



Maratha Vidya Prasarak Samaj's

ARTS AND COMMERCE COLLEGE, MAKHAMALABAD NASHIK

Tal: Nashik Dist: Nashik, Pincode: 422003

Affiliated to Savitribai Phule Pune University (ID No. PU/NS/AC/119/2008)

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College Code: 0863

AISHE Code: C-41524

Academic Year 2018-19

Time - 07:30 A.M.

Date-23/12/2018

National Service Scheme and Physical Education Department of Maratha Vidya Prasarak Samaj's Arts & Commerce College, Makhamalabad, Nashik in collaboration with Yoga Roots Institute, Nashik
Jointly Organized

Yoga Demonstration under MoU of Yoga Roots Institute, Nashik

Report

| | |
|--------------|---|
| Participants | 118 |
| Date | 23 December 2018 |
| Venue | At- Dari, Post- Matori, Tal/Dist-Nashik |
| Speaker | Mrs. Tejaswini Lahamge (Yoga Roots Institute, Nashik) |
| Chairperson | Dr. G. R. Pingale |

Maratha Vidya Prasarak Samaj's Arts and Commerce College, Makhamalabad, Nashik and Yoga Roots Institute, Nashik in coordination has conducted Yoga demonstration on 23/12/2018 under the guidance of Mrs. Tejaswini Lahmange in the NSS Special Winter Camp.

Principal Dr. A. P. Patil, Dr. G. R. Pingle, Dr. Vikrant Rajole and other Staff, students were present.



Patil
Principal
Arts, and Commerce College,
Makhamalabad, Nashik

Yoga Demonstration on 23/12/2018

Photo :-




Yoga Demonstration on 23/12/2018


Principal
Arts, and Commerce College,
Makhamalabad, Nashik

Attendance Sheet of Yoga Demonstration on 23/12/2018

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| No. | Name of Volunteer | M/F | Class | 22/12/18 | 23/12/18 | 24/12/18 | 25/12/18 | 26/12/18 | 27/12/18 | 28/12/18 |
|-----|--------------------------------|-----|-----------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| 84 | Lambole Gaurav Prakash | M | S.Y.B.COM | Lambole | Lambole | Lambole | Lambole | Lambole | Lambole | Lambole |
| 85 | Lambole Vicky Prakash | M | S.Y.B.COM | V.P.Lambole | V.P.Lambole | V.P.Lambole | V.P.Lambole | V.P.Lambole | V.P.Lambole | V.P.Lambole |
| 86 | Adsare Gorakshnat Subhash | M | S.Y.B.COM | Adsare | Adsare | Adsare | Adsare | Adsare | Adsare | Adsare |
| 87 | Bhagat Navnath Trambak | M | S.Y.B.COM | Bhagat | Bhagat | Bhagat | Bhagat | Bhagat | Bhagat | Bhagat |
| 88 | Khode Aksay Vilas | M | S.Y.B.COM | Khode | Khode | Khode | Khode | Khode | Khode | Khode |
| 89 | Bhor Abhishek Kailas | M | S.Y.B.COM | Bhor | Bhor | Bhor | Bhor | Bhor | Bhor | Bhor |
| 90 | Mohite Sagar Suklal | M | S.Y.B.COM | Mohite | Mohite | Mohite | Mohite | Mohite | Mohite | Mohite |
| 91 | Shintre Vaibhav Anil | M | S.Y.B.COM | Shintre | Shintre | Shintre | Shintre | Shintre | Shintre | Shintre |
| 92 | Wagh Pratik Atul | M | S.Y.B.COM | Wagh | Wagh | Wagh | Wagh | Wagh | Wagh | Wagh |
| 93 | Gavit Rahul Hiranman | M | F.Y.B.A | Gavit | Gavit | Gavit | Gavit | Gavit | Gavit | Gavit |
| 94 | Bombale Kailash Gopala | M | S.Y.B.A | Bombale | Bombale | Bombale | Bombale | Bombale | Bombale | Bombale |
| 95 | Chitte Chetan Shyam | M | T.Y.B.COM | Chitte | Chitte | Chitte | Chitte | Chitte | Chitte | Chitte |
| 96 | Katad Shekhar Sanjay | M | S.Y.B.COM | Katad | Katad | Katad | Katad | Katad | Katad | Katad |
| 97 | Ahire Sachin Ramesh | M | T.Y.B.A | Ahire | Ahire | Ahire | Ahire | Ahire | Ahire | Ahire |
| 98 | Arne Sachin Sunil | M | T.Y.B.A | Arne | Arne | Arne | Arne | Arne | Arne | Arne |
| 99 | Bhalerao Kiran Balu | M | S.Y.B.COM | Bhalerao | Bhalerao | Bhalerao | Bhalerao | Bhalerao | Bhalerao | Bhalerao |
| 100 | Mhaisidhune Monali Dnyaneshwar | F | T.Y.B.COM | Mhaisidhune | Mhaisidhune | Mhaisidhune | Mhaisidhune | Mhaisidhune | Mhaisidhune | Mhaisidhune |
| 101 | Gore Jyoti Kailas | F | T.Y.B.A | Gore | Gore | Gore | Gore | Gore | Gore | Gore |
| 102 | Suryawanshi Mayur Devidas | M | F.Y.B.Com | Suryawanshi | Suryawanshi | Suryawanshi | Suryawanshi | Suryawanshi | Suryawanshi | Suryawanshi |
| 103 | Polade Suraj Rajendra | M | F.Y.B.Com | Polade | Polade | Polade | Polade | Polade | Polade | Polade |
| 104 | Aher Krushna Raghunath | M | F.Y.B.Com | Aher | Aher | Aher | Aher | Aher | Aher | Aher |
| 105 | Targe Kishor Sampat | M | F.Y.B.Com | Targe | Targe | Targe | Targe | Targe | Targe | Targe |

