



#### Affiliated to SNDT Women's University

#### Satyam Fashion Institute introduced Y-Break app on 18/09/2021

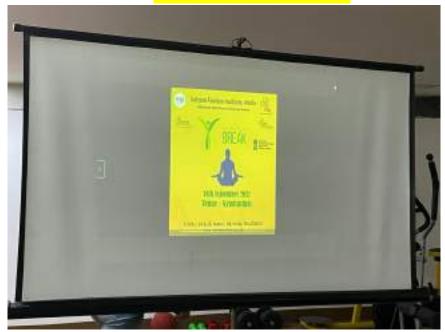
Yoga Protocol (Y-Break) has been introduced by the Ministry of AYUSH for people at the workplace to refresh, de-stress and refocus them with enhanced efficiency and Productivity.

An Android-based application Y-Break is made available on Google play store and IOS for access by all. The app carries a short duration (5 minutes) video about effective yoga asanas which can be done easily and independently.

The Satyam Fashion Institute on 18 September 2021 introduced this app for both teaching and non-teaching staff. During the session, on the college campus, step-by-step instructions were given by Manoj Kaushik (Sports Cell In-charge) to ensure the effective utilisation of this resource. A presentation was also shown by the Sports Cell for creating awareness among the masses.

Institute heads, teaching, and non-teaching staff participated actively in the event with full enthusiasm and later reported an improvement in their freshness levels and relaxation of the stressed body muscles.

## **Pictures of the Event:**



**YBreak Activity Poster** 



College Staff doing NadiShodhana-Pranayama



## Dhyana



Staff Members doing Skandha Cakra



Bhramari-Pranayama





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## List of students participated on 15 August 2021

- 1. Supriya Patel
- 2. Muskan Chaudhary
- 3. Bidisha Kumari
- 4. Tishaa Madaan
- 5. Saachi Sagar
- 6. Isha Tyagi
- 7. Akanksha
- 8. Atula Chauhan
- 9. Ritika Sarswat
- 10.Alka Jha
- 11. Mansi Dhami
- 12. Divya Jyoti
- 13.Rekha
- 14. Noopur Goyal
- 15. Manisha Yadav
- 16. Gursimran Kaur
- 17. Gaiety Bhabya
- 18.Insha

## FIT INDIA FREEDOM RUN 2.0

#### **AZADI KA AMRIT MAHOTSAV**

#### Participants list

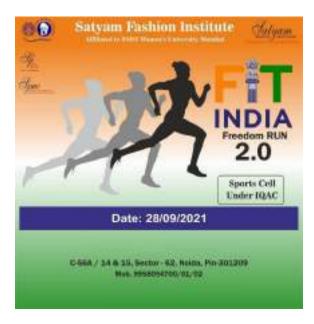
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1.	Ragani	37.	Anshika
2.	Anisha chauhan	38.	Komal
3.	Neha	39.	Deeksha
4.	Astha	40.	Shubhangi
5.	Komal	41.	Sakshi
6.	Priyanka	42.	Shweta
7.	Deepti	43.	Mansi dhami
8.	Sheetal	44.	Sandhya
9.	Ekta	45.	Saachi
10.	Rashi	46.	Noopur
11.	Anchal	47.	Reema
12.	Yashi	48.	Bharti
13.	Divya	49	Manisha
14.	Ankita	50.	Sapna
15.	Riya Sharma	51.	Gursimran
16.	Ruchita	52.	Mansi tyagi
17.	Priyanshi	53.	Isha tyagi
18.	Krati	54.	Akansha
19.	Megha	55.	Varalika
20.	Neha	56.	Deepanjali
21.	Manju	57.	Insha
22.	Chetna	58.	Anjali
23.	Swati	59.	Priya bisht
24.	Mukti	60.	Priya jha
25.	Mahima Chandra	61.	Beauty
26.	Kyra	62.	Surekha
27.	Saline	63.	Shiksha
28.	Prenashi mishra	64.	Nishita
29.	Aprana	65.	Aarti
30.	Bhoomika	66.	Aishwariya aggarwal
31.	Muskan	67.	Salini madaan
32.	Tisha	68.	Mahima anand
33.	Shivangi	69.	Sejal agarwal
34.	Wamika	70.	Anushree malviya
35.	Jyoti	71.	Shikha
36.	Sanjana		
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#### Fit India Freedom Run 2.0



Satyam Fashion Institute, Noida, has organized a session on "Fit India Freedom Run 2.0" launched by the Ministry of Youth Affairs and Sports, Government of India, in commemoration of India 75 years of Independence as "Azadi Ka Amrit Mahotsav" on 21st September 2021 at 10.30am in the college ground.

