

yogesh mane <yogeshmane366@gmail.com>

Fwd: Regarding permission to conduct International Yoga Day

1 message

Pratiksha Phadnis <pratikshaphadnis@gmail.com>
To: Yogesh Mane Sports Complex Parichar <yogeshmane366@gmail.com>

Mon, Apr 8, 2024 at 1:51 PM

----- Forwarded message -----

From: **Pratiksha Phadnis** <pratikshaphadnis@gmail.com>
Date: Sat, 18 Jun, 2022, 14:30
Subject: Regarding permission to conduct International Yoga Day
To: Principal iycollege <principaliyc@rediffmail.com>
Cc: <principaliyc@yahoo.co.in>

Respected madam,
Kindly allow the Department of Physical education and Sports, NCC , NSS to conduct International Yoga Day on 21 St of June .
We would like to invite someone from Ambika Yoga Kutir to conduct the programme. Kindly permit. We will have to pay them an honorarium of approximately 3000 Rs.. Kindly permit and instruct the office to do the needful.
Yours sincerely,
Pratiksha Phadnis
College Director of Physical education and Sports





महाराष्ट्र शासन
इस्माईल युसूफकला विज्ञान व वाणिज्य महाविद्यालय
जोगेश्वरी (पूर्व), मुंबई नं. 60.
(स्थापना :- 1930)

NAAC Accreditation "A" Grade

दूरध्वनी क्र. :- 022 28352881

दूरध्वनी क्र. व फॅक्स :- 022 28202188

जा.क्र./इयुम/2021-22/१०८५

दिनांक : 20 /06/2022

सुचना

सर्व अधिकारी ,कर्मचारी व विद्यार्थींसाठी प्रतिवर्षाप्रमाणे
आपल्या महाविद्यालयाचा क्रीडा विभाग,N.C.C. ,N.S.S.,
२१ जुन हा ,आंतरराष्ट्रीय योग दिवस,म्हणून साजरा करीत
आहेत,

स्थळ: महाविद्यालय क्रीडासंकुल ,बॅडमिंटन हॉल

वेळ -सकाळी ८ वाजता

सर्वांना सस्नेह आमंत्रण



Swanhel

प्राचार्य

PRINCIPAL

Government of Maharashtra's
Ismail Yusuf College of
Arts, Science & Commerce.
Jogeshwari (East), Mumbai - 400 060



Government of Maharashtra
ISMAIL YUSUF COLLEGE OF ARTS, SCIENCE AND COMMERCE
NAAC 'A' Grade
Jogeshwari (East), Mumbai 400 060

Tel. No. (Office) 022-28352881

principaliyc@yahoo.co.in

Fax (Principal) 022-28202188

Date: 04/03/2022

Notice: International Yoga Day Yoga Workshop

Join us in celebrating International Yoga Day with a rejuvenating Yoga Workshop! This workshop, conducted by the Department of Physical Education and Sports in collaboration with Sri Ambika Yoga Kutir, Thane, MOU partner, offers a wonderful opportunity to embrace the practice of yoga and enhance your well-being.

Event Details:

Led by experienced instructors from Sri Ambika Yoga Kutir, this workshop will guide participants through various yoga asanas, breathing techniques, and meditation practices. Whether you're a beginner or an experienced yogi, this workshop is designed to promote physical health, mental clarity, and inner peace.

Date & Time:

Mark your calendars for June 21, 2022, at 11:00 AM, and join us at the Sports Complex for this transformation yoga experience.

Venue:

The workshop will be held at the Sports Complex, providing a serene and conducive environment for your yoga practice.

This workshop is open to all junior and senior college students and staff members. Let's come together to celebrate the ancient art of yoga and cultivate harmony and balance in our lives.

Let's unite in the spirit of yoga and embark on a journey of health, wellness, and self-discovery!



P.N. Phadnis
Government of Maharashtra's
Ismail Yusuf College of
Arts, Science & Commerce,
Jogeshwari (East), Mumbai - 400 060.

