

Maniben M. P. Shah Mahila Arts College, Kadi

Circular

Date: 01/06/2021

This is to inform all the students that the IQAC of the college is going to Organize “**Skill Enhancement Course**” on “**Life Skill- Yoga and Fitness**” during 07/06/2021 to 13/06/2021. Please do registration on or before the last date for registration 05/06/2021.

M.S. Thakur

ND

Principal

Principal
Maniben M. P. Shah Mahila Arts College
Kadi - (N.G.) - 382 715.



Skill Enhancement Course

in
Life Skill – Yoga and Fitness

Organized by,

Internal Quality Assurance Cell (IQAC)

Maniben M. P. Shah Mahila Arts College, Kadi
(NAAC Accredited “B” Grade (2.48 CGPA))

Managed By

M. P. Shah Education Society, Kadi

Date: 07th June to 13th June 2021

Last Date of Registration: 05th June, 2021

Fees: No any Registration Fee

All Participants will get Certificate

*Those students who are interested to do this Workshop Kindly
Contact College Admin Office

IQAC Coordinator



Prin. Dr.Hina M. Patel
(M) 9925032421
Tel. (O) (02764) 242072
Fax. 02764-242072

Maniben M.P. Shah Mahila Arts College, Kadi

Kalol Road, Nr. Petrol Pump, Highway, KADI-384 440 (North Gujarat) India

(Managed by M.P.Shah Education Society,Kadi)

Website : www.mahilaartskadi.org

Email : mmsmac@yahoo.com

Email : prinmpatel@gmail.com

NAAC ACCREDITED "B" GRADE (2.48 CGPA)

Ref. No. P/2021-22

Date : 14/06/2021

Skill Enhancement Course Report: Life Skill - Yoga and Fitness

Duration: 7th June to 13th June, 2021

Introduction:

The Skill Enhancement Course on Life Skill - Yoga and Fitness, held Program was organized by IQAC, Maniben M. P. Shah Mahila Arts College during June 7 to June 13, 2021, aimed to promote holistic well-being among students through the practice of yoga and fitness activities. Prof. Madhuben S. Thakor, an experienced educator specializing in physical education, served as the resource person, guiding students on the path to physical and mental wellness. Total 50 students have participated in this program.

Course Overview:

The course curriculum was designed to introduce students to the principles and practices of yoga and fitness, focusing on enhancing physical strength, flexibility, and mental clarity. Through a combination of theoretical knowledge and practical exercises, students were encouraged to adopt a healthy lifestyle and cultivate inner balance.

Objectives:

To introduce students to the philosophy and principles of yoga for holistic well-being.

To teach students various yoga asanas (postures) and pranayama (breathing exercises) for physical and mental fitness.

To promote awareness of the importance of regular physical activity and its benefits.

To impart techniques for stress management and relaxation through yoga and meditation.

Session Highlights:

Yoga Philosophy and Principles: The Expert conducted sessions on the philosophy of yoga, its historical roots, and its relevance in modern times. Students learned about the eight limbs of yoga and their significance in achieving balance and harmony in life.

Yoga Asanas and Pranayama: Practical sessions were held to teach students various yoga asanas and pranayama techniques. The Expert demonstrated correct posture alignment and breathing techniques, ensuring safety and effectiveness in practice.

Fitness Workouts: Students participated in fitness workouts aimed at improving cardiovascular health, muscular strength, and endurance. The Expert led exercises such as aerobics, calisthenics, and circuit training to promote overall physical fitness.

Stress Management and Meditation: The Expert guided students in relaxation techniques and meditation practices to alleviate stress and promote mental well-being. Mindfulness meditation and guided imagery sessions were conducted to enhance focus and concentration.

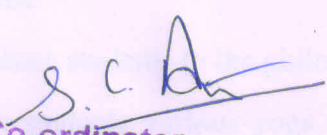
Outcome:

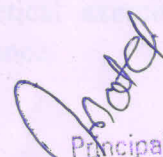
The Skill Enhancement Course on Life Skill - Yoga and Fitness provided students with valuable tools and techniques for improving their physical and mental well-being. Participants demonstrated increased flexibility, strength, and mindfulness, along with a greater appreciation for the importance of regular exercise and stress management practices.

