

3.4.1 - Extension activities carried out by Departments other than NSS for sensitizing students to social issues, for their holistic development, and impact thereof during the year 2020-21

Department of Environmental Science

The year 2020-21 was marked as Covid-19 therefore all the activities was online. During this academic year our Institute of Science College Department of Environmental Science conducted various virtual programs online.

CELEBRATION OF NATIONAL BIRD WEEK



From November 5th to 12th our department with the collaboration of MaharajBagh Zoo, College of Agriculture, Nagpur organized National Bird week program create awareness among the students about importance of birds in nature, endangered species\habitat, migration of birds, security to their habitats, laws concerning protection and conservation of birds. Online webinar was conducted where interesting talks by experts were organized.

CELEBRATION OF INTERNATIONAL DAY OF FOREST



On 21st of March 2021 our department with the collaboration of Maharajbagh Zoo, Nagpur conducted International Day of Forest under the theme "FOREST RESTORATION: A PATH TO RECOVERY AND WELL-BEING" to commemorate the green cover around the world and reiterating its importance. Online webinar was organized by faculty members and various activities also conducted.

CELEBRATION OF WORLD ENVIRONMENT DAY



As every year on 5th of June World Environment Day is celebrated all over the world our Department of Environmental Science, Institute of Science, Nagpur in the collaboration of Maharajbagh Zoo, Nagpur has organized a World Environment Day Programme with the theme “ECOSYSTEM RESTORATION” On this occasion Dr. Renuka Badhe Mam, Executive Secretary of European Polar Board, Netherland was invited as a chief guest She has taken an online webinar where she briefed the students on how to REIMAGINE-RECREATE-RESTORE your NEIGHBORHOOD and how we can enhance people’s livelihoods, counteract climate change and stop the collapse of biodiversity.

CELEBRATION OF WILDLIFE WEEK 2ND OCT – 8TH OCT

Wildlife Week Celebration
Maharajbagh Zoo, Nagpur
&
Department of Environmental Science
Institute of Science, Nagpur

Schedule (2nd – 8th October)

| Sr. No. | Activity/Event | Date | Time |
|---------|--|------------------------|---------------|
| 1) | Inaugural Programme Expert Talk: Ms. Sowarna Kawale | 2/10/2021 Saturday | 1.00-2.00 p.m |
| 2) | Scientific Story Representation by student participants Interactive Session Online Live Visit to Zoo | 4/10/2021 Monday | 1.00-2.00 p.m |
| 3) | Expert Talk: Dr. Moghare Live Quiz: Google Form Link | 5/10/2021 Tuesday | 1.00-2.00 p.m |
| 4) | Expert Talk: Smt. Gopal Thour Interactive Session | 6/10/2021 Wednesday | 1.00-2.00 p.m |
| 5) | Expert Talk: Shri Nagapurkar Photography: Wild species in natural Habitat | 7/10/2021 Thursday | 1.00-2.00 p.m |
| 6) | Expert Talk: Dr. Anagha Pail Wildlife Short Film Concluding Program | 8/10/2021 Friday | 1.00-2.00 p.m |

National Wildlife Week is annually celebrated across India between 2nd to 8th October with an aim to protect and preserve the flora and fauna of India. And with the same motive our department of Environmental Science with the collaboration of Maharajbagh Zoo, Nagpur conducted wildlife week under the Theme “Forests and Livelihoods: Sustaining People and Planet”.

The programme was organised by Ms.Suwarna Kawale(Biologist, Maharajbagh Zoo and other faculty members in the presence of Guest of Honour Dr. Anjali Rahatgaonkar Mam, Director, Institute of Science, Nagpur and Chief Guest Dr. Sunil Bawaskar Sir, Officer In-charge, Maharaj bagh Zoo, Nagpur brief the students about the importance of Wildlife In this program avirtual visit to Maharajbagh zoo were conducted. Various activities were taken in that Expert talks by Dr. Motghare, Shri.Gopal Thosar, Shri. Nagapurkarand Dr. Anagha Patil were taken where theyenlightened the students about the importance of wildlife, toprotect the flora and fauna and to conserve wildlife and their habitats. Quiz Competition, Wildlife Short Films and Photography Competition on Wild Species in natural habitatwere also organised and hosted by Yashi Sharma and Jui Pandharipande.

