

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

Permission Letter – Yoga Day

SMS/

12th July, 2018

To
The Principal
S.M Shetty College,
Powai

The NSS Unit of S. M. Shetty College is organizing a Yoga Day on 21st July, 2018 So kindly allow the students to be present in the session


NSS Programme Officer
N.S.S. PROGRAMME OFFICER
Bunts Sangha's S.M. Shetty College
of Science, Commerce & Management Studies
Powai, Mumbai - 400 076.
Tel. 022 - 6132 7352
Email : college@smshettyinstitute.in



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Notice - Yoga Day

The NSS unit of SM Shetty College organizing Yoga Day for the purpose of making students aware of the benefits. So all the NSS volunteers are requested to be present in the auditorium 21st July 2018.


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Objective & Report -Yoga Day

Objective: We celebrate this day to evoke the importance of yoga in once life by conducting to experts who have knowledge about yoga.

Report: The NSS Unit of Bunts Sangha's S. M. Shetty College of Science, Commerce and Management Studies in association with Ambika Yog Kutir has taken initiative to make students aware of the benefits of Yoga and Meditation in enhancing their study skills by conducting a 3 months certificate course in Yoga. The first session was held on 21 July, 2018 in the open area on the 7th floor.


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Attendance: Yoga Day

1. Ghag Rakshanda 2. Gowda Deepa 3. Gurjarakshay 4. Jaggi Shivam 5. Jain Rinku 6. Jain Sejal 7. Jain Bhavik 8. Jain Harsh 9. John Surendra 10. Kamble Sayali 11. Prachi Kanojiya 12. Farheen Khan 13. Naseem Khan 14. Khan Danish 15. Khan Tasleem 16. Kharatmol Komal 17. Manjeri Raksha 18. Moolya Nitin 19. Nair Abhijith 20. Nawar Nishant	21. Nevele Vishal 22. Panchal Priyanka 23. Dipesh Patel 24. Nilofer Patel 25. Patil Akash 26. Pillai Reshma 27. Poojari Gaurav 28. Poojari Karthik 29. Pooja Poojari 30. Poojari Ppoja 31. Rohit Bhagwan 32. Rohit Harish 33. Ketan ArvInd 34. Vinit Rajaram 35. Harpreet Saini 36. Salvi Kailash 37. Sawant Priyanka 38. Shakih Anam 39. Shetty Shraddha 40. Shetty Sairaj
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Photos:




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ACTION TAKEN REPORT- Yoga Day

<u>Date</u>	<u>Feedback Received</u>	<u>Suggestions Provided</u>
21/7/2018	Feedback received on all the parameters was highly positive and encouraging. Suggestions were received regarding conducting more such events in the future for students.	Please add some more theme for the physical & mental stress events at college level.


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