

Life skills 2020-21

Sr.No.	Activity Name	No. of Participants	Name of the agency involved
1	Guest Lecture on occasion of International Women's Day - Gut Health and Probiotics	67	Miss Pratiksha Athwale, Yakult Danone India Pvt. Ltd.
2	Online meditation and Breath workshop "Mind Hack"	160	Mr. Yatharth Verma Art of Living
3	Poshan Pakhwada -talk on YOGA, DIET, EXERCISE	70	Dr. Jyoti Shinde, Shri Sidhhi clinic, Anand nagar,Pune
4	International Yoga month celebration	600	Physical education dept, Cummins College of Engineering for Women, Pune

INTERNATIONAL WOMEN'S DAY 2020-21

NOTICE

The screenshot shows a Gmail interface with the following details:

- Subject:** International Women's Day - Virtual Guest Lecture on Gut Health and Probiotics
- Sender:** Anjushree augustine <anjushree.augustine@cummins...>
- Date:** Mar 5, 2021, 11:57 AM
- Text:**

Dear Students,

Healthy Greetings !!

International Women's Day is here on 8th March 2021 !!

**On occasion of International women's day
Department of Sports**

will be conducting an **online health lecture to students on Gut Health and Probiotics.**

The points covered in the interaction will be :-

 - Explanation about the digestive system.
 - Presentation on Good and Bad Bacteria and its benefits on immunity

The screenshot continues the email content:

- Text:**

• Explanation about the digestive system.

• Presentation on Good and Bad Bacteria and its benefits on immunity (Explains about Beneficial & Harmful bacteria living in our intestine, importance of eating healthy food, level wise presentation focusing on **gut health**).

You all are requested to attend the same
- Attachment:** A flyer for the "Gut Health and Probiotics Online Lecture" from the Department of Sports, FIT INDIA. The flyer includes the text: "Lets Celebrate Strength, Courage, Energy & Grace of Women" and "Date: 8th March 2021 | Time: 3:00 pm to 4:00 pm".
- Text:**

Link: [Click here - International Women's Day.\(Gut Health and Probiotics Online Lecture\)](#)

Please find the attachment.

Regards,

REC Pratiksha A is presenting 1167 VAISHNAVI M... and 51 more 3:24 PM You

What are Probiotics ?

PRO BIOTICS

For Life

Definition in 2001


"Live Micro-organisms which, when administered in adequate amounts, confer a Health benefit on the Host"

1104_AAST...
Anjushree a...
1140_ASMI...
1110_Anya...
1114_TANA...
1149_Apurv...
1127_Shree...

International... Raise hand Turn on captions Pratiksha A is presenting

REC Pratiksha A is presenting International Womens Day-Guest... X

People (62) Chat



DID YOU KNOW?

- In an average lifetime, the intestine handles approximately **65 TONNES** of foods and drink.
- If the **SMALL INTESTINE** were to be stretched out flat it would be the **size of a TENNIS COURT**.
- More bacteria in the **LARGE INTESTINE** than humans on the planet.

1128-SHREYA DESHMU...
1130_payal DHANDE...
1131_TANUJA DHAYBAR...
1132_SIDDHI DUBEWAR...
1133_RIYA DUNJING...
1137_PRADNYA GITE...
1138_SHARVARI GOGATE...
1139-SAMRUDDHI GORE...

Pratiksha A 1104_AASTHA G... Anjushree augus... 1140_ASMITA G...

International... Raise hand Turn on captions Pratiksha A is presenting

INTERNATIONAL WOMEN'S DAY ON 08/03/2021



99+



4376_BHAKTI UDAWANT <bhakti.udawant@cumminscollege.in>
to 4347_Dipashree, chinmayee.yeladi, shreya.amritkar, 4959_Pranita, mugdha.daware, khushi.sonar, anushka.shelke, samiksha.kondaw

