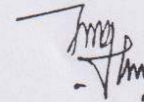


18.06.2018

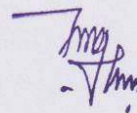
**P.V.G.'s College of Science, Pune - 09**

**Notice for All Students and Staff Members**

This is to inform all students and staff members that we are going to celebrate "Yoga Day" on 21<sup>st</sup> June 2018 at 9.00 am. All are requested to present on college terrace at 8.45 am.



Principal  
P.V.G.'s College of Science  
Vidyanagari, S. No. 44, Parvati,  
Pune - 411 009



Principal  
P.V.G.'s College of Science  
Vidyanagari, S. No. 44, Parvati,  
Pune - 411 009

## P.V.G.'s College of Science, Pune 9

### 5.1.3 Number of capability enhancement and development schemes Yoga and Meditation



सावित्रीबाई फुले पुणे विद्यापीठ  
विद्यार्थी विकास मंडळ

योग दिन अहवाल 2018-2019

वि.वि.मं.नोंदणी क्रमांक	:	PC84
आयोजक महाविद्यालय / संस्थेचे नांव	:	Pune Vidyarthi Gruh P.V.Gs College of Science Addr: 44 Vidyanagari Shivdarshan Parvati Pune Tal: Pun
मा. प्राचार्य / संचालक	:	Surekha Dilip Deshmukh
विद्यार्थी विकास अधिकारी	:	पवळे शिल्पा सुहास
राबविलेल्या उपक्रमाचे नाव	:	Yoga Day Celebration
उपक्रम राबवलेले ठिकाण	:	College Premise
उपक्रमात सहभागी विद्यार्थी संख्या	:	30
उपक्रमात सहभागी शिक्षक आणि शिक्षकेतर सहभागी संख्या	:	10



*S.S. Pawade*

विद्यार्थी विकास अधिकारी (S.D.O)  
स्वाक्षरी. O.

P.V.G's College of Science  
Vidyanagari, pune - 411 009

महाविद्यालयाची  
मोहोर



*Principal*

प्राचार्य  
स्वाक्षरी व मोहोर

Principal  
P.V.G.'s College of Science  
Vidyanagari, S. No. 44, Parvati  
Pune - 411 009

6/23/2018 1:41:42 PM



*Principal*


Principal  
P.V.G.'s College of Science  
Vidyanagari, S. No. 44, Parvati,  
Pune - 411 009



5.1.3 Number of capability enhancement and development schemes  
Yoga and Meditation

Yoga Day Celebration – 21<sup>st</sup> June 2018



  
Principal,  
P.V.G.'s College of Science  
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Pune - 411 009

5.1.3 Number of capability enhancement and development schemes  
Yoga and Meditation

Date: 08/12/2014

P.V.G.'s College of Science, Pune -9

~ **PERSONALITY DEVELOPMENT WORKSHOP** ~

Under the scheme of Students' Welfare Council, *Savitribai Phule Pune University*, our college has organized a Personality Development Program for the girls from F.Y.B.Sc. & S.Y.B.Sc. classes.

Topic: "Yoga - A Remedy for Stress Relief"

By: Mrs. Swati Kulkarni

Need in brief

Mental or physical exertion, stress, lack of sleep etc. exhaust you to the core. There are individuals, who often feel fatigue, throughout the day, even with a full night's rest.

To make you feel always energetic & fresh, to beat stress this is the Workshop!

**Important: Three units** will be **subtracted** from the Final % attendance of each subject for those who remain absent or arrive late for the Program.


No excuses will be entertained in this matter.

**Day:** Saturday


**Venue:** Classroom 2

**Date:** 13<sup>th</sup> December, 2014

**Time:** 07:45 am Sharp

  
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Pune - 411 009  
S.W.O.  
P.V.G.'s College of Science  
Vidyanagari, Pune - 411 009.



  
Principal  
P.V.G.'s College of Science  
Vidyanagari, S. 44, Parvati,  
Pune-411009.



