



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

(NAAC ACCREDITED)

www.mkmumred.org

mahilakalamahavidyalay@gmail.com

Phone No. 07116-244243

TITLE OF ACTIVITY:	Guest lecture on guidance on Health
Objective of Activity:	To create awareness about health
Date:	6 th August 2024
Venue:	College
Name of Organizer:	Sports and Physical Education Department,
No. of Participants:	52

Guest Lecture was organized by Sports and Physical Education Department, on 6th August 2024. Principal, Dr. Lakhapati Gaikwad, presided over the programme. In this programme Smt. Alka Rewatkar detailed guide on how to maintain physical and mental health. As well as she told the importance of yoga and pranayam for health. All the participants participated in this program with zeal and enthusiasm. 10 Students, others 48 & 05 Faculties were present. The programme was hosted by Prof. Arti Khewale, she also proposed the vote of thanks.





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TITLE OF ACTIVITY:	International Yoga Day
Objective of Activity:	To create awareness about health
Date:	21 st June 2024
Venue:	College premises
Name of Organizer:	Sports and Physical Education Department,
No. of Participants:	49

International Yoga Day was organized by Sports and Physical Education Department, on 21st June 2024. Principal, Dr. Lakhapati Gaikwad, 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. 34 Students & 15 Faculties were present. The programme was hosted by Prof. Arti Khewale, she also proposed the vote of thanks.





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TITLE OF ACTIVITY:	National Sports Day
Objective of Activity:	To know the importance of Sports & Major Dhyanchand
Date:	29 th August 2024
Venue:	College
Name of Organizer:	Sports and Physical Education Department,
No. of Participants:	40

National Sports Day was organized by Sports and Physical Education Department, on 29th August 2024. Principal, Dr. Lakhapati Gaikwad, 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. All the participants participated in this program with zeal and enthusiasm. 33 Students & 07 Faculties were present. The programme was hosted by Prof. Arti Khewale, she also proposed the vote of thanks.



IQAC Coordinator
Mahila Kala Mahavidyalaya, Umred

बातमी
महिला कला महाविद्यालय उमरेड
शारीरिक शिक्षण व क्रीडा विभाग
सत्र 2024-2025
स्वसंरक्षण प्रशिक्षण कार्यक्रम



महिला कला महाविद्यालय उमरेड येथे शारीरिक शिक्षण व क्रीडा विभागाद्वारे विद्यार्थिनींकरीता दिनांक 27 सप्टेंबर ते 27 ऑक्टोबर 2024 या कालावधीत स्वसंरक्षण प्रशिक्षण कार्यक्रमाचे आयोजन करण्यात आले. महिला व युवती करीता चालणारे हे प्रशिक्षण सर्वांकरीता निःशुल्क आहे. सध्याची प्रतिकूल परिस्थिती बघता मुलींनी सक्षम व्हावे,त्यांचा आत्मविश्वास वाढावा, परिस्थितीला न घाबरता त्यांनी आपले शिक्षण पूर्ण करून आपले ध्येय गाठता यावे यासाठी या प्रशिक्षणाच्या माध्यमातून विद्यार्थिनींना कराटे चे मुलभूत कौशल्य, स्वसंरक्षणाच्या टेक्निक्स , फिजीकल

फिटनेस, या गोष्टींवर विशेष लक्ष देऊन विद्यार्थिनींच्या आत्मविश्वास वाढण्याकरीता विशेष भर देण्यात येणार आहे. संपूर्ण एक महिना चालणार असणाऱ्या या शिबिरात प्रशिक्षक कराटे तज्ञ शिहान देवेंद्र गोवर्धन सर, शिहान नलु गोवर्धन मॅडम व त्यांचीच शिष्य कु. तेजस्विनी बनकर यांचे प्रशिक्षण विद्यार्थिनींना लाभणार आहे. या प्रशिक्षण शिबीरात तायक्वांडो व तलवार बाजी (फेंसिंग) यासारख्या खेळाची पण ओळख व मार्गदर्शन विद्यार्थिनींना लाभणार आहे. तेव्हा उमरेड तालुक्यातील अधिकाधिक युवती व महिलांनी या स्वसंरक्षण प्रशिक्षण शिबिराचा लाभ घ्यावा असे महाविद्यालयाचे प्राचार्य डॉ लखपती गायकवाड सर व कार्यक्रम समन्वयिका व क्रीडा विभाग प्रमुख प्रा.आरती खेवले यांनी आवाहन केले आहे. या शिबिरात महाविद्यालयाचे सर्व प्राध्यापक वर्ग, कर्मचारी वृंद आणि महाविद्यालयातील विद्यार्थिनी, पब्लिक हायस्कूल व कनिष्ठ महाविद्यालयातील विद्यार्थिनी व महाविद्यालयातील स्पर्धा परीक्षा मार्गदर्शन केंद्र असलेल्या विद्यार्थिनींचे सहकार्य लाभले आहे.

प्रा. आरती खेवले
कार्यक्रम समन्वयक
क्रीडा विभाग प्रमुख

डॉ लखपती गायकवाड
प्राचार्य
महिला कला महाविद्यालय उमरेड