



BUNTS SANGHA'S

## S.M. SHETTY COLLEGE OF SCIENCE, COMMERCE & MANAGEMENT STUDIES

### HEALTH & HYGIENE RELATED ACTIVITIES 2017-18

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**S.M. SHETTY COLLEGE OF SCIENCE, COMMERCE  
& MANAGEMENT STUDIES**

**Event:  
Health Check-up for Staff Members  
by Health Club**

**Date: 29/07/2017**

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S.M.Shetty College of Science, Commerce And Management Studies, Powai.

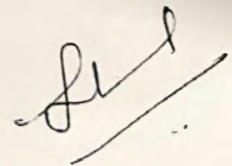
DATE: 28/07/2017

## HEALTH CLUB

### NOTICE

Health club of S. M. Shetty College is organizing a Health check-up for teaching & non-teaching staff of all sections on 29<sup>th</sup> July 2017, Saturday in AV room (6<sup>th</sup> floor) between 8.00 am to 2.00 pm. This check-up will be conducted in association with "**Health Spring**".

Teaching and Non-teaching can undergo check-up at their convenience during the specified time.



Vice Principal



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Email: college@smshettyinstitute.org





# Health Check-up

29/7/2017

Bunts Sangha's

S.M.Shetty College of Science, Commerce & Management Studies, Powai, Mumbai

## Teaching List 2017-2018

SR.NO.	NAME OF THE STAFF MEMBER	SIGN
1	Dr. Sridhara Shetty	
2	Dr. Liji Santosh	
3	Ms. Sahana Raviprasad	
4	Mr. Virendra Singh	
5	Ms. Pooja Pandey	
6	Mr. John Menezes	
7	Ms. Neha Bhatia	
8	Ms. Atisha Khinvsara	
9	Ms. Darpana Manjrekar	
10	Ms. Rupal Jain	
11	Mr. Jimit Maradia	
12	Ms. Sandesha Shetty	
13	Ms. Niveditha Shetty	
14	Ms. Komal Tiwari	
15	Ms. Nidhi Chandorkar	
16	Ms. Zainab Rangwala	
17	Ms. Steffi Salve	
18	Mr. Amritesh Mishra	
19	Ms. Pooja Shetty	
20	Ms. Kalpana Rai Menon	
21	Ms. Neena Sharma	
22	Mr. Nitin Singh	
23	Ms. Sheetal Khanore	
24	Mr. Mithilesh Chauhan	

*[Signature]*

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25	Ms. Nabila Kazi	Nabila Kazi
26	Mr. Vinay Shahapurkar	29/07/17
27	Ms. Suman Upadhyay	Suman
28	Ms. Sujata Rizal	Shetty
29	Ms. Raveena Shetty	Raveena
30	Mr. Tushar Sambare	Tushar
31	Ms. Rohini Shetty	H. Shetty
32	Ms. Himani Shukla	Ameeta
33	Ms. Avneet Kaur	
34	Mr. Duvannadhan Nadar	

35	Subhash H. Parant	Sub
36	Ravindra S. Shetty	R. Shetty
37	Pratibha Gadagali	Pratibha
38	Shresha N. Dhurat	Shresha
39	Ujjwal P. Kumar	Ujjwal
40	Padmakshi S. J.	Padmakshi
41	Ranjana Singh	Ranjana
42	Rajendra Gokwad	Rajendra
43	Sanjay Nagarkar	Sanjay
44	Hernant mane	Hernant
45	Naine Panigrahi	Naine
46	Sheetal Bilje	Sheetal
47	Daffodil Fernandes	Daffodil

*Shetty*



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## Health Checkup Report

Health club organized Health checkup for teaching and non-teaching staff of all sections in the college in association with "Health Spring".

Venue: AV room

Time: 8am-3pm

Date: 29<sup>th</sup> July 2017

**Highlights:** The response was over whelming where more than 100 staff members participated to determine their physical fitness. Some of whom were suggested further diagnosis at a 50% discounted rate by visiting team of health experts.

### Doctors Present:

Mr Swaminath

Mr Sailesh

Mr Susheel

### Teachers in-charge:

Ms. Rohini Shetty

Prof Himani Shukla



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Glimpse of staff participation in health check up

*S.M. Shetty*

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**Glimpse of staff participation in health check up**

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

**HEALTHSPRING**  
FAMILY HEALTH EXPERTS

HEALTH CLUB

VENUE :- A-V Room (6<sup>th</sup> floor)

**PARAMETERS INCLUDED**

- Blood Pressure
- Oxygen Saturation
- Heart Rate
- Random Blood Sugar
- Height
- Weight
- Body Mass Index
- Body Fat%
- Muscle Mass
- Bone Mass
- Visceral Fat
- Daily Calorie Intake
- Metabolic Age
- Body Water%



**Date: 29th July 2017**

**Time: 8am-2pm**

**(Complimentary Diet / Physio Consult)**

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**S.M. SHETTY COLLEGE OF SCIENCE, COMMERCE  
& MANAGEMENT STUDIES**

**Event:  
Health Check-up for Females Candidates**

**Date: 22/02/2018**



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

**HEALTH CLUB**  
**NOTICE**

**Date: 18/02/2018**

All students are hereby informed that the Health Club in association with WDC is organizing free health check up for girls on 22<sup>nd</sup> February, 2018.

