

Kandivli Education Society's
**B. K. SHROFF COLLEGE OF ARTS &
M. H. SHROFF COLLEGE OF COMMERCE**

An Autonomous College NAAC Re-accredited 'A' Grade ISO 9001:2015 Certified


QS I - Gauge 'Gold Rating' & 'Institute of Happiness' Award

Mentor College under UGC's 'PARAMARSH' Scheme • 'Best College 2017-18' award from University of Mumbai

Criterion-V:
Student Support
and Progression

**Life Skills (Jeevan Kaushal) as Per The Quality Mandate of University Grant
Commission (UGC)**

SR.NO.	PARTICULARS OF EVENT/ ACTIVITY	DATA
1.	Date / Day	02-03-2022 To 31-03-2022
2.	Time	4.00 pm to 6 pm
3.	Venue	Zoom
4.	Platform (online/offline)	Online
5.	Name of event / activity	Certificate course
RECORDS OF ACTIVITY / EVENT		
6.	Brochure / Poster if any	Attached
7.	Notice for Event	-
8.	Total number of Students/Participants	50
	• Male	17
	• Female	33
9.	Geotagged/Normal Photographs	-
10.	Brief report of Event /Activity	Attached


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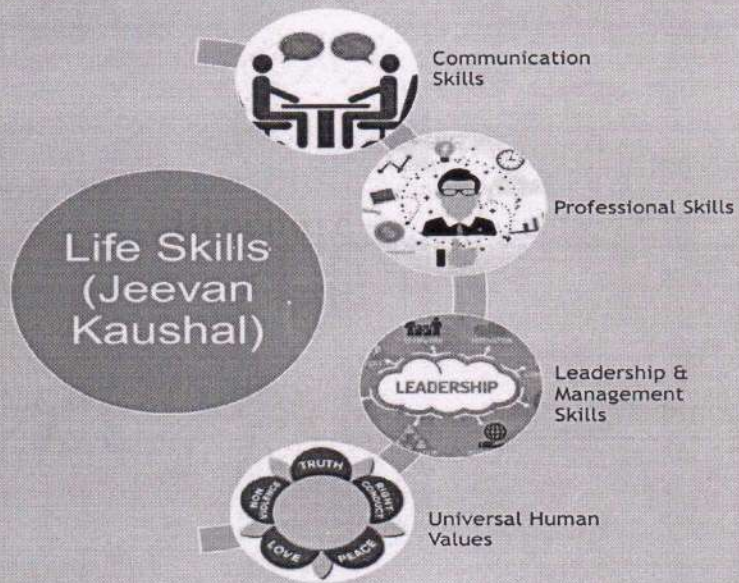

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Brochure

Curriculum for Life Skills (Jeevan Kaushal)



University Grants Commission
Bahadur Shah Zafar Marg
New Delhi - 110 002


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Life Skills (Jeevan Kaushal) 2019

University Grants Commission
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Foreword

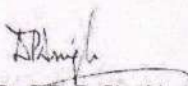
Recognizing the fact that Life Skills play a crucial role in making our graduates employable and in being successful in their life, University Grants Commission (UGC) took various initiatives including development of Curriculum on Life Skills (Jeevan Kaushal). Life Skills Curriculum has been designed with an aim to support our graduates to unlock and discover their true potential and making them socially responsive citizens.


To reap better talent, it's time for the Higher Education Institutions to focus more on imparting Life Skills such as Communication skills, Professional skills, Leadership and Management skills, Interpersonal skills and Universal Human values. Life skills (Jeevan Kaushal) cover the set of human talents acquired by an individual via classroom learning or life experience that can help them to deal with problems encountered in day to day life. This includes the core skills each individual must possess internally as well as externally for the betterment of self and the society at large.


I take this opportunity to thank the Expert Committee members for putting in valuable efforts and developing this Life Skills (Jeevan Kaushal) Curriculum for Under Graduate Students. I also compliment the guidance and support provided by Professor Bhushan Patwardhan, Vice-Chairman UGC, Professor Rajnish Jain, Secretary UGC, Dr. Renu Batra, Additional Secretary UGC and her team deserves appreciation for the support and efforts in completion of this task.

I urge upon the Vice-Chancellors/Directors of all Universities/ Institutions to take appropriate measures to implement Life skills(Jeevan Kaushal) Curriculum in Higher Educational Institutions in India.

New Delhi
August 2, 2019


(Prof. D. P. Singh)
Chairman
University Grants Commission


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Preamble

As per the Quality Mandate of University Grant Commission (UGC), UGC needs to take initiatives for providing Life Skills (including soft skills) to students enrolled in Institutions of Higher Education especially at under-graduate level. Life skills, though less tangible traits, play an important role in increasing the employability as well as self esteem of the students. These may include communication skills, interpersonal skills, time management, team work, flexibility, problem solving, professional skills, decision making skills, leadership abilities and universal values among others.

Life skills are defined as the behaviors used appropriately and responsibly in the management of personal and professional affairs. They are also set of human skills acquired via learning or direct experience that are used to handle problems and questions commonly encountered in day to-day personal and professional life. It is always said that life skills are the core skills each individual must acquire and inculcate internally as well as externally for the betterment of self and others.

Life skills, thus, are the means to empower young minds in demanding situations in personal, professional and social life. Adoption of life skills is the key to excellence.

Life skills programme aims at inculcating in the students both personal and professional skills in the areas of understanding of self and others, interpersonal skills, high performance teams, leadership potential, communication & presentation skills, techniques of problem solving, decision making, fostering creativity and innovation for personal and professional excellence, stress management, time management and conflict management and inculcation of human values. The course requires active participation of the students and the faculty as Facilitator, Mentor and Trainer. For this purpose, various activities have been incorporated into the courses - oral presentations, impromptu speaking, quiz, debates, case studies, creative thinking, team building exercises, field visits, projects, psychometric analysis etc. It is believed that for a professional to succeed in today's complex environment, one should demonstrate mastery in all the relevant areas mentioned in the course structure of Life Skills Module.

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Curriculum for Life Skills (Jeevan Kaushal)

S. No.	Courses	Module	Hours	Credits			
1.	Communication Skills	Listening	4 Hours	02			
		Speaking	6 Hours				
		Reading	3 Hours				
		Writing and different modes of writing	4 Hours				
		Digital Literacy	4 Hours				
		Effective use of Social Media	4 Hours				
		Non-verbal communication	5 Hours				
		2.	Professional Skills A. Career Skills		Resume Skills	3 Hours	02
Interview Skills	5 Hours						
Group Discussion Skills	4 Hours						
Exploring Career Opportunities	3 Hours						
Professional Skills B. Team Skills	Presentation Skills		5 Hours				
	Trust and Collaboration		2 Hours				
	Listening as a Team Skill		2 Hours				
	Brainstorming		2 Hours				
	Social and Cultural Etiquettes		2 Hours				
	Internal Communication		2 Hours				
	3.		Leadership and Management Skills	Leadership Skills	6 Hours	02	
				Managerial Skills	6 Hours		
Entrepreneurial Skills		6 Hours					
Innovative Leadership and Design Thinking		6 Hours					
4.	Universal Human Values	Ethics and Integrity	6 Hours	02			
		Love & Compassion	5 Hours				
		Truth	5 Hours				
		Non-Violence	5 Hours				
		Righteousness	5 Hours				
		Peace	4 Hours				
		Service	3 Hours				
Renunciation (Sacrifice)	3 Hours						


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Curriculum for Life Skills (Jeevan Kaushal)

Objectives of the Course :

The objectives of the course are:

1. To enhance one's ability to be fully self aware by helping oneself to overcome all fears and insecurities and to grow fully from inside out and outside in.
2. To increase one's knowledge and awareness of emotional competency and emotional intelligence at place of study/work.
3. To provide opportunity for realising one's potential through practical experience.
4. To develop interpersonal skills and adopt good leadership behaviour for empowerment of self and others.
5. To set appropriate goals, manage stress and time effectively.
6. To manage competency- mix at all levels for achieving excellence with ethics.

Learning Outcomes :


At the end of the programme learners will be able to:

1. Gain Self Competency and Confidence
2. Practice Emotional Competency
3. Gain Intellectual Competency
4. Gain an edge through Professional Competency
5. Aim for high sense of Social Competency
6. Be an integral Human Being

The Life Skills Programme will have following courses:


Course 1	:	Communication Skills
Course 2	:	Professional Skills
Course 3	:	Leadership Skills
Course 4	:	Universal Human Values

The courses with modules are mentioned below.


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Course 1: Communication Skills

Context and Justification :

Communication plays an important role in shaping an individual's life, personal as well as professional. Also it is the backbone of any organisation/institution. Success in life to a considerable extent depends on effective communication skills. In today's world of computers and digital media, a strong communication skill base is essential for learners and for smooth functioning of an organisation.

Objectives :

This course has been developed with the following objectives:

1. Identify common communication problems that may be holding learners back
2. Identify what their non-verbal messages are communicating to others
3. Understand role of communication in teaching-learning process
4. Learning to communicate through the digital media
5. Understand the importance of empathetic listening
6. Explore communication beyond language.

Expected Outcome :

By the end of this program participants should have a clear understanding of what good communication skills are and what they can do to improve their abilities.


Credit: 02


Duration: 30 Hours

Number & Titles of Modules:


Total of 7 Modules

Module 1	Listening	4 Hours
Module 2	Speaking	6 Hours
Module 3	Reading	3 Hours
Module 4	Writing and different modes of writing	4 Hours
Module 5	Digital Literacy	4 Hours
Module 6	Effective use of Social Media	4 Hours
Module 7	Non-verbal communication	5 Hours


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Module Outline :


Module 1: Listening	4 Hours
<ul style="list-style-type: none"> • Techniques of effective listening • Listening and comprehension • Probing questions • Barriers to listening 	
Module 2: Speaking	6 Hours
<ul style="list-style-type: none"> • Pronunciation • Enunciation • Vocabulary • Fluency • Common Errors 	
Module 3: Reading	3 Hours
<ul style="list-style-type: none"> • Techniques of effective reading • Gathering ideas and information from a given text <ul style="list-style-type: none"> i. Identify the main claim of the text ii. Identify the purpose of the text iii. Identify the context of the text iv. Identify the concepts mentioned • Evaluating these ideas and information <ul style="list-style-type: none"> i. Identify the arguments employed in the text ii. Identify the theories employed or assumed in the text • Interpret the text <ul style="list-style-type: none"> i. To understand what a text says ii. To understand what a text does iii. To understand what a text means 	
Module 4: Writing and different modes of writing	4 Hours
<ul style="list-style-type: none"> • Clearly state the claims • Avoid ambiguity, vagueness, unwanted generalisations and oversimplification of issues • Provide background information • Effectively argue the claim • Provide evidence for the claims • Use examples to explain concepts • Follow convention • Be properly sequenced • Use proper signposting techniques • Be well structured <ul style="list-style-type: none"> i. Well-knit logical sequence ii. Narrative sequence iii. Category groupings 	



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- Different modes of Writing
 - i. E-mails
 - ii. Proposal writing for Higher Studies
 - iii. Recording the proceedings of meetings
 - iv. Any other mode of writing relevant for learners

Module 5: Digital Literacy **4 Hours**

- Role of Digital literacy in professional life
- Trends and opportunities in using digital technology in workplace
- Internet Basics
- Introduction to MS Office tools
 - i. Paint
 - ii. Office
 - iii. Excel
 - iv. Powerpoint

Module 6: Effective use of Social Media **4 Hours**

- Introduction to social media websites
- Advantages of social media
- Ethics and etiquettes of social media
- How to use Google search better
- Effective ways of using Social Media
- Introduction to Digital Marketing

Module 7: Non-verbal communication **5 Hours**

- Meaning of non-verbal communication
- Introduction to modes of non-verbal communication
- Breaking the misbeliefs
- Open and Closed Body language
- Eye Contact and Facial Expression
- Hand Gestures
- Do's and Don'ts
- Learning from experts
- Activities-Based Learning

Pedagogy : Instructor-Led Training, Supplemented by Online Platform (SWAYAM)


Materials : Teaching & Learning


Assessment : Paper-Based or Online Assessment

Bibliography & Suggested Reading including audio video material :


Books

- Sen Madhuchanda (2010), *An Introduction to Critical Thinking*, Pearson, Delhi
- Silvia P. J. (2007), *How to Read a Lot*, American Psychological Association, Washington DC


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Course 2: Professional Skills

Context with Justification :

One of the significant outcomes of Higher Education is to prepare an individual for entering the job/employment market. Besides knowledge and skills required for a particular job/occupation, professional skills are also required for an individual to be gainfully employed for a successful and satisfied life. Professional skills are part of life skills. An individual should be able to demonstrate professional skills involving the use of intuitive, logical and critical thinking, communication and interpersonal skills, not limited to cognitive/creative skills. These skills, behaviour and quality of output enhance employability.

The career skills empower an individual with ability in preparing an appropriate resume, addressing the necessary gaps for facing interviews and actively and effectively participating in group discussion thereof, etc. It is also of significant importance that students /individuals possess the know-how to explore career opportunities for themselves, considering their innate strengths and weaknesses.

It is important that the students/individuals are well prepared to take on new challenges and opportunities. With the increasing use of technology in the way we live, learn and work, it is critical for students/individuals to be able to utilise basic computing concepts and also have and espouse excellent Team Skills. Collaborating and working together can assist in resolving complex problems, which allow/offer individuals an opportunity to articulate new ideas and perspectives. It further allows allow learner / individuals design, develop, problem solve and to adapt to situations based on their experience and skills.

Credit: 02

Duration:30 hours

The Course Professional Skills is divided into two parts:

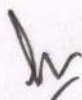
- a) Career Skills
- b) Team Skills

A. Career Skills

Objectives :

The Objectives of the course are to help students/candidates:

1. Acquire career skills and fully pursue to partake in a successful career path
2. Prepare good resume, prepare for interviews and group discussions
3. Explore desired career opportunities in the employment market in consideration of an individual SWOT.



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Expected Outcomes :

At the end of this course the students will be able to:

1. Prepare their resume in an appropriate template without grammatical and other errors and using proper syntax
2. Participate in a simulated interview
3. Actively participate in group discussions towards gainful employment
4. Capture a self - interview simulation video regarding the job role concerned
5. Enlist the common errors generally made by candidates in an interview
6. Perform appropriately and effectively in group discussions
7. Explore sources (online/offline) of career opportunities
8. Identify career opportunities in consideration of their own potential and aspirations
9. Use the necessary components required to prepare for a career in an identified occupation (as a case study).

Duration: 15 Hours

Number & Titles of Modules:

Module 1	Resume Skills	3 Hours
Module 2	Interview Skills	5 Hours
Module 3	Group Discussion Skills	4 Hours
Module 4	Exploring Career Opportunities	3 Hours


Module Outline :


Module 1: Resume Skills **3 Hours**

- i. **Resume Skills : Preparation and Presentation**
 - Introduction of resume and its importance
 - Difference between a CV, Resume and Bio data
 - Essential components of a good resume
- ii. **Resume skills : common errors**
 - Common errors people generally make in preparing their resume
 - Prepare a good resume of her/his considering all essential components


Module 2: Interview Skills **5 Hours**

- i. **Interview Skills : Preparation and Presentation**
 - Meaning and types of interview (F2F, telephonic, video, etc.)
 - Dress Code, Background Research, Do's and Don'ts
 - Situation, Task, Approach and Response (STAR Approach) for facing an interview
 - Interview procedure (opening, listening skills, closure, etc.)
 - Important questions generally asked in a job interview (open and closed ended questions)


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- ii. **Interview Skills : Simulation**
 - Observation of exemplary interviews
 - Comment critically on simulated interviews
- iii. **Interview Skills : Common Errors**
 - Discuss the common errors generally candidates make in interview
 - Demonstrate an ideal interview

Module 3: Group Discussion Skills **4 Hours**

- Meaning and methods of Group Discussion
- Procedure of Group Discussion
- Group Discussion- Simulation
- Group Discussion - Common Errors

Module 4: Exploring Career Opportunities **3 Hours**

- Knowing yourself – personal characteristics
- Knowledge about the world of work, requirements of jobs including self-employment.
- Sources of career information
- Preparing for a career based on their potentials and availability of opportunities

Pedagogy : Besides Face to Face lectures (theory would be limited only to 20% of the component and remaining 80% would be practical oriented), the focus would be primarily on blended /hybrid learning. This could include a flipped classroom approach that leverages project-based learning, demonstration, group discussion, simulations etc.


Materials : Audio video materials, Online Platform (SWAYAM), FutureSkills Platform, Used Cases & Case Studies etc.

Assessment: Online evaluation, demonstration, assignments : Some components could be aligned to NOS (SSC/N9005) IT-ITeS Sector . The questions posed to the students would be a mix of MCQs, scenario-based, logical reasoning, comprehension, simulations, etc. Do check the assessment model and sample assessment at (<http://nac.nasscom.in/>)

Bibliography & Suggested Reading including audio video material :

Please check IT-ITeS Sector Skills Council readiness programs namely

- Foundation Skills In IT (FSIT) - Refer the websites like <https://www.sscnasscom.com/ssc-projects/capacity-building-and-development/training/fsit/> and
- Global Business Foundation Skills (GBFS) – Refer websites like <https://www.sscnasscom.com/ssc-projects/capacity-building-and-development/training/gbfs/>


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B. Team Skills

Objectives :

The objectives of the course is to make learners:

1. Understand the significance of Team Skills and help them in acquiring them
2. To help them design, develop and adapt to situations as an individual and as a team.

Expected Outcomes :

By the end of this course the learners/candidates will be able to:

1. Use common technology messaging tools that are used in enterprises for flow of information and transition from command and control to informal communication during an online/offline team session
2. Actively use and operate online team communication tools: Webinar, Skype, Zoom, Google hangout etc
3. Appreciate and demonstrate Team Skills
4. Participate in a digital lifestyle conversant with computers, applications, Internet and nuances of cyber security
5. Explore (online) and identify career opportunities in consideration of their own potential and aspirations.
6. Discuss and articulate the key requirements of an entrepreneurial exercise
7. Empathise and trust colleagues for improving interpersonal relations
8. Engage in effective communication by respecting diversity and embracing good listening skills
9. Distinguish the guiding principles for communication in a diverse, smaller internal world
10. Practice interpersonal skills for better relations with seniors, juniors, peers and stakeholders
11. Project a good personal image and social etiquette so as to have a positive impact on building of one's chosen career
12. Generate, share and maximise new ideas with the concept of brainstorming and the documentation of key critical ideas/thoughts articulated and action points to be implemented with timelines in a team discussion (as MOM) in identified applicable templates.

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Duration: 15 Hours

Number & Titles of Modules:

Module 1	Presentation Skills	5 Hours
Module 2	Trust and Collaboration	2 Hour
Module 3	Listening as a Team Skill	2 hour
Module 4	Brainstorming	2 Hour
Module 5	Social and Cultural Etiquettes	2 Hour
Module 6	Internal Communication	2 Hour

Module Outline :

Module 1: Presentation Skills **5 Hours**

- Types of presentations
- Internal and external presentation
- Knowing the purpose
- Knowing the audience
- Opening and closing a presentation
- Using presentation tools
- Handling questions
- Presentation to heterogenic group
- Ways to improve presentation skills over time

Module 2: Trust and Collaboration **2 Hours**

- Explain the importance of trust in creating a collaborative team
- Agree to Disagree and Disagree to Agree – Spirit of Team work
- Understanding fear of being judged and strategies to overcome fear

Module 3: Listening as a Team Skill **2 Hours**

- Advantages of Effective Listening
- Listening as a team member and team leader. Use of active listening strategies to encourage sharing of ideas (full and undivided attention, no interruptions, no pre-think, use empathy, listen to tone and voice modulation, recapitulate points, etc).



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Module 4: Brainstorming**2 Hour**

- Use of group and individual brainstorming techniques to promote idea generation.
- Learning and showcasing the principles of documentation of team session outcomes

Module 5: Social and Cultural Etiquette**2 Hour**

- Need for etiquette (impression, image, earn respect, appreciation, etc)
- Aspects of social and cultural/corporate etiquette in promoting teamwork
- Importance of time, place, propriety and adaptability to diverse cultures

Module 6: Internal Communication**2 Hour**

- Use of various channels of transmitting information including digital and physical, to team members.

Pedagogy : Besides Face to Face Lectures (as theory would be limited only to 20% of the component and remaining 80% would be practical oriented), the focus would be primarily on blended learning/hybrid learning. This could include a flipped classroom approach that leverage project based learning, demonstration, group discussion, simulation as well as coaching, seminars and tutorials.

Materials : Audio video materials, Online Platform (SWAYAM), Future Skills platform

Assessment: Written evaluation, demonstration, assignments:
Some components aligned to NOS (SSC/N9005) IT-ITeS . The questions posed to the students would be a mix of MCQs, Scenario-based, logical reasoning, comprehension, simulations, etc. Do check the assessment at website like (<http://nac.nasscom.in/>)

Bibliography & Suggested Reading including audio video material :
Please check IT-ITeS Sector Skills Council readiness program namely Global Business Foundation Skills (GBFS) in website (<https://www.sscnasscom.com/ssc-projects/capacity-building-and-development/training/gbfs/>), and Generic and the entrepreneurial NOS at NSQF Level 4 -7.

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Course 3: Leadership and Management Skills

Context with Justification :

Leaders are foundations of the society, who face and win against adversities and odds of life. Through their words and deeds, they show path to others and transform into inspirational role models, affecting social life vividly. In the current times of cut-throat competitions, disbelief in values, techno-centric complex lifestyles, there is a dire need to emphasise the 'human' agency in community living. This can be done by cultivating and nurturing the innate leadership skills of the youth so that they may transform these challenges into opportunities and become torch bearers of the future by developing creative solutions.

Objectives :

The Module is designed to:

- Help students to develop essential skills to influence and motivate others
- Inculcate emotional and social intelligence and integrative thinking for effective leadership
- Create and maintain an effective and motivated team to work for the society
- Nurture a creative and entrepreneurial mindset
- Make students understand the personal values and apply ethical principles in professional and social contexts.

Expected Outcomes :

Upon completion of the course students will be able to:


1. Examine various leadership models and understand/assess their skills, strengths and abilities that affect their own leadership style and can create their leadership vision
2. Learn and demonstrate a set of practical skills such as time management, self management, handling conflicts, team leadership, etc.
3. Understand the basics of entrepreneurship and develop business plans
4. Apply the design thinking approach for leadership
5. Appreciate the importance of ethics and moral values for making of a balanced personality.


Credit: 02

Duration: 30 Hours


Number & Titles of Modules:

Module 1	Leadership Skills	6 Hours
Module 2	Managerial Skills	6 Hours
Module 3	Entrepreneurial Skills	6 Hours
Module 4	Innovative Leadership and Design Thinking	6 Hours
Module 5	Ethics and Integrity	6 Hours


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Module Outline :

Module 1- Leadership Skills	6 Hours
<ul style="list-style-type: none"> a. Understanding Leadership and its Importance <ul style="list-style-type: none"> • What is leadership? • Why Leadership required? • Whom do you consider as an ideal leader? b. Traits and Models of Leadership <ul style="list-style-type: none"> • Are leaders born or made? • Key characteristics of an effective leader • Leadership styles • Perspectives of different leaders c. Basic Leadership Skills <ul style="list-style-type: none"> • Motivation • Team work • Negotiation • Networking 	
Module 2 - Managerial Skills	6 Hours
<ul style="list-style-type: none"> a. Basic Managerial Skills <ul style="list-style-type: none"> • Planning for effective management • How to organise teams? • Recruiting and retaining talent • Delegation of tasks • Learn to coordinate • Conflict management b. Self Management Skills <ul style="list-style-type: none"> • Understanding self concept • Developing self-awareness • Self-examination • Self-regulation 	
Module 3 - Entrepreneurial Skills	6 Hours
<ul style="list-style-type: none"> a. Basics of Entrepreneurship <ul style="list-style-type: none"> • Meaning of entrepreneurship • Classification and types of entrepreneurship • Traits and competencies of entrepreneur b. Creating Business Plan <ul style="list-style-type: none"> • Problem identification and idea generation • Idea validation • Pitch making 	
Module 4 - Innovative Leadership and Design Thinking	6 Hours
<ul style="list-style-type: none"> a. Innovative Leadership <ul style="list-style-type: none"> • Concept of emotional and social intelligence 	


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- Synthesis of human and artificial intelligence
- Why does culture matter for today's global leaders

b. Design Thinking

- What is design thinking?
- Key elements of design thinking:
 - Discovery
 - Interpretation
 - Ideation
 - Experimentation
 - Evolution.
- How to transform challenges into opportunities?
- How to develop human-centric solutions for creating social good?

