

**S.I.E.S. COLLEGE OF COMMERCE AND ECONOMICS, AUTONOMOUS**

24/06/2022

**NOTICE**

**ROTARACT CLUB OF SIES SION, EAST**

Students are hereby informed that an event Mindful Hearts will be organized by the Rotaract Club of SIES Sion (E) on 16<sup>th</sup> July, 2022.

Link / registration form for the same will be shared on official WhatsApp groups a day prior to the event.



Ms Falguni Mathews

Teacher Coordinator



Dr. Nina Roy Choudhury

Principal

Attendance Sheet

	<b>Event: Mindful Hearts</b>	<b>16<sup>th</sup> July 2023</b>
	<b><u>Avenue: Professional Development</u></b> <b><u>and</u></b> <b><u>Community service</u></b>	
	RSVP:	
<b><u>SR.NO</u></b>	<b><u>NAME OF THE VOLUNTEER</u></b>	<b><u>STATUS</u></b>
1	Astha Yadav	Rotaractor
2	Ramya Prabhu	Rotaractor
3	Naman Udyawar	Rotaractor
4	Kripa Kothari	Rotaractor
5	Krishna Shenoy	Rotaractor
6	Shiv	Rotaractor
7	Shreyas Gurav	Rotaractor
8	Krishna Palshetkar	Rotaractor
9	Rahul Dudhale	Rotaractor
10	Saurav Shetty	Rotaractor
11	Ronit Doshi	Rotaractor
12	Roshan Prince	Rotaractor
13	Thirtha Shetty	Rotaractor
14	Kashvi Shetty	Rotaractor
15	Shivani Shetty	Rotaractor
16	Rachel Saldanha	Rotaractor
17	Ankita Yadav	Rotaractor
18	Dhairya Bhanushali	Rotaractor
19	Abhishek Aji	Rotaractor
20	Soumita Banerjee	Rotaractor
21	Greesha Oberoi	Rotaractor
22	Samiksha Lahane	Non-Rotaractor
23	Vinay Veeramallu	Non-Rotaractor
24	Vinay Nair	Non-Rotaractor
25	Clarence Menezes	Non-Rotaractor
26	Kshitij Jaggi	Non-Rotaractor
27	Shramikh	Non-Rotaractor
28	Aadarsh Mudur	Non-Rotaractor

29	Vedhant Subramony	Non-Rotaractor
30	Nidhish Govekar	Non-Rotaractor
31	Pratiksha Harindran	Non-Rotaractor
32	Aadi Vinod	Non-Rotaractor
33	Krishna Vijay	Non-Rotaractor
34	Harsh Kunder	Non-Rotaractor
35	Kurukal Venkatsubhramanyam	Non-Rotaractor

## **Mindful Hearts**

### **Report of Event Mindful Hearts**

Project Name: Mindful Hearts

Venue: Sies SE Auditorium

Date:16-07-22

Attendance : 35

Avenue 1: Professional Development

Avenue 2: Community Service

### **Project description**

**Aim:** The aim of the event was to create awareness about mental and cardiovascular health and their connection with the help of Synapse NGO.

We started the event at 4.10 and the first topic was cardiac health and it was thoroughly explained with the numbers and the fun facts. The second topic was mental health and the speaker told us her life story to tell us how bad it can get for some people. They also had a couple activities planned to break the monotony of the session but it was so informative and entertaining at the same time that it didn't feel as monotonous as we had expected.

The project was carried out keeping in mind the youth and how many of their everyday habits affect their health in the long term. In the words of the members of Synapse NGO, here, Synapse is the nexus between two vital organs, viz. the Heart and the Brain. We are eager to disperse our understanding of Cardiac and Mental Health, in order to assist you in making 'your' nexus stronger!"

This project was a first for some of us and it was a great learning experience overall. We realized how perfectly planned out every detail needs to be to ensure the smooth flow of the event. But with a great team to back you up, any event can be pulled off really well and we all are so so grateful for that!

The motive behind conducting this project was to help the society by helping them take care of themselves and advise people around them about the basics of their own health by making small changes in their routine. Most people are not aware of these things and they overlook them. Also, the session cleared up many commonly misused terms which were very much needed.

### **Media link**

Image link1:

<https://drive.google.com/drive/folders/14Y0vKjlE2crrD8FBx4tSAM2LmkJZKH09?usp=sharing>

Image link 2:



District 3141  
**Rotaract**

Club of  
**SIES Sion (East)**  
Rotary Club of Bombay Mulund Valley  
Club ID: 216121



# MINDFUL HEARTS

An Initiative by **Professional Development & Community Service**  
in Association with **Synapse NGO**

## DATE & TIME

**16th July 2022**  
**4 to 5 PM**

## VENUE

**College Auditorium**

## RSVPS:

**Rtr. Krisha Shenoy**  
**+91 7718843440**  
**Rtr. Rahul Dudhale**  
**+91 9769910635**

**Synapse NGO** is a Youth Initiative to Raise Awareness on Cardiac and Mental Health. An Informative yet lively seminar on the basics of Cardiac and mental health will be held.

## KEY SPEAKERS

**Rijul Kharat**

(Founder/Synapse)

**Vedika Sharma**

(Co-founder/Synapse)

**Hetvi Patel** **Chrysl Sheckina**

(Executive Director)

(Editor & Writer)



**synapse**



*J. Mathews*

**NOTICE:**

**SIES COLLEGE OF COMMERCE AND ECONOMICS (AUTONOMOUS)**

**Rotaract Club of SIES College Sion East**

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17/08/2020

Students are hereby informed that an event Tell the Tooth will be organized by the Rotaract Club of SIES Sion (E) on 24<sup>th</sup> August, 2022.

Link / registration form for the same will be shared on official WhatsApp groups a day prior to the event.



