

जिमखाना विभाग  
दि-०४-०३-२०१९

प्रति  
मा. प्राचार्य  
इ.यु.महाविद्यालय जोगेश्वरी  
पुर्व-६०

विषय- तंदुरुस्ती याविषयी कार्यशाळा आयोजित करण्यास परवानगी देणेबाबत

महोदय,

दिनांक-०४-०३-२०१९ रोजी आपल्या महाविद्यालयाच्या क्रीडा संकुलामध्ये तंदुरुस्ती  
याविषयी कार्यशाळा आयोजित करावयाची आहे. तरी या कार्यक्रमाचे आयोजन करण्याची  
परवानगी दयावी ही नम्र विनंती.

कळावे

आपली विश्वासु

*P. N. Phadnis*

प्रतिष्ठा फडणीस

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: 03/08/2020

**Notice: Women's Day Fitness Workshop**

In celebration of Women's Day, we are thrilled to announce a special Fitness Workshop tailored for the women of our institution. This workshop is open to both junior and senior college students as well as staff members.

**Workshop Details:**

led by the esteemed Ms. Pratiksha Phadnis, this workshop promises to be an invigorating session focusing on physical fitness and well-being. Ms. Phadnis brings a wealth of experience and expertise in fitness training, ensuring an engaging and beneficial experience for all participants.

**Date & Time:**

August 8, 2020, starting promptly at 11:00 AM.

**Venue:**

The workshop will take place at the Sports Complex.

This is an excellent opportunity to prioritize your health and fitness while commemorating the spirit of Women's Day. We encourage all interested individuals to join us for this empowering event.

Let's come together to celebrate and elevate women's health and wellness!

*P. M. Phadnis*

Smt. Pratiksha Phadnis  
College Director of Physical Edu. & Sports  
Government of Maharashtra's  
Ismail Yusuf College of  
Arts, Science & Commerce.  
Jogeshwari (East), Mumbai - 400 060.

*for*  
*Principal*  
Principal

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





# International Women's Day- FitnessWorkshop

03/08/2019

Sr. No	Name of the Student	Course Name	Roll No	Sign
1	SHAIKH SANIYA MOHAMMAD KADIR	BA 3 SEMESTER	106	Saniya
2	SHAIKH SANIYA MOHAMMAD KADIR	BA 4 SEMESTER	100	Saniya
3	MALI SHEETAL SHIVSHANKER	BSC 5 SEMESTER	0	malisheetal
4	KHAN AALIYA SOHAIL	BA 3 SEMESTER	36	Khan Aaliya
5	KHAN AALIYA SOHAIL	BA 4 SEMESTER	157	Khan Aaliya
6	REDDY DIVYANANDINI NARSIMBA	BA 5 SEMESTER	12	Divyandini
7	SAYYED NAMIRA JAVED	BA 3 SEMESTER	82	Namira
8	SAYYED NAMIRA JAVED	BA 4 SEMESTER	56	Namira
9	BHOIR SUSHMA DASHRATH	BCOM 3 SEMESTER	31	Sushma
10	BHOIR SUSHMA DASHRATH	BCOM 4 SEMESTER	18	Sushma
11	GAIKWAD BHAGYASHREE RAJU	BCOM 3 SEMESTER	51	Bhagya
12	GAIKWAD BHAGYASHREE RAJU	BCOM 4 SEMESTER	32	Bhagya
13	JADHAV SHEETAL NANDKUMAR	BCOM 3 SEMESTER	73	Sheetal
14	JADHAV SHEETAL NANDKUMAR	BCOM 4 SEMESTER	267	Sheetal
15	MEER YAKUB NAZIR	BCOM 3 SEMESTER	128	Yakub
16	MOHAMMED GUISHANARA MUZAMMIL	BCOM 3 SEMESTER	137	meer
17	MOHAMMED GUISHANARA MUZAMMIL	BCOM 4 SEMESTER	98	guishanara Muzamil
18	NEMAN SHRADDHA VASUDEV	BCOM 3 SEMESTER	348	Shraddha
19	NEMAN SHRADDHA VASUDEV	BCOM 4 SEMESTER	110	Shraddha
20	SHAIKH AMREEN MAZHAR ALI	BCOM 3 SEMESTER	223	Amreen
21	SHAIKH AMREEN MAZHAR ALI	BCOM 4 SEMESTER	172	Amreen
22	SHAIKH SHAGUFTA SHAMIM	BCOM 3 SEMESTER	350	Shaguffa
23	SHAIKH SHAGUFTA	BCOM 4 SEMESTER	283	Shaguffa
24				
25	SHEIKH NEHA MOHAMMED NASIR	BCOM 5 SEMESTER	312	Saleha
26	SHEIKH SABNAM BEGUM ABDUL KARIM	BCOM 3 SEMESTER	267	SSA
27	SHEIKH SABNAM BEGUM ABDUL KARIM	BCOM 4 SEMESTER	209	SSA
28	THAKUR SWAMINI SANDEEP	BCOM 3 SEMESTER	297	Swamini
29	THAKUR SWAMINI SANDEEP	BCOM 4 SEMESTER	232	Swamini
30	DEWRUSKAR VAISHNAVI KISHOR	BMS 4 SEMESTER	9	Vaishnavi
31	LAVARE SANJANA DASHRATH	COMPUTER SCIENCE 4 SEMESTER	21	Sanjana





