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K J Somaia College of Science & Commerce




**K. J. SOMAIYA COLLEGE OF SCIENCE & COMMERCE**

AUTONOMOUS  
Re-accredited "A" Grade by NAAC  
Vidyavihar, Mumbai - 400077

**SCHEDULE OF THE VALUE EDUCATION – "SANSKAR SHALA"**

Day and date	Session	Break	Session	Session	Session
Thursday, 18 <sup>th</sup> April, 2019	8.00 am. to 10.00 am. Mr. Harish Mehta and Dr. Alpa Shah "Who am I and my Values" (Seminar Hall)	----	10.30 am to 2.30 pm. Dr. Pramod Sadar Joshi "Designing Destiny" (Seminar Hall)		
Friday, 19 <sup>th</sup> April, 2019	7.30 am to 10.30 am. Ms. Hetal Mundra "Empathy based Innovation" (Seminar Hall)	----	11.00 am to 1.00 pm. Mr. Shashikant Nayak "#Values" (Seminar Hall)		
Saturday, 20 <sup>th</sup> April, 2019	7.00 am. to 10.00 am. Mr. Shantilal Kotbari Mr. K.V. Deshmukh Dr. Niranjana Jain "Meditations and Yoga" (Gargi Plaza)	----	10.30 am to 1.30 pm. Ms. Hetal Mundra "Empathy based Innovation" (Seminar Hall)		
Sunday, 21 <sup>st</sup> April, 2019	9.00 am to 5.30 pm. Visit to Heart fullness Institute (Panvel)				
Monday, 22 <sup>nd</sup> April, 2019	8.00 am to 10.00 am. Ms. Manisha Shah "Mind Matters" (Seminar hall)	----	10.30 am to 12.00 noon Mr. Ramesh Lakshaman "Challenges in the midst of opportunities in modern life and how to transit this life beneficially" (Seminar Hall)	12.00 pm to 2.00 pm. Ms. Nandini Rao "Managing your Emotions" (Seminar Hall)	
Tuesday, 23 <sup>rd</sup> April, 2019	8.00 am to 10.00 am Ms. Reshma Kamble and Dr. Alpa Shah "Choose, Change and Become" (Seminar hall)	----	10.30 to 11.30 am Ms. Meghana Pradhan Heartfulness Meditation (Seminar hall)	11.30 am to 1.00 pm Ms. Taruna Jain "How to sail the ship of Relationships" (Seminar Hall)	1.00 pm to 2.00 pm Feedback and Valedictory (Seminar Hall)

  
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**Report of Sessions under 1 credit Course Sanskar shala in the Academic year 2018-2019**

Session 1: "Who am I and my Values"

**Mr. Harish Mehta** and

**Dr. Alpa Shah** (Brahma kumaris)



*Dambhik*  
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Ever liked food without salt ? Summer without mangoes ? Yes it's worthless. That's a man without values. Indeed manners maketh man but are values manners? They're the manner in which a person reacts to a particular situation.

They're something we are born with and inculcate from our environment through observation and influence. From our parents, grand parents and neighbour hood. It is righteously said that one is made by the company (s)he keeps.

The speaker taught us that to succeed in today's fast paced era it is important not to forget one's roots or values. No matter how hard a rocket soars it needs to stick to it's value of speed or else It'll collapse coming back to the earth pulled by it's gravity. That's how an empire or any foundation set by a person with no values collapses. Yes our values of being attached to the higher power or nature or the supremo who governs the laws of our survival. Spirituality doesn't mean being a sole believer of one particular deity but it means to connect to the supremo via one's own soul. We who call ourselves the most functional beings are nothing without soul. This soul is nothing but a form of energy it is believed to be residing at the pituitary position in our body. We are just unaware of the measures by which we can connect this energy to the universe and the key lies in meditation. This body is just a nameless hollow without the presence of soul. It is also said that the soul enters the body at the fourth month of pregnancy and accompanies the body till the last breath. To understand this we followed the instructions and meditated for sometime.

Session 2:

Design your destiny

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- Dr Pramod Sadarjoshi

(Speakers introduction)

The second session for the day 18/04/19 began and a powerful voice boomed in the mic. I wouldn't be wrong if I say the same energy and enthusiasm was constant throughout the session.


Sir began by dedicating the lecture to our brave soldiers who guard the perimeters be at  $-4^{\circ}\text{C}$  at Siachen or  $55^{\circ}\text{C}$  at Jaisalmer. It takes immense of hardwork, determination and bravery to stand there guarding a country protecting it's citizens. The idea that moved me was if 19 y/o can dedicate his entire life to a country, selflessly serving it can't we be a citizen worth those efforts? Can't we be a citizen worth protecting?

We often blame others or circumstances for our failures and don't own up to them. Nothing is predestined when you give your heart to something and work tirelessly putting all of your efforts into it you may land up amongst stars but for that you'll have to shoot for the moon. You and only you can design your destiny. He quoted JK Rowling saying.. When you take on wheels (be 18 y/o) you lose the right to blame others.

Design your destiny session focused on making the youth being competitive by following ethics and morals while making the best of their careers. It is extremely important for us to follow a path of righteousness and be adaption savvy to be a successful individual. Dealing with the millennials on daily basis he talked about the technology and trends that have brought about a hundred of opportunities and new job profiles. From AI to Big Data management the century is moving upward on the graph of development and in this era we need to be efficient and adaptive enough to face what future is yet to unveil.

He introduced us to a biggest challenge VUCA of the modern market and it's solution. Later to give a survival key he introduced us to an equation of personality quotient which is a function of multiplication of intelligence quotient and emotional quotient by adding spiritual quotient to it.

To conclude he also gave us an insight to engage both ones right and left hemispheres of the brain by letting data and heart both aiding one make decisions. Key to wear ones heart on sleeve and managing still not getting it damaged can be by following heartfulness meditation which focuses on trying to connect with ones heart by meditating on it's rhythmic lub-dub. Overall the pleasure was all ours to learn from such an amazing personality.

  
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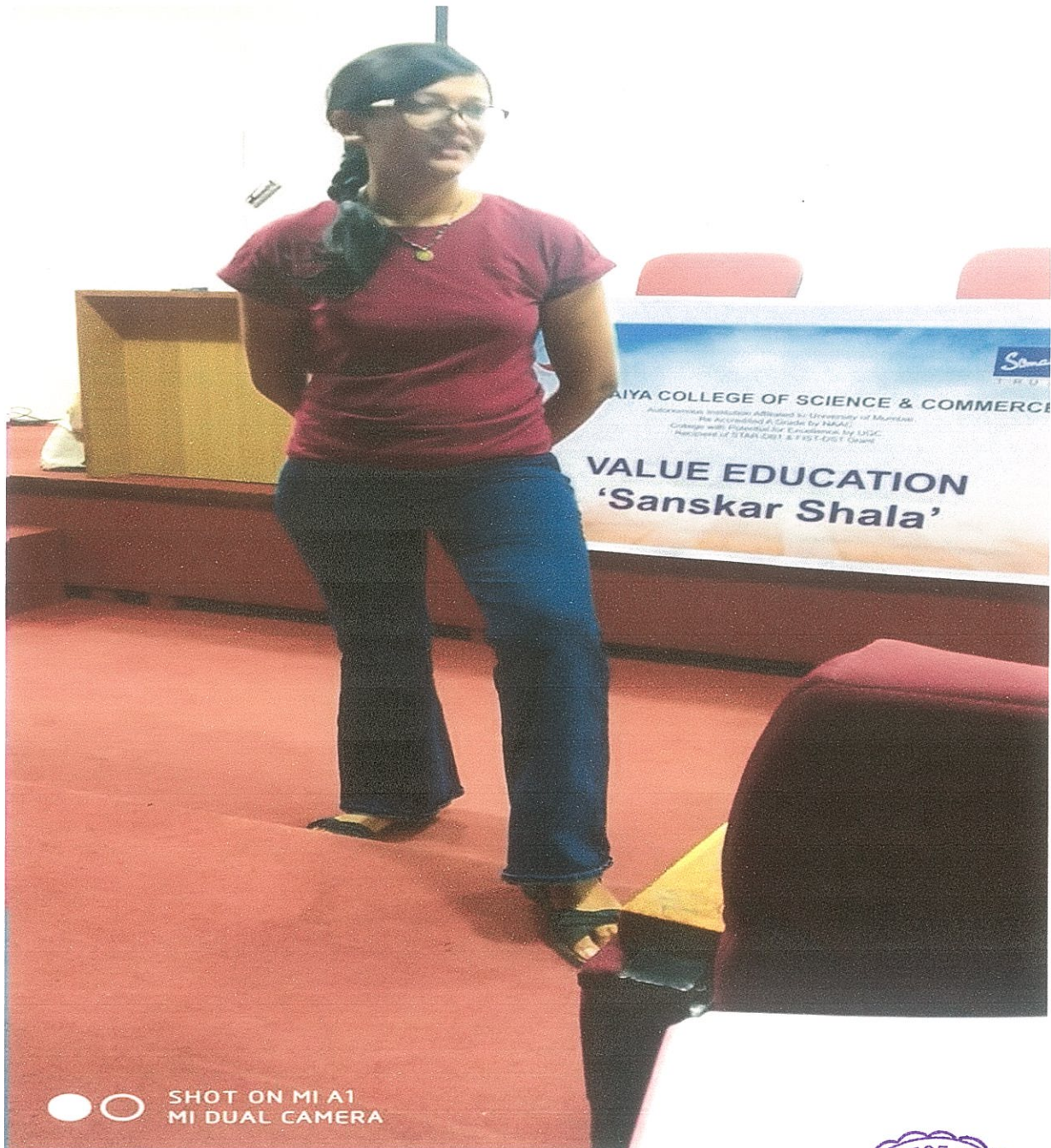
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Session 3:

Empathy based Innovation



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From the very beginning we have been learning stories of brutal wars, diplomatic leaders, public assassinations and a lot more disturbing things in the world history. A keen observer might have noticed how the people have become more and more self centered and inconsiderate .The cases of business men taking loans, not repaying them and flying out of the country aren't hidden from anyone. Be it frauds, scams, corruption we've seen them all name it and we've an example who has done it.

All these past tragedies indicate one thing that while chasing success many people fail to hold the hand of their values. They forget about the basic requirements on which a human society works. Understanding and catering the needs of the population is an art which can be achieved only by being humane enough and empathize.

Talking about empathy we must first know what it means. This is what we learnt in the enriching session by Mrs Hetal Mundra. We although know empathy means to understand Someone's situation by keeping oneself in their position but were pretty much unaware of how to bring about the empathetic side in a world full of cut throat competition and ever increasing deeds of being on the top of the pile.

The answers were found during an activity.As start-ups of many apps are coming up these days we were bifurcated into groups and after learning few concepts of modern day start-ups in the form of different apps or websites we were given a task. The task consisted of designing an app for different people by empathizing with them and understanding their difficulties. After doing this activity we learnt the role of empathy, difference between empathy and sympathy and certain unique solutions to problems.

Over all this session introduced us to a values which was long forgotten and is of immense importance in today's world.

Session 4:

#Values Dr Shashikant

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A word or a phrase preceded by a hashmark/ hashtag is used to identify a key word or topic of interest and facilitate search for it. We the millenials have this habit of searching for things on the internet and a hashtag is a concept of the modern world which aids this finding. Dr. Shashikant believes that the modern era children are very well equipped to hard learning and what's needed to be developed is the trick to make use of values already imbibed in one. Many questions like what are values, why are they important, how to find them were answered.

He defined values as principles or standards that we hold in high regard. It is the ability to decide what's right and what's wrong. Or a compass guiding towards purpose. Values are interrelated allignment of thoughts, words and actions. The session comprised of identifying ones values and learning a fact that a person who sticks to values achieves mental peace in this world. Concluding with a way of changing our behavior by keeping in check our values .

He focused mainly on what this generation needs to know and as the world changes needs to remember yet adapt the change. The session answered many questions on changing oneself, inculcating or knowing ones values or polishing one's life style by learning new values recognizing the values of others by giving the example of renowned and wonderful personalities like Mahatma Gandhi ji, APJ Abdul Kalam and Azim premji.

