



Shri.K. N. Goenka Arts & Commerce College, Karanja

Department of Physical Education

Annual Report of Session 2021-2022

Following Teams were participated in Inter-Collegiate Tournaments of

S.G.B.A.U. Amravati University, Amravati:

Sr. No.	Game	Men Student
01.	Wrestling	06
02.	Athletic Meet	05
03.	Handball	11
04.	Best Physique	01
05.	Power Lifting	01

Achievement in Inter Collegiate Tournaments:

Sr. No.	Name of the Player	Event	Ranking / Status
1.	Taufeeque Patel	Wrestling(79 Kg.)	2 nd Place
2.	Subhan Pappuwale	Wrestling(86Kg.)	2 nd Place

We gave Physical Fitness Training and coaching to all students which participated in Tournaments.

Participation of Inter University Tournaments:

Sr. No.	Name of Player	Event	Status	Place
1.	Arif Bhika Kamanwale	Basketball	West Zone Inter University Tournament	Jiwaji University, Gwalior

Sports Committee Members. :

1. Prin. Dr. V. R. Kodape - Chairman
2. Prof. Anjali Barde - Convener
3. Prof. Onkar Pawar - Member
4. Dr. Baljeet Kaur Oberai - Member
5. Dr. Sunil Rathod - Member

All Students were selected by Sports Committee members for Inter Collegiate Tournaments.

International Yoga Day:

Collaboration : Department of N.S.S.

Date : Mon., 21st June 2021

Chairperson : Prin. Dr. V.R. Kodape

Yoga Expert : Dr. Kiran Waghmare

Number of Beneficiaries :

Teachers	15
Students	08
Total	-----
	23

Outcome of the Programme:

In Corona period, it was very useful to health for all participants. This programme was very useful to keep everyone healthy in pandemic period.

Short Description of the Programme:

The theme of this Yoga Day: This International Yoga day's theme was "Yoga for Wellness"

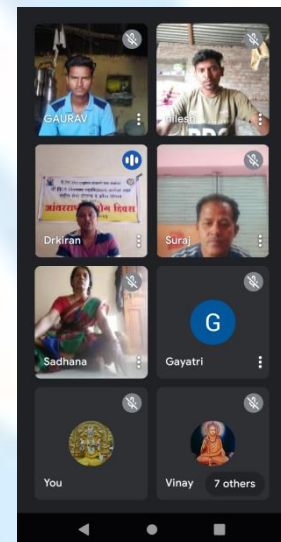
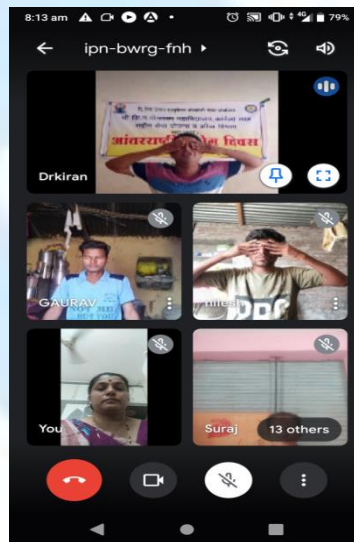
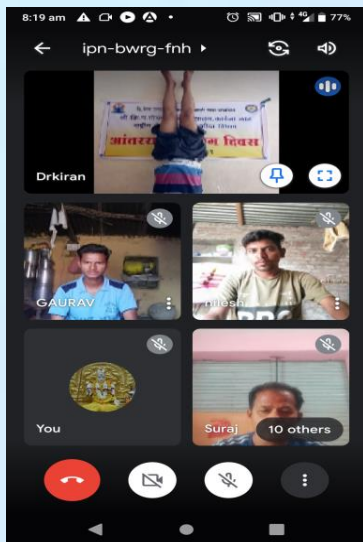
In the session 2021-2022, an International Day of Yoga was celebrated on 21st June 2021 on online mode due to Covid-19 lock down period by Department of Physical Education and Sports.

Teaching, Non- teaching staff and students were attended this programme. The President of this programme was held by Res. Principal Dr.V.R.Kodape. Yoga expert Dr. Kiran Waghmare had given the demonstration of different Yogasanas and Pranayama through Google meet.

