

Shri Shivaji Education Society, Amravati's
Science College, congress Nagar, Nagpur

NOTICE

Date: 03/01/2023

All the female teaching and non-teaching staff members are hereby informed that our college is commencing "ZUMBA" class from January 2023 on every Saturday at 5:00 pm for session 2023-24. All should be expected to capture this big opportunity for well-being.

B. T. Kumbhare

Co-ordinator
Mr. B. T. Kumbhare



M. P. Dhore

(Dr. M. P. Dhore)
Principal
Science College,
Congress Nagar, Nagpur



Shri Shivaji Education Shikshan Sanstha Amravati's
Science College
Congress Nagar, Nagpur



HEALTHY
LIFESTYLE



On Every Saturday at 5:00 pm

From July to December

January 2023- July 2023

Coordinator

Dr. Sugandha V. Khangar

Principal

Prof. M. P. Dhore

A **Zumba** session is a fun and energetic workout that combines dance and aerobic movements with upbeat music. It is one of the best physical fitness activity to reduce mental stress of human being. By noting such importance Shivaji Science College Congress Nagar Nagpur organized a series of Zumba classes for the teaching and non-teaching Ladies staff. These sessions were held every Saturday from January to June 2023. The primary aim of the program was to promote physical and mental well- being among the staff, fostering a healthier work environment and improving overall productivity. The objectives of this class are to enhance the physical fitness of staff members, to reduce stress and improve mental clarity through meditation, to foster a sense of community and teamwork among the staff, to provide a regular platform for relaxation and self-care. The classes were scheduled every Saturday from 5:00 PM to 6:00 PM. The program began on 6 January 2023 and concluded on 25 June 2023. The participation was open to all female teaching and non-teaching staff. On average, around 20-30 staff members attended each session. The consistent turnout highlighted the growing interest in Zumba among the staff.

Content of the Classes:

- **Warm-Up:** To gradually increase heart rate and prepare muscles for more intense activity. It includes Light dance moves with slower-paced music, Dynamic stretches (e.g., leg swings, arm circles), Simple steps like marches, step-touches, or side steps.
- **Dance/Cardio Session:** This activity is to raise heart rate, burn calories, and improve cardiovascular endurance. It includes,
 1. **Rhythms:** Salsa, Merengue, Cumbia, Reggaeton, Hip-hop, and other dance styles.
 2. **Choreography:** Easy-to-follow routines, combining basic steps with more complex moves as the session progresses.
 3. **Intensity:** Alternates between high and low-intensity intervals (e.g., fast-paced steps followed by slower movements).
 4. **Body Focus:** A mix of full-body movements that may include hip shakes, arm movements, and footwork.
- **Cool-Down:** To gradually bring heart rate down and relax the muscles. It includes, Slower dance moves with calming music. Static stretches focusing on major muscle groups (e.g., quadriceps, hamstrings, calves, shoulders). Breathing exercises to relax and restore normal breathing patterns.
- **Discussion and Feedback:** The last 10 minutes of each session were dedicated to discussing the benefits experienced by the participants and providing feedback to the instructor.

Impact and Benefits:

- **Physical Health:** Regular participants reported improvements in flexibility, strength, and overall physical well-being.
- **Mental Health:** Many staff members found that the Zumba practices helped them manage stress better and improved their focus and concentration at work.
- **Community Building:** The classes provided a platform for staff members to interact in a relaxed setting, strengthening camaraderie and teamwork.
- **Work-Life Balance:** Participants appreciated the break from their routine, which helped them maintain a better work-life balance.

The feedback collected from participants was overwhelmingly positive. Many staff members expressed their desire for the continuation of such programs in the future, emphasizing the benefits they experienced both physically and mentally.

Recommendations:

- Continue the Zumba classes in the next academic year.
- Consider expanding the program to include male staff members.

- Perfect timing selected for Zumba.

This report highlights the effectiveness of the Zumba program in promoting health and well-being among the staff at Shivaji Science College.

Action Taken: The Yoga and Meditation classes conducted from January to July 2023 at Shivaji Science College, Nagpur were successful in achieving their objectives. The positive feedback from participants and the noticeable improvements in their physical and mental well-being underscore the importance of such initiatives. It is recommended that the college consider extending this program and possibly including more staff members in the future.















Shri Shivaji Education Society Amravati's
Science College, Congress Nagar, Nagpur.

