



SADHU VASWANI MISSION'S
St. Mira's College For Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)
Reaccredited by NAAC- A Grade, cycle 3
[ARTS, COMMERCE, SCIENCE ,BSc(Computer Science), BBA, BBA(CA)]
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PU/PN/AC/015/(1962)
College Code:- 013

Circular No:- G15/10AC/2020-21/18

Date:-18th August, 2020

CIRCULAR

On the occasion of National Sports Day college is organizing online **Fun- Fitness Challenge Competition**. This competition is for all the students and for staff members according to the Age category and event wise so that all can take part in this competition.

The events are 1 minute sit-ups, 1 minutes Push-ups, 1 minutes squats, 1 minutes burpee jump, 1 minute skipping, 1 minutes Suryanamaskar and any 4 Asanas pose's and the age category is 16 to 18, 19 to 21, 22 to 24, 25 to 30, 31 to 40, 41 to 50, 51 to 60 years.

The prize distribution certificate will be on 29th August, 2020 at 5.00 pm. Those who are interested have to enroll their names to Ms. Ekta Jadhav, Director of Physical Education.

Ms. Ekta Jadhav
Director of Physical Education



Dr. Gulshan Gidwani
Principal
St. Mira's College for Girls

St Mira's College for Girls, Pune
Department of Physical Education and Sports

National Sports Day- 29th August, 2020

The department of Physical Education wish to celebrate the **National Sports Day** on 29th August, 2020. We decided to organize **Fitness Challenge Competition** for our girls as well as for all staff members.

Aim of the Fitness Challenge Competition: -

1. To generate Fitness Awareness among the students and staff members.
2. To know the current fitness level of the individuals according to their age group.
3. This Fitness challenge will motivate all to do Physical Fitness Daily.

Age Category/ Class Wise-

1. 16 to 18 years,
2. 19 to 21 years,
3. 22 to 24 years,
4. 25 to 30 years,
5. 31 to 40 years,
6. 41 to 50 years,
7. 51 to 60 years.

Fitness Challenge Competition:

1. One Minute sit-ups competition.
2. One Minute Modified Push-ups Competition.
3. One Minute Skipping Competition.
4. One Minute Burpee Jump Competition.
5. One Minute Squats Competition
6. Two Minutes Suryanamaskar Competition.
7. Perform any 4 asanas click photos of final pose + label it and send it.

Rules-

1. Competition will be according to age category and event wise.
2. You can Participate in any one event or all seven events.
3. All participant should fill the registration form.
4. All participants should send the video links or Photos before 27th August, 2020.
5. The final Result and program will Declare on 29th August, 2020.

EKTA JADHAV
EKTA JADHAV
COORDINATOR



G.H. Gidwan
Principal
St. Mira's College for Girls

St. Mira's College for Girls, Pune

Department of Physical Education and Sports

Report-National Sports Day – 29/08/2020

National Sports Day was celebrated virtually with enthusiasm at St. Mira College for Girls on 29th August 2020 by conducting Fun-Fitness Challenge games. The programme begins with video based on the career of hockey wizard Major Dhyanchand. The introductory speech was given by Mrs. Suvarna Deolankar, Physical Education Teacher, emphasized the importance of National Sports Day.

The Vice principal Dr. Shalini Iyer welcomed the Chief Guest- former Olympian and Arjun Awardee Mrs. Rekha Bhide. The introduction of the Cheif Guest was given by Ms. Ekta Jadhav, Director of Physical Education. Mrs. Rekha Bhide share her experience and guided our students regarding the fitness and sports. She said that we have to dream and we have to work on accordingly to achieve our dreams. She also motivated our students to practice and make their own videos and analysis and make their own corrections in this pandemic situation. To become a good sportsman we require hard work, devotion, passion, believe in oneself, ready and prepare for sacrifices, and most important self- discipline. She also said that there is no shortcuts in sports or any field - "Hard work can beat talent when talent doesn't work hard." So we have to work hard. She congratulates all the participants for taking part in the competition.

