



**JOGESHWARI EDUCATION SOCIETY'S
COLLEGE OF COMMERCE SCIENCE & INFORMATION TECHNOLOGY
(AFFILIATED TO UNIVERSITY OF MUMBAI)**

JES Education Complex, Caves Road, Arvind Gandbhir Campus, Jogeshwari (East), Mumbai - 400 060.
Tel : 022 2824 5527 / 83568 67783 | Email : jescollegecom@gmail.com | Web : jescollege.edu.in

Notice

Subject: - 30 Hrs Yoga Workshop

We are excited to announce a comprehensive "30-Hour Yoga Workshop" that aims to promote physical and mental well-being through the practice of yoga. Which would begin on 6th September 2022 on the turf. This workshop will provide valuable insights and techniques to enhance your yoga journey to both beginner and regular practioners.



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COLLEGE OF COMMERCE SCIENCE
& INFORMATION TECHNOLOGY
Caves Road, Jogeshwari (E), Mumbai-400 060.

5.1.2

Report on Yoga Sessions for First Year Students

We have started the Yoga Sessions for our First Year Students of B.COM, B.A.F. and B.M.S. for Accounting year 2022 – 2023. It was a full-fledged 30 hours Yoga Sessions for these students. The Yoga Sessions were conducted by Asst. Prof. Neha Kothari and Asst. Prof. Vinit Kakaiya on alternate days for a duration of 1 hour in the first lecture. The sessions were started with Prayers, Warm ups followed by Yoga Asanas and ended with Yog Nidra and Shaanti Mantra or Prayer. The Meditation also formed the part of these Yoga Sessions. We have maintained Attendance Sheets of all the sessions and 200 students have benefitted from them.

The learning outcome from the students' point of view is they have improved focus, concentration and increase in their intellectual and analytical skills. Students have shared that after practicing Yoga their mind is more in present moment rather than getting caught up in past and future.

From the Institution point of view, after the yoga sessions, the performance of students in the exams have improved and consequently the passing percentage of students has increased. The students have become more interactive and there is the improvement in their problem solving capabilities. After the tremendous response from First Year Students Institution is looking forward to introduce the Yoga Sessions to the Second Year and Third Year students.

Sd/-

Neha

Teacher In-charge

Asst. Prof. Neha Kothari



P. B. Shelar
PRINCIPAL
JOGESHWARI EDUCATION SOCIETY'S
COLLEGE OF COMMERCE SCIENCE
& INFORMATION TECHNOLOGY
Caves Road, Jogeshwari (E), Mumbai-400 060.



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Caves Road; Arvind Gandbhir Campus; Opp. Rly. Stn.; Jogeshwari (East); Mumbai 400060.



Mumbai, Maharashtra, India

B Wing, Station Rd, Ismail College Camps, Natwar Nagar,
 Jogeshwari East, Mumbai, Maharashtra 400060, India
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 Long 72.850739°

Date: 06/09/2022

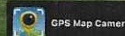
Venue: JES Ground

YOGA
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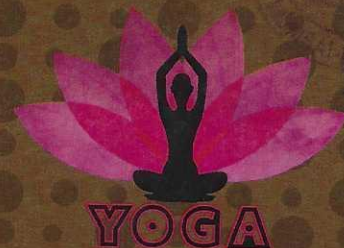
Mumbai, Maharashtra, India

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 Jogeshwari East, Mumbai, Maharashtra 400060, India
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 Long 72.850732°
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Mumbai, Maharashtra, India

B Wing, Station Rd, Ismail College Camps, Natwar Nagar,
 Jogeshwari East, Mumbai, Maharashtra 400060, India
 Lat 19.135277°
 Long 72.850732°
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Handwritten signature: G. S. Shelar



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Caves Road; Arvind Gandbhir Campus; Opp. Rly. Stn.; Jogeshwari (East); Mumbai 400060.



