

Report

Department of Chemistry,

Date : 04 /02 /2023

To,
The Principal,
Tuljaram Chaturchand College, Baramati

Subject : One Day Workshop on "Yoga" under the RUSA Scheme.

Respected Sir,

With your prior permission, One day workshop on Yoga was conducted on 1st February 2023 under the RUSA scheme. For this workshop total 104 students from M. Sc. II (Organic, Inorganic and Analytical Chemistry) were present. Mrs. Punam Thorat and Mrs. Pallavi Ovhal from Arogyam yoga and therapy centre, Chinchwad, Pune were the resource persons.

The workshop was divided into two sessions. It was conducted on terrace of conventional centre building. In first session, the two resource persons demonstrated the important yog-asanas for healthy life of students. All students and some faculty members were participated in this session.

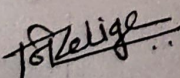
The second session was conducted in auditorium hall (Administrative building). In this session Mrs. Pallavi Ovhal and Mrs. Punam Thorat guided our student about following topics:

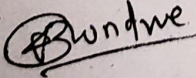
- 1) Stress Management
- 2) How to improve memory of students
- 3) Importance of yoga in day to day life for young generation.

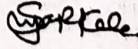
Along with this they explain and demonstrate importance of Laughter yoga (hasya yoga) and some brain boosting and strong memory building exercises such as hakini mudra and anguli sanchalana. We hope that this will help our student in their day to day life.

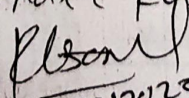
Dr. N. C. Dige welcomes the guest. Ms. F.H. Shaikh introduce of guest. The felicitation of resource person was done by our HOD Dr. S.R.Kale. Dr. S.R. Kale convey the introductory speech and Dr. R.S. Bhondwe deliver the vote of thanks. All faculty members also joined the programme.

This report is for your kind information.


Dr. N. C. Dige
Workshop Coordinator


Dr. R.S. Bhondwe
PG Coordinator


Dr. S. R. Kale
Head, Dept of Chemistry

Under RUSA

13/2/2023



Anekant Education Society's
Tuljaram Chaturchand College
of Arts, Commerce & Science Baramati, Dist. Pune
(Autonomous)
DEPARTMENT OF CHEMISTRY

One Day workshop on "Yoga"

Date: 1st February 2023

Time 11.00am Onwards

FEEDBACK FORM

Name of student : Ms. Pharande Prachi Kantilal

Class : M.sc.II (Analytical chemistey.)

Please express your view regarding following points:

1. Your opinion about the topic

.....
Thank you so much respected, teacher and
our guest to teach yoga. It is very useful
in daily life for youth people and student
.....

2. Overall Impact of Workshop:

..... It's very useful workshop.....
the guest teacher conducted.....
a very well workshop.....
.....

3. Suggestions if any :

.....
NO
.....
.....

Pharande
Signature



Organic Chemistry

01/02/23

Anekant Education Society's
Tuljaram Chaturchand College of Arts, Science and Commerce, Baramati
(Autonomous)
(2022-23)

Session I

One Day Workshop on Yoga Attendance Sheet

Sr. No	Roll No	Class	Specialization	Name of student	Sign
1)	16196	MSc II	org. chem	khatankar P.R.	
2)	16144	MSc-II	Org. chem.	Metakari A.D.	
3)	16150	MSc-II	org. chem	Kale V.K.	
4)	16186	MSc-II	org. chem	Masal Gauri V.	
5)	1618	MSc-II	org. chem	sangawar P.S	
6)	16185	MSc-II	org. chem	saryad N.G	
7)	16183	MSc-II	org. chem	Pandhari P.P	
8)	16184	MSc-II	org. chem	Fugare N.G.	
9)	16158	MSc-II	org. chem	pawar K.N	
10)	16163	MSc-II	org. chem	Kale G.S	
11)	16193	MSc-II	org. chem.	Shendkar P.J.	
12)	16198	MSc-II	org. chem.	Pise Anil balu	
13)	16191	M.Sc-II	Org. Chem.	Satav S.S.	
14)	16146	MSc-II	Org. Chem	Shinde Rahul Mahavir	
15)	16142	MSc-II	Organic chemistry	Mulani Arshad Shamshuddin	
16)	16190	M.Sc II	organic chem.	Narale sachin Hanuman	
17)	16154	M.Sc II	— II —	Zinjurete Kiran P.	
18)	16141	MSc-II	— II —	Kapare Ranjit Ravindra	
19)	16197	M.Sc-II	— II —	Shinde pratik Kiran	
20)	16153	M.Sc-II	Org. Chem.	Jagtap Koustubh Amol.	
21)	16160	M.Sc-II	— II —	Pawar Purushottam T.	
22)	16157	M.Sc-II	— II —	Ballal Dhananjay D.	
23)	16201	M.Sc-II	— II —	Navle saurabh Satish	
24)	16155	MSc-II	org.chem.	Pawar Kedar G.	



