

SADHU VASWANI MISSION'S

ST. MIRA'S COLLEGE FOR GIRLS

[An Autonomous College Affiliated to the Savitribai Phule Pune University]
[ARTS, COMMERCE, SCIENCE, B.Sc.(COMPUTER SCIENCE) BBA, BCA]

6, Koregaon Road, Pune - 411001.[INDIA]
Ph./Fax : 26124846 E-mail : mira_college@yahoo.co.in



KINDLE THE LIGHT

Dr. Jaya Rajagopalan
Principal Incharge

PU/PN/AC/015/(1962)
College Code No. : 013

G-18/2021-22/ 1

15.06.2021

CIRCULAR

The College will celebrate 7th International Yoga Day virtually on 21st June 2021. The Online Practical Sessions of Yoga will take place at 8.00 am through Google Meet. All are requested to attend the same.



Jaya
Dr Jaya Rajagopalan
Principal Incharge
Principal Incharge
St. Mira's College for Girls

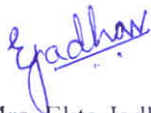
Please visit: www.dadavaswanisbooks.org

Jaya

St. Mira's College for Girls, Pune
7th International Yoga Day, 21st June 2021
Department of Physical Education & Sports

The 7th International Yoga Day was celebrated by St. Mira's College for Girl's virtually due to the Covid- 19 padanmic situation. To create awareness among the students and staff, the Department of Physical Education and Sports had organised an online Practical Session along with Yoga Pyramids Demonstration of students. Total 205 students and staff members actively participated on Google meet and Facebook live platforms. This year the theme of the Yoga Day was " Be with Yoga, Be at Home ". As we know Yoga is very important and useful activity in this pandemic situation which we can perform in less space, it boost immune system, improves strength, balance, flexibility and keeps us physically, mentally and socially healthy.

It was conducted by the Director of Physical Education, Mrs. Ekta Jadhav. The program was started with a brief introduction of Yoga and their importance in day-to-day life which was given by Mrs. Suvarna Deolankar, Sports Teacher and Vice-principal of Junior College, followed by Yoga Pyramids Demonstration and then practical session which includes prayer, different Yoga postures such as SukshmaVyayama, Suryanamaskar, Tadasana, Vrukshasana, Padahastasana, ArdhaChakrasana, Bhadrasana, ArdhaUshtrasana, Vajrasana, Shashankasan, Bhujangasana, Pawanmuktasana, Setubandhasana, AnulomViloma Pranayam, Bhramari Pranayam, Meditation and Omkar ended with Pledge. The protocol as given by AYUSH Government of India was strictly adhere to.



Mrs. Ekta Jadhav

Director of Physical Education





Dr Jaya Rajagopalan

Principal Incharge
Principal Incharge
St. Mira's College for Girls, Pune.



St. Mira's College for Girls, Pune
An Autonomous (Affiliated to Savitribai Phule Pune University)
Department of Physical Education

Webinar-International Yoga Day- (Practical session of Yoga)

