

SADHU VASWANI MISSION'S

ST. MIRA'S COLLEGE FOR GIRLS

[An Autonomous College Affiliated to the Savitribai Phule Pune University]

[ARTS, COMMERCE, SCIENCE, B.Sc.(COMPUTER SCIENCE) BBA, BCA]

6, Koregaon Road, Pune - 411001.[INDIA]

Ph./Fax : 26124846 E-mail: info@stmirascollegepune.edu.in

NAAC 3rd Cycle - A grade



Dr. Jaya Rajagopalan
Principal Incharge

PU/PN/AC/015/(1962)
College Code No. : 013

G-18/2022-23/ 70

Date : 01.02.2023

CIRCULAR

The College is conducting a Guest lecture under the program of “**FIT India Movement**” on Tuesday 07th February 2023 from 8.30 am to 9.10 am in the Sanctuary Hall on the topic “**Face Yoga**”.

This is to request all the students and staff to attend the same.

Ms. Ekta Jadhav
Director of Physical Education



Dr Jaya Rajagopalan
Principal Incharge

St Mira's College for Girls, Pune
An Autonomous- Affiliated to Savitribai Phule Pune University, Pune

Department of Physical Education

Report

Guest Lecture-“Face Yoga” (2022-23)

The Department of Physical Education had organized a guest lecture on “Face Yoga” on 7th February, 2023 under the program Fit India Movement. This session was conducted for all the students and staff members. Total 319 students took the advantage of the session. Face yoga is a series of exercises and stretches for muscles of the faces. It improves the blood circulation, makes facial muscles strong, reduce stress and stops aging process.

Dr. Manali Deo (Gharpure) (Founder Director, Mind and Body Yoga Institute Pune and International Level Yoga Coach, Player and Referee) explained the importance of different faces stretches. She also demonstrated and took practice of various face stretches. She also taught different massage technique with the help of moisturizer to uplift the face. She also suggested to do practice of Face Yoga daily for 10-15 mins to look beautiful and young. All of the students and faculty enthusiastically participated in the session.

The introduction and Vote of thanks of resource person was given by Mrs. Ekta Jadhav (Director of Physical Education) and Sports Coach, Maharashtra State Jijamata Awardee Ms. Gurabans Kaur ma'am and all other staff members were present for the session.

Ekta Jadhav
Director of Physical Education

Dr. Jaya Rajagopalan
Principal In-charge



St. Mira's College For Girls, Pune
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Attendance Sheet

Day & Date: 7/02/23

Place: Sanctuary (Face Yoga)

Class: F.Y.B.A. (B)

Faculty Co-Ordinator: Ekta Jadhav. Total Participants 47

Sr. No	Roll No.	Name of Student	Signature
26	2410	Simran. Shaikh 71	
27	2476	Deesha. Davli 72	
28	2406	Deesha Londhe 73	
29	2499	Amisha. Vaishnav 74	
30	2500	Nausheen. Lanar 75	
31	2407	Kaushmia. Jadhav 76	
32	2469	Anjum Shaikh. 77	
33	2428	Ashwini 78	
34	2489	Shruti 79	
35	2493	Dhanashree 80	
36	2492	Vaishnavi 81	
37	2427	Deepali 82	
38	2457	(83)	
39	2447	Rashma 84	
40	2471	Tanvi 85	
41	2418	Samruddhi 86	
42	2465	Minaz. Shaikh 87	
43	2483	Sakshi 88	
44	2429	Shilpa 89	
45	2451	Vaishali. Gavrit 90	
46	2474	Jayshree. Borade 91	
47	24334	Nisha Nilopher Shaikh 92	

DIRECTOR OF
PHYSICAL EDUCATION



St. Mira's College For Girls, Pune
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Attendance Sheet

EVENT:- FACE YOGA

Day & Date: 7-02-2023

Place: Sanctuary Hall

Class: SY-BEOM 'C'

