



S. T. Co-op. Edu. Society's Ltd.  
Science Sr. College, Shahada Dist Nandurbar.

**Program name: Yoga Training Program**

Date: 20/1/18

Sr.No	Student Name	Sign
1.	Patil Ashwini Mohan	<u>Patil</u>
2	Khairnar Darshana Rajendra	<u>Patil</u>
3	Chaudhari Jaya Mahendra	<u>Patil</u>
4.	Patil Bhagyshri vilas	<u>Patil</u>
5.	Bagal Namrata Ravindra	<u>Patil</u>
6.	Chambar Ratha Vaman	<u>Patil</u>
7.	Patil Kanchar Jagdish	<u>Patil</u>
8	Patel Rinkal Ambalal	<u>Patil</u>
9.	Bhavsar Harsha Dipak	<u>Patil</u>
10	Patil Ruchita Jitendra	<u>Patil</u>
11.	Gayawanshi Rakesh Satebrao	<u>Patil</u>
12.	Patil Vaishnavi Rajesh	<u>Patil</u>
13	Patil Mohini Chatur	<u>Patil</u>
14.	Patil Dipati Raju	<u>Patil</u>
15.	Chaudhari Laxmi Mahendra	<u>Patil</u>
16.	Chaudhari Maheshwari Y.	<u>Patil</u>
17	Patil Lina Suresh	<u>Patil</u>
18	Patil Priya Lakhichand	<u>Patil</u>
19	Patil Dipali Chhotu	<u>Patil</u>
20)	Patil Damini Dilip	<u>Patil</u>
21)	Patil Sejal Vishwanath	<u>Patil</u>

**PRINCIPAL**  
S.T. Co-op. Edu. Society's Ltd.  
Science Sr. College  
Shahada, Dist. Nandurbar



S. T. Co-op. Edu. Society's Ltd.

(Affi. North Maharashtra University Jalgaon)

## Science Sr. College, Shahada Dist Nandurbar

**NAAC Accredited, Grade-B (CGPA 2.47)**

Date :-10/01/2018

### **CIRCULAR**

All the students of college of S.T.Co.Op.Edu.Society Ltd.Science Sr.College Shahada are informed that the "**Yoga and Meditation**" will be taken in the 20/01/2018. This program will help to concentration in study and also to maintain your body well. Candidate should interested in this program then Contact to concern authority person

#### **Contact**

#### **Mobile No.**

1. Assit.Prof.Asha R.Patil

9604477844

  
Principal  
PRINCIPAL  
S.T.Co.op.Edu.Society's Ltd  
Science Sr.College  
Shahada,Dist.Nandurbar

**Principal**



## S.T.Co.Op.Edu.Society Science Sr.College Shahada

### Report

#### Yoga and Meditation Program [2017-18]

S.T.Co.Op.Edu.Society Science Sr.College has arranged Yoga program for students. Yoga is need of life to remove stress of body and mind. This program was conducted on dated 20 January 2018 in College hall at 10:30 am. The Yoga teacher Mrs.Surekha Patil madam was appointed for this program. She was sharing her great experience and motivates students for yoga. She also delivered lecture for good health .Students are actively done yoga and different "Aasan" of yoga .They was learn and enjoy Yoga program which was main motto of this programme. Mrs. Sureka madam done very good job with lots of inspiration about Yoga.This program conducted under the coordination of Assit.Prof.Asha Patil and other faculty members.

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 postures, Pranayama and meditation are effective techniques to release stress. Meditation is Relaxation which gives calm mind, good concentration body and mind etc. Particularly for a woman faculty and girls, Yoga is a great remedy to remove her tensions which definitely affects her health. Yoga help students by giving her emotional strength so that they can easily manage all pressures and can give her best intellectual abilities. In view of this, S.T.Co.Op.Edu.Society science Sr.College has conducted a one day program on Yoga and Meditation for 21 girls' students and faculty members. After the Yoga program Prof. Asha Patil madam concluded the program in valedictory function with lots of thanks. Overall program was satisfactory and successfully done.

  
Principal  
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Science Sr.College  
Shahada, Dist Nanded

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