GURUKUL MAHILA MAHAVIDYALAYA

TRAINING AND ENTREPRENEURSHIP COMMITTEE

07 DAYS ZUMBA TRAINING PROGRAM

Date : 13/09/2022 to 20/09/2022

07 DAYS
ZUMBA
TRAINING PROGRAM

INDEX

Sl.No.	Details	Page No.
1.	Notice	01 - 02
2.	Attendance Sheet	03 - 05
3.	Sample Feedback Form for 7 Day Training Program on Zumba	06
4.	Photo	07 - 13
5.	Feedback Collection	14 - 16
6.	Report	17

Date 08/09/2022
Page

सूचना

महाविद्यालय की समस्त छात्राओं को सूचित किया जाता है कि दिनांक 12/09/2022 से महाविद्यालय में 7-दिवसीय जुम्बा (Zumba) प्रशिक्षण आयोजित है। इच्छुक छात्राएं अपना नाम संबंधित प्राध्यापकों को देवें।

ट्रेनिंग स्थल :- महाविद्यालय परिसर
प्रशिक्षण समय :- सुबह 6:00 to 7:30 AM.
प्रभारी शिक्षक :- (i) डॉ. सीमा साहू (सहा. प्राध्यापक - वनस्पतिशास्त्र)
(ii) कु. पूनम कंटकर (सहा. प्राध्यापक - कम्प्यूटर विज्ञान)
(iii) श्रीमती कविता सेलवाल (सहा. प्राध्यापक - वाणिज्य)

टीप :- (i) छात्राएं अपना नाम 10/09/2022 तक संबंधित प्राध्यापकों के आवश्यक रूप से दे देवें।
(ii) विशेष परिस्थितियों में प्रशिक्षण की तिथि में परिवर्तन किया जा सकता है।
(iii) प्रशिक्षण में भाग लेने वाले छात्राओं को प्रशिक्षण का प्रमाण-पत्र प्रदान किया जाएगा।
(iv) निर्धारित तिथि के पश्चात् आने वाले छात्राओं को प्रशिक्षण में भाग लेने का अवसर नहीं प्राप्त होगा।
(v) प्रमाण-पत्र केवल उन्हीं छात्राओं को प्रदान किया जाएगा जो प्रशिक्षण में सातों दिन उपस्थित होंगें।

प्रभारी छात्राएं
(i) कु. अंशिका कर्मकार - B.Sc I (Bio)
(ii) कु. नम्रता प्रेमी - B.Sc III (Bio)

08/09/22
प्रभारी
प्रशिक्षण एवं नियुक्ति समिति

प्राध्यापक	कक्षा	हस्ताक्षर
(1) डॉ. मेधा अग्रवाल	B.Sc III (Bio)	
2) डॉ रेखा अग्रवाल	B.Sc I (Bio + PCM)	
(3) डॉ. सीमा चंडाकर	B.Sc II nd (Bio)	

(6)

(4)	Kavita Silwal	M.com IIIrd Sem	Silwal
(5)	Dr. Deepshikha Sharma	BCA I	Sharma
6)	Sandhya	B.CA III	Sandhya
7)	Simane Verma	BSc II (CS/M)	Simane
8)	Dr Anuradha Gupta	BSc III CS/PCM	Anurad
9)	Jyoti Verma	B.Com I 'A'	Jyoti Verma
10)	Manya Sharma	B. COM I 'B'	Smanya.
11)	Poonam Katankar	BSc I (C.S.)	[illegible]
		B.com-II	[illegible]