**P.V.G.'s College of Science, Pune 9**

**5.1.3 Number of capability enhancement and development schemes  
Yoga and Meditation**



2014-15

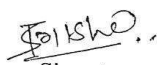
Savitribai Phule Pune University  
(formerly University of Pune)  
Board of Student Welfare  
**Personality Development**


**Sanctioned Amount : Rs. 10,000/-**  
Organizing Camp : Rs. 6,000/-  
Expert Remuneration : Rs. 3,000/-  
Contingency : Rs. 1,000/-


Following documents to be submitted by Serial as per given below:-

Sr.No.	Name of Documents	Remarks
1	University Sanction Letter	
2	Statement of Expenditure	
3	Students List (Class wise) / Feedback Forms	
4	Original Bills with Principal Certification	
5	Experts/Professors Attendance Register with Signature & Time Table	
6	Report of Activity with Photographs	

Cheque to be Drawn in Favour of : P.V.G.'s College of Science, Pune  
(Name of the Account holder)

  
Signature,  
Students' Welfare Officer (SWO)  
S.W.O.  
P.V.G's College of Science  
Vidyanagari, Pune - 411 009.

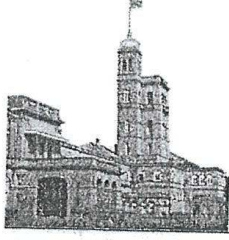
  
Principal  
P.V.G.'s College of Science  
Vidyanagari, S. No. 44, Parvati,  
Pune - 411 009

  
Signature,  
Principal/Director  
P.V.G.s' College of Science  
Vidyanagari, S. 44, Parvati,  
Pune-411009.



5.1.3 Number of capability enhancement and development schemes  
Yoga and Meditation

PC- 84



पुणे विद्यापीठ

सर्वोत्कृष्टतेचा स्रोत असलेले विद्यापीठ  
विद्यार्थी कल्याण मंडळ

डॉ. पंडीत एन. शेळके  
एच.एस.सी., पी.एच.डी.  
संचालक, विद्यार्थी कल्याण मंडळ

संदर्भ क्र. विकम/२०१४-१५/१७६

दिनांक : ११.०७.२०१४.

प्रति,  
मा. प्राचार्य,  
पुणे विद्यार्थी गृहाचे,  
विज्ञान महाविद्यालय, विद्यानगरी,  
सर्व्हे नं ४४, पर्वती, पुणे - ४११ ००९.

विषय : 'विद्यार्थीनी व्यक्तीमत्व विकास' योजना मान्यतेबाबत...

महोदय/महोदया,

आपणांस कळविण्यास आनंद वाटतो की, शैक्षणिक वर्ष २०१४-१५ या वर्षासाठी 'विद्यार्थीनी व्यक्तीमत्व विकास' योजना राबविण्याबाबत विद्यापीठास आपण पाठविलेला प्रस्ताव नियमानुसार मान्य करण्यात आलेला आहे.

या संदर्भात आपणांस कळविण्यात येते की, सदर योजनेसंबंधीची संपूर्ण माहिती विद्यार्थी कल्याण मंडळाच्या विविध योजना व उपक्रम - मार्गदर्शिका पुस्तिकेत दिलेली आहे. सदर मार्गदर्शिकेतील सर्व नियम व अटींचे पालन करून वरील योजना आपल्या महाविद्यालयात राबवावी. मार्गदर्शिकेत नमूद नसलेल्या कोणत्याही बाबींसंबंधी झालेल्या कार्यवाहीचा विचार केला जाणार नाही.

सदर योजना राबविण्यासाठी पुणे विद्यापीठ विद्यार्थी कल्याण मंडळाकडून रु. १०,०००/- (रु. दहा हजार फक्त) अर्थसहाय्य मिळेल, याची नोंद घ्यावी, ही विनंती.


कळावे,



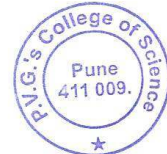
आपला,  
[Signature]  
संचालक,

विद्यार्थी कल्याण मंडळ

visit us at [www.unipune.ac.in](http://www.unipune.ac.in) for details.