Module 5- Ethics and Integrity

6 Hours

a. Learning through Biographies

- What makes an individual great?
- Understanding the persona of a leader for deriving holistic inspiration
- Drawing insights for leadership
- How leaders sail through difficult situations?

b. Ethics and Conduct

- Importance of ethics
- Ethical decision making
- Personal and professional moral codes of conduct
- Creating a harmonious life

Pedagogy : Pedagogy for the modules is as follows:

1. Leadership Skills - Lectures (augmented with videos); role-plays for leadership models; team building games
2. Managerial Skills - Lectures (augmented with videos), case studies (AMUL, TESLA, Toyota, DMRC, Tata Group, Google, The Mumbai Dabbawala), SWOT analysis, Johari window
3. Entrepreneurial Skills - Lectures (augmented with videos), case studies and practicing business plans
4. Innovative Leadership and Design Thinking- Concept discussion through lecture and videos followed by role-plays and exercises for each set of intelligence, activities using 5 steps – discovery, interpretation, ideation, experimentation, and evolution (Ref: Workbook of Design Thinking by IDEO)
5. Ethics and Integrity- Experiential learning through stories suggested list (Ahilya Bai, Holkar, Abdul Kalam, Raja Harishchandra, Mahatma Gandhi, Abraham Lincoln), audio visual augmented role plays and storytelling (leaders from varied fields like academics, corporate, social, sports, art, etc.)

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Assessment : It can be combination of written evaluation and presentations, including simulations, case studies and business plan.


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- Sternberg R. J., Sternberg R. J., & Baltes P. B. (Eds.). (2004). *International Handbook of Intelligence*. Cambridge University Press.


E-Resources

- Fries, K. (2019). 8 Essential Qualities That Define Great Leadership. *Forbes*. Retrieved 2019-02-15 from <https://www.forbes.com/sites/kimberlyfries/2018/02/08/8-essential-qualities-that-define-great-leadership/#452ecc963b63>.
- How to Build Your Creative Confidence, Ted Talk by David Kelly - https://www.ted.com/talks/david_kelley_how_to_build_your_creative_confidence
- India's Hidden Hot Beds of Invention Ted Talk by Anil Gupta - https://www.ted.com/talks/anil_gupta_india_s_hidden_hotbeds_of_invention
- Knowledge@Wharton Interviews Former Indian President APJ Abdul Kalam - "A Leader Should Know How to Manage Failure" <https://www.youtube.com/watch?v=laGZaS4sdeU>
- Martin, R. (2007). How Successful Leaders Think. *Harvard Business Review*, 85(6): 60.
- NPTEL Course on Leadership - <https://nptel.ac.in/courses/122105021/9>


Teacher In-charge


Criteria Head




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Course 4: Universal Human Values

Context with Justification :

Human civilisation is known for the values that it cherishes and practices. Across various times and places, sages, saints and seers, drawing on their experience, developed practices that placed central importance on values, though the names used by them differed, as their languages varied but the spirit was same. Universal human values are values that human beings cherish and hold in common consciously and otherwise in most of the places and times and practice them.

Renunciation is the foundational value. Renunciation or greedlessness has two preconditions: love for all living beings and absence of selfishness. Renunciation is not self-directed but other-directed and is for life in all forms and shapes, for welfare of all. Renunciation begins when selfishness ends. Renunciation to run away from the problems of life is cowardice. Renunciation without action means parasitic life. Also, service can be practised only when renunciation with action begins. Unegoistical service is inconceivable without renunciation; and true service is possible only through love and compassion. Life and death are eternal truths, so is the truth as fact and truth as value. Truth exists between the two ends of life and death and is to be pursued.

Truth, Love, Peace, Non-Violence and Righteous Conduct are the Universal Human Values. Renunciation (sacrifice), Compassion and Service are also commonly acceptable human values, which at the operation level have been named differently as sincerity, honesty, righteousness, humility, gratitude, aspiration, prosperity, non-violence, trust, faith, forgiveness, mercy, peace and so on. These are needed for well-being of an individual, society and humanity and ultimately Peace in the world.

This course aims at making learners conscious about universal human values in an integral manner, without ignoring other aspects that are needed for learner's personality development.

Objectives :

The present course deals with meaning, purpose, and relevance of universal human values and how to inculcate and practice them consciously to be a good human being and realise one's potentials.

Learning outcomes :

By the end of the course the learners will be able to:

1. Know about universal human values and understand the importance of values in individual, social circles, career path, and national life.
2. Learn from case studies of lives of great and successful people who followed and practised human values and achieved self-actualisation.
3. Become conscious practitioners of human values.
4. Realise their potential as human beings and conduct themselves properly in the ways of the world.

Credit: 02

Duration: 30 Hours


Number & Titles of Modules:

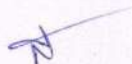
Module 1: Love & Compassion

5 Hours


Module 2: Truth

5 Hours


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




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Module 3: Non-Violence	5 Hours
Module 4: Righteousness	5 Hours
Module 5: Peace	4 Hours
Module 6: Service	3 Hours
Module 7: Renunciation (Sacrifice)	3 Hours


Module Outline :

Module 1: Love & Compassion	5 Hours
<ul style="list-style-type: none"> • Introduction: What is love? Forms of love—for self, parents, family, friend, spouse, community, nation, humanity and other beings, both for living and non-living • Love and compassion and inter-relatedness • Love, compassion, empathy, sympathy and non-violence • Individuals who are remembered in history for practicing compassion and love. • Narratives and anecdotes from history, literature including local folklore • Practicing love and compassion: What will learners learn gain if they practice love and compassion? What will learners lose if they don't practice love and compassion? • Sharing learner's individual and/or group experience(s) • Simulated Situations • Case studies 	
Module 2: Truth	5 Hours
<ul style="list-style-type: none"> • Introduction: What is truth? Universal truth, truth as value, truth as fact (veracity, sincerity, honesty among others) • Individuals who are remembered in history for practicing this value • Narratives and anecdotes from history, literature including local folklore • Practicing Truth: What will learners learn/gain if they practice truth? What will learners lose if they don't practice it? • Learners' individual and/or group experience(s) • Simulated situations • Case studies 	
Module 3: Non-Violence	5 Hours
<ul style="list-style-type: none"> • Introduction: What is non-violence? Its need. Love, compassion, empathy sympathy for others as pre-requisites for non-violence • Ahimsa as non-violence and non-killing • Individuals and organisations that are known for their commitment to non-violence • Narratives and anecdotes about non-violence from history, and literature including local folklore • Practicing non-violence: What will learners learn/gain if they practice non-violence? What will learners lose if they don't practice it? • Sharing learner's individual and/or group experience(s) about non-violence • Simulated situations • Case studies 	


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Module 4: Righteousness**5 Hours**

- Introduction: What is righteousness?
- Righteousness and *dharm*a, Righteousness and Propriety
- Individuals who are remembered in history for practicing righteousness
- Narratives and anecdotes from history, literature including local folklore
- Practicing righteousness: What will learners learn/gain if they practice righteousness? What will learners lose if they don't practice it?
- Sharing learners' individual and/or group experience(s)
- Simulated situations
- Case studies

Module 5: Peace**4 hours**

- Introduction: What is peace? Its need, relation with harmony and balance
- Individuals and organisations that are known for their commitment to peace
- Narratives and Anecdotes about peace from history, and literature including local folklore
- Practicing peace: What will learners learn/gain if they practice peace? What will learners lose if they don't practice it?
- Sharing learner's individual and/or group experience(s) about peace
- Simulated situations
- Case studies

Module 5: Service**3 Hours**

- Introduction: What is service? Forms of service, for self, parents, family, friend, spouse, community, nation, humanity and other beings—living and non-living, persons in distress or disaster.
- Individuals who are remembered in history for practicing this value.
- Narratives and anecdotes dealing with instances of service from history, literature including local folklore
- Practicing service: What will learners learn/gain if they practice service? What will learners lose if they don't practice it?
- Sharing learners' individual and/or group experience(s) regarding service
- Simulated situations
- Case studies

Module 6: Renunciation (Sacrifice)**3 Hours**

- Introduction: What is renunciation? Renunciation and sacrifice. Self-restrain and Ways of overcoming greed. Renunciation with action as true renunciation
- Individuals who are remembered in history for practicing this value.
- Narratives and anecdotes from history and literature, including local folklore about individuals who are remembered for their sacrifice and renunciation.
- Practicing renunciation and sacrifice: What will learners learn/gain if they practice Renunciation and sacrifice? What will learners lose if they don't practice it?
- Sharing learners' individual and/or group experience(s)
- Simulated situations
- Case studies



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ADDITIONAL PRACTICAL MODULES or OPERATIVE ELECTIVES:

NOTE: The faculty/institution may choose any/some of the following modules keeping in mind the level and specific needs of learners.

Module Outline :

MODULE A - Integral Human Well-Being

5 Hours

Importance of well-being, inter-relatedness of different kinds of well-being and definition of well-being (state of being comfortable, healthy, happy and equanimity)

Well-being and its Kinds

- (i) Physical (physical strength and endurance)
- (ii) Emotional (ability to respond to emotions and control them)
- (iii) Aesthetic (faculty to see and appreciate beauty in all beings)
- (iv) Intellectual (rational, logical well-being)
- (v) Relational well-being (obligation to self, parents, family society, nation humanity and other beings in the universe; living with others with their acceptance)
- (vi) Moral (difference between good and evil and practicing goodness; righteousness)
- (vii) Spiritual (thinking beyond self and journey from senses to spiritual level)

Establish and recognise various states of well-being, embedded in different creatures, but consciously understood by humans

Identify the most pronounced emotions in the individual through given activities

Anecdotes/video/activity to help identify different well-beings

Discussion of related values to well-beings: Aesthetics, ethics, gratitude, forgiveness, and spiritual health i.e., thinking beyond senses and self and for the welfare of others

Importance and practice of well-being through case study/ activity

Ways to attain different kinds of well-being


Activities


MODULE B - Yoga & Pranayama

5 Hours


Importance of Yoga and Pranayama

- Yoga and pranayama for integral well-being and balance in life
- Yoga & Pranayama: Introduction
- Mind - Body – Intellect
- Difference between Yoga and Pranayama and their inter-relatedness.


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- Basic Yogasans and pranayamas for students:
 - a. Every morning
 - b. Before bedtime
 - c. Before a presentation
 - d. Before examination
 - e. To fight stomach cramps
 - f. To fight stress
- Healthy diet
- Healthy mind
- Recommended routine for yoga and pranayama

MODULE C - Gratitude

Outlines:

1. Gratitude, a great embellishment to a person's mental quality
2. Duty versus Rights
 - a. What is duty?
 - b. What is right?
3. Wonderment and simplicity
4. Gratitude to one's family
5. Gratitude to one's teachers
6. Gratitude to one's society
7. Gratitude to one's nation
8. Gratitude to the universe
9. Count your blessings (activity)
10. Live in an attitude of gratitude

Pedagogy :

Learning is a challenging, engaging, and enjoyable activity. Learners should be encouraged to engage in a rigorous process of learning and self-discovery by adopting a highly focused approach to education versus rote learning. In teaching and learning pedagogy of universal human values, there should be a shift from domain or conclusions-based approach to the experiential or process/es based approach.

The faculty should promote learning of values on a proportionate scale of 20:30:50 principle, where lectures constitute 20 percent of the delivery (Hear); visuals 30 percent of the learning methods (See); and experience 50 percent (Do). This ratio is subject to change as per the needs. In order to achieve its objective of focused-based learning and holistic development the faculty/facilitators should use a variety of knowledge delivery methods: interactive lecture so that students



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work with their teachers to get new insights in the subject area, and are able and build their own bridges to higher learning, Discussions of values and their practices on real life issues in groups, Simulations to provide students opportunities to understand real life situations and scenarios, and solve challenges in a controlled environment or make use of them in simulating cultural experiences by locating/transposing them in new (local, regional, national and international) situations, Case Studies, Role Play, Team Work, and Study Visits to provide an opportunity to students to see the individuals or organisations that practice these values and contribute to their own self and the humanity.

Faculty / facilitators should make judicious use of pedagogy and andragogy in conduct of sessions.

Assessment :

Self-assessment, feedback, practical case assignments, panel discussion, individual and group activities, question and answer sessions invited motivational talks, and field visits to the places/ individuals and institutions that practice one or a set of values.

Note:

Each student will keep record of his/her daily learning after each module/session in the Reflection Journal. The faculty will maintain record of the Reflection Journal after a face to face to workshop.

Suggested Readings :

Mookerji Radha Kumud, *Ancient Indian Education*, Motilal Banarasidass

Saraswati Swami Satyananda, *Asana Pranayama Mudra Bandha*, Bihar School of yoga

Joshi Kireet, *Education for Character Development*, Dharma Hinduja Center of Indic Studies

Joshi Rokeach (1973). *The Nature of Human Values*. New York: The Free Press

Ghosh, Sri Aurobindo. 1998. *The Foundations of Indian Culture*. Pondicherry: Sri Aurobindo Ashram

Basham A.L., *The Wonder That was India*, London: Picador Press

Patra, Avinash (2012), *The Spiritual Life and Culture of India*, Oxford University Press

Shantikumar Ghosh, *Universal Values*. The Ramakrishna Mission, Kolkata, 2004.

Note:

1. Keeping in view the needs and interest of learners, books, audios, videos, and e-resources may be added by the faculty

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Members of the Expert Committee for Life Skills (Jeevan Kaushal)

1. Prof. Late Avadhesh Kumar Singh, Vice-Chancellor, Auro University, Surat - 394510
2. Prof.(Mrs) Kiran Mathur, Professor (Retd.), Psychology, Regional Institute of Education, Bhopal, Madhya Pradesh - 462013
3. Prof. Aditya Shastri, Vice Chancellor, Banasthali Vidhyapith, Rajasthan - 304022
4. Shri Som Mittal, Former Chairman, NASSCOM, New Delhi - 110013
5. Prof. Amita Chatterjee, Emetitus Professor, Jadavpur University, Kolkata - 700053
6. Shri Raghav Shrinivasan, Regional Head, ICT Academy, New Delhi - 110066
7. Prof. Avinash Dharmadikari Chanakya, (Retd. IAS), Pune - 411030
8. Prof. (Mrs.) Geeta Menon, Chinmaya Academy, Anna Nagar, Chennai -600 040


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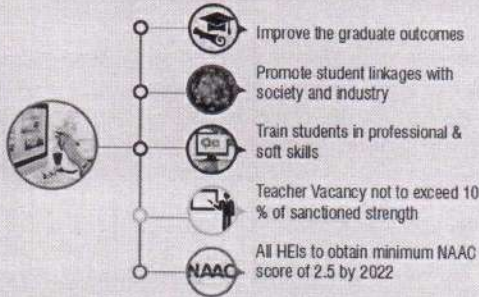


UNIVERSITY GRANTS COMMISSION

QUALITY MANDATE



Objectives



Initiatives to be undertaken by HEIs

1. Student Centric Initiations including Induction Programme for students - *Deeksharambh*.
2. Learning Outcome based Curriculum Framework (LOCF)- revision of curriculum at regular intervals.
3. Use of ICT based learning tools for effective teaching-learning process including MOOCs and online degrees.
4. Imparting Life Skills (*Jeevan Kaushal*) to students.
5. Social and Industry connect for every institution: Every institution shall adopt at least 5 villages for exchange of knowledge and for the overall social/ economic betterment of the village communities. University-Industry linkages to be promoted to improve employability.
6. Evaluation Reforms-test the concept, and application
7. Student Career Progression and Alumni Network.
8. Faculty Induction Programme (FIP), Annual Refresher Programme in Teaching (ARPIT) and Leadership Training for Educational Administrators (LEAP).
9. Scheme for Trans-disciplinary Research for India's Developing Economy (STRIDE) and Consortium for Academic & Research Ethics (CARE).
10. Mentoring of non-accredited institutions (PARAMARSH).

All Higher Education Institutions shall strive by 2022 to:

- improve the graduate outcomes for the students to ensure that they get access to employment/self-employment or engage themselves in pursuit of higher education.
- promote linkage of students with the society and industry to ensure that at least 2/3rd of the students engage in socially productive activities and get industry exposure during their period of study in the institutions.
- train the students in essential professional and life skills such as team work, communication skills, leadership skills, time management skills etc; inculcate human value sand professional ethics, and the spirit of innovation/ entrepreneurship and critical thinking among the students and promote avenues for display of these talents.
- ensure that vacancies of teaching posts at any point of time do not exceed 10% of the sanctioned strength; and 100% of the teachers are oriented about the latest and emerging trends including ICT in their respective domains of knowledge, and the pedagogies that disseminate their knowledge to the students.
- every institution shall get NAAC accreditation with a minimum score of 2.5 by 2022.

Initiatives to be taken by HEIs



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


Total number of Students/Participants

Male :17

Female :33

Sr. No	Name of the Student enrolled the course	Class	Div.	Roll No.	Name of College
1.	SHAURYAN TUSHAR NIKAM	FYBBI - A	A	FDBI054A	KES Shroff College
2.	CHANDRAPRAKASH MANOJ DUBEY	TYBAF - A	A	TDAF055A	KES Shroff College
3.	ANKITA MUKESH SUTHAR	FYBCOM - D	D	FDCM030D	KES Shroff College
4.	TRUSHAL SANJAY GELANI	TYBAF - A	A	TDAF062A	KES Shroff College
5.	GANGA DURAIRAJ PILLAI	SYBCOM - C	C	SDCM112C	KES Shroff College
6.	SHWETA RANJIT PATIL	SYBCOM - C	C	SDCM111C	KES Shroff College
7.	AAYUSHI PREMKUMAR RAVAL	SYBCOM - D	D	SDCM003D	KES Shroff College
8.	RUCHI BHARAT TRIVEDI	SYBAF - B	B	SDAF019B	KES Shroff College
9.	PARTH NILESH ASHAR	FYBAF - B	B	FDAF073B	KES Shroff College
10.	AARTI RAMCHANDRA CHOUDHARY	FYBA - B	B	FDAR006B	KES Shroff College
11.	CHARMI KEYUR PRAJAPATI	FYBMS - C	C	FDMS014C	KES Shroff College
12.	ADITYA PRADEEP GHELANI	SYBFM - A	A	SDFM017A	KES Shroff College
13.	NAVDHA HITESH DAMANIA	FYBA - B	B	FDAR007B	KES Shroff College
14.	VIDHI KALPESH RATHOD	TYBCOM - B	B	TDCM035B	KES Shroff College
15.	KEVAL KOMAL SANGHVI	SYBMS - C	C	SDMS051C	KES Shroff College


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16.	KHUSHI SHIVACHAL CHOUBEY	SYBMM - B	B	SDMM033B	KES Shroff College
17.	KUNJ JATIN MEHTA	TYBMM - A	A	TDMM044A	KES Shroff College
18.	KHUSHI CHETAN LAKHANI	TYBMS - A	A	TDMS054A	KES Shroff College
19.	AKSHATA RAMKRISHNA SHEJWAL	FYBBI - B	B	FDBI019B	KES Shroff College
20.	JAHNAVI MAKHLOGA MAKHLOGA	TYBMM - A	A	TDMM041A	KES Shroff College
21.	NEHA BAHADUR ROKAYA	TYBMM - B	B	TDMM004B	KES Shroff College
22.	KRUPA JITENDRA PARMAR	SYBMS - E	E	SDMS016E	KES Shroff College
23.	RAJ PRAFUL LADVA	SYBCOM - A	A	SDCM099A	KES Shroff College
24.	POOJA PITARAM CHOUDHARY	FYBCOM - A	A	FDCM059A	KES Shroff College
25.	BRIJESH RAMRATAN CHAUHAN	SYBCOM - E	E	SDCM128E	KES Shroff College
26.	VINAY RAJKUMAR VISHWAKARMA	SYBMS - D	D	SDMS068D	KES Shroff College
27.	HARSHVARDHAN NISHIT MEHTA	FYBMS - B	B	FDMS053B	KES Shroff College
28.	DIVESH SANTOSH TAMTA	SYBCOM - B	B	SDCM088B	KES Shroff College
29.	DHRUTIK JAYESH DAWDA	TYBBI - A	A	TDBI016A	KES Shroff College
30.	SHREYA KIRTI CHAUHAN	TYBAF - A	A	TDAF032A	KES Shroff College
31.	KASHMIRA ULHAS ROGE	TYBCOM - E	E	TDCM073E	KES Shroff College
32.	PRATIKSHA PRASAD NAIK	TYBCOM - A	A	TDCM110A	KES Shroff College
33.	RIBHA BHUSHAN PRASAD	TYBCOM - E	E	TDCM069E	KES Shroff College
34.	SHUBHAM ASHWIN CHHAG	TYBFM - A	A	TDFM011A	KES Shroff College
35.	BANSRI NILESH SAMPAT	TYBA - A	A	TDAR085A	KES Shroff College
36.	DISHA KRISHNAN	TYBA - A	A	TDAR048A	KES Shroff


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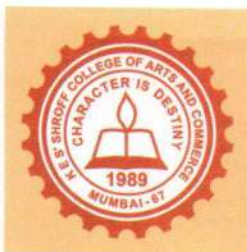
					College
37.	JHANVI JAYESH MEHTALIA	TYBA - A	A	TDAR058A	KES Shroff College
38.	JANEEL BHAVIN SHAH	TYBCOM - E	E	TDCM080E	KES Shroff College
39.	DISHA ASHOK JAIN	TYBA - A	A	TDAR142A	KES Shroff College
40.	MIHIR PANKAJ AGARWAL	TYBA - B	B	TDAR071B	KES Shroff College
41.	JAINAM DIPESH DOSHI	TYBAF - A	A	TDAF051A	KES Shroff College
42.	ADITI DNYANDEO WAGHARE	SYBCOM - D	D	SDCM045D	KES Shroff College
43.	KHUSHI MAHENDRA SONI	TYBMS - D - MKT	D	TDMS036D	KES Shroff College
44.	KANISHKA BHARAT KALAVAR	TYBMS - E HR	E	TDMS019E	KES Shroff College
45.	LEKHA PARAG JHALAWAT	TYBMM - A	A	TDMM038A	KES Shroff College
46.	CHARU GANESH AGARWAL	TYBMM - B	B	TDMM040B	KES Shroff College
47.	SINGH HARBHEJ RASHPAL	TYBA - B	B	TDAR037B	KES Shroff College
48.	HELI VIMAL SANGHAVI	FYBMS - C	C	FDMS035C	KES Shroff College
49.	KAVISHA MAHESH GALA	FYBMS - A	A	FDMS071A	KES Shroff College
50.	RAHUL RAM CHAUDHARY	TYBMM - A	A	TDMM010A	KES Shroff College
TOTAL NO. OF STUDENTS ENROLLED THE COURSE				50	


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Kandivli Education Society's
**B. K. SHROFF COLLEGE OF ARTS &
M. H. SHROFF COLLEGE OF COMMERCE**

An Autonomous College NAAC Re-accredited 'A' Grade ISO 9001:2015 Certified

QS I - Gauge 'Gold Rating' & 'Institute of Happiness' Award

Mentor College under UGC's 'PARAMARSH' Scheme • 'Best College 2017-18' award from University of Mumbai

Criterion-V:
Student Support
and Progression

Brief report of Event /Activity

Each of the physical infrastructure, psychological infrastructure, knowledge infrastructure and financial infrastructure needs to be glowing with values and ethical practices. It is crucial to have the big things at place but it is also important to have the smallest things at the place. To create such an environment, following five systems need to be created:

- (1) The learning process for holistic development
- (2) Impeccable governance
- (3) Effective institutional management
- (4) Well laid system of rewards and chastisement
- (5) Institutional climate where 'rights' enjoy and 'wrongs' are discouraged.


