

RAM LAL ANAND COLLEGE
NIRVANA
YOGA AND MEDITATION SOCIETY
YOGA WORKSHOP REPORT
SESSION 2024- 2025

Name of the Event- Serenity Stretch 2.0

Nature of the Event - Physical mode

Date- 1st October 2024 - 30th October 2024

Venue- Front lawn

Time- 8AM to 9AM

Number of participants – 25-30

Overview –

NIRVANA, the Yoga and Meditation Society of Ram Lal Anand College, University of Delhi, after a successful completion of **SERENITY STRETCH 1.0**, organized **SERENITY STRETCH 2.0**, a one month-long yoga workshop from 8 AM to 9 AM, benefiting from the substantial cooperation and support of faculty members, core members, and participants. The objective of this workshop was to enhance and refine participants' yoga asanas while promoting physical well-being through a variety of asanas and pranayama, guided by our skilled instructors **Mr. Shishir Pokhriyal** and **Mr. Vikrant Rana**. Individuals of all levels, from beginners to advanced practitioners could participate in the workshop. It included fundamental asanas such as Natarajasana, Trikonasana, and pashchimotanasana, as well as more advanced poses like Laghu vajrasana, Purna-matsyendrasana, and Sarvangasana. Each session was designed to improve flexibility and strengthen the core. It began with a gentle warm-up, followed by several rounds of Surya Namaskar, and then moved forward to backbending, forward bending, hand balancing, and leg balancing asanas, concluding it with Shavasana and mantra chanting.

Participants exhibited exceptional commitment, characterized by regular attendance and active involvement. The environment fostered inclusivity and collective motivation, resulting in a nurturing community where students were able to learn, develop, and improve their fitness levels. The achievements of “Serenity Stretch 2.0” underscored the increasing enthusiasm for holistic health practices among students, emphasizing the significance of maintaining mental and physical equilibrium in everyday life. The organization intends to arrange similar initiatives in the future to further advocate for health and mindfulness.



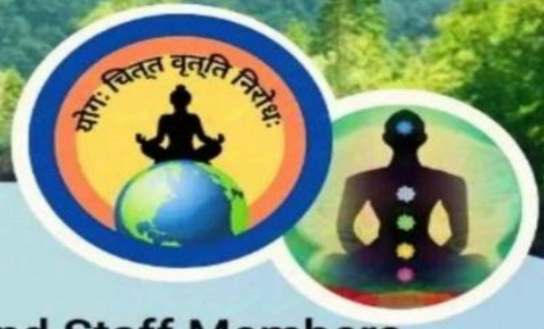
Ram Lal Anand College
(University of Delhi)



NIRVANA

**Yoga and Meditation Society
Presents**

SERENITY STRETCH 2.0



Inviting all RLAC Students and Staff Members

**For Yoga Classes
from 1st to 30th October, 2024
Every Monday to Friday**

Certificates & Refreshments to all participants

🕒 8:00am to 9:00am

📍 Front Lawn

For Queries:

Digvijay Ayush 9006520528

Priyanshi Sahu 9868972279

Scan to Register



**Ms. Shikha Verma
Convener**

**Prof. Seema Gupta
Advisor**

**Prof. Rakesh Kumar Gupta
Principal**



Attendance

Serenity Strutch 2.0

Day 1 (1st October - 2024) - Tuesday

	Name	Course	Ye.	M/F	Sign
1.	Shubhi	Eco (H)	1 st	F	Shubhi
2.	Ayush Singh	Pol Sci (H)	II	M	Ayush
3.	Shekhar Suman	His (H)	1 st	M	Shekhar
4.	Amit Sadan	His (H)	1 st	M	Amit
5.	Arshi Ka	Geology (Hon)	1 st	F	Arshi Ka
6.	Shubhi	B.com (P)	1 st	F	Shubhi
7.	Yashika Chakravarti	Polsci (Hons)	1 st	F	Yashika
8.	Hema Vashini Manjall	Polsci (Hons)	1 st	F	Hema
9.	Nikita	C.SCH)	1 st	F	Nikita
10.	Anushka Gaur	B.A.P.	2 nd	F	Anushka
11.	Anuradha	B.A (P)	1 st	F	Anuradha
12.	Kunchit	"	1 st	M	Kunchit
13.	Akarsh	"	1 st	M	Akarsh
14.	Amit Kr. Verma	B. Com (H)	3 rd	M	Amit
15.	Sonali Yadav	BA (P) (H)	2 nd	F	Sonali
16.	Nishu	B.com prog	1 st	M	Nishu
17.	Shivam	Maths (H)	2 nd	M	Shivam
18.	Yogesh	CS (H)	1 st	M	Yogesh
19.	Arpit	"	"	"	Arpit
20.	Mohit	"	"	"	Mohit
21.	Dignijay	Hist (H)	3 rd	M	Dignijay