  
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Pune - 411 009

विद्यार्थी कल्याण मंडळ, पुणे विद्यापीठ, गणेश खिड, पुणे - ४११ ००७.  
☎ ०२० - २५६०११५४ फॅक्स : ०२० - २५६०११५४ मोबाईल : ९८५०१७६५७५



## P.V.G.'s College of Science, Pune 9

### 5.1.3 Number of capability enhancement and development schemes Yoga and Meditation



Pune Vidyarthi Griha's

#### COLLEGE OF SCIENCE

[Affiliated to the University of Pune: Identification No. PU/PN/SC/157/2001]

'Vidyanagari', S.No. 44, Parvati, Pune 411009.

■ Tel. No. : 020 24227484 / 020 24221484,

■ Email : pvgcos@yahoo.co.in

Fax No. : 020 24221484

Website : www.pvgcos.com

PVGCOS/133/SWC/10/2014-15

Date: 16.03.2015

To,  
The Director,  
Students' Welfare Council,  
Savitribai Phule Pune University,  
Pune - 7

**Subject: Sanction of the expenditure of Personality Development for Girls Scheme (2014-15).**

Respected Sir,

Our college has successfully run the Personality Development for Girls Scheme (under Students' Welfare Council, Savitribai Phule Pune University, Pune) for all girls of our college in the academic year 2014-15. Under this scheme, Mrs. Swati Kulkarni (Yoga Trainer) has delivered a guidance lecture and demonstration session on "*Yoga - A Remedy for Stress Relief*" to all girls. The college has spent total amount of Rs 6,810 towards the above program.

Kindly sanction the above amount spent by the college, under this scheme.

Thanking you.

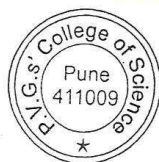
Yours faithfully,

#### Enclosures:

- 1) Notice of workshop
- 2) Attendance of girls present for workshop.
- 3) Report of Activity with Photographs.
- 4) Expenditure details of the scheme.
- 5) Original Bills.
- 6) Payment voucher of guest lecturer.

S.W.O.

P.V.G.'s College of Science  
Vidyanagari, Pune - 411 009.



Principal  
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Vidyanagari, S. No. 44, Parvati,  
Pune - 411 009



Principal  
P.V.G.'s College of Science  
Vidyanagari, S. No. 44, Parvati,  
Pune - 411 009.

**5.1.3 Number of capability enhancement and development schemes  
Yoga and Meditation**

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**Letter of invitation to Mrs. Swati Kulkarni (Yoga Trainer):**

Subject: Invitation to conduct Personality Development Workshop for girls...

Prajakta Agashe <prajakta.a@pvgcos.com>  
08/12/2014 1:41 PM (2 minutes ago)

to swatikulkarni1961@gmail.com

Madam,

I am hereby glad to inform you that, our college is going to conduct one day workshop on "Yoga – A Remedy For Stress Relief" for girls, under Personality Development Program of Students' Welfare Council, Savitribai Phule Pune University, Pune.

It is an honor and privilege to invite you for delivering the lecture in workshop. We look forward to a positive confirmation, an honor for us indeed.


The workshop details are listed below:

**Date: 13th December 2014**  
**Time: 8.30am to 01.30pm**  
**Venue: Classroom 2, Second Floor (Main Building)**

Thanks & Regards,

*Mrs. Prajakta Agashe (Students' Welfare Officer)*  
*P.V.G.'s College of Science,*  
*44, Vidyanagari, Shivdarshan,*  
*Parvati, Pune - 09*

*Office: (020) 24221484*  
*Mob. 992292281*

  
**Principal**  
**P.V.G.'s College of Science**  
**Vidyanagari, S. No. 44, Parvati,**  
**Pune - 411 009**





**5.1.3 Number of capability enhancement and development schemes  
Yoga and Meditation**

---

**Letter of invitation to Dr. Tushar Shitole:**

Subject: Prepone Schedule of Personality Development Workshop...

