

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

**Activity Approval Format**

**Health Club**

Date: 10-8-2018

**Program:** Mindfulness Program

**Need:** To create awareness about meditation

**Objective:** To rejuvenate the body & soul from stress.

**Content:** Different Breathing Techniques.

**Resource Person:** Soni Pasi -Yoga Prana Vidya

**Date:** 18-8-2018


**Venue:** GCR

**Cost/Budget:** ---

**Proposed By:** Health Club



**Verified By:**



Bunts Sangha's

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

Health Club

Minutes of the meeting

Date: 9/08/2018

Time: 1:00 p.m.

Following things were discussed in the meeting:-

It was decided that Health club will conduct a 'Mindfulness Program' in S.M Shetty College on 18<sup>th</sup> August 2018 (Saturday) at 12 pm in GCR (7<sup>th</sup> floor). It would be a 1 hour session that will be held on two consecutive Saturday. Students from different courses are allowed to attend the session. The course is free of charge. The main aim of this program is to rejuvenate the body and soul from stress. Teachers are also invited for the same.

**Health Club Members:**

Prof. Himani Shukla

Prof. Vinayak Shahapurkar

Prof. Swati Shetty

Prof. Aashish Navik

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

**HEALTH CLUB**

**Notice**

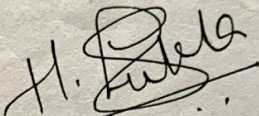
**Date: 18/08/18**

The Health Club is organizing a "MINDFULNESS PROGRAM", program that will help you poise your soul and relax your mind and body from stress.

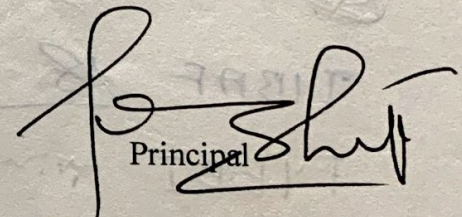
The program will start from today, (Saturday 18<sup>th</sup> August 2018) at 12 p.m. in GCR (7<sup>th</sup> floor). It will be a 45 min session.

All the students are invited for the same.

For further details contact Prof.Himani Shukla (B.Sc.IT Department).



Health Club In-charge



Principal

**HEALTH CLUB**  
**2018-2019**  
**REPORT**

Date: 18th August 2018

Event: Mindfulness Program

Number of Students participated: 31

Venue: GCR

**Report:**

Health Club of the college organized a session on managing stress on 18<sup>th</sup> August 2018, Saturday. The session was titled 'Mindfulness Program' and was arranged for both teachers as well as students. The session was taken by Soni Pasi from 'Yoga Prana Vidya'. The session covered breathing techniques, planetary peace and meditation, powerful visualization, techniques to remove unwanted thoughts and forgiveness. It was a one hour session which was well attended by teachers and students from various sections.

**Health Club Members**

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

Bunts Sangha's

S.M.Shetty College Of Science, Commerce And Management Studies,Powai.



Bunt Sangha's  
S.M.Shetty College of Science, Commerce And Management Studies, Powai.  
**Health Club**

Date/Day: 18-08-2018 (Saturday)

Event: Mindfulness Program

Sr. No	Name	Class	Contact	Sign
1	Harshitha Poojary	FY.BAF	8850923426	
2	PRIVANKA PooJARI	FYBAF	9594695633	
3	Sushmitha Salian	FYBAF	8898875783	
4	Mangsi Rajeshirke	FYBAF	7710943239	
5	Arline Jesuandu	SYBsc IT	7045636876	
6	Rhea Nair	SYBsc IT	8692945880	
7	Prabha Nani	FYBsc IT	9969171914	
8	Gupta Sneha	FYBsc IT	7666884224	
9	Mayuri Varak	FYBAF	9969460342	
10	Shreya Shetty	FYBAF	9967937356	
11	Riddhi Pansar	FYIT	9769943591	
12	Khushdeep Kaur	FY IT	8424808879	
13	Bharti hemolla	SYIT	9930789809	
14	Sushmita Baurai	SYIT A	9136308761	
15	Manasi Salvi	SY(IT)B	9167242298	
16	Mubeena Bhalke	SYIT B	9136373385	
17	Varsha Parab	SYIT B	7506892290	
18	Shruthal. Devadiga	SYIT A	9930909835	
19	Kavya Shetty	SYITA	9167213742	
20	Akash Pandey	FYIT B	8097137729	
21	Deepak Singh	FYIT B	9029424627	
22	Ranraj Gupta	FYIT A	7303040082	
23	Nikhil Desai	SYIT B	9867013200	
24	Rohan Dubey	SYIT B	9619665177	
25	Anil Gawade	SYIT B	9757203681	
26	Vignesh Shetty	SYIT B	8286822653	
27	Nikhil Rane	SYIT B	7045802620	
28	NIRAN SHETTY.	BYIT B.	9967880626.	
29	Crantana Mewade	SYIT B	8828063784	
30	Faisal Shukri	SYIT B	8652099231	
31	Dheeraj salian	SYIT A	9702745539	
32				