

Date: 21/05/2021

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

Subject: Permission to conduct an online workshop with International Cricketer Shikha Pandey on 25th May 2021

We are excited to inform you about an upcoming online workshop featuring Shikha Pandey, an esteemed international cricketer. The workshop is scheduled for 25th May 2021 and will be conducted jointly by the Department of Physical Education and BPCA College of Physical Education, Wadala, Mumbai.

Event Details:

- **Event Title:** Workshop with International Cricketer Shikha Pandey
- **Date:** 25th May 2021
- **Target Audience:** Junior and Senior College Students IY College and BPCA College and Staff both of the colleges
- **Platform:** Online
- **Organized By:** Department of Physical Education and BPCA College of Physical Education, Wadala, Mumbai
- **Estimated Participation:** Junior and Senior College Students, and Staff

Objective: The workshop aims to provide valuable insights into professional cricket, including training techniques, strategies, and the importance of fitness and discipline in sports. Shikha Pandey will share her experiences and offer practical advice to inspire and educate our students and staff.

Details of the Workshop:

- **Speaker:** Shikha Pandey, International Cricketer
- **Topics Covered:** Cricket training, career development, fitness routines, and motivational insights
- **Format:** Interactive online session with Q&A
- We believe that this workshop will be highly beneficial for our college community, particularly for those interested in sports and physical education. The online format ensures that everyone can participate and gain from this unique opportunity.

We kindly request your approval to proceed with the organization of this event. If you need any additional information or have any concerns, please feel free to contact me.

Thank you for your consideration. We look forward to your favourable response.

Yours sincerely,

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

Dr. Sumit
31/05/21
PRINCIPAL
Government of Maharashtra
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Government of Maharashtra
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Date: 21/04/2021

Notice: Workshop with Shikha Pandey, International Cricketer

We are delighted to announce an exclusive workshop featuring none other than Shikha Pandey, esteemed International Cricketer. This workshop is a unique opportunity for all cricket enthusiasts and sports aficionados to gain insights and learn from one of the finest talents in the world of cricket.

Event Details:

In collaboration with the Department of Physical Education and BPCA College of Physical Education, Wadala, Mumbai, this workshop promises to be an enriching experience for participants of all levels. Shikha Pandey will share her expertise, experience, and invaluable tips on cricket, leadership, and sportsmanship.

Date & Time:

Join us on May 25, 2021, for an engaging session with Shikha Pandey. The workshop will commence at 11:00AM.

Venue:

Participation is simple! Access the Google Form provided at the following link to register for the workshop: [<https://forms.gle/3narR1aG3U2sQCEG6>]. Don't miss out on this golden opportunity to learn from one of cricket's brightest stars.

This workshop is open to all junior and senior college students and staff members. Whether you're a seasoned cricketer or simply passionate about sports, this workshop promises to inspire and empower you on your sporting journey.

Let's come together online to celebrate the spirit of cricket and learn from the best!

P.N. Phadnis

Smt. Pratibha Phadnis
College Director of Physical Education and Sports
Government of Maharashtra's
Ismail Yusuf College of
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for Shikha Pandey
Principal

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

Title: Shikha Pandey's Inspirational Journey: Overcoming Life Challenges Amidst the Pandemic- 2021-22

Report

Date: 25th May 2021

Participants: Junior and senior college students and staff of both the colleges conducted jointly by the Department of Physical Education and BPCA College of Physical Education, Wadala, Mumbai

Format: Online, due to pandemic lockdown restrictions

Introduction:

The online workshop featuring Shikha Pandey, an esteemed international cricketer, provided a platform for participants to delve into her personal journey navigating life challenges amidst the unprecedented circumstances of the pandemic. Organized jointly by the Department of Physical Education and BPCA College of Physical Education in Wadala, Mumbai, the event aimed to inspire and motivate students and staff by sharing Pandey's experiences and insights.

Key Highlights:

1. Personal Narrative:

Shikha Pandey commenced the session by sharing her personal journey, emphasizing the impact of the pandemic on her professional and personal life. She highlighted the initial uncertainties and the subsequent adaptation to the new normal, both on and off the field.

2. Resilience and Adaptability:

Throughout the workshop, Pandey emphasized the importance of resilience and adaptability in overcoming life's challenges. Drawing parallels between sports and life, she illustrated how setbacks can be viewed as opportunities for growth and learning.

