

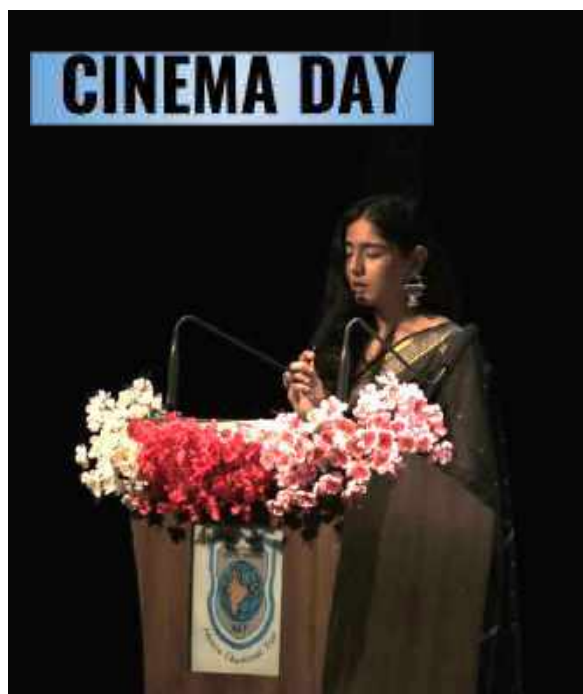


ATHARVA EDUCATIONAL TRUST'S
**ATHARVA COLLEGE OF HOTEL MANAGEMENT &
CATERING TECHNOLOGY**

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Report on Christmas Cake Mixing Ceremony

07 th December 2022

On the occasion of upcoming Christmas festival, Atharva College of Hotel Management & Catering Technology organized Christmas cake mixing ceremony on 07th December 2022. The occasion was graced by Chief guests Dr. Pravin Nemade Sir, Ms. Pallavi Rane Ma'am, Mr. Rohit Barotra (L&D manager for Taj Sats) & Mr. Dinashah Ankleshwar (HR Manager for Taj Sats) who were welcomed by Principal Dr. Sagar Mohite, Vice Principal Mr. Joseph Furtado, Teaching & Non-teaching faculty, Students and the Cultural Team, followed by an introductory speech by Cultural Team head Ms. Ulka Shah. Chef Ulka threw some light on the history behind the cake mixing ceremony which was enlightening to all of us.

The Cake mixing table was beautifully organized with ingredients like raisins, tutti fruity, red cherries, orange peel, nuts like walnuts, cashew, pistachio and spices – cardamom & cinnamon powder. Spirits and vanilla essence were poured into the mixture.

The Chief guests Dr. Pravin Nemade Sir, Ms. Pallavi Rane Ma'am, Mr. Rohit Barotra (L&D manager for Taj Sats) & Mr. Dinashah Ankleshwar (HR Manager for Taj Sats) along with Principal Dr. Sagar Mohite, Vice Principal Mr. Joseph Furtado, Teaching & Non-teaching faculty and Students participated in the cake mixing ceremony with enthusiasm and passion.

EVENT REPORT

TITLE : Christmas Cake mixing day 07 th December 2022	ACADEMIC YEAR: 2022 – 23
	DAY : WEDNESDAY
OBJECTIVE: The objective is to bring the family together as an act to share the cake as a ritual of Christmas. Cake is considered to be a prophecy of peace, prosperity and happiness all over the globe.	DATE : 07/12/2022
	TIME : 2 pm to 3 pm

VENUE : Cellar and Ozone - Phase 2

TYPE OF EVENT : Cultural event

PARTICIPANTS : Teaching & Non-teaching Faculty - 28 & Students -31

OUTCOME OF THE EVENT: The event encouraged all of us to work as a team, to be creative and to improve our hospitality skills.

CONDUCTED BY: - CULTURAL TEAM (Mrs.Ulka Shah, Ms.Pooja Sarvaiya, Mr. Wesley Fernandes.

A
08/12/22.

ATHARVA COLLEGE OF HOTEL MANAGEMENT & CATERING TECHNOLOGY

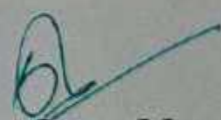
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19th Nov 2022