TRAINING AND ENTREPRENEURSHIP COMMITTEE
GURUKUL MAHILA MAHAVIDYALAYA
KALIBADI ROAD RAIPUR

NAAC Accredited B+

Zumba Training Programme

Date : 12/09/2022 to 18/09/2022

Date : 13/09/2022 to 20/09/2022

Sl.No.	Name of Students	Father's Name	Class	13/09/22	14/09/22	15/09/22	16/09/22	17/09/22	18/09/22	20/09/22
1.	Akshita Joshi	Rakesh Joshi	B.Com II year (ux)	Akshita	Akshita	Akshita	Akshita	Akshita	Akshita	Akshita
2.	T. Gitika	T. Shailendra kumar	B.Com II year (ux)	T.Gitika	T.Gitika	T.Gitika	T.Gitika	T.Gitika	T.Gitika	T.Gitika
3.	Pallavi Dhangar	Tipendra Dhangar	BSc III rd (Bio)	Pallavi	Pallavi	Pallavi	Pallavi	Pallavi	Pallavi	Pallavi
4.	Namrata Premi	Rambharos Premi	BSc III (Bio)	Namrata	Namrata	Namrata	Namrata	Namrata	Namrata	Namrata
5.	Kirti Sahu	Nand kumar Sahu	BSc III (Bio)	Kirti	Kirti	Kirti	Kirti	Kirti	Kirti	Kirti
6.	Nima Sahu	Mr. Ganesh sahu	BSc III (Bio)	Nima	Nima	Nima	Nima	Nima	Nima	Nima
7.	Bholeshwari	Mr. Mannu lal Sahu	BSc III (Bio)	BSahu	BSahu	BSahu	BSahu	BSahu	BSahu	BSahu
8.	Hina	~~Mr.~~ Santosh Kumar Sahu	BSc III (Bio)	HSahu	HSahu	HSahu	HSahu	HSahu	HSahu	HSahu
9.	Vidyalaxmi Bais	Mr. Ashok Bais	BSc III (Bio)	Vidyalaxmi Bais	Vidyalaxmi Bais	Vidyalaxmi Bais	Vidyalaxmi Bais	Vidyalaxmi Bais	Vidyalaxmi Bais	Vidyalaxmi Bais
10.	Janvi Bais	Manoj Bais	BSc IV (Bio)	Janvi	Janvi	Janvi	Janvi	Janvi	Janvi	Janvi
11.	Manisha Sahu	DOMAR Sahu	BSc IV (Bio)	Manisha sahu	Manisha sahu	Manisha sahu	Manisha sahu	Manisha sahu	Manisha sahu	Manisha sahu

Sl.No.	Name of Students	Father's Name	Class	13/09/22	14/09/22	15/09/22	16/09/22	17/09/22	18/09/22	20/09/22
12.	Preeti Sahu	Surendra Sahu	BSc III (Bio)	Preeti	Preeti	Preeti	Preeti	Preeti	Preeti	Preeti
13.	Tikeshwari Sahu	Dageshwar Sahu	BSc III (Bio)	TSahu	TSahu	TSahu	TSahu	TSahu	TSahu	TSahu
14.	Chesta Singh	Dilip Kumar Sonwani	BSc II (Bio)	Chesta	chesta	chesta	chesta	chesta	chesta	chesta
15.	Damini Sinha	Nareshjan Sinha	BSc II (Bio)	Damini	Damini	Damini	Damini	Damini	Damini	Damini
16.	Varsha Sharma	Late. Ganesh Prasad Sharma	BSC II (Bio)	VS	VS	VS	VS	VS	VS	VS
17.	Priya Sen	Anil Sen	BSc. II (Bio)	Priya	Priya	Priya	Priya	Priya	Priya	Priya
18.	Sakshi Sahu	Neelkanth Sahu	BSc. I (Bio)	Sakshi	Sakshi	Sakshi	Sakshi	Sakshi	Sakshi	Sakshi
19.	Anshika Karmakar	Kamal Karmakar	B.Sc-I (BPO)	Anshika	Anshika	Anshika	Anshika	Anshika	Anshika	Anshika
20.	Himani Nishad	Panchuram Nishad	B.Sc-I (Bio)	Nishad	Nishad	Nishad	Nishad	Nishad	Nishad	Nishad
21.	Bhumika Sahu	Nand kumar Sahu	BSc. II (Bio)	Bhumika	Bhumika	Bhumika	Bhumika	Bhumika	Bhumika	Bhumika
22.	Priti Adhikari	Krishna Adhikari	B.com 1	Priti	Priti	Priti	Priti	Priti	Priti	Priti
23.	Prerna Sharma	Vipin Bihari Sharma	B.com I	Prerna	Prerna	Prerna	Prerna	Prerna	Prerna	Prerna
24.	Sujata Nishad	Lal Bachan Nishad	B.Com I	Sujata	sujata	sujata	sujata	sujata	sujata	sujata
25.	Sunanda Nishad	Lal Bachan Nishad	B.Com I	Sunanda	Sunanda	Sunanda	Sunanda	Sunanda	Sunanda	Sunanda
26.	Diksha Sonkar	Dindayal Sonkar	B.Com I	Sonkar	Sonkar	Sonkar	Sonkar	Sonkar	Sonkar	Sonkar