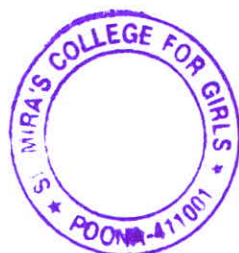
The department of Physical Education and Sports had organised online Fun- Fitness Challenge Competition for all the students and staff members according to the Age category and event wise so that all can take part. The events were 1 minute sit-ups, 1 minutes Push-ups, 1 minutes squats, 1 minutes burpee jump, 1 minute skipping, 1 minutes Suryanamaskar and any 4 Asanas pose's. And the age category was 16 to 18, 19 to 21, 22 to 24, 25 to 30, 31 to 40, 41 to 50, 51 to 60 years. Considering the importance of fitness based on Prime Minister Narendra Modi's 'Healthy India' campaign, the Department of Physical Education had made a special effort to participate in at least one of the seven events. For this competition 79 participants took part actively in one or more events.


Speaking on the occasion, Jijamata Award winner Gurbans Kaur said that today's fitness awareness will definitely be useful to today's generation. She also congratulated the Physical Education Department for implementing this initiative.

After the speech, the E-certificate distribution ceremony was conducted online. All the participants were very happy and enjoying the program.


Ms. Ekta Jadhav

Director of Physical Education




Dr. G.H. Gidwani

Principal

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Department of Physical Education
National Sports Day, 29th August, 2020

Fun Fitness Challenge Competition

List of the Participants

Date- 20th to 27th August, 2020

Total Number of Participants- 78

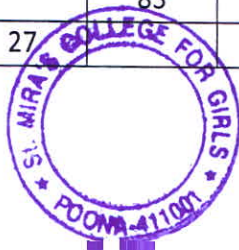
1. Age category- 16 to 18 years

Sr. No	Name	Situps	Pushups	Skipping	Burpee Jump	Squats	Suryanamaskar	Asanas Marks
1	Lila Deora							20
2	Rucha Deshpande			51			12	22
3	Vaishnavi Jawle	34	46	100	16	31		
4	Sneha Chavan			131				28
5	Diksha Dhumal	23	30			30	3	
6	Janvi Rajpurohit							21
7	Palak Agarwal	34	18			29		
8	Sanai Sayyed			109				20
9	Uzma Abid Sayyed			50				16
10	Sandhya Parihar	23	29	81		32	3	40
11	Sejal Salve					28		
12	Suhani Yadav							18
13	Shivani Upadhyay			76		45		
14	Khushi Gandhi					39		
15	Diya Varindani	26						
16	Prachi Nigade	15	25			17		
17	Vandana Jain	23	20	117		34		

2. Age Category- 19 to 21 years

Sr. No	Name	Situps	Pushups	Skipping	Burpee Jump	Squats	Suryanamaskar	Asanas
1	Chandana Roy	24						
2	Sakshi Punjabi	22		66		26	4	
3	Vabita Kumari		22			40		
4	Parameshwari Sahu	41	20	125	12	32	3 & 1/2	30
5	Poonam Dube	33	10	144	16	34	3 & 1/2	32
6	Vaishnavi Jadhav			137				
7	Sakshee Uttekar			83			5 & 1/2	28
8	Sakshi Dhumal	30	27			29	3	

E. Jadhav
Ekta Jadhav
 Director of Physical Education



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9	Sharvari Chavan	26	21			26		
10	Sakshi More							22
11	Anjali Suresh Bora			125				26
12	Sejal Chakranaraya		25					
13	Poonam Chodhari		29	133	16	28		
14	Komal Kale	20	14				5	
15	Pallavi Udasi	15	15			21	2	
16	Rutuja Kawade	32	34	113		45	5	
17	Shital Mahdik	32		61		39	4	32
18	Kajal Yadav	34	26	120	10	45	4	40
19	Rhea Khimjibhai	38	43			34		
20	Sai Kachare	36				56	3	35
21	Saroj Choudhari			43				
22	Kirti Kamuni		20			20	1	
23	Gayatri Vaidya		23		15	42		
24	Vijaya Patil		10			24	4	
25	Muskan Shaikh	22		139		45		
26	Sudiksha Sonkar		21	111			1	20
27	Neha Das		29					
28	Kajal Mishra					33		26
29	Anushka Jadhav	24	21	79	7		3	25
30	Vaishali Rathod	24	21	102		32	3	34
31	Rutuja Rajguru							36
32	Mrunali Kadam						1	20
33	Samiksha Moon	26				40		
34	Nandrani Mantani							28
35	Aparna Lavate			146				30
36	Manisha Vishwakarma	20		100		21		

