

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

WEBINAR ON YOGA FOR VARIOUS GROUPS LIKE PREGNANT WOMEN, CHILDREN AND ADOLESCENTS' GIRLS



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

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: Webinar on Yoga for various groups like Pregnant women, children and adolescents' girls

Department: NSS UNIT

Program: To celebrate the Fourth Poshan Maah of Suposhit Bharat, initiated by the Government of India

Objectives: This webinar helped pregnant women and girls to know basic knowledge about reducing stress, increasing strength, flexibility needed during childbirth.

Need: This is a national level Inter-Collegiate knowledge session

Content: On the Occasion of Fourth Poshan Maah of Suposhit Bharat. The NSS Unit of S.M. Shetty College had organized a national level webinar on Webinar on Yoga for various groups like Pregnant women, children and adolescents' girls.

Date: 16th September, 2021

Cost/Budget: Nil / Not Applicable

Resource Person: Mrs. Sharayu Rajwade Kshirsagar

Proposed by: Mr. Shrinav Shyam

Verified by: Prof. Vijay Vishwakarma

Date of Approval: 6th September, 2021



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

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

**Minutes of the Meeting: Webinar on Yoga for various groups like Pregnant women,
children and adolescents' girls**

Minutes of the meeting:

- To allot work to social media team and leaders.
- To discuss the documentation work.
- To allot leaders to prepare for the WhatsApp message which would be send to the other colleges
- To allot the social media team start to work on the poster and brochure for the event and update the social media platform.



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

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

Notice (WhatsApp Message): Webinar on Yoga for various groups like Pregnant women, children and adolescents' girls

The NSS Unit of Bunts Sangha's S.M.Shetty College of Science, Commerce & Management Studies

Organises

Webinar on Yoga 🧘

To celebrate "Fourth Poshan Maah of Suposhit Bharat," initiated by the Government of India.

Open for all and mainly for "various groups like pregnant women, children and adolescent girls."

Yoga is the journey of the self, through the self, to the self. It's not about being good at something. It's about being good to yourself.

Resource Person- Dr. Sharayu Rajwade Kshirsagar 🧑

Homoeopathic Family Doctor Founder at Dr. Sharayu's B.H.M.S (Pune) P.G. Diploma in Wellness & Cosmetology, Certified COVID Warrior

📅 **Date:** 16th September, 2021

🕒 **Tim :** 5.00pm

📱 **Venue:** Zoom Meeting

All the participants will be provided with E-Certificate.

Link for the webinar. 📌

Join Zoom Meeting

<https://us02web.zoom.us/j/89216339645?pwd=ZklwK1RZNGNpdjIjUWhWNHcwOVpBU09>

Meeting ID: 892 1633 9645

Passcode: 6TaPvy

Our social media handles :-



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

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

Instagram handle:-

https://instagram.com/shettynssunit_b46?igshid=lxuafngvhevqf

Facebook handle:-

<https://www.facebook.com/smshettynss/>


YouTube channel:-

https://www.youtube.com/channel/UC3ysq4y-Y_7Umv0kP6t60_Q

For further queries Contact:- 

 **Snehal Rai**- 9082362400

 **Sushant Shetty**- 7738813869

 **Sakshi Poojary**- 9137794407

 **Swati Shetty**- 86252871355

Regards,
NSS UNIT.



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

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

Brochure: Webinar on Yoga for various groups like Pregnant women, children and adolescents' girls

**Bunts Sangha's**
S M Shetty College of Science, Commerce and Management Studies Powai, Mumbai
Permanently Affiliated to University of Mumbai
NAAC Accredited "A" Grade
IMC RBNQ CERTIFICATE OF MERIT 2019
ISO 21001:2018 Certified

**NATIONAL SERVICE SCHEME**
Organises A National Level
WEBINAR ON YOGA
To celebrate the Fourth Poshan Maah of Suposhit Bharat,
initiated by the Government of India
RESOURCE PERSON: SHARAYU RAJWADE KSHIRSAGAR

**Homeopathic Family Doctor**
Founder at Dr. Sharayu's
B.H.M.S (pune) P. G Diploma
in wellness & Cosmetology,
Certified Covid Warrior.

