

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

3 DAYS ART OF LIVING



NSS Programme Officer



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Criterion 3 - Research, Innovations and Extension


PRINCIPAL

Bunts Sangha's S.M. Shetty College
of Science, Commerce & Management Studies
Powai, Mumbai-400 076.
Tel. 022-6132 7352
Email: college@smshettyinstitute.org

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Approval Form – Webinar on '3 Days Art Of Living – Covid Care Immunity Booster'

Department: NSS

Program: 3 days Art of living

Objectives: To encourage youth to improve their mental and physical health and to guide them in having a stress-free live

Need: In order to reduce stress and anxiety among the students and to improve their mental and physical health.

Content: From 23rd August 2021 – 25th August 2021, the NSS Unit of S.M. Shetty College had organize a three days Webinar on 'Covid Care Immunity Booster' for the students in association with Art of living

Date: 23rd August 2021- 25th August 2021

Cost/Budget: Nil / Not Applicable

Resource Person: Dr. Harshita

Proposed by: Prof. Vijay Vishwakarma & Mr. John Menezes

Verified by: Prof. Vijay Vishwakarma

Date of Approval: 15th August, 2021



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**Minutes of the Meeting - Webinar on '3 Days Art Of Living – Covid Care Immunity
Booster'**

There was a meeting taken place on 18th August, 2021

Minutes of the meeting:

- To allot work to social media team and leaders.
- To discuss about the documentation work.
- To allot leaders to prepare for the WhatsApp message which would be send to other colleges to participate.



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Notice (WhatsApp Message) - Webinar on '3 Days Art Of Living – Covid Care Immunity Booster'

Mumbai University NSS in Association with The Art of Living for Bunts Sangha's, S M Shetty College of Science Commerce and Management studies, Powai, Mumbai

Covid Care Immunity Booster for Students

Art of living has launched these programs all across India to support the fight against the pandemic. These programs help improve people's mental and physical health.

Date : 23rd to 25th Aug'21

Time : 5 p.m. to 6 p.m.

Via Zoom

College Code : MU-072

Mandatory Registration Required:

<https://forms.gle/9cTGG6NQStxDxZDa7>

Join this Telegram to receive Zoom Meeting Link:

https://t.me/joinchat/q_QaV6D9a6QwNGY1

Indian adults reported that the COVID-19 pandemic negatively impacted work routine by 43%, sleep routine by 41%, ability to sleep well by 36%. Increased stress by 50%, Deteriorated physical health by 35% and impacted mental/emotional health by 47%.

Contact : -

Snehal Rai-+919082362400

Sushant Shetty-

+917738813869



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Report - Webinar on '3 days Art of Living – Covid Care Immunity Booster'

Event: Webinar on '3 Days Art of Living- Covid Care Immunity Booster'

Date: 23rd August 2021-25th August 2021

Objective: To encourage youth to improve their mental and physical health and to guide them in having a stress-free live

Highlights: NSS Unit of Bunts Sangha's SM Shetty College of Science, commerce and management studies, Powai, Mumbai had organized covid care immunity booster for student from 23rd august to 25th august 2021, The resource person for the webinar was DR Harshita

On 23rd august Dr Harshita started the session by giving a brief information on yoga, also she taught Bhramari, Pranayam, Breath holding exercise, Anulom Vilom and meditation

On 24rd august Dr Harshita taught Pranayama, sessional breathing, and also Acupressure points in our body, and butterfly pose.

On 25th august Dr Harshita started the session by teaching powerful breathing techniques, spinal stretching , meditation and sudarshan kriya at the end she told some Meditation technique to overcome with stage fear.



