



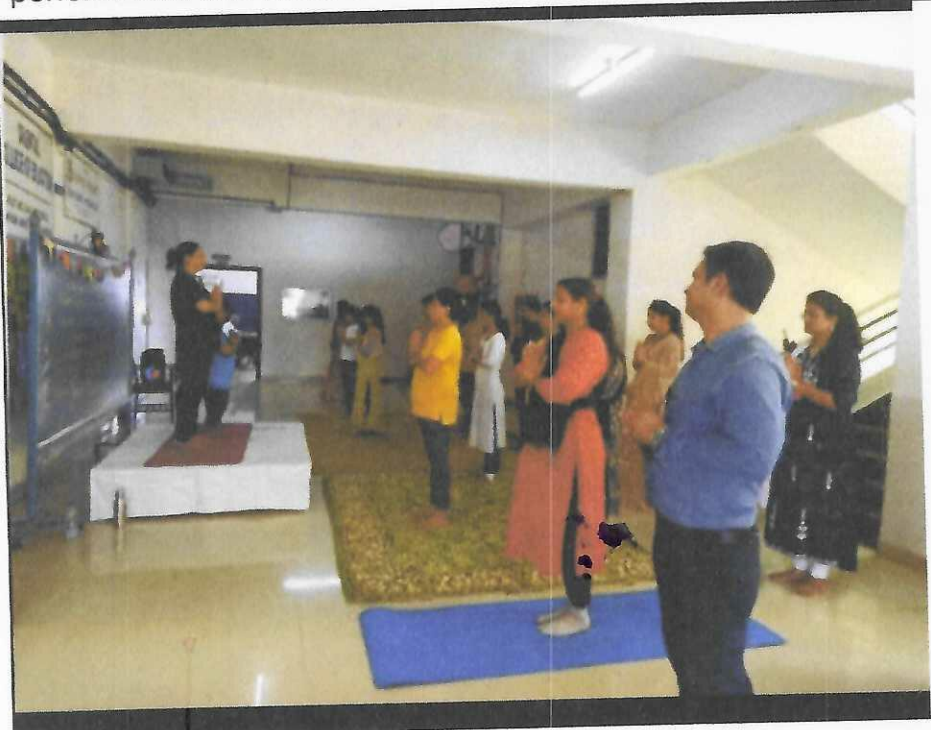
ORIENTAL COLLEGE OF LAW

MANAGED BY ORIENTAL EDUCATION SOCIETY

(Affiliated To University Of Mumbai And Approved By Bar Council Of India)

Aff-I/ICD/2014-15/1959- Bar Council: BCI: D: 793/2014 (L.E.)

YOGA SKILLS – 2018-19

| | |
|-------------------------|---|
| TITLE OF ACTIVITY | YOGA SKILLS – 2018-19 |
| DATE | 21 ST JUNE 2018 |
| NO OF PARTICIPANTS | 8 |
| DESCRIPTION OF ACTIVITY | College organized on 21 st june 2018. Celebrating Yoga Day is important for students as it promotes physical and mental well-being, enhances concentration, and aids stress management. Integrating yoga into their routines can improve academic performance and foster a balanced lifestyle. |
| EVENT IMAGES |  |

P. S. M. S.
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ATTENDANCE

| Sr. No. | Name | Class |
|---------|-----------------------|-------|
| 1. | KHAN ARIF ABDUL TAHIR | LLB |
| 2. | CHIKANE CHANDRAKANT | LLB |
| 3. | GAIKWAD AJAY RAM | BLS |
| 4. | DETHE SHAMLEE | LLB |
| 5. | MUDLIAR RAVI | LLB |
| 6. | KOHLI PAWAN | BLS |
| 7. | KHAN AMAN | LLB |
| 8. | LOKRE KAUSHALYA | LLB |

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YOGA SKILLS – 2019-20

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|--------------------------------|--|
| TITLE OF ACTIVITY | YOGA SKILLS – 2019-20 |
| DATE | 21 ST JUNE 2019 |
| NO OF PARTICIPANTS | 6 |
| DESCRIPTION OF ACTIVITY | <p>College Was organized on 21st June 2019. The observance of Yoga Day holds great significance for students, as it instills the practice of mindfulness and physical fitness during their formative years.</p> <p>Yoga enhances flexibility, strength, and mental clarity, all of which contribute to academic success and personal development.</p> |
| EVENT IMAGES | |