Mumbai, Maharashtra, India
 J.E.S. Compound, Caves Road, 4VP2+497, near I.Y. College Campus, Hardevi Society, Natwar Nagar, Jogeshwari East, Mumbai, Maharashtra 400060, India
 Lat: 19.135311°
 Long: 72.850933°
 13/09/22 07:51 AM



Mumbai, Maharashtra, India
 B Wing, Station Rd, Ismail College Camps, Natwar Nagar, Jogeshwari East, Mumbai, Maharashtra 400060, India
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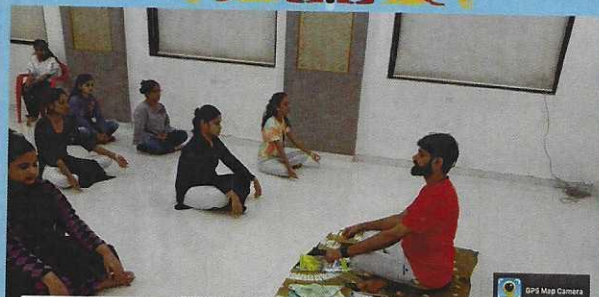


Mumbai, Maharashtra, India
 J.E.S. Compound, Caves Road, 4VP2+497, near I.Y. College Campus, Hardevi Society, Natwar Nagar, Jogeshwari East, Mumbai,

Date: 13/09/2022
Venue: JES College Hall



Mumbai, Maharashtra, India
 J.E.S. Compound, Caves Road, 4VP2+497, near I.Y. College Campus, Hardevi Society, Natwar Nagar, Maharashtra 400060, India
 Lat: 19.135288°
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Mumbai, Maharashtra, India
 J.E.S. Compound, Caves Road, 4VP2+497, near I.Y. College Campus, Hardevi Society, Natwar Nagar, Jogeshwari East, Mumbai, Maharashtra 400060, India
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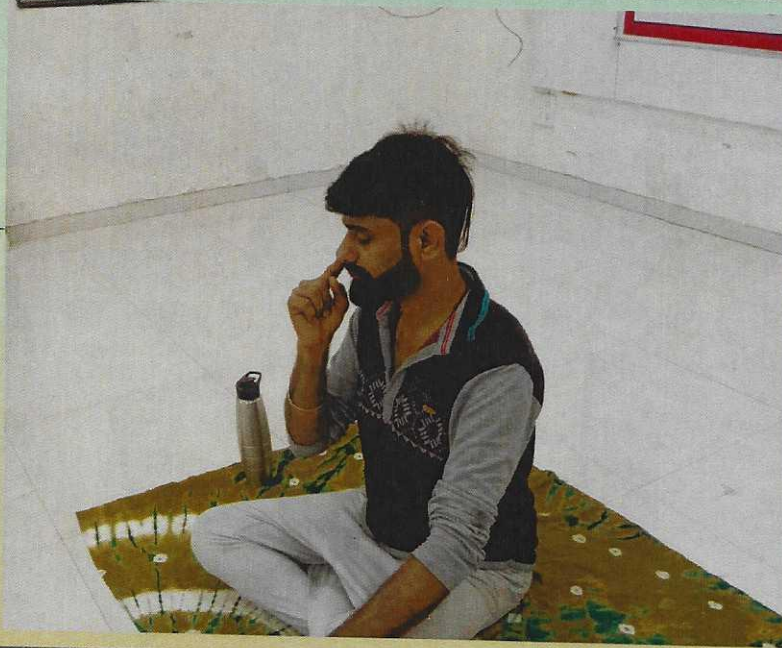
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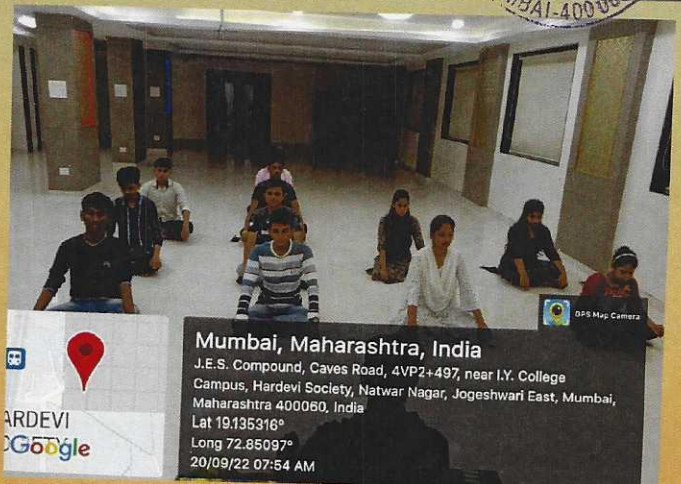
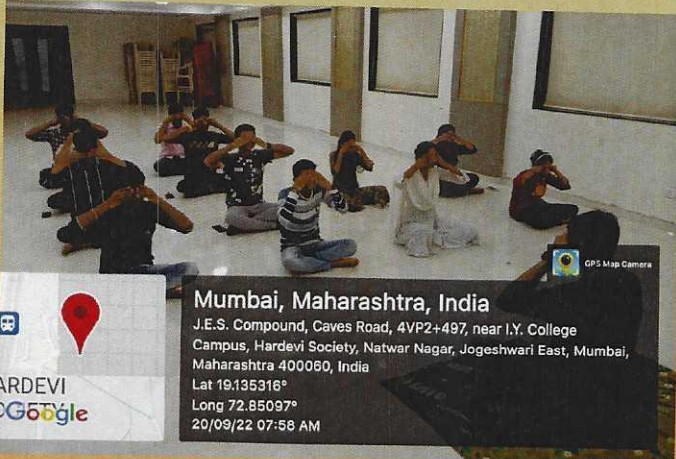