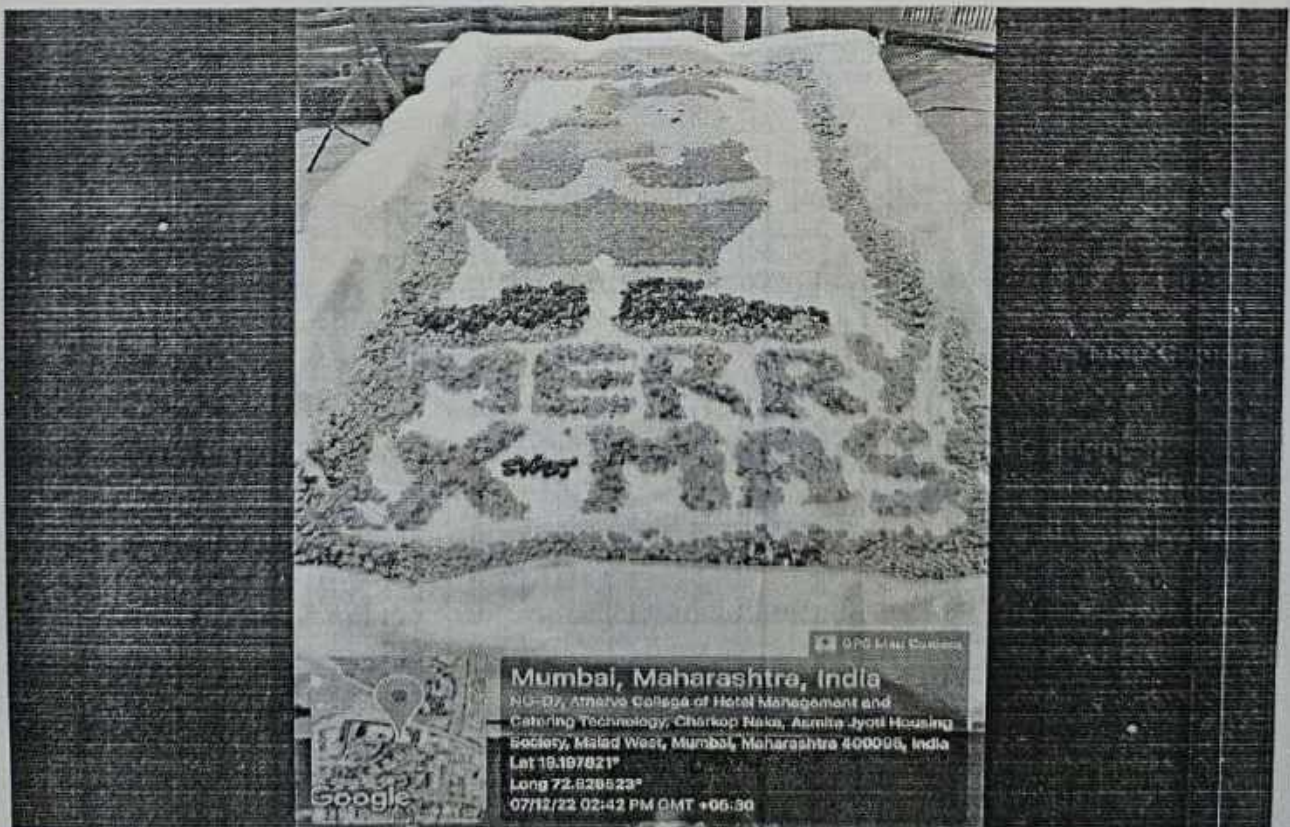
NOTICE

This is to keep you'll informed the Cultural Committee members and the Bakery team have organized "Christmas cake mixing ceremony" on 07th Dec 2022 at 03 PM

Venue: Cellar



Approbated by
Dr. Sagar Mohite
(Principal)





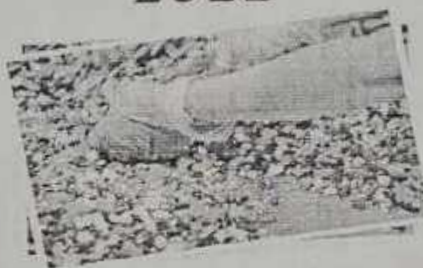
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Cordially invites you to the
**Christmas Fruit Mixing Ceremony
2022**



Date : 7th December, 2022 | Time: 2:00 pm onwards
Venue: Cellar 11, Atharva College of Hotel Management and Catering Technology

  
www.atharvahotel.edu.in



Christmas cake mixing ceremony attendance 07/12/22

No	Name of the student	Batch	Sign
1	Deepak Chavan	A	Chavan
2	Devi Panchmatia	A	Panchmatia
3	YASH Desai	A	<u>YASH</u>
4	Krish Gaekwad	A	Krish
5	Stuti Chaketh	CC BAKERY	Stuti
6	Samrudhvi Kardak	CC BAKERY	Kardak
7	Padmuni Birajdar	CC bakery	Padmuni
8	Andrea Desouza	L.L. Bakery	Andrea
9	KAVITA	C.C. Bakery	Kavita
10	Shoomekshtha	C.C. Bakery	Shoomekshtha
11	AKSHAY TEMBE	CC BAKERY	Akshay
12	Manav Nayak	SYBA	Manav
13	Dheer Raut	SYBA	Dheer
14	Sushant	CC FSB	Sushant
15	Keenal	CC FSB	Keenal
16	Famayne Almeida	CC Bakery	falmeida
17	Nalasha Pawar	CC Bakery	Pawar
18	Vipul Patil	CC Bakery	Vipul
19	MANAV SHARMA	FS FURSC	Manav
20			
21			
22			
23			
24			
25			

Christmas cake mixing ceremony attendance 07/12/22

Sr.No	Name of the staff	Sign
1	Mohit Kakkad	Mohit
2	NITIN BARBOSE	Nitin
3	Bachchan Rawat	Bachchan
4	Prakash J.	Prakash
5	Siddhi Vitmal	Siddhi
6	Anjana Sen	Anjana
7	Mithey Fernandes	Mithey
8	Vikash Shukh	Vikash
9	Peter Fernandes	Peter
10	Divya Konde	Divya
11	Rangon Koshur	Rangon
12	Satish Koli	Satish
13	Ranjan Koshur	Ranjan
14		
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FUNCTION PROSPECTUS