3. Age Category- 22 to 24 years

Sr. No	Name	Situps	Pushups	Skipping	Burpee Jump	Squats	Suryanamaskar	Asanas
1	Suhasini Pamu		15					40
2	Tanuja Nidan	40		115			5	25
3	Vishakha Pawar	27	25	140		29	3	32
4	Jagtap Sneha						5	30
5	Mamta Courasia	42	39			59	4	
6	Aishwarya Jagtap	19		181	12	27	5	28
7	Geeta Shinde		34	133	16		7	

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4. Age Category- 25 to 30 years

Sr. No	Name	Situps	Pushups	Skipping	Burpee Jump	Squats	Suryanamaskar	Asanas
1	Komal Tujare	25		137		26		
2	Neha More					20		

5. Age Category- 31 to 40 years

Sr. No	Name	Situps	Pushups	Skipping	Burpee Jump	Squats	Suryanamaskar	Asanas
1	Dipa					25		
2	Manjita Kulkarni					23		25
3	Trupti Agarwal	25	25		12	27	2	28
4	Minal Suman					40		
5	Arti Kulkarni			63				
6	Swati Pulate		20			21		

6. Age Category- 41 to 50 years

Sr. No	Name	Situps	Pushups	Skipping	Burpee Jump	Squats	Suryanamaskar	Asanas
1	Sawani Vinita	33	28	57	11	19	2	32
2	Pooja Sadhavani							33
3	Anita D'Cunha					20		26
4	Rekha Maam						1	28
5	Anita Menon					27	3	
6	Suvarna Pundale	13	30	22		31	3	25

7. Age Category- 51 to 60 years

Sr. No	Name	Situps	Pushups	Skipping	Burpee Jump	Squats	Suryanamaskar	Asanas
1	Vibha Rathod		13			10	2	30
2	Vaishali Diwakar		27			30		
3	Arwa Madan					35		
4	Rama Venket							28
5	Soniya Chavan					24		25



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Department of Physical Education

Activity Name- **National Sports Day- (Fun Fitness Challenge Competition Prize Distribution and Motivational Talk)**

