

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

Activity Approval Format

Health Club

Date: 22-8-2018

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: 25-8-2018

Time: 12:00 pm


Venue: AV Room

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: 21/08/2018

Time: 1:00 p.m.

Following things were discussed in the meeting:-

It was decided that Health club will conduct a second session on 'Mindfulness Program' in S.M. Shetty College on 25th August 2018 (Saturday) at 12 pm in AV room (6th floor). It would be a 1 hour session. 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
2018-2019

Date: 25th August 2018

Event: Mindfulness Program (2nd Session)

Number of Students participated: **29**

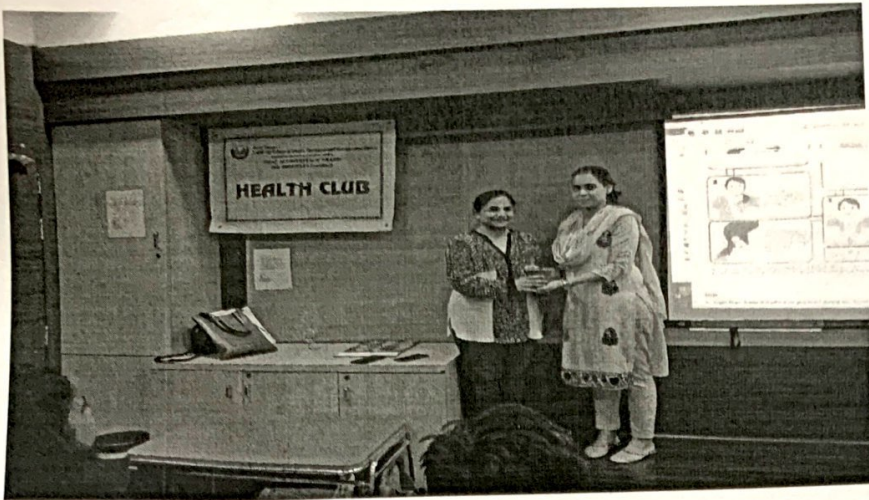
Venue: AV room

Report:

Health Club of the college organized second session on managing stress on 25th August 2018, Saturday. The session was taken by Soni Pasi and Jagruti Pandit from 'Yoga Prana Vidya'. The session covered breathing techniques, planetary peace and meditation, powerful visualization, techniques to remove unwanted thoughts and forgiveness, rhythmic breathing, blessing and gratitude techniques. 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



Date: 25/8/18 - Saturday

Sr. No	Name	Class	Contact	Sign
35	Shushal V. Devadiga	SYIT-A	9930909835	Shushal
36	Aditi Mane	SYBCOM B	9920793272	Anur
37	Riddhi - Parmar	FYIT-B	9769943591	Riddhi
38	Sushmita Bayai	SYET-A	9136308761	S. Bayai
39	Uma Yashawinee	FYIT-B	8342805010	Uyashawinee
40	Khushdeep Kaur	FYIT-B	8424808879	U.K. Kaur
41	Singh Deepak	FYIT-B	9029424627	Deepak
42	Manasi Salvi	SYIT(B)	9167242298	Manasi
43	Deepika Shetty	SYIT(A)	95445216175	Deepika
44	Kanya Shetty	SYIT(A)	9167213742	Shetty
45	Shaikh Zoya	FYIT(B)	7039519288	S. Zoya
46	Shweta Wajdi	FYIT(B)	9320041486	Shweta
47	Pratibha Doshi	FYIT(B)	9969171914	Pratibha
48	Sneha Gupta	FYIT(B)	7666884224	Sneha
49	RIYANIKA POOJARI	FYBAF	9594695633	Riyanka
50	SUSHMITA SALIAN	FYBAF	8898875783	Sushmita
51	MANSI RATESHIRKE	FYBAF	7710943239	Mansi
52	Anil Gawade	SYIT	9757203681	Anil
53	Gurukrupa Shivastav	FYIT-B	9029658058	Gurukrupa
54	Sheldon Monteiro	FYIT-B	9004652267	Sheldon
55	Nitesh Rathore	FyIoT B	8689985590	Nitesh
56	Nikhil Rane	SY-ITB	7045802620	Nikhil
57	Rishikesh Singh	FYIT-B	8454893155	Rishikesh
58	Mubeena Bhalke	SYIT-B	9136373385	M. Bhalke
59	Bhardi Wendler	SYIT	9930789809	Bhardi
60	Khan Sana	FYIT	8286888424	Khan
61	Gautam Mewada	SYIT	88283063384	Gautam
62	Kiran Shetty	SYIT	9967530626	Kiran
63	Shweta Salian	SYIT	9702748539	Shweta
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