

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



KINDLE THE LIGHT

Dr. Jaya Rajagopalan
Principal Incharge

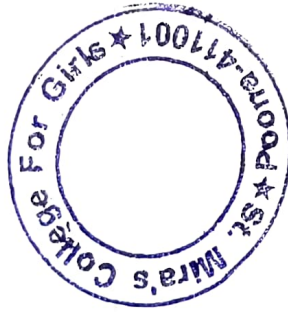
PU/PN/AC/015/(1962)
College Code No. : 013

G-18/2023-24/ 2

17.06.2023

CIRCULAR

The College will celebrate 9th International Yoga Day virtually on 21st June 2023. The Online Practical Sessions of Yoga will take place at 7.30 am through Google Meet. All are requested to attend the same.



Jaya

Dr Jaya Rajagopalan
Principal Incharge

St. Mira's College for Girls, Pune
Autonomous- Affiliated to Savitribai Phule Pune University
9th International Yoga Day, 21st June 2023
Department of Physical Education & NSS



Report

The 9th International Yoga Day was celebrated by St. Mira's College for Girl's, Pune in Hybrid mode both offline and virtually. To create awareness of yoga among the students and staff, the Department of Physical Education and NSS has organised Practical Session along with Yoga Pyramids Demonstration of students. Total 85 students and 25 staff members actively participated offline in college campus and online through google meet platform. Total 14 students of NSS participated in "Yoga Quiz Competition" conducted by Ministry of Ayush, MyGov.

This year the theme of the Yoga Day was "Yoga for Vasudhaiva Kutumbakam". Yoga for the welfare of all in the form of 'One World-One Family'. This theme was decided considering the importance of yoga and how it benefited the masses and keeping safe and healthy throughout the world. It improves the immune system, strength, balance, flexibility and coordination which help in both physical and mental wellbeing.

The program was started with a brief introduction of Yoga and their importance in day-to-day life and the practical session was conducted by the director of Physical Education, Mrs. Ekta Jadhav. It includes prayer, different Yoga postures such as Sukshma Vyayama, Suryanamaskar, Tadasana, Vrukshasana, Pachimmotanasana, Bhadrasana, ArdhaUshttrasana, Vajrasana, Shashankasan, Pawanmuktasana, Bhujangasana, Ardha Halasana, Setubandhasana, Anulom-Viloma Pranayam, Bhramari Pranayam, Meditation and Omkar ended with Pledge.

The protocol as given by Ministry of AYUSH Government of India was strictly adhere to.

Mrs. Ekta Jadhav

Director of Physical Education

Dr. Shalini Iyer

Vice-Principal

St. Mira's College for Girls

Dr. Jaya Rajagopalan

Principal incharge

St. Mira's College for Girls, Pune.

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9th International Yoga Day, 21st June 2023

