



**S.E.S.'s L.S. Raheja College of Arts and Commerce**  
 Relief Road, Santacruz west, Mumbai - 400054

**Academic Year 2020-21**

**ON THE OCCASION OF WORLD MENTAL HEALTH DAY, THE DEPARTMENT OF PSYCHOLOGY IN ASSOCIATION WITH IQAC ORGANISES A PANEL DISCUSSION FOR STUDENTS ON**

# **MEDIA AND MENTAL HEALTH**

## **PANELISTS:**



**Ms. Ameeta Sanghvi Shah**  
 NLP Master Practitioner



**Mr. Harssh Singh**  
 Actor, Corporate Trainer



**Ms. Manik Bhadkamkar**  
 Clinical Psychologist

**Date: 10th Oct, 2020**

**Where: Google Meet**

**Time: 11:00am to 12pm**

**Registration: Free**

**Ms. Neha Datta**

Senior Person



**Dr. Anupama Nerurkar**

IQAC Incharge

*Neha*  
 i/c Principal

Patuck - Gala College of Commerce & Management

**Dr. Debajit Sarkar**

Principal

Santacruz (E), Mumbai-400056

# PATUCK-GALA COLLEGE OF COMMERCE & MANAGEMENT

Patuck Campus, 100 Nehru Road, Rustomba Patuck Marg, Vakola Bridge, Santacruz (E) Mumbai-400055  
(Affiliated to University of Mumbai)

Re-accredited with B++ grade by NAAC (2.77 CGPA)

18/01/2021

## NOTICE

This is to inform all the students that, the NSS unit of Patuck-Gala College of Commerce & Management is organising Session on Yoga which will be conducted by Mr. Yogesh Lahare on 24<sup>th</sup> January, 2021 at 11 AM on Google-meet.

The Students are requested to join the session before 10 minutes. The link of the same will be forwarded to you in the whatsapp group 1 hr. before the session.



Mr. Abhijit Paradkar  
NSS Programme Officer



Dr. Meeta Pathade  
I/c Principal  
Patuck - Gala College of  
Commerce & Management  
Santacruz (E), Mumbai-400 055



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Re-accredited with B++ grade by NAAC (2.77 CGPA)

16/04/2021

## NOTICE

This is to inform all the students that, the NSS unit of Patuck-Gala College of Commerce & Management is organising an online session on Tobacco Awareness which will be conducted by Dr. Rohan Bartake from Indian Cancer Society on 08<sup>th</sup> April, 2021 at on Google-meet.

The Students are requested to join the session before 10 minutes. The link of the same will be forwarded to you in the whatsapp group 1 hr. before the session.



Abhijit Paradkar  
NSS Programme Officer



Dr. Meeta Pathade  
I/C Principal  
Patuck - Gala College of  
Commerce & Management  
Santacruz (E), Mumbai-400 055

# Patuck-Gala College of Commerce & Management

## REPORT OF CAPACITY BUILDING PROGRAM ON PHYSICAL FITNESS & HEALTH *Life Skills*

**Academic Year:** 2020-21

**Name of the Department:** NSS, Counseling & Guidance Cell

<b>Name of the Activity:</b> Physical Fitness & Health			
<b>Date/s</b>	<b>Faculty Members Contributed</b>	<b>Activities Undertaken</b>	
October 10, 2020 January 24, 2021 April 8, 2021	Dr. Tasfiya Shaikh Abhijit Paradkar Sunita Bhuiya	<ul style="list-style-type: none"><li>• Panel discussion on Media and Mental Health</li><li>• Yoga session</li><li>• Awareness about the need for anti-tobacco</li></ul>	
<b>Total Hours of Activity</b>	<b>Venue</b>	<b>Activity for Class</b>	<b>Total Number of Participants</b>
6 hours	Online mode	All classes across all Programs	116

### **About the Activity**

<b>Subject of the Activity</b>	Capacity building skills– Life Skills
<b>Objectives of the Activity</b>	<ul style="list-style-type: none"><li>• To teach different forms of <i>yoga asanas</i> to the students.</li><li>• To create awareness among the young generation regarding the importance of yoga in maintaining mental and physical health.</li><li>• To develop physical &amp; mental well-being in lockdown through Yoga</li><li>• To create awareness about the harmful effects of tobacco consumption</li><li>• To prevent the use of tobacco among young people and adults</li><li>• To reduce mortality and morbidity due to the use of tobacco</li></ul>
<b>Conduct of the Activity</b>	<ul style="list-style-type: none"><li>• A notice was circulated in class WhatsApp group regarding the activity.</li><li>• The link of Online–Google meet was shared with the students half an hour before the session.</li><li>• Interested students joined the session panel</li></ul>



# Patuck-Gala College of Commerce & Management

	<p>discussion and the awareness sessions.</p> <ul style="list-style-type: none"><li>• Interested students joined the Online Yoga Session</li></ul>
<b>Outcomes of the Activity</b>	<ul style="list-style-type: none"><li>• Students learned different yoga asanas.</li><li>• Students understood the importance of Yoga</li><li>• Students understood the benefits of different yoga asanas.</li><li>• It helped the students to understand and handle their stress, overcome their own negative thinking</li><li>• Students understood the use social media for positive purpose &amp; can make own choices rather just thoughtlessly follow others</li></ul>



*Meeta*  
**I/c Principal**  
Patuck - Gala College of  
Commerce & Management  
Santacruz (E), Mumbai-400 055

