



## 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
<b>Physical Fitness and Wellness Management</b>	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

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MAHARASHTRA SHIKSHAN SAMITI'S

# MAHARASHTRA MAHAVIDYALAYA, NILANGA

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

NILANGA - 413521 Dist. Latur (Maharashtra State)

PH - (02384)242015 Fax (02384)243015 E-mail- principalmmnilanga@gmail.com

**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.

*[Signature]*  
**Principal**

Maharashtra Mahavidyalaya (Senior)

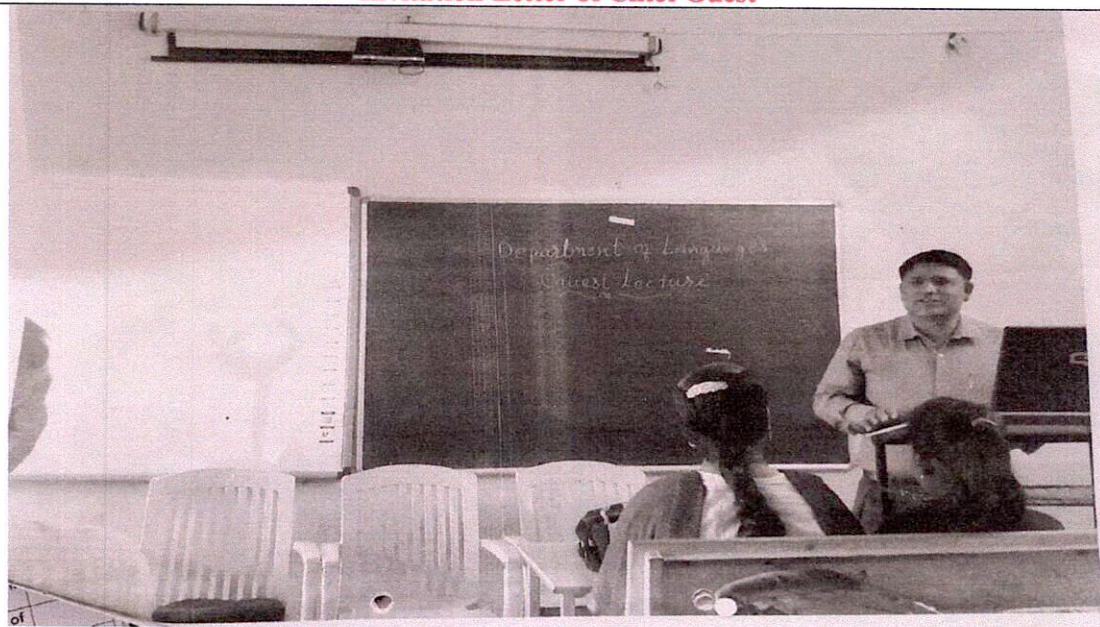
Nilanga-413521, Dist. Latur

*o/c*

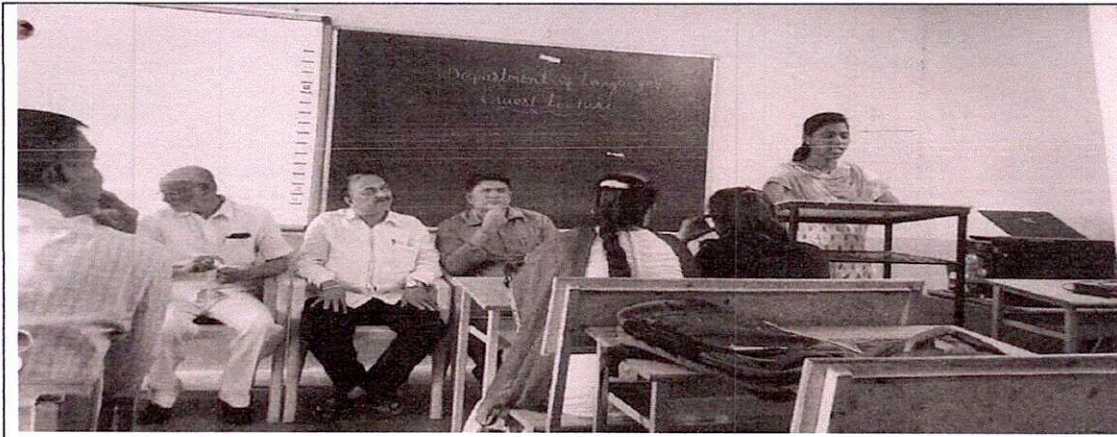
*With warm  
Regards*

*[Signature]*

### 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  
2) Dr. G.L.M**

**MAHARASHTRA MAHAVIDYALAYA, NILANGA**  
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NILANGA - 413521 Dist. Latur (Maharashtra State)

