

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

SEMINAR ON 'HAPPY AND HEALTHY LUNGS'



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 – Seminar on 'Happy and Healthy Lungs'

Department: NSS UNIT & MENTAL HEALTH CLUB

Program: Seminar on 'Happy and Healthy Lungs'

Objectives: This Seminar helped the students to know about the basic knowledge on 'Healthy lungs'

Need: It is important for the students to gain knowledge about keeping their lungs healthy.

Content: On 24th November 2021, the NSS Unit of S.M. Shetty had organize a seminar on 'Happy And Healthy Lungs' on the occasion of pneumonia day for the NSS Volunteers

Date: 24th November 2021.

Cost/Budget: Nil / Not Applicable

Panelist of the seminar: Dr Sharayu Rajwade Kshirsagar

Proposed by: Sushant Shetty

Verified by: Prof. Vijay Vishwakarma

Date of Approval: 18th November, 2021



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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.
- To allot social media team start to work on the poster and brochure for the event and update the social media platform.



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Notice (WhatsApp Message)

Greetings to All 🙏 The NSS UNIT of Bunts Sangha's S.M.Shetty College of Science, Commerce and Management Studies, Powai organised
An Inter-collegiate level Webinar On the occasion of Pneumonia day.
TOPIC- Happy & healthy lungs Resource person -Dr. Sharayu Rajwade Kshirsagar
Founder at Dr. Sharayu's B.H.M.S (Pune) P.G. Diploma in Wellness and Cosmetology,
Certified COVID warrior.

📅 Date: 24th November,2021 Time: 4pm Venue: Zoom Meeting.

All the participants will be provided with E-Certificate

Link for the webinar_

<https://us02web.zoom.us/j/87855133201?pwd=dzNlIdTMvRGJHZlhIQ093eEJTWEhmUT09>

Meeting ID: 878 5513 3201 Passcode: zV1HC8

Do check our Social Media handles

Instagram - https://instagram.com/shettyynssunit_b46?igshid=1xuafngvhevfg

Facebook - <https://www.facebook.com/smshettyynss/>

YouTube - https://www.youtube.com/channel/UC3ysq4y-Y_7UmvOkP6t60_Q

For any queries Call:

Mansi Choubey:- 8369385057

Abhijit Patil:- 8355822256

Snehal Rai:- 9082362400

Sushant Shetty:- 7738813869



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Bunts Sangha's
S M Shetty College of Science, Commerce and
Management Studies Powai, Mumbai
Permanently Affiliated to University of Mumbai
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NATIONAL SERVICE SCHEME
Presents
A Intercollegiate Webinar On
"HAPPY AND HEALTHY LUNGS"
On the occasion of
PNEUMONIA DAY
RESOURCE PERSON :
DR.SHARAYU RAJWADE KSHIRSAGAR

Founder at Dr Sharayu's Homoeopathy
Promoting Emotions Wellness & Health with
Homeopathy for last 7 years.
8 International P.G.Ds in wellness &
Cosmetology.
Certified Bach Flower Therapist from Bach
Center, UK.
Helped patients with Homeopathy as a
certified Covid warrior in pandemic



DATE: 24 NOVEMBER, 2021 **TIME: 4:00PM**
VENUE: ZOOM MEETINGS
E-Certificates will be provided
For any queries
Mansi Choubey-8369385057 Abhijeet Patil-83558 22256
Sushant Shetty-7738813869 Snehal Rai-9082362400



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Instagram:

The image shows an Instagram post from the account 'shettynssunit_b46'. The post features a flyer for a webinar. The flyer is titled 'NATIONAL SERVICE SCHEME Presents A Intercollegiate Webinar On "HAPPY AND HEALTHY LUNGS"'. It is held on the occasion of PNEUMONIA DAY. The resource person is Dr. Sharayu Rajwade Kshirsagar, founder of Dr. Sharayu's Homeopathy. The flyer includes details about the date (24 November 2021), time (4:00 PM), and venue (Zoom Meetings). It also mentions that e-certificates will be provided and lists contact numbers for Mansi Choubey, Sushant Shetty, Abhijeet Patil, and Snehal Rai.

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Report – Seminar on 'Happy And Healthy Lungs'

Event: Seminar on 'Happy And Healthy Lungs '

Date: 24th November 2021,

Objective: This Seminar helped the students to know about the basic knowledge about Healthy lungs'

Highlights: The NSS Unit of Bunts Sangha's S. M. Shetty College of Science, Commerce and Management Studies, Powai had organized a webinar.

