

१४.१.२०

Aenu

१४/०१/२०२०.

प्रति,
मा. प्राचार्य,
इस्माइल युसूफ महा,
जोगेश्वरी (पू.)
मुंबई - ६०.

महाराष्ट्र शासनाचे इस्माइल युसूफ
कला, विज्ञान व पब्लिशिंग महाविद्यालय,
जोगेश्वरी (पूर्व), मुंबई - ४०० ०६०.

विषय: 'योग' वकिलात संवधान, मान्यता
मा. महोदया,

आपल्या परवानगीने दि. २१.१.२० ते
दि. २४.१.२० या कालावधीत सकाळी
१० ते दुपारी १२ या वेळाला, श्री अमेिका
कुरीर यांच्या सहकाऱ्याने शा. शिक्षण
न कोडा विभागात कार्यशाळा आयोजित
करता आहे. (विद्यार्थी, शिक्षक व शिक्षकनट
कर्मचारी व मालक यांच्यासाठी)
यासाठी खालील खर्चाचा आवश्यकता आहे
१) कार्यशाळा माफक घेतली जाणार आहे
परंतु त्यानेतर आपल्या इच्छेनुसार आपण
ही रक्कम योग्य वेळाला ती रक्कम देणारा
म्हणून 'अमेिका योग कुरीर' यांना सादर
आहे.

- (२) पुष्पगुच्छ व छोटी भेलकड - कार्यशाळा
घेणाऱ्यांसाठी - अंदाज १२०० रु. (चारशे)
- (३) सहभागींसाठी अर्धा फिके टा - अंदाज १०००
रु. रुपया रु. २ व ३ चा खर्च विभाग
परी कसामधून करवाची परवानगी आहे.
तसेच कार्यशाळा आपल्यामुळे आपणांस
ही रक्कम योग्य वेळाला ती देणारा म्हणून
श्री अमेिका योग कुरीर यांना देवाची न्याय
करावी हा निवेदन.





महाराष्ट्र शासन

इस्माईल युसूफ कला 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/2019-20/86

दिनांक:- 15/01/2020

सूचना

सर्व विद्यार्थ्यांसाठी

शारिरीक शिक्षण व खेळ विभागाच्या वतीने व श्री. अंबिका योग कुटीर यांच्या मार्गदर्शनाखाली दि 21 जानेवारी ते 25 जानेवारी या काळात सकाळी 10 ते दुपारी 12 या वेळात योग कार्यशाळा आयोजित केली आहे. इच्छुक विद्यार्थ्यांनी, यासाठीची नावनोंदणी क्रीडासंकुलात दि 18.1.2020 च्या आधी सकाळी 11 ते 1 या वेळात करावी तसेच या कार्यशाळेत दहा पालकांना देखील समाविष्ट करण्यात येईल. त्यामुळे ज्या विद्यार्थ्यांच्या पालकांना कार्यशाळेस उपस्थित राहाण्याची इच्छा आहे. अशा सर्व पालकांनीही नावनोंदणी करावी.

P.N. Phadnis

श्रीमती. प्र. नं. फडणीस
Government of Maharashtra's
Ismail Yusuf College of

Arts, Science & Commerce.

Jogeshwari (East), Mumbai - 400 060.

For H.B. Bhat

डॉ. स्वाती वाव्हळ

प्राचार्य
प्राचार्य

महाराष्ट्र शासनाचे इस्माईल युसूफ
कला, विज्ञान व वाणिज्य महाविद्यालय;
जोगेश्वरी (पूर्व), मुंबई - ४०० ०६०;



Yoga Workshop - 21st Jan to 25th Jan - Students

SNO	Name	Class	Roll No	Contact	Sign.	21	22	23	24	25
1	ABDUL REHMAN SHAIKH	XII C	2306	9004484393	Abdul	Abdul	Abdul	Abdul	Abdul	Abdul
2	ARVIND ARJUN KUSHWA	XII C	2478	9004967104	Arvind	Arvind	Arvind	Arvind	Arvind	Arvind
3	PRIYASI PRAKASH PALAV	XII C	2325	9619341130	Priyansi	Priyansi	Priyansi	Priyansi	Priyansi	Priyansi
4	VIPIN DINESH YADAV	FY BLM	570	8369490881	Vipin	Vipin	Vipin	Vipin	Vipin	Vipin
5	RATAN NANDLAL SHARMA	FY BLM	373	9987308619	Ratan	Ratan	Ratan	Ratan	Ratan	A
6	PRIYANSHU RAMPRAKASH SINGH	FY BLM	229	8879713682	Priyanshu	Priyanshu	Priyanshu	Priyanshu	Priyanshu	Priyanshu
7	PARTH LAXMAN PARSEKAR	XII C	2348	9757138711	Parth	Parth	Parth	Parth	Parth	Parth
8	GIRISH VIJAY SAWANT	XII S	1117	9167346340	Girish	Girish	Girish	Girish	Girish	Girish
9	DEEPA SRI DASAN	XII C	2448	9702402489	Deepa	Deepa	Deepa	Deepa	Deepa	Deepa
10	SAMREEN SALIM KHAN	XII C	2262	8291301523	Samreen	Samreen	Samreen	Samreen	Samreen	Samreen
11	RAGHUNANDAN M. THAKUR	FY BSc	-9	8104074350	Raghun	Raghun	Raghun	Raghun	Raghun	Raghun
12	ANJUM H. ANSARI	XII C	2525	8169933834	Anjum	Anjum	Anjum	Anjum	Anjum	Anjum
13	ROSHAN K. KHAN	FY BSc	-88	8291248098	Roshan	Roshan	Roshan	Roshan	Roshan	Roshan
14	ABIDA M. SHAH	FY BSc	-49	8828653447	Abida	Abida	Abida	Abida	Abida	Abida
15	MEHNAX A KHAN	FY BSc	-46	9967588745	Mehnaz	Mehnaz	Mehnaz	Mehnaz	Mehnaz	Mehnaz
16	YASMIN A. CHOUDHARY	FY BSc	-97	9009880390	Yasmin	Yasmin	A	A	A	A
17	SUMAIYA AR HASMI	FY BSc	-99	9594086233	Sumaiya	Sumaiya	Sumaiya	Sumaiya	Sumaiya	Sumaiya
18	NIMESH I. BEDALANKAR	FY BSc	-22	9987536704	V.N.I.	V.N.I.	V.N.I.	V.N.I.	A	V.N.I.
19	VIKAS J. PALI	FY BSc	-128	8424871640	Vikas	Vikas	Vikas	Vikas	Vikas	Vikas