For further details, contact your respective Coordinator or Health Club members.

Venue: 608

Time: 11.30 am to 1.00 pm

Teacher In-charge:

- Rohini Shetty (Physical Director)

Member:

- Prof.HimaniShukla



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S.M.Shetty College of Science, Commerce and Management Studies, Powai

WDC in association with Health Club

EVENT: Health Check Up

DATE:22-02-2018

SR.NO	NAME	CLASS	SIGN
1	Veema Neelam	SYBSc IT(B)	Neelam
2	Gheweta Shete	FY BSc IT(A)	Shete
3	Saima Qureshi	FY BSc IT(A)	Saima
4	Ghivangani Dubey	SYBBT	Ghivangani
5	Nisima Vishnoi	SYBBT	Nisima
6	ALSHVARIA VADAV	FY BSc IT	Alshvaria
7	Renee Sutari	FY BCOM(A)	Renee
8	Pranita Sharma	FY BCOM(A)	Pranita
9	Nishmitha Shetty	SYBSc IT(B)	Nishmitha
10	Nidhi Vora	FY BCOM	Nidhi
11	Veusika Tanadi	F.Y. B.com	Veusika
12	Milani Nisan	F.Y. B.com	Milani
13	Priyanka Akh.	S.Y. B.com	Priyanka
14	Apeksha Masga	FY BAF	Apeksha
15	Sheetal Devadiga	F.Y. BSc IT(A)	Sheetal
16	Deepika Shetty	FY BSc IT(A)	Deepika
17	Laxmi Padwal	FY BAF	Laxmi
18	Christina Timothy	FY B.M.S(B)	Christina
19	Navya Shetty	F.Y BMS(B)	Navya
20	Vidya Sapaliga	F.Y. B.M.SA)	Vidya
21	Pragati Whawade	FY BBT	Pragati
22	Dhara Gupta	F.Y. B.BT	Dhara
23	JHA AMRITA	F.Y. BBT	Amrita
24	Alfiyah Shaikh	F.Y. BBT	Alfiyah
25	Yakshita Shetty	F.Y. BBT	Yakshita
26	Aditi Patil	SYBAF	Aditi
27	Manali Patil	SYBAF	Manali
28	Palmi Pawar	SYBAF	Palmi
29	Anju Tushband	FY BCOM	Anju

*Signature*

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30	Sharon Bangeria	F.Y.B.COM	Sharon
31	Flavina Raposo	F.Y.B.com	Raposo
32	Jyoti Chaurhan	F.Y. Bcom	Jyoti
33	Bhargi Uth	FYIT	Bhargi
34	Smelha Tripathi	FYBAF	Smelha
35	Mubeena Bhalke	FYIT [A]	Mubeena
36	Sushmita R. Bauri	FYBSc IT	Sushmita
37	Anjali R. Mishra	FYBMS(A)	Anjali
38	Sankshita Poojari	FYBMS(A)	Sankshita
39	Randhavane. Nighmare	FYBMS(A)	Randhavane
40	Sonamkumari Yadav	FYBAF	Sonam
41	Shaikh Sabia	FYBAF	Sabia
42	SHRADHA ACHARKAR	FYBAF	S.D. Acharekar
43	Sharma Roja	FYBAF	Sharma
44	Ballani Khariat	FYBAF	Ballani
45	Shaikh Akreen	FYBAF	Shaikh
46	Soni Jumanandis	FYBAF	Soni
47	Alisha Shaikh	FYBAF	Alisha
48	Alfiya Ansari	FYBAF	Alfiya
49	Mamta Yadav	SYBScIT	Mamta
50	Divya. Anchan	FYBAF	Divya
51	Prasadi. Poojari	FYBAF	Prasadi
52	Shreya. Rai	FYBAF	Shreya
53	Ankita Kate	FYBAF	A. Kate
54	Deeksha Shetty	FYBAF	Shetty
55	Siddhi. Shinde	FYBAF	Siddhi
56	Waji Shaikh	FYBAF	Waji
57	Ankita dubey	FYBAF	Dubey
58	Jisna Davis	FYBAF	Jisna
59	Apoorva Poojari	FYBAF	Apoorva
60	Chaitra Shetty	SYBAF	Chaitra
61	USHA. POOJARI	SYBAF	USHA
62	Briyanka Phalke	SYBAF	B. Phalke
63	RAKSHITA SHETTY	SYBAF	Rakshita

