



BACKWARD CLASS YOUTH RELIEF COMMITTEE'S

BHIWAPUR MAHAVIDYALAYA

BHIWAPUR DIST. NAGPUR- 441201

ACCREDITED WITH GRADE 'B' (CGPA-2.54) BY NAAC, BENGALURU

ISO-9001:2015

AFFILIATED TO RASHTRASANT TUKADOJI MAHARAJ NAGPUR UNIVERSITY, NAGPUR

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ACTIVITY REPORT

ACADEMIC SESSION	2020-2021
ORGANIZER	Bhiwapur Mahavidyalaya, Bhiwapur
NAME OF THE ACTIVITY WITH TITLE	Conducted Online Yogasana and Physical Training Sessions for creating awareness among students about Health and Hygiene during the COVID-19 Pandemic period.
DATE OF ACTIVITY	The whole Academic Session
MODE OF ACTIVITY (ONLINE/OFFLINE (IF ONLINE, GIVE WEBLINK))	Online
ORGANIZING COMMITTEE	Department of Physical Education and Sports
PROGRAMME COORDINATOR	Asst. Prof. Dr. Aditya Kishor Sarwe
COMMITTEE MEMBERS	Associate Prof. Dr. S. K. Shinde Asst. Prof. Dr. M. V. Kadu Asst. Prof. Dr. V. S. Dighore Asst. Prof. Dr. A. M. Mahawadiwar



NUMBER OF STUDENTS / BENEFICIARIES PARTICIPATED	Entire students of the College.
BRIEF REPORT	<p>Since the Curricular, Co-curricular and Extra-curricular activities of our Institution were conducted mostly through Digital Platforms due to the outbreak of COVID-19 Pandemic and the subsequent Protocols and strict restrictions imposed by the Government, the Department of Physical Education and Sports, under the aegis of our IQAC Chapter, conducted Online Yogasana Sessions for creating awareness about Health and Hygiene among our students during the COVID-19 Pandemic period. Asst. Prof. Dr. Aditya Kishor Sarwe conducted the Online Classes through Google Meet and also through WhatsApp Mode. Students were given proper guidance about the rules and regulations of various sports items. Through Google Meet, he also explained to the students about the origin and history of sports and games. Students were highly benefitted by the study materials provided to them through Online Mode about various games like Athletics, High Jump, Pole Vault, Badminton, and Javelin throw, Baseball, Swimming and Volleyball. To boost the immunity level of our students, the Department of Physical Education and Sports demonstrated Yogasana Sessions through Online Mode.</p>
PROGRAMME OBJECTIVES	<ul style="list-style-type: none"> • To develop the physical and mental stamina of students to protect themselves from being infected with Corona Virus.



	<ul style="list-style-type: none"> • To improve the immunity power of students. • To improve the confidence level of our students. • To create awareness among our students about Health and Hygiene. • To sensitize our students about Institutional Social Responsibilities (ISR). • To ensure the holistic development of our students.
<p>PROGRAMME OUTCOMES</p>	<ul style="list-style-type: none"> • Developed the physical and mental stamina of students to protect themselves from being infected with Corona Virus. • Improved the immunity power of students. • Improved the confidence level of our students. • Created awareness among our students about Health and Hygiene. • Sensitized our students about Institutional Social Responsibilities (ISR). • Ensured the holistic development of our students.
<p>ANY OTHER INFORMATION</p>	<p>Screen-Shot of Online Materials shared with the students on WhatsApp group and other Digital Platforms.</p> 





[Signature]
Principal
Bhiwapur Mahavidyalaya,
Bhiwapur.