



SHIKSHAN PRASARAK MANDAL, WANI

LOKMANYA TILAK MAHAVIDYALAYA, WANI

Session 2021-22

Yog and Meditation Cell

CERTIFICATE COURSE IN BREATHING TECHNIQUES

- 1) Name of Coordinator Prof. Dr. Gajanan A. Aghalte
- 2) No of Participants 30
- 3) Major Focus Various types of Pranayam
- 4) Major Outcome Participants has achieved the various techniques of Breathing.
- 5) Activities
Bhastrika Kapalbhata Bahyakumbhak
Mulbandh Uddiyanbandh Jalandharbandh
Agnisar Ujjayi Anulom
Vilom Nadi Shodhan Bhramari
Udgith Pranav Dhyan Shitali
Sitkari Chandrabhedhi Suryabhedhi
- 6) Class Duration 2nd April 2022 to 30th April 2022
- 7) **Photo**



Coordinator

Yog and Meditation Cell

अ. क्र.	सहयोगिंचे नांव
1	कु. Abhinav Nakshane
2	कु. Amisha suresh kamare
3	कु. Amiket ringraj kirmire
4	कु. Ashwini Suresh Wadhai
5	कु. Asmita Manoj walke
6	कु. Chetan Madhukar Turankar
7	कु. Dhanashree Narayan Lode
8	कु. Diksha Durwas Telang
9	कु. Dipali Dayalal Dohe
10	कु. Dipali Ramesh Pidurkar
11	कु. Gayatri Pandharinath Warhate
12	कु. Gayatri Vinod Vidhate
13	कु. Khushi Vinod Masewar
14	कु. Komal Ashok walke
15	कु. Ku. Neha Pundlik Shivarkar
16	कु. Manish Ravindra Awari
17	कु. Mayuri Ramesh Milmile
18	कु. Mayuri Sanjay Gokhare
19	कु. Minakshree Rameshwar Bhagat
20	कु. Mrunali Satpute
21	कु. Nandini Raju Pachare
22	कु. Neha Prakash awari
23	कु. Nisha subhash uike
24	कु. Pavan Anil vidhate
25	कु. Pavan Padmakar poyam
26	कु. Pooja Rambhau Nibrad
27	कु. Pooja vasanta Danao
28	कु. Prajakta moreshwar satpute
29	कु. Pranali sandip Thakare
30	कु. Pranjali Mahesh Bonde
31	कु. Priyaja Ashok somayya
32	कु. Puja maroti belekar
33	कु. Raj Anil Parkhi
34	कु. Rashmi Eknath Sarve
35	कु. Rupali Khargeshwar bobade
36	कु. Sakshi Badhusingh Wadate
37	कु. Sakshi banduji deotale
38	कु. Sakshi deorao deulkar
39	कु. Sakshi Ravindra Acharya
40	कु. Samiksha Ramesh Yelalwar
41	कु. Sejal laxman wadhai
42	कु. Shivani shankar karnewar
43	कु. Shruti Gajanan Naitam
44	कु. Shubham ramesh dahiwalkar
45	कु. Sneha ganesh khade
46	कु. Snehal Ravindra Askar
47	कु. Tanushree Shishupal Gaikwad
48	कु. Vaishali Naresh Dandekar
49	कु. Vaishnavi Bandu Nikhade
50	कु. वाजल गजानन पुरुरंगुविवर
51	कु. प्रतीक्षा ईश्वर बोटे
52	ची. Ashish KHEMIRAJ RAJURKAR
53	ची. Tushar sanjay shivankar
54	श्री. Abhishek Natthuji Naitam
55	श्री. Anil zabsak
56	श्री. Kapil Babanrao Salve
57	श्री. Prasad Khanzode
58	श्री. Vilan Laxman Bodadkar
59	श्री. अनुप योग्य घामनकर
60	श्री. गजानन अठळगे
61	श्री. जयंत गोपालजी लिपटी
62	श्री. मनीष बापूराव केळकर