



FOR THE UPLIFTMENT OF THE MASSES
SHRI SHIVAJI MARATHA SOCIETY'S

SAMAJ BHUSHAN BABURAO alias APPASAHEB JEDHE
ARTS, COMMERCE & SCIENCE COLLEGE



425, SHUKRAWAR PETH, PUNE - 411 002. OFF. : (020) 24477335, FAX : (020) 24450936
Email : jedhe_c@rediffmail.com Visit our website : www.jedhecollege.com

Principal

Dr. SHASHANK K. POLE (M.Com., M.Phil., Ph.D.)

ACCREDITED BY NAAC 'B' GRADE

EST : 1984 - AFFILIATED TO PUNE UNIVERSITY - IDNT NO. PU/PN/ACS/063/1984/RECOGNISED BY U.G.C. U/S 2(F) & 12 (B)

Outward No.

Date : 8/12/2016

प्रति,
प्रा.ढमाले एस.डी. ,
स.भू. बा.उर्फ अप्पासाहेब जेधे
कला, वाणिज्य व विज्ञान महाविद्यालय,
पुणे -२

विषय :- अल्पमुदतिचे अभ्यासक्रमासंदर्भात...

आपण सामाजिक विषयांवर २०१६-१७ या शैक्षणिक वर्षाकरीता
योगासने व ध्यानधारणा या विषयावर अल्पामुदतिचा अभ्यासक्रम तयार
करून त्यावर अंमलबजावणी करण्याचे काम करावे.


अपना विश्वासू,
PRINCIPAL

S.B.B. alias Appasaheb Jedhe
Arts, Comm. and Science College,
425, Shukrawar Peth, Pune-411002



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Outward No. 627(A)/2016-17-

Date : 22/12/2016

प्रति,
मा. नितीन बांगर,
पुणे .

विषय :- महाविद्यालयीन विद्यार्थ्यांना योगासने व
ध्यानधारणा याबद्दल मार्गदर्शन
करण्याबाबत...

महोदय,

आमच्या महाविद्यालयातील विद्यार्थ्यांसाठी दि.
02/01/2017 ते 06/02/2017 या कालावधीत सकाळी
६.३० ते ७.३० या वेळेत ध्यानधारणा हा उपक्रम आयोजित
केलेला आहे. तरी आपण वरील कालावधीत आमच्या
महाविद्यालयातील विद्यार्थ्यांना मार्गदर्शन करण्यासाठी उपस्थित
राहून सहकार्य करावे ही विनंती.

कळावे,

सत्र मिळाले.

(SR)

विना मोसदना
योगा कोर्स घेण्यास तयार आहे.

डा. पोळ शशांक कृ.
प्राचार्य

स. व्. बा. रफ अप्पासाहेब जेधे
कला, वाणिज्य व विज्ञान महाविद्यालय
पुणे-४११००२.



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Outward No.

Date : 23/12/2016

सूचना

महाविद्यालयातील सर्व विद्यार्थ्यांना सूचित करण्यात येते की, आपल्या महाविद्यालयात पुणे जिल्हा योग आसोसिएशनच्या सहकार्याने योगासने व ध्यान धारणा हा उपक्रम दि. ०२/०१/२०१७ ते ०६/०२/२०१७ या कलावधीत सकाळी ६.३०. ते ७.३० यावेळी महाविद्यालयाच्या सभागृहात आयोजित करण्यात येणार आहे. तरी इच्छुक विद्यार्थ्यांनी आपली नावे दि. २८/१२/२०१६ पर्यंत प्रा. एस.डी. ढमाले शा.शि.संचालक यांचेकडे नोंदवावी.

डॉ. पोल शशांक कृ.
प्राचार्य

स. भू. बा. चर्फ आप्पासाहेब जेधे
कला, वाणिज्य व विज्ञान महाविद्यालय
पुणे-४११००२.

