

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

NOTICE

Date: 22/06/2023

All the Male teaching and non-teaching staff are hereby that our college is commencing **“Yoga & Meditation”** class from July 2023 on every Thursday at 7 am for session 2023-24. All should expect to capture this big opportunity for well-being.



Co-ordinator  
Mr. B. T. Kumbhare



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



Shri Shivaji Education Shikshan Sanstha Amravati's

**Science College**

Congress Nagar, Nagpur



# Yoga & Meditation



**On Every Thursday at 7 am**

**From July to December**

**2023-24**

Co-ordinator

Mr. B. T. Kumbhare

Principal

Prof. M. P. Dhore

Shivaji Science College organized a series of **Yoga and Meditation** classes for the teaching and non-teaching staff. These sessions were held every Thursday from July to December 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 Thursday from 6:00 AM to 7:00 AM. The program began on July 6, 2023, and concluded on December 28, 2023. Each session was guided by a professional yoga instructor. The participation was open to all male teaching and non-teaching staff. On average, around 20-30 staff members attended each session. The consistent turnout highlighted the growing interest in yoga and meditation among the staff.

### **Content of the Classes:**

- **Yoga Asanas:** The classes included a variety of yoga asanas (postures) tailored to different levels of flexibility and fitness. These were focused on improving strength, flexibility, and balance.
- **Pranayama:** Breathing exercises were incorporated to help participants control their breath and enhance their focus and relaxation.
- **Meditation:** Each session concluded with a meditation practice aimed at reducing stress, improving concentration, and promoting mental peace.
- **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 meditation 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 Yoga and Meditation classes in the next academic year.
- Consider expanding the program to include female staff members.

- Explore the possibility of organizing weekend or early morning sessions for broader participation.
- Conduct periodic surveys to measure the long-term impact of the program on participants' well-being.

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

**Action Taken:** The Yoga and Meditation classes conducted from July to December 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.

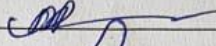
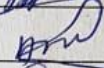
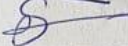


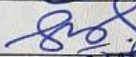

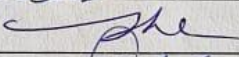
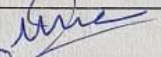
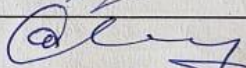
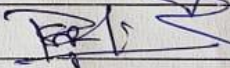

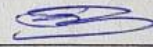



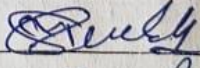
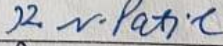
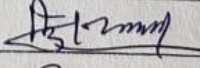

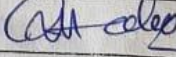
**"Yoga & Meditation"**

Attendance Sheet

Session 2023-24

Date: 06/07/2023

Day: Thursday

S. N.	Name of Staff Member	Sign
1	Dr. P. S. Utale	
2	M. P. M. Puri	
3	S. S. Phokh	
4	G. L. Jadhav	
5	S. V. Dautpure	
6	S. W. Anwane	
7	A. A. Halder	
8	J. K. Keche	
9	M. D. Phalke	
10	Dr. Bobber	
11	Dr. S. R. Daf	
12	Ms. Konchan B. Jivnapurekar	
13	S. R. Pande	
14	Ms. Chandan P. Jatgade	
15	Dr. V. A. Dakhole	
16	D. D. Shirse	
17	M. S. Deshmukh	
18	Rajendra V. Patil	
19	Abhisit. B. Hulke	
20	C. M. Ban	
21	S. P. Hadew	



22.	Taranga madne	Taranga
23		
24	Rohit. P. Sikkadwar	Rohit
25	Mykesh Garmale	<del>Mykesh</del>
26	Shubham. Kharbale	shubham.
27	P. B. Ankalu	P. B. Ankalu
28	D. D. Rane	<del>D. D. Rane</del>
29	S. G. Tete	<del>S. G. Tete</del>
30	G. M. Funn	<del>G. M. Funn</del>
31	A. D. Gupta	<del>A. D. Gupta</del>
32	B. L. Patil	B. L. Patil
33	H. M. Dhawad	<del>H. M. Dhawad</del>



Co-ordinator

Mr. B. T. Kumbhare

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**“Yoga & Meditation”**

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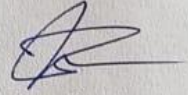
Session 2023-24

Date: 13/07/23

Day: Thursday

S. N.	Name of Staff Member	Sign
1	Ratendra v. Patil	R. v. Patil
2	Abhisit. B. Hulkey	<del>Abhisit</del>
3	D. D. Shirsalkar	<del>D. D. Shirsalkar</del>
4	<del>A. D. Gonnal</del>	<del>Amun</del>
5	A. K. Shende	A. K. Shende
6	D. G. Fule	D. G. Fule
7	R. L. Holey	R. L. Holey
8	V. M. Chule	V. M. Chule
9	B. S. Basapatil	B. S. Basapatil
10	A. R. Zolpe	A. R. Zolpe
11	Dr. P. S. Utale	<del>Dr. P. S. Utale</del>
12	m. n. m. pumal	<del>m. n. m. pumal</del>
13	S. S. Dhor	<del>S. S. Dhor</del>
14	G. L. Jadhav	<del>G. L. Jadhav</del>
15	S. V. Dautpne	<del>S. V. Dautpne</del>
16	S. W. Arwane	<del>S. W. Arwane</del>
17	A. A. Halder	<del>A. A. Halder</del>
18	Atul Bobey	Atul Bobey
19	S. R. Pande	<del>S. R. Pande</del>
20	M. P. Phalke	M. P. Phalke
21	J. K. Keche	J. K. Keche
26	M. D. Phalke	M. D. Phalke
22	M. S. Deshmukh	M. S. Deshmukh

	M. S. Deshmukh.	
24	S. R. Daf	<del>SRD</del>
25	Dr. V. A. Daktak	<del>D</del>
26	C. R. Rao	Rao
27	S. P. Hoelw	Hoelw
28	Tarang madne	Tarang
29	Rohit P. Sikkarean	Rohit
30	Mykesh Gotmare	Got
31	Shubham, Kalbande.	Shubham.
32	P. B. Ankale	P. B. Ankale
33	A. R. Pawar	Pawar



