

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

YOGA WEBINAR ON INTERNATIONAL YOGA DAY



NSS Programme Officer



NSS Programme Officer

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: Yoga Webinar on International Yoga Day

Department: NSS UNIT

Program: Yoga Webinar on International Yoga Day.

Objectives: This is an Inter-Colligate Fitness Session.

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

Content: On the occasion of International Yoga Day on 21st June, 2021, the NSS Unit of S.M. Shetty had organize a Yoga Webinar for the NSS Volunteers with Members of Shri Ambika Yoga Kutir.

Date: 21st June, 2021

Cost/Budget: Nil / Not Applicable

Resource Person: Members of Shri Ambika Yoga Kutir

Proposed by: Mr. Sushant Shetty.

Verified by: Prof. Vijay Vishwakarma

Date of Approval: 17th June, 2021



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Minutes of the Meeting: Yoga Webinar on International Yoga Day

There was a meeting taken place on 19th June, 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.
- 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): Yoga Webinar on International Yoga Day

👤 📧 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-

” Be with Yoga , be at home”

For : Teaching ,Non-Teaching staff, Students,Parents & others.

Resource Persons: Members of Shri Ambika Yoga Kutir.

Event Details:

: 21st June, 2021

🕒 : 8:00 -9:30 am (Zoom Webinar).

Registration Link: <https://forms.gle/UTfD59gTWU8eEdUD8>

WhatsApp Group Link:

<https://chat.whatsapp.com/LyPIJL9V1VB8BcnTpUj2oH>

Last Date to Register: 20th June, 2021.

Contact Persons:

Asst.Prof. Himani Shukla (9768009228)

In case of any queries kindly E-Mail 📧 us at: himanis@smshettyinstitute.org

NOTE: CERTIFICATE WILL BE PROVIDED BY THE GOVERNMENT OF INDIA.



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Report: Yoga Webinar on International Yoga Day

Event: Yoga Webinar on International Yoga Day.

Date: 21st June, 2021.

Objective: The Yoga webinar helped the students to know the meaning of yoga and its yoga postures.

Highlights: The NSS Unit in collaboration with Health Club and Sport Department of Bunts Sangha's S. M. Shetty College of Science, Commerce and Management Studies, Powai had organized a Webinar on "International Yoga Day" on 21st June 2021. The Resource Person for the webinar was the Members of Shri Ambika Yoga Kutir.

The webinar commenced with the Welcoming of our Principal, Vice-principals, Members of NSS Unit, Health Club, Sport Department and Member of Shri Ambika Yoga Kutir (Resource Person) and the participants from our College by our Asst. NSS Representative Ms. Snehal Rai. The College has been collaborating with Shri Ambika Yoga Kutir for over 8 Years, the objective of this collaboration is to foster harmony in the body, mind & 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 about many postures of Asanas. He also further continued to teach many other Yoga exercises and also mentioned about the benefit we can gain after doing these Yoga postures such as, Vajrasana, Ushtrasana, Arah- Hala- Asana, Uttana-Pada- Asana and many other Asanas. At the end, he explained us about the Pranayama Bhramari Asana by telling us to take deep breath, and make our body relax & calm. It was a good session with Shri Amika Yoga Kutir.

The webinar ended with the Vote of Thanks by our NSS Leader Mr. Sushant Shetty. There were around 60 participants in the webinar.



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Feedback: Yoga Webinar on International Yoga Day

Name

48 responses

Shubhangi Jain
Toral Chauhan
Somya Yadav
Ms. Aarya Kaur
Nidhi Chandorkar
Lodaya Bhoomi Bhavesh
Ms. Anuja gajinkar
Mr.Abhishek Mohanty
Radhika Jayesh Manjrekar



