



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

SESSION 2021-22

Name of Activity: International Yoga Day 21st June 2021

Brief Report

International Yoga Day

Yoga Demonstration and Training Session was jointly organized by Department of Physical Education & Sports, National Service Scheme & Junior College on 21.06.2021 (International Day of Yoga). Considering the Impact of COVID-19 Mr. Nilesh Thakre renowned Yoga teacher demonstrated various Yoga Asanas to students on ZOOM Meeting Application. He enlightened students about the Importance of yoga. Students performed Yoga Asanas under his guidance. This year college students practice yoga with their family concept for yoga day was “Be with Yoga, Be At Home”. The program was organized under the leadership of Principal Dr. Milind Barhate, Dr. J.K. Mahajan Vice-Principal and coordinated by the Head of the Sports Department, Dr. Nishant Tipte.

Permission Letter

To,
The Principal,
C.P. & Berar E.S. College,
Nagpur.
Subject: - Permission to Conduct International Yoga Day on 21.06.2021.

Respected Sir,

Department of Physical Education & Sports organizes International Yoga Day Every Year. Due to COVID-19 Pandemic we are planning to organize International Yoga Day online on the theme: "Be With Yoga, Be At Home" on 21.06.2021 Yoga Instructor Mr. Nilesh Thakre will be giving yoga demonstration. 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


Brochure

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

International Day of Yoga

Organized by
Department of Physical Education & Sports

"Be With Yoga, Be at Home"

8 AM - 10 AM
21 June 2021



श्री. निलेश ठाकरे
INTERNATIONAL
YOGA DAY



Zoom Meeting Meeting ID: 773 4293 7141
Time: Jun 21, 2021 08:00 AM India Passcode: 2121

Notice

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

Students Notice

All students of C.P. & Berar E. S. College are informed that A Online One-Day Yoga Session is organized by Department of Physical Education & Sports on Zoom Meeting Application on the occasion of "International Yoga Day" on 21st June 2021 at 08:00 a.m. It is mandatory for all students to attend.

Date: - 11.06.2021



Meeting ID for Zoom: - 77342937141
Password: - 2121

Registration Sheet

International Yoga Day 2021 Registration List

Sr. NO	Timestamp	Name of Participant (Name as you would like on certificate)	Organization/Institute/School/College/Club Name.
1	6/20/2021 15:33:21	Bharat Ramlal Shahu	C.P. & Berar E. S College Nagpur
2	6/20/2021 16:25:03	Nitesh vilas gote	C.p.& berar boxing club
3	6/20/2021 16:36:32	Vedant parate	C p & berar Boxing club
4	6/20/2021 17:08:12	Suraj kalidas raut	C.P.& Berar E.S College
5	6/20/2021 17:09:38	Kiran	C.P.& Berar E.S College
6	6/20/2021 17:10:36	Daminee bisen	C P & berar college
7	6/20/2021 17:12:36	Hemraj bokde	C P & berar
8	6/20/2021 17:14:20	Harshal Patne	C.P.&Berar collage Nagpur
9	6/20/2021 17:16:11	Sonali shisupal harne	C.p and berrar
10	6/20/2021 17:20:04	Jitendra Tarachand Raut	C.p. and berar college nagpur
11	6/20/2021 17:22:53	Pratiksha balvant bobade	C.P.& Berar E.S College
12	6/20/2021 17:27:01	Sakshi Dhanraj naktode	International atomic energy agency
13	6/20/2021 17:27:23	MAITHILI SHYAM PAIGHAN	CP and Berar College
14	6/20/2021 17:27:51	Shashank Pravin Humane	C p and berar college
15	6/20/2021 17:28:11	Devendra Balaji Taklikar	C.P.& Berar E.S College
16	6/20/2021 17:30:18	Gunjan Chandu Giri	C p n berar college
17	6/20/2021 17:31:30	Bhagyashree Bharat Marathe	C.P.& Berar E.S College
18	6/20/2021 17:31:46	Ravina arun mule	C.P.& Berar E.S College
19	6/20/2021 17:36:08	Pranali purushottam hiwarale	C.p berar e.s college
20	6/20/2021 17:37:00	Satish Ghodmare	c.p and berar college
21	6/20/2021 17:37:21	jayashree dilip chandekar	C.P.& Berar E.S College
22	6/20/2021	Dilip Umredkar	C.p & Berar E.S College, Nagpur