Note : Open for all and mainly for Various groups like Pregnant Women, Children and Adolescent girls.
DATE: 16 SEPT, 2021 TIME : 5PM VENUE : ZOOM
E- CERTIFICATES WILL BE PROVIDED TO ALL

For Any further Queries
Sakshi Poojary : 9137794407 Swati Shetty: 8652871355
Sushant Shetty: 7738813869 Snehal Rai: 9082362400



NSS Programme Officer



NSS Programme Officer

Criterion 3 - Research, Innovations and Extension

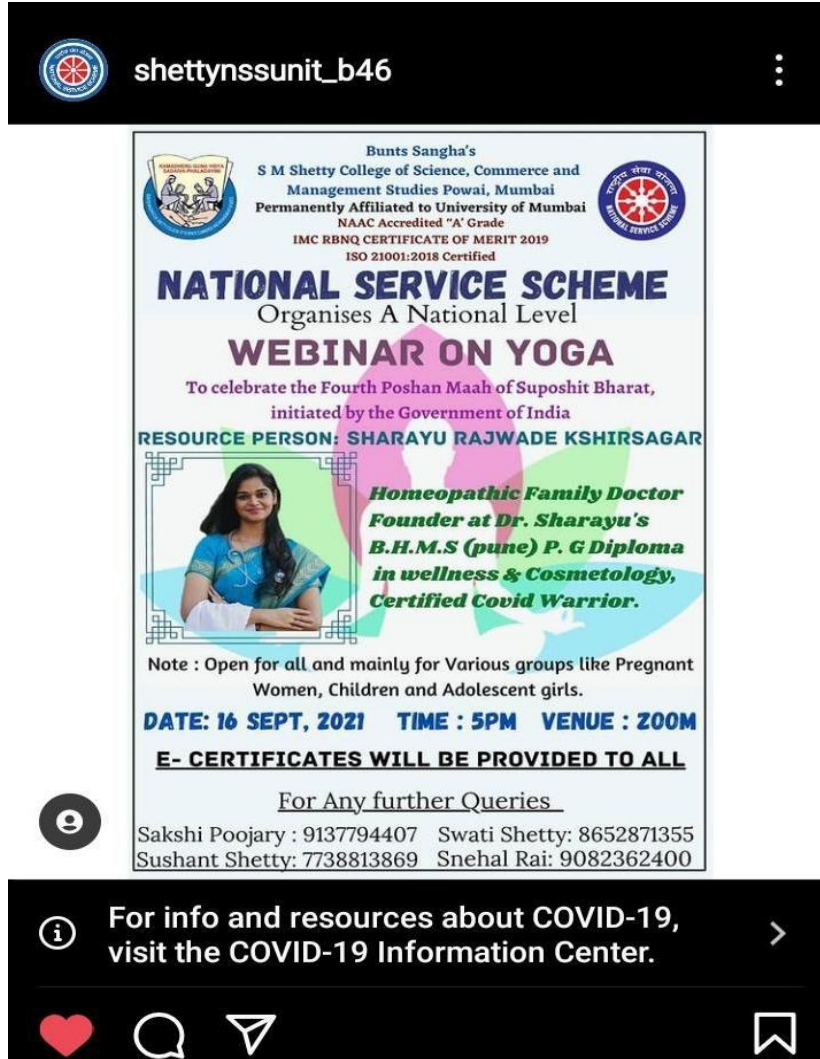



PRINCIPAL

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

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

Instagram:



The image shows an Instagram post from the account 'shettynssunit_b46'. The post features a flyer for a National Service Scheme (NSS) Webinar on Yoga. The flyer is for a national-level event organized to celebrate the Fourth Poshan Maah of Suposhit Bharat, initiated by the Government of India. The resource person is Dr. Sharayu Rajwade Kshirsagar, a Homeopathic Family Doctor and Founder at Dr. Sharayu's B.H.M.S (pune) P. G Diploma in wellness & Cosmetology, Certified Covid Warrior. The webinar is scheduled for 16 Sept, 2021, at 5 PM, in a Zoom venue. E-certificates will be provided to all participants. Contact information for Sakshi Poojary, Swati Shetty, Sushant Shetty, and Snehal Rai is provided at the bottom of the flyer. The Instagram post also includes a bio for 'shettynssunit_b46' and a call to action to visit the COVID-19 Information Center.