Yoga Workshop - 21st Jan to 25th Jan - Students

SNO	Name	Class & RNO	Contact No	Sign	21	22	23	24	25
20	IRAKI FIKA SHAKIR	FYBSc-44	4779811703	Sign	A	A	A	A	A
21	AKASH S. YADAV	JYBSc-185	8108663385	Sign	NO	NO	A	A	A
22	SEEMA P. RAWAT	JYBSc-4	7718988423	Sign	NO	NO	NO	NO	NO
23	Shubham S. Yadav	JYBSc-3	8169755872	Sign	NO	NO	A	A	A
24	IMTIYAZ S. SHIPPIGUL	JYBSc-2	9004786679	Sign	NO	NO	A	A	A
25	SAURABH S SINGH	JYBSc-14	7506162736	Sign	NO	NO	A	A	A
26	ABHIRAM K R PANDU	JYBSc-10	9769810771	Sign	NO	A	A	A	A
27	ANIL A YADAV	JYBSc-11	8657195378	Sign	NO	A	A	A	A
28	NIKHILKUMAR G PRATA PATI	XI S-805	9223720451	Sign	A	A	A	A	A
29	VINOD R VARMA	XI S-850	9321072664	Sign	A	A	A	A	A
30	PRASHANT B TIWARI	XI S-1198	9137863542	Sign	A	A	A	A	A
31	RAKHIL F VISHWART RAKHI VISHWAKARMA	JYBSc-04	7021573705	Prashant Rakhi	Prashant Rakhi	Prashant Rakhi	Prashant Rakhi	Prashant Rakhi	Prashant Rakhi
32	Shweta Gupta	54BA 17	6394576657	Shweta	Shweta	Shweta	Shweta	Shweta	Shweta
33	Kajal Yadav	TYBCom 262	8879351652	Kajal	Kajal	Kajal	A	A	A
34	SHAH ASMA	54BA-58	9967833489	Sign	NO	NO	NO	NO	NO
35	SHAIK MEENZ	54BA-128	9619529067	Sign	NO	NO	NO	NO	NO
36	SHAIKH ASYA ASIYA	54BA 60	7021763207	Sign	NO	NO	NO	NO	NO
37	Shailch Fakhta	JYBSc 17	8828607508	Sign	NO	NO	NO	NO	NO
38	Munawar Afrin	TYBSc 18	7977984138	Sign	NO	NO	NO	NO	NO
39	HamOm Singh	TYBSc 24	8878524732	Sign	NO	NO	NO	NO	NO
40	Khan Aasmin	FYBSc 35	8317217089	Sign	NO	NO	NO	NO	NO

Yoga - Workshop - 21st Jan to 25th Jan - ~~Students~~ TRACERS

SNO	NAME	DEPARTMENT CLASS	CONTACT NO	SIGN	21	22	23	24	25
1	Mrs. PRATIKSHA PHADNIS	PHYSICAL EDUCATION SPED	9820803149	P.N.P.	P.N.P.	P.N.P.	P.N.P.	P.N.P.	P.N.P.
2	Mrs. Swati PHADKE	LIBRARY	9223455113	Amr	Amr	Amr	Amr	Amr	
✓3	Mrs. Nilambani Paulkar. (D.O.)	BIOLOGY DEPT	9822115888	Dave	Dave	Dave	Dave	Dave	Dave
✓4	Dr. Archi S. Nageshkar	Chemistry	9967835205	Archi	Archi	Archi	Archi	Archi	Archi
5	Dr. Archana .k. Rangani	BOTANY	9004182439.	Archan	Archan	Archan	Archan	Archan	Archan
6	Shri. Sanjay M. Bode	Physical Edu.	9137786315	Bode	Bode	Bode	Bode	Bode	Bode
7	Anil Kesarkar	Gym	9768757248	Anil	Anil	Anil	Anil	Anil	Anil



Report of the Yoga workshop

The Yoga workshop was conducted during 21st January to 25th January 2020 in collaboration with Shri Ambika Yoga Kutir , Thane . This organization doesn't charge any fees for conducting the workshop. One can donate the desired amount to them as per wish. So the College donated Rs. 5000 to the organization for the Workshop on the completion. The students and staff were offered the workshop free of charge.