Prajakta Agashe <prajakta.a@pvgcos.com>  
**08/12/2014** 1:34 PM (11 minutes ago)

to tshitole@yahoo.com

Sir,

I hereby glad to inform you that, our college is going to conduct one day workshop on "**Yoga – A Remedy for Stress Relief**" for girls, under Personality Development Program of Students' Welfare Council, Savitribai Phule Pune University, Pune.

Mental or physical exertion, stress and lack of sleep can make people feel tired. For individuals, who often feel fatigue throughout the day even with a full night's rest. This workshop will help you to beat stress with specific yoga moves, breathing techniques and meditation.

It is an honor and privilege to invite you for the workshop. We look forward to a positive confirmation, an honor for us indeed.

The workshop details are listed below:


**Guest Lecturer: Mrs. Swati Kulkarni**

**Date: 13th December 2014**

**Time: 8.30am to 01.30pm**

**Venue: Classroom 2, Second Floor (Main Building)**

Thanks & Regards,

  
Principal  
P.V.G.'s College of Science  
Vidyanagari, S. No. 44, Parvati,  
Pune - 411 009




## P.V.G.'s College of Science, Pune 9

### 5.1.3 Number of capability enhancement and development schemes Yoga and Meditation

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Mrs. Prajakta Agashe (Students' Welfare Officer)  
P.V.G.'s College of Science,  
44, Vidyanagari, Shivdarshan,  
Parvati, Pune - 09

Office: (020) 24221484

  
Principal  
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Pune - 411 009



## P.V.G.'s College of Science, Pune 9

### 5.1.3 Number of capability enhancement and development schemes Yoga and Meditation

P.V.G.'s College of Science, Pune - 09.

#### PERSONALITY DEVELOPMENT PROGRAM FOR GIRLS

Guest Lecturer: Mrs. Swati Kulkarni


Date: 13/12/14

Topic: "Yoga - A Remedy for Stress Relief"

Attendance: F.Y.B.Sc. (Computer Science)

Sr. No.	Roll No.	Name	Sign
1	101	Miss Solanki Nikita Mukesh	A
2	103	Miss Mare Shivani Suhas	Shivani
3	104	Miss Shinde Vaishnavi Ajay	Shinde
4	106	Miss Bingi Pallavi Rajendra	P.R.Bingi
5	107	Miss Bhilare Anuja Manohar	Bhilare
6	108	Miss Kanade Sai Sanjay	Kanade
7	111	Miss Bhargude Siddhika Deepak	Bhargude
8	113	Miss Kudle Rutuja Sharad	A
9	115	Miss Mahangare Nupoor Narendra	Mahangare
10	116	Miss Jagdale Geetanjali Bharat	Jagdale
11	120	Miss Kale Geetal Nitin	Kale
12	127	Miss Kulkarni Ketki Kishor	Kulkarni
13	128	Miss Paradkar Soniya Shrikant	Paradkar
14	130	Miss Dhadve Ashwini Prafulla	Dhadve
15	132	Miss Salunkhe Rutuja Sunil	Salunkhe
16	134	Miss Dhage Shital Bharat	Dhage
17	137	Miss Sambhus Aishwarya Mahendra	Sambhus
18	140	Miss Bhosale Aarti Anil	Bhosale
19	144	Miss Vora Saloni Kiran	Vora
20	145	Miss Singar Dhanashree Raosaheb	A
21	146	Kshirsagar Prasad Prakash	A
22	147	Miss Tambe Mrunmayee Sudhanshu	Tambe
23	148	Miss Suravase Sandhya Prabhakar	Suravase
24	149	Miss Naik Laxmi Nandkishor	Naik
25	153	Miss Kadu Neha Devidas	Kadu
26	154	Miss Kadam Rajgauri Shashikant	Kadam
27	156	Miss Magar Dhanashri Ganpat	Magar
28	158	Miss Kadam Mrunal Sanjay	Kadam
29	160	Miss Katare Shweta Sanjay	Katare
30	161	Miss Borkar Shruti Shrikant	Borkar
31	162	Miss Kolhe Kaveri Gunavant	Kolhe
32	164	Miss Trimal Piyusha Bramhanand	Trimal
33	165	Miss Chaudhari Pallavi Arvind	Chaudhari
34	172	Miss Bhosale Poonam Rahul	Bhosale
35	173	Miss Kadu Piyusha Vilas	A