#### Session 5:

#### Preksha Dhyan



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Fast paced life and we're running around in circles college to home, home to college and have almost forgotten that a healthy body is a home to a peaceful soul. Most of us don't give enough time to exercise which is paramount for wear and tear of the body and should not be neglected. So the question that now arises is how to bridge this gap between working and maintaining ones health.

This session taught us various yoga asanas for exercising different parts of our body thus looking after it along with working towards our academic goals.


From breathing exercises, concentration exercises to exercises to improve eyesight, voice modulation and many more. The exercises for three hours continuously although rendered us exhausted but the dhyana indeed re-energized us. Although we may not follow these exercises routinely but we learnt that it is always beneficial. The speakers being way older than us did the asanas more perfectly than many of us which indicates that regular practice does makes a person fitter and flexible.

Although we may not remember the names of all the asanas correctly but atleast the session helped us know what all asanas we must do to cure our existing ailments.

Session6:

Mind matters:

Ms. Manisha Shah

  
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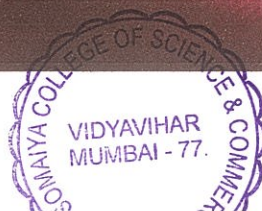


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Art of living.

We've often heard people saying surviving and living are two different things. This art of living session imbibed in us how to deal with these things.

The session started with a story of a marathon runner who was weak and fragile amputee but ended up running the entire marathon. A person with no hands who plays guitar with his legs. All these instances indicate towards one thing that a powerful mind can do wonders and no disability can interfere with it. However when the mind is full of negative thoughts and self doubt it can never lead one to success. A weak mind is a result of accumulated negative thoughts, inferiority complex, superiority complex, jealousy etc. By doing an activity we found out that mind oscillate between the past and the future. It's unstable when it cannot handle our doubts, we're always anxious and another important thing that weakens the mind is memory.

Our body is just a shell and the soul is an energy and stress means low energy. Once the energy is regained everything falls in place. The sources by which our body gains this energy are food, sleep, breath and a happy meditative state of mind. The last one contributing the major amount. It is also known as a state of relaxed alertness which refreshes the mind and refills the body with energy.


Another thing we learnt here was bhastrika pranayam which is also a stress relieving pranayam. By being a part of this we indeed learnt a little bit of the art of living which sums up to -

Take risks in your life. If you win, you can lead. If you lose, you can guide.

Session 7:

Eduga

Mr Ramesh Lakshman.

  
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The session commenced with a proverb that reads, Quality is never an accident. It is always a result of intelligent effort. One thing that amazed me the most is the way the speaker held our gaze captive on the presentation by including almost everything in it be it books or videos.

There are numerous new job profiles like radio jockey, target marketing, business coaching and radionics have developed where as the role of typists and stenographers have decreased. Everything is jumbled up and the students are not happy, everything else looks good but not the job one is doing, everyone is confused, mid course confusion arises and peer comparison finds it's place.

Speaker put forth the idea of being an avid reader to become a successful leader. He also emphasized the importance of making right decisions when it comes to chose ones career. It is important to know what does a certain person gels with and feels into place. Another virtue he talked about was of being patient as future is unpredictable and we're unaware of what it'll unfold. Persistence is paramount because to achieve it one should have the zeal to achieve it.


To sum up the values he narrated a story of Krishna, Balrama and a monster which many of us might have heard of but the moral is one thing we all must remember through out our lives.

WHEN WE FEAR SOMETHING IT BECOMES BIGGER THAN US BUT WHEN WE DECIDE TO STAND FIRM THE PROBLEM SHRINKS.

Session 8:

Managing your emotions

Nandini Rao ma'am

  
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Emotions are what make humans more evolved than animals. We can keep a check on our emotions. This session commenced with an idea of 90-10 principle which goes as follows: Life is 10% of what happens to you and 90% of how you react to it. There will be many hurdles that come in one's way to success but the factors that govern it are environment and personal competency. One must always have a positive mindset.


This session mostly comprised of activities for recognizing one's emotions, understanding emotions, keeping emotions in check and learning the art of empathizing.

Although we've always heard people talking about these things but understanding one's emotions and accepting them is easier said than done. However, this session helped us a lot in knowing what we are from the inside or what are our emotions and do we recognize our emotions.

Ma'am also briefly explained how to deal with people who are depressed by maintaining the same positive state of mind throughout. This was an enriching learning experience.

Session 9:

Brahma kumaris Ms. Reshma Kamble

  
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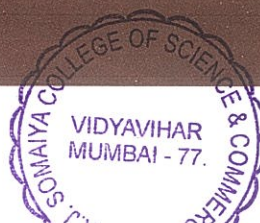


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"Life is a matter of choices and every choice you make, makes you. Some you may regret and some you may be proud of. Some will haunt you". Displayed the first slide giving a message that we're what we chose to be.

We've often heard that change is the law of nature and one must change with the environment. The speaker defined change as an art or a process that makes difference. There are several levels of change viz conscious change, emotional change, intellectual change and behavioural change. She says that the change will occur when we look into ourselves and then try changing. To illustrate this she gave the example of a chariot which is considered as body, the horses as sensory organs and charioteer as the soul. Pointing that all the 5 senses which consciously use should be under the control of our soul and then we'll have the ability to distinguish between right and wrong and make our choices. Speaking about emotional change the speaker said there should be an absence of anger, greed, sadness and all other negative thoughts. This was the idea with most of the students couldn't agree and couldn't get a Satisfactory answer to the questions that pestered their insides. Like wise we one by one learnt many aspects of changing one self and learnt about values by introducing ourselves as values and then recalling what values the other person talked about.

Another activity we did required us to get into pairs. Then observe our partner for few minutes followed by which we were asked to turn around back facing each other and making three changes in our appearance which the partner has to recognize. We repeated this thrice. This thought us as the physical changes are visible the one that occur at soul level also spreads energy and is noticeable.

Summing up we could conclude that today's world is all based on what we choose. It is like a multiple choice question where happiness is a choice, sadness is a choice. Bravery is a choice and cowardice is a choice. Life is 100% what we chose for ourselves. Thus making right choices is paramount.

Session 10:

Hearfulness Meditation.

Ms. Meghana Pradhan

*Meghana*  
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*Pankaj*  
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We've learnt the heartfulness meditation technique in earlier sessions what we came across in this session was even beautiful and helpful. It was the heartfulness rejuvenation and cleaning.

This technique is important as it not just relaxation or meditation but a cluster of practices to attain balanced state. It is generally practiced in the evening to calm down and create a balance. We followed her instructions and practiced rejuvenation and cleaning exercise for most of the part of the session.

She also introduced to us various heartfulness centres and the app which offers information about them.

Overall the session was indeed rejuvenating.

Session 11:

How to sail the ship of relationships.

Ms. Taruna Jain

*Amshik*  
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2019/4/23 12:15

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This entire course focused on understanding, recalling or imbibing values and moulding us into the pots that are ready to face the market. In other words making the students ready to face the future and make immense success but by being on the right track of values. However a man no matter whom all of us are social animal. We need to be attached emotionally and from the heart to people. We call them our family, extended family and acquaintances. Maintaining a healthy bond with all those around us is also important for sustaining in the world. Instead of fighting it out on social media about not understanding the actions of a person of different gender, we can learn the art to sail the ship of relationships.

With many stories and examples the speaker taught us few modern day mantras to work on our relationships with the people around us. To bring about an end to the unnecessary squabbles over things which are absolutely not in our control one can ignore the problem and wait for the right time to solve the issues. Another thing one should always avoid is lying because trust once lost is lost and it takes years to build it again. Be it friends or family every bond which faces a nick once isn't the same ever after.

There are many things which the two generations wouldn't agree upon but arguing would just make the matters worse. So one must avoid doing that thing for that particular time and then later on explain calmly ones point of view.

To give an example of a deep friendship she ended with multiple day to day examples in few shayaris.

