondo
12	Akshad Thakur		Taekwondo
13	Kirti Gupta		Taekwondo
14	Aditi Chavan		Cricket
15	Utkarsh Damodar	B.Sc. II	Fencing
16	Vaishnavi Lawale		Athletics
17	Amar Pawar		Athletics
18	Chirag Annadate		Athletics
19	Anuj Sharma		Football
20	Asma Anjum		Boxing
21	Rutuja Badhe		Wrestling, Taekwondo
22	Yash Waghmare		Badminton
23	Adarshasingh Thakur		Hockey
24	Kishan Gupta		Hockey
25	Jay Sharma		Hockey
26	Rutwik Dhore		Kabaddi
27	Vedanti Kokate		Yoga
28	Pratik Bayaskar		Cricket
29	Abhishek Awagan		Cricket
30	Manav Sonone		Power Lifting



Sr. No.	Name of Students	Class	Event
31	Mandar Kalley	<b>B.Sc. III</b>	Football
32	Prashant Kale		Boxing
33	Mohit Ambuskar		Wrestling
34	Priyanka Shirame		Wrestling
35	Tejal Thakur		Wrestling, Taekwondo
36	Mandar Kate		Badminton
37	Mohit Sharma		Volleyball, Taekwondo
38	Vishal Andhale		Chess
39	Om Shelar		Athletics
40	Siddharth Ingle		Judo
41	Kshitij Tiwari	<b>M.Sc. I Comp. Sci</b>	Boxing
42	Mrunali Wawge	<b>M.Sc. I Maths</b>	Kabaddi, Wrestling
43	Vaibhav Saraf	<b>M.Sc. I Physics</b>	Chess
44	Anjali Pawar	<b>M.Sc. II MCB</b>	Badminton

### Achievements of Students

Sr. No.	Name	Class	Achievement
1	Mr. Kshitij Ashok Tiwari	<b>M.Sc. I Comp. Sci</b>	<b>Colour Holder of Boxing</b> First Position in Inter Collegiate Boxing Competition and Participated in All India Inter University Tournament held at Lovely Professional University, Jalandhar from 25.12.2021 to 03.01.2022.(Wt. Category 80 Kg)
2	Ms. Rutuja Sudhakar Badhe	<b>B.Sc.II</b>	<b>Colour Holder of Wrestling</b> Second Position in Inter Collegiate Wrestling Competition and Participated in All India Inter University Tournament held at Chaudhary Bansi Lal University, Bhiwani, Haryana from 15.01.2022 to 17.01.2022.(Wt. Category 76 Kg) Second Position in Inter Collegiate Taekwondo Competition of S.G.B. Amravati University, Amravati held at Shri Shivaji College of Physical Education, Amravati. (Wt. Category +73 Kg)
3	Ms. Aditi Sanjay Chavan	<b>B.Sc. I</b>	<b>Colour Holder of Cricket</b> Selected in Cricket (Women) Team of Sant Gadge Baba Amravati University, Amravati and participated in West Zone Inter University Tournament held at Poornima University, Jaipur (Rajasthan) from 21.06.2022 to 25.06.2022.

Sr. No.	Name	Class	Achievement
4	Ms.Nalanda Kailas Damodar	<b>B.Sc. I</b>	<b>Colour Holder of Judo</b> First Position in Inter Collegiate Judo Competition and Participated in All India Inter University Tournament held at Chhatrapati Shahu Ji Maharaj University, Kanpur, Uttar Pradesh from 22 to 24.03.2022.(Wt. Category 48 Kg)
5	Ms.Mrunali Gajanan Wawge	<b>M.Sc. I Maths</b>	First Position in Inter Collegiate Wrestling Competition of S.G.B. Amravati University, Amravati held at D.C.P.E. Amravati. (65 Kg. Wt. Category). Selected in Kabaddi (Women) Team of Sant Gadge Baba Amravati University, Amravati. (Selected in Kabaddi & Wrestling Team of S.G.B. Amravati University but not Participated in further Tournaments.)
6	Mr. Utkarsh Rajendra Damodar	<b>B.Sc. II</b>	Selected in Fencing (Men) Team of Sant Gadge Baba Amravati University, Amravati as Standbys Player.
7	Ms. Kirti Mukesh Gupta	<b>B.Sc. I</b>	Second Position in Inter Collegiate Taekwondo Competition of S.G.B. Amravati University, Amravati held at Shri Shivaji College of Physical Education, Amravati. (Wt. Category +67 Kg.)
8	Ms.Tejal Dharmendrasingh Thakur	<b>B.Sc.III</b>	Third Position in Inter Collegiate Taekwondo Competition of S.G.B. Amravati University, Amravati held at Shri Shivaji College of Physical Education, Amravati. (Wt. Category 62 Kg.)
9	Mr. Jay Prakash Rathod	<b>B.Sc.I</b>	Third Position in Inter Collegiate Taekwondo Competition of S.G.B. Amravati University, Amravati held at Shri Shivaji College of Physical Education, Amravati. (Wt. Category 80 Kg.)
10	Ms. Priyanka Shivajirao Shirame	<b>B.Sc.III</b>	First Position in Inter Collegiate Wrestling Competition of S.G.B. Amravati University, Amravati held at D.C.P.E. Amravati. (62 Kg. Wt. Category).
11	Ms. Tanaya Jaykumar Wankhade	<b>B.Sc. I</b>	Second Position in Inter Collegiate Boxing Competition of S.G.B. Amravati University, Amravati held at Shri Shivaji College, Akola (48-50 Kg. Wt. Category).
12	Mr. Manav Sanjay Sonone	<b>B.Sc. II</b>	Second Position in Inter Collegiate Power Lifting competition of S.G.B. Amravati University, Amravati held Loknayak Bapuji Aney Mahila Mahavidalaya, Yavatmal. (66 Kg. Wt. Category).
13	Ms. Vaishanvi Bhagwan Lawale	<b>B.Sc. I</b>	Second Position in 100 Mts & 200 Mts. Running in Annual Athletic Meet of S.G.B. Amravati University, Amravati held at D.C. P.E. Amravati.

## Colour Holders

	
<p><b>Mr. Kshitij Tiwari</b> M.Sc. I (Comp. Sci.) <b>Boxing</b></p>	<p><b>Ms. Rutuja Badhe</b> B.Sc.II <b>Wrestling</b></p>
	
<p><b>Ms. Nalanda Damodar</b> B.Sc. I <b>Judo</b></p>	<p><b>Ms. Aditi Chavan</b> B.Sc. I Color <b>Cricket</b></p>
	
<p><b>Ms. Mrunali Wawge</b> M.Sc. I, Mathematics <b>Selected in Kabaddi and Wrestling Team of University</b></p>	<p><b>Mr. Utkarsh Damodar</b> B.Sc.II <b>Selected in Fencing Team of University as a Standbyes Player</b></p>



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**  
**NSS and IQAC organized Online**

**“International Day of Yoga - 21<sup>st</sup> June 2021”**

**Be with Yoga, Be at Home**



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

**Time: 6:30 AM**

**List of Participants (Online Quiz & Practical Session)**

Sr. No.	Full Name	City	State
1	Swapnanil Sarmah	Itanagar	Arunachal Pradesh
2	Sanjib Haloi	Kumarikata	Assam
3	Abhishek Balo	North Lakhimpur	Assam
4	Mehzabin Ferdous	Dhubri	Assam
5	Deepak Kumar	Aurangabad	Bihar
6	Rahul kumar	Madhepura	Bihar
7	Ankita	Biharsharif	Bihar
8	Amit kumar	Biharsharif	Bihar
9	Sumit Kumar	Biharsharif	Bihar
10	Fateh Khan	Delhi	Delhi
11	Daksh Ahlawat	New Delhi	Delhi
12	Ritesh Ahlawat	Delhi	Delhi
13	Parth Patel	Ahmadabad	Gujarat
14	Pratik R. Bhatt	Ahmedabad	Gujarat
15	Rupesh Makwana	Ahmadabad	Gujarat
16	Ishwar S. Pawar	Vadodara	Gujarat
17	Akash	Faridabad	Haryana
18	Bharat Kamal	Panchkula	Haryana
19	Ajaypal	Sirsa	Haryana
20	Asha Devi	Solan	Himachal Pradesh
21	Naman Thakur	Solan	Himachal Pradesh
22	Diksha Sapehia	Kangra	Himachal Pradesh
23	Manoj Sharma	Sundernagar	Himachal Pradesh
24	Umesh Kumar	Shimla	Himachal Pradesh
25	Sonia	Solan	Himachal Pradesh
26	Chandni	Mandi	Himachal Pradesh
27	Rajni Sharma	Sundernagar	Himachal Pradesh
28	Pallvi Sharma	Joginder Nagar	Himachal Pradesh

<b>Sr. No.</b>	<b>Full Name</b>	<b>City</b>	<b>State</b>
29	Shavnam	Mandi	Himachal Pradesh
30	Kanta Devi	Mandi	Himachal Pradesh
31	Preeti Thakur	Mandi	Himachal Pradesh
32	Sahil	Shimla	Himachal Pradesh
33	Sakshi Thakur	Sundernagar	Himachal Pradesh
34	Mukesh Thakur	Shimla	Himachal Pradesh
35	Abhishek Shandil	Dharamsala	Himachal Pradesh
36	DevindraThakur	Mandi	Himachal Pradesh
37	Ajay kumar	Sundernagar	Himachal Pradesh
38	Shafiq ur Rahman	Kulgam	Jammu and Kashmir
39	Mr Mudeser Muzafer	Pulwama	Jammu and Kashmir
40	Tishad Kiran Rathore	Kishtwar	Jammu and Kashmir
41	Rita Agaraiya	Shivpuri	Madhya Pradesh
42	Ghasilal Jogchand	Mandsaur	Madhya Pradesh
43	Vivek Kumar Pathak	Jabalpur	Madhya Pradesh
44	Samiksha Dilip Revaskar	Kuram	Maharashtra
45	Harshal shekokar	Akola	Maharashtra
46	Abhishek Vivek Thakare	Akola	Maharashtra
47	Adesh Kothekar	Akola	Maharashtra
48	Mayur S Raut	Akola	Maharashtra
49	Prashik Sunil Ingle	Akola	Maharashtra
50	Anamika Rajendra Date	Akola	Maharashtra
51	Nisha Ashok Kalaskar	Akola	Maharashtra
52	Dr. Megha Ranjit Solanke	Buldana	Maharashtra
53	Gajanan sheshrao Paikat	Shegaon	Maharashtra
54	Vishaal Ashok Sonkul	Jalgaon	Maharashtra
55	Anil Patil	Osmanabad	Maharashtra
56	Dr.Ravibhushan M.Kadam	Yavatmal	Maharashtra
57	Tushar Keshav Sandve	Latur	Maharashtra
58	Dr. Prakash T. Kamble	Yavatmal	Maharashtra
59	Nagsen D. Atkore	Parbhani	Maharashtra
60	Mr. Rahul S. Lahane	Kolhapur	Maharashtra
61	Mayuri Gopalrao Bhosale	Sangli	Maharashtra
62	Sachin Devram Bhalekar	Palghar	Maharashtra
63	Surekha N. Tangalwed	Nanded	Maharashtra
64	Parde Vaishali Tukaram	Nanded	Maharashtra
65	Bhupendra R. Malpure	Dhule	Maharashtra
66	Mohd Saquib A. Quddus	Akola	Maharashtra

<b>Sr. No.</b>	<b>Full Name</b>	<b>City</b>	<b>State</b>
67	Ku.Sakshi P. Payghan	Akola	Maharashtra
68	Prashant S. Charjan	Amravati	Maharashtra
69	Janvi Sudhir Bajad	Akola	Maharashtra
70	Rudresh Vilhekar	Akola	Maharashtra
71	Dhiraj Vijay Thorat	Akola	Maharashtra
72	Akash Rajendra Bhagat	Akola	Maharashtra
73	Aditya Dhole	Akola	Maharashtra
74	Aadil Shaikh Mohd. Iqbal	Akola	Maharashtra
75	Pratiksha S. Kurhekar	Akola	Maharashtra
76	Pooja Yogendra Kale	Akola	Maharashtra
77	Chetana S, Dahikar	Akola	Maharashtra
78	Sanika Deshmukh	Akola	Maharashtra
79	Piyush D. Choudhary	Akola	Maharashtra
80	Gayatri G. Mawale	Mana	Maharashtra
81	Vishakha Sunil Shete	Akola	Maharashtra
82	Harshal Ishvardas Ingole	Akola	Maharashtra
83	Jyoti vinayakrao Kherde	Amravati	Maharashtra
84	Yogini Dilip Mandve	Akola	Maharashtra
85	Prashita Khalorkar	Akola	Maharashtra
86	Chetana Dinesh Sharma	Nashik	Maharashtra
87	Atul Bharat More	Akola	Maharashtra
88	Dr.Madhusudan H.Marwal	Akola	Maharashtra
89	Karan Mehare	Akola	Maharashtra
90	Dr. Leena S. Gawande	Akola	Maharashtra
91	Dr Wakankar Govind B.	Parbhani	Maharashtra
92	Om Suresh Jadav	Buldana	Maharashtra
93	Dr. Alka Karanwal	Amravati	Maharashtra
94	Bhagyashri S.Swami	Nanded	Maharashtra
95	Atharva K. Thakur	Akola	Maharashtra
96	Akhilesh Joshi	Akola	Maharashtra
97	Ashishr R.Pande	Akola	Maharashtra
98	Monika Ramesh Bisne	Pune	Maharashtra
99	Kalpana Suresh Das	Akola	Maharashtra
100	Seema U. Nandapurkar	Aurangabad	Maharashtra
101	Radha	Akola	Maharashtra
102	Sayali Pramod Thakare	Akola	Maharashtra
103	Nisha Vilhekar	Akola	Maharashtra
104	Tushar Gajanan Gade	Akola	Maharashtra



<b>Sr. No.</b>	<b>Full Name</b>	<b>City</b>	<b>State</b>
105	Sakshi Suresh Dhawak	Akola	Maharashtra
106	Shivani Mohan Saradar	Akola	Maharashtra
107	Yash Gajanan Dhore	Akola	Maharashtra
108	Sakshi Anand Bhokre.	Akola	Maharashtra
109	Sakshi Santosh Kurhekar	Akola	Maharashtra
110	Anjali Ganesh Dhoke	Buldana	Maharashtra
111	Divyani Ankushrao Adsod	Nagpur	Maharashtra
112	Pratiksha Rajendra Bhagat	Akola	Maharashtra
113	Radha Rathi	Akola	Maharashtra
114	Aditi Sandiprao Bhuyar	Akola	Maharashtra
115	Anjali Bavankar	Akola	Maharashtra
116	Bhumika P. Deshmukh	Akola	Maharashtra
117	Divyani Adsod	Nagpur	Maharashtra
118	Ku. Tanuja Anil Dindekar	Akola	Maharashtra
119	Rohini S. Nimkar	Akola	Maharashtra
120	Saniya Mondhe	Akola	Maharashtra
121	Sharvari Rupesh Thakare	Akola	Maharashtra
122	Divya Jagdish Bhimkar	Akola	Maharashtra
123	Nandini Dinesh Tayde	Akola	Maharashtra
124	Laxmi Pramod Giri	Akola	Maharashtra
125	Ashvin Sunil Nimkar	Akola	Maharashtra
126	Priyanka Saraf	Akola	Maharashtra
127	Amol Ashok Palekar	Satara	Maharashtra
128	Swati Vijay Kadale	Pune	Maharashtra
129	Vaishnavi Gajanan Pandhe	Amravati	Maharashtra
130	Shital Kalyan Raut	Akola	Maharashtra
131	Rashi Shyam Vyas	Gadchiroli	Maharashtra
132	Anuradha V. Dharamkar	Akola	Maharashtra
133	Varsha Koychale	Chandrapur	Maharashtra
134	Komal Ramesh Dhole	Akola	Maharashtra
135	Komal Vinod Bobade	Akola	Maharashtra
136	Bhushan V. Gondchawar	Akola	Maharashtra
137	Mohit Ambuskar	Akola	Maharashtra
138	Sufiyan Mirza	Akola	Maharashtra
139	Vivek Shailesh Bhatia	Akola	Maharashtra
140	Kunal Thokar	Akola	Maharashtra
141	Vaishnavi M. Nimbalkar	Akola	Maharashtra
142	Vedanti. M. Kokate	Akola	Maharashtra

<b>Sr. No.</b>	<b>Full Name</b>	<b>City</b>	<b>State</b>
143	Ms. Tejaswini M. Nemade	Akola	Maharashtra
144	Devyani Bandu Gawande	Akola	Maharashtra
145	Sandhya Prajapati	Akola	Maharashtra
146	Parde Priyanka Ashok	Nanded	Maharashtra
147	Nandedkar Iswar Dattatrya	Nanded	Maharashtra
148	Vaibhav Domkondwar	Nanded	Maharashtra
149	Govind Digambar Solanke	Buldhana	Maharashtra
150	Sagar P. Narkhede	Akola	Maharashtra
151	Anjali Prakash Kamble	Yavatmal	Maharashtra
152	Dhiraj Shahaji Sardar	Akola	Maharashtra
153	Abdul firoz Abdul Ansari	Akola	Maharashtra
154	Dr.Sugandh Band	Amravati	Maharashtra
155	Shruti Santosh Band	Akola	Maharashtra
156	Sunil Patil Wannalika	Latur	Maharashtra
157	Dr .Kanchan R. Lathi	Akola	Maharashtra
158	Dr. R. L. Rahatgaonkar	Akola	Maharashtra
159	Juvairiya Sadiya N. Khan	Akola	Maharashtra
160	Komal Vikas Dangat	Akola	Maharashtra
161	Ms.Pritee D. Thakare	Akola	Maharashtra
162	Rekha Ratiram Bajiya	Akola	Maharashtra
163	Gayatri Sitaram Jangid	Akola	Maharashtra
164	Dr.R. D. Chandrawanshi	Akola	Maharashtra
165	Pranav Gupta	Akola	Maharashtra
166	Roshan D. Gawarguru	Akola	Maharashtra
167	Srushti Gajanan Murhe	Akola	Maharashtra
168	Mrunal Gopal Partike	Akola	Maharashtra
169	Shruti S. Rambhapure	Akola	Maharashtra
170	Dr.Rashmi Joshi Sawalkar	Akola	Maharashtra
171	Ruchitra P. Jasmatiya	Akola	Maharashtra
172	Huzaifa kausar A.Sabir	Akola	Maharashtra
173	Rafat Anjum Zamiruddin	Akola	Maharashtra
174	Yash Gajanan Milke	Akola	Maharashtra
175	Ankita Raju Gajabhiye	Akola	Maharashtra
176	Ku. Tejal D. Thakur.	Akola	Maharashtra
177	Samiksha Sunil Lingayat	Akola	Maharashtra
178	Ms. Pranita P. Rathod	Akola	Maharashtra
179	Donald Ford	Nagpur	Maharashtra
180	Ansari mohd. Ubaid	Mumbai	Maharashtra

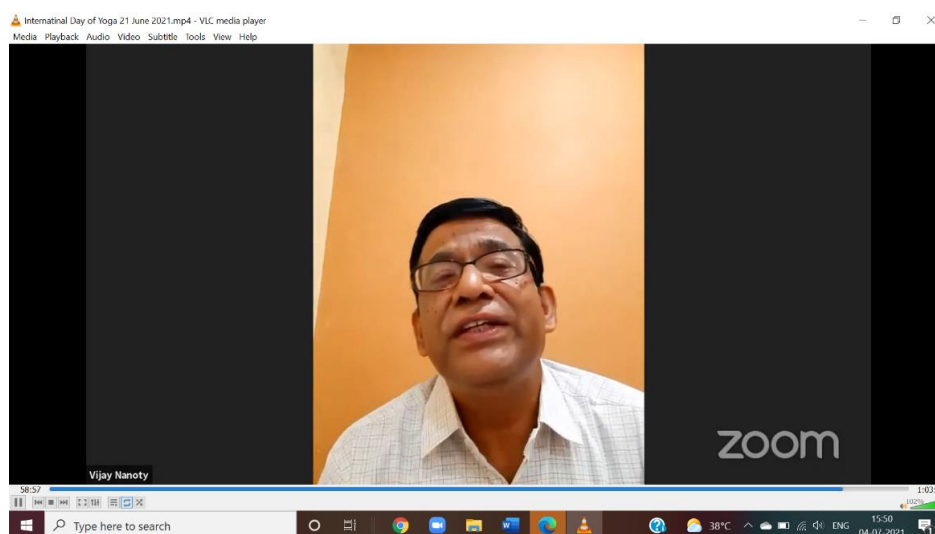
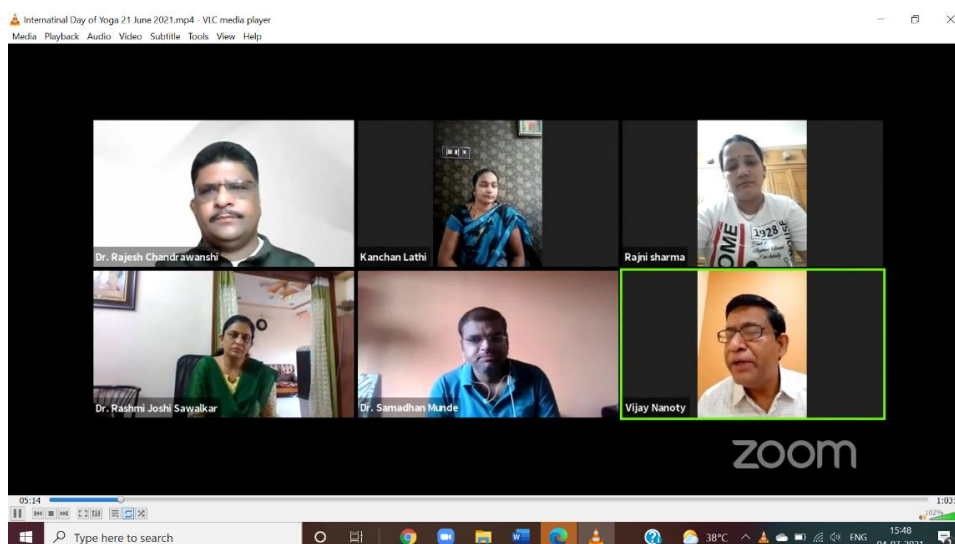
<b>Sr. No.</b>	<b>Full Name</b>	<b>City</b>	<b>State</b>
181	Yuvraj Ashok Gaikwad	Pune	Maharashtra
182	Ashlesha Mungi	Pune	Maharashtra
183	Amol Kashinath Ghodke	Pune	Maharashtra
184	Sarita Surendra Yelputla	Aurangabad	Maharashtra
185	Miss Sonali S. Harne	Amravati	Maharashtra
186	Gouri Pravin Rathi	Yavatmal	Maharashtra
187	Narendra R.o Mundhe	Jalna	Maharashtra
188	Ranjit Motiram Ingole	Akola	Maharashtra
189	Preet Nilayranjan Singh	Mumbai	Maharashtra
190	Sanjay Anandrao Desale	Mumbai	Maharashtra
191	Ritesh Ganesh Jibhakate	Nagpur	Maharashtra
192	Purvesh Pradip Parpate	Madhapuri	Maharashtra
193	Bhagysrhi R. Patil	Dhule	Maharashtra
194	Kajal Sanjay Khandare	Akola	Maharashtra
195	Prakash Deoram Shirsat	Nashik	Maharashtra
196	Shubham V. Sonawane	Pune	Maharashtra
197	Samiksha Dilip Revaskar	Akola	Maharashtra
198	Sakshi Prabhaka Mondhe	Akola	Maharashtra
199	Dr Dhamane Ishwar Gopal	Nandurbar	Maharashtra
200	Manish Agarawal	Jalgaon	Maharashtra
201	Sanjay	Amravati	Maharashtra
202	Shravani Sunil Mondhe	Village	Maharashtra
203	Krishna Jagannath Shukla	Akola	Maharashtra
204	Sandeep G. Gaikwad	Parbhani	Maharashtra
205	Kishor R. Kandalkar	Akola	Maharashtra
206	Khan Q. Yunus	Akola	Maharashtra
207	Sana Sadaf	Akola	Maharashtra
208	Dr.Rupali Abhijit Ingole	Amravati	Maharashtra
209	Pankaj onkar jangle	Washim	Maharashtra
210	Sanskruiti Vinod Ganoje	Akola	Maharashtra
211	Dr.Pankaj R.Sharma	Washim	Maharashtra
212	Motale S. Laxmikantrao	Beed	Maharashtra
213	Dr.Rajendra G.Kakuste	Nandurbar	Maharashtra
214	Ganesh Chavhan	Akola	Maharashtra
215	Ugle Akshay Pandurang	Jalna	Maharashtra
216	Prajwal	Akola	Maharashtra
217	Ashvini D. Kharbade	Akola	Maharashtra

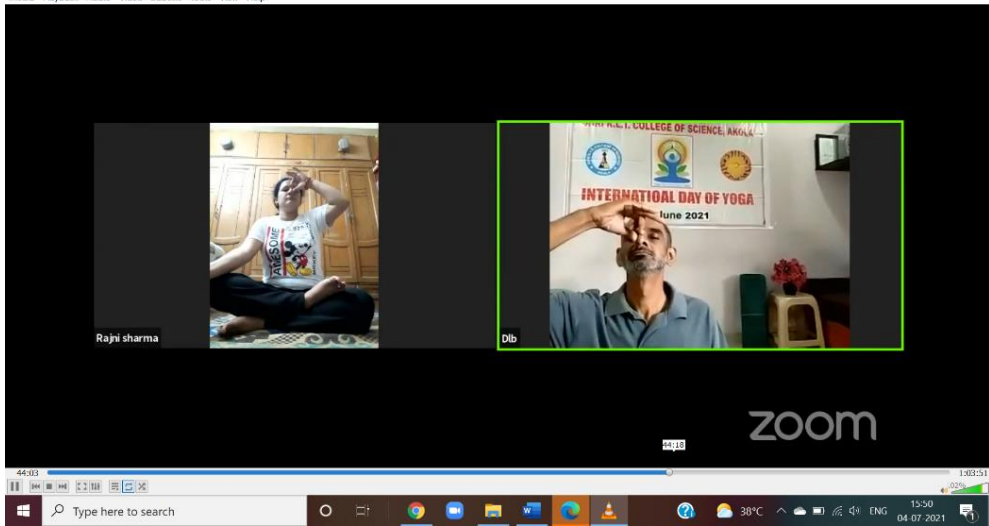
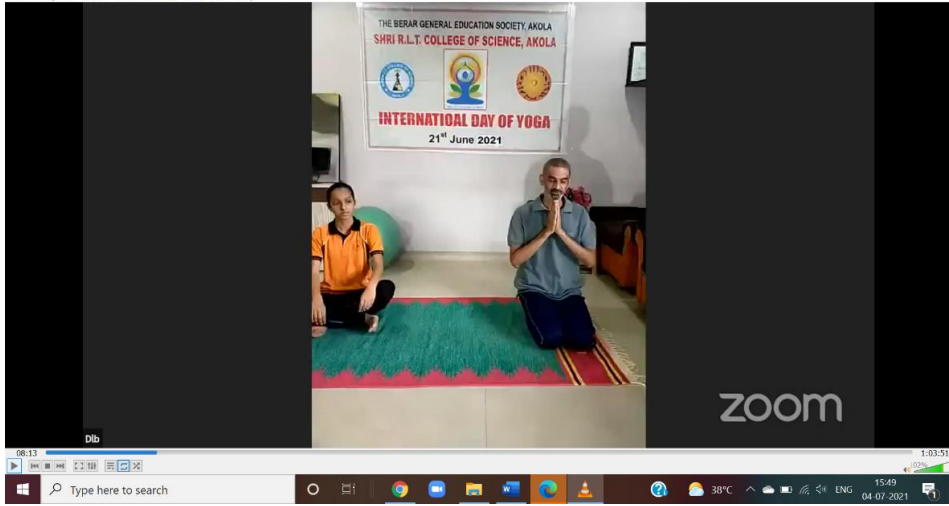
<b>Sr. No.</b>	<b>Full Name</b>	<b>City</b>	<b>State</b>
218	Swapnil Joshi	Akola	Maharashtra
219	Swapnil D Joshi	Akola	Maharashtra
220	Shweta Santosh Raut	Akola	Maharashtra
221	Arpita Digambar Charjan	Akola	Maharashtra
222	Yash Divakar Kale	Akola	Maharashtra
223	Sneha Dadarao Jamnik	Akola	Maharashtra
224	Dnyanesh R. Tale	Akola	Maharashtra
225	Prabhu Pandit Salwe	Buldana	Maharashtra
226	Rajendra L. Dongare	Akola	Maharashtra
227	Dr Anushree Mahurkar	Nagpur	Maharashtra
228	Dr.Santosh P. Tayade	Akola	Maharashtra
229	Sayyeda Siddiqua Quazi	Akola	Maharashtra
230	Ku.Nandini Shyam Kute	Karanja lad	Maharashtra
231	Dr.Madhukar Vedpathak	Raigad	Maharashtra
232	Ankit Devidas Ganjare	Akola	Maharashtra
233	सर्वेश सिद्धार्थ मेश्राम	अकोला	Maharashtra
234	Lt. Sushilkumar Singh	Kakching	Manipur
235	Kamal	Hanumangarh	Rajasthan
236	Ajay Singh	Suratgarh	Rajasthan
237	Karthikeyan K	Virudhunagar	Tamil Nadu
238	Karhi P.	Virudhunagar	Tamil Nadu
239	B. Nagarjun	Hyderabad	Telangana
240	Purva Ganeshrao Kherkar	Kandi	Telangana
241	Vijay Kumar Verma	Faizabad	Uttar Pradesh
242	Abhilash Verma	Ghaziabad	Uttar Pradesh
243	Dr. Shashi Shekhar Misra	Lucknow	Uttar Pradesh
244	Vinay Panwar	Saharanpur	Uttar Pradesh
245	Yogesh Bodh	Meerut	Uttar Pradesh
246	Amrita Yadav	Dehradun	Uttarakhand
247	Dr. Subrata Biswas	Kolkata	West Bengal
248	Dr. Sanjoy Mitra	Nadia	West Bengal
249	Subhadip Sarkar	Purba Bardhaman	West Bengal
250	Kamal Chandra Biswas	Kolkata	West Bengal