Resource Person- Mrs. Rekha Bhide

Date-29-08-2020

Attendance Sheet

Total Number of Participants- 173

1	iftisam chowdhary ✓ 16:52 (5min) [17:27] 17:28 (0min) [17:28]
2	madhura pethkar ✓ 16:52 (1min) [16:52] 17:25 (0min) [17:25]
3	suvarna deolankar ✓ 17:04 (0min) [17:04] 17:05 (0min) [17:05] 17:14 (7min) [17:21] 17:23 (0min) [17:23] 17:25 (0min) [17:25] 17:31 (1min) [17:31] 17:32 (1min) [17:33]
4	aanchal mandal ? 16:52 (9min) [17:08]
5	sania sayyed ? 16:52 (1min) [16:52] 16:52 (3min) [17:39] 16:52 (3min) [16:58] 16:54 (0min)
6	अपर्णा ? 16:52 (1min) [16:52] 16:52 (0min) [16:52] 17:27 (1min) [17:46]
7	simran talreja ? 16:52 (1min) [16:52] 17:17 (0min) [17:17] 17:31 (1min) [17:32]
8	daksha pawar ? 16:52 (2min) [17:22] 17:38 (0min) [17:38]
9	sai kachare ? 16:52 (3min) [16:55] 17:25 (0min) [17:25]
10	1487 rucha deshpande ? 16:52 (1min) [16:52] 16:57 (13min) [17:19] 17:20 (22min) [17:57] 17:57 (8min) [18:07] 18:07 (6min) [18:12] 18:12 (8min) [18:20]
11	khushi dhamani ? 16:52 (1min) [16:52]
12	akanksha dusane ? 16:52 (33min) [17:54] 17:54 (8min) [18:02] 18:05 (0min) [18:05]
13	sania sayyed ?
14	trilok ponnamm ? 16:52 (3min) [16:58] 17:32 (0min) [17:32] 17:43 (0min) [17:43] 17:43 (0min) [17:43]
15	gurbanskaur kamo ? 16:52 (56min) [18:02] 17:03 (5min) [17:08] 17:38 (10min) [18:04]
16	sneha dhabekar ? 16:52 (1min) [16:52]
17	ekta jadhav ? 16:52 (1min) [16:52] 16:56 (34min) [17:56] 17:01 (0min) [17:01] 18:00 (19min) [18:20]
18	deora narendrasingh ? 16:52 (0min) [16:52]
19	veena kenchi ? 16:53 (1min) [17:46]
20	anita d'cunha ? 16:53 (2min) [17:02] 17:31 (2min) [17:35] 17:49 (1min) [18:02]
21	leela deora ? 16:54 (0min) [16:54]
22	kajal yadav ? 16:54 (0min) [16:54]
23	sakshi chougule ? 16:54 (0min) [16:54] 16:56 (1min) [16:58] 17:26 (0min) [17:26]
24	vabita yadav ? 16:55 (1min) [17:46]
25	shirin jinnah ? 16:55 (0min) [16:55] 16:57 (0min) [16:57] 17:26 (11min) [17:39]
26	sejal jain ? 16:55 (10min) [17:39]
27	geeta makhija ? 16:55 (0min) [16:55]
28	ankita kondhalkar ? 16:55 (0min) [16:55] 16:57 (0min) [16:57] 17:01 (0min) [17:01]
29	blancy fernandes ? 16:55 (0min) [16:55] 17:40 (0min) [17:40]
30	sakshi punjabi ? 16:55 (0min) [16:55]
31	ginny m jain ? 16:56 (0min) [16:56]
32	ashwini kulkarni ? 16:56 (4min) [16:58]

Ekta Jadhav

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Director of Physical Education



