

Metric 5.1.2

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

Programs Conducted on Life Skills

Academic Year 2023-24



METRIC NUMBER 5.1.2 QnM

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

Programs Conducted on Life Skills

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

Report

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

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

Venue : Seminar Hall

Timing: 12.45 pm to 2 pm

Incharge: Mrs. Beena Pandey

Teachers: Miss. Nikita Sreekumar

Miss. Jaishna Krishnan Kutty

Miss. Sonika

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

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

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

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

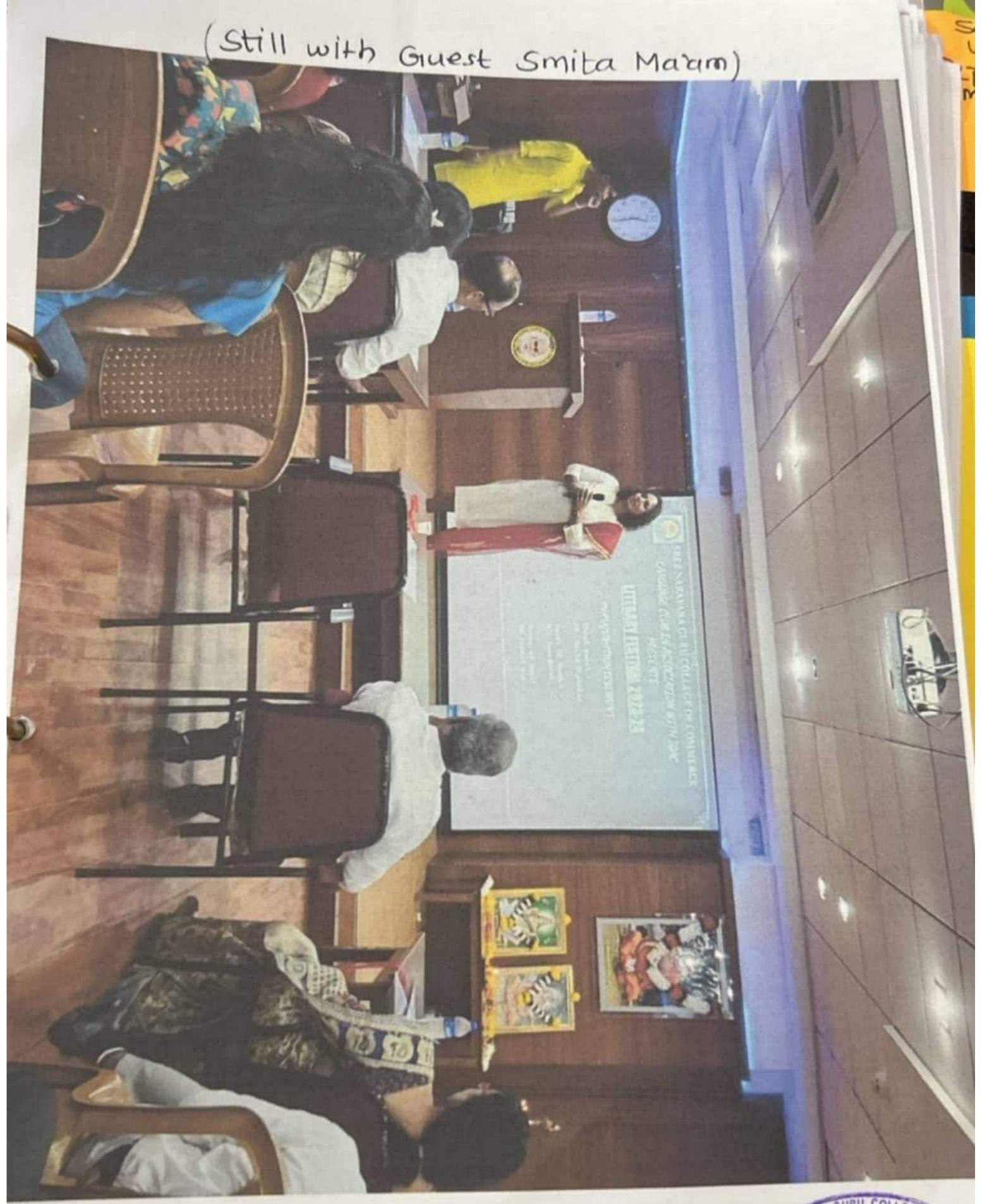
Objective of the event:

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

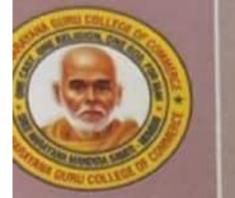
The session was a proactive one with lots of questions and answers, doubts and worries being shared in an open platform.

