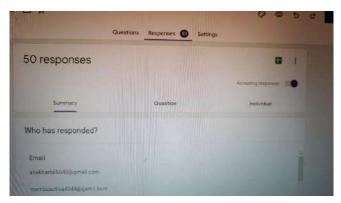
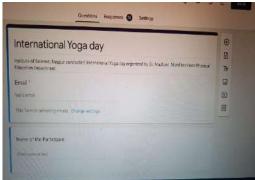
Capacity building and skills enhancement initiatives taken by the institution: Life skills (Yoga, physical fitness, health and hygiene)

1	21 June	College	Yoga	Department of Physical	Yoga	50 people
	2020		Camp	Education		participated
						the camp.







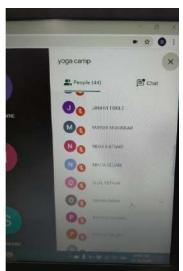


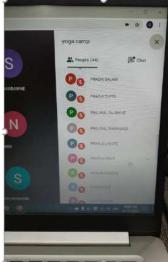


Online International Yoga day was celebrated by Department of Physical Education on 21 JUNE 2020 AT 8:30 am. Dr.Madhavi Mardikar Head of the Department delivered Lecture on importance of YOGA and after that Practical session was done. Dr.R.G.Atram (Director Institute of Science)was Preside over the function. Teaching and non-teaching Staff members were present (Total 50 were present)

2	22 Oct-3 Nov	University	Yoga	Physical Education & Sports	Yoga	61 Students wrer
	2020 (2weeks)			Department Institute of	Camp	attentat camp
				Science, Nagpur		_

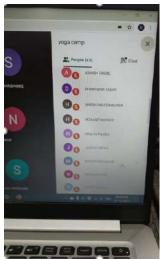


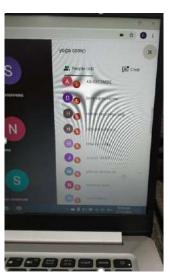


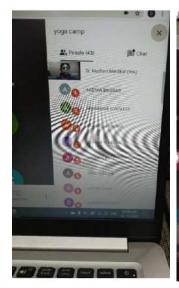


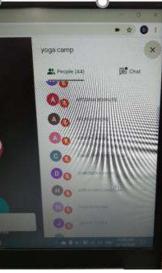




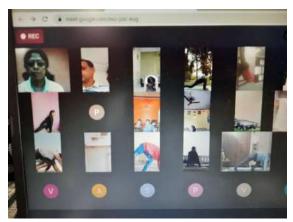


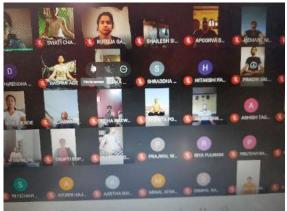


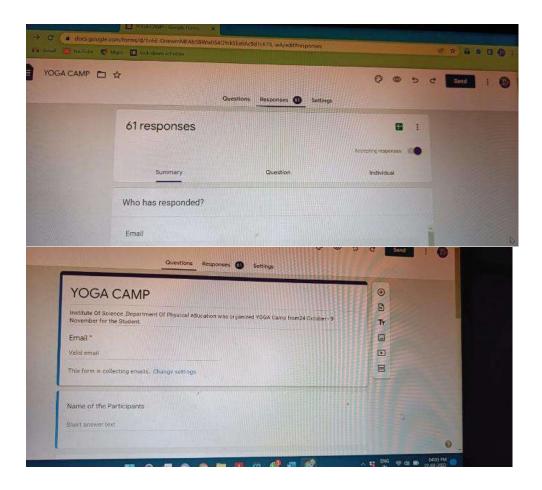












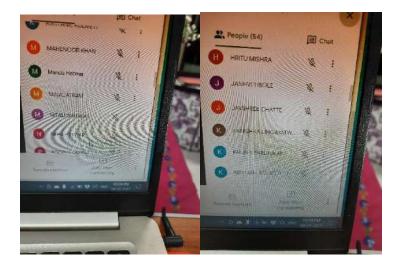
Institute Of Science, Department of Physical education was organized YOGA Camp for students from 22 October - 3 November for the student. Dr Madhavi Mardikar demonstrated yoga and got it done by the children and explained the benefits of each asana and Pranayama. 61 students were present.