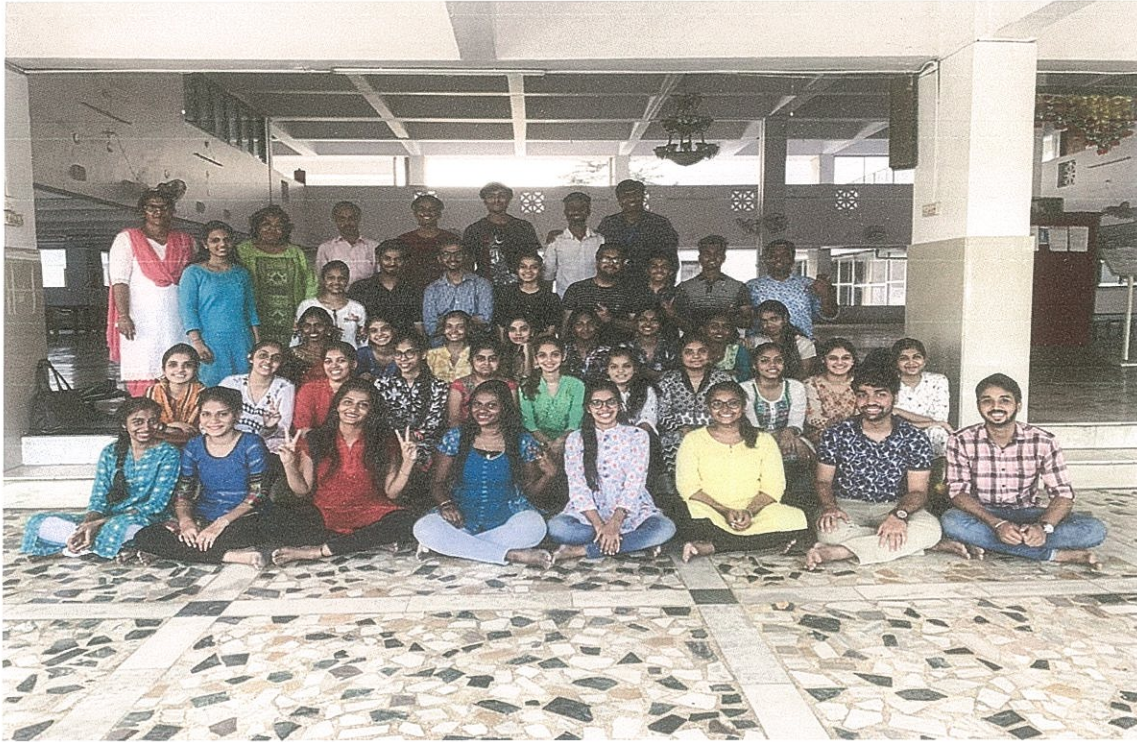
  
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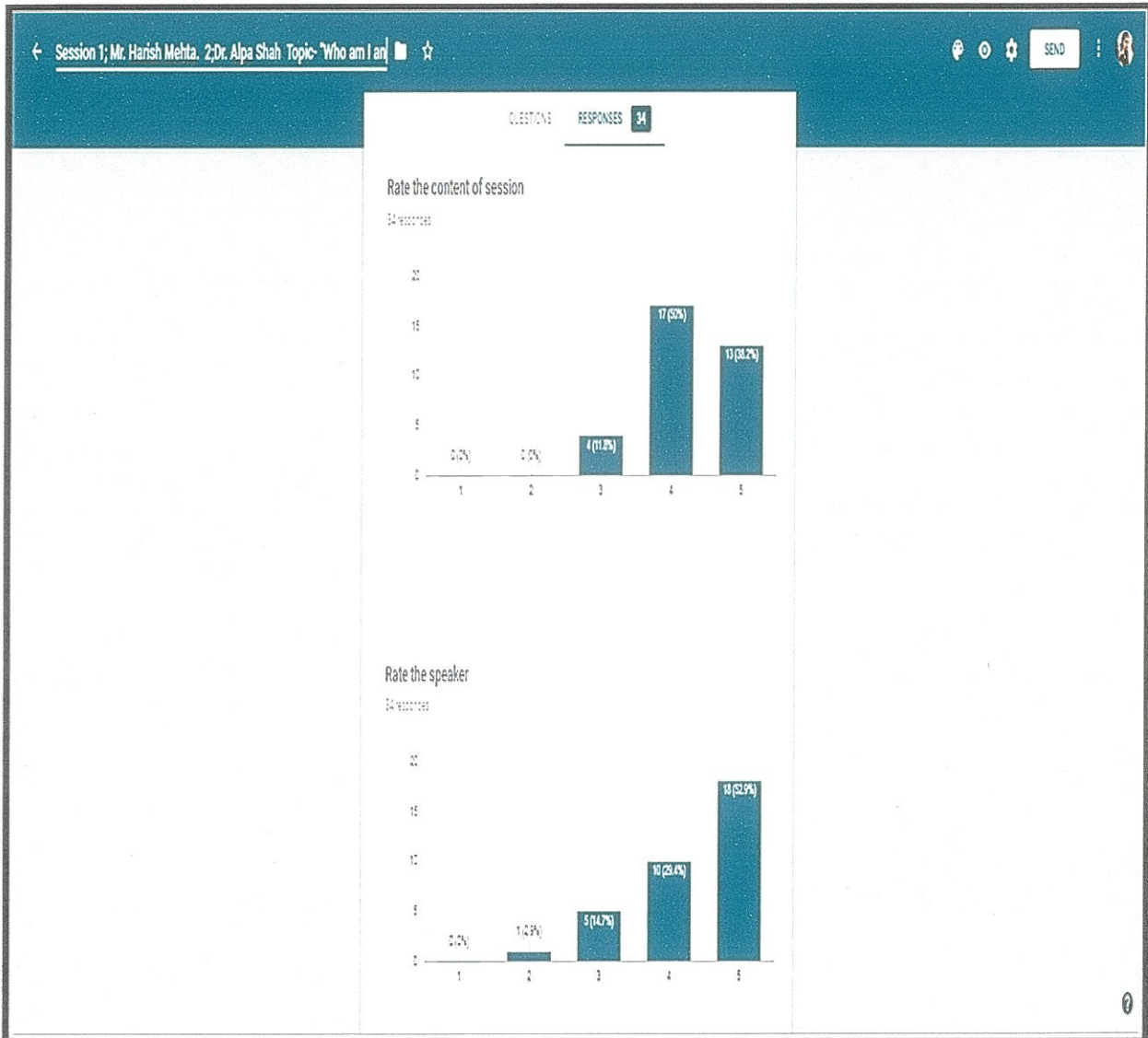


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### Consolidated online Responses

18/04/2019 session 1 Value Education - "Sanskar Shala" Session 1; Mr. Harish Mehta. 2;Dr. Alpa Shah Topic- "Who am I and my values?" Time 8.00am to 10.00am



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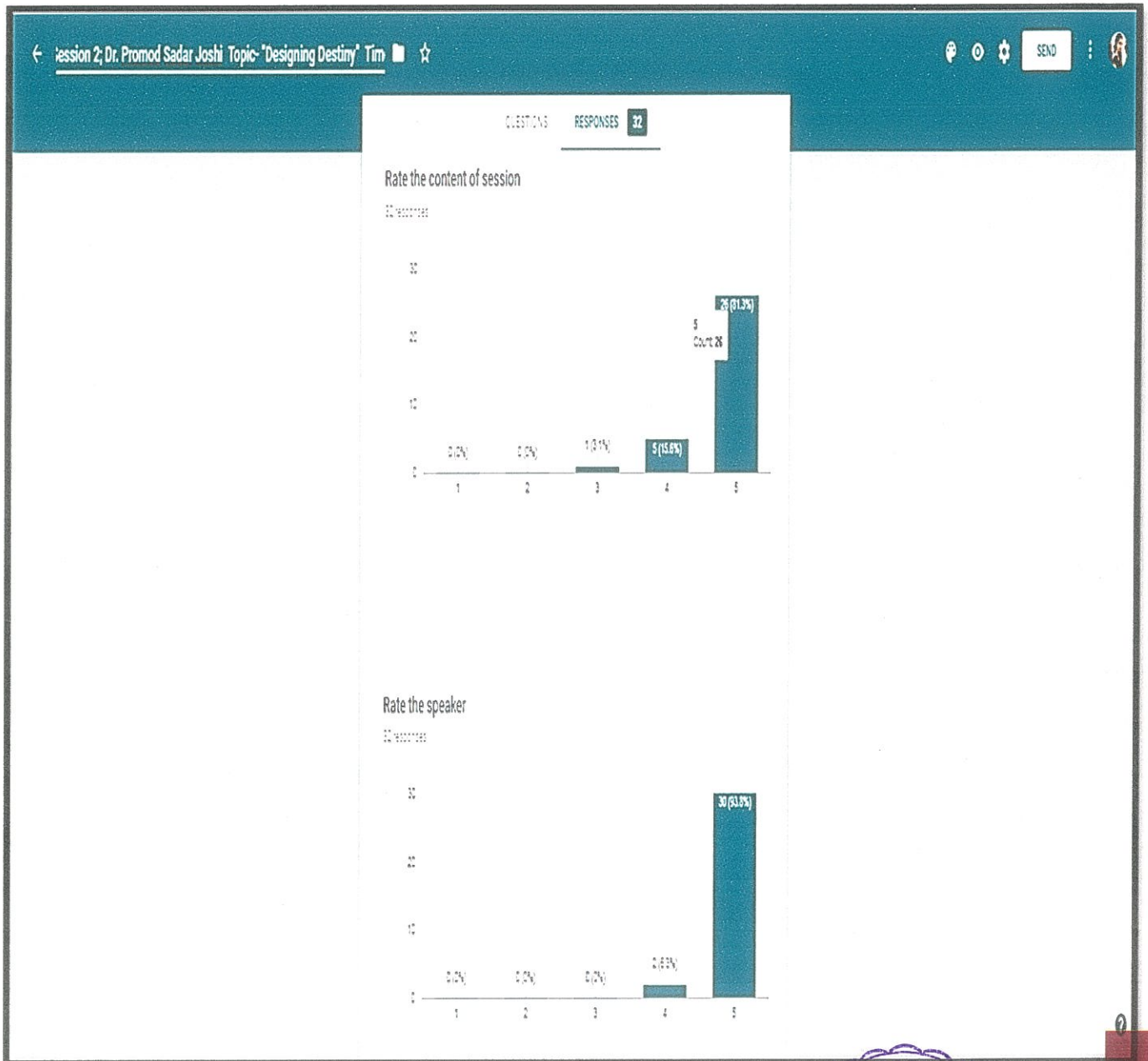


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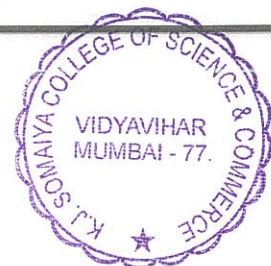
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18/04/2019 Session 2 Value Education - "Sanskar Shala" Session 1; Dr. Promod Sadar Joshi  
Topic- "Designing Destiny" Time-10.30 am to 2.30 pm



*Promod*  
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19/04/2019 session 2 Value Education Session ; Mr. Shashikant Nayak. Topic- "#Values" Time- 11.00 am to 01.00 am



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Ms Hetal Mundra session Value Education - "Sanskar Shala" Date-19-4-19 & 20-4-19

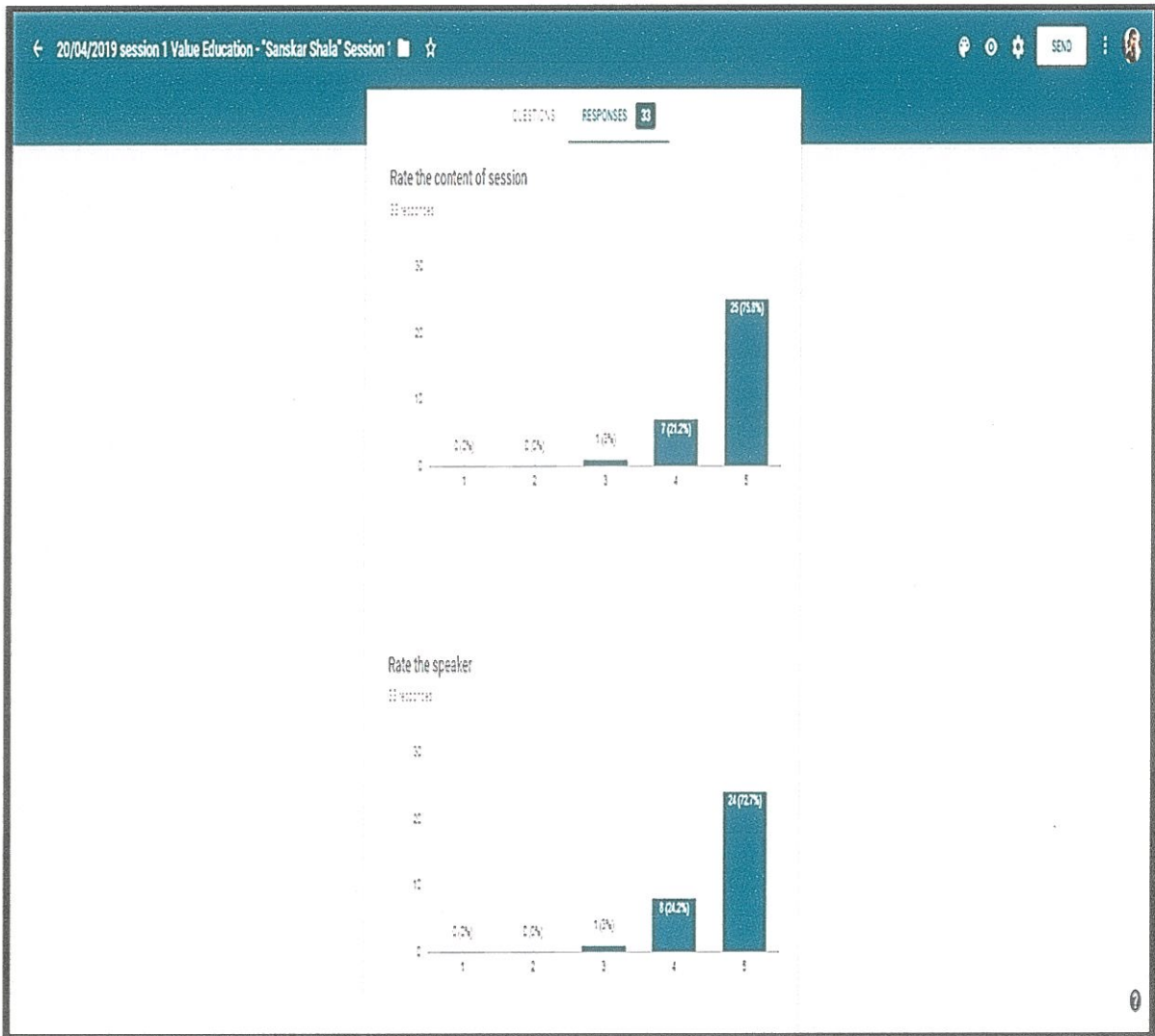


*Hetal Mundra*  
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20/04/2019 session 1 Value Education - "Sanskar Shala" Session 1; Mr. Shantilal Kothari. Mr. K.V. Deshmukh Dr. Niranjana Jain. Topic- "Meditations & Yoga" Time- 07.00 am to 10.00 am

