

### **Metric 5.1.2**

Following capacity development and skills enhancement activities are organised for improving students' capability

**Programs Conducted on Life Skills** 

Academic Year 2023-24



### **METRIC NUMBER 5.1.2 QnM**

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Following capacity development and skills enhancement activities are organised for improving students' capability

## **Programs Conducted on Life Skills**

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P.L. LOKHANDE MARG, CHEMBUR, MUMBAI – 400089

Report

Session Of: Youth & Life [Literary Festival – Inauguration Day ] Date: 29th January, 2024 Conducted

By: Dr. Smita Dipankar - Life Coach, Author, Podcast Host

Venue : Seminar Hall

Timing: 12.45 pm to 2 pm

Incharge: Mrs. Beena Pandey

Teachers: Miss. Nikita Sreekumar

Miss. Jaishna Krishnan Kutty

Miss. Sonika

The Language Club in Association with IQAC organised "Literary Festival" from 29th January, 2024 to 31st January, 2024. The "Inauguration Ceremony" started with -Lighting of Lamp, Prayer, Dance performance by Riya More and Music rendition by Sagar Singh.

Chief Guest of the Festival Dr. Smita Dipankar is a MBBS doctor, first and only Teen Life Coach of India, Author, Podcast Host of The Simplifying Teenage Podcast, Founder and Co-founder and

Newspaper was published by the dignitaries - Chief Guest Dr. Smita Dipankar, General Secretary SNMS Shri O. K. Prasad, Principal Dr. Ravindran Karathadi, Vice Principal Dr. Jayashree V and Vice Principal S. Hinduja.

Dr. Smita Dipankar as Chief guest interacted with students and made them play games through which they were taught to think, manifest and achieve their dreams. Students also came up with their doubts and apprehension and it was a lively session. The session culminated with total 60 attendees having an insight about how to face the challenges in life and surmount it successfully.

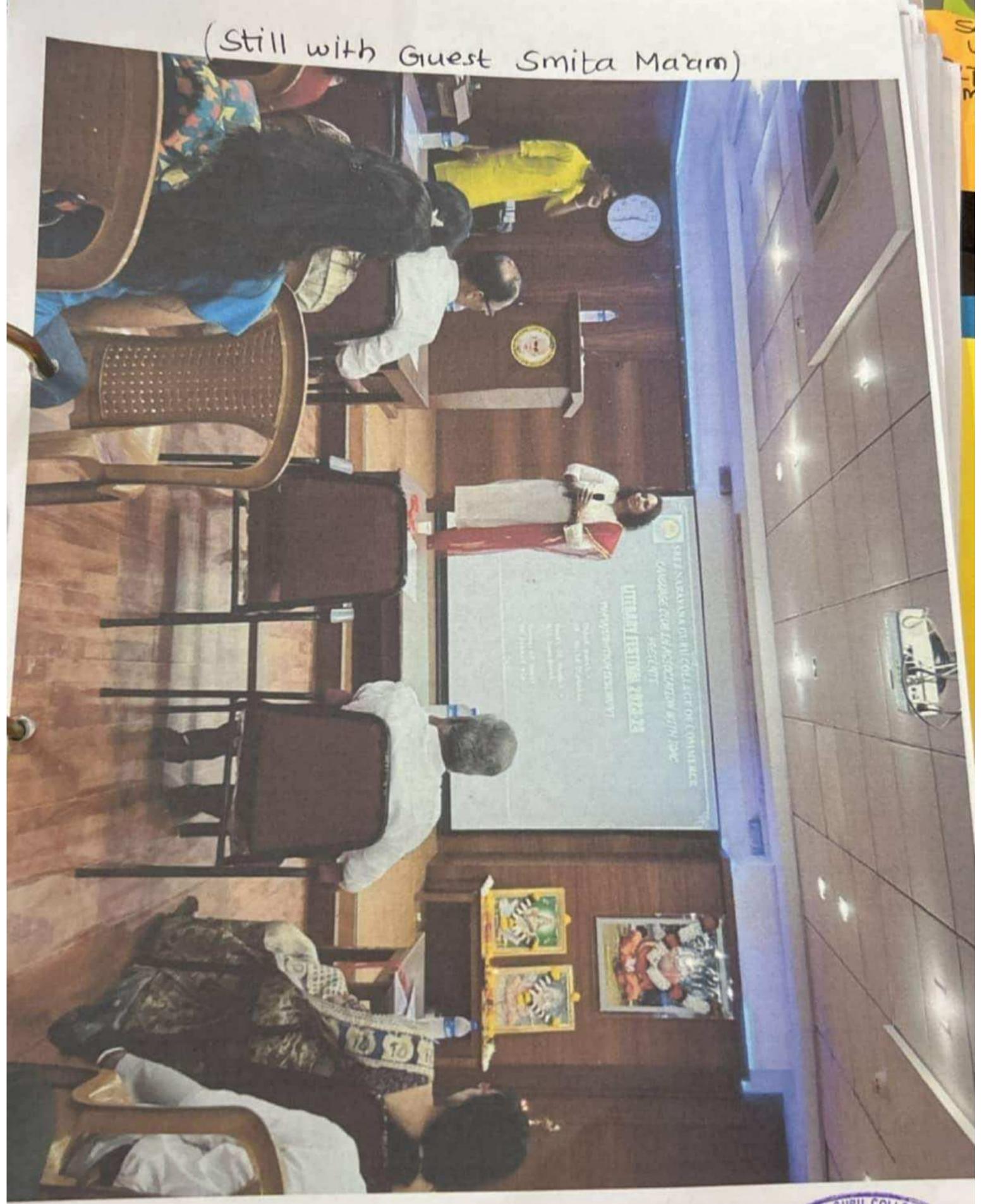
### Objective of the event:

- 1) To make students aware about the importance of living a wholesome life and Dr. Smita could guide them.
- 2) To encourage students to understand situations in a better way.

The session was a proactive one with lots of questions and answers, doubts and worries being shared in an open platform.

Report Prepared by: - Mrs. Beena Pandey

Principal Sree Narayana Guru Cellege of Commerce P. L. Lokhande Marg. Chembur, Mumbus







(LINGUISTIC MINORITY INSTITUTION)

RE-ACCREDITED BY NAAC (GRADE-'B'-CGPA 2.45) [2019-2024]

AFFILIATED TO UNIVERSITY OF MUMBAI & RECOGNISED BY UGC-u/s 2(f)&

MANAGED BY SREE NARAYANA MANDIRA SAMITI (REGD.)

