

Maniben M. P. Shah Mahila Arts College, Kadi

Circular

Date: 26/09/2023

This is to inform all the students that the IQAC of the college is going to Organize “Skill Enhancement Course” on “Life Skill - Asana, Pranayama and Meditation Level - 1” during 03/10/2023 to 13/10/2023. Please do registration on or before the last date for registration 30/09/2023.

MSE

Maniben
Principal

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



KNOWLEDGE IS SELF-REPAIRING

Skill Enhancement Course in Life Skill – Asana, Pranayama and Meditation Level-1

Organized by,

Internal Quality Assurance Cell (IQAC)

Maniben M. P. Shah Mahila Arts College, Kadi

Managed By

M. P. Shah Education Society, Kadi

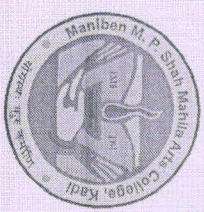
Date: 03rd Oct. to 13th Oct., 2023

Last Date of Registration: 30th Sept., 2023

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 : prinhhmpatel@gmail.com

NAAC ACCREDITED "B" GRADE (2.48 CGPA)

Ref. No. P/2023-24

Date : 14/10/2023

Skill Enhancement Report: Asana, Pranayama, and Meditation (Level 1)

Date: 3rd October to 13th October, 2023

Introduction:

Prof. Madhuben S. Thakor Program was organized by IQAC, Maniben M. P. Shah Mahila Arts College during 3th October, 2023 to 13th October, 2023. A foundational workshop on Asana (yoga postures), Pranayama (breathing techniques), and Meditation at Level 1 for a group of 37 students during the specified period. The workshop aimed to introduce students to the fundamentals of yoga and mindfulness practices, promoting physical, mental, and emotional well-being.

Key Highlights:

Introduction to Basics: The workshop began with an introduction to basic yoga principles, including alignment, breath awareness, and relaxation techniques, laying the foundation for further exploration of Asana, Pranayama, and Meditation.

Asana Practice: Students were guided through a series of basic yoga postures, focusing on correct alignment, breathing coordination, and mindful movement to improve flexibility, strength, and body awareness.

Pranayama Techniques: The Expert introduced students to various Pranayama techniques, such as deep breathing, alternate nostril breathing, and abdominal breathing, emphasizing their benefits for stress reduction, energy regulation, and mental clarity.

Meditation Practice: The workshop included guided meditation sessions to cultivate mindfulness, concentration, and inner peace, incorporating techniques such as breath awareness, body scanning, and loving-kindness meditation.

Holistic Approach: The Expert emphasized the holistic nature of yoga and mindfulness practices, encouraging students to integrate Asana, Pranayama, and Meditation into their daily routines for overall well-being and self-care.

Outcome:

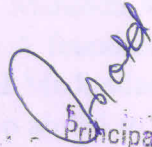
The Level 1 workshop on Asana, Pranayama, and Meditation facilitated by Prof. Madhuben S. Thakor provided students with a solid foundation in yoga and mindfulness practices,

empowering them to cultivate physical health, mental clarity, and emotional balance. Participants reported increased awareness of their bodies and breath, enhanced relaxation skills, and a greater sense of calm and inner peace. The workshop fostered a supportive learning environment where students felt encouraged to explore and deepen their practice at their own pace. Feedback from students indicated high satisfaction with the workshop content, instruction, and overall learning experience, highlighting its effectiveness in introducing them to the transformative power of yoga and meditation at the beginner level.

Self-Leadership Report: Asana, Pranayama, and Meditation (Level 1)

Date: 1st October to 13th October, 2023


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


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

Introduction to Asana: The workshop begins with an introduction to basic yoga principles, including alignment, breath awareness, and relaxation techniques, laying the foundation for further exploration of Asana, Pranayama, and Meditation.

Asana Practice: Students were guided through a series of basic yoga postures focusing on correct alignment, breathing coordination, and mindful movement to improve flexibility, strength, and body awareness.

Pranayama Techniques: The Expert introduced students to various Pranayama techniques, such as deep breathing, alternate nostril breathing, and abdominal breathing, emphasizing their benefits for stress reduction, energy regulation, and mental clarity.

Meditation Practice: The workshop included guided meditation sessions to cultivate mindfulness, concentration, and inner peace, incorporating techniques such as breath awareness, body scanning, and loving-kindness meditation.

Holistic Approach: The Expert emphasized the holistic nature of yoga and meditation practices, encouraging students to integrate Asana, Pranayama, and Meditation into their daily routines for overall well-being and self-care.

