### Report of Webinar "Health and Yoga"

Date: 19/06/2021

On ahead of International Yoga Day (21st June) a webinar has been organised be I.Q. A.C. Nutan Maratha college Jalgaon on 19th June 2021, at 6:00 p.m. through online Google Meet platform. Dr.vRavindra M. Mali was the guest-speaker. At the beginning of the session, B.C. Patil introduced the guest. Dr A Y. Badgujar put forth the overall activities of I Q A C. Later on Dr Mali began his session with the health tips for maintaining our body and its smooth function. He described it as per the role of the different organs in the human body. He asserted to follow the daily routine which is important for health. He also explained the the importance of Yoga and Pranayam in our life. He said that in the the pandemic circumstances like COVID 19, one who practice the Yoga daily, has less threat of such diseases. At the end of the session, Dr Mali also explain the role of meditation for peace of mind in human life. The program went on with the presidential address of Prof. Dr. S. A. Gaikwad. At the end, Pallavi Shimpi presented vote of thanks. The whole session was anchored by Professor Rajendra V Deshmukh. Vice Principal Dr. N J Patil, Prof. R B Deshmukh, Prof. A B Wagh were also present. Prof Dr. Afaaq Shaikh, Prof. Dr. M.S. Patil Madam, took efforts for the success of the program. Following are the links of joining on Google Meet and Feedback form respectively.

1. <a href="https://meet.google.com/omq-uggq-qmo">https://meet.google.com/omq-uggq-qmo</a>

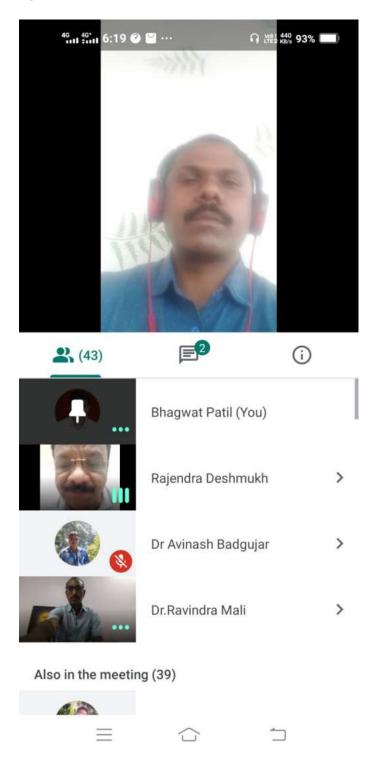
https://docs.google.com/forms/d/e/1FAIpQLScpeGJwMUdIEj8Z99aAHDec-7jLN cfCnG9wA3xzJcGEZkorQ/viewform?usp=sf link

Pic 1.



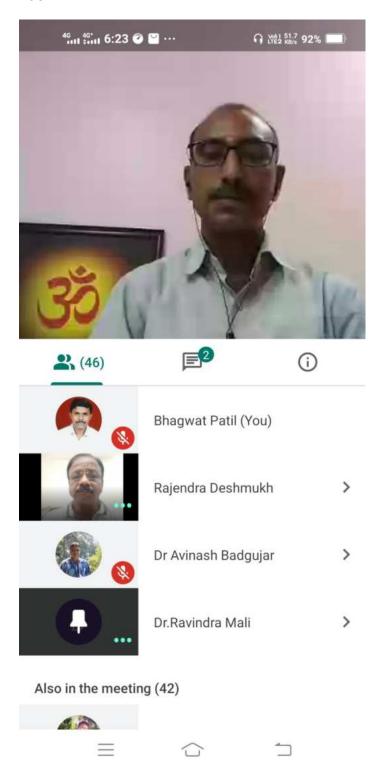
Prof. R. V. Deshmukh while anchoring the session

Pic 2.



Prof. B. C. Patil while introducing the Guest-Speaker

Pic 3.



Dr. Ravindra M. Mali (Guest-Speaker) conducting the session

# J.D.M.V.P'S Shri S. S. Patil Arts, Shri Bhausaheb T. T. Salunkhe Commerce and Shri G. R. Pandit Science College (Nutan Maratha College) Jalgaon

#### Report

Department of Physical Education, National Service Scheme and IQAC of the college have been jointly organized the three days Suryanamaskar, Yoga and Pranayam sessions entitled "Yoga: A Blessing for Health" through online Google Meet, from 25<sup>th</sup> to 27<sup>th</sup> June, 2021, from 7:00 am to 8:00 am. For this yoga activity, the college had received One Hundred Sixty One Registration entries from the colleges around. Principal Dr. L. P. Deshmukh was the President of all the sessions. Vice-Principal Dr. S. A. Gaikwad (Coordinator, IQAC), Dr. P. B. Patil (NSS Program Officer), Prof. Subhash Wankhade (Director of Physical Education) were the coordinators for the sessions.