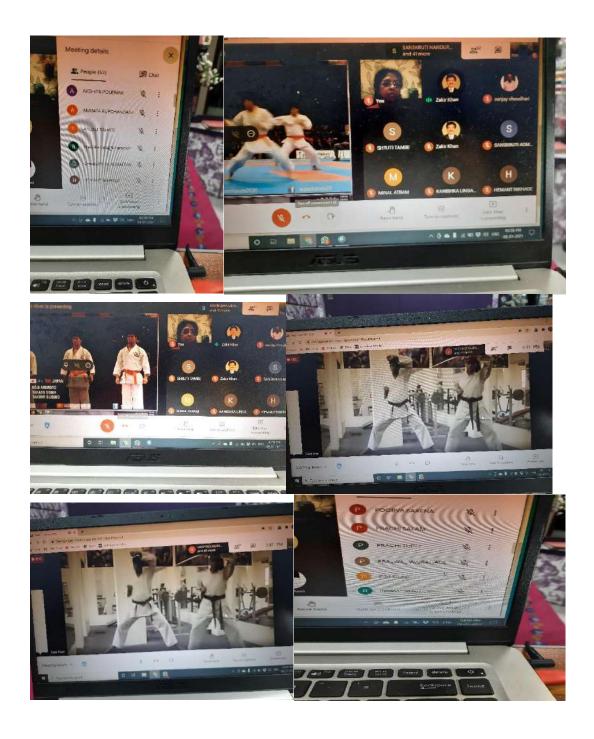
3	5-9 March	University	Karate	Physical Education	Karate Camp for	150 Students
	2021			Department	The Institute's	were
	(1 Week)			Institute of Science	Students	participated











GOVERNMENT OF MAHARASHTRA INSTITUTE OF SCIENCE, NAGPUR

Rabindranath Tagore Marg, Civil Lines, Nagpur-1

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Ref. No.: IOS/SKC/015 / 20-21 Date: 09-03-21

"ON 9TH MARCH KARATE CAMP CONCLUDED WITH SELF DEFENSE TIPS AT INSTITUTE OF SCIENCE"

On the final day of KARATE Camp Dr. Zakir S. Khan gave Tips of Self Defense from unwanted strangers to all the students of Institute of Science on 9th March 2021, the concluding ceremony take place in the president ship of Dr. R.G.Atram, Director, Institute of Science and Chief Guest was Dr.Sanjay Choudhary, Director Sports & Physical Education, S.B. City College, Nagpur, in concluding ceremony he appreciate Organizer Dr. Madhavi Mardikar Madam & Director Dr.Atram Sir for organizing such a wonderful Camp and all the students for attending Karate Camp with interest, gave sincere thanks to Dr. Zakir S. Khan for motivating Girls to never scared and face the situation with daring and confidence. In concluding ceremony some students also share their views regarding Karate Camp as follows 1.Ms Neha Hatwar-after attending Camp now we will not scare while walking on the street ,2. Mr Sahil Yadav-After attending camp now again I will join Karate ,3. Ms Soumya Gupta- We are filling these one week changed our day to day life now no fear to go in Mall or Market,4.Ms Shalaka Page-We learn how to tackle in unwanted situartion and never give up ,always try to fight back,thank you Zakir Sir for such a wonderful Karate Camp.

KARATE CAMP online conducted by only Central India Asian Karate Federation Judge Hanshi Dr.Zakir S. Khan, Black Belt 8th Dan & Treasurer, Karate Maharashtra Sports Association, Director Physical Education , Anjuman College of Engineering & Technology, Sadar, Nagpur, on Google Meet and Webex Meet for all the students of Institute of Science, from 5th March to 9th March , **organized by Dr. Madhavi Mardikar, Head of the Department, Department of Physical Education-** Institute of Science (IOS).

The Introduction of the KARATE CAMP & Welcome speech made by **Dr. Madhavi Mardikar** Madam & KARATE CAMP online training inaugurated by **Dr. R. G. Atram Sir**, Director, Institute of Science on 5th March 2021

MITSUYA-KAI Hayashi-ha Shito-ryu Karate-Do India Karate players Mr Tarul Barve, Mr. Sarvesh Gaidhane, MS Tina Barve, Ms Mrunal Wankhede & Sufiyan Mugal, in the leadership of Hanshi Dr. Zakir S. Khan performed all the self defence Skills. Dr. Zakir S. Khan told history of Karate,how to keep fit in this pandemic and make strong your lung through different breathing techniques and hos BUDDHA Meditation and OMKAR Meditation is useful to increase our body immunity,also gave training of Basic Karate to all the students ,on Sunday 7th March 2021 gave live self defence workshop for students ,self defence sequence as follows

- 1.If some Girl is Travelling in Bus, how she will give lesson to teasers.
- 2.If a Girl is going alone, how she can protect herself and give nice lesson to attackers.
- 3.If a Girl is going by Auto and Auto driver taking her wrong way, how she will survive from that incident.
- 4. If some one purse will try to snatch from her, how she will take action and give reaction
- 5.if some Girl torcher by some one at Malls ,Market ,Rly Station or any place,how she will defend herself..
- 6.If some one grab a Girl from back how she will reply and take action.