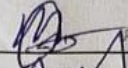
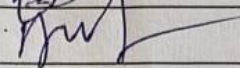
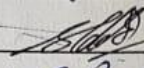
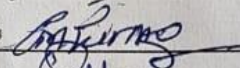
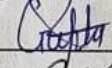
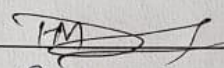

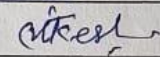
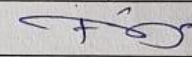
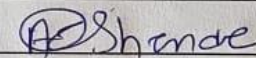
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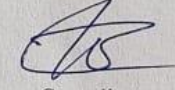
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Science College, Congress Nagar, Nagpur.  
"Yoga & Meditation"  
Attendance Sheet  
Session 2023-24

Date: 20/07/2023

Day: Thursday

S. N.	Name of Staff Member	Sign
1	Dr P.S. Utale	
2	Mr. H. M. Raml	
3	S.V. Dautpre	
4	S.W. Anwane	
5	A.A. Halder	
6	J.K. Keche	
7	S.R. Pande	
8	M.D. Phalke	
9	M.S. Deshmukh	
10	D. V. A. Dhole	
11	D. D. SMIRATH	
12	Rajendra v. Patil	R. v. Patil
13	Abhijit. B. Hulley	
14	C. A. Morn	C. A. Morn
15	S. A. Halu	S. A. Halu
16	Tarong madne	
17		
18	R. P. Sirkulwar	R. P. Sirkulwar
19	Shubham Karkale	Shubham
20	P.B. Ankulkar	P.B. Ankulkar
21	D. R. Ravi	

22	Mukesh Gopmde	
23	J. R. Patil	
24	S. G. Tete	<del></del>
25	G. M. Farning	
26	A. D. Gupta	
27	B. L. Patel	Babur
28	H. M. Dhawal	<del></del>
29	S. D. Kale	
30	Dr. Lankesh Bhasare	
31	P. B. Kumbalkar	
32	C. B. Borkar	C. B.
33	A. L. Shinde	

  
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 Mr. B. T. Kumbhare

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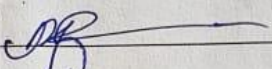

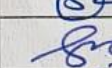

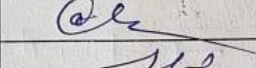

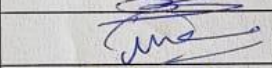
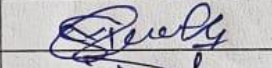
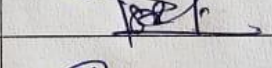
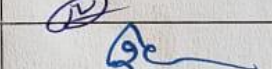
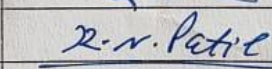
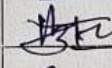
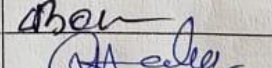
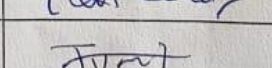
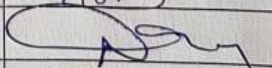
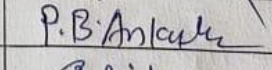
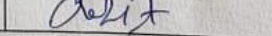




"Yoga & Meditation"


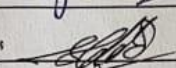
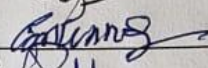
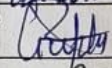
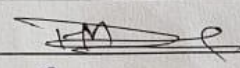
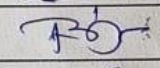
Attendance Sheet

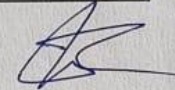
Session 2023-24

Date: 27/07/2023

Day: Thursday

S. N.	Name of Staff Member	Sign
1	Dr. P. S. Utale	
2	Mr. A. M. Purohit	
3	S. V. Dautpore	
4	S. W. Anwane	
5	A. A. Halder	
6	Poojabai D.	
7	J. K. Keeche	
8	S. R. Pande	
9	M. N. Phalke	
10	M. S. Deshmukh	
11	S. R. Daf	
12	Dr. V. A. Dakhin	
13	D. D. SHIRATH	
14	Rajendra v. Patil	
15	Abhisit B. Hulkey	
16	C. A. Mohan	
17	S. P. Hadu	
18	Tarong madne	
19	A. P. Pawar	
20	P. B. Ankule	
21	Resit. S. SIKKALWAR	

22	Makeysh Godmore	
23	Shubham Kulkarni	shubham,
24	D. Pr. Patil	Pr
25	S. G. Tete	
26	G. M. Funné	
27	A. D. Gupki	
28	B. L. Patil	Babu
29	H. M. Dhawad	
30	S. D. Kale	Kale
31	Dr. Lankesh Y. Bhaisare	Lankesh
32	P. B. Kulkarni	
33	e. B. Bhandarkar	e. B.



Co-ordinator  
Mr. B. T. Kumbhare

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Science College, Congress Nagar, Nagpur.

**"Yoga & Meditation"**

Attendance Sheet

Session 2023-24

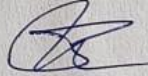
Date: 03/08/23

Day: Thursday

S. N.	Name of Staff Member	Sign
1	Rajendra v. Patil	R.v. Patil
2	Abhijit - B. Hulkey	A. Hulkey
3	D. D. SHIRSATI	D. D.
4	A. D. Kumbhar	A. D.
5	A. K. Shende	A. K. Shende
6	D. G. Foke	D. G. Foke
7	R. L. Holey	R. L.
8	S. S. Basraopadae	S. S.
9	V. M. Chule	V. M.
10	A. R. Zolpe	A. R.
11	Dr. P. S. Utale	P. S.
12	Mr. A. M. Pund	A. M.
13	S. S. Dhok	S. S.
14	G. L. Jadhav	G. L.
15	S. V. Dautpure	S. V.
16	S. W. Anwane	S. W.
17	A. A. Haldar	A. A.
18	Dr. Bobay	Dr. B.
19	S. R. Pande	S. R.
20	M. N. Patil	M. N.
21	J. K. Keche	J. K.