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ATTENDANCE

| Sr. No. | Name | Class |
|---------|----------------------|-------|
| 1. | KHAN AMAN | LLB |
| 2. | LOKRE KAUSHALYA | LLB |
| 3. | CHAVAN ANCHITA | BLS |
| 4. | ANSARI HEENA PARVEEN | LLB |
| 5. | YADAV ANURADHA | LLB |
| 6. | KHWAJA SARFARAZ | BLS |

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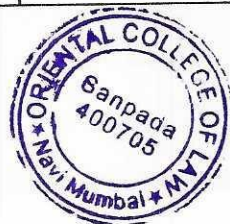
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YOGA SKILLS - 2020-2021

| | |
|--------------------------------|---|
| TITLE OF ACTIVITY | YOGA SKILLS - 2020-2021 |
| DATE | 21 st june 2020 |
| NO OF PARTICIPANTS | 20 |
| DESCRIPTION OF ACTIVITY | <p>This report provides an overview and evaluation of the Yoga Skill Development Program conducted at Oriental College of Law. The program aimed to enhance students' physical and mental well-being through yoga practices. The report discusses the program's objectives, methodologies, outcomes, and recommendations for future improvements.</p> <p>Outcomes: The Yoga Skill Development Program yielded several positive outcomes:</p> <ul style="list-style-type: none">• Improved Physical Well-being: Participants reported increased flexibility, better posture, and enhanced physical strength due to regular practice of yoga postures.• Enhanced Mental Focus: Students noted improvements in concentration and stress management, leading to a positive impact on their academic performance.• Stress Reduction: Many participants reported reduced stress levels and an improved ability to handle academic and personal pressures.• Lifestyle Awareness: The program successfully raised awareness about the significance of maintaining a healthy lifestyle, including regular physical activity and mindful practices. <p>Conclusion: The Yoga Skill Development Program at Oriental College of Law achieved its objectives of enhancing students' physical and mental well-being through yoga practices. The program's positive outcomes and participant feedback underscore the importance of</p> |



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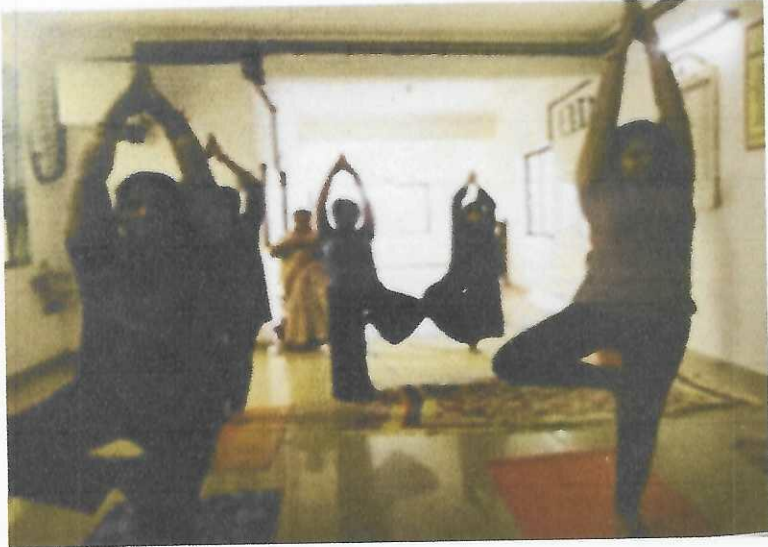


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| | <p>integrating such holistic programs into educational institutions. By addressing the recommendations provided, the college can continue to foster an environment of overall well-being and personal development among its students.</p> |
| EVENT IMAGES |  |

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ATTENDANCE SHEET

| SR. NO. | NAME OF STUDENTS | Class |
|---------|-------------------------|-------|
| 1 | Ranjeet Sharma | LLB |
| 2 | Kiran Gangurde | LLB |
| 3 | Chandrakant Pawar | LLB |
| 4 | Varsha Ravikant Gavhane | BLS |
| 5 | Aishwarya Thakur | BLS |
| 6 | Anchita Chavan | LLB |
| 7 | Ranjeet Sharma | LLB |
| 8 | Darshna Kunwar | LLB |
| 9 | Zaid Sayyed | LLB |
| 10 | Roshan Dhuri | LLB |
| 11 | Dixit Shett | LLB |
| 12 | Kajal Chari | LLB |
| 13 | Seema Chavan | LLB |
| 14 | Saleena Shaikh | LLB |
| 15 | Zaid Sayyed | LLB |
| 16 | Roshan Dhuri | LLB |
| 17 | Jay Pokarne | LLB |
| 18 | Seema Chavan | LLB |
| 19 | Kainat Ansari | LLB |
| 20 | Kajal Chari | LLB |

