

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@stmiracollegepune.edu.in

NAAC 3rd Cycle - A grade



KINDLE THE LIGHT

Dr. Jaya Rajagopalan
Principal Incharge

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

G-18/2022-23/ 6 2

Date : 02.01.2023

CIRCULAR

The College is conducting a Guest lecture under the program of “**FIT India Movement**” on Tuesday 10th January 2023 from 8.30 am to 9.10 am in the Sanctuary Hall on the topic “**Correct posture through Yoga poses**”.

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-Correct Posture through Yoga Poses

The Department of Physical Education had organised a guest lecture on “**Guest Lecture-Correct Posture through Yoga Poses**” on 10th January, 2023 under the program Fit India Movement. This lecture was conducted for all the students and staff members. Total 422 students took the advantage of this session. Now a days we can see due to change in lifestyle many girls are facing health problems like postural deformities, neck and back pain. So through various Asanas we can overcome these kinds of pain or deformities were the main purpose of session.

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 stretches for correct posture. She also demonstrated partner Stretches, sitting and standing Asanas to strengthen the muscles of Neck, Back, Hand and Legs. Asanas are helpful for women's health. She said that there is only way to get rid of women's health problems so, everyone should do Suryanamaskar, Asanas, Pranayama, Meditation Practicedaily. She also said that in free time we should do all the stretches which will keep us strong and healthy. The secret to good physical and mental wellness is regular yoga practice. All of the faculty and students actively 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
An Autonomous- Affiliated to Savitribai Phule Pune University, Pune
Department of Physical Education

Topic : Guest Lecture - Correct Posture Through Yoga Poses

Date : 10.01.2023

Total Participants - 422

Sr. No	Roll No	Name of the student	Signature
1	3217	Dhanashree Madigalekar	
2	3218	Swapna Patil	
3	3222	Sakshi More	
4	3299	Khushi Sonawane	
5	3242	Denna Anthony	
6	3225	Anjali Bhadaniya	
7	3226	Anushka Pillay	
8	3224	Mehak Makandar	
9	3234	Alena Benny	
10	3256	Namrata Setav	
11	3254	Lata Prujapati	
12	3231	Vanshika	
13	3284	Malika Tilakara	
14	3276	Mitali Mishra	
15	3312	Aditi Kalphor	
16	3272	Sakshi Upadhyay	
17	3320	Suhana Kazi	
18	3208	Malaika Shaikh	
19	2211	Arzoo Khan	
20	3221	Masira Barg	
21	3227	Sateja patil	
22	3303	smriti Hayate	
23	3248	Nandini Dardur	
24	3223	Siddhi Karnawat	
25	3235	Jyoti Pandey	
26	3297	Mahak Jakben	
27	3289	Anushree Kanble	
28	3260	Zine Soeba	
29	3319	Anusha Pawar	
30	3310	Pooja Mourya	
31	3311	Shruti Thipathi	
32	3259	shete Sarika S.	
33	3308	Sayad Akifa	
34	3265	Riya Dubey	
35	3224	Resham Salve	
36	3315	Bitika Sareh	
37	3278	Mahak Shikma	
38	3279	Kashish Hayase	
39	3280	Mahak S. Srinivas	



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

Topic : Guest Lecture - Correct Posture Through Yoga Poses

Date : 10.01.2023

Sr.No	Roll No	Name of the student	Signature
1	3210	Kakali Sardar	K.N. Sardar
2	3281	Rajeshwari Rathod	Rathod
3	3283	Gauri Gulbunder	Gulbunder
4	3291	Prushti Kharat	Prcharat
5	3241	Deepika Pillay	Deepika
6	3323	Ketki Shinde	P. Shinde
7	3304	Malinga Naik	Malinga
8	3202	Devyani Pillay	Devyani
9	3216	Gopika Nair	Gopika
10	3301	Sakshi Pawar	Pawar S.L.
11	3257	Ritu Mehra	Ritu
12	3237	Sankha Pawar	Sankha
13	3309	Diya Chauhan	Diya Chauhan
14	3254	Lata Prajapati	Lata
15	3231	Vanshika Mohinani	Vanshika
16	3290	Chivante Chandora	Chivante
17	3233	Ankita Chauhan	Ankita Chauhan
18	3321	Sakshi Singh	Sakshi
19	3220	Tanvi Poman	Tanvi
20	3277	Ishita Pawar	Ishita
21	3282	Ambika Kaple	Ambika
22	3236	Iqra Tamboli	Iqra
23	3317	Khushi Ogwal	Khushi
24	3302	Riya Upadhyay	Riya Upadhyay
25	3214	Reena Thomas	Reena
26	3293	Priya Sharma	Priya
27	3214	Riddhi Soni	Riddhi
28	3246	Mohini Sawant	M. Sawant
29			
30			
31			
32			
33			
34			
35			
36			
37			
38			
39			

