

Maniben M. P. Shah Mahila Arts College, Kadi

Circular

Date: 05/09/2019

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 Meditation**” during 23/09/2020 to 30/09/2020. Please do registration on or before the last date for registration 21/09/2019.

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



KNOWLEDGE IS SELF-RENEWING



Skill Enhancement Course

in

Life Skill – Yoga and Meditation

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: 23rd Sept. to 30th Sept., 2019

Last Date of Registration: 21st Sept., 2019

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
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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)

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NAAC ACCREDITED "B" GRADE (2.48 CGPA)

Ref. No. P/2019-20

Date : 30/09/2020

Skill Enhancement Course Report: Life Skill Yoga and Meditation

Duration: 23rd September to 30th September, 2020

Introduction:

The Skill Enhancement Course on Life Skill Yoga and Meditation program was organized by IQAC, Maniben M. P. Shah Mahila Arts College during September 23rd to September 30th, 2020, with the aim of providing participants with practical tools for enhancing their physical and mental well-being. Prof. Madhuben S. Thakor, an experienced expert in physical education, served as the resource person for the duration of the course. The program targeted 35 students with the objective of fostering a holistic approach to health and wellness through yoga and meditation practices.

Course Structure:

Introduction to Yoga and Meditation: The course began with an introduction to the principles and philosophy of yoga and meditation. Resource person provided insights into the historical and cultural significance of these practices, emphasizing their role in promoting physical, mental, and emotional balance.

Yoga Asanas and Pranayama: Practical sessions were conducted to teach participants various yoga asanas (postures) and pranayama (breathing exercises). Resource person guided students through sequences designed to improve flexibility, strength, and respiratory health.

Meditation Techniques: Participants were introduced to different meditation techniques aimed at calming the mind and enhancing mindfulness. Resource person led sessions on breath awareness, mindfulness meditation, and guided visualization, facilitating inner peace and mental clarity.

Stress Management and Relaxation: The course included discussions on stress management techniques and relaxation practices. Resource person provided strategies for coping with stressors and promoting relaxation through yoga nidra (yogic sleep) and progressive muscle relaxation.

Mind-Body Connection: Participants explored the connection between the mind and body through yoga and meditation practices. Resource person elucidated how these practices can help cultivate self-awareness, emotional resilience, and overall well-being.

Healthy Lifestyle Habits: Practical tips and recommendations were shared to promote a healthy lifestyle. Participants learned about the importance of nutrition, hydration, and adequate rest in conjunction with yoga and meditation for optimal health.

Integration of Yoga and Meditation into Daily Life: Resource person emphasized the importance of integrating yoga and meditation into daily routines. Participants were encouraged to establish a consistent practice and explore ways to incorporate mindfulness into various aspects of their lives.

Feedback and Reflection: Continuous feedback and reflection sessions were conducted to gauge participants' progress and address any concerns. Resource person provided personalized guidance and encouragement to support each student's journey towards health and wellness.

Outcome:

The Skill Enhancement Course on Life Skill Yoga and Meditation yielded significant outcomes:

Improved Physical Health: Participants demonstrated improved flexibility, strength, and stamina through regular practice of yoga asanas and pranayama exercises.

Enhanced Mental Well-being: Students experienced reduced stress levels and increased mental clarity through meditation and relaxation techniques, fostering a sense of inner peace and emotional resilience.

Increased Mindfulness: The course facilitated greater awareness of the present moment and enhanced mindfulness skills among participants, enabling them to approach life's challenges with greater ease and equanimity.

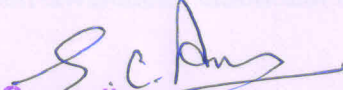
Adoption of Healthy Lifestyle Habits: Participants gained knowledge and practical skills for maintaining a healthy lifestyle, including proper nutrition, hydration, and rest, complementing their yoga and meditation practice.

Integration into Daily Life: Students learned how to integrate yoga and meditation into their daily routines, cultivating a sustainable approach to health and wellness that extends beyond the duration of the course.