These type of several self defense taught by **Hanshi Dr. Zakir S. Khan with the help of his brave students** Mr Tarul Barve, Mr. Sarvesh Gaidhane, MS Tina Barve, Ms Mrunal Wankhede & Sufiyan Mugal.

KARATE CAMP online conducted fro 5th March to 9th March 2021 Hanshi Dr. Zakir S. Khan on general self defence through Live Demonstration and Power Point Presentation .

On Tuesday 9th March Valedictory conducted after session ,Dr.R.G.Atram Congratulate Dr. Madhavi Mardikar Madam for organizing such a wonderful Karate Camp and also gave sincere thanks to Karate Coach Dr.Zakir S. Khan.

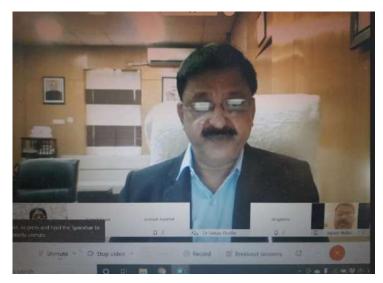
The Program conducted by Dr. Madhavi Mardikar Madam and vote of thanks proposed by Dr.V. Katrla Total 150 students were present.

4	10 – 16 may	National	Yoga	Department of Physical	Yoga	190 Students were
	2021 (1 Week)		Camp	Education, Institute of Science		attende the camp









Dr.Madhavi Mardikar taught on 28 March 2021 at 6 PM, How Bhramary and Meditation helps to concentrate in Exam time 160 Students were present for the camp

5	28	College	Pranayama	Physical Education	How Bhramary &	160 Students
	March		camp	Department	Meditation Helps to	were attended
	2021			Institute of Science	Concentrate on Studies	the camp
					in Exam Time.	





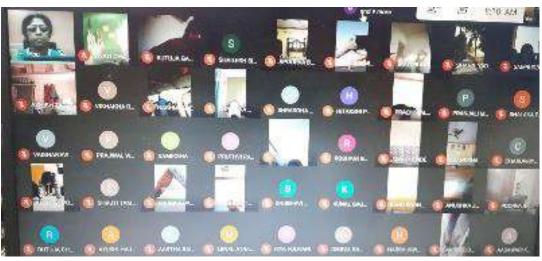
National Level Yoga Camp was conducted by Dr. Madhavi Mardikar from 10 May -18 May 2021 from 7:00 am to 8:00 am. And Got Consolation Prize from YCMOU for best camp conducted Award.

योगशिबीर निकाल — विद्यार्थी गट शैक्षणिक वर्ष २०२०-२१

क्रमांक	विद्यार्थ्याचे नाव	र्केद्राचे नाव	केंद्र प्रमुख / केंद्र संयोजक
प्रथम	श्री.चंद्रकांत भापकर	६२४२५- न्यू एज्युकेशन सोसायटी, पुणे	डॉ.गिरीश धडफळे सुवर्णा भापकर
	कु.अपूर्वा लेले	७२११३—निरामय हेल्थ & फिटनेंस ट्रस्ट, मिरज	शकुंतला खोत
	प्रिया चव्हाण नीलम बोबडे	६४७२ <u>A- योग विद्या धाम, साता</u> रा	शैलजा ठोके वैशाली भोसेकर
डितीय	श्रद्धा गाडगे	५३१०५-ओजस्बीनी इन. & सोहम डिपार्टमेंट ऑफ योग & नॅचरोपथी, जळगाव	डॉ.देवानंद सोनार प्रा.पंकज खासवागे
	योगिता हिरे	५४२७९३- निसर्गयोगी योग & नॅचरोपथी सेंटर, नाशिक	श्री.पीबी. नरवाडे
	नितृ घाटे	६२२७०- निसर्गोपचार ग्रामसुधार ट्रस्ट , उरळीकांचन पुणे	डॉ.अभिषेक देवीकर डॉ. कुशान शहा
तृतीय	स्वप्नील शिपी	५४४४६ - योगश्रय योग फाउंडेशन. नाशिक	शरद दंडगकाळ तुषार दंडगकाळ
	क्रांती दीक्षित	२३४३ A-रा.स्व.सं. जनकल्याण समिती,जालना	सुरेश मोडक सुनिता माटोळे
	वृषाली मोरस्कर	७११४९ — योग विद्याधाम,करवीर, कोल्हापुर	बी.जी.यादव रमेश धाक्रस
उत्तेजनार्थ	स्नेहल मालेकर	७२१७८-विलिंग्डन कॉलेज,सांगली	डॉ.भास्कर ताम्हणकर महादेव ठोंवरे
	प्रकाश पिंगळे	५३१०५-ओजस्वीनी इन. & सोहम डिपार्टमेंट ऑफ योग & नॅचरोपथी, जळगाव	डॉ.देवानंद सोनार प्रा.पंकज खासवागे
	डॉ. माधवी मार्डीकर	४४२२३ -नवीरा महाविद्यालय, काटोल	डॉ.सुनीलकुमार नवीन डॉ.तेजसिंह जगदाळे
	डॉ. पूनम चौधरी	५४४४६ —योगश्रय योग फाउंडेशन. नाशिक	शरद दंडगकाळ तुषार दंडगकाळ









