

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

**Activity Approval Format**

**Health Club**

Date: 2-2-2019

**Program:** Ten Days Certificate Course on Yoga

**Need:** To bring awareness about the benefits of YOGA.

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

**Content:** Implementation of Different Yoga asanas.

**Resource Person:** Members of Shri Ambika Yoga Kutir.

**Date:** 4<sup>th</sup> to 14<sup>th</sup>-February-2019

**Time:** 7:00-8:00 am

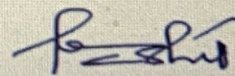
**Venue:** 7th Floor Open Area

**Cost/Budget:** ---

Proposed By: Health Club



Verified By:





Bunts Sangha's

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

Health Club - NOM

Date: 30/01/2019

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 10 days Yoga certification program for students on various body issues covering Back problem, Throat problem, Spondylosis etc. from 4<sup>th</sup> February, 2019 (Monday) to 14<sup>th</sup> February, 2019 on 7<sup>th</sup> 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



**HEALTH CLUB**  
**NOTICE**

Date: 31/01/2019

All students are hereby informed that the Health Club, in association with Ambika Yog Kutir, is organizing 10 days Yoga Certification Course from 04/02/2019. All Students are invited to join the program.

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

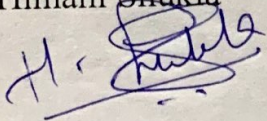
For further details, contact your respective Coordinator or Health Club members.

Venue: 7<sup>th</sup> Floor (Open Area)

Time: 7.30 am to 8.30am

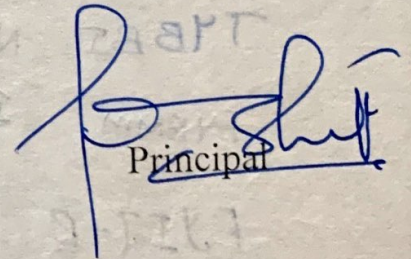
Teacher In-charge:

- Prof. Himani Shukla



Members:

- Prof. Vinay Vilas Shahapurkar
- Prof. Swati Shetty
- Prof. Ashish Navik

  
Principal





Bunts Sangha's  
S.M. Shetty College of Science, Commerce and  
Management Studies, Powai, Mumbai - 400 072.  
Affiliated to University of Mumbai  
NAAC Accredited 'A' Grade  
ISO 9001: 2015 Certified



# HEALTH CLUB

## Certificate of Participation

*This is to Certify that*

Mr./Ms. \_\_\_\_\_ of

\_\_\_\_\_ has participated in 'Ten days certificate course on Yoga' held  
from 4th February, 2019 to 14th February, 2019, organised by Health  
Club in association with Shri Ambika Yoga Kutir, Thane.

Health Club  
In-charge

Vice-Principal

Principal



Bunts Sangha's

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

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

Date: 4<sup>th</sup>-February-2019 to 14<sup>th</sup>-February-2019

Event: Ten Days Certificate Course on Yoga

Number of Students participated: 47

Objective: Health is wealth

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 4<sup>th</sup>-02-2019 to 14<sup>th</sup>-02-2019.

The aim for the course was to bring awareness about the benefits of YOGA.

The celebration started with lighting of lamp, and welcome speech by Dr. Sridhara Shetty (Principal) and Mr. Sawant (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.

