



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

SESSION 2021-22

Name of Activity: "Azadi Ka Amrit Mahotsav"
75 Crore Surya Namaskar Project

Brief Report

Under the 75 Crore Suryanamaskar Project (Sankalp Diwas) is organized at C.P & Berar E. S. College's Reshimbagh Playground to mark the "Azadi Ka Amrut Mahotsav", on January 1st 2022, on the eve of New Year.

As per the Guidance of Ministry of AYUSH 75 Crore Suryanamaskar Project from 1st January to 20th February 2022 was organized by C.P. & Berar College. All the students have register under this project and every student perform 13 Suryanamskar daily for 21 days.

A One Day training session was organized to enable all the students to do proper Suryanamaskar. For training session Director of Physical Education & Sports at Nabira College, Katol. Dr. Tej Singh Jagdale demonstrated Suryanamaskar to the students in a very good way and also explained the benefits of doing Suryanamaskar regularly. The training Session was attended by Dr. Milind Barhate, Principal C.P. & Berar College, Dr. J.K. Mahajan, Vice-Principal, faculty, non-teaching staff and a large number of players. Dr. Nishant Tipte, Head, Department of Physical Education & Sports, C. P. & Berar E. S. College, co-ordinate the training session.

Permission Letter

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

Subject: - Permission to Conduct 75 Crore Surya Namaskar Project.

Respected Sir,

Department of Physical Education & Sports is planning to organize 75 Crore Surya Namaskar from 1st Jan 2022 continuously for 21 days. The Sankalp Din will be celebrated on 01.01.2022. Dr. Tej Singh Jagdale will be demonstrating Suryanamaskar to the students. 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

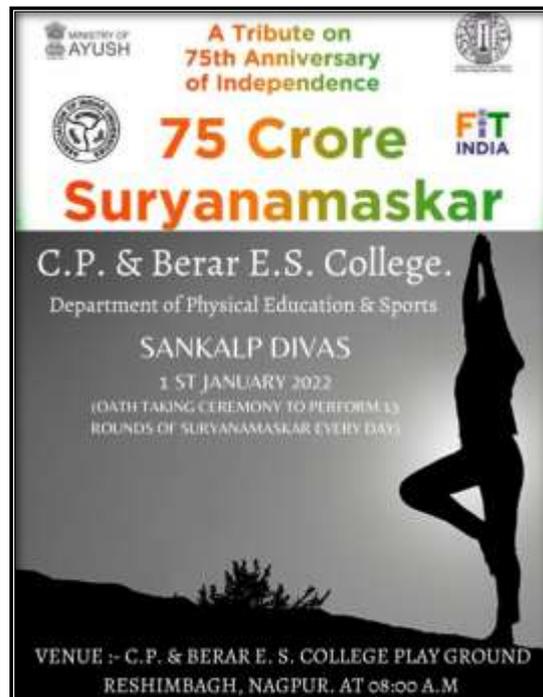
C.P & Berar E. S. College

Nagpur

Permission
T. V. Tipte
Principal
C.P. and Berar E.S. College
Nagpur.