3. Mindset and Mental Health:

Pandey addressed the crucial role of mindset and mental health in facing adversities. She shared practical strategies and coping mechanisms that helped her maintain focus and positivity during challenging times, advocating for a holistic approach to well-being.

4. Community Support:

An integral aspect of Pandey's narrative was the significance of community support. She emphasized the value of relationships and teamwork, highlighting how collective encouragement and solidarity can bolster individuals during tough times.



5. Goal Setting and Persistence:

Pandey underscored the importance of setting goals and maintaining persistence in pursuit of one's dreams. She shared her own experiences of setting ambitious targets and persevering through setbacks, inspiring participants to adopt a similar mindset in their endeavors.

Conclusion:

Shikha Pandey's workshop on "Facing Life Challenges - My Journey Through the Pandemic" left a profound impact on the participants, instilling a sense of resilience, determination, and optimism. Her inspirational narrative, coupled with practical insights and advice, provided a roadmap for navigating uncertain times with grace and fortitude. The event served as a reminder of the power of human spirit in overcoming adversity, leaving participants motivated to confront challenges head-on and emerge stronger on the other side.

Recommendations:

To further benefit from the insights shared by Shikha Pandey, it is recommended to organize follow-up sessions or workshops focusing on specific aspects such as mental health, goal setting, and community engagement. Additionally, incorporating interactive activities and group discussions can enhance participant engagement and facilitate deeper learning and reflection.

Acknowledgments:

Special thanks to Shikha Pandey for graciously sharing her time, experiences, and wisdom with the participants. Appreciation is also extended to the Department of Physical Education Ismail Yusuf College and BPCA College of Physical Education for organizing and facilitating this enriching workshop despite the challenges posed by the pandemic.

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5-22-2021 15:53:26	Girish Sawant	girishsawant2920@gmail.com	Ismail Yusuf	9167346340
5-22-2021 15:55:31	Anurag Thakur	thakurnaman885@gmail.com	Lords Universal	7558329211
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International Yoga Day June 21 - 2021
 Cricketer Shikha Pandey - 24 May 2021
 Attendance from Google Form

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	Dr. Neetu Joshi		BPCACPE	(already there in above list)
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	Dr. Kishore Maru		BPCACPE	
	Dr. Rohini Kawade		BPCACPE	
	Dr. Rajendra Shelke		BPCACPE	



Shikha Pandey

Questions

Responses

Settings



Contact information

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Webinar: 'Facing Life Challenges: My Journey through the Pandemic'

Speaker- Ms. Shikha Pandey [Cricketer, Team India]

Monday, May 24, 2021- 11am

Jointly organized by Ismail Yusuf College and BPCA College of Physical Education.

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Contact information

Webinar: 'Facing Life Challenges: My Journey through the Pandemic'

Speaker- Ms. Shikha Pandey [Cricketer, Team India]

Monday, May 24, 2021- 11am

Jointly organized by Ismail Yusuf College and BPCA College of Physical Education.