**Teacher In-charge:**

Prof. Himani Shukla

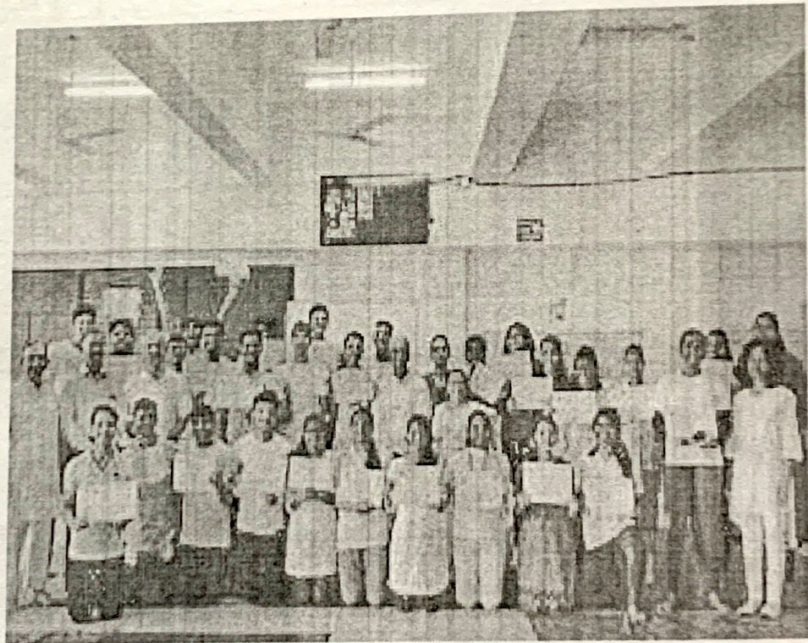
**Members:**

Prof. Vinay Vilas Shahapurkar

Prof. Swati Shetty

Prof. Ashish Navik







1	BUNTS SANGHA'S												
2	S.M.SHETTY COLLEGE OF SCIENCE, COMMERCE AND MANAGEMENT STUDIES POWAI.												
3	Health Club												
4	10 DAYS YOGA CERTIFICATION COURSE (4-02-2018 to 14-02-2018)												
5	Sr No.	NAME	CLASS	4-Feb	5-Feb	6-Feb	7-Feb	8-Feb	9-Feb	11-Feb	12-Feb	13-Feb	14-Feb
6	1	SHWETA GAJELLI	F.Y.B.Sc.IT-B	P	P	P	P	P	P		P	P	P
7	2	NITESH RATHOUR	F.Y.B.Sc.IT-B	P	P	P	P	P	P	P	P	P	P
8	3	SONU BEHERA	F.Y.B.Sc.IT-B	P	P	P	P	P	P	P	P	P	P
9	4	PANKAJ PAL	F.Y.B.Sc.IT-B	P	P	P	P	P		P			
10	5	JAYESH NIKAM	F.Y.B.Sc.IT-B	P	P		P	P					
11	6	DEEPAK SINGH	F.Y.B.Sc.IT-B	P	P	P	P	P	P	P	P	P	P
12	7	UMA YASHASWINEE	F.Y.B.Sc.IT-B		P	P	P	P	P	P	P	P	P
13	8	PRATIBHA SONI	F.Y.B.Sc.IT-B	P	P	P	P	P	P	P	P	P	P
14	9	SNEHA GUPTA	F.Y.B.Sc.IT-B	P		P	P	P	P	P	P	P	P
15	10	ASHER MIKHAYEL	F.Y.B.Sc.IT-B		P	P	P	P	P	P	P	P	P
16	11	TANISH KAPOOR	F.Y.B.Sc.IT-B		P	P	P	P	P	P	P	P	P
17	12	GURUKRIPA SHRIVASTAV	F.Y.B.Sc.IT-B	P	P	P	P	P	P	P	P	P	P
18	13	DURVESH SAKPAL	FYBSCIT-B	P	P	P	P	P	P	P	P	P	P
19	14	AAKASH NARVEKAR	FYBSCIT-B	P		P		P	P			P	P



20	15	PRATIKSHA SHETTY	FYBSCIT	P		P	P						
21	16	VIJETHA KANATH	FYBSCIT	P									
22	17	PAVITRA RAMASA	FYBSCIT-A	P	P	P	P						
23	18	DEVIKA CHIBBER	FYBSCIT-A	P	P	P	P						
24	19	SAGAR SINGH	FYBSCIT-A		P			P	P				
25	20	GEORGE D'SOUZA	FYBSCIT-A		P		P						
26	21	STENCY MATHEW	S.Y.B.Sc.IT -B	P	P	P	P			P	P	P	
27	22	MUBEENA BHALKE	S.Y.B.Sc.IT -B	P	P			P	P	P	P	P	P
28	23	ADLINE FERNANDES	S.Y.B.Sc.IT -B	P	P		P	P		P	P	P	
29	24	KIRAN SHETTY	S.Y.B.Sc.IT -B	P	P	P	P	P	P	P	P	P	P
30	25	SHEETHAL DEVADIGA	S.Y.B.Sc.IT -A	P	P	P	P	P		P		P	
31	26	DEEPIKA SHETTY	S.Y.B.Sc.IT -A	P	P	P	P	P	P	P	P	P	
32	27	RITVIK RAI	S.Y.B.Sc.IT -A	P	P	P	P	P	P	P	P	P	
33	28	MAULIK GOHIL	S.Y.B.Sc.IT -A	P	P	P	P	P	P	P	P	P	P
34	29	NAVYA SURVARNA	S.Y.B.Sc.IT -A			P	P	P	P		P	P	
35	30	BHARTI GANDLA	S.Y.B.Sc.IT -A	P	P	P	P	P	P	P	P	P	P
36	31	AAKASH MANE	S.Y.B.Sc.IT -A	P	P	P	P	P	P	P	P	P	P
37	32	ASHUTOSH TIWARI	S.Y.B.Sc.IT -A	P	P	P		P	P	P	P	P	P