Ms Falguni Mathews

Teacher Coordinator



Dr. Nina Roy Choudhury

Principal

	<b>Event: Tell the Tooth</b>	
	<b>Avenue: Community service</b>	
	RSVP: Rtr.Naman Udyawar Rtr.Ramya Prabhu Rtr.Kripa Kothari	
<b><u>SR.NO</u></b>	<b><u>NAME OF THE VOLUNTEER</u></b>	<b><u>STATUS</u></b>
1	Sanskriti M K	Non-Rotaractor
2	Azhar Shaikh	Non-Rotaractor
3	Devanshi C	Non-Rotaractor
4	Ashwini Iyer	Non-Rotaractor
5	Kausar Shaikh	Non-Rotaractor
6	Haris Qureshi	Non-Rotaractor
7	Adithya Saho	Non-Rotaractor
8	Akhilesh Laxman	Non-Rotaractor
9	Shaikh Mahi Noor	Non-Rotaractor
10	Chirstopher Rajan	Non-Rotaractor
11	Godwin Rajan	Non-Rotaractor
12	Soham Kadam	Rotaractor
13	Tanushree Muthukumar	Rotaractor
14	Venkat Kurnkal	Rotaractor
15	Swapnil jaiswar	Non-Rotaractor
16	Ruqaiya Allahbakash	Non-Rotaractor
17	Abhishek Aji	Rotaractor
18	Chandru Manimaran	Non-Rotaractor
19	Greesha Oberoi	Rotaractor
20	Shiv	Rotaractor
21	Priyanka Naidu	Rotaractor
22	Kaustubh Sakpal	Rotaractor
23	Rachal Mhetri	Non-Rotaractor
24	Karthik Thevar	Rotaractor
25	Gupta Rimzim	Non-Rotaractor



26	Aarav Shetty	Non-Rotaractor
27	Unnati Khanna	Non-Rotaractor
28	Sarita Gupta	Non-Rotaractor
29	Tanisha Ullal	Non-Rotaractor
30	Adithya Chopra	Non-Rotaractor
31	Tisha Rithadia	Non-Rotaractor
32	Anubhav Yadav	Non-Rotaractor
33	Aniket Mahatv	Non-Rotaractor
34	Murali Bala	Rotaractor
35	Ansari Zain	Non-Rotaractor
36	Jovin Silvanus	Non-Rotaractor
37	Madhav Nair	Rotaractor
38	Harshita Giri	Non-Rotaractor
39	Sylvaan Marvin	Non-Rotaractor
40	Aishwarya Krishnan	Non-Rotaractor
41	Clarance Menez	Non-Rotaractor
42	Kannan Anand	Non-Rotaractor
43	Abhishek Kumar	Non-Rotaractor
44	Rinav Ostwal	Non-Rotaractor
45	Kazi Arfeen	Non-Rotaractor
46	Darpan Jain	Non-Rotaractor
47	Aaryan Mishra	Non-Rotaractor
48	Shiva Iyer	Non-Rotaractor
49	Madhusudan	Non-Rotaractor
50	Aadarsh Mudur	Rotaractor
51	Vedhant Subramony	Non-Rotaractor
52	Astha Yadav	Rotaractor
53	Roshan Prince	Rotaractor
54	Iffah Shaik	Non-Rotaractor
55	Dhanush Nadar	Non-Rotaractor
56	Abhinesh Raj	Non-Rotaractor
57	Ayappan Pillai	Non-Rotaractor
58	Somin Maity	Non-Rotaractor
59	Tulsi Paliya	Non-Rotaractor
60	Arti Nadar	Rotaractor
61	Shyam Barai	Non-Rotaractor
62	Sheetal Sahu	Non-Rotaractor
63	Saujanya Gowda	Non-Rotaractor
64	Raman Aennam	Non-Rotaractor

65	Rohan Dhawar	Non-Rotaractor
66	Mehboob Shaikh	Non-Rotaractor
67	Yash Petkar	Non-Rotaractor
68	Kaish Ansari	Non-Rotaractor
69	Harsh Chheda	Non-Rotaractor
70	Krishna Shenoy	Rotaractor
71	Darshani Sharma	Rotaractor
72	Soham Kokate	Non-Rotaractor
73	Bhuvaneshwari	Non-Rotaractor
74	Nikita Bhowal	Non-Rotaractor
75	Jyoti Badariya	Non-Rotaractor
76	Paramjyoti Soni	Non-Rotaractor
77	Vimala Naikor	Non-Rotaractor
78	Anush Nadar	Non-Rotaractor
79	Sujith Sivaperumal	Non-Rotaractor
80	Sanket Yadav	Non-Rotaractor
81	Samiksha Lahane	Non-Rotaractor
82	Tanish Shetty	Rotaractor
83	Saurav Shetty	Rotaractor
84	Krishna Palshetkar	Rotaractor
85	Kripa Kothari	Rotaractor
86	Pillai Vinisha	Non-Rotaractor
87	Raj Kamal	Non-Rotaractor
88	Sanjay Padaychi	Non-Rotaractor
89	Durga Devi	Non-Rotaractor
90	Gayatri Yannawar	Non-Rotaractor
91	Prerna Salin	Rotaractor
92	Kavipriya	Non-Rotaractor
93	Dinesh Kumar	Non-Rotaractor
94	Anita Marri	Non-Rotaractor
95	Ramesh Kumar	Non-Rotaractor
96	Nancy Sena	Non-Rotaractor
97	Harschelle Satam	Rotaractor
98	Shreyas	Non-Rotaractor
99	Anju das	Rotaractor
100	Aryan Uchilkar	Non-Rotaractor
101	Siddhika Nair	Rotaractor
102	Harsh Kunder	Rotaractor
103	Hariom Awate	Rotaractor

