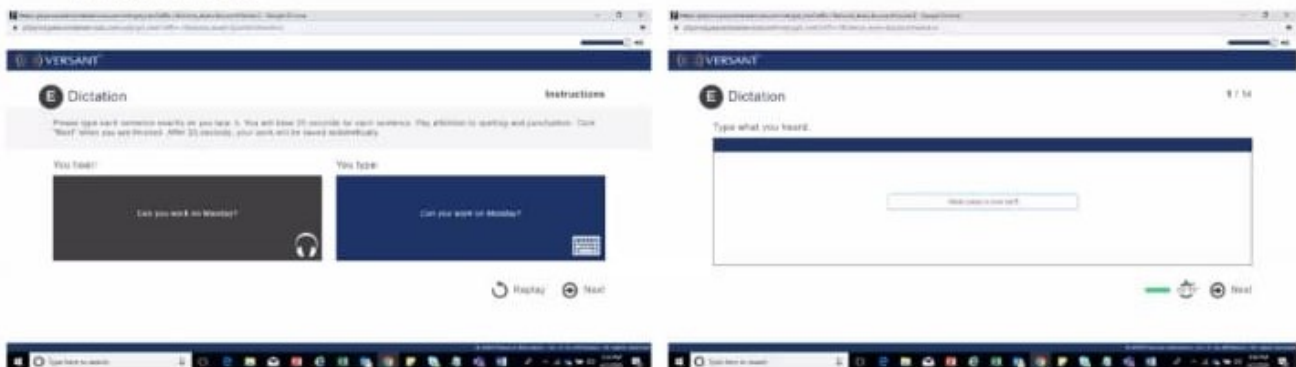




SECTION E –DICTATION

- In the Dictation task, candidates hear a sentence and they must type the sentence exactly as they hear it. Candidates have 25 seconds to type each sentence. The sentences are presented in approximate order of increasing difficulty. Sentences range in length from 3 words to 14 words. The items present a range of grammatical and syntactic structures including imperatives, wh-questions, contractions, plurals, possessives, various tenses, and particles. The audio item prompts are spoken with a natural pace and rhythm by various native and non-native speaker voices that are distinct from the examiner voice.



*Maharashtra Sepak Takraw Association ,
Nagpur District Sepak Takraw Association &
Hislop College, Nagpur*

Jointly organizes Online Webinar on

**“Physical Fitness & Nutrition for Sepaktakraw players”
on the occasion of International Olympic Day on 23 June 2020**

EMINENT SPEAKERS



Shri Avinash Pund,
Deputy Director, Sports & Youth
Services, Nagpur Division, Nagpur.



Shri Arun Patil,
Sports Officer,
Sports & Youth Services,
Pune.

ORGANIZING COMMITTEE



Dr. Y. V. Pande,
Vice President,
Maharashtra Sepak
Takraw Association



Dr. Sukdev Biswas,
Secretary,
Maharashtra Sepak
Takraw Association



Dr. Lalit Jiwani,
Treasurer,
Maharashtra Sepak
Takraw Association



Dr. Amit Kanwar,
Co-Ordinator
Hislop College, Nagpur



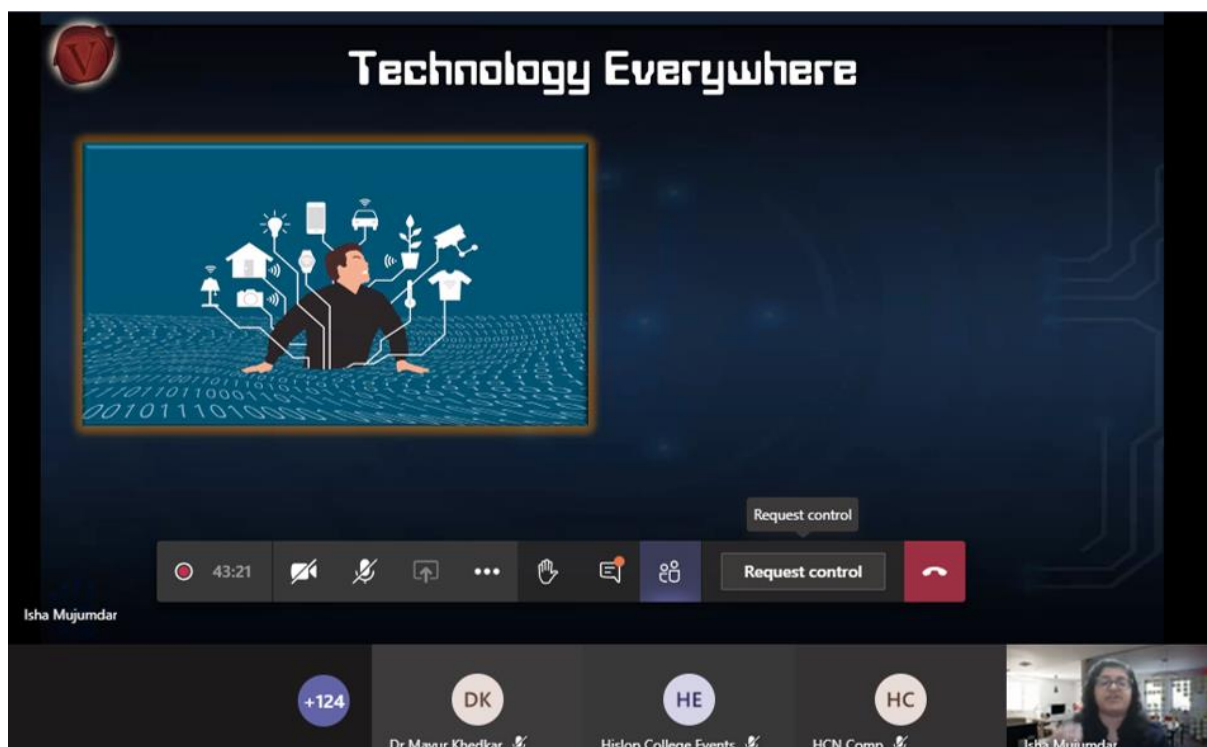
Dr. Amrita Pande,
Programme Co-ordinator

**The online webinar will be conducted on
ZOOM platform at 6 pm**

Zoom ID:- 4122529437 Password:- maha123

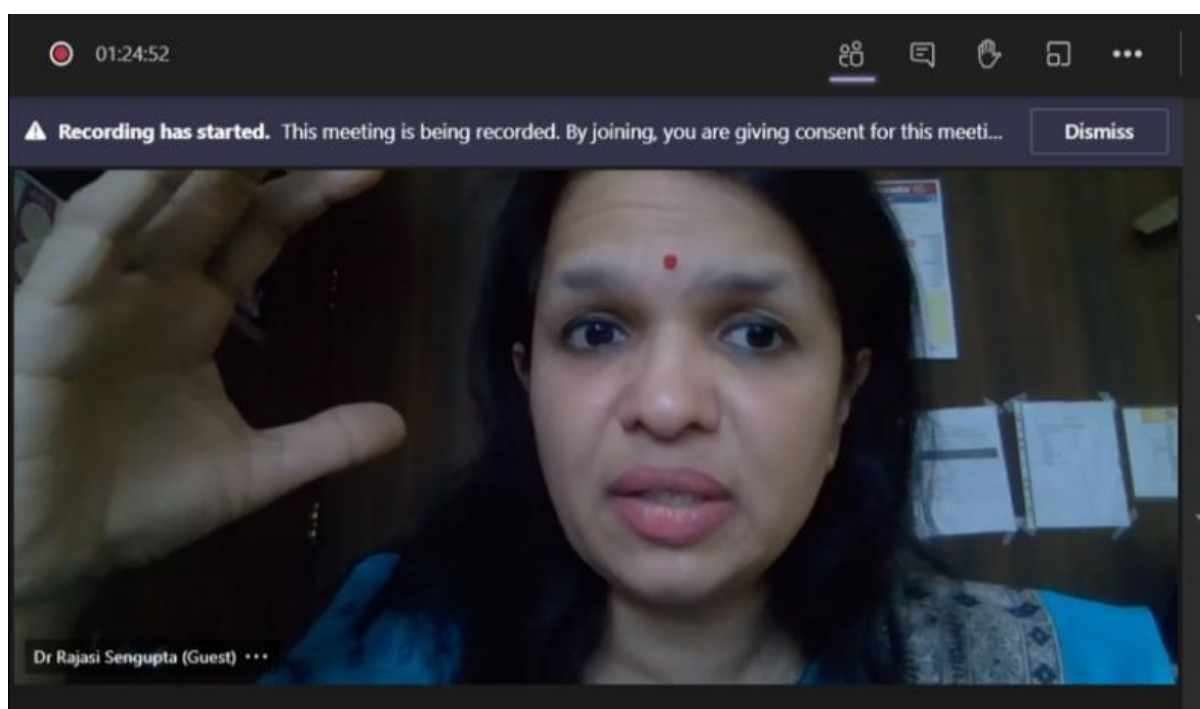
Webinar on “Cyber Security Risks”

