



C. P. & Berar Education Society's College, Nagpur
Department of Physical Education & Sports

SESSION 2021-22

Name of Activity: "7 Days Yoga Training Workshop"
17 August to 23 August 2021

Brief Report

A Seven Day Yoga Training Workshop was organized by C. P. & Berar E.S. College from 17th August to 23rd August 2021.

Like every year, a Yoga Training Workshop was organized by Department of Physical Education & Sports. In this yoga training camp, Mr. Nilesh Thakhare yoga instructor gave yoga lessons to the students using modern techniques so that the students could benefited from the technical guidance of various Asanas, Pranayama, and Meditation.

This Yoga Training Workshop was organized under the guidance of Dr. Milind Barhate, Principal of the college. Dr. Nishant Tipte, Head of Physical Education & Sports Department had planned the program. A large number of students and professors attended the camp every day.

Permission Letter

To,
The Principal,
C.P. & Berar E.S. College,
Nagpur.

Subject: - Permission for 7 Days Yoga Training Workshop from 17th August to 23rd August 2021

Respected Sir,

Department of Physical Education & Sports organizes Yoga Training Workshop Every Year. This year also we are planning to organize 7 Days Yoga Training Workshop from 17.08.2021 to 23.08.2021 at College. Mr. Nilesh Thakre will be the Yoga Instructor for the said workshop. It is therefore kind request to you to please grant permission for the said programme.

Thanking you

Yours faithfully



Dr. Nishant Tipte

Department of Physical Education & Sports

C.P & Berar E. S. College

Nagpur

*Permitted.
D. W. W. W.*

Brochure

 **C. P. & BERAR E. S. COLLEGE
NAGPUR**
**DEPARTMENT OF PHYSICAL
EDUCATION & SPORTS**

SEVEN DAYS ONLINE YOGA TRAINING WORKSHOP

STREACHING | ASANAS | PRANAYAM | MEDITATION



Mr. Nilesh Thakre
Yoga Instructor

AUGUST 17 - 23 • DAILY 7:30 AM - 8:30 AM
ON ZOOM MEETING APP

Register on
<https://forms.gle/STZnmioM8YDmW5HA>

Notice

C. P. & Berar E. S. College
Tulsibagh, Mahal, Nagpur
Department of Physical Education & Sports

Students Notice

All students of C.P. & Berar E. S. College are informed that 7 Days Yoga Training Workshop is conducted from 17th Aug to 23rd Aug 2021. All the students have to register for the said workshop. Zoom Link will be shared to you after registration. For any Information Contact Dr. Nishant Tipte, HoD, Department of Physical Education & Sports. It is mandatory for all students to attend.

Date: - 10.08.2021


Principal
C.P. & Berar E. S. College
Tulsibagh, Mahal, Nagpur.