**विद्यार्थ्यांचा दैनंदिन उपस्थिती अहवाल**

शिक्षकाचे नाव: **BA TY 57** विषय: **English (OP)** तारीखेची नोंद: दिनांक: **17/07/2019**

क्र.सं.	विद्यार्थ्यांचे नाव	दिनांक	पेपरचे नाव व क्रमांक	दिनांक व रजिस्ट्रार
1	Tambali zeba	3/8/19		
2	Patwari Heena	Patwari		
3	Shaikh Nilofar	Nilofar		
4	Mayadevi yachav	Yachav		
5	Dhumale Jyoti	Jyoti		
6	Jadhav shital	Shital		
7	Jadhav Pooja	Pooja		
8	Bhaji Sangita	Sangita		
9	Sontakke sheaddha	sheaddha		
10	Somrautar Naina	Naina		
11	poul mayadevi	poul		
12	Dhumale Jyoti	Jyoti		
13	Waghmare priyanka	priyanka		
14	Gadlagade Ranilhis	Ranilhis		
15	Pawat Swati	Swati		
16	chavan sonali N.	sonali		
17	Bairdale sona.v	Bairdale		
18	Harangule priya.B	Priya		
19	Kalekar Kiran.S	Kiran		
20	Patel Gayala.P	Gayala		
21	Gore Meeta	Meeta		
22	Swami Sheetal	Sheetal		
23	Kohirsagar Subhadra	Subhadra		
24	Baklikar Kranti	Kranti		
25	Gomsale Shivshankar	Shivshankar		
26	mekale Sandip	Sandip		
27	Nelwade Harman	Harman		
28	patel nrej s.	nrej		
29	Shaikh Mujsmi	Mujsmi		
30	Shinde Arjun	Arjun		

शिक्षकाची स्वाक्षरी  
MOU/3504 Exam/19  
विद्यार्थ्यांचा हस्ताक्षर  
पत्तारखे

**Student participation list**



*(Signature)*  
Principal  
Maharashtra Mahavidyalaya  
Nilanga 413521 Dist Latur

EST. 1970



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**Principal**



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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