Inorder to instill the above thoughts we have introduced Life Skills (Jeevan Kaushal) as Per The Quality Mandate of University Grant Commission (UGC)

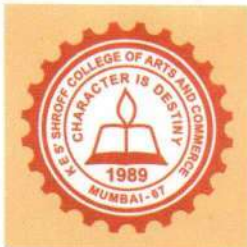
This will enable the students to instill the Values in a human being get established in early childhood but value awareness, ethical awareness and reasoning skills in favour of value-based and ethical decisions can be improved throughout life. Human values and professional ethics in a combined way influence right conduct, behaviours and decisions. The ethical decision depends upon how one feels about oneself, stages of moral development and organisational environment.


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Criterion-V:
Student Support
and Progression

18 Days Value-Added Certificate Course on Bhagavad Gita

SR.NO.	PARTICULARS OF EVENT/ ACTIVITY	DATA
1.	Date / Day	21-01-2022 / Friday to 08-02-2021/ Tuesday
2.	Time	5.30 pm to 8.00 pm
3.	Venue	Online
4.	Platform	Zoom
5.	Name of event / activity	18 days Value added certificate course on Bhagavad Gita
RECORDS OF ACTIVITY / EVENT		
6.	Brochure / Poster if any	Attached
7.	Total number of Students/Participants	194
	• Male	88
	• Female	106
8.	Geotagged/Normal Photographs	Attached
9.	Brief report of Event /Activity	Attached


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BROCHURE / POSTER

Kandivli Education Society's
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M. H. SHROFF COLLEGE OF COMMERCE**


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18 DAYS
VALUE-ADDED
CERTIFICATE
COURSE ON

**Bhagvad
GITA**

From 21st January 2022 to 8th February 2022 Time : 5.30 pm to 8.00 pm


Teacher Incharge


Criteria Head




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Introduction



The Bhagavad Gita is one of India's ancient texts, highly revered ever. It gives philosophical, systematic understanding of life, on what to imbibe and what to leave behind, and also on how to stand tall in a world full of challenges and changes. Being a representational and highly symbolic text, the battlefield represents the constant battle that goes on in our minds and how we can overcome difficulty, self-doubt, and ultimately how to live a life of truth, purpose and happiness. Thus, the Bhagavad Gita holds the key to social transformation through personal transformation.

Preamble



Life is full of challenges and we aspire to fulfill our dreams and overcome the obstacle of the challenging life. We may be successful or we may not be successful, this is a common experience of happiness and sadness, depression and delightfulness. In all the situations, maintaining balance and routing ourselves to the process of progress among itself act as challenging the challenges.

Theme



Challenging the Challenges

The understanding of Gita will enable a learner to have focus, calm mind, decision-making skills and have a compassionate / empathetic attitude towards others. Krishna urges Arjuna to approach his difficulties with an open and unoccupied mind, the mind which is uncluttered by memories / reactions of the past or anxiety about the future. To develop such a character and inner strength is a challenge to be challenged.

Objectives of the Course



- To identify and embrace vital life lessons
- To emphasize on holistic development of an individual
- To align individual and societal objectives
- To develop inner consciousness of the learners

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Learning Outcomes of the Course



Learner...

- will be able to analyse self
- will be able to imbibe righteous thoughts
- will be able to mould his / her character in right earnest
- will be able to contribute positively for self and the society

Distinguished Speakers



A galaxy of great speakers from different disciplines such as High Court Judge, IAS Officers, Academicians, Sanyasis, Lawyers, Chartered Accountant, Poet and Corporate Trainer.

Course Design



The course will run for 18 days, 5.30 to 8.00 p.m. daily. The class will begin with chanting (Parayan with audio-visual clip), thereafter a distinguished speaker will explain its meaning and underlying message of a particular chapter in the 1st part of the lecture. After a short break, in the 2nd part of the lecture, Adhyay's references / interpretations with the present theme will be discussed. In short, the lectures will connect the learnings of the Gita that will be relevant in bringing change in ourselves.

Methodology



This course will be conducted in an offline mode by scholars to disseminate teachings of the Gita. Speakers will explain the Adhyaya / Chapter as the subject. Some speakers may use audio-visual techniques. During lectures, participants will note down important points and the last 5 / 10 minutes will be kept for interactive session. Workbook will be provided to all the participants with Gita's Shloks on one page and an adjoining blank page for writing notes. Basically, the medium of instruction will be Hindi and English language.

Teacher Incharge

Criteria Head



Principal

Date

21st January 2022 to 8th February 2022
(with the exception of 26th January 2022)

Venue

The classes will be conducted in an AC auditorium at KES' Shroff College premises observing COVID'19 protocols

Payment of Fees

Registration to be done by paying Rs. 1,300/- for KES' Shroff College students and Rs. 1,500/- for outsiders in the college office or at the counter put up near college entrance gate no. 1.

Examination (Optional)

A certificate will be awarded to those who have successfully cleared the examination and maintain a minimum attendance of 70%. The examination will consist of descriptive and Multiple Choice Questions (MCQ's).

Organizing Committee

Mr. Samrat Srivastava

Centre Head, Centre for Universal Human Values (CUHV)

Ms. Ganga S. Warriar, Member, CUHV

Ms. Janavi Joshi, Member, CUHV

Dr. Sonika Gupta, Member, CUHV

Ms. Devangi Umatia, Alumni Rep.

Mr. Satyam Gupta, 79772 33690

Ms. Jahanvi Hindocha, 84549 51472

Coordinators

Shri. Mahesh Shah

Hon. Vice President, Kandivli Education Society

Adv. Tushar Vyas

Gujarat High Court

Shri. Satish Dattani
President, KES

Shri. Mahesh Shah
Hon. Vice President, KES

Shri. Mahesh Chandarana
Hon. Secretary, KES

Shri. Rajnikant Chelani
Hon. Jt. Secretary, KES

Shri. Navin Sampat
Hon. Treasurer, KES

Dr. L. Bhushan
Principal, KES' Shroff College

Dr. V. S. Kannan
Vice Principal & Director, Self Finance Courses, KES' Shroff College

Teacher Incharge

Criteria Head

Principal



NOTICE FOR EVENT

From 21st Jan. 2022 to 8th Feb. 2022 Time : 5.30 pm to 8.00 pm

PROGRAMME SCHEDULE

Time	Programme
5.40 pm to 6.00 pm	Parayan of chapter
6.00 pm to 6.05 pm	Introduction of the Guest
6.05 pm to 7.05 pm	Session – I : on Bhagwadgita Chapter by the speaker
7.05 pm to 7.15 pm	Break
7.15 pm to 8.00 pm	Session – II
8.00 pm to 8.20 pm	Question Answer Session

Note : Please note that the theme of our course is 'Challenging the Challenges'. We request you to interweave this theme as part of your speech of Gita chapter



Teacher Incharge



Criteria Head





Principal

TOTAL NUMBER OF STUDENTS/PARTICIPANTS

Total number of Students/Participants (Attach List of Participants)	194
• Male	88
• Female	106

Sr.no	Student Name	Class	Division	Roll no	Name of College
1	Hetvi Ashish Thakkar	FYBA A	A	FDAR071A	KES Shroff College
2	Meet Hitesh Gohil	FYBA B	B	FDAR011B	KES Shroff College
3	Khushi Rupesh Sharma	FYBA B	B	FDAR027B	KES Shroff College
4	Ujwal Surendrakumar Pathak	FYBA B	B	FDAR022B	KES Shroff College
5	Suhani Ghanshyan Sharma	FYBA B	B	FDAR028B	KES Shroff College
6	Bhavika Gopal Kachhad	FYBA B	B	FDAR014B	KES Shroff College
7	Rohan Nandkumar Amberkar	FYBCOM A	A	FDCM005A	KES Shroff College
8	Vaishnavi Ashok Gupta	FYBCOM A	A	FDCM118A	KES Shroff College
9	Prachi Nilesh Dave	FYBCOM A	A	FDCM070A	KES Shroff College
10	Karan Jitendra Chauhan	FYBCOM A	A	FDCM044A	KES Shroff College
11	Salonee Sandeep Holam	FYBCOM B	B	FDCM014B	KES Shroff College
12	Nidhi Jayesh Thakkar	FYBCOM D	D	FDCM037D	KES Shroff College
13	Vrajesh Sunil Tanna	FYBCOM D	D	FDCM036D	KES Shroff College
14	Jenish Sharadkumar Pujara	FYBCOM E	E	FDCM105E	KES Shroff College
15	Jayprakash Raghav Gupta	FYBCOM E	E	FDCM129E	KES Shroff College
16	Navlesh Kishorilal Sharma	FYBCOM F	F	FDCM018F	KES Shroff College


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17	Riya Rajesh Shah	FYBCOM F	F	FDCM013F	KES Shroff College
18	Krishna Shrikant Rajbhar	FYBCOM F	F	FDCM105F	KES Shroff College
19	Soni Jee Suman Singh	FYBFM B	B	FDFM023B	KES Shroff College
20	Isha Mithilesh Mehta	FYBIM A	A	FDIM017A	KES Shroff College
21	Darshan Kirtibhai Solanki	FYBIM A	A	FDIM039A	KES Shroff College
22	Foram Tushar Chitalia	FYBMM A	A	FDMM013A	KES Shroff College
23	Palak Amrish Purohit	FYBMM B	B	FDMM065B	KES Shroff College
24	Riddhi Niraj Chatwani	FYBMS A	A	FDMS020A	KES Shroff College
25	Ekta Chirag Dhakan	FYBMS A	A	FDMS047A	KES Shroff College
26	Bhakti Kalpesh Mistry	FYBMS B	B	FDMS058B	KES Shroff College
27	Saarthak Gajanand Lodariya	FYBMS B	B	FDMS033B	KES Shroff College
28	Heet Sanjay Mistry	FYBMS B	B	FDMS061B	KES Shroff College
29	Mandar Manish Kapadia	FYBMS B	B	FDMS025B	KES Shroff College
30	Dev Komal Parekh	FYBMS B	B	FDMS071B	KES Shroff College
31	Mihir Nilesh Sonpal	FYBMS D	D	FDMS023D	KES Shroff College
32	Hetvi Rajesh Thakkar	FYBMS D	D	FDMS031D	KES Shroff College
33	Viraj Bhaskar Waghela	FYBMS D	D	FDMS078D	KES Shroff College
34	Rohan Pravin Shetrania	FYBMS D	D	FDMS006D	KES Shroff College
35	Ronit Sobhan Dedhia	FYBSCIT A	A	FDIT015A	KES Shroff College
36	Kushla Prem Ahlawat	SYBA A	A	SDAR072A	KES Shroff College
37	Vaibhavi Anil Shinde	SYBA A	A	SDAR055A	KES Shroff College
38	Urvika Rajesh Saraswat	SYBA A	A	SDAR073A	KES Shroff College

Teacher Incharge

Criteria Head



Principal

39	Nitesh Suresh Gupta	SYBA B	B	SDAR026B	KES Shroff College
40	Lalit Anant More	SYBA B	B	SDAR023B	KES Shroff College
41	Hiten Sunil Kagda	SYBAF C	C	SDAF049C	KES Shroff College
42	Gautam Santosh Yadav	SYBAF D	D	SDAF060D	KES Shroff College
43	Shubhangi Bipin Parmar	SYBBI B	B	SDBI031B	KES Shroff College
44	Aditya Prakash Vora	SYBCOM B	B	SDCM108B	KES Shroff College
45	Jignesh Vishnu Waghela	SYBCOM B	B	SDCM111B	KES Shroff College
46	Vamakshi Manishkumar Vora	SYBCOM B	B	SDCM109B	KES Shroff College
47	Mihir Dinesh Chauhan	SYBCOM C	C	SDCM014C	KES Shroff College
48	Sanjana Babu Parmar	SYBCOM C	C	SDCM104C	KES Shroff College
49	Shailendra Dharmendra Gupta	SYBCOM C	C	SDCM051C	KES Shroff College
50	Ritiksha Rajesh Piwal	SYBCOM E	E	SDCM070E	KES Shroff College
51	Sakshi Abhay Jha	SYBCOM E	E	SDCM122E	KES Shroff College
52	Shailendra Mansukh Vaghasiya	SYBFM B	B	SDFM003B	KES Shroff College
53	Priyanka Nirmal Das	SYBIM A	A	SDIM007A	KES Shroff College
54	Miral Rakesh Jobalia	SYBMM B	B	SDMM039B	KES Shroff College
55	Riya Suresh Pithwa	SYBMM B	B	SDMM043B	KES Shroff College
56	Harsh Kirtikumar Panchal	SYBMM B	B	SDMM019B	KES Shroff College
57	Anamika Vinod Dubey	SYBMM B	B	SDMM052B	KES Shroff College
58	Aashish Ashok Adhav	SYBMS B	B	SDMS001B	KES Shroff College
59	Tisha Jayesh Dhorda	SYBMS B	B	SDMS005B	KES Shroff College
60	Meet Dilip Bhatt	SYBMS B	B	SDMS039B	KES Shroff College

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Teacher Incharge

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Criteria Head




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Principal

61	Krishna Vinod Goswami	SYBMS C	C	SDMS015C	KES Shroff College
62	Ria Revannath Kolvekar	TYBA A	A	TDAR045A	KES Shroff College
63	Kruti Yogesh Tarsariya	TYBA A	A	TDAR103A	KES Shroff College
64	Bhavika Rajesh Kalla	TYBA A	A	TDAR041A	KES Shroff College
65	Pooja Prakash Sharma	TYBA B	B	TDAR009B	KES Shroff College
66	Riya Tribhuvan Joshi	TYBA B	B	TDAR024B	KES Shroff College
67	Prajakta Anil Avhad	TYBAF A	A	TDAF005A	KES Shroff College
68	Anita Vinodkumar Chaurasiya	TYBAF A	A	TDAF033A	KES Shroff College
69	Jainam Dipesh Doshi	TYBAF A	A	TDAF051A	KES Shroff College
70	Kaivalya Nimit Kapadia	TYBAF B	B	TDAF027B	KES Shroff College
71	Abhishek Purushottam Jagtap	TYBAF B	B	TDAF009B	KES Shroff College
72	Alka Vijay Gaud	TYBAF B	B	TDAF068B	KES Shroff College
73	Piyush Kirti Purohit	TYBAF C	C	TDAF041C	KES Shroff College
74	Rishabh Ajay Pandey	TYBAF C	C	TDAF016C	KES Shroff College
75	Manthan Vinod Patel	TYBAF C	C	TDAF032C	KES Shroff College
76	Vedant Mahesh Pandit	TYBAF C	C	TDAF017C	KES Shroff College
77	Priyanka Hemendra Khasiya	TYBBI A	A	TDBI032A	KES Shroff College
78	Dayal Vijay Wakkar	TYBBI B	B	TDBI019B	KES Shroff College
79	Pratiksha Prasad Naik	TYBCOM A	A	TDCM110A	KES Shroff College
80	Kartik Keshav Nayak	TYBCOM A	A	TDCM114A	KES Shroff College
81	Vrushali Suresh Raval	TYBCOM B	B	TDCM037B	KES Shroff College
82	Krishna Mayur Parekh	TYBCOM B	B	TDCM002B	KES Shroff College



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Principal

83	Khushi Bharat Parmar	TYBCOM B	B	TDCM003B	KES Shroff College
84	Shyam Anil Pithadia	TYBCOM B	B	TDCM019B	KES Shroff College
85	Nikhil Nilesh Sharma	TYBCOM B	B	TDCM067B	KES Shroff College
86	Preet Padmakar Bare	TYBCOM E	E	TDCM005E	KES Shroff College
87	Unnati Amish Pandya	TYBCOM E	E	TDCM051E	KES Shroff College
88	Deepika Pravinbhai Pithwa	TYBCOM E	E	TDCM065E	KES Shroff College
89	Maithilee Madhavbindu Kadam	TYBCOM E	E	TDCM027E	KES Shroff College
90	Abhishek Ketankumar Motla	TYBCOM E	E	TDCM044E	KES Shroff College
91	Kashmira Ulhas Roge	TYBCOM E	E	TDCM073E	KES Shroff College
92	Riya Yogesh Mewada	TYBCOM E	E	TDCM041E	KES Shroff College
93	Shubham Haresh Chavan	TYBCOM E	E	TDCM010E	KES Shroff College
94	Ribha Bhushan Prasad	TYBCOM E	E	TDCM069E	KES Shroff College
95	Ashish Govindram Uniyal	TYBCOM E	E	TDCM090E	KES Shroff College
96	Apeksha Dinesh Katpara	TYBCOM E	E	TDCM030E	KES Shroff College
97	Rutu Bharat Patel	TYBCOM E	E	TDCM062E	KES Shroff College
98	Meet Kantilal Jain	TYBFM A	A	TDFM022A	KES Shroff College
99	Saiyam Paresh Jain	TYBFM A	A	TDFM023A	KES Shroff College
100	Shubham Ashwin Chhag	TYBFM A	A	TDFM011A	KES Shroff College
101	Aniket Manoj Tiwari	TYBFTM A	A	TDTM014A	KES Shroff College
102	Devang Vishnu Vyas	TYBFTM A	A	TDTM022A	KES Shroff College
103	Jatant Dipu Desai	TYBFTM A	A	TDTM002A	KES Shroff College
104	Bhairavi Vivek Davate	TYBMM A	A	TDMM013A	KES Shroff College


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Principal

105	Vaibhav Arun Kanadia	TYBMM B	B	TDMM029B	KES Shroff College
106	Jhanvi Sandeep Sheth	TYBMM B	B	TDMM018B	KES Shroff College
107	Mansi Rajendraprasad Mistri	TYBMM C	C	TDMM005C	KES Shroff College
108	Satyam Sukhraj Gupta	TYBMS A	A	TDMS033A	KES Shroff College
109	Mayarani Nitin Gaitonde	TYBMS A	A	TDMS026A	KES Shroff College
110	Aishwarya Umesh Bhagwat	TYBMS A	A	TDMS005A	KES Shroff College
111	Ishita Ajay Gala	TYBMS A	A	TDMS027A	KES Shroff College
112	Aayushi Umesh Dave	TYBMS A	A	TDMS019A	KES Shroff College
113	Jahanvi Jitesh Hindocha	TYBMS A	A	TDMS035A	KES Shroff College
114	Priti Vinod Tiwari	TYBMS B	B	TDMS061B	KES Shroff College
115	Pavitra Kulin Sampat	TYBMS B	B	TDMS029B	KES Shroff College
116	Pratik Kishor Vaidya	TYBMS B	B	TDMS064B	KES Shroff College
117	Nitin Ramesh Gummula	TYBMS C	C	TDMS022C	KES Shroff College
118	Utsavi Jatin Adhyaru	TYBMS C	C	TDMS001C	KES Shroff College
119	Keyur Jashwant Godhania	TYBMS C	C	TDMS021C	KES Shroff College
120	Pradeep Narendrasinh Dabhi	TYBMS C	C	TDMS010C	KES Shroff College
121	Jenish Girdharnbhai Gevariya	TYBMS C	C	TDMS019C	KES Shroff College
122	Harsh Hemal Doshi	TYBMS D MKT	D	TDMS047D	KES Shroff College
123	Riya Bhatt	Outsider	Outsider	Outsider	Outsider
124	Dr. Sangeeta Unadkat	Outsider	Outsider	Outsider	Outsider
125	Pranjal Surve	TYB.COM	B	TYB.COM/B/84	KES Shroff College
126	Darshan Mody	SYBSCIT	A	SYBSCIT/A/41	KES Shroff College
127	Twinkle Shah	SYBMM	A	SYBMM/A/53	KES Shroff College

Teacher Incharge

Criteria Head



Principal

128	Hetvi Thakkar	FYBA	A	FYBA/A/71	KES Shroff College
129	Rishar Kotian	TYBMS A	A	TYBMS/A/52	KES Shroff College
130	Vrishit Chauhan	SYBAF A	A	SYBAF/A/04	KES Shroff College
131	Pratham Harsora	SYBCOM A	A	SYBCOM/A/71	KES Shroff College
132	Esha Makwana	SYBSCIT	A	SYBSCIT/A/37	KES Shroff College
133	Vedant Raut	SYBCOM E	E	SYBCOM/E/75	KES Shroff College
134	Niyati Jani	TYBMS C	C	TYBMS/C/30	KES Shroff College
135	Pratham Pandit	SYBSCIT A	A	SYBSCIT/A/44	KES Shroff College
136	Kartikay Hamirani	TYBMS A	A	TYBMS/A/34	KES Shroff College
137	Laxmi Kudtarkar	TYBCOM A	A	TYBCOM/A/88	KES Shroff College
138	Dipti Buch	Outsider	Outsider	Outsider	Outsider
139	Krishna Naishadh Shah	TYBCOM C	C	TYBCOM/C/81	KES Shroff College
140	Bhavyesh Vijay Supeda	TYBCOM C	C	TYBCOM/C/88	KES Shroff College
141	Shubham Bharat Dave	Outsider	Outsider	Outsider	Outsider
142	Mohit Jitendra Pansuriya	SYBA A	A	SYBA/A/36	KES Shroff College
143	Medhavi Bali Chakraborty	Outsider	Outsider	Outsider	Outsider
144	Shubh Ketan Gangar	Outsider	Outsider	Outsider	Outsider
145	Mukesh Gotecha	Outsider	Outsider	Outsider	Outsider
146	Gunjan Rampariya	Outsider	Outsider	Outsider	Outsider
147	Nishka Katariya	Outsider	Outsider	Outsider	Outsider
148	Vyum Raja	Outsider	Outsider	Outsider	Outsider
149	Rajesh Shah	Outsider	Outsider	Outsider	Outsider
150	Meghana Gandhi	Outsider	Outsider	Outsider	Outsider
151	Vandana Shah	Outsider	Outsider	Outsider	Outsider
152	Prerak Sanghavi	Outsider	Outsider	Outsider	Outsider
153	Hiten Mehta	Outsider	Outsider	Outsider	Outsider
154	Kinjal Rampariya	Outsider	Outsider	Outsider	Outsider
155	Paarth Ghia	Outsider	Outsider	Outsider	Outsider