Registration Link: - <https://forms.gle/VeVPqMFTmG44Mbid9>

Registration Sheet

7 Days Yoga Training Workshop Registration List

Sr. No.	Timestamp	Name of Participant (Name as you would like on certificate)	Organization/Institute/School/College/Club Name.
1	8/14/2021 8:52:03	Anil chavan	C .P.& BERAR E.S COLLEGE NAGPUR
2	8/14/2021 20:00:46	Shrikant Rathod	Gymnastics Central by Shrikant Rathod
3	8/14/2021 20:05:29	Sumit jagdish ukey	C.p.& berer e.s college
4	8/14/2021 20:13:01	PRAMOD ISHWAR CHAUDHARI	C .P.& BERAR E.S COLLEGE NAGPUR
5	8/14/2021 20:19:19	Shital Umendra Rahangdale	C .P.& BERAR E.S COLLEGE NAGPUR
6	8/14/2021 20:25:54	Krunal	C.p.& Berar college,Nagpur
7	8/14/2021 20:33:19	Dilip Babusing Taram	C.P&berar college Nagpur
8	8/14/2021 20:47:02	Haridas jayvant khandare	C .P & Berar E.S.College, Nagpur.
9	8/14/2021 20:47:10	Manojkumar G. Kosare	C.P & Berror E.S College, Nagpur
10	8/14/2021 20:51:06	Rajkumar Suratlal Margiya	c.p & bear e.s college nagpur
11	8/14/2021 20:57:17	Shubham	C .P.& BERAR E.S COLLEGE NAGPUR
12	8/14/2021 21:00:19	ANIKET PRADIP KATARE	CP AND BERAR COLLEGE, NAGPUR
13	8/14/2021 21:00:26	Swati Suresh Navghare	C.P & Berar E.S College Nagpur
14	8/14/2021 21:05:51	Aparna Haridas Khadsan	C.P.& Berar college , Nagpur
15	8/14/2021 21:12:57	Yogini Devidas Dhok	C. P & Berar E. S college, Nagpur
16	8/14/2021 21:50:55	Dhawalkumar suresh hatewar	c.p. snd berar college nagpur
17	8/14/2021 21:52:38	Nikhil Shiosajan Wakade	C P & Berar College Nagpur
18	8/14/2021 21:54:06	Shubhangi Shivshankar Nandekar	C. P. And berar College
19	8/14/2021 22:09:48	hemchandra Nandanwar	cp & Berar college nagpur
20	8/15/2021 0:03:11	Rajesh Madhukar Jibhakte	C.P.& Berar college Nagpur
21	8/15/2021 0:06:32	Rajesh Madhukar Jibhakate	C.P.& Berar college Nagpur.
22	8/15/2021 0:09:14	Rajesh Madhukar Jibhakate	C.P. & Berar College Nagpur.

23	8/15/2021 6:04:12	Ashish dashrath kumbhare	C.P. & Berar College, Nagpur
24	8/15/2021 8:05:36	Hitesh Eknath Randive	C .P.& BERAR E.S COLLEGE NAGPUR
25	8/15/2021 8:49:32	Priya Gajananrao Dhole	Cp and berar college
26	8/15/2021 13:45:36	Sonu Yashwant katare	C.P & Berar E.S College Nagpur
27	8/15/2021 16:56:12	Anil Prakash Karhale	C.P. And Berar E.S College Nagpur
28	8/15/2021 18:08:58	Maheshwari shreeram umalkar	C. P & Berar E. S College Tulshibag Nagpur
29	8/15/2021 18:42:12	Ekta Sunil Jambhulkar	C.P. & Brear
30	8/15/2021 19:05:26	Ruchika Bhisikar	C.P.& Berar college Mahal, Nagpur
31	8/15/2021 19:06:30	Kunal savlikar	C .P.& BERAR E.S COLLEGE NAGPUR
32	8/15/2021 19:08:17	Ravina Ashok kamble	C P and bera college
33	8/15/2021 19:08:59	Tannu prakash Shravankar	Cp and berar college
34	8/15/2021 19:11:06	Harshal Patne	C.P. And Berar Collage E.S. Collage Tudashibag Road Mahal Nagpur
35	8/15/2021 19:11:41	Rohini Murlidhar kawale	C p and Berar
36	8/15/2021 19:44:48	Leena Ghanshyam wadibhsme	C.p.& berar college
37	8/15/2021 19:46:28	Yuvraj tikaram paunikar	C .P.& BERAR E.S COLLEGE NAGPUR
38	8/15/2021 19:47:53	Mansi rajesh bode	C .P.& BERAR E.S COLLEGE NAGPUR
39	8/15/2021 19:54:39	Pooja Rajesh Pimpalkar	CP berar college mahal Nagpur
40	8/15/2021 20:01:19	Pinkki banjare	Cp and berar college
41	8/15/2021 20:22:37	Shalini Raghuvir Kamble	C. P & Berers college
42	8/15/2021 20:23:50	MITRADAS RAMCHAND MARASKOLHE	C .P.& BERAR E.S COLLEGE NAGPUR
43	8/15/2021 20:29:29	Vaishnavi Bawane	C .P.& BERAR E.S COLLEGE NAGPUR
44	8/15/2021 20:30:11	KARGAONKAR KUNAL	C.P. and Berar college
45	8/15/2021 20:31:46	Pinki laxman Hedau	C .P.& BERAR E.S COLLEGE NAGPUR
46	8/15/2021 20:32:19	KUNAL SUDHAKARRO SUDHAKARRO	C. P. And Berar college
47	8/15/2021 20:37:15	Shweta kerekar	Sipambara mahavidhyalaya college mahal
48	8/15/2021 20:43:19	Rani S Pathaniya	C p and berar collage

