

Shellino Education Society's

## ARUNAMAI COLLEGE OF PHARMACY

- Gat No 285, Vidgaon Road, Mamurabad, Jalgaon, (MS) 425002
- Approved by PCI, New Delhi & Affiliated to KBC North Maharashtra University, Jalgaon
- www.acopmamurabad.com | ● jalpharmaedu@gmail.com | ● 9403739090 | 9403710774

**Nanasaheb R. G. Patil**  
(President)

**Dr. T. A. Deshmukh**  
(Principal)

### Activity Report of Yoga Course 2022-2023

**Name of Course:** - Certificate Course of Yoga

**Duration:** - 2 Jan to 6 Feb 2023

**Time:** - 7am to 8am

**Resource Person:-**

**Mrs.M.R.Narkhede**

**Yoga Teacher**

**Mr.N.B.Chaudhari**

**Coordinator**

**No. of Students Participated 60**

SES Arunamai College of Pharmacy Mamurabad had organized 30days "Certificate Course on Yoga" in duration of 2 jan to 6 feb 2023. The resource person of the programme was Mrs M.R.Narkhede, Mr.N.B.Chaudhari who guided students about yoga helps in improving our mental as well as physical welling being and how we can keep our self-calm and thoughtful with the help of yoga and meditation.

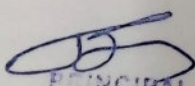
**Objective of Courses:-**

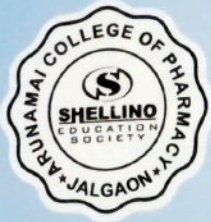
1. Make Awareness about yoga can help you tackle hurdles in day-to-day life.
2. To make students more confident.
3. To make them strong enough for handling stressed condition.
4. To make them realizes how yoga can help maintain physical and mental health.

**Outcome of Courses:-**

- Students felt more energetic after the session.
- They looked more confident after programmer.



  
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(Principal)

- They looked more confident after program.
- They realized that yoga can help in maintaining healthy life style.
- They studied sometimes new rather than academic course and positive energy was seen in them after each session



DATE:- 2 jan to 6 feb 23  
TIME:- 7 TO 8 AM

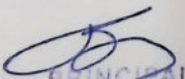
### CERTIFICATE COURSE ON YOGA



**Venue:- SES Arunamai College of pharmacy Mamurabad, Jalgaon MH  
425001**

The course was found to be very useful for student. The Management, Principal Dr. T. A. Deshmukh and organizing team thanked the resource person for guiding the students and making so awareness about yoga and its benefits in day-to-day life and he also thanked students for participating and making the programme successful.



  
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Contact No:- 9403739090, 9403710774

Nanasaheb R. G. Patil  
(President)

Dr. T. A. Deshmukh  
(Principal)

Date:-28/12/2022

### NOTICE

All the students of the Second Year, Third year and Final year B. pharm are hereby informed that our institute going to start certificate course on yoga from **02 Jan 2023** for maintaining healthy life style. So those students who want to participate in the course should contact the coordinator Mr.N.B.Chaudhari of the course immediately.



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**SES Arunamai College Of pharmacy Mamurabad Dist. Jalgaon**  
**Academic Year 2022-2023, Date:-2 Jan to 6 Feb 2023**

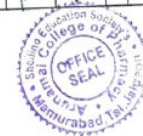
**Class: - B.Pharm**

**Duration:-01 Hour**

**Name Of Course: - Certificate Course of yoga**

**Time periods of course: - 30 Days**

Sr.NO	Registration id	Name of students	Days														
			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
1	ACOP01	Atale Dimpal Nitin	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P
2	ACOP02	Bavaskar Chetan Rajendra	P	P	P	P	P	P	P	P	A	P	P	A	P	P	P
3	ACOP03	Bhangale Bhagyashri Prashant	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P
4	ACOP04	Bhole Lochan Satish	P	P	A	P	P	P	P	P	P	P	P	P	P	A	P
5	ACOP05	Bhole Tejal Pramod	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P
6	ACOP06	Chaudhari Bhavika Vinod	P	P	P	P	P	P	P	P	P	P	P	A	P	A	P
7	ACOP07	Chaudhari Manav Kailas	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P
8	ACOP08	Chaudhari Sangita Dipak	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P
9	ACOP09	Chaudhari Shital Rajendra	P	A	P	P	P	P	P	P	P	A	P	P	P	P	A
10	ACOP10	Jain Chetan Rajesh	P	P	P	A	P	P	P	A	P	P	P	P	P	P	P
11	ACOP11	Jaiswal Sakshi Pradeep	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P