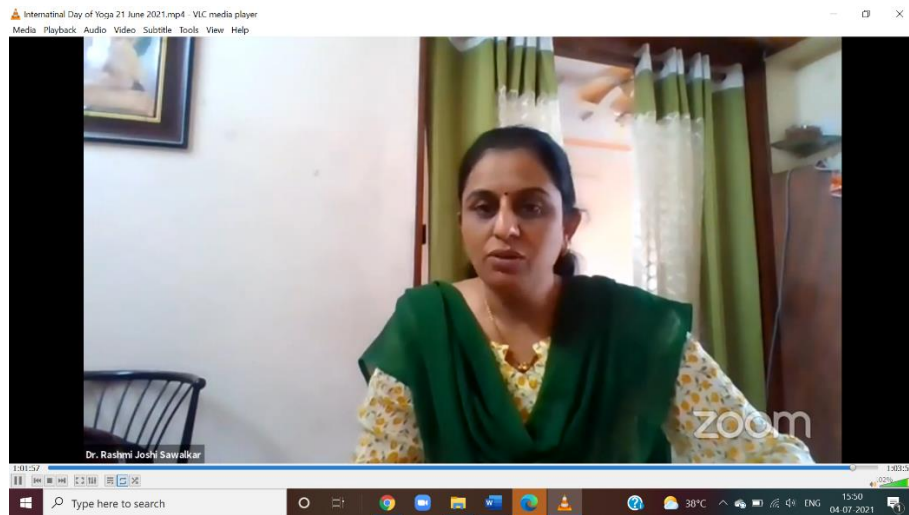
## Schedule and URL/Links

Platform	Details	
Registration Quiz	<b>Duration</b>	Registration Schedule from 18 <sup>th</sup> to 30 <sup>th</sup> June 2021
	<b>Reg. Link</b>	<a href="https://forms.gle/Q3DfMpRDFh5Z8XUf6">https://forms.gle/Q3DfMpRDFh5Z8XUf6</a>
	<b>Cert.</b>	Participation Certificate will be issued on 5 <sup>th</sup> July 2021
Zoom	<b>Link</b>	<a href="https://us02web.zoom.us/j/85940192853?pwd=THhncDEzYmV1cFJZNGE1YjlnNGk4Zz09">https://us02web.zoom.us/j/85940192853?pwd=THhncDEzYmV1cFJZNGE1YjlnNGk4Zz09</a>
	<b>ID</b>	859 4019 2853
	<b>PC</b>	152966
YouTube	<b>Link</b>	<a href="https://youtu.be/RyQFCfa8GuM">https://youtu.be/RyQFCfa8GuM</a>
Telegram	<b>Link</b>	<a href="https://t.me/joinchat/ROqTRFNI3VQxOTE1">https://t.me/joinchat/ROqTRFNI3VQxOTE1</a>

## Photographs of Programme







**Resource Person**



**Mr. Dhananjay Bhagat**  
**Director**  
**Ajinkya Fitness Park, Akola**

**Organizing Committee**

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

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

**Dr. R.P. Joshi**  
**NSS, Programme Officer**  
**Asst. Prof. in Zoology**

**Dr. R. L. Rahatgaonkar**  
**IQAC Coordinator**  
**Asst. Prof. in Zoology**

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

**Dr. S.L. Mundhe**  
**NSS, Programme Officer**  
**Asst. Prof. in Mathematics**



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

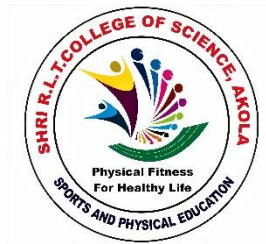
Affiliated to Sant Gadge Baba Amravati University, Amravati

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  
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 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 organizing 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
REGISTRATION	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>
CERTIFICATE	Certificate	Participation Certificate will be issued on 31 <sup>st</sup> July 2021
YOU TUBE	Channel	<a href="https://www.youtube.com/channel/UCB6E1vJl3YwmDWP M510xzSA">https://www.youtube.com/channel/UCB6E1vJl3YwmDWP M510xzSA</a> Subscribe YouTube channel for online programme
CONTACT	Mobile No.	<b>Dr. R.D. Chandrawanshi, Coordinator</b> 9850599429, 8788868145
TELEGRAM GROUP	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, Bapumiya 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. 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
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

Date	Time	Event	Resource Person
25 <sup>th</sup> July 2021	7:00 AM To 8:00 AM	Practical Session <b>Use of Resistance Tube</b> <b>Exercises for strength training</b>	<b>Dr. Deepakkumar Dogra</b> Asst. Professor Department of Physical Education Banaras Hindu University, Banaras, Uttar Pradesh
	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
	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</b> <b>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	
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

Roll No.	Full Name	District	State
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 Mudeser 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	VIivek 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

Roll No.	Full Name	District	State
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. Bhoyar	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



Roll No.	Full Name	District	State
121	Yash sandip Waghmare	Akola	Maharashtra
122	Dr. Anis Ahmed Khan	Amravati	Maharashtra
123	Dr.Chandrashekhhar 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 Bansidharrao	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

Roll No.	Full Name	District	State
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. Raghuvanshi	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 Bhoyar(Gaikwad)	Yavatmal	Maharashtra
238	Kiran Wankhade	Buldana	Maharashtra
239	Suhani Kailashsingh Rajput	Buldana	Maharashtra
240	Sunil Dhonduji Jamode	Buldana	Maharashtra

Roll No.	Full Name	District	State
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

Roll No.	Full Name	District	State
281	Mayur suresh Nimbalkar	Akola	Maharashtra
282	Vishvajeet Vhanmore	Pune	Maharashtra
283	Anand Dipak Dongare	Akola	Maharashtra
284	Kalyan Deoraaji Maldhure	Amravati	Maharashtra
285	Aakanksha S Dongare	Akola	Maharashtra
286	Dr Shyamasundar G.Kela	Buldana	Maharashtra
287	Yogendra Bhagwan Pahurkar	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

Roll No.	Full Name	District	State
321	Pankaj Onkar Jangle	Washim	Maharashtra
322	Prof. Sanjay N. Patil	Kolhapur	Maharashtra
323	Yashwant Gajanan Mahajan	Washim	Maharashtra
324	Abhay.Y. Bhishma	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

Roll No.	Full Name	District	State
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	Kalaiyarasan 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

Roll No.	Full Name	District	State
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.

Sr. No.	State	Country	No. of Participants
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

Date	Time	Event	Resource Person	Links / URL
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/kWqkyN JBzL4</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/xwiYzkg 00R4</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/9SI4nkF Y09Y</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/np3880 NMimI</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	

Date	Time	Event	Resource Person	Links / URL
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/r6GesmBFD70">https://youtu.be/r6GesmBFD70</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	

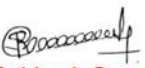
Date	Time	Event	Resource Person	Links / URL
24 <sup>th</sup> July 2021	7:00 AM To 8:00 AM	Practical Session Pushups /Dips, Skipping Rope	Mr. Abhishek Kumar Fitness Trainer & Coach Short NIS in Boxing New Delhi	<a href="https://youtu.be/iA--kf4ZMcE">https://youtu.be/iA--kf4ZMcE</a>
	8:00 AM To 9:00 AM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


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

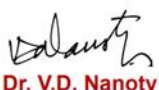




**CERTIFICATE**

This is to certify that **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.



*Dr. Subhash Gawande*  
**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. 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.



*Dr. Subhash Gawande*  
**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. 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

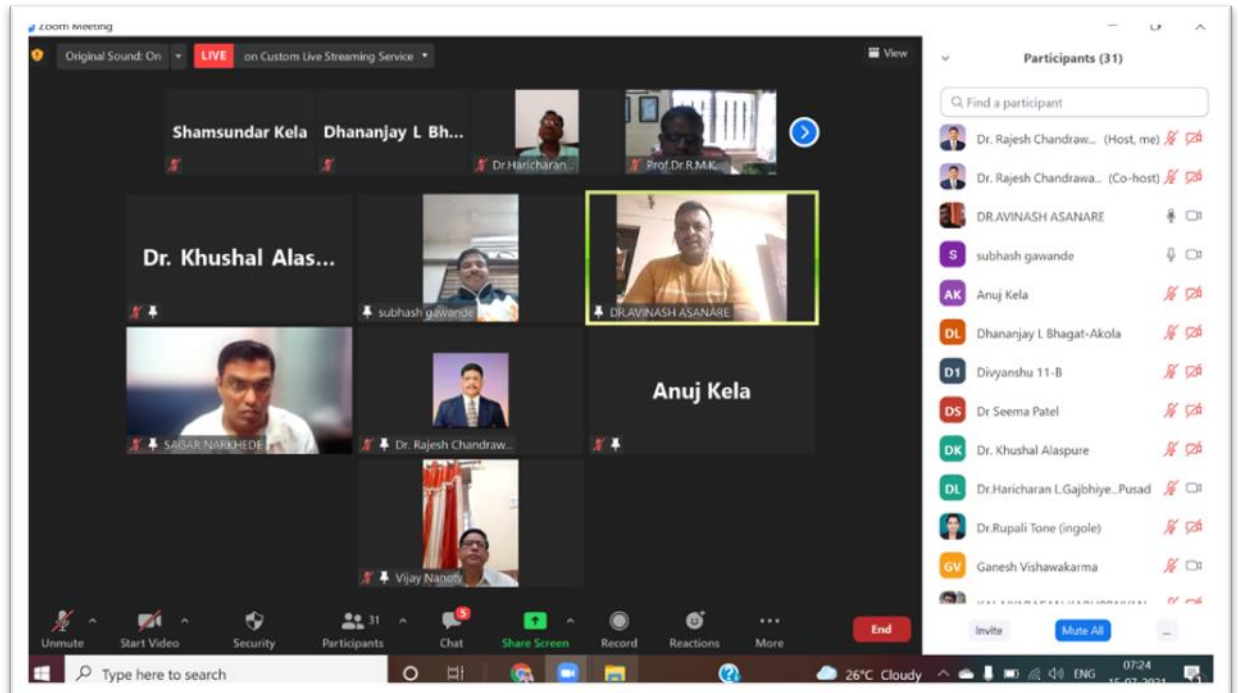
Open to All

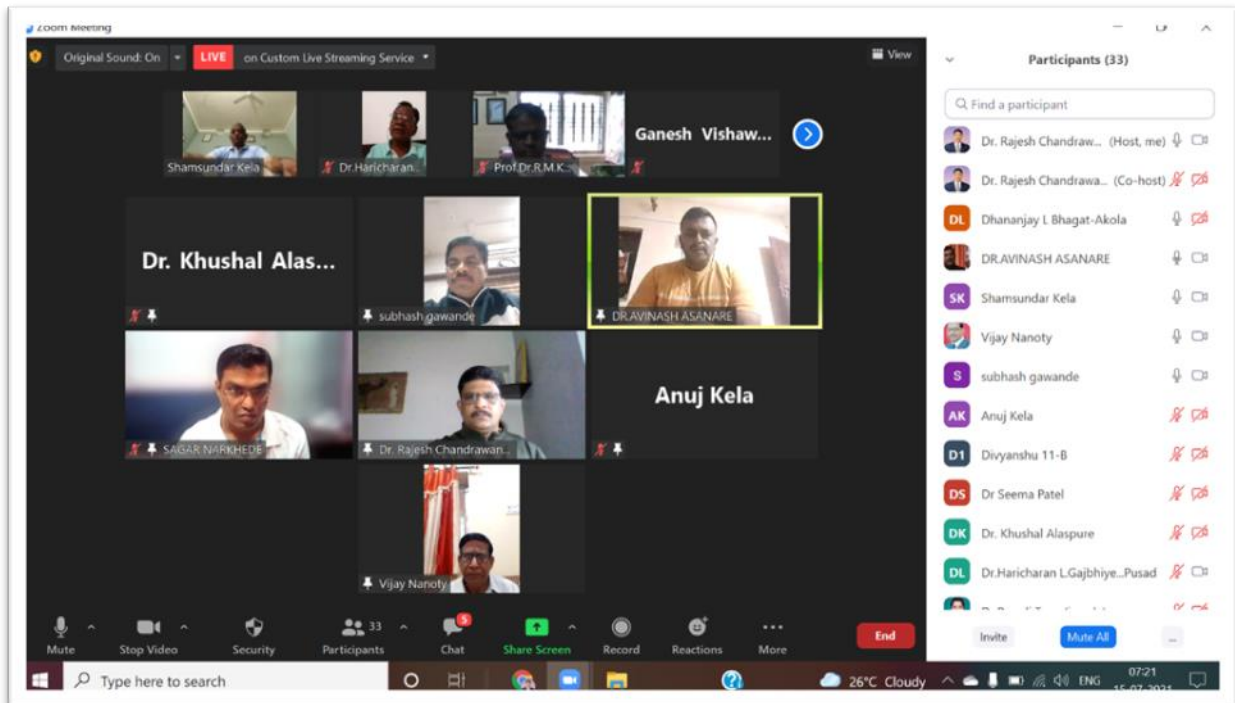
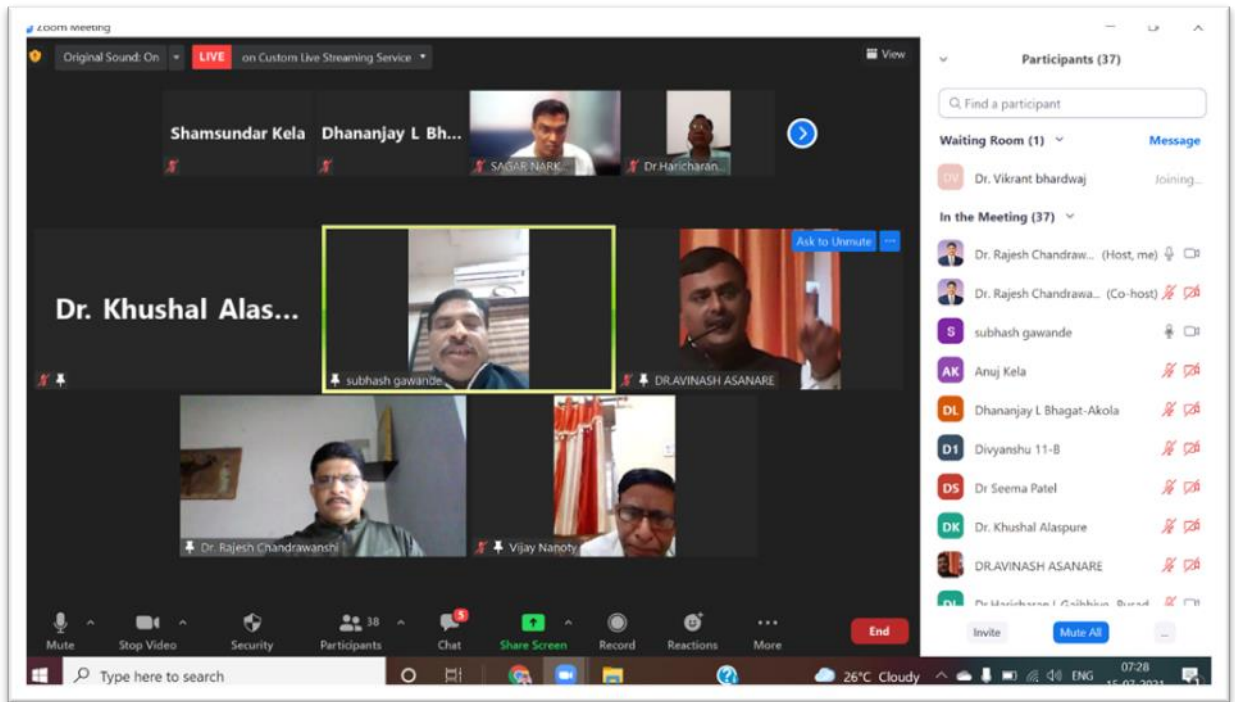
Dt. 15<sup>th</sup> to 26<sup>th</sup> July 2021

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 Wankhedi,Secretary, Mahavidyalayin Sharirik Shikshan Shikshak Association, Amravati,Dr. R.D. Chandrawanshi, Course Coordinatior, Dr. R.L. Rahatgaonkar, IQAC Coordinatior, 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.

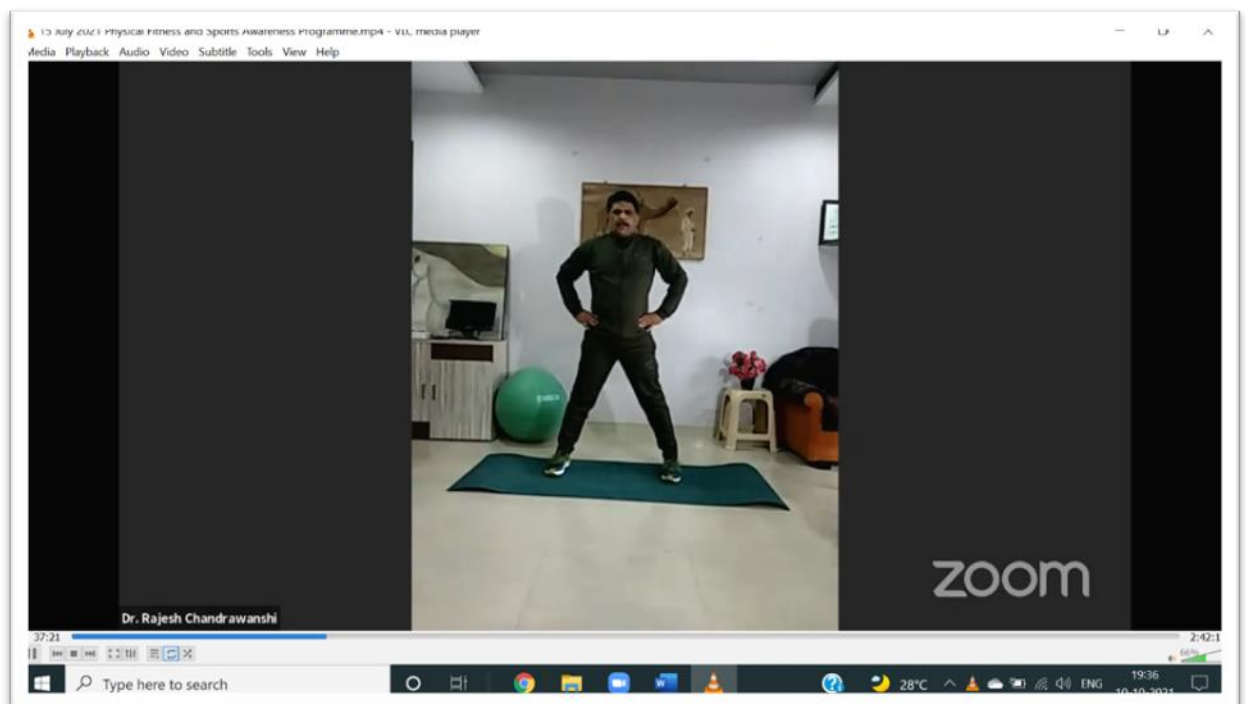
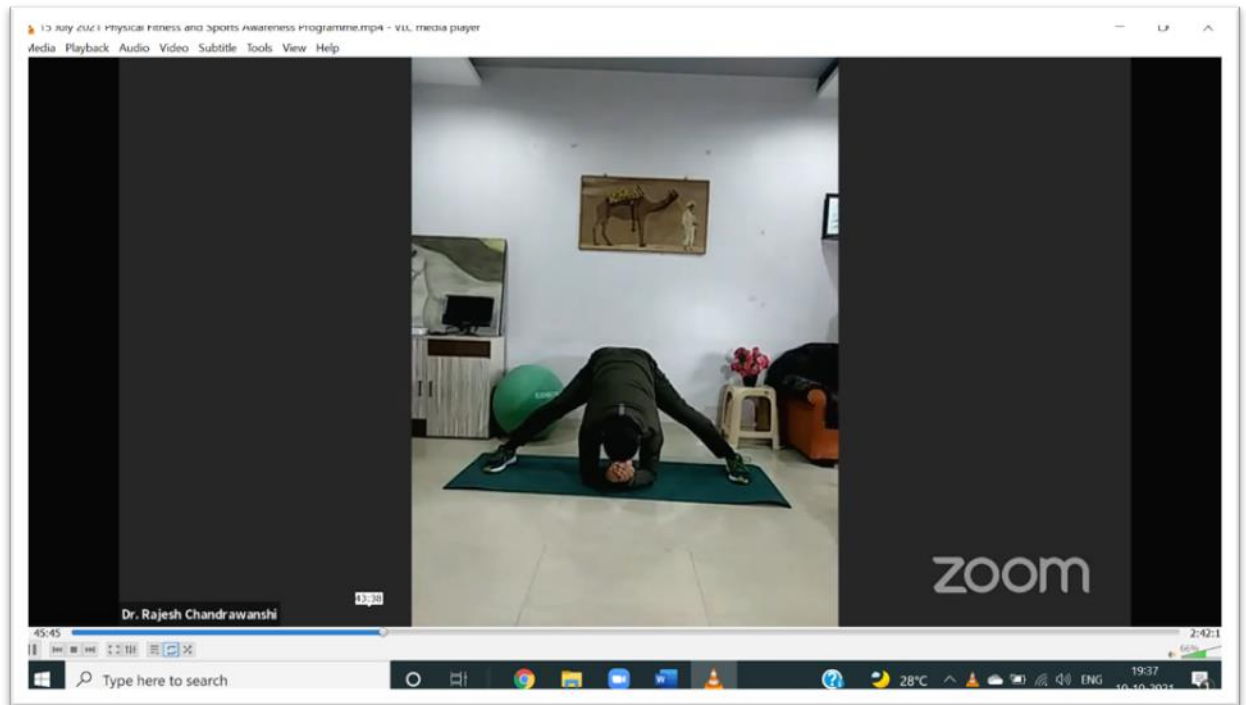




Date: 15<sup>th</sup> July 2021

## Stretching Exercises

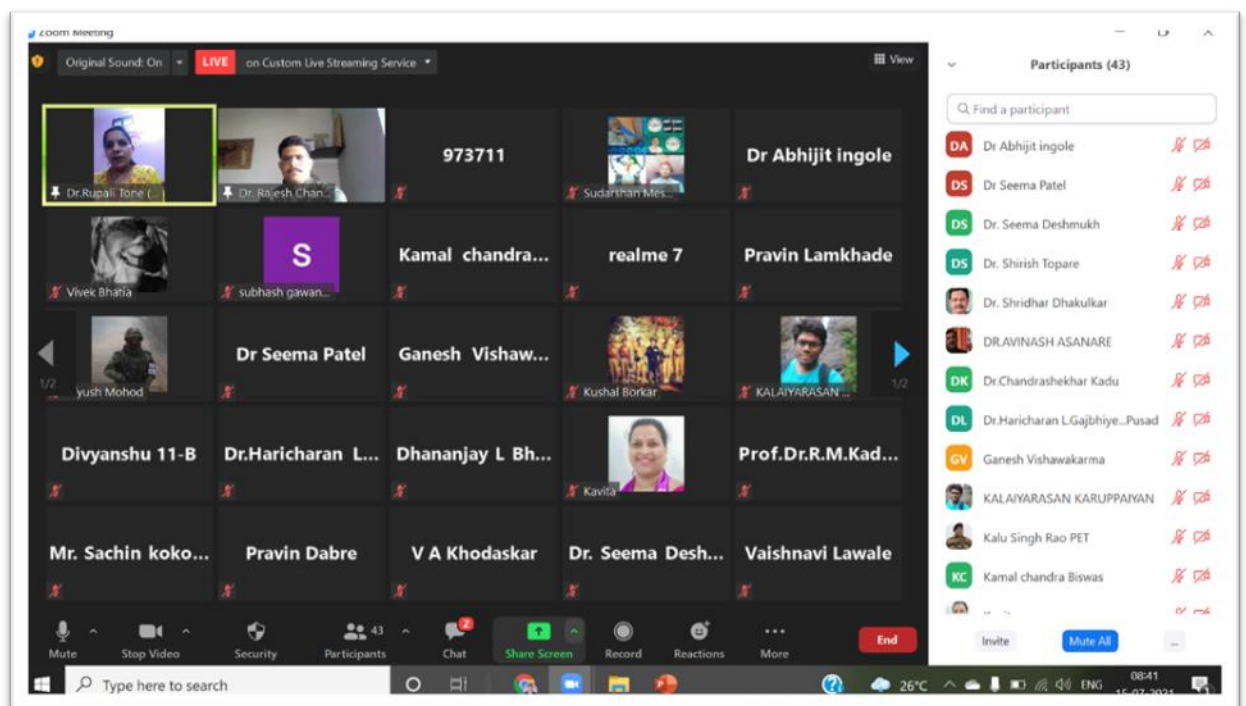
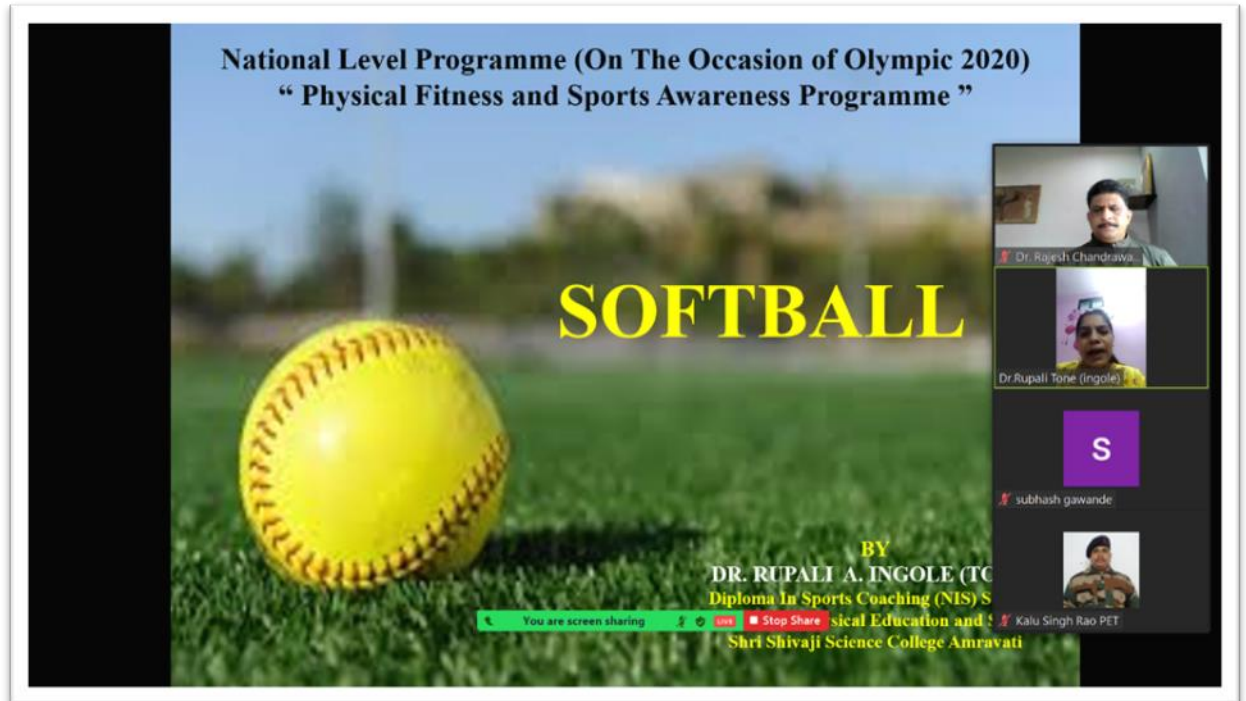
This live practical session was conducted by Dr. Rajesh D. Chandrawanshi, Course Coordinator.



