

24, 14:06

Gmail - Fwd: Permission regarding conducting a workshop on Women's Day for girl students.



yogesh mane <yogeshmane366@gmail.com>

Fwd: Permission regarding conducting a workshop on Women's Day for girl students.

1 message

Pratiksha Phadnis <pratikshaphadnis@gmail.com>
To: Yogesh Mane Sports Complex Parichar <yogeshmane366@gmail.com>

Mon, Apr 8, 2024 at 1:52 PM

----- Forwarded message -----

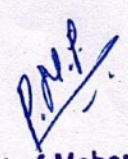
From: **Pratiksha Phadnis** <pratikshaphadnis@gmail.com>
Date: Fri, 4 Mar, 2022, 20:41
Subject: Permission regarding conducting a workshop on Women's Day for girl students.
To: Principal iycollege <principaliyc@rediffmail.com>, <principaliyc@yahoo.co.in>

Respected Madam,

Kindly permit the Women's Development cell along with the Department of Physical education and Sports conduct a workshop for girl students, 'I too can' on 8th of March on how women/ girls can use a gymnasium for exercising.

Yours sincerely,

Pratiksha Phadnis- Chairman Women's Development cell and HOD Sports.


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



NOTICE – Junior & Senior College

Date: 03/03/2022

Subject: Workshop on "I Too Can" for Girls

We are pleased to announce a special workshop titled "**I Too Can**" focusing on empowering girls through fitness and self-confidence. This workshop is organized for both staff and students to encourage a healthy lifestyle and self-empowerment.

Details of the Workshop:

- **Topic:** I Too Can
- **Date:** 08-03-2022
- **Time:** 11.00
- **Venue:** Gymnasium Sports Complex

Objectives:

- To enhance physical fitness and health awareness among participants.
- To promote self-confidence and personal empowerment through physical activity.

Who Can Attend:

- All interested students
- Staff members
-

Best Regards,

P.N. Phadnis
Smt. Pratiksha Phadnis

College Director of Physical Edn. and Sports



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

जागतिक महिला दिन - ८ मार्च २०२२.
शिक्षक व शिक्षकेतर कर्मचारी उपस्थिती

अ.क्र.	प्राध्यापिका नाव	विभाग	इ-मेल आयडी	मोबाईल नं.	सही
१.	श्रीम. प्रतिक्षा फडणिस	शा.शि. व खेळ	pratikshaphadnis@gmail.com	9820803199	P.N. Phadnis
२.	डॉ. अर्चना रंगारी	अनस्पतिशास्त्र	dranchanarangari@gmail.com	9004182439	Archan
३.	डॉ. दिपाली सावंत	जीवशास्त्र	sawantdeepali24@gmail.com	9870371221	Deepali
४.	श्रीम. फौजिया खान	FC - History	KhanFouziya02@gmail.com	9920103102	Fouziya
५.	डॉ. उल्का आडे	Zoology	ulkaade1987@gmail.com	9763602402	Ullka
६.	श्रीम. झरीना शेख	URDU	zanunayshaiikh@gmail.com	9967132765	Zarina
७.	श्रीम. कुलपना पंडित पावसकर	HISTORY	pawaskar.kalpana@gmail.com	9820074193	K.Pawaskar
८.	श्री. संजय बडे	शा.शि. व खेळ	Sanjaybade1989@gmail.com	8975205231	Sanjay
९.	श्री. अनिल केशकर	शा.शि. व खेळ	Anilkesarkar1974@gmail.com	9768757248	Anil



