

**Prahladrai Dalmia Lions College of Commerce and
Economics**

Sunder Nagar, S.V.Road, Malad (W), Mumbai 400064

ISO 9001:2015 CERTIFIED



Schedule for INTERNATIONAL YOGA DAY - 21st June 21

7: 30 A.M - SARASWATI VANDANA

**7:35 A.M - BRIEF INTRODUCTION - BY DR. SHAMI
NIMGULKAR**

**7:40 A.M - WELCOME ADDRESS BY I/C PRINCIPAL DR. KIRAN
MANE**

**7:45 A.M- INTRODUCTION OF THE GUEST - SHIVALINGAM
PILLAI BY DR. RAJESH BOMBE**

**7:50 A.M - YOGA SESSION - BY SHIVALINGAM PILLAI CA,
CMA, CS, LIFE TIME STUDENT OF YOGA CENTRE**

**8:30 A.M - VOTE OF THANKS - MS. MADHAVI NIGHOSKAR -
VICE PRINCIPAL - DEGREE**



Prahladrai Dalmia Lions College of Commerce & Economics

Sunder Nagar, S. V. Road, Malad (West), Mumbai – 400064.

ISO 9001:2015 Certified

International Day of Yoga – Report

On the occasion of the 71st International Yoga day, we conducted a live Online Yoga session for teachers and students on 21st June 2021.

" The essence of yoga is not to attempt to contort the body into inconceivable postures, but to attempt to attain, conserve and maintain a balanced-state of mind to start with and thereafter to transcend the mind, ego, intellect and then launch tangentially beyond to realize and remain established in the SELF. " – Yoga Guru Shivalingam Pillai.

All that one then does should be a step taken in this direction and the insight and balance derived 'ON THE MAT' from the practice of yogic techniques should be maintained throughout 'OFF THE MAT', implying that it should seep in, percolate and become an inseparable part of one's being and reflect in one's thoughts, words and deeds.

Organized by:

Department of Life Long Learning and Extension (DLLE)

National Service Scheme – NSS

National Cadet Corps – NCC

Disaster Management Cell –DMC

Equal Opportunity Cell – (EOC)

Students' Council

About Yoga Guru:



Shivalingam Pillai

A Commerce graduate from Patkar College and a CA, CMA, CS.

Associated with Mahindra & Mahindra Financial Services Limited as ' General Manager-Budgeting & RBI Compliances '

Passionate about yoga since childhood and always had an innate urge to know the subtle truths of life

Completed 2 years advanced Teachers' Training Course from THE YOGA INSTITUTE, SANTACRUZ (TYI)-the oldest organized yoga institute in the world.

Blessed to be a lifetime student of The Yoga Institute in general and YOGA, in specific

Programme invite:

Please click the link to open the invite:

https://drive.google.com/file/d/1q3GnADZnvR0Q2nCEs-o_jfRZi4p4KFt/view?usp=sharing

Programme Schedule:

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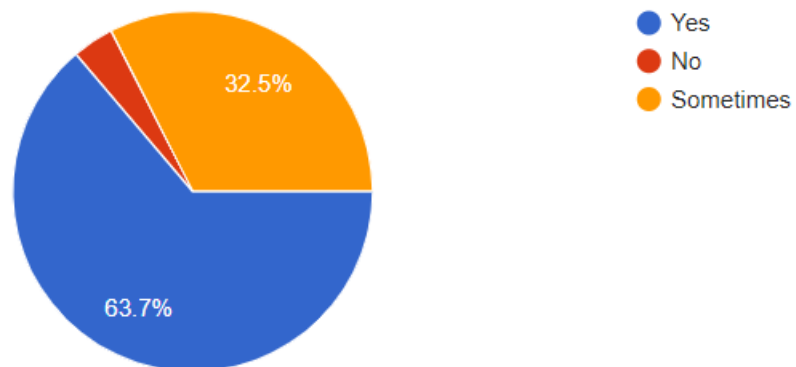
Total No of Participants (Students): 80

Total No. of Participants (Teachers): 36

Student's Feedback of the Programme

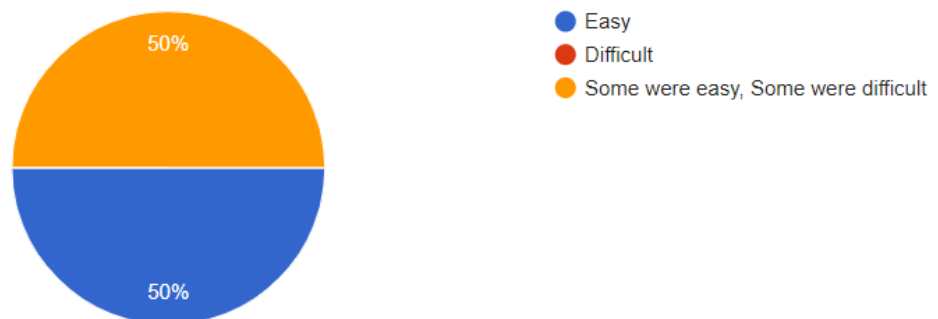
Do you exercise (Running, Jogging, Gyms, Meditate etc) regularly?

80 responses



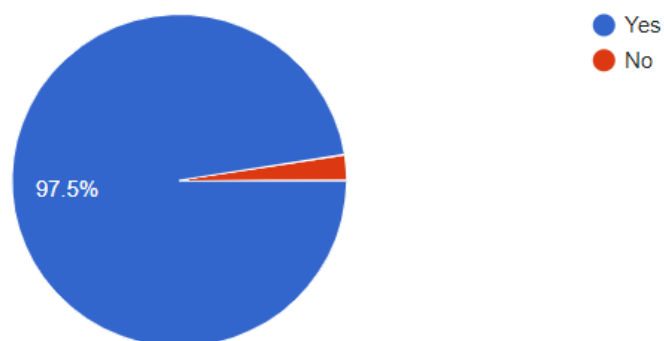
How did you find the exercises done today?

