

DEPARTMENT OF PHYSICAL EDUCATION ACTIVITIES 2015-2016

1. Department of Physical Education and Sports organized 5 days workshop on "Meditation and Yoga". Ms Dhanashree Lekurwale renowned Yoga expert was the Chief Guest. She oriented the students with the importance of Meditation and Evolution of Yoga. She gave information and importance regarding Suryanamaskar, Pranayam and Asanas as Tadasana, Vrukshasana, Parvatasana, Gomukhasana, Naukasana, Dhanurasana, Paschimotanasana etc. She demonstrated some Asanas and our students performed some of them.

2. One week camp on Self-Defence was also organized. Ms Dhanashree Joshi Black Belt, oriented our students with the techniques of Self-Defence and also some basic skills as Face Punch, Stomach, Down and Side Punch, Face Block, Middle and Lower Block, Stomach Kick, Knee Kick, Neck Chop etc.

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Department of Physical Education of the College organized two days workshop on Chess under the aegis of "Sports Promotion Programme" for the Students on 30th & 31st July 2014.

Smt. S. Makode, renowned Chess expert oriented the students with the importance and evolution of Chess. She also gave information regarding various moves in playing Chess.

Students were of the opinion that workshop on various games should be organized so that they will be benefitted for the Intercollegiate, Inter School and other local Tournaments.
