

Bunts Sangha's

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

NAAC ACCREDITED 'A' GRADE

IMC RBNQ CERTIFICATE OF MERIT 2019

ISO 21001:2018 CERTIFIED

Activity Approval Format

Date: 30-04-2021

Program: Students' Enrichment Program: 'Yoga For A Healthy Being'

Need: To create awareness about the benefits of Yoga.

Objective: Awareness about physical and mental health.

Content: Specially organized for the students of Laxmanrao Shivdavkar Marathi Vidyalaya and Subhedar Ramji Ambedkar Vidyalaya.

Resource Person: Ms. Mayuri Salian

Time: 7:30PM – 8:30PM

Venue: Online Mode

Cost/Budget: NA

Proposed By: The Students' Council



Verified By:





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S.M.Shetty College of Science, Commerce and
Management Studies, Powai, Mumbai – 400076
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MINUTES OF MEETING

Students' Enrichment Program: Yoga For A Healthy Being

Date: 28th April, 2021

Time: 5:00 PM

Venue: Zoom Meetings

Minutes:

Led by the Students' Council In-charge Prof. Sandesha Shetty, the panel of teachers consisting of Prof. Prachi Agarwal, Prof. Raveena Shetty, Prof. Avneet Kaur and Prof. Rohini Shetty took on the task of organizing a session which promoted physical and mental wellness among the youth of the nation. It was a unanimous decision to select the practice of Yoga as a base to promote wellness and discipline.

Hence, a session on Yoga was decided upon, in which our college would play host to a couple of schools of Mumbai, giving us a chance on shine our wisdom upon them.

Prof. Sandesha Shetty

Vice Principal

Students' Council In Charge

Dr. Sridhara Shetty

Principal



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**Students' Council
presents**
Students' Enrichment Program
YOGA FOR A HEALTHY BEING
FOR
LAXMANRAO SHIVDAYKAR MARATHI VIDYALAYA, DAHISAR, MUMBAI
&
SUBHEDAR RAMJI AMBEDKAR VIDYALAYA, DAHISAR, MUMBAI

Date: 30th April, 2021

Time: 7:30 PM-8:30 PM

Venue: Google Meet

Prof. Sandesha Shetty

Vice Principal

Students' Council In Charge

Dr. Sridhara Shetty

Principal



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29th April, 2021

NOTICE

Students' Enrichment Program: Yoga For A Healthy Being

The Students' Council graciously invites you to "Students' Enrichment Program: Yoga For A Healthy Being" an online Yoga session conducted to promote physical and mental well being among the youth! Our College will proudly play host to Laxmanrao Shivdavkar Marathi Vidyalaya Dahisar, Mumbai and Subhedar Ramji Ambedkar Vidyalaya Dahisar, Mumbai.

The event will be headed by Ms. Mayuri Salian, a professional Yoga performer and a fitness promoter.

Hope to see you all in big number!

Date: 30th April, 2021

Time: 7:30 PM

Venue: Google Meet

Prof. Sandesha Shetty

Vice Principal

Students' Council In Charge

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REPORT

Students' Enrichment Program: Yoga For A Healthy Being

Date: 30th April, 2021

Time: 7:30 PM

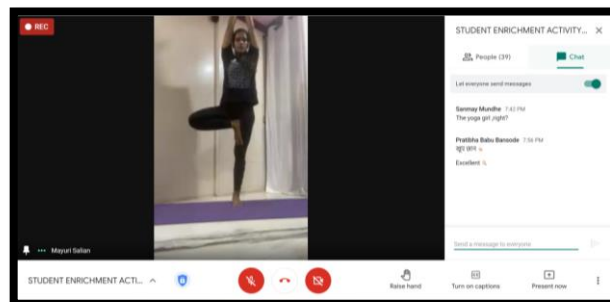
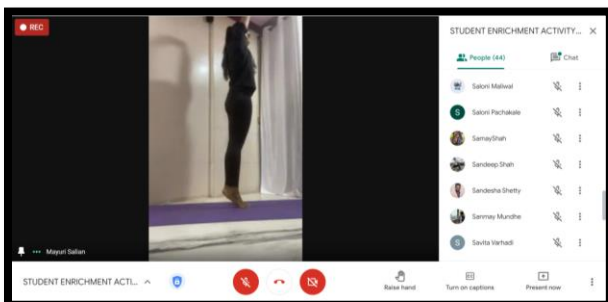
Venue: Google Meet