80 responses



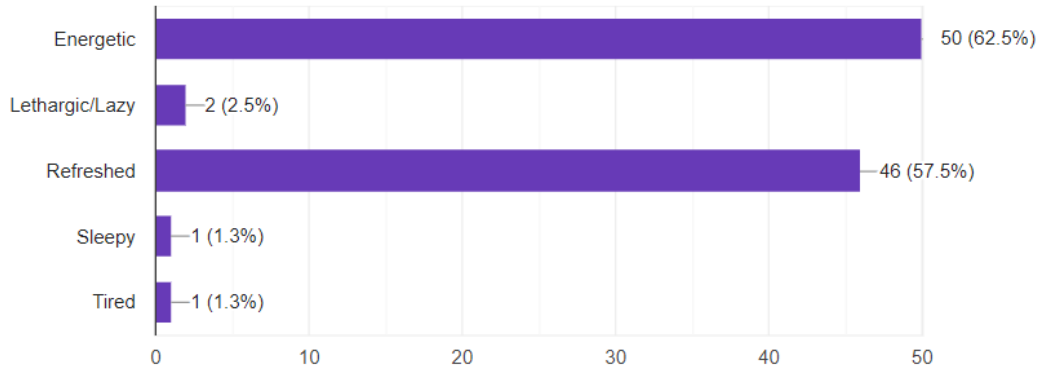
Were you able to follow the instructions of the Yoga Guru and accordingly do yourself?

80 responses



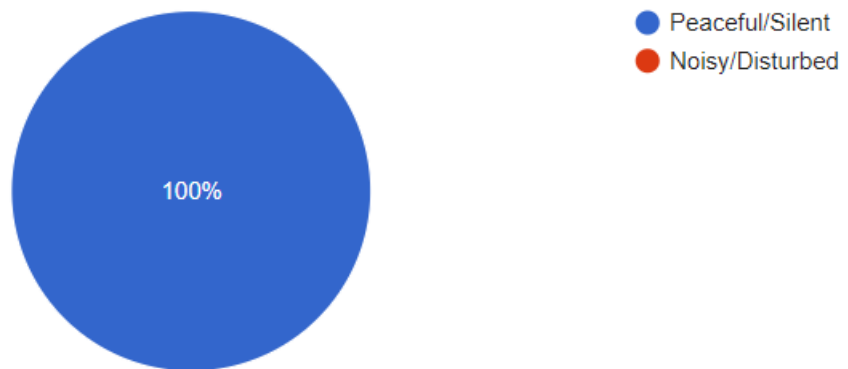
How did you physically feel after doing the asanas? (Select whichever is applicable)

80 responses



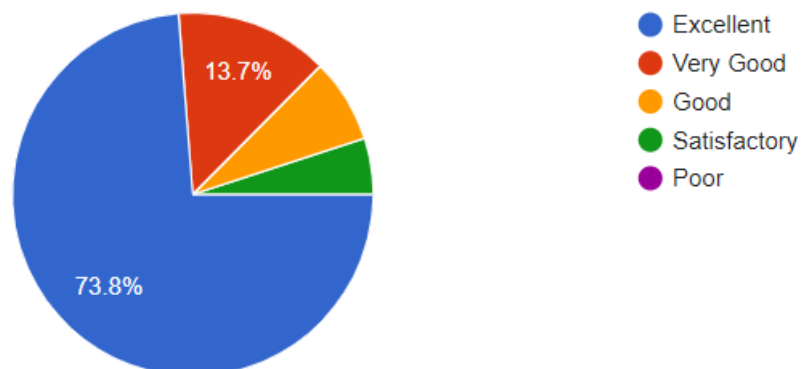
How is your mental state after doing the asanas today?

80 responses



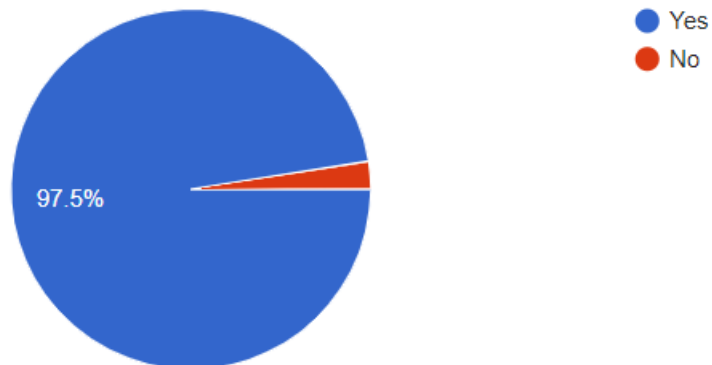
Rate your experience of this Yoga Session

80 responses



Would you like to participate in such sessions on a regular basis?

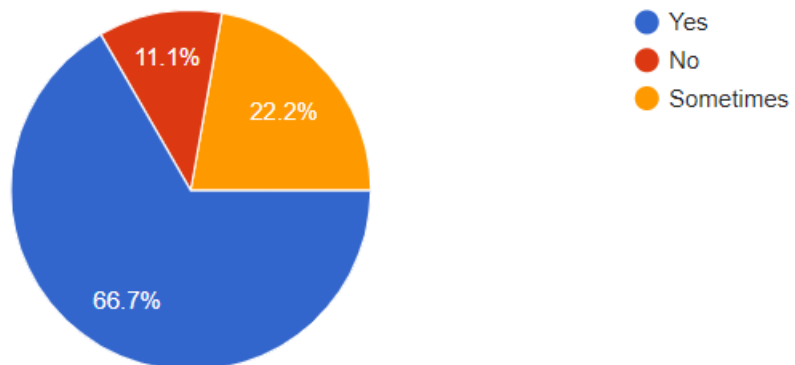
80 responses



Teacher's Feedback of the Progamme

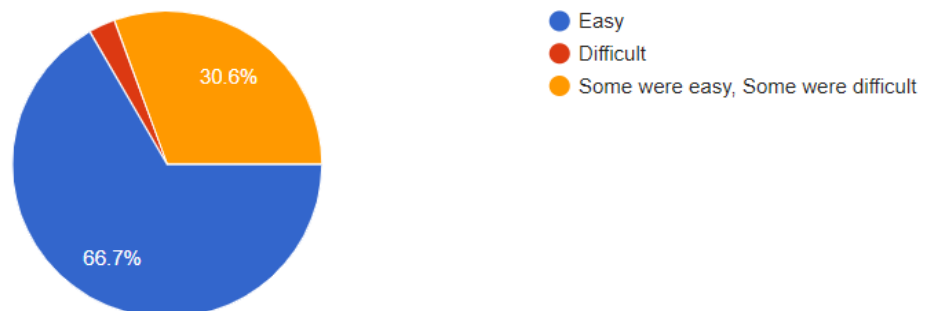
Do you exercise (Running, Jogging, Gyms, Meditate etc) regularly?

36 responses



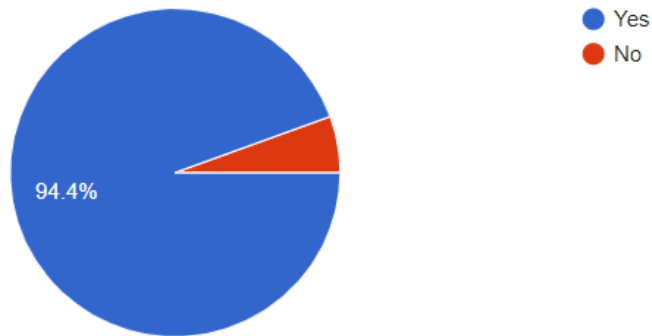
How did you find the exercises done today?

