

**Report of event of  
Health Awareness –  
Yogasan demonstration  
Date: 28/03/21**

5. Health Awareness – Yogasan demonstration (Brochure)



P.E. Society's  
**MODERN COLLEGE OF PHARMACY,**  
Yamunanagar, Nigdi, Pune-44

MAR  
**28**  
2021



## HEALTH AWARENESS: YOGASAN

All the NSS Volunteers are hereby informed that NSS Unit  
of the college has organised "Health Awareness:Yogasan "  
activity on 28/03/2021. All are requested to actively  
participate in the activity.

**DR. A. S. TAPKIR**  
NSS Program Officer

**DR. P. D. CHAUDHARI**  
Principal



P. E. S. Society's Modern College of Pharmacy  
Sector No. 21, Yamunanagar, Nigdi,  
Pune - 411 044.

5. Health Awareness – Yogasan demonstration (Notice)



Progress E. Society's  
**MODERN COLLEGE OF PHARMACY,**  
Yamunanagar, Nigdi, Pune-44



Date: 25/03/2021

**NOTICE**

All the students & staff members are hereby informed that NSS Unit of the college has going to participate in **"Health Awareness: Yoga Demonstration"** on the 28<sup>th</sup> March 2021; 10:00 via zoom meeting link.

**Note:**

Zoom meeting link will be provided on WhatsApp group.

All students are requested to attend this meeting.

Use comfortable dress code to participate in this activity

**Dr. A. S. Tapkir**  
NSS Program Officer



**Dr. P. D. Chaudhari**  
Principal

**Principal**

P. E. S. Modern College of Pharmacy  
Sector No.21, Yamunanagar, Nigdi,  
Pune - 411 044.

## 5. Health Awareness – Yogasan demonstration (Report)



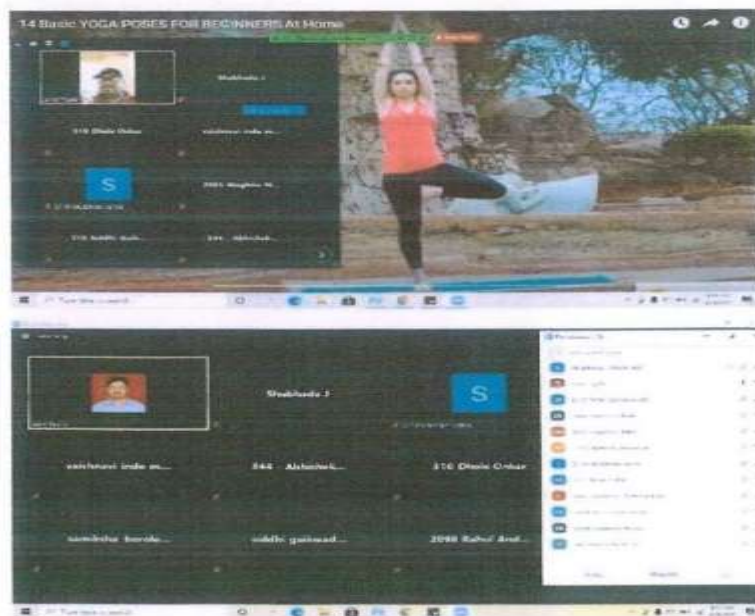
**P. E. Society's  
Modern College of Pharmacy, Nigdi, Pune-44  
NSS REGULAR ACTIVITY REPORT  
2020-2021**

1.	Name of activity	Health Awareness - Yogasan
2.	Date of activity	28.03.2021
3.	Time	10.00 am to 2.00 pm
4.	Total no students participated	100
5.	Occasion of activity	Yogasan demonstration and healthy lifestyle
6.	Inauguration by	Dr. P.D. Chaudhari
7.	Place of activity	PES Modern College of Pharmacy, Nigdi, Pune (Online)
8.	Objectives of activity	To maintain and promote different Indian yoga traditions. To enable students to have good health To practice mental hygiene To attain higher level of consciousness. To bring certain amount of self-discipline in students. A develop attentiveness and concentration.
9.	Outcome of activity	Students understood different Indian yoga traditions. Students get importance of good health and healthy breathing styles to increase concentration. Students get knowledge about lifestyle and diet.
10.	Activity co-coordinator	Dr. A. S. Tapkir



  
Principal  
P. E. S. Modern College of Pharmacy  
Sector No. 21, Yamunanagar, Nigdi,  
Pune - 411 044.

