

Mohanlal Raichand Mehta College of Commerce
Divali Maa Degree College of Science
Amritlal Raichand Mehta Degree College of Arts
(Dr.) R.T. Doshi Degree College of Computer Science
Plot No.9, Sector -19, Airoli, Navi Mumbai - 400 708.
Affiliated to University of Mumbai
NAAC Re-Accredited Grade 'A' (CGPA-3.33) (2nd Cycle)

NOTICE

Date: 14th June, 2023

All NSS committee members are hereby informed that there is a meeting with Principal Dr. Mrs. Leena Sarkar at Principal office on **15th June 2023 at 12.30 p.m.**, regarding conduction of activity on occasion of '**International Yoga Day**'.

Agenda of the meeting will be as follows :

1. To discuss the activity to be conducted on International Yoga Day.
2. To discuss the possible collaboration and availability of resource person.
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.

Mr. Ashish Chavan

NSS P.O

Ms. Seema Chaudhary

NSS P.O

Dr. (Mrs.) Leena Sarkar

Principal





JNAN VIKAS MANDAL'S
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Minutes of Meeting

Date of meeting: 15th June, 2023

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

Members present in the meeting : Mr. Ashish Chavan (Program officer)
Ms. Seema Chaudhary (Program officer)
Mrs. Prema Bardhan
Mr. Sanjay Gupta
Mr. Onkar Mone

The NSS committee meeting was held on 15th June 2023 at 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 last meeting and got confirmed.
2. To discuss about the celebration of International Yoga Day: it was decided to celebrate International Yoga day by organizing a 3 days workshop on "Stretch Your Mind With Yoga" in association with 'Patanjali Yog Samiti' from 19th June, 2023 to 21st June, 2023.
3. To discuss about 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. Other matters with permission were discussed and meeting ended at 1.00 p.m





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Message prepared for the session:

Greetings for the day 



Happy soul, a fresh mind, and a healthy body. All three can be achieved with Yoga.

On the occasion of



International Yoga Day

The NSS UNIT Of
JVM'S Mehta Degree College,
Airoli, Navi Mumbai,
In association with Patanjali Yog Samiti Organises
3 Days 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: 19th June 2023 to 21st June 2023



Time: 08.00 am to 09.00 am

Plz Note : Bring your own Yoga Mat for performing Yoga

Instructor :

1. Shri. Vishal Agrawal,

B.E. Mechanical, Post Graduate diploma in Yogashastra

MA in Yigashastra, Working as a Senior General Manager with Reliance Industries Limited.

REGISTRATION IS FREE

*Link for Registration :

https://docs.google.com/forms/d/e/1FAIpQLSc3xWdNSwyMtKH4F2FIm7dPsH6nSA0pK0qQEd7482VBkjuugg/viewform?usp=sf_link

After successful Registration You are requested to join WhatsApp Group.

Whats App Group: <https://chat.whatsapp.com/J3vqIt2yMzd83M3NYPjvc5>



E certificate will be issued to all participants only after successful completion of 3 days workshop and submission of feedback form



Organising Committee :

Asst. Prof. Seema Chaudhary (NSS P.O.)