Sl.No.	Name of Students	Father's Name	Class	13/09/22	14/09/22	15/09/22	16/09/22	17/09/22	18/09/22	20/09/22
27.	Megha Sahu	Nawin Sahu	B.Sc.(I)	Msahu	Msahu	Msahu	Msahu	Msahu	Msahu	Msahu
28.	Harshita pandey	Hemant pandey	BSC(I)	Hpa	Hpa	Hpa	Hpa	Hpa	Hpa	Hpa
29.	Bharti Nayak	~~Bharti~~ Nayak Khirodr	~~Bhar~~ BSC(I)	Bharti	Bharti	Bharti	Bharti	Bharti	Bharti	Bharti
30.	Anjali Patel	Mahendra Patel	BSC(I)	Anjali Pat	Anjali	Anjali	Anjali	Anjali	Anjali	Anjali
31.	Himanshi Sahu.	Mahendra kumar sahu	B.COM.I(WC)	Himanshi	Himanshi	Himanshi	Himanshi	Himanshi	Himanshi	Himanshi
32.	Dolly Bakhtani	LT. DILIP BAKHTANI	B.COM II nd	Dolly	Dolly	Dolly	Dolly	Dolly	Dolly	Dolly
33.	Mahak Verma	~~BJP~~ Bhupendar verma	BSC. I st Year	mahak verma	mahak verma	mahak verma	mahak verma	mahak verma	mahak verma	mahak verma
34.	Kamna Nirmalkar	Satyanarayan Nirmalkar	B.Com I (WC)	Kamna	Kamna	Kamna	Kamna	Kamna	Kamna	Kamna
35.	Akanksha Dewangan	Sumesh Dewangan	B.Com I (CS)	Akanksha	Akanksha	Akanksha	Akanksha	Akanksha	Akanksha	Akanksha
36.	Jaya Banjare	Mahesh Banjare	BSc.I (Bio)	Jaya	Jaya	Jaya	Jaya	Jaya	Jaya	Jaya
37.	Nikahat AHMED	AKIL AHMED	B.Com I	N.deendya	N.deendya	N.deendya	N.deendya	N.deendya	N.deendya	N.deendya
38.	Nandani Sahu	Amrit Lal Sahu	B.Com I (CS)	Nsahu	Nsahu	Nsahu	Nsahu	Nsahu	Nsahu	Nsahu
39.	Kavita Tandi	Inder Tandi	B.Com II (CS)	Kavita	Kavita	Kavita	Kavita	Kavita	Kavita	Kavita
40.	Khushi Jain	Gyanchand Jain	BCA II	Khushi Yeashy Sahu	Khushi Yeashy Sahu	Khushi Yeashy Sahu	Khushi Yeashy Sahu	Khushi Yeashy Sahu	Khushi Yeashy Sahu	Khushi Yeashy Sahu
41.	Yesha Sahu	Santosh Sahu	BCom. I (CS)							
42	Deepti Dewanyan	Pawan Dewanyan	B.S.C I	Deepti	Deepti	Deepti	Deepti	Deepti	Deepti	Deepti

Feedback Form for 7 Day Training Program on Zumba

Date Schedule by: 13/09/2022 to 20/09/2022 for academic session

Zumba Event

Name of student/Teacher / Other

आपका उत्तर

Designation Student / Teacher

Class

B sc I
B sc II
B sc III
Other

Mobile No.

आपका उत्तर

Email ID

आपका उत्तर

Name of Events : 7 Days Training Program on Zumba

The Event /Program is

Satisfactory Good
Very Good Excellent

What good about program

Interesting Knowledgeable
Health & Care Boost Your Confidence

After the event, how inspired did you feel ?

