



The Umrer, Academy of arts & Sciences, Umred Mahila kala Mahavidyalaya, Umred

(NAAC ACCREDITED)

www.mkmmumred.org

mahilakalamahavidyalaya@gmail.com

Phone No. 07116-244243

TITLE OF ACTIVITY: National Sports Day

Objective of Activity: To know the importance of Sports & Major Dhyanchand

Date: 29th August 2023

Venue: College

Name of Organizer: Sports and Physical Education Department,

No. of Participants: 80

National Sports Day was organized by Sports and Physical Education Department, on 29th August 2023. Principal, Mr. Dattatray Totwar, presided over the programme. In this programme the students Knew the importance of Sports and sports quality, dedication and skill of Dr. Major Dhyanchand by Pro.. Arti Khewale, Sport and Physical Education Department. In address, Dr. Shaym Punde briefly told the students about various games and implored the students to keep the ideals of sports in front of them. All the participants participated in this program with zeal and enthusiasm. 28 Students & 07 Faculties were present. The programme was hosted by Prof. Arti Khewale, she also proposed the vote of thanks.

देशोन्नती

महिला कला महाविद्यालयात राष्ट्रीय क्रीडादिन

उपरोक्त # महिला कला महाविद्यालय उमरेड येथे शारीरिक शिक्षण व क्रीडा विभागाच्या कठिने मेहनतीने, २९ ऑगस्टला राष्ट्रीय क्रीडादिन मोठ्या उत्साहात साजरा करण्यात आला. अल्पसंख्यक संस्थेचे सहसंचालक दत्तत्रय तोंटवार यांनी मुख्यांश घ्यावा यासाठी महामंडळाच्या वी.ए. डिप्लोमा वर्गातील विद्यार्थिनी संजुषा देवकर यांचे शुभचिंतने यासाठी राष्ट्रीय क्रीडा दिनाच्या शुभेच्छा दिल्या.

प्रमुख पाहुणे प्राचार्य डॉ. लक्ष्मण गायकवाड यांनी राष्ट्रीय क्रीडा दिनाच्या महत्वाचे व

दिनाचे औचित्य साधून शाळा, क्रीडा, समान विनं व पुष्पगुच्छ देऊन सत्कार करण्यात आला. सहसंचालक दत्तत्रय तोंटवार यांनी संजुषा देवकर यांना शुभेच्छा देऊन पुढील वाटचाल करण्याकरीता विद्यार्थिनींना प्रोत्साहन दिले. संजुषा देवकर आणि सर्व विद्यार्थिनींना राष्ट्रीय क्रीडा दिनाच्या शुभेच्छा दिल्या.

क्रीडादिनाच्या शुभेच्छा दिल्या. कव्हा, रसालेख, बुद्धिबळ, घाकले, दोरीचरित उड्या, तिहु, धमका, जादी क्रीडास्पर्धेचे प्रस्ताव आल्या. संजुषा देवकर यांनी अजुनही सांगून आलेले ध्येय पुढे देऊन ते साध्य करण्यासाठी खेळ, चिखटी व मेहनत घेण्यास विद्यार्थिनींना प्रोत्साहित केले. लगेच तिने आपल्या खांदये वर कुटुंब, मुलं, पती, ससू आणि महामंडळाच्या नावावर दिले. संजुषा देवकर यांनी राष्ट्रीय क्रीडा दिनाच्या शुभेच्छा दिल्या.

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Phone No. 07116-244243

TITLE OF ACTIVITY: One Week Workshop on Chess Training

Objective of Activity: To learn basic technic of chess

Date: 25th August to 2nd September 2023

Venue: College premises

Name of Organizer: Sports and Physical Education Department,

No. of Participants: 63

One Week Chess Training workshop was organized by Sports and Physical Education Department, on 25/08/2023 to 2/09/2023. Principal, Dr. Lakhapati Gaikwad, presided over the programme. In this programme different technics of Chess were demonstrated by Mr. Dinesh Rapelliwar. Mr. Rapeliwar detailed guide on Chess Rules & steps. All the participants participated in this program with zeal and enthusiasm. 60 Students & 03 Faculties were present. The programme was hosted by Prof. Arti Khewale, she also proposed the vote of thanks.