Shri Ambika Kutir had sent a total of fifteen sadhakas to conduct the workshop. The workshop was conducted every day between 10 am to 12 noon. The workshop was open to students, staff and parents too. The admission was given to first come first served basis to forty participants. So in all thirty two students and five teachers and two non-teaching staff took part in it.

The participants were taught Yoga- Asanas, Pranayam and Kriyas in detail both in theory and practicals. The importance of these as well as the correct steps and uses of the same were

The workshop ended on the 25th of January. The students and staff expressed their experiences at the workshop. They said that they fully enjoyed the experience and look forward to many more of such workshops. Certificates were awarded to all the participants. The workshop ended with the National Anthem. The refreshments were served for the Sadhakas. They were also given a small gift as token of love from the college.



P. N. Phadnis
Mrs. Pratiksha Phadnis

Director
Dept. of Physical Education
Government of Maharashtra's
Ismail Yusuf College,
Jogeshwari (E), Mumbai-400 060.



Government of Maharashtra's
Ismail Yusuf College
of Arts, Science and Commerce

Department of Physical Education & Sports

CERTIFICATE OF PARTICIPATION

This Certificate is awarded to

_____ of _____ for successfully
completing the Yoga Workshop conducted by
Shri Ambika Yoga Kutir from 21-25 January 2020.

Course Conductor
(Shri Ambika Yoga Kutir)

Sports Director

Principal

Date: 25/1/2020



मा. प्राचार्य,
नेत्रपावल कुमुद महा,
जोगेश्वरी (पू.)
मुंबई - ६०

विषय: 'योग शिबीर' देवकल्याणकर
श्री अंबिका योग कुटीर या अंगणे
जोगेश्वरी देवकल्याणकर
मा महोदया,

आपल्या परवानगीने १ सप्टेंबर रोजी शिबीर
उद्या २४.१.२०२० रोजी आपल्या एम आर
आपणांमधून पुढी रुकावल्याप्रमाणे अदर
अंमला यासाठी काढण्यात आले आहे.
परंतु आपल्या सजोने दिलेल्या विधानावर
अदर शिबीरासाठी दररोज २६८ आधक
(एकूण १८ आधकांपेक्षा जास्त १० आधक)
येत घेते. शिबीर एकूण ५ दिवस आहे.

आपणांमधून रु ५०००/- (पाच हजार
जोगेश्वरी देवकल्याणकर शिबीर) परत आहे.
आपण यासाठी यासाठी कोणत्याही निमित्ताने
धनान्वेष / NEFT परवानगी नसल्याने परत
ही मत्त विनंती.



Attn:

२४/०९/२०२०.

महाराष्ट्र शासनाचे इन्सॉल्व्हेंट सुलूफ
कला, विज्ञान व उद्योग महाविद्यालय,
जोगेश्वरी (पूर्व), मुंबई - ४०० ०६०.

करीबे,

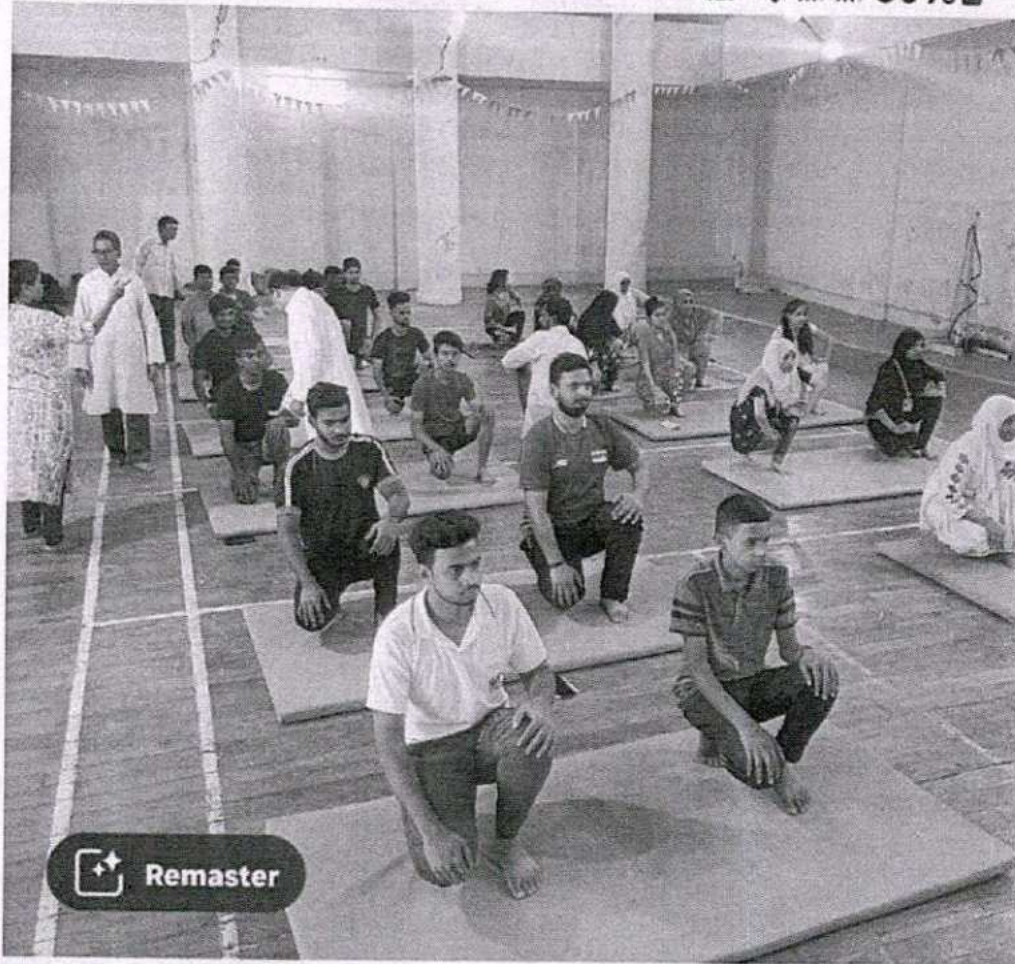
आ. वि.

