



Dapoli Education Society's
Dapoli Urban Bank Senior Science College, Dapoli
Internal Quality Assurance Cell (IQAC) 2021-2022

Sports Department

1. **Name of Activity-** Yoga Competition

2. **Date and Time-** 18th Dec. 2021. Time- 9.00am Onward

3. **Aim and purpose-**

The Aim of Yoga competition was to enable the students to have good health, to practice mental hygiene, to possess emotional stability, to integrate moral values. Yoga is a very important activity for every person for their physically and mentally development. So, it was decided to organized this yoga Competition for the students.

4. **Inauguration and Resource Person and topic-**

Competition of Yoga was conducted on 18th Dec. 2022. The resource person was Dr. Sandesh Jagdale.(Principal), Mr. Hemant D. Devdhar (Yoga Judge), Mrs. Nilima H. Devdhar (Yoga Judge).

5. **Number of Participation-** 25 Participants (21Boys/ 4 Girls)

Total 25th participants was participated in Yoga competition and five faculty members, one non-teaching staff present on competition time.

6. **About overall conduct-**

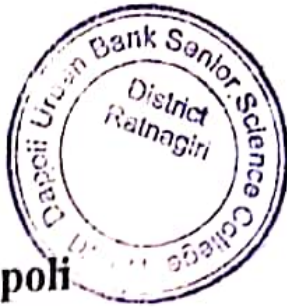
That is way the overall Yoga competition was good conduct. Dr. Sandesh Jagdale, Mr. Hemant Devdhar, Mrs. Nilima Devdhar, 5 sports

Committee Members and students are present for Inauguration Ceremony.

Result was Yoga competition in Boys Group 1st Rank was Londhe Rutik Ramesh (T.Y.Bsc), 2nd Rank was Chogale Aditya Gopichand (T.Y.Bsc), 3rd Rank was Manjarekar Samar Vasant (T.Y.Bsc) and the girls group 1st Rank was Ujal Akshata Dashrath, 2nd Rank was Balgat Niyatee Balu, 3rd rank was Khare Gauri Shashikant.

7. About Feedback

The overall feedback for Yoga competition was excellent. Mrs. Nilima Devdhar madam Share their experience with students. Students were satisfied because they got to learn new about yoga.



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Sports Department

Carrrom Competition on 18th Dec. 2021.

Programme Schedule

Time	Topic	Resource person
9.00am to 9.20 am	Inauguration	Dr. Sandesh Jagdale. Mr. Hemant Devdhar Mrs. Nilima Devdhar
9.20am to 9.40am	Suryanamaskar	Students
9.40am to 10.00am	Displayed Asanas	Students
10.00am to 10.15am	On the spot asnas	students
10.15 am to 10.30am	Students favorites Asnas	students.
10.30am to 10.40am	Results Declaration	Mr. Hemant Devdhar Mrs. Nilima Devdhar
10.40 am to 10.45am	Vote of Thanks	Mrs. Dhamane Varsha


Sports Director

Notice/ Pamphlet

॥ श्री गणेशाय नमः ॥
DAPOLI EDUCATION SOCIETY'S
DAPOLI URBAN BANK SENIOR SCIENCE COLLEGE
DAPOLI, DIST- RAJNAGRI-415 712
(Permanently Affiliated to University of Mumbai)
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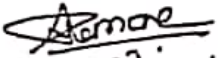
Principal:- Dr.Sandesh Jagdale M.Sc. Ph.D.

Phone:- (02358) 283256, 280225

Date:- 16/12/2021

विद्यार्थी नोटीस स्पोर्ट्स विभाग

महाविद्यालयातील सर्व विद्यार्थ्यांना कळविण्यात येते की, आपल्या महाविद्यालयामध्ये दिनांक 17 डिसेंबर 2021 रोजी कॅरम स्पर्धेचे तसेच दिनांक 18 डिसेंबर 2021 रोजी चेस व योग स्पर्धेचे आयोजन करण्यात आले आहे. सहभागी विद्यार्थ्यांनी दिलेल्या वेळेत हजर रहावे. स्पर्धेसंबंधी वेळापत्रक नोटीस बोर्डवर लावण्यात आलेले आहे. याची विद्यार्थ्यांनी नोंद घ्यावी.


Sports Director


Principal
Dapoli Education Society's
Dapoli Urban Bank Senior Science College
Dapoli, Dist. Rajnagiri



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Date - 16/12/2021






नोटीस

सर्व विद्यार्थ्यांना कळविण्यात येते की, आपल्या महाविद्यालयामध्ये शनिवार दि. 18 डिसेंबर

2021 रोजी सकाळी 09.00 वाजता योगसभेची सुरुवात केली जाणार आहे.

नियम - 1. योगसभेची सुरुवात सूर्यनमस्काराने केली जाईल. (1 to 12 count)

2. विद्यार्थ्यांनी त्यातील पाच आसने करणे बंधनकारक आहे. (पहिली फेरी)

	पश्चिमोत्तानासन
	धनुरासन
	चक्रासन
	हलासन
	शलभासन

3. आसन स्थितीत राहण्याचा कालावधी 30 सेकंद आहे.

4. विद्यार्थ्यांना 3 अवघड आसने आयत्यावेळी दिले जातील. त्यातील 2 आसने करणे बंधनकारक

आसने (दुसरी फेरी) स्वर्गासन / मयूरासन / कुक्कुटसन (सवर्गासन / ऊष्ट्रासन /

5. आसनांनी विद्यार्थ्यांनी त्यांना येणारी कोणतेही 2 आसने करणे देखिलंबावीत. (तिसरी फेरी) अटमिल्लीडसन

6. निगाळाठी सांगणारा गॅट विद्यार्थ्यांनी घेऊन यावे.

