

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

D/11/058/22-23

Approval Form:- 7 Days Yoga Challenge

Department: NSS UNIT

Program: 7 Days Yoga Challenge

Objectives: This activity was done to aware the volunteers about the health and yoga this challenge makes an impact on the volunteers.

Need: To bring awareness of yog and yoga in the volunteers that affect their mental health and also physical health.

Content: Volunteers performed the yoga Asan at home and clicked pictures of that.

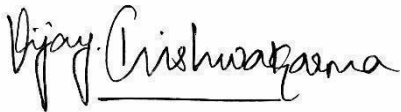
Judge: NA

Date: 10th September, 2022 to 16th September, 2022

Cost/Budget: NA.

Proposed by: Mr. Shivam Upadhyay

Verified by: Dr. Vijay Vishwakarma & Prof. John Menezes.



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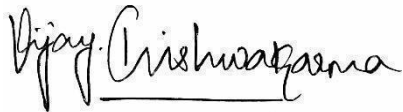
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Notice(WhatsApp):

7 Days Yoga Challenge

We are organizing 7-days challenge where in participants will have to perform 7 different yoga postures (1 yoga per day)



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Minutes of meeting- 7 Days Yoga Challenge

There was only one offline meeting conducted

Meeting on 9th September, 2022

- Leaders instructed about the activity
- Social media was given there work
- Volunteers gave their suggestions on the activity.



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Report: 7 Days Yoga Challenge 22-23

Event: 7 Days Yoga Challenge 22-23

Date: 10th September, 2022 to 16th September, 2022

Objective: This activity was done to aware the volunteers about the health and yoga this challenge makes an impact on the volunteers.

Highlights: The NSS Unit of S.M. Shetty College of Science, Commerce & Management Studies Powai, conducted an activity on Yoga. This activity was held full week and all the volunteers practiced all the Asanas in this week Anjaneyasana, Bhujangasana, Shavasana, Salabhasana and etc. This activity developed the habit of doing every day yogasan. This activity was done to strengthen mental and physical health. Many volunteers participated actively in this activity.



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Images:-



Dijay. Krishnarajama

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John Peneze

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Dijay. Krishnarajama

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John Penezo

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Participants:

Day 01 - Anjaneyasana

- | | |
|-------------------------------|-----------------------------------|
| 1. Hrehaan Poovadan | 24. Ritu Prajapati |
| 2. Priya soni | 25. Amisha shetty |
| 3. Shaikh maqsood mushtaq ali | 26. Tushar Premshankar Chaurasiya |
| 4. Sapna Rajesh Saroj | 27. Akhilesh Nishad |
| 5. Shubham Yadav | 28. Guddu Yadav |
| 6. Saartha Kabade | 29. Tushar Premshankar Chaurasiya |
| 7. Debasish behera | 30. Aakash Jagtap |
| 8. Zaara shaikh | 31. Sakshi Suresh Rai |

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- | | |
|---------------------------------|--------------------------------|
| 9. Jainam jain | 32. Jai Atul Nakashe |
| 10. Karthik Ganesh Poojary | 33. Aman Singh |
| 11. Ayush kumar | 34. Shaun shaji |
| 12. Sanjana yadav | 35. Thriпти Suvarna |
| 13. Kanchan gupta | 36. Diksha Poojary |
| 14. Sneha Pandey | 37. Singh Amankumar Manojkumar |
| 15. Manoj Poojary | 38. Shejal |
| 16. Sohail Shaikh | 39. Sneha Nishad |
| 17. Rishi Tebak | 40. Sneha Nishad |
| 18. Zeegyasa | 41. Astha tiwari |
| 19. Deepak pawar | 42. Sanjiv bhappa |
| 20. Nandini Sadashivan | 43. Ratnavali Chaurasia |
| 21. Komal Thakulla | 44. Disha boricha |
| 22. Prashant Vijayprakash Dubey | 45. Pooja |
| 23. Muskan mulla | 46. Jaya yadav |



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Day 02
Virabhadrasana

- | | |
|----------------------------|------------------------|
| 1. Priya soni | 28. Chinmay Shashikant |
| 2. Thriпти Suvarna | Mule |
| 3. Vaishnavi Sandeep Gawde | 29. Sheetal Bhatane |
| 4. Zaara shaikh | 30. Sakshi Suresh Rai |



