



BUNTS SANGHA'S

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

**Criterion No. : 7**

**Question No. and Question: 7.3**

**Portray the performance of the Institution in one area distinctive to its priority and thrust within 1000 words**



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# A. MENTAL AND EMOTIONAL WELL BEING INITIATIVES & PRACTICES



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### ADVISOR TO THE COUNSELING CENTER



*Psychiatrist Dr. Harish Shetty mentor and guide of Counselor center*



*Head, Counseling Centre -Ms. Natasha Mehta, Psychologist.*



  
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Tel.: 022 - 6132 7352  
Email : college@smshettyinstitute.org



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**2021-22**

| SERIAL NO. | DATE            | EVENT                                      | COMMITTEE |
|------------|-----------------|--|-----------|
| 1.         | 14/06/21        | “NURTURING THE YOUNG ADULT”                | IQAC      |
| 2.         | 6/09/21-8/09/21 | DEEKSHARAMBH                               | IQAC      |
| 3.         | 23/09/21        | WEBINAR LOVE YOU ZINDAGI                   | NSS       |
| 4.         | 17/12/21        | WEBINAR ON “RESET YOUR MIND”               | WDC       |
| 5.         | 21/12/21        | PARENTS TEACHER ASSOCIATION (PTA)          | IQAC      |
| 6.         | 29/01/22        | SUPER POWER BRAIN ASANAS                   | IQAC      |
| 7.         | 31/01/22        | PANEL DISCUSSION ON TEARS,FEARS AND CHEERS | NSS       |
| 8.         | 24/02/22        | SESSION ON EMOTIONAL QUOTIENT              | NSS       |



*[Signature]*  
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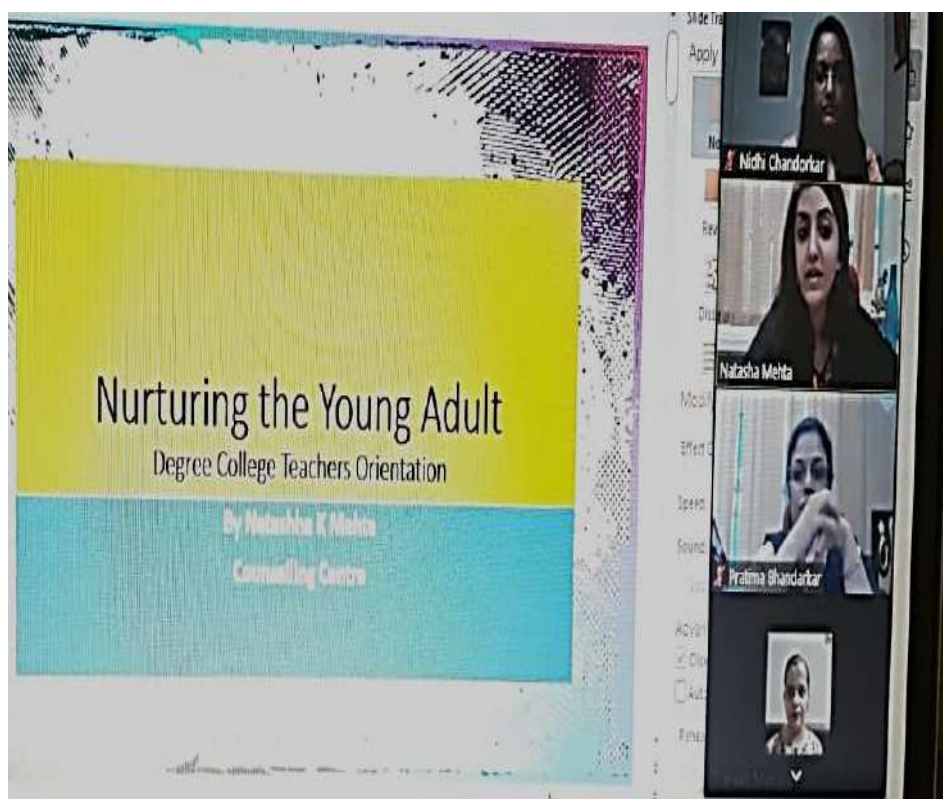


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### GLIMPSES

### NURTURING THE YOUNG ADULT



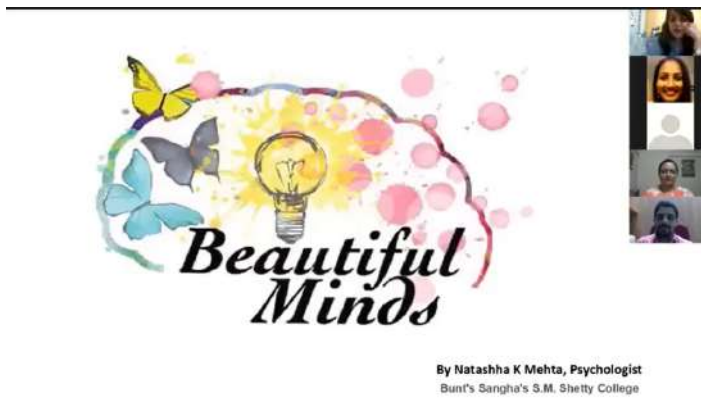
*Counsellor Ms. Natasha Mehta conducted an orientation program on the topic “Nurturing the Young Adult” for teaching faculty members*



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### DEEKSHARAMBH FOR FIRST YEAR STUDENTS



*Student Induction Programme is to help new students adjust and feel comfortable in the new environment, inculcate in them the ethos and culture of the institution.*



  
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### WEBINAR LOVE YOU ZINDAGI



#### Our Panelist:

**Ms. Natasha Mehta - Psychologist**

**Prof. John Menezes - NSS Programme Officer**

**Ms. Dhanalaxmi Kaunder - TyBcom Student**

*The NSS UNIT in collaboration with Mental Health Club is  
Organized A National Level Seminar-Love You Zindagi, conducted by Counselor Natasha Mehta*



  
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### WEBINAR ON “RESET YOUR MIND”



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Powai, Mumbai  
NAAC Accredited 'A' Grade  
IMC RBNQ Certificate of Merit 2019  
ISO 20001:2018 Certified





## Women Development Cell

invites everyone for a session on

# Reset Your Mind

by

## Ms. Sachita Sethi

Counselling Psychologist and Arts based therapist

*E-certificates will be given to all the participants*

**Zoom link:** <https://zoom.us/j/93448957066?pwd=dkQyYkhIRjViV0JidGdsTUwzamtVGdz09>

**Date:** 17<sup>th</sup> December, 2021

**Time:** 12:30 pm onwards

*The main objective of the webinar was to understand the importance of mental wellness and find ways to tackle mental depressions and trauma.*



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## PARENTS TEACHER ASSOCIATION (PTA)



*Counsellor Ms. Natasha Mehta headed the parent teacher meet by a session on parenting the young adult.*



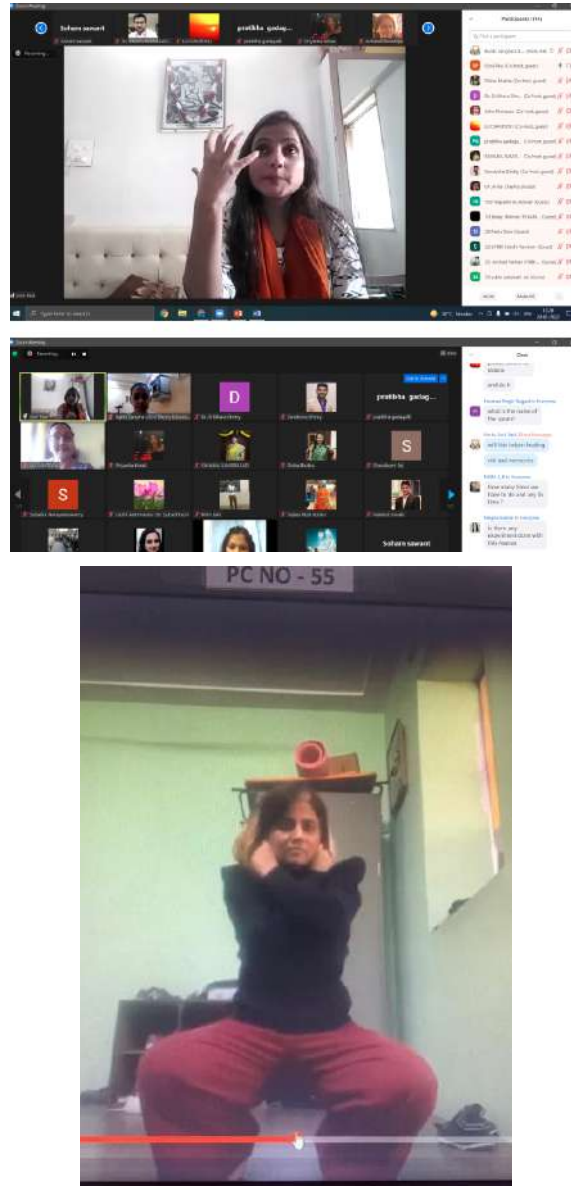
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### SUPER POWER BRAIN ASANA



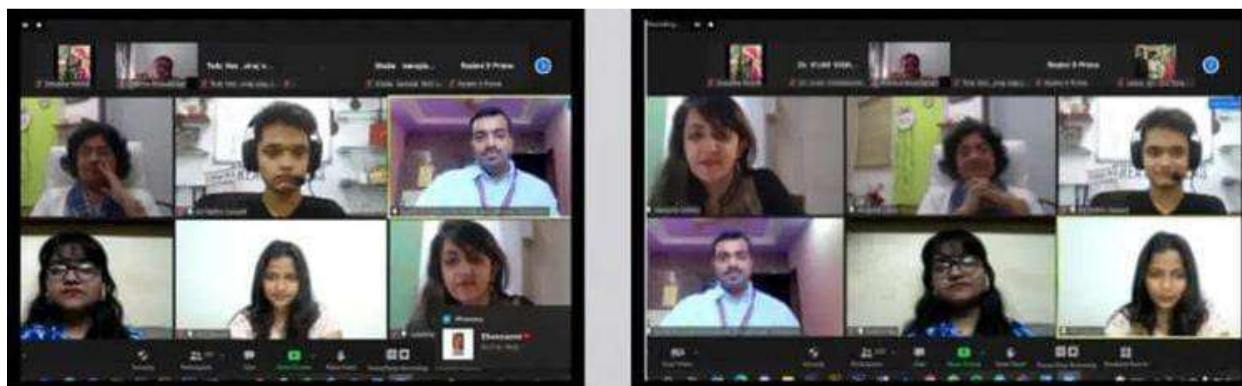
*The resource person was Sony Pasi, Certified Trainer for Physical healing from Feed the Soul Trust. She has taught simple asanas to awaken the brain and boost memory. She guided the staff and students with easy learnability skills also.*



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### PANEL DISCUSSION ON TEARS,FEARS AND CHEERS



*The discussion's aim was to improve the health and quality of life of students*



  
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## SESSION ON EMOTIONAL QUOTIENT



*Counselor Natasha Mehta addressing parents in March 2022*



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

**2020-21**

| SERIAL NO. | DATE     | EVENT  | COMMITTEE       |
|------------|----------|--|-----------------|
| 1.         | 06/07/20 | MOTIVATION AND MEMORY TECHNIQUES                       | STUDENT COUNCIL |
| 2.         | 10/09/20 | WORLD SUICIDE PREVENTION DAY                           | NSS             |
| 3.         | 11/10/20 | PATHWAY TO STRONG MENTAL HEALTH WITH MR. NITESH SHETTY | NSS             |
| 4.         | 24/02/21 | “CYBER SAKHI”  | WDC             |
| 5.         | 04/03/21 | SUICIDE PREVENTION WEBINAR                             | NSS             |



  
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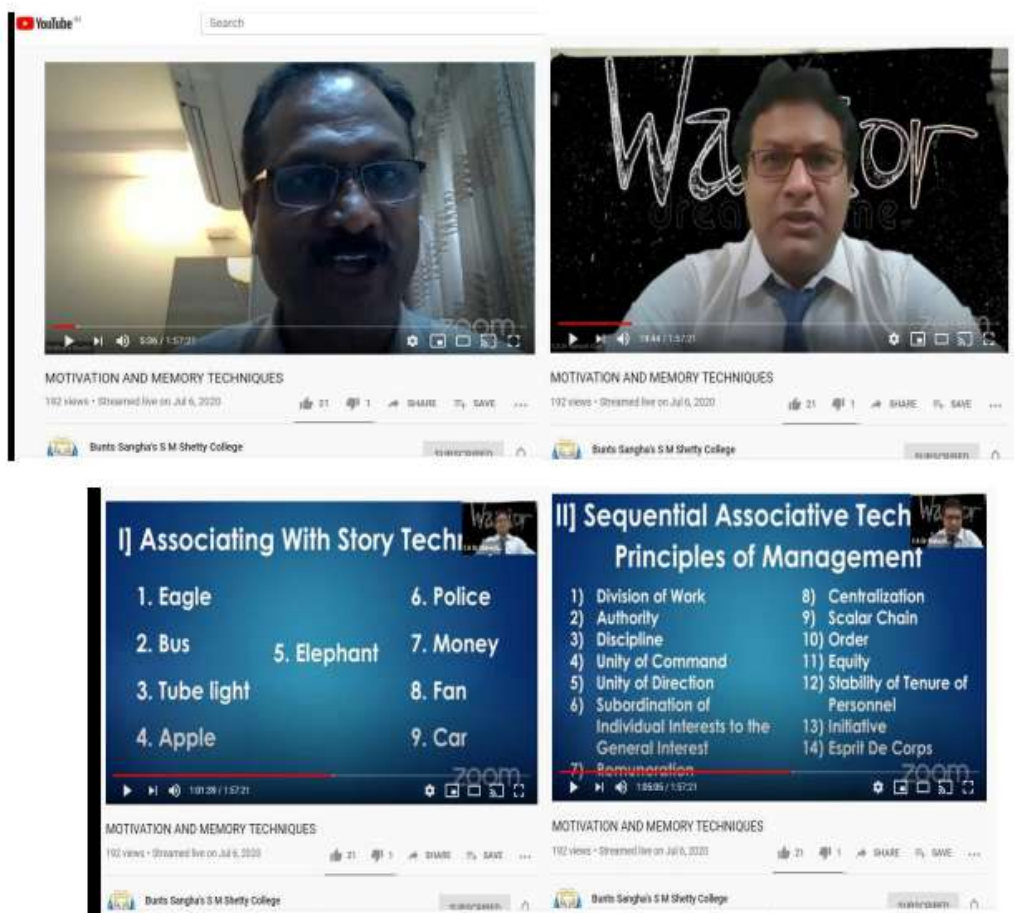


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## S.M.SHETTY COLLEGE OF SCIENCE, COMMERCE & MANAGEMENT STUDIES

### GLIMPSES

## MOTIVATION AND MEMORY TECHNIQUES



*The resource person CA Dr. Mahesh Gour; motivated the participants to think positively and never give up even during difficult situations. Total 325 participants attended the webinar (on zoom app and YouTube live). Participants belonged to different states of India like M.P., Rajasthan, U.P, Tamil Nadu, Karnataka, West Bengal, Nagaland, Delhi, Punjab and many more.*



  
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### WORLD SUICIDE PREVENTION DAY



shettynsunit\_b46

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Management Studies, Powai, Mumbai-76

**NATIONAL SERVICE SCHEME**  
१९८४-१९८९  
**WORLD SUICIDE PREVENTION DAY**  
Competition

Topic: What keeps you motivated  
in difficult days of your life"

Create a short video based on Topic

Results will be announced on  
10th September, 2020

For more queries contact:  
Ishan Salian: 9773471471 Ujwal Poojary: 8692066846  
Mahima Singh: 7506516043 Mayur Gami: 7977719054

World Suicide  
Prevention Day



**First Prize**  
Ajay Ramesh Vishwakarma  
(Ramkrishnan Bhamburda College)

World Suicide  
Prevention Day



**Second Prize**  
Vaishnavi Wagh  
(Bedekar College, Thane)

World Suicide  
Prevention Day



**Third Prize**  
Deepthika Pillai  
(S.M.Shetty College, Powai)

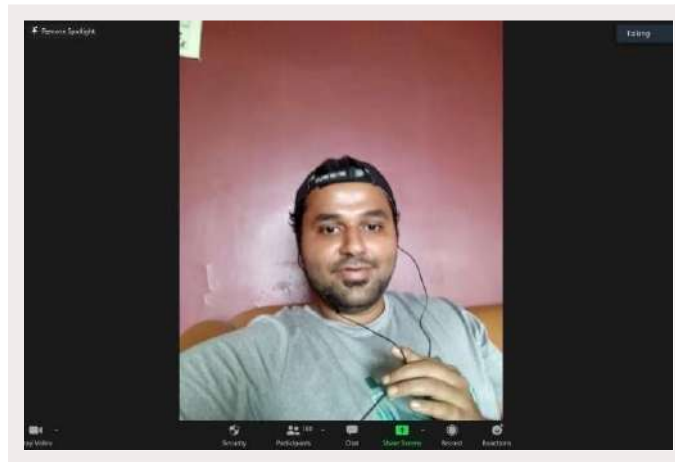
*To get an insight on what keeps the youth of India motivated at times of distress and difficulties.  
Amplifying the same to spread awareness among the youth by communicating that - "there's always a way out"*



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# PATHWAY TO STRONG MENTAL HEALTH WITH MR. NITESH SHETTY



*This session was conducted to create awareness among the students and faculties on the importance of mental health and how to deal with stress and anxiety.*

*Resource Person - Mr. Nitesh Shetty (Stand-Up Comedian, 1st Runner-Up at The Great Indian Laughter Challenge Show Season 5)*



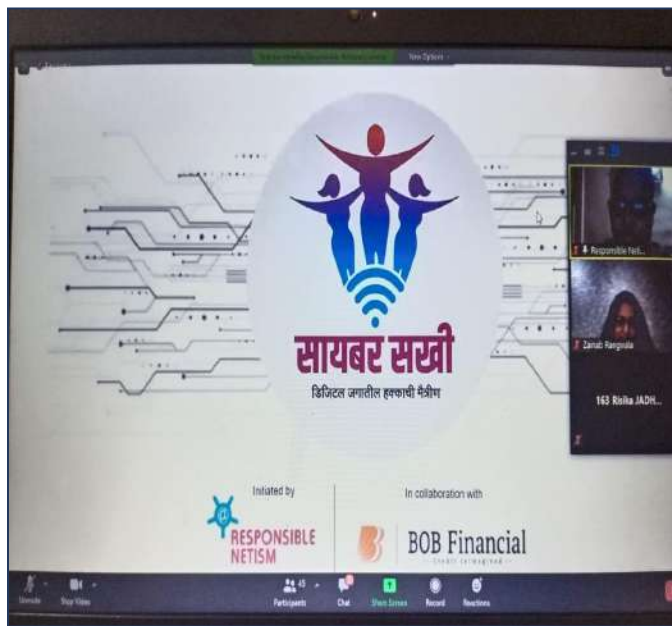
  
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### CYBER SAKHI



#### DEALING WITH BULLYING



- DON'T REACT NOR RESPOND bullies wait for reaction
- REPORT TO A TRUSTED ADULT – Principal, Teacher, Counsellor , Parent
- KEEP COPIES AND EVIDENCES OF THE BULLYING CONTENT
- REPORT ABUSE AT THE SOCIAL MEDIA SITE
- CUT COMMUNICATION WITH THE BULLY
- REPORT TO THE POLICE IF YOU ARE THREATENED – Take an adult along
- SEEK COUNSELLING AND SUPPORT
- REMEMBER THE BULLY NEEDS HELP TOO
- RAISE YOUR VOICE STRONG LOUD CLEAR AND FEARLESS
- STAY STRONG
- LEARN TO PROTECT YOURSELF

**REMEMBER**  
**GIVE NOBODY THE RIGHT TO MAKE YOU FEEL MISERABLE**

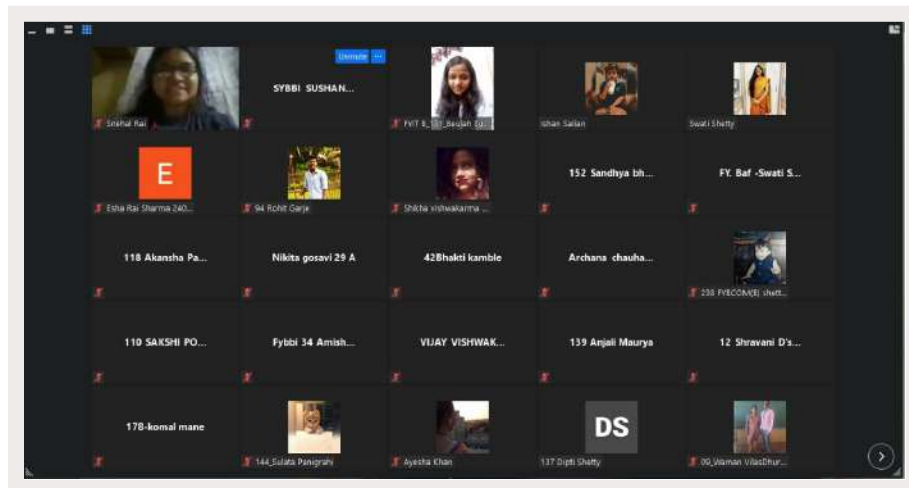
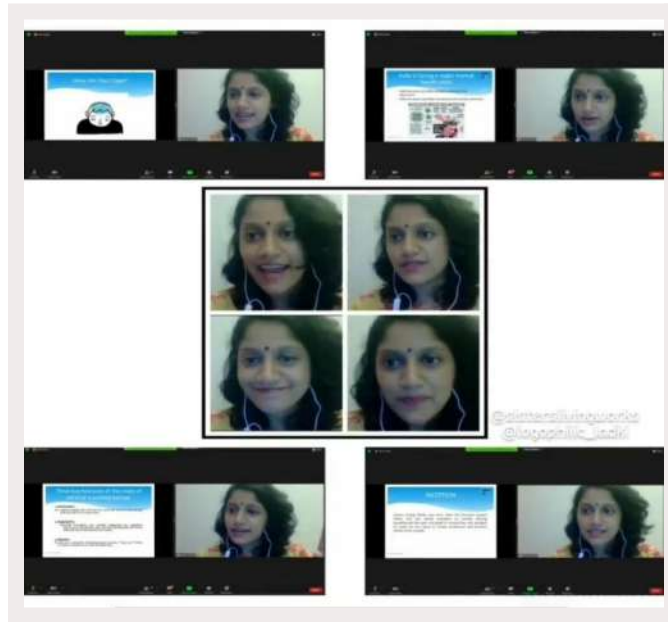
*WDC had organized a webinar on “CYBER SAKHI” with an objective to foster digital empowerment and create awareness about a safe cyber experience and ensure mental well- being in cyberspace amongst today’s youth.*



  
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# SUICIDE PREVENTION WEBINAR



*To spread awareness among the youth of the country on suicide prevention and providing possible measures to deal with stress and anxiety throughout the life.*



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

**2019-20**

| SERIAL NO. | DATE      | EVENT                        | COMMITTEE |
|------------|-----------|------------------------------|-----------|
| 1.         | 04/07/19  | TEACHERS AS COUNSELORS       | IQAC      |
| 2.         | 22/10/19  | SESSION ON EMOTIONAL SYNERGY | IQAC      |
| 3.         | 14/3/2020 | PARENT TEACHER ASSOCIATION   | PTA       |



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

### GLIMPSES

### TEACHERS AS COUNSELORS

#### Report on session on "Teachers as Counselors"

The session on "Teachers as Counselors" for college teachers was conducted by Ms. Sushretha Sule on 4<sup>th</sup> July at 12.30 pm in AV room. Twenty six teachers attended the session. This interactive session was about how a teacher can tackle the behavioral issues of the students and give them right directions. The session was conducted through various games and teachers could follow various issues they face every day in their class rooms. Very informative and practical session according teachers who attended the sessions

Dr. Liji Santosh

Coordinator, IQAC



*This interactive session was about how a teacher can tackle the behavioral issues of the students and give them the right directions. The session was conducted through various games and teachers could follow various issues they face every day in their classrooms.*

*Total participants - 26*



  
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### SESSION ON EMOTIONAL SYNERGY

#### Report on session on Emotional Synergy

A session on Emotional synergy was organized on 22<sup>nd</sup> October, 2019 for Degree and Junior college teachers. Twenty eight teachers from Degree College have attended the session. It was a session for three hours. The session was organized by "Subconscious Synergy" and the resource person was Mr. Naresh Rangwani. His motivational speech has inspired and ignited the minds of teachers. The relaxation exercises were very good and all teachers had a great learning experience.