32	SHIRKE SAKSHI NANDKISHOR	BAF 2 SEMESTER	66	Sakshi
33	MORYE ISHWARI NILKANTHA	BSC 5 SEMESTER	25	Bansi
34	QURESHI SHAMA ABRAR	BSC 5 SEMESTER	0	Shani
35	SAYED NARGIS FATAMA SHAHDAB HUSAIN	BSC 5 SEMESTER	23	Nargis
36	VISHWAKARMA LAXMI RAJESH	BSC 5 SEMESTER	0	Shama
37	VISHWAKARMA SHANTIDEVI VINOD	BSC 5 SEMESTER	0	Shantidevi
38	SHAIKH AFROZ CHAND	BA 4 SEMESTER	59	Afroz
39	SHAIKH SHABANA HUSSAIN	BA 3 SEMESTER	107	Shabana
40	SHAIKH SHABANA HUSSAIN	BA 4 SEMESTER	70	Shabana
41	SHAIKH AFREEN JAFARMIYA	BA 3 SEMESTER	87	Afreen
42	SHAIKH AFREEN JAFARMIYA	BA 4 SEMESTER	158	Afreen
43	SHAH ASMA MOHDSALIM	BA 3 SEMESTER	85	Asma
44	SHAH ASMA MOHDSALIM	BA 4 SEMESTER	58	Asma
45	KANOJIYA NEETU SHAKHRAM	BA 3 SEMESTER	33	Neetu
46	KANOJIYA NEETU SHAKHRAM	BA 4 SEMESTER	25	Neetu
47	SHAIKH MARIAM ABDULLAH	BA 3 SEMESTER	99	Mariam
48	SHAIKH MARIAM ABDULLAH	BA 4 SEMESTER	65	Mariam
49	KHAN NAZISH BAITULLAH	BA 3 SEMESTER	47	Nazish
50	KHAN NAZISH BAITULLAH	BA 4 SEMESTER	40	Nazish
51	MAURYA SHILPA KAMLESH	BA 3 SEMESTER	126	Shilpa
52	MAURYA SHILPA KAMLESH	BA 4 SEMESTER	47	Shilpa
53	KHAN RAJJABUNNISA IMTIYAZ AHMED	BA 3 SEMESTER	48	Rajabun
54	KHAN RAJJABUNNISA IMTIYAZ AHMED	BA 4 SEMESTER	41	Rajabun
55	GUPTA SHWETA SHANKAR	BA 3 SEMESTER	25	Shweta
56	GUPTA SHWETA SHANKAR	BA 4 SEMESTER	17	Shweta
57	GAVADE ARPANA ASHOK	BA 3 SEMESTER	183	Arpana
58	GAVADE ARPANA ASHOK	BA 4 SEMESTER	15	Arpana
59	SHAIKH HABIBA RAIS AHMED	BCOM 4 SEMESTER	176	Habiba
60	SHAIKH HABIBA RAIS AHMED	BCOM 3 SEMESTER	231	Habiba
61	SHAIKH AALIYA MOHD NAYIM	BCOM 4 SEMESTER	168	Aaliya
62	SHAIKH AALIYA MOHD NAYIM	BCOM 3 SEMESTER	218	Aaliya
63	SHAHANE SAILEE DEEPAK	BIOTECHNOL OGY 3 SEMESTER	19	Shaili
64	SHAHANE SAILEE DEEPAK	BIOTECHNOL OGY 4 SEMESTER	21	Shaili
65	DANGALE PRIYANKA KISHOR	BCOM 4 SEMESTER	28	Priyanka
66	DANGALE PRIYANKA	BCOM 3 SEMESTER	46	Priyanka