Teacher Incharge

Criteria Head




Principal

156	Rashmi Dilip Raja	Outsider	Outsider	Outsider	Outsider
157	Vansh Bhatt	Outsider	Outsider	Outsider	Outsider
158	Heena Bhide	Outsider	Outsider	Outsider	Outsider
159	Jayesh Chitalia	Outsider	Outsider	Outsider	Outsider
160	Bina Chitalia	Outsider	Outsider	Outsider	Outsider
161	Rajesh Bhayani	Outsider	Outsider	Outsider	Outsider
162	Arvind Yogi	Outsider	Outsider	Outsider	Outsider
163	Charu Parekh	Outsider	Outsider	Outsider	Outsider
164	Indira Upadhyay	Outsider	Outsider	Outsider	Outsider
165	Kesar Velji Mange	Outsider	Outsider	Outsider	Outsider
166	Deepali Bhanushali	Outsider	Outsider	Outsider	Outsider
167	Velji Karsandas Mange	Outsider	Outsider	Outsider	Outsider
168	Arvind Karsandas Bhanushali	Outsider	Outsider	Outsider	Outsider
169	Shraddha Jagdish Bhanushali	Outsider	Outsider	Outsider	Outsider
170	Kajal Vasant Mange	Outsider	Outsider	Outsider	Outsider
171	Usha Mahendra Doshi	Outsider	Outsider	Outsider	Outsider
172	Asha Upendra Shah	Outsider	Outsider	Outsider	Outsider
173	Dhruvi Divyesh Khandhedia	Outsider	Outsider	Outsider	Outsider
174	Preet Hemant Khandhedia	Outsider	Outsider	Outsider	Outsider
175	Soni Maitry	Outsider	Outsider	Outsider	Outsider
176	Arpita Nikunj Mehta	Outsider	Outsider	Outsider	Outsider
177	Mahesh Shah	Outsider	Outsider	Outsider	Outsider
178	Tanmay Doshi	Outsider	Outsider	Outsider	Outsider
179	Siddhi Shah	Outsider	Outsider	Outsider	Outsider
180	Kapil Rameshkumar Vasani	Outsider	Outsider	Outsider	Outsider
181	Hakani Priyanka Vivek	Outsider	Outsider	Outsider	Outsider
182	Bhaven Selarka	Outsider	Outsider	Outsider	Outsider
183	Rita Sureshkumar Nair	Outsider	Outsider	Outsider	Outsider
184	Hemangini Ramdut Brahmachari	Outsider	Outsider	Outsider	Outsider
185	Dr. POOJA DILIPKUMAR KHATRI	Outsider	Outsider	Outsider	Outsider
186	Rajeshwariben Dilipkumar Khatri	Outsider	Outsider	Outsider	Outsider


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187	Tilokani Seema	Outsider	Outsider	Outsider	Outsider
188	Shobhana A Parekh	Outsider	Outsider	Outsider	Outsider
189	Meera Gotecha	Outsider	Outsider	Outsider	Outsider
190	Paresh Thakorbbhai Rathod	Outsider	Outsider	Outsider	Outsider
191	Krupa Gandhi	Outsider	Outsider	Outsider	Outsider
192	Jagruti Parekh	Outsider	Outsider	Outsider	Outsider
193	Pooja Kotak	Outsider	Outsider	Outsider	Outsider
194	Pallavi Jignesh Joshi	Outsider	Outsider	Outsider	Outsider



Teacher Incharge



Criteria Head



Principal

GEOTAGGED/NORMAL PHOTOGRAPHS

ॐ श्रीपरमात्मने नमः
श्रीमद्भगवद्गीता

• श्रीभगवानुवाच ।

• इमं विवस्वते योगं प्रोक्तवानहमव्ययम् ।
विवस्वान्मनवे प्राह मनुरिक्ष्वाकवेऽब्रवीत् ॥४-१॥

• śrībhagavānuvāca ।

• imaṃ vivasvate yogaṃ proktavānahamavyayan
vivasvānmanave prāha manurikṣvākave'bravīt ॥4-1॥



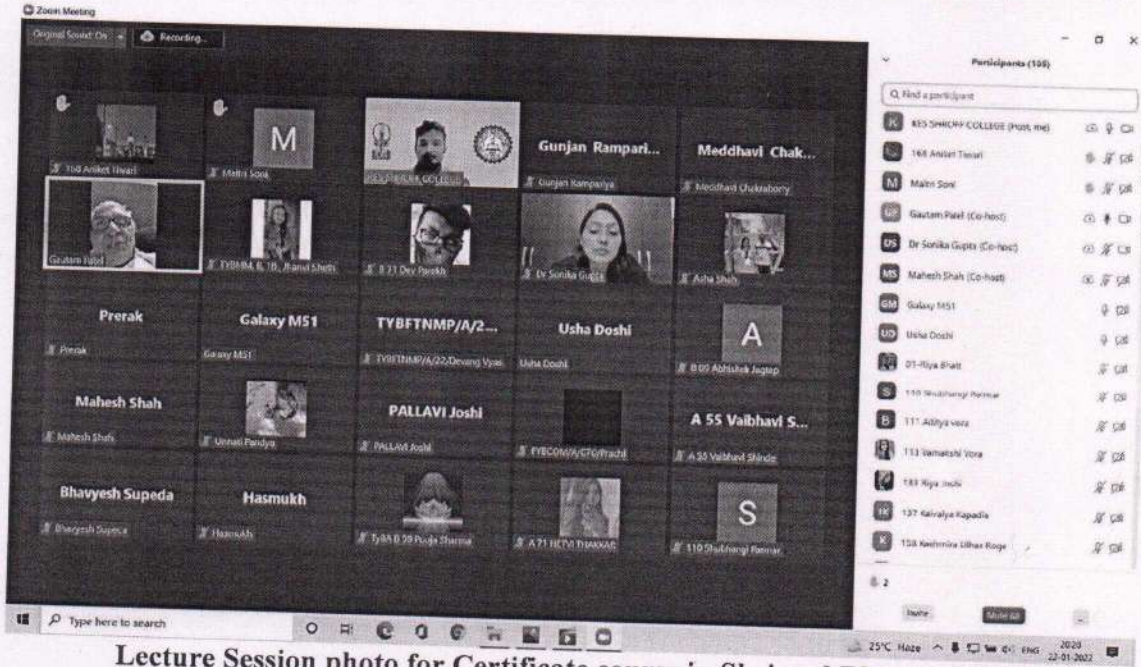
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10

Email: sanskritfromhome@vyomalabs.in

Lecture Session photo for Value Added Certificate course in Shrimad Bhagwad Gita



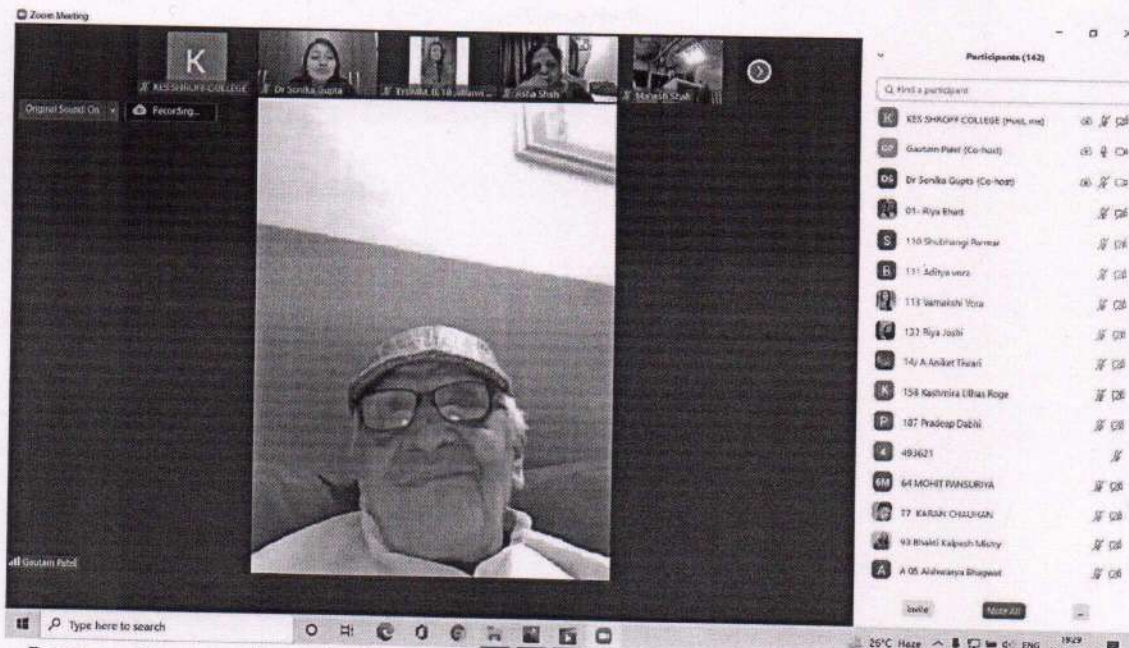
Lecture Session photo for Certificate course in Shrimad Bhagwad Gita

Teacher Incharge

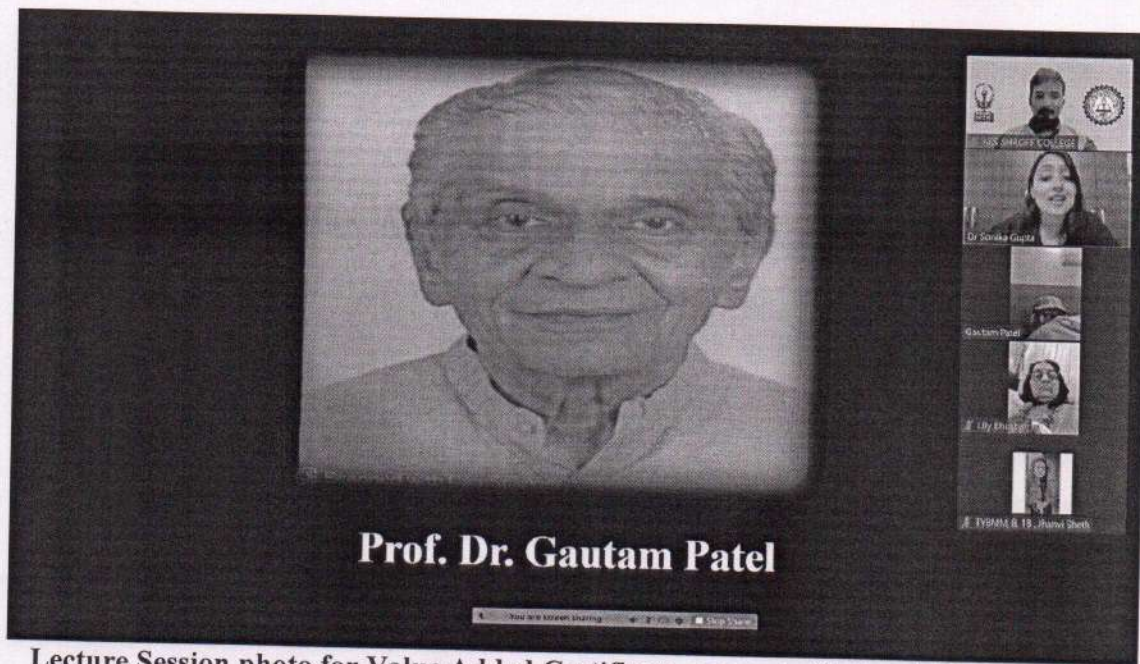
Criteria Head




Principal



Lecture Session photo for Value Added Certificate course in Shrimad Bhagwad Gita




Lecture Session photo for Value Added Certificate course in Shrimad Bhagwad Gita


Teacher Incharge

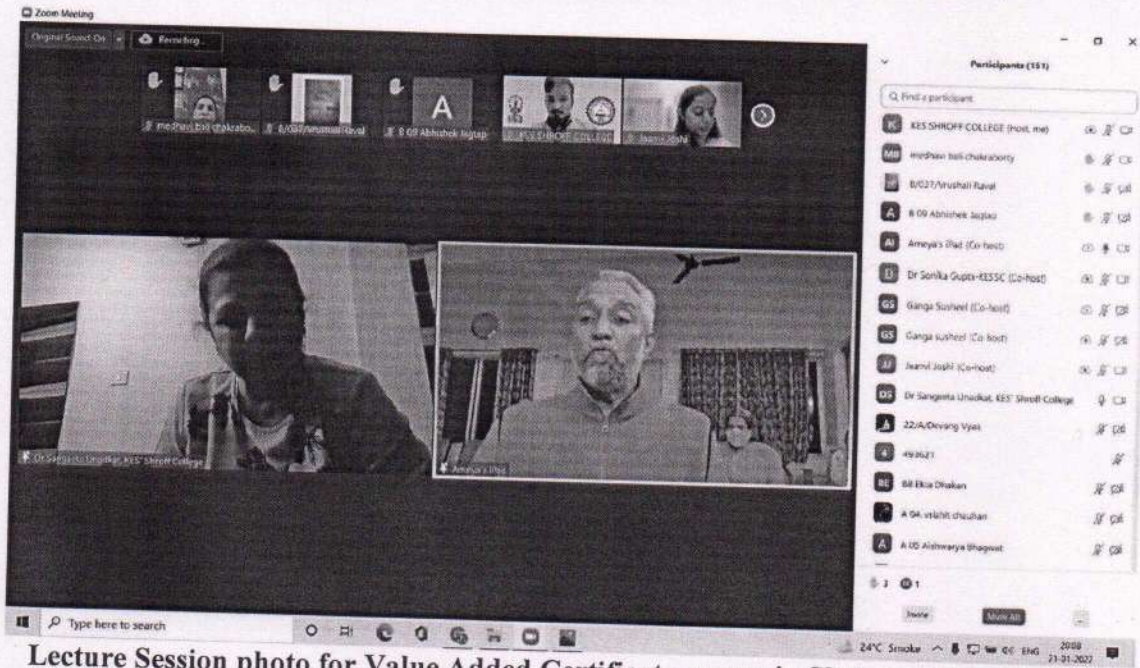

Criteria Head





Principal



Lecture Session photo for Value Added Certificate course in Shrimad Bhagwad Gita



Lecture Session photo for Value Added Certificate course in Shrimad Bhagwad Gita


Teacher Incharge


Criteria Head





Principal




Lecture Session photo for Value Added Certificate course in Shrimad Bhagwad Gita




Lecture Session photo for Value Added Certificate course in Shrimad Bhagwad Gita


Teacher Incharge


Criteria Head





Principal




Lecture Session photo for Value Added Certificate course in Shrimad Bhagwad Gita



Lecture Session photo for Value Added Certificate course in Shrimad Bhagwad Gita


Teacher Incharge


Criteria Head





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


Lecture Session photo for Value Added Certificate course in Shrimad Bhagwad Gita




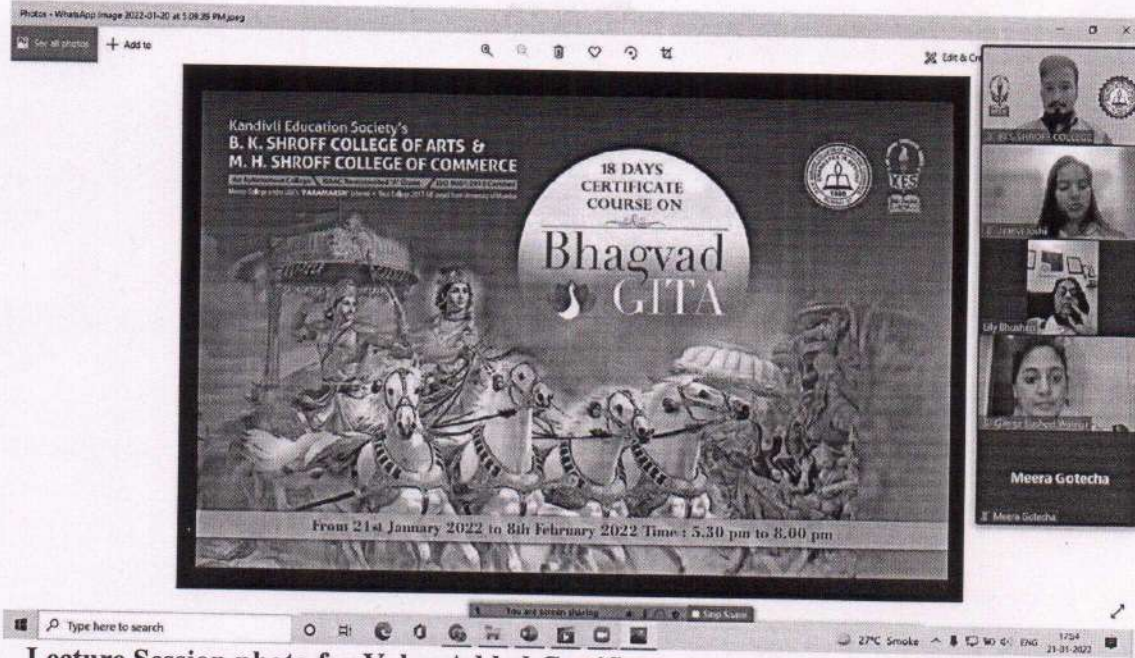
Le Lecture Session photo for Value Added Certificate course in Shrimad Bhagwad Gita


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Criteria Head





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Lecture Session photo for Value Added Certificate course in Shrimad Bhagwad Gita


Teacher Incharge


Criteria Head




Principal

BRIEF REPORT OF EVENT /ACTIVITY

The Bhagavad Gita is one of India's ancient texts, highly revered ever. It gives philosophical, systematic understanding of life, on what to imbibe and what to leave behind, and also on how to stand tall in a world full of challenges and changes. Being a representational and highly symbolic text, the battlefield represents the constant battle that goes on in our minds and how we can overcome difficulty, self-doubt, and ultimately how to live a life of truth, purpose and happiness. Thus, the Bhagavad Gita holds the key to social transformation through personal transformation.

Life is full of challenges and we aspire to fulfil our dreams and overcome the obstacle of the challenging life. We may be successful or we may not be successful, this is a common experience of happiness and sadness, depression and delightfulness. In all the situations, maintaining balance and routing ourselves to the process of progress among itself act as challenging the challenges.

Theme: Challenging the Challenges

The understanding of Gita will enable a learner to have focus, calm mind, decision-making skills and have a compassionate / empathetic attitude towards others. Krishna urges Arjuna to approach his difficulties with an open and unoccupied mind, the mind which is uncluttered by memories / reactions of the past or anxiety about the future. To develop such a character and inner strength is a challenge to be challenged.

LINK FOR YOU TUBE VIDEOS

CERTIFICATE COURSE ON BHAGAVAD GITA [Chapter 1]
<https://www.youtube.com/watch?v=WDRGpc5O2qc>

CERTIFICATE COURSE ON BHAGAVAD GITA [Chapter 2]
<https://www.youtube.com/watch?v=YYGUHsC13PY>

CERTIFICATE COURSE ON BHAGAVAD GITA [Chapter 3]
<https://www.youtube.com/watch?v=uZ7GcX0JiYA>

CERTIFICATE COURSE ON BHAGAVAD GITA [Chapter 4]
<https://www.youtube.com/watch?v=UWZEC1v57i4>

CERTIFICATE COURSE ON BHAGAVAD GITA [Chapter 5]
https://www.youtube.com/watch?v=CKc8jBk2L_Q

CERTIFICATE COURSE ON BHAGAVAD GITA [Chapter 6]
<https://www.youtube.com/watch?v=1-jIBY90ZHc>

CERTIFICATE COURSE ON BHAGAVAD GITA [Chapter 7]
<https://www.youtube.com/watch?v=nvHG1LhmbFA>

CERTIFICATE COURSE ON BHAGAVAD GITA [Chapter 8]
<https://www.youtube.com/watch?v=cC-xTpeLaiw>

Teacher Incharge

Criteria Head



Principal



Kandivli Education Society's
**B. K. SHROFF COLLEGE OF ARTS &
M. H. SHROFF COLLEGE OF COMMERCE**

An Autonomous College NAAC Re-accredited 'A' Grade ISO 9001:2015 Certified

OS I - Gauge 'Gold Rating' & 'Institute of Happiness' Award

Mentor College under UGC's 'PARAMARSH' Scheme • 'Best College 2017-18' award from University of Mumbai

Criterion-V:
Student Support
and Progression

CERTIFICATE COURSE ON BHAGAVAD GITA [Chapter 9]
<https://www.youtube.com/watch?v=kC9L4PvDeD4>

CERTIFICATE COURSE ON BHAGAVAD GITA [Chapter 10]
<https://www.youtube.com/watch?v=wEurGR4DnsU>

CERTIFICATE COURSE ON BHAGAVAD GITA [Chapter 11]
<https://www.youtube.com/watch?v=tZHTQuiV9KU>

CERTIFICATE COURSE ON BHAGAVAD GITA [Chapter 12]
https://www.youtube.com/watch?v=jv4f_MP0tJo

CERTIFICATE COURSE ON BHAGAVAD GITA [Chapter 13]
<https://www.youtube.com/watch?v=GM1ZIfquX5Y>

CERTIFICATE COURSE ON BHAGAVAD GITA [Chapter 14]
<https://www.youtube.com/watch?v=wxtVbgvxBd4>

CERTIFICATE COURSE ON BHAGAVAD GITA [Chapter 15]
<https://www.youtube.com/watch?v=IPOGOy-Q5ns>

CERTIFICATE COURSE ON BHAGAVAD GITA [Chapter 16]
<https://youtu.be/cpghfMxqZZ4>


CERTIFICATE COURSE ON BHAGAVAD GITA [Chapter 17]
https://www.youtube.com/watch?v=ZuYc9_P9xms

CERTIFICATE COURSE ON BHAGAVAD GITA [Chapter 18]
<https://youtu.be/PqjZ3jRsyAg>


Teacher Incharge


Criteria Head




Principal



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Criterion-V:
Student
Support and
Progression

NCC
YOGA DAY PRACTICE

SR.NO.	PARTICULARS OF EVENT/ ACTIVITY	DATA
1.	Date / Day	15 th June to 19 th June 2021(Tuesday to Saturday)
2.	Time	7:00 am to 7:35: am
3.	Venue	Zoom platform
4.	Platform (online/offline)	Online
5.	Name of activity	Yoga Day Practice
6.	RECORDS OF ACTIVITY / EVENT	
7.	Notice for activity	Attached
8.	Total number of Students/Participants	86
	• Male	46
	• Female	40
10.	Geotagged/Normal Photographs	Yes
11.	Brief report of Event /Activity	Attached


NCC, ANO/CTO


Criteria Head




Principal

Notice of the event (Whatsapp or related digital media)

International Yoga Day
jaishree, KES, Kes, Manoj, Ranjana, Sanjay, Sonyabapu, +91 91670 97475, +91 98199 49305, You

6/17/2021
Raj Pokia : 91525 26927

Stay home stay safe 4:45 PM ✓

Practice day duties include :

1. Login to zoom id
2. Start meeting
3. Make sure meeting is recorded on cloud
4. Play video from 14.6 min.
5. Telling students to login with their Course_Name or Association_name
6. Take 2 or 3 screenshot (make sure the students video is on)
7. End the session and download usage report as attendance proof.

Note : screenshots and attendees report of zoom to be share over this group itself 4:48 PM ✓

JAI HIND

NOTICE

All are invited to attend Pre-Yoga Day training sessions jointly organised by NSS, NCC and DLLE units of KES' Shroff College of Arts and Commerce

Date:- 15th June to 20th 2021

Place:-Zoom Platform

*Link:- *
Join Zoom Meeting
<https://us02web.zoom.us/j/87144975170?pwd=RGdqMTFoMINBUE14VEQ5R2xCa3J2Zz09>

Time:-7.00am - 8.00am

International Yoga Day
jaishree, KES, Kes, Manoj, Ranjana, Sanjay, Sonyabapu, +91 91670 97475, +91 98199 49305, You

4. Play video from 14.6 min.

5. Telling students to login with their Course_Name or Association_name
6. Take 2 or 3 screenshot (make sure the students video is on)
7. End the session and download usage report as attendance proof.