Jadhav



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

Topic : Guest Lecture - Correct Posture Through Yoga Poses

Date : 10.01.2023

Sr.No	Roll No	Name of the student	Signature
1	3646	Disha Chavhan	Schavani
2	3647	Olaveti Nalode	Gawati
3	3648	Anisha Tapkir	Anisha
4	3649	Sejal Bunkale	Bunkale
5	3650	Shreya Jadhav	Shreya
6	3680	Shruti Karamore	Shruti
7	3704	Radhika Surve	Surve
8	3708	Pranita Bharat	Pranita
9	3643	Saloni Gawade	Saloni Gawade
10	3699	Tanvi Kamble	Kamble
11	3705	Namrata Vayas	Vayas
12	3661	Kshitija Palange	Palange
13	3681	Mona Avhal	Avhal
14	3640	Rahaat Tamboli	Tamboli
15	3657	Kajal Paruham	Kajal
16	3621	Baishali Deb	Baishali
17	3619	Shraddha	shraddha
18	3623	Ankita Shinde	Shinde
19	3642	Aditi Nikam	Nikam
20	3612	Tejal Dalvi	Tejal
21	3609	Fiza Shaikh	Fiza
22	3684	Shahana Khan	Shahana
23	3604	Neha Bhonde	Neha
24	3664	madhuri valande	madhuri
25	3667	AKSHATA Ambre	Ambre
26	3673	Shruti Bhosale	Bhosale
27	3618	Anannya Sawant	Sawant
28	3622	Riya Barretto	Riya
29	3614	Aditani Patel	Aditani
30	3633	Kashish Jindal	Kashish
31	3607	Almeida Jay	Almeida
32	3613	Deepali Naik	Naik
33	3653	Tagaruti Rawal	Rawal
34	3656	Riya Yadav	Riya
35	3671	Nandini D. Prasad	Nandini
36	3662	Harshada Kapse	Harshada
37	3635	Priya Pandey	Priya
38	3632	Monika Jagtap	monika
39	3624	Kanchan Mourya	Kanchan

Jadhav



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

Topic : Guest Lecture - Correct Posture Through Yoga Poses

Date : 10.01.2023

Sr.No	Roll No	Name of the student	Signature
1	3676	Payal Patole	Patole P.
2	3605	Amruta Patil	Patil
3	3709	sakshi khandjode	Khandjode.
4	3691	Dhanashree Pardeshi	Pardeshi
5	3616	Aarti Yadav	Yadav
6	3698	Meghana Gawade	Gawade
7	3650	Sanika Bhore	Bhore
8	3651	Aarti Sahu	Aarti S.
9	3644	Akshata Shinde	Shinde
10	3660	Saloni Shelar	Shelar
11	3669	Nidhi Mundada	Mundada
12	3696	Bharati Pappurshi	Pappurshi
13	3690	Nagulak Aditi	Aditi
14	3665	Fernandez Blancy.	Blancy
15	3666	Varsha Choudhary	Choudhary
16	3608	Sana Shaikh	Shaikh
17		TV B. Groom Divya C.	
18	4673	Pratyakta Powarr.	Powarr
19	4612	Sayee Dhokale	Dhokale
20	4672	Harshada Thembe	Thembe
21	4669	Nivedita Saboo	Nivedita
22	4663	Karishma Purswani	Purswani
23	4660	Aishwarya Shaikh	Shaikh
24	4607	Priyanka Gavhane	Gavhane
25	4606	Greeshma Shah	Shah
26	4604	Akshita Shetty.	Shetty
27	4603	Shelva Biju	Biju
28	4658	Pratiksha Dhumal	Dhumal
29	4654	Pooja Kumar Swamy	Swamy
30	4646	Neha Sharma	Sharma
31	4645	Sonali	Sonali
32	4627	Namith S.K.	Namith
33	4628	Yaseen Pathan	Pathan
34	4614	Sanjika Ramesh KV	Ramesh
35	4677	Aditi Pingle.	Pingle
36	4622	Neha.	Neha
37	4648	Suhani Memdani	Memdani
38	4635	Sneha Yeate	Yeate
39	4680	Lavanya Komar	Komar

