

दि. ३. १८

श्रीमती फंडजीस

प्रति,

मा. प्राचार्य,

इस्माइल युसुफ महा.

जोगेश्वरी (पू.)

मुंबई - ६०.

मान्य

T-3-19

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विषय : जागतिक महिला दिन 'आजचा  
करव्याआठा परवानगी देव्यावावरी

मा. महोदया,

दि. ८. ३. १८, जागतिक महिला  
दिनाच्या दिवशी, शाबरीक शिड्या व खेळ  
विभाग, रूमी व पुष्प फर्निचर्याआठा,  
दुपारी १:३० ते ३:३० वाच ते ४ वा  
वेळाला एक 'मंदुकरुलीची कार्यशाळा'  
आयोजित करू राहिलो. या कार्यशाळेचे  
सुत्रसंचालन व आयोजन मा. स्वतः करणार  
आहे. राहिल्या घावफकाचार जीरनात,  
व्यसामाआठा करू व फका वेळ काढावा व  
आहे ह्या परिस्थितीत व्यासाम करू करवा  
याआठा माहिती व प्रत्येक राहिल्या जमीन  
रुपया या कार्यशाळेआठा परवानगी करू  
ही विनंती.



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

फकावे,  
आ. वि.  
P. N. Phadnis

श्रीमती प्र. नं. फंडजीस

Head,  
Dept. of Physical Education,  
Government of Maharashtra  
Ismail Yusuf College of  
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जागतिक महिला दिन ८.३.२०१९  
पुणेकरांची कार्यशाळा - स्वरु - क्रीडासंस्थान  
उपस्थित.

१. डॉ. मोवेना चव्हाण
२. डॉ. आरती मंगरसेकर
३. डॉ. माधुरी जोशी
४. डॉ. उल्का आद्वे
५. डॉ. अर्चना रंगारी
६. डॉ. मीना हक्कर
७. श्रीम. सुप्रीया नामये
८. श्रीम. सरिता केंगळे
९. श्रीम. शारदा जाधव
१०. श्रीम. उमा बोंगाळे
११. श्रीम. भारती ठावळ - Pravali
१२. श्रीम. ममता जाधव - Mr. Jadhav

Shivan  
08/03/2019

Ashwini

MA Joshi / 8/3/2019.

Juneau - 8/3/2019.

Mr. Shobha 8/3/19

S S Namaye  
8/03/2019

के. व. के.  
14/3/19

14/3/19

Pravali  
16/03/19  
Mr. Jadhav  
16/03/19

PND  
Government of Maharashtra's  
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Date: 01/03/2019

## Notice

Program Title: International Women's Day - Fitness Workshop

Date: March 8, 2019

Join us in celebrating International Women's Day, a day dedicated to recognizing women's achievements worldwide, irrespective of divisions. We invite junior and senior college students and staff to participate in a Fitness Workshop, emphasizing the importance of health and well-being for all.

Venue: Sports Complex

Time: 11:00 AM

Staff and students, on March 8, 2019, we commemorate International Women's Day, celebrating women's achievements globally. In honor of this day, join us at the Sports Complex for a Fitness Workshop at 11:00 AM. This event is open to all, as we emphasize the significance of health and well-being for everyone, regardless of divisions. Let's come together to celebrate and prioritize women's empowerment and health!

*P. N. Phadnis*

Smt. Pratiksha Phadnis  
College Director of Physical Edu. And sports

Principal  
Dr. Swati Whavhal

**PRINCIPAL**

Government of Maharashtra's  
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Govt of Maharashtra Ismail Yusuf College				
Name of the Programme-Workshop on Fitness - 2018-19				
Organised by-Department of physical Education				
Date-08/03/2019				
Venue:- College Gymkhana				
Sr.No.	Name	Class	Roll No	Sign
1	MORE PRIYANKA POPAT	BSC 1 SEMESTER	19SS190	<i>Priyanka</i>
2	ALAM MUSKAAN KHATOON MOFEED	BMS 3 SEMESTER	19TBMS1	<i>Alam</i>
3	ADVANI AADIL HUSAIN	BMS 5 SEMESTER	TBMS1	<i>Aadil</i>
4	AIER NANDA PRAKASH	BIOTECHNOLOGY 5 SEMESTER	TBT1	<i>Nanda</i>
5	DIWALE AISHWARYA BALIRAM	BIOTECHNOLOGY 3 SEMESTER	19TBIO1	<i>Diwale</i>
6	ANSARI FAEK MATIN	BMS 1 SEMESTER	20TBMS1	<i>Ansari Faeek</i>
7	ANSARI SHABINA FEROZ	BA 3 SEMESTER	19TA1	<i>Shabina</i>
8	AIMAN KAUSAR AAMIR AHMED	BA 1 SEMESTER	20TA1	<i>Aiman</i>
9	BAMBLE DATTATRAY TUKARAM	BA 1 SEMESTER	FA1	<i>Bamble</i>
10	- ANAND RAJ PALANISWAMI	BAF 5 SEMESTER	TBAF1	<i>Anand Raj</i>
11	AGALE PRIYANKA ASHOK	BCOM 3 SEMESTER	20TC1	<i>Agale</i>
12	- ARBAZ AHMAD IQBAL AHMAD	BCOM 5 SEMESTER	TC1	<i>Arbaz</i>
13	ANSARI HAFIZA KULSUM ABDUL GANI	BIOTECHNOLOGY 1 SEMESTER	20TBT1	<i>Ansari Gani</i>
14	AGRE SONALI RAGHUNATH	BCOM 1 SEMESTER	FC1	<i>Sonali</i>
15	AADE BABU HIRACHAND	BCOM 3 SEMESTER	SC1	<i>Babu</i>
16	AHIRE NILESH SHIVNATH	BCOM 3 SEMESTER	19TC1	<i>Nilesh</i>
17	SHAIKH MUSKAN KHALIL AHMED	BSC 1 SEMESTER	20TS1	<i>Ahmed</i>
18	MANSOORI HAMIDULLAH AHMAD ALI	BSC 1 SEMESTER	22TS1	<i>Mansoori</i>
19	BANSODE ASHWINI SANDEEP	BSC 3 SEMESTER	TZ1	<i>Bansode</i>
20	SHAIKH FARHA SULTANA MOHAMMED GOUS	BSC 3 SEMESTER	TB1	<i>Farha</i>
21	SHAIKH PINKI NURISLAM	BSC 3 SEMESTER	TP1	<i>Pinkish</i>
22	PARMAR PRATIK KANTILAL	BSC 3 SEMESTER	TM1	<i>Pratik</i>
23	MISTRI ASMA BANO PAPPU	BSC 3 SEMESTER	TC1	<i>Asma</i>
24	KAMBLE NILESH GANPAT	BSC 3 SEMESTER	TS1	<i>Kamble</i>
25	ANSARI MOHAMMAD SAYEED YAZDANI MASHAALLAH	BSC 5 SEMESTER	TS1	<i>Sayed</i>



