



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

<b>ACADEMIC SESSION</b>	2021-22
<b>ORGANIZER</b>	Bhiwapur Mahavidyalaya, Bhiwapur
<b>NAME OF THE ACTIVITY WITH TITLE</b>	Conducted Online Pranayama Classes to boost the Immunity Power of our students during COVID-19 Pandemic period.
<b>DATE OF ACTIVITY</b>	The whole Academic Session
<b>MODE OF ACTIVITY (ONLINE/OFFLINE (IF ONLINE, GIVE WEBLINK))</b>	Online
<b>ORGANIZING COMMITTEE</b>	Department of Physical Education and Sports
<b>PROGRAMME COORDINATOR</b>	Asst. Prof. Dr. Aditya Kishor Sarwe
<b>COMMITTEE MEMBERS</b>	Associate Prof. Dr. S. K. Shinde Asst. Prof. Dr. M. V. Kadu Asst. Prof. Dr. V. S. Dighore Asst. Prof. Dr. A. M. Mahawadiwar
<b>NUMBER OF STUDENTS / BENEFICIARIES PARTICIPATED</b>	Entire students of the College.



<b>BRIEF REPORT</b>	<p>With the onset of the second wave of the highly contagious Coronavirus, most of our students reported difficulties in breathing and also issues related to the respiratory system. Hence, constant emphasis had been laid on the importance of strengthening the respiratory system to take care of the lungs and cut back the risk of infection and its severity. For this purpose, Department of Physical Education and Sports, under the aegis of IQAC, conducted Online Pranayama Practice Sessions, breathing exercises, for our students to safeguard their lungs and reduce the risk of infection. Through Online Mode, students were given plenty of literature, highlighting the guidelines about the Practice of Pranayama and its manifold benefits, along with the necessary precautions to be taken. To boost the immunity level of our students, Asst. Prof. Dr. Aditya Kishor Sarwe, through Google Meet, conducted Online Sessions of Pranayama twice in a week. Practice Sessions of various kinds of Pranayamas like Suryabhedan Pranayama, Bhramari Pranayama, Bhrastrika Pranayama, Murccha Pranayama and Plawini Pranayam were incorporated in these Sessions. All the participants were highly benefited by this Online Pranayama Classes.</p>
<b>PROGRAMME OBJECTIVES</b>	<ul style="list-style-type: none"> <li>• To develop the physical and mental stamina of students to protect themselves from being infected with Corona Virus.</li> <li>• To improve the immunity power of students.</li> </ul>

