

Gat No.95/1, Near Airport,

Behind Shakambharimata Temple, Chincholi, Jalgaon

Phone: 0257-2957555, 2958555, 2228777

Email: info@homoeopathy.ac.in

Date:5/19/2019

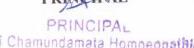
#### **CIRCULAR**

This is to inform all faculty, non teaching staff and student members that our institution will be organizing "Meditation and Wellness Retreat a Yoga and wellness activity on 5/21/2019, at the Seminar Hall. Your active participation is shouted and derive the advantage from this session, which is designed to contribute to your ongoing personal and professional development.

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### **BROCHURE**

# YOGA AND WELLNESS PROGRAM

# Meditation and Wellness Retreat IMPROVED IMPROVED IMMUNITY B. IMPROVED IMPROVED IMMUNITY B. IMPROVED IMPROVED IMMUNITY B. IMPROVED IMP

Date: 21/05/2023



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# **ACTIVITY REPORT**

Name of the Activity	Meditation and Wellness Retreat	
Type of Activity	Yoga and Wellness activity	
Date and Time of Activity	5/21/2019	10:00AM
Details of Participants	16	
Resource Person	Vaishali Bharambe	a com to
Description	Homeopathic College and Research at promoting holistic well-being a participants in attendance, this yoga opportunity for students to immerse wellness activities. Facilitated in a retreat offered guided meditation so workshops on various aspects of we exemplified the institute's commitmed clinical skills but also the mental Participants gained valuable insight mindfulness, contributing to a more their studies and future homeopathic	and wellness activity provided a unique et themselves in meditation practices and serene and conducive environment, the essions, rejuvenating yoga practices, and ellness. The program, held on 21-05-2019, ent to nurturing not only the academic and and emotional resilience of its students. Is into stress management, self-care, and balanced and health-conscious approach to practice. The positive response from the of such immersive retreats in promoting pathic community.
Photos		



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# Meditation and Wellness Retreat LIST OF PARTICIPANTS

Date: 21/05/2019

S. NO	ROLL NO	NAME OF THE STUDENT
1.	1519256100	PAWAN SAMADHAN NATH
2.	1519196548	PRANITA GANGADHAR BODADE
3.	1519196593	RUTWIKA PURNAJI PATKAR
4.	1519196611	KAMINI SANJAY VAIDYA
5.	1519196566	SHRADHA VIJAY LAHIRE
6.	1519196553	TEJASHRI NARESHRAO CHAVHAN
7.	1519196608	ANUSHKA PURUSHOTTAM THAKARE
8.	1519196587	GAURI RAJENDRA PATIL
9.	1519196570	ISHWAR DNYANESHWAR MOKASE
10.	1519196559	PRADEEP JAYPRAKASH GUPTA
11.	1519256085	HALIMA BI JAVED DESHMUKH
12.	1519256122	FAISAL ATAULLAH SHAH
13.	1519256126	SHIFA MOHAMMED YUNUS SHAIKH
14.	1519196564	JASMINE GAUTAM KHONDE
15.	1519196558	MOHANDAS KAILAS GADHE
16.	1519196561	VAISHNAVI SUNIL JAISWAL
17.	1519196609	TAUFIL RAZA AKHATAR MEMON
18.	1519196594	RASHMI AJAY PAWAR
19.	1519196571	HARSHA KAILAS MULANDE