22	S. R. Daf	<del>SRD</del>
23	D. Y. A. Dakhale	D
24	C. M. Man	M
25	S. P. Hedus	Attalio
26	Taranga madne	Taranga
27	Polit, P. Sikkarwar	Polit
28	Mykesh Gutmura	M
29	Shubham. Karbhare	shubham.
30	P. B. Ankulur	P. B. Ankulur
31	D. R. Raut	D. R. Raut
32	S. G. Tete	S. G. Tete
33	G. M. Fume	G. M. Fume

  
 Co-ordinator  
 Mr. B. T. Kumbhare

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

**"Yoga & Meditation"**

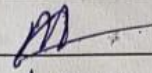
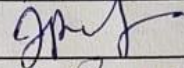
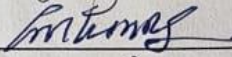
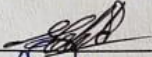
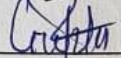
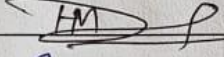
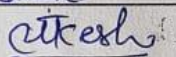

Attendance Sheet

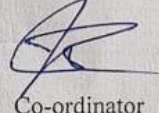
Session 2023-24

Date: 10/08/2023

Day: Thursday

S. N.	Name of Staff Member	Sign
1	Dr. P. S. Utale	
2	M. M. M. M. M.	
3	S. S. Dhote	
4	A. A. Haldar	
5	G. L. Jadhav	
6	S. V. Dautpura	
7	J. K. Keeche	
8	S. R. Daf	
9	M. D. Phalke	
10	D. D. SHIRKAR	
11	A. D. Bobde	
12	C. M.	
13	S. P. Hade	
14	S. R. Pande	
15	Dr. V. A. Dabholkar	
16	Rajendra v. Patil	
17	A. D. Patil	
18	A. B. Hulkey	
19	A. P. Sirkarwar	
20	M. S. Deshpande	
21	Tariong madne	

22	Mukesh Gajane	
23	SHUBHAM Kalbale	shubham
24	P. B. Antale	P. B. Antale
25	D. R. Patil	
26	G. M. Fonne	
27	S. G. Tete	
28	A. D. Gupta	
29	B. L. Patil	Borbu
30	H. M. D. D. D. D.	
31	S. D. kale	Skale
32	Dr. Lankesh Y. Bhausahe	
33	P. B. Kumbhar	




Co-ordinator  
Mr. B. T. Kumbhare

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

Date: 17/08/2023

Day: Thursday

S. N.	Name of Staff Member	Sign
1	D.D. Shivsath	
2	A.D. Patil	
3	A.K. Shende	
4	D.G. Fuke	
5	R.L. Holay	
6	V.M. Chule	
7	S.S. Borapate	
8	A.R. Zodpe	
9	Dr. P.S. Utale	
10	Dr. A.M. Pund	
11	S.S. Dhoni	
12	G.L. Jadhav	
13	S.V. Dautpu	
14	S.W. Anwane	
15	A.A. Halder	
16	A.D. Bobdey	
17	P.K. Kechu	
18	M.D. Phalke	
19	M.S. Deshmukh	
20	S.R. Patil	
21	S.R. Patil	

22.	Dr. V. A. Deshpande	
23	Rajendra v. Patil	<u>R. v. Patil</u>
24	Abhijit. B. Hulke	<del>Abhijit</del>
25	C. A. Nagar	<del>C. A. Nagar</del>
26	S. P. Haldar	<del>S. P. Haldar</del>
27	Tarong Madne	<del>Tarong</del>
28	Mykesh Chitambar	<del>Mykesh</del>
29	Shubham. Gadbale	shubham.
30	P. B. Ankur	P. B. Ankur
31	J. Raut	J. Raut
32	S. G. Tete	<del>S. G. Tete</del>
33	G. M. Funné	<del>G. M. Funné</del>



Co-ordinator  
Mr. B. T. Kumbhare

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

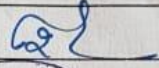
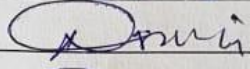
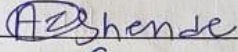
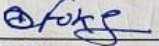

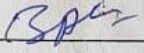
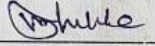


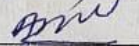


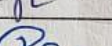



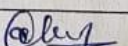

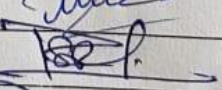

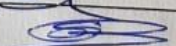
**"Yoga & Meditation"**


Attendance Sheet

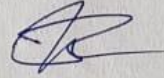
Session 2023-24

Date: 24/08/2023

Day: Thursday

S. N.	Name of Staff Member	Sign
1	D. D. Shirasde	
2	C. D. Patil	
3	A. K. Shende	
4	D. G. Fule	
5	R. L. Holey	
6	S. S. Barapatre	
7	V. M. Chule	
8	A. R. Zedpe	
9	Dr. P. S. Utale	
10	Mr. A. M. Somd	
11	S. S. Dhok	
12	G. L. Jadhav	
13	S. V. Dautpe	
14	S. W. Anwane	
15	A. A. Halder	
16	S. K. Kecke	
17	A. M. Borkar	
18	M. P. Phalke	
19	S. R. Dof	
20	M. S. Deshpande	
21	S. R. Patil	

22.	Dr. V. D. Dakhole	
23	Rajendra v. Patil	<u>R. v. Patil</u>
24	Abhijit. B. Hulkey	<u>Abhijit</u>
25	P. B. Ankule	P. B. Ankule
26	C. N. Ray	C. N.
27	S. P. Hedew	<u>S. P. Hedew</u>
28	Tarong madne	Tarong
29	Relit. P. Sikkalwar	Relit
30	Mukesh Gatomare	<u>M</u>
31	Shubham Kalbode	shubham
32	A. P. Pawar	<u>A. P. Pawar</u>
33	S. G. Tote	<u>S. G. Tote</u>



Co-ordinator  
Mr. B. T. Kumbhare

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

"Yoga & Meditation"