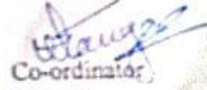
"ZUMBA"

Attendance Sheet

Session 2023-24

Date: 6/01/2024

S. N.	Name of Participants	Sign
1	Dr. Shalin Bhandari	
2	Dr. R. N. Patil	
3	Ms. Manisha Jivrajkar	
4	Ms. Chanta Jadhav	
5	Mishuvarupa Patil	
6	J. S. S. Deshmukh	
7	Panu Tomar	
8	P. N. Deshmukh	
9	Shivani Sharma	
10	Shubhangi J. Vene	
11	Suhani Tonge	
12	Muskhoo Babbar	
13	Dr. Shalpa. K. Kulkarni	
14	Dr. Swati S. Deshmukh	
15	Suhani K. Lute	
16	Dr. Sumanth	
17	Dr. P. S. Sawant	
18	A. D. Fudrude	
19	Anushka G. Ramprasad	
20	Dr. Rupali H. Mahakode	
21	A. A. Deshmukh	
22	Dr. V. T. Chaudhary	
23	Dr. V. C. Patil	
24	Sanali B. Thakur	
25	Rashika D. Bagal	
26	Kritika Ganeshi	
27	Dr. Rupali Patil Bhagat	
28	Sichani Ute	
29	Madhusrianna Lonrade	
30	Swetal P. Garghate	
31	Anushka Ramprasad	
32	Somnudehi K. Zhadkar	
33		


Co-ordinator
Dr. S. V. Khangar

Shri Shivaji Education Society Amravati's
Science College, Congress Nagar, Nagpur.
"ZUMBA"

Attendance Sheet
Session 2023-24

Date: 13/01/2024

S. N.	Name of Participants	Sign
1	Suhani Tonge	
2	Teenu Tomar	
3	Dr. P. B. Sarmarika	
4	Dr. S. S. Deshmukh	
5	Samkudhi K. Tibhekar	
6	Anushka Raimapur	
7	Dr. Rupali H. Mahakud	
8	Rasika D. Bagal	
9	Karimi D. Bawankhule	
10	Dr. R. P. Senevkar	
11	Dr. S. N. Pathare	
12	Madhurima Gonnade	
13	Dr. Smital S. Deshmukh	
14	Tasmiya H. Baig	
15	Khushboo Sheikh	
16	Ravee Sontakke	
17	Dr. Shahin Sayyad	
18	Ms. Chanda Jatejode	
19	Ms. Kanchan Tibhekar	
20	Dr. Shubhangi Kere	
21	A. D. Fule	
22	A. A. Deshmukh	
23	P. N. Deshmukh	
24	Shivani R. Sharma	
25	Dr. V. T. Chaudhary	
26	Dr. V. C. Pande	
27	Sorali B. Takur	
28	Aishwarya Mendwade	
29	Dr. Rupali A. Patil Bhogal	
30	Dr. Sulpa K. Katar	
31	Ritika Gahin	
32	Suhani Lute	
33	Madhurima Gonnade	

Co-ordinator
Dr. S. V. Khangar

Shri Shivaji Education Society Amravati's
Science College, Congress Nagar, Nagpur.
"ZUMBA"
Attendance Sheet
Session 2023-24

Date: 20/01/2024

S. N.	Name of Participants	Sign
1	Aishwarya Mendwade	
2	Dr. Pamarthkar	
3	Dr. R. N. Pathak	
4	Dr. S. S. Deshmukh	
5	Taru Tomar	
6	Tejuswi M. Kumbade	
7	Anushka Ramapure	
8	Dr. Smtal S. Deshmukh	
9	Dr. Shubhangi Kere	
10	Ms. Kanchari Tivropetkar	
11	Ms. Chanda Jategade	
12	Dr. S. K. Sayyad	
13	P. N. Deshpande	
14	Shivani R. Sharma	
15	Samruddhi K. Tibhelkar	
16	Rasika D. Bagat	
17	Ritika Ganiot	
18	Khushboo Sheikh	
19	Laxmi D. Bawankule	
20	Madhurima Gonnade	
21	Dr. Shilpa K. Katre	
22	Tasmiya H. Baig	
23	Dr. R. P. Sawale	
24	A. A. Deshmukh	
25	Dr. V. T. Chauhan	
26	Dr. V. C. Prinde	
27	Sonali B. Takur	
28	Tejuswi M. Kumbade	
29	Dr. Rupali Patil Bhagat	
30	Suhani Tonge	
31	A. D. Filachi	
32	Dr. Rupali H. Mahalkhede	
33	Suhani Lute	

Co-ordinator
Dr. S. V. Khangar

Shri Shivaji Education Society Amravati's
Science College, Congress Nagar, Nagpur.

