

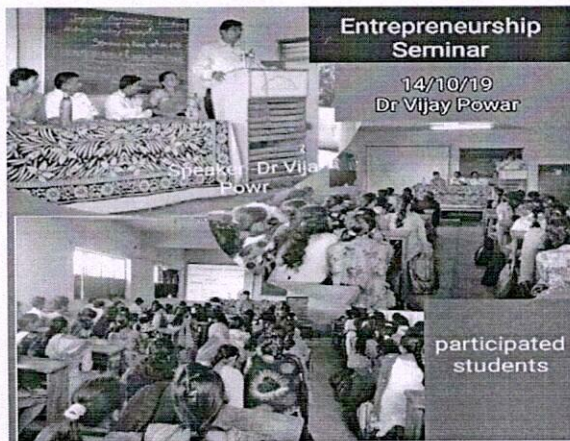
2028-19---1.Event Management 14/10/19

' Event Management ' Seminar was organized under lead college scheme that was Shivaji University Kolhapur and Vijaysinha Yadav College Peth Vadgaon and Commerce ,Economie dept of Jayawant Mahavidyalaya Ichalkaranji.. The aims of the seminar was as follows

- 1.To aware student about importance of entrepreneurship in getting job
- 2.To provide them entrepreneurship skills and new ideas of entrepreneurship in current area.
- 3.. To change attitude of the student Job seeker to Job creator.

. The programme is organized with association of Phynox INFOCOM Ichalkaranji and MSME New Delhi Branch Kolhapur & Commerce dept of the college.The programme was inhagreated by principal Dr. P.G. Patil, by lightening the lamp. Shakuntala Patil explained the role, objectives of the programme.

In the first set ion was handled by Dr Vijay Power on concept, importance of entrepreneur, second by Dr Sanjay Patil that was on different skills and new opportunities. The second session was chaired by Shakuntala Patil and vote of thanks was given by Narendra Teli which benefited 110 students.




Principal,
Jaywant Mahavidyalaya,
Ichalkaranji.


V/c. Principal
Jaywant Mahavidyalaya,
Ichalkaranji.

5.Snack Fair 11 April 23

Commerce student must aware about marketing skills in business.industry.

It is very important for commerce students to know marketing skills to become a successful entrepreneur. To enhance this marketing skill, advertisement skill a snack fair was organized in the college on 11 April 23 by the department of commerce.

The fair was inaugurated by B.S Patil, principal of the college. Around 20 stalls of different tradational food items were set up on this occasion All other students were enjoyed the food and they made much profit from it

Tthe students with special skills were honored with special prizes. Most of the students of the college took advantage of this this time



[Signature]
I/c. Principal
Jaywant Mahavidyalaya,
Ichalkaranji.

**JAYWANTRAO AWALE SHIKSHAN PRASARAK MANDAL'S
JAYWANT MAHAVIDYALAYA, ICHALKARANJI.**
Near Govt. Rest House Shahapur 416115 (0230-2439408) Website-www.jaywantcollegeich.com

Founder President

Hon. Shri. Jayawantravji Awale

Prin. Dr. Prakash G. Patil

M.A. (Eco.), M.A. (Soc.),

M.Phil., Ph.D.

President

Shri. Sanjay J. Awale

Secretary

Shri. R.D. Lokhande

Ref./no/ 07/2018-19

Date- 8/2/2019



Letter of Appreciation

To,

Dr. S.B. Bhambar

Chairman,

BoS, English and Linguistics,

Shivaji University, Kolhapur.

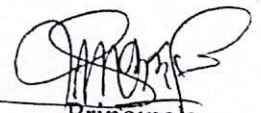
Dear Sir,

We are very thankful to you for your valuable guidance on "Developing Communication Skills" delivered on Saturday dated 9th Feb. 2019 at 8.30 a.m.. Your guidance will definitely help our students for their academic performance. Once again we express sincere gratitude. In future also we hope such kind of help from you.

Thanking You!



I/c. Principal
Jaywant Mahavidyalaya,
Ichalkaranji.


Principal

I/c. Principal.
Jaywant Mahavidyalaya,
Ichalkaranji.

Jaywant Mahavidyalaya, Ichalkaranji

2018 -19

Report

on

“Developing Communication Skills”



With an intention to provide information about the concept of communication skills, how to enhance communication skills and its strategies a lecture was organized on “Developing Communication Skills”. Dr. S.B. Bhambar, Chairman ,Board of Studies, English and Linguistics delivered a valuable guidance to students about enhancing communication skills in English . Dr. Y.A.Awale , Director of Physical Education chared the session. Mrs. Vaijayanta Patil proposed vote of thanks. was proposed by Knowledge of ICT is necessary for the students. 87 students participated in the programme. The programme was organized by Department of English and IQAC of the college.


I/c. Principal
Jaywant Mahavidyalaya,
Ichalkaranji.