Attendance Sheet

Session 2023-24

Date: 31/08/2023

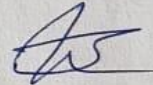
Day: Thursday

S. N.	Name of Staff Member	Sign
1	Dr. P. S. Utale	
2	Mr. A. M. Pund	
3	S. S. Dhok	
4	G. L. Jadhav	
5	S. V. Dautpua	
6	S. W. Annane	
7	<del>S. W. Annane</del>	<del></del>
8	A. A. Halder	
9	M. D. Phalke	
10	M. S. Deshmukh	
11	S. R. Daf	
12	Ms. Kandhan Jivnapurkar	
13	Ms. Chandan P. Jatgadi	
14	Dr. Bobby	
15	Dr. V. A. Dekhale	
16	D. D. SHIRSATH	
17	S. P. Hedoo	
18	J. K. Keeke	
19	Abhijit. B. Hulkey	
20	S. R. Pande	
21	Rajendra. v. Patil	

2



22	Tarong madne	Tarong
23	Relit. P. Sikkaywar	Relit
24	Mykesh Gammu	<del>Mykesh</del>
25	Shubham. Kulkarni	Shubham
26	P. B. Ankale	P. B. Ankale
27	D. R. Patil	D. R. Patil
28	G. M. Funnar	G. M. Funnar
29	S. G. Tote	<del>S. G. Tote</del>
30	A. D. Gupta	A. D. Gupta
31	B. L. Patil	B. L. Patil
32	H. M. Dhaware	<del>H. M. Dhaware</del>
33	C. B. Man	C. B.



Co-ordinator  
Mr. B. T. Kumbhare

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

**"Yoga & Meditation"**

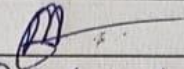
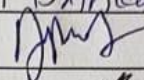
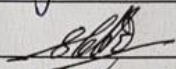
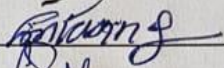
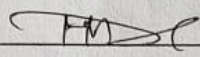

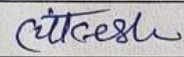
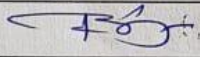
Attendance Sheet

Session 2023-24

Date: 07/09/2023

Day: Thursday

S. N.	Name of Staff Member	Sign
1	Dr. P.S. Utale	
2	Dr. A.M. Puri	
3	S.V. Dautpuri	
4	S.W. Anwane	
5	A.A. Halder	
6	J.K. Keeche	
7	Dr. B. B. B. B.	
8	M.P. Phalke	
9	S.R. Daf	
10	D.D. Shirate	
11	Dr. V. A. D. D.	
12	S.P. Halder	
13	S R Pande	
14	Rajendra v. Patil	
15	Abhijit. B. Hulke	
16	C.M. Mohr	
17	Tarang madne	
18	A. D. P. P.	
19	M.S. Deshmukh	
20	Rohit. P. Sikkalwar	
21	Shubham. Kalbade.	

22.	Mukesh Gormane	
23	P. B. Ankabale	P. B. Ankabale
24	D. P. Pawar	
25	S. G. Tete	
26	G. M. Fume	
27	A. D. Gupta	Gupta
28	B. L. Patil	Bablu
29	H. M. Dhawad	
30	S. D. Kale	
31	Dr. Lankesh Bhaire	
32	P. B. Kundalkar	
33	C. B. Borkar	C. B.



Co-ordinator  
Mr. B. T. Kumbhare

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

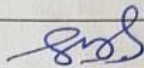

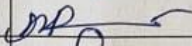

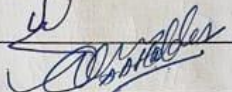
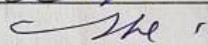
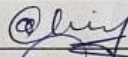
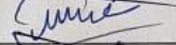
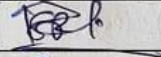



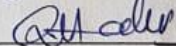


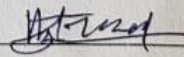
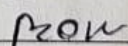
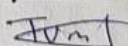
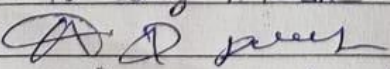
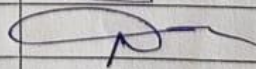
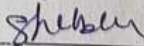
"Yoga & Meditation"


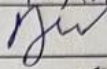
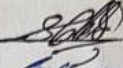
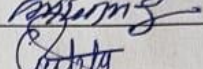
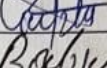
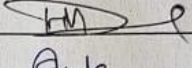

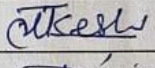
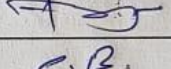
Attendance Sheet


Session 2023-24

Date: 14/09/23

Day: Thursday

S. N.	Name of Staff Member	Sign
1		
2	S. W. Anwane	
3	S. V. Dautpra	
4	Dr. P. S. Utale	
5	Dr. M. M. Puri	
6	A. A. Halder	
7	S. K. Kechhe	
8	Prof. A. D. Bobale	
9	M. D. Phalke	
10	S. R. Daf	
11	D. D. Shirsath	
12	M. S. Deshmukh	
13	Dr. V. A. Dakhole	
14	S. P. Hedw	
15	S. R. Parde	
16	Rajendra v. Patil	
17	Abhijit. B. Hukey	
18	C. B. Bora	
19	Tarang madhe	
20		
21	Shubham. Kalbavale.	

22.	Mukesh Gajmane	
23	P.B. Anlahe	P.B. Anlahe
24	D. R. Pur	
25	S. G. Tote	
26	G. M. Juvane	
27	A. D. Gajtha	
28	B. L. Patil	Bablu
29	H. M. D. Harewar	
30	S. D. Kale	
31	Dr. Lankesh Y. Bhaissare	
32	P. B. Kundalkar	
33	C. B. Borkar	C. B.

