

S.I.W.S.



N.R. SWAMY COLLEGE OF COMMERCE & ECONOMICS

And

SMT. THIRUMALAI COLLEGE OF SCIENCE

Plot No. 337, Sewri - Wadala Estate,
Major R. Parameshwaran Marg, Wadala, Mumbai - 400 031

Criteria 5.1.3

Index

5.1.3: LIFE SKILLS

Sr.no.	Name of the capability enhancement program	Date of implementation (DD-MM-YYYY)	Number of students enrolled	Page No.
1	Webinar on Mental Health Check-up and the Social Stigma attached	02 September, 2021	70	2-6
2	Stress Management and Emotional Intelligence workshop-Webinar	30 January, 2021	36	7-9
3	Three-Day Yoga cum Meditation course in association with Art of Living	16 to 18 August, 2021	22	10-14
4	'Lockdown Not Knockdown - Rejig Your Mental Health and Well-being during Uncertain Times' webinar organized by Department of Business Economics	26 May, 2020	340	15-31
5	Yogic Course for Beginners (On Zoom)	7-13 May, 2020	29	32-38
6	Stress management and Mental Health Workshop by Women Development Cell	10 December, 2019	122	39-46
7	Fit India Pledge	29 August, 2019	80	47-50
8	International Yoga day	21 June, 2019	164	51-56
9	A talk on 'Wellness and Grooming'	09 February, 2019	100	57-63
10	Seminar by Gillette and Hindustan Times	8 February, 2019	205	64-66
11	Yoga training workshop	20 to 26 December, 2018	13	67-68
12	International Yoga Day	21 June, 2018	101	69-73
13	A talk on 'Personal Hygiene'	04 August, 2017	113	74-79
14	International Yoga Day	21 June, 2017	100	80-84
15	International Yoga Day	21 June, 2016	137	85-89



PRINCIPAL

S.I.W.S. N.R. Swamy College of
Commerce & Economics and
Smt. Thirumalai College of Science,
Wadala, Mumbai - 400 031



S.I.W.S.
N.R. SWAMY COLLEGE OF COMMERCE & ECONOMICS &
SMT. THIRUMALAI COLLEGE OF SCIENCE

Plot No. 337, Sewree - Wadala Estate,
Major R. Parameshwaran Marg, Wadala, Mumbai - 400 031

Career Guidance and Placement Cell Report

2020-21

Date: 04/09/2021

Type of Activity	: Counseling
Name	: Mental Health Check-up and the Social Stigma attached
Date	: 02/09/2021
Collaboration	: Counselling Cell and IQAC
Resource Person	: Ms. Nikita Sharma
Objective	<ul style="list-style-type: none">• To identify the aptitude of an individual and to help students understand the importance of taking care of their mental health along with physical health.• To associate the importance of physical health, self-esteem, ability to manage conflict, and the ability to learn for all.
Number of Participants (Enrolled)	: 70
Number of Participants (Completed)	: 70
Outcome	<ul style="list-style-type: none">• The information imparted during the seminar will serve to be an eye-opener for the young students or any other person.• The learning from the event would go a long way in tackling mental and emotional issues.


Convenor



Principal
S.I.W.S. N. R. Swamy College of
Commerce & Economics
Thirumalai College of Science
Wadala, Mumbai-400 031.





S.I.W.S.

**N.R. SWAMY COLLEGE OF COMMERCE & ECONOMICS &
SMT. THIRUMALAI COLLEGE OF SCIENCE**

Plot No. 337, Sewrae - Wadala Estate,
Major R. Parameshwaran Marg, Wadala, Mumbai - 400 031

**Internal Quality Assurance Cell along with Counselling Cell &
Career Guidance and Placement Cell**

2020-2021

Report of webinar

on

“Mental Health Check-up and the Social Stigma attached”

(2nd September 2021 between 10.00 am to 11.30 am)

Guest speaker: Ms Nikita Sharma (Team Manager, Corporate Infocom, Pvt Ltd)

Objective:

- To help students understand the importance of taking care of their mental health along with physical health.
- Seminar is associated with physical health, self-esteem, ability to manage conflict, and the ability to learn for all.

Outcome:

- The information imparted during the seminar will serve to be an eye-opener for the young students or any other person.
- The learning from the event would go a long way in tackling mental and emotional issues.

A talk was organised by the Internal quality assurance cell, career guidance and placement cell and counselling cell on “Mental Health Check-up and the Social Stigma attached” by Ms Nikita Sharma (Team Manager, Corporate Infocom, Pvt ltd) on 2nd September 2021 between 10.00 am to 11.30 am for the students, teachers and non-teaching staff. There were 70 participants in the programme. The programme was presided over by our Principal madam Dr Usha Iyer. The speaker was welcomed and introduced by Prof. Nikhil Mamaniya.

Beginning with the basic prospect of health and the factors it is based on, Ms Nikita covered concerning and important topics like anxiety, depression and some commonly spread myths in detail. Expressing the main concern towards the youth of age, she discussed the symptoms, causes, consequences and prevention of Mental disorders. She also discussed elaborated Suicide prevention. Academic pressure, financial issues, body image concerns, sexual identity were some of the elements of concern. Some of the measures to prevent suicides such as providing support services, reducing access to means of self-harm, talk therapies and enhancing coping strategies of people having suicidal tendencies. She concluded the program by emphasizing that people should be more attentive towards mental health fitness in comparison to their physical health fitness. In the end, she answered the queries in detail raised by the audience.





S.I.W.S.

**N.R. SWAMY COLLEGE OF COMMERCE & ECONOMICS &
SMT. THIRUMALAI COLLEGE OF SCIENCE**

Plot No. 337, Sewree - Wadala Estate,
Major R. Parameshwaran Marg, Wadala, Mumbai - 400 031

The information imparted during the seminar served to be an eye-opener for the young students.
The learning from the event would go a long way in tackling mental and emotional issues.

The webinar concluded with a vote of thanks by Dr Asha Mathew.



Ms. Nikita Sharma delivering her talk on “Mental Health Check-up and the Social Stigma attached”

Convenor
Career Guidance and Placement Cell

Date: 04/09/2021



Dr. Usha Iyer
Principal

PRINCIPAL
S.I.W.S. N. R. Swamy College of
Commerce & Economics
Thirumalai College of Science
Wadala, Mumbai-400 031.

Sr.No.	Email Address	Full Name with Salutation (Dr./Mr./Mrs)	Mobile Number	College/Institution Name	College/Institution Address	Designation
36	ahk81084@gmail.com	Mr. Arbaz Hamid Khan	9653259822	SIWS COLLEGE OF SCIENCE ARTS AND COMMERCE	400031	Student
37	rajaiswal0902@gmail.com	Mr. Raj Ajay Kumar Jaiswal	8104918697	S.I.W.S	337, Major R. Parameshw	Student
38	Vishal26022000@gmail.com	Mr. Vishal Ravindrakumar Prajapati	9768717440	N R Swamy College of Commerce	Wadala	Student
39	subbuthavar08@gmail.com	Mr. Subbiah Muthu Thevar	8169283546	Siws	SEWREE WADALA ESTA	Library Attendant
40	sable.sushama@gmail.com	Mrs SUSHMA SANTOSH SABLE	8879121760	SIWS N R SWAMY COLLEGE	337, Major R. Parameshw	Student
41	shobhamaurya770@gmail.com	Ms. Shobha Rajesh kumar maurya	8291403274	S.I.W.S	Khanda colony, new panvel	Faculty
42	varshap156@gmail.com	Ms Varsha Ramnath Pandit	9702656019	CKT ACS College, khanda	337, Major R. Parameshw	Student
43	omipawar410@gmail.com	Mr. Omkar Pawar	9870327139	S.I.W.S college	337, Major R. Parameshw	Library Attendant
44	dubeysaligram@gmail.com	Mr Salikram Lalmani Dubey	9324090682	Ghanshyamdas Saraf College	S.V.Road Malad West Mumbai	Faculty
45	7anjalis@gmail.com	Dr. Anjali Anil Sharma	9975832727	Santaji Mahavidyalaya Navsari	Wardha Road, Chhatrapati, Mumbai	Faculty
46	rybhorkade@gmail.com	Mrs. Rajashree Yashwant Bhorkade	9969327872	KLE Society's Science and Commerce	Kalamboli Navi Mumbai	Student
47	mangwanatina349@gmail.com	Ms. Tina mangwana	7738790018	Siws college	Wadala, Mumbai 31	Faculty
48	vrindapatil96@gmail.com	Ms Vrinda Vijay Patil	9653310581	Changu kana thakur college of arts commerce and science	teen dogneri goregaon west	library attendant
49	akshatghatkar081999@gmail.com	TUKARAM RAGHUNATH GHATKAR	9769296280	j.m.patel college	Wadala	Student
50	tanmaymayekar921@gmail.com	Tanmay Mayekar	9769074265	S.I.W.S. COLLEGE	KLE Science and Commerce	Faculty
51	maaahe@gmail.com	Dr Usha Karunakaran	9967649242	KLE Science and Commerce	KLE Science and Commerce	Assistant professor
52	ramtekebk@gmail.com	Balkrushna karu Ramteke	9923340772	Samarth mahavidyalaya Navsari	At. samarth Nagar murma	Faculty
53	sonika.gupta1986@gmail.com	Dr. Sonika Gupta	9223377433	KES' Shroff College of Arts and Commerce	KES' Shroff College of Arts and Commerce	Student
54	20202126022@siwscollege.edu.in	Sreelakshmi Haridasan Viliakithala	9820597193	N.R.SWAMY COLLEGE OF COMMERCE	N.R.SWAMY COLLEGE OF COMMERCE	Student
55	somila.nutrition30@gmail.com	SOMILA SURABHI	7567599671	IIPS-Mumbai	IIPS-Mumbai	Student
56	sanjay248pal@gmail.com	SANJAY KUMAR PAL	8726147032	International Institute for Professional Studies	International Institute for Professional Studies	Faculty
57	vijaya.nemikal@khandolajoshi.edu.in	Ms Vijaya Nemikal	9284426712	Government College of Arts and Commerce	Government College of Arts and Commerce	Student
58	y.pawar89@gmail.com	Mr. Yogesh Prabhakar Pawar	8169211602	VPM'S Joshi Bedekar College of Arts and Commerce	VPM'S Joshi Bedekar College of Arts and Commerce	Other
59	swatisukalyani66@gmail.com	Swati	7504664820	Swati	Swati	Faculty
60	vrushali@kessc.edu.in	Vrushali kadam	9920356646	KES Shroff college of Arts and Commerce	KES Shroff college of Arts and Commerce	Faculty
61	sunayanahaldankar@gmail.com	Ms. Sunayana Haldankar	9637487346	Government College of Arts and Commerce	Government College of Arts and Commerce	Faculty
62	hemlatakumar27@gmail.com	Hemlata Kumar	8108707775	Smt. MMP Shah Women's College of Arts and Commerce	Smt. MMP Shah Women's College of Arts and Commerce	Student
63	Pratikshaanpat@gmail.com	Pratiksha manohar anpat	9004774807	S.i.w.s college	S.i.w.s college	Faculty
64	prnankani1393@gmail.com	MRS. RIDDHI MANISH ASWANI	9004094896	S.E.S SWAMI HANSMUN	S.E.S SWAMI HANSMUN	Faculty
65	kinshah1977@gmail.com	Ms. Kinnari Shah	9224151608	Smt MMP Shah Women's College of Arts and Commerce	Smt MMP Shah Women's College of Arts and Commerce	Student
66	devikumari@gmail.com	Devi Kumar	7666152511	S.I.W.S N.R. SWAMY COLLEGE OF COMMERCE	S.I.W.S N.R. SWAMY COLLEGE OF COMMERCE	Student
67	mirzasaba341@gmail.com	Mirza saba Parveen shahzade Alam	8898878638	N R Swamy College of Commerce	N R Swamy College of Commerce	Student
68	rajb5015@gmail.com	Raj Kumar	6006642409	Raj Kumar	Raj Kumar	Student
69	onlyyasif44@gmail.com	Asif Anwar	9084993872	Aligarh Muslim University	Aligarh Muslim University	Student
70	radhika.assija@gmail.com	RadhikaAssija	9766060413	Royal college of science and technology	Royal college of science and technology	Other


PRINCIPAL
 S.I.W.S. N. R. Swamy College of
 Commerce & Economics
 Talmatnagar College of Science
 Wadala, Mumbai-400 031.



Sr.No.	Email Address	Full Name with Salutation (Dr./Mr./Mrs)	Mobile Number	College/Institution Name	College/Institution Address	Designation
1	jaiswarpriti87@gmail.com	Ms priti jaiswar	9136714636	Siws	400031	Student
2	justin jose2723@gmail.com	Mr. Justin Jose	9082002296	S.I.W.S College	Wadala,400031	Student
3	gokulc8122@gmail.com	GOKUL DHANRAJ CHOUDHARY	9819092691	SIWS COLLEGE, MUMBAI	Mumbai	Faculty
4	nikhita bitale2002@gmail.com	Ms. Nikhita Bitale	9326097450	S. I. W. S. college	Wadala 400031	Student
5	nahidkhan9144@gmail.com	Ms nahid khan	8652871888	Siws college	Wadala	Student
6	9867845655ritesh@gmail.com	Mr. Ritesh singh	7506469149	SIWS NR Swamy College	Plot No. 337, Sewree Wadala	Student
7	manisha1099@gmail.com	Dr. Manisha Sagar Dandgawhal	9987102661	MKS College of Commerce	JVPD Scheme Vileparle-V	Faculty
8	roselinkency@gmail.com	Ms. M. Kency Roselin	9769972340	SIWS College	337, Major R. Parameshwar	Student
9	akashvpatil2597@gmail.com	Mr. Akash Vasudev Patil	8652616580	Changu Kana Thakur Arts	Plot No.1 Sector 11 Khandiv	Faculty
10	shankarkonar74@gmail.com	MR.Shankar.R	9969340986	S.I.W.S NR Swamy college	Plot no.337 sewree wadala	Library Attendant
11	sanjayshinde3070@gmail.com	Mr sanjay Gorakh shinde	9423981179	Siwscollege	Wadala mumbai 31	Lab Assistant
12	raginipal.0910@gmail.com	Ms. Ragini Pal	9372094364	S. I. W. S.		Student
13	jsaurabh082@gmail.com	Mr.SAURABH JAISWAR	9967672613	S.I.W.S college	Wadala 400031	Student
14	chengeshrutit466@gmail.com	Mr.Shruti Filip Chenge	9594228088	S.I.W.S	Wadala,Mumbai,Maharashtra	Student
15	preetamarygeorge22@gmail.com	Mrs. Preeta Rejoy	9820817496	SIWS College, Wadala	400031	Faculty
16	adigupta1407@gmail.com	Mr. Gupta Aditya Rambhajan	9967928816	SIWS COLLEGE	SIWS COLLEGE,Wadala	Student
17	prachitrajpure@gmail.com	Mr. Prachit kailas Rajpure	8104386728	Siws College		Student
18	rahulgupta84441@gmail.com	Mr. Gupta Rahul Dinesh	7303292996	N.R Swamy college	400031	Student
19	amirthakanikirtana@gmail.com	Kirtana Robinson Rajesh	7715820796	S.I.W.S. N. R. Swamy College	S.I.W.S. N. R. Swamy College	Student
20	dineshsanadi@gmail.com	Dr.Sanadi Dinesh Annappa Shalini	7208710920	St.Joseph College of Arts	Satpala, Virar Palghar	Faculty
21	piramudaskonar@gmail.com	Mr.Piramudas palani	9930808730	S.I.W.S .NR.Swamy college	400031	Faculty
22	haridasv@tcc.tolani.edu	Mr. Haridas Bhimaji Vakchore	9022606092	Tolani College of Commerce	Sher-e-Punjab Society, Aurangabad	Library Attendant
23	ajaygupta15112001@gmail.com	Mr. Gupta Sagar Markande	82916665726	S.I.W.S College	400031	Student
24	prachidudavdkar@gmail.com	Ms.Prachi Ranjit Dudavdkar	7506302054	S.I.W.S College	Wadala, Mumbai 400 031	Student
25	omkarpalav1610@gmail.com	Mr. Omkar Abhimanyu Palav	9404184371	S.I.W.S. N. R. Swamy College	S.I.W.S. N. R. Swamy College	Student
26	mona13m2000@gmail.com	Ms.Mona Bharaj	9820524565	Siws College	Wadala	Faculty
27	shindeamita932@gmail.com	Ms. Amita Anil Shinde	9076012472	S.I.W.S College	S.I.W.S College wadala, Mumbai	TYBSCIT
28	surendratakale@gmail.com	Dr. Surendra N. Takale	8698097062	Sir Sayyed College of Arts	Roshan gate, Aurangabad	Faculty
29	shreddhbhndr@gmail.com	Shraddha Bhandari	9136332781	SIWS	S.I.W.S College Wadala Mumbai	Student
30	patilbharatsing618@gmail.com	Mr bharatsing patil	98536211	Siws college	Wadala Mumbai 31	Lab Assistant
31	shabdisoban704@gmail.com	Mr. Mohd soban shabdi	9004516493	S. I. W. S COLLEGE	337, Major R. Parameshwar	Student
32	dr.sangeetasutar@gmail.com	Prof. Sangeeta Sahebrao Sutar	9922428180	Sir Sayyed College, Aurangabad	Same as above	Faculty
33	mamata.kukreja@gmail.com	Mrs. Muskaan Kursija	9664021149	S. I. W. S. College, Wadala	Wadala	Faculty
34	shellybcm32@gmail.com	SHELLY RAWLA	9878895988	BCM SCHOOL CHANDIGARH	SECTOR-32-A, LUDHIANA	Faculty
35	revankarsuchi@gmail.com	Mrs. Suchita revankar	8779631993	Siws college	Wadala	Faculty



PRINCIPAL
S.I.W.S. N. R. Swamy College of
Commerce & Economics
Thirumala College of Science
Wadala, Mumbai-400 031.



S.I.W.S.

**N.R. SWAMY COLLEGE OF COMMERCE &
ECONOMICS &**

Smt. THIRUMALAI COLLEGE OF SCIENCE

PLOT NO. 337, SEWREE, WADALA ESTATE, MAJOR R. PARAMESHWARAN MARG,
WADALA, MUMBAI - 400 031.

31st January, 2021

**Department of Lifelong Learning & Extension
Academic Year 2020-21**

Report on a Stress Management and Emotional Intelligence workshop

Title: 'Stress Management and Emotional Intelligence Workshop'

Date of event: 30th January, 2021

Time: 5.00 pm to 6.30 pm

No of students: 36 students

Objectives:

1. To manage stress in day to day life.
2. To explain the concept of Emotional Intelligence.

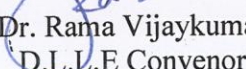
Guest Speaker: Dr. Kirti Nakhare, Assistant Professor in Business Communication from S.I.W.S. N.R Swamy College, Wadala, Mumbai.

Brief Report:


DLLE team of S.I.W.S. College organised online workshop on "Stress Management and Emotional Intelligence" on 30th January, 2021 from 5.00 pm to 6.30 pm on OTT platform (Google meet) Dr. Kirti Nakhare, Assistant Professor in Business Communication from S.I.W.S. N.R Swamy College was the resource person, she highlighted on different ways of how to manage stress in day to day life and explained the concept of Emotional Intelligence. 36 students attended the workshop

Outcome:

1. Students clarify their doubts on related topics
2. Students took keen interest and were able to understand the concept of Emotional Intelligence.


Dr. Rama Vijaykumar
D.L.L.E Convenor

Date : 31st January, 2021


Dr. Usha Iyer
Principal

PRINCIPAL
S.I.W.S. N.R. Swamy College of
Commerce & Economics &
Smt. Thirumalai College of Science,
Wadala, Mumbai - 400 031





S.I.W.S.

N.R. SWAMY COLLEGE OF COMMERCE &
ECONOMICS &

Smt. THIRUMALAI COLLEGE OF SCIENCE

PLOT NO. 337, SEWREE, WADALA ESTATE, MAJOR R. PARAMESHWARAN MARG,
WADALA, MUMBAI - 400 031.

Photo Gallery

The screenshot shows a Google Meet interface. The top part displays a slide titled "Animated Summary" with various diagrams and text related to stress management. The bottom part shows a grid of participants, including names like ANJAL PAL, ANJUMBANO, and KIRTI NAKHARE. The meeting details at the bottom indicate it is recorded and shows options like "Raise hand", "Turn on captions", and "Present now".

**Workshop on "Stress Management and Emotional Intelligence" on 30th January, 2021
from 5.00 pm to 6.30 pm on OTT platform (Google meet)**



[Signature]
PRINCIPAL
S.I.W.S.N.R. Swamy College of
Commerce & Economics And
Smt. Thirumalai College of Science
Wadala, Mumbai - 400 031.



S.I.W.S.

N.R. SWAMY COLLEGE OF COMMERCE &
ECONOMICS &

Smt. THIRUMALAI COLLEGE OF SCIENCE

PLOT NO. 337, SEWREE, WADALA ESTATE, MAJOR R. PARAMESHWARAN MARG,
WADALA, MUMBAI - 400 031.

Attendance:

Timestamp	Email Address	Name	Contact Number	ROLL NO.	CLASS & DIV
1-30-2021 18:25:31	alex245410@gmail.com	EDWARD ALEXANDER S	9920772465	3613	SYBCOM - E
1-30-2021 18:26:37	skytch.disha@gmail.com	Anushree maitra	08850197914	2115	Fybcom div 1
1-30-2021 18:27:05	tabushaikh770@gmail.com	Tabassum Shaikh Sharif	8655715531	4174	Tybcom B
1-30-2021 18:29:04	shaikhshadik030@gmail.com	Shaikh MO Shadjik	8976863041	4168	B1
1-30-2021 18:29:11	Kannojiyakajal1@gmail.com	Kannojiya Kajal Dinesh Ku	9136179230	3209	Sybc com (b)
1-30-2021 18:29:14	ramanevaishnavi812@gmail.co	Vaishnavi Ramane.	8291617471	8132	S.Y.Bsc
1-30-2021 18:29:22	maneshubham812@gmail.com	Mane Shubham Abaso	8928069035	2219	SYB.COM /A
1-30-2021 18:29:23	2019207106@siwscollege.edu.	Trupti Deolekar	9930014928	8103	SyBsc(CMB)
1-30-2021 18:30:34	namratamahatre2001@gmail.co	Namrata jagdish mhatre	7021178075	8120	Sybsc microbiology
1-30-2021 18:31:29	gaythiri05@gmail.com	Gaythiri Angusamy	9867185424	8108	SYBsc
1-30-2021 18:31:45	Prajaktanipane28@gmail.in	Prajakta Sarjerao Nipane	9137494421	2277	F.Y. B com & Div - C
1-30-2021 18:31:57	sumanchaurasiya152@gmail.c	Suman Chaurasiya	8828725127	4211	T.Y.BCOM. B
1-30-2021 18:32:27	rajeshchavan062@gmail.com	Rajesh kisan chavan	7693044532	9109	Tybsc
1-30-2021 18:32:51	2020212592@siwscollege.edu.	Fabayha Ansari Mohd Yur	7522852463	2592	Fybcom IID
1-30-2021 18:33:16	2020212428@siwscollege.edu.	Pratima jaybal vishwakarm	8693097049	2428	FYB. Com D2
1-30-2021 18:33:27	asmitanw@gmail.com	Asmita Nanasaheb walunj	9820539599	4195	Tybcom / B
1-30-2021 18:33:49	diptimanjare180@gmail.com	Dipti tukaram manjare	9284236960	8118	SYBsc
1-30-2021 18:35:33	sksaidani144@gmail.com	Shaikh Saidani	9326449506	4171	Tybcom
1-30-2021 18:35:46	2019202274@siwscollege.edu.i	Diksha kesharwani	8928638538	2274	Sybcom /c
1-30-2021 18:35:59	salleejadhav0077@gmail.com	Sailee sunil jadhav	9987618673	8109	S.YBsc CMB
1-30-2021 18:36:28	sababorkar2001@gmail.com	Saba mehboob borkar	8286024939	4029	Tybcom (A)
1-30-2021 18:37:06	siddhikagopi3008@gmail.com	Siddhika Bhadrarao Gopi	9136885573	3147	B
1-30-2021 18:38:07	shaikhshaija001@gmail.com	Shaikh shaija	8286408317	4173	Tybcom B
1-30-2021 18:38:50	sonamsalunkhe14@gmail.com	Sonam Virendra salunkhe	7700083659	15032	Sybms
1-30-2021 18:40:22	komalkarkare09@gmail.com	Komal karkare	9370239374	8110	Sybsc
1-30-2021 18:40:26	anjumsalmani101@gmail.com	SALMANI ANJUM BANO	9967820339	3396	SyBcom (D)
1-30-2021 18:40:35	hashmimaksood169@gmail.co	Sahebabano Hashmi	9372168081	2558	Fybcom division II E
1-30-2021 18:41:30	shreyaiyer211@gmail.com	Shreya Iyer	9769770314	15051	Sybms
1-30-2021 18:41:52	khanmubasshira2000@gmail.c	mubasshira khan	7303872650	9124	TY. BSC- CHEMISTRY
1-30-2021 18:42:00	yadavyoti39924@gmail.com	JYOTI YADAV	7039181561	2435	D
1-30-2021 18:42:09	palanjali531@gmail.com	ANJALI PAL	8767111329	9015	tybsc
1-30-2021 18:51:42	2020212063@siwscollege.edu.	Sushant Suryakant choud	8454997527	2063	Fybcom A
1-30-2021 18:56:12	shivagpatil25@gmail.com	Patil Ganesh Mahesh	9594450905	8128	S.Y.B.Sc. (Chemistry- Microbiology)
1-30-2021 18:59:08	yuvrajshriyan43@gmail.com	Yuvrajshriyan	9137061283	2596	Fy.bcom& Div D
1-30-2021 19:12:09	razakaif006@gmail.com	Khan Irsad kalimulla	9137950348	2578	Fybcom E
1-30-2021 19:14:40	ankitajadhavdob@gmail.com	Ankita Suresh Jadhav	7039902395	4058	A

Kama
DLLE Convenor
Dr. Rama Vijaykumar

3 | 3



Shri
PRINCIPAL
S.I.W.S.N.R. Swamy College of
Commerce & Economics And
Smt. Thirumalai College of Science
Wadala, Mumbai - 400 031.