67	VYAS NIDHI RAKESH	BAF 2 SEMESTER	76	<u>Nidhi</u>
68	RAORANE HARSHITA MAHESH	BIOTECHNOL OGY 3 SEMESTER	15	<u>Harshita</u>
69	RAORANE HARSHITA MAHESH	BIOTECHNOL OGY 4 SEMESTER	16	<u>Harshita</u>
70	VISHWAKARMA DEEPA RAJESH	BCOM 3 SEMESTER	304	<u>Deepa</u>
71	VISHWAKARMA DEEPA RAJESH	BCOM 4 SEMESTER	236	<u>Deepa</u>
72	PATOLE ANKITA SANTOSH	BIOTECHNOL OGY 3 SEMESTER	14	<u>Ankita</u>
73	PATOLE ANKITA SANTOSH	BIOTECHNOL OGY 4 SEMESTER	15	<u>Ankita</u>
74	BORGHARE PRACHITI PRASHANT	BIOTECHNOL OGY 3 SEMESTER	5	<u>Prachiti</u>
75	BORGHARE PRACHITI PRASHANT	BIOTECHNOL OGY 4 SEMESTER	5	<u>Prachiti</u>
76	RAHATE PRADNYA PRAKASH	BCOM 3 SEMESTER	175	<u>Pradnya</u>
77	RAHATE PRADNYA PRAKASH	BCOM 4 SEMESTER	132	<u>Pradnya</u>
78	KHAN SAFINA ABDUL	BCOM 5 SEMESTER	67	<u>Safina</u>
79	SAYYED SADAF NAISR	BCOM 3 SEMESTER	212	<u>Sadaf</u>
80	SAYYED SADAF NAISR	BCOM 4 SEMESTER	160	<u>Sadaf</u>
81	NAVALE APURVA KRUSHNA	BCOM 3 SEMESTER	152	<u>Apurva</u>
82	NAVALE APURVA KRUSHNA	BCOM 4 SEMESTER	109	<u>Apurva</u>
83	SHAIKH AYESHA SADDIKA MOHD JAKIR	BCOM 3 SEMESTER	227	<u>Ayesha</u>
84	SHAIKH AYESHA SADDIKA MOHD JAKIR	BCOM 4 SEMESTER	271	<u>Ayesha</u>
85	SAYYED GULSHAN ZEHRA ABIDALLI	BCOM 3 SEMESTER	209	<u>Gulshan</u>
86	SAYYED GULSHAN ZEHRA ABIDALLI	BCOM 4 SEMESTER	158	<u>Gulshan</u>
87	JADHAV NAMRATA MARUTI	BIOTECHNOL OGY 3 SEMESTER	8	<u>Namrata</u>
88	JADHAV NAMRATA MARUTI	BIOTECHNOL OGY 4 SEMESTER	8	<u>Namrata</u>
89	BHOGALE LATIKA SURYAKANT	BCOM 3 SEMESTER	30	<u>Latika</u>
90	BHOGALE LATIKA SURYAKANT	BCOM 4 SEMESTER	280	<u>Latika</u>
91	BAIG FARIHA FAISAL	BIOTECHNOL OGY 3 SEMESTER	4	<u>Fariha</u>
92	ANSARI HAFIZA KULSUM ABDUL GANI	BIOTECHNOL OGY 3 SEMESTER	1	<u>Hafiza</u>
93	ANSARI HAFIZA KULSUM ABDUL GANI	BIOTECHNOL OGY 4 SEMESTER	1	<u>Hafiza</u>
94	VARMA SAPNA RAJENDRAPRAS AD	BIOTECHNOL OGY 3 SEMESTER	30	<u>Sapna</u>
95	VARMA SAPNA RAJENDRAPRAS AD	BIOTECHNOL OGY 4 SEMESTER	26	<u>Sapna</u>
96	MALI POOJA GANGARAM	BCOM 3 SEMESTER	123	<u>Pooja</u>
97	MALI POOJA GANGARAM	BCOM 4 SEMESTER	91	<u>Pooja</u>
98	SAYYED AFNAN ALIM	BCOM 3 SEMESTER	206	<u>Afnan</u>
99	SAYYED AFNAN ALIM	BCOM 4 SEMESTER	157	<u>S. Afnan</u>
100	SHAIKH SIDRA ABDUL AZIZ	BCOM 3 SEMESTER	260	<u>Sidra</u>
101	SHAIKH SIDRA ABDUL AZIZ	BCOM 4 SEMESTER	201	<u>Sidra</u>





