

Bunts Sangha's  
S.M.Shetty College of Science, Commerce & Management Studies, Powai.  
Permanently Affiliated to University of Mumbai.  
ISO 21001:2018 CERTIFIED  
IMC RBNQ CERTIFICATE OF MERIT 2019  
**Activity Approval Format**

Date: 13-8-2022

**Program:** The art of meditation

**Need:** To educate and spread knowledge about meditation among the youth.

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

**Content:** Cap meditation using Music.

**Resource Person:** Devjyot Pyramid Meditation Center (Mulund) .

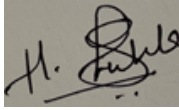
**Date:** 22-9-2022

**Time:** 12:00 - 1:00 pm

**Venue:** AV room

**Cost/Budget:** NA

**Proposed By:** Health Club



**Verified By:**



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### Minutes of the meeting

Date:

Time: 12:30 pm

Mode: 6th Floor (Vice Principals Cabin)

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). It was decided to make an MOU with the center.

**Health Club In-charge:**

Asst. Prof. Himani Shukla

**Health Club Members:**

Asst. Prof. Vinay Vilas Shahapurkar  
Asst.Prof. Chirag

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**Notice**

Date: 21-9-22

Internal Quality Assurance Cell (IQAC) and Health Club of  
the college in collaboration with Devjyot Pyramid Meditation Center are organizing session on -  
“\_The art of meditation\_”

For : Teaching, Non-Teaching staff & Students.

Event Details:

Date: 22nd September, 2022.

Time: 12:00 noon

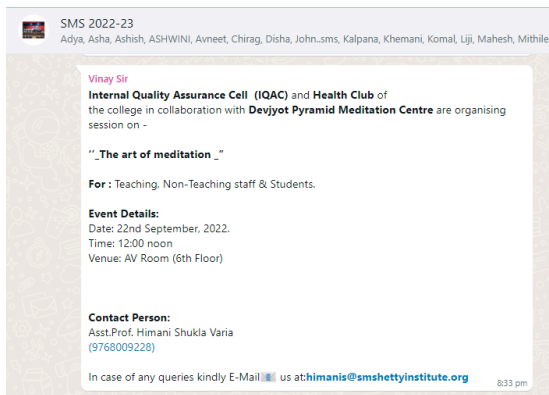
Venue: AV Room (6th Floor)

Contact Person:

Asst.Prof. Himani Shukla Varia

(9768009228)

In case of any queries kindly E-Mail  us at: [himanis@smshettyinstitute.org](mailto:himanis@smshettyinstitute.org)



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## Backdrop



## Report

**Organized by:** Health Club

**Event Topic:** The art of meditation

**Date:** 22-9-22 **Timing:** 12:00 - 1:00 pm **Venue:** AV Room **Scope:** Students & Teachers

**Resource Person:** Devjyot Pyramid Meditation Center

**Total Count:** 109= (50 F +59 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 Principal Dr.Sridhara Shetty about the event & the resource person. An MOU was signed between the two. B.D.Rambabu (Guruji In-charge) conducted a theory & practical session on music mediation for the students. The event ended with a Vote of Thanks by Asst.Prof.komal Tiwari (DLLE Convener).

**Health Club In-charge:**



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**Pictures**



Exchange of MOU



Participants performing meditation.

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**Participant List 109= (50 F +59 M)**

Sr.No	Name	Gender
1	Dipen Patel	Male
2	Palak Paswan	Female
3	Asif shaikh	Male
4	Kushal shetty	Male
5	Sahil Kaushal	Male
6	Saurabh Tripathi	Male
7	Gurpreet Singh Bassan	Male
8	Mahesh kunwar	Male
9	Roshni Rambabu Sharma	Female

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10	bhoomit shetty	Male
11	Vansh Gajra	Male
12	Malini sabat	Female
13	Harsh Kadam	Male
14	Akshay poojary	Male
15	Vignesh Moolya	Male
16	Pranav Surve	Male
17	Sujoy jana	Male
18	Mansi shetty	Female
19	Jessy Anandkumar	Female
20	Anchal singh	Female
21	hrehaan.hsp@gmail.com	Male
22	Vaishnavi Devadiga	Female
23	Tanish Shetty	Male
24	Alfiya Shaikh	Female
25	Prakhar Baheti	Male
26	Viraj	Male
27	Punit shetty	Male
28	Tamannah Dubey	Female
29	Krithik salian	Male
30	Singh Amankumar Manojkumar	Male