S.I.W.S.

N.R. SWAMY COLLEGE OF COMMERCE AND ECONOMICS
& SMT. THIRUMALAI COLLEGE OF SCIENCE
337, Major R. Parameshwaran Marg, Sewree-Wadala Estate,
Wadala, Mumbai – 400031.

20th August, 2021

NATIONAL SERVICE SCHEME

Academic Year 2021-22

Art of Living Course

- **Date of the Event:** 16th August, 2021 to 18th August, 2021
- **Time:** All days between 5:00 p.m. to 6:00 p.m.
- **No. of Students:** 22 students
- **Objective:**
 1. To create awareness about mental health
 2. To introduce various breathing techniques
 3. To learn few Yoga and Pranayam techniques
- **Resource Person/ Guest Speaker:** Ms. Monica Gehlot
- **Brief Report:**

The NSS unit of S.I.W.S. College organized a Three-Day Yoga cum Meditation course for its NSS students in association with Art of Living from 16th August, 2021 to 18th August, 2021 between 05:00 p.m. to 06:00 p.m.

Day-1 started with introduction of the speaker Ms. Monica Gehlot by Prof. Ravindra Singh. The students were taught importance of right breathing techniques, breathing boosters and Sukshma Vyama technique. The session ended with Vote of Thanks by Dr. Sanghamitra Mishra.

Day-2 of the session started with welcoming of our trainee cum speaker of the session Ms. Monica Gehlot by Dr. Sanghamitra Mishra. The 2nd day was dedicated to 5 immunity pump Yoga asanas and Naadi Shodhan Pranayam. The session ended with Vote of Thanks by Dr. Ravindra Singh.



PRINCIPAL
S.I.W.S. N.R. Swamy College of
Commerce & Economics &
Smt. Thirumalai College of Science,
Wadala, Mumbai 400 031

Day-3 began with formal welcome of the speaker Ms. Monica Gehlot for the final day of the session by Dr. Ravindra Singh. The students were taught 4 sitting Yogas and various pranayama techniques and also guided meditation for beginners.

A total of 22 students registered for the course and they were happy with what has been taught to them in the due course. They were also showing willingness to pursue advanced level of Yoga and Meditation techniques. The course ended with Vote of Thanks by Dr. Sanghamitra Mishra.

➤ **Outcome:**

1. Students were made aware about the importance of mental health
2. Students were taught Sectional breathing, Yogic breath and Bhastrika
3. Students practiced 4 sitting asanas and Pranayam techniques



Dr. Ravindra Singh
(NSS Programme Officer)



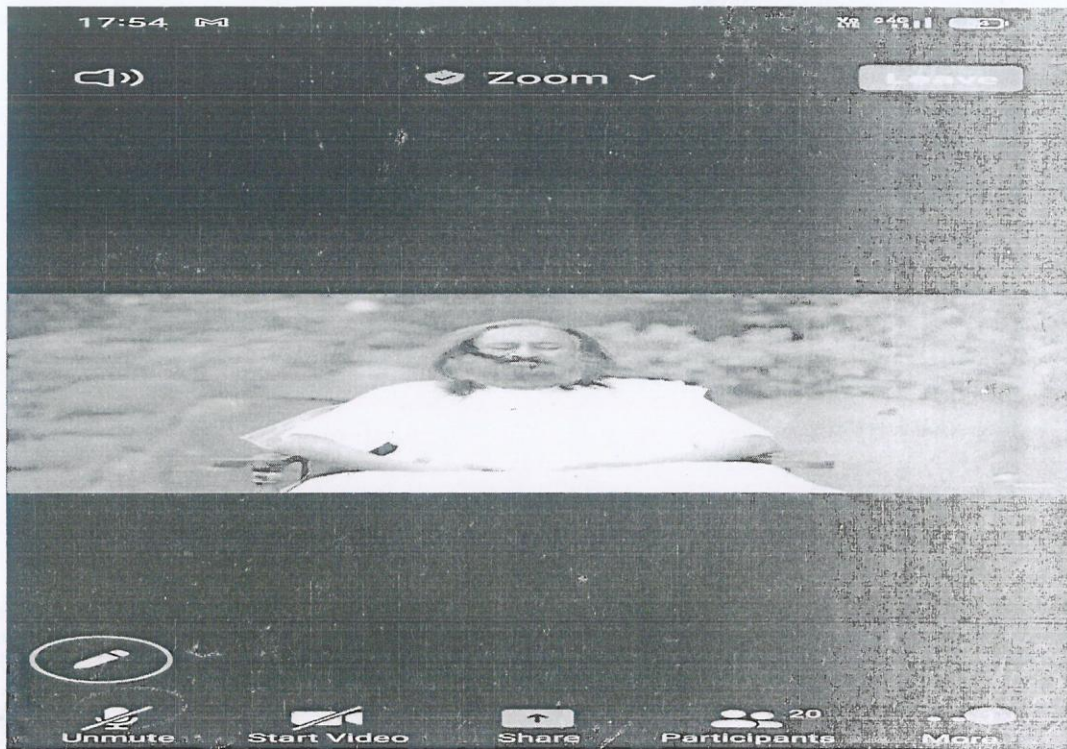
Dr. Sanghamitra Mishra
(NSS Programme Officer)



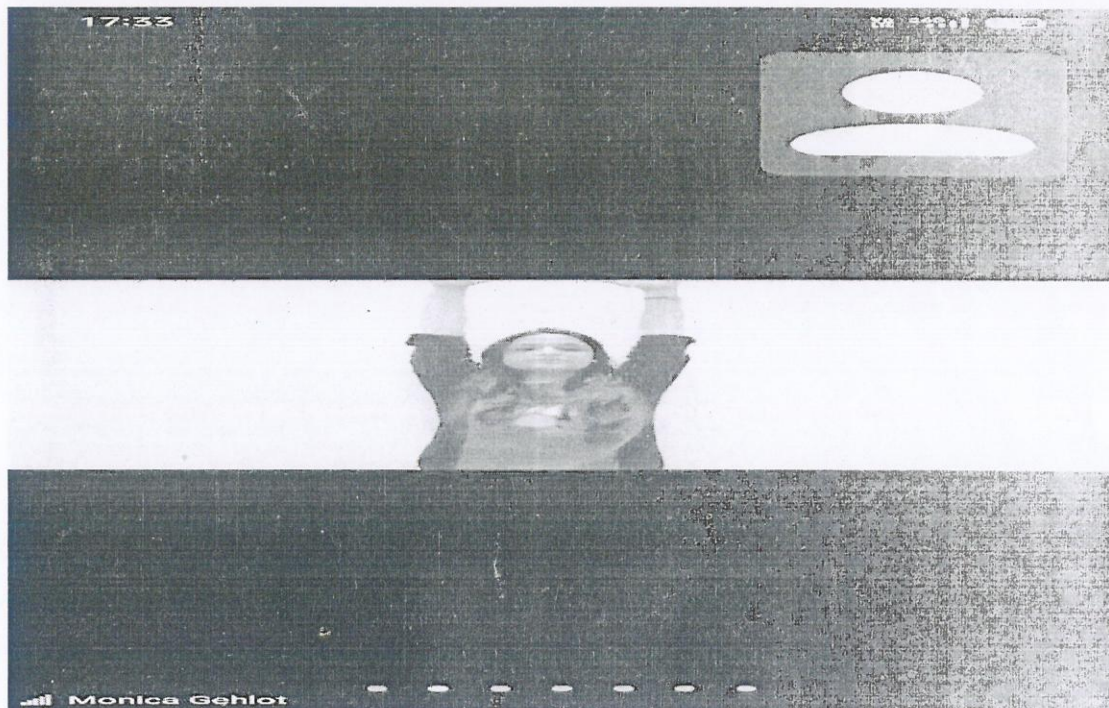
Dr. Usha Iyer
(Principal)
PRINCIPAL
S.I.W.S. N.R. Swamy College of
Commerce & Economics &
Smt. Thirumalai College of Science,
Wadala, Mumbai - 400 031



Photo Gallery




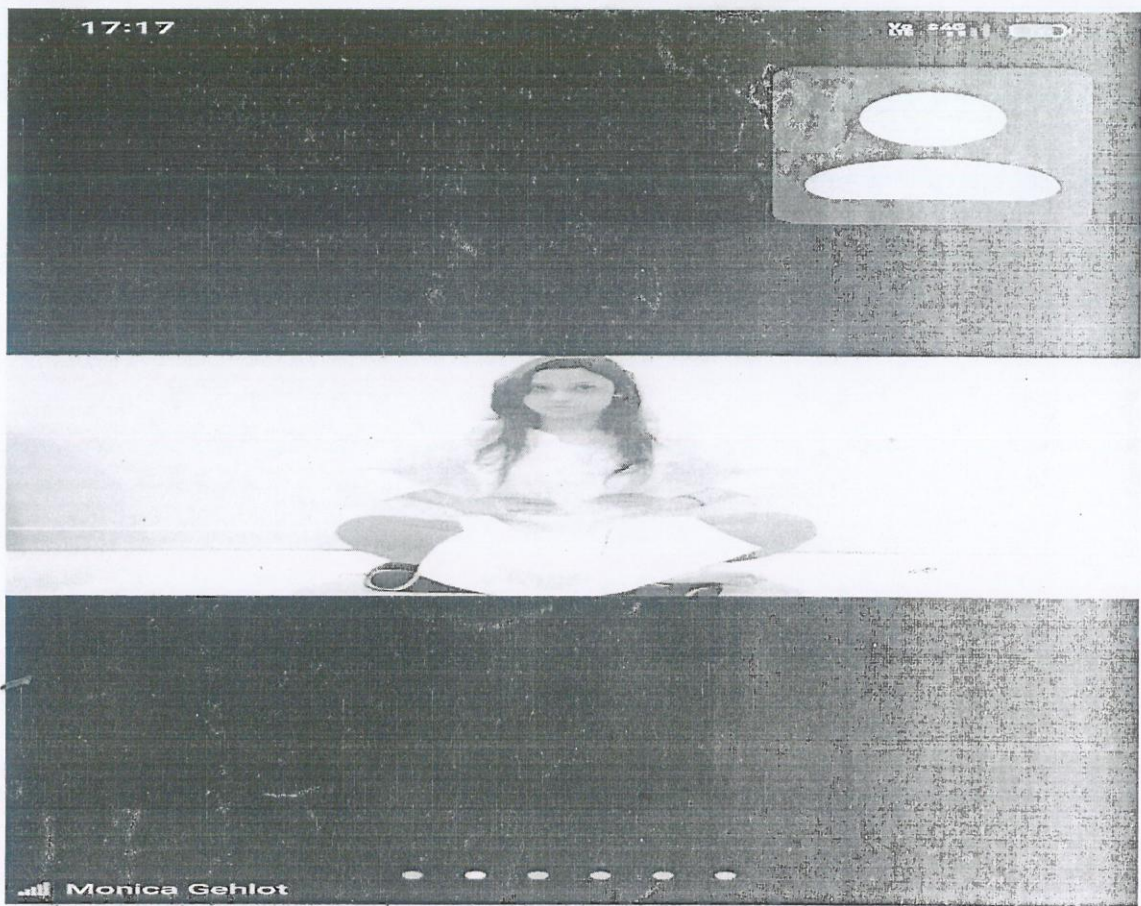
A video clip of Sri Sri Ravishankar Art of Living played during the session



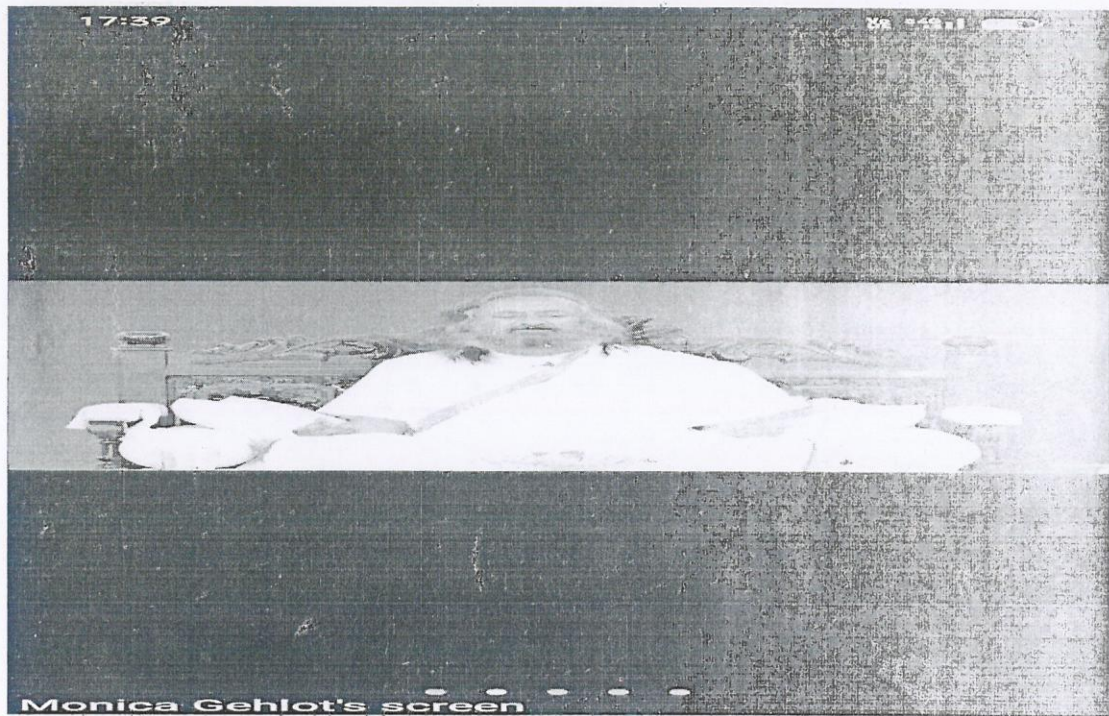
Resource Person Ms. Monica Gehlot performing Yogasans during Day-1




PRINCIPAL
S.I.W.S. N.R. Swamy College of
Commerce & Economics &
Smt. Thirumalai College of Science,
Wadala, Mumbai - 400 031



Resource Person Ms. Monica Gehlot performing Yogasans during Day-2



A video clip of Sri Sri Ravishankar Art of Living played during Day-3



AMS
PRINCIPAL
S.I.W.S. N.R. Swamy College of
Commerce & Economics &
Smt. Thirumalai College of Science,
Wadala, Mumbai - 400 031

ART OF LIVING
16-8-21 To 18-8-21

1. pratik pednekar
2. Kajal Jaiswal
3. Shobha Maurya
4. Muskan Sonpatpawar
5. Makaron Mohite
6. Kanti Maurya
7. SNEHA KURIAKOT
8. Jyoti Yadav
9. Sneha Subramanian
10. Mansi Khombhe
11. Vedant Bhabal
12. Kajal Kannojiya
13. Sakshi shinde
14. Diksha Kesharwani
15. Priti Jaiswar
16. Tina Mangwana
17. Shubham S Balgude
18. Ajit Kumar
19. Tanmay
20. Trushti Waghmare
21. Sochiri Kumar
22. Shrinidhi Thembane

- ~~Kajal~~
~~Pratik~~
~~Muskan~~
~~Makaron~~
~~Kanti~~
~~Sneha~~
~~Jyoti~~
~~Sneha~~
~~Mansi~~
~~Vedant~~
~~Kajal~~
~~Sakshi~~
~~Diksha~~
~~Priti~~
~~Tina~~
~~Shubham~~
~~Ajit~~
~~Tanmay~~
~~Trushti~~
~~Sochiri~~
~~Shrinidhi~~



S.M.S.
PRINCIPAL
S.I.W.S.- N.R. Swamy College of
Commerce & Economics &
Smt. Thirumalai College of Science,
Wadala, Mumbai - 400 031



S.I.W.S.

**N.R. SWAMY COLLEGE OF COMMERCE & ECONOMICS &
SMT. THIRUMALAI COLLEGE OF SCIENCE**

Plot No. 337, Sewree - Wadala Estate,
Major R. Parameshwaran Marg, Wadala, Mumbai - 400 031

Date: 26 May 2020

Department of Business Economics

2019-2020

Type of Activity : National Webinar

Theme : 'Lockdown Not Knockdown - Rejig Your Mental Health And Well-Being during Uncertain Times'

Date : 26 May 2020

Collaboration : NIL

Resource Persons : Dr Satishchandra Kumar, Head University Department of Applied Psychology & Counselling Centre, University of Mumbai
Dr Juhi Deshmukh, Assistant Professor, Department of Psychology, Savitribai Phule Pune University, Pune.

Objectives :

- To share perspectives on the crisis created by Covid-19 Pandemic
- To suggest ways to identify and combat mental health issues of students and teaching staff

Number of Participants (Enrolled) : 539

Number of Participants (Completed) : 340

Aarti Inasad
Convener

[Signature]
Vice Principal



[Signature]
Principal

PRINCIPAL
S.I.W.S. N.R. Swamy College of
Commerce & Economics &
Smt. Thirumalai College of Science,
Wadala, Mumbai - 400 031



S.I.W.S.

**N.R. SWAMY COLLEGE OF COMMERCE & ECONOMICS &
SMT. THIRUMALAI COLLEGE OF SCIENCE**

Plot No. 337, Sewree - Wadala Estate,
Major R. Parameshwaran Marg, Wadala, Mumbai - 400 031

Date: 26 May 2020

Department of Business Economics

2019-2020

- Type of Activity** : National Webinar
- Theme** : 'Lockdown Not Knockdown - Rejig Your Mental Health And Well-Being during Uncertain Times'
- Date** : 26 May 2020
- Collaboration** : NIL
- Resource Persons** : Dr Satishchandra Kumar, Head University Department of Applied Psychology & Counselling Centre, University of Mumbai
Dr Juhi Deshmukh, Assistant Professor, Department of Psychology, Savitribai Phule Pune University, Pune.
- Objectives** :
 - To share perspectives on the crisis created by Covid-19 Pandemic
 - To suggest ways to identify and combat mental health issues of students and teaching staff
- Number of Participants (Enrolled)** : 539
- Number of Participants (Completed)** : 340

Aarti Prasad
Convener

Ujain
Vice Principal



[Signature]
Principal

PRINCIPAL
**S.I.W.S. N.R. Swamy College of
Commerce & Economics &
Smt. Thirumalai College of Science**
Wadala, Mumbai - 400 031



S.I.W.S.

**N.R. SWAMY COLLEGE OF COMMERCE AND ECONOMICS
& SMT. THIRUMALAI COLLEGE OF SCIENCE**
337, Major R. Parameshwaran Marg, Sewree-Wadala Estate,
Wadala, Mumbai – 400031.

DEPARTMENT OF BUSINESS ECONOMICS

Report of Webinar on the Topic: 'Lockdown, Not Knockdown: Rejig your Mental Health and Wellbeing in Uncertain Times' organized by Department of Business Economics

Date: May 26, 2020

Objectives: To share perspectives on the crisis created by the Covid-19 pandemic

To help students identify and combat mental health issues.

In the light of the unprecedented COVID-19 pandemic that has given rise to uncertainty, the Department of Economics organized a webinar on the topic: 'Lockdown, Not Knockdown: Rejig your Mental Health and Wellbeing in Uncertain Times'. The objective of this webinar was to help students deal with issues of anxiety and stress created by the pandemic. Dr Aarti Prasad welcomed the participants and introduced the key speakers Dr Satish Kumar, Professor and Head, Department of Applied Psychology and Counseling Centre, University of Mumbai and Dr Juhi Deshmukh, Assistant Professor, Savitribai Phule Pune University. Principal Dr Usha Iyer spoke on the need to promote the mental health and wellbeing of the students in the current situation.

The speakers highlighted the challenges brought about by the pandemic such as loss of activity, limited access to essential supplies, social isolation, emotional strain, loneliness, boredom, anxiousness and frustration. Examinations, uncertainty about future, fear of getting infected, stigma and rumours, sleep disturbances added to the stress and anxiety of students. Various coping strategies such as knowing your trigger points, coming out of autopilot mode of thoughts, rewiring thoughts, taking one day at a time and


PRINCIPAL

S.I.W.S. N.R. Swamy College of
Commerce & Economics and
Smt. Thirumalai College of Science,
Wadala, Mumbai - 400 031



trying and doing something new were discussed with day to day examples. The pandemic had necessitated the use of technology and it was necessary to use it intelligently and safely. An attitude of gratitude and compassion was much needed and resilience was the key in dealing with the crisis.

The speakers stressed the need to be positive and optimistic as we had faced many problems in the past and we would overcome the present situation as well. It was important to build rapport with the students so that they would feel free to discuss their problems with the teachers.

The webinar ended with an interactive question answer session after the presentations by the speakers and was well received with feedback from three hundred forty participants. The webinar concluded with Dr Sanghamitra Mishra proposing a formal vote of thanks.



