

M.G. Arts, Science and Late N. P. Commerce College, Armori

Report of the Activity

(Academic Year - 2019-20)

Name of Activity Organized	Woman development committee.
Title of Activity	Program on Role of Diet and Yoga In Women's Health
Date of Activity Organized	04/03/2020
Name of the Co-ordinator of Activity	Seema Nagdeve
Place of Activity Organized	M.G. College, Armori
No. of Students Participated	55
No. of Faculty Participated	10
Name of Sponsoring Agency/ Collaborator	-
Nature of Sponsorship/ Collaboration (Total Grants Received in Rs. If any)	-
Objective of the Activity	<ol style="list-style-type: none">1. To improve strength ,balance and flexibility of the girls students.2. To inform about various symptoms occurs due to without yogic diet.3. How to manage the stress and promote better self-care.
Brief Description	Yoga and diet play significant role in psycho social care. Such a programs which moderately effect for body flexibility, body strength, weigh loss, weight gain, can easily maintain. Hence program is organized. Prof. Seema Nagdeve and Dr. A.S. Bannore explained the importance of healthy diet to the participants.
Outcome/Impact of the Activity	Yoga And Diet Counseling have long been considered to have beneficial effect on health. The objective of present program have to examine short term impact on health of girls students.in this program 55 Young girls Students enrolled and benefited.



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Prof. Seema Nagdeve explaining the participants about role of diet



Dr. A.S. Bannore explaining the participants about role of diet



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Role of Diet and Yoga in Women's Health. 2019-20

Date: 4. March 2020

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|----------------------------|-----------------------|
| 1) Mastind. R. Ghonade | GHONADE |
| 2) Ruchi. T. Lakhankar | Ritika |
| 3) Nikita M. Boskar | N.M. Boskar |
| 4) Bhumika R. Patel | Patel |
| 5) Anjali N. Bhanekar | Bhanekar |
| 6) Mayuri K. Gurnule | Gurnule |
| 7) Priyanka R. Nakhate | Nakhate |
| 8) Akanksha S. Satelwar | Satelwar |
| 9) Puja A. Tupat | Tupat |
| 10) Ashal T. Nandeshwar | Nandeshwar |
| 11) Shital D. Chaudhari | Shital |
| 12) Sonali B. Chavhan | Chavhan |
| 13) Triveni Shriram Narule | Shriram |
| 14) Dipti G. Raut | Raut |
| 15) Shital Ghodmare | Ghodmare |
| 16) Kajal J. Kulmety | Kulmety |
| 17) Shivani A. Dhakate | S.A. Dhakate |
| 18) Sonali R. Bhosane | Bhosane |
| 19) Khushbu D. Purogkar | Khushbu |
| 20) Swati Sonali Dhore | Dhore |
| 21) Pooja N. Supette | Supette |
| 22) Minca b. Patole | Patole |
| 23) Tejaswini N. Randive | Randive |
| 24) Priyanka A. Juve | Juve |
| 25) Payal R. Mane | Mane |
| 26) Vaishnavi A. Meshram | V.A. Meshram |
| 27) Vishakha Y. Borkute | Borkute |
| 28) Akanksha P. Meshram | Meshran |



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29)	Khushboo M. Benumyade	Banungabe
30)	Ashwini R. Dumane	Dumane
31)	Sonali M. Shahare.	Shahare
32)	Kalyani R. Jumnade	KJumnade
33)	Palti V. Sahare	P.V. Sahare
34)	Chhabila . D. Kharkak	#
35)	Jeet S. Gopakulkar	Jeet
36)	Ragini M. Lakade	Rakade
37)	Revata S. Sondaskar	Revata
38)	Lina K. Kinchak	Kinchak
39)	Vaishnavi K. Bhyar	VBhyar
40)	Priyanka M. Beale	Beale
41)	ISHA .S. Thakare	Shakare
42)	Keshan O. Nimkar	Nimkar
43)	Tina V. Malade	Malade
44)	Poojam Nighat	Poojam
45)	Asmita T. Gedam	A.T. Gedam
46)	Gayatri R. Sahare	Sahare
47)	Achal M. Pagade	Amp
48)	Uwinkal S. Kharkate	Kharkate
49)	Saleha Sagir Sheikh	Saleha
50)	Vibha Shalikeram Jambandhe	Jambandhe
51)	Pragati Nrupnath Dholane	Dholane
52)	Kajal Shantaram Shiurkar	Shiurkar
53)	Venu Ashok Danudkar	Danudkar
54)	Aaruna Pathan	APathan
55)	Bhagyashri Lonjewar	B



Coordinator





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Mahatma Jyotiba Arts,
Science & Late
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