



दि.२४ जून २०२१.

## अहवाल

"एम. जी. तेले कॉमर्स, सी. आणि बी. आर. तेले सायन्स आणि के. तेले मॅनेजमेंट कॉलेज, थाळनेर, ता. शिरपूर, जि. धुळे आयोजित "आंतरराष्ट्रीय योग दिनानिमित्त

### प्रश्नमंजूषा व योगासन स्पर्धा - २१ जून २०२१"

दरवर्षी २१ जून रोजी, योगासनांचे महत्त्व आणि सगळ्यांमध्ये जागरूकता वाढविण्यासाठी आपण जागतिक योग दिन साजरा करतो. आपल्यापैकी बऱ्यासच जणांना माहित आहे की, २१ जून हा उत्तर गोलार्धातील उन्हाळ्यातील संक्रमणाचा सर्वात मोठा दिवस आहे किंवा दुसऱ्या शब्दांत सांगायचं तर, सूर्य उत्तरेकडून दक्षिणेकडे गेल्याचा वर्षातील हा काळ आहे. जेव्हा सूर्यप्रकाशातील किरणे ज्या दोन दिवशी उष्णकटिबंधीय अक्षांश - रेखांशवर थेट पडतात तेव्हा त्या दोन महत्वाच्या दिवसांपैकी एक हा दिवस आहे. असा समज आहे की, हा बदल लोकांवर महत्त्वपूर्ण प्रभाव आणतो. योगगुरूंच्या मते, योगाभ्यास करण्यासाठी संक्रमणाचा हा काळ चांगला आहे.

कोविड -१९ या साथीच्या आजाराची सध्याची परिस्थिती काही प्रमाणात सुधारत असली, तरी आपण अजूनही त्यातून पूर्णपणे बाहेर आलेलो नसल्यामुळे आमच्या महाविद्यालयाने ऑनलाईन स्पर्धा आयोजित करून आंतरराष्ट्रीय योग दिन साजरा केला. त्यासाठी आम्ही सर्व वयोगटातील व्यक्तींना त्यांनी स्वतः केलेले एक सर्वोत्कृष्ट असे "योगासनाचे" अलिकडचे छायाचित्र पाठवून तसेच कडीमधील (लिंक) बहुपर्यायी प्रश्नमंजूषा सोडवण्याचे आवाहन केले होते.

प्रवेशिका नोंदणीसाठी दिलेल्या कडीवर (लिंकवर) क्लिक करण्यापूर्वी खालील महत्त्वपूर्ण सूचना देण्यात आल्या होत्या:

- १) स्पर्धकाने स्वतः केलेले अलिकडच्या काळातील, चांगल्या स्थितीतील उत्कृष्ट व कठीण अशा "फक्त एका योगासनाचे" छायाचित्र अपलोड करण्यासाठी सांगितले होते.
- २) स्पर्धकाचे अलिकडील पासपोर्ट आकाराचे छायाचित्र किंवा मोबाइलने घेतलेला फोटो योगासन स्वतः केल्याची खात्री करण्यासाठी अपलोड करण्यासाठी सांगितले होते.
- ३) योगासनाच्या स्पर्धेसाठी "सूर्यनमस्काराच्या" स्थितींना वगळण्यात आले होते.
- ४) स्पर्धा विनामूल्य व सर्व वयोगटांसाठी खुली होती.

आमच्या आवाहनाला अत्यंत चांगला प्रतिसाद मिळाला. एकूण ४६ स्पर्धकांनी आपल्या प्रवेशिका पाठविल्या. तीन स्पर्धकांनी एकाच नावाच्या एकापेक्षा अधिक प्रवेशिका पाठविल्यात. त्यांनी स्पर्धेचे नियम न पाळल्यामुळे अशा तीन स्पर्धकांना मूल्यमापन प्रक्रियेतून बाद करण्यात आले.

सहभागी स्पर्धकांमध्ये तेले महाविद्यालय , थाळनेर - ११ , झुलाल भिलाजीराव पाटील महाविद्यालय, धुळे - ७, रामनिरंजन झुनझुनवाला महाविद्यालय, मुंबई - ३, कला, विज्ञान व वाणिज्य महाविद्यालय, शिरसोंडी - ३ , उत्तमराव पाटील कला व विज्ञान महाविद्यालय , दहिवेल - ३ , ईलाईट इंटरनॅशनल इंग्लिश मीडियम स्कूल, थाळनेर - २, तसेच खालील शाळा व महाविद्यालयातील प्रत्येक एका स्पर्धकाने आपला सहभाग नोंदविला ते असे, शि. वि. प्र. संस्थेचे जिजामाता कन्या विद्यालय , धुळे, जिजामाता शिक्षण संस्थेचे , कला, विज्ञान व वाणिज्य महाविद्यालय , नंदुरबार, श्री सप्तशृंगी आयुर्वेद महाविद्यालय व हॉस्पिटल, नाशिक, क. ब. चौ. उमवि, जळगाव, नॉर्थ पॉइंट इंग्लिश मिडियम स्कूल, धुळे, आबासाहेब गरवारे महाविद्यालय , पुणे, चावरा पब्लिक स्कूल , धुळे, के. के. वाघ कला , विज्ञान व वाणिज्य महाविद्यालय, नाशिक, जिल्हा परिषद प्राथमिक शाळा लुल्ले , ता. मालेगाव, जि. नाशिक, आर. जे. महाविद्यालय , घाटकोपर, मुंबई, श्री स्वामीनारायण फिजिओथेरेपी महाविद्यालय , कडोदरा, गुजरात, यशवंतराव शिंदे कनिष्ठ महाविद्यालय , भद्रावती, ए. पी. एम. एस. कनिष्ठ महाविद्यालय, तलासरी, जि. पालघर, योग विद्याधाम, अहमदनगर, कै. व्ही. वाय. घासकडबी कनिष्ठ महाविद्यालय, धुळे, नानासाहेब झुलाल भिलाजीराव पाटील हायस्कूल, धुळे.

स्पर्धकांमध्ये एकूण ३३ विद्यार्थी , ११ शिक्षक व इतर दोन अशा ४६ व्यक्ती सहभागी झाल्या होत्या. स्पर्धेत सहभागी झालेल्या प्रथम तीन सर्वोत्कृष्ट स्पर्धकांना पारितोषिक म्हणून योगाविषयीचे पुस्तक व प्रमाणपत्र पोस्टाने पाठविण्यात आलेली आहेत. इतर सर्व सहभागी स्पर्धकांना डिजिटल माध्यमातून त्यांच्या नोंदणीकृत ई-मेलद्वारे प्रमाणपत्र प्रदान करण्यात आलेली आहेत.