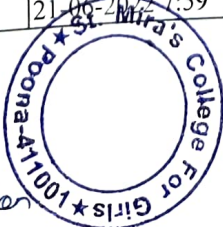
Department of Physical Education & NSS

Students Online Attendance List

Sr.No	Full Name	First Seen	Time in Call
1	1865 Mayuri Ashtage	21-06-2022 8:28	0:32:49
2	2433.Sandhya Parihar	21-06-2022 8:30	0:44:01
3	2658_priya rathod	21-06-2022 7:48	0:45:33
4	3032_Nikita Bhalerao	21-06-2022 7:40	0:45:18
5	3074_Sneha Sharma	21-06-2022 8:12	0:32:07
6	3115_Gauri Kamble	21-06-2022 8:18	0:24:04
7	3218_Swapna Patil	21-06-2022 7:45	0:42:53
8	3435 Muskan Shaikh	21-06-2022 7:38	0:29:26
9	3443Pratiksha Zende	21-06-2022 7:26	1:10:05
10	3474 Sakshi Gundile	21-06-2022 8:03	0:37:35
11	35 Sariya Shaikh	21-06-2022 7:55	1:15:10
12	4006_Farzeen sayyed	21-06-2022 8:08	0:34:48
13	4017_Shivanjali Tingre	21-06-2022 7:44	0:01:49
14	4025_Neha Bidave	21-06-2022 7:46	1:30:46
15	4033_Sejal Daundkar	21-06-2022 7:47	0:54:52
16	4034_Simran Thapa	21-06-2022 8:11	0:58:20
17	4057_Akanchha Yadav	21-06-2022 7:56	1:21:50
18	4069_deepti jaicealen	21-06-2022 7:54	0:42:09
19	4085_mansi Avaghade	21-06-2022 7:51	0:40:24
20	4257_Shital mahadik	21-06-2022 7:58	0:52:34
21	4279_Rutuja Dattatreya Kawde	21-06-2022 8:04	1:15:35
22	82_BCA_ANSHUKUMARI	21-06-2022 8:35	0:42:09
23	Alvina Fernandes	21-06-2022 8:02	0:35:37
24	Anandmayi Chounde	21-06-2022 7:47	1:30:13
25	Ankita Dawra	21-06-2022 7:59	1:15:15
26	Asha Hingmire	21-06-2022 7:45	1:31:50
27	Ashwini Kulkarni	21-06-2022 8:41	0:21:32
28	Athashri Pampad	21-06-2022 7:50	1:27:24
29	Deepali Agarwal	21-06-2022 8:11	0:10:00
30	Deesha Dalavi	21-06-2022 7:26	1:05:19
31	Dhanashri Lawand	21-06-2022 8:18	0:50:47
32	Diksha kamble	21-06-2022 7:42	1:34:58
33	Dipali Giri	21-06-2022 7:51	1:14:40
34	Karuna Gavali	21-06-2022 7:42	0:51:00
35	Kiana Framroze	21-06-2022 8:04	0:52:38
36	Madhu Hadpad	21-06-2022 7:59	1:22:41
37	Madhura Wagh	21-06-2022 7:31	1:05:04
38	Mansi Bhosale	21-06-2022 7:55	0:58:56
39	Nikita Poplai	21-06-2022 7:44	1:32:21
40	Ponnaganti Nagveni	21-06-2022 7:59	0:31:21

Ejadha

Ms Ekta Jadha
Direct of Physical Education



Jayesh
Dr. Jaya Rajayopalan
Principal Incharge

St. Mira's College for Girls, Pune
Autonomous- Affiliated to Savitribai Phule Pune University
9th International Yoga Day, 21st June 2023
Department of Physical Education & NSS

41	Prerna Bidkar	21-06-2022 8:10	0:54:57
42	Priyanka Raghuvanshi	21-06-2022 7:59	0:33:58
43	Rakiya Baig	21-06-2022 7:47	0:39:56
44	Renuka Sankpal	21-06-2022 7:30	1:01:35
45	Resham Salve	21-06-2022 8:15	0:56:48
46	Reshma Sayyad	21-06-2022 7:42	0:52:43
47	Saayari Das	21-06-2022 8:01	1:18:08
48	Saba Kazi_5413	21-06-2022 7:49	0:40:43
49	Sakshi Aru	21-06-2022 7:51	0:39:19
50	Sakshi Dupare	21-06-2022 9:01	0:17:31
51	Sanika Dhage	21-06-2022 7:49	0:00:34
52	Sanika Madake	21-06-2022 7:59	0:09:02
53	Shreeya Shivarkar	21-06-2022 7:50	0:15:09
54	Shreya Gaikwad	21-06-2022 7:40	0:50:52
55	Shubhangi Jagtap	21-06-2022 7:44	1:26:37
56	Swaraj Borkar	21-06-2022 7:31	1:00:40
57	Tanvi Shaikh	21-06-2022 8:06	0:28:33
58	Trishala Kambli	21-06-2022 8:43	0:26:21
59	anusha tawa	21-06-2022 7:59	1:22:45
60	arpita bahuguna	21-06-2022 8:01	0:30:20
61	fatima nasrin	21-06-2022 8:28	0:44:31
62	geeta kalindar	21-06-2022 7:38	0:54:55
63	jyoti napte	21-06-2022 8:02	0:51:26
64	kajal jaisinghani	21-06-2022 7:45	0:45:36
65	karishma jindal	21-06-2022 7:46	1:26:28
66	mariya aziz	21-06-2022 7:52	0:40:29
67	pallavi nalage	21-06-2022 8:29	0:57:10
68	purva shinde	21-06-2022 7:49	0:55:42
69	renu yadav	21-06-2022 8:18	0:27:16
70	shweta thakur	21-06-2022 8:07	1:04:43
71	suman yadav	21-06-2022 7:57	0:56:36

