

REPORT
OF
NATIONAL LEVEL WORKSHOP
“Developing Awareness on Yoga-A Way of Life”.
23rd & 24th April 2016

**Sainath Education Trust's
H.B.B.Ed. College,
Sector-10A, Plot No-16/17
Vashi, Navi Mumbai-400703
Tel.022-27880819/9869070025
Website-www.hbbedcollege@gmail.com**

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OF
NATIONAL LEVEL WORKSHOP**

**“Developing Awareness on Yoga-A Way of Life”.
(23rd & 24th April 2016)**



Organised By

INTERNAL QUALITY ASSURANCE CELL

**Sainath Education Trust's
H.B.B.Ed. College,
Vashi ,Navi Mumbai.**

Venue

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Foreword

"Your life is a sacred journey. It is about change, growth, discovery, movement, transformation, continuously expanding your vision of what is possible, stretching your soul, learning to see clearly and deeply, listening to your intuition, taking courageous challenges at every step along the way. You are on the path... exactly where you are meant to be right now... And from here, you can only go forward, shaping your life story into a magnificent tale of triumph, of healing, of courage, of beauty, of wisdom, of power, of dignity, and of love."

~ by Caroline Adams

Yoga is not new to us. From ancient time onwards we do practice yoga in India, so also our Muni and Rishi. But then why all on a sudden it was in the time light in 2015 which made UNO declare. 21st June as the International yoga day .We have many such good practices but thanks to our Govt. and our Prime-minister which has drawn international attention to this such continent.

This yoga workshop is a humble recognition of the need in modern society for guidance toward a new way of living -- a way of living that is in greater harmony with our natural surroundings and more synergistic with our fellow beings.

Amidst the chaos and clatter of present-day life, and the often seemingly amoral habits and actions of individuals and vast groups of people around the world, it seems that we have forgotten who we are, why we are here, and where it is that we must go.

I say a new way of living, but in fact, yoga is anything but new. It is the science itself of 'higher living', ancient and perhaps the most comprehensive of its kind. Much more than a mere system of physical exercises as it is commonly portrayed today, yoga was, and is a way of life.

It encompasses not only habits for healthy, pure living, but also 'attitudes toward being'. This includes the moral and ethical foundations that enable us to exist harmoniously with each other and with nature, as well as for evolving the Self to the ultimate heights of spiritual consciousness.

This yoga workshop was created to provide comprehensive guidance into the multidimensional, multifaceted world of yoga. If you have ambitions to teach yoga (or even if you already do teach), then this program is a MUST for you -- an essential investment of your time and energy!

This workshop will not only be a valuable source of material for the furtherance of your own yoga education and the enrichment of your life, but for the benefit of your students, teacher too.

The Yoga workshop was the one who simply wants more out of life -- to gain a deeper understanding of their self, and to find deeper meaning and purpose in their existence. I eagerly offer this workshop to you and am optimistic that through yoga you will find, as I have, those very things and more.

They are the culmination of wisdom garnered from the selfless experiments of the great seers and sages of old, known as Rishis, who systematically organized the great science of growth and evolution that we today call yoga.

In the Yoga Sastra (yoga teachings) it is told that if one were to meet their guru and God at the same time, then one should first worship the guru, for it is he/she who has made it possible for them to know God. In that sense, I humbly acknowledge those who have guided me from the darkness towards the light.

School, Colleges and Educational Institutions play a very important role in disseminating knowledge, information and practices of yoga.

Therefore we at H.B.B.Ed College thought of spreading this awareness through this workshop inviting school and colleges teachers.

We have also resource persons from Kaivalydharm, Lonavala, Pantanjali yoga centre, Vivekannand yoga centre and yoga teacher from school and university.

So that we learn and do something for ourselves and for country.

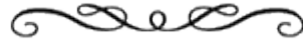
I extend my eternal gratitude to any and all that have contributed to growth and understanding over the years, which cumulatively has placed me in the position of being able to share the ancient wisdom of India with you now.

My heartfelt thanks to my teaching and non-teaching staff, participant through whom these wonderful teachings and practices have reached me, and ultimately you.