  
Coordinator IQAC



  
Chairperson IQAC

*The session was organized by "Subconscious Synergy" and the resource person was Mr. Naresh Rangwani. The relaxation exercises were very good and all teachers had a great learning experience.*

*Total Participants - 28*



  
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### PARENT TEACHER ASSOCIATION



*Conducting regular meetings with Parents initiated by our Principal, Vice Principals and counselor*



  
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**2018-19**

| SERIAL NO. | DATE     | EVENT                                       | COMMITTEE         |
|------------|----------|---|-------------------|
| 1.         | 12/07/18 | COUNSELORS SESSION                          | COUNSELING CENTER |
| 2.         | 18/08/18 | MINDFULNESS PROGRAM                         | HEALTH CLUB       |
| 3.         | 29/08/18 | MY PART OF THE STORY                        | WDC               |
| 4.         | 22/09/18 | COUNSELOR SUSHREETA SULE ADDRESSING PARENTS | COUNSELING CENTER |
| 5.         | 22/10/18 | SESSION FOR TEACHERS ON SUICIDE PREVENTION  | COUNSELING CENTER |



  
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### GLIMPSES

### COUNSELORS SESSION IN CLASSES



*The students were introduced to the counselor and were asked what they understood about the process of counseling. They were then oriented about the process of counseling.*



  
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### MINDFULNESS PROGRAM



*It was a program organized to help students relax their mind and soul from stress.*



  
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## MY PART OF THE STORY



*The Women development Cell along with our counselor Sushrita Sule came up with a platform where every individual can express their views, thoughts and ideas.*



  
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### COUNSELOR SUSHREETA SULE ADDRESSING PARENTS



*Our counselors conduct interactive sessions with parents by focusing on parents' concerns and respecting why these concerns matter to you. Counselors offer options, including better ways to communicate with your child. Both parents and counselors share information, an important part of establishing a helping relationship*



  
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### SESSION FOR TEACHERS ON SUICIDE PREVENTION



*This workshop was conducted by the counselors of the institute. The topic was successfully imparted along with handy tips to be used. Overall, the session reached its objective as teachers were highly appreciative of it and have demanded workshops like these in the near future.*



  
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**2017-18**

| SERIAL NO. | DATE     | EVENT   | COMMITTEE            |
|------------|----------|---|----------------------|
| 1.         | 14/7/17  | COUNSELING BY<br>COUNSELOR SUSHREETA<br>SULE FOR STUDENTS | COUNSELING<br>CENTER |
| 2.         | 15/07/17 | INTERPLANETARY PEACE                                      | IQAC                 |



  
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## GLIMPSES

### COUNSELING BY COUNSELOR SUSHREETA SULE FOR STUDENTS



*A counselor can help students to dissect their problems and help them figure out how to solve the problems on their own. In many ways, counseling helps to align everything into a place and shape students into responsible and confident adults.*



  
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### INTERPLANETARY PEACE



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Affiliated to University of Mumbai  
NAAC Accredited 'A' Grade  
Tel. No. 022 – 6132 7352 / 56/63.  
E mail id : [college@smshettyinstitute.in](mailto:college@smshettyinstitute.in), [registrar@smshettycollege.edu.in](mailto:registrar@smshettycollege.edu.in) Web: [www.smshettyinstitute.org](http://www.smshettyinstitute.org)

June 30, 2017

### STAFF NOTICE

All the staff members are hereby informed that there will be Workshop titled '**PLANETARY PEACE MEDITATION**' by YPV Sadhana on July 15, 2017 at 8.20a.m.

Reporting time on the above mentioned date: 8.15 a.m.

Staff members can have light breakfast in the morning. Arrangement of the Workshop will be made in the Audio Visual (AV) Room.

*I.Q.A.C. (Internal Quality Assurance Cell) in association with YPV Sadhana organized a Planetary Peace Meditation Workshop. This workshop was aimed at reducing stress in the personal as well as professional lives of the staff*



  
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Tel.: 022 - 6132 7352  
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# B.

## COUNSELING INITIATIVES



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

# MENTAL HEALTH SOLDIERS/MENTAL HEALTH CLUB 2021-22 REPORT

'Mental Health Club' is a Counselling Centre Initiative at the Degree College. The Club was initiated to facilitate dialogues around Mental Health related topics.

The club was first announced in the Orientation Session of First Year Orientation (Deeksharambh). The session was called **“Beautiful Minds - Throughout June- July 2021”**

Students of first year were explained about the purpose of the club:

The purpose of the club

1. To promote mental health awareness and education in a positive way.
2. To provide an on-going space for students to have a stigma-free place to discuss mental health;
3. To provide a bridge between community mental health resources and your college community;
4. To Give an opportunity to lead projects based on mental health and focused on reducing stigma.
5. To Promote Peer Learning , understand perspectives on trauma that are beyond physical.

### **“Beautiful Minds - Throughout June- July 2021”**

The session began with an Ice Breaker and Introduction. overview of Counselling services, Ice Breaker introducing the concept of Thinking feeling and behavior and how Mind and Body are connected. Positive mental health, Nervous System Regulation Vs Dysregulation was discussed post a Muscle Relaxation and Positive Imagery exercise.

The session was practical and activity based, a detailed discussion on Mind and matters around it piqued the interest of students towards the topic and its importance. The concept of Mental Health Club and Mental Health Soldiers was introduced.



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

### Mental health Soldiers - Member of Mental Health Club

| S.NO. | Name                       | Class   |
|-------|----------------------------|---------|
| 1     | Jasmine Ansari             | FYBCOM  |
| 2     | Ananya Gupta               | TYBCOM  |
| 3     | Anoushka Rajasekharan      | FYBCOM  |
| 4     | Saloni Maliwal             | TYBCOM  |
| 5     | Diksha Shetty              | FYBSCIT |
| 6     | Abhishek Ramesh Chauhan    | FYBCOM  |
| 7     | Dhanalaxmi Kaunder         | TYBCOM  |
| 8     | Tanushri Vaidya            | FYBAMMC |
| 9     | Kinjal Shetty              | FYBSCIT |
| 10    | Vikas Pandey               | FYBSCIT |
| 11    | Singh Ritesh               | TYBSCIT |
| 12    | Shaikh Maqsood Mushtaq ali | FYBSCIT |
| 13    | Zoheb Mohammedrafi Mulla   | FYBSCIT |
| 14    | Hritik maurya              | FYBSCIT |
| 15    | Acharya Rupesh Rajendra    | TYBSCIT |
| 16    | Ashish yadav               | TYBCOM  |
| 17    | Sharma Aarti               | FYBCOM  |
| 18    | Svasti Shetty              | FYBCOM  |
| 19    | Shrinav Shyam              | TYBSCIT |
| 20    | Sahil shaikh               | TYBCOM  |

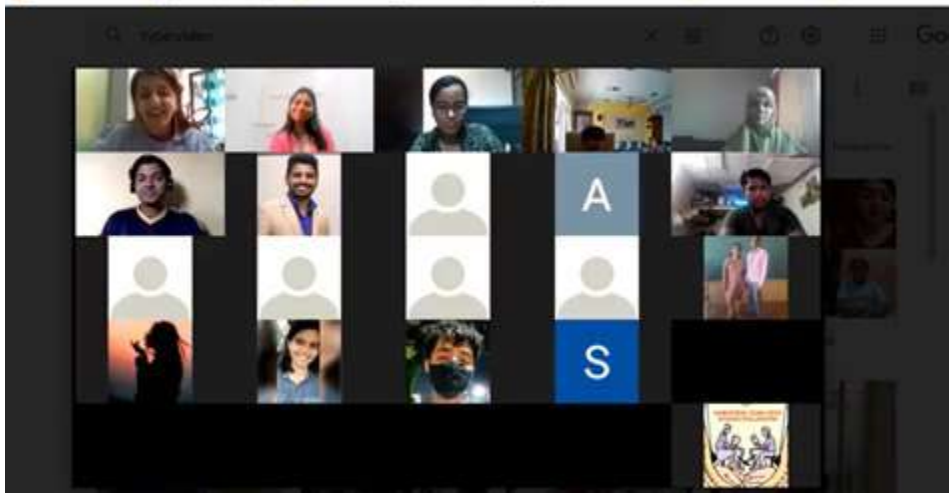


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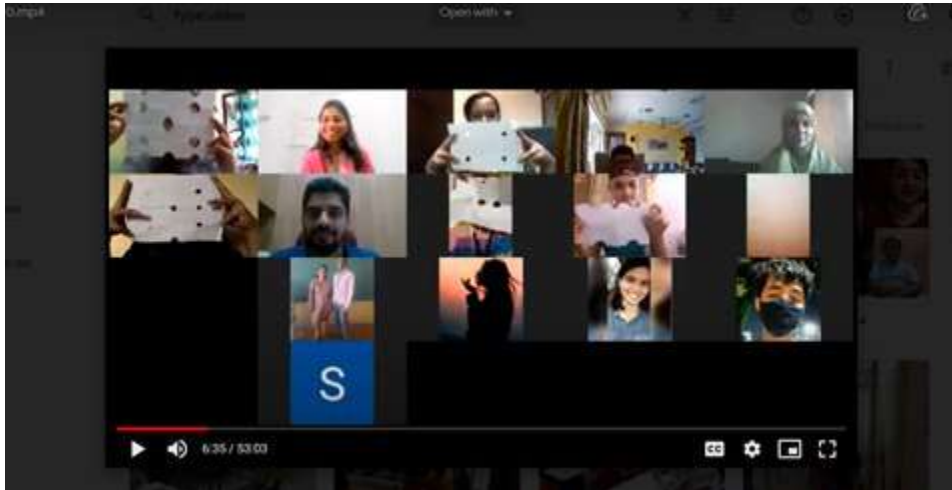
  
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*Beautiful Minds - Session in Progress with different classes*



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

SESSIONS BY MENTAL HEALTH CLUB

### SESSION 1

#### SEXUALITY & SOCIETY

*Date - 16/9/2021, Time 2pm, Venue: Zoom Platform*

The session was organized by “Mental Health Soldiers”, members of the mental health club. The guest for the session was Mr. Umang Seth who shared his life experiences being third gender. The beneficiaries were the students from degree college.



  
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*Mental Health Club Online Session 1 - Sexuality & Society: Promotional Poster*



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*Online Session in Progress- Interaction with the guest speaker Mr. Umang Sheth, founder of Gay Bombay and Hugging club of India*



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

SESSION 2

LOVE YOU ZINDAGI

*Date - 23/6/2021, Time 2pm, Venue: Zoom Platform*

This was a Panel Discussion and the panelist were Ms Natashha Mehta (Psychologist and Teacher In-Charge of Mental Health Club at S. M. Shetty College), Mr. John Menezes (NSS Programme Officer and Professor at S. M. Shetty College) and Ms. Dhanalaxmi Kaunder (Student and part of Mental Health Club at S. M. Shetty College). The questions were asked by students on suicide and suicidal tendencies. More than 160 students of the institution attended the session.

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IMC RBNQ CERTIFICATE OF MERIT 2019  
ISO 21001:2018 Certified

**NATIONAL SERVICE SCHEME**  
In Collaboration with  
**Mental Health Club**  
Is Organising  
**A National Level Seminar**  
**Love You Zindagi**  
Join our Panel Discussion on Suicide Prevention  
**Our Panelist:**

  
**MS. NATASHA MEHTA**  
(PSYCHOLOGIST)

  
**PROF. JOHN MENEZES**  
(NSS PROGRAMME OFFICER)

  
**MS. DHANALAXMI KAUNDER**  
(STUDENT)

**Participants will be provided with E-Certificate**  
**Date: 23rd September, 2021**  
**Time: 2:00pm**  
**Venue: Zoom Meetings**  
**For Any Queries Contact:-**

**SNEHAL RAI- 9082362400 SUSHANT SHETTY- 7738813869**  
**RITESH SINGH- 9594193925 SHRINAV SHYAM - 8108781685**

*Promotional Poster for the Session 2 - Love You Zindagi*



  
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*Panelists answering the questions of students during the session*







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

### HAPPINESS SURVEY

The counselling centre along with IQAC, conducts happiness surveys of the staff from time to time. The survey questionnaire comprises 29 close ended questions . The output of the survey is presented in the form of a happiness index out of 6(six). This survey report is discussed with the head of the institution with a view to plan activities and workshops to improve the score after identifying the variables scoring low.

Glimpse of the surveys conducted in 2017-18 and 2018-19 are presented in the form of table below.

| Year    | No. of employees | Score 3-4 | Score 4-5 | Score 5-6 | Average score |
|---------|------------------|-----------|-----------|-----------|---------------|
| 2017-18 | 36               | 4         | 20        | 12        | 4.7           |
| 2018-19 | 36               | 4         | 19        | 13        | 4.73          |



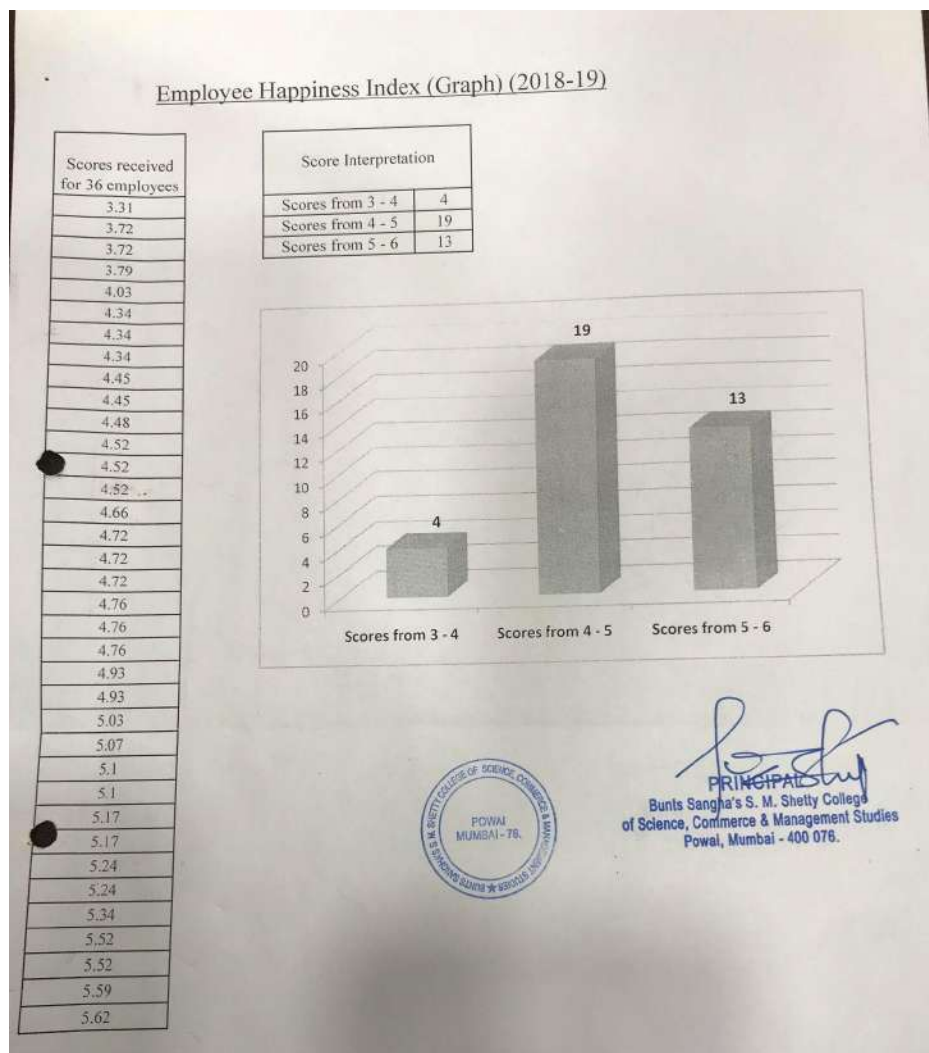
  
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## HAPPINESS SURVEY INDEX 2018-19

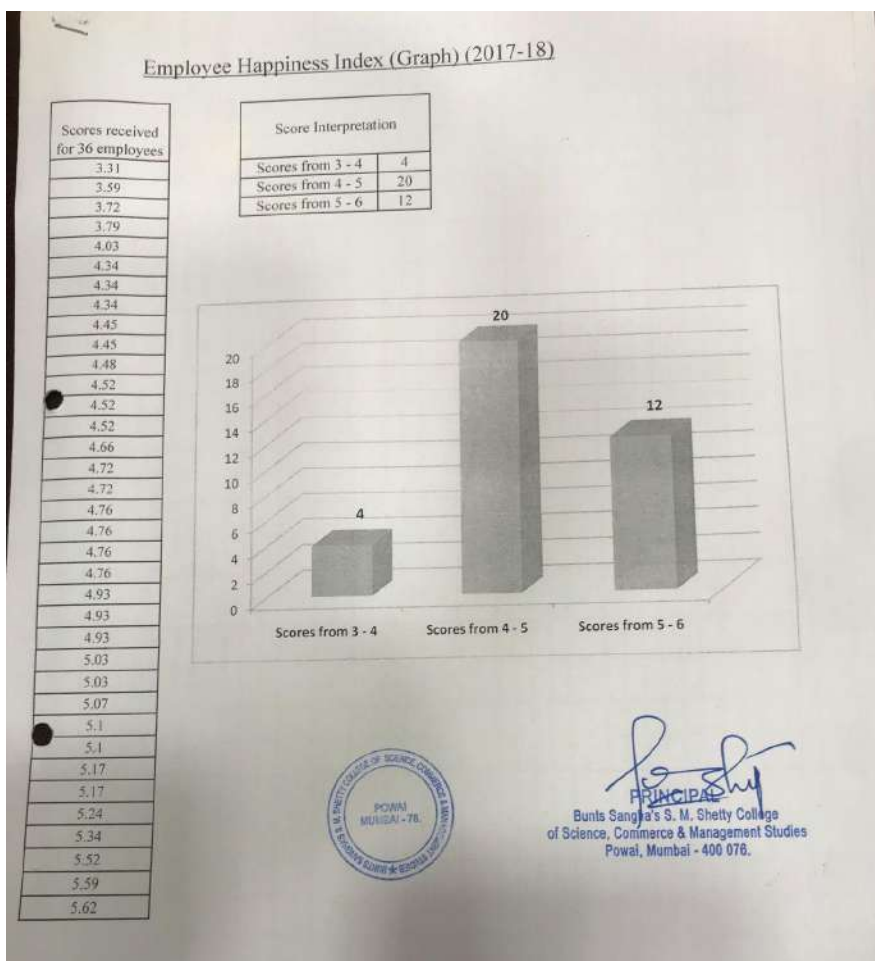




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## HAPPINESS SURVEY INDEX 20117-18



*[Signature]*  
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**S.M.SHETTY COLLEGE OF SCIENCE, COMMERCE &  
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## MENTORING SESSION ALLOTMENT

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

**CIRCULAR**

Date: 08/09/2021

This circular is with respect to the allocation of mentor-mentee for the academic year 2021-2022. All the mentors are requested to go through the college website and refer to the mentorship manual to understand their role and responsibilities. Problems if any shall be reported to the IQAC of the college.

| <b>MENTORING SESSION ALLOTMENT 2021-22</b> |                            |              |                    |
|--|----------------------------|--------------|--------------------|
| <b>Sr. No</b>                              | <b>Name of the Teacher</b> | <b>Class</b> | <b>Roll Number</b> |
| 1  | Dr.Liji Santosh            | FYB.Com      | 226-264            |
|  |                            | TYB.Com      | 221-245            |
| 2  | Mr.Sandesha Shetty         | TYB.Com      | 151-220            |
| 3  | Ms.Rohini Shetty           | FYB.Com      | 151-225            |
| 4  | Mr. John Menezes           | TYB.Com      | 1-75               |
| 5  | Mr. Utkarsh Kapadia        | TYB.Com      | 76-150             |
| 6  | Mr. Vijay Vishwakarma      | SYB.Com      | 1-75               |
| 7  | Ms.Richa Sharma            | SYB.Com      | 76-150             |
| 8  | Ms. Taqdis Pawle           | FYB.Com      | 1-75               |
| 9  | Ms.Debbie James            | FYB.Com      | 76-150             |
| 10   | Ms. Sahana Raviprasad      | TYBAF        | 1-70               |
|  |                            | SYB.Com      | 244-248            |
| 11   | Ms. Koral Tiwari           | TYBBI        | 1-57               |
|  |                            | SYB.COM      | 226-243            |
| 12   | Mr. Virendra Singh         | SYBAF        | 1-71               |



  
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|    |                          |               |         |
|----|--------------------------|---------------|---------|
| 27 | Ms. Raveena Shetty Tilak | FYB.SC IT     | 151-180 |
|    |                          | SYB.SC IT     | 151-166 |
|    |                          | M.COM (MGT)   | 32- 60  |
| 28 | Ms. Suman Upadhyay       | FYB.SC IT     | 76-150  |
| 29 | Ms. Himani Shukla        | SYB.SC IT     | 1-75    |
| 30 | Ms. Nabila Kazi          | TYB.SC IT     | 76-150  |
| 31 | Mr. Mithilesh Chauhan    | FYB.SC IT     | 1-75    |
| 32 | Mr. Vinay Shapurkar      | TYB.SC IT     | 1-75    |
| 33 | Ms. Sheetal Khanore      | SYB.SC IT     | 76-150  |
| 34 | Ms. Sujata Rizal Kotian  | M.COM PART-I  | 1-72    |
| 35 | Ms. Smita R              | M.COM PART-II | 1-72    |

  
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*The teachers are the mentors and are allotted groups of students throughout the academic year for mentoring on personal, career and academic issues.*



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

### AWARDS AND RECOGNITION



*The counseling center was awarded by IMC Ramkrishna Bajaj National Quality Award Trust  
2019*



  
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*IMC RAMKRISHNA BAJAJ NATIONAL QUALITY AWARD-Certificate of Merit, 2019*



  
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*Arogya Healthy Workplace Award, 2017*



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C.

# PHYSICAL WELL- BEING INITIATIVES & PRACTICES



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

### PHYSICAL DIRECTOR



***Ms. Rohini Shetty, B.Com,B.PEd,M.PEd  
National level Kabaddi player  
University selection committee member***



  
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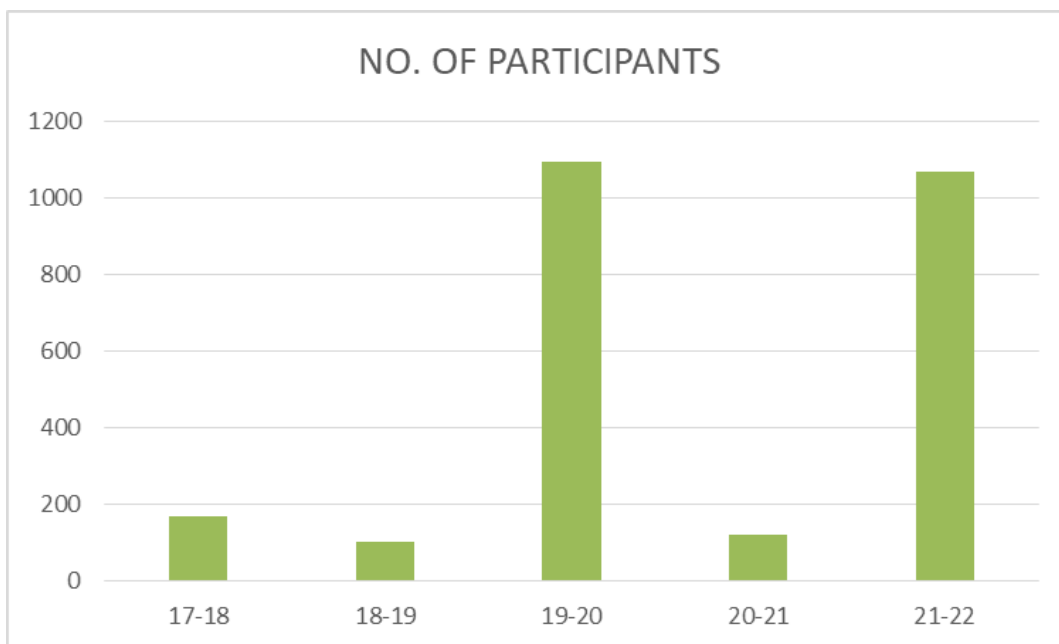




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## S.M.SHETTY COLLEGE OF SCIENCE, COMMERCE & MANAGEMENT STUDIES

### SUMMARY OF OVERALL PARTICIPATION OF STUDENTS



*A summary of overall participation of students over the years in different sports.*



  
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**2021-22**

| SERIAL NO. | DATE                   | EVENT  | COMMITTEE   |
|------------|------------------------|--|-------------|
| 1.         | 21/06/21               | INTERNATIONAL YOGA DAY WEBINAR                                   | NSS         |
| 2.         | 30/07/21               | BLOOD DONATION   | NSS         |
| 3.         | 17/08/21-<br>21/08/21  | 5 DAYS YOGA  | NSS         |
| 4.         | 23/08/21-<br>25/08/21  | WEBINAR ON "3 DAYS ART OF LIVING ON COVID CARE IMMUNITY BOOSTER" | NSS         |
| 5.         | 25/09/21               | FIT KHAO, FIT RAHO COMPETITION                                   | NSS         |
| 6.         | 02/10/21 -<br>06/10/21 | SURYA NAMASKAR COMPETITION ONLINE                                | SPORTS CLUB |
| 7.         | 04/10/21               | MENSTRUAL HYGIENE  | HEALTH CLUB |
| 8.         | 18/11/21               | BREAST CANCER AWARENESS WEBINAR                                  | NSS         |
| 9.         | 24/11/21               | HAPPY & HEALTHY LUNGS WEBINAR                                    | NSS         |
| 10.        | 24/11/21               | "AWARENESS AMONG YOUTH ABOUT ILL EFFECTS OF ADDICTION"           | HEALTH CLUB |



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|     |                       |   |             |
|-----|-----------------------|---|-------------|
| 11. | 01/12/21              | AWARENESS ON HIV AIDS<br>BY PROVIDING RIBBONS<br>TO COLLEGE STAFF | NSS         |
| 12. | 05/12/21              | RALLY ON AWARENESS<br>HIV AIDS                                    | NSS         |
| 13. | 18/12/21              | ALUMNI- SPORTS MEET   | SPORTS CLUB |
| 14. | 20/12/21              | FLASHMOB ON HIV/AIDS  | NSS         |
| 15. | 23/12/21              | SANITARY PAD DONATION   | NSS         |
| 16. | 08/01/22              | BLOOD DONATION CAMP   | NSS         |
| 17. | 23/01/22              | DENTAL CARE<br>AWARENESS FOR YOUTH                                | HEALTH CLUB |
| 18. | 15/02/22              | SPORTS EVENTS FOR<br>TEACHING &<br>NON-TEACHING STAFF             | SPORTS CLUB |
| 19. | 18/02/22              | COVID-19 VACCINATION<br>DRIVE                                     | NSS         |
| 20. | 22/02/22              | SESSION ON CPR  | NSS         |
| 21. | 22/02/22              | INTRA- CLASS TUG OF<br>WAR COMPETITION                            | NSS         |
| 22. | 03/03/22              | DIET , HEALTH ,<br>EXERCISE.                                      | NSS         |
| 23. | 27/02/22-<br>04/03/22 | POLIO DRIVE IN<br>COLLABORATION WITH<br>BMC L-WARD                | NSS         |
| 24. | 17/4/22               | SANITARY NAPKIN<br>AWARENESS & DONATION                           | HEALTH CLUB |

