



JAI HIND SINDHU EDUCATION TRUST'S		
MANGHANMAL UDHARAM COLLEGE OF COMMERCE		
5.1.2		
Date	Name of the Activity	Beneficiaries
	Life Skills	
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

Report

The certificate Course in Fitness, Wellness and Stress Management was organized in the month of January, 2020, Dr. Arun Shinde (Associate Prof., C.A. college of Physical Education, Pune) was invited for the Inauguration of the course on 22nd January 2020. He delivered a lecture on 'Stress Management with some activities. About 38 students were enrolled for the course and all the sessions were activity based. Prof. Amarnath Gupta conducted practical session on 23rd January stress management on ground as well as in the classroom. On 24th January, Mrs. Smita Rajput conducted two sessions on Zumba and Aerobics. Mr. Praseek Gaikwad, Hypnotist and motivational speaker conducted 3hrs. session on Hypnotism and Stress Management. Dr. Rupesh Thopte (Associate Professor, Dr. Bharatratna B.R. Ambedkar College, Yerwada) and Prof. Vasant Pawar (retd. Professor and Yogamaster) took the practical sessions on Power Yoga, Meditation and Pranayam.

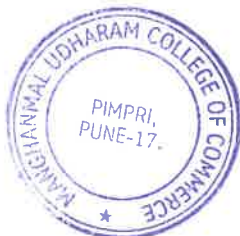

(Shakur Sayyad)


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



List of students Fitness, Wellness and Stress Mangement - 3 hrs per day.

Sr No.	Name	22-01-2020	23-01-2020	24-01-2020	29-01-2020	30-01-2020
1	Ledwani Priya	Ledwani	Priya	Priya	Priya	Priya
2	Ankita Gadaba	Ankita	Ankita	Ankita	Ankita	Ankita
3	Tejal Bagmar	Tejal	Tejal	Tejal	Tejal	Tejal
4	Anjali Gupta	Anjali	Anjali	Anjali	Anjali	Anjali
5	Kareena Guru	Kareena	Kareena	Kareena	Kareena	Kareena
6	Kaushik Pillay	Kaushik	Kaushik	Kaushik	Kaushik	Kaushik
7	Momin Alfuja	Momin	Momin	Momin	Momin	Momin
8	Rutuja Harish Disale	Rutuja	Rutuja	Rutuja	Rutuja	Rutuja
9	Ruchika Ram	Ruchika	Ruchika	Ruchika	Ruchika	Ruchika
10	Kunal Kumar Mishra	Kunal	Kunal	Kunal	Kunal	Kunal
11	Shubhada Kalamkar	Shubhada	Shubhada	Shubhada	Shubhada	Shubhada
12	Pinki R Pal	P.Pal	P.Pal	P.Pal	P.Pal	P.Pal
13	Kanchanlata P Yadav	Kanchan	Kanchan	Kanchan	Kanchan	Kanchan
14	Riya Valniki	Riya	Riya	Riya	Riya	Riya
15	Dhanshri Kadam	Dhanshri	Dhanshri	Dhanshri	Dhanshri	Dhanshri
16	Aarti Anmol	Aarti	Aarti	Aarti	Aarti	Aarti
17	Rajani Gaikwad	Rajani	Rajani	Rajani	Rajani	Rajani
18	Dakshata Bhosale	Dakshata	Dakshata	Dakshata	Dakshata	Dakshata
19	Priya K Relwani	Priya	Priya	Priya	Priya	Priya
20	Sakshi Shelar	Sakshi	Sakshi	Sakshi	Sakshi	Sakshi
21	Karuna Kumbhar	Karuna	Karuna	Karuna	Karuna	Karuna
22	Pooja Matkar	Pooja	Pooja	Pooja	Pooja	Pooja
23	Mansi Pawar	Mansi	Mansi	Mansi	Mansi	Mansi
24	Swarupa Khot	Swarupa	Swarupa	Swarupa	Swarupa	Swarupa
25	Sheetal Babar	Sheetal	Sheetal	Sheetal	Sheetal	Sheetal
26	Priyanka Salunke	Priyanka	Priyanka	Priyanka	Priyanka	Priyanka
27	Vaibhav Sundecha	Vaibhav	Vaibhav	Vaibhav	Vaibhav	Vaibhav
28	Ganesh Bhosale	Ganesh	Ganesh	Ganesh	Ganesh	Ganesh
29	Deepak Thakur	Deepak	Deepak	Deepak	Deepak	Deepak
30	Sahani Akash	Sahani	Sahani	Sahani	Sahani	Sahani
31	Bhavesh Choudary	BHVCH	BHVCH	BHVCH	BHVCH	BHVCH
32	Aishwarya Mulge	Aishwarya	Aishwarya	Aishwarya	Aishwarya	Aishwarya
33	Roshan Gupta	Roshan	Roshan	Roshan	Roshan	Roshan
34	Nikita More	Nikita	Nikita	Nikita	Nikita	Nikita
35	Rutika Hirbhagat	Rutika	Rutika	Rutika	Rutika	Rutika
36	Pratiksha Shinde	Pratiksha	Pratiksha	Pratiksha	Pratiksha	Pratiksha
37	Vikas Apaté	Vikas	Vikas	Vikas	Vikas	Vikas
38	Simran Aswani	Simran	Simran	Simran	Simran	Simran



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