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No S	CHMC/	
20.	1519196580	SHOAIBKHAN SALIMKHAN PATHAN
21.	1519256128	RAJESHWAR GAJANAN SHINDE
22.	1519256134	USAMA KASHIF KHAN ABDUL RASHEED KHAN
23.	1519256092	SAQUIB SHAREEF KHAN
24.	1519256109	AKSHAY SHIVAJI PATIL
25.	1514250729	IMRAN MUSTAKIM PINJARI
26.	1516136566	BHAGYASHREE CHANDRAKANT RAVNDALEKAR
27.	1514250703	AVINASH ASHOK JADHAV
28.	1513292534	DINESHKUMAR LALBACHAN SHARMA
29.	1516136543	CHATURTHI RAMDAS GULHANE
30.	1515260807	AKSHAY NANA PATIL
31.	1515260837	ARTI ANANT UMALE
32.	1514250748	KAUSTUB RAMCHANDRA YEOLE
33.	1515260835	DIKSHA RAJESH TAMBE
34.	1514250734	GAJANAN KAILAS SABALE
35.	1515260808	BHAGYASHRI KAILAS PATIL
36.	1516136560	KRUSHNA VIVEKANAND PATIL
37.	1515260829	PRASHANT BHANUDAS SHELAKE
38.	1515260790	SEJAL GANESH KHARAT
39.	1513292490	NAVAL DINKAR BORASE
40.	1516136540	DEEPAK BABURAM VISHWKARMA
41.	1516136536	SNEHA NANDLAL BOBADE
42.	1516136541	NIKITA RAMPRASAD DHAWALE
43.	1516136551	SAJID MOHAMMED RUSTAM SHAIKH
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14.	1516136546	PRIYANKA PARMESHWAR JOGDANAD
15.	1516136539	VAISHALI RAJESH CHAVAN
46.	1516136572	SADAF NAAZ WASEEQUE AHMED SIDDIQUE
47.	1516136542	NIKITA DILIP DIWATE
48.	1515260831	SHRESHTA SUNIL SINHA
49.	1515260786	KASHIF HAMID HUSSAIN
50.	1516136560	KIRAN BHARAT RATHOD
51.	1516136571	QURRATULAIN ABDUL AZEEM SHAIKH
52.	1507262768	UJWAL PRAKASH CHAUDHARI
53.	1513292498	POOJA ANIL GHUGE
54.	1516136563	YOGITA DIGAMBAR PAWAR
55.	1516136569	HUSSAIN SHAKIL SAYYED
56.	1516136550	SHIVANI ASHOK MAHAJAN





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Date:6/19/2020

#### CIRCULAR

This is to inform all faculty, non teaching staff and student members that our institution will be organizing "Yoga and Mindfulness for Stress Reduction Program a Yoga and wellness activity on 6/21/2020, at the Seminar Hall. Your active participation is shouted and derive the advantage from this session, which is designed to contribute to your ongoing personal and professional development.



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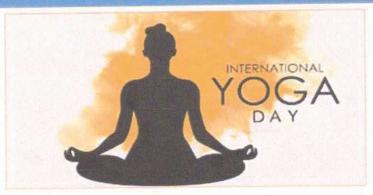
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#### **BROCHURE**

#### YOGA AND WELLNESS PROGRAM

# Yoga and Mindfulness for Stress Reduction Program



Date: 21/06/2019





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## **ACTIVITY REPORT**

Name of the Activity		Stress Reduction Program
Type of Activity	Yoga and Wellness activit	<i>y</i>
Date and Time of Activity	6/21/2020	10:00AM
Details of Participants	30	
Resource Person	Vaishali Bharambe	
Description	06-2020 at SCHMC Hom dedicated initiative to ach homeopathic students. Wellness activity aimed to tailored for stress reduct postures, breathing exercitor alleviate stress and prorewith the International Decommitment to holistic exprogram provided studen their overall well-being. T	ess for Stress Reduction Program" conducted on 21- eopathic College and Research Institute served as a dress the importance of mental well-being among ith 30 participants in attendance, this yoga and integrate yoga and mindfulness practices specifically on. The program included a combination of yoga ses, and mindfulness meditation techniques designed note mental clarity. Held on 21-06-2020, in alignment by of Yoga, the session underscored the institute's ducation. Facilitated by experienced instructors, the swith practical tools to manage stress and enhance the positive turnout reflects the growing recognition of mindfulness play in maintaining mental health within ity.
Photos		



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Date: / /

# Yoga and Mindfulness for Stress Reduction Program LIST OF PARTICIPANTS

Date: 21/06/2020

S. NO	ROLL NO	NAME OF THE STUDENT
1.	DAB0120191597	ADEEBA ASLAM TULWAY
2.	DAB0120191601	AMARAJEET PAWAN SHARMA
3.	DAB0120191596	ANJALI SURESH SINGH
4.	DAB0120191610	ARPITA SATYENDRA AMLE
5.	DAB0120191618	ASMA BI SHAIKH IQBAL PINJARI
6.	DAB0120191599	CHETANA UDAY PATIL
7.	DAB0120191603	SHIFA KAUSAR NUSRAT ALI SAYYED
8.	DAB0120191605	RUTUJA NANDKUMAR AWALKONDE
9.	DAB0120191617	SAYAMA MO.YASIN PATEL
10.	DAB0120191619	FAIZ KHAN ASIF KHAN PATHAN
11.	DAB0120191620	GUNJAN PRAMOD NARKHEDE
12.	DAB0120191622	VAISHANAVI BHARAT PARDESHI
13.	DAB0120191623	MITALI PRALHAD SANKOPAL
14.	DAB0120191624	SANJANA JAYANT PATIL
15.	DAB0120191607	DIPALI ABHIMANYU BORDE
16.	DAB0120191606	DIVYA VILAS DHODI
17.	DAB0120191609	SEEMA ABDUL KADIR QURESHI
18.	DAB0120191611	SHRDDHA NANA KOKARE



