Activity Approval Format

Date: 22-5-2020

Program: Relieving Stress & Calming Your Mind: Planetary Peace Meditation

Need: Mental Wellness during Lockdown

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

Content: To perform healing.

Resource Person: Ms. Laxshmi Devi

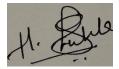
Date: 3-6-2020

Time: 5:00 p.m. to 7:00 p.m

Venue: Zoom Webinar

Cost/Budget: NA

Proposed By: Health Club



Verified By: Eshi

Minutes of the meeting

Date: 22/05/2020

Time: 7:00 p.m

Link of meeting: (Zoom) https://zoom.us/j/5958210233?pwd=lw- X osa78

Following things were discussed in the meeting:-

It was decided that the Health Club & IQCA of college will organize an international webinar on how to remain calm & perform healing on 3rd June, 2020. The session will start at 5:00 p.m. and end at 7:00 p.m over a Zoom Call. The session to open for all the citizens.

Health Club In-charge:

Asst. Prof. Himani Shukla

Health Club Members:

Asst. Prof. Vinay Vilas Shahapurkar Proch.

Asst. Prof. Prachi Agarwal

Date: 29/5/2020

Internal Quality Assurance Cell (IQAC) and Health Club of



<u>Notice</u>

Bunts Sangha's S.M.Shetty College of Science, Commerce & Management Studies (Affiliated to University of Mumbai), Powai, Mumbai, are organizing a International Webinar on-

"Relieving stress and calming your mind: planetary peace meditation"

For : Teaching ,Non-Teaching staff, Students,Parents & others.

Resource Persons: Ms.Laxshmi Dhevi Subramaniam (Managing Trustee of NGO Feed The Soul & Authorized Healer with more than 18 years of Experience.)

Ms.Soni Pasi (YPV trainer & senior analyst with Crisil Company, Powai).

Event Details: Date: 3rd June, 2020 Time: 5:00 pm to 7:00 pm (Zoom Call).

Registration Link: https://forms.gle/anwDve4efVxtD6Tx8

After registration join the telegram group using the link for updates:-Telegram Group Link: https://t.me/joinchat/Ss36zFDKbYSxR29YXt2K8A

Registration Fees: FREE Registration Limit: 500 Participants Last Date to Register: 1st June, 2020.

Contact Persons: Asst.Prof. Himani Shukla Varia

(9768009228)

In case of any queries kindly E-Mail s at:himanis@smshettyinstitute.org

Kindly Note: 1) Kindly install Zoom software on laptop/desktop or Zoom app on Mobile through Playstore/App store

2)E-Certificates shall be issued to all the registered participants, who attend the webinar and fill the feedback form within 7 working days!

Principal

Teacher In-charge:

• Asst. Prof.Himani Shukla

Members:

- Asst. Prof. Vinay VilasShahapurkar
- Asst. Prof. Prachi Agarwal

Banner



Bunts Sangha's S.M. Shetty College of Science, Commerce and Management Studies Hiranandani Garden, Powai, Mumbai-400076 (Affiliated to University of Mumbai)



IMC RBNQ Certificate of Merit 2019

Internal Quality Assurance Cell(IQAC) & Health Club

present International Webinar on

"Relieving stress and calming your mind: Planetary Peace Meditation"



Resource Persons Mrs. Lakshmidhevi Subramaniam (Managing Trustee of NGO Feed the Soul & Authorized Healer with more than 18 years of experience).

Event Details

Date: 3rd June, 2020

Time: 5.00 p.m. - 7:00 p.m.

Report

Date: 3rd June, 2020

Event: International Webinar On "Relieving stress and calming your mind: planetary peace meditation"

Number of Participants: 300 +

Report:

The Health Club & IQAC of college conducted an International Webinar on "Relieving stress and calming your mind: planetary peace meditation" on 3rd June, 2020. It was a Zoom webinar. The resource person for the session was Mrs. Lakshmi Dhevi Subramaniam (Healing expert with more than 14 years of experience). The session started with the welcome address by Dr. Sridhara Shetty (Principal) & CA Shankar B. Shetty (Chairman). Mrs. Subramaniam covered various breathing techniques, explained various chakras & benefits of healing. The session with a vote of thanks addressed by Dr.Liji Santosh (IQAC I-charge).

All the Participants were provided with the e-Certificate after filling the feedback form.