Total students Participated Online- 71

Ekta Jadhav
Ms. Ekta Jadhav
Director of Physical Education



Dr Jaya Rajagopalan
Principal Incharge

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

Attendance Sheet (Offline)

Name of the activity/ event- 9th International Yoga Day

Date and Time - 21.06.2023

Sr.No	Name of Student	Signature
1	Shivangee Prajapati	
2	Natasha Chavan	
3	Shivani Shukhade	
4	Ajreen Shaikh	
5	Sandhya Parihar	
6	Swati Sapaliga	
7	Disha Londhe	
8	Prachi Sharma	
9	Suhani Yadav	
10	Sneha Chavan	
11	Punam Uchandhavi	
12	Sneha Jawali	
13	Vaishnavi Dhuiya	
14	Monika Sharma	
15		
16		

Total Number of Participants/ students = 14 (offline)

Name and Signature of the Coordinator =

Ekta Ashok Jadhav
Director of Physical Education




Dr. Jaya Rajagopalan
Principal Incharge

St. Mira's College for Girls, Pune
Autonomous- Affiliated to Savitribai Phule Pune University
9th International Yoga Day, 21st June 2023
Department of Physical Education & NSS
Staff Online Attendance List

Sr.No	Full Name	First Seen	Time in Call
1	Anitha Menon	21-06-2022 7:45	0:45:36
2	Arati Kulkarni	21-06-2022 7:46	1:26:28
3	Deepa Krishnamurthi	21-06-2022 7:52	0:40:29
4	Dimple Buche	21-06-2022 7:30	1:01:35
5	Ekta Jadhav	21-06-2023 7:29	1:07:34
6	Elizabeth Kanade	21-06-2022 8:18	0:27:16
7	Gitanjali Phadnis	21-06-2022 8:46	0:35:29
8	Hasina Shaikh	21-06-2022 7:30	1:01:35
9	Jyoti Chintan	21-06-2022 7:30	1:01:35
10	Jyoti Landge	21-06-2022 7:30	1:01:35
11	Komal Tujare	21-06-2022 8:10	0:54:57
12	Manisha Pimpalkhare	21-06-2022 7:59	0:33:58
13	Manjita Kulkarni	21-06-2022 7:47	0:39:56
14	Meenakshi Wagh	21-06-2022 7:30	1:01:35
15	Meenal Sumant	21-06-2022 8:15	0:56:48
16	Sandhya Pandit	21-06-2022 7:42	0:52:43
17	Shalini Iyer	21-06-2022 7:30	1:01:35
18	Sharmin Palsetia	21-06-2022 7:49	0:40:43
19	Shraddha Joshi	21-06-2022 7:51	0:39:19
20	Vaishali Joshi	21-06-2022 7:30	1:01:35
21	Veena Kenchi	21-06-2022 7:30	1:01:35
22	suvarna deolankar	21-06-2022 7:30	1:01:35
23	swati pulate	21-06-2022 7:42	0:52:43
24	smita borkar	21-06-2022 7:30	1:01:35
25	seema Ghule	21-06-2022 7:49	0:40:43