A	B	C	D	E	F	G	H	I	J	K	L	M
32	ASHUTOSH TIWARI	S.Y.B.Sc.IT -A	P	P	P		P	P	P	P	P	P
33	NIKHIL PANDEY	S.Y.B.Sc.IT -A	P									
34	ASHISH PANDEY	S.Y.B.Sc.IT -A	P									
35	RITI KOTAIN	S.Y.B.Sc.IT -A	P	P	P	P	P		P	P	P	
36	RHEA NAIR	S.Y.B.Sc.IT -A	P	P	P	P	P	P	P	P	P	
37	PATWIN DIAS	S.Y.B.Sc.IT -A	P	P	P		P		P	P	P	
38	SURYAPRATAP SINGH	S.Y.B.Sc.IT -A	P	P	P			P	P	P	P	P
39	ALINA TEERANDEZ	FYBMS-A	P	P							P	
40	PRANAY KOTIAN	FYBMS-A	P	P	P	P		P			P	P
41	NIDHI SAWANT	FYBMS-A	P	P	P	P	P		P	P		
42	MUNAZZA SAYYAD	FYBMS-A		P	P		P	P				
43	KOMAL PANCHAL	FYBMS-A	P	P	P	P	P	P	P			
44	NIDHI RAI	FYBMS-A	P		P	P	P		P	P	P	
45	AKASH METRI	FYBMS-A										
46	HASSA SHAIKH	FYBMS-B	P									
47	MISBA SHAIKH	FYBMS-B	P									
48	KHAN RABIYA	FYBMS-B	P									
49	SAYYED FIZA	FYBMS-B	P	P								
50	ALISHA MATHEW	FYBMS-B	P									





# Shri Ambika Yoga Kutir

Regd. No. F-892-T

Founder Hathayogi Shri. Nikam Guruji

Day: Thursday  
Date: 14/02/2019

B. K. Mill Compound, Meenatai Thackrey Chowk, LBS Marg, Thane (W) - 400 601.

## FEEDBACK FORM

Name of School/College: **S. M. Shetty College, Powai**

Period of Course from : 4-2-2019 to 14-2-2019 Class : S.Y.BBI Roll No. 35

Full Name : Nireksha Poojari

Residential Address : 703, 13/B, Gurukrupa Society, Sanghosh nagar, chandivali mumbai - 400082.

Contact Tel. : \_\_\_\_\_ Mob. : 8108089320 E.-mail : nirekshapoojari.H@gmail.com

Age : 19 Years Weight : 60

Habits : laughing Hobbies : paintings

Physical Ailments if any	Digestive			Respiratory				Spine & Joints				Ladies Problem				
	High	Average	Low	High	Average	Low	High	Average	Low	High	Average	Low	High	Average	Low	
Before Joining Course ✓			✓		✓							✓	✓			
After Completion of Course % Relief ✓	25	50	75	75 & above	25	50	75	75 & above	25	50	75	75 & above	25	50	75	75 & above
		✓				✓				✓				✓		

Emotional changes	Anger				Fear				Confidence				Decision Making Ability			
	High	Average	Low	High	Average	Low	High	Average	Low	High	Average	Low	High	Average	Low	
Level Before Joining Course ✓		✓			✓			✓					✓			
After Completion of Course % Relief ✓	25	50	75	75 & above	25	50	75	75 & above	25	50	75	75 & above	25	50	75	75 & above
	✓				✓				✓							✓

Signature of Co-ordinator

Signature of the Participant

*Nireksha*





# Shri Ambika Yoga Kutir

Regd. No. F-892-T

Founder Hathayogi Shri. Nikam Guruji

Day :

Date: 14<sup>th</sup> Feb, 2019

B. K. Mill Compound, Meenatai Thackrey Chowk, LBS Marg, Thane (W) - 400 601.

## FEEDBACK FORM

Name of School/College: **S. M. Shetty College, Powai**

Period of Course from : 4-2-2019 to 14-2-2019 Class : **FY BCOM A** Roll No. **87**

Full Name : **UMA NADAR**

Residential Address : **R/10, Pragati Chawl, Tunga Village, S.V. Road, Powai Mumbai - 400 072**

