Approval Form: Webinar on Yoga with Dr. Kush Panchal

Department: NSS

Program: Webinar on Yoga

Objectives: To Ensure and Maintain Physical and Mental Fitness amongst stakeholders

Need: To celebrate Fit India Movement, initiated by the Government of India, Training In Yoga and Mental Wellbeing

Content: Super energetic meditation techniques, Yoga for back pain, most effective fat loss home exercises, how to stay motivated in this pandemic, Stress Management, Professional meditation audios

Resource Person: Dr. Kush Panchal, International Yoga Trainer

Date: 26th September 2020 Time: 6:00pm. Venue: ZOOM Meeting

Cost/Budget: Nil / Not Applicable

Proposed by: Mr. Ishan Salian and Ms. Mahima Singh

Verified by: Prof. Vijay Vishwakarma

ishusapaena

NSS Programme Officer

NSS Programme Officer

Minutes of Meeting: Webinar on Yoga with Dr. Kush Panchal There was a meeting taken on Zoom Platform on 24th September, 2020 Minutes of the meeting: Criterion 3 - Research, Innovations and Extension

Bunts Sangha's S.M. Shetty College e & Manage Powai, Mumbai-400 076

Tel. 022-6132 7352 Email: college@smshettyinstitute.org

- To conduct webinar for Fit India Movement.
- To work on the approval form.
- D To allot technical work to technical team.
- To prepare leader for the anchoring of the webinar.
- ☐ To prepare Vote of thanks.
- ☐ To prepare WhatsApp Message that would be send to other colleges to come and join the webinar.
- To work on the report after the webinar.

rishwagaena

John

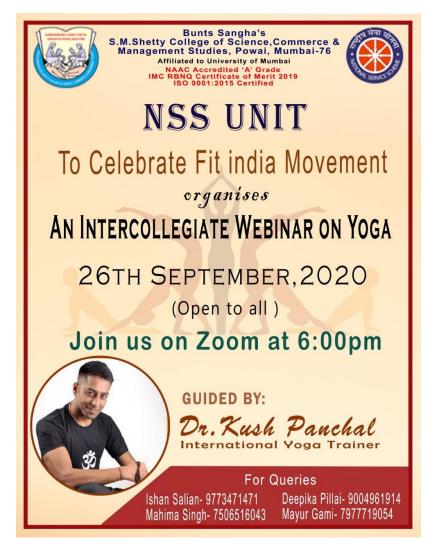
NSS Programme Officer

NSS Programme Officer

Poster & Brochure: Webinar on Yoga with Dr. Kush Panchal



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Notice: Webinar on Yoga with Dr. Kush Panchal

Criterion 3 - Research, Innovations and Extension

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Email: college@smshettyinstitute.org

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

Organises

Webinar on Yoga

To celebrate Fit India Movement ,initiated by the Government of India

Open for all

Yoga is the journey of the self, through the self, to the self. It's not about being good at something. It's about being good to yourself.

Date: 26th September 2020

Time : 6:00pm. This session will be guided by Dr. Kush Panchal International Yoga Trainer.

•He will guide you through:

•प्राणायामसेप्राणबचाओ

·Super energetic meditation techniques

·Yoga for back pain

·Most effective fat loss home exercises

·How to stay motivated in this pandemic

·Stress Management

-Along with QNA session \cdot

Other topics covered:

1) Amazing memory power techniques

2) Animal flow movement-based exercises

3) Personalised consultation

4) Detox diet tips for evergreen health

5) Professional meditation audios

Criterion 3 - Research, Innovations and Extension



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Short Introduction -

Dr. Kush Panchal is an accomplished International Yoga Trainer.

He is the personal trainer of KanganaRanaut and ShahidKapur. He has trained Hollywood celebs Emma Watson, Pop Singer Ellie Goulding and James Bond villain Sebastien Fucon. Kush has done his PhD in 'DhyanYog' from Hrishikesh, he has a Masters Diploma in Fitness Management from America and Advanced Degree in Body Weight Training from London. Out of 667 yoga trainers from all over Asia, he was selected among the top 16, to instruct the elite guests of the number one VIP cruise ship 'Holland America Line'. He is also the 1st Indian to conduct his 'Yoga-with-Dance' workshop at the London Bridge with 552 participants!