	17:38:04		
23	6/20/2021 17:38:45	Ved kulkarni	C.P.& Berar E.S College
24	6/20/2021 17:38:49	Mohan ashokrao chacherkar	C.p.and Berar college
25	6/20/2021 17:40:09	Jayashree dilip chandekar	C P and berar college
26	6/20/2021 17:40:19	India	C.P.& Berar E.S College
27	6/20/2021 17:44:13	Isha vitthal moundekar	C.P.& Berar E.S College
28	6/20/2021 17:44:25	Simi vinod shahu	C.P.& Berar E.S College
29	6/20/2021 17:45:28	Ekta Sunil Jambhulkar	C.P.& Berar E.S College
30	6/20/2021 17:48:57	Amisha Sandip chandekar	C.p and berar college ngp Mahal
31	6/20/2021 17:52:31	Shubham haridas badkal	C.P. & Berar E. S college, Nagpur
32	6/20/2021 17:52:39	Tanupriya omhari mishra	C.P and berar college
33	6/20/2021 17:53:34	Mukta Ramuji Mirche	C.P.&Berror College Tulsibag Nagpur
34	6/20/2021 17:53:51	Neha Chandrashekhar Dhande	C.P & Berar E.S College
35	6/20/2021 17:55:21	Ayush nimje	Cp and berar college
36	6/20/2021 17:57:38	Sakshi Sunil Thakre	C p bera college
37	6/20/2021 17:58:41	Gayatri Anil Talware	C.P.& Berar E.S College
38	6/20/2021 17:58:55	Aishwarya Mohan Dhumal	C P and Berar E S College Nagpur
39	6/20/2021 18:00:21	Puja Pradip Rokade	C.P & berar ES college Nagpur
40	6/20/2021 18:02:49	Suraj Balkrushna Khobragade	C.p.Bellar.college
41	6/20/2021 18:03:48	Omsh maske	C.P. & Berar college nagpur
42	6/20/2021 18:04:43	Jaya naresh bendre	C. P & beara college
43	6/20/2021 18:06:17	Kajal Raju Meshram	C.P. & Berar E.S college, Nagpur
44	6/20/2021 18:09:36	Aishwarya shnjay shende	C.P.& Berar E.S College
45	6/20/2021 18:10:25	Khushbu Durgasing Badage	C.P .& Berar E.S College Nagpur
46	6/20/2021 18:14:53	Ritik khapre	C.p bearar collage nagpur
47	6/20/2021 18:19:36	Ruchika Bhisikar	C.P. And Berar college Mahal tulsibag Nagpur

