

**Shri Vyankatesh Arts, Commerce & Science College, D. Raja Dist: Buldana
Department of Physical Education**

**A Report on
One Day Workshop on 'Yoga and Pranayam'**

Principal suggested that one day yoga and pranayamas workshops should be conducted for students, Teachers and non teaching staff in the college. Accordingly, one day workshop on yoga and pranayama were organized by the Sports and Physical Education Department. The workshop was organized on January 22, 2019. This workshop was conducted under guidance of Yoga guru Shri Kishanji Daga, Patanjali Yoga Committee, Jalna. The workshop was inaugurated by the Principal. On this occasion, professor Dr. G.B. Darade of Bhagwan Baba College, Sindkhed Raja was present. After the reception of the chief guests, yoga and pranayama began. Mr. Dagaji informed about various asanas including Yoga demonstration. Mr. Daga took yoga and pranayama demonstrations from all of them. After that, the principal delivered the presidential speech. In this speech, he urged the students to do at least one hour of regular exercise and pranayama for a healthy life. Dr. Kiran Mogarkar introduced the program while Prof. Arvind Kanwate thanked the participants.


Coordinator, IQAC
Shri Vyankatesh Arts, Commerce &
Science College, Deulgaon Raja
Dist. Buldhana-443204 (MS)




PRINCIPAL
Shri Vyankatesh Art's Commerce &
Science College, Deulgaon Raja
Dist. Buldana, Pin-443204





**Shri Vyankatesh Arts, Commerce and Science College,
Deulgaon Raja, Dist. Buldhana
Department of Sports & Physical Education
One day Workshop on
'The Yoga & Patayam for College Students'
List of participant students & Staff**

Date : 22/01/2019

Sr. No.	Name Of Participant Students	Class
1	Mr. Pavan Rameshwar Misal	B.A.1
2	Ku. Kalyani Subhash Doke	B.A.1
3	Mr. Kiran Gajanan Tidke	B.A.1
4	Ku. Priyanka Satish Dhavale	B.A.1
5	Mr. Vaibhav Narayan Mane	B.A.1
6	Ku. Manisha Babanrao Gaikwad	B.A.1
7	Mr. Ajay Sanjay Dongre	B.A.1
8	Mr. Dhiraj Narhari Kakad	B.A.1
9	Mr. Ajay Ashok Patole	B.A.1
10	Ku. Shital Manoj Marothe	B.A.1
11	Mr. Avejka Mustakha Pathan	B.A.1
12	Mr. Sanket Sarjerao Adhao	B.A.1
13	Mr. Vaibhav Sahebrao Shelke	B.A.1
14	Ku. Vanita Ramkisan Nikalje	B.A.1
15	Ku. Ashwini Rameshwar Rustuke	B.A.1
16	Mr. Dipak Arvind Landage	B.A.1
17	Mr. Shivaji Bhagwan Jadhao	B.A.1
18	Mr. Abhijit Arun Hiwale	B.A.1
19	Mr. Atish Narayan Lanke	B.A.1
20	Mr. Shubham Tulshiram Kadam	B.A.1
21	Mr. Pavan Baban Waghmare	B.A.1
22	Ku. Ranjana Eknath Shinde	B.A.1
23	Mr. Shubham Ramdas Jumde	B.A.1
24	Ku. Jyoti Devlal Amte	B.A.1
25	Ku. Rangoli Rajendra Wahul	B.A.1
26	Ku. Chaya Rajesh Dongre	B.A.1
27	Mr. Vishnu Balaji Wagh	B.A.2
28	Ku. Ashwini Baburao Jadhao	B.A.2
29	Ku. Jyoti Bhanudas Rathod	B.A.2
30	Mr. Uttam Balasaheb Veer	B.A.2
31	Mr. Pramod Bhimrao Sarode	B.A.2
32	Mr. Shivshankar Dinkar Mhaske	B.A.2
33	Mr. Akash Yeduba Kakde	B.A.2
34	Mr. Gaurav Rajendra Tidke	B.A.2
35	Ku. Durga Sanjay Kulkarni	B.A.2
36	Ku. Ashwini Sudhakar Zine	B.A.2
37	Mr. Santosh Ramkisan Gaikwad	B.A.2
38	Ku. Punam Pawan Zine	B.A.2
39	Mr. Om Samadhan Kankal	B.A.2



