

Smt. Phadnis 9.6.2019

प्रति,

मा. प्राचार्य,  
इस्माइल युसुफ महा.  
जोगेश्वरी (पू.)  
मुंबई. द. ४.

Permitted

*SW*  
19-6-19

Inward No.	2359
Date:	19/06/2019
File No.	

विषय : आंतरराष्ट्रीय योग दिवस (29 जून)  
महाविद्यालयात साजरा करण्याबाबत (वक्तू  
मा. महोदया,

प्रतिवर्षीप्रमाणे महाविद्यालयात  
आंतरराष्ट्रीय योग दिवस साजरा करावयाचा  
आहे. दि. 29 जून रोजी सकाळी 10:30 वाजता  
(10:30 ते 12:30) हा कार्यक्रम आयोजित  
करवयाची परवानगी द्यावी ही विनंती.

हे ~~सह~~ वकीलाय मा. स्वतः येणार  
आहे. तसेच MCC व NSS चे प्रमुख व  
विद्यार्थी ही सहभागी होणार आहे. कृपया  
पाहण्या सारी ही विनंती.

फोन  
आ. नि.  
P. N. Phadnis

श्रीमती प्र. न. फडणिस

महा. शा. शिक्षण संचालक



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



## NOTICE - Junior and Senior College

Date – 16- 06-2019

### Subject: International Yoga Day

In observance of International Yoga Day, Ismail Yusuf College is pleased to announce a special Yoga session for all students and staff. We invite you to join us for a rejuvenating experience as we celebrate the benefits of yoga and promote holistic well-being.

### Event Details:

- **Event:** International Yoga Day
- **Date:** 21st June 2019
- **Time:** 11 am
- **Venue:** Open Garden opposite the main building
- **Participants:** Students and staff

This session will be conducted by experienced yoga instructors and will include a range of yoga practices suitable for all levels. It is an excellent opportunity to learn about the physical and mental benefits of yoga, and to participate in a communal activity aimed at enhancing overall wellness.

### Please Note:

- **Pre-registration:** Not required. Just show up on the day!

We encourage everyone to participate and make the most of this opportunity to improve your health and well-being.



*P. N. P. Phadnis*  
Smt. Pratiksha Phadnis  
Government of Maharashtra's  
Ismail Yusuf College of  
Arts, Science & Commerce.  
Jogeshwari (East), Mumbai - 400 060.  
College Director of Physical Edn. and sports



महाराष्ट्र शासन

सहसंचालक,

उच्च शिक्षण, मुंबई विभाग, मुंबई

एलफिस्टन तंत्र विद्यालय आवार, ३ महापालिका मार्ग, मुंबई - ४०० ००१

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क्र-सहसं/उशि/मुवि/शास.आस्था/२०१९

दिनांक-१७.६.२०१९

Smt Phadnis

प्रति,

प्राचार्य/संचालक

सर्व शासकीय/अशासकीय महाविद्यालये/संस्था,

मुंबई विद्यापीठ/एसएनडीटी महिला विद्यापीठ

मुंबई शहर व उपनगर

19.6.19

Inward No.	2368
Date:	19/06/2019
File No.	

विषय-दिनांक २१ जुन आंतरराष्ट्रीय योग दिन साजरा करणेबाबत..

संदर्भ-शिक्षण संचालनालयाचे पत्र क्रमांक-उशिसं/मवि-१/२१ जुन आंतरराष्ट्रीय योग दिन/

२०१९/८०४९ दिनांक १७.६.२०१९

महोदय,

उपरोक्त संदर्भाधीन विषयाबाबत आपणास कळविण्यात येते की, दिनांक १३ जुन २०१९ रोजी मा.मंत्री यांचे अध्यक्षतेखाली झालेल्या सूचनांच्या अनुषंगाने कळविण्यात येते की, दिनांक २१ जुन २०१९ रोजी ५वा योगा दिवस साजरा करण्याबाबत निर्देश देण्यात आले आहेत. आपल्या महाविद्यालयात योगा दिवस साजरा करण्यासाठी महाविद्यालयातील राष्ट्रीय सेवा योजना विभागाने पुढाकार घ्यावा.

सदर योगा दिवस साजरा करताना अचानक पाऊस आल्यास कार्यक्रम बंद होवू नये यासाठी महाविद्यालयातील प्राचार्यांनी पर्यायी व्यवस्था करावी. महाविद्यालयांनी योगा दिनानिमित्त केलेल्या कार्यक्रमाचे अहवाल छायाचित्रासह या कार्यालयास पाठविण्यात यावेत.

(डॉ. रोहिदास काळे)

