

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]
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KINDLE THE LIGHT

Dr. Jaya Rajagopalan
Principal Incharge

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

G-18/2021-22/11

Date : 18.08.2021

CIRCULAR

The College will be celebrating National Sports Day on 28th August 2021 under Fit India Movement through Virtual platform from 4.00 pm to 5.00 pm for all staff members and students. We will be conducting Zumba Session by Zin Varsha Gupta, Professional Licensed Zumba Instructor. All are requested to attend the same.

Ms. Ekta Jadhav
Director of Physical Education



Dr. Jaya Rajagopalan
Principal Incharge

Principal Incharge
St. Mira's College for Girls

Please visit: www.dadavaswanisbooks.org

St. Mira's College for Girls, Pune
Department of Physical Education
Report

National Sports Day – 29/08/2021

The department of Physical Education had organised an online Session of Zumba on the occasion of National Sports Day on 28th August, 2021. National Sports Day is celebrated every year on 29th August, on the birth Anniversary of hockey legend Major Dhyan Chand a Hockey Wizard of India. He won three gold medals in Olympics for India in the years 1928, 1932 and 1936.

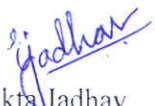
Due to the pandemic situation, our use of laptop, PC, Mobile, etc has increased and we are sitting for long duration on one place. So, it's very necessary to do some movement at home. and Zumba is best activity to do home and motivated ourself for fitness. This Zumba Session was organised for all the students and staff members to spread the awareness of Fitness and Healthy Lifestyle through some physical Activity. *Total 90 students participated.*

The resource person for the Zumba Session was our Alumni ZinTH Varsha Gupta (Professional Licenced Zumba Instructor) very Passionate and enthusiastic Zumba® instructor. Zumba is a popular fitness program inspired by Latin dance. In Zumba dance we move fast and have fun while getting exercise and burning calories. The session was begin with warmup Followed by Zumba dance on 7-8 songs and end up with cool down exercise. All the participants enjoyed the Zumba session.

The introductory speech and the introduction of resource person was given by Mrs. Ekta Jadhav (Director of Physical Education), and the Vote of thanks was given by our sports student Divija Sharma. The Sports Coach, Maharashtra State Jijamata Awardee Ms. Gurabans Kaur ma'am and all other staff members were present for the webinar.

Link-

<https://drive.google.com/file/d/1TbERHgMPA05My6LiX7QCXgji0nP6TqRp/view?usp=sharing>


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

Department of Physical Education

Activity Name-National Sports Day, 29th August, 2021,

Zumba Session


Resource Person- Ms. Varsha Gupta

Date-28-08-2021


Attendance Sheet

Total Number of Participants- 104 (students Participants 90 + 14 staff members)

Sr. No.	Full Name	First Seen	Time in Call
1	21 BCA Shweta Kushwaha	28-08-2021 04:05	00:01:24
2	2296_Bhavya Golani_FYBA A	28-08-2021 03:54	00:56:17
3	2313_Khushi Vikram Dhariwal-FYBA	28-08-2021 04:55	00:19:13
4	2406_diksha Dhumal	28-08-2021 03:54	00:03:10
5	2411_Bushra Ansari	28-08-2021 04:31	00:09:29
6	2423_Manali Gavit	28-08-2021 03:54	00:54:43
7	2427sejal Gaikwad	28-08-2021 03:58	01:16:22
8	2433_Nisha Bharti	28-08-2021 04:12	01:01:48
9	2440 Poonam Bhandarkar	28-08-2021 04:31	00:00:06
10	2441_shalini gautam	28-08-2021 04:03	00:24:44
11	2444_nivriti sharma	28-08-2021 04:42	00:04:29
12	2445_Neetu Rawat	28-08-2021 04:02	01:11:40
13	2458 Prachi Nidhi	28-08-2021 04:25	00:49:34
14	2712_Aishwarya Menon	28-08-2021 04:31	00:01:05
15	2716_Neha Kumari kushwaha	28-08-2021 03:59	01:15:24
16	2756_Vaishnavi Shinde	28-08-2021 04:06	01:07:41
17	2879_Naina Gaikwad	28-08-2021 04:09	01:05:07
18	28_BCA_Ruchi Nair	28-08-2021 03:57	00:03:38
19	3010 RituPardeshi	28-08-2021 04:20	00:52:56
20	3018_kadambariWagh	28-08-2021 03:56	01:17:56
21	3046_Radhika Nalawade	28-08-2021 04:22	00:00:16
22	3052_Vaishnavi Kshirsagar_FYBCOM	28-08-2021 03:45	00:29:09
23	3055 Lavanya Babu Shigula	28-08-2021 04:18	00:01:51
24	3059 Komal Sonawane	28-08-2021 04:09	01:05:03
25	3069 Jayshree Chavan	28-08-2021 03:55	00:05:39
26	3102 Vaishali Pawar	28-08-2021 04:05	00:16:09
27	3213_Karishma kishanSuhanda	28-08-2021 04:40	00:01:44
28	3266_Esha Kadam	28-08-2021 03:58	00:00:17
29	3308_Preeti Yadav	28-08-2021 04:03	00:10:24
30	3439_Silvia D'souza	28-08-2021 04:08	00:00:12
31	3481 Aarti Kaswa	28-08-2021 03:55	01:02:14
32	35 BCA prerna Purohit	28-08-2021 04:09	00:06:59
33	3637_Neha Rawat	28-08-2021 04:03	01:11:25
34	3658_Sheetal Kawthe	28-08-2021 03:52	00:25:18