G. H. Jadhav
Principal

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33	nisha patel ? 16:56 (0min) [16:56] 17:23 (1min) [17:45] 17:50 (0min) [17:50]
34	diksha nikalje ? 16:56 (0min) [16:56] 17:24 (0min) [17:24] 17:45 (0min) [17:45]
35	chanchal jadhav ? 16:56 (0min) [16:56] 17:26 (0min) [17:26] 17:45 (0min) [17:45]
36	gauri narode ? 16:56 (0min) [16:56]
37	pavitra ganeshan ? 16:56 (0min) [16:56] 17:31 (1min) [17:45]
38	priyanka kurole ? 16:56 (0min) [16:56] 17:25 (0min) [17:25]
39	bhagyalaxmi rajgopal ? 16:56 (1min) [16:58] 17:31 (1min) [17:31]
40	shreya jadhav ? 16:56 (0min) [16:56] 17:28 (4min) [17:31] 17:32 (3min) [17:35]
41	manisha vishwakarma ? 16:56 (0min) [16:56]
42	nayan singh ? 16:56 (3min) [17:03] 17:22 (0min) [17:22]
43	esha daruwala ? 16:56 (0min) [16:56]
44	vandana jain ? 16:56 (0min) [16:56]
45	anitha menon ? 16:56 (1min) [16:58]
46	shilpa jadhav ? 16:56 (11min) [17:39]
47	jashu joping ? 16:57 (0min) [16:57] 17:24 (0min) [17:24]
48	prachi nigade ? 16:57 (1min) [17:45]
49	aishwarya bansode ? 16:57 (0min) [16:57]
50	jyoti jhavar ? 16:57 (0min) [16:57]
51	amrita basu ? 16:57 (1min) [16:58] 17:02 (3min) [17:08]
52	priyanka chaudhari ? 16:56 (0min) [16:56] 16:57 (0min) [16:57]
53	vidya panchal ? 16:57 (1min) [17:46]
54	preeti maurya ? 16:57 (0min) [16:57] 17:25 (0min) [17:25]
55	shweta gawade ? 16:57 (2min) [17:27] 17:29 (4min) [17:33] 17:48 (0min) [17:48]
56	mahek dodeja ? 16:57 (0min) [16:57] 17:25 (0min) [17:25] 17:45 (0min) [17:45]
57	sidra mulla ? 16:57 (3min) [17:33]
58	garima kundu ? 16:57 (0min) [16:57]
59	khushi gandhi ? 16:57 (0min) [16:57]
60	bindu nair ? 16:57 (0min) [16:57] 17:24 (0min) [17:24]
61	ritu kumari ? 16:57 (0min) [16:57]
62	palak agarwal ? 16:57 (1min) [17:45]
63	akshata ambre ? 16:57 (1min) [16:58] 17:01 (0min) [17:01] 17:02 (1min) [17:02] 17:04 (16min)
64	pallavi udasi ? 16:57 (0min) [16:57] 17:31 (0min) [17:31] 17:42 (1min) [17:45]
65	srushti amar darawade darawade ? 16:57 (0min) [16:57]
66	komal kale ? 16:58 (7min) [17:48]
67	manjita kulkarni ? 17:01 (5min) [17:08]
68	anisha tapkir ? 17:01 (2min) [17:03]
69	laxmi dige ? 17:01 (0min) [17:01]
70	nyater ete ? 17:01 (1min) [17:45]
71	muskan shaikh ? 17:01 (0min) [17:01] 17:25 (0min) [17:25]
72	priyanka kulkarni ? 17:01 (0min) [17:01]
73	anjali bora ? 17:01 (0min) [17:01] 17:02 (0min) [17:02] 17:21 (0min) [17:21] 17:40 (3min)
74	rama venkatachalam ? 17:01 (0min) [17:01] 17:25 (0min) [17:25] 17:43 (2min) [17:44] 17:51
75	disha chavan ? 17:01 (0min) [17:01] 17:02 (0min) [17:02] 17:24 (0min) [17:24]
76	sejal salve ? 17:01 (9min) [17:35] 17:38 (1min) [17:39] 17:47 (0min) [17:47]
77	akshata jadhav ? 17:01 (18min) [17:25]
78	sakshee uttekar ? 17:01 (0min) [17:01] 17:02 (0min) [17:02]
79	khushi parmar ? 17:01 (0min) [17:01] 17:02 (0min) [17:02] 17:27 (0min) [17:27]
80	deepa krishnamurthi ? 17:01 (0min) [17:01] 17:25 (1min) [17:25] 17:27 (0min) [17:27] 17:45