49	8/15/2021 20:44:12	C p.& Berar E.S college	C .P.& BERAR E.S COLLEGE NAGPUR
50	8/15/2021 20:54:07	Vaishnavi Rajesh kude	C.p.& berar college
51	8/15/2021 20:55:02	Suraj Balkrushna Khobragade	C.&p.bellar clg
52	8/15/2021 20:55:07	Ankit shendre	C .P.& BERAR E.S COLLEGE NAGPUR
53	8/15/2021 20:56:48	Reetu dilip junghare	C.p& berar collage
54	8/15/2021 20:59:23	Mayuri dilip there	C.p.and berar clg
55	8/15/2021 21:02:32	Ashwini shivaji korde	C.p and berar
56	8/15/2021 21:03:22	Ankita Vijay Sonare	C. P Berar E. S college
57	8/15/2021 21:03:39	Pravin bandu borkar	C P & Berar college
58	8/15/2021 21:04:29	Ravina Arun Mule	C p and berar
59	8/15/2021 21:07:17	Charul Yashwanta Ghodeswar	C .P.& BERAR E.S COLLEGE NAGPUR
60	8/15/2021 21:08:28	Rukaiya khalid sheikh	C p & berar college
61	8/15/2021 21:10:21	Manisha hiralal gote	C. P. And berar college nagpur
62	8/15/2021 21:10:27	Karishma purushottam Atkari	C P& Berar college nagpur
63	8/15/2021 21:12:18	Rohan Kolte	C P AND Berar College
64	8/15/2021 21:12:59	Monika suresh pawar	Cp and berar college
65	8/15/2021 21:13:02	Sushmita Pradip ambade	Cp & Berar college Nagpur
66	8/15/2021 21:14:12	Akash Raju Gurao	C. P. & Berar college Nagpur
67	8/15/2021 21:14:20	Manisha Manik Kapgate	C P and berar ES college Nagpur
68	8/15/2021 21:14:20	Aabha Donode	CP&Berar E.S. College
69	8/15/2021 21:16:11	Kshitij Prabhulal Kokode	C p and berar ES college nagpur
70	8/15/2021 21:17:28	Pranali	C .P.& BERAR E.S COLLEGE NAGPUR
71	8/15/2021 21:30:42	Pooja Wamanrao Ninawe	C .P.& BERAR E.S COLLEGE NAGPUR
72	8/15/2021 21:33:55	Pooja Wamanrao Ninawe	C P AND BERAR E S COLLEGE NAGAPUR
73	8/15/2021 21:41:36	Anu Ramesh Taskar	C. P. & Berar E. S. College Nagpur
74	8/15/2021 21:44:32	Megha Madhukar Shende	C .P.& BERAR E.S COLLEGE NAGPUR

