

**SIES (NERUL) COLLEGE OF ARTS SCIENCE AND
COMMERCE**

ELIMINATION OF VIOLENCE AGAINST WOMEN

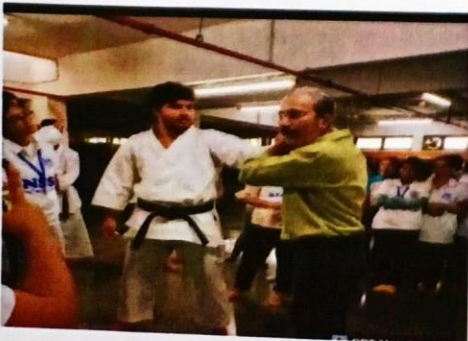
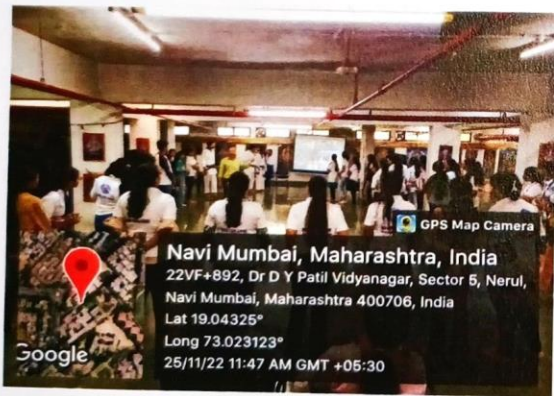
DATE: 25th November, 2022

The NSS unit of SIES (Nerul) College of Arts, Science and Commerce organized a seminar on Self Defence for all the female students and staff of the college. This seminar took place in SIES Vidya Pitha on 25th November, 2022, from 8:55 am to 11:00 am. The main objective of this seminar was to teach women ways and tricks to protect themselves from offenders and how they can save themselves when they're in uncomfortable situations due to offenders. The guest of Honor was Shihan. Shirish K. Talekar, who is a 5th Dan Black Belt, Japan certified. Four of his students were also present in the seminar. Apart from them about 70 female volunteers were present and all out overalls and Stream heads as well. The seminar started with the guest of honour explaining to us about what self defence is and how it is very helpful for women. As the seminar came to the end, he asked a few girls to demonstrate the same things he did, to test what we learnt. The session ended with all the girls having an extra piece of valuable information and a lot of confidence in each of them. This Learning Outcome of the session was rich with information, knowledge and it successfully conveyed it's message to the women of NSS.

Total Attendance: 71

No of Female: 63

No of Male: 8



Kaish
PRINCIPAL
S.I.E.S (Nerul) College Of
Arts, Science & Commerce (Autonomous)
Sri Chandrasekarendra Saraswathy
Vidyapuram, Plot 1-C, Sector V,
Nerul, Navi Mumbai 400 706



SIES (Nerul) College of Arts, Science and Commerce
NAAC Re- Accredited A Grade (3rd Cycle)
NSS COMMITTEE

20th February, 2023

To,
The Principal,
S.I.E.S (Nerul) College of Arts, Science and Commerce,
Nerul, Navi Mumbai.

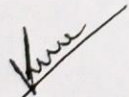
Subject:- Permission to depute 100 volunteers to attend Emergency Life Saving Seminar on 21st February, 2023 in Collaboration with Jayashree Foundation at Apollo Hospital, Belapur.

Respected Madam,

We, the NSS Unit, request you to permit us to send 100 Nss volunteers to attend the Emergency Life Saving Seminar on 21st February, 2023 in Collaboration with Jayashree Foundation at Apollo Hospital, Belapur.

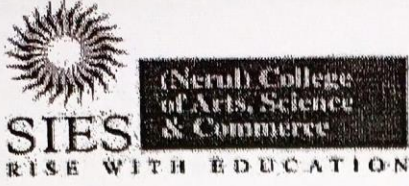
We request your permission to send the volunteers for the same. We assure the college that the permission will not be misused in any manner.

Thanking you,
Yours sincerely,


(NSS Programme Officer)




Dr. Koel Roy Choudhury
PRINCIPAL
S.I.E.S (Nerul) College Of
Arts, Science & Commerce (Autonomous)
Sri Chandrashekharendra Saraswathy
Vidyapuram, Plot 1-C, Sector V,
Nerul, Navi Mumbai 400 706



SIES (NERUL) COLLEGE OF ARTS, SCIENCE AND COMMERCE


NAAC Re- Accredited A Grade (3rd Cycle)

NSS COMMITTEE

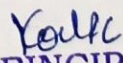
NOTICE

20th February, 2023

The NSS Unit Of SIES (Nerul) College of Art, Science and Commerce is organising an Emergency Life Saving Seminar on 21st February, 2023 in Collaboration with Jayashree Foundation at Apollo Hospital, Belapur.