Conclusion:

The Skill Enhancement Course on Life Skill Yoga and Meditation, led by Prof. Madhuben S. Thakor, provided participants with valuable tools for enhancing their physical, mental, and emotional well-being. Through practical exercises, discussions, and reflection sessions, students developed a deeper understanding of yoga and meditation practices and their transformative potential. The program empowered participants to embrace a holistic approach to health and wellness, fostering lifelong habits that contribute to their overall quality of life.

This report serves as a testament to the success of the course and the positive impact it has had on the participants' lives. We extend our gratitude to Prof. Madhuben S. Thakor for her expertise, guidance, and dedication throughout the duration of the program.


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					
Maniben M. P. Shah Mahila Arts College, Kadi					
Life Skills- Yoga and Meditation					
Training Date: 23/09/2019 to 29/09/2019			Training Time : 9:00 AM to 12		
Details of Student					
Sr.no	M/F	NAME	ROLL NO.	SUB	SEM
1	F	THAKOR NITABEN JAYANTIBHAI	113	Economics	B.A - I
2	F	DESAI KINJALBEN DINEASBHAI	160	History	B.A - I
3	F	CHAUHAN ASHABEN HIMAATSINH	42	PSYCHOLOGY	B.A - I
4	F	RAVAL KAJALBEN JAYANTIBHAI	35	Gujarati	B.A - I
5	F	JADEJA SAPNABEN RAJUJI	5	Economics	B.A - I
6	F	DALVADI HETAL VIPULKUMAR	1	Sanskrit	B.A - I
7	F	GHANCHI FIJABANU ALLARAKHABHAI	98	Economics	B.A - III
8	F	NAYAK HETALBEN MAHESHBHAI	25	Gujarati	B.A - III
9	F	RAJAPATI HINABEN BHARATKUMAR	29	Gujarati	B.A - III
10	F	DABHI RIYABEN BABAJI	50	PSYCHOLOGY	B.A - III
11	F	CHAVADA PINKIBEN KAMLESHBHAI	90	Economics	B.A - III
12	F	JAYSWAL SWATI ALPESHBHAI	119	English	B.A - III
13	F	PATEL PINKIBEN MAHENDRAKUMAR	120	English	B.A - III
14	F	RATHOD RAMILABEN JAYANTIBHAI	1	Sanskrit	B.A - III
15	F	PATEL BHUMIKABEN JAYANTIBHAI	6	Gujarati	B.A - III
16	F	RAJAPATI NIDHIBEN RAJESHBHAI	10	Gujarati	B.A - III
17	F	Desai Ashaben Nagibhai	35	Economics	B.A - IV
18	F	Solanki Vaishali Gabhabhai	53	Economics	B.A - IV
19	F	Ghanchi Namiraben Isabbhai	39	Economics	B.A - IV
20	F	Patel Zalakben Dhirajbhai	11	Gujarati	B.A - IV
21	F	Thakor Rinkuben Shakaji	23	Gujarati	B.A - IV
22	F	Vankar Shayonaben Dineshbhai	87	PSYCHOLOGY	B.A - IV
23	F	Patani Manisha Baldevbhai	67	PSYCHOLOGY	B.A - IV
24	F	Prajapati Hetal Dineshbhai	13	Gujarati	B.A - IV
25	F	Rawal Rima Vishnubhai	80	PSYCHOLOGY	B.A - IV
26	F	PARMAR DARSHITA DILIPBHAI	102	Economics	B.A - III
27	F	Ramanandi Tarunaben Jayeshbhai	88	Sanskrit	B.A - IV
28	F	PATEL DIPIKA ASHOKBHAI	163	History	B.A - I
29	F	Rabari Nitaben Baldevbhai	75	PSYCHOLOGY	B.A - IV
30	F	PATEL SANGITABEN AMRUTBHAI	105	Economics	B.A - III
31	F	PATEL SUSMITABEN ARUNKUMAR	91	PSYCHOLOGY	B.A - I
32	F	GUPTA KHUSBHU SANTOSHKUMAR	166	Sociology	B.A - I
33	F	PATEL GEETA BHARATKUMAR	10	Gujarati	B.A - I
34	F	THAKOR VANITABEN BABUJI	89	PSYCHOLOGY	B.A - III
35	F	RAJAPATI AMISHABEN BHARATBHAI	28	Gujarati	B.A - III