  
**Principal**  
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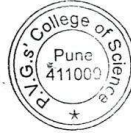


P.V.G.'s College of Science, Pune 9

5.1.3 Number of capability enhancement and development schemes  
Yoga and Meditation

Sr. No.	Roll No.	Name	Sign
36	174	Miss Adake Bhakti Nishikant	<i>Adake</i>
37	176	Miss Turakhia Veerashree Nilesh	<i>Turakhia</i>
38	178	Miss Mandavgane Pranita Rajesh	<i>Pranita</i>
39	182	Miss Shilimkar Ankita Prabhakar	<i>Ankita</i>
40	184	Miss Yadav Aarti Kundlik	<i>Aarti</i>
41	185	Miss Chikhalikar Urvi Vijay	<i>Urvi</i>
42	187	Miss Dimble Sanjana Sunil	<i>Sanjana</i>
43	188	Miss Naik Gayatri Sunil	A

*Prinche*  
S.W.O.  
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Vidyanagari, Pune - 411 009.



*Prin*  
Principal  
College of Science  
No. 44, Parvati,  
Pune - 411 009.

*Prin*

## P.V.G.'s College of Science, Pune 9

### 5.1.3 Number of capability enhancement and development schemes Yoga and Meditation

P.V.G.'s College of Science, Pune - 09.

PERSONALITY DEVELOPMENT PROGRAM FOR GIRLS  
Under the Scheme of S.W.C., Savitribai Phule Pune University, Pune.

Guest Lecturer: Mrs. Swati Kulkarni

Date: 13/01/2014

Topic: "Yoga - A Remedy for Stress Relief"

Attendance: S.Y.B.Sc. (Computer Science)

Sr. No.	Roll No.	Name of the Student	Sign
1	201	Amrale Priyanka Parshuram	<i>Amrale</i>
2	202	Awate Tanvi Prashant	<i>Tanvi Awate</i>
3	204	Bandal Ravina Ramdas	<i>Ravina Bandal</i>
4	205	Barad Shweta Narayan	<i>Barad</i>
5	206	Belhekar Shweta Kailas	<i>Shweta</i>
6	207	Bhilar Pranali Kamalakar	<i>A</i>
7	210	Chavan Monali Maruti	<i>Monali</i>
8	211	Chhajed Neha Arun	<i>Neha</i>
9	212	Chidrevar Pallavi H	<i>Pallavi</i>
10	213	Chikane Priya Bharat	<i>Priya</i>
11	214	Chormale Sneha Shivaji	<i>Sneha</i>
12	216	Dani Arthi Arun	<i>Arthi</i>
13	217	Darda Aishwarya Rasik	<i>Aishwarya</i>
14	221	Phad Tejashree Dattatraya	<i>Phad</i>
15	222	Dhamale Diksha Vilas	<i>Diksha</i>
16	226	Gaikwad Priya Narendra	<i>Priya</i>
17	228	Godse Manali Madhav	<i>Manali</i>
18	231	Inamdar Surabhi Subhash	<i>A</i>
19	233	Ingawale Prajakta N	<i>Jyoti</i>
20	236	Joshi Ketakee Remesh	<i>Joshi.K.R.</i>
21	237	Kale Vrushali Damodar	<i>Vrushali</i>
22	241	Kosandar Nikita Nitin	<i>Nikita</i>
23	242	Karvinkop Antima Babu	<i>Antima</i>
24	245	Mahekar Komal Vishnu	<i>Komal</i>
25	247	Margaje Ankita Tukaram	<i>Ankita</i>
26	248	Mohite Sayali Subhash	<i>Sayali</i>
27	251	Munot Arpita Sunil	<i>Arpita</i>
28	252	Naik Devika Avinash	<i>Devika</i>
29	255	Navaghane Pallavi Kishor	<i>Pallavi</i>
30	256	Oswal Divya Ajit	<i>Divya</i>
31	257	Patil Aishwarya Amarsinh	<i>Aishwarya</i>
32	258	Pawar Nikita Sunil	<i>Nikita</i>
33	259	Pisal Poorva Purushttam	<i>Poorva</i>
34	261	Sanas Leena Sham	<i>Leena</i>
35	262	Shah Minali Pradeepkumar	<i>Minali</i>
36	264	Shilimkar Tejaswini Prakash	<i>Tejaswini</i>
37	266	Shinde Shubhada Deepak	<i>Shubhada</i>