104	Antra Bhatnagar	Rotaractor
105	Hiya Motwani	Non-Rotaractor
106	Karunanidh Kaur	Non-Rotaractor
107	Rahul Dudhale	Rotaractor
108	Ronit Doshi	Rotaractor
109	Sneha Gundhar	Non-Rotaractor
110	Soumita Banerjee	Rotaractor
111	Ejaz Hussain	Non-Rotaractor
112	Shrishti Baranwal	Rotaractor
113	Somnath Dur	Non-Rotaractor
114	Rachel Saldanha	Rotaractor
115	Shruti Potkanthi	Rotaractor
116	Rashmita Poojari	Rotaractor
117	Bhavesht Sankaran	Non-Rotaractor
118	Aparna Tumma	Rotaractor
119	Daniel Nadar	Non-Rotaractor
120	Ankita Yadav	Rotaractor
121	Gopika Nath	Rotaractor
122	Joycee	Rotaractor
123	Smurthi Sinilal	Rotaractor
124	Naman Udyawar	Rotaractor
125	Ramya Prabhu	Rotaractor
126	Bhuvan Shetty	Rotaractor
127	Aryan Ghag	Rotaractor
128	Mansi Gusaiwal	Non-Rotaractor
129	Sweetly Dudyala	Non-Rotaractor
130	Gauri Katle	Non-Rotaractor
131	Shreyas Gurav	Rotaractor
132	Siddhi Dicholkar	Rotaractor
133	Nivitha Devendra	Rotaractor
134	Parth Darbar	Non-Rotaractor
135	Darsh Ajani	Non-Rotaractor
136	Siddhi Bhosale	Non-Rotaractor
137	Amrita Prabhu	Non-Rotaractor
138	Muizz Pathan	Non-Rotaractor
139	Neha Shetty	Non-Rotaractor
140	Sjal Indalkar	Non-Rotaractor
141	Aaron Fernando	Rotaractor
142	Jiya Solanki	Rotaractor

143	Shramikh	Rotaractor
144	Nidhi Nair	Rotaractor

## **TELL THE TOOTH**

### **AVENUE - COMMUNITY SERVICE INITIATIVE**

#### **Project basic details**

Project Name: Tell the tooth

Venue: Sies College of Commerce and Economics Sion East

Date: 24th August 2022

Attendance: 51

Avenue 1: Community service

Avenue 2: Community service

#### **Project description**

**Aim:** The main aim of this project was to help the Dental camp attendees i.e. the students get themselves checked upon well for their teeth and take the necessary feedback from doctors and maintain and follow dental hygiene as prescribed. Our doctors were interns and members of the Rotaract Club Of Medcrew.

All the volunteers assembled at the Sies College Of Commerce And Economics auditorium as it was the venue for the conduction of the dental camp. The volunteers of Rotaract Club Of Medcrew were the doctors for the examination. The reporting time was at 10:45 as the camp was scheduled to be started at 11 am. All the volunteers including the club members of our Community Service Avenue as well as the BOD-CORE team and the GBM's of other avenues were also present on time. We started up with the arrangements of the tables and chairs for the doctors and attendees to be seated. Club banners were put up by 2 of our members of the club. After all the arrangement of the seats, the doctors arrived at 11:30 am, and then all three directors kept some work allocated for the volunteering for the volunteers one day before, and then they all were allocated their respective places and were informed about what exactly do they need to tell and influence people about the camp conducted in the college. Later on, the attendees started coming up and their first part was to get themselves registered at the registration desk which was handled by our Community Service GBM and then after that, they were given a feedback form which they had to take with them while going to the respective doctors and they were also given tokens with the numbers they had to wait at the waiting space and they went one by one as their

numbers were called upon. Also to attract more attendees we three directors did a PR activity of announcing about the camp. Even the doctors were very happy and felt nice and also gave positive feedback for the event. The attendees were very happy with the feedback provided to them. The camp ended up with a thank note from the directors of Community Service Directors.

### **Attendance Details**

Home club attendance:51

Guests Attendance:93

Total Attendance:144

**Media link** Image link1:

[https://drive.google.com/drive/folders/1Fs5deEbx5\\_PZTMyVg5Lx1azmQX\\_2Knbh](https://drive.google.com/drive/folders/1Fs5deEbx5_PZTMyVg5Lx1azmQX_2Knbh)

A handwritten signature in black ink, appearing to read "J. Mathews", is written diagonally across the page.

**SIES COLLEGE OF COMMERCE AND ECONOMICS**  
**(AUTONOMOUS)**

26<sup>th</sup> November, 2022

**NOTICE**

**NSS UNIT**

The NSS Unit of SIES College of Commerce and Economics(Autonomous), in association with Indian Cancer Society is conducting a seminar on **Cancer Awareness**, on Tuesday, 29<sup>th</sup> November, 2022, from 10:30 am to 12:00 noon, in the college .

All students are requested to attend this seminar.



**CHAIRPERSON OF NSS**

## **SIES COLLEGE OF COMMERCE AND ECONOMICS**

**(AUTONOMOUS)**

**TYPE OF EVENT** : HEALTH DEPARTMENT

**NAME OF THE EVENT:** Cancer Awareness Seminar

**DATE:** 29/11/2022

### **OUTCOME OF THE PROGRAMME**

In an attempt to create awareness among the people about cancer the NSS Unit of SIES College of Commerce and Economics (Autonomous) organized a seminar on "Cancer Awareness Drive" joined hands with Indian Cancer Society on 22<sup>nd</sup> November 2022. The event was from 10 am to 12 noon and was held in the College Auditorium. The volunteers reached the auditorium by 9.15am. The session was attended by 50 students.

The Guest speakers of the day were Dr. Ashwin C Patil and Dr. Esha from Indian Cancer Society. The Speakers were felicitated by Principal Ma'am. The mentors (doctors) part of Indian Cancer Society spoke about the various types of cancer like Breast Cancer, Oral Cancer and Cervical Cancer etc. and spread awareness on the same importance of curing the Cancer at the earliest stage itself. During the QnA session the Doctors emphasized the symptoms of various types of cancers like Oral Cancer, Breast Cancer etc. and it's causes. In an effort to bring more awareness the Indian Cancer Society's Official WhatsApp Account number has been shared with the students by the doctors.