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

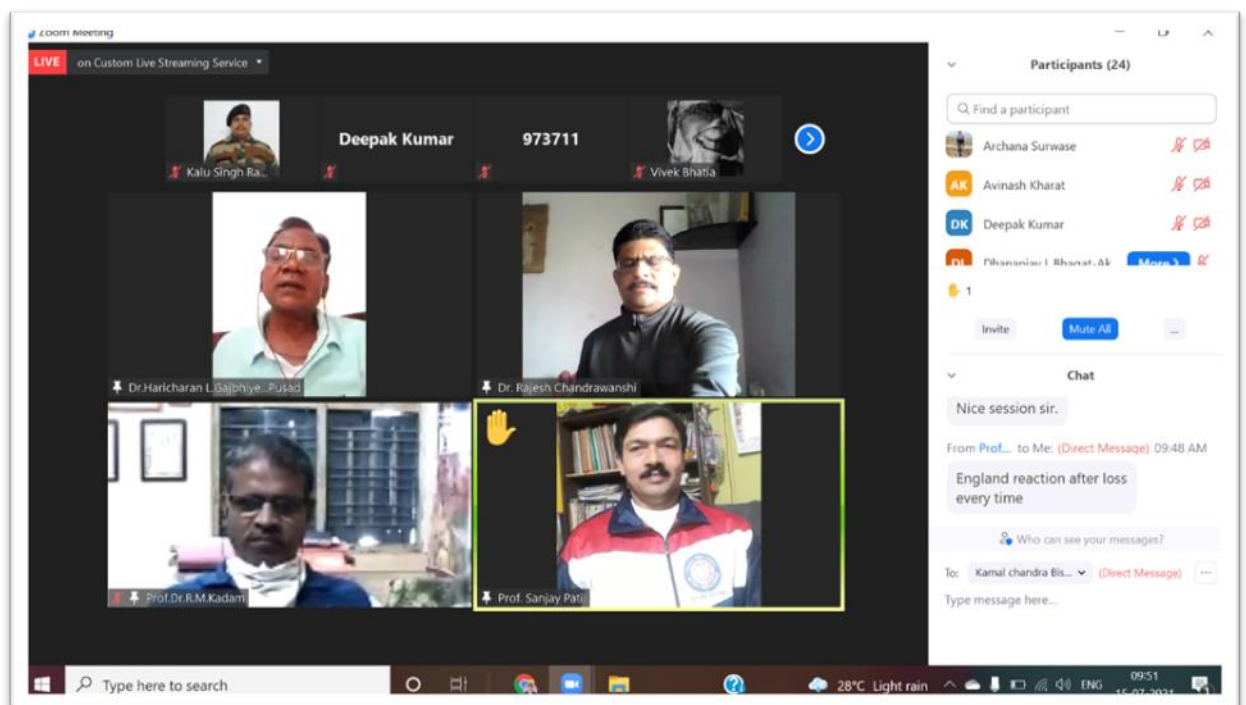
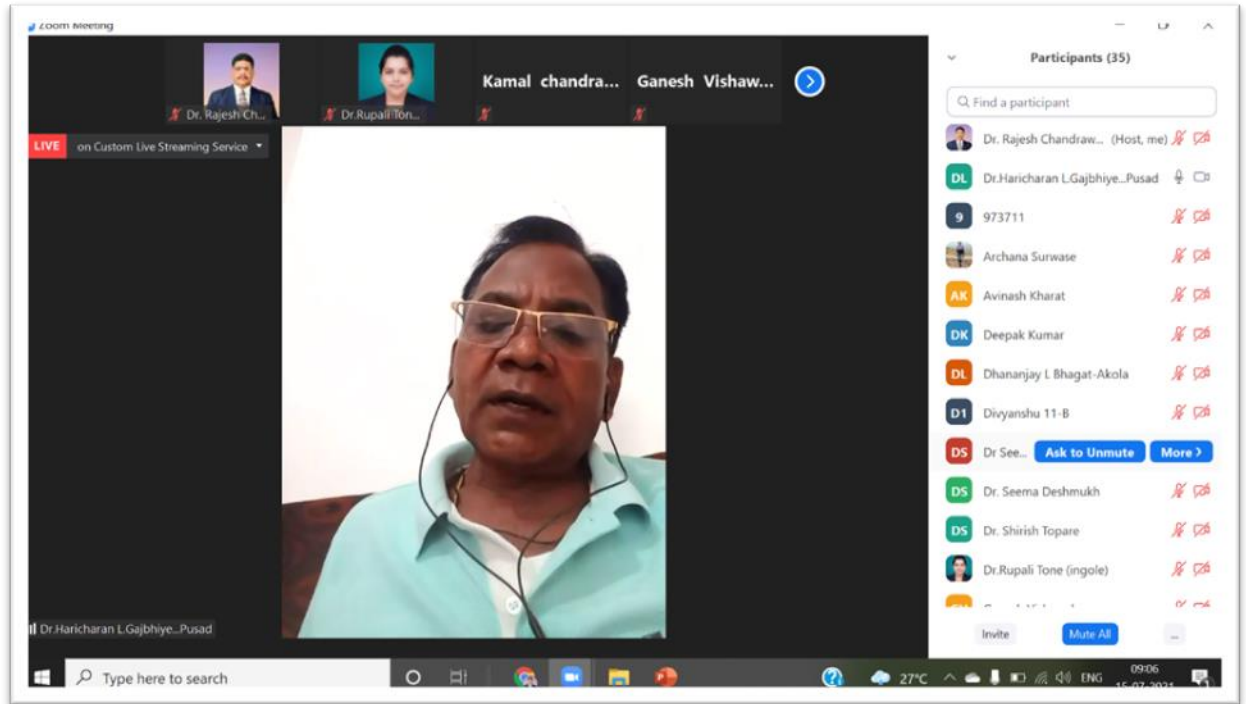




Date: 15<sup>th</sup> July 2021

## Football

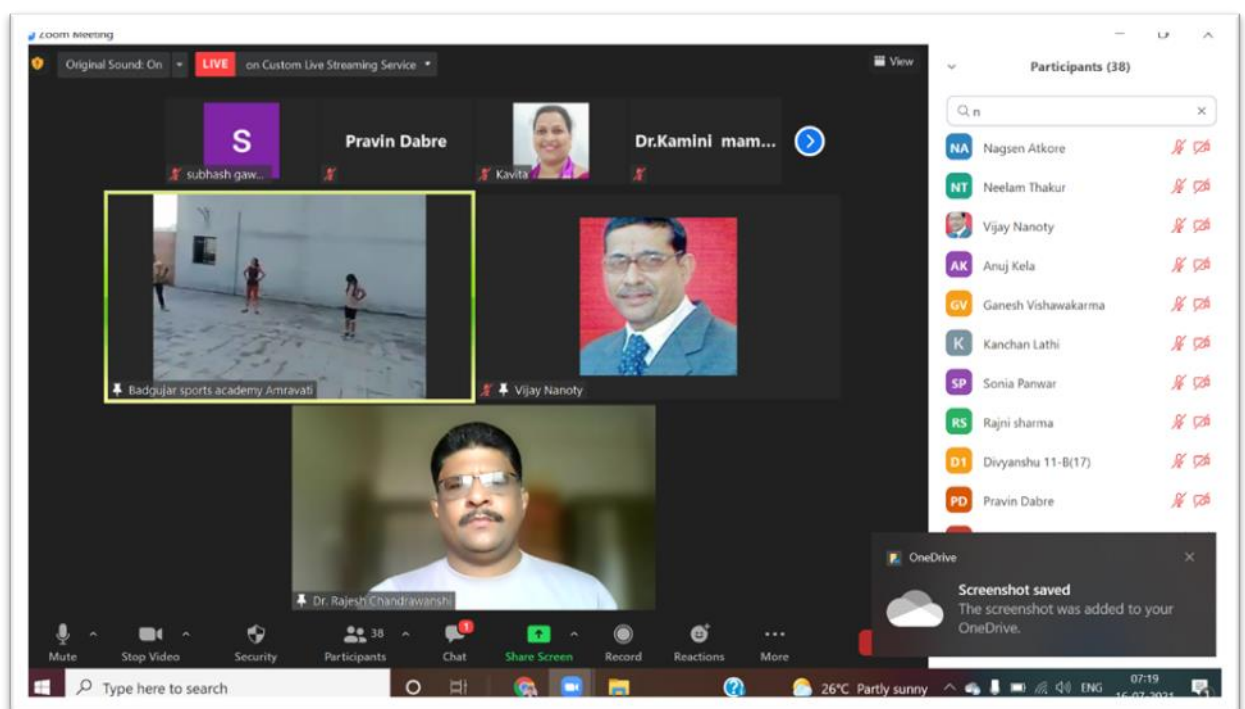
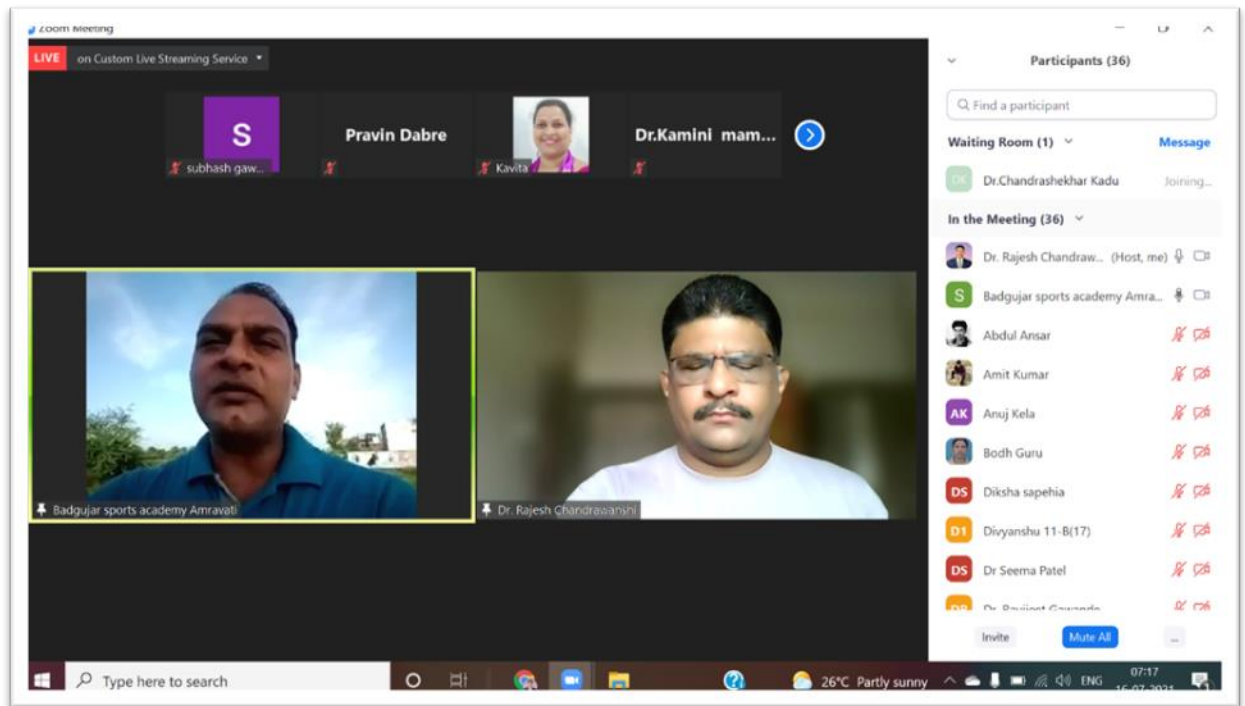
Football related informative lecture was nicely delivered by Dr. Harish Gajbhiye, Ex. Voice-Principal Phulsing Naik College, Pusad,



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

## Warm Up Exercises

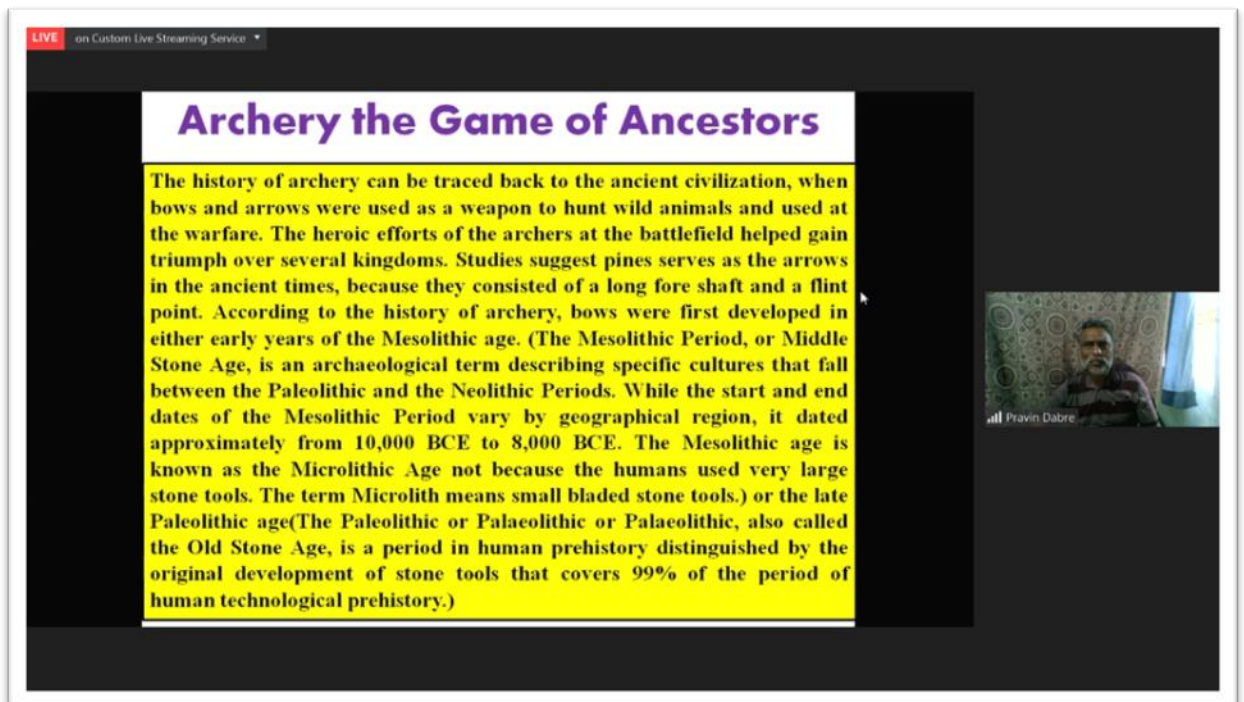
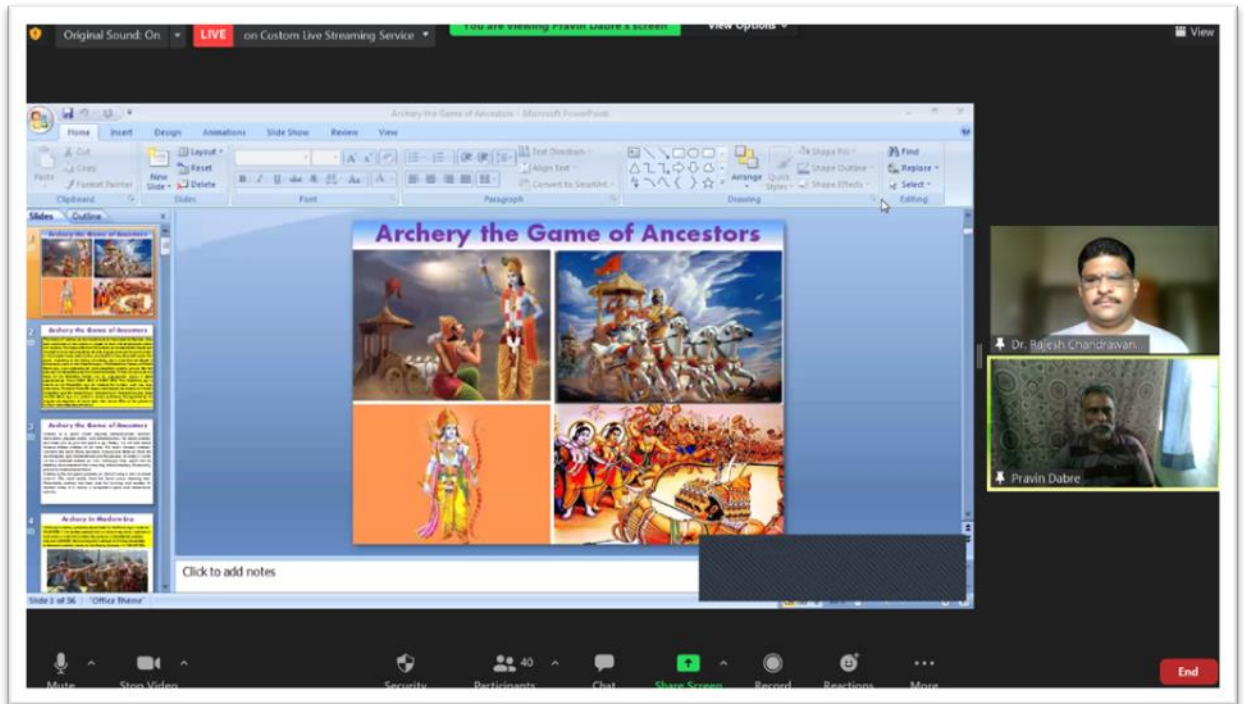
Warm up Exercises related introductory remark and practical session was nicely conducted by Dr. Rakesh Badgujar, Exe. Member of Sports Authority of India, Director, Badgujar Sports Academy, Amravati.



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

## Archery

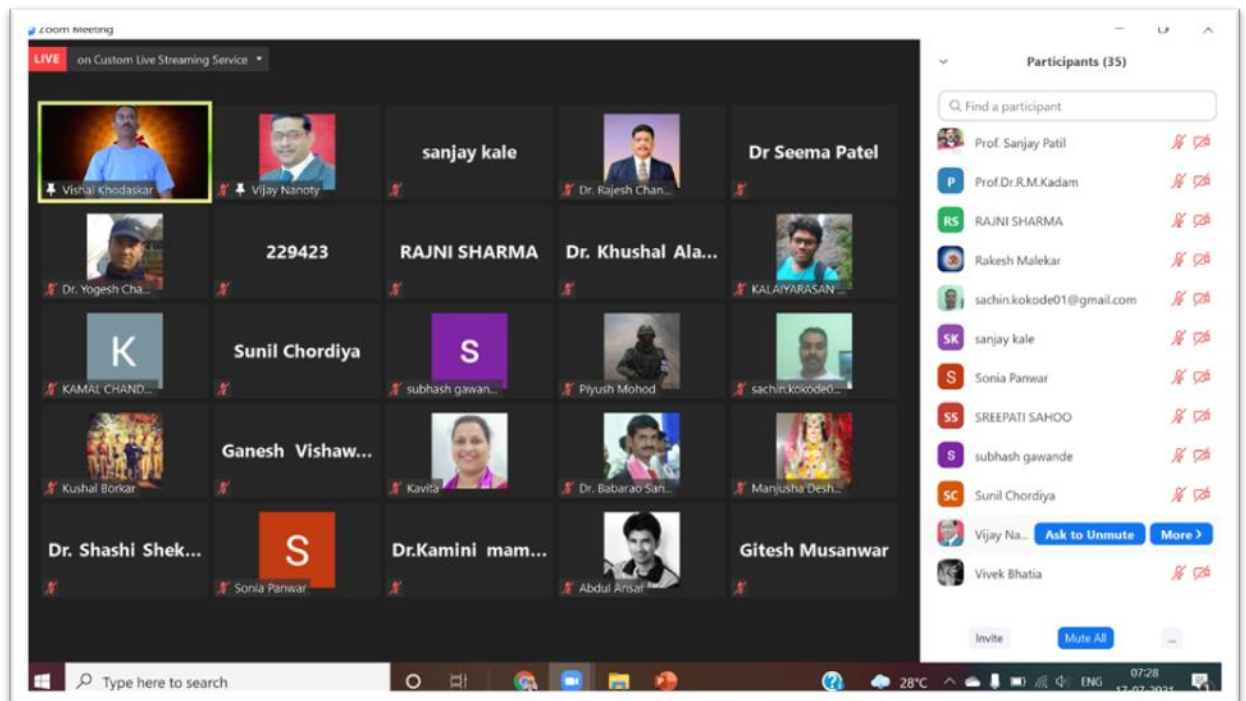
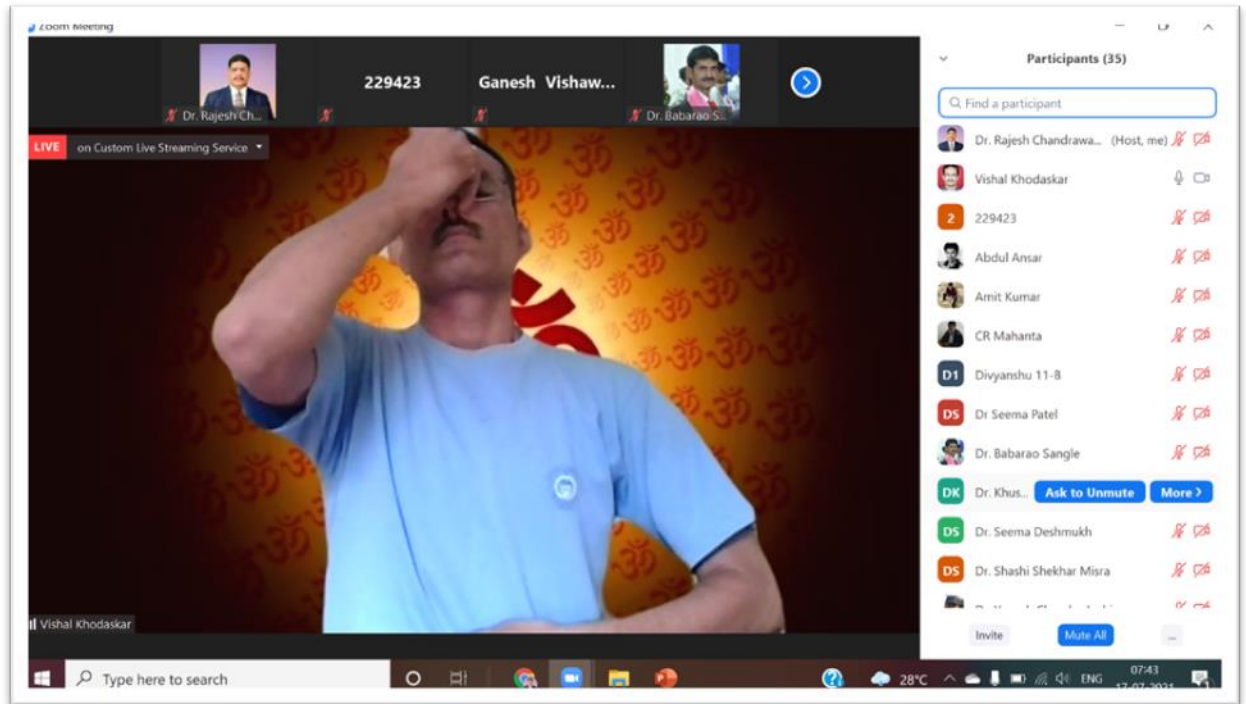
Football related informative lecture was nicely delivered by Dr. Pravin Dabre, Director of Physical Education and Sports, Shripad Krushna Kolhatkar Mah., Jaglaon Jamod



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

## Pranayama & Meditation

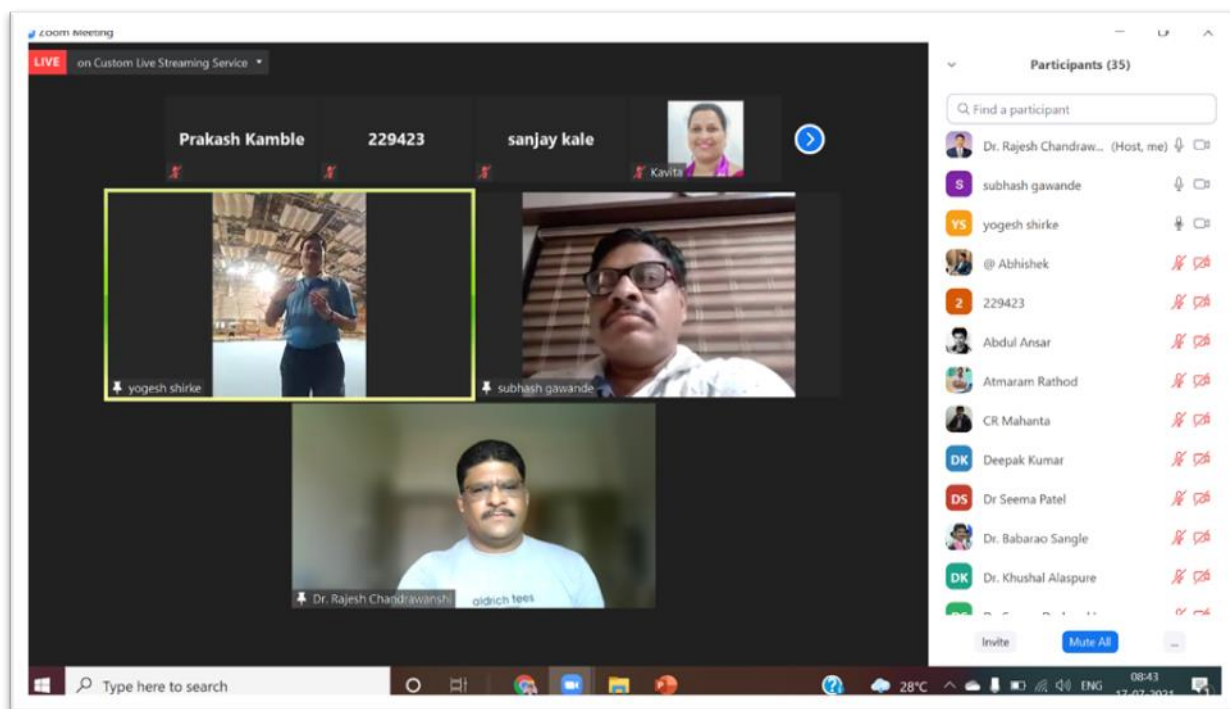
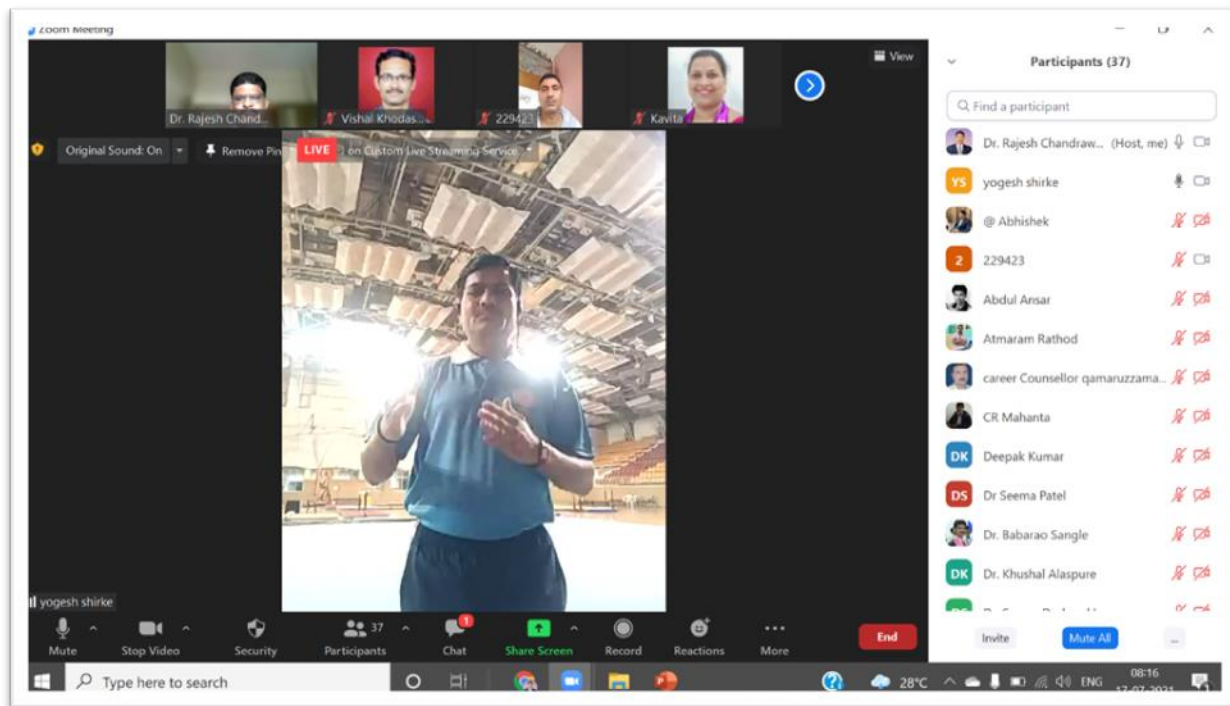
Pranayama & Meditation related introductory remark and practical session was nicely conducted by Dr. V.A. Khodaskar, Director of Physical Education and Sports, Nehru Mahavidyalaya, Nerparsopant, Yavatmal.



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

## Gymnastics

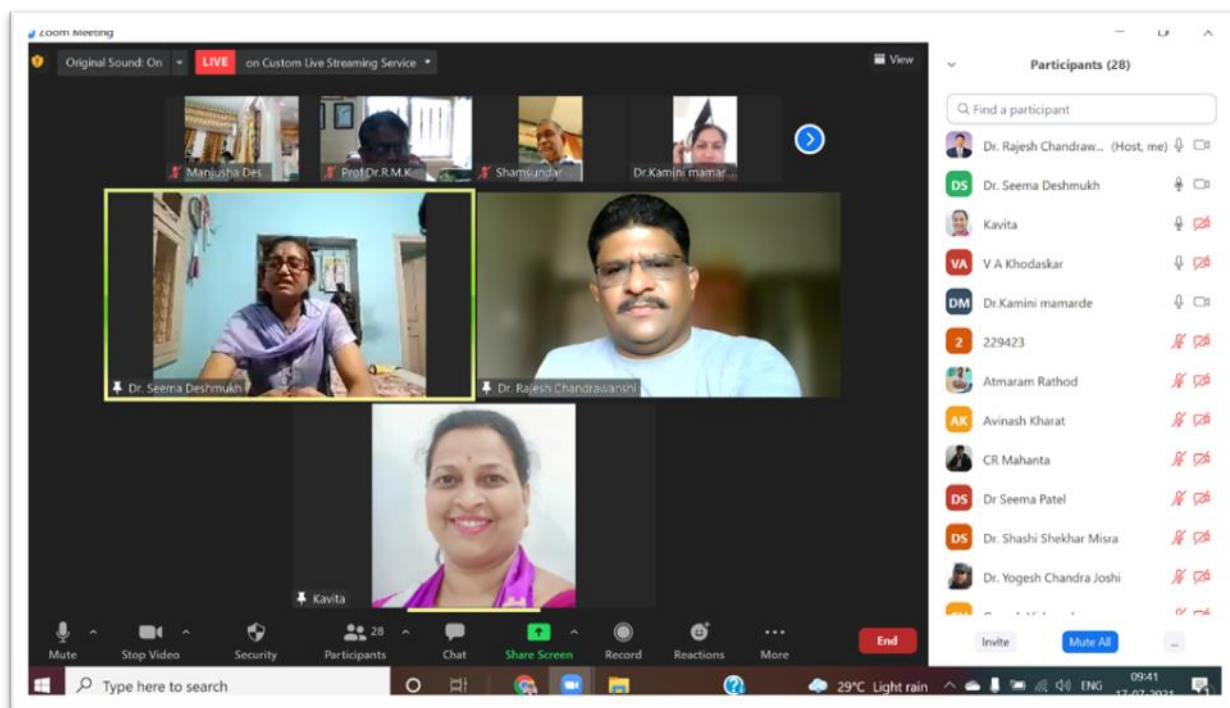
Gymnastic related informative lecture was nicely delivered by Mr. Yogesh Shirke, International Gymnastics Coach, Directorate of Sports and Youth Services, Maharashtra State, Pune.



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

## Badminton

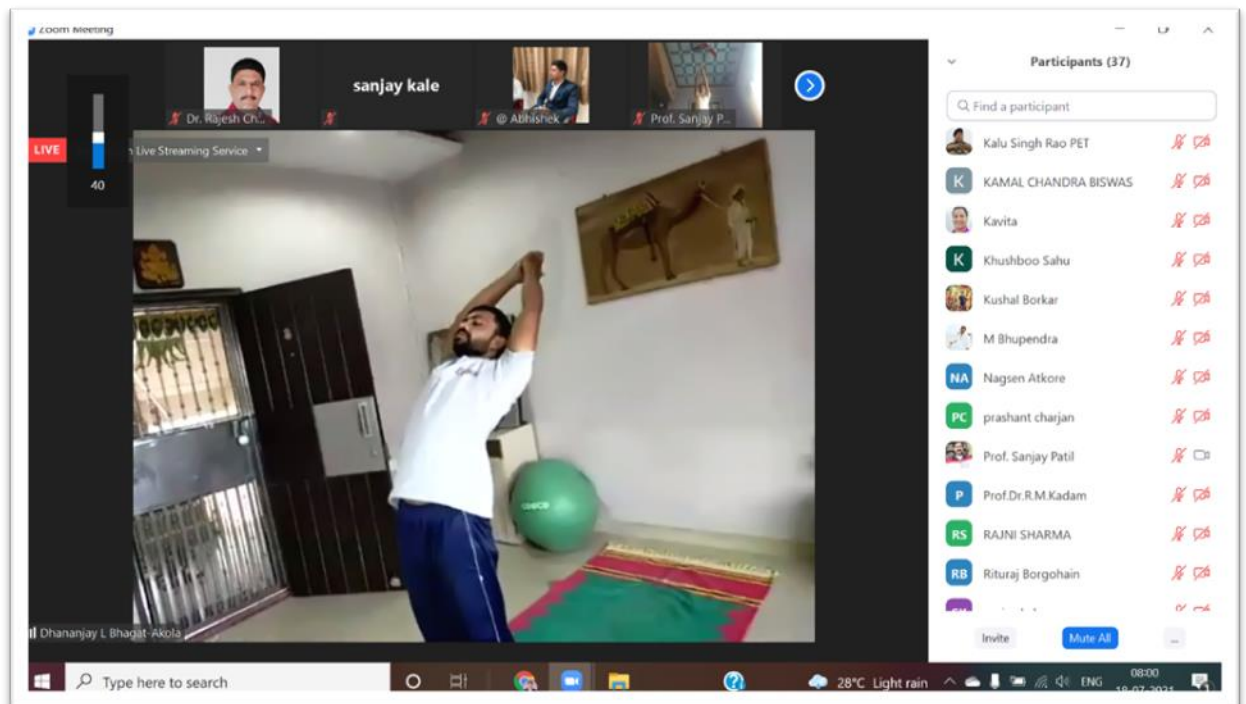
Badminton related informative lecture was nicely delivered by Dr. Seema Deshmukh, Director of Physical Education and Sports, Smt. S.R. Mohta Mahila Mahavidyalaya, Khamgaon.