40	Mr. Vishal Jagan Talekar	B.A.2
41	Mr. Vijay Ratan Dongre	B.A.2
42	Mr. Atish Shivaji Kudke	B.A.2
43	Ku. Meera Madhukar Mhaske	B.A.2
44	Ku. Suvarna Anil Kasare	B.A.2
45	Ku. Shivani Keshav Nirfale	B.A.2
46	Ku. Manisha Vinayak Ladsavangikar	B.A.2
47	Mr. Rameshwar Dilip Shere	B.A.3
48	Ku. Rutuja Gajanan Girhe	B.A.3
49	Mr. Vijay Vyankatrao Takle	B.A.3
50	Mr. Santosh Baliram Shejul	B.A.3
51	Ku. Shivnanda Anil Amte	B.A.3
52	Mr. Nitin Sahebrao Khandare	B.A.3
53	Mr. Sunil Gajanan Malankar	B.A.3
54	Ku. Shubhangi Ajay Pakhare	B.A.3
55	Ku. Savita Kisan Shinde	B.A.3
56	Mr. Yogesh Abhiman Gangativare	B.A.3
57	Ku. Ujwala Sudhakar Dhekale	B.COM.1
58	Ku. Meena Raju Pawar	B.COM.1
59	Ku. Madhuri Rameshwar Shingne	B.COM.1
60	Ku. Mangal Uttam Kharat	B.COM.1
61	Ku. Sneha Rajendra Kasare	B.COM.1
62	Mr. Abhishek Vardhaman Purwat	B.COM.1
63	Ku. Swati Jankiram Jadhav	B.COM.1
64	Ku. Rutuja Shivaji Sawde	B.COM.1
65	Ku. Sanskruti Uttam Pimple	B.COM.1
66	Mr. Yogesh Arjun Ghonge	B.COM.1
67	Mr. Pavan Ramesh Ghonge	B.COM.1
68	Ku. Vaishnavi Ramdas Bhalerao	B.COM.1
69	Ku. Sabiha Rani Mobin Shaikh	B.COM.1
70	Mr. Akash Rajendra Bansile	B.COM.1
71	Ku. Shubhangi Kailas Nimbalkar	B.COM.1
72	Mr. Kamran Ahemad Sher Mohammed Shaikh	B.COM.1
73	Mr. Arbaz Zaker Shaikh	B.COM.1
74	Ku. Bharti Dadarao Wayal	B.COM.1
75	Mr. Rushikesh Vilasrao Sawade	B.COM.2
76	Mr. Sharad Baban Thombre	B.COM.2
77	Ku. Sarita Prakash Doke	B.COM.2
78	Ku. Pujya Arun Bharti	B.COM.2
79	Ku. Kalpana Bhagwan Kawhale	B.COM.2
80	Mr. Vijay Rambhau Gophane	B.COM.2
81	Ku. Nanda Laxman Rathod	B.COM.2
82	Mr. Vaibhav Pandurangappa Rajmane	B.COM.2
83	Mr. Ganesh Sakharam Jawale	B.COM.2
84	Mr. Sachin Ramdas Chaudhari	B.COM.2
85	Mr. Gaurav Dattatray Nagre	B.COM.2
86	Mr. Vikas Yuvraj Shelke	B.COM.2
87	Mr. Yogesh Vilasrao Rathod	B.COM.2



