



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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Tel: 07106-232349

ACTIVITY REPORT

ACADEMIC SESSION	2021-2022
ORGANIZER	Bhiwapur Mahavidyalaya, Bhiwapur
NAME OF THE ACTIVITY WITH TITLE	Conducted Online Yoga Training Classes for maintaining activeness of the Students during 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

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 during this period. Students were given proper guidance about the rules and regulations of various sports items.

Asst. Prof. Dr. A.K. Sarwe conducted Practice Sessions of Yogasana through Online Mode in order to boost the immunity system of students during the COVID-19 Pandemic period. The Practice Sessions of various types of Asanas like Pawanmuktasana, Sarvangasana, Matsasana, Halasana, Chakrasana, Dhanurasana, Bhujangasana, Shalabhasana, Padmasana, Shashankasana, Naukasana, Gomukhasana, Paschimottanasana, Ardhamacchendrasana, Vajrasana, Kukkutasana, Ustrasana, Vakrasana, Tadasana, Hastapadasana, Konasana, Vrikshasana, Garudasana, Trikolasana, Utkatasana and Shirsasana were incorporated by Asst. Prof. Dr. A.K. Sarwe in his routine Online Yoga Sessions. Students were highly benefited by these Online Training Sessions on Yogasana.



**PROGRAMME
OBJECTIVES**

- To develop the physical and mental stamina of students to protect themselves from being infected with Corona Virus.
- To improve the immunity system 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.

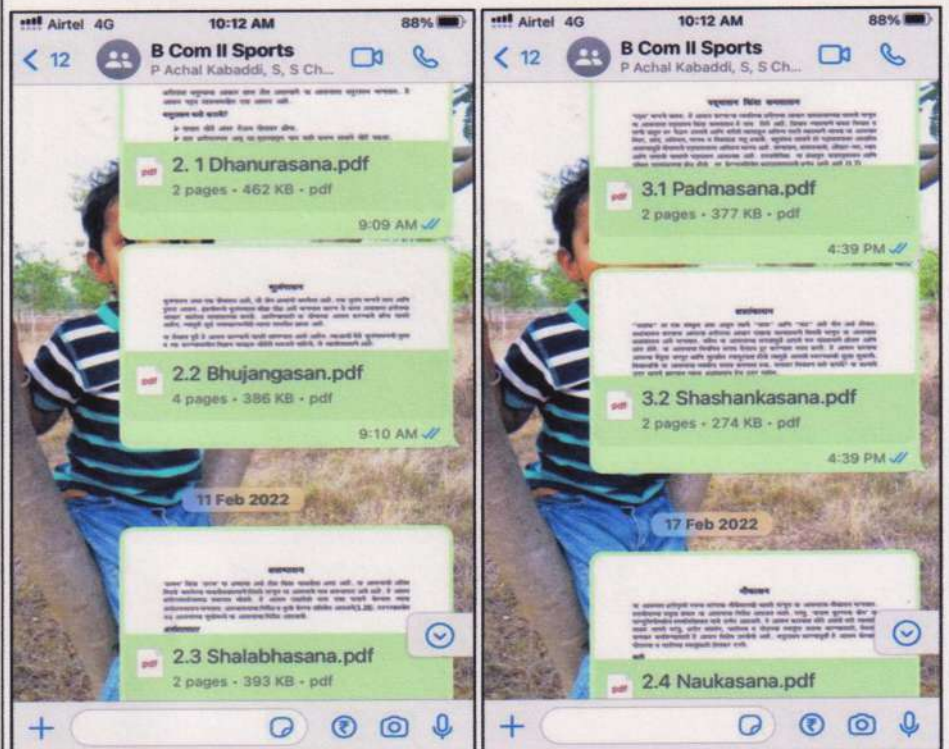
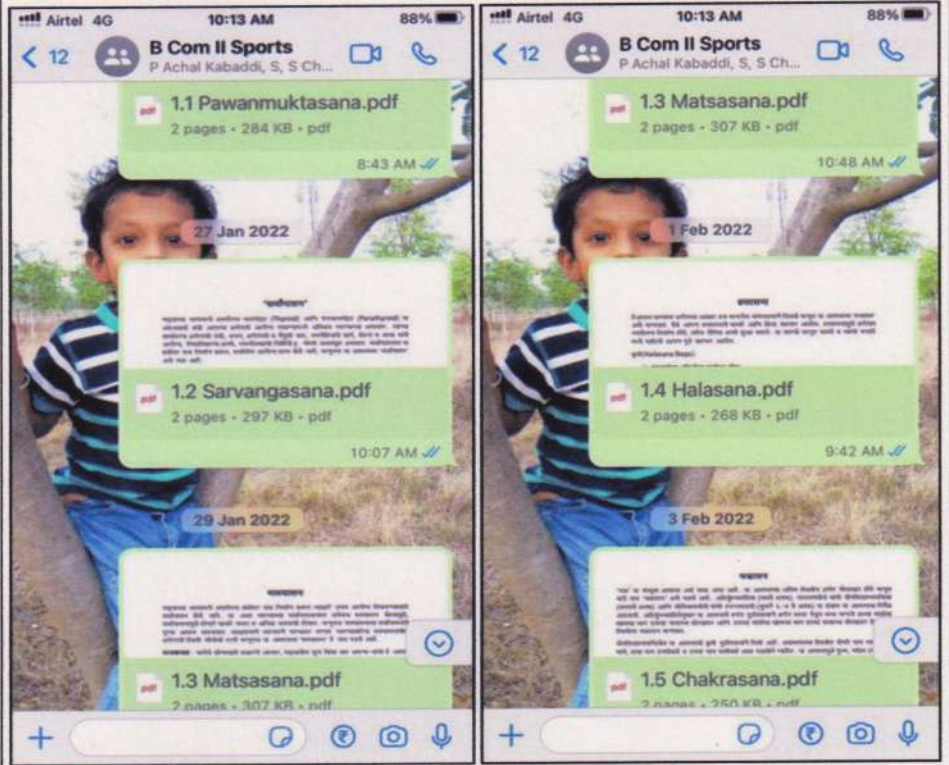
**PROGRAMME
OUTCOMES**