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31	Sarvesh onar	Male
32	Abhijeet Sangade	Male
33	Tanya Ravindranath Singh	Female
34	rohit savalam	Male
35	Dipsha Udaya Poojary	Female
36	Shalini Koli	Female
37	Alisha Lashkar	Female
38	Vaibhavi Amit Joshi	Female
39	Daksh Pawar	Male
40	Aditya Tripathi	Male
41	Abhiram	Male
42	phadtareshubham9149@gmail.com	Male
43	Shreya Shetty	Female
44	Khan Mahek Masooq	Female
45	Shruti Patole	Female
46	Janvi Bhanushali	Female
47	Sourabh kanojiya	Male
48	Appu ambali	Male
49	Harsh chheda	Male
50	Praneeth Shetty	Male
51	Dhruti patel	Female



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52	Ananya Manoj	Female
53	Rutuja Mohite	Female
54	Pallavi yadav	Female
55	Sawant Diksha	Female
56	Smita kori	Female
57	Acharya Ashwini Yogesh	Female
58	Sakshi pandam	Female
59	Vikyath shetty	Male
60	Shivanshi Tiwari	Female
61	Rai sakshath	Male
62	Madur Karkera	Male
63	Dhanishka	Female
64	Muskan yadav	Female
65	Prashant Vijayprakash Dubey	Male
66	Bhavna	Female
67	Pinakin shetty	Male
68	Sahil Shetty	Male
69	Arshad Pathan	Male
70	Aditi Alley	Female
71	Saba	Female
72	Dipti Das	Female

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73	Fawaz mulla	Male
74	Rupesh Poojari	Male
75	Sakshi Kurhade	Female
76	NAIK MOHAMD KAIF NURUDDIN	Male
77	Sakshi	Female
78	Sameer Khan	Male
79	Zainab siddiqui	Female
80	Natasha Suthar	Female
81	Khan sameer	Male
82	Saloni Varma	Female
83	Keval shroff	Male
84	Sharvi	Female
85	Sharan Karunakar Shetty	Male
86	Abhishek Dubey	Male
87	Husain Inamdar	Male
88	Minhajbanu Shaikh	Female
89	Mrugaja Chavan	Female
90	Maneeth Kumar ashok shetty	Male
91	Aarti Thakur	Female
92	Anvith Shetty	Male
93	Vihaan Shetty	Male

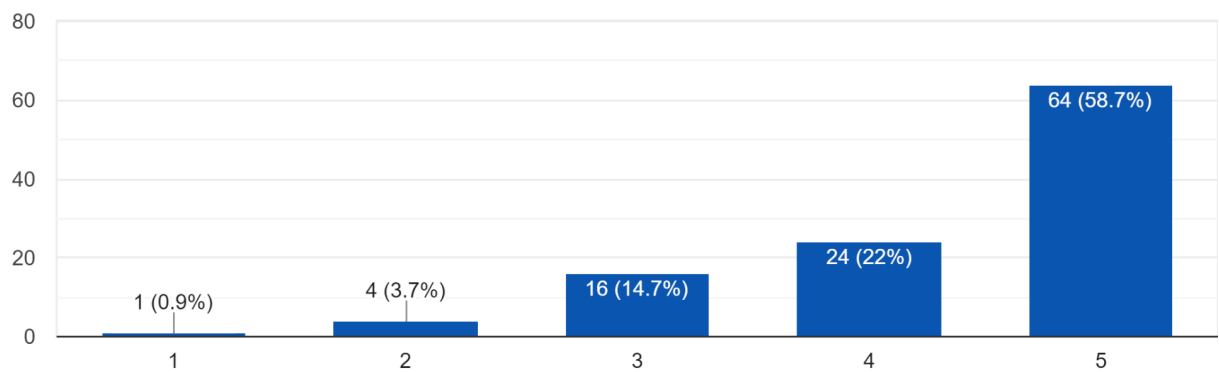
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94	Thanraj Nadar	Male
95	Bhavya sherry	Female
96	Shruti Shetty	Female
97	JANAK DAMBAR BOHARA	Male
98	Sayyed Tasmia	Female
99	Rushabh	Male
100	Khan Umaima Sarif	Female
101	Ankita Dharewa	Female
102	Shruti Bankar	Female
103	Sneha jaiswal	Female
104	Rishit shetty	Male
105	Meet Dand	Male
106	Sajal shetty	Male
107	Parth Hitesh Shah	Male
108	Sania katoley	Female
109	Kishan	Male

