



BUNTS SANGHA'S

S.M. SHETTY COLLEGE OF SCIENCE, COMMERCE & MANAGEMENT STUDIES

HEALTH & HYGIENE RELATED ACTIVITIES 2018-19

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BUNTS SANGHA'S

**S.M. SHETTY COLLEGE OF SCIENCE, COMMERCE
& MANAGEMENT STUDIES**

**Event:
International Yoga Day Activity by
Health Club**

Date: 21/06/2018

Bunts Sangha's
S.M.Shetty College of Science, Commerce and Management Studies

HEALTH CLUB → **NOTICE**

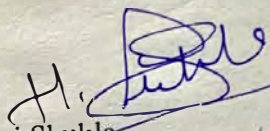
Date: 18/06/2018

All students are hereby informed that the Health Club, in association with Ambika Yog Kutir, is organizing International Yoga Day on 18/06/2018. All Students are invited to join the program.


For further details, contact your respective Coordinator or Health Club members.

Venue: 7th Floor (Open area)


Time: 7.30 am to 8.30am


Himani Shukla
Health Club In-charge

Health Club Members:

Prof. Vinay Shahapurkar 

Prof. Swati Shetty

Prof. Ashish Navik 



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002
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S.M.Shetty College of Science, Commerce And Management Studies, Powai.

Event: International Yoga Day

Date: 21-06-2018

HEALTH CLUB & NSS (FEMALE)

Sr.No	Name	Class	Phone_No	Sign
1	Paranya V Nair	TY IT	8291605931	
2	Akshita C Shetty	SYBMS(A)	7678040193	
3	Apurva R Jain	SYBMS(A)	7506771102	
4	Ushavara Purohit	TYBSc(IT)	9619495779	
5	Shruti Ghandli	SYBScIT	9930783609	
6	Yadav Manita	TYBSc(IT)	9967161099	
7	NISHMITHA SHETTY	TYBScIT	9967900369	
8	Rita Kotian	SYBScIT	9619076638	
9	Rhea Nair	SYBScIT	889969328420	
10	Sheena Shaji	TYBScIT	8579722580	
11	Anshu Heenai	SYBScIT	9967320610	
12	Sandhya Yadav	SYBScIT	9619756732	
13	Sheetal Devadiga	SYBScIT	9930909835	
14	Shreya Nairav	SYBScIT	9990187410	
15	Deepika Shetty	SYBScIT	9594546175	
16	Neelam Verma	TYBScIT	8452065569	
17	Deepika Sori	TYBScIT	8767599996	
18	Mubena Bhalke	SYBScIT	9136373385	
19	Anshu Fayeza	SYBScIT	8655545880	
20	Disha Shetty	SYBMS	9619261748	
21	Jine Nadar	SYIT	8369317964	
22	Gauri Vekarpe	SYBA	9004019563	
23	Vidhi Salvi	SYBA	7045161099	
24	Shreya Rai	SYBA	7045611037	
25	Gayatri Shetty	SYIT	8821451751	
26	Shruti Kotian	SYBMS	9594022258	
27	Aditi Fernandes	SYIT	7045636876	
28	Shreya Nair	SYIT	9769119844	
29	Shruti Tawde	SYBcom	8454878533	
30	Prityanka Atkur	TYBcom	9029987992	
31	Nidhi Vora	SYBcom	9898895232	
32	Aditya Nisan	SYBAF	8976542256	
33	Sheetal Devadiga	TYBAF	8424975118	
34	Christina Thimothai	SYBMS(B)	8879723758	
35	Shraddha Akrecha	SYBAF	8767034302	
36				
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H. Shetty
21/6/2018

Shetty

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Event: International Yoga Day

Date: 21-06-2018

HEALTH CLUB & NSS (MALE)

