



JNAN VIKAS MANDAL'S
Mohanlal Raichand Mehta College of Commerce
Diwali Maa Degree College of Science
Amritlal Raichand Mehta Degree College of Arts
Padmashree (Dr.) R.T. Doshi Degree College of Computer Science
Plot no.9, Sector -19, Airoli, Navi Mumbai

NOTICE

Date: 15th June, 2022

All NSS committee members are hereby informed that there is a meeting with Principal Dr. Mrs. Leena Sarkar at Principal office on **18th June 2022 at 12.30 p.m.**, regarding conduction of activity on occasion of **'International Yoga Day'** on 21st June,2022. Agenda of the meeting will be as follows :

Agenda

1. To discuss the activity to be conducted on International Yoga Day.
2. To discuss the possible collaboration and availability of resource persons.
3. To discuss the topic, duration and time for the activity.
4. To distribute duties among committee members.
5. Other matters with permission to chair.

Leena

Dr. (Mrs.) Leena Sarkar
Principal

PRINCIPAL
JNAN VIKAS MANDAL'S
M.R. MEHTA COLLEGE OF COMMERCE
D.M. COLLEGE OF SCIENCE
A.R. MEHTA COLLEGE OF ARTS
Dr. R.T. DOSHI COLLEGE OF COMPUTER SCIENCE
Plot No.9, SEC.- 19, AIROLI,
NAVI MUMBAI-400 708





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Plot no.9, Sector -19, Airoli, Navi Mumbai

Minutes of Meeting

Date of meeting: 18th June, 2022

Chairperson for the meeting : Principal Dr. (Mrs.) Leena Sarkar. *Leena*
 Members present in the meeting : Mr. Ashish Chavan (Program officer) *AM*
 Ms. Seema Chaudhary (Program officer)
 Mrs. Prema Bardhan *Prema*
 Mr. Sanjay Gupta *Sanjay*
 Mr. Onkar Mone *Onkar*

The NSS committee meeting was held on 18th June 2022 at the Principal's office at 12.30 pm. The meeting was presided over by the Principal Dr. (Mrs.) Leena Sarkar. Following matters were discussed and finalized as per agenda.

1. To read the minutes of last meeting: Asst. prof. Seema Chaudhary read the minutes of the last meeting and got confirmed.
2. To discuss the celebration of International Yoga Day: it was decided to celebrate International Yoga day by organizing a 5 days workshop on "Stretch Your Mind With Yoga in association with 'Patanjali Yog Sanstha' from 21st June, 2022 to 25th June, 2022.
3. To discuss the availability schedule of resource person: It was decided that Asst. Prof Seema Chaudhary and Asst. Prof Ashish Chavan will contact members of the Patanjali Samiti and confirm the schedule for the program.
4. To discuss about the Distribution of activity: it was decided that the flyer will prepare by Ashish Chavan, Registration and feedback form prepare by Sanjay Gupta, Message and notice will prepare by Seema Chaudhary, Report of the activity will prepare by Prema Bardhan and Pics of the events will do by Onkar Mone.
5. Other matters with permission were discussed and meeting ended at 1.00 p.m

Work Distribution,

Name of the Faculty	Duties Allocated
Ashish Chavan	1. Convener 2. Creating Flyer 3. Communicating with resource person
Mr. Sanjay Gupta	1. Creating Registration form and Feedback form
Mrs. Prema Bardhan	1. To prepare feedback analysis and report of the event
Ms. Seema Chaudhary	1. Preparation of Message for the online workshop 2. Notice and Minutes preparation
Mr. Onkar Mone	Clicking Geotag Photos of event and uploading them to drive



1. Message prepared -

Greetings for the day 🌸

Yoga is symbol of universal aspiration for health and well being. It is health assurance in Zero budget.

On the occasion of
🌸 International Yoga Day 🌸

The NSS UNIT Of
JVM'S Degree College,
Airoli, Navi Mumbai,

In association with Patanjali Yog Samiti
Organises

One Week Workshop On
"Stretch Your Mind with Yoga"

Join us to energize your mind, body and soul for building immunity and relief from stress and fulfill the theme of "Ghar Ghar Me Yog" 🧘♂️🧘♀️

📅 Date: 21st June 2022 to 25th June 2022

🕒 Time: 07:30am to 08:30am

Plz Note : Bring your own Yoga Mat for performing Yoga

Instructors :

1. Shri. Vinod Jadhav

Post Graduate Diploma in Yogshastra, Mechanical Engineer, Yog Teacher

2. Shri. Vishal Agrawal

Post Graduate Diploma in Yogshastra, Mechanical Engineer,
Yog Teacher and District President, Patanjali Yogpeeth Mumbai.

