

Activity Approval Format

Health Club

Date: 18-6-2018

Program: International Yoga Day- Yoga for Healthy Body, Calm Mind & Strong Spirit

Need: Mental & Physical Wellness during Lockdown

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

Content: Various Stretching exercise and yoga asana for flexibility.

Resource Person: Members of Shri Ambika Yoga Kutir

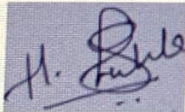
Date: 21-6-2018

Time: 7:30 a.m

Venue: 7th Floor (Open area)

Cost/Budget: NA

Proposed By: Health Club



Verified By:



Bunts Sangha's

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

Health Club → Minutes

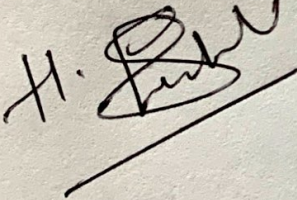
Date: 19/06/2018

Time: 01:00 p.m

Following things were discussed in the meeting:-

It was decided that 'Health club' in association with Ambika Yog Kutir, will organise international Yoga day for students on 21st June, 2018 on 7th floor open area. The session will start at 7.30 pm sharp. All students are invited to join the program.

Himani Shukla
Health Club In-charge



Health Club Members:

Prof. Vinayak Shahapurkar
Prof. Swati Shetty
Prof. Ashish Navik

Bunts Sangha's
S.M.Shetty College of Science, Commerce and Management Studies

HEALTH CLUB

→ NOTICE

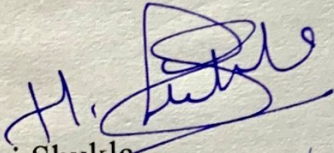
Date: 18/06/2018

All students are hereby informed that the Health Club, in association with Ambika Yog Kutir, is organizing International Yoga Day on 18/06/2018. All Students are invited to join the program.

For further details, contact your respective Coordinator or Health Club members.


Venue: 7th Floor (Open area)

Time: 7.30 am to 8.30am




Himani Shukla
Health Club In-charge

Health Club Members:

Prof. Vinay Shahapurkar 

Prof. Swati Shetty

Prof. Ashish Navik 

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

HEALTH CLUB
2018-2019

→ REPORT

Date: 21-June-2018

Event: International Yoga Day

Number of Students participated: 80

Report:

The Health Club of S.M.Shetty College celebrated 'International Yoga Day' in association with 'Shri Ambika Yoga Kutir' on 21st-June-2018. Over 80 students attended the celebration. The celebration started with lighting of lamp, and welcome speech by Dr. Sridhara Shetty (Principal) and Mr. Bharat (Member of Ambika Kutir). Multiple Yoga aasanas like Tree Pose, Cobra Pose, Bridge Pose, Half Moon pose, Vajrasan, etc. were performed by the students under the guidance of yoga experts.



Health Club Members:

- Prof. HimaniShukla
- Prof.Vinayak Shahapurkar
- Prof.Swati Shetty
- Prof. Aashish Navik

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

Event: International Yoga Day

Date: 21-06-2018

HEALTH CLUB & NSS [FEMALE]

Sr.No	Name	Class	Phone_No	Sign
1	Paranya V Nair	TY IT	8291605931	[Signature]
2	Akshitha C Shetty	SYBMS(A)	7678040193	[Signature]
3	Jigyasa R Jain	SYBMS(A)	7506771002	[Signature]
4	Bhavana Purgare	TYBSc(IT)	9619495779	[Signature]
5	Bhonti Handal	SYBScIT	9930789809	[Signature]
6	Yadav Mamta	TVBSc(IT)	9967161099	[Signature]
7	NISHMITHA SHETTY	TYBScIT	9967900367	[Signature]
8	Priya Kotian	SYBScIT	9619074438	[Signature]
9	Rhea Nair	SYBScIT	889969328420	[Signature]
10	Sheena Shaji	TYBScIT	8879722560	[Signature]
11	Ansari Heena	SYBScIT	9967320016	[Signature]
12	Sandhya Yadav	SYBScIT	9619756732	[Signature]
13	Sheetal Devadiga	SY.BScIT	9930909835	[Signature]
14	Snreya Nalav	SY.BScIT	9890187410	[Signature]
15	Deepika Shetty	SYBScIT	9594546175	[Signature]
16	Neelam Verma	TVBScIT	8452065569	[Signature]
17	Deepika Sorli	Fyblom	8767599976	[Signature]
18	Mubina Bhalke	SYBScIT	9136373385	[Signature]
19	Ansari Fayeza	SYBScIT	8655545860	[Signature]
20	Disha Shetty	SYBMS	9619261748	[Signature]
21	Jine Nadar	SYIT	8369317964	[Signature]
22	Gauri V. Karpe	SYBB1	9004079561	[Signature]
23	Vidhi Salvi	SYBB1	7045161099	[Signature]
24	Shreya Rai	SYBB1	7045611037	[Signature]
25	Gayatri Shetty	SYIT	8828451751	[Signature]
26	Ashwini Kotian	FYBMS	9594022258	[Signature]
27	Ashwini Fernandez	BYIT	7045636876	[Signature]
28	Geency Mathew	SYIT	9769119844	[Signature]
29	Arutika Tawde	SYBcom	8454878533	[Signature]
30	Prityanka Atkar	TYBcom	9029987992	[Signature]
31	Nidhi Vora	SYBcom	9892895237	[Signature]
32	Aparsha Nisar	SYBAF	8976542256	[Signature]
33	Sheetal Devadiga	TYBAF	8424975718	[Signature]
34	Christina Thimothy	SYBMS(B)	8879723758	[Signature]
35	Shreelha Akharchar	SYBAF	8767034362	[Signature]
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H. Shetty
21/6/2018