Day 1. (25/06/2021)

Vice-Principal and Coordinator Prof. Dr. S. A. Gaikwad acknowledged the overall role and the activities of IQAC of the college.

The first session was inaugurated by Prof. Dr. Dinesh Patil, Director of Physical Education, of Kavayitri Bahinabai Chaudhari North Maharashtra University, Jalgaon. In the beginning, Prof. Rajendra V. Deshmukh introduced the speaker of the first session Dr. Dinesh Patil and the presenter, Prof. Subhash Wankhade. At first, the theory of 'Surnamaskara' and later on the practical session was conducted by Prof. Wankhade. In a very easy manner, he guided the twelve steps, which are very essential for the surnamaskara. Simultaneously, he advised the surynamaskara to not to be practiced by medically operated patients. The Vote of thanks was presented by Prof. B. C. Patil.

Day 2. (26/06/2021)

On the second session of the three days yoga, Prof. Dr. M. S. Patil went through all type 'Yogasana' with their theory. Prof. Patil was introduced by Prof. Rajendra Deshmukh. She explained the Do's and Don't's of the same. After that, the she started the practical session with the Standing Yoga position, Sitting Yoga position, the Sleeping on back position of Yoga and Anti- position. The participant joined online were benefited of it. The Vote of thanks was presented by Prof. B. C. Patil.

Day 3. (27/06/2021)

The third day of Yoga Sessions, opened with the introduction of Prof Dr. Kishor Pathak of Arts, Commerce and Science College, Bodwad, and Prof. Dr. A. Y. Badgujar which was done by Prof. Subhash M. Wankhade. In the beginning Prof. Dr. Pathak talked about the overall organization of the three days yoga. He said that , he was practically involved and enjoyed the three day's activities. He later on congratulated the Principal and the whole team of college. This session dealt with the presentation of theory and practical of 'Pranayama'. Dr. Badgujar explained five stages and steps of Pranayama to be followed in our life. In a very clear manner, he conducted the session. First, he went through theory which is followed by the practical one after another. Lastly, he also mentioned the importance of 'Meditation' in everyone's life. One of the participants Prof. Mahesh Patil from Arts, Commerce and Science College, Shendurni expressed his feedback on this activity. The event ended with the Presidential Speech of Dr. L. P. Deshmukh. The Vote of thanks was presented by Prof. Dr. Aafaq Shaikh of Urdu Department. Vice-principal Dr. N.J. Patil, Prof. R. B. Deshmukh, Prof A. B. Wagh guided for the success of the three days Surnamaskara, Yoga and Pranayama Sessions.

For this yoga activity, the college had received Eighty Nine Feedback Forms from the colleges around.

Certificates of Participation were distributed to the students and professors who had attended the three sessions and provided feedback forms.

Following <u>Google Meet link</u> was provided/ shared through Whatsapp group prepared for the smooth functioning of the three days sessions.

1. To join the meeting on Google Meet, click this link:

https://meet.google.com/edb-vxdf-gfm

Or open Meet and enter this code: edb-vxdf-gfm

2. Following Google Form (Feedback Form) link was provided/ shared through Whatsapp group

https://docs.google.com/forms/d/e/1FAIpQLSda3CTFfpwUgBEx0Hy4s3vkGp4eg0hGdfR5ZTWGQGUPumEWVA/viewform?usp=sf\_link



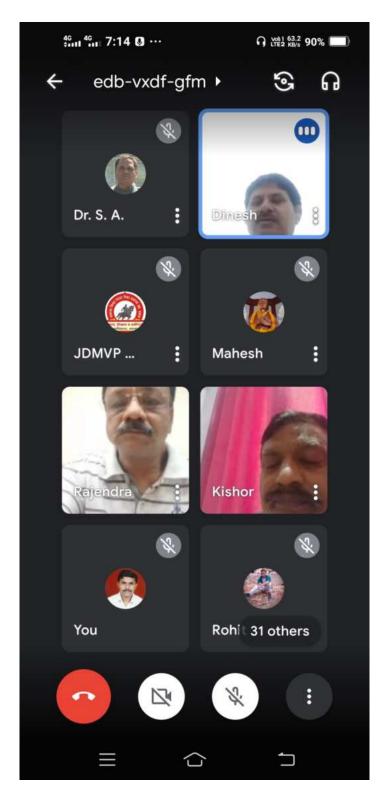
Three Days Suryanamaskara, Yoga and Pranayama poster of inauguration