(Signature)
Principal

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

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Maniben M. P. Shah Mahila Arts College, Kadi						
Life Skills- Yoga and Meditation				- 23/09/2019		
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3	F	CHAUHAN ASHABEN HIMAATSINH	42	PSYCHOLOGY	B.A - I	P
4	F	RAVAL KAJALBEN JAYANTIBHAI	35	Gujarati	B.A - I	P
5	F	JADEJA SAPNABEN RAJUJI	5	Economics	B.A - I	P
6	F	DALVADI HETAL VIPULKUMAR	1	Sanskrit	B.A - I	P
7	F	GHANCHI FIJABANU ALLARAKHABHAI	98	Economics	B.A - III	P
8	F	NAYAK HETALBEN MAHESHBHAI	25	Gujarati	B.A - III	P
9	F	PRAJAPATI HINABEN BHARATKUMAR	29	Gujarati	B.A - III	P
10	F	DABHI RIYABEN BABAJI	50	PSYCHOLOGY	B.A - III	P
11	F	CHAVADA PINKIBEN KAMLESHBHAI	90	Economics	B.A - III	P
12	F	JAYSWAL SWATI ALPESHBHAI	119	English	B.A - III	P
13	F	PATEL PINKIBEN MAHENDRAKUMAR	120	English	B.A - III	P
14	F	RATHOD RAMILABEN JAYANTIBHAI	1	Sanskrit	B.A - III	P
15	F	PATEL BHUMIKABEN JAYANTIBHAI	6	Gujarati	B.A - III	P
16	F	PRAJAPATI NIDHIBEN RAJESHBHAI	10	Gujarati	B.A - III	P
17	F	Desai Ashaben Nagjibhai	35	Economics	B.A - IV	P
18	F	Solanki Vaishali Gabhabhai	53	Economics	B.A - IV	P
19	F	Ghanchi Namiraben Isabbhai	39	Economics	B.A - IV	P
20	F	Patel Zalakben Dhirajbhai	11	Gujarati	B.A - IV	P
21	F	Thakor Rinkuben Shakaji	23	Gujarati	B.A - IV	P
22	F	Vankar Shayonaben Dineshbhai	87	PSYCHOLOGY	B.A - IV	P
23	F	Patani Manisha Baldevbhai	67	PSYCHOLOGY	B.A - IV	P
24	F	Prajapati Hetal Dineshbhai	13	Gujarati	B.A - IV	P
25	F	Rawal Rima Vishnubhai	80	PSYCHOLOGY	B.A - IV	P
26	F	PARMAR DARSHITA DILIPBHAI	102	Economics	B.A - III	P
27	F	Ramanandi Tarunaben Jayeshbhai	88	Sanskrit	B.A - IV	P
28	F	PATEL DIPIKA ASHOKBHAI	163	History	B.A - I	P
29	F	Rabari Nitaben Baldevbhai	75	PSYCHOLOGY	B.A - IV	P
30	F	PATEL SANGITABEN AMRUTBHAI	105	Economics	B.A - III	P
31	F	PATEL SUSMITABEN ARUNKUMAR	91	PSYCHOLOGY	B.A - I	P
32	F	GUPTA KHUSBHU SANTOSHKUMAR	166	Sociology	B.A - I	P
33	F	PATEL GEETA BHARATKUMAR	10	Gujarati	B.A - I	P
34	F	THAKOR VANITABEN BABUJI	89	PSYCHOLOGY	B.A - III	P
35	F	PRAJAPATI AMISHABEN BHARATBHAI	28	Gujarati	B.A - III	P

Total Student		35
Present		34
Absent		1

Trainer's Name & Signature:
M. S. T. 