Dr Aarti Prasad

Convenor





Principal

PRINCIPAL
S.I.W.S. N.R. Swamy College of
Commerce & Economics &
Smt. Thirumalai College of Science,
Wadala, Mumbai - 400 031

May 26, 2020



S.I.W.S.
N.R. SWAMY COLLEGE OF COMMERCE AND ECONOMICS
&
SMT. THIRUMALAI COLLEGE OF SCIENCE
WADALA MUMBAI-400031

Department of Business Economics: 2019-20
Participants list: National Webinar: Lockdown, not Knockdown: Rejig your Mental
Health during uncertain Times May 26, 2020

Sr. No.	Timestamp	Name of Participant	College/Institution (As it should appear on the certificate)
1	5-19-2020 9:21:44	Dr. Usha Iyer	SIWS College, Wadala, Mumbai -400 077
2	5-22-2020 21:05:27	C CHIDAMBARANATHAN	D G VAISHNAV COLLEGE
3	5-25-2020 23:25:19	Dr. DEEPA. C	Islamiah women's Arts and science college
4	5-26-2020 9:06:07	Suraj Lalji Gupta	Vpm r z shah CLG Mulund
5	5-26-2020 11:36:18	Ravisha Ramchandra Gharge	N.GAcharya &D.K.Marathe college chembur
6	5-26-2020 11:42:14	Dr Shashi Arunkumar Mishra	Ramniranjan Jhunjhunwala College (autonomous)
7	5-26-2020 11:46:06	Jenold R Misquitta	Nirmala Memorial Foundation College, Kandivali
8	5-26-2020 11:49:06	Hanamant shahaji Sawant	Shrimant Babasaheb Deshmukh Mahavidyalaya Atpadi
9	5-26-2020 11:58:50	Chitra Sadanand More	Vidyalankar School Of Information Technology
10	5-26-2020 12:01:49	Smita chavan	Guru Nanak Khalsa College
11	5-27-2020 16:32:41	Clerk	Guru Nanak College of Arts, Science and Commerce
12	5-27-2020 17:31:46	Sneha Rajbhar	Siws college
13	5-26-2020 12:08:54	Dr. Prashant Haramkar	YDVD Art Commerce and Science College Teosa Amravati
14	5-26-2020 12:15:50	Mrs Bharati Ajay pandey	SIWS college
15	5-26-2020 12:25:22	Shivangi A Nadkarni	Lords Universal Junior College, Goregaon
16	5-26-2020 12:26:25	Aakash Shinde	Guru Nanak College Of Arts Commerce and Science
17	5-26-2020 12:31:54	Jadhav Vrishali Vilas	St. Francis Institute of Technology
18	5-26-2020 12:37:58	PINAKI VISHWAS	GHANSHYAMDAS SARAF COLLEGE
19	5-26-2020 12:40:21	Gaurav Subhash Dalvi	Guru Nanak Khalsa College
20	5-26-2020 12:45:22	Sayyed Mohd Jassim	SIWS College



21	5-26-2020 12:47:30	Prof.SHIRISH CHANDRAKANT SAMEL	Vasantao Naik College of Arts,Commerce & Barrister A.r.Antulay Science College
22	5-26-2020 12:50:50	NITHITHA FERNANDO	CHRIST ACADEMY, NAVI MUMBAI
23	5-26-2020 13:10:09	Professor (Dr).Shaukat Ali	Akbar Peerbhoy College of Commerce and Economics.
24	5-26-2020 12:59:00	SUYASH SURENDRA PRASAD	DSPM'S K. V. PENDHARKAR COLLEGE, DOMBIVLI EAST
25	5-26-2020 13:02:08	Sadriwala Sakina Khojema	Nirmala Niketan College
26	5-26-2020 13:02:12	Dr Sapna Sharma	Mata Gujri Mahila Mahavidyalaya jabalpur
27	5-27-2020 18:57:43	Praful Santosh Sharma	NES RATNAM COLLEGE ARTS SCIENCE AND COMMERCE
28	5-26-2020 13:02:33	Dr.K.S.Nirmal Kumar	The New College (Autonomous)
29	5-26-2020 13:02:33	VISHAL DINESH WALMIKI	GURU NANAK COLLEGE of ARTS ,SCIENCE and COMMERCE
30	5-26-2020 13:02:39	DHRITI DHAROD	SIWS College
31	5-26-2020 13:02:44	Dr. Geeta Kubsad	Pravin Gandhi College Of Law
32	5-26-2020 13:03:58	Ashok Kawal Bidlan	S I W S College
33	5-26-2020 13:04:03	SURESH BALAWANT PATIL	KANKAVLI COLLEGE, KANKAVLI
34	5-26-2020 13:04:04	Aarti Shamappa Gantal	SIWS NR swamy college of commerce and business economics
35	5-26-2020 13:04:26	Dr. Susan Alex	K. P. B. Hinduja College of Commerce
36	5-26-2020 13:04:33	Shaikh Shajiya Mohammed Ali	Siws collage
37	5-26-2020 13:04:37	Vaidehi Gupta	Byramjee Jeejeebhoy College of Commerce
38	5-26-2020 13:05:33	Dr.Kavita Rai	Pravin Gandhi College of Law
39	5-26-2020 13:05:56	ARUN SHARMA	JAMMU UNIVERSITY
40	5-26-2020 13:06:32	Dr.Ambili Madhu Thampi	K.P.B.Hinduja College of Commerce
41	5-26-2020 13:06:37	Saindavi Ashokan	Siws college
42	5-26-2020 13:06:59	Ravindra Deodhar	S.I.W.S. College
43	5-26-2020 13:08:25	Famida Salim Patel	Patkar Varde College
44	5-26-2020 13:08:38	Ayesha Ilyas Shaikh	The Byramjee Jeejeebhoy College Of Commerce
45	5-26-2020 13:08:44	DR. CHAVAN BALIRAM BANSILAL	Dr. S. D. D.Arts, Com. & Sci. College wada Dist Palghar
46	5-26-2020 13:09:02	Dr.Balu Laxman Rathod	Kankavli College,Kankavli
47	5-26-2020 13:09:39	Geeta Menezes	Mithibai College



48	5-26-2020 13:10:31	Dr Jyoti Lamba	Mata Gujri mahila Mahavidyalaya autonomous college jabalpur Madhya Pradesh
49	5-26-2020 13:10:38	Siddhesh shekhar kanchan	NES RATNAM COLLEGE
50	5-27-2020 16:12:32	MELISSA HECTOR DSOUZA	KJ SOMAIYA COLLEGE OF SCIENCE AND COMMERCE
51	5-26-2020 13:11:24	Ramya guruswamy pattankattiyar	Sk somaiya college of arts science and commerce
52	5-27-2020 17:32:40	Thayamal	Guru Nanak khalsa college
53	5-26-2020 13:11:20	Mustafa Shaikh	Burhani College
54	5-26-2020 13:11:24	Dhruv Kubsad	MUKESH PATEL SCHOOL OF TECHNOLOGY MANAGEMENT & ENGINEERING
55	5-26-2020 13:11:25	Bhuvaneshwari saravanan	S. I. W. S college ofNR. Swmay college of commerce and economic
56	5-26-2020 13:11:29	Shubha Gupta	Regional Institute of Education (NCERT), Ajmer, Rajasthan
57	5-26-2020 13:12:22	Pallavi Shende	Asmita college of Arts and Commerce for women Vikhroli
58	5-26-2020 13:12:33	Hrishikesh Santoshkumar Kale	Satish Pradhan Dnyanasadhana Collge
59	5-26-2020 13:12:36	shubham chavan	S.I.W.S.college
60	5-26-2020 13:13:26	Mrs. Amita Johnson	Malini Kishor Sanghvi College of Commerce and Economics
61	5-26-2020 13:14:25	Dr. Pratima Goyal	College of Home Science Nirmala Niketan
62	5-26-2020 13:14:59	Ms.Soniya Chaurasiya	THE BYRAMJEE JEEJEEBOY COLLEGE of COMMERCE
63	5-26-2020 13:15:22	Bhawna	International Institute for Population Sciences
64	5-26-2020 13:15:43	Ms. Khan Reshma Chand	SIWS N R Swamy College of Commerce and Economics
65	5-26-2020 13:15:56	MEENAKSHI JOHRI	PILLAI COLLEGE OF ARTS, COMMERCE AND SCIENCE (AUTONOMOUS)
66	5-26-2020 13:16:12	Sharvari Aghaw	R.A.Podar College of commerce
67	5-26-2020 13:16:43	Dr. Swapnesh S. Rangnekar	S.I.W.S. N.R. Swamy College
68	5-26-2020 13:17:41	Dr. Pradeep Gangurde	Smt. CHM College, Ulhasnagar-3, Dist Thane
69	5-26-2020 13:17:42	Mageshwari nadeson	Guru nanak college
70	5-26-2020 13:17:45	Dr. Amol Joglekar	Mithibai College
71	5-26-2020 13:17:52	Dr.Sharmila Bose	Siddhartha college of Arts Science and Commerce i
72	5-26-2020 13:20:02	Mr.Ajay Swami Chilka	S.I.W.S.College.Wadala
73	5-26-2020 13:20:10	JANVI HARISH KOTHARE	S. N.D. T COLLEGE
74	5-26-2020 13:20:57	Dr. VISHAKA KARNAD	COLLEGE OF HOME SCIENCE NIRMALA NIKETAN
75	5-26-2020 13:22:35	Dr.Saira Mulla	N.G.Acharya and D.K.Marathe College Chembur



76	5-26-2020 13:22:47	Mrs.Rachana Arun Joshi	M.L.Dahanukar college of commerce
77	5-26-2020 13:23:35	Sobha Pillai	Guru Nanak College of Arts,Science and Commerce.
78	5-26-2020 13:23:52	Suchitra RoyChowdhury	Mithibai College
79	5-26-2020 13:23:56	Keerthi S	Dr.Ambedkar law university, SOEL
80	5-26-2020 13:24:21	Suma M Dronagiri	Smt. VHD Central Institute of Home Science, Bengaluru
81	5-26-2020 13:24:24	Rishiraj Vishwanath Gupta	G. N. Khalsa College Matunga Mumbai
82	5-26-2020 13:25:22	Muskan Lakhani	MMK College
83	5-26-2020 13:25:26	Miss. Reba Ann Varghese	S.I.W.S College of Commerce and Economics
84	5-26-2020 13:25:40	Anvith Nagesh Poojary	S.I.W.S Colleges
85	5-26-2020 13:25:47	Mrs. Ratika Bhatia	V.E.S. College of Arts, Science and Commerce
86	5-26-2020 13:25:57	Sabina Thareja	S.I.W.S. College
87	5-26-2020 13:26:23	Kirti Barad	Pragati College of Arts and Commerce
88	5-26-2020 13:26:36	Mrs. Devashree M Ghorpade	R J College Autonomous Ghatkopar
89	5-26-2020 13:26:40	Dr. Charanjit Kaur Banga	Guru Nanak Khalsa College
90	5-26-2020 13:26:42	Nitin Pawar	Mulund College of Commerce
91	5-26-2020 13:26:44	Hrshikesh Pawar	SIES college of commerce and economics
92	5-26-2020 13:26:51	Rachel Andrea	School of Excellence in Law, TNDALU
93	5-26-2020 13:26:59	Hrutuja Deshmukh	The Byramjee Jeejeebhoy College of Commerce
94	5-26-2020 13:27:10	Ruchita Ashok Dongre	S. I. W. S
95	5-26-2020 13:27:11	Sudhir K. Bhosale	B. N. Bandodkar College of Science
96	5-26-2020 13:27:12	Dr. N GAYATHRI	D G VAISHNAV COLLEGE, CHENNAI
97	5-26-2020 13:27:16	Tejasvi Khatry	Wilson College
98	5-26-2020 13:27:26	JAYANTA ARJUN GHORPADE	Mulund College of Commerce
99	5-26-2020 13:27:32	Ms.Anita Pasbola	G. N .Khalsa College of Arts, Science and Commerce
100	5-26-2020 13:27:39	Dr Saraswathi Moorthy	Ramniranjan Jhunjhunwala College of Arts Science and Commerce (Autonomous)
101	5-26-2020 13:27:40	Harsha Singal	S.I.W.S College of Commerce and Economics
102	5-26-2020 13:27:48	Sandeep Eknath Dhamapurkar	Guru Nanak College
103	5-26-2020 13:27:56	Ms Taranjeet kaur	Gulzar Gropu of institutes. Management department
104	5-26-2020 13:28:09	Pranjali solkar	Bjcc



105	5-26-2020 13:29:32	Bindu Rajaguru	Pillai College of Arts, Commerce and Science (Autonomous)
106	5-26-2020 13:28:18	DEVENDRASING RAJPUT	MULUND COLLEGE OF COMMERCE
107	5-26-2020 13:28:24	Sarah Bennet	Stella Maris College
108	5-26-2020 13:28:34	Viola Fernandes	Byramjee Jeejeebhoy College Of Commerce
109	5-26-2020 13:28:35	Prof. Daksha Kapadia	Ghanshyamdas Saraf College
110	5-26-2020 13:28:41	NIMMI R MENON	Smt. K. G. Mittal College of Arts and Commerce
111	5-26-2020 13:28:45	Kushalkumar N Kurani	Changu Kana Thakur College of Arts Commerce and Science New Panvel
112	5-26-2020 13:28:46	HELEN SELVARAJ	SIWS COLLEGE
113	5-26-2020 13:28:56	Dr. Archana O Tripathi	P. R Pote Patil college of Agriculture, Amravati
114	5-26-2020 13:29:05	Nausheen Shaikh	Siws College
115	5-26-2020 13:29:08	Neha-Jalan.B	School of Excellence in Law
116	5-26-2020 13:29:27	Dr.Vilas Shantaram Mahale	Veer Wajekar A.S.C. College,Uran,Dist.Raigad
117	5-26-2020 13:29:32	Prof. BETTY MATHEW	SIWS COLLEGE, WADALA
118	5-26-2020 13:29:42	Dr. Gangambika C. Savagaon	Vartak College Vasai Road
119	5-26-2020 13:29:43	Rohini Shetty	Patkar Varde College
120	5-26-2020 13:30:00	Dr Poonam Patwa	Wilson College
121	5-26-2020 13:30:24	Chaitali Subhash Raut	Chm college
122	5-26-2020 13:30:32	Mr. Janmay Harish Kothare	The South Indians Welfare Society College
123	5-26-2020 13:30:35	Ms. Shruti Vivekanand Devrukhakar	Karmaveer Bhaurao Patil College, Vashi
124	5-26-2020 13:30:39	Shubha Kulkarni	Garware College of Commerce
125	5-26-2020 13:30:39	Rupal Ramkrishna Shukla	The South Indian Welfare Society
126	5-26-2020 13:31:07	Dr. Hiren Madhukar Dekate	ICLES Motilal Jhunjhunwala College
127	5-26-2020 13:31:16	Sumali Bose	NES Ratnam College of Art's, Sc. & Commerce, Bhandup, Mumbai
128	5-26-2020 13:31:31	R CHANDRASEKAR	SIWS NR SWAMY COLLEGE OF COMMERCE AND ECONOMICS,WADALA,MUMBAI-31.
129	5-26-2020 13:31:32	SAMINA TANWAR	BHAVAN'S COLLEGE SFC, ANDHERI (W)
130	5-26-2020 13:31:45	Mrs. SUVARNA SAHEBRAO GADGE	GURU NANAK COLLEGE OF ARTS, SCIENCE AND COMMERCE
131	5-26-2020 13:31:45	Mrs. Nisha Deodhar	K. S. Manjunatha College of Commerce. Thakurli
132	5-26-2020 13:32:05	DR.(MRS) SHADAB SYED	RIZVI COLLEGE OF A/S/C BANDRA (W)



133	5-26-2020 13:32:16	Mrs. Pramila Subhash Yadav	K. V. Pendharkar College, Dombivli
134	5-26-2020 13:32:28	MANALKAR RUPESH VITHAL	S.i.w.s college
135	5-26-2020 13:32:34	Indwin E Joel	Prin. L.N Welingkar Institute of Management Development and Research
136	5-26-2020 13:32:38	Dhanashree Patil	Guru Nanak College
137	5-26-2020 13:32:43	RAJSHREE ANAND RAIBHOG	Narasamma arts commerce & science college Amravati
138	5-27-2020 23:01:33	Dr.G.V.Kokkalaki	CSI COLLEGE OF COMMERCE DHARWAD
139	5-26-2020 13:33:03	Ajitha S. Nair	SIWS College
140	5-26-2020 13:33:33	Nadar Guru Prakash Ponraj	SIWS College Wadala
141	5-26-2020 13:33:14	Manisha Gaikwad	Peace Studies Mumbai University
142	5-26-2020 13:33:43	Yukta Anil Chavan	R. A. Podar College of Commerce and Economics, Matunga
143	5-26-2020 13:33:54	Nirmal Anchal Nanhelal	Vivekanand Education Society College of Art, Science and Commerce
144	5-26-2020 13:33:56	Devi Kumar	S.I.W.S
145	5-26-2020 14:35:26	Ankush Anil Shirke	S.I.W.S College
146	5-26-2020 13:34:08	Atharva Ambar Shinde	Siws college
147	5-26-2020 13:34:20	P. Manoharan	SIWS College.
148	5-26-2020 13:34:46	Dr Deepa Parab	G.N.Khalsa College of Arts, Science and Commerce.
149	5-26-2020 13:34:53	Vallari Tulzapurkar	SIWS N R SWAMY COLLEGE OF COMMERCE AND ECONOMICS
150	5-26-2020 13:34:59	Sherebanu Bhanpurwala	The Byramjee Jeejeebhoy College of Commerce
151	5-26-2020 13:35:33	Dr. S V L Anuradha	Smt. Chandibai Himathmal Mansukhani College, Ulhasnagar-3
152	5-26-2020 13:35:34	Deva Dakshan. K	Advocate
153	5-26-2020 13:35:53	Dr. Gomathi Paulraj	S.I.W.S college
154	5-26-2020 13:35:59	JITENDRA KUMAR MISHRA	RAJARSHI SAHNU SR. COLLEGE
155	5-26-2020 13:36:05	Pinky .s.gupta	L.j.n.j mahila mahavidyalaya
156	5-26-2020 13:36:45	Mr. Raghunath Joti Katkar	Mahatma Phule Arts Science and Commerce College, Panvel
157	5-26-2020 13:36:49	Dr. Kumudini Bhaurao jogi	Jagadamba mahavidyalay, Achalpur
158	5-26-2020 13:36:58	DR ANIL MATKAR	ADV. V.B. DESHPANDE COLLEGE OF COMMERCE
159	5-26-2020 13:38:06	Palan Ashwini Raju	S.I.W.S College
160	5-26-2020 13:37:14	Prof. Sanjay T Vite	Smt Radhadevi Goenka College for Women, Akola



161	5-26-2020 13:37:18	Dr.Gautam Kumar	Patna University
162	5-26-2020 13:37:22	Sushanti Wandrekar	S.I.W.S. College
163	5-26-2020 13:37:26	Prof. Agnes Antony	Asmita college of arts and commerce , Vikhroli
164	5-26-2020 13:38:10	Dr.Kiran Patil	LAD College,Nagpur
165	5-26-2020 13:38:14	Rekha Bhatia	S.I.W.S.
166	5-26-2020 13:38:30	Balabhima Anant Kulkarni	Rizvi college of Arts Science & Commerce Bandra West
167	5-26-2020 13:39:05	Dr. Nisha Muni	R. Jhunjhunwala College
168	5-26-2020 13:39:14	MR. SANJAY SHRIDHAR CHALKE	V. E. S. COLLEGE OF ARTS SCIENCE AND COMMERCE, CHEMBUR.
169	5-26-2020 13:39:35	Vanita Agarwal	Pravin Gandhi college of Law
170	5-26-2020 13:39:49	Manjula Vyas	K. P. B. Hinduja College of commerce
171	5-26-2020 13:39:54	Dr Manju Kandpal	Government Girls PG College Haldwani District Nainital
172	5-26-2020 13:40:44	Toshesh Banthia	School of Excellence in Law, TNDALU
173	5-26-2020 13:41:26	Subhash Shirang Kadam	Doshi Vakil Arts, G.C.U.B. Science & Commerce College, Goregaon- Raigad
174	5-26-2020 13:41:56	Sundara Lakshmi Mohan	S. I. W. S. N R Swamy college of Commerce and Economics and Smt. Thirumalai college of Science
175	5-26-2020 13:42:06	Haresh L Bhuran	Guru Nanak College of ASC. Mumbai-37
176	5-26-2020 13:42:10	Kriya Dhara	School of Excellence in Law
177	5-26-2020 13:43:49	Manjari Govil	S.I.W.S. N.R Swamy college of Commerce and Economics & Smt Thirumalai College of Science, Wadala, Mumbai
178	5-26-2020 16:06:43	Vaivaswata Tulzapurkar	SIES COLLEGE OF COMMERCE AND
179	5-26-2020 13:44:50	Jayasree Ravi	Mithibai College
180	5-26-2020 13:47:57	Manusri G.	School of Excellence in Law, TNDALU, Chennai.
181	5-26-2020 13:48:42	Jagruti Joshi	S.I.W.S College
182	5-26-2020 13:49:26	Shrutika Desai	S.I.W.S COLLEGE
183	5-26-2020 13:49:50	Umema Hasanmiya Gaonkhadkar	S.I.W.S College
184	5-27-2020 23:24:48	Aishwarya Salunkhe	Asmita College
185	5-26-2020 13:50:35	SATYA LALLAN SHAW	The SIA COLLAGE OF HIGHER EDUCATION
186	5-26-2020 13:51:47	Milan Aniruddha Nimbalkar	L.A.D College Nagpur
187	5-26-2020 13:54:32	Ms MOUSUMI MAZUMDAR	Jai Hind College, Mumbai
188	5-26-2020 13:56:40	Deepali Sachin Khedekar	SIWS College



189	5-26-2020 13:57:18	Dr. Bushra Mehmood Shaikh	Maharashtra College of Arts, Science and Commerce
190	5-26-2020 13:57:22	Dr. Neelam Shivram Parab	Smt. C. H. M College, Ulhasnagar
191	5-26-2020 14:06:50	Naeesha Halai	SVKM's Pravin Gandhi College of Law
192	5-26-2020 13:59:32	Ms. Ishita Mamaniya	University of Mumbai
193	5-26-2020 14:00:47	Mausumi Galvankar	Smt K G Mittal College of Arts & Commerce, University of Mumbai
194	5-26-2020 14:03:00	Dr. Alka Sharma	Dyal Singh College, University of Delhi
195	5-26-2020 14:04:18	Dr.Khemnar Jagannath Kisan	N.G.Acharya and D.K.Marathe college Chembur Mumbai
196	5-26-2020 14:05:02	SANA TANWAR	IDOL, UNIVERSITY OF MUMBAI
197	5-26-2020 14:06:09	AKSHATA YEELUR	ASS PU COLLEGE OF COMMERCE, GADAG
198	5-26-2020 14:07:01	Priya Maurya	International Institute for Population Sciences, Mumbai
199	5-26-2020 14:07:26	GAONKAR PRANAY PRAKASH	V. E. S. COLLEGE OF ARTS, SCIENCE AND COMMERCE
200	5-26-2020 14:08:52	Yasin Halai	University of Greenwich
201	5-26-2020 14:09:37	Dr. Ekta Mukar	Mata gujri mahila Mahavidyalaya,jabalpur
202	5-26-2020 14:12:18	Nahid Bhujwala	Maharashtra college of arts science and commerce
203	5-26-2020 14:12:46	Divya devi .G	The Tamil Nadu Dr.Ambedkar law university
204	5-26-2020 14:13:12	Dr. Prabhakar Ramchandra Pawar	Mahatma Phule Arts, Science & Commerce College, Panvel, Navi Mumbai
205	5-26-2020 14:31:21	Sk Karim	International Institute for Population Sciences, Mumbai
206	5-26-2020 14:35:25	Dr. Kalpna Rajput	SDMK Mahavidhyalaya, Nigohi, Shahjahanpur
207	5-26-2020 14:51:02	Dr. Swati Prasad Vitkar	SIES (Nerul) College of Arts, Science & Commerce
208	5-26-2020 14:54:50	Dr Kirti Y.Nakhare	SIWS College
209	5-26-2020 14:55:32	Shaleen Kumar Singh	Swami Shukdevanand College, Shahjahanpur
210	5-26-2020 14:58:14	Ms. Janine Almeida	Ramanand Arya DAV College
211	5-26-2020 15:02:28	Nilang Gandhi	Wilson college
212	5-26-2020 15:08:04	FARIDA KHOPOLIWALA	BHARAT COLLEGE of ARTS and COMMERCE
213	5-26-2020 15:11:07	Mr. Hitesh Gurav	S.I.W.S College
214	5-26-2020 15:29:22	Ganesh Tukaram Wadurkar	Mulund College of Commerce
215	5-26-2020 15:30:03	Nadar Shineha Ravikumar	Mahatma Junior College Of Education
216	5-26-2020 15:30:31	Joe joffy	Thakur college of science
217	5-27-2020 18:04:39	Vishwakarma Shweta rakesh	V.P.M Bandodkar Clg of science