Feedback:

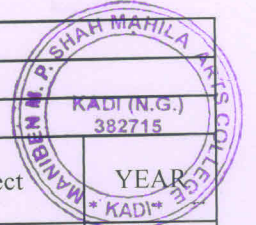
The Level 1 workshop on Asana, Pranayama, and Meditation facilitated by Prof. Maniben M. P. Shah provided students with a solid foundation in yoga and mindfulness practices.

Maniben M. P. Shah Mahila Arts College, Kadi

Skill Enhancement Course

Registration List

Sr. No.	M/F	Name	ROLL NO.	Subject	YEAR
1	F	DESAI HIRALBEN GABHUBHAI	1	Economics	FY
2	F	PRAJAPATI JINAL JAYANTIBHAI	2	Economics	FY
3	F	THAKOR NEHA CHANDAJI	3	Economics	FY
4	F	DESAI PRIYANKABEN SAGARBHAI	4	Economics	FY
5	F	RABARI PUNAM GOVINDBHAI	5	Economics	FY
6	F	VAGHELA SUREKHA BHIKHABHAI	6	Economics	FY
7	F	SIPAI SIMRAN MEMUDBHAI	26	Economics	FY
8	F	KURESHI KAMARUNNISHA ZAKIRHUSEN	35	Gujarati	FY
9	F	THAKOR POONAM ISHWARJI	36	Gujarati	FY
10	F	RAVAL ARATIBEN SURESHBHAI	48	Gujarati	FY
11	F	SHAH KAVERI MOHANBHAI	49	Gujarati	FY
12	F	THAKOR ANJALI VISHNUJI	70	Psychology	FY
13	F	RABARI PAYAL AMRATBHAI	71	Psychology	FY
14	F	KHARADI KOMALBEN KANTILAL	72	Psychology	FY
15	F	PRAJAPATI BINAL RAJESHBHAI	84	Psychology	FY
16	F	DANTANI NISHA NARESHBHAI	85	Psychology	FY
17	F	CHIAUHAN RAMILABEN VADANSINH	86	Psychology	FY
18	F	PRAJAPATI TRUSHABEN PANKAJBHAI	87	Psychology	FY
19	F	PRAJAPATI GRISHMA KALUBHAI	92	Sociology	FY
20	F	SOLANKI KIRANBA VINUBHA	93	Sociology	FY
21	F	UPADHYAY STUTI JITENDRABHAI	94	Sociology	FY
22	F	PATEL POOJA SOMABHAI	95	Sociology	FY
23	F	RAVAL ANISHA AMARATBHAI	96	Sociology	FY
24	F	CHAVADA KOMALBEN CHATURBHAI	97	Sociology	FY
25	F	SANKHAT MITTAL PRAVINBHAI	98	Sociology	FY
26	F	SOLANKI SONAL ASHISHSINH	106	History	FY
27	F	PRAJAPATI SALONI VINODBHAI	108	History	FY
28	F	SOLANKI MEGHANABEN DINESHBHAI	109	History	FY
29	F	VAGHELA MINAXI RAJENDRASINH	110	History	FY
30	F	ZALA RADHIKA PRAVINSINH	111	History	FY
31	F	ZALA SONALBA MAHENDRASINH	112	History	FY
32	F	RAVAL TULSI JASHAVANTBHAI	113	History	FY
33	F	RABARI ZALAK NARANBHAI	114	History	FY
34	F	DESAI ANUBEN VIRAMBHAI	115	History	FY
35	F	DESAI APEXA JIGNESHBHAI	116	History	FY
36	F	KURESHI SANIYA SARDARBHAI	117	History	FY
37	F	JADAV VAIBHVI MANUBHAI	118	History	FY