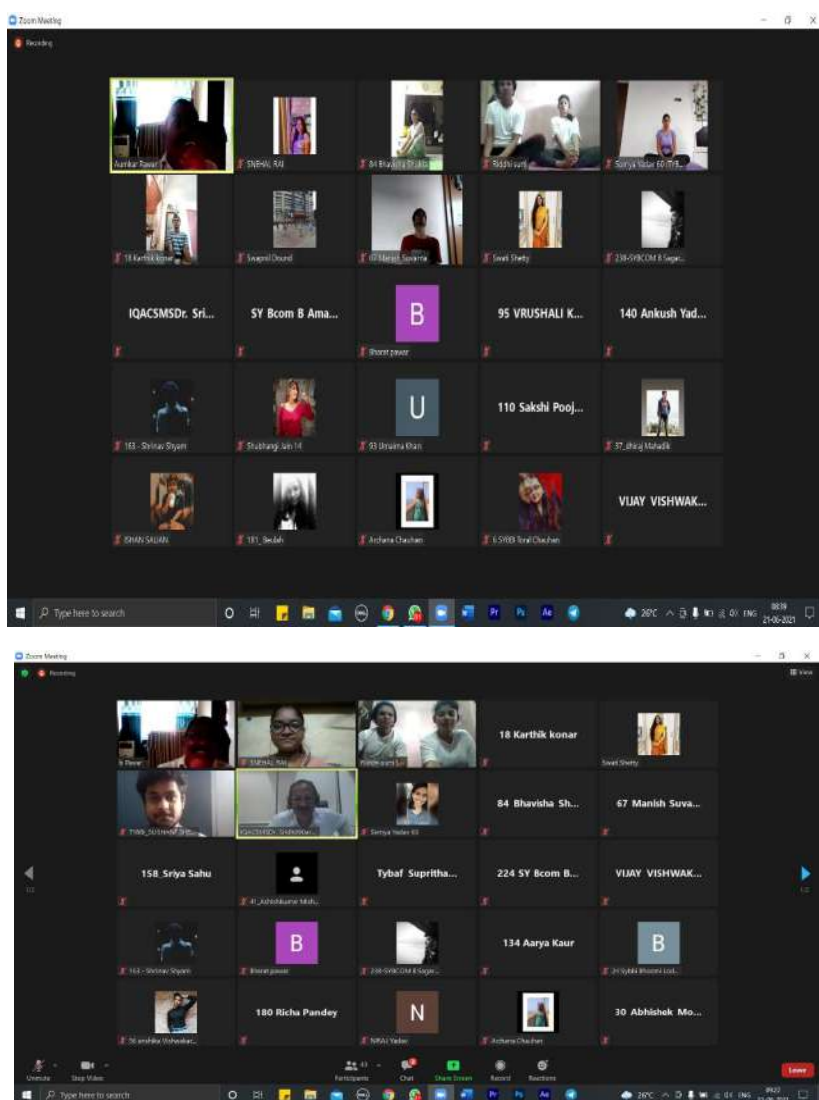


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## GLIMPSES

## INTERNATIONAL YOGA DAY WEBINAR



*To spread awareness among the students and faculties regarding importance of yoga on International Yoga Day*



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### BLOOD DONATION



*To collect blood from the individual and raise awareness that individuals can save lives and improve the health of others by donating blood.*



  
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### 5 DAYS YOGA

*Day 1- Setu Bandha Sarvangasana*



*Day 2- Ashwa Sanchalanasana*



*Day 3- Trikonasana*



*Day 4- Navasana*



*Day 5- Adho Mukha Svanasana*



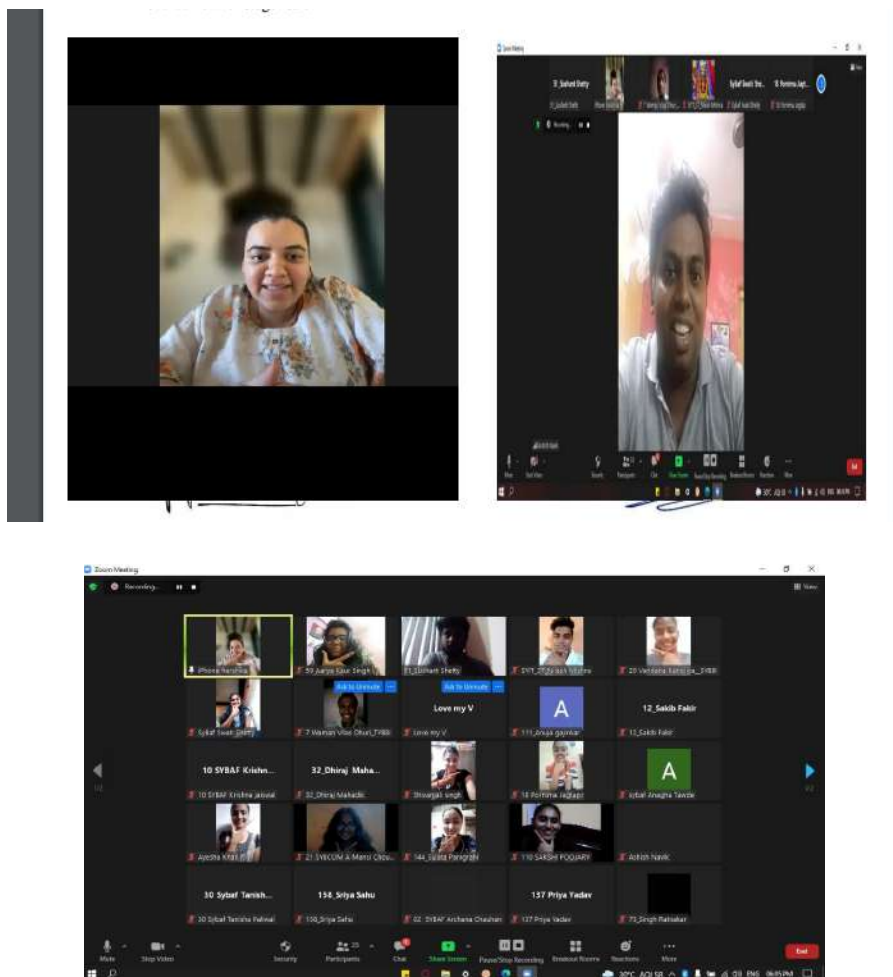
*To know about yoga and keep oneself fit & enable the student youth to have good health To foster harmony in the body, mind, and environment.*



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### WEBINAR ON “3 DAYS ART OF LIVING ON COVID CARE IMMUNITY BOOSTER”



*The webinar was conducted by Dr.Harshita to encourage youth to improve their mental and physical health and to guide them in having a stress-free life.*



*Principal*  
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### FIT KHAO, FIT RAHO COMPETITION



*The cooking competition was organized to create awareness and to maintain good health, limit your consumption of empty calories and instead try to get your calories from foods that are rich in other nutrients.*



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

## **SURYA NAMASKAR COMPETITION [ONLINE]**

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**THE SPORTS DEPARTMENT PRESENTS**

**सूर्य नमस्कार  
एवेंट**

**The last date of submitting the video is 6th October 2021**  
The winners will get the winners e-certificate

*Online Surya Namaskar to keep students active and fit while they are home.*



  
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## MENSTRUAL HYGIENE



*Health Club in collaboration with Paddling Foundation disseminated the message of menstruation & how to use art as a medium to help menstruators and non-menstruators to view this process from a positive lens*

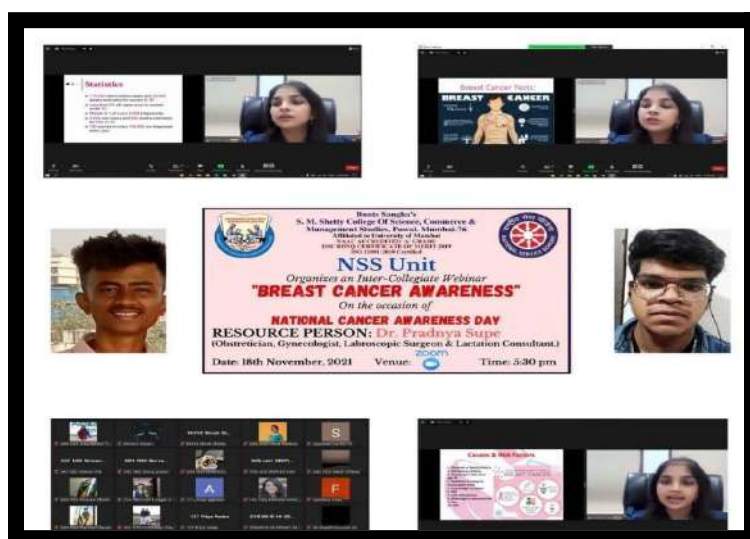
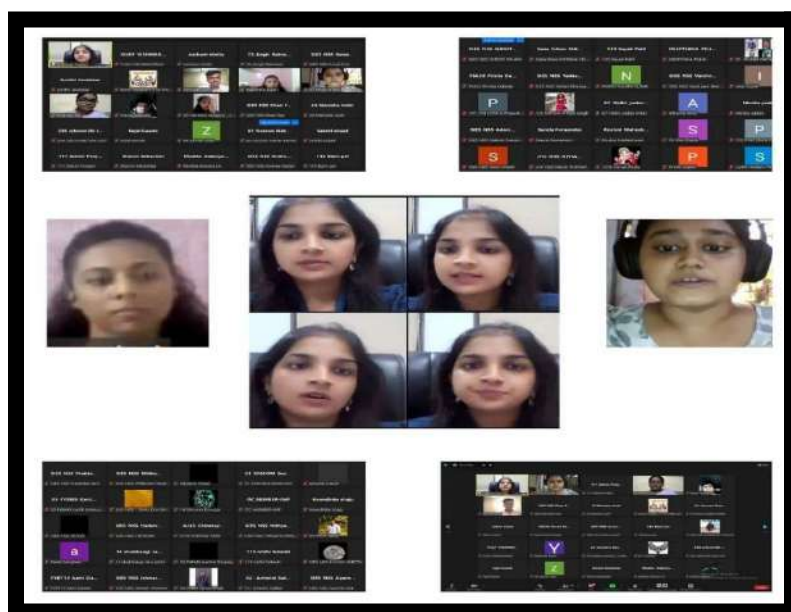




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# S.M.SHETTY COLLEGE OF SCIENCE, COMMERCE & MANAGEMENT STUDIES

## BREAST CANCER AWARENESS WEBINAR



*To educate women about the importance of diagnosing cancer at early stages when treatment is easier and outcome is better.*



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

### HAPPY & HEALTHY LUNGS WEBINAR

*To educate women about the importance of diagnosing cancer at early stages when treatment is easier and outcome is better.*



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

### AWARENESS AMONG YOUTH ABOUT ILL EFFECTS OF ADDICTION

Misconception 3:  
So far as one drinks responsibly,  
its safe to drink..

- 1) Does anyone drink out of control by choice?  
Why call it an addiction??
- 2) Around 15% of those who touch it, get  
addicted
- 3) Can develop in anyone.  
It's a lifestyle disease; not a genetic disease

50%

50% of the heart attacks  
in males in the young age group  
of 30-44yrs  
are attributable to tobacco !!

WHO Global Report :  
Mortality attributable to tobacco, 2012

*This online session was conducted to educate youth to develop the knowledge, skills, and attitudes to appreciate the benefits of living healthily .*

*Resource Person - Dr. Dharav Shah (MBBS & DPM from BJMC, Pune and then MD Psychiatry*



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

### AWARENESS ON HIV AIDS BY PROVIDING RIBBONS TO COLLEGE STAFF



*The NSS took the initiative to Empower and increase the awareness of people on HIV/AIDS.*



*[Signature]*  
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## S.M.SHETTY COLLEGE OF SCIENCE, COMMERCE & MANAGEMENT STUDIES

### RALLY ON AWARENESS HIV AIDS



*To unite in the fight against HIV, to show support for people living with HIV, and to commemorate those who have died from an AIDS-related illness.*



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

### FLASHMOB ON HIV/AIDS



*To raise awareness among society to not end life because of getting affected by HIV/AIDS. But to live days of life how much we have in our hands*



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

### SANITARY PAD DONATION



*The NSS Unit took the initiative to create awareness amongst the local people about the Hygienity & importance of Sanitary pads along with the donation.*



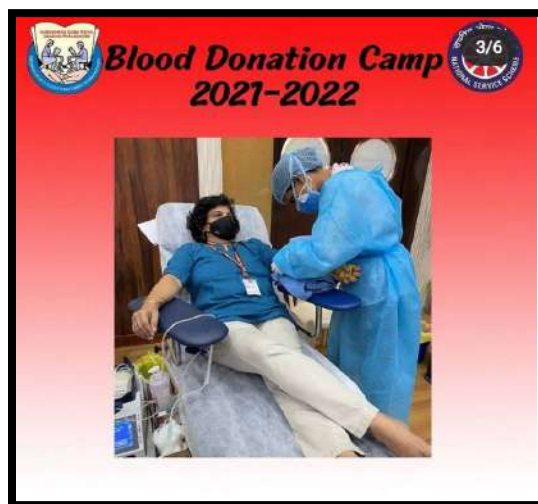
  
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BUNTS SANGHA'S

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

### BLOOD DONATION CAMP



*To collect blood from the individual and raise awareness that individuals can save lives and improve the health of others by donating blood. To understand the significance and need of Blood donation.*

*Total Blood Units collected: 133*



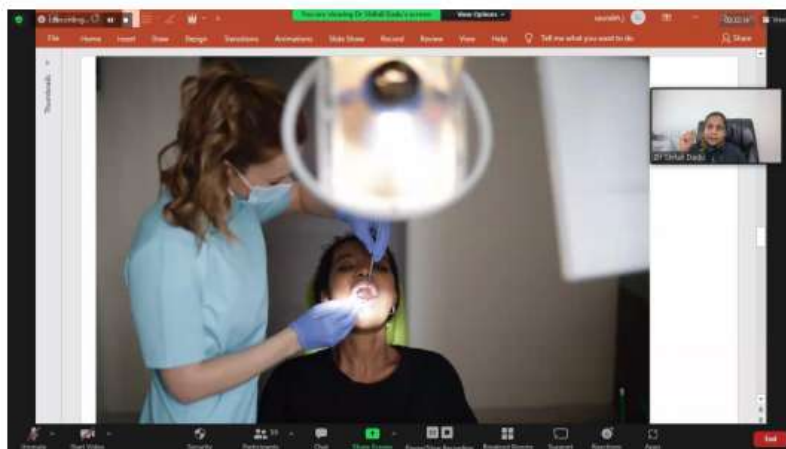
  
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### DENTAL CARE AWARENESS FOR YOUTH



*Resource person Dr Shifali Dadu emphasized on the process of providing participants with relevant information about oral health based on scientific principles.*

*Beneficiaries- 54 - 30 Females & 24 Males.*





BUNTS SANGHA'S

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

### SPORTS EVENTS FOR TEACHING & NON-TEACHING STAFF



*An offline sports event was organized for the teaching and non-teaching staff of SM Shetty College.  
Events included Carrom, Tug of war, Badminton and Box cricket.  
Beneficiaries - 27( Teaching & non- Teaching staff )*



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

### COVID-19 VACCINATION DRIVE



*COVID-19 vaccination strategy is to minimize deaths, severe disease and overall disease burden.*

*Total No. of people Vaccinated Count: 2000+*



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### SESSION ON CPR

*Session on CPR was conducted to educate students about it and how one can save a person's life.*



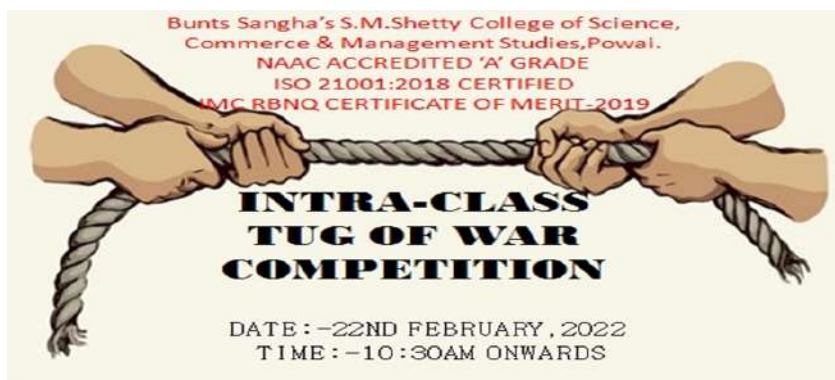
  
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## S.M.SHETTY COLLEGE OF SCIENCE, COMMERCE & MANAGEMENT STUDIES

### INTRA-CLASS TUG-OF-WAR COMPETITION



#### Tug of war winners (BOYS)



#### TUG OF WAR WINNERS (GIRLS)



*Intra-class Tug of War Competition held on 22nd February, 2022. There were total 312 students participated in this competition*





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

### DIET , HEALTH , EXERCISE



*Mr Shrinivasan the resource person of the event emphasized on Eating a healthy diet and exercising often can help control or delay health issues associated with aging, like high blood pressure and diabetes.*



  
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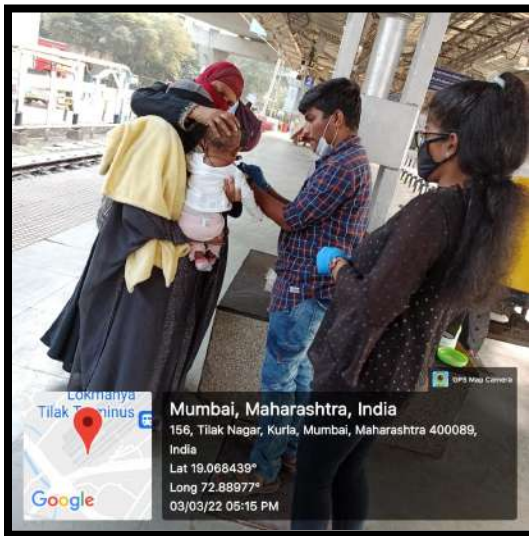




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## S.M.SHETTY COLLEGE OF SCIENCE, COMMERCE & MANAGEMENT STUDIES

### POLIO DRIVE IN COLLABORATION WITH BMC L-WARD



*The initiative was taken by the NSS Unit to spread awareness and to show the importance of polio vaccination in the society*  
*Beneficiaries: 11,046*



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

### SANITARY NAPKIN AWARENESS & DONATION



*The objective of the activity was to create awareness about menstrual hygiene amongst women and children. Student members of the health club actively participated in the activity by donating sanitary napkins and also educating the crowd about the importance of using sanitary napkins and its safe disposal. Over 187 packets of napkins were donated to the residents.*



  
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**BUNTS SANGHA'S**

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

**2020-21**

| SERIAL NO. | DATE                | EVENT   | COMMITTEE                |
|------------|---------------------|---|--------------------------|
| 1.         | 21/05/21            | SESSION ON ZUMBA  | IQAC & SPORTS DEPARTMENT |
| 2.         | 21/06/20            | YOGA FOR HEALTHY BODY, CALM MIND AND STRONG SPIRIT      | NSS                      |
| 3.         | 08/03/20-09/06/20   | ENDURANCE & DE-STRESS SESSION                           | SPORTS CLUB              |
| 4.         | 10/09/20            | WORLD SUICIDE PREVENTION DAY (VIDEO MAKING COMPETITION) | NSS                      |
| 5.         | 21/09/20 - 25/09/20 | 5 DAYS EXERCISE CHALLENGE                               | NSS                      |
| 6.         | 24/09/20-31/09/20   | ONLINE SPORTS WEEK 2020-21                              | SPORTS CLUB              |
| 7.         | 26/09/20            | WEBINAR ON YOGA BY DR. KHUSH PANCHAL                    | NSS                      |
| 8.         | 28/09/20 - 02/10/20 | 5 DAYS YOGA CHALLENGE                                   | NSS                      |



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

|     |                       |  |     |
|-----|-----------------------|--|-----|
| 9.  | 24/10/20              | MISSION HEALTHY 2020                         | NSS |
| 10. | 30/10/20              | FIT KHAO, FIT RAHO                           | NSS |
| 11. | 12/01/20              | CYCLING AWARENESS-<br>FIT INDIA MOVEMENT     | NSS |
| 12. | 16/01/21              | BLOOD DONATION CAMP                          | NSS |
| 13. | 23/02/21              | WEBINAR ON COVID-19 -<br>DOUBTS AND CONCERNS | NSS |
| 14. | 27/02/21              | MALNUTRITION AND<br>OBESITY MANAGEMENT       | NSS |
| 15. | 07/03/21-<br>08/03/21 | VIRTUAL MARATHON                             | NSS |
| 16. | 07/04/21              | WORLD HEALTH DAY<br>2021- QUIZ               | NSS |



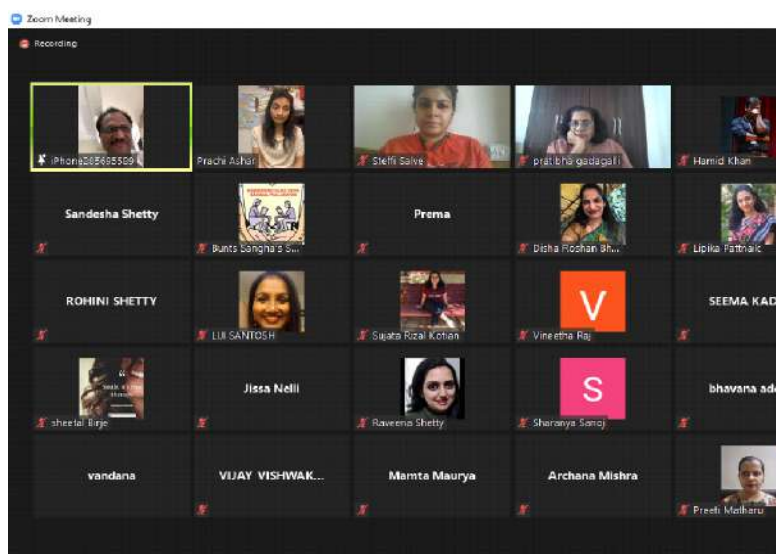
  
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# S.M.SHETTY COLLEGE OF SCIENCE, COMMERCE & MANAGEMENT STUDIES

## SESSION ON ZUMBA



*The Sports Club organized a virtual zumba session with resource person Ms. PRACHI ASAR for the teaching and non-teaching staff.*

*Beneficiaries-62*



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

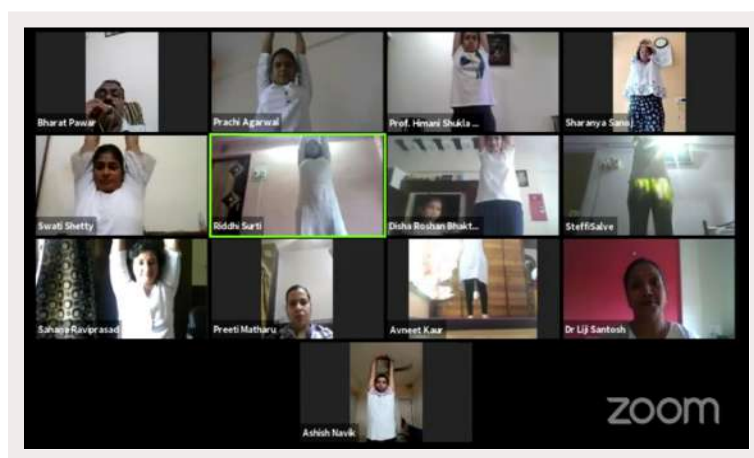
### YOGA FOR HEALTHY BODY, CALM MIND AND STRONG SPIRIT

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HEALTH CLUB, SPORTS DEPARTMENT & NSS UNIT  
Present  
NATIONAL WEBINAR  
On  
*"YOGA for Healthy Body, Calm Mind & Strong Spirit"*  
21<sup>st</sup> June, 2020 ( 10:00 am – 11:00 am)  
In Association with  
Shri Ambika Yoga Kutir

Prof. Himani S...

zoom



*To spread awareness among the students and faculties regarding importance of yoga on International Yoga Day*



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

### WORLD SUICIDE PREVENTION DAY (VIDEO MAKING COMPETITION)



*The competition was held to get an insight on what keeps the youth of India motivated at times of distress and difficulties. Amplifying the same to spread awareness among the youth by communicating that - "there's always a way out"*



  
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BUNTS SANGHA'S

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

### 5 DAYS EXERCISE CHALLENGE



*This 5 days exercise challenge was done to spread awareness and encourage people to remain healthy and fit by including physical activities in their daily lifestyle.*