Excellent Very Good
Good None of the above

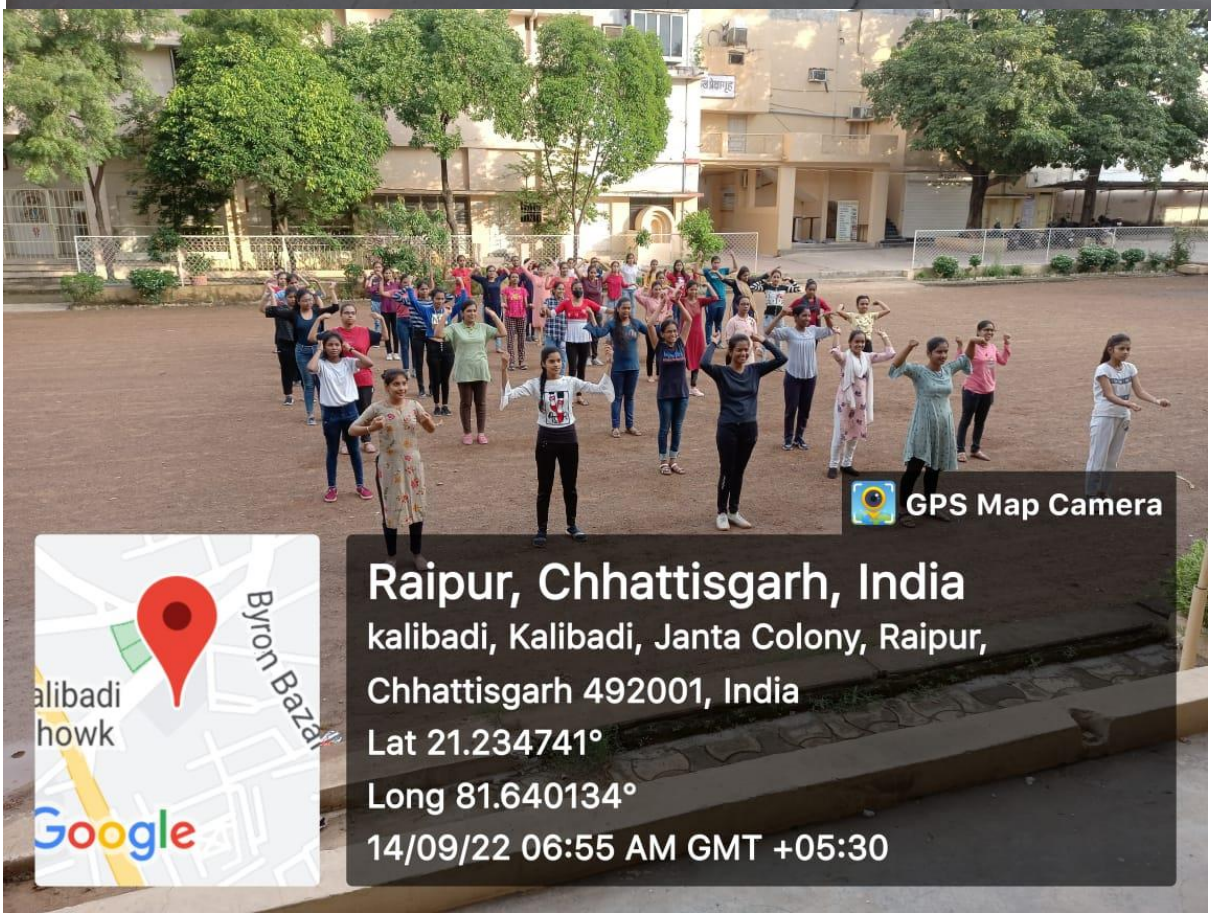
What improvements you suggests for the events