#### प्रथम तीन क्रमांकांचे पारितोषिकप्राप्त स्पर्धक खालीलप्रमाणे:

- १) चौधरी दिव्या नितीन - विद्यार्थिनी, श्री. सप्तशृंगी आयुर्वेद महाविद्यालय व हॉस्पिटल, नाशिक.
- २) घरटे वाल्मीक गोरख - शिक्षक, जि. प. शाळा लुल्ले, ता. मालेगाव, जि. नाशिक.
- ३) पाटील वर्षा भाईदास - विद्यार्थिनी - झुलाल भिलाजीराव पाटील महाविद्यालय धुळे.

सदर स्पर्धा यशस्वी होण्यासाठी श्री. एन. वाय. काझी व प्रा. एम. एम. शिरसाठ यांनी संयोजक म्हणून काम पाहिले. संस्थेचे अध्यक्ष मा. डॉ. सी. जी. तेले यांच्या कुशल नेतृत्वात मा. प्राचार्य प्रा. डॉ. आर. एम. शेवाळे यांच्या सुयोग्य मार्गदर्शाखाली स्पर्धा यशस्वी होण्यासाठी महाविद्यालयातील सर्व शिक्षक व शिक्षकेतर सहकारी यांचे देखील मोलाचे सहकार्य लाभले.

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(Dr. R. M. Shewale)  
Principal

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Yoga originated in India around 5000 years ago and since then, this physical, emotional and spiritual practice has helped the human race maintain better health and overall well-being. If you're looking for calm, peace and tranquillity, yoga is something that you should definitely take out time for. On 21st June every year, we celebrate World Yoga Day for spreading the importance and awareness of yoga amongst people of the world.

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International Yoga Day - 21st June 2021

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Yoga Day Quiz

40 Marks

What was the theme of International Day of Yoga 2020?

2 points

- Climate Change
- Yoga for Health-Yoga at Home
- Connect the Youth
- Yoga for Health

Which of the following statement is/are correct about Yoga?

2 points

- Yoga is practiced since ancient India. It is a physical, mental and spiritual practice
- The 'yoga' word is derived from Sanskrit
- Yoga means to join or unite, represent the union of body and consciousness or alertness
- All the above are correct

Who is known as Father of Yoga?

2 points

- Patanjali
- Shiva
- Brahma
- Ramdeo baba

Who had introduced Yoga first time to the western world in a religion conference Chicago, America

2 points

- Swami Vivekananda
- Narendra Modi
- Maharshi Patanjali
- Donald Trump

Which International Day of Yoga event created a Guinness world Record?

2 points

- 21 June, 2015
- 21 June, 2014
- 21 June, 2016
- None of the above

What was the name of the video blogging contest jointly organised by the Ministry of AYUSH (MoA) and the Indian Council of Cultural Relations (ICCR) in 2020?

2 points

- My words and Yoga
- Practicing Yoga
- My Life, My Yoga
- Yoga is life

When first International Yoga Day is observed in India?

2 points

- 21 June 2014
- 21 June 2015
- 21 June 2016
- None of the above

What was the theme of International Day of Yoga 2019?

2 points

- Climate Action
- Yoga for Heart
- Yoga remains connected
- Yoga for All

Celebration of International Yoga Day in India is done by which ministry?

2 points

- The Ministry of AYUSH
- Ministry of Civil Aviation
- Ministry of Communication
- Ministry of Human Resource and Development

In 2016, which city host PM Narendra Modi's International Yoga celebration?

2 points

- New Delhi
- Ranchi
- Dehradun
- Chandigarh

Kapalbhati is .....

2 points

- Yogasan
- Pranayam
- Shuddhhikriya
- Kumbhak

On December 11, ..... the United Nations declared June 21 as the International Yoga day.

2 points

- 2017
- 2015
- 2014
- 2016

AYUSH ministry had started one - month free yoga camp through the Central Council for Research in Yoga and Naturopathy in almost all .....of the country.

2 points

- Tahasil
- District
- State
- None of these



Nearly 3 lakh people led by ..... turned up at Ahmedabad on the Yoga day in June 21, 2017 to perform Asanas.

2 points

- Baba Ramdev
- Prime Minister Narendra Modi
- President Ramnath Kovind
- Home Minister Amit Shah

Ramamani Iyengar Memorial Yoga Institute is situated at.....

2 points

- Pune
- Chandigarh
- Kolkata
- Dehradun

Who was the first one who introduced the word Yoga in a classical way?

2 points

- Kapil Manu
- Maharshi Patanjali
- Sampurnanand
- Arastu

Out of the following which activity does not belong to Pranayama?

2 points

- Kumbhak
- Purak
- Dhouti
- Rechak

Which Asana is helpful in maintaining normal - blood pressure?

2 points

- Sheershasana
- Padmadana
- Shalabhasana
- Shavasana

What is the one word meaning of Yoga?

2 points

- Meditation
- Sadhana
- Union
- Yogi

What is the one principle taught in Yoga?

2 points

- Proper exercise
- Relaxation
- Diet
- Strength

Detail of participant

Upload Your passport size photo \*

IMG-20200810-...

Upload Your recent Yogasana photo \*

sunset-yoga-tel-a...

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Google Forms

## International Yoga Day Celebration (21 June 2021) by organising Quiz & Yogasana Competition - List of the Participants

Sr No	Email Address	Full Name (Surname first)	Mobile Number	College / Organization / Institute Name	Class (If Student)	Profession	Address
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33	pawarm1962@gmail.com	Pawar Namdeo Mansing	9423543137	NA	NA	Retired Teacher	SP No 52/2, Plot No 55, Jaynima Colony, Sub Station Road, Soygaon Tal Malegaon Dist Nashik
34	swatipatilcbse@gmail.com	Pawar Swara Rajesh	9975877471	Chavara Public School, Dhule	VI	Teacher	2 Chatrapati Shivaji Maharaj Hsg Soc Deopur, Dhule
35	pawarajaysing17@gmail.com	Pawara Jaysing G.	9325560573	M. G. Tele Commerce, C & B. R. Tele Science & K. Tele Management College, Thalner	Teacher	Teacher	Shirpur, Dist Dhule
36	komalsant1999@gmail.com	Sant Komal Mahesh	9011433203	KBCNMU Jalgaon, Maharashtra.	MSc (Final yr)	Student	Motha Mahadev Chauk, Vitthal Mandir, Parola Dist Jalgaon
37	pratibhashejwal1999@gmail.com	Shejwal Pratibha Keshav	8177876698	Arts, Science & Commerce Senior College, Shirsondi	T.Y.B.Sc.	Student	At Post Erandgaon, Tal Malegaon Dist Nashik
38	ishwarajdhruvi@gmail.com	Shirsath Ishwar Bhaidas	9561259711	APMS Junior College, Talasari, Dist. Palghar	Teacher	Junior College Teacher	Talasari, Dist. Palghar
39	nehashrikhande30@gmail.com	Shrikhande Pushpesh Kishor	9579979402	Z. B. Patil College Dhule	F.Y.B.A	Student	Varkhedi Road, Subhash Nagar, Old Dhule
40	l3sonawaneamol@gmail.com	Sonawane Amol Rajendra	9637040328	M. G. Tele Commerce, C & B. R. Tele Science & K. Tele Management College, Thalner	T.Y.B.Sc.	Student	At. Galwade Post Hated bi Tal Chopda Dist Jalgaon
41	dadu42000@gmail.com	Suryawanshi Hemant Shankar	8010201948	Uttamrao Patil Art & Science College Dahivel	F.Y.B.Sc.	Student	At. Bodakikhadi Post. Kharadbari, Dist Nandurbar