Dr.Swarnalata Harichandan
Principal

ACKNOWLEDGEMENT

**"I was born into the darkness of ignorance.
Then I met my Master and they removed my ignorance
with the lamp of Wisdom."**



I would like to express my gratitude and appreciation to all those who gave me the possibility to complete this yoga workshop.

A special thanks to Dr. D. Harichandan whose help, stimulating suggestions and encouragement, helped me to coordinate workshop.

I am thankful to our management whose have given his full effort in guiding the team in achieving the goal as well as his encouragement to maintain our progress in track.

I would to appreciate the guidance given by other supervisor as well as the participant.

I would also like to acknowledge with much appreciation the crucial role of the teaching and non- teaching staff.

Lastly I would like to thank each and every person who has directly or indirectly helped us in successfully organizing the workshop.

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Background:

The study and practice of yoga is by nature interdisciplinary. Physical asana (postures or positions) of yoga, it is in fact an integrated system of history, philosophy, psychology, and cultural studies. The practice is rooted in a system that is very connected to specific culture & identity.

Ever since the United Nations declared 21st June as the International Yoga Day it has drawn worldwide attention and Yoga all on a sudden became an issue and debate of international deliberations. The celebration of IYD in India is now in Guianese Book of World records in terms of its magnitude and scale of operations. There was also direction from different ministries especially AYUSH and HRD to practice yoga different levels. School boards at state as well as national level have tried to introduce in their curriculum. Therefore it becomes very important to develop awareness about Yoga and its practice and implementation across different Boards. Hence this workshop is a step forward in this direction.

Objectives of the workshop are:

- To develop awareness on yoga and its usefulness in daily life.
- To remove the misconceptions about yoga.
- To give training in the practices of yoga.
- To create master trainer in the field of yoga in their respective institutions.

Subtheme of the workshop are:

- Asana
- Meditation
- Pranayam

Outputs

This workshop will help in increasing knowledge and understanding of the impacts of yoga in life. It will help to remove the misconceptions about yoga & create master trainer who will ultimately train valuable information to the general public. Being a professional institution we have the good opportunity to create the people who create the generations. If we go for public awareness then we have to go individually for it. Teaching is a field where we have the opportunity to go with a large number of people at a time. We creates 100 student teachers in one academic year from a single College and we have nearly 82 B.Ed. Colleges under Mumbai University. These teachers when actually goes in the teaching field they have average of 60 to70 students under them per year. That means we are creating awareness in a geometric manner. Such geometric increase will naturally help to bring awareness in a mass scale. The main purpose of the workshop is to highlight about different institutions which are disseminating training about yoga. The workshop will not only make people familiar with the concept of yoga and its uses in life but will develop the skill and interest in practicing yoga in their daily life.

Activity: Two days activities on theory and practices on yoga, its awareness and effect.

Beneficiaries and Impacts: The workshop will help to know the responsibility and how effectively such responsibility can be carried on in future as the expected participants for the workshop are teachers, teacher educators, student teachers and students.

Seminar report

Inaugural session

A two day National workshop on **“Developing Awareness on Yoga-A Way of Life”** was organised by Internal quality assurance cell, Sainath Education Trust’s, H.B.B.Ed. College, Vashi, Navi Mumbai on 23rd & 24th April 2016. In which 87 participant from various school and college of Navi Mumbai and Mumbai region. Participant includes includes students, teachers, staff, principal and HOD of various stream like Education, Engineering, Management, Commerce.



The inaugural function started with the welcome song sung by Mrs. Rasika Dhamankar, “Ful palav kalikalyan karat swagtam karat swagtam, Panchi Madhur Sabdha karat swagtam karat swagtam”.

lightening the lamp by the guest.



Shri. Haribansh R. Singh, MP (Loksabha), President of Sainath Education Trust felicitated G. Prasanna Ramaswami, I.A.S, Deputy Commissioner, Leh (J&K) who is the chief guest of workshop, and resource person.



It was followed by welcome address by Dr.Swarnalata Harichandan ,Principal,Sainath Education Trusts H.B.B.Ed College,Vashi, Navi Mumbai. In her address she explained the importance of Yoga. yoga is nothing but a scientific way of life.it is science of controlling human emotions and mind,so to practice yoga is important for all who have emotions and mind.