Atharva College of Hotel Management & Catering Technology

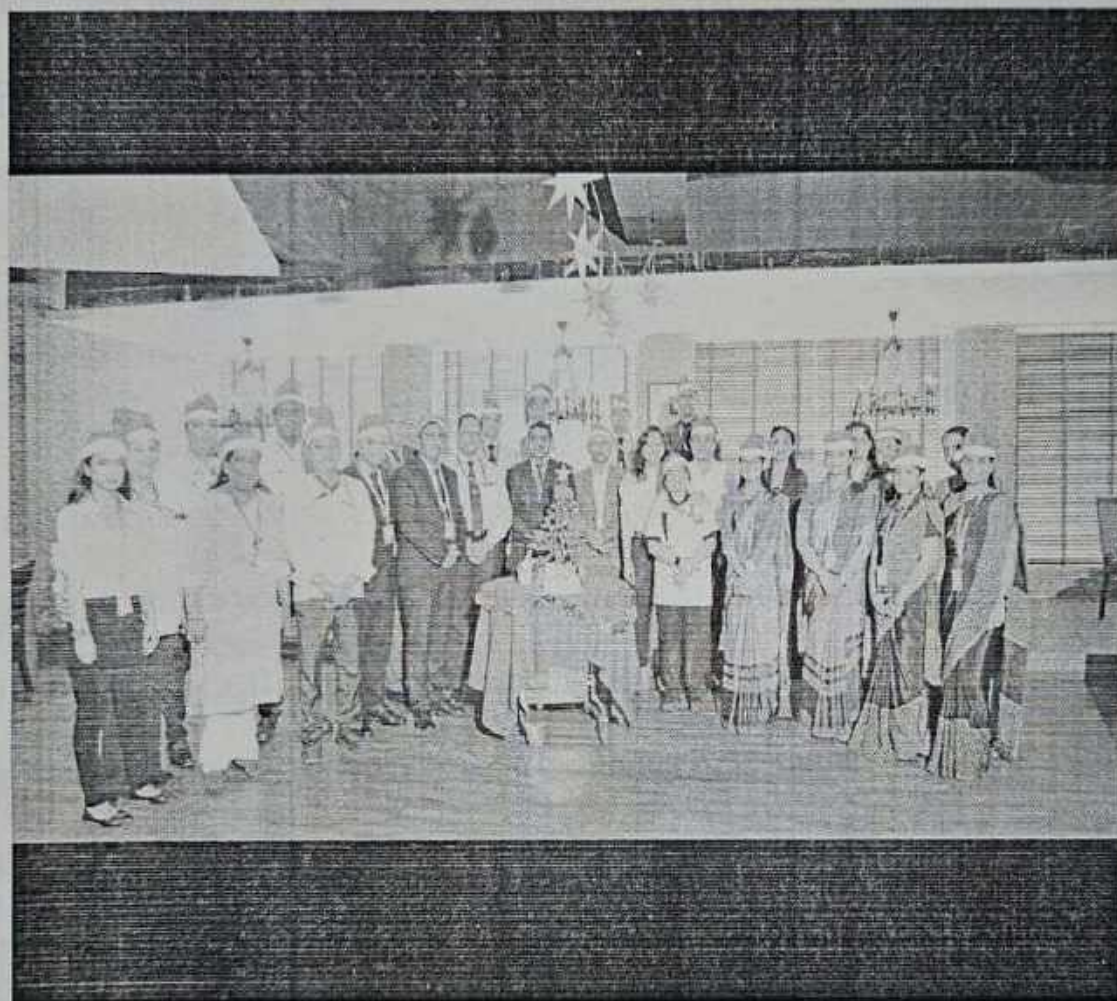
Name of the Guest :	Day & Date : 07/12/2022 Wednesday
Name of company : Atharva Group Of Institutes	Arrival Time : 02 PM
Type of event : Cultural event	No. of Pax : 04 guest
Reporting Time : 02 PM	Venue : Cellar and Ozone
Dress Code for staff : Formals with tie- Male Saree/Formals- Female	Function Type : Christmas Fruit Mixing Ceremony

