

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

Minutes of the meeting

Date: 23rd January,2024

Time: 12:30 pm

Mode: 8th Floor Staff Room

Following things were discussed in the meeting:-

It was decided that the Health Club of college will organize a program on Meditation in collaboration with Devjyot Pyramid Meditation Center (Mulund). The session will be open for students & teachers.

Health Club In-charge:

Asst. Prof. Himani Shukla

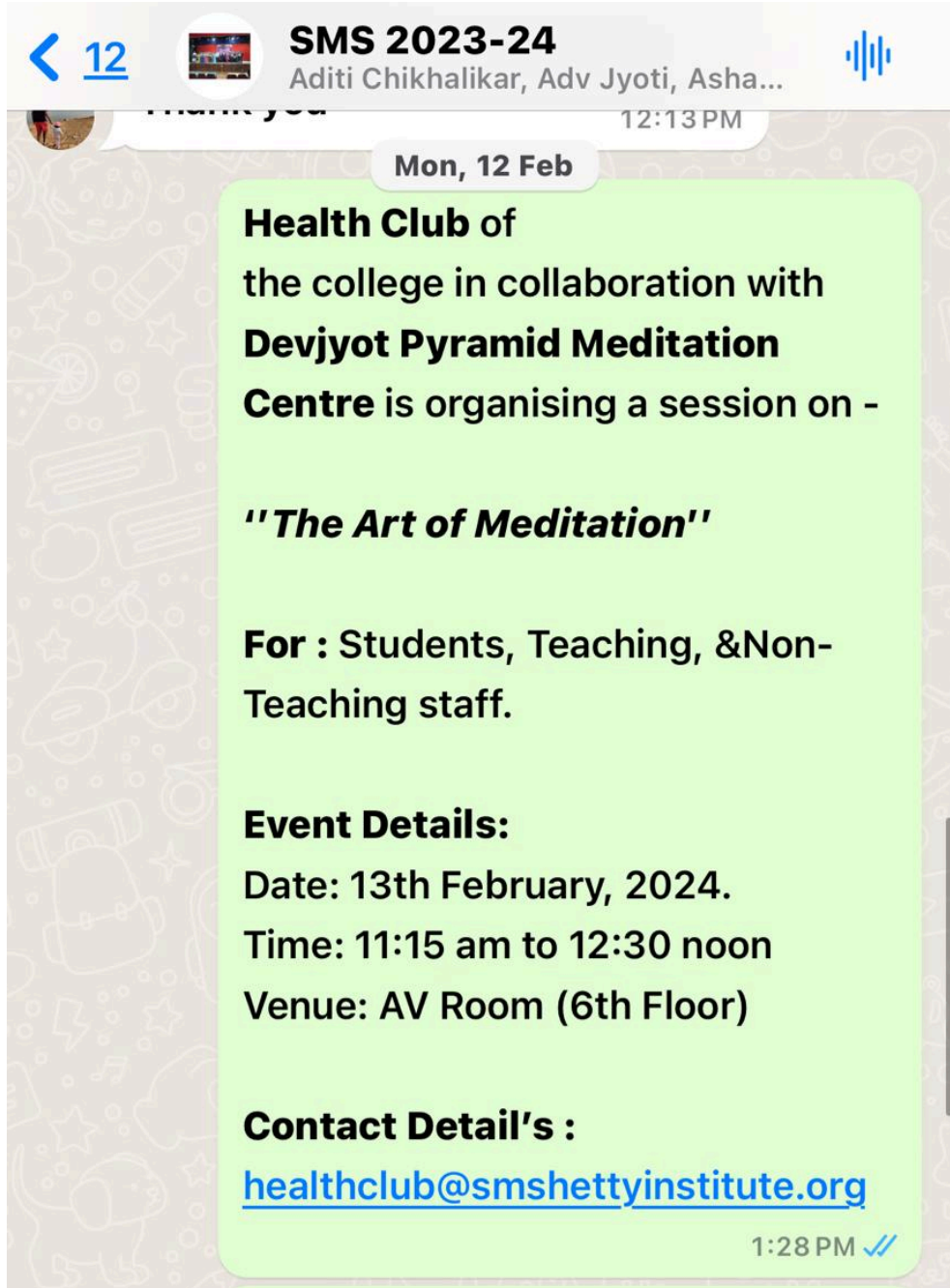
Health Club Members:

