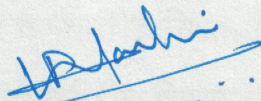


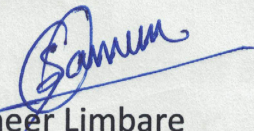
**Nashik Shikshan Prasarak Mandal's
Late Bindu Ramrao Deshmukh Arts, Commerce & Science Mahila
Mahavidyalaya, Nashik Road**

Yog Shibir Ahawal 2022

LBRD. Bindu Ramrao Deshmukh College of Arts and Commerce and Science for Women, Nashik Road, from 15/06/2022 to 22/06/2022 daily from 06 to 08 in the morning Yoga training camp organized online for students, faculty, non-teaching staff and society. was made for the residents. Also, a program was held on 21 June 2022 on the occasion of World Yoga Day. These include Yogasana, Pranayama, Information and training were given along with demonstrations on yoga complementary movements. Students, professors and citizens participated in this. Prof. Yogendra Patil worked first as a trainer and coordinator. Everyone congratulated for the successful organization of this yoga camp.

Prof. Yogendra Patil Prof.
Coordinating Principal


IQAC Co-ordinator
N.S.P.M's Late Bindu Ramrao Deshmukh
Arts & Commerce Mahila Mahavidyalaya
Jail Road, Nashik Road - 422 101


Dr. Sameer Limbare
INCHARGE PRINCIPAL
N S P.M's Late Bindu Ramrao Deshmukh
Arts & Commerce Mahila Mahavidyalaya
Jail Road, Nashik Road-422 101

Cr-7

नाशिक शिक्षण प्रसारक मंडळ, नाशिक
कला व वाणिज्य महिला महाविद्यालय, नाशिकरोड

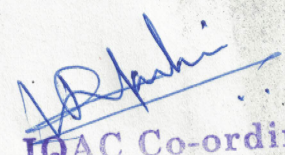
आंतरराष्ट्रीय योग दिन उत्साहात साजरा : २१/०६/२०२२

जा.क्र.ममवि/१००/२०२२-२०२३

२१/०६/२०२२

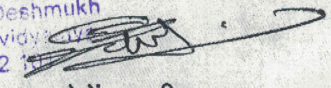
आपल्या महाविद्यालयातर्फे दिनांक २१/०६/२०२२ रोजी आंतरराष्ट्रीय योग दिनानिमित्त ऑनलाईन पध्दतीने सकाळी ०७.०० ते ०८.०० या वेळेत योग वर्गाचे आयोजन करण्यात आले होते. यामध्ये पुरक हालचाली, सूर्यनमस्कार, आसने, प्राणायाम, ओंकार इत्यादी बाबींचा समावेश करण्यात आला होता. यामध्ये पश्चिमोत्तानासन, धर्नुरासन, क्षलभासन, भुजंगासन, कपालभाती, भ्रमरी प्राणायाम, दिर्घ श्वसन, इत्यादीचा सराव करण्यात आला होता. यावेळी विद्यार्थी, पालक, समाजातील इतर मान्यवर महाविद्यालयीन कर्मचारी यांनी सक्रीय सहभाग घेतला. याचबरोबर आपल्या महाविद्यालयाच्या क्रीडा विभागाने मोफत ३६५ दिवस ऑनलाईन योग प्रशिक्षण व सराव वर्ग यशस्वीरित्या पूर्ण करून त्याचा सांगता समारंभही ऑनलाईन पध्दतीने साजरा करण्यात आला. यात विद्यार्थीनी, प्राध्यापक, शिक्षकेतर कर्मचारी यांनीही आपले मनोगत व्यक्त केले.

तसेच याच दिवशी दुपारी ०२.३० वाजता ऑफलाईन पध्दतीने योग वर्गाचेही आयोजन करण्यात आले. यामध्ये पुरक हालचाली, सूर्यनमस्कार, आसने, प्राणायाम, ओंकार इत्यादी बाबींचा समावेश करण्यात आला होता. यामध्ये पश्चिमोत्तानासन, धर्नुरासन, क्षलभासन, भुजंगासन, कपालभाती, भ्रमरी प्राणायाम, दिर्घ श्वसन याचे प्रशिक्षण व सराव करून घेण्यात आला. यावेळी प्रभारी प्राचार्य प्रा.डॉ.भास्कर नरवटे, प्राध्यापक व प्राध्यापकेतर कर्मचारी उपस्थित होते. वरील सर्व कार्यक्रमाचे समन्वयक, प्रशिक्षक म्हणून योग शिक्षक तथा महाविद्यालयाचे शारिरीक शिक्षण संचालक प्रा.योगेंद्र पाटील यांनी काम पाहिले.



