

**Approval Form –Session on Meditation on behalf of International
Meditation Day.**

Department: NSS UNIT.

Program: Session on Meditation on behalf of International Meditation Day.

Objectives: The objective of the session on meditation is to promote the importance of mindfulness and mental well-being among participants. It aims to encourage individuals to adopt meditation as a daily practice to reduce stress, enhance focus, and improve overall health.

Need: To raise awareness about the benefits of meditation and its role in fostering mental and emotional balance.

Content: A guided meditation session combined with insights into the principles and benefits of mindfulness practices.

Judge: NA.

Date: 21st December, 2024.

Cost/Budget: NA.

Proposed by: Mr. Arya Dhokare.

Verified by: Dr. Vijay Vishwakarma.

Date of Approval: 14th December, 2024.

Bunts Sangha's
S. M. Shetty College of Science, Commerce & Management Studies, Powai (Autonomous)
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IMC RBNQ Certificate of Merit 2019
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Notice (WhatsApp):

Jai Hind

The NSS UNIT of Bunts Sangha's S.M. Shetty College of Science, Commerce
and Management Studies (Autonomous)

is Organising

Session on Meditation on behalf of International Meditation Day

Date: 21st December 2024

Time: 8:30 am

venue: Room no 607

CC Students will get hours

NSS Volunteers have to attend it compulsorily

For any queries, please call

Caleb Sampathi:- 9594098105

Janhvi Singh:- 8097943292

**Minutes of the Meeting: - Session on Meditation on behalf of International
Meditation Day.**

There was an online meeting held on the Zoom Platform.

1st Meeting on 20 December ,2024.

- Volunteers were acknowledged about the location.
- Volunteers were told reporting time and some basic information about the activity.
- Volunteers were also acknowledged about the session's objectives, schedule, and their roles in ensuring a smooth and impactful event.

Report: Session on Meditation on behalf of International Meditation Day.

Event: Session on Meditation on behalf of International Meditation Day.

Date: 21 December ,2024.

Objectives: The objective of the session on meditation is to promote the importance of mindfulness and mental well-being among participants. It aims to encourage individuals to adopt meditation as a daily practice to reduce stress, enhance focus, and improve overall health.

Highlight: The NSS unit of our college conducted the session began with an engaging introduction to International Meditation Day, emphasizing its global significance in promoting mental well-being. Participants were guided through a calming meditation exercise by a certified instructor, helping them experience mindfulness firsthand. Techniques such as deep breathing, visualization, and body relaxation were demonstrated and practiced. The session also included interactive discussions where participants shared their challenges with stress management and received practical tips to incorporate meditation into their daily routines. Informative visuals and resources were provided to deepen understanding. A short Q&A session allowed attendees to clarify doubts about meditation practices. The event concluded with a reflection exercise, where participants expressed how the session helped them feel more relaxed and focused. Certificates of participation were distributed as a token of encouragement.

Total Number Of Volunteers- 89

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Photos:



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Participants list:

Bunts Sangha's S M Shetty College of Science Commerce & Management Studies (Autonomous) Powai
 NSS Unit
 Attendance of NSS Volunteers

Date 21-12-2024

Name Of the Project Activity Experiential Meditations
 Session

Venue 607 Time: From 8:30 to 9:30

Male:- 9 Female:- 16 Total: 25

Sr.no.	Name of Volunteer	Class	Div	Enrollment no	Signature
1	Vidhi Salian	FYIT			Vidhi..
2	Nidhi Bane	FYIT			Nidhi..
3	Sumesh Yadav	SYDS			Sumesh..
4	Purva Gohagorkar	FYIT			Purva..
5	Shivani Bazar	FYBSC			Shivani..
6	Keshvi Revan	FYBSC			Keshvi..
7	Nupoor Rai	FYDS			Nupoor..
8	Priya Jaiswar	FYBSC			Priya..
9	Digali Sunari	FYBSC			Digali..
10	Sejal Jakare	FYDS			Sejal..
11	Samiksha Jadhav	FYDS			Samiksha..
12	Alankar Lodangi	FYBSC			Alankar..
13	Shivani Lodangi	FYBSC			Shivani..
14	Husna Khan (cc)	FYBSC	B		Husna..
15	Ajith Pradham (cc)	FYBSC	A		Ajith..
16	Anika Vishwakarma	SYIT	B		Anika..
17	Tanisha Rauthan	FYIT	A		Tanisha..
18	Ritika Rawat	FYIT	A		Ritika..
19	Namraj Yadav	SYIT	B		Namraj..
20	Sunay Patti	SYIT	B		Sunay..
21	Pramv Vishwakarma	SYIT	B		Pramv..
22	Kuldeep Singh	SYIT	B		Kuldeep..
23	Ananya B. Bardi	FYIT	A		Ananya..
24	Tanvi Singh	SYBSC			Tanvi..
25	Aditi Shingare	FYIT	B		Aditi..