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Attendance Sheet

Session 2023-24

Date: 27/01/2024

S. N.	Name of Participants	Sign
1	Aishwarya Mendwade	Ashw
2	Taru Tomar	Taru
3	Dr. S. S. Deshmukh	S.S.
4	Tejasvi P. Wahane	Tejasvi
5	Tejasvi M. Kulkarni	Tejasvi
6	Sulham Tonge	Sulham
7	Sulham Kute	Sulham
8	Tasmaya H. Buij	Tasmaya
9	Dr. Sumarkhan	Dr.
10	Madhvirama Gonnade	Madhvirama
11	Swetal P. Waghmare	Swetal
12	Samruddhi Tibhakar	Samruddhi
13		
14	Dr. Shital S. Deshmukh	Dr.
15	Dr. R. N. Patil	R.N.P.
16	Ms. Chanda Jagade	Chanda
17	Dr. Shahin	Dr.
18	Ms. Ranjana J.	Ranjana
19	Dr. Shubhangi Kere	Shubhangi
20	Dr. Shilpa Kulkarni	Shilpa
21		
22	Dr. Rupali H. Mahalkunde	Rupali
23	A. A. Deshmukh	A.A.
24	Dr. V. C. Ponde	V.C.
25	Dr. A. P. Sawale	A.P.
26	A. D. Fule	A.D.
27	Dr. V. T. Chaudhari	V.T.
28	Dr. Rupali Patil Bhagat	Rupali
29	P. N. Deshmukh.	P.N.
30	Shilani R. Sharma	Shilani
31	Sonali B. Thakur	Sonali
32	Ritika Granu	Ritika
33	Ravika Bagat	Ravika

S. V. Khangar
Co-ordinator
Dr. S. V. Khangar

Shri Shivaji Education Society Amravati's
Science College, Congress Nagar, Nagpur.


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Attendance Sheet

Session 2023-24

Date: 3/02/2024

S. N.	Name of Participants	Sign
1	Dr. S. V. Khangar	
2	P. N. Deshmukh	
3	Dr. S. J. Kore	
4	Dr. Sunita S. Deshmukh	
5	Aishwarya Mendwade	
6	Tanu Tamkar	
7	Tejasvi Wahane	
8	Trishuli Kumbhar	
9	Sulhani Tangar	
10	Sulhani Kute	
11	Tasmiya H. Baig	
12	B. B. Zambarkar	
13	Madhura Kinnade	
14	Dr. Rupal H. Mahajchandra	
15	Swejal P. Gajbhar	
16	Samruddhi Tibhena	
17		
18		
19	Dr. P. P. Sawale	
20	A. D. Fuladi	
21	A. A. Deshmukh	
22	Dr. V. C. Parule	
23		
24		
25	Dr. R. A. Patil Bhagat	
26	Dr. S. K. Sayyad	
27	Mr. Kanchan J.	
28	Ms. Chandan J	
29	Shilpa R. Sharma	
30	Sorali B. Thakur	
31	Ritika Granis	
32	Rashika D. Bagal	
33		


Co-ordinator
Dr. S. V. Khangar

Shri Shivaji Education Society Amravati's
Science College, Congress Nagar, Nagpur.

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Attendance Sheet

Session 2023-24

Date: 10/02/2024

S. N.	Name of Participants	Sign
1	Dr. Shikha S. Deshmukh	
2	Aishwarya Merdware	
3	Dr. S. S. Deshmukh	
4	Tanu Tamoz	
5	Tejasvi Wahane	
6	Tejasvi Kumbale	
7	Sulhani Tange	
8	Dr. Rupali H. Mahadikar	
9	Sukhni Lute	
10	Dr. Lamaskar	
11	Sonal B. Thakur	
12	Tasmiya H. Baig	
13	Dr. R. N. Patil	
14	Dr. S. V. Khangar	
15	Dr. S. K. Sawade	
16	Ms. Chanda Jagade	
17	Ms. Karishma J. Khandekar	
18	Dr. Shubhangi J. Kore	
19	Dr. Shilpa K. Khatke	
20	Madhurima Lionnade	
21	Dr. P. P. Sawade	
22	Somyudhi Zibhek	
23	A. A. Deshmukh	
24		
25	Dr. R. A. Patil Bhayal	
26	P. N. Deshmukh	
27	Dr. V. C. Pandit	
28	Shivani R. Sharma	
29	A. D. Faldar	
30	Rusika D. Bagal	
31	Dr. Anika Gaur	
32	Dr. S. V. Khangar	
33		