| Sr.No. | Name of Volunteer | M/F | Class | 22/12/18 | 23/12/18 | 24/12/18 | 25/12/18 | 26/12/18 | 27/12/18 | 28/12/18 |
|--------|------------------------------|-----|-----------|----------|----------|----------|----------|----------|----------|----------|
| 106 | Taktode Rameshwar Dattatraya | M | F.Y.B.A. | Taktode | Taktode | Taktode | Taktode | Taktode | Taktode | Taktode |
| 107 | Chitte Chetan Shyam | M | T.Y.B.Com | Chitte | Chitte | Chitte | Chitte | Chitte | Chitte | Chitte |
| 108 | Rokde Sanket Santosh | M | T.Y.B.Com | Rokde | Rokde | Rokde | Rokde | Rokde | Rokde | Rokde |
| 109 | Nikam Prajwal Shivaji | M | F.Y.B.Com | Nikam | Nikam | Nikam | Nikam | Nikam | Nikam | Nikam |
| 110 | Pawar Prasad Sunil | M | F.Y.B.Com | Pawar | Pawar | Pawar | Pawar | Pawar | Pawar | Pawar |
| 111 | Kuril Nikita Vishram | F | T.Y.B.Com | Kuril | Kuril | Kuril | Kuril | Kuril | Kuril | Kuril |
| 112 | Hogade Prayakta Sunil | F | T.Y.B.Com | Hogade | Hogade | Hogade | Hogade | Hogade | Hogade | Hogade |
| 113 | Bandare Piyanka Kishor | F | T.Y.B.Com | Bandare | Bandare | Bandare | Bandare | Bandare | Bandare | Bandare |
| 114 | Chetade Reshma Chandrikant | F | T.Y.B.A | Chetade | Chetade | Chetade | Chetade | Chetade | Chetade | Chetade |
| 115 | Phadole Anisha Niveedhi | F | T.Y.B.Com | Phadole | Phadole | Phadole | Phadole | Phadole | Phadole | Phadole |
| 116 | BORADE SAGAR ANIL | M | S.Y.B.A | BORADE | BORADE | BORADE | BORADE | BORADE | BORADE | BORADE |
| 117 | Lohange Amol Ashok | M | T.Y.B.A | Lohange | Lohange | Lohange | Lohange | Lohange | Lohange | Lohange |
| 118 | Gode Pravin Vinayak | M | T.Y.B.A | Gode | Gode | Gode | Gode | Gode | Gode | Gode |

M.P.
Dr.G.R.Pingle
Programme Officer
National Service Scheme
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(Mr. S.M. Makh)



Patil
Dr.A.P.Patil
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