Mr. Manoj Kaushik (Sports Cell Incharge) moderated with the session by emphasizing on the importance of physical fitness through bodily activity for the Physical, Mental, Emotional and Social wellbeing of an individual and Dr. Neetu Malhotra, HOD, SFI highlighted on the various factors affecting physical fitness such as hereditary, nutrition, environment, illness, self-motivation, emotional stability, lifestyle, and posture.

The Sports Cell members encouraged students to participate in the freedom of run and motivated every student to be part of this activity. Basic instructions were given to the students to avoid unconsciousness and follow social distancing strictly. Students were aligned in 3 rows in order to follow the COVID norms.

Students took rounds of campus ground maintaining their comfort level. After completing the last round, the chairperson addressed the gathering by reminding

the self-responsibility that each individual should have towards their physical fitness. The students were motivated for regular involvement in the physical activities and it was reiterated that the only medicine for the physical fitness is the self-motivation to practice regular physical exercise, practicing balanced intake of diet and maintaining healthy sleep pattern. Overall, the session has thrown light on the significance of physical activities as the stress buster, confidence builder and as a means for averting health problems. Total of 50 students attended the session and it was concluded with the words of gratitude expressed by Dr. Neetu Malhotra, HOD, Satyam Fashion Institute.

## **Pictures of the Event**



Students of SFI & SJMC participating in "Fit India Freedom Run 2.0"



Students of SFI & SJMC taking part in "Fit India Freedom Run 2.0" at SFI Campus Ground



Mr. Manoj Kaushik (Sports In-Charge) moderating the "Fit India Freedom Run 2.0" at SFI Campus Lawn.



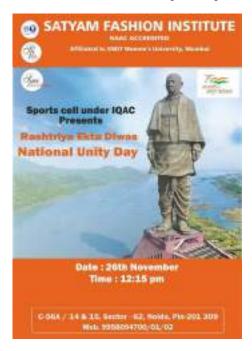
Faculty & Staff member participating in the "Fit India Freedom Run 2.0"





#### SATYAM FASHION INSTITUTE, Noida Affiliated to SNDT Women's University

## **National Unity Day**



Satyam Fashion Institute organized 'National Unity Day on 26<sup>th</sup> November 2021'. The event was attended by Chairperson Mrs. Sneh Singh, SFI Principal Dr. Vandana Jaglan, SFI HOD Dr. Neetu Malhotra, SCE Principal Dr. Bineeta Agarwal, SCE HOD Ms. Preeti Goyal, SJMC Dean Dr. Alam, SJMC Program head Ms. Priyanka Sarkar, Satyam Group of Institutions Team, students of SFI and Sports Cell members.

The day was the Special occasion to foster and reinforce our dedication to preserve and strengthen, the unity, integrity and security of our nation, by celebrating it as Rashtriya Ekta Diwas (National Unity Day) to commemorate the Birth Anniversary of Sardar Vallabhbhai Patel.

The occasion provided us an opportunity to re-affirm the inherent strength and resilience of our nation to withstand the actual and potential threats to the unity, integrity and security of our country. The first Deputy minister of India and popularly known as the iron man of India, Sardar Vallabhbhai Patel played a major role in persuading over 500 princely states to assume the independent Indian Union.

To mark the occasion, the students took an oath to preserve the unity, integrity and security of the nation maintaining the spirit of a unified country.

## **Pictures of the Event**













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#### INDEPENDENCE DAY CELEBRATION



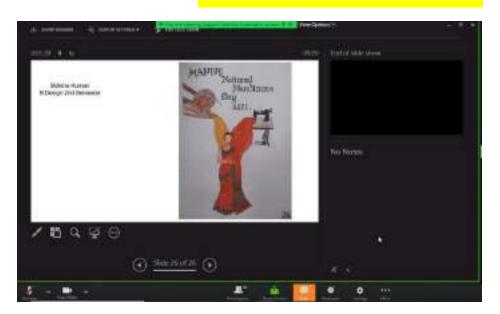
The Tri Color flag hoisting was celebrated online and offline in the campus of Satyam Group of Institution on the occasion of 75<sup>th</sup> Independence Day on 15<sup>th</sup> August 2021. The faculty members and students of Satyam Fashion Institute, School of Journalism and Mass Communication and Satyam College of Education and the college staff participated in this National Event.