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- | | |
|--------------------------------|--------------------------------------|
| 5. Yadav Anshika | 31. Jai Atul Nakashe |
| 6. Sanjiv bhappa | 32. Zeegyasa |
| 7. Appu ambli | 33. Sohail Shaikh |
| 8. Guddu Yadav | 34. AmanSingh |
| 9. Soni Isha Rajesh | 35. Rishi Tebak |
| 10. Pinky Sahani | 36. Hrehaan Poovadan |
| 11. Sapna saroj | 37. Hrehaan Poovadan |
| 12. Priya soni | 38. Karthik Ganesh Poojary |
| 13. Shubham Yadav | 39. Manoj Poojary |
| 14. Muskan mulla | 40. Zoeb khan |
| 15. Simranpreet kaur | 41. Akhilesh Nishad |
| 16. Shaikh maqsood mushtaq ali | 42. Amisha shetty |
| 17. Jainam jain | 43. Tushar Premshankar
Chaurasiya |
| 18. Ayush kumar | 44. Prashant dubey |
| 19. Komal Thakulla | 45. Diksha Poojary |
| 20. Debasish behera | 46. Singh Amankumar
Manojkumar |
| 21. Ritu Prajapati | 47. Shejal |
| 22. Saartha Kabade | 48. Sneha Nishad |
| 23. Deepak pawar | 49. Astha tiwari |
| 24. Nandini Sadashivan | 50. Ratnavali Chaurasia |
| 25. Sanjana yadav | 51. Disha boricha |
| 26. Aakash Jagtap | 52. Pooja |
| 27. Mayur Shewale | 53. Jaya yadav |



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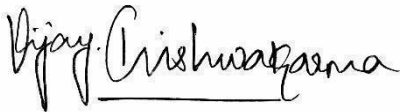

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Day 03 - Vrksasana

- | | |
|-----------------------------------|--------------------------------------|
| 1. Thriпти Suvarna | 26. Zaara shaikh |
| 2. Shaikh maqsood mushtaq ali | 27. Sanjana yadav |
| 3. Kanchan Gupta | 28. Saartha Kabade |
| 4. Hrehaan Poovadan | 29. Sakshi Suresh Rai |
| 5. Komal Thakulla | 30. Rishi Tebak |
| 6. Sohail Shaikh | 31. Guddu Yadav |
| 7. Prashant dubey | 32. Jainam jain |
| 8. Nandini Sadashivan | 33. Sapna saroj |
| 9. MADUR KARKERA | 34. Priya soni |
| 10. Singh Amankumar
Manojkumar | 35. Appu ambli |
| 11. Manoj Poojary | 36. Tushar Premshankar
Chaurasiya |
| 12. Sanjiv bhappa | 37. Karthik Ganesh Poojary |
| 13. Mayur Shewale | 38. Sheetal Bhatane |
| 14. Pinky Sahani | 39. Jai Atul Nakashe |
| 15. Aakash Jagtap | 40. Ritu Prajapati |
| 16. Muskan mulla | 41. Diksha Poojary |
| 17. Shaun shaji | 42. Singh Amankumar
Manojkumar |
| 18. Yadav Anshika | 43. Shejal |
| 19. Sneha Pandey | 44. Sneha Nishad |
| 20. Simranpreet kaur | 45. Astha tiwari |
| 21. Ayush kumar | |



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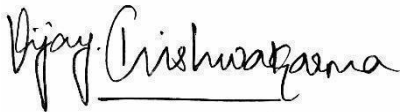
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| 22. Zueb Khan | 46. Ratnavali Chaurasia |
| 23. Shubham Yadav | 47. Disha boricha |
| 24. Debasish behera | 48. Pooja |
| 25. Zeegyasa | 49. Jaya yadav |

Day 04 -
Salabhasana

- | | |
|--------------------------------|-----------------------------------|
| 1. Shaikh maqsood mushtaq ali | 27. Priya soni |
| 2. Sanjiv bhappa | 28. Saartha Kabade |
| 3. Kanchan Gupta | 29. Sanjiv bhappa |
| 4. Guddu Yadav | 30. Prashant Vijayprakash Dubey |
| 5. Thriпти Suvarna | 31. Debasish behera |
| 6. Madur Karkera | 32. Komal Thakulla |
| 7. Manoj Poojary | 33. Pinky Sahani |
| 8. Muskan mulla | 34. Tushar Premshankar Chaurasiya |
| 9. Yadav Anshika | 35. Jai Atul Nakashe |
| 10. Sneha Pandey | 36. Appu ambali |
| 11. Shaikh maqsood mushtaq ali | 37. Debasish behera |
| 12. Sohail Shaikh | 38. Amisha Shetty |
| 13. Jainam jain | 39. ayush kumar |
| 14. Vaishnavi Sandeep Gawde | 40. Diksha Poojary |
| | 41. Singh Amankumar Manojkumar |
| | 42. Sneha Nishad |



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- | | |
|-----------------------|-------------------------|
| 15. Sanjana yadav | 43. Shejal |
| 16. Rishi Tebak | 44. Astha tiwari |
| 17. Shubham Yadav | 45. Astha tiwari |
| 18. Zoeb khan | 46. Sapna Rajesh Saroj |
| 19. Simranpreet kaur | 47. Shaun shaji |
| 20. Deepak pawar | 48. Ratnavali Chaurasia |
| 21. Zeegyasa | 49. Disha boricha |
| 22. Sakshi Suresh Rai | 50. Pooja |
| 23. Sheetal bhatane | 51. Jaya yadav |
| 24. Hrehaan Poovadan | |
| 25. Appu ambali | |
| 26. Akhilesh Nishad | |



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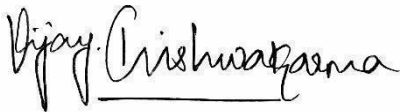


