



**Pimpri Chinchwad Education Trust's**  
**S. B. PATIL INSTITUTE OF MANAGEMENT**  
(Permanently Affiliated to Savitribai Phule Pune University)  
Sector No 26, Pradhikaran, Nigdi, Pune – 411 044



<b>Name of the Activity</b>	<b>Session on Heartfulness - under "Youth Unite" movement</b>
<b>Speaker &amp; Coordinator Name &amp; Mobile No.</b>	<b>Ms. Pooja Susveerkar, Mr. Santosh Susveerkar Dr. Kajal Maheshwari 9326505453</b>
<b>Day &amp; Date</b>	January 12, 2024, Friday January 13, 2024, Saturday January 15, 2024, Monday
<b>Venue</b>	PCET's SBPIM Seminar Hall-1
<b>Number of Participants</b>	Day 1-134 Day 2-60 Day 3-124
<b>Nature of the Activity</b>	One Time

**Brief Information of the Activity:**

<b>Topic of the Activity</b>	<b>Session on Career catalyst series : Navigating the professional landscape for MBA success</b>
<b>Objectives</b>	<b>Objective 1:</b> Arise to Realise our Infinite Potential, <b>Objective 2:</b> Aspire Being Resilient <b>Objective 3:</b> Connect to Achieve
<b>Outcome</b>	<b>Outcome 1:</b> Understanding ourselves, our strengths, weaknesses, beliefs, and values is foundational to unlocking our potential. Regular self-reflection, introspection, and seeking feedback from others can deepen our self-awareness. <b>Outcome 2:</b> Embracing a growth mindset and committing to lifelong learning is essential for realizing our potential. <b>Outcome 3:</b> Developing resilience allows us to bounce back from setbacks, failures, and

	challenges stronger than before. Cultivating resilience involves building coping mechanisms, maintaining a positive outlook, and learning from adversity.
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### **Brief Report**

PCET's S.B. Patil Institute of management has organized one day **Session on Heartfulness - under "Youth Unite" movement** on January 12, 13 & 15, 2024.

This was a 3 day session where Mr. Santosh Susveerkar sir taught about the importance of realizing the inner self through meditation. Sir explained about the different types of meditation techniques which included mindfulness meditation, focused attention meditation (such as concentrating on the breath or a mantra), loving-kindness meditation, body scan meditation, and transcendental meditation.

Also sir explained the benefits of meditation with respect to our inner self as well as development of overall personality. Some of them were mentioned as;

- Reduced stress and anxiety
- Improved concentration and focus
- Enhanced emotional regulation and resilience
- Increased self-awareness and introspection
- Better sleep quality
- Lower blood pressure and improved cardiovascular health
- Boosted immune function
- Greater sense of well-being and happiness

Along with that, Mr. Santosh sir and Mrs. Pooja Susveerkar mam elaborated with the idea of resilience. It means to have the ability to bounce back from adversity, adapt to change, and maintain a sense of well-being despite facing difficult circumstances. Resilience is not about avoiding stress or hardship, but rather about facing challenges head-on, learning from setbacks, and growing stronger as a result. Sir also explained the different strategies and characteristics of resilient as;

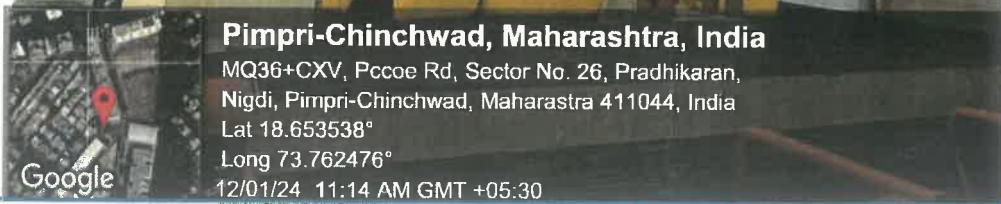
1. **Positive Outlook:** Resilient individuals tend to maintain a positive outlook, even in the face of adversity. They focus on what they can control, practice gratitude, and cultivate optimism about the future.
2. **Flexibility and Adaptability:** Resilience involves being flexible and adaptable in response to change. Rather than being rigid or resistant, resilient individuals are open to new perspectives, willing to adjust their approach, and able to find creative solutions to problems.
3. **Problem-Solving Skills:** Resilient individuals possess strong problem-solving skills and a proactive approach to addressing challenges. They break problems down into manageable steps, seek support when needed, and persevere in finding solutions.
4. **Emotional Regulation:** Resilience involves the ability to regulate and manage emotions effectively. This includes recognizing and accepting difficult emotions, practicing self-care and relaxation techniques, and developing healthy coping mechanisms for dealing with stress.



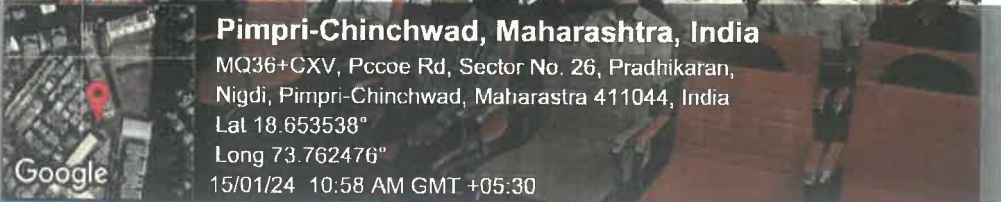
Dr. Kirti Dharwadkar, Director SBPIM felicitating the guest Mr. Santosh sir and Mrs. Pooja Susveerkar




Students introducing the Guest speaker - Ms. Pooja Susveerkar, Mr. Santosh Susveerkar from Heart fullness




**Mr. Santosh Susveerkar from Heart fullness guiding students on Youth Unite" movement**



**Students doing meditation under the Heart fullness on Youth Unite" movement**

  
Dr. Kajal Maheshwari  
Activity Coordinator

  
Dr. Amarish Padma  
IQAC Coordinator

  
Dr. Kirti Dharwadkar  
DIRECTOR





P.C.E.T.'s  
S. B. PATIL INSTITUTE OF MANAGEMENT



**NOTICE**

Date: 11/1/2024

All the students of MBA and faculty members Yoga & Wellness Club in association with Heartfulness under "Youth Unite" movement is celebrating National Youth Day and the birth anniversary of Swami Vivekananda 3 days program at SBPIM

**Details of the session:**

**Topic:** Heartfulness - under "Youth Unite" movement

- Arise to Realise our Infinite Potential,
- Aspire Being Resilient and
- Connect to Achieve

**Speaker:** Pooja Susveerkar, Team Heartfulness

Day	Date	Day	Time	Venue
Day -1	12-Jan-24	Friday	11:00 am - 12: 00 noon	SBPIM Seminar Hall-1
Day -2	13-Jan-24	Saturday	10:00 am - 11: 00 pm	SBPIM Seminar Hall-1
Day -3	15-Jan-24	Monday	10:00 am - 11: 00 pm	SBPIM Seminar Hall-1

All the students are requested to attend the session.

