

S.T.Co.Op.Education Society's Ltd.
Science Senior College Shahada Dist. Nandurbar



Programme Name: - Yoga Day

Date: 21/07/2018-19

Name of Students	Class	Signature
BEDMUTHA SAKSHI MANOJKUMAR	F.Y.B.Sc.	<i>[Signature]</i>
BHOI BHUSHAN JAGDISH	F.Y.B.Sc.	<i>[Signature]</i>
CHAUDHARI MITALIBEN BHARATBHAI	F.Y.B.Sc.	<i>[Signature]</i>
CHAUDHARI OM SANJAY	F.Y.B.Sc.	<i>[Signature]</i>
CHAUDHARI SARIKA AMBALAL	F.Y.B.Sc.	<i>[Signature]</i>
CHAUDHARI CHETAN KISAN	F.Y.B.Sc.	<i>[Signature]</i>
DEORE NEHA PRAVIN	F.Y.B.Sc.	<i>[Signature]</i>
GAME BHUSHAN MOHAN	F.Y.B.Sc.	<i>[Signature]</i>
GIRASE YUKTA RAJENDRASING	F.Y.B.Sc.	<i>[Signature]</i>
GIRASE SHRADDHA RATILAL	F.Y.B.Sc.	<i>[Signature]</i>
JADHAV ASHA GAJENDRA	F.Y.B.Sc.	<i>[Signature]</i>
JADHAV SHUBHAM SHIVAJI	F.Y.B.Sc.	<i>[Signature]</i>
KUMBHAR JAYESH GAJANAN	F.Y.B.Sc.	<i>[Signature]</i>
MALI SAPANA RAVINDRA	F.Y.B.Sc.	<i>[Signature]</i>
MANVAR SANTOSH NAMDEV	F.Y.B.Sc.	<i>[Signature]</i>
MARATHE ASHWINI DNYANDEV	F.Y.B.Sc.	<i>[Signature]</i>
PATEL ACHAL NITIN	F.Y.B.Sc.	<i>[Signature]</i>
PATEL DEVYANI SURESH	F.Y.B.Sc.	<i>[Signature]</i>
PATEL YAMINI UMAKANT	F.Y.B.Sc.	<i>[Signature]</i>
PATHAK MAYUR SHREEPAD	F.Y.B.Sc.	<i>[Signature]</i>
PATIL GAURAV DASHRATH	F.Y.B.Sc.	<i>[Signature]</i>
PATIL MANASI SHAILESH	F.Y.B.Sc.	<i>[Signature]</i>
PATIL ABHAY MOHAN	F.Y.B.Sc.	<i>[Signature]</i>
PATIL ABHIJIT SHARAD	F.Y.B.Sc.	<i>[Signature]</i>
PATIL DIVYANI MOHAN	F.Y.B.Sc.	<i>[Signature]</i>
PATIL KHUSHI RAJARAM	F.Y.B.Sc.	<i>[Signature]</i>
PATIL TEJASWINI MANOJ	F.Y.B.Sc.	<i>[Signature]</i>
SALUNKE GITANJALI MANOJ	F.Y.B.Sc.	<i>[Signature]</i>
SHELAR SHIVRAJ PRAVIN	F.Y.B.Sc.	<i>[Signature]</i>
TIRMALE NAMRATA DILIP	F.Y.B.Sc.	<i>[Signature]</i>

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

S.T.Co.Op.Education Society's Science Sr.College

Report

On

Yoga and Meditation Program (2018-19)

S.T.Co.Op.Education Society's 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 21 July 2018 in College hall at 10:30 am. The Yoga teachers was Kiran Jadhav & Kishor Chaudhari were appointed for this program. They were sharing their great experience and motivates students for yoga. They delivered lecture for good health .Students are actively done yoga and different "Aasan" of yoga .Student learn and enjoy Yoga program which was main motto of this programme. Yoga teachers 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.Education Society's Science Sr.College has conducted a one day program on Yoga and Meditation for 30 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.


IQAC Co-Ordinator
S.T.Co.op.Edu.Society's Ltd.
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PRINCIPAL
S.T.Co.Edu.Society 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 :-19/07/2019

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 21/07/2019. 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

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Principal
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