88	Mr. Swapnil Vitthal Gore	B.COM.2
89	Mr. Pradip Ratan Mhaske	B.COM.2
90	Mr. Shivaji Sandu Pacharne	B.COM.2
91	Ku. Sonali Bhujangrao Shiralkar	B.COM.2
92	Mr. Rahul Radhakisan Tikande	B.COM.2
93	Mr. Ajay Ram Pawar	B.COM.2
94	Ku. Arati Narayan Langote	B.COM.2
95	Ku. Kirti Rajesh Upadhye	B.COM.3
96	Ku. Godawari Ramesh Bobade	B.COM.3
97	Ku. Puja Babanrao Dungahu	B.COM.3
98	Ku. Monika Devidas Kadam	B.COM.3
99	Ku. Usha Tarachand Pawar	B.COM.3 *
100	Mr. Sandeep Rangnath Mane	B.COM.3
101	Mr. Gajanan Limbaji Shingne	B.COM.3
102	Ku. Laxmi Vitthal Kingre	B.COM.3
103	Mr. Rahul Baban Khillare	B.COM.3
104	Ku. Kalyani Ambadas Shivarkar	B.COM.3
105	Ku. Saraswati Ramdas Khandebharad	B.COM.3
106	Mr. Gautam Maroti Gawai	B.COM.3
107	Mr. Gajanan Madhav Shejul	B.COM.3
108	Mr. Vinod Shrikrushna Late	B.COM.3
109	Ku. Madhuri Sanjay Khandebharad	B.COM.3
110	Mr. Nakul Navnath Kawhale	B.SC.1
111	Mr. Akash Atmaram Ugale	B.SC.1
112	Ku. Supriya Praful Dahile	B.SC.1
123	Ku. Geeta Anil Wagh	B.SC.1
114	Ku. Rohini Devidas Shiralkar	B.SC.1 *
115	Ku. Taza Parveen Roshan Khan	B.SC.1
116	Ku. Manisha Karbhari Sawade	B.SC.1
117	Ku. Aishwarya Sandip Jaybhaye	B.SC.1
118	Mr. Akash Gajanan Mante	B.SC.1
119	Ku. Manisha Shivaji Shiralkar	B.SC.1
120	Ku. Pooja Santosh Khupse	B.SC.1
121	Mr. Sachin Dipak Kharat	B.SC.1
122	Mr. Avinash Suhas Kharat	B.SC.1
123	Ku. Bhagyashri Anil Ghayal	B.SC.1
124	Mr. Sk. Faridoddin Farhan Gayas Shaikh	B.SC.1
125	Ku. Trupti Santosh Zore	B.SC.1
126	Mr. Santosh Subhash Vaidya	B.SC.1
127	Ku. Sonali Sudhakar Kharat	B.SC.1
128	Ku. Manisha Narayan More	B.SC.1 *
129	Mr. Uddhav Yadavrao Sawade	B.SC.2
130	Ku. Rajni Fakirba Bawaskar	B.SC.1
131	Ku. Pallavi Raghunath Kolhe	B.SC.1
132	Ku. Vaishnavi Vitthal Malode	B.SC.1
133	Ku. Neha Kiran Bhoode	B.SC.1
134	Mr. Balish Raju Mahude	B.SC.1
135	Mr. Ganesh Laxman Banker	B.SC.1



136	Ku. Shubhangi Prakash More	B.SC.I
137	Mr. Rushikesh Baban Chinchole	B.SC.I
138	Mr. Vishal Dinkar Chandanshive	B.SC.I
139	Ku. Manisha Sudhir Mhaske	B.SC.I
140	Dr. V. Bansile	Assi. Professor
141	Dr. D.V. Gore	Assi. Professor
142	Dr. U.B.Deshmukh	Assi. Professor
143	Dr. R,H.Devre	Assi. Professor
144	Dr. N.H. Shegokar	Assi. Professor
145	Dr. A. Awti	Assi. Professor
146	Dr. E.B.Bhalerao	Assi. Professor
147	Mr. M.L. JOShi	Assi. Professor
148	Mr. P.M.Kadam.	Assi. Professor
149	Mr. N.P. Kakade	Assi. Professor
150	Mr. B.U.Kale	Assi. Professor
151	Mr. A.D. Kanawate	Assi. Professor
152	Mr. M.B. Jadhav	Assi. Professor
153	Mrs. M.S. Muley	Assi. Professor
154	MR. P.B. Pawar	Assi. Professor
155	Mr. A.K.Rathod	Assi. Professor
156	Mr. M.S. Salve	Assi. Professor
157	Dr. S.D.Chavan	Assi. Professor
158	Dr. K.V.Mogarkar	Dir. Of Phy. Edu



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