Faculty Co-Ordinator: Ekta Jadhav

Total Participants

Sr. No	Roll No.	Name of Student		Signature
1	4034	Simran Thapa	93	Simran
2	4029	Sakshi Shinde	94	Shinde
3	4064	Tanuja. Sherkar.	96	Sherkar
4	4058	Garvi Mastekar	92	Garvi
5	4009	Janhvi. B. Rajpurahit.	98	Janhvi
6	4006	Farveen Sayyed.	99	Farveen
7	4005	Kavya Goel.	100	Goel
8	4027	Mahak Bodeja	101	Mahak
9	4082	Khushi Pawari	102	Khushi
10	4030	Sakshi Gowade	103	Gowade
11	4081	Najiga Sheikh	104	Sheikh
12	4056	Sunskanti. Dhole	105	Dhole
13	40816	Rani Sharma	106	Sharma
14	4017	Shivajali. Tingre.	107	Tingre
15	4025	Neha Bidave	108	Bidave
16	4071	Ramlingamma Rolabandi	109	Rolabandi
17	4036	n. K. ita mule	110	Mule
18	4089	Pranjakta Waghila	111	Waghila
19	4052	Sajee Pawar	112	Pawar
20	4061	Sakshi Pawar	113	Pawar
21	4033	Sejal Daundkar	114	Sejal
22	4093	Pratiksha Taur	115	Taur
23	4078	Vanshika Gohil	116	Gohil

Ekta Jadhav

DIRECTOR OF
PHYSICAL EDUCATION

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St. Mira's College For Girls, Pune
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Attendance Sheet

Day & Date: Tuesday 27-2-23
 Place: Sanshodhan, Hall (Face Yoga)
 Class: F.Y.B.Com.C.
 Faculty Co-Ordinator: Eklta Jadhav Total Participants

Sr. No	Roll No.	Name of Student	Signature
1	3457	Saniya Chavan 123	<u>Saniya</u>
2	3468	Riya Santosh kumar 124	<u>Riya</u>
3	3480	Saptomi Ghetty 125	<u>Saptomi</u>
4	3447	Priya Keshwale 126	<u>Priya</u>
5	3466	Anjali khedekar 127	<u>Anjali</u>
6	3525	Ankita Tangid 128	<u>Ankita</u>
7	3476	Vaishani deshai 129	<u>Vaishani</u>
8	3434	Sakshi Bharati 30	<u>Sakshi</u>
9	3526	Poojakta. Tarugu 31	<u>Poojakta</u>
10	3489	Anamika Shinde 132	<u>Anamika</u>
11	3437	Joshna Gaikwad 133	<u>Joshna</u>
12	3419	Netra Gaikwad 134	<u>Netra</u>
13	3414	Purva Shinde 135	<u>Purva</u>
14	3507	Roshani Girhe 136	<u>Roshani</u>
15	3444	Siddhi Ghule 137	<u>Siddhi</u>
16	3467	Madhara Surve 138	<u>Madhara</u>
17	3477	Rutuja warghade 139	<u>Rutuja</u>
18	3426	Vidya Tewari 140	<u>Vidya</u>
19	3422	Alina Hussain 141	<u>Alina</u>
20	3404	Zoya Saidani 41	<u>Zoya</u>
21	3450	Kavya kumar 43	<u>Kavya</u>
22	3424	Shweti Santakke 44	<u>Shweti</u>
23	3432	Kshitija B. Aute 45	<u>Kshitija</u>
24	3458	Shweti S. Tupe 46	<u>Shweti</u>
25	3465	Payal v. Soni 47	<u>Payal</u>
26	3433	Anushka A. Shah 48	<u>Anushka</u>
27	3443	Pratiksha zende 49	<u>Pratiksha</u>
28	3430	Rinku Medtiya 50	<u>Rinku</u>
29	3451	Diksha Agarwal 51	<u>Diksha</u>
30	3421	Sumedha Jadhav 52	<u>Sumedha</u>
31	3514	Anjali Tangid 53	<u>Anjali</u>
32	3472	Suvarna patole 54	<u>Suvarna</u>

Eklta Jadhav

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DIRECTOR OF
 PHYSICAL EDUCATION



St. Mira's College For Girls, Pune
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Attendance Sheet