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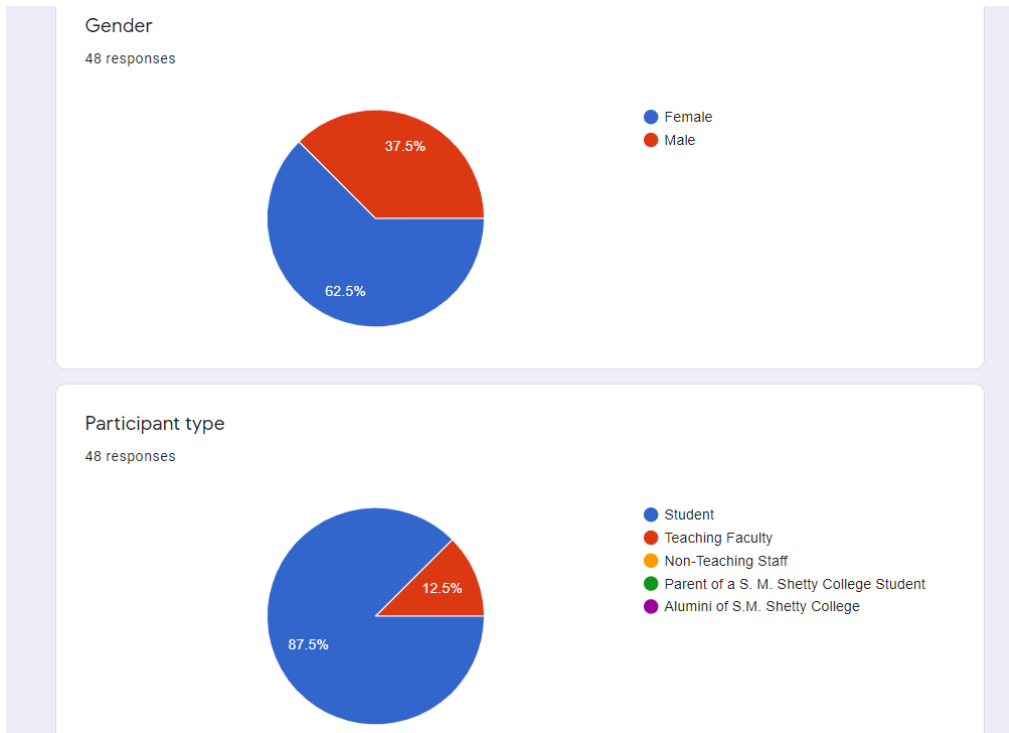
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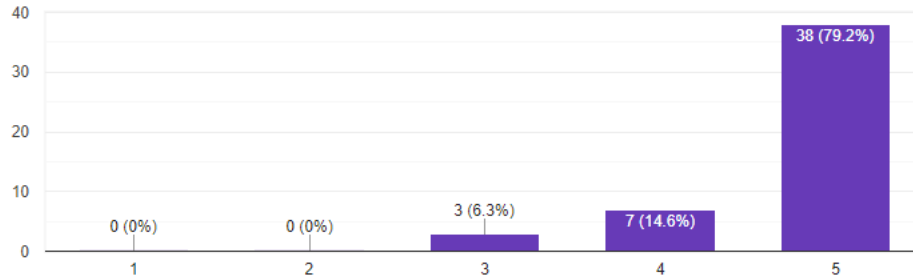
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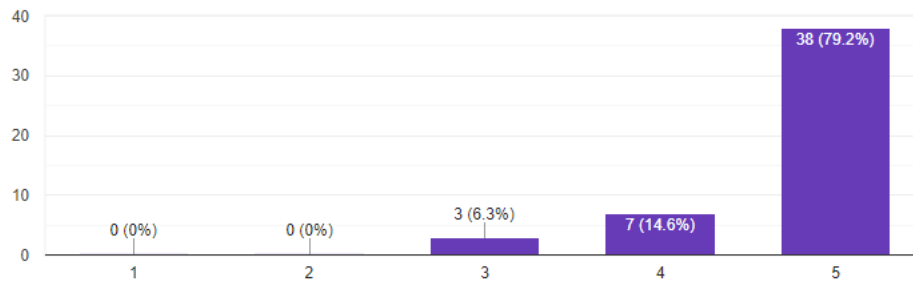
How informative was the session?

48 responses



How satisfied are you with the session's content?