Overall the Seminar made students aware of various types of cancers and various factors causing the disease and it's significance of diagnosing it at earlier stage.

After the Seminar a photo session took place with Indian Cancer Society's brochure. It was wonderful experience for us and we got to learn many new things. The Event was successfully ended.

## GLANCE OF THE EVENT



Session by Dr. Ashwin C Patil





Dr. Ashwin C Patil explaining the Anatomy



**NSS Volunteers with Resource persons at the end of seminar**

## **VOLUNTEERS ATTENDANCE LIST FOR CANCER AWARENESS SEMINAR**

**DATE :29/11/2022**

**EVENT : CANCER AWARENESS**

**FEMALE VOLUNTEERS : 16**

**MALE VOLUNTEERS : 21**

**TOTAL VOLUNTEERS : 37**

SR.NO	NAME OF THE VOLUNTEER	COURSE	ROLL NO
1	RUCHA SAWANT	TYBOM	434
2	RAHUL NAIK	SYIT	30
3	PRIYANSHU DUBEY	SYBSC-IT	8
4	SANKET POOJARY	SYBSC-IT	35
5	PARNEET POOJARY	SYBSC-IT	34
6	AJAY KUMAR MAYURA	SYBSC-IT	25
7	KRISH JAIN	SYBSC-IT	02
8	DIPEH BARAI	SYBSC-IT	14
9	MAYUR JADHAV	FYBCOM	208
10	JAMES SALOMEN	FYBCOM	516
11	PRABHAKAR	FYBCOM	484
12	STAPA NADAR	FYBCOM	507
13	DINESH KUMAR	SYBMS	11
14	ASHISH	SYBCOM	64
15	SHARAVANA TELI	SYBCOM	647
16	NANDU KUMAR	SYBCOM	319
17	MARIA VENISHA NADAR	SYBSC-IT	27

18	VRITIKA IYENGAR	TYBMS	78
19	SURSTI SHAH	TY-BAF	66
20	SEJAL SWANAT	SY-BAF	79
21	SANJANA	SY-BAF	09
22	DEVIKA	SYBSC-IT	07
23	KARTHIK THANGAPANDI	SYBMS	26
24	MUTHUVEL	SYBMS	63
25	CHRISTINA MADRE	SYBMS	102
26	ADESH SONI	TYBCOM	478
27	GUPTA SHUBAM	TYBCOM	100
28	VINAY VANAM	SYBCOM	669
29	NIDISHA KOTIAN	TYBCOM	236
30	AKANSHA PATRA	SYBAF	61
31	LINGA SELVI	FYBCOM	426
32	KRITIKA	FYBCOM	69
33	BALA AMBIKA	TY BBI	04
34	SHAIKH BENAZIR ALI	TY BBI	53
35	NEONIKA FERNANDES	TY BAF	16
36	SUBHASH LAL	SYBCOM	637
37	KEERTHANA MURUGAN	SY BMS	95

**SIES COLLEGE OF COMMERCE AND ECONOMICS (AUTONOMOUS)**

**8<sup>th</sup> March 2023**

**NOTICE**

**NSS UNIT**

The NSS Unit of SIES College of Commerce and Economics (Autonomous) is organising a **“Stress Management and Mental Health”** seminar on 09<sup>th</sup> March 2023 at the college Auditorium from 10:15am to 11:30am



**CHAIRPERSON OF NSS**



## **SIES COLLEGE OF COMMERCE AND ECONOMICS**

**(AUTONOMOUS)**

**TYPE OF EVENT : HEALTH DEPARTMENT**

**NAME OF THE EVENT: Stress Management and Mental Health**

**DATE: 9<sup>th</sup> March 2023**

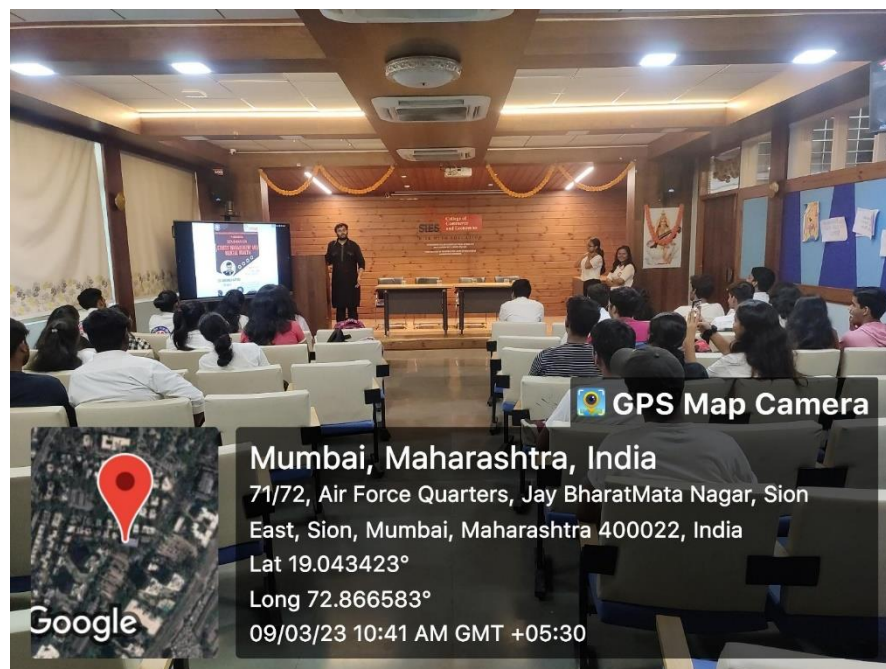
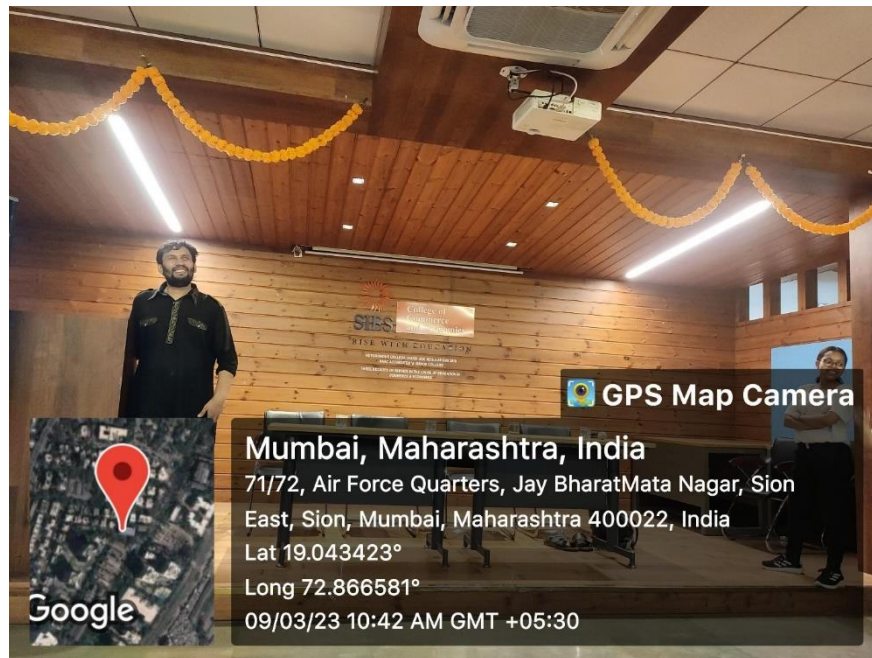
**OUTCOME OF THE PROGRAMME**