36 responses



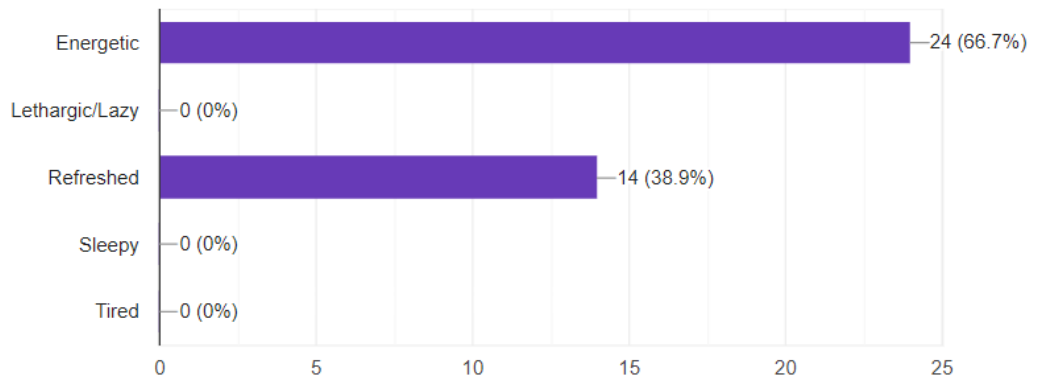
Were you able to follow the instructions of the Yoga Guru and accordingly do yourself?

36 responses



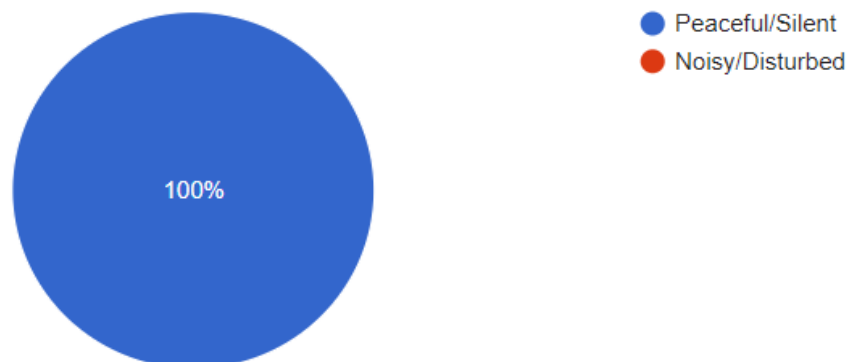
How did you physically feel after doing the asanas? (Select whichever is applicable)

36 responses



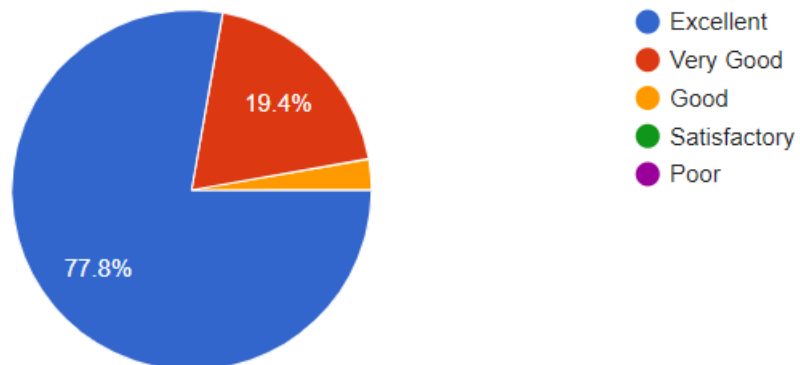
How is your mental state after doing the asanas today?

36 responses



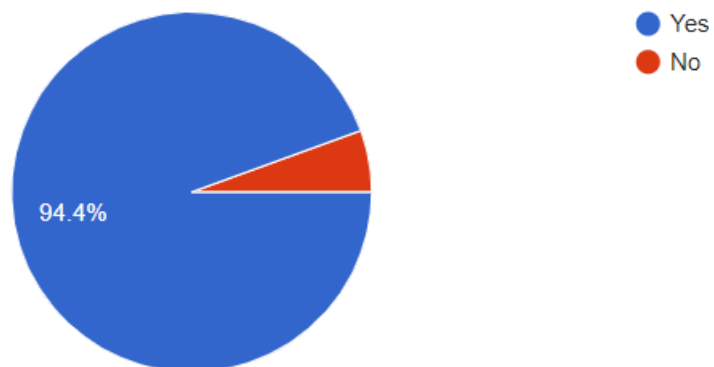
Rate your experience of this Yoga Session

36 responses



Would you like to participate in such sessions on a regular basis?

36 responses



Link to the Photographs:

<https://drive.google.com/drive/folders/1tvMmTrCYKToYkYteAFiAObsr-WjmTML?usp=sharing>

Report Prepared and Compiled by:

Dr. Shami Nimgulkar Kamble- Convenor – DLLE

In-Charge – International Yoga Day

END



Prahladrai Dalmia Lions College of Commerce and Economics
Sunder Nagar, S.V.Road, Malad (W), Mumbai 400064



CERTIFICATE OF PARTICIPATION

THIS IS TO CERTIFY

OMKAR ASHOK MAHADIK

mahadikomkar69@gmail.com

participated in celebration of INTERNATIONAL YOGA DAY
organized by extension units (DLLE, NSS, NCC), Students'
Council, Health Cell, Equal Opportunity Cell, Disaster
Management Cell & Sports Department on 21st June 2021.

