

Life skills 2021-22

Sr.No.	Activity Name	No. of Participants	Name of the agency involved
1	Guest lecture on Yoga for wellness	50	Mrs Maya Jaykumar Chatur, Yog Adhyapak, Yog vidya gurukul Nasik and NSS team, Cummins College of Engineering for Women, Pune
2	Audit course for Yoga and Meditation	36	Cummins College of Engineering for Women, Pune
3	Yoga and Nutrition activity	143	NSS team, Cummins College of Engineering for Women, Pune
4	Poshan Abhiyan-Nutritious food activity	82	NSS team, Cummins College of Engineering for Women, Pune
5	Awareness program to avoid the use of single use plastic	22	NSS team, Cummins College of Engineering for Women, Pune
6	World Aids day awareness activity	43	NSS team, Cummins College of Engineering for Women, Pune
7	Guest Lecture on Yogasana for thyroid and PCOD on International Women's day	43	Physical education Dept, Cummins college of Engineering for Women, Pune
8	Pathology Lab test for students on International Women's Day	33	Ms Ashwini Kulkarni, Pathologist - Godbole Laboratory, Karvenagar, Pune. and Department of physical education and NSS Cummins college of Engineering for Women
9	Free Basic Dental Check up for students on International Women's Day	49	Dr Sneha Niwane, Dentist - Shree Dental Clinic, Dhayari, Pune and Department of sports and NSS Cummins college of Engineering for Women, Pune
10	International Yoga Day Celebration-Activities 1) Yoga performance 2) Yoga Quiz competition 3) Yoga Pose Photo Challenge 4) Online Suryanamaskar event 5) Online and Offline Yoga Day celebration	244	Physical Education dept, Cummins college of Engineering for Women Pune and College Yoga students

Name of Activity: Yoga for Wellness on date 31/072021

Notice

TALK: Yoga for Wellness Inbox x



NSS CUMMINS <nsscummins@cumminscollege.in>
to allstudents, All, Harsha ▾

Thu, Jul 29, 2021, 1:16 PM ☆ ↶ ⋮

Hello folks!
Hope you're doing well.

NSS CUMMINS is organizing a talk on Yoga for wellness, स्वास्थ्य के लिए योग with **Ms. Maya Jaykumar Chuttar M.Sc. (Yoga), S-VYASA, Bengaluru**

Ms. Maya Jaykumar Chuttar is a Yoga Professional (Level 3), and certified from the Yoga Certification Board, Ministry of AYUSH, Govt. of India. , Has a 12 years experience in teaching & practicing Yog. She is an active member and a part of Yog Vidya Dham, Nashik (senior member) and Chiranjiv Foundation, Pune(senior faculty).

She has been organising various sessions, yog shibrs and certificate courses along with friends every year for the last 10 years. She is passionate about fitness and more particularly for Yoga.

It's requested to all, to attend the TALK, and realise How Yoga Transforms Lives.

Date : **31 July** 2021.

Timing : 5:00 - 6:00 pm.

Mode : Virtual(Google Meet).

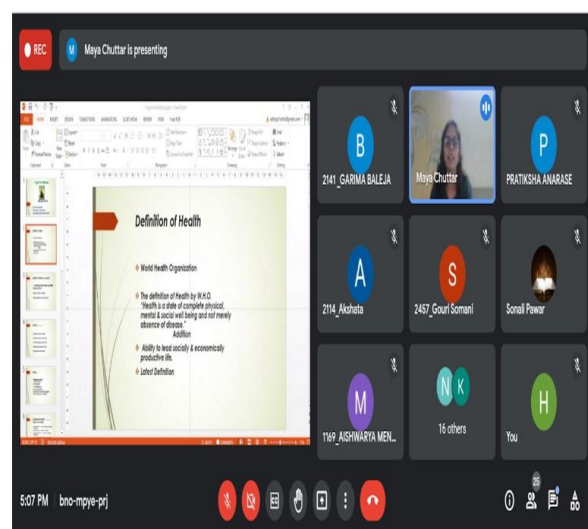
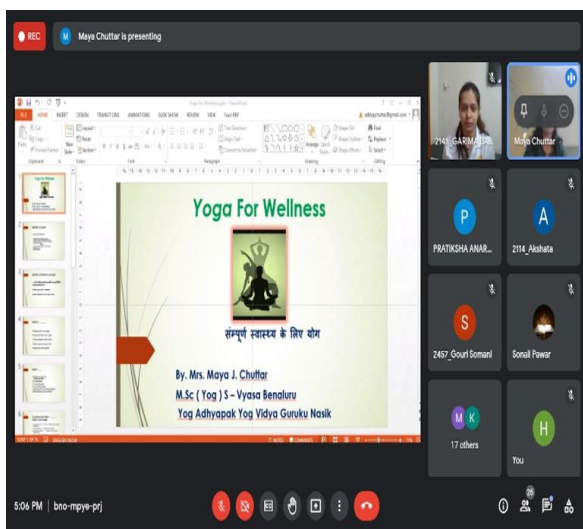
Join the talk through the Google Meet link:

<https://meet.google.com/bno-mpye-prj>

Regards,
Team NSS CCOEW

Activate Windows

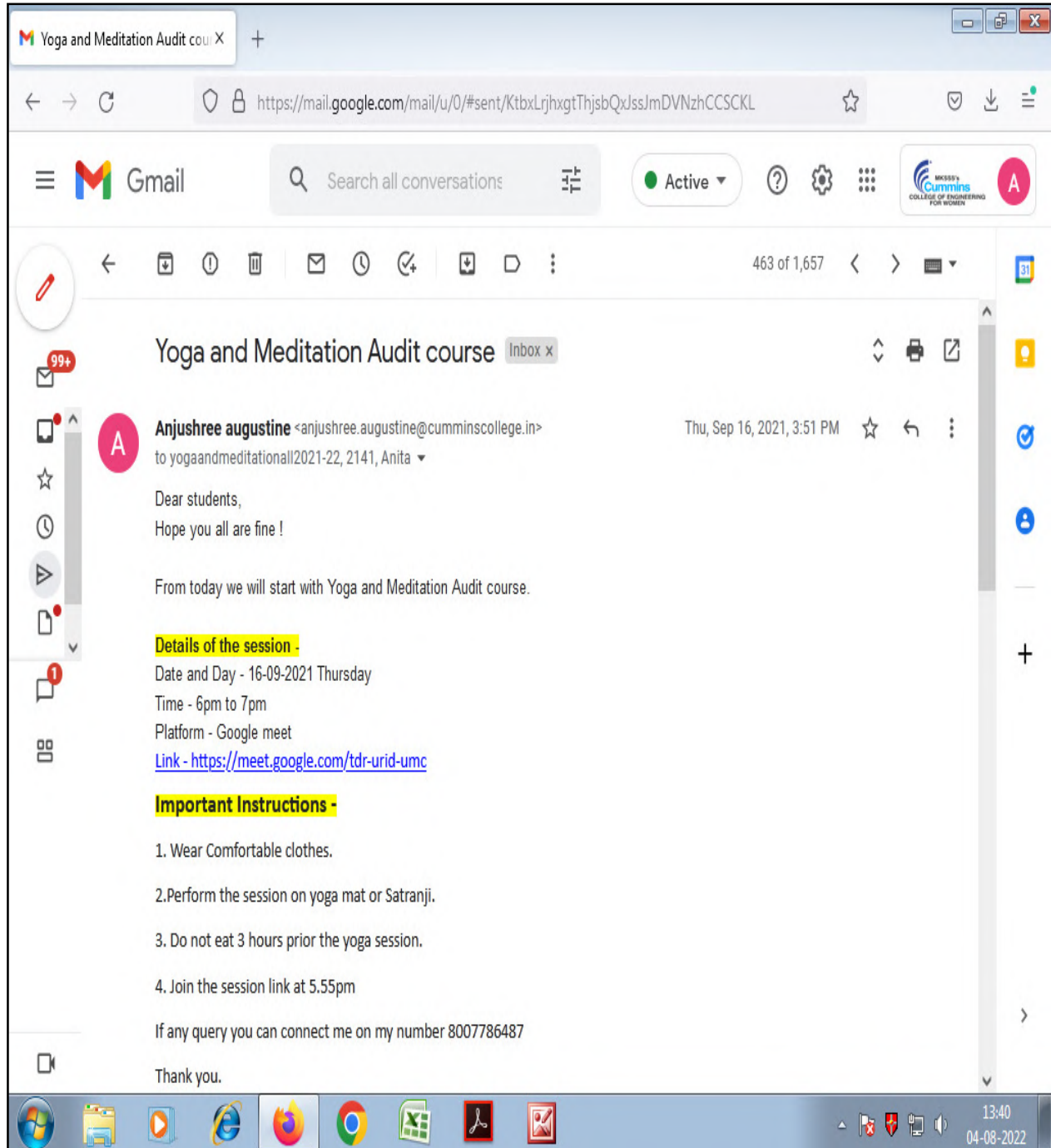
Go to Settings to activate Windows



Yoga for Wellness on date 31/072021

YOGA AND MEDITATION – AUDIT COURSE 2021-22

NOTICE FOR STUDENTS



The screenshot shows a Gmail inbox on a desktop browser. The email is from Anjushree augustine, dated Thursday, September 16, 2021, at 3:51 PM. The subject is "Yoga and Meditation Audit course". The email content includes a greeting, a notice of the start of the course, session details (date, time, platform, and link), and a list of important instructions. The sender's contact information is also provided.

