

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

Health Club

Activity Approval Format

Date: 27-2-2018

Program: Ten Days Yoga Certification for Students.

Need: To make awareness among students about the benefits of a healthy lifestyle.

Objective: To create physical, mental & spiritual practice among teachers & students.

Content: To perform various yoga asanas to achieve the objectives of the session.

Resource Person: Members of Shri Ambika Yoga Kutir.

Date: 27-2-2018 to 10-3-2018

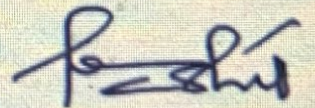
Time: 7.30 a.m.

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: 20/02/2018

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 a 10 days Yoga certification program for students on various body issues covering Back problem, Throat problem, Spondylosis etc. from 27th February to 10th March 2018 on 7th floor open area. The session will start at 7.30 pm sharp. All students are invited to join the program.

Rohini Shetty (In-charge)

Asst.Prof.Himani Shukla (Member)

HEALTH CLUB
NOTICE

Date: 24/02/2018

All students are hereby informed that the Health Club, in association with Ambika Yog Kutir, is organizing 10 days Yoga Certification Course from 27/02/2018. All Students are invited to join the program.

Certificates will be awarded only to those students who attend the workshop for all 10 days.

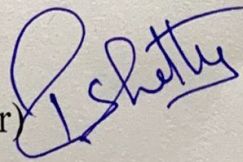
For further details, contact your respective Coordinator or Health Club members.

Venue: 7th Floor (Open area)

Time: 7.30 am to 8.30am

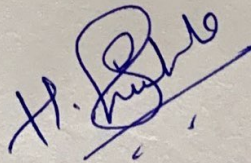
Teacher In-charge:

- Rohini Shetty (Physical Director)



Member:

- Prof. Himani Shukla



Bunt's Sangha's
S.M.Shetty College Of Science,Commerce and
Management Studies.

HEALTH CLUB
2017-2018

Date: 27th-Feb-2018 To 10th-March-2018

Event: Ten Days Certificate Course on Yoga

Number of Students participated:60

Report:

The Health Club of S.M.Shetty College organized a "Ten Days Certificate Course on Yoga" in association with **Shri Ambika Yoga Kutir**, from 27th-02-2018 to 10th-03-2018. Total Students participated were 60. The aim for the course was to bring awareness about the benefits of YOGA.

Members of Shri Ambika Yoga Kutir:

- Mr.Amin Sir
- Mr.Sudhir Sawant
- Vijay Mahtre
- Bharat Sir
- Ms.Geeta Shah
- Santosh Shah

Health Club Members

1) Rohini Shetty
(Physical Director)

2) Prof Himani Shukla.



S.M.SHETTY COLLEGE OF SCIENCE, COMMERCE AND MANAGEMENT STUDIES POWAI.

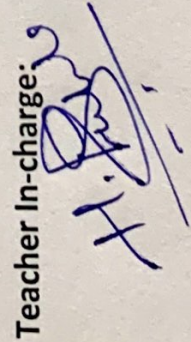
10 DAYS YOGA CERTIFICATION COURSE 27 FEBRUARY TO 10 MARCH 2018.

