



Rayat Shikshan Sanstha's
Shri Sadguru Gangageer Maharaj Science, Gautam Arts & Sanjivani Commerce
College, Kopargaon, Dist. Ahmednagar.

Activity: Sports Infrastructure for community Health

Action Taken Report

(Academic Year: 2017-18)

Sr. No.	Agenda	Action Taken
1	To finalize the policy on activity 'Sports infrastructure for community health'.	The policy of activity 'Sports infrastructure for community health' is finalized
2	To organize the health related workshop for senior citizens.	The workshop entitled "A Healthy Mind in a Healthy Body" was organized on 29/11/2017 for senior citizens.
3	To provide the yoga and physiotherapy guidance to senior citizens.	The physical director provided the yoga and physiotherapy guidance to senior citizens.
4	To provide the guidance regarding nutritional diet to senior citizens.	Our physical director provided the guidance regarding nutritional diet to senior citizens.
5	To take the feedback from stakeholders	The feedback from playground users were collected, analysed and necessary actions were taken.

Director of Sports and
Physical Education
S.S.G.M.Science, Gautam Arts &
Sanjivani Commerce College, Kopargaon

Principal
S.S.G.M.College
Kopargaon



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Institutional Distinctiveness: Sports Infrastructure for community Health

Action Taken Report

(Academic Year: 2018-19)

Sr. No.	Agenda	Action Taken
1	To take a review of previous years activities.	The review of previous years activities was taken
2	To organize the yoga related workshop for senior citizens.	The workshop entitled "Yoga for Health and Fitness" was organized on 11 th December 2018 for senior citizens and staff members.
3	To continue the yoga and physiotherapy guidance to senior citizens.	The physical director provided the yoga and physiotherapy guidance to senior citizens.
4	To continue the guidance regarding nutritional diet to senior citizens.	Our physical director provided the guidance regarding nutritional diet to senior citizens.
5	To take the feedback from stakeholders	The feedback from playground users were collected, analyzed and necessary actions were taken.


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Institutional Distinctiveness: Sports Infrastructure for community Health
Action Taken Report
(Academic Year: 2019-20)

Sr. No.	Agenda	Action Taken
1	To take a review of previous years activities.	The review of previous years activities was taken
2	To organize the yoga related workshop for senior citizens.	The workshop on "Squat Workout" was organized on 24 th December 2019 for senior citizens and staff members.
3	To continue the yoga and physiotherapy guidance to senior citizens.	The physical director provided the yoga and physiotherapy guidance to senior citizens.
4	To continue the guidance regarding nutritional diet to senior citizens.	Our physical director provided the guidance regarding nutritional diet to senior citizens.
5	To take the feedback from stakeholders	The feedback from playground users were collected, analyzed and necessary actions were taken.


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Institutional Distinctiveness: Sports Infrastructure for community Health

Action Taken Report
(Academic Year: 2021-22)

Sr. No.	Agenda	Action Taken
1	To organize the workshop about health and fitness for senior citizens.	The workshop on "Health and Fitness of Senior Citizens" was organized on 01/04/2022 for senior citizens and staff members.
2	To continue the yoga and physiotherapy guidance to senior citizens.	The physical director provided the yoga and physiotherapy guidance to senior citizens.
3	To continue the guidance regarding nutritional diet to senior citizens.	Our physical director provided the guidance regarding nutritional diet to senior citizens.
4	To guide about pranayama for better breathing, as it is important after covid-19 pandemic.	Physical director Mr. S. Y. Deshmukh provided the guidance of pranayama especially a breathing exercise to senior citizens.
5	To take the feedback from stakeholders	The feedback from playground users were collected, analyzed and necessary actions were taken.
6	To organize health related programs for staff	'Awareness of Yoga Shuddhikriya (Jalneti)' program was organized for staff on 27 th July 2021. 'Art of Living' program was organized by IQAC in collaboration with Staff Welfare Committee on 18 th July 2022.


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