Mumbai, Maharashtra, India
 J.E.S. Compound, Caves Road, 4VP2+497, near I.Y. College
 Campus, Hardevi Society, Natwar Nagar, Jogeshwari East, Mumbai,
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Date: 20/09/22
Venue: JES College Hall



Mumbai, Maharashtra, India
 J.E.S. Compound, Caves Road, 4VP2+497, near I.Y. College
 Campus, Hardevi Society, Natwar Nagar, Jogeshwari East, Mumbai,
 Maharashtra 400060, India
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Mumbai, Maharashtra, India
 J.E.S. Compound, Caves Road, 4VP2+497, near I.Y. College
 Campus, Hardevi Society, Natwar Nagar, Jogeshwari East, Mumbai,
 Maharashtra 400060, India
 Lat 19.135316°
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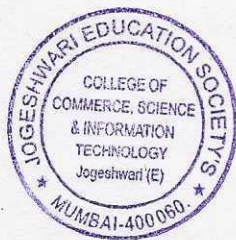


Mumbai, Maharashtra
J.E.S. Compound, Caves Road
Campus, Hardevi Society,
Maharashtra 400060, India
Lat 19.135302°
Long 72.850966°
16/09/22 08:03 AM GMT

Yoga training

Date - 6/9/22

Sr. No.	Name	Class	Contact No.	Sign
1	Swarup. A. Bane	FYBMS	9321766922	
2	Tanmay Sawant	FYBMS	9321871194	
3	Roshan Bagwe	FYBMS	0821822908	
4	Kaushik Poojari	FYBMS	9618147975	
5	Rishabh Singh	FYBMS	9394412011	
6	Mihir Potdar	FYBMS	9326122603	
7	Yash Parag	FYBMS	7208480481	
8	Chhmay S. Ghay	FYBMS	7208285604	
9	Shruti Ambekar	SYBMS	9322780603	
10	Dhruv Kewari	Sy IT	7977079077	
11	Pratik Khot	Sy IT	9321083829	
12	Bherna Dasy	FyBScT	9167765544	
13	Harsh Jethwa	FY Bcom	8591275886	
14	Keene Jagdekar	Fy Bcom	9082736405	
15	Rahul Khairi	FY Bcom	8169204413	
16	Yash Jain	FY Bcom	7710942464	
17	Rakhi Yadav R.	Fy/Bcom	8369905333	
18	Ankita Ghosh	FY Bcom	9820697403	
19	Ayush Kumbhija	SY Bcom	8879600537	
20	Karun Yadav	SY BMS	9967987973	
21	Narindra Vishwakarma	SY BMS	8824269731	
22	Asmit Prajapati	SY BMS	7718994262	
23	Parsi Gada	SY BCOM	9619654756	
24				
25				



Name of the activity: - yoga training

Date: - 06/9/2022.