iyresult1930@gmail.com Switch accounts



Not shared

* Indicates required question

Name and surname *

Your answer

Email *

Your answer

Name of the College *

Your answer



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Dr GV Pargaonkar

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Dr GK Dhokrat

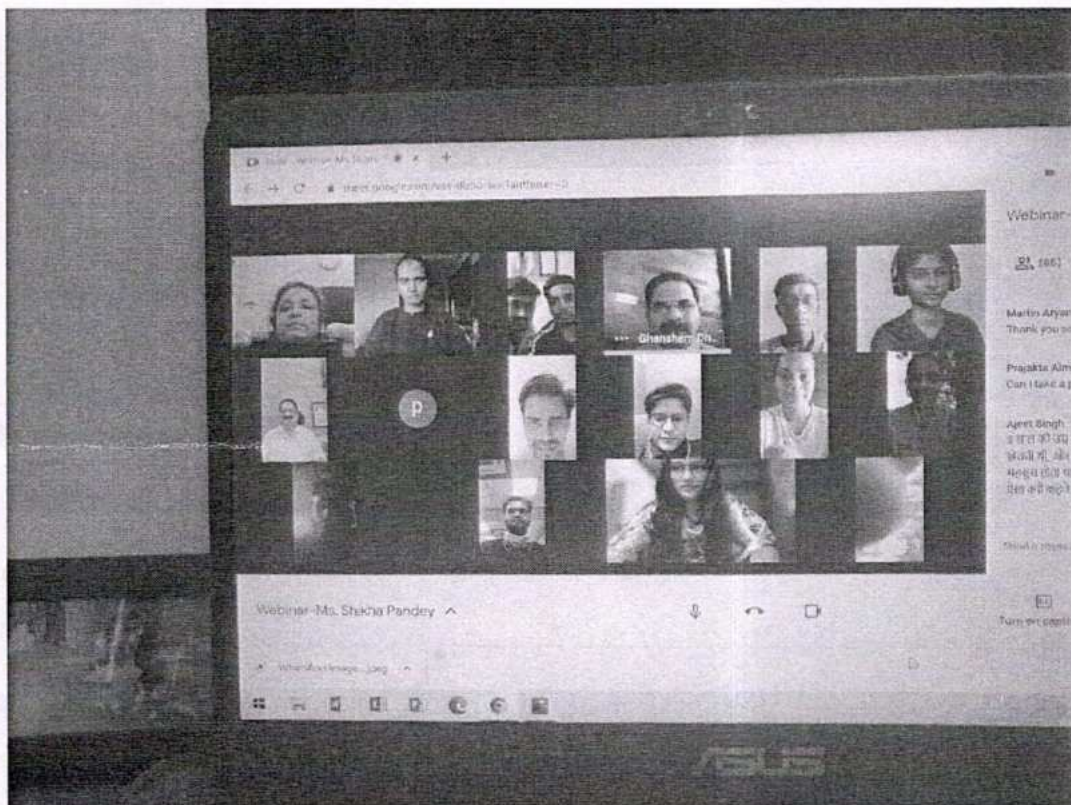
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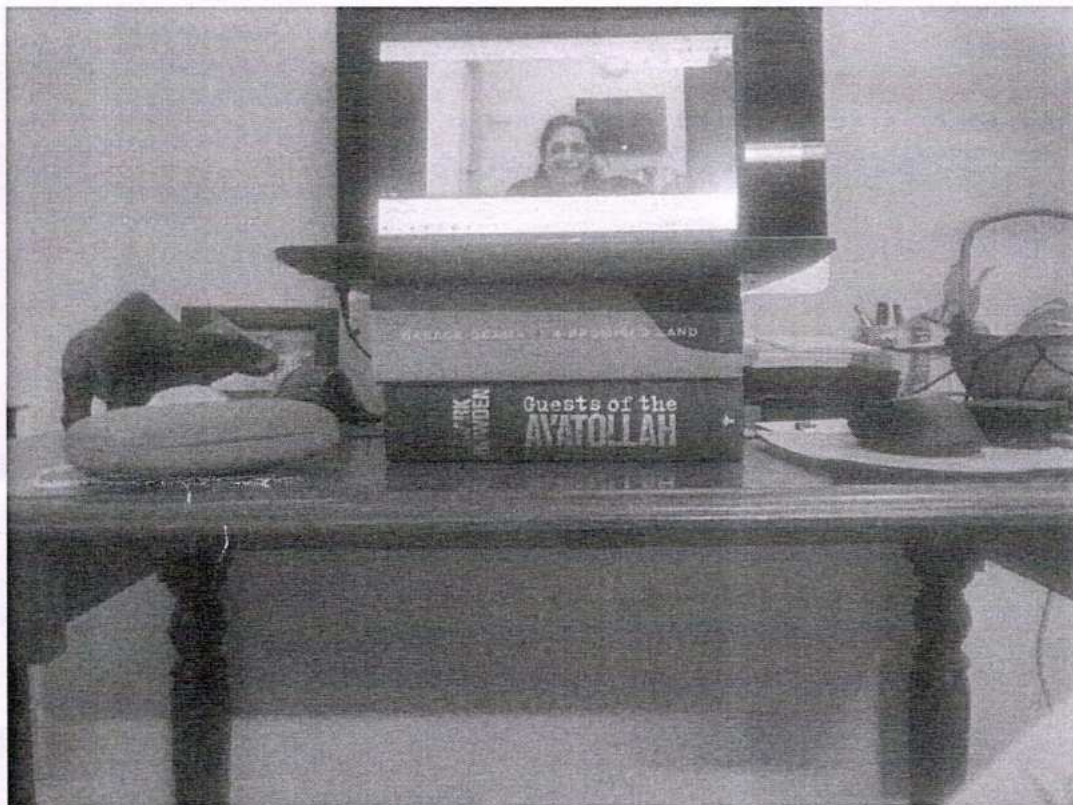
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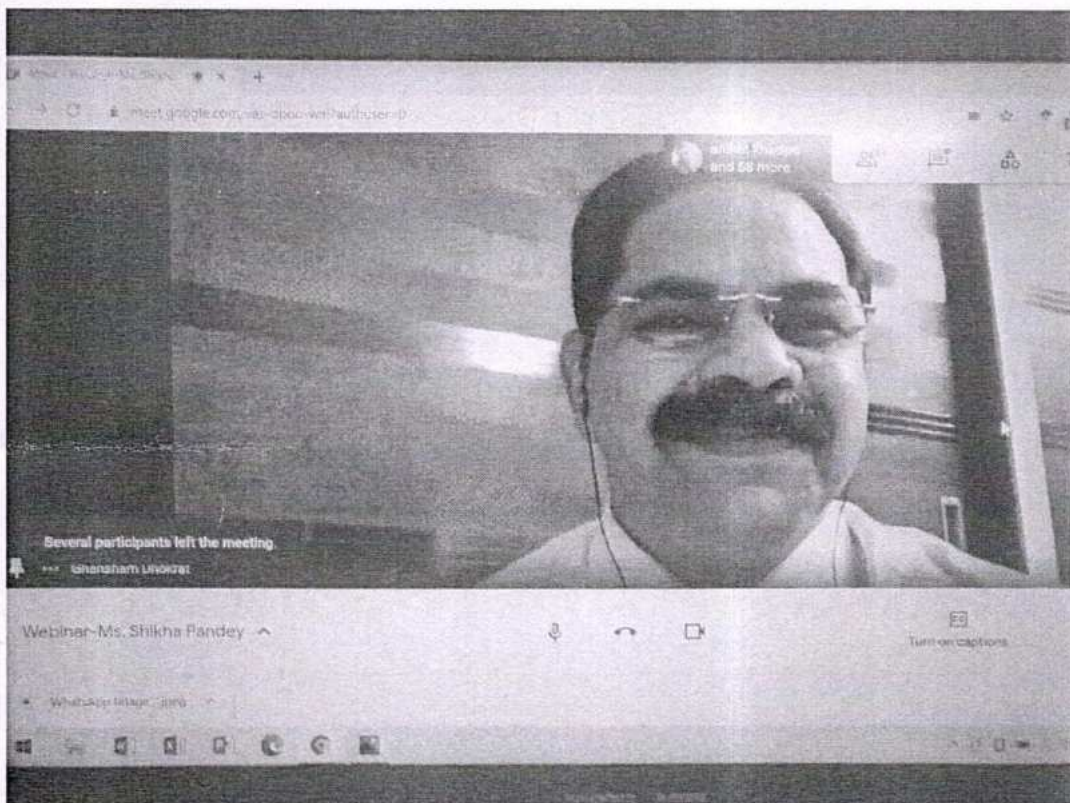
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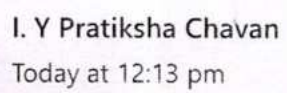


