

Smt. Mathubai Garware Kanya Mahavidyalaya, Sangli

- **Name of the Programme/Activity:-** International Yoga Day
- **Day: -** Saturday **Date: -** 21/06/2025 **Time: -** 8.00 am
- **Total No. of Participants:-** 167
- **Resource Person/Expert/Chief Guest:-**

Sr. No.	Name of the Resource Person	Designation	Place/Institution
1	Miss. Samrudhi Khilare	Yoga Player	Sangli

- **Organising Department/Committee:-**

Physical Education and Sports Department

- **Members:-**

1. Dr. Leena Bhimarao Patil
2. Shri. Vaibhav Vikas Patil
3. Prof. Sucheta Murumkar
4. Dr. Vatan Bhosale

- **Objectives of the Programme/Activity:-**

1. To understand Yoga and its importance.
2. To Promote Yoga
3. To make Yoga as lifestyle.

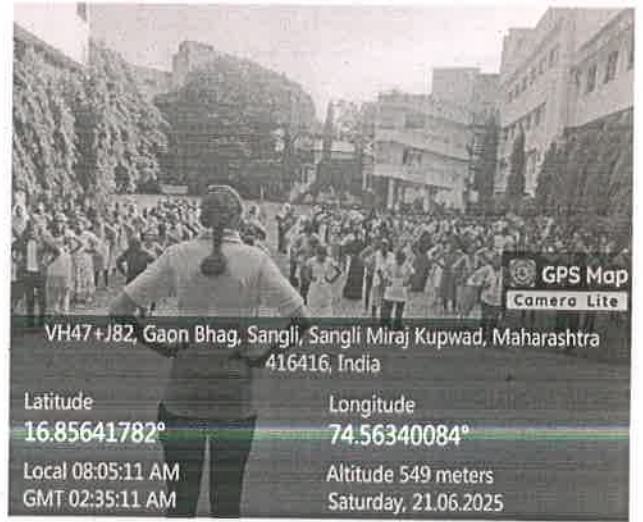
- **Learning outcomes of the Programme/Activity:-**

1. Students performed Yoga.
2. Students understood its importance by performing Yoga.
3. Students decided to make Yoga as a lifestyle.

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

I/C Principal Dr. A. S. Sugate sir delivered introductory speech. Yoga player Samruddhi Khilare led the session and simultaneously demonstrated various asans. All students along with Principal, Vice Principal and Supervisor teaching staff followed her instructions, while performing Yoga asans. The session ended with pranayama included Sheetali Pranayam, Bharamari Pranayam, Anulom-Vilom etc. at the end of the International Yoga Day programme vote of thanks delivered by Dr. Leena Patil.