S. Naikar

Ms. Subhashini Naikar
Vice Principal - SFC

M. M. Nighoskar

Ms. Madhavi Nighoskar
Vice Principal - Degree

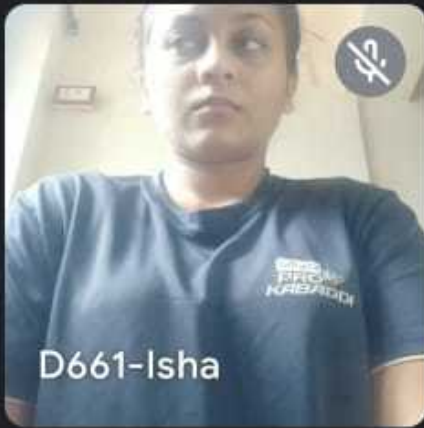
K. Mane

Dr. Kiran Mane
I/C Principal

REC



Mr. Rajesh



Prof. Priyanka



Ms. Madhavi

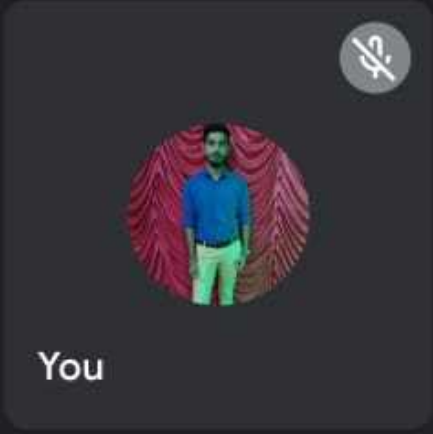


You

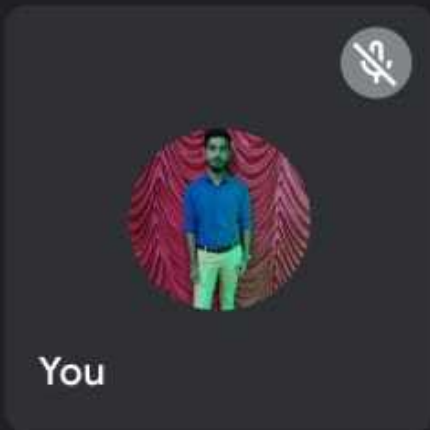


Mr. Bishn91 others

REC



REC





REC



Shivalingam Arumugam



Mr. Sandeep



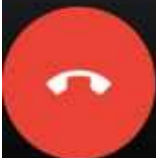
Prof. Priyanka



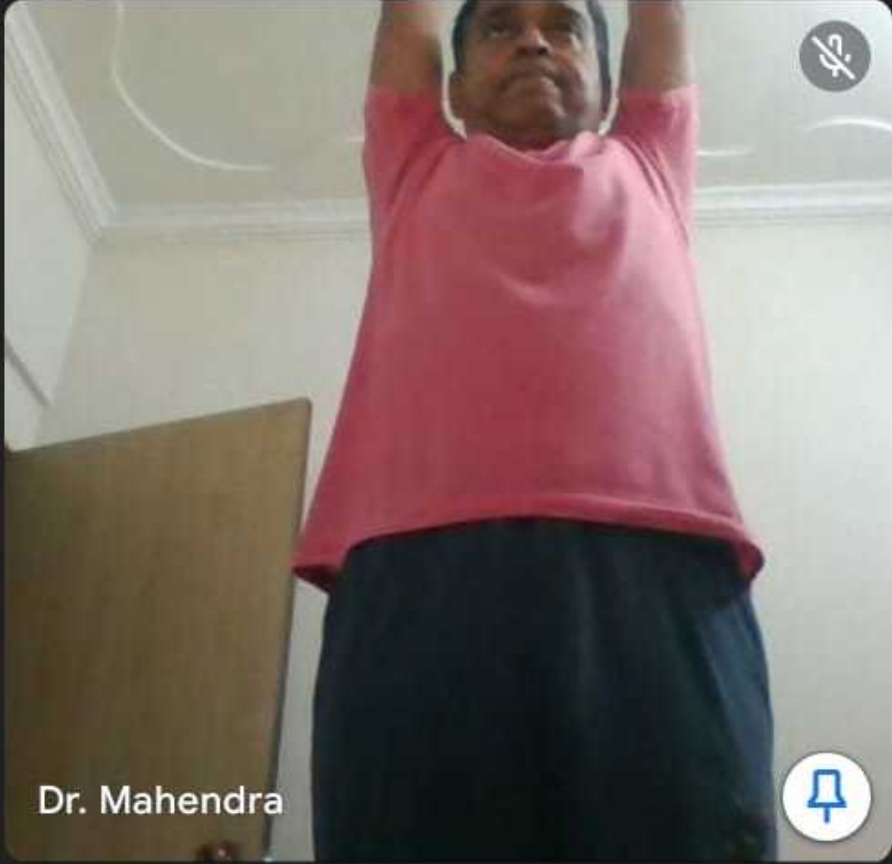
You



Dr. Sha 108 others



REC



Dr. Mahendra

mute icon

notification icon




Shivalingam Arumu...