Principal
Maniben M.P.Shah Mahila Arts College
Kadi - (N.G.)-384440

Skill Enhancement Course						
Maniben M. P. Shah Mahila Arts College, Kadi						
Training Date: 03/10/2023 to 13/10/2023						
Training Time			From: 09:00 AM		To: 12:00 AM	
Topic <u>Asana, Pranayama and meditation Level-1</u>						
Details of Student <u>03.10.23</u>						
Sr. No.	M/F	Name	ROLL NO.	Subject	YEAR	P/A
1	F	DESAI HIRALBEN GABHUBHAI	1	Economics	FY	P
2	F	PRAJAPATI JINAL JAYANTIBHAI	2	Economics	FY	P
3	F	THAKOR NEHA CHANDAJI	3	Economics	FY	P
4	F	DESAI PRIYANKABEN SAGARBHAI	4	Economics	FY	P
5	F	RABARI PUNAM GOVINDBHAI	5	Economics	FY	P
6	F	VAGHELA SUREKHA BHIKHABHAI	6	Economics	FY	P
7	F	SIPAI SIMRAN MEMUDBHAI	26	Economics	FY	P
8	F	KURESHI KAMARUNNISHA ZAKIRHUSE	35	Gujarati	FY	P
9	F	THAKOR POONAM ISHWARJI	36	Gujarati	FY	P
10	F	RAVAL ARATIBEN SURESHBHAI	48	Gujarati	FY	P
11	F	SHAH KAVERI MOHANBHAI	49	Gujarati	FY	P
12	F	THAKOR ANJALI VISHNUJI	70	Psychology	FY	P
13	F	RABARI PAYAL AMRATBHAI	71	Psychology	FY	A
14	F	KHARADI KOMALBEN KANTILAL	72	Psychology	FY	P
15	F	PRAJAPATI BINAL RAJESHBHAI	84	Psychology	FY	P
16	F	DANTANI NISHA NARESHBHAI	85	Psychology	FY	P
17	F	CHAUHAN RAMILABEN VADANSINH	86	Psychology	FY	P
18	F	PRAJAPATI TRUSHABEN PANKAJBHAI	87	Psychology	FY	P
19	F	PRAJAPATI GRISHMA KALUBHAI	92	Sociology	FY	P
20	F	SOLANKI KIRANBA VINUBHA	93	Sociology	FY	P
21	F	UPADHYAY STUTI JITENDRABHAI	94	Sociology	FY	P
22	F	PATEL POOJA SOMABHAI	95	Sociology	FY	P
23	F	RAVAL ANISHA AMARATBHAI	96	Sociology	FY	P
24	F	CHAVADA KOMALBEN CHATURBHAI	97	Sociology	FY	P
25	F	SANKHAT MITTAL PRAVINBHAI	98	Sociology	FY	P
26	F	SOLANKI SONAL ASHISHSINH	106	History	FY	P
27	F	PRAJAPATI SALONI VINODBHAI	108	History	FY	P
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36	F	KURESHI SANIYA SARDARBHAI	117	History	FY	P
37	F	JADAV VAIBHVI MANUBHAI	118	History	FY	P

Total Students		37
Present		35
Absent		02

Trainer's Name: Prof. M. S. Tinkar
Signature: [Signature]

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

Skill Enhancement Course						
Maniben M. P. Shah Mahila Arts College, Kadi						
Training Date: 03/10/2023 to 13/10/2023						
Training Time			From: 09:00 AM		To: 12:00 AM	
Topic <u>Asana, pranayama and meditation level-1</u>						
Details of Student <u>4.10.23</u>						
Sr. No.	M/F	Name	ROLL NO.	Subject	YEAR	P/A
1	F	DESAI HIRALBEN GABHUBHAI	1	Economics	FY	P
2	F	PRAJAPATI JINAL JAYANTIBHAI	2	Economics	FY	P
3	F	THAKOR NEHA CHANDAJI	3	Economics	FY	P
4	F	DESAI PRIYANKABEN SAGARBHAI	4	Economics	FY	P
5	F	RABARI PUNAM GOVINDBHAI	5	Economics	FY	P
6	F	VAGHELA SUREKHA BHIKHABHAI	6	Economics	FY	P
7	F	SIPAI SIMRAN MEMUDBHAI	26	Economics	FY	P
8	F	KURESHI KAMARUNNISHA ZAKIRHUSE	35	Gujarati	FY	P
9	F	THAKOR POONAM ISHWARJI	36	Gujarati	FY	P
10	F	RAVAL ARATIBEN SURESHBHAI	48	Gujarati	FY	P
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Absent		03

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

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Signature: MT

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Topic Asana, Pranayama and meditation Level - 1

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

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Topic Asana, Pranayama and meditation level-1