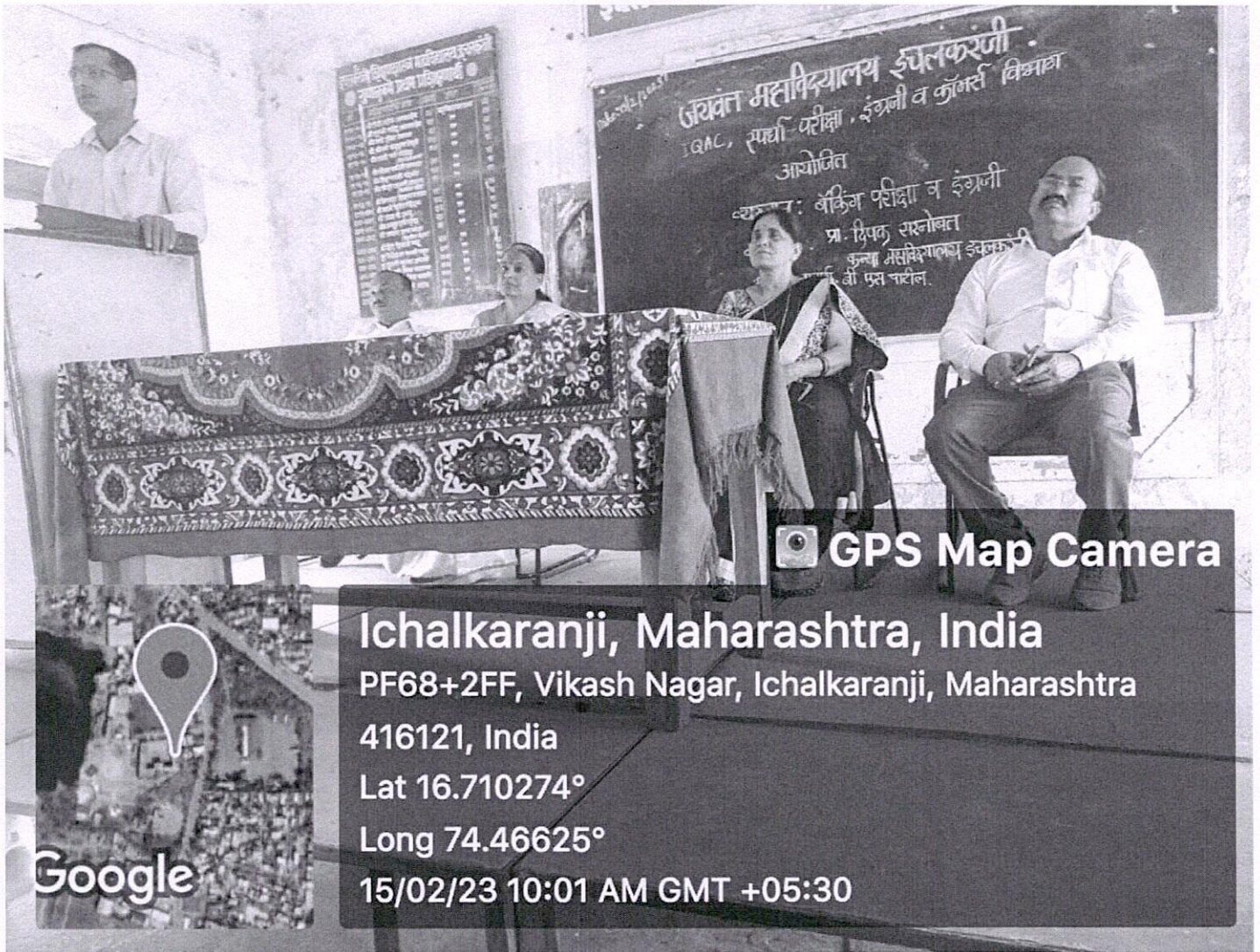
Patil.
(Vaijayanta Patil)
Dept. of English
Jaywant Mahavidyalaya,
Ichalkaranji

Jaywant Mahavidyalaya, Ichalkaranji
2029-20
Report on a demonstration lecture
on
E-Mail Writing workshop



Knowledge of ICT is necessary for the students. With an intention to provide detailed information about E- mail writing a demonstrative lecture was organized for the students of B. A. / B.Com. II in the college on 20th Dec. 2019. Dr. Vaijayanta Patil, Department of English. Students were informed how to create email, structure of email, formal and informal e mail writing , CC and BCC , etc.with demonstration. 47 students benefited from it. The programme was organized by Department of English and IQAC of the college.


I/c. Principal
Jaywant Mahavidyalaya,
Ichalkaranji.



 **GPS Map Camera**

Ichalkaranji, Maharashtra, India

PF68+2FF, Vikash Nagar, Ichalkaranji, Maharashtra

416121, India

Lat 16.710274°

Long 74.46625°

15/02/23 10:01 AM GMT +05:30



Jaywant Mahavidyalaya, Ichalkaranji

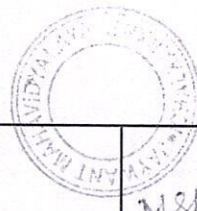
Seminor Name :- English for Competitive Exam in Banking Date:- 15-02-2023

Sr.No	Name	Sgin
1	Pooja mohan Biradar	Pooja
2	SAPANA SURESH PHOLI	SSD
3	Rakhi chandrakant koshthi	Rck
4	kusum Sidasay Lambu	KSL
5	Aishwarya Raju Kanne	A.R.Kanne
6	Sulbha Baliram sankpal	S.B.SANKPAL
7	Ankita Bharat Desai	A.B.D.
8	Jyoti Manohar Kajave	J.Kajave
9	Priyanka Kisan Natre	P.K.Natre
10	Arpita Anil Hingmire	Arpita
11	Sanika Dattatray Yelurkar	Sanika
12	Abhishek Mahesh Kadolkar	Abhishek
13	Pravin Ratnashekhar Mali	Pravin
14	Ishwar Anaso Molekar	IA Molekar
15	Tulashina Ankush Todkar	Tulashina

I/c. Principal

Jaywant Mahavidyalaya,
Ichalkaranji

Dr. A. A. A. A.
Director of P.T. Education



15)	Mamaj shingaji Redekar	M. Redekar
17)	Gautam Suresh Toralkar	G. Toralkar
18)	Premraj Kishor Morwadkar	P. Prem
19)	Om Rajendra Gurav	O. Gurav
20)	Akshay patil	A. Patil
21)	Pranav shrikant mane	P. Mane
22)	Vijay Kisan Phopate	V. Phopate
23)	Guddu Hazalal Bhagat	G. H. Bhagat
24)	Avishkar chandrakant wagh	A. Wagh
25)	Harshad Prakash fatala	H. Fatala
26)	Mahesh Laxman Dake.	M. L. Dake
27)	Vishal Ashok Ghadage	V. Ghadage
28)	Tuskar Bolo Kusane	T. B. Kusane
29)	Anil D. Lohare	A. Lohare
30)	Sunil Shelar	S. Shelar
31)	Atishay Santosh Rankale	A. Rankale
32)	Shreeas Sunil Bhone	S. S. Bhone
33)	Sakshi Sachin Khandagale	S. S. K.

I/c. Principal

Jaywant Mahavidyalaya,
Ichalkaranji.