योगशिक्षकाचा शिबिराबाबत अनुभव

यशवंतराव चव्हाण महाराष्ट्र मुक्त विद्यापीठ नाशिक द्वारा संचालित , नबीरा महाविद्यालय काटोल द्वारा आयोजित, मी डॉक्टर माधवी मार्डीकर विद्यार्थिनी प्रशिक्षक, मी विद्यार्थ्यांसाठी योग अभ्यास शिबिराचे आयोजन केले होते.

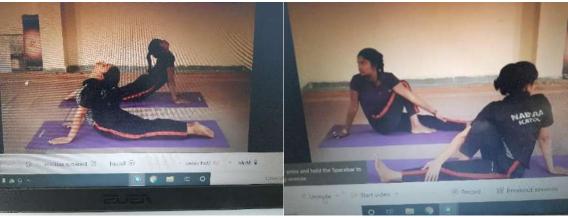
दिनांक 10 मे ते 18 मे 2021 पर्यंतचा कालावधीत सकाळी सात ते आठ या वेळात शिबिराचे आयोजन केले होते.

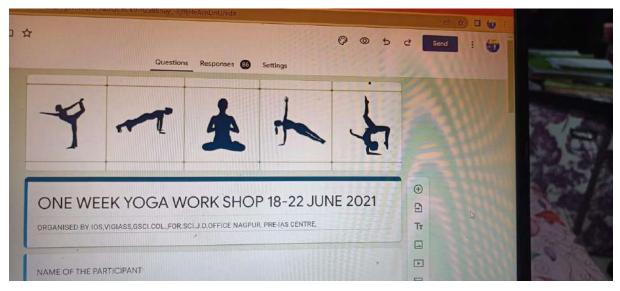
यामध्ये इन्स्टिट्यूट ऑफ सायन्स चे 190 विद्यार्थी सहभागी झाले होते सर्वांना ऑनलाईन योग प्राणायाम शिकवणे सुरुवातीला थोडेसे कठीण जरी गेले तरी सर्व विद्यार्थ्यांनी ते सहजतेने स्वीकारून सुरुवात केली. मी सोपे ते कठीण अशी आसने घेतली. सूर्यनमस्कार सुरुवातीला तीन आवर्तने पासून तीस आवर्तने पर्यंत त्यांच्याकडून करून घेतले. माझे काही व्हिडिओ विद्यार्थ्यांना दिले व याप्रमाणे हीआसने सहजसुलभ आपणा सर्वांना करावयाचे आहेत हे सांगितले आणि यथाशक्ती आसन करायची आहेत हे ही सांगितले. बरेचदा विद्यार्थी परत सांगा मॅडम असं म्हणायचे, तेव्हा ते आसन किंवा प्राणायाम मी त्यांच्याकडून तीन ते चार वेळा करून घेत होते, कारण त्यांनी चुकीचे करावयास नको किंवा त्याचा फायदा बरोबर व्हायला पाहिजे हा उद्देश.

