

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/11/211/22-23

Approval Form –INTERNATIONAL YOGA DAY

Department: NSS UNIT

Program: INTERNATIONAL YOGA DAY

Objectives: To promote better mental and physical health of the community at large through the practice of yoga asana.

Need: It is important for the students to know about the basic knowledge about the importance of Yoga in day to day life.

Content: The NSS Unit of S.M. Shetty had organized Yoga day for the NSS Volunteers with Members of Shri Ambika Yog Kutir (AVT Thakur, Umesh Surti, Jayashree Surti, Vithal Shetty

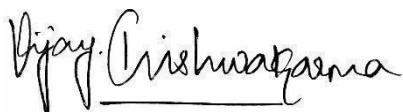
Date: 21 June, 2022

Cost/Budget: NA

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

Proposed by: Sports Department, Health Club & NSS UNIT

Verified by: Dr. Vijay Vishwakarma, Prof. John Menezes



NSS Programme Officer



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Criterion 3 - Research, Innovations and Extension



PRINCIPAL

Bunts Sangha's S.M. Shetty College
of Science, Commerce & Management Studies
Powai, Mumbai-400 076.
Tel. 022-6132 7352
Email: college@smshettyinstitute.org

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Minutes of the Meeting -INTERNATIONAL YOGA DAY

There was a meeting taken place on 18th June,2022

Minutes of the meeting:

- To allot work to social media teams and leaders.
- To discuss the documentation work.
- To allot leaders to prepare for the WhatsApp message which would be sent to students to participate.
- To allot a social media team start to work on the poster and brochure for the event and update the social media platform.



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Notice (WhatsApp Message) – INTERNATIONAL YOGA DAY

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 organizing a session on-

"Yoga for Humanity"

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

Resource Persons : Members of Shri Ambika Yog Kutir.

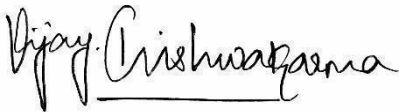
Event Details:

📅 : 21st June, 2022

🕒 : 7:30 - 9:00 am

Venue : 7th floor Open Area.

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



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Report on: INTERNATIONAL YOGA DAY

Event: INTERNATIONAL YOGA DAY

Date: 21ST June, 2022

Objective: This is an Intra-Collegiate event on International Yoga Day

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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Images:



Dijay. Crishwarasama

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John Peres

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Prakash
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Sample Certificate :





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Feedback:

About the Session

About the session

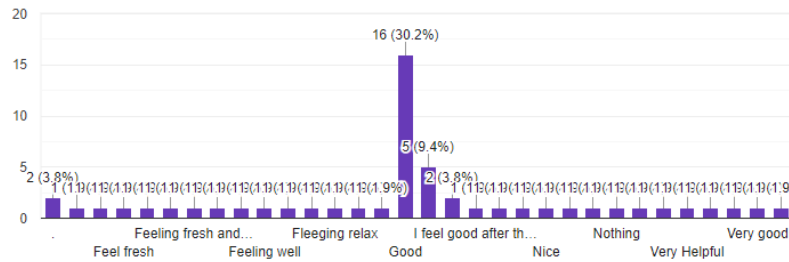
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After the Session (Response of the Body)

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53 responses



Dijay. Krishnarajama

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John Pereira

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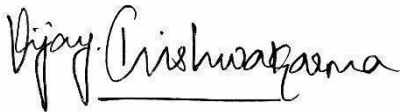
Principal
 PRINCIPAL

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Participant List :

1. Ayesha Khan
2. Shivam sanjay upadhyay
3. Kalpana das
4. Satyam Baburam Gupta
5. Pornima Jagtap
6. Samay Shah
7. Tushar Sharma
8. Pawan maurya
9. Disha boricha
10. Singh Riya Rakesh
11. Shalini Jha
12. Shubham yadav
13. Prajwal shetty
14. Rishikesh Chari



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ACTION TAKEN REPORT of International Yoga Day

<u>Date</u>	<u>Feedback Received</u>	<u>Suggestions Provided</u>
21/6/2022	<p>Feedback received on all the volunteers was highly positive and encouraging.</p> <p>Suggestions were received regarding conducting more such events in the future for students. Please add some more events . Because of yoga sessions, mental and physical health will improve.</p>	<p>Please conduct more yoga sessions. promote better mental and physical health.</p>



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Thank you Letter

SMS/

21st June, 2022

To,

Shri Ambika Yog Kutir

Respected Sir,

It is our pleasure to invite you as Resource Person for 'Yoga Camp, organized by the NSS Unit of Bunts Sangha's S.M Shetty College of Science, commerce & Management Studies, Powai. On the day of International Yoga Day

The program will be held on 21st June 2022 from 08:00Am to 10:00 Am

On behalf of the college we'd like to thank you for that.

With Regards,

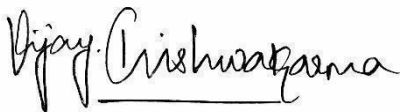
Thanking you

With Regards,

Yours faithfully,

Dr. Sridhara Shetty

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