

A Report on

3.6.1: Extension activities carried out in the neighbourhood sensitizing students to social issues for their holistic development and the impact thereof during the year.

1. Mask Distribution and Sanitization of Chavare Nagar

During the pandemic of COVID 19, wearing mask and sanitization became of utmost priority. The poor people could not purchase mask for their protection. So College decided to distribute the mask to needy people in Chavare Nagar. On 10th Jan 2020, at 1.00 pm along with Child Line, HVPM, Degree College of Physical Education organized a social work programme of distributing mask to 120 children in Chavare Nagar, near Gopal Nagar, Amravati. Sanitization of Chavare Nagar was done by the college. Total 10 staff members participated in the activity.





2. Grocery Distribution for Needy Citizens during COVID 19 Lockdown

During this World's pandemic of Covid-19 the Indian Government has shutdown many works, schools and the places where social distancing can't be made which in term called as "Lockdown". This lockdown was divided into many parts as per situation. But due to this lockdown many workers, labors and daily wagers were going out of money as they didn't have much savings and work to earn. In such condition many families were starving due to lack money and food.



On 20th April 2020 at 10.30 am, Degree College of Physical Education, Amravati along with its Student's Council department and other donors donated groceries to 150 needy people. This social cause was done under the guidance of Padmashree Prabhakarraoji Vaidya and with the support of Principal, Dr. K.K. Debnath, Vice-Principal, Dr. Shrinivas Deshpande, Student Council Secretary Dr. Madhuri Chendke, Publication Department Convenor Dr. Laxmikant Khandagale and other staff members.

Many students and staffs have contributed some groceries from their houses such as Wheat & wheat flour, gram and gram flour, rice, vegetable oil, spices, salt, etc. the college got this in an baulk amount and then it was distributed evenly into small sags where each needy person will get everything whatever is needed to cook food. Each sag contains

everything given above with small amount. People were delighted with having such help by this college. During this the discipline of social distancing was followed and there was no entry without face mask though he/she is a staff member of the college.

The record was kept of donation from person to person. It distribution programme ended at 12:00 pm as due to lockdown after 12:30 citizens were not allowed to go out of home.



3. Mission Sahasi

Shree Hanuman Vyayam Prasarak Mandal's Degree College of Physical Education, Amravati and All India Students' Council cordially organized 'Mission Sahasi' which means Mission Courage. This was organized in the form of a Women Empowerment and Self-defense workshop. The opening ceremony of this workshop was at 4 p.m. on 16 January 2021 at the football ground of the college. The chief guest of the ceremony was Dr. Madhuri Chendke (Secretary, HVPM) and Asst. Prof. Santosh Bande (Lecturer, COET). Dr. Madhuri Chendke expresses her views on the women empowerment policies and projects running throughout the country. She also showed some fighting skills to the students with Lathi.



The head of the workshop was Dr. Kenedi and assisting him was Asst. Prof. Miss. Nahid. They both demonstrated fighting techniques and close combats. Dr. Kenedi explained Karate, Taekwondo and Boxing and on the other hand Asst. Prof. Miss Nahid explained about Judo and Wrestling. At this mission around 13 teaching staff and around 200 students were present.

4. Blood donation Camp 2021

The blood donation program was held on 25 May 2021 at Shree Hanuman Vyayam Prasarak Mandal's Degree College of Physical Education with the presence of the National Service Scheme in the auditorium hall of the college.



