

<b>JAI HIND SINDHU EDUCATION TRUST'S</b>		
<b>MANGHANMAL UDHARAM COLLEGE OF COMMERCE</b>		
<b>5.1.2</b>		
<b>Date</b>	<b>Name of the Activity</b>	<b>Beneficiaries</b>
	<b>Life Skills</b>	
2021-2022	Certificate Course in Yoga, Diet & Nutrition and Stress Management	21
2021-2022	Guest Lecture on Positive Thinking	62
2021-2022	Certificate Course in Powerful Presence For Success	33
2021-2022	Short Term Course in Happiness Quotient- Career & Wellness	91
2020-2021	Guest Lecture On Anger Management	37
2020-2021	Short Term Course in Happiness Quotient- Career & Wellness	40
2020-2021	Online Guest Lecture on Counselling	42
2019-2020	Certificate Course in Fitness, Wellness and Stress Management	38
2017-2018	Short Term Course on Scientific Temperament	33

## M. U. College of Commerce

### Report

#### Certificate course in Yoga, Diet & Nutrition and Stress Management

No. of Days: 10

Duration: 1.5 Hours

Total Hours: 15 Hours

Total Credit: 1 Credit

No. of Students: 21

A Certificate course in Yoga Diet & Nutrition and Stress Management was conducted for T. Y. BCom student from 11<sup>th</sup> March, 2022 to 31<sup>st</sup> march, 2022 following speakers and experts of yoga diet & nutrition and street management were invited.

Dr. Arun Shinde - Director of Physical Education

Dr. Suman Pandey - Assistant Prof. Department of Physical Education SPPU

Ms. Shobha Mirchandani - Yoga and Zumba trainer

Ms. Sabha Sayyad - International Certified Zumba Trainer

Dr. Arun Shinde conducted a session on stress management and gave emphasis on deep breathing, well balance Diet regular exercise and positive thinking for managing the stress.

Dr. Suman Pandey conducted two session one session on diet & nutrition and another on lifestyle management. She's spoke on improvement of health and behavioral lifestyle. She also give tip for balance Diet & nutrition.

Ms. Shobha Mirchandani conducted five sessions on Yoga, Pranayam, meditation, Zumba and Power Zumba. For proper fitness.


Ms. Sabha Sayyad conducted two energetic sessions on advanced Zumba and Strong- nation.

  
Signature

**Dr. Pushpa S Pamnani**

**Course Coordinator**



  
**Principal**  
M. U. College of Commerce  
Pimpri, PUNE - 411 017.

**M. U. College of Commerce, Pimpri, Pune**  
Certificate Course in Yoga, Diet & Nutrition and Stress Management  
Attendance Sheet

Se. No	Name	11.03.22	14.03.22	15.03.22	21.03.22	22.03.22	23.03.22	24.03.22	25.03.22	26.03.22	30.03.22
1	Bhoomika Ranchand Jeswani	P	P	P	P	P	P	P	P	P	P
2	Aishwarya Uday Kumar	P	P	P	P	P	P	P	P	P	P
3	Shaikh Anjam Mehaboob	P	P	P	P	P	P	P	P	P	P
4	Sabina Salim Pathan	P	P	P	P	P	P	P	P	P	P
5	Simran Balram Aswani	P	P	P	P	P	P	P	P	P	P
6	Suthar Nidhi Ishvar	P	P	P	P	P	P	P	P	P	P
7	Riya Rajesh Motwani	P	P	P	P	P	P	P	P	P	P
8	Deepti Pradeep Pandey	P	P	P	P	P	P	P	P	P	P
9	Barkha Sunil Mulcha	P	P	P	P	P	P	P	P	P	P
10	Tiwari Priya Rakesh	P	P	P	P	P	P	P	P	P	P
11	Jyoti Soni	P	P	P	P	P	P	P	P	P	P
12	Priyanka Dharmendra	P	P	P	P	P	P	P	P	P	P
13	Ruchita Ajit Dhangade	P	P	P	P	P	P	P	P	P	P
14	Ruchika Ram	P	P		P		P	P		P	
15	Rohit Deshmukh	P		P	P		P	P		P	
16	Suleman Sayyad	P	P	P	P	P	P	P	P	P	P
17	Madhiafirdous Shaikh	P	P	P	P		P	P		P	
18	Johnson Gavhane	P	P	P	P	P	P	P	P	P	P
19	Meghana Vishwajeet Wadme	P	P	P	P	P	P	P	P	P	P
20	Sakshi Mane	P	P	P	P	P	P	P	P	P	P
21	Harjeet Lavina	P	P	P	P	P	P	P	P	P	P

**Dr. Pushpa S Pamnani**  
Coordinator




*Prad*  
**Principal**  
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