

Bunts Sangha's
S.M. Shetty College of Science, Commerce & Management Studies, Powai
Affiliated to University of Mumbai
NAAC Accredited 'A' Grade
IMC RBNQ Certificate of Merit 2019
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5 DAYS YOGA CHALLENGE



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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 - 5 Days Yoga Challenge

Department: NSS UNIT

Program: 5 Days Yoga Challenge

Objectives: This is an Inter- Collegiate Fitness Challenge

Need: It is important for the students to know about yoga and keep themselves fit.

Content: The NSS Unit has organized fitness challenges, where participants will have to perform different Yoga Asanas (1 Asan per day) which are given below:

Day 1 - Setu Bandha Sarvangasana

Day 2 - Ashwa Sanchalanasana

Day 3 - Trikonasana

Day 4 - Navasana

Day 5 - Adho Mukha Svanasana

Date: 17th August, 2021 – 21st August, 2021

Cost/Budget: NA

Proposed by: Mr. Shivam Sanjay Upadhyay

Verified by: Prof. Vijay Vishwakarma

Date of Approval: 11th August, 2021



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Minutes of Meeting - 5 Days Yoga Challenge

Minutes of the meeting:

- To discuss about the upcoming events for Fit India Movement.
- To discuss about to make a promotion video for Fit India Movement.
- 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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Poster & Brochure - 5 Days Yoga Challenge

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**NATIONAL SERVICE SCHEME
PRESENTS
5 DAYS YOGA CHALLENGE**

Setu Bandha Sarvangasana (Day 1)

Adho mukha svanasana (Day 5)

Ashwa Sanchalanasana (Day 2)

Navasana (Day 4)

Trikonasana (Day 3)

From: 17th August, 2021 Till: 21st August, 2021

For Any Queries Contact:
Snehal Rai: 9082362400 Sushant Shetty: 7738813869 Shrinav Shyam: 8108781685

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HOW TO TAKE PART IN THE CHALLENGE

1. Click a picture of yourself doing the given yoga each day.
2. Send us the picture through the given google form

Click here to **Submit**

3. Follow our Instagram handle:
@shettynssunit_b46

**We will feature your picture on our
Instagram story!**

**Note:(All the participants will be
provided with E-certificates)**

Life is a challenge meet it with "Yoga"



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Instagram:



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**NATIONAL SERVICE SCHEME
PRESENTS
5 DAYS YOGA CHALLENGE**

Setu Bandha Sarvangasana (Day 1) Adho mukha svanasana (Day 5)

Ashwa Sanchalanasana (Day 2) Navasana (Day 4)

Trikonasana (Day 3)

From: 17th August, 2021 Till: 21st August, 2021

For Any Queries Contact:
Snehal Rai: 9082362400 Sushant Shetty: 7738813869 Shrinav Shyam: 8108781685



Dijay Krishnakumar

NSS Programme Officer

John Menzies

NSS Programme Officer

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John Menzies
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WhatsApp Message - 5 Days Yoga Challenge

The NSS Unit
of
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Commerce & Management Studies.

Presents

5 Days Yoga Challenge
Under Fit India Movement

We are organizing a 5-days Yoga challenge, where in participants will have to perform 5 different yoga postures (1 yoga per day) which are given below:

- Day 1 - Setu Bandha Sarvangasana
- Day 2 - Ashwa Sanchalanasana
- Day 3 - Trikonasana
- Day 4 - Navasana
- Day 5 - Adho Mukha Svanasana

From: 17th August, 2021
Till: 21st August, 2021



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To be a part of this 5 Days Yoga challenge

- Click a picture of you doing the yoga each day.
- Submit your picture through the below-given google form link 

<https://forms.gle/LYoADp5bQmN5tFm79>

- Follow our Instagram handle:


shettynssunit_b46

https://instagram.com/shettynssunit_b46?igshid=1kiv5rh9bybto

We will feature your pictures on our Instagram story!