Sr No	Email Address	Full Name (Surname first)	Mobile Number	College / Organization / Institute Name	Class (If Student)	Profession	Address
42	srushtisuryawanshis@gmail.com	Suryawanshi Srushti Bharat	9373107986	Z. B. Patil College Dhule	SYBSc	Student	63, Shivsagar Colony Chitod Road Dhule
43	arjunwadile700@gmail.com	Wadile Arjun Kailas	9145082992	M. G. Tele Commerce, C & B. R. Tele Science & K. Tele Management College, Thalner	T.Y.B.Sc.	Student	Thalner Tal Shirpur Dist Dhule
44	hrutujawagh088@gmail.com	Wagh Hrutuja Digamber	9112654989	Z. B. Patil College Dhule	SYBA	Student	Ganesh Colony Sakri Road Plot No. 84 Dhule
45	waghprakash2@gmail.com	Wagh Prakash Bhila (Dr)	9420374907	Jijamata Shikshan Sansthas Arts Commerce Science college Nandurbar	Service	Teacher	92,Laxmai, Madan Mohan Nagar, Nandurbar
46	yadavpalak2907@gmail.com	Yadav Palak Subhashsingh	8318678557	R. J. College, Ghatkopar (West), Mumbai	SYBCom	Student	Ghatkopar (West) Mumbai:-400086

### Summary

Participants	Name of the Institute
11	M. G. Tele Commerce, C & B. R. Tele Science & K. Tele Manage. College, Thalner
7	Z B Patil College, Dhule
3	Ramniranjan Jhunjhunwala College, Mumbai
3	Arts, Science and Commerce Senior College Shirsondi
3	Uttamrao Patil Art & Science College Dahivel
2	Elite International English Medium School Thalner, Tal. Shirpur
1	S.S.V.P.S's Jijamata Girls High School, Dhule
1	Jijamata Shikshan Sansthas Arts Commerce Science college Nandurbar
1	Shree Saptashrunji Aayurved Mahavidyalay & Hospital, Nashik
1	KBC NMU Jalgaon
1	North Point English Medium School, Dhule
1	Aabasaheb Garaware College, Pune
1	Chavara Public School , Dhule
1	K. K. Wagh Arts, Science and Commerce College, Nasik
1	Z P School Lulle, Tal. Malegaon, Dist. Nashik
1	R. J. College, Ghatkopar (West), Mumbai
1	Shree Swaminarayan Physiotherapy College, Kadodara, Gujarat
1	Yashwantarao Shinde Junior College Bhadrawati
1	APMS Junior College, Talasari, Dist. Palghar
1	Yog Vidya Dham, Ahmednagar
1	V. Y. Ghasakadabi Jr College, Dhule
1	Retired Teacher
1	Nanasaheb Z. B. Patil School, Dhule
<b>Total Participants =&gt;</b>	<b>46</b>

**Students - 33**  
**Teachers - 11**  
**Others - 2**  
**Total - 46**



**(Dr. R. M. Shewale)**  
**Principal**

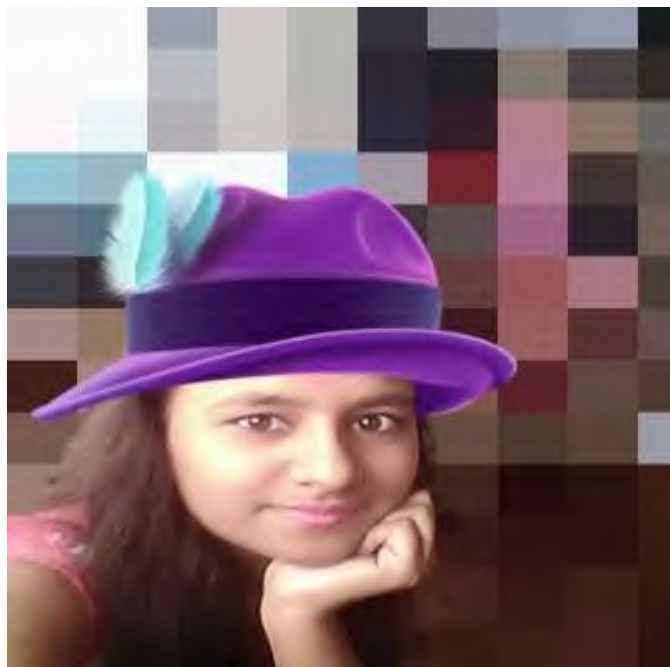
**(Co-ordinator)**  
 ( Prof M M Shirsath)

**(Co-ordinator)**  
 (Mr N. Y. Kazi)

M. G. Tele Commerce, C & B. R. Tele Science & K. Tele Management College, Thalner, Tal. Shirpur, Dist. Dhule.

Online Yoga Day Participants

01] Patil Gayatri Dajbhau



02] Yadav palak subhashsingh



HAPPY INTERNATIONAL YOGA DAY 🧘  
DAY



03] Uttara jaiswal



04] DR.PRASHANT KRUSHNARAO PATHAK



05] Shirsath Ishwar Bhaidas



06] Shruti atul ghodke



07] More Manohar Pandurang



08] Pushpesh kishor shrikhande



09] shubhangi rajendra patil

4:31 PM

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## झुलाल भिलाजीराव पाटील महाविद्यालय धुळे

Total points **20/20**

राज्यशास्त्र विभाग  
टी वाय बी य  
विषय राजकीय समाजशास्त्र

Email \*

shivanisonawane299@gmail.com

विद्यार्थ्यांचे नाव

Shivaneer Sunil sonewane

मोबाईल नंबर

9404745388

11:43

झुलाल भिलाजीराव पाटील म...