*Shetty*





64	SHEENA SHAJI.	SYBSCIT 'B'	Sheena
65	Vaishnavi Borgale	F.Y.BAF	VNBorgale
66	Esha Shiv	F.Y.BAF	ESG
67	Manisha sarang	F.Y.BMS	Manisha
68	Aashi S. Chaurania	F.Y.BCOM	Ah...
69	Ayesha Seyyad	SYBSCIT 'B'	Ayesha
70	Priyanka Sharma	SYBSCIT 'B'	Pri
71	Peoja Sajjan Shetty	SYBSCIT 'B'	Peoja
72	Karishma, Ashok giri	T.Y.B.Com(A)	Karishma
73	Anjana Gupta	T.Y.B.Com(B)	Anjana
74	Poonam Duseeth	T.Y.B.Com(A)	Poonam
75	Pooja Gupta	F.Y.Bcom(A)	Pooja
76	Oshma Khan	F.Y.Bcom(A)	Oshma
77	Soleha Baig	F.Y.Bcom(A)	Soleha
78	Oshina Khan	F.Y.Bcom(A)	Oshina
79	Kamal Kharaturoi	S.Y.Bcom(A)	Kamal
80	Vijal pate	S.Y.Bcom(A)	Vijal
81	Adiba Syed	S.Y.BSCIT	Adiba
82	Rithika shetty	S.Y.BSCIT	Rithika
83	Gushmita shetty	S.Y.BSCIT	Gushmita
84	Sharanya Nari	S.Y.BSCIT	Sharanya
85	Prachi Rajapati	F.Y.BAF	Prachi
86	Shraddha Badra	SYBBI	Shraddha
87	Shaista Ganga	TYBBI	Shaista
88	Sheetal Desai	SYBAF	Sheetal
89	Gauri karpe	F.Y.BBI	Gauri
90	Utkarsha wani	TYBSCIT	Utkarsha
91	Namita padman	TYBSCIT	Namita
92	Manisha Jamalpur	TYBSCIT	Manisha
93	Siddheshwari Simran	TYBSCIT	Siddheshwari
94	Reddy Shamila	TYBSCIT	Reddy
95	Cupita Lalita	TYBSCIT	Cupita
96	Khushboo Yadav	TyBscIT	Khushboo

*Prachi*





**Bunt's Sangha's**  
**S.M.Shetty College Of Science,Commerce And**  
**Management Studies.**

**HEALTH CLUB**  
**2017-2018**

Date: 22<sup>nd</sup>-February-2018

Event: Health Check Up for girls

Number of Students participated: 96

Report:

Health Club in association with WDC organized an free health check for girls on 22<sup>nd</sup>-february-2018. Dr.Guari Mandar Borkar was the special guest for the day. The program started with a welcome speech by Dr. Liji Santosh. Dr.Guari guided students on various problems faced by girls. After the guidance session , there was free health check up for girls including the female staff. The program concluded with thank you speech by Prof.Neha Bhatia.

**Health Club Members**  
Rohini Shetty  
(Physical Director)  
Prof Himani Shukla.



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**A session on health check up Drive by WDC**

015

*S. Shetty*

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**S.M. SHETTY COLLEGE OF SCIENCE, COMMERCE  
& MANAGEMENT STUDIES**

**Event:  
Health Checkup - wellness for women  
by WDC**

**Date: 22/02/2018**

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S.M.SHETTY COLLEGE OF SCIENCE, COMMERCE AND  
MANAGEMENT STUDIES, POWAI.

## WOMEN DEVELOPMENT CELL HEALTH CHECKUP

DATE: 21<sup>st</sup> February, 2018.

Women Development Cell is organizing HEALTH CHECKUP for the girls. It will include an open discussion on problems faced by girls and later on a one on one health checkup for all the girls. Prescriptions will be given for their problems. The speaker for this event is Dr. Gauri Mandar Borker. Hope to see everyone participating for the same.

**Date** - 22<sup>nd</sup> February, 2018.

**Venue** - Room No. 608 [6<sup>th</sup> floor]

**Time** - 11:00 am

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**MANAGEMENT STUDIES, POWAI.**

**WOMEN DEVELOPMENT CELL**

HEALTH CHECKUP's OBJECTIVE

- To make the girls aware about the solutions to the problems they face in their day to day life and open discussion on the same.
- The detailed information about the MENSURATION CYCLE that every girl faces during their maturity age.
- To make the girls benefit of the advice given by the checkup done by Dr. Gauri Mandar Borker.



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**WOMEN DEVELOPMENT CELL**

**REPORT ON HEALTH CHECK-UP FOR**  
**GIRLS**



**Health check up OF girl students by WDC**

019

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**Health check up participation by girl students**

*S. Shetty*

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- The activity was conducted on 22<sup>nd</sup> February, 2018.
- The number of students who participated in this event was **96 female** students.
- WDC in association with Health Club organized a free health check for girls.
- Dr.GauriMandarBorkar was the special guest for the day.
- The program started with a welcome speech by Dr. Liji Santosh.
- Dr.Gauri guided students on various problems faced by girls.
- After the guidance session, there was a free health check up for girls including the female staff.
- The program concluded with thank you speech by Prof.Neha Bhatia.






