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Theme Based National Level Webinar on Role of Yoga in Wellness & Lifestyle

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

Managed by

M. P. Shah Education Society, Kadi

Organized by IQAC

21 June - 2021

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Theme Based
National Level Webinar
On
Role of Yoga in Wellness & Lifestyle
Organised by
Smt. M. M. Shah Mahila Arts College, Kadi
Date: 21st June, 2021
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bj7189212@gmail.co m	Mrs. Bhavna Joshi kushwah	Bhavna joshi	Yogbord	Gandhinagar	Yogboed	Other	8200081604	Female
bj7189212@gmail.co m l	Mrs. Bhavna kushwah	Bhavna kushwah	Yogbord	Gandhinagar	Yogacoach	Other	8200081604	Female
upadhyasurendra@g mail.com	Mr, Surendra, N.Upadhyay	Prof, Surendra N upadhyay	Samarpan Arts And Commerce College- Gandhinagar G	Gandhinagar-Guj, University	Commerce	Assistant Professor	99243 46801	Male
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lkomonikabajpai@gm ail.com	Miss MONIKA BAJPAI	Certificate and intrested this field	Diamond senior secondary school	Lucknow	Sports	Other	9140554099	Female
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xchetnax@gmail.com	Rathod chetnaben rameshchandra	Rathod chetnaben rameshchandra	S.m.shah law collage	Kadi	Law	Student	9825088486	Female
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dnatvarsinh035@gmail.com	Miss	Jinalba mayursinh dabhi	Samarpan	Gandhinagar	Education	Student	9016790328	Female
dnatvarsinh035@gmail.com	Miss	Jinalba mayursinh dabhi	Samarpan	Gandhinagar	Education	Student	9016790328	Female
Ps466756@gmail.com	Miss	Patel kajal shailesh bhai	Maniben m.p shah mahila Arts college kadi	Patan	Yoga class day	Student	9825720817	Female

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Email : prinhhmpatel@gmail.com

NAAC ACCREDITED "B" GRADE (2.48 GPA)

Ref. No. 66/2021-22

Date : 19/6/21

To,

Dr. Anupam Mishra,

Consultant Physician Central Council For Research in Yoga & Naturopathy Wellness Centre

Govt. Homeopathic Medical College & Hospital,

Ayush Camps, Bhopal.

Dear Sir,

I would like to take this opportunity to express my heartfelt thanks to you for your very active participation as a speaker in our National Webinar on " Role of Yoga in Wellness & Lifestyle " which was happend on 21 June 2021 ,Monday through Google meet. The Trustees and our whole staff of Smt.MM Shah Mahila Arts College, Sincerely Appreciate for your efforts in supporting the webinar in this important undertaking.

Your skill in talking about different angles of the subject 'Role of Yoga in Wellness & Lifestyle " was highly appreciated . Our all the participants benefited from this webinar .Please accept our appreciation for such a commendable job,and hope to get a chance to hear such speeches from you in future also. Thankful to you for giving your valuable time .

Thanking you

Patel
Principal

Smt. M.M. Shah Mahila Arts College
Kadi- (N.G.) -382715



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Govt. Homeopathic Medical College & Hospital,

Ayush Camps, Bhopal.

Invitation Letter

Dear Sir,

We are pleased to invite you to be the speaker at National Webinar on "Role of Yoga in Wellness & Lifestyle" to be held on 21st June, 2021, Monday through Google meet from 3 pm to 5 pm. We hope you would be able to fit this event in your busy schedule. We look forward to a positive Response.

Thanking You,

Dr. Hina M Patel

Principal

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NAAC ACCREDITED "B" GRADE (2.48 GPA)

Ref. No. 67/2021-22

Date : 19/6/21

To,
Mr. Akshaybhai Chauhan,
Gujarat Yoga State Board Coach.

Invitation Letter

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Dr. Hina M Patel

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Ref. No. 67/2021-22

Date : 19/6/21

To,
Mr. Akshaybhai Chauhan,
Gujarat Yoga State Board Coach.

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Your skill in talking about different angles of the subject 'Role of Yoga in Wellness & Lifestyle " was highly appreciated . Our all the participants benefited from this webinar .Please accept our appreciation for such a commendable job,and hope to get a chance to hear such speeches from you in future also. Thankful to you for giving your valuable time .