Conclusion:

The Skill Enhancement Course served as a transformative experience for students, empowering them to lead healthier and more balanced lives through the practice of yoga and fitness activities. Prof. Madhuben S. Thakor's expertise and guidance were instrumental in fostering a culture of well-being among participants, equipping them with lifelong skills for personal growth and self-care.

This report encapsulates the essence of the Skill Enhancement Course on Life Skill - Yoga and Fitness, highlighting its objectives, session highlights, outcomes, and the significant role played by Prof. Madhuben S. Thakor in promoting physical and mental wellness among students.


Co-ordinator
IQAC
Maniben M.P.Shah Mahila
Arts College, Kadi


Principal
Maniben M. P. Shah Mahila Arts College
Kadi - (N.G.) - 382 715.

Skill Enhancement Course (Life Skill – Yoga and Fitness)					
Maniben M. P. Shah Mahila Arts College, Kadi					
Training Date: 07/06/2021 to 13/06/2021					
Training Time			From: 09:00 AM	To 12:00 AM	
Language & Communication Skill					
Details of Student					
Sr. No.	M/F	Name	Roll No.	Subject	Year (FY/SY)
1	F	CHAVDA DHARABEN MAHESHBHAI	69	Economics	SY
2	F	DALAL MAHERINBANU MAHEBUBBHAI	70	Economics	SY
3	F	DARJI PRIYA VINODBHAI	71	Economics	SY
4	F	DABHI ARTIBEN NAVUJI	72	Economics	SY
5	F	DABHI VIDHIBEN VIKRAMSINH	73	Economics	SY
6	F	DESAI MANASI KLAYAN	74	Economics	SY
7	F	DETROJA DHURVI DINESHBHAI	75	Economics	SY
8	F	DESAI ASHABEN KANUBHAI	76	Economics	SY
9	F	MALI NIKETABEN GANPATBHAI	77	Economics	SY
10	F	PATEL BANSRI NARENDRABHAI	78	Economics	SY
11	F	PATEL CHARMIBEN BHARATBHAI	79	Economics	SY
12	F	PARMAR BHOOMI KISHORBHAI	80	Economics	SY
13	F	PARMAR ANJALIBEN MANUBHAI	81	Economics	SY
14	F	PRAJAPATI PRIYANKABEN BABUBHAI	82	Economics	SY
15	F	PRAJAPATI ANISHABEN GORDHANBHAI	83	Economics	SY
16	F	PRAJAPATI KHUSHIBEN ROHITKUMAR	84	Economics	SY
17	F	PRAJAPATI ITISHABEN SURESHBHAI	85	Economics	SY
18	F	PRAJAPATI ANCHAL MAHESHBHAI	86	Economics	SY
19	F	RAVAL PINKIBEN BIPINBHAI	87	Economics	SY
20	F	RAVAL DIPIKABEN RAJUBHAI	88	Economics	SY
21	F	RABARI DHANIBEN SOMABHAI	89	Economics	SY
22	F	RABARI PAYALBEN DHARAMSINHBHAI	90	Economics	SY
23	F	SADHU NIKITABEN NAVNITBHAI	91	Economics	SY
24	F	SOLANKI DHARMISTHABA VIKRAMSINGH	92	Economics	SY
25	F	SOLANKI USHABEN HARJIBHAI	93	Economics	SY
26	F	SOLANKI FALGUNIBEN JYANTIBHAI	94	Economics	SY
27	F	SOLANKI SANJANABEN DINESHBHAI	95	Economics	SY
28	F	THAKOR PINJAL SAVDHANJI	96	Economics	SY

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31	F	THAKOR ROSHNIBEN UDAJI	101	Economics	SY
33	F	THAKOR ROSHNIBEN UDAJI	102	Economics	SY
34	F	RATHOD CHHAYABEN ARVINDSINH	103	Economics	SY
35	F	THAKOR KINJALBEN RAJUJI	104	Economics	SY
36	F	VALAND RIYABEN DILIPBHAI	105	Economics	SY
37	F	VARATIYA AMISHABEN VISHNUBHAI	114	English	SY
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45	F	PRAJAPATI RAJVI HASHMUKHBHAI	123	English	SY
46	F	PRAJAPATI NIDHI KIRITKUMAR	124	English	SY
47	F	SAIYAD MISBA MIYODIT MIYA	125	English	SY
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50	F	THAKOR NIKITABEN BHARATJI			