LOKHANDE MARG, CHEMBUR, MUMBAI - 400 089. 🗎 9326063380 / 9326083775 🔯 sngcollege86@yahoo.co.in / sngcollegeprincipal@gmail.com

22nd Jan, 2024

### NOTICE

Language Club in association with IQAC, is planning to organise on Jan 29th, 2024, a session on 'Youth & Life', by Dr. Smita Dipankar, from 12.30 am onwards. It will be an interactive session. All students and staff is expected to attend the session.

Incharge Language Club

Principal

Principal

Sree Narayana Guru College of Commerce P. L. Lokhande Marg. 400 039. Chembur, Mumbai



### SREE NARAYANA GURU COLLEGE OF COMMERCE Language Club

ATTENDANCE SHEET

EVENT NAME: Literary Festival

DATE: 29-01-2024

samuar Hall VENUE:

TIME: 11.00 AM

Serial No:	Name	Class	Signature
1	Nisha Pohiman Gaikwad	Class	Substance
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55	Yash Lokhoude	FYDS	10/
56	Afifa Khan	FYBA	Afifa
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58	Mazma Chailth	Fy Bcom	
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## SREE NARAYANA GURU COLLEGE OF COMMERCE P. L. LOKHANDE MARG, CHEMBUR, MUMBAI – 400089

Report on the "Life Skills, Corporate Culture and Happiness Index" conducted by Department Of Commerce of SNGC

Date - 07th . November, 2023

Venue: Seminar Hall - 1st Floor

Timing: 11:00 am - 1:00 pm

A recent session organised by the Department Of Commerce aimed at equipping students with essential life skills, insights into corporate culture, and strategies to enhance their overall happiness index proved to be a transformative experience. The session sought to bridge the gap between academic knowledge and real-world application, empowering students to navigate the challenges of both their academic journey and future professional endeavours.

### Life Skills:

The session commenced with a focus on life skills, recognizing their pivotal role in personal and professional development. Professors emphasised the importance of communication, time management, problem-solving, and emotional intelligence. Practical scenarios and interactive activities provided students with hands-on experience, enabling them to apply these skills in various aspects of their lives.

### Corporate Culture:

Understanding the nuances of corporate culture emerged as a crucial component of the session. Students gained insights into the diverse facets of corporate environments, ranging from teamwork and leadership to effective communication and workplace etiquette. Real-world examples and case studies illustrated the impact of corporate culture on career progression and job satisfaction.

### Happiness Index:

Recognizing the correlation between personal well-being and professional success, the session devoted significant time to exploring the concept of a happiness index. Professors elucidated the factors that contribute to a fulfilling life, both inside and outside the workplace. Strategies for managing stress, fostering positive relationships, and maintaining a healthy work-life balance were discussed. The session underscored the idea that a high happiness index is not only conducive to personal contentment but also enhances productivity and creativity in a professional setting.

### Interactive Learning:

The success of the session was amplified by its interactive approach. Professors encouraged open discussions, group activities, and Q&A sessions, fostering a collaborative learning environment. Students actively participated in role-playing exercises, team-building activities, and reflective discussions, making the session engaging and applicable to their individual experiences and aspirations.

### Conclusion:

In conclusion, the session on life skills, corporate culture, and happiness index orchestrated by college professors was a resounding success. It equipped students with valuable tools to navigate the complexities of both their academic and professional journeys. By intertwining theoretical knowledge with practical applications, the session not only enhanced the students' understanding but also instilled in them a sense of purpose, resilience, and optimism as they embark on their future endeavours.

**Total Students Benefited: - 198 Students** 

Report Prepared By :-

Mr. Yash Surve

House

Ms . Nikita Sreekumar

Principal

Stree Narrouse Guru

College of Commerce

P. L. Lokhande Marg.

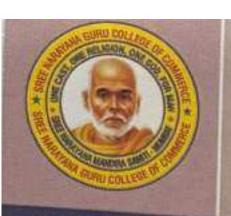
Chembur, Mumbai 400 08



Resource Person Addressing the students on the Session on Life Skills, Corporate Culture and Happiness Index







(LINGUISTIC MINORITY INSTITUTION)

RE-ACCREDITED BY NAAC (GRADE-'B'-CGPA 2.45) [2019-2024] AFFILIATED TO UNIVERSITY OF MUMBAI & RECOGNISED BY UGC-u/s 2(f)&12B

MANAGED BY SREE NARAYANA MANDIRA SAMITI (REGD.)

🗣 P. L. LOKHANDE MARG, CHEMBUR, MUMBAI - 400 089. 🗟 9326063380 / 9326083775 🐹 sngcollege86@yahoo.co.in / sngcollegeprincipal@gmail.com

Date: 01/11/2023

### NOTICE

This is to inform all students that the Department of Commerce is organising a Session on "Life Skills, Corporate Culture and Happiness Index" on 07th November, 2023. The session will have a brief discussion on how to develop life skills, adapt to the corporate culture and India in Happiness Index. Participants are requested to be present at 11:00 am.

B.com Coordinator

Principal Principal

Sree Naravana Gura College of Commerce P. L. Lokhande Marg. Chembur, Mumbai

Attendance sheet for the Workshop on "Life Skills, Corporate Culture and Happiness Index"

Sr. No.	Name of the Student  Class  Class  Class  Continue and Happiness Index  7th November, 2023				
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Attendance sheet for the Workshop on "Life Skills, Corporate Culture and Happiness Index"

7th November, 2023

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	20	Risheekesh Kurukai	FIBAF	90041098		
	21	Mohd Riyaz Ansasi	FYBAF	996777 64	38 Diyar	
-	22	Bravin Kumon Parihariya	FYBAR			
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	24	Sadyamvishuckenna	FYBMS	9167038932	al a	
	25	Yash Røju Kedare	TYBAF		Phedare	
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	27	Sahil Shairh	TYBAF	9326578453	Sold "	
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	36	Kerzi Abrar	TYBAF		Alary	
	37	RAHUL JAOHAV	TYBAF		Ryallow	
	38	Muzaffan Hussain	TYBSCIT	8879833876	TOWN COLLEGE OF THE STATE OF TH	