In today’s techno savvy world, everyone is using the technology in some or the other way, without knowing the risks involved in it. In current situation the use of technology has tremendously increased because of COVID-19. Considering the objective of raising the need, the Cell in association with IQAC organized a webinar on “Cyber Security Risks” on 27th November 2020 at 3.00 pm. to create awareness about various security features of cyber activities. Resource person for the event was Ms. Isha Mujumdar, Cyber Security Expert, from Vigilante de jure. The online session began with an introductory remark by Vice Principal Dr. Ajay Yoel. Speaker of the programme Ms. Isha Mujumdar highlighted many malwares related to mobile apps, social networking sites online transactions and also explained the solutions and protective measures to minimize the evolved risks. The session was compered by Ms. Parama Majumdar. Program concluded with the vote of thanks proposed by Dr. Dini Menon, Convener of HRD Cell. 204 faculty members, research scholars and students attended the webinar. Principal Dr. Prashant Shelke, Vice Principal & IQAC Co-ordinator Dr. Pratik Michael, appreciated the team for the success of the webinar.



Session on “Towards better Adolescent Reproductive Health”

The Cell in association with IQAC organised a virtual session on “Towards better Adolescent Reproductive Health” on 8th February 2021 Monday at 2.30 pm, with a motive to create awareness about a sensitive topic like this, which is need of the hour, because of many taboos’ adolescents are still hesitant to speak about it. The speaker was Dr. Rajasi Sengupta, Consultant Obstetrician & Gynecologist, Sengupta Hospital & Research Institute, Nagpur. She explained all the aspects of reproductive health system including changes in body during puberty mentally and physically. The session started with introductory remark by Vice Principal and IQAC Co-ordinator Dr. Pratik Michael. Mrs. Sonal Paliwal and Dr. Sonal Agrawal coordinated the event and Dr. Dini Menon, Convener HRD cell proposed vote of thanks. 112 Faculty members and students were benefited from the session.





HISLOP COLLEGE ALUMNI ASSOCIATION NAGPUR

REGD. OFFICE : C/o M/s Prakash Opticals, West High Court Road, Dharampeth, Nagpur – 440 010.
ADMIN OFFICE : C/o Hislop College, Civil Lines, Nagpur – 440 001

Ex-Officio Chairperson Dr Prashant Shelke	President Vijay Naidu	Vice President Dinesh Chhabra	Vice President Rina Sinha	Secretary Dr Deepa Jamwal
Joint Secretary Monica Bhagwagar	Treasurer Dr Jayant Ranade	IPP Nikhil Tarkunde	Convenor Dr Mousumi Bhowal	Co-Convenor Dr Prantik Banerjee

2/2/2021

To

Mr Anirudha Pathak

Pune

Subject: Invitation for a Guest Lecture / Workshop

Dear Mr Pathak

Greetings of the day from HISCAAN, Nagpur.

We are delighted to invite you as a speaker at Hislop College, to interact with our students on 'Soft Skills'. This programme has been perceived under the banner of Hislop College Alumni Association (HISCAAN). We thank you for accepting our verbal invitation and are happy to confirm that the programme is scheduled for March 5th and 6th, 2021, and the timings are 3:30 pm to 4:30 pm on both days. The students are beneficiaries of our scholarship scheme HOPE and are from Nagpur rural mainly.

The Internet platform we use is Microsoft Teams. Its link will be shared with you soon. We look forward to your presentation.

Thanking you,
Yours faithfully,

Vijay Naidu
President
(HISCAAN)



HISLOP COLLEGE ALUMNI ASSOCIATION NAGPUR

REGD. OFFICE : C/o M/s Prakash Opticals, West High Court Road, Dharampeth, Nagpur – 440 010.
ADMIN OFFICE : C/o Hislop College, Civil Lines, Nagpur – 440 001

Programme: *Training Module through webinar*

Date & Venue: 5th and 6th March, 2021

Resource Person: *Mr. Aniruddha V Pathak*

Participants: 106 & 107

Hislop College Alumni Association (HISCAAN) organized a Training Module through webinar for students selected under the HOPE financial Sponsorship Scheme for the Session 2020-21. The focus this year was on soft skills by Mr. Aniruddha Pathak. The two hour modules were conducted over two days on 5 and 6 March 2021.

Mr. Vijay Naidu President HISCAAN presented the introductory remark and highlighted that HISCAAN provides skills much needed in social life other than their conventional curriculum through various training modules. Dr. Razeka Khan formally introduced the guest speaker.

On day one i.e. 6th March 2021, Mr. Pathak explained the concept of soft skills which includes much more than personality development. He clarified that personality is only what is visible, what we do and how we behave. The major focus is always on what is visible but equally important are the things which are invisible but define our character. He explained these concepts through the example of Chhatrapati Shivaji Maharaj and Cricketer M.S. Dhoni. Character building is more important than to develop a personality. He insisted that we should focus on our strong points but at the same time we should not ignore our weak points but instead should work hard them.

He further explained that things which can be taught are called Hard Skills i.e. the courses or education that we take from educational institutions and their application is soft skill. It is a self-nurturing process by which we can strengthen our roots. He explained it with an example of the Chinese Bamboo, strongest bamboo in the world. It takes 5 years to grow and during this period it is totally invisible over the surface but it keeps on growing inside the soil and after five years within six months it grows up to a height of 100 to 150 ft. High.

The most important things to focus while working on soft skills are:

- Whom do you know and who knows you?
- When you are on the top, the world knows you, but when you hit the bottom, you know the world.
- We don't fall over the mountains, but over a small stones.
- If you want to pick someone up, you have to bend first.

- The more you bend while climbing the mountain, the more erect you will be while coming down.

He explained that it is necessary to create a brand of one's name and for that one needs to stand out in the crowd. Setting a goal and working hard for it is equally important. Failures are part of life, but one should not hesitate to take the decisions. Our actions speak louder than our words so we have to be aware how we behave while interacting with people.

At last he explained about LION cycle which means Learning, Investment, Openness and Newness. So to develop one's character one should always be ready to learn. Secondly, one should invest time & work hard for that. Thirdly, one should always be open about what we feel or what we want. Lastly we have to be always ready to upgrade ourselves.

On second day, Mr. Pathak explained that to grow one should always come out of the comfort zone. He elucidated the OPEN cycle which means Observation, Patience, Empathy and Networking.

He explained the model through examples that are part of our everyday life. The qualities of patience, empathy and networking should be imbibed in our lives.

Students enthusiastically interacted with resource persons in both the sessions. As the modules were interactive there was active participation of the students thus helping in achieving the set objectives of the training module.



Training Module for HOPE students

Dr. Prashant Shelke
Officiating Principal
Hislop College

Mr. V. Naidu
President
HISCAAN

Dr. M. Bhowal
Convener
Alumni Association

REGISTRATION FORM FOR "TRAINING MODULE" UNDER STUDENT SPONSORSHIP SCHEME : 2020-21

*Required



HISLOP COLLEGE ALUMNI ASSOCIATION NAGPUR

HEAD OFFICE : C/o Hislop Prabhat, Symbio, Near High Court Road, Chhatrapati, Nagpur - 441 015.
ALUMNI OFFICE : C/o Hislop College, Civil Lines, Nagpur - 441 001

Executive Chairman Dr. Prakash Chandra	President Vijay Bhat	Vice President Suresh Chandra	Vice President Ravi Bhat	Secretary Dr. Ganesh Jaiswal
Joint Secretary Manoj Chandra	Treasurer Dr. Anand Kulkarni	Member Secretary Rishi Kulkarni	Member Secretary Ganesh Chandra Chandra	Member Secretary Dr. Prakash Chandra

NAME OF THE STUDENT *

Your answer

CLASS AND COURSE *

Your answer

STREAM *

Your answer

EMAIL ID *

Your answer

CORRESPONDENCE ADDRESS *

Your answer

MOBILE NUMBER (WHATSAPP) *

Your answer

NAME OF BANK *

Your answer

BRANCH ADDRESS *

Your answer

SAVINGS BANK ACCOUNT NO. *

Your answer

ACCOUNT HOLDERS NAME *

Your answer

IFSC CODE *

Your answer

Submit

HISLOP COLLEGE ALUMNI ASSOCIATION NAGPUR (HISCAAN)
"TRAINING MODULE" UNDER STUDENT SPONSORSHIP SCHEME : 2020-21 [Mr. Aniruddha V Pathak]
5th and 6th March, 2021
LIST OF ATTENDEES