Brochure



A Tribute on
75th Anniversary
of Independence

MINISTRY OF
AYUSH

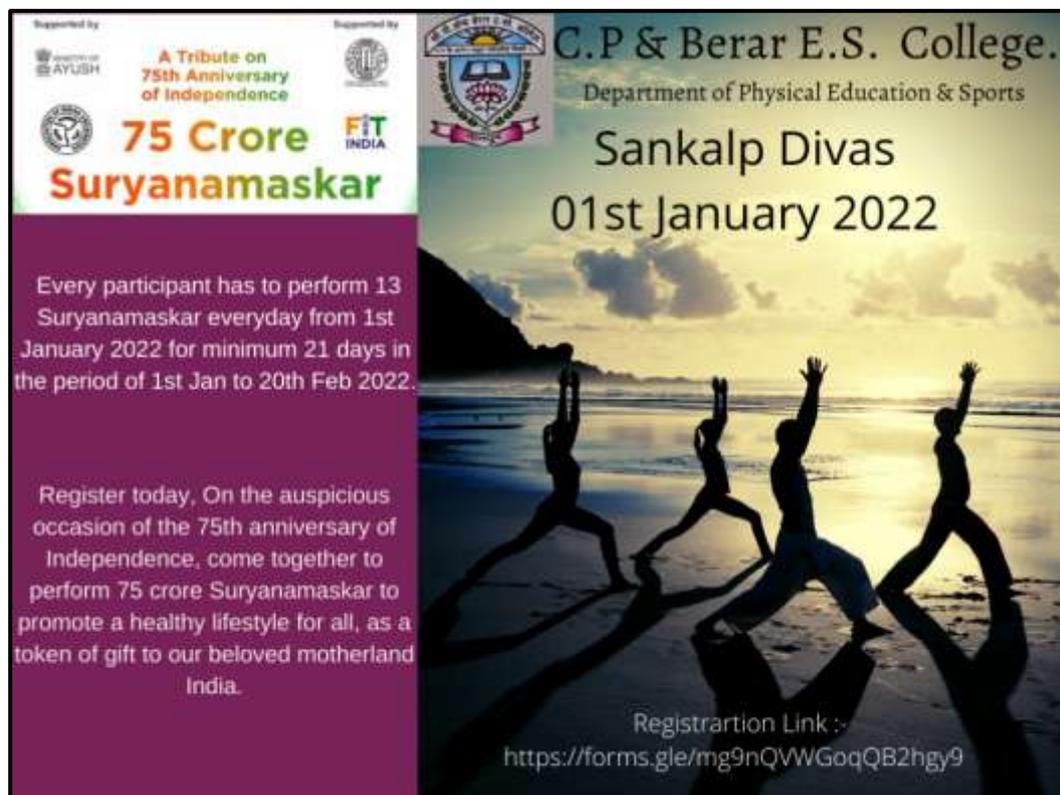
75 Crore
Suryanamaskar

FIT
INDIA

C.P. & Berar E.S. College.
Department of Physical Education & Sports

SANKALP DIVAS
1 ST JANUARY 2022
(OATH TAKING CEREMONY TO PERFORM 13
ROUNDS OF SURYANAMASKAR EVERY DAY)

VENUE :- C. P. & BERAR E. S. COLLEGE PLAY GROUND
RESHIMBAGH, NAGPUR. AT 08:00 A.M



Supported by

MINISTRY OF
AYUSH

A Tribute on
75th Anniversary
of Independence

75 Crore
Suryanamaskar

FIT
INDIA

C.P & Berar E.S. College.
Department of Physical Education & Sports

Sankalp Divas
01st January 2022

Every participant has to perform 13
Suryanamaskar everyday from 1st
January 2022 for minimum 21 days in
the period of 1st Jan to 20th Feb 2022.

Register today, On the auspicious
occasion of the 75th anniversary of
Independence, come together to
perform 75 crore Suryanamaskar to
promote a healthy lifestyle for all, as a
token of gift to our beloved motherland
India.

Registrartion Link :-
<https://forms.gle/mg9nQVWGoqQB2hgy9>

Notice

C. P. & Berar E. S. College

Tulsibagh, Mahal, Nagpur

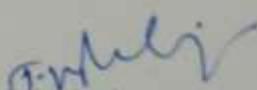
Department of Physical Education & Sports

Students Notice

All students of C.P. & Berar E. S. College are informed that as per the Guidance of Ministry of AYUSH 75 Crore Surya Namaskar Project will start from 1st January for 21 days continuously. All the students have to register under this project and every student have to perform 13 Suryanamskar daily for 21 days. A demonstration session (Sankalp Din) has been organized on 01.01.2022 at 08:00 am on college play ground. It is mandatory for all students to attend.

Date: - 27.12.2021




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

Registration Link: - <https://forms.gle/f554eWgn4Svk2Lr16>

75 Crore Suryanamakar Project Chairman for Registration



"न हि ज्ञानेन सदृशं पवित्रमिह विद्यते"

OFFICE OF THE PRINCIPAL

C. P. & BERAR EDUCATION SOCIETY'S COLLEGE

TULSIBAG, MAHAL, NAGPUR- 44 0032.

☎: 0712 -2722329 Fax No.: 0712 - 2722329 Web Site : www.cpberar.co.in

☎: M.C.V.C : 2738513, MBA : RAVINAGAR 2540149, DASR : 2731931

Estd. 1960



Ref. No. _____

Date : 30.12.2021

To,

Project Chairman,

750 million Suryanamskar Project,

NYSF.

Subject: - Participation of our institute in 75 crore suryanamaskar project.

Dear Sir,

We wish to participate in the project of 750 million suryanamskar, our information is as follow:-

Name of the institute :- C.P & Berar E.S College, Nagpur

Address :- Tusibagh, Mahal, Nagpur.

No. of participating students/ teachers :- 50 Students 20 Teachers

Name of the person in charge for the project :- Dr. Nishant Tipte

Whatsapp no. :- 9371170089

Email id :- nishanttipte@rediffmail.com

Kindly enroll us to this project.

Seal of the

Institution



Sign & Name
Principal

of the Head of the Institution
Tulsibag, Nagpur.