Dr. Amarish Padma

Dr. Kajal Maheshwar

Faculty Coordinator

Dr. Raopali Kudare

Head Academics, SBPIM

Dr. Kirti Dharwadkar

Director, SBPIM



P.C.E.T.'S  
**S. B. PATIL INSTITUTE OF MANAGEMENT**  
**ATTENDANCE SHEET**  
**Yoga & Wellness Club**

Date: - 12/01/2024

Class: - MBA 1st Year








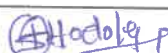





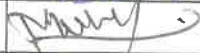

Topic: - Youth Unite - Heartfulness Meditation

Name of Speaker: - Ms. Pooja Susveerkar

Time: -11.00 am to 12.00 Noon

Semester - II

Division : - A

SR. NO.	ROLL NO.	NAME OF THE STUDENT	SIGNATURE
1	FYMBA2325001	Attar Khushboo Jamir	
2	FYMBA2325002	Bhalekar Shradha Ulhas	
3	FYMBA2325003	Bhosale Prachi Pravin	
4	FYMBA2325004	Bhumkar Rutuja Sanjay	
5	FYMBA2325005	Chalse Jyoti Vinod	
6	FYMBA2325006	Chaudhari Parag Kishor	
7	FYMBA2325007	Chaudhari Vaishnavi Keshav	
8	FYMBA2325008	Chavan Anushka Ramakant	
9	FYMBA2325009	Chavan Manali Digambar	
10	FYMBA2325010	Desai Aishwarya Dasharath	
11	FYMBA2325011	Deshmukh Sakshi Prashant	
12	FYMBA2325012	Dhage Chirag Arun	
13	FYMBA2325013	Dhas Sujit Sunil	
14	FYMBA2325014	Fartade Aniket Sukhdev	
15	FYMBA2325015	Gade Kunal Navnath	
16	FYMBA2325016	Gaikwad Tanmay Rajesh	
17	FYMBA2325017	Gamot Prem Rajesh	
18	FYMBA2325018	Goyal Surbhi	
19	FYMBA2325019	Gupta Priya	
20	FYMBA2325020	Hadole Swapnil Prashant	
21	FYMBA2325021	Harihar Kaivalya Rajendra	
22	FYMBA2325022	Hubli Radha Bajrang	
23	FYMBA2325023	Kamble Pratik Ramesh	
24	FYMBA2325024	Kamble Vaishnavi Shamrao	
25	FYMBA2325025	Kapure Nimish Sandip	
26	FYMBA2325026	Kharwade Omkar Babasaheb	
27	FYMBA2325027	Kulkarni Niyati Atul	
28	FYMBA2325028	Kulkarni Yogesh Deepak	
29	FYMBA2325029	Lad Shubham Bhaskar	
30	FYMBA2325030	Madake Ajay Bhausaheb	
31	FYMBA2325031	Mahajan Mayur Bhanudas	
32	FYMBA2325032	Mishra Pratik Rajkumar	
33	FYMBA2325033	More Rohit Nilkanth	
34	FYMBA2325034	Mundada Harshali Santosh	

SR. NO.	ROLL NO.	NAME OF THE STUDENT	SIGNATURE
35	FYMBA2325035	Mundwaik Sakshi Prashant	
36	FYMBA2325036	Nade Sakshi Mahadev	<i>Sakshi Nade</i>
37	FYMBA2325037	Lakade Nihal Nagnath	
38	FYMBA2325038	Patil Ratika Sanjay	<i>Ratika</i>
39	FYMBA2325039	Patil Suraj Khushal	<i>Suraj</i>
40	FYMBA2325040	Pawar Amardeep Satish	<i>Amardeep</i>
41	FYMBA2325041	Pawar Rutik Dnyaneshwar	
42	FYMBA2325042	Porje Akshay Trambak	<i>Aporje</i>
43	FYMBA2325043	Ratnaparkhi Prathmesh Chandrakant	
44	FYMBA2325044	Rokade Prajakta Sandeep	
45	FYMBA2325045	Samant Nupur Jitendra	<i>Nupur</i>
46	FYMBA2325046	Samant Pooja Devendra	<i>Pooja</i>
47	FYMBA2325047	Sarikar Sakshi Santosh	<i>Sarikar</i>
48	FYMBA2325048	Satav Divya Digamber	
49	FYMBA2325049	Sen Sheetal	<i>Sheetal</i>
50	FYMBA2325050	Shedge Dinanath Dnyaneshwar	<i>Dinanath</i>
51	FYMBA2325051	Shende Vijaya Prashant	<i>Vijaya</i>
52	FYMBA2325052	Shinde Siddesh Arun	<i>Siddesh</i>
53	FYMBA2325053	Shinde Yash Shantaram	<i>Yash</i>
54	FYMBA2325054	Suryavanshi Pavan Madhukar	<i>Pavan</i>
55	FYMBA2325055	Suvase Omkar Sandip	<i>Suvase</i>
56	FYMBA2325056	Tangdellu Nikita Shankar	
57	FYMBA2325057	Taur Anushka Digambarrao	<i>Anushka</i>
58	FYMBA2325058	Tekale Abhishek Ganesh	
59	FYMBA2325059	Thore Aditya Ajaynath	<i>Aditya</i>
60	FYMBA2325060	Vaidya Ajinkya Sanjay	
61	FYMBA2325061	Vijapure Shraddha Dhanesh	<i>Shraddha</i>
62	FYMBA2325062	Vijapure Shreya Deepak	<i>Shreya</i>
63	FYMBA2325063	Wagh Yash Kailas	<i>Yash</i>
64	FYMBA2325064	Wani Bhushan Ramesh	
65	FYMBA2325065	Yadav Ashwini Yuvaraj	
66	FYMBA2325066	Yadwad Srihari Malhari	
67	FYMBA2325067	Yelwande Rahul Pravin	
68	FYMBA2325068	Yenare Swarangi Balasaheb	
69	FYMBA2325069	Yeole Ankita Kishor	
		<b>Total Present</b>	<b>35</b>

