

Date - 21/03/2021

To,  
The Principal  
Ismail Yusuf College  
Jogeshwari ( E ), Mumbai - 60

Subject: Request for Permission to Conduct Yoga Workshop

I am writing to seek your permission to organize a Yoga Workshop at Ismail Yusuf College, scheduled for the 27th and 28th of March 2021. This workshop aims to introduce and promote the practice of yoga among our junior and senior college students, as well as our staff members. This will be Patner Shri Ambika Yoga Kutir (MOU)

**Event Details:**

- **Event:** Yoga Workshop
- **Dates:** 27th March 2021 to 28th March 2021
- **Time:** 11 am
- **Venue:** Sports Complex
- **Participants:** Junior and Senior college students, and staff members
- **Conducted By:** Shri Ambika Yoga Kutir

**Objectives of the Workshop:**

- To provide participants with an introduction to yoga and its various benefits.
- To offer practical experience in different yoga practices, including asanas (poses) and pranayama (breathing techniques).
- To promote physical health and mental well-being among students and staff.

**Proposed Schedule:**

- **Day 1 (27th March 2021):**
  - Morning and Afternoon Sessions with focus on basic and advanced yoga practices.
- **Day 2 (28th March 2021):**
  - Advanced techniques, mindfulness, and practical advice on incorporating yoga into daily life.

We plan to utilize the Sports Complex for this event, as it provides the necessary space and facilities for the yoga sessions. We kindly request your approval for this workshop and any assistance you can provide in facilitating the necessary arrangements. Thank you for considering our request. We look forward to your positive response.

Yours sincerely,

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

*Permitted*  
*for*  
*31/3/21*  
**PRINCIPAL**  
Government of Maharashtra's  
Ismail Yusuf College  
Arts, Science & Commerce,  
Jogeshwari (East), Mumbai - 400 060.





## NOTICE

**Date:** 25th March 2021

**Subject:** Yoga Workshop on 27th and 28th March 2021

Dear Students and Staff,

We are delighted to announce a Yoga Workshop aimed at enhancing physical and mental well-being. This workshop is designed for both Junior and Senior college students, as well as our dedicated staff members.

### Event Details:

- **Dates:** 27th March 2021 to 28th March 2021
- **Time:** 10:00 AM to 12:00 PM on both days
- **Venue:** Sports Complex

This workshop will be conducted by experienced yoga instructors of our MOU partner, Sri Ambika Yoga Kutir and will cover a range of yoga practices suitable for all levels. It presents a wonderful opportunity for participants to improve their flexibility, strength, and overall health.

We encourage everyone to take advantage of this opportunity to engage in a rejuvenating and educational experience. Please arrive in comfortable attire and bring your own yoga mats if possible.

Looking forward to your enthusiastic participation!

Best regards,

*P.N. Phadnis*  
Pratiksha Phadnis

College Director of Physical Education and Sports





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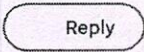
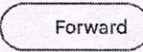

Pratiksha Phadnis  
to me

Fwd: Permission to conduct International Yoga Day as a National level workshop

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

From: Pratiksha Phadnis <pratikshaphadnis@gmail.com>  
Date: Tue, 15 Jun, 2021, 16:08  
Subject: Permission to conduct International Yoga Day as a National level workshop on YouTube  
To: Principal iycollege <principaliyc@rediffmail.com>, <principaliyc@yahoo.co.in>

Respected madam,  
As you are aware that we celebrate 21st June as International Yoga Day as per government instructions.  
This year the Department of Physical Education and Sports proposes a national level workshop on YouTube in association with Ambika  
Kindly permit us to conduct the workshop.  
Yours sincerely,  
Pratiksha Phadnis  
College Director of Physical Education and Sports





