

**Karnataka Sangha's
Manjunatha College of Commerce, Thakurli (E).**

Date: 25 January 2023

Notice

All the students are hereby informed that IQAC & NSS Unit of our College is organizing session on Surya-Namaskar to celebrate "International Surya-Namaskar day". The schedule of this activity is as follows:

1] Day & Date:-- Saturday, 28 January 2023

2] Venue:- College Auditorium

3] Time: - 9.30am

All should come in large number.



Dr. Sushila Vijaykumar

Principal



Brief Report of International Surya-Namaskar Day

Date: 30 January 2023

Principal

K S's Manjunatha College of Commerce

Thakurli (east).

Subject: Report of International Surya-Namaskar Day

Madam

As per the guidelines of Ministry of AYUSH to organise global Surya-Namaskar demonstration was organised by IQAC and NSS Unit organized International Surya-Namaskar Day at our college on Saturday, 28 January 2023. This was in continuation of Government of India's initiative on 14 January 2023 to commemorate the journey of Sun to the Northern Hemisphere. The objective of the activity was to inculcate mental, physical, and spiritual healthy practice among youths. Yoga embodies unity of mind and body, thought and action is valuable to our health and our wellbeing. Yoga cultivates the ways of, maintaining a balanced attitude in day to day life and endows skill in the performance of youth's actions. 40 students were presented in these activity.

Thank you

Yours faithfully

M. Maharao

Asst. Prof. Madhuri Maharao

NSS PO

Sushila
Dr. Sushila Vijaykumar
Principal
Manjunatha College of Commerce
Kanchangaon, Khambalpada,
Thakurli (E) - 421 201.



Glimpse of International Surya Namaskar Day celebrated on 28 January 2023



Sushila
Dr. Sushila Vijaykumar
Principal
Manjunatha College of Commerce
Kanchangaon, Khambalpada,
Thakurli (E) - 421 201.



(40)
International Surya Namaskar Day

28/1/2023

class	Roll No.	Name	Sign
SYBAE	2235	Prakash Tiwari	
SYBAE	2232	Nitesh Singh	
SYB.Com	1503	Parthi Ratbhar	
FY.Bcom	1123	Saumya Singh	
FY.Bcom	1056	Shruti Pan	
Fy Bcom	1089	Kamal shigrom	
Fy.Bcom	1187	Jyoti Nadvinkar	
FY.BCom	1246	Bhuminika Gaitkurwal	
Fy.Bcom	1157	Prathmesh Amin	
Fy Bcom	1088	Smyanika Sharma	
Fy Bcom	1067	Rishi Phatak	
Fy Bcom	1068	Siddhi Phatak	
Fy Bcom	1084	Madhu Sharma	
FY BCOM	1107	Deepu Yadav	
Fy Bcom	1182	Obata A. Jha	
Sy Bcom	1458	Anshu Chauhan	
Sy Bcom	1435	Chaitani Dharani	
F.Y. Bcom	1075	Sanshrikant Rathod	
F.Y. Bcom	1074	Sandeep Rathod	
Fy.B.com	1022	Aditya Prajapati	
FY BCOM	1019	Mayur Dardhar	
Fy Bcom	1069	Siddhesh Bilake	
FY.Bcom	1179	Amit Kesharwani	
Fy.B.com	1208	Vishal Rajbhar	
Fy.Bcom	1229	Puspha Singh	
Fy b of	2214	Ashish Saple	
FY Bcom	1248	Abhishek Chane	
Fy.B.com	1255	Viday Pradipati	
FY.Bcom	1243	Sandeep Yadav	
FY.Bcom	1216	Ankur Sharma	
Fy.Bcom	1153	Simean Bhardwaj	
FY b.com	1177	Maya Dayaram Kanojia	
FY b.com	1150	Hasina Begam	
F.Y. b.com	1034	Brajakta C. Jawale	
FY.BST	2917	Soni V. Mulavath	
FY Bcom	1002	Tibesh Bangera	

Phila,
Principal
Manjunatha College of Commerce
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