Thanking you

Hina Patel
Principal

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Ref. No. P/2021-22

Date : 22-6-2021

Report of Theme Based National Level Webinar On Role of Yoga in Wellness & Lifestyle

The IQAC of our college Maniben M. P. Shah Mahila Arts College, Kadi organized National Webinar held on 21st june, 2021. In which about 184 professors, research scholars and students were presented their research papers on the given theme in the webinar. Mr. Akshaybhai Chauhan (Gujarat yoga State Board Coach) were the key note speakers in this webinar held through zoom meeting. He presented his ideas on topics like Yoga in Wellness & Lifestyle in this webinar. It was organized under the guidance of Prin. Dr. Heena M. Patel. The webinar was completed with the coordination of Dr. Sangita c. Acharya, coordinator of IQAC Committee of the college.


Principal

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

**Theme Based
National Level Webinar
On
Role of Yoga in Wellness & Lifestyle**

Organised by

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

Date: 21st June, 2021 *(Feedback Responses)*

Email Address	Score	Name of the participant (same will be on the certificate)	Name of the institute	Designation	Contact Number	How satisfied were you with the event?	How relevant and helpful do you think it was for your job?	What were your key take aways from this event?	Additional feedback on webinar	Which sessions did you find most relevant? [Welcom e activity]	Which sessions did you find most relevant? [Speaker #1]	Which sessions did you find most relevant? [Activity #1]	Which sessions did you find most relevant? [Speaker #2]	Which sessions did you find most relevant? [Activity #2]	Which session s did you find most relevant? [Activity #2]	Which session s did you find most relevant? [Closing activity]	How satisfied were you with the session content ?	Any additional comments regarding the sessions or overall agenda?	Any overall feedback for the event?	Name of the participant	
deviashadhaked@gmail.com	0 / 5	Asha Devi	Sabarmati University Ahmedabad	Assistant Professor	7014979581	5	4	Yes	Good Webinar	Very relevant	Very relevant	Very relevant	Very relevant	Very relevant	Very relevant	Very relevant	Very relevant	5	No	Excellent	Asha Devi
parshuram.dhaked@gmail.com	0 / 5	Dr. Parshuram Dhaked	Sabarmati University Ahmedabad	Dean, Academic and Director, School of Education	8233415101	5	5	Yes	Good Webinar	Very relevant	Very relevant	Very relevant	Very relevant	Very relevant	Very relevant	Very relevant	Very relevant	4	No	Excellent	Dr. Parshuram Dhaked
hina639@gmail.com	0 / 5	Dr. Hina M. Patel	Smt.M.M.Shah Mahila Arts College, Kadi	Principal	9925032421	5	5	all aspects of yoga	excellent	Very relevant	Very relevant	Very relevant	Very relevant	Very relevant	Very relevant	Very relevant	Very relevant	5	excellent	excellent	Dr.Hina M.Patel
cv.axay2@gmail.com	0 / 5	AKSHAY G CHAUHAN	AKSHAY G CHAUHAN	STUDENT	9824574851	4	4	Yoga excise and yog and food	joyful	Very relevant	Very relevant	Very relevant	Very relevant	Very relevant	Very relevant	Very relevant	Very relevant	4	good	good	AKSHAY G CHAUHAN
kumawat.neeta86@gmail.com	0 / 5	Neeta Arya	University of Rajasthan	Research scholar	7790811880	5	5	Healthy lifestyle	Informative	Very relevant	Very relevant	Very relevant	Very relevant	Very relevant	Very relevant	Very relevant	Very relevant	5	Excellent	Good	Neeta Arya
about.ramila@gmail.com	0 / 5	Dr. Ramilaben J. Patel	Samarpan Arts and Commerce College	Assistant professor	9979456650	5	5			Relevant	Very relevant	Very relevant	Relevant	Very relevant	Very relevant	Very relevant	Very relevant	5	-	Good	Ramila Patel
aac271206@gmail.com	0 / 5	AARATI AKSHAYKUMAR CHAUHAN	AARATI AKSHAYKUMAR CHAUHAN	STUDENT	9824574851	4	4	NA	NA	Very relevant	Very relevant	Very relevant	Very relevant	Very relevant	Very relevant	Very relevant	Very relevant	4	GOOD	GOOD	AARATI AKSHAYKUMAR CHAUHAN