Session II
One Day Workshop on Yoga
Attendance Sheet

Sr. No	Roll No	Class	Specialization	Name of student	Sign
1.	16159	Msc-II	organic chem	Jagtap chaiteali Anil	<u>Jagtap</u>
2.	16150	Msc-II	organic chem	Kale Varsha Khandu	<u>Kale</u>
3.	16196	Msc-II	organic chem	Khatavkar P. R.	<u>Khatavkar</u>
4.	16184	Msc-II	organic chem	Fugare Nisha Gorakh	<u>Fugare</u>
5.	16183	Msc-II	org. chem	Pandhari P. P.	<u>Pandhari</u>
6.	16144	Msc-II	org. chem	Metakari A. D.	<u>Metakari</u>
7.	16187	Msc-II	org. chem	Sangawar P. S.	<u>Sangawar</u>
	16185	Msc-II	org. chem	Sastry N. G.	<u>Sastry</u>
8.	16186	Msc-II	org. chem	Masal G. V.	<u>Masal</u>
9.	16158	Msc-II	org. chem	Pawar K. N.	<u>Pawar</u>
10)	16193	Msc-II	org. chem	Shendkar P. J.	<u>Shendkar</u>
11)	16163	Msc-II	org. chem	Kale G. S.	<u>Kale</u>
12)	16198	Msc-II	org. chem	Pise Anil balu	<u>Pise</u>
13)	16191	M.Sc-II	Org. Chem	Satav S. S.	<u>Satav</u>
14)	16146	Msc-II	Org.	Shinde Rahul Mahavir	<u>Shinde</u>
15)	16142	Msc-II	Organic chemistry	Mulani Arshad Shamsuddin	<u>Mulani</u>
16)	16190	M.Sc-II	organic chemistry	Narale sahin Hanuman	<u>Narale</u>
17)	16154	M.Sc-II	— II —	Zinjurate Kiran P.	<u>Zinjurate</u>
18)	16141	M.Sc-II	— II —	Kapare Ranjit Ravindra	<u>Kapare</u>
19)	16197	M.Sc-II	— II —	Shinde pratik kiran	<u>Shinde</u>
20)	16153	Msc-II	Org. Chem	Jagtap Koustubh Anil	<u>Jagtap</u>
21)	16160	Msc-II	— II —	Pawar Purushottam T.	<u>Pawar</u>
22)	16157	M.Sc-II	— II —	Ballal Dhananjay D.	<u>Ballal</u>
23)	16201	M.Sc-II	— II —	Navle Sayeebh satish	<u>Navle</u>
24)	16155	Msc-II	org. chem	Pawar Kedar Ghansham	<u>Pawar</u>



01/02/23.

Analytical Chemistry

Anekant Education Society's
Tuljaram Chaturchand College of Arts, Science and Commerce, Baramati
Session 5
(Autonomous)
(2022-23)