[Signature]
PRINCIPAL
 S.I.W.S. N.R. Swamy College of
 Commerce & Economics and
 Smt. Thirumalai College of Science,
 Wadala, Mumbai - 400 031

218	5-26-2020 15:32:37	Shabana Matikhane	Gandhi Shikshan Bhavans Smt. Surajba College of Education
219	5-26-2020 15:36:00	SUDHIR S GODI	RADAV COLLEGE
220	5-26-2020 15:41:12	Kavita Prajapati	Imcost
221	5-26-2020 15:42:03	SANDEEP JIJABAI ARJUN DHAWLE	MULUND COLLEGE OF COMMERCE
222	5-26-2020 15:42:13	ANNA JOFFY	National institute of Construction management and research Pune
223	5-26-2020 15:46:38	Dr Vaithilingam Manjamuthu Viruthambal	International Institute for Population Sciences
224	5-26-2020 15:50:54	Vishal s singh	Shri bhagubhai Mafatlal polytechnic
225	5-26-2020 15:48:59	Dr Aarti Prasad	SIWS N R Swamy College
226	5-26-2020 15:54:25	Ravindra Singh	SIWS College
227	5-26-2020 15:57:29	Navya Chilukamari Rajendraprasad	SIWS COLLEGE
228	5-26-2020 16:04:00	Ronjon Giri	Byramjee jeejeebhoy college of commerce
229	5-26-2020 16:04:35	Mr.Deepak Ashok Ghodake	B. K. Birla College of Arts, Science and Commerce (Autonomous), Kalyan
230	5-26-2020 16:23:22	Leena Ajish	Joshi Bedekar degree college
231	5-26-2020 16:29:26	JAGIASI SUNIL RADHAKRISHIN	Seva Sadan's R.K.Talreja College, Ulhasnagar. Dist.- Thane (MS).
232	5-26-2020 16:37:26	Geeta Sahu	H.R College of Commerce & Economics
233	5-26-2020 16:42:39	Anagha Bapat	SIWS college
234	5-26-2020 16:43:50	Kundan Mewada	Bhavan's College
235	5-26-2020 17:09:37	Dr.Sanghamitra Mishra	SIWS NR Swamy College of Commerce and Economics
236	5-28-2020 9:03:00	Mahima subhash singh	SIWS College Wadala
237	5-26-2020 19:25:13	Dr.Vidya Kulkarni	Bhavan's College
238	5-26-2020 19:41:42	Shubhra Shukla	Overseas Family School
239	5-27-2020 16:07:02	Dr. Soniya Jhunjhunwala	SVKM'S Mithibai College
240	5-27-2020 16:07:07	Manav santosh pardeshi	Bjcc
241	5-27-2020 16:07:52	Manoj Shrikrishna Narkhede	R. K. Talreja college of Arts, Science and Commerce
242	5-27-2020 16:08:14	Nishija Unnikrishnan	St Thomas' College Autonomous Thrissur Kerala
243	5-27-2020 16:13:17	pratik Mahadev chaudhari	SIWS college
244	5-27-2020 16:13:28	Vinodsinh Patil	Arts and Commerce College Phondaghat
245	5-27-2020 16:13:42	Dr.K.S.Nirmal Kumar	The New College (Autonomous)



246	5-27-2020 16:13:44	Dr. JADHAV BHIKA LALA	G. E. Society's Arts, Commerce and Science College, Jawhar
247	5-27-2020 16:13:58	Veeresh Kuratti	A.S.S's College of Commerce Gadag
248	5-27-2020 16:14:09	Ankita suryakant sohani	S. I. W. S college
249	5-27-2020 16:15:39	Pooja Harilal Vishwakarma	Vivekanand education society's college of Arts,science and commerce
250	5-27-2020 16:16:52	YADAV RAJESHKUMAR	SMT PARMESHWARIDEVI DURGADUTT TIBREWALA LJ COLLEGE
251	5-27-2020 16:17:18	Vruttika Ganesh Surve	R. A. Podar College Of Commerce & Economics
252	5-27-2020 16:17:32	Murugesh Devendran	Lala Lajpat Rai college of Commerce and Economics
253	5-27-2020 16:17:45	Taranum Shaikh	GHANSHYAMDAS SARAF COLLEGE
254	5-27-2020 16:18:17	Ajitha S. Nair	SIWS College
255	5-27-2020 16:18:18	Ruthik Ashok Kapse	SIA of Higher Education
256	5-27-2020 16:19:11	Anagha Tushar Madkaikar	Wilson college
257	5-27-2020 16:19:16	Dr Anil Narayan Patil	Gokhale Education society's Arts Commerce and Science college Jawhar Dist Palghar
258	5-27-2020 16:19:21	Divya Choubey	Kamaladevi college of arts and commerce kalyan
259	5-27-2020 16:20:22	Nayan Basu	Pranabananda Women's College, Dimapur, Nagaland
260	5-27-2020 16:20:28	SIMRAN JITENDRA SINGH	THE BYRAMJEE JEEJEEBHOY COLLEGE OF COMMERCE
261	5-27-2020 16:24:33	Dr. Sharad Timaji Tajane	Bhavan's College Andheri Mumbai
262	5-27-2020 16:25:31	Pratima Santosh Tiwari	N R Swamy College of Commerce and Economics and Smt. Thirumalai College of Science
263	5-27-2020 16:25:56	Aryan Mangesh Dhamankar	R.A. Podar College of Commerce and Economics (Autonomous)
264	5-27-2020 16:26:43	Sandhya gupta	The Byramjee Jeejeebhoy College Of Commerce
265	5-27-2020 16:26:44	Bhandi Sujata	S.K. Somaiya College of Arts, Science and Commerce
266	5-27-2020 16:27:46	Arifa Sultana	Rajnagar Mahavidyalaya
267	5-27-2020 16:29:35	Srushti Dattaram Dalvi	Patkar Varde College
268	5-27-2020 16:30:29	Dr.Vijaya Manjaba Pokale	Rayat Shikshan Sansthas Mahatma Phule Mahavidhalay Pimpri Pune
269	5-27-2020 16:33:38	Ms. Varada Trivedi	Tolani College of Commerce
270	5-27-2020 16:35:14	Dr Shalini Vermani	MCT'S Smt Sushiladevi Deshmukh College of ASC Airoli
271	5-27-2020 16:40:58	Mr Gorkhnath Tanaji Uttekar	SVKM's Mithibai College
272	5-27-2020 16:43:17	MS KOMAL ASHOK RAI	BN BANDODKAR COLLEGE OF SCIENCE,THANE
273	5-27-2020 16:44:04	Vinchu Shifa Jhangir	Aqsa Women's Degree College



274	5-27-2020 16:44:04	Gurunathan Subbiah Pillai	Ghanshyamdas Saraf college
275	5-27-2020 16:49:26	Muskan Lakhani	MMK College
276	5-27-2020 17:02:18	Dr. Gautam Kumar	Patna University
277	5-27-2020 17:02:28	Angel Raja Nadar	MES Pillai College of Education And Research
278	5-27-2020 17:10:20	Godwin Pinto	Shri Pancham Khemraj Law College
279	5-27-2020 17:11:30	Mrs. Juliet YK	Bal-Bharati's MJP College of Commerce
280	5-27-2020 17:13:56	Jeevan Patil	KBP COLLEGE
281	5-27-2020 17:18:14	SURESH BALAWANT PATIL	Kankavli College, Kankavli
282	5-27-2020 17:20:37	Sandeep Kaur	Tara Vivek College, Gajjanmajra
283	5-27-2020 17:20:46	DR. CHANDRASHEKHAR VASANT JOSHI	DON BOSCO INSTITUTE OF TECHNOLOGY, KURLA WEST, MUMBAI- 400070
284	5-27-2020 17:20:58	Razia Engineer	Bhavan's College, Andheri- west
285	5-27-2020 17:21:28	Udaybhan A Yadav	Thakur College of Science, University of Mumbai
286	5-27-2020 17:22:03	Harsimran Kaur	Guru Nanak College of Arts, Science and Commerce
287	5-27-2020 17:23:12	Haresh Mukesh Raney	Oriental Institute of Management
288	5-27-2020 17:24:46	Rajashri Pandit	Institute of Distance and Open Learning, University of Mumbai
289	5-27-2020 17:25:15	Gayatri Gadgil	D.G. Ruparel College of Arts Science and Commerce
290	5-27-2020 17:47:14	Khan Shaziya Jabir	Abdullah Patel jr college
291	5-27-2020 17:34:12	Dr Veena Maheshwari	Bhavan's College
292	5-27-2020 17:40:10	Gurpreet Kaur Kalra	Mata Gujri Mahila Mahavidyalaya, (Autonomous), Jabalpur, M.P.
293	5-27-2020 17:46:00	KHAN SHAHEEN JABIR	B.N Bandodkar college of science
294	5-27-2020 17:46:36	Ms. Rakhi P. Madnani	SVKM's Mithibai College (Autonomous)
295	5-27-2020 17:56:25	Dr Sagar Thakkar	VPM's Joshi-Bedekar college
296	5-27-2020 17:59:23	Dipika Chandrakant Desai	Shree swaminarayan college of science and commerce
297	5-27-2020 18:03:39	Pranav prakash pawar	The S.I.A college of higher education (Dombivli east)
298	5-27-2020 18:04:59	PARDESHI SUNIL LAXMAN	M.P.A.S.C college, panvel, dist Raigad
299	5-27-2020 18:05:51	Shukla Mahima Harekrishna	Nirmala Niketan College Of Home Science
300	5-27-2020 18:12:59	Pooja Mahendra Misal	S.I.W.S COLLEGE
301	5-27-2020 18:14:32	Dr Yogesh Balu Shikhare	KSD's Model College Dombivli



302	5-27-2020 18:20:38	Nadar saiganesh narayan	Siws college
303	5-27-2020 18:21:03	Chindam swati satyanarayan	SIWS college
304	5-27-2020 18:32:26	Dr. Babasaheb Nanasaheb Ravan	Shripatrao Chougule College Malwadi Kotoli
305	5-27-2020 18:35:02	DR.GAJJAR KIRANKUMAR MANSUKHBHAI	NIRMAL DEGREE COLLEGE OF COMMERCE KANDIVALI WEST
306	5-27-2020 18:39:42	Kavita Thevar	V.E.S College of Arts Science and Commerce
307	5-27-2020 18:41:53	Subhash Sakharam Kharat	S H Kelkar College, Devgad
308	5-27-2020 18:48:38	Ms. Shital K.Rawal	VPMS' L.J.N.J. Mahila Mahavidyalaya, Vile Parle (east)
309	5-27-2020 18:50:41	Haresh L Bhuran	Guru Nanak College of ASC. Mumbai-37
310	5-27-2020 19:01:33	Nikil Anil Kumbhar	Siws college
311	5-27-2020 19:10:08	Arun Keskar	KLE College of Science and Commerce
312	5-27-2020 19:12:43	Dr. Suresh Babu KN	SDM College (Autonomous), Ujire, DK, Karnataka
313	5-27-2020 19:21:21	Chaudhari Varsha Madhukar	PSGVPMANDAL'S ASC COLLEGE SHAHADA, NANDURBAR
314	5-27-2020 19:57:43	Rani varma	S.I.W.S COLLEGE
315	5-27-2020 20:10:30	R.pavithra	The Tamil Nadu Dr.Ambedkar law university
316	5-27-2020 20:41:39	NIMMI R MENON	SMT. K. G. MITTAL COLLEGE OF ARTS AND COMMERCE
317	5-27-2020 20:44:06	Meenakshi Johri	Pillai College of Arts, Commerce and Science (Autonomous)
318	5-27-2020 20:44:37	Mrs. ANANDI REBELLO	G.N.KHALSA COLLEGE(AUTONOMOUS),MATUNGA,MUMBAI
319	5-27-2020 20:55:36	Arul Kumar Pandian	SIWS College, Wadala
320	5-27-2020 20:58:33	MICHEL JANCY ARUL KUMAR	C. K. Thakur College, New Panvel
321	5-27-2020 21:41:11	Tejal Urvin Shah	Asmita College of Arts and Commerce for women,Vikhroli
322	5-27-2020 21:43:31	Radha Kamavaram	Vivekanand Education Society's College of Arts, Science And Commerce (Mumbai)
323	5-27-2020 21:54:56	Shrinath Shankar	Maharshi Dayanand College of Arts, Science and Commerce
324	5-28-2020 6:57:08	Jayesh Alias Saicharan Manohar Shetkar	Vidya Prabodhini College Of Commerce ,Computer,Education And Management ,Parvari,Goa
325	5-28-2020 7:24:53	Ms.Janine Almeida	Ramanand Arya D.A.V. College
326	5-28-2020 9:38:43	DR ANIL MATKAR	Adv VB Deshpande College of Commerce
327	5-28-2020 9:52:35	Alka Sharma	Dyal Singh College
328	5-28-2020 10:02:21	Gayatri Lalasaheb Shejul	Dr. Babasaheb Ambedkar Marathwada University



329	5-28-2020 13:45:50	Parnika Tilottam Sansare	BN Bhandodkar college of science
330	5-28-2020 14:52:14	SUCHITA REVANKAR	SIWS college
331	5-28-2020 15:22:06	NEERAJ CHANDRADEO KUMBHAR	SIWS COLLEGE
332	5-28-2020 15:56:27	Ravindra Gopeenath Sawant	Vivekananda education society's College of Arts Science & Commerce
333	5-28-2020 16:16:41	Ankita Kashi prasad Sharma	Siws
334	5-28-2020 16:18:04	ANNA MARIA ANTONY	St Xaviers college Mumbai
335	5-28-2020 16:48:09	Chandan Ramasare Sharma	Siws college
336	5-28-2020 18:23:45	Ms. Khan Reshma Chand	SIWS N R Swamy College of Commerce and Economics
337	5-28-2020 18:57:07	SANJAYA RAMNARESH GUPTA	N.K.E.S JR COLLEGE, WADALA
338	5-28-2020 20:17:01	Bindu Rajaguru	Pillai College of Arts, Commerce and Science (Autonomous)
339	5-29-2020 5:26:11	Sarita Ramesh kadam	Jashbhai Maganbhai Patel College Of Commerce College in Mumbai, Maharashtra
340	5-29-2020 7:55:47	Dr. Sharad Timaji Tajane	Bhavan's College Andheri Mumbai



[Handwritten Signature]

PRINCIPAL
S.I.W.S. N.R. Swamy College of
Commerce & Economics &
Smt. Thirumalai College of Science,
Wadala, Mumbai - 400 031

[Handwritten Signature]

PRINCIPAL
S.I.W.S. N.R. Swamy College of
Commerce & Economics and
Smt. Thirumalai College of Science,
Wadala, Mumbai - 400 031



S.I.W.S.

N.R. SWAMY COLLEGE OF COMMERCE & ECONOMICS
AND

SMT. THIRUMALAI COLLEGE OF SCIENCE

337, Sewri Wadala Estate, Major R. Parameshwaran Marg, Wadala, Mumbai – 400 031.

YOGIC COURSE for BEGINNERS (On Zoom)

18 May, 2020

by

Dr. Sunita D. Shirvalkar, Head, Department of Chemistry

Department of Chemistry organized a 7 Day Yoga Workshop for beginners, for the physical and mental health of students during Covid -19 lockdown. The workshop was conducted by the Head of the department, Dr. Sunita D. Shirvalkar who is also a trained Yoga teacher. Students and a few teachers participated enthusiastically. The workshop was successful.

Objectives:

- To promote Mental Health & Wellness during the COVID-19 pandemic
- To make the students more focussed


The workshop schedule is given below

7-Day Yoga Workshop Schedule

Time: 7:00 am – 8:00 am

Day & Date	Group Practice	Demonstration followed by Practice
Day-1 Thursday-May 7, 2020	- Introduction & salient features about Aims and objectives of Yoga	1. Swastikasana 2. Shwasana Marg Shuddhi 3. Marjarasana 'A' & 'B' 4. Tripad Marjarasan
Day-2 Friday-May 8, 2020	Swastikasana, Shwasana Marg Shuddhi, Marjarasana 'A' & 'B' Tripad Marjarasan	5. Shwanasana 6. Sulabha Vajrasana 7. Ardha Padmasana 8. Sulabha Pawanmuktasana




PRINCIPAL
S.I.W.S. N.R. Swamy College of
Commerce & Economics and
Smt. Thirumalai College of Science,
Wadala, Mumbai-400 031

Day-3 Saturday-May 9, 2020	Shwanasana, Sulabha Vajrasana, Ardha Padmasana Sulabha Pawanmuktasana	9.Uttana Tadasana 10.Sulabha Uttana Vakrasana 11.Sulabha Poorva Chakrasana
Day-4 Sunday-May 10, 2020	Uttana Tadasana,Sulabha Uttana Vakrasana, Sulabha Poorva Chakrasana	12. Kapalabhati 13. Jivha Bandha 14. Simha Mudra 15. Datta / Bramha Mudra
Day-5 Monday-May 11, 2020	Kapalabhati , Jivha Bandha, Simha Mudra, Datta / Bramha Mudra	16.Anulom Viloma 17.Bhramari Rechak
Day-6 Tuesday-May 12, 2020	Anulom Viloma, Bhramari Rechak	18. Padmasana with Pranadharana Dwitiya
Day-7 Wednesday-May 13, 2020	Revision, Clarification of doubts, Guidelines for continuing yogic practices at home.	

*Everyday the session will start by chanting 3 Omkars & Prayer and end with Chaitanyasana

Participants got an **E-certificate** after successful completion of the workshop

Total number of participants: **29**



[Signature]
PRINCIPAL
S.J.W.S. N.R. Swamy College of
Commerce & Economics and
Smt. Thirumala College of Science,
Wadala, Mumbai-400 031

Outcome:

- Students who performed the asanas regularly could sleep well
- They were able to concentrate on studies and one-pointedness of mind increased

Dr. Sunita D. Shirvalkar
Head, Department of Chemistry
Date: 18 May, 2020

Dr. Usha S. Iyer
Principal

PRINCIPAL
S.L.W.S. N.R. Swamy College of
Commerce & Economics and
Smt. Tirumala College of Science,
Wadala, Mumbai-400 031





S.I.W.S.

N.R. SWAMY COLLEGE OF COMMERCE & ECONOMICS
AND

SMT. THIRUMALAI COLLEGE OF SCIENCE

Plot No. 337, Sewri - Wadala Estate,
Major R. Parameshwaran Marg, Wadala, Mumbai - 400 031

CHEMISTRY DEPARTMENT

Academic Year 2019-20

List of participants for the 7 DAY YOGIC COURSE FOR BEGINNERS (7/5/2020 to
13/5/2020) Time: 8:00 am- 9:00 am

PLATFORM: ZOOM

Sr. No.	NAME	CLASS
1	Bharati More	T.Y.B.Sc.
2	Venkateshwari Nadar	T.Y.B.Sc.
3	Angel Nadar	T.Y.B.Sc.
4	Subhashree	T.Y.B.Sc.
5	Anvith Poojary	S.Y.B.Sc.
6	Monika Mishra	T.Y.B.Sc.
7	Shraddha Pednekar	F.Y.B.Sc.
8	Mallick	S.Y.B.Sc.
9	Gayatri Shinde	S.Y.B.Sc.
10	Betty Mathew	Faculty(CHEMISTRY)
11	Lakshmi Ashok	Faculty(CHEMISTRY)
12	Sabina Thareja	Faculty(MICROBIOLOGY)
13	Manasi Patil	F.Y.B.Sc.



14	Aarti Parab	F.Y.B.Sc.
15	Seema Jaiswar	F.Y.B.Sc.
16	Sankalp Jadhav	F.Y.B.Sc.
17	Amisha Betkar	F.Y.B.Sc.
18	Hidesh Verma	F.Y.B.Sc.
19	Omkar Ghatage	T.Y.B.Sc.
20	Varsha Gaikwad	T.Y.B.Sc.
21	Akshaya Khot	T.Y.B.Sc.
22	Minaxi Namdev	T.Y.B.Sc.
23	Shruti Dange	T.Y.B.Sc.
24	Pooja Kamble	T.Y.B.Sc.
25	Sunanda Devasani	T.Y.B.Sc.
26	Rohit Patil	T.Y.B.Sc.
27	Manasi Jadhav	T.Y.B.Sc.
28	Vijeeta Esaishankar	T.Y.B.Sc.
29	Sonu Bogati	T.Y.B.Sc.

Sunita

Dr. Sunita D. Shirvalkar
Head, Department of Chemistry
Date: 18 May, 2020

Usha S. Iyer

Dr. Usha S. Iyer
Principal

PRINCIPAL
S.I.W.S. N.R. Swamy College of
Commerce & Economics and
Smt. Thirumala College of Science,
Wadala, Mumbai-400 031





S.I.W.S.
N.R. SWAMY COLLEGE OF COMMERCE & ECONOMICS
AND
SMT. THIRUMALAI COLLEGE OF SCIENCE
Plot No. 337, Sewri Wadala Estate,
Major R. Parameshwaran Marg, Wadala, Mumbai - 400 031

YOGA WORKSHOP FOR MENTAL & PHYSICAL HEALTH DURING COVID-19

(7May 2020- 13 May 2020)




Students observing the steps of the asana on 7/5/2020



Student performing the asana on 9/5/2020




PRINCIPAL
S.I.W.S. N.R. Swamy College of
Commerce & Economics and
Smt. Thirumalai College of Science
Wadala, Mumbai-400 031



S.I.W.S
N.R.SWAMY COLLEGE OF COMMERCE & ECONOMICS &
Smt. THIRUMALAI COLLEGE OF SCIENCE

(Affiliated to the University of Mumbai)

Plot No. 337, Sewree - Wadala Estate, Major R. Parameshwaran Marg,
Wadala (W), Mumbai - 400 051
NAAC re-accredited with B Grade

Certificate of participate

**YOGA WORKSHOP for Mental & Physical
Health during COVID -19**

This is to certify that

Shri/ Smt./Kum. _____
has participated in Yoga Course for beginners
from May 7, 2020 to May 13, 2020 conducted by
Dr. Sunita D. Shirvalkar on ZOOM.

Convenor

Dr. Sunita D. Shirvalkar

Principal

Dr. Usha Iyer

Sample Certificate



PRINCIPAL

**S.I.W.S. N.R. Swamy College of
Commerce & Economics and
Smt. Thirumalai College of Science
Wadala, Mumbai-400 031**



S.I.W.S.
N.R. SWAMY COLLEGE OF COMMERCE AND ECONOMICS
&
SMT. THIRUMALAI COLLEGE OF SCIENCE
WADALA MUMBAI-400031

Date: 15.12.19

Women Development Cell

A Report of Workshop on

‘STRESS MANAGEMENT AND MENTAL HEALTH’

The Women Development Cell organised a workshop on ‘Stress Management and Mental Health’ on 10th December, 2019 for the students and teachers of S.I.W.S College of Commerce and Economics. The workshop was conducted by Dr. Sheryl John Senthilnathan, a consultant psychiatrist.