जागतिक महिला दिन - ८ मार्च २०२२

अ.क्र.	विद्यार्थिनीचे नाव	इयत्ता / वर्ग	रोल नं.	इ-मेल आयडी	मोबाईल नं.	सही
1)	Mitali Mangesh Rane	S.Y.Bcom	21SC171	ranemitu0@gmail.com	9076350578	
2)	PRATIKSHA SINGH	SYBCOM	21SC262	pratikshasingh2802@gmail.com	9967144866	
3)	PATEL KINJAL	SYBCOM	21SC152	kinjalani Patel2002@gmail.com	9867107072	
4)	Chanchal R. Chauhan	TYbcom	38	gmail.com	9769025677	
5)	Mayuri K. Gada	TYbcom	64	bhavyagada77@gmail.com	7021439133	
6)	Divya Dutta	TYbcom	51	divyaschoor@gmail.com	9867215211	
7)	Nisha Mollah	TYBcom	132	Nishamallah612@gmail.com	8850370893	
8)	Mamali U. Gothankar	SYBCOM	347	mamaliu03@gmail.com	7900067008	
9)	KOMAL SHARMA	SYB.Com	315	Sharmacom125@gmail.com	9869130980	
10)	Khan Samreen	SYb.com	99	Khan10samreen@gmail.com	8355886835	
11)	Khan Nazmeen	SYb.com	94	Khan10samreen@gmail.com	8355886835	
12)	Shaikh Shaziya	SYb.com	395	shaziyaMohamed1202@gmail.com	9833991231	
13)	Farrin Mukadam	Syb.com	124	Farrinmukadam2002@gmail.com	9594851338	
14)	KHAN SANIYA SHAKOOR	S.Y.Bcom	101	Saniya Khan93266@gmail.com	9326619697	
15)	SHAIKH NARGIS KHATUN Jamal Uddin	S.Y.B.Com	265	shaiikhnargis1512@gmail.com	8104891947	

अ.क्र.	विद्यार्थी/निविदे नाव	शेवता/का	रोल नं.	इ-मेल आय डी	मोबाईल नं.	सही
16	Ashwini Ishwar Murumkar	Gybcam	372	ashwinimurumkar	8928277045	<u>Ashwini</u>
17	Saroj Shivani Navin	S.Y.B.COM.	21SC179	90@gmail.com sarojshivani@gmail.com 824@gmail.com	8828559728	
18	Preeti Sabhelal Yadav	T.Y.BSC	TS161	Pt748001@gmail.com	8433814927	<u>P.Yadav</u>
19	AKShata S. Gupav	T.Y.BSC	TS152	KSh1gav@gmail.com	7045400393	<u>Akshata</u>
20	Sara Nagori	T.Y.BSC	TS151	saranagori1@gmail.com	9004369692	<u>Sara</u>
21	Anam Shaikh	T.Y.BSC	TS158	anamshaikh825@gmail.com	8286609959	<u>Anam</u>
22	Sayyed Khushnuma	T.Y.BSC	TS207	Sayyed.Khushnuma786@gmail.com	9930487369	<u>AKH</u>
23	Tarannum Barugudgar	T.Y.BSC	TS202	tarannumbaugudgar00786@gmail.com	7700124204	<u>Tarannum</u>
24	Rafiya Shaikh	"	TS205	srafiya86@gmail.com	9653179400	<u>Rafiya</u>
25	Meer Saniya	T.Y.BSC	TS189	Meer Saniya@gmail.com	8692045867	<u>Meer</u>
26	Khan Gulista	T.Y.BSC	TS163	Khangulista339@gmail.com	9372090727	<u>Khan</u>
27	Yadav. Priyanka	T.Y.BSC	TS154	priyankav8@gmail.com	9372431857	<u>Priyanka</u>
28	Patel Rachana R.	T.Y.BSC	TS177	Rachanapatel@gmail.com	9819427289	<u>Rachana</u>
29	Sayyed Samreen	T.Y.BSC	TS190	Samreensayyed110@gmail.com	7039263641	<u>Samreen</u>
30	Mangali Shweta	T.Y.BSC	TS183	shwetamangli777@gmail.com	7304201689	<u>Shweta</u>
31	Khushboo Gupta	S.Y.BAF	22	Khushboogupta0713	7700035836	<u>Khushboo</u>
32	Laxmi Yadav	S.Y.BAF	76	Dharmendra@gmail.com	9082370034	<u>Laxmi</u>