One Day Workshop on Yoga
Attendance Sheet

Sr. No	Roll No	Class	Specialization	Name of student	Sign
1)	16468	Msc II	Analytical	Bhaite Pooja Sanjay	Pratik
2)	16504	Msc II	Analytical	Sonawane Prashali P.	Pratik
3)	16505	Msc II	Analytical	Pharande Prachi K.	Pratik
4)	16462	M.Sc II	Analytical	Sirsat Tejasvi B.	Pratik
5)	16503	M.Sc II	Analytical	Bhosale aditi G.	Pratik
6)	16515	Msc II	Analytical	Parvate Mayuri R.	Pratik
7)	16471	Msc-II	Analytical	Gatkewad Sonali B.	Pratik
8)	16506	-	-	Jadhav Akanksha S.	Pratik
9)	16472	Msc-II	Analytical	Tekawade Bhagyashree S.	Pratik
10)	16474	Msc-II	Analytical	Latkar Akshada Dnyaneshwar	Pratik
11)	16473	Msc-II	Analytical	Salunke Akshada Suresh	Pratik
12)	16463	Msc-II	-	Lokhande chaitrali H.	Pratik
13)	16516	Msc-II	Analytical	Mulik shradha S.	Pratik
14)	16466	Msc-II	Analytical	Thorat pratiksha S.	Pratik
15)	16481	M.Sc II	-	Patil Sagar Pandurang	Pratik
16)	16467	M.Sc II	Analytical	More Akash Navnath	Pratik
17)	16483	Msc-II	Analytical	Gatkewad punit mahar	Pratik
18)	16482	Msc-II	Analytical	Atole Vishal Y.	Pratik
19)	16480	Msc-II	-	Kadam pravin mahadev	Pratik
20)	16470	Msc-II	Analytical	Maskad Akshay Mahadev	Pratik
21)	16512	Msc-II	Analytical chem	Londhe Nizraj subhash	Pratik
22)	16466	M.Sc-II	Analytical chem.	Thorat pratiksha R.	Pratik
23)	16461	M.Sc-II	Analytical chem.	Jagtap Aniket Balaso	Pratik
24)	16511	M.Sc-II	Analytical chem	shinde chaitanya Dilip	Pratik
25)	16476	M.Sc-II	Analytical chem	Gadadare Rohit Shamrao	Pratik
26)	16479	M.Sc II	Analytical chem	Mandhore Aakash Anil	Pratik
27)	16469	Msc II	Analytical chem	Kolekar Kishor nameesh	Pratik
28)	16477	Msc II	Analytical chem	Kshirsagar Suraj S.	Pratik



Energy Analytic Chemistry

Anekant Education Society's
Tuljaram Chaturchand College of Arts, Science and Commerce, Baramati
(Autonomous)
(2022-23)

Session II

One Day Workshop on Yoga Attendance Sheet

Sr. No	Roll No	Class	Specialization	Name of student	Sign
1)	16472	Msc-II	Analytical	Tekawade Bhagyashree S.	
2)	16474	Msc-II	Analytical	Latkar Akshada Dnyaneshwar	
3)	16473	Msc-II	Analytical	Salunke Akshada Suresh	
4)	16463	Msc-II	-II-	Lokharde Chaitraveli H.	
5)	16503	Msc-II	-II-	Bhosale Aditi G.	
6)	16462	Msc-II	-II-	Shirsat Tejasvi B.	
7)	16471	Msc-II	Analytical	Gaikwad Sonali B.	
8)	16468	Msc-II	Analytical	Bhoite Pooja Sanjay	
9)	16504	Msc-II	Analytical	Sonawane Prashali P.	
10)	16505	Msc-II	Analytical	Pharande Prachi K.	
11)	16515	Msc-II	Analytical	Panaskar Mayuri R.	
12)	16506	Msc-II	Analytical	Jadhav Akanksha S.	
13)	16516	Msc-II	Analytical	Mulik Shradha S.	
14)	16481	-II-	Analytical	Poze Sagar Pandurang	
15)	16467	-II-	Analytical	More Akash Navnath	
16)	16483	-II-	Analytical	Gaikwad Punit M.	
17)	16482	-II-	Analytical	Atole Vishal Vijay Kumar	
18)	16511	Msc-II	Analytical chem	Shinde Chaitanya Dilip	
19)	16466	Msc-II	Analytical chem.	Thorat Pratishtha R.	
20)	16512	Msc-II	Analytical chem	Londhe Niraj Subhash	
21)	16470	Msc-II	Analytical chem	Morkad Akshay Mahadev	
22)	16461	Msc-II	Analytical chem.	Jagtap Aniket Balasa.	
23)	16476	Msc-II	Analytical chem.	Gachare Rohit Shamsad	
24)	16479	Msc-II	Analytical Chem	Mandhare Akash Anil	
25)	16469	Msc-II	Analytical Chem	Kolekar Kishor Ramesh	
26)	16477	Msc-II	Keshirsagar Suraj	Kshirsagar Suraj Sunil	



Inorganic Chemistry

01/02/23.

