

Bunts Sangha's
S. M. Shetty College of Science, Commerce & Management Studies, Powai
NAAC Re-Accredited With A+ Grade, 2nd Cycle
IMC RBNQ Certificate of Merit 2019
ISO 21001:2018 Certified

Approval Form – 5 Days Yoga Challenge.

Department: NSS UNIT

Program: 5 Days Yoga Challenge.

Objectives: to improve flexibility, build strength, enhance balance, promote relaxation, and cultivate mindfulness.

Need: to aware society about its numerous benefits.

Content: Volunteers will participate in a 5 Days Yoga Challenge.

Judge: NA

Date: 18th august 2023

Cost/Budget: NA.

Proposed by: Dr. Vijay Vishwakarma

Verified by: Dr. Vijay Vishwakarma.

Date of Approval: 11th august 2023

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Notice (WhatsApp):

Jai hind

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

Present

5 Days Yoga Challenge

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

- Day 1 - Vrikshasana
- Day 2 - Navasana
- Day 3 - Bhujangasana
- Day 4 - Balasana
- Day 5 - Tadasana

From:- 18th August, 2023

Till:- 22nd August, 2023

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 google form link in below

<https://forms.gle/r2Nx3B37nQfWa6xJ7>

"Breathing in positivity, exhaling out negativity.

For Any Queries Contact :

Simranpreet Kaur :- 7666991444

Disha Boricha :- 7039472595

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Minutes of the meeting: - 5 Day Yoga Challenge

There was an online meet taken on Zoom Platform.

1st Meeting on 17th August 2023

- Volunteers should follow the instructions.
- Volunteers were told reporting time and some basic information about the activity
- The Volunteers were guided with the rules and regulation

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Report: 5 Days Yoga Challenge

Event: 5 Days Yoga Challenge

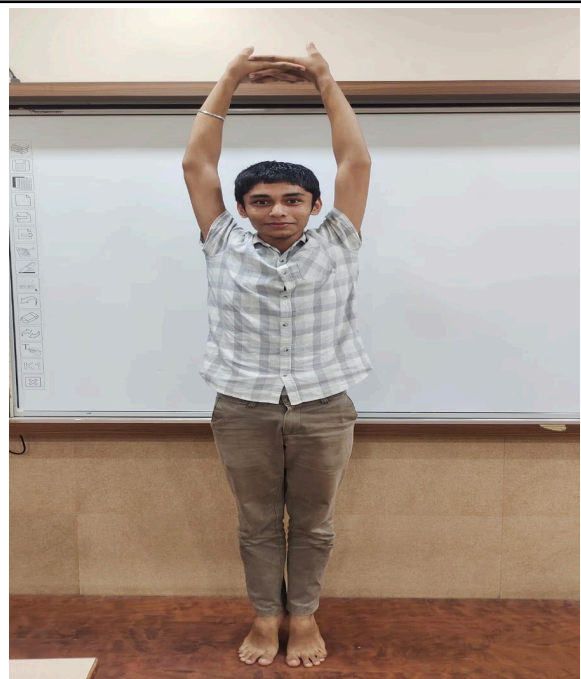
Date: 18th August 2023

Objectives: to improve flexibility, build strength, enhance balance, promote relaxation, and cultivate mindfulness.

Highlights: **The NSS unit of S.M. Shetty College of Science, Commerce and Arts, Management Studies, Powai** has organized 5-days Yoga challenge, where in participants have perform 5 different yoga postures (1 yoga per day). Day 1 – Vrikshasana to focus on flexibility with gentle stretching pose, Day 2 – Navasana a more challenging flow to build strength , Day 3 – Bhujangasana focus on balance poses, Day 4 – Balasana to maintain stability and balance, Day 5–Tadasana to lengthen muscles. Volunteers were motivated. Volunteers experiences the benefits of yoga. Volunteers focused on self-care through yoga.

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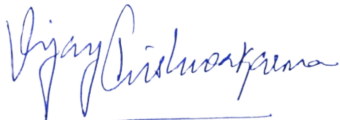
Photos:



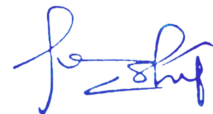
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Action Taken Report of 5 Days Yoga Challenge

Date	Feedback Received	Suggestions Provided
18 th August 2023	Feedback received on all the volunteers was highly positive and encouraging. Suggestions were received regarding conducting more such events in the future.	volunteers suggested for 30-days yoga challenge for next activity.



NSS Programme Officer



Principal