Resource Person- Ms. Ekta Jadhav

Date-21-06-2021

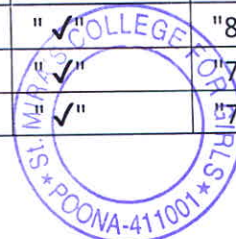
Attendance Sheet

Total Number of Participants- 175 students + 30 staff = 205

Sr. No	Names	2021-06-21	Arrival time	Last Seen	Joined
1	2463_kanishka	"√"	"7:56"	"9:04"	"1"
2	3258_sakshi Anpat	"√"	"7:42"	"8:07"	"1"
3	5028shreya Avaghade	"√"	"7:52"	"9:02"	"1"
4	Suhaile Azavedo	"√"	"7:55"	"9:02"	"2"
5	5052 Sakshi Balid	"√"	"7:57"	"9:04"	"1"
6	Minakshi Balkawade	"√"	"7:45"	"7:47"	"1"
7	5002 Sayali Bhagat	"√"	"7:46"	"9:01"	"1"
8	59 Aditi Bhapkar	"√"	"7:51"	"7:58"	"2"
9	Asha Bhavekar	"√"	"7:44"	"9:01"	"1"
10	5083_arya Bhorde	"√"	"7:52"	"9:04"	"1"
11	Dimple Buche	"√"	"8:27"	"9:03"	"1"
12	4034_punam Chaudhari	"√"	"7:44"	"8:25"	"1"
13	2257_pooja Chavan	"√"	"8:53"	"9:02"	"1"
14	5011 Priya Chhatpar	"√"	"7:45"	"9:02"	"1"
15	5086 Rohanti Chinthambe	"√"	"7:47"	"9:04"	"1"
16	4055_kiran Choudhary	"√"	"7:47"	"9:02"	"1"
17	5076_sneha Choudhary	"√"	"7:49"	"7:57"	"1"
18	Mamta Chourasia	"√"	"8:25"	"8:25"	"1"
19	Anita D'cunha	"√"	"7:42"	"9:04"	"1"
20	5035_jenis D'souza	"√"	"7:55"	"9:01"	"1"
21	5101_aparna Dahire	"√"	"7:47"	"9:01"	"2"
22	5013 Sharayu Dangare	"√"	"8:46"	"9:01"	"1"
23	Sujata Dash	"√"	"7:49"	"8:01"	"2"
24	2449_durga Daundkar	"√"	"7:46"	"9:01"	"1"
25	4404_esmath Dehkhanpur	"√"	"7:58"	"8:19"	"1"
26	Prashila Deikar	"√"	"7:55"	"9:01"	"1"
27	Dipak Desai	"√"	"8:20"	"8:22"	"1"
28	6 Smitika Deshmukh	"√"	"7:42"	"9:01"	"5"
29	6 Smitika Deshmukh	"√"	"7:46"	"7:46"	"1"
30	Sangeeta Deshmukh	"√"	"7:55"	"9:01"	"2"
31	5069_shweta Dhanashire	"√"	"7:49"	"9:02"	"2"
32	5046 Akanksha Dhiwar	"√"	"7:51"	"9:03"	"2"
33	5045 Vaishnavi Dhorje	"√"	"7:55"	"9:01"	"2"
34	2406_diksha Dhumal	"√"	"7:46"	"9:04"	"1"
35	3500_pratiksha Dhumal	"√"	"7:45"	"8:13"	"1"
36	Vaishali Diwakar	"√"	"8:02"	"9:02"	"2"
37	5039_sakshi Dupare	"√"	"7:45"	"9:02"	"1"
38	Shanthi Fernandes	"√"	"8:29"	"9:02"	"1"
39	12 Kiana Framroze	"√"	"7:40"	"9:04"	"1"
40	3052_vaishnavi Kshirsagar	"√"	"7:50"	"9:02"	"1"