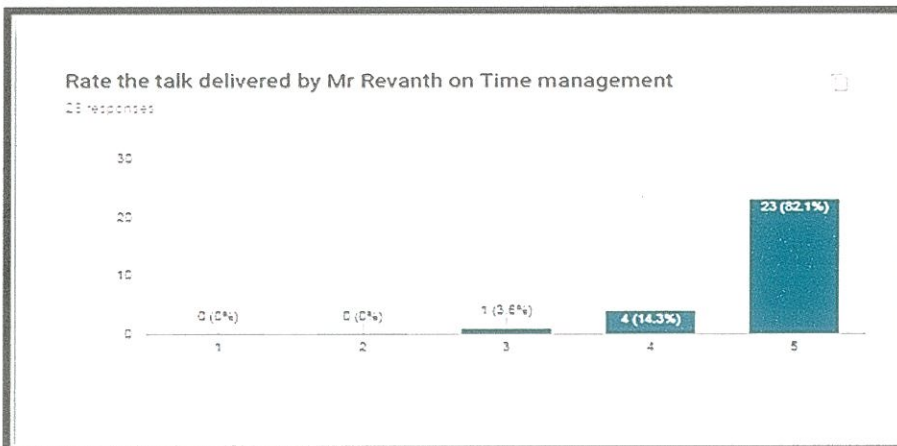
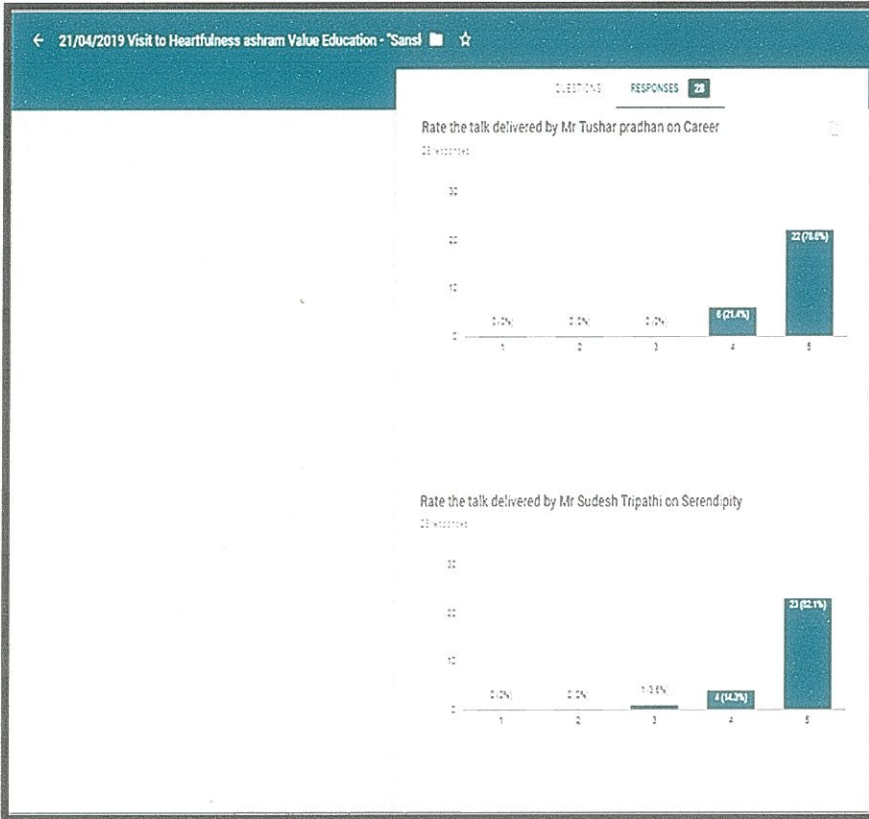


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21/04/2019 Visit to Heartfulness ashram Value Education - "Sanskar Shala"

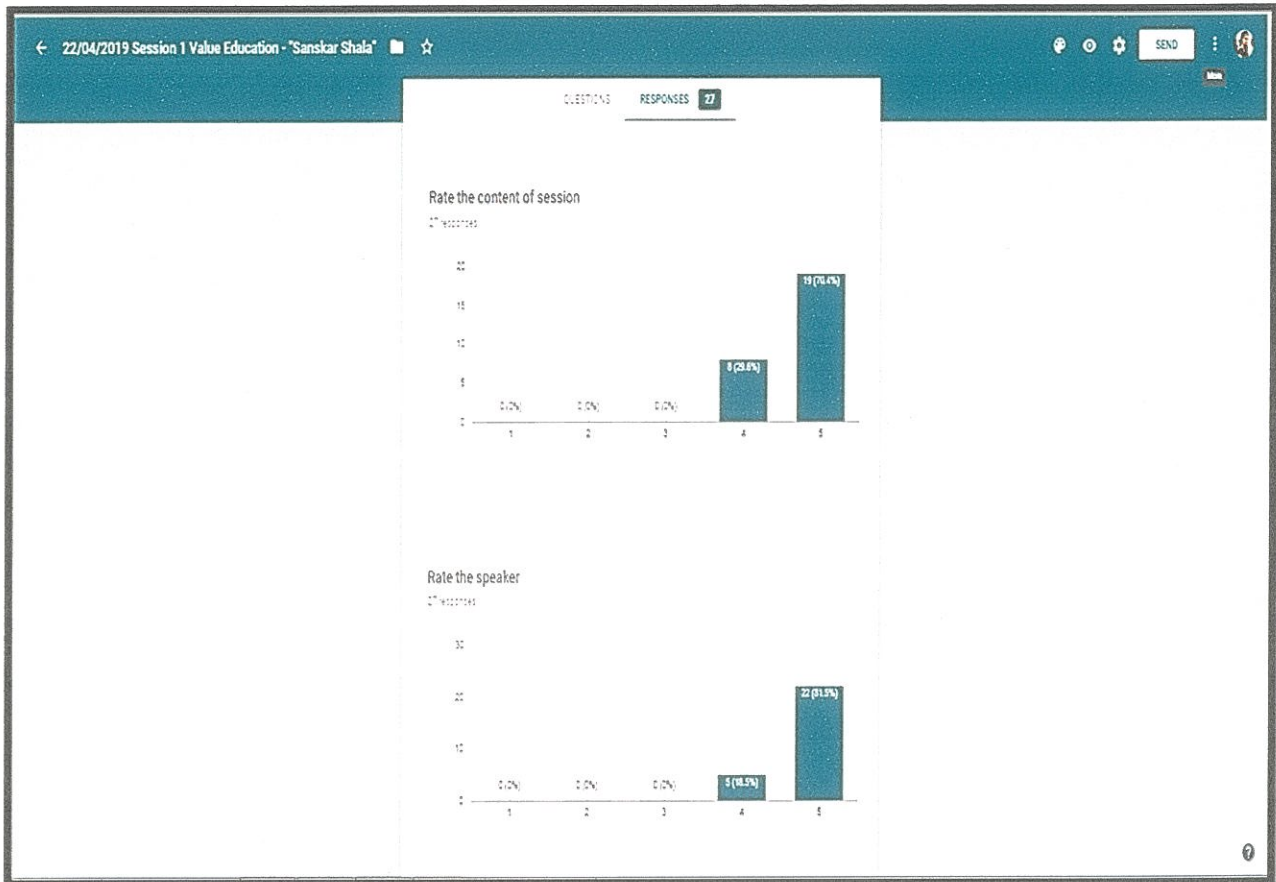


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22/04/2019 Session 1 Value Education - "Sanskar Shala" Ms Manisha Shah. Topic-Mind Matters

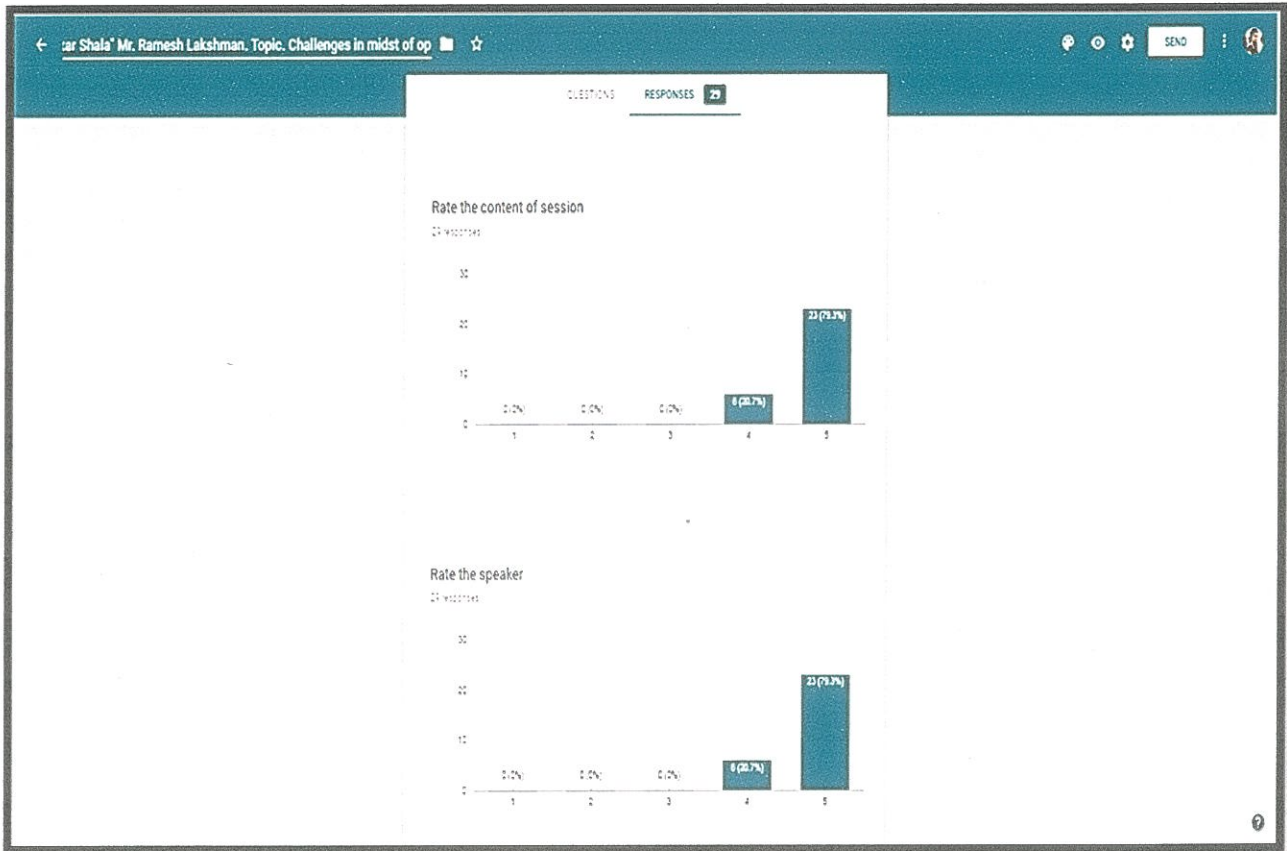


*Manisha*  
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22/04/2019 Session 2 Value Education - "Sanskar Shala" Mr. Ramesh Lakshman. Topic. Challenges in midst of opportunities in life

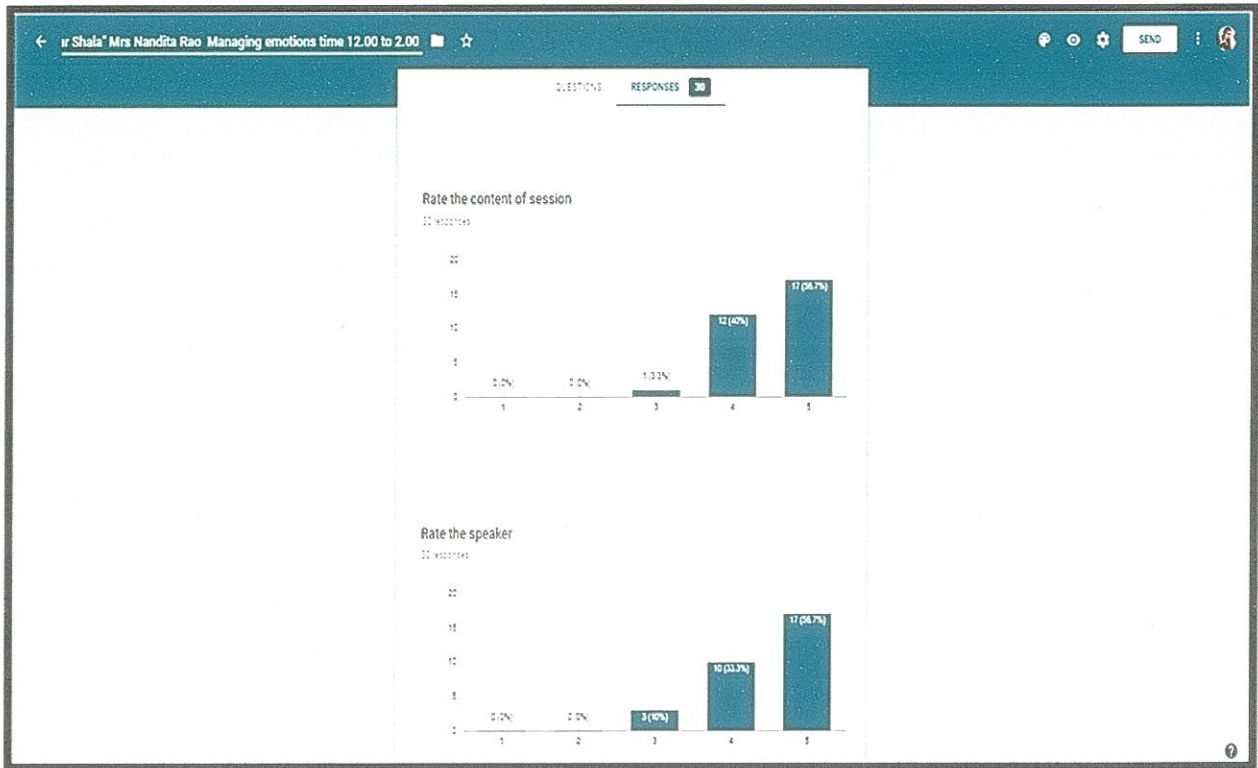


*Ramesh*  
**PRINCIPAL**  
K.J. SOMAIYA COLLEGE OF SCIENCE & COMMERCE  
VIDYAVIHAR, MUMBAI - 77.