Asst. Prof. Prema Bardhan

Asst. Prof. Sanjay Gupta

Asst. Prof. Onkar Mone

Asst. Prof. Ashish Chavan - Convener

NSS Program Officer

Regards,

Dr. B. R. Deshpande

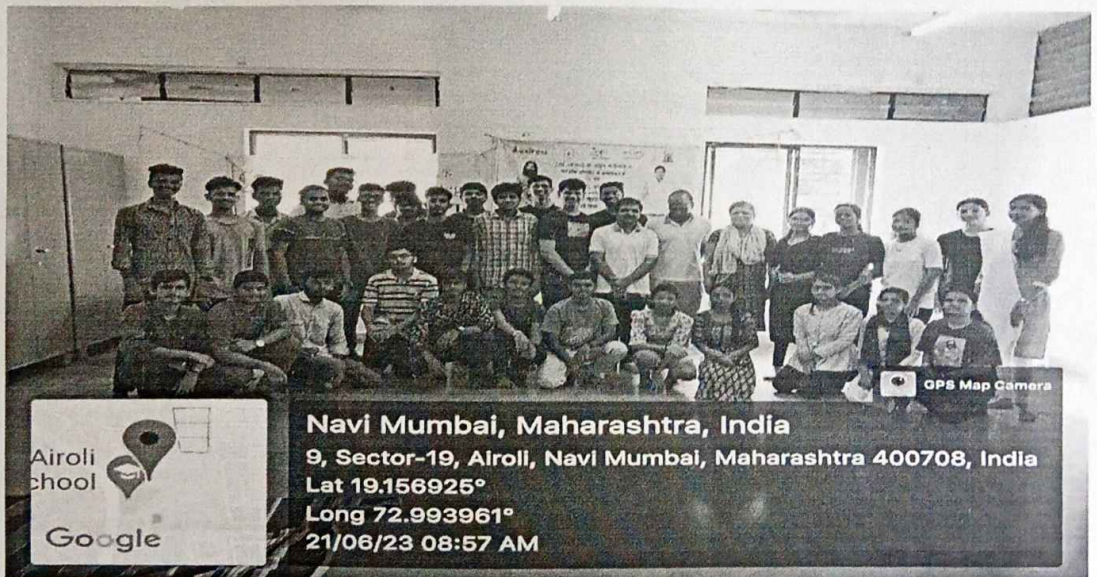
Vice Principal

Dr. Leena Sarkar

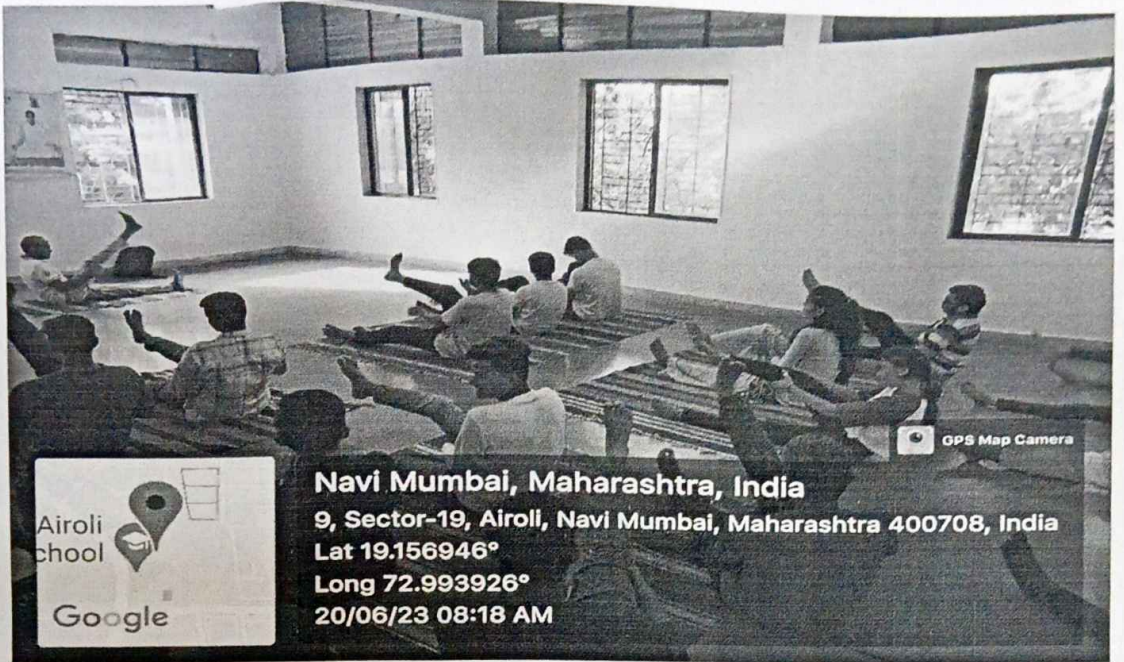
