



JNAN VIKAS MANDAL'S
Mohanlal Raichand Mehta College of Commerce
Diwall Maa Degree College of Science
Amritlal Raichand Mehta Degree College of Arts
Padmashree (Dr.) R.T. Doshi Degree College of Computer Science
Plot no.9, Sector -19, Airoli, Navi Mumbai

International
Yoga Day

NOTICE

Date: 15th June, 2022

All NSS committee members are hereby informed that there is a meeting with Principal Dr. Mrs. Leena Sarkar at Principal office on 18th June 2022 at 12.30 p.m, regarding conduction of activity on occasion of 'International Yoga Day' on 21st June, 2022. Agenda of the meeting will be as follows :

Agenda

1. To discuss the activity to be conducted on International Yoga Day.
2. To discuss the possible collaboration and availability of resource persons.
3. To discuss the topic, duration and time for the activity.
4. To distribute duties among committee members.
5. Other matters with permission to chair.

Leena

Dr. (Mrs.) Leena Sarkar
Principal

PRINCIPAL

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D.M. COLLEGE OF SCIENCE
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Date of meeting: 18th June, 2022

Minutes of Meeting

Chairperson for the meeting :
Members present in the meeting :

Principal Dr. (Mrs.) Leena Sarkar. *Leena*
Mr. Ashish Chavan (Program officer) *AS*
Ms. Seema Chaudhary (Program officer)
Mrs. Prema Bardhan *Prema*
Mr. Sanjay Gupta *Sanjay*
Mr. Onkar Mone *Onkar*

The NSS committee meeting was held on 18th June 2022 at the Principal's office at 12.30 pm. The meeting was presided over by the Principal Dr. (Mrs.) Leena Sarkar. Following matters were discussed and finalized as per agenda.

1. To read the minutes of last meeting: Asst. prof. Seema Chaudhary read the minutes of the last meeting and got confirmed.
2. To discuss the celebration of International Yoga Day: it was decided to celebrate International Yoga day by organizing a 5 days workshop on "Stretch Your Mind With Yoga in association with 'Patanjali Yog Sanstha' from 21st June, 2022 to 25th June, 2022.
3. To discuss the availability schedule of resource person: It was decided that Asst. Prof Seema Chaudhary and Asst. Prof Ashish Chavan will contact members of the Patanjali Samiti and confirm the schedule for the program.
4. To discuss about the Distribution of activity: it was decided that the flyer will prepare by Ashish Chavan, Registration and feedback form prepare by Sanjay Gupta, Message and notice will prepare by Seema Chaudhary, Report of the activity will prepare by Prema Bardhan and Pics of the events will do by Onkar Mone.
5. Other matters with permission were discussed and meeting ended at 1.00 p.m

Work Distribution,

Name of the Faculty	Duties Allocated
Ashish Chavan	1. Convener 2. Creating Flyer 3. Communicating with resource person
Mr. Sanjay Gupta	1. Creating Registration form and Feedback form
Mrs. Prema Bardhan	1. To prepare feedback analysis and report of the event
Ms. Seema Chaudhary	1. Preparation of Message for the online workshop 2. Notice and Minutes preparation
Mr. Onkar Mone	Clicking Geotag Photos of event and uploading them to drive



1. Message prepared -

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Greetings for the day 🌸
Yoga is symbol of universal aspiration for health and well being. It is health assurance in Zero budget.

On the occasion of
🌸 International Yoga Day 🌸
The NSS UNIT Of
JVM'S Degree College,
Airoli, Navi Mumbai,
In association with Patanjali Yog Samiti
Organises

One Week Workshop On
"Stretch Your Mind with Yoga"
Join us to energize your mind, body and soul for building immunity and relief from stress and fulfill the theme of "Ghar Ghar Me Yog" 🧘♂️🧘♀️

📅 Date: 21st June 2022 to 25th June 2022

🕒 Time: 07:30am to 08:30am

Plz Note : Bring your own Yoga Mat for performing Yoga

Instructors :

1. Shri. Vinod Jadhav
Post Graduate Diploma in Yogshastra, Mechanical Engineer, Yog Teacher
2. Shri. Vishal Agrawal
Post Graduate Diploma in Yogshastra, Mechanical Engineer,
Yog Teacher and District President, Patanjali Yogpeeth Mumbai.

