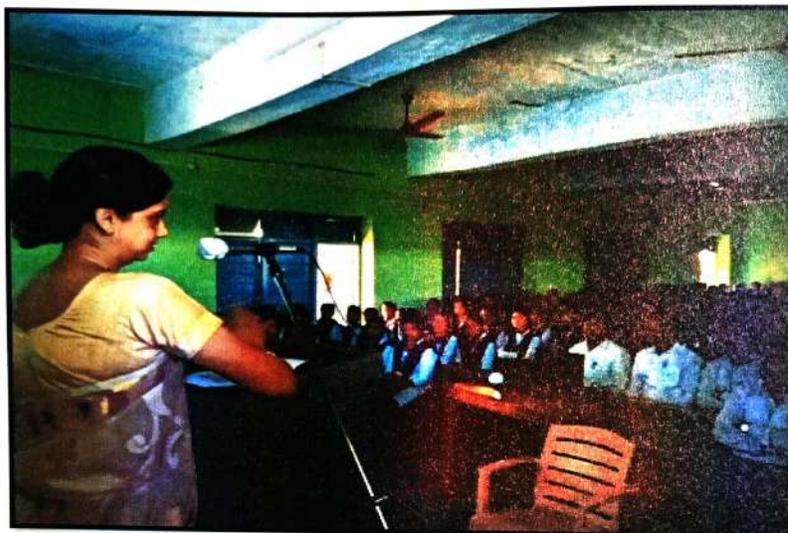


**Shri Vyankatesh Arts, Commerce & Science College, D. Raja Dist: Buldana
Department of Physical Education**

**A Report on
One Day Workshop on ‘Healthy Food for Health Mood’**

Principal decided to take workshop on balanced diet for college students. Accordingly, a one day workshop was organized by Department of Sports and physical education. Doctor sonali Jethliya , Jalna she was the main guide to this workshop. Dr. Ashok Kabra was present as the chief guest on this occasion. Dr. Sonali Jethalia guided the students through PPT. She said, the cause of all diseases is that they neglect their diet. If we do not always follow the eating times, the disease will increase. Therefore, you should monitor the food regularly. Avoid eating too much sweet, sour, spicy food and drinking cold water. Vitamins, carbohydrates, minerals and fats etc. should be used in the diet. Strictly avoid eating hard food. Junk food is very dangerous for the body. Talking about what and how much should I eat, the principal said that as the chief guest said, students should be conscious about their diet. The principal appealed to the students to consume nutritious food and avoid junk food. Finally Prof. Dr. Mahendra Salve thanked the participants.





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



PRINCIPAL
Shri Vyankatesh Art's Commerce &
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Dist. Buldhana, Pin-443204



**Shri Vyankatesh Arts, Commerce and Science College,
Deulgaon Raja, Dist. Buldhana**
Department of Sports & Physical Education
One day Workshop on
‘Healthy Food for Health Mood’
Date : 16/02/2019
List of participant students

Sr. No.	Name Of Participant Students	Class
1	Mr. Abhishek Manohar Tidke	B.A.1
2	Mr. Mule Kashinath Santosh	B.A.1
3	Mr. Akshay Shivaji Nagre	B.A.1
4	Mr. Vinayak Dipak Jaybhaye	B.A.1
5	Mr. Rushikesh Karbhari Kharde	B.A.1
6	Mr. Akash Shivhari Kakad	B.A.1
7	Mr. Ashish Vishnu Kakad	B.A.1
8	Mr. Vaibhav Jagannath Mante	B.A.1
9	Ku. Radhika Sunil Joshi	B.A.1
10	Mr. Sameer Jalalkha Pathan	B.A.1
11	Ku. Shamal Vishnu Kshirsagar	B.A.1
12	Mr. Badrinath Prabhu Sahare	B.A.1
13	Mr. Ambadas Pralhad Jaival	B.A.1
14	Mr. Ganesh Krushna Pithore	B.A.1
15	Ku. Mahin Begum Aziz Shaikh	B.A.1
16	Mr. Ajay Rajendra Khandare	B.A.1
17	Mr. Digambar Raosaheb Khupse	B.A.2
18	Ku. Pradnya Samadhan Edake	B.A.2
19	Mr. Vishal Devidas Pawar	B.A.2
20	Ku. Kajal Subhash Zore	B.A.2
21	Mr. Akash Raju Manjulkar	B.A.2
22	Mr. Vitthal Namdev Magar	B.A.2
23	Ku. Pooja Rameshwar Kolhe	B.A.2
24	Mr. Vikas Harichandra Dongre	B.A.2
25	Ku. Rani Gajanan Sirsat	B.A.2
26	Ku. Swati Badri Misal	B.A.2
27	Mr. Ajit Panditrao Solanke	B.A.2
28	Ku. Ashwini Pandharinath Tathe	B.A.2
29	Ku. Nikita Ganesh Bhagyawant	B.A.2
30	Ku. Ashwini Pralhad Kawhale	B.A.2
31	Ku. Priyanka Subhash Khandare	B.A.2
32	Mr. Pradip Bhaskar Giri	B.A.2
33	Mr. Arjun Ashok Bhagyawant	B.A.2
34	Mr. Rameshwar Shamrao Dongre	B.A.2
35	Mr. Babasheb Ramkisan Khandare	B.A.2
36	Mr. Digambar Raosaheb Khupse	B.A.2
37	Ku. Manisha Kailas Nimbalkar	B.A.3
38	Mr. Niteen Abhiman Zine	B.A.3
39	Ku. Dipali Gajanan Nimbalkar	B.A.3



