

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/11/01/22-23

Approval Form – Yoga Session

Department: NSS UNIT

Program: Yoga Session

Objectives: To Taught the students about yoga and its benefits as it is important for health.

Need: To motivate and make today's Youth understand the importance of health and fitness through the means of Yoga.

Content: Thought some Yoga to the Students and the importance of it in their life .

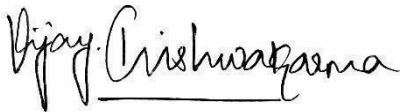
Judge: NA

Date: 14th May,2022

Cost/Budget: NA.

Proposed by: Ms. Snehal Rai

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



NSS Programme Officer



NSS Programme Officer

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

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

Minutes of the meeting – Yoga Session

There was an Only one meet on online mode on the Zoom app.

1. 1st Meeting – 13th May,2022

- Instructed the Volunteers about the Session
- Decided the dress code for the day
- Flow of the Program , and some addition to it by volunteers
- Instructed the volunteers to follow the discipline



NSS Programme Officer



NSS Programme Officer

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

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

Notice: Yoga Session

**The NSS UNIT of BUNTS SANGHA'S S.M.SHETTY COLLEGE OF
SCIENCE, COMMERCE AND MANAGEMENT STUDIES is organizing
a Yoga Session**

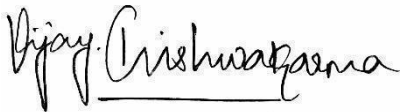
Date: 14th May, 2022

Time: 7:30 Am

Venue: College Ground

Kindly give your names for the following .

E-Certificate will be provided to the participants!!



NSS Programme Officer



NSS Programme Officer

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

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

Report-Yoga Session

Event: Yoga Session

Date: 14th May,2022

Objective : To Taught the students about yoga and its benefits as it is important for health.

Highlights: The NSS Unit of Bunts Sangha's S.M.Shetty College of Science, Commerce and Management Studies organized a Yoga Camp on 14th May, 2022 from 8:00 Am to 10:00 am at our College Ground with the help of Members of Shri Ambika Yog Kutir. During this session, the yoga instructors guided and taught the students about the various benefits of yoga and how to perform different simple asanas that, when performed on a daily basis, help in improving health. The asanas included suryanamaskar, kapalbhati, sadhu kubdi, etc. The session came to a conclusion with shanti paath (prayer of peace) and then feedback was taken from some of the attendees. There were total 16 Volunteers who participated in this event Male - 10, Female - 7



NSS Programme Officer



NSS Programme Officer

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

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

Images :



Dijay. Krishnarajama

NSS Programme Officer

John Peneze

NSS Programme Officer

Criterion 3 - Research, Innovations and Extension

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



Mumbai, Maharashtra, India
 Flat no. 104 A Wing 24 MHADA Building Satyam CHS, near SM Shetty School
 Powai, MHADA Colony 20, Powai, Mumbai, Maharashtra 400076, India
 Lat 19.11579°
 Long 72.905229°
 14/05/22 09:54 AM



Mumbai, Maharashtra, India
 Shetty Mahavidyalaya, Ridge Rd, MHADA Colony 20, Powai, Mumbai, Maharashtra
 400076, India
 Lat 19.115235°
 Long 72.905739°
 14/05/22 09:18 AM



Mumbai, Maharashtra, India
 Panahalgad, IIT staff co operative society, near s.m.Shetty school, Hiranandani
 Gardens, MHADA Colony 20, Powai, Mumbai, Maharashtra 400076, India
 Lat 19.115003°
 Long 72.905898°
 14/05/22 09:51 AM



Mumbai, Maharashtra, India
 Shetty Mahavidyalaya, Ridge Rd, MHADA Colony 20, Powai, Maharast
 400076, India
 Lat 19.115167°
 Long 72.905697°
 14/05/22 09:20 AM

Participants List:

1. Mishra Nilesh

Dijay. Krishnarajama

NSS Programme Officer

John Peneze

NSS Programme Officer

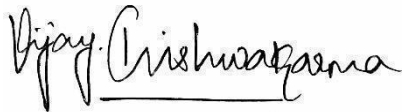
Criterion 3 - Research, Innovations and Extension



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

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

2. Siddharth sohani
3. Danish khan
4. Pooja Udayraj Pasi
5. Rishikesh Chari
6. Sanika Mohan Raykar
7. Nikita varpe
8. Roshni Suresh anchan
9. Gupta pratham
10. Mansi maurya
11. Aarti Sharma Shreegopal
12. Sejal Pravin khandagale
13. Shaikh Namra Liyakat
14. Kinjal Shetty
15. Jaya yadav
16. Muskan khan
17. Parita rajkumar kahar
18. Supriya Prashant Pandey
19. Yadav prasad
20. Shubham yadav
21. Prajwal shetty
22. Yadav Reshma
23. SANDHU JASHANDEEP SINGH
24. Shalini Jha



NSS Programme Officer



NSS Programme Officer

Criterion 3 - Research, Innovations and Extension

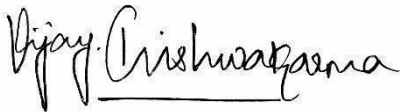



PRINCIPAL

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

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

25. Antony sebastin Michael raj Nadar
26. Vinit Rajesh Vishwakarma
27. Disha boricha
28. Singh Riya Rakesh
29. Siddhesh sanjay lanjekar
30. Dipsha Udaya Poojary
31. Mishra prateek vinod
32. Pawan maurya
33. SHAH WALIULLAH ABDUL QUDDUS
34. KHAN MOHD ADNAN MOHD YUNUS
35. Aanchal Phoolchand Jaiswal
36. Tamrakar Nishita Suraj
37. Ankit singh
38. Tushar Sharma
39. Kanwaljeetsingh Rajput
40. Mayuresh Anant Patil
41. Mahesh RajPurohit
42. Satyam Baburam Gupta
43. Pornima Jagtap
44. Samay Shah
45. Avishkar Singh
46. Sooraj shivaram poojary
47. Shivam sharma



NSS Programme Officer



NSS Programme Officer

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

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

48. Bharti pravin
49. Jadhav sai sandeep
50. Nishita Chaubey
51. Ayesha Khan
52. Shivam sanjay upadhyay
53. Kalpana das



NSS Programme Officer



NSS Programme Officer

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

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

ACTION TAKEN REPORT OF YOGA SESSION

Date	Feedback Received	Suggestion Received
14th May,2022	Feedback received from all the volunteers and participants was positive and encouraging. It was a session to learn new things. Yoga youth understand the importance of health and fitness through the means of Yoga.	Suggestions were received regarding conducting more such events in the future. Please add some more events like this. Because these types of activities encourage young minds to learn and teach yoga.



NSS Programme Officer



NSS Programme Officer

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

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

Thank you Letter

SMS/

14th May, 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.

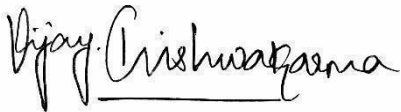
The program will be held on 14th May 2022 from 08:00Am to 10:00 Am

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

With Regards,

Thanking you

With Regards,



NSS Programme Officer



NSS Programme Officer

Criterion 3 - Research, Innovations and Extension



PRINCIPAL

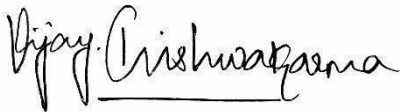
Bunts Sangha's S.M. Shetty College
of Science, Commerce & Management Studies
Powai, Mumbai-400 076.
Tel. 022-6132 7352
Email: college@smshettyinstitute.org

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

Yours faithfully,

Dr. Sridhara Shetty

PRINCIPAL



NSS Programme Officer



NSS Programme Officer

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