REGISTRATION IS FREE

Link for Registration: 📌

<https://forms.gle/3GhcVCd3D99QQsS47>

After successful Registration You are requested to join WhatsApp Group.

- 1. Shri. Vinod Jadhav Post Graduate Diploma in Yogshastra, Mechanical Engineer, Yog Teacher
- 2. Shri. Vishal Agrawal Yog Teacher and District President, Patanjali Yogpeeth Mumbai.

Whats App Group:

<https://chat.whatsapp.com/H3l6GjoOuqd6cHkNAonsbG>

🏆 E certificate will be issued to all participants only after successful completion of 5 days workshop and submission of feedback form

Organising Committee :

Asst. Prof. Seema Chaudhary

Asst. Prof. Prema Bardhan

Asst. Prof. Sanjay Gupta

Asst. Prof. Onkar Mone

Asst. Prof. Ashish Chavan - Convener
NSS Programme Officer

Leena
Regards

Dr. Leena Sarkar, Principal

PRINCIPAL

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A.R. MEHTA COLLEGE OF ARTS

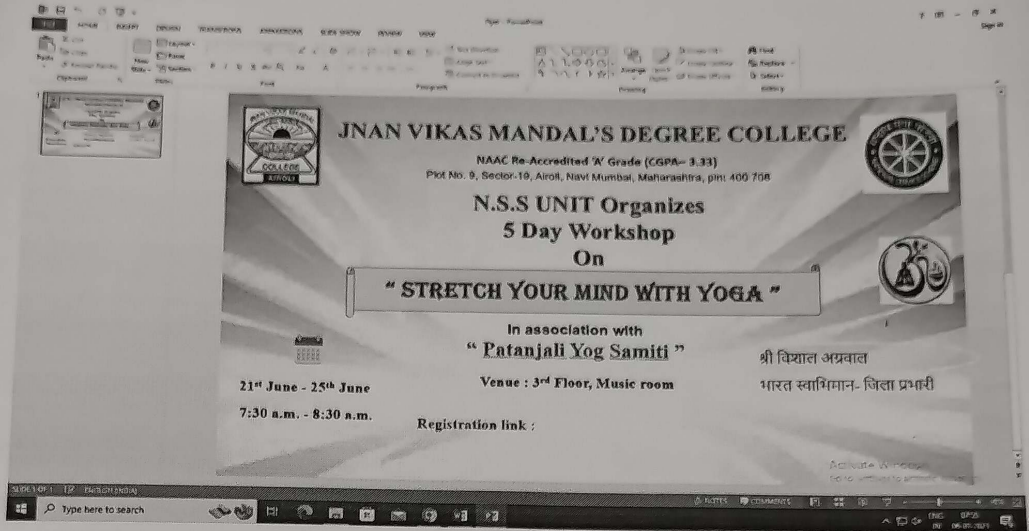
Dr. R.T. DOSHI COLLEGE OF COMPUTER SCIENCE

Plot No.9, SEC.- 19, AIROLI,

NAVI MUMBAI-400 708



Flyer prepared -



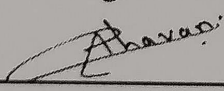
Certificate -

JNAN VIKAS MANDAL'S DEGREE COLLEGE, AIROLI.
 NAAC Re-Accredited Grade 'A' (CGPA 3.33) (2nd cycle)
 PLOT NO. 9, SECTOR-19, AIROLI, NAVI MUMBAI, MAHARASHTRA - 400 708

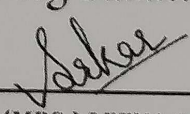
CERTIFICATE OF PARTICIPATION

This is to certify that

has actively participated in Five Day Workshop on " Stretch Your Mind with Yoga " organised by NSS UNIT of J.V.M.'s Degree College in association with Patanjali Yog Samiti.