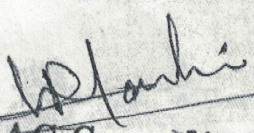
IQAC Co-ordinator

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Jail Road, Nasik Road - 422 101



प्रा. योगेंद्र पाटील

शारिरीक शिक्षण संचालक तथा कार्यक्रम समन्वयक



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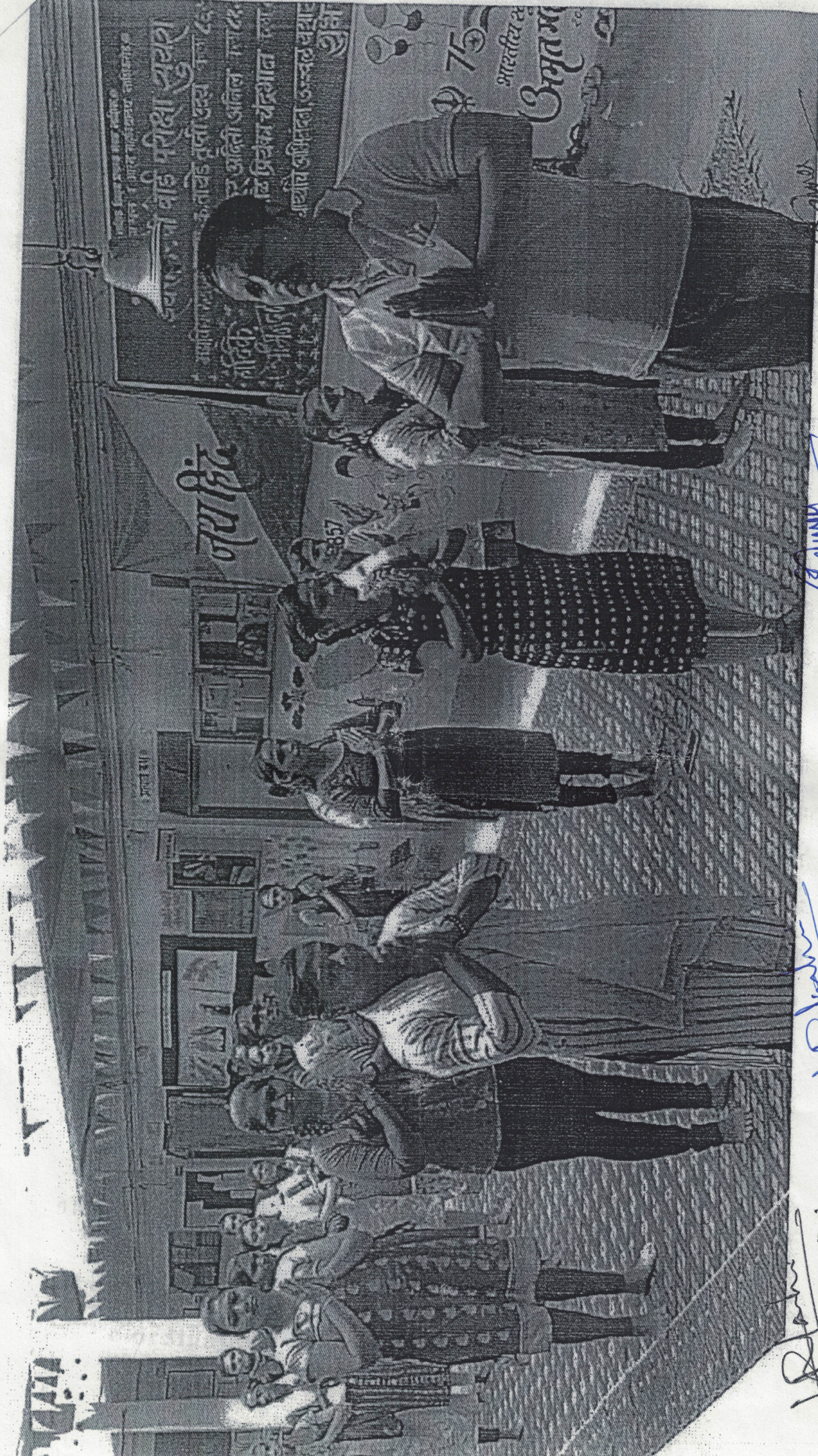
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डॉ. लीना पांडरे



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Report of 'Celebration of Marathwada Mukti-Sangram'

LBRD Mahila Mahavidyalaya Nashik celebrated 'Marathwada Mukti-Sangram Day' Dr. Bhaskar Narwate was the convener of the program. Dr. Leena Pandare Mam was invited as a President of the programme and Dr. Jeevan Solunke was invited as Chief Guest and Speaker. Resource person was Dr. Jeevan Solunke, Department of Economics, in the second session of Staff Academy held on 17th September 2022. He spoke on the topic 'History of Marathwada & Marathwada Mukti-Sangram from Hyderabad. He guided to our staff that how was the struggle of Marathwada people to fight against Nizam and devotion and sacrifices to free Marathwada from Hyderabad.



Leena Pandare Mam

IQAC Co-ordinator
N.S.P.M's Late Bindu Ramrao Deshmukh
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Jail Road, Nasik Road - 422 101

Bhaskar Narwate
Head, Staff Academy

Bhaskar Narwate

INCHARGE PRINCIPAL
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Staff academy conducted expert lecture on "how to prepare research proposal" in 2022-23

Dr. Karuna Kushare was as resource person on this topic. She spoke and guided to teaching staff that how to prepare research proposal in such a way that how to select research proposal in UGC and other funding Agencies.

President of programme was principal Dr. Leena Pandhare and vote of thanks was given by Dr. Bhaskar Narwate head staff academy

All teaching staff were attended the staff academy program.

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IQAC Co-ordinator
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Head, Staff Academy.

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