Sr.No	Name	Class	Phone_No	Sign
1	VISHAL FERNANDO	SYIT (A)	7900163283	VISHAL
2	Patwin Dias	SYIT A	8652255330	Patwin
3	Dheeraj Salian	SYIT A	9718915705	Dheeraj
4	Samckal Shetty	SYIT B	7715067710	Samckal
5	KIRAN SHETTY	SYIT B	9967830626	KIRAN
6	SATIL SHETTY	SYIT A	9987710988	SATIL
7	SHUBHAM RANDIT	SYIT B	8454935355	SHUBHAM
8	RITVIK PAI	SYIT A	7506327354	RITVIK
9	Anil Gawade	SYIT B	9757203681	Anil
10	Subash Parab	T.Y.B.Com(B)	8652362125	Subash
11	Nikhil Rane	SYIT B	7045807620	Nikhil
12	Shivam Lunari	SYIT A	9833576859	Shivam
13	Surya Singh	SYIT A	9892524174	Surya
14	SIRYANTONK	SYBcom A	7039761523	SIRYANTONK
15	Steven Coelho	SYBcom A	8879957497	Steven
16	Amarnath S Shetty	SYBcom B	8879913270	Amarnath
17	RATAN SRIVASTAVA	SYBMM	7021068309	RATAN
18	Anish Suthar	TYBBE	8850870588	Anish
19	Anar Thorat	SYBMM	9820562367	Anar
20	Nitin Naik	SYBAF	7738403706	Nitin
21	Faksh Shetty	SYBAF	8879023167	Faksh
22	Umesh Yadav	SYIT	9820693251	Umesh
23	Rhaskar S	SYIT	9869705498	Rhaskar
24	Durgesh Thakur	SYIT	9699978386	Durgesh
25	Nishant Nawar	TYBcom(A)	989024966	Nishant
26	Avinash Chavhan	TYBMS	7666422532	Avinash
27	AKASH PATIL	TYBcom	8879173277	AKASH
28	Vikram Thakur	TYBscIT A	8268191997	Vikram
29	SAPRA Pali	S.Y.B.COM	9800984000	SAPRA
30	Rohit Rajan	TYBcom	7738676602	Rohit
31	Andrew Nadar	TYBcom	8976119979	Andrew
32	Nikhil Reddy	TYBcom	779826182	Nikhil
33	Dharmendra Gupta	TYBscIT	8369356689	Dharmendra
34	Abhishek Shetty	TYBMS	8169600256	Abhishek
35	Kurial Pal	TYBMS	7303066810	Kurial
36	Shlok Shetty	SYBMS	7021511760	Shlok
37	Tanish Sankar	SYBscIT	8652099231	Tanish
38	Abhishek Anand	TYBcom	7967098611	Abhishek
39	Yash Dudega	SYBscIT	9833732836	Yash
40	Vishnu Singh	SYBMS	9869850203	Vishnu
41				
42				

H. Shetty
21/6/18

Shetty

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Feedback Form

Health Club

Event: International Yoga Day(2018)

Name: Neelam Verma

Phone no: 8452065569 Class/Div.: TYBACIT

1. Do you feel Physical and Mental relief after the yoga session?

a. Always ☒

b. Sometime ☐

c. Never ☐

2. Would you implement the health tips on regular basis?

a. Always ☐

b. Sometime ☒

c. Never ☐

3. Were the necessary resources provided?

a. Always ☒

b. Sometime ☐

c. Never ☐

4. Was the Time slot used was appropriate?

a. YES ☒

b. NO ☐

5. Any suggestions:

Once in a week should take.

Neelam
Signature



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Feedback Form

Health Club

Event: International Yoga Day(2018)

Name: Harikrishnan Pillai

Phone no: 8462872710 Class/Div.: JYBMB - A

1. Do you feel Physical and Mental relief after the yoga session?

a. Always ☒ b. Sometime ☐ c. Never ☐

2. Would you implement the health tips on regular basis?

a. Always ☒ b. Sometime ☐ c. Never ☐

3. Were the necessary resources provided?

a. Always ☒ b. Sometime ☐ c. Never ☐

4. Was the Time slot used was appropriate?

a. YES ☒ b. NO ☐

5. Any suggestions:

It was an excellent session.