Date:25/06/2021



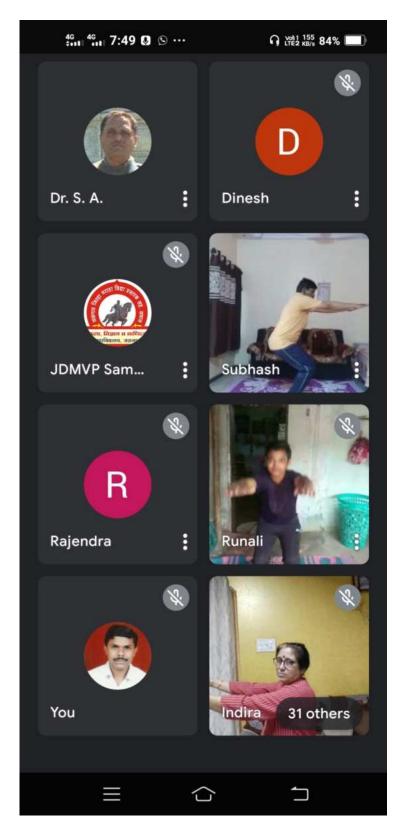
Three Days Suryanamaskara, Yoga and Pranayama poster of Valedictory

Date:27/06/2021

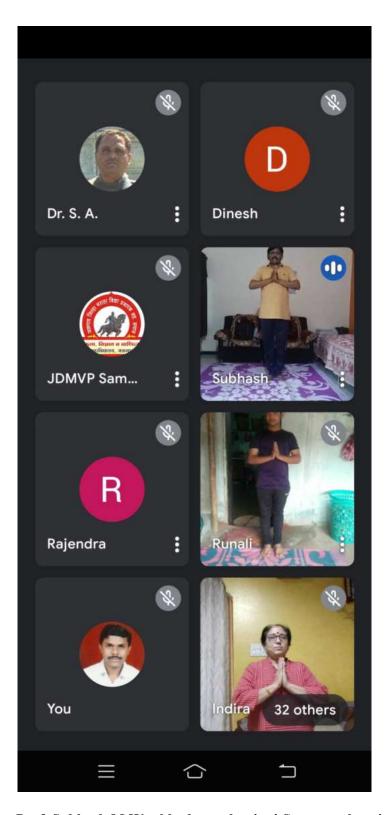


On screen, Hon. Dr. Dinesh Patil, Prof. Dr. Kishor Pathak,

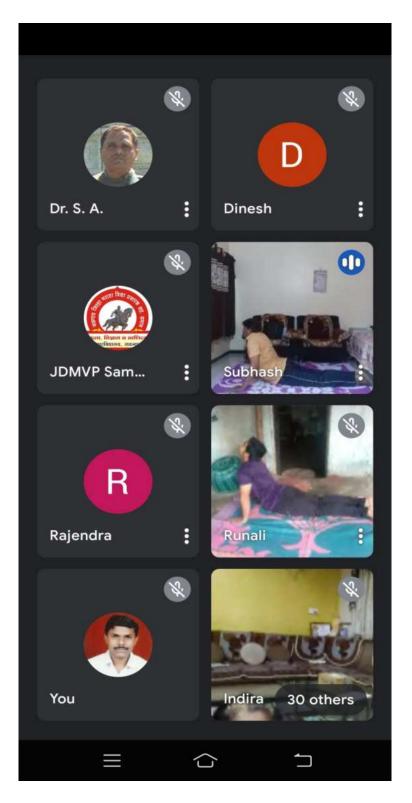
Principal Dr. L.P. Deshmukh, Prof. Rajendra Deshmukh, 25/06/2021



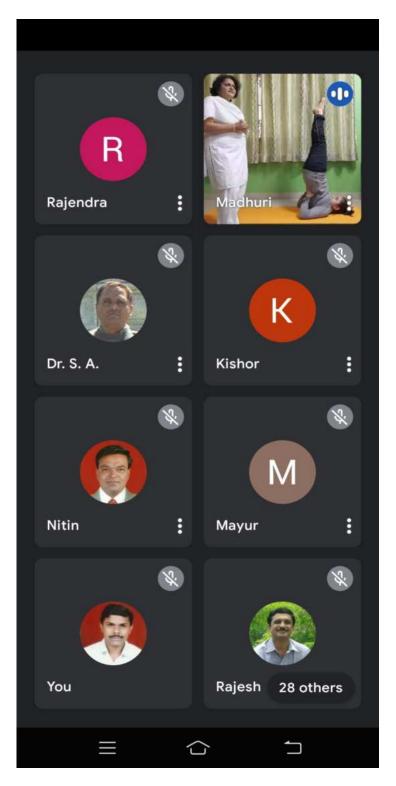
Prof. Subhash M Wankhade conducting' Surnamaskara' and Other participants, 25/06/2021



