

**Shri Vyankatesh Arts, Commerce & Science College, D. Raja Dist: Buldana  
Department of Physical Education**

**A Report on  
One Day Workshop on 'Physical fitness for Future Life'**

During the time of Corona, students could not come to the college and everyone needed physical fitness to stay away from this disease. The Principal suggested that a one-day workshop should be organized for the students to get guidance from experts on how to increase their physical fitness. Accordingly, Dr. Chandravanshi Sir, Senior Director of Sports and Physical Education, R. L. T. College, Akola was invited for this workshop on 04/12/2020. This one day workshop was conducted online. In this workshop, Dr. Chandravanshi sir explained the importance of physical fitness and also explained various exercise methods to increase physical fitness. He also explained in detail how physical fitness is necessary in the future. The program was moderated by Professor Shimbre while the program was presided over by Dr. Anant Awati. Dr. Kiran Mogarkar gave the introduction and vote of thanks for the program. Majority of students, teachers and non-teaching staff attended the program online.

The thumbnail features the college logo at the top left. The text reads: 'SHRI VYANKATESH ARTS, COMMERCE & SCIENCE COLLEGE, DEULGAON RAJA, DIST. BULDANA-443204'. Below this, it says 'Department of Sports and Physical Education in Collaboration with Department of NCC. One Day Work Shop on "Physical fitness :Need For future life"'. The date and time are 'Friday 04/12/2020 at 11:30 AM to 12:35 PM'. It lists a 'Patron' (Hon. Raju Vijaysingh Jadhao) and a 'Resource Person' (Dr. Rajesh D. Chandravanshi). A 'You tube Link' is provided: 'https://youtu.be/GIwDY\_5FBQQ'. The 'Convener' is 'Dr. Kiran V. Mogarkar' and the 'Co Convener' is 'Dr. Mahesh R. Jadhao'. A video duration of '1:07:45' is shown in the bottom right corner of the thumbnail.

  
Coordinator, IQAC  
Shri Vyankatesh Arts, Commerce &  
Science College, Deulgaon Raja  
Dist. Buldhana-443204 (MS)



  
PRINCIPAL  
Shri Vyankatesh Art's Commerce &  
Science College, Deulgaon-Raja  
Dist. Buldhana, Pin-443204

**Shri Vyankatesh Arts, Commerce and Science College,  
Deulgaon Raja, Dist. Buldhana**  
Department of Sports & Physical Education  
One day Workshop on  
'Physical fitness for Future Life'

Date : 04/12/2020

## List of participant students

Sr. No.	Name Of Participant Students	Class
1	Mr. Gopal Nandkishor Bhagile	B.A.1
2	Ku. Kalyani Kailas Muley	B.A.1
3	Mr. Karansing Ajitsing Bawre	B.A.1
4	Ku. Ranjana Santosh Gaykwad	B.A.1
5	Mr. Kiran Sahebrao Pawar	B.A.1
6	Ku. Maheshwari Mohan Punde	B.A.1
7	Ku. Pragati Santosh Sapate	B.A.1
8	Ku. Pramila Bhagwan Harkal	B.A.1
9	Mr. Vaibhav Chandrakant Lakhole	B.A.1
10	Mr. Yashvant Vitthal Ambhore	B.A.1
11	Ku. Manisha Nandkishor Mahajan	B.A.1
12	Ku. Ankita Hari Thombre	B.A.1
13	Ku. Ashvini Limbaji Sawade	B.A.1
14	Mr. Karan Pandurang Dhere	B.A.1
15	Ku. Komal Bhaskar Jadhao	B.A.1
16	Ku. Shital Ravindra Zore	B.A.1
17	Mr. Sachin Sukhdeo Waragane	B.A.2
18	Mr. Arvind Subhash Kharat	B.A.2
19	Mr. Sameer Jalalkha Pathan	B.A.2
20	Mr. Badrinath Prabhu Sahare	B.A.2
21	Mr. Janardhan Jagan Pawar	B.A.2
22	Mr. Jagdish Mainaji Zore	B.A.2
23	Mr. Vinod Laxman Misal	B.A.2
24	Mr. Bhimrao Ramdas Anande	B.A.2
25	Mr. Gangaram Laxman Jadhav	B.A.2
26	Mr. Samadhan Parmeshwar Sawde	B.A.2
27	Ku. Shagufta Mohmad Yunus Kachchhi	B.A.2
28	Mr. Amar Shivaji Gawai	B.A.2
29	Mr. Akash Pandurang Pawar	B.A.2
30	Ku. Priya Ganesh Zore	B.A.2
31	Mr. Gaurav Kishor Sapate	B.A.2
32	Mr. Dinesh Vitthal Falke	B.A.3
33	Ku. Jyoti Bhanudas Rathod	B.A.3
34	Mr. Gaurav Rajendra Tidke	B.A.3
35	Ku. Suvarna Anil Kasare	B.A.3
36	Ku. Nikita Ganesh Bhagyawant	B.A.3
37	Mr. Sadanand Bhagwan Kharat	B.A.3
38	Ku. Radhika Sunil Joshi	B.A.3
39	Ku. Shamal Vishnu Kshirsagar	B.A.3