34	Rakhi Vinod Gaikwad.	R/G
35	Annapurna .C. Sakhare	A.Sakhare
36	Diplaxmi Dilip Joshi	DDJ
37	Shweta Kishor Thoke	S.K.Thoke
38	Snehal Rajaram Talap.	Snehal
39	Sadlyu Kabir Sanele	S.Sanele
40	Rajal Rangrav Suryawanshi	R/R
41	Sanika Chandrabhekha Kambale	Sanika
42	Tanya Mazuri Mali	Tanya
43	Anjali Prabhakar Bagade.	A.Bagade
44	Pooja Baccha Giri	Pooja
45	Prajakta Sanil Sawant	P.S.Sawant
46	Sanjana Ganpat Kharade.	Sanjana
47	Pallavi Nivas Tambire	Pallavi
48	Nandini Gopal Kamble	N.Kamble
49	Gourai Shivaji Jadhav	G.S.Jadhav
50	Saniya Mustak Momin	S.M.Momin
51	Sadiya Dastagir Dange	S.D.Dange

I/c. Principal

Jaywant Mahavidyalaya,
Ichalkaranji

A.A. Vhanandavar.

52) Anasvi Geanesh Kharje

53) Aishawarya Annappa Vhanandavar.



- 54) Kasturi Sunil Savant
 55) Samudhi Mohan Nidsoshi
 56) Padiksha. Derachandra Molekar
 57) Laxmi Mahadev Bane
 58) Mahesh Sikkandar Mhawar
 59) Sanchita Sanjay Koli
 60) Sanika Acharya Mhebar
 61) Purnima Paju Shaikh
 62) Simean Manu sandi
 63) Pranali Shamrao Bhasme.
 64) Sanjana Sanjay Shikhar.
 65) Rutuja Sunil Masale.
 66) Lad Sayali Sanjay
 67) Bhondare Seemu Shaikant
 68) Bhondare Uma Shaikant
 69) Shaikh Sajida Aslam

Savant

Nidsoshi

Padiksha

MBane

Mhawar

S.S. Koli

S.S. Mhebar

PP Shaikh

Smeandi

Opp.

S.S. Shikhar

R.S. Masale

Shaychi

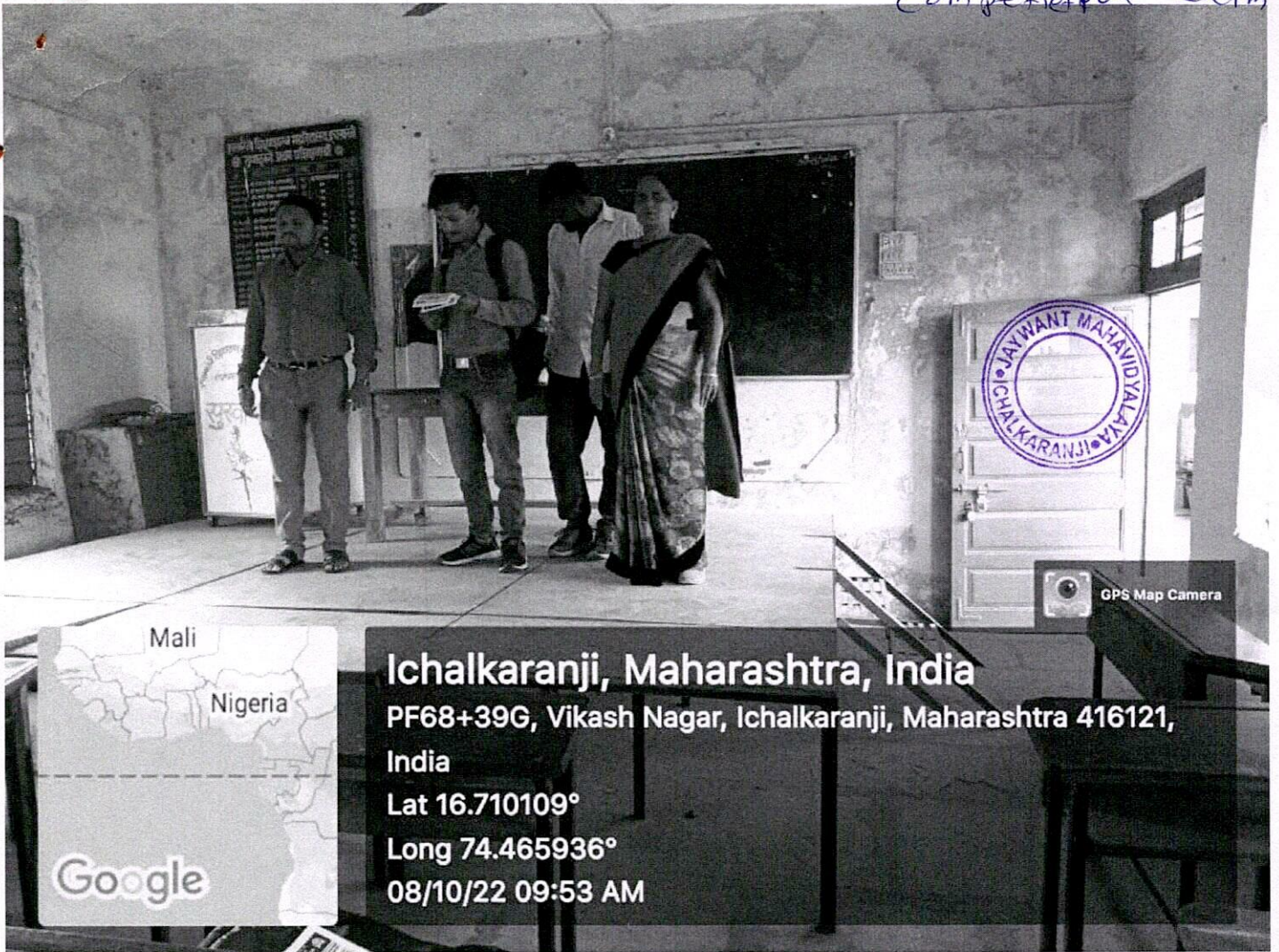
S.S.