# Patuck-Gala College of Commerce & Management

## Counselling & Guidance Cell

Panel Discussion on "Media and Mental Health" at L.S. Raheja College

10th October, 2020

### List of Participants

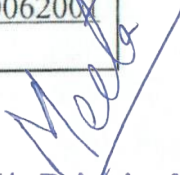
Sr. No.	Name of the Students	Class	Div	Roll No	M/F	Whatsapp	email-id
1	Kamlesh Kumawat	SYB.Com	B	110	M	9004065331	kamlesh.fybcomb6778@patuck.edu.in
2	Shivani rai	TYB.Com(B&I)	A	26	F	9167734476	shivani.sybbi4927@patuck.edu.in
3	Krishna Kumar Vishwakarma	SYB.Com	B	77	M	9892679967	krishnakumar.fybcomb6678@patuck.edu.in
4	Durgesh Deepak Rane	TYB.Com	B	9	M	9594137682	durgesh_62155@patuck.edu.in
5	Simran Raju Sharma	TYB.Com(B&I)	A	18	F	8291005261	simran.sybbi6442@patuck.edu.in
6	Aarya Mahesh Mishra	FYBMS	A	26	F	9372269093	aarya.mishra18022003@patuck.edu.in
7	Shradha Jaiswar	SYBMS	A	9	F	7304378545	shradha.fybms6702@patuck.edu.in
8	Navya Nayak	TYB.Com(B&I)	A	8	F	9008625776	navya.sybbi6431@patuck.edu.in
9	Simran naved mirza	TYB.Com	B	101	F	7021186112	simran.sybcomb6515@patuck.edu.in
10	Pooja Mishra	FYB.Com	A	60	F	9082836441	poojadevi.mishra10062007@patuck.edu.in

Girls- 7

Boys-3

  
Ms.Sunita Bhuiya  
Convener



  
I/c Principal  
Patuck - Gala College of  
Commerce & Management  
Santacruz (E), Mumbai-400 055

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# PATUCK-GALA COLLEGE OF COMMERCE & MANAGEMENT

Patuck Campus, 100, Nehru Road, Rustomba Patuck Marg, Santacruz (E) Mumbai 55

Academic Year 2020 - 21

Date : January 24,2021

Name of Activity :- Yoga Session

### List of Participants


SR. NO.	NAME OF THE STUDENTS	CLASS
1	Mishba Ansari	F.Y.B.Com
2	Rushikesh Banke	F.Y.B.Com
3	Priti Bansode	F.Y.B.Com
4	Zion Britto	F.Y.B.Com
5	Anjali Bhujbal	F.Y.B.Com
6	Sonu Gupta	F.Y.B.Com
7	Abhishek Gupta	F.Y.B.Com
8	Anand Gupta	F.Y.B.Com
9	Vikaskumar Gupta	F.Y.B.Com
10	Divya Gurav	F.Y.B.Com
11	Sahil Gurav	F.Y.B.Com
12	Sandeep Jaiswar	F.Y.B.Com
13	Ashlyn Joseph	F.Y.B.Com
14	Sneha Kanojiya	F.Y.B.Com
15	Insha Khan	F.Y.B.Com
16	Succur Kinny	F.Y.B.Com
17	Mehul Kuckian	F.Y.B.Com
18	Hritik Ambekar	S.Y.BBI
19	Anuja Chalke	S.Y.BBI
20	Maheshwari Kadam	S.Y.BBI
21	Roja Karnataka	S.Y.BBI
22	Bhakti Bobhate	S.Y.B.Com
23	Chaitali Chindarkar	S.Y.B.Com
24	Arvind Godakiya	S.Y.B.Com
25	Muskan Gupta	S.Y.B.Com
26	Aarti Gupta	S.Y.B.Com
27	Ajay Jadhav	S.Y.B.Com
28	Siddhant Kadam	S.Y.B.Com
29	Rasika Kudtarkar	S.Y.B.Com
30	Dhanashri Kumbhar	S.Y.B.Com
31	Manish Lad	S.Y.B.Com
32	Anjali Mandal	S.Y.B.Com
33	Satish Mandal	S.Y.B.Com
34	Aafreen Meer	S.Y.B.Com



35	Venkateshwari Pandaram	S.Y.B.Com
36	Neha Patel	S.Y.B.Com
37	Sahil Pawar	S.Y.B.Com
38	Shalini Pawar	S.Y.B.Com
39	Vicky Prajapati	S.Y.B.Com
40	Fulkumari Ram	S.Y.B.Com
41	Laxmi Sharma	S.Y.B.Com
42	Sneha Shukla	S.Y.B.Com
43	Uma Singh	S.Y.B.Com
44	Diksha Sonkamble	S.Y.B.Com
45	Namrata Tandel	S.Y.B.Com
46	Suraj Vaidya	S.Y.B.Com
47	Krishna Vishwakarma	S.Y.B.Com
48	Aadil Shaikh	S.Y.BMS
49	Sanjana Sharma	S.Y.BMS
50	Priti Shelar	S.Y.BMS

  
 Mr. Abhijeet Paradkar  
 NSS Programme Officer



  
 Dr. Meeta Pathade  
 I/C Principal  
 I/c Principal  
 Patuck - Gala College of  
 Commerce & Management  
 Santacruz (E), Mumbai-400 055



