

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: 1-3-2022

Program: 10 days yoga certification course

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

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

Content: Various Stretching exercises and yoga asana for flexibility.

Resource Person: Members of Shri Ambika Yoga Kutir.

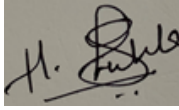
Date: 4-3-2022 to 15-3-2022

Time: 7.30 a.m.

Venue: Auditorium & Ground

Cost/Budget: 12000 Rs/-

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@bunshettyinstitute.org

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Minutes of the meeting

Date: 28 /2/2022

Time: 1:00 p.m

Venue: Library Corner

Following things were discussed in the meeting:-

Following things were discussed in the meeting:-

It was decided that 'Health club' in association with Ambika Yog Kutir, will organize a 10 days Yoga certification program for students on various body issues covering Back problem, Throat problem, Spondylosis etc. from 4th March, 2022 (Friday) to 15th March, 2022 at the Auditorium. The session will start at 7.30 pm sharp. All students are invited to join the program.

Health Club In-charge:

Asst. Prof. Himani Shukla

Health Club Members:

Asst. Prof. Vinay Vilas Shahapurkar
Asst. Prof. Utkarsh Kapadia



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Notice

Date: 1-3-2022

Hello Everyone! 🙏

Warm Greeting from the

Health Club of Bunts Sangha's S.M.Shetty College of Science, Commerce & Management Studies (Permanently Affiliated to University of Mumbai), Powai, Mumbai 🏢 is conducting:

🧘 Yoga Certification Course 🧘.

Resource Person- From Shri Ambika Yoga Kutir

📅 : 4th March to 16th March

🕒 : 7:30am - 8:30am

Venue:7th Floor Open Area

Charges: Free

Interested Students are requested to join the WhatsApp group using below link for future instructions:

<https://chat.whatsapp.com/CKKzP85CrIAAEek7wENsLj>

For any queries, kindly contact:

Asst. Prof. Himani Shukla



Himani Shukla
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Report

Organized by: Health Club

Event: Yoga Certification

Date: 4th to 15th March, 2022

Timing: 7:30 - 8:30 am

Venue: Auditorium & Ground

Scope: Students

Resource Person: Members of Shri Ambika Yoga Kutir

Total Count:

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.” The Health Club of Bunts Sangha's S.M. Shetty College of Science, Commerce & Management Studies, Powai in association with Shri Ambika Yog Kutir organized a 10-days Certificate Course in Yoga from 4th to 15th March, 2022. The objective of the course was to promote better mental and physical health of the community and to motivate them to adopt and practice yoga in their daily lives. The event began with the cordial welcome of the resource persons, principal, vice principals, teachers and students. Principal, Dr. Sridhara Shetty addressed the gathering & welcomed the resource persons from Ambika Yog Kutir. Mr. Sudhir Sawant, Mr. Avnish Tiwari, Mr. Rajesh Surti, Ms. Riddhi Surti, Mr. Vinay Zope, Ms. Snehal Shirsat, Mr. Vitthal Shetty & Mr. Aanand Thakur from Ambika Yog Kutir were the resource persons from Ambika Yog Kutir. The session began with various sitting and standing yoga asanas with the resource persons explaining the specifications and importance of each. These asanas taught were aimed at relieving mental stress, reducing bodily pain and soothing the soul of the participants. The asanas were performed by the participants with great zeal and enthusiasm. There was also a 'Question and Answer' session in which queries of participants were answered by the resource person. On the last day of the course, best male and best female participants were announced. The session




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came to an end with the vote of thanks proposed by the Vice Principal and I.Q.A.C. coordinator, Dr. Liji Santosh. All students were awarded with a certificate for the 10-day course. The Health Club of the college is headed by Asst. Prof. Himani Shukla Varia and managed along with other members of the club, Asst. Prof. Vinay Shahapurkar & Asst. Prof. Utkarsh Kapadia.