sharmamadhurakesh3@gmail.com	Dr. Rakesh kumar sharma	R H Govt. College Kashipur Uttarakhand	Assistant Professor	8923354620	5	Valuable knowledge	Excellent	Very relevant	Very relevant	Very relevant	Very relevant	Very relevant	Very relevant	5 Ok	Incredible	Dr. Rakesh kumar sharma
falusoni28@gmail.com	SONI FALGUNI	A.b. Parikh law college	Clerk	9737175497	5	5 Best	Na	Very relevant	Very relevant	Very relevant	Very relevant	Very relevant	Very relevant	5 Na	Na	Falguni Soni
nitendra45pate@gmail.com	DR. NITENDRA KUMAR N. PATEL	Samarpan arts and commerce college, sector - 28, Gandhinagar.	Associate Professor.	9727207307	5	Very Nice.	Good.	Relevant	Very relevant	Very relevant	Very relevant	Very relevant	Very relevant	5 Good lecture with practice.	Good	DR. NITENDRA KUMAR N. PATEL.
dr.apacharya1997@yahoo.com	Dr.Amita P. Acharya	Mahehdabad Arts & Commerce College.	Assistance Professor.	8140522900	5	Healthy life.	Very nice.	Very relevant	Very relevant	Very relevant	Very relevant	Very relevant	Very relevant	5 Very good.	-----	Dr.Amita P. Acharya.
gita84066@gmail.com	Prof. Sathwara Gita	Maniben M.P. Shah Mahila Art's College, Kadi.	Professor	7600600293	5	It's amazing webinar for Fit & wellness health.	It's very good.	Relevant	Did not attend	Very relevant	Very relevant	Did not attend	Did not attend	4 Webinar of Yoga it's a very good for health.	Yes	Prof. Sathwara Gita
acharya_mamta@yahoo.com	Dr.Mamta P. Acharya	D.C.M.Arts & Commerce College, Viramgam	Assistant professor	8140139899	5	Healthy living	Very nice	Very relevant	Very relevant	Very relevant	Very relevant	Very relevant	Very relevant	5 Very good session	--	Dr.Mamta P. Acharya
dr.sangeeta.acharya@gmail.com	Dr. SANGITA ACHARYA	SMT. M. M. SHAH MAHILA ARTS COLLEGE, KADI (N. G.)	ASSOCIATE PROFESSOR OF ECONOMIC S	+918160721746	5	Got Enlightened on the various aspects in Yoga.	Excellent Webinar.	Very relevant	Very relevant	Very relevant	Very relevant	Very relevant	Very relevant	5 NIL	Excellent Webinar.	SANGITA ACHARYA
rendra.vaghela161972@gmail.com	Vaghela Surendrasinh M.	-	Assi. professor	9998957609	4	4 Wellness	Yes	Not relevant	Not relevant	Very relevant	Very relevant	Very relevant	Very relevant	4 It's different	No	Vaghela Surendrasinh m
nayakthakor@gmail.com	Prof. Thakorbhai khushalbhai Nayak	Samarpan Arts And commerce college sec.28- Gandhinagar	Assistant professor	9979599862	5	It help our body	No	Relevant	Not relevant	Relevant	Very relevant	Relevant	Relevant	5 Yes	No	Prof Thakorbhai khushalbhai i Nayak
swatinigam500.sn@gmail.com	Lt.Swati Nigam	MANIBEN MP SHAH MAHILA ARTS COLLEGE, Kadi	Ncc officer	8490923227	5	5 Good	No	Very relevant	Very relevant	Very relevant	Very relevant	Very relevant	Very relevant	5 No	No	Lt.Swati Nigam
sureship66@gmail.com	SURESHKUMAR ISHVARLAL PRAJAPATI	HIMALIYA ADVENTURE & YOG ACTIVITIES	YOG & ADVENTURE	9824692334	5	5 good	good	Relevant	Relevant	Relevant	Relevant	Relevant	Relevant	5 no	good	SURESHKUMAR ISHVARLAL PRAJAPATI