Sign of NSS Program Officer _____ Sign NSS Leader [Signature]

Bunts Sangha's S M Shetty College of Science Commerce & Management Studies (Autonomous) Powai
 NSS Unit
 Attendance of NSS Volunteers

Date 21-12-2024

Name Of the Project Activity Experiential Meditations
 Session

Venue 607 Time: From 8:30 to 9:30

Male:- 14 Female:- 11 Total: 25

Sr.no.	Name of Volunteer	Class	Div	Enrollment no	Signature
1	Kabish Dilip Bhawake	FYBSC	A		Kabish..
2	Rakshita Devadga	FYBSC	A		Rakshita..
3	Shravan Das	FYIT	A		Shravan..
4	Gajendra Choudhary	FYIT	A		Gajendra..
5	Aditya Panigrahi	FYIT	A		Aditya..
6	Vishal Jomarpuri	FYIT	B		Vishal..
7	Gajendra Nagda	FYBSC	D		Gajendra..
8	Alisha Kuchal	FYBSC	A		Alisha..
9	Sunana Raj	FYBSC	A		Sunana..
10	Sonakumar Yadav	FYIT	B		Sonakumar..
11	Sandeep Chavhan	FYBSC	A		Sandeep..
12	Dhruv R. Moha	FYBSC	D		Dhruv..
13	Zayon Shastri (cc)	FYBSC	A		Zayon..
14	Disha Das (cc)	FYBSC	B		Disha..
15	Himansu Behra	FYBSC			Himansu..
16	Sahaj Tridici	FYBSC			Sahaj..
17	Milind Humbar	FYBSC	B		Milind..
18	Rachika Jyotskar	FYBSC			Rachika..
19	Shruti Ramab	FYBSC	D		Shruti..
20	Saniya Yadav (cc)	FYBSC	B		Saniya..
21	Mrunal Thattare	FYIT	B		Mrunal..
22	Nayak Akhil Hare	FYBSC			Nayak..
23	Nayana Alam	FYBSC			Nayana..
24	Sumit Chavan	FYBSC			Sumit..
25	Tanisha Suthar	FYBSC	B		Tanisha..

Sign of NSS Program Officer _____ Sign NSS Leader [Signature]

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Bunts Sangha's S M Shetty College of Science Commerce & Management Studies (Autonomous) Powai
 NSS Unit
 Attendance of NSS Volunteers

Name Of the Project Activity Experiential meditation session Date 21-12-2024
 Venue 607 Time: From 8:30 to 9:30

Sr.no.	Male:- 15	Female:- 10	Total: 25	NSSCC
	Name of Volunteer	Class Div	Enrollment no	Signature
1	Varsha Nor	FYBcom B		Varsha
2	Neelam Gupta	FYBBS -		Neelam
3	Rakshith Shetty	FYBBS -		R.A. Shetty
4	Aditya Samalank	FYBS -		Aditya
5	Vinod Pansalkar	FYBS -		Vinod
6	Sakshi P. Yadav	FYIT A		Sakshi
7	Ashwini Neda	FYIT A		Ashwini
8	Disha A. Yadav	FYIT A		Disha
9	Neha Rambade	FYIT A		Neha
10	Shubham Yadav	FYIT B		Shubham
11	Vinod A. Yadav	FYBS A		Vinod
12	Mithlesh Rajwade	FYIT A		Mithlesh
13	Pratap Gawade	FYIT B		Pratap
14	Vedant Pokharkar	FYIT A		Vedant
15	Omur Salaskar	FYBS B		Omur
16	Shreyash Singh	FYIT A		Shreyash
17	Akshat Gupta	FYIT A		Akshat
18	Mohammed Saadique Shaikh	FYBS A		Mohammed
19	Alok Gupta	FYIT A		Alok
20	Pradeep Maurya	FYIT B		Pradeep
21	Alshifa Shaikh	FYBS A		Alshifa
22	Saravani Palande	FYBS A		Saravani
23	Santosh Ramesh	FYIT B		Santosh
24	Sanika Gauda	FYIT A		Sanika
25	Khuski Dubey	FYBSB		Khuski

Sign of NSS Program Officer _____ Sign NSS Leader [Signature]

Bunts Sangha's S M Shetty College of Science Commerce & Management Studies (Autonomous) Powai
 NSS Unit
 Attendance of NSS Volunteers

Name Of the Project Activity Experiential Meditation Date 21-12-2024
 Venue 607 Time: From 8:30 to 9:30

Sr.no.	Male:- 1	Female:- 13	Total: 14	NSSCC
	Name of Volunteer	Class Div	Enrollment no	Signature
1	Kashish Vishwakarma	FYBSB -		Kashish
2	Manju Maurya	FYBSB -		Manju
3	Mamta Shah	FYBSB B		Mamta
4	Shivani Sharma	FYBSB A		Shivani
5	Khuski Singh	FYIT A		Khuski
6	Pallavi Rane	FYBSB B		Pallavi
7	Juhi Bhanushali	FYBSB A		Juhi
8	Somya Rawat	FYBSB B		Somya
9	Madhvi Kute	FYIT B		Madhvi
10	Ritika Yadav	FYBSB		Ritika
11	Swaraj Mohre	FYBSB		Swaraj
12	Kranjali Gupta	FYBSB		Kranjali
13	Pooja Maurya	FYBSB		Pooja
14	Deepali Sharma	FYBSB B		Deepali
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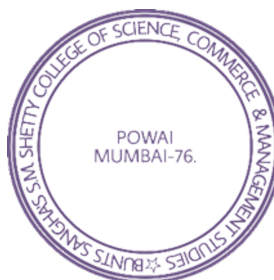
Sign of NSS Program Officer _____ Sign NSS Leader [Signature]

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Action Taken Report Of Session on Meditation on behalf of International
Meditation Day.

Date	Feedback Received	Suggestions Provided
21 December, 2024.	<p>The feedback received was to Participants found the session highly relaxing and insightful, with many expressing a newfound interest in making meditation a part of their routine.</p> <p>The guided exercises were especially appreciated for their calming effect and practical applicability.</p>	<p>Incorporate follow-up sessions or a meditation challenge to encourage long-term practice and consistency.</p>


NSS Programme Officer




Principal