

Bunts Sangha's
S.M.Shetty College of Science, Commerce & Management Studies, Powai.
Permanently Affiliated to University of Mumbai.
NAAC ACCREDITED 'A' GRADE
ISO 21001:2018 CERTIFIED
IMC RBNQ CERTIFICATE OF MERIT 2019

Activity Approval Format

Date: 17-6-2021

Program: International Yoga Day- " Be with Yoga, Be at Home"

Need: Mental & Physical Wellness during Lockdown

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

Content: Various Stretching exercises and yoga asana for flexibility.

Resource Person: Members of Shri Ambika Yoga Kutir

(Mr. Bharat Pawar , Mr. Rajesh Surti, Ms.Riddhi Surti)

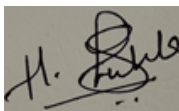
Date: 21-6-2021

Time: 8:00 to 9:30 a.m

Venue: Zoom Webinar

Cost/Budget: NA

Proposed By: Health Club



Verified By:



PRINCIPAL
Bunts Sangha's S. M. Shetty College
of Science, Commerce & Management Studies
Powai, Mumbai - 400 076.
Tel: 022 - 6132 7352
Email : college@smshettyinsti.edu.org

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Minutes of the meeting

Date: 16/06/2021

Time: 4:00 p.m

Mode: Whatsapp Group

Following things were discussed in the meeting:-

It was decided that the Health Club of college will organize a program on the occasion of International Yoga Day in association with Shri Ambika Yoga Kutir 21st June, 2021. The session will start at 8:00 and end at 9:30 a.m over Zoom. The session is open for all the citizens.

Health Club In-charge:

Asst. Prof. Himani Shukla

Health Club Members:

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



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Notice

Date: 19/6/2021

INTERNATIONAL YOGA DAY

Health Club in Collaboration with NSS Unit & Sports Department of

Bunts Sangha's S.M.Shetty College of Science, Commerce & Management Studies (Affiliated to University of Mumbai), Powai, Mumbai, is organising a session on-

” Be with Yoga, Be at Home”

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

Resource Persons : Members of Shri Ambika Yoga Kutir.

Event Details:

 : 21st June, 2021

 : 8:00 - 9:30 am (Zoom Webinar).

Registration Link: <https://forms.gle/UTfD59gTWU8eEdUD8>

WhatsApp Group Link : <https://chat.whatsapp.com/LyPIJL9V1VB8BcnTpUj2oH>

Last Date to Register: 20th June, 2021.

Contact Persons : Asst.Prof. Himani Shukla (9768009228)

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

NOTE: CERTIFICATE WILL BE PROVIDED BY THE GOVERNMENT OF INDIA .




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Backdrop



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NAAC Accredited 'A' Grade
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HEALTH CLUB , SPORTS DEPARTMENT & NSS UNIT

on occasion of

INTERNATIONAL YOGA DAY

Present

Session

on

Be with Yoga, Be at Home

21st June, 2021 (8:00 am – 9:30 am)

In Association with

Shri Ambika Yoga Kutir



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Report

Organized by: Health Club, NSS Unit and Sports Department

Event: Yoga Day

Topic: Be with Yoga, Be at Home

Date: Monday, 21st June, 2021

Timing: 8:00 am to 9:30 am

Venue: Zoom App

Scope: Teaching, Non-Teaching Staff, Students, Parents & others.

Resource Person: Members of Shri Ambika Yoga Kutir

Total Count: 30 Females & 18 Males.

Objective: To promote better mental and physical health of the community at large through the practice of yogasana.

Highlights: "Yoga means addition of energy, strength and peace to the body, mind and soul." On the occasion of International Yoga Day, the Health Club, NSS Unit and Sports Department of our college jointly organized the session with the objective to promote better mental and physical health of the community and to motivate participants to adopt and practice yoga in their daily lives. Event began with the cordial welcome to our Resource persons, Principal, Vice Principals, Teachers and students. Dr.Sridhara Shetty (Principal) addressed the gathering & welcomed the resource persons for the day.