SR. NO.	NAME OF THE STUDENT	CLASS AND COURSE	STREAM	EMAIL ID	CORRESPONDENCE ADDRESS	MOBILE NUMBER (WHATSAPP)	NAME OF BANK	BRANCH ADDRESS	SAVINGS BANK ACCOUNT NO.	ACCOUNT HOLDER'S NAME	IFSC CODE
1	Abhay Paliwal	B.com sem 3	Commerce	abhaybaliwal@gmail.com	Near Hanuman mandir, new bina, khaparkheda, Nagpur, 441102.	7709319104	State Bank of India	KHAPARKHEDA	20317502301	Mr. ABHAY BHPENDRA PALIWAL	SBIN0012310
2	Achal Prakash Sonekar	B.A. 2 nd year,(3- sem)	Arts	sonekarachal6235@gmail.com	At.Bitoli, ta.parseoni,post.navegao khairi, di.nagpur	9359458696	Bank of Baroda	Parseoni, maharashtra	4.62001E+13	Achal Prakash Sonekar	BARBOPARSHI
3	Ajay Baburao Pakhale	BA 2nd Year Marathi (M)	Arts	apakhale302@gmail.com	OMQ 11/2 Vayusena Nagar Nagpur 440007	8999951863	State Bank of India	Vayusena Nagar Nagpur	36089670352	Ajay Baburao Pakhale	SBIN0003678
4	Aakash Raghunath Ankushe	B.sc sem-2 (1st year)	Science (B.sc)	Akashankushe422@gmail.com	Sector no.16,Shiv Krishna Dham, Koradi Road,Nagpur-440026	9325957641	State Bank of India(SBI)	Mankapur,Koradi Road,"Poonam Plaza" Complex	35540010264	Aakash Raghunath Ankushe	SBIN0016095
5	Aakash vasanta Gulpude	M.A 2nd year	Art	akashgulpude@gmail.com	Swagat nagar, new narsala road Nagpur.	8308893257	Bank of India	Hudkeshwar	8.7531E+14	Aakash vasanta Gulpude	BKID0008753
6	Aman kori	2 year BA	BA	amankori0705@gmail.com	Imambara ghat road	7972932082	Union bank	Ghat road branch	3.49202E+14	Shubham kori	UBIN0534927
7	AMAN SINGH	B. Com 2nd year (NG)	Commerce	amansingh57053@gmail.com	New CHANKAPUR colony QR No 2/7	8999064169	State Bank of INDIA	KHAPERKHEDA,plot no. 19/20	37097705062	Aman Rajendra Singh	SBIN0012310
8	Amandeep kaur	BA. final year	Arts	damandeepkaur2017@gmail.com	housing board colony, 324, Lig qtr4/7 vaishali nagar Nagpur	9545669217	Punjab National Bank	Indora chowk Nagpur	0500001500059012	Amandeep kaur Dengi	PUNB0050000
9	Amulya Anthony Xess	B.A 5th SEM	Arts	amulyaxess5990@gmail.com	At-Shatiniketan,Plot.No.187,Nara Ring road, Jaripataka, Nagpur	8117958455	Sate Bank of India	Birmittarpur	36435328431	Amulya Xess	SBIN0004860
10	Anshul Maheshkumar Patle	BSc. 1st year	PC/SM H	anshulpatle31@gmail.com	199(Mahesh Patle), Diamond layout, wanjra-manjri, bhilgaon road, Nagpur-440026	9322105518	Bank of India	Bhilgaon	8.76511E+14	Anshul Maheshkumar Patle	BKID0008765
11	Arpita Rajendra bagde	Class:- B.SC (2nd year) Course:- CBZ	Science	arpitabagde123@gmail.com	At:- Waigaon, post :- Morgaon, Tal:- Mouda Dist:- Nagpur	9356349334	Bank of India	At & post khat, Taluka Ramtek , ,Dist. N Maharashtra,khat (Dist No),441405	8.73511E+14	Arpita Rajendra bagde	BKID 0008735
12	Arti	B.com (2nd year)	Commerce	artigorle14@gmail.com	At gumthala,near by koradi	7447574776	State bank of india	Koradi	36050974035	Arti	SBIN0003904
13	Arya Sharad Shambharkar	SEM1 computer science	Bsc. (cs)	aryashambharkar2019@gmail.com	Kapil nagar nari road near Kapil Buddha vihar nagpur	7448082083	Punjab National Bank	PWS COLLEGE, KAMPTEE ROAD - 440023 NAGPUR.	6370001500023506	ARYA SHARAD SHAMBHARKAR	PUNB0637000
14	Ashok Bhelawe	Msc - zoology 2nd Year	4th sem	ashokbhelawe19@gmail.com	Plot no 128 chaitanya nagar ,nari road ,Nagpur -440026	8793398003	State Bank Of India	Mayur Palace 11 Near Teka Naka - Nagpur	33291574262	Ashok Bhelawe	SBIN0014726
15	Bhanupriya Annudas Sahu	3rd year BSC	CBZ	annudassahu@323gmail.com	Indorama colony no. 2 midc butibori	9175864307	Bank of india	Indorama midc ,butibori	8.74811E+14	Bhanupriya Annudas Sahu	BKID0008748
16	Bholanath Sainath Kungahadkar	B.Sc. Sem 2 M7 [P,CS,M(M)]	Science	bholanathkungahadkar@gmail.com	At Post Lakhmapur bori Ta. Chamorshi Dist. Gadchiroli (442603)	8275178163	Bank of Maharashtra	Chamorshi (245) At post Tahsil Chamorshi Dist. Gadchiroli	25033977765	Mr. Bholanath Sainath Kungahadkar	MAHB0000245
17	Bhumika Wawre	BA 1st year	B.A	bhumikawawre@gmail.com	Barakholi Indora Nagpur	9579967649	Bank of Maharashtra	Jaripatka	60063969951	Bhumika Ashok Wawre	MAHB0000846
18	BRIJESH KHATANA	B.A. 2nd year	B.A.	brijeshkhatana762@gmail.com	Jatirodi no 2 medical rod Nagpur	8421423158	Union Bank	P.B 277 , West high court rod , Dharmpet , Nagpur, Maharashtra	037710100078309	Brijesh Nemichand Khatana	UBIN0803774
19	Chirag Kukdeja	B.Com I	Commerce	chiragkukdeja737@gmail.com	Plot No 12 Prashant Colony Borgaon Gorewda Road Nagpur	7066514487	Bank of India	ANANT NAGAR FARHAT MANZIL, PLOT NO, BANK OF INDIA MAHARASHTRA, NAGPUR, 440013	8.76818E+14	Chirag Ajay Kukdeja	BKID0008768
20	Damayanti Deotale	BA v sem	bus	damayantideotale@gmail.com	Gokulpeth,Nagpur	8149919534	State bank of india	Wani branch	32707061419	Damaynti deotale	0000504
21	Danish Shakir Mohammad	3rd year/ 5th semester	BCCA(Bachelor in Commerce and Computer Application)	mohammaddanish2704@gmail.com	C/o Dadarao Bhagat, Khedkar layout, Saoner	7028120289	State Bank of India	Saoner	34455946377	Mohammad Danish Shakir	SBIN0001252
22	Darahan Chhagan Sonwane	B.com sem V	Commerce	darshansonwane42@gmail.com	Shahar ward Azad nagar Tumsar 441912	8308891376	HDFC Bank	Agrawal bhavan saraf line near jain mandir squaire Tumsar diat : bhandara 441912	5.01003E+13	Darshan Chhagan Sonwane	HDFC0003344
23	DEVANSHU DATTRAJ KHADATKAR	BSc (SEM -2)	Science	devanshukhadatkar121@gmail.com	At. Post. Sindi (rly)	9373857749	Indian Post Payment Bank	Sindi (rly)	034910005460	DEVANSHU DATTRAJ KHADATKAR	IPOS0000001
24	Devendra chakradhari	B.com (sem-1)	Commers	Chakradharidevend2002@gmail.com	plot no 91,line no 1,near mount Carmel girls school ,ajni chowk wardha road nagpur -440015	9021373708	State Bank of india	SBI INTOUCH AJNI SQUARE NAGPUR SHOP NO .G1,G2,G3 , G9,G10	20353059293	Devendra Thakuram Chakradhari	SBIN0019045
25	Devendra Ramesh Turkar	BBA 2nd Year	Commerce	devendraabhi112233@gmail.com	Near NIT Ground, Shantinagar, Nagpur	7049334220	Central Bank Of India	Rajegaon, Balaghat, MP	3634514471	Sandhya Ramesh Turkar	CBIN0281923
26	Devidas Bharat Kore	B.Sc.(3rd year),PCM group	Science	devidaskore1@gmail.com	Ramkrishna math, dhantoli, nagpur	8698131817	State Bank of India	At.sadak arjuni,dist. Gondia	33980611420	Devidas Bharat kore	SBIN0012010
27	DHIRAJ DNYANESHWAR BHOYAR	B.COM 5TH SEM	COMMERCE	dhirajbhoyar06@gmail.com	SHIVAJI NAGAR TUMSAR	9763326809	HDFC BANK LTD	Agrawal Bhavan,saraf line near Jain mandir sq. Tumsar district ,bhandara 441912	5.01003E+13	DHIRAJ DNYANESHWAR BHOYAR	HDFC0003344
28	Dipesh Rambharose Sahu	B.A Third year	Arts	dipesh21sahu@gmail.com	Plot no. 89A munje Baba ashram lay out ambazari hilltop Nagpur	9923738420	Bank of India	Dharampeth	8.7021E+14	Dipesh Rambharose Sahu	BKID0008702
29	Dipesh Sahu	B.A - Third Year	Arts	dipesh21sahu@gmail.com	Plot no. 89A mujhe baba ashram lay out ambazari hill top Nagpur	9923738420	Bank of India	Dharampeth	8.7021E+14	Dipesh Rambharose sahu	BKID0008702
30	Divya sanjay ingale	B.A 2nd year	Arts	divyaingale010@gmail.com	Koushlya nagar kukde lay out near kalptaru boddha vihar galli number 2	7709666684	Bank of Baroda	Plot number 201/A untakhana road main road medical square	4.06901E+13	Divya sanjay ingale	BARBOMEDNAG
31	Gaurav Rambhau Pal	B. Sc III Year	Science	gpal89876@gmail.com	27-Vaibhav Nagar, Wadi, Nagpur-440023	9021065683	Syndicate bank	CHOWLA COMPLEX NEAR OCTROI NAKA NO 10 WADI, NAGPUR-440023	5.25622E+13	GAURAV RAMBHAU PAL	SYNB0005256
32	Gauri Tammiwar	B.Sc 1st year	PSM	gauritammiwar@gmail.com	Plot No. 254, phase 2, Veer Sawarkar Nagar, Butibori, Nagpur	9579913276	Federal Bank	Butibori Branch, near HP Petrol Pump, opposite to Rachna Hospital, 441108, Butibori Nagpur	1.89801E+13	GAURI TAMMIWAR	FDRL00001898