The webinar commenced with the Welcoming of our Speaker Dr Sharayu Rajwade Kshirsagar by our NSS Volunteer Ms. Kinjal Shetty. It was followed by the introduction of our speaker. Later the session started with signs and symptoms of pneumonia and how can we prevent it, further she explained us how we can keep our lungs healthy and strong and also she told us about the do and donts for keeping our body and lungs healthy, she continued by telling us to keep a good diet. At the end, there was a question and answer where also taken by our volunteer Mr Abhijit Patil. The webinar ended with the Vote of Thanks by our NSS Ms Isha Soni . There were around 167 participants in the webinar



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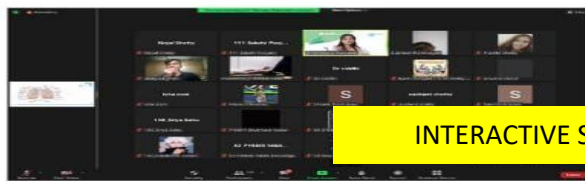
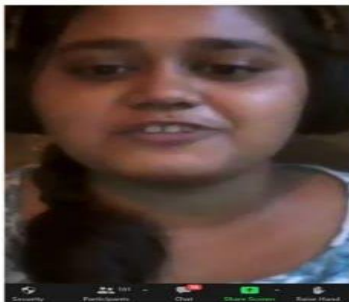
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INTERACTIVE SESSION



Dijay Krishnaswama

NSS Programme Officer

John Denezis

NSS Programme Officer

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S. M. Shetty
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Certificate



Vijay Krishnaswama

NSS Programme Officer

John Pienzo

NSS Programme Officer

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[Signature]
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Feedback – Seminar on 'Happy and healthy Lungs'

Who has responded?

Email

aaryakaur1402@gmail.com

gajinkaranuja123@gmail.com

moghulsakina6@gmail.com

priyadav791@gmail.com

ssagar2407@gmail.com

arshadpathan03032002@gmail.com

javalekaramithi@gmail.com

desaismruti88@gmail.com

sidharthkhan12@gmail.com



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Sakina Abbas Mognui

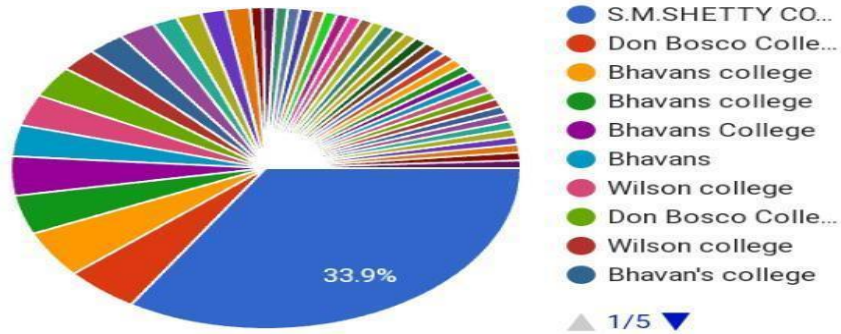
Priya Yadav

SAGAR SHETTY

Arshad pathan

College name (As required on the certificate)

127 responses



Contact Number (Preferably WhatsApp number)

127 responses

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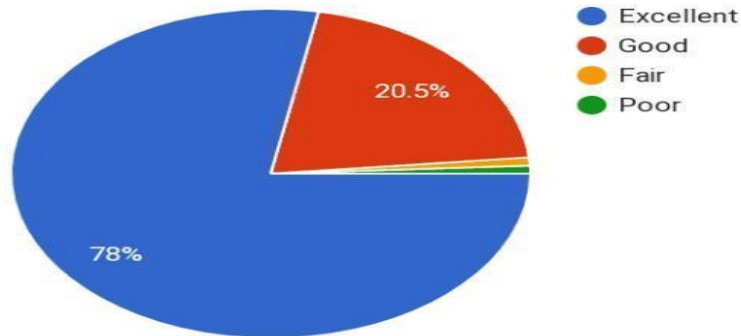
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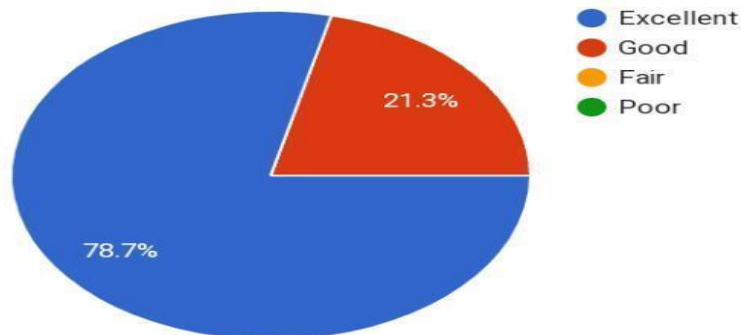
How do you rate the theme of the webinar?

127 responses



How did you find the content of the session?

