

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

**Activity Approval Format**

**Health Club**

Date: 17-10-2018

**Program:** Yoga Session for Teachers

**Need:** Help to poise your soul & relax mind & body.

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

**Content:** Different yoga poses for various problems like spondylitis, back pain, etc.

**Resource Person:** Asst.Prof.Kalpana Rai Menon (BMM- Coordinator)

**Date:** 20-10-2018

**Time:** 12:00 pm

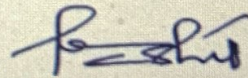
**Venue:** AV Room

**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: 17/10/2018

Time: 01:00 p.m.

Following things were discussed in the meeting:-

It was decided that 'Health club' will organise a training programme for teachers on various body issues covering Back problem, Throat problem, Spondylosis etc. on 20<sup>th</sup> October, 2018 (Saturday) in 6<sup>th</sup> floor AV room. The session will start at 12.00 pm and it will be taken by Prof. Kalpana Rai Menon and Prof. Vinay Shahapurkar. All teachers are invited for the session.

**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 & Management Studies, Powai.

## HEALTH CLUB

### Notice

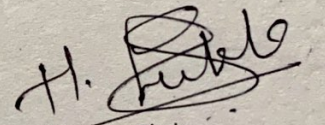
**Date: 19/10/18**

The Health Club of our college is organizing a "Training Program for Teachers" program that will help you poise your soul and relax your mind and body.

The program will cover issues on: back problem, throat problem, Spondylitis, proper standing & sitting postures. The program will take place on 20<sup>th</sup>-october-2018 in 6<sup>th</sup> floor (AV room) at 12.00 pm.

All the teachers are invited for the same.