Ekta Jadhav
Ekta Jadhav

Director of Physical Education

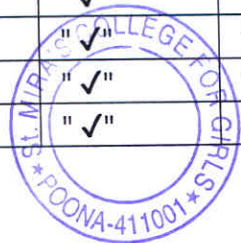


Jaysh
Principal Incharge
St. Mira's College for Girls

41	Pranita Gaikwad	✓	"8:22"	"8:23"	"1"
42	5062_sanskriti Galande	" ✓"	"7:48"	"9:03"	"1"
43	Madhuri Ghandat	" ✓"	"7:50"	"8:39"	"2"
44	5044 Samruddhi Ghenand	" ✓"	"7:59"	"9:02"	"1"
45	Sakshi Ghule	" ✓"	"8:59"	"9:03"	"1"
46	5018_samruddhi Gujar	" ✓"	"7:49"	"9:04"	"1"
47	5073 Komal Gunjal	" ✓"	"7:49"	"8:51"	"1"
48	5020_sneha Gupta	" ✓"	"7:50"	"9:02"	"3"
49	5090_gauri Gupta	" ✓"	"7:46"	"9:02"	"1"
50	5036_sandhya Harge	" ✓"	"7:43"	"9:04"	"2"
51	Asha Hingmire	" ✓"	"7:48"	"9:01"	"1"
52	Shalini Iyer	" ✓"	"8:27"	"8:31"	"1"
53	5104 - Sonali Jadhav	" ✓"	"7:44"	"9:01"	"1"
54	Ekta Jadhav	" ✓"	"7:46"	"9:04"	"1"
55	5066_nikita Jagtap	" ✓"	"7:48"	"9:04"	"1"
56	Shubhangi Jagtap	" ✓"	"7:55"	"8:44"	"1"
57	5022_palak Jagwani	" ✓"	"7:43"	"9:02"	"1"
58	Kajal Jaisinghani	" ✓"	"7:55"	"9:01"	"1"
59	5119arpita Jamadar	" ✓"	"7:47"	"9:04"	"1"
60	Shirin Jinnah	" ✓"	"7:53"	"9:01"	"1"
61	111 Khushi Joshi	" ✓"	"7:54"	"9:04"	"1"
62	Jyoti Joshi	" ✓"	"7:56"	"9:01"	"1"
63	Vaishali Joshi	" ✓"	"7:57"	"9:01"	"1"
64	Gurbanskaur Kamo	" ✓"	"7:55"	"9:04"	"1"
65	5009riya Karambalkar	" ✓"	"8:42"	"9:02"	"2"
66	5009riya Karambalkar	" ✓"	"7:46"	"8:42"	"1"
67	Swayam Kardile	" ✓"	"7:43"	"8:08"	"1"
68	Veena Kenchi	" ✓"	"7:56"	"9:01"	"1"
69	Ashwini Khaire	" ✓"	"7:53"	"8:09"	"1"
70	5094_anjali Kukka	" ✓"	"7:45"	"7:56"	"1"
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73	Manjita Kulkarni	" ✓"	"7:51"	"9:04"	"1"
74	Satish Kumar	" ✓"	"8:59"	"9:03"	"1"
75	5056 Nausheen Langa	" ✓"	"7:47"	"9:04"	"1"
76	5095_sanskriti Lohar	" ✓"	"7:47"	"9:03"	"1"
77	5077 Mitali Manolkar	" ✓"	"7:48"	"9:04"	"1"
78	2263_jessica Mathias	" ✓"	"8:29"	"9:02"	"1"
79	5048_mansi Matkar	" ✓"	"7:44"	"9:01"	"1"
80	Anitha Menon	" ✓"	"7:57"	"8:57"	"1"
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82	5049_divya More	" ✓"	"7:49"	"9:02"	"1"
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86	63 Bca Bhagyashree	" ✓"	"7:52"	"7:54"	"1"
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89	3 Others	" ✓"	"7:44"	"9:04"	"1"

E. Jadhav
Ekta Jadhav

Director of Physical Education



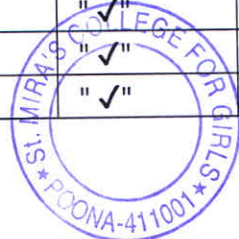
Jayant
Principal Incharge
St. Mira's College for Girls