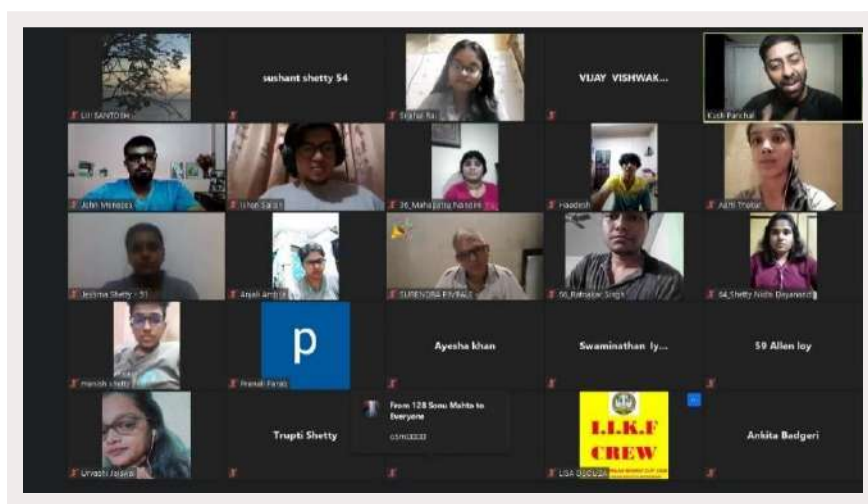
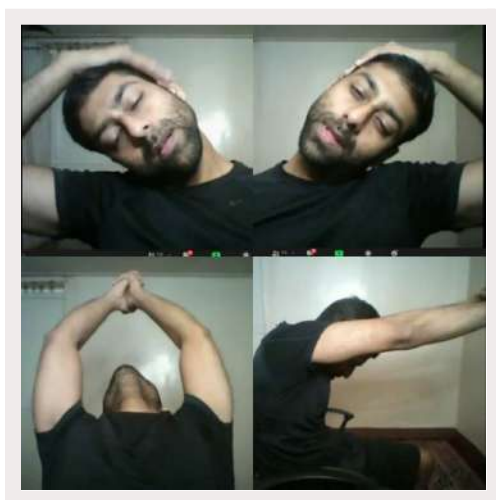




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## S.M.SHETTY COLLEGE OF SCIENCE, COMMERCE & MANAGEMENT STUDIES

### WEBINAR ON YOGA BY DR. KHUSH PANCHAL



*This webinar was held to enable students and faculties to have good health and to know the importance of yoga in day to day life.*

*Resource person- Dr. Kush Panchal, International Yoga Trainer*

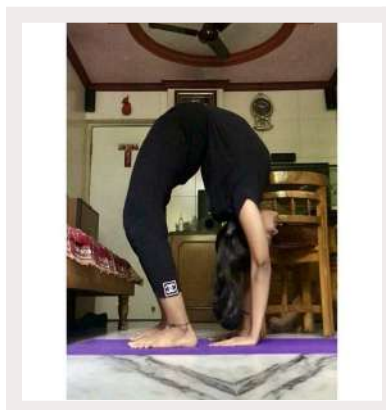
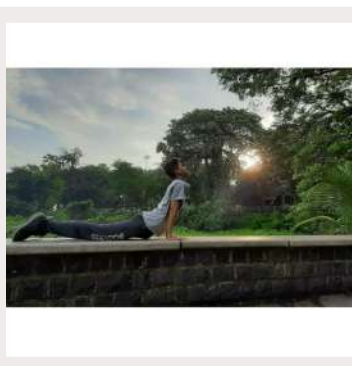
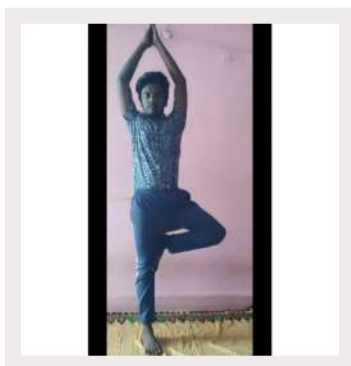




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## S.M.SHETTY COLLEGE OF SCIENCE, COMMERCE & MANAGEMENT STUDIES

### 5 DAYS YOGA CHALLENGE



*To spread awareness and encourage people to remain healthy and fit by including physical activities in their daily lifestyle.*



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

### SESSION ON YOGA



*The Health Club of the college organized yoga sessions in association with Shri Ambika Yoga Kutir for students, teachers, and family members. The session was conducted on a zoom platform.*



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

### FIT KHAO, FIT RAHO



*To spread awareness and encourage people to remain healthy and fit by including healthy food in their daily lifestyle*



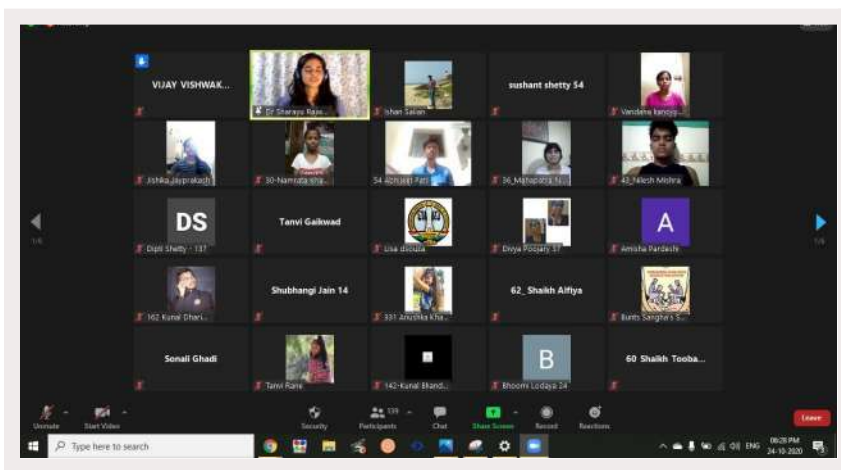
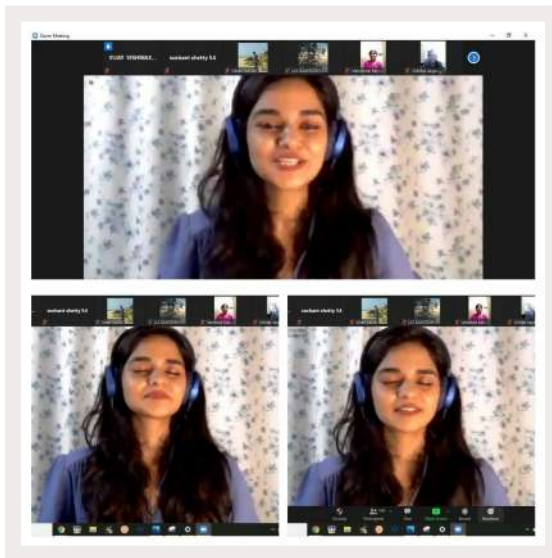
  
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## S.M.SHETTY COLLEGE OF SCIENCE, COMMERCE & MANAGEMENT STUDIES

### MISSION HEALTHY 2020



*To create awareness among the students and faculties on how to stay fit , what all to be added in our day to day meal and how to have a healthy lifestyle.*

*Resource Person - Dr. Sharayu Rajwade Kshirsagar (Homoeopathic Family Doctor, Founder at Dr. Sharayu's B.H.M.S (Pune) P.G. Diploma in Wellness and Cosmetology, Certified COVID Warrior.)*



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

### CYCLING AWARENESS- FIT INDIA MOVEMENT



*To spread awareness and encourage people to remain healthy and fit by including physical activities like cycling in their daily lifestyle.*



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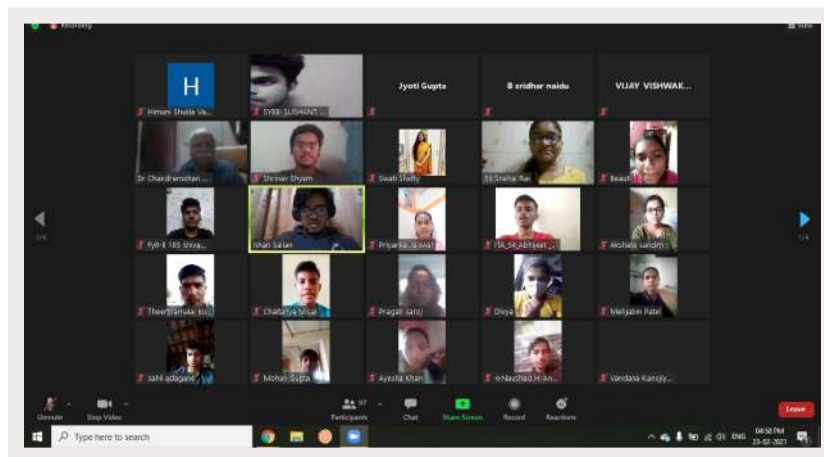
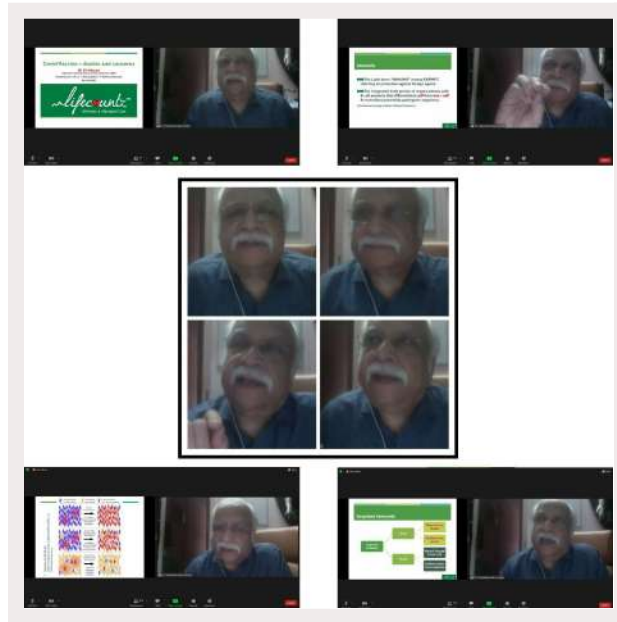
## S.M.SHETTY COLLEGE OF SCIENCE, COMMERCE & MANAGEMENT STUDIES

### BLOOD DONATION CAMP



*The objective of the blood camp was to raise awareness among the people on the importance of donating blood.*

# WEBINAR ON COVID-19 - DOUBTS AND CONCERNS



*The webinar was organized to spread awareness among the students and faculties regarding Covid-19 and vaccines.*

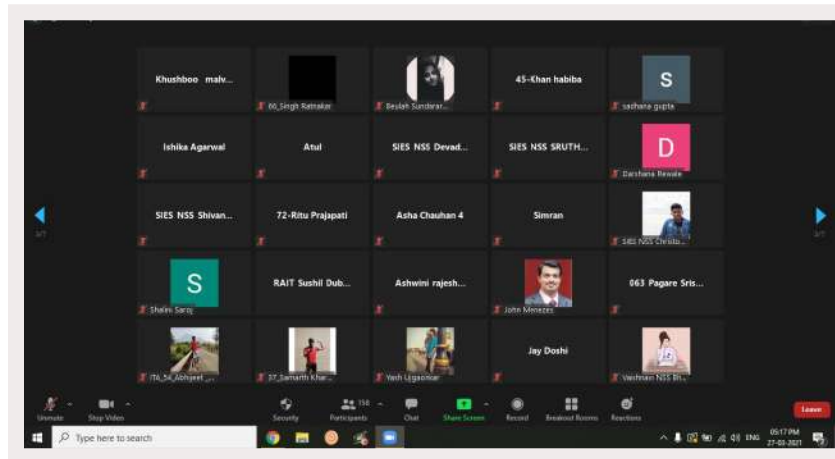
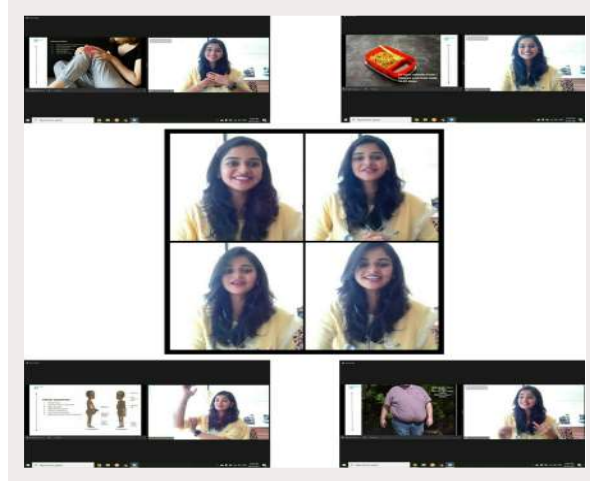
*Resource person - Dr. C H Asrani ( Diplomate National Board Family Medicine with MBBS)*



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

### MALNUTRITION AND OBESITY MANAGEMENT



*To spread awareness and guide the students and faculties regarding obesity and Healthy nutrition.*

*Resource person- Dr. Sharayu Rajwade Kshirsagar (Homoeopathic Family Doctor, Founder at Dr. Sharayu's B.H.M.S (Pune) P.G. Diploma in Wellness and Cosmetology, Certified COVID Warrior.*



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

### WORLD HEALTH DAY 2021- QUIZ



*To spread awareness among students and faculties to follow a healthy lifestyle on the occasion of World Health Day*



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

### SPORTS WEEK

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**ISO 9001:2015 CERTIFIED**

# SPORTS WEEK 2020-21

DATE: 24TH SEPTEMBER, 2020. ONWARDS

- CARROM
- CHESS
- PHYSIQUE COMPETITION
- CALISTHENICS COMPETITION
- FOOTBALL FREESTYLE
- YOGA COMPETITION

*Online Sports Week was held during the lockdown period in order to keep up with the importance of physical well-being*



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

### INTRA-COLLEGIATE EVENTS VIRTUAL MARATHON



*An Intra-collegiate event, Virtual Marathon was conducted by the Sports Department online via the Strava Mobile App, which records the distance, time & calories of the athlete.*

*Beneficiaries - Students*



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

**2019-20**

| SERIAL NO. | DATE     | EVENT                 | COMMITTEE   |
|------------|----------|-----------------------|-------------|
| 1.         | 10/07/19 | THALASSEMIA CHECK-UP  | NSS         |
| 2.         | 31/07/19 | BLOOD DONATION        | NSS         |
| 3.         | 08/08/19 | THALASSEMIA AWARENESS | NSS         |
| 4.         | 20/9/19  | SANITARY PAD DONATION | NSS         |
| 5.         | 18/09/19 | AWARENESS ON HIV/AIDS | NSS         |
| 6.         | 22/10/19 | ANTI-SUGAR DRIVE      | HEALTH CLUB |



*[Signature]*  
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## S.M.SHETTY COLLEGE OF SCIENCE, COMMERCE & MANAGEMENT STUDIES

### GLIMPSES

### THALASSEMIA CHECK-UP



*Area based Project 1 is the activities which are done at college or nearby vicinity and Thalassemia Check-up was part of it.*



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### BLOOD DONATION



*Area based Project 1 is the activities which are done at college or nearby vicinity and blood donation camp was part of it.*



  
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### THALASSEMIA AWARENESS



*Educating the students about Thalassemia*



  
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### SANITARY PAD DONATION



*Area based Project 2 are the activities which are done with our collaborated organizations and sanitary pad donation was a part of it.*



  
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### AWARENESS ON HIV/AIDS



*Creating awareness about HIV/AIDS and how it can affect our health.*



  
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### DRUG AWARENESS SEMINAR



*Drug awareness seminar was conducted by NSS.*



  
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### ANTI-SUGAR DRIVE



*The Health Club in association with Thyrocare organized an “Anti Sugar Drive” for teaching and non-teaching staff of Degree and Junior college, Housekeeping at Rs. 10 only.*

*Total Participants - 82*



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

### SPORTS WEEK



*Sports Week – 2020 was organized in Bunts Sangha's S.M. Shetty Degree College. Sports week included both indoor and outdoor games were arranged to encourage active participation of students.*



  
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BUNTS SANGHA'S

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

### UNIVERSITY LEVEL BOXING COMPETITION (MEN & WOMEN)



| Weight Category: 91 Kg. |  | Weight Category: +91 Kg. |  |
|-------------------------|--|--------------------------|--|
| Place                   | Name of the Boxer - College Name       | Place                    | Name of the Boxer - College Name       |
| I                       | Raju Yadav - Thakur Sci. & Com.        | I                        | Mihir Jalela - KES's Shroff A&C        |
| II                      | Ashish Mahadik - Prakash Degree        | II                       | Nikhil Gupta - Thakur Sci. & Com.      |
| III                     | Jatin Tiwari - S.M.Shetty College      | III                      | Pranay Tople - C.K.T. A.C.S.           |
| III                     | Karan Singh - Mithibai College         | III                      | Shashank Mendon - C. Sharma            |
| V                       | Mihir Jadhav - B.N.Bandodkar           | V                        | Sairaj Kalbate - Patkar-Varde          |
| VI                      | Ajay Gupta - N.S.M. Degree             | VI                       | Shivam Singh - Pillai College of Engg. |
| VII                     | Chetan Solanki - Patkar-Varde          | VII                      | Shivam Gaikwad - F.G.Naik College      |
| VIII                    | Ashwini Yadav - Tolani College of Com. | VIII                     | Siddhant Bajaj - S. M. Shetty College  |

| Weight Category: 60 Kg.<br>(SELECTION TRIALS ONLY) |   | Weight Category: 64 Kg. |                                      |
|--|---|-------------------------|--------------------------------------|
| Place  | Name of the Boxer - College Name                  | Place                   | Name of the Boxer - College Name     |
| I  | Khushboo Vishwakarma - Thakur S&C                 | I                       | Ritika Poojary - B.K.Birla College   |
| II   | Nishigandha Rao - B.K.Birla College               | II                      | Bhavna Hegde - SIES A.S.C. College   |
| III  | Sayli Shinde - C. Sharma College                  | III                     | Anjali Giri - Thakur Sci. & Com.     |
| III  | Sayali Munganeekar - BSM's College ,<br>Ratnagiri | III                     | Reet Seegu - S. M. Shetty College    |
| -----  |   | V                       | Nidhi Parmar - N. Majithia College   |
| -----  |   | VI                      | Sanjana Chavan - M.P.A.S.C. College  |
| -----  |   | VII                     | Marvin Suralkar - R. Ruia College    |
| -----  |   | VIII                    | Neha Nikam - Sterling A.S.C. College |

*The inter-collegiate Boxing Competition for men and women organized by Ramnarain Ruia College, Mumbai where our college had participated and achieved prizes under few categories*



**BUNTS SANGHA'S**

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

**2018-19**

| <b>SERIAL NO.</b> | <b>DATE</b> | <b>EVENT</b>               | <b>COMMITTEE</b> |
|-------------------|-------------|----------------------------|------------------|
| 1.                | 21/06/18    | INTERNATIONAL YOGA DAY     | HEALTH CLUB      |
| 2.                | 26/07/18    | SANITARY PAD DONATION CAMP | HEALTH CLUB      |
| 3.                | 01/10/18    | ANTI-DRUGS RALLY           | NSS              |
| 4.                | 20/10/18    | YOGA TRAINING FOR TEACHERS | HEALTH CLUB      |
| 5.                | 18/12/18    | ANNUAL SPORTS DAY          | SPORTS COMMITTEE |



  
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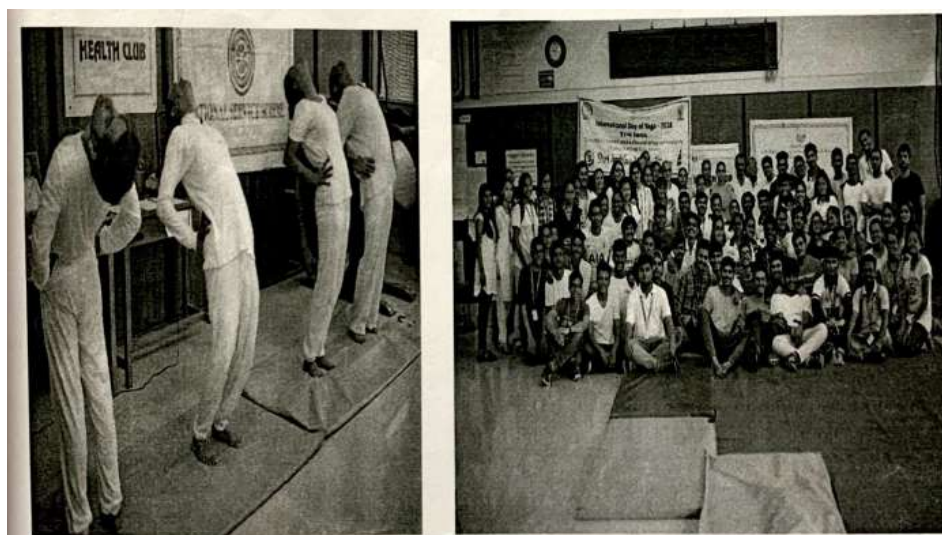


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## S.M.SHETTY COLLEGE OF SCIENCE, COMMERCE & MANAGEMENT STUDIES

### GLIMPSES

### INTERNATIONAL YOGA DAY



*The Health Club in association with Shri Ambika Yoga Kutir celebrated International Yoga Day.*



  
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### SANITARY PAD DONATION CAMP



*The Health Club took the initiative to distribute sanitary pads and educate the students about the menstrual cycle.*



  
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### ANTI-DRUGS RALLY



*The volunteers of NSS participated in anti drug rally for a noble cause conducted by NSS cell University of Mumbai*





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### TRAINING SESSION FOR TEACHERS



*The Health Club organized Training Program for Teachers. The idea was to deal with issues related with throat problems, back problem & spondylitis*

*Total participants - 14*



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## ANNUAL SPORTS DAY

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ANNUAL SPORTS DAY 2018-2019  
18TH December 2018

FINAL RESULT OF Degree college 2018 – 2019

| 200 mtr. Race (Girls) Boys |                     |              |          |
|----------------------------|---------------------|--------------|----------|
| Place                      | Name of the Student | Class / Div. | Roll No. |
| I                          | NEHAL SHETTY        | TYBMS        |          |
| II                         | Aakash Narvekar     | FYBSCIT      | 100      |
| III                        | PRATHMESH DHUMAL    | SUBCOM       | 16       |

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ANNUAL SPORTS DAY 2018-2019  
18TH December 2018

FINAL RESULT OF Degree college 2018 – 2019

| 100 Mtr. Sprint (Girls) |                     |              |          |
|-------------------------|---------------------|--------------|----------|
| Place                   | Name of the Student | Class / Div. | Roll No. |
| I                       | Nidhi Rai           | FYBMS        | 32 /     |
| II                      | Ansha Shetty        | FYB. Com     | 221 /    |
| III                     | Ansha Shetty        | TyBAF        | 58 /     |

*Annual Sports Day 2018-19 Annual Sports Day was celebrated with great enthusiasm  
Beneficiaries - Students from all departments*



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

**2017-18**

| SERIAL NO. | DATE                  | EVENT  | COMMITTEE        |
|------------|-----------------------|--|------------------|
| 1.         | 22/02/17              | HEALTH CHECKUP FOR THE GIRLS                       | HEALTH CLUB      |
| 2.         | 28/02/17              | SPORTS NUTRITION FOR BETTER                        | SPORTS COMMITTEE |
| 3.         | 21/06/17              | YOGA DAY   | NSS              |
| 4.         | 29/07/17              | HEALTH CHECK UP FOR STAFF MEMBERS                  | HEALTH CLUB      |
| 5.         | 12/08/17              | BLOOD DONATION CAMP                                | NSS              |
| 6.         | 08/09/17              | DENTAL CHECK-UP CAMP                               | NSS              |
| 7.         | 17/10/17-<br>23/10/17 | INTER-COLLEGIATE FOOTBALL (MEN & WOMEN) TOURNAMENT | SPORTS COMMITTEE |



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### HEALTH CHECK UP FOR GIRLS



*Health club in association with WDC organized a discussion session followed by free health checkup for girls and female staff members.*



  
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### SPORTS NUTRITION FOR BETTER PERFORMANCE



*Mrs. Smitha Shetty, Lifestyle Nutritionist conducted the session and threw light up on the do's and don'ts of diet for Sports Players in order to enhance their performance to win laurels.*





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### YOGA DAY



*NSS celebrated International Yoga Day in association with Ambika Yog Kutir. Trainers from Kutir demonstrated a few yoga asanas and those were performed by the volunteers.*



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

### HEALTH CHECK UP FOR STAFF MEMBERS



*The Health Club in association with Health Spring organized health check up for teaching and non-teaching staff*



  
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### BLOOD DONATION CAMP



*Blood Donation Camp & Thalassemia Checkup was organized by NSS  
Total 180 units of blood were collected and 411 Thalassemia Check-ups were done.*





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### DENTAL CHECKUP CAMP



*Dr. Mithali Amin and Dr. Shaili Shah from Ortho Square clinic conducted dental checkups for students, teachers and residents of the nearby area .*



*[Signature]*  
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### INTER-COLLEGIATE FOOTBALL (MEN & WOMEN) TOURNAMENT

UNIVERSITY OF MUMBAI



**Sports Department**

#### **RESULT OF INTER-COLLEGIATE FOOTBALL (MEN & WOMEN) TOURNAMENT 2017-18**

The Inter-Collegiate Football Tournaments for Men was organized by University of Mumbai from 06/09/2017 to 23/10/2017 at different venues viz. Somaiya Ayurvihar Football Ground, Sion & Century Reyon Sports Ground, Shahad and University Sports Pavilion, Marine Lines. League Programme held at University Sports Pavilion, Marine Lines from 17<sup>th</sup> October to 23<sup>rd</sup> October, 2017. Total **192** Colleges participated in the tournament. The matches were played on knock out cum league cum knock out to give fair chance to all the teams. The event was conducted in professional manner by the College with the active support of Principal, Staff of College with logistic support of Football Association.

The result is as under,

#### ❖ **MEN TEAM CHAMPIONSHIP :-**

- I) K. C. College
- II) Pillai College of A.C.S.
- III) Rizvi College of A.S.C.
- IV) G. N. Khalsa College
- V) S. M. Shetty College**
- VI) Siddharth College of Comm. & Eco.
- VII) St. Francis Institute of Tech.
- VIII) P. D. Lion's College.