Sr No.	NAME	CLASS	DIV	CONTACT	27-Feb	28-Feb	1-Mar	3-Mar	5-Mar	6-Mar	7-Mar	8-Mar	9-Mar	10-Mar
1	Aakash Mane	FYBscIT	A	8828169270	P	P	P	P	P	P	P	P		p
2	Pravin Naik	FYBscIT	B	8454997135	P	P		P	P					
3	Aishvarya yadav	FYBscIT	A	8767372490	P	P	P	P	P	P	P	P	P	p
4	Yogesh Yadav	FYBscIT	B	9930144615	P	P	P	P	P	P				p
5	Ritvik Rai	FYBscIT	A	7506327354	P	P	P	P	P	P	P	P	P	p
6	Rakshita Shetty	FYBscIT	B	7039643317	P	P		P						
7	Manasi Salvi	FYBscIT	B	9167242298	P	P	P	P	P	P	P	P	P	p
8	Mubeena S. Bhalke	FYBscIT	A	8483945786	P	P	P	P	P	P	P	P	P	p
9	Jine Nadar	FYBscIT	B	8369317964	P	P	P	P	P	P	P	P		
10	Pratik Jain	FYBscIT	B	8433511613	P	P	P	P	P	P	P	P		p
11	Maqbool	FYBscIT	B	8454958141										
12	Bharti Gandla	FYBscIT	A	9930789809	P	P	P	P	P	P	P	P		p
13	Abhin Poojari	FYBscIT	B	9594099734	P	P	P	P	P	P	P	P	P	p
14	Suryapratap Singh	FYBscIT	B	9892524174	P	P	P	P						p
15	Prabhat Parjapati	FYBscIT				P	P						P	
16	Deepika Shetty	FYBscIT	A	9594546175	P	P	P	P	P	P	P	P		p
17	Gautam Mewada	FYBscIT	B	7045189445	P	P	P	P	P	P				
18	Shawn Cutinho	FYBscIT	A	9987327852	P	P	P	P	P	P	P	P	P	p
19	Daivik Shetty	FYBscIT	A	8850098126	P	P	P	P	P	P				
20	Suraj Chauhan	FYBscIT	B	8828065214	P	P	P	P						
21	Dheeraj	FYBscIT				P								
22	Navya Suvarna	FYBscIT	B	9004903841	P	P	P	P	P	P	P	P	P	p
23	Devadiga Sheethal	FYBscIT	A	9930909835	P	P	P	P	P	P	P	P	P	p
24	Nahera Shaikh	FYBscIT	B	8454958141	P	P	P	P	P	P	P	P	P	p
25	Kiran Shetty	FYBscIT	A	9967530626	P	P	P	P	P	P	P	P	P	p
26	Aftab Memon	FYBscIT	B	7738842059	P	P	P	P						
27	Sahil Jaiswal	FYBscIT	A	8419968250	P	P	P	P	P	P	P	P	P	p
28	Nikhil Pandey	FYBscIT	B	8286305626	P	P	P	P	P					p
29	Anil Gawade	FYBscIT	A	9757203681	P	P	P	P	P	P	P	P	P	p

Sr No.	NAME	CLASS	DIV	CONTACT	27-Feb	28-Feb	1-Mar	3-Mar	5-Mar	6-Mar	7-Mar	8-Mar	9-Mar	10-Mar
30	Durgesh Jhalwa	FYBscIT	A	9699978384	P	P	P	P	P		P	P	P	P
31	Jyoti Fatate	FYBscIT	A	9076475268	P	P	P	P				P		P
32	Vaishnavi Mateli	FYBscIT	B		P	P								
33	Pranali Panchal	FYBscIT	B		P	P	P							
34	Faisal Shaikh	FYBscIT			P	P	P							
35	Narayan Choudhary	FYBscIT			P	P	P	P					P	
36	Anuj Upadhyay	SYBscIT	B	9004085996	P	P	P	P	P	P	P	P	P	P
37	Mamta Yadav	SYBscIT	B	9967161099	P	P	P	P	P	P	P	P	P	P
38	Sheena Shaji	SYBscIT	B	8879722540	P	P	P	P	P	P	P	P	P	P
39	Neelam Verma	SYBscIT	B	9967161099	P	P	P	P	P	P	P	P	P	P
40	Hemant Bankar	SYBscIT	B	9619365189	P	P	P	P	P	P	P	P	P	P
41	Shivam Mishra	SYBscIT	B	8108994201	P	P	P			P	P	P	P	P
42	Saranya Nair	SYBscIT	B	8291605931	P	P	P	P	P	P	P	P	P	P
43	Nishmitha R. Shetty	SYBscIT	B	9967900367	P	P	P	P	P	P	P	P	P	P
44	Dharmendra Gupta	SYBscIT	A	8369356689	P	P	P	P	P	P	P	P	P	P
45	Bhavana Pagare	SYBscIT	A	9619495773	P	P	P	P	P	P	P	P	P	P
46	Priya Bhanushali	SYBscIT	A	8097701822										
47	Vikram Thakur	SYBscIT	B	8268191997	P	P	P	P	P	P	P	P	P	P
48	Pradeep Prajapati	SYBscIT	B	8691973280	P	P	P							
49	Vishesh prajapati	SYBscIT	A	8169735530	P	P	P							
50	Saily Date	SYBscIT	B		P	P	P							
51	Shivam Shrivastav	SYBscIT	B		P	P	P	P	P	P	P	P	P	P
52	Pallavi Tatiparti	TYBscIT	B	8879355431	P	P	P	P		P	P	P	P	P
53	Reena Saudagar	TYBscIT	B	8652601209	P	P	P			P	P	P	P	P
54	Shriya Patravali	TYBscIT	B		P	P	P			P	P	P		
55	Prajna Shetty	SYBcom	B		P	P	P			P	P	P	P	P
56	Chandni	SYBcom	B	9833452904										
57	Aakanksha Tiwari	TYBcom	A	8422027536										
58	Supriya Suvarna	TYBcom	A	8451939068										
59	Kunal	TYBcom	A	7715030369										
60	Mohini Shetty	TYBcom	A	9167550425	P	P	P						P	P
61	Apeksha Neharkar	TYBcom		8689855688									P	P