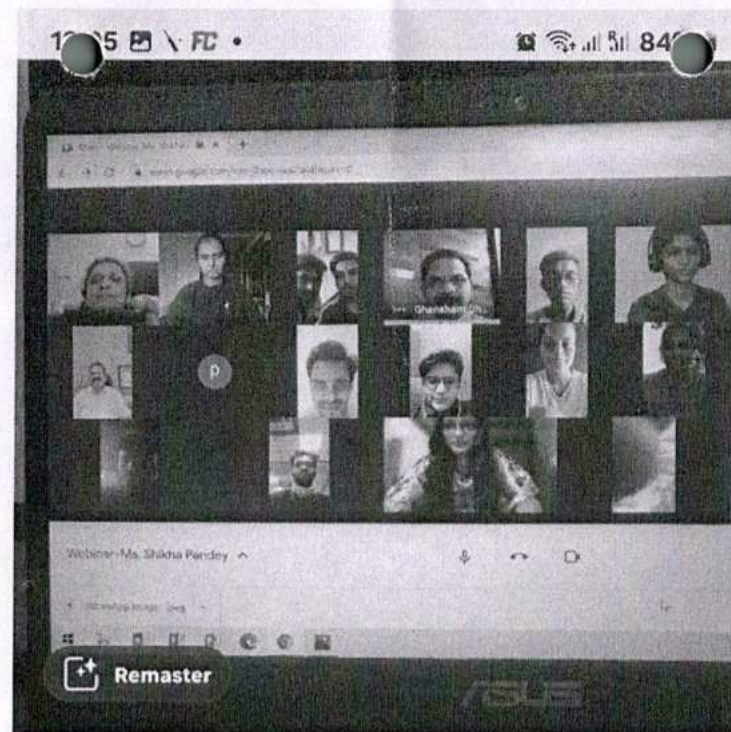


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Thank you so

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Ajeet Singh 1
5 साल की उम्र से
खेलती थी, और
महसूस होता था
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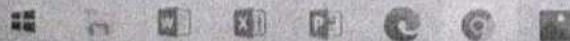
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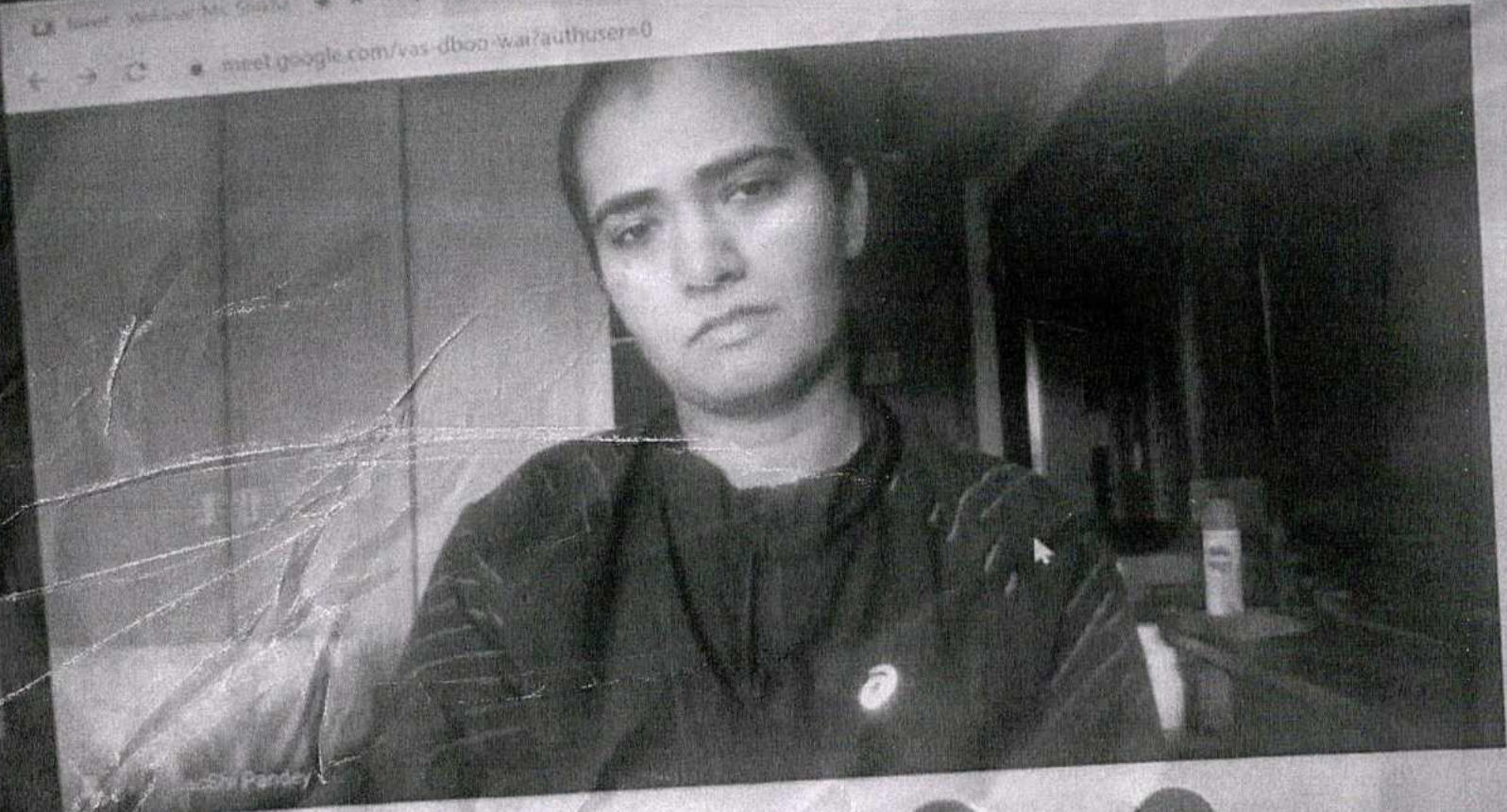
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