Instructions/Notes to Departments

EVENT DETAILS	HOUSE KEEPING
Christmas Fruit Mixing Ceremony	Ensure all the areas are neat and clean. The cleanliness of Cellar and Ozone
Visiting members-	RECEPTION/FRONT OFFICE
	- Reception AC to be put on by 12:00 hrs. (depending upon the weather)/Inform security. - Rochelle and Deandra (2nd year & 1st year) (dress code saree) will welcome the guest on gate no 1 and later will escort till ozone. - Welcome Speech by Deandra (1st year) will take care by Mr.Wesley Fernandes.
FOOD & BEVERAGE SERVICE	IT DEPARTMENT
Welcome drink to be served on arrival in ozone. Preparation of welcome drink. 2 to 3 students required for the service of the guest. Hi Tea post event . Mineral Water bottles and glasses to be placed in the Ozone & Cellar.	- Photography of the Event is to be done by the social media team. - GPS Map photos of the Event is to be done by the social media team. - Soft music playing arrival
FOOD PRODUCTION	MENU Wednesday 07 th Dec. 2022
Hi -Tea – Assorted Cookies , Tea Cakes , Tea/ Coffee , Finger Sandwiches for 06 Pax	Breakfast & Lunch Beverage: Welcome drink ,Tea/Coffee /Cookies Hi – Tea /Snacks: Cookies, Tea Cake & Finger Sandwiches
BAKERY	
4 Goodie bags to be kept ready for Guests by 3:00 hrs	

Thank you
Cultural Committee

Approbate By
Prof. (Dr.) Sagar Mohite



ACTIVITY: Intra college Poem and Flower arrangement Competition

An Intra college poem and Flower arrangement competition was held on the occasion of Valentine's Day, which were judged on the basis of the idea, topic, inventiveness, and presentation, were designed using their imaginations and creative skills. The Students had a great opportunity to show off their artistic talent.

Name of competition	Name of participant	Details
Flower Arrangement	Sailee Patil Arpita Juvekar Priyank Ranaware	Students had to carry their own material and prepare an arrangement with creativity, concept, colour combination, finesse.
Poem Competition	Vismaiya Kaimal Denedra Mendes Foziya Mukadam Ajit Balsubramaniam	Student had to compose a poem that reflected compassion, love, respect etc towards society.



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EVENT REPORT

TITLE : Poem and Flower arrangement competition	ACADEMIC YEAR: 2022 – 23
	DAY : Tuesday
OBJECTIVE: To bring out the artistic flare in students and provide a platform to showcase their talent	DATE : 14 th February 2023
	TIME :1.30pm TO 3.30 pm

VENUE : Crystal Banquets

TYPE OF EVENT : Competition

PARTICIPANTS : 7

OUTCOME OF THE EVENT: Students came out with meaningful poetry and beautiful flower arrangement. The competition had positive impact on student and stage fear was also eliminated.

CONDUCTED BY :-Cultural Committee

JUDGED BY :- Prof. Harry Bhatia , Dr. Sagar Mohite

Winners	Flower Arrangement 1st Prize- Sailee Patil Poem Competiton 1st Prize –Foziya Mukadam	
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Creative



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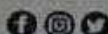
Organises
**Poem & Flower
Arrangement Competition**

For BSc, BA & CC Courses



Date : 14th February 2023 | Time : 1:30 pm

Venue : 2nd Floor, Crystal Banquet & Housekeeping lab phase - 3



www.atharvahmct.edu.in



Winners

Poem Competition



Flower Arrangement



(Handwritten signature)



Valentine's day competition

Poem and Flower arrangement competition

varsha.makwana@gmail.com Switch accounts



*Required

Email *

Your email address

 **Rules of the Poem.**  Request edit access



SUMMARY

Cultural Committee of Atharva College of Hotel Management and Catering Technology had organized a seminar on Awareness on Breast Cancer. The speaker for the same was Miss Pooja Vinkare who is Medical Data Analyst at Vasta Global Pvt. Ltd. She has over 8yrs of experienced in Pharma Company and oncology. She shared a in depth knowledge on Breast Cancer stating lifestyle changes that are resulting in an increase in breast cancer cases.

She highlighted the importance of regular self-inspection and clinical self-examination for the early detection of breast cancer as 80% cases are detected at the advanced stage.

She also discussed the signs and symptoms of breast cancer and the precautions that should be followed to lower the risk of developing the condition. At the end of the session questions were from the students were answered.

Students found the presentation to be awareness-raising and thought-provoking.



By

EVENT REPORT

TITLE: World Cancer Day Awareness on Breast Cancer	ACADEMIC YEAR: 2022 – 23 BATCH : All Female Students and Faculties
	DAY : Saturday
OBJECTIVE: To create awareness on breast cancer	DATE : 4 th February 2023
	TIME : 11.30 AM TO 12.30 PM

VENUE : Crystal Banquets

TYPE OF EVENT : SEMINAR

CONDUCTED BY:- CHEF VARSHA BORICHA , MISS POOJA SARVAIYA

PARTICIPANTS: 23 STUDENTS

OUTCOME OF THE EVENT:
Everyone found the presentation to be awareness-raising and thought-provoking.

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01st February 2023

NOTICE

All the students of BSc, BA 1st, 2nd, 3rd year and CC courses are hereby informed that, the college has organised a "Breast Cancer awareness" seminar for all the females on 04/02/2023.

Venue: - Phase 3 AC2

Time: 11:30 am

Attendance is mandatory.