In an attempt to overcome the stress and mental health the NSS Unit of SIES College of Commerce and Economics (Autonomous) organized a seminar on "Stress management and mental health" on 9<sup>th</sup> March 2023. The event was from 10:15am to 11:30am and was held in the College Auditorium. The volunteers reached the auditorium by 9.40am. The session was attended by 53 students.

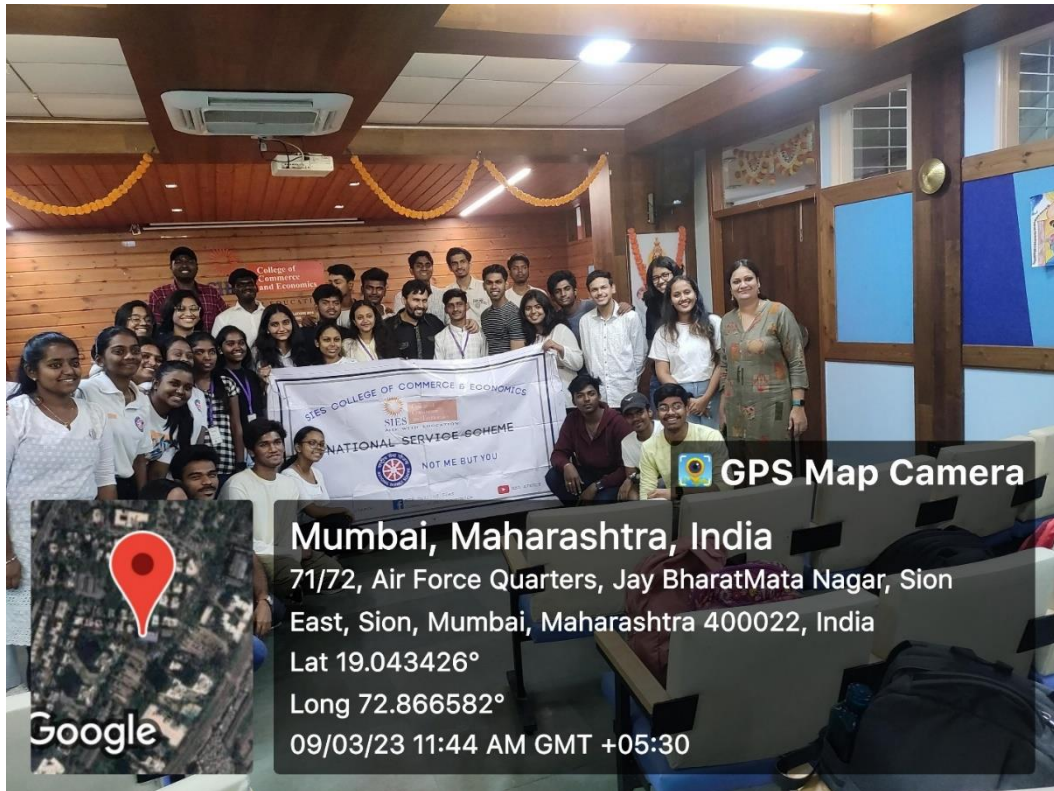
The Guest speaker of the day were CA RISHABH KAPASI. Aiming to guide the students on how to relieve themselves from stress and mental health in order to excel in the fields chosen by them. The session started as an interaction session. The speaker spoke about stress faced in his life and how he overcame it. Then some activities (meditation) were conducted to overcome stress. Fun activities and question answer session conducted doubts of the students were cleared by the speaker. Then some students shared their experience about the seminar.

After the Seminar a photo session took place with the speaker. It was wonderful experience for us and we got to learn many new things. The Event was successfully ended.