Asst. Prof. Vinay Vilas Shahapurkar

Asst.Prof. Steffi Salve

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Notice



The image is a screenshot of an SMS message. At the top, there is a navigation bar with a back arrow, the number '12', a profile picture, the text 'SMS 2023-24', and a name 'Aditi Chikhalikar, Adv Jyoti, Asha...'. Below this is a date separator 'Mon, 12 Feb'. The main body of the message is a green bubble containing the following text: 'Health Club of the college in collaboration with Devjyot Pyramid Meditation Centre is organising a session on - *"The Art of Meditation"* For : Students, Teaching, & Non-Teaching staff. Event Details: Date: 13th February, 2024. Time: 11:15 am to 12:30 noon Venue: AV Room (6th Floor) Contact Detail's : healthclub@smsshettyinstitute.org'. At the bottom right of the bubble, it says '1:28 PM' with a double checkmark.

< 12

SMS 2023-24
Aditi Chikhalikar, Adv Jyoti, Asha...

12:13 PM

Mon, 12 Feb

Health Club of
the college in collaboration with
Devjyot Pyramid Meditation
Centre is organising a session on -

"The Art of Meditation"

For : Students, Teaching, & Non-Teaching staff.

Event Details:
Date: 13th February, 2024.
Time: 11:15 am to 12:30 noon
Venue: AV Room (6th Floor)

Contact Detail's :
healthclub@smsshettyinstitute.org

1:28 PM ✓✓

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Report & Pictures

Organized by: Health Club

Event Topic: The art of Meditation

Date: 13th February, 2024

Timing: 11:30 am onwards

Venue: AV Room

Scope: Students & Teachers

Resource Person: Devjyot Pyramid Meditation Center

Total Count: 48 (26 F + 22 M)

Objective: The process of providing participants with relevant information & practice about meditation to control emotional & mental health.

Highlights: The event commenced with the welcome note by Vice-Principal CS Sandesha Shetty. Asst.Prof Steffi Salve addressed the gathering about the event & the resource person. Kiran Gurbani Mam conducted a theory & practical session on music mediation for the students. The event ended with a Vote of Thanks by Asst.Prof.Steffi Salve.



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Participant List

Sr.No	Name	Gender
1	Kaikasha Shaikh	Female
2	Shubhalaxmi salian	Female
3	Dhanishka	Female
4	Aadira Naik	Female
5	Shruti shetty	Female
6	Pawana Shetty	Female
7	Nikita devadiga	Female
8	Thriпти Suvarna	Female
9	Shraddha Shetty	Female
10	Shreya Shetty	Female
11	Shreya devadiga	Female
12	Ishita Devadiga	Female
13	Tanya Bhaskar Shetty	Female
14	Mrunmai Vichare	Female
15	Saachi Naik	Female
16	Kavya Acharya	Female
17	Sneha Sasmal	Female
18	Rashmitha Jayaram Poojary	Female
19	Isha Surya	Female
20	Chaitra Mogaveera	Female
21	Chayashetty	Female
22	Nidhi	Female
23	Shreyas	Female
24	Mansi shetty	Female
25	Hitanshi Desai	Female
26	Kalpana das	Female
27	Rishi Tebak	Male
28	Pratham Anand Panchal	Male