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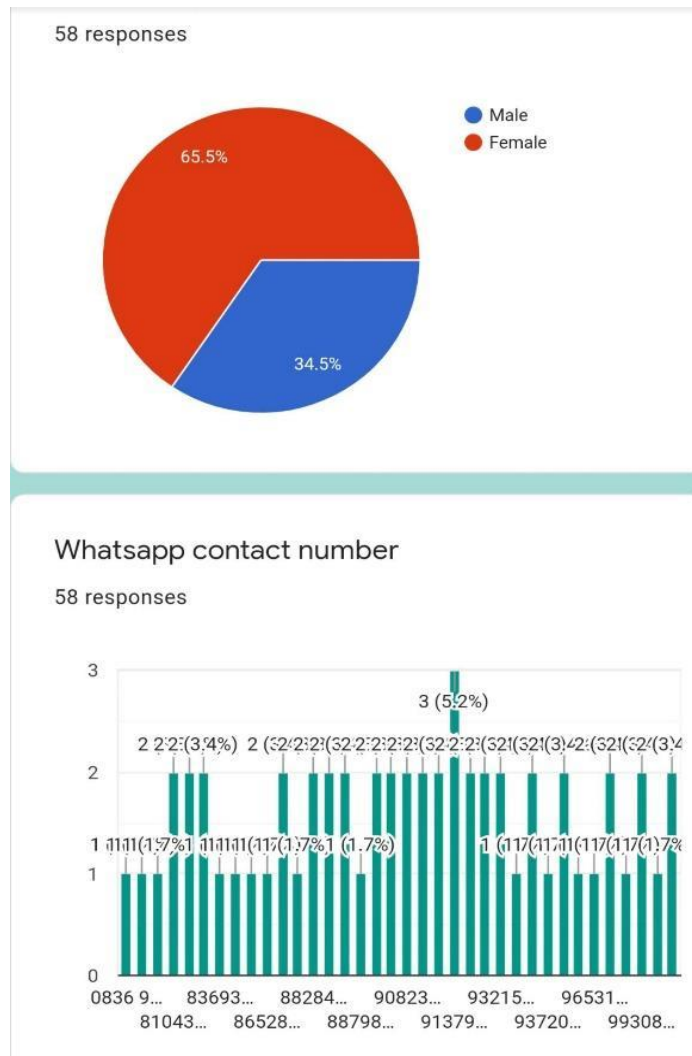


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Feedback - Webinar on '3 Days Art Of Living – Covid Care Immunity Booster'



Dijay Krishnaswama

NSS Programme Officer

John Denezis

NSS Programme Officer

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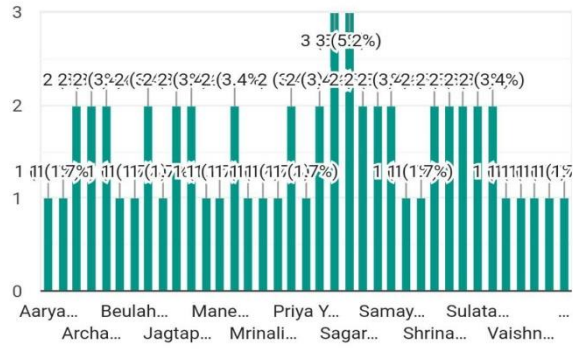
S. M. Shetty
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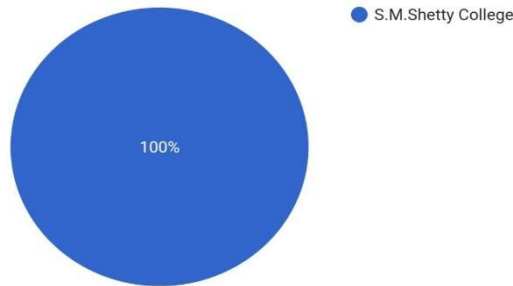
Full Name as required on Certificate with Salutation (Once submitted the form no change in names will be entertained)

58 responses



Name of the institution

58 responses



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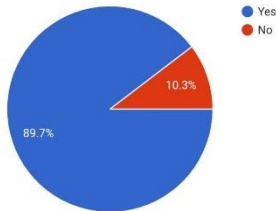
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Are You A NSS Volunteer?

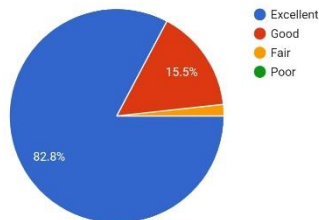
58 responses



FEEDBACK ON WEBINAR

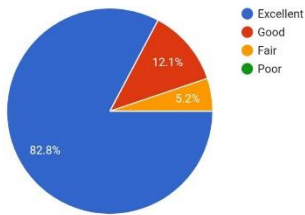
Please rate your overall knowledge level about the topic covered after attending the session

58 responses



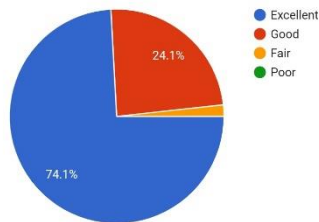
How do you rate the theme of the webinar?

58 responses



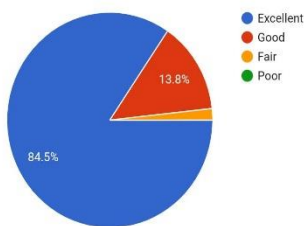
How do you rate the time management of the webinar?

58 responses



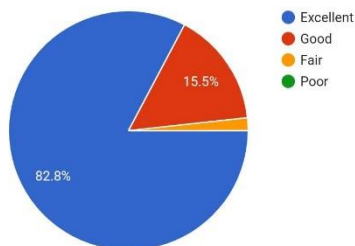
How did you find the content of the session?