H. H. Jadhav
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E. Jadhav
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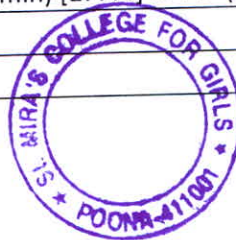
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81	aishwarya jagtap ? 17:02 (1min) [17:02] 17:03 (21min) [17:43] 17:43 (25min) [18:20] 18:04
82	sneha jagtap ? 17:02 (0min) [17:02]
83	hasina shaikh ? 17:02 (0min) [17:02]
84	khushi parwani ? 17:02 (0min) [17:02] 17:24 (0min) [17:24]
85	muskan sadhwani ? 17:02 (0min) [17:02] 17:23 (0min) [17:23]
86	sakshi dhumal ? 17:02 (0min) [17:02] 17:24 (1min) [17:24] 17:27 (0min) [17:27] 17:34 (1min) [17:34] 17:39 (0min) [17:39] 17:40 (0min) [17:40]
87	chandana roy ? 17:02 (0min) [17:02]
88	geetika bhati ? 17:02 (0min) [17:02]
89	shital mahadik ? 17:02 (10min) [17:35]
90	shreya gaikwad ? 17:02 (0min) [17:02] 17:18 (1min) [17:26] 17:26 (9min) [17:35] 17:38 (0min)
91	1431.shivani upadhyay ? 17:02 (55min) [18:20]
92	jyoti joshi ? 17:02 (2min) [17:03] 17:45 (0min) [17:45]
93	komal tujare ? 17:02 (1min) [17:02] 17:25 (0min) [17:25]
94	triptah khanduja ? 17:02 (0min) [17:02] 17:26 (1min) [17:46]
95	rutuja rajguru ? 17:02 (0min) [17:02]
96	gouri ashtekar ? 17:02 (0min) [17:02] 17:33 (0min) [17:33] 17:47 (0min) [17:47] 17:48
97	asha bhavakar ? 17:02 (0min) [17:02]
98	gayatri vaidya ? 17:02 (0min) [17:02]
99	nandini kawre ? 17:02 (0min) [17:02]
100	abid sayyed ? 17:03 (6min) [17:08] 17:14 (40min) [18:12]
101	asmita bavale ? 17:03 (0min) [17:03] 17:24 (0min) [17:24]
102	rekha bhide ? 17:03 (6min) [17:21] 17:03 (0min) [17:03] 17:03 (0min) [17:03] 17:03 (0min)
103	shalini iyer ? 17:03 (6min) [17:16] 17:04 (0min) [17:04] 17:23 (7min) [17:32] 17:33 (4min)
104	alka kalhapure ? 17:03 (4min) [17:07] 17:14 (11min) [17:25]
105	pradnya godbole ? 17:09 (0min) [17:09] 17:32 (1min) [17:45]
106	swati pulate ? 17:14 (10min) [17:34] 17:40 (3min) [17:42]
107	aarti sharma ? 17:14 (48min) [18:20]
108	payal kamble ? 17:16 (1min) [17:16]
109	revathi pandhare ? 17:17 (8min) [17:32]
110	sandhya pandit ? 17:18 (0min) [17:18]
111	vishakha pawar ? 17:19 (0min) [17:19] 17:26 (0min) [17:26] 17:33 (1min) [17:46] 17:53
112	snehanjali yadav ? 17:22 (8min) [17:32] 17:45 (0min) [17:45]
113	sharmin palsetia ? 17:23 (11min) [17:39]
114	manisha pimpalkhare ? 17:23 (0min) [17:23] 17:28 (1min) [17:28] 17:33 (1min) [17:33] 17:33
115	pradnya joshi ? 17:23 (1min) [17:45]
116	vaishnavi ghule ? 17:24 (0min) [17:24]
117	mahima ? 17:24 (0min) [17:24]
118	anushka jadhav ? 17:24 (0min) [17:24]
119	diksha rohida ? 17:24 (0min) [17:24]
120	dimple teji ? 17:24 (0min) [17:24]
121	dr. arwah madan ? 17:24 (0min) [17:24]
122	kajal mishra ? 17:24 (0min) [17:24] 17:30 (0min) [17:30]
123	karishma jindal ? 17:24 (0min) [17:24]
124	khushi shethia ? 17:25 (0min) [17:25] 17:34 (0min) [17:34]
125	sakshi more ? 17:25 (0min) [17:25] 17:44 (0min) [17:44] 17:47 (0min) [17:47]
126	gayatri piyu ? 17:25 (0min) [17:25]
127	meenakshi wagh ? 17:25 (0min) [17:25]