## PATUCK-GALA COLLEGE OF COMMERCE & MANAGEMENT

Patuck Campus, 100, Nehru Road, Rustomba Patuck Marg, Santacruz (E) Mumbai 55

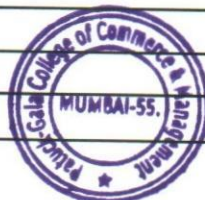
**Academic Year 2020 - 21**

**Date :- 8th  
April, 2021**

**Name of Activity :- Online Session on Tobacco Awareness**

### List of Participants

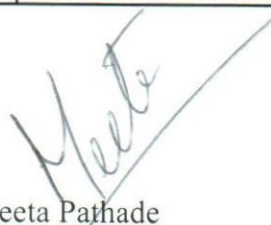
SR. NO.	NAME OF THE STUDENTS	CLASS
1	Shireen Shaikh	F.Y.BBI
2	Siddhi Yadav	F.Y.BBI
3	Vinit Surti	F.Y.B.Com
4	Anjali Bhujbal	F.Y.B.Com
5	Neha Yadav	F.Y.B.Com
6	Anand Gupta	F.Y.B.Com
7	Sonu Gupta	F.Y.B.Com
8	Divya Gurav	F.Y.B.Com
9	Sahil Gurav	F.Y.B.Com
10	Sandeep Jaiswar	F.Y.B.Com
11	Ashlyn Joseph	F.Y.B.Com
12	Sneha Kanojiya	F.Y.B.Com
13	Succur Kinny	F.Y.B.Com
14	Mehul Kuckian	F.Y.B.Com
15	Priti Bansode	F.Y.B.Com
16	Amit Singh	F.Y.B.Com
17	Abhishek Gupta	F.Y.B.Com
18	Vikaskumar Gupta	F.Y.B.Com
19	Rushikesh Banke	F.Y.B.Com
20	Zion Britto	F.Y.B.Com
21	Insha Khan	F.Y.B.Com
22	Mishba Ansari	F.Y.B.Com
23	Vinay Atipamula	F.Y.BMS
24	Hritik Ambekar	S.Y.BBI
25	Sanjana Jadhav	S.Y.BBI
26	Anuja Chalke	S.Y.BBI
27	Maheshwari Kadam	S.Y.BBI
28	Venkateshwari Pandaram	S.Y.B.Com
29	Shalini Pawar	S.Y.B.Com
30	Laxmi Sharma	S.Y.B.Com
31	Bhakti Bobhate	S.Y.B.Com
32	Chaitali Chindarkar	S.Y.B.Com
33	Arvind Godakiya	S.Y.B.Com



34	Aarti Gupta	S.Y.B.Com
35	Muskan Gupta	S.Y.B.Com
36	Siddhant Kadam	S.Y.B.Com
37	Dhanashri Kumbhar	S.Y.B.Com
38	Manish Lad	S.Y.B.Com
39	Anjali Mandal	S.Y.B.Com
40	Satish Mandal	S.Y.B.Com
41	Aafreen Meer	S.Y.B.Com
42	Neha Patel	S.Y.B.Com
43	Sneha Shukla	S.Y.B.Com
44	Uma Singh	S.Y.B.Com
45	Ajay Jadhav	S.Y.B.Com
46	Sahil Pawar	S.Y.B.Com
47	Fulkumari Ram	S.Y.B.Com
48	Namrata Tandel	S.Y.B.Com
49	Suraj Vaidya	S.Y.B.Com
50	Krishna Vishwakarma	S.Y.B.Com
51	Rasika Kudtarkar	S.Y.B.Com
52	Vicky Prajapati	S.Y.B.Com
53	Diksha Sonkamble	S.Y.B.Com
54	Aadil Shaikh	S.Y.BMS
55	Sanjana Sharma	S.Y.BMS
56	Priti Shelar	S.Y.BMS

  
 Mr. Abhijeet Paradkar  
 NSS Programme Officer



  
 Dr. Meeta Pathade  
 I/C Principal  
 I/c Principal  
 Patuck - Gala College of  
 Commerce & Management  
 Santacruz (E), Mumbai-400 055

# Academic Year 2019-20

## PATUCK-GALA COLLEGE OF COMMERCE & MANAGEMENT

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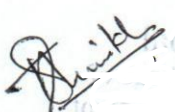
Re-accredited with B++ grade by NAAC (2.77 CGPA)


16/06/2019

### NOTICE

This is to inform all the students that, the NSS unit of Patuck-Gala College of Commerce & Management is organising Seminar on Yoga Day on 21<sup>th</sup> June, 2019 at college campus.

Interested NSS Volunteers contact Dr. Tasfiya Shaikh on or before 20<sup>th</sup> June 2019. The Students are requested that they should be present with Yoga Uniform on that day

  
Dr. Tasfiya Shaikh  
NSS Programme Officer

  
Dr. Meeta Pathade  
I/C Principal  
Patuck - Gala College of  
Commerce & Management  
Santacruz (E), Mumbai-400 055



# Patuck-Gala College of Commerce & Management

## REPORT OF CAPACITY BUILDING PROGRAM ON YOGA TRAINING *Life Skills*

**Academic Year:** 2019-20

**Name of the Department:** NSS

<b>Name of the Activity:</b> Yoga Training			
<b>Date/s</b>	<b>Faculty Members Contributed</b>	<b>Activities Undertaken</b>	
21 <sup>st</sup> June 2019	Dr. Tasfiya Shaikh Sana Ansari	Yoga training	
<b>Total Hours of Activity</b>	<b>Venue</b>	<b>Activity for Class</b>	<b>Total Number of Participants</b>
6 hours	College Auditorium	All classes across all Programs	81

### **About the Activity**

<b>Subject of the Activity</b>	Capacity building skills– Life Skills
<b>Objectives of the Activity</b>	<ul style="list-style-type: none"><li>● To make the students understand the importance of yoga.</li><li>● To make the students understand the richness of our Indian culture.</li></ul>
<b>Conduct of the Activity</b>	<ul style="list-style-type: none"><li>● Notice was circulated among the students about observing Yoga day</li><li>● Interested students attended the session. Yoga session was conducted in the College Auditorium.</li></ul>
<b>Outcomes of the Activity</b>	<ul style="list-style-type: none"><li>● Students understood the importance of yoga for development of physical and mental health.</li><li>● Students developed an understanding regarding the benefits of yoga.</li></ul>



*Meeba*  
**I/c Principal**  
Patuck - Gala College of  
Commerce & Management  
Santacruz (E), Mumbai-400 055