Approbated by

Prof. (Dr.) Sagar H Mohite

Principal





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"Dil Wali Diwali"



Celebrating the festival of lights
20 October 2022 at ACHMCT
Attire- Traditional Wear

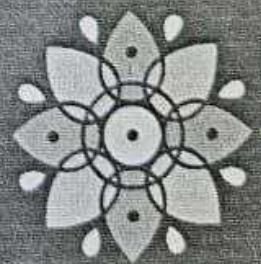


Diya Decorating Competition

1-2 Pm

Rangoli Making Competition

2-4 Pm



Kandil Making Competition

2-4 Pm





Rules & Regulation

Decisions of the judges will be final and binding for all the events.

All the rules mentioned must be adhered to strictly without any deviation to avoid disqualification.

For any event-related query, contact the following:
Faculty Coordinators.

Online Registration is compulsory.

Please scan & register on the QR code for the google form.

Participants will be receiving participation certificates.

The winners pictures will be shared on all ACHMCT social media platforms and will receive honour certificates.

All the Best



*Scan the QR code for
registration*

The winners were announced and distributed certificates by Dr.Sagar H Mohite.

Diya painting-

Ms.Deandra Mendes, Mr.Manav Sharma (FYBSC)

Rangoli making competition-

Ms. Neha Sangale & Ms.Sayali Modsing (CC Bakery)
Ms.Rashee Shah & Ms.Esha Sharma (SYBSC),
Ms.Nazeen Shaikh & Ms.Deepali Taral (CC Bakery).

Latern making competition-

Mr.Vineet Mhatre (SYBSC)

The programme was coordinated by Ms Ulka Shah, Ms.Pooja Sarvaiya,
Mr.Anand Singh and Mr.Wesley Fernandes.Overall it was a wonderful event
and all the staff members and students enjoyed it.



22, 4:28 PM





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Report on Diwali Competition

Atharva College of Hotel Management & Catering Technology celebrated “Dil wali Diwali” festival for the students on 20th October 2022 to give an opportunity to students to present their talents, creativity and to get a better understanding about the culture.

The competition was divided in 3 parts Diya painting, Kandil making and Rangoli which was judged by Ms.Varsha Surendran (Faculty of Atharva School of Fashion and Arts)

The below table mentions the competition details:-

Sr.No	Time	Competition	Name of Event	Event co-ordinator	No. of Participants
1	13:00hrs -14:00hrs	Comp 1	Diya Painting	Mr.Wesley Fernandes	Solo
2	14:00hrs –16:00 hrs	Comp 2	Kandil Making	Ms.Ulka Shah	Solo or Duo
3	14:00hrs –16:00 hrs	Comp 3	Rangoli Making	Ms.Pooja Sarvaiya and Mr.Anand Singh	Solo or Duo

The participants displayed colorful Rangoli with beautiful patterns and designs making the venue energetic.

The participants used decorative items like glitter, paints, recycle spoons etc for Diya painting to make it look innovative.

The participant prepared colorful lanterns and showcased creativity .Lanterns removes darkness and gloominess from one's life and replaces it with light, hope and happiness.



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EVENT REPORT

TITLE : DIL WALI DIWALI 20 th October 2022	ACADEMIC YEAR: 2022 – 23
	DAY : THURSDAY
OBJECTIVE: The objective was to bring out the inner talent, imagination, keeping them engaged and making Diwali more creative.	DATE : 20/10/2022
	TIME : 13.00 HRS TO 16:00 HRS.

VENUE : Collège Campus

TYPE OF EVENT : Cultural event /Creativity

PARTICIPANTS : Teaching & Non-teaching Faculty -18 & Students -45

OUTCOME OF THE EVENT: The students enjoyed every bit of the event because it was not only about competing but it helped them to work as a team and made it more interesting.

CONDUCTED BY: - CULTURAL TEAM (Mrs.Ulka Shah, Ms.Pooja Sarvaiya, Mr.Wesley Fernandes & Mr.Anand Singh.

ATTENDANCE SHEET

EVENT:	Educational etc	DATE:	04/02/23
Department:	Cultural committee	Venue:	AC-2 Phase 3

NAME	CLASS	SIGNATURE
Riddhi Desai	FYBSC	RMD
Misha Kapadia	FYBSC	M Kapadia
Vismaya Karmal	FYBSC	Vismaya
Saloni Gharat	SYBA	Saloni
Rochelle Rebello	SYBA	R
Niroshka Joshi	SYBA	N
Sanika Devalekar	TYBSC	Sanika
Sharvani Kadum	TYBSC	Sharvani
Vedika Kadum	TYBSC	Kadum
Clarissa James	TYBSC	clarissa
Priya Shivdas	TYBSC	Priya
Maitilee Joshi	TYBSC	Maitilee
Nupoor Kulkarni	TYBSC	Nupoor
Shirin Mhatre	T.Y. B.A.	Shirin
Krutika Ramore	T.Y.B.A	Krutika Ramore
Devi Panchmatia	F.Y.B.S	Panchmatia
Tanvi Joshi	F.Y.B.S	Tanvi
Deandra A. Mendes	F.Y.B.S	Mendes
Anushka Singh	TYBSC	Anushka
Shweta Tondse	TYBSC	Tondse
Ampita Juvekar	FYBSC	Ampita
KAREN SERRAO	TYBSC	KAREN
Shushi pawar	TYBSC	Shushi