Principal and Chairperson

JVM's Degree & Jr. College, Airoli

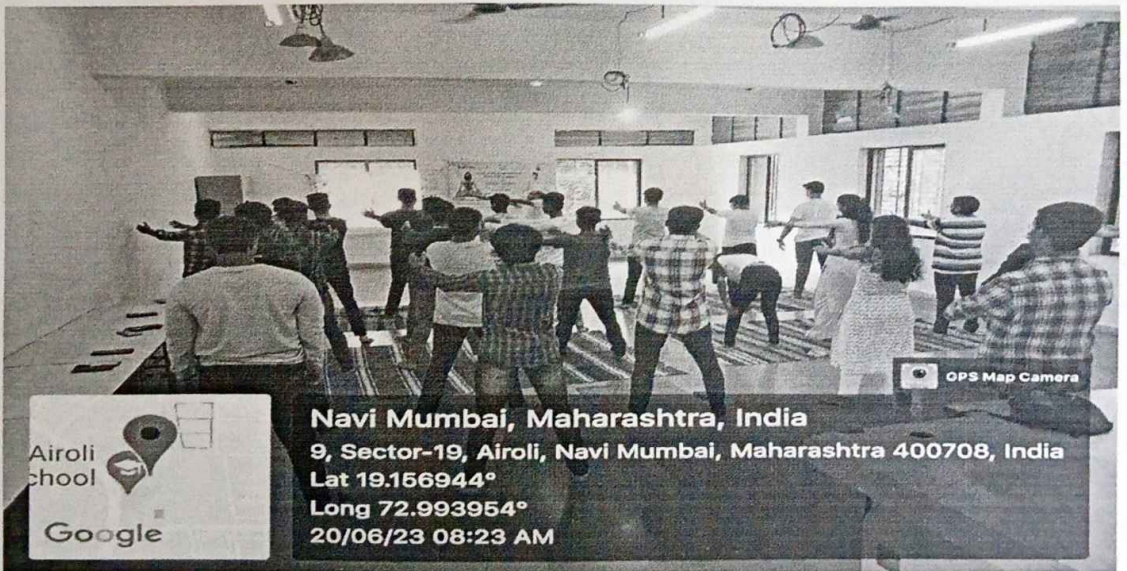
Some of the glimpses of the session :



Leena



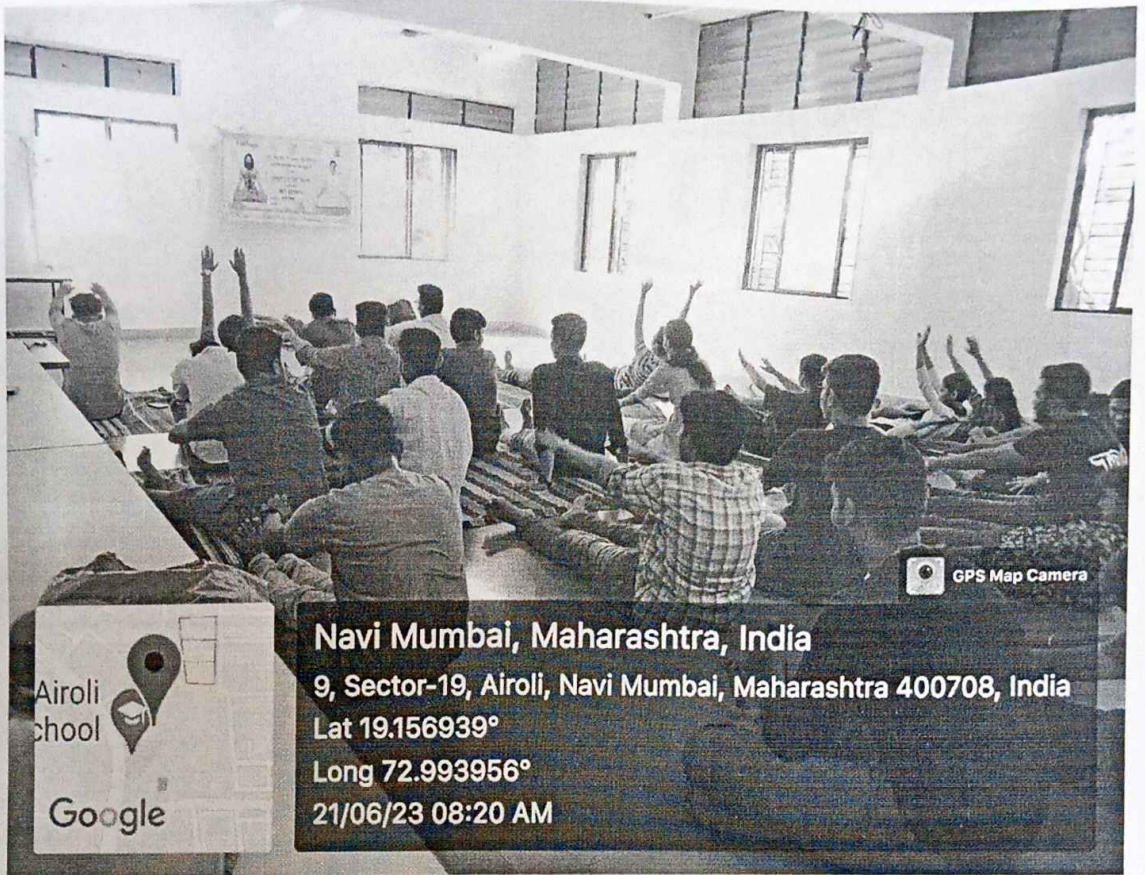
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Long 72.993926°
20/06/23 08:18 AM