P. N. Phadnis

अभिनी प्र. ने. रु. ५०००/-
महा संचालक शा शिबीर

11:33 \ FC •

90%



24 January 2020 • 11:37

Edit

BeautyPlus_20200124113722325_save.jpg
/Internal storage/DCIM/Camera

Image info

1.92 MB | 1536x1536 | 2MP



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Add tag



11:52 \ [icon] [icon]

[icon] [icon] [icon] 86%



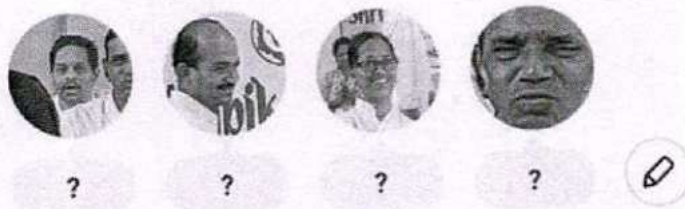
25 January 2020 · 11:50

Edit

BeautyPlus_20200125115029253_save.jpg
/Internal storage/DCIM/Camera

Image info

1.59 MB | 999x1920 | 2MP



Add tag



11:49

87%

(Founder : H. H. Hathayogi Nikam Guruji)
www.ambikayogkutir.org



Remaster

25 January 2020 • 11:38

Edit

BeautyPlus_20200125113833501_save.jpg
/Internal storage/DCIM/Camera

Image info

1.65 MB | 1920x999 | 2MP



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Add tag

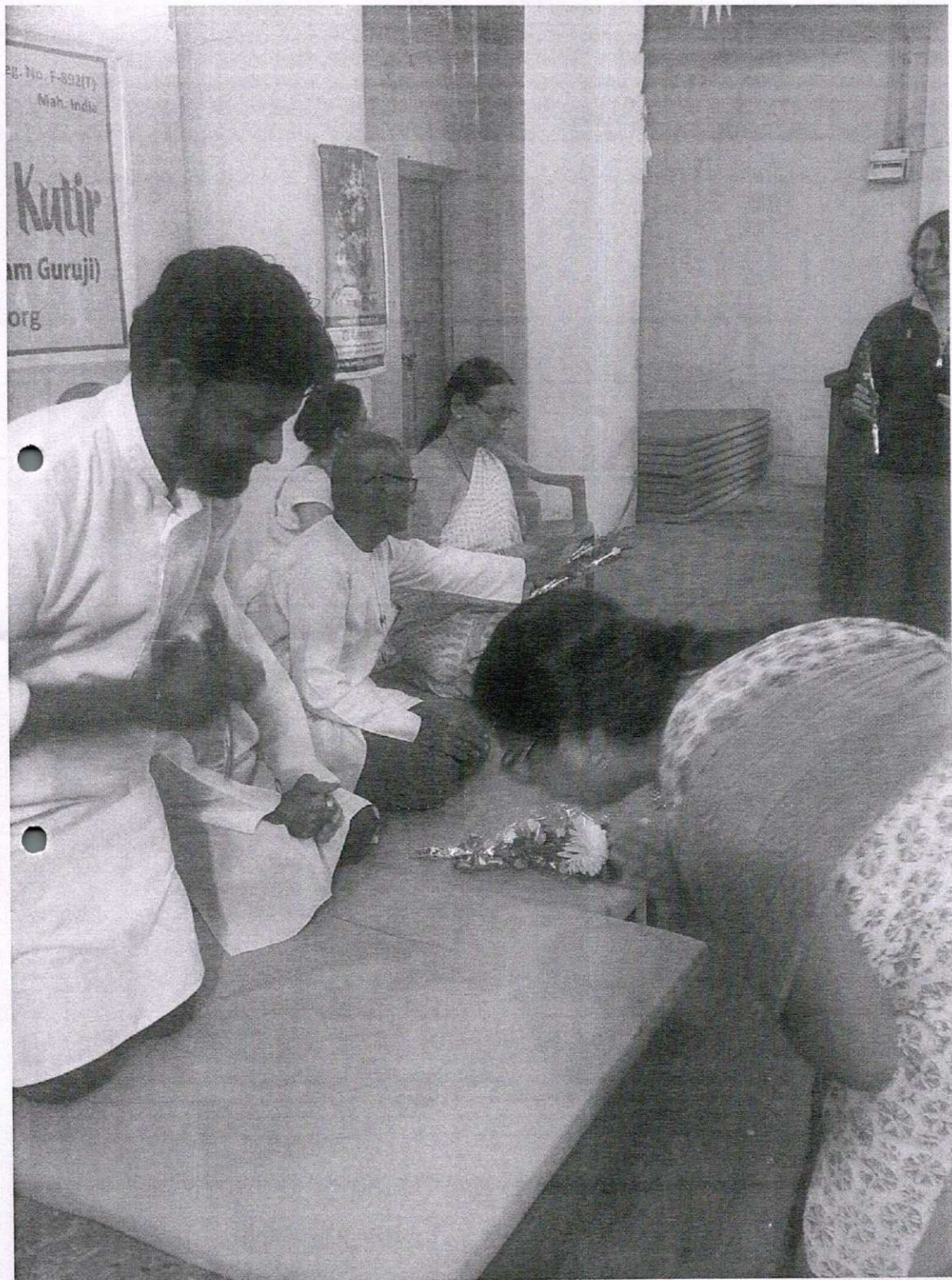














Reg. No. F-892(T)
Mah. India

Ambika Yoga Kutir
Sri. H. Hathayogi Nikam Guruji
www.ambikayogkutir.org









Reg. No. F-892(T)
Mah. India



Est. 1965

Shri Ambika Yoga Kutir

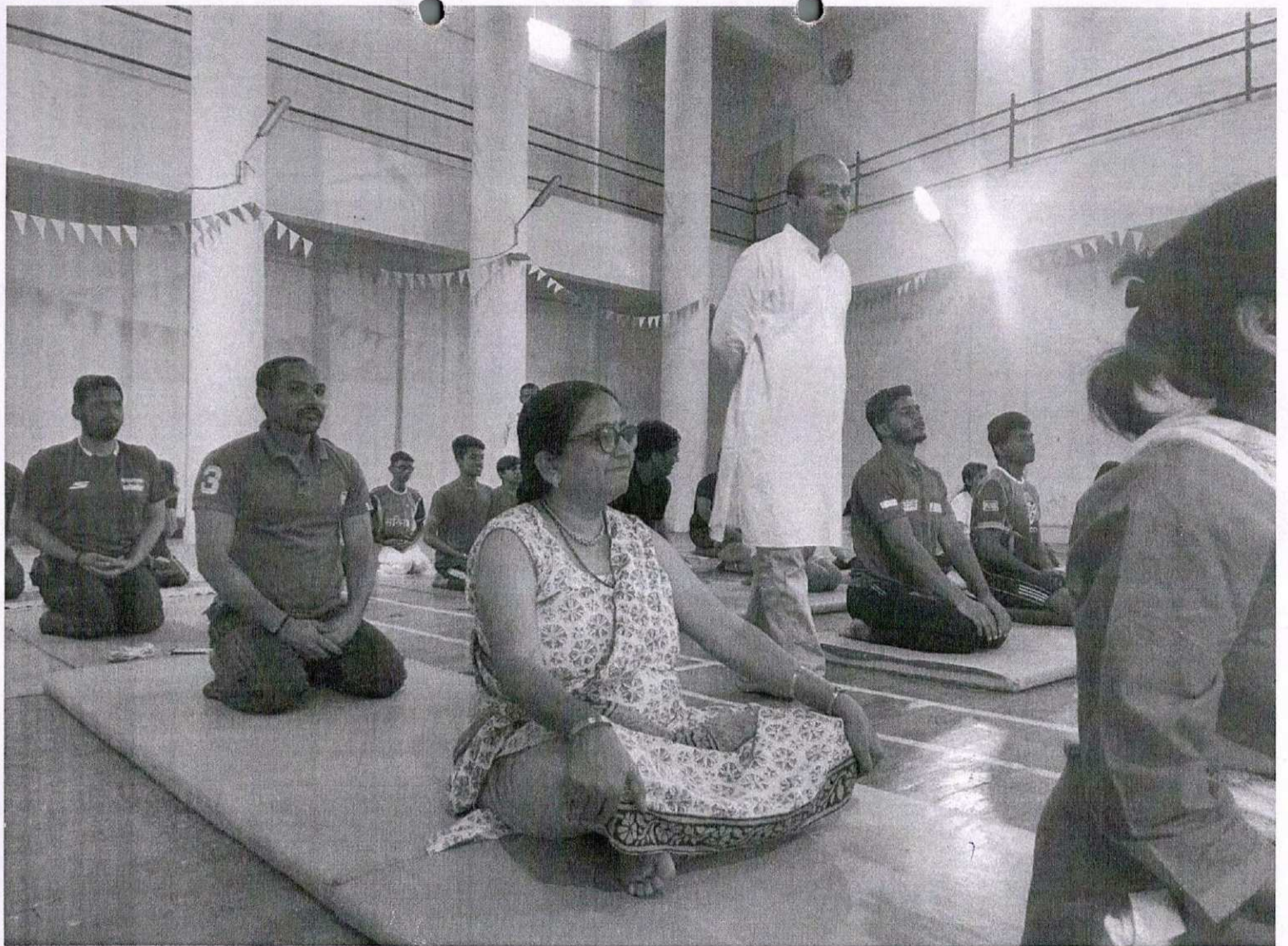
(Founder : H. H. Hathayogi Nikam Guruji)