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

## Suryanamaskar

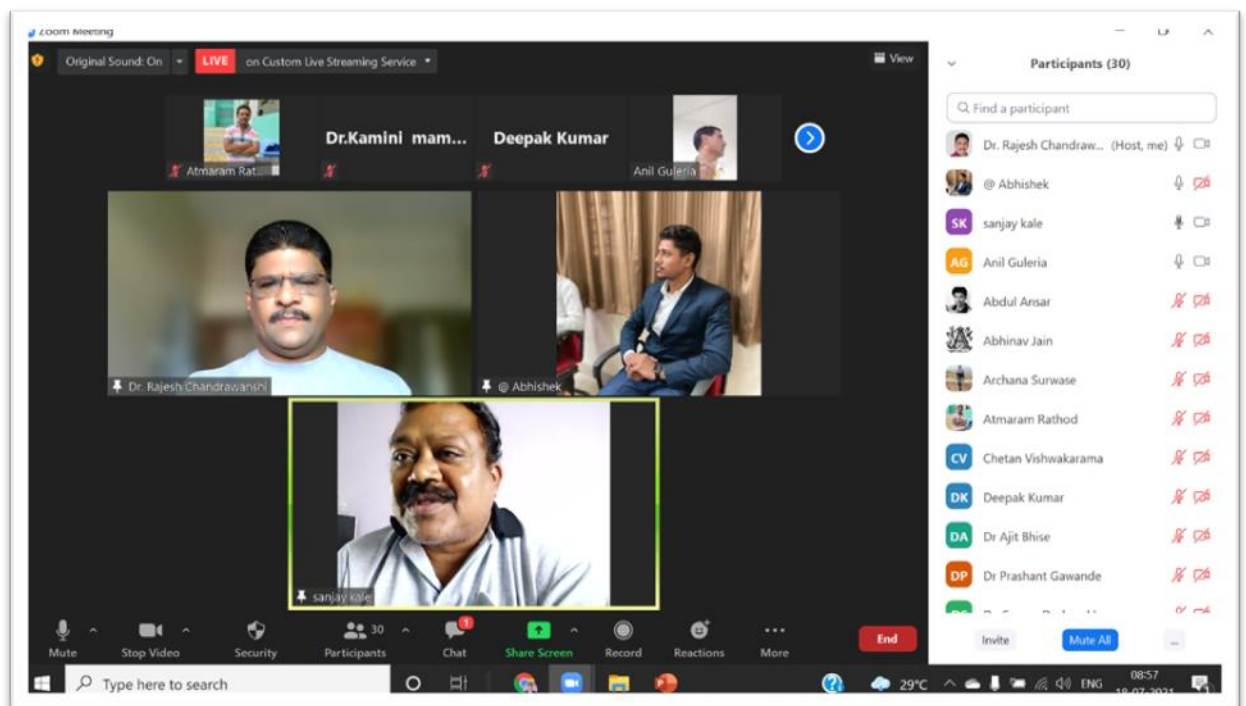
Suryanamaskar related introductory remark and practical session was nicely conducted by Mr. Dhananjay Bhagat, Director, Ajinkya Fitness Park, Akola.



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.

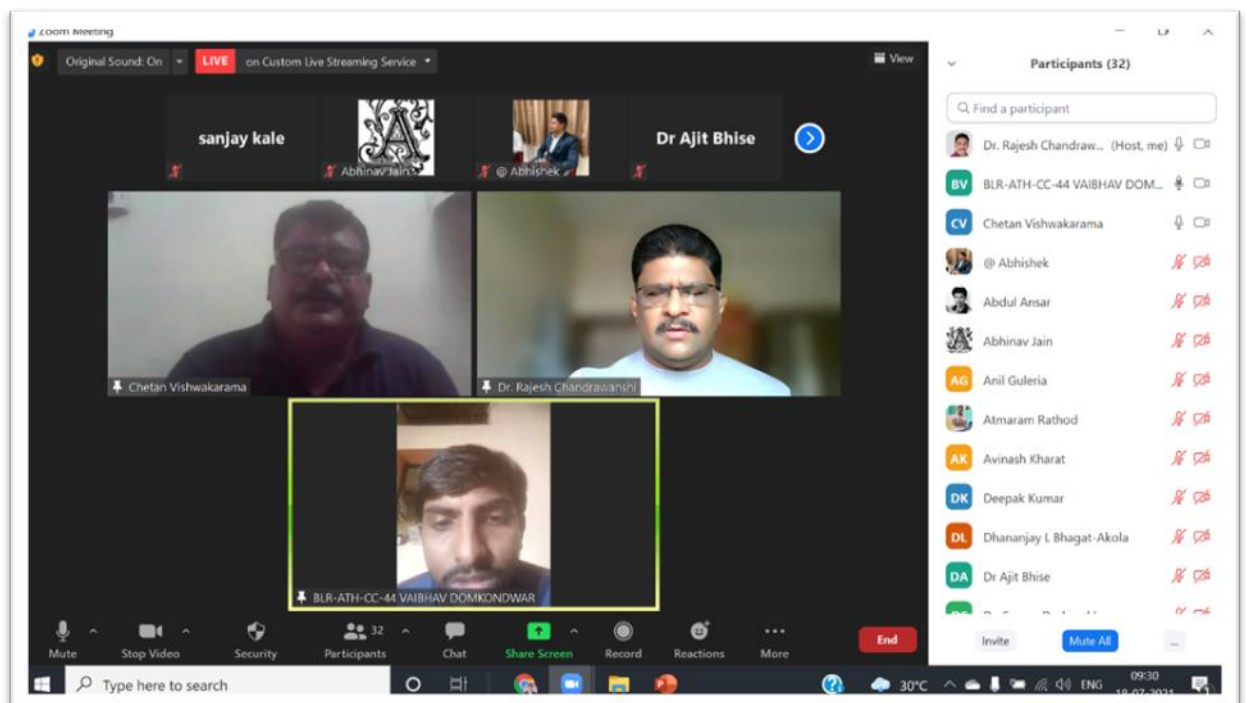
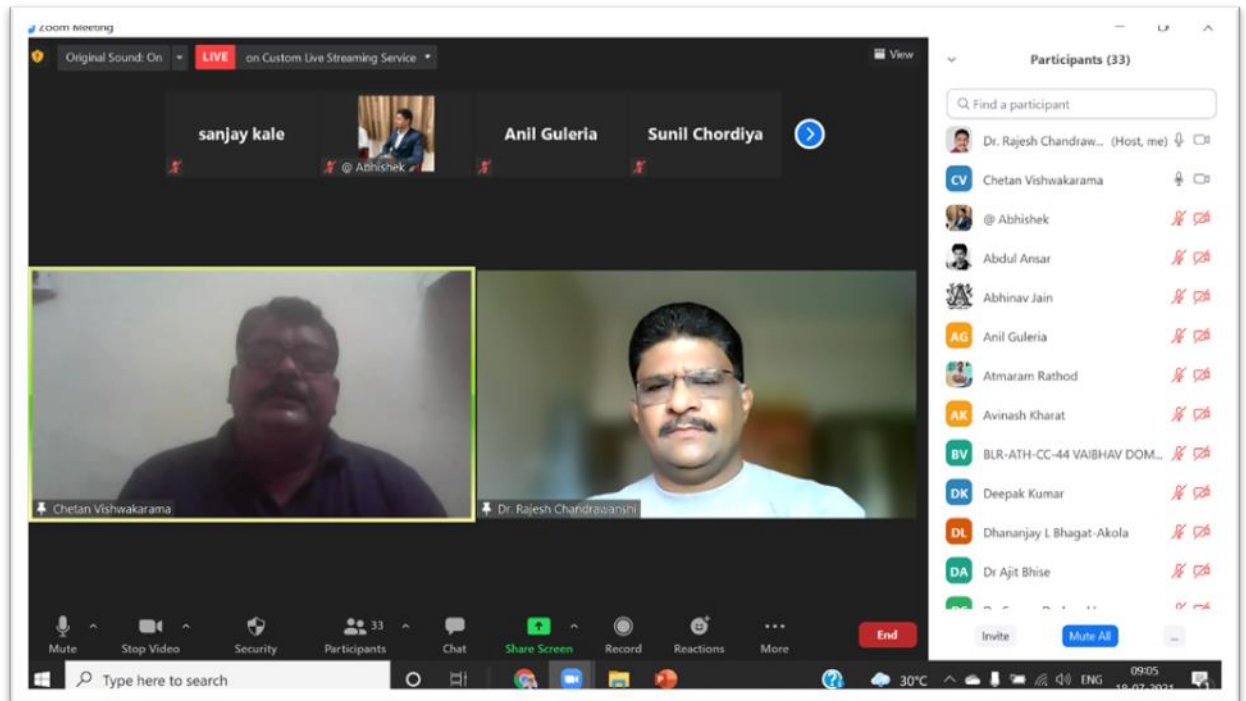




Date: 18<sup>th</sup> July 2021

## Fencing

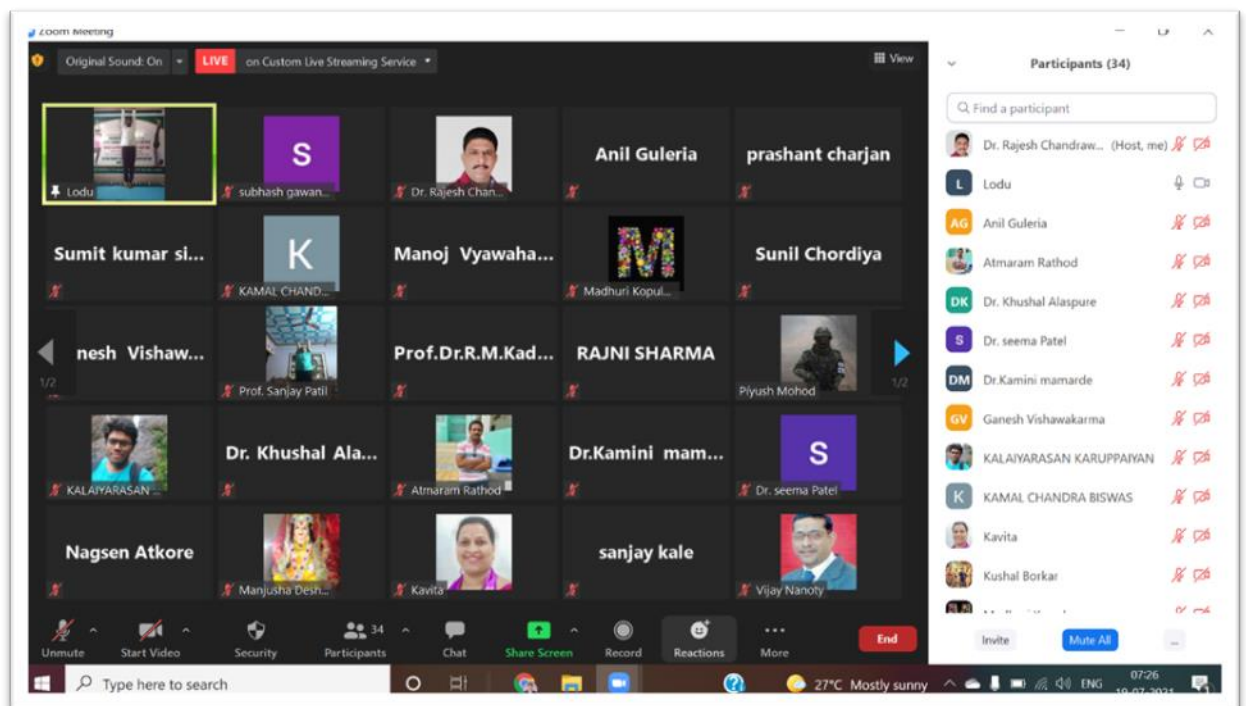
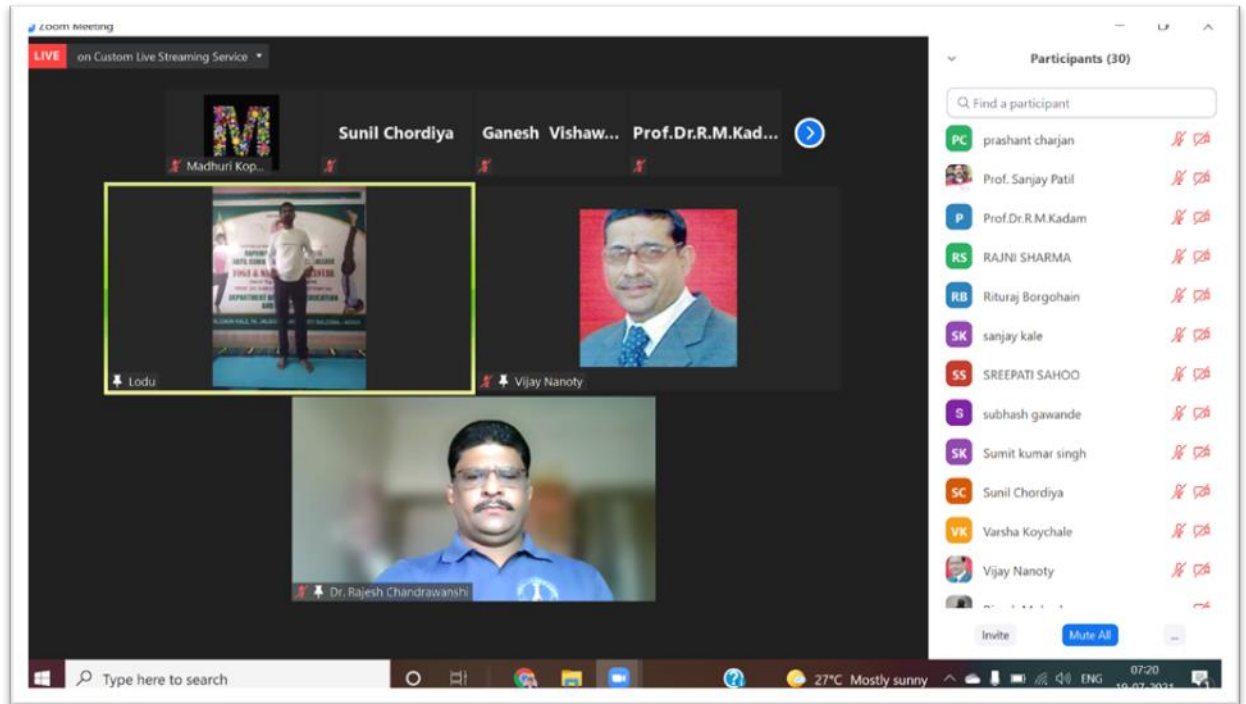
Fencing related informative lecture was nicely delivered by Prof. Ganesh Vishwakarma, Director of Physical Education and Sports, Late B.S. Arts College, Khamgaon, Buldana.



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

## Yoga

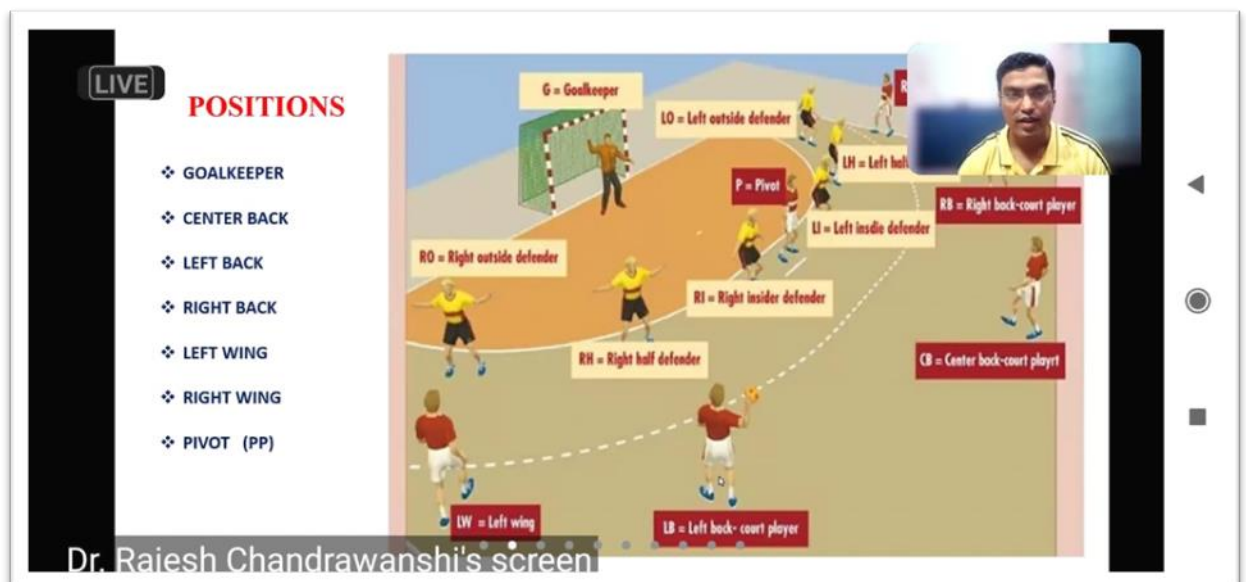
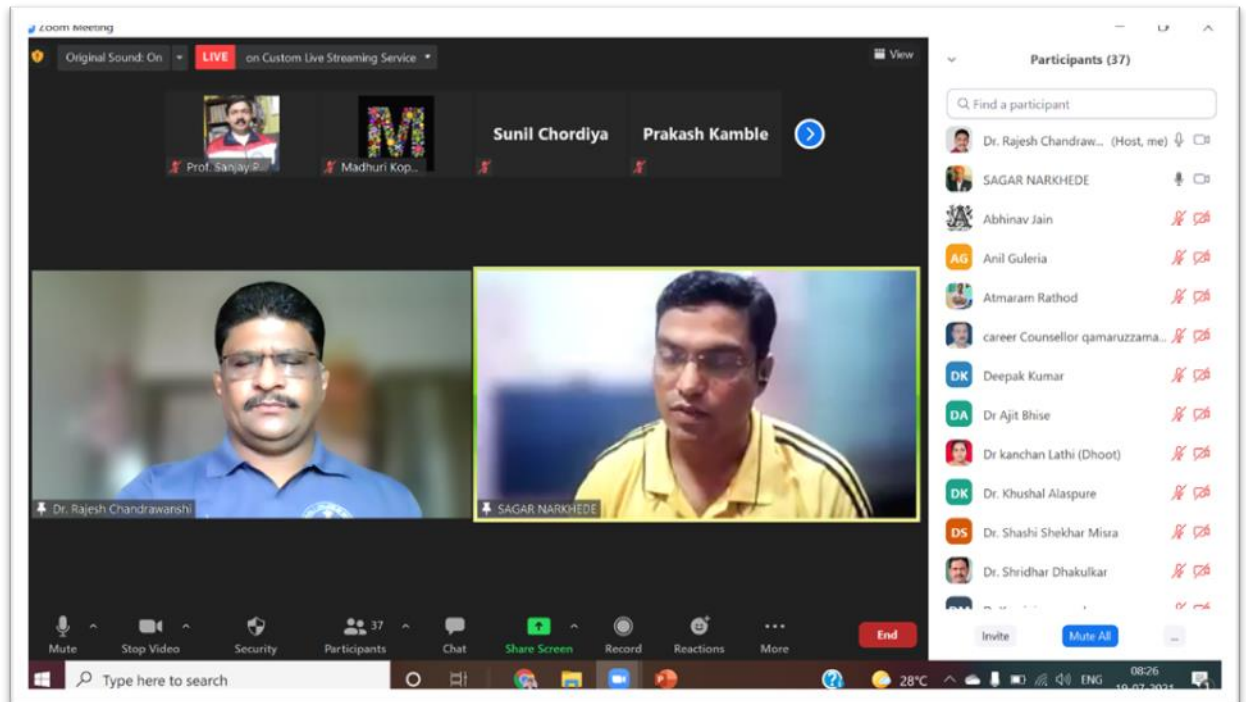
Yoga related introductory remark and practical session was nicely conducted by Dr. Babarao Sangle, Director of Physical Education and Sports, Bapumiya Sirajoddin Patel Arts, Commerce & Science College, Pimpalgaon Kale.



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

## Handball

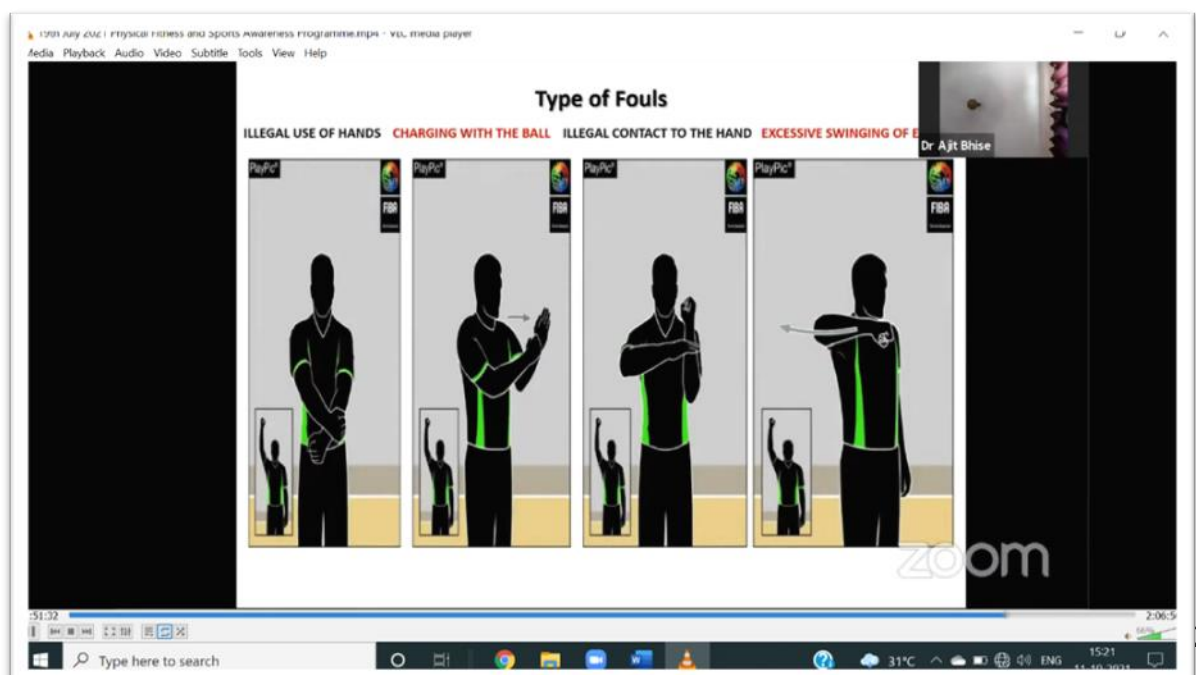
Handball related informative lecture was nicely delivered by Dr. Sagar Narkhede, Director of Physical Education and Sports, Saraswati Kala Mah., Dahihanda, Akola



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

## Basketball

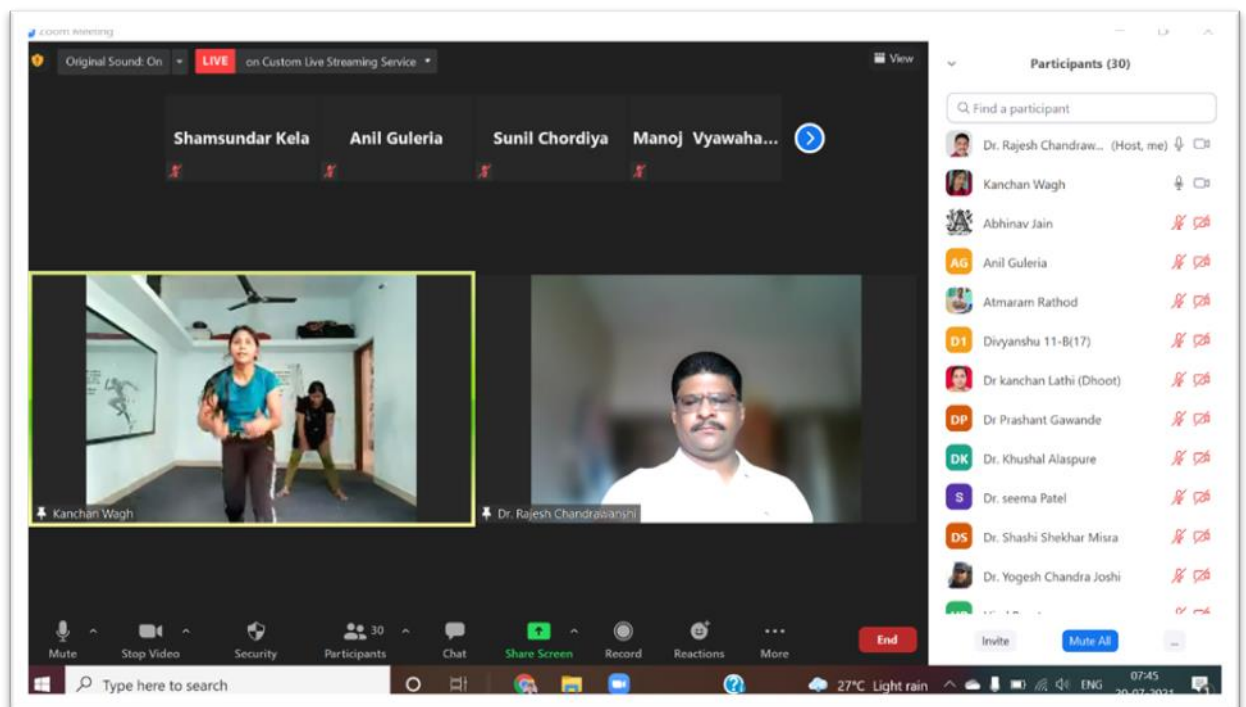
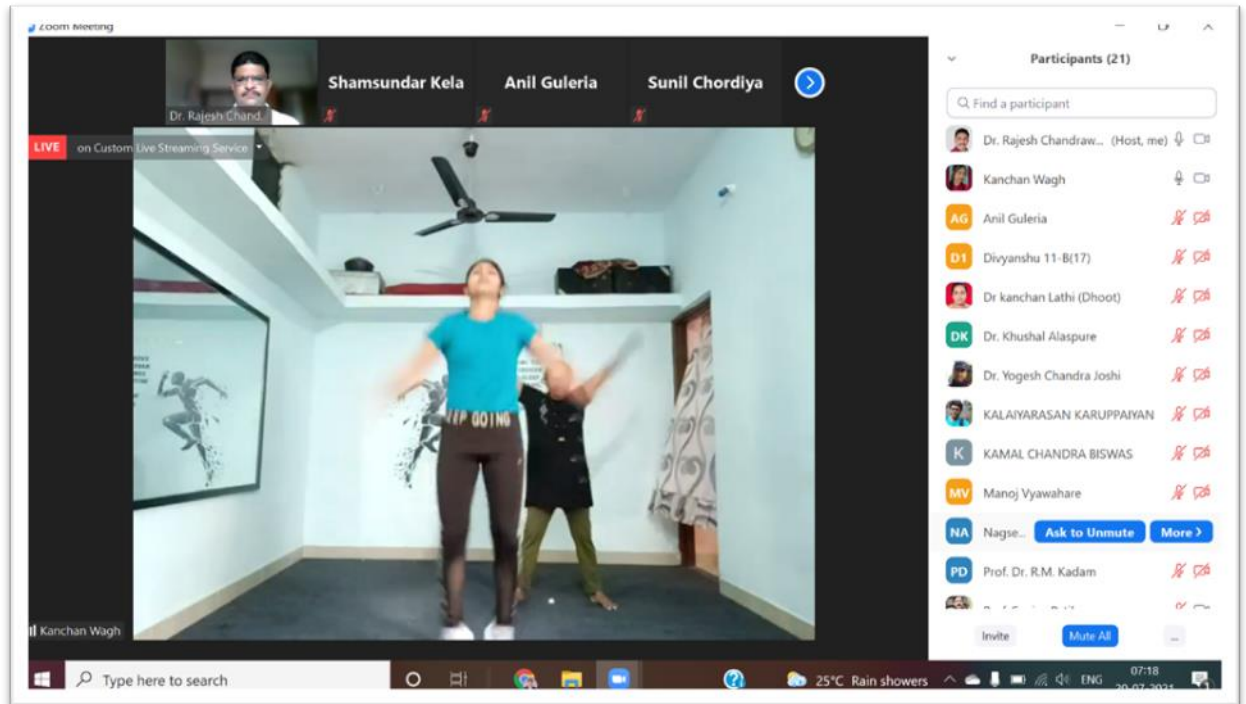
Basketball related informative lecture was nicely delivered by Dr. Ajit Bhise, Director of Physical Education and Sports, G.S. Tompe Arts, Commerce & Science College, Chandur Bazar