HEALTH CLUB & NSS (MALE)

Sr.No	Name	Class	Phone_No	Sign
1	VISHAL FERNANDO	SYIT (A)	7900163293	VISHAL
2	Patwin Dias	SYIT A	8652255330	Patwin
3	Dheeraj Salian	SYIT A	7718915705	Dheeraj
4	Samckal Shetty	SYIT B	7718067710	Samckal
5	KIRAN SHETTY	SYIT B	9967830626	Kiran
6	SAMIL SHETTY	SYIT A	9987710988	Pundit S
7	SHUBHAM PANDIT	SYIT B	8454935355	Pandit S
8	RITVIK RAI	SYIT A	7506327354	Ritvik
9	Anil Gawade	SYIT B	9787203681	Anil
10	Subash Parash	T.Y.B.com(B)	8652362125	Subash
11	Nikhil Rane	SYIT B	7045807620	Nikhil
12	Shivam Lunari	SYIT A	9833576859	Shivam
13	Surya Singh	SYIT A	9892524174	Surya
14	SIBY ANTONY	SYB.com A	7039761523	Siby
15	Steven Coelho	S.Y.B.com A	8879957477	Steven
16	Amananth S Shetty	SY.B.com B	8879923270	Amananth
17	RATAN SRIVASTAVA	SY.B.MM	7021068307	Ratan
18	Anish Suthar	TYBBI	8850870588	Anish
19	AMAR THORAT	SYBMM	9820562367	Amar
20	Nitin Naik	SYBAF	7738403706	Nitin
21	Faksh Shetty	SYBAF	8879023167	Faksh
22	Umesh Yadav	SYIT	9820693251	Umesh
23	Bhashan S	SYIT	9869705448	Bhashan
24	Durgesh Thakur	SYIT	9699978384	Durgesh
25	Nishant Nawar	TYB.com(A)	989024966	Nishant
26	Avinash Chaudhary	TYBMS	7666422532	Avinash
27	AKASH PATIL	TY.B.com	8879173277	Akash
28	VIKRAM THAKUR	TY.BscIT A	8268191997	Vikram
29	SADRAV Pali	S.Y.B.COM	9820098400	Sadrav
30	Rohit Pojan	SYB.com	7738676602	Rohit
31	Andrew Nadar	TYB.com	8976119979	Andrew
32	Nikhil Reddy	TYB.com	779826182	Nikhil
33	Dharmendra Gupta	TYBscIT	8369356689	Dharmendra
34	Abhishek Shetty	TYBMS	8169600256	Abhishek
35	Kunal Pal	TYBMS	7303066840	Kunal
36	Shlok Shetty	SYBMS	7021511200	Shlok
37	Faisal Swanki	SYBscIT	8632099231	Faisal
38	ABRAMEER AMBILCOM	TYB.com	7967098611	Abrameer
39	Yash Dudega	SYBscIT	9833732836	Yash
40	Virendra Singh	SYBMS	9169850203	Virendra
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42				

H. Shukla
21/6/18

Feedback Form

Health Club

Event: International Yoga Day(2018)

Name: Neelam Verma

Phone no: 8452065569 Class/Div.: TYBSc IT

1. Do you feel Physical and Mental relief after the yoga session?

a. Always

b. Sometime

c. Never

2. Would you implement the health tips on regular basis?

a. Always

b. Sometime

c. Never

3. Were the necessary resources provided?

a. Always

b. Sometime

c. Never

4. Was the Time slot used was appropriate?

a. YES

b. NO

5. Any suggestions:

Once in a week should take.

Neelam
Signature

Feedback Form

Health Club

Event: International Yoga Day(2018)

Name: Harikrishnan Pillai

Phone no: 8462872710 Class/Div.: FYBMS - A

1. Do you feel Physical and Mental relief after the yoga session?

a. Always

b. Sometime

c. Never

2. Would you implement the health tips on regular basis?

a. Always

b. Sometime

c. Never

3. Were the necessary resources provided?

a. Always

b. Sometime

c. Never

4. Was the Time slot used was appropriate?

a. YES

b. NO

5. Any suggestions:

It was an excellent session.

Harikrishnan

Signature

Feedback Form

Health Club

Event: International Yoga Day(2018)

Name: Avinash Choudhary

Phone no: 7666422532 Class/Div.: SYBMS

1. Do you feel Physical and Mental relief after the yoga session?

- a. Always b. Sometime c. Never

2. Would you implement the health tips on regular basis?

- a. Always b. Sometime c. Never

3. Were the necessary resources provided?

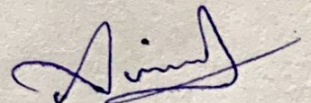
- a. Always b. Sometime c. Never

4. Was the Time slot used was appropriate?

- a. YES b. NO

5. Any suggestions:

Yoga play an Important role in our
daily life it keeps our body fresh and active
all time.



Signature

Feedback Form

Health Club

Event: International Yoga Day(2018)

Name: NISAR APEKSHA SHANTILAL

Phone no: 8976542256 Class/Div.: SYBAF

1. Do you feel Physical and Mental relief after the yoga session?

- a. Always b. Sometime c. Never

2. Would you implement the health tips on regular basis?

- a. Always b. Sometime c. Never

3. Were the necessary resources provided?

- a. Always b. Sometime c. Never

4. Was the Time slot used was appropriate?

- a. YES b. NO

5. Any suggestions:

I would like to do all this excercises.

N. A. ...

Signature