Co-ordinator
Dr. S. V. Khangar

Shri Shivaji Education Society Amravati's
Science College, Congress Nagar, Nagpur.

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Attendance Sheet

Session 2023-24

Date: 17/02/2024

S. N.	Name of Participants	Sign
1	Dr. S. V. Khangar	
2	Ms. Kanchan B. Jhnapurloen	
3	Ms. Chanda P. Jategade	
4	Dr. D. K. Sayad	
5	Sonal B. Laxkar	
6	Dr. R. N. Patil	
7	Dr. S. S. Deshmukh	
8	Aishwarya Medwade	
9	Tanu Tamor	
10	Tejvi Wahan	
11	P. N. Deshmukh	
12	Shivani R. Sharma	
13	Dr. Shubhrajyoti J. Kone	
14	Trishala M. Kulkarni	
15	Dr. Shital S. Deshmukh	
16	Dr. V. C. Pande	
17	Suhani Tangi	
18	Rasika D. Bagal	
19	Suhani Dute	
20	Dr. Rupali H. Mahalkheda	
21	Madhura Gonnade	
22	Dr. P. S. Sankhe	
23	Samudra Jadhav	
24	A. A. Deshmukh	
25		
26	Dr. R. A. Patil Bhagat	
27		
28	Dr. Pamarbar	
29	A. D. Kulkarni	
30	Ridha Granu	
31	Sweta P. Wajbhaye	
32		
33		

Co-ordinator
Dr. S. V. Khangar

Shri Shivaji Education Society Amravati's
Science College, Congress Nagar, Nagpur.

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Attendance Sheet

Session 2023-24

Date: 24/02/2024

S. N.	Name of Participants	Sign
1	Dr. S. V. Khangar	
2	Dr. R. N. Pathare	
3	Ms. Kanha J. Jangade	
4	Ms. Chanda P. Jangade	
5	Dr. S. K. Jangade	
6	Dr. S. J. Kere	
7	Sonali B. Takur	
8	Dr. S. S. Dohmukh	
9	Aishwarya Mendwade	
10	Taru Panar	
11	P.N. Dohmukh	
12	Shilani R. Sharma	
13	Dr. Rupali H. Mahalchode	
14	Dr. Samant	
15	Dr. Shilpa K. Kalye	
16	Dr. V. C. Parele	
17	Dr. Smita S. Dohmukh	
18	Tejasvi Wihare	
19	Rasika D. Bayal	
20	Tejasvi M. Mahalchode	
21	Dr. P. Sawade	
22	Suhani Targe	
23	A. A. Dohmukh	
24	Suhani Wale	
25	Ismiya H. Barg	
26	Madhusima Lohande	
27	Dr. R. A. Patil Bhagwat	
28	A. D. Fulekar	
29	Ritika Granin	
30	Swejal P. Gajbhiye	
31	Samkudhi Tibhekar	
32		
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Co-ordinator
Dr. S. V. Khangar

Shri Shivaji Education Society Amravati's
Science College, Congress Nagar, Nagpur.

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Attendance Sheet

Session 2023-24

Date: 2/03/2024

S. N.	Name of Participants	Sign
1	Dr. S. V. Khargad	
2	Dr. R. N. Pathare	
3	Ms. Kanchan Jivchavhan	
4	Ms. Chanda J. Patgade	
5	Dr. P. K. Sayyad	
6	Dr. S. J. Kene	
7	Dr. Rupali H. Mahalkar	
8	Dr. R. N. Pathare	
9	Dr. Swati Deshmukh	
10	Dr. V. C. Patole	
11	Sonali B. Thakur	
12	Dr. S. S. Deshmukh	
13	Aishwarya Madhwal	
14	Taru Patil	
15	Dr. P. P. Sawade	
16	Tejani Wakane	
17	Tejaswini M. Kulkarni	
18	Ruhani Torje	
19	A. D. Fulkar	
20	Tasmiya H. Baig	
21	Madhurima Gonnade	
22	Dr. Zambhar	
23	Saumudhi Jibhakar	
24	A. A. Deshmukh	
25	Sweta P. Chughbhiye	
26		
27	Dr. R. A. Patil Bhogate	
28	Ritika Gaurin	
29		
30	Rasika D. Bagal	
31		
32		
33		

Co-ordinator
Dr. S. V. Khargad

Shri Shivaji Education Society Amravati's
Science College, Congress Nagar, Nagpur.