U.S. Bhondare

S.A. Shaikh

Total - 69

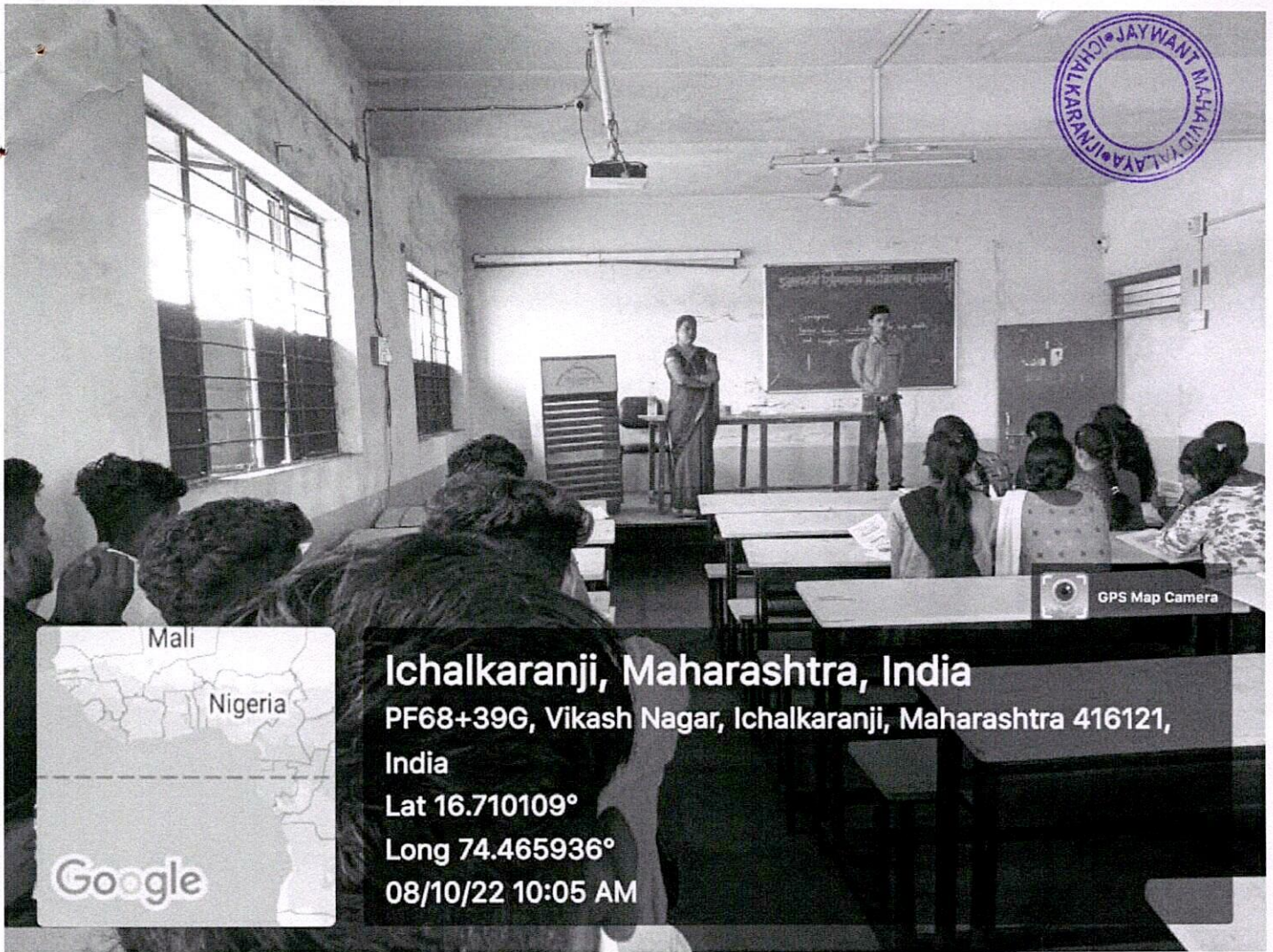
Principal
 I/c. Principal
 Jaywant Mahavidyalaya.
 Ichalkaranji.



'Audience of Competition Exams'

The programme on Competitive Examination has been organized by the college in association with Manorangan Mandal, Ichalkaranji. In the programme students were guided about various competitive examinations, reference books & how to prepare for the exam. Students were also informed about the book scheme and library made available by the Manorangan Mandal.


I/c. Principal
 Jaywant Mahavidyalaya,
 Ichalkaranji.



[Signature]
I/c. Principal
Jaywant Mahavidyalaya,
Ichalkaranji.

मनोरंजन मंडळ इचलकरंजी | श्री दगडूलाल मर्दा फौंडेशन

इ. ११ वी, १२ वी नंतरच्या प्रवेश परीक्षा
JEE, NEET, NATA, ITHM, LAW



आणि MPSC, UPSC स्पर्धा परीक्षा यासाठी

मनोरंजन मंडळ स्टडी लायब्ररी

विद्यार्थी/पालक मित्रहो...

मनोरंजन मंडळ ही संस्था गेली ४४ वर्षे इचलकरंजी शहरात सामाजिक, सांस्कृतिक, शैक्षणिक व कला क्षेत्रात सातत्याने कार्यरत आहे. मंडळाच्या अनेक कायमस्वरूपी उपक्रमांपैकी 'स्टडी लायब्ररी' हा एक महत्वाचा शैक्षणिक उपक्रम आहे.

...इयत्ता ११ वी, १२ वी विद्यार्थ्यांसाठी...

इयत्ता ११ वी आणि १२ वीच्या क्रमिक पुस्तकांशिवाय लागणारी गाईड्स, संदर्भ पुस्तके, २१ अपेक्षित, नोट्स तसेच १२ वी नंतर होणाऱ्या विविध प्रवेश परीक्षांची अनेक प्रकाशनांची पुस्तके लायब्ररीत उपलब्ध आहेत. नवनीत, मार्कल, रिलायबल, टारगेट, मॉडर्न ए.बी.सी., विद्याभारती, अरिहंत अशी अनेक प्रकाशनांची शेकडो पुस्तके उपलब्ध.

...स्पर्धा परीक्षा विद्यार्थ्यांसाठी...