# Patuck Gala College of Commerce and Management

Date: 21/06/19

ACTIVITY: Yoga Diwas Celebration

Sr.No	Name of the students	Div/R.No./Class	sign
1	Suraj Gupta	B/37/F.Y.Bcom	Suraj
2	Anchal Mishra	B/71/F.Y.Bcom	Anchal
3	Subodh Mhatre	C/147/F.Y.B.com	Subodh
4	Rahul Raybhan	A/86/F.Y.Bcom	Rahul
5	Jaiswal Rayv	09/F.Y.BMS	Jaiswal
6	Khan Alimunnisa	A/48/F.Y.Bcom	Alimunnisa
7	Pranshree Niketi.	B/81/F.Y.Bcom	Pranshree
8	Alpama Santoshi	C/74/F.Y.B.com	Alpama
9	Radh Gupta	B/28/F.Y.com	Radh
10	Nikita Maharana	B/68/F.Y.Com	Nikita
11	Ruchita Gouda	A/25/F.Y.B.com	Ruchita
12	Kusum Sharma	B/109/F.Y.Bcom	Kusum
13	Mansi Mestry	C/40/F.Y.B.com	Mansi
14	Laxmi Tamadar	A/135/F.Y.B.com	Laxmi
15	Neha M. Karekate	B/52/F.Y.B.com	Neha
16	Vaishali P. Jaiswal	A/35/F.Y.B.com	Vaishali
17	Mansya Pooja	A/70/F.Y.B.com	Mansya
18	Anita Zehra	A/93/F.Y.B.com	Anita
19	Sahani Khushbu	A/92/F.Y.B.com	Sahani
20	Jyoti Pal	C/57/F.Y.B.com	Jyoti
21	Priya T. Nishad	C/50/F.Y.B.com	Priya
22	Rohani Gupta	52/F.Y.BMS	Rohani
23	Shubha R. Pasi	C/55/F.Y.B.com	Shubha
24	Shweta Sonar	A/108/F.Y.B.com	Shweta
25	Nageshwari Pujari	F.Y.BMS	Nageshwari
26	Anjali Ramadhar Chaudhary	F.Y.B.com (B) (15)	Anjali
27	Reema H. Sahani	F.Y.B.com (B) (92)	Reema
28	Asmita Ashok Sawant	F.Y.B.com/3/98	Sawant
29	Shashikumar Binde	S.Y.B.com/8/4	Shinde
30	Renu Prajapati	S.Y.BMS/30	Renu
31	Shagupta Karzo	S.Y.BMS/12	Shagupta
32	Deva Prashad.	F.Y.B.com/39	Deva
33	Pooja Mourya	F.Y.B.com/70	Pooja



# Patuck Gala College of Commerce and Management

Date: 21/06/19

ACTIVITY: Yogg Divyas. Celebration

Sr.No	Name of the students	Div/R.No./Class	sign
34	Swarnali B. Anabhavane	F.Y. B.com 121/A	
35	Ruchita Gouda.	F.Y. B.com 125/A	
36	Tanuja Kharbe	F.Y. B.B.T. 12	
37	Nikita M. Mahasana	F.Y. B.Com 168/B	
38	Anjali Ramadhar chaudhary.	F.Y. B.com / 15/B	
39	Rajiv Jaiswal	F.Y. B.MS) 09	
40	Nageshwarai Poojai	F.Y. BMS 27	
41	Thandhree S. Nivarte.	F.Y. B.com 81	
42	Reema H. Sahani	F.Y. B.com 18/92	
43	Jyoti S. Pal	F.Y. B.com 10/57	
44	Rachha Gupta	F.Y. B.com/A/28	
45	Mansi Mastrey	F.Y. B.com 10/46	
46	Shubha R. Pangi	F.Y. B.com 10/54	
47	Alpana Santoshi	F.Y. B.com 10/77	
48	Roshani Gupta	F.Y. BMS 152	
49	Mouzya Poojo	F.Y. B.com 70	
50	Anchal Mishra	F.Y. B.com 171/B	
51	Krishna Singh	F.Y. B.com 192/C	
52	Rahul Raj Bhargava	F.Y. B.com 186/C	
53	Nitesh chowdhary	F.Y. B.com / B/126	
54	Dilip Thakur	F.Y. B.com / 109/113	
55	Suresh Anjekar	F.Y. B.com / 12/37	
56	Renu Prayapati	S.Y. BMS	
57	Lalika Madoskeu	F.Y. B.com	
58	Shaguffa Kazi	S.Y. B.com	
59	Shresh binel	T.Y. B.com	
60	Yojan dab	F.Y. B.com	
61	Ganesh Raut.	S.Y. B.com	
62	Roni Kumar	F.Y. BMS	
63	Prityanka Jha	F.Y. B.com	



I/c Principal  
Patuck - Gala College of  
Commerce & Management  
Santacruz (E), Mumbai-400 055

# Patuck Gala College of Commerce and Management

Date : 21/06/21

ACTIVITY: Yogg D'was Celebration

Sr.No	Name of the students	Div/R.No./Class	sign
1.	Mansi Vijay Mestry	C/46/F.Y.B.com	Mestry
2	Jyoti S. Pal	C/57/F.Y.B.com	Jyoti
3	Reema H. Sahani	B/92/F.Y.B.com	Reema
4	Rudra Laksh P. Gupta	A/28/F.Y.B.com	Rudra
5	Nikita M. Maharana	B/68/F.Y.B.com	Nikita
6	Santoshi Kumavat	B/60/F.Y.B.com	Santoshi
7	Mancoori Rubinet	A/68/F.Y.B.com	Rubinet
8	Sapna L Gupta	B/35/F.Y.B.com	Sapna
9	Shubha R. Pasi	C/55/F.Y.B.com	Shubha
10	Poilya T. Nishad	C/54/F.Y.B.com	Poilya
11	Vaishali P. Jaiswal	A/35/F.Y.B.com	Vaishali
12	Khan Alimnisa Mashudhin	A/48/F.Y.B.com	Alimnisa
13	Laxmi Ramchandra Jamadar	A/135/F.Y.B.com	Laxmi
14	Angali Ramadhar chaudhary.	B/15/F.Y.B.com	Angali
15	Mounya Rajja	A/70/F.Y.B.com	Mounya
16	SKADHA ANKIT KUMAR	C/87/F.Y.B.com	SKADHA
17	Ganesh Sawant.	F.Y.B.com/A	Ganesh
18	Manisha Kumawat.	F.Y.B.com/A	Manisha



I/c Principal  
 Patuck - Gala College of  
 Commerce & Management  
 Santacruz (E), Mumbai-400 055

# Academic Year 2018-19

## PATUCK-GALA COLLEGE OF COMMERCE & MANAGEMENT

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(Affiliated to University of Mumbai)

Re-accredited with B++ grade by NAAC (2.77 CGPA)

18/06/2018

### NOTICE

This is to inform all the students that, the NSS unit of Patuck-Gala College of Commerce & Management is organising Yoga Day Celebration on 21<sup>th</sup> June, 2018 at college campus.