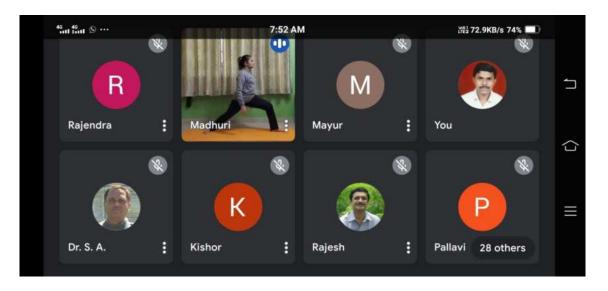
 $Prof.\ Subhash\ M\ Wankhade\ conducting'\ Surnamaskara',$  and other participants, 25/06/2021



Prof. Subhash M Wankhade conducting' Surnamaskara' and Other participants, 25/06/2021

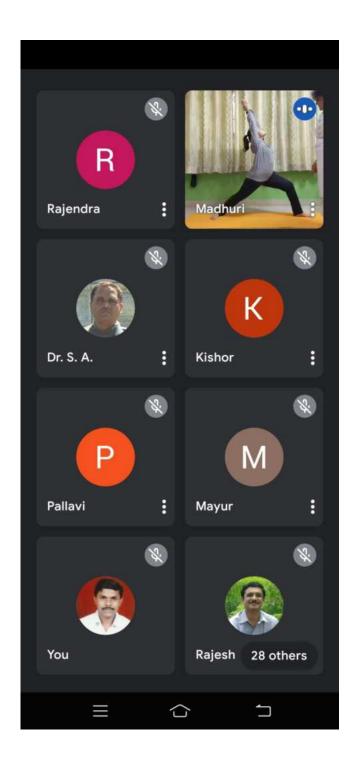


Prof. Dr. M. S. Patil and Janhavi in practical session of Yoga, 26/06/2021

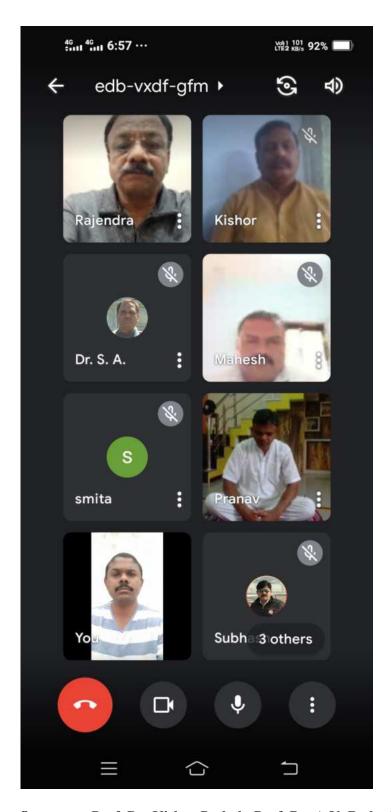


Prof. Dr. M. S. Patil and Janhavi in practical session of

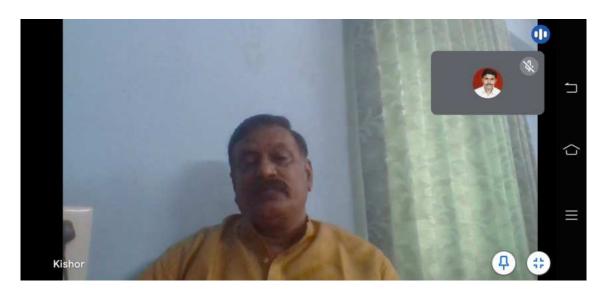
Yoga, 26/06/2021



Prof. Dr. M. S. Patil and Janhavi in practical session of  $Yoga,\,26/06/2021$ 



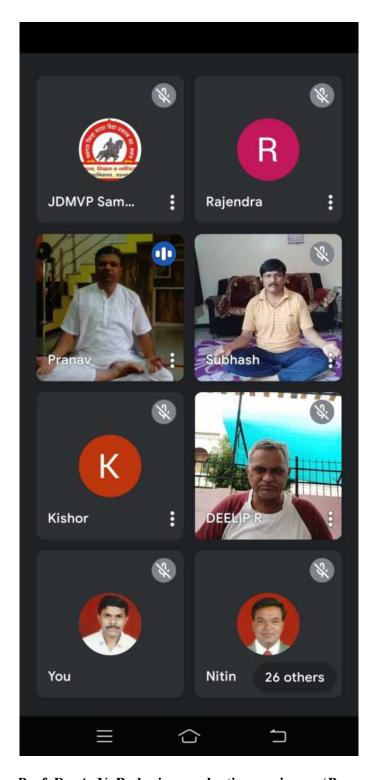
On screen, Prof. Dr. Kishor Pathak, Prof. Dr. A.Y. Badgujar Prof. Mahesh Patil, Prof. Dr. S.A. Gaikwad, Prof. B.C. Patil Prof. Rajendra V.Deshmukh, 27/06/2021