Resource persons started the session in which they demonstrated various sitting and standing yoga asanas explaining the specifications and importance of each. These asanas were taught to relieve mental stress, reduce bodily pain and soothe the soul. Asanas were performed by the participants simultaneously. Yoga Session was followed by 'Question and Answer' session in which queries of participants were answered by the resource person. session came to an end with the vote of thanks.




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Participant List

<u>Sr.No</u>	<u>Name</u>	<u>Gender</u>	<u>Type</u>	<u>Class</u>
1	Shubhangi Jain	Female	Student	Sybbsi
2	Toral Chauhan	Female	Student	Sy Bbi
3	Somya Yadav	Female	Student	TYBBI
4	Ms. Arya Kaur	Female	Student	Sybms A
5	Nidhi Chandorkar	Female	Teaching Faculty	BMS
6	Lodaya Bhoomi Bhavesh	Female	Student	Sy bbi
7	Ms. Anuja gajinkar	Female	Student	Sybbscit B
8	Mr.Abhishek Mohanty	Male	Student	SYBMS-A
9	Radhika Jayesh Manjrekar	Female	Student	Fybbscit
10	Miss. Beulah Sundararajan	Female	Student	Sy BScIT
11	Mr. Ishan Salian	Male	Student	TYBMS A
12	Divya Kotian	Female	Student	Tybfaf
13	Ms.Amisha .Pardeshi	Female	Student	SYBBI
14	Ms.Bhavisha Shukla	Female	Student	TYBMS A
15	Ms Manisha shetty	Female	Student	Tybfaf
16	Ms. Supritha Suvarna	Female	Student	TYBAF
17	Ms Nehal Satre	Female	Student	SYBBI
18	Ms. Archana chauhan	Female	Student	SYBAF
19	Sagar Shetty	Male	Student	SY BCOM B
20	Mr Laxman Karthik N konar	Male	Student	T.Y.B.A.F
21	Mr. Swapnil Sambhaji Dound	Male	Teaching Faculty	Primary Section
22	Ms. Anshika Vishwakarma	Female	Student	Tybbi
23	Tanya Ravindranath Singh	Female	Student	Sybbsi
24	Mr dhiraj santosh mahadik	Male	Student	Sy bsct A
25	Ms Priya Yadav	Female	Student	Sybms