Anekant Education Society's
Tuljaram Chaturchand College of Arts, Science and Commerce, Baramati
(Autonomous)
(2022-23)

One Day Workshop on Yoga Attendance Sheet

Session I

Date: 01st February 2023

Sr. No	Roll No	Class	Specialization	Name of student	Sign
1	16356	MSc-II	Inorganic chemistry	Pujari Yashnavi D.	
2	16316	MSc-II	Inorg. chem.	Bhoite Komal N.	
3	16346	MSc-II	Inorg. chem	Sauvnt Kalyani K	
4	16319	MSc-II	Inorg. chem	Jawale. Rupali	
5	16820	MSc-II	Inorg. chem	kaule. Damini	
6)	16347	MSc-II	Inorg. chem.	shinde snehal B.	
7)	16808	MSc-II	Inorg chem	Somvanshi Rutika	
8)	16353	MScII	Inorg chem	Jadhav shrudika	Jadhav S.D.
9)	16354	MScII	Inorg. chem	Ingaule Shital K	Ingaule PSK
10)	16805	MScII	Inorg chem.	pisal Prati B.	
11)	16315	MScII	Inorg. chem	Patmas saloni A	Patmas
12)	16314	MScII	Inorg. chen	Arjun Bhagyashree	
13)	16322	MScII	InOrg. chem	Nanaware M. N	
14)	16313	MSc-II	Inorganic	Dhawade Rahul M.	
15)	16345	MSc-II	Inorganic	Gawade Dinesh P	
16)	16309	-	-	Nanaware Anup J.	
17)	16342	-II-	-II-	Atole Nikhil N.	
18)	16351	-II-	-II-	Khambal Atul Sureshdev	
19)	16349	M-II-	-II-	Chhatye Akhil prakash	
20)	16343	-II-	-II-	Atole sahil Dattatray	
21)	16324	-II-	-II-	shinde vaishnavi C.	
22)	16311	-II-	-II-	Tembare monali. V.	



Inorganic Chemistry

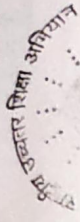
Anekant Education Society's
Tuljaram Chaturchand College of Arts, Science and Commerce, Baramati
(Autonomous)
(2022-23)

Session I

One Day Workshop on Yoga Attendance Sheet

Sr. No	Roll No	Class	Specialization	Name of student	Sign
1)	16314	Msc-II	Inorg. chem	Arjun Bhagyashree D.	Arjun
2)	16315	Msc II	Inorg. chem	Patmas saloni A.	Patmas
3)	16322	Msc-II	Inorg. chem	Nanaware mayuri R.	Nanaware
4)	16305	Msc-II	Inorg. chem.	Pisal Priti B.	Pisal
5)	16316	Msc-II	Inorg. Chem	Bhoite Komal N.	Komal
6)	16303	Msc II	Inorg. chem	Puri Nayan B.	Puri
7)	16317	Msc.I	Inorg. chem	Kore Prerna J.	Prerna
8)	16356	Msc-II	Inorg. chem.	Pujari Vaishnavi D.	Pujari
9)	16353	Msc II	Inorg. chem	Jadhav shrutika	Jadhav
10)	16308	Msc II	Inorg. chem	Somvanshi Rutika	Rutika
11)	16354	Msc II	Inorg. chem	Ingaule Shital K.	Ingaule
12)	16347	Msc II	Inorganic chem	Shinde snehal B.	Shinde
13)	16346	Msc II	Inorganic chem.	Sawant Kalyani K.	Sawant
14)	16345	Msc-II	Inorganic	Gawade Dinesh P.	Gawade
15)	16313	-II-	-II-	Jhavade Rahul M.	Jhavade
16)	16304	-II-	-II-	Nanavare Anup J.	Anup
17)	16342	-II-	-II-	Atole Nikhil N.	Atole
18)	16351	-II-	-II-	Kharat Atul Sakhadev	Kharat





**Arekant Education Society's
Tuljaram Chaturchand College
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NAAC Peraccredited A+, CCPA 3.75, Religious Minority Institute, ISO 21001-2018 Certified, Educational Organisation Management System, Green Education Campus, Environmental Management System, Gender Equality, Energy Management System. Best College Awarded-SPPU, Best Principal Awarded- SPPU.

Sample
Copy

**One Day Workshop on YOGA
Organized By
Department of Chemistry
Certificate**

This is certify that, Mr./Miss. _____ has actively participated in one day workshop on "Yoga" Organized by Department of Chemistry, Tuljaram Chaturchand College of Arts, Science and Commerce, Baramati. In association with Rashtriya Uchchatai Shiksha Abhiyan (RUSA) held on 01st February, 2023.



Dr. N. C. Dige

Dr. N. C. Dige
Workshop Coordinator

Dr. R. T. Sapkal

Dr. R. T. Sapkal
RUSA Coordinator
(College)

Dr. R. T. Sapkal
RUSA Coordinator
(College)

Dr. C. V. Murumkar
Principal

Department of Chemistry