102	KORI NISHA DILIP	BCOM 3 SEMESTER	113	<u>Kori</u>
103	KORI NISHA DILIP	BCOM 4 SEMESTER	262	<u>Nishia</u>
104	RAMBADE RASHMI BHARAT	BAF 1 SEMESTER	31	<u>Rambade</u>
105	KAHAR DIMPI RAMBALI	BCOM 3 SEMESTER	333	<u>Kahar</u>
106	KAHAR DIMPI RAMBALI	BCOM 4 SEMESTER	60	<u>Supernali</u>
107	MORE SHRUTIKA SANJAY	COMPUTER SCIENCE 4 SEMESTER	10	<u>More</u>
108	SHAIKH RAMSHA BI RASHID	BCOM 5 SEMESTER	185	<u>Ramsha</u>
109	SHAIKH FIZA BI ISTEKHAR ALI	COMPUTER SCIENCE 3 SEMESTER	12	<u>Fiza</u>
110	SHAIKH FIZA BI ISTEKHAR ALI	COMPUTER SCIENCE 4 SEMESTER	16	<u>Fiza</u>
111	WHAVLE PAYAL GANESH	BAF 1 SEMESTER	48	<u>Ganesh</u>
112	NASREEN SANAULLAH	BCOM 3 SEMESTER	98	<u>Nasreen</u>
113	NASREEN SANAULLAH	BCOM 4 SEMESTER	70	<u>Nashreen</u>
114	SHELAR PRIYANKA RAJU	BCOM 3 SEMESTER	268	<u>Priyanka</u>
115	SHELAR PRIYANKA RAJU	BCOM 4 SEMESTER	210	<u>Priyanka</u>
116	GUPTA NISHA RAMAVATAR	BCOM 3 SEMESTER	344	<u>Nisha</u>
117	GUPTA NISHA RAMAVATAR	BCOM 4 SEMESTER	45	<u>Nisha</u>
118	SONAVANE SAYALI RAJENDRA	COMPUTER SCIENCE 3 SEMESTER	9	<u>Sonavane</u>
119	SONAVANE SAYALI	COMPUTER SCIENCE 4 SEMESTER	17	<u>Sonavane</u>
120	YADAV NEHA PRAMOD	BSC 2 SEMESTER	15	<u>Neha</u>
121	KADAM PRAJAKTA RAJARAM	BCOM 3 SEMESTER	80	<u>Kadam</u>
122	KADAM PRAJAKTA RAJARAM	BCOM 4 SEMESTER	58	<u>Kadam</u>
123	YADAV SHEETAL RAMSAMHAR	BCOM 3 SEMESTER	323	<u>Sheetal</u>
124	YADAV SHEETAL RAMSAMHAR	BCOM 4 SEMESTER	252	<u>Sheetal</u>
125	ALI AFREEN BANO JANAB	BCOM 3 SEMESTER	2	<u>Afreen</u>
126	ALI AFREEN BANO JANAB	BCOM 4 SEMESTER	1	<u>Afreen</u>
127	MORI MITALI ASHOK	BCOM 3 SEMESTER	139	<u>Mitali</u>
128	MORI MITALI ASHOK	BCOM 4 SEMESTER	99	<u>Mitali</u>
129	KHAN MAHERA BABOO	BA 2 SEMESTER	126	<u>Mahera</u>
130	SIDDIQUI MASIRA MOHD EJAZ	BA 1 SEMESTER	21	<u>Masira</u>
131	SIDDIQUI MASIRA MOHD EJAZ	BA 2 SEMESTER	124	<u>Masira</u>
132	ZUHAIR MAHMONA MOHD	BA 1 SEMESTER	94	<u>Zuhair</u>
133	ZUHAIR MAHMONA MOHD	BA 2 SEMESTER	58	<u>Zuhair</u>
134	SHAIKH SHAHTAJ RAHEMTULLAN	BA 2 SEMESTER	143	<u>Shahidaj</u>
135	KHIMESRA KINJAL LAXMILAL	BA 1 SEMESTER	211	<u>Kinjal</u>
136	KHIMESRA KINJAL LAXMILAL	BA 2 SEMESTER	21	<u>Kinjal</u>