Dijay. Krishnarajama

NSS Programme Officer

John Pienzo

NSS Programme Officer

Criterion 3 - Research, Innovations and Extension



[Signature]
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

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

Report: Webinar on Yoga for various groups like Pregnant women, children and adolescents' girls

Event: Webinar on Yoga for various groups like Pregnant women, children and adolescents' girls

Date: 16th September, 2021.

Objective: This webinar helped pregnant women and girls to know basic knowledge about reducing stress, increasing strength, flexibility needed during childbirth.

Highlights: The NSS Unit of Bunts Sangha's S. M. Shetty College of Science, Commerce and Management Studies, Powai on the occasion of "Fourth Poshan Maah of Suposhit Bharat" initiated by Government of India had organized a National Level Webinar on Yoga for various groups like Pregnant women, children and adolescents' girls on 16th September 2021. The Resource Person for the webinar was Dr. Sharayu Rajwade Kshirsagar.

The webinar commenced by the welcoming of our resource person- Dr. Sharayu Rajwade Kshirsagar and the participants from our college also from other Colleges who had joined the session by our NSS Volunteer Ms. Ayesha Khan. It was followed by the introduction of our Resource Person - Dr. Sharayu Rajwade Kshirsagar by our NSS Volunteer Ms. Mansi Choubey. Our NSS Volunteer Ms. Swati Shetty volunteered for our resource person. Later the Resource person started with this session by explaining about Suposhit Bharat and some health diets and started with doing warmups and later on we started by doing some yoga postures (Bitilasan, Parvatsan, Shashank Asan, Butterfly Asan, etc.) that helped reducing the stress from our body. She also explained what kind of yoga you should avoid while the women are pregnant.

The webinar ended with the Vote of Thanks by our NSS Volunteer Ms. Sakshi Poojary. There were around 137 participants in the webinar.



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

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

Certificate: Webinar on Yoga for various groups like Pregnant women, children and adolescents' girls



Vijay Krishnaswama
NSS Programme Officer

John Pienzo
NSS Programme Officer

Criterion 3 - Research, Innovations and Extension

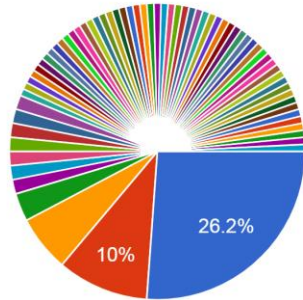
[Signature]
PRINCIPAL
Bunts Sangha's S.M. Shetty College
of Science, Commerce & Management Studies
Powai, Mumbai-400 076.
Tel. 022-6132 7352
Email: college@smshettyinstitute.org

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

Feedback: Webinar on Yoga for various groups like Pregnant women, children and adolescents' girls

College Name (As required on the certificate)

130 responses

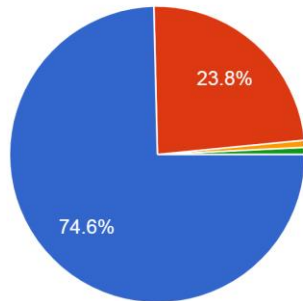


- S.M. Shetty College
- Xavier Institute of Engineering
- Jai Hind College
- Jai Hind College
- XAVIER INSTITUTE OF ENGINEERING
- Xavier institute of Engineering
- XAVIER INSTITUTE OF ENGINEERING
- XIE

