

Lal Bahadur Shastri College of Arts, Science and
Commerce Satara
National Service Scheme 2018-19



21/09/2018

Notice

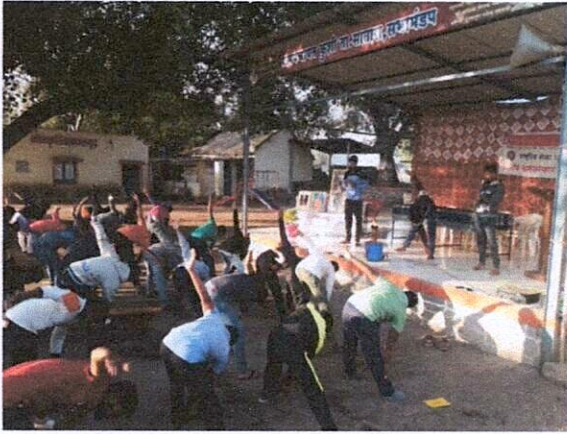
All the students of N.S.S. are hereby informed that our N.S.S unit has organized Yoga and Exercise at Kushi village on **23th September, 2018 sharp 6.00 am**. All students must present.

Program Officer
National Service Scheme
Lal Bahadur Shastri College,
of Arts, Science & Commerce,
Satara.

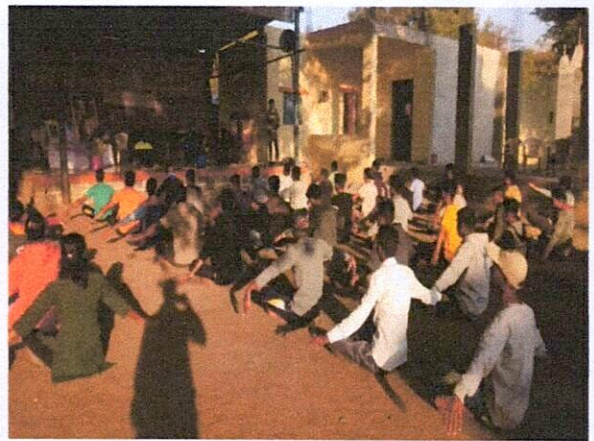
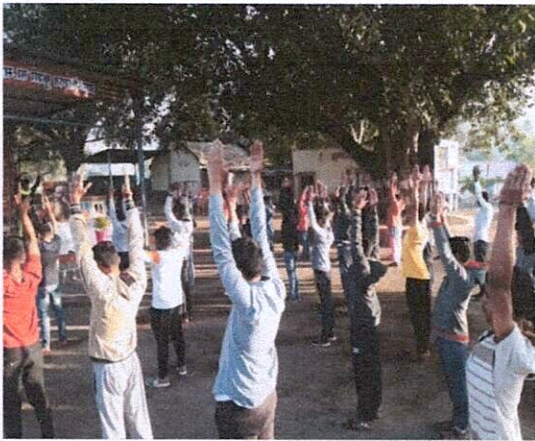


PRINCIPAL
Lal Bahadur Shastri College
of Arts, Science & Commerce
Satara.

Exercise and Yoga



NSS Students practicing Yoga and Exercise

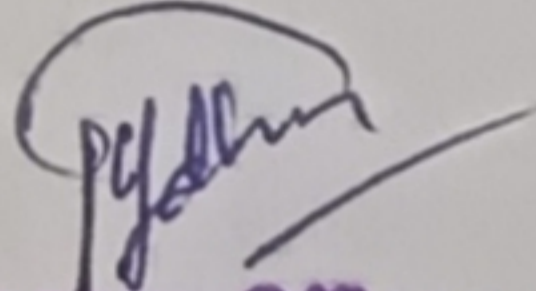


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REPORT

The importance of Exercise and Yoga in our lives cannot be underestimated. It is a science that focuses on improving not only physical health but also mental and spiritual well-being, which is the foundations of our life

A Yoga program was organized at Adopted village Kushi in which volunteers and program officers were present. The Principal inspired this program and all the students were included in it. There were 25 volunteers participated in Yoga Program.


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Satara.**



" ज्ञान, विज्ञान आणि सुसंस्कार यांसाठी शिक्षण प्रसार " - शिक्षणमहर्षी डॉ. बापूजी साळुंखे
श्री स्वामी विवेकानंद शिक्षण संस्था, कोल्हापूर संचलित

लाल बहादूर शास्त्री कॉलेज ऑफ आर्ट्स, सायन्स अँड कॉमर्स, सातारा

राष्ट्रीय सेवा योजना २०१८ - २०१९

दिनांक - २१/०९/२०१८

Yoga & Exercise Program at Kushi Village

प्रकल्प तपशील

अ.नं.	हजर विद्यार्थ्यांचे नाव	वर्ग	सही
१	साधली उमेश शिंदे	B.A.I	Sadhali
२	बनकर दिव्या योगेश	B.A.I	Banekar
३	अमिषा भालचंद्र उबरे	B.A.I	A.B.Umare
४	प्रतिष्ठा संतोष जाधव	B.A.I	P.S.Jadhav
५	दिव्या सुरेश शिंदे	B.Com II	Shinde
६	श्वेता विजय वर्गे	B.com II	S.V.Barge
७	वैष्णवी अनिल वर्गे	B.com II	V.Barge
८	शाधकवाड अर्पिता शंकर	B.com II	Shadhakwad
९	Shailch Anam Riyaz	B.SC I	Shailch
१०	Rawal Manvi Rajendra.	B.SC I	M.R.Rawal
११	Grade Aishwarya Nandkumar	BSC III	Grade
१२	Jadhav Vaishnavi Arvind	Bsc III	Jadhav
१३	Sawant Madhavi Kiran	B.A II	Sawant
१४	Kabade Phanashri mhash	B. II	Kabade
१५	Jadhav Rutuja Rajendra	B. II	Jadhav
१६	Naikwade Payal Parmeshwar	B. II	Naikwade
१७	Nipdne Monali Mohan	B.com II	Nipdne
१८	Kshirsagar Harshada Suresh	B.com II	Kshirsagar
१९	Shinde Srushti Vijay	B.com II	Shinde
२०	Kirdat Sonali Dipak	B.com II	Kirdat
२१	Daduskar Anushka Sanjay.	B.com II	Daduskar
२२	आहिरे प्रेरणा युक्ता	B.A II	Ahira
२३	चौपडे अक्षता लक्ष्मण	B.A. II	Chaudhary
२४	अदुंके आरती पांडुरंग	B.Com II	Adunke
२५	Salunke. Sakshi Santosh	B.com II	Salunke

कार्यक्रमाचे अधिकारी
राष्ट्रीय सेवा योजना
लाल बहादूर शास्त्री महाविद्यालय, सातारा