



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

Yoga Training Program

2017-2018

Notice

Date: 09/04/2018

All the students are hereby informed that a Yoga training program is organized on 10/04/2018 at 07.00 am. All should remain present in time. (Do come with preferable clothing in accordance with performing yoga)



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PRINCIPAL
Arts Science and Commerce College
Mokhada, Dist. Palghar



Principal

Dr. J. G. Jadhav

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

Ref. No. :

Date :

To,
Mr. J.B. Warghade
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 10/04/2018. Please accept our invitation and provide us the knowledge regarding yogasanas.



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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.Lit.)

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

Ref. No. :

Date :

To,
Mr. J.B. Warghade
Assistant Professor,
A.S.C. College, Mokhada
Mokhada, Dist. Palghar

Subject: Appreciation letter

Respected Sir,

With reference to above mentioned subject we are very thankful to you for being present as a yoga trainer for the yoga training program organized by the college. We appreciate your efforts for creating awareness about good health and yoga.



Dr. 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

Date: 10/04/2018

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Sr. No.	Name of the Student	Signature
1.	Bhadange Devendra Chachrakant	Bhadange
2.	Bhwar Rohit Ananta	Bhwar
3.	Dhinda Parshuram Devaram	Dhinda
4	Gokavacki Rajesh B	Gokavacki
5	NIKade. Lahu Govind.	NIKade
6	Patil Nilam Vasant	Patil
7	Waghmare Yogesh Balasaheb	Waghmare
8	Chhabari Pooja Balchander	Chhabari
9	Donde Amal Himaman	Donde
10	DAkhane Sanket Sakru	DAkhane
11)	Mokule PRVih JayRam	Mokule
12)	Bhuchar Yuvaraj Sachu	Bhuchar
13	Jive Shama Vitthi	Jive
14	Gangad Kamini Hanumant	Gangad
15	Mali Prakash Hiru	P.H.M
16	Gode Kavita Tanaji	Gode
17	patekar Santosh Janardan	Patekar
18.	vaisal Manoj Chandar	vaisal





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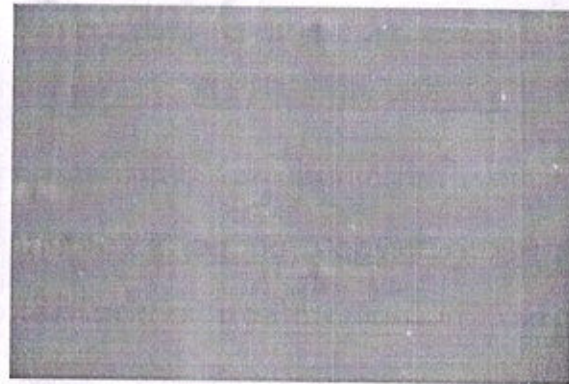
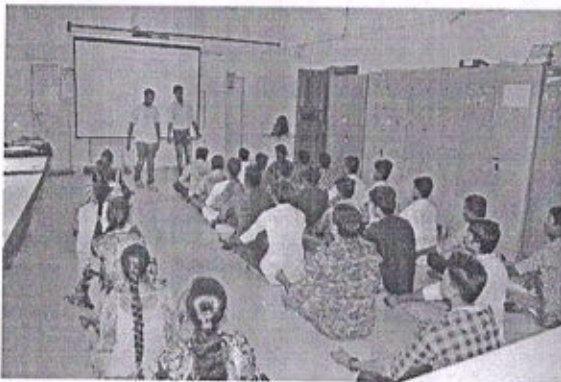
Yoga Training Program

2017-2018

Report

Date: 10/04/2018

Yoga is the need of time and to make available the training of yoga to the students, the college has organized the yoga training program on 10th April 2018. Prof. J. B. Warghade was invited for the yoga training program as a yoga trainer. He had given demo of yogasanas on the screen with the help of projector and also trained the students for some of the aasanas and pranayama. Total 36 students were present for this yoga training program



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