75	8/15/2021 21:46:06	Tejaswini dubraj jambhulkar	C. P. & Berar Collage Nagpur
76	8/15/2021 21:50:02	Rani rajendra chule	Cp and berar collage
77	8/15/2021 21:53:27	Neha Chandrashekhar Dhande	C.P & Berar E.S. College Nagpur
78	8/15/2021 22:28:34	Jayshree rameshwar gachke	C. P. Beerar college
79	8/15/2021 22:30:28	Pranay Rajendra Dorlikar	C. P. Berar College
80	8/15/2021 22:38:29	Mona Kevaldas Dhakate	C.p & Berar E.S College
81	8/15/2021 22:45:29	JUHI.ARUN.DAKAHA	C .P.& BERAR E.S COLLEGE NAGPUR
82	8/15/2021 23:06:20	poonam maroti hirudkar	c p and berar nagpur
83	8/15/2021 23:08:03	poonam maroti hirudkar	c p and berar nagpur
84	8/15/2021 23:08:29	Suraj manohar bhoyar	C .P.& BERAR E.S COLLEGE NAGPUR
85	8/15/2021 23:15:55	Mansi mesawat	C .P.& BERAR E.S COLLEGE NAGPUR
86	8/15/2021 23:37:30	Rakhi Rajesh Thakur	C.p.& berar E . S collage
87	8/16/2021 7:40:31	Bhavna Hiralal Devghare	C .p.berar e.s collaga nagpur
88	8/16/2021 8:12:50	PRATIKA BHASKAR JACHAK	C.P. and Berar college nagpur
89	8/16/2021 8:46:18	Indira Duman Satpute	c p & berar college
90	8/16/2021 8:49:50	Prachi Kumbhare	C .P.& BERAR E.S COLLEGE NAGPUR
91	8/16/2021 8:54:51	Jayanti punyawan wadaskar	Cp and berar college nagpur
92	8/16/2021 9:07:31	Priyanka Ramesh Mengare	C. P. And Berar E. S College Nagpur
93	8/16/2021 9:08:55	Sport	CP and berar college Nagpur
94	8/16/2021 9:54:30	Anju Nilkanth Girhepunje	C.p. and Berar college Nagpur
95	8/16/2021 10:32:39	Vaishnavi Chandrasekhar paunikar	C .P.& BERAR E.S COLLEGE NAGPUR
96	8/16/2021 11:01:48	Tanushri Dhanraj Shingne	N. C. C
97	8/16/2021 11:52:50	Rajesh Madhukar Jibhakate	C P & Berar College Nagpur.
98	8/16/2021 12:07:45	Damini kshiargsar	SLP n Baruah college
99	8/16/2021 12:13:08	Mohan ashokrao chacherkar	C.p. Berar college tulshibagh road
100	8/16/2021 12:13:20	Sneha Thakre	Cp and berar colage

101	8/16/2021 12:22:03	Snehali Ishwar Shahare	C .P & Berar E.S College , Nagpur
102	8/16/2021 13:24:56	Shweta shankarrao madke	C P and berar college nagpur
103	8/16/2021 14:37:15	Yoga	Co and Berar college
104	8/16/2021 15:30:43	Sneha Anil Thakre	C P & Barar College Tulashibag Mahal Nagpur
105	8/16/2021 15:37:03	Daminwe Gorelal Blsen	Cp and berar colage
106	8/16/2021 15:38:39	Sneha thakre	Cp and berar colage
107	8/16/2021 16:10:50	Sagar kuradkar	C .P.& BERAR E.S COLLEGE NAGPUR
108	8/16/2021 16:13:52	Rajat Dnyaneshwar Muley	C.P.&. Berar college
109	8/16/2021 17:40:56	JUHI.ARUN.DAKAHA	C .P.& BERAR E.S COLLEGE NAGPUR
110	8/16/2021 17:49:00	Pranoti Anandrao Dhoke	C.P. & berar college
111	8/16/2021 19:39:48	Smruti anil Dhargave	C. P. and baera college nagpur
112	8/16/2021 21:07:55	Sayli Borpalle	C.P.& Berar college..
113	8/16/2021 21:58:09	Tanushree suhas wasnik	C.P.& Berar E.S.College, Nagpur
114	8/17/2021 10:42:37	Gaurav Suresh Nayak	C .P.& BERAR E.S COLLEGE NAGPUR
115	8/17/2021 20:16:52	samiksha haribhau sonkusare	c.p.& berar E.college
116	8/17/2021 20:18:18	samiksha haribhau sonkusare	c.p.& berar E.college
117	8/19/2021 10:52:17	Rahul Borkar	C .P.& BERAR E.S COLLEGE NAGPUR
118	8/20/2021 1:00:19	HARSH MADKE	C p & berar college