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9.	DAB0120191612	
20.	DAB0120191628	BILAL AHEMED MOHAMMED SALIM MOMIN
21.	1518234262	BHAVNA ASHOK GAVANDE
22.	1518234267	AYMAN SAJID KHAN
23.	1518234297	SIRAT FATEMA ASIF KHAN
24.	1518234294	TAUHID RUSTAM SHAIKH
25.	1519196546	ANDALIB EJAZ AHMED
26.	1518234277	YASHKUMAR LAXIMANBHAI PATEL
27.	1519196560	AKSHAY ISHWAR HAWLE
28.	1519196551	NIKHIL KAMLAKAR CHAUDHARI
29.	1518234291	ANSAR GULAB SHAIKH
30.	1518234275	NIHAL RAJU PATEL
31.	1518234295	SHAZIYA PRAVEEN AB BAQUID DESHMUKH
-	1519196598	ANIKET VITTHAL RATHOD
32.	1519196565	SWAPNIL SATISH KURUND
33.	1519196545	TEJASWINI JITENDRA AMBEKAR
34.	1519196574	TEJASWINI SURESH PANDHARE
35.	1518234265	HITANSHU VASANT KADAM
36.		SAQIB NAWAZUDDIN SHAIKH
37.	1519196599	
38.	1518234288	RAVINDRA RAJLINGU RANDANDI
39.	1518234285	VIKITA SURESH PATIL
40.	1518234301	AISHWARYA SANDIP WAGH



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#### **CIRCULAR**

This is to inform all faculty, non teaching staff and student members that our institution will be organizing "Transcendental Meditation Workshop a Yoga and wellness activity on 5/21/2021, at the Seminar Hall. Your active participation is shouted and derive the advantage from this session, which is designed to contribute to your ongoing personal and professional development.

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### **BROCHURE**

#### YOGA AND WELLNESS PROGRAM

# **Transcendental Meditation Workshop**



Date: 21/05/2021



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### **ACTIVITY REPORT**

Name of the Activity	Transcendental Meditation Workshop		
Type of Activity	Yoga and Wellness activity		
Date and Time of Activity	5/21/2021	10:00AM	
Details of Participants	29		
Resource Person	Bhavana Patil	acyn (c	
Description	The Transcendental Meditation Workshop conducted on 21-05-2021 at SCHMC Homeopathy College and Research Institute exemplified the institute's commitment to holistic well-being. Attended by 29 participants, this yoga and wellness activity aimed to introduce and cultivate the practice of Transcendental Meditation (TM) among homeopathic students. Facilitated by experienced meditation instructors, the workshop delved into the principles and techniques of TM, emphasizing its potential benefits for stress reduction, enhanced focus, and overall mental well-being. The participants were guided through meditation sessions and provided with tools to incorporate TM into their daily routines. This initiative aligns seamlessly with the institute's dedication to nurturing not only the clinical proficiency but also the mental and emotional resilience of its students. The positive participation reflects the growing acknowledgment of the importance of meditation practices in promoting a balanced and healthy lifestyle within the homeopathic community.		
Photos		A.A.	