Diwali competition attendance 20/10/22

No	Name of the student	Batch	Sign
1	Krish . Keshav . Gaonkar	FYBSC A	Krish
2	Apurva . R . Narkhane	FYBSC B	Apurva
3	Danesh . S . Patel	FYBSC B	Danesh
4	Sanhya N . Hedau	F.Y.BSC 'A'	Sanhedau
5	Sanjog R . Patil	F.Y. bsc 'B'	Sanjog
6	Riddhi Desai	FYBSC 'A'	Riddhi
7	Nihal Khera, Uya	FYBSC 'A'	Nihal
8	Nilesh . R . Chindalga	FYBSC : A	Nilesh
9	Amar R . Shinde	FYBSC : B	Amar
10	Piyush Shah	FYBSC : B	Piyush
11	Sidhanth Handehwal	FYBSC : A	Sidhanth
12	Aryan . Panchal	FYBSC A	Aryan
13	Viraj . P . Bangera	FYBSC . A	Viraj
14	Deandra . A . Mendes	F.Y.B.SC - A	Deandra
15	Manav Sharma	F.Y.B.SC - B	Manav
16	Misha Kapadia	F.Y.B.SC - A	Misha
17	Om Rana	F.Y.B.S.C - B	Om
18	ADHAR PATEL	F.Y.B.S.C - B	Adhar
19	PRIYANK . RANAWARE	F.Y.B.S.C . B	Priyank
20	Vedant S Khot	FYBSC - 'A'	Vedant
21	Sailee Patel	FYBSC - B	Sailee
22	Ravikaran Cheda	S4BSC A	Ravikaran
23	Ravi Gaud	S4BSC A	Ravi
24	Sachin Khan	S4BSC A	Sachin
25	Yash Chodankar	S4BSC A	Yash
26	Ayan Borkar	S4BSC A	Ayan
27	Mhurat Vaseet	S4BSC A	Mhurat
28	Rishabh Nair	S4BSC A	Rishabh
29	Pitale Rishabh	S4BSC B	Pitale
30	Rishi Sachin	S4BSC B	Rishi
31	Tamboli Anand	S4BSC B	Tamboli
32	Sayyed Fayzan	S4BSC B	Sayyed
33	Pranav christian	S4BSC B	Pranav
34	Sharma Arjun	S4BSC B	Sharma
35	Shetty Sagar	S4BSC B	Shetty
36	Ruthod Yash	S4BSC B	Ruthod

39	Siddharth. S. Kote	2021-2022	XXXX
40	Siddharth Sushil	2021-2022 TYBSCB	id
41	Bhargav. S. Kulkarni	2021-2022 TYBSCB	Burh
42	Princlee Ferreira	2021-2022 TY BSC-A	PC
43	Eric Drouge	2021-2022 TYBSC-A	PC
44	Jay Chauhan	2021-2022 TYBSC-A	Pharman
45	Janiha Devalekar	202 TYBSCA	Jauke

Diwali competition attendance 20/10/22

Sr.No	Name of the faculty	Sign
1)	Asmita Kanade	Asmita
2)	Ulka Shah	Ulka
3)	Prakash J.	Prakash
4)	Peter Fernandes	Peter
5)	Mesher Fernandes	Mesher
6)	Mehar Karkhan	Mehar
7)	Pratik Beloshe	Pratik
8)	Satish Koli	Satish
9)	Vandana Rao	Vandana
10)	Bachhan Randh	Bachhan

NOTICE

All Students we welcome you to celebrate "Dilwali Diwali" festival on 20th October 2022 [Thursday] 13.00hrs onwards,

Venue: College Campus

Attire:-Traditional wear

General Rules

1. Decision of the judges will be final and binding for all the events.
2. All the rules mentioned must be adhered strictly without any deviation to avoid disqualification.
3. For any event related query, contact the following: Faculty Coordinators.
4. Online Registration is compulsory.
5. Please scan the QR code.

Sr.No	Time	Competition	Name of Event	Event co-ordinator	No. of Participants
1	13:00hrs -14:00hrs	Comp 1	Diya Painting	Mr.Wesley Fernandes	Solo
2	14:00hrs -16:00hrs	Comp 2	Kandil Making	Ms.Ulka Shah	Solo or Duo
3	14:00hrs -16:00 hrs	Comp 3	Rangoli Making	Ms.Pooja Sarvaiya and Mr.Anand Singh	Solo or Duo



Thank You



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3rd December 2022

NOTICE

Atharva College of hotel management & catering technology are hereby informed that, the college has organised a volleyball games (sports) on 10th December 2022.

Venue: - Sport ground

Time: 10:00 am

Approbated by

Prof. (Dr.) Sagar H Mohite


PRINCIPAL
ATHARVA COLLEGE OF HOTEL MANAGEMENT
AND CATERING TECHNOLOGY
MUMBAI-95

Principal

ATTENDANCE

Atharva College of hotel management & catering technology are hereby informed that, the college has organised a volleyball games (sports) on 10th December 2022.