Report Prepared by: - Mrs. Beena Pandey

Principal Sree Narayana Guru College of Commerce P. L. Lokhande Mara. Chembur, Mumbus







(LINGUISTIC MINORITY INSTITUTION)

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

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

MANAGED BY SREE NARAYANA MANDIRA SAMITI (REGD.)

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

22nd Jan, 2024

NOTICE

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

Incharge Language Club

Principal

Principal

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



SREE NARAYANA GURU COLLEGE OF COMMERCE Language Club

ATTENDANCE SHEET

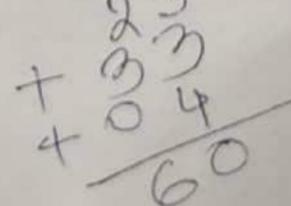
EVENT NAME: Literary Festival

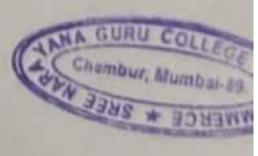
DATE: 29-01-2024

samuai Hall VENUE:

TIME: 11.00 AM

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60	Siddigui Saglaf	FYBAF	
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SREE NARAYANA GURU COLLEGE OF COMMERCE P. L. LOKHANDE MARG, CHEMBUR, MUMBAI – 400089

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

Date - 07th . November, 2023

Venue: Seminar Hall - 1st Floor

Timing: 11:00 am - 1:00 pm

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

Life Skills:

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

Corporate Culture:

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

Happiness Index:

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

Interactive Learning:

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

Conclusion:

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

Total Students Benefited :- 198 Students

Report Prepared By :-

Mr. Yash Surve

House

Ms . Nikita Sreekumar

Principal

Sree Narousea Guru

College of Commerce
P. L. Lokhande Marg.

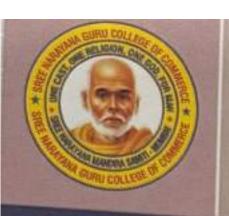
Chembur, Mumbai 400 08



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







(LINGUISTIC MINORITY INSTITUTION)

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MANAGED BY SREE NARAYANA MANDIRA SAMITI (REGD.)

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

Date: 01/11/2023

NOTICE

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

B.com Coordinator

Principal Principal

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

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21	Mohd Riyaz Ansasi	FYBAF		38 Piyar
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	59	Shama Krish	FYBMIS	9167711518	Hzian.
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	137	Guesta Soni	FYBBI	7208136195	
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	139	Satyarupa Ram	FYBBI	8108801836	Simran
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	143	Samiya Sheikh	FYBBI	7304692876	
-	144	Gram shaekh	FYBBI	9594696620	,
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	146	Anchal Shamma	TYBAF	9324606053	Anchal
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	152	Priya Kuldrep	SYBAF		

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194	Anson Asil	TYBAC	965323000	1
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-	170	Sayyed IMAYAT	SYBAF	932115736	S
-	171	Manista Temriken	SYBMS	7977057132	Mentite
	172	Nida Khan	SKBWS	8104898427	dink.
	173	Apsha Khan	SYBMS	8450932380	#
1	174	Shweta Javir	TYBAF	8879703920	s.p.javir
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Report on Learning@Life School Session At Sree Narayana Guru College of Commerce, Chembur

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

Venue: Sree Narayana Guru College of Commerce, Chembur

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

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

Speakers and Guests:

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

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

:Felicitation by Shri O.K. Prasad

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

Shri Chandran sir (Treasurer of SNMS)

Number of Paricipants: 185

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

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

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

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

Session Highlights:

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

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

Question and Answer Session:

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

Vote of Thanks:

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

Conclusion:

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

Glimpses of the Event:







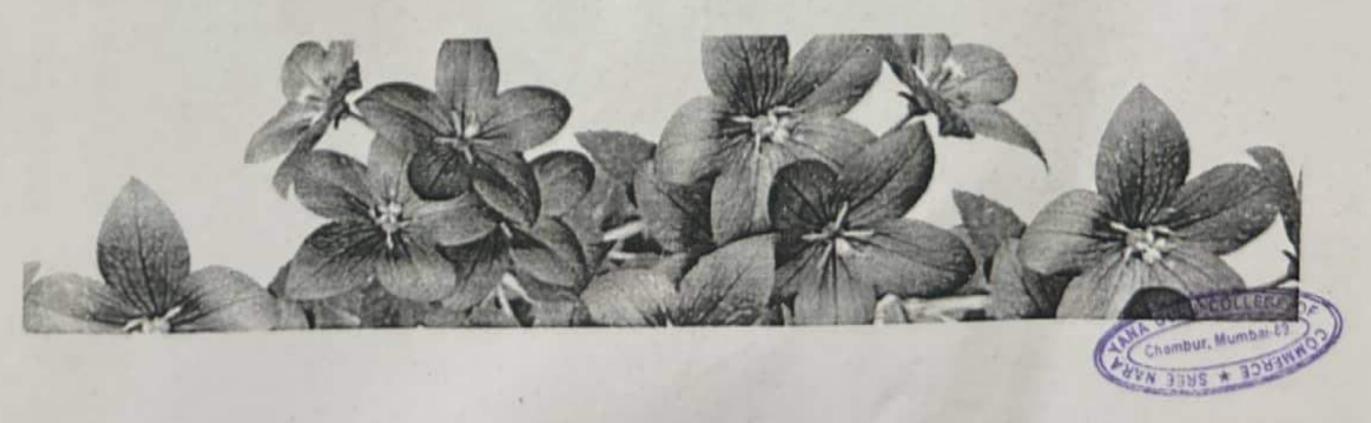


Department of Banking & Insurance
In Association with
IQAC

ORGANISES A Session on

Learnings @Life School

DATE: 9th September, 2023 VENUE: Seminar Hall



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

Name of the Event: Session on Learning @Life school

Date:9TH September, 2023

Name of the Resource Person: Dr. Aparna Sharma

Time: 11:00am to 12:30pm

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Name of the Event: Session on Learning @Life school

Name of the Resource Person: Dr. Aparna Sharma

Date:9TH September, 2023

Time: 11:00am to 12:30pm

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

Name of the Event: Session on Learning @Life school

Name of the Resource Person: Dr. Aparna Sharma

Date:9TH September, 2023

Time: 11:00am to 12:30pm

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Name of the Resource Person: Dr. Aparna Sharma

Time: 11:00am to 12:30pm

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Name of the Event: Session on Learning @Life school

Date:9TH September, 2023

Name of the Resource Person: Dr. Aparna Sharma

Time: 11:00am to 12:30pm

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Name of the Event: Session on Learning @Life school

Date:9TH September, 2023

Name of the Resource Person: Dr. Aparna Sharma

Time: 11:00am to 12:30pm

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Name of the Event: Session on Learning @Life school

Date:9TH september, 2023

Time: 11:00am to 12:30pm

Name of the Resource Person: Dr. Aparna Sharma

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

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

Date – 18th December, 2023.

Venue- Classroom - 7th floor (705).

Timings- 11:00 am to 1:00 pm

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

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

Report prepared by:

Ms. Saba Shaikh

Ms. Nikita Sreekumar Mr. Yash Surve

Sree Narayana Gusu College of Commerce P. L. totales warge Chembur, A. a. a. 200 089.



Geotagged Photos of the Session on Menstrual Hygiene













(LINGUISTIC MINORITY INSTITUTION)

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

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

MANAGED BY SREE NARAYANA MANDIRA SAMITI (REGD.)

