



Renuka Shikshan Prasarak Mandal's
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.renuacollege.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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Besa, Nagpur-37




Principal
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BESA Near BOI Nagpur-37



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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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BANNER

RENUKA SHIKSHAN PRASARAK MANDAL'S NAGPUR.

RENUKA COLLEGE, BESA, NAGPUR
(Accredited With 'B' Grade by NAAC)

"YOGA & GYM WORKOUT CAMP"
(For Ten Days) 03rd July to 13th July 2018.

Organized by

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

DR. JYOTI PATIL
PRINCIPAL
RENUKA COLLEGE, BESA, NAGPUR.

DR. PRAVIN G. PATIL
ASSOCIATE PROFESSOR
RENUKA COLLEGE, BESA, NAGPUR.

Sample of Certificate

RENUKA SHIKSHAN PRASARAK MANDAL'S NAGPUR.

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03rd July to 13th July 2018.

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Certificate of Participation

This certificate is being awarded to _____
for Successful Completion of Yoga Training From 03rd July to 13th July 2018.

DR. JYOTI PATIL
PRINCIPAL
RENUKA COLLEGE, BESA, NAGPUR.

DR. PRAVIN G. PATIL
DIRECTOR OF PHYSICAL EDUCATION & SPORT
RENUKA COLLEGE, BESA, NAGPUR.

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Permission Letter

दि. २६/०६/२०१८

प्रति,
मा. प्राचार्या,
रेणुका कॉलेज बेसा,
नागपूर.

विषय:- ०३.०७.२०१८ ते १३.०७.२०१८ पर्यंत (१० दिवसीय) निशुल्क योग प्रशिक्षण शिबिर व जिम कसरत (GYM WORKOUT) प्रशिक्षण शिबिर घेण्याची परवानगी मिळण्याबाबत...

महोदया,
आपल्या सेवेशी नम्र निवेदन आहे की, मी डॉ. प्रविण गोपालराव पाटील शारीरिक शिक्षण विभाग प्रमुख, २१ जून २०१८ आंतरराष्ट्रीय योग दिवस निमित्त आणि दिवंगत मा.श्री. एकनाथजी गेडाम यांच्या स्मृती प्रित्यर्थ महाविद्यालयात दि.०३.०७.२०१८ ते १३.०७.२०१८ पर्यंत (१० दिवसीय) निशुल्क विशेष उन्हाळी योग प्रशिक्षण शिबिर व जिम कसरत (GYM WORKOUT) प्रशिक्षण शिबिर आयोजन करण्याचे ठरविले आहे. करीता आपण परवानगी देऊन उपकृत करावे. ही नम्र विनंती.

धन्यवाद!

Permitted
27/06/2018

आपला नम्र
26/06/2018

डॉ. प्रविण गोपालराव पाटील
शारीरिक शिक्षण विभाग प्रमुख
रेणुका कॉलेज बेसा, नागपूर-३७.
DEPARTMENT OF
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Guiding Yoga Camp




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Guiding Yoga Camp




Students doing yoga in yoga camp




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Yoga Benefit


Session : 2018-19

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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STUDENTS ATTENDENCE SHEET

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Mb. 9849051026 Mb. 9422807224

STUDENTS ATTENDENCE SHEET **DATE: 03/07/2018 to 13/07/2018**

"YOGA & GYM WORKOUT CAMP"

SR.NO.	NAME OF STUDENTS	CLASS	1	2	3	4	5	6	7	8	9	10
01.	ABHISHEKH ASHTANKAR	B.A-I	ABH	ABH	ABH	ABH	ABH	ABH	ABH	ABH	ABH	ABH
02.	ADITI KHADSE	B.A-I	ADK	ADK	ADK	ADK	ADK	ADK	ADK	ADK	ADK	ADK
03.	AKASH BHOYAR	B.A-I	AKB	AKB	AKB	AKB	AKB	AKB	AKB	AKB	AKB	AKB
04.	AKSHAY RAUT	B.A-I	AKR	AKR	AKR	AKR	AKR	AKR	AKR	AKR	AKR	AKR
05.	AKSHAY ASHTANKAR	B.A-I	AKA	AKA	AKA	AKA	AKA	AKA	AKA	AKA	AKA	AKA
06.	ANIL TURKAR	B.A-I	ATU	ATU	ATU	ATU	ATU	ATU	ATU	ATU	ATU	ATU
07.	ARTI KOTRUNGE	B.A-I	ART	ART	ART	ART	ART	ART	ART	ART	ART	ART
08.	DIKSHA TAYWADE	B.A-I	DTW	DTW	DTW	DTW	DTW	DTW	DTW	DTW	DTW	DTW
09.	MAYUR SHAMBHARKAR	B.A-I	MAY	MAY	MAY	MAY	MAY	MAY	MAY	MAY	MAY	MAY
10.	NAVNEET DEVTALE	B.A-I	NVT	NVT	NVT	NVT	NVT	NVT	NVT	NVT	NVT	NVT
11.	PARAS RANBAKDA	B.A-I	PAR	PAR	PAR	PAR	PAR	PAR	PAR	PAR	PAR	PAR