40 4689 17 Poo Ratnod
Nikita Shetty



Nishetty

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

Topic : Guest Lecture - Correct Posture Through Yoga Poses

Date : 10.01.2023

FYBA CO]

Sr.No	Roll No	Name of the student	Signature
1	2414	Prachi Kasbe	<u>Prachi</u>
2	2496	Mayuri Kore	<u>Mayuri</u>
3	2447	Sanyasi Reshma	<u>Sanyasi R.A</u>
4	2505	Shrutika Pawar	<u>Shrutika</u>
5	2453	Akshata Ahobale	<u>Akshata</u>
6	2427	Dipali Gori	<u>D.S. Gori</u>
7	2410	Simran Shaikh	<u>Simran</u>
8	2415	Kadambari R	<u>Kadambari</u>
9	2496	Mayuri More	<u>Mayuri</u>
10	2421	Nikita Hairhal	<u>Nikita</u>
11	2459	Biddhi Zende	<u>Biddhi</u>
12	2454	Aqsa Shaikh	<u>Aqsa</u>
13	2465	Mina Shaikh	<u>Mina</u>
14	2407	Karishma Tindal	<u>Karishma</u>
15	2420	Anchal Sachin Wale	<u>Anchal</u>
16	2492	Vaishnavi Mahadik	<u>Vaishnavi</u>
17	2489	Shruti Gaikwad	<u>S. Gaikwad</u>
18	2504	Savali Shelar	<u>Shelar</u>
19	2499	Amisha Vaishnav	<u>Amisha</u>
20	2493	Dhanashri Lawand	<u>Dhanashri</u>
21	2451	Vaishali Gavit	<u>Vaishali</u>
22	2475	Shreya Mishra	<u>Shreya</u>
23	2425	Ravika Joshi	<u>Ravika</u>
24	2466	Rutuja Ballal	<u>Rutuja</u>
25	2402	Karla Framroze	<u>Karla Framroze</u>
26	2483	Sakshi Dhore	<u>Sakshi</u>
27	2476	Deesha Dalavi	<u>Deesha</u>
28	2469	Arjun Shaikh	<u>Arjun</u>
29	2423	Ruchira Tare	<u>Ruchira</u>
30	2506	Naveena Vishwakarma	<u>Naveena</u>
31	2481	Meghana Chavsiya	<u>Meghana</u>
32	2435	Sanika Sagare	<u>Sanika</u>
33	2431	Saloni Gaikwad	<u>Saloni</u>
34	2426	Kavyanka Pagarohit	<u>Kavyanka</u>
35	2463	Masira Baig	<u>Masira</u>
36	2488	Seetega Patil	<u>Seetega</u>
37	2456	Smriti Hajare	<u>Smriti</u>
38	4012	Shruti Math	<u>Shruti</u>
39			