Sr. No.	Name	Class	Contact No.	Sign
1	Yadav Rakhi R.	F.Y. bcom	8369705333	Rakhi
2	Goswami Sonam Gt.	F.y bcom	8779800627	Sonam
3	Sarwan Ansari	F.Y BCOM	7400368542	Sarwan
4	Nazneen Ansari	F.Y BCOM	841993678	Nazneen
5	Pritya More	F.Y bcom	8879206826	Pritya
6	Shivam Nismal	F.Y BMS	998744810	Shivam
7	Kumar Rathod.	S.Y BMS	7400283540	Kumar
8	Ruddeep Sawant	F.Y BMS	4372867681	Ruddeep
9	Aniket J. Kushwah	F.Y Bsc. IT	9653337531	Aniket
10	Shaikh Faizan	F.Y Bsc. IT	8928351438	Faizan
11	Bhushan Parab	F.Y BSC II	9082757207	Bhushan
12	Atharva V. Sove	F.Y BSC. IT	9867522016	Atharva
13	Shubham Chawgy	F.Y BSC - IT	7208904440	Shubham
14	Atharv S. Jaitapkar	F.Y BSC IT	8693099581	Atharv
15	Manisha Rona	F.Y Bsc IT	9076349431	Manisha
16	Shruti Telu	F.Y Bsc IT	7208683019	Shruti
17	Ankatesh sawant	F.Y Bcom	8591060369	Ankatesh
18	Raj Ghagare	F.Y B.COM	9321757371	Raj
19	Om Ganesh P. Jaiswal	F.Y. B. Com	9819754080	Om Ganesh
20	Shrutika Y. Dhodiyar	F.Y B Com	7678021322	Shrutika
21	Naina G. Bose	F.Y BCOM	704870312	Naina
22	Swati Khairwar	F.Y B Com	9762401182	Swati
23	Khushi Chaurasia	F.Y Bcom	8169050620	Khushi
24	Dimpal R. Malviya	F.Y B com	7427886998	Dimpal
25	Shaikh Muskan	F.Y. B Com	9326762632	Muskan



Date: 13/9/22 Yoga training

Sr. No.	Name	Class	Contact No.	Sign
1	Nikita Santosh Gupta	FYBMS	9820297106	<u>Gupta</u>
2	Nandini Sandeep Sutar	FYBMS	8976176557	<u>Sutar</u>
3	Eshita Ashish Parab	FYBMS	9987309683	Parab
4	Shraddha Santosh Jaiswar	FYBMS-	9004926531	<u>Jaiswar</u>
5	Soham Sachin Meshri	FYBMS	8850110957	<u>Meshri</u>
6	Runali Ram Latke	FYBMS	7208685853	<u>Runali</u>
7	Tanvi Nandkishor Agre	FYBMS	8657583727	<u>Tanvi</u>
8	Sakshi Santosh More	FYBMS	8169070471	<u>More</u>
9	Divaker Kuen	SyIT	7977079879	<u>Divaker</u>
10	Avishkar Kusrade	SyIT	7774051547	<u>Kusrade</u>
11	Sanket Drangule	SyIT	9167168539	<u>Sanket</u>
12	Ravish Dubey	SyIT	8652525627	<u>Dubey</u>
13	Sujeet Kanngiya	SyIT	9082871680	<u>Sujeet</u>
14	Shivam Yadav	SyIT	8779196702	<u>Shivam</u>
15	Mahima Gaud	FYBcom	9892674807	<u>Mahima</u>
16	Anika Gaud	FYBcom	9820697403	<u>Anika</u>
17	Alisha Bajrang	SyBcom	7738197734	<u>Alisha</u>
18	Anush Kanngiya	SyBcom	8879600537	<u>Anush</u>
19	Nirnda Vishwakarma	SyBMS	8824269731	<u>Nirnda</u>
20	Karan Yadav	SyBMS	9907987979	<u>Karan</u>
21	Amrit Prajapati	SyBMS	7715995962	<u>Amrit</u>
22	Pari Gada	SyBcom	9619654756	<u>Pari</u>
23				
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Attendance Report

Name of the Activity: - Yoga

Date: - 13/09/22

Organising Committee: -

Targeted Audience: -

Sr. No.	Name	Phone No.	Male / Female	Signature
1	SURAJ. M JOSHI	8928054439	male	
2	Radheshyam. B. kupta	7304739822	male	
3	Ichhika Tiwari	8928876753	F	
4	Nidesh D Bangera	9029517424	Male	
5	Vaibhavi Ghag.	8850171026	female	
6	priya more	8879206826	F	
7	Kuldeep Sawar.	9392878681	M	
8	Kumar Rathod.	7400233540	M	
9	Shivam - Nirmal.	998714480	M	
10	Nitisha M sawant	9819073454	F	
11	Komal Patilkar	7208683466	F	
12	Durgesh Mayankar	8867200733	M	
13	Kunal Vedak	8291831512	M	
14	Nikheel Singh	8356922178	M	
15	Tanmay S. Tembkar	8097232741	M	



Name of the activity: - Yoga.

