



**MAHARASHTRA MAHAVIDYALAYA,
NILANGA**

Criterion III

Research, Innovations & Extension

3.4.3.1:

Number of extension and outreach Programs conducted in collaboration with industry, community, and Non- Government Organizations through NSS/ NCC etc., year wise during the last five years

Metric: 3.4.3.1

2018-23


A Programme under (Health Awareness)
Organized by the Department of English
during
The Academic Year 2018-19
“Physical Fitness and Wellness Management”
Head: Dr.A.M.Muljkar

Name of the Activity	Date	Time	Venue	No. of Students Present/Participated
Physical Fitness and Wellness Management	17-07-2018	11:30 AM to 12:30 PM	Maharashtra Mahavidyalaya, Nilanga	30

Objectives of the Activity:

1. To guide students on how to manage their physical health properly
2. To create awareness among students that maintaining physical health is the need of time

Brief Report:

On behalf of the Department of Languages, a guest lecture was organized by Dr. Gopal Moghe, Director of Sports, on the topic of **Physical Fitness and Wellness Management** under the **Arogyam Dhansampada** initiative.

Proper management is necessary for physical health and a happy life. Dr. Gopal Moghe opined that there will be no problem of any kind of disease if you keep a balance in your daily diet and exercise regularly. During the guest lectures, Principal Dr. VL Yerande and Vice-Principal Dr. Madhav Kolpuke, Prof. Major Kadam and Coordinator of Language Department Dr. Balaji Gaikwad, Dr. Ajit Muljkar, Dr. Bhaskar Gaikwad and students were present in large numbers.

Outcomes of the Activity

1. He guidance on how to maintain physical health created awareness among the students
2. Received the guidance that physical health should be maintained for a pleasant life

PRINCIPAL
Maharashtra Mahavidyalaya
NILANGA-413521 Dist.Latur

ST. 1970



MAHARASHTRA SHIKSHAN SAMITI'S

MAHARASHTRA MAHAVIDYALAYA, NILANGA

(Arts, Commerce, Science, Information Technology & Vocational)

NILANGA - 413521 Dist. Latur (Maharashtra State)

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DR. V. L. YERANDE

M.A., Ph.D.(Pol.Sci)

Principal

Re-accredited by NAAC with "B" Grade (CGPA 2.67)

Out. No. MMN/2018-19/

Date: 17/07/2018

To,

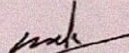
Dr. G. L. Moghe

Director, Physical Education,

Maharashtra Mahavidyalaya, Nilanga

Dear Sir,

It gives me immense pleasure to appreciate your Guest Lecture organized by Dept. of Languages of our college. You have delivered a nice lecture on "Physical Fitness and Wellness Management". The lecture has current relevance and very informative. I really appreciate such type of activities organized by our faculty members. I hope in future you will give such type of lecture for the good health of the students.


Principal

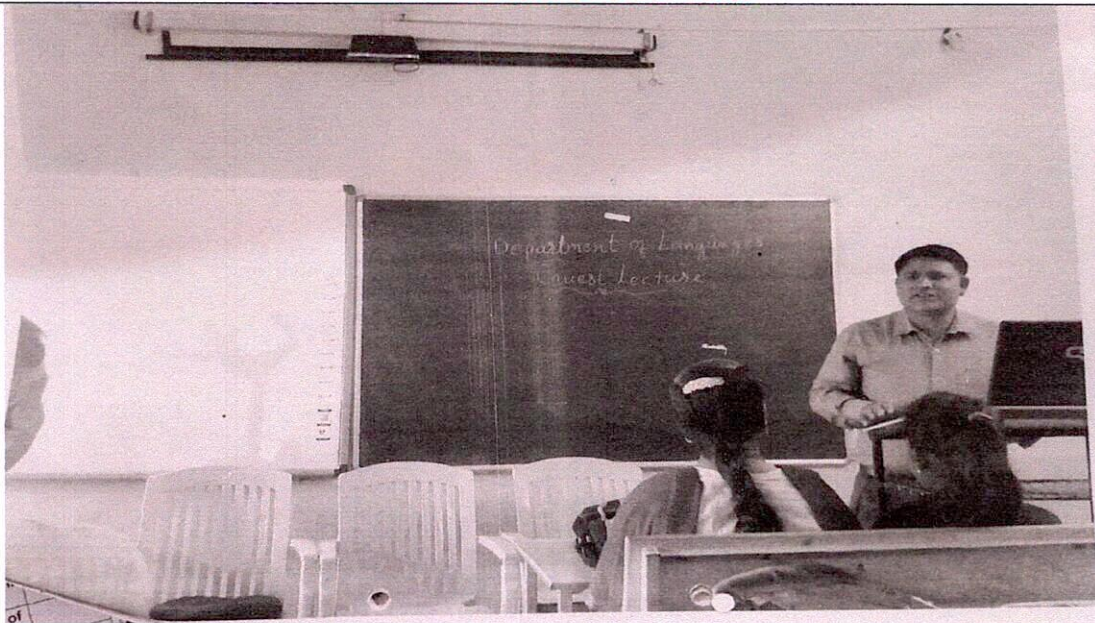
Maharashtra Mahavidyalaya (Senior)
Nilanga-413521, Dist Latur