SR. NO.	NAME OF THE STUDENT	CLASS AND COURSE	STREAM	EMAIL ID	CORRESPONDENCE ADDRESS	MOBILE NUMBER (WHATSAPP)	NAME OF BANK	BRANCH ADDRESS	SAVINGS BANK ACCOUNT NO.	ACCOUNT HOLDER'S NAME	IFSC CODE
33	Harshal Ambatkar	Bsc sem 6 And M5	Science	harshalambatkar27@gmail.	Sant tukdoji ward near ghuse gas godown	9673549933	Bank of India	Near karanja chowk Hinganghat	9.7061E+14	Harshal Ambatkar	BIKD0009706
34	HIMANSHU DHANIRAM THAKUR	B.A 2nd year	Faculties of humanity	himanshuthakur9575@gmail.com	Great nag road imamvada Police station front hotel orient taibhah behind dhobighat nagpur Maharashtra 440003	9575431827	State Bank of India	Medical college area	39104939397	Himanshu Dhaniram Thakur	SBIN0003462
35	Himanshu Thakre	B.sc Sem VI , M6	Science and Technology	himanshureshthakre@gmail.com	House no. 3517, Near Esser petrol pump, Khamala, Nagpur-440025	9370027768	Punjab National Bank	Opp. gulmohar Hall, Khamala, Nagpur-440025	1472000100395194	Himanshu Thakre	PUNB0147200
36	Jasmine Begum Yasin Sheikh	Msc Sem 1 Botany	Science (Botany)	jasmin1706sheikh@gmail.com	Smruti Nagar, Koradi Road, Nagpur 441111	7741942052	Bank of India	Plot no 4/A, House no 1315/A, Maharashtra, Mankapur, 440030	8.7571E+14	Jasmine Begam Sheikh	BKID0008757
37	Juhi Raju Taitkar	BSC Second year(3rd sem) PCM	Science (PCM)	taitkarjuhi@gmail.com	C/o:- M. Budhe, 16 sambhaji nagar (pathan lay out) Nagpur, 440022	9822725150	Bank of Baroda	Gopal Nagar, plot 9 Mate Chowk,Nagpur	9.78501E+13	Juhi Raju Taitkar	BARB0DBNGOP
38	Jyoti Narayan Kushwaha	Bsc 2nd year	Scsm	jkushwaha098@gmail.com	Indorama colony no 2 MIDC, butibori.	7264850345	BANK OF INDIA	INDORAMA SYN LTD, A-31 MIDC butibori MAHARASHTRA, NAGPUR, NAGPUR,441122	8.7481E+14	JYOTI KUSHWAHA	BKID0008748
39	Kajal Bhagat	B Sc 2nd year	Science (B sc)	kajalbhagat416@gmail.com	Parakh Bhavan surrender garh near narayan singh uikey statue opposite pandey flour seminary hills Nagpur	7249192596	Allahabad Bank	Friends colony Nagpur	50495613294	Shyamsundar Santram Bhagat	ALLA0212913
40	Kajal moreshwar Bhaire	M.A second year	Art's	kajalbhaire17@gmail.com	At.kholmara juna.post barwha .talukha lakhandur . DIST bhandara	7721094078	State bank of India	Lakhandur wadsa road opp bus Stand lakhandur handur.	32480816669	Kajal moreshwar Bhaire	SBIN0014404
41	Kajal sunil yadav	MSc zoology sem 1	Science	kajal191yadav@gmail.com	Opposite of moil bhavan chhaoni nagpur	9511211019	Andhra bank	Chhaoni	1.5841E+14	Kajal Yadav	ANDB0001584
42	Komal Bisht	B.com sem1	Commerce	komalbisht1207@gmail.com	136 khalashi line Mohan nagar Nagpur	7796150922	Bank of Baroda	Sadar Bazar Nagpur	08998100000618	Komal Dhyansingh Bisht	BARB0SADNAG
43	Krishna gour	2nd year BSC(PCsM)	BSC	Soniyagour123@gmail.com	Near meyo hospital bajerla chowk bhoipura	9356374927	State bank of India	Gitanjali square	34797590952	Krishna gour	SB IN0001305
44	Krushnakumar Ravindra Thakre	SEM-1. B.COM	COMMERCE	thakrekushnakumar2020@gmail.com	110, VOLTAS SAGAR COLONY, MALVIYA WARD, WARORA. (442907) Dist-Chandrapur. M.H	7741868790	STATE BANK OF INDIA	SBI MAIN BRANCH WARORA	34328461005	KRUSHNAKUMAR RAVINDRA THAKARE	SBIN0000501
45	Mariyam wasim	B.com 1st year	Commerce and management	Mariyam17wasim@gmail.com	Hislop girls hostel civil lines Nagpur	8839466511	Equities bank	Power house ,Bhilai	1.0001E+11	Mohammed Wasim	ESFB0008002
46	Mayur B Kottawar	M.sc (Biochemistry)1st year	Biochemistry	mayurkottawar27@gmail.com	HN350, Gandhi ward, Bramhapuri road, Desaignanj(wadsa)441207. Gadchiroli	9112448323	IDBI BANK	IDBI BANK , Desaignanj (wadsa), district.gadchiroli	9112448323	MAYUR BALWANT KOTTAWAR	IBKL0000544
47	Mayusha Chandrakant Bhaire	B.A 6 th sem Final Year(Marathi Medium)	Art's	mayushabhair4@gmail.com	B83/988 LIG2 Hudco colony behind bapuna wine shop jaripatka nara road Nagpur	7028880412	Bank of Baroda	Jaripatka	3.16501E+13	Mayusha Chandrakant Bhaire	BARB0JARIPA (fifth character is zero)
48	Megha Milind Meshram	MSc final year (Organic Chemistry)	Science	meghameshram48@gmail.com	At-post-Shastri Ward Warthi Tah- Mohadi Dist-Bhandara State- Maharashtra Pin code-441905	8999021487	Canara Bank	Warthi Canara Bank Canara Bank, Sunflag Iron and steel company Bhandara road Maharashtra-441905	8.60311E+12	Megha Milind Meshram	CNRB0008603
49	Megha Milind Meshram	MSc Final Year (Organic chemistry) Fourth semester	Science	meghameshram48@gmail.com	At-Post -Shastri Ward Warthi, Tah - Mohadi, Dist -Bhandara State -Maharashtra Pin code -441905	8999021487	CANARA BANK	Warthi CANARA BANK CANARA BANK, Sunflag Iron and Steel Company Bhandara road Warthi Maharashtra Pin code -441905	8.60311E+12	Megha Milind Meshram	CNRB0008603
50	Mohd aquib sheikh	B.com 3rd semester	Commerce	aquib1418@gmail.com	Near shitla mata mandir sadar nagpur	9657865483	J&k bank	Sadar branch	0298041000000232	Sheikh mohd aquib	JAKAONAGPUR
51	Muskan ravindra hikre	BA 1st year	BA 1st	Muskanhikre2000@gmail.com	Timki khatik pura shiv mandhir nagpur	9370138503	Bank of India	Itwari nagpur	8.7011E+14	Muskan hikre	BKID0008701
52	Namrata Neeraj Tripathi	Bsc sem 2 (m5 batch)	Science	namratatripathi123@gmail.com	Teachers colony Mudkhed Dist: Nanded Pin code:431806	8177836000	State Bank Of India(SBI)	Nagar parishad, shopping centre Shivaji nagar mudkhed Dist: Nanded Pincode: 431806	31819262730	Namrata Tripathi	SBIN0011151
53	Nandani Sanjay Puri	1st year B.Com	Commerce	sunjaypuri29380@gmail.com	Kamptee road, Bhilgaon , Nagpur - 440026	9021625347	Bank of India	Plot No. 2 and 3, Dharm, Near Yashodhara Lawn, Maharashtra, Bhilgaon (MH), 441001	8.7651E+14	Nandini Sanjay Puri	BKID0008765
54	Nashim Tapkir Alam	B. A. Final 6th sem	B. A.	naseemalam999@gmail.com	Indiramata Nagar MIDC Hingna road nagpur. 16	8208820565	Indian bank (allahabad bank)	Hingna	50106030692	Nashim Tapkir Alam	ALLA0212639
55	Nimentara Chakma	B.Sc.(SEM VI)	Science	chakmanimentara@gmail.com	Wanjari Nagar	8421539418	SBI	Bordumsa	36155339619	Maya Rani Chakma	SBIN0009407
56	NITESH NANDKISHOR YADAV	B.Sc SEM 6	PCSM	niteshyadav241999@gmail.com	SONEGAON NIPANI M.I.D.C. HINGNA ROAD NAGPUR	8668776770	UCO BANK	AMBAJHARI ESTATE - NAGPUR	03670110037928	NITESH NANDKISHOR YADAV	UCBA0000367
57	NITIN RAMESH KHARWADE	B.Sc (sem 6) CBZ	Science	nitinkharwade23@gmail.com	Giripeth Nagpur 440010	9422679058	State Bank Of India	Arjuni morgan	39735776944	Nitin Ramesh Kharwade	SBIN0012309
58	OM VINOD GHADLE	B COM V SEM	COMMERCE	omghadle123@gmail.com	PLOT NO 3, MISAL LAYOUT, JARIPATKA NAGPUR 440014	7218862284	UNION BANK OF INDIA	PADAM GYAN JARIPATKA NAGPUR	5.43102E+14	OM VINOD GHADLE	UBIN0554316
59	PALLAVI ISHWAR SAMRUTWAR	Hislop college , Bsc	PEM	psamrutwar.1246@gmail.com	At: Chikna po: Barwha Tah: Lakhandur Dist: Bhandara	7083350946	State Bank of India	At.Tah:Lakhandur Dist: Bhandara	34054171709	PALLAVI ISHWAR SAMRUTWAR	SBIN0014404