MR. ASHISH CHAVAN
NSS PO And CONVENOR



DR. (MRS.) LEENA SARKAR
PRINCIPAL And CHAIRPERSON

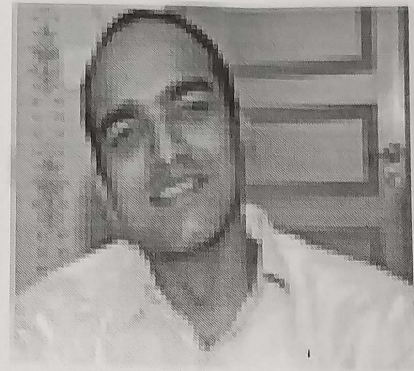
Date: June 25, 2022



CV of Invited Guest Trainer



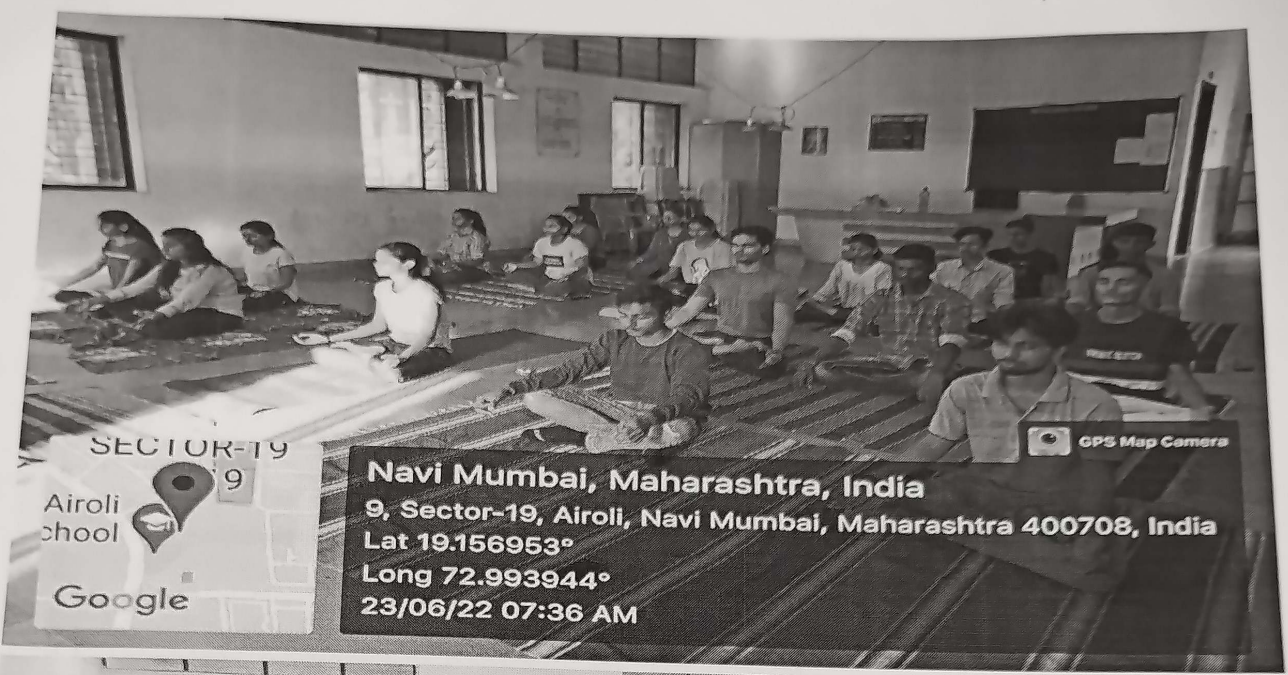
MADHURI NERKAR
MPT'S JILLA PRABHARI
☎ 9820151049