*Photos of activity*



  
**Dr. A. S. Tapkir**  
 NSS Program Officer



  
**Dr. P.D. Chaudhari**  
 Principal

**Principal**  
 P. E. S. Modern College of Pharmacy  
 Sector No.21, Yamunanagar, Nigdi,  
 Pune - 411 044.



## 5. Health Awareness – Yogasan demonstration (Attendance)



### P. E. Society's Modern College of Pharmacy, Nigdi, Pune-44

Name of activity: Health Awareness - Yogasan demonstration online program

Date of activity: 28.03.2021

Sr. No.	Name Of Participants	Signature
1.	Sawant Nitesh Shankar	Nitesh
2.	Pawar Siddhant Deepak	Siddhant - P.
3.	Bansode Nikhil Pramod	Nikhil B.
4.	Ratnaparkhi Aniket Girishrao	Aniket
5.	Rajput Niranjan Gulabsing	Niraj
6.	Shinde Samarth Dattatraya	Shinde
7.	Sarne Shweta Sham	Shweta
8.	Salunke Nikita Satyawar	Nikita
9.	Wasule Anjali Raju	Anjali
10.	Tole Adwait Pranesh	Adwait
11.	Shinde Kadambari Babasaheb	Shinde
12.	Anandkar Tejas Bhimrao	Tejas
13.	Patil Yashasvi Vijay	Yashasvi
14.	Chaudhari Devsh	P. Chaudhari
15.	Shinde Snehal Santosh	Snehal
16.	Shinde Ashish Hanmant	Ashish
17.	Patel Ajaykumar Angadlal	A. A. Patel
18.	Satkar Tanmay Rajendra	Satkar
19.	Misal Nitesh Rajendra	Nitesh
20.	Palekar Balu Kailas	Balu
21.	Dyagatwar Milind Gangadhar	Milind
22.	Waghire Nikhil Ravindra	Nikhil
23.	Gaikwad Anuj Vitthal	A. V. Gaikwad
24.	Sarvade Ajinkya Anil	Ajinkya
25.	Raut Shraddha Subhash	Raut
26.	Kulkarni Sampada Nitin	Kulkarni
27.	Kurulekar Vikas Gangadhar	Vikas K.
28.	Sonawane Niranjan Bharat	Niranjan
29.	Shingade Shraddha Dhanaji	Shraddha
30.	Patil Vasundhara Pramod	Patil



P. E. Society's Modern College of Pharmacy  
Sector No.21, Yashwantrao, Nigdi  
Pune - 441 044.

31.	Choudhary Khushboo Khivaram	<u>khushboo</u>
32.	Waghmode Harshita Shankar	<u>H.S. Waghmode</u>
33.	Susar Shital Arun	<u>Shital Susar</u>
34.	Sargar Lalit Rajaram	<u>Lalit Sargar</u>
35.	Tapkir Rohit Ganesh	<u>Rohit</u>
36.	Patil Utkarsha Chaitanya	<u>Patil</u>
37.	Shinde Raviraj Balasaheb	<u>Raviraj</u>
38.	Basate Tejaswini Shrimant	<u>Basate</u>
39.	Salve Ajinkya Prakash	<u>Ajinkya</u>
40.	Gaikwad Siddhant Fulchand	<u>Gaikwad</u>
41.	Bhale Bhagirathi Narayan	<u>Bhale</u>
42.	Kumbhar Nikhita Dattatray	<u>Nikhita</u>
43.	Hojage Sneha Navnath	<u>Sneha</u>
44.	Shinde Varsha Pandurang	<u>Varsha Shinde</u>
45.	Wakale Akash Vyankati	<u>Akash</u>
46.	Yenkure Kartik Ganesh	<u>Yenkure</u>
47.	Pawar Nikita Ganpat	<u>Nikita</u>
48.	Sakhare Ashish Shankarrao	<u>Sakhare</u>
49.	Magar Vaishnavi Vinayak	<u>Vaishnavi Magar</u>
50.	Ganjure Kaveri Uddhav	<u>Kaveri</u>
51.	Telang Akansha Gangadhar	<u>Telang</u>
52.	Yecole Sarvesh Sanjay	<u>Sarvesh</u>
53.	Dhapate Ajay Jagannath	<u>Ajay D.</u>
54.	Bhalke Rameshwar Shivraj	<u>Bhalke</u>
55.	Bembde Dnyaneshwar Rajendra	<u>Bembde</u>
56.	Chitta Vaishali Gundappa	<u>Vaishali</u>
57.	Bhakare Harshal Ashok	<u>Harshal B.</u>
58.	Sonawane Harshali Vilas	<u>Harshali</u>
59.	Jadhav Shraddha Shivlal	<u>Shraddha</u>
60.	Mare Pavankumar Dattatraya	<u>Mare</u>
61.	Waghmare Shrinath Shantinath	<u>Shrinath</u>
62.	Sawkar Rutuja Nitin	<u>Rutuja</u>
63.	Hamdulay Yusra Rafiq	<u>Yusra</u>
64.	Dhole Onkar Nishikant	<u>Onkar Dhole</u>
65.	Hande Maithil Dattatray	<u>Maithil</u>
66.	Gohil Khushabu Bhikubhai	<u>Gohil</u>
67.	Taru Deepak Khandu	<u>Deepak</u>
68.	Patil Shubham Mahadev	<u>Shubham Patil</u>