*The Inter-Collegiate Football Tournaments for Men was organized by University of Mumbai at different venues viz. Somaiya Ayurvihar Football Ground, Sion & Century Reyon Sports Ground, Shahad and University Sports Pavilion, Marine Lines. League Programme held at University Sports Pavilion, Marine Lines*



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

### OTHER INITIATIVES

#### THE RED RIBBON INITIATIVE

**DATE:** 31.10.2020  
**EVENT:** Awareness on HIV/AIDS Webinar  
**OBJECTIVE:** To spread awareness among students and faculties regarding HIV/AIDS .

Speaker of the Webinar: Mr Umesh Subhash Ghuge (Deputy Director (IEC), MDACS also Worked with UNICEF and Childline1097 as a project officer.  
No. of Volunteers Participated: 46  
No. of Male Participants: 7  
No. of Female Participants: 39  
Beneficiaries: 150



*To spread awareness among students and faculties regarding HIV/AIDS .*





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



**Date 31<sup>st</sup>-July- 2019**  
**RED RIBBON CLUB PEER EDUCATOR**  
**TRAINING WORKSHOP**



**Date -24<sup>th</sup>-August-2019**  
**Poster making competition**  
**(HIV/AIDS)**



**Date 18th-September-2019**  
**PR AWARENESS ON HIV/AIDS**



**Date- 4<sup>th</sup> december,2019**  
**HIV/AIDS awareness Rally**

PRESENTATION\_NSS\_UNIT\_2019  
2020

63

*NSS RED RIBBON CLUB Unit under the Mumbai District Aids Control Society (MDACS)-Prevention of HIV/AIDS*



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**S.M.SHETTY COLLEGE OF SCIENCE, COMMERCE &  
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# D. COVID INITIATIVES



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

| SERIAL NO.                                    | DATE     | EVENT  | COMMITTEE       |
|---|----------|--|-----------------|
| <b>A. INITIATIVES FOR MENTAL-WELL BEING</b>   |          |  |                 |
| <b>2021-22</b>                                |          |  |                 |
| 1.  | 23/09/21 | WEBINAR LOVE YOU ZINDAGI                               | NSS             |
| 2.  | 17/12/21 | WEBINAR ON "RESET YOUR MIND"                           | WDC             |
| 3.  | 29/01/22 | SUPER POWER BRAIN ASANAS                               | IQAC            |
| 4.  | 31/01/22 | PANEL DISCUSSION ON TEARS,FEARS AND CHEERS             | NSS             |
| <b>2020-21</b>                                |          |  |                 |
| 5.  | 06/07/20 | MOTIVATION AND MEMORY TECHNIQUES                       | STUDENT COUNCIL |
| 6.  | 11/10/20 | PATHWAY TO STRONG MENTAL HEALTH WITH MR. NITESH SHETTY | NSS             |
| <b>B. INITIATIVES FOR PHYSICAL-WELL BEING</b> |          |  |                 |
| <b>2021-22</b>                                |          |  |                 |



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

|                |                     |  |                          |
|----------------|---------------------|--|--------------------------|
| 7.             | 21/06/21            | INTERNATIONAL YOGA DAY WEBINAR                                   | NSS                      |
| 8.             | 30/07/21            | BLOOD DONATION   | NSS                      |
| 9.             | 17/08/21-21/08/21   | 5 DAYS YOGA  | NSS                      |
| 10.            | 23/08/21-25/08/21   | WEBINAR ON "3 DAYS ART OF LIVING ON COVID CARE IMMUNITY BOOSTER" | NSS                      |
| 11.            | 25/09/21            | FIT KHAO, FIT RAHO COMPETITION                                   | NSS                      |
| 12.            | 02/10/21 - 06/10/21 | SURYA NAMASKAR COMPETITION ONLINE                                | SPORTS CLUB              |
| 13.            | 24/11/21            | HAPPY & HEALTHY LUNGS WEBINAR                                    | NSS                      |
| 14.            | 18/02/22            | COVID-19 VACCINATION DRIVE                                       | NSS                      |
| 15.            | 03/03/22            | DIET , HEALTH , EXERCISE.  | NSS                      |
| <b>2020-21</b> |                     |  |                          |
| 16.            | 21/05/21            | SESSION ON ZUMBA   | IQAC & SPORTS DEPARTMENT |
| 17.            | 21/06/20            | YOGA FOR HEALTHY BODY, CALM MIND AND STRONG SPIRIT               | NSS                      |





**BUNTS SANGHA'S**

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

|                                    |                        |   |             |
|------------------------------------|------------------------|---|-------------|
| 18.                                | 08/03/20-<br>09/06/20  | ENDURANCE &<br>DE-STRESS SESSION                | SPORTS CLUB |
| 19.                                | 21/09/20 -<br>25/09/20 | 5 DAYS EXERCISE<br>CHALLENGE                    | NSS         |
| 20.                                | 24/09/20-<br>31/09/20  | ONLINE SPORTS WEEK<br>2020-21                   | SPORTS CLUB |
| 21.                                | 26/09/20               | WEBINAR ON YOGA BY<br>DR. KHUSH PANCHAL         | NSS         |
| 22.                                | 28/09/20 -<br>02/10/20 | 5 DAYS YOGA<br>CHALLENGE                        | NSS         |
| 23.                                | 24/10/20               | MISSION HEALTHY 2020                            | NSS         |
| 24.                                | 30/10/20               | FIT KHAO, FIT RAHO                              | NSS         |
| 25.                                | 23/02/21               | WEBINAR ON COVID-19<br>- DOUBTS AND<br>CONCERNS | NSS         |
| <b>C. INITIATIVES FOR STAFF</b>    |                        |   |             |
| <b>D. INITIATIVES FOR STUDENTS</b> |                        |   |             |



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

2021-22

### WEBINAR LOVE YOU ZINDAGI



#### Our Panelist:

**Ms. Natasha Mehta - Psychologist**

**Prof. John Menezes - NSS Programme Officer**

**Ms. Dhanalaxmi Kaunder - TyBcom Student**


*The NSS UNIT in collaboration with Mental Health Club is Organized A National Level Seminar-Love You Zindagi, conducted by Counselor Natasha Mehta*




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

### WEBINAR ON “RESET YOUR MIND”



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Powai, Mumbai  
NAAC Accredited 'A' Grade  
IMC RBNQ Certificate of Merit 2019  
ISO 20001:2018 Certified





## Women Development Cell

invites everyone for a session on


# Reset Your Mind

by

## Ms. Sachita Sethi

Counselling Psychologist and Arts based therapist

*E-certificates will be given to all the participants*



**Zoom link:** <https://zoom.us/j/93448957066?pwd=dkQyYkhIRjViV0JidGdsTUwzamtVGdz09>

**Date:** 17<sup>th</sup> December, 2021 **Time:** 12:30 pm onwards


You are viewing Sachita Sethi's screen

View Options

13 FYBMS Kira... 23 FYBMS Disha...

Recording

## Frame “short term” Goals & chunk tasks



Time: 12:30 pm onwards

Chat

overthinking

66 FYBMS DSHITA UCHIL to Everyone

depression

254 sylv.com & kail than to Everyone

out of

37 FYBMS Shubhakar sa... to Everyone

feelings

254 sylv.com & kail than to Everyone

nervousness

66 FYBMS DSHITA UCHIL to Everyone

mam one example is

right

238 Sybcom & Nishita Ta... to Everyone

nervous

Who can see your messages? Recording On

To: Sachita S... (Direct Message)

Go to PC settings to activate Windows.

*The main objective of the webinar was to understand the importance of mental wellness and find ways to tackle mental depressions and trauma.*



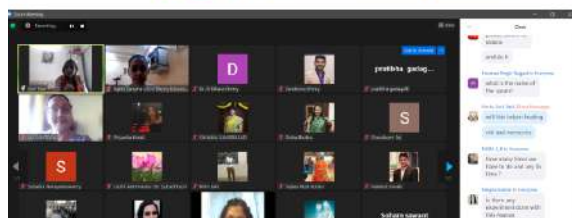
  
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## S.M.SHETTY COLLEGE OF SCIENCE, COMMERCE & MANAGEMENT STUDIES

### SUPER POWER BRAIN ASANA



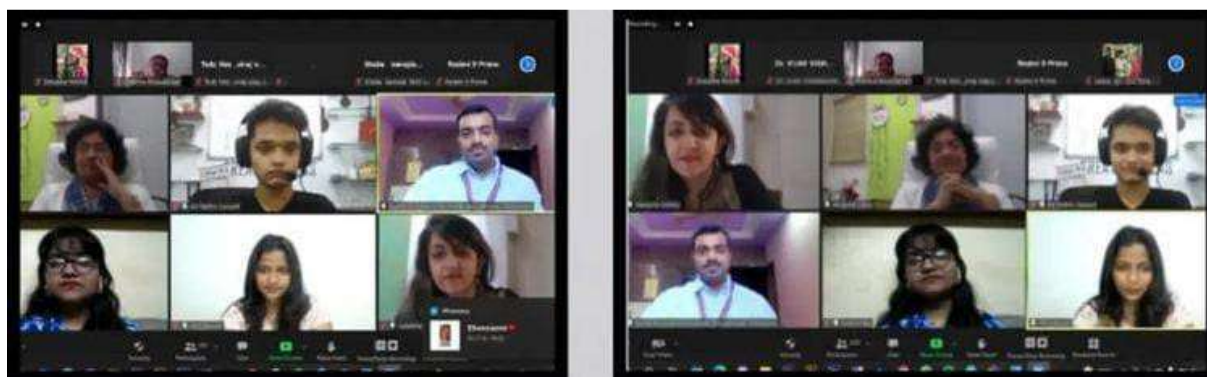
*The resource person was Sony Pasi, Certified Trainer for Physical healing from Feed the Soul Trust. She has taught simple asanas to awaken the brain and boost memory. She guided the staff and students with easy learnability skills also.*



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

### PANEL DISCUSSION ON TEARS,FEARS AND CHEERS



*The discussion's aim was to improve the health and quality of life of students*



  
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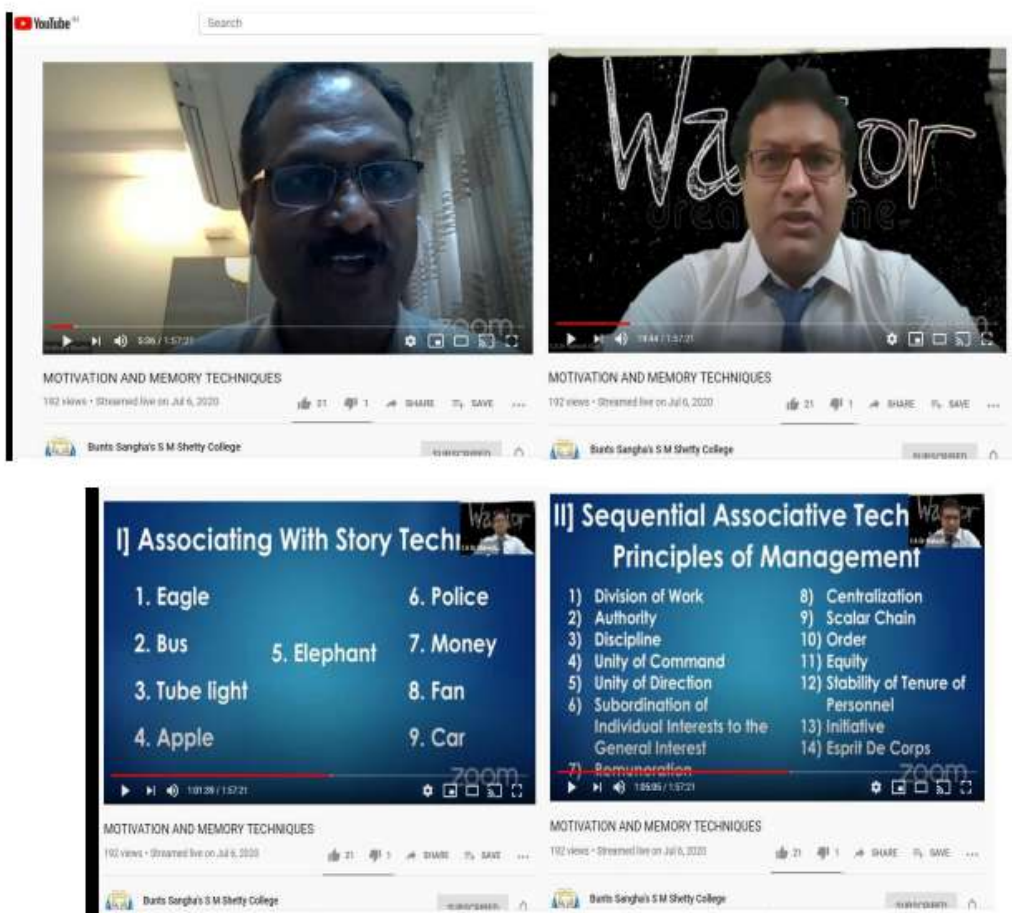


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## S.M.SHETTY COLLEGE OF SCIENCE, COMMERCE & MANAGEMENT STUDIES

2020-21

### MOTIVATION AND MEMORY TECHNIQUES



*The resource person CA Dr. Mahesh Gour; motivated the participants to think positively and never give up even during difficult situations. Total 325 participants attended the webinar (on zoom app and YouTube live). Participants belonged to different states of India like M.P., Rajasthan, U.P, Tamilnadu, Karnataka, West Bengal, Nagaland, Delhi, Punjab and many more.*



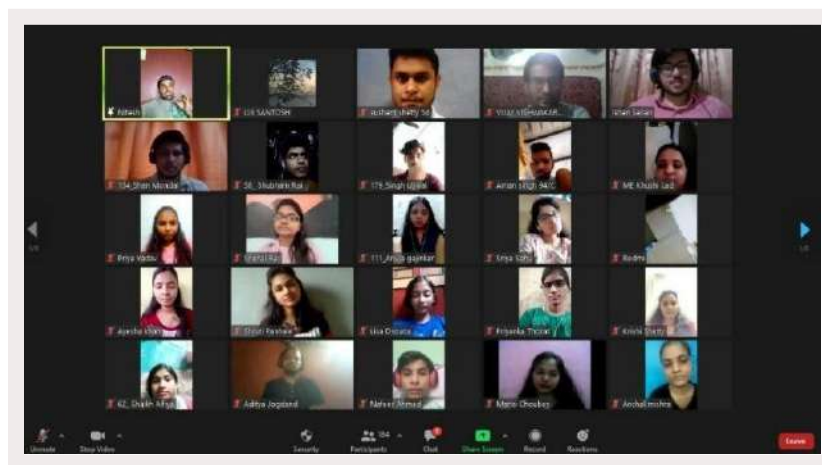
  
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## S.M.SHETTY COLLEGE OF SCIENCE, COMMERCE & MANAGEMENT STUDIES

### PATHWAY TO STRONG MENTAL HEALTH WITH MR. NITESH SHETTY



*This session was conducted to create awareness among the students and faculties on the importance of mental health and how to deal with stress and anxiety.*

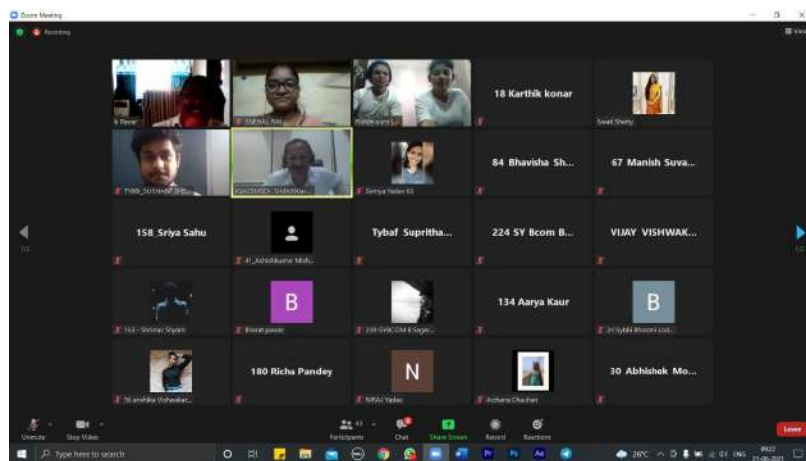
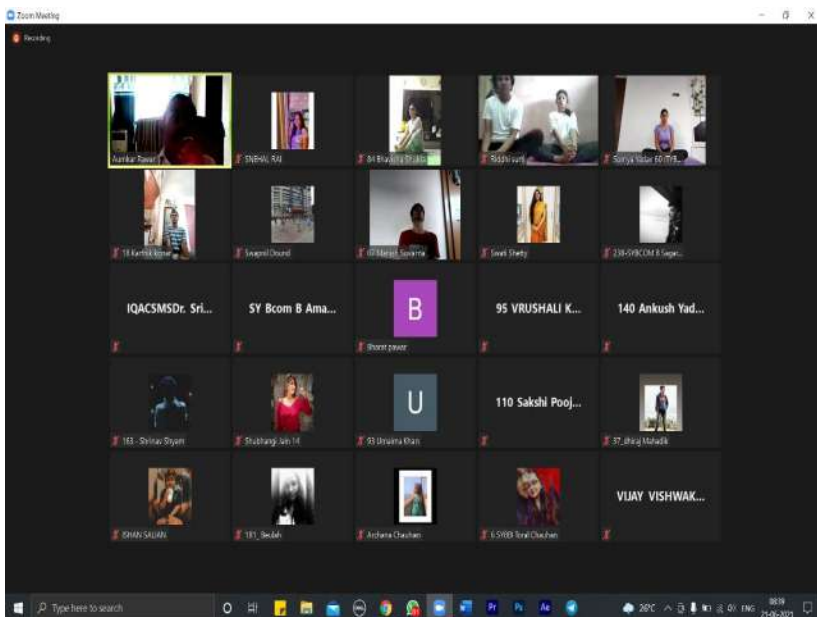
*Resource Person - Mr. Nitesh Shetty (Stand-Up Comedian, 1st Runner-Up at The Great Indian Laughter Challenge Show Season 5)*



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

## INTERNATIONAL YOGA DAY WEBINAR



*To spread awareness among the students and faculties regarding importance of yoga on International Yoga Day*



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# BLOOD DONATION



*To collect blood from the individual and raise awareness that individuals can save lives and improve the health of others by donating blood.*



  
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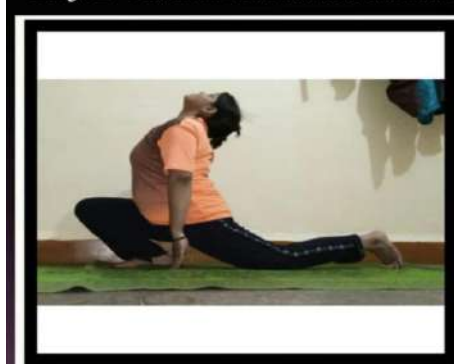
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### 5 DAYS YOGA

*Day 1- Setu Bandha Sarvangasana*



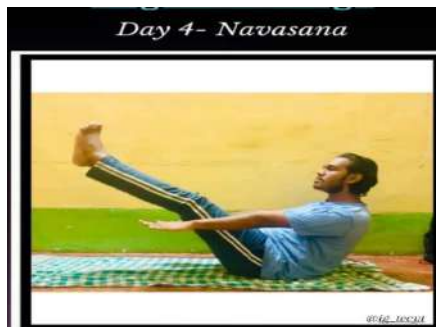
*Day 2- Ashwa Sanchalanasana*



*Day 3- Trikonasana*



*Day 4- Navasana*



*Day 5- Adho Mukha Svanasana*



*To know about yoga and keep oneself fit & enable the student youth to have good health To foster harmony in the body, mind, and environment.*

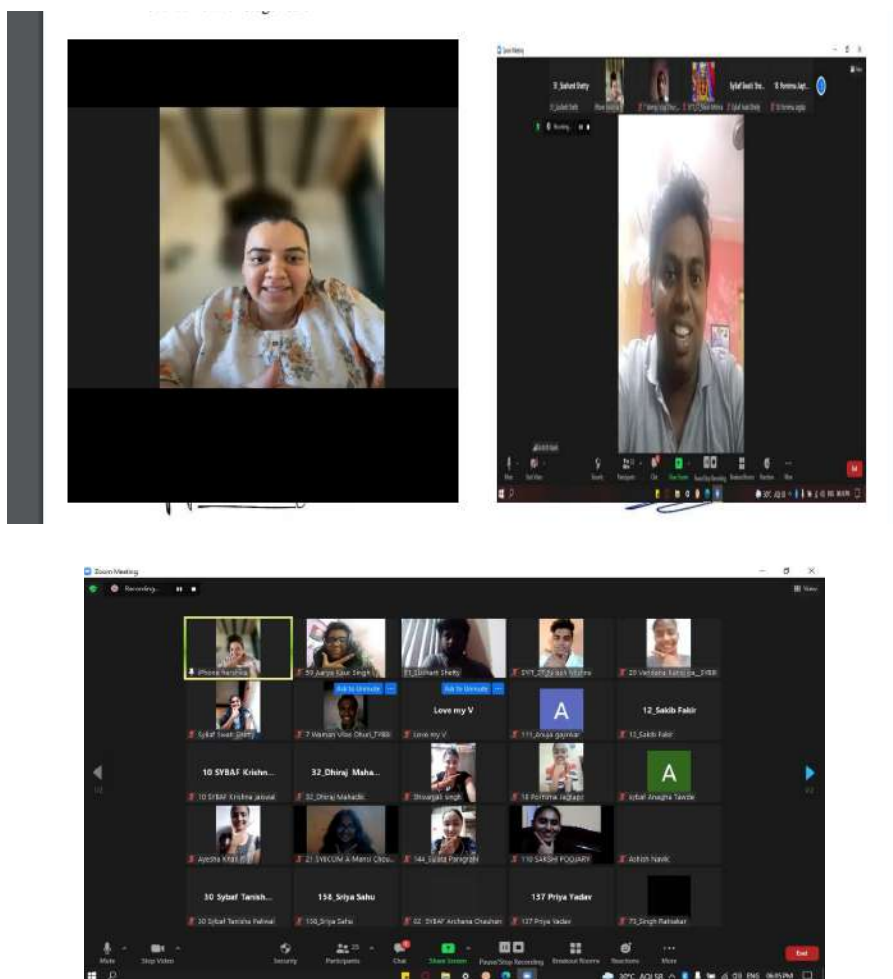




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## S.M.SHETTY COLLEGE OF SCIENCE, COMMERCE & MANAGEMENT STUDIES

### WEBINAR ON “3 DAYS ART OF LIVING ON COVID CARE IMMUNITY BOOSTER”



*The webinar was conducted by Dr.Harshita to encourage youth to improve their mental and physical health and to guide them in having a stress-free life.*

### FIT KHAO, FIT RAHO COMPETITION



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*The cooking competition was organized to create awareness and to maintain good health, limit your consumption of empty calories and instead try to get your calories from foods that are rich in other nutrients.*



*[Signature]*  
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## S.M.SHETTY COLLEGE OF SCIENCE, COMMERCE & MANAGEMENT STUDIES

### SURYA NAMASKAR COMPETITION [ONLINE]

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Affiliated to University of Mumbai

NAAC Accredited 'A' Grade  
IMC RBNQ CERTIFICATE OF MERIT 2019  
ISO 21001:2018 CERTIFIED

BS  
BUNTS SANGHA'S MUMBAI  
EDUCATIONAL INSTITUTIONS

THE SPORTS DEPARTMENT  
PRESENTS

SURYA NAMASKAR  
EVENT

The last date of submitting the  
video is 6th October 2021  
The winners will get the winners e-certificate

*Online Surya Namaskar to keep students active and fit while they are home.*



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

### HAPPY & HEALTHY LUNGS WEBINAR

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Permanently Affiliated to University of Mumbai  
NAAC Accredited "A" Grade  
IMC RANK CERTIFICATE OF MERIT 2019  
ISO 21001:2018 Certified

**NATIONAL SERVICE SCHEME**  
Presents  
A Intercollegiate Webinar On  
**"HAPPY AND HEALTHY LUNGS"**  
On the occasion of  
**PNEUMONIA DAY**  
**RESOURCE PERSON :**  
**DR.SHARAYU RAJWADE KSHIRSAGAR**

Founder at Dr Sharayu's Homeopathy  
Promoting Emotions Wellness & Health with  
Homeopathy for last 7 years.  
8 International P.G.Ds in wellness &  
Cosmetology.  
Certified Bach Flower Therapist from Bach  
Center, UK.  
Helped patients with Homeopathy as a  
certified Covid warrior in pandemic

DATE: 24 NOVEMBER, 2021 TIME: 4:00PM  
VENUE: ZOOM MEETINGS  
**E-Certificates will be provided**  
For any queries  
Mansi Choubey-8369385057 Abhijeet Patil-83558 22256  
Sushant Shetty-7738813869 Snehal Rai-9082362400

drsharayus

*To educate women about the importance of diagnosing cancer at early stages when treatment is easier and outcome is better.*



  
**PRINCIPAL**  
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of Science, Commerce & Management Studies  
Powai, Mumbai - 400 076.  
Tel.: 022 - 6132 7352  
Email : college@smshettyinstitute.org



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

# COVID-19 VACCINATION DRIVE



*COVID-19 vaccination strategy is to minimize deaths, severe disease and overall disease burden.*

*Total No. of people Vaccinated Count: 2000+*



  
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BUNTS SANGHA'S

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

### DIET , HEALTH , EXERCISE



*Mr Shrinivasan the resource person of the event emphasized on Eating a healthy diet and exercising often can help control or delay health issues associated with aging, like high blood pressure and diabetes.*



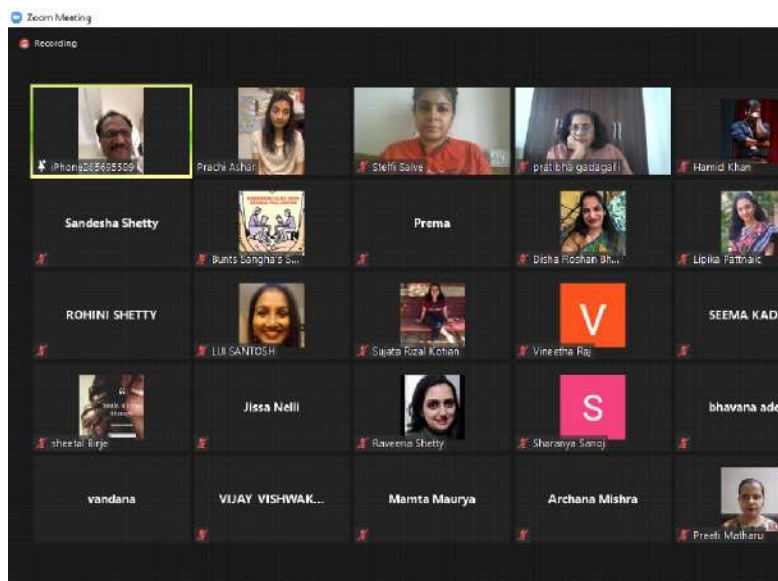
  
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BUNTS SANGHA'S

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

## SESSION ON ZUMBA



*The Sports Club organized a virtual zumba session with resource person Ms. PRACHI ASAR for the teaching and non-teaching staff.*

*Beneficiaries-62*

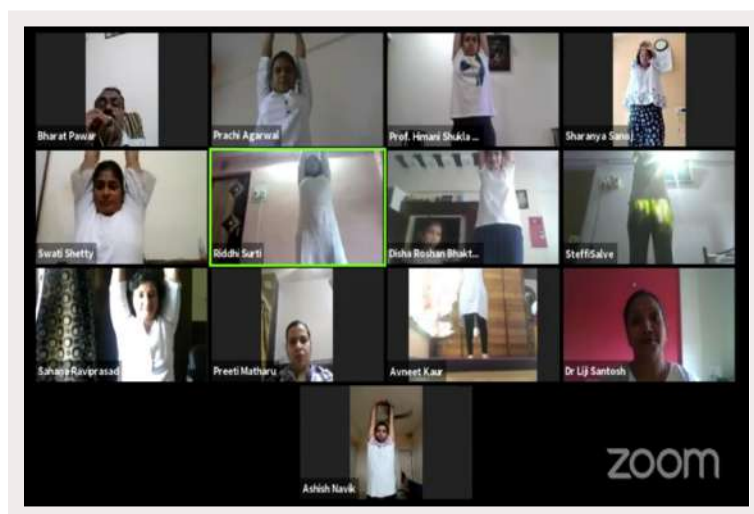


BUNTS SANGHA'S

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

### YOGA FOR HEALTHY BODY, CALM MIND AND STRONG SPIRIT

The slide features the college logo on the left and a Zoom participant window on the right showing Prof. Himani S. The main text reads: 'Bunts Sangha's S.M.Shetty College of Science, Commerce & Management Studies, Powai, Mumbai - 400076. (Affiliated to University of Mumbai) NAAC Accredited 'A' Grade IMC RBNQ Certificate of Merit 2019 ISO 9001:2015 Certified'. Below this, it says 'HEALTH CLUB, SPORTS DEPARTMENT & NSS UNIT Present NATIONAL WEBINAR On "YOGA for Healthy Body, Calm Mind & Strong Spirit" 21<sup>st</sup> June, 2020 ( 10:00 am – 11:00 am) In Association with Shri Ambika Yoga Kutir'. The Zoom logo is in the bottom right corner.



