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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 - 01-08-2018

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

Subject: Request for Permission to Conduct a Fitness Workshop

I hope this letter finds you in good health and high spirits.

I am writing to seek your permission to conduct a Fitness Workshop at Ismail Yusuf College on 3rd August 2019. This event is intended for junior and senior college students, as well as staff members, and aims to promote physical well-being and healthy lifestyle practices among our college community.

The workshop will be conducted by my self. It will be held at the Sports Complex, which we believe is an ideal location for such an event due to its facilities and spacious environment.

Here are some key details about the workshop:

Date: 3rd August 2019

Time: 11 Am

• Venue: Sports Complex

Participants: Junior and senior college students, and staff members

Conducted By: Ms. Pratiksha Phadnis

The workshop will cover various aspects of fitness, including exercise routines, nutrition, and wellness strategies. We believe that this initiative will greatly benefit the participants by enhancing their knowledge about fitness and encouraging them to adopt healthier lifestyle habits.

We would greatly appreciate 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. perminded

Yours sincerely

Smt. PiGoverna Pita of Maharushtra's Ismail Yusuf College of

College Artse Science Play Commercian, and sports Jogeshwari (East), Mumbai - 400 060.

Ismail Yusuf-College

Arts, Science & Commerce, Jegeshwari (East), Mumbei - 490 069.



Government of Maharashtra Ismail Yusuf College of Arts, Science and Commerce NAAC 'A' Grade Jogeshwari (East), Mumbai 400 060

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Fax (Principal) 022-28202188

Date: 01/08/2018

Notice

rogram Title: Workshop on Fitness

Date: August 3, 2019

Enhance your well-being with our Workshop on Fitness, tailored for junior and senior college students and staff. Led by Ms. Pratiksha Phadnis, this workshop promises insights into maintaining a healthy lifestyle. Don't miss out on this opportunity to prioritize your health and fitness!

Venue: Sports Complex

Time-11:00AM

Staff and students, mark your calendars! On August 3, 2018, we're hosting a Workshop on Fitness at the Sports Complex. Open to all junior and senior college students and staff, this event aims to equip you with the knowledge and tools to lead a healthier life. Let's take a step towards better well-being together!

Smt. Pracios management of Maharashtra's
College Director of Rhedicausur College of
Arts, Science & Commerces

Jogoshwari (East): Numbal-480 860.

Principal

PRINCIPAL

Government of Maharashtra's

Ismail Yusuf College

Arts, Science & Commerce,

Jogeshwari (East), Mumbai - 400 069



Workshop on Fitness 03/08/2018

Sr. No	Name of the Student	Course Name	Sign
			• 1
1	SALUNKE NIKHIL PRAMOD	BAF 3 SEMESTER	Nich
2	ARBAZ AHMAD IQBAL AHMAD	BCOM 5 SEMESTER	Balon
3	MANDAL AFREEN AHMED	BMS 5 SEMESTER	Maur
4	SHAIKH NAWAZ FAYAZ	BMS 5 SEMESTER	Lawoz
5	SONAWANE VIJAY ISHWAR	BAF 4 SEMESTER	Smina
6	SHAIKH SAMRIN BANU ABDUL NAEEM	BA 2 SEMESTER	Shainin
7	KHAN KULSUM HABIBUR REHMAN	BA 2 SEMESTER	Lulyn
8	MARKANIYA VASHIM USMAN BHAI	BA 2 SEMESTER	Markan
9	CHAVAN DEEPA SHETTY	BCOM 1 SEMESTER	Deepa
10	RANE ADITI AVINASH	BCOM 2 SEMESTER	adiri
11	ANSARI TARANNUM MUSTAK AHMAD	BCOM 2 SEMESTER	Taggun
12	SHAIKH TAUSIF ASLAM	BA 2 SEMESTER	Janic
13	KHAN MOHAMED USAMA KHALIL	BCOM 1 SEMESTER	Maseuma
14	PAWAR YOGESH RAJENDRA	BCOM 1 SEMESTER	Joseph
15	YADAV DINESH PRAKASH	BCOM 2 SEMESTER	Dinch
16	KHAN TASMIYA TAUS	BA 1 SEMESTER	Taymiya
17	DHURI SHWETA PANDURANG	BA 1 SEMESTER	shurete
18	HARMALKAR VICKY KRISHNA	COMPUTER SCIENCE 2 SEMESTER	Vivy
19	VISHWAKARMA ANAND PANDHARI	COMPUTER SCIENCE 1 SEMESTER	Around
20	SAYYED HASHIM ABDUL KARIM	COMPUTER SCIENCE 2 SEMESTER	flashim
21	"SONAVANE SAYALI RAJENDRA"	COMPUTER SCIENCE 1 SEMESTER	Sayari
22	SONAVANE SAYALI RAJENDRA	COMPUTER SCIENCE 2 SEMESTER	Sajam
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24	KADAM PRAJAKTA RAJARAM	BCOM 1 SEMESTER	M
25	KADAM PRAJAKTA RAJARAM	BCOM 2 SEMESTER	