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17	F	CHAUHAN RAMILABEN VADANSINH	86	Psychology	FY	P
18	F	PRAJAPATI TRUSHABEN PANKAJBHAI	87	Psychology	FY	P
19	F	PRAJAPATI GRISHMA KALUBHAI	92	Sociology	FY	P
20	F	SOLANKI KIRANBA VINUBHA	93	Sociology	FY	P
21	F	UPADHYAY STUTI JITENDRABHAI	94	Sociology	FY	P
22	F	PATEL POOJA SOMABHAI	95	Sociology	FY	P
23	F	RAVAL ANISHA AMARATBHAI	96	Sociology	FY	P
24	F	CHAVADA KOMALBEN CHATURBHAI	97	Sociology	FY	P
25	F	SANKHAT MITTAL PRAVINBHAI	98	Sociology	FY	P
26	F	SOLANKI SONAL ASHISHSINH	106	History	FY	P
27	F	PRAJAPATI SALONI VINODBHAI	108	History	FY	P
28	F	SOLANKI MEGHANABEN DINESHBHAI	109	History	FY	P
29	F	VAGHELA MINAXI RAJENDRASINH	110	History	FY	P
30	F	ZALA RADHIKA PRAVINSINH	111	History	FY	P
31	F	ZALA SONALBA MAHENDRASINH	112	History	FY	P

32	F	RAVAL TULSI JASHAVANTBHAI	113	History	FY	P
33	F	RABARI ZALAK NARANBHAI	114	History	FY	P
34	F	DESAI ANUBEN VIRAMBHAI	115	History	FY	P
35	F	DESAI APEXA JIGNESHBHAI	116	History	FY	P
36	F	KURESHI SANIYA SARDARBHAI	117	History	FY	P
37	F	JADAV VAIBHVI MANUBHAI	118	History	FY	P

Total Students		37
Present		35
Absent		02

Trainer's Name:

Signature:

Bot. M. S. Thakkar
msu

Principal

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

Skill Enhancement Course		
Maniben M. P. Shah Mahila Arts College, Kadi		
Training Date: 03/10/2023 to 13/10/2023		
Training Time	From: 09:00 AM	To: 12:00 AM

Topic Asana, Pranayama and meditation Level - I

Details of Student						
Sr. No.	M/F	Name	ROLL NO.	Subject	YEAR	P/A
1	F	DESAI HIRALBEN GABHUBHAI	1	Economics	FY	P
2	F	PRAJAPATI JINAL JAYANTIBHAI	2	Economics	FY	P
3	F	THAKOR NEHA CHANDAJI	3	Economics	FY	P
4	F	DESAI PRIYANKABEN SAGARBHAI	4	Economics	FY	P
5	F	RABARI PUNAM GOVINDBHAI	5	Economics	FY	P
6	F	VAGHELA SUREKHA BHIKHABHAI	6	Economics	FY	P
7	F	SIPAI SIMRAN MEMUDBHAI	26	Economics	FY	P
8	F	KURESHI KAMARUNNISHA ZAKIRHUSE	35	Gujarati	FY	P
9	F	THAKOR POONAM ISHWARJI	36	Gujarati	FY	P
10	F	RAVAL ARATIBEN SURESHBHAI	48	Gujarati	FY	A
11	F	SHAH KAVERI MOHANBHAI	49	Gujarati	FY	P
12	F	THAKOR ANJALI VISHNUJI	70	Psychology	FY	A
13	F	RABARI PAYAL AMRATBHAI	71	Psychology	FY	P
14	F	KHARADI KOMALBEN KANTILAL	72	Psychology	FY	P
15	F	PRAJAPATI BINAL RAJESHBHAI	84	Psychology	FY	P
16	F	DANTANI NISHA NARESHBHAI	85	Psychology	FY	P
17	F	CHAUHAN RAMILABEN VADANSINH	86	Psychology	FY	P
18	F	PRAJAPATI TRUSHABEN PANKAJBHAI	87	Psychology	FY	P
19	F	PRAJAPATI GRISHMA KALUBHAI	92	Sociology	FY	A
20	F	SOLANKI KIRANBA VINUBHA	93	Sociology	FY	P
21	F	UPADHYAY STUTI JITENDRABHAI	94	Sociology	FY	P
22	F	PATEL POOJA SOMABHAI	95	Sociology	FY	P
23	F	RAVAL ANISHA AMARATBHAI	96	Sociology	FY	P
24	F	CHAVADA KOMALBEN CHATURBHAI	97	Sociology	FY	P
25	F	SANKHAT MITTAL PRAVINBHAI	98	Sociology	FY	P
26	F	SOLANKI SONAL ASHISHSINH	106	History	FY	P
27	F	PRAJAPATI SALONI VINODBHAI	108	History	FY	P
28	F	SOLANKI MEGHANABEN DINESHBHAI	109	History	FY	A
29	F	VAGHELA MINAXI RAJENDRASINH	110	History	FY	P
30	F	ZALA RADHIKA PRAVINSINH	111	History	FY	P
31	F	ZALA SONALBA MAHENDRASINH	112	History	FY	P