REGISTRATION IS FREE

Link for Registration: 📌

<https://forms.gle/3GhcVCd3D99QQsS47>

After successful Registration You are requested to join WhatsApp Group.

1. Shri. Vinod Jadhav Post Graduate Diploma in Yogshastra, Mechanical Engineer, Yog Teacher
2. Shri. Vishal Agrawal Yog Teacher and District President, Patanjali Yogpeeth Mumbai.

Whats App Group:

<https://chat.whatsapp.com/H316GjoOuqd6cHkNAonsbG>

📌 E certificate will be issued to all participants only after successful completion of 5 days workshop and submission of feedback form

Organising Committee :

- Asst. Prof. Seema Chaudhary
Asst. Prof. Prema Bardhan
Asst. Prof. Sanjay Gupta
Asst. Prof. Onkar Mone

Asst. Prof. Ashish Chavan - Convener
NSS Programme Officer



Leena
Regards

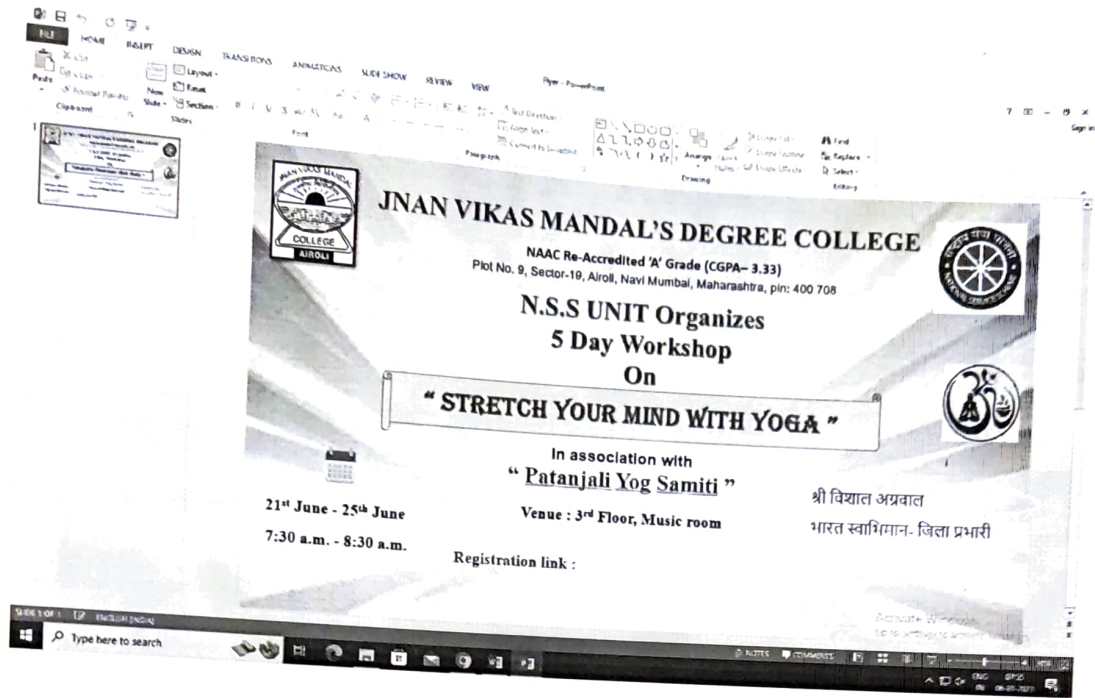
Dr. Leena Sarkar, Principal

PRINCIPAL

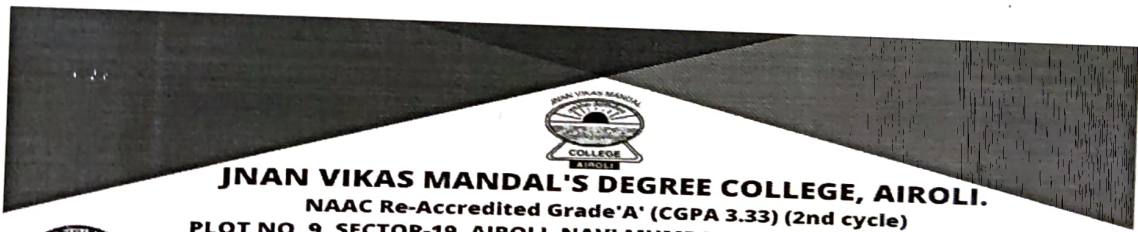
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Flyer prepared -

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Certificate -



CERTIFICATE OF PARTICIPATION

This is to certify that

has actively participated in Five Day Workshop on "Stretch Your Mind with Yoga" organised by NSS UNIT of J.V.M.'s Degree College in association with Patanjali Yog Samiti.