- **Photograph:-**



Leena Patil

**Dr. Leena Patil
Programme
Co-ordinator**

Dr. A. S. Sugate

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

Smt. Mathubai Garware Kanya Mahavidyalaya, Sangli
Year-

Programme Name:- International Yoga Day
Day & Date:- 21/6/20

Sr. No.	Student Name	Class	Sign.
1.	Kaishma Sayyad	B.A. I	<u>K. Sayyad</u>
2.	Manasi Jadhav	12 th Arts A	<u>M.S. Jadhav</u>
3.	Sneha Vikram Pujari	12 th Art' (A)	<u>Sneha</u>
4.	Nupoor Vinayak Rajadhyaksha	12 th Art' (A)	<u>Nupoor V.R.</u>
5.	Shreya Jitendra Patil	B Com I	<u>Patil</u>
6.	Vaishnavi hemant Thorvat	BA I	<u>V.H. Thorvat.</u>
7.	Ashvini Ashok Agalgave	B.com. I	<u>A. Agalgave.</u>
8.	sanjano Baban Hajare	B.com I	<u>S. B. Hajare</u>
9.	Sharvati Pravin Pimparkar	12 th Arts (A)	<u>S.P. Pimparkar</u>
10.	Vaishnavi vrushnat yadav	B.com I	<u>V. Yadav</u>
11.	Sonali Satish Gadage.	B.com I	<u>Sonali</u>
12.	Harshada sandip chougale	B.com I	<u>H.S. Chougale.</u>
13.	samruddhi . R. Khilare	12 th Arts A	<u>S.R.K</u>
14.	Radhika Ravindra Jaujal	B.com ^{1st} years	<u>R.R.J</u>
15.	shruya Rajaram khandagale	B.com I	<u>S.R.K</u>
16.	Rutuja Shivaji Pawar	B.com I	<u>R.S. Pawar</u>
17.	Swaliya Ismail choudhari	12 th Art's A	<u>S.I. choudhari</u>
18.	Vaishnavi Arun Gavali	B.A-II	<u>U.A.G</u>
19.	Indrakshi Umesh Ranade.	12 th Arts A	<u>I.U.R</u>
20.	sanika Lahu Narale	B.A-I	<u>S. L. Narale</u>
21.	Nikita Ratanjay gudab	B.A-I	<u>N.R. Gudeale</u>
22.	Chaitrali Subhash Gavand	B.A-I	<u>C.S. Gavand</u>
23.	Samruddhi Sanjay nikam.	B.A-I	<u>S. Nikam</u>
24.	Tanya Raju Raju Patil	B.A-I	<u>T.R. Patil</u>
25.	Sonal Gajendra Koli	B.A-I	<u>S. Koli</u>

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Programme Name:-

Day & Date:-

Sr. No.	Student Name	Class	Sign.
1.	Mugdha Shashikant Patil	12 th B (com)	M. S. Patil
2.	Amruta Mahesh Kolekar	12 th C (Eng)	Amruta
3.	Padmaja Sanjay Upadhye	12 th C (Eng)	Padmaja
4.	Jui Dattaraj Pawar	12 th B (com)	Pawar
5.	Shravari Damodar Govekar	12 th B (com)	Shravari
6.	Santuddhi Jivan Khaite	13 th A (B.com)	S. J. Khaite
7.	Siddhi Jivan Khaite	13 th A (B.com)	S. J. Khaite
8.]	Ainaj Yunus Mujawar	13 th A [B.com]	Ainaj
9.]	Rutuja Vilas Shelke	13 th B (com)	R. V. S
10.]	Gauri Satyajit Manave	13 th B Com	Gauri
11.]	Diya Bashir Thanedar	13 th B. Com	D. B. Thanedar
12.]	Snehal Dattatray Waghmare	13 th B. com	Snehal
13.]	Pragati Santosh Shelar	13 th B. com	Pragati
14.]	Harshada Khandekar	13 th B. Com	H. Khandekar
15.]	Aswari chinke	13 th B. A	A. Chinke
16.]	Shravani Jadhav	13 th B. A	S. S. Jadhav
17.]	Suvasna Jaypal Awati	13 th B. Com	Suvasna
18.]	Prachi Ajit Gehaghare	13 th B. Com	P. A. Ghasghare
19.]	Shraddha Shrikant Koli	13 th B. A	S. S. Koli
20.]	Shraddha Pawar	13 th B. A	Shraddha
21.]	Shravani Santosh Bansode.	13 th B. Com	S. S. B.
22.]	Sejal Amol Chavan.	13 th B. Com	Sejal
23.]	Anagha Ajay Admane	13 th B. com	A. A. A.
24.]	Samiksha Amar SaPate	13 th B. com	S. A. SaPate
25.]	Tanvi Mahesh Palase	13 th B. com	Tanvi
26.]	Purnima Shankar Kogale	13 th B. com	P. S. Kogale
27.]	Arya Narhari Sawant	13 th B. com	Arya
28.]	Aakshada Ganesh Patil	13 th B. com	Aakshada Patil
29.]	Priya bapu Thorat	13 th B. com	Priya