32	F	RAVAL TULSI JASHAVANTBHAI	113	History	FY	p
33	F	RABARI ZALAK NARANBHAI	114	History	FY	p
34	F	DESAI ANUBEN VIRAMBHAI	115	History	FY	p
35	F	DESAI APEXA JIGNESHBHAI	116	History	FY	p
36	F	KURESHI SANIYA SARDARBHAI	117	History	FY	p
37	F	JADAV VAIBHVI MANUBHAI	118	History	FY	p

Total Students		37
Present		35
Absent		02

Trainer's Name:

Signature:

Prof. M. S. Thukar
ms

Principal

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

Skill Enhancement Course		
Maniben M. P. Shah Mahila Arts College, Kadi		
Training Date: 03/10/2023 to 13/10/2023		
Training Time	From: 09:00 AM	To: 12:00 AM

Topic Asana, Pranayama and meditation Level - I

Details of Student						
Sr. No.	M/F	Name	ROLL NO.	Subject	YEAR	P/A
1	F	DESAI HIRALBEN GABHUBHAI	1	Economics	FY	P
2	F	PRAJAPATI JINAL JAYANTIBHAI	2	Economics	FY	P
3	F	THAKOR NEHA CHANDAJI	3	Economics	FY	A
4	F	DESAI PRIYANKABEN SAGARBHAI	4	Economics	FY	A
5	F	RABARI PUNAM GOVINDBHAI	5	Economics	FY	P
6	F	VAGHELA SUREKHA BHIKHABHAI	6	Economics	FY	P
7	F	SIPAI SIMRAN MEMUDBHAI	26	Economics	FY	P
8	F	KURESHI KAMARUNNISHA ZAKIRHUSE	35	Gujarati	FY	P
9	F	THAKOR POONAM ISHWARJI	36	Gujarati	FY	P
10	F	RAVAL ARATIBEN SURESHBHAI	48	Gujarati	FY	P
11	F	SHAH KAVERI MOHANBHAI	49	Gujarati	FY	P
12	F	THAKOR ANJALI VISHNUJI	70	Psychology	FY	P
13	F	RABARI PAYAL AMRATBHAI	71	Psychology	FY	P
14	F	KHARADI KOMALBEN KANTILAL	72	Psychology	FY	P
15	F	PRAJAPATI BINAL RAJESHBHAI	84	Psychology	FY	P
16	F	DANTANI NISHA NARESHBHAI	85	Psychology	FY	P
17	F	CHAUHAN RAMILABEN VADANSINH	86	Psychology	FY	P
18	F	PRAJAPATI TRUSHABEN PANKAJBHAI	87	Psychology	FY	P
19	F	PRAJAPATI GRISHMA KALUBHAI	92	Sociology	FY	P
20	F	SOLANKI KIRANBA VINUBHA	93	Sociology	FY	P
21	F	UPADHYAY STUTI JITENDRABHAI	94	Sociology	FY	A
22	F	PATEL POOJA SOMABHAI	95	Sociology	FY	P
23	F	RAVAL ANISHA AMARATBHAI	96	Sociology	FY	A
24	F	CHAVADA KOMALBEN CHATURBHAI	97	Sociology	FY	P
25	F	SANKHAT MITTAL PRAVINBHAI	98	Sociology	FY	P
26	F	SOLANKI SONAL ASHISHSINH	106	History	FY	P
27	F	PRAJAPATI SALONI VINODBHAI	108	History	FY	P
28	F	SOLANKI MEGHANABEN DINESHBHAI	109	History	FY	P
29	F	VAGHELA MINAXI RAJENDRASINH	110	History	FY	P
30	F	ZALA RADHIKA PRAVINSINH	111	History	FY	P
31	F	ZALA SONALBA MAHENDRASINH	112	History	FY	P

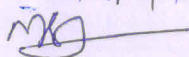
32	F	RAVAL TULSI JASHAVANTBHAI	113	History	FY	P
33	F	RABARI ZALAK NARANBHAI	114	History	FY	P
34	F	DESAI ANUBEN VIRAMBHAI	115	History	FY	P
35	F	DESAI APEXA JIGNESHBHAI	116	History	FY	P
36	F	KURESHI SANIYA SARDARBHAI	117	History	FY	P
37	F	JADAV VAIBHVI MANUBHAI	118	History	FY	P

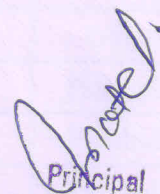
Total Students		37
Present		33
Absent		04

Trainer's Name:

Bot. M. S. Tumer

Signature:




Principal

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

Skill Enhancement Course		
Maniben M. P. Shah Mahila Arts College, Kadi		
Training Date: 03/10/2023 to 13/10/2023		
Training Time	From: 09:00 AM	To: 12:00 AM

Topic	Asana, Pranayama and Meditation Level-1	
	Details of Student	

Sr. No.	M/F	Name	ROLL NO.	Subject	YEAR	P/A
1	F	DESAI HIRALBEN GABHUBHAI	1	Economics	FY	P
2	F	PRAJAPATI JINAL JAYANTIBHAI	2	Economics	FY	P
3	F	THAKOR NEHA CHANDAJI	3	Economics	FY	P
4	F	DESAI PRIYANKABEN SAGARBHAI	4	Economics	FY	P
5	F	RABARI PUNAM GOVINDBHAI	5	Economics	FY	P
6	F	VAGHELA SUREKHA BHIKHABHAI	6	Economics	FY	P
7	F	SIPAI SIMRAN MEMUDBHAI	26	Economics	FY	P
8	F	KURESHI KAMARUNNISHA ZAKIRHUSE	35	Gujarati	FY	P
9	F	THAKOR POONAM ISHWARJI	36	Gujarati	FY	P
10	F	RAVAL ARATIBEN SURESHBHAI	48	Gujarati	FY	P
11	F	SHAH KAVERI MOHANBHAI	49	Gujarati	FY	P
12	F	THAKOR ANJALI VISHNUJI	70	Psychology	FY	P
13	F	RABARI PAYAL AMRATBHAI	71	Psychology	FY	P
14	F	KHARADI KOMALBEN KANTILAL	72	Psychology	FY	P
15	F	PRAJAPATI BINAL RAJESHBHAI	84	Psychology	FY	P
16	F	DANTANI NISHA NARESHBHAI	85	Psychology	FY	A
17	F	CHAUHAN RAMILABEN VADANSINH	86	Psychology	FY	P
18	F	PRAJAPATI TRUSHABEN PANKAJBHAI	87	Psychology	FY	P
19	F	PRAJAPATI GRISHMA KALUBHAI	92	Sociology	FY	P
20	F	SOLANKI KIRANBA VINUBHA	93	Sociology	FY	P
21	F	UPADHYAY STUTI JITENDRABHAI	94	Sociology	FY	P
22	F	PATEL POOJA SOMABHAI	95	Sociology	FY	P
23	F	RAVAL ANISHA AMARATBHAI	96	Sociology	FY	P
24	F	CHAVADA KOMALBEN CHATURBHAI	97	Sociology	FY	P
25	F	SANKHAT MITTAL PRAVINBHAI	98	Sociology	FY	P
26	F	SOLANKI SONAL ASHISHSINH	106	History	FY	P
27	F	PRAJAPATI SALONI VINODBHAI	108	History	FY	P
28	F	SOLANKI MEGHANABEN DINESHBHAI	109	History	FY	P
29	F	VAGHELA MINAXI RAJENDRASINH	110	History	FY	P
30	F	ZALA RADHIKA PRAVINSINH	111	History	FY	P
31	F	ZALA SONALBA MAHENDRASINH	112	History	FY	P

32	F	RAVAL TULSI JASHAVANTBHAI	113	History	FY	P
33	F	RABARI ZALAK NARANBHAI	114	History	FY	P
34	F	DESAI ANUBEN VIRAMBHAI	115	History	FY	P
35	F	DESAI APEXA JIGNESHBHAI	116	History	FY	P
36	F	KURESHI SANIYA SARDARBHAI	117	History	FY	P
37	F	JADAV VAIBHVI MANUBHAI	118	History	FY	P

Total Students		87
Present		35
Absent		02

Trainer's Name: Pooja M. S. Trilokar
Signature: [Signature]

[Signature]
Principal
Maniben M. P. Shah Mahila Arts College
Kadi (M.G.) - 382 715,