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Attendance Sheet

Session 2023-24

Date: 9/03/2024

S. N.	Name of Participants	Sign
1	Dr. S. V. Khangar	
2	Dr. Kamlesh J. Jangale	
3	Ms. Chanda P. Jangale	
4	Dr. A. K. Jangale	
5	Dr. B. N. Jangale	
6	Dr. Smita S. Deshmukh	
7	Dr. V. C. Pande	
8	Sonal B. Talekar	
9	Dr. S. S. Dhanekar	
10	P. N. Deshmukh	
11	Shwani Sharma	
12	Dr. S. J. Kone	
13	Aishwarya Madwade	
14	Taru Toror	
15	Dr. Reepali H. Mahakud	
16	Tejasvi Wahane	
17	Dr. Kamalika	
18	Tejasvi M. Kulkarni	
19	Dr. R. P. Sawar	
20	Suhani Tonge	
21	A. A. Deshmukh	
22	Suhani Kute	
23	Tasmia H. Bate	
24	Madhura Ponnade	
25	Swetal P. Gaybhadre	
26	Samar Zohken	
27		
28		
29	Dr. R. A. Patil Bhagat	
30	A. D. Fule	
31		
32	Rasika D. Bagel	
33	Ritika Granin	

Co-ordinator
Dr. S. V. Khangar

Shri Shivaji Education Society Amravati's
 Science College, Congress Nagar, Nagpur.
"ZUMBA"
 Attendance Sheet
 Session 2023-24

Date: 16/03/2024

S. N.	Name of Participants	Sign
1		
2	Dr. Shital Deshmukh	[Signature]
3	Ronali B. Thakur	[Signature]
4	Dr. S. N. Patil	[Signature]
5	Aishwarya Meshwade	[Signature]
6	Dr. Sanjay	[Signature]
7	Dr. S. S. Deshmukh	[Signature]
8	Tanu Tomar	[Signature]
9	Tejani Wakane	[Signature]
10	Tejaswi M. Kulkarni	[Signature]
11	Sulham Tange	[Signature]
12	Suhani Lute	[Signature]
13	Tamara H. Barg	[Signature]
14	Dr. S. V. Khargad	[Signature]
15	Dr. S. T. Karg	[Signature]
16	P. N. Deshmukh	[Signature]
17	Ms. Kanchan Jivankar	[Signature]
18	Ms. Chanda P. Jangade	[Signature]
19	Dr. S. K. Jangade	[Signature]
20	Dr. Rupali H. Mahalkar	[Signature]
21	Rhivani B. Shasna	[Signature]
22	Madhurima Leonade	[Signature]
23	A. A. Deshmukh	[Signature]
24	Dr. P. P. Sawde	[Signature]
25	Dr. V. C. Pantele	[Signature]
26	Swejal P. Gaybhire	[Signature]
27		
28		
29	Dr. P. A. Patil Bhargu	[Signature]
30		
31	Ritika Gramin	[Signature]
32	Rasika Bajaj	[Signature]
33		

[Signature]
 Co-ordinator
 Dr. S. V. Khargad

Shri Shivaji Education Society Amravati's
Science College, Congress Nagar, Nagpur.