S.M. Shetty
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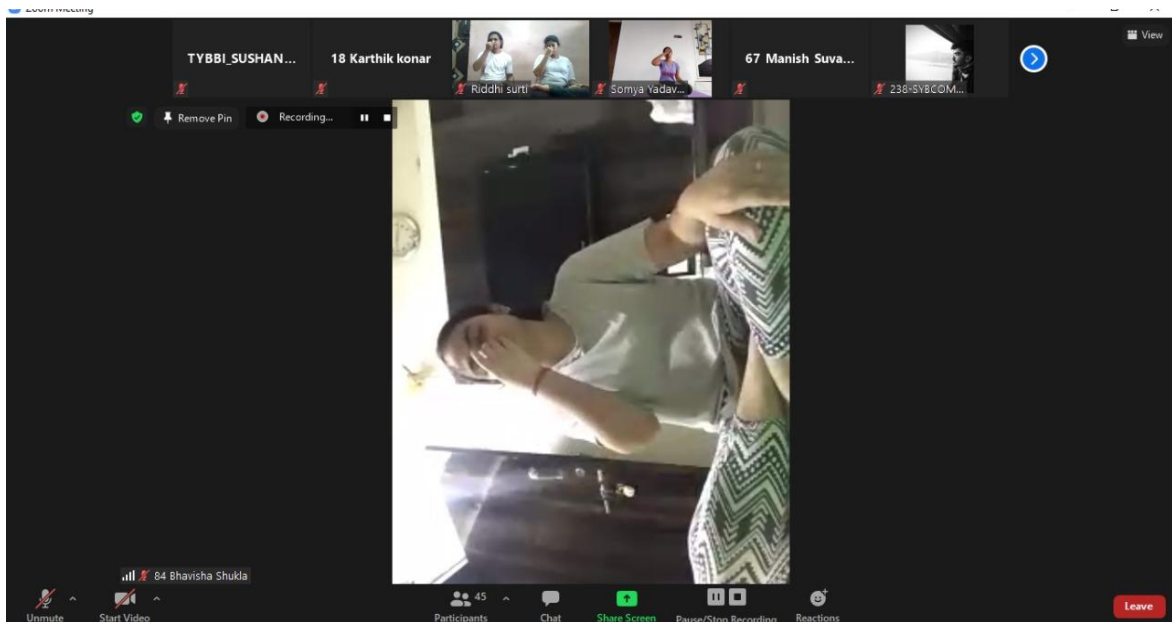
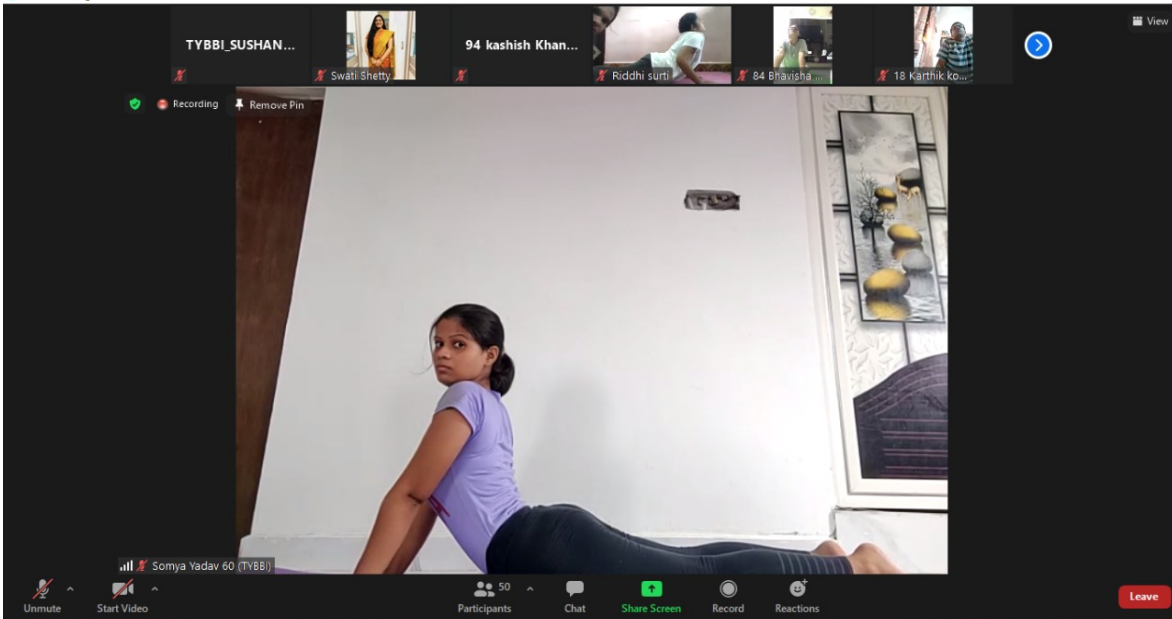
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26	Richa Pandey	Female	Student	TYBcom. B
27	Chirag shetty	Male	Student	Third year diploma
28	Mr Manish Mahesh Suvarna	Male	Student	TYBAF
29	Ms Sakshi Poojary	Female	Student	Sy bms
30	Ms. Snehal Rai	Female	Student	TY BMM - AD
31	Ms. Umaima khan	Female	Student	SYBMS A
32	Ms.Rakshita Murthy Achary	Female	Student	Sybms B
33	VIJAY VISHWAKARMA	Male	Teaching Faculty	-----
34	Mr. Ashishkumar Mishra	Male	Student	SyBsc-IT
35	Shrinav Shyam	Male	Student	TYBSCIT
36	Ms. Sahu Sriyakumari Sunil	Female	Student	SYBSCIT
37	Mr. Sushant R. Shetty	Male	Student	TYBBI
38	Ms Shweta Kanojia	Female	Student	TY BAF
39	Mr. Niraj Yadav	Male	Student	SYBBA
40	Ms VRUSHALI KOLTE	Female	Student	SYBMS B
41	Mr. SWAYAM VIJAYNATH RAI	Male	Student	TYBSCIT
42	Ms Neha Gouda	Female	Student	TYBBI
43	Mr Vinay Vilas Shahapurkar	Male	Teaching Faculty	IT Dept
44	Ms. Sulata Bhagwan Panigrahi	Female	Student	SY BSC IT
45	Mr. Aman Shafik Shaikh	Male	Student	Bcom B
46	Mithilesh Chauhan	Male	Teaching Faculty	Na
47	Mr. Ankush Yadav	Male	Student	Sy BMS
48	Asst.Prof.Himani Shukla	Female	Teaching Faculty	B.Sc.IT

