

Activity Approval Format

Date: 13-6-2022

Program: International Yoga Day- "Yoga for Humanity"

Need: Mental & Physical Wellness.

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

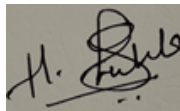
Content: Various Stretching exercises and yoga asana for flexibility.

Resource Person: Members of Shri Ambika Yoga Kutir
(AVT Thakur, Umesh Surti, Jayashree Surti, Vithal Shetty).

Date: 21-6-2022 **Time:** 7:30 to 9:30 a.m **Venue:** 7th Floor Open Area

Cost/Budget: NA

Proposed By: Health Club



Verified By:



Minutes of the meeting

Date: 15/06/2022

Time: 12:30 pm

Mode: 8th Floor Staffroom

Following things were discussed in the meeting:-

It was decided that the Health Club of college will organize a program on the occasion of International Yoga Day in association with Shri Ambika Yoga Kutir 21st June, 2022. The session will start at 7:00 and end at 9:00 a.m. The session will be in collaboration with NSS & Sports Units.

Health Club In-charge:

Asst. Prof. Himani Shukla

Health Club Members:

Asst. Prof. Vinay Vilas Shahapurkar



Bunts Sangha's
S.M.Shetty College of Science, Commerce & Management Studies, Powai.
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Notice

Date: 19/6/2022

INTERNATIONAL YOGA DAY 🧘

Health Club in Collaboration with NSS Unit & Sports Department of

Bunts Sangha's S.M.Shetty College of Science, Commerce & Management Studies (Affiliated to University of Mumbai), Powai, Mumbai, is organising a session on-

”Yoga for Humanity”

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

Resource Persons : Members of Shri Ambika Yoga Kutir.

Event Details:

📅 : 21st June, 2022

🕒 : 7:30 - 9:00 am

Venue : 7th floor Open Area.

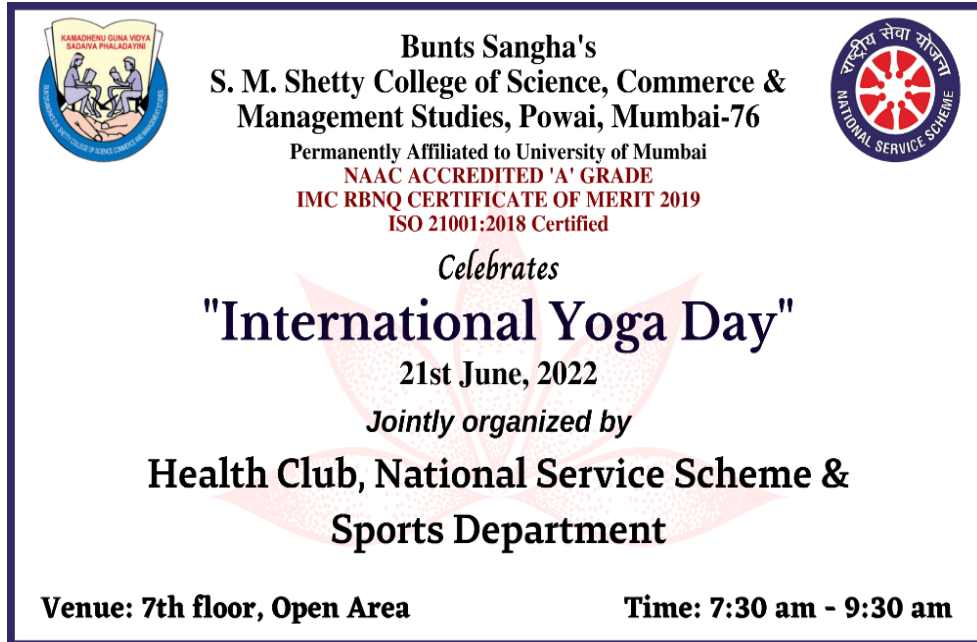
Contact Persons : Asst.Prof. Himani Shukla - 9768009228.




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of Science, Commerce & Management Studies
Powai, Mumbai - 400 076.
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Email : college@smshettyinststitute.org

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S.M.Shetty College of Science, Commerce & Management Studies, Powai.
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Backdrop



The backdrop features a central text area with a large, faint yoga silhouette in the background. On the left is the college logo, and on the right is the National Service Scheme logo. The text is centered and reads:

Bunts Sangha's
S. M. Shetty College of Science, Commerce &
Management Studies, Powai, Mumbai-76
Permanently Affiliated to University of Mumbai
NAAC ACCREDITED 'A' GRADE
IMC RBNQ CERTIFICATE OF MERIT 2019
ISO 21001:2018 Certified

Celebrates
"International Yoga Day"
21st June, 2022
Jointly organized by
Health Club, National Service Scheme &
Sports Department

Venue: 7th floor, Open Area **Time: 7:30 am - 9:30 am**

Certificate




The certificate has a yellow background with a silhouette of a person in a yoga pose. It includes the college and N.S.S. logos at the top. The text is as follows:

BUNTS SANGHA'S
S.M.SHETTY COLLEGE OF SCIENCE, COMMERCE &
MANAGEMENT STUDIES, POWAI, MUMBAI -76
Permanently Affiliated to University of Mumbai
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Certificate of Participation
This is to Certify that
Mr. /Ms. Kalpna das of S.M.Shetty College has participated in International
Yoga Day Organised by National Service Scheme in collaboration with
Health Club & Sports Department of S.M.Shetty College, Powai on 21st June,
2022.