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35	3672_Rutuja DattatreyaKawde	28-08-2021 04:19	00:54:15
36	3673_Bhagyashree B Jagwani	28-08-2021 04:01	01:12:57
37	3679_Shital mahadik	28-08-2021 04:24	00:38:23
38	3697_Rupali Upadhyay	28-08-2021 04:40	00:34:01
39	3917_Anisha BanduDhenge	28-08-2021 04:17	00:57:03
40	3918_Shubhrata Chaudhari	28-08-2021 03:45	00:58:36
41	4003_Disha Kinger	28-08-2021 04:19	00:03:27
42	4032_vijaya Patil	28-08-2021 04:20	00:09:25
43	4034_punam Chaudhari	28-08-2021 04:02	00:30:13
44	4037_Kajal Yadav	28-08-2021 03:57	00:13:32
45	4042_rupali kachi	28-08-2021 05:01	00:13:13
46	44_bca Zainab Pardawala	28-08-2021 04:07	00:07:49
47	5401 komal Sawant	28-08-2021 04:18	00:12:47
48	5433_Shirin Saji	28-08-2021 03:57	01:12:22
49	65_AswiniKetanaboyana	28-08-2021 04:42	00:01:45
50	6740_POONAM DUBE	28-08-2021 04:19	00:55:56
51	Aishwarya Vanarse	28-08-2021 04:00	00:42:40
52	Amrita Basu	28-08-2021 04:11	01:03:10
53	Anika Shaikh	28-08-2021 04:06	00:03:02
54	Anitha Menon	28-08-2021 04:00	01:13:45
55	Anjali Lohar	28-08-2021 04:13	00:55:22
56	Annapoorni Pillai	28-08-2021 04:08	00:00:19
57	Auresha Banerjee	28-08-2021 04:14	00:00:28
58	Diksha Singh	28-08-2021 05:05	00:09:26
59	Dimple Buche	28-08-2021 03:56	00:29:37
60	EKTA JADHAV	28-08-2021 04:20	00:28:18
61	Ekta Jadhav	28-08-2021 03:45	01:29:07
62	Gayathri Nair	28-08-2021 04:15	00:17:11
63	Hetal Yadav	28-08-2021 04:00	00:00:54
64	Jessica Mathias	28-08-2021 04:02	00:54:27
65	Jyoti Amate	28-08-2021 03:56	01:17:39
66	Jyoti Chintan	28-08-2021 03:55	00:37:24
67	Jyoti Joshi	28-08-2021 04:18	00:02:01
68	Kanishka Joshi	28-08-2021 04:01	00:09:28
69	Komal Tujare	28-08-2021 03:56	00:34:20
70	Lavina_SYBA	28-08-2021 03:53	00:06:52
71	Leoum Jessica Joshua Shetty	28-08-2021 04:11	00:58:46
72	Madhuri Ghandat	28-08-2021 04:12	00:03:06
73	Priti Yadav	28-08-2021 04:16	00:57:12
74	Rajani Pathak	28-08-2021 04:00	00:14:49
75	Riya Tamang	28-08-2021 04:00	00:19:55
76	Rohan Deolankar	28-08-2021 04:04	01:10:08
77	Sakina Bharmal	28-08-2021 03:53	00:00:05
78	Sandhya Pandit	28-08-2021 03:59	00:27:48
79	Sangeeta Deshmukh	28-08-2021 04:13	01:01:06
80	Sanjana Mishra	28-08-2021 03:48	01:08:41
81	Sejal	28-08-2021 04:00	00:20:24
82	SharminPalsetia	28-08-2021 04:00	00:59:07