mute icon



Prof. Priyanka

mute icon



You

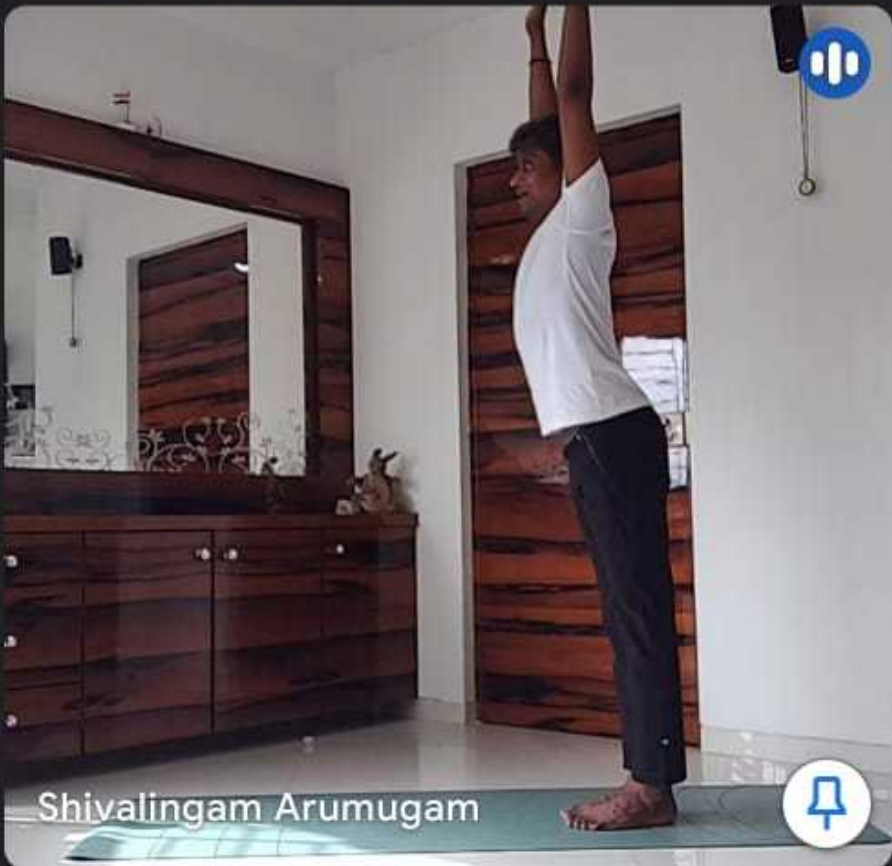
mute icon



Dr. Sha 106 others

mute icon

REC



Shivalingam Arumugam



Mr. Sandeep



Prof. Priyanka



You



Dr. Sha 103 others

REC

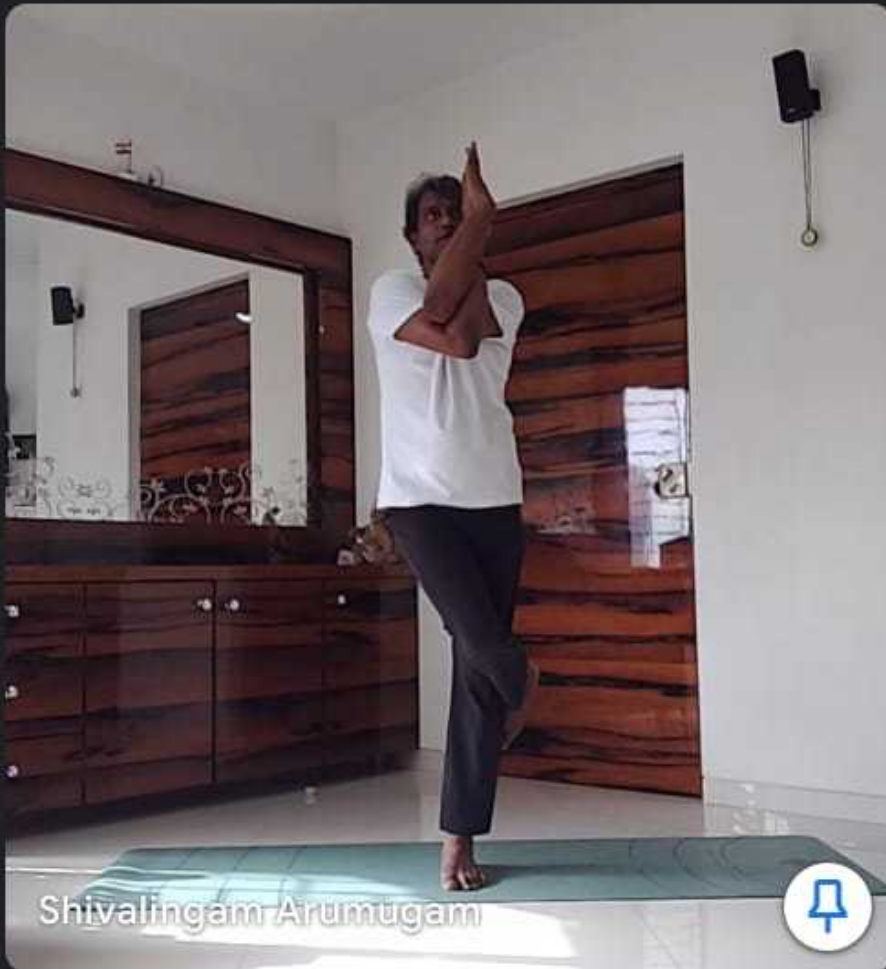


101 others

REC

08:16

78%



Shivalingam Arumugam



Mr. Sandeep



Prof. Priyanka



You

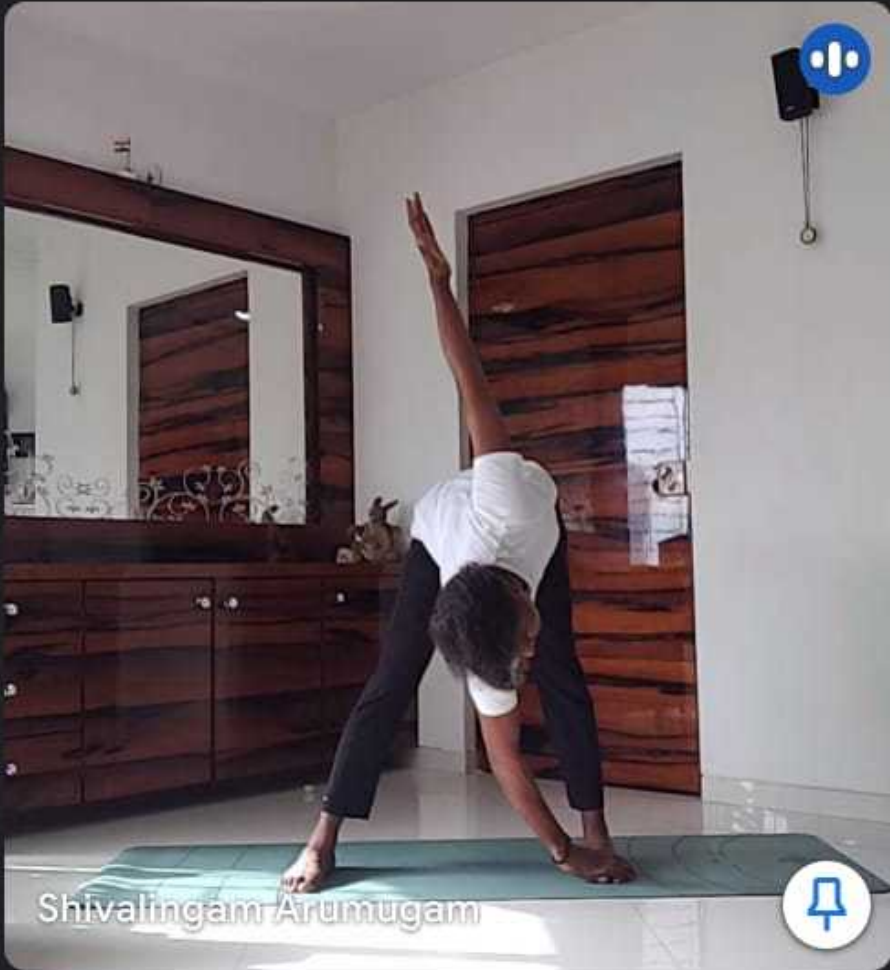


Dr. Shan 104 others

REC

08:17

4G+ 77%



Mr. Sandeep



Prof. Priyanka



You



Dr. Sha 104 others

REC



Dr. Mahendra



Shivalingam Arumu...