You cannot always control what goes on outside. But you can always control what goes on inside. This session will surely relax your mind and will be very helpful to fight this pandemic too.

For registration, click here:

https://forms.gle/AerHqo48htUUHU376

Please note Zoom link will be provided via mail ·

Our social media handles :-

Instagram handle:-

https://instagram.com/shettynssunit_b46?igshid=1xuafngvhevgf

Facebook handle:-

https://www.facebook.com/smshettynss/

YouTube channel:-

https://www.youtube.com/channel/UC3ysq4y-Y_7UmvOkP6t60_Q

Regards,

NSS UNIT

Criterion 3 - Research, Innovations and Extension



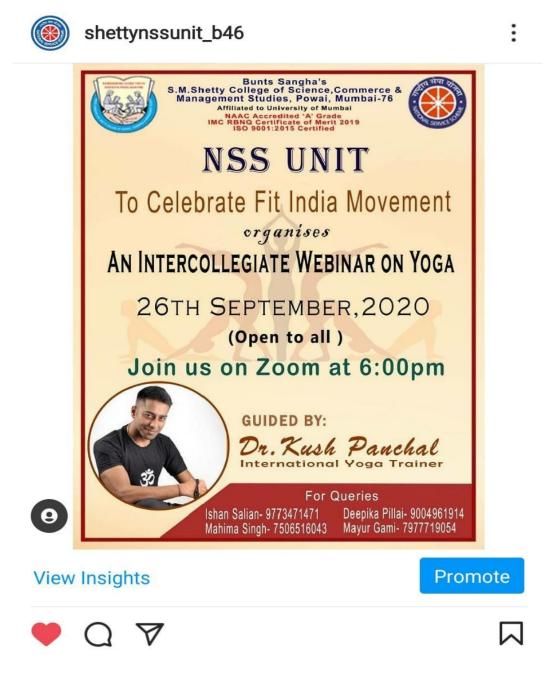
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Instagram:

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Report: Webinar on Yoga with Dr. Kush Panchal Event: Webinar on Yoga with Dr. Kush Panchal



Date: 26th September, 2020.

Objective: It will create awareness about how yoga can help to keep ourselves fit.

Highlight: The NSS Unit of S. M. SHETTY COLLEGE had organized a fitness Webinar on 26th September, 2020 to celebrate **FIT INDIA MOVEMENT.**

In accordance with the Fit India Movement initiated by the Government of India The NSS Unit of Bunts Sangha's SM Shetty College of Science, Commerce and Management studies had held an intercollegiate "YOGA" webinar on 26th September 2020 at 6:00pm. The session was guided by Dr. Kush Panchal International Yoga Trainer. There 180 people participated in the intercollegiate yoga webinar.





NSS Programme Officer

NSS Programme Officer

Participation List: Webinar on Yoga with Dr. Kush Panchal

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Bunts Sangha's S.M. Shetty College of Science, Com ce & Manager

