



Dapoli Education Society's  
Dapoli Urban Bank Senior Science College,  
Dapoli-Ratnagiri (Maharashtra ).  
Sports Department, WDC & IQAC  
organizes



## “Webinar on Yoga & Meditation”

Registration form:

<https://forms.gle/5vqqz5NjuNihT5CE6>

Date: 14 August, 2021

Time: 11:00 AM to 12.00 PM



**Dr. Nisha Godse**

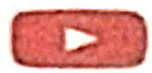
### Point to be Discuss

- Different types of Yoga for beginners
- Pranayam & Meditation
- Power Yoga flow
- Benefits of Yoga

### Sources



Meet



Dr. S. P. Jagdale  
Principal

Mrs. Varsha Dhanme  
Convener  
(Sports Director)

Mrs. Jyoti Chougale  
Convener  
WDC Cell

Dr. R.L. Ghalame  
IQAC Coordinator



**DAPOLI EDUCATION SOCIETY'S  
DAPOLI URBAN BANK SENIOR SCIENCE COLLEGE**

**DAPOLI, DIST- RATNAGIRI 415 712**

**(Permanently Affiliated to University of Mumbai)**

**NAAC Reaccredited 'B++' Grade (CGPA 3.00)**

**E mail:-[dubssc@gmail.com](mailto:dubssc@gmail.com)[www.dubsscdapoli.in](http://www.dubsscdapoli.in)**

**Principal:-Dr. Sandesh Jagdale M.Sc. Ph.D. Phone:-office7709252933**

14/06/2021

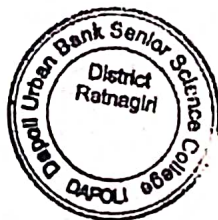
**Sports Department 2021-2022**

**Carron ( Men/ Women) Competition**

All the students are here by informed that the Carron Men/Women Competition are organized in the college campus. The participants should take note of the schedule below for the competitions:-

<b>Sr no</b>	<b>Name Of Competition</b>	<b>Venue of Competition</b>	<b>Time &amp; Date to report the venue</b>
01	Carron Men	College Carron Hall	18 <sup>th</sup> June. 2021 7.30 am onward
02	Carron women	College Carron Hall	29 <sup>th</sup> June. 2021 7.30 am onward

**Note:- The Participants who have any query regarding Carron competitions to be held in the college please contact Sports Committee members.**



*Sandesh*

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5/11/2021

**Sports Department 2021-2022**

**Tug Of War Men/ Women Competition**

All the students are here by informed that the Tug Of war Men/Women Competition are organized in the college campus. The participants should take note of the schedule below for the competitions:-

Sr no	Name Of Competition	Venue of Competition	Time & Date to report the venue
01	Tug Of War Men	College Ground	17 <sup>th</sup> Nov. 2021 7.30 am to 10.30am
02	Tug Of war Women	College Ground	26 <sup>th</sup> Dec. 2021 7.30am to 10.30am

**Note:- The Participants who have any query regarding Tug Of war competitions to be held in the college please contact Sports Committee members.**



*Sandesh Jagdale*

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21 /12/2021

**Sports Department 2021-2022**

**Chess Men/ Women Competition**

All the students are here by informed that the Chess Men/Women Competition are organized in the college campus. The participants should take note of the schedule below for the competitions:-

Sr no	Name Of Competition	Venue of Competition	Time & Date to report the venue
01	Chess Men/ Women	College Auditorium	29 <sup>th</sup> Dec. 2021 7.30 am to 10.30am

**Note:- The Participants who have any query regarding Chess competitions to be held in the college please contact Sports Committee members.**



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Dapoli, Dist. Ratnagiri



Dapoli Education Society's  
Dapoli Urban Bank Senior Science College, Dapoli -Ratnagiri (Maharashtra)  
Sports Department, WDC & IQAC

Organizes  
"Webinar On  
Self Defense"

Date-11 January 2022



Mr. Dabhole Prathamesh Pradip  
NIS in Taekwondo & Athletics

Time-4.00pm



- ❖ Black belt in Hapkido(korea), Taekwondo(korea), Choikwang Do (U.S.A.),Karate.
- ❖ National Referee for Taekwondo, Eskrima Kali Arnis, choikwang do.
- ❖ Suvarna Lakshya Award-2018
- ❖ Pahilwan Khashaba Jadhav Award-2019
- ❖ Phoneix Award-2019

Points to be Discuss-

- ❖ Basic skills in Taekwondo
- ❖ How to face in different situation
- ❖ Importance of self defense
- ❖ Carrier opportunity in Taekwondo