Prof. Priyanka



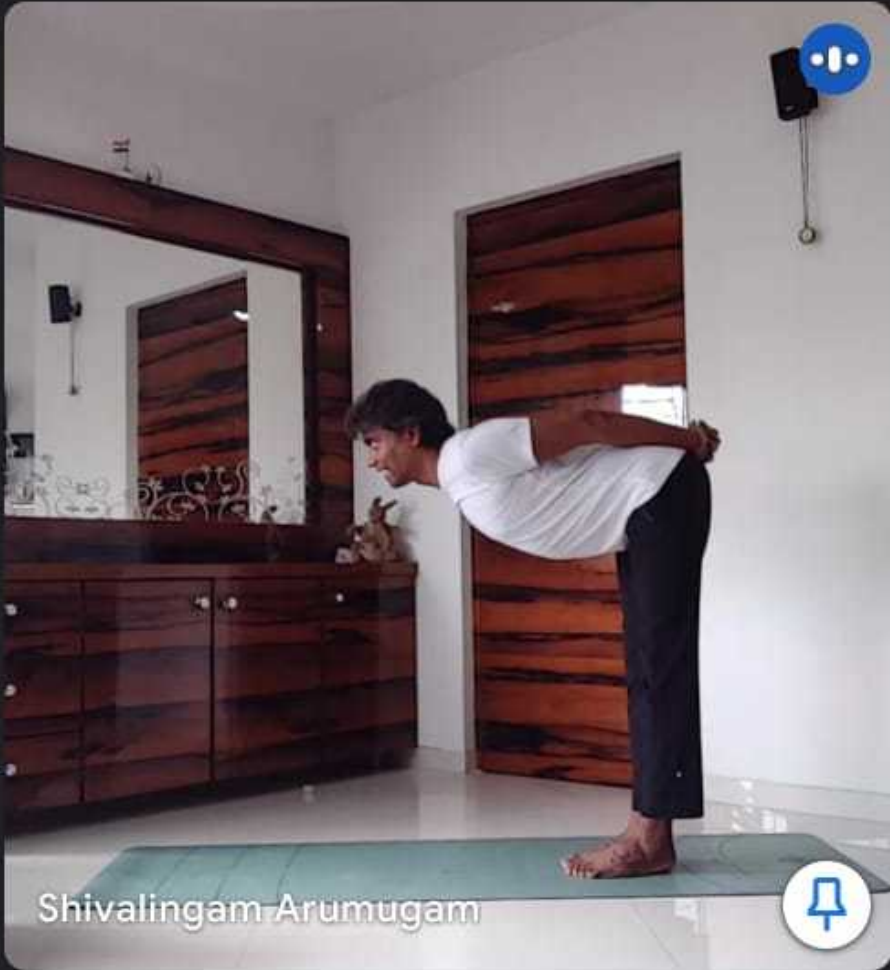
Yadav Jay Prakash joined



REC

08:24

4G+ 76%



Shivalingam Arumugam



Mr. Sandeep



Prof. Priyanka



You

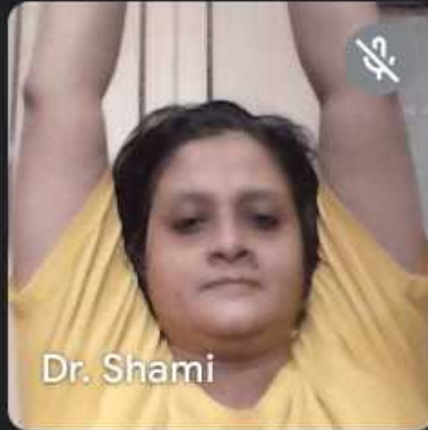


Dr. Shan 104 others

REC



Mr. Rajesh



Dr. Shami



You



Prof. Pri 104 others

REC



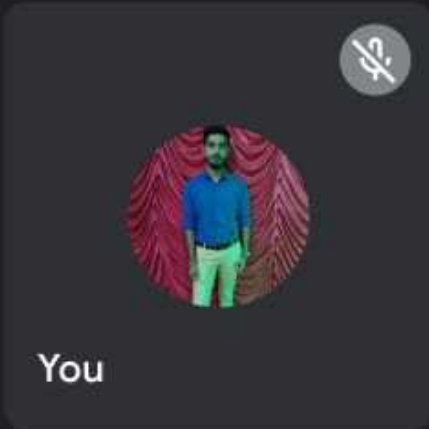
Shivalingam Arumugam



Dr. Shami



Mr. Rajesh



You



Prof. Pri 102 others



REC



Dr. Mahendra

Dr. Mahendra is a man with short dark hair, wearing a pink t-shirt and a gold chain. He is looking down with his eyes closed. The background shows a wooden door and a framed picture of a person in a meditative pose on the wall. There is a mute icon in the top right and a bell icon in the bottom right of the video frame.



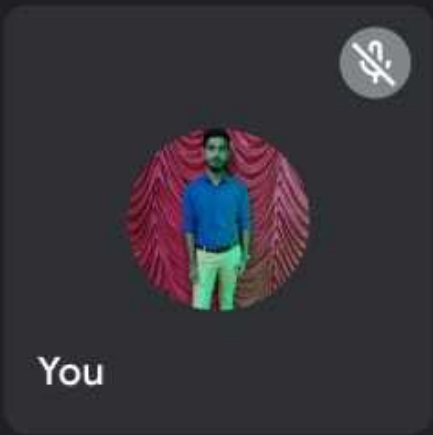
Dr. Shami

Dr. Shami is a woman with dark, wavy hair, wearing a yellow top. She is looking forward with a neutral expression. The background is a plain wall. There is a mute icon in the top right of the video frame.



Mr. Rajesh

Mr. Rajesh's profile card features a large orange circle with a white letter 'M' in the center. There is a mute icon in the top right of the card.



You

The 'You' profile card shows a circular avatar of a man in a blue shirt and green pants, standing in front of a red curtain. There is a mute icon in the top right of the card.