"ZUMBA"

Attendance Sheet

Session 2023-24

Date: 23/03/2024

S. N.	Name of Participants	Sign
1	Dr. S. V. Khangar	AKS
2	Dr. S. K. Sayad	AKS
3	A. D. Jitaji	AKS
4	Dr. Smital Deshmukh	AKS
5	Sonali B. Tilak	AKS
6	Dr. R. N. Pathan	AKS
7	Dr. S. S. Dechni	AKS
8	Aishwarya Madwade	AKS
9	Tanu Tomar	AKS
10	Dr. Rupal H. Mahakud	AKS
11	Tejasvi Wakane	AKS
12	Ms. Ranchoo Jivansing	AKS
13	Ms. Chanda R. Jadhav	AKS
14	Dr. S. J. Konde	AKS
15	Dr. S. J. Konde	AKS
16	Dr. S. J. Konde	AKS
17	Sukham Tonge	AKS
18	Dr. R. P. Sonu	AKS
19	Sukham Ute	AKS
20	A. A. Deshmukh	AKS
21	Dr. V. C. Panole	AKS
22	Tasmiya H. Baig	AKS
23	Madhurima Gonnade	AKS
24		
25	R. A. Parthi Bhayat	AKS
26	P. N. Deshmukh	AKS
27	Shivani Shama	AKS
28	Swejal P. Gajbhiye	AKS
29		
30	Ritika Granu	AKS
31		
32	Rashika Bagde	AKS
33		

Co-ordinator
Dr. S. V. Khangar

Shri Shivaji Education Society Amravati's
Science College, Congress Nagar, Nagpur.

"ZUMBA"

Attendance Sheet

Session 2023-24

Date: 30/05/2024

S. N.	Name of Participants	Sign
1	Ms. Kanchan Juvangulkar	Kat
2	Ms. Chanda P. Jangade	Jangade
3	A. D. Fulkadi	Fulkadi
4	Dr. A. K. Jangade	Jangade
5	Sonal B. Thakur	Thakur
6	Dr. P. N. Patil	Patil
7	Dr. S. S. Deshmukh	Deshmukh
8	Aishwarya Mendwade	Mendwade
9	Tam Tamkar	Tamkar
10	Tejani Wahare	Wahare
11	Tejswari M. Kulkarni	Kulkarni
12	R. Samantkar	Samantkar
13	Suhani Tonge	Tonge
14	Suhani Lude	Lude
15	Tasmiya H. Baig	Baig
16	Dr. S. J. Kore	Kore
17	P. N. Deshmukh	Deshmukh
18	Shivani R. Sharma	Sharma
19	Dr. V. C. Parole	Parole
20	Madhusima Konde	Konde
21	Dr. Rupali H. Mahalkar	Mahalkar
22	Surejal P. Warbhise	Warbhise
23		
24	R. A. Patil Bhagat	Patil
25	A. A. Deshmukh	Deshmukh
26		
27	H. R. D. Sare	Sare
28		
29	Ritika Granu	Granu
30		
31		
32	Rasika D. Bagat	Bagat
33		

Co-ordinator
Dr. S. V. Khangar

Shri Shivaji Education Society Amravati's
Science College, Congress Nagar, Nagpur.

"ZUMBA"

Attendance Sheet

Session 2023-24

Date: 6/04/2024

S. N.	Name of Participants	Sign
1	Dr. S. V. Khangar	
2	Dr. R. N. Pathary	
3	Dr. D. K. Sayad	
4	Dr. Purnali H. Mahabade	
5	Sonali B. TEFU	
6	Aishwarya Madwade	
7	Ms. Kambrin Jivarepullan	
8	Ms. Chanda P. Jadhav	
9	A. D. Fule	
10	D. S. J. Kore	
11	Ms S. S. Deshmukh	
12	Taru Tamor	
13	Tejasvi Wahane	
14	Tejasvi M. Kubade	
15	Dr. R. P. Sonule	
16	Dr. V. C. Parole	
17	Lubani Tonge	
18	A. A. Deshmukh	
19	Lubani Kute	
20	Tasmay A. Baig	
21	Sweety P. Warbhise	
22	N. Zambhar	
23	Madhurima Lonade	
24		
25	Dr. R. A. Patil Bhagar	
26	P. N. Deshmukh.	
27	Shivani R. Sharma	
28		
29	Ritika Gami	
30		
31	Rasika Baghel	
32		
33		

Co-ordinator
Dr. S. V. Khangar

Shri Shivaji Education Society Amravati's
Science College, Congress Nagar, Nagpur.