(NSS Programme Officer)




PRINCIPAL
S.I.E.S (Nerul) College Of
Arts, Science & Commerce (Autonomous)
Sri Chandrasekarendra Saraswathy
Vidyapuram, Plot 1-C, Sector V,
Nerul, Navi Mumbai 400 706

NSS Report 2022-23
EMERGENCY LIFE SAVING SEMINAR, APOLLO HOSPITAL

DATE: 21st February, 2023

The NSS unit of SIES (Nerul) college of Arts, science and commerce conducted a seminar at Apollo hospitals, Belapur, on 21st February, 2023. The seminar took place from 10:30am to 1:30pm. The main objective of this seminar was to equip the volunteers with quick medical skill responses. The volunteers were led through the hospital, to the auditorium, where the seminar started. The host gave information about Apollo hospitals. It is the only hospital in Navi Mumbai that has each and every service under one roof. It has 7 to 8 ambulances available and has also trained about 5000 security guards for immediate medical skill response to any situation. This hospital is the first one to have a separate department for Emergency medicine and has about 50 doctors specialized in this field.

One of the doctors takes over, who explains how important it is to learn how you could save a life. Dr. Amal K. Das, who is an emergency physician, gave the volunteers an example of a human falling and questioned, what would be our first response to the situation. Then Proceeds to explain the process of how to make sure that they're somewhat conscious, atleast, by tapping on their chest with both hands. If there's no response, it is an emergency and the ambulance has to be called. The next thing to be done is check the pulse near the unconscious person's jaw, and if there's not a feel of a pulse then immediately get to doing chest compressions.

Dr. Amal showed everyone the process of CPR (cardiopulmonary resuscitation). Interlace your fingers, one behind the other, place them right at the sternum and give compressions with a small pause of a second. After 30 pumps, try to give mouth to mouth respiration or use an ambo to help the person breathe. All these were physically shown on a medical dummy torso by one of the doctors present there. Once the ambulance arrives, try to use the AED machine, which has shock pads on it. Place one shock pad under the right clavicle and another under the left sternum. A PowerPoint presentation was displayed so that the volunteers understood. Every volunteer had the chance to have a practical experience of giving CPR, by practicing on the dummy.

Dr. Amal proceeded to answer questions asked by some volunteers where he talked about how only 15 to 20 compressions are enough for a 1-year-old kid. If it's a baby, use the two finger method or the thumbs method. He gave people tips like not giving water to the unconscious person as it might get stored in their lungs since the windpipe is bigger than the food pipe during such cases. It can cause pneumonia, lung infections, etc.

The seminar came to an end with everyone being served lunch, after which the NSS volunteers along with the overalls clicked a group photo. The seminar ended with the NSS clap.

