

**Rayat Shikshan Sanstha's
Arts, Science and Commerce College, Mokhada, Dist.
Palghar**

**Yoga Training Program
2020-2021**

Notice

Date: 08/02/2021

All the students are hereby informed that Yoga training Program is organized on 10/02/2021 at 08.00 am. All should remain present for the said program with essential accessories.



[Handwritten Signature]
PRINCIPAL
Arts Science and Commerce College
Mokhada, Dist. Palghar



Rayat Shikshan Sanstha's

ARTS, SCIENCE & COMMERCE COLLEGE, MOKHADA.

Estd. : June - 1984

(Higher Secondary Vocational Course - J. 18. 02. 901)

NAAC Accredited - 'B' Grade

Founder - Padmabhushan Dr. Karmaveer Bhaurao Patil (D.Litt.)

Principal
Dr. J. G. Jadhav
(M.A., M.Phil., Ph.D.)

Ref. No. : *By hand*

Date : *08/02/2021*

To,
Mr. P.K. Patil
Yoga Trainer and Assistant Professor,
A.S.C. College, Mokhada
Mokhada
Dist. Palghar

Subject: Invitation letter

Respected Sir,

With reference to above mentioned subject we are inviting you for the "Yoga Training Program" organized by the college on 10/02/2021 at 08 00 am. Please accept our invitation and do the needful.



J.G.J.
for PRINCIPAL
Arts Science and Commerce College
Mokhada, Dist. Palghar

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Principal

Dr. J. G. Jadhav

(M.A., M.Phil., Ph.D.)

Ref. No. : *By hand*

Date : 10/02/2021

To,
Mr. P.K. Patil
Yoga Trainer and Assistant Professor,
A.S.C. College, Mokhada
Mokhada
Dist. Palghar

Subject: Appreciation letter

Respected Sir,

We are very much thankful for accepting our invitation and providing training to our students about various asanas of Yoga.



J.G. Jadhav
PRINCIPAL
Arts Science and Commerce College
Mokhada, Dist. Palghar

**Rayat Shikshan Sanstha's,
Arts, Science and Commerce College, Mokhada,**

Dist. Palghar

Yoga Training Program

2020-2021

Report

Date: 10/02/2021

To train students various yogasanas and to create awareness about the importance of yoga, the college has organized the yoga training program on 10/02/2021 at 08.00 am. Prof. Prashant K. Patil was invited for the said training program. He had given information and performed about 20 different types of yogasanas to the students. Regular Exercise, yoga and pranayama are very important for attainment of healthy life. All the students were excited and active during the activity. Trainer Prof. Prashant K. Patil also taught the correct method of Suryanamaskar to the students. And significance of each step was explained thoroughly. About 31 students were present for the said yoga training program.



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PRINCIPAL
Arts Science and Commerce College
Mokhada, Dist. Palghar



Rayat Shikshan Sanstha's
Arts, Science and Commerce College, Mokhada, Dist. Palghar

Yoga Training Program

Date: 10/02/2021

Sr. No.	Name of the Student	Signature
1.	Navale Apeksha Keshav	
2.	Maule Nilam Hasi	
3.	Rode Sanjay Nathuram	
4.	Wagh Yamini Hiramam	
5.	Gavali Hareshala Suresh	
6.	Patil Sakshi Sanjay	
7.	Jadhav Sunayna Badetlal	
8.	Borad Devraj Suresh	
9.	Kanhat Kunal Suresh	
10.	Patil Ashwini Rajendra.	
11.	Sapute Karan Manohar	
12.	Jhas Tushar Somnath	
13.	Zinjute Suryakant Sachin	
14.	Hile Bhavesh Prakash	
15.	Wase Ravindra Shivram	
16.	Patil Poonam Rajaram	
17.	Deshprey Randive	
18.	Warghade Vaishali	



19.	shinde megha	<u>shinde</u>
20.	Lahare Devyani Madhukar	<u>Lahare</u>
21.	Bhavasi Kiran Pandurang	<u>Bhavi</u>
22.	Gavari Vaibhav Vasant	<u>Gavari</u>
23.	Yele Chhateeli Keshav	<u>Yele</u>
24.	Kooda Chandrakant Devaram	<u>Kooda</u>
25.	Vaje Nitesh Ghantekar	<u>Vaje</u>
26.	Nikhade Bhalchandra Suresh	<u>Nikhade</u>
27.	Gabhale Anil Jayram	<u>Gabhale</u>
28.	Bagul Chetan Sakharan	<u>C. S. Bagul</u>
29.	Mahale Nishant Sadu	<u>Mahale</u>
30.	Mawle Rahul Chandrakant	<u>Mawle</u>
31.	Warghade Yogesh Balchandra	<u>Warghade</u>
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