P.C.E.T.'S  
S. B. PATIL INSTITUTE OF MANAGEMENT  
ATTENDANCE SHEET  
Yoga & Wellness Club

Date: - 12/01/2024

Class: - MBA 1st Year

Topic: - Youth Unite - Heartfulness Meditation

Name of Speaker: - Ms. Pooja Susveerkar

Time: -11.00 am to 12.00 Noon

Semester - II

Division: - B

SR. NO.	ROLL NO.	NAME OF THE STUDENT	SIGNATURE
1	FYMBA2325070	Adsul Pratik Bhausahab	
2	FYMBA2325071	Ahirrao Sachin Manoj	
3	FYMBA2325072	Apune Vaishnavi Ramesh	
4	FYMBA2325073	Arulkar Shreyash Parshuram	
5	FYMBA2325074	Bandgar Ritesh Sunil	
6	FYMBA2325075	Bankar Pooja Rajendra	
7	FYMBA2325076	Bhagwat Vaishnavi Balaji	
8	FYMBA2325077	Bhaik Ashwini Kondiba	
9	FYMBA2325078	Bhamre Samiksha Manohar	
10	FYMBA2325079	Borhade Sanika Ganesh	
11	FYMBA2325080	Chaudhari Jueely Yashwant	
12	FYMBA2325081	Deore Shradha Sanjay	
13	FYMBA2325082	Dhage Sanjana Ashok	
14	FYMBA2325083	Dhore Mayuri Bhagwat	
15	FYMBA2325084	Dhulshette Mayuri Anantrao	
16	FYMBA2325085	Gaikwad Shivdhan Rameshwar	
17	FYMBA2325086	Garud Sakshi Suresh	
18	FYMBA2325087	Ghadge Vikram Jayawant	
19	FYMBA2325088	Ghonge Prachi Anant	
20	FYMBA2325089	Gupta Shraddha Munnalal	
21	FYMBA2325090	Gurjar Mamta Mangilal	
22	FYMBA2325091	Jadhav Akash Baban	
23	FYMBA2325092	Jagtap Ashwathi Rajkumar	
24	FYMBA2325093	Jagtap Vaishnavi Sudhakar	
25	FYMBA2325094	Jain Lalit Rajesh	
26	FYMBA2325095	Jawak Sakshi Prakash	
27	FYMBA2325096	Joshi Chaitanya Rajesh	
28	FYMBA2325097	Kadam Ramkishan Munjabhau	
29	FYMBA2325098	Kakde Vaishnav Vinay	
30	FYMBA2325099	Kalbhor Siddhi Deepak	
31	FYMBA2325100	Kamble Anuradha Tanaji	
32	FYMBA2325101	Kamble Nilesh Sunil	
33	FYMBA2325102	Karad Vidya Krushna	
34	FYMBA2325103	Karnik Rutwik Dhananjay	

SR. NO.	ROLL NO.	NAME OF THE STUDENT	SIGNATURE
35	FYMBA2325104	Kulkarni Prasanna Ashok	
36	FYMBA2325105	Kulkarni Yogesh Suresh	
37	FYMBA2325106	Mahajan Lokesh Vijay	
38	FYMBA2325107	Mhatre Jaydeep Vidyadhar	
39	FYMBA2325108	Musale Mohini Dattarao	
40	FYMBA2325109	Nair Akhil Vijaykumar	Akhil
41	FYMBA2325110	Nalawade Ravi Arun	Ravi Arun
42	FYMBA2325111	Nimse Shivam Sukhdev	Nimse
43	FYMBA2325112	Ovhal Pratik Chandrakant	Pratik
44	FYMBA2325113	Pahade Ankita Avinash	
45	FYMBA2325114	Gaikwad Pallavi Mahesh	
46	FYMBA2325115	Patalbansi Kartik Manoj	
47	FYMBA2325116	Pataskar Aniruddha Arvind	Aniruddha
48	FYMBA2325117	Patekar Siddharth Sunil	Siddharth
49	FYMBA2325118	Patel Snehal Mahendra	
50	FYMBA2325119	Patil Pushparaj Babulal	
51	FYMBA2325120	Patil Shrimant Vinayak	Shrimant
52	FYMBA2325121	Pawale Kapil Vaijanath	Kapil
53	FYMBA2325122	Preeti Ramhari Kasabe	
54	FYMBA2325123	Punde Janhavee Ravindra	
55	FYMBA2325124	Raut Manasi Rakesh	Manasi
56	FYMBA2325125	Rawade Pratima Balasaheb	Pratima
57	FYMBA2325126	Rawle Aishwarya Sharad	
58	FYMBA2325127	Sakore Tejas Kaluram	
59	FYMBA2325128	Salunkhe Harshwardhan Sunil	
60	FYMBA2325129	Selina Saji	
61	FYMBA2325130	Shekde Jyoti Dilip	
62	FYMBA2325131	Shelkande Sunil Shantaram	S.S. Shelkande
63	FYMBA2325132	Shewatkar Chaitanya Vijay	
64	FYMBA2325133	Sonawane Gauri Vinay	
65	FYMBA2325134	Sonawane Girish Jagdish	Girish
66	FYMBA2325135	Sonawane Vedant Umakant	Vedant
67	FYMBA2325136	Survase Ritesh Sharad	
68	FYMBA2325137	Talke Saurabh Sanjay	
69	FYMBA2325138	Yokar Abhijeet Pramod	
Total Present			25

P.C.E.T.'S  
**S. B. PATIL INSTITUTE OF MANAGEMENT**  
**ATTENDANCE SHEET**  
**Yoga & Wellness Club**

Date: - 12/01/2024

Class: - MBA 1st Year

Topic: - Youth Unite - Heartfulness Meditation






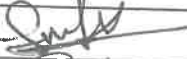
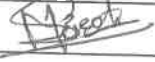
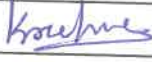