अ.क्र.	विद्यार्थिनिधि नाव	श्रवण / वर्ग	रेल नं.	इ-मेल आयडी	मोबाईल नं.	सही.
33	Simran R. Sakpal	T.Y. BSc	182	Simisimran1469@gmail.com	8652280687	<u>Sakpal</u>
34	Nirmala S. Gaonkar	T.Y. BSc	197	gaonkarnirmala5@gmail.com	8879225279	<u>Gaonkar</u>
35	Pradnya Pawar	T.Y. BSc	168	Pawarpradnya68@gmail.com	8779651304	<u>Pradnya</u>
36	Pratiksha Sawant	T.Y. BSc	142	SawantPratiksha172@gmail.com	8879392894	<u>Sawant</u>
37	SAYYED ELIA HUSAINI	T.Y. BSc	155	sayyedeliyahusaini78@gmail.com	9820741306	<u>Husaini</u>
38	Tabassum Shaikat Shaikh	TY BSc	198	Tabassum30nov@gmail.com	9819007302	<u>Shaikh</u>
39	Madina Ataulla Hashmi	TY BSc	181	madinahashmi12@gmail.com	9819161337	<u>Hashmi</u>
40	Ansari Momina Afzal	TY BSc	178	ansarimomecna3@gmail.com	7718974183	<u>Momina</u>
41	RUKHSAR Ansari	TY BSc	159	RUKHSAR23ansari@gmail.com	7304813741	<u>RukSar</u>
42	Gulabshah Khan	SY BAF	69	khengulabshah82@gmail.com	986789152	<u>Gulabshah</u>
43	Pranali Borkar	SY BAF	12	borkarpranalis@gmail.com	9326394253	<u>Pranali</u>
44	Pritya Kanajiya	SY BAF	26	pritya98@gmail.com	8104014308	<u>Pritya</u>
45	Tanveer Patel	SY BAF	45	avanbikanar1@gmail.com	9738398425	<u>Tanveer</u>
46	Avantika Narle	SY BAF	41	Pritibeldar8169@gmail.com	8104760309	<u>Narle</u>
47	Priti Beldar	TY BAF	78	Nehagogri143@gmail.com	8691080883	<u>Beldar</u>
48	Neha Gogri	SY BSc	39	Vaibhavi dand@gmail.com	9325513609	<u>Gogri</u>
49	Vaibhavi Dand	S.Y. B.Sc.	35	truptidesai733@gmail.com	9321840124	<u>Vaibhavi</u>
50	Trupti Desai	S.Y. BSc	38	Snehal.chavan1512@gmail.com	9594727061	<u>Trupti</u>
51	Snehal Chavan	S.Y. B.Sc.	36		9137980270	<u>Snehal</u>

अ.क्र.	विद्यार्थिनींचे नाव	साला/वर्ग	रोल नं.	इ-मेल आयडी	मोबाइल नं.	सही
49-52	Rizwana Shaikh	FYBAF	83	skichra@gmail.com	9967241384	<u>R</u>
53	Manisha Maruna	FYBAF	89	MS7802061@gmail.com	8104472146	<u>M</u>
54	Shaikh Mahzabeen.S	FYBAF	77	mahzabeenshaikh1602@gmail.com	9324615799	<u>Mahzabeen</u>
55	Shikha Yadav	SYBAF	78	Yshikha@ua.ymail.com	9619247701	<u>Shi</u>
56	yadav Arpita	SYBAF	75	arpitayadav6104@gmail.com	9555025033	<u>Arpita</u>
57	yadav Priya	SYBAF	101	ipriyayadav48@gmail.com	7208176076	<u>Priya</u>
58	Dipali J. Bhajanawale	SYBSC	02	bhajanawaledipali1234@gmail.com	9326280776	<u>Bhajanawale</u>
59	Idrissi Naziya Nazim	SYBSC	01	hashmisumaiya@gmail.com	9619281681	<u>Naziya</u>
60	Hashmi Sumaiya	TYBSC	200	RSHANTHANI234@gmail.com	9769872479	<u>Sumaiya</u>
61	Khan Roshan	TYBSC	43	KhanMeh44@gmail.com	8291248098	<u>Mehnaz</u>
62	Khan Mehnaz	TYBSC	173	Shahab44@gmail.com	8591637447	<u>Mehnaz</u>
63	Shah Abida	TYBSC	199	gayatri.pg.06@gmail.com	8169991557	<u>Gayatri</u>
64	Gayatri Gawas	FYJC	1005	Sakkangisneha@gmail.com	7219191777	<u>Neha</u>
65	Sneha Sakkangi	FYJC	1001	SubhanashaiKH@gmail.com	8928250970	<u>Subhan</u>
66	Shaikh Subhana	SYBSC	30	imaaisha@gmail.com	9222378767	<u>Aisha</u>
67	Khan Daisha	SYBSC	96	ShKKhKashan786@gmail.com	8879075797	<u>ShKKhKashan</u>
68	Shaikh Kaklakashan	SYBSC	43	Oyat940252@gmail.com	7738986120	<u>Oyat</u>
69	Priya R. yadav	SYBSC	106		9653455364	<u>Priya</u>
70	Khan Aistia	SYBSC	32			<u>Aistia</u>