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

## Aerobics/ Zumba

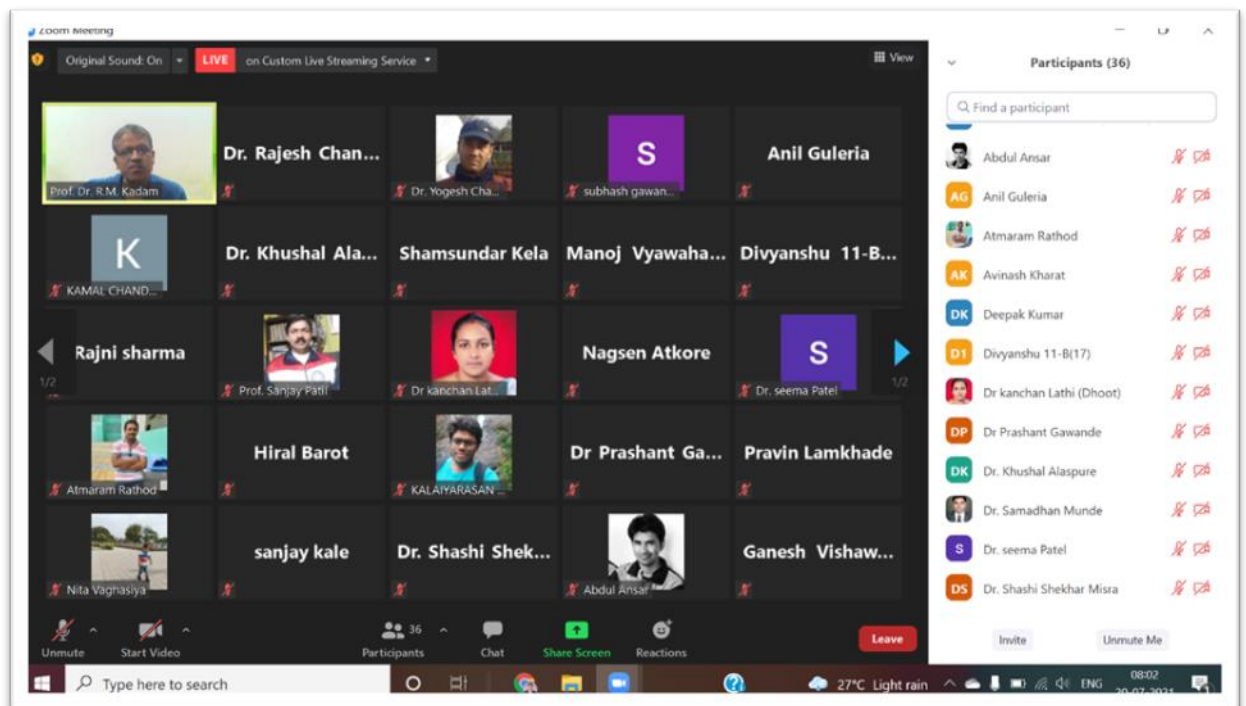
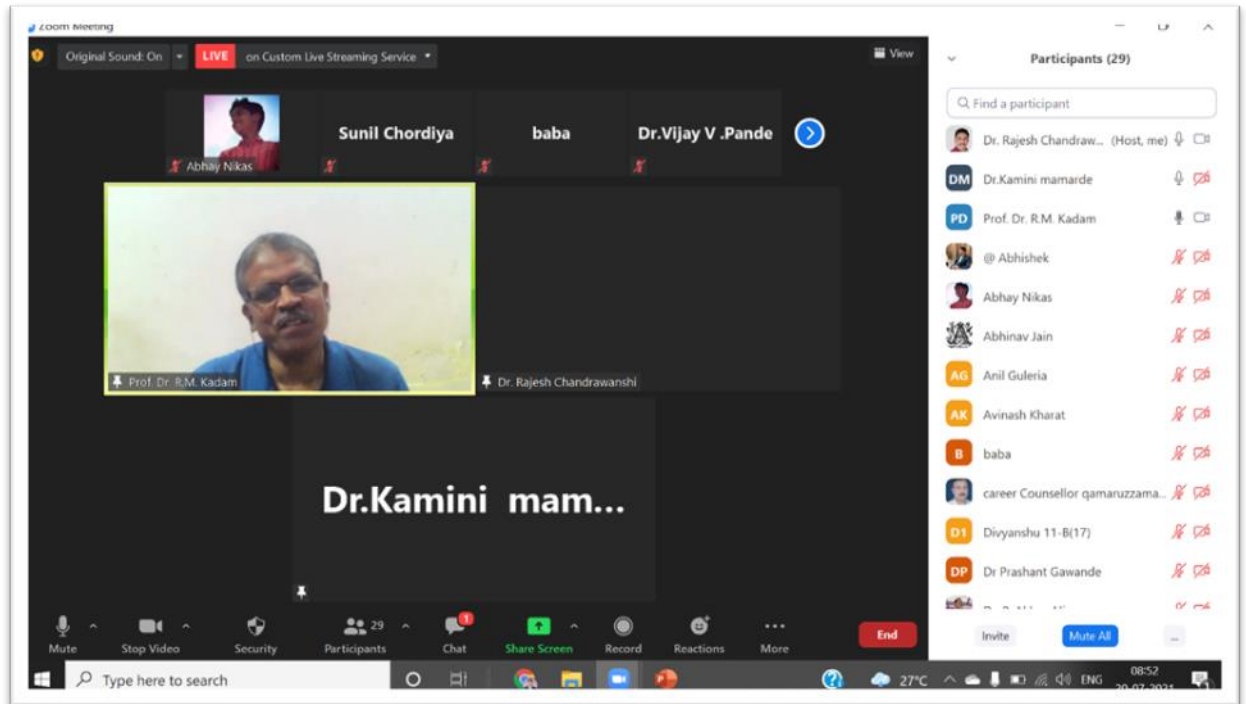
Aerobics or Zumba related introductory remark and practical session was nicely conducted by Ms. Kanchan Wagh, Aerobics & Zumba Instructor, University Colour Holder, 24 Fitness Centre, Akola



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

## Judo

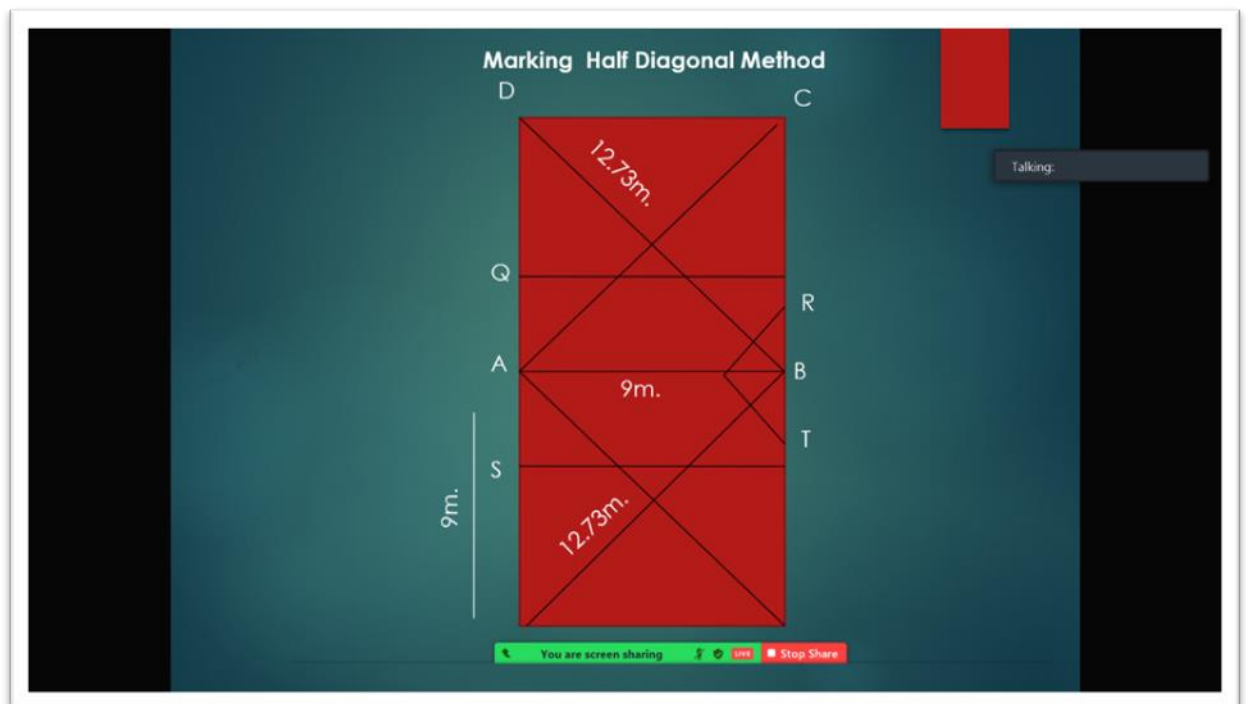
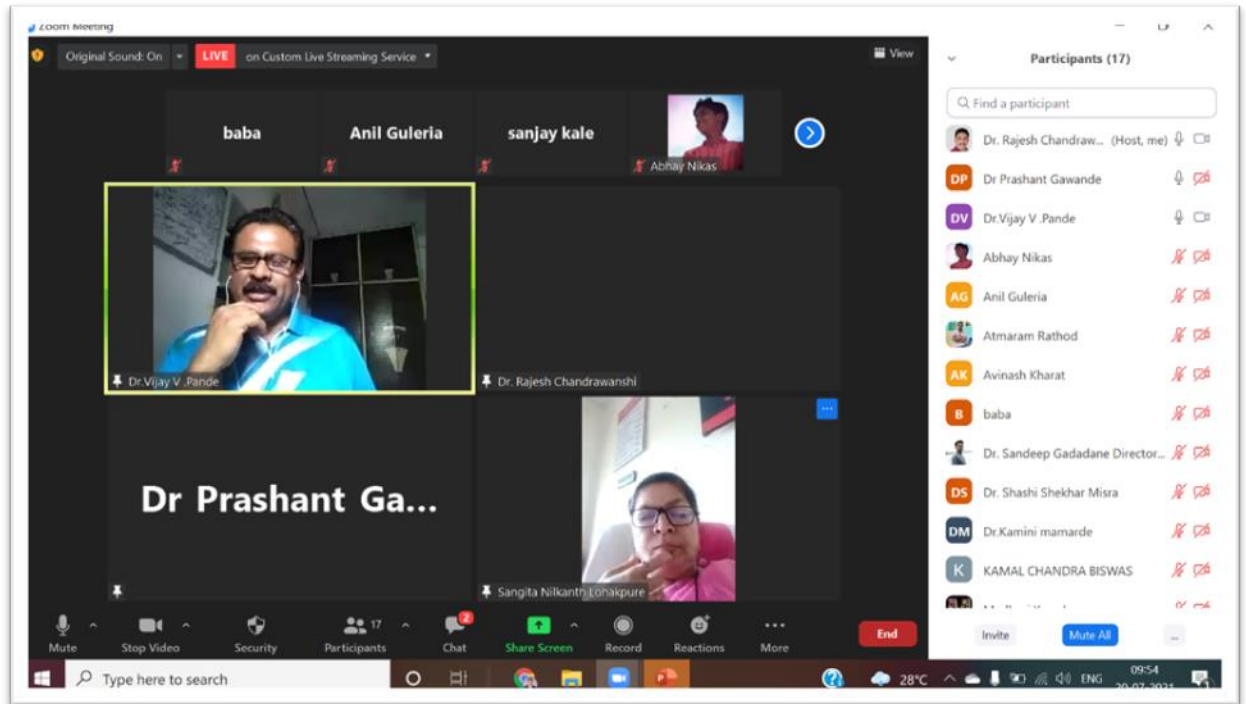
Judo related informative lecture was nicely delivered by Dr. Ravibhushan Kadam, Director of Physical Education and Sports, B.B. Arts, N.B. Commerce & B.P. Science College, Digras



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

## Volleyball

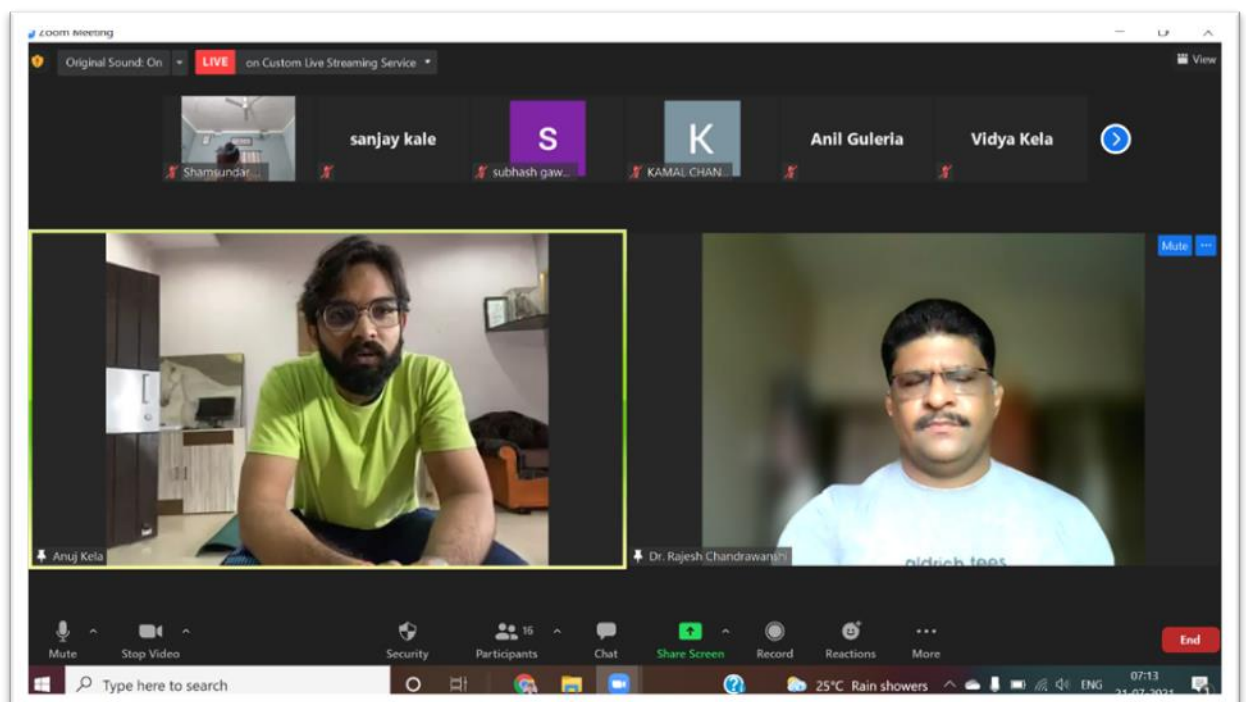
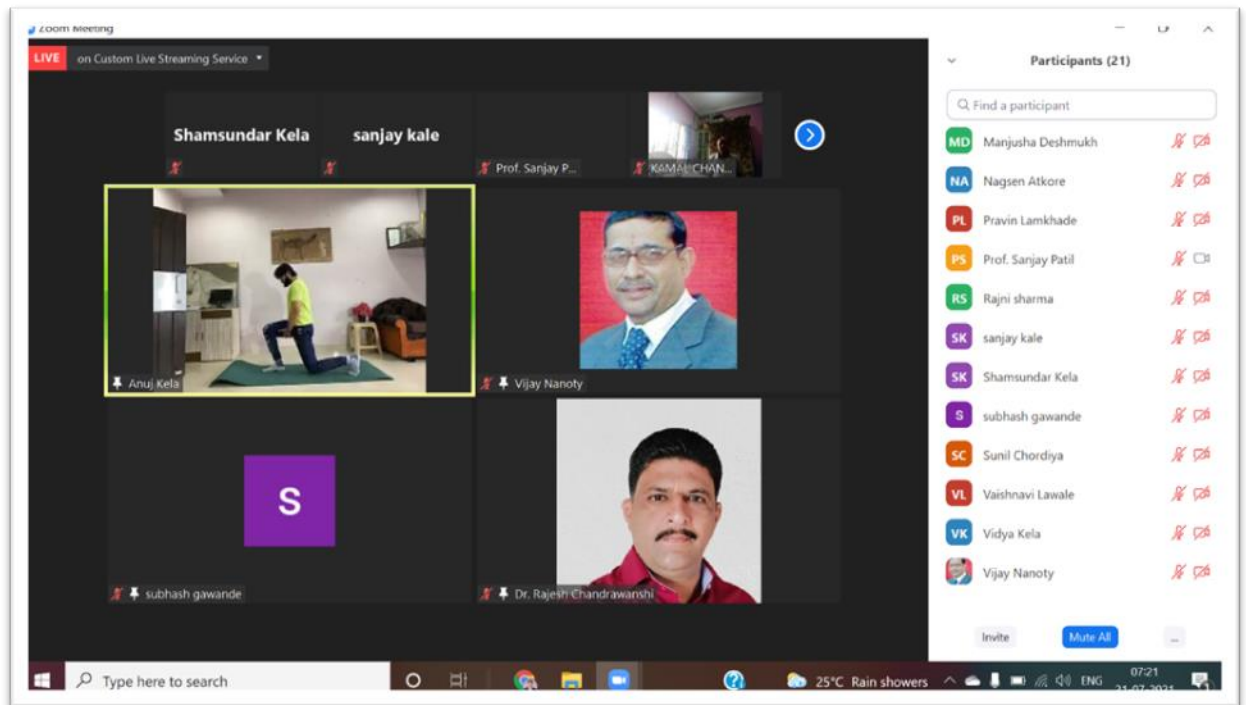
Volleyball related informative lecture was nicely delivered by Dr. Vijay Pande, Professor, Degree College Physical Education, (HVPM), Amravati



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

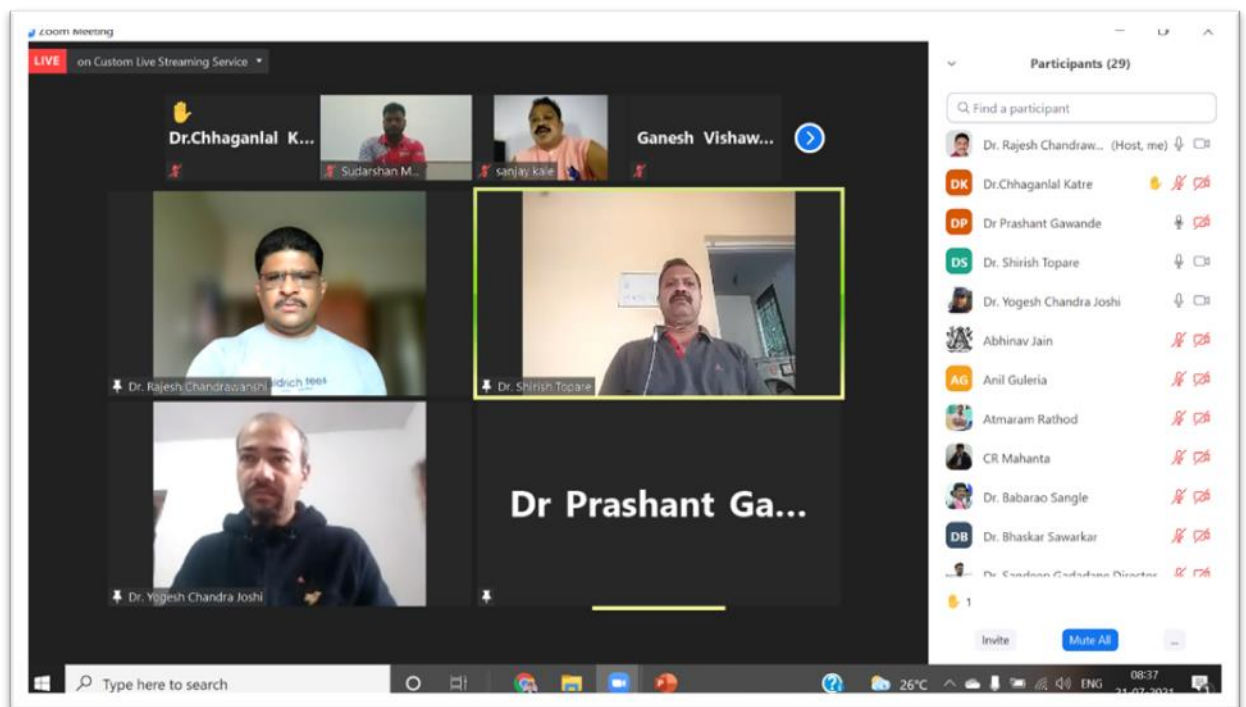
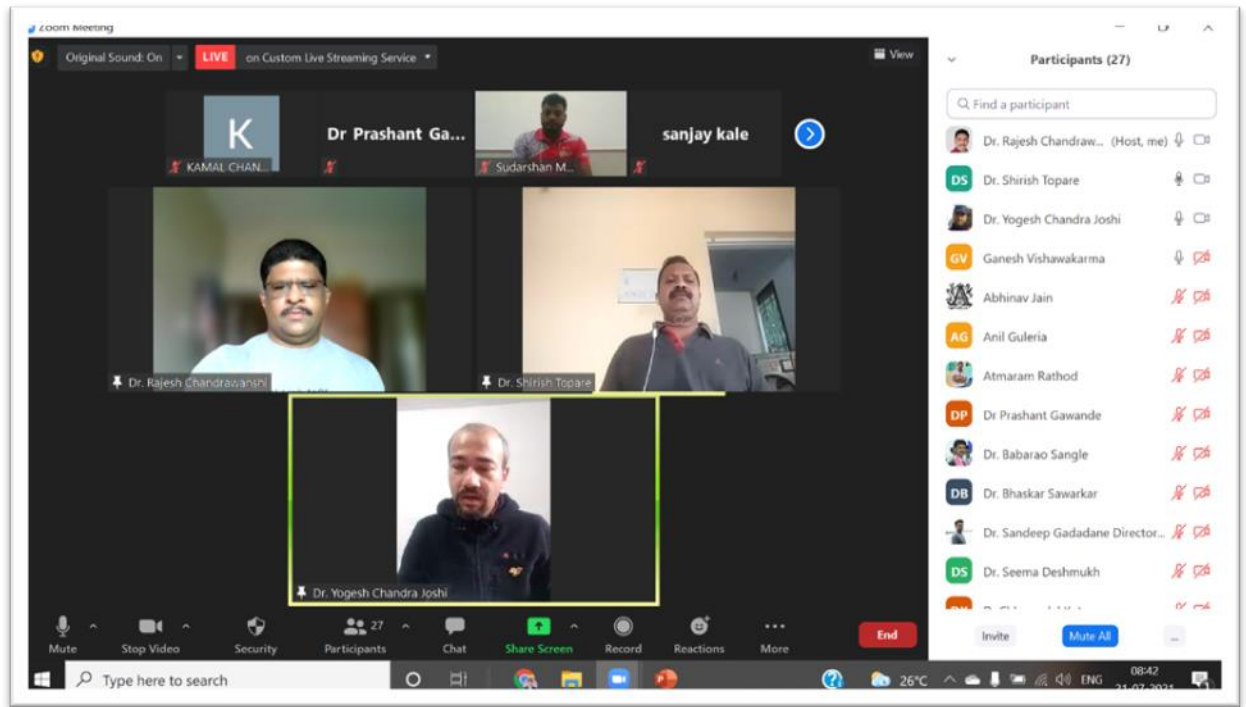




Date: 21<sup>st</sup> July 2021

## Swimming

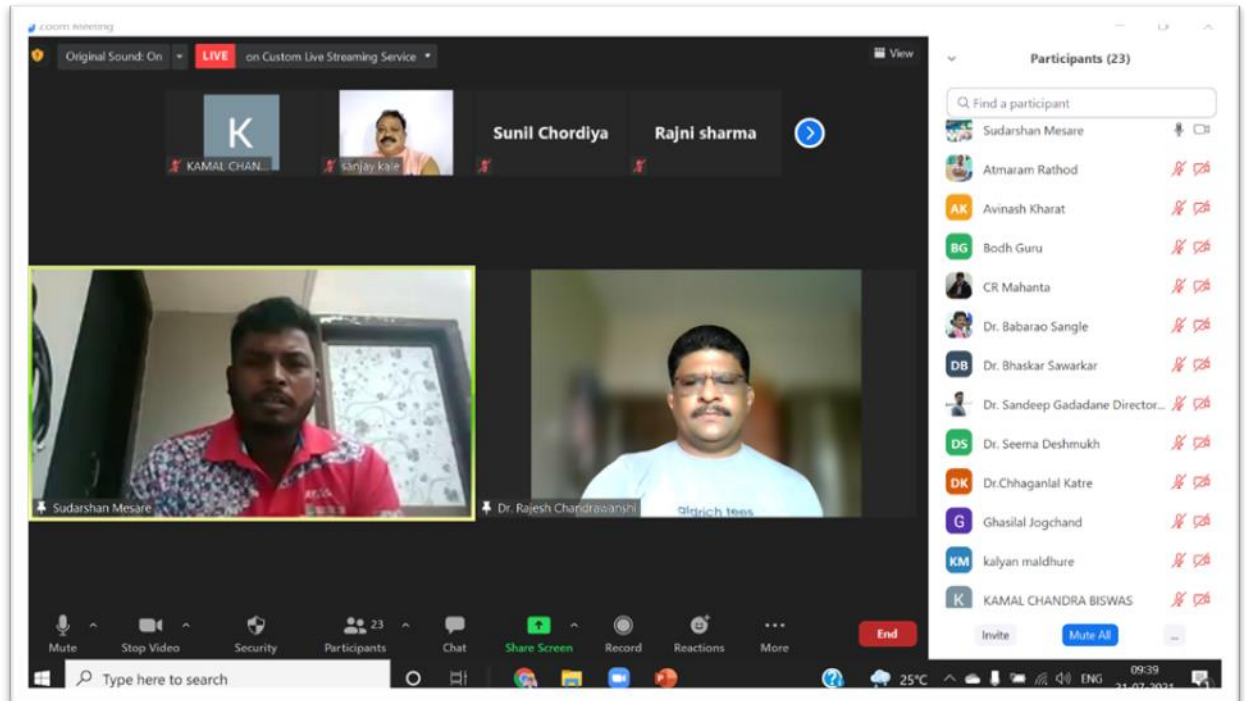
Swimming related informative lecture was nicely delivered by Dr. Shirish Topare, Director of Physical Education and Sports, Bharatiya Mah., Morshi, Amravati.



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

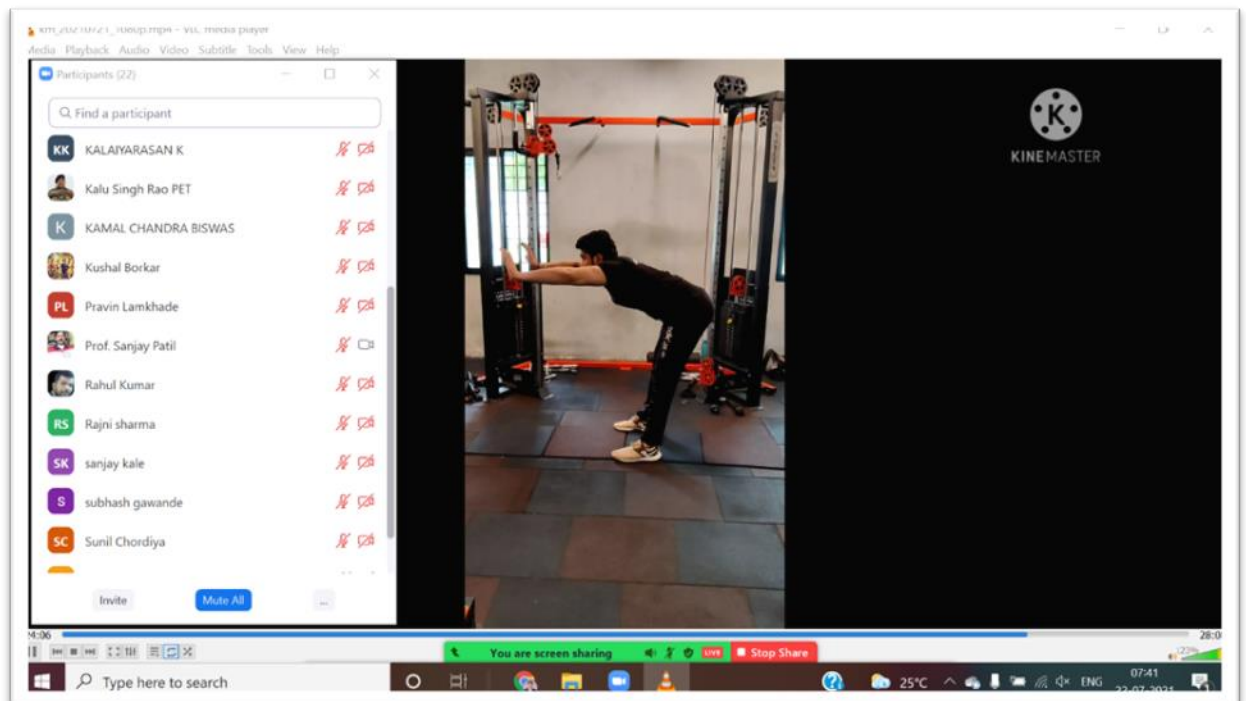
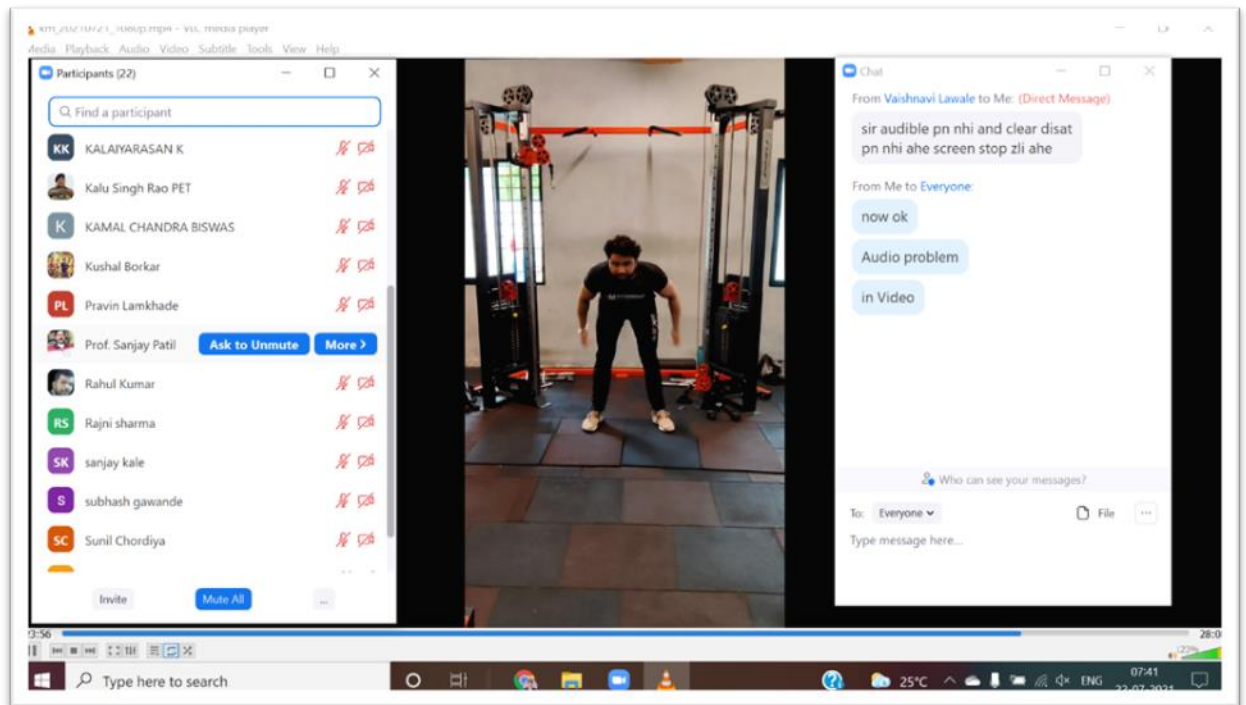
You are screen sharing

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

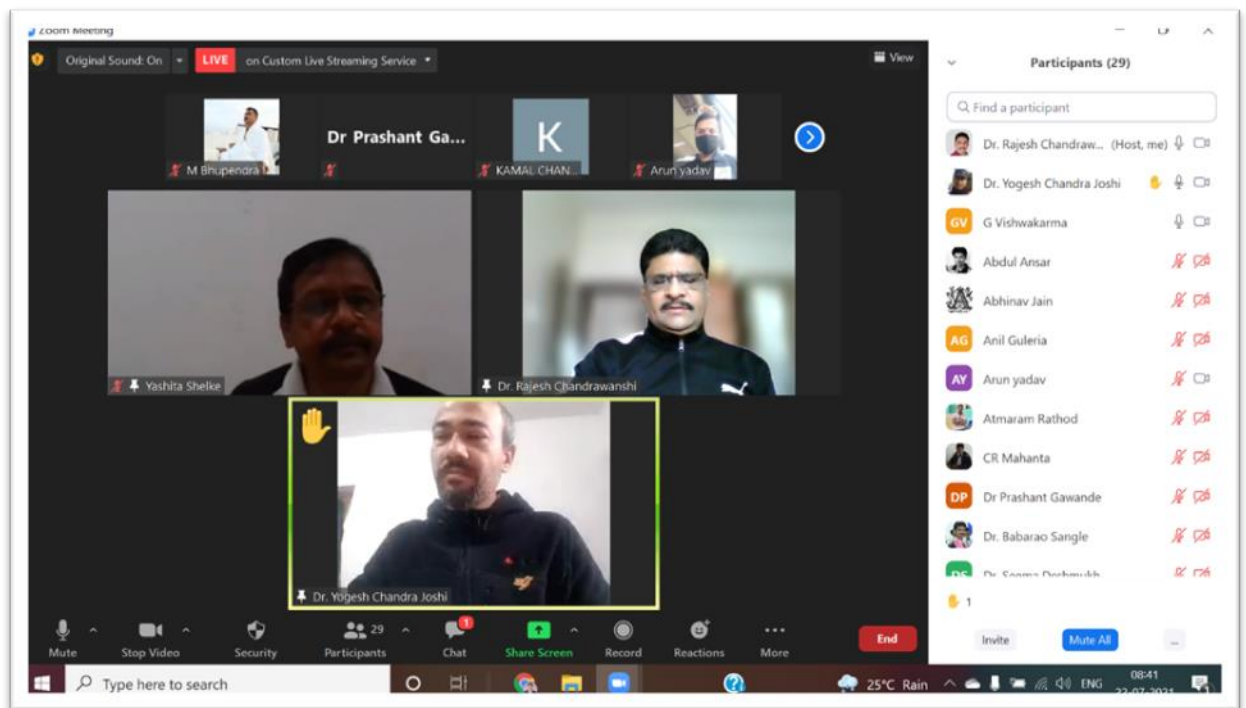
Specific Exercises helps to increase height and Effective on burning Body fats related introductory remark and practical session was nicely conducted by Mr. Akshay Tiwari, Fitness Trainer & Nutritionist, Enfield Fitness Center, Akola.