Source



Mrs. Varsha Dhamane  
Convener  
Sports Director

Mrs. Chougale Jyoti  
WDC convener

Dr. R.L. Ghalame  
IQAC Coordinator  
Head, Department of Botany

Dr. Sandesh P. Jagdale  
Principal





Dapoli Education Society's  
Dapoli Urban Bank Senior Science College, Dapoli - Ratnagiri (Maharashtra)  
Sports Department & IQAC  
Organizes  
"Webinar On  
Basic Skills and Carrier Opportunities in Badminton"

whatsApp group link-  
<https://chat.whatsapp.com/BtwJbVZwIEh3Psuol0JeD6>



Mr. Marathe Ajay Mahadev  
M.P.ed., Set, Net, NIS in Badminton

Date- 29<sup>th</sup> January 2022  
Time-3.00pm to 4.00pm



- ❖ Shivaji University Badminton Team selection committee member 2019.
- ❖ Coach shivaji uni. Taekwondo (W) team for all india Inter Uni. Tournament at Rohtak, 2019.
- ❖ Pursuing P.h.d. In shivaji University
- ❖ Diploma in Yoga.

Points to be Discuss-

- ❖ Basic skills in Badminton
- ❖ How to play Badminton/ Rules of Badminton
- ❖ Tactics for win
- ❖ Carrier opportunity in Badminton

Source



Meet



Mrs. Varsha Dhamane

Convener

Sports Director

Dr. R.L. Ghalame

IQAC Coordinator

Head, Department of Botany

Dr. Sandesh P. Jagdale

Principal



Dapoli Education Society's  
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Sports Department, WDC & IQAC  
Organizes  
"Webinar On Aerobics & Zumba"

WhatsApp group link-

[https://chat.whatsapp.com/  
Cu0jywDnYQy7Q2FkCUYKrs](https://chat.whatsapp.com/Cu0jywDnYQy7Q2FkCUYKrs)



Mrs. Poonam Chandulal Dholu.  
M.P.ed., Certified Zumba Trainer

Date- 31<sup>st</sup> January 2022  
Time-3.00pm to 4.00pm

- ❑ 3 years Captain of Pune University football Women team.
- ❑ 2 times Participated in All India Inter University Tournament.
- ❑ 5 times participated in west zone inter University football competition and Secured gold medal in 2012.
- ❑ Coach of Nashik women zonal Football team in 2016

Points to be Discuss-

- ❑ Different Zumba & Aerobics exercise.
- ❑ Benefits of aerobics and zumba to health.
- ❑ How to Burn Calories.
- ❑ Importance of fitness.

Source



Meet



Mrs. Varsha Dhamane  
Convener  
Sports Director

Mrs. Jyoti Chougale  
WDC convener

Dr. R.L. Ghalame  
IQAC Coordinator  
Head, Department of Botany

Dr. Sandesh P. Jagdale  
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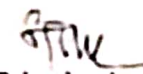
Phone:- (02358) 283256, 280225

Date:- 02/02/2022

## नोटीस

महाविद्यालयातील सर्व विद्यार्थी, शिक्षक व शिक्षकेत्तर कर्मचारी यांना कळविण्यात येते की, महाविद्यालयातील क्रीडा विभाग व N.S.S. विभागामार्फत उदया दिनांक 3 फेब्रुवारी 2022 रोजी 'भारतीय स्वातंत्र्याच्या अमृत महोत्सवानिमित्त' 75 कोटी सूर्यनमस्कार उपक्रम आयोजित केला गेला आहे. या कार्यक्रमाचा प्रारंभ सकाळी ठिक 10.00 वाजता महाविद्यालयाच्या मैदानावर होणार आहे. तरी सर्वांनी वेळेवर उपस्थित रहावे.

  
Sports Director

  
Principal  
Dapoli Education Society's  
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05/02/2022

**Sports Department 2021-2022**

**Quiz Men/ Women Competition**

All the students are here by informed that the Quiz Men/Women Competition are organized in the college campus. The participants should take note of the schedule below for the competitions:-

Sr no	Name Of Competition	Venue of Competition	Time & Date to report the venue
01	Quiz Men/ Women	College Auditorium	12 Feb. 2022. 7.30 am to 10.30am

**Note:- The Participants who have any query regarding Quiz competitions to be held in the college please contact Sports Committee members.**



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29 /02/2022

**Sports Department 2021-2022**

**Badminton( Men/ Women) Competition**

All the students are here by informed that the Badminton Men/Women Competition are organized in the college campus. The participants should take note of the schedule below for the competitions:-

Sr no	Name Of Competition	Venue of Competition	Time & Date to report the venue
01	Badminton Men	Jolly Club Badminton Hall	04 March 2022 7.30 am to 10.30am
02	Badminton Women	Jolly Club Badminton Hall	12 <sup>th</sup> March 2022 7.30 am to 10.30am

**Note:- The Participants who have any query regarding Badminton competitions to be held in the college please contact Sports Committee members.**



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