Note:(All the participants will be provided with E-certificates)

life is a challenge meet it with yoga

For Any Queries Contact  :

Snehal Rai: 9082362400

Sushant Shetty: 7738813869

Shrinav Shyam: 8108781685

Shivam Upadhyay: 9321413771



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Report - 5 Days Yoga Challenge

Event: 5 Days Yoga Challenge

Date: 17th August, 2021 – 21st August, 2021

Objective:

Highlight: The NSS Unit of S.M. SHETTY COLLEGE had organized a 5 days yoga challenge from 17th August, 2021 – 21st August, 2021. The participants had performed different Yoga Aasans (1 Asan per day) which were given below:

Day 1 - Setu Bandha Sarvangasana

Day 2 - Ashwa Sanchalanasana

Day 3 - Trikonasana

Day 4 - Navasana

Day 5 - Adho Mukha Svanasana

Total 269 has been participated in the event. All the participants were provided with participation certificate.



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Day 1 Setu Bandha Sarvangasana



Vijay Krishnarajama

NSS Programme Officer

John Meneses

NSS Programme Officer

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Day 2 Ashwa Sanchalanasana



Dijay. Krishnarajama

NSS Programme Officer

John Pereira

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Day 3 Trikonasana



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Day 4 Navasana



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Day 5 Adho Mukha Svanasana

5- Days Yoga Challenge  **5- Days Yoga Challenge** 

Day 5- Adho Mukha Svanasana Day 5- Adho Mukha Svanasana



Dhiraj santosh mahadik
S.M. Shetty College
@19.d.h.i.r.u

Swati vasant shetty
S.M. Shetty college
@swatishetty2022

PERFORMING ADHO MUKHA SVANASANA



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Participation List - 5 Days Yoga Challenge

Day 1-5

Amit Mahesh Bhanushali	Joshi Bedekar Thane
MUKESH DILIP GUPTA	SMT KAMALA METHA V.W.A COLLEGE OF COMMERCE
Sanskrti Rajesh Gaikwad	Annasaheb Vartak College of Arts
Khushboo Singh	vivekanand education society college of science, commerce nd arts
Swara Jitendra Bhosale	Anna Saheb Vartak College
Tiwari Sakshi Santosh	S.M.Shetty College
Samrudhhi Sunil Kanade	Viva institute of technology
Sakshi Sunil Kanade	Annasaheb vartak college of arts
SHAILESH GAUD	SIES COLLEGE OF ARTS SCIENCE AND COMMERCE AUTONOMOUS SION WEST
Somya Yadav	S.M.Shetty College
Sagar shetty	S.M.Shetty College
Makardhwaj Rajendra Narkar	SIES COLLEGE OF ARTS, SCIENCE & COMMERCE (AUTONOMOUS), SION (WEST)
Janhavi Vasudeo Koli	Smt. Kamala Mehta V.W.A College of commerce
Sai gounder	SIES college of arts science and commerce sion west autonomous
Yashashvi Solanki	Smt kamla mehta college of commerce
Akash Yadav	S.M.Shetty College
Vidhi Thakur	Sies college of arts science and commerce autonomous sion west



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RUDRA PATRA	SIES COLLEGE OF ARTS SCIENCE AND COMMERCE (Autonomous) SION (W)
AYESHA KJAN	S.M.Shetty College
Kanojiya Vandana kadeprasad	S.M.Shetty College
Aarya Kaur	S.M.Shetty College
Pratiksha Soni	SIES COLLEGE OF ARTS, SCIENCE AND COMMERCE (AUTONOMOUS), SION (WEST).
Priya Yadav	S.M.Shetty College
Vaibhavi Sanjay Malvankar	Joshi Bedekar College
Shatakshi Jaiswal	Sies college of arts commerce and science
Isha Malhotra	School of open learning
Vaishnavi Yogesh Gaikwad	S.M.Shetty College
Amol Balkrishna Udugade	Joshi Bedekar College
Miss. Dipali Avinash Hivarkar	University of Mumbai: Institute of Distance and Open Learning, [IDOL] Mumbai
Sulata Bhagwan Panigrahi	S.M.Shetty College
Samiksha Dinkar	Bhilai Institute of Technology, Durg
Tanya Ravindranath Singh	S.M.Shetty College
Nikita Sanjay Pingle	Joshi Bedekar College, Thane
Nirmiti Kailas Tanpure	Sies college of arts science and commerce autonomous sion west
Rohit Ashok Chavan	Joshi Bedekar college of Thane
Gayatri Mohanty	Ves college of arts science and commerce



