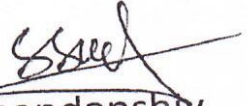


Date:-19/05/2022

IMPORTANT NOTICE

All the students are hereby inform that our college organize event of Lecture about “**Sukshma Vyayam**” lecturer of this program by Prof.Jagdale N.R. on Dated ^{May} 24th November 2022. All the student in required to attend the valuable event of guest lecture on given date at 10:00 am.


Dr.S.B.Chandanshiv
Principal



Vidya Vikas Mandal Pathrud's
SHANKARRAO PATIL MAHAVIDYALAYA, BHOOM

Tq. Bhoom, Dist. Osmanabad 413504
Academic Year- 2022-2023

Event Report

- **Date** – 14/05/2022
- **Event Name** – Lecture on Sukshma Vyayam
- **Name of The Faculty** – Mr. Jagdale. N.R, Dept. of History
- **Organizer** – Shankarrao Patil Mahavidyalaya, Bhoom, Dist. Osmanabad
- **Participants** – 26
- **Summary** – A Lecture on Sukshma Vyayam was organized for the students at ICT Hall of the college. The lecture was delivered by Mr. Jagdale.N.R. The event aimed to educate the students about the importance of Sukshma Vyayam and its benefits for overall health and well-being. Mr. Jagdale began the lecture by explaining the concept of Sukshma Vyayam. He emphasized that Sukshma Vyayam, also known as subtle exercises or micro exercises, focuses on the subtle movements of various body parts to enhance flexibility, improve blood circulation, and promote mental relaxation. During his engaging presentation, Mr. Jagdale demonstrated several Sukshma Vyayam exercises, explaining their benefits and correct techniques. He stressed the importance of incorporating these exercises into daily routines to counter the effects of sedentary lifestyles and promote physical and mental well-being.

Captions	Photo
Event Photo	 <p>Bhoom, Maharashtra, India FM69+PQR, Bhoom, Maharashtra 413504, India Lat 18.461883° Long 75.669356° 24/11/22 04:58 PM GMT +05:30</p>



Smit
PRINCIPAL
S.P. Mahavidyalaya, Bhoom
Dist. Osmanabad

SHANKARRRO PATIL MAHAVIDYALAYA, BHOOM

Program Name ----- अत्रपती संभाजी महाराज जयंती lecture on

Department / Committee Name ----- SukshM Vyayam by ICAC & NSS

Guest Name: prof. N. R. Jagdale DATE: 16/05/2022 TIME: 5 PM

SR.NO.	STUDENT NAME	CLASS	SIGN
1	Bagwan Saji of Rajak	BSC.FIY	SJS
2	Shinde Ravindra Ramakant	B.com	Ravindra
3	chandge Akhilesh pravin	B.A.fy	Akhilesh
4	राहुल गोविंद शिंदे	BA.FI	राहुल
5	Laxman Ajit Kaliday	BSc.fy	Axward
6	Shikeshwar Devkote	BSc.fy	Shikeshwar
7	Sudhakar Lagade	B.A.FIY	Sudhakar
8	पुंजाद हरीशचंद्र जयवंत	B.com	पुंजाद
9	अमृत शिवराज जगता	B.com	अमृत
10	वीस यश विठ्ठल	B.com	वीस
11	Narke Anantashivan Pambhari	B.COM II	Narke
12	Nikesh Nitin Wulke.	B.COM I	Nikesh
13	Anbhule Pranit-Shrikant	B.com	Anbhule
14	Waghmare Ganesh Shekhar	BSc TY	Ganesh
15	Dombale Rudraksh Gokul	BSC I	R.D.
16	Talekar Mahesh Vasant	B.com	Talekar
17	Kadem Laxman Laxman	B.com	Kadem
18	Chikane Vishwanthar Govardhan	B.SI	Chikane
19	Khule Anur Dada	B.se	Khule
20	mane Shivaji Shahaji	B.S.C.II	Mane
21	shinde Bheenu Ambadas	B.S.C.I	Shinde
22	Rohit Sanjay. Waghmare	B.S.C.II	Rohit
23	Kale Abhishek Ajeet	B.A.FI	K. Abhishek
24	Shikrushna Khanda Madke	B.A.fy	Shikrushna
25	Jaypal xuvraj shinde	B.A.fy	Jaypal
26	Vishalappa Nanasaheb Waghmare	B.A.	Vishal
27	Smit Sanjay Sable	B.com	Smit
28	mahendra Kable	B.A	Mahendra
29	Prinka Kable	B.com	Prinka
30	Prinka		
31	Bavin Suresh Phoket	B.S.C	Bavin
32	Nanaware suraj Dusharath	B.Sc II	Nanaware