Harikrishnan

Signature

S.M. Shetty

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Feedback Form

Health Club

Event: International Yoga Day(2018)

Name: Avinash Choudhary

Phone no: 7666422532 Class/Div.: YBMS

1. Do you feel Physical and Mental relief after the yoga session?

a. Always ☒

b. Sometime ☐

c. Never ☐

2. Would you implement the health tips on regular basis?

a. Always ☒

b. Sometime ☐

c. Never ☐

3. Were the necessary resources provided?

a. Always ☐

b. Sometime ☒

c. Never ☐

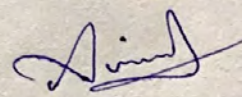
4. Was the Time slot used was appropriate?

a. YES ☒

b. NO ☐

5. Any suggestions:

Yoga plays an Important role in our
daily life it keeps our body fresh and active
all time.


Signature



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Feedback Form

Health Club

Event: International Yoga Day(2018)

Name: NISAR APEKSHA SHANTILAL

Phone no: 8976542256 Class/Div.: SYBAF

1. Do you feel Physical and Mental relief after the yoga session?

a. Always ☐

b. Sometime ☒

c. Never ☐

2. Would you implement the health tips on regular basis?

a. Always ☐

b. Sometime ☒

c. Never ☐

3. Were the necessary resources provided?

a. Always ☒

b. Sometime ☐

c. Never ☐

4. Was the Time slot used was appropriate?

a. YES ☒

b. NO ☐

5. Any suggestions:

I would like to do all this excercises.

N. Ape...

Signature

Principal



Bunts Sangha's
S.M.Shetty College of Science, Commerce And Management Studies, Powai

HEALTH CLUB
2018-2019

→ REPORT

Date: 21-June-2018

Event: International Yoga Day

Number of Students participated: 80

Report:

The Health Club of S.M.Shetty College celebrated 'International Yoga Day' in association with 'Shri Ambika Yoga Kutir' on 21st-June-2018. Over 80 students attended the celebration. The celebration started with lighting of lamp, and welcome speech by Dr. Sridhara Shetty (Principal) and Mr. Bharat (Member of Ambika Kutir). Multiple Yoga asanas like Tree Pose, Cobra Pose, Bridge Pose, Half Moon pose, Vajrasan, etc. were performed by the students under the guidance of yoga experts.



Yoga Practiced by participants

Health Club Members:

- Prof. HimaniShukla
- Prof.Vinayak Shahapurkar
- Prof.Swati Shetty
- Prof. Aashish Navik



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BUNTS SANGHA'S

**S.M. SHETTY COLLEGE OF SCIENCE, COMMERCE
& MANAGEMENT STUDIES**

**Event:
Sanitary Napkin Donation Drive**

Date: 26/07/2018

Bunts Sangha's
S.M.Shetty College of Science, Commerce And Management Studies, Powai.

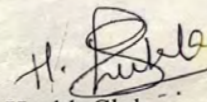
HEALTH CLUB
Notice



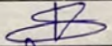



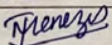

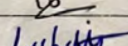
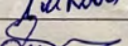



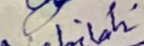
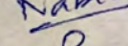
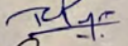
Health Club is organizing A **Sanitary Pad Donation Camp** on **26th of July, 2018 Thursday** at **S.A. public school**. (Tunga village). Students is invited to donate small packets of pad for the same. Donation acceptable till **23rd July, 2018**.

For further details Contact-

Prof. Himani Shukla
Prof. Swati Shetty

Note: Money contributions is not permitted.