SR. NO.	NAME OF THE STUDENT	CLASS AND COURSE	STREAM	EMAIL ID	CORRESPONDENCE ADDRESS	MOBILE NUMBER (WHATSAPP)	NAME OF BANK	BRANCH ADDRESS	SAVINGS BANK ACCOUNT NO.	ACCOUNT HOLDER'S NAME	IFSC CODE
60	Prachi Sunil Zodape	BSC 3rd year	Science	prachizodape@gmail.com	Fetri, kalmeshwar road, Nagpur	9359098290	Bank of India	At post fetri, kalmeshwar road Nagpur	8.74511E+14	Prachi zodape	BKID0008745
61	Pragati gaikwad	Bsc 3 year	Science	gaikwad.pragati15@gmail.com	Ward no 4, new town, Butibori, nagpur	8412923703	Indian Bank	BORI, near jjamata school, behind police station, PO BORI, tal and dist nagpur, mah 441108	50249826408	PRAGATI GAIKWAD	IDIB000B860
62	Pranay Rabade	BSC. 1YEAR (PC/SM)	SCIENCE	Pranayrabde@gmail.com	Plot no 90, Near Pragati Vidyalaya, Adarsh Nagar, Wadi, Nagpur	9028566195	State Bank of India	First floor, Sheela Complex, Wadi Nagpur (Branch code= 12710)	38090149602	Pranay Gajanan Rabade	SBIN0012710
63	Pratik Harbanslal Binkar	B.COM Sem-2 (NG)	B.COM (Commerce)	chikoobinkar@gmail.com	Dharampeth, Zenda chowk, near gajanan mandir, Nagpur - 440010	7387945691	Bank of India	Shankarnagar, Nagpur	8.7021E+14	Pratik Harbanslal Binkar	BKID0008702
64	Pratik Rajendra Akulwar	Msc sem-1	Science	pratikakulwar3756@gmail.com	Plot no.364, chitnis nagar , big tajbagh, umeed road, Nagpur.	7798443937	Bank of Maharashtra	Hanuman nagar	60231309440	Pratik Akulwar	MAHB0000137
65	Priyasheel ashok Nimsarkar	BA 1 st year	Art	pnimsarkar1515@gmail.com	Shubhash Nagar Nagpur	7038052982	Bank of Maharashtra	Batulwar BLDG main rd bus stand ballarpur 442701	60179356988	Priyasheel ashok Nimsarkar	MAHB0000437
66	Quais Ansari	Bsc 1st year	Science (cbz)	qaisansari495@gmail.com	Plot no. 121 welcome socity borgon gorewada road nagpur	7448075122	Union bank	131 ,takli house ,opp ,jilla parishad girls high school katol road nagpur.	4.58102E+14	MOHAMMAD QUAIS ANSARI	UBIN0545813
67	Raghav Tekade	BCCA 1st year	Commerce and management	raghavtekade311@gmail.com	Vitthal rukhmani apartment falt no g2 geeta nagar zingabai takli nagpur	7559197457	Bank of India	Mankapur	8.7571E+14	Raghav Ramchandra Tekade	BKID0008757
68	Rajan Sadanand Urkude	B.Sc. (3 rd year)	Science	rajanurkude6@gmail.com	Pardeshi mohalla,Manavata School,Rameshwari Road, Nagpur , 440027	9923773174	Sate Bank Of India	Arjuni Morgaon, Gondia , 441701	34549787692	RAJAN SADANAND URKUDE	SBIN0012309
69	Rajnish Patel	BA 2 ND year	Arts	Rajnishpatel118@gmail.com	Anushkti nagar hajadi pahad Nagpur	8668338276	Allahabad bank	Friends colony Nagpur	59039474811	RAJNISH SANDEEP PATEL	ALLA0212913
70	Rashtrapal jambhulkar	Bcom 2nd year	Commerce	Rashtrapaljambhulkar1996@gmail.com	Near sindhi hindi high school panchpaoli nagpur 17	7276464797	Corporation bank	Godhni branch plot no. 78 central India Institute of Maharashtra nagpur	5.20481E+14	Rashtrapal jambhulkar	Corp0003347
71	Rupal Thakur	M. Sc	Botany	rupalsingh836@gmail.com	Balaji nagar higna rood nagpur	9405608557	Canara bank	Balaji nagar	5.8461E+12	Rupal balvirsongh Thakur	CNRB0005846
72	Rupesh Balkishan Sharma	B. Com 1st Year	Commerce	ms53221@gmail.com	Plot no. 87, Near Dolphin High School, Raj Gruha Nagar, Near Crpf gate 3, Hingana Road, Nagpur-440016	7743986961	Bank of Baroda	Sadar Branch, Nagpur	08990100014148	Balkishan Sharma	BARB0SADNAG
73	Rushikesh Shivchandra Waghmare	Third year BSC (CBZ)	Science	rushikeshwaghmare71487@gmail.com	Govt. S.T. boys hostel chandramani nagar ,Nagpur	7796029635	State Bank of India	SBI Branch Malegaon, 444503	37900388745	Rushikesh Shivchandra Waghmare	SBIN0002162
74	Sadiya Parveen Sheikh	BA 2nd year.	Arts	sheikhsadiya313@gmail.com	Near Dargah 311/26, Wanjari Nagar Ajani, Rameshwari Road, Nagpur.	8999531944	Canara Bank	Canara Bank, 1st Floor, Central Avenue, Nagpur.	2.07812E+12	Sadiya Parveen Abdul Qadir Sheikh	CNRB0002078
75	Sagar Madhukar Tota	B.Sc(third year)	PCSM	sagartota2410@gmail.com	Govt bc boys hostel wanadongari hingna road, Nagpur	7219797209	UCO bank	Hingna branch, Nagpur	1.26801E+13	Sagar Madhukar Tota	UCBA0001268
76	Samiksha Ramchandra Kumbhalkar	Msc biochemistry (sem I)	Science	samikumbhalkar99@gmail.com	Hansapuri bhagwaghar chowk behind Mayur bar Nagpur 440018	9673160709	Canara bank	Nagpur Central Avenue	2.07811E+12	Samiksha Kumbhalkar	CNRB0002078
77	Sarita Sharma	B. Com 1st year	Commerce	Sharamasarita9922@gmail.com	SSS building Rajgruh Nagar plot no 87 near dolphin heigh school crpf Gate hingna Road nagpur 440016	9922976729	Bank of Baroda	Rajgruh Nagar ward no 6 hingna road MIDC area Nagpur 440011	08990100014148	SHARMA BALKISHAN SARWANKUMAR	BARB0SADNAG (Fifth character is zero)
78	Satyam Baghel	BCOM SEMESTER FIFTH	Accounts	satyambaghel35@gmail.com	Near Hans super market Dharampeth nagpur	9685390382	CANARA BANK	Seoni madhya pradesh	1.4131E+12	Satyam Baghel	CNRB0001413
79	Sejal Dhananjay Ojha	BSC 2nd year PEM	Science	sejalojha4963@gmail.com	Behind new gov iti . Ramtek road mouda	9970357939	Bank of Baroda	Mouda	1.09001E+13	Sejal Dhananjay Ojha	BARB0MAUDAX
80	Sheron Sevastian Arickswamy	M.com	M.com	arickswamysheron@gmail.com	Gaddi godam gotam nagar nagpur	9923051106	Central bank of India	Hislop college premises civil lines nagpur	3598332193	Sheron Sevastian Arickswamy	CB1N0284041
81	Shiba Hanif sheikh	MSc sem III (biochemistry)	Science	shibasheikh218@gmail.com	Deshmukh layout ward no.10, kalmeshwar	9168880702	Canara Bank	Kalmeshwar Canara Bank	3.7041E+12	SHIBA HANIF SHEIKH	CNRB0003704
82	Shital Chhotu varma	MCM 2 year	I am in Masters computer management student	shitalvarma43@gmail.com	At. Pota word no 4 , Post. Sillewara	9689015321	State bank of india	Khaperkheda	33242390454	Shital chhotu verma	SBIN0012310
83	Shivani surendra Chaturvedi	B .A 2nd year	Arts	suhanic433@gmail.com	Vishwakarma Nagar ,near Vishwakarma Temple wanadogri ,Hingna Road Nagpur - 441110	7218747055	Bank of India	Hingna	8.76618E+14	Shivani surendra Chaturvedi	BKID0008766
84	Shreyas Upasani	B.Sc Sem 6	Science	shreyasupasani18@gmail.com	New Dutta Mandir Galli Itwari Nagpur	7972308354	Bank of Baroda	Mahal Nagpur	4.08781E+13	Shreyas Rajiv Upasani	BARB0MAHNAG
85	Shruti Balu kalikar	BCCA -1st year	Commerce	shrutikalikar75@gmail.com	Hanuman nagar bramhapuri district chandrapur	7559163664	Canara bank	Canara bank,plot No 50 shesg nagar ,ward No 13 Nagbir road ,dist-chandrapur	4.86311E+12	Shruti Balu kalikar	CNRB0004863
86	Shruti Jaiprakash Patwa	Bsc final year(CZBC)	Science	Shruti Jaiprakash Patwa	New itwari road near sai baba bekary Nagpur Maharashtra	7030365164	Canara Bank	Itwari Nagpur	0305108025314	Shruti Jaiprakash Patwa	CNRB0000305
87	Shubhangi Jaipal Dhurve	Bsc-biochemistry- 1st year	B.sc	shubhangidhurve25@gmail.com	37 Shivshkti Nagar ,Dattwadi, Nagpur	9356522480	Panjab National Bank.	Nagpur, Bhart nagar ,k-4 Amravati road	2162000100093871	Jaipal Dhudhram Dhurve	PUNB0216200
88	Shuhab ali	B.com	Computer science	suhabalimq396@gmail.com	Amlori , singrauli , madhya pradesh,	7724959385	Union bank of India	Nighai	4.52602E+14	Suhab ali	UBIN0545261
89	Shweta kadam	B.Sc. (CBZ) (Sem 6)	Science	shwetakadam6190@gmail.com	Plot no 92, Darshana housing society,Gorewada, Nagpur-440013	7498090962	State Bank of India	Link Office Kingsway, Nagpur	34256739616	Shweta Sushil Kadam	SBIN0000432
90	Siddhant Bhojraj Godghate	BA- 3rd year	Arts	siddhantgodghate123@gmail.com	Medical square Nagpur	7249790705	SBI	At.post- Nimbha Ta-Samudrapur Dist-Wardha 442301	32766553865	Siddhant Bhojraj Godghate	SBIN0008699
91	SIDDHI DEEPAK AGRAWAL	II ND SEMISTER B COM	ENGLISH	agrawalsiddhi04@gmail.com	da6269269@gmail.com	7709971410	CANARA BANK	SADAR	1.48811E+12	SIDDHI DEEPAK AGRAWAL	CNRB0001488
92	Simon Das Kotangale	5th sem B.com	Commerce	shimonkotangale@gmail.com	Shivaji ward Sakoli District Bhandara	8308784957	Union Bank of India	Kotol road , Nagpur	6.69202E+14	Simon Das Kotangale	UBIN0566926

