

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]

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NAAC 3rd Cycle - A grade

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



Dr. Jaya Rajagopalan
Principal Incharge

G-18/2022-23/ 76

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
Autonomous (Affiliated to Savitribai Phule Pune University)

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	SShaikh
27	2476	Deesha. Davli 72	Deesha
28	2406	Deesha. Londhe 73	Deesha
29	2499	Amisha. Vaishnav 74	Amisha
30	2500	Nausheen. Langa 75	Nausheen
31	2407	Kaushmia. Jadhav 76	Jindal
32	2469	Anjum Shaikh. 77	Anjum
33	2428	Ashwini 78	Ashwini
34	2489	Shruti 79	Shruti
35	2493	Dhanashree 80	Dhanashree
36	2492	Vaishnavi 81	Vaishnavi
37	2427	Deepali 82	Deepali
38	2457	83	83
39	2447	Rashma 84	Rashma
40	2471	Tanvi 85	Tanvi
41	2418	Samruddhi 86	Samruddhi
42	2465	Minaz. Shaikh 87	Minaz
43	2483	Sakshi 88	Sakshi
44	2429	Shilpa 89	Shilpa
45	2451	Vaishali. Gavrit 90	Vaishali
46	2474	Jayshree. Borade 91	Borade
47	24334	Nilopher Shaikh 92	Nilopher

Ekta Jadhav
DIRECTOR OF
PHYSICAL EDUCATION

Autonomous (Affiliated to Savitribai Phule Pune University)

Attendance Sheet

Day & Date: Tuesday & 7/2/23

Place: Sanctuary Hall (Face Yoga)

Class: SY BCom 'C)

Faculty Co-Ordinator: EKta Tadhav Total Participants _____

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DIRECTOR OF
PHYSICAL EDUCATION

St. Mira's College For Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)

Attendance Sheet

Day & Date: Tuesday 27-2-23

Place: Sanctuary 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 Jadhav 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 Bhargava 130	<u>Sakshi</u>
9	3526	Parajakta Tarugu 131	<u>Parajakta</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	Madhura Sare 138	<u>Madhura</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 142	<u>Zoya</u>
21	3450	Kavya Kumra 143	<u>Kavya</u>
22	3424	Shweta Santakke 144	<u>Shweta</u>
23	3432	Kshitija B. Aute 145	<u>Kshitija</u>
24	3458	Shruti S. Tupe 146	<u>Shruti</u>
25	3465	Payal V. Soni 147	<u>Payal</u>
26	3433	Anushka A. Shah 148	<u>Anushka</u>
27	3443	Pratiksha Zende 149	<u>Pratiksha</u>
28	3430	Rinku Medhiya 150	<u>Rinku</u>
29	3451	Diksha Agarwal 151	<u>Diksha</u>
30	3421	Sumedha Jadhav 152	<u>Sumedha</u>
31	3514	Anjali Tangid 153	<u>Anjali</u>
32	3472	Swarna Patole 154	<u>Swarna</u>

Eklta Jadhav

32

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	Theresa Maryas 86	<u>Theresa</u>
6	2206	Manjya Kakapiwala 87	<u>Manjya</u>
7	2207	Batu Ezzi 88	<u>Batu</u>
8	2275	Sakina Hanid 89	<u>Sakina</u>
9	2212	PRİYAL JAIN 90	<u>Priyal</u>
10	2282	Devashri Kharat 91	<u>Devashri</u>
11	2241	Krishnika Ramani 92	<u>Krishnika</u>
12	2221	Prishma Jawalkar 93	<u>Prishma</u>
13.	2309	Yemwa 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	Narhya Chodamkar 2	<u>Narhya</u>
22	2208	Rakhi Rao 3	<u>Rakhi</u>
23	2232	Pranjali Lipane 4	<u>Pranjali</u>

Ekta Jadhav
 DIRECTOR OF
 PHYSICAL EDUCATION

23

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

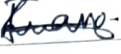
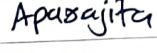
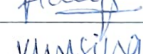
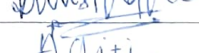
Day & Date: 7/02/2023

Place: Sanctuary Hall (Face Yoga)

Class: FYBA (A)

Faculty Co-Ordinator: Ekta Jadhav

Total Participants

Sr. No	Roll No.	Name of Student	Signature
24	2261	Reem Fernandes 9	
25	2246	Ira Swami 6	
26	2276	Amatullah Kachwala 7	
27	2260	Apasajita Bhamare 8	
28	2277	Leinas Joshiwale 9	
29	2236	Prakriti Sawhney 10	
30	2204	Suzanne Pillai 11	
31	2296	Neha Niwas Pawar 12	
32	2298	Vaishnavi Mishra 13	
33	2223	Amshika 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	Rhianne 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	