Interested NSS Volunteers contact Dr. Tasfiya Shaikh on or before 20<sup>th</sup> June 2018. The Students are requested that they should be present with Yoga Uniform on that day.



Dr. Tasfiya Shaikh  
NSS Programme Officer



Dr. Meeta Pathade  
I/C Principal  
I/c Principal  
Patuck - Gala College of  
Commerce & Management  
Santacruz (E), Mumbai-400 055





# Patuck-Gala College of Commerce & Management

## REPORT OF CAPACITY BUILDING PROGRAM ON YOGA TRAINING *Life Skills*

Academic Year: 2018-19

Name of the Department: NSS

<b>Name of the Activity:</b> Yoga Training			
<b>Date/s</b>	<b>Faculty Members Contributed</b>	<b>Activities Undertaken</b>	
June 21, 2018	Dr. Tasfiya Shaikh Megha Nair	Yoga Training	
<b>Total Hours of Activity</b>	<b>Venue</b>	<b>Activity for Class</b>	<b>Total Number of Participants</b>
6 hours	College Campus & Kalina Campus	First & Second Students	43

### About the Activity

<b>Subject of the Activity</b>	Capacity building skills– Life Skills
<b>Objectives of the Activity</b>	<ul style="list-style-type: none"><li>• To make the students understand the importance of yoga.</li><li>• To make the students understand the richness of our Indian culture.</li></ul>
<b>Conduct of the Activity</b>	<ul style="list-style-type: none"><li>• Students attended the Yoga session which was conducted in the College auditorium</li><li>• Some students were deputed for yoga training at University of Mumbai, Kalina campus</li><li>• Notice was both the sessions were circulated in the classes</li><li>• Students were instructed about their preparedness to be a part of the training sessions</li></ul>
<b>Outcomes of the Activity</b>	<ul style="list-style-type: none"><li>• Students understood the importance of yoga for development of physical and mental health.</li><li>• Students developed an understanding regarding the benefits of yoga.</li></ul>



*Megha*  
I/c Principal  
Patuck - Gala College of  
Commerce & Management  
Santacruz (E), Mumbai-400 055

# PATUCK-GALA COLLEGE OF COMMERCE & MANAGEMENT

Patuck Campus, 100, Nehru Road, Rustomba Patuck Marg, Santacruz (E) Mumbai 400 055

NSS UNIT Academic Year 2018-2019

Yoga Diwas Celebration

Date:- 21/06/2018

Name of Activity:-

SR.NO	NAME OF THE STUDENTS	Class / Div	R RN	Signature
1	Kanojiya Shanti	A	85	Shanti
2	Anita Kurmi	A	106	Anita
3	Madhujy Thombare	BBT	29	Thombare
4	Geeta Shrivastava	BBT	07	Geeta
5	Laxmi ohinde	BBT	24	Laxmi
6	Simran Sharma	BBT	23	Simran
7	Singh Ashwini	BBT	28	Ashwini
8	Yadav Babita	B.com/B	96	Babita
9	Verma Ritika	B.com/B	89	Ritika
10	MISHRA muskan	B.com/A	118	Muskan
11	Jainwal Shreyangini	B.com/A	70	Shreyangini
12	Gupta Kajal Babita	B.com/A	46	Kajal
13	Aarti Dhar Jaiswar	F.Y.B.Com/A	71	Aarti
14	Gupta Sanjana Ram Prasad	F.Y.B.Com/A	53	Sanjana
15	Priti Deethu. Survede	F.Y.B.Com/B	82	Priti
16	Harshada Deepak Desai	F.Y.B.com/A	23	Desai
17	Rukmani Lalita P. Gupta	F.Y.B.com/A	52	Rukmani
18	Sayli Chandrakant Kulkarni	F.Y.B.com/A	105	Sayli
19	Nidhi chougule	F.Y.B.com/A	19	Nidhi
20	Sana Shaikh	F.Y.B.com/B	52	Sana
21	Akshata Goniwale	F.Y.B.com/A	36	Akshata
22	Junita Rajesh Lakra	F.Y.B.com	109	Junita
23	Akansha Mandal	F.Y.B.com	113	Akansha
24	Disht Kinky	F.Y.B.com	12	Disht
25	Pranjita Shitkar	F.Y.B.com	84	Pranjita

NSS Programme Officers

Dr. Tasfiya I Shaikh

Mrs. Megha Nair

*M. Nair*



I/c Principal

Patuck - Gala College of  
Commerce & Management  
Santacruz (E), Mumbai-400 055

*M. Nair*

SR.NO	NAME OF THE STUDENTS	Class / Div	RN	Signature
26	Shweta Janardan Singh	F.Y.Bcom/B	77	Shweta
27	Priti Santosh Parab	F.Y.BMS	23	<del>Priti</del>
28	Trisha Dilip Ambure	FM BMS	1	<del>Ambure</del>
29	Sampada Sanjay Nagap	F.Y.Bcom/B	2	<del>Sampada</del>
30	Khan Sana	F.Y.Bcom/A	100	<del>Khan</del>
31	Khan Shahana	F.Y.Bcom/A	101	<del>Khan</del>
32	Khot Wasifa	F.Y.Bcom/A	103	<del>Khot</del>
33	Khan Aisha	F.Y.Bcom/A	89	<del>Aisha</del>
34	Shaikh Fiza	F.Y.Bcom/B	43	<del>Fiza</del>
35	Yadav Ankita	F.Y.Bcom/B	95	<del>Ankita</del>
36	Yadav Chandani	F.Y.Bcom/B	97	<del>Chandani</del>
37	Lata Kedar	SY BCom		<del>Lata</del>
38	Priyanka Gore	SY BCom		<del>Priyanka</del>
39	Poharna Veshvarkar	SY BCom		<del>Poharna</del>
40	Paramveer Jaiswal	SY BCom		<del>Paramveer</del>
41	Namrata More	SY BCom		<del>Namrata</del>
42	Roshai Laha	SY BCom		<del>Roshai</del>
43	Pranali Patkar	SY BCom		<del>Pranali</del>
44				
45				
46				
47				
48				
49				
50				