# Feedback Analysis-Health Check up

Total Attendees : 96



*B. S. Shetty*



Participants /  
Attendance  
for  
Health  
checkup

Total Attendees  
- 96

SR NO.	NAME OF THE STUDENT	CLASS	SIGN
1	Sahista Ganja (LR)	TYBBI	p
2	Sheetal Devadiga (LR)	SYBAF	p
3	Sujit Upadhyay (MP)	SYBBI	p
4	Shalkhafiya	fybbi	p
5	Anjali Mishra	fybms	p
6	Shweta Dhongdi	fybbi	p
7	Shreya rai	fybbi	p
8	ridol jain	fybbi	p
9	vidhi salvi	fybbi	p
10	heena rai	fybcom	p
11	Faiza Sayyed	fybcom	p
12	Nasreen Rafique	fybcom	p
13	Aahire Shweta	fybbi	p
14	Khan Rehnuma	fybbi	p
15	Pragati Poojary	fybaf	p
16	Priya Puthran	fybaf	p
17	Divya Anchan	fybaf	p
18	Shreya Rai	fybaf	p
19	Jyoti Mishra	fybcom	p
20	Vaishnavi Singh	fybcom	p
21	Shraddha Achrekar	fybaf	p
22	Jyoti Chandan	sybms	p
23	Shilpa Sukumaran	fybcom	p
24	Hritika shetty	fybcom	p
25	Poojary supriya	fybbi	p
26	Chaudhary Sayada	fybcom	p
27	Shaikh Farheen	fybcom	p
28	Niharika Singh	fybcom	p
29	Shweta suresh	fybcom	p
30	Humeira Shaikh	fybcom	p
31	Adila Mohd	fybcom	p
32	Siddique Alam	fybcom	p
33	Shaikh Namira	fybcom	p
34	Ranjana Tanga	fybbi	p
35	Shaikh Zoaifa	fybcom	p
36	Singh Alka	fybbi	p
37	Nikita Yadav	fybbi	p
38	Akshita Amin	fybcom	p
39	Flavina Raposo	fybcom	p
40	Chudnaik Vaishnavi	fybaf	p
41	yadv sonam	fybaf	p
42	shaikh sabia	fybaf	p

*Principal*

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43	faye santos	fybcom	P
44	rhea mithbawkar	fybcom	P
45	rafiya khan	fybcom	P
46	Tripatti Sneha	fybaf	P
47	pooja yogesh	fybbi	P
48	jemino john	fybbi	P
49	Komal Nandiwadekar	fybbi	P
50	kiran patel	fybbi	P
51	lavanya shetty	fybbi	P
52	shaikh sadiya	fybcom	P
53	poojary niriksha	fybbi	<del>AB</del>
54	shah tara	fybbi	<del>AB</del>
55	gupta sneha	fybbi	P
56	tomita rajput	fybbi	P
57	pragati gharde	fybbi	P
58	karuna sawant	fybbi	P
59	Gauri Karpe	fybbi	P
60	Soni Fernandes	fybaf	P
61	swati hodawadekar	fybcom	<del>AB</del>
62	kaduvakuzhil jasmine	fybbi	P
63	nair priya	fybbi	P
64	rhea salian	fybcom	P
65	varsha nikam	fybcom	P
66	deepa verma	fybcom	<del>AB</del>
67	farheen shaikh	fybcom	P
68	meghna rathod	fybcom	<del>AB</del>
69	rohini jain	fybbi	P
70	eva amnna	fybbi	P
71	yakshita shetty	fybbi	P
72	sharon koli	fybbi	P
73	amrita jha	fybbi	P
74	sonal sagar	fybcom	P
75	payal waghela	fybcom	P
76	ravlin kaur	sybaf	P
77	ankita shahoo	sybaf	P
78	shivani brid	sybaf	<del>AB</del>
79	manisha hilode	sybaf	P
80	manisha boke	sybaf	P
81	sonali kadam	sybaf	P
82	aditi mane	fybcom	P
83	riya singh	sybbi	P
84	sainath devadia	sybbi	P
85	chaitra shetty	sybaf	<del>AB</del>
86	usha poojary	sybaf	P




87	aditi patil	sybaf	P
88	manali patil	sybaf	P
89	kajal malonde	sybbi	P
90	riddhi jaiswal	sybbi	P
91	monika chaurasiya	sybbi	-AB-
92	shraddha bhadra	sybbi	-AB-
93	shivangini dubey	sybbi	-AB-
94	princy yadav	sybbi	-AB-
95	saurav chanda	sybbi	-AB-
96	sharma pooja	fybaf	-AB-
97	esha shiv	fybaf	-AB-
98	wafa shaikh	fybaf	-AB-
99	ankita dubey	fybaf	-AB-
100	andrea martis	fybaf	P
101	alisha shaikh	fybaf	P
102	prasad salian	fybaf	P
103	apoorva poojary	fybaf	-AB-
104	jisna davis	fybaf	-AB-
105	joseph anjaiha	fybaf	-AB-
106	alfiya ansari	fybaf	P
107	sayali pednekar	fybaf	P
108	shivani gawaj	fybaf	P
109	saiba shaikh	sybbi	P
110	tanusha jerry	tybms	P
111	sujaya shetty	sybms	P
112	girija kadam	tybms	P
113	amandeep singh	tybms	P
114	christina timothy	fybms	P
115	prachi	fybaf	P

*[Signature]*







BUNTS SANGHA'S

**S.M. SHETTY COLLEGE OF SCIENCE, COMMERCE  
& MANAGEMENT STUDIES**

**Event:**

**Ten Days Yoga Certification Activity**

**Date: 27/02/2018 to 10 /03/2108**

Bunts Sangha's

S.M.Shetty College of Science, Commerce and Management Studies

**HEALTH CLUB**  
**NOTICE**

**Date: 24/02/2018**

All students are hereby informed that the Health Club, in association with Ambika Yog Kutir, is organizing 10 days Yoga Certification Course from 27/02/2018. All Students are invited to join the program.