26	PATEL ASIF RAJA	COMPUTER SCIENCE 1 SEMESTER	Asy
27	"MIRZA ISMATJAHA ZAMINABBAS"	BAF 3 SEMESTER	mvix
28	MIRZA ISMATJAHA ZAMINABBAS	BA 1 SEMESTER	Ruhi
29	SAYYED RUHI KAYAM ABBAS	BA 1 SEMESTER	Pupuni
30	SHAIKH RUQAIYA NOOR MOHAMMED	BA 2 SEMESTER	Pay
31	VERMA RAJ ASHOK	BA 2 SEMESTER	AADAESH
32	BIRADAR AADARSH RAM	BA 1 SEMESTER	1
33	SINGH AAKASH ANIL	BSC 3 SEMESTER	Agrosh
34	SINGH AAKASH ANIL	BSC 4 SEMESTER	Apport
35	MORYE SANJANA DEVIDAS	BAF 3 SEMESTER	Land muse
36	VISHWAKARMA ASHISH SURENDRA	BAF 3 SEMESTER	pelish
37	SHUKLA ARCHANA CHANDRABHAN	BIOTECHNOL OGY 5 SEMESTER	Asrline
38	SHAIKH ARSHI SALIM	BIOTECHNOL OGY 5 SEMESTER	Aerski
39	YADAV JAY LALSAHEB	BMS 4 SEMESTER	Joy
40	PARAB AKSHAYA SADANAND	BCOM 5 SEMESTER	Arstonya
41	PANDEY LAVKUSH SHRIKUMAR	BCOM 1 SEMESTER	
42	SINGH POONAM RAJESH	BCOM 2 SEMESTER	Juncist Poonam
43	"SHAIKH SAMIRA BANO LAYEEQ AHMED"	BSC 4 SEMESTER	Camiro
44	SHEIKH ADNAN KARIM	BIOTECHNOL OGY 3 SEMESTER	ANAH
45	HAQ MOHSINA BEGUM MOHAMMED ISRAFIL	BSC 5 SEMESTER	J. Mansel
46	KOLASKAR DHANASHREE BABURAO	COMPUTER SCIENCE 3 SEMESTER	y. Dhoneselv



Workshop Report: Fitness Workshop

Date: August 3, 2018

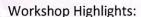
Participants: 47 Junior and Senior College Students and Staff

Presenter: Ms. Pratiksha Phadnis

Venue: Sports Complex

Introduction:

On August 3, 2019, a Fitness Workshop was conducted at the Sports Complex, aiming to promote health and wellness among junior and senior college students and staff. The workshop, led by Ms. Pratiksha Phadnis, offered participants valuable insights and practical tips for achieving fitness goals.



Participant Engagement: A total of 47 students and staff actively participated in the workshop, demonstrating their commitment to personal fitness and well-being. The diverse group of attendees contributed to a dynamic and interactive learning environment.

Comprehensive Content: Ms. Pratiksha Phadnis covered a wide range of topics related to fitness, including exercise routines, nutrition tips, stress management techniques, and lifestyle habits.

Participants received holistic guidance for improving their overall health and vitality.

Practical Demonstrations: The workshop included practical demonstrations of exercises and fitness techniques, allowing participants to learn proper form and execution. Ms. Phadnis provided personalized instruction and feedback to ensure safe and effective workouts.

Interactive Discussions: Throughout the workshop, participants engaged in discussions on various fitness-related topics, sharing their experiences, challenges, and goals. The exchange of ideas and insights facilitated mutual learning and motivation among attendees.

Impact and Feedback:

The Fitness Workshop received positive feedback from participants, who appreciated the opportunity to enhance their knowledge and skills in the pursuit of a healthier lifestyle. Many expressed gratitude for Ms. Pratiksha Phadnis's expertise and guidance, stating that they felt inspired and empowered to prioritize their well-being.

Conclusion:

The Fitness Workshop conducted on August 3, 2019, served as a valuable resource for students and staff seeking to improve their fitness and overall health. Ms. Pratiksha Phadnis's comprehensive approach and engaging presentation style contributed to the success of the workshop, leaving a lasting impact on participants.



Acknowledgment:

We extend our sincere thanks to Ms. Pratiksha Phadnis for organizing and facilitating the Fitness Workshop, as well as to all the participants for their active participation and enthusiasm. Their collective efforts are instrumental in promoting a culture of wellness within the college community.

Future Initiatives:

As we reflect on the success of the Fitness Workshop, we look forward to organizing similar initiatives in the future to continue supporting the health and well-being of students and staff.

The Fitness Workshop conducted on August 3, 2019, provided valuable guidance and motivation for participants to pursue their fitness goals and adopt healthier lifestyle habits. It exemplified the college's commitment to promoting holistic wellness and empowering individuals to prioritize their health and well-being.

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ISMAIL YUSUF COLLEGE OF ARTS, SCIENCE & COMMERCE (Affiliated to University of Mumbai) Jogeshwari Station Road, Jogeshwari - East, Mumbai - 400 060 Email: principaliyc@rediffmail.com Website: www.ismailyusufcollege.in