Department of Physical Education

22nd Oct - 3rd Nov 2020 : 2 Weeks Yoga Camp

**PHYSICAL EDUCATION & SPORTS DEPARTMENT
INSTITUTE OF SCIENCE , NAGPUR**

BSc-I Students

**yoga camp
22 october-3
November 2020**



**YOGA TRAINER
DR.MADHAVI MARDIKAR**

**PHYSICAL EDUCATION & SPORTS DEPARTMENT
INSTITUTE OF SCIENCE , NAGPUR**

yoga for better health

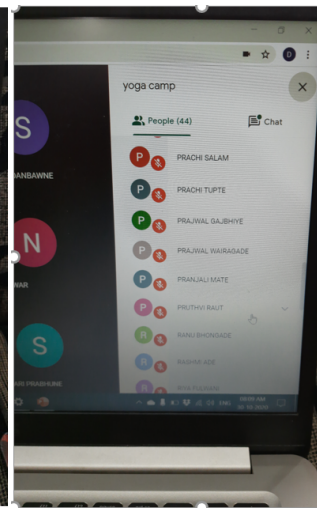
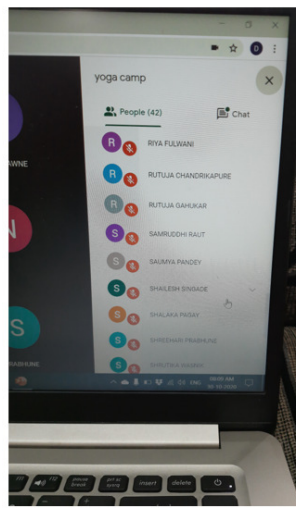
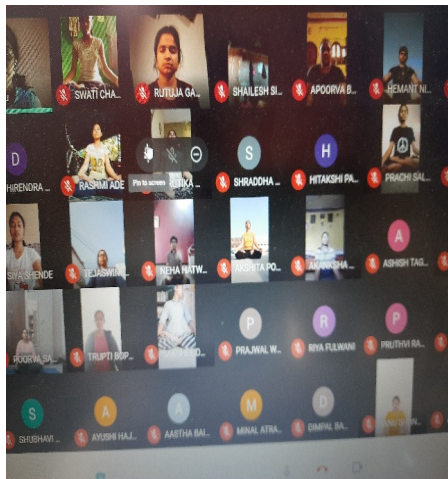
ONLINE 2 WEEK YOGA CAMP

**Inauguration : at 9:00am
22.october 2020**

**Organising Secretary
Dr.Madhavi Mardikar
YOGA Trainer**

**Chief Guest
Dhanashri Lekurwale
International YOGAPATU**

**President
Dr.R.G.Atram
Director**



One Week Karate Camp for the Students of the Institute's from 5th -9th March 2021