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Skill Enhancement Course (Life Skill – Yoga and Fitness)

Maniben M. P. Shah Mahila Arts College, Kadi

Training Date: 07/06/2021 to 13/06/2021

Training Time

From: 09:00 AM

To 12:00 AM

Language & Communication Skill

Details of Student

07/06/2021

Sr. No.	M/F	Name	Roll No.	Subject	Year (FY/SY)	P/A
1	F	CHAYDA DHARABEN MAHESHBHAI	69	Economics	SY	P
2	F	DALAL MAHERINBANU MAHEBUBBHAI	70	Economics	SY	P
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Total Students	50
Present	49
Absent	1

Trainer's Name:

Signature: *M. S. Tankar*

ms

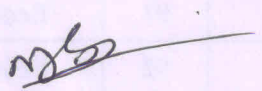
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Total Students	50
Present	45
Absent	5

Trainer's Name: M. S. Thakur
Signature: 


Principal
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Kadi - (N.G.) - 382 715.

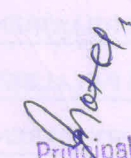
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Total Students	50
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Trainer's Name: M. S. Thakor

Signature: 


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Maniben M. P. Shah Mahila Arts College, Kadi

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10/06/21

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8	F	DESAI ASHABEN KANUBHAI	76	Economics	SY	P
9	F	MALI NIKETABEN GANPATBHAI	77	Economics	SY	P
10	F	PATEL BANSRI NARENDRABHAI	78	Economics	SY	P
11	F	PATEL CHARMIBEN BHARATBHAI	79	Economics	SY	P
12	F	PARMAR BHOOMI KISHORBHAI	80	Economics	SY	P
13	F	PARMAR ANJALIBEN MANUBHAI	81	Economics	SY	A
14	F	PRAJAPATI PRIYANKABEN BABUBHAI	82	Economics	SY	P
15	F	PRAJAPATI ANISHABEN GORDHANBHAI	83	Economics	SY	P
16	F	PRAJAPATI KHUSHIBEN ROHITKUMAR	84	Economics	SY	P
17	F	PRAJAPATI ITISHABEN SURESHBHAI	85	Economics	SY	P
18	F	PRAJAPATI ANCHAL MAHESHBHAI	86	Economics	SY	P
19	F	RAVAL PINKIBEN BIPINBHAI	87	Economics	SY	P
20	F	RAVAL DIPIKABEN RAJUBHAI	88	Economics	SY	P
21	F	RABARI DHANIBEN SOMABHAI	89	Economics	SY	P
22	F	RABARI PAYALBEN DHARAMSINHBHAI	90	Economics	SY	P
23	F	SADHU NIKITABEN NAVNITBHAI	91	Economics	SY	A
24	F	SOLANKI DHARMISTHABA VIKRAMSINGH	92	Economics	SY	P
25	F	SOLANKI USHABEN HARJIBHAI	93	Economics	SY	P
26	F	SOLANKI FALGUNIBEN JYANTIBHAI	94	Economics	SY	P
27	F	SOLANKI SANJANABEN DINESHBHAI	95	Economics	SY	P
28	F	THAKOR PINJAL SAVDHANJI	96	Economics	SY	P

29	F	THAKOR MINAXIBEN DASRATHJI	97	Economics	SY	p
30	F	THAKOR POOJABEN AJITBHAI	98	Economics	SY	p
31	F	THAKOR ARTIBEN BALDEVBHAI	99	Economics	SY	p
32	F	THAKOR ASHABEN BHAVANJI	100	Economics	SY	p
33	F	THAKOR ROSHNIBEN UDAJI	101	Economics	SY	p
34	F	RATHOD CHHAYABEN ARVINDSINH	102	Economics	SY	p
35	F	THAKOR KINJALBEN RAJUJI	103	Economics	SY	p
36	F	VALAND RIYABEN DILIPBHAI	104	Economics	SY	p
37	F	VARATIYA AMISHABEN VISHNUBHAI	105	Economics	SY	p
38	F	DABHI NAMRATABEN DASHRATHBHAI	114	English	SY	p
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45	F	PRAJAPATI RAJVI HASHMUKHBHAI	122	English	SY	p
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47	F	SAIYAD MISBA MIYODIT MIYA	124	English	SY	p
48	F	SOLANKI BHUMIKABEN SURESHBHAI	125	English	SY	p
49	F	THAKOR PARULBEN KUNVARJI	126	English	SY	p
50	F	THAKOR NIKITABEN BHARATJI	127	English	SY	p