Photographs



Mr. Nilesh Thakre Demonstrating Yoga



Students Performing Yoga at 7 Days Toga Training Workshop

पुण्य नगरी

योग प्रशिक्षण कार्यशाळा

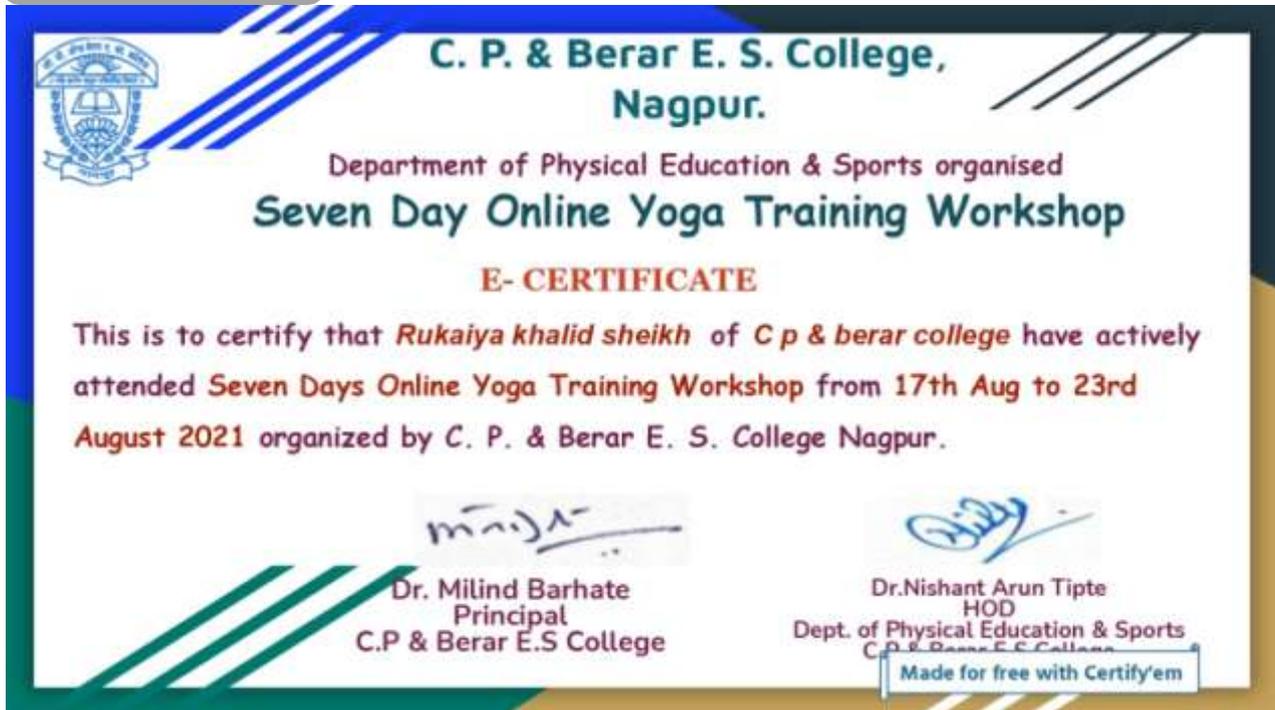


नागपूर : सी.पी. अॅण्ड बेरार महाविद्यालयाच्या शारीरिक शिक्षण विभागातर्फे १७ ते २३ ऑगस्टदरम्यान योग प्रशिक्षण कार्यशाळा आयोजित करण्यात आली होती.

महाविद्यालयाचे प्राचार्य डॉ. मिलिंद बाराहाते यांच्या मार्गदर्शनात झालेल्या कार्यशाळेत योग प्रशिक्षक

नीलेश ठाकरे यांनी विविध आसने, प्राणायाम, ध्यान याबद्दल तंत्रशुद्ध मार्गदर्शन केले आणि आधुनिक तंत्राचा वापर करून योगाचे धडे गिरविले. शारीरिक शिक्षण विभागप्रमुख डॉ. निशांत तिपटे यांच्या नियोजनात झालेल्या कार्यशाळेत विद्यार्थी व प्राध्यापक सहभागी झाले होते.

Certificates

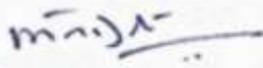


 **C. P. & Berar E. S. College,
Nagpur.**

Department of Physical Education & Sports organised
Seven Day Online Yoga Training Workshop