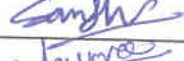



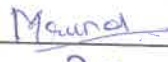

Name of Speaker: - Ms. Pooja Susveerkar

Time: -11.00 am to 12.00 Noon

Semester - II

Division : - C

SR. NO.	ROLL NO.	NAME OF THE STUDENT	SIGNATURE
1	FYMBA2325139	Ade Ankita Charandas	<i>Ankita Ade</i>
2	FYMBA2325140	Ambilkar Yash Ramesh	<i>Yash Ambilkar</i>
3	FYMBA2325141	Bagul Kartik Dattatray	<i>Kartik Bagul</i>
4	FYMBA2325142	Bhadage Darshan Satish	<i>Darshan Bhadage</i>
5	FYMBA2325143	Bhalekar Digvijay Ganesh	
6	FYMBA2325144	Bhalekar Sanjana Nandkumar	<i>Bhalekar</i>
7	FYMBA2325145	Borhade Komal Hanumant	
8	FYMBA2325146	Chaudhari Keshav Sunil	<i>Keshav Chaudhari</i>
9	FYMBA2325147	Chavan Akanksha Ravindra	<i>Akanksha Chavan</i>
10	FYMBA2325148	Chavan Rushikesh Bhagwan	<i>Rushikesh Chavan</i>
11	FYMBA2325149	Chavan Yuvraj Raju	<i>Yuvraj Chavan</i>
12	FYMBA2325150	Dahapute Mahesh Rambhauji	<i>M. Dahapute</i>
13	FYMBA2325151	Dande Aditi Bharat	
14	FYMBA2325152	Dapke Hindvi Shankar	<i>Hindvi Dapke</i>
15	FYMBA2325153	Darawade Rutuja Ravindra	<i>Rutuja Darawade</i>
16	FYMBA2325154	Deshmukh Mokshada Diliprao	
17	FYMBA2325155	Chawada Dharmik Sanjay	
18	FYMBA2325156	Gadewar Janhavi Balaji	<i>Gadewar</i>
19	FYMBA2325157	Gaiki Sumit Dnyaneshwar	<i>Sumit Gaiki</i>
20	FYMBA2325158	Gaikwad Tushar Karan	<i>Tushar Gaikwad</i>
21	FYMBA2325159	Gavande Vishal Santosh	
22	FYMBA2325160	Gawande Dhanashri Ashokrao	<i>Dhanashri Gawande</i>
23	FYMBA2325161	Ghabade Akanksha Gorakshanath	<i>Akanksha Ghabade</i>
24	FYMBA2325162	Ghode Shrikant Ganesh	
25	FYMBA2325163	Ghuge Pranav Vijay	<i>Pranav Ghuge</i>
26	FYMBA2325164	Giri Trupti Pandurang	
27	FYMBA2325165	Gole Anushka Rajendra	
28	FYMBA2325166	Gulhane Sarang Dineshrao	
29	FYMBA2325167	Hagavane Swaraj Malhari	
30	FYMBA2325168	Hiwarale Dipalee Gajanan	
31	FYMBA2325169	Ingole Akshay Ashok	
32	FYMBA2325170	Jade Yash Shrikant	<i>Yash Jade</i>
33	FYMBA2325171	Jogdande Manasi Sheetalkumar	
34	FYMBA2325172	Kadam Pooja Subhash	

SR. NO.	ROLL NO.	NAME OF THE STUDENT	SIGNATURE
35	FYMBA2325173	Kale Sumit Jijaba	
36	FYMBA2325174	Khadkikar Janhavi Sadanand	
37	FYMBA2325175	Khatri Om Rajendra	
38	FYMBA2325176	Kulkarni Renuka Jaynt	
39	FYMBA2325177	Kunghadkar Rakshanda Awadhut	
40	FYMBA2325178	Lashkar Mukesh Chiman	
41	FYMBA2325179	Loya Arpan Rakeshkumar	
42	FYMBA2325180	Maghade Sahil Pramod	
43	FYMBA2325181	Mali Sourabh Rajaram	
44	FYMBA2325182	Marathe Sushant Dnyaneshwar	
45	FYMBA2325183	Mayekar Shreya Sanjay	
46	FYMBA2325184	Nehe Krushna Balasaheb	
47	FYMBA2325185	Palaspagar Rohini Mahendra	
48	FYMBA2325186	Parab Aditya Rajesh	
49	FYMBA2325187	Parve Amit Dilip	
50	FYMBA2325188	Patange Saloni Somnath	
51	FYMBA2325189	Patil Rachana Nishikant	
52	FYMBA2325190	Pawar Aarti S	
53	FYMBA2325191	Pawar Rohini Dadarao	
54	FYMBA2325192	Rajmane Preeti Haridas	
55	FYMBA2325193	Raut Aniket Bharat	
56	FYMBA2325194	Raut Kishori Harinarayan	
57	FYMBA2325195	Sawalkar Rajnandini	
58	FYMBA2325196	Shahare Prince Vijay	
59	FYMBA2325197	Shinde Samarth Deepak	
60	FYMBA2325198	Somarde Apurva Vilas	
61	FYMBA2325199	Sonawane Aditya Ashok	
62	FYMBA2325200	Ukey Gunjan Prakash	
63	FYMBA2325201	Wakhare Shubham Satish	
64	FYMBA2325202	Wakle Mayuri Pandurang	
65	FYMBA2325203	Wankhede Smriti	
66	FYMBA2325204	Yerme Achal Vinod	
67	FYMBA2325205	Zambare Piyush Ramesh	
68	FYMBA2325206	Zankar Mrunal Atul	
		<b>Total Present</b>	 39

P.C.E.T.'S  
**S. B. PATIL INSTITUTE OF MANAGEMENT**  
**ATTENDANCE SHEET**  
**Yoga & Wellness Club**

Date: - 12/01/2024

Class: - MBA 1st Year


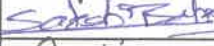
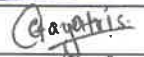
















Topic: - Youth Unite - Heartfulness Meditation

Name of Speaker: - Ms. Pooja Susveerkar

Time: -11.00 am to 12.00 Noon

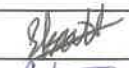
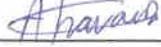