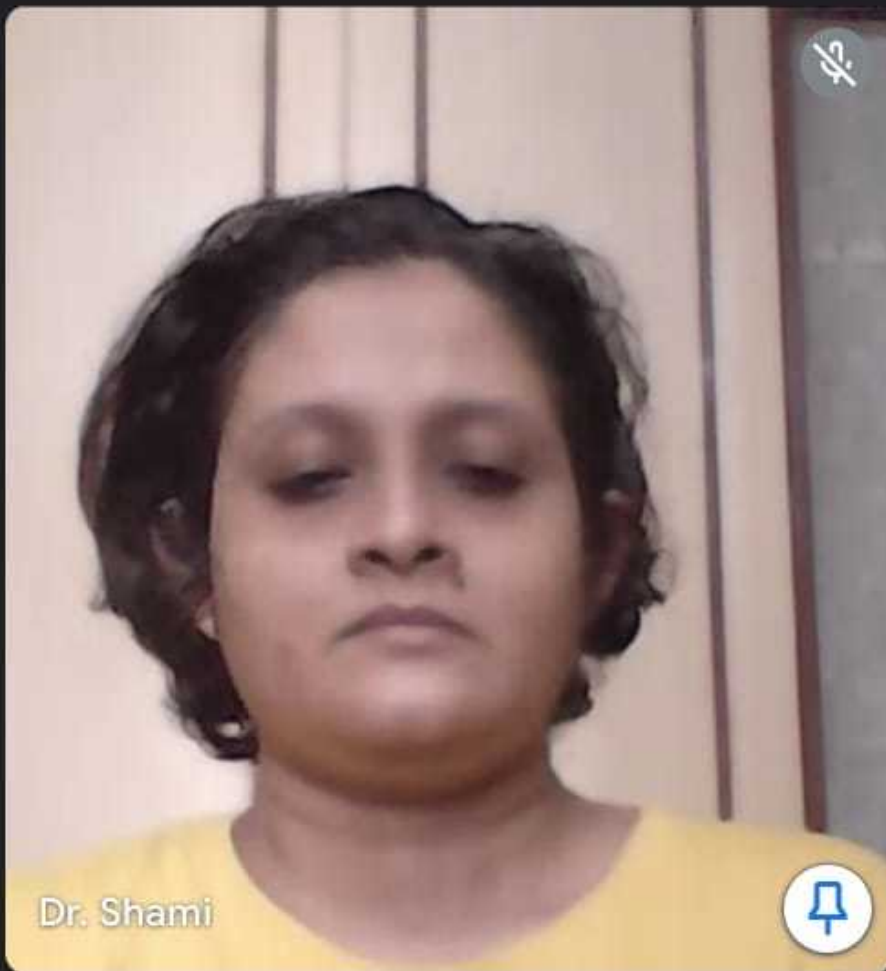
Shivali 102 others

This video feed shows a man in a white t-shirt in a room with wooden paneling. A dark overlay at the bottom of the video frame contains the text 'Shivali 102 others'.

REC

08:30

4G+ 75%



Dr. Shami



Prof. Priyanka



Mr. Rajesh



You



Shivali 102 others

REC



Shivalingam Arum...



D661-Isha



Mr. Rajesh




Dr. Shami



Prof. Priyanka



Mr. Sandeep



You



Mr. Bishr

94 others







REC



Shivalingam Ar...

Mr. Rajesh



D661-Isha




Dr. Shami




Prof. Priyanka



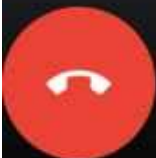

Ms. Madhavi

You




Mr. B'91 others



REC

08:08

79%



Shivalingam Arumugam



Mr. Sandeep



Prof. Priyanka



You



Dr. Shan 105 others



Timestamp	Email	Full Name	Other Identifier	Other Identifier 2
#####	scollege.ac.in	Dr.	Snk	scollege.ac.in
#####	scollege.ac.in	Shami Nimgulkar	Dr.	scollege.ac.in
#####	ionscollege.ac.in	Mr	Sandeep	l.com
#####	scollege.ac.in	Dr.	Shami nimgulkar	scollege.ac.in
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06-21-2021 8:42:47	@dalmialionscolleg	Ms	Namrata pednekar	3@gmail.com
06-21-2021 8:42:49	alionscollege.ac.in	Dr.	MAHENDRA	diffmail.com
06-21-2021 8:43:31	nscollege.ac.in	Mr	Bansode	gmail.com
06-21-2021 8:45:01	nscollege.ac.in	Ms	NADKARNI	nscollege.ac.in
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06-21-2021 8:48:09	nscollege.ac.in	Ms	Tandel	com
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06-21-2021 8:49:47	ollege.ac.in	Ms	Kirti Sigtia	ollege.ac.in
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06-21-2021 8:50:17	scollege.ac.in	Mr	Rajesh Ruke	scollege.ac.in
06-21-2021 8:50:20	alionscollege.ac.in	Ms	Ms Kiran B Mishra	alionscollege.ac.in
06-21-2021 8:50:39	onscollege.ac.in	Mr	JITENDRA GUPTA	onscollege.ac.in
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06-21-2021 9:00:16	om	Dr.	Satyanarayan	om
06-21-2021 9:01:49	scollege.ac.in	Dr.	Kamble	scollege.ac.in
06-21-2021 9:02:17	nscollege.ac.in	Mr	Suresh Gupta	GMAIL.COM
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#####	alionscollege.ac.in	Ms	Radhakrishnan	alionscollege.ac.in
#####	mail.com	Dr.	Poonam Biyani	mail.com
#####	@gmail.com	Mr	PABAN KUMAR	@gmail.com
#####	scollege.ac.in	Dr.	Tidke	scollege.ac.in
#####	scollege.ac.in	Dr.	Padme	scollege.ac.in
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BAMone



Total Score	Percent Score	Passed?	Certificate ID
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Timestamp	Email Address	Score	Salutation
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6-21-2021 8:42:22	aarti.s@dalmialionscoll		0 Ms
6-21-2021 8:42:47	namrata.pednekar@da		0 Ms
6-21-2021 8:42:49	mahendrap@dalmialior		0 Dr.
6-21-2021 8:43:32	sachinb@dalmialionscc		0 Mr
6-21-2021 8:45:01	mohini.n@dalmialionsc		0 Ms
6-21-2021 8:48:08	subhashinin@dalmialio		0 Ms
6-21-2021 8:48:10	varsha.t@dalmialionsc		0 Ms
6-21-2021 8:48:49	rahul.y@dalmialionscol		0 Mr
6-21-2021 8:49:27	rashmik@dalmialionsc		0 Dr.
6-21-2021 8:49:40	madhavin@dalmialions		0 Ms
6-21-2021 8:49:47	kirtis@dalmialionscolle		0 Ms
6-21-2021 8:49:59	seemas@dalmialionsc		0 Ms
6-21-2021 8:50:18	rajeshr@dalmialionscol		0 Mr
6-21-2021 8:50:21	kiran.mishra@dalmialic		0 Ms
6-21-2021 8:50:39	jitendra.g@dalmialions		0 Mr
6-21-2021 8:51:10	bishnud@dalmialionsc		0 Mr
6-21-2021 8:51:18	rashmik@dalmialionsc		0 Dr.
6-21-2021 8:52:35	rajeshm@dalmialionsc		0 Mr
6-21-2021 8:53:52	rajeshb@dalmialionscc		0 Dr.
6-21-2021 9:00:17	jayp1975@gmail.com		0 Dr.
6-21-2021 9:01:50	shamin@dalmialionsco		0 Dr.
6-21-2021 9:02:18	sureshg@dalmialionsc		0 Mr
6-21-2021 9:02:40	sharadagaitonde@gma		0 Ms
6-21-2021 9:05:16	sandeepsirs@gmail.co		0 Mr
6-21-2021 9:06:05	kiran_man_75@yahoo		0 Dr.
6-21-2021 9:08:16	sureshg@dalmialionsc		0 Mr
6-21-2021 9:09:54	sureshg1004@gmail.cc		0 Mr
6-21-2021 9:12:24	truptisingh71@gmail.cc		0 Mr
6-21-2021 9:23:19	rupali.m@dalmialionsc		0 Ms
6-21-2021 10:16:07	priya.radha@dalmialior		0 Ms
6-21-2021 10:35:00	poonamsbiyani@gmail.		0 Dr.
6-21-2021 13:45:01	aadityapchoudhary@gr		0 Mr
6-21-2021 13:51:39	sunitat@dalmialionscol		0 Dr.
6-21-2021 18:31:18	Shivap@dalmialionscol		0 Dr.
6-22-2021 0:18:12	sirvelolivia@gmail.com		0 Ms