Attendance sheet for the Workshop on "Life Skills, Corporate Culture and Happiness Index"

7th November, 2023

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-	39	Sakib sayeed shalkh	FYBTM	7558524409		
	40	Shailkh Faizan	FYBTM	7208582935		
	41	Shaikh Sagad	FY 13 TIM	8655488083	Bit	
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	44	Daviyal Gangu	FYBIM	9819091752	A.	9
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Attendance sheet for the Workshop on "Life Skills, Corporate Culture and Happiness Index"

7<sup>th</sup> November, 2023

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	58	Amar Pandey	FXBMS	7738728193	Adj
	59	Shama Krish	FYBMIS	9167711518	Hrian.
	60	Kodri Gulan Mustafa		9769386767	
	61	Soyeb Khan	FYBrgs/B	9987316898	Expan.
16	62	Preet Badiya	fysms/A	8634610639	lend
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	65	Agnol Nadar	FYBMS/A	9137735087	Agho
	66	Avsani Agib	REBMS/A	9324065021	Date
	67	Bele and Keran	EXBM8/A	8779831224	And Market
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Attendance sheet for the Workshop on "Life Skills, Corporate Culture and Happiness Index"

7th November, 2023

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77	Sayyed Zainab	TYBMS	8169051195	Sairab
78	Priya Joshi	SYBAF	9769727883	Priya
79	Isha Patil	SYBAF	9167252375	Oktis
80	Asmita chavan	SYBAF	9665121538	Ah
81	Komal Patil	54BAF	9372707587	Amel
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Attendance sheet for the Workshop on
"Life Skills, Corporate Culture and Happiness Index"

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98	Sayged Neha	TUBAF	8082071230	
99	Asij Fatima	FYBMS	8433995807	
[00]	Gayatri Jagan Konar	FYBMS	9137031165	Gayona
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110	Shaikh Meenaz	FYIT	9076280972	Narah
111	Shairh Youria	FXIT	6369478451 3	94
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Attendance sheet for the Workshop on "Life Skills, Corporate Culture and Happiness Index"

7th November, 2023

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Attendance sheet for the Workshop on "Life Skills, Corporate Culture and Happiness Index"

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-	134	Sapra Pandey	TyBcom	8657354474	Sandey
		Shaikh Daulat	FYBBI	8828081440	AD.
-	136	Patroa Riya Ramraj	FYBBI	7208136199	
1	137	Crupta Soni	FYBBZ	9653120259	
	138	muskan Salian shaikh	FYBBI	8433 528889	an usicen
	139	Satyarupa Rom	FYBBI	8108801836	Simran
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	141	Shaikh Nida	sybrys	7977062214	xida .
	142	kajal jaiswar	FYBBI	8097204086	
	143	Samiya Sheikh	FYBBI	7304692876	-
-	144	Iram shaekh	FYBBI	9594696620	-
-	145	Mansi Nannaware	TYBAF	9967383525	
	146	Anchal Shamma	TYBAF		KE PIN IN
	147	laxmi	TYBAF	9167431167	Ocem?
	148	Sherikh Fizon	SYBAF	9076822437	.0
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	150	Shaikh Heeba Irfan	SYBAF		1865
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	152	Priya Kuldeep	SYBAF	7021841434	

Attendance sheet for the Workshop on "Life Skills, Corporate Culture and Happiness Index"

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53	Ansoni Johan Adi	TYBAF	8422031729	t.
54	Ansoni Asif	TYBAC	965323000	
155	Khen Segib	TYBAF	8104696419	2.
156	Sunny Rajkhar	14BAF	JOFF62 84953	25
157	sameer ohned	TY. BAF	93248910741	sameot.
158	Khan Tohud	TYBAF	8591362273	9
159	Aprez Sayush	TYBAF	8591120209	Apros
160	Shohzan Khan	TYBAF	810498996	the .
161	Mandoura Renuka	TY Bms	9004515543	Jerusca,
162	Shaizaan Shaikh	THBIT	932432604	2
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Attendance sheet for the Workshop on "Life Skills, Corporate Culture and Happiness Index"

7th November, 2023

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	176	Siddhi Rao	SYBAF	9594286285	d fao
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Attendance sheet for the Workshop on "Life Skills, Corporate Culture and Happiness Index"

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Attendance sheet for the Workshop on "Life Skills, Corporate Culture and Happiness Index"

7th November, 2023

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## Report on Learning@Life School Session At Sree Narayana Guru College of Commerce, Chembur

**Date**: September 9, 2023 **Time**: 11:00 AM to 12:30 PM

Venue: Sree Narayana Guru College of Commerce, Chembur

Organized by: Department of Banking and Insurance, in association with IQAC

General Welcome Address: Dr. Karishma Kasare, BBI Coordinator Welcome Address: Dr. Ravindran Karathadi, Principal of the College

**Speakers and Guests:** 

Shri M. I. Damodaran (President, SNMS): Addressed the Gathering Shri O.K. Prasad (General Secretary, SNMS): Addressed the Gathering

Dr. Aparna Sharma(HR Practitioner): Resource Person for the session (Felicitation by Shri M. I. Damodaran)
Dr. Sarla Rao (Associate Professor, Chairperson of the Centre for Human Resource Management, TISS)

:Felicitation by Shri O.K. Prasad

Mr. Vaibhav Dhawan (HR Practitioner): Felicitation by Dr. Ravindran Karathadi

Shri Chandran sir (Treasurer of SNMS)

**Number of Paricipants**: 185

**Introduction of the Resource Person:** Mr. Priyadarshan Shede introduced Dr. Aparna Sharma, the resource person of the day.

Book Release: Dr. Aparna Sharma's books were released during the event:

"Between U & Me - Ordinary People, Extraordinary Lessons"

"Reality Bytes - The Role of HR in Today's World" (English and Hindi versions)

### **Session Highlights:**

The session commenced with Dr. Aparna Sharma taking the stage. Dr. Sharma, an HR practitioner with a wealth of experience, shared her life experiences and valuable insights on how to extract lessons from life. She emphasized the importance of passion, motivation, and resilience in facing life's challenges.

Dr. Sharma's presentation was highly interactive, engaging the students and encouraging them to participate actively. She shared practical examples and real-life anecdotes, making the session relatable and insightful.