The newsletter of college were released in this occasion.



Shri.Haribansh R. Singh,MP (Loksabha),President of Sainath Education Trust, he quoted on yoga “Manjile Unki puri hoti hai jinke sapno me jan hoti hai.” future fitness required for yong youth and the teachers who play the importance role of build up the nation.He also spoken on role of yoga in our daily life.

Our chief guest G. Prasanna Ramaswami, I.A.S, Deputy Commissioner, Leh (J&K), the young person given one example of suicide case, he said that one engineering student written his suicide note “Tu Jit gaya me Har Gaya” .He also state that how yoga relief the daily workload,tension,heath issue and stability of person . Yoga also helpful for the competitive written and oral examination.Vote of thanks given by Dr.Pratima Sabde.

Session I

Benefits of Pranayama- Shri Rakesh Pandey, Patanjali Yoga Instructor, Ulhasanagar.

Shri Rakesh Pandey, Patanjali Yoga Instructor, Ulhasanagar was first resource person of yoga workshop who conducted forenoon interactive session of the demonstration of breathing .this includes breathing techniques (pranayama) and breath body movement coordination practices (kriyas).

It also stands for cosmic power, or power of the whole entire universe that reveals itself as a conscious living entity in us through the miracle of breathing. The sage Patanjali, in Yoga Sutras, defines Pranayama as “regulation of incoming and outgoing breath coupled with retention.



Pranayama develops the lungs and those who practise it will have a powerful, sweet, melodious voice. The body becomes lean, strong and healthy. Excretions become scanty and the appetite becomes keen. The digestive fire is augmented. There is lustre on the face and the eyes sparkle like diamonds. The practitioner becomes very handsome. The student becomes so perfect in Brahmacharya, sensual restraint, that his mind will not be shaken even if a celestial maiden tries to embrace him. The student is free from all sorts of diseases. The nadis, flows of energy, are purified.

Session II

Meditation- Techniques and effects- Shri. Durgadas Sawant, Incharge Yoga Teachers Training Course, Yoga Vidya Niketan, Vashi

Shri. Durgadas Sawant, Incharge Yoga Teachers Training Course, Yoga Vidya Niketan were second resource person of yoga workshop who conducted forenoon interactive session of the demonstration on Meditation. This include Gyana yoga is the control of the faculty of mind concerned with concentration and learning, even producing a photographic memory such as Gandha Gnana, Sparsh Gnana, Sparsh Gnana, Ras Gnana, Drushti Gnana.





Session III

Classical Yoga and Modern approach-

Dr.Rajeshwar Mukharjee,Research Assistant,Kaivalyadham ,Lonavala

Yoga is the journey of the self,through the self,to the self

-Bhagvat Geeta

Dr.Rajeshwar Mukharjee, were third resource person of yoga workshop who conducted afternoon session on the Classical Yoga and Modern approach. He explained classical yoga and modern approach through Bhagvat Geeta . He said yoga literally means “union “or living an integrated whole life. The word yoga comes from Sanskrit “yuj “which means to “join” to yoke together or harmony of action.

He gave some examples from the Bhagvat Geeta such as Raja Janak and Lord Krishna.



Lord Krishna delineates the concepts of action with detachment and renunciation in actions explaining that both are a means to the same goal. Lord Krishna reveals Astanga yoga, and the exact process of practicing such yoga. The difficulties of the mind and the procedures by which one may gain mastery of their mind through the yoga which reveals the spiritual nature of a living entity.

Session-IV

Video & Demonstration of Ayush Protocol of yoga during International Yoga Day (33 min.)

Dr.BijayMaharana(Ph.D Yoga) ,Director.ISSARA Yoga Centre,Mumbai.

Dr.BijayMaharana, shows Video & Demonstration of Ayush Protocol of yoga during International Yoga Day.

Day -2nd

Session –I

Women's Empowerment Through Yoga -Mrs. Vandana Kumar, Yoga teacher, Mumbai.

Mrs. Vandana Kumar shows power point presentation on Women's Empowerment Through yoga.