▲ 1/9 ▼

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

130 responses



- Excellent
- Good
- Fair
- Poor

NSS Programme Officer

NSS Programme Officer

Criterion 3 - Research, Innovations and Extension



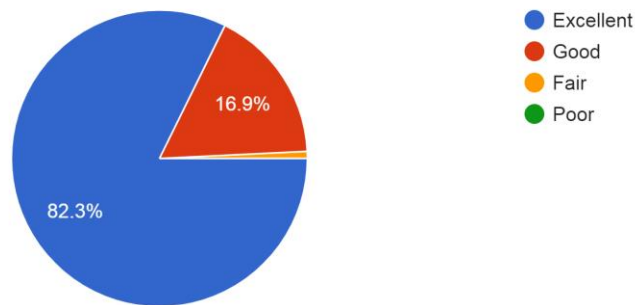
PRINCIPAL

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

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

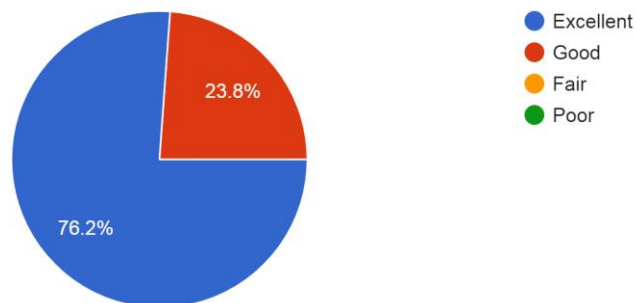
How do you rate the theme of the webinar?

130 responses



How did you find the content of the session?

130 responses



NSS Programme Officer

NSS Programme Officer

Criterion 3 - Research, Innovations and Extension

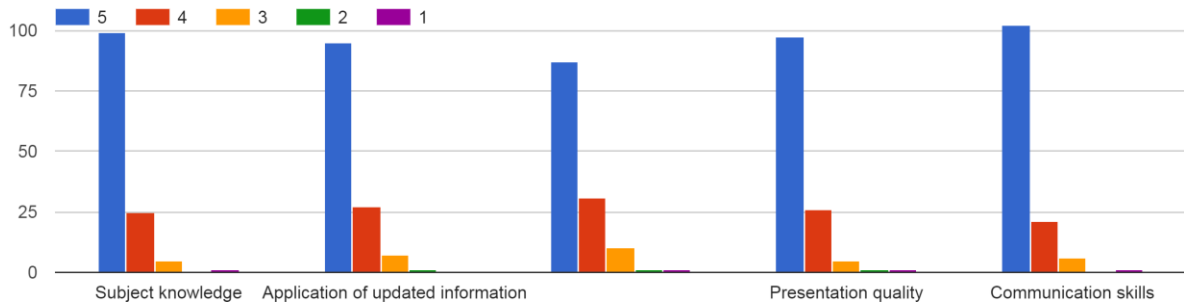


PRINCIPAL

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

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

Rate The Resource Person Of The Day- Ms. Sharayu Rajwade Kshirsagar(5-highest, 1-lowest)



Dijay. Krishnarajama

NSS Programme Officer

John Denezis

NSS Programme Officer

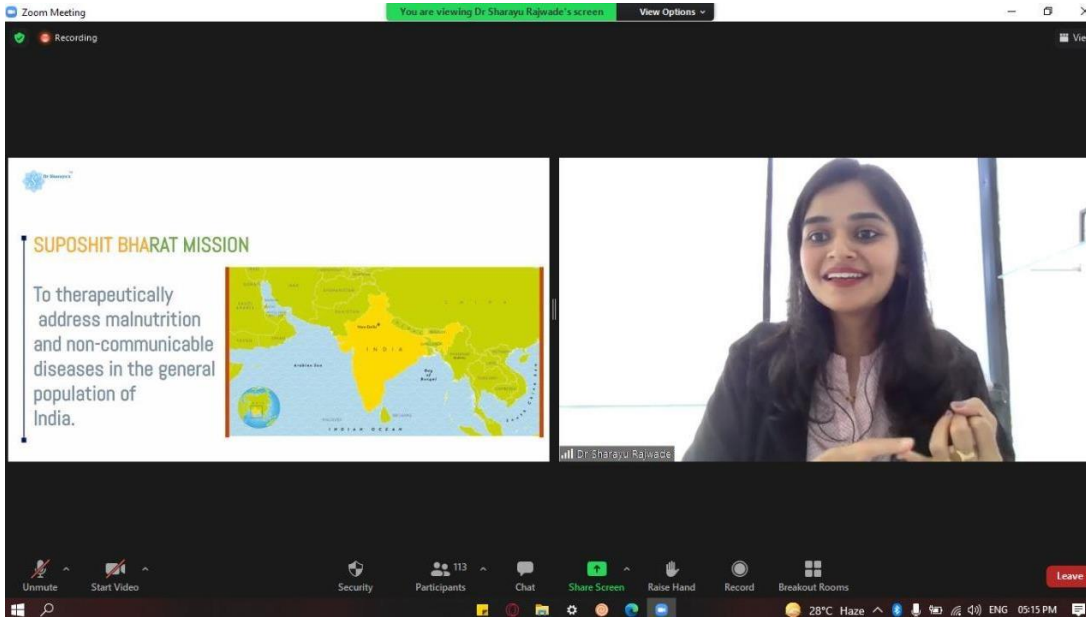
Criterion 3 - Research, Innovations and Extension