NSS Programme Officers

Dr. Tasfiya I Shaikh

Mrs. Megha Nair



I/c Principal

Patuck - Gala College of  
Commerce & Management  
Santacruz (E), Mumbai-400 055

# Academic Year 2017-18

## PATUCK-GALA COLLEGE OF COMMERCE & MANAGEMENT

Patuck Campus, 100 Nehru Road, Rustomba Patuck Marg, Vakola Bridge, Santacruz (E) Mumbai-400055

(Affiliated to University of Mumbai)

Re-accredited with B++ grade by NAAC (2.77 CGPA)

13/06/2017

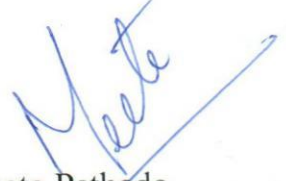
### NOTICE

This is to inform all the NSS students that, the NSS unit of University of Mumbai is organising Seminar on Yoga Day on 17<sup>th</sup> June, 2017 to 19<sup>th</sup> June, 2017 at kalina campus.

Interested NSS Volunteers contact Dr. Tasfiya Shaikh on or before 16<sup>th</sup> June 2017. The Students are requested that they should be present with Yoga Uniform on that day.



Dr. Tasfiya Shaikh  
NSS Programme Officer



Dr. Meeta Pathade  
I/C Principal  
I/c Principal  
Patuck - Gala College of  
Commerce & Management  
Santacruz (E), Mumbai-400 055



# PATUCK-GALA COLLEGE OF COMMERCE & MANAGEMENT

Patuck Campus, 100 Nehru Road, Rustomba Patuck Marg, Vakola Bridge, Santacruz (E) Mumbai-400055  
(Affiliated to University of Mumbai)

Re-accredited with B++ grade by NAAC (2.77 CGPA)

09/09/2017

## NOTICE

This is to inform all the students that, the NSS unit of Patuck-Gala College of Commerce & Management is organising an session on Dengue Awareness on 12<sup>th</sup> August, 2017 at college campus.

Interested NSS Volunteers contact Dr.Tasfiya Shaikh on or before 11<sup>th</sup> August, 2017.The Students are requested to present for the same.



Dr. Tasfiya Shaikh  
NSS Programme Officer



Dr. Meeta Pathade  
I/c Principal  
Patuck - Gala College of  
Commerce & Management  
Santacruz (E), Mumbai-400 055



# Patuck-Gala College of Commerce & Management

## REPORT OF CAPACITY BUILDING PROGRAM ON PHYSICAL FITNESS & HEALTH *Life Skills*

Academic Year: 2017-18

Name of the Department: NSS

<b>Name of the Activity:</b> Physical Fitness & Health			
<b>Date/s</b>	<b>Faculty Members Contributed</b>	<b>Activities Undertaken</b>	
June 17-19, 2017 August 12, 2017	Tasfiya Shaikh Megha Nair	<ul style="list-style-type: none"><li>• Yoga training</li><li>• Seminar on awareness of Dengue</li></ul>	
<b>Total Hours of Activity</b>	<b>Venue</b>	<b>Activity for Class</b>	<b>Total Number of Participants</b>
6 hours	College Campus	FY & SY Students	80

### **About the Activity**

<b>Subject of the Activity</b>	Capacity building skills– Life Skills
<b>Objectives of the Activity</b>	<ul style="list-style-type: none"><li>• To make the students understand the importance of yoga.</li><li>• To make the students understand the richness of our Indian culture.</li><li>• To bring awareness among students about dengue</li></ul>
<b>Conduct of the Activity</b>	<ul style="list-style-type: none"><li>• Notice was circulated among the students to participate in the awareness session and training session</li><li>• The resource persons spoke about the subject followed by interaction with students</li></ul>
<b>Outcomes of the Activity</b>	<ul style="list-style-type: none"><li>• Students understood the importance of yoga for physical and mental well-being.</li><li>• They developed an understanding about the benefits of performing yoga.</li><li>• Students learnt to be able to identify the symptoms of dangerous illnesses</li></ul>



*Megha*  
**I/c Principal**  
Patuck - Gala College of  
Commerce & Management  
Santacruz (E), Mumbai-400 055

# Patuck Gala College of Commerce and Management

## Attendance Sheet

Yoga Diva

Date: 17<sup>th</sup> June to 19<sup>th</sup> June 2017

Sr.No	Name of the students	Div/R.No./Class	sign
1	Ravikant Chavaliya	A/104/F.Y.B.com	Ravikant
2	Nehal Salim Khan	A/111/F.Y.B.com	Nehal
3	Raj Rao	A/113/F.Y.B.com	Raj Rao
4	Sushil Gupta	A/291/Fybcom	Sushil
5	Jay Singh	A/21/Fybcom	Jay

Ms. Tasfiya Shaikh - NSS Department  
 Mr. D.S. Mbake Sir - Cultural Department  
 Mr. Sanjay Burkhav - Sport Department



*(Handwritten initials)*

*(Handwritten signature)*  
 I/c Principal  
 Patuck - Gala College of  
 Commerce & Management  
 Santacruz (E), Mumbai-400 055

Patuck - Gala College of Commerce & Management

Name of the Activities : Dengue Workshop

DATE: 12/08/2017.

Sr. NO	CLASS	Division	ROLL No.	Signature
1	Fyb.WOM	B	118	Aaruti
2	F.y.b.com	B	20	usha
3	F.y.b.com	B	99	Nidhi
4	F.Y.B.Com	C	67	Anamika
5	F.Y.B.Com	C	89	Kavita
6	F.Y.B.Com	C	78	Nisha
7	F.Y.B.Com	B	119	Saloni
8	F.Y.B.Com	B	8	Ankita
9	F.Y.B.Com	B	59	Prarali
10	F.y.B.com	A	78	Branita
11	f.y.B.com	B	47	Jyoti
12	F.y.B.com	A	99	<del>Shikha</del>
13	F.y.B.com	A	20	<del>Shikha</del>
14	F.y.B.com	A	64	A.Pal
15	F.Y.B.com	A	21	Jayia
16	F.Y.B.com	A	61	Jayashri
17	F.Y.B.com	A	85	Kashni
18	F.Y.B.com	A	60	Narmada
19	f.y.B.com	B	107	Swati
20	S.Y.B.com	B	70	Sonali
21	S.Y.B.com	B	28	Dhanshree
22	S.y.B.com	A	58	<del>Pooja</del>
23	S.Y.B.com	A	27	Pradha
24	S.Y.B.com	B	10	Ruchita
25	S.Y.B.com	A	11	Prachi