Total Students	50
Present	47
Absent	3

Trainer's Name:

Signature:

M.S. Tumbay

Principal
Maniben M. P. Shah Mahila Arts College
Kadi - (N.G.) - 382 715.

Skill Enhancement Course (Life Skill – Yoga and Fitness)

Maniben M. P. Shah Mahila Arts College, Kadi

Training Date: 07/06/2021 to 13/06/2021

Training Time				From: 09:00 AM		To 12:00 AM	
9		Language & Communication Skill					
Details of Student							
Sr. No.	M/F	Name	Roll No.	Subject	Year (FY/SY)	P/A	
1	F	CHAVDA DHARABEN MAHESHBHAI	69	Economics	SY	P	
2	F	DALAL MAHERINBANU MAHEBUBBHAI	70	Economics	SY	P	
3	F	DARJI PRIYA VINODBHAI	71	Economics	SY	P	
4	F	DABHI ARTIBEN NAVUJI	72	Economics	SY	P	
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7	F	DETROJA DHURVI DINESHBHAI	75	Economics	SY	P	
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27	F	SOLANKI SANJANABEN DINESHBHAI	95	Economics	SY	P	
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29	F	THAKOR MINAXIBEN DASRATHJI	97	Economics	SY	p
30	F	THAKOR POOJABEN AJITBHAI	98	Economics	SY	p
31	F	THAKOR ARTIBEN BALDEVBHAI	99	Economics	SY	p
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34	F	RATHOD CHHAYABEN ARVINDSINH	102	Economics	SY	p
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Total Students	50
Present	47
Absent	3

Trainer's Name:

Signature:

M. S. Tumber
ms

Principal
Maniben M. P. Shah Mahila Arts College
Kadi - (N.G.) - 382 715.

Skill Enhancement Course (Life Skill – Yoga and Fitness)						
Maniben M. P. Shah Mahila Arts College, Kadi						
Training Date: 07/06/2021 to 13/06/2021						
Training Time				From: 09:00 AM	To 12:00 AM	
		Language & Communication Skill				
Details of Student						
Sr. No.	M/F	Name	Roll No.	Subject	Year (FY/SY)	P/A
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27	F	SOLANKI SANJANABEN DINESHBHAI	95	Economics	SY	P
28	F	THAKOR PINJAL SAVDHANJI	96	Economics	SY	A

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50	F	THAKOR NIKITABEN BHARATJI	127	English	SY	P

Total Students	50
Present	45
Absent	5

Trainer's Name:

Signature:

M. S. Tinker
ms

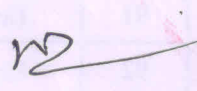
Principal
Maniben M. P. Shah Mahila Arts College
Kadi - (N.G.) - 382 715.