MPSC आणि UPSC स्पर्धा परीक्षेसाठी - के सागर, दीपस्तंभ, युनिक, स्टडी सर्कल, चाणक्य मंडल, ज्ञानदीप, सिम्प्लीफाईड, लोकसेवा, प्रगती, निराली अशा विविध प्रकाशनांची पुस्तके उपलब्ध. MPSC च्या विविध स्पर्धा परीक्षा, (पूर्व, मुख्य) पोलिस भरती, विविध खात्यातील लिपीक भरती, रेल्वे भरती बोर्ड, IBPS अशा विविध परीक्षांसाठीची पुस्तके उपलब्ध.

अल्प वार्षिक फीमध्ये दररोज/दर आठवड्याला
सभासद विद्यार्थ्यांना पुस्तके बदलून घेण्याची सोय.

वार्षिक फी रु. २००/- फक्त.....
डिपॉझिट रु. ५००/- रिफंडेबल

- सभासद होण्यासाठी जरूर संपर्क साधा -



मनोरंजन मंडळ स्टडी लायब्ररी

दाते मळा, सुंदर बागेजवळ, इचलकरंजी.

(वेळ : सकाळी १० ते १ आणि सायंकाळी ४ ते ७ वाजेपर्यंत.)



मनोरंजन मंडळ

द्वारा रचना प्रिंटेर्स, दाते मळा, सुंदर बागेजवळ,
इचलकरंजी - ४१६ ११५. (जि. कोल्हापूर)
विनंती दूरध्वनी (०२३०) २४३६७५४



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E-mail : mmich.ngo@gmail.com Web : www.manoranjanmandal.org

नियमित उपक्रम

- व्याख्यानमाला
- स्टडी लायब्ररी
(दहावी ते पदवी आणि पदव्युत्तर, सर्व शिक्षण शाखांसाठी पुस्तके व संदर्भ ग्रंथ)
- अभ्यासिका
- पुस्तक पेढी
- राज्यस्तरीय पोस्टर
- स्पर्धा व प्रदर्शन
- प्रबोधनपर गणेशोत्सव
- गुणी विद्यार्थी गौरव
- स्पर्धा परीक्षा मार्गदर्शन व लायब्ररी
- विज्ञान चळवळ
- राज्यस्तरीय मराठी एकांकिका स्पर्धा
- आंतरमहाविद्यालयीन राज्यस्तरीय स्पर्धा (काव्यवाचन, भावगीत शास्त्रीय नृत्य, प्रश्नमंजुषा)
- शिवजयंती
- मराठी दिन उत्सव
- वाचनालय
- हिंदी दिन
- आम्ही रसिक (नाटक सभासद योजना)
- महिला विभाग उपक्रम
- युवक विभाग उपक्रम

रौप्यमहोत्सवी
मनोरंजन मंडळ....

प्रबोधन आणि
सामाजिक, शैक्षणिक,
कला व सांस्कृतिक
क्षेत्रामधील विधायक
उपक्रमांसाठी कार्यरत.

प्रति,

मा. प्राचार्य/पर्यवेक्षक,

जयवंत महाविद्यालय
इचलकरंजी

● विद्यार्थ्यांसाठी स्पर्धा परीक्षा व प्रवेश परीक्षा लायब्ररी.

सस्नेह नमस्कार,

मा. महोदय/महोदया,

मनोरंजन मंडळ आणि श्री दगडूलाल मर्दा फाँडेशन या संस्था इचलकरंजी शहरात गेली ४३ वर्षे कार्यरत असून संस्थेच्या वतीने आम्ही प्रतिवर्षी नियमितपणे राज्यस्तरीय मराठी एकांकिका स्पर्धा, आंतरमहाविद्यालयीन स्पर्धा, व्याख्यानमाला, पुस्तक संच वितरण, स्टडी लायब्ररी, वक्तृत्व स्पर्धा, इत्यादी विविध उपक्रम राबवीत असतो.

संस्थेच्या वतीने ११ वी, १२ वी विद्यार्थ्यांच्या सर्व प्रवेश परीक्षा पुस्तकांची आणि महाविद्यालयीन विद्यार्थ्यांसाठी स्पर्धा परीक्षा पुस्तकांची 'स्पर्धा परीक्षा व प्रवेश परीक्षा पुस्तके लायब्ररी' सुरु करण्यात आली आहे. अशा परीक्षांसाठी अनेक पुस्तके वापरावी लागतात, त्याच्या किंमतींचा विचार करता सर्वांना सर्व पुस्तके खरेदी करणे शक्य होत नाही. याकरिता MPSC व UPSC स्पर्धा परीक्षा आणि JEE, NEET, MH-CET, NATA, IIHM, Law, इत्यादी प्रवेश परीक्षांकरिता लागणारी सर्व प्रकारची पुस्तके अल्प वार्षिक वर्गणी भरून विद्यार्थ्यांना लायब्ररी पद्धतीने अभ्यासासाठी उपलब्ध आहेत.

सदरचा उपक्रम ज्युनियर कॉलेज आणि सिनियर कॉलेजच्या विद्यार्थ्यांसाठी उपयुक्त असल्याने या उपक्रमाचे माहितीपत्रक आपल्या महाविद्यालयाच्या सूचना फलकावर लावून या शैक्षणिक उपक्रमास सहकार्य करावे ही नम्र विनंती ! त्याचबरोबर या उपक्रमाची माहिती आपल्या विद्यार्थ्यांना प्रत्यक्ष देण्यासाठी आमच्या संस्थेच्या प्रतिनिधींना अनुमती देऊन या उपक्रमासाठी सहकार्य करावे ही नम्र विनंती !

धन्यवाद !

स्नेहांकीत,

अध्यक्ष/उपक्रम समन्वयक,
मनोरंजन मंडळ, इचलकरंजी करिता.

(अध्यक्ष-समीर गोवंडे ९९६०६३१९३३, समन्वयक-संजय होगडे ९८५०५८८८२५)





मनोरंजन मंडळ इचलकरंजी | श्री दगडूलाल मर्दा फौंडेशन

**इ. ११ वी, १२ वी नंतरच्या प्रवेश परीक्षा
JEE, NEET, NATA, ITHM, LAW**

**आणि MPSC, UPSC स्पर्धा परीक्षा यासाठी
मनोरंजन मंडळ स्टडी लायब्ररी**

विद्यार्थी/पालक मित्रहो...