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- 1. Sushant Shetty Sm shetty
- 2. Vidhya Hegde Bunts Sangha's SM Shetty High School & Jr. College
- 3. Upadhyay shivam sanjay Sm shetty college
- 4. Aman Vikash Surana Sm Shetty College
- 5. VAIBHAV SUBHASH PAWAR S M SHETTY INTERNATIONAL SCHOOL AND JUNIOR COLLEGE
- 6. Nafees Ahmed S. M. Shetty College
- 7. Priyadarshani jena SM shetty college
- 8. Prof.Swati Shetty Bunts Sangha's S.M Shetty College of Science,Commerce and Management Studies,Powai
- 9. Teharin SDM MMK
- 10. Bhoomika R Arora Sm shetty college
- 11. Krishna jaiswal S. M. SHETTY COLLEGE
- 12. Nidhi yadav S.M shetty
- 13. Dipti V. Shetty Bunts Sangha's S. M. Shetty College of Science, Commerce and Management Studies
- 14. MS.SURTI ZAINAB FIDAHUSAIN BUNTS SANGHA SM SHETTY COLLEGE OF SCIENCE COMMERCE AND MANAGEMENT STUDIES, POWAI
- 15. Jissa Senthil Nelli S. M. Shetty high school and Junior college
- 16. Ujwal Poojary sm shetty degree college
- 17. Nehal Nilesh Satre SM Shetty College -
- 18. Dakshita Nitesh Jaiswal Sm Shetty college
- 19. MS. SANGITA SHENOY K.V. PENDHARKAR COLLEGE
- 20. Nidhi Shetty Bunts Sangha's SM Shetty College
- 21. URVASHI JAISWAL S M SHETTY
- 22. shetty manish umesh s m shetty
- 23. Talekar Priyanka Dileep Bunt Sangha's S.M Shetty College
- 24. Ms. Ankita Badgeri Vivek College of Commerce
- 25. Rakshanda shaikh Bunts sangha sm shetty high school jr.college
- 26. Aparna Anand Bunts Sangha's SM Shetty High School and Jr. College
- 27. Jagtap Pornima Shankar Bunt Sangh's S M Shetty College of Science Commerce and Management
- 28. Priyanka Hubraj Pal Bunts Sangh's S. M. Shetty High school and junior College
- 29. Sahil Ghanshyam Yadav SM Shetty College Powai
- 30. Aishwarya Rajendra Jangam Valía C.L College of Commerce Andheri (West)
- 31. Sunita Dubey SM shetty international school
- 32. Vanishree Sirpuram S M Shetty High School & Jr College
- 33. Anurag GulabChand Tiwari S.M Shetty College

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- 34. Ms.Shruti Panhale S.M Shetty College, Powai.
- 35. Mrs. Priya Singh Sharma Bunts Sangha's S.M Shetty High School & Junior College
- 36. Aliza khan S M Shetty college, powai
- 37. Pardeshi Amisha Pravin S. M. Shetty High School n jr cllg
- 38. Neelaman Allen Loy Johnson S.M Shetty
- 39. Abhishek Rajkishor Gupta S m Shetty College
- 40. Trupti Nevse Bunts sanghas S. M. Shetty High school & Jr.college
- 41. Krupali mota Valia c l college
- 42. Swathi Ganesh Shetty S M SHETTY
- 43. Ms. Shambavi Vinod Balvalli SIES Graduate School Of Technology
- 44. Vijaylaxmi kahar Valia CL college of commerce
- 45. KUMUDINI DNYANDEO DHURI Bunts Sangha's S.M. Shetty Highschool & Jr. College
- 46. Sairaj Shetty sm shetty
- 47. Ms. Nidhi Kumari College Of Teacher Education, Samastipur
- 48. Vandana kadeprasad kanojiya Sm shetty collage
- 49. Krishi Sathish Shetty SM shetty college of science, commerce&management
- 50. Sneha Dodmani J. M. Patel College
- 51. Ms. Harsha Vinayak Naik SIES college of arts science and commerce
- 52. Megha paunikar Sm shetty college powai
- 53. Dr Surender Singh Government College, Birohar(Jhajjar)
- 54. Ratnakar Singh S. M. Shetty College
- 55. Manali Santosh Rajeshirke Bunt's Sangha's S.M. Shetty College of Science, Commerce and Management Studies
- 56. Taiba Shaikh Sm Shetty College
- 57. Uma Nair Bunts Sangha's S M Shetty Junior College
- 58. Shrinav Shyam S M Shetty College
- 59. Aarti Thakur SM shetty college
- 60. ANU TARACHANDANI Bunts Sangha's SM Shetty High School & Junior College
- 61. PATIL MAYURESH ANANT BUNTS SANGHA'S S.M. shetty college of science commerce and business management
- 62. Miss Nandini Mahapatra S.M Shetty College, Powai
- 63. Miss. Swati Shetty SM.Shetty College, Powai.
- 64. Ms. Rishu Vats Lalit Narayan Mithila University, Darbhanga
- 65. Chirag Prabhakar Ghanekar Valia C.L College of Commerce
- 66. Mr. Sahil ayajuddin shaikh Bunts sanghs S. M. Shetty college of commerce science and studies mangment powai
- 67. Pratibha Garg Army Institute of Education Greater Noida