Objective:

- To understand the nature of stress and its impact on health and behavior
- To recognize the stressors and signs of stress in one’s lives

Dr. Sheryl explained that stress is something that everyone experiences. Despite being unpleasant, stress in itself is not an illness. But there are connections between stress and mental health conditions. Research into stress - its causes, effects on the body and its links to mental health - is vital. The more we understand stress, the better we can tackle it.

The session started with an interactive talk about stress and its causes. Emphasis was also given about mental health awareness. Students and teachers participated equally in this enlightening session.

Outcome:

- Students became aware of how to manage stress and make their lives happier.

More than 122 students, both boys and girls, attended the session. The feedback received was positive. Indeed the session was an informative one and concluded with a Vote of Thanks.

Rshahia

Rekha Bhatia
Convener
Date: 15.12.19



1 of 4

Usha Iyer

Dr. Usha Iyer
Principal
PRINCIPAL
S.I.W.S.N.R. Swamy College of
Commerce & Economics And
Smt. Thirumalai College of Science
Wadala, Mumbai - 400 031.

Photo Gallery-

10.12.2019



Mrs. Rekha Bhatia welcomes Dr. Sheryl John Senthilnathan

10.12.2019



Dr. Sheryl John Senthilnathan along with the principal and WDC members

2 of 4



[Handwritten Signature]
PRINCIPAL
S.I.W.S. N.R. Swamy College of
Commerce & Economics &
Smt. Thirumala College of Science,
Wadala, Mumbai.

10.12.2019



An interactive session attended by students and teachers

10.12.2019



Students at the workshop



10.12.2019



Students and teachers along with Dr. Sheryl at the workshop



PRINCIPAL
S.I.W.S. N.R. Swamy College of
Commerce & Economics &
Smt. Thirumalai College of Science,
Wadala, Mumbai - 400 031

Attendance :

Di 10-12-19 Profesi dan mental health care and addictions

No	Nama	No. HP	Alamat
1	Shubini Kalish Chandra Gupta	9871971496	Shubini
2	Shivani Keshari Wani	9326891317	Shivani
3	Rutuja Kesarikar	9110899992	Rutuja
4	Shandhya Naresh Gupta	8828057047	Shandhya
5	Santa Yadav	9320976716	Santa
6	Bhavi Sarda	8108619808	Bhavi
7	Shakha Sarika	7045457079	Shakha
8	Sarita Mawarada	9372301488	Sarita
9	Sharmista Srinolani	8169674716	Sundari
10	Shikha Sangani	7039784345	Shikha
11	Tara Datar	9619864896	Tara
12	Trisha Kamble	7967143745	Trisha
13	Namrata Wadolkar	9970056525	Namrata
14	Drisha Nanjore	8451997098	Drisha
15	Poochi Nanjore	9167575299	Poochi
16	Mansi More	9870656525	Mansi
17	Karuna Kulkarni	8979185868	Karuna
18	Pamila Sualaje	9820539599	Pamila
19	Shanti Patil	9702875525	Shanti
20	Swati Khambha	9222211450	Swati
21	Chandani Swati	8838462923	Chandani
22	Vanshika Tawade	8291055562	Vanshika
23	Shakha Muskan	8108616250	Shakha
24	Shakha Tabasum	8108616250	Shakha
25	Mansi Gaud	9652192260	Mansi
26	Kashvi Gaud	8655556525	Kashvi
27	Trisha Gokulad	9870724322	Trisha
28	Rishpa A. Yadav	9892816172	Rishpa
29	Nikita Saw	9702076312	Nikita
30	Kajal Saroj	8104612055	Kajal
31	Swarangi Subhi	9132493832	Swarangi
32	Jyotsna V. Jilapure	9920528465	Jyotsna
33	Kausalya Jaiswal	9709225681	Kausalya
34	Konar Mahalaxmi	9326484283	R. Mahalaxmi

35	Aditi
36	Gouri B
37	Nagya
38	Prasanna
39	Sulabh
40	Meha
41	Manish
42	Shan
43	Pooji
44	Shruti
45	Vipin
46	Mohd
47	Nadim
48	Amal
49	Yoge
50	Kiran
51	Ash
52	Subhi
53	Aash
54	Nishi
55	Shikha
56	Shikha
57	Ash
58	Shikha
59	Shikha
60	Nishi
61	Shikha
62	Shikha
63	Ash
64	Shikha
65	Shikha
66	Shikha
67	Shikha
68	Shikha
69	Ash
70	Shikha
71	Shikha
72	Ash

10.12.19

Stress Management & Mental Health by Dr. Sheryl L. Jethi

Signature

PRINCIPAL
S.I.W.S. N.R. Swamy College of
Commerce & Economics &
Smt. Thirumalai College of Science,
Wadala, Mumbai - 400 031



Attendance

10.12.19

Stress Management
&
Mental Health
by
Dr. Sheryl John

क्र.सं.	नाम	फोन नं.	सं.
35	Aditi Ait Kumbhar	870035081	Aditi
36	Gauri B. Narayanrao	7803191098	Gauri
37	Naziyah pasveer	9892418221	Naziyah
38	Prigya Karshina	8879492377	Prigya
39	Sulabh S. Wankhede	7506013114	Sulabh
40	Mohd. Aman	9330946715	Aman
45	Manish Sharma	979690789	Manish
46	Shilpa Patil	8692934825	Shilpa
47	Pooja Patil	8104262571	Pooja
48	ANAND SANKESH NARAYAN	9157980347	Sulabh
49	Vipin Ramesh Pandey	8104469966	Vipin
50	Mohd Araf Abdul Ganyum	9137591338	Araf
51	Nadeem Gouzu Pankaj Pandey	8828277847	Nadeem
52	Tuba chrag Panyarkar	7328310020	Tuba
53	Aman Pardeshi	8235820153	Aman
54	Yogesh Chauhan	7021207262	Yogesh
55	Kizwan Shaikh	7977268746	Kizwan
56	Ajay . Y. Patil	8655520075	Ajay
57	Musam Arzuvi	998241803	Musam
58	Subha Shaoravgave	8892453235	Subha
59	Aashra Bhaosankar	9692933272	Aashra
60	Nikhil Dinkarkar	9967285746	Nikhil
61	Akash Mohite	9004309529	Akash
62	Shital Terdale	9136861008	Shital
63	Ayali Shivdasan	9092620674	Ayali
64	Faris Aliha Kafil	7304466857	Faris
65	Shakir Aysha Jamal	9867480997	Shakir
66	Rashika Kambli	9169931868	Rashika
67	Jyoti Shinde	9004231343	Jyoti
68	Khushboo R. Singh	7045732143	Khushboo
69	AKSHAYA P. KHOT	9167557150	AKSHAYA
70	Mugeetha V	7208268550	Mugeetha
71	Vijeta Esalshankar	9769755532	Vijeta
72	Akanksha Yampar	9820791871	Akanksha

(Signature)

PRINCIPAL
S.I.W.S. N.R. Swamy College of
Commerce & Economics &
Smt. Thirumalai College of Science,
Wadala, Mumbai - 400 031



Attendance

10.12.19.

क्र. सं.	नाव	मोबाईल नंबर	मार्क
73	Adhwa Sunil Murgkar	7506746145	amb
74	Bharati Ganesh More	7039019421	am
75	Venkateshwarani	9004324044	amb
76	Angel	9022313744	amb
78	Minani Ganesh Namdev	8652419457	amb
79	Tram Kazi	8779137701	amb
80	Neha yadav	9132891180	amb
81	Jyoti Yadav	9930607490	amb
82	Shweta yadav	7715954929	amb
83	Vasima praja	8454985514	amb
84	Shakun Repati	9167541162	amb
85	Roshni yadav	8291500560	amb
86	Samprita Mogawera	9004917693	amb
87	Sneha Kondkar	9883239493	amb
88	Amit suresh kori	9004535084	amb
89	Kajal T. Sakpal	9851051580	amb
90	Anuja B. Jagtap	9820464465	amb
91	Yogita Narayan Patil	8928438805	amb
92	Ankush shirke	8424913809	amb
93	Rachna Kiran	8404911303	amb
94	Zeenan Shaikh	9819778634	amb
95	Sushant Shaikh	706240212	amb
96	Vicky Zeina Jam	7208404299	amb
97	Khan Rashida Narmuddin	8928798208	amb
98	Roshani S. Ghanekar	8850397275	amb
99	Reddy Atharvani	8454032630	amb
100	PAVITRA KARUNANITHI	8454793182	amb
101	Jyoti Vijay Koske	8879406215	amb
102	Patel Sadaf Naaz	8104685378	amb
103	Namita Sayed	7738748799	amb
104	Ashwini Tojari	9320671626	amb
105	Sagar Kanayya	8928983788	amb
106	Vishal A. Korchander	7506649487	amb

क्र. सं.	नाव	मार्क
107	Trish	Stress Management
108	Usha	
109	NA	
110	Riya	
111	Garvit	Mental
112	Pa	Health
113	Nar	
114	Am	
115	Shiv	by
116	Shi	Dr. Sheryl John
117	De	
118	Raj	
119	Prag	
120	Ar	
121	Prof. S	
122	Sidd	

Johns

PRINCIPAL

S.I.W.S. N.R. Swamy College of
Commerce & Economics &
Smt. Thirumalai College of Science,
Wadala, Mumbai - 400 031



Attendance.

10.12.19

Stress Management &

Mental Health by

Dr. Sheryl John

Sl. No.	Name	Mobile No.	Signature
107	Pallavi Suresh Patil	9722152442	[Signature]
108	Chavhan Nikhil	9822665552	[Signature]
109	NAVEEN YADAV	86655073314	[Signature]
110	Rajesh Ajaynada	9222922257	[Signature]
111	Gautam Vigneshwar	9926563992	[Signature]
112	Das	9978661002	[Signature]
113	Karti Soni	9709905010	[Signature]
114	Ankha Rukma	9202622204	[Signature]
115	SHWETA PURBIJA	9108045662	[Signature]
116	Shivlochan Puri	8651365379	[Signature]
117	Dhanu Manoj Pujari	9902000000	[Signature]
118	Prof. Aditya Chate	9820000000	[Signature]
119	Prof. Bhuvaneshwari R	9004200000	[Signature]
120	Aluna Soni	9920577796	[Signature]
121	Prof. Rekha Ann Vaghare	9004105595	[Signature]
122	Dhisheshy Torvi		[Signature]

R.Bhata

Convener
WDC
19-20.

[Signature]

PRINCIPAL
S.I.W.S. N.R. Swamy College of
Commerce & Economics &
Smt. Thirumalai College of Science,
Wadala, Mumbai 400 031





S.I.W.S.
N.R. SWAMY COLLEGE OF COMMERCE AND ECONOMICS
& SMT. THIRUMALAI COLLEGE OF SCIENCE
337, Major R. Parameshwaran Marg, Sewree-Wadala Estate,
Wadala, Mumbai - 400031.

29th August, 2019

NATIONAL SERVICE SCHEME

Academic Year 2019-20

Fitness Pledge

➤ **Date of event:** 29th August, 2019

➤ **Time:** 10:00 a.m. to 10:15 a.m.

➤ **No of students:** 80 students

➤ **Objectives:**

1. To create awareness about the importance of fit and healthy life

➤ **Brief Report:**

On 29th August, 2019, the students of NSS unit assembled in the seminar room, 2nd Floor, to view the live telecast of Fit India Movement initiative by our Hon. Prime Minister Shri. Narendra Modi. It was to encourage the youths to lead a healthy and fit life. A group of 80 volunteers attended the telecast and administered the pledge to lead a fit and healthy life.

➤ **Outcome:**

1. The students were made aware about the importance of fitness in our routine

2. 80 students were administered the fitness pledge

Ravindra Singh
(NSS Programme Officer)

Dr. Sanghamitra Mishra
(NSS Programme Officer)

Dr. Usha Iyer
(Principal)



PRINCIPAL
S.I.W.S. N.R. Swamy College of
Commerce & Economics &
Smt. Thirumalai College of Science
Wadala, Mumbai 400 031

Photo Gallery



Students administering Fit India Pledge



PRINCIPAL
S.I.W.S. N.R. Swamy College of
Commerce & Economics &
Smt. Thirumalai College of Science,
Wadala, Mumbai 400 031

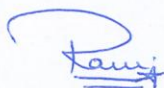
➤ **List of Participants-Fitness Pledge:**

Sr. No.	NAME OF THE STUDENT PARTICIPANTS
1	SPARSHAL RAUT
2	SAGAR JETHWA
3	FARAH RATHOD
4	NEHA YADAV
5	VRUSHALI TAWATE
6	SALONI BHOSALE
7	DEVI KUMAR
8	SUMITA DOLAI
9	RAJESH PANADA
10	WASIM KHAN
11	TEJAL PATIL
12	ROSHAN RAM
13	SPARSHAL RAUT
14	DHRUV RAJANI
15	YUVRAJ SABLE
16	SHIVRAJ SALUNKHE
17	ASMITA WALUNJI
18	ZAID KHAN
19	AISHWARIYA PANDA
20	VAISHNAVI DEVENDRA
21	SWEETY ARKERI
22	BHAGYASHREE KADAM
23	AYESHA KHAN
24	ROY DSOUZA
25	SWAPNIL KHADTARE
26	SHRUSHTI RAJPUT
27	KAUSEN KHAN
28	SHEPHALI MANDAVKAR
29	NEHA GABBUR
30	RIDDHI AMBRE
31	JEMIT SHAH
32	KAUSHAL PATIL
33	SHRIKANT JOGDANDE
34	KAYATHRI DEVENDRA
35	RAMESH RATHOD
36	GAURI GAWDE
37	NIKITA KALE
38	KARISHMA LOHAR
39	NIDHI SAINI
40	MAYURI PANCHAL
41	BHARGAVI SALVA
42	MUJEFFARIN SHAIKH
43	SHIVANI VERMA
44	SIMRAN YADAV
45	PRATIK PHALKE
46	NIKITA THORAT
47	LALITA DASARU
48	SUMITA DHANGAR
49	LAKSHMI GIRI
50	AKASH DUBEY



[Signature]
 PRINCIPAL
 S.I.W.S. N.R. Swamy College of
 Commerce & Economics &
 Smt. Thirumalai College of Science,
 Wadala, Mumbai 400 031

51	VISHAL DUBEY
52	OMKAR BHUVAD
53	POOJA YADAV
54	ARYAN VARMA
55	MAKARAND MOHITE
56	SHUBHAM BALGUDE
57	SAKSHI POTE
58	ABHISHEK MISHRA
59	DHANASHREE MALI
60	SHEETAL SALIAN
61	YASHIKA PANDEY
62	HEMANT GUPTA
63	DAYAVAN YADAV
64	SNEHA JIVAMANI
65	NISHA JAGTAP
66	ASHWINI MOURYA
67	ASHISH PEJENKE
68	KUNAL PATHAK
69	SHIFA SHAIKH
70	POOJA SHIGWAN
71	PRACHI SAGWKAR
72	SAMRUDDHI SALUNKE
73	NAUSHEEN SHAIKH
74	ANJALI SINGH
75	NASEEB SHAIKH
76	HIMANSHU SODHA
77	ANJU PATEL
78	ANKITA TELANG
79	ZUBEDA KHAN
80	SWAPNIL PAWAR

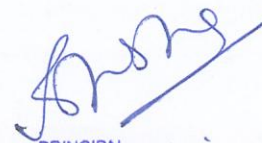


Dr. Ravindra Singh
(PROGRAMME OFFCER)

Date: 29th August, 2019



Dr. Sanghamitra Mishra
(PROGRAMME OFFCER)

PRINCIPAL
S.I.W.S. N.R. Swamy College of
Commerce & Economics &
Smt. Thirumalai College of Science,
Wadala, Mumbai - 400 031



S.I.W.S.

N.R. SWAMY COLLEGE OF COMMERCE AND ECONOMICS
& SMT. THIRUMALAI COLLEGE OF SCIENCE
337, Major R. Parameshwaran Marg, Sewree-Wadala Estate,
Wadala, Mumbai - 400031.

21st June, 2019

NATIONAL SERVICE SCHEME

Academic Year 2019-20

Report on Yoga Day

- **Title:** Yoga Day
- **Date of event:** 21st June, 2019
- **Time:** 9:00 a.m.-11:00 a.m.
- **No of students:** 164 Students (62 male and 102 female)
- **Objectives:**

1. To create awareness about importance of Yoga
2. To demonstrate simple Yoga-asanas

- **Guest Speaker:** Mrs. Savithri Bhutade

- **Brief Report:**

The NSS Unit of **S.I.W.S. College** organized International-Yoga-day by arranging a session for the staff and the students of the College. **Mrs. Savithri Bhutade** was invited to conduct the session. A total of **164 Students** (62 Male and 102 Female) attended the session along with faculty members. **Principal Dr. Usha Iyer** inaugurated the session and welcomed the chief guest with the floral bouquet and a shawl. The Principal highlighted the importance of Yoga in our day -to-day life. The students were very enthusiastic and took active part in the session. The session concluded with Vote of Thanks.

- **Outcome:**

1. 164 students attended the Yoga-day programme.
2. Participants were able to practice simple asanas.

Dr. Ravindra Singh
(NSS Programme Officer)

Dr. Sanghamitra Mishra
(NSS Programme Officer)

Dr. Usha Iyer

(Principal)
PRINCIPAL

S.I.W.S. N.R. Swamy College of
Commerce & Economics &
Smt. Thirumalai College of Science,
Wadala, Mumbai - 400 031



Photo Gallery



Prin. Dr. Usha Iyer along with Yoga Team



Students during Yoga Session




PRINCIPAL
S.I.W.S. N.R. Swamy College of
Commerce & Economics &
Smt. Thirumalai College of Science,
Wadala, Mumbai 400 031

➤ **List of Participants-Yoga Day:**


Sr. No.	NAME OF THE PARTICIPANTS
1	PETCHIMUTHU UDAIYAR GOMATHI
2	PHULPANDI SATHYAMOORTHI SUNADRI
3	PRADEEP THAMBIDURAI PUSHPA
4	PUNITHA KANNAN RENUKA
5	RANJIT RAJAN JEYALAKSHMI
6	SHIVADARSHINI SURAJ KUMAR DHANALAXMI
7	SOHAIL ALI NAUSHAD FARZANA
8	SOWNAV RAJEEV SINDHU
9	SUGANDI PALANICHAMY MEENA
10	VISHNU V LAKSHMI
11	LAXMI SELVARAJ ADHIDIRAVIDAR SANTHIKUMARI
12	CHINMAY SHASHANK ADHIKARI SMITA
13	HUDA MUSKAN MOHD AKIL ALLANA SHIRIN
14	MOHAMMAD REHAN RAZA MOHAMMAD
15	MOHD USMAN TAHIR ANSARI REHANA PARVEEN
16	SABIRALI MOHD AZIM ANSARI JAHIDUNISSA
17	INDRAYANI RAVINDRA BACHAL SEEMA
18	MOHD TABISH MEHMOOD BAIG FEHMIDA
19	AKASH SHIVSHANKAR BALLA PADMA
20	RACHANA GANPAT BAMGUDE PUSHPA
21	SHASHANT SURESH BANE SUVARNA
22	SWANANDI SANTOSH BANE SAMPADA
23	OMKAR SUNIL BARAVKAR SITA
24	CHETAN DATTARAM BHAGAT DAMAYANTI
25	MANOJ PANDHARINATH BHALERAO MANGAL
26	SURESH MOHANLAL BHOPARIYA BHAWARI BAI
27	OMKAR BHARAT BHUVAD BHAGYASHREE
28	ROHAN AVINASH BIRWADKAR CHANDA
29	SANTOSH SINGH PREM SINGH BUDAL JAYANTI DEVI
30	APURVA RAJESH CHAKRAVARTI JYOTI
31	YASH SAMBHAJI CHALKE APARNA
32	ANAND SHRANAPPA CHALWADI PARVATI
33	VARAD DEVDAŚ CHANDARKAR SAVITA
34	PAWAN ONKAR CHATAULE SAGARWATI
35	SEVA CHUNNILAL CHAUDHARI PYARI DEVI
36	SHANIKUMAR RAMSUBHAVAN INDRAVATI
37	MD FAIZAN MD HALIM CHAUDHARI AKBARI BEGUM
38	DIVYA GURAPPA CHAUGULE LEELA
39	ABHAY RAMNARESH CHAUHAN LAKSHMI
40	BOBBY SUBHASH CHAUHAN NISHA
41	BHAVNA RAJENDRAKUMAR CHAURASIYA PREMADEVI
42	POOJA HARIPRASAD CHAURASIYA SHAKUNTALA
43	REENA RAMLAKHAN CHAURASIYA REKHA DEVI
44	VISHAL SHREENATH CHAURASIYA CHANDA DEVI
45	YOGESH KUMAR SURENDRA CHAURASIYA SEETA




 PRINCIPAL
 S.I.W.S. N.R. Swamy College of
 Commerce & Economics &
 Smt. Thirumalai College of Science,
 Wadala, Mumbai - 400 031


46	RUTUJA NISHIKANT CHAVAN AKSHAYA
47	YASH PRAVIN CHAVAN PRANALI
48	SADHANA GANGARAM CHAVHAN SUNITA
49	KIRUTTHIGA RAJA CHETTIYAR GNAMMAL
50	KISHORE SANDANAKUMAR CHETTIYAR KAVITHA
51	SHUBHAM VIJAY CHINCHAWALKAR VAISHNAVI
52	MARLIN JERRY COUTINHO BLEZA
53	AKSHAD DEEPAK DALVI DEEPA
54	GAURI SUDHAKAR DALVI SUVARTA
55	ADITYA NILESH DALVI NEHA
56	ANIKET BABLU DAS SARASWATI
57	LALITA HANUMANATHA DASARU ANANTAMMA
58	BHAKTI HEMANT DESAI MANDA
59	ANIKET SUNIL DESHMUKH ASHA
60	NIRMALA DHAMODHAR DEVADIGA GOURI
61	ANKITABEN RAVJIBHAI DEVALIYA PRABHABEN
62	NEHA CHANDRASHEKHAR DEVENDRA SHASHIKALA
63	VAISHNAVI RAJENDRA DEVENDRA MARIAMMA
64	PARMESHWARI ALAGAYYA DEVKAR HEMLATA
65	VISHAL LALCHAND JAISWAL PRABHAVATI
66	CHANDRAKANT SUBHASH SURYAVANSHI USHA
67	RUSHABH NILESH KARANGUTKAR SHATAKSHI
68	SHAHBAAZ MOFIS KHAN KHAN SHAMIM BAMO
69	ARUN ULGAPPA JAGDALE PARVATI
70	RAM CHAKKARAI PANDI KAMACHI
71	JYOTI VIJAYBAHADUR MOURYA SUMITRADEVI
72	VINITH MURUGAN SUMATHI
73	PRANALI MAHADEV PALKAR SUREKHA
74	DIMPLE PRABHAKAR MOKAL KUSUM
75	SAYBU BALAJI JADHAV PADMINI
76	ANISH KUMAR SANTLAL VISHWAKARMA SUMITRA
77	ADITI ASHOK TIRLOTKAR ANKITA
78	VIKAS RAMSUNDER YADAV GEETADEVI
79	ARPITA AJIT KAWATKAR AKSHATA
80	NUZHAT LAL ZADE SIDDIQUI TAMANNA
81	NIDHI VIJAY SINGH SHARDA
82	AKASH SURESH KUMAR JAISWAR DURGAWATI
83	MAYUR RAJENDRA DHADVE RAVINA
84	SUNITA NARASAPPA DHANGAR BALLAMMA
85	SHRADDHA SURYAKANT DHERANGE SUNITA
86	PRAVEEN VENKATESH DODALA DEVI
87	AKASH RAMPRASAD DUBEY MAYA
88	VISHAL RAMPRASAD DUBEY MAYA
89	PRANAY BHALCHANDRA DURGA VALE BHARTI
90	MOHAMMAD AMAAN HASAN FAQUIR SHAMIM
91	AYLIN DEVITO FERNANDO PRINCY
92	NEHA SRINIVAS GABBUR BANU