MR. ASHISH CHAVAN
NSS PO And CONVENOR

Date: June 25, 2022



DR. (MRS.) LEENA SARKAR
PRINCIPAL And CHAIRPERSON



CV of Invited Guest Trainer

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MADHURI NERKAR

MPY'S JILLA PRABHARI

☎ 9820151049



VISHAL AGARWAL

BSM JILLA PRABHARI

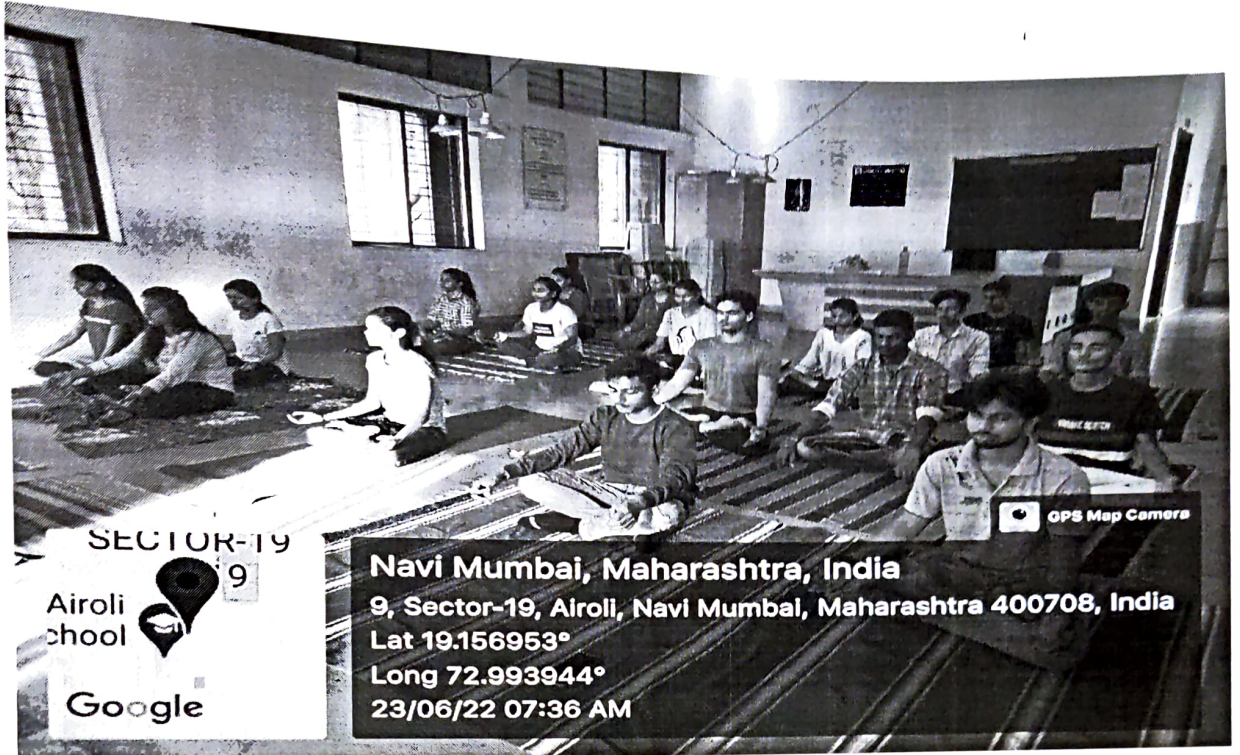
☎ 9987665058

✉ vcagrawal18@gmail.com



09. Pics of the Events

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SECTOR-19
9
Airoli school
Google