St. Mira's College For Girls Pune

Sl. No.	Name	✓	Time	Time	Rank
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91	5031 Smita Palai	✓	"7:44"	"9:02"	"2"
92	59 Angha Sanjay Patel	✓	"7:48"	"7:49"	"1"
93	5025-Pallavi Patil	✓	"7:42"	"9:02"	"1"
94	Nilima Patil	✓	"7:57"	"9:01"	"2"
95	Prakash Patil	✓	"7:41"	"7:41"	"1"
96	5004_sayali Pawar	✓	"7:50"	"9:02"	"1"
97	Vishakha Pawar	✓	"7:53"	"9:04"	"1"
98	Manisha Pimpalkhare	✓	"7:58"	"9:04"	"1"
99	Suvarna Pundale	✓	"8:09"	"9:01"	"1"
100	Jaya Rajagopalan	✓	"7:55"	"9:01"	"1"
101	5043 Devapriya Rajesh	✓	"7:55"	"7:57"	"1"
102	5075_nootan Rajput	✓	"8:45"	"9:01"	"1"
103	Nss_vasudha Ramani	✓	"8:07"	"9:01"	"2"
104	amatullah Rampurawala	✓	"7:42"	"9:04"	"1"
105	Vibha Rathod	✓	"7:52"	"9:01"	"1"
106	Nss_preeth Reddy_fyba-A	✓	"8:51"	"8:59"	"2"
107	3704_muskan Sadhwani	✓	"7:48"	"7:56"	"1"
108	Pooja Sadhwani	✓	"7:46"	"8:30"	"1"
109	Nss_3452_nivedita Sahoo	✓	"7:58"	"9:01"	"1"
110	Jyoti Salehittal	✓	"7:40"	"9:04"	"3"
111	Swatee Sarwate	✓	"7:50"	"8:47"	"1"
112	Snober Sataravala	✓	"7:47"	"9:03"	"1"
113	5017 Iora Sen	✓	"7:46"	"9:01"	"1"
114	5088_ Falknaz Shaikh	✓	"7:50"	"9:01"	"1"
115	2444_nivriti Sharma	✓	"7:55"	"9:04"	"2"
116	3503_neha Sharma	✓	"7:30"	"7:59"	"1"
117	4050_sanjana Shelkande	✓	"8:04"	"8:20"	"1"
118	3280 Krishna Shinde	✓	"8:31"	"8:50"	"1"
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122	Rajni Singh	✓	"7:40"	"8:54"	"1"
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126	5099_shaili Tudme	✓	"7:56"	"8:58"	"1"
127	Komal Tujare	✓	"7:45"	"9:04"	"1"
128	5032_khushi Vaskar	✓	"7:54"	"9:01"	"4"
129	5023_eliza Vastani	✓	"7:46"	"9:02"	"1"
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136	3308_Preeti Yadav	✓	"8:13"	"9:04"	"1"
137	4037_kajal Yadav	✓	"7:46"	"9:02"	"1"

E. Jadhav

Ekta Jadhav
Director of Physical Education



Jadhav
Principal Incharge
St. Mira's College for Girls

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Joined on FaceBook

138	3263 ritika shinde
139	janshi reddy
140	_3215pragati sanas
141	juveriya
142	3275 dyaneshwari bhoite
143	3231 akanksha deshमुख
144	3461_nakshata pawar
145	3235_neeta mayekar
146	uzma khan
147	3226- shreya kaul
148	3281_revati khanna
149	3202_riya gorani
150	azraa babul
151	3219_akanksha pathak
152	namrata shelke
153	3280_krishna shinde
154	3053krusha thakkar
155	3022 karishma purswani
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159	shraddha kurane
160	misbah shaikh
161	3062 sweta thakur
162	3008asmita kumari
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167	3279_disha neve
168	3287_ esha jagtap
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172	kirti nagdev
173	3273_ashabi shaikh
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177	sejal gaikwad
178	ranjana ray
179	karina chhabada
180	3067_vaibhavi m
181	rutuja vijapure
182	shalaka thorat



Ekta Jadhav
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Director of Physical Education

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183	3010 ritu pardeshi
184	fasiha khan
185	harshada shingate
186	3213karishma suhanda
187	jadhav sakshi
188	himani_shivani sheregar
189	trupty harihar
190	manali gavit
191	preeti sharma
192	nishi porwal
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194	diksha bhole8:1]
195	mitali swamy8:1
196	tanaya patil8:1]
197	2308_meera_fyba
198	2265 laksaya g
199	aishwarya jaydeep
200	shrusti sharma
201	Sharmin Palsetia
202	Rama Venket
203	Anjali kale
204	Smita Borkar
205	Swati Pulate

gadhav
Ekta Jadhav
Director of Physical Education



Jayab
Principal Incharge
St. Mira's College for Girls, Pune.