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# Transcendental Meditation Workshop LIST OF PARTICIPANTS

Date: 21/05/2021

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Ref. No S	CHMC/ /	Date: / /
20.	1515260835	DIKSHA RAJESH TAMBE
21.	1515260829	PRASHANT BHANUDAS SHELAKE
22.	1516136534	SAKSHI GOPAL BHAVSAR
23.	1516136535	SAMIKSHA JAGDISH BHAVSAR
24.	1516136547	MAHADEVI SUBHASH KADAM
25.	1516136548	VASIULLAH INYATULLAH KHAN
26.	1516136552	SAYALI PRASHANT MORGHADE
27.	1516136564	SHALAKA BAGWANT PHADNIS
28.	1516136574	SNEHAL SANJAY TATED
29.	1516136569	HUSSAIN SHAKIL SAYYED
30.	1515260790	SEJAL GANESH KHARAT
31.	1516136549	MADHURI SUDHIR KULKARNI
32.	1516136550	SHIVANI ASHOK MAHAJAN
33.	1516136553	BHAVANA SUNIL NAIK
34.	1516136561	SHUBHAM SANJAY PATIL
35.	1516136563	YOGITA DIGAMBAR PAWAR
36.	1516136565	SURESH KASHINATH PRASAD
37.	1516136567	VINITA CHANDRABHAN SAPKAL
38.	1516136568	TEJSWINI EKANATH SAVKARE
39.	1511250938	HARSHAL KANTILAL PATIL
40.	1509282021	SUMIT SHALIGRAM NIMBALKAR
41.	1516136536	SNEHA NANDLAL BOBADE
42.	1516136572	SADAF NAAZ WASEEQUE AHMED SIDDIQUE
43.	1513292508	HARISH NANA MORE
44.	1514250734	GAJANAN KAILAS SABALE
MAGN	1507262768	UJWAL PRAKASH CHAUDHARI

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Date:6/19/2022

Shri Chamundamata Homoeopath

Medical College & Hospital, Jalgac

#### **CIRCULAR**

This is to inform all faculty, non teaching staff and student members that our institution will be organizing "Yoga for healthy living a Yoga and wellness activity on 6/21/2022, at the Seminar Hall. Your active participation is shouted and derive the advantage from this session, which is designed to contribute to your ongoing personal and professional development.

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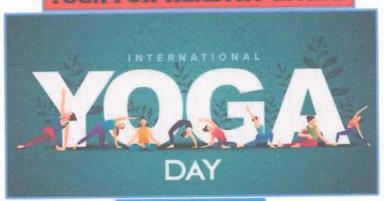
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#### **BROCHURE**

YOGA AND WELLNESS PROGRAM

YOGA FOR HEALTHY LIVING



Date: 21/06/2022



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# **ACTIVITY REPORT**

Name of the Activity	Yoga for healthy living	
Type of Activity	Yoga and Wellness activity	
Date and Time of Activity	6/21/2022	10:00AM
Details of Participants	47	
Resource Person	Bhavana Patil	
Description	The "Yoga for Healthy Living" session held on 21-06-2022 at SCHMC Homeopathy College and Research Institute served as a dedicated endeavor to promote overall well-being among homeopathic students. With 47 participants in attendance, this yoga and wellness activity aimed to integrate yoga practices into the students' lifestyle for enhanced health. The session included a series of yoga postures, breathing exercises, and relaxation techniques designed to improve physical fitness, reduce stress, and foster mental clarity. Led by experienced yoga instructors, the program emphasized the importance of incorporating holistic practices into daily life to maintain a healthy balance between mind and body. SCHMC Homeopathy College's commitment to the well-rounded development of its students was evident in this initiative, acknowledging the integral connection between physical and mental health in the pursuit of excellence in homeopathic practice. The positive participation underscores the growing recognition of yoga as a valuable component of a health-focused curriculum.	
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Date:

# Yoga for healthy living LIST OF PARTICIPANTS

Date:21/06/2022

S. NO	ROLL NO	NAME OF THE STUDENT
1.	1516136558	AJAY KAILAS PATIL
2.	1518234286	YASH ARUN PATIL
3.	1518234281	DIPAK RAYDAS PATIL
4.	1519262768	RANJEET VASANT RATHOD
5.	1519256122	FAISAL ATAULLAH SHAH
6.	1519256134	USAMA KASHIF KHAN ABDUL RASHEED KHAN
7.	1518234300	UZMA KAUSAR AHMAD KHAN
8.	1516136556	ASIBKHA AYUBKHA PATHAN
9.	1520272992	DINESH MALKHAN CHAVAN
10.	1520272993	HARSHADA VIJAY PATIL
11.	1520272994	ISRA SALIM PATEL
12.	1520272995	JAVERIYA SHARMIN NAHID AKHTAR SHAIKH
13.	1520272997	LOKESH SANJIV PATIL
14.	1520272999	PRACHI PRAMOD KHALSE
15.	1520273000	SANIYA BI IQBAL SHAIKH
16.	1520273001	MUSKAN BI KHALEEL SHAIKH
17.	1520273002	SHRADDHA VINOD CHAUDHARI
18.	1520273003	TAUQIR KHAN ASHRAF KHAN PATVE
19.	1520272991	CHAITANYA GUNWANT PATIL



