

# Huzurpaga, Durgabai Mukunddas Lohiya Mahila Vanija Mahavidyalaya

## Physical Education and Sport- Webinar & Activity Last Five Years Report

No.	Name of the Activity	Date	Resources Person/Activity Taken
<b>Year 2021-22</b>			
1	International Yoga Day-Yoga one week camp , My Fitness My Responsibility,	15 to 21 Jun. 21	DR. Gurunath Pawar Dr. Smita Pande
2	Immunity Boost Program	1 to 3 Jul. 2021	Art of Living Team
3	Webinar on Vaccination Awareness Program , Lecturer	16 Jul. 21	Dr. Leena Sheth
4	Fit India Freedom Run- Run for Fit	15 Aug. to 2 oct.2021	Sports Dept.
4	National Sports Day-Olympic Sports Quiz	29 Aug.2021 to 1 <sup>st</sup> sept.21	Sports Dept.
6	National level ,Google quiz on Nutrition and health, on occasion of National Nutrition Month	Sept. 21	Sports Dept.
7	Y-Break ,5min.Yoga Protocol fitness program for college staff, guided by Ayush Ministry of India and UGC	13 Sep.2021	Sports Dept.
8	International Suryanamaskar Din	14 Jan. 22 to 7 feb.22	Sports Dept.
<b>Year 2020-21</b>			
9	International Yoga Day-Yoga at home Yoga with Family	21 Jun.2020	Sports Dept.
10	Physical Fitness and Yoga Program for students and Parents	5 Aug.2020	Sports Dept.
11	Quiz Competition- On occasion of Independence Day ( Google form)	15 Aug.2020	Sports Dept.
12	Webinar on- Atma Nirbhar Bharat and Youth and Quiz	15 Aug.2020	Dr.Gurunath Pawar
13	Fit India Freedom Run & Walk Activity ( Through Fitness App)	15 Aug. to 2 oct.2020	Sports Dept.
14	National Sports Day-Presentation on Yoga and Pranayama	29 Aug.2020	Dr.Gurunath Pawar
15	Webinar On -National Nutrition Month ( Topic-Importance of Balance Diet)	26 Sep.2020	Mrs.Anagha Tongaonkar ( Dietitian)
16	Webinar on- Stress Management	28 Oct.2020	Dr. Gayatri Savant
17	Webinar on – Common Desk Injuries – Simple Tricks and Tips to Prevent Them	26 Dec.2020	DR. Shriya Joshi DR.Ruturaj Pandit Dr.Varun Shastri
18	Webinar on- Secrets Of Ayurveda and Health	17 Jan.2021	Dr. Maya Gokhale
19	Online Inter-class Sports Competition	1 Feb. to 6 Feb.2021	Sports Dept.
20	Webinar on – International Woman’s Day (Topic- Woman’s Health and Obesity	8 Mar. 2021	Dr.Asmita Itkarkar
<b>Year 2019-20</b>			
21	International Yoga Day	21 Jun. 2019	Sports Dept.
22	Fit India Movement Rally	29 Aug. 2019	Sports Dept.
23	Staff Academy Program- Importance Mental Health and Physical Health	20 Mar. 2020	Dr Gurunath Pawar
<b>Year 2018-19</b>			
24	International Yoga Day	21 Jun. 2018	Mrs. Shaila Hulgund, Yoga Expert
25	Yoga and Naturopathy	7 Aug. 2018	Dr. Ajinkya Pawar Dr. DR.Jyoti Kumbhar
26	Weapon Training & Self defense	21 Feb. 2019	Shri Nitin Shete
<b>Year 2017-18</b>			
27	International Yoga Day	21 <sup>st</sup> Jun. 2017	Mrs Saloni Sathe, Yoga Expert
28	Ayurved and Mahila Arogya	29 Jun. 2017	Dr. Maya Gokhale
29	Fitness Program- Zumba	24 Nov. 17	Fitness Trainer-Angha Shinde
28	Yoga for Fitness – For Teaching and Non-Teaching Staff	22 December 2017	Prof. Namdev Phatangale