Good afternoon everyone,

Please join one of the links in time! 😊

Session Details -

Speaker - Prof. Yatharth Verma

Topic - Mind hacks for Students

Date - 26th March 2021

Time - 4pm to 5pm

Link1 - <https://meet.google.com/zyi-izfn-bkg>

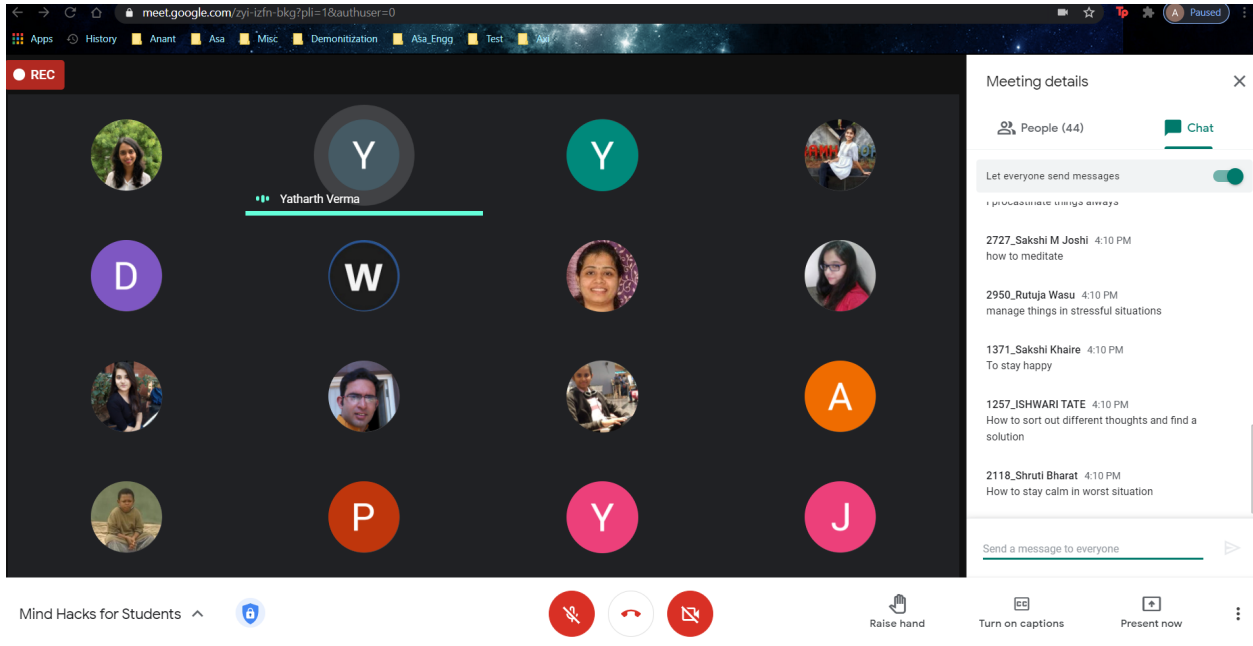
Link2(join if Link 1 is full) - <http://meet.google.com/aek-iixb-yvd>