## GLANCE OF THE EVENT



**CA Rishabh Kapasi addressing participants**



**NSS Volunteers with the resource person at the end of seminar**



**VOLUNTEER ATTENDANCE LIST FOR STRESS MANAGEMENT AND MENTAL HEALTH SEMINAR**

**DATE :** 09th March 2023

**EVENT :** Stress Management and Mental Health

**FEMALE VOLUNTEER :** 23

**MALE VOLUNTEER :** 30

**TOTAL VOLUNTEER :** 53

SR.NO	NAME OF THE VOLUNTEER	COURSE	ROLLNO
1	Vignesh Iyer	FYBMS	25
2	SHAIKH ZISHAN	SYBSCIT	40
3	GUPTA SHUBHAM	TYBCOM	100
4	ADARSH SONI	TYBCOM	478
5	AASHISH CHILIKA	SYBCOM	64
6	JAMES SALAMON	FYBCOM	516
7	SUBASH LAL	SYBCOM	637
8	KRISH JAIN	SYBSCIT	14
9	CHRISTINA MADRE	SYBMS	102
10	KARTHIK THAGAPANDI	SYBMS	26
11	MAYUR JADHAV	FYBCOM	208
12	AJAYKUMAR MAURYA	SYBSCIT	25
13	HARSH GUPTA	SYBSCIT	12

<b>14</b>	<b>DIPESH BARAI</b>	<b>SYBSCIT</b>	<b>02</b>
<b>15</b>	<b>SANKET POOJARY</b>	<b>SYBSCIT</b>	<b>35</b>
<b>16</b>	<b>DHANESH MALLAYA</b>	<b>SYBCOM</b>	<b>276</b>
<b>17</b>	<b>HARIOM AWATE</b>	<b>SYBCOM</b>	<b>30</b>
<b>18</b>	<b>NEHEMAIH PAUL</b>	<b>SYBBI</b>	<b>38</b>
<b>19</b>	<b>KEDAARA</b>	<b>FYBMS</b>	<b>36</b>
<b>20</b>	<b>JASMINE RAJ</b>	<b>TYBAF</b>	<b>23</b>
<b>21</b>	<b>DEVINA NADAR</b>	<b>SYBBI</b>	<b>79</b>
<b>22</b>	<b>UMA DEVENDRA</b>	<b>FYBAF</b>	<b>09</b>
<b>23</b>	<b>SEJAL SAWANT</b>	<b>SYBAF</b>	<b>79</b>
<b>24</b>	<b>SANJANA BELEL</b>	<b>SYBAF</b>	<b>09</b>
<b>25</b>	<b>MARIA VENISHA NADAR</b>	<b>SYBSCIT</b>	<b>27</b>
<b>26</b>	<b>SHALINI PATHAK</b>	<b>SYBAF</b>	<b>60</b>
<b>27</b>	<b>VIJAY VANAM</b>	<b>SYBCOM</b>	<b>669</b>
<b>28</b>	<b>NIDHISHA KOTIAN</b>	<b>TYBCOM</b>	<b>236</b>
<b>29</b>	<b>BHUVANESHWARI</b>	<b>FYBSCIT</b>	<b>10</b>
<b>30</b>	<b>KIRUTHIKA</b>	<b>FYBCOM</b>	<b>69</b>
<b>31</b>	<b>KEERTHANA MURUGAN</b>	<b>SYBMS</b>	<b>95</b>
<b>32</b>	<b>DEVIKA SAKTHIVEL</b>	<b>SYIT</b>	<b>07</b>
<b>33</b>	<b>YASHASHREE</b>	<b>FYBCOM</b>	<b>298</b>
<b>34</b>	<b>RUCHA SAWANT</b>	<b>TYBCOM</b>	<b>434</b>

<b>35</b>	<b>SRUSHTI SHAH</b>	<b>TYBAF</b>	<b>66</b>
<b>36</b>	<b>DINESH KUMAR</b>	<b>SYBMS</b>	<b>11</b>
<b>37</b>	<b>SACHIN NADAR</b>	<b>SYBBI</b>	<b>48</b>
<b>38</b>	<b>SHRAVAN TELI</b>	<b>SYBCOM</b>	<b>647</b>
<b>39</b>	<b>NANDAKUMAR</b>	<b>SYBCOM</b>	<b>319</b>
<b>40</b>	<b>LAXMAN</b>	<b>FYBCOM</b>	<b>425</b>
<b>41</b>	<b>SIBIN JAYSINGH</b>	<b>FYBCOM</b>	<b>229</b>
<b>42</b>	<b>RAHUL NAYAK</b>	<b>SYIT</b>	<b>30</b>
<b>43</b>	<b>RAMKESH GANESHAN</b>	<b>SYBCOM</b>	<b>459</b>
<b>44</b>	<b>AISHWARYA</b>	<b>SYBCOM</b>	<b>689</b>
<b>42</b>	<b>MARIYAPPAN</b>	<b>SYBCOM</b>	<b>652</b>
<b>43</b>	<b>VRITIKA IYER</b>	<b>TYBMS</b>	<b>78</b>
<b>44</b>	<b>DHANUSH THANGAPPA</b>	<b>FYIT</b>	<b>14</b>
<b>45</b>	<b>MAYUR JADHAV</b>	<b>FYBCOM</b>	<b>208</b>
<b>46</b>	<b>DEVIKA NAIR</b>	<b>FYBMS</b>	<b>46</b>
<b>47</b>	<b>SANJANA MADHUSUDHAN</b>	<b>FYBMS</b>	<b>60</b>
<b>48</b>	<b>DIVYA TULSI</b>	<b>SYBCOM</b>	<b>85</b>
<b>49</b>	<b>LINGA SELVI</b>	<b>FYBCOM</b>	<b>426</b>
<b>50</b>	<b>ARPITA PARAB</b>	<b>SYBCOM</b>	<b>41</b>
<b>51</b>	<b>NEONIKA FERNANDES</b>	<b>TYBAF</b>	<b>16</b>
<b>52</b>	<b>NAINA MANUJA</b>	<b>TYBMS</b>	<b>87</b>

<b>53</b>	<b>HARIOM AWATE</b>	<b>SYBCOM</b>	<b>30</b>
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**SIES COLLEGE OF COMMERCE & ECONOMICS (AUTONOMOUS)**

**BMS Department**

**Report on International Yoga Day Celebration**

**Date and Time:** Tuesday, 21<sup>st</sup> June 2022, 2:00 pm - 03:40 pm

**REPORT:** SYBMS student Mr. Dinesh Instructed SYBMS and TYBMS Students the Importance and celebration of International Yoga day.