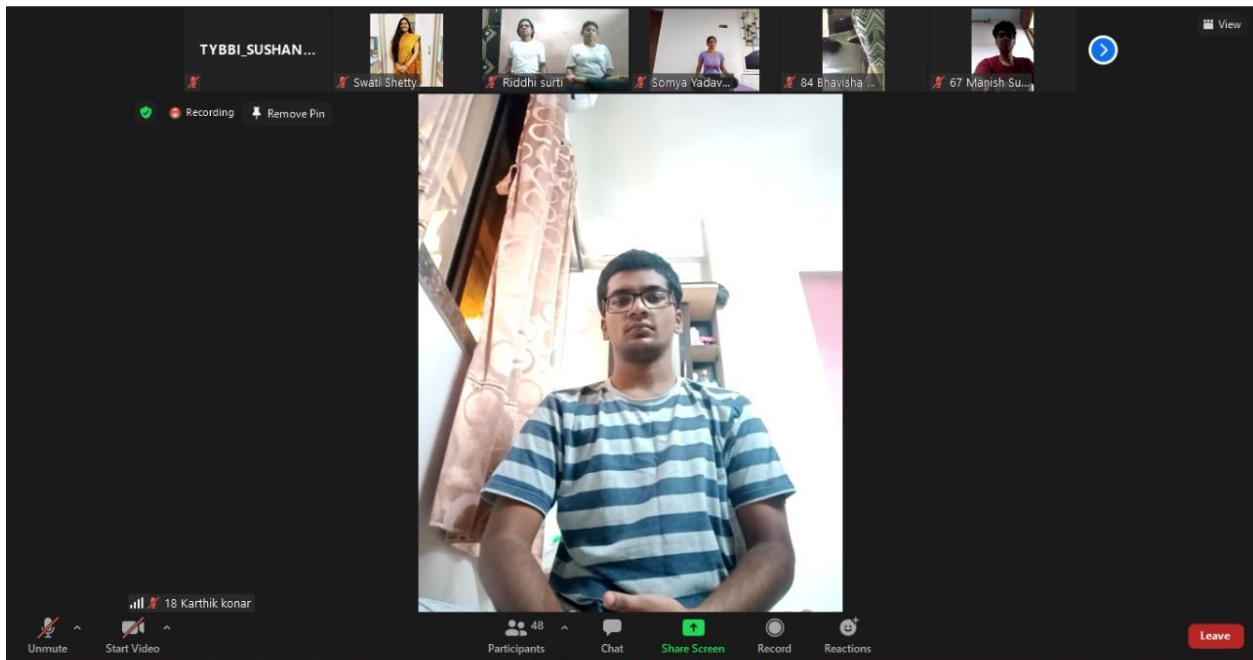


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Pictures




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Certificate

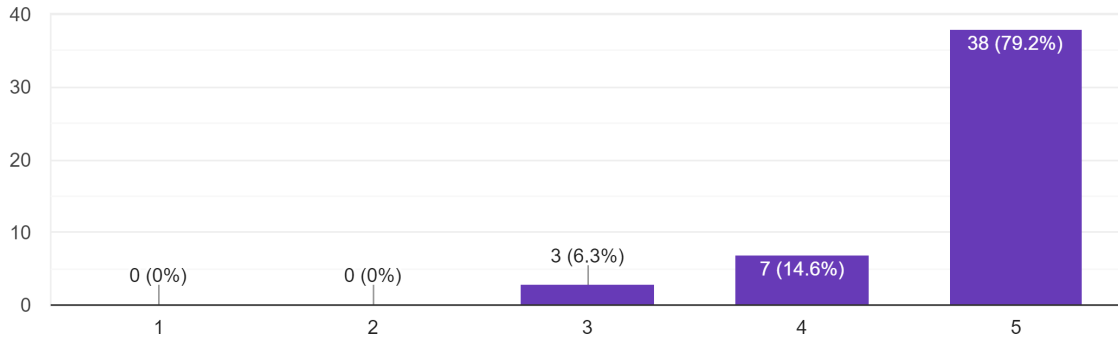



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Feedback Analysis

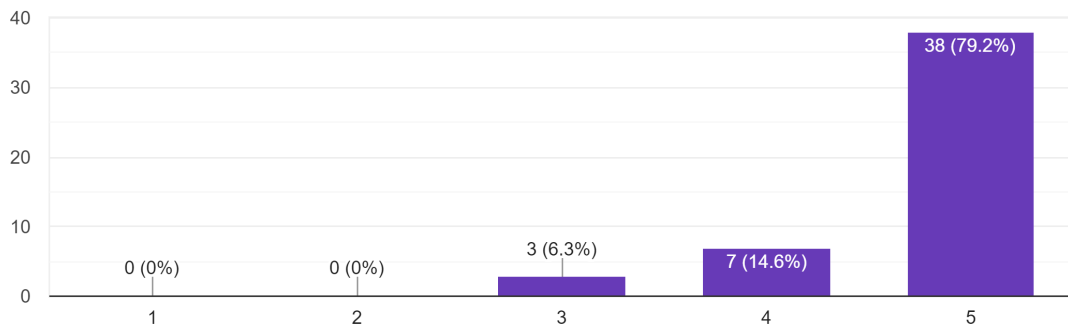
