



BUNTS SANGHA'S

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

HEALTH & HYGIENE RELATED ACTIVITIES 2021-22

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

Event:

**Three Days Webinar on Art of Living - 'Covid Care
Immunity Booster'**

Date: 23rd to 25th August 2022

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

**Notice (WhatsApp Message) - Webinar on '3 Days Art Of Living – Covid Care
Immunity Booster'**

Mumbai University NSS in Association with The Art of Living for Bunts Sangha's, S M Shetty College of Science Commerce and Management studies, Powai, Mumbai

Covid Care Immunity Booster for Students

Art of living has launched these programs all across India to support the fight against the pandemic. These programs help improve people's mental and physical health.

Date : 23rd to 25th Aug'21

Time : 5 p.m. to 6 p.m.

Via Zoom

College Code : MU-072

Mandatory Registration Required:

<https://forms.gle/9cTGG6NQStxDxZDa7>

Join this Telegram to receive Zoom Meeting Link:

https://t.me/joinchat/q_QaV6D9a6QwNGY1

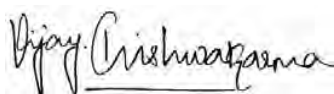
Indian adults reported that the COVID-19 pandemic negatively impacted work routine by 43%, sleep routine by 41%, ability to sleep well by 36%. Increased stress by 50%, Deteriorated physical health by 35% and impacted mental/emotional health by 47%.

Contact : -

Snehal Rai-+919082362400

Sushant Shetty-

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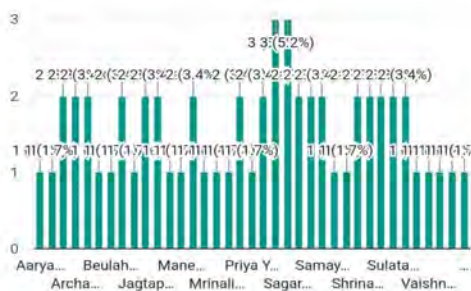
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Powai

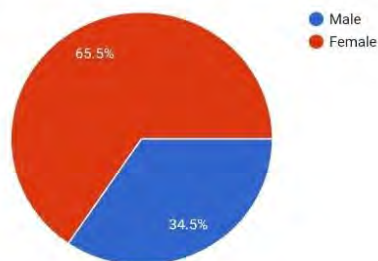
Feedback - Webinar on '3 Days Art Of Living – Covid Care Immunity Booster'

Full Name as required on Certificate with Salutation (Once submitted the form no change in names will be entertained)

58 responses

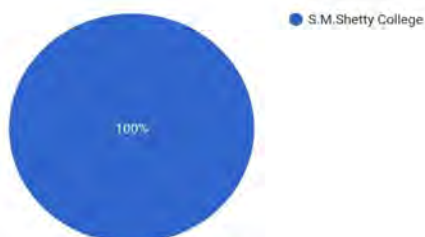


58 responses



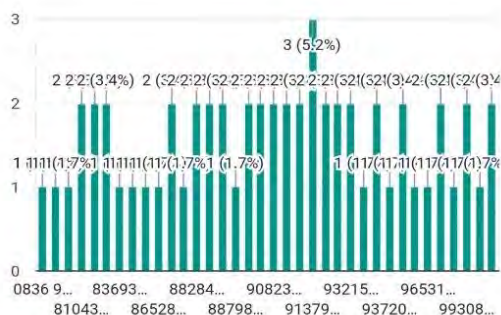
Name of the institution

58 responses



Whatsapp contact number

58 responses



Dijay. Krishnaswamy

NSS Programme Officer

John Denezo

NSS Programme Officer



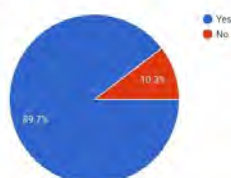
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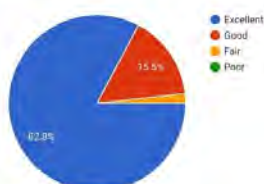
Are You A NSS Volunteer?

58 responses



Please rate your overall knowledge level about the topic covered after attending the session

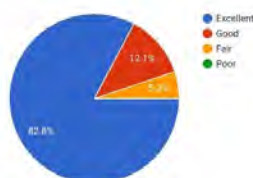
58 responses



FEEDBACK ON WEBINAR

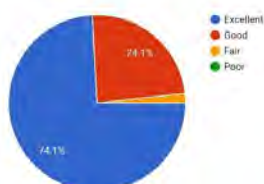
How do you rate the theme of the webinar?

58 responses



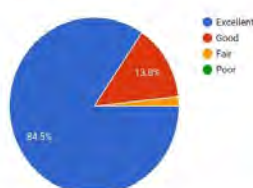
How do you rate the time management of the webinar?

58 responses



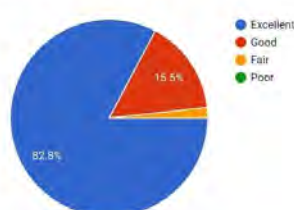
How did you find the content of the session?

58 responses



How will you rate overall webinar?

58 responses



Dijay. Krishnaswamy

NSS Programme Officer

John Deneys

NSS Programme Officer



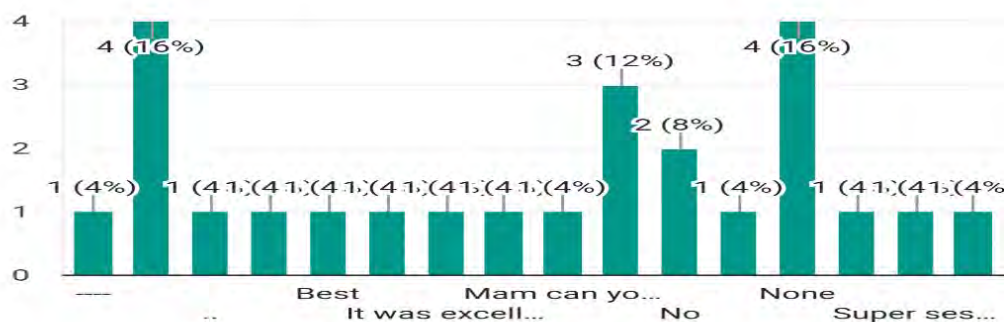
Principal

PRINCIPAL

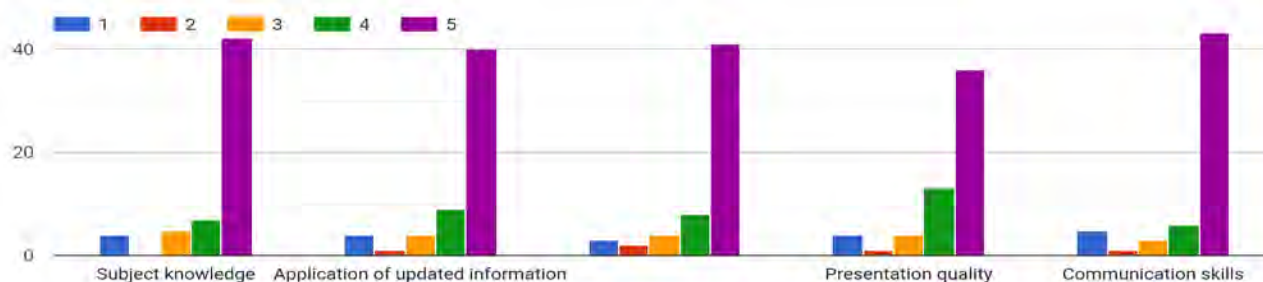
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Powai

Any other suggestions you would like to give?
 25 responses



Rate the Resource person (1-lowest, 5-highest)



Dijay. Krishnaswamy

NSS Programme Officer

John Deneys

NSS Programme Officer



Principal

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

Report - Webinar on '3 days Art of Living – Covid Care Immunity Booster'

Event: Webinar on '3 Days Art of Living- Covid Care Immunity Booster'

Date: 23rd August 2021-25th August 2021

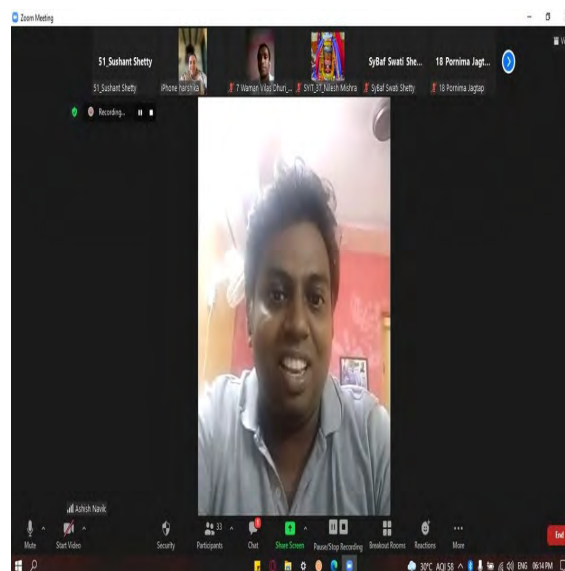
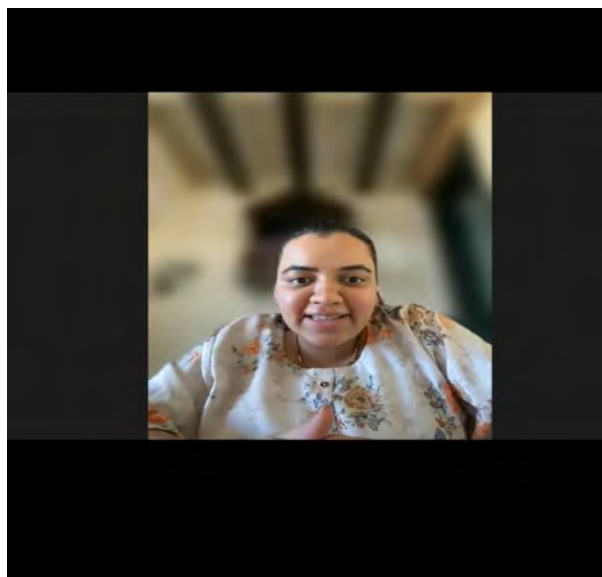
Objective: To encourage youth to improve their mental and physical health and to guide them in having a stress-free live

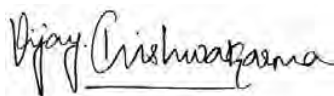
Highlights: NSS Unit of Bunts Sangha's SM Shetty College of Science, commerce and management studies, Powai, Mumbai had organized covid care immunity booster for student from 23rd august to 25th august 2021, The resource person for the webinar was DR Harshita

On 23rd august Dr Harshita started the session by giving a brief information on yoga, also she taught Bhramari, Pranayam, Breath holding exercise, Anulom Vilom and meditation

On 24rd august Dr Harshita taught Pranayama, sessional breathing, and also Acupressure points in our body, and butterfly pose.

On 25th august Dr Harshita started the session by teaching powerful breathing techniques, spinal stretching , meditation and sudarshan kriya at the end she told some Meditation technique to overcome with stage fear.





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NSS Programme Officer

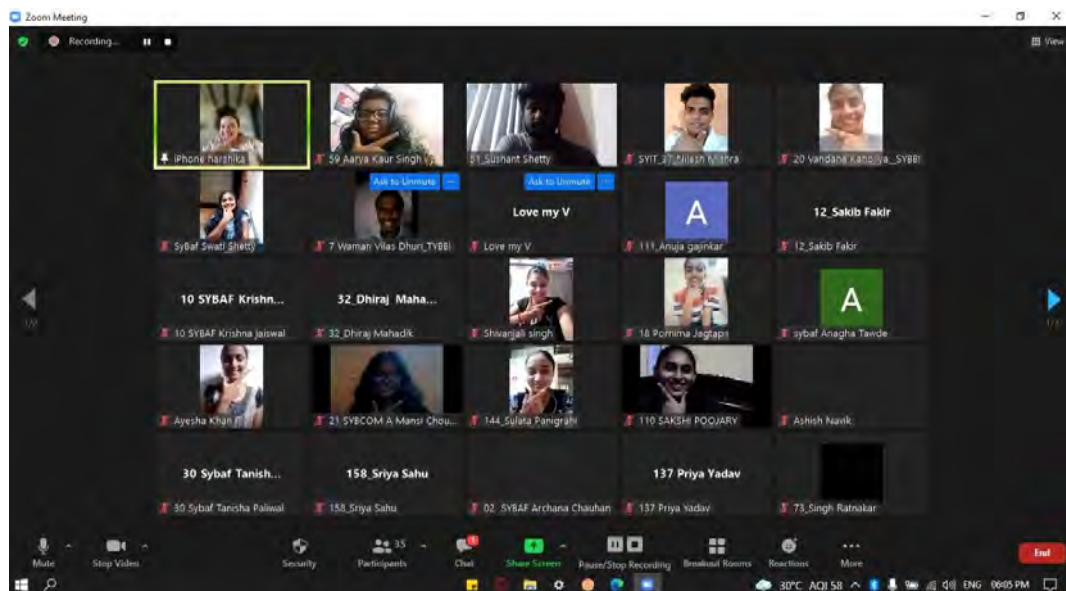



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Virtual glimpse of students attending the session



Dijay Krishnakumar

NSS Programme Officer

John D'Amico

NSS Programme Officer



[Signature]
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BUNTS SANGHA'S

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

Event:

**5 Days Yoga Challenge: Inter- Collegiate
Fitness Challenge**

Date:

17th August, 2021 to 21st August, 2021

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

Affiliated to University of Mumbai

WhatsApp Message - 5 Days Yoga Challenge

The NSS Unit

of

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

Presents

5 Days Yoga Challenge
Under Fit India Movement

We are organizing a 5-days Yoga challenge, where in participants will have to perform 5 different yoga postures (1 yoga per day) which are given below:

- Day 1 - Setu Bandha Sarvangasana
- Day 2 - Ashwa Sanchalanasana
- Day 3 - Trikonasana
- Day 4 - Navasana
- Day 5 - Adho Mukha Svanasana

From: 17th August, 2021
Till: 21st August, 2021

To be a part of this 5 Days Yoga challenge

- Click a picture of you doing the yoga each day.
 - Submit your picture through the below-given google form link ☐
- <https://forms.gle/LYoADp5bQmN5tFm79>



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NSS Programme Officer



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▪Follow our Instagram handle:

shettyssunit_b46

https://instagram.com/shettyssunit_b46?igshid=1kiv5rh9bybto

We will feature your pictures on our Instagram story!

Note:(All the participants will be provided with E-certificates)

life is a challenge meet it with yoga

For Any Queries Contact☐:

Snehal Rai: 9082362400

Sushant Shetty: 7738813869

Shrinav Shyam: 8108781685

Shivam Upadhyay: 9321413771



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Management Studies Powai, Mumbai
Affiliated to University of Mumbai
NAAC Accredited 'A' Grade
IMC RBNO certified of merit 2019
ISO 21001:2018 Certified. 

NATIONAL SERVICE SCHEME
PRESENTS
5 DAYS YOGA CHALLENGE


Setu Bandha Sarvangasana
(Day 1)


Adho mukha svanasana
(Day 5)

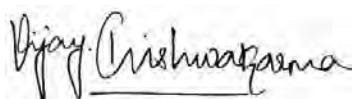

Ashwa Sanchalanasana
(Day 2)


Navasana
(Day 4)


Trikonasana
(Day 3)

From: 17th August, 2021 Till: 21st August, 2021

For Any Queries Contact:
Snehal Rai: 9082362400 Sushant Shetty: 7738813869 Shrinav Shyam: 8108781685



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HOW TO TAKE PART IN THE CHALLENGE

1. Click a picture of yourself doing the given yoga each day.
2. Send us the picture through the given google form []

[Click here to Submit](#)

3. Follow our Instagram handle:
@shettynssunit_b46

**We will feature your picture on our
Instagram story!**

**Note:(All the participants will be
provided with E-certificates)**

Life is a challenge meet it with "Yoga"



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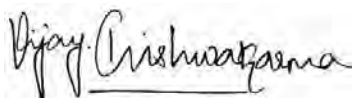

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MUKESH DILIP GUPTA	SMT KAMALA METHA V.W.A COLLEGE OF COMMERCE
Sanskriti Rajesh Gaikwad	Annasaheb Vartak College of Arts
Khushboo Singh	Participation List - 5 Days Yoga Challenge
Swara Jitendra Bhosale	Anna Saheb Vartak College
Tiwari Sakshi Santosh	S.M.Shetty College
Samrudhhi Sunil Kanade	Viva institute of technology
Sakshi Sunil Kanade	Annasaheb vartak college of arts
SHAILESH GAUD	SIES COLLEGE OF ARTS SCIENCE AND COMMERCE AUTONOMOUS SION WEST
Somya Yadav	S.M.Shetty College
Sagar shetty	S.M.Shetty College
Makardhwaj Rajendra Narkar	SIES COLLEGE OF ARTS, SCIENCE & COMMERCE (AUTONOMOUS), SION (WEST)
Janhavi Vasudeo Koli	Smt. Kamala Mehta V.W.A College of commerce
Sai gounder	SIES college of arts science and commerce sion west autonomous
Yashashvi Solanki	Smt kamla mehta college of commerce
Akash Yadav	S.M.Shetty College
Vidhi Thakur	Sies college of arts science and commerce autonomous sion west
DEEKSHA POOJARY	SMT.MMK.College
RUDRA PATRA	SIES COLLEGE OF ARTS SCIENCE AND COMMERCE (Autonomous) SION (W)
AYESHA KJAN	S.M.Shetty College
Kanojiya Vandana kadeprasad	S.M.Shetty College
Aarya Kaur	S.M.Shetty College
Pratiksha Soni	SIES COLLEGE OF ARTS, SCIENCE AND COMMERCE (AUTONOMOUS), SION (WEST).
Priya Yadav	S.M.Shetty College
Vaibhavi Sanjay Malvankar	Joshi Bedekar College



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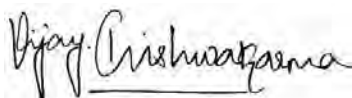

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Shatakshi Jaiswal	Sies college of arts commerce and science
Isha Malhotra	School of open learning
Vaishnavi Yogesh Gaikwad	S.M.Shetty College
Amol Balkrishna Udugade	Joshi Bedekar College
Miss. Dipali Avinash Hivarkar	University of Mumbai: Institute of Distance and Open Learning, [IDOL] Mumbai
Sulata Bhagwan Panigrahi	S.M.Shetty College
Samiksha Dinkar	Bhilai Institute of Technology, Durg
Tanya Ravindranath Singh	S.M.Shetty College
Nikita Sanjay Pingle	Joshi Bedekar College, Thane
Nirmitti Kailas Tanpure	Sies college of arts science and commerce autonomous sion west
Rohit Ashok Chavan	Joshi Bedekar college of Thane
Gayatri Mohanty	Ves college of arts science and commerce
Singh shivanjali Santosh	S.M.Shetty College
HEMA SURESH PATIL	K.G. Joshi bedekar College of arts and Commerce Thane
AJIT KUMAR YADAV	Valia C.L. college of commerce
KAVITA FUYARAM CHOUDHARY	S.M.Shetty College
Ms.Swati Vasant Shetty	S.M.Shetty College
Radhika Jayesh Manjrekar	S.M.Shetty College
Sapna Prajapati	Vivekanand education society college of arts science and commerce
Mansi Choubey	S.M.Shetty College
Riddhi Bhavana Rajan Rahate	N. G. Bedekar College Of Commerce
Yashika Harish Shetty	St.John The Baptist
Kallingal Suraj Manikandan	SIES COLLEGE OF ARTS SCIENCE AND COMMERCE AUTONOMOUS SION W
Shivam sanjay upadhyay	S.M.Shetty College
Shweta Ganesh	SIES College of Arts Science and Commerce (Autonomous) Sion (West)



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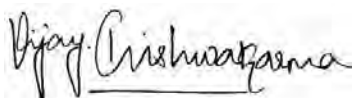

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Jaiswal Payal Mohan	Vivekanand education Society of Arts Science and Commerce
Haadesh D Amin	VPM College Of Arts Science and Commerce Mulund East
Sushant Ramesh Shetty	S.M.Shetty College
Khushboo Arvind Chaurasiya	Vesasc
Rahul rajendra shintre	VES
Vaishnavi Sanjay Singh	Valia C L College of Commerce
Moolya Keerthi	Valia c. L. College
Jagtap Pornima Shankar	S.M.Shetty College
Anuja gajinkar	S.M.Shetty College
Dhiraj Mahadik	S.M.Shetty College
Mihir Uday Parab	K.G joshi college of arts and N.G bedekar college of commerce, Thane
Sachin Halli	S.M.Shetty College
Amit Mahesh Bhanushali	Joshi Bedekar Thane
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Sagar shetty	S.M.Shetty College
SAPNA PRAJAPATI	Vivekanand education society college of arts science and commerce, chembur
Pratiksha Soni	SIES COLLEGE OF ARTS, SCIENCE AND COMMERCE (AUTONOMOUS), SION



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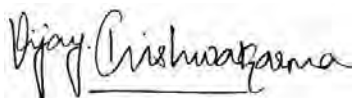

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Dipali Avinash Hivarkar	University of Mumbai: Institute of Distance and Open Learning, [IDOL] Mumbai
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Anuja gajinkar	S.M.Shetty College
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Isha malhotra	Sol
Amol Udugade	Joshi Bedekar College
Radhika Jayesh Manjrekar	S.M.Shetty College
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Tanya Ravindranath Singh	S.M.Shetty College
Dhlraj Mahadik	S.M.Shetty College
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Akash Yadav	S.M.Shetty College
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Kavita fuyaram choudhary	Vivekanand Education Society's College of Arts, Science and Commerce
Rohit Ashok Chavan	Joshi Bedekar college of Thane
Sakshi Poojary	S.M.Shetty College



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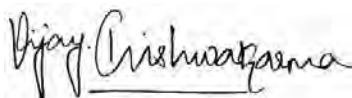