Traditionally women in India played the role of a home maker. They entire life they were groomed for handling the role of a wife and a mother. Their identity was a person was always put into the background. Traditionally women in India played the role of a home maker. They entire life they were groomed for handling the role of a wife and a mother. Their identity was a person was always put into the background.



Adopting Yoga as a lifestyle empowers us to adapt to these changing environments.

The heights scaled by women today are commendable to say in the least but as our responsibilities increase and life gets more complex we need to better equip ourselves to these changing environments and situations.

The benefits of yoga are numerous and cover a broad range of physical, emotional, and wellness issues. Because some of yoga is weight-bearing exercise, it can also help prevent osteoporosis. Since so many of us women are just prone to this dangerous brittle-bone disease, this is a fantastic benefit of yoga!

She Said ,lifestyle is the way people live and this has immense influence on the status of health or disease since one's lifestyle is developed early life, it is advisable to cultivate healthy lifestyle in early childhood .she also explained the improvement of psychological functions through regular practice of yoga.

After this session enjoying yogic snack prepare by Dr. Bijay Maharana.

Session-II

Laughing session and Demonstration of yoga - Dr.Bijay Maharana.

Enjoying,tension free Laughing session conducted by Dr.Bijay Maharana.

Laughter itself boost peoples health, communication, positive thinking and creativity. Our laughter session are just the ticket to give you the boost that you need. Laughter is seen as contagious and the laughter of one person can itself provoke laughter from others as a positive feedback.



Again and Again
Return like Mountain
Release like ocean
Relax like sky
And rest-Rest in the heart of pure awareness

- Living Buddha

Valedictory Function & Certificates Distribution

Dr.Swarnalata Harichandan,Dr.D.Haricnandan,Dr.Bijay Maharanna,Dr.Ratni Thakur were presented the last occasion of valedictory function. The anchoring done by Dr.Rekha Jagdale.

Mr.Deepakkumar Kalambarkar presented sawagat geet

“Sur Shabda He Nave Nave Ana Navech Aaj Tarane”.

Dr.D.Harichandan spoken about the importance of yoga for teachers. Dr.Ratni Thakur appreciated the efforts taken by the college staff in organizing the workshop on yoga.

Dr.Swarnalata Harichandan said, in B.Ed time table must introduce the half an hour yoga period. To make the “healthy mind in healthy body.”

Ms.Vaishali Tadvi, Asst.Prof.,H.B.B.Ed College,Vashi presented the report of two day National level workshop.. The seminar came to an end with vote of thanks given by Dr.Rekha Jagdale to one and all. Certificated distribution were done by Mr.Rajaram Chede and Mr.Deepakkumar Kalambarkar.



Participant Feedback

I am so glad that did. It's been amazing! It is much more than what I expected. I had this chronic inflammation in both my knees from bilateral knee replacement (one and a half years ago) and also increased inflammation in my right leg which made me limp and wear a long boot. After one weekend...my leg pain completely went away and my knees felt so relieved and less stiff. The benefits that I am experiencing are indescribable. It's unbelievable! I have done courses before; but this is unlike anything else I've experienced. I am so happy that I did this. I would recommend this for anyone. It improved my physical, mental and emotional well-being, which I needed after being a caregiver for so many years, for so many people... and finally this has helped me take care of myself in all aspects which is unbelievable. I really want to join yoga course and be able to teach and help others. Thank you! – Sangita Nehate.

I enjoyed the course and benefited on personal levels, which I've also started to apply into my professional role. I am hoping to expand this experience into the community. Thank you!

– Dr.Nilima More

This workshop has given me so many essential self care modalities for living a healthy, vital and more spiritual life.

– Samiksha Mhatre

Relax is a life changer! The depth of knowledge combined with clearly defined practice promotes lasting lifestyle change for health. Thank you – Mrs.Pramila Jagdale

Coming into the workshop, I had very little idea of what to expect. Following the first weekend together, I was beyond impressed and I never imagined how much just would change my life. I did a lot of thinking and I began to implement my own practice daily. I feel this is a journey that cannot be explained by words, but needs to be travelled on. I know that with each passing module, my personal growth and discovery increased immensely. This workshop has truly changed my life. But not only my life, but all those around me. – Roza Vasave.