“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

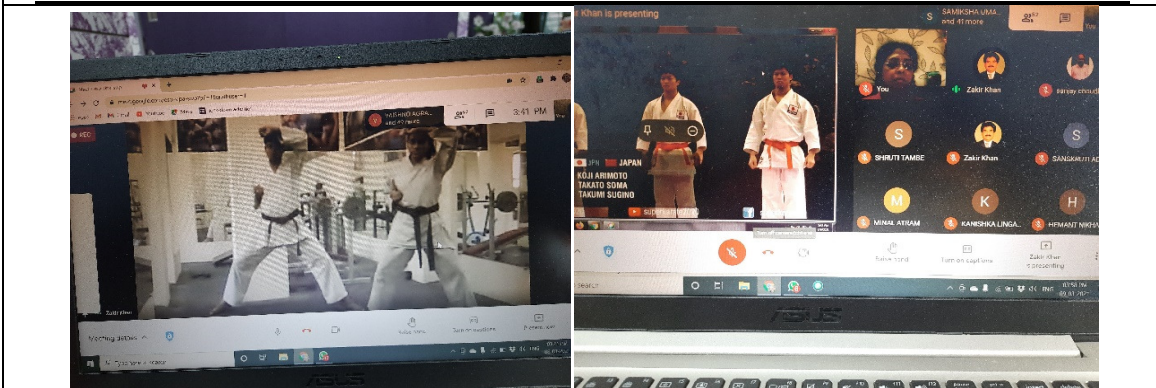
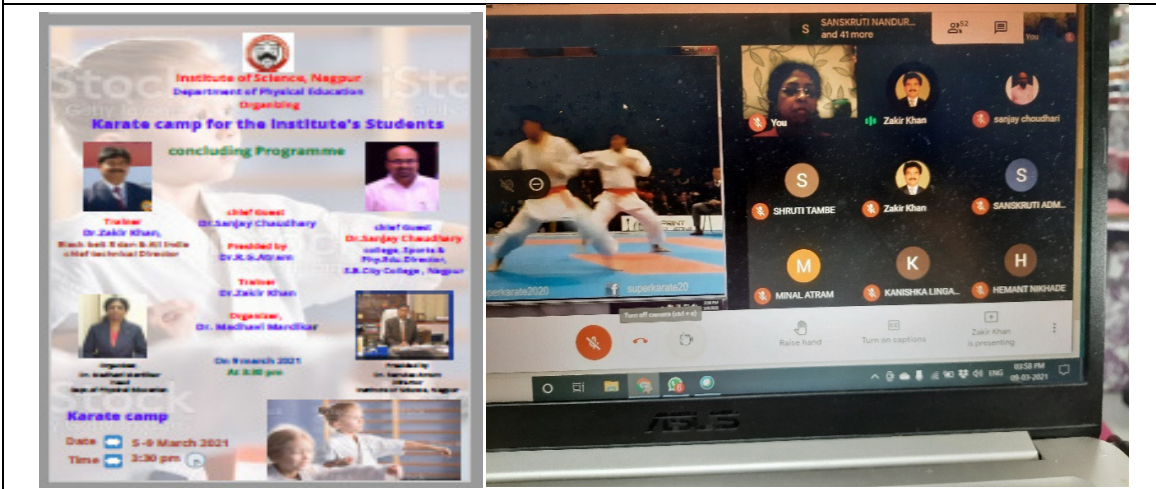
Market, Ms Shalaka Page-We learn how to tackle in unwanted situation and never give up ,always try to fight back,thank you Zakir Sir for such a wonderful Karate Camp. KARATE CAMP online conducted by only Central India Asian Karate Federation Judge Hanshi Dr.Zakir S. Khan, Black Belt 8th Dan & Treasurer, 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 TarulBarve, Mr. SarveshGaidhane, MS Tina Barve , Ms Mrunal Wankhede & Sufiyan Mugal, in the leadership of HanshiDr. 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 someone purse will try to snatch from her, how she will take action and give reaction
- 5.if some Girl torcher by some oneat Malls ,Market, Rly Station or any place,how she will defend herself..
- 6.If someone grab a Girl from back how she will reply and take action.

These type of several self defense taught by **HanshiDr. Zakir S. Khan with the help of his brave students** Mr TarulBarve, Mr. SarveshGaidhane, MS Tina Barve , Ms Mrunal Wankhede & Sufiyan Mugal.