Blood donation started at 9 a.m. and ended at noon. At this time, the blood of 101 blood donors was collected by the team of experts from Dr. Punjabrao Dekhmukh Blood Bank with help of the staff of the organization. Morning Walk Group, various sports organizations, distinguished citizens of Amravati responded spontaneously. At that time, the first citizen of Amravati, Mr. Chetan Gawande (Mayor of Amravati), Dr. Sunil Deshmukh (former Minister), Shree Anant Gudhe (former MP), Mrs. Surekha Lungare, Mr. Tushar Bharatiya (Former Mayor) Vilas Ingole, Mr. Kiran Paturkar, Mr. Sunil Kharate, Dr. Kishore Phule (former Municipal Corporation Chairman) Avinash Mardikar, Mr. Bablu Shekhawat, Mr. Raju Mahalle, Mr. Sachin Rasane, Mr. Surendra Popli (President of Muslim Block Helpline) Haji Rammu Seth, Haji Mustak, Dr. Ravikant Kolhe, Dr. Murke, such prominent personalities visited the blood donation camp and even some of them donated the blood.

On the occasion Mahendra Bhutada, Ajay Daterao and Shyam Sharma. Padmashree Prabhakar Rao Vaidya (General Secretary, HVPM), Dr. Suresh Rao Deshpande (Director and Treasurer), Dr. Ramesh Rao Godbole (Working President), Dr. Shreekant Chendke (Vice President), Dr. Madhuri Chendke (Secretary), Dr. K.K. Debnath (Principal, DCPE), Adv. Prashant Deshpande, Asst. Prof. Deepa Kanhegaonkar, Shree Ravindra Khandekar, etc. were present. Also, the camp was organized by NSS Program Officer Dr. Mahendra Lonakar, Asst. Prof. Vilas Dalal, Dr. Sanjay Tirathkar, Dr. Upadhyay, Asst. Prof. Kohle, Asst. Prof. Ashish Hatekar, Dr. Kiran Gaikwad, Dr. Madhukar Burnase, Dr. Pramod Bhalerao, Mr. Santosh Chawre, Mr. Raju Mahatme, Mr. Wade, Shree Kharate, Mr. Vivek Mohod, Mr. Sadar, Dr. Ravindra Waghmare and others assisted the program. At this camp around 18 staff members and around 20 students were present as the volunteers of the camp and in total 101 citizens donated the blood.

5. Yoga for health and harmony in the pandemic of COVID 19

A four-day national webinar series on the theme ‘Yoga for Health and Harmony in the pandemic of Covid 19’ was organized by the Yoga Department of the college on the occasion of the 7th International Yoga Day 2021. The keynote speaker of the online lecture series was Dr. Madhusudan Penna, Head of Yoga Department, Kavi Kulguru Kalidas Sanskrit University, Ramtek.

The Yoga Day was celebrated in two sessions, on 21st June 2021. The first session was conducted by a college student, according to the International Yoga Protocol from 7 to 8 a.m. The demonstration of Yogawas performed and also broadcasted on Facebook Live and YouTube Live. Former principal of the college Dr. Arun Khodaskar, presented the theme and was demonstrated by, Pranay Pawar, Radhika Khadke, Mithali Gangathade and Ashwini Kajle. The second session of the webinar of was organized at 12 p.m. with a lecture series on Yoga and Health and the keynote address was given by Hon'ble Awadhesh Kumar Misra, General Secretary, All India Council of Naturopathy, New Delhi. The session was hosted by Asst. Prof. Sampada Agarkar, and the introductory speech was made by Mr. Praveenji Anasane. On 22/06/2021 at 12 p.m. Dr. Kishor Phule (Shri Shivaji College of Arts and Commerce, Amravati) presented a lecture on ‘Indian Youth from the Perspective of Swami Vivekanand’. After this Dr. Suryakant Patil (Senior Yogic Expert and Controller of Examinations of the college), provided guidance on ‘Lifestyle in Pandemic Times for a Healthy Living System’. The closing ceremony was on 23/06/2021. Dr. Suresh Rao Deshpande

(Treasurer of HVPM) and Dr. Danoria (Head of Yoga Department, Barkatullah University, Bhopal) was the Keynote Speaker. Dr. Sadhana Danoria guided on the topic of 'Treasure of Physical & Mental Power – Yoga'. At this occasion around 68 teaching staff and around 1600 students were present.



Danoria
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