Regards,

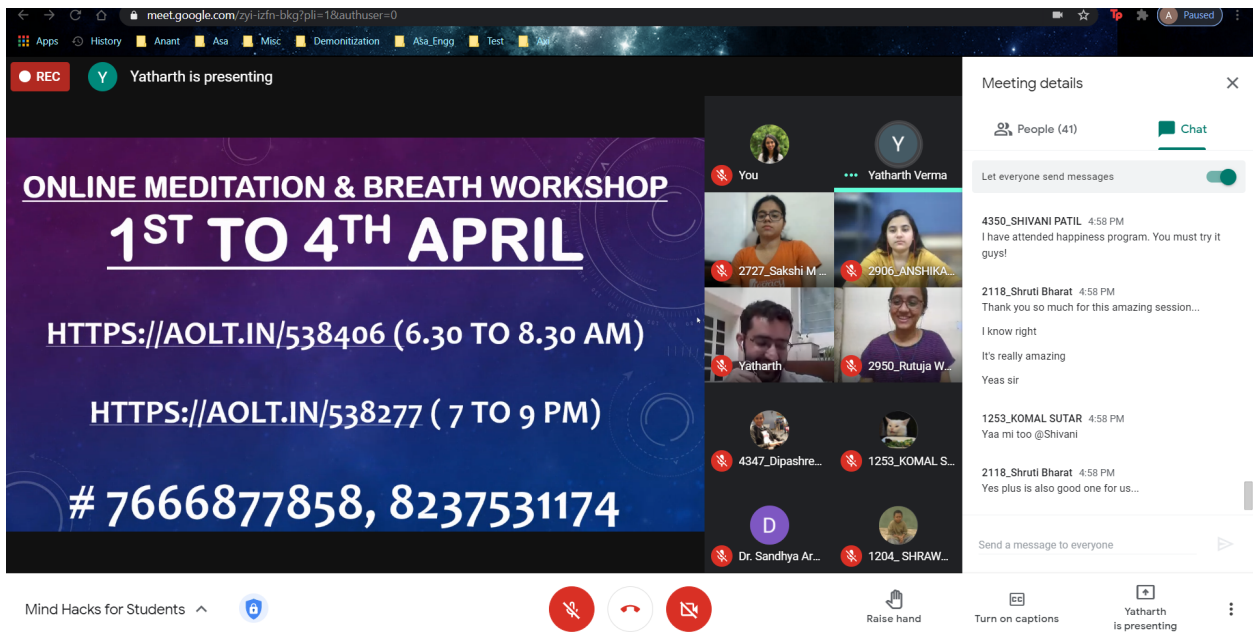
Bhakti Udawant



4305_Asawari Badkundri <asawari.badkundri@cumminscollege.in>



Webinar on ""Mind Hack",26/03/2021



Webinar on ""Mind Hack",26/03/2021

Guest Lecture on Poshan



Harsha Sonune <harsha.khedkar@cumminscollege.in>

POSHAN PAKHWADA

NSS CUMMINS <nsscummins@cumminscollege.in>
To: allstudents@cumminscollege.in, All staff <allstaff@cumminscollege.in>

Mon, Mar 29, 2021 at 11:18 AM

Hello folks! Happy Holi and be Safe.

NSS CUMMINS is organizing the Poshan Pakhwada under guidance of the Government where Dr. Jyoti Shinde Ayurveda will give a talk on **YOGA, DIET, EXERCISE**, etc.

Dr Jyoti Shinde is a ayurvedic doctor, practicing as a family physician since last 20yrs on Sinhadag road. She is medical consultant for ESIS panel, IMP(Insurance Medical Practitioner) for state of Maharashtra,

Active member of Mukta charitable foundation, the NGO of doctors in Pune, who works in the field of HIV, adolescence education beyond books, youth de-addiction, health workers training and many other social activities,

She has been organising a blood donation camp along with friends every year since last 15 years. She is passionate about fitness and more particularly for Yoga, runnings, cycling and trekking, etc. She has Completed more than 10 half marathons so far..

It's requested all to attend the **TALK**, as Covid cases are also increasing and by the talk you can get help for decreasing the chances of Covid Positive.

Date : 30 March 2021.

Timing : 3:30 pm.

Mode : Virtual(Google Meet).

Join the talk by this Link : <https://meet.google.com/zhy-gupv-dmo>

Regards,
Team NSS CCOEW

REC Dr Jyoti Mahadev Shinde is presenting

Meeting details

People (72) Chat

- 2629 HIMANSHI METH...
- 2648 Payal Nikam
- 2714_Harshada Dhuma...
- 2769_T.Sanathani
- 2836_Swapnali D Kuldh...
- 2842_SHYAMALI NEJE
- 2849_SHREYA PAWAR
- 2904_GAURI AMIN
- 2909_SNEHAL BAVISKAR

Meeting details Meeting controls Raise hand Turn on captions Dr Jyoti Mahadev Shinde is presenting

Guest Lecture on Poshan date 30/03/2021

INTERNATIONAL DAY OF YOGA (YOGA MONTH) 2020-21

NOTICE FOR STUDENTS AND STAFF



INTERNATIONAL DAY OF YOGA 2021 - Be with Yoga, Be at Home

1 message

Anjushree augustine <anjushree.augustine@cumminscollege.in> Fri, May 14, 2021 at 1:08 PM
Draft To: All Students <allstudents@cumminscollege.in>, All staff <allstaff@cumminscollege.in>
Cc: Madhuri Khambete <principal@cumminscollege.in>, Revati Gore <revati.gore@cumminscollege.in>, Ravindra Ingle <ravindra.ingle@cumminscollege.in>

**Dear Sir/ Madam and Dear Students,
Warm Greetings to all !**

The spread of COVID-19 has taken a turn for the worse in our country . There is growing anxiety among everyone arising from the fear of the pandemic as well as from being confined at home in compliance to the health advisories.

The International Day of Yoga is being celebrated on 21st June worldwide. As we all may agree, Yoga can be adopted fruitfully in this situation both for filling the space of inactivity from confinement at home and for coming out of the various anxieties induced by the different stressful aspects of the pandemic.

CCOEW, Pune will be celebrating 7th International Day of Yoga on 21st June 2021.

"It is essential that we maintain our immunity. One of the effective remedy for this is Yoga". This year we will practice yoga for one month from 17th May 2021 to 18th June 2021. The final celebration of yoga will be on 21st June 2021. You are requested to participate and join in the virtual yoga session.

Everyday the live practical sessions will be conducted by Certified Yog Shikshak Ms Garima Baleja (SYBtech E&TC) and Ms Anjushree Augustine (Director of PE & Sports).