Yoga Workshop  
27 March 2021 to 28 March 2021

Sr. No	Name of the Student	Course Name	Roll No	Sign
1	SHAIKH IRAM BANO	BCOM 5 SEMESTER	270	Imran
2	SHAIKH SARMIN BANO SIKANDAR	BA 5 SEMESTER	156	Sarmin
3	GAVADE ARPANA ASHOK	BA 5 SEMESTER	183	Arpana
4	MIRASHI DIVYA SANTOSH	BCOM 5 SEMESTER	163	Divya
5	KONDURKAR AISHWARYA VASUDEO	BCOM 5 SEMESTER	141	Aishwarya
6	KAPOOR CHANDRAKANT SUNIL	BCOM 5 SEMESTER	111	Kun
7	HARMALKAR VICKY KRISHNA	COMPUTER SCIENCE 5 SEMESTER	10	Vicky
8	RAWAL JAYESH SURESH	BCOM 5 SEMESTER	223	Jayesh
9	TIRLOTKAR ANIKET ANIL	BCOM 5 SEMESTER	327	Ani
10	GODSE RIDDHI CHANDRAKANT	BCOM 5 SEMESTER	80	Riddhi
11	BHOSALE SAMIKSHA MOHAN	BCOM 5 SEMESTER	31	Sh
12	DASANA MADAN SINGH KISHAN SINGH	BCOM 5 SEMESTER	50	Madan
13	SHINDE RAMESH RAMCHADNRA	BCOM 5 SEMESTER	309	Ramesh
14	GUPTA SEJAL MUNNA	BCOM 5 SEMESTER	93	Sejal
15	SHAIKH MUSKAN HASAN	BCOM 5 SEMESTER	286	Muskan
16	CHAVAN MAYURI DILIP	BCOM 5 SEMESTER	43	Mayuri
17	MORE GAURI SHANTARAM	BCOM 5 SEMESTER	169	Gauri
18	PORLEKAR PRACHI CHANDRAKANT	BCOM 5 SEMESTER	209	Prachi
19	YADAV PRADEEP JEETLAL	BCOM 5 SEMESTER	360	Pradeep
20	KHAN ZAHIR JAMIL	BCOM 5 SEMESTER	132	Zahir
21	SHAIKH SHANA YARMOHAMAD	BCOM 5 SEMESTER	293	Shana
22	GHOSALKAR SAYALI NITIN	BCOM 5 SEMESTER	76	Sayali
23	MISHRA SATYAM MITHILESH	BCOM 5 SEMESTER	402	Satyam
24	LOHAKANE ASHUTOSH ARUN	BCOM 5 SEMESTER	148	Ashu
25	BALACH MAAZ SAMAD	BCOM 5 SEMESTER	24	Maz
26	VICHARE SAHIL SHEKHAR	BCOM 5 SEMESTER	335	Sahil
27	SHAIKH SANA PARVEZ	BCOM 5 SEMESTER	289	Sana
28	PALSAMKAR VAIBHAV RAJARAM	BCOM 5 SEMESTER	186	Vaibhav
29	MOVLE VAISHNAVI ANKUSH	BCOM 5 SEMESTER	171	Vaishnavi
30	DAKAVE VEDIKA HARISHCHANDR A	BCOM 5 SEMESTER	48	Vedika
31	RANE PRACHI MANGESH	BCOM 5 SEMESTER	217	Prachi
32	ANSARI KAMRAN KALAM	BCOM 5 SEMESTER	11	Kamran



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



## Report : Yoga Workshop

Date – 29 /03/2021

**Date:** 27th March 2021 to 28th March 2021

**Venue:** Sports Complex

**Participants:** 32 (Junior and senior college students, and staff)

**Conducted By:** Shri Ambika Yoga Kutir ( College MOU Partner )

### 1. Introduction:

In line with our commitment to promoting wellness and holistic health, Ismail Yusuf College organized a Yoga Workshop on 27th and 28th March 2021. This workshop aimed to introduce participants to the benefits of yoga and provide practical experience in various yoga techniques. The event was conducted at the Sports Complex and was open to junior and senior college students, as well as staff members.