VISHAL AGARWAL
BSM JILLA PRABHARI
☎ 9987665058
✉ vcagarwal18@gmail.com

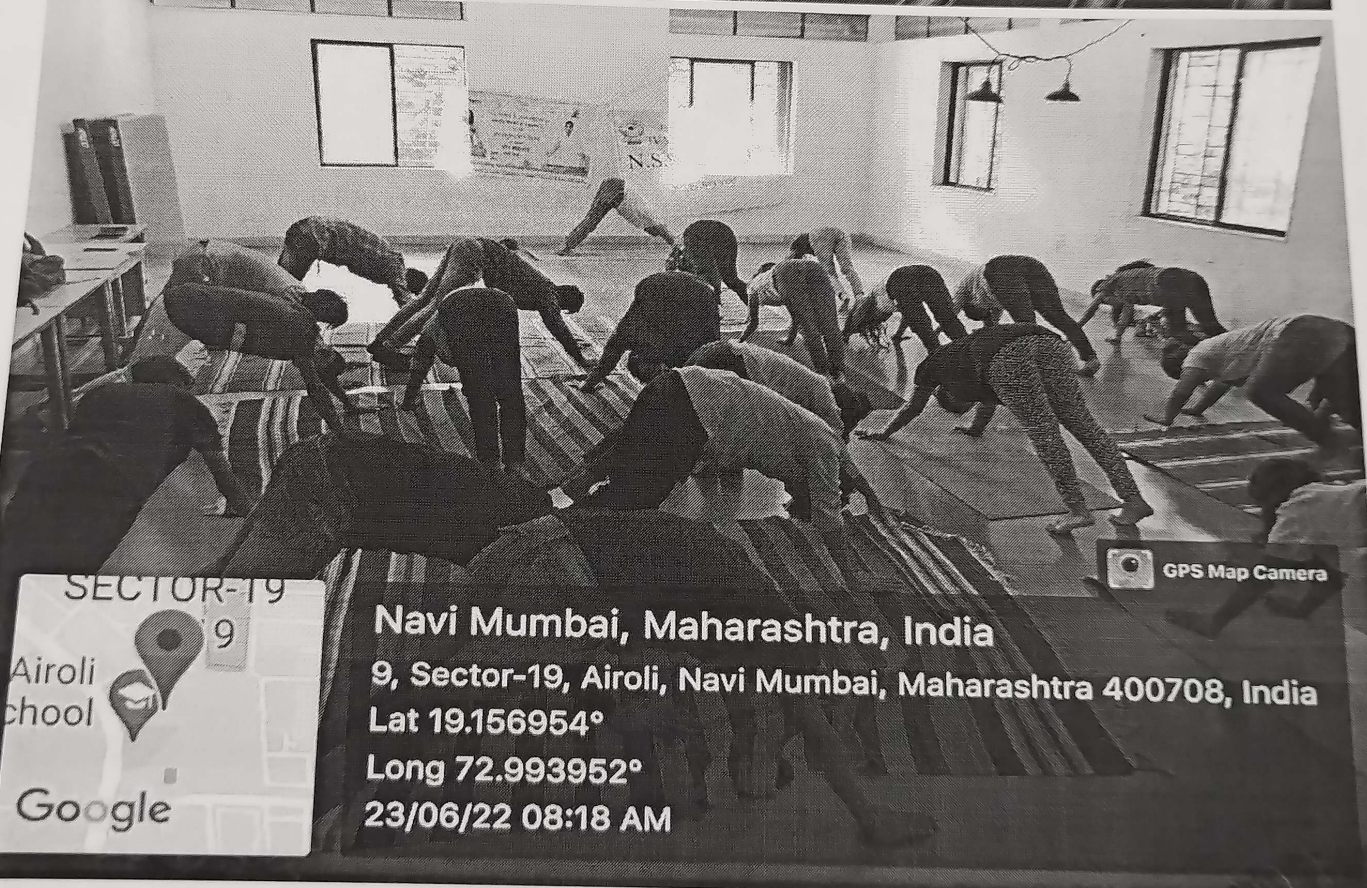


09. Pics of the Events



SECTOR-19
9
Airoli
chool
Google

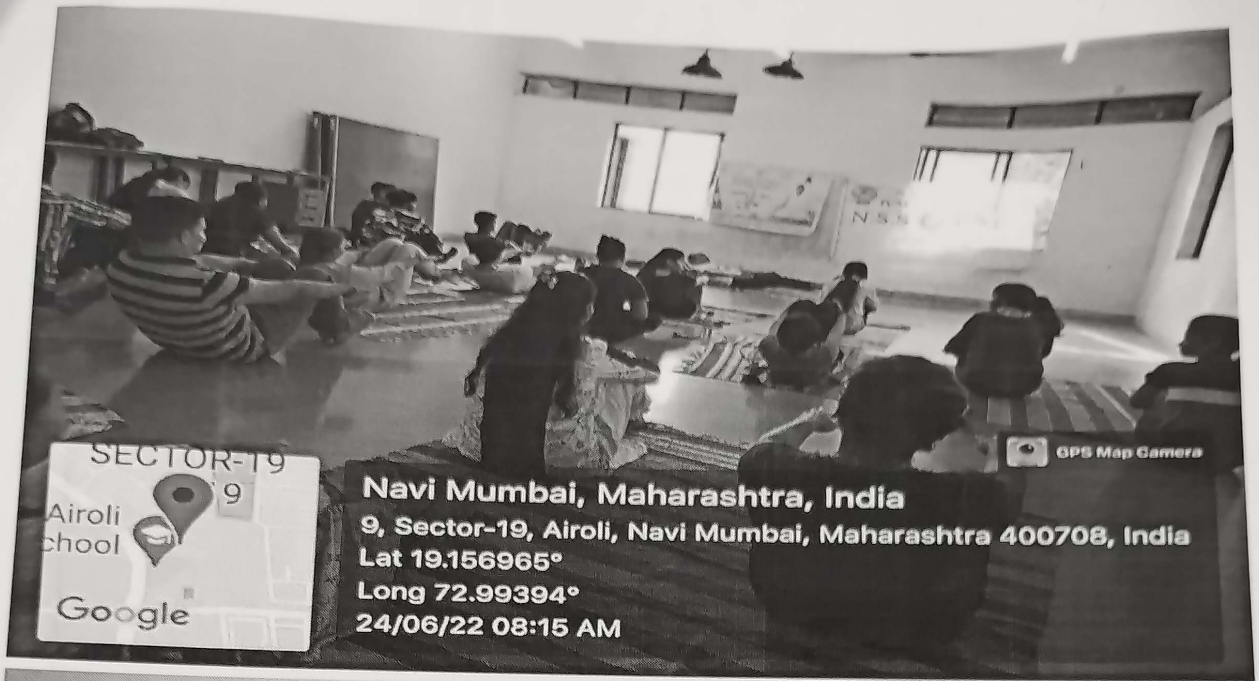
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Navi Mumbai, Maharashtra, India
9, Sector-19, Airoli, Navi Mumbai, Maharashtra 400708, India
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Long 72.993944°
23/06/22 07:36 AM