## झुलाल भिलाजीराव पाटील महाविद्यालय धुळे

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10] Kadam Priya Dilip

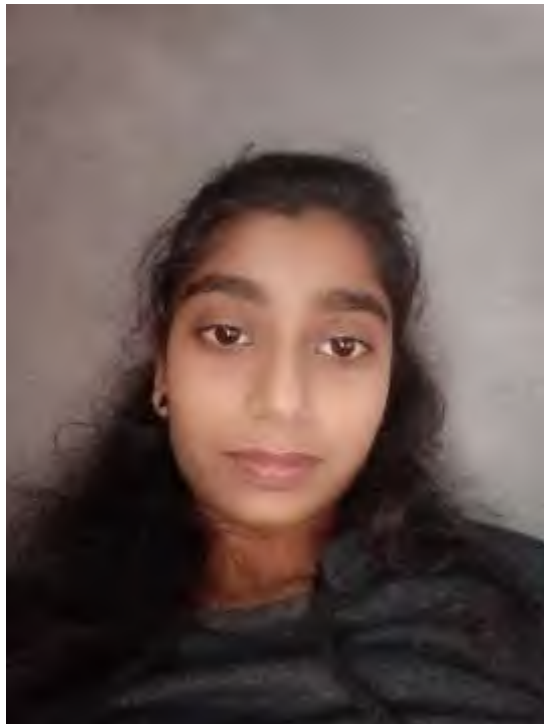
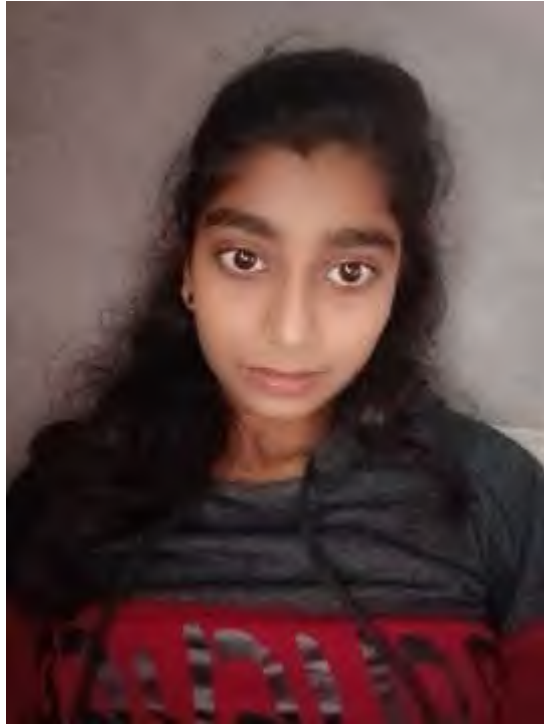




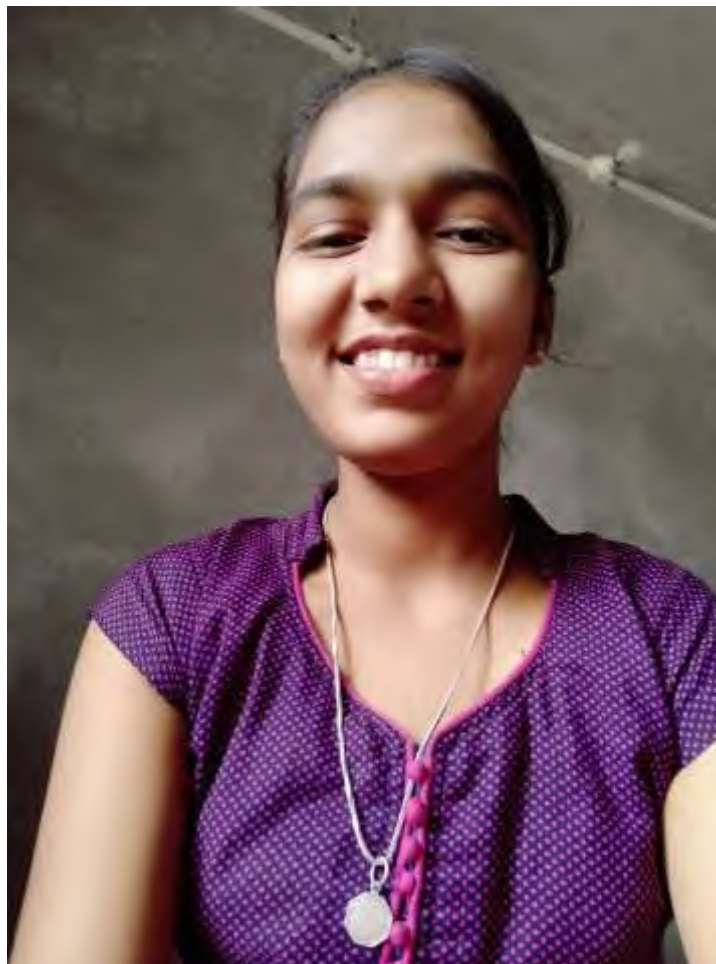
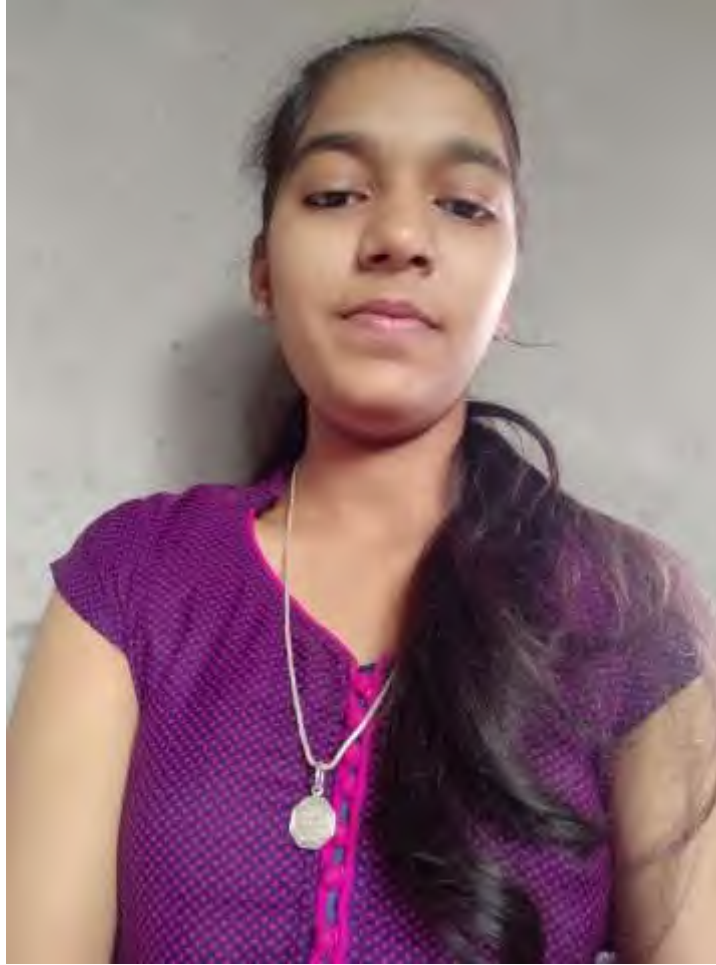
11] Suryawanshi Hemant Shankar