आपका उत्तर

सबमिट करें

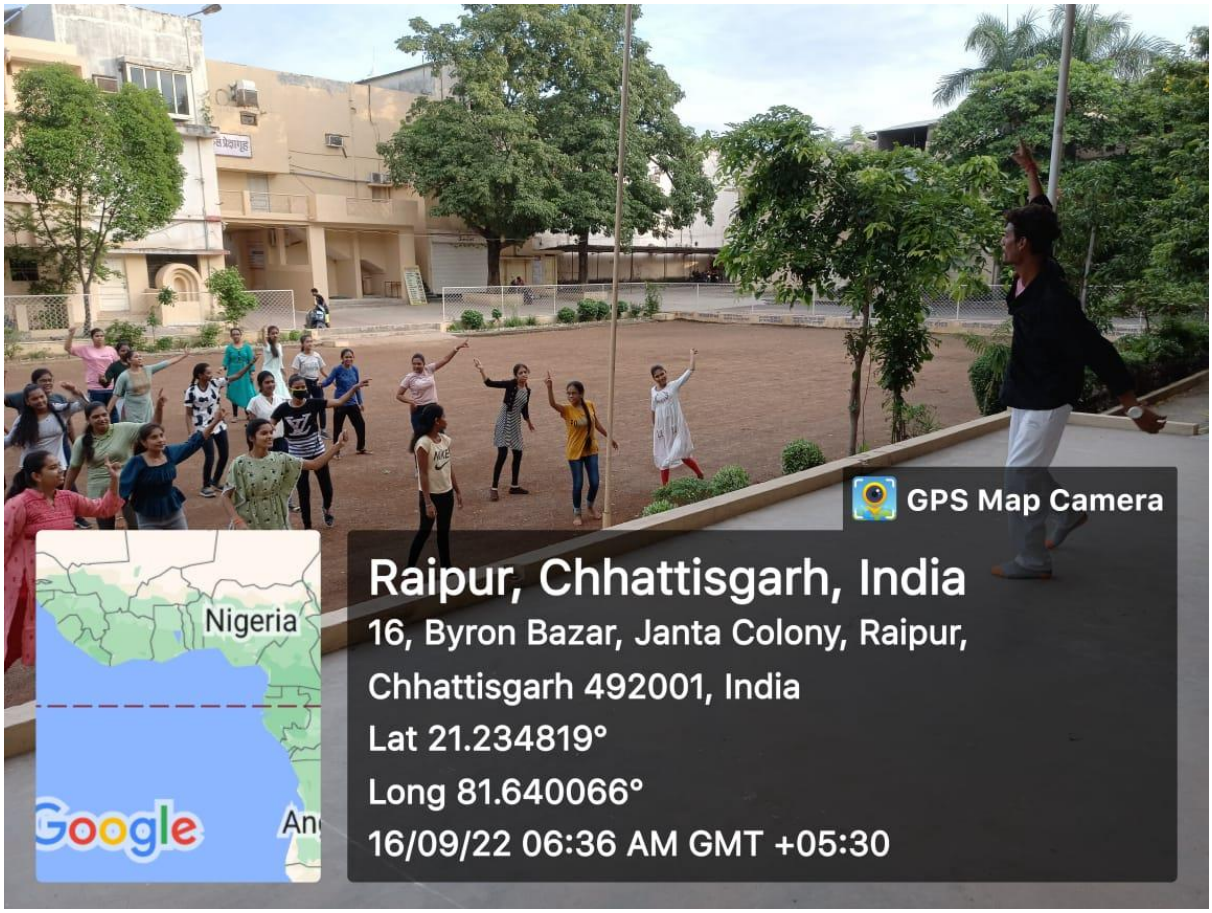
Day : 13/09/2022 Day : Tuesday Day : 1

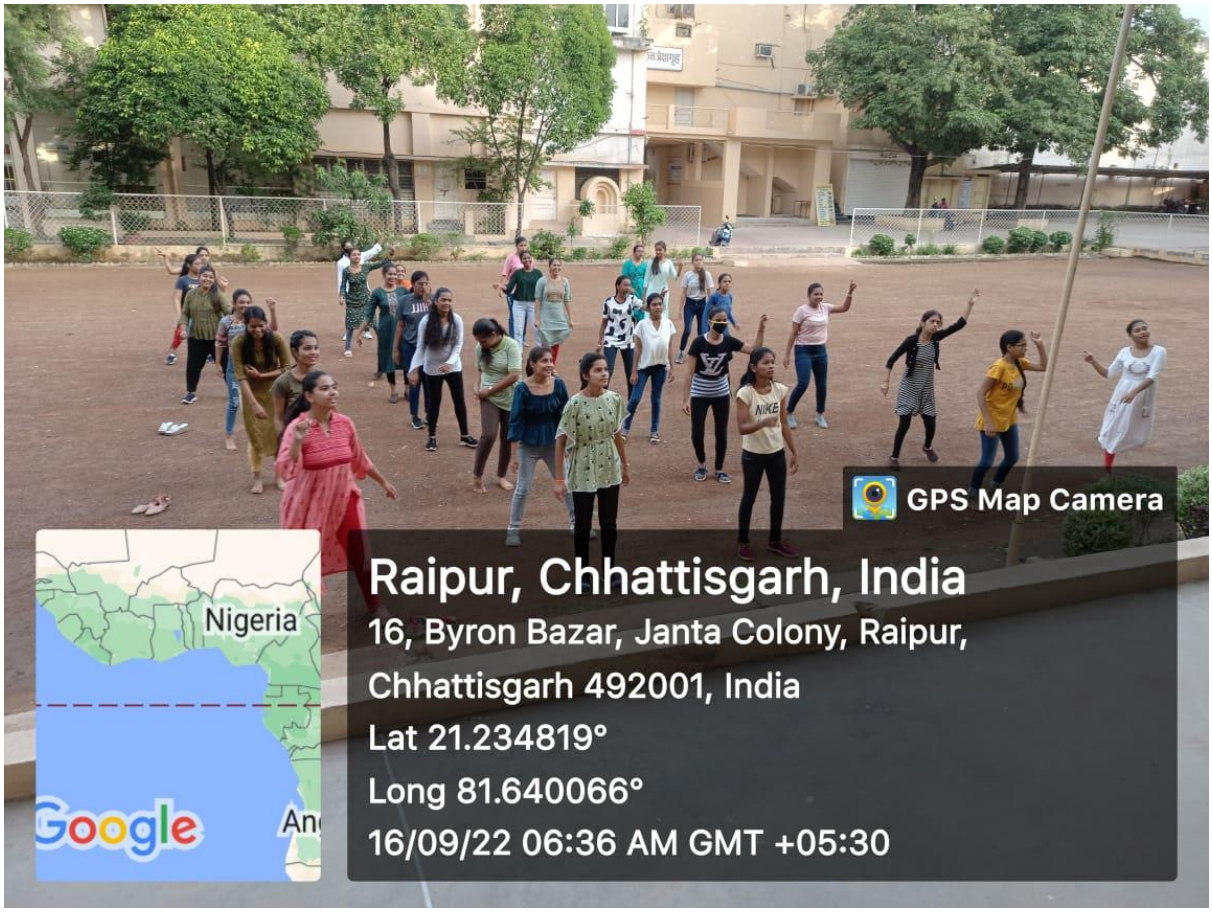
Day : 14/09/2022 Day : Wednesday Day : 2