Health Club
In-charge

CLASS	SIGN
TYBCOM - A	
TYBMM - (J)	
SYIT - B	 21/07/18
SYBMS - B	 21/7/18
TY B.com (B)	 21/7/18
S.Y.B.com (A)	
SYBcom B	 21/7/18
TYBSC	
SYBSE	
TYBAF	
SYBAF	
TYIT - A	
TYIT - B	
TYBMM - A	 Nabilah
S.Y.IT-A	
SYBMM	



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BUNTS SANGHA'S
S.M.Shetty College of Science, Commerce and Management Studies
 Hiranandani, Powai
HEALTH CLUB

School Name : SA Public School

Date : 26/7/18

Time : 11:10

Sr. No.	Name of Student	Signature
1	Durga - S. Rathod	Durga
2	Harti - Gupta	Harti
3	Hitali - M. Shelar	Hitali
4	Archana A. Ghorhe	Archana
5	Shrjana A. Mohua	Shrjana
6	Prak. Singh - S. Bagan	Prak. Singh
7	Komal - P. Jain	Komal
8	Ayesha - M. Khan	Ayesha
9	Nispa Sayyed	Nispa
10	Prachi Vinod Solanki	Prachi
11	Shruti P. Pappal	Shruti
12	Khushi D. Singh	Khushi
13	Narshin Kadar Shaikh	Narshin
14	Khushi Chandaliya	Khushi
15	Zeba - F. Shaikh	Zeba
16	Mariyam - M. Shaikh	Mariyam
17	Bonal - S. Tadhar	Bonal
18	Nandini - R. Chaurasia	Nandini
19	Kirti - K. Chauhan	Kirti
20	Vishnu Priya Karthi	Vishnu Priya
21	Bhumi Singh	Bhumi
22	Khushi Singh	Khushi
23	Sneha - K. Mondal	Sneha
24	Tarisha - S. Oshal	Tarisha
25	Mukhar - N. Mathur	Mukhar
26	Ajale - M. Yadav	Ajale
27	Maryam - Z. Shaikh	Maryam
28	Sapna - A. Shaikh	Sapna
29	Kashish - K. Gupta	Kashish
30	Nandini - B. Vishwakarma	Nandini
31	Shruti - A. Rai	Shruti
32		
33		
34		
35		

Teacher Incharge :

Signature :

Hirani Shukla

H. Shukla

26/7/18

Principal



Bunts Sangha's
S.M.Shetty College of Science,Commerce And Management Studies,Powai

HEALTH CLUB
2018-2019

Report

Date: 26th July 2018

Event: Sanitary Pad donation

Number of Students participated: 10

Report:

The Health Club of S.M.Shetty College undertook a unique initiative of collecting and distributing sanitary pads to the girl students of SA public school, which is a municipal school located at Tunga Village, Powai. Along with distributing sanitary pads, the students were educated about periods and personal hygiene by Asst.Prof.Himani Shukla. Total 100 packets of sanitary pads were donated to girl students and school.

The sanitary pads were the donation of teachers and students of the college. Principal of the school, Jyoti Dasan welcomed the move and appreciated the efforts put forward by the Health Club. Asst.Prof.Swati Shetty along with 10 volunteers of Health club also participated in the activity.

Health Club Members:

- Prof. HimaniShukla
- Prof.Vinayak Shahapurkar
- Prof.Swati Shetty
- Prof. Aashish Navik



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**Bunts Sangha's
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Sanitary Pad distribution Drive at Public School



S. M. Shetty

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BUNTS SANGHA'S

**S.M. SHETTY COLLEGE OF SCIENCE, COMMERCE
& MANAGEMENT STUDIES**

**Event:
Anti-Drug Rally by NSS Unit**

Date: 02/10/2018

Bunts Sangha's
S. M. Shetty College of Science, Commerce & Management Studies, Powai
Affiliated to University Of Mumbai

Notice – Anti Drug Rally

30th September, 2018

This is to inform all the NSS Volunteers that the NSS unit is conducting the
“Anti-Drug Rally”. All the NSS Volunteers have to compulsorily assemble at
ground by 8:30am.