मनोरंजन मंडळ ही संस्था गेली ४४ वर्षे इचलकरंजी शहरात सामाजिक, सांस्कृतिक, शैक्षणिक व कला क्षेत्रात सातत्याने कार्यरत आहे. मंडळाच्या अनेक कायमस्वरूपी उपक्रमांपैकी 'स्टडी लायब्ररी' हा एक महत्वाचा शैक्षणिक उपक्रम आहे.

...इयत्ता ११ वी, १२ वी विद्यार्थ्यांसाठी...

इयत्ता ११ वी आणि १२ वीच्या क्रमिक पुस्तकांशिवाय लागणारी गाईड्स, संदर्भ पुस्तके, २१ अपेक्षित, नोट्स तसेच १२ वी नंतर होणाऱ्या विविध प्रवेश परीक्षांची अनेक प्रकाशनांची पुस्तके लायब्ररीत उपलब्ध आहेत. नवनीत, मार्बल, रिलायबल, टारगेट, मॉडर्न ए.बी.सी., विद्याभारती, अरिहंत अशी अनेक प्रकाशनांची शेकडो पुस्तके उपलब्ध.

...स्पर्धा परीक्षा विद्यार्थ्यांसाठी...

MPSC आणि UPSC स्पर्धा परीक्षेसाठी - के सागर, दीपस्तंभ, युनिक, स्टडी सर्कल, चाणक्य मंडल, ज्ञानदीप, सिम्प्लीफाईड, लोकसेवा, प्रगती, निराली अशा विविध प्रकाशनांची पुस्तके उपलब्ध. MPSC च्या विविध स्पर्धा परीक्षा, (पूर्व, मुख्य) पोलिस भरती, विविध खात्यातील लिपीक भरती, रेल्वे भरती बोर्ड, IBPS अशा विविध परीक्षांसाठीची पुस्तके उपलब्ध.

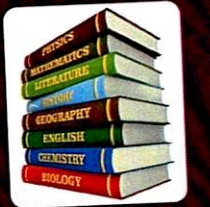
अल्प वार्षिक फीमध्ये दररोज/दर आठवड्याला
सभासद विद्यार्थ्यांना पुस्तके बदलून घेण्याची सोय.

वार्षिक फी रु. २००/- फक्त.....
डिपॉझिट रु. ५००/- रिफंडेबल



मनोरंजन मंडळ स्टडी लायब्ररी

दाते मळा, सुंदर बागेजवळ, इचलकरंजी.
(वेळ : सकाळी १० ते १ आणि सायंकाळी ४ ते ७ वाजेपर्यंत.)



**JAYWANTRAO AWALE SHIKSHAN PRASARAK MANDAL'S
JAYWANT MAHAVIDYALAYA, ICHALKARANJI.**

Near Govt. Rest House Shahapur 416115 (0230-2439408) Website-www.jaywantcollegeich.com

Founder President	President	Secretary
Hon. Shri. Jayawantravji Awale	Shri. Sanjay J. Awale	Shri. R.D. Lokhande
Prin. Dr. Prakash G. Patil		Ref. /no/ 112 /2019-2020
M.A. (Eco.), M.A. (Soc.), M.Phil, Ph.D.		Date- 29 /08/2019

To,
The Secretary,
Prof. Rajnish Jain
University Grants Commission,
New Delhi.

Sub.: Regarding participation in 'Fit India Movement'
Ref.: Your letter D.O.No. F.1-54/20/2019 dated 23rd August 2019.

Dear Sir,

Our college has participated in the 'Fit India Movement' by organizing the activities directed by UGC. In the beginning the 'Fitness Pledge' has been taken by the students, teachers and non-teaching staff. After that a walk of 10,000 steps has been organized where 305 students (198 girl students and 107 boys students), 16 teachers and 8 persons from non-teaching staff participated. The college has also prepared the fitness action plan and publicized on the notice board.

Herewith the video clips of the activities is being sent with this letter.

Thanking You!



Yours Sincerely
Principal

Principal,
Jaywant Mahavidyalaya,
Ichalkaranji.

Copy to:

1. Deputy Registrar, (Affi.)
Shivaji University, Kolhapur



JAYWANT MAHAVIDYALAYA ICHALAKRANJI

PHYSICAL FITNESS WORKOUT PROGRESS CHART ENTRY FORM & UNDERTAKING

Name: सावित्री (2018-2019) Class: _____ Age: _____ Height: _____ Weight: _____

Pulse rate: _____ Date: _____ a.m to _____ a.m / _____ p.m to _____ p.m

How many minutes of your session you take workout each and every day for one month.