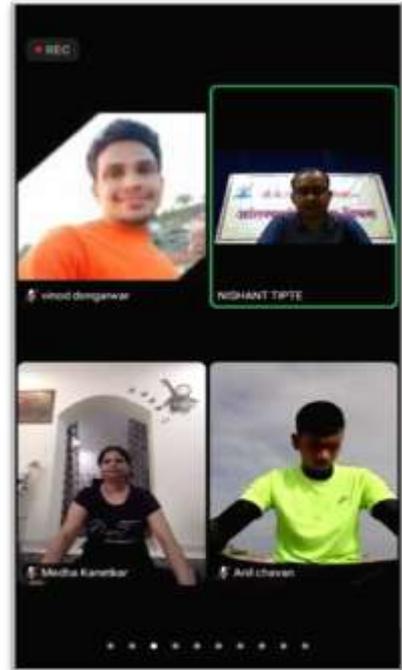
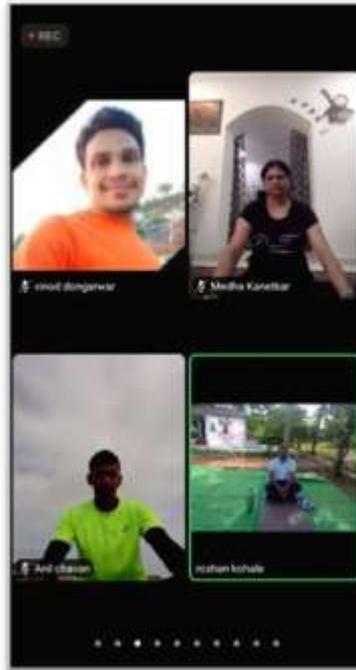
48	6/20/2021 18:19:42	TEKCHAND VASANTA MOUNDEKAR	C.P. AND BERAR COLLEGE
49	6/20/2021 18:19:48	Ratna Anil Shingade	C. P. & Berar college
50	6/20/2021 18:21:12	Nikita B. Nandanwar	C.p.& berar
51	6/20/2021 18:26:04	Bharat kale	C.p. & berar
52	6/20/2021 18:27:19	Maheshwari Shreeram Umalkar	C. P. & Berar E. S. College Tulsibag Nagpur
53	6/20/2021 18:35:22	Lilawati deshmukh	C.P & Berer E.S Collage Nagpur
54	6/20/2021 18:39:49	Karishma Purushottam Atkari	C. P & berar college
55	6/20/2021 18:40:17	Pranay Rajendra Dorlikar	C. P. Berar College
56	6/20/2021 18:42:00	DR.J.K.Mahajan	C.P.& Berar E.S College
57	6/20/2021 18:42:48	Rani S Pathaniya	C P and berar E. S. Collage
58	6/20/2021 18:46:19	Priyanka Ramesh Tadase	C.P AND Berar college Nagpur
59	6/20/2021 18:49:32	Hemlata Raju paunikar	C.p.& Berar collage.
60	6/20/2021 18:49:47	Sadhana shivprasad raut	C.P.& Berar E.S College
61	6/20/2021 18:52:50	Reetu dilip junghare	C.p & berar E.s collage
62	6/20/2021 18:54:32	Nandkishor yogaji kodap	C.p & berar E.S college nagpur
63	6/20/2021 18:56:03	Smruti Anil Dhargave	C. P. and beare e.s college nagpur
64	6/20/2021 18:56:33	Yuvraj paunikar	C.P.& Berar E.S College
65	6/20/2021 18:58:32	Smruti Anil dhargave	C. P. And beare e.s college nagpue
66	6/20/2021 19:00:10	NIKITA GOPAL UMREDKAR	C.P.& Berar E.S College
67	6/20/2021 19:00:40	Ravindra kishor shangarwar	C.p&berar College
68	6/20/2021 19:01:34	Ganesh k.Purohit	Dist.boxing Association
69	6/20/2021 19:04:10	Akshay R. Kukade	Cp.&bear college
70	6/20/2021 19:04:37	Hrushika Sanjay Ambatkar	Cp&berar college
71	6/20/2021 19:06:04	Yashvanti naresh chhapparghare	C.P.&Berar E.SCollege
72	6/20/2021 19:17:35	JUHI ARUN DAKAHA	C.P.& Berar E.S College
73	6/20/2021 19:17:57	Sakshi Prakash Moundekar	C.P.& Berar E.S College