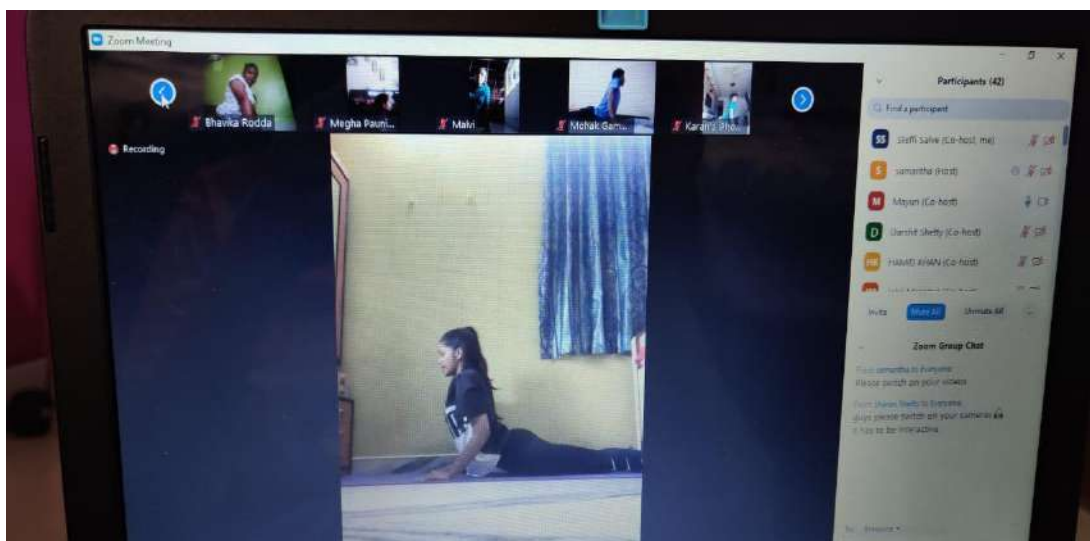
*To spread awareness among the students and faculties regarding importance of yoga on International Yoga Day*



BUNTS SANGHA'S

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

### ENDURANCE & DE-STRESS SESSION



*The session was a small initiative taken by the sports department to ensure the physical as well as mental health of our students during this COVID crisis.*

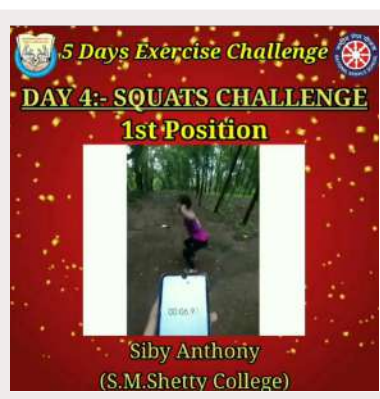




BUNTS SANGHA'S

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

### 5 DAYS EXERCISE CHALLENGE



*This 5 days exercise challenge was done to spread awareness and encourage people to remain healthy and fit by including physical activities in their daily lifestyle.*

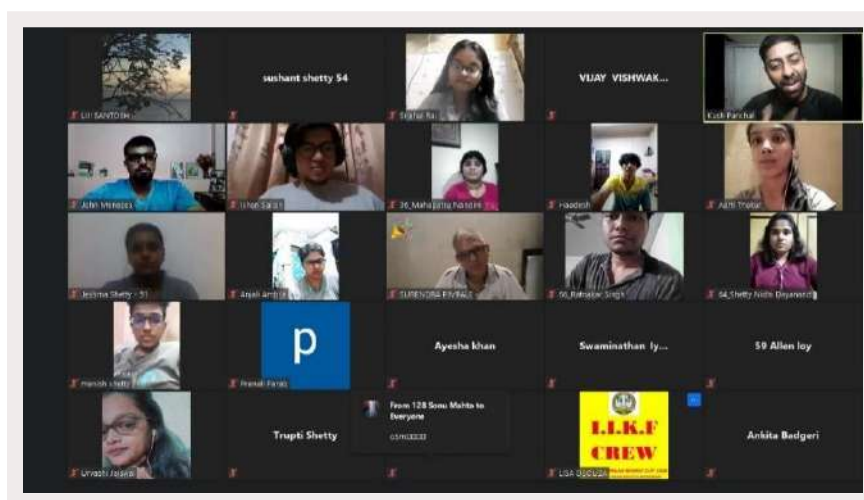




BUNTS SANGHA'S

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

### WEBINAR ON YOGA BY DR. KHUSH PANCHAL



*This webinar was held to enable students and faculties to have good health and to know the importance of yoga in day to day life.*

*Resource person- Dr. Kush Panchal, International Yoga Trainer*



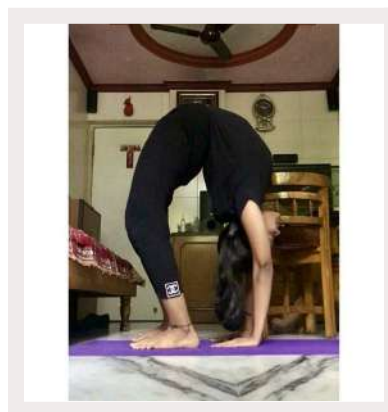
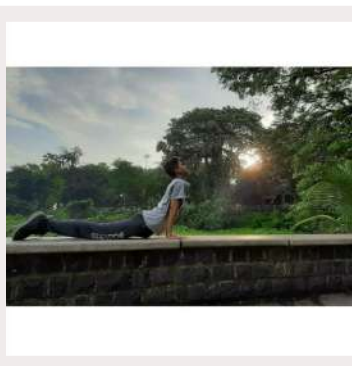
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BUNTS SANGHA'S

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

### 5 DAYS YOGA CHALLENGE



*To spread awareness and encourage people to remain healthy and fit by including physical activities in their daily lifestyle.*



  
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BUNTS SANGHA'S

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

### SESSION ON YOGA



*The Health Club of the college organized yoga sessions in association with Shri Ambika Yoga Kutir for students, teachers, and family members. The session was conducted on a zoom platform.*

*EVERY SUNDAY (NOVEMBER & DECEMBER)*



  
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BUNTS SANGHA'S

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

### FIT KHAO, FIT RAHO



*To spread awareness and encourage people to remain healthy and fit by including healthy food in their daily lifestyle*



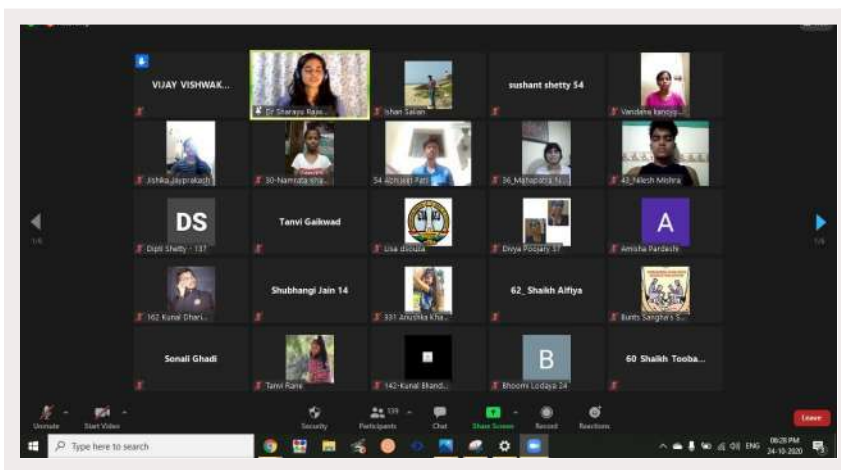
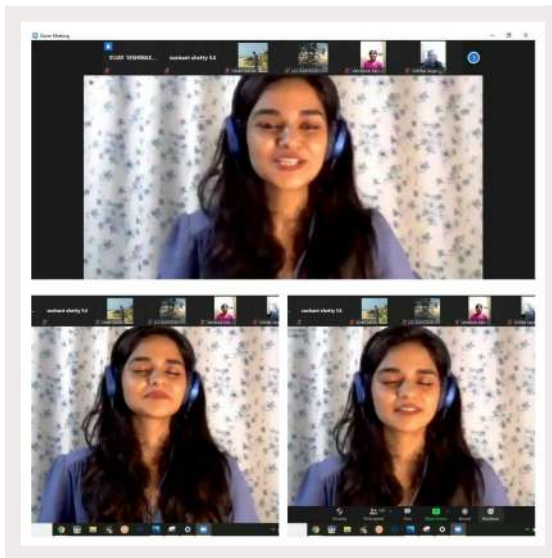
  
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BUNTS SANGHA'S

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

### MISSION HEALTHY 2020

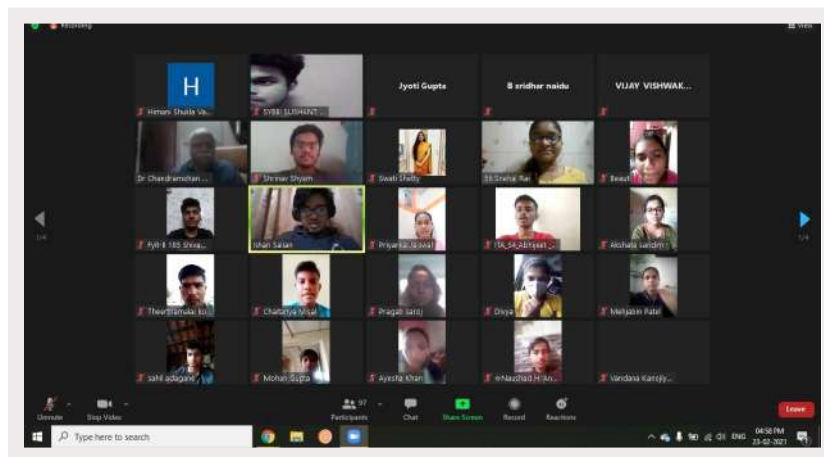
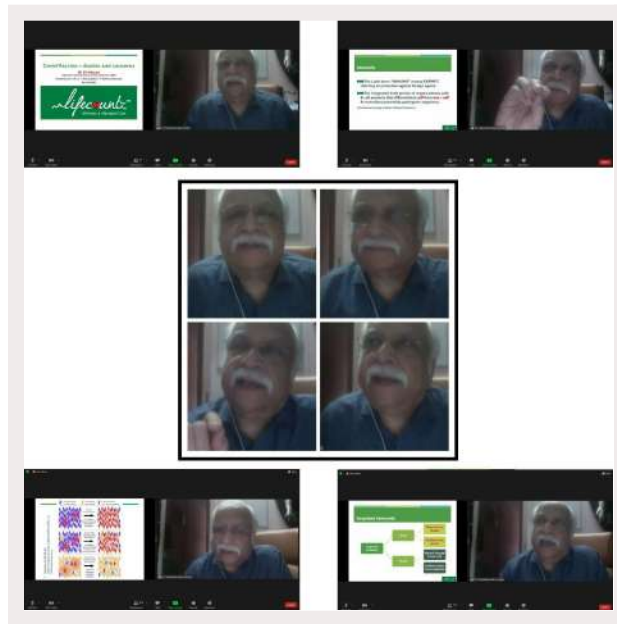


*To create awareness among the students and faculties on how to stay fit , what all to be added in our day to day meal and how to have a healthy lifestyle.*

*Resource Person - Dr. Sharayu Rajwade Kshirsagar (Homoeopathic Family Doctor, Founder at Dr. Sharayu's B.H.M.S (Pune) P.G. Diploma in Wellness and Cosmetology, Certified COVID Warrior.)*



# WEBINAR ON COVID-19 - DOUBTS AND CONCERNS



*The webinar was organized to spread awareness among the students and faculties regarding Covid-19 and vaccines.*

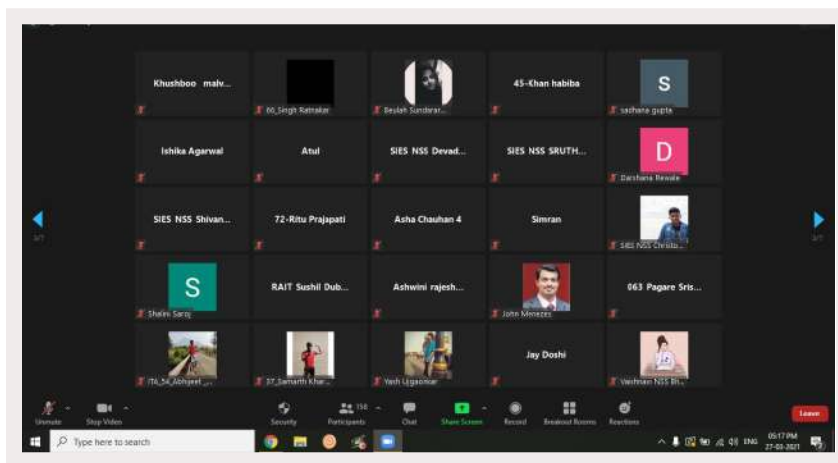
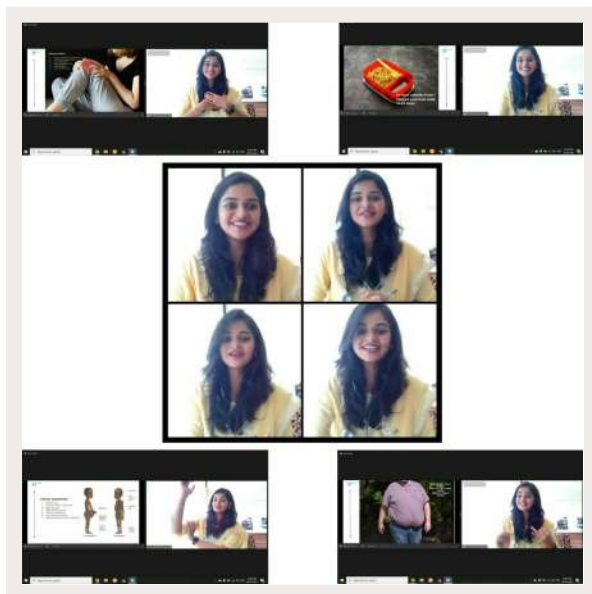
*Resource person - Dr. C H Asrani ( Diplomate National Board Family Medicine with MBBS)*



BUNTS SANGHA'S

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

## MALNUTRITION AND OBESITY MANAGEMENT



*To spread awareness and guide the students and faculties regarding obesity and Healthy nutrition.*

*Resource person- Dr. Sharayu Rajwade Kshirsagar (Homoeopathic Family Doctor, Founder at Dr. Sharayu's B.H.M.S (Pune) P.G. Diploma in Wellness and Cosmetology, Certified COVID Warrior.*



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BUNTS SANGHA'S

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

### SPORTS WEEK

Bunts Sangha's  
S.M. Shetty College of Science,  
Commerce & Management Studies, Powai.  
**NAAC Accredited 'A' Grade**  
**IMC RNBQ Certificate of Merit 2019**  
**ISO 9001:2015 CERTIFIED**

# SPORTS WEEK 2020-21

**DATE: 24TH SEPTEMBER, 2020. ONWARDS**

- CARROM
- CHESS
- PHYSIQUE COMPETITION
- CALISTHENICS COMPETITION
- FOOTBALL FREESTYLE
- YOGA COMPETITION

*Online Sports Week was held during the lockdown period in order to keep up with the importance of physical well-being*




  
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BUNTS SANGHA'S

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

### VACCINATION DRIVE

**BUNTS SANGHA'S**  
**S M SHETTY HIGH SCHOOL & JUNIOR COLLEGE**  
ISO 21001 : 2018 CERTIFIED

---

14<sup>th</sup> June, 2021 *Ref. No. 3351*


To,  
Thunga Hospitals,  
Goraswadi Lane, Off S V Road,  
Malad West, Mumbai- 400064


Subject: Request to hold vaccination drive at our Institutional premises for staff and family members

Dear Sir,

With reference to the subject mentioned above, we at **Bunts Sangha's S M Shetty Educational institutions, situated at Hiranandani Complex, Opposite Jal Vayu Vihar, Powai- 400076**, wish to request your kind-self to organize a vaccination drive at our Institutional Premises for our teaching, non- teaching staff and their family members.

We request you to kindly arrange for 600 doses of Covishield Vaccine to be administered over a 2 day camp at our premises. We will coordinate with you for the necessary formalities and arrangements. We will also share the list of people with you in 2 days.

With warm regards,  
  
Dr. Sandeep Singh  
General Manager- Administration & Academics  
Bunts Sangha's S M Shetty Educational Institutions, Powai



---

Hiranandani Gardens, Powai, Mumbai 400 076. Tel.: 022 - 61327311/61327309  
Website: [www.smsheettyinstitute.org](http://www.smsheettyinstitute.org) Email: [school@smsheettyinstitute.org](mailto:school@smsheettyinstitute.org)





BUNTS SANGHA'S

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



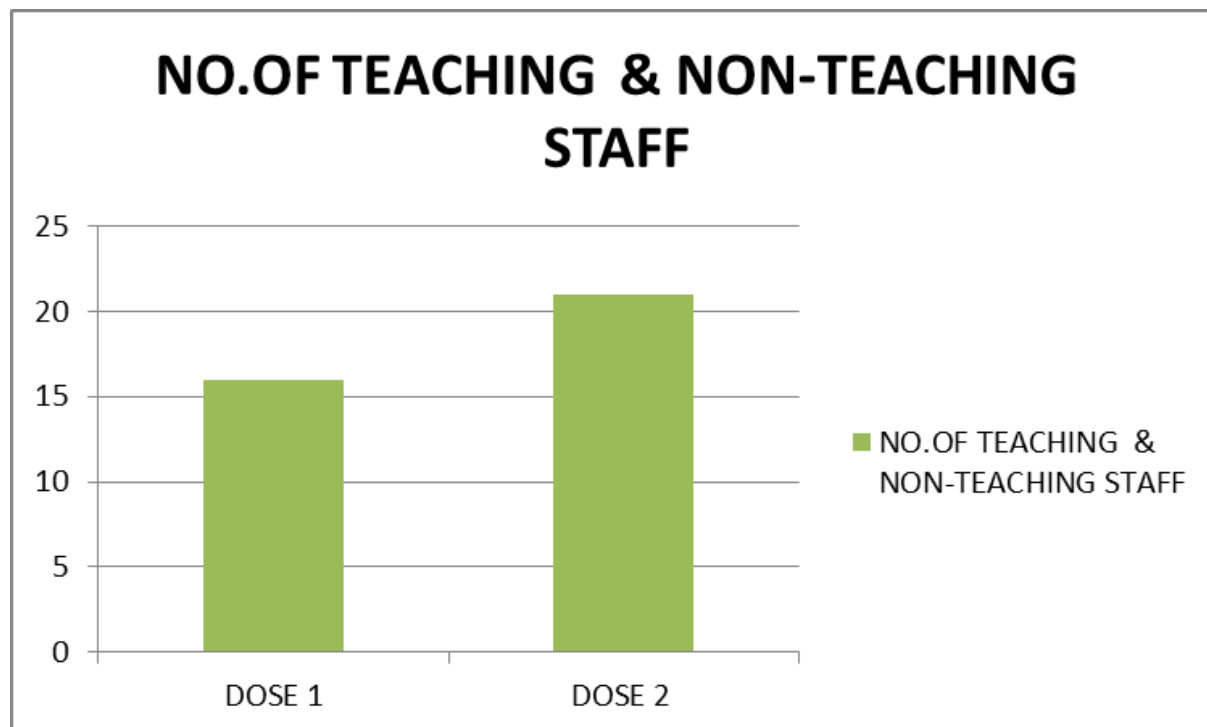
*Vaccination drive for the teachers was organized by the management in association with Thunga Hospital*





BUNTS SANGHA'S

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



  
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BUNTS SANGHA'S

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

### APPROVAL/BILLS FOR VACCINATION DRIVE

S M Shetty High School and  
Kopari, Hiranandani Complex  
Powai, Mumbai-400 076  
State Name : Maharashtra, Code : 27

Payment PEP Voucher

No. : <sup>37</sup>PEP/3452/21-22

Dated : 16-Jun-2021

| Particulars                        | Amount    |
|------------------------------------|-----------|
| Account :<br>THUNGA HEALTHCARE LLP | 78,000.00 |

Through :  
Cosmos Bank A/c No 919050102400

On Account of :  
chq. no. 195596

Amount (in words) :  
INR Seventy Eight Thousand Only

₹ 78,000.00

*[Signature]*



BUNTS SANGHA'S

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

From: Sandeep Singh [mailto:sandeeps@smshettyinstitute.org]  
Sent: Wednesday, June 16, 2021 11:22 AM  
To: 'Ratnakar Shetty'  
Cc: 'B R Shetty'; aartis@smshettyinstitute.org; officebearerspec@smshettyinstitute.org  
Subject: RE: regarding vaccination drive at our institutional premises

Dear Sirs,  
Thank you for the approval.

Regarding advance payment, as instructed by our Chairman Sir over (100% of the earlier committed number).

Requesting Aarti to initiate the transfer of payment for 100 people

With warm regards,

Dr. Sandeep Singh

From: Ratnakar Shetty [mailto:aryansecurities@gmail.com]



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

# THUNGA HOSPITALS

**THUNGA HOSPITALS**  
CERTIFICATE NO. PEH-3919-0800  
Feb. 24, 2019 - Feb. 23, 2021

Thunga Health Care LLP.  
Gorawadi Road, Opp. Nirman Diagnostic Center,  
Malad (West), Mumbai 400064.  
HELP DESK : 28664200 • info@thungahealthcare.com •  
www.thungahospital.com •

## Tax Invoice

Invoice No: 2021-22/008-A  
Invoice Date: 16.06.2021

To,  
M/s Bunt Sangha's S M Shetty Educational Institutions  
Hiranandani Gardens,  
Powai, Mumbai - 400 076  
PAN No:  
GSTIN No:

**BUNTS SANGHA'S**  
**S. M. SHETTY HIGH SCHOOL & J.R. COLLEGE**  
Recd. on: 15/9/21 at 13010

Exc  
Fwdg  
Taxes

| Sr. No.        | Particulars                                 | Rate | Amount (Rs.) |
|----------------|---|------|--------------|
| 1              | Covishield Vaccine - 100 nos @ 780          |      | 78,000.00    |
|                | HSN Code: 30022019                          |      |              |
|                |   |      | 0.00         |
|                |   |      | 0.00         |
|                | Amount (Rupees Seventy Eight Thousand Only) |      | 78,000.00    |
|                |   |      | 0.00         |
| Amount Payable |   |      | 78,000.00    |

For Thunga Health Care LLP.