 PRINCIPAL
 S.I.W.S. N.R. Swamy College of
 Commerce & Economics &
 Smt. Thirumalai College of Science,
 Wadala, Mumbai - 400 031

93	PRIYA PAVITRA GADANAYAK MANISHA
94	GANESH BAPU GHADIGAONKAR PRIYANKA
95	SIDDHESH SANTOSH GHAG RASHMI
96	PINKI SUSHIL GHOSH KRISHNA
97	LAKSHMI JANARADAN GIRI REETA
98	NIRAJ RAMAN GOHIL AMITA
99	SIDDHIKA BHADRARAO GOPI SANTOSHI
100	SANSKRUTI SANTOSH GOTAD ROSHNI
101	POONAM SHESHMANI GOUD ARTIDEVI
102	AKSHAY CHHOTELAL GUPTA SUBHANGI
103	ANIKET DEVIPRASAD GUPTA SUMAN DEVI
104	ANIKET JAGDISH GUPTA MADHURI
105	ANKITA DAULATLAL GUPTA SANGEETA
106	ROHIT RAKESH GUPTA PRAMILA
107	ROHIT ARVIND GUPTA GEETA
108	SAGAR JITENDRA GUPTA INDRAWATI
109	NAMRATA DEEPAK GURAV RANJANA
110	IRSHAD ASGAR IDRISI NAIMUNNISHA
111	BILKISBANO MOHAMOOD ISLAM SALMABANO
112	DISHA VIJAY JADHAV MADHURI
113	LAXMAN MANGESH JADHAV MANDAKINI
114	MHADEV SHIDRAM JADHAV ANITA
115	NEETA SANTOSH JADHAV SHARMILA
116	SHRUTI MANGESH JADHAV MANALI
117	SHUBHAM DATTATRAY JADHAV SUSHMA
118	SMITESH ASHOK JADHAV ASHWINI
119	AYUSH DINESH JAIN VIMALA
120	SAYAM MUKESH RUPLAL JAIN LAXMI
121	PRAMOD BALU JUGDAR SUJATA
122	ABHISHEK ANANDA KADAM SHOBHA
123	BHAGYASHREE MOTIRAM KADAM SUGANDHA
124	MOHINI MACHHINDRA KADAM SUJATA
125	RASIKA MAHENDRA KADAM MADHURI
126	YASH GAJANAN KADAM SHREYA
127	MOHD SAJID ANWAR HUSSAIN KADARIA NOORJAHAN
128	NIKKIL YADU KADOLKAR LAXMI
129	ASHISH KUMAR NANDALAL KAHAR GEETA DEVI
130	PAVAN NARENDRA KAIRAMKONDA LATHA
131	NIKITA SATISH KALE KANTA
132	ADITYA SHANTARAM KAMBLE SHALINI
133	POOJA DINESH SHIGWAN DINA
134	POOJA SONBA JEDHE ANJANA
135	PRANIT PRAKASH CHACHLE PRATIBHA
136	ABRAHAM PHILIP MERRY
137	RAJESH PAPPUJI BOKOLIYA SEETA DEVI
138	MANASI RAJARAM PATIL USHA
139	MANSI ANIL MHASKAR RESHMA




 PRINCIPAL
 S.I.W.S. N.R. Swamy College of
 Commerce & Economics &
 Smt. Thirumalai College of Science,
 Wadala, Mumbai . 400 031

140	NAWAZ RASHEED SHAIKH REHANA BI
141	ASIF NIZAMUDDIN SHAIKH FATIMA
142	EPHA ANANDA BELLI SHARDA
143	POOJA RAJU LAHANE NANDA
144	ROY CLIFFORD D SOUZA DAPHINE
145	SANA MUSTAFA SHAIKH SAKINA
146	PRITI MITHUN GIRI USHA
147	MONIKA VENKATACHALAM DEVENDRA JYOTI
148	VIKAS RAJESH NAI DIMPLE
149	MAYURI SURESH PANCHAL SUJATA
150	MUKKARRAM ASLAM ANSARI MUSSARATJAHAN
151	PRATIK PARSHURAM PHALKE PRATIBHA
152	AKANKSHA AJIT SAWANT ANJALI
153	POOJA CHHITANILAL SAROJ USHA
154	AARTI UPENDRA MAKWANA SUVARNA
155	BRINDA RAJA DEVENDRA JAYA
156	AARON MICHEAL D SILVA ANITA
157	SUDHAKAR SUBHASH MOURYA KAUSHALYA
158	MANGESH JAIPRAKASH VISHWAKARMA USHA
159	FAHAD SALAUDDIN KHAN MEHFUZA
160	AJAY SANDIP GOTAD MADHURI
161	MD FAIZ MD HUMAYUN ANSARI YASMIN BEGUM
162	MEGHA NARAYANA SHETTY DHANALAKSHMI
163	VENKATESH TAYAPPA BAKA LAXMI
164	RITIKA SARAVANAN DAS VIJAYA

Ravj

Dr. Ravindra Singh
(PROGRAMME OFFCER)

hm

Dr. Sanghamitra Mishra
(PROGRAMME OFFCER)

Date: 21st June, 2019



V.S. Waha
PRINCIPAL
S.I.W.S. N.R. Swamy College of
Commerce & Economics &
Smt. Thirumalai College of Science,
Wadala, Mumbai - 400 031



S.I.W.S.
N.R. SWAMY COLLEGE OF COMMERCE AND ECONOMICS
&
SMT. THIRUMALAI COLLEGE OF SCIENCE
WADALA MUMBAI-400031

12.02.19

Women Development Cell

A report on 'Wellness and Grooming' Workshop

The Women Development Cell organised a talk on 'Wellness and Grooming' on 9th February 2019 for the students of S.I.W.S College of Commerce and Economics.

Objective:

- To know the importance of personal hygiene
- To realize the Social and Professional acceptance because of grooming.

The exercise of proper personal hygiene is one of the essential parts of our daily life. This session aimed to demonstrate the importance of maintaining good personal hygiene and illustrate the importance of comprehensive cleaning to maintain a good health and a better personality in a society.

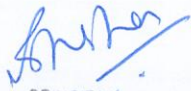
The session was conducted by Procter and Gamble Hygiene and Healthcare Ltd. The speaker of the day was Ms. Tini Girish Singh, a representative from P&G. Other Dignities present were Principal Dr. Usha Iyer, Vice- Principals, WDC members and senior professors. Our Principal Dr. Usha Iyer started off the program by giving a warm welcome to the distinguished guest and addressed the students in her welcome address. Usha ma'am even summarized the whole motive of the session in her address.

The session was illustrative and visual multimedia was used. Different pictures were used to make the presentation more vital and appealing. During the session the speaker explained the importance of personal hygiene, and taught how to groom oneself. The workshop was ended with question and answer session.

Over 100 students attended the workshop with zeal and enthusiasm. It was an interactive session where students actively participated by answering the questions and receiving goodies. Participants appreciated the information shared in the session about personal hygiene and they were excited to use the acquired knowledge in upcoming days. A stall was put up in the

1 of 4




PRINCIPAL
S.I.W.S. N.R. Swamy College of
Commerce & Economics &
Smt. Thirumalai College of Science,
Wadala, Mumbai - 400 031

college premises with P&G products on discount for the students, teaching and non-teaching staff.

Outcome:

- Students learn how personal hygiene can prevent them from infections
- Students realize the role of health and grooming in building up higher Confidence and Self- Esteem.

R Bhatia

Rekha Bhatia
Convener

Date : 12th February, 2019



Usha Iyer

Dr. Usha Iyer
Principal

Usha Iyer

PRINCIPAL
S.I.W.S.N.R. Swamy College of
Commerce & Economics And
Smt. Thirumalai College of Science
Wadala, Mumbai - 400 031.

09.02.19



Principal, Dr. Usha Iyer welcoming Ms. Tini Singh, the speaker of the day at the workshop on 'Wellness and Grooming'

09.02.19



Principal, Dr. Usha Iyer is addressing students at the workshop on 'Wellness and Grooming'



Usha Iyer
PRINCIPAL -
S.I.W.S. N.R. Swamy College of
Commerce & Economics &
Smt. Thirumala College of Science,
Wadala, Mumbai - 400 021

09.02.19



Students at the Workshop on “Wellness and Grooming”

09.02.19



Ms Tini Singh along with WDC members at the workshop on ‘Wellness and Grooming’



Attendance Sheet :

WDC : Session on Wellness and Grooming - 09-02-2019

Sr. No	Name	Class	Ph. No.	Sign
1	Pis Venkatesh	S.Y.B.B-I	8655751617	Venkatesh
2	Pranay D	S.Y.B.B-I	9768481838	Pranay
3	Pranav G	S.Y.B.B-I	7738204202	Pranav
4	Pranav H	S.Y.B.B-I	9324670753	Pranav
5	Pranav K	S.Y.B.B-I	7210226152	Pranav
6	Pranav L	S.Y.B.B-I	7210226152	Pranav
7	Pranav M	S.Y.B.B-I	7210226152	Pranav
8	Pranav N	S.Y.B.B-I	7210226152	Pranav
9	Pranav O	S.Y.B.B-I	7210226152	Pranav
10	Pranav P	S.Y.B.B-I	7210226152	Pranav
11	Ravansiddha	SUBAF	9082310631	Ravansiddha
12	Ravansiddha	SUBAF	9997460321	Ravansiddha
13	Ajay Kumar	SUBAF	7100055505	Ajay
14	Vishesh	SUBAF	98278261436	Vishesh
15	Sahy George	SUBAF	987795214316	Sahy
16	AKSHAY	SUBAF	9619639793	Akshay
17	Ashish	SUBAF	907624580	Ashish
18	Ashutosh	SUBAF	8693095480	Ashutosh
19	E. Ganesh	SUBAF	9867316974	Ganesh
20	Khan. Ajeem	SUBAF	9082718004	Khan Ajeem
21	Kamran C	SUBAF	8169705449	Kamran
22	Vishesh Nadar	SUBAF	9702806028	Vishesh
23	Siddhesh	SUBAF	9082302762	Siddhesh
24	Esai Selvan	SUBAF	8286217423	Esai
25	Shalu Singh	SUBAF	97037583993	Shalu
26	Ruchita Shetty	SUBAF	9867249062	Ruchita
27	Noormeen Shaikh	SUBAF	9136707566	Noormeen
28	Vishali chathya	SUBAF	9802638628	Vishali
29	Shikha Sakina	SUBAF	8097639359	Sakina
30	Shikha Hasina	SUBAF	9987860480	Hasina
31	Trichulini Ferticandis	SUBAF	8169722356	Trichulini
32	Dinyar S. Kamchan	SUBAF	7400397605	Dinyar
33				
34				
35				
36				
37				
38				
39				
40				
41				
42				
43				
44				
45				

S. P. ...



PRINCIPAL
S.I.W.S. N.R. Swamy College of
Commerce & Economics &
Smt. Thirumalai College of Science,
Wadala, Mumbai - 400 031

1/3

Attendance Sheet

WDC : Session on Wellness and Grooming - 09-02-2019

Sr. No	Name	Class	Ph. No.	Sign
1	Tahist Alisha kafil	S.Y.BSc	7304668551	Alisha
2	Angel	SY.BSc	9022373744	Angel
3	Venkateshwarani	S.Y.BSc	9004371044	Venkateshwarani
4	Pranika	S.Y.BSc	9372021034	Pranika
5	Nazha Jamadar	S.Y.BSc	9819618269	Nazha
6	Jayasaraswathi Thivar	SY BAF	9619902154	Jayasaraswathi
7	Shreeta Abige	SY BAF	9594710631	Shreeta
8	Anushka Ranjise	SY BAF	8976183055	Anushka
9	Vinod	SY BAF	9767157304	Vinod
10	Gaurav Bha	SYBBI	9892596701	Gaurav
11	Pallavi Kankar	SY BAF	9967157552	Pallavi
12	Sunika Kevat	SY BAF	4326612538	Sunika
13	manji Paril	SYBAF	9769170904	manji
14	Jyoti valke	SYBMS	7089508343	Jyoti
15	Devika Benglor	SYBAF	8655970503	Devika
16	Priya Kedar	SYBAF	9619293276	Priya
17	Simran S Bhale	SY BAF	7900074348	Simran
18	M. Pawanika Anthony	SYBAF	7900143877	M. Pawanika
19	Sachin Rangwal	SYBAF	9930573636	Sachin
20	KHUSHBOO BORDHI.	SYBMS	8424895623	Khushboo
21	Shreya Nait	SYBMS	91365958	Shreya
22	Sandhya Kalyan	SYBMS	9967250402	Sandhya
23	Sushmita	SYBMS	7039815789	Sushmita
24	Kanchalya	SYBMS	937215336	Kanchalya
25	SNHAI	SYBMS	8828249736	SNHAI
26	Blushka	SU BAF	9769090995	Blushka
27	Prani Jagute	SYBAF	8419921503	Prani
28	Pooja Ram	SYBAF	9768260401	Pooja
29	Ashlesha Patil	SYBMS	8879838820	Ashlesha
30	Saurabh Singh	SYBAF	8655416774	Saurabh
31	Qiddiqui Heena	SYBMS	8655718661	Qiddiqui
32	Chaitali Hasina	SYBMS	9927864480	Chaitali
33	Masthale. Anurini	SYBMS	9619227730	Masthale
34	Maitra Manjini	SYBMS	9106331044	Maitra
35	Jayesh Mishra	SY BAF	9653011023	Jayesh
36				
37				
38				
39				
40				



PRINCIPAL
S.W.S. N.R. Swamy College of
Commerce & Economics &
Smt. Thirumalai College of Science,
Wadala, Mumbai - 400 031

Attendance sheet

WDC : Session on Wellness and Grooming - 09-02-2019

Sr. No	Name	Class	Ph. No.	Sign
		(n)		
1	SHAIKH RIKHSAR BANU	S.Y B.com	7506240212	Shaikh
2	Shaikh Mehakroz	TY Bacc	8398126695	Shaikh
3	Shaikh Mhemood	S.Y. B.com	9987436573	(M)
4	Maheshwari, Madhwa	S.Y. B. Sc	8850779286	(M)
5	Shaikh Samreen	S.Y BAF	7977826482	(Sam)
6	SARWAN	S.Y BAF	8422090416	(Sar)
7	Maheshwari, Madhwa	S.Y BAF	9711648716	(Mad)
8	Mia, Madhwa	S.Y BAF	9653360610	(Mia)
9	Devidas Singh	TYBSc	8895778033	(Devi)
10	Narayan Jiva Salanki	TYBSc	8655415294	Narayan J.
11	Navinrat Gogola	TYBSc	9004757054	Navin
12	Mohal Kumar	TYBSc	7700655004	(Moh)
13	Anushree. Dukhande	SYBMS	9892904097	AD
14	Vedika Adharyale	SYBMS	8355940523	(Ved)
15	Kirti Poojary	SYBMS	8454859122	(Kirti)
16	Mansi Poojary	SYBMS	8291461167	(Mansi)
17	Siddhantisha M.S	TYBSc	9920626125	(Sidd)
18	Kasthyar Kiran	TY. BSc	9326178785	Kiran
19	Chema Shingare	TY. BSc	7718055733	(Chema)
20	Mansi Dabhanle	SYBMS	7506317458	(Mansi)
21	Satoli Angane	SYBMS	9619297281	(Satoli)
22	Ashwini Shawa	SYBMS	8852347438	(Ashwini)
23	Apurva Anil Hegichte	SYBMS	98697736072	(Apu)
24	Nilam Sharad Gaikwad	SYBMS	8109224406	(Nilam)
25	Hema Chauhan	SYBAF	9603448372	(Hema)
26	Neha Barmuniya	SYBAF	9693601121	(Neha)
27	Riddhi Girvanekar	SYBAF	7710891066	(Riddhi)
28	Ekta Yadav	SYBAF	7900760434	(Ekta)
29	Zaina Shaikh	SYBMS	8167469224	(Zaina)
30	Aria Shaikh	SYBMS	9604925140	(Aria)
31	Vidhi Anand	SYBMS	7506733414	(Vidhi)
32	Ashikh Rizwan a Parveen	SYBMS	9137995461	(Ashikh)
33	Sumnata R Devnani	SY. BSc	9702226343	(Sumnata)
34	Urvashi Jaiswal	SY. BSc	9768651930	(Urvashi)
35	Bhaskari Mait	SY BSc	7039219721	(Bhaskari)
36	Akanksha Yanger	S.Y. BSc	9820791871	(Akanksha)
37	Shital Kergale	S.Y BSc	9136861008	(Shital)
38				
39				
40				
41				
42				

Total 32 + 35 + 37 = 104



PRINCIPAL
S.I.W.S. N.R. Swamy College of
Commerce & Economics &
Smt. Thirumalai College of Science,
Wadala, Mumbai 400 031

Rbhatg
9-2-19



S.I.W.S.

**N.R. SWAMY COLLEGE OF COMMERCE & ECONOMICS &
SMT. THIRUMALAI COLLEGE OF SCIENCE**

Plot No. 337, Sewri-Wadala Estate,
Major R. Parmeshwaran Marg, Wadala 4000031.

**Self –finance Courses
BMS/BAF/BBI/BAMM Department**

2018-19

Type of Activity	:	Career Development and Personality Grooming (By Gillette & Hindustan Times)
Duration	:	2 Hours (10.00 am to 12.00 pm)
Date	:	08/02/2019
External Invitees/ Guest	:	Speaker Ms. Neha (Representative of Gillette)
Objectives	:	To brief the students about various job opportunities in the industry, learning personality development and tips for cracking interviews.
Content	:	The speaker highlighted the importance of competitive exams, the expectations of corporate world, the grooming required to stay ahead to win the race. Aptitude test was conducted after the session.
Number of Participants	:	205
Outcome	:	The students were made aware of various opportunities available for them after graduation, to remember tips shared by the experts during interviews. Students also received a gift hamper from Gillette.

Mr. Ayyappan Iyer
Vice Principal



Dr. Usha Iyer
Principal

PRINCIPAL
S.I.W.S. N.R. Swamy College of
Commerce & Economics &
Smt. Thirumalai College of Science,
Wadala, Mumbai - 400 031



Representatives from Gillette and Hindustan Times conducting the session



Representatives from Gillette and Hindustan Times conducting the session for the Second Year students



S.N.S.
PRINCIPAL
S.I.W.S. N.R. Swamy College of
Commerce & Economics &
Smt. Thirumalai College of Science,
Wadala, Mumbai - 400 031



Second Year BMS students participating in the session



Representatives from Gillette and Hindustan Times conducting the session for Third year BMS,BBI . BAF,BMM and B . Com students



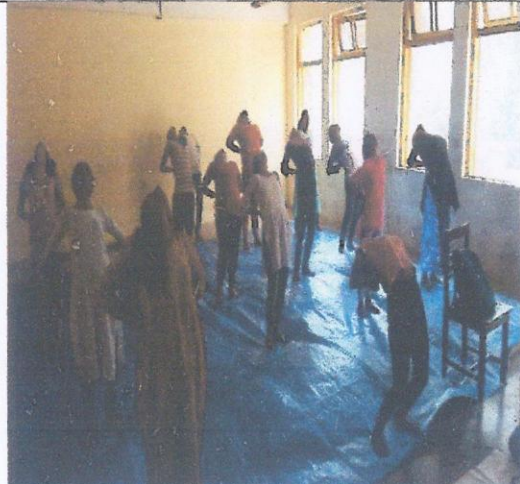

[Handwritten Signature]

PRINCIPAL
S.I.W.S. N.R. Swamy College of
Commerce & Economics &
Smt. Thirumalai College of Science,
Wadala, Mumbai - 400 031



S.I.W.S.
N.R. SWAMY COLLEGE OF COMMERCE AND ECONOMICS
&
SMT. THIRUMALAI COLLEGE OF SCIENCE
WADALA MUMBAI-400031.

NATIONAL SERVICE SCHEME
2018-2019

➤ YOGA TRAINING WORKSHOP [20th December – 26th December 2018] By our own NSS volunteers	
DATE: 20/12/2018-26/12/2018 ; 6 days 10am -11am - 6hrs.	NUMBER OF PARTICIPANTS: 13
➤ OBJECTIVES: ➤ Recognising and applying the value and benefits of yoga in life. ➤ Develop and maintain a personal yoga practise regularly.	
BRIEF NOTE : YOGA TRAINING WORKSHOP 20th December – 26th December 2018 <p>Two of our volunteers Mst Yash Surve and Miss Shree Kaushalya had attended Yoga training workshop organised at the University level. They trained thirteen other NSS volunteers in our college after their workshop . Volunteers conducted a yoga workshop for seven days for few students of our college in college campus only.</p> <p>They used to gather in one classroom and practical sessions were arranged there. The session was conducted for one hour from 20th December to 26th December 2018.</p>	
OUTCOME : “ Practise what you preach ” holds good in this context . The students were very energised and practised Yoga religiously.	
YOGA TRAINING WORKSHOP	[20th December – 26th December 2018]
	





Volunteers :

YOGA WORKSHOP 20th Dec - 26 December 2018.