Navi Mumbai, Maharashtra, India
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Long 72.993954°
20/06/23 08:23 AM



Neena



GPS Map Camera



Navi Mumbai, Maharashtra, India

9, Sector-19, Airoli, Navi Mumbai, Maharashtra 400708, India

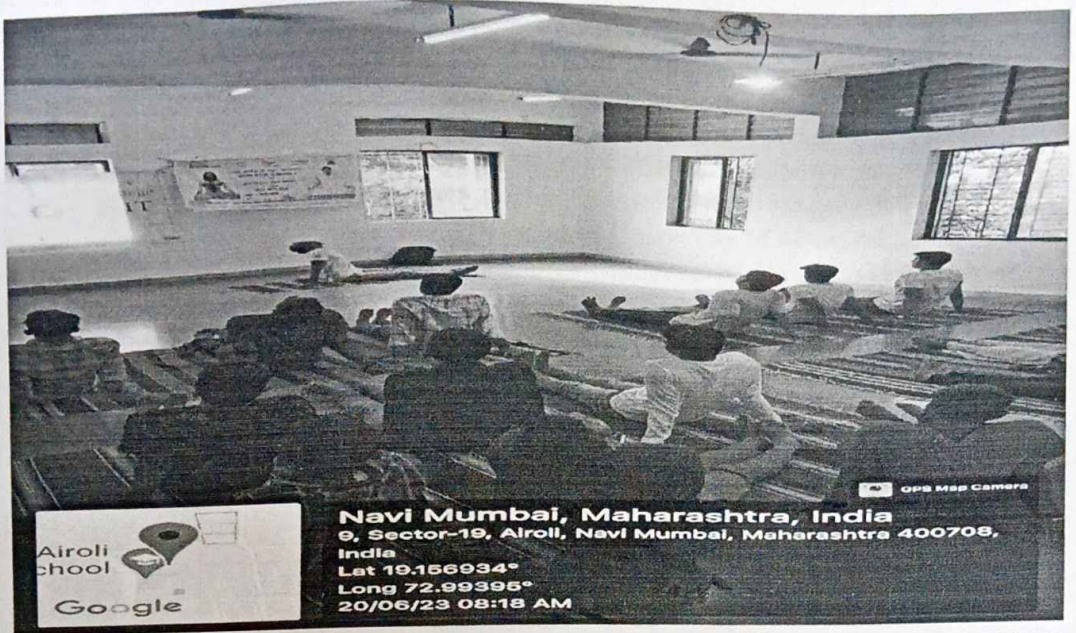
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Neena



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Long 72.99395°
20/06/23 08:18 AM



Navi Mumbai, Maharashtra, India
9, Sector-19, Airoli, Navi Mumbai, Maharashtra 400708, India
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21/06/23 08:17 AM



Aeena



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3 Days Workshop On "Stretch Your Mind with Yoga"

19th June 2023 to 21st June 2023

Sr.No	Name Of Participants	Class
1.	Akshay Jha	SY. BMS
2.	Neelima More	TY. BMS
3.	Atish Nikam	SY. B.SC
4.	Chaitali Choudhary	SY. BMS
5.	Sakshi Bodake	SY. BMS
6.	Vaidehi Utekar	TY. B.COM
7.	Sneha Ghag	TY. B.COM
8.	Sakshi Chaudhari	SY. B.COM
9.	Kiran Goswami	TY. B.COM
10.	Laxmi Prajapati	SY. B.COM
11.	Sakshi Rajbhar	SY. B.COM
12.	Neha Gupta	SY. B.COM
13.	Anuradha Maurya	SY. B.COM
14.	Siddhi Mulekar	SY. B.COM
15.	Darshana Soni	SY. B.COM
16.	Vikas Gavda	SY. B.COM
17.	Nikhil Gupta	SY. B.COM
18.	Prajyot Bhagode	SY. B.COM
19.	Amishay Gadkar	SY. IT
20.	Rishabh Bhosle	SY. BMS
21.	Yash Hande	SY. IT
22.	Aditya Kapse	SY. BMS
23.	Sujal Singh	TY. BMS
24.	Yash Prajapati	SY. IT
25.	Pawan Geete	SY. BMS
26.	Kushal Patil	SY. BMS
27.	Aadarsh Kadam	SY. BMS