The following three Asanas was performed by the students in the class.

1. Pranayam
2. Yogic breathe
3. Anulom Vilom

SYBMS = 94 Students

TYBMS = 69 Students

In total 2 faculties and 163 students attended the Program.

The purpose behind this celebration was to help students understand and learn yoga for self-improvement.

All the SY and TY BMS Students actively participated and performed the Asanas as instructed by Dinesh.



BMS Coordinator

ANIKET SWARAJ


**DriveLinktomedia:** [https://drive.google.com/drive/folders/1KWX3RvXPtMJ1e\\_99eD9JCaZ6QFVRA42Q](https://drive.google.com/drive/folders/1KWX3RvXPtMJ1e_99eD9JCaZ6QFVRA42Q)

## Photographs:







 GPS Map Camera

## SIES College of Commerce & Economics, Mumbai, India

3rd floor, SIES College of Comm & Eco Bldg, TV Chidambaran Marg, Air Force  
Quarters, Jay BharatMata Nagar, Sion East, Sion, Mumbai, Maharashtra 400022, India

Lat 19.043393°

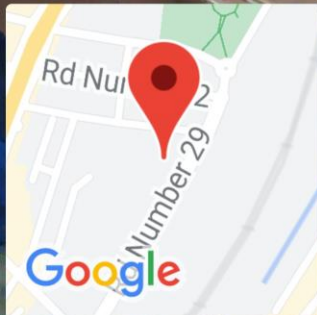
Long 72.866752°

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GPS Map Camera



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3rd floor, SIES College of Comm & Eco Bldg, TV Chidambaran Marg, Air Force Quarters, Jay BharatMata Nagar, Sion East, Sion, Mumbai, Maharashtra 400022, India  
Lat 19.043393°  
Long 72.866752°  
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Quarters, Jay BharatMata Nagar, Sion East, Sion, Mumbai, Maharashtra 400022, India

Lat 19.043393°

Long 72.866752°

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## SYBMS

Roll No	Name as appear on marksheet
1	ABICHANDRU SATHYAN RANJINI
2	ADDAGATLA KEERTI VIKRAM KAVITA
3	AJANI DARSH KIRTI VAISHALI
4	ATTAR SAAD YUSUF MUBINA
5	BALA MURALI BIDHAN SELVI
6	BANGERA DARSHITAA SANDEEP TANUJA
7	BOHARA AYUSH RAMESH REENA
8	CHAUHAN YASHIKA VIPUL POOJA
9	CHAVAN PRUTHIKA RAJENDRA VAISHALI
10	CHOUDHARY HERA ABDUL MAROOF SHAHJAHAN
11	DINESH KUMAR MANI GOVINDAMMA
12	DEVGUDE YOGITA RAJENDRA SANGEETA
13	DEY SAGARIKA SANDEEP OUNDRILA
14	DOSHI SALONI PARESH HEMAL
15	DSOUZA KELWYN LANCY JACINTHA
16	DUDHALE RAHUL SANJAY SWATI
17	GADA CHINTAN ASHOK SHEETAL
18	GEETIKA SUGUMARAN SUHASHINI
19	GUDHKA SAYAM PANKAJ
20	GURAV SHREYAS SACHIN SAMIKSHA
21	INTODIA YUG AVINASH TINA
22	JAIN DIVY MAHENDRA RAMILA
23	JAIN VAIBHAV VINOD REKHA
24	JAKHARIA ARYAN KIRIT JIGNA
25	KAPASI MOHAMMED YUSUF FARIDA
26	KARTHIK THANGAPANDI CHANDRA

27	KHAN ANAS NIZAMUDDIN
28	KHATANHAR MAHEK PRAKASH
29	KOTAK MANSI AMIT
30	MANGE MANSI MAHESH
31	MATTA REET KAUR INDERJIT SINGH
32	MEHTA DEEP PARAS
33	MENON RHEA RAJAN
34	MITTALI VIJAN
35	MOGAVEER SAUMYA NAGRAJ
36	NADAR JOYCEE THOMAS
37	NAIR VINAY PREMDAS
38	NANDALIKE SIDDHANT ANIL
39	NIRGUDE OMKAR SUNIL
40	PANDARAM PRIYA DHAKSHINA MOORTHY
41	PATANKAR PRERNA PRAMOD
42	PATHAN ABDUL MUIZZ ABDUL RASHID
43	PILLAI GOWTHAMAN MURALIDHARAN
44	PRABHAKARAN MURUGAN
45	PUNMIYA YASHU RAKESH
46	RAMANI KINJAL DHIREN
47	SADHUKHA NITIKA TAPANKUMAR
48	SAMANTHA ROBIN
49	SAROYA SAHIBPREET KAUR
50	SHAH SRUSHTI HIREN
51	SHAIKH ALSHIFA MOHD ASIF
52	SHARMA ABHISHEK RAKESH
53	SHETH YASH BHAVESH SHEFALI
54	SHETH ZEEL PARIKSHIT
55	SHETTY KASHVI PRASAD