48 responses



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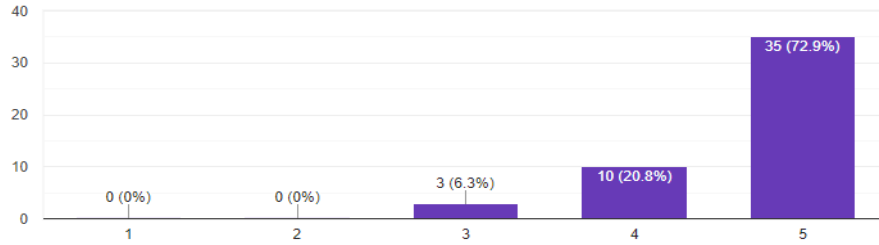
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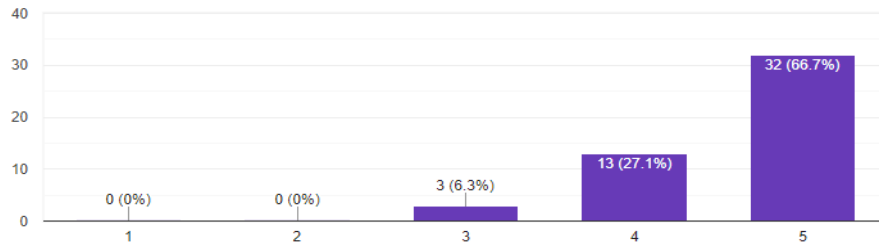
How relevant and helpful do you think the session was?

48 responses



How satisfied are you with the technical aspects of online platform?

48 responses



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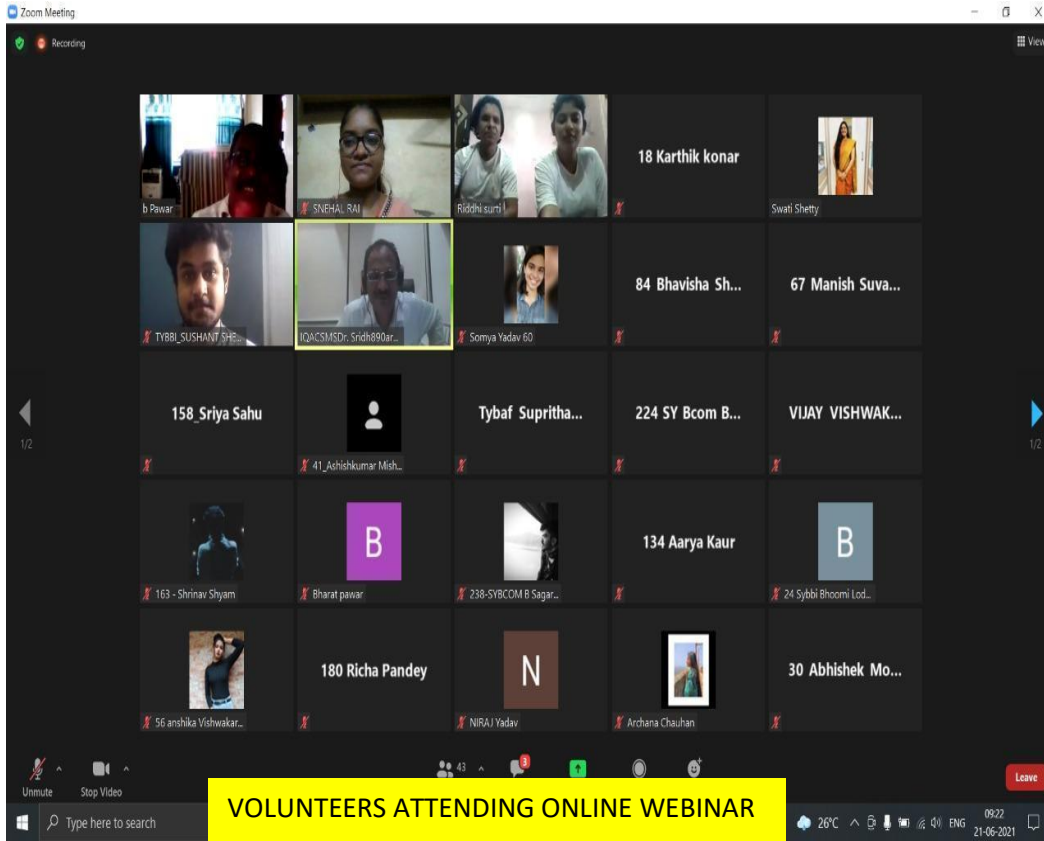
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Vijay Krishnarajama

NSS Programme Officer

John Dierzo

NSS Programme Officer

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S. M. Shetty
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Thank You Letter: Yoga Webinar on International Yoga Day

SMS/

21st June, 2021

To,
Shri Ambika Yoga Kutir,
S.M Shetty Degree College,
Powai.

Dear Sir/Ma'am,

It was truly a pleasure to have you with us as our Resource Persons for webinar on the occasion of International Yoga Day "YOGA WEBINAR" organized by NSS UNIT and Health Club of 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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