Jadhav



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

Topic : Guest Lecture - Correct Posture Through Yoga Poses

Date : 10.01.2023

Sr.No	Roll No	Name of the student	Signature
1	3424	Shweta S	Shweta S
2	3519	Sakshi Gupta	Sakshi Gupta
3	3481	Aishwarya Puneekar	Aishwarya Puneekar
4	3475	Nikita Gaikwad	Nikita Gaikwad
5	3418	Tanhari Chavan	Tanhari Chavan
6	3466	Anjali Khedekar	Anjali Khedekar
7	3468	Riya Santosh Kumar	Riya Santosh Kumar
8	3501	Kirti Chavan	Kirti Chavan
9	3463	Chaitrali Periyatambi	Chaitrali Periyatambi
10	3513	Anu Arjun Saji	Anu Arjun Saji
11	3447	Pooja Kulkarni	Pooja Kulkarni
12	3457	Sanjay Chavan	Sanjay Chavan
13	3489	Anamika Shinde	Anamika Shinde
14	3472	Swarna Patil	Swarna Patil
15	3514	Anjali Jangid	Anjali Jangid
16	3439	Sandhya Anil Gaikwad	Sandhya Anil Gaikwad
17	3413	Tanisha Shankar Chavan	Tanisha Shankar Chavan
18	3474	Sakshi Balaji Gundale	Sakshi Balaji Gundale
19	3471	Nikita Gaikwad	Nikita Gaikwad
20	3428	Swati Chavan	Swati Chavan
21	3423	Sharmila Gore	Sharmila Gore
22	3465	Payal Soni	Payal Soni
23	3495	Manmeet Kaur Gill	Manmeet Kaur Gill
24	3452	Krupa S. Belidkar	Krupa S. Belidkar
25	3412	Tejasvi Kamble	Tejasvi Kamble
26	3422	Alina Hussain	Alina Hussain
27	3404	Zoya Saidani	Zoya Saidani
28	3494	Rasooli Pothuganty	Rasooli Pothuganty
29	3493	Kasimbi Kasumanchi	Kasimbi Kasumanchi
30	3449	Pritya Raju Khandzode	Pritya Raju Khandzode
31	3477	Rutuja Waghade	Rutuja Waghade
32	3476	Vaishnavi Desai	Vaishnavi Desai
33	3430	Rinku Medliya	Rinku Medliya
34	3504	Manisha Jangid	Manisha Jangid
35	3421	Sumedha Jadhav	Sumedha Jadhav
36	3426	Vidya Tewari	Vidya Tewari
37	3427	Tejima Vighave	Tejima Vighave
38	3417	Shiddhi Ramdam	Shiddhi Ramdam
39	3408	Rutuja Phore	Rutuja Phore

40 3511

41 3478

42 3434

43) 3429

Priyanka Gaurhane

Sandeepi Saku

Sakshi Bhargava

Nikita Nangare

Ekta Jadhav

Director of Physical Education

Priyanka

Sandeepi Saku

Sakshi

Nikita



44)	3451	Diksha Agarwal	<u>Diksha</u>
45)	3503	Sakshi Kotwal	<u>Sakshi</u>
46)	3402	Saijal Kharat	<u>Sharat</u>
47)	3403	Anushree Kamble	<u>Anushree</u>
48)	3479	Asha bhandalkar	<u>Asha</u>
49)	3520	Anjali Rajpurwadi	<u>Anjali</u>
50)	3401	Netra Ganesh Nalla	<u>Netra</u>
51)	3415	Kamna Satwani	<u>Kamna</u>
52)	3433	Anushka Ajay Shah	<u>Anushka</u>
53)	3497	Shubhangi Undane	<u>Shubhangi</u>

Ekta Jadhav

Ekta Jadhav
Director of Physical Education



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

Topic : Guest Lecture - Correct Posture Through Yoga Poses

Date : 10.01.2023

Sr.No	Roll No	Name of the student	Signature
1	2203	Vasundhara Khale	
2	2202	Theresa Matiyal	
3	2223	Anusika Khetanar	
4	2209	Navya Chodamkar	
5	2269	Tanvi Gupta	
6	2214	Pankhuri Gogoi	
7	2210	Jespi Ringhangmai	
8	2275	Sakina Hemlal	
9	2281	Khuchnawaz Lahar	
10	2207	Batul Eggi	
11	2328	Harleen Kaur Makkar	
12	2205	Kheanne Fernandes	
13	2204	Luzanne Pillai	
14	2304	Sakshi Chavan	
15	2206	Neel Purohit	
16	2266	VISHNAV S PISHARODY	
17	2318	Tia Bakshi	
18	2208	Rakhi Rao	
19	2280	Roshni Desai	
20	2327	Pranali Walmiki	
21	2245	Anjali Wankhade	
22	2334	Ladhi Bora	
23	2331	Neelhi Sharma	
24	2298	Vaishnavi Mishra	
25	2283	Zenaida Palamhote	
26	2220	Anjali Pillai	
27	2279	Nibedita Paul	
28	2273	Geushti Chaudhary	
29	2290	Sadaya Dal	
30	2320	Vishakha Wagle	
31	2206	Mariya Kakaiwada	
32	2322	Geushti	
33	2217	Balraj Rathore	
34	2229	Sunilbasmata Sahu	
35	2241	Krushnika Raman	
36	2309	Aishwarya Reddy	
37	2226	Ruchee Singh	
38	2270	Archee Musley	
39	2266	Lea Swarni	

40 2265 Shambhavi Wansale
41 2242 Samthi Naikar
42 2314 Sangma Wangsu
43 2321 Khushi Nahar