Note : screenshots and attendees report of zoom to be share over this group itself 4:49 PM ✓

JAI HIND

NOTICE

All are invited to attend Pre-Yoga Day training sessions jointly organised by NSS, NCC and DLLE units of KES' Shroff College of Arts and Commerce

Date:- 15th June to 20th 2021

Place:-Zoom Platform

*Link:- *
Join Zoom Meeting
<https://us02web.zoom.us/j/87144975170?pwd=RGdqMTFoMINBUE14VEQ5R2xCa3J2Zz09>

Time:-7.00am - 8.00am

For queries contact:-
Raj Pokia : 91525 26927

Stay home stay safe 4:50 PM ✓

Kes Jigna Ma'am
This message was deleted 4:50 PM ✓

NCC, ANO/CTO

Criteria Head



Principal

Total number of Students/Participants (Attach List of Participants)

	Male	Female	Total
Student Data	43	36	79
Faculty	3	4	7
	46	40	86

Male: 46

Female: 40

Sr. No	Name	Gender	NSS/ NCC/D LLE/SP ORTS/	Year	Programme	Div	Roll No
1	Dhairya Sampat	Male	DLLE	Second Year	B.Com (Banking and Insurance)	B	15
2	Ruchita Thanabalan	Female	Other	Second Year	BA	B	43
3	Shalini Pandey	Female	DLLE	Second Year	B.Com (Regular)	B	57
4	Shiksha Singh	Female	Other	Second Year	BMS (Regular)	E	40
5	Daniel Nadar	Male	DLLE	Second Year	B.Com (Regular)	B	42
6	Deepti Raj	Female	Other	Third Year	B.Com (Regular)	B	29
7	Jyoti Gupta	Female	Other	First Year	B.Com (Regular)	B	8
8	Dhara Visaria	Female	Other	First Year	B.Com (Banking And Insurance)	B	30
9	Mahesh Lavate	Male	Other	Third Year	BA	H	45
10	Avinash Singh	Male	Other	Third Year	BMS (Regular)	A	14
11	Shubham Gupta	Male	Other	Second Year	<u>Bsc.IT</u>	A	34
12	Ashish Kathrotiya	Male	Other	Third Year	<u>Bsc.IT</u>	B	2
13	Keyur Saraiya	Male	DLLE	Second Year	B.Com (Regular)	E	54

NCC, ANO/CTO

Criteria Head



Principal

14	Nitesh Gupta	Male	Other	First Year	BA	B	6
15	Sakshi Bharakhada	Female	Other	Third Year	B.Com (Regular)	A	19
16	Ratnesh Gupta	Male	Other	First Year	B.Com (Regular)	D	110
17	Ujval Limbachiya	Male	Other	Second Year	B.Com (Regular)	B	17
18	Swati Prajapati	Female	DLLE	First Year	B.Com (Regular)	C	66
19	Sheldon Lobo	Male	Other	Second Year	B.Com (Regular)	D	118
20	Manoj Singh	Male	Other	First Year	B.Com (Regular)	A	A
21	Elumalai Yadav	Male	Other	First Year	B.Com (Accounting And Finance)	A	14
22	Anjali Khatri	Female	Other	First Year	B.Com (Regular)	B	58
23	Aagam Shah	Male	DLLE	Second Year	B.Com (Regular)	C	16
24	Jhanvi Shah	Female	Other	Third Year	B.Com (Regular)	B	68
25	Sneha Gupta	Female	Other	Second Year	B.Com (Financial Markets)	B	26
26	Dollu Mehta	Female	Other	First Year	B.Com (Investment Management)	A	27
27	Laxmi Kudtarkar	Female	Sports	Second Year	B.Com (Regular)	E	9
28	Mansi Bhorning	Female	NSS	First Year	BMS (Regular)	A	29
29	Akash Joshi	Male	NSS	First Year	B.Com (Accounting And Finance)	B	3
30	Maulik Vasoya	Male	NSS	First Year	BMS (Regular)	A	81
31	Janvi Solanki	Female	NSS	First Year	B.Com (Regular)	D	46
32	Vanshita Gohil	Female	NSS	First Year	B.Com (Regular)	E	42

NCC, ANO/CTO

Criteria Head



Principal

33	Sahil Doshi	Male	NSS	First Year	<u>Bsc.IT</u>	A	43
34	Vidhi Shah	Female	NSS	First Year	B.Com (Regular)	D	17
35	Ajay Gupta	Male	NSS	Second Year	<u>Bsc.IT</u>	A	10
36	Parshva Gandhi	Male	NSS	Second Year	<u>Bsc.IT</u>	B	46
37	Priyanka Das	Female	NSS	Second Year	BMS (Regular)	E	5
38	Dhruvit Kathiriya	Male	NSS	First Year	B.Com (Regular)	B	52
39	Hinal Shah	Female	NSS	First Year	B.Com (Regular)	D	4
40	Ankit Mehta	Male	NSS	First Year	B.Com (Accounting And Finance)	B	44
41	Shubham Thakur	Male	NSS	First Year	B.Com (Accounting And Finance)	D	39
42	Laxmi Sharma	Female	NSS	First Year	B.Com (Regular)	D	27
43	Dhruvi Kotecha	Female	NSS	First Year	B.Com (Regular)	B	61
44	Monika Chunchu	Female	NSS	First Year	BMS (Regular)	A	39
45	Nitesh Kushwaha	Male	NSS	Second Year	B.Com (Regular)	B	71
46	Vatsal Shah	Male	NSS	First Year	B.Com (Financial Markets)	B	32
47	Pratham Mehta	Male	NSS	First Year	B.Com (Accounting And Finance)	B	49
48	Krupa Parmar	Female	NSS	First Year	BMS (Regular)	C	29
49	Varun Kesaria	Male	NSS	First Year	B.Com (Regular)	B	53
50	Vanshita Gohil	Female	NSS	First Year	B.Com (Regular)	E	42
51	Vraj Darji	Male	NSS	Second Year	B.Com (Regular)	B	47

NCC, ANO/CTO

Criteria Head



Principal

52	Namasvi Gandhi	Female	NSS	First Year	B.Com (Accounting And Finance)	A	48
53	Hitanshi Thakkar	Female	NSS	First Year	B.Com (Regular)	F	60
54	Esha Makwana	Female	NSS	First Year	<u>Bsc.IT</u>	B	56
55	Simmi Dubey	Female	NSS	First Year	BAMMC	A	30
56	Jigisha Poriya	Female	NCC	Second Year	B.Com (Regular)	B	83
57	Sonu Devendra	Male	NCC	Third Year	B.Com (Regular)	A	46
58	Kewal Rathod	Male	NCC	First Year	B.Com (Accounting And Finance)	C	34
59	Namrata Pal	Female	NCC	Second Year	BA	B	26
60	Dhaval Babar	Male	NCC	Third Year	B.Com (Regular)	C	98
61	Akshay Kharsadia	Male	NCC	Second Year	BA	A	3
62	Aryan Namaye	Male	NCC	Second Year	B.Com (Regular)	B	74
63	Gaurav Mishra	Male	NCC	Second Year	B.Com (Regular)	C	99
64	Lalit More	Male	NCC	Second Year	BA	B	14
65	Sejal Gupta	Female	NCC	Third Year	BA	A	16
66	Priyanshu Sojitra	Male	NCC	Second Year	B.Com (Regular)	B	72
67	Shivam Sharma	Male	NCC	Second Year	B.Com (Financial Markets)	B	69
68	Sagar Parmar	Male	NCC	First Year	B.Com (Regular)	D	108
69	Raj Pokiya	Male	NCC	Third Year	BA	A	40
70	Rambaras Thapa	Male	NCC	Second Year	B.Com (Regular)	B	42
71	Prateet Shah	Male	NCC	Second Year	B.Com (Regular)	B	76
72	Mihir Sharma	Male	NCC	Third Year	BMS (Regular)	E	37

NCC, ANO/CTO

Criteria Head




Principal

73	Priyanshu Sojitra	Male	NCC	Second Year	B.Com (Regular)	B	72
74	Shrutika Chavan	Female	NCC	Second Year	Junior College	C	54
75	Nitin Pathak	Male	NCC	Second Year	BMS (Regular)	D	10
76	Mansi Kadam	Female	NCC	First Year	<u>Bsc.IT</u>	A	45
77	Darshana Shinde	Female	NCC	Second Year	Junior College	A	108 (Science)
78	Mahima Bharakhada	Female	NCC	Second Year	Junior College	A	80
79	Suman Yadav	Female	NCC	Second Year	Junior College	B	64


FACULTY DATA			
Sr. No	Name	Gender	Designation
1	Dr. Arun Laxman Chandane	Male	Assistant Professor
2	Ms.Jigna Ankur Vyas	Female	Assistant Professor
3	Ms. Mrunali Sawant	Female	Assistant Professor
4	Ms.Ranjana	Female	Assistant Professor
5	Ms. Jayshri Jayraj Lokhande	Female	Assistant Professor
6	Dr.Vijay ShashikantTandalekar	Male	Gymkhana Member
7	Dr. Sanjay Kumar Mishra	Male	Assistant Professor

I certify that the above participants attended the event.


NCC, ANO/CTO


Criteria Head






Principal

Geotagged/Normal Photographs




Practice Day 1


NCC, ANO/CTO

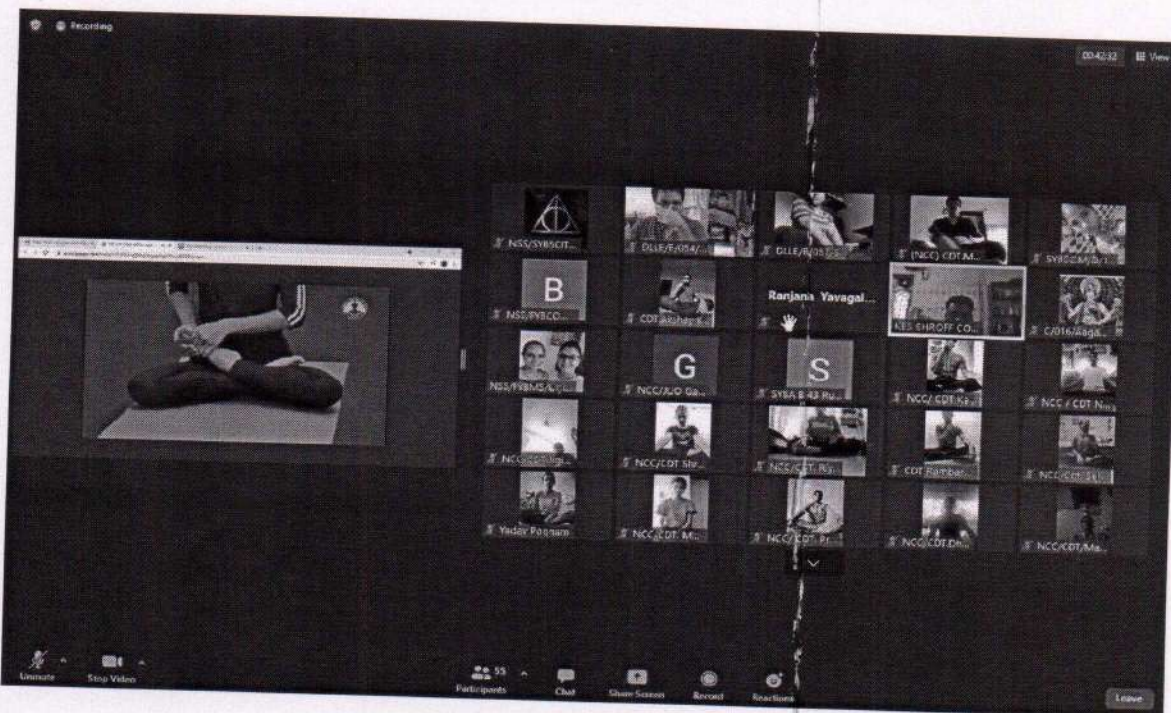

Criteria Head




Principal



Practice Day 2



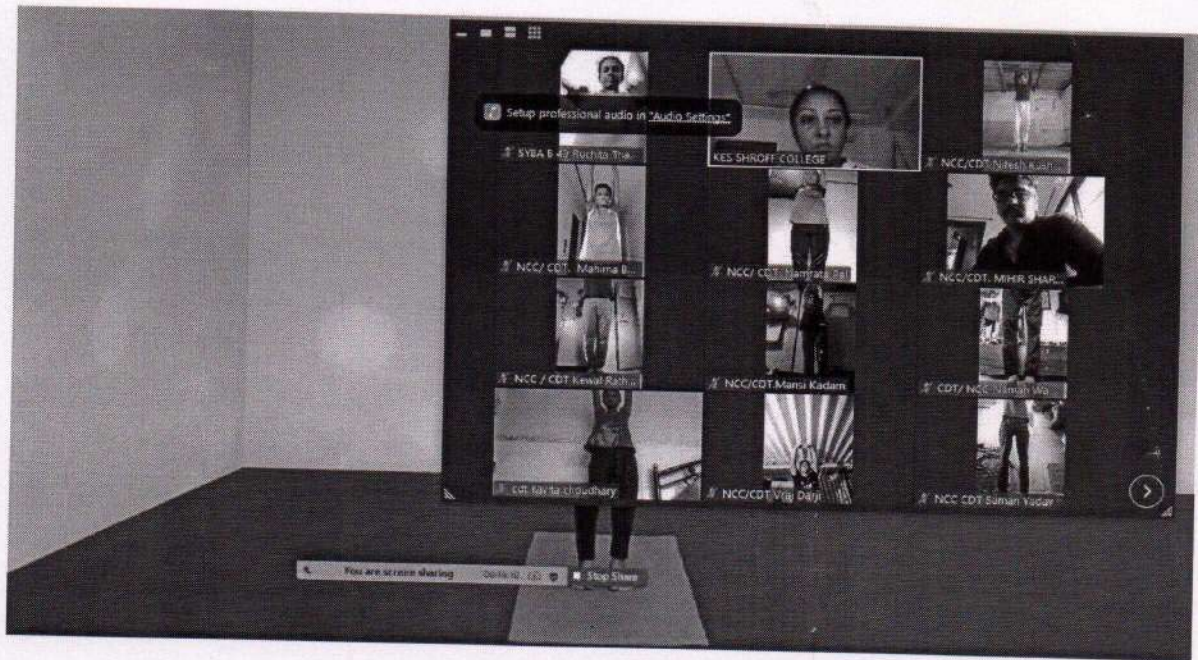
Practice Day 3


NCC, ANO/CTO



Criteria Head





Principal



Practice Day 4


NCC, ANO/CTO


Criteria Head




Principal



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**Criterion-V:
Student
Support and
Progression**

Brief report of Activity

Yoga Day Practice

15th June to 19th June 2021,

7:00 am to 7:35: am

About the event: To spread the message of healthy life under the theme "Be with Yoga, Be at Home" provided by the Ministry of Ayush KES Shroff College, NCC Unit has celebrated International Yoga Day in association with NSS, DLLE and Gymkhana. 5 days of practice were conducted to regularize yoga amongst students. Principal Dr. Lily Bhushan (Principal of KES Shroff College) Chief Guest for the final day.

Level: National

Objective:

- To let people to know amazing health benefits of yoga.
- To regularize exercise and fitness before commencing final event.
- To develop the habit of meditation among youngsters.
- To improves strength, balance and flexibility

Outcome:

- Cadets learn the various Yoga exercises and its significance.
- Cadets learn the meaning, types and benefits of Pranayama.
- It taught them the importance of consistency in any practice followed.
- It helped them develop group dynamics.
- It helped them in anger management.
- It gave them the purpose and direction of well-being.

Total participants: 86

Participants from the college: 86

Students from the college: 79

Faculty members from the college: 7

Total male attendees: 46

Total female attendees: 40

Venue: Online Zoom Platform


NCC, ANO/CTO


Criteria Head




Principal



Kandivli Education Society's
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Criterion-V:
Student
Support and
Progression

Women Development and Empowerment Cell

Menstrual Health and Hygiene

SR.NO.	PARTICULARS OF EVENT/ ACTIVITY	DATA
1	Date / Day	11-08-2021, Wednesday
2	Time	4.30 pm
3	Venue	Zoom
4	Platform	Online
5	Name of event	Menstrual Health and Hygiene
	RECORDS OF ACTIVITY / EVENT	
6	Brochure/ Poster	Attached
7	Notice for Event	Attached
8	Total number of Students/Participants	389
	Male	69
	Female	320
9	Photographs	Attached
10	Brief report of Event /Activity	Attached

Teacher In-charge

Criteria Head



Principal

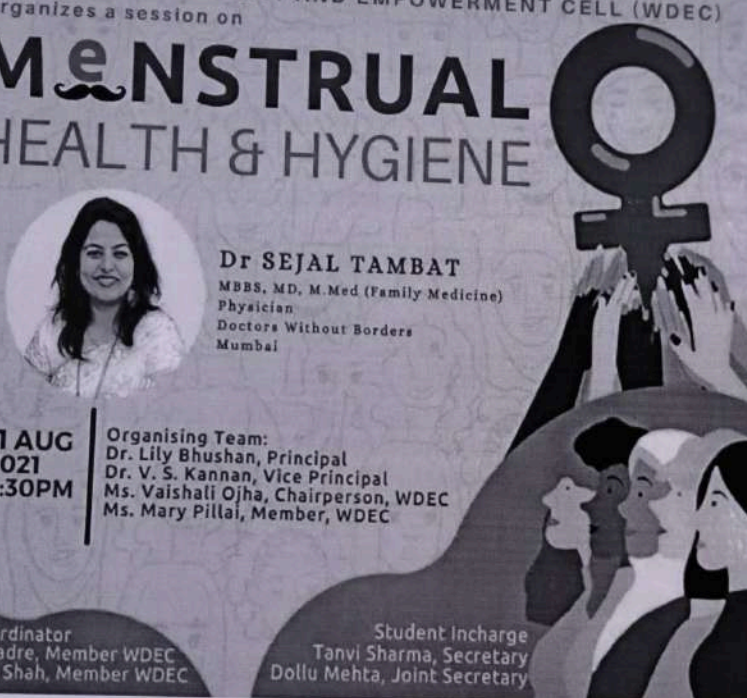
Brochure/ Poster

Kandivli Education Society's
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Medical College under USC 'PARAMARSH' Scheme • Best College 2017-18 Award Internationality of Mumbai

WOMEN DEVELOPMENT AND EMPOWERMENT CELL (WDEC)
organizes a session on

MEⁿSTRUAL HEALTH & HYGIENE



Dr SEJAL TAMBAT
MBBS, MD, M. Med (Family Medicine)
Physician
Doctors Without Borders
Mumbai

**11 AUG
2021
4:30PM**

Organising Team:
Dr. Lily Bhushan, Principal
Dr. V. S. Kannan, Vice Principal
Ms. Vaishali Ojha, Chairperson, WDEC
Ms. Mary Pillai, Member, WDEC

Event Coordinator
Ms. Arti Gadre, Member WDEC
Ms. Alisha Shah, Member WDEC

Student Incharge
Tanvi Sharma, Secretary
Dollu Mehta, Joint Secretary

S. Gupta
Teacher In-charge

[Signature]
Criteria Head



[Signature]
Principal

Brochure/ Poster

Kandivli Education Society's
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Mumbai College under UGC's 'PARAMARSH' Scheme • Best College 2017-18 Award from University of Mumbai

WOMEN DEVELOPMENT AND EMPOWERMENT CELL (WDEC)
organizes a session on

MENSTRUAL HEALTH & HYGIENE

Dr SEJAL TAMBAT
MBBS, MD, M.Med (Family Medicine)
Physician
Doctors Without Borders
Mumbai

**11 AUG
2021
4:30PM**

Organising Team:
Dr. Lily Bhushan, Principal
Dr. V. S. Kannan, Vice Principal
Ms. Vaishali Ojha, Chairperson, WDEC
Ms. Mary Pillai, Member, WDEC

Event Coordinator
Ms. Arti Gadre, Member WDEC
Ms. Alisha Shah, Member WDEC

Student Incharge
Tanvi Sharma, Secretary
Dollu Mehta, Joint Secretary

S. Gupta

Teacher In-charge

N

Criteria Head



J. J.

Principal

Notice for Event

Menstruation is not a problem; poor menstrual hygiene is.

Keeping the above quote in mind

Women Development and Empowerment Cell (Degree and Jr) of KES Shroff College of Arts and Commerce organizes a session on Menstrual Health and Hygiene

Date 📅 : 11th August 2021

Venue 📍 : Zoom Meeting

Time 🕒 : 04:30 PM

Resource Person:

Dr Sejal Tambat

MBBS, MD, M. Med (Family Medicine)

Physician, Doctors Without Borders, Mumbai.

➡ Registration Link

<https://forms.gle/R9ggCK7MkTiYkdmG9>

➡ After registration, to receive regular updates and information about the Webinar, join our Telegram group at



Telegram Group

➡ Group

<https://t.me/joinchat/-XKDn-AFfjhjZDVI>

➡ Certificates will be given to those who attend the full session and fill Feedback Form

➡ This session is for both males and females ♂♀□□

➡ Team

Women Development and Empowerment Cell

➡ Event Co-ordinators:

Ms Aarti Gadre, Member WDEC

Ms Alisha Shah, Member WDEC


Teacher In-charge


Criteria Head





Principal

Total number of Students

Total Participants	389
Female	320
Male	69

List of Participants

Sr. No	Name	Gender	Institution / College	Email ID
1	Jhanvi Mehtalia	Female	Kes Shroff College of Arts and Commerce	jhanvimehtalia@gmail.com
2	Prof. Rajendra Chaurasiya	Male	Kes Shroff College of Arts and Commerce	raj.ch786@gmail.com
3	Aayushi Manjay Bhosle	Female	Kes Shroff College of Arts and Commerce	aayushibhosle9@gmail.com
4	Dr. Rajesh Kumar Pramanik	Male	Kolhan University, Chaibasa	rajesh.kumar.pramanik@gmail.com
5	Ishrat Jahan Mohammad Wasi Khan	Female	Aisha Bai College of Education	writetomeishratkhan@gmail.com
6	Rajkumar Gupta	Male	Kes Shroff College of Arts and Commerce	rajkumar01988@gmail.com
7	Mrudula Vijay Wadekar	Female	Joshi Bedekar College of Thane	wadekar.mrudula1210@gmail.com
8	Pooja Parab	Female	Kes Shroff College of Arts and Commerce	poojaparab104@yahoo.in
9	Sharada Hitesh Bhatt	Female	Kes Shroff College of Arts and Commerce	bhattsharada74@gmail.com
10	Shakshi Rajesh Davadra	Female	Kes Shroff College of Arts and Commerce	shakshidavadra@gmail.com
11	Mayur Lalit Jain	Male	Kes Shroff College of Arts and Commerce	jmayer389@gmail.com

S. Gupta
Teacher In-charge

N
Criteria Head



J. B.
Principal

12	Aysha Hyrin Najeeb	Female	Vimala College Autonomous Thrissur	ayshahyrin123@gmail.com
13	Parmar Yadrushi	Female	Kes Shroff College of Arts and Commerce	parmaryadrushi@gmail.com
14	Disha Krishnan	Female	Kes Shroff College of Arts and Commerce	k.disha204@gmail.com
15	Urvesh Dhani	Male	Kes Shroff College of Arts and Commerce	urveshdhani@gmail.com
16	Sakshi Jha	Female	University Of Delhi	sakshijha200230@gmail.com
17	Drashti Yogesh Vyas	Female	Kes Shroff College of Arts and Commerce	drashtivyas26@gmail.com
18	Shah Kinnari N H	Female	Kes Shroff College of Arts and Commerce	kinnari_shah2002@yahoo.co.in
19	Anjali Manish Selarka	Female	Kes Shroff College of Arts and Commerce	selarkaanjali7@gmail.com
20	Sanjana Parmar	Female	Kes Shroff College of Arts and Commerce	parmarsanjana3007@gmail.com
21	Akshata Jain	Female	Kes Shroff College of Arts and Commerce	hegde2017akshata@gmail.com
22	Harsh Bhavesh Mistry	Male	Kes Shroff College of Arts and Commerce	harshmistry74742@gmail.com
23	Yadav Nishita Chandrajeet	Female	Kes Shroff College of Arts and Commerce	nishitayadav6341@gmail.com
24	Riya Prashant Bhatt	Female	Kes Shroff College of Arts and Commerce	prashantbhatt74@gmail.com
25	Rajeev Mishra	Male	Kes Shroff College of Arts and Commerce	rmpmishra1977@gmail.com
26	Palak Jain	Female	Kes Shroff College of Arts and Commerce	palakj160904@gmail.com
27	Harshada Pradeep Yadav	Female	Shri M. M. P. Shah	sheelapradeepyadav@