22/04/2019 Session 3 Value Education - "Sanskar Shala" Mrs Nandita Rao Managing emotions  
time 12.00 to 2.00



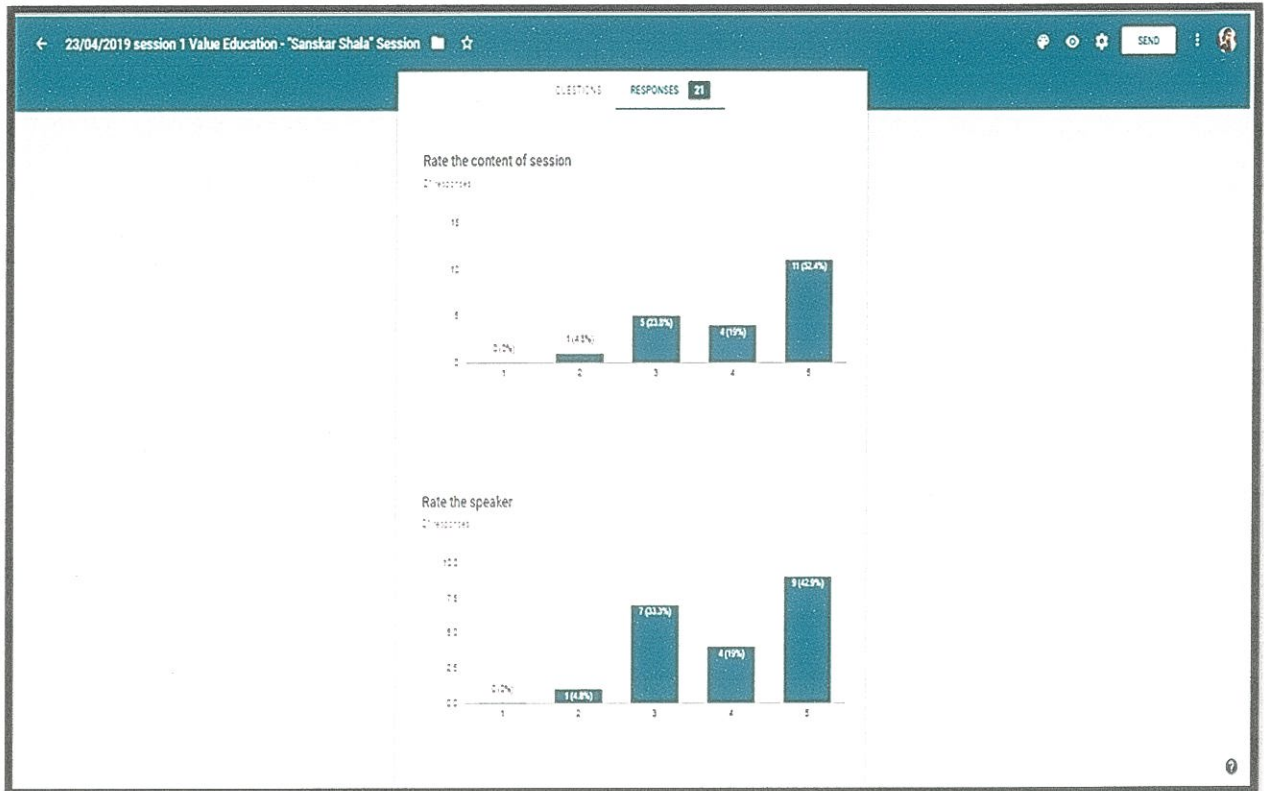
*Pankaj*  
**PRINCIPAL**  
K.J. SOMAIYA COLLEGE OF SCIENCE & COMMERCE  
VIDYAVIHAR, MUMBAI - 77.





23/04/2019 session 1 Value Education - "Sanskar Shala" Session 1; Ms. Reshma Kamble

2. Dr. Alpa Shah. Topic- "Choose, Change & Become" Time-8.00 am to 10.00 am



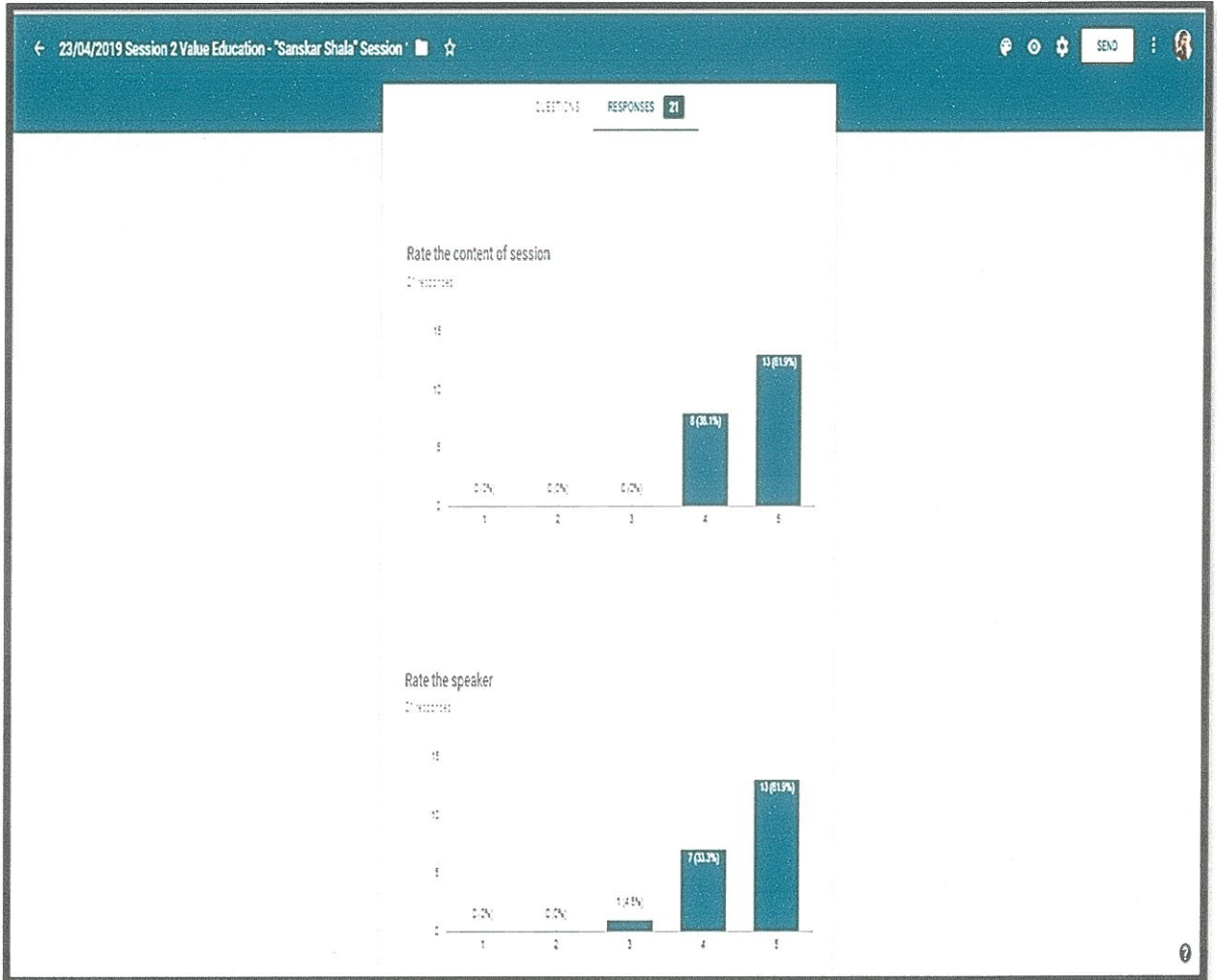
*Alpa Shah*  
**PRINCIPAL**  
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 VIDYAVIHAR, MUMBAI - 77.





23/04/2019 Session 2 Value Education - "Sanskar Shala" Session 1; Mrs Meghna pradhan

Topic- "Meditation" Time-10.30 am to 11.30 pm



*Meghna*  
**PRINCIPAL**  
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VIDYAVIHAR, MUMBAI - 77.





23/04/2019 session 3 Value Education - "Sanskar Shala" Session 1; Ms. Taruna Jain

Topic- "How to sail the ship... of Relationships" Time-11.30 am to 01.30 pm



*Taruna Jain*  
**PRINCIPAL**  
K.J. SOMAIYA COLLEGE OF SCIENCE & COMMERCE  
VIDYAVIHAR, MUMBAI - 77.



