



Anekant Education Society's  
**Tuljaram Chaturchand College**  
of Arts, Science and Commerce,  
Baramati - 413102 (MS) India.  
(Autonomous)  
**Department of Psychology  
and Yoga**



Organizes

## International Yoga Day

Workshop Coordinator

Principal

❖ **Day & Date:**  
Wednesday, 21<sup>st</sup> June 2019

❖ **Time:**  
10:00 am Onwards

❖ **Venue:**  
Yoga Hall,

❖ **Free Registration**  
❖ 10:00 am to 10:30 pm

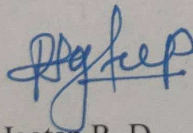
1. Students must present 15 min before workshop
2. ID card and Dress code is compulsor



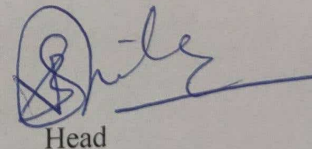
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Autonomous  
Department of Psychology and Yoga**

**International Yoga Day Celebration Report 21<sup>st</sup> June 2019**

International Yoga Day is celebrated worldwide on the 21st of June every year to promote the physical, mental, and spiritual benefits of practicing yoga. This year, our community joined the global celebration by organizing a special event at Gymkhana ground. Total 140 staff from teaching and non-teaching dept. were participate actively. Dr. Murumkar C. V. Principal also present for the event. The event aimed to raise awareness about the importance of yoga and encourage people to adopt a healthier lifestyle. The day began with an invigorating morning yoga session led by experienced yoga teacher Dr. Jagtap R. D. Participants gathered at Gymkhana ground as the sun rose, creating a serene and harmonious atmosphere. The session included various yoga asanas, pranayama, and meditation techniques, catering to practitioners of all levels. Dr. Jagtap share their insights on the benefits of yoga. They emphasized the role of yoga in promoting physical fitness, mental well-being, and stress management. Participants gained valuable knowledge about incorporating yoga into their daily lives. The success of the International Yoga Day celebration was evident in the overwhelming participation of Teaching and Non-teaching staff. The International Yoga Day celebration at Gymkhana ground was a resounding success, promoting the timeless practice of yoga and its manifold benefits.



Dr. Jagtap R. D.



Head

Dept. of Psychology and Yoga





International Yoga Day Celebration 21<sup>st</sup> June 2019 Inauguration



International Yoga Day Celebration June 2019 Practicing Asanas



Name	class	mobile No
1) Anushka Apsingekar	F.Y. BCS	9307883851
2) sanchita koli	11th	7151008210
3) Sakshi Bhilare	F.Y. B.Voc	9699470215
4) Saniya Mwanji	11th	91111275363
5) Vaishnavi Kadam	F.Y. B.Com	9519686815
6) Anushka Mohite	F.Y. B.A	9130470477
7) Sakshi Pawar	F.Y. B.com	9308403027
8) Desai Payal	F.Y. BCS	9604688020
9) Giramkar Devyani	F.Y. BCS	9822923517
10) Kolhattrkar Ishwari	S.Y. BSc	8767744214
11) Disha Jadhkar	B.Y. B.A.C.C.A	7507802243
12) Tanuja Ajabe	F.Y. BCS	8149312906
13) Sambodhi Bhosale	F.Y. B.Voc	8483991754
14) Amrapali Sonavane	F.Y. B.Voc	9970373575
15) Tanuja Demunde	12th Sci	8999622757
16) Jayali Pandurang Patil	F.Y. B.Voc RM	8010611653
17) Jayali Arund Lokhande	F.Y. BA.	9970738309
18) Anushka Dilip Shrivastav	F.Y. B.O (J)	9884497855
19) Shruti Santosh Navgire	F.Y. B.Com I	9284357261
20) Grauci Gaudgay	11th	9373726280
21) Shravani Satish Bankar	F.Y. BSC	7558617872
22) Kwat Harshada Balaso	F.Y. BSc	8055811258
23) Rushali Vinod Gulve	F.Y. BA	9021369970
24) Harshada Bhosale	F.Y. BCS	7558293360
25) Juilee S. More	F.Y. B.com	9699515223
26) Sanskruti Sandeep Dixit	F.Y. B. Voc.	9209767007
27) Pandharmise Rajnandini Kaka	F.Y. BSC	8421734933
28) Deshpande Shruti Atul	F.Y. B.Voc	9975970949
29) Jarande Neha Navnath	F.Y. BSc	8421954033
30) Hingane chaitrali Rahul	F.Y. BSc	9022989373
31) Nimbalkar Uttarksha Santosh	F.Y. BSc	8010677201
2) Chauhan Ashwini Ajit	F.Y. BSc	7387337497



Name	Class	Mobile no
1 Sayali Lokwad	F.Y. BA	9970738309
2 Laxmi Uhorpade	F.Y. BA	9922612120
3 Tanuja Demunde	12th Sci	8999622757
4 Pandharmise Rajnandini	F.Y. BSC	8421734939
5 Avishkar Manjule	F.Y. BA	8999713413
6 Karan Mir	f.y. voc. D.T	9022624821
7 Aditya More	F.Y. BA -	7249884939
8 Tushar Shendge	F.Y. Voc.	9689943056
9 Aniket Bhadaut	by BCS	9322739808
10 Umair Bagwan	F.Y. B.Voc f.y	9021127860
11 अमित सिताराम सपकड	E.J. B.Voc. F.Y	8080274731
12 Omkar Awaghade.	F.Y. B.Voc F.Y.	9112675135
13 Kartik Machale	F.Y. B.Com	9607946060
14 Om Koli	F.Y. B. Com	8830764040
15 Sameer More	F.Y. B.Voc D.T	8766038062
16 Samyak Bhalekar	F.Y. BA	8432382722
17 Kale Kashitija	F.Y. BA	7887517189
18 Amushka Mohite	f.y. B.A	9130470477
19 Hmrupali Sonawane	f.y. B.Voc	9970373575



Principal  
Principal  
Tuljaram Chaturchand College  
Baramati