Navi Mumbai, Maharashtra, India
9, Sector-19, Airoli, Navi Mumbai, Maharashtra 400708, India
Lat 19.156953°
Long 72.993944°
23/06/22 07:36 AM

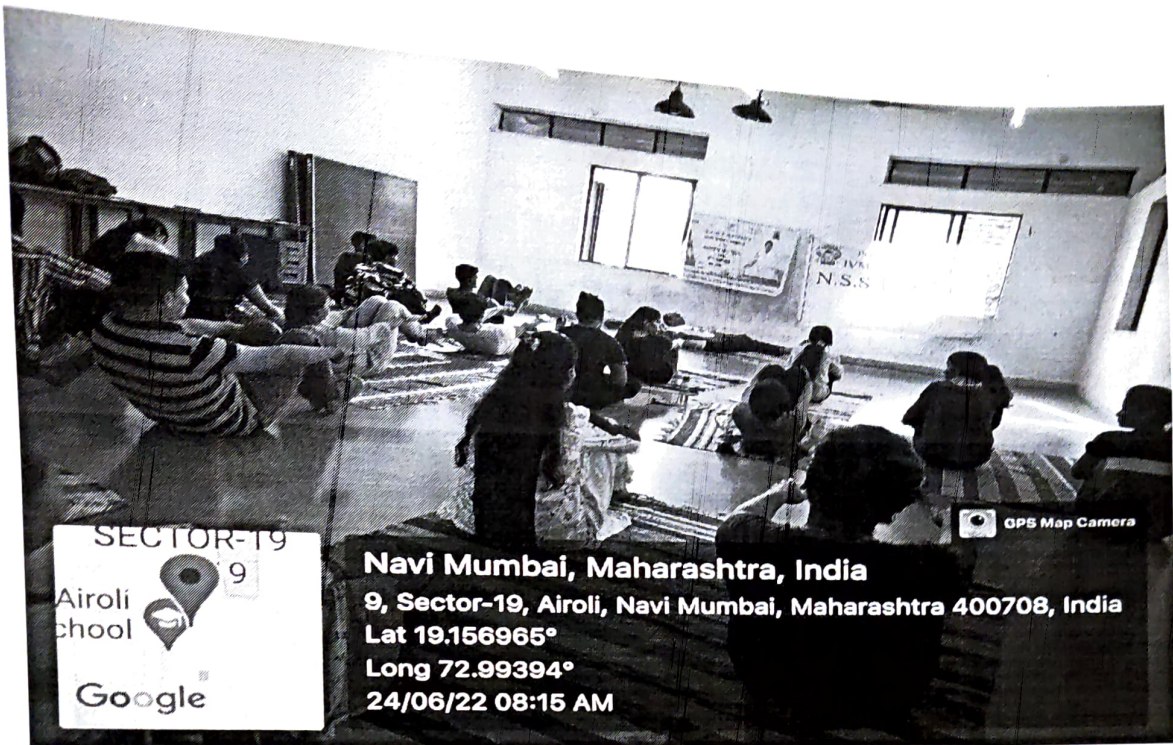


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Airoli school
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Navi Mumbai, Maharashtra, India
9, Sector-19, Airoli, Navi Mumbai, Maharashtra 400708, India
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Long 72.993952°
23/06/22 08:18 AM



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Navi Mumbai, Maharashtra, India
9, Sector-19, Airoli, Navi Mumbai, Maharashtra 400708, India
Lat 19.156965°
Long 72.99394°
24/06/22 08:15 AM

GPS Map Camera



SECTOR-19
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Google

Navi Mumbai, Maharashtra, India
9, Sector-19, Airoli, Navi Mumbai, Maharashtra 400708, India
Lat 19.156842°
Long 72.993835°
24/06/22 08:11 AM

GPS Map Camera



Keena



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Report

Five Day Workshop on "Stretch Your Mind with Yoga"

On the occasion of International Yoga Day, NSS cell had organized a Five Day Yoga Workshop on "Stretch Your Mind with Yoga" from 21st June 2022 to 25th June 2022 under the guidance of Principal Dr. Leena Sarkar. The workshop was organized in association with 'Patanjali Yog Samiti'. The resource persons for the workshop were Shri. Vishal Agrawal Yoga Teacher and District President, Patanjali Yogpeeth Mumbai and Shri. Vinod Jadhav Post Graduate Diploma in Yog Shastra, Mechanical Engineer, Yoga Teacher from Patanjali Yog Samiti.