40	Ku. Manisha Dipak Ambuskar	B.A.3
41	Mr. Siddhodhan Ravindra Gawai	B.A.3
42	Ku. Mina Sambhaji Zore	B.A.3
43	Mr. Umesh Santosh Gayakwad	B.A.3
44	Ku. Namrata Ganesh Bande	B.A.3
45	Ku. Ashwini Vilas Shere	B.A.3
46	Mr. Swapnil Ramakant Tembhurkar	B.A.3
47	Ku. Pragati Malhari Darkonde	B.COM.1
48	Ku. Vaishnavi Kailas Poulkar	B.COM.1
49	Ku. Ujwala Sudhakar Dhekale	B.COM.1
50	Ku. Meena Raju Pawar	B.COM.1
51	Ku. Madhuri Rameshwar Shingne	B.COM.1
52	Ku. Mangal Uttam Kharat	B.COM.1
53	Ku. Sneha Rajendra Kasare	B.COM.1
54	Mr. Abhishek Vardhaman Purwat	B.COM.1
55	Ku. Swati Jankiram Jadhav	B.COM.1
56	Ku. Rutuja Shivaji Sawde	B.COM.1
57	Ku. Sanskruti Uttam Pimple	B.COM.1
58	Mr. Yogesh Arjun Ghonge	B.COM.1
59	Mr. Pavan Ramesh Ghonge	B.COM.1
60	Ku. Vaishnavi Ramdas Bhalerao	B.COM.1
61	Ku. Sabiha Rani Mobin Shaikh	B.COM.1
62	Mr. Akash Rajendra Bansile	B.COM.1
63	Ku. Shubhangi Kailas Nimbalkar	B.COM.1
64	Mr. Kamran Ahemad Sher Mohammed Shaikh	B.COM.1
65	Mr. Gaurav Dattatray Nagre	B.COM.2
66	Mr. Vikas Yuvraj Shelke	B.COM.2
67	Mr. Yogesh Vilasrao Rathod	B.COM.2
68	Mr. Swapnil Vitthal Gore	B.COM.2
69	Mr. Pradip Ratan Mhaske	B.COM.2
70	Mr. Shivaji Sandu Pacharne	B.COM.2
71	Ku. Sonali Bhujangrao Shiralkar	B.COM.2
72	Mr. Rahul Radhakisan Tikande	B.COM.2
73	Mr. Ajay Ram Pawar	B.COM.2
74	Ku. Arati Narayan Langote	B.COM.2
75	Mr. Sanjay Ramdas Khaire	B.COM.2
76	Mr. Akshay Gajanan Talekar	B.COM.2
77	Mr. Ananta Jagdish Shiralkar	B.COM.2
78	Mr. Mukesh Arun Wagh	B.COM.2
79	Ku. Pooja Dnyaneshwar Pimple	B.COM.2
80	Ku. Shubhangi Dipak Dodke	B.COM.3
81	Mr. Vilas Rohidas Rathod	B.COM.3
82	Ku. Kirti Rajesh Upadhye	B.COM.3
83	Ku. Godawari Ramesh Bobade	B.COM.3
84	Ku. Puja Babanrao Dungahu	B.COM.3
85	Ku. Monika Devidas Kadam	B.COM.3
86	Ku. Usha Tarachand Pawar	B.COM.3
87	Mr. Sandeep Rangnath Mane	B.COM.3



