

Vikas Pratishthan's
L.T.D.Pathare Art's,Commerce & Science College
Chandannagar Pune-14

YOGA AND MEDITATION

DEPARTMENT OF NSS

The Department of NSS organized a Yoga Session on 21 June 2021 in L.T.D Pathare College. Prof. Daklia A.A, as the main training instructor shared his motivational thought on the benefits of Yoga. All the teachers and Students participated with full interest, enthusiasm and eagerness.

The session began with warming up and stretching followed by a series of Padmasanas, Sukhasana, Tadasana, Bhujangasana and ending with Shavasana. Then it further followed the Cooling Down session and Meditation at the end.

The training concluded with an interactive session between the Instructor and the Students, in which the queries of the students were addressed satisfactorily. The session was very refreshing and reviving. Then the vote of thanks was given by Head of the NSS Department Prof. Salve Sarika.




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Yoga Programme Time-table

Duration-21/06/2021 to 26/06/2021 (6 Days)

Name of Yoga Teacher-Prof. Daklia A.A.

Time	Monday	Tuesday	Wednesd ay	Thursday	Friday	Saturday
7. am to 8.00 am	Stretching Exercise	Stretching Exercise	Stretching Exercise	Stretching Exercise	Stretching Exercise	Stretching Exercise
7. am to 8.00 am	Yoga Asana	Yoga Asana	Yoga Asana	Yoga Asana	Yoga Asana	Yoga Asana
7. am to 8.00 am	Cooling Down	Cooling Down	Cooling Down	Cooling Down	Cooling Down	Cooling Down
7. am to 8.00 am	Meditation	Meditation	Meditation	Meditation	Meditation	Meditation




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Prof. Dakliya A.A. on the occasion of Yoga day




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Students doing Yoga in the college



Students doing Yoga in the college




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Students doing Yoga in the college



Yoga day observed in the college




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Faculty members on occasion of Yoga day in the college



Faculty members on occasion of Yoga day in the college




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Faculty members on occasion of Yoga day in the college




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"Knowledge is the Supreme Goal."

स्थापना वर्ष : २००५

'विकास प्रतिष्ठान'चे

कै. तुकाराम धोंडीबा पठारे कला, वाणिज्य व विज्ञान महाविद्यालय

चंदन नगर, पुणे - ४११०१४.

[B.A.,B.COM.,B.B.A., B.B.A.(C.A.), B.Sc.(CS)]



शासन मान्यता क्र.: एन.जी.सी. २००४/(१/०४)/मशि-३, दि. १५/०७/२००४ सावित्रीबाई फुले पुणे विद्यापीठ संलग्नता क्र.: PU/PN/AC/218(2005)

PUN CODE : CAAP013450

EXAM CENTRE CODE : 0803

मा. श्री. पंडरीनाथ तथा आण्णासाहेब तुकाराम पठारे
अध्यक्ष

मा. अॅड. राजेंद्र उमाप
सचिव

मा. श्री. महेंद्र पठारे
सदस्य

जावक क्र.:

दि.

16/06/2021

To,

Prof. Daklia A.A

P.T. Pathare College Chandannagar Pune-14

Subject- Letter of Invitation as resource person

Respected Sir,

Department of NSS of our college has organized a six day Yoga and Meditation session dated on 21 June 2021 with your prior consultation. It is of great pleasure to invite you as a speaker to guide our students on the topic "Yoga and Meditation."

Your Experience and expertise in this field will definitely help our students to know the importants of yoga for health.

Kindly accept our Invitation and oblige us.




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Students and Faculty Attendance for Yoga and Meditation Activity