### **Question and Answer Session:**

Following Dr. Sharma's presentation, a lively question and answer session took place. Students had the opportunity to seek clarification, share their thoughts, and engage in meaningful discussions.

### **Vote of Thanks:**

The session concluded with a vote of thanks delivered by Ms. Ruksana Shaikh, a TYBBI student. She expressed gratitude to all the dignitaries, guests, and participants for making the event a success.

### **Conclusion:**

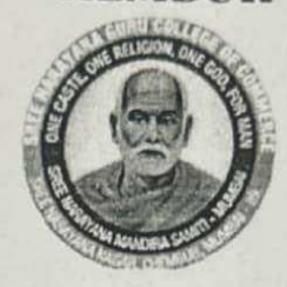
The Learning@Life School session organized by the Department of Banking and Insurance at Sree Narayana Guru College of Commerce, Chembur, in collaboration with IQAC, proved to be an enriching experience for all attendees. Dr. Aparna Sharma's inspirational talk left a lasting impact on the students, empowering them with valuable life lessons and a renewed sense of purpose. The event was a testament to the college's commitment to holistic education and personal development.

### **Glimpses of the Event:**







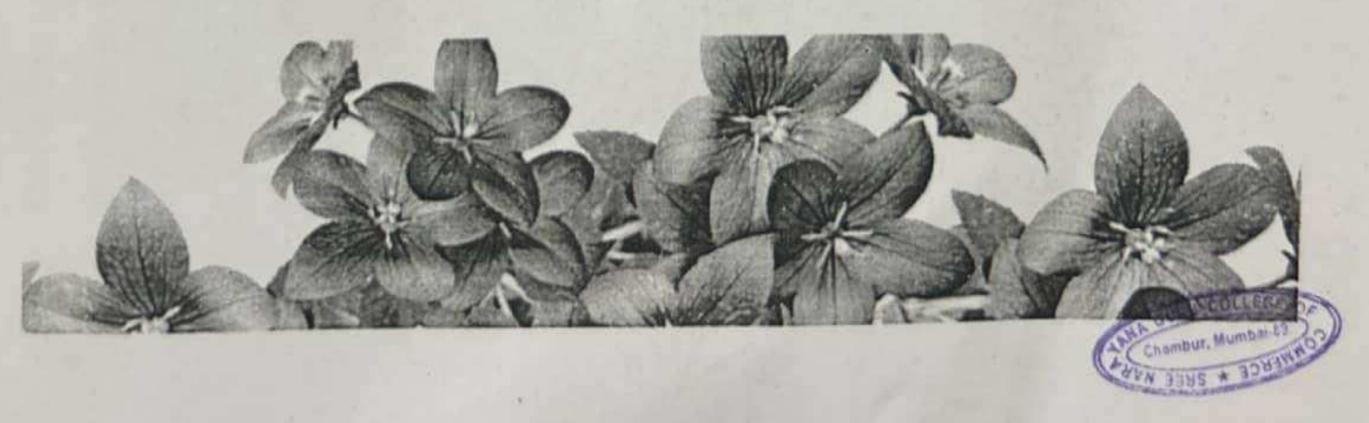


Department of Banking & Insurance
In Association with
IQAC

ORGANISES A Session on

## Learnings @Life School

DATE: 9th September, 2023 VENUE: Seminar Hall



### P. L. Lokhande Marg, Chembur, Mumbai Department of Banking & Insurance with IQAC

Name of the Event: Session on Learning @Life school

Date:9<sup>TH</sup> September, 2023

Name of the Resource Person: Dr. Aparna Sharma

Time: 11:00am to 12:30pm

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Name of the Event: Session on Learning @Life school

Name of the Resource Person: Dr. Aparna Sharma

Date:9TH September, 2023

Time: 11:00am to 12:30pm

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### P. L. Lokhande Marg, Chembur, Mumbai Department of Banking & Insurance with IQAC

Name of the Event: Session on Learning @Life school

Name of the Resource Person: Dr. Aparna Sharma

Date:9TH September, 2023

Time: 11:00am to 12:30pm

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Date:9<sup>TH</sup> September, 2023

Name of the Resource Person: Dr. Aparna Sharma

Time: 11:00am to 12:30pm

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3.	Divyo shukla	TU BAR	8/08534218	dinyashulchang	tugo
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5	Rainno Jaiswar'	TO BOP	0020120765	William aharagua	KULTON
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7.	Keinchein purkale		9653499309	Parkale Konchan@gmeil	Contract
8)	Abha Yadar.		0700011106	abhayadaval 82@gms	\$100 ·
9.	Nizba Sheikh.		Doggood/II	nebachulks@gran	Hills.
10	Khan Tarannum	Tura	19967295030	209akhon 3370495	Haranna
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Name of the Event: Session on Learning @Life school

Date:9<sup>TH</sup> September, 2023

Name of the Resource Person: Dr. Aparna Sharma

Time: 11:00am to 12:30pm

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Sr. No.	Name of the Student	Class	Mobile Number	Email Id	Sign
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2	Mansi Rajendra Nannaware	TYEKE	9961383525	mansi nannaw or of agmail w	n (Mary
3	Shweta Jario	TYBAF		javirshwetazo@gmailco	m Sec 2. P. Javi
4	Shreaga Sharma	NO. OF STREET,	8607534776	sshreera760@gno:leu	Shreap
5	Radhika Mandolikar		2010017206	adhilamandolinant	
6	Laxmi chaudhany	TYBA	916743116	7 Laxmize moudhanyos	agmen (Vaxin)
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Name of the Event: Session on Learning @Life school

Date:9<sup>TH</sup> September, 2023

Name of the Resource Person: Dr. Aparna Sharma

Time: 11:00am to 12:30pm

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	Vinayak Jalker Zard Kha	BAF	9322007140		745
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	Sahil Shaikh	TYBA	9328578153		-delet.
	Rahul Tadhan	TYBAF	932 4491886	vj?unz3@gmilion	Ryadhan
	Wishal Hamarge	TIBAR	9372666799	vishal hangavariore.	1000
	Shaith Sahel		7710750576	35682053@grida	Dord
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Name of the Event: Session on Learning @Life school

Date:9TH september, 2023

Name of the Resource Person: Dr. Aparna Sharma

Time: 11:00am to 12:30pm

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Report on the Menstrual Hygiene conducted by the Women Development Cell along with IQAC

Date – 18th December, 2023.