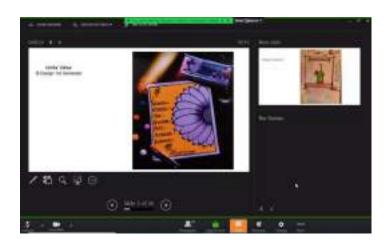
The Chairperson Ms. Sneh Singh and the college dignitaries participated in the flag hoisting. There after an online cultural programme was organized in which the students of SFI & SJMC participated and presented colorful programmes.

One of the most attractive programme was the online participation of students displaying handloom designs and also the singing of patriotic songs.

There was get-together of all the faculty member & staff at the end of the celebration in which Snacks were served to enjoy the day.

## **Pictures of the event:**











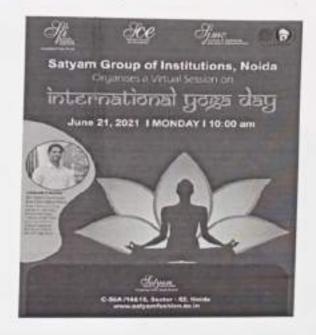




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Sports Cell under (IQAC)

## International Yoga Day Celebration on 21st June 2021



On 21st June 2021 "International Yoga day" was celebrated in the campus of Satyam Fashion Institute, Noida, Sector- 62. The theme of this Yoga Day 2021 was "YOGA FOR WELL-BEING". The Institute has organized a Virtual session to celebrate this event. Resource person of the event was Mr. Taraun Yadav, HOD, (Sports Department) Bharat Ram Global School. He enlightened various poses of Yoga with the demonstration of Yoga and explanation of its benefits.

The exercises are good and useful to the students. All the students were excited and energetic. More than 120 Students participated enthusiastically in the session, and virtually learnt about various Yoga

# Satyam Fashion Institute

## LET'S PLAY SFI ACTIVITIES

Satyam fashion institute organized Virtual Sports fun activities amid this papdemic time to lighten up the environment and add some fun to students' life. Five fun filled activities were take up by Sports Cell under IQAC. Students exhibited ample enthusiasm in enrolling themselves in our Activities- Clap Catching, Face the cookie, Flip the bottle, Sockball basketball game and The floor is lava.

The hosts of the whole programme were Active Sports Cell members , Ms. Tanushree Shukla and Ms. Divya Tyagi with the support from other sports cell members- Ms. Sejal, Ms. Aishwarya, Ms. Shalini and Ms. Charu Batra who played the important role in judging the participants in the activities. The whole Programme was organised and supervised by HOD and IQAC Coordinator Dr. Neetu Malhotra and Sports Cell incharge Mr. Manoj Kaushik.

The event was a grand success. Students participated with full enthusiasm and the level of their excitement and energy was unmatchable.

# Let's Play SFI Sports Activities Results

- \*Clap Catching
- 1. Mahima chandra
- 2. Ishita vatsa
- \*Face the cookie
- 1. Mukti Raghav
- Anshika kansar
- \*Flip the bottle
- 1. Tisha
- 2. Sheetal Verma
- \*Sockball basketball ball
- 1. Warmika Singh
- 2. Shweta kushwana
- \*Floor is lava
- 1. Kyra
- 2. Jyoti Kumari

THIS IS TO CERTIFY

Ms. Aayushi Malhotra

Participated in the Talent Hunt and Style Icon round of Orientation 2020 event organized by Satyam Fashion Institute, Noida, held on 5th December, 2020.

Mitableta

DR. NEETU MALHOTRA

HOD Satyam Fashion Institue, Noida DR. VANDANA JAGLAN

Principal Satyam Fashion Institute, Noida

THIS IS TO CERTIFY

Ms. Anjali Mishra

Participated in the Talent Hunt and Style Icon round of Orientation 2020 event organized by Satyam Fashion Institute, Noida, held on 5th December, 2020.