Total - (16)

DAY-2 (3 OCTOBER - Thursday)

S.No.	Name	Course	YEAR	M/F	Sign	S.No.
1.	Amit Kumar Vesma	✓ B.Com(H)	3rd	M	Amit	1
2.	Shivam Sharma	✓ B.Sc.(H)	2nd	M	Shivam	2
3.	Hema Varshini Marepalli	✓ B.A(H) Pol Sci	1st	F	Hema	3
4.	Harshit	B.TMC	2nd	M	Harshit	4
5.	Rahul Kumar Gupta	B.TMC	2nd	M	Rh	5
6.	Aarushi Agarwal	✓ Microbio	2nd	F	Aarushi	6
7.	Pooja Kumari	✓ BA Pol Sci(H)	1st	F	Pooja	7
8.	Yashika Chakravarti	✓ BA Pol Sci(H)	1st	F	Yashika	8
9.	Vikash Kumar	✓ B.Com(H)	1st	M	Vikash	9
10.	Nikita	✓ BSC CS	1st	F	Nu	10
11.	Sakshi Kaira	✓ BSC CS	1st	F	Katya	11
12.	Varun GUPTA	✓ BSC CS	1st	M	Nu	12
13.	Priyanshu Patel	Bms	1st	M	P	13
14.	Ritesh	✓ Pol Sci(H)	2nd	M	Ritish	14
15.	Sonali	✓ "	"	F	Sonali	15
16.	Agush	✓ "	"	M	Agush	16
17.	Yogesh	✓ BSC CS	1st	M	Yogesh	17
18.	Aspit	✓ BSC CS	1st	M	Aspit	18
19.	Mohit	✓ " "	" "	" "	Mohit	19
20.	Anshika	✓ BSC (Microbio)	1st	F	Anshika	20
21.	Ruchita	Bsc Microbiology	1st	F	Ruchita	21
22.	Anuradha Baudha	✓ BA (P)	2nd	F	Anuradha	22
Total —						18

DAY-3 (4-OCTOBER - FRIDAY)

S.No.	Name	Course	Y	M/F	Sign
1.	Dignijay Ayush	Mist	3 rd	M	
2.	Prayanshi Sahu	Micro	3 rd	F	
3	Anurag K. Verma	Comm.	3 rd	M	
4	Sonali Yadav	Pot. Sci	2 nd	F	
5	Anuradha	BA (P)	2 nd	F	
6	Shivam	Maths	2 nd	M	
7	Anshika	Geo	1 st	F	
8	Yashvi	CS	1 st	M	
9	Mohit	"	1 st	M	
10	Ruchita	Micro	1 st	F	
11	Himani	Pot. Sci	2 nd	F	
12	Sushma	"	2 nd	F	
13	Nikita	CS	1 st	F	
14	Sakshi	"	1 st	F	
15	Ayush Singh V.K.S.	Pot. Sci	2 nd	M	
16	Arunshi	Micro	2 nd	F	
17	Sarveshwar	Mist	3 rd	M	
18	Amit	CS	1 st	M	
19	Hema Varshini Marpalli	Pol. sci. (H)	1 st	F	
20	Yashika Chakravarti	Pol. Sci (H)	1 st	F	
21	Vikash Kumar	B. Com (H)	1 st	M	
22	Kavya Singh	Micro			
23	Prayanshu Patel	Bms	1	M	
24	Shubhi	B. Com	1 st	F	
25	Varun	Bsc (CS)	1 st	M	
26	Anamika				
Total - 24					

Day - 4 (07th October 2024, Monday)

S.No.	Name	Course	Yr	MF	Sign
1. ✓	Priyanshi	BSc (H) Microbiology	3	F	Priyanshi
2. ✓	Sarveshwar	BA (H) History	3	M	Sarveshwar
3.	Anshika	BSc (H) Geology	1	F	Anshika
4. ✓	Anuradha Baudha	BA.P (H+P)	2	F	Anuradha
5. ✓	Rahul gupta	BJMC	2	M	Rahul
6. ✓	Priyanshu Patel	BMS	1	M	Priyanshu
7.	Nopid	BSc (H) CS	1	M	Nopid
8. ✓	Raghvi	BA (H) History	2	F	Raghvi
9.	Dubhi	Geology	1	F	Dubhi
10	Vikas kumar	BCom (H)	1	M	Vikas

Total coupons = 10 + 3

↓
Faculty.