SECTOR-19
9
Airoli
chool
Google

GPS Map Camera
Navi Mumbai, Maharashtra, India
9, Sector-19, Airoli, Navi Mumbai, Maharashtra 400708, India
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Long 72.993952°
23/06/22 08:18 AM

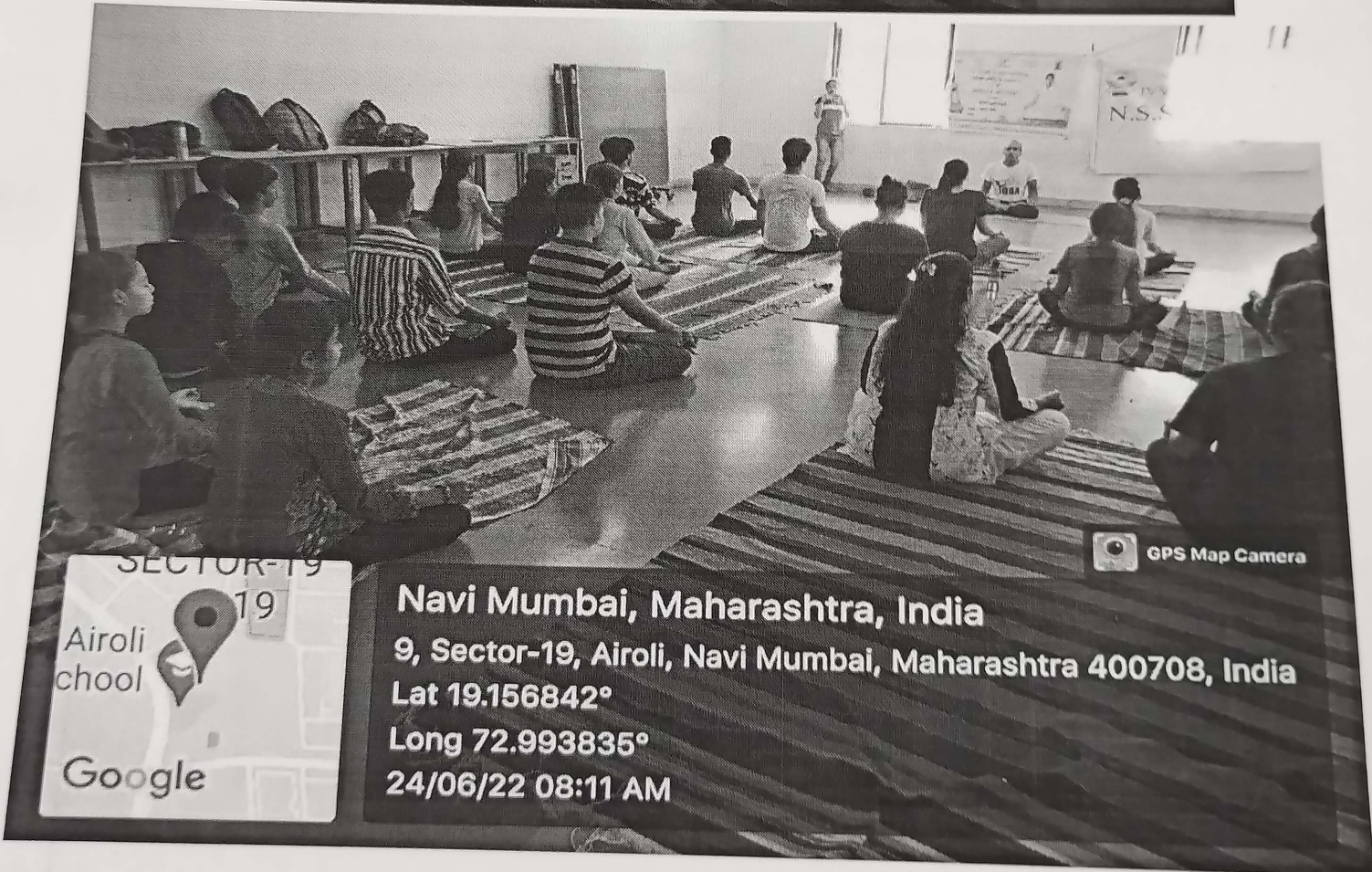




SECTOR-19
Airoli school
Google

Navi Mumbai, Maharashtra, India
9, Sector-19, Airoli, Navi Mumbai, Maharashtra 400708, India
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Long 72.99394°
24/06/22 08:15 AM