Withhalt

DR. NEETU MALHOTRA

HOD Satyam Fashion Institue, Noida DR. VANDANA JAGLAN

Principal Satyam Fashion Institute, Noida

THIS IS TO CERTIFY

Ms. Ankita Raj

Participated in the Talent Hunt and Style Icon round of Orientation 2020 event organized by Satyam Fashion Institute, Noida, held on 5th December, 2020.

White Hollington

DR. NEETU MALHOTRA

HOD Satyam Fashion Institue, Noida DR. VANDANA JAGLAN

Principal Satyam Fashion Institute, Noida





OF PARTICIPATION

THIS CERTIFICATE IS AWARDED TO



## Supriya patel



FOR SUCCESSFUL PARTICIPATION IN **RASHTRAGAAN**,
AN INITIATIVE BY THE MINISTRY OF CULTURE TO MARK **AZADI KA AMRIT MAHOTSAV**.

YOUR VIDEO WILL BE COMPILED WITH THOSE OF OTHER PARTICIPANTS AND RELEASED ON 15TH AUGUST 2021, TO SET A RECORD OF THE MAXIMUM NUMBER OF INDIANS SINGING THE NATIONAL ANTHEM TOGETHER!

## JAI HIND







**OF PARTICIPATION** 

THIS CERTIFICATE IS AWARDED TO

Muskan Chaudhary

FOR SUCCESSFUL PARTICIPATION IN **RASHTRAGAAN**,
AN INITIATIVE BY THE MINISTRY OF CULTURE TO MARK **AZADI KA AMRIT MAHOTSAV**.

YOUR VIDEO WILL BE COMPILED WITH THOSE OF OTHER PARTICIPANTS AND RELEASED ON 15TH AUGUST 2021, TO SET A RECORD OF THE MAXIMUM NUMBER OF INDIANS SINGING THE NATIONAL ANTHEM TOGETHER!

JAI HIND







THIS CERTIFICATE IS AWARDED TO



## Bidisha kumari



FOR SUCCESSFUL PARTICIPATION IN **RASHTRAGAAN**,
AN INITIATIVE BY THE MINISTRY OF CULTURE TO MARK **AZADI KA AMRIT MAHOTSAV**.

YOUR VIDEO WILL BE COMPILED WITH THOSE OF OTHER PARTICIPANTS AND RELEASED ON 15TH AUGUST 2021, TO SET A RECORD OF THE MAXIMUM NUMBER OF INDIANS SINGING THE NATIONAL ANTHEM TOGETHER!

## JAI HIND





This is to certify that Minakshi Prakash

Satyam fashion institute

Participated in the National Webinar on

"Environment: Towards a Greener World"

Celebrating World Environment Day

Organised by

Institutional Biotech-Hub in association with Students' Grievance Redressal Cell IQAC, Bahona College, Jorhat, Assam, India on 5th June 2021.

(Dr. Sangeeta Das) Coordinator, Inst. Biotech-Hub

Bahona College

(Dr. Rofique Ahmed) Coordinator, IQAC

Bahona College

(Dr. Prasanna Kr Dutta)

Principal Bahona College Shri Sant Gulabbaba Shikshan Sanstha, Umred

# RANDHIRSINGH BHADORIYA MAHAVIDYALAYA

UMRED, DIST: NAGPUR PH.NO-07116-244950

S.N. 248 RESEARCH PLANNING COMMITTEE ORGANIZES

"National Webinar on Research & Innovation-A Need of Today's society"

# Certificate of Participation

This is to certify that Miss. Minakshi Prakash participated in "National Webinar on Research & innovation-A Need Of Today's Society " Organized by "Research Planning Committee" of institution. He/She has been awarded certificate for participating in the Webinar on Date 08 Dec

Prof.S.P.Junghare

Cordinator IQAC

Prof.Jayshree M.Tiwari

Officiating Principal

Missori



Rajiv Kumar Raheja Deputy Director



Confederation of Indian Industry

125 Years: 1895-2020

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F +91-172-2608259, 2614974

E strettickin

27 December 2020

## TO WHOMSOEVER IT MAY CONCERN

Confederation of Indian Industry (CII) had organized its flagship event for Textiles & Apparel Sector - TEXCON'20 - "Building India's Global Competitiveness in Textiles and Apparel on 1 - 2 December 2020.

Ms. Minakshi Prakash, Student, Satyam Fashion Institute, Noida has participated at this event.

We wish her all the best in her future endeavors.

Yours faithfully,

Rajiv Kumar Raheja