Ekta

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83	Shubhangi Jagtap	28-08-2021 03:58	01:16:33
84	Shweta Kushwaha	28-08-2021 04:05	01:06:21
85	Simranjeet Sahota	28-08-2021 04:13	01:01:37
86	Smita Borkar	28-08-2021 04:18	00:01:31
87	Snehanjali Yadav	28-08-2021 04:01	01:08:06
88	SnoberSataravala	28-08-2021 03:59	00:38:52
89	SuhaileAzavedo	28-08-2021 03:51	00:42:18
90	SuhasiniPamu	28-08-2021 04:07	00:11:23
91	SupriyaBhalerao	28-08-2021 03:45	00:46:36
92	SwateeSarwate	28-08-2021 03:58	01:14:15
93	Vaishnavi Jadhav	28-08-2021 04:05	00:00:40
94	Vaishnavi Mamadapur	28-08-2021 04:14	00:00:40
95	Veena Kenchi	28-08-2021 03:48	01:16:37
96	Vishakha Pawar	28-08-2021 03:53	01:17:02
97	VrushaliParanjpe	28-08-2021 04:37	00:36:53
98	Yogini Ranpise	28-08-2021 03:53	01:20:17
99	anjali kale	28-08-2021 04:04	00:54:05
100	devinderkaur	28-08-2021 03:57	00:20:23
101	divijasharma	28-08-2021 03:59	01:15:07
102	gurbanskaurkamo	28-08-2021 03:59	01:12:12
103	shitaljadhav	28-08-2021 03:51	01:22:49
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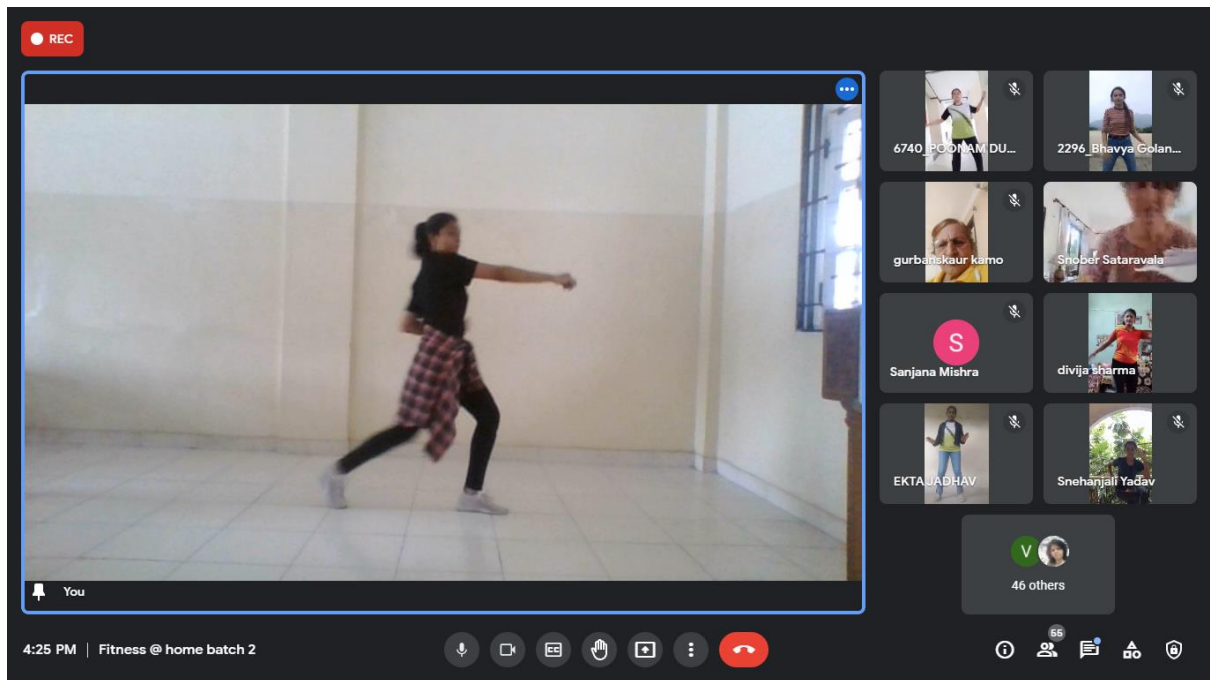


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