Day : 15/09/2022 Day : Thursday Day : 3

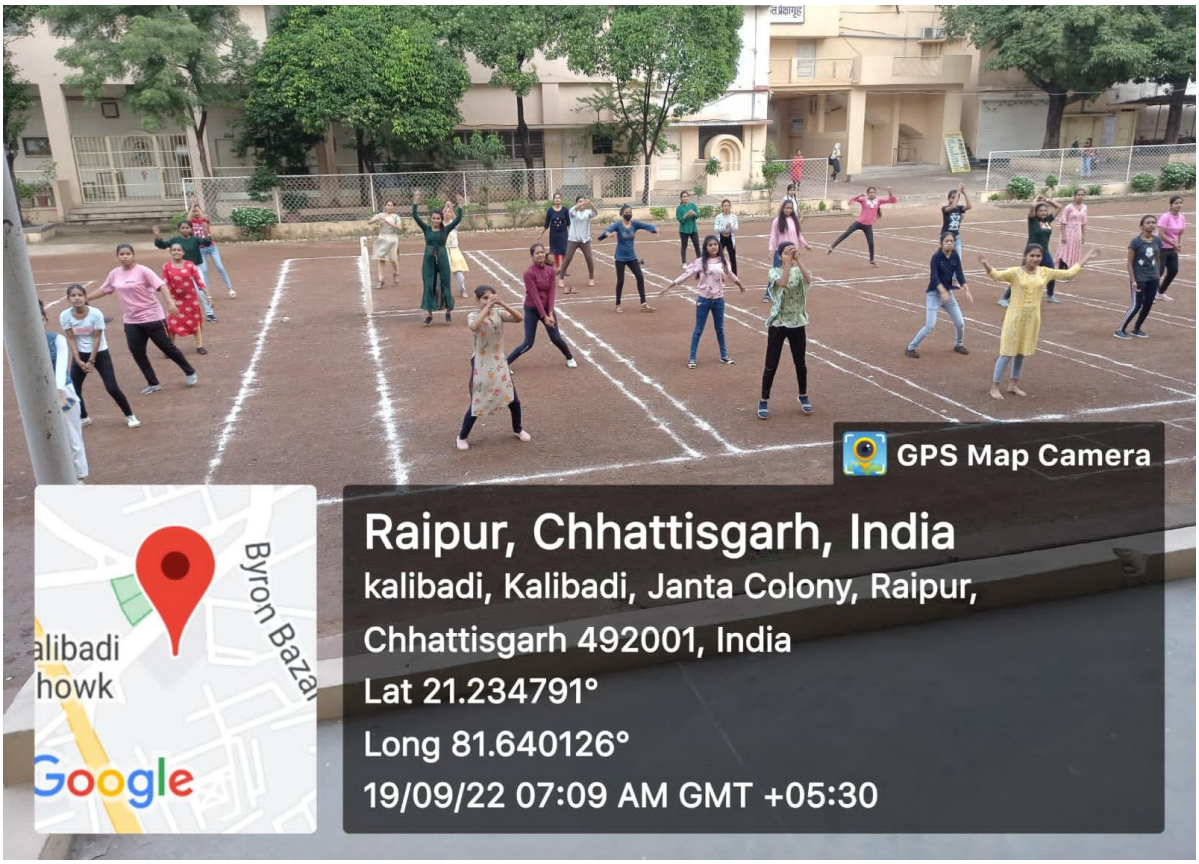
Day : 16/09/2022 **Day : Friday** **Day : 4**