### 2. Objectives:

- To offer participants an introduction to yoga practices and their benefits.
- To promote physical and mental well-being through guided yoga sessions.
- To foster a sense of community and shared wellness among students and staff.

### 3. Program Overview:

#### Day 1: 27th March 2021

- **Registration:**
  - Participants began arriving at the Sports Complex at [Registration Start Time].
  - Registration included checking in participants and distributing yoga mats and workshop materials.
- **Opening Session:**
  - The workshop commenced with a brief welcome address by Ms. Pratiksha Phadnis, who highlighted the objectives of the workshop and the importance of yoga in daily life.
- **Yoga Sessions:**
  - **Morning Session:**
    - **Time:** 11 am
    - **Activities:**
      - Introduction to basic yoga poses (asanas) and breathing techniques (pranayama).
      - Guided practice focusing on flexibility, balance, and relaxation.
- **Closing Remarks:**
  - Summary of the day's activities and a brief Q&A session with the instructor.
  - Participants were encouraged to continue their yoga practice and provided with a hand out Shri Ambika Kutir of basic yoga poses and breathing exercises.

#### • Day 2: 28th March 2021

- **Morning Session:**
  - **Time:** 11 am
  - **Activities:**
    - Advanced techniques and yoga flows.
    - Emphasis on mindfulness and meditation practices.
- **Closing Session:**





- Final reflections and feedback collection.
- Distribution of certificates of participation to attendees.
- Concluding remarks and encouragement to integrate yoga into daily life.

#### 4. Participation and Feedback:

- **Total Participants:** 32
- **Participant Demographics:** Junior and senior college students, and staff members.
- **Feedback Summary:**
  - **Positive Aspects:**
    - High appreciation for the instructor's expertise and engaging teaching style.
    - Positive feedback on the practical, hands-on approach and the clear instructions provided.
    - Participants valued the opportunity to learn and practice yoga in a supportive environment.
  - **Areas for Improvement:**
    - Some participants suggested extending the workshop duration for more comprehensive coverage of advanced techniques.
    - A few requests were made for more personalized feedback and adjustments to poses based on individual needs.

#### 5. Conclusion:

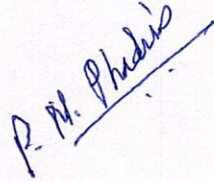
The Yoga Workshop successfully met its objectives by introducing participants to yoga and its benefits, enhancing their physical and mental well-being. The engagement level was high, and the feedback received was overwhelmingly positive. The event contributed to fostering a culture of wellness and mindfulness within the college community.

**6. Acknowledgements:** We extend our sincere gratitude to Shri Ambika Yoga Kutir for their valuable contributions and expert guidance throughout the workshop. Special thanks to all participants for their enthusiasm and active participation. We also appreciate the support provided by the college administration and the organizing team and Principal Dr. Swati Wavhal.

**7. Future Recommendations:** Based on the feedback, future workshops could consider:

- Extending the duration to cover a broader range of topics.
- Offering more personalized instruction and feedback.
- Organizing follow-up sessions to reinforce yoga practices and address any ongoing questions or challenges.



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



## Feedback -Yoga Workshop

Date – 21/07/2021

Name of the student – Patti Ronith

Class - sybsc /72

Signature - Ronith

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 - 24/07/2021

Name of the student - Bhosale Samiksha

Class - Tybcom /31

Signature - Samiksha

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 – 28/07/2021

Name of the student – Thorat Kiran

Class - 34 comsci / 23

Signature - Kiran

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 - 28/07/2021

Name of the student - Gamare Ankit

Class - sycom sci /5

Signature - Ankit

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 - 20/07/2021

Name of the student - Skinde Ramesh

Class - SY Bcom / 309

Signature - Ramesh

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 – 20/07/2021

Name of the student – Gupta Sejal

Class - Sybcom / 93

Signature - Gupta

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 - 28/07/2021

Name of the student - Dasana madan

Class - Sybecom / 50

Signature - madan

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

☐