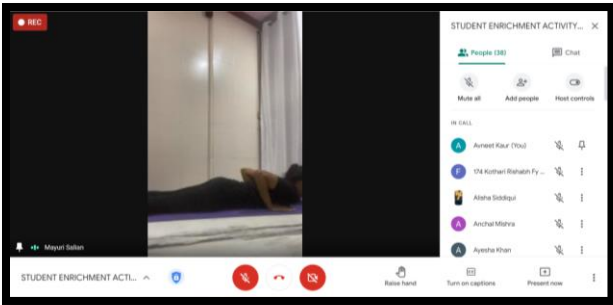
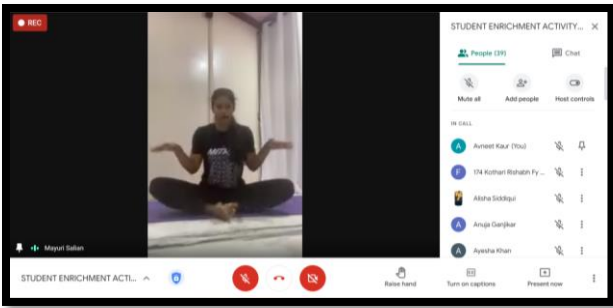
Event Name: Students' Enrichment Program: Yoga For A Healthy Being

The event met with an enthusiastic response from the young participants. Ms. Mayuri Salian put her expertise to the best use and made the event an interactive and a fun experience for all. The students communicated with the host and this helped in raising some intrigue among them about what Yoga is and the benefits of Yoga.

The event served as a platform for us to shed some wisdom on the young minds of tomorrow, and advocate the importance of discipline.

The participants and teachers enjoyed the show alike and asked for more such sessions in the future.





A handwritten signature in blue ink, appearing to read "Sandesha Shetty".

Prof. Sandesha Shetty
Vice Principal
Students' Council In Charge

A handwritten signature in black ink, appearing to read "Sridhara Shetty".

Dr. Sridhara Shetty
Principal



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LIST OF TEACHERS AND STUDENTS IN CHARGE

Students' Enrichment Program: Yoga For A Healthy Being

Teachers:

- 1) Prof. Sandesha Shetty (Students' Council In Charge)
- 2) Prof. Raveena Shetty
- 3) Prof. Prachi Agarwal
- 4) Prof. Avneet Kaur
- 5) Prof. Rohini Shetty

Students:

- 1) Mr. Rathin Sawant (General Secretary): Preparation of banner
- 2) Mr. Omkar More (Joint General Secretary): Preparation of official message

Prof. Sandesha Shetty

Vice Principal

Students' Council In Charge

Dr. Sridhara Shetty

Principal



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Students' Enrichment Program: Yoga For A Healthy Being

Sr. No.	Student Name
1	Shubha Jadhav
2	Sonakshi Oman
3	Eeshani Paachkale
4	Fatima Pathan
5	Nidhi Sutar
6	Aarush Damodar
7	Sahil Pawar
8	Aditya Shinde
9	Mayur Waghmare
10	Aryan Kamble
11	Dhanashree Seth
12	Shraddha Gudale
13	Vidhi Gajbhare
14	Araadhya Adakmol
15	Swapnali Mane
16	Jeet Dhale
17	Laxman Haralkar
18	Sace Sonavne
19	Arya Shinde
20	Sanskar Rane
21	Sneha Bade
22	Araadhya Badavne
23	Swara Chavhan
24	Samiksha Gaikwad
25	Samruddhi Gaikwad
26	Sahil Mogal
27	Chaitanya Devle
28	Faizal Moghal
29	Pradeep Ahire
30	Sudarshan Kale
31	Janvi Galphade
32	Mahek Hawaldar
33	Prajwali Jagdale
34	Snehal Kumbhar
35	Vaishnavi Male
36	Kirti Manke
37	Arya Matre
38	Prachi Narkar
39	Aarti Pandhre

Attendance List

Count:

