लेवा एज्युकेशनल युनियन संचितत डॉ. अण्णासाहेब जी. डी. बेंडाळे महिला महाविद्यालय, जळगाव

संलग्न : कवयित्री बहिणाबाई चौधरी उत्तर महाराष्ट्र विद्यापीठ, जळगाव (महाराष्ट्र) नॅक पूनर्मूल्यांकित 'अ' श्रेणी (३.१२ सी.जी.पी.ए.) (तिसरी फेरी), आय.एस.ओ.९००१:२०१५ मानांकित



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) $(3^{rd}$ 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

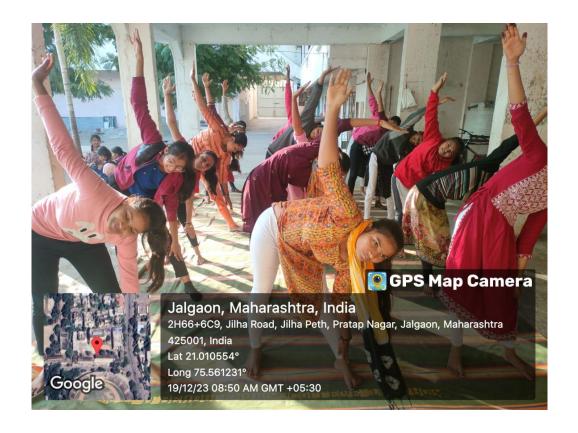
❖ Resource person :Sau Trupti Kabra

* 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 toughs 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
SF NO	Shruti Dinesh Patkari	TYBCA	Shute.
2	Neha Rajesh Jain	FYBCom	Nehalt
3	Arati Shivaji Dhage	ТҮВА	As Drage.
4	Bhavna Punjoo Patil	TYBCA	B.P.P
5	Dipali Namdev Patil	TYBcom	Ospall
6	Shruti Dinesh Patkari	TYBCA	S. D. P.
7	Neha Rajesh Jain	FYBCom	Oel-John.
8	Ashwini Balu Shere	SYBSC	Agsi.
9		FYBA	893
10	Dipali Sanjay Aswar	FYB	C. GIPanil
11	Chetana Sanjay Patil Sarala Ravindra Aswar	ТУВА	gard.
12		TYBcom	D. N. P
	Dipali Namdev Patil Khushi Dinesh Shriwastav	FYBA	Khighi,
13		FYBcom	Calle
14	Suhani Pramod Patole	FYBsc	ant
15	Durga Nilesh Vispute	TYBcom	DNR
16	Dipali Namdev Patil	TYBA	gopale,
17	Rupali Devram Aswar	FYBcom	Ratal
18	Kajal Arvind Jadhav	FYBA	ROLLINS
19	Rohini Vikas Sutar	FYBA	JNAT
20	Uma Martand Jadhav	SYBA	I 6 · M
21	Isha Shivvishal Mishra	TYBA	Colub
22	Gaytri Arjun Aswar	FYBcom	Sp. P
23	Suhani Pramod Patole	FYBA	MBD
24	Nikita Bandu Pawar		Contra
25	Manasi Santosh Parbhane	TYBA	lary
26	Sarala Ravindra Aswar	IIDA	1

Dr Anita Kolhe Director of Physical Education & Sports