Smt. Pratiksha Bhadnis
College Director of Physical Education and Sports

for signature
PRINCIPAL

Government of Maharashtra's
Ismail Yusuf College
Arts, Science & Commerce,
Jogeshwari (East), Mumbai - 400 060

Principal

Prof. Dr. Bhavita Chavan



29.4.92

31/7/92 (27)
 21/5/92 (27)
 14/4/92

Sl. No.	Name	Grade	Roll No.	Phone No.
1	SM - Abhishek - H. Yadav	NCC	869429241	793
2	Cdt. Shyam V. Soni	NCC	7249837667	
3	Cdt. Ratan D. Saiswal	NA	9326451973	
4	Cdt. Manish Yadav	NCC	7045202584	
5	Cdt. Shubham S. Saiswar	NCC	9324863923	
6	Cdt. Rishi B. Yadav	NCC	91037014578	
7	Cdt. Kanya G. Chitambar	NCC	9028832120	
8	Cdt. Krunal Bhikhand Haldar	S.V.B.A.	9324699415	
9	Cdt. Ajay Yadav	T.Y.B.Com	7115920275	
10	Cdt. Sachin Yadav	S.Y.B.A.	8657680071	
11	1st Sgt. Vikash Yadav	S.Y.B.A.	9137670212	
12	Sgt. Omkar Mane	F.Y.B.Com	44059227787	
13	Sgt. Nidish Nand	F.Y.B.Com	70208241894	
14	Cpl. Umesh Saurant	NCC	8097590950	
15	Lcpl. Amruta Maske	NCC	887947415	
16	Lcpl. Shri Chikane	NCC	859108863	
17	Cdt. Laxmi Saurant	S.Y.B.A.	8892745926	
18	Lcpl. Parva Saurant	F.Y.B.A.	809321782141	
19	Cdt. Alanksha Gupta	T.Y.B.Com	8291311917	
20	Cdt. Shradha Rajit	S.Y.B.C.	9987426757	
21	Cdt. Srishti Chitambar	T.Y.B.A.	9987712321	
22	Cdt. Gauri Mishra	M.A.I.	8828572558	
23	Cdt. Nidhi Tiwari	S.V.B.C.	892858384	
24	NSS Swaddha. D. Dubey	S.V.B.C.	8403558226	
25	V. Velk Pashte	T.Y.B.S.	8879143684	
26	DINESH KUMAR	T.Y.C.S.	8928604155	

आम. एम. ए. विभाग
के कार्यालय है।

29.6.22

क्र.	नाम	पता/सं.	मोबा. सं.	सि. सं.
1	CSM - Abhishek H. Yadav	Ncc	8169429241	AM
2	NAGESH SAWANT		9092493633	Sawant
3	SNEHA JOSHI		8451090312	Sph
4	Sneha Sawant		9769830386	SB
5	Rajshree Naik		8286336249	R.R.Naik
6	शुक्रराम जोधलेकर		9602060086	Sandhalekar
7	Shukarum Jondhalekar		8108318939	श.ज.जोधलेकर
8	Dr. Ravindra Kalesh		8108427606	Dr. Kalesh
9	Dr. Shahina Khan		9324826151	Dr. Khan
10	Dr. U.P. Aude		9763602402	Dr. Aude
11	Vidhya Sawant		8080147759	Sawant
12	Geeta Phangker		9930779845	Phangker
13	Supriya Pal Desai		8879072564	S. Pal Desai
14	Dr. Bharati M. Sanap		8.25 am	Dr. Sanap
15	Pravin Sawant		9869696793	P.V. Sawant
16	Mrs. P. N. Phadnis		9820803471	P.N. Phadnis
17	Yogesh mane		973055434	Yogesh
18	Rajesh. Patel		9773510754	Raj Patel
19				
20	* Tick Marks are given files as			
21	gifs.			
22	P.N. Phadnis			
23	22.6.22			
24				
25				
26				



International Yogaday
Payment Recd.



Shri Ambika Yoga Kutir

Reg. No. F-892-T

B. K. Mill Compound, Smt. Meenatai Thackrey Chowk, L. B. S. Road, Thane (West) 400 601.

FOUNDER: HATHAYOGI SHRI NIKAM GURUJI

No.: **F**

10367

Date: 30/07/2022

We acknowledge with thanks the receipt of
(Rupees Three thousand only — x — only)
from Principal Ismail Yusuf College Jogeshwari PAN No. _____
as Donation for Building Fund in Cash/by ^{NEFT} Cheque No. U 000000 006977984
Dated 06/07/22 of _____ Bank

We promise to utilise the funds towards the objectives of the institute and in the best interest of humanity.

₹ 3000/-

Subject to realization of cheque

A. S. Kulkarni

Treasurer

32/1/22

Receiver

Exempted U/S 80G of Income Tax Act, 1961 vide Order No.
THN/CIT-11/Tech./80G/288/2011-12/4657 • PAN No. AAATS 4434Q



Report of International Yoga Day 21 June 22

The Department of Physical education and Sports has an MOU with Shri. Ambika Yoga Kutir Thane. The Principal, Dr. Swati Wavhal initiated this MOU.