Semester - II

Division : - D

SR. NO.	ROLL NO.	NAME OF THE STUDENT	SIGNATURE
1	FYMBA2325207	Badgujar Om Ravindra	
2	FYMBA2325208	Bansode Jayesh Sanjay	
3	FYMBA2325209	Barde Rutuja Sandeep	
4	FYMBA2325210	Barure Vaishali Ashok	
5	FYMBA2325211	Bhalekar Ritesh Ramdas	
6	FYMBA2325212	Bhalerao Pratik Nagesh	
7	FYMBA2325213	Bhalerao Sakshi Sandip	
8	FYMBA2325214	Bhavsar Gayatri Suresh	
9	FYMBA2325215	Bhoi Yuvraj Dinkar	
10	FYMBA2325216	Bhujbal Sakshi Rajesh	
11	FYMBA2325217	Bhumkar Tanvi Madan	
12	FYMBA2325218	Chaskar Shivani Santosh	
13	FYMBA2325219	Chavan Omkar Ashok	
14	FYMBA2325220	Chavhan Kritik Ramesh	
15	FYMBA2325221	Damodar Pragati Dadarao	
16	FYMBA2325222	Desi Shruti Shirish	
17	FYMBA2325223	Dhanokar Vaishnavee Gajanan	
18	FYMBA2325224	Dighe Pradip Sukdeo	
19	FYMBA2325225	Fadale Vaishnavi Vikas	
20	FYMBA2325226	Gadekar Sakshi Sharad	
21	FYMBA2325227	Gadhe Vrushali Dhananjay	
22	FYMBA2325228	Giri Aastha Mukund	
23	FYMBA2325229	Godhane Soham Vinod	
24	FYMBA2325230	Gunjal Vikrant Goraksha	
25	FYMBA2325231	Gurav Mrunal Jayvant	
26	FYMBA2325232	Handa Akshita	
27	FYMBA2325233	Handal Akanksha Vijay	
28	FYMBA2325234	Hangarge Poornima Vasant	
29	FYMBA2325235	Ingle Utpal Dilip	
30	FYMBA2325236	Jadhao Shubham Ramchandra	
31	FYMBA2325237	Jagtap Yash Digamber	
32	FYMBA2325238	Jamadar Onkar Sudhakar	
33	FYMBA2325239	Kalbhor Aditya	
34	FYMBA2325240	Kalokhe Shravani Babasaheb	

SR. NO.	ROLL NO.	NAME OF THE STUDENT	SIGNATURE
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**Students Co-ordinator :-**

SR. NO.	ROLL NO.	NAME OF THE STUDENT	SIGNATURE
1	039	Suraj Patil	
2		Akarsha Chavan	
3		Tarvi	
4		Shivraj Sakore	
5	181	Sourabh Mali	
6			

Total Present :- 134

P.C.E.T.'S  
**S. B. PATIL INSTITUTE OF MANAGEMENT**  
**ATTENDANCE SHEET**  
**Yoga & Wellness Club**

Date: - 15/01/2024

Class: - MBA 1st Year



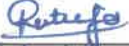









Topic: - Youth Unite - Heartfulness Meditation

Name of Speaker: - Ms. Pooja Susveerkar

Time: -10.00 am to 11.00 am

Semester - II

Division : - A

SR. NO.	ROLL NO.	NAME OF THE STUDENT	SIGNATURE
1	FYMBA2325001	Attar Khushboo Jamir	
2	FYMBA2325002	Bhalekar Shradha Ulhas	
3	FYMBA2325003	Bhosale Prachi Pravin	
4	FYMBA2325004	Bhumkar Rutuja Sanjay	
5	FYMBA2325005	Chalse Jyoti Vinod	
6	FYMBA2325006	Chaudhari Parag Kishor	
7	FYMBA2325007	Chaudhari Vaishnavi Keshav	
8	FYMBA2325008	Chavan Anushka Ramakant	
9	FYMBA2325009	Chavan Manali Digambar	
10	FYMBA2325010	Desai Aishwarya Dasharath	
11	FYMBA2325011	Deshmukh Sakshi Prashant	
12	FYMBA2325012	Dhage Chirag Arun	
13	FYMBA2325013	Dhas Sujit Sunil	
14	FYMBA2325014	Fartade Aniket Sukhdev	
15	FYMBA2325015	Gade Kunal Navnath	
16	FYMBA2325016	Gaikwad Tanmay Rajesh	
17	FYMBA2325017	Gamot Prem Rajesh	
18	FYMBA2325018	Goyal Surbhi	
19	FYMBA2325019	Gupta Priya	
20	FYMBA2325020	Hadole Swapnil Prashant	
21	FYMBA2325021	Harihar Kaivalya Rajendra	
22	FYMBA2325022	Hubli Radha Bajrang	
23	FYMBA2325023	Kamble Pratik Ramesh	
24	FYMBA2325024	Kamble Vaishnavi Shamrao	
25	FYMBA2325025	Kapure Nimish Sandip	
26	FYMBA2325026	Kharwade Omkar Babasaheb	
27	FYMBA2325027	Kulkarni Niyati Atul	
28	FYMBA2325028	Kulkarni Yogesh Deepak	
29	FYMBA2325029	Lad Shubham Bhaskar	
30	FYMBA2325030	Madake Ajay Bhausaheb	
31	FYMBA2325031	Mahajan Mayur Bhanudas	
32	FYMBA2325032	Mishra Pratik Rajkumar	
33	FYMBA2325033	More Rohit Nilkanth	
34	FYMBA2325034	Mundada Harshali Santosh	

P.C.E.T.'S  
**S. B. PATIL INSTITUTE OF MANAGEMENT**  
**ATTENDANCE SHEET**  
**Yoga & Wellness Club**