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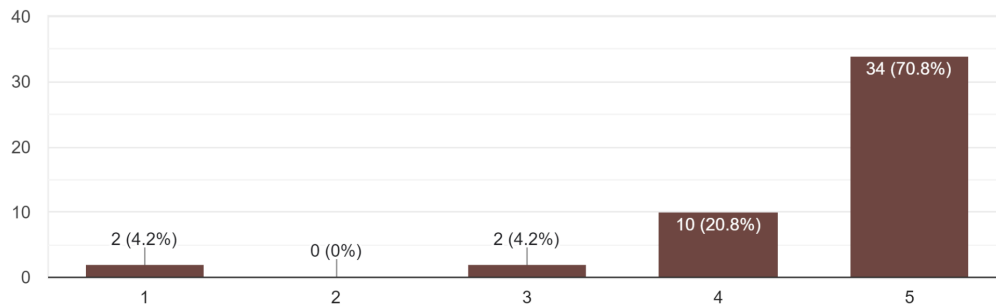
29	Rohan Poojary	Male
30	Amit Kumar Maurya	Male
31	Rohit Rawat	Male
32	Amitabh Rajbhar	Male
33	Keval shroff	Male
34	Advait Karekar	Male
35	Tanish shetty	Male
36	Vishal Shetty	Male
37	Shreyas Amin	Male
38	Anshul	Male
39	Nikhil Shetty	Male
40	Nikhil Naik	Male
41	Ravindra Bhushi	Male
42	Yash Kandalkar	Male
43	Shubham Satish Sawant	Male
44	Sumanth Acharya	Male
45	M. Sajjad Shaikh	Male
46	Kedar singh bhandari	Male
47	Shreyash Khandelwal	Male
48	Shashank Rane	Male

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Feedback Analysis

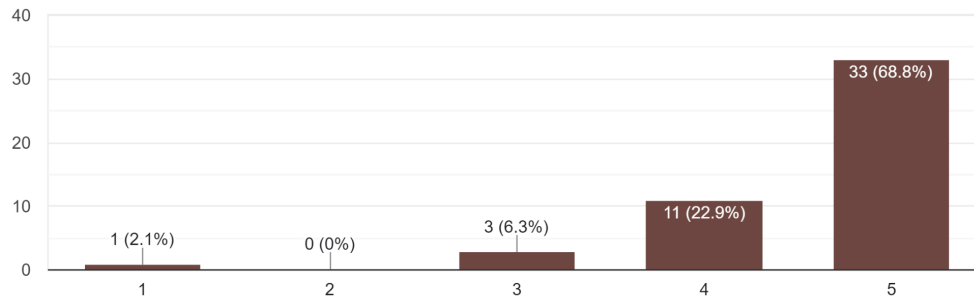
How informative was the session?

48 responses



How satisfied are you with the session's content?

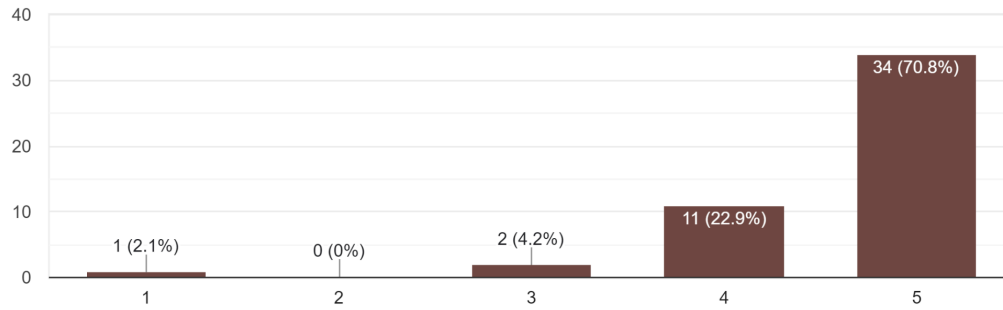
48 responses



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How relevant and helpful do you think the session was?

48 responses



How satisfied were you with the key note speaker?