E. Jadhav

Ekta Jadhav

Director of Physical Education



S.H. Jadhav

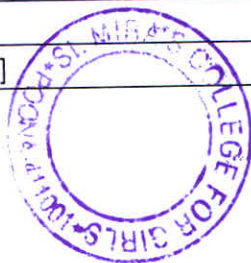
Principal

St. Mira's College for Girls

St. Mira's College For Girls Pune
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128	nazakat sayyed ? 17:25 (0min) [17:25]
129	neena dutta ? 17:25 (0min) [17:25] 17:45 (0min) [17:45]
130	neha sahani ? 17:25 (0min) [17:25] 17:52 (0min) [17:52]
131	siddhi bhosale ? 17:25 (4min) [17:33]
132	poonam dube ? 17:25 (1min) [17:45]
133	prachi ghule ? 17:25 (1min) [17:45]
134	prajakta parande ? 16:55 (0min) [16:55] 17:31 (0min) [17:31] 17:45 (0min) [17:45]
135	prerna salunke ? 17:25 (0min) [17:25]
136	priyanka parmar ? 17:25 (0min) [17:25]
137	rekha kankariya ? 17:25 (0min) [17:25] 17:30 (0min) [17:30]
138	rhea khimjibhai ? 16:55 (0min) [16:55]
139	ritu bhargava ? 17:25 (0min) [17:25] 17:45 (0min) [17:45]
140	sakshi gawade ? 17:26 (0min) [17:26] 17:55 (0min) [17:55]
141	sandhya parihaar ? 17:26 (1min) [17:39] 17:43 (0min) [17:43]
142	sanjana pardeshi ? 17:26 (4min) [17:39]
143	sawani teaches ? 17:26 (6min) [17:39] 17:44 (0min) [17:44]
144	sejal burkule ? 17:26 (7min) [17:39]
145	sejal chakranarayan ? 17:26 (8min) [17:39]
146	shubha mane ? 17:26 (8min) [17:33]
147	shubhangi jagtap ? 17:26 (10min) [17:35]
148	siya ghule ? 17:26 (1min) [17:32]
149	smita borkar ? 17:26 (0min) [17:26]
150	sneha chavan ? 17:26 (8min) [17:56]
151	sujata dash ? 16:52 (0min) [16:52] 16:53 (0min) [16:53]
152	tanuja nidan ? 17:26 (0min) [17:26] 17:56 (0min) [17:56]
153	tasmiya sayyed ? 17:26 (0min) [17:26]
154	vaishnavi patil ? 17:26 (1min) [17:46]
155	vibha rathod ? 17:26 (1min) [17:46]
156	vyoti salehittal ? 17:28 (0min) [17:28]
157	plavina dsilva ? 17:28 (0min) [17:28]
158	madhuri galande ? 17:29 (0min) [17:29]
159	sakshi daulatabad ? 17:29 (0min) [17:29] 17:44 (0min) [17:44]
160	trupti agarwal ? 17:33 (0min) [17:33]
161	triveni naidu ? 17:33 (1min) [17:46] 17:53 (0min) [17:53]
162	leena advani ? 17:34 (0min) [17:34]
163	alok bhide ? 17:40 (0min) [17:40]
164	vaishnavi kokate ? 17:42 (1min) [17:46]
165	poonam sharma ? 17:43 (4min) [17:48]
166	vaishnavi jadhav ? 17:43 (1min) [17:46]
167	vrushali paranjpe ? 17:43 (1min) [17:46]
168	gitika pardeshi ? 17:45 (0min) [17:45]
169	rutuja kawade ? 17:45 (0min) [17:45] 18:02 (0min) [18:02]
170	pradnya kamble ? 17:45 (2min) [17:57]
171	mahesh mundphan ? 17:49 (10min) [18:02]
172	afreen shaikh ? 17:50 (29min) [18:20]
173	uma mundphan ? 17:55 (0min) [17:55]