SR. NO.	NAME OF THE STUDENT	CLASS AND COURSE	STREAM	EMAIL ID	CORRESPONDENCE ADDRESS	MOBILE NUMBER (WHATSAPP)	NAME OF BANK	BRANCH ADDRESS	SAVINGS BANK ACCOUNT NO.	ACCOUNT HOLDER'S NAME	IFSC CODE
93	Simran samnani	B.A final year	B.A	simransamnani17@gmail.com	B67/797 hudco colony near Ambedkar park nara road jaripatka nagpur	8999586663	State Bank of India	Mankapur koradi road" Poonam Plaza" complex	36744364896	Simran samnani	SBIN0016095
94	SNEHA ANAND PANDE	B.COM(1st YEAR)	COMMERCE	anandpande071@gmail.com	NEAR SHIVDARSHAN APPARTMENT BORGAON CHOWK PATEL NAGAR GOREWADA ROAD NAGPUR-440013	8956584142	INDIAN BANK	FRIENDS COLONY BRANCH NAGPUR	6992671567	SNEHA ANAND PANDE	IDIB000F524
95	Snehal Shraddhanand Dube	B.A 3rd year	Marathi	snehaldubey358@gmail.com	Manglawari ward pauni, dist bhandara	7083074387	Bank of Maharashtra	Mundle complex , Ganesh ward,at pauni,dist bhandara,pin -441910	60151477802	Snehal Shraddhanand Dube	MAHB0001816
96	Suraj jageshwar tiwari	1st yrs, BCOM-1ST SEM	Commerce	St6219560@gmail.com	Bhagwaghar square, hansapuri above jai bakers nagpur-18	7498565128	Kotak mahindra bank	CA road, gandhibagh	5245759867	Ankita tiwari	KKBK0001837
97	Sushilani Chakma	BSc sem 6	Science	sushilnichakma@gmail.com	C/O Narendra Gajbhiye, Dr. B. R Ambedkar Nagar, behind Bishop cotton school VIP road Dharampeth	9503579628	SBI	SBI Diyun, Changlang, Arunachal Pradesh	34227795167	Sushilani Chakma	SBIN0015198
98	Tanaya Shahakar	B.sc sem 6	Science	tanayashahakar01@gmail.com	Barde layout near sai mandir, borgaon, gorewada road, nagpur.	7447537615	Bank of India	Anant nagar, gorewada road, nagpur.	8.76811E+14	Tanaya Shahakar	BKID0008768
99	Tanisha tiwari	2year	B.com	nanucookies@gmail.com	Dhore layout Shree nagar plot no 28 mankapur	8530784157	Bank of india	Plot no 2 and 3 , dharm , near yashodhara lawn Maharashtra bhilgaon (MH), 441001	8.7651E+14	Usha shankar sande	BKID0008765
100	Tushari Sanjay Puri	1st year B.Com	Commerce	puritushari004@gmail.com	Kamptee road , Bhilgaon, Nagpur - 441001	7507797328	Bank of India	Plot number 2 and 3, Dharm, Near Yashodhara Lawn , Maharashtra , Bhilgaon (MH), 441001	8.7651E+14	Tushari Sanjay Puri	BKID0008765
101	Ulhas Soni	BSC Pcm	Pcm	ulhassoni381@gmail.com	Plot no. 445, Hanuman Nagar, Medical Road, Nagpur-24	8208342826	Bank of Baroda	Tilak Nagar	4.08701E+13	Ulhas Sanjay Soni	BARBOTILNAG
102	Vaishnavi tejam patle	Bsc (final year)	Science	vaishupatle2000@gmail.com	Om sai Nagar zingabai takli godhani road nagpur 30	7028461837	Punjab National Bank (Mankapur)	Mankapur .Raja Gopichand bhawan , mankapur square- 440001	6.226E+15	VAISHNAVI TEJAM PATLE	PUNB0622600
103	Vibha Chandak	B.Com II Year	Commerce	vibhachandak1518@gmail.com	Haram Nagar, Pulgaon	8339012758	Bank Of Maharashtra	Gayati Talkies Complex, Sambalpur	68027320061	Vibha Chandak	MAHB0001824
104	Vijay Bharat Bedare	BA (3rd sem) marathi	Art	vijaybedre4444@gmail.com	At. chargaon, post. Navegaon khairy, teh. Parseoni, dist. Nagpur	7972446220	Bank of India	Parseoni	8.73711E+14	Vijay Bedare	BKID0008737
105	Vrushali Sunil Dodewar	B.com I year(1 sem)	B.com	vrushalidodewar2002@gmail.com	At Post Fetari,House No.13, Ward No.3 , Katol Road Fetari, Tehsil +Dist Nagpur	8975620708	Panjab National Bank	Fetari Branch Fetari Dist.Nagpur , Maharashtra Ward no.1,Katol Road,Fetari District Nagpur	9969001500000452	Vrushali Sunil Dodewar	PUNB0996900
106	Yash Malode	Bsc 2nd year	Bsc (pcsm)	yashmalode78@gmail.com	Santaji nagar, katol, pin code =441302	9834015402	State bank of India	Katol	37890464102	Yash Vasudevrao Malode	SBIN0000563
107	Yogita suresh mohurle	M. Com 3sem	Commerce	Yogitamohurle777@123gmail.com	M. I.d.c digdoh devi hingana road nagpur	9766071429	Bank of India	2 north ambazan rod dharmepeth Maharashtra nagpur 440010	8.70212E+14	Yogita suresh mohurle	BKID0008702