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- Sulata Bhagwan Panigrahi Bunts Sangha's S M Shetty High School and Junior College
- 69. Manish Ullal S.M.Shetty
- 70. Samay shah Sm Shetty
- 71. Aniket Anil Varma Bunt's sangha S.M .Shetty college powai
- 72. Jayesh R. Watane Dr.PDMMC, Amravati
- 73. Ms. Trupti Shetty Bunts Sangha's S.M. Shetty High School and Junior College
- 74. Divya Vithoba Chavan Jashbhai Maganbhai Patel College Of Commerce
- 75. Anshika vishwakarma Sm shetty college
- 76. Durgani kiran Sri Rama krishna Degree college Nandyal
- 77. Angel Antony Valia C. L College
- 78. Sahu Sriyakumari Sunil Bunts Sangha's SM Shetty College of science, commerce, arts and management studies
- 79. Ms. Anjali Balkrishna Ambre S.M. Shetty High School & Jr. College
- 80. KUNAL SAMPATLAL BHANDARI SM SHETTY COLLEGE
- 81. Anuja ramakant gajinkar Bunts sangha's college of science commerce and management
- 82. Usha Shetty Bunts Sangha's S M Shetty School and Jr.College
- 83. Lisa John Dsouza Bunts sangha sm shetty college
- 84. Ms. Vrinda Soman Bunts Sangha's S. M. Shetty College Of Science Commerce and Management Studies
- 85. Mrs. Reshma More Patuck Jr. College
- 86. Uday Vedak S.M. Shetty High School and Jr college
- 87. Prerna Mahendra Raut S. M. Shetty Powai
- 88. Sakshi Poojary Bunts Sangha S.M Shetty College
- 89. Nishant Maurya SKM JASHBHAI MAGANBHAI PATEL COLLEGE OF COMMERCE
- 90. Mrs Ritu Singh SM Shetty high school and Junior college
- 91. SURENDRA LAXMI DINANATH PIMPALE BUNTS SANGHA'S S. M. SHETTY HIGH SCHOOL & Jr.COLLEGE
- 92. Mastr. Swaminathan G Iyer Bunts Sangha's SM Shetty College of Arts, Commerce and Management Studies
- 93. Laxmi Vijendra Mourya J.M Patel College of Commerce
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- 95. Ishan Salian S. M. Shetty College of Science, Commerce and Management Studies, Powai
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- 98. Bandapalli sridhar naidu Sri Ramakrishna degree College autonomous

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99. Mishra Anchal Ganga Prasad - S.M. Shetty College

- 100. Vishwakarma Suraj Raj kumar J.M patel College
- 101. Shaikh Alfiya Haroon Sm shetty college
- 102. Deepthika Pillai S.M.ShettyCollege,Powai
- 103. Pradnya Vishnu raundale J m patel
- 104. Snehal Rai S.M. Shetty College
- 105. SAH SAURABH PRAMOD Valia C.L. College of commerce
- 106. Jaya Gangadhar sarkate J. M. Patel college
- 107. Akshata Pilke J.M.Patel college
- 108. Tejasvi Parab SIES College of Arts, Science and Commerce (Autonomous)
- 109. Mr. SUNDAR GAJENGI S.I.E.S College of Arts, Science & Commerce (Autonomous), Sion (W)
- 110. Jeshma Mahesh Shetty SM Shetty college Powai
- 111. ATUL NARESH SAKPAL Ismail yusuf college
- 112. Yadav Anil Rampal JM patel college commerce
- 113. Vinay Ganji SIES COLLEGE OF ARTS, SCIENCE AND COMMERCE (AUTONOMOUS)
- 114. Anandhu Suresh SIES college of arts commerce and science
- 115. Nitu Chouhan SIES college of arts science and commerce
- 116. Avani Ramesh Waghela Sm Shetty
- 117. Nikita shetty Sm shetty
- 118. Shravan Shetty SM SHETTY HIGH SCHOOL AND JR. CLG



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BUNTS SANGHA'S S. M. SHETTY COLLEGE OF SCIENCE, COMMERCE & MANAGEMENT STUDIES, POWAI NAAC ACCREDITED 'A' GRADE ISO 21001:2015 CERTIFIED IMC RBNQ CERTIFICATE OF MERIT 2019 <u>Certificate Sample: Webinar on Yoga with Dr. Kush Panchal</u>