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Amit Mahesh Bhanushali	Joshi Bedekar Thane
MUKESH DILIP GUPTA	SMT KAMALA METHA V.W.A COLLEGE OF COMMERCE
Sanskriti Rajesh Gaikwad	Annasaheb Vartak College of Arts
Khushboo Singh	vivekanand education society college of science , commerce nd arts
Swara Jitendra Bhosale	Anna Saheb Vartak College
Tiwari Sakshi Santosh	S.M.Shetty College
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Sakshi Sunil Kanade	Annasaheb vartak college of arts
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Somya Yadav	S.M.Shetty College
Sagar shetty	S.M.Shetty College
Makardhwaj Rajendra Narkar	SIES COLLEGE OF ARTS, SCIENCE & COMMERCE (AUTONOMOUS), SION (WEST)
Janhavi Vasudeo Koli	Smt. Kamala Mehta V.W.A College of commerce
Sai grounder	SIES college of arts science and commerce sion west autonomous
Yashashvi Solanki	Smt kamla mehta college of commerce
Akash Yadav	S.M.Shetty College
Vidhi Thakur	Sies college of arts science and commerce autonomous sion west
DEEKSHA POOJARY	SMT.MMK.College
RUDRA PATRA	SIES COLLEGE OF ARTS SCIENCE AND COMMERCE (Autonomous) SION (W)
AYESHA KJAN	S.M.Shetty College
Kanojiya Vandana kadeprasad	S.M.Shetty College
Aarya Kaur	S.M.Shetty College
Pratiksha Soni	SIES COLLEGE OF ARTS, SCIENCE AND COMMERCE (AUTONOMOUS), SION



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Criterion 3 - Research, Innovations and Extension



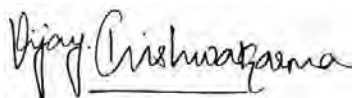
PRINCIPAL

Bunts Sangha's S.M. Shetty College
of Science, Commerce & Management Studies
Powai, Mumbai-400 076. 017
Tel. 022-6132 7352
Email: college@smshettyinstitute.org

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

Affiliated to University of Mumbai

	(WEST).
Priya Yadav	S.M.Shetty College
Vaibhavi Sanjay Malvankar	Joshi Bedekar College
Shatakshi Jaiswal	Sies college of arts commerce and science
Isha Malhotra	School of open learning
Vaishnavi Yogesh Gaikwad	S.M.Shetty College
Amol Balkrishna Udugade	Joshi Bedekar College
Miss. Dipali Avinash Hivarkar	University of Mumbai: Institute of Distance and Open Learning, [IDOL] Mumbai
Sulata Bhagwan Panigrahi	S.M.Shetty College
Samiksha Dinkar	Bhilai Institute of Technology, Durg
Tanya Ravindranath Singh	S.M.Shetty College
Nikita Sanjay Pingle	Joshi Bedekar College, Thane
Nirmiti Kailas Tanpure	Sies college of arts science and commerce autonomous sion west
Rohit Ashok Chavan	Joshi Bedekar college of Thane
Gayatri Mohanty	Ves college of arts science and commerce
Kanojiya Vandana kadeprasad	S.M.Shetty College
Priya Yadav	S.M.Shetty College
Isha Malhotra	Sol
Sulata Bhagwan Panigrahi	S.M.Shetty College
RUDRA PATRA	SIES COLLEGE OF ARTS, SCIENCE AND COMMERCE (Autonomous) SION (W)
Sahu Sriyakumari Sunil	S.M.Shetty College
Singh shivanjali Santosh	S.M.Shetty College
HEMA SURESH PATIL	K. G. Joshi bedekar College of arts and Commerce Thane
Janhavi Vasudeo Koli	Smt. Kamala Mehta V.W.A College of Commerce
Ayesha Khan	S.M.Shetty College
Ms.Swati Vasant Shetty	S.M.Shetty College



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NSS Programme Officer

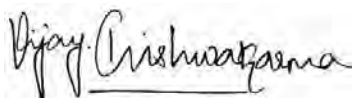

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**Bunts Sangha's
S.M. Shetty College of Science, Commerce & Management Studies, Powai**

Affiliated to University of Mumbai

Aarya Kaur	S.M.Shetty College
Archana Chauhan	S.M.Shetty College
Ratnakar Singh	S.M.Shetty College
Radhika jayesh manjrekar	S.M.Shetty College
Dhiraj Mahadik	S.M.Shetty College
Akash Yadav	S.M.Shetty College
Yashika Harish Shetty	St.John The Baptist Jr college Thane
Jaiswal Payal Mohan	Vivekanand Education Society of Arts Science and Commerce
Vaishnavi Yogesh Gaikwad	S.M.Shetty College
Shweta Ganesh	SIES College of Arts Science and Commerce (Autonomous) Sion (West)
Jagtap Pornima Shankar	S.M.Shetty College
Suraj Manikandan Kallingal	SIES COLLEGE OF ARTS SCIENCE AND COMMERCE AUTONOMOUS SION W
Haadesh D. Amin	VPM College Of Arts Science And Commerce Mulund East
Vaishnavi Sanjay Singh	Valia C L College Of Commerce
Mihir Uday Parab	K.G Joshi college of arts anf bedekar college of commerce, Thane
Sachin Halli	S.M.Shetty College
Shivam upadhyay	S.M.Shetty College
Amol Udugade	Joshi Bedekar College
Janhavi Vasudeo Koli	Smt. Kamala Mehta V.W.A College of Commerce
Amit Mahesh Bhanushali	Joshi Bedekar Thane
Anuja gajinkar	S.M.Shetty College
Sanskriti Rajesh Gaikwad	Annasaheb Vartak College of Arts
AJIT KUMAR YADAV	Valia C.L. college of commerce
Rahul Rajendra Shintre	V.E.S college
Vaishnavi Sanjay Singh	Valia C L College of Commerce



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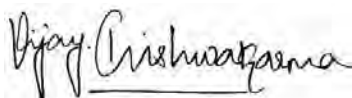

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**Bunts Sangha's
S.M. Shetty College of Science, Commerce & Management Studies, Powai**

Affiliated to University of Mumbai

Samrudhhi Sunil Kanade	Viva institute of technology
Sakshi Sunil Kanade	Annasaheb vartak college of arts Vasai
Samiksha Dinkar	Bhilai Institute of Technology Durg
MUKESH DILIP GUPTA	SMT KAMALA METHA V.W.A COLLEGE OF COMMERCE
Sagar shetty	S.M.Shetty College
Somya Yadav	S.M.Shetty College
Mihir Uday Parab	K.G Joshi college of arts and bedekar college of commerce, Thane
Kavita Fuyaram Choudhary	Vivekanand Education Society's College of Arts, Science and Commerce
Sapna Prajapati	Vivekanand education society college of arts science and commerce, chembur
Dipali Avinash Hivarkar	University of Mumbai: Institute of Distance and Open Learning [IDOL] Mumbai
SHAILESH GAUD	SIES COLLEGE OF ARTS SCIENCE AND COMMERCE AUTONOMOUS SION WEST
Nikita Sanjay Pingle	Joshi Bedekar College, Thane
Mansi Choubey	S.M.Shetty College
Kanojiya Vandana kadeprasad	S.M.Shetty College
HEMA SURESH PATIL	K. G. Joshi bedekar College of arts and Commerce Thane
Sai gounder	SIES college of arts science and commerce sion west autonomous
Swara Jitendra Bhosale	Anna Saheb Vartak College
Priya Yadav	S.M.Shetty College
DEEKSHA POOJARY	SMT.MMK.COLLEGE
isha malhotra	Sol
Pratiksha Soni	SIES COLLEGE OF ARTS, SCIENCE AND COMMERCE (AUTONOMOUS), SION (WEST).
Sakshi Poojary	S.M.Shetty College
Makardhwaj Rajendra Narkar	SIES COLLEGE OF ARTS, SCIENCE & COMMERCE (AUTONOMOUS), SION (WEST)
Yashika.H.Shetty	St.John The Baptist Jr college Thane



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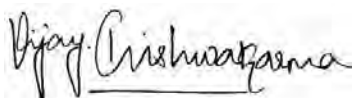

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**Bunts Sangha's
S.M. Shetty College of Science, Commerce & Management Studies, Powai**

Affiliated to University of Mumbai

Shatakshi Jaiswal	SIES College of arts commerce and science
Kallingal Suraj Manikandan	SIES COLLEGE OF ARTS SCIENCE AND COMMERCE AUTONOMOUS SION W
Ratnakar Singh	S.M.Shetty College
Sahu Sriyakumari Sunil	S.M.Shetty College
Ms. Swati Vasant Shetty	S.M.Shetty College
Singh shivanjali Santosh	S.M.Shetty College
Aarya Kaur	S.M.Shetty College
Vaishnavi Yogesh Gaikwad	S.M.Shetty College
Radhika jayesh Manjrekar	S.M.Shetty College
Dhiraj Santosh Mahadik	S.M.Shetty College
Jaiswal Payal Mohan	Vivekanand Education Society of Arts Science and Commerce
Akash Yadav	S.M.Shetty College
RUDRA PATRA	SIES COLLEGE OF ARTS SCIENCE AND COMMERCE (Autonomous) SION (W)
Haadesh D. Amin	VPM College Of Arts Science And Commerce Mulund East
Sushant Ramesh Shetty	S.M.Shetty College
Shweta Ganesh	SIES College of Arts Science and Commerce (Autonomous) Sion (West)
Ayesha Khan	S.M.Shetty College
Sachin Halli	S.M.Shetty College
Janhavi Vasudeo Koli	Smt. Kamala Mehta V.W.A College of Commerce
Beulah S.	S.M.Shetty College
Amol Udugade	Joshi Bedekar College
Shivam upadhyay	S.M.Shetty College
AJIT KUMAR YADAV	Valia C.L. college of commerce
Amit Mahesh Bhanushali	bedekar College Thane
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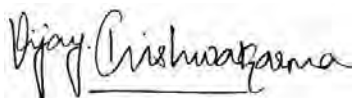

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**Bunts Sangha's
S.M. Shetty College of Science, Commerce & Management Studies, Powai**

Affiliated to University of Mumbai

Sanskriti Rajesh Gaikwad	Annasaheb Vartak College of Arts
Samrudhhi Sunil Kanade	Viva institute of technology
Sakshi Sunil Kanade	Annasaheb vartak college of arts Vasai
Samiksha Dinkar	Bhilai Institute of Technology Durg
MUKESH DILIP GUPTA	SMT .KAMALA METHA V.W.A COLLEGE OF COMMERCE
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Rahul Rajendra Shintre	Vivekanand Education Society(V.E.S)
Sagar shetty	S.M.Shetty College
Dipali Avinash Hivarkar	University of Mumbai: Institute of Distance and Open Learning [IDOL], Mumbai
Somya Yadav	S.M.Shetty College
KAVITA FUYARAM CHOUDHARY	VIVEKANAND EDUCATION SOCIETY'S COLLEGE OF ARTS, SCIENCE AND COMMERCE
Nikita Sanjay Pingle	Joshi Bedekar College, Thane
Mihir Uday Parab	K.G Joshi college of arts and bedekar college of commerce, Thane
Yashika Harish Shetty	St.John The Baptist jr college thane
Deepanshu vyas	Bhavans college
Pratiksha Soni	SIES COLLEGE OF ARTS, SCIENCE AND COMMERCE (AUTONOMOUS), SION (WEST).
Sai gounder	SIES college of arts science and commerce sion west autonomous
DEEKSHA POOJARY	SMT.MMK.COLLEGE
Sapna Prajapati	Vivekanand education society college of arts science and commerce, chembur
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Swara Jitendra Bhosale	Anna Saheb Vartak College
Kanojiya Vandana kadeprasad	S.M.Shetty College
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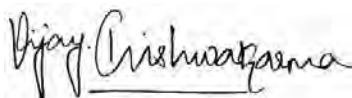

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Affiliated to University of Mumbai

Roshan mohite	PRAKASH DEGREE COLLEGE KANDIVALI WEST
Sahu Sriyakumari Sunil	S.M.Shetty College
Ms.Swati Vasant Shetty	S.M.Shetty College
Mansi Choubey	S.M.Shetty College
HEMA SURESH PATIL	K. G. Joshi bedekar College of arts and Commerce Thane
KAVITA FUYARAM CHOUDHARY	VIVEKANAND EDUCATION SOCIETY'S COLLEGE OF ARTS, SCIENCE AND COMMERCE
Radhika jayesh Manjrekar	S.M.Shetty College
Dhiraj santosh mahadik	S.M.Shetty College
Jaiswal Payal Mohan	Vivekanand Education Society of Arts Science and Commerce
Haadesh D. Amin	VPM College Of Arts Science And Commerce Mulund East
Makardhwaj Rajendra Narkar	SIES COLLEGE OF ARTS, SCIENCE & COMMERCE (AUTONOMOUS), SION (WEST)
Suraj Manikandan Kallingal	SIES COLLEGE OF ARTS SCIENCE AND COMMERCE AUTONOMOUS SION W
Jagtap Pornima Shankar	S.M.Shetty College
RUDRA PATRA	SIES COLLEGE OF ARTS SCIENCE AND COMMERCE (Autonomous) SION (W)
Ayesha Khan	S.M.Shetty College
Shweta Ganesh	SIES College of Arts Science and Commerce (Autonomous) Sion (West)
Akash Yadav	S.M.Shetty College
Janhavi Vasudeo Koli	Smt. Kamala Mehta V.W.A College of Commerce
Shivam upadhyay	S.M.Shetty College
Amol Udugade	Joshi Bedekar College
Wudayagiri Reddy Sai Charan	Government College For Men (A), Kadapa.
Priya Yadav	S.M.Shetty College
Sakshi Poojary	S.M.Shetty College



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

Affiliated to University of Mumbai

Report - 5 Days Yoga Challenge

Event: 5 Days Yoga Challenge

Date: 17th August, 2021 – 21st August, 2021

Highlight: The NSS Unit of S.M. SHETTY COLLEGE had organized a 5 days yoga challenge from 17th August, 2021 – 21st August, 2021. The participants had performed different Yoga Asans (1 Asan per day) which were given below:

Day 1 - Setu Bandha Sarvangasana

Day 2 - Ashwa Sanchalanasana

Day 3 - Trikonasana

Day 4 - Navasana

Day 5 - Adho Mukha Svanasana

Total 269 has been participated in the event. All the participants were provided with participation certificate.



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Criterion 3 - Research, Innovations and Extension



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

Affiliated to University of Mumbai

Day 1 Setu Bandha Sarvangasana



Vijay. Krishnaswamy

NSS Programme Officer

John Pienzo

NSS Programme Officer



Prashant
PRINCIPAL

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

Affiliated to University of Mumbai

Day 2 Ashwa Sanchalanasana



Vijay. Krishnaswami

NSS Programme Officer

John Pienzo

NSS Programme Officer



Prashant
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**Bunts Sangha's
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Affiliated to University of Mumbai



Vijay. Krishnaswamy

NSS Programme Officer

John Pienzo

NSS Programme Officer



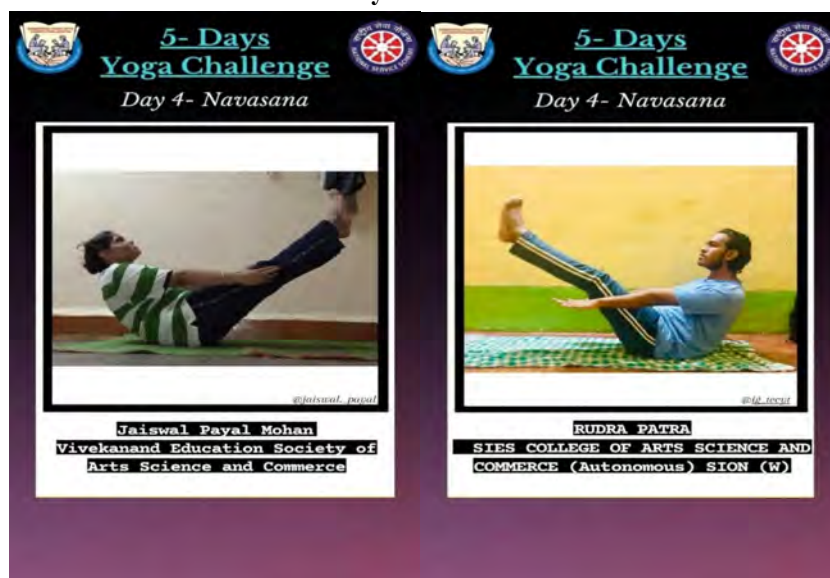
Prashant
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**Bunts Sangha's
S.M. Shetty College of Science, Commerce & Management Studies, Powai**

Affiliated to University of Mumbai

Day 4 Navasana



Vijay. Krishnaswami

NSS Programme Officer

John Pienzo

NSS Programme Officer



Prashant
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**Bunts Sangha's
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Day 5 Adho Mukha Svanasana



Vijay. Krishnaswamy

NSS Programme Officer

John Pienzo

NSS Programme Officer



Principal
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Affiliated to University of Mumbai

Certificate Sample Copy - 5 Days Yoga Challenge



Vijay Chishvaprasanna

NSS Programme Officer

John Pienze

NSS Programme Officer



P. S. Shetty
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Email: college@smshettyinstitute.org



BUNTS SANGHA'S

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

Event:

Blood Donation Drive

Date: 07/08/2021

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

Notice (WhatsApp Message):

आपकी खून की कुछ बूँद किसी के लिए,
खुशियों का सागर बन सकती है.

Attention!!! Attention!!!..

Jai Hind....

Hello People.....

NSS UNIT and RRC(Red Ribbon Club) of Bunts Sangha's S.M.Shetty College of Science, Commerce and Management Studies, Powai in collaboration with TATA MEMORIAL CENTRE is organising the "BLOOD DONATION CAMP"..

• **Date:** 7th August 2021

• **Time :** 9:00 am to 3.30 pm

→ **Venue :** Auditorium, S.M Shetty Educational Institutions, Near Jal Vayu Vihar, Powai.
Mumbai – 400076

Those who all are interested in Blood Donation register yourself.

→ **Registration link:**

https://docs.google.com/forms/d/1oRpfZ0CVg6_nj5JO1qIzB4PBH_32hTMthfceru2vOtk/edit?chromeless=1



NSS Programme Officer



NSS Programme Officer



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Email: college@smshettyinstitute.org

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

Important Note:--

- Our college will be taking all precautions and it will be safe to donate.
- Donor Card will be given
- Certificates will also be provided to the Donor

→Rules for Blood Donation--

- 1) Everyone should follow all the covid-19 guidelines. ☺
- 2) Make sure that you have completed 14 days after vaccination, to be eligible for blood donation.
- 3) For donating blood your age should be 18+ and your weight should be 50 Kg or more. ♂
- 4) Eat something (Proper lunch) 4 hours before donating....
- 5) Must have at least 6 hours of sleep.
- 6) You should not be suffering from bacterial, fungal, or any kind of disease.

For any queries contact:



NSS Programme Officer



NSS Programme Officer



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

--Snehal Rai – 9082362400

--Sushant Shetty – 7738813869

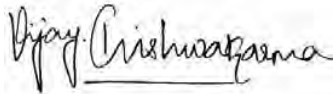
--Shrinav Shyam – 8108781685

Regards,

NSS unit & RRC

Bunts Sangha's, S.M.Shetty College, Powai

Do register and share with your family and friends Kindly follow the instructions😊😊



NSS Programme Officer



NSS Programme Officer



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



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 21001:2018 Certified



NSS UNIT
&



RED RIBBON CLUB

In Collaboration With

TATA MEMORIAL CENTRE

ORGANISES

**BLOOD
DONATION CAMP**



Date : 7th August 2021

Time : 9:00 am to 3:30 pm

**Venue : S. M Shetty Educational
Institute Auditorium, Powai.**



Certificate and Donor Card Will Be Provided

Snehal Rai- 9082362400

Sushant Shetty- 7738813869

Dijay. Krishnaswamy

NSS Programme Officer

John Denez

NSS Programme Officer



Principal

PRINCIPAL
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Email: college@smshettyinstitute.org

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



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 21001:2015 Certified



Blood Donation General Requirements:

- Age: 18 to 60 years (up to 65 years if donating regularly).
- Weight: 45 kgs or More.
- Hemoglobin at least 12.5 gm/dl.

Precautions before donation:

- Should have eaten something within 4 hours prior to donation.
- Should have slept well for at least 6 hours, within 24 hours before donation.
- Should not have smoked within 4 hours prior to donation.
- Should not have consumed alcohol within 24 hours prior to donation.
- Should not have undergone tattooing or body piercing within 12 months.
- Do not wear clothes with tight sleeves on the upper arm.

Post-donation care:

- Take more fluids orally than usual in the next 4 hours like fruit juices, water.
- Do not smoke for 30 minutes after donation.
- Do not stand in direct sunlight for long.
- Do not take alcohol for the next 24 hours.
- Avoid driving any vehicle for 1 to 2 hours.
- Avoid any heavy strenuous activity for that day like jogging, workout like heavy weight lifting in the gymnasium, etc.
- If there is bleeding from the phlebotomy site, raise arm and apply pressure at the site.
- Remove bandage 5-6 hours after donation.

Additional points in the current COVID situation:

- Donors need to wear a mask properly covering the nose and mouth from the time they enter the 'Camp Site' to the time they exit, except when they are having refreshments.
- Donors need to use hand sanitizer available at the entrance of the 'Camp Site'.
- They should follow proper physical distancing norms for their and others' safety.
- Avoid 'Camp Site' visit if your family members or colleagues with whom you share workplace had a cough, cold, or fever in the past 1 month.
- Avoid 'Camp Site' visit if you or your family member were admitted or under home isolation in the past 28 days.
- One is eligible to donate blood 14 days after COVID vaccination.