www.ambikayogkutir.org









Est. 1965

Reg. No. F-892(T)
Mah. India



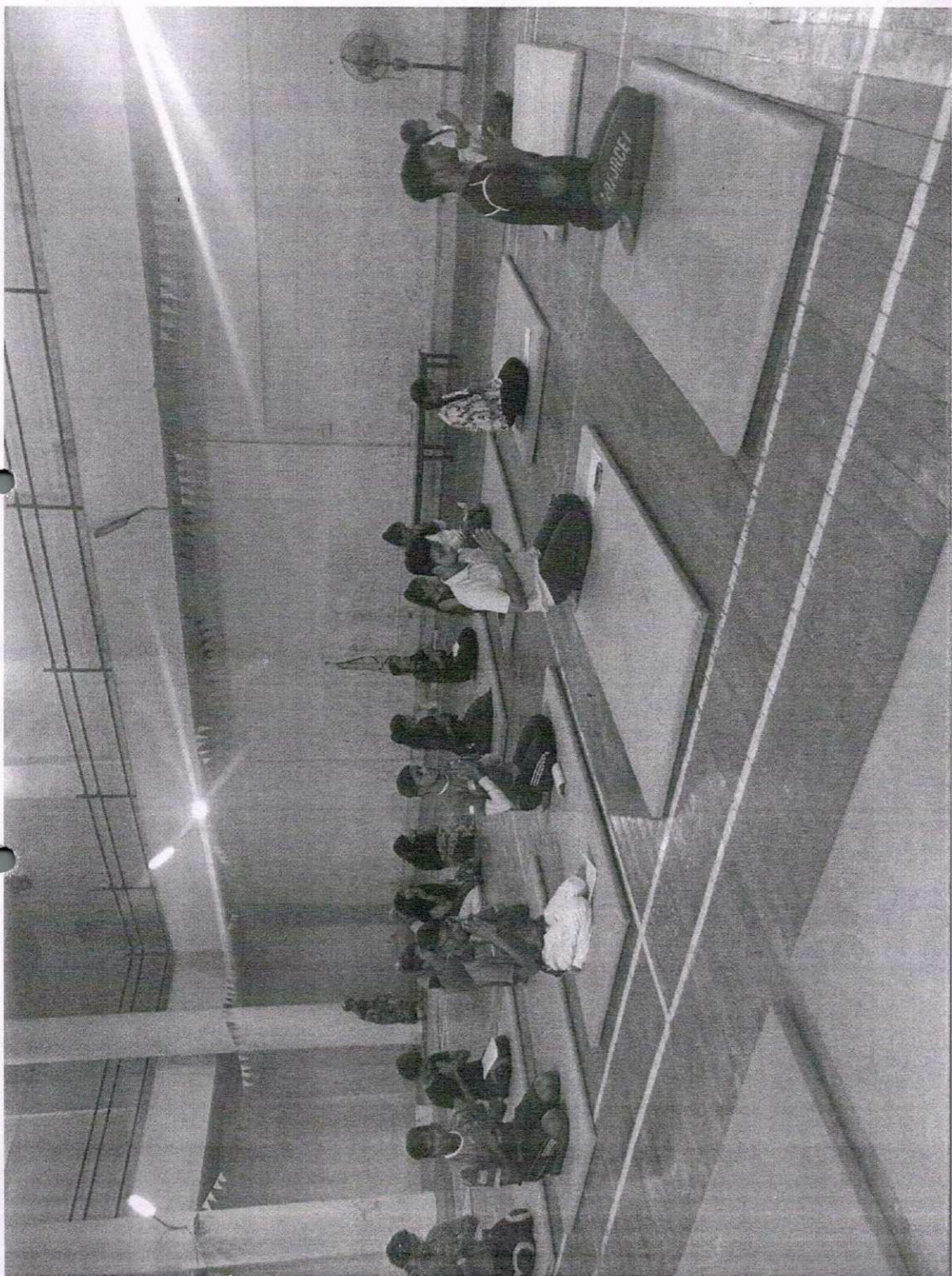
Shri Ambika Yoga Kutir

(Founder : H. H. Hathayogi Maham Guruji)