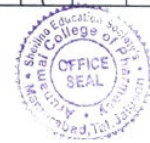
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			16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
1	ACOP01	Atale Dimpal Nitin	P	P	P	P	P	P	A	P	A	P	P	P	A	P	P
2	ACOP02	Bavaskar Chetan Rajendra	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P
3	ACOP03	Bhangale Bhagyashri Prashant	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P
4	ACOP04	Bhole Lochan Satish	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P
5	ACOP05	Bhole Tejal Pramod	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
6	ACOP06	Chaudhari Bhavika Vinod	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P
7	ACOP07	Chaudhari Manav Kailas	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
8	ACOP08	Chaudhari Sangita Dipak	P	P	P	P	P	P	P	P	P	P	P	P	A	A	
9	ACOP09	Chaudhari Shital Rajendra	P	P	P	P	P	P	P	P	P	P	P	D	P	P	P
10	ACOP10	Jain Chetan Rajesh	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P
11	ACOP11	Jaiswal Sakshi Pradeep	P	P	P	P	P	P	P	A	P	P	P	P	P	A	P
12	ACOP12	Jangale Nikhil Sunil	A	P	P	P	P	P	A	P	P	P	P	P	P	P	A
13	ACOP13	Jha Dipali Sunil	P	P	P	P	A	P	P	A	P	P	P	P	P	P	P
14	ACOP14	Khadke Vaishnavi Rajendra	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P




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33	ACOP33	Wani Aniket Gopal	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P
34	ACOP34	Koli Ghanshyam Gorakh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
35	ACOP35	Koli Hemraj Dattu	P	A	P	P	P	P	P	P	P	P	P	P	P	A	P
36	ACOP36	Bari Rohit Rajendra	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P
37	ACOP37	Bharude Hemant Gopal	P	P	P	A	P	P	P	A	P	P	P	P	P	A	P
38	ACOP38	Bhird Hitesh Pramod	P	P	P	P	P	P	A	P	P	A	P	P	P	P	P
39	ACOP39	Bhosale Shubham Chandrakant	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P
40	ACOP40	Borse Kalpeh Aaba	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
41	ACOP41	Borse Mayur Vitthal	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P
42	ACOP42	Borse Pranjal Sunil	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P
43	ACOP43	Chaudhari Aashish Kishor	P	P	P	P	P	A	P	P	A	P	P	P	P	P	P
44	ACOP44	Chaudhari Komal Sunil	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A
45	ACOP45	Chinchole Mayur Sunil	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P
46	ACOP46	Chopade Yukta Sudharkar	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P
47	ACOP47	Dhandore Neha Ajay	P	P	P	P	P	A	P	P	P	A	P	P	P	P	A
48	ACOP48	Gavhane Dhiraj Manohar	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P
49	ACOP49	Ghumare Vaibhav Madhav	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P
50	ACOP50	Indore Kiran Gunwant	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P