GPS Map Camera



SECTOR-19
Airoli school
Google

Navi Mumbai, Maharashtra, India
9, Sector-19, Airoli, Navi Mumbai, Maharashtra 400708, India
Lat 19.156842°
Long 72.993835°
24/06/22 08:11 AM

GPS Map Camera



Keena



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Report

Five Day Workshop on "Stretch Your Mind with Yoga"

On the occasion of International Yoga Day, NSS cell had organized a Five Day Yoga Workshop on "Stretch Your Mind with Yoga" from 21st June 2022 to 25th June 2022 under the guidance of Principal Dr. Leena Sarkar. The workshop was organized in association with 'Patanjali Yog Samiti'. The resource persons for the workshop were Shri. Vishal Agrawal Yoga Teacher and District President, Patanjali Yogpeeth Mumbai and Shri. Vinod Jadhav Post Graduate Diploma in Yog Shastra, Mechanical Engineer, Yoga Teacher from Patanjali Yog Samiti.

The objectives of the workshop were to have good health and emotional stability, to practice mental hygiene and to attain a higher level of consciousness.

The duration of the workshop was one hour for 5 days that included interactive talks by experts regarding the importance of Yoga in daily life, various Yoga Asanas and Practical demonstrations of some of the Asanas.

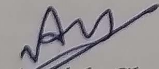
Mr. Vishal Agarwal explained the importance of Yoga in daily life. He gave information on various Yoga Asanas. Mr. Vinod Jadhav demonstrated many Asanas. Along with this demonstration he explained "to which body part and how" those Asanas were beneficial.

Participation for this Workshop was open to all and we received 79 responses. Out of all of them only 33 participants attended a 5 days session.

Outcome of the Webinar:

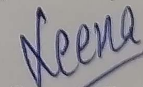
Participants really rejuvenated with this session as they learnt the secret of living a healthy and long life with wellness.

Report prepared and verified by


 Asst.Prof. Ashish Chavan
 NSS PO And Convener



Approved By


 Dr. Leena Sarkar
 Principal And Chairperson

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Plot no.9, Sector -19, Airoli, Navi Mumbai

Activity Name : " Blood Donation at Thane Railway Station"

Date : - 12-08-2022

Total No. of Participants : 27

Sr.No	Name of the Participants	Contact Number	Email Id
1	Yadav Achal	7710881970	achalyadav7710@gmail.com
2	Rajbhar Chandrajeet	8928530523	ramavadhr443@gmail.com
3	Mishra Rabi	7738805349	rabimishra159@gmail.com
4	Gouda Ritesh	9702849404	riteshgouda9702@gmail.com
5	Kumari Sakshi	7004247226	devanshisakshi@gmail.com
6	Bhatiya Riddhi	8879092520	riddhibhatiya3031@gmail.com
7	Singh Sujal	9769348220	sujalsingh271203@gmail.com
8	Jaiswar vikrant	9769381512	vikrantjaiswar74@gmail.com
9	Tomar Tejal	7045093373	tejaltomar11@gmail.com
10	Saroj Rupal	7039135176	rupalsaroj53@gmail.com
11	Yadav Shraddha	9136398926	shraddhay552@gmail.com
12	Samani Sadiqua	9820719867	sadiquasamani77@gmail.com
13	Shukla Pradeep	9819097884	jvmfycs.pradeepshukla.34@gmail.com
14	Petiwala Asim Umar	8879401493	petiwalaasim@gmail.com
15	Chaskar Akshda	8097919712	akshdac23@gmail.com
16	More Neelima	8879020358	neelimamore57@gmail.com
17	Kamal kotal	7900151444	kamalkotal977@gmail.com
18	Aarti Yadav	7738029213	aartiyadav47@gmail.com
19	Shekhar Makamle	9082328870	makamleshekhar@gmail.com
20	Goswami Kiran Ratan	9372887819	kirangoswami124@gmail.com
21	Salve Sakshi Mahesh	9076261693	sakshisalve793@gmail.com
22	Ranjane Apurva Deepak	9930188918	apurvaranjane@gmail.com
23	Sanas Rutika Santosh	9324598305	rutikasanas838@gmail.com
24	Savlekar Renuka Dipak	8652015879	renukasavlekar@gmail.com
25	Sanas Aditya Ashok	9867593719	aditya.a.sanas700@gmail.com
26	Shaikh Sohail Habib	8850457912	Sohailshaikh776648@gmail.com
27	Mestry Akshat Rahul	9702888050	akshatmestry5@gmail.com