समाजभूषण बाबुराव उर्फ अप्पासाहेब जेधे महाविद्यालय, पुणे-२

लघु अभ्यासक्रम २०१६-१७

विषय : योगासने आणि ध्यानधारणा

समन्वयक : प्रा. एस. डी. ढमाले

बैठक : दि. १४ डिसेंबर २०१६

वेळ : सकाळी १०.०० वा.

दि १४ डिसेंबर २०१६ रोजी मा. प्राचार्यांच्या समवेत जिमखाना समितीच्या वतीने घेण्यात येणाऱ्या योगासने आणि ध्यानधारणा लघु अभ्यासक्रम आयोजन संदर्भात बैठक घेण्यात आली. सदर बैठकीस प्रा. भोसले एस. ए. हे प्राध्यापक उपस्थित होते. बैठकीतील विषय -

- १) लघु अभ्यासक्रम राबविण्यासाठीचा कालावधी ठरविणे.
- २) अभ्यासक्रमाबाबत विद्यार्थ्यांमध्ये जागृती निर्माण करणे
- ३) विद्यार्थ्यांसाठी सूचना काढणे.

चर्चा व विचारविनिमय करून पुढील निर्णय घेण्यात आले.

- १) लघु अभ्यासक्रम दि. २.१.२०१७ ते ६.२.२०१७ या कालावधीत घेण्याचे ठरले.
- २) उपक्रमासंबंधी विद्यार्थी वर्गात जागृती निर्माण करून त्या संबंधी नोटीस काढण्याचा निर्णय घेण्यात आला.


प्राचार्य

स. भू. बा. उर्फ अप्पासाहेब जेधे
कला, वाणिज्य व विज्ञान महाविद्यालय
पुणे-४११००२.

Vocational Course:

Duration

Course Coordinator:

Time:

Sr.no.	Name	21/1/17	31/1/17	4/1/17	5/1/17	6/1/17	7/1/17	9/1/17	10/1/17	11/1/17	12/1/17	13/1/17	14/1/17	16/1/17	17/1/17	18/1/17
26	more Jayashri R.	one	one	one	one	one	one	one	one	one	one	one	one	one	one	one
27	Bhange Pragati P.	Bhange P	Bhange P	Bhange P	Bhange P	Bhange P	Bhange P	Bhange P	Bhange P	Bhange P	Bhange P	Bhange P	Bhange P	Bhange P	Bhange P	Bhange P
28	Kshirsagar Harsha V.	KHV	KHV	KHV	KHV	KHV	KHV	KHV	KHV	KHV	KHV	KHV	KHV	KHV	KHV	KHV
29	Baleghate snehal V.	SVB	SVB	SVB	SVB	SVB	SVB	SVB	SVB	SVB	SVB	SVB	SVB	SVB	SVB	SVB
30	Bandal Aarti S.	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R
31	Hendre Komalg. C.	HK	HK	HK	HK	HK	HK	HK	HK	HK	HK	HK	HK	HK	HK	HK
32	Mane Divya R.	Divya	Divya	Divya	Divya	Divya	Divya	Divya	Divya	Divya	Divya	Divya	Divya	Divya	Divya	Divya
33	Khind Bhavana A.	Divya	Divya	Divya	Divya	Divya	Divya	Divya	Divya	Divya	Divya	Divya	Divya	Divya	Divya	Divya
34	Wadkar Bhagyashri Y.	Badkar	Badkar	Badkar	Badkar	Badkar	Badkar	Badkar	Badkar	Badkar	Badkar	Badkar	Badkar	Badkar	Badkar	Badkar
35	Jagtap seema P.	Jagtap	Jagtap	Jagtap	Jagtap	Jagtap	Jagtap	Jagtap	Jagtap	Jagtap	Jagtap	Jagtap	Jagtap	Jagtap	Jagtap	Jagtap
36	Kokate Vidya S.	Divya	Divya	Divya	Divya	Divya	Divya	Divya	Divya	Divya	Divya	Divya	Divya	Divya	Divya	Divya
37	Kadam Vrushali A	Wadga	Wadga	Wadga	Wadga	Wadga	Wadga	Wadga	Wadga	Wadga	Wadga	Wadga	Wadga	Wadga	Wadga	Wadga
38	Bandal Priyanka R	Praveer	Praveer	Praveer	Praveer	Praveer	Praveer	Praveer	Praveer	Praveer	Praveer	Praveer	Praveer	Praveer	Praveer	Praveer
39	Shinde Sweta D.	S.D. Shinde	S.D. Shinde	S.D. Shinde	S.D. Shinde	S.D. Shinde	S.D. Shinde	S.D. Shinde	S.D. Shinde	S.D. Shinde	S.D. Shinde	S.D. Shinde	S.D. Shinde	S.D. Shinde	S.D. Shinde	S.D. Shinde
40	Sirsate Sonam P.	R	R	R	R	R	R	R	R	R	R	R	R	R	R	R
41	Jabre Utkarsham	U.N. Jabre	U.N. Jabre	U.N. Jabre	U.N. Jabre	U.N. Jabre	U.N. Jabre	U.N. Jabre	U.N. Jabre	U.N. Jabre	U.N. Jabre	U.N. Jabre	U.N. Jabre	U.N. Jabre	U.N. Jabre	U.N. Jabre
42	Shital Sakharan	Shital	Shital	Shital	Shital	Shital	Shital	Shital	Shital	Shital	Shital	Shital	Shital	Shital	Shital	Shital