It's Safe to Donate

*Our College will be taking all the Covid-19 precautions
"A single pint of blood can save three lives, a single gesture
can create million smiles."*

Certificate and Donor Card Will Be Provided

NSS Programme Officer

NSS Programme Officer



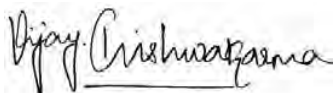
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Tel. 022-6132 7352
Email: college@smshettyinstitute.org

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

Donors List- Blood Donation Camp 2020-2021

1. ANIKET BELEL-Sm shetty college
2. Ajay Ramesh -sm shetty
3. Jimmy Abraham-Bunts Sangha's S.M.Shetty College of Science, Commerce and Management Studies
4. Abhijeet Digambar Patil-S.M. Shetty College
5. Pranav Gaikwad-Sm shetty
6. Rohit Dusad-S M Shetty international school
7. Adnan Shaikh -SM Shetty College(Powai)
8. Ruchika Gaimar - Bunts Sanghas SM Shetty College of Science Commerce and Management Studies
9. Shrinav Shyam-S M Shetty College
10. Jain bhavik vijay-S.M. Shetty college
11. Ritu bhanushali-Sm shetty college
12. Snehal Rai-S. M. Shetty College
13. Rakshit salian-Sm Shetty
14. JAYESH CHANDRAPRAKASH SONI-S m shetty college powai
15. Eluri Prudhvi raj sai venkatesh-ICFAI BUSINESS SCHOOL
16. Riya Arvind Singh-S.M.Shetty College of Science, Commerce and Management Studies
17. SUNIL ANTARAM JABRE -S.M.SHETTY COLLEGE OF SCIENCES, COMMERCE & MANAGEMENT
18. Habiba shaikh -Sm shetty college
19. prathamesh shetty-SM SHETTY COLLEGE POWAI
20. Naikodi Akshay-S.M Shetty College
21. Rajendra Guljarilal Meena-S. M. Shetty college, powai
22. Shreya yathindra rai-S. M. Shetty college powai
23. Jain Mahavir Himmat -Sm Shetty college powai
24. Jigeyasa jain-SM shetty
25. Vinit Rajaram Rane-S.M.Shetty
26. Jeshwant Makarla-S.M.Shetty college
27. Ms. Vidhya Hegde-Bunts Sangha's SM Shetty High School
28. YOGESH SINGH-S M SHETTY HIGH SCHOOL
29. Mayur Gami-S.M.Shetty College of Science, Commerce and Management Studies
30. Jayshree Shetty-Bunts S m. Shetty Powai
31. Nirmal-S.M shetty high school and junior college
32. Vedant jadhav -Bunt's sangha's S M Shetty College of Science Commerce and management studies



NSS Programme Officer



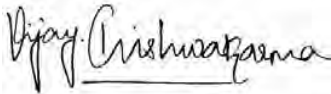
NSS Programme Officer



PRINCIPAL
Bunts Sangha's S.M. Shetty College
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Powai, Mumbai-400 076. 037
Tel. 022-6132 7352
Email: college@smshettyinstitute.org

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

33. Akshay khedekar-S. m shetty
34. Rishabh Rao-IBS Mumbai
35. Anil Dave -Self
36. Steven Coelho -Sm Shetty college Powai
37. Pranav Singh -S.M. Shetty
38. Shaikh sharmin shakil-Bunts sangha's sm shetty college
39. Shreya -SM Shetty
40. Hitesh chhabria-UTILITY MART
41. Dimpy Chhabria -UTILITY MART
42. Akash singh-s.m.shetty
43. Nafees Ahmed Ansari-S.M.Shetty College
44. Osaid Butt-Bunts Sangha's S. M. Shetty College of Science, Commerce, and Management Studies
45. Pranati Mishra-S. M. Shetty Degree College
46. Siddhesh khawle -Kirti m doongursee college
47. Singh shivanjali Santosh-Smshetty
48. Madhavi Singh-S.M.Shetty College Powai.
49. Shreya yathindra rai-S. M. Shetty college
50. HarshRaj Vora -Lord's Universal College
51. Rahul kushwaha-S.M. SHETTY COLLEGE POWAI
52. Jain bhavik vijay-Sm shetty college
53. Harshit Pandey-Sm Shetty
54. Anubhav Dubey-SM.shetty degree college
55. Ananya Gupta -Bunts Sangha's S.M. Shetty College of Science, Commerce and Management Studies
56. Sohel Ansari-D.A.V College
57. Naina rajkumar kanojia- SELF
58. Madhavi Singh-S.M.Shetty College Powai
59. Gaurav Ramsakal Yadav-S.M. Shetty Degree College
60. Sriya Sahu-SM Shetty College
61. Megha Pujari-S. M. Shetty College
62. Pandey Shikha Vinod -SM Shetty JR. college
63. Bhakti Joshi -Bhavan's college Andheri west.
64. Rituraj Dasgupta-ABP
65. Ramakrishna reddy -IBS MUMBAI
66. Vinod Ammayath-Planta Engineering
67. Bhakti bharat yadav-Bunts Sangha's S M Shetty clg



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

- 68. Rituraj Dasgupta-ABP
- 69. Jabeen shaikh -Bunt sanghas S. M shetty
- 70. Rahul Kushwaha-s.m.shetty college
- 71. Kaustubh Shetty -SM Shetty powai
- 72. Priyanka Das -SM Shetty
- 73. KIRTHIKA.MUDLIYAR-DY PATIL UNIVERSITY OF MEDICAL COLLEGE
- 74. Dsouza Daniel-V. K krishna menon college



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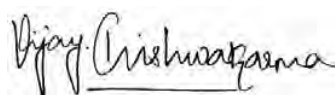
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Report – Blood Donation Camp 2020-2021




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

ISO 21001:2018 Certified

Event: Blood Donation Camp 2020-2021

Date: 07th August, 2021.

Objective: To collect the maximum number of blood and raise awareness that individuals can save lives and improve the health of others by donating blood.

Highlights: The NSS UNIT & Red Ribbon Club (RRC) of BUNTS SANGHA'S S.M. SHETTY COLLEGE OF SCIENCE, COMMERCE AND MANAGEMENT STUDIES in collaboration with TATA MEMORIAL CENTRE organized a Blood Donation Camp on 07th August, 2021. The Camp begins at 9 am in the morning with our first donor. Our Principal Sir Dr. Sridhara Shetty personally had a conversation with most of our Donors. At 10am Our Principal Sir and Management Members inaugurated the program by lighting the lamp and felicitated the Management Members with a sapling and he also felicitated the Doctors from the Tata Memorial Centre with a sapling as well as addressed the Volunteers. The Donors were provided with Refreshment after donating blood and were given Certificate and a Donor card. All the COVID-19 precautions were taken such as social distancing, Sanitization, Masks and Gloves. There were 73 Blood counts and 128 registrations. The program ended with a Thank You speech by our Programme Officer Prof. Vijay Vishwakarma.



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

Images-2021



Dijay. Krishnaswamy
NSS Programme Officer

John Dierges
NSS Programme Officer


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



Donors participation in blood donation camp

Dijay. Krishnakumar

NSS Programme Officer

John Denezzo

NSS Programme Officer



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



Dijay. Krishnaswamy

NSS Programme Officer

John Denezz

NSS Programme Officer



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



Donors awarded with Blood donation certificates

Dijay. Krishnaswamy

NSS Programme Officer

John Deneys

NSS Programme Officer



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



Dijay. Krishnaswamy

NSS Programme Officer

John Denezo

NSS Programme Officer






Principal

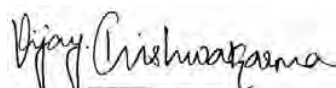
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Powai

Sample Certificate –Blood Donation Camp 2020-2021

	TATA MEMORIAL HOSPITAL DEPARTMENT OF TRANSFUSION MEDICINE
Certificate of Appreciation	
Awarded to	
<u>Sushant. R. Shetty</u>	
For the altruistic gesture of DONATING BLOOD / PLATELETS on <u>16/1/2021</u> for needy patients and helping save lives	
 Medical Officer Dept. of Transfusion Medicine	 Medical Social Worker Dept. of Transfusion Medicine


NSS Programme Officer


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BUNTS SANGHA'S

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

Event:

Awareness on HIV/AIDS by providing ribbon

Date: 01/12/2021

BUNTS SANGHA'S
S. M. SHETTY COLLEGE OF SCIENCE, COMMERCE & MANAGEMENT
STUDIES, POWAI.

ISO 9001:2015 CERTIFIED

Notice (WhatsApp Message) – Awareness on HIV/ AIDS

Hello everyone !!

There is an offline activity on 1st December, 2021. The activity will take place in college only so we need 5 volunteers who are fully vaccinated .



NSS Programme Officer

Criterion 3 - Research, Innovations and Extension



NSS Programme Officer



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BUNTS SANGHA'S
S. M. SHETTY COLLEGE OF SCIENCE, COMMERCE & MANAGEMENT
STUDIES, POWAI.

ISO 9001:2015 CERTIFIED

Participants List – Awareness on HIV/AIDS

1. Prajwal Shetty
2. Priyanka Bhadouria
3. Swati Shetty
4. Bipin Pal
5. Sriya Sahu
6. Shivam Upadhyay
7. Aarya Kaur



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Criterion 3 - Research, Innovations and Extension



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BUNTS SANGHA'S
S. M. SHETTY COLLEGE OF SCIENCE, COMMERCE & MANAGEMENT
STUDIES, POWAI.

ISO 9001:2015 CERTIFIED

Report – Awareness on HIV/AIDS

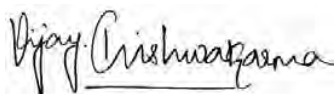
Event: Awareness on HIV/AIDS

Date: 1st December, 2021

Report: The NSS UNIT of S. M. SHETTY COLLEGE has organized the awareness on HIV/AIDS by providing red ribbons to the college staff and watchmans by our 7 volunteers . As our volunteer firstly started by our Principal sir, Vice principal sir & Vice principal maam and college teacher staff , peon, watchman by giving them information about HIV/AIDS to all the staff and members of the college .



Awareness on HIV/AIDS undertaken by NSS volunteers



NSS Programme Officer

Criterion 3 - Research, Innovations and Extension



NSS Programme Officer


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of Science, Commerce & Management Studies
Powai, Mumbai-400 076. 051
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BUNTS SANGHA'S

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

**Event:
Blood Donation Drive**

Date: 8/01/2022

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

Notice (WhatsApp Message):

रक्तदान सबसे बड़ा दान,

जो है एक पुण्य का काम.

"A single pint of blood *can save three lives, a* *single gesture can* *create million
smiles."*

Attention!!! Attention!!! □ □

Jai Hind □ □ □ □

Hello People.....

NSS UNIT of Bunts *Sangha's S.M.Shetty*

College of Science, *Commerce and*

Management Studies, *Powai in collaboration*

with Bunts Healthcare *Committee, Bunts* *Sangha Mumbai and*

THINK Foundation in *association with the* *Bunts Regional* *Comittee Andheri* -
Bandra is organising a

"BLOOD *DONATION CAMP"* □ □

Date: 8th January 2022

□ *Time*: 9am to 5pm

➡ *Venue*: Auditorium, S.M Shetty Educational Institutions, Near Jal Vayu Vihar, Powai.
Mumbai – 400076



NSS Programme Officer



NSS Programme Officer




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Powai, Mumbai-400 076. 053
Tel. 022-6132 7352
Email: college@smshettyinstitute.org

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

Those who all are interested in Blood Donation register yourself.

➔Registration link☐:

<https://docs.google.com/forms/d/136tVYGH9Tpl-IOqW68JxtcnlPEocYbtAXgQHwbj24jw/edit?usp=sharing>

***Important Note*:-**

- ☐ *Our college will be taking all precautions and it will be safe to donate*.
- ☐ *Donor Card will be given*.
- ☐ *Certificates will also be provided to the Donor*.

➔ ***Rules for Blood Donation***☐☐

- 1) Everyone should follow all the covid-19 guidelines.☺
- 2) Make sure that you have completed 14 days after vaccination, to be eligible for blood donation.☐
- 3) For donating blood your age should be 18+ and your weight should be more than 45 Kg.☺
- 4) Eat something (Proper lunch) 4 hours before donating.☐☐☐
- 5) Must have at least 6 hours of sleep.☐
- 6) You should not be suffering from bacterial, fungal, or any kind of disease.☐



NSS Programme Officer



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

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

For any queries contact ☐:

☐☐ Snehal Rai - 9082362400

☐☐ Sushant Shetty - 7738813869

☐☐ Mansi Choubey - 8369385057

Regards,

NSS unit of

Bunts Sangha's, S.M.Shetty College, Powai

Do register and share *with your family and*

friends Kindly follow the instructions 😊😊



NSS Programme Officer







NSS Programme Officer



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



**Bunts Healthcare Committee,
Bunts Sangha Mumbai,
Think Foundation & Bunts Regional
Committee Andheri - Bandra**

**in
COLLABORATION WITH
NSS UNIT
of
BUNTS SANGHA'S
S. M. SHETTY COLLEGE OF SCIENCE, COMMERCE &
MANAGEMENT STUDIES, POWAI, MUMBAI-76**

**ORGANISE
BLOOD DONATION CAMP**


An Appeal to all Students, Parents, Teaching and Non - Teaching Staff to come forward and donate blood as there is an acute shortage of blood and blood products in Mumbai due to the fear of illness and restrictions imposed by the government to control the pandemic. This is an opportunity for all of us to fulfill our social responsibility and to show our humanity.

**Date: 8th January, 2022
Time: 9:00 am to 5:00 pm
Venue: S. M Shetty Educational
Institute Auditorium, Powai.**

Certificate and Donor Card Will Be Provided

Snehal Rai- 9082362400 Sushant Shetty- 7738813869

Scan here and register yourselves now!




NSS Programme Officer


NSS Programme Officer


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Bunts Sangha's S.M. Shetty College
of Science, Commerce & Management Studies
Powai, Mumbai-400 076. 056
Tel. 022-6132 7352
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Bunts Sangha's
S. M. Shetty College of Science, Commerce & Management Studies,
Powai

Blood Donation General Requirements:

- Age: 18 to 60 years (up to 65 years if donating regularly).
- Weight: 45 kgs or More.
- Hemoglobin at least 12.5 gm/dl.

Precautions before donation:

- Should have eaten something within 4 hours prior to donation.
- Should have slept well for at least 6 hours, within 24 hours before donation.
- Should not have smoked within 4 hours prior to donation.
- Should not have consumed alcohol within 24 hours prior to donation.
- Should not have undergone tattooing or body piercing within 12 months.
- Do not wear clothes with tight sleeves on the upper arm.

Post-donation care:

- Take more fluids orally than usual in the next 4 hours like fruit juices, water.
- Do not smoke for 30 minutes after donation.
- Do not stand in direct sunlight for long.
- Do not take alcohol for the next 24 hours.
- Avoid driving any vehicle for 1 to 2 hours.
- Avoid any heavy strenuous activity for that day like jogging, workout like heavy weight lifting in the gymnasium, etc.
- If there is bleeding from the phlebotomy site, raise arm and apply pressure at the site.
- Remove bandage 5-6 hours after donation.

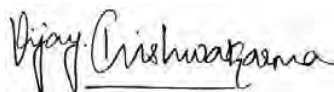
Additional points in the current COVID situation:

- Donors need to wear a mask properly covering the nose and mouth from the time they enter the 'Camp Site' to the time they exit, except when they are having refreshments.
- Donors need to use hand sanitizer available at the entrance of the 'Camp Site'.
- They should follow proper physical distancing norms for their and others' safety.
- Avoid 'Camp Site' visit if your family members or colleagues with whom you share workplace had a cough, cold, or fever in the past 1 month.
- Avoid 'Camp Site' visit if you or your family member were admitted or under home isolation in the past 28 days.
- One is eligible to donate blood 14 days after COVID vaccination.

It's Safe to Donate
Our College will be taking all the Covid-19 precautions

*"A single pint of blood can save three lives, a single gesture
can create million smiles."*

Certificate and Donor Card Will Be Provided



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

Report – Blood Donation Camp 2021-2022

Event: Blood Donation Camp 2020-2021

Date: 08th January, 2022.

Objective: To collect the maximum number of blood and raise awareness that individuals can save lives and improve the health of others by donating blood.

Highlights: The NSS Unit of Bunts Sangha's S. M. Shetty College of Science, Commerce, and Management Studies in Powai, in collaboration with Bunts Healthcare Committee, Bunts Sangha Mumbai, and Bunts Regional Committee Andheri-Bandra, organised a "Blood Donation Camp" on 8th January, 2022. The camp began at 9:00 p.m. with an inaugural ceremony led by members of the Bunts Sangha Committee. The camp was organised in collaboration with two blood banks, Tata Memorial Centre and J.J. Hospital. A total of 209 people showed up to donate blood, obtaining 134 blood units. The event was a huge success, and it concluded at 5:00 p.m. with a day-end speech by our programme officers, Dr. Vijay Vishwakarma and Prof. John Menezes, sir.



NSS Programme Officer



NSS Programme Officer



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



Images- Blood Donation Camp 2020-2021



Dijay. Krishnaswamy

NSS Programme Officer

John Denezzo

NSS Programme Officer



[Signature]
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**Bunts Sangha's
S. M. Shetty College of Science, Commerce & Management Studies,
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Dijay. Krishnaswamy

NSS Programme Officer

John Denezzo

NSS Programme Officer



Principal

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

Sample Certificate –Blood Donation Camp 2021-2022

**TATA MEMORIAL HOSPITAL**
DEPARTMENT OF TRANSFUSION MEDICINE

Certificate of Appreciation

Awarded to

Sushant R. Shetty

For the altruistic gesture
of *DONATING BLOOD / PLATELETS* on *16/1/2021*
for needy patients and helping save lives


Medical Officer
Dept. of Transfusion Medicine


Medical Social Worker
Dept. of Transfusion Medicine

Dijay. Krishnaswama
NSS Programme Officer

John Denez
NSS Programme Officer


[Signature]
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BUNTS SANGHA'S

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

**Event:
Seminar on 'Breast Cancer
Awareness '**

Date: 18/11/2021

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

Permanently Affiliated to University of Mumbai is organising

An Intercollegiate Level Webinar on

Breast Cancer Awareness

_ *Resource Person*_ - *Dr.Pradnya Supe*

She is an Consultant Obstetrician, Gynecologist, Laproscopic Surgeon and Lactation Consultant.

Date: 18th November, 2021

Time: 5: 30pm

Venue: Zoom Meeting

***Link for the webinar*.**

<https://us02web.zoom.us/j/88270253813?pwd=VFITTURuWjk2WkV5UIRPbHILVzUyZz09>

Meeting ID : 882 7025 3813

Passcode : zq2zc3



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NSS Programme Officer



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

All the participants will provided with E-Certificates

For any queries Call:-

Mansi Choubey- 8369385057

Ayesha Khan- 8828486740

Snehal Rai - 9082362400

Sushant Shetty - 7738813869



NSS Programme Officer



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Bunts Sangha's
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Powai

Brochure: Seminar On ' Breast Cancer Awareness'

shettynssunit_b46

Bunts Sangha's
S.M.Shetty College of Science, Commerce &
Management Studies, Powai, Mumbai-76
Permanently Affiliated to University of Mumbai
NAAC Accredited "A" Grade
IMC RBNQ CERTIFICATE OF MERIT 2019
ISO 21001:2018 Certified

NATIONAL SERVICE SCHEME
Presents
An Intercollegiate Webinar On
' BREAST CANCER AWARENESS '
On the Occasion of
National Cancer Awareness Day

RESOURCE PERSON : Dr. Pradnya Supe
Consultant obstetrician , Gynecologist , Laproscopic Surgeon &
Lactation consultant

Date: 18th Nov,2021 Time: 5:30pm Venue: Zoom
E-CERTIFICATES WILL BE PROVIDED TO ALL

For Any Queries
Ayesha Khan: 8828486740 Mansi Choubey: 8369385057
Snehal Rai : 9082362400 Sushant Shetty: 7738813869

Liked by s_n_ehal31 and 24 others
shettynssunit_b46 Greetings to All 🙏
The NSS UNIT of Bunts Sangha's S.M.Shetty College of S... more
4 days ago



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Criterion 3 - Research, Innovations and Extension




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Powai, Mumbai-400 076. 066
Tel. 022-6132 7352
Email: college@smshettyinstitute.org

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Powai**

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Feedback – Seminar on 'Breast Cancer Awareness'

13:58 93%

Feedback form breast cancer awareness

Questions Responses **216** Settings

Name of the participants (As required on the certificate)

216 responses

Tanya Ravindranath Singh

Sakshi Sitaram Zinjad

Karthik Ganesh Poojary

Mayur Sharad Raikar

Sulata Bhagwan Panigrahi

Swati shetty

Sana Sameer Gilani

SONI TISHA SURESH

Irika Goyal

College name (As required on the certificate)

216 responses

It was very informative session

.....