शतरंज पर कार्यशाला



उमरेड। महिला कला महाविद्यालय उमरेड में शारीरिक शिक्षा एवं खेल विभाग के अंतर्गत महाविद्यालयीन विद्यार्थियों के लिए सात दिवसीय शतरंज प्रतियोगिता

एक प्रशिक्षण कार्यशाला का आयोजन किया गया है। कार्यशाला में मुख्य प्रशिक्षक मो. दिनेश रापेलिवार के मार्गदर्शन एवं


प्रशिक्षण से विद्यार्थियों को लाभ हुआ। अध्यक्षता महाविद्यालय के प्राचार्य डॉ. लखपति गायकवाड़ ने की। प्रशिक्षक दिनेश रापेलिवार ने विद्यार्थियों को शतरंज खेलने के फायदे बताकर खेल एवं प्रतियोगिता के बारे में मार्गदर्शन किया। परिचयात्मक कार्यक्रम खेल विभागाध्यक्ष प्रो. आरती खेवले द्वारा किया गया।




The Umrer Academy of Arts & Sciences
MAHILA KALA MAHAVIDYALAYA, UMRED
NAAC ACCREDITED

One Week Workshop on Chess Training

Organized by - **Department of Physical Education & Sport**



25th August 2023 to 02 Septmber 2023
8.00am to 9.00am



Resource Person Mr. Dinesh Rapelliwar	Co-ordinator Asst. Prof Arti Khewale	Officiating Principal Dr. Lakhpati Gaikwad
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Phone No. 07116-244243

TITLE OF ACTIVITY: Two Week Workshop on Yoga Sadhana Shibir

Objective of Activity: To create awareness about health

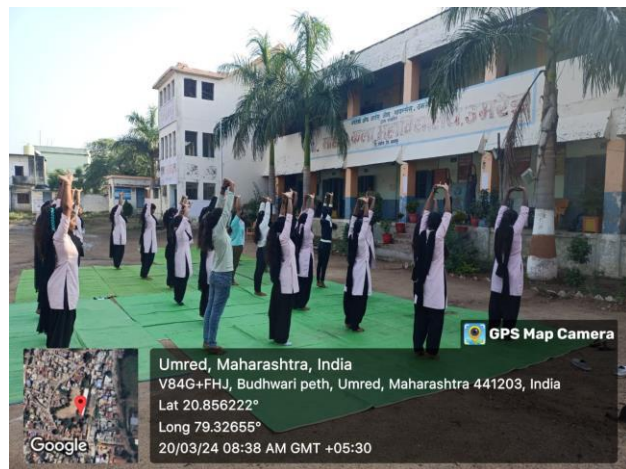
Date: 18th March to 18th April 2024

Venue: College premises

Name of Organizer: Sports and Physical Education Department,

No. of Participants: 55

Two Week Yoga Sadhana Shibir was organized by Sports and Physical Education Department, on 18/03/2024 to 18th April 2024. Principal, Dr. Lakhapati Gaikwad, presided over the programme. In this programme different positions of Yoga and Pranayama were demonstrated by Mrs. Endrayani Fukat. College students regularly attended the shibir and the benefits of each position were communicated to the students and other ladies by Prof. Arti Khewale, Sport and Physical Education Department. Mrs. Endrayani Fukat detailed guide on yoga steps, various types of yaga, In his address, he briefly told the students about yoga and implored the students to keep the ideals of pranayama in front of them. All the participants participated in this program with zeal and enthusiasm. 10 Students, others 30 & 07 Faculties were present. The programme was hosted by Prof. Arti Khewale, she also proposed the vote of thanks.







दि उमरेर अकेडेमी ऑफ आर्टस् अँड सायन्सेस्
० ज्ञानं नमोस्तुते ०

महिला कला महाविद्यालय, उमरेड

नैक नामांकन प्राप्त

शारीरिक शिक्षण व क्रीडा विभाग

द्वारा आयोजित

युवती
व
महिलांकरीता

योग साधना शिबिर

दि. १८ मार्च २०२४ ते १८ एप्रिल २०२४
वेळ :- सकाळी ७.३० ते ९.०० वा

स्थळ :- महिला कला महाविद्यालय, बुधवारी पेठ, उमरेड




- आसन
- प्राणायाम
- ध्यान
- सूर्यनमस्कार
- योगनृत्य

- अॅरोबिक्स
- गरबा
- आहार विषयक मार्गदर्शन
- ताणतनावाचे व्यवस्थापन





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Phone No. 07116-244243

TITLE OF ACTIVITY: International Yoga Day

Objective of Activity: To create awareness about health

Date: 21st June 2023

Venue: College premises

Name of Organizer: Sports and Physical Education Department,

No. of Participants: 55

International Yoga Day was organized by Sports and Physical Education Department, on 21st June 2023. Principal, Dr. Shaym Punde, presided over the programme. In this program different positions of Yoga and Pranayama were demonstrated by Mrs. Endrayani Fukat and the benefits of each position were communicated to the students by Pro. Arti Khewale (Sport and Physical Education Department). In his address, she briefly told the students about yoga and implored the students to keep the ideals of pranayama in front of them. All the participants participated in this program with zeal and enthusiasm. 30 Students & 15 Faculties were present. The programme was hosted by Prof. Arti Khewale, she also proposed the vote of thanks.