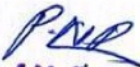
अ.क्र.	विद्यार्थिनीचे नाव	स्थला/वर्ग	रोल नं.	इ-मेल आयडी	मोबाइल नं.	सही.
91	Shweta yadav	Fybcsm	464	brjesh yadav 8976@gmail.com	9291989421	Shweta
92	Riya gopta	Fybcsm	100	rgupta1610@gmail.com	9137015822	R...
93	Anju Chaurasiya	F.Y.B.Com	50	anjuchaurasiya 945@gmail.com	8850767270	अनू
94	Prati yadav	f.y.B.com	449	—	8879323498	Prati
95	Soni yadav	F.Y.B.Com	465	—	7700071032	Soni
96	Shailch Saima	F.Y.B.Com	363	—	9702 35093	Saima
97	Usha Devle	F.Y.B.Com	64	ushadevle 7715@gmail.com	9715956804	Usha
98	Laxmi Dhotre	F.Y.B.Com	68	Laxmigungdu 1234@gmail.com	9619543493	Laxmi
99	Khan Kulsum	F.Y.JC	1029	Khankulsumfatma@gmail	8169 279982	Kulsum
100	SHRAVANI PAWAR	F.Y.JC	1004	Shravani 05Pawar@gmail.com	9137868136	Shravani
101	Ansari Sufiya	F.Y.JC	1028	Sufiyans 214@gmail.com	9152811214	Sufiya
		F.Y.JC	1058	Shrikulsumfatma@gmail.com	730466749	Shrikulsum



अ.क्र.	विद्यार्थीनिचे नाव	स्थल/का	रेल नं.	इ-मेल आयडी	मोबाईल नं.	सही.
71	Kanchan D. Shirwadkar	SYBAF	81	KanchanShirwadkar24438@gmail.com	9987615468	<u>Kanchan</u>
72	Khatija S. Anwar	SYBAF	66	khatija.shoriff28@gmail.com	9967117541	<u>Khatija</u>
73	Dayad Mullan	SYBAF	57	dayadmullan34@gmail.com	730486582	<u>Dayad</u>
74	Narmata Sonphy Singh	SYBAF	69	narmatasingh2372002@gmail.com	9619488052	<u>Narmata</u>
75	Molla Jaweria	SYBAF	36	molla.jaweria@gmail.com	8291407859	<u>Molla</u>
76	Ansari Afsheen	FYBcom	88		98104435674	<u>Afsheen</u>
77	Shaikh Reba	FYBcom	299		9930934885	<u>Reba</u>
78	Mulla Nida	FYBcom	172		9653388237	<u>Nida</u>
79	Khan Maurya	SYBSC	34		9664228423	<u>Maurya</u>
80	Shaikh Mubashira	SYBSC	46		720811461	<u>Mubashira</u>
81	Khan Murazza	SYBSC	108		9987423185	<u>Murazza</u>
82	Sayyed Akisha	SYBSC	21		7506487377	<u>Akisha</u>
83	Sayyed Nuzhat	SYBSC	50		9082764212	<u>Nuzhat</u>
84	Shaikh Bisma	SYBSC	56		8652797284	<u>Bisma</u>
85	Shaina Azmi	FYBMS	69	ShainaAzmi@gmail.com	8828009779	<u>Shaina</u>
86	Shivani Yadav	FYBMS	118	Shivaniyadav23000@gmail.com	9167922742	<u>Shivani</u>
87	Sundari Vishwakarma	FYBMS	112	sundarivishwakarma928@gmail.com	9819794804	<u>Sundari</u>
88	Sanika Parab	FYBMS	61	sanika.parab01@gmail.com	7045983738	<u>Parab</u>
89	Pranali Sawant	FYBMS	71	Pranalisawant978@gmail.com	9324340496	<u>Pranali</u>
90	Ilaal Rizvi	FYBMS	67	Ilaalrizvi30@gmail.com	7710853481	<u>Ilaal Rizvi</u>