56	SMRUTI SINILAL INDU
57	SONI JEET SUNIL
58	SONI RIA VASANT
59	KASTURI SHRUTI SRINIVAS SARITA
60	TANUSHREE MUTHUKUMAR
61	THAKKER KARISHMA PARAG
62	THEVAR ANULAXMI BALASUBRAMANIAN
63	THEVAR MUTHUVEL PETCHIMUTHU
64	TIWARI ROHAN SANJAY
65	VEERAMALLU VINAY SWAMY
66	VENKATESHWARAN SUBHASHCHANDRAN
67	VORA DEEP VIPUL
68	VORA MITH JITESH
69	VORA DIVYESH CHIRAG
70	MEHTA HARSH SACHIN
71	SUMALRAIDU ROHIT NALLANNA
72	MALLUVALASA VIVEKKUMAR JEEVAPRAKASH
73	CHOUGULE YUSRA ASLAM NAZNEEN
74	AGGARWAL MEHAK SANJIV RICHA
75	BHANUSHALI DHWANI SANJAY VARSHA
76	CHAMAKALA ALPHA JOY SUJA
77	DAMBE RAKHI NARESH SANGEETA
78	DARBAR PARTTH KIRTI BHAVNA
79	DEVENDRA NIVITHA RAJA SARASWATI
80	DHANGAR AJAY BABU MEENA
81	DICHOLKAR SIDDHI PRADEEP NAMRATA
82	DIKSHIT DEVIKA VIKAS NEELIMA
83	DOSHI RONIT KETAN

84	DSOUZA MARK EDWARD LANCY
85	GADA PARAS PRAFUL
86	GAGANAPRIYA VENKATESULU ARUNA
87	GANDHI DHVANI PURVANG PRITI
88	GOPIKA NATH SUSEELA
89	IYER AARYA SHIVAKUMAR PALLAVI
90	JAIN KHUSHI AMRIT SEEMA
91	JAIN SALONI GAJENDRA SEEMA
92	JAIN TEJASWEE MAHAVIR PISTADEVI
93	JEBESTY SELVARAJ MERLINE
94	KARAN SURESHKUMAR SHARADA

## TYBMS

Roll no	Name as appear on marksheet
1	AIL ANANYA ALLWYN VARSHA
2	ALWAL PALLAVI GANESH AARTI
3	ANKITA YADAV SHEELA
4	BARANWAL SHRISHTI RAKESH JYOTI
5	BETHI LAVANYA RAVENDRA TEJASHRI
6	DEVI M C CHITRA
7	DEY SOMNATH AMARNATH RAPTI
8	DRISHTI SANJAY MAMATA
9	DUDYALA SWEETY VISHNU SHOBHA
10	FRANCIS JESSICA NAVIN THRESA
11	GANDHI YATRIK RAJU CHETNA (LD)
12	GANGAR KUNJAL JAYANT RUPAL
13	GUSAIWAL MANSI LAXMIPAT PARMESHWARI
14	HUSSAIN ADILA ZAKHIR SHALU
15	INDALKAR SEJAL RAMDAS MADHURI
16	IYER JAIRAM SUNDARAM LAKSHMI
17	JATHANNA ADRIAN REUEL REYNOLD VICTORIA JACQUELINE
18	KATARMAL AARTI SURESH KALPANA
19	KATLE GAURI PRAMOD ARCHANA
20	KHAN AALIYA UBAIDDULLA
21	KHAN FAIZAL AYUB PARVEEN

22	KHASGIWALA ISHIKA MAHESH SHWETA
23	KOTHARI DIYA NEHAL JULIE
24	KOTHARI GAUTAM VIMAL GEETA
25	LODHA PRACHI RAKESH MAMTA
26	MEHTA RICHA CHANDRAKANT NAYANA
27	MOHD EJAZ HUSSAIN MOHAMMED ABID JAMEELA BANU
28	MOHIDEEN MIYAKHAN KHANSAL BEEVI
29	MOOPANAR VIGNESH ARUMUGAM SUNDARI
30	MOOTA VIVEK RAMAN VIJAYALAXMI
31	MUDILYAR HARIKRISHAN CHANDRASHEKHAR SEETA
32	NADAR MADANRAJ RAMASUBRAMANIAN R.SATHEYABAMA
33	NAIR SANOJ SUKUMARAN SAPNA
34	OBEROI KARISHMA JASBIR EKTA
35	ORIGUNTA VINITHA MOHANRAO ASHA
36	OSTWAL ARHAM NIRMAL KUMAR BHARATI
37	PALI BRIAN GODWIN BERTHA
38	PANCHAL MITHIL GHANASHYAM SANDHYA
39	PRABHU AMRUTHA ANANTHA SANDHYA
40	RAJA SOORAJ PRASANNAN ASHA
41	RISHITA PREMCHAND PRAJAPATI SHEELA
42	ROHRA AKANKSHA AVINASH BHAVIKA
43	ROSHAN ROBINSON SREEJA
44	SALDANHA RACHEL RICHARD MONICA
45	SALIAN VANSHITA KRISHNA TANUJA
46	SAVLA UNNATI DHIREN DARSHANA
47	SAWANT DEVANG ABHAY NEETA
48	SHAH MANAN KALPESH DARSHANA
49	SHARMA ABHISHEK KISHANLAL ANITA
50	SHETTY NEHA VIJAY INDIRA
51	SHETTY PRAJNA UDAY BABY
52	SHETTY SIDDHANTH SADASHIV VIJAYA
53	SIDDHARTH ESAISHANKAR CHITRAKOKILA
54	SINGH AKANKSHA SANJAY SUNITA
55	SINGH MANASI BALWANT KIRAN
56	THAKKAR JEMIN KAMLESH VAISHALI
57	THAPAR AVNI GURUCHARAN BEENA
58	TS SUBASRE SHRRIKUMAR THIRIPURAASUNDARI
59	TURAKHIA SAKSHI RAVI RUPAL
60	VIG AMAN RAJESH GEETA
61	YADAV SHEELA RAMJANAM ASHADEVI
62	AKHILESH LAXMAN DHANALAKSHMY
63	ARUNTHATHIYAR DINESH VELMURUGAN AMBIKA
64	BHANUSHALI JEETKUMAR JETHALAL NAINA
65	BHANUSHALI JILL DILIP SAVITA
66	BHANUSHALI MANSI JAYESHKUMAR JAYASHREEBEN
67	BHOSALE SIDDHI SUDHIR SAKSHI
68	CHIPPA BHANUSHREE SADANAND MANJULA

