

योग अभ्यास

Date - 10/07/2026

मान्य महाविद्यालय में योग अभ्यास का कार्यक्रम किया गया। जिसके मातहत Breathing Exercise का अभ्यास कराया गया। इस कार्यक्रम में 30 छात्र-छात्राएं ने शामिल हुए।

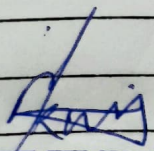
Signature of students participated-

① Premisakshi Kujur	B.Sc. III rd Sem.	<u>Premisakshi Kujur</u>
② Nisha Bhagat	B.Sc. III rd Sem	<u>Nisha</u>
③ Nishu Bhagat	B.Sc. III rd Sem.	<u>Nishu Bhagat</u>
④ Mamta Sahu	B.Sc. III Sem.	<u>Mamta</u>
⑤ Manisha Tiskey	B.Sc. III rd Sem	<u>Manisha</u>
⑥ Gauri Bai	B.Sc. III Sem.	<u>Gauri</u>
⑦ Divya Singh	B.Sc. III rd Sem.	<u>Divya</u>
⑧ Bhagwati Kumari	B.A. III rd Sem.	<u>Bhagwati</u>
⑨ Sakshita Bai	B.Com. V Sem.	<u>Sakshita Bai</u>
⑩ Deepika Bai	B.Sc. 1st Sem.	<u>Deepika</u>
⑪ Nisha Bai	B.Sc. I Sem.	<u>Nisha</u>
⑫ Anchal Choudhan	B.Sc. I Sem.	<u>Anchal</u>
13 Saraswati Bai	B.Com. I Sem.	<u>Saraswati Bai</u>
14 Sarita Bai	B.Sc. I Sem	<u>Sarita</u>
15 Sana Tiskey	B.Sc. I Sem.	<u>Sana</u>
⑬ Santoshi Bai	B.Sc. I Sem.	<u>Santoshi</u>
17 Anuradha Rani Rajak	B.A. I Sem	<u>Anuradha</u>
⑭ Purnima Bai	B.A. I Sem	<u>Purnima Bai</u>
⑮ Nena Mihy	B.A. I Sem	<u>Nena Mihy</u>
⑯ Durgawati Bai	B.A. I Sem	<u>Durgawati Bai</u>

- | | | |
|--------------------------|------------------------------|--------------|
| (21) Boshnilakoo | B.Sc. Vth sem. | Roshni |
| (22) Sangeeta Bai | D.Sc. Vth sem. | Sangeeta |
| (23) Deepika Bai | B.Sc. IV sem. | Deepika |
| (24) Hema Bai | B.Sc. IV sem. | Hema |
| (25) Arvind Sai | B.A. I sem. | Arvind |
| (26) Kirsan Bhai | B.A. I sem. | Kiran Bai |
| (27) Trilok Singh | B.Com. I sem. | Trilok Singh |
| (28) Tulsi Bhai | B.Com. I st sem. | Tulsi |
| (29) Chandraprakash Bhai | B.Sc. III rd sem. | (2) Chandrap |
| (30) Mayank Kumar | B.Sc. I sem. | Mayank |

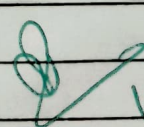
Signature of faculty participated-

- | | | |
|------------------------|-------------|--------------|
| 1) Nikita Minj | Asst. Prof. | Nikita |
| 2) Dr. B.S. Banjara | Asst. Prof. | Banjara |
| 3) Yugal Kishor | Guest Lect. | Yugal Kishor |
| 4. Kumar | Guest Lect. | Kumar |
| 5. Khushboo Khalkhu | Asst. Prof. | Khushboo |
| 6. Gopal Prasad Maitoy | Guest Lect. | Gopal |
| 7. Hemchandra | — | Hemchandra |
| 8. D. Pankaj | Asst. Prof. | Pankaj |
| 9. Ashish Rajpal | Asst. Prof. | Ashish |



एन.एस.एस.प्रभारी

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 10/11/2026

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