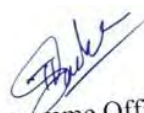

NSS Programme Officer
N.S.S. PROGRAMME OFFICER
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Affiliated to University Of Mumbai

Attendance – Anti Drug Rally

1. Shetty Vishwajeet	16. Bhandari Pushaan
2. Shettyar Soniya	17. Bhanushali Ritu
3. Shinde Sujaya	18. Chandan Jyoti
4. Singh Saurabh	19. Chinde Sukhasagar
5. Singh Mayank	20. Fernandes Lareina
6. Suvarna Yashwini	21. Gaikhwad Bhagyesh
7. Tambe Yashraj	22. Gawande Nitin
8. Andrew	23. Gund Shardha
9. Gowda Akansha	24. Haldive Dipesh
10. Guhagarkar Sanika	25. Joshi Siddharth
11. Shetty Richa	26. Khan Sahil
12. Singh Karamjeet	27. Mayur Khandesher
13. Wagh Sachin	28. Korban Priyanka
14. Amin Prateek	29. Kulkarni Kirti
15. Bhakre Rashmi	30. Kunder


NSS Programme Officer

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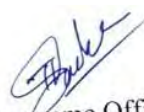
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Objective & Report– Anti Drug Rally

Objective-

To make families and society listen to those prone to drug abuse as the first step towards helping them deal with the issue and lead healthy and safe lives.

Report- The NSS Unit of University of Mumbai conducted the Anti-Drug rally on 2nd October, 2018 on the occasion of Gandhi Jayanti. The participants carried placards and banners with slogans explaining the harmful effects of drug abuse and the need for creating a drug-free society. Around 30 volunteers were present. The rally was conducted all the way from CST. Officials and students from all over Mumbai. Indeed it was a successful event.


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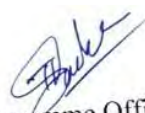

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Photos – Anti Drug Rally




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BUNTS SANGHA'S

**S.M. SHETTY COLLEGE OF SCIENCE, COMMERCE
& MANAGEMENT STUDIES**

**Event:
Blood Donation Drive**

Date: 29/09/2018

**Bunts Sangha's
S. M. Shetty College of Science, Commerce & Management Studies, Powai
Affiliated to University Of Mumbai**

Notice – Blood Donation Camp

28th September, 2018

The NSS Unit of S.M. Shetty College is organizing a Blood Donation Camp on
29th September, 2018. In the College Campus. As this is a global cause
everyone can contribute.


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Objective & Report– Blood Donation Camp

Objective: The aim is to raise global awareness of the need for safe blood and blood products for transfusion and of the critical contribution voluntary, unpaid blood donors make to national health systems

Report: The NSS unit of Bunts Sangha's S. M. Shetty College of Science Commerce & Management Studies, Powai conducts the Blood Donation Camp every year to share the need and importance of the blood in the life of an individual. This year it was in collaboration with J. J. Mahanagar and J. J. Hospital Blood Bank conducted the Blood Donation Camp on 29th of September, 2018 from 8am to 4pm in the college auditorium. The camp was inaugurated by CA Shankar Shetty & Mr. B.R. Shetty along with our Principal Dr. Sridhara Shetty & Vice principal ma'am Dr. Liji Santosh and doctors and officials from the hospital. All the NSS volunteers actively participated in the event and also successfully volunteered the camp. Officials and doctors have given their positive support throughout the event. A total 235 units of blood were collected after the camp. There was also Thalassemia checkup conducted by the hospital. Many girls and boys aren't aware about what thalassemia is and are they thalassemia patient or not. So this checkup also helps them to know about their own body. After each donor donated blood they were given a donor card as well as donor certificate. The donor card helps the donor to avail blood in case of emergency even for their family. This card is valid for a period of two years. In conclusion, this event was a huge success with the contribution of every single person who was a part of this camp in some or the other way "To the Young and healthy it's not a loss, to sick it's a hope of life. Donate Blood for a life." Total Volunteers participated


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Photos – Blood Donation Camp

Blood Donation Camp & Thalassemia Checkup, 29th September, 2018 total 235
Units of Blood were collected and 411 Thalassemia Check Up were done.