Day - 5 (8th October 2024, Tuesday)

S. No.	Name	Course	Yr	M/F	Sign
1. ✓	Shubhi				Shubhi
2. ✓	Anshika	B.Sc (N) Geology	1	F	Anshika
3. ✓	Akash	B.A (P)	2 nd	M	Akash
4. ✓	Arunadho	"	"	F	Arunadho
5. ✓	Shivam Sharma	B.Sc. Maths	2 nd	M	Shivam
6. ✓	Hema Varshini Maripalle	B.A (H) Pol Sci	1 st	F	Hema
7. ✓	Prigyanshi	Micro	3	F	Prigyanshi
8. ✓	Amul Kr. Verma	B. Com (H)	3	M	Amul
9. ✓	Vikash Kumar	B. Com (H)	I	M	Vikash
10. ✓	Ruchita Singh Batta	B.Sc Microbiology	1 st	F	Ruchita
11. ✓	Ayush Singh	Pol Sci (H)	II	M	Ayush
12. ✓	Sonali Yadav	"	"	F	Sonali
13. ✓	Prayanokh Patel	Bms	I	M	Prayanokh
14. ✓	Varun Gupta	Bsc CS (H)	I	M	Varun
15. ✓	Nikita	"	I	F	Nikita
16. ✓	Sakshi	"	I	F	Sakshi
17. ✓	Mohit	"	I	M	Mohit
18. ✓	Arpit	"	I	M	Arpit
19. ✓	Yogesh	"	I	M	Yogesh
20. ✓	Rajesh Kumar	B.Sc (Maths)	I	M	Rajesh

Total - 20

DAY - 6 (9th October 2024, Wednesday)

S.No.	Name	Course	Y	M/P	Sign
1. ✓	Amit Kr. Verma	B.Com (H)	3 rd	M	<u>Amit</u>
2. ✓	Vikash Kumar	B.Com (H)	1 st	M	<u>Vikash</u>
3. ✓	Raghavi Sharma	BA Hist (H)	2 nd	F	<u>Raghavi</u>
4. ✓	Ruchita Singh Baba	B.Sc Microbio (H)	1 st	F	<u>Ruchita</u>
5. ✓	Arpit	B.Sc C.S	1 st	M	<u>Arpit</u>
6. ✓	Mohit	B.Sc C.S	1 st	M	<u>Mohit</u>
7. ✓	Yogesh	"	1 st	M	<u>Yogesh</u>
8. ✓	Sakshi	"	1 st	F	<u>Sakshi</u>
9. ✓	Rohul Gupta	BTMC	2 nd	M	<u>Rohul</u>
10. ✓	Ayush Singh	Pol Sci (H)	"	M	<u>Ayush</u>
11. ✓	Sonali Yadav	"	"	F	<u>Sonali</u>
12. ✓	Rajat Kumar Tomar	Maths (H)	1 st	M	<u>Rajat</u>
13. ✓	Anushka	B.A (P)	2 nd	F	<u>Anushka</u>
14. ✓	Akshay	"	"	M	<u>Akshay</u>
15. ✓	Shivam Sharma	B.Sc. Maths.	2 nd	M	<u>Shivam</u>
16. ✓	Shubhi Singh	B.Sc Geology	1 st	F	<u>Shubhi</u>
17. ✓	Hema Vasishini Manepalli	B.A (H) Pol. Sci	1 st	F	<u>Hema</u>
18. ✓	Anshika	Geology (H)	1 st	F	<u>Anshika</u>
19. ✓	Sarveshwar Kumbhakar	BA (H) His	3 rd	M	<u>Sarveshwar</u>
				Total - 19	

Day-7 (10th October 2024, Thursday)