1	Spashal Raut	F.Y Bcom	Spashal
2	Riddhi Ambre	F.Y BSc IT	Riddhi
3	Aishwarya Panda	F.Y BSc IT	Aishwarya
4	Reema Sawant	F.Y BSc IT	Reema
5	Ginit Shah	F.Y Ce.	Ginit
6	Saloni Bhonsale	F.Y Bcom	Saloni
7	Tejal Patil	F.Y Bcom	Tejal
8	Asmita Walunj	F.Y Bcom	Asmita
9	Pooja Bhadwalkar	F.Y Bcom	Pooja
10	Rajeev Panada	F.Y Bcom	Rajeev
11	Sujit Gaikwad	S.Y Bcom	Sujit
12	Priyanka Satpute	S.Y Bcom	Priyanka
13	Yash Surve	S.Y Bcom	Yash
14	Shreekaushalya Yenumalai	S.Y Bcom	Shreekaushalya

Date :10/1/2019

Betty Mathew

Mrs Betty Mathew

NSS Programme officer

Usha S. Iyer

Dr. Usha. S. Iyer

Principal



Usha S. Iyer

PRINCIPAL

S.I.W.S. N.R. Swamy College of
Commerce & Economics &
Smt. Thirumalai College of Science,
Wadala, Mumbai - 400 051




S.I.W.S.
N.R. SWAMY COLLEGE OF COMMERCE AND
ECONOMICS
&
SMT. THIRUMALAI COLLEGE OF SCIENCE
WADALA MUMBAI-400031

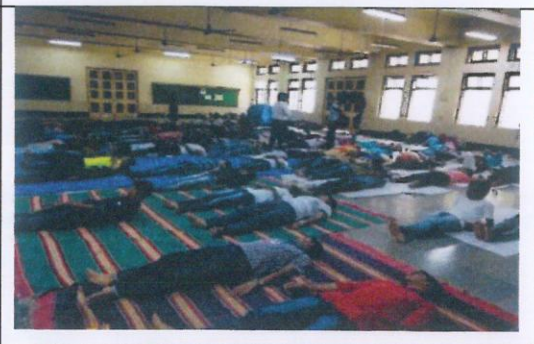
NATIONAL SERVICE SCHEME

2018-2019

INTERNATIONAL YOGA DAY SESSION	
DATE: 21/6/2018; 8a.m-10a.m =2hrs	NUMBER OF PARTICIPANTS: 101
OBJECTIVES: <ul style="list-style-type: none">➤ Developing and maintaining personal yoga practise➤ Recognising and applying the value and benefits of practising yoga.	
BRIEF NOTE: <p>INTERNATIONAL YOGA DAY SESSION</p> <p>NSS unit of SIWS College flagged off the academic year 2018-2019 with the celebration of "International Yoga Day" on 21st June 2018. The session was inaugurated by our Principal Dr. Usha. S. Iyer and she also motivated the students to practice yoga every day for a spiritual, emotional and healthy life ahead. Mr. Vipul Jha our own student of Computer Science conducted the yoga session. He is a trained Yoga Teacher associated with Premanand Yoga Institute. He taught various asanas and exercises and told its advantages.</p> <p>The benefits of Yoga were explained in a simple and lucid manner as follows:</p> <p>Yoga improves strength, balance. Eases pains, arthritis symptoms. Relaxing, and improves sleep. Managing stress levels become easier. Concentration level increases.</p> <p>The students were very enthusiastic and were doing the practical sessions very religiously. There were 101 participants Total-101 [51 Boys, 50 Girls]</p> <p style="text-align: center;">The yoga session ended with a vote of thanks</p>	
OUTCOME <p>Students were made aware of developing and maintaining a good yoga practise will help them to lead a quality life.</p> <p style="text-align: center;">Volunteers conducted yoga workshop for 15 students in college.</p>	




PRINCIPAL
S.I.W.S. N.R. Swamy College of
Commerce & Economics &
Smt. Thirumalai College of Science,
Wadala, Mumbai - 400 031



21st June, 2018

International Yoga day (College)

Total = 163

Sr.	Name	M/F	Class	Mobile No.	Sign
1	Pooja Ram	F	SYBAF	9820348504	Pooja
2	Prachi Jaguste	F	SYBAF	8419921503	Prachi
3	Pallavi Kankutkar	F	SYBAT	9969454551	Pallavi
4	Nona Bhavika Jagdish	F	SYBMM	7302110275	Nona
5	Supriya Nimbalkar	F	SYBAF	9702153005	Supriya
6	Simran Sunil Bhal	F	Sy BAF	7900879248	Simran
7	Suyana V. Jogi	F	SYBSc.IT	9867680189	Suyana
8	Priganka Pradeep Vishwakam	F	SyBSc.IT	8097630732	Priganka
9	Gupta Disha D.	F	SYBSc.IT	8076156515	Gupta
10	Yamini J. Khan	F	SyBSc.IT	8828466961	Yamini
11	Juli Tondalkar	F	Sy.BMS	8677906501	Juli
12	Amrta Pansare	F	Sy. BAF	8976183055	Amrta
13	Pritya Sukum.	F	SYBAF	9920654421	Pritya
14	Sonjano Padwal	F	SYBAF	8970456571	Sonjano
15	Siddiqui Heera	F	SYBMS	8655718661	Siddiqui
16	SHAMA ASHVINI	F	SYBMS	8652367432	Shama
17	RUPAL SINGH	F	SYBMM	9323322900	Rupal
18	ANUSHRI DUKHANDE	F	SYBMS	9892904097	Anushri
19	Munali Garkwad.	F	SYBMS	7045268639	Munali
20	Triptika Fernandes	F	SYBMS	8689839179	Triptika
21	Sushmita Chauhan	F	SYBMS	7039815789	Sushmita
22	Shabi Singh	F	SYBAF	7039533973	Shabi
23	Nilam Garkwad	F	SYBMS	8020790992	Nilam
24	Deepak Ghosh	M	FY.BCom	8850502748	Deepak
25	Elango Thevar	M	TYBSc.IT	8228350011	Elango
26	Huzefa Shaikh	M	Ty. Bcom	810873309	Huzefa
27	Jayesh Sin	M	Sy. Bcom	907640302	Jayesh
28	Lalit C. Waghela	M	Sy. Bcom	7015330902	Lalit
29	Yash S. Chole	M	SYBCom	9004669369	Yash
30	RONAK KESARWANI	M	Sy. C.S	7738025238	Ronak
31	Gurta Rishiraj Vishwanath	M	TYBSc	828648246	Gurta
32	Naraina Sunil Kumar Sharam	M	Sy. Bcom	720899394	Naraina
33	Suraj Kumar Kamalapati Jaiswar	M	FYJC	9619567602	Suraj
34	Ravish Prasad	M	Sy.B.Sc.IT	822391102	Ravish

Sr.	Name	M/F	Class	Mobile No.	Sign
35	Himesh Subramaniam	M	SYBAF	9655860143	Himesh
36	Ratna Yadav	M	SYBAF	7210028702	Ratna
37	Eshita Shetty	F	SYBAF	9807201902	Eshita
38	Igati Nalini	F	SYBMS	9702670511	Igati
39	Dhruv Kumbhar	M	SYBMS	7045001214	Dhruv
40	Chitra Naik	F	SYBMS	7136576858	Chitra
41-60	Navin Suru	M	SYBAF	7738873185	Navin
42	Aparna Anil Hegde	F	SYBMS	7869736072	Aparna
43	Shetal S. Sawant	F	Sy.BMS	8219285650	Shetal
44	Kowalya Adityan	F	SYBMS	976980148	Kowalya
45	Vishal A. Patil	M	Sy. Bcom	8827360296	Vishal
46	Nilash Yadav	M	SYCS	9833694777	Nilash
47	Shrey Rambhai	M	SYBSc(IT)	778062160	Shrey
48	Bhargavi Parika	F	SYBAF	8653870502	Bhargavi




49	V. P. PADMA	F	SYBAF	9769908253	V. Padma
50	Priya Konde	F	SYBAF	9619099328	Priya
51	Alba Patil	M	SYBAF	968071352	Alba
52	Francis K	M	SYBMS	9702294269	Francis
53	Riddhi Gavankar	F	SYBAF	7710891066	Riddhi
54	Sneha Rangmol	F	SYBAF	9930573676	Sneha
55	Vishwanath Sachav	M	SYBMS	9076473701	Vishwanath
56	Lavesh Laxman	M	SYBMS	9619209712	Lavesh
57	M. Priyanka Anthony	F	SYBAF	7900143877	M. Priyanka
58	Anthia Rawat	F	SYBCom	8320164780	Anthia
59	Madhu Prayalpadu	F	SYBCom	9534368757	Madhu
60	Sneha Arige	F	SYBAF	9574710837	Sneha
61	Jayasaraswathi	F	SYBAF	9619902154	Jayasaraswathi
62	K. Vinod	M	SYBAF	9769579541	K. Vinod

63	Vagant	M	SYBMM	8286805931	Vagant
64	Poojanapattan	M	SYBMM	8286964952	Poojanapattan
65	sanket	M	SYBAF	9270352100	sanket
66	Hrushikesh	M	SYBAF	8108451970	Hrushikesh
67	SUBHASH	M	SYBAF	9076236529	SUBHASH
68	Sandesh. howar	M	SYBSCS	9169590427	Sandesh
69	Dhruv yadav	M	SYBSCS	8419716721	Dhruv

Sr.	Name	M/F	Class	Mobile No	Sign
70	Malik Famin	M	SYBSCS	9702345737	Malik
71	SAIF Muneer	M	SYBSCS	889858547	SAIF
72	Ashu Mungo	F	SYBCom	771804005	Ashu
73	Sujat Vishwakarma	M	SYBAF	7021936076	Sujat
74	MANORAS	M	SYBMS	885019705	MANORAS
75	Nitesh P. Gaur	M	SYBMM	82623	Nitesh
76	Shashi Gupta	M	SYBMM	901100037	Shashi
77	nimit R. khatke	M	SYBMM	8875867160	nimit
78	Poojanesh P. Gade	M	SYBMM	886922574	Poojanesh
79	Seema Tanaji Kamble	F	SYBCom	900486787	Seema
80	Rutika Ravindra Kamble	F	SYBCom	9124854632	Rutika
81	Smrta Kamlesh Verma	F	SYCS	8773783816	Smrta
82	Shubha	M	SYBMM	9737121011	Shubha
83	Vilakshika Sreelakshmi Haridasan	F	SYBCom	9820597193	Vilakshika
84	Sara Paroo	M	SYBAF	889581036	Sara
85	Ekta Yadav	F	SYBAF	7900060431	Ekta
86	Pratik Parbat	M	SYBAF	9004890909	Pratik
87	Naaman Shaikh	F	SYBAF	913670716	Naaman
88	Abhimesh khatke	M	SYBAF	7169410043	Abhimesh
89	Sunita Kevat	F	SYBAF	8108902200	Sunita
90	Isakhi Paroo	M	SYBMM	901902217	Isakhi
91	Rajibhar Gaudhye	M	SYBMS	990725040	Rajibhar
92	Hema Shousabab Chavan	F	SYBAF	9659008370	Hema
93	Neha Banguzya	F	SYBAF	9967461368	Neha
94	UMESH VASINA	M	SYBAF	7032560310	UMESH
95	Harikrishnan Iyer	M	SYBAF	9619648799	Harikrishnan
96	Nimesh. Whakian	M	SYBMM	885019705	Nimesh
97	Vivek C. Mallarkal	M	SYBMS	9167242220	Vivek
98	Vishwanath Upadhyay	M	SYBMS	7000110000	Vishwanath




PRINCIPAL
 S.I.W.S. N.R. Swamy College of
 Commerce & Economics &
 Smt. Thirumalai College of Science,
 Wadala, Mumbai - 400 031

99	Prabhat Marigappa	M	SYBMS	7900162031	Prabhat
100	Mehmood Shaikh	M	SYBcom	9987496325	AL
101	Mastappa Prashanath	M	TY-Com	8452084750	AL
102	Khan: Alfiya Husain	F	TYB.com	8291999349	Prabhat
103	Tejaswita Yadav	F	TYBcom		
104	Dr. Lakman	M	SYBcom		

Date : 30/6/2018



Mrs. Betty Mathew

NSS Programme Officer



Dr. Usha .S. Iyer

Principal



PRINCIPAL
Smt. Thirumalai College of Science,
Wadala, Mumbai - 400 031



S.I.W.S.

N.R. Swamy College of Commerce & Economics &
Smt. Thirumalai College of Science
Plot No. 337, Major R. Parameshwaran Marg, Sewree –Wadala Estate,
Wadala, Mumbai – 400 031.

Women Development Cell (WDC)

Report
(2017-18)

August 9, 2017

Women Development Cell (WDC) organized a talk on 'Personal Hygiene' on **4 August, 2017** in collaboration with 'Stree Mukti Sanghatana', an NGO working towards creating social awareness about women related issues.

Objectives:

- To emphasize the importance of personal hygiene
- To create awareness about healthy eating

The talk was conducted by **Dr. Rashmi Kulkarni**, pursuing her M.D. from K.E.M. College, Parel (Mumbai), in Community Medicine. It was held on Friday, 4th August 2017 at 11:00am in room no. CB 307.

Dr. Kulkarni discussed with the girl students about the aspects of cleanliness with respect to all the body parts like eyes, ears, nails, hair, skin, breast etc. She gave a very clear explanation with the help of pictures. She emphasized the need of personal hygiene and also informed the girls about the repercussions if not followed regularly.

She discussed hygiene during menstruation and also the myths associated with the same in our country. Awareness about healthy eating and the importance of nutritious food was given to the girls.

The talk ended with a question and answer round. The girls also discussed their health problems on a one to one basis. Looking at the response, Dr Rashmi Kulkarni also promised our respected Principal Dr. Usha Iyer, to conduct one more session with girls, wherein she can address this sensitive issue.

113 girl students and the lady teaching and non-teaching staff members attended the session.

Outcome:

- 113 girls realized the importance of personal hygiene
- Girls got guidance from a professional about their health issues
- They gained information on nutrition

Dr. Sunita D. Shirvalkar
WDC, Convenor
Date: August 9, 2017

Dr. Usha S. Iyer
Principal

PRINCIPAL
S.I.W.S. N.R. Swamy College of
Commerce & Economics &
Smt. Thirumalai College of Science,
Wadala, Mumbai - 400 031

PRINCIPAL
S.I.W.S. N.R. Swamy College of
Commerce & Economics &
Smt. Thirumalai College of Science,
Wadala, Mumbai - 400 031





Dr. Rashmi Kulkarni addressing the girl students on 'Personal Hygiene' on Aug.4, 2017



Attentive Students during Dr. Rashmi Kulkarni's session on 'Personal Hygiene' - August 4, 2017



Attendance list of girl students present on August 4, 2017

Women Development Cell
Personal hygiene

Date: Aug 2017

Sr. No.	NAME	CLASS	SIGNATURE	RE. MARKS	Sl. No.	NAME
1	Meha J. Jain	S.V. Bcom	Meha J.	Excellent	1	Anusha
2	Sabuni Patkar	P.Y. B.Sc(Ed)	Sabuni	Excellent	2	Nilas
3	Rukhja Jadhav	F.Y.BSc(Ed)	Rukhja	Good	3	Dipi
4	Shweta Gupta	F.Y.BSc(Ed)	Shweta	Good	4	Su
5	Nikita Patra	F.Y.BSc(Ed)	Nikita	Good	5	Jay
6	Mercy Ruth	F.Y.BSc(Ed)	Mercy	Good	6	Kavir
7	Akshata Sable	F.Y.BSc(Ed)	Akshata	Good	7	Hei
8	Kadlyata Bhagyashree	F.Y.BSc(Ed)	Kadlyata	Good	8	Tar
9	Balika Shrivastava	F.Y.BMS	Balika	Excellent	9	KV
10	Siddhi Salekar	S.Y.BAF	Siddhi	Good	10	Mee
11	Nisha Prajapati	S.Y.BAF	Nisha	Good	11	Ved
12	Rajeshwari Girin	S.Y.BAF	Rajeshwari	Good	12	JYO
13	Anjali Shedge	S.Y.BAF	Anjali	Good	13	Awe
14	Suchita Borkar	S.Y.BAF	Suchita	Good	14	Dru
15	Vidya D. Lanekar	S.Y.BAF	Vidya	Good	15	Ka
16	Anchal Dhilimkar	S.Y.BAF	Anchal	Very good	16	An
17	Manjiri Madhuskar Patkar	F.Y.BMS	Manjiri	Good	17	Ya
18	Shaikh Sakina	F.Y.BMS	Sakina	Good	18	Ya
19	Shaikh Hasina	F.Y.BMS	Hasina	Good	19	H
20	Shehal Sawant	F.Y.BMS	Shehal	Good	20	M
21	SHEHAL KAYSURKAR	F.Y.BMS	Shehal	Very good	21	S
22	Mathale. Ashwini	F.Y.BMS	Mathale	Good	22	.
23	Divya S. Kanchun	F.Y.BMS	Divya	Information	23	Y
24	Sneha P. Naik	F.Y.BMS	Sneha	Good	24	.
25	Pratiksha Shauq Jadhav	F.Y.BMS	Pratiksha	Good	25	.
26	Ashwini Shawa	F.Y.BMS	Ashwini	Good	26	.
27	Sushmita Chauhan	F.Y.BMS	Sushmita	Good	27	.
28	Pooja Laxdale	F.Y.BMS	Pooja	Good	28	.
29	Dakshi K. Jaisr	F.Y.BMS	Dakshi	Good	29	.
30	Mansi D. Dabhade	F.Y.BMS	Mansi	Good	30	.
31	Ashlesha K. Patil	F.Y.BMS	Ashlesha	Good	31	.
32	Ashar Morscipn	F.Y.BMS	Ashar	Good	32	.
33	Musana Sheikh	F.Y.BMS	Musana	Good	33	.
34	DIVYA	F.Y.BMS	Divya	Good	34	.
35	Vinay	F.Y.BMS	Vinay	Good	35	.
36		F.Y.BMS		Good	36	.



(Signature)
PRINCIPAL

S.I.W.S. N.R. Swamy College of
Commerce & Economics &
Smt. Thirumalai College of Science,
Wadala, Mumbai - 400 031

Sl. No.	NAME	CLASS	SIGNATURE	REMARKS
56	ANUSHKA DAYANAND DUKHANDE	FYBMS	Anushka	
57	Nilam Sharad Gaitonde	FYBMS	Nilam	Excellent
58	Dipika R. Vesma	S.Y.I.T.	Dipika	
59	Suganya	S.Y.I.T.	Suganya	
60	Tayalamba	S.Y.I.T.	Tayalamba	
61	Kavitarasi Kavitha	S.Y.I.T.	Kavitha	
62	Heena Gazi	S.Y.I.T.	Heena	
63	Tanvi Chavhan	S.Y.I.T.	Tanvi	
64	KV Sudhika Sajan P.	S.Y.I.T.	Sudhika	
65	Mehwade Heena M.	S.Y.I.T.	Heena	
66	Vedika Adhargale	FYBMS	Vedika	
67	JYOTI N. RAJHAR	FYBSC(IT)	Jyoti	Good
68	SWATI R. HANCHATE	FYBSC(IT)	Swati	
69	Pranashree R. Adam	S.Y.BSc(IT)	Pranashree	
70	Komal S Adhargale	S.Y.BSc(IT)	Komal	
71	Ashwina V. Jogi	FYBSC(IT)	Ashwina	
72	Yasmeen Khan	FYBSC(IT)	Yasmeen	
73	Gupta Disha D.	FYBSC(IT)	Disha	
74	Pratyanka Ashak Vishwakarma	FYBSC(IT)	Pratyanka	
75	Mahimai Mayy Gyanaprakasam	FYBSC(IT)	Mahimai	
76	SHALINI NANISHA	FYBSC(IT)	Shalini	
77	Kirti Poojary	FYBMS	Kirti	
78	Mayuri Sonar	FYBMS	Mayuri	
79	Jyoti Navnath Valde	FYBMS	Jyoti	
80	Jothi Manganna Mathiyala	FYBMS	Jothi	
81	Jadhav Rutuja Santosh	FYBSC	Rutuja	
82	Bansode Pranali Prakash	FYBSC	Pranali	
83	Rutuja Dipak Patil	S.Y.BAF	Rutuja	
84	Rutuja Santosh Keshvale	S.Y.BAF	Rutuja	
85	Bhagyashree Bishwakarma	FYBSC	Bhagyashree	
86	Shraddha Ghose	FYBSC	Shraddha	Very good
87	Harshada Chavhan	FYBSC	Harshada	
88	Shaikh Afsana Khatoon Anisur Rehman	FYBSC	Afsana	
89	Naaidu Fatima K.	FYBMS	Fatima	
90	odiyar Koushalya	FYBMS	Koushalya	
91	Boudh Khushboo	FYBMS	Boudh	



[Handwritten Signature]

PRINCIPAL
S.W.S. N.R. Swamy College of
Commerce & Economics &
Smt. Thirumalai College of Science,
Wadala, Mumbai - 400 031

Sl. No.	NAME	CLASS	SIGNATURE	REMARKS
50	Manisha A. Gupta	FY BSC	Manisha	
51	Shubli V. Pandey	F.Y. BSC	Shubli	
52	Sidra Afisha Kafil	F.Y. BSC	Afisha	
53	Tamara Nazha Fatima	F.Y. BSC	Natima	
54	Abhaya Shekhar Naik	S.Y. BAF	Naik	
55	Shaykh Ashish Abubakar	SYBAF	Ashish	
56	Sinika Shaikh	TYCS	Sinika	
57	Monas Khatke	TYCS	Khatke	
58	Manasi Khatke	F.Y. BSC	Khatke	gender
59	Khushi Ranveer Singh	F.Y. BSC	Ranveer	
60	Siddhi Kamalakar Mokal	F.Y. BSC	Mokal	
61	Alpita Bandu Shinde	F.Y. BSC	Alpita	excellent
62	KAZI URAM ISBAL	F.Y. BSC	Uram	very good
63	Jenifa Joseph	F.Y. BSC	Jenifa	good
64	J. Prithvi Lakshmi	F.Y. BSC	Prithvi	good
65	Minaxi Umesh Namdev	F.Y. BSC	Minaxi	very nice
66	Maheeswari Madhwal	F.Y. BSC	Maheeswari	
67	Pooja Gupta	S.Y. BAF	Pooja	
68	Dalwadi Keena Kavasa Reswadi	F.Y. BSC	Keena	Excellent
69	Pooja Kailas Kambale	F.Y. BSC	Pooja	Excellent
70	Juli Kashnakant Nandawalkar	F.Y. BMS	Juli	
71	Munali Kashav Gaikwad	F.Y. BMS	Gaikwad	
72	Meha Swati	TY BSC (IT)	Meha	
73	Satavi Sharad Anjan	F.Y. BMS	Satavi	
74	Kajhar Sandhya	F.Y. BMS	Kajhar	
75	Shobha Nisana Parveen	F.Y. BMS	Shobha	
76	Ragati Rajesh Hanchate	TY BSC (IT)	Ragati	
77	Sheetal Kumbhar	BMS	Sheetal	Better
78	Gaikwad Ashwini	TY BSC (IT)	Gaikwad	
79	Ashwini N. Mhulac	TY BSC (IT)	Ashwini	
80	Hitesha J. Bhure	TY BSC (IT)	Hitesha	
81	Shweta Shikta	TY BSC (IT)	Shweta	
82	Shweta Bawre	TY BSC (IT)	Shweta	
83	Tripti Tanjan	TY BSC (IT)	Tripti	
84	Apurva Hegde	F.Y. BMS	Apurva	
85	Shruti Shinde	S.Y. BAF	Shruti	
86	Pranshi Mathar	S.Y. BAF	Pranshi	

Name
 29 yash Bost
 40 Deepali
 11 Shalini
 12 Monika
 13 Swarn



[Handwritten Signature]

PRINCIPAL
 S.I.W.S. N.R. Swamy College of
 Commerce & Economics &
 Smt. Thirumalai College of Science,
 Wadala, Mumbai - 400 031

Name	Class	Signature	Remarks
19] Yashashree Tate	SYBAP	<i>[Signature]</i>	
20] Deepali Todhar	SYBAP	<i>[Signature]</i>	
21] Shalini Pasi	SYBAP	<i>[Signature]</i>	It's good
22] Monika M. Mishra	B.Sc	<i>[Signature]</i>	It's under-stand
23] Sonam Bagati	f.4. hisc	<i>[Signature]</i>	It is good.