S.D. Sharmale
COORDINATOR

PRINCIPAL
S.B.B. alias Appasahab Jedhe
Arts, Comm. and Science College,
425, Shukrawar Peth, Pune-411002.

Vocational Course: Duration 6.30 to 7.30 am Course Coordinator: Prof. Dharmale S.D. Time: 6.30 to 7.30 am

Sr.no.	Name	19/11/17	20/11/17	21/11/17	23/11/17	24/11/17	25/11/17	27/11/17	28/11/17	30/11/17	31/11/17	1/12/17	2/12/17	3/12/17	4/12/17	6/12/17
1	Snehal R. Bursale	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical
2	Kalbhorr. Sunita S.	SSK	SSK	SSK	SSK	SSK	SSK	SSK	SSK	SSK	SSK	SSK	SSK	SSK	SSK	SSK
3	Chavran Anita L.	Chavran	Chavran	Chavran	Chavran	Chavran	Chavran	Chavran	Chavran	Chavran	Chavran	Chavran	Chavran	Chavran	Chavran	Chavran
4	Tupere Shaila Avinash	S.A.S.	S.A.S.	S.A.S.	S.A.S.	S.A.S.	S.A.S.	S.A.S.	S.A.S.	S.A.S.	S.A.S.	S.A.S.	S.A.S.	S.A.S.	S.A.S.	S.A.S.
5	Dhaptre Shakuntal S.	Dhaptre	Dhaptre	Dhaptre	Dhaptre	Dhaptre	Dhaptre	Dhaptre	Dhaptre	Dhaptre	Dhaptre	Dhaptre	Dhaptre	Dhaptre	Dhaptre	Dhaptre
6	Jawalkar Akshada R.	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical
7	Deshmukh Sangita N.	Sangita	Sangita	Sangita	Sangita	Sangita	Sangita	Sangita	Sangita	Sangita	Sangita	Sangita	Sangita	Sangita	Sangita	Sangita
8	Sude Kajal Rajendra	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical
9	Raut Monika P.	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical
10	Pawar Sanchita N.	S.N.Pawar	S.N.Pawar	S.N.Pawar	S.N.Pawar	S.N.Pawar	S.N.Pawar	S.N.Pawar	S.N.Pawar	S.N.Pawar	S.N.Pawar	S.N.Pawar	S.N.Pawar	S.N.Pawar	S.N.Pawar	S.N.Pawar
11	Bokephode Pranali M.	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical
12	Khopade Snehal S.	Snehal	Snehal	Snehal	Snehal	Snehal	Snehal	Snehal	Snehal	Snehal	Snehal	Snehal	Snehal	Snehal	Snehal	Snehal
13	Sahani Pooam H.	Pooam	Pooam	Pooam	Pooam	Pooam	Pooam	Pooam	Pooam	Pooam	Pooam	Pooam	Pooam	Pooam	Pooam	Pooam
14	Londhe Pooja G.	Pooja	Pooja	Pooja	Pooja	Pooja	Pooja	Pooja	Pooja	Pooja	Pooja	Pooja	Pooja	Pooja	Pooja	Pooja
15	Tappate Deepali K.	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical
16	Tarade Dhanashri S.	Tarade	Tarade	Tarade	Tarade	Tarade	Tarade	Tarade	Tarade	Tarade	Tarade	Tarade	Tarade	Tarade	Tarade	Tarade
17	Shinde Swati R	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical
18	Dali Nishigandha A	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical
19	Zurunge Jayashri B.	J.B.Z	J.B.Z	J.B.Z	J.B.Z	J.B.Z	J.B.Z	J.B.Z	J.B.Z	J.B.Z	J.B.Z	J.B.Z	J.B.Z	J.B.Z	J.B.Z	J.B.Z
20	Rajeshkrte Monika M.	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical
21	Chavran Nikita Y.	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical	Practical