  
 Co-ordinator  
 Mr. B. T. Kumbhare

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

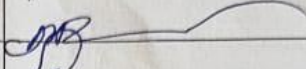


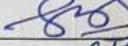
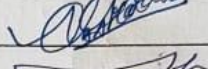
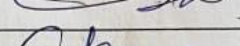
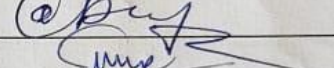
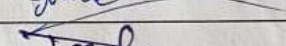
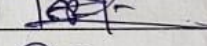


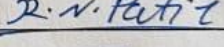

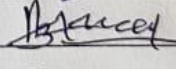
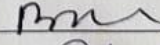
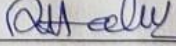


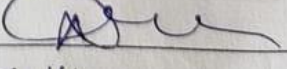
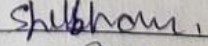

"Yoga & Meditation"

Attendance Sheet

Session 2023-24

Date: 21/09/2023

Day: Thursday

S. N.	Name of Staff Member	Sign
1	Dr. P.S. Utale	
2	Mr. A. M. Pund	
3	S.V. Dautpore	
4	S.W. Anwane	
5	A.A. Halder	
6	J.K. Keeche	
7	A.D. Borbore	
8	M.P. Phalke	
9	S.R. Pat	
10	Dr. V.A. Dakhole	
11	D.D. SHIRSATI	
12	Rajendra Patil	
13	S.R. Pande	
14	Abhüt. B. Hulley	
15	C. More	
16	S.P. Halaw	
17	M.S. Deshmukh	
18	Tarong madne	
19	A.D. Patil	
20	Shubham. Kalbarde	
21	Relik. I. Sikkalwar	

22	Mykesh Godhane	AM
23	P. B. Ankalu	P. B. Ankalu
24	D. D. Rawt	D. D. Rawt
25	S. G. Tale	S. G. Tale
26	B. M. Fone	B. M. Fone
27	A. D. Gupta	A. D. Gupta
28	B. L. Patil	B. L. Patil
29	H. M. Dhawad	H. M. Dhawad
30	S. D. Kale	S. D. Kale
31	Dr. Lankesh Y. Bhaire	Dr. Lankesh Y. Bhaire
32	P. B. Kundalkar	P. B. Kundalkar
33	C. B. Borkar	C. B. Borkar



Co-ordinator  
Mr. B. T. Kumbhare

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

**"Yoga & Meditation"**

Attendance Sheet

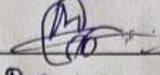
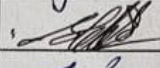
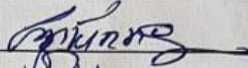
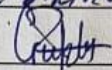
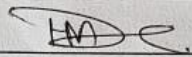
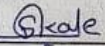
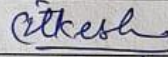

Session 2023-24

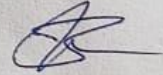
Date: 28/09/2023

Day: Thursday

S. N.	Name of Staff Member	Sign
1	Dr. P. S. Utale	
2	Dr. A. M. Mund	
3	S. V. Dautpura	
4	SW Anwane	
5	A. A. Halder	
6	J. K. Keche	
7	Prof Atul Boker	
8	M. D. Phalke	
9	S. R. Daf	
10	Dr. V. A. Deekhot	
11	D. D. SHIRSATI	
12	Rajendra v. Patil	
13	S. R. Pande	
14	C. M. Dhu	
15	M. S. Deshpande	
16	S. P. Hadu	
17	Abhisit. B. Hulkey	
18	Tarong madne	
19	A. P. Pawar	
20	Shubrao Kalkar	
21	Pratik. P. Sikkalwar	



22.	Mukesh Gotmare	
23	P.B. Ankale	P.B. Ankale
24	D. A. Pur	Jur
25	S. G. Tete	
26	G. M. Kumbhar	
27	A. D. Gupta	
28	B. L. Patil	Borkar
29	H. M. Dhaware	
30	S. D. Kale	
31	Dr. Lankesh Y. Bhaosare	
32	P. B. Kundalkar	
33	e. B. Borkar	c. B



Co-ordinator  
Mr. B. T. Kumbhare

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

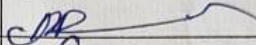



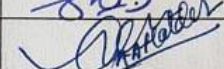

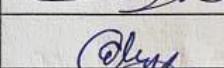
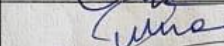
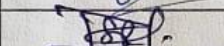




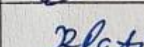
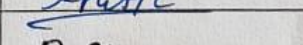
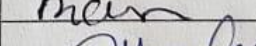
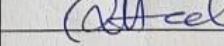
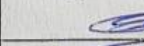
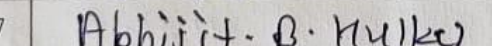
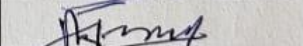
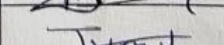

**"Yoga & Meditation"**

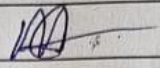
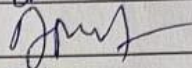
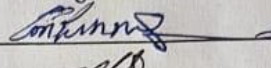
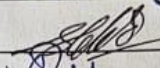
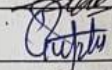
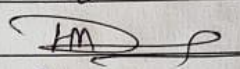
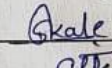
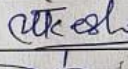
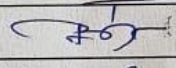
Attendance Sheet

Session 2023-24

Date: 5/10/2023

Day: Thursday

S. N.	Name of Staff Member	Sign
1	Dr. P.S. Utale	
2	M. A. M. Nand	
3	S.V. Dautpore	
4	S.W. Anwane	
5	A.A. Halder	
6	J.K. Keeche	
7	A.D. Bobay	
8	M.D. Phalke	
9	S.R. Daf	
10	D.D. Shiram	
11	M.S. Deshpande	
12	Dr. V.A. Deshpande	
13	R.V. Patil	
14	C.B. Bheer	
15	S.P. Hedur	
16	S.R. Pande	
17	Abhijit. B. Hulke	
18	Tarun madne	
19	 Kulkarni	
20	Relit. P. Sikkalwar	
21	P.B. Ankale	

22.	M. K. Kesu (Gadgaon)	
23	Shubham Galbrale	Shubham
24	D. R. Pant	
25	<del>Dr. M. Funnal</del>	<del></del>
26	S. G. Tete	
27	A. D. Gupta	
28	B. L. Patil	Bablu
29	H. M. D. Inewad	
30	S. D. Kale	
31	Dr. Lankesh Y. Bhaikare	
32	P. B. Kundalkar	
33	C. B. Borkar	C. B.