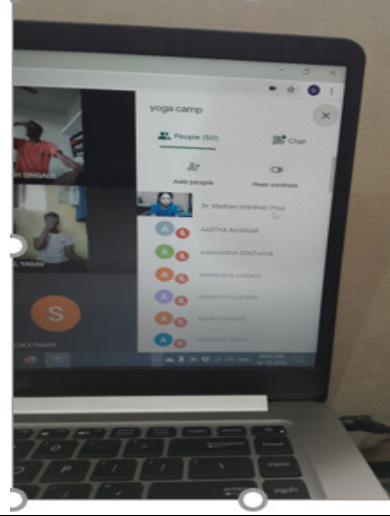
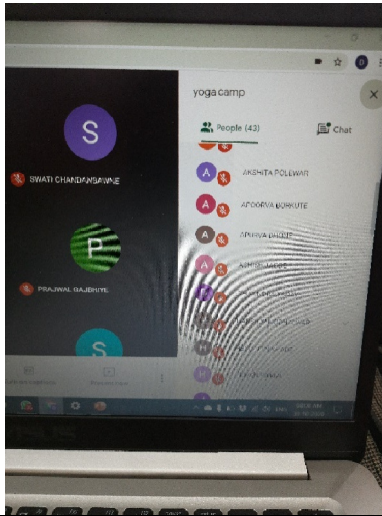
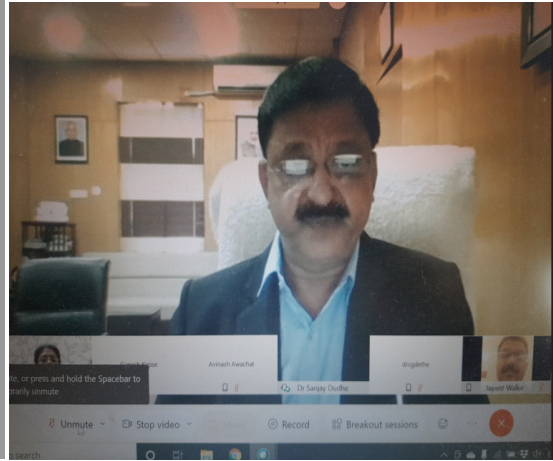
KARATE CAMP online conducted from 5th March to 9th March 2021 **Hanshi Dr. Zakir S. Khan on general self defence through Live Demonstration and Power Point Presentation .**

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.



One Day Pranayama Camp 28th March 2021

Physical Education Department
Institute of Science
How BHRAMARY & MEDITATION
helps to concentrate on studies
in exam time
For All IOSC Students
Time to Meditate
Talk & Practical session By
Dr.Madhavi Mardikar
28 march 2021 at 6 pm

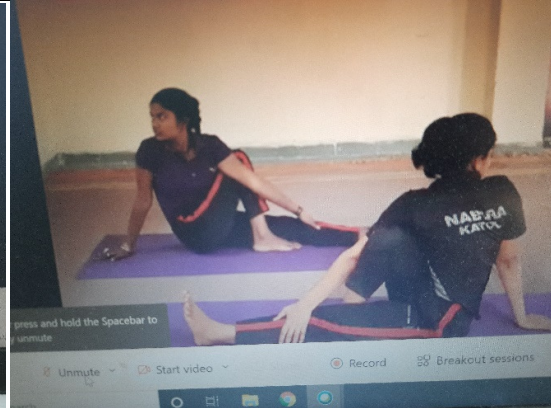
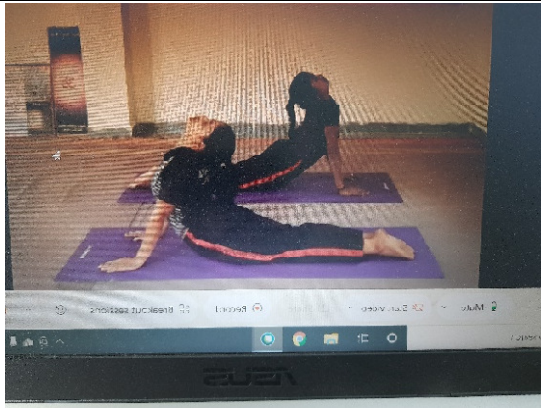


One Week Yoga Workshop on The Eve of International Yoga 21st June, 2021

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, Vasant Rao Naik, Govt. Institute of Arts & Social Sci. Nagpur