Day & Date: 7/02/2023 - (Face Yoga)
Place: Sanctuary Hall
Class: FYBCom 'C'
Faculty Co-Ordinator: Ekta Jadhav

Total Participants

Sr. No	Roll No.	Name of Student		Signature
33	3416	Radhika Doulatabad	55	R. Doulatabad
34	3406	Nikita Ralbhate	56	Nikita
35	3420	Gauri Rajput	57	Rajput
36	3431	Sangeeta Medhiya	58	Sangeeta
37	3495	Manmeet Gill	59	Manmeet
38	3428	Swati Chavan	60	Swati
39	3423	Sharmika Gore	61	Sharmika
40	3476	Vaishnavi Desai	62	Vaishnavi
41	3452	Krupa S. Belidkar	63	Krupa
42	3511	Prayalita A. Gaurhane	64	Prayalita
43	3417	Siddhi Randam	65	Siddhi
44	3418	Jarhavi Chavan	66	Jarhavi
45	3408	Rutuja Dhore	67	Rutuja
46	3502	Priyanka Pawar	68	Priyanka
47	3478	Sandali Sahu	69	Sandali
48	3448	Natasha Munde	70	NATASHA
49	3494	Rasoolki Pathuganty	71	Rasoolki
50	3493	Kasimbi Karumanchi	72	Kasimbi
51	3497	Shubhangi Undare	73	Shubhangi
52	3462	Aditi Gaikwad	74	Aditi
53	3496	Shreya Sarma	75	Shreya
54	3461	Sanika Ubale	76	Sanika
55	3503	Sakshi Kotwal	77	Sakshi
56	3520	Arjali Rajpuranhit	78	Arjali
57	3449	Priya Khandzade	79	Priya
58	3402	Saijal Kharat	80	Saijal
59	3463	Anushree Kamble	81	Anushree

E. Jadhav

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St. Mira's College For Girls, Pune
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Attendance Sheet

Day & Date: Tuesday 7/12/23

Place: Sanctuary Hall (Face Yoga)

Class: FYBA - A

Faculty Co-Ordinator: Ekta Jadhav

Total Participants

Sr. No	Roll No.	Name of Student	Signature
1.	2290	Saayari Das 82	<u>Saayari</u>
2	2328	Harleen Kaur Makkar 83	<u>Harleen</u>
3.	2210	Jespu Ringkang 84	<u>Jespu</u>
4	2281	Khushnawaz Lahel 85	<u>Khushnawaz</u>
5	2202	Therera Manjya 86	<u>Therera</u>
6	2206	Manjya Kakajiwala 87	<u>Manjya</u>
7	2207	Batu Ezzi 88	<u>Batu Ezzi</u>
8	2275	Sakina Hanid 89	<u>Sakina</u>
9	2212	PRIYAL JAIN 90	<u>Priyal</u>
10	2282	Devashri Kharat 91	<u>Devashri</u>
11	2241	Krishnika Raman 92	<u>Krishnika</u>
12	2221	Prishma Jawalkar 93	<u>Prishma</u>
13.	2309	Yerwa Aishwarya 94	<u>Aishwarya</u>
14	2270	Aarche Muley 95	<u>Aarche</u>
15	2314	Sangmo wangsui 96	<u>Sangmo</u>
16	2234	Santhi Naikar 97	<u>Santhi</u>
17	2321	Khushi Nahar 98	<u>Khushi</u>
18	2211	Ishita Pellay 99	<u>Ishita</u>
19	2327	Pranali Walunj 100	<u>Pranali</u>
20	2249	Esther K 01	<u>Esther</u>
21	2209	Nabhya Chodamkar 2	<u>Nabhya</u>
22	2208	Rakhi Rao 3	<u>Rakhi</u>
23	2232	Pranjali Lipane 4	<u>Pranjali</u>

Ekta Jadhav
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St. Mira's College For Girls, Pune
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Attendance Sheet

Day & Date: 7/02/2023

Place: Sanctuary Hall (Face Yoga)

Class: FYBA (A)

