

## RENUKA COLLEGE



Near Bank of India, Besa, Nagpur Accredited with 'B' grade by NAAC, Bengaluru Permanently Affiliated to RTM Nagpur University

Telephone No. 07103281455 Email: - renukamv.ngp@gmail.com Website: www.renukacollege.org

President: - Shri Himanshu E Gedam Principal: - Dr. JyotiPatil

Contact no.: 8149051026 Contact no.: - 9422807224

#### **CRITERION I**

**Curricular Aspects** 

KEY INDICATOR 1.2:- ACADEMIC FLEXIBILITY

#### **METRIC 1.2.1**

Number of add on/Certificate/Value added programs offered during last five years









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#### Renuka College Besa, Nagpur

#### **Dept. of Physical Education**

10 Days Yoga & Gym Workout Training Camp Program

Date: 03 to 13 July 2018







Report: 2018 - 2019

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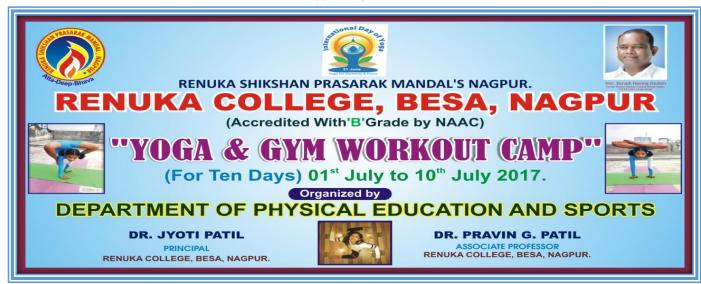


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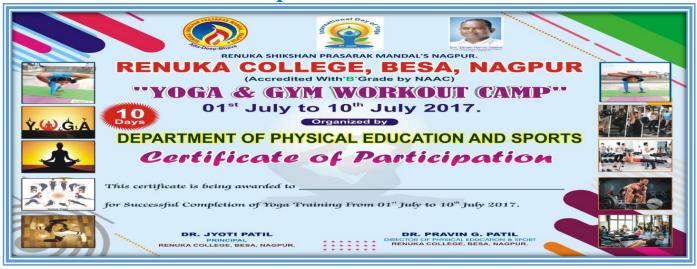
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#### **Banner**



#### **Sample of Certificate**







Principal Renuka College BESA Near BOI Nagour-37



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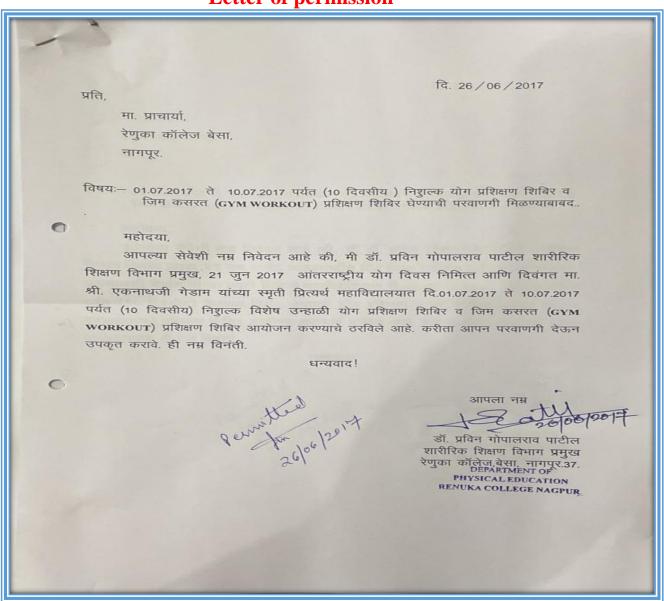
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#### Letter of permission



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#### Employees doing yoga on the occasion of International Yoga Day













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#### Yoga Benefit Session: 2017-18

#### **Programme Outcome-**

- 1. Yoga improves strength, balance and flexibility.
- 2. Yoga helps with back pain relief.
- 3. Yoga relaxes you, to help you study better.
- 4. Yoga can mean more energy and brighter moods for study.
- 5. Yoga helps you manage your stress level.
- 6. Participating in yoga classes can ease loneliness and provide an environment for group healing and support.
- 7. Yoga promotes better self-care.









