

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/ 62

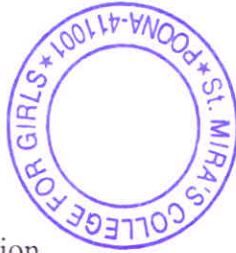
Date : 08.04.2022

CIRCULAR

The College is organizing "Sinhadgad Trek" on Thursday 14th April 2022 at Morning 4.45 am for all the students of Degree College. Those who are interested have to register on the following link and contact Ms. Ekta Jadhav, Director of Physical Education for further details:

<https://forms.gle/hZzMQvFRmsZCLJuz7>

Ms. Ekta Jadhav
Director of Physical Education



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Please visit: www.dadavaswanisbooks.org

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

Report of Sinhagad Trek

The Department of Physical Education had organised a "Sinhagad Trek" on 14th April, 2022 for all the students. Total 38 students took part enthusiastically for the trek. Trekking Improves physical fitness, mental fitness and social behaviour, it also develops the team work, increase concentration and boost up mood.

The Instructor of the trek was Mrs. Ekta Jadhav, Director of Physical Education. We leave from college at 5.00 am in the morning and start climbing at 6.30am and reached up at 8.30 am. and came back to college at 2.30 pm.

Students gain knowledge about the history of the fort and Shivaji Maharaj. To keep our environment clean and hygienic our students did cleanliness drive on the fort, they collected plastic bags, rappers and bottles etc. The students spread awareness of cleanliness among the public.

The students took part energetically and enjoyed the trek alot. Students also get to know about their capacity, fitness level....

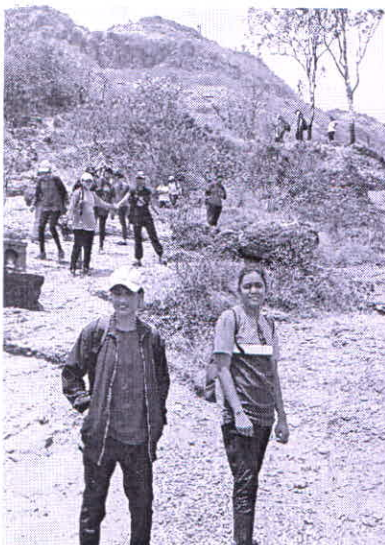
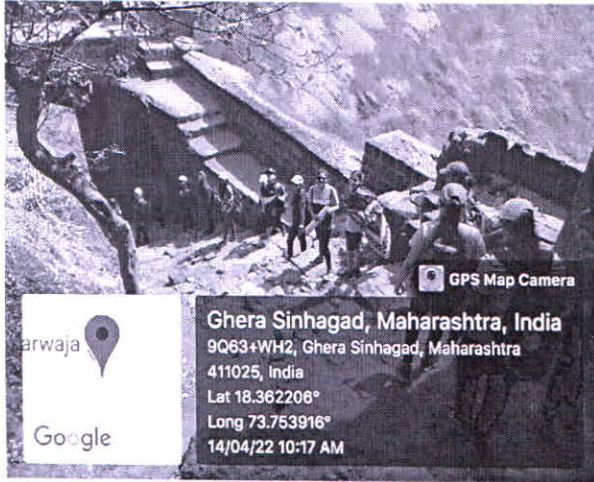
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Photos of Sinhagad Trek



Eakta

Ms. Ekta Jadhav
Director of Physical Education



Jaya

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