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12.	PANKAJ MATE	B.A-I	Pmate	Pmate	Pmate	Pmate	Pmate	Pmate	Pmate	Pmate	Pmate	Pmate	Pmate
13.	PAYAL BORKAR	B.A-I	Pbork	Pbork	Pbork	Pbork	Pbork	Pbork	Pbork	Pbork	Pbork	Pbork	Pbork
14.	PAYAL TAYWADE	B.A-I	Ptaw	Ptaw	Ptaw	Ptaw	Ptaw	Ptaw	Ptaw	Ptaw	Ptaw	Ptaw	Ptaw
15.	PRAJWAL KATKAR	B.A-I	Pkat	Pkat	Pkat	Pkat	Pkat	Pkat	Pkat	Pkat	Pkat	Pkat	Pkat
16.	PRAVIN CHATTE	B.A-I	Pchat	Pchat	Pchat	Pchat	Pchat	Pchat	Pchat	Pchat	Pchat	Pchat	Pchat
17.	DIKSHA BRAMHANE	B.A-III	Pbram	Pbram	Pbram	Pbram	Pbram	Pbram	Pbram	Pbram	Pbram	Pbram	Pbram
18.	SHUBHAM PANDEY	B.A-I	Spand	Spand	Spand	Spand	Spand	Spand	Spand	Spand	Spand	Spand	Spand
19.	SIMRAN PATHAN	B.A-I	Spath	Spath	Spath	Spath	Spath	Spath	Spath	Spath	Spath	Spath	Spath
20.	KALYANI BARDE	B.A-III	Kbar	Kbar	Kbar	Kbar	Kbar	Kbar	Kbar	Kbar	Kbar	Kbar	Kbar
21.	DISHA SONWANE	B.COM-I	Dson	Dson	Dson	Dson	Dson	Dson	Dson	Dson	Dson	Dson	Dson
22.	DURGESH SHAHU	B.COM-I	Dshah	Dshah	Dshah	Dshah	Dshah	Dshah	Dshah	Dshah	Dshah	Dshah	Dshah
23.	KOMAL MALEWAR	B.COM-I	Kmal	Kmal	Kmal	Kmal	Kmal	Kmal	Kmal	Kmal	Kmal	Kmal	Kmal
24.	LAXMI PANCHESHWAR	B.COM-I	Lpan	Lpan	Lpan	Lpan	Lpan	Lpan	Lpan	Lpan	Lpan	Lpan	Lpan
25.	NEHA KOKATE	B.COM-I	Nkoka	Nkoka	Nkoka	Nkoka	Nkoka	Nkoka	Nkoka	Nkoka	Nkoka	Nkoka	Nkoka
26.	NEHA CHARDE	B.COM-I	Nchar	Nchar	Nchar	Nchar	Nchar	Nchar	Nchar	Nchar	Nchar	Nchar	Nchar
27.	NILIMA KALODE	B.COM-I	Nkala	Nkala	Nkala	Nkala	Nkala	Nkala	Nkala	Nkala	Nkala	Nkala	Nkala
28.	PRATIK WAGHMARE	B.COM-I	Pwag	Pwag	Pwag	Pwag	Pwag	Pwag	Pwag	Pwag	Pwag	Pwag	Pwag
29.	PRIYANKA CHOPDE	B.COM-I	Pchop	Pchop	Pchop	Pchop	Pchop	Pchop	Pchop	Pchop	Pchop	Pchop	Pchop
30.	RAVINA CHOUHAN	B.COM-I	Rchau	Rchau	Rchau	Rchau	Rchau	Rchau	Rchau	Rchau	Rchau	Rchau	Rchau
31.	SAGAR PAROSIYA	B.A-III	Spar	Spar	Spar	Spar	Spar	Spar	Spar	Spar	Spar	Spar	Spar
32.	SAKSHI SHENDE	B.COM-I	Sshen	Sshen	Sshen	Sshen	Sshen	Sshen	Sshen	Sshen	Sshen	Sshen	Sshen