ATTENDANCE

STUDENT NAME	SIGN
SAWANT ARYA KRISHNAKANT	<i>Arya</i>
SAWANT ATHARV MILIND	<i>A. Sawant</i>
YESHWANTRAO SHRIRAJ MANGESH	<i>Yes</i>
SAYYED WASIM ANWAR	<i>Wasim</i>
SHAH PIYUSH SANTOSH	<i>P. Santosh</i>
DSOUZA NATHAN NOEL	<i>Nathan D'souza</i>
SHARMA MANAV YOGESH	<i>Manav</i>
SINGH KARAN SURAJ	<i>Karan</i>
SINGH NITIN ANIL KUMAR	<i>NITIN SINGH</i>
SINGH PARVINDER SUKHDEV	<i>P. Sukhdev</i>
SOMPURA AMISHA VIPUL (LD)	<i>A. Vipul</i>
SONI SUMIT SANJAY	<i>SUMITS</i>
SUDIWALA REHAN ASLAM	<i>RSUDIWALA</i>
TIWARI HIMANSHU PRAMOD	<i>Himanshu</i>
UGHADE AJAY ACHUT	<i>A. Achut</i>
WAGHELA VIREN PRADEEP	<i>Viren</i>
SHAIKH MOHAMMED FAHAD ASLAM	<i>Fahad Kh.</i>
KHAN ANWARALI MOHD MUSLIM	<i>M. Anwar</i>



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KOLI YADNESH TUKARAM	<u>Ka Yadnesh</u>
SAWANT SOHAM SANTOSH	<u>Soham</u>
MANGELA JATIN VINAYAK	<u>Jatin</u>
KURKURE PRAJWAL NEELESH	<u>Prajwal</u>
KUTE ADITYA CHANDRAKANT	<u>Aditya</u>