137	SHAIKH KULSUM GULAM WARIS	BA 1 SEMESTER	262	Kulsum
138	SHAIKH KULSUM GULAM WARIS	BA 2 SEMESTER	127	kulsum
139	MIRZA FIZZA GULAM HAIDAR	BA 2 SEMESTER	144	Fizza
140	ANSARI AFREEN MOHD AHMED	BCOM 1 SEMESTER	19	Afreen
141	ANSARI AFREEN MOHD AHMED	BCOM 2 SEMESTER	19	Afreen
142	KHAN FAREEN HASIN	BAF 2 SEMESTER	22	K. Afreen
143	YADAV SHIKHA VIJAYBAHADUR	BAF 1 SEMESTER	78	Fareen
144	YADAV SHIKHA VIJAYBAHADUR	BAF 2 SEMESTER	82	S. Shikha
145	YADAV KANCHAN RAMPHER	BAF 2 SEMESTER	80	Kanchan
146	JOSHI MANSI DHONDU	BAF 1 SEMESTER	11	Mansi
147	JOSHI MANSI DHONDU	BAF 2 SEMESTER	17	Mansi
148	SHETYEAR ANGALAMMA VYANKATESH	BAF 1 SEMESTER	40	Shetyear
149	SHETYEAR ANGALAMMA VYANKATESH	BAF 2 SEMESTER	65	Shetyear
150	SHIRKE SAKSHI NANDKISHOR	BAF 1 SEMESTER	41	Sakshi



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

## **Report: International Women's Day Fitness Workshop**

**Date:** 8 March 2019

**Venue:** Sports Complex

**Participants:** 150 (Junior and senior college students, and staff)

**Conducted By:** Ms. Pratiksha Phadnis

**1. Introduction:** In celebration of International Women's Day, Ismail Yusuf College organized a Fitness Workshop aimed at promoting physical well-being and healthy lifestyle practices. The workshop was conducted by Ms. Pratiksha Phadnis, and was held at the Sports Complex on ~~8th~~ <sup>9th</sup> August 2019.