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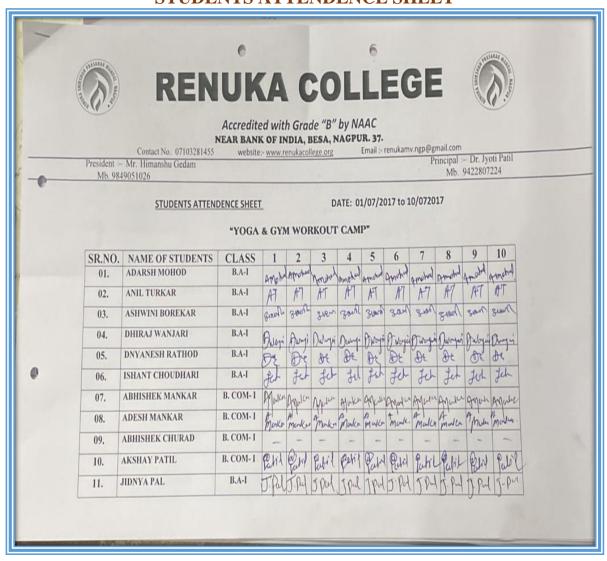


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#### STUDENTS ATTENDENCE SHEET



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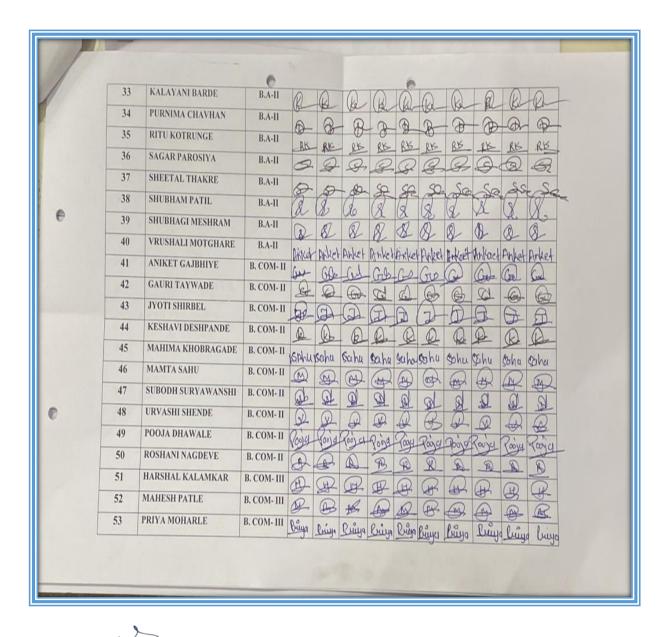
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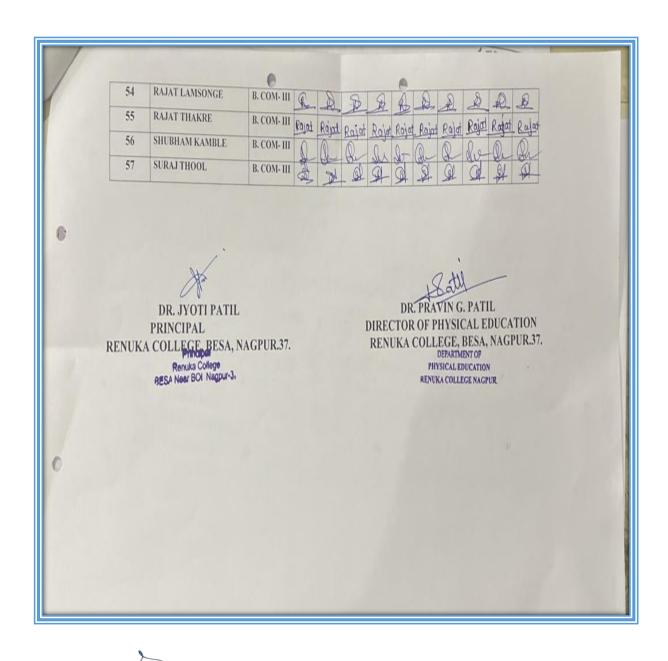
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