



Date: 21/12/2020

A Report on “Physical and Mental Fitness through Yoga”

NAME OF ACTIVITY: Physical Fitness through Yoga

DATE & DURATION: December 21, 2022 & 10:00 - 11:00am

TYPE OF ACTIVITY: Online Yoga session

ORGANIZER(S): Women Development Cell, CSMIT, Panvel

EXPECTED OUTCOMES:

CO1: To draw attention of people worldwide towards the holistic benefits of yoga.

CO2: To let people know their rights of good health and healthy life style to completely enjoy the highest standard of physical health.

CO3: To bring communities much close together to spend a day for health from busy life.

FLAYER/POSTER:

CHHATRAPATI SHIVAJI MAHARAJ INSTITUTE OF TECHNOLOGY

WEBINAR ON
Online Yoga

Date	Time
25 Feb 2022	10 AM - 12 PM

Venue
CSMIT, Campus

Speaker
Ms. Nisha Saini

Organized By
Women Development Cell

BRIEF BIODATA OF RESOURCE PERSON:

Mrs. Nisha Saini is Assistant Professor of Swami Vivekananda Subharti University, Meerut

Qualification: M. Sc Yogic sciences and holistic health (NET and JRF qualified) ;Pursuing PhD from LNIP, Gwalior

ABSTRACT OF THE SESSION:

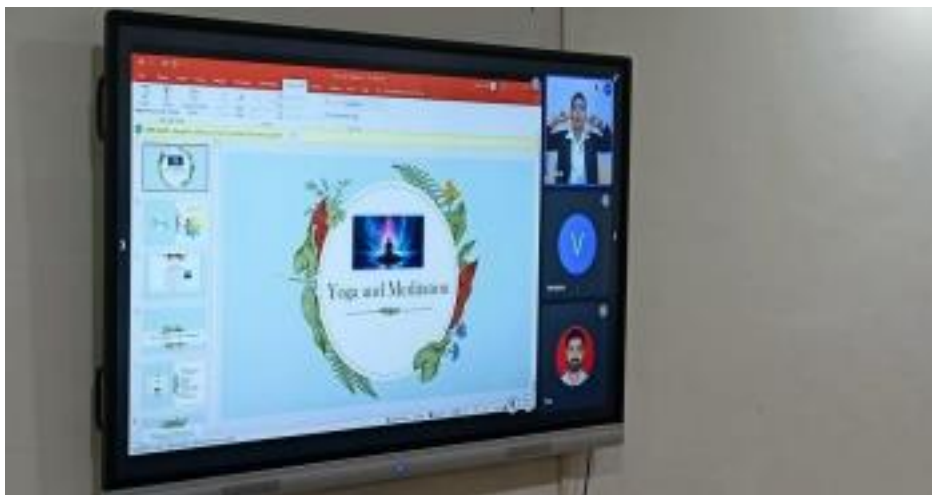
Purpose of yoga and meditation is to build strength, awareness and harmony in both mind and body. Yoga helps in self- discipline and self-control, leading to immense amount of awareness, concentration and higher level ofconsciousness. The objectives of Yoga education are:

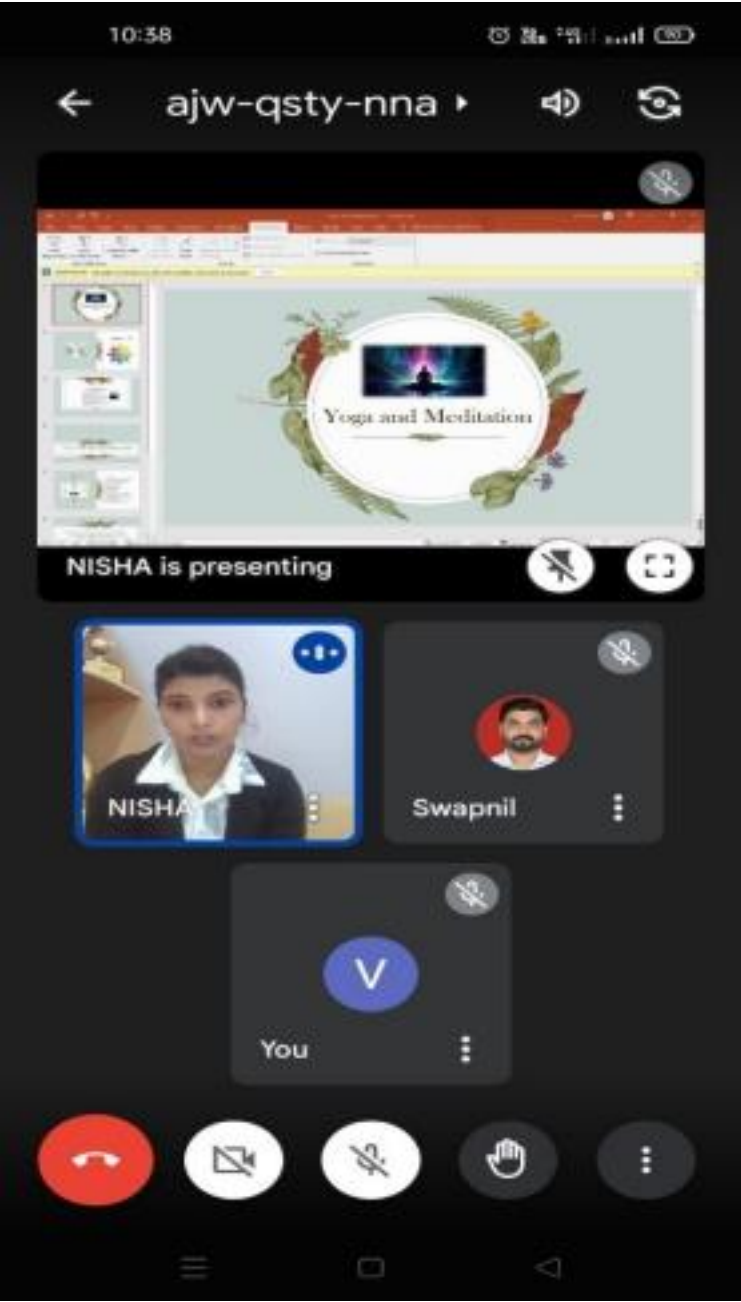
- 1]To enable the student to have good health.
- 2] To provide the practice of mental hygiene.
- 3]To provide the possess emotional stability and integrate moral values