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T	1518234273	GAJANAN SUVARNASING PARDESHI
20.	1310434413	Marie Marie Marie Control of the Con
21.	1519196599	SAQIB NAWAZUDDIN SHAIKH
22.	1518234265	HITANSHU VASANT KADAM
23.	1518234277	YASHKUMAR LAXIMANBHAI PATEL
24.	1519196546	ANDALIB EJAZ AHMED
25.	1519196549	PRIYANKA KISHOR BORSE
26.	1516136537	TEJASHREE CHUDAMAN BORSE
27.	1519196551	NIKHIL KAMLAKAR CHAUDHARI
28.	1517270577	KISHOR SHESHRAO DESHMUKH
29.	1516136545	IRFAN YUSUF KAKAR
30.	1519196555	PRIYA VIVEK DESHMUKH
31.	1518234260	SADIYA PARVEEN SHAKEEL DESHMUKH
32.	1519196560	AKSHAY ISHWAR HAWLE
33.	1518234270	MOHD SHAHID ALI AMZAD ALI
34.	1518234272	GAYATRI MANOHAR NIKAM
35.	1518234283	SHUBHAM NANA PATIL
36.	1518234288	RAVINDRA RAJLINGU RANDANDI
37.	1519196601	MOHD ANIS ABDUL REHMAN SHAIKH
38.	1518234293	SOHEL SHAIKH SADIQUE SHAIKH
39.	1518234285	VIKITA SURESH PATIL
40.	1518234301	AISHWARYA SANDIP WAGH
41.	1519196545	TEJASWINI JITENDRA AMBEKAR
42.	1519196574	TEJASWINI SURESH PANDHARE
43.	1519196565	SWAPNIL SATISH KURUND



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CHMC/ /	Date: /
1519196598	ANIKET VITTHAL RATHOD
1516136544	KISHAN UMESH GUPTA
1519196576	KAJAL CHANDRASHEKHAR PARDESHI
1515260011	VIGHNESH DINESH BHASME
1519256079	SALONI ARUN BEHEDE
1519196554	VAISHNAVI NITIN DEORE
1519256085	HALIMA BI JAVED DESHMUKH
	1519196598 1516136544 1519196576 1515260011 1519256079 1519196554



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Medical College & Hospital, Jalgaon

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## **BROCHURE**

YOGA AND WELLNESS PROGRAM

Mindfulness Meditation



Date: 21/05/2023





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# ACTIVITY REPORT

Name of the Activity	Mindfulness Meditation	
Type of Activity	Yoga and Wellness activity	
Date and Time of Activity	5/21/2023	10:00AM
Details of Participants	52	
Resource Person	Bhavana Patil	21.05.2022
Description	at SCHMC Homeopathy College and approach to student well-being. Attending integrated mindfulness meditation and physical wellness among homeopathic mindfulness exercises, meditation technological reduction and enhancing overall vertical instructors, the program emphasize mindfulness in the demanding field of the institute's commitment to nurturing mental and emotional resilience of its	a Wellness Activity held on 21-05-2023 and Research Institute marked a holistic ended by 52 participants, this program d yoga practices to promote mental and c students. The session included guided uniques, and yoga postures aimed at stress well-being. Facilitated by experienced the importance of self-care and f homeopathy. This initiative aligns with a g not only the clinical skills but also the students. The positive turnout reflects the rtance of holistic wellness practices in the propagation of the practitioners.
Photos		





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Behind Shakambharimata Temple, Chincholi, Jalgaon

Phone: 0257-2957555, 2958555, 2228777

Email: info@homoeopathy.ac.in

Ref. No.- SCHMC/

Date:

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# Mindfulness Meditation LIST OF PARTICIPANTS