7. योगसभेसाठी योग्यप्रकारे ड्रेसकोड असावा.


Sports Director


Principal
Dapoli Education Society's
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Dapoli, Dist. Ratnagiri.

Students Attendance

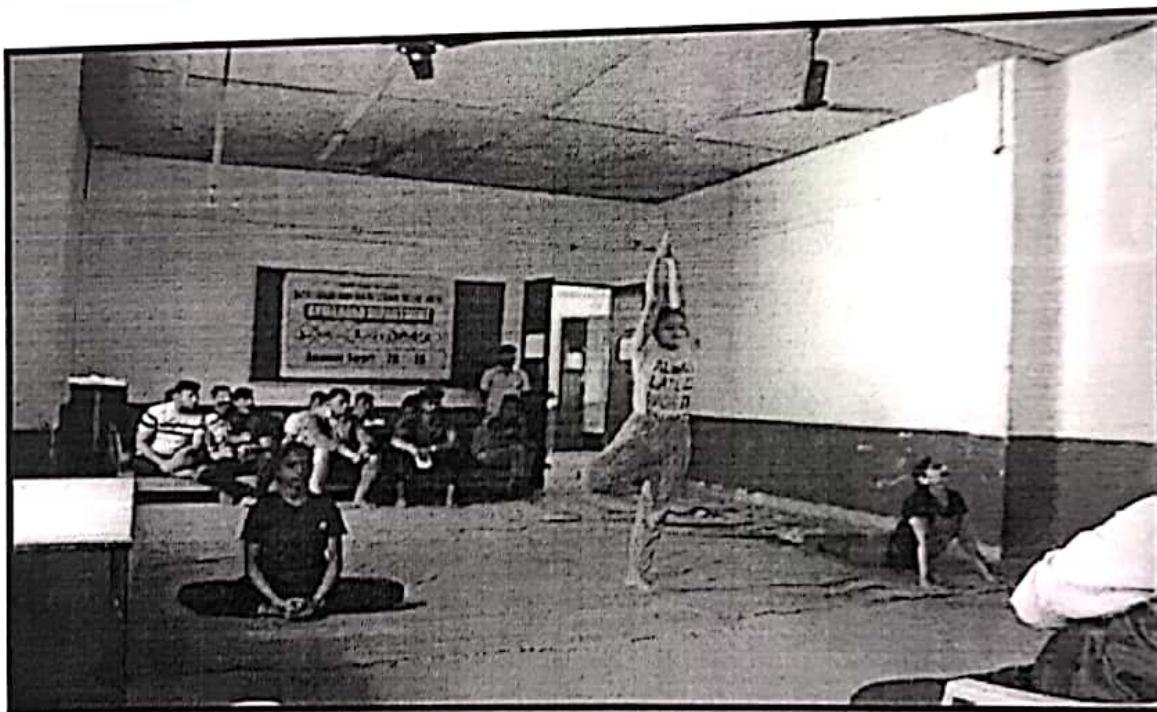
Sr. No.	Students Name	Faculty/ Dept	Present Mark
1.	Bhalgat Niyatee B.	F.Y.B.com	P
2.	Khare Gauri S.	F.Y.B.com	P
3.	Ujal Akshata D.	T.Y.B.com	P
4.	Londe Rutik R.	T.Y.Bsc	P
5.	Kondvilkar Ammar N.	T.Y.B.com	P
6.	Dhanashe Shahid H.	T.Y.B.com	P
7.	Shitut Vedang M.	F.Y.B.com	P
8.	Lawate Saurabh S.	T.Y.Bsc	P
9.	Kardekar Aryan Sujit	F.Y.Bsc	P
10.	Chogale Aditya G.	T.Y.Bsc	P
11.	Manjarekar Samar V.	T.Y.Bsc	P
12.	Durgawale Omkar R.	T.Y.Bsc	P
13.	Indulkar Omkar N.	T.Y.Bsc	P
14.	Mishra Tanay M.	F.Y.B.com	P
15.	Hanumantte Nitin M.	F.Y.B.com	P
16.	Joshi Sahil Sunil	T.Y.Bsc	P
17.	Lawate Saurbh S.	T.Y.Bsc	P
18.	Mhatale Prachi P.	T.Y.B.com	P
19.	Rahatwal Raj Y.	F.Y.Bsc	P
20.	Golambade Karan M.	T.Y.Bsc	P
21.	Golambade Mihir S.	F.Y.Bsc	P
22.	More Yash R.	F.Y.Bsc	P
23.	Pathak Anurag M.	F.Y.Bsc	P
24.	Kadam Sahil S.	F.Y.Bsc	P
25.	Shinde Ketan S.	Msc-I	P

Faculty Members attendance

Sr. No.	Teachers Name	Faculty/ Dept	Present Mark
1.	Mrs. Dhamane Varsha J.	sports	P
2.	Mrs. Jagtap Nanda B.	Zoo	P
3.	Mr. Nandiskar Aniket	Physics	P
4.	Mr. Kadam shantanu	Chemisrty	P
5.	Mr. Lad Manoj	Chemisrty	P
6.	Mr.Pawar Sujit	Chemisrty	p



Photos



Prin. P. J. Pai
Dapoli Education Society's
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A. S. S. S.
Sports Director