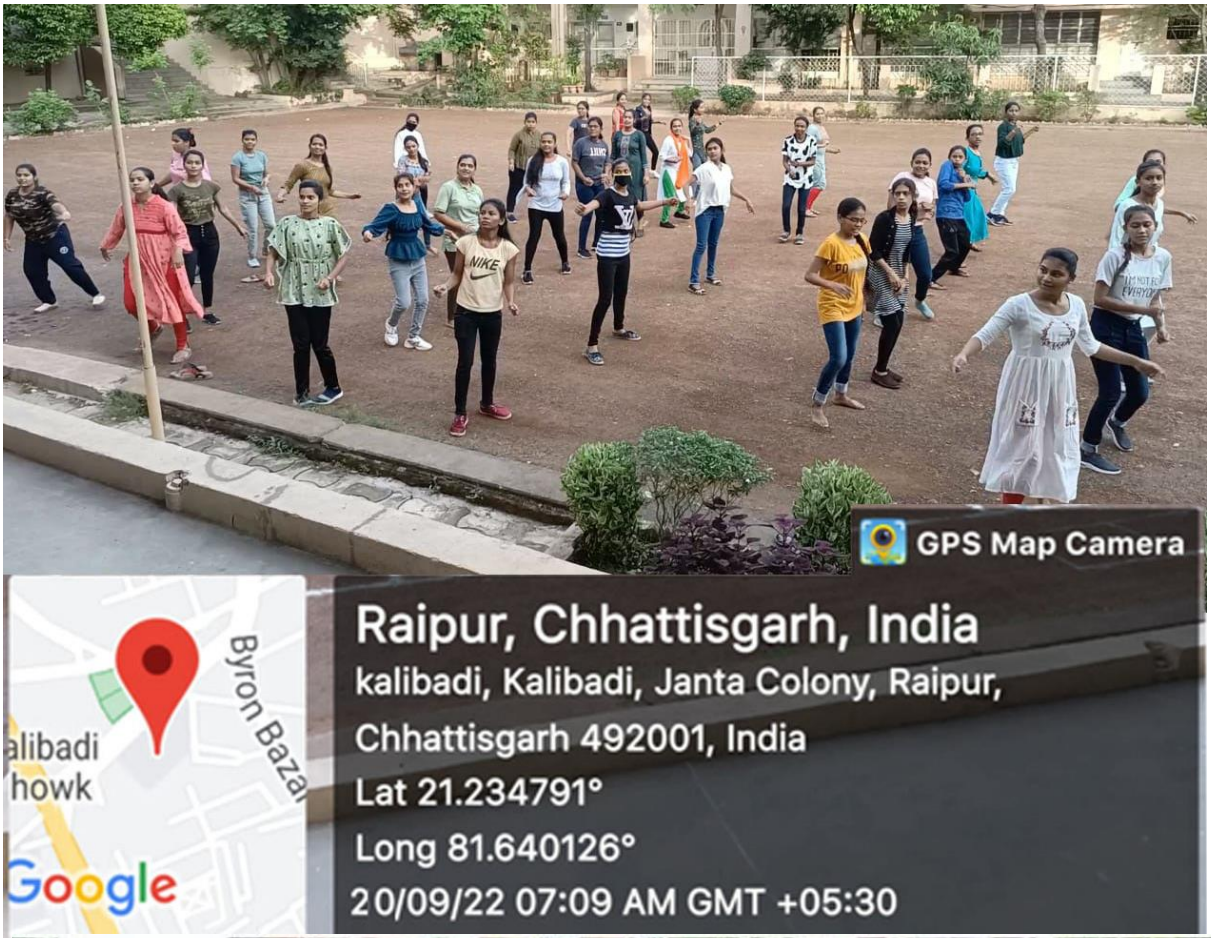


Day : 17/09/2022 **Day : Saturday** **Day : 5**

Day : 19/09/2022 **Day : Monday** **Day : 6**



Day : 20/09/2022 **Day : Monday** **Day : 7**



Feedback Sheet

Name of student/Teacher / Other	Designation	Class	Mobile No.	Email ID	The Event /Program is	What good about program	After the event, how inspired did you feel ?	What improvements you suggests for the events
Anjali patel	Student	B sc I	7725891312	AP238765	Excellent	Health & Care	Very Good	
Astha Sahu	Student	B sc III	9098231626	asthasahu526@gmail.com	Very Good	Health & Care	Very Good	Music
Babita sahu	Student	B sc III	7723096126	bs2609718@gmail.com	Good	Interesting	Good	Good improvement in our body
Bharti sahu	Student	B sc III	9009182060	sunilsahu2905@gmail.com	Satisfactory	Interesting, Health & Care	Very Good	
Bholeshwari sahu	Student	B sc III	7067749164	Sahubholi03@gmail.com	Very Good	Interesting	Very Good	Good
Bhumika Sahu	Student	B sc II	8269291019	bhumikasahu19900@gmail.com	Good	Health & Care	Good	
Chesta Singh	Student	B sc II	9343808136	kshatriyachesta22@gmail.com	Good	Health & Care, Boost Your Confidence	Very Good	No comments
Chhaya sahu	Student	B sc III	7048121872	cs516026@gmail com	Very Good	Health & Care	Very Good	The course is very good I don't think so any improvement to this coures
Damini sinha	Student	B sc II	9329522129	Daminisinha438@gmail	Excellent	Boost Your Confidence	Excellent	
Dr. Megha Agrawal	Teacher	Other	9669733793	miniagrawal31@rediffmail.com	Good	Health & Care	Good	Increase time duration
Harshita pandey	Student	B sc I	8305212129	harshitap831@gmail.com	Excellent	Health & Care	Good	No
Hina sahu	Student	B sc III	9516708342	hina070802@gmail.com	Excellent	Health & Care	Very Good	
Janvi Bais	Student	B sc III	9301295767	Janvibais1@gmail.com	Very Good	Health & Care	Excellent	
Jaya Banjare	Student	B sc I	9770340413	banjare437@gmil.com	Good		Good	
Jitanjali Sahu	Student	B sc III	9399600745	sahugk498@gmail.com	Good	Health & Care	Good	
Khushboo dewangan	Student	B sc III	7898076230	khushbood262@gmail.com	Very Good	Health & Care	Excellent	Health me Batter hota hai

