

Bunts Sangha's
S.M.Shetty College of Science ,Commerce & Management Studies,powai.
NAAC ACCREDITED 'A' GRADE
ISO 9001:2015 CERTIFIED
IMC RBNQ CERTIFICATE OF MERIT 2019

Activity Approval Format

Date: 28-10-2020

Program: Yoga Session

Need: Mental & Physical Wellness during Lockdown

Objective: To create physical, mental & spiritual practice among the citizens.

Content: Various Stretching exercises and yoga asana for flexibility.

Resource Person: Trained Member of Shri Ambika Yoga Kutir (Ms. Mayuri Salian)

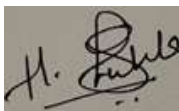
Date: 29-11-2020

Time: 7:30-9:30 am

Venue: Zoom Webinar

Cost/Budget: NA

Proposed By: Health Club



Verified By:




PRINCIPAL
Bunts Sangha's S. M. Shetty College
of Science, Commerce & Management Studies
Powai, Mumbai - 400 076
Tel: 022- 8158 1350
Email: college@buntsanghascollege.org

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Minutes of the Meeting

Date: 28/10/2020

Time: 5:30 p.m

Mode: Whatsapp Group Call

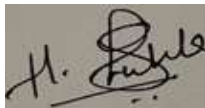
Following things were discussed in the meeting:-

It was decided that the Health Club of the college will organize yoga sessions in association with Shri Ambika Yoga Kutir for students, teachers, and family members. The session will be conducted on a zoom platform.

Time: 7:30 am to 9:30 am

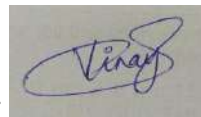
Health Club In-charge:

Asst. Prof. Himani Shukla



Health Club Members:

Asst. Prof. Vinay Vilas Shahapurkar



Asst. Prof. Prachi Agarwal




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Notice

Date: 28/10/2020

"You cannot always control what goes on outside. But you can always control what goes on inside." □

Hello Everyone! □□

Warm Greetings from the

Health Club □□♂ of

Bunts Sangha's S.M.Shetty College of Science, Commerce & Management Studies (Affiliated to University of Mumbai), Powai, Mumbai □

□♀ SHRI AMBIKA YOGA KUTIR □♀ is starting starting it's November - December batch
□♀□

For : All □□□□□□□□ (Teaching, Non-Teaching Staff, Students, Parents, Relatives & others)
□

Class : Once a week 🗓 (Sunday)

Time: 7:30-9:00 am

Platform: Google Meet

Fill in the admission form below ↓ on the auspicious occasion of Navratri ✨ and get physical and mental strength to win the battle against Covid - 19 □

Admission Form : https://docs.google.com/forms/d/e/1FAIpQLScOvLYtHAtFk9qhftp-yBFb7hsJwUthBG0n6prWpkkpRh2YNA/viewform?usp=sf_link



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Follow this link to join my WhatsApp group :

<https://chat.whatsapp.com/K4AOJBfH5GNLRb872J3uBp>

Note : Last date to register yourself is till 31st October, 2020.□

For any queries, contact :

□ Asst. Prof. Himani Shukla Varia

9768009228

OR

□ E-Mail □ us at: himanis@smshettyinstitute.org




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Backdrop



Bunts Sangha's
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ISO 9001:2015 Certified



HEALTH CLUB
Presents
Session
On
"Yoga for all members "
In Association with
Shri Ambika Yoga Kutir

Resource Person

Estd. 1965 Regd. No. F-892-T


Shri Ambika Yoga Kutir 

(Leading Yoga Institute accredited by Yoga Certification Board, under ministry of AYUSH, Govt. of India)

PARTICIPATION CERTIFICATE

This is to certify that Shri/Smt. Mayuri Salian participated in Yoga Awareness Online Programme of Eight weeks during COVID-19 Pandemic Period (January-March 2021). The programme was specially designed by Shri Ambika Yoga Kutir to boost immunity and built up self confidence.

Thane
Date : 21st March 2021


Shri. Ramchandra R. Surve



Made for free with Certify'em



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Report

Organized by: Health Club in association with SHRI AMBIKA YOGA KUTIR

Event: Session on Yoga

Topic: Yoga

Date: Every Sunday (November & December)

Timing: 7:30 - 9:30 am

Venue: Zoom App

Scope: Teaching, Non-Teaching Staff, Students, Parents & others.

