



**Department of Sports**

Date :- 06/04/2016.

**Yoga Training & Practice Camp 2015-16.**

**Venue – Gosavi Hall, LBRD Mahila Mahavidyalaya, Nashik-Road.**

**Duration: - 7<sup>th</sup> to 27<sup>th</sup> April, 2016.**

**Time: - 3.00 pm to 5.00 pm**

**Time Table**

Date	Warming up	Name of the Asanas to teach & practice.	Name of the Shudhikriya, Pranayam to teach, practice.
07/04/2016	Supporting excise	Introduction about Camp & Asanas	-
9/04/2016	Supporting excise	Pachhimauttanasan	Introduction of Pranayam
11/04/2016	Supporting excise	Sarwanganasan	Introduction of Shudhikriya
12/04/2016	Supporting excise	Ardha Machhyasan	Kapalbhati
13/04/2016	Supporting excise	Dhanurasan	Dirghaswasan
16/04/2016	Supporting excise	Purna Machasan	Dirghaswasan
18/04/2016	Supporting excise	Sarawanganasan	Anulam Vilom Pranayam
19/04/2016	Suryanamaskar	Karnapidasan	Practice of Pranayam
20/04/2016	Suryanamaskar	Halasan	Practice of Pranayam
21/04/2016	Suryanamaskar	Tadasan	Practice of Pranayam
22/04/2016	Suryanamaskar	Natrajanasan	Prac Practice of Prnayam .
23/04/2016	Suryanamaskar	Ekipad Shirshasan	Practice of Pranayam
25/04/2016	Suryanamaskar	Vibhakata Pachimauttanasan	Practice of Pranayam
26/04/2016	Suryanamaskar	Practice of Asanas	Practice of Pranayam
27/04/2016	Suryanamaskar	Practice of Asanas	Practice of Pranayam

(Y.S.Patil)  
Cordinator

(Dr.S.J.Limbare)  
Incharge Principal

Nashik Shikshan Prasarak Mandal's  
 Late Bindu Ramrao Deshpande Arts & Commerce Mahila Mahavidyalaya, Nashik Road  
 Department of Physical Education & Sports  
 Yoga - Practice & Training Camp 2015 - 2016

Sr.No	Name of the Participant	Class	7/4/16	8/4/16	9/4/16	11/4/16	12/4/16	13/4/16	14/4/16	15/4/16	16/4/16	17/4/16	18/4/16	19/4/16	20/4/16	21/4/16	22/4/16	23/4/16
1	अनुष्ठा शिवाजी नाई	FY Bcom	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade
2	अंजली राजाराम टिळे	-/-	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade
3	प्रियादा रातेर पवार	-/-	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade
4	दिधानी बाळु भाडरे	-/-	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade
5	अंशुभा विजय शि	-/-	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade
6	अदाजी मोहन टिळे	SY Bcom	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade
7	परशुरामा मोठे	FY Bcom	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade
8	छात्रिणी अंड मंगलपत	FY Bcom	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade
9	अदादा सोमनाथ भायडवड	FY Bcom	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade
10	रेखाबाई रविंद्र चौबारे	-/-	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade
11	भायसी संजय भाबाळे	-/-	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade
12	प्रमथ अंजय भांगुर	-/-	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade
13	उमादी शिवाजीराव नाई	-/-	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade
14	शैलीना महाडर रमाले	-/-	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade
15	मिना शिवाजीराव भांगुर	-/-	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade	Grade

(Prof. Y.S. Patil)

deena Jadhav

PRINCIPAL

ना.शि.प्र. संस्कार के. सिद्ध रामराव देश  
 कला व वाणिज्य महिला महाविद्यालय  
 नाशिक मुल्की मार्ग, जेलरोड, नाशिक

NSPM's Late Bindu Ramrao Deshpande  
 Arts & Commerce Mahila Mahavidyalaya,  
 Nashik Road -422 101

Director of Phy. Education  
 Coordinator Training & Practice Camp

NSPM's Late Bindu Ramrao Deshpande  
 Arts & Commerce Mahila Mahavidyalaya,  
 Jail Road, Nashik Road-422 101