QS. No	Name	Course	Y	M/F	Sign
1. ✓	Ritesh Singh	B.A Pol Sci (H)	2 nd	M	<u>Ritesh</u>
2. ✓	Sonali Yadav	"	2 nd	F	<u>Sonali</u>
3. ✓	Ayushi Singh	"	2 nd	M	<u>Ayushi</u>
4. ✓	Yumna Samim	"	2 nd	F	<u>Yumna</u>
5. ✓	Herna Varshini Manupalli	"	1 st	F	<u>Herna</u>
6. ✓	Makvika	Bsc(H) Geology	1 st	F	<u>Makvika</u>
7. ✓	Sarveshwar kushwaha	BA (H) Hons	3 rd	M	<u>Sarveshwar</u>
8. ✓	Shubhi	Geology	1 st	F	<u>Shubhi</u>
9. ✓	Anuradha Baudha	BA (P) (H+P)	2 nd	F	<u>Anu</u>
10. ✓	Akarsh Maurya	"	2 nd	M	<u>Akarsh</u>
11. ✓	Shivam Sharma	B.Sc. Maths. (H)	2 nd	M	<u>Shivam</u>
12. ✓	Yogesh	BSC CS	1 st	M	<u>Yogesh</u>
13. ✓	Varun Gupta	Bsc CS	1 st	M	<u>Varun Gupta</u>
14. ✓	Sakshi Kalra	BSC CS	1 st	F	<u>Sakshi</u>
15. ✓	Mohit	BSc CS	1 st	M	<u>Mohit</u>
16. ✓	Arpit	BSC CS	1 st	M	<u>Arpit</u>
17. ✓	Ruchita	Bsc Microbiology	1 st	F	<u>Ruchita</u>
18. ✓	prshika	BSC(H) Geology	1 st	F	<u>Prshika</u>
19. ✓	Raghvi	BA (H) History	2 nd	F	<u>Raghvi</u>

Total - 19

Day-8 (11th October 2024, Friday)

S.No.	Name	Course	Year Course	F/M	Sign
1.	Sarveshwar	BA-History(H)	3 rd	M	<i>Sarveshwar</i>
2.	Akarsh Maurya	B.A.P) H+P	2 nd	M	<i>Akarsh</i>
3.	Anuradha Baudha	"	2 nd	F	<i>Anuradha</i>
4.	Ritesh Singh	B.A(Pol.Sci)(H)	2 nd	M	<i>Ritesh</i>
5.	Shivam Sharma	B.Sc. Maths(H)	2 nd	M	<i>Shivam</i>
6.	Sakshi Kabra	B.Sc CS	1 st	F	<i>Sakshi</i>
7.	Vikash Kumar.	B.Com(H)	1 st	M.	<i>Vikash</i>
8.	Pooja Kumari	BA Pol.Sci(H)	1 st	F	<i>Pooja</i>
9.	Yjala Kadav	BA Pol.Sci(H)	1 st	F	<i>Yjala</i>
10.	Raghvi Sharma	B.A-History(H)	2 nd	F	<i>Raghvi</i>

coupons - 10

Day - 9 (14th October 2024, Monday)

S.No	Name	Course	Year	F/M	Sign.
1	Vikas Kumar	B.Com(H)	1st	M	<u>Vikas</u>
2	Aarushi Agarwal	Microbio(H)	2nd	F	<u>Aarushi</u>
3	Yashika	B.A.(H) Polsci	1st	F	<u>Yashika</u>
4	Pooja Kumari	BA(H) Polsci	1st	F	<u>Pooja</u>
5	Jyala Yadav	BA(H) Polsci	1st	F	<u>Jyala</u>
6	Shubhi Singh	B.Sc Geology	1st	F	<u>Shubhi</u>
7	Ayush Singh	BA Polsci	2nd	M	<u>Ayush</u>
8	Amit	B.Com(H)	3rd	M	<u>Amit</u>
9	Sarveshwar	BA History	3rd	M	<u>Sarveshwar</u>
10	Akash Kumar	B.A(P)	2nd	M	<u>Akash</u>
11	Sakshi Kalia	Bsc CS	1st	F	<u>Sakshi</u>
12	Yogesh	Bsc CS	1st	M	<u>Yogesh</u>
13	Aarjit	Bsc IS	1st	M	<u>Aarjit</u>
14	Mohit	Bsc(H) C.S	1st	M	<u>Mohit</u>
15	Anshika	Bsc Geology	2nd	F	<u>Anshika</u>
16	Varun Gupta	Bsc CS	1st	M	<u>Varun Gupta</u>
17	Raghu	BA History	2nd	F	<u>Raghu</u>
18	Digvijay Anshika	BA History Bsc	2nd	M	<u>Digvijay</u>

