

**Karnataka Sangha's  
Manjunatha College of Commerce and Junior College of Commerce,  
Thakurli- 421201**

14 November 2022

**STAFF NOTICE**

All the Degree and Junior college Teaching and Non-Teaching Staff are hereby informed that on the occasion of World Lung Day IQAC, Health & Counseling Cell Organizes Faculty Empowerment Programme on Thursday, 17 November 2022 at 11.30 am onwards in the college auditorium.  
All are requested to attend the same.

*Swapanali B*  
Ms. Swapnali B  
I/c Health & counselling cell



*Sushila Vijaykumar*  
Dr. Sushila Vijaykumar  
I/C Principal

To,  
The Principal  
Karnataka Sangha's  
Manjunatha College of Commerce and Junior College of Commerce

Date: 17, November 2022

**"Report on World Lung Day"**

Madam,

On behalf of the Internal Quality Assurance Cell and Health and Counselling Cell we are enclosing a brief report of Faculty Empowerment Programme on the occasion of "World Lung Day" which was scheduled on 17 November 2022 in College Auditorium from 11:15 am onwards.

**The Resource Persons** - Mrs Prajna Rai Shetty, Mr Pramod Malgi, Mr Rajendra Thakare and Mrs Sheetal Hinge.

The Session was about Meditation, Sense of Calmness, How to be happy and Benefits of Yoga.

The Session began with Welcome Address by our I/C Principal Dr Sushila Vijaykumar. Explanation on benefits of Yoga and Meditation was given by Prajna Rai Shetty.

Explanation and benefits about "Art of Living" was shared by Vrunda Mam.

Benefits of Yoga was instructed by Yoga Instructor Sheetal Hinge.

Importance of Lung and Technique of Sudarashan Kriya was demonstrated by Rajendra Thakare.

The main purpose of the Programme was to create awareness "How to have Stronger Lungs"

**Objectives of Session :-**

1. Benefits of meditation
2. To have sense calmness
3. Secret to be happy
4. Importance of Breathing

Geo tagged photos





The Session ended with vote of thanks and National Anthem.

Thank you

Yours Faithfully

Ms Swapnali Bidkar

Health and Counselling Incharge

Mrs. Jayanthi Vaikunth

IQAC Co-ordinator

## Proposal for Faculty Empowerment Programme

MCC/4-10/Faculty

Date:- 14-11-2022

The In-charge Principal

Karnataka Sangha's

Manjunatha College of Commerce

Kanchangoan, Khambalpada, Thakurli.

**Subject: Request for Approval of Conducting Faculty Empowerment Programme.**

Madam,

On behalf of IQAC, Criteria 6 and Health and Counselling Cell we are enclosing a proposal for conducting Faculty Empowerment Programme on the Occasion of World Lungs Day to be held on 17 November, 2022.

1. Duration & target participants.	:	11:30 am - 1 pm Teaching staff and Non-Teaching staff
2. Geographical Coverage	:	College cluster
3. Day and date of the Programme	:	Thursday ; 17 <sup>th</sup> November 2022
4. Mode/Platform	:	Offline
5. Technical support :	:	Mrs Ashwini S. and Ms Supriya B.
6. Overall Compering	:	Mrs Farhat S

### **Title, objectives and expected outcomes:**

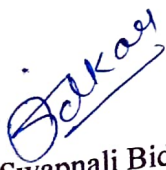
Title: - Faculty Empowerment Programme on the Occasion of World Lungs Day


Objective – 1. To improve Healthy Lungs and breathing system  
2. To practice Prannayam for better breathing and mind positivity.

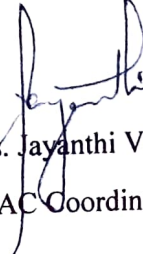
Please approve the proposal.