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Singh shivanjali Santosh	S.M.Shetty College
HEMA SURESH PATIL	K.G. Joshi bedekar College of arts and Commerce Thane
AJIT KUMAR YADAV	Valia C.L. college of commerce
KAVITA FUYARAM CHOUDHARY	S.M.Shetty College
Ms.Swati Vasant Shetty	S.M.Shetty College
Radhika Jayesh Manjrekar	S.M.Shetty College
Sapna Prajapati	Vivekanand education society college of arts science and commerce
Mansi Choubey	S.M.Shetty College
Riddhi Bhavana Rajan Rahate	N. G. Bedekar College Of Commerce
Yashika Harish Shetty	St.John The Baptist
Kallingal Suraj Manikandan	SIES COLLEGE OF ARTS SCIENCE AND COMMERCE AUTONOMOUS SION W
Shivam sanjay upadhyay	S.M.Shetty College
Shweta Ganesh	SIES College of Arts Science and Commerce (Autonomous) Sion (West)
Athira Muralidharan Pillai	SIES COLLEGE OF ARTS, SCIENCE AND COMMERCE (AUTONOMOUS), SION WEST
Jaiswal Payal Mohan	Vivekanand education Society of Arts Science and Commerce
Haadesh D Amin	VPM College Of Arts Science and Commerce Mulund East
Sushant Ramesh Shetty	S.M.Shetty College
Khushboo Arvind Chaurasiya	Vesasc
Rahul rajendra shintre	VES
Vaishnavi Sanjay Singh	Valia C L College of Commerce



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Jagtap Pornima Shankar	S.M.Shetty College
Anuja gajinkar	S.M.Shetty College
Dhiraj Mahadik	S.M.Shetty College
Mihir Uday Parab	K.G joshi college of arts and N.G bedekar college of commerce, Thane
Sachin Halli	S.M.Shetty College
Amit Mahesh Bhanushali	Joshi Bedekar Thane
MUKESH DILIP GUPTA	SMT KAMALA METHA V.W.A COLLEGE OF COMMERCE
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Sakshi Sunil Kanade	Annasaheb vartak college of arts Vasai
Sanskruti Rajesh Gaikwad	Annasaheb Vartak College of Arts
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Sai gounder	SIES college of arts science and commerce sion west autonomous



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Kavita fuyaram choudhary	Vivekanand Education Society's College of Arts, Science and Commerce



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Singh shivanjali Santosh	S.M.Shetty College
HEMA SURESH PATIL	K. G. Joshi bedekar College of arts and Commerce Thane
Janhavi Vasudeo Koli	Smt. Kamala Mehta V.W.A College of Commerce
Ayesha Khan	S.M.Shetty College
Ms.Swati Vasant Shetty	S.M.Shetty College
Aarya Kaur	S.M.Shetty College
Archana Chauhan	S.M.Shetty College
Ratnakar Singh	S.M.Shetty College
Radhika jayesh manjrekar	S.M.Shetty College
Dhiraj Mahadik	S.M.Shetty College
Akash Yadav	S.M.Shetty College
Yashika Harish Shetty	St.John The Baptist Jr college Thane
Jaiswal Payal Mohan	Vivekanand Education Society of Arts Science and Commerce
Vaishnavi Yogesh Gaikwad	S.M.Shetty College