Date: - 15/01/2024

Class: - MBA 1st Year

Topic: - Youth Unite - Heartfulness Meditation

Name of Speaker: - Ms. Pooja Susveerkar

Time: -10.00 am to 11.00 am

Semester - II

Division : - B

SR. NO.	ROLL NO.	NAME OF THE STUDENT	SIGNATURE
1	FYMBA2325070	Adsul Pratik Bhausahab	
2	FYMBA2325071	Ahirrao Sachin Manoj	
3	FYMBA2325072	Apune Vaishnavi Ramesh	Vaishnavi.
4	FYMBA2325073	Arulkar Shreyash Parshuram	
5	FYMBA2325074	Bandgar Ritesh Sunil	
6	FYMBA2325075	Bankar Pooja Rajendra	
7	FYMBA2325076	Bhagwat Vaishnavi Balaji	
8	FYMBA2325077	Bhaik Ashwini Kondiba	
9	FYMBA2325078	Bhamre Samiksha Manohar	
10	FYMBA2325079	Borhade Sanika Ganesh	Sanika
11	FYMBA2325080	Chaudhari Jueely Yashwant	Jueely
12	FYMBA2325081	Deore Shradha Sanjay	
13	FYMBA2325082	Dhage Sanjana Ashok	
14	FYMBA2325083	Dhore Mayuri Bhagwat	
15	FYMBA2325084	Dhulshette Mayuri Anantrao	
16	FYMBA2325085	Gaikwad Shivdhan Rameshwar	
17	FYMBA2325086	Garud Sakshi Suresh	
18	FYMBA2325087	Ghadge Vikram Jayawant	
19	FYMBA2325088	Ghonge Prachi Anant	P.A.Ghonge
20	FYMBA2325089	Gupta Shraddha Munnalal	
21	FYMBA2325090	Gurjar Mamta Mangilal	
22	FYMBA2325091	Jadhav Akash Baban	
23	FYMBA2325092	Jagtap Ashwathi Rajkumar	
24	FYMBA2325093	Jagtap Vaishnavi Sudhakar	Jagtap
25	FYMBA2325094	Jain Lalit Rajesh	
26	FYMBA2325095	Jawak Sakshi Prakash	
27	FYMBA2325096	Joshi Chaitanya Rajesh	Sakshi
28	FYMBA2325097	Kadam Ramkishan Munjabhau	
29	FYMBA2325098	Kakde Vaishnav Vinay	Vinay
30	FYMBA2325099	Kalbhor Siddhi Deepak	Siddhi
31	FYMBA2325100	Kamble Anuradha Tanaji	Anuradha.
32	FYMBA2325101	Kamble Nilesh Sunil	
33	FYMBA2325102	Karad Vidya Krushna	Vidya
34	FYMBA2325103	Karnik Rutwik Dhananjay	

P.C.E.T.'S  
**S. B. PATIL INSTITUTE OF MANAGEMENT**  
**ATTENDANCE SHEET**  
**Yoga & Wellness Club**

Date: - 15/01/2024

Class: - MBA 1st Year



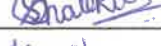





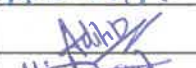










Topic: - Youth Unite - Heartfulness Meditation

Name of Speaker: - Ms. Pooja Susveerkar

Time: -10.00 am to 11.00 am

Semester - II

Division : - C

SR. NO.	ROLL NO.	NAME OF THE STUDENT	SIGNATURE
1	FYMBA2325139	Ade Ankita Charandas	
2	FYMBA2325140	Ambilkar Yash Ramesh	
3	FYMBA2325141	Bagul Kartik Dattatray	
4	FYMBA2325142	Bhadage Darshan Satish	
5	FYMBA2325143	Bhalekar Digvijay Ganesh	
6	FYMBA2325144	Bhalekar Sanjana Nandkumar	
7	FYMBA2325145	Borhade Komal Hanumant	
8	FYMBA2325146	Chaudhari Keshav Sunil	
9	FYMBA2325147	Chavan Akanksha Ravindra	
10	FYMBA2325148	Chavan Rushikesh Bhagwan	
11	FYMBA2325149	Chavan Yuvraj Raju	
12	FYMBA2325150	Dahapute Mahesh Rambhauji	
13	FYMBA2325151	Dande Aditi Bharat	
14	FYMBA2325152	Dapke Hindvi Shankar	
15	FYMBA2325153	Darawade Rutuja Ravindra	
16	FYMBA2325154	Deshmukh Mokshada Diliprao	
17	FYMBA2325155	Chawada Dharmik Sanjay	
18	FYMBA2325156	Gadewar Janhavi Balaji	
19	FYMBA2325157	Gaiki Sumit Dnyaneshwar	
20	FYMBA2325158	Gaikwad Tushar Karan	
21	FYMBA2325159	Gavande Vishal Santosh	
22	FYMBA2325160	Gawande Dhanashri Ashokrao	
23	FYMBA2325161	Ghabade Akanksha Gorakshanath	
24	FYMBA2325162	Ghode Shrikant Ganesh	
25	FYMBA2325163	Ghuge Pranav Vijay	
26	FYMBA2325164	Giri Trupti Pandurang	
27	FYMBA2325165	Gole Anushka Rajendra	
28	FYMBA2325166	Gulhane Sarang Dineshrao	
29	FYMBA2325167	Hagavane Swaraj Malhari	
30	FYMBA2325168	Hiwarale Dipalee Gajanan	
31	FYMBA2325169	Ingole Akshay Ashok	
32	FYMBA2325170	Jade Yash Shrikant	
33	FYMBA2325171	Jogdande Manasi Sheetalkumar	
34	FYMBA2325172	Kadam Pooja Subhash	

P.C.E.T.'S  
**S. B. PATIL INSTITUTE OF MANAGEMENT**  
**ATTENDANCE SHEET**  
**Yoga & Wellness Club**

Date: - 15/01/2024

Class: - MBA 1st Year


Topic: - Youth Unite - Heartfulness Meditation

Name of Speaker: - Ms. Pooja Susveerkar

Time: -10.00 am to 11.00 am





Semester - II

Division : - D

SR. NO.	ROLL NO.	NAME OF THE STUDENT	SIGNATURE
1	FYMBA2325207	Badgujar Om Ravindra	
2	FYMBA2325208	Bansode Jayesh Sanjay	
3	FYMBA2325209	Barde Rutuja Sandeep	
4	FYMBA2325210	Barure Vaishali Ashok	
5	FYMBA2325211	Bhalekar Ritesh Ramdas	
6	FYMBA2325212	Bhalerao Pratik Nagesh	
7	FYMBA2325213	Bhalerao Sakshi Sandip	
8	FYMBA2325214	Bhavsar Gayatri Suresh	
9	FYMBA2325215	Bhoi Yuvraj Dinkar	
10	FYMBA2325216	Bhujbal Sakshi Rajesh	
11	FYMBA2325217	Bhumkar Tanvi Madan	
12	FYMBA2325218	Chaskar Shivani Santosh	
13	FYMBA2325219	Chavan Omkar Ashok	
14	FYMBA2325220	Chavhan Kritik Ramesh	
15	FYMBA2325221	Damodar Pragati Dadarao	
16	FYMBA2325222	Desi Shruti Shirish	
17	FYMBA2325223	Dhanokar Vaishnavee Gajanan	
18	FYMBA2325224	Dighe Pradip Sukdeo	
19	FYMBA2325225	Fadale Vaishnavi Vikas	
20	FYMBA2325226	Gadekar Sakshi Sharad	
21	FYMBA2325227	Gadhe Vrushali Dhananjay	
22	FYMBA2325228	Giri Aastha Mukund	
23	FYMBA2325229	Godhane Soham Vinod	
24	FYMBA2325230	Gunjal Vikrant Goraksha	
25	FYMBA2325231	Gurav Mrunal Jayvant	
26	FYMBA2325232	Handa Akshita	
27	FYMBA2325233	Handal Akanksha Vijay	
28	FYMBA2325234	Hangarge Poornima Vasant	
29	FYMBA2325235	Ingle Utpal Dilip	
30	FYMBA2325236	Jadhao Shubham Ramchandra	
31	FYMBA2325237	Jagtap Yash Digamber	
32	FYMBA2325238	Jamadar Onkar Sudhakar	
33	FYMBA2325239	Kalbhor Aditya	
34	FYMBA2325240	Kalokhe Shravani Babasaheb	