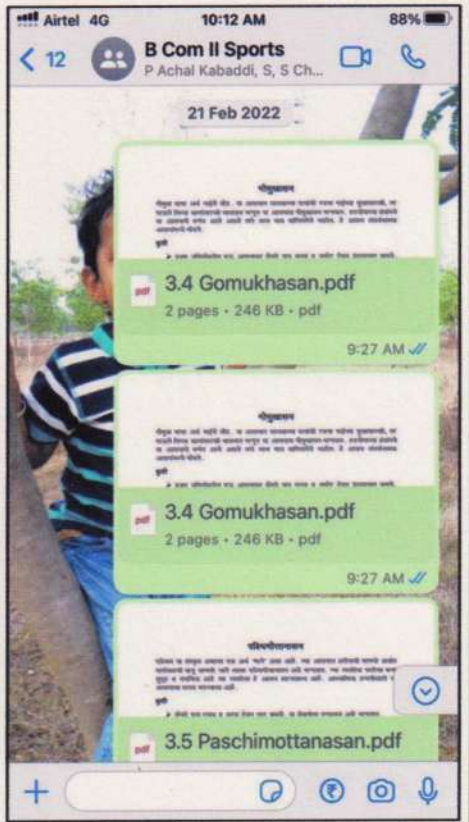
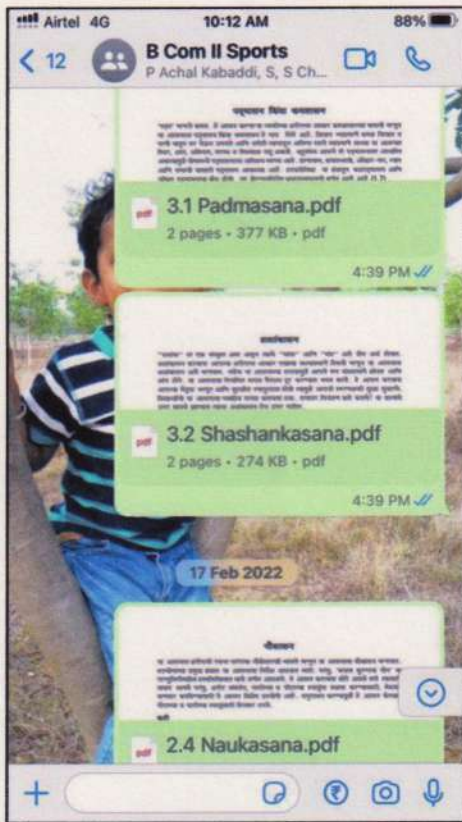
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- Improved the immunity power of students.
- Improved the confidence level of our students.
- Created awareness among our students about Health and Hygiene.
- Sensitized our students about Institutional Social Responsibilities (ISR).
- Ensured the holistic development of our students.