GSTIN No: 27AAJFT6932B1Z5  
PAN No: AAJFT6932B

Authorised Signatory

Kindly Make Payment through RTGS in our below mentioned Bank Account  
HDFC Bank Ltd.  
Orlem Branch, Malad - West  
Current Account No: 502 600 2301 6053  
IFSC Code: HDFC 000 0047

### Note:

Interest @ 18% p.a. will be Charged on Delayed Payment

Kindly Note that, GST is payable on Raising Invoices. Hence please make the Payment of this Invoice at the earliest to Enable us to meet our GST Obligation.

Verified & found correct  
Date: 16/06/2021 Signature: [Signature]  
Recommended for Payment  
Signature: [Signature] MALAD  
Checked & Passed for Payment  
Signature: [Signature] MIRA ROAD  
Signature: [Signature] BOISAR



  
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BUNTS SANGHA'S

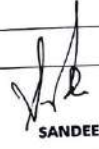
# S.M.SHETTY COLLEGE OF SCIENCE, COMMERCE & MANAGEMENT STUDIES

| BUNTS SANGHA'S POWAI EDUCATION COMMITTEE                           |   |
|--|---|
| REF. No. ADM 019/2021 Date :15/06/21                               |   |
| SUBJECT : BUDGET/PROPOSAL/SANCTION                                 |   |
| INDENTOR   | SAVITA SHETTY   |
| SECTION  | BUNTS SANGHA'S S.M.SHETTY EDUCATIONAL INSTITUTIONS  |
| ADMINISTRATION/PROGRAMME   | Vaccination Drive on 24 <sup>th</sup> & 25 <sup>th</sup> June 2021  |
| Vaccination Drive on 24 <sup>th</sup> & 25 <sup>th</sup> June 2021 | <p>Vaccination Drive on 24<sup>th</sup> &amp; 25<sup>th</sup> June 2021</p> <p>Vaccine Cost 250 Staff @ Rs.780 Rs.1,95,000/-</p> <p>Booth Arrangement for 2 days Rs. 8,000/-</p> <p>Tea/Coffee/Biscuits 600 Nos @ Rs.20 Rs. 12,000/-</p> <p>Hospitality for team from Thunga Rs. 5,000/-</p> <p>Total Cost Rs.2,20,000/- Approx</p> |
| EXPENSE DETAILS  |   |
| Total Cost   | Rs.2,20,000/-Approx.  |


  


  
**SAVITA SHETTY**  
 INDENTOR


  
**AARTI SUVARNA**  
 ASST ACCOUNTS MANAGER


  
**SANDEEP SINGH**  
 GENERAL MANAGER A & A

  
 RECOMMENDED BY  
 SECRETARY

  
 TREASURER

  
 VICE CHAIRMAN

  
 APPROVED BY  
 CHAIRMAN  
 25/6/2021



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**S.M.SHETTY COLLEGE OF SCIENCE, COMMERCE &  
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B R Shetty <[shettybr1@gmail.com](mailto:shettybr1@gmail.com)>

Tuesday, June 15, 2021 7:34 PM

Sandeep Singh

officebearerspec@smshettyinstitute.org; aartis@smshettyinstitute.org

Re: regarding vaccination drive at our institutional premises

ject

Dr Chintan Hegde told me Vaccine doses are being charged at concessional rate. Please ensure that, otherwise it is ok with me. Payment also can be made after vaccinations for our staff. Others have to make direct online.

BR

Sent from my iPhone

On 15-Jun-2021, at 5:05 PM, Sandeep Singh <sandeeps@smshettyinstitute.org> wrote:

Dear Sirs,

Greetings of the day!

This is regarding vaccination drive that is planned for our teachers and staff at our institutional premises. After approval in the Office Bearers and PEC meeting, we have coordinated with Dr. Chintan Hegde for the same. We will be holding it for about 600 people. (Around 250 staff and the rest for their family members) The cost of the staff vaccination will be borne by the Management. The family members will pay for their vaccines. The details are as follows:

|                   |   |
|-------------------|---|
| Tentative dates - | 21 <sup>st</sup> and 22 <sup>nd</sup> June, 2021                                    |
| Venue -           | Auditorium  |
| Time -            | 9 am to 5 pm on both the days   |
| Organized by -    | Thunga Hospital, Malad  |
| Vaccine -         | Covishield  |
| Cost per dose -   | Rs. 780/-   |
| Payment -         | Staff payment for 200 people to be made in advance (by 17 <sup>th</sup> June, 2021) |

Dear Sirs,

Kindly approve the following tentative budget:

|  |   |   |
|--|---|---|
| Cost for vaccines                        | - | Rs. 780 X 250 staff = Rs. 1,95,000                          |
| Booth arrangement for 2 days             | - | Rs. 8000 (after negotiation)                                |
| Tea/ Coffee/ Biscuits                    | - | Rs. 12,000 (tentatively @ Rs. 20 per person for 600 people) |
| Hospitality for team from Thunga         | - | Rs. 5,000   |
| <b>Total approval needed (tentative)</b> | - | <b>Rs. 2,20,000/-</b>                                       |

1



  
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**S.M.SHETTY COLLEGE OF SCIENCE, COMMERCE &  
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3. In case if an employee or family member is tested Covid Positive:
- Self:** If an employee is tested **POSITIVE**, they are entitled for special leave of **7 days** after they submit a proper **RTPCR** report. While rejoining i.e after 7 days, the employee has to submit a **NEGATIVE RTPCR** report. If in case the employee doesn't recover in these 7 days and if the doctor recommends to rest for more days then more 7 days special leave can be granted as a special case.
  - Family Member:** In case if close family member of employee is tested **POSITIVE**, then the employee will get 7 days special leave. The employee can report to office only after the family member has recovered completely. The leaves taken by the employees after 7 days will be considered from his/her leave balance.

Note\*\*: The provision of special leaves mentioned above in point number 3 is available only till 31<sup>st</sup> January 2022

4. Employees who will be travelling out of Mumbai for whatsoever reason, have to take special permission from the Principal/General Manager. They have to submit a **NEGATIVE RTPCR** report before reporting to office physically.
5. An employee who takes **sick leave for 3 days and more upto 4 days** will have to submit **ANTIGEN** test report and an employee who takes **sick leaves for 5 or more days** will have to submit **RTPCR report** before reporting back to office



*The institute analyzed the pandemic situation and created a new attendance policy and leave consideration for the staff in case of contracting Covid or family members contracting Covid*



  
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BUNTS SANGHA'S

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

### LEAVE MANAGEMENT DURING PANDEMIC

Considering the current scenario the Management of Bunts Sangha's S M Shetty Educational Institutions has made certain amendments in the existing leave policy. The changes mentioned hereunder will be effective from 1<sup>st</sup> April 2020 till such a future date as will be notified to the employees.

This leave policy is applicable to all categories of employees and treats all employees equally irrespective of physical presence in office, quantum of work done from home or from office, designation, category of employment etc.

#### (I) CREDIT OF LEAVE

*Every year new set of leaves are credited to the account of every employee on the 1<sup>st</sup> Day of June. Following changes have been made to this policy :*

- 1) **Sick leaves (SL)** are credited to the account of all confirmed employees @ 10 per year, THE SAME HAS BEEN REDUCED to 8. Therefore 8 sick leaves have been added to the existing balance on 1<sup>st</sup> June 2020.
- 2) **Earned Leaves (EL)** are credited to the account of all non vacation employees @ 30 per year, THE SAME HAS BEEN REDUCED to 24. Therefore 24 earned leaves have been added to the existing balance on 1<sup>st</sup> June 2020.

*Employees can check their opening balances in their individual logins through the MICM (edusprint software).*

#### (II) ELIGIBILITY OF LEAVE

*All employees are eligible to get their individual leave accounts credited on the basis of months of service for a particular academic year. The eligibility of leave for academic year 2020-21 as decided by the Management is as follows :*

**Casual Leaves (CL)** are credited to the account of all categories of employees @ 9 per year, THE SAME HAS BEEN CONTINUED this year. Therefore 9 casual leaves have been credited on 1<sup>st</sup> June 2020.

**EMPLOYEES WILL NOT BE ELIGIBLE FOR SICK LEAVES AND EARNED LEAVES DURING THIS PERIOD**

#### (III) USAGE OF LEAVE

*Employees can avail the leaves which stand to their credit on the 1<sup>st</sup> Day of June 2020 which are as follows :*

- 1) Casual Leaves (CL) @ 9 – which are credited to all employees as explained in (II) above.
- 2) Sick Leaves (SL) @ opening balances to individual account – as explained in (I) above.
- 3) Earned Leaves (EL) @ opening balances to individual account – as explained in (I) above.



*The institute's leave management during pandemic*



  
**PRINCIPAL**  
Bunts Sangha's S. M. Shetty College  
of Science, Commerce & Management Studies  
Powai, Mumbai - 400 076.  
Tel.: 022 - 6132 7352  
Email : college@smshettyinstitute.org





BUNTS SANGHA'S

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

### ROOM ALLOCATION FOR TEACHERS TO CONDUCT ONLINE LECTURES



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

June 17, 2021

#### **STAFF NOTICE**

Teachers are hereby informed that as per the decision taken by the Management of Powai Education committee (PEC), teachers are required to report to duty in the college thrice in a week starting from Monday, 21<sup>st</sup> June, 2021. You are required to take the online classes from the college.

**Reporting time : 7.45 am**

**Out time : 1.30 pm**

#### **Schedule of Reporting**

Monday, Wednesday and Friday – BCOM and BSCIT

Tuesday, Thursday and Saturday – BBI, BAF, BMS and BAMMC

  
Principal





BUNTS SANGHA'S

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

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

Date: 03<sup>rd</sup> March, 2022

## CIRCULAR

Room allocation for teachers for conducting online classes from tomorrow 4<sup>th</sup> March 2022 due to HSC Board offline examinations:

| Sr.No | Name of the Faculty   | Room No.                            |
|-------|-----------------------|-------------------------------------|
| 1     | Sheetal Khanolkar     | 5 <sup>th</sup> Floor IT Lab        |
| 2     | Nabila Kazi           |                                     |
| 3     | Disha Bhakta          |                                     |
| 4     | Dr. Tushar Sambar     | 5 <sup>th</sup> Floor IT Lab(MSCIT) |
| 5     | John Meneses          | Exam Room                           |
| 6     | Sahana Raviprasad     | 6 <sup>th</sup> Floor Staff Room    |
| 7     | Neena Sharma          | AV Room                             |
| 8     | Mihirb Savale         | AV Room                             |
| 9     | Suman Upadhyay        | 6 <sup>th</sup> Floor IT Lab        |
| 10    | Vinay Shataparkar     |                                     |
| 11    | Raveena Shetty        |                                     |
| 12    | Virendra Singh        | Placement                           |
| 13    | Himani Shukla         | 8 <sup>th</sup> Floor IT Lab        |
| 14    | Mithilesh Chauhan     |                                     |
| 15    | Ayushi Kaur           |                                     |
| 16    | CA Zainab Rangwala    | Gymkhana                            |
| 17    | Debbie James          | Sports Room                         |
| 18    | Shree laxmi Pai       | GCR                                 |
| 19    | Preeti Mathura        | NSS Room                            |
| 20    | Ashish Navik          |                                     |
| 21    | Ashwini Devadiga      |                                     |
| 22    | Nidhi Chandorkar      | 817                                 |
| 23    | Kalpna Raj Menon      | 807                                 |
| 24    | Adhya Bharati         | Library                             |
| 25    | Komal Tiwari          |                                     |
| 26    | Niveditha Shetty      |                                     |
| 27    | Swati Shetty          |                                     |
| 28    | Dr. Vijay Vishwakarma |                                     |
| 29    | Utkarsh Kapadia       |                                     |

Note;

- For the First two lectures faculty members can use their respective classrooms for taking online lectures.
- From 9.30 am onwards they can occupy the above mentioned rooms for the classes.
- Faculty members can exchange the above allocated rooms amongst themselves with mutual consensus.

  
PRINCIPAL



BUNTS SANGHA'S

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

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

Date: 03<sup>rd</sup> March, 2022

## CIRCULAR

Room allocation for teachers for conducting online classes from tomorrow 4<sup>th</sup> March 2022 due to HSC Board offline examinations:

| Sr.No | Name of the Faculty   | Room No.                            |
|-------|-----------------------|-------------------------------------|
| 1     | Sheetal Khanire       | 5 <sup>th</sup> Floor IT Lab        |
| 2     | Nahila Kazi           |                                     |
| 3     | Disha Bhakta          |                                     |
| 4     | Dr. Tushar Sonthare   | 5 <sup>th</sup> Floor IT Lab(MSCIT) |
| 5     | John Meneses          | Exam Room                           |
| 6     | Sahana Ravigrasad     | 6 <sup>th</sup> Floor Staff Room    |
| 7     | Neena Sharma          | AV Room                             |
| 8     | Mahesh Bavale         | AV Room                             |
| 9     | Suman Upadhyay        | 6 <sup>th</sup> Floor IT Lab        |
| 10    | Vinay Shastaparkar    |                                     |
| 11    | Raveena Shetty        |                                     |
| 12    | Virendra Singh        | Placement                           |
| 13    | Himani Shukla         | 8 <sup>th</sup> Floor IT Lab        |
| 14    | Mithilesh Chaulan     |                                     |
| 15    | Avneet Kaur           |                                     |
| 16    | CA Zainab Rongwala    | Gymkhana                            |
| 17    | Debbie James          | Sports Room                         |
| 18    | Shree laxmi Pai       | GCR                                 |
| 19    | Preeti Mathura        | NSS Room                            |
| 20    | Ashish Navik          |                                     |
| 21    | Ashwini Devadiga      | 8 <sup>th</sup> Floor Staff Room    |
| 22    | Nidhi Chandorkar      | 817                                 |
| 23    | Kalpna Rai Menon      | 807                                 |
| 24    | Adhya Bharati         | Library                             |
| 25    | Komal Tiwari          |                                     |
| 26    | Niveditha Shetty      |                                     |
| 27    | Swati Shetty          |                                     |
| 28    | Dr. Vijay Vishwakarma |                                     |
| 29    | Utkarsh Kapadia       |                                     |

Note:

- For the First two lectures faculty members can use their respective classrooms for taking online lectures.
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- Faculty members can exchange the above allocated rooms amongst themselves with mutual consensus.

  
PRINCIPAL



BUNTS SANGHA'S

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

## FINANCIAL ASSISTANCE TO STUDENTS & STAFF

### FEES INSTALLMENTS 2021-22

| 1  | FEES STRUCTURE FOR THE YEAR 2020-21 |            |                |       |                |       |
|----|-------------------------------------|------------|----------------|-------|----------------|-------|
| 2  | PROGRAMMES                          | TOTAL FEES | 2 INSTALLMENTS |       | 3 INSTALLMENTS |       |
| 3  | FYBCOM                              | 21498      | 10749          | 10749 |                |       |
| 4  | SYBCOM                              | 21578      | 10789          | 10789 |                |       |
| 5  | TYBCOM                              | 20521      | 10260          | 10261 |                |       |
| 6  |                                     |            |                |       |                |       |
| 7  | FYBMS                               | 31848      | 15924          | 15924 | 10616          | 10616 |
| 8  | SYBMS                               | 31228      | 15614          | 15614 | 10409          | 10410 |
| 9  | TYBMS                               | 30921      | 15460          | 15461 | 10307          | 10307 |
| 10 |                                     |            |                |       |                |       |
| 11 | FYBSCIT                             | 38848      | 19424          | 19424 | 12949          | 12950 |
| 12 | SYBSCIT                             | 38228      | 19114          | 19114 | 12742          | 12743 |
| 13 | TYBSCIT                             | 37401      | 18700          | 18701 | 12467          | 12467 |
| 14 |                                     |            |                |       |                |       |
| 15 | FYBBI                               | 31648      | 15824          | 15824 | 10549          | 10550 |
| 16 | SYBBI                               | 31128      | 15564          | 15564 | 10376          | 10376 |
| 17 | TYBBI                               | 30221      | 15110          | 15111 | 10073          | 10074 |
| 18 |                                     |            |                |       |                |       |
| 19 | FYBAF                               | 31248      | 15624          | 15624 | 10416          | 10416 |
| 20 | SYBAF                               | 31028      | 15514          | 15514 | 10342          | 10343 |
| 21 | TYBAF                               | 30221      | 15110          | 15111 | 10073          | 10074 |
| 22 |                                     |            |                |       |                |       |
| 23 | FYBMM                               | 31848      | 15924          | 15924 | 10616          | 10616 |
| 24 | SYBMM                               | 31228      | 15614          | 15614 | 10409          | 10410 |
| 25 | TYBMM                               | 30921      | 15460          | 15461 | 10307          | 10307 |
| 26 |                                     |            |                |       |                |       |

#### FEES STRUCTURE FOR THE YEAR 2021-22 for - POST GRADUATE

| PROGRAMMES | TOTAL FEES | 2 INSTALLMENTS |       | 3 INSTALLMENTS |       |       |
|------------|------------|----------------|-------|----------------|-------|-------|
|            |            |                |       |                |       |       |
| MCOM I     | 18241      | 9120           | 9121  | 6080           | 6080  | 6081  |
| MCOM II    | 19016      | 9508           | 9508  | 6338           | 6339  | 6339  |
|            |            |                |       |                |       |       |
| MSCIT I    | 44941      | 22470          | 22471 | 14980          | 14980 | 14981 |
| MSCIT II   | 45116      | 22558          | 22558 | 15038          | 15039 | 15039 |



BUNTS SANGHA'S

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

*Due to the pandemic, all the students had got the consideration of paying the fees in installments*

## 2020-21

For Undergraduate students

|    |   |                                   |                                   |                                |                 |                       |                          |                               |
|----|---|-----------------------------------|-----------------------------------|--------------------------------|-----------------|-----------------------|--------------------------|-------------------------------|
| 1  | <b>FOR UNDERGRADUATE STUDENTS</b>                                   |                                   |                                   |                                |                 |                       |                          |                               |
| 2  | <b>NOTE: Students will be given three options to pay the fees:</b>  |                                   |                                   |                                |                 |                       |                          |                               |
| 3  | <b>1. Full payment</b>  |                                   |                                   |                                |                 |                       |                          |                               |
| 4  | <b>2. In two installments</b>                                       |                                   |                                   |                                |                 |                       |                          |                               |
| 5  | <b>3. In three Installments</b>                                     |                                   |                                   |                                |                 |                       |                          |                               |
| 6  | <b>Details are mentioned in the table given below:</b>              |                                   |                                   |                                |                 |                       |                          |                               |
| 7  | <b>FEES STRUCTURE FOR THE YEAR 2020-21 - UNDERGRADUATE PROGRAMS</b> |                                   |                                   |                                |                 |                       |                          |                               |
| 8  | <b>PROGRAMM</b>   | <b>TOTAL FEES</b>                 | <b>2 INSTALLMENTS</b>             |                                | <b>PROGRAMM</b> | <b>3 INSTALLMENTS</b> |                          |                               |
| 9  |   | <b>(At the time of admission)</b> | <b>(At the time of admission)</b> | <b>(Before 10th Nov. 2020)</b> |                 | <b>of admission)</b>  | <b>(Before 10th Nov.</b> | <b>(Before 10th Feb.2021)</b> |
| 10 | <b>FYBCOM</b>   | <b>21498</b>                      | 10749                             | 10749                          | <b>FYBCOM</b>   | 7166                  | 7166                     | 7166                          |
| 11 | <b>SYBCOM</b>   | <b>21578</b>                      | 10789                             | 10789                          | <b>SYBCOM</b>   | 7193                  | 7193                     | 7192                          |
| 12 | <b>TYBCOM</b>   | <b>20521</b>                      | 10260                             | 10261                          | <b>TYBCOM</b>   | 6840                  | 6840                     | 6841                          |
| 13 |   |                                   |                                   |                                |                 |                       |                          |                               |
| 14 | <b>FYBMS</b>  | <b>31848</b>                      | 15924                             | 15924                          | <b>FYBMS</b>    | 10616                 | 10616                    | 10616                         |
| 15 | <b>SYBMS</b>  | <b>31228</b>                      | 15614                             | 15614                          | <b>SYBMS</b>    | 10409                 | 10409                    | 10410                         |
| 16 | <b>TYBMS</b>  | <b>30921</b>                      | 15460                             | 15461                          | <b>TYBMS</b>    | 10307                 | 10307                    | 10307                         |
| 17 |   |                                   |                                   |                                |                 |                       |                          |                               |
| 18 | <b>FYBSCIT</b>  | <b>38848</b>                      | 19424                             | 19424                          | <b>FYBSCIT</b>  | 12949                 | 12949                    | 12950                         |
| 19 | <b>SYBSCIT</b>  | <b>38228</b>                      | 19114                             | 19114                          | <b>SYBSCIT</b>  | 12742                 | 12743                    | 12743                         |
| 20 | <b>TYBSCIT</b>  | <b>37401</b>                      | 18700                             | 18701                          | <b>TYBSCIT</b>  | 12467                 | 12467                    | 12467                         |
| 21 |   |                                   |                                   |                                |                 |                       |                          |                               |
| 22 | <b>FYBBI</b>  | <b>31648</b>                      | 15824                             | 15824                          | <b>FYBBI</b>    | 10549                 | 10549                    | 10550                         |
| 23 | <b>SYBBI</b>  | <b>31128</b>                      | 15564                             | 15564                          | <b>SYBBI</b>    | 10376                 | 10376                    | 10376                         |
| 24 | <b>TYBBI</b>  | <b>30221</b>                      | 15110                             | 15111                          | <b>TYBBI</b>    | 10073                 | 10074                    | 10074                         |
| 25 |   |                                   |                                   |                                |                 |                       |                          |                               |
| 26 | <b>FYBAF</b>  | <b>31248</b>                      | 15624                             | 15624                          | <b>FYBAF</b>    | 10416                 | 10416                    | 10416                         |
| 27 | <b>SYBAF</b>  | <b>31028</b>                      | 15514                             | 15514                          | <b>SYBAF</b>    | 10342                 | 10343                    | 10343                         |
| 28 | <b>TYBAF</b>  | <b>30221</b>                      | 15110                             | 15111                          | <b>TYBAF</b>    | 10073                 | 10074                    | 10074                         |
| 29 |   |                                   |                                   |                                |                 |                       |                          |                               |
| 30 | <b>FYBMM</b>  | <b>31848</b>                      | 15924                             | 15924                          | <b>FYBMM</b>    | 10616                 | 10616                    | 10616                         |
| 31 | <b>SYBMM</b>  | <b>31228</b>                      | 15614                             | 15614                          | <b>SYBMM</b>    | 10409                 | 10409                    | 10410                         |
| 32 | <b>TYBMM</b>  | <b>30921</b>                      | 15460                             | 15461                          | <b>TYBMM</b>    | 10307                 | 10307                    | 10307                         |
| .. |   |                                   |                                   |                                |                 |                       |                          |                               |



BUNTS SANGHA'S

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

## FOR POSTGRADUATE STUDENTS

**NOTE:** Students will be given three options to pay the fees:

**1. Full payment**

**2. In two installments**

**3. In three Installments**

Details are mentioned in the table given below:

### FEES STRUCTURE FOR THE YEAR 2020-21 - POSTGRADUATE PROGRAMS

| PROGRAMMES | TOTAL FEES                 | PROGRAMMES | 2 INSTALLMENTS             |                         | PROGRAMMES | 3 INSTALLMENTS             |                         |                        |
|------------|----------------------------|------------|----------------------------|-------------------------|------------|----------------------------|-------------------------|------------------------|
|            | (At the time of admission) |            | (At the time of admission) | (Before 10th Nov. 2020) |            | (At the time of admission) | (Before 10th Nov. 2020) | (Before 10th Feb.2021) |
| MCOM I     | 18241                      | MCOM I     | 9120                       | 9121                    | MCOM I     | 6080                       | 6080                    | 6081                   |
| MCOM II    | 19016                      | MCOM II    | 9508                       | 9508                    | MCOM II    | 6338                       | 6339                    | 6339                   |
| MSCIT I    | 44941                      | MSCIT I    | 22470                      | 22471                   | MSCIT I    | 14980                      | 14980                   | 14981                  |
| MSCIT II   | 45116                      | MSCIT II   | 22558                      | 22558                   | MSCIT II   | 15038                      | 15039                   | 15039                  |

### FEES STRUCTURE FOR THE YEAR 2020-21 - M.Sc. (INFORMATION TECHNOLOGY)

| PROGRAMMES | TOTAL FEES                 | 2 INSTALLMENTS             |                         | 3 INSTALLMENTS             |                         |                        |
|------------|----------------------------|----------------------------|-------------------------|----------------------------|-------------------------|------------------------|
|            | (At the time of admission) | (At the time of admission) | (Before 10th Nov. 2020) | (At the time of admission) | (Before 10th Nov. 2020) | (Before 10th Feb.2021) |
| MSCIT I    | 44941                      | 22470                      | 22471                   | 14980                      | 14980                   | 14981                  |
| MSCIT II   | 45116                      | 22558                      | 22558                   | 15038                      | 15039                   | 15039                  |

*Due to the pandemic, all the students had got the consideration of paying the fees in installments*





BUNTS SANGHA'S

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

### COVID SPECIAL INSURANCE

Approved on 4-6-21

| BUNTS SANGHA'S POWAJ EDUCATION COMMITTEE   |   |
|--|---|
| REF. No. ADM 016/2021 Date :03/06/21   |   |
| SUBJECT : BUDGET/PROPOSAL/SANCTION   |   |
| INDENTOR   | SAVITA SHETTY   |
| SECTION  | BUNTS SANGHA'S S.M.SHETTY EDUCATIONAL INSTITUTIONS  |
| ADMINISTRATION/PROGRAMME   | Life Coverage Under Covid 19(31 <sup>st</sup> May 21 to 30 <sup>th</sup> May 22)  |
| Life Coverage Under Covid 19(31 <sup>st</sup> May 21 to 30 <sup>th</sup> May 22) | Life Coverage Under Covid 19(31 <sup>st</sup> May 21 to 30 <sup>th</sup> May 22)<br>284 Employees as per list Rs.58,580/-<br>M/s. Go Digit General Insurance Ltd Rs.58,580/- all incl |
| EXPENSE DETAILS  |   |
| Total Cost   | Rs. 58,580/- all incl   |
| M/s. Go Digit General Insurance Ltd  |   |
| SAVITA SHETTY<br>INDENTOR  | ARTI SUVARNA<br>ASST ACCOUNTS MANAGER   |
|  | SANDEEP SINGH<br>GENERAL MANAGER A & A  |
| RECOMMENDED BY<br>SECRETARY  | TREASURER   |
|  | VICE CHAIRMAN   |
|  | VICE CHAIRMAN   |
|  | APPROVED BY<br>CHAIRMAN   |

From: Subhash Pandit <subhashp@smshettyinstitute.org>  
Sent: Thursday, June 3, 2021 5:42 PM  
To: Arti Suvarna  
Cc: Sandeep Singh; Savitas  
Subject: Indent of Life Cover Policy  
Attachments: Indent.docx

Madam,

Please find enclosed herewith indent of Employees Life Cover Policy.