SR. NO.	ROLL NO.	NAME OF THE STUDENT	SIGNATURE
---------	----------	---------------------	-----------

**Students Co-ordinator :-**

SR. NO.	ROLL NO.	NAME OF THE STUDENT	SIGNATURE
1	181	Geuraph Mali	
2	153	Ridhya Damawade	
3	147	Akantha chawhan	
4	039	Suraj Patil	
5			
6			

Total Present :- 124

P.C.E.T.'S  
**S. B. PATIL INSTITUTE OF MANAGEMENT**  
**ATTENDANCE SHEET**  
**Yoga & Wellness Club**

Date: - 13/01/2024

Class: - MBA 1st Year

Topic: - Youth Unite - Heartfulness Meditation

Name of Speaker: - Ms. Pooja Susveerkar

9 10  
Time: - 10.00 am to 11.00 am

Semester - II

Division : - A

SR. NO.	ROLL NO.	NAME OF THE STUDENT	SIGNATURE
1	FYMBA2325001	Attar Khushboo Jamir	
2	FYMBA2325002	Bhalekar Shradha Ulhas	
3	FYMBA2325003	Bhosale Prachi Pravin	Bhosalepp
4	FYMBA2325004	Bhumkar Rutuja Sanjay	
5	FYMBA2325005	Chalse Jyoti Vinod	
6	FYMBA2325006	Chaudhari Parag Kishor	
7	FYMBA2325007	Chaudhari Vaishnavi Keshav	
8	FYMBA2325008	Chavan Anushka Ramakant	
9	FYMBA2325009	Chavan Manali Digambar	
10	FYMBA2325010	Desai Aishwarya Dasharath	
11	FYMBA2325011	Deshmukh Sakshi Prashant	
12	FYMBA2325012	Dhage Chirag Arun	Dhage
13	FYMBA2325013	Dhas Sujit Sunil	
14	FYMBA2325014	Fartade Aniket Sukhdev	
15	FYMBA2325015	Gade Kunal Navnath	
16	FYMBA2325016	Gaikwad Tanmay Rajesh	
17	FYMBA2325017	Gamot Prem Rajesh	
18	FYMBA2325018	Goyal Surbhi	
19	FYMBA2325019	Gupta Priya	
20	FYMBA2325020	Hadole Swapnil Prashant	
21	FYMBA2325021	Harihar Kaivalya Rajendra	
22	FYMBA2325022	Hubli Radha Bajrang	Hubli
23	FYMBA2325023	Kamble Pratik Ramesh	Kamble
24	FYMBA2325024	Kamble Vaishnavi Shamrao	
25	FYMBA2325025	Kapure Nimish Sandip	
26	FYMBA2325026	Kharwade Omkar Babasaheb	
27	FYMBA2325027	Kulkarni Niyati Atul	
28	FYMBA2325028	Kulkarni Yogesh Deepak	Kulkarni
29	FYMBA2325029	Lad Shubham Bhaskar	
30	FYMBA2325030	Madake Ajay Bhausaheb	
31	FYMBA2325031	Mahajan Mayur Bhanudas	Mayur
32	FYMBA2325032	Mishra Pratik Rajkumar	
33	FYMBA2325033	More Rohit Nilkanth	
34	FYMBA2325034	Mundada Harshali Santosh	

P.C.E.T.'S  
**S. B. PATIL INSTITUTE OF MANAGEMENT**  
**ATTENDANCE SHEET**  
**Yoga & Wellness Club**

Date: - 13/01/2024

Class: - MBA 1st Year

Topic: - Youth Unite - Heartfulness Meditation

Name of Speaker: - Ms. Pooja Susveerkar

Time: -10.00 am to 11.00 am

Semester - II

Division : - B

SR. NO.	ROLL NO.	NAME OF THE STUDENT	SIGNATURE
1	FYMBA2325070	Adsul Pratik Bhausaheb	
2	FYMBA2325071	Ahirrao Sachin Manoj	
3	FYMBA2325072	Apune Vaishnavi Ramesh	
4	FYMBA2325073	Arulkar Shreyash Parshuram	
5	FYMBA2325074	Bandgar Ritesh Sunil	
6	FYMBA2325075	Bankar Pooja Rajendra	
7	FYMBA2325076	Bhagwat Vaishnavi Balaji	
8	FYMBA2325077	Bhaik Ashwini Kondiba	
9	FYMBA2325078	Bhamre Samiksha Manohar	
10	FYMBA2325079	Borhade Sanika Ganesh	<i>Sanika</i>
11	FYMBA2325080	Chaudhari Jueely Yashwant	
12	FYMBA2325081	Deore Shradha Sanjay	
13	FYMBA2325082	Dhage Sanjana Ashok	
14	FYMBA2325083	Dhore Mayuri Bhagwat	
15	FYMBA2325084	Dhulshette Mayuri Anantrao	
16	FYMBA2325085	Gaikwad Shivdhan Rameshwar	<i>Shivdhan</i>
17	FYMBA2325086	Garud Sakshi Suresh	
18	FYMBA2325087	Ghadge Vikram Jayawant	
19	FYMBA2325088	Ghonge Prachi Anant	
20	FYMBA2325089	Gupta Shraddha Munnalal	
21	FYMBA2325090	Gurjar Mamta Mangilal	
22	FYMBA2325091	Jadhav Akash Baban	
23	FYMBA2325092	Jagtap Ashwathi Rajkumar	
24	FYMBA2325093	Jagtap Vaishnavi Sudhakar	<i>Jagtap</i>
25	FYMBA2325094	Jain Lalit Rajesh	
26	FYMBA2325095	Jawak Sakshi Prakash	
27	FYMBA2325096	Joshi Chaitanya Rajesh	
28	FYMBA2325097	Kadam Ramkishan Munjabhau	<i>Ramk</i>
29	FYMBA2325098	Kakde Vaishnav Vinay	
30	FYMBA2325099	Kalbhor Siddhi Deepak	<i>Skalbhor</i>
31	FYMBA2325100	Kamble Anuradha Tanaji	
32	FYMBA2325101	Kamble Nilesh Sunil	<i>Nilesh</i>
33	FYMBA2325102	Karad Vidya Krushna	<i>Vidya</i>
34	FYMBA2325103	Karnik Rutwik Dhananjay	