Yoga and Meditation Audit course Inbox x

Anjushree augustine <anjushree.augustine@cumminscollege.in> Thu, Sep 16, 2021, 3:51 PM

to yogaandmeditationall2021-22, 2141, Anita ▾

Dear students,
Hope you all are fine !

From today we will start with Yoga and Meditation Audit course.

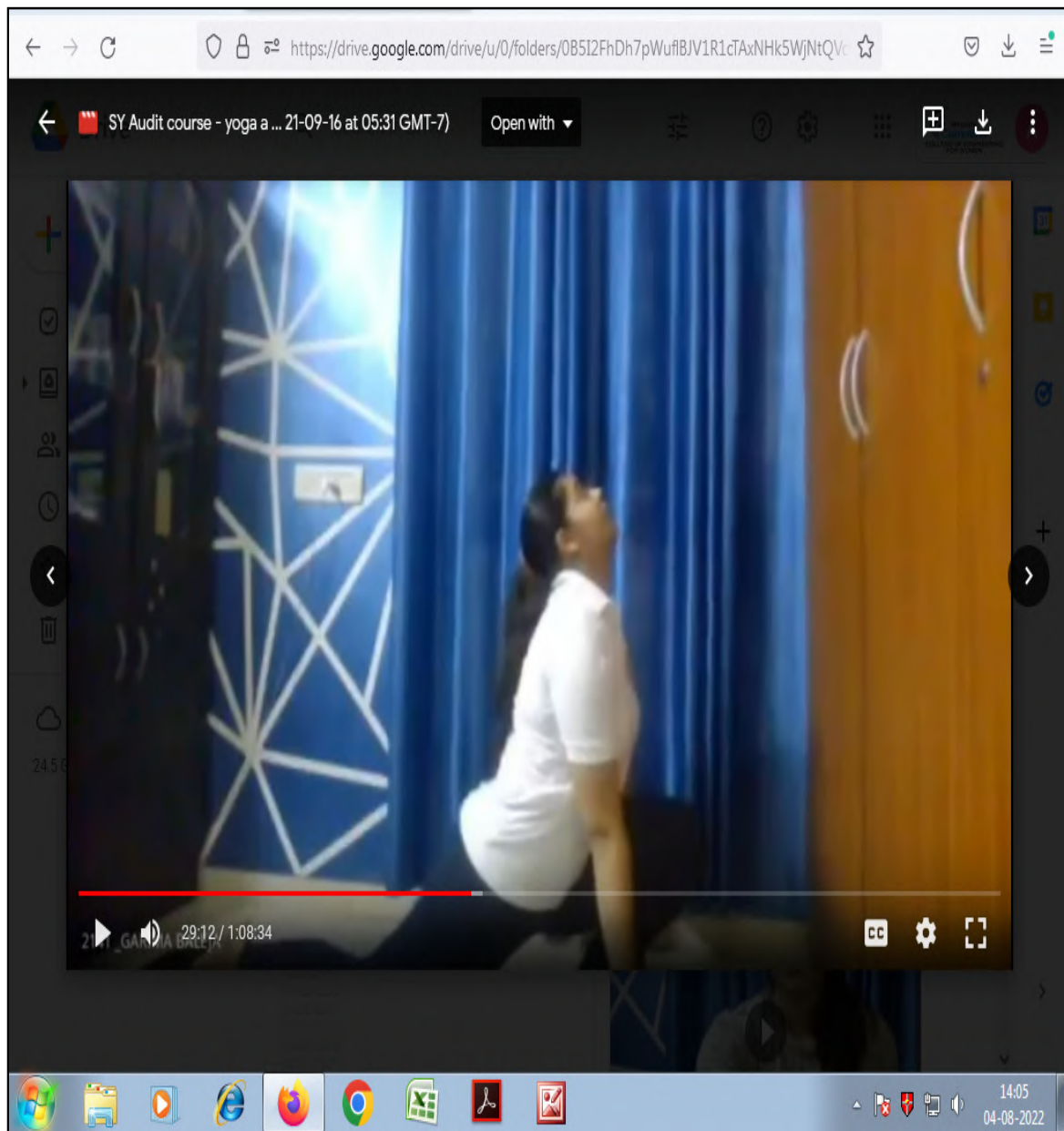
Details of the session :
Date and Day - 16-09-2021 Thursday
Time - 6pm to 7pm
Platform - Google meet
[Link - https://meet.google.com/tdr-urid-umc](https://meet.google.com/tdr-urid-umc)