12] Khairnar Nikita Bhalchandra



13] Dhanshri shantaram pawar



14] KHAN MANTASHA RIZWAN



15] Yograj Mangal Patil



16] Nitin Gajanan Patil



17] Jadhav prashant kalyansing



18] Kunal Shriram patil

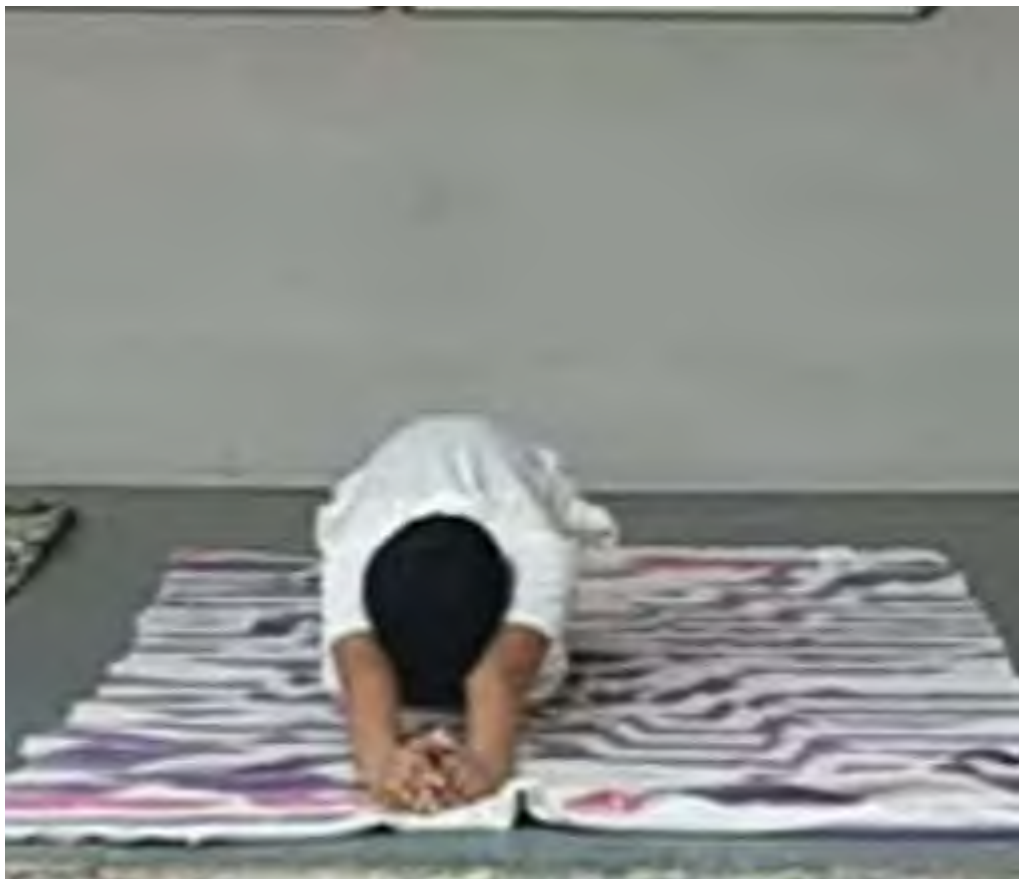




19] Koli Mahesh dhondu



20] Wadile arjun Kailas





**भोक्तामता**

**संडे अँकर | जिजामाता शाळेतील शिक्षिकेची महिलांमध्ये योगाची जनजागृती करण्याची धडपड दररोज योगा करा आणि कोरोनाला हरवा**



**ऑनलाईन मार्गदर्शन**

श्रीलंकातील योगा शाळा 'बेटी बचाओ, बेटी पढाओ' जल संदर्भ देण्यासाठी प्रयत्न करित आणखी, लॉकडाऊनमध्ये काळात देखील लॉन्ग विदर्शननेंग अलासये महाराष्ट्र, ल्यायासये महाराष्ट्र ऑनलाईन पाठविलेले शनिवारी, शिवाय लॉन्ग चलनभावाची यत्न सादरची करत घेतले.

लॉन्गमा लुगुन संदर्भ

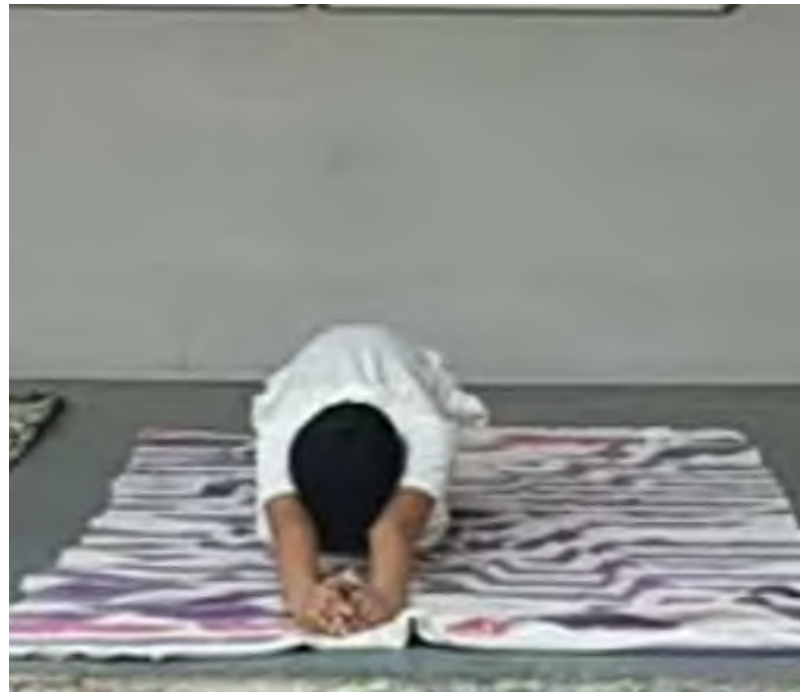
सुद्धे : सध्याच्या कोरोना काळात शिवाय सध्याची यत्न सादरची करत घेतले. प्रत्युत्ताने लॉन्गमा लुगुन संदर्भ अलासये महाराष्ट्र, ल्यायासये महाराष्ट्र ऑनलाईन पाठविलेले शनिवारी, शिवाय लॉन्ग चलनभावाची यत्न सादरची करत घेतले.