अ.क्र.	विद्यार्थिनीचे नाव	श्रवण/कॉ	रोल नं.	ई-मेल आयडी	मोबाईल नं.	सही
102	Khan Mehrobin Mohol Hasnain	SyBSc (B2)	58	kmehrobin92@gmail.com	908247696,	Khan
103	Sailek Kamal Singh	FyBMS	107	SKSingh@gmail.com	9930086483	Sailek
104	Tannu Singh	TYBcom	394	tannusingh99070794@gmail.com	99137086371	Tannu
105	Suman Yadav	TYBcom	396	sumanyadav301901@gmail.com	9967828206	Suman
106	Pratiksha M. Diwale	F.Y.BCOM	41	diwalepratiksha14@gmail.com	9137983443	Pratiksha
107	Vaishnavi P. Waingankar	F.Y.BCOM	434	Waingankarvaishnavi1@gmail.com	9136260771	Vaishnavi
108	Sakshi R. Pawar	f.y.Bcom	256		8693818145	Sakshi
109	Shivani R. Savare	fY-Bcom	212			




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

Workshop Report: "I Too Can" Gym Workshop for Girls - 2021-22

Date: 08/03/2022

Venue: Gymnasium Sports Complex

Conducted by- Ms. Pratiksha Phadnis

Audience: Staff & Students

Introduction:

On the 8th of March, 2022, a unique and empowering workshop titled "I Too Can" took place at the Gymnasium Sports Complex. The workshop was specifically designed for girls, aiming to inspire and encourage them to engage more actively in physical fitness activities. Led by the experienced fitness instructor, Ms. Pratiksha Phadnis, the workshop attracted both staff and students, fostering a supportive and inclusive environment for learning and growth.

Workshop Overview:

The "I Too Can" workshop focused on promoting physical fitness among girls and breaking stereotypes associated with gender and sports. Ms. Pratiksha Phadnis, with her expertise and enthusiasm, led the participants through various exercises, routines, and discussions aimed at instilling confidence and motivation to pursue fitness goals.

The workshop comprised a combination of theoretical sessions and practical demonstrations, covering topics such as:

1. **Understanding Fitness:** Participants gained insights into the importance of fitness for overall well-being, including physical and mental health benefits.
2. **Dispelling Myths:** Ms. Phadnis addressed common misconceptions and stereotypes surrounding girls' involvement in sports and physical activities, emphasizing that fitness knows no gender boundaries.
3. **Practical Sessions:** Attendees actively participated in guided workout sessions, learning effective techniques for strength training, cardio exercises, and flexibility routines.
4. **Nutrition Guidance:** Alongside physical training, the workshop provided valuable information on maintaining a balanced diet to support fitness goals and enhance performance.
5. **Mindset and Motivation:** Discussions on building a positive mindset, setting realistic fitness goals, and overcoming challenges encouraged participants to embrace a healthier lifestyle with confidence and determination.