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Plot no.9, Sector -19, Airoli, Navi Mumbai

Activity Name : "5 Day Workshop on Stretch Your Mind with yoga "

Date : 21-06-2022 to 25-06-2022 Total No. of Participants : 33

Sr.No	Name of the Participants	Contact Number	Email Id
1	Denish Katara	8268270632	kataradenish@gmail.com
2	Premasagar Vishwakarma	8828569379	sagarvishwakarma678@gmail.com
3	Ronit padmakar shingote	9324758028	ronitshingote08@gmail.com
4	Miss Achal Yadav	7710881970	achalyadav7710@gmail.com
5	Suyash Tupe	8369395150	suyashtupe916@gmail.com
6	Rohit Chauhan	8104387109	chauhanrohit7039@gmail.com
7	Amanshukla	8108132667	amanshukla9601@gmail.com
8	Riya vishwakarma	9819165515	riyav5142@gmail.com
9	Miss.Mansi Prashant Rane	9324462880	ranemansi0307@gmail.com
10	Kiran Ratan Goswami	9372887819	kirangoswami124@gmail.com
11	Pooja Pravin Fariya	7977724862	fariyapooja8@gmail.com
12	Apeksha Dnyaneshwar	7420901535	apekshaindore2602@gmail.com
13	Ankit Singh	9321777094	94ankitthakur@gmail.com
14	Sujal Singh	7400318363	sujalsingh271203@gmail.com
15	Avantika pradip shirsath	7900035381	shirsath.avi055@gmail.com
16	Apurva Deepak Ranjane	9930188918	apurvaranjane@gmail.com
17	Anurag Mishra	8779149548	anuragmishra3011@gmail.com
18	Miss Swarupa Shivaji	9323695765	ssdabhat990@gmail.com
19	Rajbhar chandrajeet	8928530523	ramavadhr443@gmail.com
20	Miss. Vaidehi Prashant	9224643456	utekarvaidehi07@gmail.com
21	Rathod Anjali Shankar	7304667166	anjalisrathod2702@gmail.com
22	Vikrant Manoj Kumar	9769381512	vikrantjaiswar74@gmail.com
23	Rutika Santosh Sanas	9324598305	rutikasanas838@gmail.com
24	Neelima Manoj More	8879020358	neelimamore57@gmail.com
25	Shruti pathak	8928155796	jvmfyit.shrutipathak.19@gmail.com
26	YADAV SHRADDHA	9136398926	shraddhay552@gmail.com
27	Reeta Dayaram yadav	9892512168	jvmfyit.reetayadav.55@gmail.com
28	Tejasvi Dattatray Sawant	9322204218	tejusawant1310@gmail.com
29	Shani Virendra Pratap	8976635856	147sunnysingh@gmail.com
30	Miss.Sneha Balaji Ghag	9324305217	snehaghag873@gmail.com
31	Nikita Nagnath Lagade	9136305063	nikitalagade61@gmail.com
32	Mr. Petiwala Asim Umar	8879401493	petiwalaasim@gmail.com
33	Diwakar janardan sharma	9372302918	diwakersharmaoofficial@gmail.com





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NOTICE

25th May 2022

All NSS committee members are hereby informed that there is an online meeting with Principal Dr. Mrs. Leena Sarkar through google platform on 26th May 2022, at 10.30 a.m regarding conduct of **Blood Donation Drive at Vashi Railway Station.**



Leena Sarkar

Dr. (Mrs.) Leena Sarkar
Principal

PRINCIPAL

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Plot no.9, Sector -19, Airoli, Navi Mumbai

Minutes of Meeting

Date of meeting: 26th May 2022

Chairperson for the meeting : Principal Dr. (Mrs.) Leena Sarkar. *Sarkar*

Members present in the meeting :

1. Asst.Prof. Ashish Chavan (Convener) *Ashish Chavan*
2. Asst. Prof. Seema Choudhary (PO) *Seema*
3. Asst. Prof. Prema Bardhan *Prema*
4. Asst. Prof. Sanjay Gupta *Sanjay Gupta*

The NSS committee meeting was held on 26th May 2022 at 10.30 am. Through the google meet application. The meeting was presided over by the Principal Dr. (Mrs.) Leena Sarkar.

