

National Service Scheme

Date:10/03/2023

NOTICE

This is to inform that the NSS Unit of SIES Graduate School of Technology, Nerul is conducting **“Yoga for FE Induction”** from **14/03/2023 to 17/03/2023**.

Interested student volunteers can register their names to the student coordinators and take part in this activity.

Venue: Assembly Hall, SIES GST

Date: 14/03/2023 to 17/03/2023

Beneficiaries: FE's of SIESGST

Time: 8:30 am to 9.45 am

Scheme: NSS

Organizing Unit: The NSS Unit of SIESGST

Student Coordinator:

Abhishek Tiwari:96531 83035

Sayali Warde: 80971 42850

Aditi Pathak: 81082 00632



Mr. Mahesh Biradar
Program Officer
National Service Scheme
SIES Graduate School of Technology, Nerul

SIES GRADUATE SCHOOL OF TECHNOLOGY

Sri Chandrasekarendra Saraswati Vidyapuram, Sector-V, Nerul, Navi Mumbai - 400 706.

Tel: 6108 2400 / 6108 2402 - Fax: 2771 8770 - E-mail: principal@sgst.edu.in / principal@siesgst.ac.in

www.siesgst.edu.in



PRINCIPAL
S. I. E. S. GRADUATE SCHOOL OF TECHNOLOGY
Sri Chandrasekarendra Saraswathy Vidyapuram
Sector-V, Nerul, Navi Mumbai-400706

FE Induction program Yoga Session FE-Sem-II_FH23

HOD FE <hodfe@sies.edu.in>

Mon 3/13/2023 4:52 PM

To:SE-EXTC 2022-23 <SEEXTC2022-23@sies.edu.in>;SE-ECS 2022-23 <SEEC2022-23@sies.edu.in>;SE-ME 2022-23 <SEME2022-23@sies.edu.in>;Mahesh Biradar <maheshb@sies.edu.in>;FE SEM II FH2023 <fesem2faculty@sies.edu.in>;SE-CE 2022-23 <SECE2022-23@sies.edu.in>;SE-IT 2022-23 <SEIT2022-23@sies.edu.in>;SE-IOT 2022-23 <SEIOT2022-23@sies.edu.in>;SE-AIML 2022-23 <SE-AIML2022-23@sies.edu.in>;SE-AIDS 2022-23 <SEAIIDS2022-23@sies.edu.in>

Cc:Registrar GST <registrargst@sies.edu.in>;Principal GST <principalgst@sies.edu.in>

Dear All,

This is to inform you that FE Induction program Yoga Session is scheduled FE-Sem-II_FH23 from 8.30 to 9.45 am.

1. Div D, G : Tuesday 14th March'23
2. Div H, F : Wednesday 15th March'23
3. Div C, E: Thursday 16th March'23
4. Div A, B: Friday 17th March'23

Instructions: Please bring the following

1. Yoga mat/ sheet

Please wear Comfortable clothes for the yoga session.

Warm Regards,

Prof. Pratibha Sharma

FE Coordinator

Assistant Professor in Mathematics

Dept. of Humanities & Applied Sciences

First Year Engineering

SIES Graduate School of Technology,

Mobile: 8169076671

Phone: 022 6108 2450



(Handwritten signature)

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NSS UNIT OF SIES GST

Event Report

FE Induction Yoga – 14th March 2022 and 17th March 2022

Event Information

Event Type: Outreach Activity

Event Title: FE Induction Yoga

Event Date: 14th March 2022 and 17th March 2022

Organized for: First Years Students of SIES GST

Organized By: The NSS Unit of SIES GST

Attachments: (1) Photos
(2) Impact Analysis





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Event Descriptions

FE Induction Yoga – 14th March 2022 and 17th March 2022

The NSS unit of SIESGST conducted an FE Induction for the newly admitted batch of F.Es. The first activity was an introduction to Yoga. The session was held on 16th March and 17th March. The session was led by two NSS volunteers who guided the FEs through the basics of Yoga. This activity was held for two days with a different group of FEs on each day.

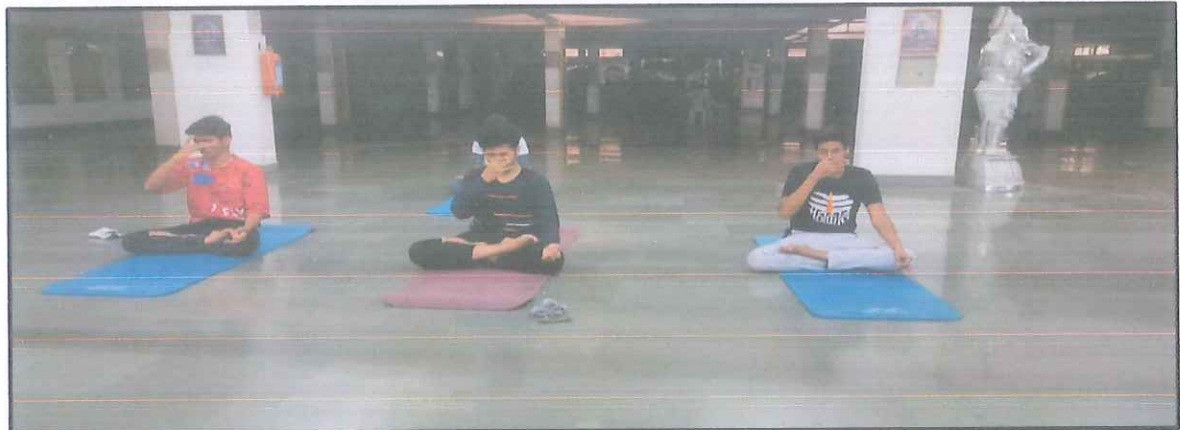
The session started at 8:30 am and ended at 10:00 am.

Total Volunteers :67

Photographs:



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22VF+892, Dr D Y Patil Vidyanagar, Sector 5, Nerul, Navi Mumbai, Maharashtra
400706, India

Latitude
19.0432472°

Local 09:40:51 AM
GMT 04:10:51 AM

Longitude
73.0230963°

Altitude 18 meters
Thursday, 16.03.2023

Impact Analysis:

The induction was a great way to introduce FE's to the college and NSS. The NSS volunteers led the session well and taught the FE's the importance of Yoga. The FE's are sure to look forward to their journey in the institute.



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