For me, this has been a life-changing experience. I decided to take the workshop because I wanted to learn yoga and I knew it was supposed to decrease stress. It did teach me how to decrease stress; but in addition, I learned so much more about myself as a person. Years of therapy wouldn't have had any better results. I felt wrapped in love, understanding and acceptance in every class... that in itself was a powerful healing for me and I feel fortunate to have had this experience.

– Vibhavari Mokashi.

On-going participant reflections:

- I feel an overall increase of energy level throughout the day.
- My back is feeling great!
- Enjoyed another new experience and left with a feeling of happiness and eagerness to continue learning.
- Thank you so much! What an amazing day it was. I'm really enjoying practicing the yoga and mindfulness you shared with us.
- I am able to relax and sleep and feel calm. The course is very valuable — content necessary and essentially missing in today's healthcare.
- Awoke relaxed and focused. Happy.
- I am able to breathe through both sides of my nose! Felt energized and focused after.
- I am surprised how much my body needed cleansing.
- I have a truer definition and understanding of "yoga". I see benefits of the practice in myself and others in the classes. It fits in and makes sense with much of my other learnings.
- I used one of the Relax techniques while driving through traffic. It kept me calm and happy.
- I feel ready to take on the day!
- Noticing that I am more relaxed and that my breath really slows down. It seems a positive way to start my day.
- This course has been of tremendous value... life changing for me. Your experience takes it beyond book knowledge.
- Attending Yoga workshop is extremely beneficial to show classroom practices in real situations. Each community class offers new ideas/methods.
- This has been a life changing experience. It has enhanced my relationships and my ability to set boundaries and take time for myself.
- I would recommend this not just as a certification but to anyone looking to improve their overall health/well-being.
- The workshop is a wonderful value. It flows so well with wellness promotion. I am looking forward to developing a program for teens and then staff.
- These classes have allowed me to challenge my thought processes.
- I recommend this to all my colleagues.
- It was good to observe and learn from each other in a nurturing setting — thank you!
- It is definitely spreading more calmness into my days.

- I love how alert and present I feel after this last week and a half. I have been told by many of my close friends that I am glowing more than normal.
- On a personal level, I feel I have grown immensely in my awareness. These tools have launched me on a very exciting journey that I hope to share with others in the future. I absolutely recommend it.
- My journey of ‘just noticing’ has begun...
- My whole body felt in tune with the universe

Annexure-I

National workshop on “Developing Awareness on Yoga- A Way of Life”. 23rd & 24th April 2016

PROGRAMME SCHEDULE 1st Day

23rd April 2016	
9.30 AM – 10.30 AM	Registration & Breakfast
Inaugural Session 10.30AM – 11.15AM	Lighting the Lamp
	Welcome to the guest
	Background of the Seminar Dr. Swarnalata Harichandan, Principal ,H.B.B.Ed College ,Vashi
	Inaugural Address G.Prasanna Ramaswami, I.A.S Deputy Commissioner,Leh (J&K)
11.15 AM - 12.00 PM	Session I Benefits of Pranayam Shri Rakesh Pandey Patanjali Yoga Instructor,Ulhasanagar.
12.00PM-2.00 PM	Session II Meditation-Techniques and effects Shri Durgadas Sawant Incharge Yoga Teachers Training Course,YogaVidya Niketan,Vashi

2.00P.M-3.00 P.M	Lunch
3.00PM – 4.00 PM	Session III Classical Yoga and Modern approach Dr.Rajeshwar Mukharjee Research Assistant,Kaivalyadham ,Lonavala
4.00PM – 5.00PM	Session IV Video & Demonstration of Ayush Protocol of yoga during International Yoga Day (33 min.) Dr.BijoyMaharana(Ph.D Yoga) Director.ISSARA Yoga Centre,Mumbai.