1. It was decided to participate in the Blood Donation Drive conducted at Vashi Railway Station by Jaslok Hospital on campus on 27th May 2022 . As the vacations are going on so it was decided to inform the NSS volunteers about the same through the whats app message.
2. Other matters were discussed with permission. And meeting were ends on 11.00 a.m





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Report of the Blood Donation Camp

Name of the Activity: Blood donation camp

Date of the event : 27th May 2022

On 27th May 2022, a blood donation camp was organized in association with Jaslok Hospital Blood Bank. The camp was conducted from 9.00 a.m to 5.00 p.m, and it witnessed the participation of 26 NSS volunteers and 2 program officers. The primary objective of the camp was to encourage blood donation and create awareness among the people regarding its importance. The blood donation camp witnessed the participation of **26 NSS volunteers and 2 program officers**. The volunteers were given placards and instructed to motivate people to donate blood. The program officers supervised the camp and ensured that all the safety measures were in place. The volunteers put in a lot of efforts to motivate people to donate blood. Their hard work paid off as **106 blood units** were collected during the camp. The donors were screened for their eligibility to donate blood, and those who met the criteria were allowed to donate blood. The collected blood units were stored in a blood bank, and they will be used to help people in need of blood transfusions.

Mr. Ashish Chavan

NSS P.O

Ms. Seema Chaudhary

NSS P.O

Dr. (Mrs.) Leena Sarkar

Principal



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of the event:



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JVM'S Mehta College
N.S.S. UNIT
BLOOD CAMP
BENEFIT YOU

JIO
JAIN INTERNATIONAL
JAIN CHARTERED ACCOUNTANTS
BLOOD DONATION

Vashi Plaza
Vashi Flyover
Palm Beach Rd
Vashi
SECTOR 16
PALM BEACH
पाल्म बीच
SECTOR 17

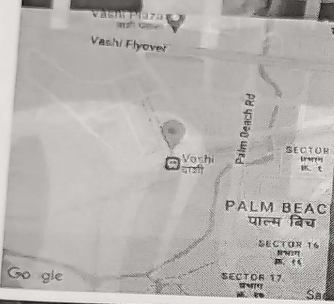
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Navi Mumbai
Maharashtra
India

32°C
90°F

2022-05-27(Fri) 10:45(AM)





2, near Vashi Station, Sector No. 30A, Vashi, Navi Mumbai, Maharashtra 400703, India

Navi Mumbai
Maharashtra
India



32°C
90°F

2022-05-27(Fri) 09:58(AM)



Navi Mumbai, Maharashtra, India
2, near Vashi Station, Sector No. 30A, Vashi, Navi Mumbai, Maharashtra
400703, India
Lat 19.063666°
Long 72.998791°
27/05/22 12:50 PM

GPS Map Camera



Neena

of Participants :

Blood Donation Drive at VASHI Railway Station

Date : 27th MAY 2022

Time : 9 m to 5 pm

Sr. No	Name of Volunteer	Class	Mobile Number	E mail Id
1	Sheenat Imran Khan	fybcom	9326643211	khansheenat3@gmail.cocom
2	Aarti Suresh yadav	fybcom	7738029213	aartiyadav161718@gmail.com
3	Vikrant Manoj Kumar jaiswar	fy bcom	9769381512	vikrantjaiswar74@gmail.com
4	Kiran Ratan Goswami	fybcom	9372887819	kirangoswami124@gmail.com
5	Dhanashree Sanjay Nandeshwar	fybcom	7718084347	riyanandeshwar039@gmail.com
6	Rishabh Jasraj Jain	fybcom	8108459986	rj1115046@gmail.com
7	Sneha Balaji Ghag	fybcom	9324305217	snehaghag873@gmail.com
8	Nikita shivaji jadhav	FY.BCOM	7738484216	jadhavniki517@gmail.com
9	Renuka balshiram gopale	FY.BAF	8828269451	
10	Yadav Shraddha Santosh	FY BSC -IT	9136398926	shraddhay552@gmail.com
11	Tapasvi Narayan Mohite	FY BSC-IT	8591243260	mohitetapasvi30@gmail.com
12	Aditya Ashok Sanas	FY BSC-IT	9867593719	aditya.a.sanas700@gmail.com
13	prajval singh	FY BMS	9098191965	prajvalsingh2001@gmail.com
14	Neelima Manoj More	FY BMS	8879020358	neelimamore57@gmail.com



15	Akshada Arun Chaskar	FY BMS	8097919712	akshadac23@gmail.com
16	Tanmay Tanaji Jagdale	FY.BAF	9920603067	tanmayjagdale143@gmail.com
17	Vikas kumar gupta	TY BCOM	8425057643	babajaiswal1312@gmail.com
18	Baba Jaiswal	TY BCOM	8850951683	babajaiswal1312@gmail.com
19	chandrajeet Rajbhar	FY BCOM	8928530523	ramavadhr443@gmail.com
20	sohail shaikh	fy bsc I.T	8850457912	sohailshaikh776648@gmail.com
21	Rabi omkar mishra	FY BMS	7738805349	Rabimishra159@gmail.com
22	RITIK RAJOURIYA	T.Y B.COM	9004408072	rs76512377@gmail.com
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