John Denezis
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

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



NSS Programme Officer

NSS Programme Officer

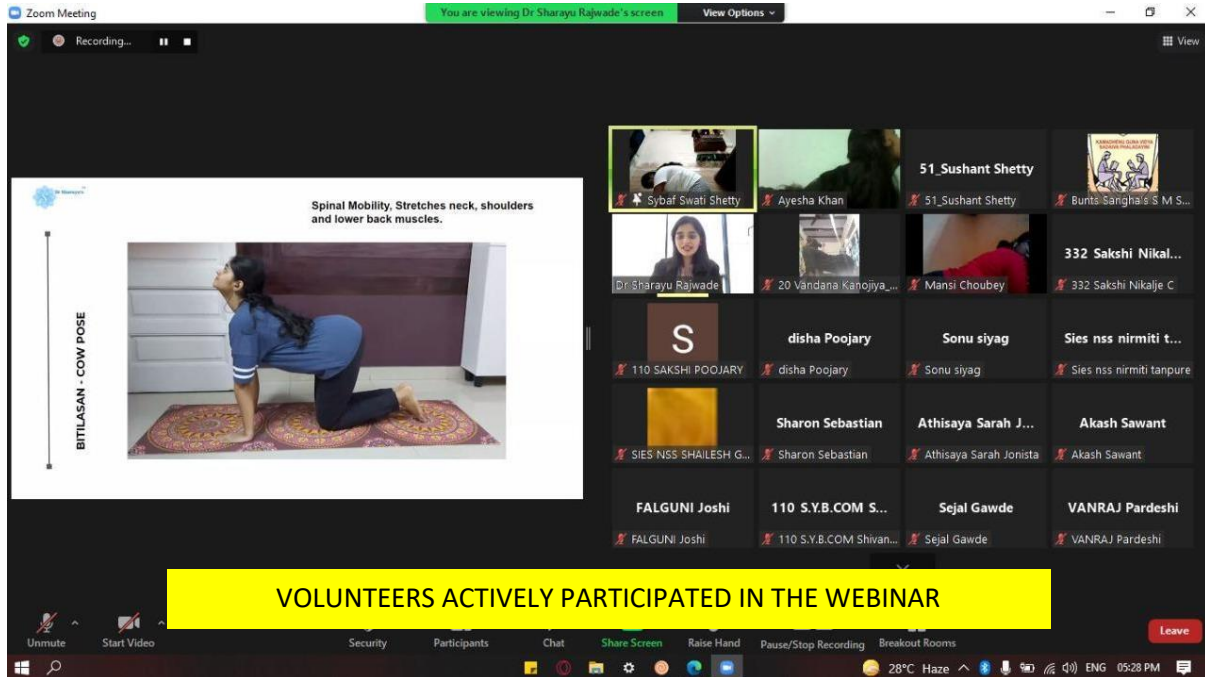
Criterion 3 - Research, Innovations and Extension



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

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



Dijay. Krishnarajama
NSS Programme Officer

John Dierzzo
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

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

**Thank you letter: Webinar on Yoga for various groups like Pregnant women , children
and adolescents girls**

SMS/

16th September, 2021

To,

Dr. Sharayu Rajwade Kshirsagar

Dear Mam,

It was truly a pleasure to have you with us as our Resource Persons for the organized Webinar on Yoga for various groups like Pregnant women , children and adolescents girls by NSS UNIT 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

PRINCIPAL



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