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

Skill Enhancement Course						
Maniben M. P. Shah Mahila Arts College, Kadi						
Life Skills- Yoga and Meditation 24/09/2019						
Training Date: 23/09/2019 to 29/09/2019				Training Time : 9:00 AM to 12:00 PM		
Details of Student						
Sr.no	M/F	NAME	ROLL NO.	SUB	SEM	P/A
1	F	THAKOR NITABEN JAYANTIBHAI	113	Economics	B.A - I	P
2	F	DESAI KINJALBEN DINEASBHAI	160	History	B.A - I	P
3	F	CHAUHAN ASHABEN HIMAATSINH	42	PSYCHOLOGY	B.A - I	P
4	F	RAVAL KAJALBEN JAYANTIBHAI	35	Gujarati	B.A - I	P
5	F	JADEJA SAPNABEN RAJUJI	5	Economics	B.A - I	P
6	F	DALVADI HETAL VIPULKUMAR	1	Sanskrit	B.A - I	P
7	F	GHANCHI FIJABANU ALLARAKHABHAI	98	Economics	B.A - III	P
8	F	NAYAK HETALBEN MAHESHBHAI	25	Gujarati	B.A - III	P
9	F	PRAJAPATI HINABEN BHARATKUMAR	29	Gujarati	B.A - III	P
10	F	DABHI RIYABEN BABAJI	50	PSYCHOLOGY	B.A - III	P
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16	F	PRAJAPATI NIDHIBEN RAJESHBHAI	10	Gujarati	B.A - III	P
17	F	Desai Ashaben Nagjibhai	35	Economics	B.A - IV	P
18	F	Solanki Vaishali Gabhabhai	53	Economics	B.A - IV	A
19	F	Ghanchi Namiraben Isabbhai	39	Economics	B.A - IV	P
20	F	Patel Zalakben Dhirajbhai	11	Gujarati	B.A - IV	P
21	F	Thakor Rinkuben Shakaji	23	Gujarati	B.A - IV	P
22	F	Vankar Shayonaben Dineshbhai	87	PSYCHOLOGY	B.A - IV	P
23	F	Patani Manisha Baldevbhai	67	PSYCHOLOGY	B.A - IV	P
24	F	Prajapati Hetal Dineshbhai	13	Gujarati	B.A - IV	P
25	F	Rawal Rima Vishnubhai	80	PSYCHOLOGY	B.A - IV	P
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35	F	PRAJAPATI AMISHABEN BHARATBHAI	28	Gujarati	B.A - III	P

Total Student		25
Present		33
Absent		2

Trainer's Name & Signature:

M. S. Thulker

ms

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

Skill Enhancement Course						
Maniben M. P. Shah Mahila Arts College, Kadi						
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35	F	PRAJAPATI AMISHABEN BHARATBHAI	28	Gujarati	B.A - III	P

Total Student		35
Present		34
Absent		1

Trainer's Name & Signature:

M.S. Tunde

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

Skill Enhancement Course						
Maniben M. P. Shah Mahila Arts College, Kadi						
Life Skills- Yoga and Meditation				26/09/2019		
Training Date: 23/09/2019 to 29/09/2019				Training Time : 9:00 AM to 12:00 PM		
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35	F	PRAJAPATI AMISHABEN BHARATBHAI	28	Gujarati	B.A - III	P