Co-ordinator  
Mr. B. T. Kumbhare

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

"Yoga & Meditation"

Attendance Sheet

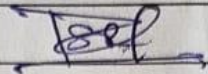


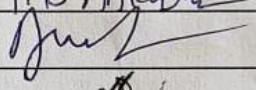
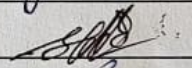
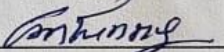
Session 2023-24

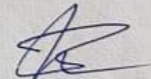
Date: 12/10/2023

Day: Thursday

S. N.	Name of Staff Member	Sign
1	Rajendra v. Patil	R. v. Patil
2	Abhijit. B. Hulkey	Abhulkey
3	D. D. SHIRSATI	DS
4	A. P. Bhandari	Ami
5	A. K. Shinde	A. K. Shinde
6	D. G. Fule	D. G. Fule
7	R. L. Holey	R. L.
8	V. M. Chule	V. M. Chule
9	S. S. Barapatre	S. S.
10	A. R. Zedpe	A. R. Zedpe
11	Dr. P. S. Utale	Dr. P. S. Utale
12	Dr. A. M. Pund	Dr. A. M. Pund
13	S. S. Shon	S. S. Shon
14	G. L. Jadhav	G. L. Jadhav
15	S. V. Dautpure	S. V. Dautpure
16	S. W. Anwane	S. W. Anwane
17	A. A. Halder	A. A. Halder
18	J. K. Keechi	J. K. Keechi
19	A. B.	A. B.
20	S. R. Rinde	S. R. Rinde
21	M. N. Pralke	M. N. Pralke

C. N.

22	S. P. Duf	
23	M. V. A. Dakhore	
24	G. N. Myer	Ch
25	S. P. Hedur	Attaly
26	Tarong Madne	Fomis
27	Rajit. P. Sikkawar	Relit
28	Mykesh, Gokmure	
29	Shubham Kolbande	Shubham.
30	P. B. Ankale	P. B. Ankale
31	A. P. Pur	
32	S. G. Tete	
33	G. M. Funnig	



Co-ordinator  
Mr. B. T. Kumbhare

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

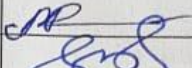
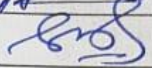

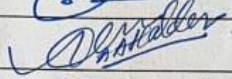
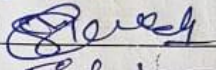
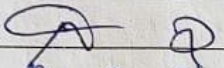
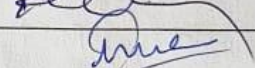
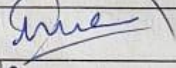
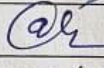
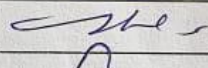




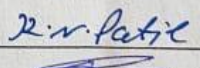
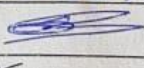
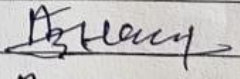
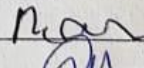
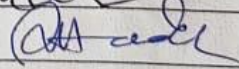
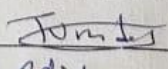
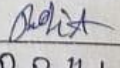
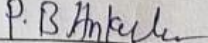
**"Yoga & Meditation"**

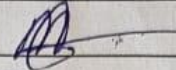
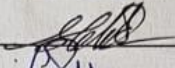
Attendance Sheet

Session 2023-24

Date: 19/10/2023

Day: Thursday

S. N.	Name of Staff Member	Sign
1	Dr. P. S. Utale	
2	S. W. Anwar	
3	S. V. Dautpra	
4	A. A. Halder	
5	M. S. Deshmukh	
6		
7	M. D. Phalke	
8	Arun Borkar	
9	D. K. Kerkar	
10	Dr. R. M. Pund	
11	S. R. Daf	
12	Dr. V. R. Deshpande	
13	D. D. SHIRJANI	
14	Rajendra V. Patil	
15	S. R. Pande	
16	A. B. Hulkey	
17	C. R. Nag	
18	S. P. Hedw	
19	Tarunang madne	
20	R. P. Sikkawar	
21	P. B. Ankale	

22	Mykesh Ladmane	
23	Shubrao Kulkarni	Shubrao
24	D. R. Pawar	D.R.
25	G. M. Farnne	G.M.
26	S. G. Tek	
27	A. D. Gupta	A.D.
28	B. L. Patil	Babu
29	H. M. D. Desai	H.M.
30	S. D. Kale	S.D.
31	Dr. Lankesh Y. Bhaosare	Lankesh
32	P. B. Kundalkar	P.B.
33	C. B. Borkar	C.B.



Co-ordinator  
Mr. B. T. Kumbhare

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

"Yoga & Meditation"

Attendance Sheet

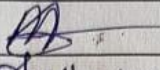
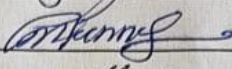

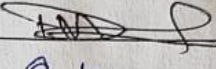
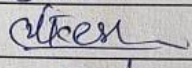

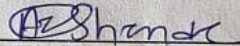
Session 2023-24

Date: 26/10/23

Day: Thursday

S. N.	Name of Staff Member	Sign
1	Dr. P. S. Utale	
2	Dr. S. W. Anurag	
3	A. A. Halder	
4	M. D. Phalke	
5	J. K. Beeche	
6	S. V. Dautpura	
7	Dr. R. M. Puri	
8	S. R. Daf	
9	Dr. V. A. Dabole	
10	D. D. SHIRSAT	
11	Atul Bopar	
12	S. P. Hedew	
13	Abhijit. B. Mulley	
14	A. D. Kulkarni	
15	S. R. Pande	
16	Tarong Madne	
17	P. B. Antale	
18	M. S. Deshmule	
19	Rajendra V. Patil	
20	C. A. Bhan	
21	D. P. Patil	