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Affiliated to University of Mumbai
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IMC RBNQ Certificate of Merit 2019
ISO 21001:2018 Certified

Shweta Ganesh	SIES College of Arts Science and Commerce (Autonomous) Sion (West)
Jagtap Pornima Shankar	S.M.Shetty College
Suraj Manikandan Kallingal	SIES COLLEGE OF ARTS SCIENCE AND COMMERCE AUTONOMOUS SION W
Haadesh D. Amin	VPM College Of Arts Science And Commerce Mulund East
Vaishnavi Sanjay Singh	Valia C L College Of Commerce
Mihir Uday Parab	K.G Joshi college of arts anf bedekar college of commerce, Thane
Sachin Halli	S.M.Shetty College
Shivam upadhyay	S.M.Shetty College
Amol Udagade	Joshi Bedekar College
Janhavi Vasudeo Koli	Smt. Kamala Mehta V.W.A College of Commerce
Amit Mahesh Bhanushali	Joshi Bedekar Thane
Anuja gajinkar	S.M.Shetty College
Sanskruti Rajesh Gaikwad	Annasaheb Vartak College of Arts
AJIT KUMAR YADAV	Valia C.L. college of commerce
Rahul Rajendra Shintre	V.E.S college
Vaishnavi Sanjay Singh	Valia C L College of Commerce
Samrudhhi Sunil Kanade	Viva institute of technology
Sakshi Sunil Kanade	Annasaheb vartak college of arts Vasai
Samiksha Dinkar	Bhilai Institute of Technology Durg
MUKESH DILIP GUPTA	SMT KAMALA METHA V.W.A COLLEGE OF COMMERCE
Sagar shetty	S.M.Shetty College



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Somya Yadav	S.M.Shetty College
Mihir Uday Parab	K.G Joshi college of arts and bedekar college of commerce, Thane
Kavita Fuyaram Choudhary	Vivekanand Education Society's College of Arts, Science and Commerce
Sapna Prajapati	Vivekanand education society college of arts science and commerce, chembur
Dipali Avinash Hivarkar	University of Mumbai: Institute of Distance and Open Learning [IDOL] Mumbai
SHAILESH GAUD	SIES COLLEGE OF ARTS SCIENCE AND COMMERCE AUTONOMOUS SION WEST
Nikita Sanjay Pingle	Joshi Bedekar College, Thane
Mansi Choubey	S.M.Shetty College
Kanojiya Vandana kadeprasad	S.M.Shetty College
HEMA SURESH PATIL	K. G. Joshi bedekar College of arts and Commerce Thane
Sai gounder	SIES college of arts science and commerce sion west autonomous
Swara Jitendra Bhosale	Anna Saheb Vartak College
Priya Yadav	S.M.Shetty College
DEEKSHA POOJARY	SMT.MMK.COLLEGE
isha malhotra	Sol
Pratiksha Soni	SIES COLLEGE OF ARTS, SCIENCE AND COMMERCE (AUTONOMOUS), SION (WEST).
Sakshi Poojary	S.M.Shetty College
Makardhwaj Rajendra Narkar	SIES COLLEGE OF ARTS, SCIENCE & COMMERCE (AUTONOMOUS), SION (WEST)
Yashika.H.Shetty	St.John The Baptist Jr college Thane
Shatakshi Jaiswal	SIES College of arts commerce and science