Venue- Classroom - 7th floor (705).

Timings- 11:00 am to 1:00 pm

All of our college's female students participated in a special session on menstrual hygiene, which was a major step towards promoting an awareness and empowerment culture. The goal of the seminar was to clarify misconceptions, offer useful information, and encourage a positive outlook about menstruation. The Menstrual Hygiene Session and Hygiene Kit Distribution have shown to be an essential step in empowering, educating, and shattering taboos for our college's female student body. By creating a climate of transparency and understanding, we hope to improve our children's general wellbeing and sense of self. This program not only supports mental well-being but also physical health, which will help to create a generation of young women who are more aware of their surroundings and self-assured.

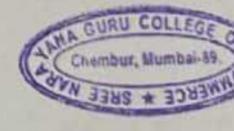
147 Students were Benefited and received a hygiene kit in the workshop.

Report prepared by:

Ms. Saba Shaikh

Ms. Nikita Sreekumar Nor. Yash Surve

Sree Narayana Gusu College of Commerce P. L. totales Carre Chembur, A. a. a. 501 400 089.



### **Geotagged Photos of the Session on Menstrual Hygiene**













(LINGUISTIC MINORITY INSTITUTION)

RE-ACCREDITED BY NAAC (GRADE-'B'-CGPA 2.45) [2019-2024]

AFFILIATED TO UNIVERSITY OF MUMBAI & RECOGNISED BY UGC-u/s 2(f)&12B

MANAGED BY SREE NARAYANA MANDIRA SAMITI (REGD.)

🗣 P. L. LOKHANDE MARG, CHEMBUR, MUMBAI - 400 089. 🖟 9326063380 / 9326083775 💹 sngcollege86@yahoo.co.in / sngcollegeprincipal@gmail.com

### NOTICE

11/12/23

Women development Cell along with Alumni Association organising a session on Menstrual Hygiene and Personality Development for all the Girls Students on 18th December, 2023 (Monday) at 11.30am in Room no 705. All the Girls students are requested to attend the session.

WDC In-Charge

Principal
Stee Narayana Guru
College Of Commerce
P. L. Lokhande Marg,
Chembur, Mumbai - 400 089.

#### SREE NARAYANA GURU COLLEGE OF COMMERCE SNG Alumni Association & Women Development Cell

ATTENDANCE SHEET

EVENT NAME: Awareness Session on Menstrual Hygiene & Personality Development DATE: 18-12-2023

VENUE: Room No 700, 7th floor

TIME: 11.00 AM

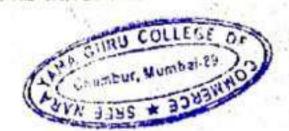
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# SREE NARAYANA GURU COLLEGE OF COMMERCE SNG Alumni Association & Women Development Cell ATTENDANCE SHEET

EVENT NAME: Awareness Session on Meastrual Hygiene & Personality Development

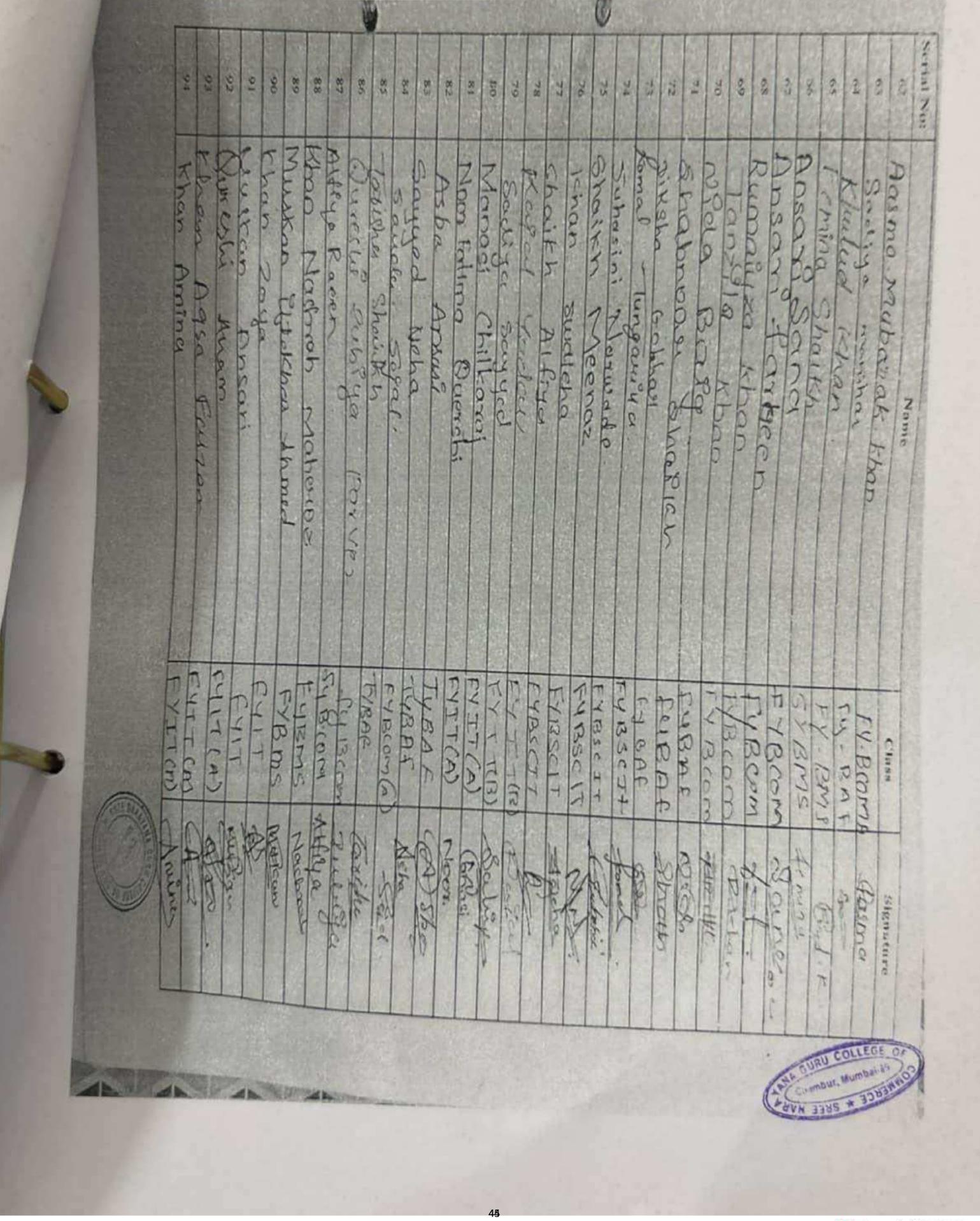
VENUE: Room No 700, 7th floor

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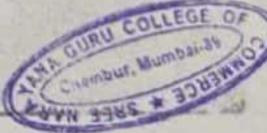
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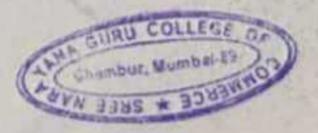
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Academic Year 2022-23