74	6/20/2021 19:21:32	Vijaya Rajendra Dhanvijay	C.P. & Berar E.S College Nagpur
75	6/20/2021 19:22:55	Samiksha mahendra tale	C. P and bearer college
76	6/20/2021 19:23:20	Durgesh kamalkishor kaushal	C.P.& Berar E.S College
77	6/20/2021 19:26:37	SAMIR DYANESHWAR KELZARKAR	Cp and berar es college
78	6/20/2021 19:30:18	Vaishnavi sahare	C.P. \$ Berar E.S College
79	6/20/2021 19:34:35	Sadiya Nusrat Mukhtar Sheikh	C.P.& Berar E.S College
80	6/20/2021 19:41:14	Pooja Rajkumar uikey	C P & Berar college nagpur
81	6/20/2021 19:42:04	Ankita kolba chawre	C.P.& Berar E.S College
82	6/20/2021 19:44:57	Maheshwari Shreeram Umalkar	C. P. & Berar E. S. College Tulsibag Nagpur
83	6/20/2021 20:01:11	Shital pimlapure	C. P. & Berar E.S college
84	6/20/2021 20:02:35	Ravi Rakesh shahu	Vmv college nagpur
85	6/20/2021 20:13:10	Sonali sudhanshu Mallik	C.p and berar
86	6/20/2021 20:15:53	Priyanka samadhan jadhao	C.p & Berar collage
87	6/20/2021 20:21:39	Pooja Wamanrao Ninawe	C P & Berar E S College Nagpur
88	6/20/2021 20:22:14	Suraj Dilip Naik	C.P berar College
89	6/20/2021 20:25:17	Kalyani bhojaraj neware	C.P.& Berar E.S College
90	6/20/2021 20:40:17	Nehal Shende	C.P and Berar E.S. College
91	6/20/2021 20:47:00	Gaurav Sitaram Vaidya	C.p .and berar college Nagpur
92	6/20/2021 20:54:18	Tanushree suhas wasnik	C.P.& Berar E.S.College
93	6/20/2021 20:55:52	Shital devidas kumbhale	C.P. & Berar college Nagpur
94	6/20/2021 20:58:29	Shruti Jaunjhal	C.P.& Berar E.S College
95	6/20/2021 21:04:46	Mukesh S. Khotale	C. P. & Berar College, Nagpur
96	6/20/2021 21:05:57	Jayanti Punyawan wadaskar	C P & berar E S college nagpur
97	6/20/2021 21:15:30	Saurabh Kumbhare	C.P. & berar E. S. college, Nagpur
98	6/20/2021 21:19:11	Pornima purushootam yedam	C.P.& Berar E.S College
99	6/20/2021 21:19:17	Abhilasha gupta	C. P and berar college

100	6/20/2021 21:19:31	Ulhas Kishor Sawarkar	C.P.an Berar College Nagpur
101	6/20/2021 21:23:20	Charul Yashwanta Ghodeswar	C.P. & Berar E.S. collage Nagpur
102	6/20/2021 21:24:49	Yogeshwari Manohar Bansod	C.P.& Berar E.S. College , Nagpur
103	6/20/2021 21:25:21	Tina Rangrao Dorkhande	Cp and berar ES college
104	6/20/2021 21:25:57	Aishwarya Padmakar Meshram	C.P&Berar collage
105	6/20/2021 21:28:34	Monali Jagdish Kangali	C.p And Berar College Nagpur
106	6/20/2021 21:30:29	Poonam maroti hirudkar	C p & berar college nagpur
107	6/20/2021 21:31:12	Megha Madhukar Shende	C.P.& Berar E.S College
108	6/20/2021 21:32:27	Pramod Narnavare	C.P.& Berar E.S College
109	6/20/2021 21:36:45	Rajat Hedau	Cp and berrar tusibag nagpur
110	6/20/2021 21:37:25	Jayanti Punyawan wadaskar	c p & berar E S college nagpur
111	6/20/2021 21:45:48	Ashwini shivaji korde	C.p and berar e.s collage nagpur
112	6/20/2021 21:52:33	Prakash Diwakar Bhiwankar	Cp&berar college nagpur
113	6/20/2021 21:53:07	Priyanka Ramesh Mengare	C. P. And Berar E. S. College Nagpur
114	6/20/2021 21:53:28	Monika Pawar	C.p berar college
115	6/20/2021 21:56:03	Sukhadeve Shiwali Wasudeo	C.P.& Berar E.S College,Nagpur
116	6/20/2021 21:57:47	Anju Nilkanth Girhepunje	C.p. and Berar college Nagpur
117	6/20/2021 21:58:44	Anu Ramesh Taskar	CP & berar clg Nagpur
118	6/20/2021 21:59:02	Sukhadeve Shiwali Wasudeo	C.P.& Berar E.S College, Nagpur
119	6/20/2021 22:00:04	Simran manoj umathe	C.P.& Berar E.S College
120	6/20/2021 22:01:11	Manisha Manik Kapgate	C. P. And berar E.S. college Nagpur
121	6/20/2021 22:02:52	Pranali k Thombare	C.P.& Berar E.S College
122	6/20/2021 22:03:19	Rushikesh Ajay Dange	C.P. & Berar College Nagpur
123	6/20/2021 22:09:04	Shubham. D. Gundle	C.P. & Berar collage
124	6/20/2021 22:17:41	Aniket nanoti	C.P.& Berar E.S College
125	6/20/2021 22:18:54	Shraddha Lanjewar	C. P & berar