Total Student		35
Present		31
Absent		4

Trainer's Name & Signature:
M.S. Truber

Principal

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

Skill Enhancement Course						
Maniben M. P. Shah Mahila Arts College, Kadi						
Life Skills- Yoga and Meditation				28/09/2019		
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3	F	CHAUHAN ASHABEN HIMAATSINH	42	PSYCHOLOGY	B.A - I	P
4	F	RAVAL KAJALBEN JAYANTIBHAI	35	Gujarati	B.A - I	P
5	F	JADEJA SAPNABEN RAJUJI	5	Economics	B.A - I	P
6	F	DALVADI HETAL VIPULKUMAR	1	Sanskrit	B.A - I	P
7	F	GHANCHI FIJABANU ALLARAKHABHAI	98	Economics	B.A - III	P
8	F	NAYAK HETALBEN MAHESHBHAI	25	Gujarati	B.A - III	P
9	F	RAJAPATI HINABEN BHARATKUMAR	29	Gujarati	B.A - III	P
10	F	DABHI RIYABEN BABAJI	50	PSYCHOLOGY	B.A - III	P
11	F	CHAVADA PINKIBEN KAMLESHBHAI	90	Economics	B.A - III	P
12	F	JAYSWAL SWATI ALPESHBHAI	119	English	B.A - III	P
13	F	PATEL PINKIBEN MAHENDRAKUMAR	120	English	B.A - III	P
14	F	RATHOD RAMILABEN JAYANTIBHAI	1	Sanskrit	B.A - III	P
15	F	PATEL BHUMIKABEN JAYANTIBHAI	6	Gujarati	B.A - III	P
16	F	RAJAPATI NIDHIBEN RAJESHBHAI	10	Gujarati	B.A - III	P
17	F	Desai Ashaben Nagjibhai	35	Economics	B.A - IV	P
18	F	Solanki Vaishali Gabhabhai	53	Economics	B.A - IV	P
19	F	Ghanchi Namiraben Isabbhai	39	Economics	B.A - IV	P
20	F	Patel Zalakben Dhirajbhai	11	Gujarati	B.A - IV	P
21	F	Thakor Rinkuben Shakaji	23	Gujarati	B.A - IV	P
22	F	Vankar Shayonaben Dineshbhai	87	PSYCHOLOGY	B.A - IV	P
23	F	Patani Manisha Baldevbhai	67	PSYCHOLOGY	B.A - IV	P
24	F	Prajapati Hetal Dineshbhai	13	Gujarati	B.A - IV	P
25	F	Rawal Rima Vishnubhai	80	PSYCHOLOGY	B.A - IV	P
26	F	PARMAR DARSHITA DILIPBHAI	102	Economics	B.A - III	P
27	F	Ramanandi Tarunaben Jayeshbhai	88	Sanskrit	B.A - IV	P
28	F	PATEL DIPIKA ASHOKBHAI	163	History	B.A - I	P
29	F	Rabari Nitaben Baldevbhai	75	PSYCHOLOGY	B.A - IV	P
30	F	PATEL SANGITABEN AMRUTBHAI	105	Economics	B.A - III	P
31	F	PATEL SUSMITABEN ARUNKUMAR	91	PSYCHOLOGY	B.A - I	P
32	F	GUPTA KHUSBHU SANTOSHKUMAR	166	Sociology	B.A - I	P
33	F	PATEL GEETA BHARATKUMAR	10	Gujarati	B.A - I	P
34	F	THAKOR VANITABEN BABUJI	89	PSYCHOLOGY	B.A - III	P
35	F	RAJAPATI AMISHABEN BHARATBHAI	28	Gujarati	B.A - III	P

Total Student		35
Present		33
Absent		2

Trainer's Name & Signature: M. S. Tuli

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

Skill Enhancement Course						
Maniben M. P. Shah Mahila Arts College, Kadi						
Life Skills- Yoga and Meditation				29/09/2019		
Training Date: 23/09/2019 to 29/09/2019				Training Time : 9:00 AM to 12:00 PM		
Details of Student						
Sr.no	M/F	NAME	ROLL NO.	SUB	SEM	P/A
1	F	THAKOR NITABEN JAYANTIBHAI	113	Economics	B.A - I	P
2	F	DESAI KINJALBEN DINEASBHAI	160	History	B.A - I	P
3	F	CHAUHAN ASHABEN HIMAATSINH	42	PSYCHOLOGY	B.A - I	P
4	F	RAVAL KAJALBEN JAYANTIBHAI	35	Gujarati	B.A - I	P
5	F	JADEJA SAPNABEN RAJUJI	5	Economics	B.A - I	P
6	F	DALVADI HETAL VIPULKUMAR	1	Sanskrit	B.A - I	P
7	F	GHANCHI FIJABANU ALLARAKHABHAI	98	Economics	B.A - III	P
8	F	NAYAK HETALBEN MAHESHBHAI	25	Gujarati	B.A - III	P
9	F	PRAJAPATI HINABEN BHARATKUMAR	29	Gujarati	B.A - III	P
10	F	DABHI RIYABEN BABAJI	50	PSYCHOLOGY	B.A - III	P
11	F	CHAVADA PINKIBEN KAMLESHBHAI	90	Economics	B.A - III	P
12	F	JAYSWAL SWATI ALPESHBHAI	119	English	B.A - III	P
13	F	PATEL PINKIBEN MAHENDRAKUMAR	120	English	B.A - III	P
14	F	RATHOD RAMILABEN JAYANTIBHA	1	Sanskrit	B.A - III	P
15	F	PATEL BHUMIKABEN JAYANTIBHAI	6	Gujarati	B.A - III	P
16	F	PRAJAPATI NIDHIBEN RAJESHBHAI	10	Gujarati	B.A - III	P
17	F	Desai Ashaben Nagjibhai	35	Economics	B.A - IV	P
18	F	Solanki Vaishali Gabhabhai	53	Economics	B.A - IV	P
19	F	Ghanchi Namiraben Isabbhai	39	Economics	B.A - IV	P
20	F	Patel Zalakben Dhirajbhai	11	Gujarati	B.A - IV	P
21	F	Thakor Rinkuben Shakaji	23	Gujarati	B.A - IV	P
22	F	Vankar Shayonaben Dineshbhai	87	PSYCHOLOGY	B.A - IV	P
23	F	Patani Manisha Baldevbhai	67	PSYCHOLOGY	B.A - IV	P
24	F	Prajapati Hetal Dineshbhai	13	Gujarati	B.A - IV	P
25	F	Rawal Rima Vishnubhai	80	PSYCHOLOGY	B.A - IV	P
26	F	PARMAR DARSHITA DILIPBHAI	102	Economics	B.A - III	P
27	F	Ramanandi Tarunaben Jayeshbhai	88	Sanskrit	B.A - IV	P
28	F	PATEL DIPIKA ASHOKBHAI	163	History	B.A - I	P
29	F	Rabari Nitaben Baldevbhai	75	PSYCHOLOGY	B.A - IV	P
30	F	PATEL SANGITABEN AMRUTBHAI	105	Economics	B.A - III	P
31	F	PATEL SUSMITABEN ARUNKUMAR	91	PSYCHOLOGY	B.A - I	P
32	F	GUPTA KHUSBHU SANTOSHKUMAR	166	Sociology	B.A - I	P
33	F	PATEL GEETA BHARATKUMAR	10	Gujarati	B.A - I	P
34	F	THAKOR VANITABEN BABUJI	89	PSYCHOLOGY	B.A - III	P
35	F	PRAJAPATI AMISHABEN BHARATBHAI	28	Gujarati	B.A - III	P