How informative was the session?

48 responses



How satisfied are you with the session's content?

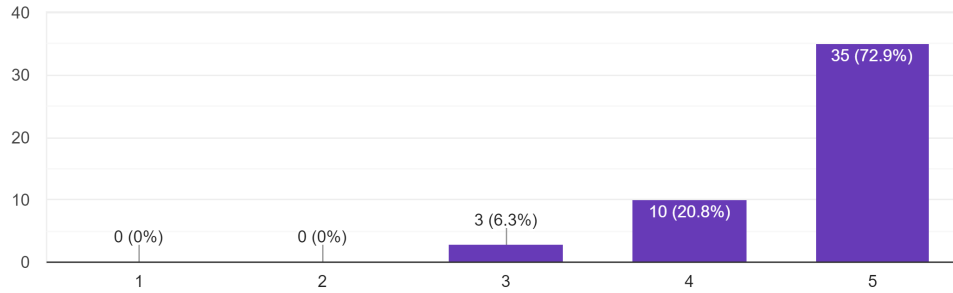
48 responses



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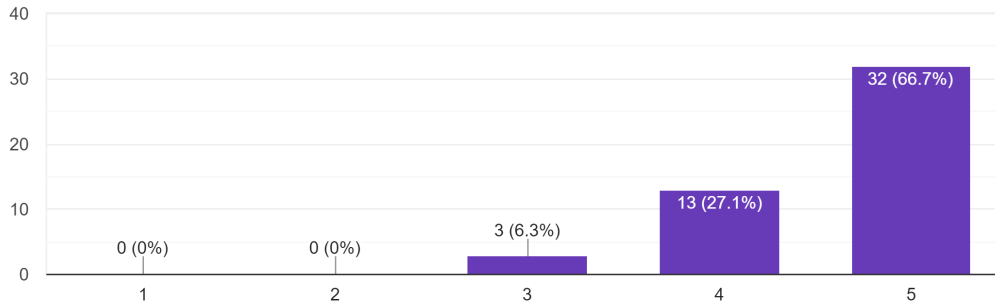
How relevant and helpful do you think the session was?