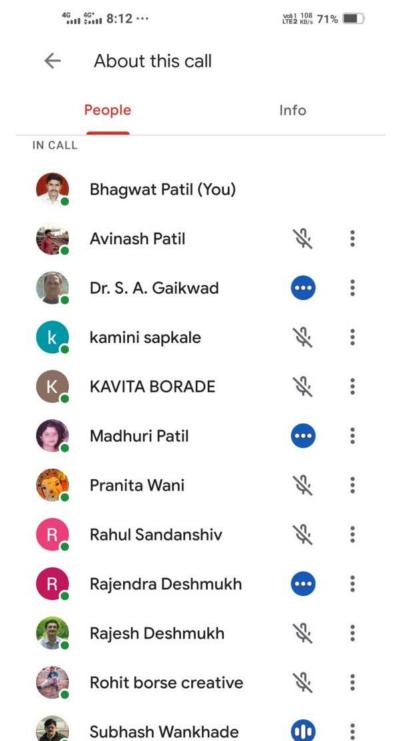
Prof. Dr. Kishor P. Pathak delivering his valedictory speech, 27/06/2021

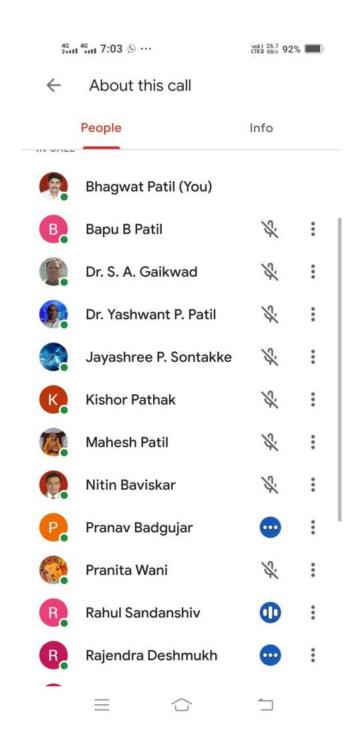


Prof. Dr. A. Y. Badgujar conducting session on 'Pranayama' 27/06/2021



Prof. Dr. A. Y. Badgujar conducting session on 'Pranayama' 27/06/2021





Attendance in third session 27/06/2021



**Three Days Yoga Webinar Certificate 1** 



**Three Days Yoga Webinar Certificate 2** 

#### Note:

The Registration folder (entries) and Feedback Forms folder are attached separately in report.



## Dr Avinash Badgujar <aybadgujar@gmail.com>

Dec 5, 2020, 10:09 PM

to deptofenglish.nutan, me

National COVID-19 Awareness-cum-Literature and Literary Criticism Quiz 2020 ( Duration 20.9.20 to 20.10.20)

conducted by

The Deptt. of English, Arts, Commerce and Science College, Bodwad

in Collaboration with

The Deptt. of English, Nutan Maratha College, Jalgaon and LES's Arts and Science College, Aurangabad

The Earthly human existence has been infected by the besiege of the deadly Corona or COVID-19. At the moment of Human touch, its virus passes through Oral, Nasal, Pharynx cavities and Larynx at the Lungs which results into failure of the Respiratory System and physical immune. To create awareness about fighting against the Corona/COVID-19 and to study its relations with the linguistics, a Quiz has been arranged as a part of 'Home Work'/ Work from Home' for UG/PG students, teachers and researchers of the English Language and Linguistics.

Link for the National Covid-19 Awareness-cum-Literature and Literary Criticism Quiz 2020

#### https://forms.gle/sxWyhSVnpxXvEua36

E-certificate of participation will be issued on their registered E-mail

Dr.Shaikh Parvez (Coordinator)

Mr. Ajay Patil (Member)

Dr. Avinash Badgujar (Co-ordinator)

Dr. Vinod Chaudhari (Co-ordinator)

Prof. Arvind Chaudhari (Principal- Arts, Comm. and Sci. College, Bodwad)

Dr.L.P. Deshmukh (Principal-Nutan Maratha College, Jalgaon)

Dr.Liyakat shaikh (Subject Expert)

### NATIONAL COVID-19 AWARENESS-CUM-LINGUISTICS QUIZ 2020





The Deptt. of English, Arts, Commerce and Science College, Bodwad In Collaboration with



The Deptt. of English, Nutan Maratha College, Jalgaon and

The Deptt. of English, Central University, Hydrabad.