**बेटी बचाओ, बेटी पढाओ**

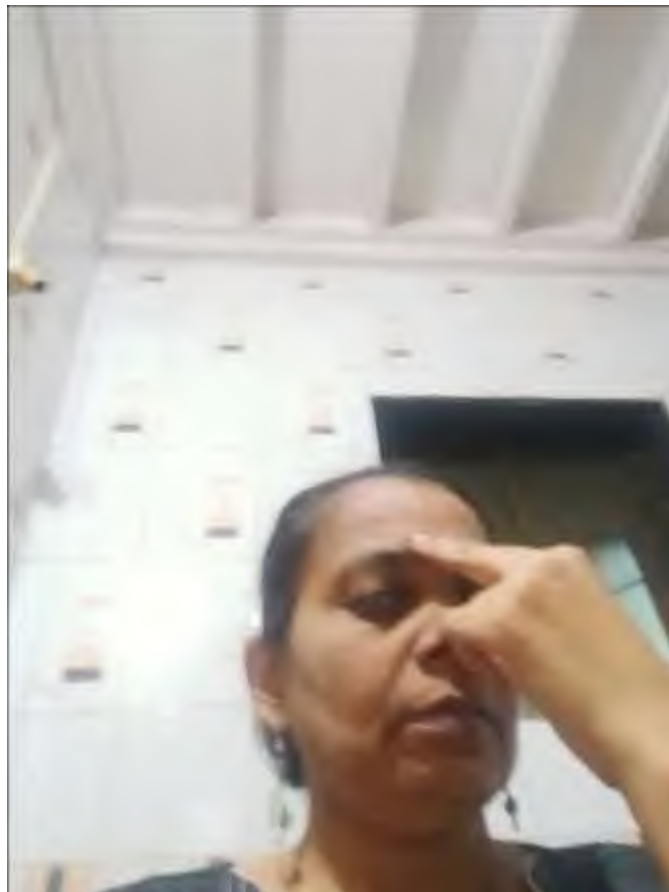
लुगुन संदर्भ देण्यासाठी प्रयत्न करित आणखी, लॉकडाऊनमध्ये काळात देखील लॉन्ग विदर्शननेंग अलासये महाराष्ट्र, ल्यायासये महाराष्ट्र ऑनलाईन पाठविलेले शनिवारी, शिवाय लॉन्ग चलनभावाची यत्न सादरची करत घेतले.

'माझे कुटुंब माझी जबाबदारी' या संदर्भात लुगुन संदर्भ देण्यासाठी प्रयत्न करित आणखी, लॉकडाऊनमध्ये काळात देखील लॉन्ग विदर्शननेंग अलासये महाराष्ट्र, ल्यायासये महाराष्ट्र ऑनलाईन पाठविलेले शनिवारी, शिवाय लॉन्ग चलनभावाची यत्न सादरची करत घेतले.

22] Amol rajendra Sonawane



23] Jajodia Sharmila Sameer







### GOMUKHASANA

C'dt HRUTUJA DIGAMBER WAGH  
Z.B PATIL COLLEGE DHULE  
7 MAH GIRLS BATTALION NCC  
AURANGABAD

#### Benefits of Gomukhasana:

- Stretches your butt (aka Gluteus Maximus, Minimus, and Medius) which helps relieve tightness in your hips and lower back pain.
- Opens your shoulders and increases the range of motion for your shoulder joint.
- Gomukhasana is one of the few poses we do in yoga where we internally rotate the arm/shoulder.



7MH(G)BATTALION NCC



Yoga for Harmony & Peace

27] Dr. Wagh Prakash Bhila

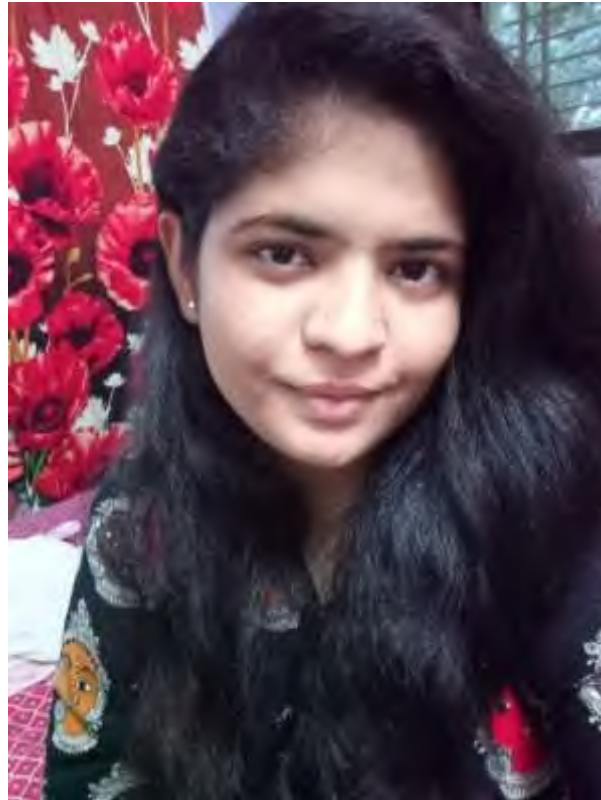




28] N Y KAZI



29] Suryawanshi srushti bhara



30] Patil Om Ravindra



31] Sant komal Mahesh



32] Chaudhari Divya Nitin



33] Patil Rekha Ashok



34] J G PAWARA



35] C N PAWAR





36] PAWAR NAMDEO MANSING



37] Aditya kumar



38] Patil Varsha Bhaidas



39] Pawar Swara Rajesh





## PADMASANA



LCPL PATIL VAISHNAVI BHAGWAN  
Z. B. PATIL COLLEGE DHULE  
7 MAH (G) BATTALION,  
AURANGABAD



- Restores energy levels
- Increases awareness and attentiveness
- Helps develop good posture
- Eases menstrual discomfort and sciatica

41] Pawar Dipak Vijay



42] Borhade Sareeka devram



43] Pathak Deepa shiv kumar





44] Patil Manisha Kamlesh



46] Patil Parul Kamlesh







ज्ञानम ही परम श्रेया :

**GODHATMA SHAIKSHANIK BAHU-UDDESHIYA SANSTHA**

**M. G. Tele Commerce, C & B. R. Tele Science & K. Tele Management  
College, Thalner, Tal. Shirpur, Dist. Dhule.**

**Wab site:**

**<http://godhatmaeduthalner.org.in>**

**College Ph. No. 02563-285265.**

## Certificate of Merit

***This is to certify that, Miss. Chandhari Dnyes Ndin, Street Saptashrungi Stayned & Mahavidyalay & Hospital, Nashik has solemnly pledged and actively participated in an online Quiz and Yogasana Competition organised on the occasion of an "International Yoga Day" 21st June 2021. She secured "First" rank.***

**N. Y. Kazi  
(Co-ordinator)**

**Prof. M. M. Shirath  
(Co-ordinator)**

**Dr. C. G. Tele  
(Chairman)**

**Dr. R. M. Shewale  
(Principal)**



ज्ञानम ही परम श्रेया :