22	Mykesh Gudmone	
23	SHUBHAM KALBAND	Shubham
24	G. M. Funne	
25	S. G. Tete	
26	A. D. Gupta	Gupta
27	B. L. Patil	Babu
28	H. M. Dhawane	
29	S. D. Kale	Kale
30	Dr. Lankesh Y. Bhaire	
31	P. B. Kumbhar	
32	e. B. Borkar	e. B.
33	A. K. Shinde	



Co-ordinator  
Mr. B. T. Kumbhare

Shri Shivaji Education Society Amravati's  
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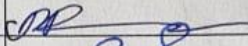
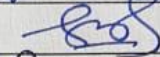


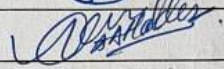


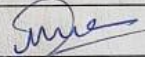


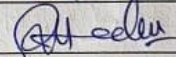

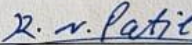
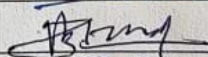

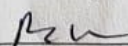
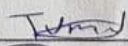
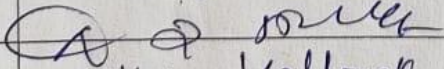
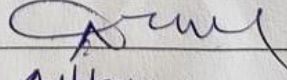
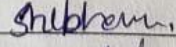

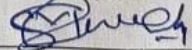
**"Yoga & Meditation"**


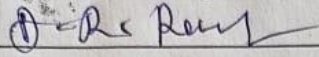
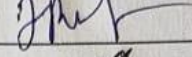
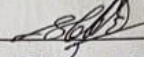
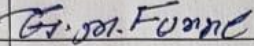
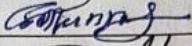
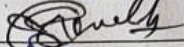

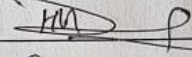

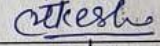
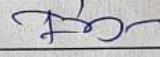
Attendance Sheet

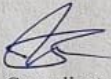
Session 2023-24

Date: 14/12/2023

Day: Thursday

S. N.	Name of Staff Member	Sign
1	Dr. P.S. Utale	
2	S.W. Anwane	
3	Mr. A. M. Pund	
4	S.V. Dautpura	
5	A.A. Halder	
6	Atul Bobay	
7	J.K. Keeche	
8	M.D. Phalke	
9	S.R. Pat	
10	D.D. Shirsats	
11	S.P. Hedew	
12	S.R. Parde	
13	Rajendra N. Patil	
14	Abhiram B. Hulkey	
15	Dr. V. R. Dikshole	
16	C. S. Bom	
17	Tarong madne	
18		
19	Shubham. Kalbarde	
20	Relit: P. Sikkulver	
21	M.S. Deshmukh	

22	Mykesh Godmane	
23	P. B. Ankale	P. B. Ankale
24		
25	S. G. Tete	
26		
27	M. S. Deshmukh	
28	A. D. Gupta	
29	B. L. Patil	Bablu
30	H. M. Dhawad	
31	S. D. Kale	
32	Dr. Lankesh Y. Bhaisare	
33	P. B. Kumbharkar	



Co-ordinator  
Mr. B. T. Kumbhare

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

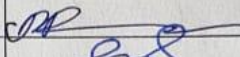
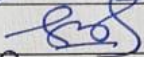





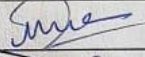


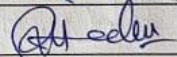

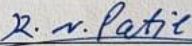
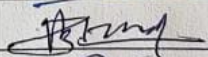

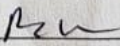

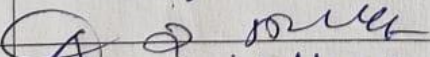
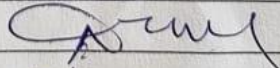
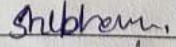
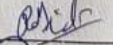
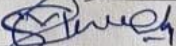
**"Yoga & Meditation"**

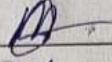
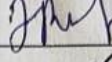
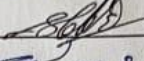
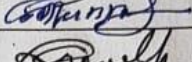
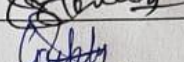

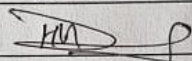

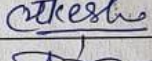

Attendance Sheet

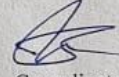
Session 2023-24

Date: 14/12/2023

Day: Thursday

S. N.	Name of Staff Member	Sign
1	Dr. P.S. Citale	
2	S.W. Anwane	
3	Mr A. M. Pund	
4	S.V. Dautpre	
5	A.A. Halder	
6	Atul Bobay	
7	J.K. Keeche	
8	M.D. Phalke	
9	S.R. Pat	
10	D.D. Shirgats	
11	S.P. Hedaw	
12	S.R. Ponde	
13	Rajendra r. Patil	
14	Abhiram. B. Hulley	
15	Dr. V. R. Dikane	
16	C. B. Bom	
17	Tarong madne	
18		
19	Shubham. Kalbarde	
20	Pratik. P. Sirkelwey	
21	M.S. Deshmukh	

22	Mylkesh Chaudhane	
23	P. B. Ankale	P. B. Ankale
24	D. R. Patil	
25	S. G. Tete	
26	G. M. Fune	
27	M. S. Deshmukh	
28	A. D. Gupta	
29	B. L. Patil	Bablu
30	H. M. Dhawad	
31	S. D. Kale	
32	Dr. Lankesh Y. Bhaisare	
33	P. B. Kumbhakar	



Co-ordinator  
Mr. B. T. Kumbhare

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

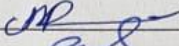
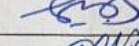

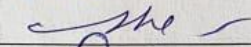


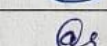
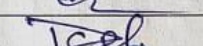

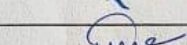
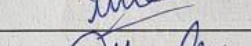
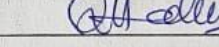
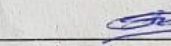
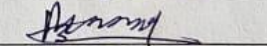
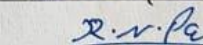
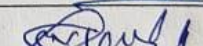

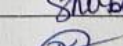
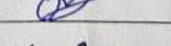
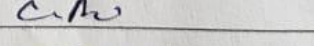

"Yoga & Meditation"