K. J. Somaia College of Science and Commerce, Vidyavihar, Mumbai 400 77  
Value Education- Sanskar Shala

Sr. No.	Name of the student	Class	18/4/19 Who am I and my values? 8.00 to 10.00	18/4/19 Designing Destiny 10.30 to 1.00	19/4/19 & 20/4/19 Design Thinking 7.30 to 10.30 & 10.30 to 1.30	19/4/19 #Values 11.00 to 1.00	20/4/19 Meditation & Yoga 7.00 to 10.00
1	Aarti keshavkumar vaishya	T.Y. B.Sc. (Chemistry)	<i>Aarti Vaishya</i>	ABSENT	<i>Aarti Vaishya</i>	<i>Aarti Vaishya</i>	<i>Aarti Vaishya</i>
2	Aniesh Thakkar	T.Y. B.Sc. (Chemistry)	<i>Aniesh</i>	<i>Aniesh</i>	<i>Aniesh</i>	<i>Aniesh</i>	ABSENT
3	Bhagyashree champak chheda	T.Y. B.Sc. (Chemistry)	<i>Bhagyashree</i>	<i>Bhagyashree</i>	<i>Bhagyashree</i>	<i>Bhagyashree</i>	<i>Bhagyashree</i>
4	Krina Pankaj Dharamsi	T.Y. B.Sc. (Chemistry)	<i>Krina</i>	<i>Krina</i>	<i>Krina</i>	<i>Krina</i>	<i>Krina</i>
5	Shaikh Saba Ahmed	T.Y. B.Sc. (Chemistry)	<i>Saba</i>	<i>Saba</i>	ABSENT	<i>Saba</i>	<i>Saba</i>
6	Shankarlal Jethalal dama	T.Y. B.Sc. (Chemistry)	<i>Shankarlal</i>	<i>Shankarlal</i>	<i>Shankarlal</i>	<i>Shankarlal</i>	<i>Shankarlal</i>
7	Snehal Jeetendra Yewale	T.Y. B.Sc. (Chemistry)	<i>Snehal</i>	<i>Snehal</i>	<i>Snehal</i>	<i>Snehal</i>	<i>Snehal</i>
8	Urmi Deepak Dhanak	T.Y. B.Sc. (Chemistry)	<i>Urmi</i>	<i>Urmi</i>	<i>Urmi</i>	<i>Urmi</i>	<i>Urmi</i>
9	Vikas Ramprasad Prajapati	T.Y. B.Sc. (Chemistry)	<i>Vikas</i>	<i>Vikas</i>	<i>Vikas</i>	<i>Vikas</i>	<i>Vikas</i>
10	Rajshree Murumu	T.Y. B.Sc. (Chemistry)	<i>Rajshree</i>	<i>Rajshree</i>	ABSENT	<i>Rajshree</i>	ABSENT
11	Hrishikesh Gupta.	T.Y. B.Sc. (Chemistry)	<i>Hrishikesh</i>	<i>Hrishikesh</i>	<i>Hrishikesh</i>	<i>Hrishikesh</i>	<i>Hrishikesh</i>
12	Bhavesh Singh	T.Y. B.Sc. (Chemistry)	<i>Bhavesh</i>	<i>Bhavesh</i>	<i>Bhavesh</i>	<i>Bhavesh</i>	<i>Bhavesh</i>
13	Aarati Gupta	T.Y. B.Sc. (Chemistry)	<i>Aarati</i>	<i>Aarati</i>	<i>Aarati</i>	<i>Aarati</i>	<i>Aarati</i>
14	Gayathri Velayatham	T.Y. B.Sc. (Chemistry)	<i>Gayathri</i>	<i>Gayathri</i>	<i>Gayathri</i>	<i>Gayathri</i>	<i>Gayathri</i>
15	Deepali Pawar	T.Y. B.Sc. (Chemistry)	<i>Deepali</i>	<i>Deepali</i>	<i>Deepali</i>	<i>Deepali</i>	<i>Deepali</i>
16	Ashwini Shinde	T.Y. B.Sc. (Chemistry)	<i>Ashwini</i>	<i>Ashwini</i>	<i>Ashwini</i>	<i>Ashwini</i>	<i>Ashwini</i>
17	Sakina Ujjainwala	T.Y. B.Sc. (Chemistry)	ABSENT	ABSENT	<i>Sakina</i>	<i>Sakina</i>	<i>Sakina</i>
18	Trivenee Gurav	T.Y. B.Sc. (Chemistry)	<i>Trivenee</i>	<i>Trivenee</i>	<i>Trivenee</i>	ABSENT	<i>Trivenee</i>
19	Pooja Ambolkar	T.Y. B.Sc. (Chemistry)	ABSENT	ABSENT	<i>Pooja</i>	<i>Pooja</i>	<i>Pooja</i>
20	Khan Khatija	T.Y. B.Sc. (Chemistry)	ABSENT	ABSENT	<i>Khan</i>	<i>Khan</i>	<i>Khan</i>
21	Anand R. Jaiswar	T.Y. B.Sc. (Chemistry)	ABSENT	ABSENT	ABSENT	ABSENT	ABSENT
22	Durgehsha Dinesh Nirulkar	T.Y. B.Com Export Marketing	<i>Durgehsha</i>	ABSENT	<i>Durgehsha</i>	<i>Durgehsha</i>	ABSENT
23	Jain harsh ambalal	T.Y. B.Com Export Marketing	<i>Jain harsh</i>	<i>Jain harsh</i>	<i>Jain harsh</i>	<i>Jain harsh</i>	<i>Jain harsh</i>

*Anand*  
PRINCIPAL  
K.J. SOMAIYA COLLEGE OF SCIENCE & COMMERCE  
VIDYAVIHAR, MUMBAI - 77.



K. J. Somaiya College of Science and Commerce, Vidyavihar, Mumbai 400077  
 Value Education - Sanskar Shala

No	Name of the student	Class	18/4/19	18/4/19	19/4/19 & 20/4/19	19/4/19	20/4/19
			Who am I and my values? 8.00 to 10.00	Designing Destiny 10.30 to 1.00	Design Thinking 7.30 to 10.30 10.30 to 1.30	#Values 11.00 to 1.00	Meditation & Yoga 7.00 to 10.00
24	Amey Latish Dalvi	T.Y. B.Com. (IAPM)	A. Kavi	A. Kavi	A. Kavi	A. Kavi	A. Kavi
25	Ajay Malik	T.Y. B.Com. (IAPM)	Ajay	Ajay	ABSENT	ABSENT	ABSENT
26	Prashant Singh	T.Y. B.Com. (IAPM)	Prashant	Prashant	ABSENT	ABSENT	ABSENT
27	Girish Suthar	T.Y. B.Com. (IAPM)	Girish	Girish	ABSENT	ABSENT	ABSENT
28	Khushboo Pardeshi	T.Y. B.Com. (IAPM)	ABSENT	ABSENT	ABSENT	ABSENT	ABSENT
29	Malvika Aher	T.Y. B.Com. (IAPM)	ABSENT	ABSENT	ABSENT	ABSENT	ABSENT
30	Darsh Panchal	T.Y. B.Com. (IAPM)	ABSENT	ABSENT	ABSENT	ABSENT	ABSENT
31	Ronak M Jhunjhunwala	T.Y. B.Com. (IAPM)	Ronak	Ronak	Ronak	Ronak	Ronak
32	Leena Kirtiprakash Shah	TY BSc (Micro-Biochem)	ABSENT	ABSENT	ABSENT	ABSENT	ABSENT
33	Akanksha Hrishikesh Sharma	TY BSc (Micro-Biochem)	Akanksha	Akanksha	Akanksha	Akanksha	Akanksha
34	Asmita Akhilesh choubey	TY BSc (Micro-Biochem)	Asmita	Asmita	Asmita	Asmita	Asmita
35	Riddhi abhaykumar. Bhunje	TY BSc (Micro-Biochem)	Riddhi	Riddhi	Riddhi	Riddhi	Riddhi
36	Salonee Prashant Bhat	TY BSc (Micro-Biochem)	Salonee	Salonee	Salonee	Salonee	Salonee
37	Patel Vriddhi	TY BSc (Micro-Biochem)	Salonee	Salonee	Salonee	Salonee	Salonee
38	Kanika Gangapuram	TY BSc (Micro-Biochem)	Kanika	Kanika	Kanika	Kanika	Kanika
39	Anand Tiwari	T.Y. B.Sc. (Microbiology)	Anand	Anand	Anand	Anand	Anand
40	Kanisha Patel	T.Y. B.Sc. (Microbiology)	Kanisha	Kanisha	Kanisha	Kanisha	Kanisha
41	Sonali Manna	T.Y. B.Sc. (Microbiology)	Sonali	Sonali	Sonali	Sonali	Sonali
42	Tejal Kalbale	T.Y. B.Sc. (Microbiology)	Tejal	Tejal	Tejal	Tejal	Tejal
43	Martina david malluri	T.Y. B.Sc. (Zoology)	Martina	Martina	Martina	Martina	Martina
44	Roshni Girish Nair	T.Y. B.Sc. (Zoology)	Roshni	Roshni	Roshni	ABSENT	Roshni

K. J. Somaiya College of Science and Commerce, Vidyavihar, Mumbai 400077  
 Value Education - Sanskar Shala

No	Name of the student	Class	18/4/19	18/4/19	19/4/19 & 20/4/19	19/4/19	20/4/19
			Who am I and my values? 8.00 to 10.00	Designing Destiny 10.30 to 1.00	Design Thinking 7.30 to 10.30 10.30 to 1.30	#Values 11.00 to 1.00	Meditation & Yoga 7.00 to 10.00
45	Suchitra Epili	T.Y. B.Sc. (Zoology)	Suchitra	Suchitra	Suchitra	Suchitra	Suchitra
46	Fatema Fakhruddin Nalwala	T.Y. B.Sc. (Botany)	Fatema	Fatema	Fatema	Fatema	Fatema
47	Sadaf Fatima Siddiqui	T.Y. B.Sc. (Botany)	Sadaf	Sadaf	Sadaf	Sadaf	Sadaf
48	Akshit Shah	T.Y. B.Sc. (Botany)	Akshit	Akshit	Akshit	Akshit	Akshit
49	Aditya A. Yadav	T.Y. B.Sc. (Physics)	Aditya	Aditya	Aditya	Aditya	Aditya

Principal  
 K.J. SOMAIYA COLLEGE OF SCIENCE & COMMERCE  
 VIDYAVIHAR, MUMBAI - 77.



K. J. Somaiya College of Science and Commerce, Vidyavihar, Mumbai 400077  
Value Education- Sanskar Shala

Sr. No.	Name of the student	Class	21/4/19 Visit to Heartfulness as Ashram 9.30 to 4.30	22/4/19 Mind Matters 8.00 to 10.00	22/4/19 Challenges in the midst of opportunities in life 10.30 to 12.00	22/4/19 Managing Emotions 12.00 to 1.00	23/4/19 Choose Change Become 8.00 to 10.00	23/4/19 Meditation 10.30 to 11.30	23/4/19 How to sail the ship of relationship? 11.30 to 1.30
1	Aarti keshavkumar vaishya	T.Y. B.Sc. (Chemistry)	AB	AB	AB	AB	AB	AB	AB
2	Anish Thakkar	T.Y. B.Sc. (Chemistry)	AB	AB	AB	AB	AB	AB	AB
3	Bhagyashree champak chhedra	T.Y. B.Sc. (Chemistry)	AB	AB	AB	AB	AB	AB	AB
4	Krina Panke/ Dharamsi	T.Y. B.Sc. (Chemistry)	AB	AB	AB	AB	AB	AB	AB
5	Shaikh Saba Ahmed	T.Y. B.Sc. (Chemistry)	AB	AB	AB	AB	AB	AB	AB
6	Shankarlal Jethalal dama	T.Y. B.Sc. (Chemistry)	AB	AB	AB	AB	AB	AB	AB
7	Snehal Jeetendra Yewale	T.Y. B.Sc. (Chemistry)	AB	AB	AB	AB	AB	AB	AB
8	Urmi Deepak Dhanak	T.Y. B.Sc. (Chemistry)	AB	AB	AB	AB	AB	AB	AB
9	Vikas Ramprasad Prajapati	T.Y. B.Sc. (Chemistry)	AB	AB	AB	AB	AB	AB	AB
10	Rajhree Murumu	T.Y. B.Sc. (Chemistry)	AB	AB	AB	AB	AB	AB	AB
11	Hrishikesh Gupta.	T.Y. B.Sc. (Chemistry)	AB	AB	AB	AB	AB	AB	AB
12	Bhavesh Singh	T.Y. B.Sc. (Chemistry)	AB	AB	AB	AB	AB	AB	AB
13	Aarti Gupta	T.Y. B.Sc. (Chemistry)	AB	AB	AB	AB	AB	AB	AB
14	Gayathri Velayatham	T.Y. B.Sc. (Chemistry)	AB	AB	AB	AB	AB	AB	AB
15	Deepali Pawar	T.Y. B.Sc. (Chemistry)	AB	AB	AB	AB	AB	AB	AB
16	Ashwini Shinde	T.Y. B.Sc. (Chemistry)	AB	AB	AB	AB	AB	AB	AB
17	Sakina Ujjainwala	T.Y. B.Sc. (Chemistry)	AB	AB	AB	AB	AB	AB	AB
18	Trivenee Gurav	T.Y. B.Sc. (Chemistry)	AB	AB	AB	AB	AB	AB	AB
19	Pooja Ambekar	T.Y. B.Sc. (Chemistry)	AB	AB	AB	AB	AB	AB	AB
20	Khan Khatia	T.Y. B.Sc. (Chemistry)	AB	AB	AB	AB	AB	AB	AB
21	Anand R. Jaiswar	T.Y. B.Sc. (Chemistry)	AB	AB	AB	AB	AB	AB	AB
22	Durgehsha Dinesh Nirulkar	T.Y. B.Com Export Marketing	AB	AB	AB	AB	AB	AB	AB
23	Jain harsh ambalal	T.Y. B.Com Export Marketing	AB	AB	AB	AB	AB	AB	AB