## Feedback Analysis

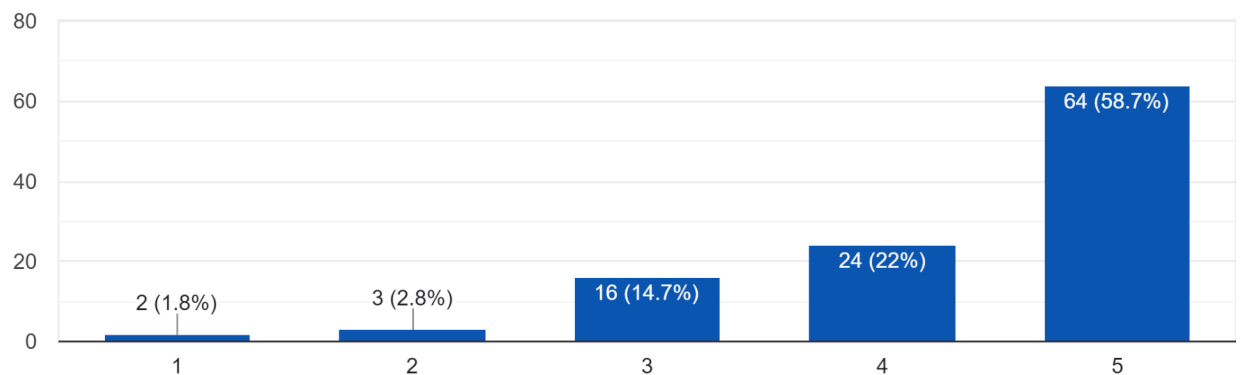
How informative was the session?

109 responses



How relevant and helpful do you think the session was?

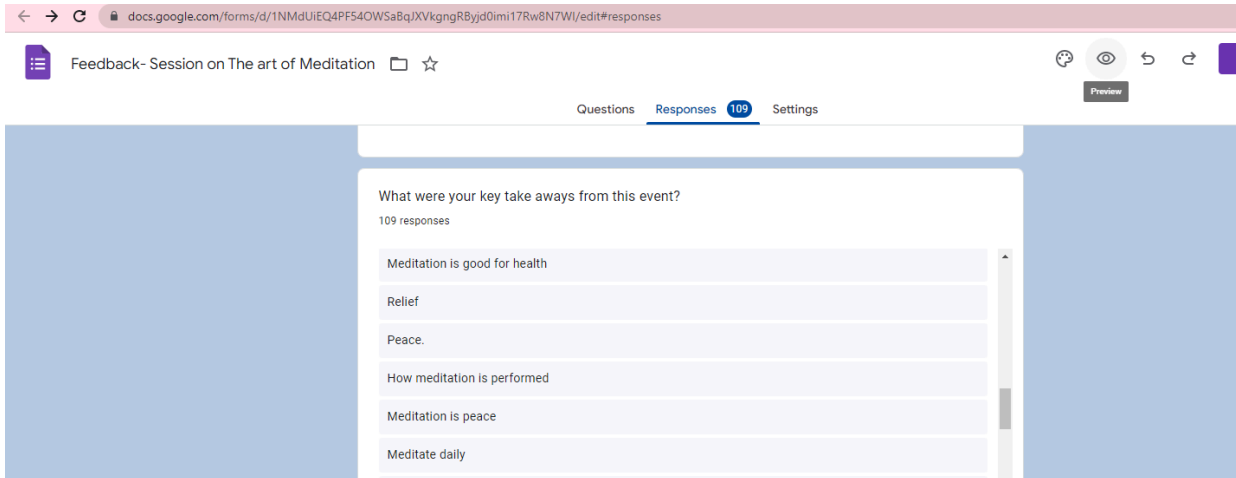
109 responses





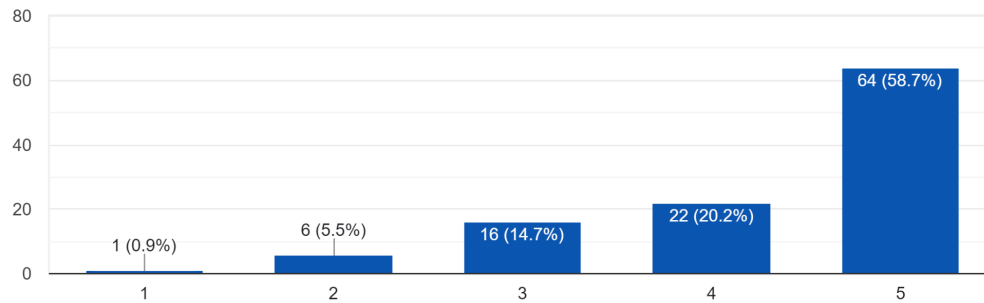


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How satisfied are you with the session's content?

109 responses



### Action Taken Report

<u>Feedback Received</u>	<u>Conclusion</u>
<ul style="list-style-type: none"> <li>• Great session informative..</li> <li>• Event of meditation was very good .A good opportunity for the life</li> <li>• To conduct more sessions.</li> <li>• Really appreciate and it will help me a lot thank you</li> </ul>	<p>To keep more such awareness sessions for the students for a healthy life.</p>