127 responses



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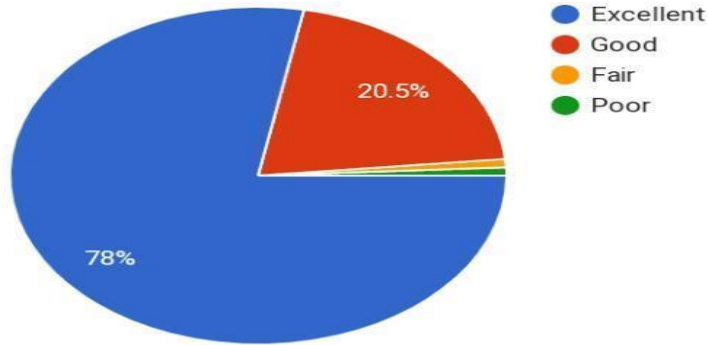
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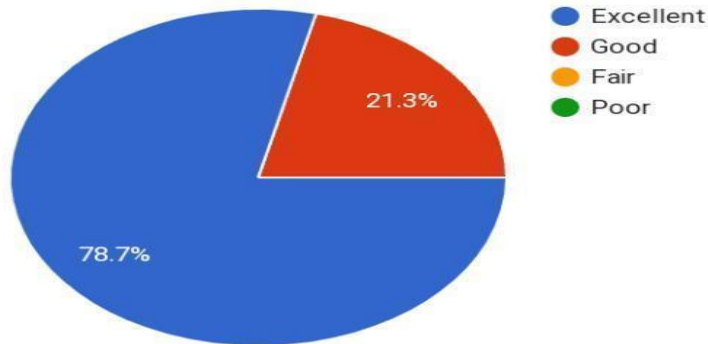
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127 responses



How did you find the content of the session?

127 responses



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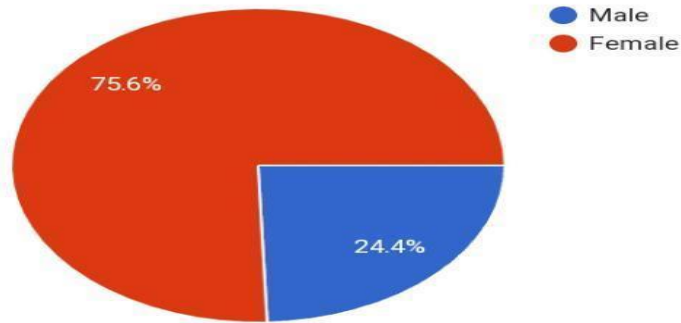
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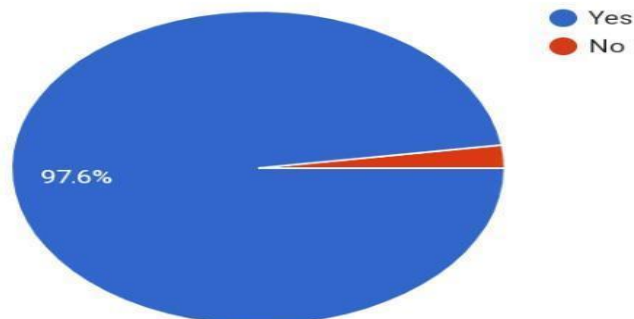
Gender

127 responses



Are you NSS VOLUNTEERS

127 responses



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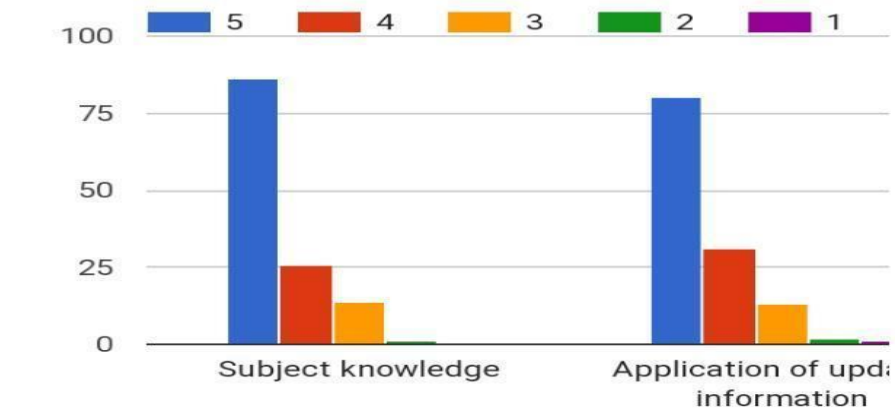
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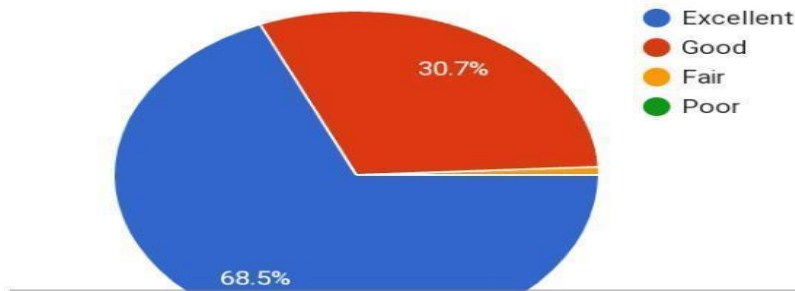
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Rate The Resources person of The Day



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

127 responses



Dijay. Krishnaswama

NSS Programme Officer

John Denezis

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Thank You Letter – Seminar on 'Happy And Healthy Lungs'

SMS/

24th November, 2021

To,

Dr Sharayu Rajwade Kshirsagar
S.M Shetty Degree College,
Powai.

Dear Ma'am,

It was truly a pleasure to have you with us as our Speaker for Seminar on the 'Happy And Healthy Lungs' organized by NSS UNIT our college.

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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