Important Instructions -

1. Wear Comfortable clothes.
2. Perform the session on yoga mat or Satranji.
3. Do not eat 3 hours prior the yoga session.
4. Join the session link at 5.55pm

If any query you can connect me on my number 8007786487

Thank you.



YOGA AND MEDITATION AUDIT COURSE FROM 16/09/2021 TO 09/12/2021

Name of Activity: Week2-Yoga and Nutrition Activity on date 7/09/2021

Notice

Yoga And Nutrition By Ministry of Ayush

2 messages

NSS CUMMINS <nsscummins@cumminscollege.in>
To: allstudents@cumminscollege.in
Cc: Shubhangi Chaudhary <shubhangi.chaudhary@cumminscollege.in>

Tue, Sep 7, 2021 at 4:24 PM

Hello Everyone! Hope you all are doing well!

"The greatest Wealth is Health."

NSS CCOEW is going to organize Yoga And Nutrition Activity in our college from 8th of September to 15th of September, 2021.

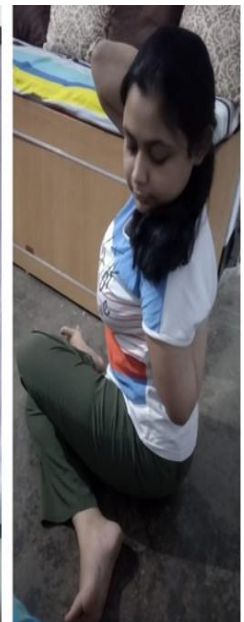
All the willing students are requested to be a part of this fun online activity- 7 Days ,7 Challenges.

Get ready!!!!

Active Participation is expected to make this Activity Successful.

Further details on the same shall be shared soon.

Regards,
NSS CCOEW.



Week2-Yoga and Nutrition Activity on date 7/09/2021

Name of Activity: Week3 - Poshan Abhiyan-Nutritious Food Activity on date 16/09/2021

Notice



Dear NSS volunteers,

For the week3 of Poshan Maah, 16th to 23rd of September 2021
participate by filling the form.

- 1)Awareness campaign to Know about regional/local food: Millets, vegetables, traditional recipes
or
- 2)Demonstration Videos of cooking with millets.

Thanks with Regards,

Dr. Shubhangi R. Chaudhary

Assistant Professor, Electronics and Telecommunication Dept.

MKSSS's Cummins College of Engineering for Women,

Karvenagar, Pune-411052 , M.S.

India

Direct: [02025311207](tel:02025311207).

<http://www.cumminscollege.org>



Week3 - Poshan Abhiyan-Nutritious Food Activity on date 16/09/2021

Name of Activity: Awareness Program to avoid the use of single use plastic on date 26/10/2021

Notice

Survey: Avoid Use of Plastic

1 message

NSS CUMMINS <nsscummins@cumminscollege.in>

Tue, Oct 26, 2021 at 4:00 PM

To: allstudents@cumminscollege.in

Cc: Shubhangi Chaudhary <shubhangi.chaudhary@cumminscollege.in>, Madhuri Khambete <principal@cumminscollege.in>

Hello Cummins!

Hope you all are healthy and doing well.

A survey is being conducted, about why and how plastic waste needs to be reduced.

It's surprising but true, from 1950 to 2012, plastic production has increased – from about 1.7 million tons to nearly 300 million tons per year.

We can all agree that these production patterns aren't sustainable, and this is a good reason to reduce our plastic waste.

Henceforth, we all need to come together to save our motherland.