58 responses



How will you rate overall webinar?

58 responses



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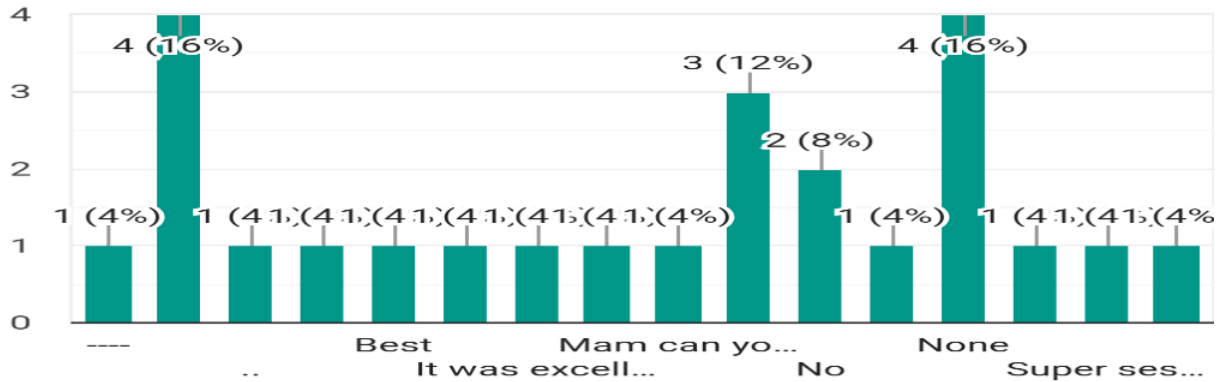


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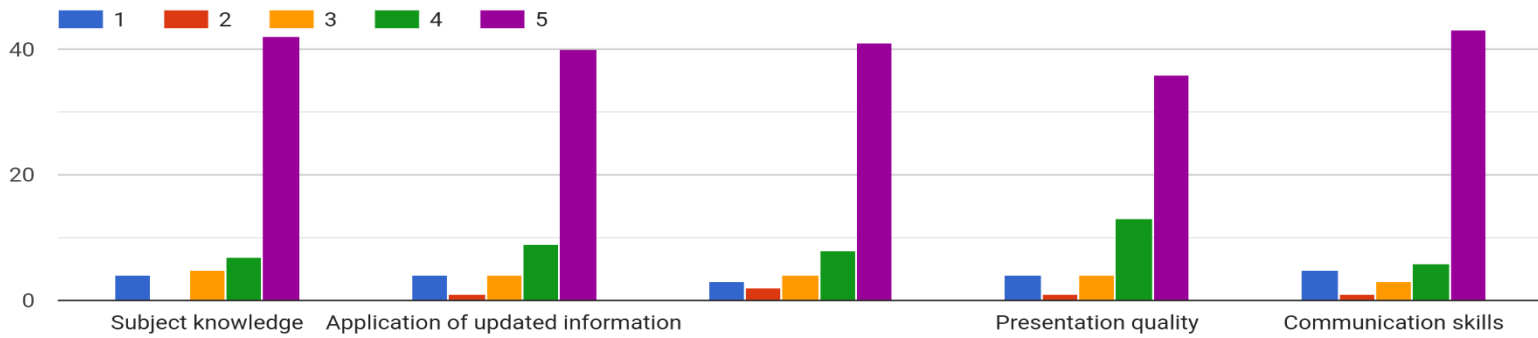
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Any other suggestions you would like to give?
 25 responses



Rate the Resource person (1-lowest, 5-highest)