Faculty Co-Ordinator: Ekta Jadhav

Total Participants

Sr. No	Roll No.	Name of Student	Signature
24	2281	Reem Fernandes 9	
25	2246	Ira Swami 6	
26	2276	Amatullah Kachwala 7	
27	2260	Apasajita Bhambare 8	
28	2277	Leinas Joshiwala 9	
29	2236	Prakriti Sawhney 10	
30	2204	Suzanne Pillai 11	
31	2296	Neha Niwas Pawar 12	
32	2298	Vaishnavi Mishra 13	
33	2223	Amshka Khemnar 14	
34	2214	Pankhuri Gogoi 15	
35	2329	Sejal Singh 16	
36	2334	Labdhi Bora 17	
37	2264	Shriya Simran Pradhan 18	
38	2205	Khianne Fernandes 19	
39	2229	Sulhasmita Sahu 20	
40	2284	Richelle Aranjio 21	
41	2245	Anjali Wankhede 22	
42	2331	Needhi Sharma 23	
43	2320	Vishakha Utage 24	
44	2325	Khushi Singh 25	
45	2291	Aditi Singh 26	
46	2306	Shrishti Lashkar 27	
47	2302	Athira Venu 28	
48	2333	Surbhi Mishra 29	

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St. Mira's College For Girls, Pune
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Attendance Sheet

Day & Date: Tuesday 07/02/23

Place: Sanctuary Hall (Face Yoga)

Class: FYBCOM (A)

Faculty Co-Ordinator: Ekta Jadhav

Total Participants

Sr. No	Roll No.	Name of Student	Signature
1	3005	Jayashree Nayak 62	<u>Jayashree</u>
2	3006	Sheeya Pandey 61	<u>Sheeya</u>
3	3010	Monika Sharma 62	<u>Monika</u>
4	3022	Renu Yadav. 70	<u>Renu</u>
5	3057	Asiya Shai Khan 71	<u>Asiya</u>
6	3047	Kavya Kamarbeira 71	<u>Kavya</u>
7	3100	Anusha Banik 73	<u>Anusha</u>
8	3074	Sneha Sharma 74	<u>Sneha</u>
9	3037	Mulla Ishrafjahan 75	<u>Ishrafjahan</u>
10	3040	Jagdale Samruddhi 76	<u>Jagdale</u>
11	3036	Shaikh Anam 77	<u>Anam</u>
12	3066	Nancy Kumari 78	<u>Nancy</u>
13	3052	Pranali Jagtap 79	<u>Pranali</u>
14	3021	Samruddhi Ghule 80	<u>Ghule</u>
15	3039	Payal Kasare 81	<u>Payal</u>
16	3053	Ashada Dhokale 82	<u>Ashada</u>
17	3004	Sanika Kohinkal 83	<u>Sanika</u>
18	3077	Riya Meher 84	<u>Riya</u>
19	3084	Disha Rithe 85	<u>Disha</u>
20	3041	Pallavi Saud 86	<u>Pallavi</u>
21	3091	Prerna Vibhute 87	<u>Prerna</u>
22	3003	Shaikh Aliya 88	<u>Aliya</u>
23	3049	Shaikh Saniya 89	<u>Sanika</u>
52	3113	Geetani Kapote 90	<u>Geetani</u>
53	3113	Anushka Paddeshi 91	<u>Anushka</u>
54	3114	Saniya Nadaf 92	<u>Sanika</u>



St. Mira's College For Girls, Pune
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Attendance Sheet

Day & Date: Tuesday 07/02/2023

Place: Sanctuary Hall - Face Yoga.

