

Gymkhana activities and achievements of 2019-2020

- **Celebration of Yoga Day**

International Day of Yoga or commonly known as Yoga Day, is celebrated on 21st June. The yoga expert taught some important physical, mental, and spiritual practices to the participants who would help the participants in improving their health by increasing blood flow and boosting immunity

- **Tree Plantation**

From 2016 the Maharashtra government launched a massive drive to increase the green cover across the state. As part of the drive, we were planted trees in our campus. In 2016 - 75 trees, in 2017 - 75 trees, in 2018 – 75 and in 2019 we planted 100 trees in our campus.

In 2018 Canpack India Ltd., Aurangabad supports us by giving Rs. 20,000 under CSR activity for tree plantation in our campus.



- **Cleanliness drive in the institute and hostel**

On the eve of Mahatma Gandhi Jayanti Gymkhana organizes cleanliness drive in the department and institute campus



- **Program on “Woman Empowerment and Her Health**

A program on “Woman Empowerment and Her Health” was organized on 21/9/2019 at Gymkhana Hall at 3.00 pm by “**VISHAKHA SAMITTI**” of institute. Distinguished guest present for the program were Smt. Varsha Thakur - Ghuge, Deputy Commissioner, General Administration, Aurangabad and Dr. Varsha Nandedkar, MD General Physician at Government Medical Hospital ,Aurangabad.

The program Agenda was presented by Dr. Radha Bang. She focused on the safety of Woman in her day to day life and importance of health for her growth and development.

Our Chief Guest Smt. Varsha Thakur - Ghuge said that “Women are no more confined to the kitchens cooking foods for everyone in the family. They have done what people said what not suited for women. From boxing to football to cricket which was the only built for men a few years back are the places where women have shown their charisma. They make their own choices and take their own decisions. Even in our Constitution, it is clearly mentioned that men and women get equal rights and women have fought a long way to get there. They are given the right to education and freedom. They have excelled in all the fields. ”

Later Dr.Varsha Nandedkar, MD General Physician, Government Hospital, Aurangabad emphasized on today’s stressful life of Woman and her multi tasking that affects her and her negligence towards Woman’s health .She spoke on girls menstrual care and education. Girls had taken suggestion on their health care and daily diet.

Finally Vote of thanks was delivered by Prof. S.V. Borde.



- **Zest '20 women self defense workshop**

Self- defence, especially for women, is of utmost importance in the kind of the world we live in today. It also makes women more confident, more independent and more aware of their surroundings.

As a part of our social initiative, we had organized a workshop on basics of self-defence, for women in Government Polytechnic, Aurangabad at Gymkhana Hall on 1st January 2020. We received a huge response, because empowered women means empowered society.

The program objectives were as follows:

- ✓ Protecting against threats / assaults in everyday situations
- ✓ Easy, effective & practical close combat techniques that can be executed by anyone.
- ✓ Enhancing body language, attitude & verbal responses etc.
- ✓ Self Defense / Personal Safety Discussion and Experience.

The target audience was students and faculty of the Institute .The training was delivered by Prof. P.R.Potdar by highlighting important points of workshop. The participant had learned the new techniques of self-defense.



- **Organization of Zonal (G1 zone) Volleyball competition**

Our institutes hosted zonal volleyball competition from last 15 years successfully.

This year 17 institutes participated in the event.



- The Gymkhana promotes sports by encouraging guaranteed participation of our students in all events conducted by IDESSA.

- **Achievements 2019 -2020**



Girls Badminton Team won at Zonal level



Carrom team is winner and Chess team is runner up at zonal level



Kho- Kho team is Winner and Cricket team is runner up at zonal level



Volley ball team and Kabbadi team is runner up at zonal level

- **Free Dental checkup and awareness camp**

A free dental checkup and awareness camp was recently organized with the help of Government Dental College, Aurangabad. The camp was initiated with dental awareness talk, educating students about common dental ailments, especially stressing on tooth decay and gum diseases and measures to prevent from them. The students were highlighted about the eating patterns and food choices which cause tooth decay.