hina639@gmail.com	0 / 5	Dr. Hina M. Patel	Smt. M.M. Shah Mahila Arts College, Kadi	Principal	9925032421	5	Importance of yoga	Excellent	Very relevant	Very relevant	Very relevant	Very relevant	Very relevant	5	Excellent	Excellent	Dr. Hina M. Patel
hnparmar1368@gmail.com	0 / 5	Harsukhbhai Hamirbhai Parmar	Maniben M.P. Shah Mahila Arts College, Kadi	Associate Professor	9925869041	5	Good	Good	Very relevant	Very relevant	Very relevant	Very relevant	Very relevant	5	No	Good	Harsukhbhai Hamirbhai Parmar
vbrahmabhatt7@gmail.com	0 / 5	Dr. Varsha Chandulal Brahmabhatt	Maniben M. P. Shah Mahila Arts College, KADI	Associate Professor	9427680348	5	Everyone should make yoga a part of life	Very Useful	Very relevant	Very relevant	Very relevant	Very relevant	Very relevant	5	Relevant	Well organised	Dr. Varsha Chandulal Brahmabhatt
harshshah746@gmail.com	0 / 5	Heal Shah	Smt. M.M. Shah Mahila Arts Collage, Kadi.	Yog Teacher	09712962201	5	By Whatsapp	Very useful	Very relevant	Very relevant	Very relevant	Very relevant	Very relevant	5	no	No	hetal shah
harshshah746@gmail.com	0 / 5	Hetal Shah	Smt. M.M. Shah Mahila Arts Collage, Kadi.	Yog Teacher	09712962201	5	no	no	Very relevant	Very relevant	Did not attend	Very relevant	Very relevant	5	no	no	Hetal Shah
upadhyay surendra210@gmail.com	0 / 5	Prof. Surendra N Upadhyay	Samarpan Arts and Commerce College, Gandhinagar	Assistant professor	9924346801	5	Good Knowledge	Good Experience	Very relevant	Very relevant	Very relevant	Very relevant	Very relevant	5	Fruitful session	Excellent	Prof. Surendra N Upadhyay

(Signature)
Principal

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

Smt. M.M. Shah Mahila Arts College



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Certificate of Participation

This is to certify that Mr./Ms/Dr/Prof _____

From _____ participated in National Webinar entitled
"Role of Yoga in Wellness & Lifestyles" Organised on 21.06.2021 We appreciate your
sincere involvement and active Participation throughout the webinar.

Organising Secretary
Lt. Swati Nigam
(DEPARTMENT OF NCC)

CO-CONVENER
Prof. H. H. PARMAR
(Department Of NSS)

CONVENER
Prof. MADHUBEN THAKOR
(Department Of Physical Education)

(Principal)
Dr. Hina M. Patel
Smt. M.M. Shah Mahila Arts College,
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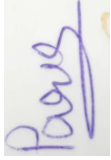


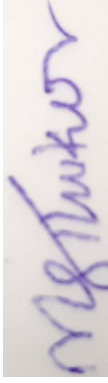
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This is to certify that Mr./Ms/Dr/Prof Dr.Hina M.Patel

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Organising Secretary
Lt.Swati Nigam
(DEPARTMENT OF NCC)


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Prof. H. H. PARMAR
(Department Of NSS)


CONVENOR
Prof. MADHUBEN THAKOR
(Department Of Physical Education)


(Principal)
Dr. Hina M. Patel
Smt. M.M. Shah Mahila Arts College,
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This is to certify that Mr./Ms/Dr/Prof Mansukh P. Patoliya
From M.M. Shah Mahila Arts College, Kadi participated in
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on 21.06.2021 We appreciate your sincere involvement and active Participation
throughout the webinar.

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(Principal)
Dr. Hina M. Patel
Smt. M.M. Shah Mahila Arts College,
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This is to certify that Mr./Ms/Dr/Prof Varsha C. Brahmhatt
From Smt. M.M. Shah Mahila Arts college, KADI participated in
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(Department Of Physical Education)

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Certificate of Participation

This is to certify that Mr./Ms/Dr/Prof Madhuben S. Thakor

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National Webinar entitled "Role of Yoga in Wellness & Lifestyles" Organised
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(Department Of NSS)

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Certificate of Participation

This is to certify that Mr./Ms/Dr/Prof Harshukhbhai H. Parmar

From M.M. Shah Mahila Arts College, Kadi participated in
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(DEPARTMENT OF NCC)

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Prof. H. H. PARMAR
(Department Of NSS)

CONVENER
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Kadi