40	Mr. Vishal Haribhau Borate	B.COM.1
41	Mr. Avinash Rameshwar Borate	B.COM.1
42	Mr. Abhijit Bhikaji Mane	B.COM.1
43	Mr. Shyam Ramdas Mhaske	B.COM.1
44	Ku. Muskan Yusuf Mhasalkar	B.COM.1
45	Ku. Kartiki Anil Watane	B.COM.1
46	Ku. Sakshi Girish Pimpalgaonkar	B.COM.1
47	Ku. Prachi Ravindra Bansile	B.COM.1
48	Ku. Gauri Ganesh Sapate	B.COM.1
49	Ku. Harshada Nandkumar Pawale	B.COM.1
50	Ku. Sakshi Suresh Pawale	B.COM.1
51	Mr. Avinash Dattatray Kharat	B.COM.2
52	Ku. Divya Rajabhau Mhaske	B.COM.2
53	Ku. Ashwini Shriram Tormal	B.COM.2
54	Ku. Prajakta Santosh Saboo	B.COM.2
55	Ku. Rupali Santosh Nimodiya	B.COM.2
56	Mr. Komal Datta Gaikwad	B.COM.2
57	Ku. Pallavi Prashant Girniwale	B.COM.2
58	Mr. Mangesh Arun Doifode	B.COM.2
59	Ku. Ashwini Anilkumar Watane	B.COM.2
60	Mr. Vaibhav Sakharam Sarkate	B.COM.2
61	Mr. Shubham Baban More	B.COM.2
62	Mr. Krushna Prakash Jadhao	B.COM.2
63	Mr. Pradip Ratan Mhaske	B.COM.3
64	Mr. Rahul Radhakisan Tikande	B.COM.3
65	Mr. Ajay Ram Pawar	B.COM.3
66	Mr. Dnyaneshwar Vitthal Bankar	B.COM.3
67	Mr. Nitin Dipak Kawhale	B.COM.3
68	Mr. Gaurav Gajanan Raut	B.COM.3
69	Mr. Sarthak Moresh Minase	B.COM.3
70	Mr. Kedar Rajesh Upadhye	B.COM.3
71	Ku. Komal Ganesh Mhaske	B.COM.3
72	Ku. Ashivini Vijay Chavan	B.COM.3
73	Mr. Shreyash Sushil Khawade	B.COM.3
74	Ku. Pragati Malhari Darkonde	B.COM.3
75	Mr. Abhinav Sanjay Patil	B.SC.1
76	Mr. Vaibhav Ankush Zote	B.SC.1
77	Mr. Swapnil Dilip Zote	B.SC.1
78	Mr. Sangham Arun Zote	B.SC.1
79	Mr. Kalpesh Shivaji Zote	B.SC.1
80	Ku. Shivani Ramesh Gore	B.SC.1
81	Mr. Yash Naresh Kasare	B.SC.1
82	Mr. Bhushan Ramdas Joshi	B.SC.1
83	Mr. Sadanand Malhari Mundhe	B.SC.1
84	Ku. Sayali Santosh Singare	B.SC.1
85	Ku. Prajakta Vishwasrao Deshmukh	B.SC.2
86	Ku. Rutuja Ganesh Mhaske	B.SC.2
87	Mr. Krushna Prakash Wagh	B.SC.2