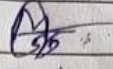
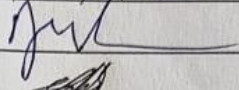
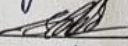
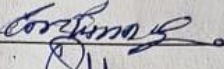

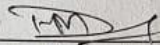
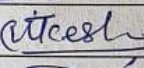
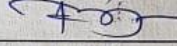
Attendance Sheet


Session 2023-24

Date: 21/12/2023

Day: Thursday

S. N.	Name of Staff Member	Sign
1	Dr. P.S. Utale	
2	S.W. Anwane	
3	A.A. Halder	
4	S.K. Kecke	
5	Mr. A. M. Puri	
6	S.V. Dautpura	
7	Atul D Bobal	
8	SP. Dat	
9	D.D. SHIRSATI	
10	M.D. Phalke	
11	S.P. Hedio	
12	S.R. Pande	
13	Abhijit. B. Hulkey	
14	Rajendra v. Patil	
15	M.S. Deshmukhi	
16	Shubhan Walballe	
17	Dr. V.A. Dakhole	
18	C.A. - Rom	
19	Tarong madne	
20	A.D. Pawar	
21	D.R. Patil	

22	Meykesh Ghatmore	
23	P. B. Anceku	P. B. Anceku
24	A. D. Patil	
25	S. G. Tote	
26	G. M. Furtak	
27	A. D. Gupta	
28	B. L. Patil	Bobu
29	H. M. Desai	
30	S. D. Kale	S. D. Kale
31	Dr. Lankesh Y. Bhaibare	
32	P. B. Kundalkar	
33	C. B. Borkar	C. B.

  
Co-ordinator  
Mr. B. T. Kumbhare

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

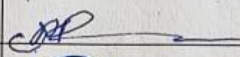

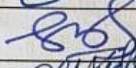

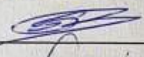
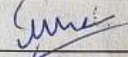
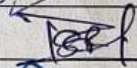

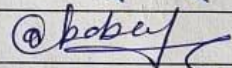
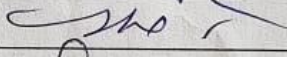

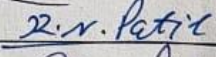
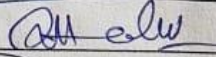
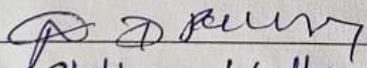
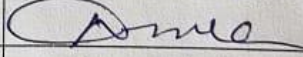
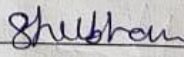

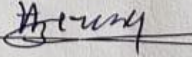

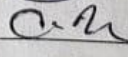
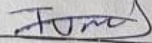
"Yoga & Meditation"

Attendance Sheet

Session 2023-24


Date: 29/12/2023

Day: Thursday

S. N.	Name of Staff Member	Sign
1	Dr. P.S. Utale	
2	S.V. Dautpura	
3	S.W. Anwane	
4	A.A. Halder	
5	S.R. Pande	
6	M.D. Phalke	
7	S.R. Daf	
8	D.D. SHIRWATH	
9	Atul Bobay	
10	J.K. Keche	
11	Dr. A.M. Purohit	
12	Rajendra v. Patil	
13	S.P. Hedw	
14		
15	Shubham Kulkarni	
16	Dr. V.A. Dakhote	
17	Abhijit B. Hulkey	
18		
19	M.S. Deshmukh	
20	C.B. Moha	
21	Tarunang madne	



22	Mykesh - Gatomar	
23	P. B. Antulu	P. B. Antulu
24	A. D. Pur	
25	S. G. Tete	
26	G. M. Funn	
27	A. D. Gupta	
28	B. L. Patil	Babu
29	H. M. Dhawar	
30	S. D. Kale	
31	Dr. Lankesh Y. Bhaissau	
32	P. B. Kundalkar	
33	e. B. Borkar	e. B.



Co-ordinator  
Mr. B. T. Kumbhare

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

**“Yoga & Meditation”**

**Session 2023-24**

**Duration: 06/07/2023 to 28/12/2023**

**Name of Coordinator: Mr. B. T. Kumbhare**

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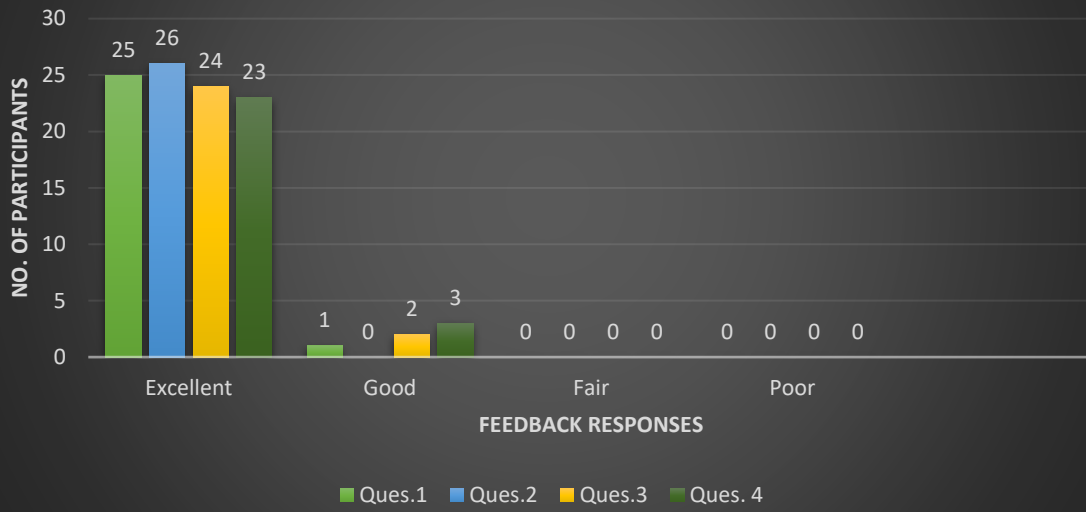
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**Feedback Form**

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 these yoga and meditation sessions?
  - Very Likely
  - Likely
  - Neutral
  - Unlikely

## Feedback "Yoga & Meditation" 2023-24



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

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