Total - 18

Day - 10 (15th Oct - Tuesday)

	Name	Dept.	Yr	M/F	Sign
1	Agnipriya	(BA History) (H)	II nd	M	Dignity
2	Priyanshi	Microbio (H)	II nd	F	Priyanshi
3	Rajhavi	BA History (H)	II nd	F	Rajhavi
4	Yogesh	BSc (H) C.S	I st	M	Pol
5	Arpit	BSc (H) C.S	I st	M	Arpit
6	Mohit	BSc (H) C.S	I st	M	Mohit
7	Ritesh	BA (H) Pol Sc.	II nd	M	Ritesh
8	Akarsh	B.A. (H) Hist + Pol	II nd	M	Akarsh
9	Shivam	B.Sc. Maths (H)	II nd	F	Shivam
10	Shubhi	B.Sc. Geology	I st	F	Shubhi
11	Anuradha	B.A. (H) Hist + Pol	II nd	F	Anuradha
12	Yumna	B.A (Pol Sc)	2 nd	F	Yumna
13	Sonali	B.A. (Pol. Sci) H	2 nd	F	Sonali
14	✓ Hema	BA (Pol)	I st	F	Hema
15	✓ Preraj	"	I st	F	Preraj
16	Ujala Kri.	"	I st	F	Ujala
17	Vikash Kulkarni	B. Com (H)	I st	M	Vikash
18	Priyanshu Patel	Bms	L	M	Patel
19	Aradhita	BSc (H) Geology	I st	F	Aradhita
20	Shaktar Suman	BA History (H)	I st	M	Shaktar

Total - 20

Day-11 (16th Oct — Wednesday)

S. No.	Name	Dept.	Yr.	M/F	Sign
1.	Sarveshwar	BA (H) History	3 rd	M	<u>Sarveshwar</u>
2.	Hemo	BA (Pol)	1 st	F	<u>Hemo</u>
3.	Ritesh	BA (H) Pol. Sc.	2 nd	M	<u>Ritesh</u>
4.	Priyanshi	B.Sc. (H) Microbio	3 rd	F	<u>Priyanshi</u>
5.	Amit Kr. Verma	B.Com (H).	3 rd	M	<u>Amit</u>
6.	Anuraddha	B.A. (P) Hist+Pol.	2 nd	F	<u>Anuraddha</u>
7.	Akash	"	"	M	<u>Akash</u>
8.	Shivam Sharm	B.Sc. (H) Maths	1 st	M	<u>Shivam</u>
9.	Shubhi	B.Sc. Geology (H)	1 st	F	<u>Shubhi</u>
10.	Anshika	B.Sc. Geology	1 st	F	<u>Anshika</u>
11.	Yumna Samin	B.A. Pol.Sc. (H)	2 nd	F	<u>Yumna</u>
12.	Makvika	B.Sc. Geology (H)	1 st	F	<u>Makvika</u>
13.	Vikash	B.Com (H)	1 st	M	<u>Vikash</u>
14.	Priyanshi	BMS	1 st	M	<u>Priyanshi</u>
15.	Pooja Kumari	BA Pol Sc (H)	1 st	F	<u>Pooja</u>
16.	Ruchita	B.Sc. Micro (H)	2 nd	F	<u>Ruchita</u>
17.	Raghvi Sharm	B.A. History (H)	2 nd	F	<u>Raghvi Sharm</u>
18.	Aarushi Agarwal	B.Sc. (H) Microbio	2 nd	F	<u>Aarushi</u>
19.	Shekhar Suman	BA His(H)	1 st	M	<u>Shekhar</u>

Total — 19

Day - 12 (17th Oct. - Thursday)