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Day 05 - Bhujangasana

- | | |
|--------------------------------|-----------------------------------|
| 1. Shaikh maqsood mushtaq ali | 25. Prashant dubey |
| 2. Kanchan Gupta | 26. Guddu yadav |
| 3. Simran jaiswal | 27. Shubham Yadav |
| 4. Nidhi Patel | 28. Tushar Premshankar Chaurasiya |
| 5. Mayur Shewale | 29. Sakshi Suresh Rai |
| 6. Thriпти Suvarna | 30. Deepak pawar |
| 7. Komal Thakulla | 31. Appu ambali |
| 8. Manoj Poojary | 32. Pinky Sahani |
| 9. MADUR KARKERA | 33. Zoeb khan |
| 10. Sohail Shaikh | 34. Sneha Pandey |
| 11. Shaikh maqsood mushtaq ali | 35. Diksha Poojary |
| 12. Chinmay shashikant mule | 36. Singh Amankumar Manojkumar |
| 13. Sanjiv bhappa | 37. Singh Amankumar Manojkumar |
| 14. Ritu Prajapati | 38. Sneha Nishad |
| 15. Rishi Tebak | 39. Shejal |
| 16. Jai Atul Nakashe | 40. Astha tiwari |
| 17. Zeegyasa | 41. Debasish behera |
| 18. Sanjana yadav | 42. Ratnavali Chaurasia |
| 19. Jainam jain | 43. Sapna Rajesh Saroj |
| 20. ayush kumar | 44. Shaun shaji |
| 21. Hrehaan Poovadan | 45. Disha boricha |
| 22. Yadav Anshika | 46. Pooja |
| | 47. Jaya yadav |



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23. Sheetal Bhatane
24. Vaishnavi Sandeep Gawde

Day 06 - Paschimottanasana

- | | |
|-------------------------------|-----------------------------------|
| 1. Shaikh maqsood mushtaq ali | 23. Yadav Anshika |
| 2. Simran jaiswal | 24. Pinky Sahani |
| 3. Nidhi Patel | 25. Rishi Tebak |
| 4. Zoeb khan | 26. Hrehaan Poovadan |
| 5. Guddu Yadav | 27. Jai Atul Nakashe |
| 6. Debasish behera | 28. Diksha Poojary |
| 7. Amisha shetty | 29. Ritu Prajapati |
| 8. Sohail Shaikh | 30. Jainam jain |
| 9. Komal Thakulla | 31. Sakshi Suresh Rai |
| 10. Manoj Poojary | 32. Tushar Premshankar Chaurasiya |
| 11. Sanjiv bhappa | 33. Thriпти Suvarna |
| 12. Madur Karkera | 34. Deepak pawar |
| 13. Sneha Pandey | 35. Singh Amankumar Manojkumar |
| 14. Thriпти Suvarna | 36. Sneha Nishad |
| 15. Sheetal Bhatane | 37. Shejal |
| 16. Zaara shaikh | 38. Astha tiwari |
| 17. ayush kumar | 39. Ratnavali Chaurasia |
| 18. Shubham Yadav | 40. Sapna Rajesh Saroj |
| | 41. Shaun shaji |



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- | | |
|-----------------------------|-------------------|
| 19. Mayur Shewale | 42. Disha boricha |
| 20. Chinmay shashikant mule | 43. Pooja |
| 21. Zeegyasa | 44. Jaya yadav |
| 22. Sanjana yadav | |

Day 07 Shavasana

- | | |
|----------------------------------|-----------------------------------|
| 1. Shaikh maqsood mushtaq ali | 17. Jai Atul Nakashe |
| 2. Soni Isha Rajesh | 18. Sanjana yadav |
| 3. Singh Amankumar
Manojkumar | 19. Hrehaan Poovadan |
| 4. Sneha Nishad | 20. Priya soni |
| 5. Shejal | 21. Zeegyasa |
| 6. Astha tiwari | 22. Deepak pawar |
| 7. Kanchan gupta | 23. Jainam jain |
| 8. Debasish behera | 24. Sohail Shaikh |
| 9. Komal Thakulla | 25. Zoeb khan |
| 10. Madur Karkera | 26. Mayur Shewale |
| 11. Ratnavali Chaurasia | 27. Tushar Premshankar Chaurasiya |
| 12. Sanjiv bhappa | 28. Manoj Poojary |
| 13. Disha boricha | 29. Guddu Yadav |
| 14. Sapna Rajesh Saroj | 30. MUSKAN mulla |
| 15. Shaun shaji | 31. Pooja |
| 16. Shubham Yadav | 32. Jaya yadav |



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Action Taken Report on 7 Days Yoga Challenge

<u>Date</u>	<u>Feedback Received</u>	<u>Suggestions Provided</u>
10th September, 2022 to 16th September, 2022	Feedback received on all the volunteers and participants was positive and some unique topics were introduced. Suggestions were received regarding conducting more such events in the future. Please add some more events such as Fitness Camp and also a Health Check camp.	This activity improved the mental health of the volunteers. And also the physical Health of the volunteers.



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