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

## History of Olympic

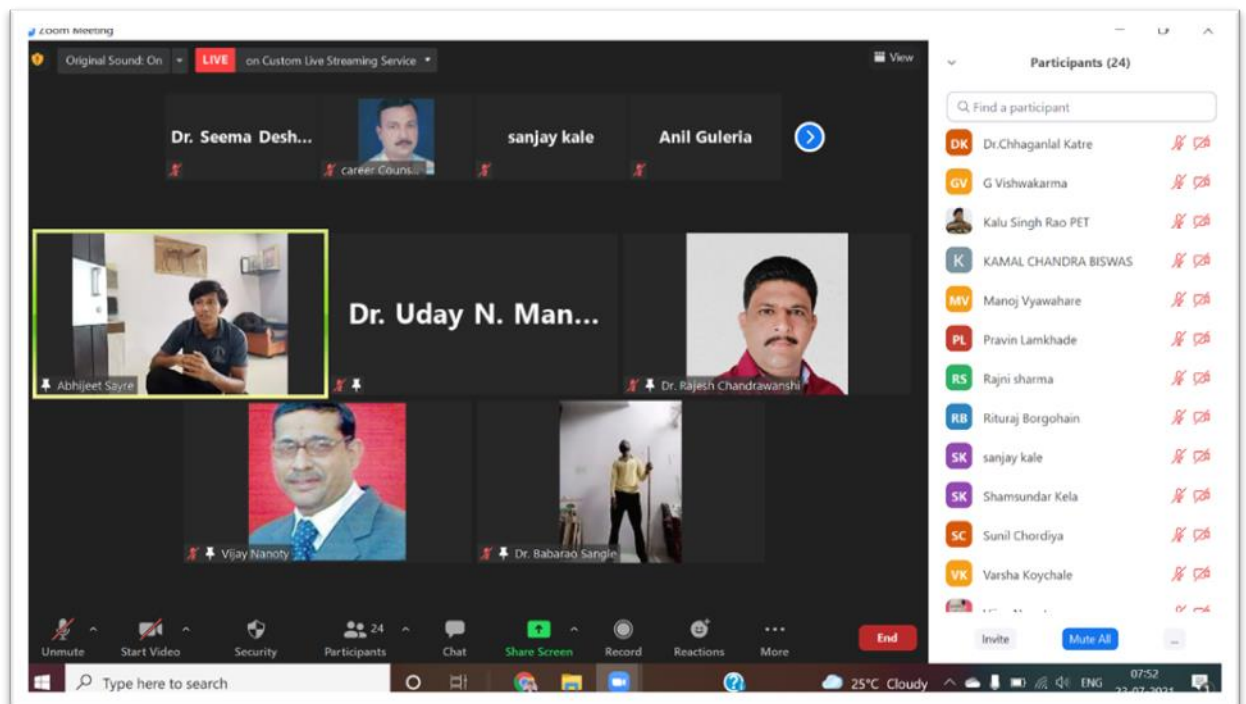
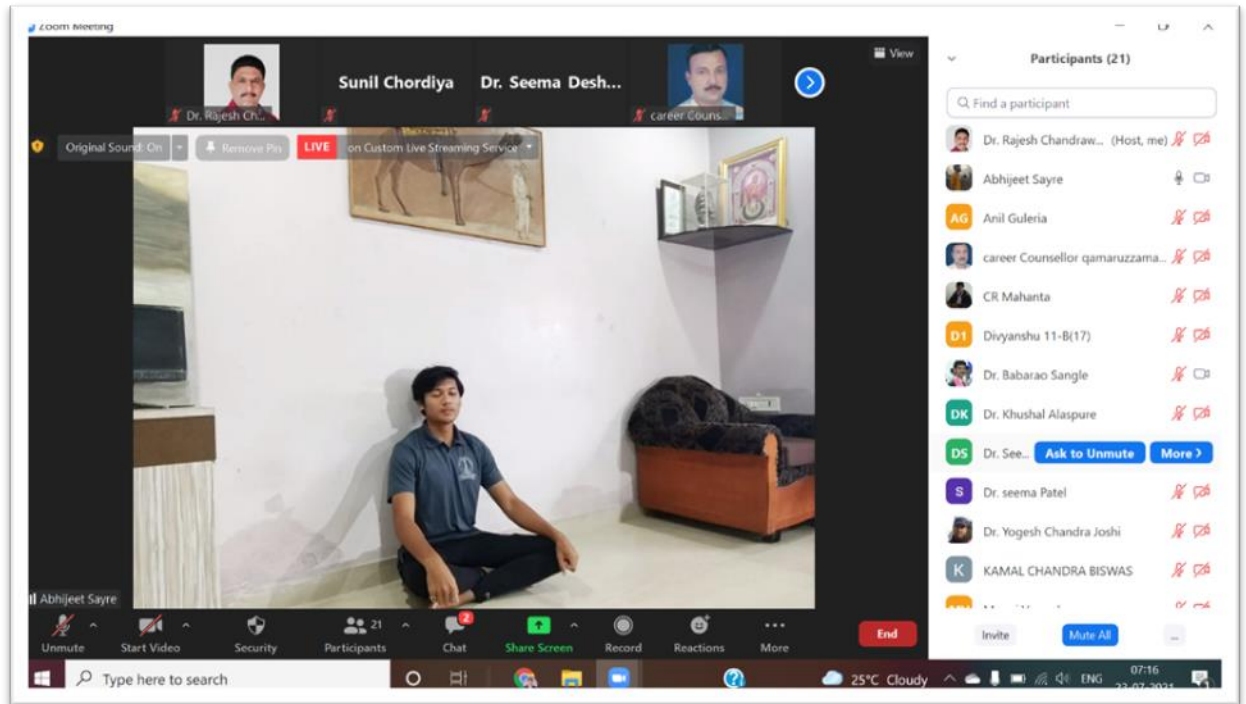
History of Olympic related informative lecture was nicely delivered by Dr. Shridhar Dhakulkar, Director of Physical Education and Sports, Mahatma Jyotiba Fule Mahavidyalaya, Amravati



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

## Sticks Exercises and Wall Exercises

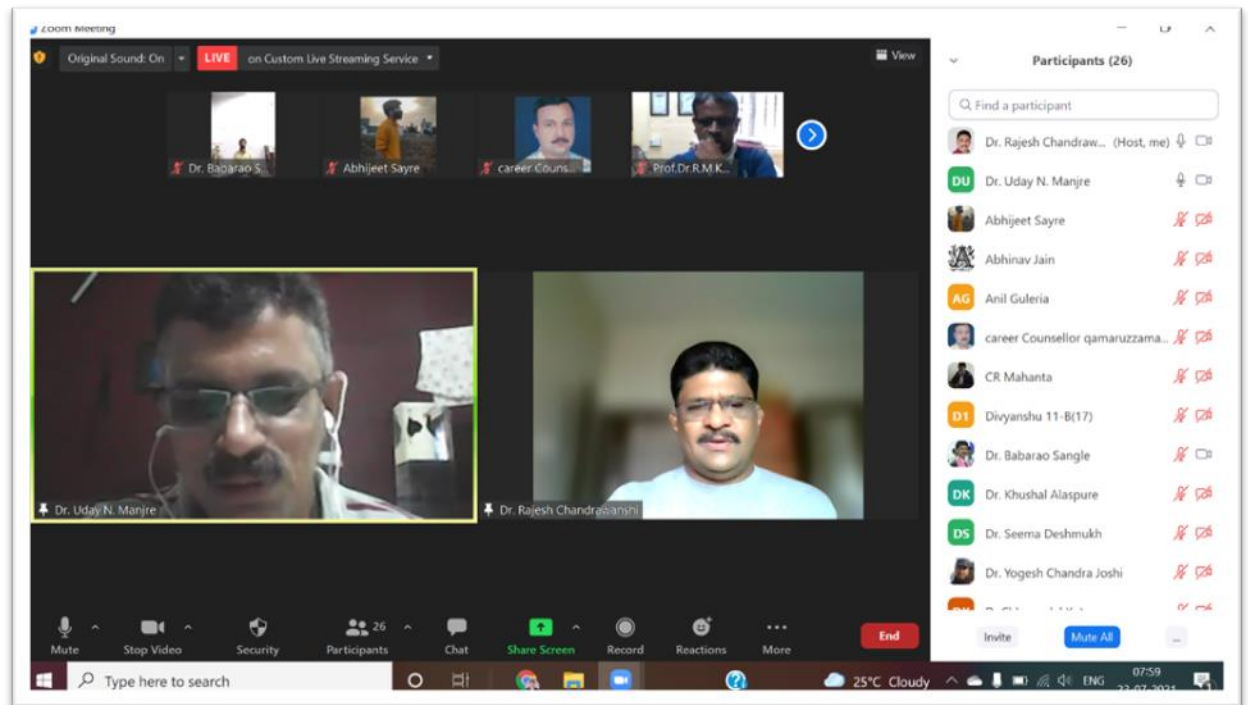
Sticks Exercises and Wall Exercises related introductory remark and practical session was nicely conducted by Mr. Abhijeet Sayre, Gold Medal in Ashtedo Akhada, International Tournament Expert in Stick Practice, Akola



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

## Hockey

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



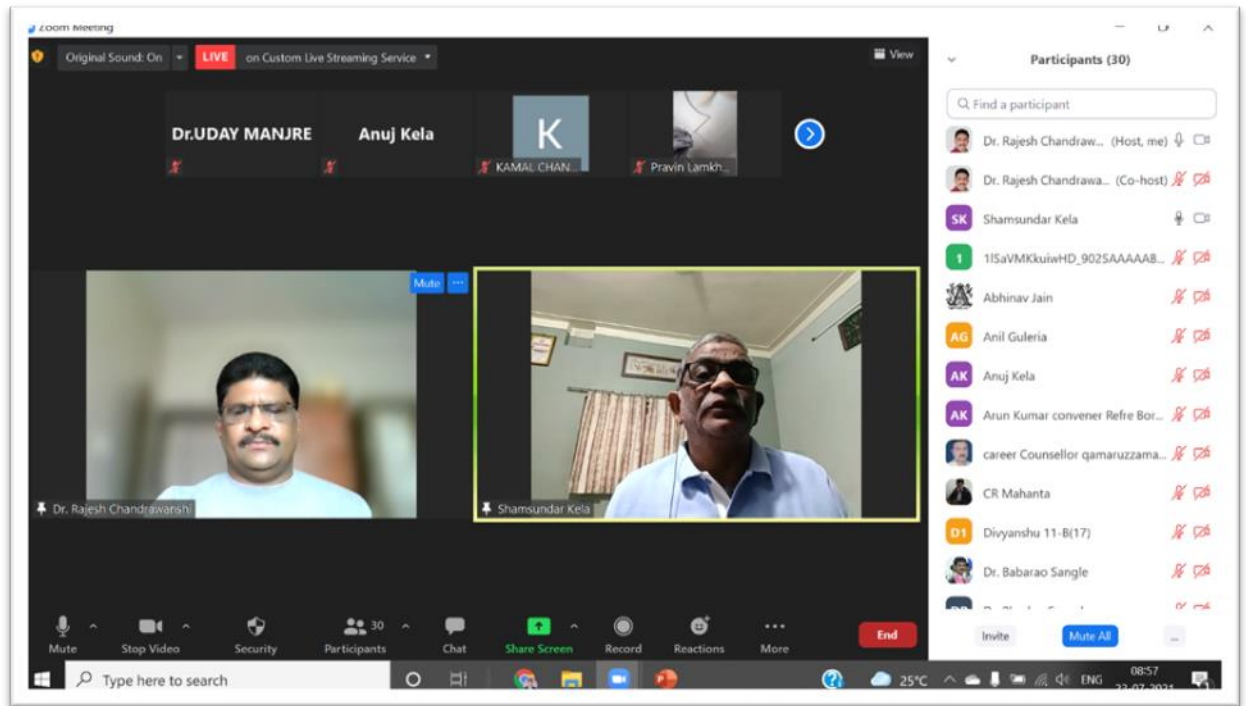
- **Women's field hockey** was **first** played at British universities and schools in **1887** .
- The introduction of women's field hockey to the **Olympic games from 1980** .
- **Introduction of Field Hockey in India**
- First it was played in Kolkata ,only British Army was used to play Hockey in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

You are screen sharing 1/1 Stop Share

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

## Weight Lifting and Power Lifting

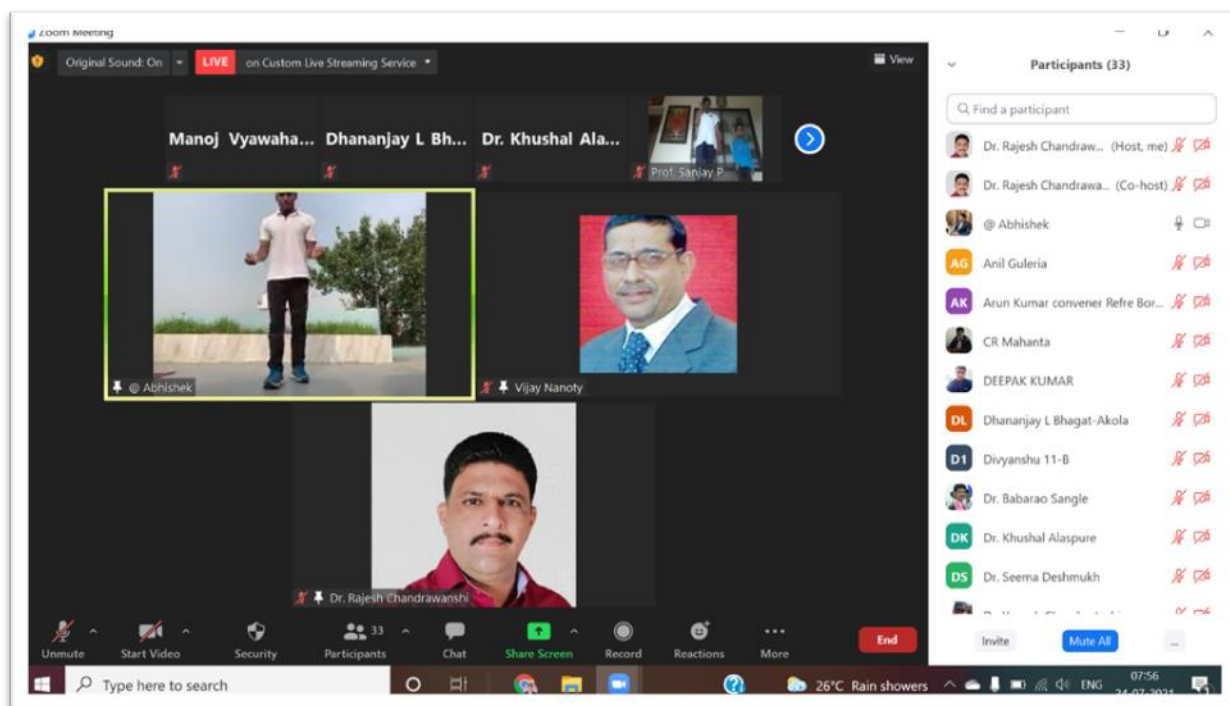
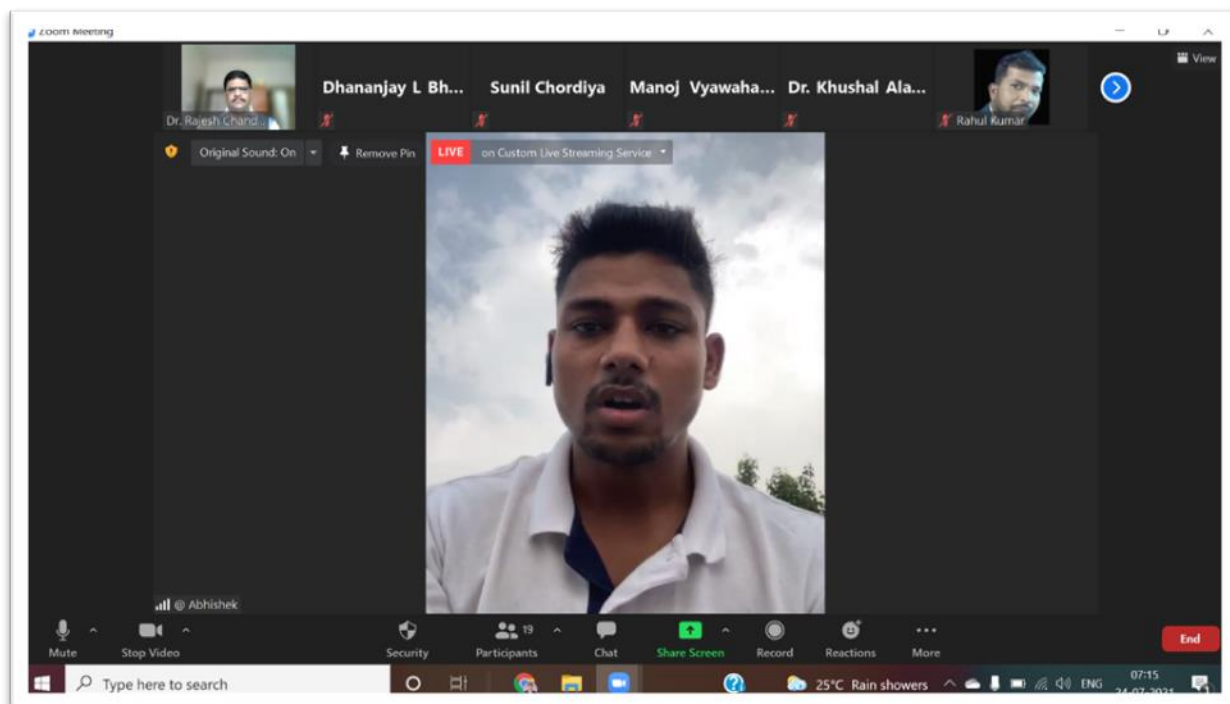
Weight Lifting and Power Lifting related informative lecture was nicely delivered by Dr. Shamsundar Kela, Director of Physical Education and Sports, Bhagwan Baba Arts & Commerce College, Lonar, Buldana



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.

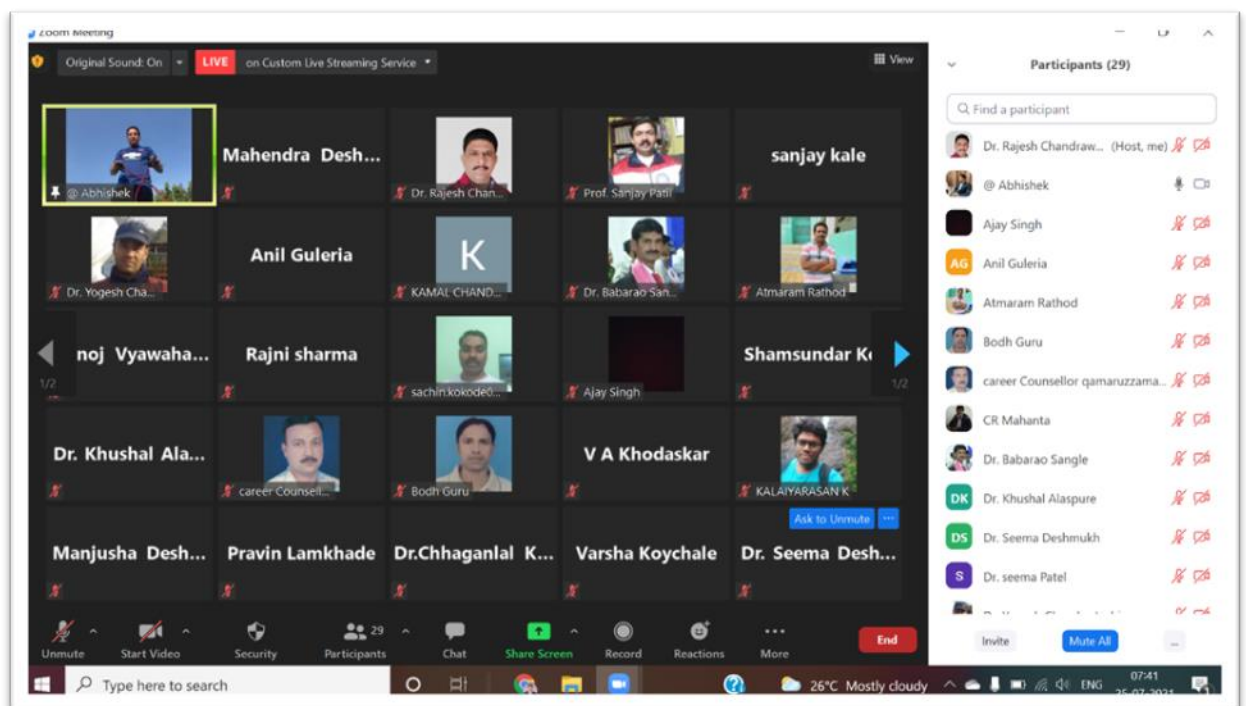
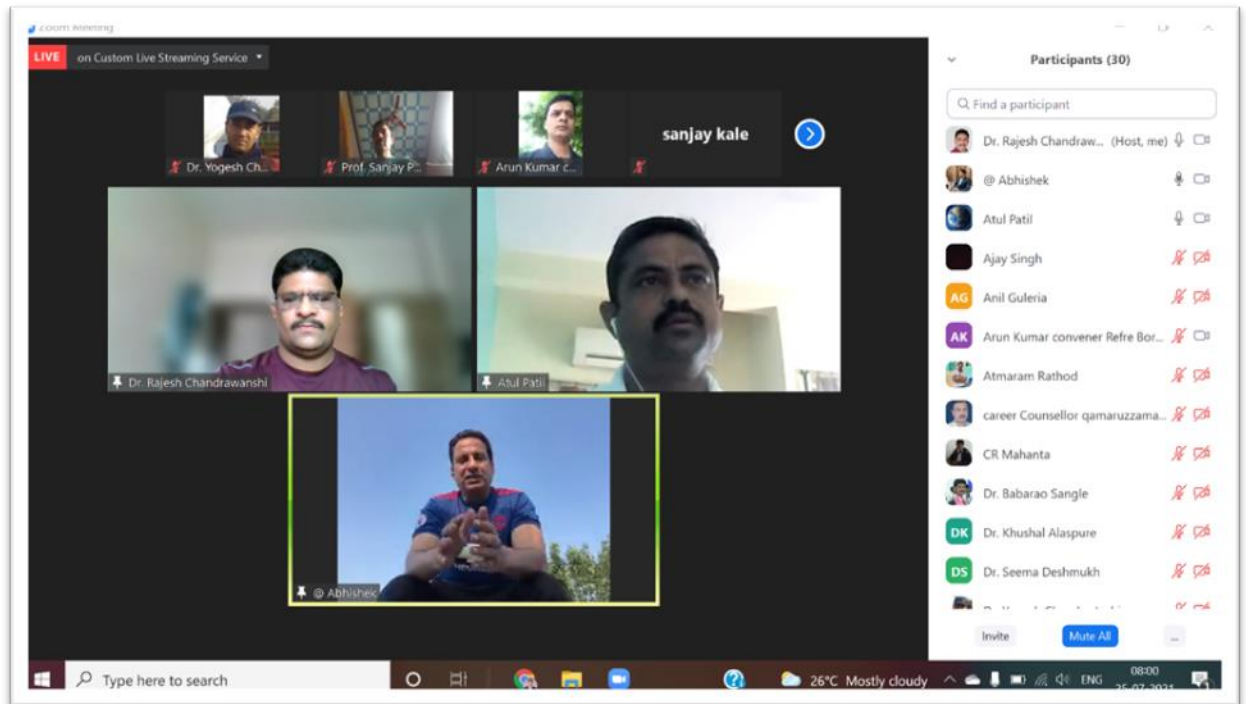
The slide displays track events for men and women. The men's events list includes 1) 100 Meters, 2) 200 Meters, 3) 400 Meters, 4) 800 Meters, 5) 1500 Meters, 6) 5000 Meters, 7) 10,000 Meters, 8) 110 Meters Hurdles (1.067m), 9) 400 Meters Hurdles (0.914m), 10) 3000 Metres Steeplechase (0.914m), 11) 4 x 100 Meters Relay, 12) 4 x 400 Meters Relay, 13) 4 x 400 Metres Mixed Relay, 14) 20,000 Meters Race Walk, and 15) 50 Kilometres Race Walk (Road). The women's events list includes 1) 100 Meters, 2) 200 Meters, 3) 400 Meters, 4) 800 Meters, 5) 1500 Meters, 6) 5000 Meters, 7) 10,000 Meters, 8) 100 Meters Hurdles, 9) 400 Meters Hurdles, 10) 3000 Meters Steeplechase, 11) 4 x 100 meters relay, and 12) 4 x 400 Meters Relay. A Zoom meeting overlay is visible on the right side of the slide, showing four participants: Atul Patil, Dr. Rajesh Chandrawa..., subhash gawande, and Meghna Deshmukh. Below the meeting overlay, the names 'Anil Guleria' and 'Rajni sharma' are displayed.

The screenshot shows the Zoom meeting interface. At the top, it indicates 'Original Sound: On' and 'LIVE on Custom Live Streaming Service'. The meeting title is 'Zoom Meeting'. The main area displays several video thumbnails of participants, including Atmaram Rathod, Anil Guleria, subhash gawande, Dr. Babarao S., Dr. Rajesh Chandrawanshi, and Atul Patil. A smaller thumbnail of Dr. Yogesh Chandra Joshi is highlighted with a yellow border. On the right side, there is a 'Participants (22)' list with a search bar and a list of names with icons for mute, video, and chat. At the bottom, there is a control bar with options for Mute, Stop Video, Security, Participants (22), Chat, Share Screen, Record, Reactions, More, and End. The system tray at the very bottom shows the time as 09:29 and the date as 24-07-2021.