Bunts Sangha's S.M.Shetty College of Science,Commerce & Management Studies, Powai, Mumbai-76 Affiliated to University of Mumbai NAAC Accredited 'A' Grade IMC RBNQ Certificate of Merit 2019 ISO 9001:2015 Certified 2021YW033 Certificate o f Participation This is to certify that Mr./Ms. Of Bunts Sangha's Allen Loy S.M.Shetty College, Powai college has participated in Yoga Webinar on the occasion of Fit India Movement by Dr.Kush Panchal on 26th September, 2020 John nehuakaena Programme Officier **Programme Officer** Principal

NSS Programme Officer

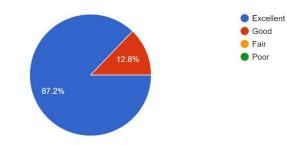
NSS Programme Officer

PRINCIPAL Bunts Sangha's S.M. Shetty College of Science, Commerce & Management Studies Powai, Mumbai-400 076. Tel. 022-6132 7352

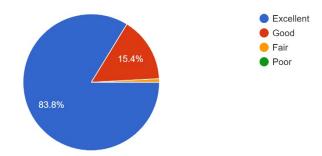
Email: college@smshettyinstitute.org

BUNTS SANGHA'S S. M. SHETTY COLLEGE OF SCIENCE, COMMERCE & MANAGEMENT STUDIES, POWAI NAAC ACCREDITED 'A' GRADE ISO 21001:2015 CERTIFIED IMC RBNQ CERTIFICATE OF MERIT 2019 Feedback Analysis:Webinar on Yoga with Dr. Kush Panchal

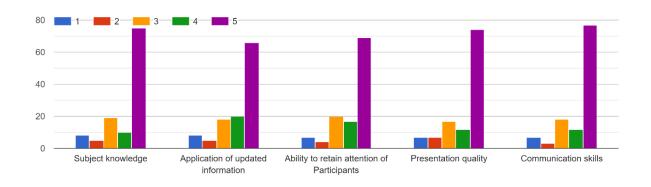
How do you rate the theme of the webinar? 117 responses



How did you find the content of the session 117 responses

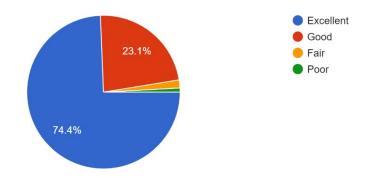


Dr. Kush Panchal (1-lowest, 5- highest)

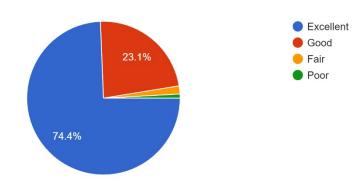




Please rate your overall knowledge level about the topic covered AFTER ATTENDING the session 117 responses



Please rate your overall knowledge level about the topic covered AFTER ATTENDING the session 117 responses



Nehwalaena

NSS Programme Officer

NSS Programme Officer

Action Taken: Webinar on Yoga with Dr. Kush Panchal

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

DATE	Feedback Received	Action Taken
Date: 26 th September,2020	 Participants appreciated the efforts taken by the college to conduct this event even during pandemic. All the participants were happy to participate in this webinar 	NSS Unit will conduct more such interesting and informative Webinars.

ishwatzaena

NSS Programme Officer

NSS Programme Officer

SMS/

Thank You Letter: Webinar on Yoga with Dr. Kush Panchal

26th September, 2020

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

To,

Dr. Kush Panchal

S.M Shetty Degree College,

Powai.

Dear Sir,

It was truly a pleasure to have you with us as our Resource Persons for webinar on "Yoga for Fit India Movement" organized by NSS UNIT of our college.

On behalf of our college, we'd like to thank you for the generous gift of your time, making people aware and also giving us your precious opinion and various other information. Your time and dedication made this webinar successful.

With Regards,

Thanking you,

Yours faithfully, Dr.Sridhara Shetty PRINCIPAL



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