

**Jeevandeep Shaikshanik Sanshta Poi's
Art's ,Commerce and Science College Khardi**

Notice

Essay Competition

Date:27/08/2018

We would like to inform you that English Department will arrange Essay Writing Competition on the Date of 30/08/2018. Students can submit Essay in written form on A4 size pages and submit to the English Department Professors.

Following Topics are given for Essay Competition

- 1) Importance of Daily Exercise**
- 2)Social Media**

English Department.

Asst.Prof.R. Ghodvinde.

Asst.Prof.S.Bhavar


K.R.Kalkate

Principal
Principal

Jeevandeep Shaikshanik Sanshta Poi's
Art's, Commerce & Science College Khardi
Khardi, Tal. Shahapur, Dist. Thane 421 601.



Essay Writing Competition

Date. 30th August 2018

Our department organise Essay writing competition on **"Importance of Exercise in our daily life"**. 30 students were participated in this competition. Students express their thoughts in essays. We select 3 best essays from 30 essays. Prof. N.D.Gaikar, Prof.S.R.Bhavar and Prof.R.R.Ghodvinde present for this competition.

3 medal winners.

1. Vishal Damale. FYBA
2. Mamta Bhoir . FYBA
3. Pravin Ide.FYBA




Principal

Jeevandeep Shaikshanik Sanstha Pol's
Art's, Commerce & Science College, Khardi
Khardi Tal. Shahapur, Dist. Thane 421 601.



**JEEVANDEEP SHAIKSNIK SANSTHA POI'S
ARTS, COMMERCE & SCIENCE COLLEGE, KHARD.**

Tal. Shahapur, Dist. Thane Pin. 421 601.

Month : August

English Department

Class : F.Y. BA, SY. T.Y.

Name of Teacher : :

Essay Competition

Subject : English

Date :	Roll No.	Sign.	Date :	Roll No.	Sign.	Date :	Roll No.	Sign.
	K.T. Jadhav	R. Jadhav		K. D. Jadhav	R. Jadhav			
	Arvin Ede	P. Ede		Kamrul S.	S. Kamrul			
	M. D. Kishore	M. Kishore		187101	K. S. Bhagade			
	181385			Omkar more	O. more			
	A. K. Vatare	N. Vatare		184108	S. K. K. K.			
	B. B. Jadhav	J. Jadhav		187108	T. G. G. G.			
	181094							
	181060							
	4074							
	Kal Pesh	K. Pesh						
	Omkar more	O. more						
	4144							
	4143							
	4029							
	4073							
	4141							
	4111							
	4145							
	81342							
	81243							
	Anisha. V	A. V.						
	Diksha	D. P. Ingale						
	31057							

Date :

R. R. Ghodvande
Name of Lecturer :



R. R. Ghodvande
Sign :



Jeevandeep Shaikshnik Sanstha
Arts ,Commerce & Science College ,Khardi

Tal. Shahapur Dist. Thane
(Affiliated to Mumbai University)

Activity Report

1. Nature of Activity :

Essay Writing Competition

2.Topic /Subject of the Activity :

Importance of Exercise in our Daily Life

3.Objective for conducting the activity

Develop imagination power
Inhance thoughts and views

4.Methodology

Written
English

5.Department / Committee

6.Coordinator Name

Asst. Prof. Reshma Ghoshvinder

7.Date

30th August 2018

Time 9.30 am

8.Venue :-

Room No - 107

9.Outcome

Students Express thoughts

10.Description of Activity

(Separate Sheet Attach)

11.Proofs attached :

1.letters 2. Student list of participation 3.Certificate

4.Document 5.Photos 6. News 7.Any other

12..Coordinator Sing

Reshma Ghoshvinder



[Signature]

Principal

Jeevandeep Shaikshnik Sanstha Poi's
Art's, Commerce & Science College Khardi
Khardi, Tal. Shahapur, Dist. Thane 421 601.

Name :- Vishal Damale , Std :- F.Y.B.A

* The importance of physical exercise *

Each of us has a physical body made of muscles, blood, bones and various other living tissue. When any of these are injured or not working properly then we get ill. Nobody likes to be ill. So it is important that we keep our body healthy.

Exercising the body is one way of keeping it healthy. If we do not exercise then our muscles become weaker and we are less able to do things properly. Also the bones can become weaker and thus break easily.

There are many types of exercises that we may participate in. We may play badminton, football, netball or whatever games that we prefer. We may also jog, walk, swim or climb a mountain. Older folks prefer less strenuous exercises like Tai Chi, Yoga or a leisurely stroll in the park. For the really fit young people, there are rock-climbing, gymnastics and other physically demanding activities.

We exercise to keep the body healthy. However there are some who overdo things and end up injuring themselves. It is fine to jog for a few kilometres. It is madness to jog until we are exhausted. Also they are people who become addicted to their exercises. They become unhappy when they are unable to exercise or when they lose to someone in a competition.

Exercise is important. No exercise may result in a weak body. Too much exercise may result in injury. Neither extremes are good. It is up to us to be sensible in exercising.

English

Importance of exercise in our life.

"Physical activity or exercise can improve your health and reduce the risk of developing several diseases like type 2 diabetes / cancer and cardiovascular disease.

Physical activity and exercise can have immediate and longterm health benefits. Most importantly, regular activity can improve your quality of life.

Exercise helps us to revive and recondition our full body. It helps us to make our muscles strong. Exercise also prevents obesity or helps in losing the weight. It maintains youthfulness and delays the process of aging. Exercise improves the functioning of the cardiovascular system and prevents the cardiac diseases. It strengthens our immune system and prevents diseases. Exercise improves our mental fitness and prevents insomnia and depression. Exercise is good for the heart and also reduces the risk of developing type 2 diabetes and also the risk of certain cancers.

Doing exercise is very important for our proper health and fitness. Physical exercise are required in each and every sphere of life.

F.Y.B.A

Life Importance of exercise in our

Doing exercise is very important for our proper health and fitness. Physical exercises are required in each and every sphere of life.

The youths of our society today eat a lot of junk food and look old before time. Their poor health is also cannot contribute to the growth of our nation. Therefore to overcome all these problems not only youth of the society but everyone should do exercises in order to stay fit and healthy and contribute to the growth of our nation.

Exercises are really important for students and therefore nowadays in every school and colleges, special classes are organized for physical exercises. Sometimes high trained professionals also visit the schools and college to teach the students the physical exercises. For students are as important for their studies. Physical exercise training opportunities are also nowadays offered in office.