*Ingawale*  
Principal  
P.V.G.'s College of Science  
Vidyanagari, S. No. 44, Parvati  
Pune - 411 009

## P.V.G.'s College of Science, Pune 9

### 5.1.3 Number of capability enhancement and development schemes Yoga and Meditation

43

38	267	Shingate Sneha D	<i>Shingate</i>
39	268	Shirke Radhika Rajendra	<i>Shirke</i>
40	269	Shivade Akshada Uday	<i>Shivade</i>
41	272	Suryawanshi Revati	<i>Suryawanshi</i>
42	275	Wadghare Pooja Sunil	<i>Pooja</i>
43	277	Yadav Meenakshi J	<i>Yadav</i>
44	279	Ozarkar Pranali Dilip	<i>Pranali</i>
45	244	Nilam Ch. Lohar	<i>Nilam</i>

*Shirke*  
S.W.O.  
P.V.G's College of Science  
Vidyanagari, Pune - 411 009.



*g*  
Principal  
P.V.G.'s College of Science  
Vidyanagari, C. No. 44, Parvati,  
Pune - 411 009.

*Murugan*



**P.V.G.'s College of Science, Pune 9**

**5.1.3 Number of capability enhancement and development schemes  
Yoga and Meditation**


Date: 26/12/14

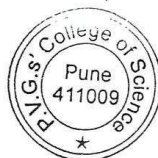
P.V.G.'s College Of Science , Pune - 9


**Expenditure on Personality Development for Girls: 2014-15**


Sr. No.	Type of Expenditure	Items	Bill/ Voucher No. & Date	No.of Items	Rate / Item	Total Amount (Rs.)
1	For Workshop: Yoga - A Remedy for Stress Relief	Tea + Samosa + Paw Bhaji + Gulabjam	147 13/12/14	80	70	5,600.00
2		Bouquet	12/12/14	3	50	150.00
3	Miscellaneous Expenses	Activity Photographs	24/12/14	6	10	60.00
4	Expert's Remuneration	Mrs. Swati Kulkarni	13/12/14			1,000.00
Grand Total (Rs.)						6,810.00

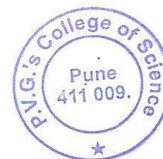
Rs. In Words: Six Thousand Eight Hundred and Ten Only.

  
S.W.O.  
P.V.G.'s College of Science  
Vidyanagari, Pune - 411 009.



  
Principal  
P.V.G.'s College of Science  
Vidyanagari, S. No. 44, Parvati,  
Pune - 411 009.

  
Principal  
P.V.G.'s College of Science  
Vidyanagari, S. No. 44, Parvati,  
Pune - 411 009

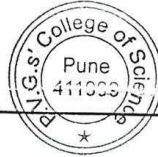


**P.V.G.'s College of Science, Pune 9**

**5.1.3 Number of capability enhancement and development schemes**

**Yoga and Meditation**

*[Signature]*  
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*[Signature]*  
Principal  
P.V.G.'s College of Scier  
Vidyanagari, S. 44, Parv  
Pune-411009.