K. J. Somaiya College of Science and Commerce, Vidyavihar, Mumbai 400077  
Value Education- Sanskar Shala

Sr. No.	Name of the student	Class	21/4/19 Visit to Heartfulness Ashram 9.30 to 4.30	22/4/19 Mind Matters 8.00 to 10.00	22/4/19 Challenges in the midst of opportunities in life 10.30 to 12.00	22/4/19 Managing Emotions 12.00 to 1.00	23/4/19 Choose Change Become 8.00 to 10.00	23/4/19 Meditation 10.30 to 11.30	23/4/19 How to sail the ship of relationship? 11.30 to 1.30
24	Amev Latish Dalvi	T.Y. B.Com. (IAPM)	AB	AB	AB	AB	AB	AB	AB
25	Ajay Malik	T.Y. B.Com. (IAPM)	AB	AB	AB	AB	AB	AB	AB
26	Prashant singh	T.Y. B.Com. (IAPM)	AB	AB	AB	AB	AB	AB	AB
27	Girish Suthar	T.Y. B.Com. (IAPM)	AB	AB	AB	AB	AB	AB	AB
28	Khushboo Pardeshi	T.Y. B.Com. (IAPM)	AB	AB	AB	AB	AB	AB	AB
29	Malvika Aher	T.Y. B.Com. (IAPM)	AB	AB	AB	AB	AB	AB	AB
30	Darsh Panchal	T.Y. B.Com. (IAPM)	AB	AB	AB	AB	AB	AB	AB
31	Ronak M Jhunjhunwala	T.Y. B.Com. (IAPM)	AB	AB	AB	AB	AB	AB	AB
32	Leena Kirtiprakash Shah	TY BSc (Micro-Biochem)	AB	AB	AB	AB	AB	AB	AB
33	Akanksha Hrishikesh Sharma	TY BSc (Micro-Biochem)	AB	AB	AB	AB	AB	AB	AB
34	Asmita Akhilesh choubey	TY BSc (Micro-Biochem)	AB	AB	AB	AB	AB	AB	AB
35	Riddhi .abhaykumar. Bhunje	TY BSc (Micro-Biochem)	AB	AB	AB	AB	AB	AB	AB
36	Salonee Prashant Bhat	TY BSc (Micro-Biochem)	AB	AB	AB	AB	AB	AB	AB
37	Patel Vruddhi	TY BSc (Micro-Biochem)	AB	ABSENT	AB	AB	AB	AB	AB
38	Kanika Gangapuram	TY BSc (Micro-Biochem)	AB	AB	AB	AB	AB	AB	AB
39	Anand Tiwari	T.Y. B.Sc. (Microbiology)	AB	AB	AB	AB	AB	AB	AB
40	Kanisha Patel	T.Y. B.Sc. (Microbiology)	AB	ABSENT	AB	AB	AB	AB	AB
41	Sonali Manna	T.Y. B.Sc. (Microbiology)	AB	AB	AB	AB	AB	AB	AB
42	Tejal Kalbate	T.Y. B.Sc. (Microbiology)	AB	AB	AB	AB	AB	AB	AB
43	Martina david malluri	T.Y. B.Sc. (Zoology)	AB	AB	AB	AB	AB	AB	AB
44	Roshni Girish Neir	T.Y. B.Sc. (Zoology)	AB	AB	AB	AB	AB	AB	AB

*Anshu*  
PRINCIPAL

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VIDYAVIHAR, MUMBAI - 77.





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**VIDYAVIHAR**

K J Somaiya College of Science & Commerce



K. J. Somaiya College of Science and Commerce, Vidyavihar, Mumbai 400077  
Value Education- Sanskar Shala

Sr. No	Name of the student	Class	21/4/19	22/4/19	22/4/19	22/4/19	23/4/19	23/4/19	23/4/19
			Visit to Heartfulness Ashram	Mind Matters	Challenges in the midst of opportunities in life	Managing Emotions	Choose Change Become	Meditation	How to sail the ship of relationship?
			9.30 to 4.30	8.00 to 10.00	10.30 to 12.00	12.00 to 1.00	8.00 to 10.00	10.30 to 11.30	11.30 to 1.30
45	Suchitra Epili	T.Y. B.Sc. (Zoology)	<i>[Signature]</i>	ABSENT	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
46	Fatema Fakhruddin Nahwala	T.Y. B.Sc. (Botany)	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
47	Sadaf Fatima Siddiqui	T.Y. B.Sc. (Botany)	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
48	Akshit Shah	T.Y. B.Sc. (Botany)	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>
49	Aditya A. Yadav	T.Y. B.Sc. (Physics)	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>	<i>[Signature]</i>

*[Signature]*  
**PRINCIPAL**  
K.J. SOMAIYA COLLEGE OF SCIENCE & COMMERCE  
VIDYAVIHAR, MUMBAI - 77.





**SOMAIYA**  
**VIDYAVIHAR**

K J Somaiya College of Science & Commerce



**Somaiya Vidyavihar**

**K J Somaiya College of Science & Commerce**  
Autonomous (Affiliated to University of Mumbai)  
Re-accredited "A" Grade by NAAC  
Awarded - College with Potential for Excellence - UGC  
Awarded - Star Scheme - DBT

Date : 15/04/2019

To,  
Mr. Harish Mehta,  
Brahmakumari.

Respected Sir,

Somaiya Vidyavihar is committed to the cause of Education, Community Service, Indian Culture and Research in Science and Technology. The K. J. Somaiya College of Science and Commerce was awarded "A" Grade by NAAC. The College has been conferred Autonomous Status from 2013-2014. The College was awarded FIST "O" level Programme DST, Star College Scheme by DBT and has recently been awarded 'College with Potential for Excellence' by UGC.

In synchronization with the vision of our founder, Padmashree late Shri Karamshibhai Jethabhai Somaiya, the K. J. Somaiya College of Science and Commerce has organised a one credit-course on Value Education - 'Sanskar Shala' for T.Y.B.Sc./T.Y.B.Com. students from 18<sup>th</sup> April 2019 to 23<sup>rd</sup> April 2019.

We are highly obliged to have you as a resource person to deliver the talk on "Who am I and my Values" on Thursday 18<sup>th</sup> April, 2019 from 8.00 am to 10.00 am. as a part of the above course. Your deliberations will go a long way in moulding the young minds.

We thank you for your valuable time and contribution.

*Respected,*  
*Amruth*

*Amruth*  
Principal



Vidyavihar, Mumbai- 400 077, India. Telephone: (91-22) 21025919  
Fax: (91-22) 21020615 Web: www.somaiya.edu

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*Amruth*  
**PRINCIPAL**  
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Awarded - Star Scheme - DBT

Date : 15/04/2019

To,  
Dr. Alpa Shah,  
Brahmakumari

Respected Madam,

Somaiya Vidyavihar is committed to the cause of Education, Community Service, Indian Culture and Research in Science and Technology. The K. J. Somaiya College of Science and Commerce was awarded "A" Grade by NAAC. The College has been conferred Autonomous Status from 2013-2014. The College was awarded FIST "O" level Programme DST, Star College Scheme by DBT and has recently been awarded 'College with Potential for Excellence' by UGC.

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We are highly obliged to have you as a resource person to deliver the talk as per the following schedule, as a part of the above course. Your deliberations will go a long way in moulding the young minds.

Thursday 18<sup>th</sup> April, 2019 from 8.00 am to 10.00 am. on "Who am I and my Values"  
Tuesday 23<sup>rd</sup> April, 2019 from 11.30 am to 1.30 am. on "How to sail the ship... of Relationships"

We thank you for your valuable time and contribution.

*Received  
Alpa*

*Amohle*  
Principal



Vidyavihar, Mumbai-400 077, India. Telephone: (91-22) 21025919  
Fax: (91-22) 21020615 Web: www.somaiya.edu

8

*Amohle*  
**PRINCIPAL**  
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VIDYAVIHAR, MUMBAI - 77.





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**VIDYAVIHAR**

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Re-accredited "A" Grade by NAAC  
Awarded - College with Potential for Excellence - UGC  
Awarded - Star Scheme - DBT

Date : 15/04/2019

To,  
Dr. Pramod Sadar Joshi,  
Heartfulness Institute

Respected Sir,

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We are highly obliged to have you as a resource person to deliver the talk on "Designing Destiny" on Thursday 18<sup>th</sup> April, 2019 from 10.30 am to 1.00 pm. as a part of the above course. Your deliberations will go a long way in moulding the young minds.

We thank you for your valuable time and contribution.

Received  
- [Signature]  
12/4/19

[Signature]  
Principal



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[Signature]  
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Awarded - Star Scheme - DBT

Date : 15/04/2019

To,  
Ms. Hetal Mundra,  
Community Artitect,  
RIIDL

Respected Madam,

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We are highly obliged to have you as a resource person to deliver the talk on 'Empathy based Innovation' as per following schedule a part of the above course. Your deliberations will go a long way in moulding the young minds.

Friday, 19<sup>th</sup> April, 2019 : 7.30 am to 10.30 am.  
Saturday, 20<sup>th</sup> April, 2019 : 10.30 am to 1.30 pm.

We thank you for your valuable time and contribution.

*Hoooshs*  
20/4/2019

*Rallydwin*  
for Principal



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10

*Omshu*  
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Awarded - Star Scheme - DBT

Date : 15/04/2019

To,  
Mr. Shashikant Nayak  
Hearfullness Institute

Respected Sir,

Somaiya Vidyavihar is committed to the cause of Education, Community Service, Indian Culture and Research in Science and Technology. The K. J. Somaiya College of Science and Commerce was awarded "A" Grade by NAAC. The College has been conferred Autonomous Status from 2013-2014. The College was awarded FIST "O" level Programme DST, Star College Scheme by DBT and has recently been awarded 'College with Potential for Excellence' by UGC.

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We are highly obliged to have you as a resource person to deliver the talk on "#Values" on Friday 19<sup>th</sup> April, 2019 from 11.00 am to 1.00 pm. as a part of the above course. Your deliberations will go a long way in moulding the young minds.

We thank you for your valuable time and contribution.

*Zaed.*  
*Shayam*  
19/4/19

*Principle*  
Principal



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11



*Principle*  
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Awarded - Star Scheme - DBT

Date : 15/04/2019

To,  
Mr. Shantilal Kothari,  
Senior Trainer,  
Preksha Meditation.

Respected Sir,

Somaiya Vidyavihar is committed to the cause of Education, Community Service, Indian Culture and Research in Science and Technology. The K. J. Somaiya College of Science and Commerce was awarded "A" Grade by NAAC. The College has been conferred Autonomous Status from 2013-2014. The College was awarded FIST "O" level Programme DST, Star College Scheme by DBT and has recently been awarded 'College with Potential for Excellence' by UGC.

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We are highly obliged to have you as a resource person for demonstration on Yoga and Meditation on Saturday 20<sup>th</sup> April, 2019 from 7.00 am to 10.00 am. as a part of the above course. Your deliberations will go a long way in moulding the young minds.

We thank you for your valuable time and contribution.

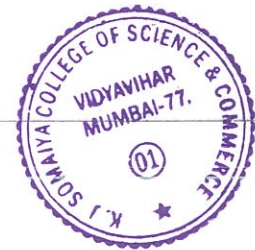
*received*  
*Shantilal*

*Admole*  
Principal



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12



*Danshu*  
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Awarded - Star Scheme - DBT

Date : 15/04/2019

To,  
Mr. K. V. Deshmukh,  
Senior Trainer,  
Preksha Dhyana and Jeevan Vigyan

Respected Sir,

Somaiya Vidyavihar is committed to the cause of Education, Community Service, Indian Culture and Research in Science and Technology. The K. J. Somaiya College of Science and Commerce was awarded "A" Grade by NAAC. The College has been conferred Autonomous Status from 2013-2014. The College was awarded FIST "O" level Programme DST, Star College Scheme by DBT and has recently been awarded 'College with Potential for Excellence' by UGC.

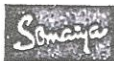
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We are highly obliged to have you as a resource person for demonstration on Yoga and Meditation on Saturday 20<sup>th</sup> April, 2019 from 7.00 am to 10.00 am. as a part of the above course. Your deliberations will go a long way in moulding the young minds.

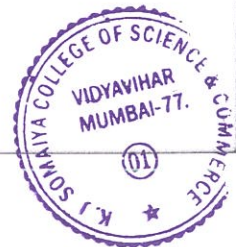
We thank you for your valuable time and contribution.

Received  
K. V. Deshmukh  
20/04/2019

*Dmshu*  
Principal



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*Dmshu*  
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Awarded - Star Scheme - DBT

Date : 15/04/2019

To,  
Dr. Niranjana Jain,  
Senior Trainer,  
Preksha Dhyam Meditation.