Date: - 13/9/2022

Sr. No.	Name	Class	Contact No.	Sign
1	Darshana V. Kadam	FY BCOM	7304241412	<u>Darshana</u>
2	Mayuri Naikar	FY BCOM	7506568814	<u>G. Mayuri</u>
3	Sonika Chakran	FY BCOM	9884922471	<u>Shonan</u>
4	Tanhari Sappal	FY BCOM	8104113836	<u>Sappal</u>
5	Shaikh Kaneez Fatima	FY. Bcom	7738818843	<u>Kaneez</u>
6	Sonali Vijay Jadhav	FY. Bcom	8591070705	<u>Sonali</u>
7	Dikshita Deepak Majalkar	FY. Bcom	9820443326	<u>Dikshita</u>
8	Shaikh Sajida begum M. Ilyas	F.Y. B.com	9987260889	<u>Najisa</u>
9	Nikita More	F.Y Bcom	7900011848	<u>Nikita</u>
10	satwashi raul.	F.Y. B.com.	9892538172	<u>satwashi</u>
11	Sanjana Sudhir Rewale.	F.Y. Bcom	7208280597	<u>Sanjana</u>
12	Sonia Suvanna	F.Y. Bcom.	7208588798	<u>Sonia</u>
13	Vaishnavi Kangaonkar	F.Y BCOM	9833254957	<u>Vaishnavi Kangaonkar</u>
14	Anjali yadav	F.Y BCOM	7400263490	<u>Anjali</u>
15	Neha Sonkar	FY BCOM	8778813369	<u>Neha</u>
16	Shaikh Mahak Yunus	FY. Bcom	9987545473	<u>Mahak</u>
17	Anjali Mishra	FY BCOM	9004407584	<u>Anjali</u>
18	Shivani Gupta	FY BCOM	8591211663	<u>Shivani</u>
19	Taranjit Kaur	FY BCOM	8452915932	<u>Taranjit</u>
20	Ritu Darbani	FY BCOM	7304150135	<u>Ritu Darbani</u>
21	Shivani N. Shreya Gupta	FY BCOM	8291195242	<u>Shreya</u>
22	Khushi Mishra	FY BCOM	9115026968	<u>Khushi</u>
23	Aditi Bolikar	FY bcom	8425005287	<u>Aditi Bolikar</u>
24	Pratham	FY Com	9867479970	<u>Pratham</u>
25	Aadhya Khambe	FY. Bcom	859674566	<u>A. Khambe</u>





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Attendance Report

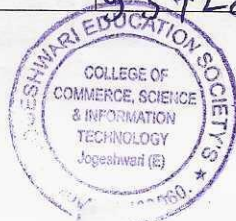
Name of the Activity: - Yoga.

Date: - 16/9/2022

Organising Committee: -

Targeted Audience: -

Sr. No.	Name	Phone No.	Male / Female	Signature
1	SAMYAD BILLAL	9664899188	M	
2	Bhima Dasur	9167765594	M	
3	Shivam Yadav	8779686702	M	
4	Sanket Chaugule	9167168539	M	
5	Sujeet Kanngiya	9082871680	M	
6	Ravish Dubey	8652525628	M	
7	Avishkar Kusode	7774051547	M	
8	Manish pal	8779814790	M	
9	Rohan Jurekar	8104377437	M	
10	Divakar Kumar	7977079877	M	
11	Pratik Khot	9321083829	M	
12	Nijara Mandaekar	9819247386	F	
13	Kuldeep Jaiswar	9372867181	M	
14	Shivam nirmal	9987146810	M	
15	Kumar Pethod	7940033101	M	
16	manish pal	9372816781	M	