126	6/20/2021 22:19:02	Ashwin ravindr agare	C.p & berar e.s college nagpur
127	6/20/2021 22:26:25	Hasibul Malik	C.P. & Berar E. S College, Nagpur
128	6/20/2021 22:29:23	Ashwin ravindr agare	C.p.& berar e.s.college nagpur
129	6/20/2021 22:30:06	Kirti Arjun bhise	C.P.& Berar E.S College
130	6/20/2021 22:35:48	Ankita Vijay Sonare	C. P.& berar E. S college
131	6/20/2021 22:38:02	Mona Kevaldas Dhakate	C.P. & Berar E.S. College Nagpur
132	6/20/2021 22:45:13	Ankit Shankar ahendre	C.P.& Berar E.S College
133	6/20/2021 22:46:23	Shweta SHANKARRAO madke	C P and berar college nagpur
134	6/20/2021 22:50:58	Tejaswini dubraj jambhulkar	C.P. & bear E. S. college, Nagpur
135	6/20/2021 22:52:43	Mayuri shankar Gaydhane	C.P.& Berar E.S College
136	6/20/2021 23:00:24	Dr Medha Kanetkar	C. P. And Berar College Tulsibag Mahal Nagpur
137	6/20/2021 23:01:20	Ranjit Suresh Buche	CP and Berar College Nagpur
138	6/20/2021 23:04:59	Sanjana Khairkar	C. P and Berar E. S college
139	6/20/2021 23:07:20	Rani rajendra chule	C.P.& Berar E.S College
140	6/20/2021 23:10:39	Harshal sunli zode	C.P.& Berar E.S College
141	6/20/2021 23:11:55	Abhay Khadse	C.P.& Berar E.S College
142	6/20/2021 23:16:49	Pratika jachak	C.P.& Berar E.S College
143	6/20/2021 23:26:33	Ritik	C.p.&.berar college
144	6/21/2021 0:04:55	Mrunali Suryabhan Nandagawali	C.p & berorr collage Nagpur
145	6/21/2021 0:57:34	HARSH DNYANESHWAR MADKE	C P & BERAR E S COLLEGE
146	6/21/2021 1:07:23	Adil Ishak Agwan	Cp and berar college Nagpur
147	6/21/2021 4:47:31	Vishwas Dibbe	Cp and berar college
148	6/21/2021 5:14:44	Sonali somkuwar	Cp & berar college Nagpur
149	6/21/2021 7:11:31	Shruti Janardhan Mathurkar	C.P.& Berar E.S. College, Nagpur

Photographs



Students Performing Yoga



Important Links:-

YouTube Link: - <https://youtu.be/8f-4Yz9wrA0>

Registration Link: - <https://forms.gle/c4FUkuFJmZKFwdqk8>

Feedback form Link: - <https://forms.gle/oiRa57ehyaB8NFpy9>