Principal Dr. V.R.Kodape had given the valuable speech. About telling on international yoga day theme, he had told that yoga is very important for our mental, physical, emotional, social health. If we do Yoga daily, these benefits will get us definitely.

The conduction of the programme was done by Prof. Anjali Barde and she thanked everyone.

Photos of Programme



Name of Programme : Independence Day

Collaboration : Department of I.Q.A.C.

Date : 15 August 2021

Chief Guest : Prin. Dr. V. R. Kodape

Guest : Dr. Ajayji Kant, Executive Member of BGE Society, Akola

Shri. Bansidharji Upadhyay, C.D.C. member

Dr. Anagha Kant

Outcome of the Programme:

Independence Day of India is celebrated throughout India on 15th August every year with great joy and enthusiasm to honor for Mother India. Indians dedicate this day to all those brave leaders and fighters who gave freedom to our motherland on this day.

Short Discription of the Programme:

Independence Day is a events are being organised to mark India's glorious history, culture. This day was celebrated with great enthusiasm on 15th August 2021 at Shri. Kisanlal Nathmal Goenka College. Due to the pandemic period of Corona, few people were ordered to celebrate this program. Flag hoisting was done by Dr. V.R. Kodape, Principal of the college. Dr. Ajay Kant, Executive member of the B.G.E. Society, Akola; Shri. Bansidharji Upadhyay, C.D.C. member of college, Dr. Anagha Kant were present on this occasion. All the faculty, non-teaching staff of the college were present on this occasion.



Name of the Programme	:	Workshop of Yoga
Collaboration	:	Health & Care Committee
Date	:	6 th January 2022
Chairperson	:	Prin. Dr. V.R.Kodape
Inaugurator	:	Dr. M.M. Bhawe
Speaker and Yoga Teacher	:	Shri. Vishal Raut
Number of Beneficiaries	:	Teachers 03
		Students 100
		Total 103

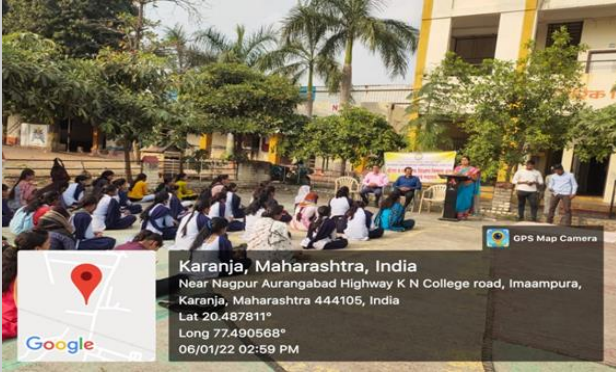
Outcome of the Programme:

The College students benefited a lot from this workshop as they got guidance to take care of themselves during the Corona Period. Pranayama especially related to breathing was properly understood by the students.

Short Description of the Programme:

Yoga workshop was held in the college for health of all, when the effects of the corona epidemic were seen all over the world. Students are the pillars of the Nation. This workshop was conducted with the main objective of keeping them healthy and creating a strong nation. The demo of SuryaNamaskar and various Pranayama was given in this workshop and refers benefits of regular Suryanamaskar and Pranayama. In the Presidential address, Principal Dr. V.R. Kodape appealed to the students to do Suryanamaskar & pranayama regularly and advised to take care of their health during this epidemic.

Photos of Programme



News of Programme

लोकमत समाचार

श्री कि.न. गोयनका महाविद्यालय में योग कार्यशाला संपन्न

करंजा लहड। 10 जनवरी। लोकमत

अध्यक्षता महाविद्यालय के प्राचार्य डॉ. विनायक कोटारे ने की. हेल्थ एंड केयर कमिटी के सभ्यत्व, शारीरिक शिक्षण विभाग की संचालिका प्रा. अंजलि चव्हा, विनायक पटेलियावार, प्राचार्यक वृंद, कर्मचारी वृंद उपस्थित थे. कार्यशाला में परमंजलि योग शिक्षक विशाल राजन ने सुरु नमस्कार प विविध प्राणायाम के प्रात्यक्षिक शिक्षा. महाविद्यालय के प्राचार्य डॉ. कोटारे ने सुरुनमस्कार व प्राणायाम रोडना करने की अचील की.