Dijay. Krishnaswama

NSS Programme Officer

John Deneys

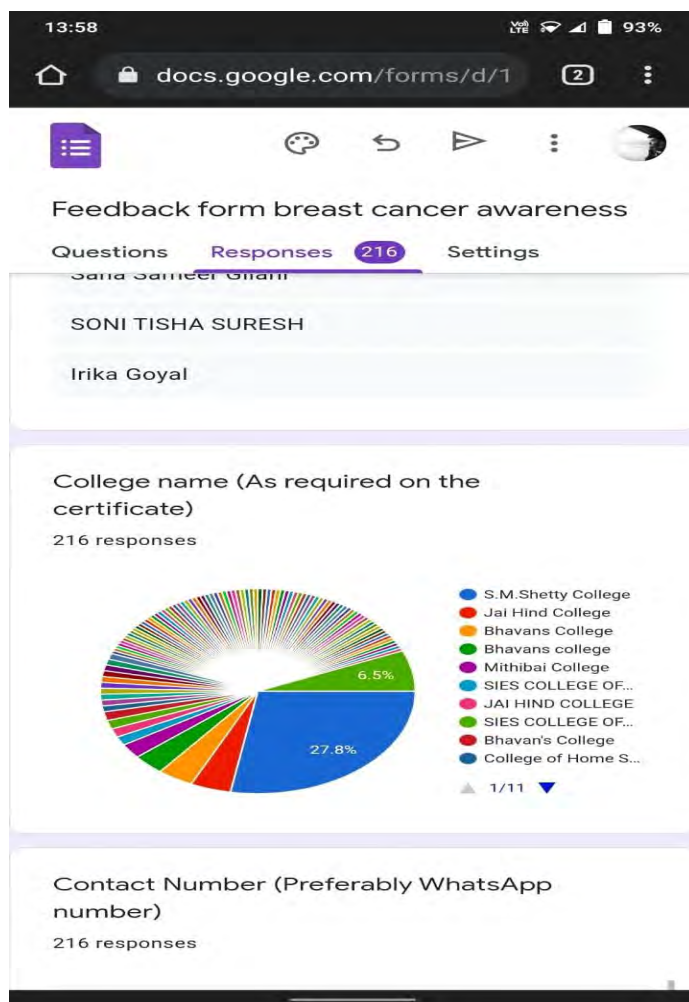
NSS Programme Officer



Principal

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Powai



Dijay. Krishnaswamy

NSS Programme Officer

John Deneys

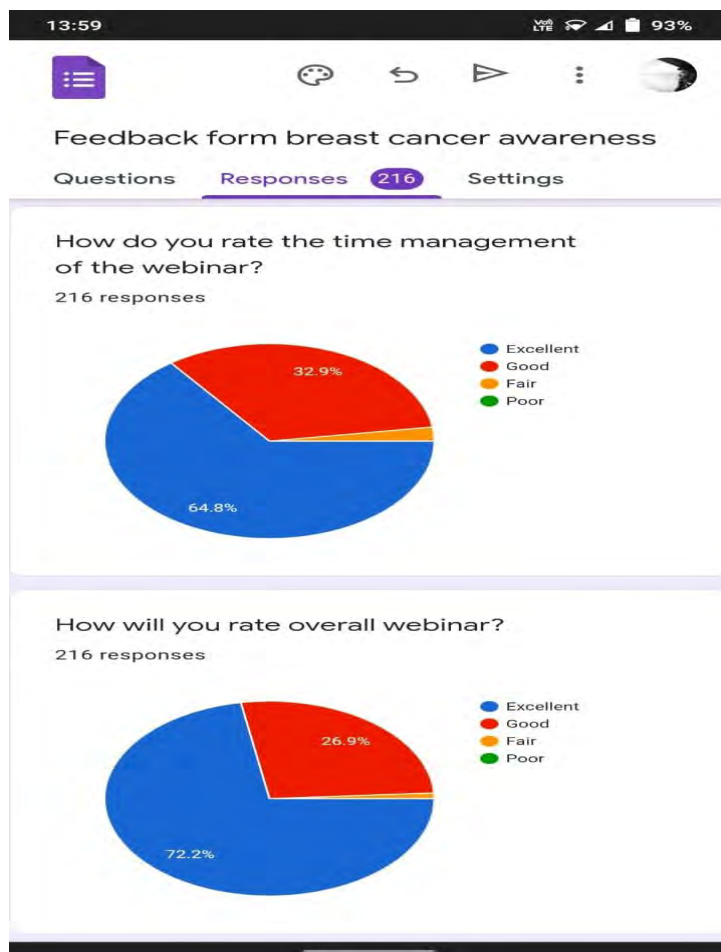
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Powai



Dijay. Krishnaswamy

NSS Programme Officer

John Denezzo

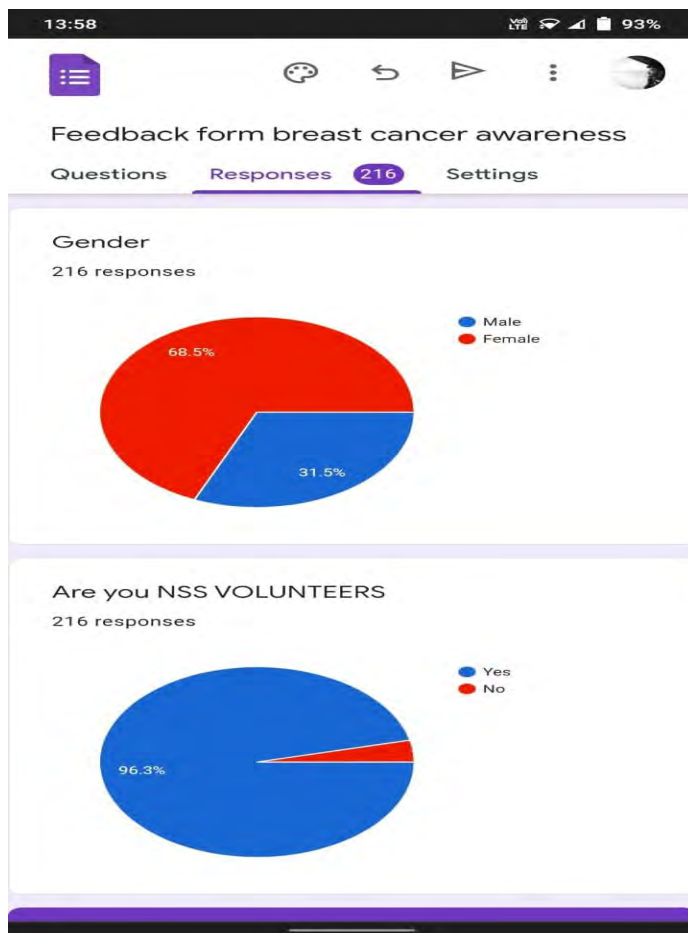
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Dijay. Krishnaswamy

NSS Programme Officer

John Denezo

NSS Programme Officer



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

Report – Seminar on 'Breast Cancer Awareness'

Event: Seminar on 'Breast Cancer Awareness'

Date: 18th November 2021,

Objective: This Seminar helped the students to know about the basic knowledge on 'Breast Cancer Awareness'

Highlights: The NSS Unit of Bunts Sangha's S. M. Shetty College of Science, Commerce and Management Studies, Powai In collaboration with Mental Health Club had organized A National webinar

The webinar commenced with the Welcoming of our resource person Dr. Pradnya supe the participants from our College by our NSS Volunteer Ms. Kinjal shetty .It was followed by the introduction of our resource person Later the session started with importance of Breast Cancer Awareness explaining how we can help our people in there problem and also resource person told us how to overcome with it . At the end, our resource person told breast cancer awareness is importance in our life and then question and answer where also taken by our volunteer Mr. Abhijeet patil.

The webinar ended with the Vote of Thanks by our NSS Volunteer Ms. Natasha Poojari. There were around 220 participants in the webinar.



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Powai**



**Virtual glimpse of a Seminar on Breast Cancer Awareness - students
participation**

Dijay. Krishnakumar

NSS Programme Officer

John Denez

NSS Programme Officer



[Signature]
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Certificate:Seminar on 'Breast Cancer Awareness'



Dijay Crishnaswama
NSS Programme Officer

John
NSS Programme Officer

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BUNTS SANGHA'S

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

**Event:
Covid-19 Vaccination Drive**

Date: 27/10/2021

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

**Notice (Whatsapp Message):
Greetings to All.**

**The NSS Unit in Collaboration with Health Department, BMC and University of
Mumbai is Organising a COVID-19 Vaccination Drive for the Benefit of the Students**

**Date - 27th October, 2021
Time - 9.30 am to 5.30 pm
Venue - S.M.Shetty College Campus**

The Vaccination is FREE of COST

Kindly note:

- 1. For 1st Dose only COVAXIN will be given**
- 2. For 2nd Dose option for COVISHIELD / COVAXIN is available.**
- 3. Vaccine will be given on 27th October, 2021**
- 4. Students Need to Carry their Fee Receipt/ID Card and Adhaar Card**

Interested Students have to fill the registration link mentioned in bio

Kindly Note- The Registration Link will be closed today 26th October, 2021 at 5.00 pm

Dear Students,

**Kindly avail this wonderful opportunity given by University of Mumbai and the Health
Department of University of Mumbai.**



NSS Programme Officer



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

Report – Free Covid-19 Vaccination Drive

Event: Free Covid-19 Vaccination Drive

Date: 27th October 2021,

Objective: This Seminar helped the students to know about the basic knowledge on 'Breast Cancer Awareness'

Highlights: The NSS Unit of Bunts Sangha's S. M. Shetty College of Science, Commerce and Management Studies, Powai In collaboration with S-Ward, BMC Health Department on 27th October, 2021 in S.M. Shetty College Auditorium.

The drive started with the inauguration ceremony with our Principal Dr. Sridhara Shetty, our vice principal Dr. Lijji Santosh and Sandesha Shetty & our PO'S Vijay Vishwakarama & John Menezes. Teacher incharge Ashish Navik & Swati Shetty and the staff of S-ward BMC Health Department. After the inauguration we started with the vaccination drive our principal sir personally went and accomplished the students.

There were separate rooms arranged for the vaccination as well as the observation and waiting room. After the vaccination was done all the students who got the vaccine were given refreshment. All the necessary covid-19 precautions were taken care throughout the drive. The vaccination drive was successful and 81 people were vaccinated, Covishield 22 and Covexin 59.



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NEWS PAPER ARTICLE POST

NSS Programme Officer

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BUNTS SANGHA'S

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

Event:

Diet Health Exercise Activity

Date: 03/03/2022

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

Notice (WhatsApp Message):

Greetings to All ☆*

The ***NSS UNIT*** of ***Bunts Sangha's S.M.Shetty College of Science, Commerce and Management Studies, Powai** Is organising **_CERTIFICATE COURSE On STUDENT DEVELOPMENT PROGRAM ON CAPACITY BUILDING_***

TOPIC- DIET, HEALTH, EXERCISE

Resource Person : *MR. Shrinivas

.Date:- 3rd March ,2022

□Time:- 12:30PM

.Venue:- Zoom Meeting

*Zoom Link*..

**[https://us02web.zoom.us/j/81907542393?](https://us02web.zoom.us/j/81907542393?pwd=bW1sSHRZQlVTcjVFVlFTZlhDZVY1UT09)
[pwd=bW1sSHRZQlVTcjVFVlFTZlhDZVY1UT09](https://us02web.zoom.us/j/81907542393?pwd=bW1sSHRZQlVTcjVFVlFTZlhDZVY1UT09)**

Meeting ID: 819 0754 2393

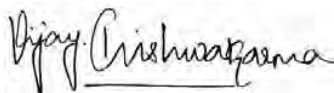
Passcode: 0rhG15

***Certificate will be provided to all the participants only after attending all the Sessions*.**

For any queries Call:-

Snehal Rai:- 9082362400

Sushant Shetty:- 7738813869



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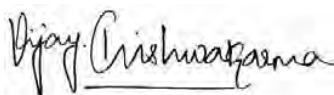
Report – DIET, HEALTH, EXERCISE

Event: DIET, HEALTH, EXERCISE

Date: 3rd March , 2022 & 4th March,2022

Objective: To access, evaluate to take positive action to protect, enhance and advocate for their own others health, wellbeing & physical activity participation across their lifespan.

Highlights: The NSS Unit of S.M.Shetty College Of Science, Commerce & Management Studies,Powai had organised a Diet, Health, Fitness and exercise webinar for 2 days. Webinar started with the introduction of the resource person Mr. Shrinivas, He's a personal trainer, and a nutrition consultant. As he discussed the importance of health and fitness in our day to day life, to make ourselves fit by doing yoga, exercise, and eating healthy foods. This session was for 2 days. He explained every part in detail, also we had some QnA rounds that helped the volunteers to know more in detail.The webinar ended with a vote of thanks by our NSS volunteer. There were 62 participants on 3rd March,2022 & 70 participants on 4th March,2022.



NSS Programme Officer



NSS Programme Officer


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Polio Drive- participation by NSS volunteers

Dijay Arishwargama
NSS Programme Officer

John Dierges
NSS Programme Officer


Principal
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Powai



Dipak Chishurama
NSS Programme Officer

John Poojary
NSS Programme Officer

S. M. Shetty
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BUNTS SANGHA'S

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

Event:

E-pledge on Say Yes to Life, No to Drugs

Date: 31/12/2021

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

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NOTICE (Whatsapp Message) – E-pledge on Say Yes To Life, No To Drugs

Jai Hind

The NSS unit of Bunts Sangha's S M Shetty College of Science Commerce and Management Studies Powai is organizing to take an

E-Pledge on *Say Yes To Life, No To Drugs*

Everyone are requested to kindly take an e-pledge on *Say Yes To Life, No To Drugs* on the occassion of National Youth Day i.e Swami Vivekanand Jayanti.

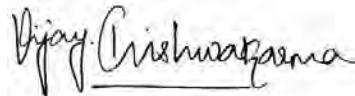
The objective of this pledge is to spread message of ill effect of drugs among the citizens so that they may show their resolve in making India a drug free nation and be encouraged in leading a healthy life ✨

_ *Please Note:*

After taking pledge take screenshot and upload it in given below form 📸

_ *Pledge and screenshot submission link:* 📄

<https://forms.gle/RCEgNdEh86oCDqio8>



NSS Programme Officer



NSS Programme Officer



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Participation List-E-pledge on Say Yes To Life, No To Drugs

Priyanka Bhadouria
Aarya Kaur
Mansi Choubey
Sagar Shetty
Mane Komal Vilas
Radhika Manjrekar
Rajyashree Jaiswal
Arshad pathan
Dhiraj Mahadik
Satyam Baburam Gupta
Anuja gajinkar
ATHARVA MANOHAR AMIN
Namita fernandes
Singh Riya Rakesh
Jainam Ashok Jain
Sohail Shaikh
Devadiga Nikita
Thripti Suvana
Nikita Devadiga
Shetty Sandya Shambu



NSS Programme Officer



NSS Programme Officer

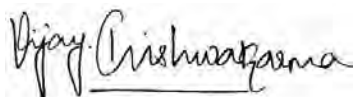


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NILESH Susant Swain
Shubham yadav
Tanya Ravindranath Singh
Vaishnavi Yogesh Gaikwad
Diksha Sathish Poojary
Pratham Thakkar
Guddu suresh yadav
Nag Simran Durgesh
Singh Gandharv Dharmendra
Niket singh
Shoaib Siddiqui
Sulata Bhagwan Panigrahi
Shubhalaxmi salian
Chaudhary Arbaaz mustaque
Soham kedari



NSS Programme Officer



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

Report – E-pledge on Say Yes To Life, No To Drugs

Event: E-pledge on Say Yes To Life, No To Drugs

Date: 31st December, 2021

Objective: To spread message of ill effect of drugs among the citizens so that they may show their resolve in making India a drug free nation and be encouraged in leading a healthy life

Highlight: The NSS unit of Bunts Sangha's S. M. Shetty College of Science, Commerce and Management Studies, Powai had organized a **E-pledge on Say Yes To Life, No To Drugs** on 31st December, 2021 on the occasion of Swami Vivekanand Jayanti. Total 88 Volunteers have taken the pledge.



NSS Programme Officer



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Certificate Sample Copy - E-pledge on Say Yes To Life, No To Drugs




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BUNTS SANGHA'S

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

Event:

First Aid Awareness Drive

Date: 24/02/2022

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

NOTICE: Whatsapp Message

Greetings to All ☆

The NSS UNIT of Bunts Sangha's S.M.Shetty College of Science, Commerce and Management Studies, Powai Is organising _CERTIFICATE COURSE On STUDENT DEVELOPMENT PROGRAM ON CAPACITY BUILDING

TOPIC- FIRST- AID

Resource Person :Dr. Manjeet Singh Arora

Author,Educator, Motivational speaker and Trainer

Consultant Fortis Hospitals, Mumbai


□Date:- 24th February ,2022

□Time:- 3:00PM Sharp

□Venue:- Zoom Meeting

Zoom Link□□

**[https://us02web.zoom.us/j/89370347309?](https://us02web.zoom.us/j/89370347309?pwd=OGRBcGxHdmQzdWUyYTMvdGZFNEJlTQT09)
[pwd=OGRBcGxHdmQzdWUyYTMvdGZFNEJlTQT09](https://us02web.zoom.us/j/89370347309?pwd=OGRBcGxHdmQzdWUyYTMvdGZFNEJlTQT09)**



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Email: college@smshettyinstitute.org

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

Meeting ID: 893 7034 7309

Passcode: YS0Xsb

Certificate will be provided to all the participants only after attending all the Sessions ☐

For any queries Call: ☐

Snehal Rai:- 9082362400

Sushant Shetty:- 7738813869



NSS Programme Officer



NSS Programme Officer



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**Bunts Sangha's
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Report – First Aid

Event: First Aid

Date: 24th February, 2022.

Objective: The aims of first aid are to preserve life, prevent harm, and promote recovery. CPR stands for cardiopulmonary resuscitation.

Highlights: This event was organised by the NSS Unit of S.M.Shetty College Of Science, Commerce & Management Studies, Powai. The Webinar started with the introduction of resource person Dr. Manjeet Singh Arora by our NSS Volunteer. He's an Author, Educator, Motivational speaker and Trainer Consultant Fortis Hospitals, Mumbai. He talked about the basics of first aid as first aid is the first and immediate assistance given to any person suffering from either a minor or serious illness or injury with care provided to preserve life. The webinar ended with the vote of thanks by an NSS volunteer. There were a total 6 participants in the webinar.



NSS Programme Officer

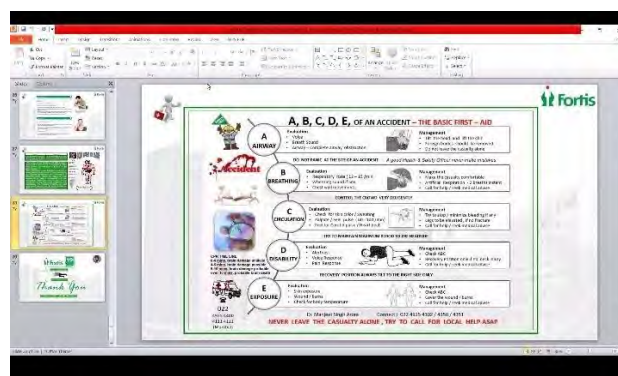


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**Bunts Sangha's
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Powai**



Virtual First Aid Awareness Drive in association with Fortis Hospital

Dijay. Krishnaswamy

NSS Programme Officer

John D'Souza

NSS Programme Officer



[Signature]
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BUNTS SANGHA'S

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

Event:

Fit Khao, Fit Raho Activity

Date: 25/09/2021

BUNTS SANGHA'S
S. M. SHETTY COLLEGE OF SCIENCE, COMMERCE & MANAGEMENT

STUDIES, POWAI.

Helloooo Fellas!!!!!!!



Notice (WhatsApp Message):

The NSS UNIT of Bunts Sangha's S. M. Shetty College of Science, Commerce & Management Studies, Powai has organised an intercollegiate event i.e. Fit Khao, Fit Raho under Fit India Movement

◆ Here, the participants have to cook a dessert which they feel is healthy and nutritious to our body, replace the unhealthy ingredient with a healthier one.

◆ send us the picture of the prepared dish and ingredients with recipe and benefits

of it through the given google form below

<https://forms.gle/8USEPGV7Trt4pCn78>

Last date for sending entries: 22nd September, 2021

Note :- Things to be sent:

- 1) Photo of Prepared dessert
- 2) Photo of Ingredients
- 3) Recipe of the dish
- 4) Benefits of the dish to our body
- 5) Participants have to show usage of Millets (Bajra) in their desserts

◆ After receiving all the entries, we will post all the pictures on our instagram, so the participants need to share it on their story tagging our instagram id :- shettynssunit_b46

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NSS Programme Officer



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BUNTS SANGHA'S
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STUDIES, POWAI.

And also don't forget to follow us and to use following hashtags while sharing:

#fitkhaofitraho

#fitindiamovement

Winners will be finalised on the basis of highest no. of saves on instagram

(Only healthy food will be considered)

E-certificates will be given to all the participants.

Winners will be declared on 25th September,2021 on our Instagram handle.



Winners will be provided with certificate of appreciation .

Do participateeeee!!!!



For any queries :-



Mansi Choubey : 8369385057

Ayesha Khan : 8828486740

Snehal Rai : 9082362400

Sushant Shetty : 7738813869

NSS Programme Officer

NSS Programme Officer



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STUDIES, POWAI.

Brochu

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S.M.Shetty College of Science, Commerce &
Management Studies, Powai, Mumbai-76
Permanently Affiliated to University of Mumbai
NAAC Accredited 'A' Grade
IMC RBNQ CERTIFICATE OF MERIT 2019
ISO 21001:2018 Certified

NATIONAL SERVICE SCHEME
Presents
Fit Khao, Fit Raho
Competition
(An Inter - Collegiate Cooking Competition)
To Participate In The Competition

Send Us :-

1. Photo of Your Prepared Healthy Dessert.
2. Photos of Ingredients .
3. Recipe of the Dessert .
4. Benefits of the Dessert to Our Body .

Event Is Open For All Age Groups

LAST DATE OF SENDING ENTRIES
22nd September, 2021 Upto 11 pm
Winners Will Be Declared On
25th September, 2021

For Any Queries

Ayesha Khan : 8828486740 Mansi Choubey: 8369385057
Sushant Shetty : 7738813869 Snehal Rai : 90823 62400

petition



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STUDIES, POWAI.

Rules and Regulations

1. The participants have to cook a Healthy Desserts , which they feel it's nutritious to our body and replace the unhealthy ingredients with healthier one
2. Participants have to show usage of Millets (Bajra) in their Desserts
3. After receiving all the entries we will post all the pictures on instagram , participants need to share the same on their stories tagging our Instagram Handle - @shettyunit_b46 also don't forget to follow us and to use the hashtags :- #fitkhaofitraho #fitindiamovement
4. Winners will be finalized on the basis of highest no. of saves on instagram
(Only Healthy Desserts will be considered)
5. E - certificates will be given to all the participants
6. Winners will be declared on 25th September, 2021 On our Instagram Handle
7. Winners will be provided with certificate of appreciation
8. Participants have to send the Picture of the Dessert made by them , Recipe of the Dessert , list of Ingredients and Benefits of it through the given google form (Link in Bio)



NSS Programme Officer



NSS Programme Officer


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Powai, Mumbai-400 076.
Tel. 022-6132 7352
Email: college@smsshettyinstitute.org

BUNTS SANGHA'S
S. M. SHETTY COLLEGE OF SCIENCE, COMMERCE & MANAGEMENT

STUDIES, POWAI.

Participants List - Fit Khao Fit Raho Cooking Competition

Juhi Parekh	SVKM's Mithibai College
Shruti Vikram Shah	SVKM's Mithibai College
Anuja gajinkar	Bunts sangha's S.M shetty college of science commerce and management studies
Ritika Ganesh Patil	Valia College
Roshni Maheshwari	SVKM's Mithibai College
SHIVANJALI SANTOSH SINGH	S.M.SHETTY
sapna rajesh saroj	S.M Shetty
Shubhangi Jain	Sm Shetty college
Singh shivanjali santoah	S.m.shetty
KINJAL HARSORA	Mithibai College
Isha Malhotra	Sol
Kanojiya Vandana kadeprasad	Sm Shetty college powai
Harshali Kohinoor	B.K Birla College of arts commerce and science autonomousskalyan
Sahu Sriyakumari Sunil	SM Shetty College
Mansi Choubey	S M Shetty College, Powai



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ISO 21001:2018 CERTIFIED

REPORT

Event: Fit Khao Fit Raho Cooking Competition

Date: 25th September, 2021.