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

NOTICE

11/12/23

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

WDC In-Charge

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

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

THE PERSON NAMED IN COLUMN 2 I

EVENT NAME: Awareness Session on Menstrual Hygiene & Personality Development

DATE: 18-12-2023 TIME: 11.00 AM

VENUE: ROOM NO 700, 7th 80009

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THE PARTY NAMED IN

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

EVENT NAME: Awareness Session on Meastrual Hygiene & Personality Development
TIME: 11.00 AM

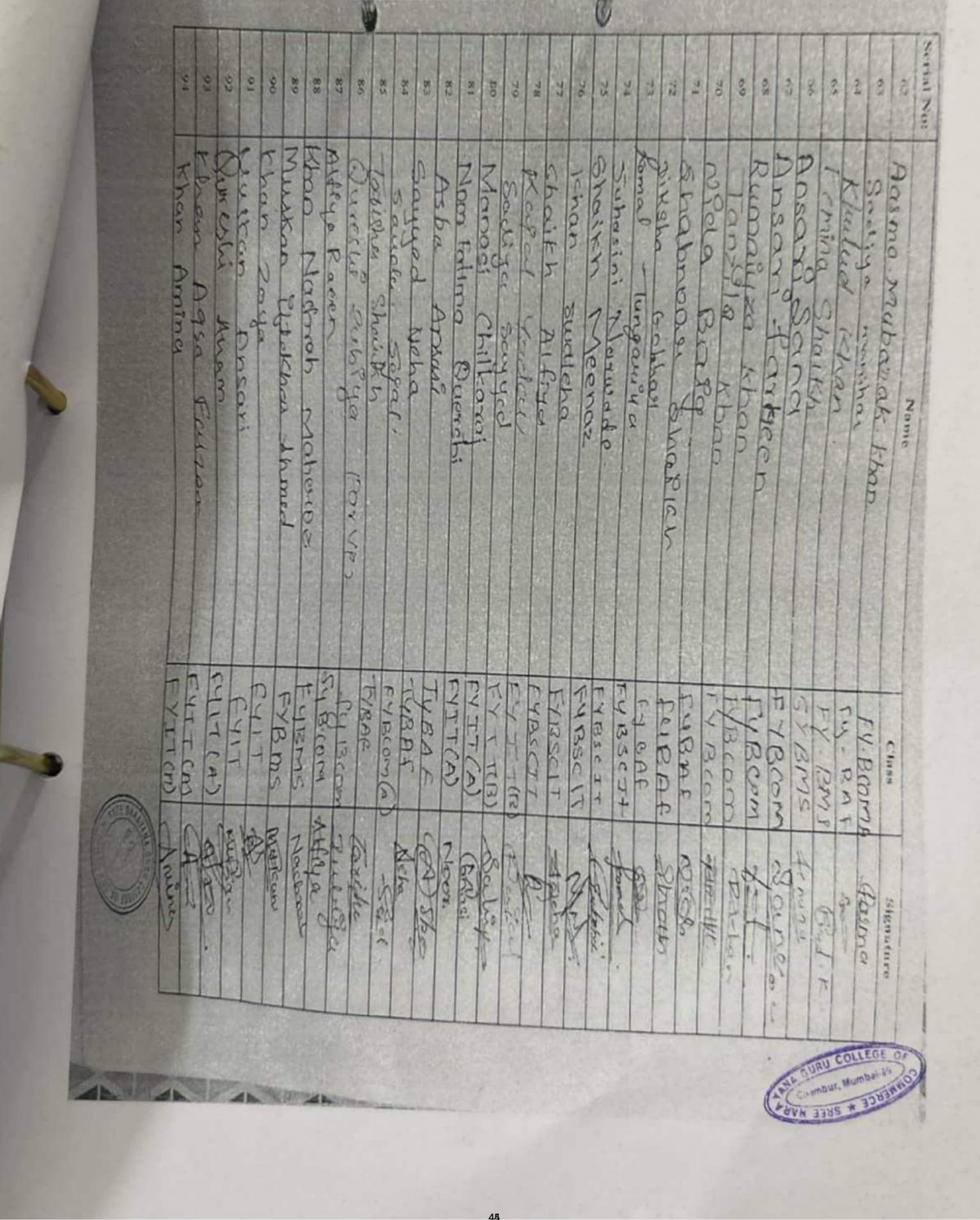
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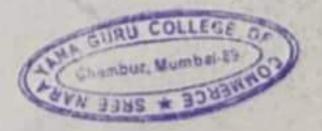
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Academic Year 2022-23

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

REPORT

Name of the committee: Sports

Date: 17.04.23

Name of the Incharge: Mrs. Punam Mujawar

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

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









(LINGUISTIC MINORITY INSTITUTION)

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

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

MANAGED BY SREE NARAYANA MANDIRA SAMITI (REGD.)