Women Development Cell organized the webinar on “Physical and Mental Fitness through Yoga” for the girl students and ladies staff. It was delivered by Ms. Nisha Saini.

Dr. Shweta Umale, Head, Women development Cell, welcomed the Guest, girl students and ladies staff in the session. Nisha Saini gave useful speech on maintaining a regular yogapractice that can provide physical and mental health benefits. The main objective of this webinar is to foster harmony in the body, mind, and environment. Yoga professes a complete system of physical, mental, social, and spiritual development

GLIMPSES:







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LIST OF THE PARTICIPANTS:

Sr No	Name of the Participants	College Name
1	ARIFA FERAZ ALLAM	Chhatrapati Shivaji Maharaj Institute of Technology
2	GAIKWAD MEERA BHAGWAN	Chhatrapati Shivaji Maharaj Institute of Technology
3	BHANGALE VEDIKA RAJU	Chhatrapati Shivaji Maharaj Institute of Technology
4	MISHRA SHREYA ASHOK	Chhatrapati Shivaji Maharaj Institute of Technology
5	BORADE MANSI DILIP	Chhatrapati Shivaji Maharaj Institute of Technology

6	GEETA SHUKLA	Chhatrapati Shivaji Maharaj Institute of Technology
7	PATIL KANCHAN ARVIND	Chhatrapati Shivaji Maharaj Institute of Technology
8	PATIL SHWETA GANESH	Chhatrapati Shivaji Maharaj Institute of Technology
9	PARKHE PRAVINI PRAKASH	Chhatrapati Shivaji Maharaj Institute of Technology
10	SANAS GITANJALI DILIP	Chhatrapati Shivaji Maharaj Institute of Technology
11	PATIL RASIKA TANAJI	Chhatrapati Shivaji Maharaj Institute of Technology
12	DOMKONDWAR ANJALI PRADEEP	Chhatrapati Shivaji Maharaj Institute of Technology

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13 GARGUDE NEETI Chhatrapati Shivaji Maharaj Institute of Technology

14	NALAWADE APEKSHA	Chhatrapati Shivaji Maharaj Institute of Technology
15	DEVALE SHIVANI	Chhatrapati Shivaji Maharaj Institute of Technology
16	PINGALE DISHA JANARDAN	Chhatrapati Shivaji Maharaj Institute of Technology
17	THAKUR RACHANA HARESHWAR	Chhatrapati Shivaji Maharaj Institute of Technology
18	MURUDKAR SAYALI SANDIP	Chhatrapati Shivaji Maharaj Institute of Technology
19	KHADE SHIVANI MILIND	Chhatrapati Shivaji Maharaj Institute of Technology

20	MANE SHRUTI DEVIDAS	Chhatrapati Shivaji Maharaj Institute of Technology
21	SINGH ISHA VIJAY	Chhatrapati Shivaji Maharaj Institute of Technology
22	KAMBLE PRADNYA FULAJEE	Chhatrapati Shivaji Maharaj Institute of Technology
	23 DALVI KASHMIRA GANESH	Chhatrapati Shivaji Maharaj Institute of Technology
24	SHWETA UMALE	Chhatrapati Shivaji Maharaj Institute of Technology
	NEETA CHAVAN	Chhatrapati Shivaji Maharaj Institute of Technology
26	SWATI MORE	Chhatrapati Shivaji Maharaj Institute of Technology
27	JYOTI BAVISKAR	Chhatrapati Shivaji Maharaj Institute of Technology

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28	PRATIKSHA NARGOLKAE	Chhatrapati Shivaji Maharaj Institute of Technology
29	VANDANA RAI	Chhatrapati Shivaji Maharaj Institute of Technology

ATTENDANCE SHEET:

Chhatrapati Shivaji Maharaj Institute of technology			
Department of Computer Engineering			
Session on "			
Sr.No	Name of Participants	College Name	Date :
		Chhatrapati Shivaji Maharaj Institute of Technology	
1	Mali PraChiti	Chhatrapati Shivaji Maharaj Institute of Technology	<i>Prale</i>
2	Kator Akshara	Chhatrapati Shivaji Maharaj Institute of Technology	<i>Akshara</i>
3	Jadhav Sakshi	Chhatrapati Shivaji Maharaj Institute of Technology	<i>Sakshi Jadhav</i>
4	Jagtap Rinku	Chhatrapati Shivaji Maharaj Institute of Technology	<i>Jagtap</i>
5	Jadhav Kalyani	Chhatrapati Shivaji Maharaj Institute of Technology	<i>Kalyani</i>
6	Patil Anurva	Chhatrapati Shivaji Maharaj Institute of Technology	<i>Anurva</i>
7	Angeeta Mandar	Chhatrapati Shivaji Maharaj Institute of Technology	<i>Angeeta</i>
8	Shruti Ugale	Chhatrapati Shivaji Maharaj Institute of Technology	<i>Shruti</i>
9	Smit Shirke	Chhatrapati Shivaji Maharaj Institute of Technology	<i>Smit</i>
10	Kiran Ghutale	Chhatrapati Shivaji Maharaj Institute of Technology	<i>Kiran</i>
11	Peshani Kolakar	Chhatrapati Shivaji Maharaj Institute of Technology	<i>P.Kolakar</i>
12	Gale Dipika	Chhatrapati Shivaji Maharaj Institute of Technology	<i>Dipika</i>
13	Aditya Gawde	Chhatrapati Shivaji Maharaj Institute of Technology	<i>Aditya</i>
14	Sumit Bangar	Chhatrapati Shivaji Maharaj Institute of Technology	<i>Sumit</i>
15	Chavan Prem	Chhatrapati Shivaji Maharaj Institute of Technology	<i>Prem</i>
16	Manishankar	Chhatrapati Shivaji Maharaj Institute of Technology	<i>Manishankar</i>
17	Om Tayade	Chhatrapati Shivaji Maharaj Institute of Technology	<i>Om</i>
18	Prabhat Mukhiya	Chhatrapati Shivaji Maharaj Institute of Technology	<i>Prabhat</i>
19	Sachin Bind	Chhatrapati Shivaji Maharaj Institute of Technology	<i>Sachin</i>
20	Aney Wakshe	Chhatrapati Shivaji Maharaj Institute of Technology	<i>Aney</i>
21	Harshwardhan Koti	Chhatrapati Shivaji Maharaj Institute of Technology	<i>Harshwardhan</i>
22	Varad Dhumal	Chhatrapati Shivaji Maharaj Institute of Technology	<i>Varad</i>
23	Patil Shubham	Chhatrapati Shivaji Maharaj Institute of Technology	<i>Shubham Patil</i>
24	Toushant Gowari	Chhatrapati Shivaji Maharaj Institute of Technology	<i>Toushant</i>
25	Aishwarya Kardok	Chhatrapati Shivaji Maharaj Institute of Technology	<i>AK</i>
26	Komal Patil	Chhatrapati Shivaji Maharaj Institute of Technology	<i>Komal</i>
27	Asmita Mahadek	Chhatrapati Shivaji Maharaj Institute of Technology	<i>Asmita</i>
28	Mudula Thang	Chhatrapati Shivaji Maharaj Institute of Technology	<i>Mudula</i>
29	Rahul Sonawane	Chhatrapati Shivaji Maharaj Institute of Technology	<i>Rahul</i>
30	Sanchit Mirgal	Chhatrapati Shivaji Maharaj Institute of Technology	<i>Sanchit</i>
			Sign of co-ordinator

FEEDBACK ANALYSIS:

SESSION FEEDBACK ANALYSIS								
Sr.no.	Attributes	Total Feed Back	Total Feed Back- 40					Remark
			>80% Objective Achieved, 60 to 79 %- Satisfactory, Below 60%, Need improvement					
1	Do you think session was useful for you?	25	Yes	No	Partial	---	---	Remark
			22	0	3	0	0	Objective Achieved
			88.00	0.00	22.00	0.00	0.00	(88.00%)
2	Did you receive all the information you expected by the session?	25	Yes	No	Partial	---	---	Remark
			23	0	2	0	0	Objective Achieved
			92.00	0.00	8.00	0.00	0.00	(92%)
3	Opinion on Rating the speaker for the session	25	Outstanding	Excellent	Good	Average	Satisfactory	Remark
			25	0	0	0	0	Objective Achieved
			100	0	0	0.00	0	Outstanding & Excellent (100%)
4	Audience Query Response by the Speaker	25	Outstanding	Excellent	Good	Average	Satisfactory	Remark
			25	0	0	0	0	Objective Not

			100	0	0	0	0	Achieved (100%)
	Overall experience about the Session		Outstanding	Excellent	Good	Average	Satisfactory	Remark
5		25	21	3	2	0	0	Objective Achieved Outstanding &
			84.00	12.00	4.00	0	0	Excellent (84.00%)