The International Yoga Day was celebrated by the Department of Physical education and Sports along with NCC and NSS units of the college under the guidance of Sadhaks of Shri Ambika Yoga Kutir Thane.

In all there were forty five participants including staff. The programme had to be conducted indoors due to rain. Due to Covid protocol only a limited number of entries were allowed to participate.

The Aayush Mantralaya had given a protocol to be followed on this day. This protocol was strictly followed. The program began and ended with prayers. There was introduction to Kriyas , standings asnas, sitting asnas, lying both on neck and stomach asanas.

Overall the program was a huge success.

The participants also expressed their options about the program.

The program was compered by Mrs. Pratiksha Phadnis, the HOD for department of sports. The program ended with refreshments.



P. N. Phadnis
Government of Maharashtra's
Ismail Yusuf College of
Arts, Science & Commerce.
Jogeshwari (East), Mumbai - 400 060.

Feedback -Yoga Workshop

Date – 21.06.2022

Name of the student – Kadam Akash

Class - SYBAF/26

Signature - Akash

1) Did the class meet your expectations?

Yes

☒

No

☐

2) What are the top 3 things that you liked the most about the class ?

1. Breathing

2. Postures

3. Meditation

4. Relaxation

5. Philosophy ,

6. Soul

3) a) Teacher Knowledge -

1. Very Satisfactory 2. Satisfactory 3. Un Satisfactory

b) Amount of instruction given

1. Very Satisfactory 2. Satisfactory 3. Un Satisfactory

4) Would you join yoga camp again in future?

Yes

☒

NO

☐

5) Has the camp created an awareness about health in you ?

Yes

☒

No

☐

Feedback -Yoga Workshop

Date – 21.06.2022

Name of the student – Rai Saima

Class - Sybcom /299

Signature - Raisuam

1) Did the class meet your expectations?

Yes

☒

No

☐

2) What are the top 3 things that you liked the most about the class ?

1. Breathing

2. Postures

3. Meditation

4. Relaxation

5. Philosophy ,

~~6. Soul~~

3) a) Teacher Knowledge -

1. Very Satisfactory 2. ~~Satisfactory~~ 3. Un Satisfactory

b) Amount of instruction given

1. ~~Very Satisfactory~~ 2. Satisfactory 3. Un Satisfactory

4) Would you join yoga camp again in future?

Yes

☒

NO

☐

5) Has the camp created an awareness about health in you ?

Yes

☒

No

☐

Feedback -Yoga Workshop

Date – 21.06.2022

Name of the student – Sayyed Adil

Class - sy bsc / sol

Signature - Adil

1) Did the class meet your expectations?

Yes

☒

No

☐

2) What are the top 3 things that you liked the most about the class ?

1. Breathing

☒ 2. Postures

3. Meditation

4. Relaxation

5. Philosophy ,

6. Soul

3) a) Teacher Knowledge -

☒ 1. Very Satisfactory 2. Satisfactory 3. Un Satisfactory

b) Amount of instruction given

☒ 1. Very Satisfactory 2. Satisfactory 3. Un Satisfactory

4) Would you join yoga camp again in future?

Yes

☒

NO

☐

5) Has the camp created an awareness about health in you ?

Yes

☒

No

☐

Feedback -Yoga Workshop

Date – 21.06.2022

Name of the student – Kadam Karan

Class - Tybecom / 63

Signature - Karan

1) Did the class meet your expectations?

Yes ☒

No ☐

2) What are the top 3 things that you liked the most about the class ?

1. Breathing

2. Postures

3. Meditation

4. Relaxation

~~5. Philosophy~~

6. Soul

3) a) Teacher Knowledge -

~~1. Very Satisfactory~~ 2. Satisfactory 3. Un Satisfactory

b) Amount of instruction given

1. Very Satisfactory ~~2. Satisfactory~~ 3. Un Satisfactory

4) Would you join yoga camp again in future?

Yes ☒

NO ☐

5) Has the camp created an awareness about health in you ?

Yes ☒

No ☐



Feedback -Yoga Workshop

Date - 21.06.2022

Name of the student - Sawant Deed

Class - sybcom/235-

Signature - DeepSawant

1) Did the class meet your expectations?

Yes

☒

No

☐

2) What are the top 3 things that you liked the most about the class ?