PRESIDENT
HISLOP COLLEGE ALUMNI ASSOCIATION


SECRETARY
HISLOP COLLEGE ALUMNI ASSOCIATION NAGPUR


CONVENER
HISLOP COLLEGE ALUMNI ASSOCIATION

International Yoga Day

As Yoga is the perfect opportunity to be curious about what you actually are it is the only key to happiness for keeping ourselves healthy, fit and free from diseases. For making people aware about this day and its importance, the NSS unit of Hislop College had organized an



online/virtual session , where the only moto of the nss team members was to make people aware about yoga and by doing yog how we can keep ourselves healthy. Students of NSS team and also some of the faculty members like:- 'Dr Abhilasha Raut (History department)', 'Dr Harinder kaur' , 'Dr Shinumol T.C (philosophy department) Milind Ghate (Program Officer of NSS), C.P Farkade (Co-programme Officer of NSS) where the part of the event and by doing yoga they shared the needful messages which was really heart wrenching. The guest speaker/Yoga instructor for the event was Samir Ganwir sir who not only taught about yogasana but also shared some important tips through which we can keep ourselves healthy and fit. He concluded the session with a quote “karo Yog Raho Nirog”, which means stay fit ,stay healthy. All the active hislopians as well the teacher’s participated enthusiastically & practiced various asanas. Miss Amandeep Kaur (President of NSS) Mst Aman Kori (Vice President of NSS), Miss Prakruti Agrawal (Representative of NSS Hislop College) &

Shital Khavse (Volunteer of NSS Hislop College) lead the event peacefully and the other NSS team members managed everything perfectly & made this event a huge success and full of enthusiasm under the guidance of Mr. Milind Ghate sir & Mr. C.P Farkade sir. This program was made successful with an active participation 61 with four 06 members.



Club Project Report –RID 3030

Club Name: Rotaract Club of Hislop College, Nagpur

Project Name: Content Writing Session.

Project Mode: Online

Start Date: 10/10/2020

End Date: 10/10/2020

Venue: Zoom Platform

Project In-Charge: RID 3131.

No. of People Benefitted From The Project: Large no. of people.

Was Project done in collaboration with Rotary/Government body/others: Joint Project

Description of Project in Detail

Rotaract Club of Hislop College in collaboration with RID 3131 and other 8 clubs from different districts organized Creative Writing session. It was a very meaningful session and everyone got to learn new different things. The session offered a lot of benefits, in terms of developing creative thought process, using creative imagination, broadening the thought process and problem-solving abilities.

The session was taken by Rtr. Shubham Yewale, he is a content writer from Pune. We were glad to join with other Rotaract clubs in this event.