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Kallingal Suraj Manikandan	SIES COLLEGE OF ARTS SCIENCE AND COMMERCE AUTONOMOUS SION W
Ratnakar Singh	S.M.Shetty College
Sahu Sriyakumari Sunil	S.M.Shetty College
Ms. Swati Vasant Shetty	S.M.Shetty College
Singh shivanjali Santosh	S.M.Shetty College
Aarya Kaur	S.M.Shetty College
Vaishnavi Yogesh Gaikwad	S.M.Shetty College
Radhika jayesh Manjrekar	S.M.Shetty College
Dhiraj Santosh Mahadik	S.M.Shetty College
Jaiswal Payal Mohan	Vivekanand Education Society of Arts Science and Commerce
Akash Yadav	S.M.Shetty College
RUDRA PATRA	SIES COLLEGE OF ARTS SCIENCE AND COMMERCE (Autonomous) SION (W)
Haadesh D. Amin	VPM College Of Arts Science And Commerce Mulund East
Sushant Ramesh Shetty	S.M.Shetty College
Shweta Ganesh	SIES College of Arts Science and Commerce (Autonomous) Sion (West)
Ayesha Khan	S.M.Shetty College
Sachin Halli	S.M.Shetty College
Janhavi Vasudeo Koli	Smt. Kamala Mehta V.W.A College of Commerce
Beulah S.	S.M.Shetty College
Amol Udugade	Joshi Bedekar College



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Sanskruiti Rajesh Gaikwad	Annasaheb Vartak College of Arts
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Sakshi Sunil Kanade	Annasaheb vartak college of arts Vasai
Samiksha Dinkar	Bhilai Institute of Technology Durg
MUKESH DILIP GUPTA	SMT .KAMALA METHA V.W.A COLLEGE OF COMMERCE
Anuja gajinkar	S.M.Shetty College
Rahul Rajendra Shintre	Vivekanand Education Society(V.E.S)
Sagar shetty	S.M.Shetty College
Dipali Avinash Hivarkar	University of Mumbai: Institute of Distance and Open Learning [IDOL], Mumbai
Somya Yadav	S.M.Shetty College
KAVITA FUYARAM CHOUDHARY	VIVEKANAND EDUCATION SOCIETY'S COLLEGE OF ARTS, SCIENCE AND COMMERCE
Nikita Sanjay Pingle	Joshi Bedekar College, Thane
Mihir Uday Parab	K.G Joshi college of arts and bedekar college of commerce, Thane
Yashika Harish Shetty	St.John The Baptist jr college thane
Deepanshu vyas	Bhavans college
Pratiksha Soni	SIES COLLEGE OF ARTS, SCIENCE AND COMMERCE (AUTONOMOUS), SION (WEST).



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Shailesh gaud	SIES COLLEGE OF ARTS SCIENCE AND COMMERCE AUTONOMOUS SION WEST
Swara Jitendra Bhosale	Anna Saheb Vartak College
Kanojiya Vandana kadeprasad	S.M.Shetty College
Isha malhotra	Sol
Roshan mohite	PRAKASH DEGREE COLLEGE KANDIVALI WEST
Sahu Sriyakumari Sunil	S.M.Shetty College
Ms.Swati Vasant Shetty	S.M.Shetty College
Mansi Choubey	S.M.Shetty College
HEMA SURESH PATIL	K. G. Joshi bedekar College of arts and Commerce Thane
KAVITA FUYARAM CHOUDHARY	VIVEKANAND EDUCATION SOCIETY'S COLLEGE OF ARTS, SCIENCE AND COMMERCE
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Dhiraj santosh mahadik	S.M.Shetty College
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Makardhwaj Rajendra Narkar	SIES COLLEGE OF ARTS, SCIENCE & COMMERCE (AUTONOMOUS), SION (WEST)
Suraj Manikandan Kallingal	SIES COLLEGE OF ARTS SCIENCE AND COMMERCE AUTONOMOUS SION W



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Shivam upadhyay	S.M.Shetty College
Amol Udugade	Joshi Bedekar College
Wudayagiri Reddy Sai Charan	Government College For Men (A), Kadapa.
Priya Yadav	S.M.Shetty College
Sakshi Poojary	S.M.Shetty College



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Vijay Krishnaswama

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John Penize

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Prasad
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