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

## Use of Resistance Tube Exercises for Strength Training

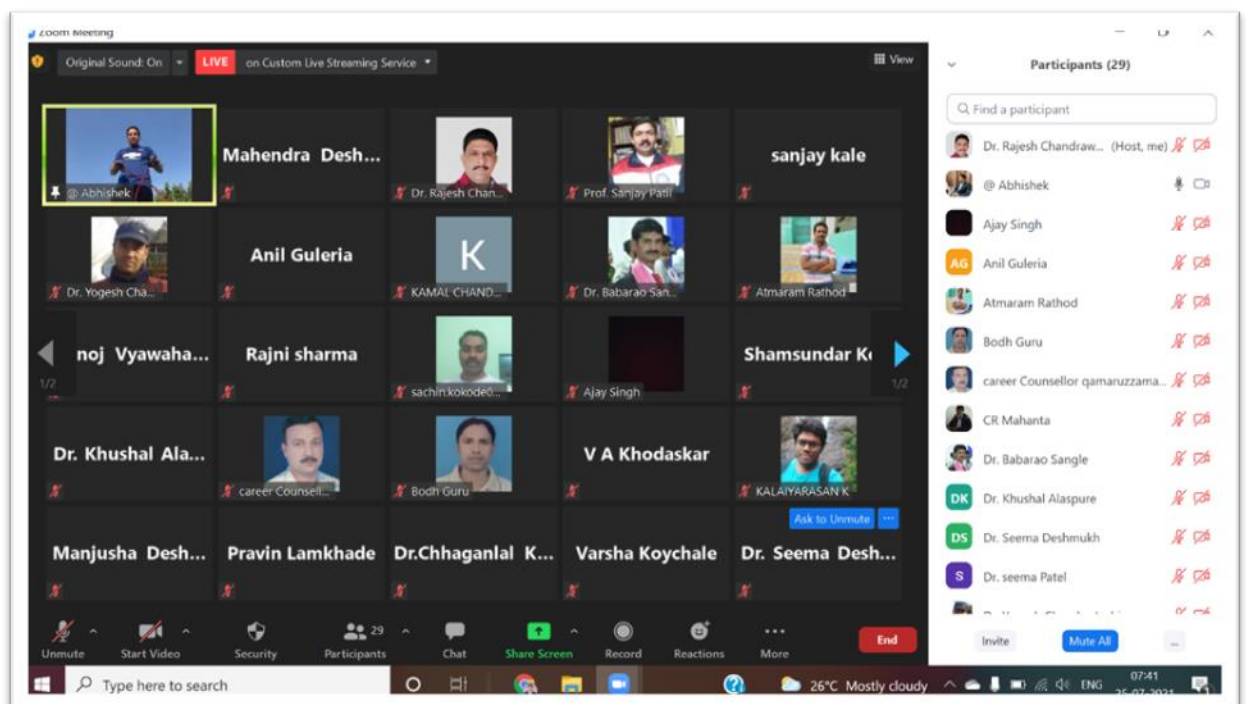
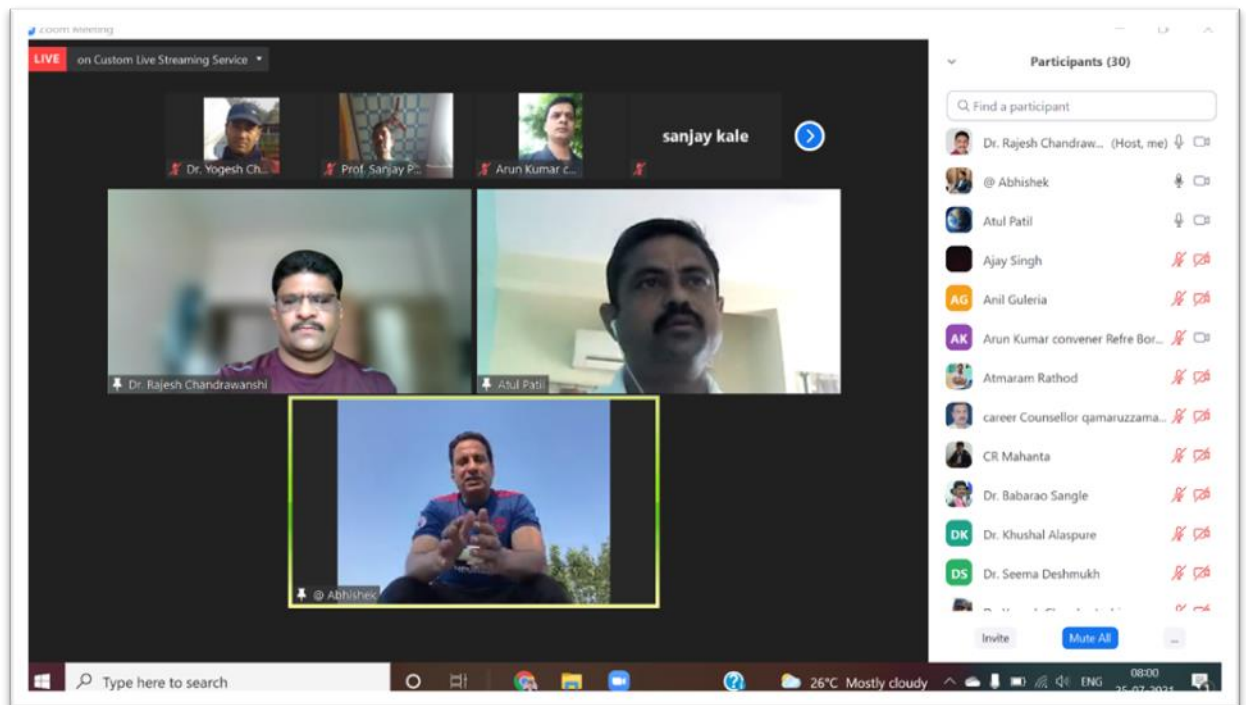
Use of Resistance Tube exercises for Strength Training related introductory remark and practical session was nicely conducted by Dr. Deepak Kumar Dogra, Asst. Professor, Department of Physical Education, Banaras Hindu University, Banaras, Uttar Pradesh



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

### Athletics (Throwing Events)

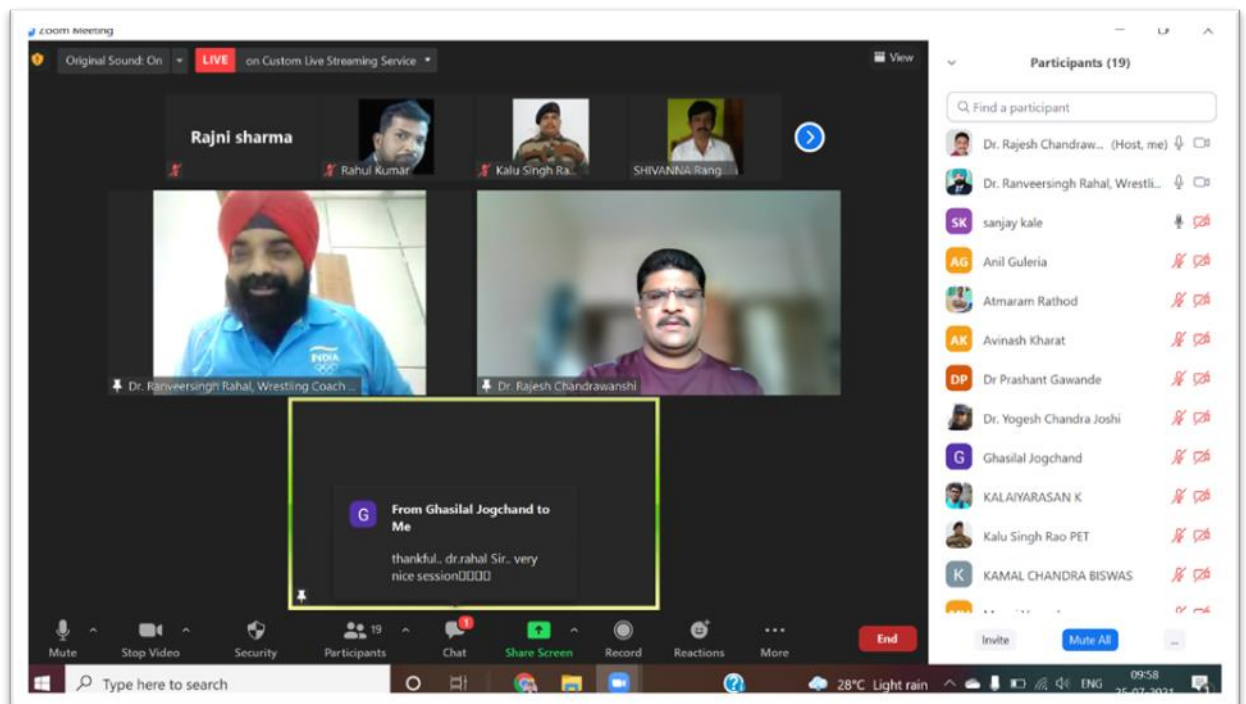
Athletics (Throwing Events) related informative lecture was nicely delivered by Dr. Atul Patil, Director of Physical Education and Sports, R.D.I. K. College, Badnera, Amravati.



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

## Wrestling

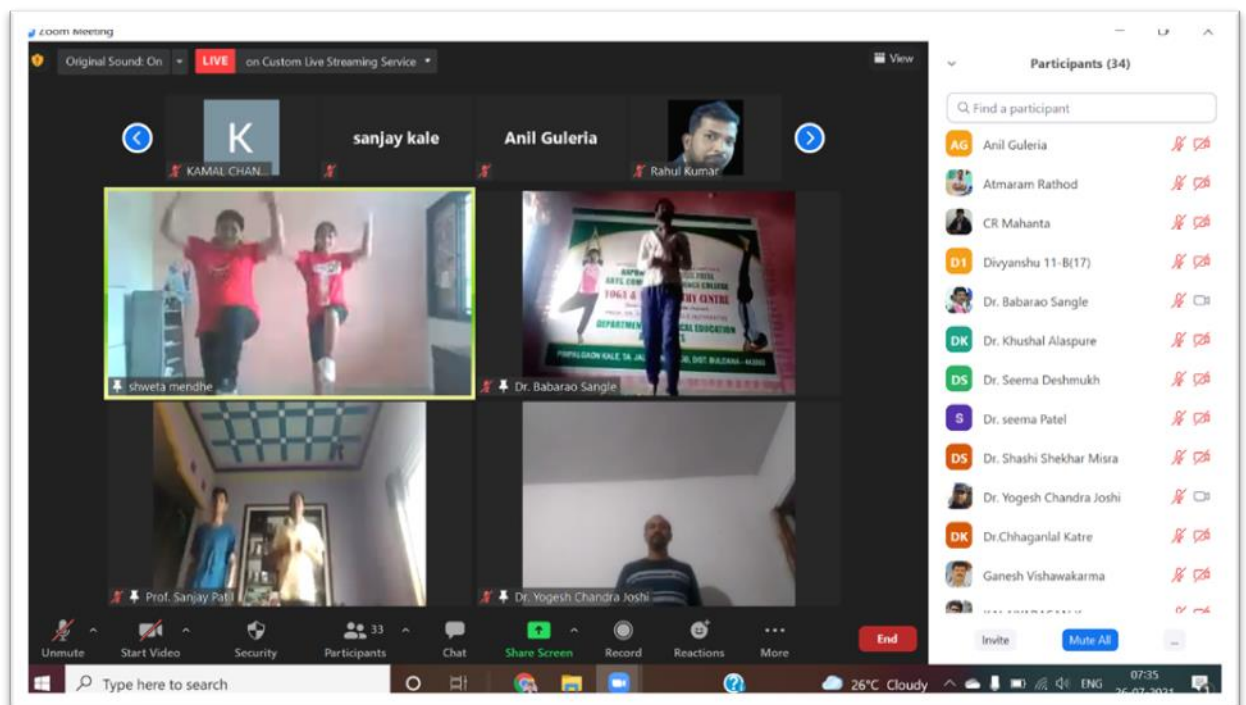
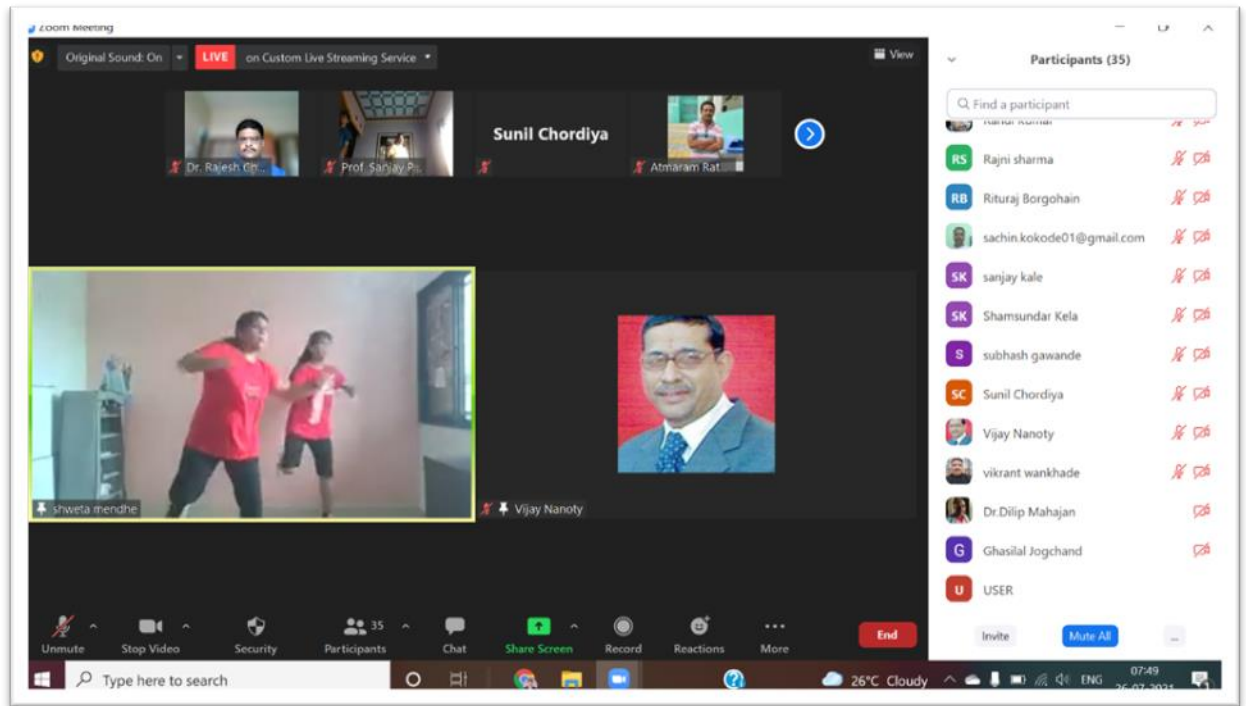
Wrestling related informative lecture was nicely delivered by Dr. Ranveer Singh Rahal, Indian Wrestling Coach, National Centre of Excellences, Mumbai.



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

## Aerobics

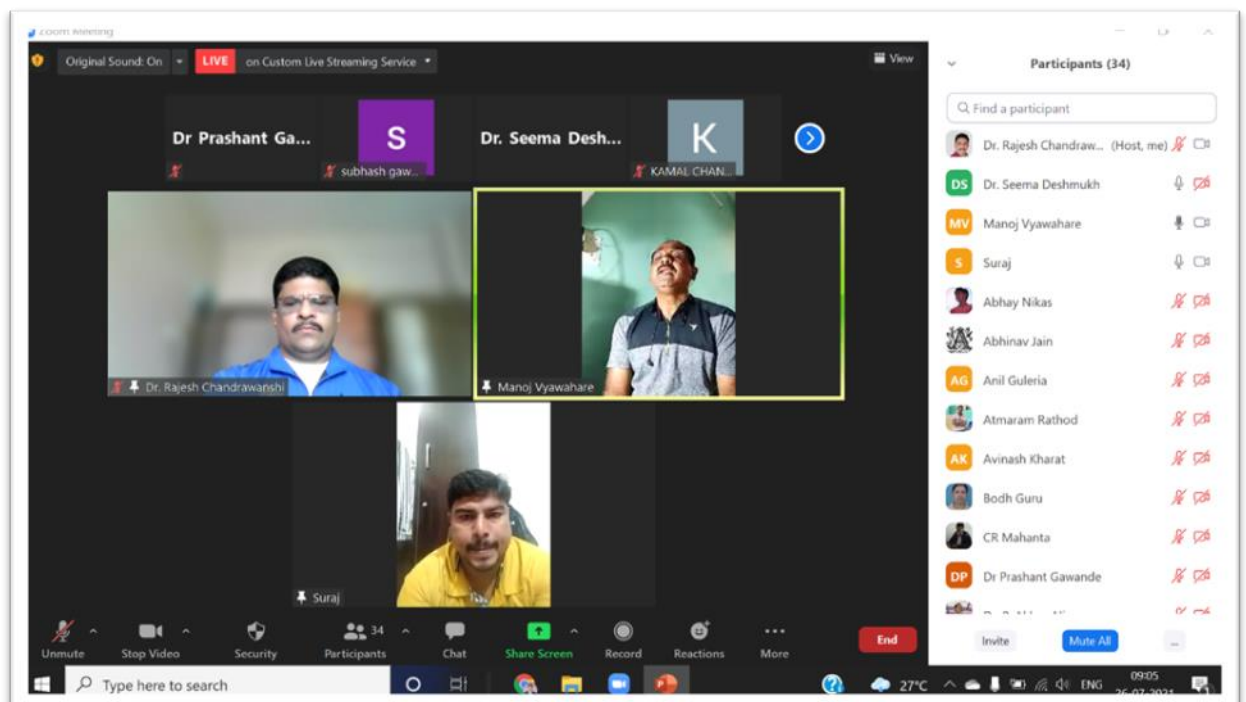
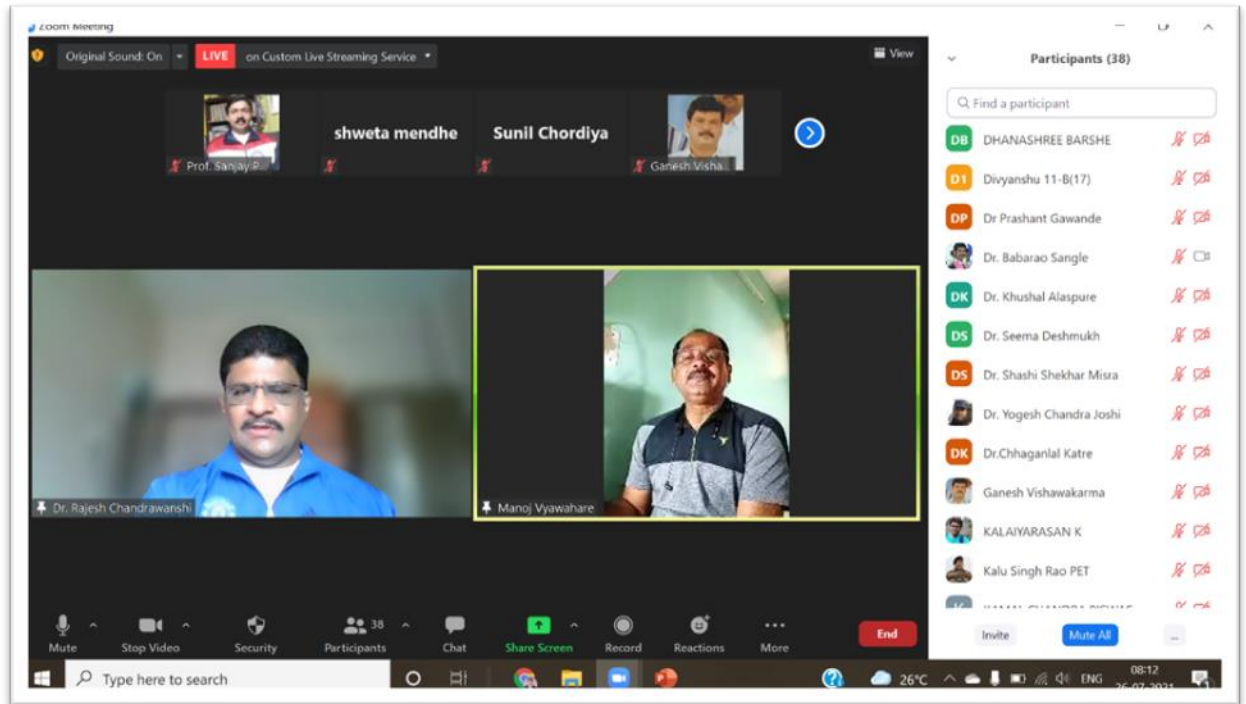
Aerobics related introductory remark and practical session was nicely conducted by Lt. Shweta Mendhe, Director of Physical Education and Sports, Smt. R.D.G. College for Women, Akola.



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

## Kho-Kho

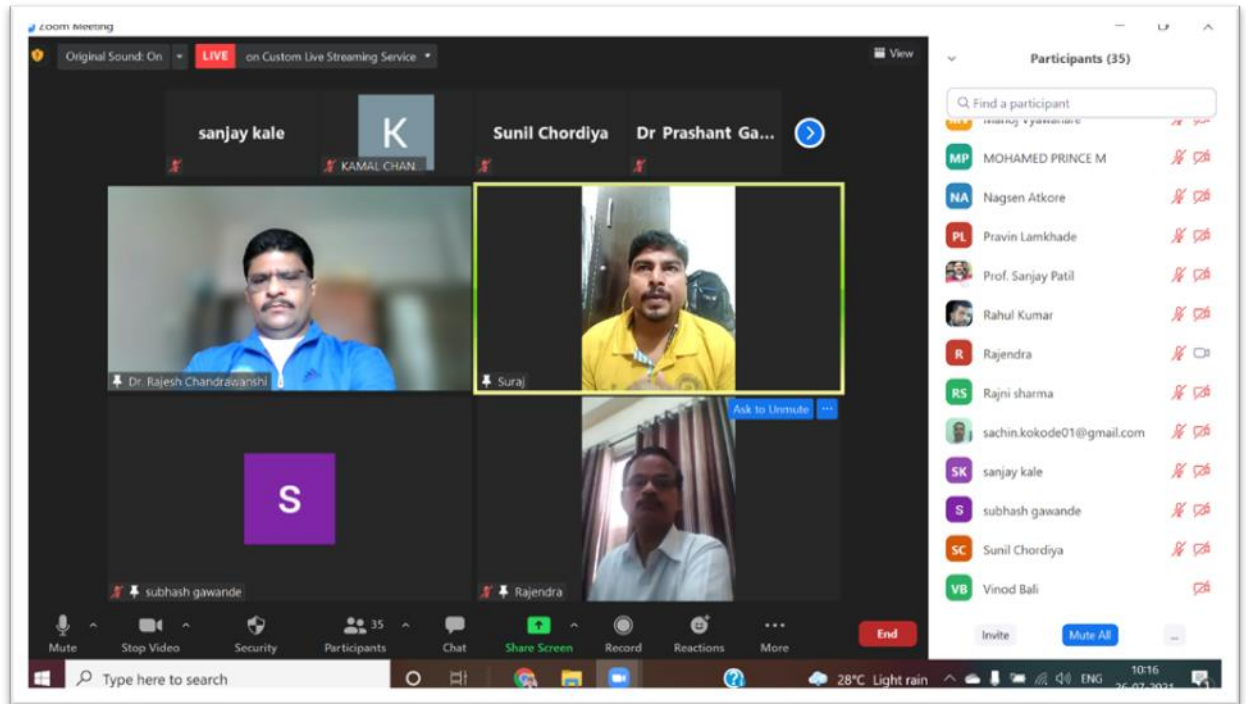
Kho-Kho related informative lecture was nicely delivered by Dr. Manoj Vyawahare, Director of Physical Education and Sports, Arts College, Buldana



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

## Kabaddi

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



## Proof of Date of Birth and identity of the Players

- Copy of the Passport
- DOB Certificate from city council / municipality or any local government body
- DOB as in Nationality Certificate
- Driving license
- Voter identity card
- Any other document from which shows photo, and DOB of a person the affiliated units as per the law of their land can modify these

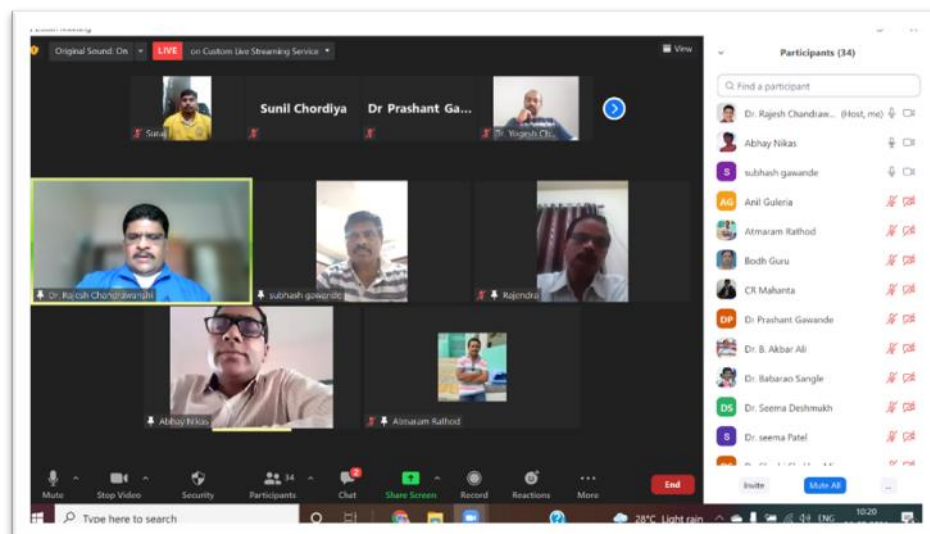
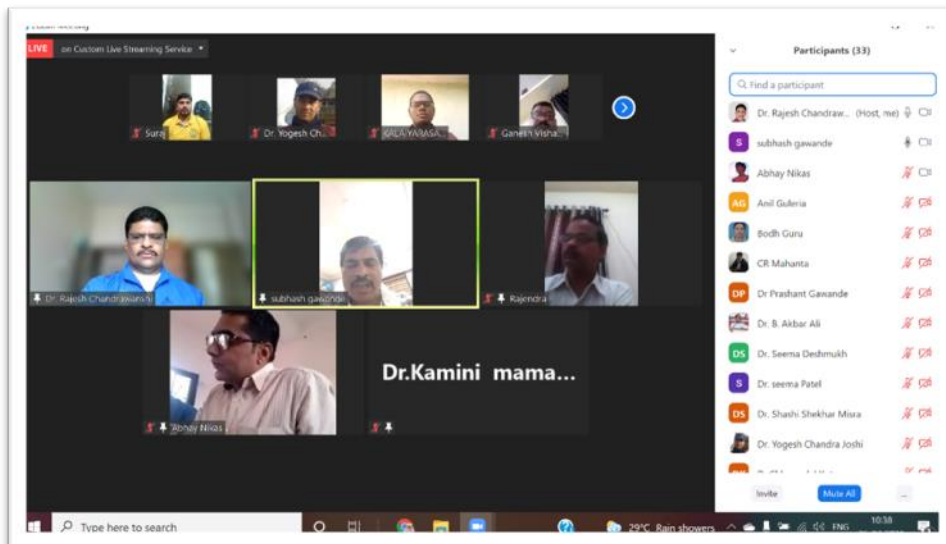
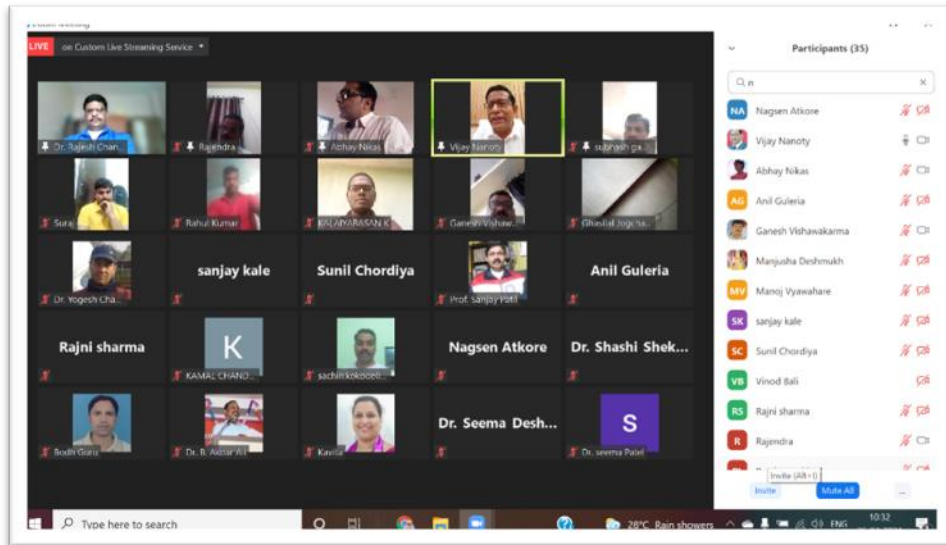
7/26/2021

Unmute Start Video Security Participants Chat New Share Pause Share More

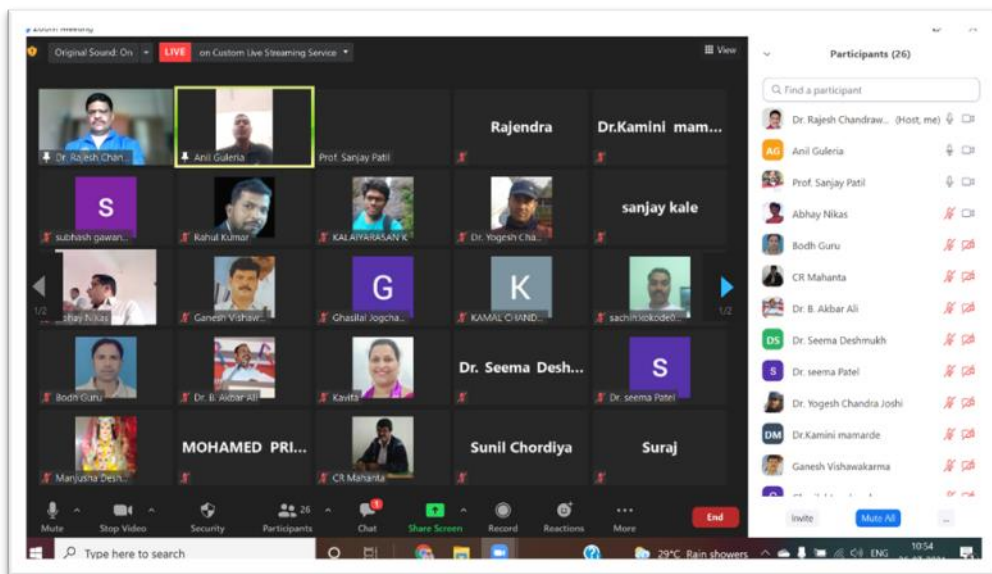
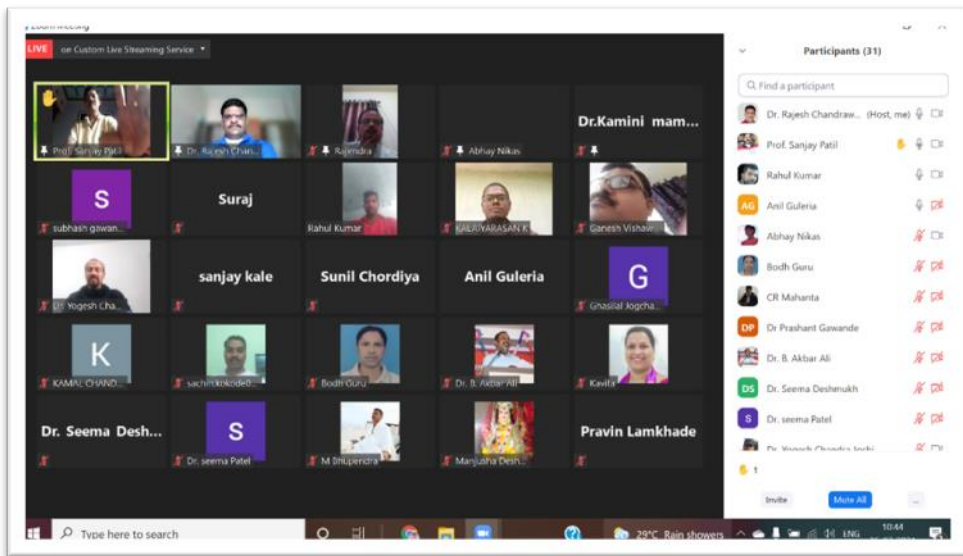
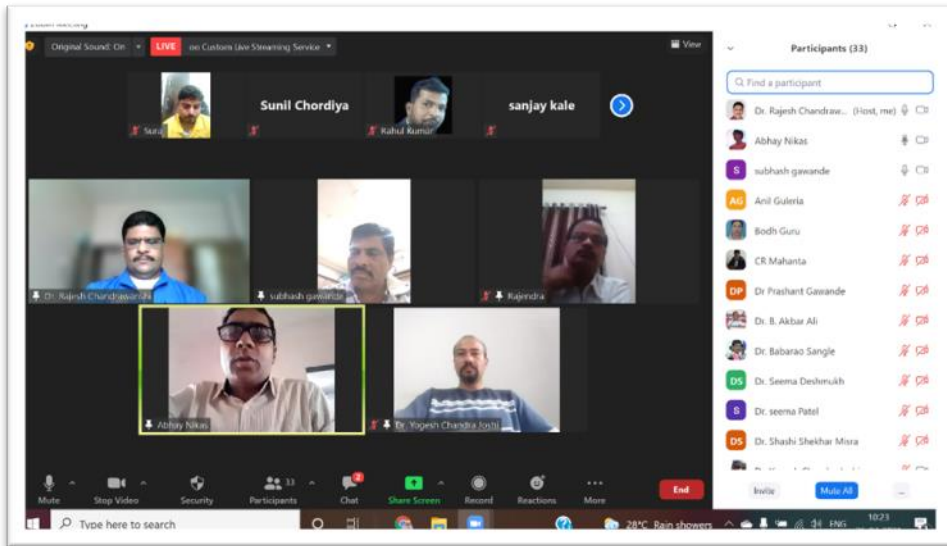
23

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

## Closing Ceremony with Feedback





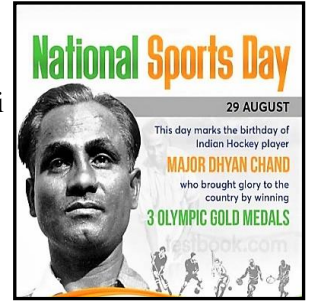




The Berar General Education Society's  
**Shri R. L. T. College of Science, Akola**  
Affiliated to Sant Gadge Baba Amravati University, Amravati  
Re-accredited 'A' Grade by NAAC with CGPA 3.12  
**Department of Physical Education and Sports**

**I.Q.A.C. and  
Parent Teacher Association Committee**

**Jointly Online Organizes  
"Physical fitness and sports awareness programme"  
On the occasion of National Sports Day 29<sup>th</sup> August 2021**



**Dt. 29<sup>th</sup> August 2021**

**Time: 5:00 PM**

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.