Date : 16/9/22

Activities: Yoga

Sr. No.	Name	Class	Contact No.	Sign
1	Yash Nareyem Aive	FYBCOM	-	
2	Sevati Menoj Khaswar	FYBCOM	-	
3	Dikshia Deepak Majalkar	FYBCOM	-	
4	Antali Sunil Kumar Mishra	FYBCOM	-	
5	Vaishnavi Sandip Korgaonkar	FYBCOM	-	
6	Khushi Sandeep Mishra	FYBCOM	-	
7	Nikita Vijay More	FYBCOM	-	
8	Divya Dilip More	FYBCOM	-	
9	Dimpal Ramash Mulviya	FYBCOM	-	
10	Priya Harshad More	FYBCOM	-	
11	Nandini Dattaram Nankar	FYBCOM	-	
12	Mayuri Chanasukar Nankar	FYBCOM	-	
13	Sandeesh Eknath Palkar	FYBCOM	-	
14	Kaam Sanjay Panchal	FYBCOM	-	
15	Harsh Anujesh Pande	FYBCOM	-	
16	Hrush Indrajit Pandey	FYBCOM	-	
17	Abhaykumar Dinesh P.	FYBCOM	-	
18	AASHAKUMARI AMIT.PANDE	FYBCOM	-	
19	Manish Sanjay Panchal	FYBCOM	-	
20	Sakshi Sunil Panchal	FYBCOM	-	
21	Bhakti Jitendra Parmar	FYBCOM	-	
22	Khushboo Vakil Pandey	FYBCOM	-	
23	Shruti Suryakant Nankar	FYBCOM	-	
24	Madam Hiralal Patil	FYBCOM	-	
25	Nandini Vakil Pandey	FYBCOM	-	



Date: 20/9/22

activities' yoga

Sr. No.	Name	Class	Contact No.	Sign
1	Preejikumar Romesh P.	FyBcom		
2	Ruchita D. Penkar	FyBcom		
3	Bhekti J. Penmar	FyBcom		
4	Kaulepesh A. Penmar	FyBcom		
5	Tejal Patil	FyBcom		
6	Akash Poojari	FyBcom		
7	Harsh Rascal	FyBcom		
8	Kush Ashwin Rathod	FyBcom		
9	Satwahi. Vahul.	FyBcom		
10	Omkar Prakash R.	FyBcom		
11	Somyama Sudhir Rascal	FyBcom		
12	Somyaman Baman Raut	FyBcom		
13	Sahil Santosh Sagvekar	FyBcom		
14	Pritika Prateekya Sahil	FyBcom		
15	Jambhvi Avinash Sarpal	FyBcom		
16	Poojyali Prakash Salvi	FyBcom		
17	Sahil Santosh Sane	FyBcom		
18	Ankatesh Sawant	FyBcom		
19	Keeneez Shaikh	FyBcom		
20	Mahelk Yunus Shaikh	FyBcom		
21	Musthan Aisif Shaikh	FyBcom		
22	Sameena Usman Shaikh	FyBcom		
23	Siddhant Shaikh	FyBcom		
24	Richa Narendra S.	FyBcom		
25	Sakshi Arjesh Sharma	FyBcom		



Date : 20/9/22

activities: Yoga

Sr. No.	Name	Class	Contact No.	Sign
1	NAYAN Shankar Agre	FyBcom		Nayan
2	naZeen Abdul VADUD	FyBcom		naZeen
3	Yash naryan Alve	FyBcom		Yash
4	Yashmin Nisha Shakil	FyBcom		Yashmin
5	Rohit Nandashingh	FyBcom		Rohit
6	Sanubar Gulshan	FyBcom		Ritish
7	Ritish NUNIN Khan	FyBcom		Sabeera
8	SABERA Saleem Khan	FyBcom		Vikas
9	Dharshan Vikas Kadur	FyBcom		Dharshan
10	SURAJ Mandakal	FyBcom		SURAJ
11	TRUPTI KUMRAN	FyBcom		Shruti
12	Shivani Ramesh Gupta	FyBcom		Soloni
13	Saloni Omparkesh G	FyBcom		Sonam
14	Sonam Gulab Goswami	FyBcom		Sonam
15	pooja Omparkesh G	FyBcom		Pooja
16	Radheshyam Buthirmit	FyBcom		Radheshyam
17	Om Sandeep Gawaiwad	FyBcom		Om
18	Saskhi ashok Gode	FyBcom		Saskhi
19	Ashushboo A dubey	FyBcom		Ashushboo
20	VAIBHAVI STANESH GAWA	FyBcom		VAIBHAVI
21	Mahima R Gawal	FyBcom		Mahima
22	piyusu Manoj Gohil	FyBcom		Piyusu
23	Harsh Shashikant	FyBcom		Harsh
24	Rahul Jayanti Khari	FyBcom		Jyoti
25	Ardhya Sunil Khambh	FyBcom		Ardhya

