

## Ashoka Premier League-2020

- ❖ **Date of Event:** 12<sup>th</sup> Feb., 2020
- ❖ **Participant:** Management, Faculties and Students
- ❖ **Venue:** Runbhoomi, Govind Nagar
- ❖ **Event Coordinator:** Dr. Vaibhav Bhalerao & Mr. Ashwin Amrutkar

Ashoka Premier League 2020 organized by Ashoka Business School at Runbhumi, Govind Nagar. In all, 12 teams participated in the grand sporting event exhibiting sportsmanship throughout the day. The event consumed the length of the day and witnessed some best performances in the form of the best batsman, best bowler, runner-up, and the winning team. The teams were owned by the participating faculty members. The event was inaugurated at the hands of Dr. D. M. Gujarathi and Mr. Venkitachalam. The event was organized by the students of MBA I & II under the guidance of Dr. Vaibhav Bhalerao and Mr. Ashwin Amrutkar. Swapnil Memane and Lokesh Morankar bagged the awards for the best batsman and best bowler respectively while Pranav Deore and team were the runners up. Mr. Swapnil Memane and his team were the winners of the tournament.





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## Box Cricket Competition

❖ **Date of Event** : 9<sup>th</sup> September, 2019

❖ **Name of the Event** : Box Cricket Competition

A game of Box cricket was held wherein 8 teams participated including faculty team. In each team there were 4 Boys and 3 Girls. and this match was won by Team ABS Rockstars.



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## Health Check-Up Camp

- ❖ **Date:** 1<sup>st</sup>February, 2020
- ❖ **Event Coordinator:** Dr. Shilpa Bhalgat
- ❖ **Participants:**Faculties Staff members & Students
- ❖ **Venue:** Activity Room

Dealing with the fast pace of modern life is not easy, especially where health is a major concern. It is very necessary to maintain a balance between one's physical, mental and spiritual health for a healthy and happy life. With this noble intention and to provide ease to the hectic routine of faculties, staff, students and their family members a free Medical Health Check-up camp was organised by Ashoka's Medcover hospital at Ashoka Business School, Nashik. The camp offered free services like physician consultation, free check-ups of weight, blood pressure / blood sugar / BMI / ECG for the attendees. The objective of the camp was to provide information regarding diet, exercise and weight control. The camp was led under the leadership of Dr. D. M. Gujarathi, Director(Higher Education)Ashoka Education foundation and Dr. Vikas Gaundare, in-charge Director, ABS.The event was coordinated by Dr. Shilpa Bhalgat who organised and managed the entire camp with the best help of medical physicians, consultants and staff.



  
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## International Yoga Day

- ❖ **Event Co-ordinator** : Prof. Manisha Bhamre
- ❖ **Date of Event** : 21<sup>st</sup> June, 2019
- ❖ **Resource Person** : Prof. Harshal Dayma
- ❖ **Articipan** : All staff members
- ❖ **Venue:** Activity Room

The United Nations General Assembly on December 11, 2014, announced that **June 21** will be seen as International Yoga Day. Since 2015, International Yoga Day is being celebrated worldwide. The theme for 2019 Yoga Day was „Yoga for Heart”.

Prime Minister Narendra Modi in September of 2014 addressed the UN assembly and discussed the essence of Yoga. Yoga is an invaluable gift of India's ancient tradition. It embodies the unity of mind and body; thought and action; restraint and fulfilment; harmony between man and nature; a holistic approach to health and well-being.

Ashoka Business School, in keeping in line with its vision, endeavours to develop its students“ holistically and celebrating Yoga Day is one step towards achieving it. All the faculties of ABS along with its support staff participated to practice and spread awareness about Yoga. Under the guidance of Prof. Harshal Dayma, a certified Yoga teacher the day began with a meditation and breathing session. Prof. Dayma then took yogasanas and Suryanamaskar. He also elaborated on the importance of Yoga and its benefits to the mind and body.

Dr. D. M. Gujarathi, Director, Ashoka Education Foundation and Dr. Vikas Gaundare, In-charge Director, ABS were also present for the session. Dr. Vikas Gaundare explained that June 21, the day of the Summer Solstice which is an important day in Indian mythology, is considered the longest day of the year.

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## Musical Chair Competition

❖ **Date of Event** : 11<sup>th</sup> September, 2019

❖ **Name of the Event** : Musical Chair Competition

On Second Last day, a musical chair competition was conducted which was won by Mayur Bhavsar.

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## Table tennis competition

- ❖ **Date of Event** : 3<sup>rd</sup> September, 2019
- ❖ **Name of the Event** : Table Tennis Competition

1] A Table tennis competition was held in which 15 players participated including faculty members and it was won by Prof. Vaibhav Bhalerao.



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*Sub*  
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*Vaibhav Bhalerao*  
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## ABS volunteers for Lokmat Maha Marathon Season-3

- ❖ **Date of Event:** 1<sup>st</sup> December, 2019
- ❖ **Participant:** 23 Students as volunteers
- ❖ **Event Coordinator:** Prof. Manisha Bhamre

23 students from ABS participated as volunteers in the Maha Marathon season 3, an initiative of the Lokmat group. They were congratulated by Mr. B. B. Chandak and Mrs. Ruchira Darda, Founder, Maha Marathon. They were also appreciated for their work during the Marathon. The students along with the ABS coordinator, Prof. Manisha Bhamre were felicitated at the hands of Mrs. Ruchira Darda, who was full of praise for the students and expressed her wish to have their full support in any events conducted by the Lokmat group.

ABS believes that such participation in any extracurricular activities helps the students in their holistic development which in turn develops the personalities of the students.

All the 23 volunteers very efficiently performed their duties and were appreciated by the runners and organizers for a good job done.

Dr. D. M. Gujarathi, Director AEF and Dr. Vikas Gaundare, Director I/C of ABS encouraged the students for their participation.



  
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