The details of the session are :-

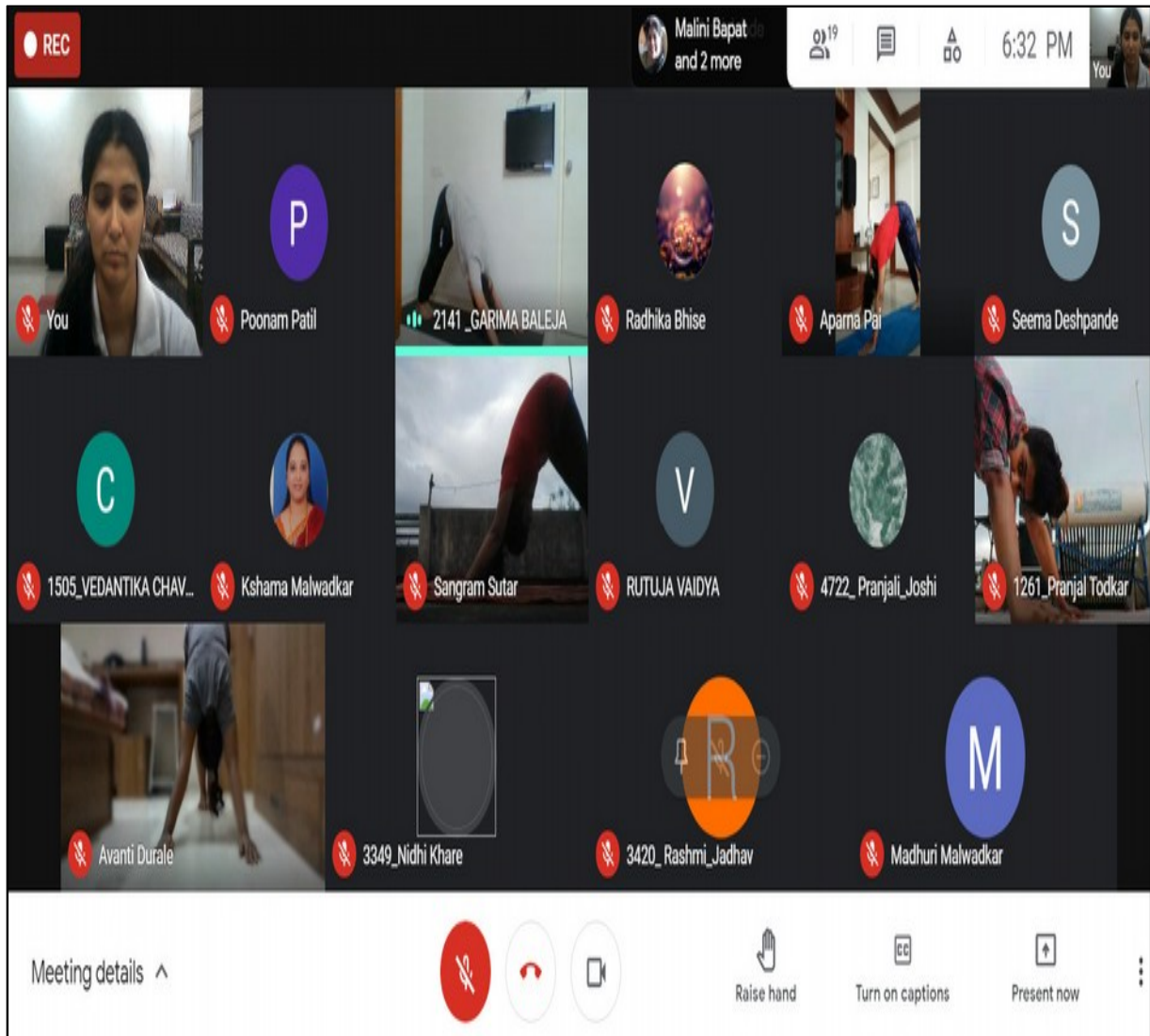
- **Date- 17th May 2021 to 18th June 2021**
- **Time - 6pm - 7pm**
- **Department wise days in a week allotted (Details in the attachment)**
- **Platform - Google meet (<https://meet.google.com/oer-emdq-obe>)**

Please find the attachment.

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Regards,
Anjushree A. Augustine
Director of Physical Education
MKSSS's Cummins College of Engineering for Women
Contact no.: 020 25311133

"Sound mind in sound body"



INTERNATIONAL DAY OF YOGA (YOGA MONTH) 17TH MAY 2021 TO 18TH JUNE 2021