[Signature]

Dr. Sunita D. Shirvalkar
 WDC, Convenor
 Date: August 9, 2017

[Signature]

Dr. Usha S. Iyer
 Principal



PRINCIPAL
 S.I.W.S. N.R. Swamy College of
 Commerce & Economics &
 Smt. Thirumalai College of Science,
 Wadala, Mumbai - 400 031




S.I.W.S.
N.R. SWAMY COLLEGE OF COMMERCE AND
ECONOMICS
&
SMT. THIRUMALAI COLLEGE OF SCIENCE
WADALA MUMBAI-400031

NATIONAL SERVICE SCHEME

2017-2018

INTERNATIONAL YOGA DAY	
DATE: 21/6/2017 ; 8am-10a.m = 2hrs	NUMBER OF PARTICIPANTS: 100
OBJECTIVES: <ul style="list-style-type: none">➤ To bring awareness of the benefits for maintaining a balance in mind and body.➤ To build emotional stability .➤ To help understand the ancient culture of our country.	
BRIEF NOTE : INTERNATIONAL YOGA DAY SESSION <p>The International Yoga day was celebrated on 21 June 2017. Mr Uday Palande from Ambika yogakutir was the resource person. There were total 100 students out of which 38 were Male and 62 were Female. Importance of yoga in life was conveyed to the students as follows : Concentration in studies . Improving lifestyle to minimise illness. Different Yoga asanas were explained with its relevance in our day to day life.</p>	
OUTCOME : <p>Students were made aware of different Yoga techniques of improved attention in studies, physical and mental health .</p>	




PRINCIPAL
S.I.W.S. N.R. Swamy College of
Commerce & Economics &
Smt. Thirumalai College of Science,
Wadala, Mumbai - 400 031

32	Tezawita A. Jadhav.	19	8655746368	
33	A. P. Nigro H. Khan.	19	9167784810	
34	Shaikh Ahsan	19	8291999649	
35	Gaikwad Shrutika	19	8291581290	
36	Deepika Gupta	19	9769182916	
37	Gaud Shweta	18	8291223340	
38	Neha. G. Jain	18	9702982634	
39	Namrata A. Pat	18	8286548222	
40	Maheshwar M.	19	8082299286	
41	Sudori. S.	19	8655915706	
42	Asmaa. S	19	7715955801	
43	PRIVANKA. V	19	8655632971	
44	Gangwade Krunika	20	7208812631	
45	Nikita Hande	19	9967852490	
46	Harshada Kirve	18	9769148912	
47	Himanshi Atapalkar	18	9167399410	
48	Neelam Yogav.	18	9167457974	
49	Madhuri Gupta	18	91591408709	
50	Tabassum Khan	18	9967090288	
			9967432485	

Scanned with CamScanner

SR.No.	Name of the Participant	Sex	Age	Contact Number	Sign.
			20	9594444390	
1	R. Vishal D	male		9930814054	
2	N. Rajesh	male	19	9702552302	
3	Anupam Pandey	male	18	9833145415	
4	Kedar Khisti	MALE	18	9029180965	
5	TUSHAR SHENOY	male	18	8692013775	
6	Vella Pandian	Male	19	9004060638	
7	Akesh Batawale	Male	19	8898161892	
8	Rahul Kadam	Male	19	9699753471	
9	Rahul Kadam	Male	19	8898161892	
10	Shaitesh Timorri	Male	19	9699753471	
11	Karan D. Sandesai	male	19	8286088738	
12	Vishal Yadav	Male	19	9708046340	
13	Rohan. Wadekar	Male	19	8379959812	
14	Harshad Wala	Male	19	9768410720	
15	Shubham Chalke	Male	18	7738563400	
16	Deepak Sahu	male	19	7045066910	
17	Ramesh. K. PALIYA	MALE	19	8879219525	
18	Laxman B. Thevar	Male	18	8170981207	
19	Clement	MALE	20	9004075274	
20	Deepak H. Patwa	MALE	18	8108048189	
21	Avinash. N. Vanna	male	18	8070826512	
22	Prabhakar Dandewad	Male	19	9702061599	
23	Kon Abhi Holer	Male	19	8080799865	
24	Vinod. G. Patwa	Male	19	842282501	
25	Mukesh Kumar. B. K. Patwa	Male	19	9967621597	

22)	Vinod. G. Patwa	Male	19	842732501	<u>Vinod</u>
23)	Mukesh Kumar. B.K. Patwa	Male	19	9967621597	<u>Mukesh</u>
24)	ARIF Masjid Hussain	Male	18	9819453550	<u>Arif</u>
25)	Sonali Chaudhary	Female	21	9768746161	<u>Sonali</u>
26)	Jay. H. Fulwaria	MALE	18	9833365299	<u>Jay</u>
27)	Deepak Yadav	MALE	19	9768945957	<u>Deepak</u>
28)	Wahid Shaikh	Male	19	7666332032	<u>Wahid</u>
29)	Dhananjay Keni	M	20		<u>Dhananjay</u>

Scanned with CamScanner

Sl. No	Name	Sex	Age	Phone Number	Signature
29	Rohan Hire	Male	21	7040248250	<u>Rohan</u>
30	Rikesh Gupta	Male	14	9029029184	<u>Rikesh</u>
31	Jagannath Lenka	Male	20	8692862870	<u>Jagannath</u>
32	Elango Thevar	Male	21	8286355018	<u>Elango</u>
33	Deepak Ghosh	Male	19	8998156274	<u>Deepak</u>
34	Muzaffar Shaikh	Male	19	8108733091	<u>Muzaffar</u>
35	Mariya Prusharath	Female	21	8452084350	<u>Mariya</u>
36	Varesh. G. Patil	Male	18	966495334	<u>Varesh</u>
37	Divakara	Male	18	865586597	<u>Divakara</u>
38	Prachi Surve	Female	19	8976224572	<u>Prachi</u>
	S. Manik Louisa	Female	18	9619600735	<u>S. Manik</u>
40	Pratiksha Maharana	Female	18	9967572198	<u>Pratiksha</u>
41	Sunita D. Dhawgaj	Female	19	9004881235	<u>Sunita</u>
42	Subhasini Naidu	Female	18	9867647508	<u>Subhasini</u>
43	Neha Pandey	Female	17	8898292381	<u>Neha</u>
44	Shaikh Firdos	Female	18	8652227178	<u>Shaikh</u>
45	Prinshila Harwali	Female	20	9987301834	<u>Prinshila</u>
46	Shri. Corvin	Female	18	9004580241	<u>Shri</u>
47	Mayuri Misal	Female	19	9619347160	<u>Mayuri</u>
48	Priyanka Agawan	Female	19	8108338197	<u>Priyanka</u>
49	Mayuri Mishra	Female	19	9674485720	<u>Mayuri</u>
48	Priyanka Agawan	Female	19	8108338197	<u>Priyanka</u>
49	Bhatti Khiste	Female	18	9694618532	<u>Bhatti</u>

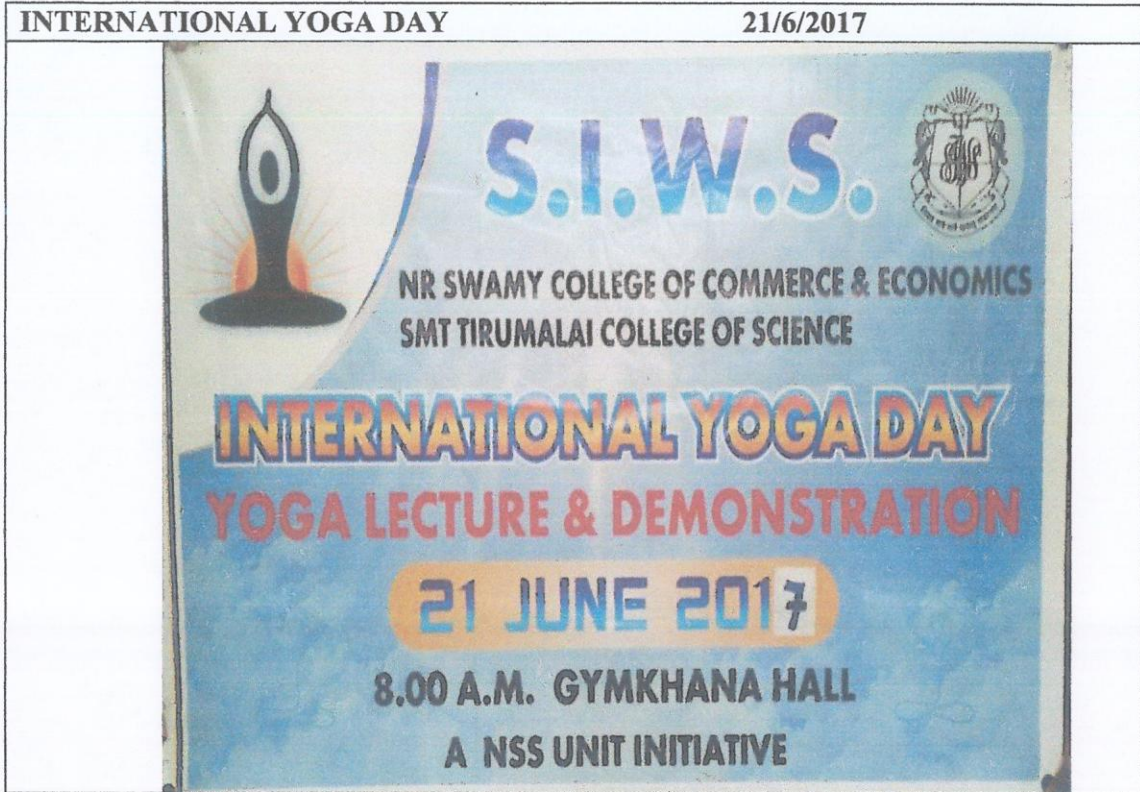
INTERNATIONAL YOGA DAY

21/6/2017



Handwritten signature

PRINCIPAL
S.I.W.S. N.R. Swamy College of
Commerce & Economics &
Smt. Thirumalai College of Science,
Wadala, Mumbai - 400 031



Date : 30/6/2017

Betty Mathew

Mrs. Betty Mathew
NSS Programme Officer

Usha .S. Iyer

Dr. Usha .S. Iyer
Principal

Usha .S. Iyer



PRINCIPAL
S.I.W.S. N.R. Swamy College of
Commerce & Economics &
Smt. Tirumalai College of Science,
Vadakkulammanal 400 031



S.I.W.S.
N.R. SWAMY COLLEGE OF COMMERCE AND
ECONOMICS
&
SMT. THIRUMALAI COLLEGE OF SCIENCE
WADALA MUMBAI-400031

NATIONAL SERVICE SCHEME

2016-2017

➤ INTERNATIONAL YOGA DAY SESSION	
DATE: 21/6/2016 ; 8a.m -10a.m - 2hrs	NUMBER OF PARTICIPANTS:137
➤ OBJECTIVES:	
<ul style="list-style-type: none">• Enabling the students to maintain good health.• Helping them to practice mental hygiene.	
BRIEF NOTE :	
➤ INTERNATIONAL YOGA DAY SESSION 21 st June 2016 Yoga day was conducted. No. of Volunteers: 137 ; Male: 59 Female:78 NSS unit of SIWS College successfully organised the grand event of " Second International Yoga Day " on 21 st June, 2016 in our college Gymkhana. The session was conducted by Shri T. R. Chandrashekar, eminent yoga expert with the experience of 30 years. Shri T.R. Chandrashekar showcased different Asanas, which was attended by Teaching staffs and around 137 students with at most sincerity. He taught different Asanas for different ailments and betterment of body and souls, including, Vajrasana, Butterfly, Body Stretch and Breathing Techniques. He explained the age related ailments that can be controlled and cured by Yoga. He also emphasized on importance of starting Yoga at the tender and younger age. The participants were enlightened with health benefit of yoga for stress free life and developing proper eating habits. Students were delighted to learn to get tips on how to enhance memory power, focus on studies and concentrate on one's goals. Shri T.R. Chandrashekar very gracefully answered many queries raised by the students.	



The overall event was well received and attended by students and faculties with vigor and enthusiasm and left the venue with complete rejuvenation.

OUTCOME :

The session helped the students to attain basic knowledge to lead a healthy life. Awareness of techniques of gaining good health was also taken care of.

INTERNATIONAL YOGA DAY

21/6/2016

Event - Yoga 21/06/2016

Sr	Name	Sign	M/F	CLASS	Contact
1	Gulista Ansari	Gulista	F	FY Bcom(A)	9422016323
2	Roshni Shaikh	Roshni	F	FY Bcom (E)	9957370058
3	Zulekha Pathan	Zulekha	F	FY " (C)	9967868456
4	Kanshi Jyothi	Jyothi	F	FY " (C)	7628053462
5	Jyoti Kauri Nadesan	Jyoti	F	FY " (C)	7045281312
6	Kausalya Sathiyamoorthi	Kausalya	F	FY " (C)	9920758866
7	Navaneta Yalamahant	Navaneta	F	FY " (F)	8108609201
8	Subashini Anangan	Subashini	F	FY " (F)	7738790372
9	Rajeshwari	Rajeshwari	F	FY " (E)	8424831822
10	Yudav Kausalya	Yudav	F	FY " (F)	8424831821
11	Trisha Alagasan	Trisha	F	FY " (A)	8898303472
12	Sangeeta S. Malik	Sangeeta	F	FY " (B)	9969608165
13	Pradisha Muburana	Pradisha	F	FY " (C)	9967572198
14	Ankita Bajgire	Ankita	F	FY " (A)	9833949349
15	Sharnavi Namugade	Sharnavi	F	FY " (F)	9594849218
16	Kirti Jaiswal	Kirti	F	FY " (B)	8291408586
17	Mitisha Patel	Mitisha	F	FY " (D)	9764365374
18	Priyal Savla	Priyal	F	FY " (E)	9930607086
19	Neha Singh	Neha	F	FY " (F)	9702314404
20	Kamal J. Patil	Kamal	F	FY " (D)	9269167521
21	Kajal J. Pothak	Kajal	F	FY " (D)	9930234187
22	Rupa M. Jaiswal	Rupa	F	FY " (B)	8286902212
23	Murippa Prushnath	Murippa	M	FY " (C)	8452084350
24	Gupta Krishna	Krishna	M	FY " (B)	750647098E
25	Ansari irshad	Ansari	M	FY " (A)	7057861601
26	Soyab Shaikh	Soyab	M	FY " (F)	7045251566
27	Hemant nigade	Hemant	M	FY " (D)	9867772985
28	Shaikh Abbo Shama	Abbo	M	FY " (D)	9930612224
29	Ashutosh Pandey	Ashutosh	M	FY " (D)	9619747359
30	Parash Patil	P.P.Patil	M	FY " (D)	9664953341
31	Patel Jasraj	Jasraj	M	FY " (D)	7045488146
32	Suraj Kumar	Suraj	M	FY " (D)	8108685355
33	Vaibhav Bali	Vaibhav	M	FY " (A)	8108890402
34	Imran Ansari	Imran	M	FY " (A)	7303802165
35	Rahul Chaurasiya	Rahul	M	FY " (A)	9619988319
36	Savej Kasim Ansari	Savej	M	FY " (A)	7715044237



Sl. No.	Name	Sex	MID	Class	Contact
33	Ritesh M. Khedekar	Male	M	P.Y.B. Com (E)	7506899382
34	Kapil Jainwar	Male	M	P.Y.B. Com (E)	2108323163
35	Abhishek S. YADAV	Male	M	P.Y.B. Com (E)	9967386091
36	Jaiswar Shivanan	Male	M	P.Y.B. Com (E)	9967386091
37	Khan Javed	Male	M	P.Y.B. Com (E)	8898859488
38	Pravin R. Patro	Male	M	P.Y.B. Com (E)	9882285876
39	Ashas Khan	Male	M	P.Y.B. Com (E)	8105534258
40	Jay C. Shab	Male	M	P.Y.B. Com (E)	9820115110
41	Vadivel Arand Aarathethiy	Female	F	P.Y.B. Com (E)	9962246269
42	Wilaginson	Male	M	P.Y.B. Com (E)	7678057655
43	Asha K. Maveya	Female	F	P.Y.B. Com (E)	2022855591
44	Vishaka Munde	Female	F	P.Y.B. Com (E)	8093581431
45	Dinakar Bani	Male	M	P.Y.B. Com (E)	8655865921
46	Elanga Thevar	Male	M	P.Y.B. Com (E)	8286355018
47	Aakita Paadhy	Female	F	P.Y.B. Com (E)	7506119616
48	Polcha Bhaveen	Female	F	P.Y.B. Com (E)	9892104222
49	Shaikh Afreen	Female	F	P.Y.B. Com (E)	8291581290
50	Abhishek	Male	M	P.Y.B. Com (E)	8879868527
51	Dilip	Male	M	P.Y.B. Com (E)	9269113120
52	Paaja	Female	F	P.Y.B. Com (E)	7210814127
53	Jusli	Female	F	P.Y.B. Com (E)	9268913452
54	Rohit	Male	M	P.Y.B. Com (E)	9004324899
55	Rutuja Haldankar	Female	F	P.Y.B. Com (E)	8082414163
56	Vishakha	Female	F	P.Y.B. Com (E)	8097581967
57	Anupama Pandey	Female	F	P.Y.B. Com (E)	9029684356
58	Gupta Hema	Female	F	P.Y.B. Com (E)	9167413985
59	Pooja Suresh	Female	F	P.Y.B. Com (E)	8936224533
60	Anush B. Khondare	Female	F	P.Y.B. Com (E)	9920806163
61	Ashankha M. Bhosale	Female	F	P.Y.B. Com (E)	9820094626
62	Hemalokjan	Male	M	P.Y.B. Com (E)	9920147274
63	S. Bayasin	Male	M	P.Y.B. Com (E)	9614850455
64	Vignesh Pillai	Male	M	P.Y.B. Com (E)	7212972808
65	VASUDEVAN	Male	M	P.Y.B. Com (E)	9973047582
66	Akshata	Female	F	P.Y.B. Com (E)	8655528265
67	Chidan Amaldas	Male	M	P.Y.B. Com (E)	9968925943
68	Murha Kumar	Male	M	P.Y.B. Com (E)	

Sl. No.	Name	Sex	MID	Class	Contact
73	Rajesh Patkar	Male	M	P.Y.B. Com (E)	9967386091
74	Panhamesh Kadam	Male	M	P.Y.B. Com (E)	7089386842
75	Ali Raza	Male	M	P.Y.B. Com (E)	8689815229
76	Vignesh Pillai	Male	M	P.Y.B. Com (E)	7212972808
77	Saidul Shaikanda	Male	M	P.Y.B. Com (E)	7715045082
78	Ankit K. Kanaujia	Male	M	P.Y.B. Com (E)	9022284476
79	D. Panthu Kadam	Male	M	P.Y.B. Com (E)	8452899161
80	Aakash Chandran	Male	M	P.Y.B. Com (E)	9269198934
81	Rohan Raju	Male	M	P.Y.B. Com (E)	8671860029
82	Kapil Jainwar	Male	M	P.Y.B. Com (E)	8108325163
83	Axil M. Hussain	Male	M	P.Y.B. Com (E)	9819483550
84	Chiranj Yadav	Male	M	P.Y.B. Com (E)	8419916222
85	Gupta Krishna	Female	F	P.Y.B. Com (E)	7506490988
86	Mariappa	Male	M	P.Y.B. Com (E)	8452084350
87	Omkar Shirodkar	Male	M	P.Y.B. Com (E)	7208956978
88	Aakash Khosale	Male	M	P.Y.B. Com (E)	8691833012
89	Pratik Sarfara	Male	M	P.Y.B. Com (E)	8108085048
90	Aakash Kumbhar	Male	M	P.Y.B. Com (E)	8080402414
91	Saalein Chevar	Female	F	P.Y.B. Com (E)	8108319547
92	Vaibhav Ball	Male	M	P.Y.B. Com (E)	8108890407
93	Eliza Francis	Female	F	P.Y.B. Com (E)	9619026805
94	Renuka Begari	Female	F	P.Y.B. Com (E)	8655505381
95	Devalla Keerti	Female	F	P.Y.B. Com (E)	9022792588
96	Shradha More	Female	F	P.Y.B. Com (E)	8689828326
97	Pratiksha Mahesana	Female	F	P.Y.B. Com (E)	9987572358
98	Reema Gupta	Female	F	P.Y.B. Com (E)	8655746338
99	Jathwa Neha	Female	F	P.Y.B. Com (E)	9320543329
100	Raja Gulatreea	Female	F	P.Y.B. Com (E)	8898354338
101	Saikat K. Singh	Male	M	P.Y.B. Com (E)	8767143284
102	Aisha	Female	F	P.Y.B. Com (E)	900496661
103	Sameer D	Male	M	P.Y.B. Com (E)	9167935825
104	Rafiya Shaikh	Female	F	P.Y.B. Com (E)	9967381176
105	Rupesh Baste Hekar	Male	M	P.Y.B. Com (E)	9296800095
106	Rama R. Basutkar	Female	F	P.Y.B. Com (E)	8473539485
107	Ayasha Shaikh	Female	F	P.Y.B. Com (E)	9004966020
108	Ramali Patil	Female	F	P.Y.B. Com (E)	8879164096

S.N	Name	Sign	M/F	Class.	Contact
110	A. Jeyalaxmi	Ajeyalax	F	F4Bsc(31)	8898755196
111	Asha Maurya	Asha	F	F4Bsc	9022855591
112	Ritesh M. Khedekar	Ritesh	M	F4Bcom/C	750689935
113	Vishaka Munde	V.Munde	F	F4Bsc ID	8097581931
114	Kirti Saiswal	K.Saiswal	F	F4Bsc/B	8291408586
115	Komal Pal	K.Pal	F	F4Bsc/D	9769167821
116	Palicha Bhama	Palicha	F	F4Bcom/B	989204272
117	Manali Berde	M.Berde	F	F4Bcom/B	8767088389
118	Jasraj Patel	J.Patel	M	F4Bcom/D	9045488146
119	Satyam Shrivastav	S.Satyam	M	F4Bcom/C	5050550398
120	Bhauraj Yadav	B.Yadav	M	F4Bsc(IT)	8419916721
121	Sachin Chavan	S.Chavan	M	F4Bcom/A	810834547
122	Hemant Nigade	H.Nigade	M	F4Bcom	9867772985
123	Prathamesh Kadam	P.Kadam	M	F4BscIT-	7039388542
124	Ashutosh Pandey	A.Ashutosh	M	F4Bcom	961979735
125	Pratiksha Meshram	P.Meshram	F	F4Bcom/C	9867572142
126	Rajesh Nailkar	R.Rajesh	M	F4BscIT-	9967533620
127	Divakar Ravi	D.Ravi	M	F4BscIT-	8655865971
128	Radeesh Jaura	R.Jaura	M	F4Bcom	9893530884
129	Reema Gupta	R.Gupta	F	F4Bcom	8655746358
130	Keerthi Devalla	K.Devalla	F	F4Bcom(A)	9022792108
131	Kavita N. Pillai	K.Pillai	F	F4BcomD	9702021485
132	Harshada Tendulkar	H.Tendulkar	F	F4Bcom/G	9619465777
133	Sandhya Chaurasiya	S.Chaurasiya	F	F4Bcom/D	8976178498
134	Priya	P.Priya	F	F4Bcom	7666474137
135	Zulekha pathan	Z.Pathan	F	F4Bcom/C	9967888456
136	Priyal Sawla	P.Sawla	F	F4Bcom/B	9930607086
137	Mitisha Patel	M.Patel	F	F4Bcom/D	9967365379



J. N. S.
 PRINCIPAL
 S.I.W.S. N.R. Swamy College of
 Commerce & Economics &
 Smt. Thirumalai College of Science,
 Wadala, Mumbai - 400 031

INTERNATIONAL YOGA DAY

21/6/2016



INTERNATIONAL YOGA DAY

21/6/2016



International Yoga Day

N.R. SWAMY COLLEGE OF COMMERCE & ECONOMICS & SMT. THIRUMALAI COLLEGE OF SCIENCE
WADALA, MUMBAI - 400 031

Date: 21st June 2016

NAME OF THE ACTIVITY	DATE AND PLACE	MALE		FEMALE	TOTAL	OFFICER IN CHARGE
		CONDUCTED	STUDENTS	STUDENTS		
1. DAILY TRAINING	GYM HALL		73	50	123	DR. T. R. CHANDRASEKAR
2. VIDEO SCREENING OF CYP						
3. CELEBRATION OF INTERNATIONAL YOGA DAY						

Principal
S.I.W.S. N.R. SWAMY COLLEGE OF COMMERCE & ECONOMICS AND SMT. THIRUMALAI COLLEGE OF SCIENCE
WADALA, MUMBAI - 400 031

Date : 30/6/2016

Betty Mathew

Mrs. Betty Mathew

NSS Programme Officer

Dr. Usha .S. Iyer

Principal

Usha



PRINCIPAL
S.I.W.S. N.R. Swamy College of
Commerce & Economics &
Smt. Thirumalai College of Science,
Wadala, Mumbai - 400 031