Dijay Krishnaswama

NSS Programme Officer

John Pereira

NSS Programme Officer

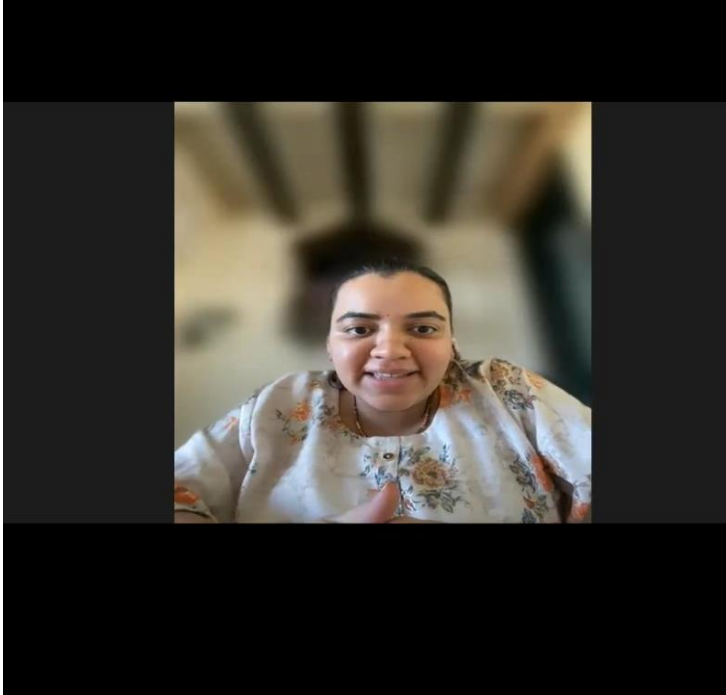
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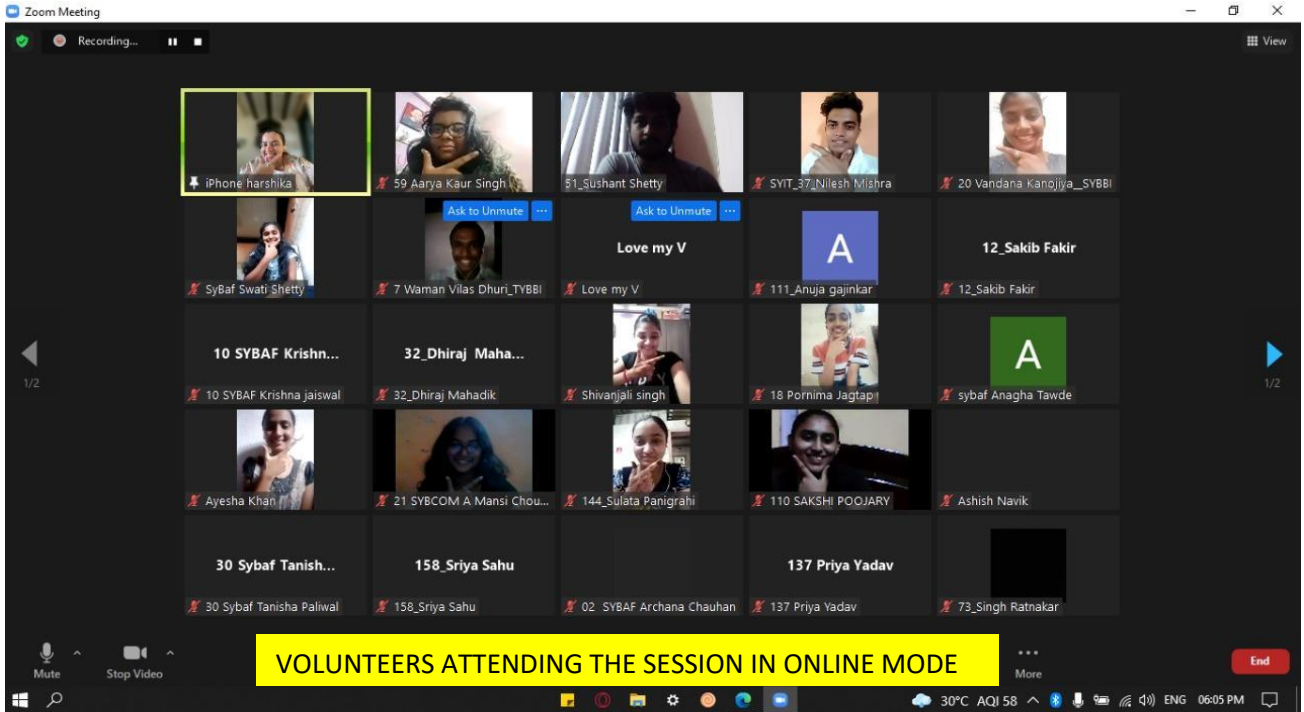
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**Thank You Letter – Webinar on '3 Days Art of Living – Covid Care Immunity
Booster'**

SMS/

25th August, 2021

To,
Dr. Harshita
S.M Shetty Degree College,
Powai.

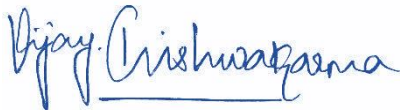
Dear Ma'am,

It was truly a pleasure to have you with us as our Resource Persons for webinar on the '3 Days Art of Living – Covid Care Immunity Booster' organized by NSS UNIT of our college in Association with Art of Living.

On behalf of our college, we'd like to thank you for the generous gift of your time, making people aware and also giving us your precious opinion and various other information. Your time and dedication made this webinar successful.

With Regards,
Thanking you,

Yours faithfully,
Dr. Sridhara Shetty
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