Prof./DR./Mr./Miss/Mrs Ibrahim M. Alfagih

has successfully completed the National COVID-19 Awareness-cum-Linguistics Quiz 2020 with meritorious score by solving all the MCQ on Language, Grammar ,Phonology and Morphology which are based on the present universal deadly Coronavirus pandemic and its relative touch with the study of Linguistics.

Respiration and Respiratory

Mr. Ajay Patil Member

Dr. Avinash Badgujar [ Assist. Co-ordinator]

Prot. Bhimrao Bhosale [ Subject Expert] Central University, Hydrabad Dr. Vinod Chaudhari [Co-ordinator]

**Prof.Arvind Chaudhari** [ Principal ] Arts, Comm. & Sci. College, Bodwad

8RNYGC-CE000112

Nutan Maratha College, Jalgaon

Dr.L.P. Deshmukh [ Principal ]

Date: 9-6-2020

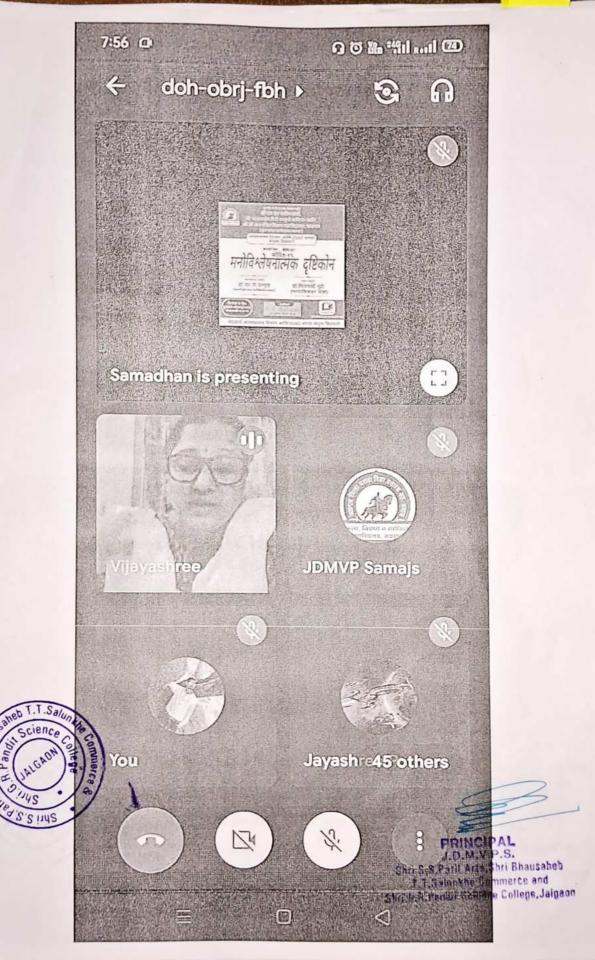
E-certificate of participation

# कोव्हिड19- मनोविश्लेषणात्मक दृष्टिकोन वेबिनार

नुतन मराठा महाविद्यालयातील, मानसशास्त्र विभाग आणि IQAC यांच्या संयुक्त विद्यमाने दिनांक 2/06/2021 रोजी "कोव्हिड 19 -मनोविश्लेषणात्मक दृष्टिकोन", हा वेबिनार आयोजित करण्यात आला. या कार्यक्रमाचे अध्यक्ष नूतन मराठा महाविद्यालयाचे प्राचार्य डॉ. एल.पी. देशमुख हे होते. कार्यक्रमाला प्रमुख पाहुणे मनोविकार तज्ञ डॉ. विजयश्री मयूर मुठे ह्या होत्या तसेच उपप्राचार्य डॉ एस.ए. गायकवाड, मानसशास्त्र विभाग प्रमुख, डॉ.जे.पी. सोनटक्के, प्राध्यापक वृंद, विद्यार्थी हजर होते. कार्यक्रमाच्या सुरुवातीला डॉ. सोनटक्के यांनी प्रास्ताविक केले. नंतर प्राचार्यांनी आपले मनोगत व्यक्त केले. डॉक्टर मुठे मॅडम यांनी आपल्या व्याख्यानात कोव्हिड-19 याबाबतची संपूर्ण माहिती दिली. तसेच या काळात आपण आपले शारीरिक व मानसिक स्वास्थ्य कसे जपायला हवे, ते सांगितले. त्यांनी अतीचिंता न करता कोणत्याही गोष्टीचा, विचारांचा अतिरेक नको हे प्रतिपादित केले, नाहीतर व्यक्ती मनोविकारांचा बळी होतो हे समजावून सांगितले, तसेच कोव्हिड-19 ची परिस्थिती कशी हाताळावी हेही सांगितले. कार्यक्रमाचे सूत्रसंचालन व आभार प्रदर्शन प्रा. जगदीश सोनवणे यांनी केले. या कार्यक्रमाला मानसशास्त्र विभाग व IQAC यांचे सहकार्य लाभले.