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**Wab site:**

**<http://godhatmaeduthalner.org.in>**

**College Ph. No. 02563-285265.**

## Certificate of Merit

***This is to certify that, Mr. Gharik Valmik Garakh, Z. P. Primary School, Iglik, Tal. Malegaon, Dist. Nashik has solemnly pledged and actively participated in an online Quiz and Yogasana Competition organised on the occasion of an "International Yoga Day" 21st June 2021. She secured "Second" rank.***

**N. Y. Kazi  
(Co-ordinator)**

**Prof. M. M. Shirath  
(Co-ordinator)**

**Dr. C. G. Tele  
(Chairman)**

**Dr. R. M. Shewale  
(Principal)**



ज्ञानम ही परम श्रेया :

**GODHATMA SHAIKSHANIK BAHU-UDDESHIYA SANSTHA**

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College, Thalner, Tal. Shirpur, Dist. Dhule.**

**Wab site:**

**<http://godhatmaeduthalner.org.in>**

**College Ph. No. 02563-285265.**

## **Certificate of Merit**

***This is to certify that, Miss. Patil Varsha Bhaikru, Zeta Bhaikru Patil College, Dhule has solemnly pledged and actively participated in an online Quiz and Yogasana Competition organised on the occasion of an "International Yoga Day" 21st June 2021. She secured "Third" rank.***

**N. Y. Kazi  
(Co-ordinator)**

**Prof. M. M. Shirath  
(Co-ordinator)**

**Dr. C. G. Tele  
(Chairman)**

**Dr. R. M. Shewale  
(Principal)**

# संडे अँकर | जिजामाता शाळेतील शिक्षिकेची महिलांमध्ये योगाची जनजागृती करण्याची धडपड दररोज योगा करा आणि कोरोनाला हरवा



लोकमत व्यूज नेटवर्क

**धुळे :** सध्याच्या कोरोना काळात विविध समस्या डोके वर काढत आहे. प्रामुख्याने शारिरीक व मानसिक तणावमुक्तीसाठी व विविध आजारांपासून मुक्ती मिळण्यासाठी तसेच कोरोनासारख्या महामारीवर मात करण्यासाठी 'योगा करा व कोरोनाला हरवा' असा मूलमंत्र मुख्यतः स्त्रियांना देवून त्यांना ऑनलाईन, फेसबुक, व्हॉट्सअपच्या माध्यमातून चर्चासत्र, योगाचे प्रात्यक्षिक करून योगाचे जीवनातील महत्व पटवून देण्याचा प्रामाणिक प्रयत्न शहरातील जिजामाता कन्या विद्यालयाच्या उपक्रमशील उपशिक्षिका मनिषा पाटील करीत आहेत.

## ऑनलाईन मार्गदर्शन

महिलांमध्ये योगा बाबत गोडी वाढावी यासाठी सतत प्रयत्न करीत असतात. लॉकडाऊनच्या काळात देखील त्यांनी विद्यार्थिनींना आहाराचे महत्व, व्यायामाचे महत्व ऑनलाईन पध्दतीने सांगितले. शिवाय त्यांच्या पालकांनाही यात सहभागी करून घेतले.

## बेटी बचाओ, बेटी पढाओ

आयुष मंत्रालयाद्वारा योगा व रनिंग करून 'बेटी बचाओ, बेटी पढाओ' असा संदेश देवून शासनाचे प्रमाणपत्र मनीषा पाटील व मुलगी पारुल पाटील यांना मिळाले. एक सुदृढ पीढी घडविण्याचे काम व मोफत योगाभ्यासाचे महत्व जनसामान्यांना पटवून देतात.

'माझे कुटुंब माझी जबाबदारी' या शासनाच्या धोरणाअंतर्गत स्त्रिचे कुटुंबात महत्वपूर्ण स्थान आहे, स्त्री जर सशक्त असेल तर कुटुंब देखील निरोगी राहिल आणि परिणामी कारोनासारख्या महामारीला हद्दपार करू शकू. म्हणूनच स्त्री हा केंद्रबिन्दु मानून काळाची गरज ओळखून मनीषा पाटील या आपल्या ९ वर्षांच्या मुलीसोबत नित्यनियमाने प्राणायाम, व्यायाम, योगा, सूर्यनमस्कार करून मार्गदर्शन करण्याचे समाजोपयोगी काम

करत आहेत. आयटीएसतर्फे महाराष्ट्र भूषण पुरस्कार त्यांना मिळाला आहे. १९ फेब्रुवारी रोजी रंगोत्सव संस्थेद्वारा राष्ट्रीय स्तरावरील कलागौरव २०२० हा अशा प्रकारचे अनेक पुरस्काराने त्या सन्मानित झालेल्या आहेत. आमदार चपक स्पर्थेत २०१५-१६ साली जिल्ह्यात शिक्षकांसाठी आयोजित रनिंग स्पर्थेत त्यांनी प्रथम क्रमांकाचे यश संपादन केले आहे.



Godhatma Shaikshanik Bahu uddeshiya Sanstha

**M. G. Tele Commerce, C. & B. R. Tele Science,  
K. Tele Management College Thalner, Tal.-Shirpur, Dist.-Dhule**

College Ph. No. 02563-285265, 285275

Mob. No. 9421524153

Rg. No. by Act 1860 Maharashtra/8102

Rg. No. By Act 1950-F/7749/Dhule.

15<sup>th</sup> July 2021

**Report on World Youth Skills Day Celebration – 15<sup>th</sup> July 2021.**

On 15<sup>th</sup> July 2021 our "M. G. Tele Commerce, C & B. R. Tele Science & K. Tele Management College, Thalner, Tal-Shirpur Dist- Dhule celebrated World Youth Skills Day.

This year due to present scenario when all spheres of life are deeply affected by the pandemic, all events are disrupted greatly it is our duty and responsibility to ensure the well being of the youth. Kepping this in mind our "M. G. Tele Commerce, C & B. R. Tele Science & K. Tele Management College, Thalner, Tal-Shirpur Dist- Dhule" decided to celebrate World Youth Skills Day through online mode. For this we organized an Essay competition for students and teachers. The theme or topic of competition was "Re-imagining Youth Skills Post Pandemic"

In this competition 20 students participated. From which three best essays are selected as rank 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> respectively. The top three participants were awarded with rank certificates and other participants were also given certificate of participation through digital medium.

In this competition Hon, Prin. Dr. R. M Shewale gave his valuable co-operation and guidance. Also Hon. Chairman Dr. C. G. Tele, the faculty and the staff of the college provided in valuable support.