Total Student		35
Present		32
Absent		3

Trainer's Name & Signature:

M. S. Tunkar

(Signature)

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

(Signature)
Principal

Skill Enhancement Course						
Maniben M. P. Shah Mahila Arts College, Kadi						
Life Skills- Yoga and Meditation				30/09/2019		
Training Date: 23/09/2019 to 30/09/2019				Training Time : 9:00 AM to 12:00 PM		
Details of Student						
Sr.no	M/F	NAME	ROLL NO.	SUB	SEM	P/A
1	F	THAKOR NITABEN JAYANTIBHAI	113	Economics	B.A - I	P
2	F	DESAI KINJALBEN DINEASBHAI	160	History	B.A - I	P
3	F	CHAUHAN ASHABEN HIMAATSINH	42	PSYCHOLOGY	B.A - I	P
4	F	RAVAL KAJALBEN JAYANTIBHAI	35	Gujarati	B.A - I	P
5	F	JADEJA SAPNABEN RAJUJI	5	Economics	B.A - I	P
6	F	DALVADI HETAL VIPULKUMAR	1	Sanskrit	B.A - I	P
7	F	GHANCHI FIJABANU ALLARAKHABHAI	98	Economics	B.A - III	P
8	F	NAYAK HETALBEN MAHESHBHAI	25	Gujarati	B.A - III	A
9	F	PRAJAPATI HINABEN BHARATKUMAR	29	Gujarati	B.A - III	P
10	F	DABHI RIYABEN BABAJI	50	PSYCHOLOGY	B.A - III	P
11	F	CHAVADA PINKIBEN KAMLESHBHAI	90	Economics	B.A - III	P
12	F	JAYSWAL SWATI ALPESHBHAI	119	English	B.A - III	P
13	F	PATEL PINKIBEN MAHENDRAKUMAR	120	English	B.A - III	P
14	F	RATHOD RAMILABEN JAYANTIBHAI	1	Sanskrit	B.A - III	P
15	F	PATEL BHUMIKABEN JAYANTIBHAI	6	Gujarati	B.A - III	P
16	F	PRAJAPATI NIDHIBEN RAJESHBHAI	10	Gujarati	B.A - III	P
17	F	Desai Ashaben Nagjibhai	35	Economics	B.A - IV	P
18	F	Solanki Vaishali Gabhabhai	53	Economics	B.A - IV	A
19	F	Ghanchi Namiraben Isabbhai	39	Economics	B.A - IV	P
20	F	Patel Zalakben Dhirajbhai	11	Gujarati	B.A - IV	P
21	F	Thakor Rinkuben Shakaji	23	Gujarati	B.A - IV	P
22	F	Vankar Shayonaben Dineshbhai	87	PSYCHOLOGY	B.A - IV	P
23	F	Patani Manisha Baldevbhai	67	PSYCHOLOGY	B.A - IV	P
24	F	Prajapati Hetal Dineshbhai	13	Gujarati	B.A - IV	P
25	F	Rawal Rima Vishnubhai	80	PSYCHOLOGY	B.A - IV	P
26	F	PARMAR DARSHITA DILIPBHAI	102	Economics	B.A - III	P
27	F	Ramanandi Tarunaben Jayeshbhai	88	Sanskrit	B.A - IV	A
28	F	PATEL DIPIKA ASHOKBHAI	163	History	B.A - I	P
29	F	Rabari Nitaben Baldevbhai	75	PSYCHOLOGY	B.A - IV	P
30	F	PATEL SANGITABEN AMRUTBHAI	105	Economics	B.A - III	P
31	F	PATEL SUSMITABEN ARUNKUMAR	91	PSYCHOLOGY	B.A - I	P
32	F	GUPTA KHUSBHU SANTOSHKUMAR	166	Sociology	B.A - I	P
33	F	PATEL GEETA BHARATKUMAR	10	Gujarati	B.A - I	P
34	F	THAKOR VANITABEN BABUJI	89	PSYCHOLOGY	B.A - III	P
35	F	PRAJAPATI AMISHABEN BHARATBHAI	28	Gujarati	B.A - III	P