VIKAS PRATISHTAN			
L.T.D.PATHARE SR. COLLEGE, CHANDANNAGAR, PUNE - 14			
STUDENT ATTENDANCE			
SUB:-		Yoga & meditation - NSS DEPARTMENT	
DATE:-		24/06/2021	
SR. NO.	NAME OF THE STUDENT	CLASS	SIGN
1	Ajay Anjad Waddure	1 st B.COM	Ajay
2	Krishna Tanaji Chikale	F.Y.B.COM	Krishna
3	Puttha Chandan Naresh	F.Y.B.COM	Puttha
4	Kharade Nilesh Suresh	F.Y.B.COM	Nilesh
5	Kamble Ajit Kondiram	F.Y.B.COM	Ajit
6	Jarande Ganesh Raju	F.Y.B.COM	Ganesh
7	Giri Vicky Digambar	F.Y.B.COM	Vicky
8	Patil Pratik Ramu	F.Y.B.COM	Pratik
9	Mehare Haisthikesh Ravindra	F.Y.B.COM	Haisthikesh
10	Pritam Santosh Bhutbal	F.Y.B.COM	Pritam
11	Alimgh Suresh Sasane	F.Y.B.COM	Sasane
12	Kaniffadth Rameshbab Tagdhane	F.Y.B.COM	Ramesh
13	SURAJ Shabaji Pawar	F.Y.B.COM	Suraj
14			
15	Jay D. Gaikwad	F.Y.BBA	Jay
16	Laxman T. Khatavde	F.Y.BBA	Laxman
17	Sohan Wede	F.Y.BBA	Sohan
18	Kishwan+Dakwani	F.Y.BBA	Kishwan
19	Ramgimwar Ritesh	F.Y.BBA	Ramgimwar
20	ANIKET VISHWANATH KATARE	F.Y.BBA	ANIKET
21	Vanshaj Chetma	F.Y.BBA	Vanshaj
22	dinesh gaikwad	F.Y.BBA	Dinesh
23	sasthale Khadsane	F.Y.BBA	Sasthale
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STUDENT ATTENDANCE			
SUB:-			
DATE:-			
SR. NO.	NAME OF THE STUDENT	CLASS	SIGN
1	Vaibhav Manas Shinde	T.Y.B.Com	Shinde
2	Amrat Kailas Shelale	T.Y.B.Com	Amrat
3	Ashish Vijay Autale	T.Y.B.Com	Ashish
4	Virek Nandkumar Kute	T.Y.B.Com	Virek
5	Omkar Machindra Karcade	T.Y.B.Com	Omkar
6	Pratik Sampat Jagdhane	T.Y.B.Com	Pratik
7	Sunil Sunil Ghogare	T.Y.B.Com	Sunil
8	Dhanshree Vijay Gaitkewad	T.Y.B.Com	Dhanshree
9	Renulca Khajappa Bansode	T.Y.B.Com	Renulca
10	Priya Sharda Shinde	T.Y.B.Com	Priya
11	Gunjan Uttam Gore	T.Y.B.Com	Gunjan
12	Bhagyashri Santosh Kalsetti	T.Y.B.Com	Kalsetti
13	Mohini Sambhari Madane	T.Y.B.Com	Madane
14	Rabiya Rukmoolin Shaikh	T.Y.B.Com	R. Shaikh
15	Saraswati Mohan Giri	S.Y.B.A	Saraswati Giri
16	Bhimashankar C. Weighmare	S.Y.B.A	B.C.W.
17	Reshma Bhausaheb Jaghane	S.Y.B.A	Reshma
18	Rukmini Sanjay Giri	S.Y.B.A	Rukmini
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SUB:-			
DATE:-			
SR. NO.	NAME OF THE STUDENT	CLASS	SIGN
1	Bhagyashri Santosh Kalsetti		Kalsetti
2	Ganjan Uttam Gore		Ganjan
3	Mehini Sambhaji Madane		M Madane
4	Rabirca Rukmochan Shaikh		R. Shaikh
5	Renuka Khayappa Bansode		Renuka
6	Priya Sharda Shinde		Priya
7	Dhanshree Vijay Gaikwad		Dhanshree
8	Shahinaj Sharif Shaikh		She
9	Tejas Takwale		Tejas
10	Vivek Kute		V
11	Anish Nalawade		Anish
12	Amkar Karde		Amkar
13	Suraj Chhagre		Suraj
14	Amkar Patil		OP
15	Ashish Awale		Ashish
16	Pratik Jagdane		Pratik
17	Amkar Shejale		Amkar
18	Vaibhav Shinde		Vaibhav
19	Snehal Chandrakant Pawar		Snehal
20	Sijona Santosh Pawar		Sijona
21	Poaka Manlidhar Dhawale		Poaka
22	Apksha Anup Pathare		Apksha
23	Renuka Sunil Whandagle		Renuka
24	Suvaranali Jalinde Bansode		Suvaranali
25	Siddhi GANESH Patil		Siddhi
26	Shardha Babu Jadhav		S.B.J
27	Sakshi Maruti Gaikwad		S.M.G
28	Poojya Sanjay Kase		Poojya
29	Ujwala Kenil Sathe		Ujwala
30	Asha Dnyaneshwar Bhandarkar	FYBA	Asha



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STUDENT ATTENDANCE

SUB:-
 DATE:-

SR. NO.	NAME OF THE STUDENT	CLASS	SIGN
1	Avinash Bhagawan more	F.Y.B.C.A	<i>[Signature]</i>
2	Paried Aiyaz Shaikh	F.Y.B.C.A	<i>[Signature]</i>
3	Morshwardi Santosh Kore	F.Y.B.Com	M.S. Kore
4	Jadhav vikas Ambadas	F.Y.B.com	<i>[Signature]</i>
5	Hanswardhon Midgule	F.Y.B.A	<i>[Signature]</i>
6	Ashishkumar Bhosale	F.Y.B.A	<i>[Signature]</i>
7	Avishkar Dimesh Kumbhare	T.Y.BCS	<i>[Signature]</i>
8	Meghraj Bhanu Kale	T.Y.BCS	<i>[Signature]</i>
9	Gaurav Arun Kurahdale	T.Y.BCS	<i>[Signature]</i>
10	Abhijeet Hannant Kavar	T.Y.BCS	<i>[Signature]</i>
11	Akash Somnath nupte	F.Y.Bcs	<i>[Signature]</i>
12	Sahil Kailas manjaramkar	F.Y.Bcs	<i>[Signature]</i>
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[Signature]
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