S. Gupta
Teacher In-charge

[Signature]
Criteria Head



[Signature]
Principal

			Woman College of Arts	gmail.com
28	Vedanshi	Female	Kes Shroff College of Arts and Commerce	vedanshidave948@gmail.com
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30	Dimple Tiwari	Female	Kes Shroff College of Arts and Commerce	dimpletiwari311@gmail.com
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253	Hir K. Sanghani	Female	Kes Shroff College of Arts and Commerce	hir.sanghani04@gmail.com
254	Khushi Atul Vora	Female	Kes Shroff College of Arts and Commerce	vorakhushi2004@gmail.com
255	Kariya Prince Hitendrabhai	Male	Kes Shroff College of Arts and Commerce	kariyaprince93@gmail.com
256	Vrushti Shah	Female	Kes Shroff College of Arts and Commerce	vrushtishah32@gmail.com
257	Khushboo Thakar	Female	Kes Shroff College of Arts and Commerce	khushithakar1403@gmail.com
258	Vidhi Davda	Female	Kes Shroff College of Arts and Commerce	vidhidavda27@gmail.com
259	Akansha Giri	Female	Satish Pradhan	akanshagiri050@gmail.com

S. Sengupta
Teacher In-charge

TS
Criteria Head



[Signature]
Principal

			Dhyanasadhana College Thane	l.com
260	Aazeen Ayub	Female	Kes Shroff College of Arts and Commerce	ayubaazeen@gmail.co m
261	Parasmani	Male	Kes Shroff College of Arts and Commerce	parasmanipaudel@gm ail.com
262	Jinal Shah	Female	Kes Shroff College of Arts and Commerce	jinals3108@gmail.co m
263	Shikha Patel	Female	Kes Shroff College of Arts and Commerce	patelshikha2004@gm ail.com
264	Dr. Seema Ketkar	Female	Satish Pradhan	seemaketkar@gmail.c
265	Roshni Maurya	Female	University Of Lucknow, Lucknow	roshnimaurya2311199 8@gmail.com
266	Karnika Kishor Bane	Female	Prahladrai Dalmia Lions College Of Commerce And Economics	karnikabane@gmail.c om
267	Kesar Sanjay Thakor	Female	Kes Shroff College of Arts and Commerce	thakorkesar35@gmail .com
268	Shruti Joshi	Female	Kes Shroff College of Arts and Commerce	shrutijji76@gmail.co m
269	Shreya Baviskar	Female	Kes Shroff College of Arts and Commerce	shreyabaviskar.26@g mail.com
270	Manali Pramod Nikam	Female	Kes Shroff College of Arts and Commerce	nikammanali782@gm ail.com
271	Huzaifa Bilal	Female	University Of Kashmir	huzaifabilal1379@gm ail.com
272	Manasvi Avinash Modi	Female	Kes Shroff College of Arts and Commerce	manasvimodi282@g mail.com
273	Anjali Bhosle	Female	Kes Shroff College of Arts and Commerce	anjubhosle404@gmail .com
274	Vishwakarma Khushi Kuldeep	Female	Kes Shroff College of Arts and Commerce	khushivishwa@1234g mail.com

SSergupta

Teacher In-charge

Criteria Head




[Signature]

Principal

275	Dr. Jyotshnamayee Sethi	Female	Gopalpur College Gopalpur, Balasore, Odisha	sethi_jyotshna@yahoo.com
276	Purnima Upadhyay	Female	University Of Lucknow	poornima.18yay@gmail.com
277	Harshika Haresh Rana	Female	Kes Shroff College of Arts and Commerce	ranaharshika24@gmail.com
278	Prerana Shukla	Female	Kes Shroff College of Arts and Commerce	preranashukla2005@gmail.com
279	Neha V Suralkar	Female	Dr. Bmn College Of Home Science	nehasuralkar002@gmail.com
280	Madhulika Sanjay Nair	Female	Kes Shroff College of Arts	rekhasanjay687@gmail.com
281	Hasti Gaglani	Female	Kes Shroff College of Arts and Commerce	gaglanihasti4@gmail.com
282	Tanisha Ashra	Female	Kes Shroff College of Arts and Commerce	ashratanisha@gmail.com
283	Neelam Dixit	Female	M.P.V. Valia College Of Commerce	neelamdixit212@gmail.com
284	Nisarga Rao	Female	Dr. Bmn College Of Home Science	nisargaraopr@gmail.com
285	Kartik Ajay Motani	Male	Kes Shroff College of Arts and Commerce	kartikmotani57@gmail.com
286	Vanchita Ravichandran	Female	Kes Shroff College of Arts and Commerce	premaravichandran22@gmail.com
287	Soumesh Nayak	Male	Kes Shroff College of Arts and Commerce	prathameshspn@gmail.com
288	Apeksha Harsora	Female	Kes Shroff College of Arts and Commerce	HApeksha718@gmail.com
289	Jeet Kapashi	Male	Kes Shroff College of Arts and Commerce	jeet.kapashi@gmail.com
290	Archie Dharendra Mehta	Female	Kes Shroff College of Arts and Commerce	archiemehta2004@gmail.com

S. Sengupta
Teacher In-charge

N
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[Signature]
Principal

291	Hemang Ashar	Male	Kes Shroff College of Arts and Commerce	hemangashar8@gmail.com
292	Jinal S Mehta	Female	Kes Shroff College of Arts and Commerce	Jinalmehta@gmail.com
293	Mrugakshi Amol Sule	Female	Kes Shroff College of Arts and Commerce	sonusule2005@gmail.com
294	Janvi Rajesh Ganatra	Female	Kes Shroff College of Arts and Commerce	janviganatra38@gmail.com
295	Sairaj Uday Ghag	Male	Kes Shroff College of Arts and Commerce	saighag07@gmail.com
296	Riya Tarun Trivedi	Female	Kes Shroff College of Arts and Commerce	trivediriya358@gmail.com
297	Pinki Krishna Kumar Maurya	Female	K G Joshi Bedekar College, Thane	mauryapinki323@gmail.com
298	Shubhangi Tippe	Female	K.G.Mittal College (Malad West)	tippeshubhangi2002@gmail.com
299	Palak Vasant Mewada	Female	Kes Shroff College of Arts and Commerce	palakmewada2004@gmail.com
300	Shravani Surve	Female	Kes Shroff College of Arts and Commerce	shravanisurve972@gmail.com
301	Divya Raut	Female	Kes Shroff College of Arts and Commerce	rautdivya708@gmail.com
302	Vinit Shah	Male	Kes Shroff College of Arts and Commerce	shahvinit045@gmail.com
303	Twinkle Trivedi	Female	Kes Shroff College of Arts and Commerce	twinkletrivedi07@gmail.com
304	Yogesh Tripathi	Male	Kes Shroff College of Arts and Commerce	yogeshtripathi187@gmail.com
305	Aarti Ashok Sharma	Female	Kes Shroff College of Arts and Commerce	as6009946@gmail.com
306	Milan Bhaliya	Male	Kes Shroff College of Arts	milanbhaliya@gmail.com

S. Sengupta
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Principal

			and Commerce	com
307	Akash Singh	Male	Kes Shroff College of Arts and Commerce	akashksingh421@gmail.com
308	Dr. A. Madhavi	Female	Kes Shroff College of Arts and Commerce	madhavi.aragonda@gmail.com
309	Kiran Singh	Female	Kes Shroff College of Arts and Commerce	manumca17@gmail.com
310	Mausami Jaiswal	Female	Kes Shroff College of Arts and Commerce	mausamijaiswal97@gmail.com
311	Ronak Praveen Chavda	Male	Kes Shroff College of Arts and Commerce	ronakchavda103@gmail.com
312	Ria Mistry	Female	Kes Shroff College of Arts and Commerce	riamystry@gmail.com
313	Chintan Rameshbhai Vaid	Male	Kes Shroff College of Arts and Commerce	chintanvaid442@gmail.com
314	Gauri Ravikant Sakharkar	Female	Kes Shroff College of Arts and Commerce	18gauris@gmail.com
315	Pushpa Yadav	Female	Kes Shroff College of Arts and Commerce	yadavpushpa0102@gmail.com
316	Dr Sandhya Upadhyay	Female	Lucknow University	sandhyasdc@gmail.com
317	Dipesh Bharwad	Male	Kes Shroff College of Arts and Commerce	dipesh151@gmail.com
318	Riya Gangurde	Female	Kes Shroff College of Arts and Commerce	riya_gangurde@yahoo.com
319	Urvi Harish Patel	Female	Kes Shroff College of Arts and Commerce	urvi8995@gmail.com
320	Neha Vader	Female	Kes Shroff College of Arts and Commerce	pramodvader@gmail.com
321	Vali Dhana Bhati	Female	Visamo Kids Foundation	Vahaliparmar@gmail.com


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Principal

322	Krishna Khambhaita	Female	Kes Shroff College of Arts and Commerce	krishnakhambhaita@gmail.com
323	Lotlikar Tulika Mahesh	Female	Kes Shroff College of Arts and Commerce	lotlikarmahesh01@gmail.com
324	Gaurisha Bamaniya	Female	Kes Shroff College of Arts and Commerce	hbamaniya53@gmail.com
325	Shloka Mukhyaji	Female	Kes Shroff College of Arts and Commerce	shlokamukhyaji24@gmail.com
326	Nandini Sattanathan	Female	Smt Mmp Shan Women's College Art And Commerce	nandini172001@gmail.com
327	Bhumika Modi	Female	Kes Shroff College of Arts and Commerce	bhumimodi03@gmail.com
328	Abirami Mani	Female	Smt. M.M.P Shah Women	abiramishree11@
329	Siddhi Limbachiya	Female	Kes Shroff College of Arts and Commerce	shardhabhavsar29728@gmail.com
330	Shailly Parikh	Female	Kes Shroff College of Arts and Commerce	shaillyparikh02@gmail.com
331	Shruthi Sahadevan	Female	Kes Shroff College of Arts and Commerce	shruthisahadevan28@gmail.com
332	Sumitra Dhal Samanta	Female	Lucknow University	sumitradhal@gmail.com
333	Vennela R Bhoi	Female	Kes Shroff College of Arts and Commerce	vennelabhoi1104@gmail.com
334	Vijayalakshmi Mudaliyar	Female	Kes Shroff College of Arts and Commerce	prajaktamudaliyar@gmail.com
335	Dr. Rahul Arya	Male	R.M.D. College Of Agriculture & Research Station	draryavet@gmail.com
336	Komal Indrakant Jha	Female	Kes Shroff College of Arts and Commerce	jhakomal449@gmail.com

S. Gupta
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N
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337	Rahulprakash Titkare	Male	K.G. Joshi Bedekar College Thane	rahultitkare1411@gmail.com
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341	Tejal Londhe	Female	Kes Shroff College of Arts and Commerce	tejallondhee@gmail.com
342	Aarav Parekh	Male	Kes Shroff College of Arts and Commerce	parekhaarav4@gmail.com
343	Kuhu Raulwar	Female	Kes Shroff College of Arts and Commerce	kuhuraulwar@gmail.com
344	Vani Hemal Daftary	Female	Kes Shroff College of Arts	vaneedaftary@gamil.c
345	Harita Thakkar	Female	Kes Shroff College of Arts and Commerce	harita.thakkar217@gmail.com
346	Aachi Jain	Female	Kes Shroff College of Arts and Commerce	aachijain2212@gmail.com
347	Prachi Haresh Shah	Female	Kes Shroff College of Arts and Commerce	prachishahprachishah1@gmail.com
348	Prisha Sampat	Female	Kes Shroff College of Arts and Commerce	prisha.b.sampat@gmail.com
349	Mahek Bharadwaj	Female	Kes Shroff College of Arts and Commerce	bharadwajmahek20@gmail.com
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351	Yadav Sunita Vijesh	Female	M.P.V.Valia College	yadavsunitavijesh@gmail.com
352	Swara Vasant Ghosalkar	Female	Kes Shroff College of Arts and Commerce	swara.ghosalkar09@gmail.com

S. Gupta
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J. B.
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353	Rutuja Shenoy	Female	Kes Shroff College of Arts and Commerce	rutujashenoy491@gmail.com
354	Sanika Ajay Kadam	Female	Kes Shroff College of Arts and Commerce	2811sanikakadam@gmail.com
355	Jyoti Singh	Female	Kes Shroff College of Arts and Commerce	jyotisingh13684@gmail.com
356	Tanvi Sharma	Female	Kes Shroff College of Arts and Commerce	12tanvi2001@gmail.com
357	Yash Rajgarhia	Male	Kes Shroff College of Arts and Commerce	yrajgarhia501@gmail.com
358	Hardik Hitesh Sedani	Male	Kes Shroff College of Arts and Commerce	hardik3891@gmail.com
359	Manoj Singh	Male	Kes Shroff College of Arts and Commerce	manumca17@gmail.com
360	Rajesh. K	Male	K. J. Somaiya College Of Arts And Commerce,	rajeshkayakal@gmail.com
361	Bina Shah	Female	(Kes Shroff College of Arts and Commerce	binashah1234@gmail.com
362	Mansi Pawar	Female	Bmn Clg	mansipawar56684@gmail.com
363	Sohini Raj Joshi	Female	Kes Shroff College of Arts and Commerce	sohinijoshi0907@gmail.com
364	Anchal Bholanath Pasi	Female	Kes Shroff College of Arts and Commerce	anchalpasi077@gmail.com
365	Rubina	Female	Ignou	rubinachoudhary91295@gmail.com
366	Rishita Harshad Gohil	Female	Kes Shroff College of Arts and Commerce	gohilyogita1979@gmail.com
367	Shweta Karthik Harijan	Female	Kes Shroff College of Arts and Commerce	shwetakarthik@gmail.com
368	Jerom	Male	Kes Shroff College of Arts	jerom.1203@gmail.com

S. Gupta
Teacher In-charge

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[Signature]
Principal

			and Commerce	m
369	Khyati Kapoor	Female	Sndt Women's University Mumbai	khyatikapoor0002@g mail.com
370	Virti Madhani	Female	Kes Shroff College of Arts and Commerce	virtimadhani04@gmai l.com
371	Khushi Dewali	Female	Kes Shroff College of Arts and Commerce	khushidewali1440@g mail.com
372	Juee Dudwadkar	Female	Bedekar Clg	juee.dudwadkar@gma il.com
373	Riddhi D Panchal	Female	Kes Shroff College of Arts and Commerce	riddhidpanchal@gmai l.com
374	Liza Sharma	Female	Sgt University Gurgaon	shrutisharma9034@g mail.com
375	Rudri Dave	Female	(Kes Shroff College of Arts and Commerce	rudridave2001@gmail .com
376	Jatin Sagathiya	Male	Visamo Kids Foudation	jatin.sagathiya13108 @gmail.com
377	Sneha Roopchand Gupta	Female	Kes Shroff College of Arts and Commerce	snehagupta05615@g mail.com
378	Shivani Shah	Female	Kes Shroff College of Arts and Commerce	shivanishah436@gma il.com
379	Dr. Saumyata Pandey	Female	Giri Institute Of Development Studies	saumyata369@gmail. com
380	Charu Tiwari	Female	Sndt University	charutiwari478@gmai l.com
381	Radhika Rakesh Mehta	Female	Kes Shroff College of Arts and Commerce	mehta.radhika2004@g mail.com
382	Yadav Sanjay Durgaprasad	Male	Kes Shroff College of Arts and Commerce	nishitayadav2417@g mail.com
383	Shonglian Wang	Female	Sndt University, Mumbai	wangshonglian@gmai l.com

S. Gupta
Teacher In-charge

[Signature]
Criteria Head



[Signature]
Principal

384	Arti Gadre	Female	Kes Shroff College of Arts and Commerce	Arti@kessc.edu.in
385	Insiya Mithaiwala	Female	Kes Shroff College of Arts and Commerce	insiyaa77@gmail.com
386	Kanojiya Simran Shailesh	Female	Kes Shroff College of Arts and Commerce	simrankanojiya2001@gmail.com
387	Pratibha Indrajeet Yadav	Female	Kes Shroff College of Arts and Commerce	pratibhayadav07841@gmail.com
388	Krishna Bhatt	Female	Kes Shroff College of Arts and Commerce	krisha26042004@gmail.com
389	Vaishali Ojha	Female	Kes Shroff College of Arts and Commerce	vaishaliojha00@gmail.com

I hereby certify the above listed participants attended the event.

S. Sengupta

Teacher In-charge

[Signature]

Criteria Head



[Signature]

Principal

Photographs



Address by guest speaker Dr Sejal Tambat



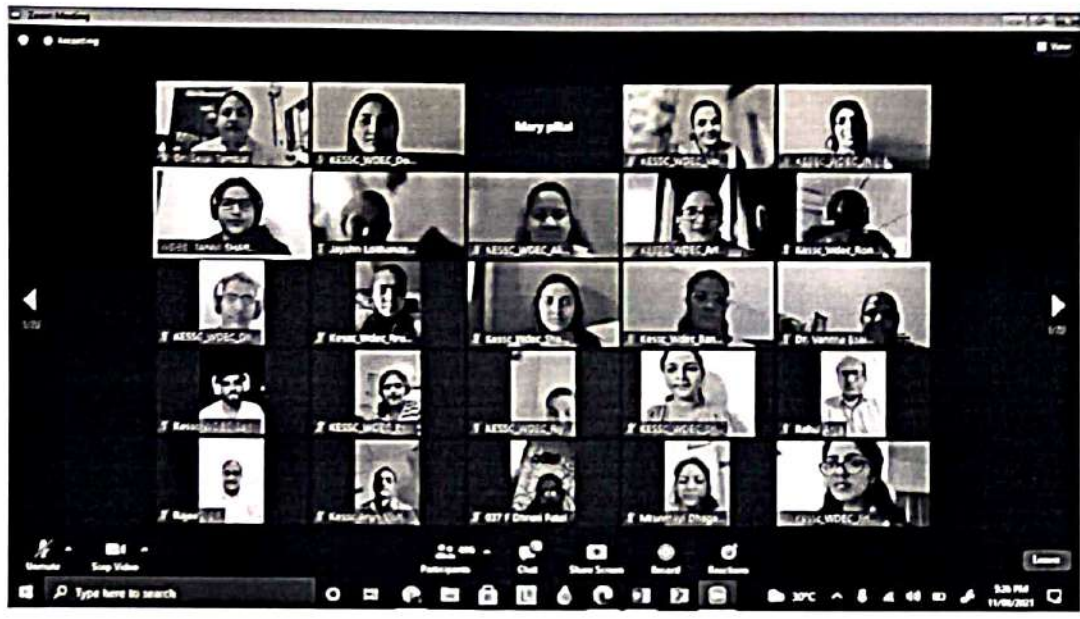
Dr Sejal Tambat addressing on issues of period

Sengupta
Teacher In-charge

[Signature]
Criteria Head



[Signature]
Principal



Interaction of guest with participants

S. Sengupta

Teacher In-charge

N

Criteria Head



J. J.

Principal



Kandivli Education Society's
**B. K. SHROFF COLLEGE OF ARTS &
M. H. SHROFF COLLEGE OF COMMERCE**

An Autonomous College NAAC Re-accredited 'A' Grade ISO 9001:2015 Certified

QS I - Gauge 'Gold Rating' & 'Institute of Happiness' Award

Mentor College under UGC's 'PARAMARSH' Scheme - 'Best College 2017-18' award from University of Mumbai

**Criterion-V:
Student
Support and
Progression**

Brief report of Event

Women Development and Empowerment cell organised the talk on the taboo topic on menstrual health and let every girl and boy know the importance of menstrual hygiene. Dr Sejal Tambat, a physician was a guest speaker for the event. She educated the participants about the menstruation hygiene and what precautions need to be taken during it. The students were enlightened with the knowledge of hygiene specifically about menstrual hygiene. The students were emboldened with the knowledge that every women should be privet to and have the privilege of acting on it.

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Mentor College under UGC's 'PARAMARSH' Scheme • 'Best College 2017-18' award from University of Mumbai

**Criterion-V:
Student
Support and
Progression**

**YOUTH EMPOWERMENT COMMITTEE
TALK ON MENTAL FITNESS & POST PANDEMIC CHALLENGES**

SR. NO.	PARTICULARS OF EVENT/ ACTIVITY	DATA
1.	Date / Day	22-09-2021, Wednesday
2.	Time	4.00 PM
3.	Venue	Zoom Meeting
4.	Platform	Online
5.	Name of event / activity	Talk on Mental fitness and Post Pandemic Challenges
RECORDS OF ACTIVITY / EVENT		
6.	Brochure / Poster	Attached
7.	Notice for Event	Attached
8.	Total number of Participants	82
	Male	39
	Female	43
9.	Geotagged Photographs	Attached
10.	Brief report of Event /Activity	Attached



Teacher In-charge


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Poster of the event:



B. K. SHROFF COLLEGE OF ARTS & COMMERCE
1989
MUMBAI-67

KESSC-7/21-22



KES


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YOUTH EMPOWERMENT COMMITTEE in association with SPORTS AND GYMKHANA COMMITTEE Organizing

On

online
TALK



**"Mental Fitness &
Post Pandemic Challenges"**

Date: 22nd September 2021
Day: Wednesday
Time: 4:00 PM
Speaker: Mrs. Amruta Deshmukh
(Masters in Applied Psychology)

- Winner of "Shiv Chatrapati" Rajya Krida Puruskar by Government of Maharashtra.
- Bagged 2 Gold, 5 Silvers, and 6 Bronze Medals, a total of 13 Medals in National Road and Track Cycling Championships.
- Record holder Sea Swimmer


ORGANISING COMMITTEE

Dr. L. Bhushan Principal	Dr. V. S. Kannan Gymkhana Chalmn	Rajkumar Gupta Chairperson YEC
-----------------------------	-------------------------------------	-----------------------------------

Avinash Singh Member	Dr. Neha Jha Member	Mr. S. N. Bhagwat Sports Director	Dr. Vijay Tandalekar Asst. Sports Director
-------------------------	------------------------	--------------------------------------	---

STUDENTS IN CHARGE

Satyam Gupta Secretary	Jaini Parekh Jt. Secretary	Harsh Vaya 7698142278	Darshan Mody 9867022869	Khushi Panchal 9082339113
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Teacher In-charge


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NOTICE of the event:

Hello Kesscians 😊

The mind is the most important part of achieving any fitness goal. Mental Change always comes before physical change.