2 / 5 hours and 30/60 minutes (150 / 300 minutes) each week

We undertake for this work .sign. of the student: _____ Parents signature: _____

Week 1	Week 2	Week 3	Week 4
1 warm-up, sreching ,workout,stretching,cool-down <u>Sut-tal Run</u> <u>Athletics</u>	8 warm-up, sreching ,workout,stretching,cool-down <u>hockey</u>	15 warm-up, sreching ,workout,stretching,cool-down <u>meditation</u>	22 warm-up, sreching ,workout,stretching,cool-down <u>Partner</u> <u>Exercise</u>
2 warm-up, sreching ,workout,stretching,cool-down <u>upper body</u> <u>chins-up</u>	9 warm-up, sreching ,workout,stretching,cool-down <u>Technique</u> <u>practice</u>	16 warm-up, sreching ,workout,stretching,cool-down <u>surnamasker</u>	23 warm-up, sreching ,workout,stretching,cool-down <u>upper body-chins</u>
3 warm-up, sreching ,workout,stretching,cool-down <u>Sprint</u>	10 warm-up, sreching ,workout,stretching,cool-down <u>weigh training</u> <u>Rope-chins-up</u>	17 warm-up, sreching ,workout,stretching,cool-down <u>Foot-ball</u>	24 warm-up, sreching ,workout,stretching,cool-down <u>Cross-Country</u>
4 warm-up, sreching ,workout,stretching,cool-down <u>Rest</u>	11 warm-up, sreching ,workout,stretching,cool-down <u>Rest</u>	18 warm-up, sreching ,workout,stretching,cool-down <u>Rest</u>	25 warm-up, sreching ,workout,stretching,cool-down <u>Rest</u>
5 warm-up, sreching ,workout,stretching,cool-down <u>Kabadi</u>	12 warm-up, sreching ,workout,stretching,cool-down <u>Cross-Country</u> <u>run</u>	19 warm-up, sreching ,workout,stretching,cool-down <u>Kbestling</u>	26 warm-up, sreching ,workout,stretching,cool-down <u>Hockey</u>
6 warm-up, sreching ,workout,stretching,cool-down <u>Technique</u> <u>practice</u>	13 warm-up, sreching ,workout,stretching,cool-down <u>Technique</u> <u>practice</u>	20 warm-up, sreching ,workout,stretching,cool-down <u>Technique</u> <u>practice</u>	27 warm-up, sreching ,workout,stretching,cool-down <u>Technique</u> <u>practice</u>
7 warm-up, sreching ,workout,stretching,cool-down <u>Weight training</u>	14 warm-up, sreching ,workout,stretching,cool-down <u>long run Yoga</u>	21 warm-up, sreching ,workout,stretching,cool-down <u>long run Yoga</u>	28 warm-up, sreching ,workout,stretching,cool-down <u>long run Yoga</u>
Total Minutes = Total Absent = Total Present = Poor/Good/ Excellent	Total Minutes = Total Absent = Total Present = Poor/Good/ Excellent	Total Minutes = Total Absent = Total Present = Poor/Good/ Excellent	Total Minutes = Total Absent = Total Present = Poor/Good/ Excellent

Name: _____ Age: _____ Height: _____ Weight: _____ Pulse rate: _____

Date: _____ FITNESS PROGRESS: POOR/GOOD/ EXCELLENT ✓

Kwale

1/07/2018 to
30/07/2018

Physical Fitness Exam (2018-2019)



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28
1) Shikode Soheb	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
2) Gaikwad Prathmesh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
3) Shikamkar Balwant	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
4) Khot Shubham	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
5) Awale Rohan	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
6) Jamadar Sahil	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
7) Vavare Akashy	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
8) Mardane Genesh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
9) Patil Suraj	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
10) Nalavade Rakesh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
11) Madar Rohan	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
12) Patil Swapnil	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
13) Khavare Venkatesh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
14) Chitane Balaji	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
15) Asule Omkar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
16) Petakar Rohit	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
17) Alande Akshay	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
18) Kambale Adish	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
19) Mali Swapnil	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
20) Desai Aniket	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
21) Kesarkar Sandesh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
22) Awale Rohan	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
23) Teke Kiran	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
24) Dange Jannam	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
25) Khot Dipali	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
26) Shete Vikram	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P

Awale

Principal,
Jaywant Mahavidyalaya,
Ichalkaranji.



JAYWANT MAHAVIDYALAYA ICHHALAKRANJI

PHYSICAL FITNESS WORKOUT PROGRESS CHART ENTRY FORM & UNDERTAKING

Name: Pratik Raj (201920) Class: _____ Age: _____ Height: _____ Weight: _____

Pulse rate: 120 Date: 01/07/2019 a.m to _____ a.m / _____ p.m to _____ p.m

How many minutes of your session you take workout each and every day for one month.

2 / 5 hours and 30/60 minutes (150 / 300 minutes) each week

We undertake for this work .sign. of the student _____ Parents signature _____

Week 1	Week 2	Week 3	Week 4
1 warm-up,sreching ,workout,stretching,cool-down <u>Sprint Run</u> <u>Athletics</u>	8 warm-up,sreching ,workout,stretching,cool-down <u>Hockey</u>	15 warm-up,sreching ,workout,stretching,cool-down <u>Foot ball</u>	22 warm-up,sreching ,workout,stretching,cool-down <u>parameter</u> <u>Exercise</u>
2 warm-up,sreching ,workout,stretching,cool-down <u>upper body</u> <u>chins ups</u>	9 warm-up,sreching ,workout,stretching,cool-down <u>Technique</u> <u>practice</u>	16 warm-up,sreching ,workout,stretching,cool-down <u>technique</u> <u>practice</u>	23 warm-up,sreching ,workout,stretching,cool-down <u>upper body chin ups</u>
3 warm-up,sreching ,workout,stretching,cool-down <u>Sprint</u>	10 warm-up,sreching ,workout,stretching,cool-down <u>weight training</u> <u>rope chin ups</u>	17 warm-up,sreching ,workout,stretching,cool-down <u>weight training</u> <u>rope chin ups</u>	24 warm-up,sreching ,workout,stretching,cool-down <u>Cross Country</u>
4 warm-up,sreching ,workout,stretching,cool-down <u>Rest</u>	11 warm-up,sreching ,workout,stretching,cool-down <u>Rest</u>	18 warm-up,sreching ,workout,stretching,cool-down <u>Rest</u>	25 warm-up,sreching ,workout,stretching,cool-down <u>Rest</u>
5 warm-up,sreching ,workout,stretching,cool-down <u>Kabaddi</u>	12 warm-up,sreching ,workout,stretching,cool-down <u>Cross Country</u> <u>run</u>	19 warm-up,sreching ,workout,stretching,cool-down <u>Taekwondo</u>	26 warm-up,sreching ,workout,stretching,cool-down <u>Hockey</u>
6 warm-up,sreching ,workout,stretching,cool-down <u>Technique</u> <u>practice</u>	13 warm-up,sreching ,workout,stretching,cool-down <u>Technique</u> <u>practice</u>	20 warm-up,sreching ,workout,stretching,cool-down <u>Technique</u> <u>practice</u>	27 warm-up,sreching ,workout,stretching,cool-down <u>Technique</u> <u>practice</u>
7 warm-up,sreching ,workout,stretching,cool-down <u>weight training</u> <u>rope chin ups</u>	14 warm-up,sreching ,workout,stretching,cool-down <u>long run</u> <u>Yoga</u>	21 warm-up,sreching ,workout,stretching,cool-down <u>long run</u> <u>Yoga</u>	28 warm-up,sreching ,workout,stretching,cool-down <u>long run</u> <u>Yoga</u>
Total Minutes = Total Absent = Total Present = Poor/Good/ Excellent	Total Minutes = Total Absent = Total Present = Poor/Good/ Excellent	Total Minutes = Total Absent = Total Present = Poor/Good/ Excellent	Total Minutes = Total Absent = Total Present = Poor/Good/ Excellent