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33	SONALI SONWANE	B.COM-I	Sonali	Sonali	Sonali	Sonali	Sonali	Sonali	Sonali	Sonali	Sonali	Sonali	Sonali	Sonali	Sonali	Sonali	Sonali	Sonali	Sonali	Sonali
34	SWAYAMWARI DHOLE	B.COM-I	Sw	Sw	Sw	Sw	Sw	Sw	Sw	Sw	Sw	Sw	Sw	Sw	Sw	Sw	Sw	Sw	Sw	Sw
35	TANUSHREE KATOLE	B.COM-I	Tkatole	Tkatole	Tkatole	Tkatole	Tkatole	Tkatole	Tkatole	Tkatole	Tkatole	Tkatole	Tkatole	Tkatole	Tkatole	Tkatole	Tkatole	Tkatole	Tkatole	Tkatole
36	ASHWINI BOREKAR	B.A-II	Ash	Ash	Ash	Ash	Ash	Ash	Ash	Ash	Ash	Ash	Ash	Ash	Ash	Ash	Ash	Ash	Ash	Ash
37	DHIRAJ WANJARI	B.A-II	Dhir	Dhir	Dhir	Dhir	Dhir	Dhir	Dhir	Dhir	Dhir	Dhir	Dhir	Dhir	Dhir	Dhir	Dhir	Dhir	Dhir	Dhir
38	JIDNYA PAL	B.A-II	Jid	Jid	Jid	Jid	Jid	Jid	Jid	Jid	Jid	Jid	Jid	Jid	Jid	Jid	Jid	Jid	Jid	Jid
39	MAYUR WATANE	B.A-II	May	May	May	May	May	May	May	May	May	May	May	May	May	May	May	May	May	May
40	NISHA BARVEKAR	B.A-II	Nish	Nish	Nish	Nish	Nish	Nish	Nish	Nish	Nish	Nish	Nish	Nish	Nish	Nish	Nish	Nish	Nish	Nish
41	SANIDHAYA SONI	B.A-II	Sani	Sani	Sani	Sani	Sani	Sani	Sani	Sani	Sani	Sani	Sani	Sani	Sani	Sani	Sani	Sani	Sani	Sani
42	SHUBHAM PATIL	B.A-III	Shu	Shu	Shu	Shu	Shu	Shu	Shu	Shu	Shu	Shu	Shu	Shu	Shu	Shu	Shu	Shu	Shu	Shu
43	SIMRAN SONKAR	B.A-II	Sim	Sim	Sim	Sim	Sim	Sim	Sim	Sim	Sim	Sim	Sim	Sim	Sim	Sim	Sim	Sim	Sim	Sim
44	ABHISHEKH CHURAD	B.COM-II	Abh	Abh	Abh	Abh	Abh	Abh	Abh	Abh	Abh	Abh	Abh	Abh	Abh	Abh	Abh	Abh	Abh	Abh
45	MAMTA ANDELKAR	B.COM-II	Mam	Mam	Mam	Mam	Mam	Mam	Mam	Mam	Mam	Mam	Mam	Mam	Mam	Mam	Mam	Mam	Mam	Mam
46	MANJYSHA SAWARBANDHE	B.COM-II	Manj	Manj	Manj	Manj	Manj	Manj	Manj	Manj	Manj	Manj	Manj	Manj	Manj	Manj	Manj	Manj	Manj	Manj
47	PRACHIKA BAITULE	B.COM-II	Prac	Prac	Prac	Prac	Prac	Prac	Prac	Prac	Prac	Prac	Prac	Prac	Prac	Prac	Prac	Prac	Prac	Prac
48	PRAFUL FARTADE	B.COM-II	Praf	Praf	Praf	Praf	Praf	Praf	Praf	Praf	Praf	Praf	Praf	Praf	Praf	Praf	Praf	Praf	Praf	Praf
49	PRATIKA BORKAR	B.COM-II	Prat	Prat	Prat	Prat	Prat	Prat	Prat	Prat	Prat	Prat	Prat	Prat	Prat	Prat	Prat	Prat	Prat	Prat
50	RAJAT SONWANE	B.COM-II	Rajat	Rajat	Rajat	Rajat	Rajat	Rajat	Rajat	Rajat	Rajat	Rajat	Rajat	Rajat	Rajat	Rajat	Rajat	Rajat	Rajat	Rajat
51	RAJAT RAUT	B.COM-II	Rajat	Rajat	Rajat	Rajat	Rajat	Rajat	Rajat	Rajat	Rajat	Rajat	Rajat	Rajat	Rajat	Rajat	Rajat	Rajat	Rajat	Rajat
52	ROSHANI DEOTALE	B.COM-II	Rosh	Rosh	Rosh	Rosh	Rosh	Rosh	Rosh	Rosh	Rosh	Rosh	Rosh	Rosh	Rosh	Rosh	Rosh	Rosh	Rosh	Rosh


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