Highlights and Participant Feedback:

The "I Too Can" workshop generated significant enthusiasm and positive feedback from attendees. Some of the key highlights and comments include:

- Participants appreciated the inclusive and supportive environment created by Ms. Pratiksha Phadnis, which encouraged them to step out of their comfort zones and explore their fitness potential.
- The practical workout sessions were particularly well-received, with many expressing newfound confidence in their physical abilities and a renewed passion for staying active.
- Discussions on nutrition and mindset resonated strongly with attendees, who found the information provided to be practical and applicable to their daily lives.



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

Conclusion:

The "I Too Can" Gym Workshop for Girls, conducted by Ms. Pratiksha Phadnis, proved to be a resounding success in promoting fitness and empowerment among its participants. By challenging stereotypes and fostering a supportive community, the workshop inspired girls to embrace physical activity as a means of self-expression, growth, and well-being. The positive impact of this initiative is expected to resonate long after the workshop, as participants continue their fitness journeys with newfound confidence and determination.

Recommendations:

Building on the success of the "I Too Can" workshop, it is recommended to:

- Organize similar workshops on a regular basis to sustain momentum and encourage ongoing participation in fitness activities.
- Collaborate with schools, community organizations, and fitness professionals to reach a wider audience and promote inclusivity in sports and physical fitness.
- Provide follow-up resources and support to workshop participants, such as online tutorials, fitness challenges, and nutritional guidance, to facilitate continued engagement and progress.

Acknowledgments:

Special thanks to Dr. Swati Whavhal for her guidance and support for the "I Too Can" workshop, and to all the staff and students who participated wholeheartedly in this empowering initiative.

P. N. Phadnis

Ms. Pratiksha Phadnis
Chairman, WDC

P. N. Phadnis

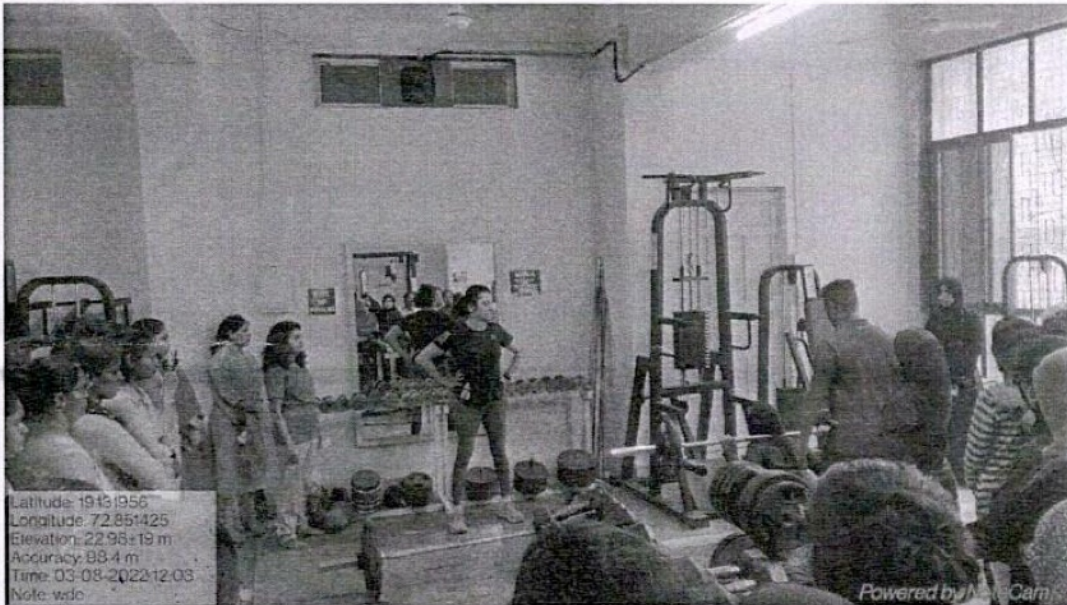
Government of Maharashtra's
Ismail Yusuf College of
Arts, Science & Commerce.
Jogeshwari (East), Mumbai - 400 060.





I. Y Pratiksha Chavan

Yesterday at 6:20 pm



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