"ZUMBA"

Attendance Sheet

Session 2023-24

Date: 20/03/2024

S. N.	Name of Participants	Sign
1	Dr. S. V. Khangar	
2	Sonali B. Takur	
3	Dr. Reepali H. Mahabadi	
4	Dr. R. N. Pathekar	
5	Dr. S. C. Deshmukh	
6	Ms. Kanchari Jivansingh	
7	Ms. Chanda P. Jadhav	
8	Dr. D. K. Sayyad	
9	Dr. S. T. Kane	
10	Aishwary Mediwade	
11	Tanu Tomar	
12	Tejasvi Wahane	
13	Tejaswini M. Kelbade	
14	Ruhani Tonge	
15	Ruhani Wate	
16	P. N. Deshmukh	
17	Shilpi P. Shasra	
18	Iqsmiyah H. Baig	
19	A. D. Fuleadi	
20	Dr. R. P. Sane	
21	Dr. V. C. Panole	
22	Madhusima Lomade	
23	A. A. Deshmukh	
24	Swejal P. Gajbhilge	
25		
26	Ritika Granis	
27		
28	Dr. Tomaskar	
29		
30		
31	Dr. R. A. Patil Bhagat	
32	Rasika Bagat	
33		

Co-ordinator
Dr. S. V. Khangar

Shri Shivaji Education Society Amravati's
Science College, Congress Nagar, Nagpur.

"ZUMBA"

Attendance Sheet

Session 2023-24

Date:

27/04/2024

S. N.	Name of Participants	Sign
1	Sonali B. Thakur	[Signature]
2	Dr. R. N. Patil	[Signature]
3	Dr. S. S. Deshmukh	[Signature]
4	Aishwarya Madwade	[Signature]
5	Taru Tamkar	[Signature]
6	Dr. S. V. Khangar	[Signature]
7	Dr. Rupali H. Maljankar	[Signature]
8	Tejasvi Wakane	[Signature]
9	Ms. Karan Jivnapurkar	[Signature]
10	Ms. Chanda P. Patil	[Signature]
11	Dr. S. K. Sawade	[Signature]
12	Dr. P. A. Patil Bhagat	[Signature]
13	Tejaswi M. Leharde	[Signature]
14	Lubani Tange	[Signature]
15	Lubani Hule	[Signature]
16	Tasmiya H. Baig	[Signature]
17	Madhusima Limade	[Signature]
18	Dr. P. P. Sawade	[Signature]
19	Dr. V. C. Parelo	[Signature]
20	Suregal P. Jagtap	[Signature]
21		
22	Dr. Zambekar	[Signature]
23		
24	A. A. Deshmukh	[Signature]
25		
26		
27		
28	A. D. Fuleadi	[Signature]
29	Rasika Bagde	[Signature]
30	Ritika Gramur	[Signature]
31		
32	P. N. Deshmukh	[Signature]
33	Shivani R. Sharma	[Signature]

[Signature]
Co-ordinator
Dr. S. V. Khangar

Shri Shivaji Education Society Amravati's
Science College, Congress Nagar, Nagpur.

"ZUMBA"

Attendance Sheet

Session 2023-24

Date: 18/05/2024

S. N.	Name of Participants	Sign
1	Dr. S. V. Khanape	
2	Dr. R. A. Patil Bhagat	
3	Sonali B. Lokur	
4	Dr. R. N. Pothur	
5	Dr. Keshavi H. Mahalekude	
6	Dr. S. S. Deshmukh	
7	Aishwarya Meshwade	
8	Tarun Kumar	
9	Tejashri Wahane	
10	Tejaswini M. Kulkarni	
11	Ruhani Pange	
12	Ms. Kanchan Jivansurkhan	
13	Ms. Chanda P. Jagade	
14	Dr. S. K. Sayyad	
15	Dr. S. J. Kone	
16	Ruhani Kute	
17	P. N. Deshmukh	
18	A. D. Fawadi	
19	Tasmiya H. Baig	
20	Dr. Samarhas	
21	Madhusmita Kinnade	
22	Dr. P. P. Sawale	
23	Swejal P. Wafbhikar	
24	A. A. Deshmukh	
25	Dr. V. C. Panate	
26	Rasika Bagot	
27	Ritika Gauri	
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Co-ordinator
Dr. S. V. Khangar

Shri Shivaji Education Society Amravati's
Science College, Congress Nagar, Nagpur.