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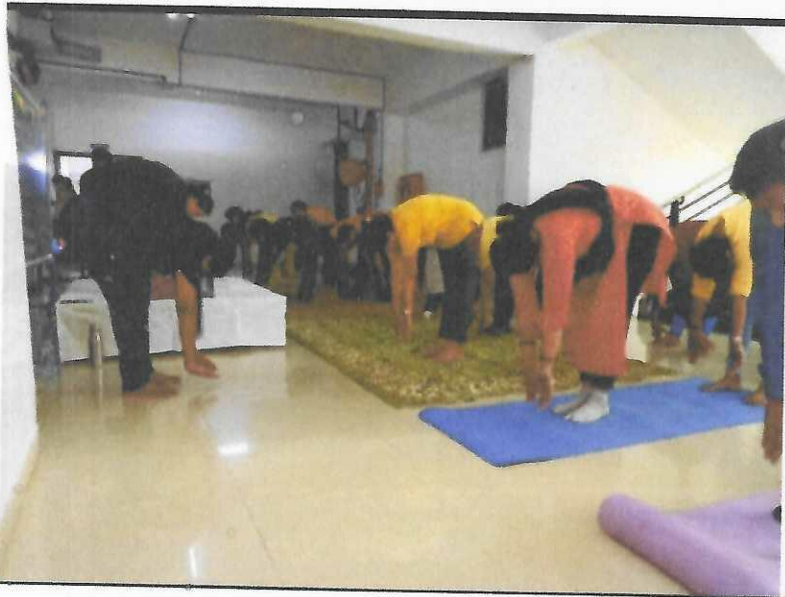
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YOGA SKILLS – 2021-22

| | |
|-------------------------|---|
| TITLE OF ACTIVITY | YOGA SKILLS – 2021-22 |
| DATE | 21 ST JUNE 2021 |
| NO OF PARTICIPANTS | 6 |
| DESCRIPTION OF ACTIVITY | College Was organized on 21 st June 2021. Celebrating yoga day raises awareness about the importance of maintaining a balanced lifestyle, encouraging students to adopt positive habits. |
| EVENT IMAGES |  |

PSM Mochle
Adv.
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ATTENDANCE

| Sr. No. | Name | Class |
|---------|-------------------|-------|
| 1. | ANSARI ASHIYA | BLS |
| 2. | AWDHUTE AKASH | LLB |
| 3. | SALEKAR MANISHA | LLB |
| 4. | PATIL ABHIJEET | BLS |
| 5. | ZAGDE POOJA | LLB |
| 6. | VICHARE SUSHANT S | LLB |

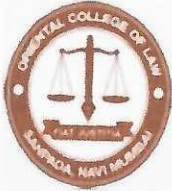
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YOGA SKILLS – 2022-23

| | |
|-------------------------|---|
| TITLE OF ACTIVITY | YOGA SKILLS – 2022-23 |
| DATE | 21 st June 2022 |
| NO OF PARTICIPANTS | 57 |
| DESCRIPTION OF ACTIVITY | On the 21/06/2022, Oriental College of Law organized a seminar focusing on the importance and practice of yoga skills. This report outlines the key discussions, activities, and takeaways from the seminar, emphasizing the benefits of incorporating yoga into daily life for mental and physical well-being. |
| EVENT IMAGES | |