Participant List - Attendance

Date	Sr.No	Name	Gender	4/3/2022	5/3/2022	7/3/2022	8/3/2022	9/3/2022	10/3/2022	11/3/2022	12/3/2022	13-3-2022	14-3-2022	15-2-2022	16-2-2022	Total
	1	Priyanka Bhadouria	Female	Sign	Sign	Sign	Sign	Sign	Sign	Sign	Sign	Sign	Sign	Sign	Sign	
	2	Shalini Jha	Female	P	Shalini	Shalini	Shalini	Shalini	Shalini	Shalini	Shalini		Shalini	Shalini		
	3	Prerna salunkhe	Female													
	4	Mitali Gupta	Female													
	5	Shruti vilas polekar	Female													
	6	Kalpana das	Female	P	Kalpana											
	7	Bhakti Bharat yadav	Female	P	Bhakti											
	8	Shivangi Shukla	Female													
	9	Anchal singh	Female	P	Anchal	Anchal	Anchal	Anchal	Anchal	Anchal	Anchal		Anchal	Anchal		
	10	Urvashi ravaria	Female													
	11	Singh shivanjali Santosh	Female													
	12	Samiksha Pisal	Female													
	13	Kinjal Shetty	Female	P	Kinjal	Kinjal	Kinjal	Kinjal	Kinjal	Kinjal	Kinjal		Kinjal	Kinjal		
	14	Preeti sahu	Female													
	15	Smita kori	Female													
	16	Tanushri Vaidya	Female	P												
	17	Pandey Supriya Prashar	Female													
	18	Mansi maurya	Female													
	19	Ritu Prajapati	Female													
	20	Marjaan Malik	Female													
	21	Priyanka patil	Female	P	Priyanka	Priyanka	Priyanka	Priyanka	Priyanka	Priyanka	Priyanka		Priyanka	Priyanka		
	22	Praveen Thevar	Male													
	23	Pawan maurya	Male	P	Pawan	Pawan	Pawan	Pawan	Pawan	Pawan	Pawan		Pawan	Pawan		



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Sr.No	Name	Gender	Sign	Sign	Sign	Sign	Sign	Sign	Sign	Sign	Sign	Sign	Sign	Sign	
24	Aniket Ramakant Verma	Male													
25	RAJBHAR VINAYKUMAR	Male	P	Vijay	Vijay	Vijay	Vijay	Vijay	Vijay	Vijay	Vijay	Vijay	Vijay	Vijay	
26	Saj Jadhav	Male													
27	Siddharth sohani	Male	P	Sohani	Sohani	Sohani	Sohani	Sohani	Sohani	Sohani	Sohani	Sohani	Sohani	Sohani	
28	Adnan malik	Male													
29	Sohail Shaikh	Male													
30	Tejas Shetty	Male	P	Shetty	Shetty	Shetty	Shetty	Shetty	Shetty	Shetty	Shetty	Shetty	Shetty	Shetty	
31	Tiwari Sharad Sanjay	Male	P	Tiwari	Tiwari	Tiwari	Tiwari	Tiwari	Tiwari	Tiwari	Tiwari	Tiwari	Tiwari	Tiwari	
32	Shramik Malgaonkar	Male	P	Shramik	Shramik	Shramik	Shramik	Shramik	Shramik	Shramik	Shramik	Shramik	Shramik	Shramik	
33	Adarshi Jaynath Yadav	Male			Adarshi	Adarshi	Adarshi	Adarshi	Adarshi	Adarshi	Adarshi	Adarshi	Adarshi	Adarshi	
34	Tusbar sharma	Male	P	Sharma	Sharma	Sharma	Sharma	Sharma	Sharma	Sharma	Sharma	Sharma	Sharma	Sharma	
35	Suraj Rawat	Male		Suraj	Suraj	Suraj	Suraj	Suraj	Suraj	Suraj	Suraj	Suraj	Suraj	Suraj	
	Upadhyay Saurabh														
36	Gautam	Male													
37	Shubham Maurya	Male													
38	Sumit choudhary	Male		Sumit	Sumit	Sumit	Sumit	Sumit	Sumit	Sumit	Sumit	Sumit	Sumit	Sumit	
	Yadav vrushabh														
39	baliram	Male													
40	Rajyashree jaiswal	Male													
41	Satyam Gupta	Male													
42	Shawn Yelve	Male													
43	Aman Kumar	Male													
44	Anish Mogaveera	Male	P												
45	Shubham yadav	Male													
46	Patil Abhijeet	Male													
47	Digambar	Male													
48	Kanwaljeet	Male	P												
	Minali Anchan	Female													