**INVOICE**

**CAMPUS CHOICE  
CATERING SERVICES**

C-604, Spring Hills Society, Taljai Pathar, Dhankawadi, Pune - 43. Mobile : 9822778052

To, P.V.G.'s college of science,  
44, Vidyanagari Pune - 9

Invoice No. : 147

Date : 13/12/14.

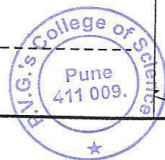
S. No.	Particulars	Qty.	Rate	Amount
<u>1</u>	<u>Pav bhaji + Gulabjam</u> <u>and Tea &amp; Samosa</u>	<u>80</u>	<u>70</u>	<u>5600</u>

PAN No. : **BTAPD7120E** Total 5600

Amount in Words : five thousand six  
hundred only

For  
**CAMPUS CHOICE**

*[Signature]*  
Principal



*[Signature]*  
Proprietor

P.V.G.'s College of Science, Pune 9

5.1.3 Number of capability enhancement and development schemes  
Yoga and Meditation

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॥ श्री स्वामी समर्थ ॥

**3S यशवंतराव**

आमच्याकडे लग्न, मुंज, बारसे, बाडीसेट, गाडी सजविणे  
स्टेज डेकोरेशनची कामे केली जातात.

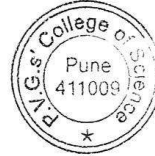
पत्ता : 3S सर्व्हिस स्टेशन, (इंडियन ऑईल पेट्रोल पंप), माणिकबाग,  
सिंहगड रोड, पुणे - ५१. मोबाईल : ९८५०९२०४९३, ९६५७९९६९९९

श्री. P.V.G. college, pune दि. 12/12/14

नं.	तपशील	दर	रुपये
	3 hours 20 min	50	150
		एकूण	150

टिप : ऑर्डर कॅन्सल झाल्यास रिडिमन्स परत मिळणार नाही.  
ऑर्डर देतेवेळी ५०% रक्कम उडविल्याची प्रत घावी लागेल. प्रोग्राम 3S यशवंतराव

*Prisho*  
S.W.O.  
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*gg*  
Principal  
P.V.G.'s College of Science  
Vidyanagari, S. No. 44, Parvati,  
Pune - 411 009.

*mg*  
Principal  
P.V.G.'s College of Science  
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5.1.3 Number of capability enhancement and development schemes  
Yoga and Meditation

3

॥ ॐ माई प्रसन्न ॥

व्यु. अंकित डिजिटल फोटो स्टुडिओ  
अॅन्ड व्हिडीओ शुटींग

मराठी शाळेसमोर, विठ्ठलनगर, धायरी, पुणे - ४१ मो. ९९२३१११०७१

श्री. P.V.G. College, विल नं.:  
Pune

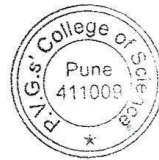
दिनांक: 24/12/14

वस्तुविवरण	साईज	कॉपीज	रुपये	पैसे
पासपोर्ट				
आयकार्ड				
कलर री. प्रिंट	५x६	६	६०	
		एकूण		६०
		जमा		६०
		बाकी		

टिप : आपले फोटो १५ दिवसात घेवून गेले नाही  
तर आम्ही जबाबदार राहणार नाही  
पावतीशिवाय फोटो मिळणार नाहीत.

सही

S.W.O.  
P.V.G.'s College of Science  
Vidyanagari, Pune - 411 009.