Class: FYB COM (A)

Faculty Co-Ordinator: Ekta Jadhav

Total Participants

Sr. No	Roll No.	Name of Student	Signature
24	3086	Isha Kumari . 43	<u>Isha</u>
25	3015	Rekha choudhary . 44	<u>Rekha</u>
26	3092	Suman Kumari . 45	<u>Suman</u>
27	3087	Rupali Gorde . 46	<u>Rupali</u>
28	3093	Saniya momin . 47	<u>Saniya</u>
29	3128	Kavita Sen . 48	<u>Kavita</u>
30	3129	Nitu sen . 49	<u>Nitu</u>
31	3064	Geeta Kalindar . 50	<u>Geeta</u>
32	3035	Rakhee Rathod . 01	<u>Rakhee</u>
33	3054	Sweta kulkarni . 02	<u>Sweta</u>
34	3029	Chitra Partha . 03	<u>Chitra</u>
35	3056	Neha Savle . 04	<u>Neha</u>
36	3014	Nursi Harish Bhatia . 05	<u>NBhatia</u>
37	3095	Samruddhi Kothari . 06	<u>SKothari</u>
38	3107	Princenka Parmar . 07	<u>Princenka</u>
39	3090	Rudra . 08	<u>Rudra</u>
40	3076	Sarara Pawar . 09	<u>Sarara</u>
41	3067	Shraddha Pandey . 10	<u>SPandey</u>
42	3085	Riya Singh . 11	<u>Riya</u>
43	3121	Anjali Triji . 12	<u>Anjali</u>
44	3127	Jinal Shrishimal . 13	<u>Jinal</u>
45	3081	Shruti Patil . 14	<u>Shruti</u>
46	3125	Hasi Rabha . 15	<u>Hasi Rabha</u>
47	3097	Rupa Nath . 16	<u>Rupa</u>
48	3017	Shweta Suryavanshi . 17	<u>Shweta</u>
49	3102	Jaswinder Kaur . 18	<u>Jaswinder</u>
50	3108	Amesha Trakuria . 19	<u>Amesha</u>
51	3109	Director (Amiduxmita Das) . 20	<u>M.Das</u>



St. Mira's College For Girls, Pune
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Attendance Sheet

Day & Date: Tuesday, 07.02.2023

Place: sanchary (Face Yoga)

Class: 548COM-B

Faculty Co-Ordinator: Ekta Jadhav.

Total Participants

Sr. No	Roll No.	Name of Student	Signature
1.	3840	Mahek Urel 30	<u>Mahek</u>
2.	3818	Tyotishree Raut 31	<u>Tyotishree</u>
3.	3805	Hrithika Khandelwal 32	<u>Hrithika</u>
4.	3824	Parvitra Ganeshan. 33	<u>Parvitra</u>
5.	3826	Ruchi Gandhi 34	<u>Ruchi</u>
6.	3815	Shilpikumari 35	<u>Shilpi</u>
7.	3837	Lakshmi Madhu. 36	<u>Lakshmi</u>
8.	3839	Mahini Kore 37	<u>Mahini</u>
9.	3816	Pooja Gayri. 38	<u>Pooja</u>
10.	3806	Priya Rajawat 39	<u>Priya</u>
11.	3878	Tanaya Nemase. 40	<u>Tanaya</u>
12.	3810	Aqsa Qureshi 41	<u>Aqsa</u>
13.	3886	Rakshita Pillay. 42	<u>Pillay</u>
14.	3851	Shilpa Jadhav. 43	<u>Shilpa</u>
15.	3889	Neha Bargal. 44	<u>Neha</u>
16.	3844	Shreya Pawar. 45	<u>Shreya</u>
17.	3871	Vidya Panchal. 46	<u>Vidya</u>
18.	3877	Yogita Kamble. 47	<u>Yogita</u>
19.	3833	Shivani Upadhyay. 48	<u>Shivani</u>
20.	3881	Meghna Rangiu. 49	<u>Meghna</u>
21.	3866	Simran Kadam. 50	<u>Simran</u>
22.	3831	Sakshi Chougule. 51	<u>Sakshi</u>
23.	3836	Armi Dige. 52	<u>Armi</u>

Jadhav
DIRECTOR OF
PHYSICAL EDUCATION



St. Mira's College for Girls, Pune
(Autonomous, Affiliated to Savitribai Phule Pune University)
Department of Physical Education
2022-2023
Guest Lecture- "Face Yoga"
Photos



Jadhav

Ekta Jadhav
Director of Physical Education



Dr. Jaya Rajagopalan
Principal Incharge