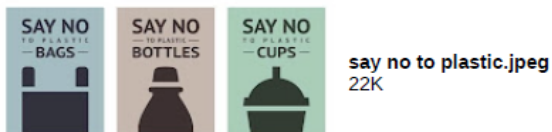
It would be great if you could contribute to this survey by filling this google form.

https://docs.google.com/forms/d/e/1FAIpQLSeO9rtwRL3QNY2bA7SXFUQScDiNSGfA1tRYJrMOMC1bSz9AJg/viewform?usp=sf_link

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Regards,

Team NSS CCOEW



Awareness Program to avoid the use of single use plastic on date 26/10/2021

Name of Activity: World AIDS Day Awareness Program on date 01/12/2021

Notice



NSS CUMMINS <nsscummins@cumminscollege.in>

Wed, Dec 1, 2021, 10:52 AM

to allstudents, Shubhangi, Madhuri

Hello Everyone!!
Hope you are doing well !

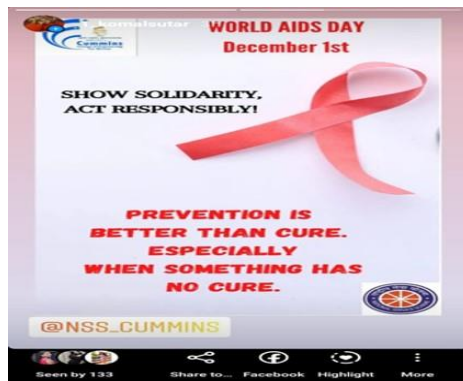
Today 1st of December is observed as **"World AIDS Day"**. As you all know AIDS is a human immunodeficiency virus and till today has no cure. NSS CCOEW would like to **celebrate** this day by **creating awareness** regarding AIDS to **protect people** from being contracted by the virus.

Please find the poster below and share it on your social media to create awareness regarding AIDS. All participants should tag NSS CCOEW or share the screenshot of their status with NSS CCOEW.
instagram handel : @nss_cummins

ALL NSS VOLUNTEERS PLEASE ATTACH THE SCREENSHOT IN THIS GOOGLE FORM
<https://forms.gle/TKpMCZVdmAoG8pei9>