Principal




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Report

Organized by: Health Club, NSS Unit and Sports Department

Event: International Yoga Day

Topic: Yoga for Humanity

Date: Tuesday, 21st June, 2022

Timing: 7:30 - 9:00 am

Venue: 7th Floor Open Area

Scope: Students

Resource Person: Members of Shri Ambika Yoga Kutir (AVT Thakur, Umesh Surti, Jayashree Surti, Vithal Shetty).

Total Count: 24 Females & 29 Males= 53

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.” On the occasion of International Yoga Day, the Health Club, NSS Unit and Sports Department of our college jointly organized the session with the objective to promote better mental and physical health of the community and to motivate participants to adopt and practice yoga in their daily lives. Event began with the cordial welcome to our Resource persons, Principal, Vice Principals, Teachers and students. Dr.Sridhara Shetty (Principal) addressed the gathering & welcomed the resource persons for the day.

Resource persons started the session in which they demonstrated various sitting and standing yoga asanas explaining the specifications and importance of each. These asanas were taught to relieve mental stress, reduce bodily pain and soothe the soul. Asanas were performed by the participants simultaneously. Yoga Session was followed by ‘Question and Answer’ session in which queries of participants were answered by the resource person. session came to an end with the vote of thanks.




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Participant List

24 Females & 29 Males= 53

<u>Sr.NO</u>	<u>Email</u>	<u>Name</u>	<u>Class</u>	<u>Roll_No</u>	<u>Gender</u>
1	smsdegbscit2466033pooja@smsshettyinstitute.org	Pooja Udayraj Pasi	Tybscit-A	45	Female
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Pictures

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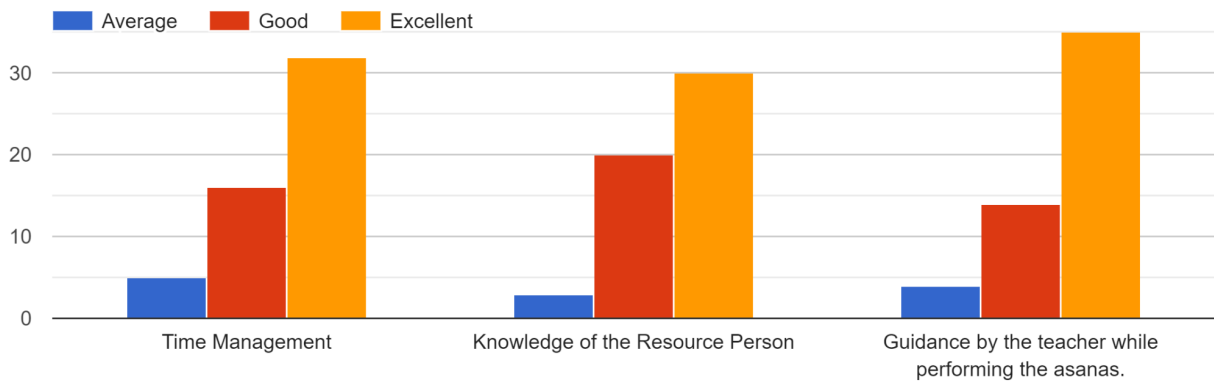
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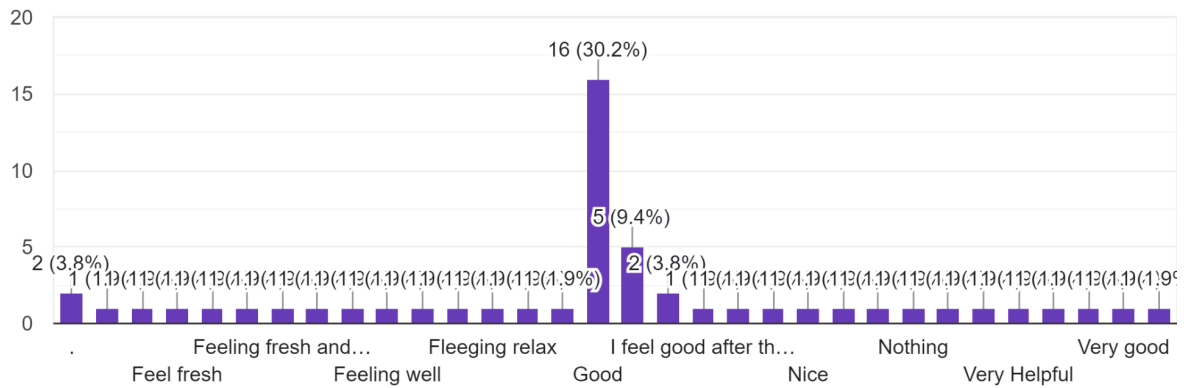
Feedback Analysis

About the session



After the Session (Response of the Body)

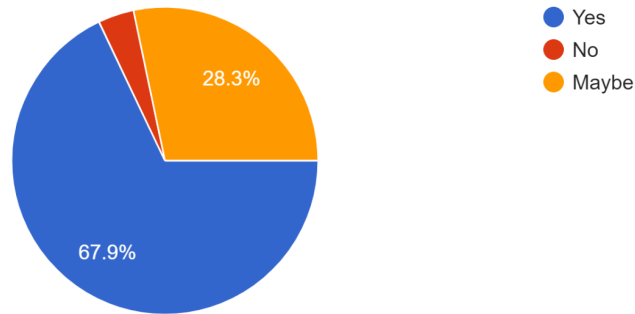
53 responses



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Would you like to be the part of Yoga Session in the future.

53 responses



Action Taken Report

Feedback Received	Conclusion
<ul style="list-style-type: none"> ● To keep more such sessions. ● Everything is good! ● Yes conduct again ● It was excellent 	<p>The Health Club Decided to conduct International Yoga Day every year in order to cultivate the importance of Yoga in students.</p>




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