Full Name	Your Email Id	Degree or Self-Financing	Name of your Department
Shami nimgulkar	shamin@dalmialionsco	Degree	Eco
Aarti Ksh mashankar	aarti.s@dalmialionscoll	Self-Financing Courses	BMS
Namrata pednekar	pednekarnamrata63@	Degree	Commerce
DR. (PROF) MAHENDI	pmahendra123@rediff	Degree	Law
Sachin Dnyandev Bans	sachindbansode@gma	Degree	Commerce
MOHINI NADKARNI	mohini.n@dalmialionsc	Self-Financing Courses	BBI
Subhashini Naikar	subhicool@gmail.com	Degree	Commerce
Varsha Anant Tandel	varshat351@gmail.com	Degree	Accountancy
Rahul Harishchandra Y	rahulharishchandrayad	Self-Financing Courses	BAF
RASHMI KULKARNI	1404rashmi@gmail.com	Degree	English
Ms.Madhavi Nighoskar	madhavinighoskar@gm	Degree	Economics
Kirti Sigtia	kirtis@dalmialionscolle	Degree	Accountancy
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WhatsApp No	Do you exercise (Runr	How did you find the ex	Were you able to follow
98	Yes	Easy	Yes
9320479036	Yes	Easy	Yes
8879663582	Yes	Easy	Yes
9930535070	Yes	Some were easy, Som	Yes
8976885844	No	Difficult	Yes
9702078690	No	Some were easy, Som	Yes
9833124996	Yes	Some were easy, Som	Yes
9029839587	Yes	Easy	Yes
9920750239	Sometimes	Easy	Yes
9820973295	No	Some were easy, Som	Yes
9869040220	Sometimes	Easy	Yes
9969545459	Yes	Easy	Yes
7738039337	Yes	Easy	Yes
8928384373	Yes	Easy	Yes
9869583333	Sometimes	Easy	Yes
9773474521	Yes	Some were easy, Som	Yes
9867480807	Yes	Some were easy, Som	Yes
9820973295	No	Some were easy, Som	Yes
9920602001	Yes	Easy	Yes
9664818717	Yes	Easy	Yes
9869622744	Yes	Easy	Yes
9820810686	Sometimes	Easy	Yes
9833608751	Yes	Easy	Yes
9769763060	Sometimes	Easy	Yes
9022501490	Yes	Some were easy, Som	No
9867703229	Yes	Easy	Yes
9833608751	Yes	Easy	Yes
9833608751	Yes	Easy	Yes
9869447605	Sometimes	Some were easy, Som	No
9029988441	Yes	Easy	Yes
9867606369	Sometimes	Easy	Yes
9987055470	Yes	Easy	Yes
9029453280	Yes	Some were easy, Som	Yes
9833215690	Yes	Easy	Yes
9867218368	Yes	Easy	Yes
7507297650	Sometimes	Some were easy, Som	Yes



How did you physically	How is your mental state	Rate your experience	Would you like to participate
Energetic	Peaceful/Silent	Excellent	Yes
Energetic, Refreshed	Peaceful/Silent	Excellent	Yes
Refreshed	Peaceful/Silent	Excellent	Yes
Energetic	Peaceful/Silent	Excellent	Yes
Energetic	Peaceful/Silent	Excellent	Yes
Energetic	Peaceful/Silent	Excellent	Yes
Refreshed	Peaceful/Silent	Excellent	Yes
Energetic	Peaceful/Silent	Excellent	Yes
Energetic	Peaceful/Silent	Very Good	Yes
Refreshed	Peaceful/Silent	Good	Yes
Energetic	Peaceful/Silent	Excellent	Yes
Refreshed	Peaceful/Silent	Excellent	Yes
Refreshed	Peaceful/Silent	Very Good	Yes
Energetic	Peaceful/Silent	Excellent	Yes
Energetic	Peaceful/Silent	Very Good	Yes
Energetic	Peaceful/Silent	Excellent	Yes
Energetic	Peaceful/Silent	Excellent	Yes
Refreshed	Peaceful/Silent	Very Good	Yes
Energetic	Peaceful/Silent	Excellent	Yes
Energetic	Peaceful/Silent	Excellent	Yes
Refreshed	Peaceful/Silent	Excellent	Yes
Energetic	Peaceful/Silent	Excellent	Yes
Refreshed	Peaceful/Silent	Excellent	Yes
Energetic	Peaceful/Silent	Excellent	Yes
Refreshed	Peaceful/Silent	Excellent	Yes
Energetic	Peaceful/Silent	Excellent	Yes
Energetic	Peaceful/Silent	Excellent	Yes
Refreshed	Peaceful/Silent	Excellent	Yes
Energetic	Peaceful/Silent	Very Good	No
Energetic	Peaceful/Silent	Excellent	Yes
Refreshed	Peaceful/Silent	Very Good	Yes
Energetic	Peaceful/Silent	Excellent	Yes
Refreshed	Peaceful/Silent	Excellent	Yes
Energetic	Peaceful/Silent	Excellent	Yes
Energetic	Peaceful/Silent	Very Good	No
Refreshed	Peaceful/Silent	Excellent	Yes
Energetic	Peaceful/Silent	Excellent	Yes
Energetic, Refreshed	Peaceful/Silent	Excellent	Yes



Any Suggestions/Comments

Excellent

Excellent
Keep it up

-

Not required
Great session
Good Session
NA
Good
Excellent session

VERY GOOD

Great Session
Nice session
No
none

Very nice
Thank you
Na

Good

no
Overall great

Offline is better than online
No
No

BAMone