Certificates will be awarded only to those students who attend the workshop for all 10 days.

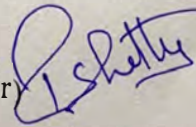
For further details, contact your respective Coordinator or Health Club members.

Venue: 7th Floor (Open area)

Time: 7.30 am to 8.30am

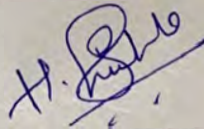
Teacher In-charge:

- Rohini Shetty (Physical Director)



Member:

- Prof. Himani Shukla



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027

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**S.M.SHETTY COLLEGE OF SCIENCE, COMMERCE AND MANAGEMENT STUDIES POWAI.**

**10 DAYS YOGA CERTIFICATION COURSE 27 FEBRUARY TO 10 MARCH 2018.**

Sr No.	NAME	CLASS	DIV	CONTACT	27-Feb	28-Feb	1-Mar	3-Mar	5-Mar	6-Mar	7-Mar	8-Mar	9-Mar	10-Mar
1	Aakash Mane	FYBscIT	A	8828169270	P	P	P	P	P	P	P	P		P
2	Pravin Naik	FYBscIT	B	8454997135	P	P		P	P					
3	Aishwarya yadav	FYBscIT	A	8767372490	P	P	P	P	P	P	P	P	P	P
4	Yogesh Yadav	FYBscIT	B	9930144615	P	P	P	P	P	P				P
5	Ritvik Rai	FYBscIT	A	7506327354	P	P	P	P	P	P	P	P	P	P
6	Rakshita Shetty	FYBscIT	B	7039643317	P	P		P						
7	Manasi Salvi	FYBscIT	B	9167242298	P	P	P	P	P	P	P	P	P	P
8	Mubeena S. Bhalke	FYBscIT	A	8483945786	P	P	P	P	P	P	P	P	P	P
9	Jine Nadar	FYBscIT	B	8369317964	P	P	P	P	P	P	P	P		
10	Pratik Jain	FYBscIT	B	8433511613	P	P	P	P	P	P	P			P
11	Maqbool	FYBscIT	B	8454958141										
12	Bharti Gandla	FYBscIT	A	9930789809	P	P	P	P	P	P	P	P		P
13	Abhin Poojari	FYBscIT	B	9594099734	P	P	P	P	P	P	P	P	P	P
14	Suryapratap Singh	FYBscIT	B	9892524174	P	P	P	P		P	P	P		P
15	Prabhat Parjapati	FYBscIT				P	P							
16	Deepika Shetty	FYBscIT	A	9594546175	P	P	P	P	P		P	P		P
17	Gautam Mewada	FYBscIT	B	7045189445	P	P	P	P	P	P			P	
18	Shawn Cutinho	FYBscIT	A	9987327852	P	P	P	P	P	P	P	P	P	P
19	Daivik Shetty	FYBscIT	A	8850098126	P	P	P	P	P	P		P		
20	Suraj Chauhan	FYBscIT	B	8828065214	P	P	P	P		P				
21	Dheeraj	FYBscIT				P								
22	Navya Suvarna	FYBscIT	B	9004903841	P	P	P	P	P	P	P	P	P	P
23	Devadiga Sheethal	FYBscIT	A	9930909835	P	P	P	P	P	P	P	P	P	P
24	Nahera Shaikh	FYBscIT	B	8454958141	P	P	P	P	P	P	P	P	P	P
25	Kiran Shetty	FYBscIT	A	9967530626	P	P	P	P	P	P	P	P	P	P
26	Aftab Memon	FYBscIT	B	7738842059	P	P	P	P			P		P	P
27	Sahil Jaiswal	FYBscIT	A	8419968250	P	P	P	P	P	P	P	P	P	P
28	Nikhil Pandey	FYBscIT	B	8286305626	P	P	P	P	P		P		P	P
29	Anil Gawade	FYBscIT	A	9757203681	P	P	P	P	P	P	P	P	P	P



