

Report
Department of Physical education
7th International Yoga Day
21st June 2021

International Yoga Day was celebrated to inculcate the awareness among the students and the staff of members about the importance of having a healthy body and sound mind through Yoga, Yoga can be stress buster which is very important for students as well for the staff members. The Department of Physical Education under the able guidance of Principal Dr. Santosh Kasbekar celebrated the 7th International Yoga Day for staff and students. The session was taken on Zoom platform for the staff members and for the students it was streaming live on YouTube channel.

Shri Navin Agrawal (Registrar) coordinated the whole webinar, Dr Anita Chandak (Dept of Bio Tech) compeered the program, Dr Santosh Kasbekar gave the introductory speech, DrTruptiSakhare (BBA Dept.) gave a brief introduction about the guest speaker Shri Neeraj Agrawal who is an Yog expert at the end DrUpendraVarma (Dept. of Physical Education) gave the vote of thanks.

Neeraj Agarwal ji started his session with a e asanas, standing asanas and Pranayam. He also took a small session on meditation. KavitaMotwani colleague of Neeraj Agarwal performed all the asanas while Agarwalji narrated about each and every asan as how it has to be done the correct posture and time for the every asan he also told the advantages of every asan for our body. He also gave lot emphasis on mediation and explained its importance in every day's life and how it can relive the stress form our lives.

At the end he performed some breathing exercise which are very useful in this current Pandemic situation. He also told that Yoga can only be beneficial if it is performed daily.

Zoomlink-

<https://us02web.zoom.us/j/85946604889?pwd=Nktva2l6QnhZRFV2ZkNNeVFJTkt1Zz09>

YouTube-

https://www.youtube.com/channel/UColZ4gi26yltsywYxFwTDew?sub_confirmation=1




Officiating Principal
Dada Ramchand Bakhru
Sindhu Mahavidyalaya, Nagpur-17

Independence Day

2021-22

Dada RamchandBakhrusindhuhMahavidyalaya celebrated 75th Independence Day on 15th August 2021 with great zeal and enthusiasm in the college premises.

Mr AnandNirbaan Executive Editor, DainikBhaskar, Nagpur was the Chief Guest on this occasion. Shri H R Bakhru President Sindhi Hindi VidyaSamiti presided over the function. Dr I P Keswani General Secretary SHVS and Shri Deepak Deosinghani Secretary SHVS were the Guests of Honour.

Dr V M Pendse, Principal presented the annual report highlighting the various achievements of the institution. Vice Principals Dr S V Tewani, Dr A G Thadani, Dr MilindShinkhede, Mr Manoj Yenpendiwar guided the organising team. 12 students and about 20 teachers were felicitated for outstanding achievements.

A patriotic song medley Swaranjali was presented on the occasion by teachers of the college under the supervision of Dr LeenaChandnani, Incharge of Cultural Committee. The medley was conceptualized by Dr SumanKeswani.

The Chief Guest admired the progress made by the institution even during the tough pandemic situation. He appreciated the achievements of the students and teachers. He stressed on the importance of health care in the prevailing covid situation.

Shri H R Bakhru congratulated the achievers for their success and inspired everyone with his words of advice.

Dr I P Keswani motivated the students to work harder to hone their skills which would help them in future to earn their living. He also congratulated the prize winners for their achievements especially Mr VarunSahu who was awarded 'KharcheSamman' a cheque of Rs 10,000 as an award and Ms Uzma Rahim Khan who was awarded a cash prize of Rs 5,000 for being the topper among Muslim girls in BSC (having chemistry as a subject).

Dr SumanKeswani compered the programme and Mrs Aparna Chauhan delivered the vote of thanks.



Report
Republic Day celebration

73rd Republic Day was celebrated in the Quadrangle area on the college premises. The function was commenced promptly at 8.30, the flag was unfurled by the hands of Mr. Neeraj Bakhru (Secretary College Affairs) SHVS, Honorable President Mr. H R Bakhru (SHVS) was also present along with Principal V M Pendsey, Vice Principals Dr. S Tewani, Dr. A Thadani, Dr. M Shinkhede, Junior college Vice Principal Mr. Yenpendiwar, Registrar Mr. Naveen Agrawal and along with teaching and non-teaching staff members of the college. National Anthem was sung by all the people present for the function.

The college followed the Covid-19 restrictions strictly by calling **only 50% of the staff for this function**, no cultural program or prize distribution for the sports players was done on this year's Republic Day function, staff also maintained social distance and wore the mask throughout the function. No outside guest was called for the function. All the arrangement for this function was done one day prior by the **Department of Physical Education and also by the Sports committee members.**



HOD
Department of Physical Education
Dada Ramchand Bakhru
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Rashtriya Khel Diwas

Report

29th August 2021

Birth anniversary of Major Dhyanchand is celebrated as the 'RashtriyaKhelDiwas' on 29th August of every year in schools, colleges and all sports institution across the country. Our college **Dada RamchandBakhruSindhuMahavidyala**, Nagpur also celebrated this day for the first time, in the Department of Physical Education at 9 am.

This function was attended by the Principal **Dr V Pendsey**, Vice Principals **Dr S Tewani**, **Dr A Thadani**, **Dr M Shinkhede**, Registrar of the college **Shri Naveen Agrawal**, heads of the departments and members of the teaching and non-teaching staff. The function started with the welcome note by **Dr UpendraVarma**he also gave the introduction and explained the significance of celebrating the RashtriyaKhelDiwas on 29th August.

At the end of the function Principal **Dr V Pendsey** gave his valuable thoughts on sports and told everyone present in the function that how importance Physical Education is for everyone. Vote of thanks was also given by Dr UpendraVarma. After the official function was over all the staff members played Chess, Carom and Table Tennis as per their interest, refreshment was provided by the Sports Department for all present.

On this RashtriyaKhelDiwas the Department of Physical Education conducted an online Quiz competition on ' **India in Olympics**' Technical help for creating the Online Quiz was given by **TruptiSakhare**, the whole programme was coordinate by **Dr G Ramchandra Rao** (HOD) and **Ganesh Sahu**.



Women's Day

8th March 2022

Report

Women Empowerment Cell (WEC) of Dada RamchandBakhruSindhuMahavidyalaya, Nagpur had organized following programmes in the session 2021-22.

1. International Women Day 2022 Celebration

Women Empowerment Cell (WEC) had celebrated International Women's Day, Tuesday 8 March 2022 with the essence of Womanhood. On this occasion the cell had organized two guest lectures by Dr.Vijaya Kumar, Former Head, Department of Physical Education, Dada RamchandBakhruSindhuMahavidyalaya, Nagpur and Mrs.SanghmitraShimpi, Retired Junior College teacher, Dada RamchandBakhruSindhuMahavidyalaya, Nagpur. Vice Principals Dr.SatishTewani, Dr.AnandThadani and Dr.MilindShinkhede were present. Dr. S. Tewani in his presidential speech enlightened about challenged faced by working women. Dr. Kumar had delivered the lecture on 'Gender Equity Today for Sustainable Development' and Mrs.Shimpi enlightened the gathering on the topic 'Break the Bias'. Coordinator of WEC, Dr.LeenaChandanani introduced the guest and briefed the theme of women's day. The members of WEC Dr.Zeenat Kashmiri, Dr.SangitaRughwani and Dr.PinkySonarghare worked hard for the success for the event.The program was conducted by Dr. Bharti Anerao and the vote of thanks was proposed by Dr.RupaliWanjari.




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