Objective: This event was organized for "Cooking Competition

Highlights: This event was organized by the NSS Unit of our College. The Participants were asked to make some dessert from Bajra. There was total 15 participants from different college in Mumbai. The event was judged by according to Instagram saves.

The winners of the events are:

1. Ritika Patil (Valia College)
2. Harshali Kohinoor (B.K Birla College)
3. Vandana Kanojia (S.M Shetty College)



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Bijay Krishnaswama

NSS Programme Officer

John Denezzo

NSS Programme Officer




[Signature]
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BUNTS SANGHA'S

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

Event:

Flash mob on HIV/AIDS

Date: 20/12/2021

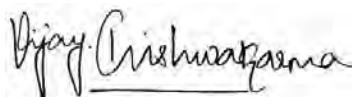
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MANAGEMENT STUDIES, POWAI**

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NOTICE

This is to inform all the students that the NSS Unit and RRC Club of our College is organizing "Flash mob on HIV/AIDS Awareness" on 20th December, 2021 from 4:00pm to 4:30pm.

Venue: Galleria, Hiranandani Gardens, Powai.



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STUDIES, POWAI.

Participating List – Flash mob On HIV AIDS

Full Name	College Name
Vaishnavi Gaikwad	S.M.Shetty College
Mansi Choubey	S.M.Shetty College
Ayesha khan	S.M.Shetty College
Poornima Jagtap	S.M.Shetty College
Swati Shetty	S.M.Shetty College
Prem Sahu	S.M.Shetty College
Joylin Campbell	S.M.Shetty College
Murgaja Chavan	S.M.Shetty College
Natasha Poojary	S.M.Shetty College
Guddu Yadav	S.M.Shetty College
Sohail shaikh	S.M.Shetty College
Bipin Pal	S.M.Shetty College
Priyanka Malipatil	S.M.Shetty College
Rajyashree Jaiswal	S.M.Shetty College
Aniket	S.M.Shetty College



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STUDIES, POWAI.

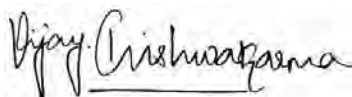
Report – Flashmob On HIV/AIDS

Event: Flash Mob on HIV/AIDS

Date: 20th December, 2021

Objective: To raise awareness among society to not end life because of getting affected by HIV/AIDS. But to live days of life how much we have in our hands .

Highlights: This event was organized by the NSS Unit and RRC Club of our College. The Participants were asked to practice and perform dance and skit to spread the awareness of HIV/AIDS. Under the guidance of MDACS (Maharashtra State Aids Control Society), organized a "Flashmob on HIV/AIDS Awareness" on 20th December, 2021 from 4:00pm to 4:30pm at the Galleria, Hiranandani Gardens, Powai. The Flash Mob began with the dance performance to a Bollywood song to attract the crowd, followed by a performance to raise public awareness about 15 volunteers were participated in the Flash Mob.



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Reviewed by both serving and non-serving judges of the Supreme Court (SCG) and the High Court (HCG) in July 2021. It was also the subject of an SCG judgment in July 2021. It was also the subject of an SCG judgment in July 2021. It was also the subject of an SCG judgment in July 2021.

NSS Unit of SM Shetty College does Flashmob and Sanitary Pad Donation Drive

Vijay Vishwam



one packet of sanitary pads. The volunteers were divided into two groups, and they covered all of the houses in the area. A total of 453 sanitary pads were distributed to women in the area, and a total of 20 volunteers took part in this activity.

Under the guidelines of MDACS (Maharashtra State AIDS Control Society), organised they also organised a "Flash Mob on HIV/AIDS Awareness" on 20th December, 2021, from 4:00 pm to 4:30 pm at the Galleria, Biranandani Gardens, Powai. The Flash Mob began with a dance performance to a Bollywood song to attract the crowd, followed by a performance to the theme song of HIV/AIDS Awareness to raise public awareness. About 15 volunteers participated in the Flash Mob.

The NSS Unit of SM Shetty College of Science, Commerce, and Management Studies, Powai organised a "Sanitary Pad Donation Drive" on 24th December, 2021 from 2-30pm to 4-30pm at Sanjaygarh Nagar, Powai. Female volunteers began the drive by distributing sanitary pads to the females in the area. Each woman was given

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BE A READER - I believe in you! and you find something that makes your confidence that you are a reader. I believe in you! and you find something that makes your confidence that you are a reader.

Dijay. Krishnarajama
NSS Programme Officer



NSS Programme Officer

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Sample Certificate- Flash mob On HIV AIDS




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BUNTS SANGHA'S

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

Event:

Webinar on HIV AIDS

Date: 01/12/2021

**Bunts Sangha's
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JAI HIND

The NSS Unit in collaboration with Red Ribbon club (RCC) of Bunt's Sangha's S.M Shetty College of Science Commerce and Management Studies powai . is organising A National Level Webinar on the occasion of *WORLD HIV/AIDS DAY*.

□ *TOPIC:- “End Inequalities, End AIDS”*

□ *GUEST OF HONOUR:- Mrs.Savita Kurade*

Senior counsellor at ONE STOP CENTER under Ministry of Women & Child Development,

GOVT.OF INDIA at KEM Hospital, Parel, Mumbai

·TO BE NOTED

· *VENUE:- Zoom meeting*

· *TIME:- 2:00pm onwards*

· *DATE:- 1st DECEMBER,2021*

All the participants will provided with E-Certificate



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NOTICE**

Link for the webinar.

Join zoom meeting

[https://us02web.zoom.us/j/88983625556?](https://us02web.zoom.us/j/88983625556?pwd=Q2c0TWNWMEpxT3hIVU5XRzRBc25iQT09)

[pwd=Q2c0TWNWMEpxT3hIVU5XRzRBc25iQT09](https://us02web.zoom.us/j/88983625556?pwd=Q2c0TWNWMEpxT3hIVU5XRzRBc25iQT09)

Meeting ID: 889 8362 5556

Passcode: ZT6upp

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

▫For any further queries Contact:-

Sagar Shetty:-9137992236

Priya Yadav:-8291808594

Nandini Mahapatra:-9082935318

Snehal Rai:-9082362400

Regards,

Red Ribbon Club (RRC).



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Permanently Affiliated to University of Mumbai
NAAC Accredited 'A' Grade
AACSB CERTIFICATE OF MERIT 2019
ISO 21001:2018 Certified



National Service Scheme
(In collaboration with)
RED RIBBON CLUB
Present
A National Level Webinar on
"End Inequalities, End AIDS"
On the occasion of
World HIV/AIDS DAY
RESOURCES PERSON:-
MRS.SAVITA KURADE
(Senior Counsellor at ONE STOP CENTER under
Ministry of Women & Child Development,
GOVT.OF INDIA at KEM Hospital, Parel, Mumbai)

DATE:1st December,2021 VENUE: ZOOM MEETING
TIME:2:00PM Onwards
E-Certificate will be provided to all the participants
For any queries Contact:-

Nandini Mahapatra: 9082935318	Priya Yadav:-8291808594
Snehal Rai : 9082362400	Sagar Shetty:- 9137992236


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**Participation List: Webinar on “End Inequalities End AIDS” and Quiz
competition on HIV/AIDS**

Sushant R. Shetty S.M.SHETTY COLLEGE
Sushant S.M.SHETTY COLLEGE
Patil Abhijeet Digambar S.M.SHETTY COLLEGE
Shrinav Shyam S.M.SHETTY COLLEGE
Samay Shah S.M.SHETTY COLLEGE
Vaishnavi Tathe Government law college Mumbai
Sweta kumari Jai hind
Sagar Shetty S.M.SHETTY COLLEGE
Kartik Bhanushali S.M.SHETTY COLLEGE
Chamariya Pritesh Narayan S.M.SHETTY COLLEGE
Farhaan Chaudhary S.M.SHETTY COLLEGE
Kinjal Shetty S.M.SHETTY COLLEGE
Smita Ramesh Kori S.M.SHETTY COLLEGE
Devadiga nikita S.M.SHETTY COLLEGE
Kanojiya Vandana kadeprasad S.M.SHETTY COLLEGE
Lekha Naik Jai Hind
Radhika jayesh Manjrekar S.M.SHETTY COLLEGE
Siddharth sohani S.M.SHETTY COLLEGE
Jeshma Mahesh Shetty S.M.SHETTY COLLEGE
Vaishnavi Yogesh Gaikwad S.M.SHETTY COLLEGE
SHARMA OMPRATAP JATASHANKAR Jai Hind College, (Autonomous)
Priya Yadav S.M.SHETTY COLLEGE
Nihal Shah Government law collage Mumbai
Ms. Dhruvi Dave Mithibai College



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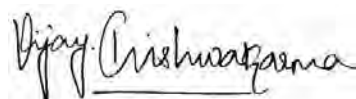


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Shaikh Simra Nirmala Niketan college of home science
Namita Fernandes S.M.SHETTY COLLEGE
Soumya Jai hind college
SALONI SADASHIV MHASKAR V.G.VAZE COLLEGE,MULUND(EAST)
Dixita Padaya S.M.SHETTY COLLEGE
Kritika Singh SVKM'S Mithibai College
Deepak.s.pawar S.M.SHETTY COLLEGE
Gupta Satyam S.M.SHETTY COLLEGE
Arunima Chattopadhyay Jai Hind College
Moaaddeka Khatun Mallick Jai Hind College
Neelkanth Vyas Lords Universal College Of Law
Sharvi Prashant Morajkar S.M.SHETTY COLLEGE
Anuja Gajinkar S.M.SHETTY COLLEGE
Manan Lodha Mithibai College
Rohan Poojary S.M.SHETTY COLLEGE
Tanya Ravindranath Singh S.M.SHETTY COLLEGE
Khan Salman Ikhlaq S.M.SHETTY COLLEGE
Aarya Kaur S.M.SHETTY COLLEGE
Thriпти Suvarna S.M.SHETTY COLLEGE
Swamini Tulsidas Desai Jai Hind College
Rajyashree Jaiswal S.M.SHETTY COLLEGE
BHAVNA RAMCHANDANI JAI HIND COLLEGE AUTONOMOUS, MUMBAI
Mannat Gupta Government Law College, Mumbai
SUHANI SURESH TRIWADI S.M.SHETTY COLLEGE
Yukti Sunil Meshram Institute of forensic science Mumbai
Jayani Nalla Jai Hind College
Sakina Juzer Balsara College of Home Science Nirmala Niketan



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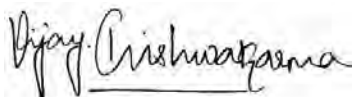

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Sohail Shaikh S.M.SHETTY COLLEGE
Fatema Saifuddin Mahuwawala Nirmala Niketan College of Home Science
Mansi Vikrant pawar S.M.SHETTY COLLEGE
Mubbashira Hasanmiyan Chougale Mithibai College
Bhushan Champalal Shaha Jai Hind College
Sakshi Sitaram Zinjad Nirmala Niketan college of homescience
Guddu suresh yadav S.M.SHETTY COLLEGE
Prajwal shetty S.M.SHETTY COLLEGE
Diya Nagpal Mithibai College
Disha boricha S.M.SHETTY COLLEGE
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Aditi Vijay Gokani Jai Hind College
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Hardi Savla Jai Hind College
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Aakanksha Salkar Jai Hind College
Pal bipin S.M.SHETTY COLLEGE
Rajaram mangesh phatak Sanskardham College Of commerce
Sandeep Santosh Mahto S.M.SHETTY COLLEGE
Samiya Chowdhari College of Home Science Nirmala Niketan
Jagtap Pornima Shankar S.M.SHETTY COLLEGE
Tejwani Trisha Naresh Jai Hind College
Menka Yadav College Of Home Science Nirmala Niketan
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Swati Shetty S.M.SHETTY COLLEGE



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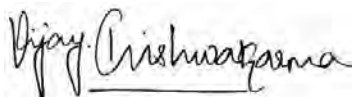


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Sakshi Poojary S.M.SHETTY COLLEGE
Ritu Prajapati S.M.SHETTY COLLEGE
KHUSHBU.DOSHI Mithibai college
Gayatri Sane Jai Hind College, Churchgate
Rashika Sunil Chaudhari VG vaze college
Ratnakar Singh S.M.SHETTY COLLEGE
Dhiraj Santosh Mahadik S.M.SHETTY COLLEGE
Tushar Premshankar Chaurasiya S.M.SHETTY COLLEGE
Kavita Vishwakarma S.M.SHETTY COLLEGE
CHAVAN GAURI MAHESH V.G VAZE COLLEGE
Archana Chauhan S.M.SHETTY COLLEGE
Azka Nadeem Dange College of home science Nirmala Niketan
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Bushra Jafar Dhankwala College of Home Science Nirmala Niketan
Gupta Yashika Kamlesh Xavier Institute of Engineering
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Michelle Macwan Xavier Institute of Engineering
Diogo Dcosta Xavier Institute of Engineering
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Avinash Nikam S.M.SHETTY COLLEGE
Jain Anisha Kamlesh Nirmala niketan college of home science
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Shubhangi Jain S.M.SHETTY COLLEGE



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Meghana Dinesh Gajmal J.M.Patel College Of Commerce
Mayur Sankardham college
Janecia sambreya shankar narayan
Priya santosh singh Shankar Narayan collage of arts and commerce
Disha kariya Poojary Shankar Narayan college of arts and commerce
Supriya Rajkumar mishra Shankar Narayan college
Atul Rajak Shankar Narayan College
Jaya Gangadhar sarkate J.M.Patel college of commerce



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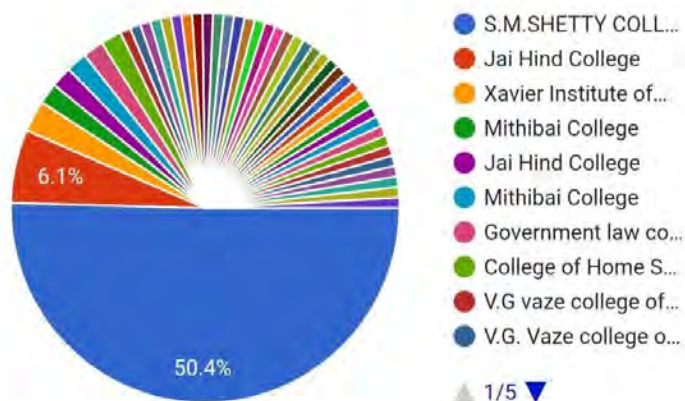
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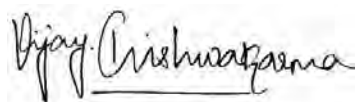
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College name (As required on the certificate)

115 responses



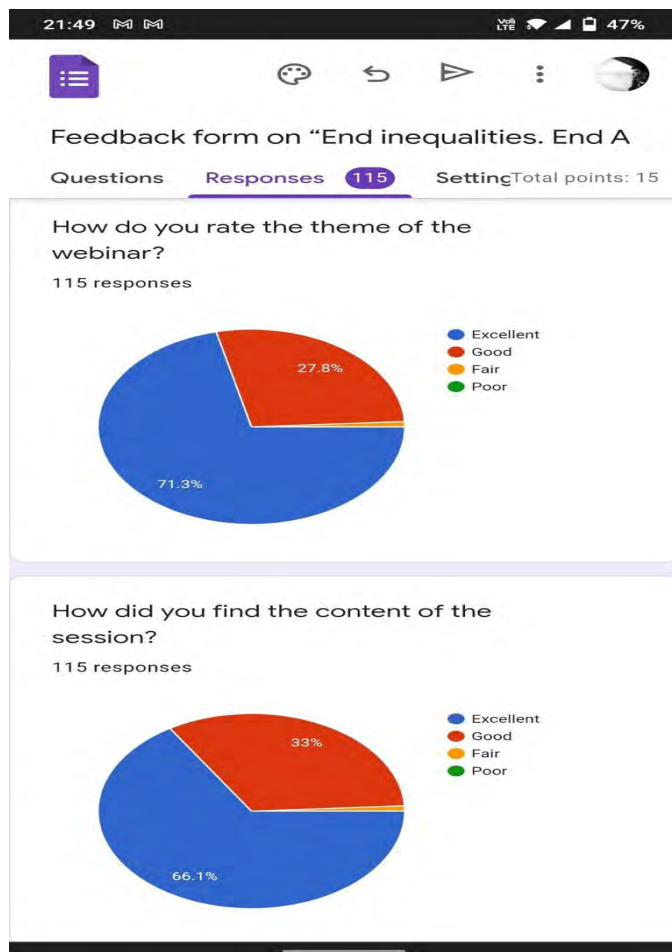

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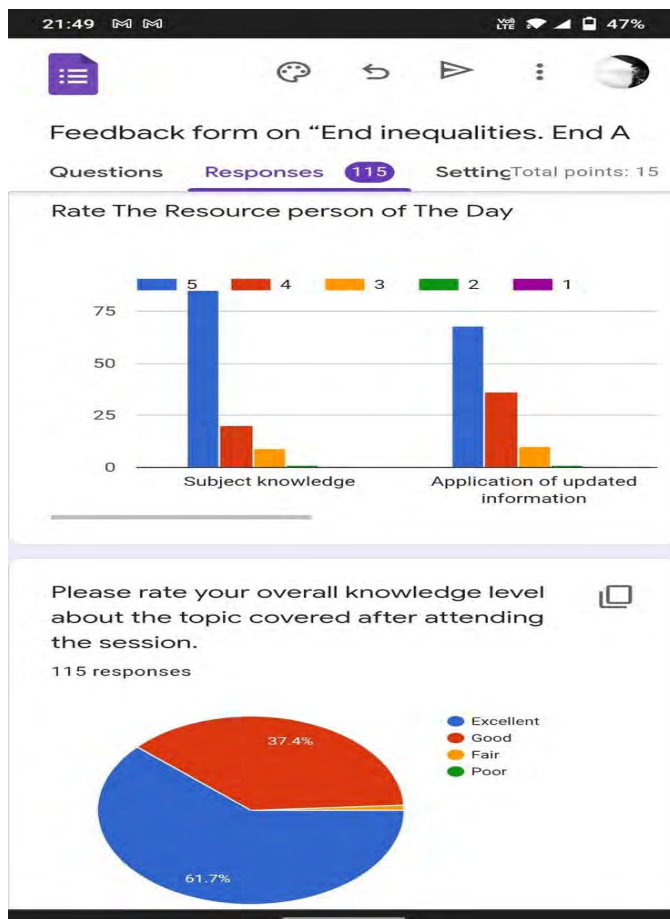
Dijay. Krishnaswama
NSS Programme Officer

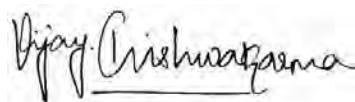
John Pienzo
NSS Programme Officer


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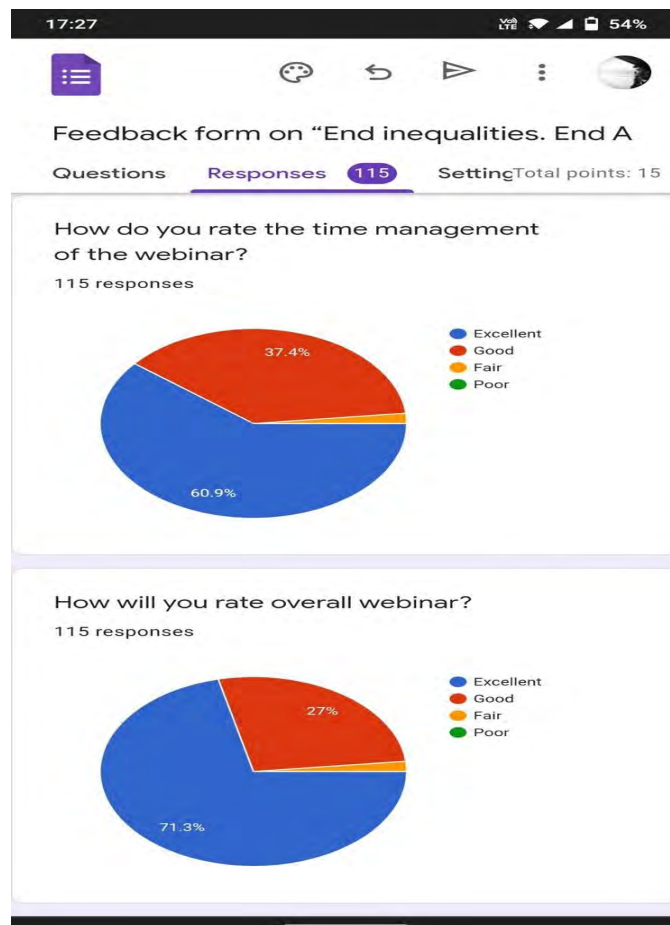

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Vijay. Krishnaswama

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John Pienzo

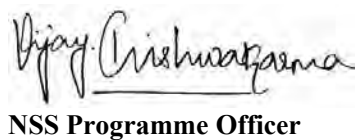
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[Signature]
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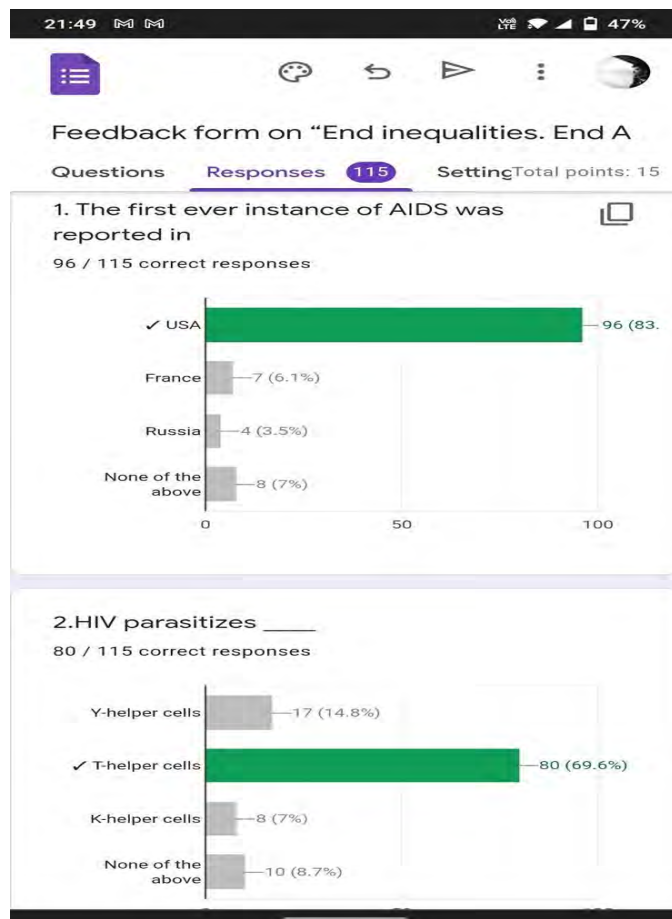



