

Mahatma Gandhi Vidyamandir's

SMT. PUSHPATAI HIRAY ARTS, SCIENCE & COMMERCE MAHILA MAHAVIDYALAYA

Loknete Vyankatrao Hiray Marg, Malegaon Camp, Dist.Nashik - 423 105.

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Department of Physical Education & Sports
Report on "Yoga for Aatmanirbhar Bharat" 2020-2021

Date-13th May 2020

Due to Covid -19, for Academic year 2020-2021, theme of "Aatmanirbhar Bharat" is finalized for sports. Aatmanirbhar Bharat Abhiyan is the mission started by the Government of India on 13th May 2020, towards making India Self-reliant.

Through the concept of self-reliant India, during the Pandemic of Covid-19, students are encouraged to practice Yoga regularly at their native places. This practice brings awareness for good physical and mental health as well as good hygiene. Students represented the institute's motto for peace for all during the pandemic situation. Students practiced more than ten minutes every day various yogasana that keep them fresh and calm throughout the whole day in the disturbing situations around them. By doing so, they stated an example to the people in society around them which not only encouraged but also motivated the neighbours to practice the same. In this mission the Principal, Vice-principal and Physical director instructed the students.


(Dr. Ujjwala S. Deore)

PRINCIPAL
S.P.H. Mahila Mahavidyalaya
Malegaon Camp-423 105 (Nashik)



Details of the Yoga student:

Sr No	Name of the Participants	Class	Contact Details
1	Nikita Manoj Jagtap	SYBCOM	8010143498
2	Pratibha Ravindra Pawar	FYBCOM	8308356854
3	Jyoti Kantilal Pawara	FYBSC	9604220315
4	Rajashri Sahebrao Deore	SYBA	7057308605
5	Shradha Nandu Pawar	TYBSC	7767068107
6	Sonali Punamchand Purohit	MA-II	7350884032