International Yoga Day - 2021

DEGREE COLLEGE

- 1 Dr. Mrs. Jaya Rajagopalan
- 2 Mrs. Shalini Iyer
- 3 Dr. Mrs. Rama Venkat *RN*
- 4 Dr. Mrs. Arwah Madan *M*
- 5 Dr. Mrs. Vaishali Diwakar
- 6 Mrs. Jyoti Chintan *J. Chintan*
- 7 Dr. Mrs. Vaishali Joshi *VS.*
- 8 Dr. Ms. Meenakshi Wagh
- 9 Ms. Elizabeth Kanade
- 10 Dr. Mrs. Dimple Buche *D*
- 11 Mrs. Devinder Kaur
- 12 Dr. Mrs. Manisha Pimpalkhare
- 13 Dr. Mrs. Meenal Sumant
- 14 Dr. Mrs. Sangeeta Deshmukh *SK*
- 15 Mrs. Hasina Shaikh
- 16 Mrs. Rajni Singh
- 17 Mrs. Shanthi Fernandes
- 18 Dr. Mrs. Snober Satarawala *S.S. Satarawala*
- 19 Mrs. Veena Kenchi *veena online*
- 20 Dr. Ms. Sandhya Pandit
- 21 Ms. Manjita Kulkarni
- 22 Ms. Deepa Krishnamurthi
- 23 Ms. Suhaile Azavedo
- 24 Ms. Komal Tujare *Komal online*
- 25 Ms. Ekta Jadhav
- 26 Ms. Amruta Narke
- 27 Ms. Deepanjali Muzumdar *Deepa (online)*
- 28 Mrs. Shital Jadhav
- 29 Mrs. Sharmin Palsetia *Sharmin online*
- 30 Ms. Elizabeth Varkey
- 31 Mrs. Pooja Jain

SPORTS DEPARTMENT

- 1 Gurbans Kaur

JUNIOR COLLEGE

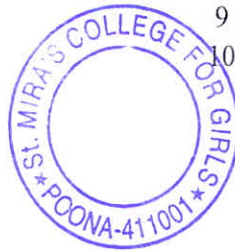
- 1 Mrs. Suvarna Deolankar
- 2 Mrs. Revati Pandhare
- 3 Mrs. Vibha Rathod
- 4 Mrs. Shirin Jinnah
- 5 Mrs. Suvarna Pundale
- 6 Mrs. Sawani Vinita
- 7 Mrs. Jyoti Joshi
- 8 Dr. Mrs. Bindu Nair
- 9 Mrs. Bincy Devasia
- 10 Mrs. Asha Bhavekar
- 11 Mrs. Pallavi Gandhi
- 12 Mrs. Jyoti Salehittal
- 13 Ms. Pooja Sadhawani
- 14 Mrs. Neena Dutta
- 15 Mrs. Anita D'cunha

BBA/BCA COLLEGE

- 1 Mrs. Amrita Basu *Am*
- 2 Mrs. Rekha Kankariya
- 3 Mrs. Abhradita Navhi
- 4 Ms. Deepali Agarwal *Deepali - online*
- 5 Mrs. Monika Rajguru *Monika - online*
- 6 Mrs. Kajal Jaisinghani

SCIENE DEGREE COLLEGE

- 1 Mrs. Anjali Kale *An*
- 2 Mrs. Swatee Sarwate *Swatee (online)*
- 3 Mrs. Gitanjali Phadnis
- 4 Mrs. Anita Vinod Menon *Anita (online)*
- 5 Mrs. Vrushali Paranjape *Vrushali (online)*
- 6 Mrs. Ashwini Kulkarni
- 7 Mrs. Shubhangi Jagtap *Shubhangi (online)*
- 8 Mrs. Smita Borkar *Smita (online)*
- 9 Mrs. Swati Pulate *Swati (online)*
- 10 Mrs. Alka Kalhapure *Alka (online)*



Ekta Jadhav
Ekta Jadhav
Director of Physical Edu

Jayak
Principal Incharge
St. Mira's College for Girls

St. Mira's College For Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)

7th International Yoga Day

The screenshot shows a Facebook live video recording. The main video frame displays a group of people sitting on mats in a room, performing yoga. A large mural of India is visible in the background. The video is titled "International Yoga day" and was posted by Ekta Jadhav on June 21. The interface includes a grid of participant thumbnails, a comment section with two comments, and a Windows taskbar at the bottom.

International Yoga day
Ekta Jadhav was live. June 21 · 🌐

46 Likes · 23 Comments · 271 Views

Like · Comment · Share

Comments · Hide

Most Relevant ▾

Rakesh Datta · 7:27
So nice 🙌
Like · Reply · 10w

Rakesh Datta · 8:25
Nice to see such performance after a long time 🙌🙌
Like · Reply · 10w

View 21 more comments

Write a comment...

Mira BazaarAttend...pdf

Type here to search

29°C AQI 101

12:55 04-09-2021



Principal Incharge
St. Mira's College for Girls, Pune.