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

Date:12th April,2023

NOTICE

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

For any queries you can contact the following teachers:

Ms. Punam Mujwar; Contact no: 8369155271

Mrs. Reshma Jinwal; Contact no:9594967470

Ms. Nahid Shaikh; Contact no: 8108495483

(Diors)

Sports Committee In-charge

Mrs. Punam Mujawar

Principal

Principal

College of Commorce
P. L. Lokhande Marg.
Chembur, Mumbai 400 086

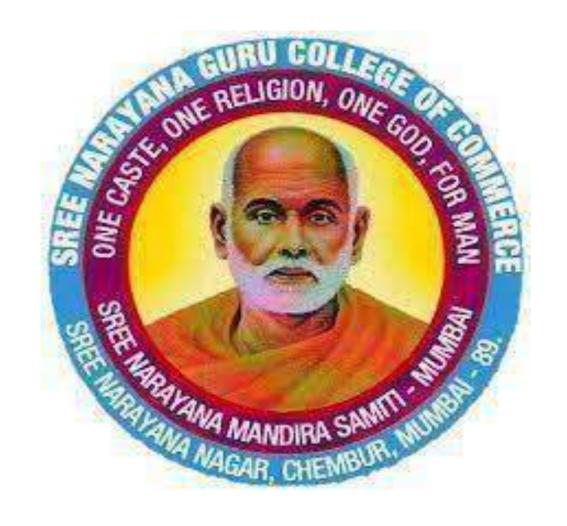
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SREE NARAYANA GURU COLLEGE OF COMMERCE P. L. LOKHANDE MARG, CHEMBUR, MUMBAI - 400089

Date: 17.04.23

	Laughter therapy session I	Participants
Sr.No	Name of the Student	Class
1	Aamin Ansari	BSCIT
2	Murad Ali Abdul Rajjak	BAF
3	UMMEHABIBA MOHAMMED IKHLAQUE SHAIKH	BSCIT
4	Mohd Anas Ansari	Other
5	Mohammad Aman Mohammed Rehan Ansari	Other
6	Poornima	BSCIT
7	Gupta Mangesh	BSCIT
8	Qureshi Aashkara sajjad	BBI
9	Shivani Anil Pawar	Other
10	Noorien mohd Ayub	всом
11	Arshiya khan	BAF
12	Neha shivbabu gupta	всом
13	Anam Rayees Ahmed	BSCIT
14	Mayureshwar buddhashanta	Other
15	Shaikh Ashraf Hasan.	BBI
16	Aisha Asif Shaikh	всом
17	Mansuri Nafisa Mohd Umar	всом
18	SYED FATEMA BIBI MUZAHID HUSSAIN	всом
19	Mohsin Masroor khan	BSCIT
20	KHAN SHAMIYA PYARE MIYA	всом
21	Jha Pinky Kumari Shankar	BAF
22	Femina Shaikh	Other
23	Najimuddin Shaikh	BSCIT
24	Jayshree.S.Kudia	Other
25	Khan zaiba	всом
26	Sarvar ali	Other
27	Aamir khan	BAF
28	Bilal Shaikh	ВСОМ
9	Umaira aqeel shaikh	BBI
	Kesar Mansingh Maurya	BAF
0.00	Shayna ansari	BBI
	Altamash Hussain khan	ВСОМ
	Prateksh Sunil sawant	BAF
BY III	ARBAAAAZ	BSCIT
152	Sapna Pandey	BCOM