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John Pienzo

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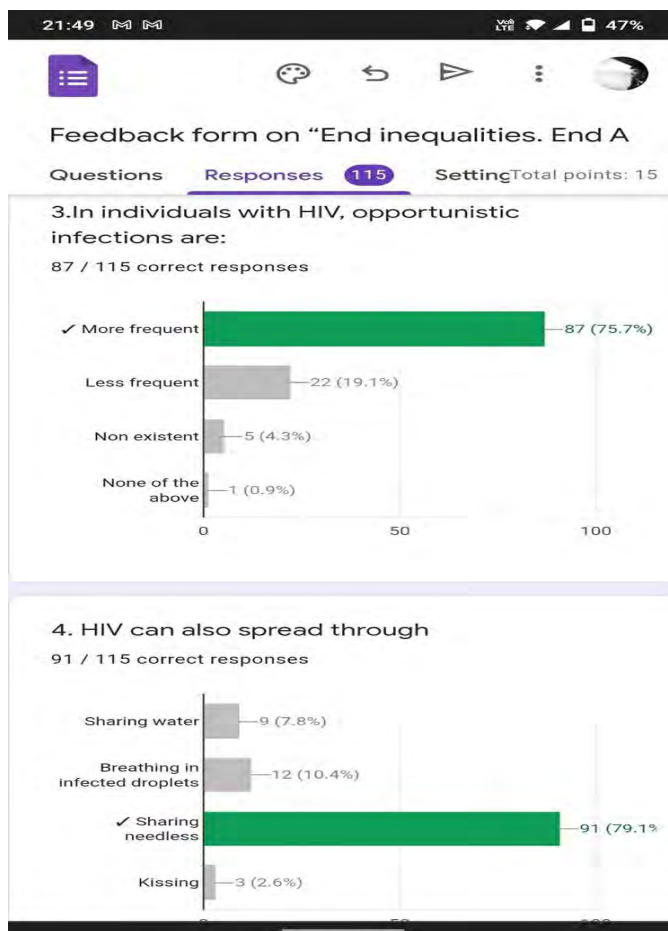


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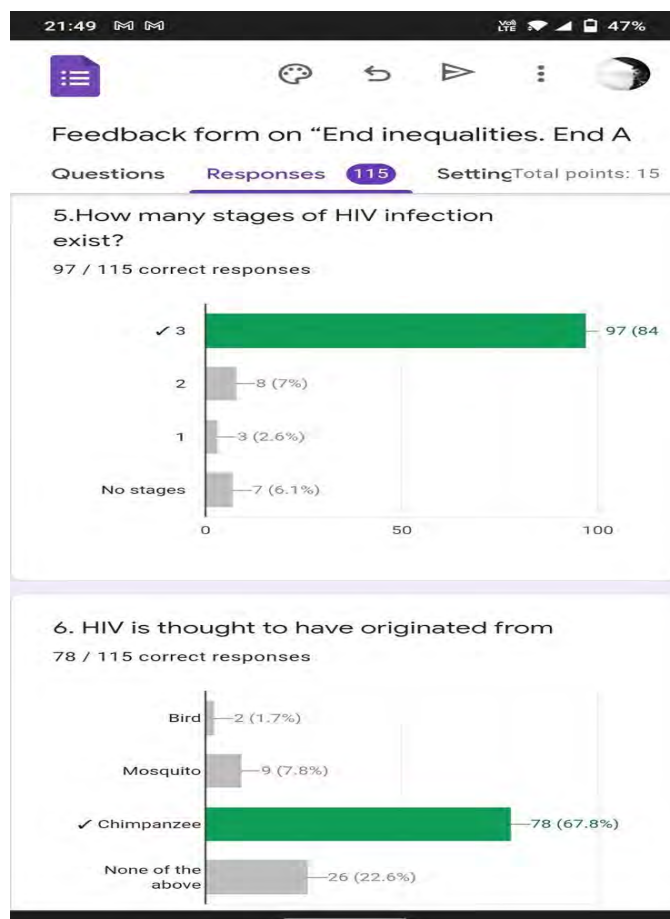


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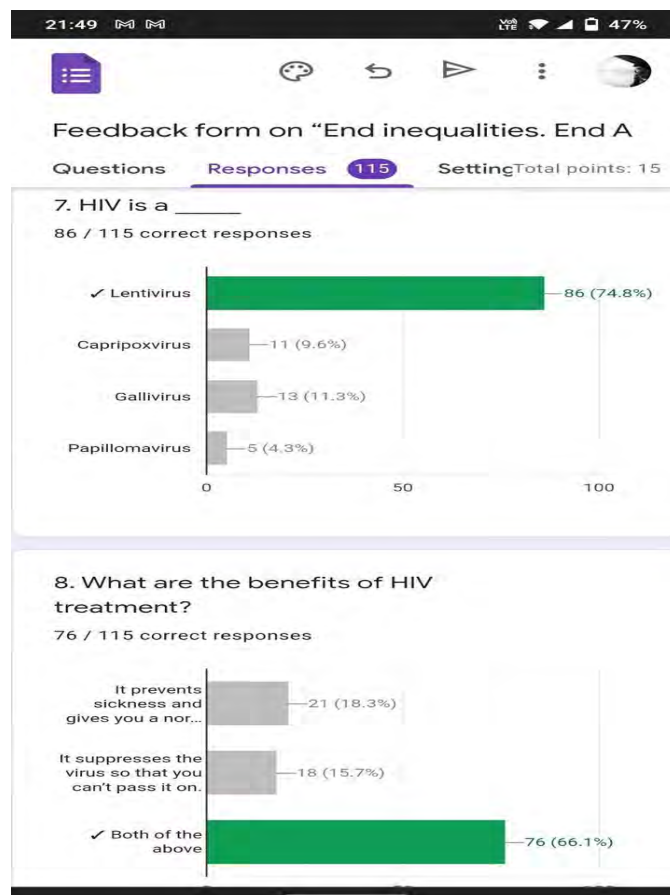


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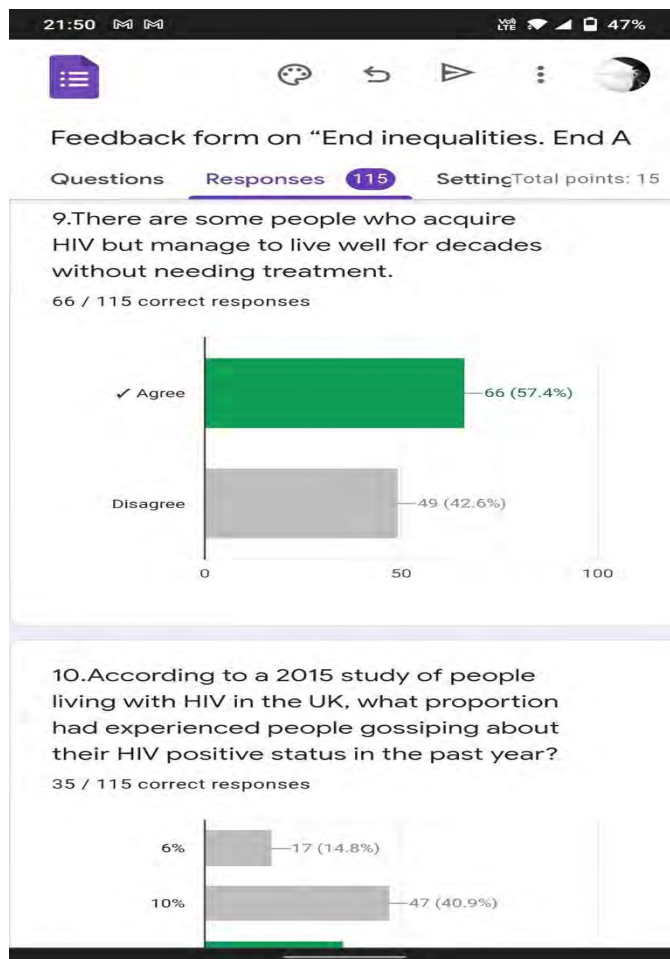


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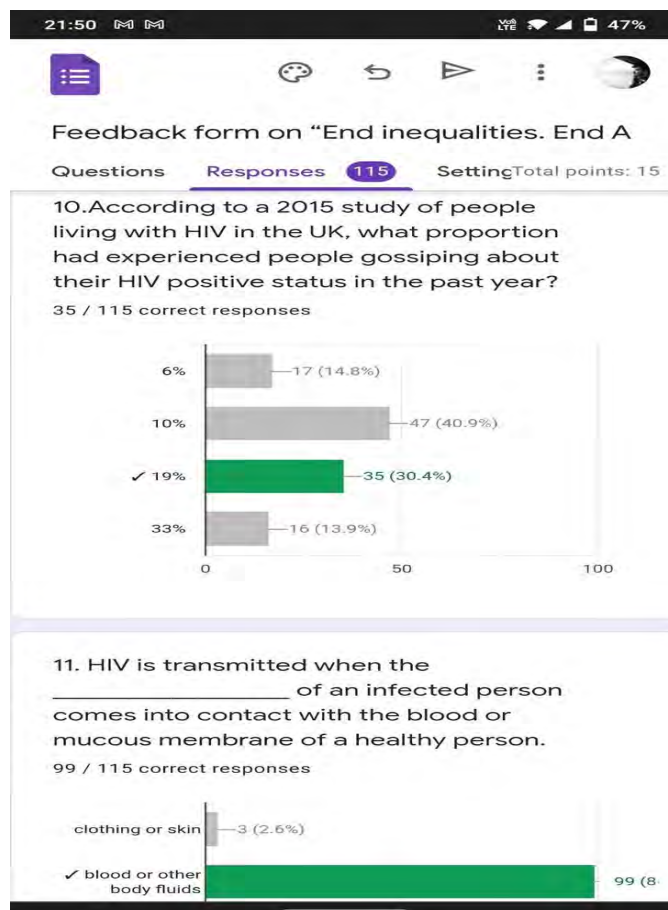


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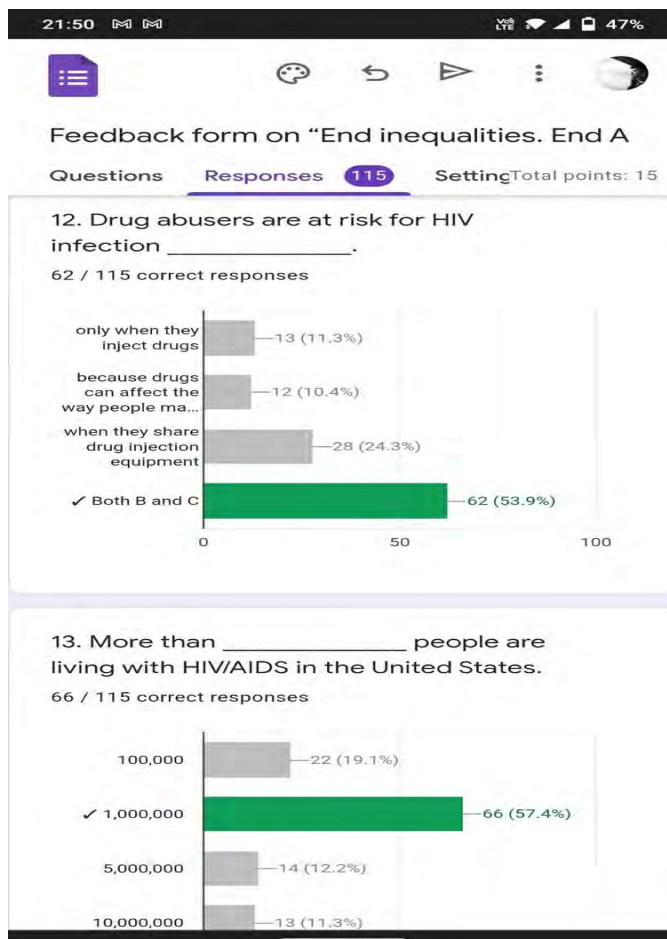


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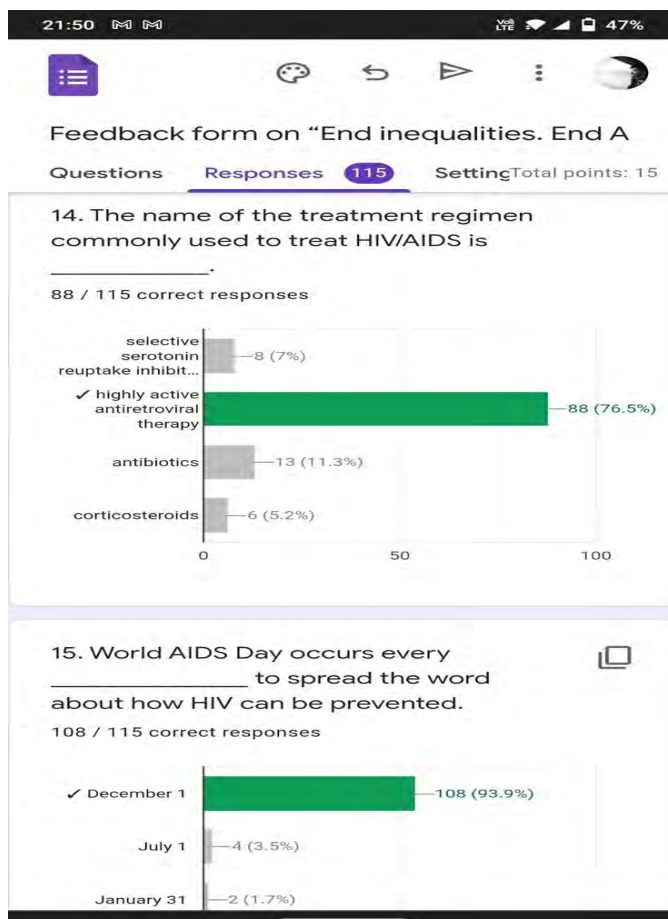


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REPORT: Webinar on “End Inequalities ,End AIDS”**

Event: Webinar on End Inequalities End AIDS

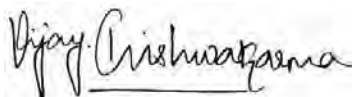
Date: 1st December 2021

Objective: End Inequalities End AIDS, Precautionary Measures

Highlight: The NSS UNIT and the RED RIBBON CLUB of S. M. SHETTY COLLEGE organized A National Level webinar on “ **End Inequities, End Aids**” on the occasion of “**World Hiv/Aids Day**” on 1st December 2021.

The Webiner Commenced with the welcoming of or speaker Mrs Dr Savita Kurade by our NSS Volunteer Ms Swati Shetty. Dr Savita Kurade is a Senior counsior at ONE STOP at KEM Hospital Mumbai. She made us all aware about the seriousness of HIV & AIDS disease and how it can be transmitted from one person to another, what are the medium through which this disease can spread and also told us the ways how we protect ourself from it, also she told us about (ART) Antiretroviral treatment which help a diseased person recover from diseased.

The webinar was ended with the Vote of Thanks by our NSS Volunteer Mr Sagar Shetty. There was around 115 participants in the webinar.



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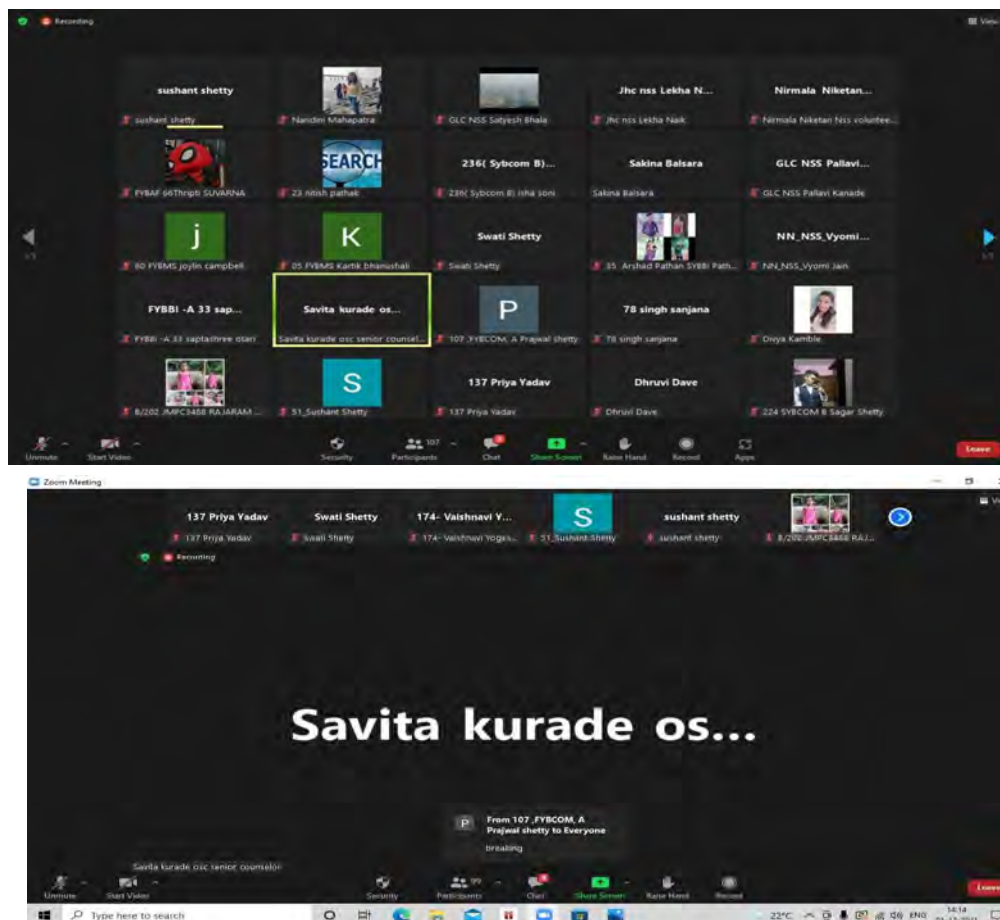


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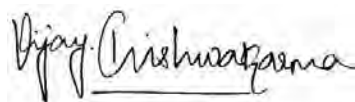
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Virtual Glimpse of NSS volunteers attending session


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**Certificate Sample: Webinar on "End Inequalities End AIDS" and QUIZ
COMPETITION ON HIV/AIDS**



Dijay Chishwagama

NSS Programme Officer

John Pienzo

NSS Programme Officer



P. S. Shetty
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Dijay. Krishnaswama
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John Denez
NSS Programme Officer

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BUNTS SANGHA'S

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

Event:

Yoga Webinar on International Yoga Day

Date:

21/06/2021

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

Notice (WhatsApp Message): Yoga Webinar on International Yoga Day

..♀ 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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Feedback: Yoga Webinar on International Yoga Day

Name

49 responses

Shubhangi Jain
Toral Chauhan
Somya Yadav
Ms. Aarya Kaur
Nidhi Chandorkar
Lodaya Bhoomi Bhavesh
Ms. Anuja gajinkar
Mr. Abhishek Mohanty
Radhika Jayesh Manjrekar



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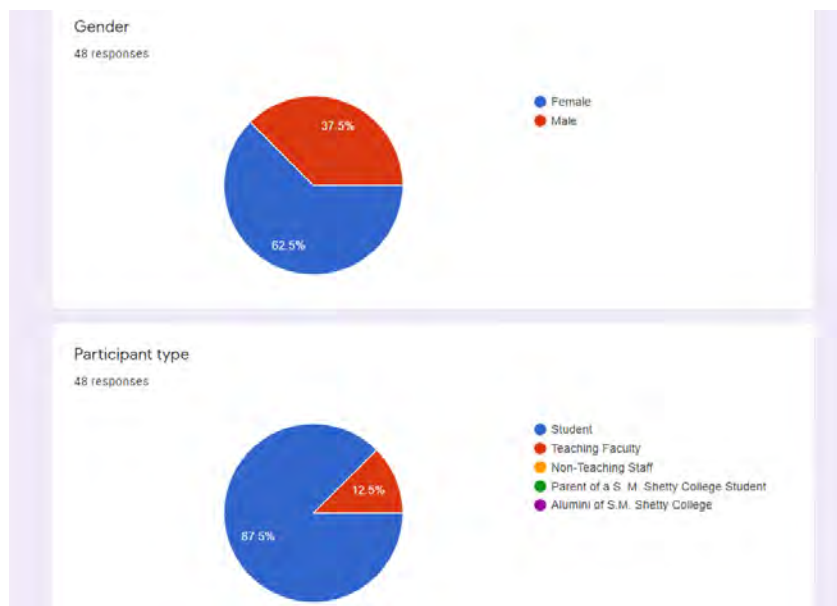
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Vijay Krishnaswamy

NSS Programme Officer

John Deneys

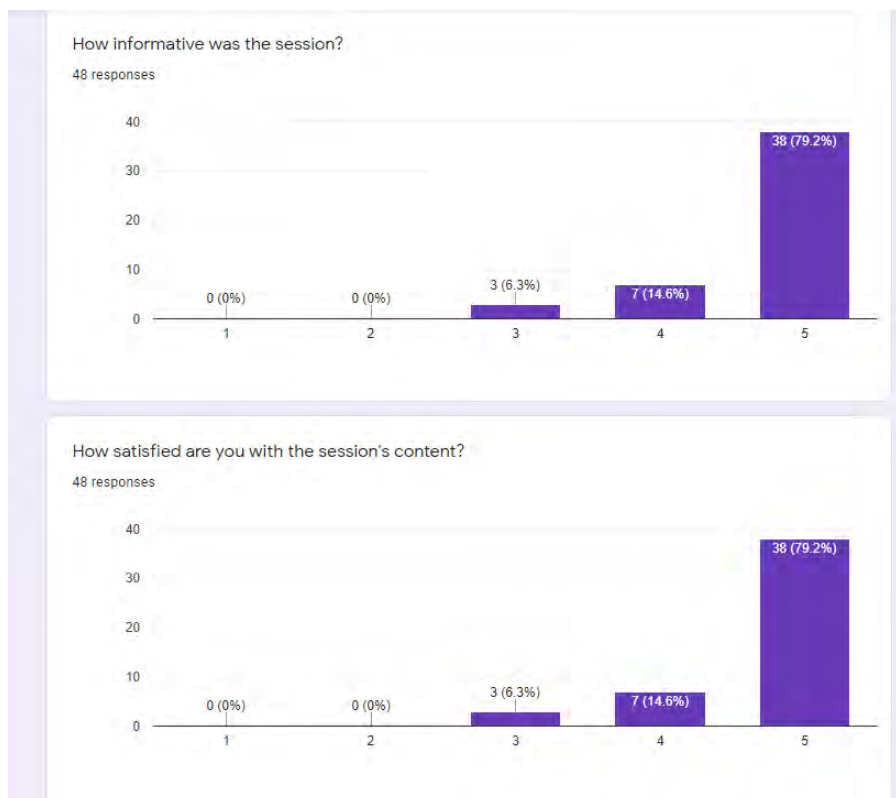
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Bijay Krishnaswamy

NSS Programme Officer

John D'Souza

NSS Programme Officer



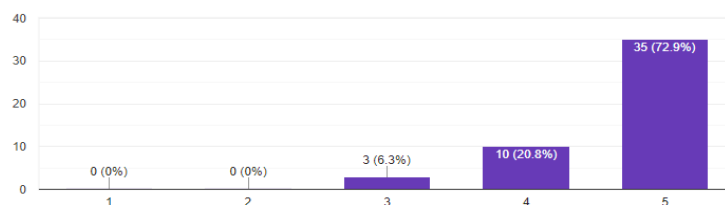
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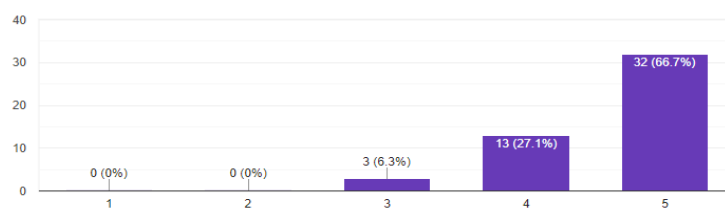
How relevant and helpful do you think the session was?

