

Aqsa Educational Society's
Aqsa Women's Degree college

Affiliated to the S.N.D.T Women's University, Mumbai.

Notice

Date: 17/06/2023

All the NSS volunteers are hereby informed that the NSS Unit under IQAC of Aqsa Women's Degree College is celebrating International Yoga Day on 21st June, 2023 at 1:30 pm. All the NSS volunteers are requested to be present in college campus,



By order

[Handwritten signature]
7/06/2023

Dr Oneza T Farid

I/C Principal

Aqsa Women's Degree College
4th Millat Nagar, Chavindra Road,
Bhiwandi-421302 (Thane)

Report on International Yoga Day

Date: 21st June 2023

Day: Wednesday

Time: 01:30 PM

Department: N.S.S. Committee

Venue: College Campus

Beneficiaries: 50 volunteers.

Keeping up with the spirits of the nation in celebrating the Yoga Day, Aqsa Women's Degree College celebrated Yoga day on Wednesday, 21st Jun, 2023 which is considered as world Yoga Day. This day celebrates the ancient physical, mental and spiritual practice of yoga. It also aims to promote the many benefits of practicing Yoga. N.S.S Volunteers from SY/ TY.BA/ B.Sc/ B.Com Participated in the Yoga workshop. The event took place in the college premises and garnered much attention as the senior students taught yoga to the juniors. This initiative aimed to encourage healthy habits among students promoting physical and mental well-being.

Students gathered at 1.30 p.m. in the College campus. NSS leaders trained the volunteers. Volunteers performed various "Asanas". Starting with warming up then meditation and some stretching Asana were shown. The given task was accomplished very well.

Report By,

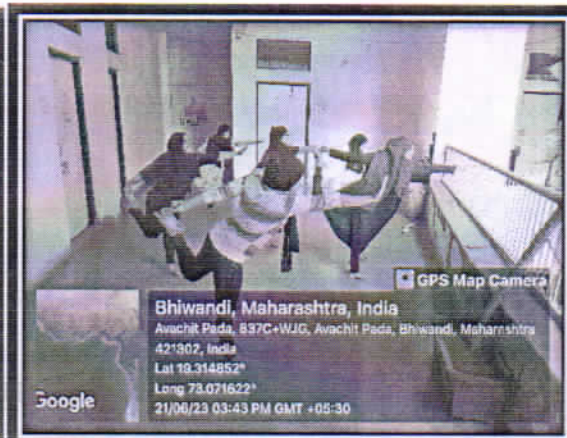
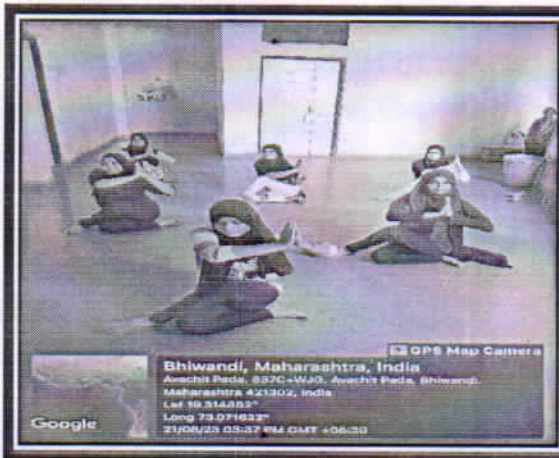
Shailuf

Dr. Saiyada Shaikh

(Department of Zoology)



Dr. Oneza T. Farid
to 6/2023
Dr. Oneza T. Farid
I/C Principal
Aqsa Women's Degree College
4th Millat Nagar, Chavindra Road,
Bhiwandi-421302 (Thane)



STUDENTS PERFORMING DIFFERENT AASANAS



(Signature)
 22/06/2023
Dr Oneza T Farid
 I/C Principal
 Aqsa Women's Degree College
 - 4th Millat Nagar, Chavindra Road,
 Bhiwandi-421302 (Thane)

21st June 2023 International Yoga Day.

sr.No.	Name	Sign	
01	Ansari Shabnoos Abdulsalam		36
02	Shaikh Shifa Alam	Shifa	37
03	Ansari Saniya Niyaz	Saniya	38
04	Ansari Zoya mehboub	Zoya	39
05	KHANI Aaliqa Iftikhar Ahmad	Aaliqa	40
06	Ansari Fatma Tuba Shohab Ahmad	Fatma	41
07	Ansari Kausar Zahid Md Rumeis	Kausar	42
08	Ansari Saiba Shakil	Saiba	43
09	Ansari Asma Md Imtiyaz	Asma	44
10	Khan Nabeela Irfan Ahmad	Nabeela	45
11	Khan Shabana Mehboub Alam	Shabana	46
12	Shaikh Namra Za Nazre Alam	Namra	47
13	Ansari Munzaren Mohd Ibrahim	Munzaren	48
14	Ansari Mahesh Mahmood Akhtar	Mahesh	49
15	Ansari Mantasha Haseebuddin	Mantasha	50
16	Ansari Mantasha Mubarak	Mantasha	
17	Choudhary Mehvish Masiuddin	Mehvish	
18	Momin Manarza Mudabbir	Manarza	
19	Faiza Bano Mehel Zahid	Faiza	
20	Ansari Mantasha Mahmood Akther	Mantasha	
21	Shaikh Saba Mugeem	Saba	
22	Shumaila Bano Mohd Zahid	Shumaila	
23	Khan Laima Nazim	Laima	
24	Ansari Mehshra Irfan	Mehshra	
25	Ansari Fiza Farooque	Fiza	
26	Farooque Daraksha Nizamuddin	Daraksha	
27	Shaikh Sarah Obaidullah	Sarah	
28	Ansari Zoha Bano Md Shamim	Zoha	
29	Yasira Yusuf Memon	Yasira	
30	Ansari Tasmiya Sabiruddin	Tasmiya	
31	Shaikh Zikra Md Ayyub	Zikra	
32	Chaudhary Sabiha A. Ibn Saïd	Sabiha	
33	MOMIN Shehraz Shohrat Ali	Shehraz	
34	Ansari Zainab Zainal Abdin	Zainab	

37	Khan	Mariyamunnisha	Jalaluddin	Jangir
38	Ansari	Jawariya	Nasrullah	Saba
39	Khan	Ariya	Farooque	Ariya
40	Shaikh	Ariya	Abdullah	Chif
41	Shaikh	Samar	Refar	Refar
42	Aileen	Bano	Mohd Sajid	Sajid
43	Shaikh	Sidra	Parvez	Sidra
44	Mulla	Ayesha	Seeman	Ayesha Mulla
45	Shaikh	Aqsa	Parvez	Aqsa
46	Shaikh Mansoori	Mantasha	Jawwad Husain	Mantasha
47	Petkar	Sadliya	Sajid	Sadliya
48	Ansari	Aayesha	Mohd Zama	Ayesha
49	Khan	Alina	Ishiyaque	Alina
50	Ansari	Arbeena	Mohd Aamir	Arbeena

Shaikh
22/06/2023



Dr. *[Signature]* Farid
1/C Principal
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