S.No.	Name	Course	Year	F/M	Sign
1.	Shekhar Sumon	BA History (H)		M	Shekhar
2.	Shivam Sharma	BSc Maths (H)	2 nd	M	Shivam
3.	Digvijay	BA History (H)	3 rd	M	Digvijay
4.	Omrit Kumar Verma	Bcom (H)	3 rd	M	Omrit
5.	Malavika	BSc Geology (H)	1 st	F	H.
6.	Paiyanishi	BMS	1 st	M	Paiyanishi
7.	Ritesh	BA Pol Sc (H)	2 nd	M	Ritesh
8.	Pooja Kumari	BA Pol. Sc. (H)	1 st	F	Pooja
9.	Anshika	BSc Geology (H)	1 st	F	Anshika
10.	Anuradha	BA(P) (Hist + Pol)	2 nd	F	Anuradha
11.	Shubhi	BSc Geology (H)	1 st	F	Shubhi
12.	Vikash Kumar	BA Pol Sc (H)	1 st	M	Vikash
13.	Sareshwar	BA History (H)	3 rd	M	Sareshwar
14.	Aarushi	BSc Micro (H)	2 nd	F	Aarushi
15.	Aakash Maurya	BA(P) His + Pol	2 nd	M	Aakash
16.	Ujala	BA Pol Sc (H)	1 st	F	Ujala
17.	Hema	BA Pol Sc (H)	1 st	F	Hema
18.	Arpit	BSc CS (H)	1 st	M	Arpit
19.	Mohit	"	1 st	M	Mohit
20.	Yogesh	"	1 st	M	Yogesh
21.	Paiyanishi	BSc Microbio (H)	3 rd	F	Paiyanishi
22.	Vaun	BSc CS (H)	1 st	M	Vaun
23.					

Total - 22

Day -13 (18th Oct. — Friday)

S.No.	Name	Course	Year	M/F	Sign
1	Yogesh	BSc CS (H)	1 st	M	<u>Yogesh</u>
2	Aarjit	"	"	M	<u>Aarjit</u>
3	Mohit	"	"	M	<u>Mohit</u>
4	Sakshi Kalra	"	"	F	<u>Sakshi</u>
5	Priyanshi	BSc Microbio. (H)	3 rd	F	<u>Priyanshi</u>
6	Anuradha	BA (P) (Hist+Pol)	2 nd	F	<u>Anur</u>
7	Anshika	BSc Geology (H)	1 st	F	<u>Anshika</u>
8	Shubhi	"	1 st	F	<u>Shubhi</u>
9	Amit Kr. Verma	BCom (H)	3 rd	M	<u>Amit</u>
10	Sonali	BA Pol & (H)	2 nd	F	<u>Sonali</u>
11	Yumna	"	"	F	<u>Yumna</u>
12	Hema	BA Pol & (H)	1 st	F	<u>Hema</u>
13	Akarsh	BA (P) (Hist+Pol)	2 nd	M	<u>Akarsh</u>
14	Dignifay	BA History (H)	3 rd	M	<u>Dignifay</u>
15	Shivam	BSc Maths (H)	2 nd	M	<u>Shivam</u>
16	Raghu	BA History (H)	2 nd	F	<u>Raghu</u>
17	Vaaru	BSc CS (H)	1 st	M	<u>Vaaru</u>
18	Pooanav	"	1 st	M	<u>Pooanav</u>
19	Priyanshu	Bms.	1 st	M	<u>Priyanshu</u>
20	Vijala	BA Pol & (H)	1 st	F	<u>Vijala</u>
21	Ruchita	BSc Microbio (H)	1 st	F	<u>Ruchita</u>
22	Vikash	BA ^{B.Com (H)} Pol & (H)	1 st	M	<u>Vikash</u>
23	Shekhar Sumar	BA History (Hons)	1 st	M	<u>Shekhar</u>
24	Sahil Dubey	BA (H) Hindi	3 rd	M	<u>Sahil</u>

Total - 24

Day 14 - (21st October, 2024 - Monday)

s.No.	Name	course	Yr	M/F	Sign
1	Dignijay Ayush	Mist (H)	3 rd	M	Dignijay
2	Priyanshi Sahu	Micro (H)	3 rd	F	Priyanshi
3	Amit K. Vena	Com (H)	3 rd	M	Amit
4	Sarveshwar	Mist (H)	3 rd	M	
5	Shubhi	Geo (H)	1 st	F	Shubhi
6	Anshika	Geo (H)	1 st	F	Anshika
7	Ruchita	Micro (H)	1 st	F	Ruchita
8	Munna	Pol. (H)	2 nd	F	Munna
9	Hema	Pol. (H)	2 nd	F	Hema
10	Vikesh	B. Com (H)	1 st	M	
			Total - 10		