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BUNTS SANGHA'S

**S.M. SHETTY COLLEGE OF SCIENCE, COMMERCE
& MANAGEMENT STUDIES**

**Event:
Yoga Day Activity**

Date: 21/07/2018

**Bunts Sangha's
S. M. Shetty College of Science, Commerce & Management Studies, Powai
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Notice - Yoga Day

The NSS unit of SM Shetty College organizing Yoga Day for the purpose of making students aware of the benefits. So all the NSS volunteers are requested to be present in the auditorium 21st July 2018.


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Objective & Report -Yoga Day

Objective: We celebrate this day to evoke the importance of yoga in once life by conducting to experts who have knowledge about yoga.

Report: The NSS Unit of Bunts Sangha's S. M. Shetty College of Science, Commerce and Management Studies in association with Ambika Yog Kutir has taken initiative to make students aware of the benefits of Yoga and Meditation in enhancing their study skills by conducting a 3 months certificate course in Yoga. The first session was held on 21 July, 2018 in the open area on the 7th floor.


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Attendance: Yoga Day

1. Ghag Rakshanda	21. Nevele Vishal
2. Gowda Deepa	22. Panchal Priyanka
3. Gurjarakshay	23. Dipesh Patel
4. Jaggi Shivam	24. Nilofer Patel
5. Jain Rinku	25. Patil Akash
6. Jain Sejal	26. Pillai Reshma
7. Jain Bhavik	27. Poojari Gaurav
8. Jain Harsh	28. Poojari Karthik
9. John Surendra	29. Pooja Poojari
10. Kamble Sayali	30. Poojari Pooja
11. Prachi Kanojiya	31. Rohit Bhagwan
12. Farheen Khan	32. Rohit Harish
13. Naseem Khan	33. Ketan Arvind
14. Khan Danish	34. Vinit Rajaram
15. Khan Tasleem	35. Harpreet Saini
16. Kharatmol Komal	36. Salvi Kailash
17. Manjeri Raksha	37. Sawant Priyanka
18. Moolya Nitin	38. Shakih Anam
19. Nair Abhijith	39. Shetty Shraddha
20. Nawar Nishant	40. Shetty Sairaj


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Photos:



Inauguration of Yoga session and Yoga practicing


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BUNTS SANGHA'S

**S.M. SHETTY COLLEGE OF SCIENCE, COMMERCE
& MANAGEMENT STUDIES**

Event:
**Seminar on “Overview of Drugs &
Their Harmful Effects”**

Date: 26/06/2018

**BUNTS SANGHA'S
S.M. SHETTY COLLEGE OF SCIENCE, COMMERCE AND
MANAGEMENT STUDIES, POWAI**

NOTICE

This is to inform all the students that the Accountancy Association is organizing a seminar on “Overview of Drugs & Their Harmful Effects” on 26th June, 2018 at 10:00 am.

Speaker: Mr. Kulbhushan Singh, Intelligence Officer




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Participants List

JADHAV PRANALI JOTIBA
JADHAV VIGHNESH
KANDALGAONKAR ANKITA ANAND
KANOJIYA MUSKAN ARVIND
KATOCH SHAKIR AZIZ
KHAN AFREEN INTEZAR ALI
KHAN ATHAR SHAHZAD
KHAN AYESHA MOHD NAEEM
KHAN BILAL EJAZ
KHAN OSHINA
KHAN OSHMA
KHAN RAFIA WAZIR
KONKAR VAIBHAV SANJAY
KUSHUM DHWAJ BAHADUR
<u>LANDE PRAYAG DILIP</u>
MADIVALSETTI NAVEEN SOMA
MAHINDRAKAR NEHA SUNIL
MAPARI MOHD UBAID FARID
MHAMUNKAR AYUSH BHASKAR
MOONJELY SIBY ANTONY
NAIK NEHA NILESH
NISAR MILONI PREMJI
NISHIT ARVIND LAMBA
PARNAVI PRASAD PARKAR
PATEL RUCHEETA NAGIN
<u>PATIL HIMANSHU NILESH</u>
PATNAIK AARON JAGDISH

