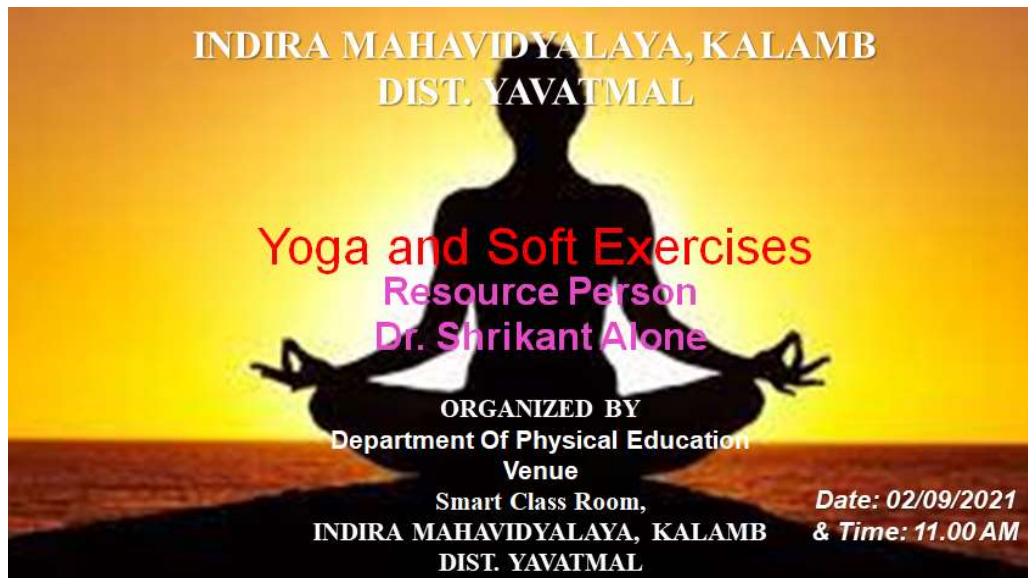


## Yoga and Soft Exercises (Life skills)

**Bouchers**



## Geo-Tagged Photo of Event



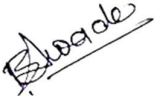

**Expert Delivering Lecture on Yoga and Soft Experiences, Date: 02/09/2021**

## Attendance Sheet

**Indira Mahavidyalaya, Kalamb Distt. Yavatmal**

NAME	SIGNATURE
Vinit Dhake	V. N. Dhake
Pritya Dhurve	Pritya
Rashika Patil	Rashika
Niksham Ghatge	Niksham
Payal Hage	P. U. Hage
Pradnya Ingole	Pradnya
Sagar Ade	S. D. Ade
Vikas Akam	V. D. Akam
Dipali Bawane	Dipali
Nayan Bhareshankar	Nayan
Prermy Bansal	Prermy
Datta Dhake	D. Dhake
Ankush Devbansi	A. K. Devbansi
Vaishali Kale	V. K. Kale
Dumini Kankar	Dumini
Ayush Kankar	Ayush
Rahul Chavhan	Rahul
Sandesh Chitte	Sandesh
Rohit Gadam	Rohit
Vaishnavi Hulke	Vaishnavi Hulke
Vikas Kusare	V. K. Kusare
David. N. Khan	David. N. Khan
Yashika D. Ingole	Y. D. Ingole
Dipali R. Jadhav	Dipali
Seekshi Wankar	S. K. Wankar
Nikita Wankhade	Nikita
Dipali P. Waghmare	Dipali

## Report

<b>Name of Activity:</b>	<b>Yoga and Soft Exercises</b>
<b>Date:</b>	<b>02/09/2021</b>
<b>Number of Participants:</b>	<b>27</b>
<b>Venue:</b>	<b>Smart Class Room</b>
<b>Organized</b>	<b>Department Of Physical Education</b>
<b>Name of the Resource Person:</b>	<b>Dr. Shrikant Alone</b>
<p>On 02-09-2021 Indira Mahavidyalaya, Kalamb District- Yavatmal (Permanently Affiliated to Sant Gadge Baba Amravati University, Amravati, Maharashtra) has organized a Programme on extension activity Yoga for Preventing the Injuries of Athletes: Yoga and Soft Exercises.</p> <p>Dr. Shrikant Alone was a Resource Person from Art &amp; Comm College, Ralegaon. The injuries sustained by athletes can pose a serious threat to the career of these people. The critical task is to develop and adopt effective strategies that can minimize the risk of such events or at least reduce their effect on the performance of an athlete. This Program is focus on the use of yoga and soft exercises as the techniques that can be useful in achieving this goal. One should focus on the physiological effects of these exercises. Yoga is one of the alternatives that athletes and coaches should consider. It should be mentioned that some benefits of this approach have been confirmed by researchers., there are money Students participating in this great session, both teaching and non-teaching staff have taken part, and effectively performed it.</p>	
<p> <b>Co-ordinator</b> <b>IQAC</b> <b>Indira Mahavidyalaya</b> <b>Kalamb</b></p>	<p> <b>PRINCIPAL</b> <b>Indira Mahavidyalaya</b> <b>Kalamb Dist. Yavatmal</b></p>