Principal
(S.B. Dharmale)
(COORDINATOR)

Principal
S.B.B. Alias Appasaheb Jedhe
Arts, Comm. and Science College,
425, Shukrawar Peth, Pune-411002.

Vocational Course:

Duration

Course Coordinator:

Time:

Sr.no.	Name	19/11/17	20/11/17	21/11/17	23/11/17	24/11/17	25/11/17	27/11/17	28/11/17	30/11/17	31/11/17	1/12/17	2/12/17	3/12/17	4/12/17	6/12/17
22	Awate Poonam N.	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present
23	Kolapate Rupali R.	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present
24	Tikone Nikita Nagesh	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present
25	Gunavant Poonam B.	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present
26	More Jayashri R.	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present
27	Bhange Pragati P.	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present
28	Kshirsagar Harsha V.	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present
29	Baleghadeshehal V.	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present
30	Bandal Ananti S.	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present
31	Hendse Komal C.	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present
32	Marne Divya R.	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present
33	Khurid Bhavana A.	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present
34	Wadkar Bhagyashri Y.	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present
35	Jangtap Seema P.	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present
36	Kokate Vidya S.	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present
37	Kadam Vrushali A.	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present
38	Bandal Priyanka R.	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present
39	Shinde Sweta D.	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present
40	Sirsate Poonam P.	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present
41	Tabre Utkarsha M.	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present
42	Ceje Shital Sakharam	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present	Present

S.D. Dharmade
COORDINATOR

PRINCIPAL

S.B.B. Alias Appasahab Jedhe
Arts, Comm. and Science College,
425, Shukrawar Peth, Pune-411002.

श्री शिवाजी मराठा सोसायटीचे

समाजभूषण बांबुराव उर्फ अप्पासाहेब जेधे महाविद्यालय, पुणे-2



लघु अभ्यासक्रम प्रमाणपत्र

समाजभूषण अप्पासाहेब जेधे महाविद्यालयातील शारीरिक शिक्षण विभागाच्या वतीने घेण्यात आलेल्या या विषयाचा दि. / /20 ते / /20 काळावधीत लघु अभ्यासक्रम पूर्ण केल्याबद्दल यांस हे प्रमाणपत्र प्रदान करण्यात येत आहे.

समन्वयक
प्रा. शांताराम ढमाले

प्राचार्य
डॉ. शशांक पोळ