

Smt. Mathubai Garware Kanya Mahavidyalaya, Sangli

- **Name of the Programme/Activity:-** International Yoga Day
- **Day:-** Sunday **Date:-** 21/06/2026 **Time:-** 8.00 a.m.
- **Total No. of Participants:-** 65
- **Resource Person/Expert/Chief Guest:-**

Sr. No.	Name of the Resource Person	Designation	Place/Institution
1	Samrudhi Khilare	University Yoga Player	Sangli
2	Poonam Keripale	Yoga Teacher	Sangli

- **Organising Department/Committee:-**
Physical Education and Sports
- **Members:-**
 1. Dr. D. S. Deshpande
 2. Dr. V. V. Joshi
 3. Dr. L. B. Patil
 4. Shri V. V. Patil
- **Objectives of the Programme/Activity:-**
 1. To introduce Yoga activity to students
 2. To create awareness about the importance of Yoga for a healthy lifestyle.
 3. To encourage regular Physical activity and healthy habits.
- **Learning outcomes of the Programme/Activity:-**
 1. Able to understand the importance and benefit of Yoga for Physical and mental health.
 2. Demonstrate basic Yoga postures and breathing techniques.
 3. Develop positive attitude towards health, wellness and mindfulness.

- **Brief Report of the Programme/Activity:-**

Dr. Leena Patil delivered introductory speech and welcomed all the participants. There after the Yoga demonstration session commenced. Miss. Samrudhi Khilare began the session with warm-up exercises. She then demonstrated various Yoga Asanas from different positions, normally standing, sitting, prone and supine positions. Following the asana demonstration Surya Namaskar and Pranayam Session were conducted by Mrs. Poonam Keripale. After the Yoga demonstration the Honorable I/C Prin. Prof. (Dr.) A. S. Sugate addressed the gathering and highlighted the importance of Yoga in daily life. Finally, Dr. Vaishali Joshi proposed the vote of thanks and expressed gratitude to all for their participation and support.

- **Photograph:-**



Leena Patil

Dr. Leena Patil
Programme
Co-ordinator

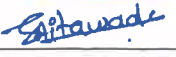
A. S. Sugate

Prof. Dr. A. S. Sugate
I/C Principal

Smt. Mathubai Garware Kanya Mahavidyalaya, Sangli

Year- 2026-27

Programme Name:- 12th International Yoga Day
Day & Date:- Sunday 21st June 2026

Sr. No.	Student Name	Class	Sign.
1)	Pranjali Tanaji Patil	B.A. I	P.T. Patil
2)	shreya santosh Bhor	B.A.I	
3)	Sifa Salim Shaikh.	B.A. I	
4)	Indra Vikram Pujari	B.A.I	
5)	Swati Noor shikalgae	B.A I	
6)	Jainabi imran suygal	B.A I	J.I. S
7)	Sufiya Rafik Golandaj	B.A I	Sufiya *
8)	Tayyaba Abdul Naeem kaladyi	B.A. I	
9)	Jifa Jafan Bagwan	B.com II	J.I. Bagwan
10)	Alfina Firoj Bagwan	B.com II	A.F. Bagwan
11)	Nikhil Afroz Nadaf	B.com II	N.A. Nadaf
12)	Sonal Gajendra Koli	B.A - II	
13)	Riya Parvati Koli	B.A - II	
14)	Amruta Sharmappa Malgar	B.A - I	
15)	Hitanshi Mahesh Mahadik	B.A - I	H.M. Mahadik
16)	Riya Santosh dhaval	B.A - I	R.S. dhaval
17)	Priyanka Ashok KAMBLE	B.A - I	P.A. KAMBLE
18)	Utkarsha Kiran Suryavanshi	B.A - I	
19)	Shraddha Ramchandra Kapse	B.A - I	
20)	Tanaya Raju Patil	B.A - II	T.R. Patil
21)	Siddhi Ananda Kachare	B.A. I	
22)	Vedika Appaso Bhosale	B.A I	
23)	Sanika Sanjay Ghorpade	B.com II	S.S. G.
24)	Amruta Balu More	B.A III	A.M. More
25)	Sanika Sandip Patil	B.com II	S.S. Patil
26)	Janhavi Ravindra Gavitawade	B.com I	
27)	sakshi Appaso Aitawade	B.com II	
28)	Diya Bashir Thaneedar	B.com II	D.B. Thaneedar
29)	Sanika Bhagat Ghodake	B.A (II)	
30)	Vrushali Pravin Kore	B.com II	V.P. Kore

Sr. No.	Student Name	Class	Sign.
31)	Almira Altaf Bagwan	B.A.I	A.A. Bagwan
32)	Shifa Imran Pakhal	B.A.I	Spkhal
33)	Shloka Ranveer Panbude	B.A.II	Ranbude
34)	Shravani Shish Pawar	B.A.I	Pawar
35)	Vaishnavi Vinod Jhonsare	B.A.I	Jhonsare
36)	Pranali Ajit Pawar	B.A.I	A.A. Pawar
37)	Nikita Rontajaj Gaudale	B.A.II	N.R. Gaudale
38)	Tahira Firoj Kurane	B.A.I	T.F. Kurane
39)	Gauri Satyajeet Manave	B.COM II	GSM
40)	Sanika Bharat Ghodake	B.A (II)	Shelake
41)	Rutuja Vilas Shelake	B.COM-II	R.V. Shelake
42)	Swaliha Ismail Mulla.	B.A.I	Shelake
43)	Zoya Sarfraz Sayyad	B.A.I	Sayyad
44)	Jiya Lal Mahmood Mestri	B.COM. I	Jy
45)	Taha Makbul Sayyad	B.COM - I	Syys
46)	Gayatri Navanath Shinde	B.A-I	G.N. Shinde
47)	Asiya Shakil Nagde	B.COM-II	Nagde
48)	Nida Noor Mohammad Shaikh	B.COM-II	Shaikh
49)	Safiya Wasim Mulla.	B.A.II	Mulla
50)	Sufiya Ahmadsharif Miraje	B.A.II	
51)	Ayesha Makbul Sayyad	B.A.III	Ayesha
52)	Nilambri Sachin Chavan	B.A.I	N. Chavan
53)	Shraddha Ramchandra Karpe	B.A.I	Karpe
54)	Priyanka Ashok KAMBLE	BA I	P.A. KAMBLE
55)	Shifa Imran Shaikh	BA I	Shaikh
56)	Sumaiya Imtiyaz Panwale	B.A.I	STP
57)	Indrakshi Umesh Ranade	B.A.I	I.U.R.
58)	Akshata Appasaheb Kukade	B.A.I	A.A.K
59)	Kadai Mahadev Koli	B.A.I	K.M.Koli
60)	Swaliya Ismail Choudhari	B.A.I	S.I.C
61)	Shriya Sandip Chougule	B.A.I	Chougule
62)	Pratiksha Prakash Airekar	B.A.I	P.P.A.
63)	Tejaswini Tanaji Mali	B.A.I	T.T. Mali
64)	Anushka Amit Satpute	B.A.I	Anushka
65)	Pranali Ajit Pawar	B.A.I	P.A. Pawar