P.C.E.T.'S  
**S. B. PATIL INSTITUTE OF MANAGEMENT**  
**ATTENDANCE SHEET**  
**Yoga & Wellness Club**

Date: - 13/01/2024

Class: - MBA 1st Year


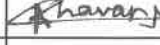

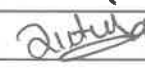
Topic: - Youth Unite - Heartfulness Meditation

Name of Speaker: - Ms. Pooja Susveerkar

Time: -10.00 am to 11.00 am

Semester - II

Division : - C

SR. NO.	ROLL NO.	NAME OF THE STUDENT	SIGNATURE
1	FYMBA2325139	Ade Ankita Charandas	
2	FYMBA2325140	Ambilkar Yash Ramesh	
3	FYMBA2325141	Bagul Kartik Dattatray	
4	FYMBA2325142	Bhadage Darshan Satish	
5	FYMBA2325143	Bhalekar Digvijay Ganesh	
6	FYMBA2325144	Bhalekar Sanjana Nandkumar	
7	FYMBA2325145	Borhade Komal Hanumant	
8	FYMBA2325146	Chaudhari Keshav Sunil	
9	FYMBA2325147	Chavan Akanksha Ravindra	
10	FYMBA2325148	Chavan Rushikesh Bhagwan	
11	FYMBA2325149	Chavan Yuvraj Raju	
12	FYMBA2325150	Dahapute Mahesh Rambhauji	
13	FYMBA2325151	Dande Aditi Bharat	
14	FYMBA2325152	Dapke Hindvi Shankar	
15	FYMBA2325153	Darawade Rutuja Ravindra	
16	FYMBA2325154	Deshmukh Mokshada Diliprao	
17	FYMBA2325155	Chawada Dharmik Sanjay	
18	FYMBA2325156	Gadewar Janhavi Balaji	
19	FYMBA2325157	Gaiki Sumit Dnyaneshwar	
20	FYMBA2325158	Gaikwad Tushar Karan	
21	FYMBA2325159	Gavande Vishal Santosh	
22	FYMBA2325160	Gawande Dhanashri Ashokrao	
23	FYMBA2325161	Ghabade Akanksha Gorakshanath	
24	FYMBA2325162	Ghode Shrikant Ganesh	
25	FYMBA2325163	Ghuge Pranav Vijay	
26	FYMBA2325164	Giri Trupti Pandurang	
27	FYMBA2325165	Gole Anushka Rajendra	
28	FYMBA2325166	Gulhane Sarang Dineshrao	
29	FYMBA2325167	Hagavane Swaraj Malhari	
30	FYMBA2325168	Hiwarale Dipalee Gajanan	
31	FYMBA2325169	Ingole Akshay Ashok	
32	FYMBA2325170	Jade Yash Shrikant	
33	FYMBA2325171	Jogdande Manasi Sheetalkumar	
34	FYMBA2325172	Kadam Pooja Subhash	

P.C.E.T.'S  
**S. B. PATIL INSTITUTE OF MANAGEMENT**  
**ATTENDANCE SHEET**  
**Yoga & Wellness Club**

Date: - 13/01/2024

Class: - MBA 1st Year

Topic: - Youth Unite - Heartfulness Meditation

Name of Speaker: - Ms. Pooja Susveerkar

Time: -10.00 am to 11.00 am




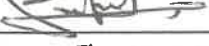
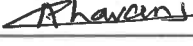
Semester - II

Division : - D

SR. NO.	ROLL NO.	NAME OF THE STUDENT	SIGNATURE
1	FYMBA2325207	Badgajar Om Ravindra	
2	FYMBA2325208	Bansode Jayesh Sanjay	
3	FYMBA2325209	Barde Rutuja Sandeep	
4	FYMBA2325210	Barure Vaishali Ashok	
5	FYMBA2325211	Bhalekar Ritesh Ramdas	
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9	FYMBA2325215	Bhoi Yuvraj Dinkar	
10	FYMBA2325216	Bhujbal Sakshi Rajesh	
11	FYMBA2325217	Bhumkar Tanvi Madan	
12	FYMBA2325218	Chaskar Shivani Santosh	
13	FYMBA2325219	Chavan Omkar Ashok	
14	FYMBA2325220	Chavhan Kritik Ramesh	
15	FYMBA2325221	Damodar Pragati Dadarao	
16	FYMBA2325222	Desi Shruti Shirish	
17	FYMBA2325223	Dhanokar Vaishnavee Gajanan	
18	FYMBA2325224	Dighe Pradip Sukdeo	
19	FYMBA2325225	Fadale Vaishnavi Vikas	
20	FYMBA2325226	Gadekar Sakshi Sharad	
21	FYMBA2325227	Gadhe Vrushali Dhananjay	
22	FYMBA2325228	Giri Aastha Mukund	
23	FYMBA2325229	Godhane Soham Vinod	
24	FYMBA2325230	Gunjal Vikrant Goraksha	
25	FYMBA2325231	Gurav Mrunal Jayvant	
26	FYMBA2325232	Handa Akshita	
27	FYMBA2325233	Handal Akanksha Vijay	
28	FYMBA2325234	Hangarge Poornima Vasant	
29	FYMBA2325235	Ingle Utpal Dilip	
30	FYMBA2325236	Jadhao Shubham Ramchandra	
31	FYMBA2325237	Jagtap Yash Digamber	
32	FYMBA2325238	Jamadar Onkar Sudhakar	
33	FYMBA2325239	Kalbhor Aditya	
34	FYMBA2325240	Kalokhe Shravani Babasaheb	

SR. NO.	ROLL NO.	NAME OF THE STUDENT	SIGNATURE
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Students Co-ordinator :-

SR. NO.	ROLL NO.	NAME OF THE STUDENT	SIGNATURE
1	830	Shivej Sakhade	
2	39	Sunaj Patil	
3	153	Rutuja Daramwade	
4	181	Saharbh Mali	
5	147	Akariksha Chavan	
6			

Total Present :- 60