Name of student/Teacher / Other	Designation	Class	Mobile No.	Email ID	The Event /Program is	What good about program	After the event, how inspired did you feel ?	What improvements you suggests for the events
Kirti	Student	B sc III			Good	Health & Care	Good	Energetic
Manisha sahu	Student	B sc III	8839564537	mmanisha.sahu02@gmail. com	Good	Knowledgeable	Very Good	
Manisha sahu	Student	B sc III	8839564537	mmanisha.sahu02@gmail.com	Good	Knowledgeable	Very Good	
Megha Sahu	Student	B sc I	7389515739	deveshwarisahu49@gmail.com	Good	Interesting	Good	No improve
Neha patel	Student	B sc III	7024070863	pneha6369@gmail.com	Excellent	Knowledgeable	Excellent	
Nima sahu	Student	B sc III	9301909686	nimasahu0204@gmail.com	Excellent	Interesting, Knowledgeable, Health & Care, Boost Your Confidence	Excellent	Good
Pallavi Dhangar	Student	B sc III	9669177968	pallavidhangar0@gmail.com	Very Good	Knowledgeable	Excellent	
Priti Adhikari	Student	Other	7974905677	jyotiadhikarijyotiadhikari@gmail.com	Very Good	Health & Care	Very Good	
Priti bhoi	Student	B sc III	7489798663	pritibhoi681@gmail.com	Very Good	Knowledgeable	Excellent	
Priya sen	Student	B sc II	7470330855	priyasen7470@gmail.com	Excellent	Interesting	Excellent	
Renu Sahu	Student	B sc I	6268936570	ls0322020@gmail.com	Very Good	Interesting, Knowledgeable, Health & Care, Boost Your Confidence	Good	
Sakshi sahu	Student	B sc I	7694013031	Sakshisahu152004@gmail.com	Excellent	Health & Care	Very Good	No
Sonali pandey	Student	B sc III	9981090074	Sonalipandey 4567	Excellent	Interesting, Health & Care	Very Good	Nice
Sonali pandey	Student	B sc III	9981090074	Sonalipandey 4567	Excellent	Interesting, Health & Care	Very Good	Nice
Sujata Nishad	Student	Other	8349430058	sujatanishad1302@gmail.com	Excellent	Interesting, Knowledgeable, Health & Care, Boost Your Confidence	Excellent	Zumba was very interesting and good too, got to learn a lot about health from

Name of student/Teacher / Other	Designation	Class	Mobile No.	Email ID	The Event /Program is	What good about program	After the event, how inspired did you feel ?	What improvements you suggests for the events
								Zumba. Thank you.
Sunanda nishad	Student	Other	8349811975	nishadnisha061@gmail.com	Excellent	Interesting, Knowledgeable, Health & Care, Boost Your Confidence	Excellent	The event was very good, got to learn a lot, was also good for health and interesting too. Thank you.
Teacher	Teacher	Other	7828636357	devshreverma@gmail.com	Excellent	Knowledgeable	Excellent	Best program
Tikeshwari Sahu	Student	B sc III	9977408329	tikeshwari215@gamil.com	Satisfactory	Health & Care	Good	Nothing
Vaishnavi Sikdar	Student	B sc II	7909499717		Excellent	Interesting, Knowledgeable, Health & Care, Boost Your Confidence	Excellent	
Varsha sharma	Student	B sc II	9301797503	Vs0012656	Very Good	Interesting	Excellent	
Vidya Laxmi bais	Student	B sc III	8770802792	vidyalaxmibais@gmail.com	Very Good	Health & Care	Excellent	

(7)

Date 22/09/2022
Page

कार्यक्रम विवरण

महाविद्यालय में गठित प्रशिक्षण एवं उद्यमिता विकास समिति के द्वारा दिनांक 12/09/2022 से 18/09/2022 तक सात दिवसीय जुम्बा प्रशिक्षण कार्यशाला का आयोजन महाविद्यालय में किया गया इसमें प्रशिक्षक के रूप में निलेश दास मानिकपुरी उपस्थित हुए तथा छात्राओं को जुम्बा डांस की ट्रेनिंग, इससे होने वाले फायदों के बारे में विस्तार पूर्वक जानकारी दी। इस प्रशिक्षण कार्यशाला में 42 छात्राओं ने भाग लिया। तथा लाभान्वित हुए।

प्रभारी
Training and placement
Committee.

Thank You