## SREE NARAYANA GURU COLLEGE OF COMMERCE P. L. LOKHANDE MARG, CHEMBUR, MUMBAI - 400089

#### **REPORT**

Name of the committee: Sports

Date: 17.04.23

Name of the Incharge: Mrs. Punam Mujawar

Members of the Committee: 1. Mrs. Reshma Jinwal 2. Ms. Nahid Shaikh

Sports committee had organized laughter therapy session on 17th April,2023. Session was kept for students, teaching and non teaching staff. The session aimed to promote mental well-being, alleviate stress, and foster a positive and cohesive environment within the college. Total 77 participants were present.









(LINGUISTIC MINORITY INSTITUTION)

RE-ACCREDITED BY NAAC (GRADE-'B'-CGPA 2.45) [2019-2024]

AFFILIATED TO UNIVERSITY OF MUMBAI & RECOGNISED BY UGC-u/s 2(f)&

MANAGED BY SREE NARAYANA MANDIRA SAMITI (REGD.)

P. L. LOKHANDE MARG, CHEMBUR. MUMBAI - 400 089. 🔒 9326063380 / 9326083775 🔯 sngcollege86@yahoo.co.in / sngcollegeprincipal@gmail.com

Date:12th April,2023

#### **NOTICE**

All the students are hereby informed that the Sports Committee is organizing a Session on Laughter therapy on 17th April , 2023. All the Department students should attend the session.

For any queries you can contact the following teachers:

Ms. Punam Mujwar; Contact no: 8369155271

Mrs. Reshma Jinwal; Contact no: 9594967470

Ms. Nahid Shaikh; Contact no: 8108495483

Sports Committee In-charge

Mrs. Punam Mujawar

Principal

College of Commore P. L. Lokhande Marg. 400 080

Chembur, Mumbai

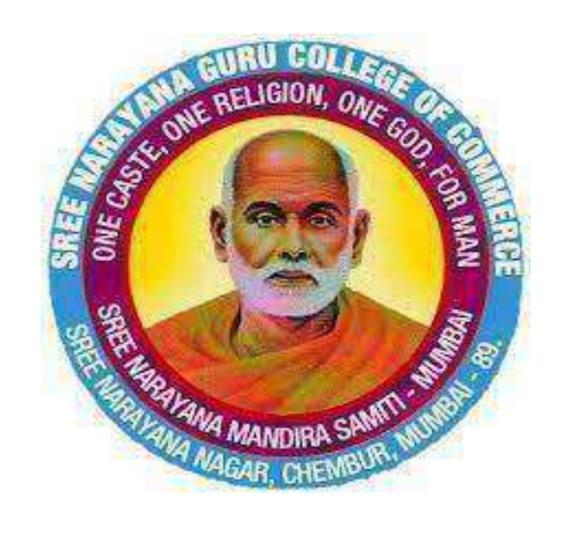


#### SREE NARAYANA GURU COLLEGE OF COMMERCE P. L. LOKHANDE MARG, CHEMBUR, MUMBAI - 400089

Date: 17.04.23

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Sr.No	Name of the Student	Class
2	Aamin Ansari	BSCIT
3	Murad Ali Abdul Rajjak	BAF
4	UMMEHABIBA MOHAMMED IKHLAQUE SHAIKH	BSCIT
	Mohd Anas Ansari	Other
5	Mohammad Aman Mohammed Rehan Ansari	Other
6	Poornima	BSCIT
7	Gupta Mangesh	BSCIT
8	Qureshi Aashkara sajjad	BBI
9	Shivani Anil Pawar	Other
10	Noorien mohd Ayub	всом
11	Arshiya khan	BAF
12	Neha shivbabu gupta	всом
13	Anam Rayees Ahmed	BSCIT
14	Mayureshwar buddhashanta	Other
15	Shaikh Ashraf Hasan.	BBI
16	Aisha Asif Shaikh	BCOM
17	Mansuri Nafisa Mohd Umar	всом
18	SYED FATEMA BIBI MUZAHID HUSSAIN	ВСОМ
19	Mohsin Masroor khan	BSCIT
20	KHAN SHAMIYA PYARE MIYA	BCOM
21	Jha Pinky Kumari Shankar	BAF
22	Femina Shaikh	Other
23	Najimuddin Shaikh	BSCIT
24	Jayshree.S.Kudia	Other
25	Khan zaiba	ВСОМ
26	Sarvar ali	Other
27	Aamir khan	BAF
28	Bilal Shaikh	ВСОМ
9	Umaira aqeel shaikh	BBI
	Kesar Mansingh Maurya	BAF
	Shayna ansari	BBI
	Altamash Hussain khan	ВСОМ
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3	Tarisha Khatoon Mohammad Mateen Shaikh	BAF
4	Khan shafiya	всом
15	Khan Toheed Firoz	BAF
46	Venila Naidu	BCOM
47	Sarfaraj Shaikh	BSCIT
48	Nilofer sayed	BAMMC
49	Azar Ajgar shaikh	всом
50	Mohd sahil khurshid	BAF
51	Rinky Pal	BSCIT
52	Sadiya khalid siddiqui	ВСОМ
53	Chaitanya jayvant balip	всом
54	SHAIKH SHAHEEN SIRAJ	BCOM
55	Susmita Rajesh Bind	BFM
56	Khan momin mateen	BCOM
57	Khan kazim raza kalbe abbas	BCOM
58	Mohd Soheb Mansuri	BCOM
59	Tuheena Mansoor Mandal	BCOM
60	Safiullah khan	Other
61	Mansi Jagdish kamble	BCOM
62	Abdul Karim Shaikh	BCOM
63	HEMANGI BHASKAR RANE	BCOM
64	Siddiqui Saniya Rashid Ahmed	BCOM
65	Idrisi Aaftab mohd Anwar	BSCIT
66	Ravish singh	BSCIT
67	Mohd Saqib Khan	BSCIT
68	Aakash vishwakarma	
69	Ramjatan gupta	BSCIT
70	Khan Mantasha Karrar	BSCIT
71	Muzaffar Mohammad hussain	BSCIT
72	ACHARYA YUVRAJ KOLANJI	BSCIT
73	Ziauddin malik	ВСОМ
74	Tasmin maqsood naik	BSCIT
75	Ajay	BSCIT
76	Gauri	BSCIT
77	Rizwan Furkan Ahmad	BFM