Date: 21/05/2023

S. NO	ROLL NO	NAME OF THE STUDENT
1	DAB0120211905	RUPESH RAJU RAJPUT
2	DAB0120211917	MAHIMA ASHOK VARMA
3	DAB0120211916	VAISHNAVI SANJAY VADNERKAR
4	DAB0120211885	NIKITA BHAGWAN GAVALE
5	DAB0120211904	BIBHISHAN SHIVAJI POLE
6	DAB0120211890	CHINTANIKA DINKAR KOLHE
7	DAB0120211908	VAISHALI LAXMAN SALUNKE
8	DAB0120211903	VAISHNAVI VIJAY PATIL
9	DAB0120211909	SAKSHI JITENDRA SANGOLE
10	DAB0120211884	PRAJWAL RAJESH DESHMUKH
11	DAB0120211882	MALLIKA SANJAY CHOPDE
12	DAB0120211911	NAVEERAH BANO NISAR AHMED SHAIKH
13	DAB0120211907	KOMAL KIRAN RAMRAJE
14	DAB0120211906	KANCHAN KISHOR RAJURKAR
15	DAB0120211912	SHILPA UMASHANKAR SHARMA
16	DAB0120211878	RUTUJA RAMDAS BHATKAR
17	DAB0120211886	RANI RAMESH GAWATE
18	DAB0120211915	AMBIKA SUNIL TAK



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D. 120121	NABIL MAHETAB KHAN
DAB0120211914	TAFAZZUL TASADDUQUE HUSAIN
DAB0120211897	FAISAL SHAKEEL PATEL
DAB0120211889	SHAHANA PARVEEN MOHAMMAD AHMED KHAN
DAB0120211892	AISHWARYA BHARAT MANDLIK
DAB0120211879	ANKITA AJAY BIHADE
DAB0120211891	AKANKSHA BHAGWAT MAHAJAN
DAB0120211895	MRUNALINEE MADHAVRAO PANDIT
DAB0120212667	FARHA NAZ USMAN KHATIK
DAB0120211896	ADNAAN SHAFI PATEL
DAB0120211893	ROHAN DNY ANESHWAR MANE
DAB0120211900	NAMRATA SANTOSH PATIL
DAB0120211881	RUSHIKESH PRAVIN CHAVHAN
	TEJAS VIJAY PATIL
	FIHA JUBER AHMAD PATEL
DAB0120211898	
DAB0120211901	SANJOT SANDIP PATIL
DAB0120213153	VISHWAMBHAR MADHUKAR DHAGE
DAB0120211899	JANHAVI AJAY PATIL
DAB0120211913	YUKTA ANIL SURWADE
DAB0120211880	RUTUJA BHIMRAO BUDHIWANT
DAB0120211894	AMAN ABHAY MISHRA
DAB0120211910	ARBAAZ KAYYUM SHAIKH
DAB0120211883	RAFE RIYAZ DESHMUKH
	ASHWINI GAJANAN GURALKAR
	DAB0120211896 DAB0120211897 DAB0120211879 DAB0120211891 DAB0120211895 DAB0120211896 DAB0120211896 DAB0120211893 DAB0120211891 DAB0120211893 DAB0120211891 DAB0120211891 DAB0120211891 DAB0120211898 DAB0120211901 DAB0120211898 DAB0120211898 DAB0120211899 DAB0120211899 DAB0120211899 DAB0120211899



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43	1515260011	VIGHNESH DINESH BHASME
44	1518234256	VAIBHAV ANIL AHIRRAO
45	DAB0120191610	ARPITA SATYENDRA AMLE
46	DAB0120191605	RUTUJA NANDKUMAR AWALKONDE
47	DAB0120191614	NIKITA ANIL BHOLE
48	DAB0120191607	DIPALI ABHIMANYU BORDE
49	DAB0120191621	ASHUTOSH GAJANAN CHAUDHARI
50	DAB0120191613	SHRUSHTI SUDHIR JADHAV
51	DAB0120191625	HARIOM ARUN KHEDEKAR
52	DAB0120191611	SHRDDHA NANA KOKARE
53	DAB0120191616	PURVA SHIVRAM KOLI
54	DAB0120191602	RUTUJA SUBHASH MAHAJAN
55	DAB0120191628	BILAL AHEMED MOHAMMED SALIM MOMIN
56	DAB0120191626	BHAWANA DNYANESHWAR NAGPURE
57	DAB0120191604	MONALI JAGANNATH UBALE
58	DAB0120191620	GUNJAN PRAMOD NARKHEDE
59	1519196547	SHUBHAM SHRIRAM ANDHALE
60	1519256089	BHUVNESH SUSHILKUMAR JAIN