48 responses



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

48 responses



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

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Report: Yoga Webinar on International Yoga Day

Event: Yoga Webinar on International Yoga Day.

Date: 21st June, 2021.

Objective: The Yoga webinar helped the students to know the meaning of yoga and its yoga postures.

Highlights: The NSS Unit in collaboration with Health Club and Sport Department of Bunts Sangha's S. M. Shetty College of Science, Commerce and Management Studies, Powai had organized a Webinar on "International Yoga Day" on 21st June 2021. The Resource Person for the webinar was the Members of Shri Ambika Yoga Kutir.

The webinar commenced with the Welcoming of our Principal, Vice-principals, Members of NSS Unit, Health Club, Sport Department and Member of Shri Ambika Yoga Kutir (Resource Person) and the participants from our College by our Asst. NSS Representative Ms. Snehal Rai. The College has been collaborating with Shri Ambika Yoga Kutir for over 8 Years, the objective of this collaboration is to foster harmony in the body, mind & environment. Further the session was addressed by our Principal Dr. Sridhara Shetty. It was followed by the introduction of our Resource Person- The Member of Shri Ambika Yoga Kutir (Mr. Bharat Pawar, Mr. Rajesh Surti, and Ms. Riddhi Surti). Later the Resource person started with this session by explaining about many postures of Asanas. He also further continued to teach many other Yoga exercises and also mentioned about the benefit we can gain after doing these Yoga postures such as, Vajrasana, Ushtrasana, Arah- Hala- Asana, Uttana-Pada- Asana and many other Asanas. At the end, he explained us about the Pranayama Bhramari Asana by telling us to take deep breath, and make our body relax & calm. It was good session with Shri Amika Yoga Kutir.

The webinar ended with the Vote of Thanks by our NSS Leader Mr. Sushant Shetty. There were around 60 participants in the webinar.



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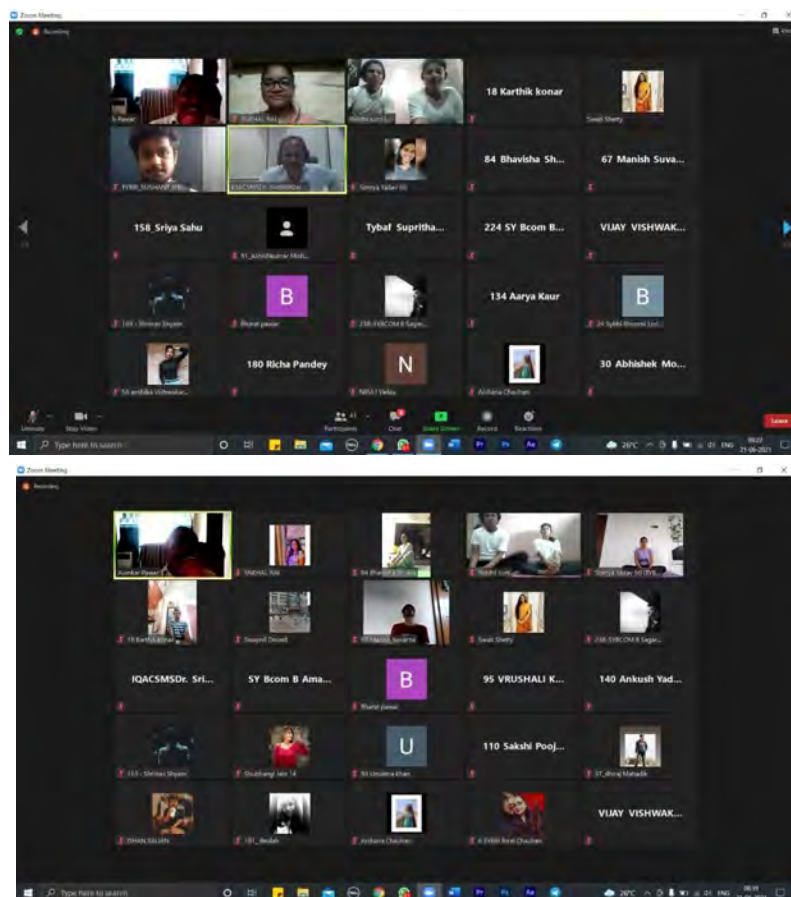


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students attending virtual Yoga Webinar

Bijay Krishnaswama

NSS Programme Officer

John Pionese

NSS Programme Officer



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BUNTS SANGHA'S

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

Event:

Pulse Polio Drive

Date:

27th February, 2022 to 4th March, 2022

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

Notice (WhatsApp Message):

Hello Volunteers as discussed in the meeting there is polio drive starting from tomorrow all over Maharastra so for that I want 10 volunteers who can come at Kurla terminus for that drive for continues 6 days starting from tomorrow that is Sunday there are two timings morning 7-3 and second 3-11pm. We had an conversation with them we all can come by Max to Max 8am. For Regular 6 days we've to go we'll be getting certificate from government also receiving compensation from Government. 100% attendance will be getting those who are coming for Drive. Carry one passport size photo for BMC ID

Interested volunteers put your name in unofficial group



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Report – Polio Drive

Event: Polio Drive

Date: From 27th February, 2022 To 4th March, 2022


Objective: This drive aims to protect children against such deadly disease.

Highlights: The NSS Unit of Bunts Sangha's S. M. Shetty College of Science, Commerce and Management Studies, Powai In collaboration with L-Ward BMC Health Department organized a Polio Drive from 27th February, 2022 to 4th March, 2022 at LTT Railway Station.

On the first day of the drive, the BMS staff welcomed our volunteers. BMC staff gave the basic knowledge of the polio vaccine to our volunteers and also explained the rules and regulations to be followed during the drive. Volunteers were divided into 2 batches morning (8 am to 3 pm) and afternoon (3 pm to 10 pm) and they were allocated at different position at the station.

Participants :

Ritu Prajapati
Sriya Sahu
Pratham Thakkar
Sohail Shaikh
Chinmay Mule
Deepak Pawar
Perna Salunkhe
Riya Singh
Swati Shetty
Mayur Shewale
Abhijeet Patil
Sanjana Pawar
Simran Nag



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NSS Volunteers participated in pulse polio drive

Vijay Krishnaswamy

NSS Programme Officer

John D'Souza

NSS Programme Officer



Principal
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Certificate – Polio Drive

बृहन्मुंबई महानगरपालिका विलका-१३
सार्वजनिक आरोग्य खाते
पल्स पोलिओ लसीकरण मोहिम
उपस्थित राहील्याबद्दलचे प्रमाणपत्र

प्रमाणित करण्यात येते की, श्री/श्रीमती : Sriya Sunil Sabu
हे/ ह्या Transit Team - 'L' Ward आरोग्य केंद्राच्या पल्स पोलिओ लसीकरण
केंद्रावर कर्मचारी/स्वयंसेवक म्हणून दिनांक 27/02/22 to 4/03/22 या दिवशी उपस्थित होते/होत्या.
सहाय्यक वैद्यकीय अधिकारी
आरोग्य केंद्र
PH336-BMPP-53204-2021-22-10,000 (M-2)

Nachar
वैद्यकीय आरोग्य अधिकारी
Medical Officer Of Health
'L' Ward

Bijay Krishnaswami

NSS Programme Officer

John Denezo

NSS Programme Officer



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BUNTS SANGHA'S

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

Event:

Rally on HIV/AIDS Awareness

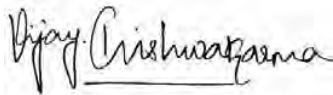
Date: 05/12/2021

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

Notice (Whatsapp Message):

*An awareness rally is being conducted on 5th December on occasion of World Aids Day · to spread awareness . *

We need 20 volunteers by tomorrow evening 4 PM



NSS Programme Officer



NSS Programme Officer



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**Bunts Sangha's
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Powai**

Report – Rally on the occasion of World HIV/Aids Day

Event: Rally On the occasion of World HiV/Aids Day.

Date: 5th December, 2021

Objective: This event was organized for awareness about HIV/AIDS

Highlights:

The rally commenced at 9.30 am from campus and ended up by 12.00pm. This rally covered the area from S. M. SHETTY COLLEGE up to POWAI PLAZA. The aim of this rally was to spread awareness and various treatment provided by government for HIV/AIDS. Total number of 20 volunteers participated in this rally holding and reciting slogans.



Dijay. Krishnaswamy

NSS Programme Officer

John Deneys

NSS Programme Officer



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HIV awareness rally conducted by NSS volunteers

Dijay. Krishnaswamy

NSS Programme Officer

John Deneys

NSS Programme Officer



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BUNTS SANGHA'S

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

Event:

Sanitary Pads Donation Drive

Date: 23/12/2021

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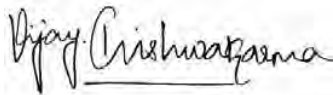
Notice (Whatsapp Message):

HELLO VOLUNTEERS

THERE IS CONTINUATION IN TODAY'S OFFLINE ACTIVITY

TOMMOROW SANITARY PAD DONATION

SO I NEED 8 GIRL & 2 BOY VOLUNTEERS



NSS Programme Officer



NSS Programme Officer

Criterion 3 - Research, Innovations and Extension



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Report – Sanitary Pads Donation

Event: Sanitary Pads Donation

Date: 23rd December 2021

Objective: The main objective of donation was to help and provide teenage girls and young women in slums areas with sanitary pads

Highlights: The NSS unit of Bunts Sangha's S M Shetty College Powai organized Sanitary pads Donation Drive on 24th December 2021 from 2:30pm to 4:30pm at jama masjid area near powai. The drive was started by female volunteers distributing sanitary pads. Each women was given 1 packet of sanitary pads. The Volunteers group was divided into two and they covered all the house in that area. Total 453 sanitary pads were distributed to women in that area. 20 Volunteers took part in this drive



News Paper Article

Vijay Krishnaswami

NSS Programme Officer

John D'Souza

NSS Programme Officer



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Sanitary Pads Donation Drive

Dijay. Krishnaswamy

NSS Programme Officer

John Deneys

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Dijay Crishnaswama
NSS Programme Officer

John Seney
NSS Programme Officer

Prashant
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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**

Event:

A Session on CPR

Date: 22/02/2022

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

ISO 21001:2018 Certified

Notice (WhatsApp Message):

Greetings to All ☆☆

The ***NSS UNIT*** of ***Bunts Sangha's S.M.Shetty College of Science, Commerce and management Studies, Powai** Is organising **_CERTIFICATE COURSE On STUDENT DEVELOPMENT PROGRAM ON CAPACITY BUILDING_***

TOPIC- Session on CPR

Resource Person : *Ms. Sumaiya Raghavan

Date:- 22nd February ,2022

Time:- 1:30 PM

Venue:- Zoom Meeting

***Zoom Link*_**

[https://us02web.zoom.us/j/85156512305?](https://us02web.zoom.us/j/85156512305?pwd=WXJ0TzlvMUVsaHQzdC8relNrOVBRUT09)

[pwd=WXJ0TzlvMUVsaHQzdC8relNrOVBRUT09](https://us02web.zoom.us/j/85156512305?pwd=WXJ0TzlvMUVsaHQzdC8relNrOVBRUT09)

Meeting ID : 851 5651 2305

PaasCode: ae0Jc0

Certificate will be provided to all the participants only after attending all the Sessions

For any queries Call:

Snehal Rai:- 9082362400

Sushant Shetty:- 7738813869



NSS Programme Officer



NSS Programme Officer


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

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

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Report – session on CPR

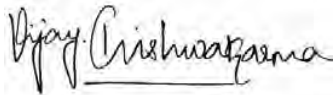
Event: Session on CPR

Date: 22th February, 2022

Objective: This Webinar helped the students to know about the General knowledge on CPR

Highlights: This event was organized by the NSS Unit of S.M.Shetty College Of Science, Commerce & Management Studies, Powai. The webinar started with introduction of resources person Sumaiya Raghavan - Operations Head and Anand Shrivastava- Project director From i-care Holy Family Hospital Mumbai. Volunteers got to learn basic knowledge about CPR. They also explained us through a demo of human body demonstration. As they also told us about the CPR steps. Cardiopulmonary resuscitation (CPR) is a lifesaving technique that's useful in many emergencies, such as a heart attack or near drowning, in which someone's breathing or heartbeat has stopped.

The webinar ended with the vote of thanks by NSS volunteers



NSS Programme Officer

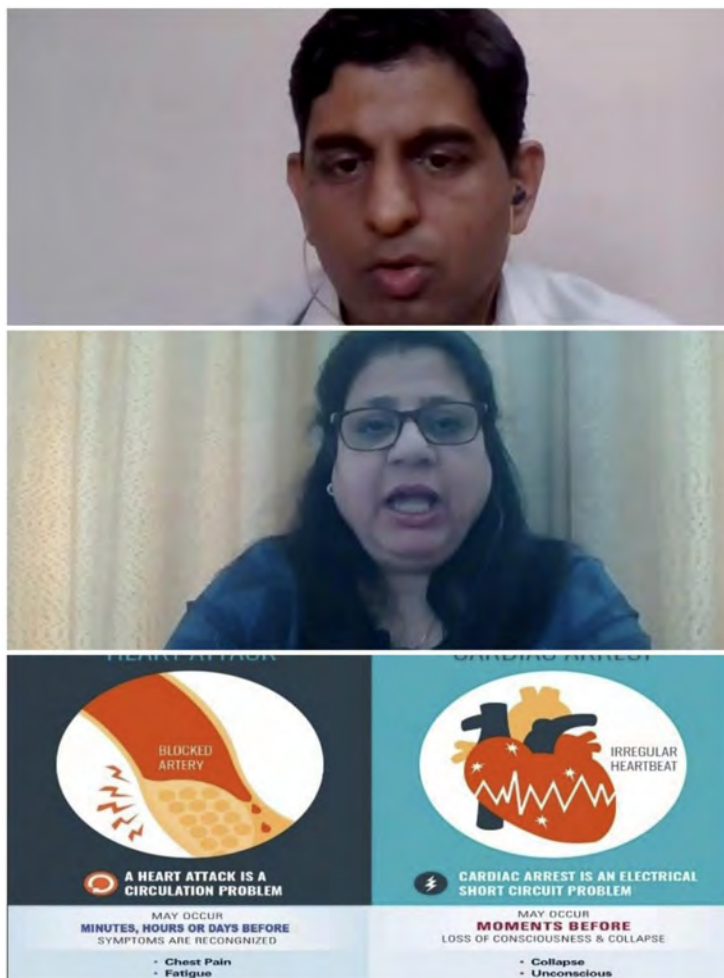


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Email: college@smshettyinstitute.org

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



Virtual session address by speaker

Bijay Krishnaswami

NSS Programme Officer

John Deneys

NSS Programme Officer



[Signature]
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Email: college@smshettyinstitute.org



BUNTS SANGHA'S

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

Event:

Webinar on Suposhit Yoga Day Activity

Date: 16/09/2021

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

**ISO 21001:2018 Certified
Notice (WhatsApp Message):**

The NSS Unit of Bunts Sangha's S.M. Shetty College of Science, Commerce & Management Studies
Organises **Webinar on Yoga**

To celebrate "**Fourth Poshan Maah of Suposhit Bharat**, "initiated by the
Government of India.

**Open for all and mainly for "various groups like pregnant women,
children and adolescent girls."**

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. 🧘

Resource Person- Dr. Sharayu Rajwade Kshirsagar

Homoeopathic Family Doctor Founder at Dr. Sharayu's B.H.M.S (Pune) P.G. Diploma in
Wellness & Cosmetology, Certified COVID Warrior

📅 **Date:** 16th September, 2021

🕒 **Time :** 5.00pm

📍 **Venue:** Zoom Meeting

All the participants will be provided with E-Certificate.

Link for the webinar. 📎

Join Zoom Meeting

<https://us02web.zoom.us/j/89216339645?pwd=ZklwK1RZNNGNpdjJlUWVhWnhWcWVpBUT09>

Meeting ID: 892 1633 9645

Passcode: 6TaPvy

Our social media handles :-

Instagram handle:-

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

Facebook handle:-

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

YouTube channel:-

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



NSS Programme Officer



NSS Programme Officer






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Email: college@smshettyinstitute.org


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

For further queries Contact:-

 **Snehal Rai-** 9082362400

 **Sushant Shetty-** 7738813869

 **Sakshi Poojary-** 9137794407

 **Swati Shetty-** 86252871355

Regards,
NSS UNIT.



NSS Programme Officer



NSS Programme Officer


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



Bunts Sangha's
S M Shetty College of Science, Commerce and
Management Studies Powai, Mumbai
Permanently Affiliated to University of Mumbai
NAAC Accredited 'A' Grade
IMC RBNQ CERTIFICATE OF MERIT 2019
ISO 21001:2018 Certified

NATIONAL SERVICE SCHEME

Organises A National Level

WEBINAR ON YOGA

To celebrate the Fourth Poshan Maah of Suposhit Bharat,
initiated by the Government of India

RESOURCE PERSON: SHARAYU RAJWADE KSHIRSAGAR



Homeopathic Family Doctor
Founder at Dr. Sharayu's
B.H.M.S (pune) P. G Diploma
in wellness & Cosmetology,
Certified Covid Warrior.


Note : Open for all and mainly for Various groups like Pregnant
Women, Children and Adolescent girls.

DATE: 16 SEPT, 2021 TIME : 5PM VENUE : ZOOM

E- CERTIFICATES WILL BE PROVIDED TO ALL

For Any further Queries

Sakshi Poojary : 9137794407 Swati Shetty: 8652871355
Sushant Shetty: 7738813869 Snehal Rai: 9082362400



NSS Programme Officer



NSS Programme Officer




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Powai



Vijay Krishnaswami

NSS Programme Officer

John Ponez

NSS Programme Officer



P. S. Shetty
PRINCIPAL

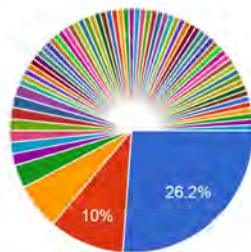
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Powai

Feedback: Webinar on Yoga for various groups like Pregnant women, children and adolescents' girls

College Name (As required on the certificate)

130 responses

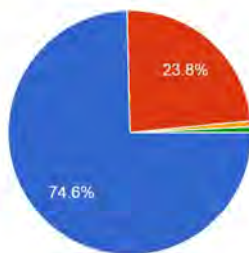


- S.M. Shetty College
- Xavier Institute of Engineering
- Jai Hind College
- Jai Hind College
- XAVIER INSTITUTE OF ENGINEERING
- Xavier Institute of Engineering
- XAVIER INSTITUTE OF ENGINEERING
- XIE

1/9

Please rate your overall knowledge level about the topic covered after attending the session.