Dr. Tasfiya I Shaikh  
NSS Programme Officer



*(Handwritten signature)*

*(Handwritten signature)*  
I/c Principal  
Patuck - Gala College of  
Commerce & Management  
Santacruz (E), Mumbai-400 055



Patuck - Gala College of Commerce & Management

Name of the Activities : Dengue Workshop

DATE:

Sr. NO	CLASS	Division	ROLL No.	Signature
26	F.Y.BMS	201	10	Cayabm
27	F.Y.BMS	201	46	Poelha
28	F.Y.B.M.S	201	9	shyala
29	F.Y.B.com	A	68	Koicab
30	F.Y.B.com	B	6	Aerashanti
31	F.Y.B.com	A	69	Blag
32	SyBcom	B	63	m
33	SyBcom	A	88	Sanam
34	S.Y.B.COM	B	20	Nikita
35	S.Y.B.Com	A	89	panjab
36	F.Y.Bcom	D	31	Shradha
37	F.Y.B.com	A	53	Panwadkar
38	F.Y.BMS	201	60	Jeejal
39	F.Y.Bcom	B	106	Shruti
40	F.Y.Bcom	B	28	D.N.K
41	F.Y.Bcom	D	108	Shruti
42	F.Y.BMS	A	12	Jignesh
43	F.Y.BMS	A	7	Jali
44	F.Y.B.com	A	4	Pooja
45	F.Y.BMS	A	44	Shruti
46	F.Y.BMS	A	49	Kimika
47	F.Y.B.com	C	81	A
48	F.Y.BMS		38	Abhishek
49	S&B.com	C	74	Jane
50	F.Y.B.com	B.	103	Keshav

Dr. Tasfiya I Shaikh  
NSS Programme Officer



*Meeta*  
I/c Principal  
Patuck - Gala College of  
Commerce & Management  
Santacruz (E), Mumbai-400 055  
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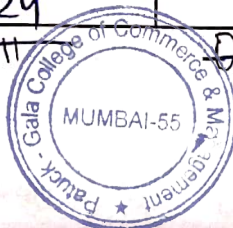
Patuck - Gala College of Commerce & Management

Name of the Activities : Dengue Workshop

DATE: 12/8/17

Sr. NO	CLASS	Division	ROLL No.	Signature
51	Fy B.com	B	19	Nitin Gupta
52	F.Y. B.COM	B	25	AD
53	F.Y BBT		12	Phew
54	F.Y. B.Com	A	33	Rutika
55	F.Y. B.Com	C	9	Dorlesh
56	F.Y. B.Com	C	5	Maya...
57	F.Y. B.COM	B.	17	Cranesh
	F.Y. B.Com	B	56	Neha..
59	F.Y. B.Com	B	5	Smit
60	F.Y. B.com	B	62	Sanj
61	F.Y B.com	A	2	SA
62	F.Y. B.com	D	97	Smit
63	F.Y B.COM	A	29	Chun
64	F.Y B.COM	A	17	A. Adkesh
65	F.Y B.COM	A	36	Donalds
66	F.Y B.COM	B	48	Shubham
	F.Y B.COM	D	09	Devi
68	F.Y B.COM	A	94	Pharwa
69	F.Y. B.Com	A	26	B.
70	F.Y. B.COM	D	30	Bhavare
71	F.Y. B.com	D	64	Ashwika
72	Kamraj	B	100	Pranav
73	Sy bcom	A	55	Rohit
74	Sy bcom	B		M. Subodh
75	Sy bcom	B	29	Subha - Pasi
76	F.Y. B.COM	B	11	Dorlesh

Dr. Tasfiya I Shaikh  
NSS Programme Officer



I/c Principal  
Patuck - Gala College of  
Commerce & Management  
Santacruz (E), Mumbai-400 055

# Academic Year 2016-17

## PATUCK-GALA COLLEGE OF COMMERCE & MANAGEMENT

Patuck Campus, 100 Nehru Road, Rustomba Patuck Marg, Vakola Bridge, Santacruz (E) Mumbai-400055

(Affiliated to University of Mumbai)

Re-accredited with B++ grade by NAAC (2.77 CGPA)

10/06/2016

### NOTICE

This is to inform all the students that, the NSS Cell, University of Mumbai is organising Seminar on Yoga Week from 15<sup>th</sup> June, 2016 to 21<sup>st</sup> June, 2016 at Kalina campus.

Interested NSS Volunteers contact Dr. Tasfiya Shaikh on or before 14<sup>th</sup> June 2016. The Students are requested that they should be present with Yoga Uniform on that day.



Dr. Tasfiya Shaikh  
NSS Programme Officer



Dr. Meeta Pathade  
I/C Principal  
Patuck - Gala College of  
Commerce & Management  
Santacruz (E), Mumbai-400 055



# PATUCK-GALA COLLEGE OF COMMERCE & MANAGEMENT

Patuck Campus, 100 Nehru Road, Rustomba Patuck Marg, Vakola Bridge, Santacruz (E) Mumbai-400055

(Affiliated to University of Mumbai)

Re-accredited with B++ grade by NAAC (2.77 CGPA)

23/09/2016

## NOTICE

This is to inform all the students that, the NSS Cell of University of Mumbai is organising an session on Tobacco Awareness on 28<sup>th</sup> September, 2016 at Kalina campus.

Interested NSS Volunteers contact Dr.Tasfiya Shaikh on or before 27<sup>th</sup> September 2016.The Students are requested to present for the same.