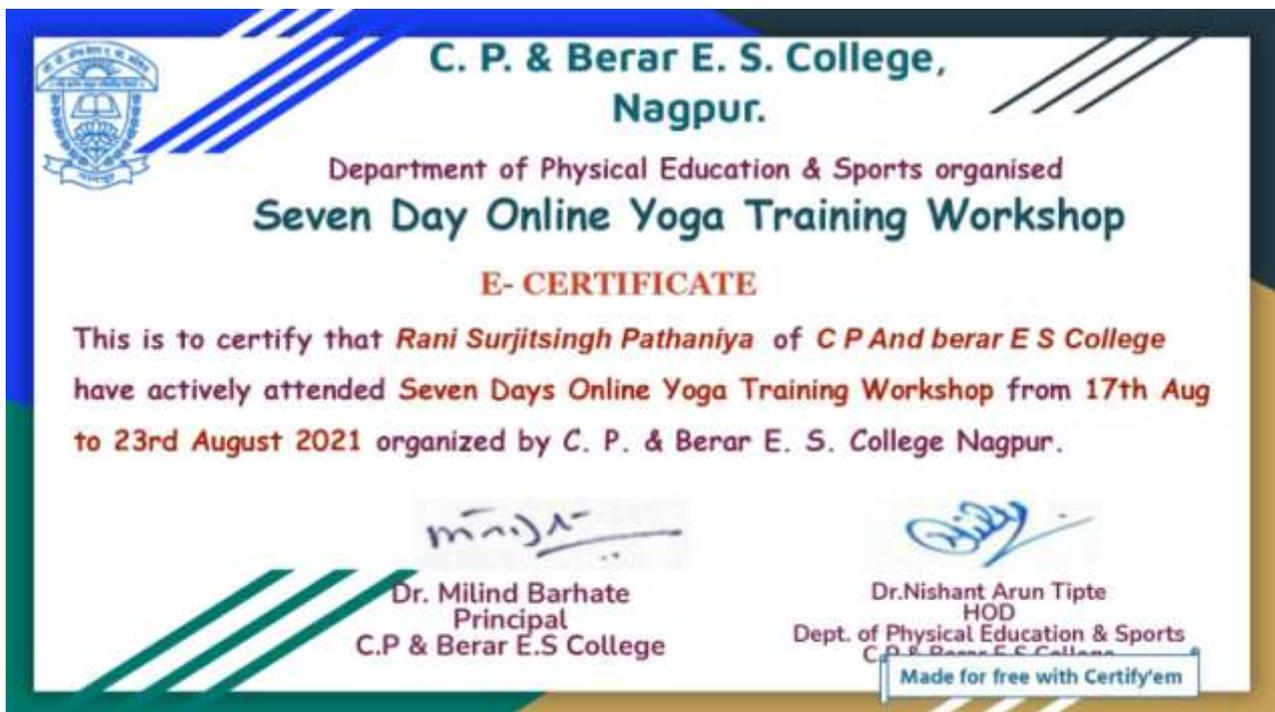
E- CERTIFICATE

This is to certify that *Rukaiya khalid sheikh* of *C p & berar college* have actively attended *Seven Days Online Yoga Training Workshop* from *17th Aug to 23rd August 2021* organized by *C. P. & Berar E. S. College Nagpur.*


Dr. Milind Barhate
Principal
C.P & Berar E.S College


Dr.Nishant Arun Tipte
HOD
Dept. of Physical Education & Sports
C.P. & Berar E.S. College
Nagpur

Made for free with Certify'em



 **C. P. & Berar E. S. College,
Nagpur.**

Department of Physical Education & Sports organised
Seven Day Online Yoga Training Workshop

E- CERTIFICATE

This is to certify that *Rani Surjitsingh Pathaniya* of *C P And berar E S College* have actively attended *Seven Days Online Yoga Training Workshop* from *17th Aug to 23rd August 2021* organized by *C. P. & Berar E. S. College Nagpur.*


Dr. Milind Barhate
Principal
C.P & Berar E.S College


Dr.Nishant Arun Tipte
HOD
Dept. of Physical Education & Sports
C.P. & Berar E.S. College
Nagpur

Made for free with Certify'em

Important Links:-

Registration Link: - <https://forms.gle/VeVPqMfTmG44Mbid9>

Feed Back Form: - <https://forms.gle/wg4QCFhAm3FCKqQU8>

YouTube Link: -

Day 1:	https://youtu.be/vu3sstJlsoo
Day 2:	https://youtu.be/s3IkR2E6p7Q
Day 3:	https://youtu.be/CzTOp9Llkdc
Day 4:	https://youtu.be/6hIOQoybXAc
Day 5:	https://youtu.be/IVew5NI0mrc
Day 6:	https://youtu.be/xHYhqM2Wzhg
Day 7:	https://youtu.be/uaHNEXPpdxU