130 responses



- Excellent
- Good
- Fair
- Poor

Bijay Krishnaswamy

NSS Programme Officer

John D'Souza

NSS Programme Officer

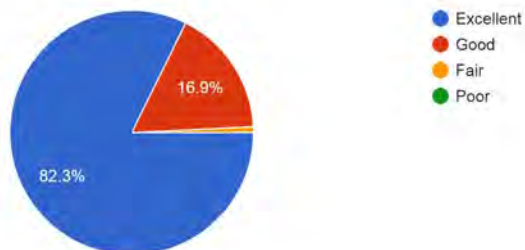


Principal
PRINCIPAL

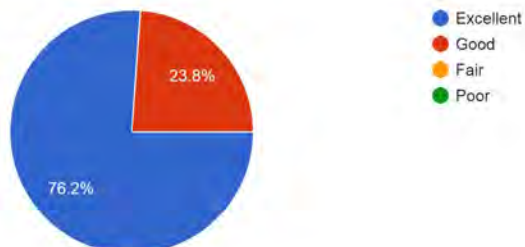
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Powai

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



How did you find the content of the session?
130 responses



NSS Programme Officer

NSS Programme Officer

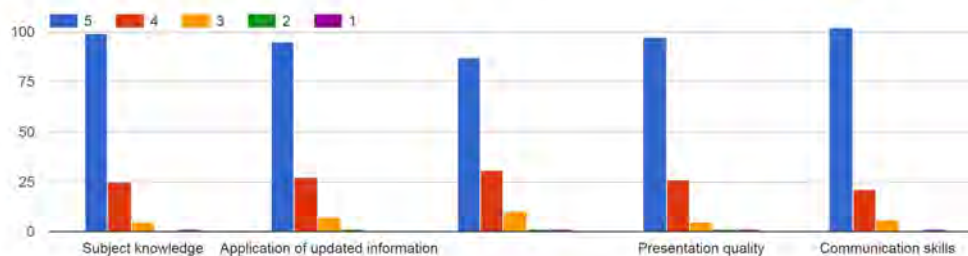


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Powai**

Rate The Resource Person Of The Day- Ms. Sharayu Rajwade Kshirsagar(5-highest, 1-lowest)



Bijay Krishnaswami

NSS Programme Officer

John Deneys

NSS Programme Officer



[Signature]
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ISO 21001:2018 Certified

Report: Webinar on Yoga for various groups like Pregnant women, children and adolescents' girls

Event: Webinar on Yoga for various groups like Pregnant women, children and adolescents' girls

Date: 16th September, 2021.

Objective: This webinar helped pregnant women and girls to know basic knowledge about reducing stress, increasing strength, flexibility needed during childbirth.

Highlights: The NSS Unit of Bunts Sangha's S. M. Shetty College of Science, Commerce and Management Studies, Powai on the occasion of "Fourth Poshan Maah of Suposhit Bharat" initiated by Government of India had organized a National Level Webinar on Yoga for various groups like Pregnant women, children and adolescents' girls on 16th September 2021.

The Resource Person for the webinar was Dr. Sharayu Rajwade Kshirsagar.

The webinar commenced by the welcoming of our resource person- Dr. Sharayu Rajwade Kshirsagar and the participants from our college also from other Colleges who had joined the session by our NSS Volunteer Ms. Ayesha Khan. It was followed by the introduction of our Resource Person - Dr. Sharayu Rajwade Kshirsagar by our NSS Volunteer Ms. Mansi Choubey. Our NSS Volunteer Ms. Swati Shetty volunteered for our resource person. Later the Resource person started with this session by explaining about Suposhit Bharat and some health diets and started with doing warmups and later on we started by doing some yoga postures (Bitilasan, Parvatsan, Shashank Asan, Butterfly Asan, etc.) that helped reducing the stress from our body. She also explained what kind of yoga you should avoid while the women are pregnant.

The webinar ended with the Vote of Thanks by our NSS Volunteer Ms. Sakshi Poojary. There were around 137 participants in the webinar.



NSS Programme Officer

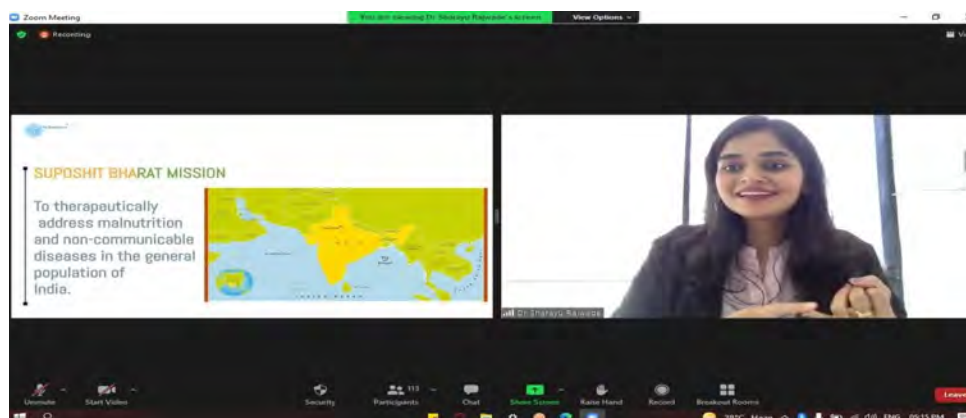
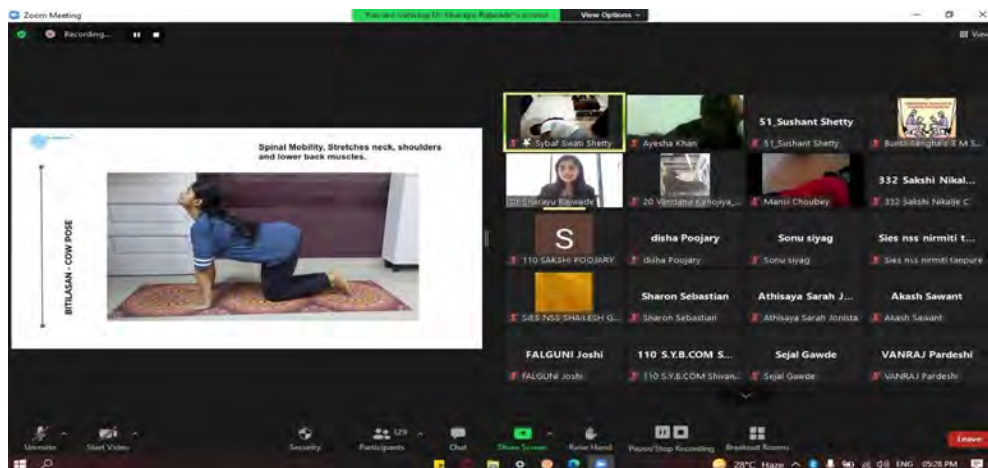


NSS Programme Officer


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Email: college@smshettyinstitute.org

**Bunts Sangha's
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Powai**



Virtual Glimpse of Volunteers practicing Yoga

Bijay Krishnaswama

NSS Programme Officer

John D'Almeida

NSS Programme Officer



[Signature]
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Powai, Mumbai-400 076.
Tel. 022-6132 7352
Email: college@smsshettyinstitute.org

Event:
A Session on “Reset Your Mind”

Date: 17/12/2021

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

NOTICE

Women Development Cell (WDC) of Bunts Sangha's S.M.Shetty College of Science, Commerce and Management Studies, Powai In Collaboration With The Mental Health Club (MHC)

Invites you For a Session On “Reset Your Mind”

Venue : Zoom Meeting

Date : 17th December 2021 (Friday)

Time : 12:30 pm

Resource Person :

Ms. Sachita Sethi

Counselling Psychologist and Arts Based Therapist

Join Zoom Meeting :

<https://zoom.us/j/93448957066?pwd=dkQyYkhIRjViV0JidGdsTUwzamVGdz09>

Meeting ID: 934 4895 7066

Passcode: guKZ73

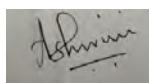
All the participants shall receive E-Certificate

For Queries, Kindly Contact

Saloni Maliwal (Secretary)- 8450939872

Akshat Aggarwal (PRO)- 9004892040

In case of any queries kindly E-Mail us at:*
wdc@smshettycollege.edu.in*




Prof. Ashwini Devadiga





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

BROCHURE



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S.M.Shetty College of Science, Commerce & Management Studies,
Powai, Mumbai
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IMC RBNQ Certificate of Merit 2019
ISO 20001:2018 Certified





Women Development Cell

invites everyone for a session on


Reset Your Mind

by

Ms. Sachita Sethi

Counselling Psychologist and Arts based therapist

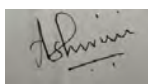
E-certificates will be given to all the participants



Zoom link: <https://zoom.us/j/93448957066?pwd=dkQyYkhIRjViV0JidGdsTUwzamlVGdz09>

Date: 17th December, 2021

Time: 12:30 pm onwards

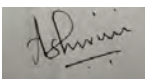


Prof. Ashwini Devadiga



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

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tpsc2909@gmail.com	Tushar Premshankar Chaurasiya	Sm shetty College of management studies	Male
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aadiranaik2003@gmail.com	Aadira Babu Naik	S.M.shetty college of science, commerce & management studies,powai	Female
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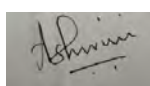


Prof. Ashwini Devadiga

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

Attendance

Email Address	Name of the Participant	College Name	Gender
monishmoolya.r@gmail.com	Monish Ratnakar Moolya	Smshetty	Male
shrutishetty471@gmail.com	Shruti shetty	S.M Shetty college	Female
bhandarikhushbu7@gmail.com	Khushbu Bhandari	Sm shetty	Female
mallikapoojary36@gmail.com	Mallika Poojary	SM SHETTY COLLEGE	Female
aminatharva20@gmail.com	Atharva Manohar Amin	S m shetty college	Male
vkolte104@gmail.com	Vrushali Raj Kolte	S.M.Shetty College	Female



Prof. Ashwini Devadiga



Bunts Sangha's
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Certificate



Prof. Ashwini Devadiga

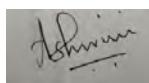


Bunts Sangha's
S.M.Shetty College of Science, Commerce & Management Studies,Powai.

om			
smsdegfybms3084608janvi@smshettyinstitute.org	Janvi Bhanush	Shetty Powai	Female
dishitauchil@gmail.com	Dishita Ramesh Uchil	Sm shetty college	Female
gowdarenuka03@gmail.com	Prof. Ashwini Devadiga Gowda renuka	Sybcom B	Female
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jishnushetty20@gmail.com	Jishnu Shetty	Sm.shetty	Male
renugtm771@gmail.com	Renu Gautam	Bunts sangha's s.m shetty college	Female
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smsdegbcom259246nutan@smshettyinstitute.org	Nutan rajbhar	Sm Shetty powai college	Female
patelbhaveshwari14@gmail.com	Patel Bhaveshwari Mahendrabhai	S M SHETTY COLLEGE OF SCIENCE COMMERCE and MANAGEMENT STUDIES	Female

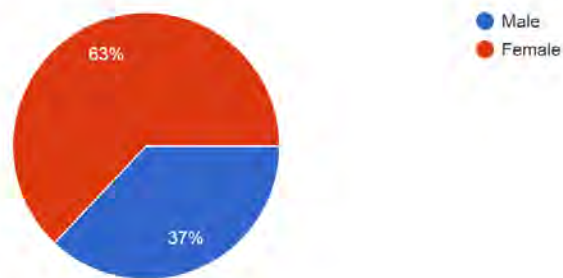


Prof. Ashwini Devadiga

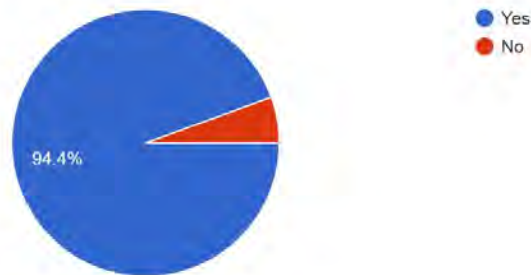


Feedback Analysis

Gender
54 responses

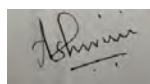


Do you wish to attain such session in future
54 responses

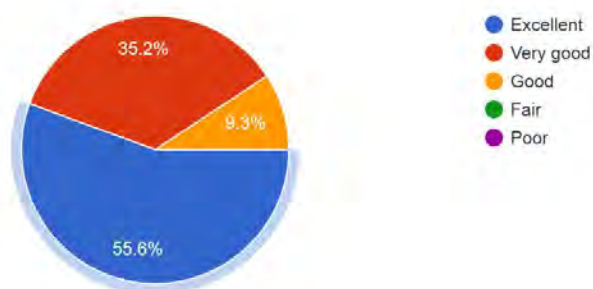


Prof. Ashwini Devadiga

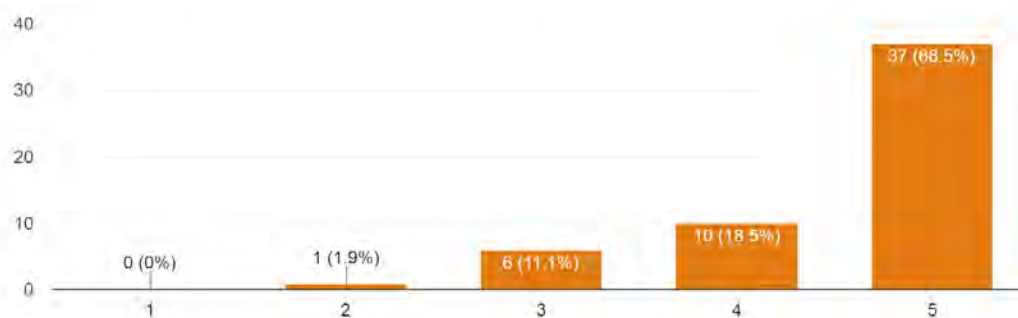
Bunts Sangha's
S.M.Shetty College of Science, Commerce & Management Studies,Powai.



How did you find the content of the session?
54 responses



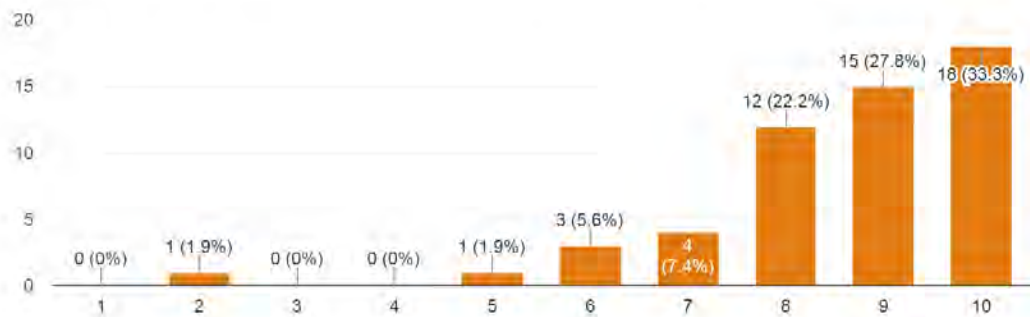
Please rate the resource person on Subject Knowledge .
54 responses



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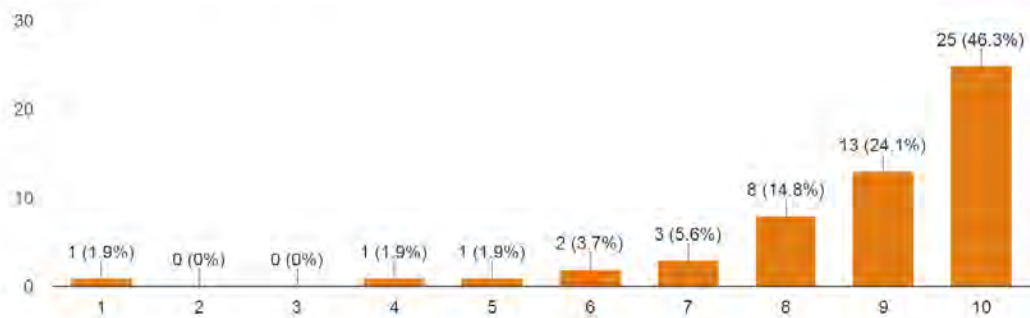
Please rate your overall knowledge level about the topic covered after attending the session.

54 responses



Rate the session - Reset Your Mind.

54 responses



Prof. Ashwini Devadiga



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

REPORT

Event: Interactive online session on 'Reset Your Mind

Date: Friday 17th December, 2021

Timing: 12:30-1:30 pm

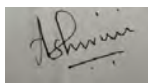
Venue: Zoom

Resource Person: Student Speakers Ms. Sachita Sethi, Counselling Psychologist and Arts based therapist

Scope: College Level

Objective: Understand the importance of mental wellness and find ways to tackle mental depressions and trauma.

Highlights- The event commenced with the warm welcome and introduction of the resource person by Asst. Prof. Ashwini Devadiga. It was then taken over by the resource person. She began the session by instigating views and ideas from students on various concepts relating to mental well-being. The session was very interactive and students were given diverse ways of tackling mental issues and trauma. The students enjoyed the session and were constantly responding to the speaker's questions on the chat box. They enjoyed the session and expressed gratitude to the speaker for such a wonderful session. The session was attended by more than 50 students. After a formal vote of thanks by Asst. Prof. Ashwini Devadiga, the session then concluded on a formal note.



Prof. Ashwini Devadiga

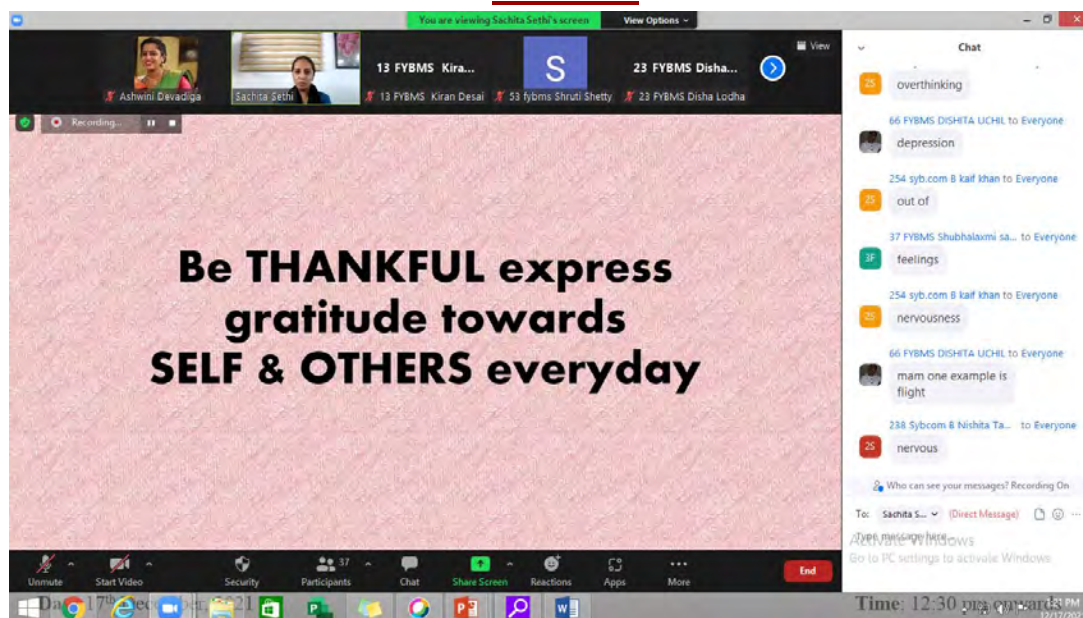


Bunts Sangha's
S.M.Shetty College of Science, Commerce & Management Studies,Powai.

The image consists of two screenshots. The top screenshot shows a Zoom meeting interface. At the top, a status bar indicates 'You are viewing Sachita Sethi's screen'. Below this, a video gallery shows several participants, including Ashwini Devadiga, Sachita Sethi, and others. The main screen displays a presentation slide with the title 'Frame "short term" Goals & chunk tasks'. The slide features an illustration of a person running across stepping stones in a river towards a mountain peak. A chat window on the right side of the Zoom interface shows a list of messages from participants, including 'overthinking', 'depression', 'nervousness', and 'flight'. The bottom screenshot shows a PowerPoint presentation titled 'WDC 17.12.pptx - PowerPoint'. The slide is an invitation from the 'Women Development Cell' of Bunts Sangha's S.M.Shetty College of Science, Commerce & Management Studies, Powai, Mumbai. The invitation is for a session on 'Reset Your Mind' by Ms. Sachita Sethi, a Counselling Psychologist and Arts based therapist. The slide includes the college's logo, a portrait of Ms. Sachita Sethi, and a graphic of a woman's head with gears. The Zoom link is provided as <https://zoom.us/j/934489570667?pwd=dkQyYkhIRjVtV0JidGdsTUwzamtVGdz09>. The date is 17th December, 2021, and the time is 12:30 pm onwards. The slide also mentions 'E-certificates will be given to all the participants'.

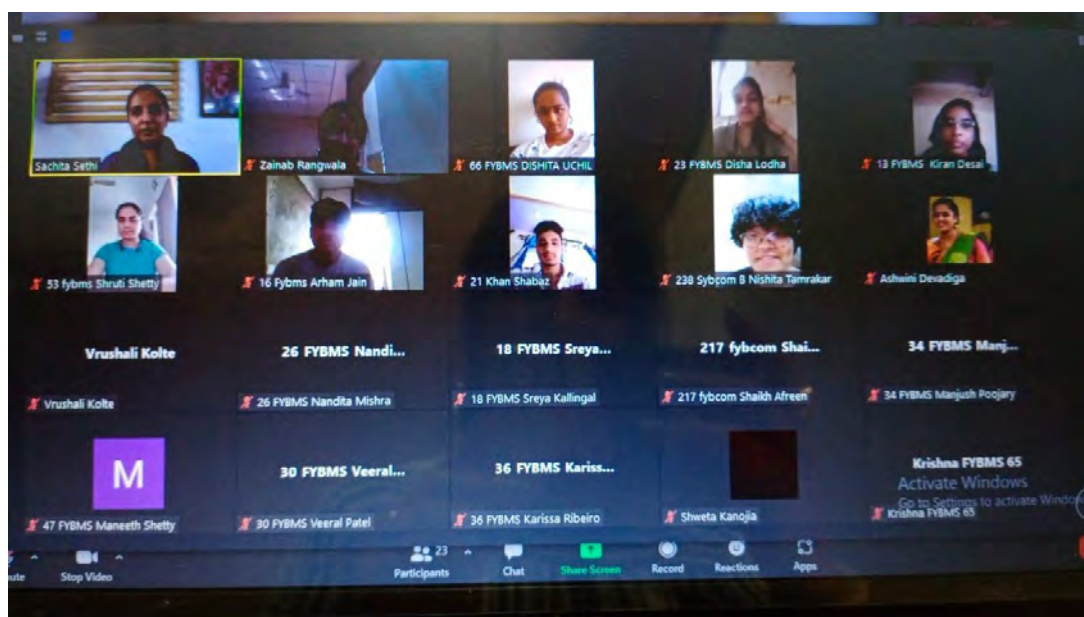
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Pictures



PRESNTATION IN WEBINAR

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STUDENTS PARTICIPATION IN THE SESSION

Ashwini



Prof. Ashwini Devadiga