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

  
Health Club



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

HEALTH CLUB  
2018-2019

Date: 20-October-2018

Event: **Training session for teachers**

Number of Students participated: 14

**Report:**

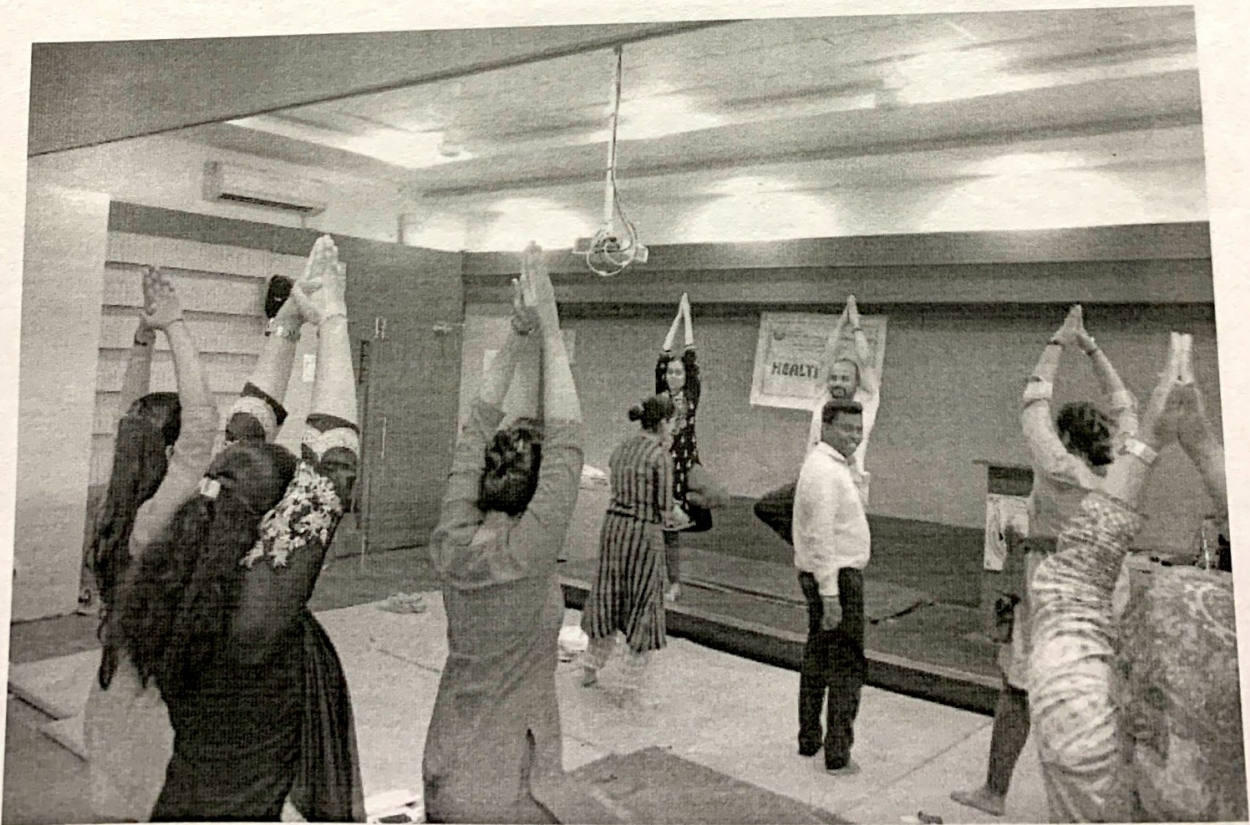
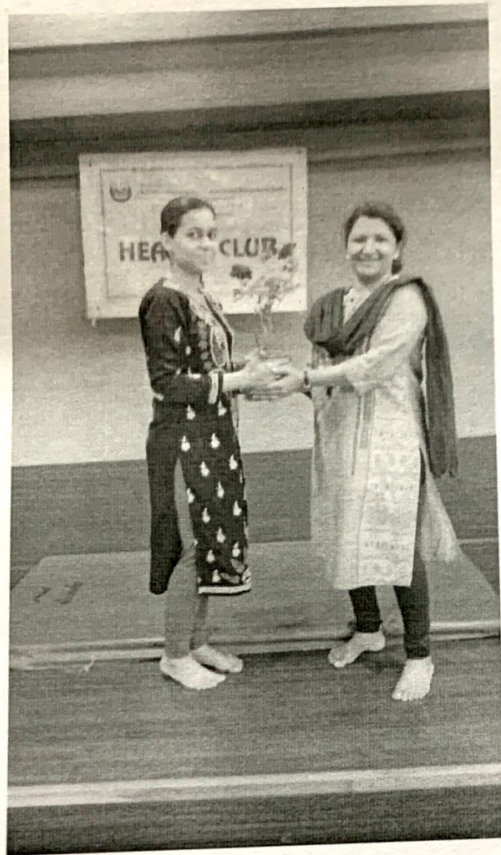
The Health Club of our college organized a "Training Program for Teachers". The aim of the program was to resolve health issues for teachers dealing with throat problem, back problem & spondylitis. The resource person for the program was Prof. kalpana Rai Menon. She trained teachers about postures and explained the benefit of Yoga in our daily life. Prof. Vinayak Shahapurkar member of health club demonstrated various yoga poses covering Neck, Shoulder, Back and Throat problems. The program took place on 20<sup>th</sup> October 2018 in AV room at 12.00 PM. The program ended with thank you note by Prof. Steffi Salve and Prof. Vinayak Shahapurkar. The session was very interactive and useful.

**Health Club Members:**

- Prof. Himani Shukla
- Prof. Vinayak Shahapurkar
- Prof. Swati Shetty
- Prof. Aashish Navik