Health Club In-charge:

• Asst.Prof. Himani Shukla

Health Club Members:

- Asst.Prof. Vinay Vilas Shahapurkar
- Asst.Prof. Prachi Agarwal

Zoom Link For The Session:

Hi there,

You are invited to a Zoom webinar.

When: Jun 3, 2020 05:00 PM India

Topic: International Webinar on-"Relieving stress and calming your mind: planetary peace meditation"

Register in advance for this webinar:

https://zoom.us/webinar/register/WN_uUNOYTvvR6O7mxgIRl8teQ

After registering, you will receive a confirmation email containing information about joining the webinar.

Participant List

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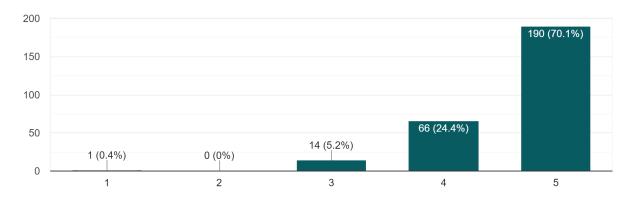
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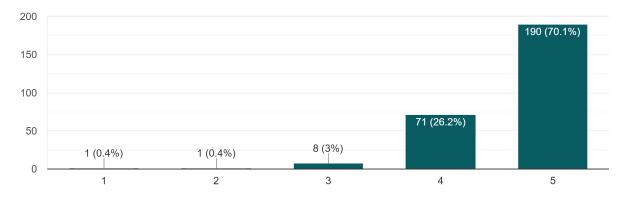
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Feedback Received

How satisfied are you with the session's content? 271 responses

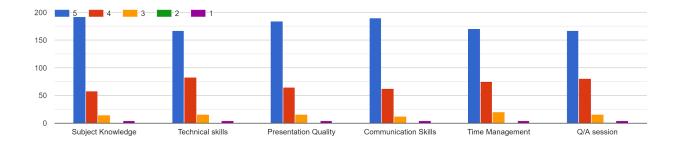


How relevant and helpful do you think the session was? 271 responses



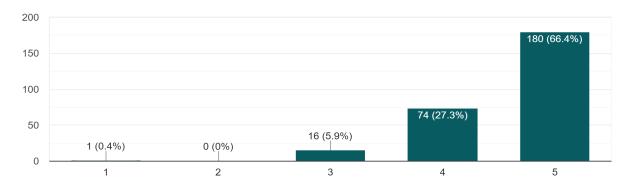
Health club international webinar feedback form 🔥 📩				()	Send	:	H
Questions Responses	71 Total points: (
What were your key take aways from this event? 271 responses Nothing A lot of information How to face in stressful time and use to relaxing method Good information on chakras and positive energy around us. Gold mined Relieving stress NA Thanks for the guidance,nice session. I got to learn about how to improve our individual aura and to give o							

How satisfied were you with the key note speaker?



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	Questions Responses 271	Total points: 0							
	Hausta ka kaaama aalaa	٣							
	Any other feedback and suggestions for the event? 189 responses								
	Do more webinar	•							
	Well organised								
	Thank you for the organisers. It was very informative.								
	More sessions								
	Very informative nice session								
	Very knowledgeable session and expert delivered good speech								
	If possible kindly send participants soft copy of webinar notes.								
	Null								
	No,thank you.								

How satisfied are you with the technical aspects of online platform? 271 responses



<u>Certificate</u>

	Bunts Sangha's S.M. Shetty College of Science, Commerce and Management Studies Hiranandani Garden, Powai, Mumbai-400076 (Affiliated to University of Mumbai) NAAC Accredited 'A' Grade IMC RBNQ Certificate of Merit 2019 ISO 9001:2015 Certified							
CER	TIFICATE OI	F PARTICIPA						
This is to certify College/Institution has Stress and Calming y & Health Club on 3 rd	s participated in one d our Mind: Planetary	lay International Webi	nar on 'Relieving					
ASST. PROF. HIMANI SHUKLA Health Club In-charge	DR. LIJI SANTOSH Vice- Principal & IQAC Coordinator	PROF. SANDESHA SHETTY Vice- Principal	DR. SRIDHARA SHETTY Principal					

Action Taken Report

Date	Feedback Received	Action Taken
	Thank you for the organisers. It was very informative. Very knowledgeable session and an expert delivered a good speech. To keep more such calmness programs.	The Health Club decided to conduct more sessions related to health & fitness.