~Matt McGorry

👤 Youth Empowerment Committee in association with 🏆 Sports and Gymkhana

👤 Committee organising an online talk on

"Mental Fitness and Facing Post Pandemic Challenges"

•Speaker for the Event•

Mrs. Amruta Yashodhan Deshmukh

•Qualified Sports Psychologist and Winner of "Shiv Chatrapati" Rajya Krida Puruskar by Government of Maharashtra•

Date: 22nd September 2021

Time: 4:00 PM 🕒

Zoom meeting link 📍

<https://us02web.zoom.us/j/81308477959>

Meeting ID: 813 0847 7959

Passcode: 420528

Thanks & Regards

Youth Empowerment Committee and Sports and Gymkhana Committee

EVENT COORDINATORS

•Chairperson•

Dr V.S. Kannan (Vice principal and Gymkhana Chairperson)

Rajkumar Gupta (YEC)

•Members•

Avinash Singh (YEC)

Dr. Neha Jha (YEC)

Mr. S.N. Bhagwat (Sports Director)

Dr. Vijay .S. Tandalekar (Assistant Sports Director)

Secretary: Satyam Gupta

Joint Secretary: Jaini Parekh


Students in Charge


Darshan Mody:- 9867022869

Harsh Vaya:- 7698142278

Khushi Panchal:-9082339113

KESSC-5/21-22


Teacher In-charge


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Number of participants:

Total participant	82
Male	39
Female	43

List of Participants:

Sr.no	Student Name	Gender	Class	Division	Roll no
1	Mayarani Gaitonde	Female	SYBCOM	A	26
2	Kumari Priya Yadav	Female	SYBCOM	B	114
3	Pranjal	Female	FYBAMM	A	54
4	Mallika	Female	FYBAMM	A	4
5	Khushi Panchal	Female	TYBAF	C	12
6	Sachi	Female	FYBAMM	A	6
7	Navdha Damania	Female	FYBA	B	7
8	Riya Sheth	Female	FYBA	N	94
9	Apeksha	Female	FYBAMMC	A	15
10	Maitri Parmar	Female	SYBCOM	N	105
11	Jaini Parekh	Female	SYBCOM	B	6
12	Sakshi Doshi	Female	SYBCOM	A	14
13	Shreya Savila	Female	SYBCOM	B	2
14	Pratima Yadav	Female	SYBCOM	A	25


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15	Kumari Priya Yadav	Female	SYBCOM	B	114
16	Prachi	Female	FYBAMMC	A	34
17	Yashashvi Nimesh Panchal	Female	FYBFM	A	54
18	Viddhi Gandhi	Female	FYBFM	B	69
19	Aarti Choudhary	Female	FYBA	B	6
20	Alisha	Female	FYBAMMC	A	21
21	Pankti	Female	FYBAMMC	A	62
22	Pooja Soni	Female	FYBAMMC	F	122
23	Dhruvi Patel	Female	FYBFM	A	63
24	Harshita Gandhi	Female	FYBFM	B	10
25	Pruthvi Mahyavanshi	Female	FYBFM	A	58
26	Antra	Female	FYBAF	A	31
27	Mahek Yadav	Female	FYBEM	B	55
28	Jahanvi Hindocha	Female	FYBEM	A	35
29	Bhanumathi	Female	FYBEM	A	8
30	Unnati Makwana	Female	FYBAF	B	10
31	Kanchan	Female	TYBCOM	A	55
32	Nikita Gupta	Female	SYBCOM	A	66
33	Divya Trivedi	Female	SYBCOM	C	25
34	Kesar Thakar	Female	SYBCOM	A	104
35	Twinkle Shah	Female	TYBCOM	A	53
36	Dayal Wakkar	Female	TYBCOM	B	19
37	Laxmi D Kudtarkar	Female	TYBCOM	A	88


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38	Sejal Kurmi	Female	FYBMM	A	47
39	Riddhi Gohil	Female	FYBMS	A	66
40	Aishwarya Bhagat	Female	FYBMS	A	5
41	Jasmin Bhut	Female	FYBCOM	C	11
42	Moni Yadav	Female	FYBCOM	B	
43	Rani	Female	FYBCOM	F	79
44	Santosh Chitroda	Male	FYBA	B	7
45	Rohan	Male	FYBMS	D	6
46	Satyam Gupta	Male	TYBMS	A	33
47	Maavish Nadar	Male	TYBMS	D	77
48	Sarthak Fafadia	Male	TYBMS	A	58
49	Bhavya	Male	FYBA	A	19
50	Ritik	Male	FYBA	B	72
51	Rishi Gandhi	Male	FYBAF	C	29
52	Anurag Tiwari	Male	FYBMS	B	32
53	Vivek	Male	FYBCOM	F	39
54	Harsh Vaya	Male	FYBCOM	A	2
55	Sahil Ahmad	Male	FYBMS	A	79
56	Rohan	Male	FYBMS	D	6
57	Dev Vaghela	Male	FYBMS	B	34
58	Krunal Bhatia	Male	FYBFM	A	5
59	Jatin Patel	Male	FYBFM	A	65
60	Pranay	Male	FYBAF	A	9

Rajkumar
Teacher In-charge

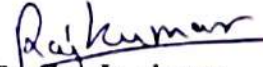
N
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Principal

61	Bhavesh Makwana	Male	SYBCOM	A	12
62	Ayush Jain	Male	SYBCOM	A	123
63	Avneet Singh Deol	Male	FYBIM	A	51
64	Ritik	Male	FYBFM	A	13
65	Rishi	Male	FYBFM	B	43
66	Deepak Prajapati	Male	FYBAF	C	29
67	Sujal Charla	Male	FYBAF	C	116
68	Vinay Parmar	Male	FYBAF	B	36
69	Darshan Mody	Male	FYBCOM	C	33
70	Manas Bhandari	Male	FYBCOM	A	41
71	Preetam	Male	FYBCOM	A	4
72	Rishi Parihar	Male	FYBAMMC	A	66
73	Kamble Vivek Balkrishna	Male	FYBMM	B	1
74	Kiran Pawar	Male	FDCM	F	131
75	Krish Jain	Male	FYBCOM	E	102
76	Heet Ratadiya	Male	FYBIM	A	52
77	Darpan Lodaya	Male	FYBCOM	B	21
78	Karteek	Male	FYBCOM	E	117
79	Harsh Patel	Male	FYBCOM	A	9
80	Johan	Male	FYBCOM	B	9
81	Vaibhav Kondapure	Male	FYBCOM	C	81
82	Nitin Gummula	Male	TYBMS	C	44

I hereby certify that the above listed students attended the event

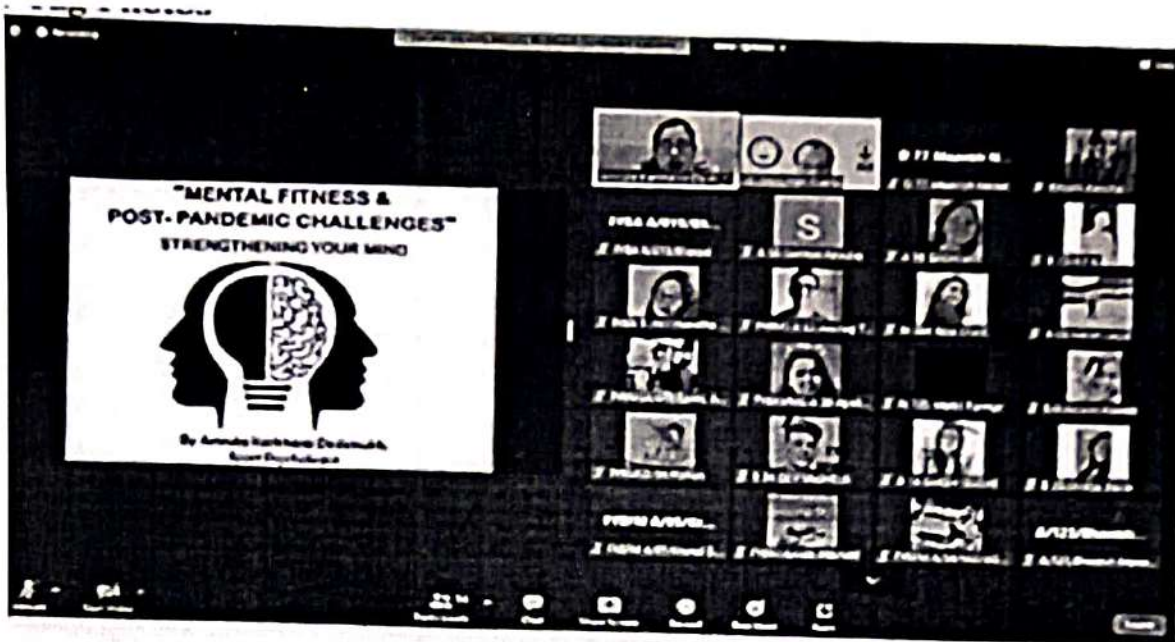

Teacher In-charge


Criteria Head

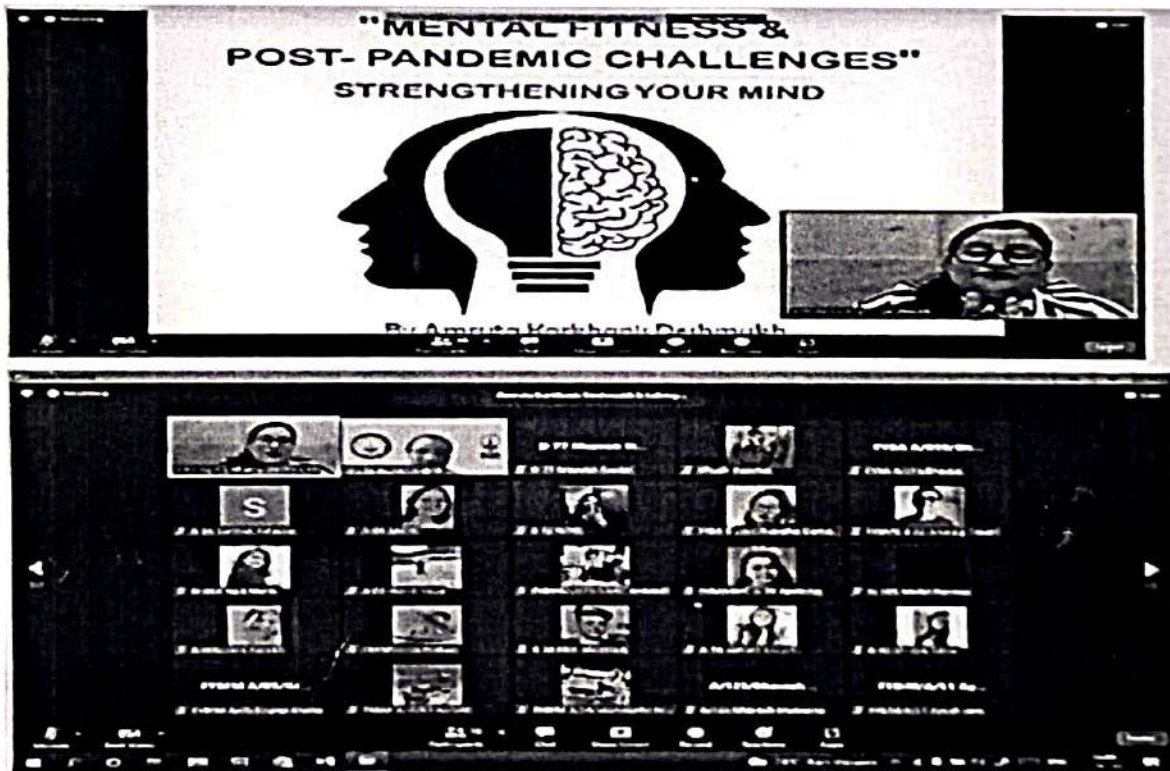



Principal

Photos of the Event:



Mrs. Amruta Yashodhan Deshmukh addressing the participants



Mrs. Amruta Yashodhan Deshmukh addressing the participants


Teacher In-charge


Criteria Head




Principal



Kandivli Education Society's
**B. K. SHROFF COLLEGE OF ARTS &
M. H. SHROFF COLLEGE OF COMMERCE**

An Autonomous College NAAC Re-accredited 'A' Grade ISO 9001:2015 Certified

QS I - Gauge 'Gold Rating' & 'Institute of Happiness' Award

Mentor College under UGC's 'PARAMARSH' Scheme • 'Best College 2017-18' award from University of Mumbai

**Criterion-V:
Student
Support and
Progression**

Brief Report of the Event:

Youth Empowerment Committee had organised an online talk on Mental fitness and post pandemic challenges for students by Mrs. Amruta Yashodhan Deshmukh, Qualified Sports Psychologist.

The purpose of the event was to help students to know the importance of mental health and techniques to keep themselves mentally fit.

The activity helped students to know the importance of mental health and the characteristics of a mentally healthy individual.

Total 82 participants participated in the event. 39 participants were male students, and 43 participants were female students. They expressed the need for more such talks to be conducted in future.


Teacher In-charge


Criteria Head




Principal



Kandivli Education Society's
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**Criterion-V:
Student
Support and
Progression**

YOUTH EMPOWERMENT COMMITTEE

HEALTH CHECK-UP CAMP

Sr. No.	Particulars of Event/ Activity	Data
1	Date/Day	08-10-2021 & 09-10-2021, Friday & Saturday
2	Time	1pm to 6pm.
3	Venue	Multi-Purpose Hall Annex Building
4	Platform	Offline
5	Name of event / activity	Health Check-up Camp
RECORDS OF ACTIVITY/EVENT		
6	Brochure/Poster	Attached
7	Notice of the Event	Attached
8	Total Number of Students/ Participants	145
	Male	88
	Female	57
9	Geotagged/ Normal Photographs	Attached
10	Brief Report of Event/Activity	Attached


Teacher In-charge


Criteria Head




Principal

Poster/ Flyer:

Kandivli Education Society's
**B. K. SHROFF COLLEGE OF ARTS &
M. H. SHROFF COLLEGE OF COMMERCE**

An Autonomous College NAAC Re-accredited 'A' Grade

ISO 9001 : 2015 Certified • 'Best College 2017-18' award from University of Mumbai
Mentor College under UGC's 'PARAMARSH' Scheme



**Youth Empowerment Committee &
Gymkhana and Sports Committee
Organise**

**Health Check-up
Camp for Students
and Staff**

Proposed check-ups:

- Blood pressure
- Sugar test
- Body-mass index
- Eye check up



**Special Assistance :
Dr. Girish Trivedi**

Registration link :

<https://forms.gle/Pm9wQXiL78bFhsaQ8>

Venue: Multi -purpose hall

Dates: 8th to 9th October

Time: 1.00 pm to 6.00 pm

ORGANISING TEAM :

Dr. Lily Bhushan, Principal

**Dr. V.S. Kannan, Vice Principal and
Chairperson Gymkhana**

Mr. Rajkumar Gupta, YEC Chairperson

Mr. S. N. Bhagwat, Sports Director

Alumni representative : Harsh Ramesh Solanki

Student Secretary : Satyam Gupta - 7977233690

Student Joint Secretary : Jalni Parekh - 7045503672

KESSC 5/21-22


Teacher In charge


Criteria Head




Principal

Notice:

Youth Empowerment committee in collaboration with Gymkhana and Sports committee of KES' Shroff College organise

A HEALTH CAMP

_ Take care of your body. It is the only place you have to live _

Let's get it checked

Dates - 8th and 9th October,2021

Time 🕒 - 1 PM to 6PM -

Place - COLLEGE CAMPUS

Kindly fill the form for PRE-REGISTRATION

<https://forms.gle/Pm9wQXiL78bFhsaQ8>

PRE-REGISTRATION IS COMPULSORY SO THAT WE CAN MAKE NECESSARY ARRANGEMENTS FOLLOWING SOCIAL DISTANCING.

¶ WITHOUT RESPONSE OF PRE-REGISTRATION NO ONE WILL BE ALLOWED FOR HEALTH CHECK UP ¶

WEARING MASK IS COMPULSORY 🧐

Note - Pre-registered is required by making payment of ₹ 20 for health check- up

For queries contact -


Darshan Mody

9867022869

Denis Ajmera

8779654373

KESSC 5/21-22


Teacher In charge


Criteria Head




Principal

Number of participants:

Total participant	145
Male	88
Female	57

List of Participants:

Sr. No.	Name	Gender	Programme	Class	Division	Roll no
1.	Jyothi Nadar	Female	BSc (IT)	FY	B	56
2.	Divya Trivedi	Female	BAMMC	FY	B	58
3.	Abhay Trivedi	Male	B.Com	FY	F	63
4.	Dhruvin Mota	Male	B.Com	FY	B	116
5.	Misba Shaikh	Female	BSc (IT)	FY	B	20
6.	Anjalini Samardas	Female	B.Com (Banking & Insurance)	FY	B	10
7.	Shalini Marawar	Female	BMS	FY	B	43
8.	Kartikay Hamirani	Male	BMS	TY	A	35
9.	Satyam Gupta	Male	BMS	TY	A	33
10.	Nisha Chauhan	Female	BAMMC	SY	A	17
11.	Tanisha Chauhan	Female	B.Com (Accounting & Finance)	FY	D	12
12.	Sakshi Hansora	Female	BAMMC	FY	A	26
13.	Riddhi Kahar	Female	BA (Arts)	FY	A	23
14.	Krishi Shah	Female	Other	FY	C	56
15.	Ishita Lakhani	Female	B.Com (Accounting & Finance)	FY	B	02
16.	Dhruvi Sampat	Male	B.Com (Financial Technology)	FY	A	10
17.	Denis Ajmera	Female	BMS	SY	C	01
18.	Advait Ashok Darekar	Male	B.Com	TY	E	12
19.	Dev Davda	Male	B.Com	SY	A	37
20.	Laxmi Kudtarkar	Female	B.Com	TY	A	88
21.	Bhumit Malkan	Male	Junior College	FY	G	47
22.	Deepty Upadhyay	Female	BMS	TY	E	43
23.	Nayan Jain	Male	BMS	TY	C	28


Teacher in charge


Criteria Head


Principal



24.	Ratnesh Pramod Gupta	Male	B.Com	SY	A	69
25.	Vidhi Jain	Female	BMS	TY	E	15
26.	Yash Sheth	Male	B.Com	FY	F	153
27.	Vaishali Tank	Female	B.Com	SY	B	89
28.	Mohit Pansuriya	Male	BA (Arts)	SY	A	36
29.	Nikita Gupta	Female	B.Com	SY	A	66
30.	Dhruv Shah	Male	BSc (IT)	FY	B	16
31.	Riya Soni	Female	B.Com (Accounting & Finance)	FY	D	01
32.	Riddhi Chatwani	Female	BMS	FY	A	20
33.	Sahil Gaikwad	Male	B.Com	FY	E	24
34.	Shubham Kate	Male	B.Com	FY	E	55
35.	Mahek Makwana	Female	B.Com (Accounting & Finance)	FY	B	08
36.	Sakshi Doshi	Female	BFTMNP	SY	A	14
37.	Khushi Panchal	Female	B.Com (Accounting & Finance)	TY	C	12
38.	Darshan Mody	Male	BSc (IT)	SY	A	41
39.	Jinay Vishariya	Male	B.Com (Accounting & Finance)	FY	D	37
40.	Vivek Vaid	Male	B.Com	FY	F	39
41.	Sahil Kotian	Male	B.Com	SY	E	46
42.	Prachi Naik	Female	B.Com (Financial Market)	FY	B	45
43.	Shruti Borua	Female	BMS	SY	A	09
44.	Kirtan Mehta	Male	B.Com (Financial Market)	FY	A	44
45.	Shakshi Davadra	Female	B.Com (Banking & Insurance)	SY	A	12
46.	Akash Khakhrodiya	Male	B.Com	SY	C	66
47.	Ritesh Sathaliya	Male	B.Com	FY	F	04
48.	Ashish Gupta	Male	B.Com	SY	D	109
49.	Shruti Borua	Female	BMS	SY	A	09
50.	Sejal Gupta	Female	BA (Arts)	TY	A	120
51.	Darshan Rakholiya	Male	B.Com	SY	B	36

Rishu Kumar
Teacher In charge

H
Criteria Head



[Signature]
Principal

52.	Vidya Rathod	Female	B.Com (Accounting & Finance)	FY	C	23
53.	Aman Mourya	Male	B.Com (Accounting & Finance)	FY	B	43
54.	Drushti Parekh	Female	B.Com	SY	B	05
55.	Abhishek Pandya	Male	B.Com (Banking & Insurance)	FY	A	63
56.	Bipin Yadav	Male	B.Com (Banking & Insurance)	FY	B	61
57.	Anjali Mishra	Female	BMS	FY	B	56
58.	Shubham Gupta	Male	BSc (IT)	SY	A	25
59.	Yash Sarvaiya	Male	BMS	FY	A	84
60.	Shreyas Limbachiya	Male	B.Com (Accounting & Finance)	FY	B	04
61.	Sahil Ahmad	Male	BMS	FY	A	79
62.	Yash Lavekar	Male	BA (Arts)	FY	A	30
63.	Nandini Oza	Female	BA (Arts)	SY	A	35
64.	Hardik Jamdar	Male	BMS	SY	D	63
65.	Deep Padia	Male	B.Com	TY	D	23
66.	Brijesh Dodiya	Male	BSc (IT)	TY	A	05
67.	Tiwari Deepa Mahesh	Female	B.Com/B.M.S Environmental Management & Economics	FY	A	09
68.	Avanishkumar Yadav	Male	BSc (IT)	FY	B	51
69.	Supriya Kadam	Female	B.Com (Accounting & Finance)	TY	B	22
70.	Pavankumar Sagar Madheshia	Male	B.Com	FY	E	065
71.	Krishna Kanjar	Female	BMS	SY	C	23
72.	Ami Thakar	Female	BMS	SY	E	39
73.	Siddhika Kaur	Female	BA (Arts)	SY	B	20
74.	Maitry Mistry	Female	B.Com (International Accounting)	FY	A	15
75.	Pranay Chavan	Male	BMS	SY	A	12
76.	Sahil Tandlekar	Male	B.Com	FY	F	36

Rajkumar
Teacher in charge

[Signature]
Criteria Head



[Signature]
Principal

77.	Inder Pal Jeet Singh Bhogal	Male	B.Com	SY	E	08
78.	Sonal Yadav	Female	BMS	SY	E	25
79.	Shaib Shaikh	Male	B.Com (Financial Market)	FY	B	16
80.	Harsh Amarseda	Male	BAMMC	SY	A	14
81.	Neelankumar Ashokkumar Ghevariya	Male	B.Com (Financial Market)	FY	A	18
82.	Kapil Dodiya	Male	BMS	FY	A	52
83.	Shivratan Gupta	Male	B.Com	FY	F	112
84.	Darshan Bhuva	Male	BSc (IT)	FY	B	54
85.	Rohit Rane	Male	BA (Arts)	FY	A	88
86.	Mohit Arya	Male	B.Com	TY	C	04
87.	Harsh Soni	Male	B.Com	FY	D	25
88.	Antra Krishna	Female	BAMMC	SY	A	31
89.	Ayush Padekar	Male	Other	FY	A	01
90.	Sherwin Mendes	Male	B.Com	TY	A	31
91.	Shrushti Kacha	Female	BSc (IT)	FY	A	39
92.	Saheel Jalindranath Kamble	Male	BA (Arts)	FY	B	12
93.	Krishna Shah	Female	BMS	SY	E	25
94.	Aastha Kanakia	Female	B.Com (Accounting & Finance)	FY	A	56
95.	Riya Jain	Female	B.Com (International Accounting)	FY	A	11
96.	Aayush Pandey	Male	BSc (IT)	FY	B	62
97.	Anjali Gupta	Female	B.Com (Banking & Insurance)	SY	B	27
98.	Shauryan Nikam	Male	B.Com (Banking & Insurance)	FY	A	54
99.	Kumkum Yadav	Female	Junior College	SY	B	41
100.	Ansh Sharma	Male	B.Com (Banking & Insurance)	FY	B	58


Teacher in charge


Criteria Head




Principal

101.	Mukesh Ramchandra Vitale	Male	B.Com (Accounting & Finance)	FY	A	21
102.	Sujal Charla	Male	Junior College	SY	B	36
103.	Priyanshu Sheth	Male	B.Com (Accounting & Finance)	SY	C	76
104.	Ritik Vinod Pandey	Male	BAMMC	SY	B	20
105.	Deepak Prajapati	Male	B.Com	SY	C	116
106.	Pooja Tiwari	Female	B.Com (Banking & Insurance)	SY	B	52
107.	Shivaji Bhamble	Male	BMS	SY	A	12
108.	Naresh	Male	B.Com (Banking & Insurance)	FY	B	48
109.	Minal Jadeja	Female	B.Com (Financial Technology)	FY	A	30
110.	Viraj Shah	Male	BMS	FY	C	72
111.	Aagam Shah	Male	B.Com	FY	F	09
112.	Vishnukant Singh	Male	BSc (IT)	FY	B	25
113.	Jahanvi Jitesh Hindocha	Female	BMS	TY	A	35
114.	Shubhansh Dubey	Male	BSc (IT)	FY	A	20
115.	Anshu Vishwakarma	Male	BSc (IT)	FY	B	39
116.	Priyanka Bhagat	Female	B.Com	FY	A	16
117.	Neeraj Vijendra Saroj	Male	B.Com	FY	F	03
118.	Renuka Nalawade	Female	BMS	FY	D	64
119.	Jay Mithawala	Male	B.Com (Financial Market)	FY	A	50
120.	Vishal Pandey	Male	BAMMC	FY	A	65
121.	Dev Thakkar	Male	B.Com (Accounting & Finance)	TY	E	25
122.	Meet Rathod	Male	B.Com	SY	B	44
123.	Harshvardhan Nishit Mehta	Male	BMS	FY	B	53

