

Bunts Sangha's
S. M. Shetty College of Science, Commerce & Management Studies, Powai
NAAC Accredited 'A' Grade
IMC RBNQ Certificate of Merit 2019
ISO 21001:2018 Certified

Approval Form – Yoga Session by Ambika Yoga Kutir on the occasion of International Yoga Day

Department: NSS UNIT

Program: Yoga Session by Ambika Yoga Kutir on the occasion of International Yoga Day

Objectives: This is a Fitness Session on the occasion of International Yoga Day.

Need: It is important for the students to know about fitness and health.

Content: On the occasion of International Yoga Day on 21st June. 2023, the NSS Unit of S.M. Shetty had organize a Yoga Session on 7th floor with Members of Shri Ambika Yoga Kutir.

Judge: NA

Date: 21st June, 2023.

Cost/Budget: NA.

Proposed by: Health Club in collaboration with NSS

Verified by: Dr. Vijay Vishwakarma.

Date of Approval: 16th June 2023.

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Notice (WhatsApp):

INTERNATIONAL YOGA DAY

Health Club in Collaboration with NSS Unit & Sports Department of
Bunts Sangha's S.M.Shetty College of Science, Commerce & Management
Studies (Affiliated to University of Mumbai), Powai, Mumbai, is organising a
session on-

"Yoga for Vasudhaiva Kutumbakam"

For : Students.

Resource Persons : Members of Shri Ambika Yoga Kutir.

Event Details:

: 21st June, 2023

⌚ : 7:30 - 9:00 am

Venue : 7th floor Open Area.

Contact Persons : Asst. Prof. Himani Shukla - 9768009228.

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Minutes of the meeting – Yoga Session by Ambika Yoga Kutir on the occasion of International Yoga Day

There was an online meet taken on Zoom Platform.

1st Meeting on 20th June, 2023

- Volunteers are told to make an attempt.
- Volunteers should follow the instructions.
- Volunteers were given Instructions.
- Volunteers are told to maintain the discipline.
- Volunteers were told the reporting time and some basic information about the activity.

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**Report: Yoga Session by Ambika Yoga Kutir on the occasion of International
Yoga Day**

Event: Yoga Session by Ambika Yoga Kutir on the occasion of International Yoga Day

Date: June 21, 2023.

Objectives: The Yoga webinar helped the students understand the meaning of yoga and its postures.

Highlight: The NSS Unit, in collaboration with the Health Club and Sport Department of Bunts Sangha's S. M. Shetty College of Science, Commerce, and Management Studies, Powai, organised a Webinar on "International Yoga Day" on June 21, 2023. The Resource persons for the webinar were the Members of Shri Ambika Yoga Kutir. The webinar commenced with the welcome of our Principal, vice principals, Members of the NSS Unit, Health Club, Sport department, and Shri Ambika Yoga Kutir (Resource Person). The College has been collaborating with Shri Ambika Yoga Kutir for over 9 years. The objective of this collaboration is to foster harmony in the body, mind, and environment. Further, the session was addressed by our principal, Dr. Sridhara Shetty. It was followed by the introduction of our Resource person, The Member of Shri Ambika Yoga Kutir (Mr. Bharat Pawar, Mr. Rajesh Surti, and Ms. Riddhi Surti). Later, the Resource person started with this session by explaining many postures of Asanas. He also continued to teach many other Yoga exercises and mentioned the benefits we can gain from doing them postures such as Vajrasana, Ushtrasana, Arah- Hala-Asana, Uttana-Pada-Asana, and many other Asanas. At the end, he explained to us about the Pranayama Bhramari Asana by telling us to take deep breaths and make our body relax and calm. It was a good session with Shri Ambika Yoga Kutir.

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Photos:



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Participants list:

Date: 21/6/23

SR	SR No	Name	Class	Roll no	M/E
	1.	Vaibhav Rathod	SYBAF	37	F
	2.	Shehal Bandle			F
	3.	Amisha Shetty	SYBMS	103	F
	4.	Madhur Karkera	SYBMS	93	F
	5.	Shimranpreet Kaur Nagi	SYIT	106	M
	6.	Shantha Katarde	SYIT	93	F
	7.	Muskan Gupta	SYIT	19	F
	8.	Ashil Kadam	SYIT	30	F
	9.	Yuvraj Jaiswal	SYIT	27	M
	10.	Mangj Poojari	SYIT	120	M
	11.	Sheetal Bhatarde	SYIT	7	M
	12.	Debashish Behera	SYIT	16	F
	13.	Vinayak Shetty	SYIT	143	M
	14.	Piyush Tailh	SYIT	146	M
	15.	Ratnavali Chaurasiya	SYBCOM	10	F
	16.	Pravesh Gunav	SYBCOM	27	F
	17.	Shrutesh Shetty	SYBBI	50	M
	18.	Kunal Sawale	SYBCOM	60	M
	19.	Kohan Singh	TYBCOM	175	M
	20.	Sharjeer Chappa	TYBCOM	133	M
	21.	Amankumar Singh	TYBCOM	170	M
	22.	Raghuvanshi			F
	22.	Kanchan Gupta	SYBBI	12	M
	23.	Shashant Kane	SYBBI	31	M
	24.	Ashijeel Shargade	SYBBI	40	F
	25.	Jainee Chhadwa	SYBBI	8	F
	26.	Nidhi Patel	TYBBI	25	F
	27.	Akshata Sawant	SYBBI	42	

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Action Taken Report of Yoga Session By Ambika Yoga Kutir On The
Occasion Of International Yoga Day

Date	Feedback Received	Suggestions Provided
21 st June 2023	Feedback received on all the volunteers and audience was highly positive and encouraging. Suggestions were received regarding conducting more such events in the future. Please add some more events such as. Do	To arrange more yoga events and encourage youth about the importance of Yoga.



NSS Programme Officer



Principal