	Augustin Abraham	Other
	Shaikh Farheen Jalaluddin Ali	ВСОМ
	Suraj Gupta	BSCIT
)	Ansari mohd Kaif	всом
)	Sana khan	BAF
1	Halwai Dali Rajeshkumar	BBI
2	Sayyed aliya	BAF
3	Tarisha Khatoon Mohammad Mateen Shaikh	BAF
4	Khan shafiya	ВСОМ
15	Khan Toheed Firoz	BAF
16	Venila Naidu	всом
47	Sarfaraj Shaikh	BSCIT
48	Nilofer sayed	BAMMC
49	Azar Ajgar shaikh	BCOM
50	Mohd sahil khurshid	BAF
51	Rinky Pal	BSCIT
52	Sadiya khalid siddiqui	ВСОМ
53	Chaitanya jayvant balip	всом
54	SHAIKH SHAHEEN SIRAJ	BCOM
55	Susmita Rajesh Bind	BFM
56	Khan momin mateen	BCOM
57	Khan kazim raza kalbe abbas	BCOM
58	Mohd Soheb Mansuri	BCOM
59	Tuheena Mansoor Mandal	Other
60	Safiullah khan	BCOM
61	Mansi Jagdish kamble	BSCIT
62	Abdul Karim Shaikh	BCOM
63	HEMANGI BHASKAR RANE	BCOM
64	Siddiqui Saniya Rashid Ahmed	BCOM
65	Idrisi Aaftab mohd Anwar	BSCIT
66	Ravish singh	BSCIT
67	Mohd Saqib Khan	BSCIT
68	Aakash vishwakarma	BSCIT
69	Ramjatan gupta	BSCIT
70	Khan Mantasha Karrar	
71	Muzaffar Mohammad hussain	BSCIT
72	ACHARYA YUVRAJ KOLANJI	BSCIT
73	Ziauddin malik	ВСОМ
74	Tasmin maqsood naik	BSCIT
75	Ajay	BSCIT
76	Gauri	BSCIT



Academic Year 2021-22

Report: Life Skills and Youth Leadership Session

Participants: 58 Students

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

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

Key Objectives:

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

Session Highlights:

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

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

Report prepared by Rayesh Navy.

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

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

Date: 2/08/2021

NOTICE

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

PLACEMENT CELL IN-CHARGE

PRINCIPAL

Prince Sree Narayana Gusta College of Commerce P. L. Lokhande Marg. Chembur, Mumbai

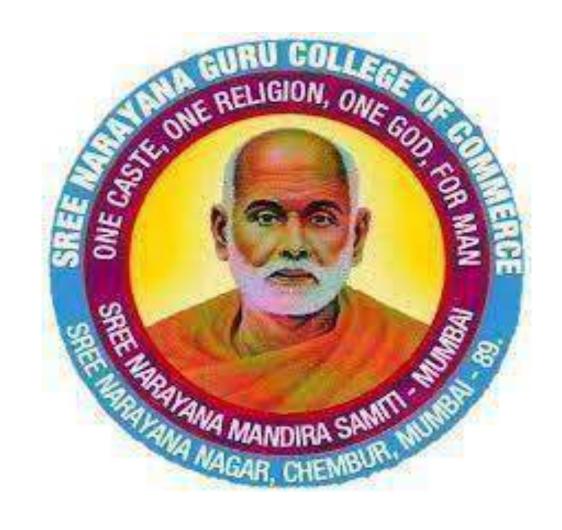
Life skills and youth leadership

Attendance Sheet

Date: 05/08/2021

Sr. No	Roll No	Nama	Date: 05	5/08/2021
1.	26	Name of the student CHAUDHIRY YASMEEN	Class	Signature
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2.	27	CHAUHAN KULDEEP MANGRE		geniece
3.	28	CHAVAN SUJATA MAHADEV	SYBCOM	Present s
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14.	38	KHAN SHABNOOR RAFIUDDIN	FYBAF	SANIYA
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		JAMALUDDIN	FYBAF	Annegh
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25.		KHAN MOHD SAQIB MUSHTAQUE AHMED	FYBSCIT	K. Mohd.
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Academic Year: 2019-20

Report on Bridge Course in Mathematics

Organized by: Department of Mathematics, Sree Narayana Guru College

Venue: Seminar Hall, First Floor (New Building)

Date: 3rd July 2019

Number of Students Benefitted: 253

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

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

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

Report prepared by;

Vandana Gupta.