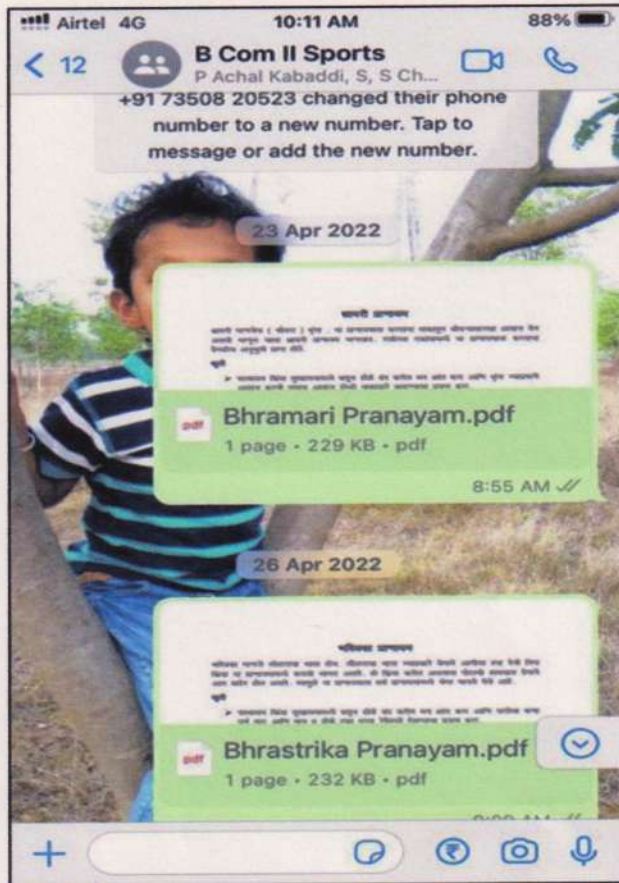
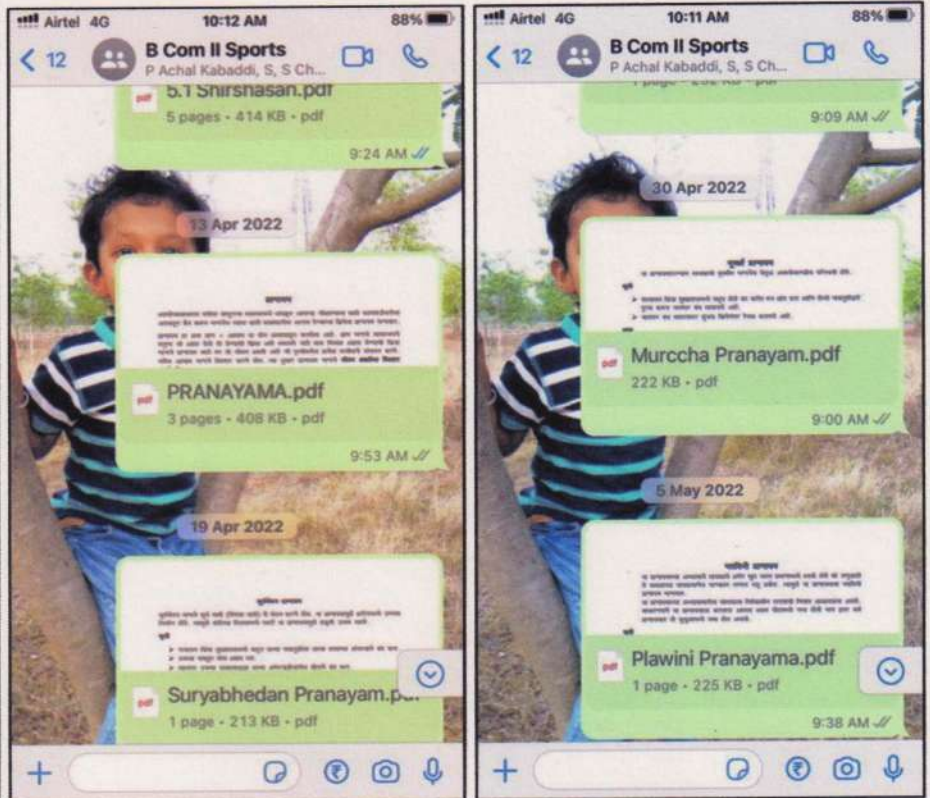


	<ul style="list-style-type: none"> <li>• To improve the confidence level of our students.</li> <li>• To create awareness among our students about Health and Hygiene.</li> <li>• To sensitize our students about Institutional Social Responsibilities (ISR).</li> <li>• To ensure the holistic development of our students.</li> <li>• To strengthen the connection between body and mind to promote relaxation.</li> <li>• To support multiple aspects of physical health, including lung function, blood pressure, and brain function.</li> </ul>
<p><b>PROGRAMME OUTCOMES</b></p>	<ul style="list-style-type: none"> <li>• Developed the physical and mental stamina of students to protect themselves from being infected with Corona Virus.</li> <li>• Improved the immunity power of students.</li> <li>• Improved the confidence level of our students.</li> <li>• Created awareness among our students about Health and Hygiene.</li> <li>• Sensitized our students about Institutional Social Responsibilities (ISR).</li> <li>• Ensured the holistic development of our students.</li> <li>• Strengthened the connection between body and mind to promote relaxation.</li> <li>• Supported multiple aspects of physical health, including lung function, blood pressure, and brain function.</li> </ul>



**NY OTHER INFORMATION**

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



*[Signature]*  
**Principal**  
**Bhiwapur Mahavidyalaya,**  
**Bhiwapur**