88	Mr. Gajanan Limbaji Shingne	B.COM.3
89	Ku. Laxmi Vitthal Kingre	B.COM.3
90	Mr. Rahul Baban Khillare	B.COM.3
91	Ku. Kalyani Ambadas Shivarkar	B.COM.3
92	Ku. Saraswati Ramdas Khandebharad	B.COM.3
93	Mr. Gautam Maroti Gawai	B.COM.3
94	Mr. Akshay Raju Kakde	B.SC.1 *
95	Mr. Avinash Dattatray Kharat	B.SC.1
96	Mr. Prajwal Gajanan Gaikwad	B.SC.1
97	Mr. Shubham Murlidhar Bhagile	B.SC.1
98	Mr. Avinash Vishnu Khandebharad	B.SC.1
99	Ku. Sakshi Sudhirkumar Tapar	B.SC.1
100	Mr. Avej Anisbeg Mogal	B.SC.1
101	Mr. Rushikesh Mansing Jadhav	B.SC.1
102	Mr. Yogesh Vishnu Darade	B.SC.1
103	Mr. Swapnil Suresh Shingne	B.SC.1
104	Mr. Sofiyan Ansar Shaikh	B.SC.1
105	Ku. Swati Dnyaneshwar Patil	B.SC.1
106	Ku. Vaishnavi Sunil Shejulkar	B.SC.1
107	Mr. Faizal Ansar Shaikh	B.SC.1
108	Ku. Monika Ashokrao Kharat	B.SC.1
109	Mr. Santosh Ramdas Pitkar	B.SC.1 *
110	Mr. Vikas Kachru Chandanshive	B.SC.1
111	Mr. Faizal Gaffar Khan	B.SC.1
112	Mr. Zuber Umar Faruk Shah	B.SC.1
123	Mr. Rahul Dipak Dodke	B.SC.1
114	Mr. Rushikesh Baban Chinchole	B.SC.2
115	Mr. Vishal Dinkar Chandanshive	B.SC.2
116	Ku. Manisha Sudhir Mhaske	B.SC.2
117	Mr. Rushikesh Totaram Salve	B.SC.2
118	Ku. Suvarna Panditrao Pacharne	B.SC.2
119	Mr. Rahul Bhagwan Rathod	B.SC.2
120	Mr. Siddhesh Devidas Narode	B.SC.2
121	Ku. Gayatri Om Kayastha	B.SC.2
122	Ku. Sakshi Raju Ingle	B.SC.2
123	Ku. Anjum Kausar Saiyyed	B.SC.2
124	Ku. Priya Vitthal Burkul	B.SC.2 *
125	Ku. Sanjivani Anna Kharde	B.SC.2
126	Ku. Ashvini Dattu Armal	B.SC.2
127	Mr. Naim Sharif Shekh	B.SC.2
128	Ku. Shital Dnyaneshwar Shelke	B.SC.2
129	Mr. Govil Shesharao Chavan	B.SC.2
130	Mr. Javed Sandukha Pathan	B.SC.2
131	Mr. Prem Suresh Kharat	B.SC.2
132	Ku. Rutika Rambhau Khandare	B.SC.2
133	Ku. Shilpa Dnyaneshwar Jadhav	B.SC.2
134	Mr. Husain Ahmad Husain Ammar	B.SC.3
135	Ku. Rachana Ramesh Sarode	B.SC.3



136	Ku. Darshana Santosh Rayate	B.SC.3
137	Ku. Monika Nilkanth Avhale	B.SC.3
138	Mr. Manoj Sanjay Avhane	B.SC.3
139	Ku. Kanchana Shivaji Shinde	B.SC.3
140	Ku. Mohini Rajendra Kulkarni	B.SC.3
141	Mr. Samadhan Karbhari Adbane	B.SC.3
142	Mr. Sopan Prabhakar Sirsath	B.SC.3
143	Ku. Vaishali Rameshwar Jangle	B.SC.3
144	Ku. Pooja Arun Kasare	B.SC.3




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