Sr No.	NAME	CLASS	DIV	CONTACT	27-Feb	28-Feb	1-Mar	3-Mar	5-Mar	6-Mar	7-Mar	8-Mar	9-Mar	10-Mar
62	Mamta Bhaskar	TYBcom		8652143133	P	P	P	P	P		P	P	P	P
63	Parth	TYBcom	A		P									
64	Pratiksha Shetty	TYBcom	A	9987643297	P	P	P				P			
65	Sannidhi Shetty	TYBcom	A		P	P	P							
66	Jayalaxmi Kunnutgi	TYBcom	A		P									
67	Jeel Thakur	TYBcom		8879599940	P	P	P		P	P	P	P		
68	Mahika Dahiya	TYBcom		9833854880	P	P	P		P	P	P	P		P
69	Jatin Dubey	TYBcom				P								
70	Jay	TYBcom				P	P							
71	Pratik chavan	TYBcom		9920573996		P	P	P	P		P	P	P	P
72	Smita Dubey	TYBcom	B	9653105251		P	P		P	P		P	P	P
73	Preksha	TYBcom		9769867593	P	P	P		P			P	P	P
74	Pragati Gharade	FYBBI			P	P	P		P	P	P			
75	Komal Nandiwadekar	FYBBI		9969460289	P	P	P		P	P	P	P		P
76	Gauri V. Karpe	FYBBI			P	P	P		P					
77	Shreya Rai	FYBBI		7045611037	P	P	P		P	P	P	P		P
78	Vidhi	FYBBI			P	P								
79	Sukhwinder Kour	SYBMM	A	9833724597		P	P	P		P	P	P		P

Principal:

Teacher In-charge:




Bunts Sangha's
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Studies, Powai.

NAAC Accredited 'A' Grade
ISO 9001:2015 Certified.



HEALTH CLUB

Certificate of Participation

This is to certify that

Mr/Ms _____ of class _____

has participated in 'Ten days certificate course on Yoga' held from 27th
February, 2018 to 10th March, 2018, organized by Health Club in association
with Shri Ambika Yoga Kutir.

Health Club
In-charge

Vice-Principal

Principal

Feedback Form

Health Club

Event: Yoga Certificate Course

Name: Nishmitha R. Shetty

Phone no: 9962900367 Class/Div: SYBSCIT-B

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. Was the Ten days yoga Session resourceful?

a. YES

b. NO

6. Any suggestions:

Need more days for yoga session.

Shetty
Signature

Feedback Form

Health Club

Event: Yoga Certificate Course

Name: Sheena Shaji

Phone no: 8879722540 Class/Div: SYBScIT'B'

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. Was the Ten days yoga Session resourceful?

a. YES

b. NO

6. Any suggestions:

Time should be increased for more practice.
It was a great experience I loved it.
I had back pain but now I have a great
relief Thanks to all teacher who
payed special attention on me.

Sheena
Signature

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

Feedback Form

Health Club

Event: Yoga Certificate Course

Name: Jyoti. Bharat. Fatate

Phone no: 9076475268 Class/Div: FY.BSc (I-T)-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. Was the Ten days yoga Session resourceful?
a. YES b. NO

6. Any suggestions:

Experience is fine in in Yoga session. B Tips regarding health is resourceful and last exercise are hard once.

Jyoti. F.
Signature

Feedback Form

Health Club

Event: Yoga Certificate Course

Name: Shriya Patravali

Phone no: 836 987 9561 Class/Div: TY Bsc IT B

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. Was the Ten days yoga Session resourceful?

a. YES

b. NO

6. Any suggestions:

It would had been much benefical
if the session would had been more than
ten days.

Shriya
Signature