PAUL RAYAN THETARETH
PHAWADE OMKAR ARUN
PILLAI SRIRAJ RAJESHEKARAN
PINGLE AISHWARYA DATTARAM
POOJARY ASHWINI SHEKAR
PUN BINOD DHANBAHADUR
RAI HEENAKUMARI KHUMBAHADUR
RANE RUSHABH SHASHIKANT
RAO DRISHYA DAYANAD
RATHOD SAIRAJ DIPAK
RAWAL RIYA NARESHBHAI
RIZWANA HAIDER NADAF
RODRIGUES SIMON STANY
ROKDE AKSHAY SUNIL
<u>RUBINA MUBARAK ALI</u>
SAIDUR REHMAN NURUL REHMAN
SANDHU AMANDEEPAKUR KULDIPSINGH
SANTOS FAYE CLYDE
SAYED ASIF NASIR
SAYYED FAIZA ARIF
SHAIKH ASAD JAVED

PARIHAR SACHIN RUPESH
PATEL DHARTI HARJI
PATEL HITESH
PATHAN SANA ABBAS
PAWAR RUTIK BHARAT
POOJARY ESHA SHEKHAR
PRAVEET STEPHEN

PUROHIT HARSHIT RAKESH
RAIN ABDUL LATIF HUMERA
RAJBHAR MITHILESH KUMAR
DURGAPRASAD
RANE SIDDHESH SANTOSH
RANE SURAJ SHASHIKANT
SUVARNA SAGAR MAHESH
SAGAR SONAL BALKRISHNA
SAKPAL ASMITA PRATAP
SALVI ROHAN
SALIAN RHEA CHANDRSHEKAR
SHAIKH ASMA NASEER AHMED
SHAIKH FARAAZ ABDUL JABBAR
SHAIKH FARHEEN BANU ALAUDDIN
SHAIKH FARHEEN MURTUZA
SHAIKH HUMEIRA ABDUL JABBAR
SHAIKH MANTASHA ISMAIL
SHAIKH MD ISA IMTIYAZ
SHAIKH NISHANT SHOUKAT ALI
SHAIKH RESHMA MOHD NASIM
SHAIKH REHMAN KALAM

**BUNTS SANGHA'S
S.M. SHETTY COLLEGE OF SCIENCE, COMMERCE AND MANAGEMENT
STUDIES, POWAI**

**Report: Seminar on “Overview of Drugs & Their Harmful
Effects” Date: 26th June, 2018**

Mr. Kulbhushan Singh
Intelligence Officer,
Narcotics Control Bureau,
Mumbai Zonal Unit

26 June which is observed as “International Day against Drug Abuse & Illicit Trafficking”, a seminar was conducted by Accountancy Association of Bunts Sangha's S.M. Shetty College Science, Commerce & Management Studies, Powai. Mr. Kulbhushan Singh, an Intelligence officer of Narcotics Control Bureau (Mumbai Zonal Unit) empowered the students about the ‘Overview of Drugs & Their Harmful Effects.’

The seminar helped the students to know how rapidly the drug intakes are taking place in the today's youth without knowing its adverse effect. A whole list of harmful effects were discussed, whether it physical harm, occupational / financial harm, social harm, psychological harm or legal harm. This interactive session helped the students not only to know about the drug abusing and illicit trafficking but also how firm they should be to say no to drugs even when forced by their nearest or dearest ones. The seminar empowered the youth about the increasing drugs intake and how they effect the whole system which has to be stopped by saying “NO TO DRUGS”.



Participants attending the session

Speaker's address for the session



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