Respected Madam,

Somaiya Vidyavihar is committed to the cause of Education, Community Service, Indian Culture and Research in Science and Technology. The K. J. Somaiya College of Science and Commerce was awarded "A" Grade by NAAC. The College has been conferred Autonomous Status from 2013-2014. The College was awarded FIST "O" level Programme DST, Star College Scheme by DBT and has recently been awarded 'College with Potential for Excellence' by UGC.

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We are highly obliged to have you as a resource person for demonstration on Yoga and Meditation on Saturday 20<sup>th</sup> April, 2019 from 7.00 am to 10.00 am. as a part of the above course. Your deliberations will go a long way in moulding the young minds.

We thank you for your valuable time and contribution.

*Niranjana B. Jain*  
received

*Principal*  
Principal



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*Principal*  
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Awarded - Star Scheme - DBT

Date : 21/04/2019

To,  
Mr. Tushar Pradhan,  
Zonal Coordinator,  
Heartfulness Institute,  
Panvel.


Respected Sir,

Somaiya Vidya Vihar is committed to the cause of Education, Community Service, Indian Culture and Research in Science and Technology. The K. J. Somaiya College of Science and Commerce was awarded "A" Grade by NAAC. The College has been conferred Autonomous Status from 2013-2014. The College was awarded FIST "O" level Programme DST, Star College Scheme by DBT and has recently been awarded 'College with Potential for Excellence' by UGC.

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We are highly obliged towards you to have permitted us for visit to your ashram on 21<sup>st</sup> April, 2019 from 10.00 am to 4.30 pm. The entire experience at the ashram was definitely worth cherishing for the entire life. We are indebted to you for this kind gesture of yours. This visit and the deliberations at the ashram will go a long way in moulding the young minds.

We thank you for your arrangements and contribution.

  
21/04/2019

  
Principal



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Date : 15/04/2019

To,  
Ms. Manisha Shah,  
Art of Living.

Respected Madam,

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We are highly obliged to have you as a resource person to deliver the talk on "Mind Matters" on Monday 22<sup>nd</sup> April, 2019 from 8.00 am to 10.00 am. as a part of the above course. Your deliberations will go a long way in moulding the young minds.

We thank you for your valuable time and contribution.

*Amblise*  
Principal

*Amblise*  
21/04/19



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*Amblise*  
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Awarded - Star Scheme - DBT

Date : 22/04/2019

To,  
Mr. Ramesh Lakshaman,  
Antarang Holistic Wellness LLP

Respected Sir,

Somaiya Vidya Vihar is committed to the cause of Education, Community Service, Indian Culture and Research in Science and Technology. The K. J. Somaiya College of Science and Commerce was awarded "A" Grade by NAAC. The College has been conferred Autonomous Status from 2013-2014. The College was awarded FIST "O" level Programme DST, Star College Scheme by DBT and has recently been awarded 'College with Potential for Excellence' by UGC.

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We are highly obliged to have you as a resource person to deliver the talk on "Challenges in the midst of opportunities in modern life and how to transit this life beneficially" on Thursday 22<sup>nd</sup> April, 2019 from 10.30 am to 12.00 noon as a part of the above course. Your deliberations will go a long way in moulding the young minds.

We thank you for your valuable time and contribution.

*Mibhe*  
Principal



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*Mibhe*  
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Date : 22/04/2019

To,  
Ms. Nandini Rao,  
Founder –Coach and Mentor,  
Transform|E,  
Mumbai

Respected Madam,

Somaiya Vidyavihar is committed to the cause of Education, Community Service, Indian Culture and Research in Science and Technology. The K. J. Somaiya College of Science and Commerce was awarded "A" Grade by NAAC. The College has been conferred Autonomous Status from 2013-2014. The College was awarded FIST "O" level Programme DST, Star College Scheme by DBT and has recently been awarded 'College with Potential for Excellence' by UGC.

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We are highly obliged to have you as a resource person to deliver the talk on "Managing your Emotions" on Thursday 22<sup>nd</sup> April, 2019 from 12.00 noon to 1.00 pm. as a part of the above course. Your deliberations will go a long way in moulding the young minds.

We thank you for your valuable time and contribution.

*Nandini R. Rao.*

*Dubhe*  
Principal



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*MSM*  
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Awarded - Star Scheme - DBT

Date : 15/04/2019

To,  
Ms. Reshma Kamble,  
Brahmakumari

Respected Madam,

Somaiya Vidyavihar is committed to the cause of Education, Community Service, Indian Culture and Research in Science and Technology. The K. J. Somaiya College of Science and Commerce was awarded "A" Grade by NAAC. The College has been conferred Autonomous Status from 2013-2014. The College was awarded FIST "O" level Programme DST, Star College Scheme by DBT and has recently been awarded 'College with Potential for Excellence' by UGC.

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We are highly obliged to have you as a resource person to deliver the talk on "Choose, Change and Become" on Tuesday 23<sup>rd</sup> April, 2019 from 8.00 am to 10.00 am. as a part of the above course. Your deliberations will go a long way in moulding the young minds.

We thank you for your valuable time and contribution.

*R.G. Kamble*

*Received*

*R.G. Kamble*  
Principal



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*R.G. Kamble*  
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Date : 15/04/2019

To,

MS MEGHNA PRADHAN  
HEARTFULNESS

Respected Sir/Madam,

Somaiya Vidyavihar is committed to the cause of Education, Community Service, Indian Culture and Research in Science and Technology. The K. J. Somaiya College of Science and Commerce was awarded "A" Grade by NAAC. The College has been conferred Autonomous Status from 2013-2014. The College was awarded FIST "O" level Programme DST, Star College Scheme by DBT and has recently been awarded 'College with Potential for Excellence' by UGC.

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We are highly obliged to have you as a resource person to deliver the talk on "Meditation" on Tuesday 23<sup>rd</sup> April, 2019 from 10.30 am to 11.30 am. as a part of the above course. Your deliberations will go a long way in moulding the young minds.

We thank you for your valuable time and contribution.

*M Pradhan*  
23/4/19  
Received

*Anshu*  
Principal

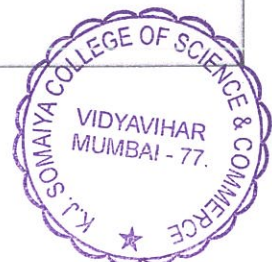


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*Anshu*  
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Awarded - Star Scheme - DBT

Date : 15/04/2019

To,  
Ms. Taruna Jain,  
Akhil Bhartiya Terapanth-  
Mahila Mandal.

Respected Madam,

Somaiya Vidyavihar is committed to the cause of Education, Community Service, Indian Culture and Research in Science and Technology. The K. J. Somaiya College of Science and Commerce was awarded "A" Grade by NAAC. The College has been conferred Autonomous Status from 2013-2014. The College was awarded FIST "O" level Programme DST, Star College Scheme by DBT and has recently been awarded 'College with Potential for Excellence' by UGC.

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We are highly obliged to have you as a resource person to deliver the talk on "How to sail the ship... of Relationships" on Tuesday 23<sup>rd</sup> April, 2019 from 11.30 am to 1.30 am. as a part of the above course. Your deliberations will go a long way in moulding the young minds.

We thank you for your valuable time and contribution.

*Taruna*  
23/4/2019

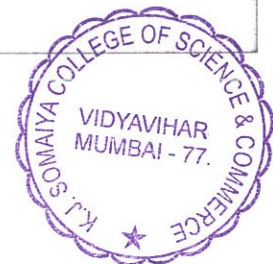
*Amal*  
Principal



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*Amal*  
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# REPORT

## INTERNATIONAL YOGA DAY

21<sup>st</sup> JUNE, 2018

**K.J. SOMAIYA COLLEGE OF SCIENCE AND COMMERCE**

International Yoga Day was celebrated in our college on 21<sup>st</sup> June, 2018 in which many activities were taken place with immense support of teaching, non-teaching staff and students.



*Anshu*  
**PRINCIPAL**  
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*Ambika*  
**PRINCIPAL**  
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The Yoga session started at 7:00 AM in our college at 6<sup>th</sup> floor by a trained Yoga instructor Miss. Jaishri Joshi. There was a large participation of students for yoga day. The day started with the peaceful prayer of Somaiya (campus Prayer), which reflected our culture in strong manner. We continued with an introduction of the guest with a welcome speech and some inspiring words by Dr. Chetan Jiwani Sir and Miss. Jaishri Joshi.

The Yoga session started with some basic exercise to warm up the body along with involvement of our students. The madam asked the students to get involved in Yoga for a good cause later. Our teaching faculty was also a part of this amazing yoga session. During the whole yoga demonstration we learnt different types of asana and their importance in our life, Our co-ordinator Atul Thatte sir were part of the yoga day. We were blessed to have our Principal Prabhu Madam who with her presence made the event succesful, she gave her inspiring words to our students.

  
**PRINCIPAL**  
K.J. SOMAIYA COLLEGE OF SCIENCE & COMMERCE  
VIDYAVIHAR, MUMBAI - 77.





**SOMAIYA**  
**VIDYAVIHAR**

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There were many queries relating to health and beauty tips from Yoga. The questions came up from students and the answers were explained by the yoga instructor with demo of how and when? The health issues like migraine, asthma, diabetes, fatness, concentration power and many other, it seemed to be a great session for every student got its answer.

we chanted Gayantri Mantra and OM which was vibrant and extreme positive. After 2 hours, at 8:30 we ended our yoga session with Surya Namaskar.

Following the quote, Everything well that ends well. The same way our Yoga session came to an end with an amazing energy in the students. We ended our program with presence of our Principal Prabhu Madam, she felicitated our guest, followed by Thanks giving speech by our student. Completing our International Yoga Day with National Anthem and the students felt its importance and also gave a remark with the feedback forms given to them. We continued our regular lectures by 9:50 am.

  
**PRINCIPAL**

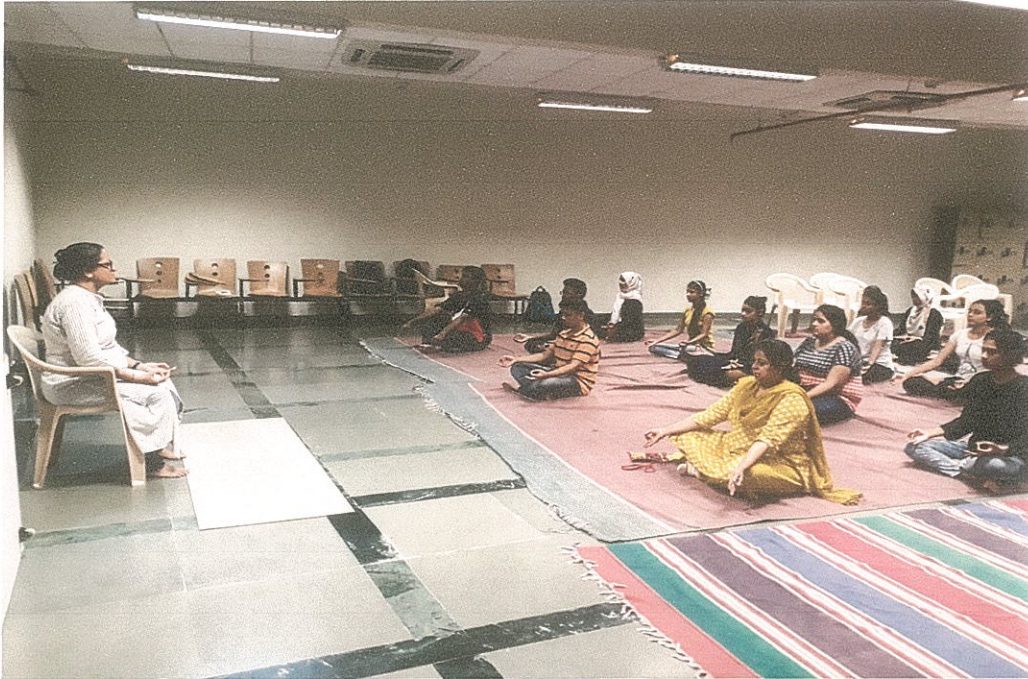
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*[Signature]*  
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