Registration Sheet

75 Crore Suryanamaskar Project Registration List

Sr.No	Name of Staff / Name of Student
1	Dr. Milind Barhate
2	Mr. Chandrakant Madavi
3	Dr. Jaya Golatkar
4	Dr. Nishant Arun Tipte
5	DR FERUZ HAIDRY
6	Dr. Vibha Ksheerasagar
7	Dr. J. K. Mahajan
8	Dr Dhananjay B Pande
9	Dr D N Jadhao
10	Dr. Aravind Joshi
11	Prof. Prerana Ratnaparkhi
12	Dr. Vinod Dongarwar
13	Dr. Arvind Sovani
14	Dr. Anjali Patil
15	Dr. Megha Kanetkar
16	Dr. Chandrahas Dixit
17	Dr. Reeta Sontakke
18	Dr. Mande
19	Dr. Pandey
20	Dr. Rekha Wadikhaye
21	Rani S Pathaniya
22	Shweta kerekar
23	Haridas jayvant khandare

24	Jayshree rameshwar gachke
25	Apurva Somdatt Salve
26	Chandrakant Madavi
27	Prathemesh Puri
28	Namdev Rathod
29	Manoj Ashok Deshbhratar
30	Archana Gaurkhede
31	Vaishnavi Paunikar
32	Vaishnavi Bawane
33	Sanjana Ghoradakar
34	Mansi Suresh Mesawat
35	Bhagyashree Zadgaonkar
36	Shweta Kerekar
37	Shyam Shriram bhagdikar
38	Tannu Prakash Shrivankar
39	Leena Wadibhsme
40	SACHIN UMAKANT DURUGKAR
41	Dinesh Babarao Khurge
42	Rukaiya Sheikh
43	Bharat Kale
44	Ravina Kamble
45	Pooja Rajesh Pimpalkar
46	Shyam Shriram Bhagdikar
47	Mayur Meshram
48	Dushyant Rangari
49	Payal Dharmmpal Lanjewar
50	Jitendra Hedao

51	Tejas Raju Harde
52	Rakhi Thakur
53	Kamini diwakar Bhajikhaye
54	Devendra Taklikar
55	Ayush Sunil Nandanwar
56	Yuvraj tikaram Paunekar
57	Rohini Murlidhar Kawale
58	Prerna Wankhede
59	Rohan Moundekar
60	Amir sheikh
61	Aksha Shyam Durge
62	Himanshu Pakhale
63	AKSHAY MAHADEO NIKOSE
64	Darshan Chhapparghare
65	Anil Chavan
66	Treshant Natthuji Kshirsagar
67	Shruti Zade
68	Shourabh Sonwane
69	Akansha Boldhan
70	Tanushree Wasnik

Photographs



Students Performing Suryanamaskar



Dr. Tej Singh Jagdale Demonstrating Suryanamaskar

सी. पी. अँड बेरारमध्ये सूर्यनमस्कार प्रकल्प

◆ नागपूर, २ जानेवारी

स्वातंत्र्याच्या अमृत महोत्सव साजरा करण्याकरीता आयोजित ७५ करोड सूर्यनमस्कार प्रकल्पा अंतर्गत नववर्ष संकल्प दिन सी. पी. बेरार महाविद्यालयाच्या रेशीमबाग क्रीडांगणावर साजरा करण्यात आला. हा प्रकल्प २० जानेवारीपर्यंत दररोज राबविण्यात येणार आहे.

हे वर्ष स्वातंत्र्याचे अमृत महोत्सव वर्ष म्हणून साजरे होत आहे. भारत सरकार द्वारे विविध उपक्रमाद्वारे अमृत महोत्सव साजरा करण्यात येत आहे.

याच अनुषंगाने आयुष मंत्रालय द्वारा ७५ करोड सूर्यनमस्कार प्रकल्पाची सुरुवात १ जानेवारी ते २० फेब्रुवारी २०२२ पर्यंत करण्यात येत आहे. या प्रकल्पाअंतर्गत सर्व विद्यार्थ्यांनी नोंदणी करून या प्रकल्पात सर्वांना एकवीस दिवस रोज तेरा

सूर्यनमस्कार करायचे आहेत. सर्व विद्यार्थ्यांना सूर्यनमस्कार योग्यरीत्या करता याव्यात याकरिता एक दिवशीय प्रशिक्षण सत्र आयोजित केलेले होते.

प्रशिक्षण सत्राचे प्रशिक्षक म्हणून उपस्थित होते नबीरा महाविद्यालय काटोल येथील शारीरिक शिक्षण विभागाचे संचालक डॉ. तेज सिंह जगदळे ज्यांनी विद्यार्थ्यांना खूप चांगल्या तऱ्हेने सूर्यनमस्कार याचे प्रात्यक्षिक करून दाखवले तशीच सूर्यनमस्कार करण्याचे फायदे ही सांगितले.

प्रशिक्षण सत्रात सी. पी. बेरार महाविद्यालयाचे समाननीय प्राचार्य डॉ. मिलिंद बाराहाते, उपप्राचार्य डॉ. जे. के. महाजन, प्राध्यापक वृंद शिक्षकेतर कर्मचारी तसेच मोठ्या संख्येने खेळाडू सहभागी होते. डॉ. निशांत तिपटे यांचे यात सहकार्य लाभले.

◀(तभा वृत्तसेवा)

Certificates



Important Links:-

YouTube Link: - <https://youtu.be/Q6ibNrBC5n4>

Registration Link: - <https://forms.gle/f554eWgn4Svk2Lr16>