Dr. Tasfiya Shaikh  
NSS Programme Officer



Dr. Meeta Pathade  
I/C Principal  
I/c Principal  
Patuck - Gala College of  
Commerce & Management  
Santacruz (E), Mumbai-400 055



# Patuck-Gala College of Commerce & Management

## REPORT OF CAPACITY BUILDING PROGRAM ON YOGA & HEALTH *Life Skills*

Academic Year: 2016-17

Name of the Department: NSS

Name of the Activity: Yoga & Health			
Date/s	Faculty Members Contributed	Activities Undertaken	
June 15-21, 2016 28 <sup>th</sup> September, 2016	Tasfiya Shaikh Megha Nair	<ul style="list-style-type: none"><li>• Yoga training</li><li>• Seminar on Awareness of the Ills of Tobacco</li></ul>	
Total Hours of Activity	Venue	Activity for Class	Total Number of Participants
6 hours	University of Mumbai	FY & SY Students	37

### About the Activity

<b>Subject of the Activity</b>	Capacity building skills– Life Skills
<b>Objectives of the Activity</b>	<ul style="list-style-type: none"><li>• To make people aware about the ill effects on health due to tobacco use.</li><li>• To discourage people eating tobacco</li><li>• To make the students understand the importance of yoga.</li><li>• To make the students understand the richness of our Indian culture</li></ul>
<b>Conduct of the Activity</b>	<ul style="list-style-type: none"><li>• Yoga asanas were demonstrated, and the students performed accordingly.</li><li>• Interaction about yoga and Indian culture would also take place</li><li>• The resource person gave a lecture on ill effects of tobacco followed by an interaction with the students</li></ul>
<b>Outcomes of the Activity</b>	<ul style="list-style-type: none"><li>• Students were made aware about tobacco, its ill effects and how it harms the health of people, and further spread awareness in the society.</li><li>• Students understood the importance of yoga for physical and mental well-being</li><li>• They developed an understanding about the benefits of performing yoga.</li></ul>



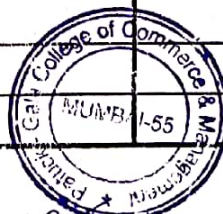
*Megha*  
I/c Principal  
Patuck - Gala College of  
Commerce & Management  
Santacruz (E), Mumbai-400 055


# Patuck Gala College of Commerce and Management

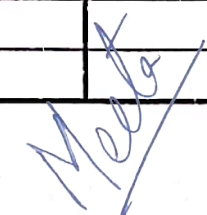
Date: 15/06/16

ACTIVITY: Yoga Divas Celebration at University

Sr.No	Name of the students	Div/R.No./Class	sign
1	Khan Alimunnisa Mashudalin	A / 48 / F.Y. Bcom	Alimu
2	Jayashri P. Kadam	14 / S.Y.BBT	Jayashri
3	Varma Annu	32 / SYBBI	Annu
4	Sudesh Patwa	F.Y. B.com(A) 80	Sudesh
5	Deepa More	54 BBI / 17	Deepa
6	PAK DIKSHA	54 BBI / 19	DIKSHA
7	Vyavahare W. Namrata	54 BBI / 34	Namrata
8	Antim. Verma	54 BBI / 32	Antim
9	Sevita Jaiswal	S.Y.B.COM 199	Jaiswal
10	Pat Manju	S.Y.B.COM/B/37	manju
11	Mahesh Vangule	F.Y.B.com/c/117	Mahesh
12	Shweta Soncar	F.Y.B.com/A/108	Shweta
13	Venkatesh Nalwar	F.Y.BMS/26	Venkat
14	Prasad Ramesh Marathe	F.Y.B.com/C/145	Prasad
15	KARAN P UNDALE	F.Y.B.com/C/101	Karan
16	Krishna Singh	F.Y.B.com/G/92	KRISHNA
17	Anchal Mishra	F.Y.B.com/B/71	Anchal
18	Sapna gupte	F.Y.B.com(B) 35	Sapna
19	Jaiswal Vaishali Parasram	F.Y.B.com(A) 35	Vaishali
20	Mansoori Rubina Ramzan Ali	F.Y.B.com(A) 68	Rubina



 20 volunteers



I/c Principal  
Patuck - Gala College of  
Commerce & Management  
Santacruz (E), Mumbai-400 055

# PATUCK-GALA COLLEGE OF COMMERCE & MANAGEMENT

Date:-

Activity: **YOGA DIVAS PROGRAMME AT UNIVERSITY OF MUMBAI, KALINA**

SR.NO	NAME OF THE STUDENTS	Class / Div	Signature
1.	Ashish Singh	SY. BCom	A. Singh
2.	Noor Sana Siddique	SY. BCom	N. Siddique
3.	Ryan Gomes	SY. BCom	R. Gomes



**NSS Programme Officers**  
Dr. Tasfiya Shaikh  
Mrs. Megha Nair

*Meeta*

**I/c Principal**  
Patuck - Gala College of  
Commerce & Management  
Santacruz (E), Mumbai-400 055

# Patuck Gala College of Commerce and Management

Date: 28/09/16

ACTIVITY: Seminar on Tobacco Awareness

Sr.No	Name of the students	Div/R.No./Class	sign
1	Pal pooja	- 23 / S.Y.BMS	
2	Manisha Gauda	- 07 / S.Y.BMS	
3	Geeta Shreya	- 11 / S.Y.BMS	
4	Reema H. Sahani	B / 92 / F.Y.B.Com	
5	Rudha Lalun P. Gupta	A / 28 / F.Y.Bcom	
6	Santoshi Kumawat	B / <del>92</del> / F.Y.Bcom	
7	pooja Mourya	A / 70 / F.Y.Bcom	
8	Abhishek P. Saw	F.Y.B.Com / 6 / 77	
9	Kishan Yadav	S.Y.BMS LD	
10	<del>Pooja Kurlakankar</del>	F.Y.B.MS 26	
11	Sudesh Patwa	F.Y.B.com 80	
12	Shivani Salakar	C / 71 / F.Y.B.COM	
13	Suryaj A. Gupta	F.Y.B.com / B / 37	
14	Raghuvar Rakhul	F.Y.B.com / A / 86	



14

**I/c Principal**  
 Patuck - Gala College of  
 Commerce & Management  
 Santacruz (E), Mumbai-400 055