PRINCIPAL
J.D.M.V.P.S.
Shri S.S.Patil Arts, Shri Bhausaheb
T.T.Salunkhe Commerce and
Shri.G.R.Pandit Science College, Jalgaon



# ← About this call

	People	Info	
C.	jagdish sonawane (You)		
B	Bajirao Sonawane	Z.	1
B	Benhur Pawar	1º	•
C.	Chetan Hadap	1%	1
C.	Chetana Giri	1%	1
4.0	Chetana Kothavde	1%	1
Do	DEELIP R CHAVAN	1%	: 44
2	DINESH PATIL	1%	•
0.	DIPAK Mali	1%	•
D.	Dr Anita Wankhede	1º	•
	Dr. S. A. Gaikwad	8.	
Commerce	Dr. Shashikant Khalane	1.	PRINCIPAL J.D.M.V.P.S.
<b>.</b>	Dr. Yashwant P. Patil	Shri.G	J.D.M.V.P.S. S.S.Patil Arts, Shri Bhausaheb T.T.Salunkhe Commerce and T.T.Salunkhe Commerce and S.R.Pahdii Science College, Jalgeon

# About this call

People

Info



jagdish sonawane (You)



Ashwini Jadhav





DIPAK Mali





Dr Anita Wankhede





Harshada Shukl





Jayashree P. Sontakke





Jaywant Shimpi





Kalpesh Udaybhan So...







kiran medhe







Nandkumar Patil



Nilesh Jagtap



Samadhan Patil

Shri S.S. Patil Arts, Shri Bhausaheb Shri.G.R. Pandit Science College, Jalgaon



SHABANA TADAVI







# ← About this call

	People	Info	
m	madhuri suralkar	Z.	1
M	MAMATA RANE	1%	:
9	MAYUR PATIL	1%	
M	Minal Patil	1/2	:
	Mohit Patil	1/2	
1	Neha Ahire	1/8	:
N.	Nikhil More	1%	1
P	Pallavi Pol	12:	:
P	Pawan Chavan	Z.	:
P	Priyanka Akole	Z.	:
	Rohit Varkhade	1º	
	Saheb Padalwar	1%	al PAL
<b>%</b> .	Samadhan Patil		RINCIPAL D. M.V.P.S. Stil Ats, Shri Bhausaheb Stil Ats, Shri Bhausaheb Still Ats, Shri Bhausaheb
		-	

# ← About this call

	eldin ii	People	Info	SHAPER CORE
(		SHRIKANT RAMESH S	13.	:
(	sm	sm shinkar	1%	
(	S	smita Deshmukh	3.	:
	Q.	Sonali Khalane	Z.	:
	S	Sunita Jagtap	13:	:
	(3)	Sunita Katole	1%	:
	A.	Suvarna Patil	1%	:
	V <sub>o</sub>	Vaishali Patil	13:	•
	(V <sub>o</sub>	Vijayashree Muthe	0	•
Saluntine	Vo	Vishal Thakur	12:	:
Collegio		vishwesh divekar	1%	•
•	W.	Yogeshwar Patil		RINCÎPAL D.M.V.P.S.
	Y.	Yogita Sonawane	Shri & S.Pat	il Arts, Shri Bhausaheb nkhe Commerce and it Science College, Jalgaon

J.D. M. V.P Co-op Samaj's,
Shri S. S. Patil Art's, Shri Bhausaheb T. T. Salunkhe
Commerce & Shri G. R. Pandit Science College, Jalgaon.



# National Cadet Corps Report - 2020-21

Lt. Shivaraj B. Manake.

Company Commander, National Cadet Corps

Shri S. S. Patil Art's, Shri Bhausaheb T. T. Salunkhe Commerce & Shri G. R. Pandit Science College, Jalgaon.

# 1. 6 th International Yoga Day (21/06/2020) (YOGA FROM HOME) :

In the light of prevailing Covid-19 situation, 'Yoga from Home' was encouraged. Cadets participated individually or with their family members from the safety of their homes. Cadets followed common yoga protocol and as advised uploaded their videos on social media with #CYP2020\_NCC. Total 46 cadets and 1 ANO performed yoga and uploaded their Photos on social media.