Rakumar
Teacher In charge

[Signature]
Criteria Head



[Signature]
Principal

124.	Dhruv Tank	Male	B.Com (Accounting & Finance)	FY	D	13
125.	Anshu Gupta	Male	B.Com	TY	A	50
126.	Bhavya Aiya	Male	B.Com (Accounting & Finance)	FY	D	65
127.	Stanley David	Male	B.Com (Accounting & Finance)	SY	D	19
128.	Bhakti Katudia	Female	BAMMC	FY	A	42
129.	Ritesh Ashok Gupta	Male	BSc (IT)	FY	A	28
130.	Mrunal Mane	Female	BMS	SY	C	29
131.	Dhruvi vakharia	Female	BMS	FY	D	43
132.	Aman Mallah	Male	BSc (IT)	FY	A	47
133.	Rahul Dinesh	Male	B.Com	FY	C	71
134.	Swati Waghmare	Female	B.Com (Banking & Insurance)	FY	B	33
135.	Sakshi Gupta	Female	B.Com	FY	A	120
136.	Govind Indrajeet Jaiswar	Male	BSc (IT)	FY	B	55
137.	Madhuri Gupta	Female	B.Com (Banking & Insurance)	FY	A	27
138.	Vaibhav Kondapure	Male	B.Com	TY	C	44
139.	Indrajeet Yadav	Male	BSc (IT)	FY	B	46
140.	Priyanka Parekh	Female	B.Com	TY	C	20
141.	Ujval Limbachiya	Male	B.Com	TY	C	46
142.	Harsh Nilesh Patel	Male	B.Com	TY	B	09
143.	Dayal Vijay Wakkar	Male	B.Com (Banking & Insurance)	TY	B	19
144.	Bhavesh Makwana	Male	B.Com	SY	A	123
145.	Ankit Mourya	Male	BSc (IT)	TY	B	55

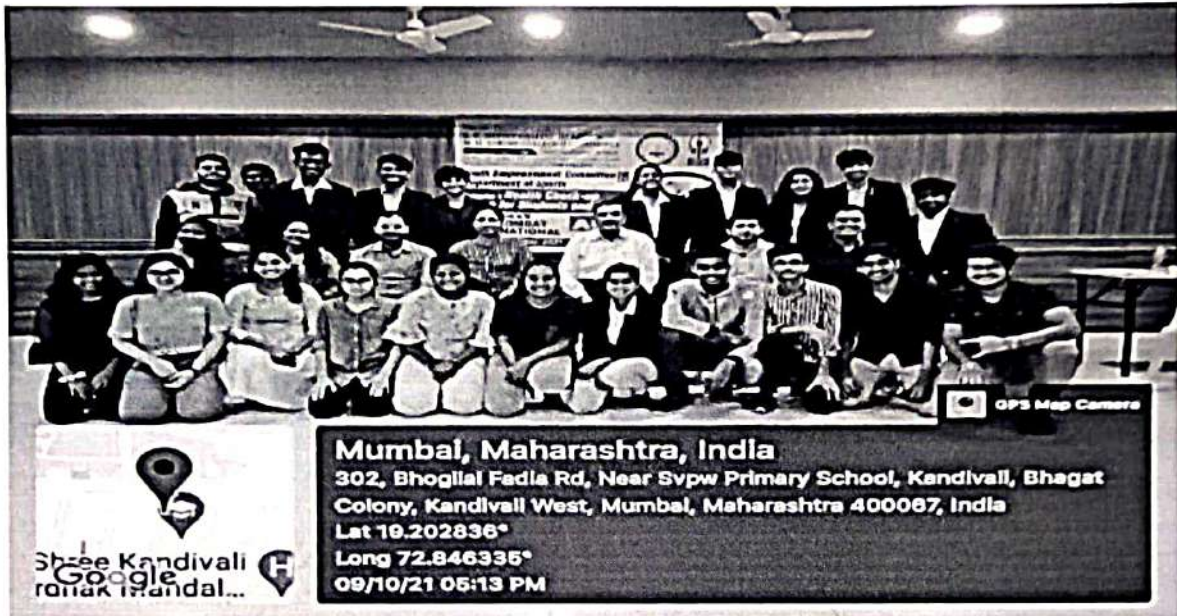
Rajkumar
Teacher in charge

[Signature]
Criteria Head

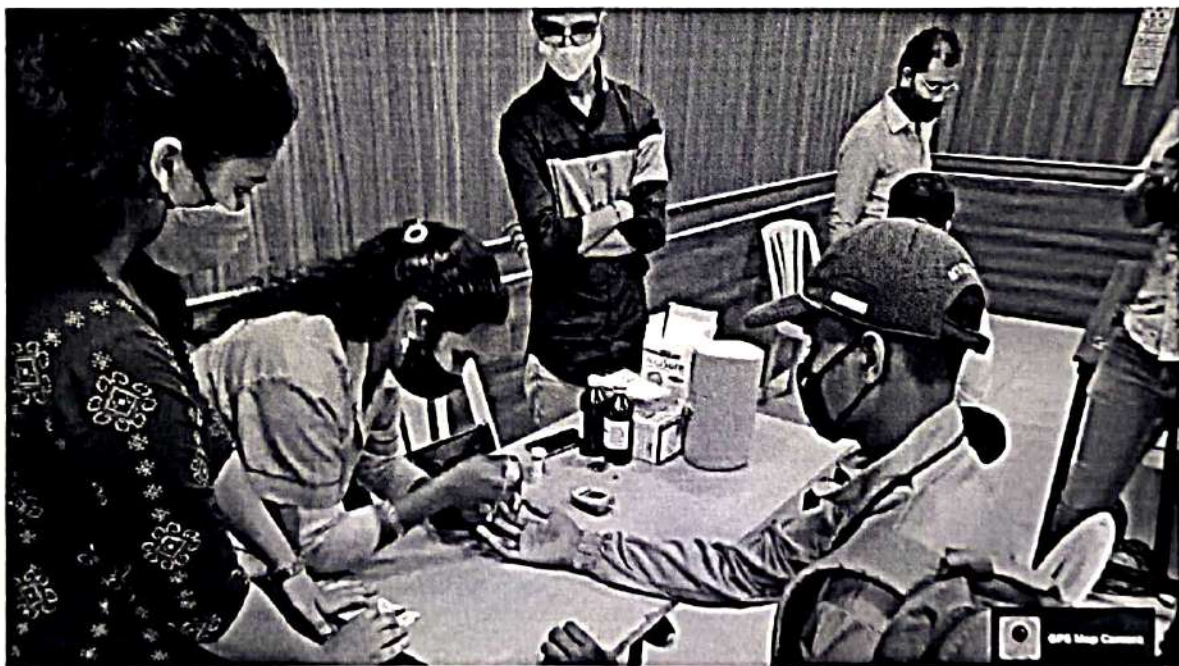


[Signature]
Principal

Geotagged/ Normal Photographs:



Group Photo of Volunteers on Health Camp Activity



Health Staff collecting Samples

Rajkumar
Teacher In charge

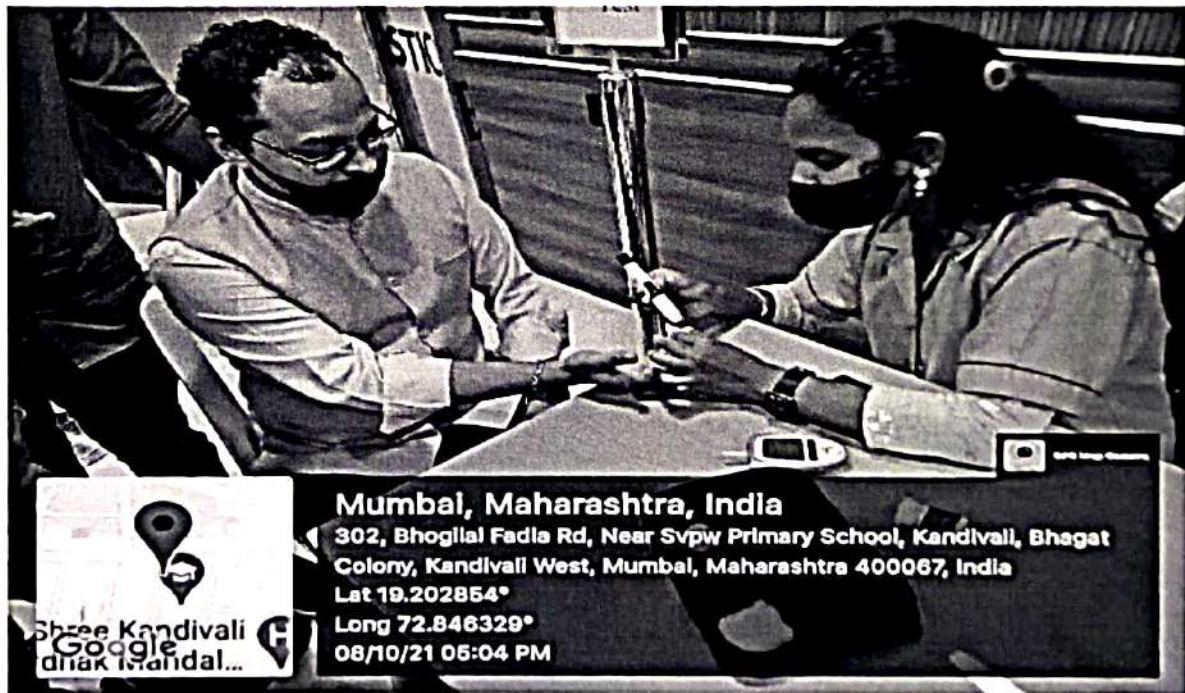
[Signature]
Criteria Head



[Signature]
Principal



Health Staff checking Blood Pressure



Health Staff checking Blood Sugar level


Teacher In charge


Criteria Head




Principal



Kandivli Education Society's
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OSI - Gauge 'Gold Rating' & 'Institute of Happiness' Award

Mentor College under UGC's 'PARAMARSH' Scheme • 'Best College 2017-18' award from University of Mumbai

**Criterion-V:
Student
Support and
Progression**

Brief Report of Event/Activity:

On 8th and 9th October 2021, **Youth Empowerment Committee, Gymkhana and Sports Committee** had organised a Health Check-Up Camp at Multi-Purpose Hall (Annex Building, KES Shroff College) from 1:00pm to 6:00 pm. This activity was extensively carried out for the students of KES Shroff College of Arts & Commerce. Inauguration of this event was done by Dr. Girish Trivedi and Dr. V.S. Kannan, Vice Principal of KES Shroff College, Members present in the inauguration were Dr. Vaibhav Ashar, Dr. Vishesh Shrivastav, S.N. Bhagwat and Dr. Rajkumar Gupta, Chairperson of Youth empowerment Committee.


There were two coordinators for this event i.e., Denis Ajmera and Darshan Mody who managed this event. There were 145 participants who had attended this event out of which 36 were staff members.

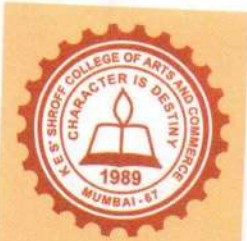
The purpose of the event was to spread awareness about health check-up and for the students to improve their health routine.


Teacher In-charge


Criteria Head




Principal



Kandivli Education Society's
**B. K. SHROFF COLLEGE OF ARTS &
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Criterion-V:
Student
Support and
Progression

**National Service Scheme (B-32)
Surya Namaskar Yoga Session (10 Days)**

SR.NO.	PARTICULARS OF EVENT/ ACTIVITY	DATA
1	Date / Day	8-02-2022 to 18-02-2022, Tuesday to Friday
2	Time	7:00 AM-8:30 AM
3	Venue	KES' Shroff College Ground
4	Platform (online/offline)	Offline
5	Event/Activity	Surya Namaskar Yoga
RECORDS OF ACTIVITY / EVENT		
6	Brochure / Poster if any	Yes
7	Notice for Event	Yes
8	Total number of Students/Participants	58
	• Male	18
	• Female	40
9	Geotagged/Normal Photographs	Yes
10	Brief report of Event /Activity	Yes

NSS Programme Officer

Criteria Head



Principal

Brochure / Poster



Kandivli Education Society's
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M. H. SHROFF COLLEGE OF COMMERCE**

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Mewar College under UGC's 'PARAMARSH' Scheme • Best College 2017-18 award from University of Mumbai

KESCC-5/2021-22

**NSS (B-32) UNIT And NCC UNIT
Organizes**



Indian Council for Cultural Relations
भारतीय सांस्कृतिक संबंध परिषद्

ASSOCIATION OF INDIAN UNIVERSITIES

इष्युवा नालवाइकर



सत्यमेव जयते
Ministry of AYUSH

Venue: College Turf

From: 8th to 18th
February 2022



KHELO INDIA


75
Azadi Ka
Amrit Mahotsav

75 सूर्य
करोड़ नमस्कार



Surya Namaskar


NSS Programme Officer


Criteria Head




Principal

Notice for Event

JAI HIND

On the Occasion of 75th Azadi ka Amrit Mahotsav

NSS UNIT B-32 of KES' Shroff College of Arts and Commerce in collaboration with NCC UNIT is organising Surya Namaskar Yoga Session

Date:- 8th February, 2022 to 18th February, 2022

Time:- 7:00am to 8:30am

Venue:- College Ground, Main building

Registration link:

<https://forms.gle/nAjdRnxkqLd11bxBA>

Registration Deadline:

On 7th February, 2022 till 7:00pm

For Any further Queries contact ☐:-Esha Makwana:-7506752523

Note:- Registration is compulsory



NSS Programme Officer




Criteria Head




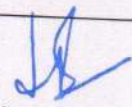
Principal

List of Participants

Sr. NO.	Name	Year	Course	Roll no	Div	Gender	Institution/ College
1.	Prerna Lonkar	FY	BAF	007	B	Female	KES' Shroff College
2.	Sumedha Bhiungade	FY	BAF	006	D	Female	KES' Shroff College
3.	Sejal Suthar	FY	BAF	010	D	Female	KES Shroff College
4.	Khushi Singh	FY	BAF	078	C	Female	KES' Shroff College
5.	Vrshika Chaplot	SY	BAF	002	A	Female	KES' Shroff College
6.	Priya Sharma	SY	BAF	061	D	Female	KES' Shroff College
7.	Vrushti Chandura	FY	BAF	044	D	Female	KES' Shroff College
8.	Bhumi Vora	FY	BAF	041	D	Female	KES' Shroff College
9.	Ishika Parmar	SY	BAF	059	B	Female	KES' Shroff College
10.	Tisha Sahani	FY	BAF	032	C	Female	KES' Shroff College
11.	Ragini Upadhyay	SY	BAF	021	B	Female	KES' Shroff College
12.	Sakshi Pandey	FY	BBI	058	A	Female	KES' Shroff College
13.	Madhuri Gupta	FY	BBI	027	A	Female	KES' Shroff College
14.	Harshita Dubariya	FY	BBI	021	A	Female	KES' Shroff College
15.	Bhavana Patel	FY	BBI	005	B	Female	KES' Shroff College
16.	Shrilaxmishreya Vissamsetti	SY	BCOM	107	B	Female	KES' Shroff College
17.	Nikita Gupta	SY	BCOM	066	A	Female	KES' Shroff College
18.	Sanjana Parkar	SY	BCOM	099	C	Female	KES' Shroff College
19.	Dhruvi Kotecha	SY	BCOM	094	A	Female	KES' Shroff College
20.	Nisha Prasad	SY	BCOM	031	B	Female	KES' Shroff College
21.	Laxmi Sharma	SY	BCOM	073	B	Female	KES' Shroff College
22.	Daksh Jogi	FY	BA	020	A	Male	KES' Shroff College
23.	Khushi Gupta	SY	BSCIT	022	A	Female	KES' Shroff College
24.	Dimple Gupta	SY	BSCIT	021	A	Female	KES' Shroff College
25.	Esha Makwana	SY	BSCIT	037	A	Female	KES' Shroff College


NSS Programme Officer


Criteria Head


Principal



26.	Nidhi Malkan	FY	BCOM	084	B	Female	KES' Shroff College
27.	Khushi Jagad	FY	BA	016	A	Female	KES' Shroff College
28.	Vidya Shah	SY	BCOM	088	E	Female	KES' Shroff College
29.	Shruti Kathiriya	SY	BCOM	072	D	Female	KES' Shroff College
30.	Priyanka Das	SY	BCOM	057	D	Female	KES' Shroff College
31.	Twinkle Senjaliya	FY	BCOM	098	C	Female	KES' Shroff College
32.	Nirmala Dangi	SY	BCOM	016	E	Female	KES' Shroff College
33.	Shahin Turkiya	FY	BA	062	B	Female	KES' Shroff College
34.	Janhavi Shirke	FY	BA	029	B	Female	KES' Shroff College
35.	Mansi Bhorning	SY	BMS	036	E	Female	KES' Shroff College
36.	Kashish Bavdane	FY	BMS	010	A	Female	KES' Shroff College
37.	Jigisha Shah	FY	BMS	078	C	Female	KES' Shroff College
38.	Ruchita Manbhav	SY	BMS	015	B	Female	KES' Shroff College
39.	Anjali Mishra	FY	BMS	056	B	Female	KES' Shroff College
40.	Monika Chunchu	SY	BMS	003	E	Female	KES' Shroff College
41.	Riddhi Chatwani	FY	BMS	020	A	Female	KES' Shroff College
42.	Saumil Mehta	FY	BAF	029	B	Male	KES' Shroff College
43.	Vidhit Mehta	FY	BAF	030	B	Male	KES' Shroff College
44.	Harshal Gandhi	FY	BAF	024	A	Male	KES' Shroff College
45.	Dhruvit Kathiriya	SY	BCOM	065	C	Male	KES' Shroff College
46.	Varun Kesaria	SY	BCOM	089	A	Male	KES' Shroff College
47.	Jaykumar Sonagra	SY	BCOM	082	B	Male	KES' Shroff College
48.	Neel Furia	SY	BCOM	061	D	Male	KES' Shroff College
49.	Mihir Salunke	FY	BCOM	085	C	Male	KES' Shroff College
50.	Rohit Rane	FY	BA	088	A	Male	KES' Shroff College
51.	Aayush Tiwari	FY	BAM MC	046	B	Male	KES' Shroff College
52.	Yash Sarvaiya	FY	BMS	084	A	Male	KES' Shroff College
53.	Ashirvaad Bhat	SY	BSCIT	006	A	Male	KES' Shroff College
54.	Arun Joshi	SY	DS	033	A	Male	KES' Shroff College

NSS Programme Officer


Criteria Head

Principal



55.	Darpan Lodya	SY	BCOM	117	E	Male	KES' Shroff College
56.	Dhruv Pamak	SY	BIM	010	A	Male	KES' Shroff College
57.	Dhruv Tank	FY	BAF	013	D	Male	KES' Shroff College
58.	Harsh Mistry	SY	BCOM	083	D	Male	KES' Shroff College

I hereby certify that the above listed students attended the event.

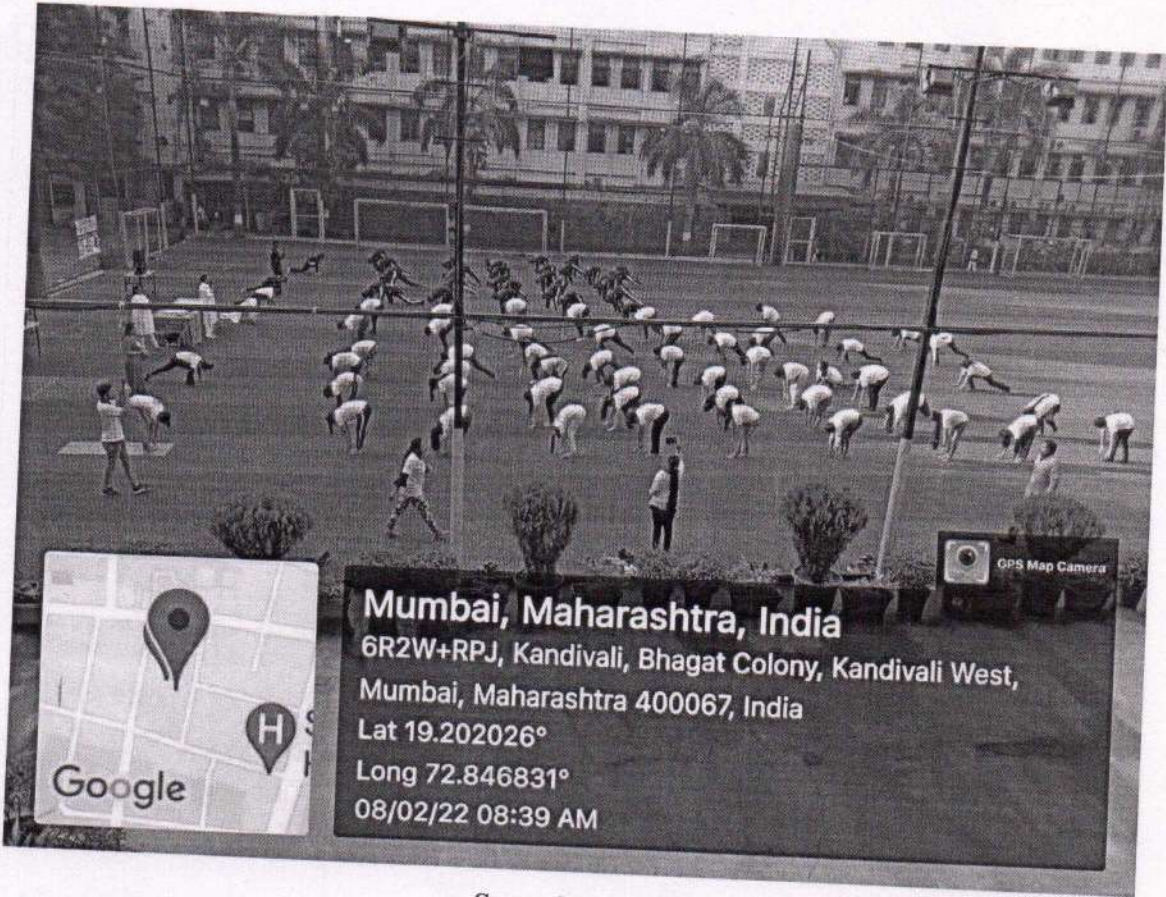

NSS Programme Officer


Criteria Head





Principal

Photographs



Surya Namaskar




NSS Programme Officer

Surya Namaskar

Criteria Head




Principal



Kandivli Education Society's
**B. K. SHROFF COLLEGE OF ARTS &
M. H. SHROFF COLLEGE OF COMMERCE**

An Autonomous College

NAAC Re-accredited 'A' Grade

ISO 9001:2015 Certified

QS I - Gauge 'Gold Rating' & 'Institute of Happiness' Award

Mentor College under UGC's 'PARAMARSH' Scheme • 'Best College 2017-18' award from University of Mumbai

Criterion-V:
Student
Support and
Progression

Brief Report

A Healthy and strong body is like an ornament. Due to the gift of Yoogasan given by ancient Sages, you can remain healthy and lead a long life. The Surya Namaskar tones the entire body, help with weight loss and strengthens muscles and joints, and improves mental health. As a part of the celebration of 75 years, 'Azadi Ka Amrit Mahotsav' Aayush Mantralaya initiated the performance of 75 crore Surya Namaskar by the citizens of India keeping in line with that the NSS Unit initiated performing 108 Surya Namaskar in association with NCC and Mahila Yoga Samiti, Patanjali, Mumbai. 58 students learned and practiced 108 Surya Namaskar on the college ground from 7:00 am to 8:30 am.

NSS Programme Officer

Criteria Head



Principal