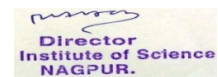
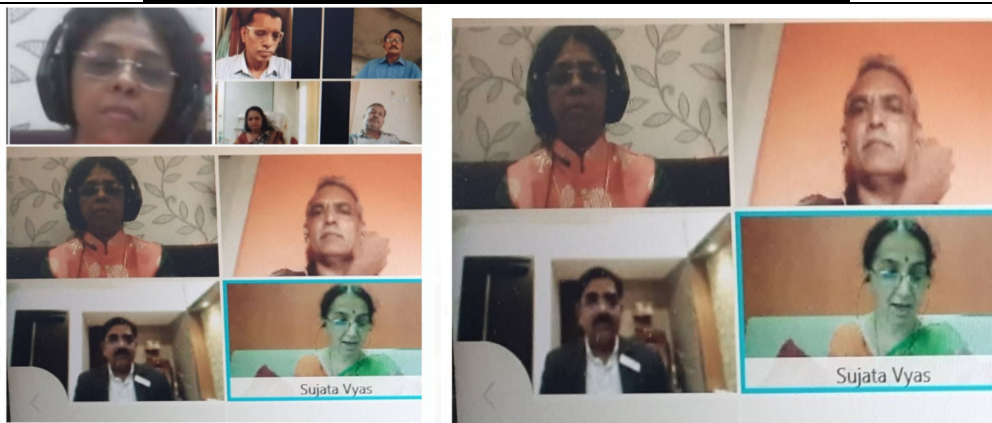
CONCLUDING PROGRAMME - YOGA WORKSHOP ON THE EVE OF INTERNATIONAL YOGA - DAY 22 JUNE 2021
JOINTLY ORGANISED BY
 Government Institute of Forensic Science, Nagpur | Govt. Science College, Gadchiroli | P.G.T.D. Physical Edu. RTMNU Nagpur | Institute of Science Nagpur | Joint Director, Higher Education, Nagpur Region | Vasant Rao Naik, Govt. Institute of Arts & Social Sci. Nagpur
Theme for International Yoga Day 2021 is 'Yoga for well-being'.
EVERY DAY 15-22 June 2021 At: 7:30-9:30 am
CONCLUDING PROG. OF YOGA WORKSHOP
Theme for International Yoga Day 2021 is 'Yoga for well-being'.
Agenda
ANCHORE DR. NEETI KAPOOR 7:30 AM 22.6.21
BRIEF INFORMATION ABOUT YOGA WORKSHOP DR. DIPPALSINGH SONTAKKEY
INTRODUCTORY REMARK DR. HEMALATA WANKHEDE
DR. PRAMOD LAKHE
DR. SUJATA VYAS
DR. SANJAY THAKARE
DR. R.G. ATRAM
PARTICIPANTS VIEWS ABOUT THE WORKSHOP
SPEECH - CHIEF GUEST DR. SANJAY DUDHE
INTRODUCTION - SPEAKER DR. CHHAYA PATIL
SPEAKER- SPEECH DR. KAPIL SHASTRI
VOTE OF THANKS DR. SURSJSINGH YEOTIKAR

CONCLUDING PROGRAMME - YOGA WORKSHOP ON THE EVE OF INTERNATIONAL YOGA - DAY 22 JUNE 2021
Theme for International Yoga Day 2021 is 'Yoga for well-being'.
Agenda
ANCHORE DR. NEETI KAPOOR 7:30 AM 22.6.21
BRIEF INFORMATION ABOUT YOGA WORKSHOP DR. DIPPALSINGH SONTAKKEY
INTRODUCTORY REMARK DR. HEMALATA WANKHEDE
DR. PRAMOD LAKHE
DR. SUJATA VYAS
DR. SANJAY THAKARE
DR. R.G. ATRAM
PARTICIPANTS VIEWS ABOUT THE WORKSHOP
SPEECH - CHIEF GUEST DR. SANJAY DUDHE
INTRODUCTION - SPEAKER DR. CHHAYA PATIL
SPEAKER- SPEECH DR. KAPIL SHASTRI
VOTE OF THANKS DR. SURSJSINGH YEOTIKAR



One Day National Webinar on 12th June, 2021

Neuroscience of Adolescence. from Turmoil to Tranquillity, Care to be taken after vaccination & Mucor Mycosis (Black Fungus) and white Fungus: Symptoms, precautions and remedies by Institute of Science, Nagpur Vasantao Naik Govt. Institute of Arts and Social Sci. Nagpur



Dr. R. G. Atram
Director