Total Student		35
Present		32
Absent		3

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

NAAC ACCREDITED
"B" GRADE (2.48 CGPA)

Certificate

This is to certify that Kum./Smt./Shri Raveel Rimer V Shambhu
has successfully completed Life Skills Course Yoga and Meditation
from 23.09.19 to 29.09.19 with A grade.

Date : 29.9.19
Place : Kadi

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

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



WISDOM IS SELF-RELIANCE



WISDOM IS SELF-REPLENISHING

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

MANIBEN M. P. SHAH MAHILA ARTS COLLEGE - KADI

Managed by
Meghji Pethraj Education Society, Kadi

NAAC ACCREDITED
"B" GRADE (2.48 CGPA)

Certificate

This is to certify that Kum./Smt./Shri Thyasa Vanitaben Babuji
has successfully completed Life Skills Course Yoga and Meditation
from 23.09.2019 to 29.09.2019 with A grade.

Date : 29.09.2019
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

MANAGED BY SMT. M.M. SHAH MAHILA ARTS COLLEGE, KADI

Managed by
Meghji Pethraj Education Society, Kadi

NAAC ACCREDITED
"B" GRADE (2.48 CGPA)

Certificate

This is to certify that Kum./Smt./Shri Pabel Greta Bhaskumar
has successfully completed Life Skills Course Yoga & Meditation
from 23.09.2019 to 29.09.2019 with A grade.

Date : 29.09.19
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 Skills -Yoga And Meditation

Prof. Madhuben S. Thakor

DATE- 23/09/2020 to 30/09/2020		TOTAL DAYS-7		
SR.NO	DATE	TIME	TOPIC NAME	TOTAL HOURS
1	23/09/2020	9.00 AM to 12.00 PM	Introduction to Yoga	03 Hours
2	24/09/2020	9.00 AM to 12.00 PM	Introduction to Meditation	03 Hours
3	25/09/2020	9.00 AM to 12.00 PM	Types Of Yoga	03 Hours
4	26/09/2020	9.00 AM to 12.00 PM	Physical Health	03 Hours
5	28/09/2020	9.00 AM to 12.00 PM	Physical Benefits of Yoga	03 Hours
6	29/09/2020	9.00 AM to 12.00 PM	Combining Yoga And Meditation	03 Hours
7	30/09/2020	9.00 AM to 12.00 PM	Remedial Education Analysis	03 Hours



Principal

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