

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/11/08/22-23

Report – 5 Days Yoga Training Camp (CYP)

Event: 5 Days Yoga Training Camp (CYP)

Date: 16th June, 2022 – 22nd June, 2022

Objective: To get knowledge about the yoga asanas and their benefits.

Highlights: : The University of Mumbai, NSS unit HSBC, Kaivalyadhama Mumbai and HSNC Medical Institute had organized University Level Yoga Fitness Training Camp from 16th June to 22st June, 2022. Activity was held online from 16th June to 19th June, from 9:30 am to 3:00pm & from 20th to 21st June the activity was held Offline at Rajabai tower Convocation Hall University of Mumbai from 9:30am to 3:00pm. Many NSS Volunteers from Mumbai's various colleges took part. Where they performed different yoga asanas and to know all the benefits of yoga with Theory Session and also attended a Evaluation Mock Test of the Week on 22nd June, 2022 from 11:00am to 12:00pm. From Bunts Sangha's S.M. Shetty College Mr. Aditya Lotankar and Ms. Priyanka Bhadouria participated in this 7 Days Yoga Training Camp.



NSS Programme Officer



NSS Programme Officer



PRINCIPAL

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Principal

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Time table for Practical and Theory Classes:

Practice	16-06-2022	17-06-2022	18-06-2022	19-06-2022	20-06-2022	21-06-2021
Practical	9.30am to 11am	9.30am to 11am	9.30am to 11am	9.30am to 11am	9.30am to 11am	
1	Prayer	Prayer	Prayer	Prayer	Prayer	
Sandi Calana Kriyas/Loosening Practice						
2	Neck Bending	Neck Bending	Neck Bending	Neck Bending	Neck Bending	
3	Trunk Movement	Trunk Movement	Trunk Movement	Trunk Movement	Trunk Movement	
4	Knee Movement	Knee Movement	Knee Movement	Knee Movement	Knee Movement	
5	Tadasana	Tadasana	Tadasana	Tadasana	Tadasana	
6	Vrikasana	Vrikasana	Vrikasana	Vrikasana	Vrikasana	
7	Pada Hastasana	Pada Hastasana	Pada Hastasana	Pada Hastasana	Pada Hastasana	
8	Ardha Chakrasana	Ardha Chakrasana	Ardha Chakrasana	Ardha Chakrasana	Ardha Chakrasana	
9	Trikonasana	Trikonasana	Trikonasana	Trikonasana	Trikonasana	
10	Bhadrasana	Bhadrasana	Bhadrasana	Bhadrasana	Bhadrasana	
11	Ustrasana	Ustrasana	Ustrasana	Ustrasana	Ustrasana	
12	Sasankasana	Sasankasana	Sasankasana	Sasankasana	Sasankasana	
13	Vakrasana	Vakrasana	Vakrasana	Vakrasana	Vakrasana	
14	Bhujangasana	Uttana Mandukasana	Vajrasana	Vakrasana	Bhujangasana	
15	Salabhasana	Uttana Padasana	Bhujangasana	Uttana Mandukasana	Salabhasana	
16	Makarandhasana	Ardha Ushtrasana	Salabhasana	Salabhasana	Makarandhasana	
17	Setubandhasana	Bhujangasana	Makarandhasana	Makarandhasana	Setubandhasana	

IDY Yoga Demonstration and IDY Program

18	Pawanmuktasana	Salabhasana	Setubandhasana	Setubandhasana	Pawanmuktasana
19	Ardha Halasana	Makarandhasana	Pawanmuktasana	Pawanmuktasana	Ardha Halasana
20	Kapalabhati	Kapalabhati	Kapalabhati	Kapalabhati	Kapalabhati
21	Anuloma Viloma Pranayama	Anuloma Viloma Pranayama	Anuloma Viloma Pranayama	Anuloma Viloma Pranayama	Anuloma Viloma Pranayama
22	Bhramari Pranayama	Bhramari Pranayama	Bhramari Pranayama	Bhramari Pranayama	Bhramari Pranayama
23	Dhyana in Sambhavi Mudra	Sitali Pranayama	Dhyana in Sambhavi Mudra	Sitali Pranayama	Dhyana in Sambhavi Mudra
24	Shanti Patha	Santih Patha	Santih Patha	Santih Patha	Shanti Patha
25	Savasana	Savasana	Savasana	Savasana	Savasana
Theory Subject 11.30 to 1pm	Astang Yoga & Life style	Panch Kosha,Nadi,Chakra	Evidence of benefit of Yoga & Scientific aspects	Significance of Pranayam	Yoga for Emotional Balance & Concentration Improvement
Theory Subject 1.30pm to 3pm	Various schools of Yoga & History of Yoga	Distinction between Yoga Asana and Physical exercise	Yoga for Mental Health & Stress Management	Pysiological aspects of yoga	Yoga for Holistic



Dijay. Krishnaswama

NSS Programme Officer

John Alvarez

NSS Programme Officer



[Signature]
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