2nd Day

24th April 2016	
11.00 AM –12.00PM	Session-I Women Empowerment through Yoga Mrs.Vandana Kumar Yoga Teacher,Mumbai
12.00PM-1.00 PM	Yogic snacks
1.00 PM -2.30 PM	Session-II Laughing Session and Demonstration of yoga. Dr.BijoyMaharana(Ph.D Yoga) Director.ISSARA Yoga Centre,Mumbai. Valedictory function & Certificates Distribution
2.00 PM-3.00PM	Lunch
3.00PM-5.00PM	Valedictory function Mrs.Rekha Jagdale Asst.Prof H.B.B.Ed College, Vashi
3.30 PM-3.45 PM	Swagat Geet, Mr.Deepakkumar Kalambarkar. Lecturer, H.B.B.Ed College, Vashi
3.45PM-4.00 PM	Two day National Level Workshop report reading Vaishali Tadvi Asst.Prof H.B.B.Ed College, Vashi

4.00 PM-4.30 PM	Participant Feedback.
4.30 PM-5.00PM	Certificates Distribution Mr.Rajaram Chede , Mr.Deepakkumar Kalambarkar. Lecturer, H.B.B.Ed College, Vashi

Annexure-II

List of Participant

Sr.No.	Name	Designation	Name and address of the institution
1	Ms.Sandhya Madhusudhan Gohil	Asst.Prof.	MCT'S College of Education and Research,Airoli,Sec-4
2	Mrs.Suman Verma	Incharge Principal	R.R.Educational Trust's B.Ed College Mulund (E) Mumbai.
3	Amol Rajaram Kamble	Student	Govt. College of Education ,Panvel
4	Sonawane Surekha Santosh	Asst.Prof	R.R.Educational Trust's B.Ed College Mulund (E) Mumbai.
5	Lata Karbhar Vidhate	Teacher	N.M.M.C School.No-17,Juinagar.
6	Manisha L.Parange	Teacher	Patil Manisha Jaydas At-Nere HighSchool,Nere,Panvel
7	Sheeba Sunil Kumar	Teacher	Bal Vikas Primary Eng.Medium School,Sec-20,Belapur.
8	Sangita Anil Nehate	Teacher	Vidhya prasarak Highschool,Belapur,sec-19,Belapur.
9	Mr.Ravi Anant Jagtap	Asst.Prof	D.V.S college of commerce,koparkhairne
10	Dayanand Ghosalkar	Teacher	D.V.S college of commerce,koparkhairne
11	Mrs.Manasi Milind Kolambkar	Asst.Teacher	B.P.M. High School,16 th Road,Khar(w)
12	Dr.Nilima Arvind More	Asst.Prof.	Govt. College of Education ,Panvel
13	Prof.Jivraj K.Mahida	Prof.	ICLE'S Motilal Jhunjunwala college,vashi.
14	Prof.Roza Ramsing Vasav	Asst.Prof.	Shree. Narayan Guru College of