48 responses

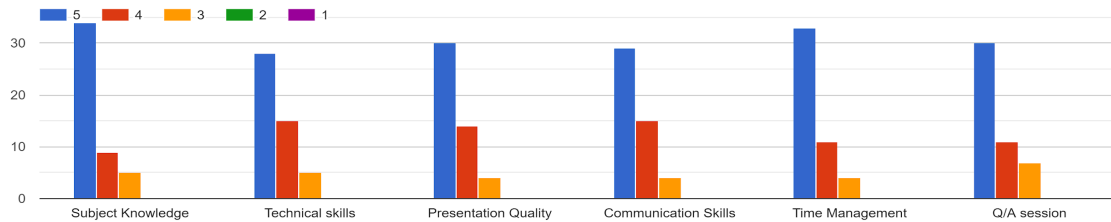


How satisfied are you with the technical aspects of online platform?

48 responses



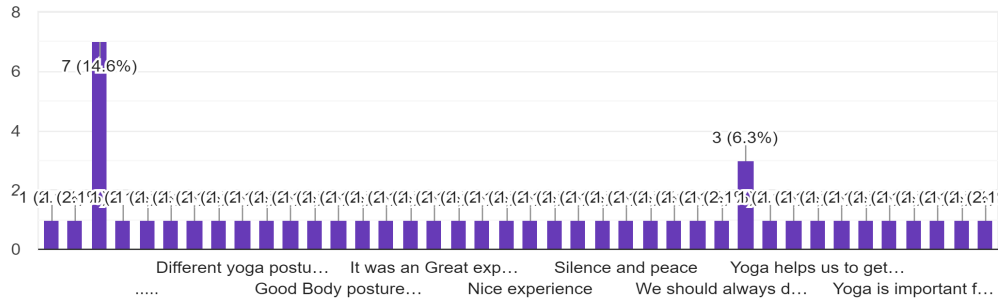
How satisfied were you with the key note speaker?



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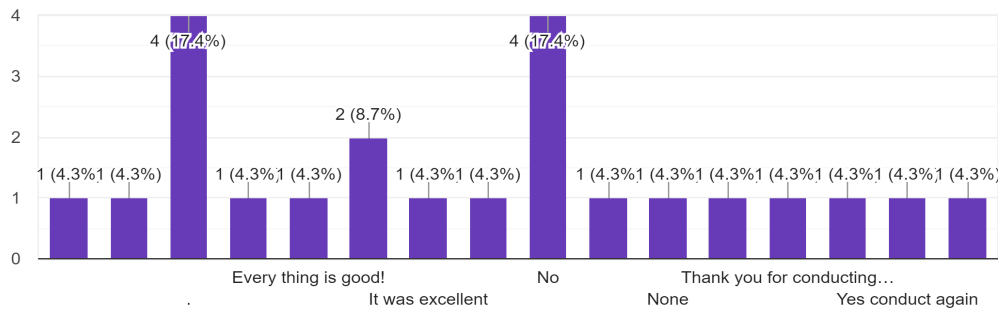
What were your key take aways from this event?

48 responses



Any other feedback and suggestions for the event?


23 responses



Action Taken Report

Feedback Received	Conclusion
<ul style="list-style-type: none"> ● To keep more such sessions. ● Everything is good! ● Yes conduct again ● It was excellent 	<p>The Health Club Decided to conduct International YogaDay every year in order to cultivate the importance of Yoga in students.</p>




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