Name: _____ Age: _____ Height: _____ Weight: _____ Pulse rate: _____

Date: 30/07/2019 FITNESS PROGRESS: POOR/GOOD/ EXCELLENT

Pratik Raj

Physical Fitness

01/07/2019 to 30/07/2019
(2019-2020)

①

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
1) Abhijit Salukhe	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
2) Jandar Sahil	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
3) Alande Akshya	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
4) Jadhav Omkar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
5) Nikrik Pradip	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
6) Kokamne Subham	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
7) Zunza Akash	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
8) Jange Aslam	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
9) Jange Jannama	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
10) Gaikwad Anant	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
11) Khot Subham	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
12) Gaikwad Prathmesh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
13) Mandane Ganesh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
14) Patil Suraj	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
15) Madan Rohan	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
16) Pawar Vaibhav	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
17) Awalekar Ramjit	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
18) Kulkarni Kedar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
19) Gharaje Vijay	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
20) Alande Akash	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
21) Sonavane Anant	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
22) Sharam Sudhir	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
23) Karande Vishal	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
24) Kamble Vaibhav	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
25) Shekhar Trishad	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
26) Haval Akash	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
27) Patil Sunil	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
28) Ganthade Saurabh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
29) Kambale Rutvik	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
30) Chougale Omkar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
31) Bandarsheeb Sakil	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
32) Golandaj Sahel	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
33) Patil Rutvik	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
34) Desai Smitika	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P

Male



Principal,
Jaywant Mahavidyalaya,
Ichalkaranji.



JAYWANT MAHAVIDYALAYA ICHHALAKRANJI

PHYSICAL FITNESS WORKOUT PROGRESS CHART ENTRY FORM & UNDERTAKING

Name: 2020-2021 Class: _____ Age: _____ Height: _____ Weight: _____

Pulse rate: _____ Date: _____ a.m to _____ a.m / _____ p.m to _____ p.m

How many minutes of your session you take workout each and every day for one month.

2 / 5 hours and 30/60 minutes (150 / 300 minutes) each week

We undertake for this work .sign. of the student _____ Parents signature: _____

Week 1	Week 2	Week 3	Week 4
1 warm-up,sreching ,workout,stretching,cool-down <i>Jogging</i>	8 warm-up,sreching ,workout,stretching,cool-down <i>pranayam</i>	15 warm-up,sreching ,workout,stretching,cool-down <i>meditation</i>	22 warm-up,sreching ,workout,stretching,cool-down <i>Yoga</i>
2 warm-up,sreching ,workout,stretching,cool-down <i>UPPER Body chin-up</i>	9 warm-up,sreching ,workout,stretching,cool-down <i>Assanas</i>	16 warm-up,sreching ,workout,stretching,cool-down <i>Suryanamaskar</i>	23 warm-up,sreching ,workout,stretching,cool-down <i>Suryanamaskar</i>
3 warm-up,sreching ,workout,stretching,cool-down <i>Spinning</i>	10 warm-up,sreching ,workout,stretching,cool-down <i>Suryanamaskar</i>	17 warm-up,sreching ,workout,stretching,cool-down <i>Suryanamaskar</i>	24 warm-up,sreching ,workout,stretching,cool-down <i>Suryanamaskar</i>
4 warm-up,sreching ,workout,stretching,cool-down <i>Rest</i>	11 warm-up,sreching ,workout,stretching,cool-down <i>Rest</i>	18 warm-up,sreching ,workout,stretching,cool-down <i>Rest</i>	25 warm-up,sreching ,workout,stretching,cool-down <i>Rest</i>
5 warm-up,sreching ,workout,stretching,cool-down <i>Yoga</i>	12 warm-up,sreching ,workout,stretching,cool-down <i>Suryanamaskar</i>	19 warm-up,sreching ,workout,stretching,cool-down <i>pranayam</i>	26 warm-up,sreching ,workout,stretching,cool-down <i>Suryanamaskar</i>
6 warm-up,sreching ,workout,stretching,cool-down <i>Suryanamaskar</i>	13 warm-up,sreching ,workout,stretching,cool-down <i>Suryanamaskar</i>	20 warm-up,sreching ,workout,stretching,cool-down <i>Assanas</i>	27 warm-up,sreching ,workout,stretching,cool-down <i>Suryanamaskar</i>
7 warm-up,sreching ,workout,stretching,cool-down <i>Yoga</i>	14 warm-up,sreching ,workout,stretching,cool-down <i>Yoga</i>	21 warm-up,sreching ,workout,stretching,cool-down <i>Suryanamaskar</i>	28 warm-up,sreching ,workout,stretching,cool-down <i>Yoga</i>
Total Minutes = Total Absent = Total Present = Poor/Good/ Excellent	Total Minutes = Total Absent = Total Present = Poor/Good/ Excellent	Total Minutes = Total Absent = Total Present = Poor/Good/ Excellent	Total Minutes = Total Absent = Total Present = Poor/Good/ Excellent

Name: _____ Age: _____ Height: _____ Weight: _____ Pulse rate: _____

Date: _____ FITNESS PROGRESS: POOR/GOOD/ EXCELLENT

Twale

Date 11/11/2020

to 30/11/2020 2020-2021



	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
1) Atoale Rohan Teram	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
2) Ganthe Sourabh S	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
3) miraje prathmesh T	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
4) Desai Azhar sskkandarp	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
5) koravi Sourabh D.	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
6) Patil Nirvarti N.	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
7) Chougale omkar Y	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
8) Kumbhar Rohan A.	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
9) mane Bahmkund S	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
10) Sonawane Amol S.	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
11) Alaik pradip T.	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
12) Shaik Irashadmahad R	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
13) Patil vishwajit R	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
14) Sharam Sudir S.	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
15) Chavan Rushikesh Y.	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
16)																														

Atoale
Dr. Atoale Y. A.
Director at P.T. Education

Principal,
Jaywant Mahavidyalaya,
Ichalkaranji.