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26	YADAV ROHAN LAJI	M.COM(MANAGEMENT) - 1	19SMCM1	Bunoy
27	BELDAR ANIKET GHANSHYAM	M.COM(ACCOUNTANCY) - 3	SMAC1	Dorikar
28	AWASTHI ANAND KUMAR ATAL	COMPUTER SCIENCE 5 SEMESTER	TCS1	Awasthi
29	JAIWAR DINESHKUMAR RAJENDRAPRASAD	M.COM(MANAGEMENT) - 3	SMMGM1	Deywar
30	ANSARI NISHA PARVIN MOHD ASLAM	M.SC(CHEMISTRY)-PART2 - 1	MSC1	Nisha
31	ASH AJAY PRASANTO	COMPUTER SCIENCE 1 SEMESTER	20TCS1	Shah
32	ANSARI SIRAJ AHMED MOHD SHIDDI	COMPUTER SCIENCE 3 SEMESTER	19TCS1	Siraj Ahmad
33	MHAPSEKAR ABHISHEK PRAMOD	M.COM(ACCOUNTANCY) - 1	19SMCA1	Modhel
34	ANSARI MOHD ARIF SAMIULLAH	BAF 1 SEMESTER	20TBAF1	Arif Mohd
35	- A MOHAMMED BILAL MOHAMMED SHAHID	BA 5 SEMESTER	TA1	Bilal
36	AGRE PRIYANKA SANTOSH	BAF 3 SEMESTER	19TBAF1	P. Agr G
37	ANSARI RUKSAN HADISH	BMS 1 SEMESTER	20TBMS2	Ramzan
38	GUPTA VIKRANT SUBHASH	BIOTECHNOLOGY 3 SEMESTER	19TBIO2	Rude
39	AWALE PRATIKSHA BHAGWAT	BIOTECHNOLOGY 1 SEMESTER	20TBT2	Pratiksha
40	ANSARI AFIFA KHATOON WASIULLAH	BIOTECHNOLOGY 5 SEMESTER	TBT2	AFIFA
41	ANSARI ABUTALIB TAJ MOHD	BMS 5 SEMESTER	TBMS2	Ansari
42	ANSARI ANIS JAMALUDDIN	BMS 3 SEMESTER	19TBMS2	Anis
43	ANSARI AFROZ KHATUN MUKHTAR	BA 1 SEMESTER	20TA2	Afroz Khan
44	SHAIKH MOHD HANIF MOHD RAFIQUE	BA 1 SEMESTER	21TA2	Hanif
45	ACHREKAR MAYANK JAGDISH	BAF 5 SEMESTER	TBAF2	Mayank
46	- CHANDPASHA MHEBUBSAB	BCOM 5 SEMESTER	TC2	Chand
47	AHMED SHADAB MUKHTAR	BCOM 3 SEMESTER	19TC2	Shadab

  
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## Report of Workshop on Fitness-2018-19

Date- 08-03-2019

The workshop conducted by Department of Physical Education and sports & WDC Smt Phadnis conducted this workshop. Importance of fitness workshops they was told the importance of Fitness. They were taught the basic mobility stretches, strength exercises and Suryanamaskar. Importance given in workshops.

Physical activity or exercise can improve your health and reduce the risk of developing several diseases like type 2 diabetes, cancer and cardiovascular disease. Physical activity and exercise can have immediate and long-term health benefits. Most importantly, regular activity can improve your quality of life.

### Importance of mobility stretching

Mobility is important because it affects your ability to move freely throughout your daily activities without pain and strain, even outside of strenuous movements like squatting. The ease of daily activities like putting a box up on a shelf, picking up a baby or stepping over a puddle are all related to mobility.

### Importance of core strengthening

Strong core muscles help athletes, such as runners. That's because weak core muscles can lead to more fatigue, less endurance and injuries. Weak core muscles can leave you more prone to poor posture, lower back pain and muscle injuries.

### Importance of Suryanamaskar

Regular practice of Suryanamaskar ensures proper and efficient functioning of not only the muscles and joints of the body but also stimulates the internal organs. Especially the stomach and other abdominal organs as it involves alternative stretching and compression at the abdominal area.

The workshop the total of 47 students attended fitness workshop ended with a round of meditation.

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*P. N. Phadnis*  
Smt. Pratiksha Phadnis

Physical education and sports