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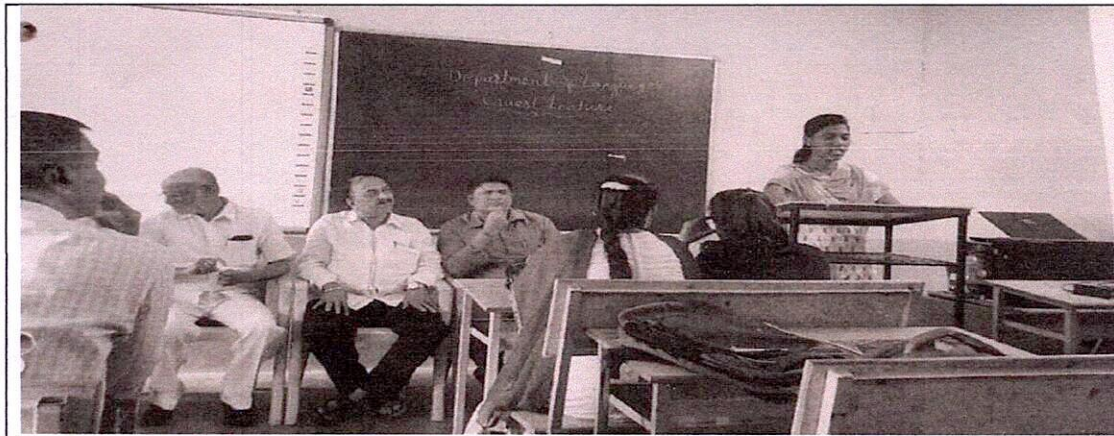
*With warm
Regards*

Dr. V. L. Yeran

Invitation Letter of Chief Guest



Sports Director Dr. Gopal Moghe expressing his views on physical health



Principals of the college Dr VL Yrande and Dr MR Gosavi were present on the stage

Guest Lecture by - 1) Dr. C. J. K
MAHARASHTRA MAHAVIDYALAYA, NILANGA
 (Arts, Commerce, Science, Information Technology & Vocational)
 NILANGA - 413521 Dist. Latur (Maharashtra State)

विद्यार्थ्यांचा दैनंदिन उपस्थिती अहवाल

विद्यार्थ्यांचे नांव: **B.A. Typst** **English (OP)** राशिपेची वेळ: दिनांक **17/07/201**

Sl. No.	विद्यार्थ्यांचे नांव	दिनांक	पेपरचे नांव व क्रमांक	विद्यार्थ्यांचा स्वाक्षरी
1	Tamboli zeba	3/8/19	/ /	/ /
2	Patwari Heena	Heena	/ /	/ /
3	shaikh Nilofar	Nilofar	/ /	/ /
4	mayadevi yadav	Maya	/ /	/ /
5	Dhumale Jyoti	Jyoti	/ /	/ /
6	Jadhav shital	Shital	/ /	/ /
7	Jadhav Pooja	Pooja	/ /	/ /
8	Bhopi Sangita	Sangita	/ /	/ /
9	sonakke sheaddha	sheaddha	/ /	/ /
10	Sonwalkar Naina	Naina	/ /	/ /
11	paul mayadevi	Paul	/ /	/ /
12	Dhumale Jyoti	Jyoti	/ /	/ /
13	Waghmare priyanka	Priyanka	/ /	/ /
14	Gadlagade Ranthi	Ranthi	/ /	/ /
15	Pawat Swati	Swati	/ /	/ /
16	chovan sonali N.	Sonali	/ /	/ /
17	Baindale Sona V	Baindale	/ /	/ /
18	Harappule priya B	Priya	/ /	/ /
19	Kolekar Kiran S	Kiran	/ /	/ /
20	Patel Gajala P	Gajala	/ /	/ /
21	Gore Meeta	Meeta	/ /	/ /
22	Swami Sheetal	Sheetal	/ /	/ /
23	Kehirsagar Sebhada	Sebhada	/ /	/ /
24	Baklikar Kranti	Kranti	/ /	/ /
25	Gomsale Shivshankar	Shivshankar	/ /	/ /
26	Mekale Sandip	Sandip	/ /	/ /
27	Nelwade Hanmant	Hanmant	/ /	/ /
28	patel vivek S.	Vivek	/ /	/ /
29	Shaitb mujsmil	Mujsmil	/ /	/ /
30	Shinde Arjun	Arjun	/ /	/ /

Ajit
विद्यार्थ्यांचा मुख्या

विद्यार्थ्यांची स्वाक्षरी पाचार्य

Student participation list



(Signature)

Principal
 Maharashtra Mahavidyalaya
 Nilanga 413521 Dist. Latur