Approbated by

Prof. (Dr.) Sagar H Mohite


PRINCIPAL
ATHARVA COLLEGE OF HOTEL MANAGEMENT
AND CATERING TECHNOLOGY
MUMBAI-55

Principal

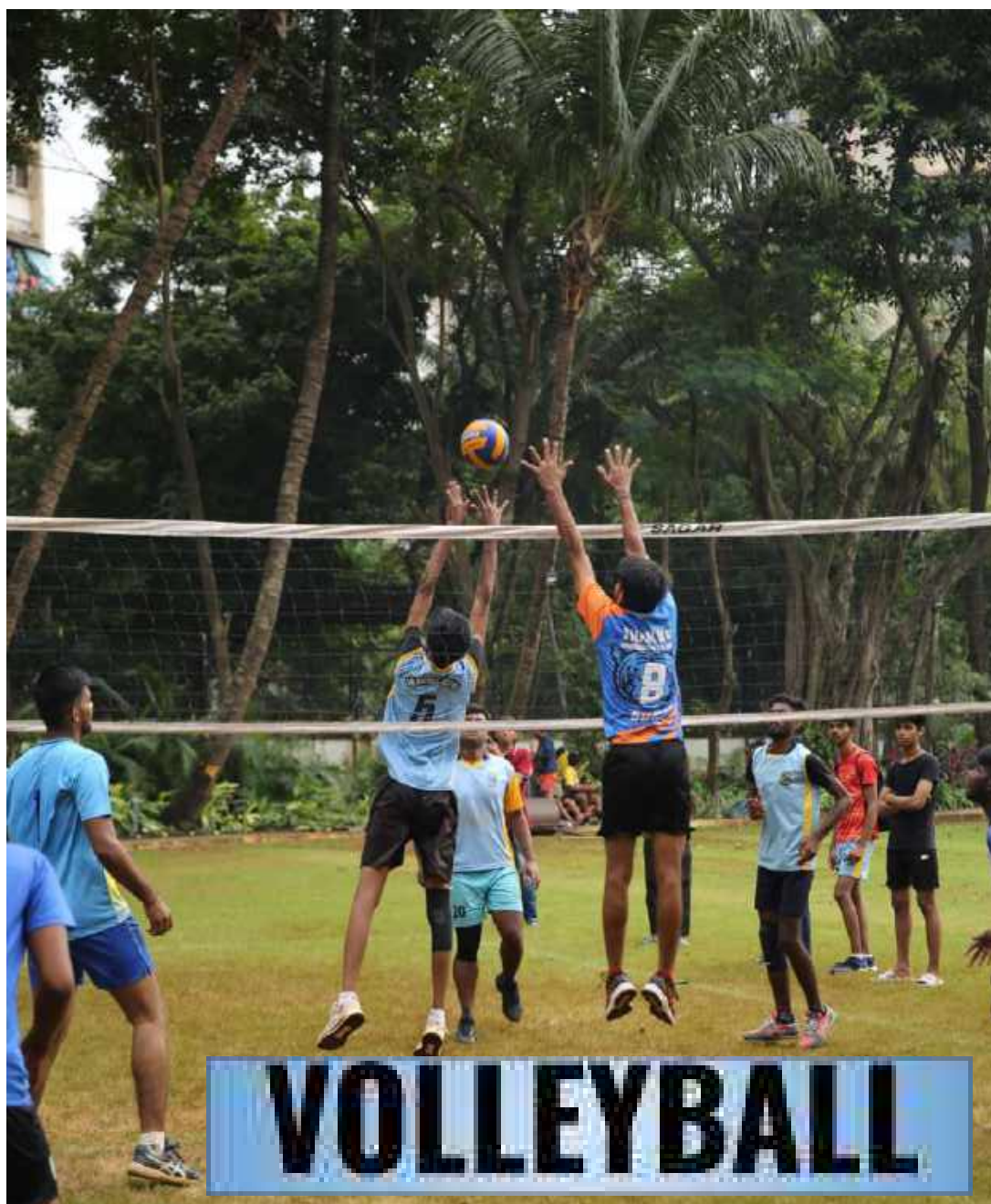


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ATHARVA COLLEGE OF HOTEL MANAGEMENT &
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(Recognized by Government of Maharashtra & Affiliated to University
of Mumbai- Estd. 2007-2008)

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Affiliated to Mumbai University

Malad-Marve Road, Malad (W), Mumbai- 400095. India,
Tel: +91-22-40294941/40294961, Tel Fax: +91-22-40294961

3rd December 2022

NOTICE

Atharva College of hotel management & catering technology are hereby informed that, the college has organised a volleyball games (sports) on 10th December 2022.

Venue: - Sport ground

Time: 10:00 am

Approbated by

Prof. (Dr.) Sagar H Mohite


PRINCIPAL
ATHARVA COLLEGE OF HOTEL MANAGEMENT
AND CATERING TECHNOLOGY
MUMBAI-95

Principal

10th December 2022

ATTENDANCE

Atharva College of hotel management & catering technology are hereby informed that, the college has organised a volleyball games (sports) on 10th December 2022.

ATTENDANCE

STUDENT NAME	SIGN
SAWANT ARYA KRISHNAKANT	<i>Aarya</i>
SAWANT ATHARV MILIND	<i>A Sawant</i>
YESHWANTRAO SHRIRAJ MANGESH	<i>Yesu</i>
SAYYED WASIM ANWAR	<i>Wasim</i>
SHAH PIYUSH SANTOSH	<i>P Santosh</i>
DSOUZA NATHAN NOEL	<i>Nathan D'souza</i>
SHARMA MANAV YOGESH	<i>Manav</i>
SINGH KARAN SURAJ	<i>Karan</i>
SINGH NITIN ANIL KUMAR	<i>NITIN SINGH</i>
SINGH PARVINDER SUKHDEV	<i>P. Singh</i>
SOMPURA AMISHA VIPUL (LD)	<i>A. Sompura</i>
SONI SUMIT SANJAY	<i>SUMITS</i>
SUDIWALA REHAN ASLAM	<i>RSUDIWALA</i>
TIWARI HIMANSHU PRAMOD	<i>Himanshu</i>
UGHADE AJAY ACHUT	<i>A. Ughade</i>
WAGHELA VIREN PRADEEP	<i>Viren</i>
SHAIKH MOHAMMED FAHAD ASLAM	<i>Fahad</i>
KHAN ANWARALI MOHD MUSLIM	<i>A. Khan</i>

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KOLI YADNESH TUKARAM	<u>Ka Yadnesh</u>
SAWANT SOHAM SANTOSH	<u>Soham</u>
MANGELA JATIN VINAYAK	<u>Jatin</u>
KURKURE PRAJWAL NEELESH	<u>Prajwal</u>
KUTE ADITYA CHANDRAKANT	<u>Aditya</u>

Approbated by

Prof. (Dr.) Sagar H Mohite


PRINCIPAL
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MUMBAI-55

Principal



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EVENT REPORT

TITLE: International Yoga Day Celebration	ACADEMIC YEAR: 2022 – 23
	DAY: Tuesday
OBJECTIVE: Celebration of 8th International Day of Yoga on 21st June 2022 with theme as “Yoga for Humanity”	DATE: 21st June 2022
	TIME :8.00 AM TO 10.00 AM.

VENUE : College Lobby

TYPE OF EVENT: Yoga Day Celebration

PARTICIPANTS : STUDENTS & FACULTY

OUTCOME OF THE EVENT:

- Importance of Yoga & Its Physical and Mental Health Benefits
- Contributions of yoga to lifelong health and well-being for all

CONDUCTED BY: - Team ACHMCT & NSS




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On 21st June 2022

International Yoga Day Celebration

ACHMCT Team Celebrated International Yoga Day with Students and Staff members at College.

*Yoga does not just change the way we see things,
it transforms the person who sees.*

Yoga Instructor explained all members about the importance and benefits of yoga and showed various yoga asanas to practise. She further explained the rewards of Yoga for disease prevention and health promotion are well known. They have acquired special significance against the backdrop of Covid-19. The International Day of Yoga 2022 presents an occasion to underline the health benefits of Yoga, and motivate the public to take up the pursuit of Yoga. As per the letter received from Ministry the theme “**Yoga for Humanity**” shall be observed.

Yoga has been shown to have immediate psychological benefits, decreasing anxiety and stress, and increasing feelings of emotional and social well-being.

The activity concluded with instructor thanking all the members for their participation and by informing everyone to incorporate yoga in their daily life.




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