Skill Enhancement Course						
Maniben M. P. Shah Mahila Arts College, Kadi						
Training Date: 03/10/2023 to 13/10/2023						
Training Time			From: 09:00 AM		To: 12:00 AM	
Topic <u>Asana, Pranayama and meditation Level - 1</u>						
Details of Student <u>12.10.23</u>						
Sr. No.	M/F	Name	ROLL NO.	Subject	YEAR	P/A
1	F	DESAI HIRALBEN GABHUBHAI	1	Economics	FY	P
2	F	PRAJAPATI JINAL JAYANTIBHAI	2	Economics	FY	P
3	F	THAKOR NEHA CHANDAJI	3	Economics	FY	P
4	F	DESAI PRIYANKABEN SAGARBHAI	4	Economics	FY	P
5	F	RABARI PUNAM GOVINDBHAI	5	Economics	FY	P
6	F	VAGHELA SUREKHA BHIKHABHAI	6	Economics	FY	P
7	F	SIPAI SIMRAN MEMUDBHAI	26	Economics	FY	P
8	F	KURESHI KAMARUNNISHA ZAKIRHUSE	35	Gujarati	FY	P
9	F	THAKOR POONAM ISHWARJI	36	Gujarati	FY	P
10	F	RAVAL ARATIBEN SURESHBHAI	48	Gujarati	FY	P
11	F	SHAH KAVERI MOHANBHAI	49	Gujarati	FY	P
12	F	THAKOR ANJALI VISHNUJI	70	Psychology	FY	A
13	F	RABARI PAYAL AMRATBHAI	71	Psychology	FY	P
14	F	KHARADI KOMALBEN KANTILAL	72	Psychology	FY	P
15	F	PRAJAPATI BINAL RAJESHBHAI	84	Psychology	FY	P
16	F	DANTANI NISHA NARESHBHAI	85	Psychology	FY	P
17	F	CHAUHAN RAMILABEN VADANSINH	86	Psychology	FY	P
18	F	PRAJAPATI TRUSHABEN PANKAJBHAI	87	Psychology	FY	P
19	F	PRAJAPATI GRISHMA KALUBHAI	92	Sociology	FY	P
20	F	SOLANKI KIRANBA VINUBHA	93	Sociology	FY	P
21	F	UPADHYAY STUTI JITENDRABHAI	94	Sociology	FY	P
22	F	PATEL POOJA SOMABHAI	95	Sociology	FY	P
23	F	RAVAL ANISHA AMARATBHAI	96	Sociology	FY	P
24	F	CHAVADA KOMALBEN CHATURBHAI	97	Sociology	FY	P
25	F	SANKHAT MITTAL PRAVINBHAI	98	Sociology	FY	P
26	F	SOLANKI SONAL ASHISHSINH	106	History	FY	P
27	F	PRAJAPATI SALONI VINODBHAI	108	History	FY	P
28	F	SOLANKI MEGHANABEN DINESHBHAI	109	History	FY	P
29	F	VAGHELA MINAXI RAJENDRASINH	110	History	FY	P
30	F	ZALA RADHIKA PRAVINSINH	111	History	FY	P
31	F	ZALA SONALBA MAHENDRASINH	112	History	FY	P

32	F	RAVAL TULSI JASHAVANTBHAI	113	History	FY	P
33	F	RABARI ZALAK NARANBHAI	114	History	FY	P
34	F	DESAI ANUBEN VIRAMBHAI	115	History	FY	P
35	F	DESAI APEXA JIGNESHBHAI	116	History	FY	P
36	F	KURESHI SANIYA SARDARBHAI	117	History	FY	P
37	F	JADAV VAIBHVI MANUBHAI	118	History	FY	P

Total Students		37
Present		36
Absent		01

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

Signature: ms

Maniben M. P. Shah
Principal

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

Skill Enhancement Course		
Maniben M. P. Shah Mahila Arts College, Kadi		
Training Date: 03/10/2023 to 13/10/2023		
Training Time	From: 09:00 AM	To: 12:00 AM