The objectives of the workshop were to have good health and emotional stability, to practice mental hygiene and to attain a higher level of consciousness.

The duration of the workshop was one hour for 5 days that included interactive talks by experts regarding the importance of Yoga in daily life, various Yoga Asanas and Practical demonstrations of some of the Asanas.

Mr. Vishal Agarwal explained the importance of Yoga in daily life. He gave information on various Yoga Asanas. Mr. Vinod Jadhav demonstrated many Asanas. Along with this demonstration he explained "to which body part and how" those Asanas were beneficial. Participation for this Workshop was open to all and we received 79 responses. Out of all of them only 33 participants attended a 5 days session.

Outcome of the Webinar:

Participants really rejuvenated with this session as they learnt the secret of living a healthy and long life with wellness.

Report prepared and verified by

Asst. Prof. Ashish Chavan
NSS PO And Convener



Approved By

Leena
Dr. Leena Sarkar
Principal And Chairperson

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Activity Name : "5 Day Workshop on Stretch Your Mind with yoga "

Date : 21-06-2022 to 25-06-2022 Total No. of Participants : 33

Sr.No	Name of the Participants	Contact Number	Email Id
1	Denish Katara		
2	Premsagar Vishwakarma	8268270632	kataradenish@gmail.com
3	Ronit padmakar shingote	8828569379	sagarvishwakarma678@gmail.com
4	Miss Achal Yadav	9324758028	ronitshingote08@gmail.com
5	Suyash Tupe	7710881970	achalyadav7710@gmail.com
6	Rohit Chauhan	8369395150	suyashtupe916@gmail.com
7	Amanshukla	8104387109	chauhanrohit7039@gmail.com
8	Riya vishwakarma	8108132667	amanshukla9601@gmail.com
9	Miss.Mansi Prashant Rane	9819165515	riyav5142@gmail.com
10	Kiran Ratan Goswami	9324462880	ranemansi0307@gmail.com
11	Pooja Pravin Fariya	9372887819	kirangoswami124@gmail.com
12	Apeksha Dnyaneshwar	7977724862	fariyapooja8@gmail.com
13	Ankit Singh	7420901535	apekshaindore2602@gmail.com
14	Sujal singh	9321777094	94ankitthakur@gmail.com
15	Avantika pradip shirsath	7400318363	sujalsingh271203@gmail.com
16	Apurvā Deepak Ranjane	7900035381	shirsath.avi055@gmail.com
17	Anurag Mishra	9930188918	apurvaranjane@gmail.com
18	Miss Swarupa Shivaji	8779149548	anuragmishra3011@gmail.com
19	Rajbhar chandrajeet	9323695765	ssdabhat990@gmail.com
20	Miss. Vaidehi Prashant	8928530523	ramavadhr443@gmail.com
21	Rathod Anjali Shankar	9224643456	utekarvaidehi07@gmail.com
22	Vikrant Manoj Kumar	7304667166	anjalisrathod2702@gmail.com
23	Rutika Santosh Sanas	9769381512	vikrantjaiswar74@gmail.com
24	Neelima Manoj More	9324598305	rutikasanas838@gmail.com
25	Shruti pathak	8879020358	neelimamore57@gmail.com
26	YADAV SHRADDHA	8928155796	jvmfyit.shrutipathak.19@gmail.com
27	Reeta Dayaram yadav	9136398926	shraddhay552@gmail.com
28	Tejasvi Dattatray Sawant	9892512168	jvmfyit.reetayadav.55@gmail.com
29	Shani Virendra Pratap	9322204218	tejusawant1310@gmail.com
30	Miss.Sneha Balaji Ghag	8976635856	147sunnysingh@gmail.com
31	Nikita Nagnath Lagade	9324305217	snehaghag873@gmail.com
32	Mr. Petiwala Asim Umar	9136305063	nikitalagade61@gmail.com
33	Diwakar janardan sharma	8879401493	petiwalaasim@gmail.com
		9372302918	diwakersharmaofficial@gmail.com