### **2. Objectives:**

- To celebrate International Women's Day by promoting health and fitness among the college community.
- To provide participants with practical knowledge and techniques for maintaining a healthy lifestyle.
- To encourage a sense of community and well-being among junior and senior college students, as well as staff members.
- **3. Program Overview:**

#### **Registration:**

- Participants began arriving at the Sports Complex at [Registration Start Time].
- The registration desk was set up to check in participants and distribute workshop materials, including schedules and fitness guides.
- **Opening Session:**
  - The workshop commenced with a welcome address and an introduction by Ms. Pratiksha Phadnis emphasizing the significance of International Women's Day and the importance of fitness.
- **Main Session:**
  - **Time:** 11 am
  - **Instructor:** Ms. Pratiksha Phadnis
  - **Activities Included:**
    - Warm-up exercises to prepare participants for physical activity.
    - Demonstrations of various fitness routines, including aerobic exercises, strength training, and flexibility exercises.
    - Tips on nutrition and maintaining a balanced diet to complement fitness routines.
    - Interactive Q&A session where participants could ask questions and get personalized advice.
- **Closing Session:**
  - The workshop concluded with a brief summary of key takeaways by Ms. Phadnis.
  - Participants were provided with take-home materials including fitness plans and nutrition tips.
  - A feedback session was conducted to gather participants' opinions and suggestions for future workshops.





#### 4. Participation and Feedback:

- **Total Participants:** 150 (including students and staff)
- **Participant Demographics:** Junior and senior college students, and staff members.
- **Feedback Summary:**
  - **Positive Aspects:**
    - High satisfaction with the instructor's expertise and the relevance of the content.
    - Appreciation for the practical tips and interactive nature of the session.
    - Participants valued the opportunity to engage in fitness activities and learn more about healthy living.
  - **Areas for Improvement:**
    - Some feedback indicated a preference for a longer workshop to cover more topics.
    - Suggestions were made to include more diverse fitness activities catering to different fitness levels.

#### 5. Conclusion:

The International Women's Day Fitness Workshop was a successful event that achieved its objectives of promoting fitness and well-being among the college community. The participation level was high, and the feedback received was largely positive. The event contributed to fostering a culture of health and wellness at Ismail Yusuf College.

#### 6. Acknowledgements:

We extend our gratitude to Principal Dr. Swati Wavhal for her expert guidance in organising the session. Special thanks to all participants for their enthusiasm and involvement. We also appreciate the support provided by the college administration and the organizing team.

#### 7. Future Recommendations:

Based on the feedback, it is recommended to consider organizing similar workshops with extended durations and a wider range of fitness activities to cater to various interests and fitness levels.

*P. N. Phadnis*

**Smt. Pratiksha Phadnis**

**College Director of Physical Edn. and sports**





12:35

90%



Remaster

8 March 2019 • 20:32

Edit

IMG\_20190308\_101737.jpg

/Internal storage/DCIM/Camera

ONEPLUS A6000

3.73 MB | 4608x3456 | 16MP

ISO 160 | 25mm | 0.0ev | F1.7 | 1/33 s

# Add tag







I. Y Pratiksha Chavan

Today at 3:07 pm

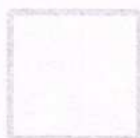






I. Y Pratiksha Chavan

Today at 3:07 pm







I. Y Pratiksha Chavan

Today at 3:07 pm







I. Y Pratiksha Chavan

Today at 3:07 pm







I. Y Pratiksha Chavan

Today at 3:07 pm

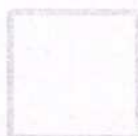






I. Y. Pratiksha Chavan

Today at 3:07 pm

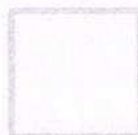






I. Y. Pratiksha Chavan

Today at 3:07 pm







Government of Maharashtra

## ISMAIL YUSUF COLLEGE OF ARTS, SCIENCE & COMMERCE

(Affiliated to University of Mumbai)

Jogeshwari Station Road, Jogeshwari - East, Mumbai - 400 060

Email: [principaliyc@rediffmail.com](mailto:principaliyc@rediffmail.com)

Website: [www.ismailyusufcollege.in](http://www.ismailyusufcollege.in)