www.ambikayogakutir.org

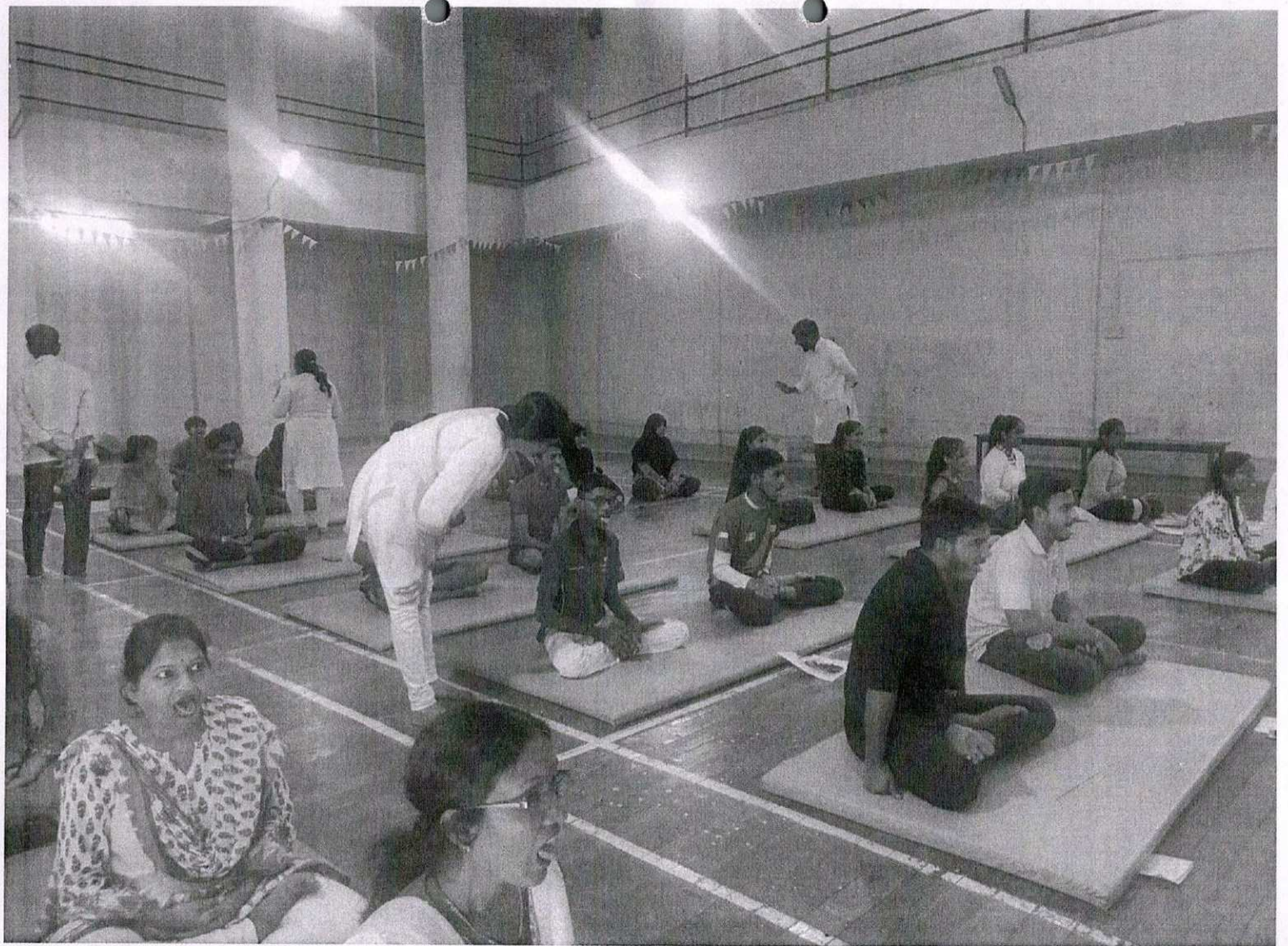








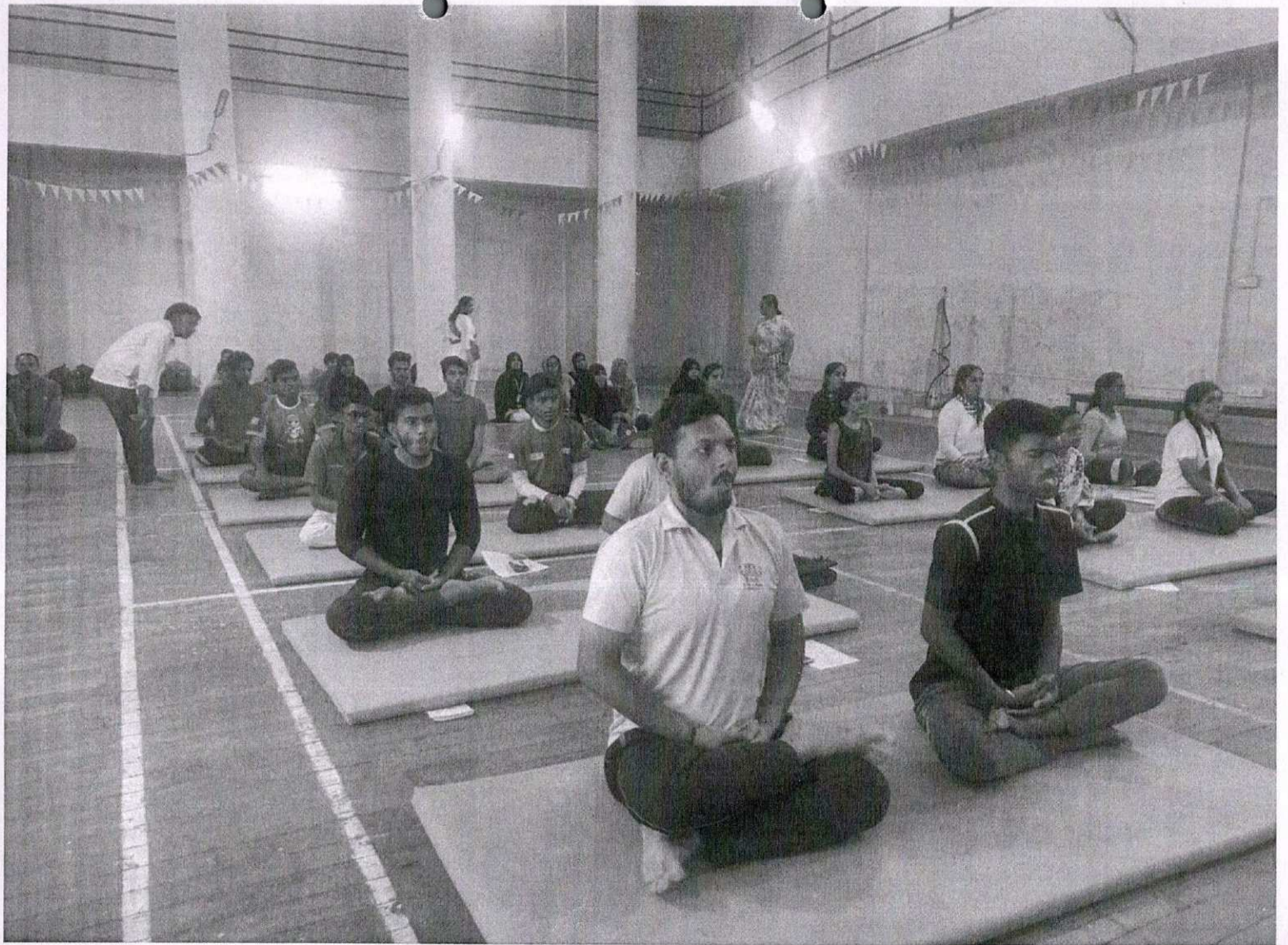


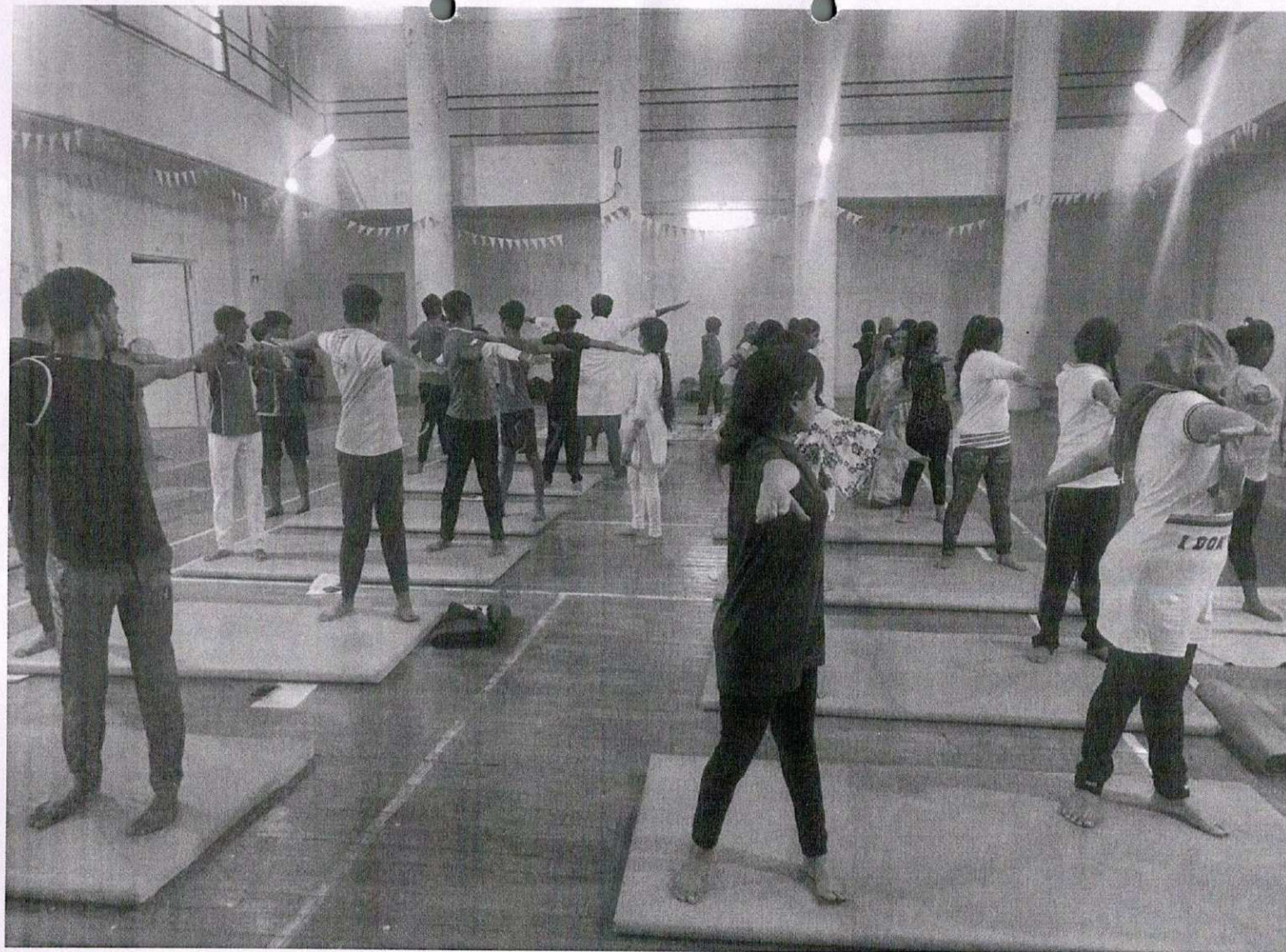
















Feedback -Yoga Workshop

Date - 25-01-2020

Name of the student - Gamare Ankit

Class - ~~Anki~~ sycomsci/05

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 - 25-01-2020

Name of the student - Patil 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 - 25-01-2020

Name of the student - kuril sandeep

Class - sy Bsc /66

Signature - Sandeep

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 - 25-01-2020

Name of the student - Sharma Rahul

Class - SY BSc / 104

Signature - Rahul

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 - 25-01-2020

Name of the student - Khan waseem

Class - SY BSC / 53

Signature - waseem

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 - 25-01-2020

Name of the student - Radu Saloni

Class - sy Bcom /437

Signature - Saloni

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 - 21-01-2020

Name of the student - Yadav Prithi

Class - Sy com sci / B1

Signature - Prithi

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

☐