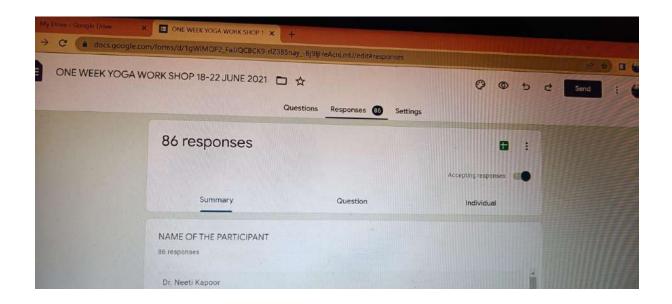
विद्यार्थ्यांनी अतिशय उत्साहाने या शिबिरात भाग घेतला सकाळी सर्व नियम पाळून ते शिबिरात सहभागी व्हायचे. मला अत्यंत प्रसन्न वाटायचं त्यांना शिकवताना लॉकडाउन च्या काळात हा उपक्रम अतिशय यशस्वी ठरला असं मला वाटतं.

6	18-22	State	Yoga	Jointly Organized By-	Yoga	86
	June		Camp	Institute of Science Nagpur, Joint Director	Workshop	delegates
	2021			Higher Education Nagpur Region,	on The Eve	were
				Government Institute of Forensic Science	of	present
	(1 Week)			Nagpur, Govt Science College Gadchiroli,	International	
				P.G,T.D.Physical Edu.Rtmnu Nagpur,	Yoga	
				Vasantrao Naik, Govt.Institute of Arts &		
				Social Sci.Nagpur		

















Jointly Organized By-

Institute of Science Nagpur, Joint Director Higher Education Nagpur Region, Government Institute of Forensic Science Nagpur, Govt Science College Gadchiroli, P.G,T.D. Physical Edu. Rtmnu Nagpur, Vasantrao Naik, Govt. Institute of Arts & Social Sci. Nagpur from 18-22 June 2021. 110 delegates were present. Dr. Madhavi Mardikar was Organising Secretary and Trainer.

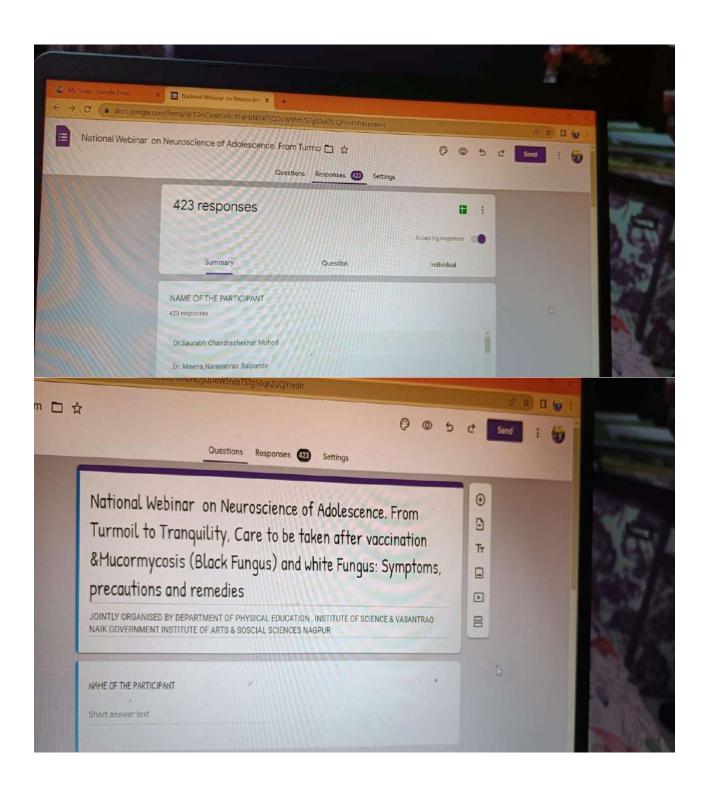
7	12 June	National	Webinar	Institute of	Neuroscience of	423
	21			Science,	Adolescence. from	delegates
	(1 Day)			Nagpur	Turmoil to Tranquillity,	were
				Vasantrao	Care to be taken after	present
				Naik Govt.	vaccination & Mucor	
				Institute of	Mycosis (Black Fungus)	
				Arts & Social	and white Fungus:	
				Sci. Nagpur	Symptoms, precautions	
					and remedies	











8	12 March	National	Workshop	Institute of Science	New Sports Policy
	2021			Nagpur, &PGTD	
	(1 Day)			Physical Education	
	_			RTMNU Nagpur	





9	6-7 June	College	Essay	Department of Physical	Leadership of
	2021		Competition	Education, Institute of	Shivaji Maharaj &
			_	Science Nagpur	Leadership in Sports
	(2 Days)				