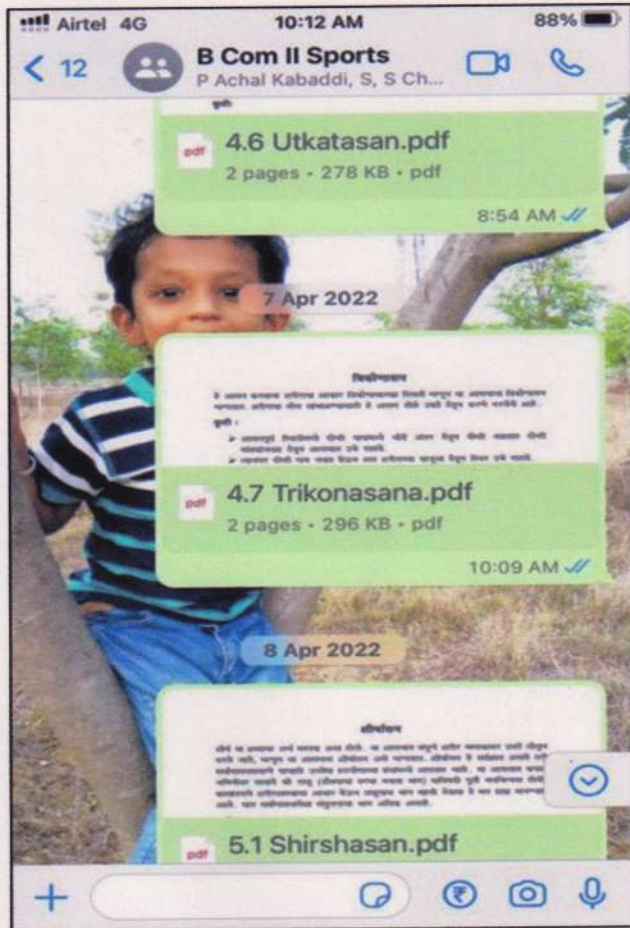
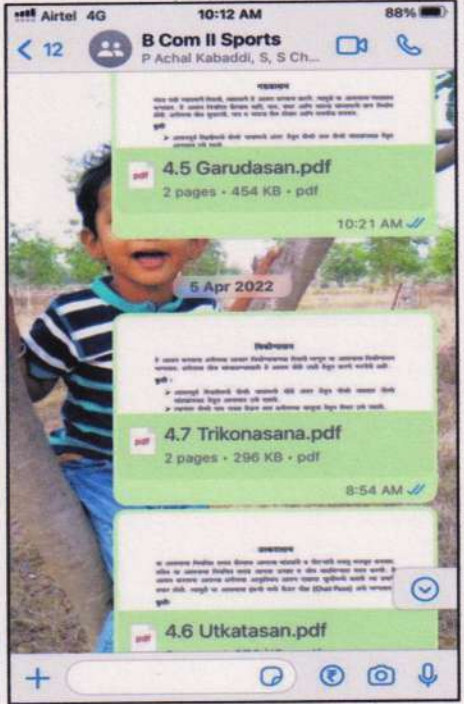
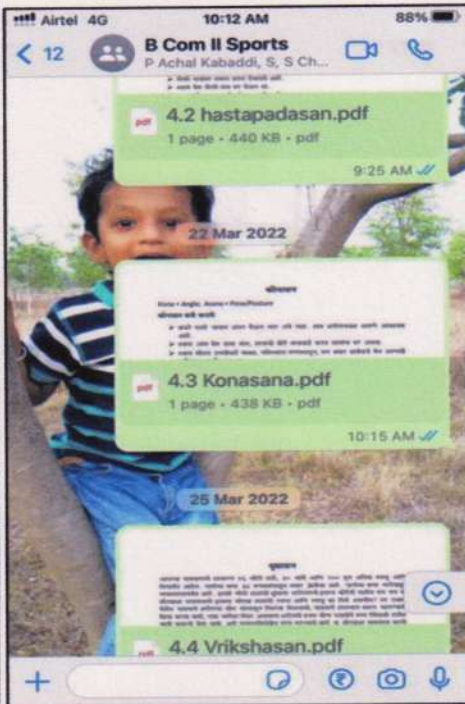


ANY OTHER INFORMATION

Screen-Shot of Online Materials shared with the students on WhatsApp group and other Digital Platforms.







[Handwritten Signature]
Principal
Bhiwapur Mahavidyalaya,
Bhiwapur