**Winners of the competition**

1. Pranjal Pradip Gade, Parner Public School
2. More Harshali Samadhan, Vidhya Amrut Dyan Pratishthaan College of Shirsondi
3. Rohit Ashok Yadav, Vivekanand College Aurangabad

1. Mr. M. M. Shirsath (Co-ordinator)
2. Mr. N. Y. Kazi (Co-ordinator)
3. Prin. Dr. R. M. Shewale (Principal)

(Dr. R. M. Shewale)  
Principal





*Godhatma Shaikhanik Bahu-uddeshiya Sanstha's*  
**M. G. Tele Commerce, C. and B. R. Tele  
Science, K. Tele Management College,  
Thalner. Tal- Shirpur. Dhule**

• **Phone No. 02563-285265**

**Web site:** <http://godhatmaerdothalner.org.in>

**Certificate of Participation**

This is to certify that, Mr./ Mrs./ Miss. **Manisha Sawle** of Z p school Mahalaxminagar actively participated in online essay competition on "**National Panchayat Raj Day**" dated 24th April 2021 and awarded with **First rank**.

**Mr. M. M. Shirwadhi**

**Co-ordinator**

**Dr. C. G. Tele**

**Chairman**

**Dr. R. M. Shewale**

**Principal**



Godhatma Shaikshanik Bahu uddeshiya Sanstha

**M. G. Tele Commerce, C. & B. R. Tele Science,  
K. Tele Management College Thalner, Tal.-Shirpur, Dist.-Dhule**

College Ph. No. 02563-285265, 285275

Mob. No. 9421524153

Rg. No. by Act 1860 Maharashtra/8102

Rg. No. By Act 1950-F/7749/Dhule.

1<sup>st</sup> September 2021

**Report on National Sports Day - 29 August 2021.**

On 29<sup>th</sup> August 2021 our "M. G. Tele Commerce, C & B. R. Tele Science & K. Tele Management College, Thalner, Tal-Shirpur Dist- Dhule celebrated **National Sports Day** through online mode by organizing a Quiz competition based on the topic of sports.

This year due to present scenario when all spheres of life are deeply affected by the pandemic, all events are disrupted greatly it is our duty and responsibility to ensure the well being of the youth. Keeping this in mind our "M. G. Tele Commerce, C & B. R. Tele Science & K. Tele Management College, Thalner, Tal-Shirpur Dist- Dhule" decided to celebrate **National Sports Day** through online mode. For this purpose we organized quiz competition for students and teachers.

In this competition about 104 participants participated through different What'sApp groups. All participants received their E-certificates through provided E-mails. In this competition Hon, Prin. Dr. R. M. Shewale gave his valuable co-operation and guidance. Also Hon. Chairman Dr. C. G. Tele, the faculty and the staff of the college provided in valuable support.

1. Mr. N. Y. Kazi (Co-ordinator)
2. Mr. M. M. Shirsath (Co-ordinator)
3. Prin. Dr. R. M. Shewale (Principal)

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(Dr. R. M. Shewale)  
Principal





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Rg. No. By Act 1950-F/7749/Dhule.

Date – 22/02/22

## **Report On World Day Of Social Justice – 20<sup>th</sup> Feb 2022.**

Our M. G. Tele Comm., C. & B. R. Tele Sci., K. Tele Mgt. College, Thalner organized an online Quiz competition on 20<sup>th</sup> February 2022 on the occasion of World Day of Social Justice. In this competition many students and teachers participated through Google form. Total there are 72 students participated through Google form. For this we create the Whatsapp groups for students to reach out the important notification from us.

All participants received their E-certificates through provided e-mails. In this competition Hon. Prin. Dr. R. M. Shewale gave his valuable co-operation and guidance.

1) Mr. M. M. Shirsath (Co-ordinator)

2) Prin. Dr. R. M. Shewale ( Principal )

(Dr. R. M. Shewale)  
Principal





GODHATMA SHAIKSHANIK BAHU-UDDESHIYA SANSTHA'S

**M. G. Tele Commerce, C. and B. R. Tele Science, K. Tele Management  
College, Thalner. Tal- Shirpur. Dhule**

Email- [alltelecollege@gmail.com](mailto:alltelecollege@gmail.com)

Phone No. 9922240251

Website: <http://godhatmaeduthalner.org.in>

## **CERTIFICATE OF PARTICIPATION**

*This is to certify that, Miss. Pagare Salonee Mahesh, Zulal Bhilajirao Patil Mahavidyalay Dhule, has actively participated in an online Poster Presentation Competition organised on the occasion of "World Science Day for Peace and Development" on 10 November 2021.*

**Mr. M. M. Shirsath  
(Co-ordinator)**

**Dr. C. G. Tele  
(Chairman)**

**Dr. R. M. Shewale  
(Principal)**



GODHATMA SHAIKSHANIK BAHU-UDDESHIYA SANSTHA

M. G. TELE COMMERCE, C. AND B. R. TELE SCIENCE AND K. TELE MANAGEMENT  
COLLEGE, THALNER, TAL. SHIRPUR, DIST. DHULE

College Ph. No. 02563-285265, 285275

Web site: <http://godhatmaeduthalner.org.in>

# CERTIFICATE

*This is to certify that, Mr. / Mrs./ Miss.*

**JAI PALSINGH BHARATSING CHAUDHARI**

*has solemnly pledged and actively participated in  
online quiz for "World Nature Conservation Day"  
dated 28th July 2021.*

Prof. J. G. Pawara  
(Co-Ordinator)

Dr. C. G. Tele  
(Chairman)

Dr. R. M. Shewale  
(Principal)



Godhatma Shaikshanik Bahu-uddeshiya Sanstha's

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Management College, Thalner.  
Tal- Shirpur. Dhule**

Email- alltelecollege@gmail.com

Phone No. 9922240251

Website: <http://godhatmaeduthalner.org.in>

## Certificate of Participation

This is to certify that, Mr./ Mrs./ Miss. Prin Dr R M Shewale of M. G. Tele Commerce, C. & B. R. Tele Science and K. Tele Management College, Thalner Tal. Shirpur, Dist. Dhule actively participated in an online quiz competition on "World Ozone Day" dated 16<sup>th</sup> September 2021.

Mr. N. R. Pawara  
Co-ordinator

Dr. C. G. Tele  
Chairman

Dr. R. M. Shewale  
Principal

Godhatma Shaikshanik Bahu-uddeshiya Sanstha's

**M. G. Tele Commerce, C. and B. R. Tele Science, K. Tele  
Management College, Thalner.**

**Tal- Shirpur. Dhule**

Email- alltelecollege@gmail.com

Phone No. 9922240251

Website: <http://godhatmaeduthalner.org.in>

## Certificate of Participation

This is to certify that, Mr./ Mrs./ Miss. Chetan Nana Pawar of M. G. Tele Senior College Thalner actively participated in an online quiz competition on "World Ozone Day" dated 16<sup>th</sup> September 2021.



Mr. N. R. Pawara  
Co-ordinator



Dr. C. G. Tele  
Chairman



Dr. R. M. Shewale  
Principal