Ekta Jadhav
Director of Physical Education



44 CK

44] 2239. Kanishka Talekar

Kanishka Talekar

Jadhav

Ekta Jadhav
Director of Physical Education



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

Topic : Guest Lecture - Correct Posture Through Yoga Poses

Date : 10.01.2023

Sr.No	Roll No	Name of the student	Signature
1	3022	Renu Yadav	Renu
2	3005	Jayachree Nayak	Jayachree
3	3057	Ariya Khan	Ariya
4	3043	Amiya Momin	Amiya
5	3062	Shivdajali Kawade	Shivdajali
6	3054	Sueta Kulkarni	Sueta
7	3037	mulla Ishratibahan	Ishratibahan
8	3040	samsuddhi Jagdale	Samsuddhi
9	3114	Saniya Nadaf.	Saniya
10	3002	Piya Sinday.	Piya
11	3012	Riya Navale	Riya
12	3044	Siddhi Surve	Siddhi
13	3095	Samsuddhi Kothari	Samsuddhi
14	3107	Pragatika Parmar	Pragatika
15	3098	Pradnya Ausasmal	Pradnya
16	3017	shweta. Suryawanshi	Shweta
17	3125	Hasi Kabha	Hasi
18	3112	Rutuja Kamble	Rutuja
19	3076	Shweta Parnal	Shweta
20	3090	Rudra Spalkh	Rudra
21	3056	Shweta Kamble	Shweta
22	3068	Sakshi Sonawane	Sakshi
23	3102	Jaswinder	Jaswinder
24	3074	Sacha Shalma	Sacha
25	3042	Sable Pranali	Sable
26	3080	Ksritika Pandey	Ksritika
27	3047	Kavya Kambharia	Kavya
28	30300	Arushi Barik	Arushi
29	3077	Riya Mehra	Riya
30	3036	Shaikh Anam	Anam
31	3034	Sakshi Galande	Sakshi
32	3097	Dupa Nam	Dupa
33	3053	Akshada Dhokale	Akshada
34	3004	Sanika Kohinkari	Sanika
35	3084	Risha Ritha	Risha
36	3085	Piya Singh	Piya
37	3066	Nancy Kumari	Nancy
38	3128	Karita Sen	Karita
39	3032	Nikita Bhale Rao	Nikita
40	3025	Sakshi Londho	Sakshi
41	3046	Shraddha Raut	Shraddha

Jadhav



42. Bhavano Solanki	3018	Bhavani
43 Minal Patale	3117	<u>Minal</u>
44 Vaishmai Jahogindar	3013	Vaishma
Pradnya Atwarma	3098	<u>Atwarma</u>
45 sayavi Bhosale	3078	<u>Bhosale</u>
46 Shruti Pardeshi	3094	<u>Pardeshi</u>
47 Geeta Kalindar	3064	<u>Kalindar</u>
48 Gauri Kamble	3115	<u>Gauri</u>
49 Apeksha Raikar	3043	<u>Raikar</u>
50. Shreya pandey	3006	<u>Pandey</u>
51. Gorde Rupali	3087	<u>R</u>

Jadhav

Ekta Jadhav
Director of Physical Education



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

Topic : Guest Lecture - Correct Posture Through Yoga Poses

Date : 10.01.2023 TVBCOM-B

Sl. No	Roll No	Name of the student	Signature
1	4457	Karishma Subhanda	
2	4497	Pragati Sanas	
3	4408	Vaishnavi Mohite	
4	4449	Riya Garkwad	
5	4424	Preeti Yadav	
6	4503	Selvin Chauraniya	
7	4452	Samruddhi Ovhale	
8	4461	Bandhya Chauraniya	
9	4426	Shweta Vishwakarma	
10	4485	Riya Gorani	
11	4490	Sorita Karanje	
12	4455	Sakina Rampurawala	
13	4420	Anushka Hosurkar	
14	4405	Namrata Shelke	
15	4456	Jyoti Joad	
16	4470	Veena Jadhav	
17	4489	Dnyaneshwar Kudale	
18	4416	Nishita Sharad Surve	
19	4488	Tanaya M. Ghogare	
20	4460	Esha Jagtap	
21	4479	Jaishree Shrivastava	
22	4429	Sheregar Himanshi	
23	4415	Akanksha Paudyal	
24	4454	Shivani Sheregar	
25	4450	Amruta Vilas Shinde	
26	4466	Thansa Reddy	
27	4436	Alfiya Attor	
28	4438	Uzma Khan	
29	4414	Khushi Javali	
30	4483	Shawna Frederick	
31	4425	Rekha Khanna	
32	4467	Rekha Deora	
33	4451	Shruti Patawar	
34	4415	Shreya Kaul	
35	4415	Manasa Pantula	
36			
37			
38			
39			