69.	Raut Pratiksha Laxman	Pratiksha
70.	Barwad Naresh Ramkant	Barwad
71.	Patil Dinesh Vasudeo	Patil
72.	Khandagale Saakshi Suresh	S.S. Khandagale
73.	Giri Rutuja Vitthal	Rutuja
74.	Harne Shivani Sahadeo	Shivani
75.	Rokade Manish Subhash	Rokade
76.	Hage Vaibhav Ganesh	Vaibhav
77.	Dighe Trupti Eknath	Trupti
78.	Borole Samiksha Vishnu	Borole
79.	Mate Dnyaneshwari Sandip	Dnyaneshwari
80.	Kale Rushikesh Hanmant	Kale
81.	Banduke Mugdha Vikas	Mugdha
82.	Gulhane Riteeka Ravindra	Riteeka G.
83.	Dhumal Neha Vinod	Neha D.
84.	Patil Sayali Dipak	Sayali
85.	Shrivastav Kalyani Rahul	Kalyani
86.	Chavan Guruprasad Satish	Chavan
87.	Choudhary Rohit Vaktaram	R.V. Choudhary
88.	Deo Akshay Nitin	Deo
89.	Deokar Dipak Navnath	D. Deokar
90.	Deshmukh Rutuja Vitthal	Rutuja
91.	Gandhi Kaushal Sachin	Kaushal
92.	Jaiswal Jayesh Ravindra	Jayesh
93.	Jangam Vaishnavi Santosh	V.S. Jangam
94.	Karande Patil Pushkar Bhalchandra	Pushkar
95.	Karhale Vijay Sunil	Vijay
96.	Kharabi Gaurav Jalindar	Gaurav
97.	Kudale Sakshi Sunil	Sakshi
98.	Ladkat Hrushikesh Pandurang	Ladkat
99.	Majgaonkar Manali Mahadev	Manali
100.	More Abhishek Achut	More

Dr. A. S. Tapkir  
NSS Program Officer



P.E.S. Modern College of Pharmacy  
Sector 24, Yamunanagar, Nigdi,  
Pune - 411 044.



5. Health Awareness – Yogasan demonstration (Sample certificate)





Progressive Education Society's  
**MODERN COLLEGE OF PHARMACY**  
Sector No. 21, Yamunanagar, Nigdi, Pune - 411 044.



### Certificate of Participation

This is to certify that, **Siddhant Pawar**  
From PES Modern College of Pharmacy Nigdi Pune-44 has  
actively participated in **Health Awareness: Yogasan** activity  
Under National Service Scheme, organized by PES Modern  
College of Pharmacy, Nigdi, Pune - 411044, on **28.03.2021**.  
His/Her participation in this activity is highly appreciated.

  
Dr. A. S. Tapkir  
Co-ordinator

  
Dr. P. D. Chaudhari  
Principal

  
Prof. Dr. G. R. Ekbote  
Chairman, Business Council,  
P.E. Society, Pune

