

CMF'S COLLEGE OF PHYSIOTHERAPY

REPORT OF SAHAJA YOGA

TITLE: Meditation session by Sahaja yoga

A team of Sahaja Yoga hosted a session at CMF College of Physiotherapy on February 20, 2019, aimed at creating awareness about meditation and its benefits. The session was designed to introduce participants to the principles and practices of Sahaja Yoga meditation and to highlight the potential physical, mental, and emotional benefits of regular meditation practice.

The session was attended by 120 UG, PG students and 10 faculty members.

The session ended with felicitation of Sahaja yoga team and a vote of thanks by Dr. Sushil Arora for promoting a holistic approach to health and well-being through the practice of meditation.



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Meditation session by Sahaja Yoga

Date: 20/02/20 19

Time: 230 pm to 300 pm

Attendance

Sr. No.	Name of Student	Sign
1	Acharekar Amruta Devendra	AD
2	Aghav Onkar Ashok	Onkar
3	Ahirekar Dipti Ramesh	ARao
4	Ahmed Farida Jamil	(F)
5	Bagul Manasi Deepak	BM
6	Barge Vidula Chandrakant	Vidula
7	Bulsara Mansi Rakesh	Bahet
8	Christina Mathew	CM
9	Desai Jash Dharmin	Jash
10	Indave Akash Rajaram	Akash
11	Ingle Aabha Abhay	Ingle
12	Iyengar Nandini Govindarajan	Nandini
13	Jagdale Aarohe Kailash	Key
14	Kadam Rutuja Sharad	Rutuja
15	Kakad Shruti Ganesh	Shruti
16	Kalwaghe Swati Sheshrao	Swati
17	Kamat Shikha Tushar	SK
18	Khanvilkar Deepshikha Kiran	DK
19	Khwaja Faiz Mahamud	PK
20	Kothari Jeenal Pravin	JK
21	Lattoo Devshree Kishor	LD
22	Mer Sonal Sharad	SM
23	Merin Shaji	MS
24	Nagpal Yogita Mahesh	NY
25	Naik Rashmi Milind	RA
26	Oak Kasturi Sunit	Kasturi
27	Patil Sumedha Pandharinath	SP
28	Rane Aishwarya Shreeram	RA
29	Sattavat Jimisha Sukanraj	ST
30	Savla Ankita Kishor	AS
31	Shah Dharmil Manish	SD
32	Sharma Sandeep Kumar	SS

33	Shetkar Pratibha Nagnath	<u>Pratibha</u>
34	Soneji Urvashi Viren	<u>UVP</u>
35	Vichare Vedha Rohidas	<u>VV</u>
36	Wani Rutuja Vivek	<u>RW</u>
37	Athavale Apoorva Vidyadhar	<u>AA</u>
38	Birkad Kajol Prakash	<u>KB</u>
39	Chavan Tanvi Ajay	<u>TC</u>
40	Deodhar Rujuta Nitin	<u>RD</u>
41	Deshpande Anuja Govind	<u>AD</u>
42	Dupare Prajakta Onkar	<u>PD</u>
43	Fernandes Florine Sebastian	<u>Fenf</u>
44	Joshi Shweta Sachin	<u>JS</u>
45	Joshi Vijaya Shivkumar	<u>JS</u>
46	Kalbhor Shreeya Sunil	<u>Shreya</u>
47	Kankariya Khushboo Rajmal	<u>KK</u>
48	Katariya Disha Jairam	<u>DKatariya</u>
49	Kazi Jaynab Firoj	<u>JK</u>
50	Khade Devendra Rajkumar	<u>DK</u>
51	Kothari Sakshi Sudhir	<u>SK</u>
52	Krishnan Yogita Rajesh	<u>YK</u>
53	Kulkarni Shriya Satish	<u>Shriya</u>
54	Mahale Sakshi Ganesh	<u>Smahale</u>
55	Malokar Ashwini Pramod	<u>Amur</u>
56	Mhetras Aishwarya Satin	<u>Amur</u>
57	Mohagaonkar Mahima Kishor	<u>MMahima</u>
58	Patil Sourabh Hemant	<u>SPH</u>
59	Pawar Shivani Sunil	<u>Shivani</u>
60	Puranik Suvarna Vishvanath	<u>Suvarna</u>
61	Radadiya Srushti Nitin	<u>Srushti</u>
62	Rana Gaurang Sunil	<u>GR</u>
63	Rasal Harshal Bhaskar	<u>HR</u>
64	Sancheti Akanksha Sanjay	<u>AS</u>
65	Sawant Roma Milind	<u>RS</u>
66	Shah Utsav Divesh	<u>US</u>
67	Tank Hemali Sharad	<u>TH</u>
68	Thakker Pooja Rajendra	<u>PT</u>
69	Toshniwal Bhakti Gokuldas	<u>BT</u>
70	Mehta Sunidhi Mahavir	<u>Smeha</u>
71	Vora Ishita Nilesh	<u>Ishita</u>
72	Walinkar Ruchita Abhay	<u>Ruchita</u>
73	Angal Anish Nitin	<u>Anish</u>
74	Ballal Vedant Dattatraya	<u>VBallal</u>
75	Boralkar Shreya Sanjay	<u>Shreya</u>

76	Borse Sakshi Rajesh	Sakshi B
77	Chatha Baani Jasbir Singh	Baani
78	Deshmukh Khyati Prashant	KD
79	Deshpande Sara Tushar	Sara D
80	Dhanokar Neha Dhananjay	N.D.
81	Dharmapurikar Minal Ranjeet	M. Minal
82	Dude Ankita Ajay	Ankita
83	Gada Dhruvi Jayesh	Dhruvi
84	Gawande Divyani Dhanraj	Divya
85	Goyal Astha Manish	Astha
86	Gupta Harshita Yagnesh	Harshita
87	Huddar Aditi Avinash	Aditi
88	Jibhakate Pooja Mulchand	Pooja
89	Kantela Prachi Prakash	Prachi
90	Karade Padmaja Shashikant	P. Karade
91	Kavade Pratiksha Pratap	Pratiksha
92	Khandelwal Shruti Govind	Shruti
93	Kohale Tushar Bhojraj	Tushar
94	Kolhe Rujusha Vijay	Rujusha
95	Mahajan Akanksha Prashant	Akanksha
96	Manav Pradeep Shah	Manav
97	Meshram Prajakta Kawadu	Prajakta
98	Nadar Jenifer Arulraj	J. Nadar
99	Naik Anushka Deepak	Anushka
100	Nambiar Namita Sundaran	Namita
101	Parikh Dhvani Rahul	Dhvani
102	Patel Saurabh Rajesh	Saurabh
103	Pathak Vaidehi Umesh	Vaidehi
104	Patil Bhagyashree Dilip	Bhagyashree
105	Shah Dhruvil Ketan	Dhruvil
106	Shah Jenisha Radhesh	Jenisha
107	Tanaya G. Mhatre	Tanaya
108	Vig Bhoomi Manish	Bhoomi
109	Kasera Mansi Suraj	Mansi
110	Pathak Lai Ninad	Lai
111	Surve Rutuja Vilas	Rutuja
112	Verma Neha Motilal	Neha
113	Ketkar Manasi Shripad	Manasi
114	Gangawane Rucha Vilas	Rucha
115	Naik Shweta Deepak	Shweta
116	Parab Namita Ravaji	Namita
117	Shinde Vishakha Bhaskar	Vishakha
118	Badve Bhagyashri Pradeep	Bhagyashri

119	Pingale Deepali Prakash	<i>Deepali</i>
120	Wakkar Aditya Pradeep	<i>Aditya</i>



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