### 2. Fit India Movement:-







Fit India online webinar for SD cadets guest lecture by Shri Satish Kogta (Physical Director) after that student follow their guideline & practice at their own place in corona pandemic.



3. Awareness on Indian Constitution in corona pandemic Online webinar on 29/11/2020 in webinar 78 cadets are Participated:





# 4. Achievement: -

Lt Rahul Patil (Gorkha Regt.), Tejas Patil, Durgadas Gaikwad, Rahul Patil, Dinesh Patil.





# Lt. Shivaraj Patil.

Company Commander, National Cadet Corps

Shri S. S. Patil Art's, Shri Bhausaheb T. T. Salunkhe Commerce & Shri G. R. Pandit Science College, Jalgaon.

### Report of Webinar "Health and Yoga"

Date: 19/06/2021

On ahead of International Yoga Day (21st June) a webinar has been organised be I.Q. A.C. Nutan Maratha college Jalgaon on 19th June 2021, at 6:00 p.m. through online Google Meet platform. Dr.vRavindra M. Mali was the guest-speaker. At the beginning of the session, B.C. Patil introduced the guest. Dr A Y. Badgujar put forth the overall activities of I Q A C. Later on Dr Mali began his session with the health tips for maintaining our body and its smooth function. He described it as per the role of the different organs in the human body. He asserted to follow the daily routine which is important for health. He also explained the the importance of Yoga and Pranayam in our life. He said that in the the pandemic circumstances like COVID 19, one who practice the Yoga daily, has less threat of such diseases. At the end of the session, Dr Mali also explain the role of meditation for peace of mind in human life. The program went on with the presidential address of Prof. Dr. S. A. Gaikwad. At the end, Pallavi Shimpi presented vote of thanks. The whole session was anchored by Professor Rajendra V Deshmukh. Vice Principal Dr. N J Patil, Prof. R B Deshmukh, Prof. A B Wagh were also present. Prof Dr. Afaaq Shaikh, Prof. Dr. M.S. Patil Madam, took efforts for the success of the program. Following are the links of joining on Google Meet and Feedback form respectively.

1. <a href="https://meet.google.com/omq-uggq-qmo">https://meet.google.com/omq-uggq-qmo</a>

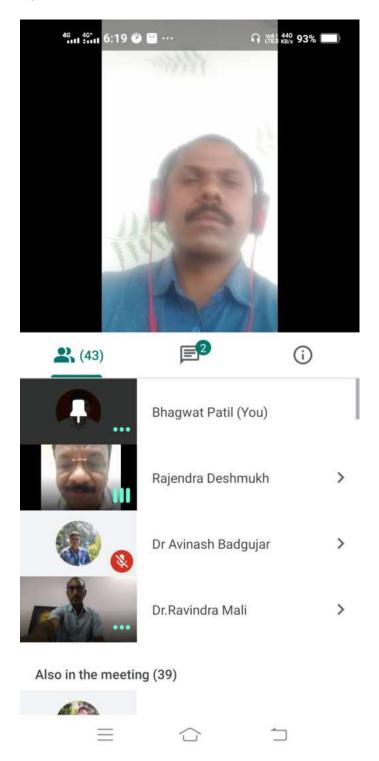
https://docs.google.com/forms/d/e/1FAIpQLScpeGJwMUdIEj8Z99aAHDec-7jLN cfCnG9wA3xzJcGEZkorQ/viewform?usp=sf link

Pic 1.



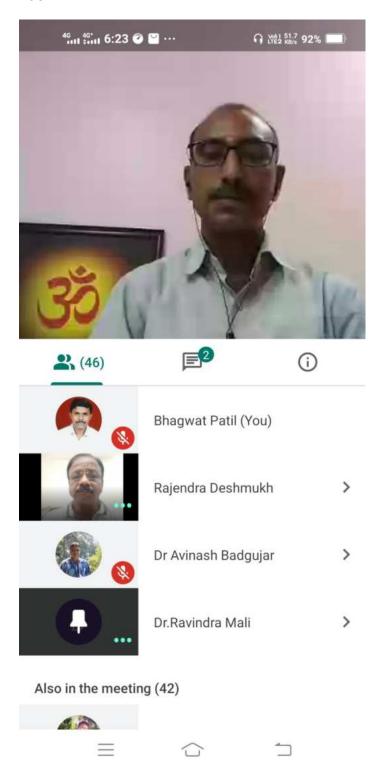
Prof. R. V. Deshmukh while anchoring the session

Pic 2.



Prof. B. C. Patil while introducing the Guest-Speaker

Pic 3.



Dr. Ravindra M. Mali (Guest-Speaker) conducting the session