Day 15 - (22nd October 2024) Tuesday

S.No.	Name	Course	Ys	M/F	Sign
1.	Digvijay	History (H)	3 rd	M	
2.	Anmit	Bcom (H)	3 rd	M	
3.	Shivam	Maths (H)	2 nd	M	
4.	Ritesh	Pol Sci (H)	2 nd	M	
5.	Sonali	"	"	F	
6.	Akash	BA (P)	"	M	
7.	Yamina	Pol Sci (H)	"	F	
8.	Amit	CS (H)	1 st	M	
9.	Mohit	"	1 st	M	
10.	Shubhi	Geology (H)	1 st	F	
11.	Anshika	"	1 st	F	
12.	Hema	Pol Sc (H)	2 nd	F	
13.	Anuradha	BA (P)	2 nd	F	
14.	Branav	CS (H)	1 st	M	
15.	Sakshi	CS (H)	"	F	
16.	Nikita	CS (H)	"	F	

Total - 16

Day 16 — (23rd October 2024) Wednesday

S. No.	Name	Course	Ys	M/F	Sign	Se. No.
1	Digvijay	Mist (H)	3 rd	M		1
2	Priyanshi	Micro (H)	3 rd	F		2
3	Amit	Comm (H)	3 rd	M		3
4	Yamra	Pot. Sa (H)	2 nd	F		4
5	Sonali	"	"	F		5
6	Ritesh	"	"	M		6
7	Akash	BA (P)	"	M		7
8	Anuradha	"	"	F		8
9	Shivam	Maths (H)	"	M		7
10	Yogesh	CS (H)	1 st	M		10
11	Amit	"	"	M		11
12	Mohit	"	"	M		12
13	Anshika	Geo (H)	"	F		13
14	Ruchita	Micro (H)	"	F		14
15	Shubhi	Geo (H)	"	F		15
16	Priyanshu	BMS	1 st	M		16
17	Vikash	BCom (H)	1 st	M		17
18	Hema	Pot. (H)	2 nd	F		18

Total - 18

Day - 17 (24th Oct., 2024) - Thursday.

Sr. NO	Name	Course	Yr	M/F	Sign.
1	Dignijay Ajush	Hist (H)	3 rd	M	<u>Dignijay</u>
2	Brijanshi	Mivoch	3 rd	F	<u>Brijanshi</u>
3	Yogesh	CS (H)	1 st	M	<u>Yogesh</u>
4	Amit	"	"	M	<u>Amit</u>
5	Mohit	"	"	M	<u>Mohit</u>
6	Akash	BA (P)	2 nd	M	<u>Akash</u>
7	Anuradha	"	"	F	<u>Anuradha</u>
8	Ashika	Evs (H)	1 st	F	<u>Ashika</u>
7	Shubhi	"	"	F	<u>Shubhi</u>
10	Yamna	Pot (H)	2 nd	F	<u>Yamna</u>
11	Sonali	"	"	F	<u>Sonali</u>
12	Ritesh	"	"	M	<u>Ritesh</u>
13	Ruchita	Mivoch	1 st	F	<u>Ruchita</u>
14	Aarushi	"	2 nd	F	<u>Aarushi</u>
15	Salveshwar	Hist (H)	3 rd	M	<u>Salveshwar</u>
16	Shivam	Maths (H)	2 nd	M	<u>Shivam</u>
17	Amit	Com (H)	3 rd	M	<u>Amit</u>
18	Priyanshu	BMS	1 st	M	<u>Priyanshu</u>
19	Pranav	CS (H)	1 st	M	<u>Pranav</u>

Day 18 - (25th Oct, 2024) - Friday

Sl. No.	Name	Course	Yr.	M/F	Sign:
1	Priyanshi	Mico (H)	3 rd	F	<u>Priyanshi</u>
2	Amit	Com (H)	"	M	<u>Amit</u>
3	Digvijay	Hist (H)	"	M	<u>Amit</u>
4	Ritesh	POL (H)	2 nd	M	<u>Ritesh</u>
5	Akarsh	BA (P)	"	M	<u>Akarsh</u>
6	Saneli	POL (H)	"	F	<u>Saneli</u>
7	Anuradha	BA (P)	"	F	<u>Annu</u>
8	Hema	POL (H)	1 st	F	<u>Hema</u>
9	Priyanshu	BMS	"	M	<u>Priyanshu</u>
		<u>Total - 10</u>			