DIRECTOR OF
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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>Spandey</u>
3	3010	Monika Sharma 60	<u>Monika</u>
4	3022	Renu Yadav. 70	<u>Renu</u>
5	3057	Asiya Shai Khan 71	<u>Asiya</u>
6	3047	Kavya Kamanbairat 71	<u>Kavya</u>
7	3100	Anusha Banik 53	<u>Anusha</u>
8	3074	Sheha Sharma 74	<u>Sheha</u>
9	3037	Mulla Ishraafjahan 75	<u>Ishraafjahan</u>
10	3040	Tagdale Samruddhi 76	<u>Tagdale</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 Dhokali 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 Sand 86	<u>Pallavi</u>
21	3091	Prerna Vibhute 87	<u>Prerna</u>
22	3003	Shaikh Aliya 88	<u>Shaikh</u>
23	3049	Shaikh Aliya 89	<u>Shaikh</u>
52	3113	Gauri Kambale 90	<u>Gauri</u>
53	3113	Anushka Paddeshi 91	<u>Anushka</u>
54	3114	Sanika 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: FYBCOM (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 Kalindkar . 50	<u>Geeta</u>
32	3035	Rakhee Rathod . 01	<u>Rakhee</u>
33	3054	Sweta kulkarni . 02	<u>Sweta</u>
34	3029	Chetna Partha . 03	<u>Chetna</u>
35	3056	Neha Savle . 04	<u>Neha</u>
36	3014	Nursi Harish Bhatia . 05	<u>NBhatia</u>
37	3095	Samruddhi Kethari . 06	<u>SKethari</u>
38	3107	Princenka Parmar . 07	<u>PParmar</u>
39	3090	Rudra . 08	<u>Rudra</u>
40	3076	Savara Pawar . 09	<u>Savara</u>
41	3067	Shraddha Pandey . 10	<u>SPandey</u>
42	3085	Riya Singh . 11	<u>RSingh</u>
43	3121	Anjali Kuyi . 12	<u>AKuyi</u>
44	3127	Jinal Shrivastava . 13	<u>JS</u>
45	3081	Shruti Pandey . 14	<u>SPandey</u>
46	3125	Hari Ratha . 15	<u>HRatha</u>
47	3097	Rupa Nath . 16	<u>Rupa</u>
48	3017	Shweta Suryavanshi . 17	<u>SSuryavanshi</u>
49	3102	Jaswinder Taneja . 18	<u>JTaneja</u>
50	3108	Amisha Thakur . 19	<u>AThakur</u>
51	3109	Amiduxmita Das . 20	<u>ADas</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: Eka Jadhav

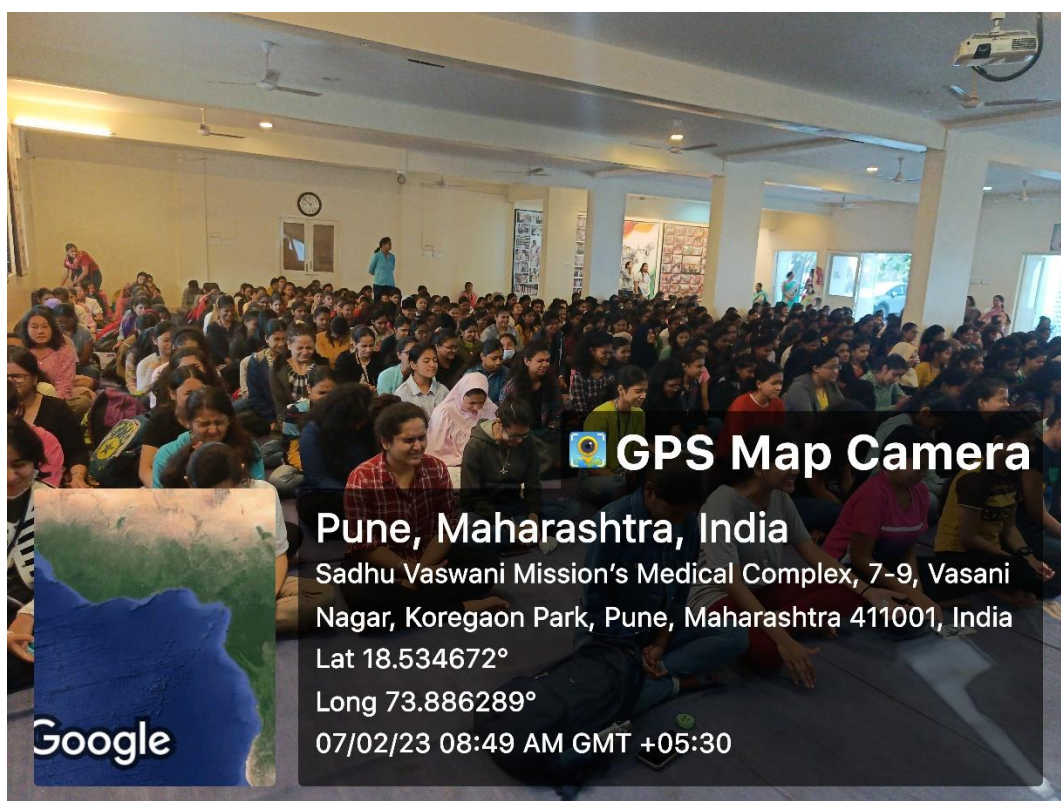
Total Participants

Sr. No	Roll No.	Name of Student	Signature
1.	3840	Mahek Udel 36	<u>Mahek</u>
2.	3818	Tyotishree Raut 31	<u>Tyotishree</u>
3.	3805	Hrithika Kahl 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	Mohini Kore 37	<u>Mohini</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.	38410	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 Barge. 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 Rangin. 49	<u>Meghna</u>
21.	3866	Simran Kadam. 50	<u>Simran</u>
22.	3831	Sakshi Chougale. 51	<u>Sakshi</u>
23.	3836	Armi Dige. 52	<u>Armi</u>

23

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

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