Apsa Akola
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पश्चिम, बुधवार, दि. १२ जानेवारी २०२२

कि. न. गोयनका महाविद्यालयात योग कार्यशाळा

श्रीश्रीवती बुधसंकलन...

कार्यशाळा म स्वर्णश्री श्री के. न. गोयनका महाविद्यालयामध्ये बुधवार १२ जानेवारी रोजी महाविद्यालयाच्या शारीरिक शिक्षण विभाग व हेल्थ एंड केअर कमिटी द्वारा योग कार्यशाळा घेण्यात आली. कार्यशाळाच्या अध्यक्ष स्वामी महाविद्यालयाचे प्राचार्य डॉ. विनायक कोटारे हे असून हेल्थ एंड केअर कमिटी के सभ्यत्व डॉ. अंजलि चव्हा, विनायक पटेलियावार, सर्व प्राचार्यक वृंद, कर्मचारी वृंद उपस्थित होते.

सध्या संपूर्ण जगातच कोरोना महामारी के दुष्परिणाम मानवजात स्वास्थकार होलांना दिशत आहेत. विद्यार्थी हे सधुने अपारस्त्व आहेत. विद्यार्थीये स्वास्थ उरण राखणे अति कलमान सधुनिशिली केसी या उद्देशाने हि कार्यशाळा घेण्यात आली

पलकशी योगशिक्षक विशाल राजन यांनी सुरुनमस्कार व विविध प्राणायाम याचे प्रात्यक्षिकद्वारा डॉ. कोटारे स्वामी विश्वजीत सुरुनमस्कार व प्राणायाम शिष्येनाये करातेत याचे आयोजन केले. (सा.प्र.)

Republic Day

Date : 26th JANUARY 2022

Chairperson : Res. Prin. Dr. V.R.Kodape

Chief Guest : Res. Dr. Ajay Kant

Executive member, the B.G.E. Society, Akola

Number of Beneficiaries : Teachers & Non-Teaching Staff 25

Outcome of the Programme:

Republic Day of India is celebrated throughout India on 26th January every year with great splendour, joy and respect for Mother India. On this day, all Indians remember and rejoice that the Constitution of India was implemented throughout India.

Short Discription of the Programme:

Every year, Republic Day celebrated in the college with great enthusiasm. But on this year, only teaching and Non-Taching staff attended the program due to Corona crisis. This Year, the flag hoisted by Principal Dr.V.R.Kodape. Executive member of the B.G.E Society, Akola Dr. Ajay Kant was prominent presence. Every year the award are given to the students which excel in academics as well as in Sports to motivate them. But this year only the price winning students were called the previous day. The felicitated by the office bearers of the B.G.E.Society, Akola. Bicycles were also distributed to poor students.



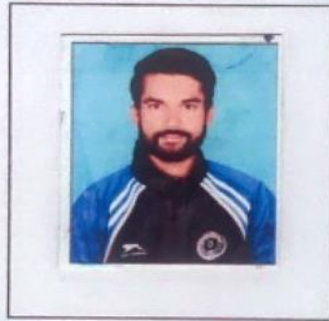
The Berar General Education Society, Akola's

SHRI. KISANLAL NATHMAL GOENKA ARTS & COMMERCE COLLEGE, KARANJA
(LAD) , DIST- WASHIM

Games & Sports Achievment

2021-2022

Arif Kamanwale
Basketball Colour Holder
Inter University West Zone Tournaments



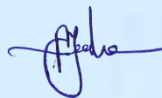
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2nd Place
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2nd Place
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Director
Deptt. of Sports & Phy. Edn.
S.K.N. G. College, Karanja (Lad)






Officiating Principal
Shri K.N. Goenka College
I. Karanja Lad
S.K.N.G. College, Karanja Lad