J.H. Jadhav
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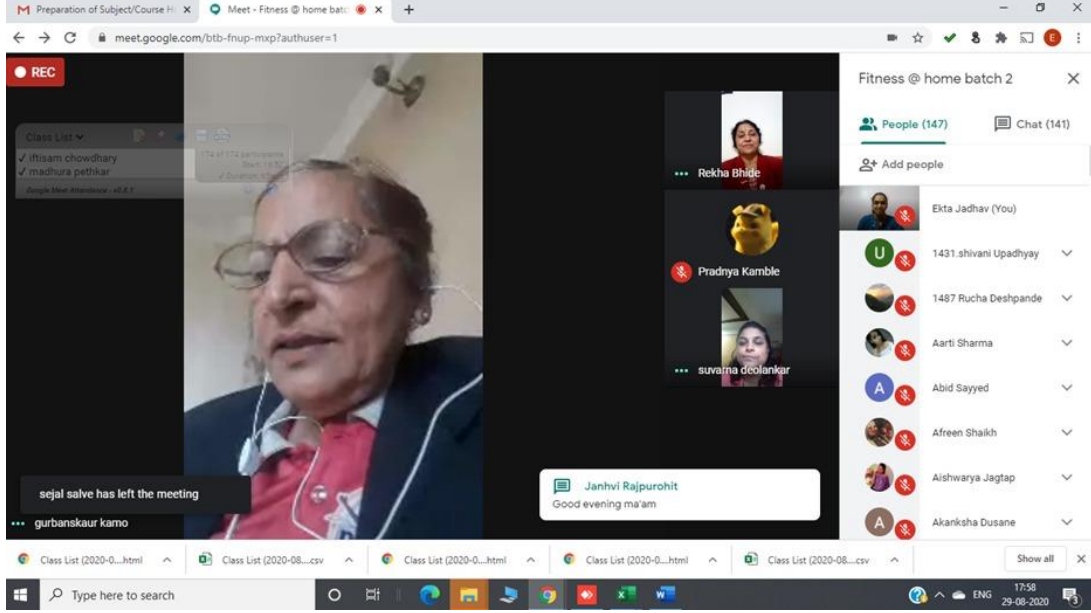
Ekta Jadhav

Director of Physical Education

St. Mira's College For Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)

NAME OF EVENT: National Sports Day - Fun Fitness Challenge Competition

DATE: 29-08-2020



ऑनलाइन दिले क्रीडा प्रकारांचे 'चॅलेंज'

सेंट मीरा महाविद्यालय : अर्जुन पुरस्कार विजेत्या रेखा भिडे यांचे मार्गदर्शन

प्रभात वृत्तसेवा

पुणे, दि. ३० - सेंट मीरा महाविद्यालयात राष्ट्रीय क्रीडा दिन उत्साहात साजरा करण्यात आला. कोरोनामुळे हा कार्यक्रम ऑनलाइन पद्धतीने साजरा करण्यात आला. यावेळी आयोजित केलेल्या कार्यक्रमात सुरुवातीला मेजर ध्यानचंद यांना अभिवादन करून त्यांच्या कारकिर्दीवर आधारित व्हिडिओ दाखवण्यात आला.

यावेळी प्रास्ताविकात महाविद्यालयाच्या शारीरिक शिक्षण शिक्षिका सुवर्णा देवळाणकर यांनी राष्ट्रीय क्रीडा दिवसाचे महत्त्व सांगितले. यानिमित्त महाविद्यालयातर्फे आयोजित



कार्यक्रमात सहभागी रेखा भिडे

ऑनलाइन फन फिटनेस चॅलेंज स्पर्धेची माहिती त्यांनी दिली. खेळल्यामुळे आपले शरीर तंदुरुस्त राहते म्हणून आपण दररोज भरपूर खेळलेच पाहिजे, असा संदेश या निमित्ताने देण्यात आला. या स्पर्धेत महाविद्यालयीन खेळाडूसाठी एक मिनिटांत किती सीटअपस, पुश अप्स, दोरीवरील उड्या, सूर्यनमस्कार, योगासने असे विविध क्रीडा प्रकारांचे

चॅलेंज दिले होते.

उपप्राचार्य डॉ. शालिनी अय्यर यांनी पाहुण्यांचे स्वागत केले. प्रमुख पाहुणे म्हणून माजी ऑलिम्पिक खेळाडू आणि अर्जुन पुरस्कार विजेत्या श्रीमती रेखा भिडे या उपस्थित होत्या.

यावेळी जिजामाता पुरस्कार विजेत्या गुरबन्स कौर यांनी फिटनेसचे महत्त्व स्पष्ट केले. 'तंदुरुस्त भारत' अभियाना अंतर्गत आयोजित विविध स्पर्धांतील विजेत्यांची नावे शारीरिक शिक्षण संचालिका एकता जाधव यांनी जाहीर केली. स्पर्धेचे आयोजनाकरिता प्राचार्या डॉ. गुलशन गिडवानी यांनी मार्गदर्शन केले. कार्यक्रमाचे प्रा. सुवर्णा देवळाणकर यांनी केले.



Principal Incharge
St. Mira's College for Girls, Pune.