Academic Year 2021-22

# Report: Life Skills and Youth Leadership Session

Participants: 58 Students

Session Conducted by: Miss Trushna Kshirsagar, Corporate Business: Soft Skill

On the 5th of August 2021, a Life Skills and Youth Leadership session was conducted by Miss Trushna Kshirsagar, a seasoned Soft Skill Communication Trainer, for a group of 58 students. The session aimed to equip the youth with essential life skills and leadership qualities necessary for personal and professional development.

#### Key Objectives:

- 1. To enhance students' understanding of essential life skills.
- 2. To cultivate leadership qualities among the youth.
- 3. To provide practical insights and tools for personal and professional growth.

#### Session Highlights:

- 1. Introduction to Life Skills: Miss Trushna commenced the session by elucidating the significance of life skills in navigating various life situations effectively. Through interactive discussions and real-life examples, she emphasized the importance of communication, problem-solving, decision-making, and interpersonal skills.
- 2. Leadership Development: The session transitioned into exploring the fundamentals of leadership. Miss Trushna outlined the characteristics of effective leaders and facilitated activities to help students recognize and develop their leadership potential. Through group exercises and case studies, participants learned about vision-setting, teamwork, and effective decision-making.
- 3. Practical Insights and Tools: Throughout the session, Miss Trushna provided practical tips and tools to help students apply the concepts learned in their daily lives. From effective communication techniques to time management strategies, participants gained actionable insights to enhance their personal and professional effectiveness.
- 4. Interactive Activities: The session was designed to be highly interactive, with engaging activities such as role-plays, group discussions, and brainstorming sessions. These activities not only reinforced the concepts discussed but also fostered teamwork and collaboration among the participants.

In conclusion, the Life Skills and Youth Leadership session conducted by Miss Trushna Kshirsagar was a resounding success. The interactive nature of the session, coupled with the expertise of the facilitator, ensured an enriching experience for all participants. It is hoped that the knowledge and skills acquired during the session will empower the youth to navigate the complexities of the modern world with confidence and resilience.

Report prepared by Rayesh Navy.

Principal Sree Narayana Gunu College of Commerce P. L. Lokhande Marg. Chembur, Mumbai

REACCREDITED BY NAAC WITH GRADE 'B' (CGPA2.45) (PERMANENTLY AFFILIATED TO THE UNIVERSITY OF MUMBAI) MANAGED BY SREE NARAYANA MANDIR SAMTI (REGD.) P.L.LOKHNADE MARG CHEMBUR, MUMBAI -400089 Tel:25263132

Date: 2/08/2021

#### NOTICE

It is hereby informed that the Placement cell of the college is organizing a session on Life skills and Youth Leadership on 5th August, 2021. The session will be led by experienced facilitators and will include engaging discussions, hands-on activities, and real-life scenarios to enhance your learning experience. Interested students are requested to be present in the Seminar hall by 11:00 am.

PLACEMENT CELL IN-CHARGE

PRINCIPAL

Princi Sree Narayana Gusta College of Commerce P. L. Lokhande Marg.

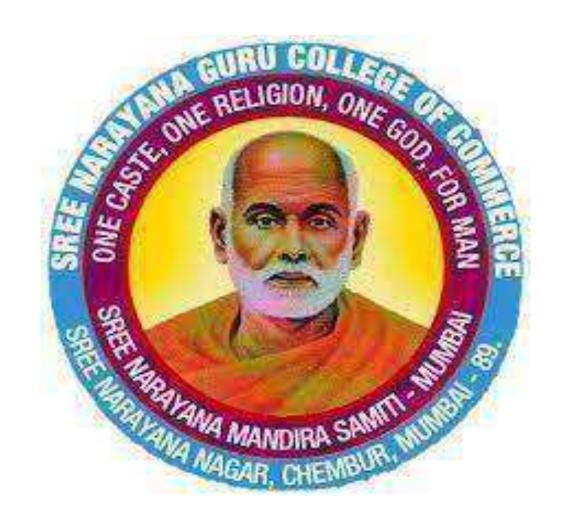
Chembur, Mumbai

# Life skills and youth leadership

# Attendance Sheet

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		CHOUDHRY YUSUF AKHTER HUSAIN SAIRUNNISA	SYBCOM	Tura
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6	10	KHATOON MOHD RAFIOLIE	SYBCOM	Chifa
6.	17	HEGADE NIKITA APPA	SYBMS	Nicitati
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14.	38	KHAN SHABNOOR RAFIUDDIN	FYBAF	
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Academic Year: 2019-20

### Report on Bridge Course in Mathematics

Organized by: Department of Mathematics, Sree Narayana Guru College

Venue: Seminar Hall, First Floor (New Building)

Date: 3rd July 2019

Number of Students Benefitted: 253

The Department of Mathematics at Sree Narayana Guru College organized a Bridge Course in Mathematics on 3rd July 2019, aimed at providing foundational support to students transitioning to higher education or facing challenges in mathematics. This initiative was designed to bridge the gap between high school and college-level mathematics, ensuring that students have a solid understanding of fundamental concepts necessary for success in their academic pursuits.

The primary objective of the Bridge Course was to equip students with essential mathematical skills and knowledge required for their respective courses. By addressing any gaps in understanding and strengthening foundational concepts, the course aimed to enhance students' confidence and competence in mathematics.