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Regards,

Team NSS CCOEW



Page Follower

WORLD AIDS DAY

Questions Responses **44** Settings

44 responses

Accepting responses

Summary

Question

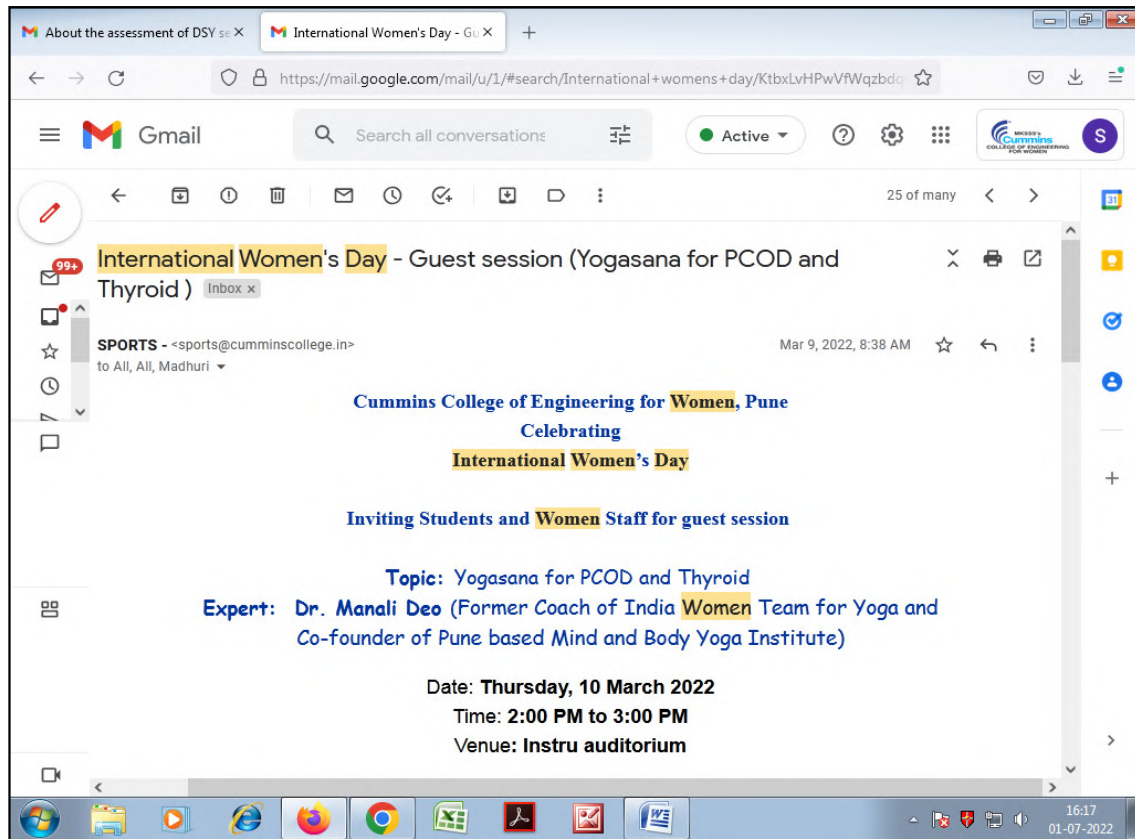
Individual

World AIDS Day Awareness Program on date 01/12/2021

GUEST LECTURE FOR STUDENTS ON YOGASANA FOR PCOD AND THYROID

INTERNATIONAL WOMEN'S DAY 2021-22

NOTICE

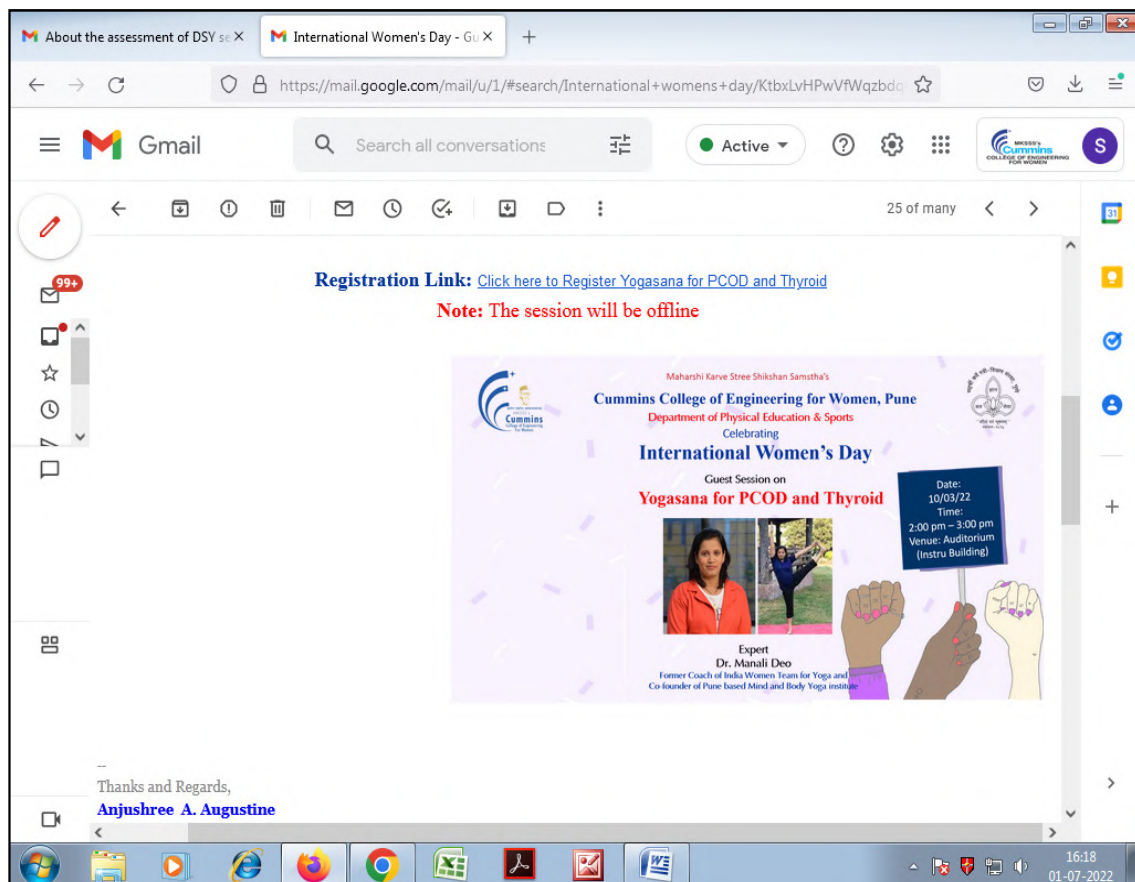


Cummins College of Engineering for Women, Pune
Celebrating
International Women's Day

Inviting Students and Women Staff for guest session

Topic: **Yogasana for PCOD and Thyroid**
Expert: **Dr. Manali Deo** (Former Coach of India Women Team for Yoga and Co-founder of Pune based Mind and Body Yoga Institute)

