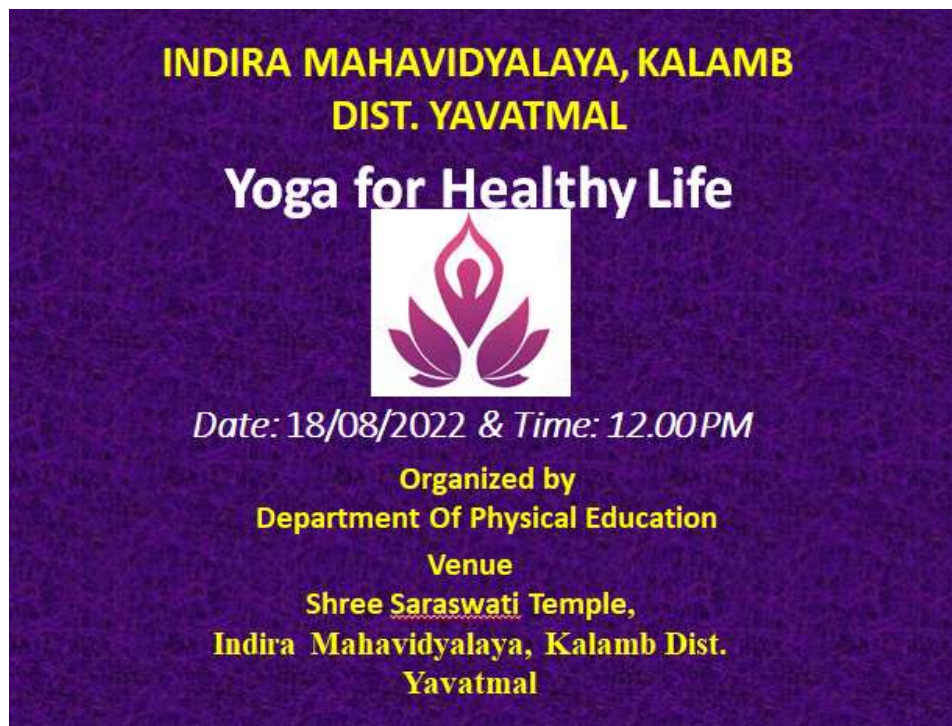


Yoga for Healthy Life (Life skills)

Circular/Bouchers



Geo-Tagged Photo of Event





Expert Interacting with Particeipants, Date: 18/08/2022

Attendance Sheet

Indira Mahavidyalaya, Kalamb Dist-Yavatmal

S.N	Students Name	Class	Signature
1	प्रिची विनायक राव		
2	Poochi santosh digut	M.A.Ist sem	S. C. Sonjima
3	Namrata Vinod Rawat	B.Sc II	
4	Vaishnavi Khushal Bobhare	B.Sc III	
5	Sejal Arvind Jayswal	B.Sc II	
6	Ashwini Chintaman Dhumare	B.Sc II	
7	Achal Sato Sahasrabudhe	B.Sc II	
8	Chamata Ashok Chaudhari	B.Sc I	
9	Ruchita Manohar Chachare	B.Sc I	
10	Sanjana Santosh Bhagat	B.Sc I	S. S. Bhagat
11	Raksha R. Nikhade	B.A.I	R. Nikhade
12	Harshabala Vinod Bangale	B.Sc III	
13	Gayatri Sanjay Deshpande	B.Sc III	
14	Poojanika Gajanan nanhe	B.Sc III	
15	Shruti W. Dhoyare	B.A.I	
16	Syed M. Wasu	B.A.I	
17	Sheela Shamrao Meshram	M.Com Ist	S. S. Meshram
18	Sonali D. Khakale	M.Com I	S. P. Khakale
19	Pooja Santosh Ashkan	B.Com II	
20	Ruchita Santosh Dukare	B.Com II	
21	Ashwini Santosh Bawane	B.Com II	
22	Mayati Dilipao B. Durank	B.Com II	
23	Sweeti W. Chaudhari	B.Com II	
24	Achal S. Mulkule	B.Com II	
25	Anurag M. Chinchalkar	B.Com II	
27	Sumit P. Dagwad	B.Sc I	
28	Anurag D. Kharkar	B.A.I	
29	Suhani N. Muthakale	B.A.I	
30	Suhani N. Muthakale	B.A.I	
31	Maya A. Akare	B.A.I	
32	Kumud P. Akam	B.A.I	
33	Vaishnavi V. Bobare	M.Com Ist	S. S. Meshram
34	Shena Shamrao Meshram	11th com	
35	Gauri Vinodrao Bangade	11th com	
36	Dhanraj Bhameshwar Khandale	B.A. I	
37	Tanya P. Bhakare	B.A. I	
38	Pratiksha Sanjayao Thakare	B.A. I	
39	Pratiksha Sanjayao Thakare	B.Com	
40	Tanya M. Jurnake		

Report

Name of Activity:	Yoga for Healthy Life
Date:	18/08/2022
Number of Participants:	40
Venue:	Shree Saraswati Temple
Organized	Department Of Physical Education
Name of the Resource Person:	Miss. Anita Bhagde
<p>On 18 August 2021 Indira Mahavidhyalay, Kalamb, organized a programme extension activities for Fundamental of yoga practices” Miss. Anita Bhagde, Yoga and Naturopathy , Pune was a Resource person. Yoga is essentially a spiritual discipline based on an extremely subtle Science which focuses on bringing harmony between mind and body. It is an art and science for healthy living. A few minutes of yoga during the day can be a great way to get rid of stress that accumulates daily in both the body and mind, yoga posture and meditation are effective techniques to release stress, and develop concentration etc. Our resources person gave a good useful practice of yoga and meditation it also effectively performed various hard and easy steps of yoga, there are many students participating in this great session.</p>	
 Co-ordinator IGAC Indira Mahavidyalaya Kalamb	 PRINCIPAL Indira Mahavidyalaya Kalamb Dist. Yavatmal