Topic Asana, pranayama and meditation Level-1

Details of Student						
Sr. No.	M/F	Name	ROLL NO.	Subject	YEAR	P/A
1	F	DESAI HIRALBEN GABHUBHAI	1	Economics	FY	P
2	F	PRAJAPATI JINAL JAYANTIBHAI	2	Economics	FY	P
3	F	THAKOR NEHA CHANDAJI	3	Economics	FY	P
4	F	DESAI PRIYANKABEN SAGARBHAI	4	Economics	FY	P
5	F	RABARI PUNAM GOVINDBHAI	5	Economics	FY	P
6	F	VAGHELA SUREKHA BHIKHABHAI	6	Economics	FY	A
7	F	SIPAI SIMRAN MEMUDBHAI	26	Economics	FY	P
8	F	KURESHI KAMARUNNISHA ZAKIRHUSE	35	Gujarati	FY	P
9	F	THAKOR POONAM ISHWARJI	36	Gujarati	FY	P
10	F	RAVAL ARATIBEN SURESHBHAI	48	Gujarati	FY	P
11	F	SHAH KAVERI MOHANBHAI	49	Gujarati	FY	P
12	F	THAKOR ANJALI VISHNUJI	70	Psychology	FY	P
13	F	RABARI PAYAL AMRATBHAI	71	Psychology	FY	P
14	F	KHARADI KOMALBEN KANTILAL	72	Psychology	FY	P
15	F	PRAJAPATI BINAL RAJESHBHAI	84	Psychology	FY	P
16	F	DANTANI NISHA NARESHBHAI	85	Psychology	FY	P
17	F	CHAUHAN RAMILABEN VADANSINH	86	Psychology	FY	P
18	F	PRAJAPATI TRUSHABEN PANKAJBHAI	87	Psychology	FY	A
19	F	PRAJAPATI GRISHMA KALUBHAI	92	Sociology	FY	P
20	F	SOLANKI KIRANBA VINUBHA	93	Sociology	FY	P
21	F	UPADHYAY STUTI JITENDRABHAI	94	Sociology	FY	P
22	F	PATEL POOJA SOMABHAI	95	Sociology	FY	P
23	F	RAVAL ANISHA AMARATBHAI	96	Sociology	FY	P
24	F	CHAVADA KOMALBEN CHATURBHAI	97	Sociology	FY	P
25	F	SANKHAT MITTAL PRAVINBHAI	98	Sociology	FY	P
26	F	SOLANKI SONAL ASHISHSINH	106	History	FY	P
27	F	PRAJAPATI SALONI VINODBHAI	108	History	FY	P
28	F	SOLANKI MEGHANABEN DINESHBHAI	109	History	FY	P
29	F	VAGHELA MINAXI RAJENDRASINH	110	History	FY	P
30	F	ZALA RADHIKA PRAVINSINH	111	History	FY	P
31	F	ZALA SONALBA MAHENDRASINH	112	History	FY	P

32	F	RAVAL TULSI JASHAVANTBHAI	113	History	FY	P
33	F	RABARI ZALAK NARANBHAI	114	History	FY	P
34	F	DESAI ANUBEN VIRAMBHAI	115	History	FY	A
35	F	DESAI APEXA JIGNESHBHAI	116	History	FY	P
36	F	KURESHI SANIYA SARDARBHAI	117	History	FY	P
37	F	JADAV VAIBHVI MANUBHAI	118	History	FY	P

Total Students		37
Present		34
Absent		03

Trainer's Name: Prof. M. S. Trukar
Signature: MS


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 Smt./Shri Shel Ketani Mohambhai
has successfully completed Life Skill Asana, pranayama and
Course Meditation level - 1
from 03/10/23 to 13/10/23 with A grade.

Date : 13, 10, 23
Place : Kadi

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

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



Smt. W. 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 Parvati Binal Rajeshbhai
has successfully completed Life Skill Agenda, Paramyama and
Course Meditation Level - I
from 03/10/23 to 13/10/23 with A grade.

Date : 13.10.23
Place : Kadi

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

M. Patel
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 Smt./Shri Zala Padhika Pavinsinh
has successfully completed Life Skill Asana, Pranayama and
from 03/10/23 to 13/10/23 with A Course Meditation level - I grade.

Date : 13.10.23
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 - Asana, Pranayama and Meditation Level - 1				
Prof. Madhuben S. Thakor				
DATE- 03/10/2023 to 13/10/2023			TOTAL DAYS-10	
SR.NO	DATE	TIME	TOPIC NAME	TOTAL HOURS
1	3/10/2023	9.00 to 12.00	Introduction to Yoga and Yogic Practices	03 Hours
2	4/10/2023	9.00 to 12.00	Introduction to Yoga Texts	03 Hours
3	5/10/2023	9.00 to 12.00	Yoga for Health Promotion	03 Hours
4	6/10/2023	9.00 to 12.00	Introduction to Yoga practices for health and well being.	03 Hours
5	7/10/2023	9.00 to 12.00	Vyayama, Sthula Vyayama and Surya Namaskara	03 Hours
6	9/10/2023	9.00 to 12.00	Introduction to Yogasana: meaning, principles, and their health benefits	03 Hours
7	10/10/2023	9.00 to 12.00	Introduction to Pranayama and Dhyana and their health benefits	03 Hours
8	11/10/2023	9.00 to 12.00	Significance of Hatha Yoga practices in health and well being.	03 Hours
9	12/10/2023	9.00 to 12.00	Concept of mental wellbeing according to Patanjala Yoga.	03 Hours
10	13/10/2023	9.00 to 12.00	Concepts of healthy living in Bhagwad Gita.	03 Hours


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