Jadhav



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

Topic : Guest Lecture - Correct Posture Through Yoga Poses

Date : 10.01.2023

Sr.No	Roll No	Name of the student	Signature
1	4069	Deepthi Rangam.	Deepthi R.
2	4093	Pratiksha U. Taur.	P. Taur.
3	4077	Pratiksha Lonkar	P. Lonkar.
4	4057	Akanchha Yadav	Akanchha.
5	4065	Sakshi Siraskar	Sakshi.
6	4051	Sakshi Gund	Sakshi.
7	4058	Samiksha Nanajkar	Samiksha.
8	4003	Janhvi. B. Rajpurhit	Janhvi.
9	4056	Sanskriti. V. Dhage	Sanskriti.
10	4041	Singh Manisha Shankar	Manisha.
11	4036	Nikhita Sudhakar male	Nikhita.
12	4071	Ramlingamma Laxman Rodband	Ramlingamma.
13	4029	Sakshi Shinde	Sakshi.
14	4064.	Panuja. Shetkar.	Panuja.
15	4055	Srushti Desai	Srushti.
16	4027	Mahesh Dodega	Mahesh.
17	4082	Khushi Parwani	Khushi.
18	4001	Khushi Parmar.	Khushi.
19	4079	Shravya Bhintade	Shravya.
20	4005	Kavya. Gael	Kavya.
21	4087	Vatbhavi. Gangane	Vatbhavi.
22	4084	Tejaswi Jagtap	Tejaswi.
23	4080	Prajakta Waghmare	Prajakta.
24	4006	Farzeen. A. Sayyed.	Farzeen.
25	4879	Trupti haridar	Trupti.
26	4809	Kumkum Gaikwad	Kumkum.
27	4760	Tonggy chavarkar.	Tonggy.
28	4757	Sunithi pingte.	Sunithi.
29	4756	Himati patil	Himati.
30	2406	Disha Lonelhe	Disha.
31	4673	Bekita mulehiya	Bekita.
32			
33			
34			
35			
36			
37			
38			
39			

Jadhav



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

Topic : Guest Lecture - Correct Posture Through Yoga Poses

Date : 10.01.2023

Sr. No	Roll No	Name of the student	Signature
1	2661	Sakshi Surve	<u>Sakshi</u>
2	2667	Neha Khadke	<u>Neha</u>
3	2692	Sakshi Haupale	<u>Sakshi</u>
4	2682	Chhaya Mali	<u>Chhaya</u>
5	2693	Sakshi Jadhav	<u>Sakshi</u>
6	2673	Sneha Tupare	<u>Sneha</u>
7	2670	Pooja Iak	<u>Pooja</u>
8	2671	Aparna Thorat	<u>Aparna</u>
9	2680	Mangli Devasi	<u>Mangli</u>
10	2659	Manashu Dongre	<u>Manashu</u>
11	2691	Aarti Watekar	<u>Aarti</u>
12	2675	Bhaisika Peswari	<u>Bhaisika</u>
13	2687	Resham Chawla	<u>Resham</u>
14	2663	Urvasi Ranke	<u>Urvasi</u>
15	4805	Apeksha Jadhav	<u>Apeksha</u>
16	4873	P.V.S Yamera	<u>P.V.S</u>
17	4791	Prusha Nikam	<u>Prusha</u>
18	4874	Shalini Guntam	<u>Shalini</u>
19	4800	Nivriti Sharna	<u>Nivriti</u>
20	4811	Prumal Niksha	<u>Prumal</u>
21	4814	Piya Bhalekar	<u>Piya</u>
22	4794	Purva Paundkar	<u>Purva</u>
23			
24			
25			
26			
27			
28			
29			
30			
31			
32			
33			
34			
35			
36			
37			
38			
39			

Eakta

Eakta Jadhav
Director of Physical Education



St Mira's College for Girls, Pune
An Autonomous- Affiliated to Savitribai Phule Pune University, Pune
Department of Physical Education
Guest Lecture-Correct Posture through Yoga Poses

Photos



Ekta Jadhav

Ekta Jadhav
Director of Physical Education

Dr. Jaya Rajagopalan
Principal Incharge