Male: 15

Female: 24

Prof. Sandesha Shetty

Vice Principal

Students' Council Incharge

Dr. Sridahra Shetty

Principal



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FEEDBACK FORM ANALYSIS

Students' Enrichment Program: Yoga For A Healthy Being

Date: 30th April, 2021

Time: 7:30 PM

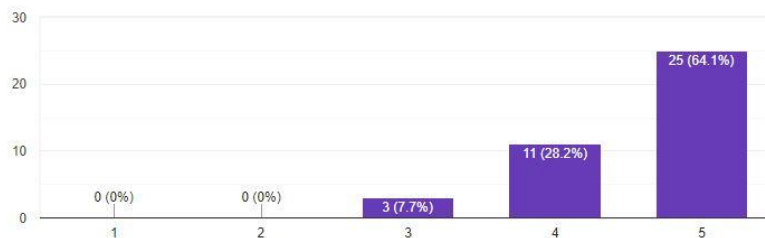
Venue: Google Meet

The session was generally met with a positive response, and that positive enthusiasm has been reflected in the feedback form. The students showed good intent towards the session, and they also showed interest in attending more such sessions.

The mentioned inference is based on the following questions, along with their statistics:

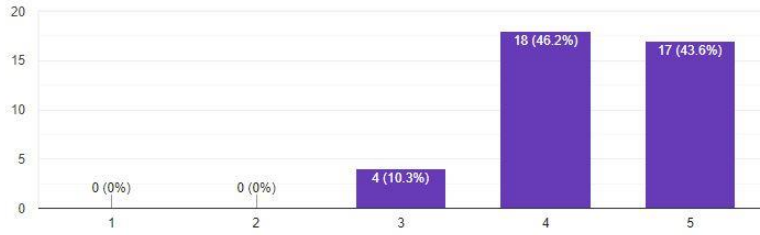
How useful was the session?

39 responses



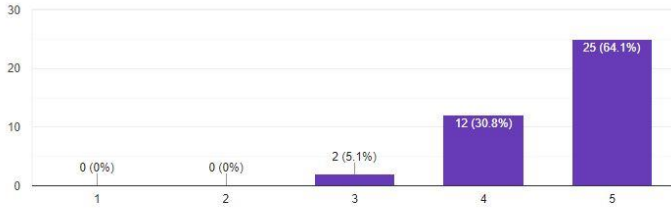
How good was the resource person?

39 responses



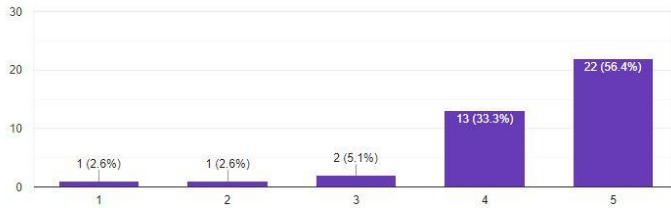
How likely are you to attend sessions like this in the future?

39 responses



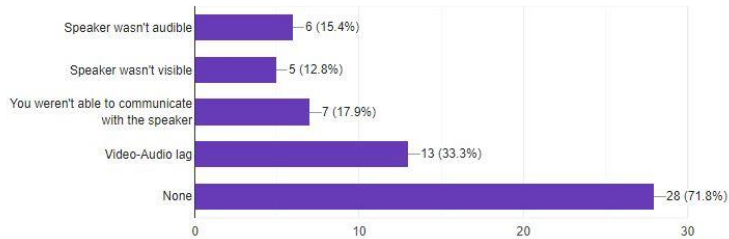
How easy did you find all the exercises?

39 responses



Which of these technical faults were faced by you?

39 responses



Prof. Sandesha Shetty
Vice Principal
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ACTION TAKEN REPORT

Students' Enrichment Program: Yoga For A Healthy Being

Date: 30th April, 2021

Time: 7:30 PM

Venue: Google Meet

The event started with greeting the dignitaries and fellow teachers; followed by welcoming the resource person, Ms. Mayuri Salian.

She started the event by interacting with the students and also mentioned all the physical, mental and cardiovascular benefits of yoga. After entertaining some questions from the inquisitive young minds of the participants, Mayuri started with the various 'Aasans' of Yoga.

The students were guided through the most basic and fundamental poses, which were easy to execute. The host's patience helped the participants cope with the various poses. The students learnt multiple poses by the end of the session, as it was an enriching experience for the teachers and students.

The students wished the session would last longer, as they wanted to learn more about the lovely exercise techniques of the art form of Yoga.

The session came to a close after Mayuri answered some more questions and then the hosts bid adieu after ensuring the students we will have more such sessions in the future.

Prof. Sandesha Shetty

Vice Principal

Students' Council In Charge

Dr. Sridhara Shetty

Principal