"ZUMBA"
Attendance Sheet
Session 2023-24

Date: 25/05/2024

S. N.	Name of Participants	Sign
1	Dr. S. V. Khangar	
2	Dr. R. D. Dhobane	NIP
3	Dr. S. S. Deshmukh	
4	Dr. Swetal S. Deshmukh	
5	Ms. Kanchna Jivankar	
6	Ms. Chanda P. J. Tatdare	
7	Dr. Shaban K. Saykari	
8	Dr. Rupali H. Mahadchode	
9	Dr. P. B. Zambekar	
10	MS. Apurva Jayade	
11	P. N. Deshmukh	
12	Shivani Shasna	
13	Shubham J. Kere	
14	Dr. Rachal D. Deshmukh	
15	Khushbu Sheikh	
16	Dr. Shilpa K. Katre	
17	S. R. P. Sawade	
18	A. D. Fule	
19	A. A. Deshmukh	
20	Dr. V. T. Chauhan	
21	Dr. V. C. Pande	
22	Sonali B. Takur	
23	Rasika D. Bajaj	
24	Ritika Ganju	
25	Aishwarya Mendwadde	
26	Taru Tomar	
27	Suhani Tonge	
28	Suhani R. Lute	
29	Dr. Rupali Patil Bhagat	Rupali
30	Suhani Lute	
31	Madhusima Lonade	
32	Swetal P. Garbhijle	
33	Anushka Ramcipure	

Co-ordinator
Dr. S. V. Khangar

**Shri Shivaji Education Society Amaravati's
Science College Congress Nagar, Nagpur**

“Zumba”

Session 2023-24

Duration: 06/01/2023 to 25/06/2023

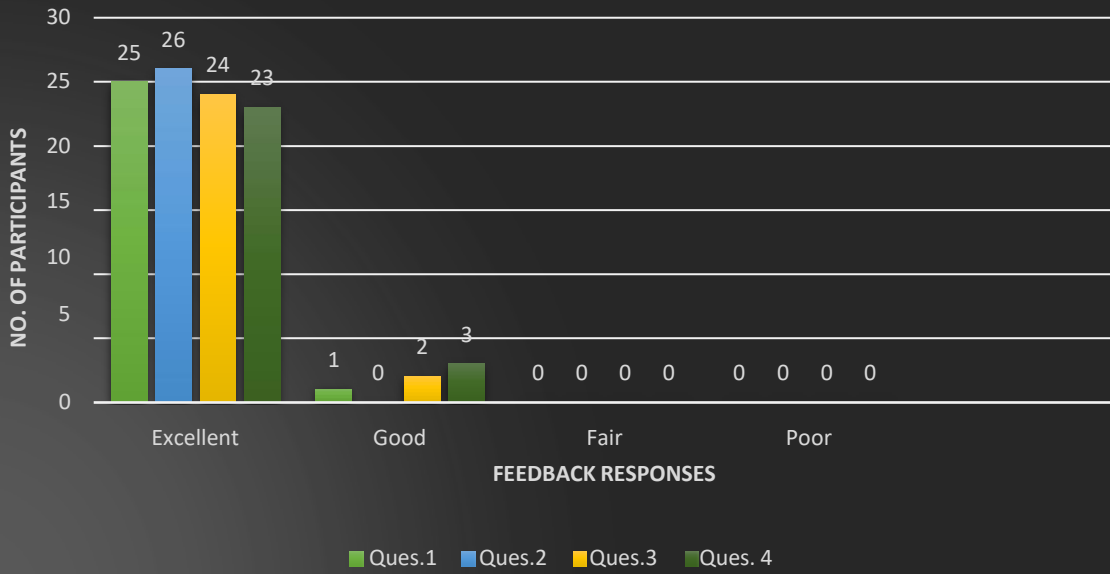
Name of Coordinator: Dr. S. V. Khangar

Feedback Form

Name : _____

- 1) How would you rate sessions ?
 - Excellent
 - Good
 - Fair
 - Poor
- 2) How would you rate the instructor's guidance and support?
 - Excellent
 - Good
 - Fair
 - Poor
- 3) How would you rate the overall benefits of the session (e.g., relaxation, stress relief, energy levels)?
 - Excellent
 - Good
 - Average
 - Poor
- 4) How likely are you to continue attending this Zumba sessions?
 - Very Likely
 - Likely
 - Neutral
 - Unlike

Feedback "Zumba" 2023-24



Dr A A Halder

Dr A A Halder
 Coordinator, IQAC
 Science College,
 Congress Nagar, Nagpur

Prof. M. P. Dhore

Prof. M. P. Dhore
 Principal
 Science College,
 Congress Nagar, Nagpur