Total staff Participated Online- 25


Ms. Ekta Jadhav
Director of Physical Education

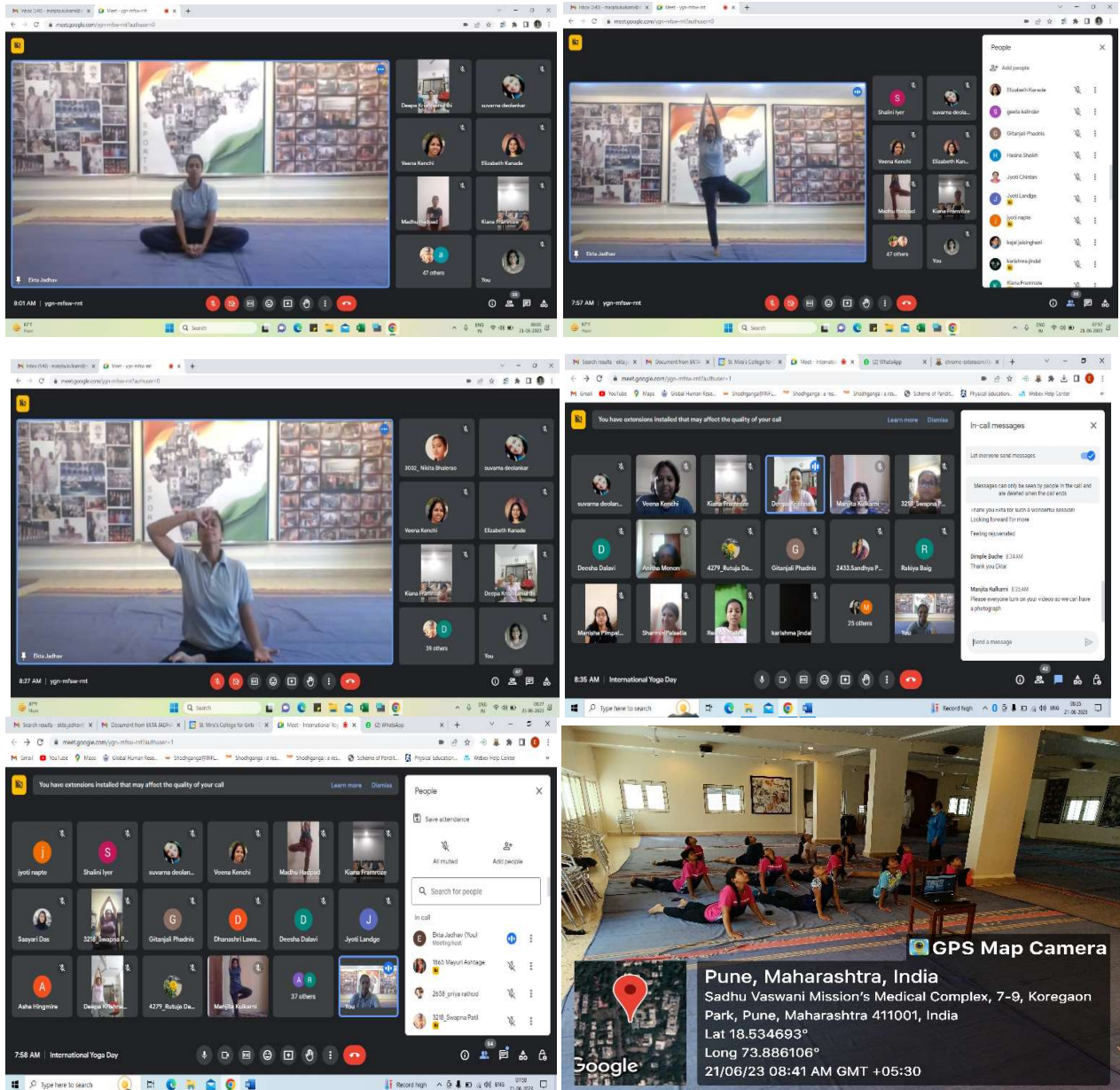



Dr. Jaya Rajagopalan
Principal Incharge

St. Mira's College for Girls, Pune
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8th International Yoga Day, 21st June 2023
Department of Physical Education

Photos



Ekta Jadhav

Mrs. Ekta Jadhav
Director of Physical Education

Jaya

Prof. Dr. Jaya Rajagopalan
Principal Incharge