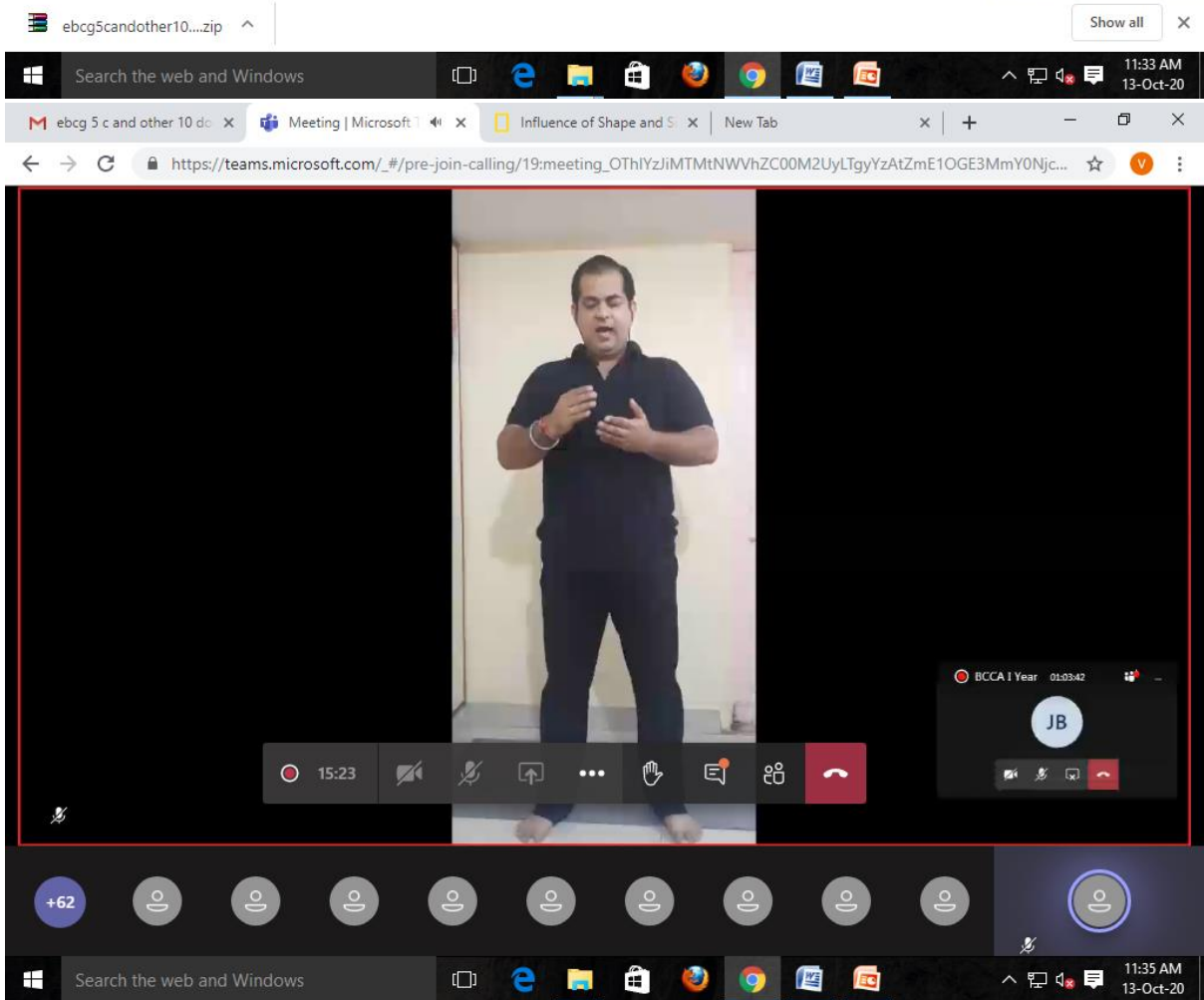
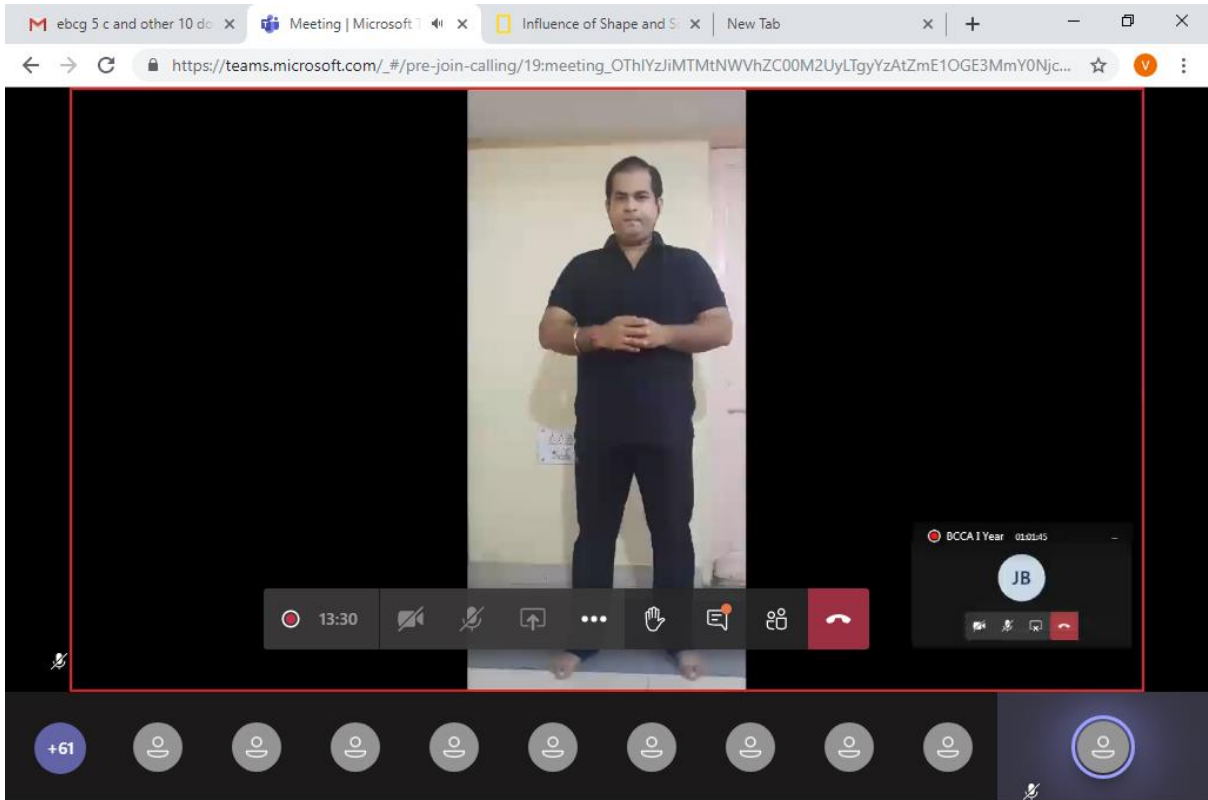
Hislop College, Nagpur

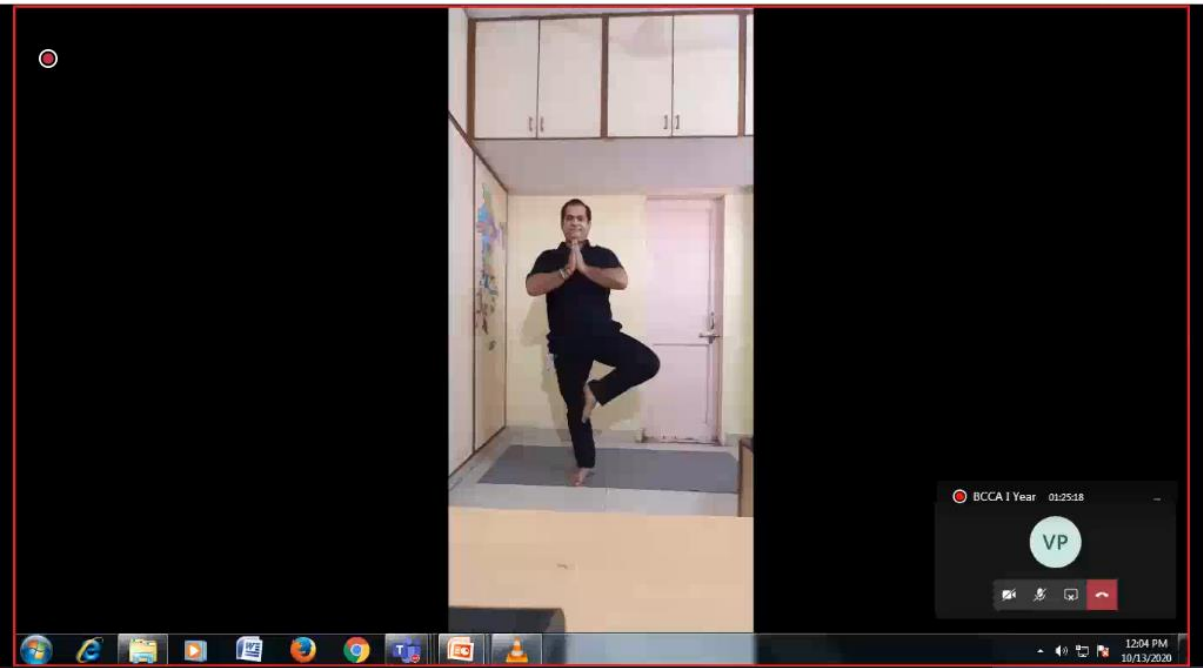
Tuesday, 13th October, 2020 (Student Feedback Received: 435)

Health is wealth - स्वस्थ रहो मस्त रहो- Physical Activity (Yoga & Meditation), the session focussed on the importance of physical fitness through Yoga & Meditation. Students were given prior instructions to be ready with comfortable clothing and a yoga mat to perform the exercises simultaneously with the online demonstration. Students were taught exercises that they can do every day to keep themselves fit and healthy. The resource person for this session was Dr. Amit Kanwar, Assistant Professor, Department of Physical Education & Sports.

The main motive behind conduction of this session was to equip students with basic knowledge of Yoga, to enable student to have good health, to practice mental hygiene, possess emotional stability and also to attain higher level of consciousness.

The screenshot shows a Microsoft Teams meeting interface. The main content area displays a slide for Hislop College. The slide features the college's logo and text: "HISLOP COLLEGE 'A Heritage Status Institution' NAAC Re-Accredited 'A' Grade with a CGPA of 3.31". Below this, the slide reads: "'Health is wealth' 'स्वस्थ रहो मस्त रहो' Resource Person: Mr. Amit Kanwar (Asst. Professor, Physical Education)". At the bottom of the slide, it says "You, We & Hislop". The meeting controls at the bottom show a time of 11:43 and a participant list with 64 people. The Windows taskbar at the bottom shows the time as 11:31 AM on 13-Oct-20.





+50 [Participant Icons]