P. J. Jadhav
A.U.V.
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ATTENDENCE SHEET

| Sr. no. | Student name | CLASS |
|---------|--|-------|
| 1. | KHAN SANA NASIR NASARIN BANO | LLB |
| 2. | KHAN YUSARA NAIMUDDIN VASMAKHATOON | LLB |
| 3. | KHULE RAJENDRA RAMDAS | LLB |
| 4. | KORI SUMIT RAMSHIROMNI SUNITADEVI | LLB |
| 5. | MAHARANA MANOJ MADHUSUDHAN RAMA | LLB |
| 6. | MALLAH AARTI RAJKUMAR CHANDADEV | LLB |
| 7. | MATKAR SUSHANT ADINATH KALPANA | LLB |
| 8. | MAVAL VEDANT KAILAS PRATIBHA | LLB |
| 9. | MHATRE HEMANT DATTARAM | LLB |
| 10. | MHATRE MAYURESH RAMAKANT SHASHIKALA | LLB |
| 11. | MISHRA AARTI SATYABHAWAN NIRMALA | LLB |
| 12. | MORE DEEPLAXMI GOUTAM SUDHA | LLB |
| 13. | MORE VINOD SHANKAR | LLB |
| 14. | NAIK RUNAL VIDYADHAR NISHA | LLB |
| 15. | NAIK SHWETA RAMESH SMITA | LLB |
| 16. | NARAWADE ASHVINI KHANDU BHAGUBAI | LLB |
| 17. | NARAWADE PRASHANT KHANDU | LLB |
| 18. | NASIMA ZAKIULLAH | LLB |
| 19. | NIRMAL ARCHANA RAOSAHEB | LLB |
| 20. | PANDEY AMAN KUMAR PREMPRAKASH MADHURI | BLS |
| 21. | PAREEK NEHA SHASHIKANT SANTOSH | BLS |
| 22. | PASHTI MUKESHKUMAR TUKARAM | BLS |
| 23. | PASI AMIT RAMNARESH KAMLESH | BLS |
| 24. | PATHAN TABASSUM TAYYAB AFSANA | BLS |
| 25. | PATIL ARUNKUMAR BABRUVAN KAMALABAI | BLS |
| 26. | PAWAR CHANDRAKANT RAMCHANDRA | BLS |

P. S. J. J. J.
Pr. V.

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|-----|--|-----|
| 27. | PRAJAPATI VISHAL RAJESHWAR MAYADEVI | BLS |
| 28. | RAJESHIRKE VISHAL SHREERAM JAYSHREE | BLS |
| 29. | RANJEET SHARMA | BLS |
| 30. | SARFARAZ SHAIKH KHWAJA | BLS |
| 31. | SARWAN CHETAN DHARMENDRA PUSHPA | BLS |
| 32. | SAYYED HUMA KHATOON ABDUL WADOOD RABIYA | BLS |
| 33. | SHAIKH ALTAF UMARALI NASEEM | BLS |
| 34. | SHAIKH GULNAAZ BANU MOINUDDIN LADHI BEGUM | BLS |
| 35. | SHAIKH MOHD SOHAIL SHAFIQ AFSANA | BLS |
| 36. | SHARMA PAWAN KAILASH SUSHILA | BLS |
| 37. | KHAN SANA NASIR NASARIN BANO | BLS |
| 38. | KHAN YUSARA NAIMUDDIN VASMAKHATOON | BLS |
| 39. | KHULE RAJENDRA RAMDAS | BLS |
| 40. | KORI SUMIT RAMSHIROMNI SUNITADEVI | BLS |
| 41. | MAHARANA MANOJ MADHUSUDHAN RAMA | BLS |
| 42. | MALLAH AARTI RAJKUMAR CHANDADEV | BLS |
| 43. | MATKAR SUSHANT ADINATH KALPANA | BLS |
| 44. | MAVAL VEDANT KAILAS PRATIBHA | BLS |
| 45. | MHATRE HEMANT DATTARAM | BLS |
| 46. | MHATRE MAYURESH RAMAKANT SHASHIKALA | BLS |
| 47. | MISHRA AARTI SATYABHAWAN NIRMALA | BLS |
| 48. | MORE DEEPLAXMI GOUTAM SUDHA | BLS |
| 49. | MORE VINOD SHANKAR | BLS |
| 50. | NAIK RUNAL VIDYADHAR NISHA | BLS |
| 51. | NAIK SHWETA RAMESH SMITA | BLS |
| 52. | NARAWADE ASHVINI KHANDU BHAGUBAI | BLS |
| 53. | NARAWADE PRASHANT KHANDU | BLS |
| 54. | NASIMA ZAKIULLAH | BLS |
| 55. | NIRMAL ARCHANA RAOSAHEB | BLS |

P. S. M. Patil

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| | | |
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| 56. | PANDEY AMAN KUMAR PREMPRAKASH MADHURI | BLS |
| 57. | PAREEK NEHA SHASHIKANT SANTOSH | BLS |

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