Warm Regards  
Subhash A Pandit

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

[illegible]



BUNTS SANGHA'S

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

S M Shetty High School and Jr.Co- PEP  
Kopari, Hiranandani Complex  
Powai, Mumbai-400 076

Payment 2021-22 Voucher

No: PEP/20/21-22 Dated: 31-May-2021

| Particulars                                     | Amount    |
|---|-----------|
| Account :<br>Go Digit General Insurance Limited | 58,580.00 |

Through :  
Cams Bnk A/c No 2988012200 (PEP)

On Account of :  
Chq. no. 195586 being payment made towards Insurance

Amount (in words):  
INR Fifty Eight Thousand Five Hundred Eighty Only

₹ 58,580.00

Receiver's Signature: \_\_\_\_\_ Authorised Signatory: \_\_\_\_\_

ADM 16 / 21-22

*Covid special insurance policy for regular faculty and non teaching staff.*



BUNTS SANGHA'S

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

## COMPLETE FEE WAIVER

| OFFICE COPY  |               | STUDENT COPY   |               |
|--|---------------|--|---------------|
| <b>Bunts Sangha's<br/>S.M.SHETTY COLLEGE OF SCIENCE, COMMERCE &amp; MANAGEMENT STUDIES</b> |               | <b>Bunts Sangha's<br/>S.M.SHETTY COLLEGE OF SCIENCE, COMMERCE &amp; MANAGEMENT STUDIES</b> |               |
| <b>TC (WRITES OFF RECEIPT)</b>   |               | <b>TC (WRITES OFF RECEIPT)</b>   |               |
| Rec. No. : C8/TC/W/2021-2022/2   | Adm. No.:42   | Rec. No. : C8/TC/W/2021-2022/2   | Adm. No.:42   |
| Class : M.SC.IT 3 SEMESTER   | Section :     | Class : M.SC.IT 3 SEMESTER   | Section :     |
| Category : OBC   | Roll No :     | Category : OBC   | Roll No :     |
| Name : Mr SHAIKH ARBAAZ MAHMOOD  | Fee Type : FP | Name : Mr SHAIKH ARBAAZ MAHMOOD  | Fee Type : FP |
| <b>Received the following (₹)Amount</b>  |               | <b>Received the following (₹)Amount</b>  |               |
| TUITION FEES   | 19,000.00     | TUITION FEES   | 19,000.00     |
| OTHER FEES/EXTRA CURRICULAR ACTIVITY   | 125.00        | OTHER FEES/EXTRA CURRICULAR ACTIVITY   | 125.00        |
| LIBRARY FEES   | 500.00        | LIBRARY FEES   | 500.00        |
| GYMKHANA FEES  | 200.00        | GYMKHANA FEES  | 200.00        |
| ADMISSION PROCESSING FEES  | 200.00        | ADMISSION PROCESSING FEES  | 200.00        |
| VICE CHANCELLOR FUND   | 20.00         | VICE CHANCELLOR FUND   | 20.00         |
| MAGAZINE FEES  | 25.00         | MAGAZINE FEES  | 25.00         |
| IDENTITY CARD  | 50.00         | IDENTITY CARD  | 50.00         |
| GROUP INSURANCE  | 50.00         | GROUP INSURANCE  | 50.00         |
| UNIV SPORTS & CULTURAL ACTIVITY FEES   | 36.00         | UNIV SPORTS & CULTURAL ACTIVITY FEES   | 36.00         |
| DEVELOPMENT FEES   | 375.00        | DEVELOPMENT FEES   | 375.00        |
| UTILITY FEES   | 250.00        | UTILITY FEES   | 250.00        |
| E SUVIDHA  | 50.00         | E SUVIDHA  | 50.00         |
| E CHARGES  | 20.00         | E CHARGES  | 20.00         |
| DISASTER RELIEF FUND   | 10.00         | DISASTER RELIEF FUND   | 10.00         |
| ASHWAMEDH FEES   | 20.00         | ASHWAMEDH FEES   | 20.00         |
| NSS  | 10.00         | NSS  | 10.00         |
| LABORATORY FEES  | 7,500.00      | LABORATORY FEES  | 7,500.00      |
| TUITION FEES EVEN TERM   | 8,000.00      | TUITION FEES EVEN TERM   | 8,000.00      |
| ADMISSION FORM CHARGES   | 100.00        | ADMISSION FORM CHARGES   | 100.00        |
| <b>Total : ₹ 36,541.00</b>   |               | <b>Total : ₹ 36,541.00</b>   |               |
| In words : Thirty-Six Thousand Five Hundred Forty-One Only                                 |               | In words : Thirty-Six Thousand Five Hundred Forty-One Only                                 |               |
| Med : ENG, Subject :   |               | Med : ENG, Subject :   |               |
| Writes Off : 36541.00  |               | Writes Off : 36541.00  |               |
| Remarks : Due To Covid Parents Expired, Balance Waived As Per University Circular          |               | Remarks : Due To Covid Parents Expired, Balance Waived As Per University Circular          |               |
| RECEIVER'S SIGNATURE   |               | RECEIVER'S SIGNATURE   |               |
| WB-SHWETA HEGDE/25/11/2021   | VISHWANATH    | WB-SHWETA HEGDE/26/11/2021   | VISHWANATH    |
| Page 1 of 1  |               | Page 1 of 1  |               |

Fees were waived off for students who lost their parents to COVID-19.



**PRINCIPAL**  
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of Science, Commerce & Management Studies  
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Email : college@smshettyinstitute.org



BUNTS SANGHA'S

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

### BILLS FOR HAND SANITISER STAND

S M Shetty High School and Jr.Co- PEP  
Kopari, Hiranandani Complex  
Powai, Mumbai-400 076

#### Payment 2021-22 Voucher

No. : PEP/418/2021-22

Dated : 13-Oct-2021

| Particulars                   | Amount   |
|-------------------------------|----------|
| Account :<br>ALIF CHAIR WORKS | 8,850.00 |

#### Through :

Cosmos Bank A/c No 919050102400 (PEP)

#### On Account of :

Chq No.195142 Being Amount duly paid to Alif  
Chair Works for purchase sanitizer stand for  
institution. Bill No.155, Dtd 11.10.2021.(  
Booked: Repairs and maintance ).

#### Amount (in words) :

INR Eight Thousand Eight Hundred Fifty Only

₹ 8,850.00

Receiver's Signature:

Authorised Signatory





BUNTS SANGHA'S

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

| TAX INVOICE  |                      | Mob. : 9833961624  |                         |
|--|----------------------|--|-------------------------|
| <b>ALIF CHAIR WORKS</b>  |                      |  |                         |
| Mfg. of : Fabrication of Revolving Chair Stand Frame & Components of Chair Seating System etc.   |                      |  |                         |
| 20, Parasnath Chawl, Yadav Nagar, Kherani Road, Sakinaka, Mumbai - 400072.   |                      |  |                         |
| GSTIN NO: 27BOSPS0201J1ZR  |                      |  |                         |
| Details of Receiver  |                      | Invoice No. <u>185</u> Date <u>11/10/21</u>  |                         |
| S.M. Shetty College<br>Powai   |                      | Challan No. _____ Date _____   |                         |
|  |                      | Buyer's GST TIN No <u>27AAATB03371ZT</u>   |                         |
| Sr. No.  | Description of Goods | HSN Code   | Qty. Rate Amount Rs. P. |
| 1  | MS Sanitizer Stand   | 7302   | 10 750 7,500/-          |
| <div style="border: 1px solid black; padding: 5px; margin: 10px;"> <p style="text-align: center;">BUNTS SANGHA'S<br/>S.M. SHETTY EDUCATIONAL INSTITUTIONS</p> <p style="text-align: center;">GOODS RECEIVED</p> <p>INVOICE NO. <u>11962</u></p> <p>Signature: <u>Aishwarya Singh</u></p> <p>Date: <u>11.10.21</u></p> <p>Time: <u>03:10 PM</u></p> <p style="text-align: center;">Work done</p> </div>   |                      | <div style="border: 1px solid black; padding: 5px; margin: 10px;"> <p>verified &amp; found correct</p> <p>Amount <u>601</u> <u>2000</u> <u>00</u> <u>00</u> <u>00</u> <u>00</u></p> <p>Sanitizer Stand</p> <p>Date: <u>11/10/21</u> Signature: _____</p> <p style="text-align: center;">Recommended for Payment</p> <p>Signature: _____</p> <p style="text-align: center;">Checked &amp; Passed for Payment</p> <p>Signature: _____</p> </div> |                         |
| Rupees (In Words): <u>Eight thousand eight hundred and fifty only</u>  |                      | Total <u>7,500/-</u>   |                         |
|  |                      | Add: CGST@ 9 % <u>675/-</u>  |                         |
|  |                      | Add: SGST@ 9 % <u>675/-</u>  |                         |
|  |                      | Add: IGST@ % _____   |                         |
|  |                      | Round Off _____  |                         |
|  |                      | Gr. Total <u>8850/-</u>  |                         |
| <p><b>Declaration</b></p> <p>We declare that this invoice shows the actual Price of the Goods described and that all particulars are true and correct.</p> <p><b>Terms &amp; Condition</b></p> <p>1. Interest at 24 % will be charged if not paid on due date.</p> <p>2. Goods once sold will not be taken back.</p> <p>3. We are not responsible for any loss, Damage, Shortage &amp; different of the quality after the goods have left our shop/Godown.</p> <p>4. All disputes under this invoice will be settled in Mumbai court only.</p> |                      | <p style="text-align: center;"><b>For Alif Chair Works</b></p> <p style="text-align: right;">8/6/21<br/>Proprietor</p>   |                         |



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# E.

## FACILITIES PROVIDED IN THE CAMPUS



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### COUNSELING CENTER





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### SPORTS ROOM



  
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## GYMNASIUM



  
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### OPEN TURF



  
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### GROUND





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### GIRLS COMMON ROOM



*Sanitary Pad Vending Machine*







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### BOYS COMMON ROOM





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### MEDICAL ROOM







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# F. AWARDS AND RECOGNITIONS



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*Arogya Healthy Workplace Award, 2017*



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

### STUDENTS' ACHIEVEMENTS IN SPORTS & PHYSICAL WELL BEING



*Sharan Shetty of TYBMS(B) secured 1st Position in Powerlifting Championship at District level and also participated in the National level Powerlifting Championship held in Jamshedpur.*

*2020*

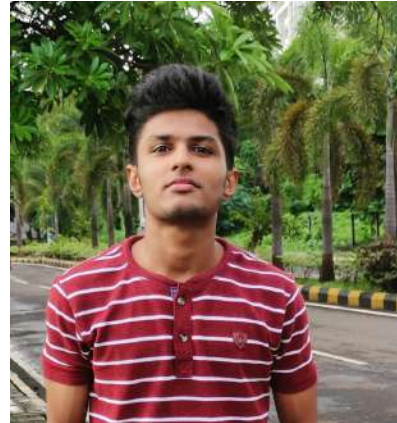


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*Advait Poonja of class TYBMS secured second position in national level throwball competition & represented Maharashtra*



*Anuj Gharat of class SYBMS –B got selected in the university football team.*



  
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### Individual Achievements

Mayuri Salian of TYBMS(A) secured 3<sup>rd</sup> position in Swasth Bharat (National Level Yogasana Competition)



Jatin Tiwari of TYBCOM secured 3<sup>rd</sup> position in Throwball Nationals held in Chattisgarh.



*Individual achievement of students in different competitions.*



  
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*Mr. Jatin Tiwari won the Bronze position in Boxing in the inter-collegiate sports tournaments.*



  
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*Mr.Akash Nair (TYBCOM) - “The Golden Glove “ -Professional Football League, Junoon , IISM 2019.*

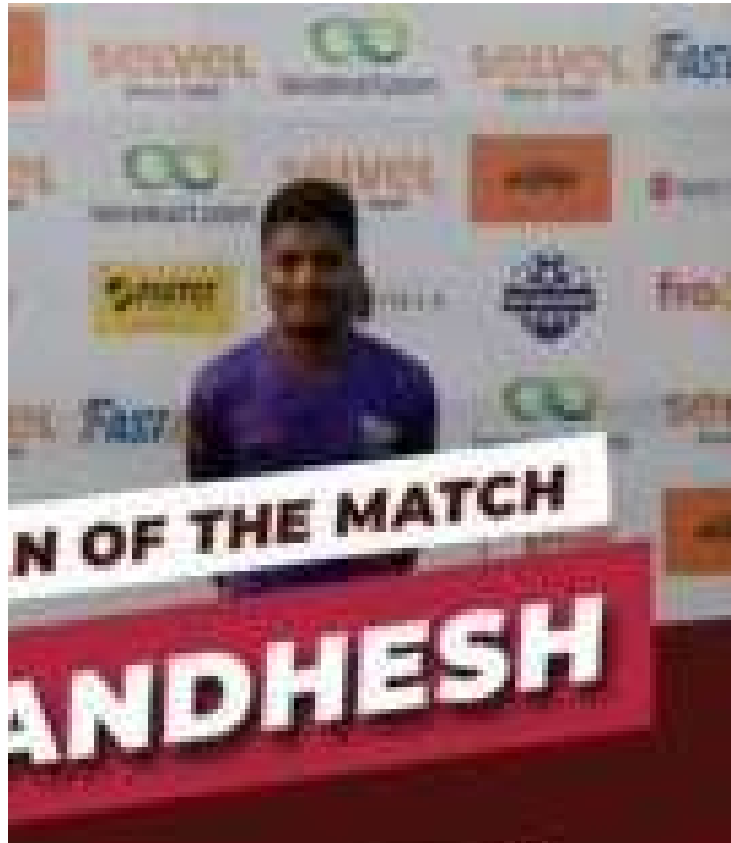


  
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*Mr.Sandesh Malpote (SYBCOM)-Man of the Match award - Professional Football League -Junoon , IISM 2019.*



  
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*The Football Team was ranked 5TH out of 216 colleges University of Mumbai  
Runners up at Reliance Foundation Youth Sports(RFYS)  
Winners at Vishwanath Sports Meet, MIT Pune  
2018*



  
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### SELECTION FOR UNIVERSITY OF MUMBAI



*Nehal Shetty(Football)*



*Mrudul Parab (Football)*



  
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### AWARDS AND APPRECIATION FOR THE INSTITUTION



*Fit India Certificate By Government of India*



*[Signature]*  
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*NISD CSSC appreciation for sensitisation on prevention of drug abuse  
2017*



  
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*Yduk Krishnan Nair (FYBMM) Selected In Mumbai University Football Team*



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

### UNIVERSITY EVENTS HOSTED BY THE INSTITUTION

#### JUDO TOURNAMENT



*The Inter-collegiate Judo Tournament (Men & Women) of University of Mumbai was held on 2nd December, 2018.*



  
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# F. MEDIA COVERAGE





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



*Coverage of Blood Donation Camp on 18th January 2022 in Karnataka Malla*



*Coverage of NSS Flashmob for HIV /AIDS awareness and Sanitary Pad Donation Drive , Powai Planet, 24th December 2021*



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

|| Dr L.M Hirwanshand Hospital 2574-3333 || Marvel Fire Box 2928-0940 / 41

my Newspaper

27 March - 02 April 2022

### SM Shetty College and Ambika Yoga Kutir organized a 10-Day Yoga Course

Staff Reporter



asanas were taught by the resource persons. They explained the specifications and importance of each asana. These asanas taught were aimed at relieving mental stress, reducing bodily pain and overall the well-being of the participants and

A 10-day Certificate Course in Yoga was organized by The Health Club of SM Shetty College of Science, Commerce & Management Studies, Powai in association with Shri Ambika Yog Kutir from 4th to 13th March 2022. All the students who participated were awarded a certificate for the Yoga course.

Various resource persons from Shri Ambika Yoga Kutir shared their knowledge and wisdom during the 10 days of the yoga course. The objective of the course was to promote better mental and physical health of the community and to motivate them to adopt and practice yoga in their daily lives.

Head of the Health Club, Asst Prof Himant Shukla Veria, while speaking with 'Planet Powai' said, "Yoga means union of mind, strength and peace to the body, mind and soul. It's an essential part of our culture and life. I believe that all of us should practice Yoga to improve the functioning of our body and mind."

Various sitting and standing yoga

were performed by the participants with great zeal and enthusiasm.

There was also a 'Question and Answer' session in which the queries of participants were answered by the resource person. On the last day of the course, the best male and best female participants were announced.

The resource persons from Shri Ambika Yoga Kutir Sachin Saware, Arvindh Thakar, Rajesh Surti, Riddhi Surti, Vinay Lape, Sushil Shirwat, Vinod Shetty, Anand Thakur were all cordially welcomed and appreciated by the Principal, Dr Sridhara Shetty who addressed the gathering.

On the 10th day, the session ended with the Vice Principal and IQAC coordinator, Dr Laj Bhatnagar, presenting the vote of thanks. Head of the Health Club, Asst. Prof. Himant Shukla Veria and club members, Asst Prof Vinay Shethaparkar and Asst. Prof. Utkarsh Kapadia was present to supervise and guide the program.

Coverage of 10 Days Yoga Course, Powai Planet, 27th March, 2022

### Alumni Sports Meet at SM Shetty College, Powai restart sports activities

Staff Correspondent



Cricket and Games.

The Sports Meet was organized with the aim to encourage the Alumni to participate in various sports activities and build a strong relationship with the Institute and its students.

Dr. Sridhara Shetty - Principal of SM Shetty College - Powai, during the inauguration of sports meet said that, "India has always had the ability to bounce back stronger out of whatever crisis we have faced. And this pandemic is no different. We, as Indians, will do our best to live our lives in the new normal to our full potential. And this sports meet has been organized with the same spirit."

While talking to 'Planet Powai', Rohini Shetty - Head of Sports Department of SM Shetty College, Powai, said, "Ever

since the lockdown restrictions have started easing up, the college has been trying to do something for the students while strictly following COVID-19 protocols. And we wish to nurture our students the same way we used to before the COVID-19 crisis."

Dr. Sridhara Shetty - Principal, Vice Principals - Dr Igi Sunthash and Prof. Sandesh Shetty, Prof. Sushant Bhatnagar - Alumni Association In charge and Mr. Rohini Shetty - Head of Sports Department, Alumni Association Core Committee members - Arvind D'Cruz, Javed Khan, Mr. Anuj Kaur, Chandan Gupta were present during the event. In total 48 Alumni's and 12 Sports Core committee members actively participated in the event. Winning teams, 1st runner up and 2nd runner up teams were awarded with trophies, medals and T-shirts.



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

*The institute organized Alumni Sports Meet, 18th Decemeber 2021*

### NSS Unit of SM Shetty College does Flashmob and Sanitary Pad Donation Drive

Vijay Vithwalam



The NSS Unit of SM Shetty College of Science, Commerce, and Management Studies, Powai organised a "Sanitary Pad Donation Drive" on 24th December, 2021 from 2:30 pm to 4:30 pm at Sanghvi Nagar, Powai. Female volunteers began the drive by distributing sanitary pads to the females in the area. Each woman was given one packet of sanitary pads. The volunteers were divided into two groups, and they covered all of the houses in the area. A total of 453 sanitary pads were distributed to women in the area, and a total of 25 volunteers took part in this activity.



Under the guidelines of MDACS (Maharashtra State AIDS Control Society), organised they also organised a "Flash Mob on HIV/AIDS Awareness" on 20th December 2021, from 4:00 pm to 4:30 pm at the Galleria, Hiranandani Gardens, Powai. The Flash Mob began with a dance performance to a Bollywood song to attract the crowd, followed by a performance to the theme song of HIV/AIDS Awareness to raise public awareness. About 15 volunteers participated in the Flash Mob.

To: Pooja Kulkarni & To: Sandhya Kulkarni, Editors: MDACS, PWD, [poojakulkarni@gmail.com](mailto:poojakulkarni@gmail.com), <http://www.pwd.org.in>

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EMERGENCY: Powai Police Stn 2570 2690 | Sakinaka Police Stn 2847 61

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**COMMUNITY HEALTH**

### Sanitary Pads Donated by SM Shetty College, Health Club in Chandivali

College Reporter

**T**he Health Club of Bunts Sangha's SM Shetty College of Science, Commerce and Management Studies, Powai, undertook the activity of collecting and distributing Sanitary Pads to girls and women of Chandivali Basti, Powai on 19th March, 2021.

This activity was done in collaboration with 'Padsquad', an initiative by actor and poet *Tarunjit Kaur* and producer *Chitra Subramaniam* to source and distribute sanitary pads to economically disadvantaged women. Ms Chitra Subramaniam was present for the noble

cause, 230 packets of napkins were donated to the people with the help of Health Club student members.

The sanitary pads were donated by the teachers and students of Bunts Sangha's SM Shetty College. Sanitary Pad donation is an initiative of the Health Club of Bunts Sangha's SM Shetty College which was started two years back by Health Club in-charge, Asst Prof Himani Shukla and other members of the Health Club, Asst Prof Vinay Shahapurkar & Asst Prof Prachi Agarwal.



BUNTS SANGHA'S

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

**Anti-Sugar Drive by SM Shetty College's Health Club** Staff Correspondent

**T**he Health Club of Bunts Sangha's SM Shetty College of Science, Commerce & Management Studies, Powai in collaboration with Thyrocare organized an 'Anti-Sugar Drive' for teaching and non-teaching staff of degree and junior college on October 22. Shariq Rushdie was the technician from Thyrocare who examined the sugar level of participants through blood glucose kit.

The total participants were 82 which included teaching and non-teaching staff from degree, junior and international sections and also the housekeeping staff. The cost for the same was kept at ₹10 per person keeping in mind the housekeeping staff of the institute who cannot afford to pay high



fees for the same in regular clinics. Health Club in-charge Asst. Prof. Himani Shukla took this initiative and was assisted by other members of the club, Asst. Prof. Vinay Shahapurkar and Asst. Prof. Prachi Agarwal.

*The Health Club in collaboration with Thyrocare organized an Anti Sugar Drive for the teaching & non-teaching staff, 22nd October*





BUNTS SANGHA'S

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

**Yoga Course by SM Shetty's Health Club** Smitha Ravindran

**T**he Health Club of Bunts Sangha's SM Shetty College of Science, Commerce and Management Studies organized a '10 Days Certificate Course on Yoga' in association with Shri Ambika Yoga Kutir, from 4th to 14th February, 2019.

The aim for the course was to bring awareness about the benefits of Yoga amongst the youth. The celebration started with lighting of the lamp, and welcome speech by Principal, Dr. Sridhar Shetty (Principal) and Mr. Sawant (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.

Forty seven students from various programmes attended the course. Teachers, namely Assistant Professors Himani Shukla, Vinay Vilas Shahapurkar, Swati Shetty and Ashish Navik along with member of Ambika Yoga Kutir were involved in the successful completion of the course.

Certificates were given to the students on successful completion of the course. Prizes were given to the best male and best female students of the course.

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*The Health Club organized 10 Days Certificate Course on Yoga in association with Shri Ambika Yoga Kutir, 4th February- 14th February 2019*



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

**'Executive Mindfulness' Program at SM Shetty College**

Smitha Ravindranath

Stress is one of the major concerns of urban life. Stress is found to affect people in all walks of life irrespective of age, status or occupation. Students, teachers, businessmen, IT professionals, housewives are all dealing with stress on a daily basis. In medical terms, stress is the body's reaction to any change that requires an adjustment or response. In fact, stress can be a motivator. It can be essential to survival.

But it is very much essential to manage stress effectively. If not managed properly there can be adverse effects like suicide or mental health problems. In today's competitive society, students face a lot of pressure to maintain and increase their grades in themselves abreast with the latest developments in their fields on a regular basis. Keeping this in view, the Health Club of Bunts Sangha's SM Shetty College of Science, Commerce, & Management Studies in association with 'Yoga Prana Vidya' organized a session on managing stress on 18th August, 2018.

The session was titled 'Executive Mindfulness' as well as students. Topics covered in the session included breathing techniques, planetary peace meditation, powerful visualisation technique, techniques to remove unwanted thoughts and forgiveness. The session was taken by Sami Pasi from 'Yoga Prana Vidya'. The session was well attended by teachers and students from various sections.

*The Health Club of the College conducted a program on Executive Mindfulness in association with Yoga Prana Vidya, 18th August 2018.*



BUNTS SANGHA'S

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



*The college topped 24 colleges from Maharashtra in the 3rd National level, inter-collegiate football match, held in Pune.*