Date: **Thursday, 10 March 2022**
Time: **2:00 PM to 3:00 PM**
Venue: **Instru auditorium**



Registration Link: [Click here to Register Yogasana for PCOD and Thyroid](#)
Note: The session will be offline

Cummins College of Engineering for Women, Pune
Department of Physical Education & Sports
Celebrating
International Women's Day
Guest Session on
Yogasana for PCOD and Thyroid

Date: 10/03/22
Time: 2:00 pm - 3:00 pm
Venue: Auditorium (Instru Building)

Expert
Dr. Manali Deo
Former Coach of India Women Team for Yoga and Co-founder of Pune based Mind and Body Yoga Institute

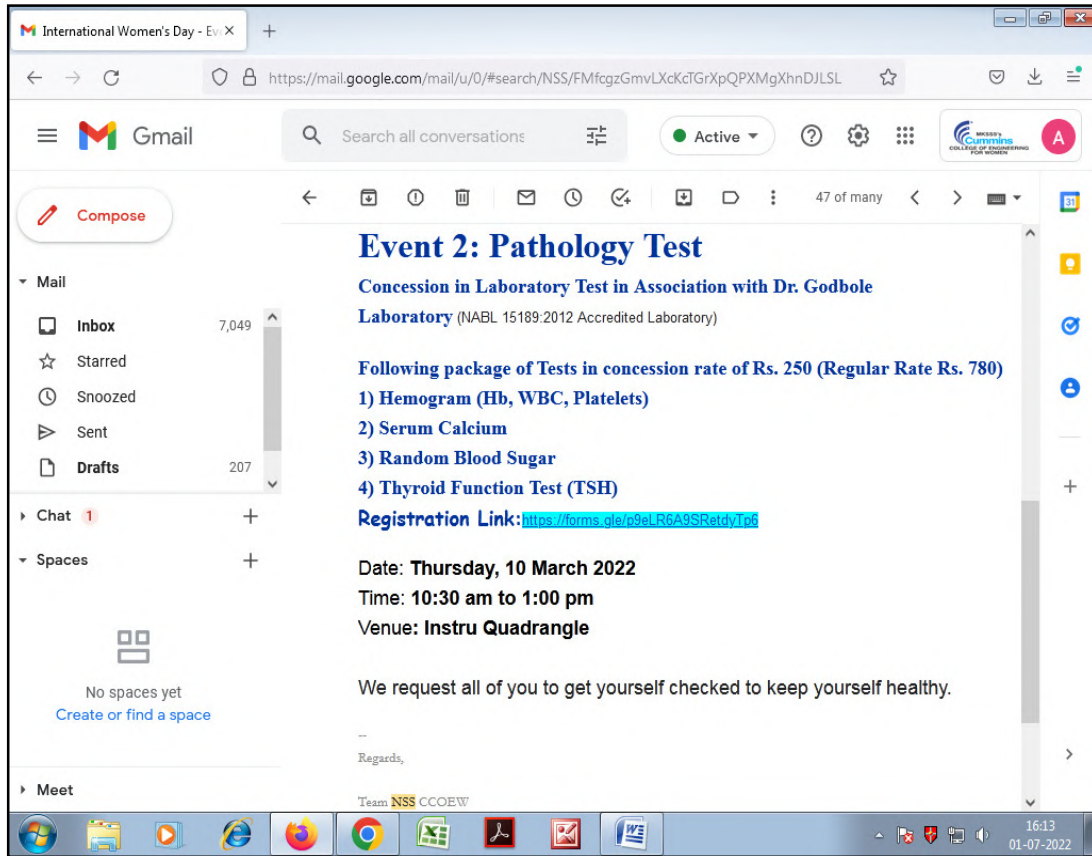
Thanks and Regards,
Anjushree A. Augustine



GUEST LECTURE - YOGASANA FOR PCOD AND THYROID ON 10/03/2022

PATHOLOGY LAB TEST FOR STUDENTS ON INTERNATIONAL WOMEN'S DAY 2021-22

NOTICE



PATHOLOGY LAB TEST ON 10/03/2022

Poshan Maah-Week2-Yoga and Nutrition Activity (By AYUSH)

Name of Activity: 7 Days-7 Challenges

Date of the Activity Conduction: 8th September to 15th September 2021

Total No. of Students & Faculty Members Participated in the Activity: 148

Mode of conduction: virtual

Notice:

Yoga And Nutrition By Ministry of Ayush

2 messages

NSS CUMMINS <nsscummins@cumminscollege.in>
To: allstudents@cumminscollege.in
Cc: Shubhangi Chaudhary <shubhangi.chaudhary@cumminscollege.in>

Tue, Sep 7, 2021 at 4:24 PM

Hello Everyone! Hope you all are doing well!

