

1. **21st June 2023 International Yoga-Day** - Physical Education Department Organised International Yoga- Day for Students and Staff of the Institute. It was attended by Director, Teaching and Non-teaching staff and Students with great enthusiasm. The event began with a brief introduction on Yoga Day by Mrs. Vrushali Deshmukh and by welcoming the guest of honour Ms. Dhanshri Lekurwale, International yoga Patu. Dhanashree took sitting, standing, Proline and Supine positions asanas for the staff and students. The Yoga session begins with the speech of Director of Institute of science, he addressed and encouraged the students to practice regular yoga to remain fit and improve concentration. International Yoga Day celebrations ended with a huge success under the supervision of Prof. Madhavi Mardikar Head of the department, physical education.
2. **Self-Defence Workshop** - September 8 and 9, 2023, the Department of Physical Education organized a self-defense workshop for girls at the Institute of Science, Nagpur. Black Belt Dan Shri Vijay Gijre demonstrate and trained the girls with defence skills. He explained very easily how to deal with others and how to defend herself with the help of various devices without fear of any kind of attack. He explained how to use the bag, pin, pullover he had and how to defend ourself. The programme was inaugurated by Hon'ble Director Dr. Jairam Khobragade on this occasion The Programme was conducted by Vrushali Deshmukh while a vote of thanks was given by Dr. By Sunil Kapagte Dr. Jairam Khobragade, Director, Science Institute, spoke about the importance of this subject while Dr. Madhavi Mardikar gave the introductory speech in which 170 girl students participated and understood the training.
3. **One-week Fitness camp (workshop)** for hostel girls were organised by department of Physical education between 5th to 9th October 2023. Various types of training exercises were given to the students to increase their Physical fitness. The camp was inaugurated by Dr. Jairam Khobragade, Director Institute of Science, Nagpur, while Dr. CM Dudhe and Dr. CP Chaudhary were present as a Chief guest at the concluding. Dr. Madhavi Mardikar and Sunil Kapgate conducted the camp for hostel girl students.
4. **One Day National Conference** The National Conference was organized by Rashttrasant Tukdoji Maharaj Nagpur University Physical Education Teachers Association (NUPETA) and Dhanvate National College, Government Institute of Science, Jotiba College of Physical Education, Dharampeth College of Arts Commerce, Nabira College Katol, Rashttrasant Tukdoji College Chimur and Pragati Mahila College Bhandara on Tuesday, December 19, 2023. The theme of the conference was The Role of Physical Education in the Context of National Education Policy: Challenges, Scope, and Opportunities. The conference was inaugurated by Dr. Subhash Chaudhary, Vice Chancellor of the University and Presiding was of Director Dr. Jairam Khobragade. Dr. Madhavi Mardikar conducted the program and Dr. Devendra Wankhede expressed his gratitude. 230 Participants were present.
5. **The one-week workshop on "8 Key Elements of Personality Development"** was organised in collaboratively with Institute of Science and PGTD Physical Education, RTMNU Nagpur University with huge success. Throughout the program, participants studied various aspects of personal growth and self-improvement, gaining invaluable insights that would undoubtedly make their lives positive. Prin. Dr. Vijay Datarkar Principal Jyotiba College of Physical Education inaugurated the week-long workshop on March 22. ProVice-Chancellor, RTM Nagpur University Sanjay Dudhe presided over the closing ceremony, Dr Jairam Khobragade Director, Institute of Science Nagpur was the chief guest and Dr. Prashant Kadu was the special guest. Guests. Introductory remark and Vote of thanks performed by Madhavi Mardikar.



Self Defence Camp was
Organised at Institute for Girls



Physical and Mental Fitness Camp for
Hostel Girls



Volleyball Winner Team 2023-24 at Wardha



Floorball Winner Team 2023-24



Inauguration of National Conference 19 December 2023



Inauguration of Floorball University Level Tournaments



Zone Winner - Volleyball Team



Press Conference regarding – Implementation of NEP 2020 in IOS