			Eduation, Chembur,Mumbai.
15	Patil Aparana Pankaj	Principal	D.V.S. English School,koparkhairne.
16	Dr.Rathni Thakur	Principal	Oriental college of education,sanpada
17	Vijayani Srichandan	Teacher	P.E.S central school,Belapur
18	Ashish Srichandan	Eng.student	TITE ,Bijaptnaik University,odisha
19	Mrs.Sangeeta Pawar	H.O.D	Dept. of commerce,University of Mumbai.
20	Mrs.Lata Pillai	Principal	Sainath English High School,Vashi.
21	Mrs. Suhasini	Lecturer	Rajiv Gandhi Arts,Commerce,Science. Vashi
22	Mr.Sahu	Asst.Prof	Rajiv Gandhi Arts,Commerce,Science. Vashi
23	Ms.SeemaVaigankar	Lecturer	Rajiv Gandhi Arts,Commerce,Science. Vashi
24	Dr.D.Harichandan	Prof.	IDOL,University of Mumbai.
25	Dr.Swarnala Harichandan	Principal	H.B.B.Ed College,Vashi.
26	Mr.Deepakkumar Kalambarkar	Lecturer	H.B.B.Ed College,Vashi.
27	Mr.Rajaram S. Chede	Lecturer	H.B.B.Ed College,Vashi.
28	Mrs.Samiksha Sameer Mhatre	Lecturer	H.B.B.Ed College,Vashi.
29	Ms.Vaishali Husen Tadvi	Asst.Prof.	H.B.B.Ed College,Vashi.
30	Mrs.Vibhavari Vijay Salunke	Librarian	H.B.B.Ed College,Vashi.
31	Mrs.Pramila Shivaji Jagdale	Lecturer	H.B.B.Ed College,Vashi.
32	Dr.Rekha Suresh Jagdale	Asst.Prof.	H.B.B.Ed College,Vashi.
33	Mrs.Roshani Vishal Kharat	Asst.Prof.	H.B.B.Ed College,Vashi.
34	Dr.Pratima Sabde	Asst.Prof.	H.B.B.Ed College,Vashi.
35	Mrs.Sheela Wagela	Staff	H.B.B.Ed College,Vashi.
36	Mr.Firoz Kazi	Clerk	H.B.B.Ed College,Vashi.
37	DHYANI GEETA GIRISH ALAKNANDA	Student	H.B.B.Ed College,Vashi.
38	SONAWANE KALPANA ARJUN KANTA	Student	H.B.B.Ed College,Vashi.
39	CHAUBEY JYOTI RAMBILAS GYATRI	Student	H.B.B.Ed College,Vashi.
40	VISHWAKARMA POOJA SURESH SURUCHI	Student	H.B.B.Ed College,Vashi.
41	KHAN SHAHEEN SAJID MAINMUNNISA	Student	H.B.B.Ed College,Vashi.
42	MAHADIK PRIYA BHAU SHEWANTI	Student	H.B.B.Ed College,Vashi.
43	NADAR VINIPRIYAANGEL VINCENT SELVIBAI	Student	H.B.B.Ed College,Vashi.
44	OZA CHHAYA MITESH MANJU	Student	H.B.B.Ed College,Vashi.
45	PATEL KHUSHABU KANTILAL VANITA	Student	H.B.B.Ed College,Vashi.
46	PATEL SHOEB SALIM SHAMIM	Student	H.B.B.Ed College,Vashi.
47	KALE VIJAYA PRABHAKAR MANGAL	Student	H.B.B.Ed College,Vashi.
48	KHOMBARE RAJIV TAMMANNA RUPA	Student	H.B.B.Ed College,Vashi.
49	PARIKH PRITI MAHENDRA USHA	Student	H.B.B.Ed College,Vashi.
50	PUJARI PUJA DEVDAS PARVATI	Student	H.B.B.Ed College,Vashi.
51	RAMDHARNE MADHURA SHASHIKANT SHUBHADA	Student	H.B.B.Ed College,Vashi.
52	SHEIKH IDMOHMED NASHRUDDIN SALEHA KHA	Student	H.B.B.Ed College,Vashi.
53	VAISHNAV NIDHI VINOD SHYAMA	Student	H.B.B.Ed College,Vashi.
54	PALLAWI PRIYANKA AMRENDRAKUMAR INDU KUMARI	Student	H.B.B.Ed College,Vashi.
55	PANDEY ARCHANA SHANBHUNATH SAROJ	Student	H.B.B.Ed College,Vashi.
56	PATHAN ZARA ABDUL REHMAN HAWABI	Student	H.B.B.Ed College,Vashi.

57	SINGH PAYAL GIRIJA SHANKAR RASHMI	Student	H.B.B.Ed College,Vashi.
58	SOLKAR AMINABI IQBAL JUMABI	Student	H.B.B.Ed College,Vashi.
59	UPADHAYAY DWARIKA NATH RAMESH MEENA	Student	H.B.B.Ed College,Vashi.
60	BHOWARE VASANT LAHANU DHAKALI	Student	H.B.B.Ed College,Vashi.
61	AWADE HARSHADA VIJAY MANGAL	Student	H.B.B.Ed College,Vashi.
62	BHOIR SHUBHANGI MANOJ KUNDA	Student	H.B.B.Ed College,Vashi.
63	GAIKWAD KAVITA RAMDAS VIMAL	Student	H.B.B.Ed College,Vashi.
64	KAMBLE NIRMALA DASHARATH SEEMA	Student	H.B.B.Ed College,Vashi.
65	GADE RUPALI BRAMHANAND VIMAL	Student	H.B.B.Ed College,Vashi.
66	KESARKAR ANJALI DATTARAM SUNITA	Student	H.B.B.Ed College,Vashi.
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