Resource Person: Trained Member of Shri Ambika Yoga Kutir (Mayuri Salian)

Objective: To promote better mental and physical health of the community at large through the practice of yogasana.

Highlights: “Yoga means addition of energy, strength and peace to the body, mind and soul.”

Total 10 participants attended the session on 28th November,2020. The session was managed on zoom platform by Ms.Mayuri Salian.

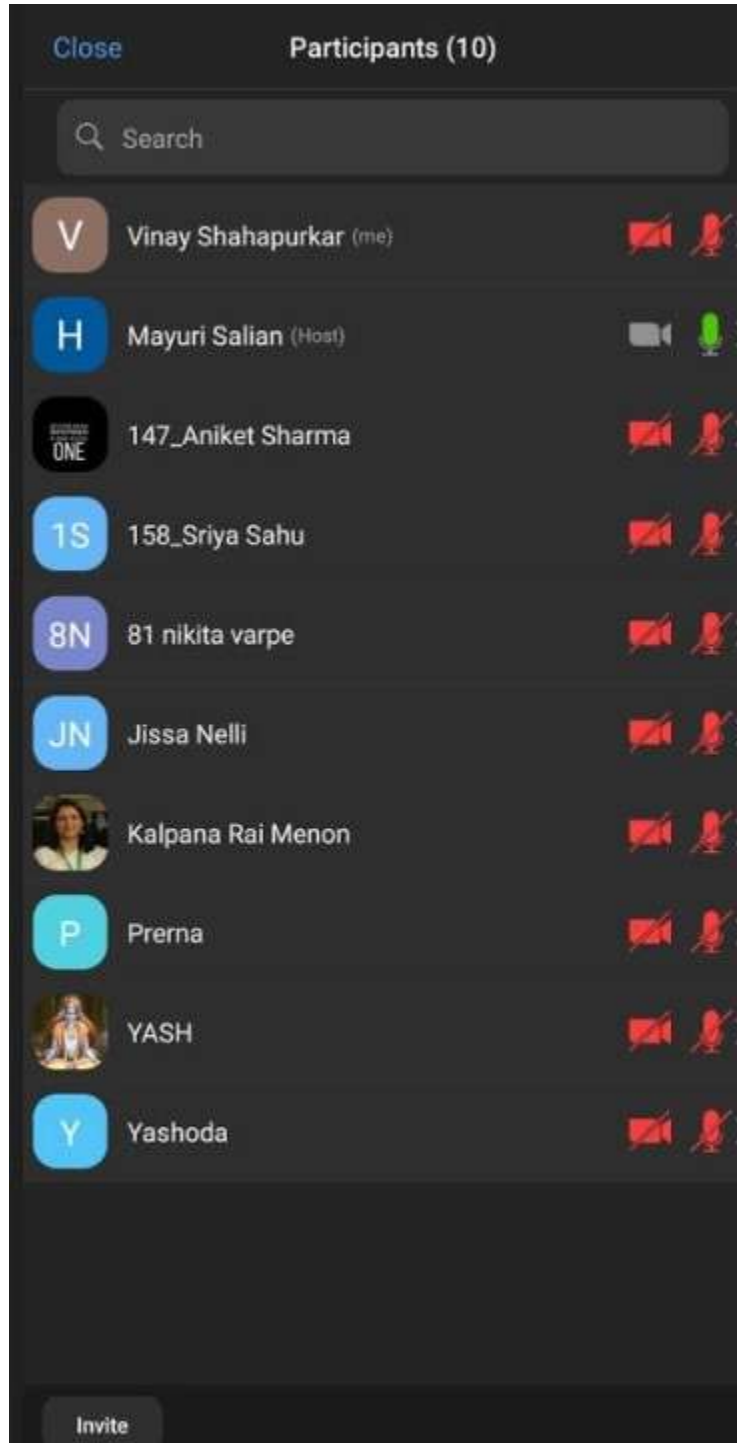
Due to less participation , the health club members decided to not continue with the session and to carry the same activity later after the situation (pandemic) gets normal.




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Participant List



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Participant Response