Sr No.	NAME	CLASS	DIV	CONTACT	27-Feb	28-Feb	1-Mar	3-Mar	5-Mar	6-Mar	7-Mar	8-Mar	9-Mar	10-Mar
30	Durgesh Jhalwa	FYBscIT	A	9699978384	P	P	P	P	P		P	P	P	P
31	Jyoti Fatate	FYBscIT	A	9076475268	P	P	P	P				P		P
32	Vaishnavi Mateli	FYBscIT	B		P	P								
33	Pranali Panchal	FYBscIT	B		P	P	P							
34	Faisal Shaikh	FYBscIT			P	P	P							
35	Narayan Choudhary	FYBscIT			P	P	P	P				P		
36	Anuj Upadhyay	SYBscIT	B	9004085996	P	P	P	P	P	P	P	P	P	P
37	Mamta Yadav	SYBscIT	B	9967161099	P	P	P	P	P	P	P	P	P	P
38	Sheena Shaji	SYBscIT	B	8879722540	P	P	P	P	P	P	P	P	P	P
39	Neelam Verma	SYBscIT	B	9967161099	P	P	P	P	P	P	P	P	P	P
40	Hemant Bankar	SYBscIT	B	9619365189	P	P	P	P	P	P	P	P	P	P
41	Shivam Mishra	SYBscIT	B	8108994201	P	P	P							
42	Saranya Nair	SYBscIT	B	8291605931	P	P	P	P	P	P	P	P	P	P
43	Nishmitha R. Shetty	SYBscIT	B	9967900367	P	P	P	P	P	P	P	P	P	P
44	Dharmendra Gupta	SYBscIT	A	8369356689	P	P	P	P	P	P	P	P	P	P
45	Bhavana Pagare	SYBscIT	A	9619495773	P	P	P	P	P	P	P	P	P	P
46	Priya Bhanushali	SYBscIT	A	8097701822		P	P	P	P	P	P	P	P	P
47	Vikram Thakur	SYBscIT	B	8268191997	P	P	P	P	P	P	P	P	P	P
48	Pradeep Prajapati	SYBscIT	B	8691973280	P	P	P	P	P					
49	Vishesh prajapati	SYBscIT	A	8169735530	P	P	P	P						
50	Saily Date	SYBscIT	B		P	P	P	P						
51	Shivam Shrivastav	SYBscIT	B		P	P	P	P	P	P	P	P	P	P
52	Pallavi Tatiparti	TYBscIT	B	8879355431	P	P	P	P		P	P	P	P	P
53	Reena Saudagar	TYBscIT	B	8652601209	P	P	P	P	P	P	P	P	P	P
54	Shriya Patravali	TYBscIT	B		P	P	P	P	P	P	P	P	P	P
55	Prajna Shetty	SYBcom	B	9833452904	P	P	P	P	P	P	P	P	P	P
56	Chandni	SYBcom	B	8422027536		P	P	P	P	P	P	P	P	P
57	Aakanksha Tiwari	TYBcom	A											
58	Supriya Suvarna	TYBcom	A	8451939068		P	P	P	P					P
59	Kunal	TYBcom	A	7715030369		P	P	P	P	P			P	P
60	Mohini Shetty	TYBcom	A	9167550425	P	P	P	P	P	P			P	P
61	Apeksha Neharkar	TYBcom		8689855688		P	P							



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Sr No.	NAME	CLASS	DIV	CONTACT	27-Feb	28-Feb	1-Mar	3-Mar	5-Mar	6-Mar	7-Mar	8-Mar	9-Mar	10-Mar
62	Mamta Bhaskar	TYBcom		8652143133	P	P	P	P	P		P	P	P	P
63	Parth	TYBcom	A		P									
64	Pratiksha Shetty	TYBcom	A	9987643297	P	P	P				P			
65	Sannidhi Shetty	TYBcom	A		P	P	P							
66	Jayalaxmi Kunnutgi	TYBcom	A		P									
67	Jeel Thakur	TYBcom		8879599940	P	P	P		P	P	P	P		
68	Mahika Dahiya	TYBcom		9833854880	P	P	P		P	P	P	P		P
69	Jatin Dubey	TYBcom				P								
70	Jay	TYBcom				P	P							
71	Pratik chavan	TYBcom		9920573996		P	P	P	P		P	P	P	P
72	Smita Dubey	TYBcom	B	9653105251		P	P		P	P		P	P	P
73	Preksha	TYBcom		9769867593	P	P	P		P			P	P	P
74	Pragati Gharade	FYBBI			P	P	P	P	P	P	P			
75	Komal Nandiwadekar	FYBBI		9969460289	P	P	P	P		P	P	P		P
76	Gauri V. Karpe	FYBBI			P	P	P	P						
77	Shreya Rai	FYBBI		7045611037	P	P	P	P		P	P			P
78	Vidhi	FYBBI			P	P								
79	Sukhwinder Kour	SYBMM	A	9833724597		P	P	P		P	P	P	P	P

Principal:

Teacher In-charge:

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### Feedback Form

### Health Club

### Event: Yoga Certificate Course

Name: Nishmitha R. Shetty  
Phone no: 9962900367 Class/Div: SYBSCIT-B

1. Do you feel Physical and Mental relief after the yoga session?

a. Always ☒

b. Sometime ☐

c. Never ☐

2. Would you implement the health tips on regular basis?

a. Always ☐

b. Sometime ☒

c. Never ☐

3. Were the necessary resources provided?

a. Always ☒

b. Sometime ☐

c. Never ☐

4. Was the Time slot used was appropriate?

a. YES ☒

b. NO ☐

5. Was the Ten days yoga Session resourceful?

a. YES ☒

b. NO ☐

6. Any suggestions:

Need more days for yoga session.

Shetty  
Signature

Shetty

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**Feedback Form**

**Health Club**

**Event: Yoga Certificate Course**

Name: Sheena Shaji  
Phone no: 8879722540 Class/Div: SYBScIT'B'

1. Do you feel Physical and Mental relief after the yoga session?

a. Always ☐

b. Sometime ☒

c. Never ☐

2. Would you implement the health tips on regular basis?

a. Always ☒

b. Sometime ☐

c. Never ☐

3. Were the necessary resources provided?

a. Always ☒

b. Sometime ☐

c. Never ☐

4. Was the Time slot used was appropriate?

a. YES ☒

b. NO ☐

5. Was the Ten days yoga Session resourceful?

a. YES ☒

b. NO ☐

6. Any suggestions:

Time should be increased for more practice.  
It was a great experience I loved it.  
I had back pain but now I have a great  
relief Thanks to all teacher who  
payed special attention on me.