"The greatest Wealth is Health."

NSS CCOEW is going to organize Yoga And Nutrition Activity in our college from 8th of September to 15th of September, 2021.

All the willing students are requested to be a part of this fun online activity- 7 Days ,7 Challenges.

Get ready!!!!

Active Participation is expected to make this Activity Successful.

Further details on the same shall be shared soon.

Regards,
NSS CCOEW.

Short Report of the Activity:

The National Service Scheme Unit of MKSSS's Cummins college of Engineering for Women has organized a **Yoga and Nutrition Activity (By AYUSH)** to spread awareness of one's wellbeing. This activity of Yoga and Nutrition has motivated us to stay healthy. The 7days, 7 challenges were interesting.

The activity was arranged from 8th of September to 15th of September, 2021 was as follows:

Day 1 - Plank Position, Day 2 - Ushtrasana (Camel Pose), Day 3 - Vrikshasana (Tree Pose), Day 4 - Dhanurasana (Bow Pose), Day 5 - Gomukhasana (Cow Face Pose), Day 6 - Adhomukhaswanasana (Downward Facing Dog Pose), Day 7 - Virasana (warrior pose).

Everyday one challenge was shared with students and on that day only students uploaded their photos on google forms / Instagram stories. There was active participation from our college students for this online event.

Photos captured during the Activity:

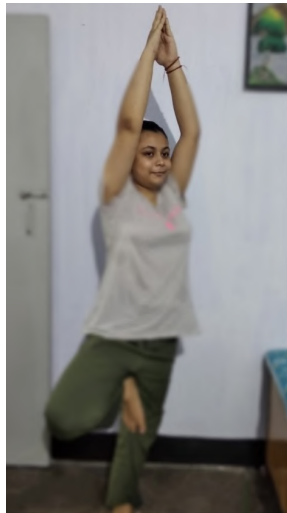
Day 1 - Plank Position:



Day 2 – Ushtrasana (Camel Pose):



Day 3 – Vrikshasana (Tree Pose):

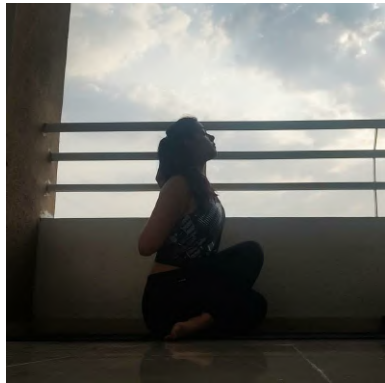


Day 4 – Dhanurasana (Bow Pose):





Day 5 – Gomukhasana (Cow Face Pose):



Day 6 – Adhomukhaswanasana (Downward Facing Dog Pose):



Day 7 - Virasana (warrior pose):



Attendance Report:

No. of students Participated	No. of Staff participated	Total participation
143	5	148

INTERNATIONAL DAY OF YOGA 2022

NOTICE

International day of yoga 2022

SPORTS - <sports@cumminscollege.in>
to All, All, Madhuri, Revati

Mon, Jun 20, 2:58 PM (11 days ago)

Dear students and staff,

The nation will be celebrating 8th International Day of Yoga 2022 on 21st June 2022.

As a part of Azadi ka Amrit Mahotsav, CCOEW Pune will be celebrating 8th International Day of Yoga on 21st June 2022.

You are requested to participate and join the online yoga session.

Join the session on following link-
meet.google.com/imy-bzqy-puy

The details of the session are :-

- Date - 21st June 2022
- Time - 7.30am - 8.30am

The details of the session are :-

- Date - 21st June 2022
- Time - 7.30am - 8.30am

INSTRUCTIONS TO BE FOLLOWED -

1. Wear comfortable clothes
2. Perform the session on Yoga Mat or Satranji
3. Don't eat anything 2 hours before the session

Thank you.

Thanks and Regards,
Anjushree A. Augustine
Director of Physical Education
MKSSS's Cummins College of Engineering for Women,Pune.
Contact no.: 020 2531133

Reply Reply all Forward



INTERNATIONAL DAY OF YOGA 2022