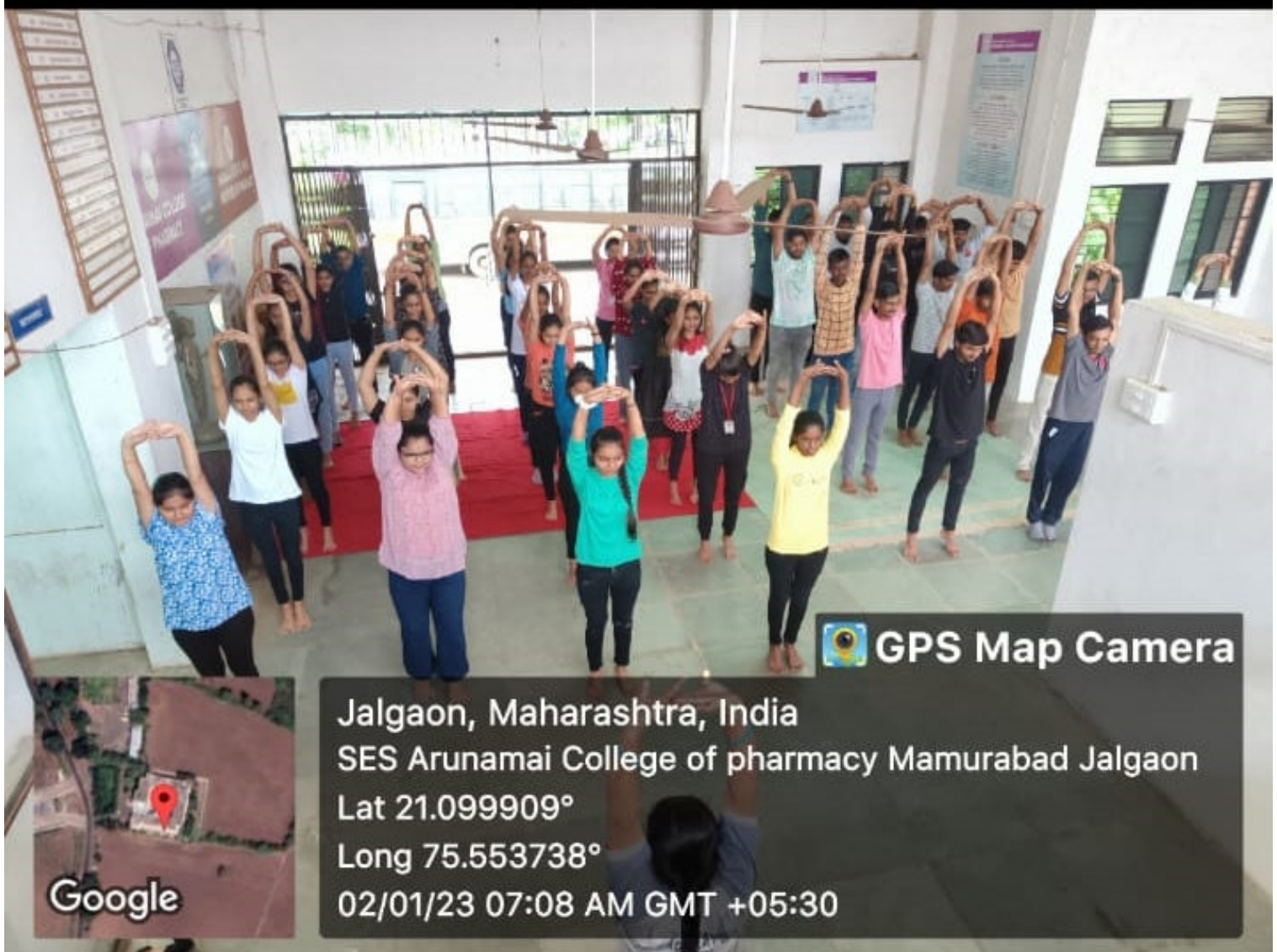



  
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51	ACOP51	Rokade Shashank Sanjay	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P
52	ACOP52	Sainee Aashish Bansidhar	A	P	P	P	P	P	P	P	P	P	P	P	P	P	A
53	ACOP53	Salunkhe Dhiraj Gunvantrav	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P
54	ACOP54	Salunkhe Humanshu Prakash	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P
55	ACOP55	Sapkale Bhakti Vasant	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P
56	ACOP56	Sapkale Preman Sanjay	P	P	P	A	P	P	P	P	P	A	P	P	P	P	A
57	ACOP57	Patil Sandip Ravindra	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P
58	ACOP58	Patil Satish Narayan	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P
59	ACOP59	Patil Yash Anil	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P
60	ACOP60	Pawar Kunal Jaywant	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P

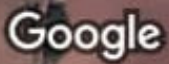


  
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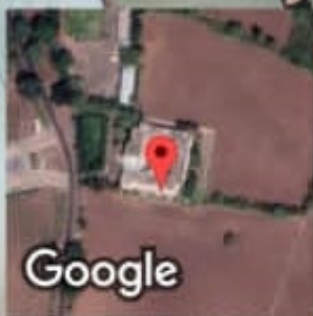


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