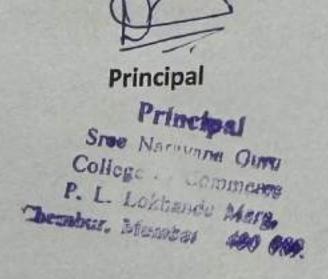
REACCREDITED BY NAAC WITH GRADE 'B' (CGPA2.45)
(PERMANENTLY AFFILIATED TO THE UNIVERSITY OF MUMBAI)
MANAGED BY SREE NARAYANA MANDIR SAMTI (REGD.)
P.L.LOKHNADE MARG CHEMBUR, MUMBAI -400089 Tel:25263132

Date: 01/07/2019

Notice

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





Bridge Course

Attendance Sheet

Date: 03/07/2019

S	r. No	Roll No	Name of the	Class	Signature
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Report on Yoga Session

Organizers: Sree Narayana Guru College in association with Isha Foundation

Venue: Seminar Hall, New Building, 1st Floor

Date: 21st June 2019 Participants: 30 Students

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

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

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

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

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

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

Report prepared by,

Lakonamichaya Kale.

Principal Snee Nareyone Good College of L' morce P. L. Lokhamir Mars. Chembur, Musobas 400 089

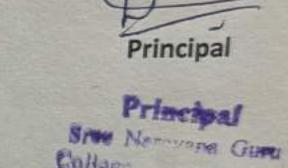
REACCREDITED BY NAAC WITH GRADE 'B' (CGPA2.45)
(PERMANENTLY AFFILIATED TO THE UNIVERSITY OF MUMBAI)
MANAGED BY SREE NARAYANA MANDIR SAMTI (REGD.)
P.L.LOKHNADE MARG CHEMBUR, MUMBAI -400089 Tel:25263132

Date: 15/06/2019

Notice

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





Yoga Attendance Sheet

Date: 21/06/2019

Sr. No	Roll No	Name of the	Class	Signature
1.	19	student		Silature
2.	20	ANSARI SHAHNAWAZ ALAM MEHBOOB ALAM	FYBCOM	Thank
	20	ANSARI SIDDIQ ILYAS	FYBCOM	1
3.	21	ANSARI UMMEAYMAN		Hive.
4.	22	ATIQUE	FYBCOM	Adams
5.	23	ANUSURES SUS	FYBCOM	Anyth.
6		ANUSHREE SUBASH KUMAR	FYBCOM	Suppel
6.	24	ARJAN SATISH	FYBCOM	Dafotog.
7.	25	SOUNDHARAJ ATAURREHMAN MD		149
8.	26	SHARIF SHAIKH	FYBCOM	Shought
	20	BAGADE LATASHREE EERABHADRA	FYBCOM	Mace
9.	27	BAIG KAIF RAIS	FYBCOM	The state of the s
10.	28	BELCHAPAD YOGESHWARI BABU	FYBCOM	Mahman
11.	29	BHOLE RADHIKA RAJENDRA	FYBCOM	1 Linkers
12.	30	BODHE KAJAL SHVAJI	FYBCOM	Die
13.	31	CHAUHAN KULDEEP MANGRE	FYBCOM	Paga
14.	32	CHAUHAN MUSTAQEEN KASAM	FYBCOM	Jarofu .
15.	19	ANSARI SHAHNAWAZ ALAM MEHBOOB ALAM	FYBCOM	mart a disau
16.	08	DAS PRANJAL RANJEET KONIKA	SYBAF	Re
17.	27	CHANGIANA	FYBAMMC	adr
18.	28	SHARMA GYANENDRA BRIJESH RAJRANI	FYBAMMC	Sga
19.	29	SHEJUL RAHUL BHAGWAN SHEETAL	FYBAMMC	OP.
20.	30	SHETTY PRANAY ASHOK PRIYA	FYBAMMC	(Rosel)

21.	31	SHINDE PANDURANG EVPANANCE
22.	32	HIRALAL CHHAYA SIDDIQUI RIFAT RIYAZ EVRANARA
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23.	27	Boug Kaif. FYBCOM. Kess
24.	29	Rhala Porthita Alecan Sea
		Bhole Radhika Fyscom.
25	33	Chavan sijata FYBCOM.
26		
26.	31	Chamban Kudeep FyBion. Kulde
27.	37	Phatake Swat FyBLOM. 500
28.	40	Desai Aniket Fybrom. Aniest
29	41	
30.	42	Epatri Mohammed FyBLOM Euro
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