Principal  
P.V.G.'s College of Science  
Vidyanagari, S. No. 44, Parvati,  
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5.1.3 Number of capability enhancement and development schemes  
Yoga and Meditation

Pune Vidyarthi Griha's

**COLLEGE OF SCIENCE**

44, Vidyanagari, Shivdarshan Parvati, Pune - 411 009

Voucher No. 6912

Date: 13/12/2014

Paid to Mrs. Swati Kulkarni  
Rs. 1000/- (Rs. in words) one thousand only  
Details Remuneration of Personality development  
Program for girls ("Yoga - A Remedy for  
Stress Relief")

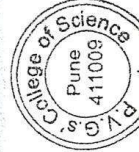
Cash . Ch.No. \_\_\_\_\_  
bank \_\_\_\_\_  
Rs. \_\_\_\_\_  
Department \_\_\_\_\_  
Account Head \_\_\_\_\_

Received with thanks of Rs. 1000/-  
Cash . Ch.No. \_\_\_\_\_

*[Signature]*  
Accountant

SPRIKULKARNI  
Receiver's Signature

Principal Director Receiver's Signature



*[Signature]*

S.W.O.  
P.V.G.'s College of Science  
Vidyanagari Pune - 411 009

*[Signature]*  
Principal  
P.V.G.'s College of Science  
Vidyanagari, S. No. 44, Parvati,  
Pune - 411 009.

*[Signature]*  
Principal  
P.V.G.'s College of Science  
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**5.1.3 Number of capability enhancement and development schemes  
Yoga and Meditation**

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Date: 16/03/15

**P.V.G.'s College of Science, Pune – 9**

**~ Annual Report ~**

**Personality Development for Girls: 2014-15**

Our College runs the Personality Development for Girls Scheme for the girl students of college, since academic year 2010-11. This scheme is very good for girls with respect to enhancement of girls' health, mental stress, concentration, and overall personality required to face life challenges.


In this scheme college has to call guest lecturer in the college to deliver the lecture and demonstration session (if applicable) on the selected topic. Girls listen and practically perform some exercises / actions according to subject selected. These extracurricular activities make girls think out of the way. Henceforth improves concentration and decrease stress.

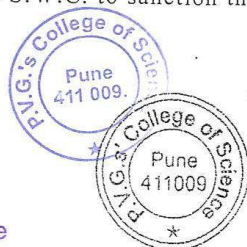
In 2014-15, academic year our college has conducted a lecture on **13<sup>th</sup> December 2014** from 08.00am to 03.00pm. The session was conducted by yoga teachers Mrs. Swati Kulkarni and Miss. Isha Kulkarni on "*Yoga – A Remedy for Stress Relief*". Both are having the higher qualification degree of M.Sc. (Yoga Education). They have completed Diploma in Yogic Therapy, Natural Living & Naturopathy. Also passes yoga instructor course from Swami Vivekananda Yoga Anusandhana Samsthana, Bangalore.

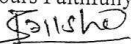
This workshop was attended by approximate 80 girl students. Swati Madam delivered a theory session and practically yoga demonstration delivered by Isha Madam. All girls of our college concentrated on theory and enjoyed practical demonstration of yoga exercises. All have given positive feedback for both the madams.

All the formats have been attached as prescribed. Total expenditure incurred by the college, on this scheme (including tea, breakfast, lunch and expert remuneration) is **Rs. 6,810** only. I am, as a S.W.O. of the college hereby request S.W.C. to sanction this amount and do the needful.

Thanking You.

  
**Principal**  
P.V.G.'s College of Science  
Vidyanagari, S. No. 44, Parvati,  
Pune - 411 009




Yours Faithfully,  
  
(Mrs. Prajakta Agashe)  
S.W.O.  
P.V.G.'s College of Science  
Vidyanagari, Pune - 411 009.



5.1.3 Number of capability enhancement and development schemes  
Yoga and Meditation

Personality Development Program – “Yoga – A Remedy for Stress Relief”




  
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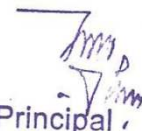
5.1.3 Number of capability enhancement and development schemes  
Yoga and Meditation



  
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5.1.3 Number of capability enhancement and development schemes  
Yoga and Meditation



  
Principal



5.1.3 Number of capability enhancement and development schemes  
Yoga and Meditation

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5.1.3 Number of capability enhancement and development schemes  
Yoga and Meditation



*[Handwritten Signature]*