### **Our Patron**

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



**Adv. Motisingh Mohta  
President**



**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**

**Ar. Atul R. Bang**

**Shri. Abhay P. Bijwe**

**Shri. Deepak B. Chandak**

**Shri. Rameshchandra S. Chandak**

**Shri. Karan K. Cheema**

**C.A. Vikram R. Golechha**

**Adv. Ajaykumar R. Gupta**

**Dr. Ajay V. Kant**

**Dr. Kiran H. Laddha**

**Dr. Satish L. Rathi**

**Shri. Amit A. Sureka**

### **Programme Schedule**

<b>Date</b>	<b>Time</b>	<b>Event</b>	<b>Details</b>
<b>29/08/2021</b>	<b>5:00 PM</b>	<b>Opening Ceremony</b>	<b>Honourable Guests, Parents, Students and Organizing Committee Members</b>
	<b>5:20 PM</b>	<b>Physical Fitness</b>	<b>Practical Session – Stretching Exercise &amp; Warm Up Conducted By – Dr. Rajesh D. Chandrawanshi</b>
	<b>6:00 PM</b>	<b>Sports Awareness</b>	<b>Conducted By – Dr. Kanchan R. Lathi</b>
	<b>6:20 PM</b>	<b>Group Discussion</b>	<b>All Participants</b>
	<b>6:30 PM</b>	<b>Closing Ceremony</b>	<b>Honourable Guests, Parents, Students and Organizing Committee Members</b>

## Links of Programme

Streaming On	Details	
Zoom	Link	<a href="https://us02web.zoom.us/j/82715221085?pwd=RkczNVVNUFN4WFNSeDdmZmJRekVNUT09">https://us02web.zoom.us/j/82715221085?pwd=RkczNVVNUFN4WFNSeDdmZmJRekVNUT09</a>
	ID	827 1522 1085
	P.C.	510952
YouTube	<a href="https://youtu.be/fuoBVu3sCYQ">https://youtu.be/fuoBVu3sCYQ</a>	

### Organizing Committee Members

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

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

**Dr. A. S. Sawarkar**  
Chairman, Parent Teacher  
Association Committee

**Dr.R.L. Rahatgaonkar**  
IQAC Coordination

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

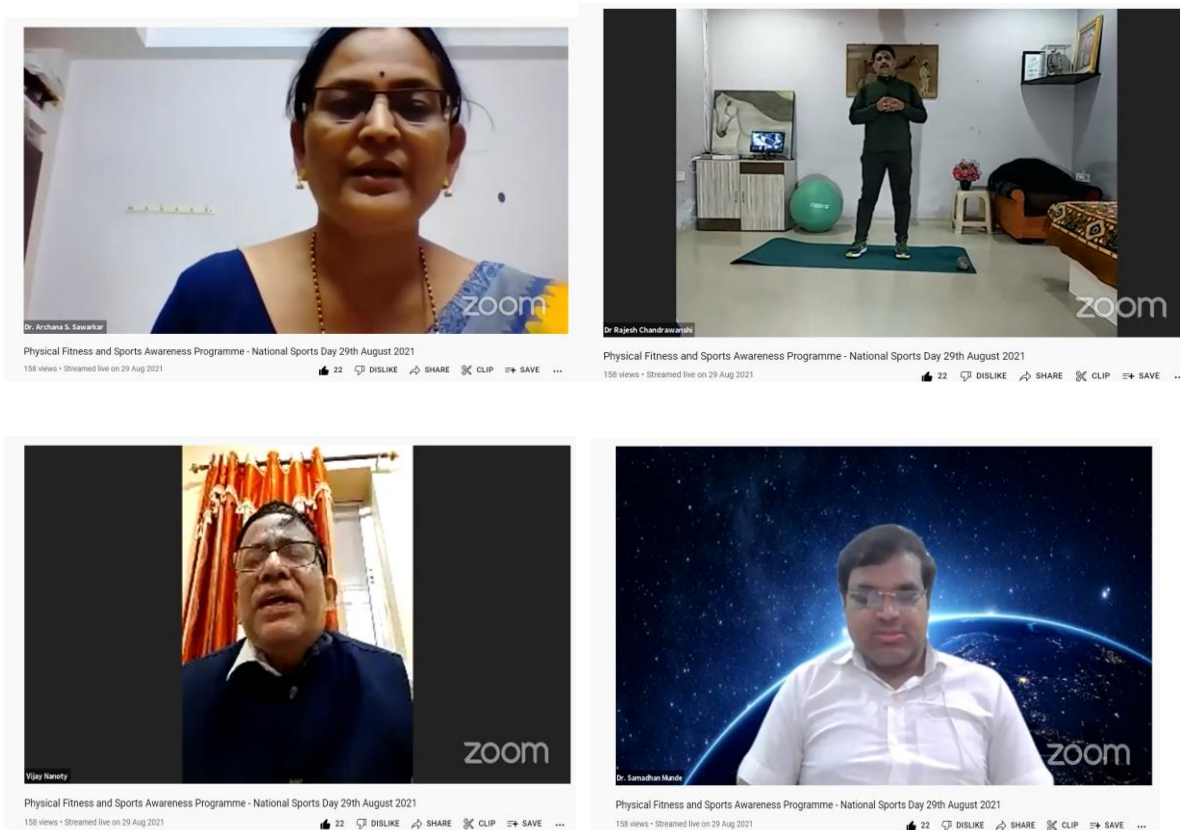
Prof. V.N. Badgujar

Prof. S.B. Tadam

Dr.R.M.Agrawal

Dr. S.L. Munde

Prof. S.N. Gawande



## Blood Donation Camp

On the occasion of Hon'ble former Principal M.G. Joshi Sir's Memorial Day Blood Donation camp was organized on 24<sup>th</sup> December 2021. In this blood donation camp sportsmen participated and donated blood.

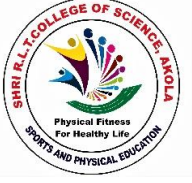




The Berar General Education Society, Akola's  
**SHRI R. L.T. COLLEGE OF SCIENCE, AKOLA**

(Re-accredited with 'A' Grade by NAAC with CGPA 3.12)

Affiliated to Sant Gadge Baba Amravati University, Amravati



**Women's Cell and Internal Complaint Committee (ICC)**  
In collaboration with  
**Department of Physical Education and Sports and IQAC**  
Organizes A Program



**Self Defense - Essential in Life**  
Informative with Practical Session

**Chairman**

**Dr. V. D. Nanoty**

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

**Self Defense Expert and Speaker**

**Dr. R. D. Chandrawanshi**

**Director of Physical Education and Sports,  
Shri R.L.T. College of Science, Akola**

**Dr. R. L. Rahatgaonkar**

**Coordinator, IQAC**

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

**Date : 9<sup>th</sup> April 2022**

**Time : 11:00 AM**

**Registration Link : <https://forms.gle/uhoPadpQ3rkaYPo1A>**

**(This link is only for the registration. Program will be conducted in offline mode only)**

**Venue: Auditorium, Shri R.L.T. College of Science, Akola**

**Organizing Committee**

Dr. S. B. Tadam

Dr. K. M. Hada

Dr. A. A. Sangole

Adv. Mamta Tiwari

Shri K. Y. Patil

Smt. J. A. Gite

Ms. Kanchan Mangtani

Ms. Arti Katore

Ms. Karishma Panjwani

**Self Defense - Essential in Life**  
**(Informative with Practical Session)**  
**on dated 9th April 2022 at 11.30 AM**

Women's Cell and Internal Complaint Committee (ICC) in collaboration with Department of Physical Education and Sports and IQAC organized a program Self Defense - Essential in Life (Informative with Practical Session) on dated 9<sup>th</sup> April 2022 at 11.30 am in Auditorium Hall of the college. The aim of this program is to motivate the students for self-defense.

The program was chaired by Principal Dr. V. D. Nanoty. Self Defense Expert and Speaker for this program was Dr. R. D. Chandrawanshi, Director of Physical Education and Sports, Shri R.L.T. College of Science, Akola. Chief Guest for this program was Dr. R. L. Rahatgaonkar, Coordinator, IQAC, Shri R. L. T. College of Science, Akola.

The program was started with the worship of Goddess Saraswati and Kranti Jyoti Sawaitribai Fule. In the introductory speech Dr. Tadam, Chairperson of Women's cell and ICC, explained the need and importance of Self-defense.

In this program Self-defense related detail concept nicely delivered by Dr. Rajesh Chandrawanshi and live demonstration of Karate, Taekwondo, Kick Boxing and Judo were perfectly presented by self-defense expert Students. Three girl students namely Ms. Tejal Thakur from B.Sc.III, Ms. Rutuja Badhe from B.Sc.II and Ms. Nalanda Damodar from B.Sc.I shared their benefits after learning Self-defense. The chairperson assured that students will get benefited by this program.

Total 207 students were participated in this program out of which 183 were girls students and 24 were boys students. Some students were motivated to take part in self-defense activities. Hence the aim of the program was achieved.

The program was nicely conducted by Ms. Vijaya Tekade and vote of thanks was delivered by Mr. Pranav Kadu. Following members of Women's Cell and ICC worked hard for the success of the program





**live demonstration of Karate, Taekwondo, Kick Boxing and Judo**







## **Online National Level Yoga Workshop Cum Seminar** (On the Occasion of International Day of Yoga 2022)

Our College jointly organized Online National Level Yoga Workshop Cum Seminar (On the Occasion of International Day of Yoga 2022) “YOGA THROUGH HOLISTIC HEALTH FOR EVERY INDIVIDUAL IN SOCIETY” with 06 Colleges and Collaboration with Physical Education Foundation of India and Bruhan Maharashtra Yoga Parishad from 22<sup>nd</sup> to 28<sup>th</sup> May 2022 to aware and motivate Students, Staff Members and People for Yoga Practice on the occasion of International Day of Yoga (IDY) 2022. 995 Participants registered for this workshop from all over India.



**SHRI R. L. T. COLLEGE OF SCIENCE, AKOLA**

== Jointly ==

ARTS AND SCIENCE COLLEGE KURHA, DIST AMRAVATI      S.N. ARTS & U.K. COMM. COLLEGE, AKOLA  
 SARASWATI KALA MAHAVIDYALAYA, DAHIHANDA, AKOLA      ARTS, COMMERCE COLLEGE, YEODA TA. DARAYAPUR, DIST. AMARAVATI  
 NEHRU MAHAVIDYALAYA (ARTS, COMMERCE, SCIENCE) NERPARSOPANT DIST. YAVATAMAL  
 SHANKARLAL KHANDELWAL ARTS, SCI. & COMM. COLLEGE, AKOLA

Affiliated to Sant Gadge Baba Amravati University, Amravati

\*\* COLLABORATION WITH \*\*

**Physical Education Foundation of India & Bruhan Maharashtra Yoga Parishad**

**Organize Online National Level Yoga Workshop Cum Seminar**  
(On the Occasion of International Yoga Day 2022)

**THEME:- YOGA THROUGH HOLISTIC HEALTH FOR EVERY INDIVIDUAL IN SOCIETY**

**Date:- 22<sup>nd</sup> May 2022 to 28<sup>th</sup> May 2022**

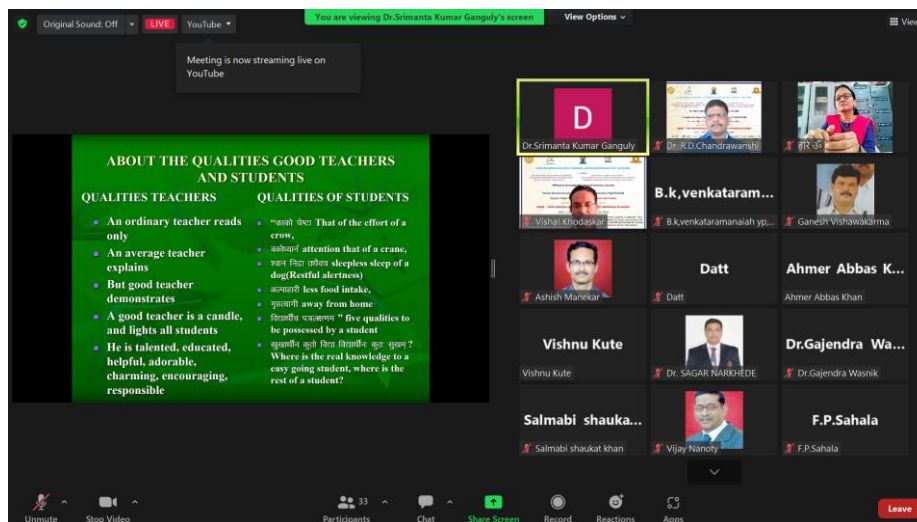
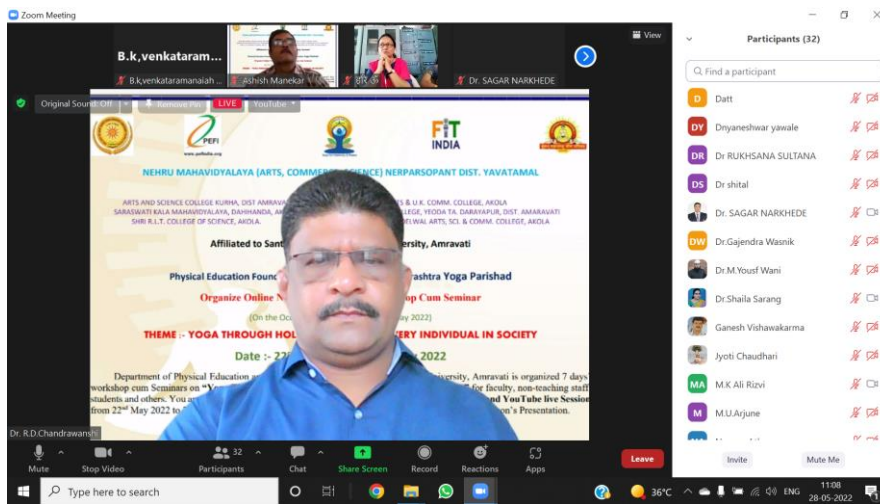
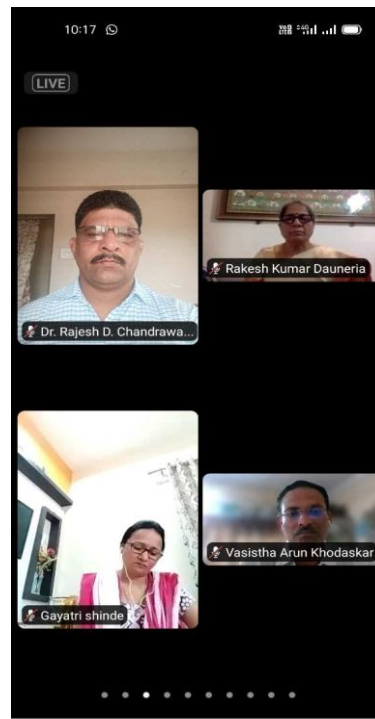
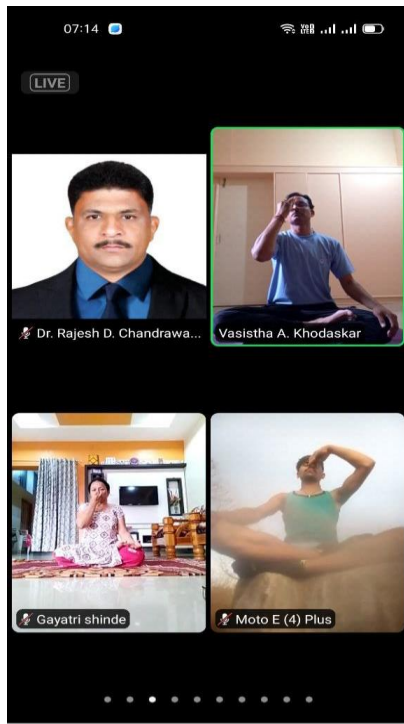
Department of Physical Education and Sports of 7 colleges affiliated S.G.B.A. University, Amravati is organized 7 days' workshop cum Seminars on “Yoga Through Holistic Health for Every Individual in Society” for faculty, non-teaching staff, students and others. You are cordially invited and requested to register & join for the same on **ZOOM and YouTube live Session** from 22<sup>nd</sup> May 2022 to 28<sup>th</sup> May 2022 at morning 6:30 am for workshop and 10:00 am for Resource Person's Presentation.

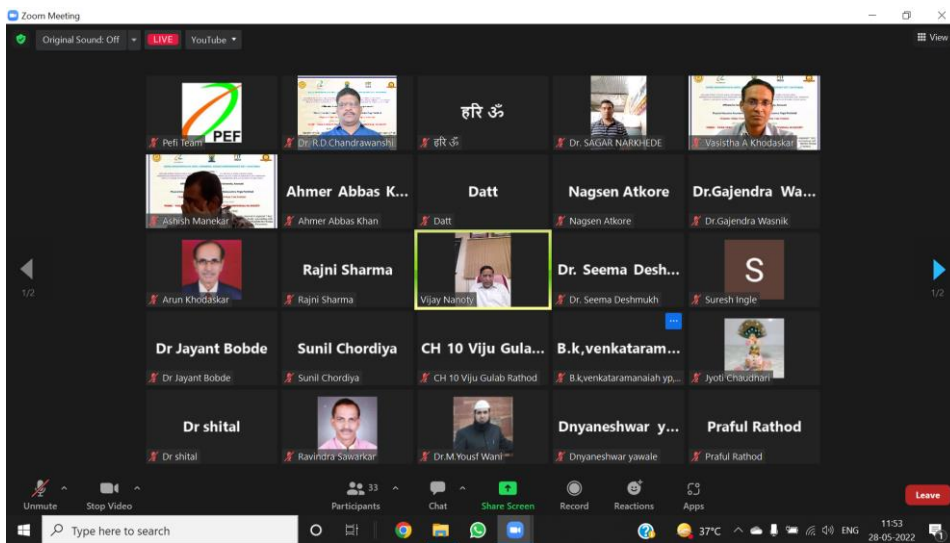
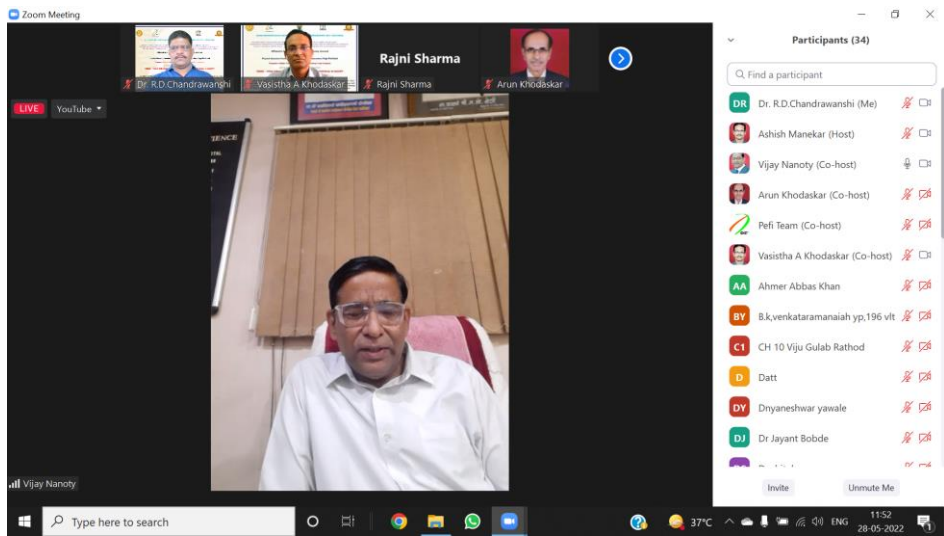
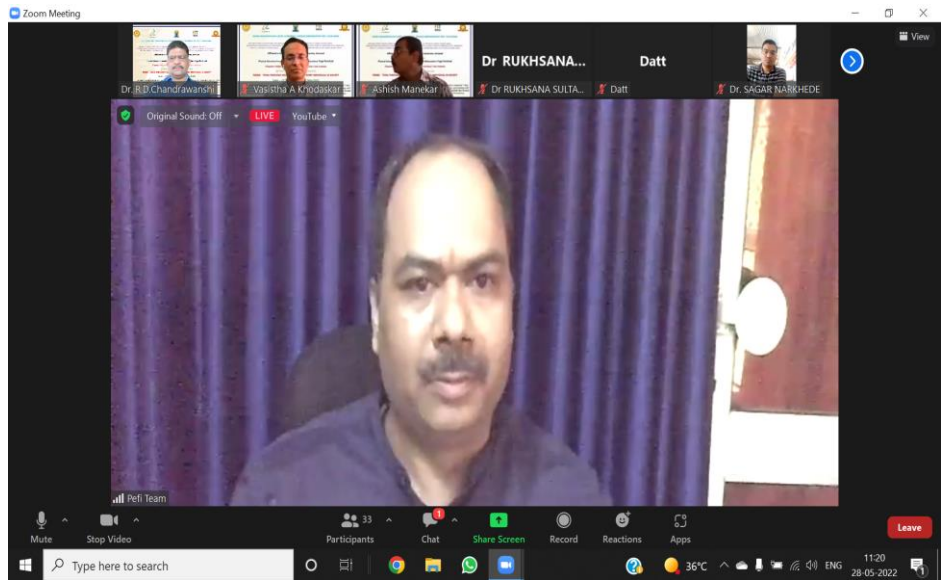
### **Programme Schedule**

**22/05/2022 to 28/05/2022 Morning Session**

**Yogic Practical Time: - 6.30 am to 7.30 am**

Date	Time	Chairman of Session	Resource Person	Topics
22/05/2022	10 am to 11 am	Dr. A.V. Deshumkh, Principal	Dr. Sadhana Dauneria	Importance of Ashtanga Yoga in Daily Life.
23/05/2022	10 am to 11 am	Dr. M.D. Wadate, Principal	Shri. Prashant Rokade	Importance of Shatkrama.
24/05/2022	10 am to 11 am	Dr. D. R. Yawale, Principal	Dr. Devanand Sonar	Pranayama for Physical and Mental Health.
25/05/2022	10 am to 11 am	Dr. J. M. Saboo, Principal	Dr. Shrikant K. Kshirsagar	Acu Yoga: Application for Health Fitness & Healing.
26/05/2022	10 am to 11 am	Dr. Y. G. Sing, Principal	Dr. Ghanshyam Yadav	Life Style Yoga Through Personality Development.
27/05/2022	10 am to 11 am	Dr. J. P. Bobade, Principal	Dr. Bhaskar Shukla	Importance of Asanas of Today's.
28/05/2022	10 am to 11 am	Dr. V. D. Nanoty, Principal	Dr. S. K. Ganguly	Teaching Methodology in Yogic Practices.





## Research Center for Ph.D. Programme

### Inter-disciplinary Studies (Subject-Physical Education)

Research Center is recognized by Sant Gadge Baba Amravati University, Amravati under the faculty Inter-disciplinary Studies in the subject of Physical Education for Ph.D. Programme. In this Research Center following researchers were registered for Ph.D. research work under the supervision of Dr. Rajesh D. Chandrawanshi, Director of Physical Education and Sport.

Sr. No.	Name of Researcher	State
1.	Prof. Sarjerao Wagh	Maharashtra
2.	Mr. Ashutosh Sharma	Odisha
3.	Mr. Manoj Nagle	Madhya Pradesh
4.	Ms. Rajani Sharma	Himachal Pradesh
5.	Mr. Anil Kumar Guleria	Himachal Pradesh
6.	Mr. Ajaiz Ahmad Ganie	Jammu & Kashmir

### Achievement & Professional Development through Experiences of DPES

1. Dr. Rajesh D. Chandrawanshi is attended **Khelo India 2021 Tournament** at Jain University, Bengaluru, Karnataka as **Team Manager of Wrestling and Athletic Team** of Sant Gadge Baba Amravati University, Amravati from 26<sup>th</sup> April to 4<sup>th</sup> May 2022.
2. Dr. Rajesh D. Chandrawanshi is appointed as **Member of Wrestling Selection Committee** (Men & Women), Sant Gadge Baba Amravati University, Amravati.
3. Dr. Rajesh D. Chandrawanshi is appointed as **Team Manager of Wrestling Free Style & Greco Roman (Men)** team of Sant Gadge Baba Amravati University, Amravati. These teams were participated in **All India Inter University Wrestling Tournament organized at Chaudhary Bansi Lal University, Bhiwani, Haryana** from 07.03.2022 to 10.03.2022
4. **Silver Medal in Shotput** in **42<sup>nd</sup> Maharashtra Master Athletic Championship 2021** held at Dr. Panjabrao Deshmukh Krishi Vidyapeeth, Akola from 6th to 8th January 2022

Dr. Rajesh D. Chandrawanshi, Director of Physical Education and Sports was invited for following Online programmes as Resource Person and Chairperson.

<b>Sr. No</b>	<b>Invited</b>	<b>Name of Institute and Place</b>	<b>Event</b>	<b>Date</b>
1	Resource Person	Arts, Science & Commerce College, Chikhaldara , Amravati	University Level Webinar Prevention, Protection, Security Through Martial Art	29 <sup>th</sup> July 2021
2	Resource Person	Mungasaji Maharaj Mahavidyalaya, Darwha	Online Certificate Course in Yoga and Holistic Health	31 <sup>st</sup> July 2021
3	Resource Person	Shri Shivaji Science, and Arts College, Chikhali	National Level Workshop भारतीय खेल व्यवस्था का अंतरराष्ट्रीय खेल सहभाग एवं उपलब्धी पर परिणाम	25 <sup>th</sup> August 2021
4	Chairperson	Bapumiya Sirajoddin Patel Arts, Commerce and Science College Kurha Road, Pimpalgaon Kale, Tq. Jalgaon (Jamod)	Two days National Scientific E-Workshop on “Impact of Yoga and Meditation Intervention on Students Stress and Anxiety Levels”	25 <sup>th</sup> & 26 <sup>th</sup> August 2021
5	Resource Person	Shri Vasanttrao Naik Mahavidyalaya, Dharani in Collaboration Babasaheb Deshmukh Parwekar Mah., Paratwada.	One Day Workshop on Career Opportunities Through Games and Sports	29 <sup>th</sup> August 2021
6	Resource Person	Matoshree Vimalbai Deshmukh Mahavidyalya, Amrvati	One Day Webinar Physical Fitness: Need for Life.	12 <sup>th</sup> October 2021
7	Chairperson	Mahatma Jyotiba Fule Mahavidyalaya, Amravati. Late Dattatraya Pusadkar Arts College, Nandgaon Peth, Amravati. Narayanrao Rana Mahavidyalaya, Badnera, Amravati.	One Day International Interdisciplinary E-Conference on Role of Physical Activities, Health and Fitness in Today’s Crisis	16 <sup>th</sup> October 2021
8	Resource Person	Arts, Science & Commerce College, Chikhaldara , Amravati	College Level Workshop On “Self Defense and Personal Safety for Girls Through Martial Art”	7 <sup>th</sup> April 2022

### **Sports Committee Members**

1. **Dr. R. D. Chandrawanshi** **Chairman & DPES**
1. **Dr. R.L. Rahatgaonkar** **Member**
2. **Prof. V.N. Badgujar** **Member**
3. **Dr. S.B. Tadam** **Member**
4. **Prof. A.B. Khedkar** **Member**
5. **Prof. S.C. Zayate** **Member**