Date			4/3/2022	5/3/2022	7/3/2022	8/3/2022	9/3/2022	10/3/2022	11/3/2022	12/3/2022	13-3-2022	14-3-2022	15-2-2022	16-2-2022	Total
Sr.No	Name	Gender	Sign	Sign	Sign	Sign	Sign	Sign	Sign	Sign	Sign	Sign	Sign	Sign	
49	Pavitra Shetty	F													
50	Ankit Singh	M													
51	Supriya Pandey	F													
52	Aarushi Pandey	F													
53															
54															

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Pictures



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Certificate

Sr.No	Name	Class	Gender
1	Shalini Jha	Fybcom	Female
2	Anchal singh	118	Female
3	Samiksha Pisal	Fybscit-A	Female
4	Kinjal Shetty	FYIT	Female
5	Priyanka patil	FYBCOM	Female
6	Pawan maurya	FYBSCIT	Male
7	RAJBHAR VINAYKUMAR	Fy bscit	Male
8	Siddharth sohani	SYBSCIT B	Male
9	Tejas Shetty	Fybbi	Male
10	Tiwari Sharad Sanjay	F.Y.B.Sc.I.T	Male
11	Shramik Malgaonkar	SYBscIT	Male
12	Adarsh Jaynath Yadav	FYBSCIT -A	Male
13	Tushar sharma	Fybscit	Male
14	Suraj Rawat	FYBBI	Male
15	Yadav vrushabh baliram	Fy. Bscit-A	Male
16	Shubham yadav	Fybbi	Male
17	Patil Abhijeet Digambar	SYBSCIT	Male
18	Mrinali Anchan	SYBSCIT	Female
19	Pravita Shetty	SYBSCIT	Female
20	Ankit Singh	SYBSCIT	Male
21	Supriya Pandey	SYBSCIT	Female

