

RENUKA COLLEGI

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

15 Days Yoga & Gym Workout Training Camp Program

Date: 16 to 30 June 2021







Report: 2021 - 2022









RENUKA COLLEGIERRASARANA

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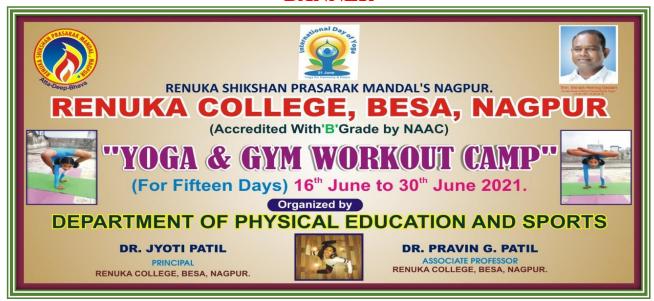
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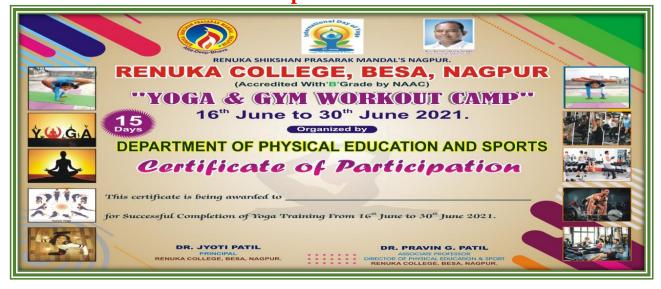
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BANNER



Sample of Certificate











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Permission Letter

प्रति.

मा. प्राचार्या,

रेणुका कॉलेज बेसा,

नागपूर.

विषय:- १६.०६.२०२१ ते ३०.०६.२०२१ पर्यत (१५ दिवसीय) निशुल्क योग प्रशिक्षण शिबिर व जिम कसरत (GYM WORKOUT) प्रशिक्षण शिबिर घेण्याची परवाणगी मिळण्याबाबद...

महोदया.

आपल्या सेवेशी नम्र निवेदन आहे की, मी डॉ. प्रविन गोपालराव पाटील शारीरिक शिक्षण विभाग प्रमुख,२१ जुन २०२१ आंतरराष्ट्रीय योग दिवस निमत्त आणि दिवंगत मा.श्री. एकनाथजी गेडाम यांच्या स्मृती प्रित्यर्थ महाविद्यालयात दि.१६.०६.२०२१ ते ३०.०६.२०२१ पर्यत (९५ दिवसीय) निशुल्क विशेष उन्हाळी योग प्रशिक्षण शिबिर व जिम कसरत (GYM WORKOUT) प्रशिक्षण शिबिर आयोजन करण्याचे ठरविले आहे. करीता आपन परवाणगी देऊन उपकृत करावे. ही नम्र विनंती.

धन्यवाद!

डॉ. प्रविन गोपालराव पाटील शारीरिक शिक्षण विभाग प्रमुख रेणुका कॉलेलू ब्रेसा नागपूर.३७.

PHYSICAL EDUCATION RENUKA COLLEGE NAGPUR

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Renuka College BESA Near BOI Negpur-37



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While inaugurating the yoga training camp, Hon'ble President of Renuka Shikhan Prasarak Mandal. Mr. Himanshu Gedam, Secretory Manjusha Gedam, Principal Dr. Jyoti Patil, Head, Physical Education Dept. Dr. Pravin Patil and Teaching & Non-teaching Staff and Students.











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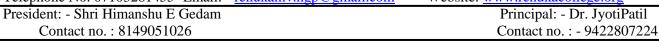


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Students doing yoga in yoga camp

















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Teaching, Non-teaching staff & Students doing yoga in yoga camp













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Valedictory Programme of Yoga Training Camp











PRASARAKM



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Contact no.: 8149051026 Contact no.: - 9422807224

Yoga Benefit Session: 2021-22

Session : 2021

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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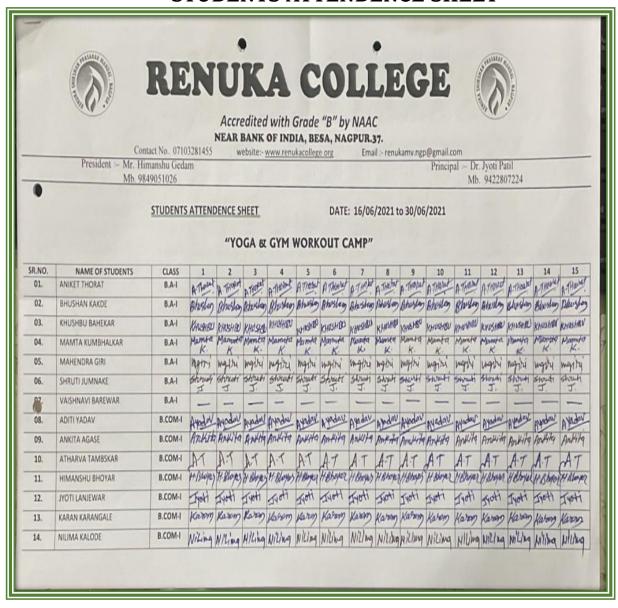
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PRASARAKA

Contact no.: 8149051026 Contact no.: - 9422807224

STUDENTS ATTENDENCE SHEET



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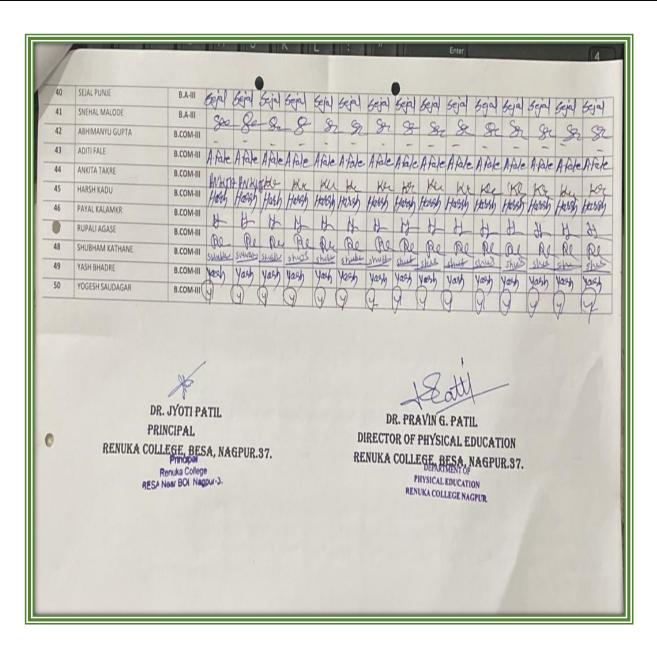
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