

लेवा एज्युकेशनल युनियन संघलित  
**डॉ. अण्णासाहेब जी. डी. बेंडाळे**  
**महिला महाविद्यालय, जळगाव**  
संलग्न : कवयित्री बहिणाबाई चौधरी  
उत्तर महाराष्ट्र विद्यापीठ, जळगाव (महाराष्ट्र)  
नॅक प्रामुख्यांकित 'अ' श्रेणी (३.१२ सी.जी.पी.ए.)  
(तिसरी फेरी), आय.एस.ओ.९००१:२०१५ मानांकित



Estd. : 1984

Lewa Educational Union's  
**Dr. Annasaheb G. D. Bendale**  
**Mahila Mahavidyalaya, Jalgaon**  
Affiliated to Kavayitri Bahinabai Chaudhari  
North Maharashtra University Jalgaon (M.S.)  
NAAC Re-Accredited 'A' Grade (3.12 CGPA) (3<sup>rd</sup> Cycle),  
ISO 9001: 2015 Certified

**Prof. Gauri M. Rane**  
(M.Sc.Ph.D.)  
Principal

### Report of Activity

- ❖ Name of the Programme : Meditation & Yoga Workshop
- ❖ Date of the Programme : 19/12/2023
- ❖ Venue of the Programme : College Campus
- ❖ Number of Participants : 26 students
- ❖ Resource person :Sau Trupti Kabra
- ❖ Brief summary of the programme:-

Department of Physical Education & Sports organized the Yoga workshop on 19/12/2023 at 8 am to 11 am. Workshop was conducted by Sau Trupti Kabra. In "Meditation & Yoga Workshop" she shared the immersive experiences in yoga practice for healthy life and peaceful mind. In this workshop different Yogasadhna and meditation were taught to students.

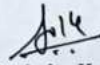


**Dr Anita Kolhe**  
Director of Physical  
Education & Sports



Dr Annasaheb.G.D.Bendale Mahila Mahavidyalay, Jalgaon  
Department of Physical Education & Sports  
Meditation & Yoga Workshop  
19- December -2023

| Sr No | Player Name              | Class  | Sign       |
|-------|--------------------------|--------|------------|
| 1     | Shruti Dinesh Patkari    | TYBCA  | Shruti     |
| 2     | Neha Rajesh Jain         | FYBCom | Neha       |
| 3     | Arati Shivaji Dhage      | TYBA   | A.S. Dhage |
| 4     | Bhavna Punjoo Patil      | TYBCA  | B.P.P      |
| 5     | Dipali Namdev Patil      | TYBcom | Dipali     |
| 6     | Shruti Dinesh Patkari    | TYBCA  | S.D.P.     |
| 7     | Neha Rajesh Jain         | FYBCom | Neha Jain  |
| 8     | Ashwini Balu Shere       | SYBSC  | Ashwini    |
| 9     | Dipali Sanjay Aswar      | FYBA   | Dipali     |
| 10    | Chetana Sanjay Patil     | FYB    | C.S. Patil |
| 11    | Sarala Ravindra Aswar    | TYBA   | Sarala     |
| 12    | Dipali Namdev Patil      | TYBcom | D.N.P      |
| 13    | Khushi Dinesh Shriwastav | FYBA   | Khushi     |
| 14    | Suhani Pramod Patole     | FYBcom | Suhani     |
| 15    | Durga Nilesh Vispute     | FYBsc  | Durga      |
| 16    | Dipali Namdev Patil      | TYBcom | Dipali     |
| 17    | Rupali Devram Aswar      | TYBA   | Rupali     |
| 18    | Kajal Arvind Jadhav      | FYBcom | Kajal      |
| 19    | Rohini Vikas Sutar       | FYBA   | Rohini     |
| 20    | Uma Martand Jadhav       | FYBA   | UMAT       |
| 21    | Isha Shivvishal Mishra   | SYBA   | I.S.M      |
| 22    | Gaytri Arjun Aswar       | TYBA   | Gaytri     |
| 23    | Suhani Pramod Patole     | FYBcom | Suhani     |
| 24    | Nikita Bandu Pawar       | FYBA   | Nikita     |
| 25    | Manasi Santosh Parbhane  | FYBCA  | Manasi     |
| 26    | Sarala Ravindra Aswar    | TYBA   | Sarala     |

  
 Dr Anita Kolhe  
 Director  
 of Physical Education & Sports