28.	Rahul Medtiya	SY. IT
29.	Adarsh Mohanty	SY. BMS
30.	Samiksha Verma	SY. B.COM
31.	Nishant Ghadge	SY. IT
32.	Prakash Kevat	SY. IT
33.	Chaitanya Jadhav	SY. IT
34.	Soham Salunke	SY. IT
35.	Pravesh Jaiswar	SY. B.COM
36.	Sachin Jaiswar	SY. B.COM
37.	Anupa Verma	SY. B.COM
38.	Nandani Choudhary	SY. BMS
39.	Pradip Kadam	SY. B.SC
40.	Khushi Singh	12 th
41.	Neha Yadav	SY. B.COM
42.	Arnesh Patole	SY. BMS
43.	Sumit Panda	SY. BMS
44.	Ashish Gupta	SY. BMS
45.	Gavrav Gupta	SY. BMS
46.	Kartik Gupta	SY. BMS



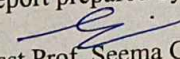


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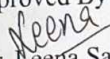
Report of Yoga Day:

Event : 3 Days Yoga day workshop
Venue: Sports room
Date: From 19th June to 21st June 2023

On the occasion of International yoga day the NSS unit of the College has organized a 3 days workshop in association with 'Patanjali Yog Sanstha'. Mr. Vishal Agrawal, R.E Mechanical, Post Graduate Diploma in Yogashastra, M.A in Yogashastra, was the resource person. He explained the importance of yoga to the students and also taught them various types of yogas in 3 days with their importance.
a total of 46 students were present.

Report prepared by

Asst.Prof. Seema Chaudhary
NSS PO

Verified by:
Asst. Prof. Ashish Chavan
NSS PO And Convener

Approved By

Dr. Leena Sarkar
Principal And Chairperson



International Yoga Day Celebration

19th June 2023 to 21st June 2023

Total Participants : 46

Name Of Participants	Mobile no	Email ID
GADKAR AMISHAY AMIEL	9321490074	amishaygadkar@gmail.com
GHADGE NISHANT VIJAY	9967015468	nishantghadge95@gmail.com
GUPTA PAWANKUMAR	7678016773	rohitgupta@gmail.com
HANDE YASH	8767042238	yashh1437@gmail.com
JADHAV CHAITANYA	7208738648	Chaitanyadasharathjadhav@gmail.com
JADHAV SUMET ANANDRAO	9594075141	sumetjadhav32@gmail.com
JAISWAL AYUSH PANNALAL	8369672620	jaiswalaj474@gmail.com
JHA RISHI RAVINDRA PINKI	9987095073	jharishi2004@gmail.com
KEVAT PRAKASH	9136802151	ramkishankewat999@gmail.com
/LOKHANDE NEHA SANTOSH	7719855545	Lokhanden657@gmail.com
MAHTO SAJANKUMAR N	8898969300	vishwanathmahto1971@gmail.com
MEDTIYA RAHUL SHIVLAL	9869617916	rahulmedtiya0@gmail.com
/NIKALJE VIDESHKA GAUTAM	8591179750	nikaljevideshika@gmail.com
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/PATHAK ANUSHKA SANJAY	9867150354	anushkap0027@gmail.com
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/VANJARE SAKSHI JETINGA	9321217486	vanjaresakshi1301@gmail.com
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/BORUDE PAYAL BHAGWAN	9137257568	payalborude12@gmail.com
DUDWADKAR MAKRAND	9004334314	dudwadkarmakrand@gmail.com
GANTELU TANISHQ	7208573245	t.gantelu2005@gmail.com
/GAWADE PRITI ARUN ANUJA	8591797935	prutigawade03@gmail.com
/GOSAVI PURVA YOGESH	8591930130	purva.gosavi24@gmail.com
/GUJAR TANVI PRAKASH	8879424273	tanvigujar392@gmail.com
/GUPTA RADHIKA	7715899138	kg2556255@gmail.com
JADHAV OMKAR BABAN	9321733077	jadhavo663@gmail.com
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DESHPANDE SUVEER VIJAY	7710851064	suveer6000@gmail.com
GEETE PAWAN AVINASH	8104237247	pawangeete11@gmail.com
GUPTA ASHISH MOHANLAL	7208538410	ashishgupta09865@gmail.com
GUPTA KARTIK PRADEEP	9769531208	gkartik1208@gmail.com
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