The Bridge Course in Mathematics organized by the Department of Mathematics at Sree Narayana Guru College was a resounding success, benefiting a total of 253 students. Through engaging lectures, problem-solving sessions, and collaborative learning activities, the course effectively addressed students' needs and equipped them with the necessary skills and confidence to excel in mathematics. This initiative reflects the college's commitment to academic excellence and student welfare, laying a strong foundation for continued success in higher education.

Report prepared by;

Vandana Gupta.



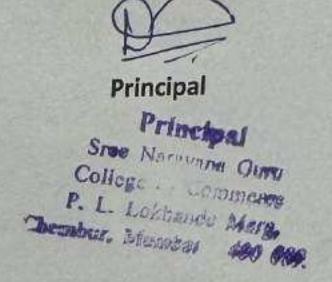
REACCREDITED BY NAAC WITH GRADE 'B' (CGPA2.45)
(PERMANENTLY AFFILIATED TO THE UNIVERSITY OF MUMBAI)
MANAGED BY SREE NARAYANA MANDIR SAMTI (REGD.)
P.L.LOKHNADE MARG CHEMBUR, MUMBAI -400089 Tel:25263132

Date: 01/07/2019

#### **Notice**

All the students are hereby informed that the Mathematics Department is organizing a Session on Bridge course on 03<sup>rd</sup> July, 2019. This session aims to help participants to strengthen their foundational math skills and bridge any gaps in understanding. All students are requested to be present in the Seminar Hall by 10:30 am.





### **Bridge Course**

## **Attendance Sheet**

Date: 03/07/2019

Sr. No	Roll No	Name of the student	Class	Signature
1.	1	ABHAY SUNIL SAWANT	FYBCOM	Sunl
2.	2	AIJAZ MUMTAZ ALI SAYYED	FYBCOM	AMAN
3.	3	AMAN CHAND BADSHAH SAYYED	FYBCOM	Onl
4.	4	ANSARI ALISHA IRSHAD AHMED	FYBCOM	Anny
5.	5	ANSARI ALSABA ABDUL SAMI	FYBCOM	Aura
6.	6	ANSARI ATIF IMRAN	FYBCOM	Alig
7.	7	ANSARI ERRAM ABDUL MATEEN	FYBCOM	EVARCE
8.	8	ANSARI KHUSBUNNISA ABDUL QAYYUM	FYBCOM	Yeman .
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10.	10	ANSARI MOHAMMED SUFIYAN BILAL AHMED	FYBCOM	Shore
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24.	24	ARJAN SATISH SOUNDHARAJ	FYBCOM	Thank
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#### Report on Yoga Session

Organizers: Sree Narayana Guru College in association with Isha Foundation

Venue: Seminar Hall, New Building, 1st Floor

Date: 21st June 2019 Participants: 30 Students

On 21st June 2019, Sree Narayana Guru College in collaboration with the renowned Isha Foundation organized a Yoga session. The session aimed to introduce students to the ancient practice of Yoga, emphasizing its benefits on physical and mental health.

The primary objective of the session was to educate students about the significance of Yoga in maintaining holistic well-being and to equip them with basic Yoga techniques that they could incorporate into their daily lives.

The session commenced with a brief introduction to Yoga and its origins, highlighting its importance in Indian culture and its global significance. A certified instructor from the Isha Foundation led the session, guiding students through various Yoga asanas (postures) and pranayama (breathing exercises).

The instructor emphasized the importance of correct posture and breathing techniques in each asana, ensuring that students understood the proper alignment of their bodies. Throughout the session, the instructor also provided insights into the benefits of each asana, explaining how they contribute to physical flexibility, strength, and mental relaxation.

The session witnessed active participation from all 30 students who attended. Students enthusiastically engaged in performing various Yoga asanas and demonstrated a keen interest in learning about the philosophy behind each practice. They eagerly interacted with the instructor, asking questions and seeking clarification on different aspects of Yoga.

The Yoga session organized by Sree Narayana Guru College in collaboration with the Isha Foundation proved to be a resounding success, providing students with valuable insights into the ancient practice of Yoga. It not only equipped them with practical techniques for physical and mental well-being but also fostered a deeper appreciation for India's rich cultural heritage. Such initiatives play a crucial role in promoting a healthy lifestyle and nurturing the holistic development of students.

Report prepared by,

Lakonamichaya Kale.

Principal Snew Nateworks Green College of Commerce P. L. Lokham Mars Chembur, Musobas 400 089.

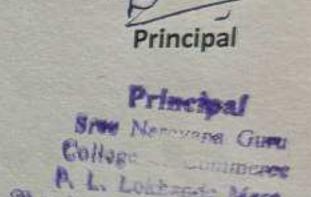
REACCREDITED BY NAAC WITH GRADE 'B' (CGPA2.45)
(PERMANENTLY AFFILIATED TO THE UNIVERSITY OF MUMBAI)
MANAGED BY SREE NARAYANA MANDIR SAMTI (REGD.)
P.L.LOKHNADE MARG CHEMBUR, MUMBAI -400089 Tel:25263132

Date: 15/06/2019

#### **Notice**

All the students are hereby informed that our college in Association with Isha Foundation is organizing a Session on Yoga on 21<sup>st</sup> June, 2019. This session offers a rejuvenating experience to relax, recharge, and reconnect with your inner self. All students are requested to be present in the Seminar Hall by 12pm.





Yoga Attendance Sheet

Date: 21/06/2019

Sr. No	Roll No	Name of the	Class	C:-
1.	19	student	Class	Signature
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7.	25	ARJAN SATISH SOUNDHARAJ	FYBCOM	AG.
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8.	26	BAGADE LATASHREE	FYBCOM	Zracket-
9.	27	BAIG KAIF RAIS		Mace.
10.	28	BELCHAPAD	FYBCOM FYBCOM	Kait
11.	29	YOGESHWARI BABU BHOLE RADHIKA		Harman
12.	30	RAJENDRA	FYBCOM	henry
13.	31	BODHE KAJAL SHVAJI	FYBCOM	Kaja
		CHAUHAN KULDEEP MANGRE	FYBCOM	Sour.
14.	32	CHAUHAN MUSTAQEEN KASAM	FYBCOM	Darigu
15.	19	ANSARI SHAHNAWAZ ALAM MEHBOOB ALAM	FYBCOM	addown
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19.	29	SHEJUL RAHUL BHAGWAN SHEETAL	FYBAMMC	P
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