Contact Tel. : **-** Mob. : **7710913672** E.-mail : **umanadar77@gmail.com**

Age : **18** Years Weight : **50kg**

Habits : \_\_\_\_\_ Hobbies : **Singing, Reading books**

Physical Ailments if any	Digestive				Respiratory				Spine & Joints				Ladies Problem			
	High	Average	Low		High	Average	Low		High	Average	Low		High	Average	Low	
Before Joining Course ✓		✓				✓			✓					✓		
After Completion of Course % Relief ✓	25	50	75	75 & above	25	50	75	75 & above	25	50	75	75 & above	25	50	75	75 & above
	✓				✓				✓				✓			

Emotional changes	Anger				Fear				Confidence				Decision Making Ability			
	High	Average	Low		High	Average	Low		High	Average	Low		High	Average	Low	
Level Before Joining Course ✓			✓				✓			✓				✓		
After Completion of Course % Relief ✓	25	50	75	75 & above	25	50	75	75 & above	25	50	75	75 & above	25	50	75	75 & above
			✓		✓				✓				✓			

Signature of Co-ordinator

Signature of the Participant





# Shri Ambika Yoga Kutir

Regd. No. F-892-T

Founder Hathayogi Shri. Nikam Guruji

Day: \_\_\_\_\_  
Date: 14/2/2019

B. K. Mill Compound, Meenatai Thackrey Chowk, LBS Marg, Thane (W) - 400 601.

## FEEDBACK FORM

Name of School/College: **S. M. Shetty College, Powai**

Period of Course from : 4-2-2019 to 14-2-2019 Class : **FYBMS B** Roll No. **117**

Full Name : **Sayshree Nain**

Residential Address : **Powai**

Contact Tel. : \_\_\_\_\_ Mob. : **9819661118** E.-mail : **jayunain17@gmail.com**

Age : **21** Years Weight : **52.8**

Habits : \_\_\_\_\_ Hobbies : \_\_\_\_\_

Physical Ailments if any	Digestive			Respiratory				Spine & Joints				Ladies Problem				
	High	Average	Low	High	Average	Low	High	Average	Low	High	Average	Low	High	Average	Low	
Before Joining Course ✓		✓			✓			✓							✓	
After Completion of Course % Relief ✓	25	50	75	75 & above	25	50	75	75 & above	25	50	75	75 & above	25	50	75	75 & above
		✓			✓				✓				✓			

Emotional changes	Anger				Fear				Confidence				Decision Making Ability			
	High	Average	Low	High	Average	Low	High	Average	Low	High	Average	Low	High	Average	Low	
Level Before Joining Course ✓			✓		✓			✓							✓	
After Completion of Course % Relief ✓	25	50	75	75 & above	25	50	75	75 & above	25	50	75	75 & above	25	50	75	75 & above
		✓			✓			✓					✓			

Signature of Co-ordinator

*Sayshree*  
Signature of the Participant





# Shri Ambika Yoga Kutir

Regd. No. F-892-T

Founder Hathayogi Shri. Nikam Guruji

Day: Thursday

Date: 14-02-2019

B. K. Mill Compound, Meenatai Thackrey Chowk, LBS Marg, Thane (W) - 400 601.

## FEEDBACK FORM

Name of School/College: **S. M. Shetty College, Powai**

Period of Course from : 4-2-2019 to 14-2-2019 Class : FY. BScIT - B Roll No. 120

Full Name : GURUKRIPA GIRISH SHRIVASTAV

Residential Address : Bldg No. 08, Room No. 205, MMRDA Colony, Milind Nagar, Powai, Mumbai - 400 072.

Contact Tel. : \_\_\_\_\_ Mob. : 9029658058 E-mail : gkshrivastav6900@gmail.com

Age : 18 Years Weight : 47

Habits : Leg Shaking Hobbies : Fitness, singing, dancing.

Physical Ailments if any	Digestive				Respiratory				Spine & Joints				Ladies Problem			
	High	Average	Low		High	Average	Low		High	Average	Low		High	Average	Low	
Before Joining Course ✓		✓				✓				✓						
After Completion of Course % Relief ✓	25	50	75	75 & above	25	50	75	75 & above	25	50	75	75 & above	25	50	75	75 & above
				✓				✓					✓			

Emotional changes	Anger				Fear				Confidence				Decision Making Ability			
	High	Average	Low		High	Average	Low		High	Average	Low		High	Average	Low	
Level Before Joining Course ✓		✓					✓			✓					✓	
After Completion of Course % Relief ✓	25	50	75	75 & above	25	50	75	75 & above	25	50	75	75 & above	25	50	75	75 & above
				✓				✓					✓			✓

Signature of Co-ordinator

Signature of the Participant