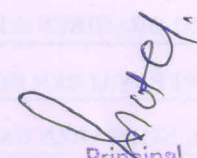
Skill Enhancement Course (Life Skill – Yoga and Fitness)						
Maniben M. P. Shah Mahila Arts College, Kadi						
Training Date: 07/06/2021 to 13/06/2021						
Training Time				From: 09:00 AM	To 12:00 AM	
		Language & Communication Skill				
Details of Student						13/06/21
Sr. No.	M/F	Name	Roll No.	Subject	Year (FY/SY)	P/A
1	F	CHAV DA DHARABEN MAHESHBHAI	69	Economics	SY	P
2	F	DALAL MAHERINBANU MAHEBUBBHAI	70	Economics	SY	P
3	F	DARJI PRIYA VINODBHAI	71	Economics	SY	P
4	F	DABHI ARTIBEN NAVUJI	72	Economics	SY	P
5	F	DABHI VIDHIBEN VIKRAMSINH	73	Economics	SY	P
6	F	DESAI MANASI KLAYAN	74	Economics	SY	P
7	F	DETROJA DHRUVI DINESHBHAI	75	Economics	SY	A
8	F	DESAI ASHABEN KANUBHAI	76	Economics	SY	P
9	F	MALI NIKETABEN GANPATBHAI	77	Economics	SY	P
10	F	PATEL BANSRI NARENDRABHAI	78	Economics	SY	P
11	F	PATEL CHARMIBEN BHARATBHAI	79	Economics	SY	P
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13	F	PARMAR ANJALIBEN MANUBHAI	81	Economics	SY	A
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Total Students	50
Present	45
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Trainer's Name: M. S. Tink

Signature: 

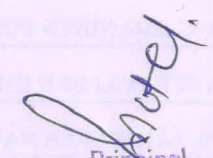

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Trainer's Name: M. S. T. J.

Signature: 


Principal
Maniben M. P. Shah Mahila Arts College
Kadi - (N.G.) - 382 715.



Smt. M. M. Shah Mahila Arts College, Kadi
MANIBEN M. P. SHAH MAHILA ARTS COLLEGE - KADI
Managed by
Meghji Pethraj Education Society, Kadi



Certificate

This is to certify that Mum./Smt./Shri Thakor Nikitaben Bhavati
has successfully completed Life Skill Course Yoga and Fitness
from 07/06/2021 to 13/06/2021 with A grade.

Date : 13/06/2021
Place : Kadi


Programme Co-Ordinator
Smt. M.M.Shah Mahila Arts College, Kadi


Principal
Smt. M.M.Shah Mahila Arts College, Kadi



Smt. M. M. Shah Mahila Arts College, Kadi
MANIBEN M. P. SHAH MAHILA ARTS COLLEGE - KADI
Managed by
Meghji Pethraj Education Society, Kadi



Certificate

This is to certify that Mum./Smt./Shri Patel Bansari Naredra bhai
has successfully completed Life Skill Course Yoga and Fitness
from 07/06/2021 to 13/06/2021 with A grade.

Date : 13/06/2021
Place : Kadi


Programme Co-Ordinator
Smt. M. M. Shah Mahila Arts College, Kadi


Principal
Smt. M. M. Shah Mahila Arts College, Kadi



Smt. M. M. Shah Mahila Arts College, Kadi
MANIBEN M. P. SHAH MAHILA ARTS COLLEGE - KADI
Managed by
Meghji Pethraj Education Society, Kadi



Certificate

This is to certify that Kum./Smt./Shri. Solenbi Rajulben Ashishsinh
has successfully completed Life Skill Course Yoga and fitness
from 7/06/2021 to 13/06/2021 with A grade.

Date : 13/06/2021
Place : Kadi


Programme Co-Ordinator
Smt. M.M. Shah Mahila Arts College, Kadi


Principal
Smt. M.M. Shah Mahila Arts College, Kadi

Time Table				
NAME OF COLLEGE : MANIBEN M.P SHAH MAHILA ARTS COLLEGE,KADI				
Life Skill- Yoga and Fitness				
Prof. Madhuben S. Thakor				
DATE- 07/06/2021 to 13/06/2021			TOTAL DAYS-7	
SR.NO	DATE	TIME	TOPIC NAME	TOTAL HOURS
1	07/06/2021	9.00 to 12.00	Surya Namaskar: methods and benefits	03 Hours
2	08/06/2021	9.00 to 12.00	Effect of Yoga on Physiological system: Circulatory	03 Hours
3	09/06/2021	9.00 to 12.00	Practical	03 Hours
4	10/06/2021	9.00 to 12.00	Skeletal	03 Hours
5	11/06/2021	9.00 to 12.00	Practical	03 Hours
6	12/06/2021	9.00 to 12.00	Digestive	03 Hours
7	13/06/2021	9.00 to 12.00	Nervous	03 Hours


 Principal
 Maniben M. P. Shah Mahila Arts College
 Kadi - (N.G.) - 382 715.