Sheena  
Signature

Principal



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

## Feedback Form

### Health Club

### Event: Yoga Certificate Course

Name: Jyoti Bharat. Jatake

Phone no: 9076475268 Class/Div: 74 BSC (I-T)-A

1. Do you feel Physical and Mental relief after the yoga session?  
a. Always ☐ b. Sometime ☒ c. Never ☐
2. Would you implement the health tips on regular basis?  
a. Always ☐ b. Sometime ☒ c. Never ☐
3. Were the necessary resources provided?  
a. Always ☒ b. Sometime ☐ c. Never ☐
4. Was the Time slot used was appropriate?  
a. YES ☒ b. NO ☐
5. Was the Ten days yoga Session resourceful?  
a. YES ☐ b. NO ☒

6. Any suggestions:

Experience is fine in in Yoga session. & Tips regarding health is resourceful and last exercise are hard once.

Jyoti. J.  
Signature

Principal

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**Feedback Form**

**Health Club**

**Event: Yoga Certificate Course**

Name: Shriya Patravali  
Phone no: 836 987 9561 Class/Div: TY Bsc IT B

1. Do you feel Physical and Mental relief after the yoga session?

a. Always ☐

b. Sometime ☒

c. Never ☐

2. Would you implement the health tips on regular basis?

a. Always ☒

b. Sometime ☐

c. Never ☐

3. Were the necessary resources provided?

a. Always ☒

b. Sometime ☐

c. Never ☐

4. Was the Time slot used was appropriate?

a. YES ☒

b. NO ☐

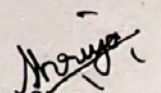
5. Was the Ten days yoga Session resourceful?

a. YES ☒

b. NO ☐

6. Any suggestions:

It would had been much beneficial  
if the session would had been more than  
ten days.

  
Signature



**Bunt's Sangha's**  
**S.M.Shetty College Of Science,Commerce and**  
**Management Studies.**

**HEALTH CLUB**  
**2017-2018**

Date: 27<sup>th</sup>-Feb-2018 To 10th-March-2018

Event: Ten Days Certificate Course on Yoga

Number of Students participated:60

**Report:**

The Health Club of S.M.Shetty College organized a "Ten Days Certificate Course on Yoga" in association with **Shri Ambika Yoga Kutir**, from 27<sup>th</sup>-02-2018 to 10<sup>th</sup>-03-2018. Total Students participated were 60. The aim for the course was to bring awareness about the benefits of YOGA.

**Members of Shri Ambika Yoga Kutir:**

- Mr.Amin Sir
- Mr.Sudhir Sawant
- Vijay Mahtre
- Bharat Sir
- Ms.Geeta Shah
- Santosh Shah

**Health Club Members**

- 1) Rohini Shetty  
(Physical Director)
- 2) Prof Himani Shukla.



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**Students practicing Yoga and Exercise Activities**

*B. S. Shetty*







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

NAAC Accredited 'A' Grade  
ISO 9001:2015 Certified.



# HEALTH CLUB

## Certificate of Participation

This is to certify that

Mr/Ms \_\_\_\_\_ of class \_\_\_\_\_

has participated in 'Ten days certificate course on Yoga' held from 27<sup>th</sup>  
February, 2018 to 10<sup>th</sup> March, 2018, organized by Health Club in association  
with Shri Ambika Yoga Kutir.

Health Club  
In-charge

Vice-Principal

Principal

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BUNTS SANGHA'S

**S.M. SHETTY COLLEGE OF SCIENCE, COMMERCE  
& MANAGEMENT STUDIES**

**Event:  
Blood Donation And Thalassemia  
Test Drive**

**Date: 12/08/2017**

**Bunts Sangha's**  
**S. M. Shetty College of Science, Commerce & Management Studies, Powai**  
**Affiliated to University Of Mumbai**

**Notice- Blood Donation And Thalassemia Test**

Date: 5<sup>th</sup> August, 2017

The NSS Unit of S.M. Shetty College is Organizing **Blood Donation and Thalassemia Camp** on 12th August , 2017 starting from 9 :00 AM in the College Auditorium . All the Students and their parents are requested to come and Donate for the noble cause.

  
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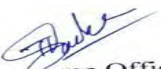


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**Objective & Report: Blood Donation And Thalassemia Test**

**Objective**

- To sensitize the Volunteers on the Importance of Blood Donation and Regular Health Checkups.
- To check the Thalassemia components of donors.
- To create awareness by going to various places for making people aware about blood donation and the need for it.
- To contribute for blood bank reserves through institutes blood donation

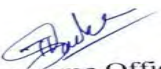
  
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**Attendance Sheet : Blood Donation And Thalassemia Test**