Thank you

Yours faithfully

  
Mrs Swapnali Bidkar  
(I/C Health Counselling Cell)

  
Mrs Suchitra Poojari  
(I/C Criteria 6)

  
Mrs. Jayanthi Vaikunth  
(IQAC Coordinator)



**Karnataka Sangha's**  
**Manjunatha College of Commerce and Junior College of Commerce,**  
**Thakurli- 421201**

16 November 2022

On the occasion of World Lung Day  
IQAC, Health & Counseling Cell Organizes Faculty Empowerment Programme

**Duty Chart**

Overall Compering	Ms. Farhat S
Stage Arrangement	Ms. Sanika & Ms. Swapnali
Preparation of Proposal, Brochure, Invitation & Thanks letter, Agenda and Notice	Ms. Swapnali
Writing on Notice Board	Ms. Anuja & Students
Report Writing	Ms. Ritu T
Attendance	Ms. Supriya
Geo tag Photos	Ms. Pawan A
Vote of Thanks	Ms. Farhat S

Venue: College Auditorium

Timings: 11.30 am Onwards

Day and Date: Thursday, 17 November 2022

*Sdkar*  
Ms. Swapnali. B.  
I/c Health & Counseling Cell



*Sushila*  
Dr. Sushila Vijaykumar  
I/C Principal

**Karnataka Sangha's**  
**Manjunatha College of Commerce and Junior College of Commerce,**  
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16 November 2022

On the occasion of World Lung Day  
IQAC, Health & Counseling Cell Organizes Faculty Empowerment Programme.

**AGENDA**

Overall Compering by: Ms. Farhat S

Sr. Nos.	Contents	Duration
1	Introduction of Session	1 Min.
2	Welcome address by I/C Principal Dr. Sushila Vijaykumar	2 Mins.
3	Floral Tributes	1 Min.
4	Practical session	1 Hour.
5	Vote of Thanks by Farhat S.	2 Min.
6	National Anthem	1 Min.

Venue: College Auditorium

Timings: 11.30 am Onwards

Day and Date: Thursday, 17 November 2022



























*Swapanali B*  
Ms. Swapanali B  
I/c Health & Counseling Cell



*Sushila*  
Dr. Sushila Vijaykumar  
I/C Principal

World Lung Day

Date: 17 November 2022

Sr. No.	Name	Sign.
1.	Dr. Sushila Vijaykumar	
2.	Mrs. Jayanti Vidikunth	
3.	Mrs. Nandini D S	
4.	Mrs. Supriya Bhalerao	
5.	Mrs. Shalika Poojari	
6.	Ms. Kitya Thakur	
7.	Mrs. Swapnali Birkar	
8.	Mrs. Madhuri Mahare	
9.	Mrs. Vanda Jadhav	
10.	Mrs. Mishu Or. Deodhar	
11.	Mrs. Tenannum Shaikh	
12.	Mrs. Suelha Dubey	
13.	Mrs. Ritu S.	
14.	Mrs. Sujata Temboli	
15.	Mrs. Manu Purohit	
16.	Mrs. Trupti Chaudhari	
17.	Mrs. Patil Jayasree K	
18.	Ms Pallavi V. More	
19.	Mrs. Swati. Bangera.	
20.	Mrs. Deepali Bhole	
21.	Mrs. Prajakta Sapate.	
22.	Mrs. Anjali. Gunde	
23.	Mrs. Anu Badguleri	
24.	Mrs. Anuja Mane	
25.	Sanika Karkare	
26.	Shamika Bhagat	



World Lung Day

Date: 17 November 2022

Sr. No.	Name	Sign.
27	Priyanka sathore	
28	Veena C. Palan	
29	Suvasna A. Shinde	
30	Divya S. Shetty	
31	Dupka M Birajdar	
32	Dikshita S Banjan	
33	Rohini patil	
34	Vanita Desai	
35	Bhagyashri Oak	
36	Pooja Sadunekar	
37	Anura Ambolkar	
38	Vikas Y. Rangre	
39	Amit A. Patil	
40	Sanjay Kadam	
41	Chandan Ganil	
42	Preethi Poojari	
43	Rachani shetty	
44	Ashwini shetty	
45	Ranjeeta shetty anandam	
46	Renu Arora	
47	Rushikesh Deshpande	
48	Vijay Joshi	
49	Aarti Bapat	
50	Yogini Dastane	
51	Disha Lyax	
52	Fadhail Sayed	