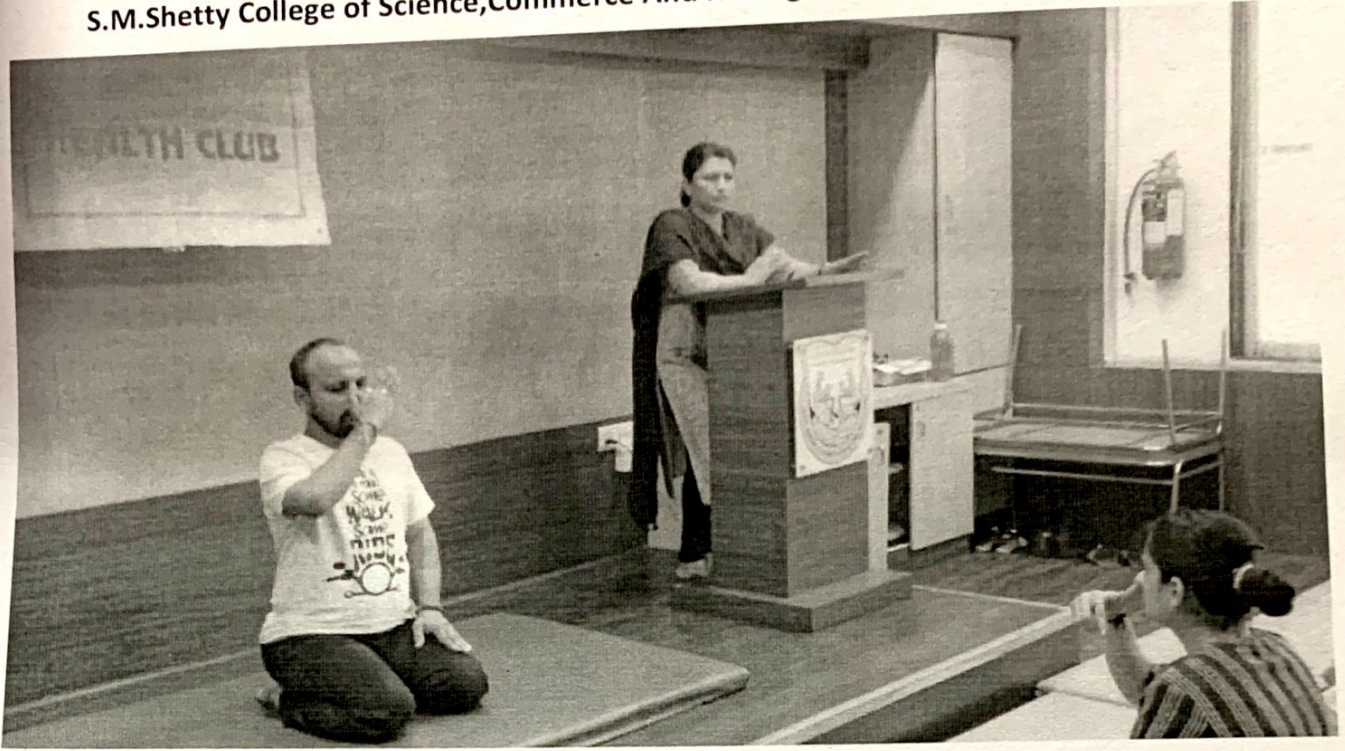


Bunts Sangha's  
S.M.Shetty College of Science,Commerce And Management Studies,Powai





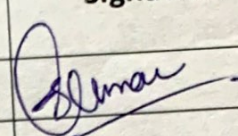
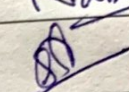
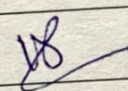
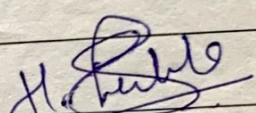
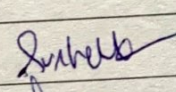
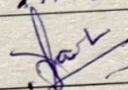
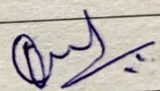
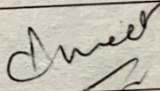
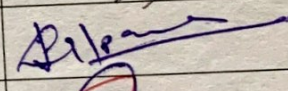
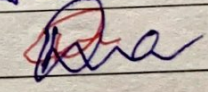

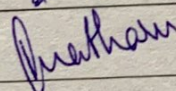
Bunts Sangha's  
S.M.Shetty College of Science,Commerce And Management Studies,Powai

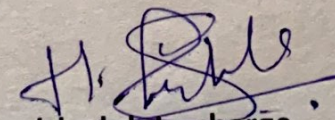




Date: 20/10/18

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

Sr. NO	Name	Signature	Sr. No	Name	Signature
1	Dr. Liji Santosh		17	Ms. Suman Upadhyay	
2	Ms. Sahana Raviprasad		18	Dr. Tushar Sambare	
3	Mr. John Menezes		19	Ms. Sheetal Khanore	
4	Ms. Niveditha Shetty		20	Ms. Nabila Kazi	- Nabila Kazi
5	Ms. Sandesha Shetty		21	Ms. Sujata Rizal	
6	Mr. Virendra Singh		22	Mr. Vinay Shahapurkar	20/10/18
7	Ms. Komal Tiwari		23	Ms. Raveena Shetty	
8	CA Zainab Rangwala		24	Ms. Himani Shukla	
9	Ms. Swati Shetty		25	Mr. Mithilesh Chauhan	
10	Mr. Ashish Navik		26	Ms. Disha Deliwala	
11	Ms. Prachi Agarwal		27	Ms. Avneet Kaur	
12	Mr. Vijay Vishwakarma		28	Ms. Kalpana Rai Menon	
13	Ms. Nidhi Chandorkar		29	Ms. Neena Sharma	
14	Ms. Steffi Salve		30	Ms. Darpana Manjarekar	
15	Ms. Preeti Matharu		31	Ms. Pragya Jain	
16	Ms. Atisha Khinvsara		32	Ms. Rohini Shetty	

  
Health club In-charge