1. Poojari Puja	21. Gowda Akansha
2. Rohit Bhagwan	22. Guhagarkar Sanika
3. Rohit Harish	23. Shetty Richa
4. Ketan Arvind	24. Singh Karamjeet
5. Vinit Rajaram	25. Wagh Sachin
6. Harpreet Saini	26. Amin Prateek
7. Salvi Kailash	27. Bhakre Rashmi
8. Sawant Priyanka	28. Bhandari Pushaan
9. Shakih Anam	29. Bhanushali Ritu
10. Shetty Shraddha	30. Chandan Jyoti
11. Shetty Sairaj	31. Chinde Sukhasagar
12. Shetty Rakesh	32. Fernandes Lareina
13. Shetty Vishwajeet	33. Gaikhwad Bhagyesh
14. Shettyar Soniya	34. Gawande Nitin
15. Shinde Sujaya	35. Gund Shardha
16. Singh Saurabh	36. Haldive Dipesh
17. Singh Mayank	37. Joshi Siddharth
18. Suvarna Yashwini	38. Khan Sahil
19. Tambe Yashraj	39. Mayur Khandeshe
20. Andrew	

  
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**Report:**

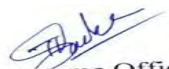
Date : 12th August , 2017

Blood Donation Camp

Organized by,  
The NSS Unit of S. M. Shetty College .  
Hiranandani , Powai.

**Blood Donation Camp**

The NSS Unit of Bunts Sangha's S.M.ShettyCollege of Science, Commerce and Management studies organized a blood donation camp in collaboration with J.J Hospital Blood Bank under the guidance of Principal and NSS Programme Officer on 12th August 2017. The event was inaugurated by the Principal Dr. Shridhara Shetty and the management of the college. Along with Blood Donation, Thalasemia checkup was conducted for teachers and students of the Institute. The event started at 8am in the morning and continued till 4pm in the evening in the college auditorium. Not only college students but residents from nearby areas also participated in this noble cause. After the blood donation the donors were provided with refreshment and certificates to appreciate their involvement in the event. The Principal, Vice Principal, Teachers, Non Teaching staff and the Management wholeheartedly supported the noble cause by donating blood or by helping in other ways. At the end of the camp with the efforts of programme officer and with the help of NSS volunteer who created awareness by going to various places for making people aware about blood donation and the need of it, the NSS unit collected 180 units of blood & thelesemia checkup of 176 people. It was a great experience for the volunteers and the event was successful.

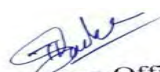
  
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**Photos: Blood Donation And Thalassemia Test**



  
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BUNTS SANGHA'S

## **S.M. SHETTY COLLEGE OF SCIENCE, COMMERCE & MANAGEMENT STUDIES**

**Event:  
Yoga Day Activity**

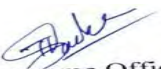
**Date: 21/06/2017**

**Bunts Sangha's  
S. M. Shetty College of Science, Commerce & Management Studies, Powai  
Affiliated to University Of Mumbai**

**Notice- Yoga Day**

Date : 19th June ,2017

The NSS Unit of Our College is Organizing a **Yoga Session** for all the NSS  
Volunters on the occasion of International Yoga Day on 21st June , 2017 . So  
all the Volunteers are requested to be present on 7 floor at 7 am.

  
**NSS Programme Officer**  
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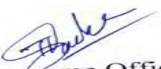
   
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**Attendance Sheet - Yoga Day**

1. Devadiga Sheetal	28. Gurjarakshay
2. Jain Surakshith	29. Jaggi Shivam
3. Mhalsekar Akshata	30. Jain Rinku
4. Poojari Usha	31. Jain Sejal
5. Rudanui Shreya	32. Jain Bhavik
6. Saliar Prasad	33. Jain Harsh
7. Shah Anuja	34. John Surendra
8. Shety Nithin	35. Kamble Sayali
9. Vora Dolly	36. Prachi Kanojiya
10. Kazi Firdousfatma	37. Farheen Khan
11. Pawar Suraj	38. Naseem Khan
12. Shethia Twisha	39. Khan Danish
13. Sutharanishkumar	40. Kharatmol Komal
14. Velankar Yogita	41. Manjeri Raksha
15. Yadav Kusum	42. Moolya Nitin
16. Agate Anand	43. Nair Abhijith
17. Jadhav Janhavi	44. Nawar Nishant
18. Acharya Sushmita	45. Nevele Vishal
19. Ambekar Abhijeet	46. Panchal Priyanka
20. Atkur Priyanak	47. Dipesh Patel
21. Bachate Ashish	48. Nilofer Pate
22. Battu Saikrishna	49. Patil Akash
23. Buma Nikyhil	50. Pillai Reshma
24. Chawan Nikhil	51. Poojari Gaurav
25. Dubey Neha	52. Poojari Karthik
26. Ghag Rakshanda,	
27. Gowda Deepa	

  
**NSS Programme Officer**  
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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 :**

Date: 21st June, 2017

Yoga Day

Organized by NSS unit of S.M.Shetty College.

Hiranandani, Powai.

**YOGA DAY**

The NSS unit of Bunts Sangha's S.M.Shetty College of Science, Commerce and Management Studies organized a program for celebrating International Yoga Day on 21 June 2017 in association with Ambika Yoga Kutir. Trainers from Kutir demonstrated a few yoga asanas and those were performed by the volunteers. Total 55 volunteers willingly participated in the activity and made it a grand success.

  
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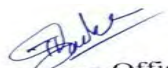


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**Photos: Yoga Day**



**NSS Volunteers Practicing Yoga Activity**

  
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