1. Breathing

2. Postures

3. Meditation

4. Relaxation

5. Philosophy ,

6. Soul

3) a) Teacher Knowledge -

1. Very Satisfactory 2. Satisfactory 3. Un Satisfactory

b) Amount of instruction given

1. Very Satisfactory 2. Satisfactory 3. Un Satisfactory

4) Would you join yoga camp again in future?

Yes

☒

NO

☐

5) Has the camp created an awareness about health in you ?

Yes

☒

No

☐

Feedback -Yoga Workshop

Date – 21.06.2022

Name of the student – Dhami Dipendra

Class - SY Bio / 17

Signature - Dipendra

1) Did the class meet your expectations?

Yes

☒

No

☐

2) What are the top 3 things that you liked the most about the class ?

1. Breathing

2. Postures

3. Meditation

4. Relaxation

~~5. Philosophy~~

6. Soul

3) a) Teacher Knowledge -

~~1. Very Satisfactory~~ 2. Satisfactory 3. Un Satisfactory

b) Amount of instruction given

1. Very Satisfactory ~~2. Satisfactory~~ 3. Un Satisfactory

4) Would you join yoga camp again in future?

Yes

☒

NO

☐

5) Has the camp created an awareness about health in you ?

Yes

☒

No

☐

Feedback -Yoga Workshop

Date – 21.06.2022

Name of the student – Bharati Shani

Class - sy Baf /10

Signature - Sham Bharat

1) Did the class meet your expectations?

Yes

☒

No

☐

2) What are the top 3 things that you liked the most about the class ?

1. Breathing

2. Postures

3. Meditation

4. Relaxation

5. Philosophy ,

~~6. Soul~~

3) a) Teacher Knowledge -

~~1. Very Satisfactory~~ 2. Satisfactory 3. Un Satisfactory

b) Amount of instruction given

1. Very Satisfactory ~~2. Satisfactory~~ 3. Un Satisfactory

4) Would you join yoga camp again in future?

Yes

☒

NO

☐

5) Has the camp created an awareness about health in you ?

Yes

☒

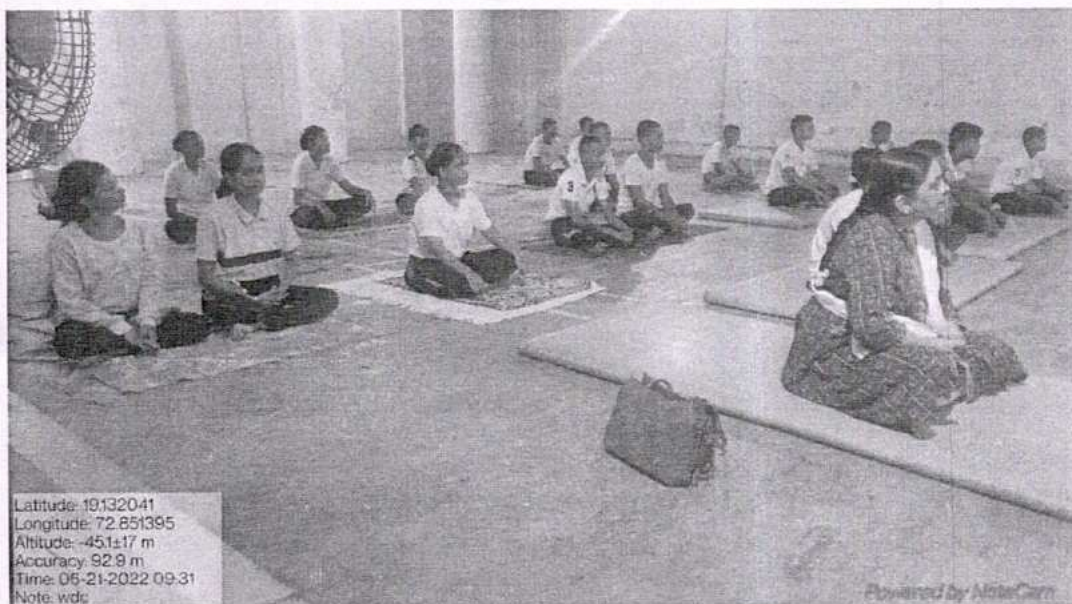
No

☐



I. Y. Pratiksha Chavan

Today at 11:54 am



Latitude: 19.132041
Longitude: 72.851395
Altitude: -45.1±17 m
Accuracy: 92.9 m
Time: 06-21-2022 09:31
Note: wdc

Powered by NoteCam





I. Y. Pratiksha Chavan

Today at 11:54 am