*o/c*

*With warm  
Regards*

*Dr. V. L. Yerande*



Department of Languages  
Guest Lecture

MAHARASHTRA MAHARAJA  
NILANCA  
113521  
JUNTA LAUVA



EST. 1970



MAHARASHTRA SHIKSHAN SAMITI'S

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**Principal**

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Out. No. MMN/2018-19/

Date: 17/07/2018

To,

**Dr. C. J. Kadam**

Head, Dept. of Physics

Maharashtra Mahavidyalaya, Nilanga

Dear Sir,

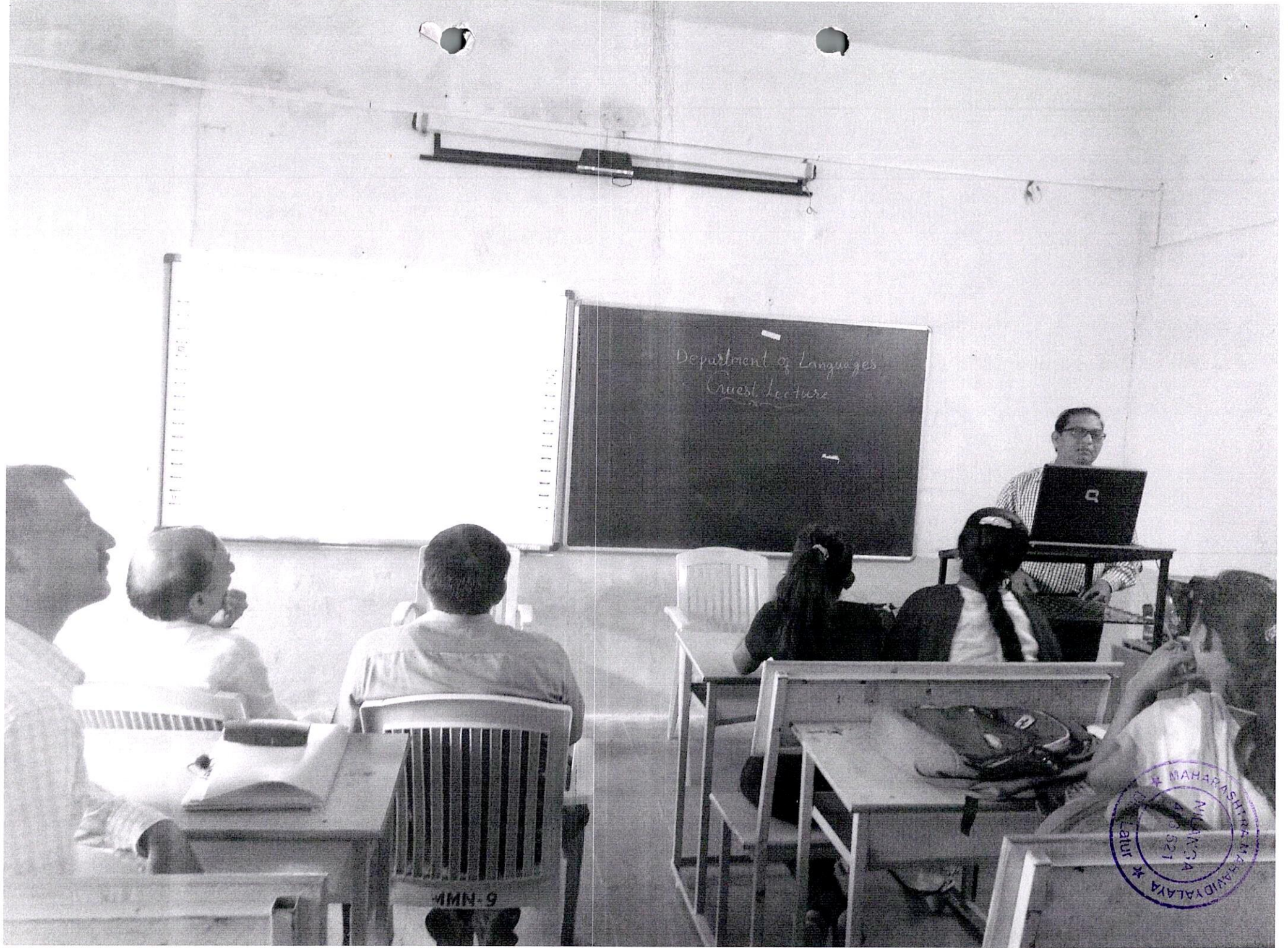
It gives me immense pleasure to appreciate your Guest Lecture organized by Dept. of Languages of our college. You have delivered a nice lecture on "**Reuse of Used Plastic and your visit to Tashkent (Uzbekistan)**". The lecture has current relevance and very informative. I really appreciate such type of activities organized by our faculty members. I hope in future you will give such type of lectures to upgrade the knowledge of the students.

*o/c*

*V. L. Yerande*  
17/07/18

*V. L. Yerande*  
**Principal**

Maharashtra Mahavidyalaya (Senior)  
Nilanga-413521, Dist. Latur



Department of Languages  
Guest Lecture

MAHARASHTRA  
MAHARAJA  
LAUREL  
MUMBAI

MMN-9



**MAHARASHTRA MAHAVIDYALAYA, NILANGA**

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**विद्यार्थ्यांचा दैनंदिन उपस्थिती अहवाल**

शिक्षकाचे नांव: \_\_\_\_\_ तासिकेची वेळ: \_\_\_\_\_ दिनांक: 17/07/2018

वर्ग: B.A. T.Y. 5<sup>th</sup> विषय: English (OP) पेपरचे नांव व क्रमांक: \_\_\_\_\_

अ.क्र	विद्यार्थ्यांचे नांव	दिनांक व स्वाक्षरी							
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14	Gadagade Ranalhi	<del>Ranlhi</del>							
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शिक्षकाची स्वाक्षरी

विभाग समुख

Principal