सहसंचालक

उच्च शिक्षण, मुंबई विभाग, मुंबई

प्रत माहितीकरीता सविनय सादर

मा.शिक्षण संचालक, उच्च शिक्षण संचालनालय, महाराष्ट्र राज्य, पुणे





Ismail Yusuf Collage, Jogeshwari 21 जून 2019

International Yoga Day

जागतिक योग दिन

Sr. No.	Class	Name of the student	Sign
1	T.Y.B.com	Rukmani R Gupta	<u>Rukmani</u>
2	S.Y.BA	SONA SHAIKH	<u>Sona</u>
3	BA-I	Sonu Yadav	<u>Sonu</u>
4	<del>S.Y.BA</del>	<del>Shweta</del> <u>Cumkta</u>	<del>Shweta</del> <u>Cumkta</u>
4	S.Y.B.com	RUPALI JAYWANT PATIL	<u>Rupali</u>
5	S.Y.B.A	<u>Shweta</u> <u>Cumkta</u>	<u>Shweta</u>
6	S.Y.J.C	Chhaya Goud	<u>Chhaya</u>
7	T.Y.B.com	ASHWINI MASKE	<u>Ashwini</u>
8	<del>P.Y.B.A</del>	<del>Shweta</del> <u>Cumkta</u>	<del>Shweta</del> <u>Cumkta</u>
9	F.Y.B.com	Khan Shifa	<u>Shifa</u>
10	TY BSc	Pooja Mawya	<u>Pooja</u>
11	S.Y.J.C.Com.	Sayali Sakharom Jadhav.	<u>Sayali</u>
12	F.Y.B.A	Shweta Mantabha	<u>Shweta</u>
13	S.Y.BA	Shweta Kausar	<u>Shweta</u>
14	S.Y.B.com	Pooja Mishra	<u>Pooja</u>
15	<del>S.Y.B.com</del>	<del>Kajani</del> <u>Yadav</u>	<del>Kajani</del> <u>Yadav</u>
16	F.Y.B.com	Vinita More	<u>Vinita</u>
17	S.Y.B.com	Ankita Tiwari	<u>Ankita</u>
18	S.Y.J.C	Patel Garzone	<u>Patel</u>
(19)	S.Y.B.com	Vandana Yadav.	<u>Vandana</u>
(20)	F.Y.B.A	Vandana Cumkta	<u>Vandana</u>
(21)	S.Y.BA	Shweta Mishra	<u>Shweta</u>
22	S.Y.J.C	Reena G. Nirmla	<u>Reena</u>
23	S.Y.J.C.	Ashwini M. Motip	<u>Ashwini</u>
24	F.Y.B.A	Archana D. Yadav.	<u>Archana</u>
25	S.Y.B.A	NIRMA Rathore	<u>Nirma</u>
26	S.Y.J.C	Mitali Rane	<u>Mitali</u>



### Report of the International Yoga Day 2019-20

The International Yoga Day was celebrated with a workshop on suryanamaskaras and asanas at the Ismail Yusuf College.

The workshop was attended by about seventy-five students from the NCC, NSS and the Department of Sports, as also by six teachers. This was a remarkably high number given the fact that the college admissions procedure is still underway.

The inaugural address was made by the HOD, Physical Education and Sports, Ms. Pratiksha Phadnis, and the programme was compered by NSS in-charge Dr. Sheetal Sonar, who explained the background and importance of Yoga to the students.

Ms. Phadnis gave a step-by-step demonstration of suryanamaskaras, and also got the students to perform them. Two students who had represented the college in Yoga competitions then gave a demonstration of some yogasanas, with the other students following their lead.

The NSS in-charge Mr. Phutane, NCC in-charge Dr. Kalesh, and Dr. Ulka Aade also offered guidance to the students.

The students were then asked to recount their experiences of the day.

The programme concluded with a rendition of the National anthem.

Refreshments were provided to the students.

It can be said with pride that the workshop was a resounding success.

*P. N. Phadnis*





## **Report: International Yoga Day- 2019-20**

Date: June 21, 2019

Participants: 30 Junior and Senior College Students and Staff

Presenter: Ms. Pratiksha Phadnis

Venue: Open Garden opposite Main Building

### **Introduction:**

On June 21, 2019, in observance of International Yoga Day, a yoga session was conducted at the Open Garden opposite the main building. The event, facilitated by Ms. Pratiksha Phadnis, aimed to promote the practice of yoga among junior and senior college students and staff members.

### **Event Highlights:**

**Participant Engagement:** A total of 30 students and staff actively participated in the yoga session, demonstrating their interest in embracing yoga as a means of enhancing physical and mental well-being.

**Yoga Session:** Led by Ms. Pratiksha Phadnis, the session included a series of yoga asanas (poses) and breathing exercises designed to promote relaxation, flexibility, and inner peace. Participants were guided through each posture with emphasis on proper alignment and breath awareness.

**Natural Setting:** The choice of venue at the Open Garden provided a serene and natural backdrop for the yoga session, allowing participants to connect with nature and find tranquility amidst the greenery.

**Celebrating International Yoga Day:** The event served as a meaningful tribute to International Yoga Day, highlighting the universal appeal and benefits of yoga for individuals of all ages and backgrounds.

### **Impact and Feedback:**

Participants reported feeling rejuvenated and invigorated after the yoga session, with many expressing appreciation for the opportunity to experience the holistic benefits of yoga in a supportive and nurturing environment. The event received positive feedback for its calming effect and contribution to overall well-being.

### **Conclusion:**

The International Yoga Day yoga session held on June 21, 2019, was a successful endeavor in promoting the practice of yoga and fostering a culture of holistic wellness within the college community. Ms. Pratiksha Phadnis's guidance and expertise contributed to the positive experience enjoyed by participants.





## Feedback -Yoga Workshop

Date – 21.06.2019

Name of the student – Sagar Hiral

Class - Syba / 86

Signature - H. J. Sagar

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 – 21.06.2019

Name of the student – Mehra Megha

Class - SYBA /CS

Signature - Megha

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 – 21.06.2019

Name of the student – Khan Subaita

Class - Syba /SS

Signature - Khan

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 – 21.06.2019

Name of the student – Shau'lekh Uroosa

Class - syba / 136

Signature - Shau'lekh

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 – 21.06.2019

Name of the student – Gadgil Tanvee

Class - SYBA/21

Signature - Gadgil

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 – 21.06.2019

Name of the student – ehiPa Sammer

Class - Fyba /16

Signature - chips

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 - 21.06.2019

Name of the student - Khan unezah

Class - syba/56

Signature - khan

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

☐





Government of Maharashtra

## ISMAIL YUSUF COLLEGE OF ARTS, SCIENCE & COMMERCE

(Affiliated to University of Mumbai)

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