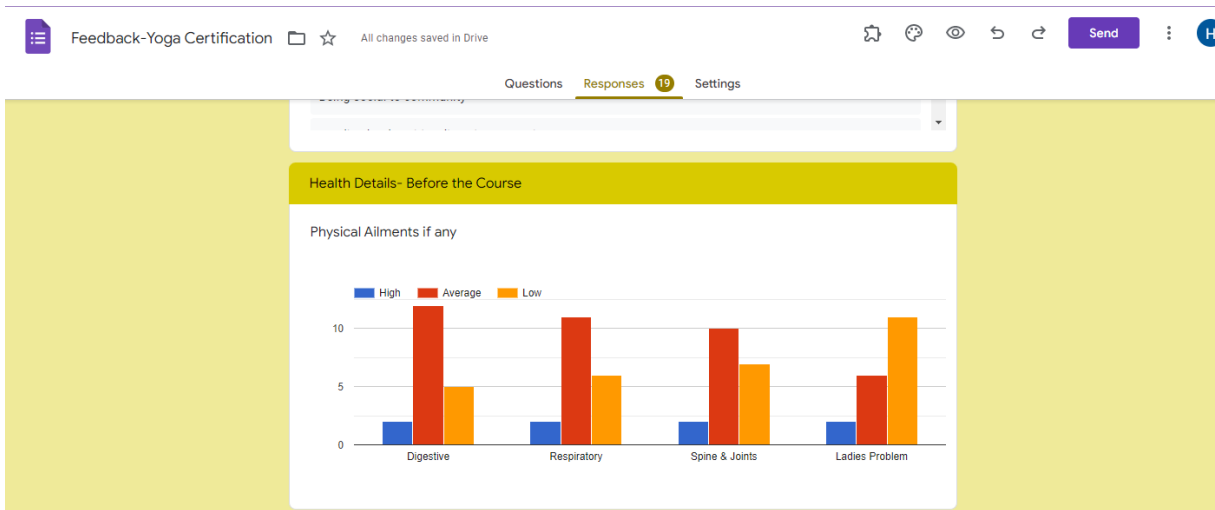



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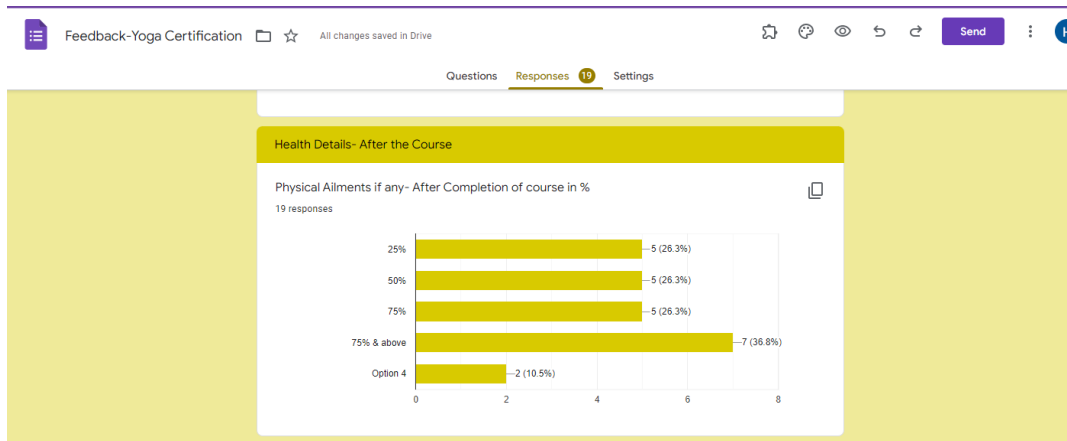
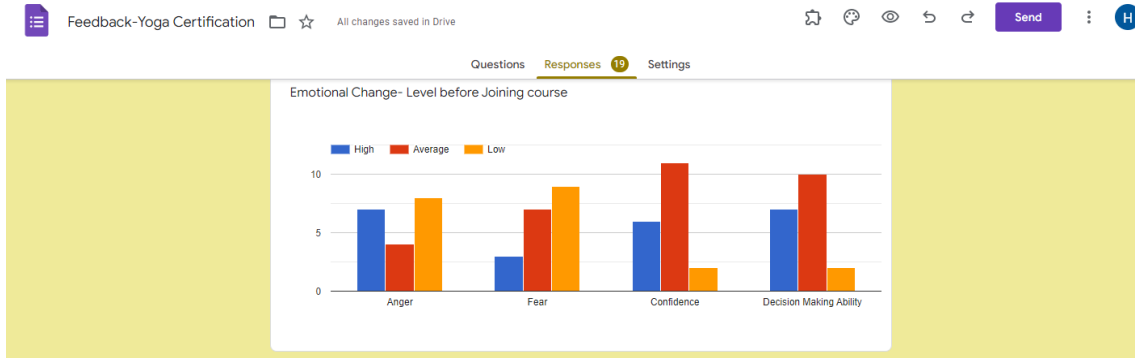
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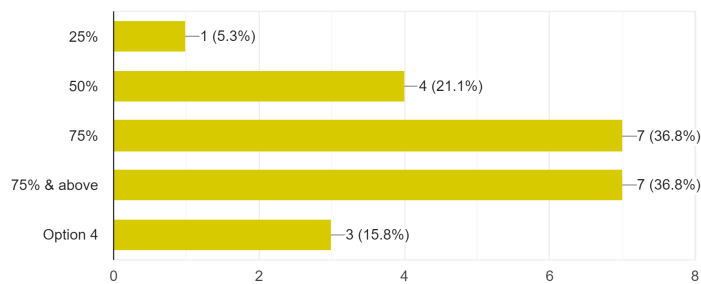
Feedback Analysis



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Emotional Changes- After Completion of course in %
19 responses



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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	The Health Club Decided to conduct Yoga Certification every year in order to cultivate the importance of Yoga in students.