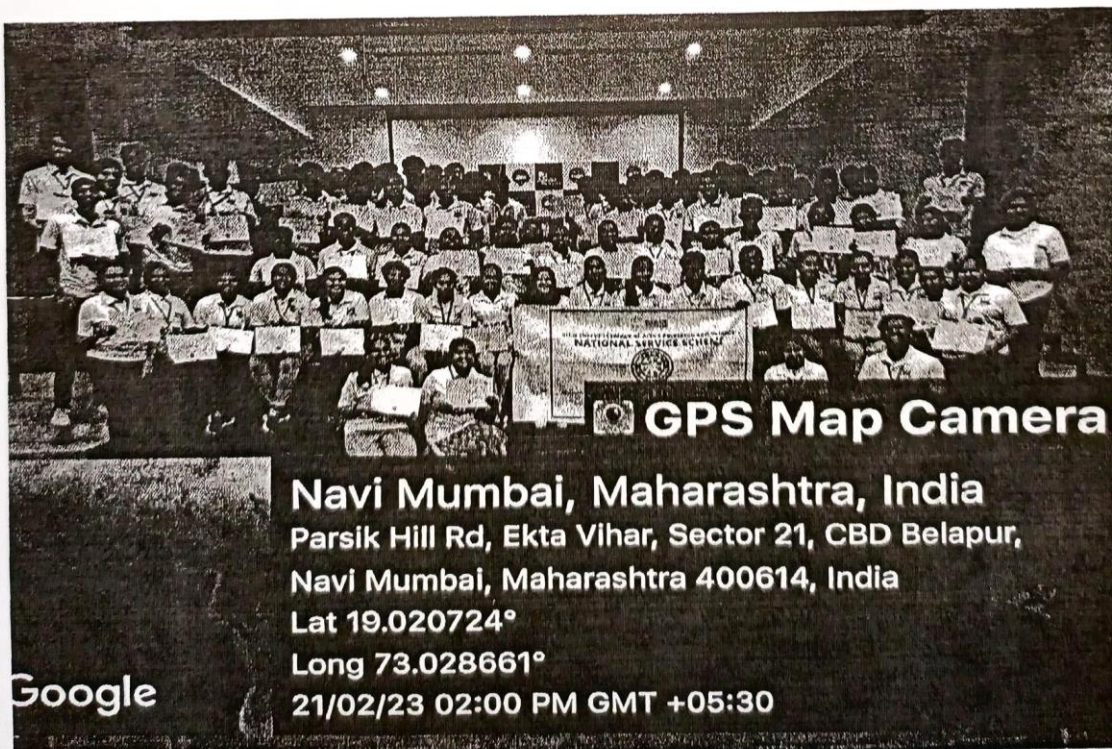
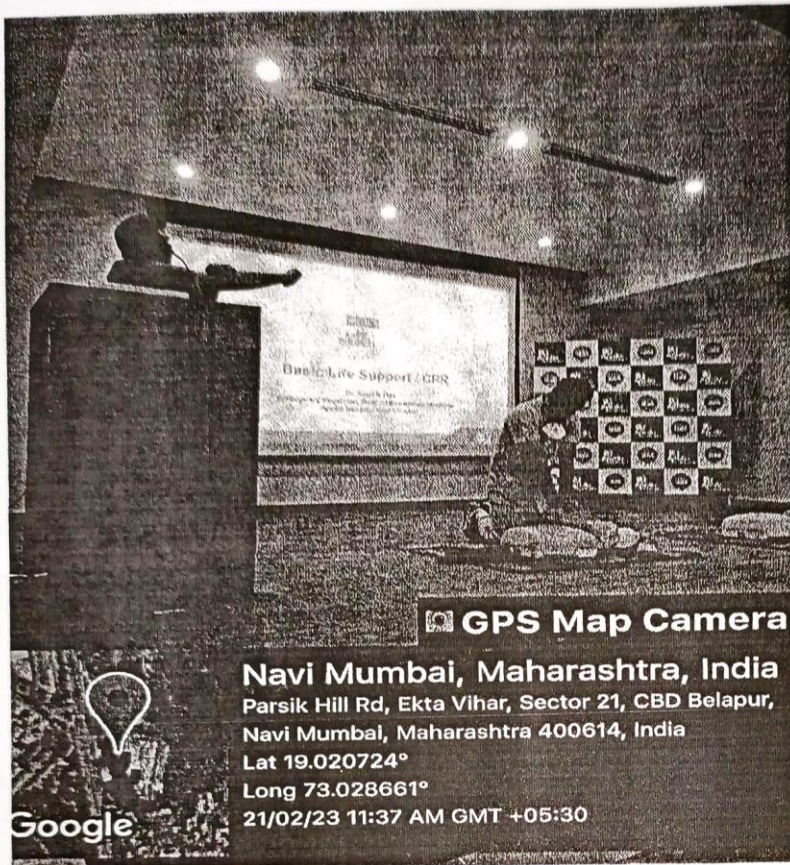


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Sri Chandrasekarendra Saraswathy
Vidyanagar, Post-14, Sector V.

Attendance: 101

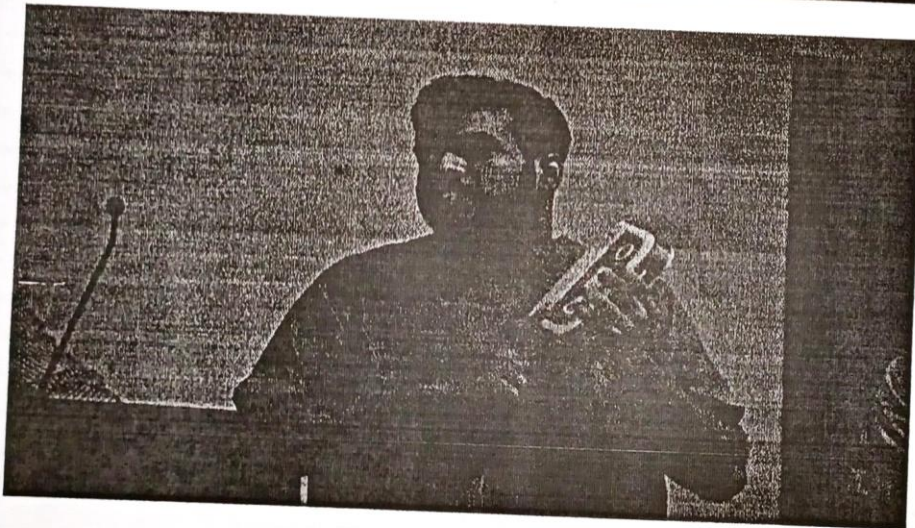
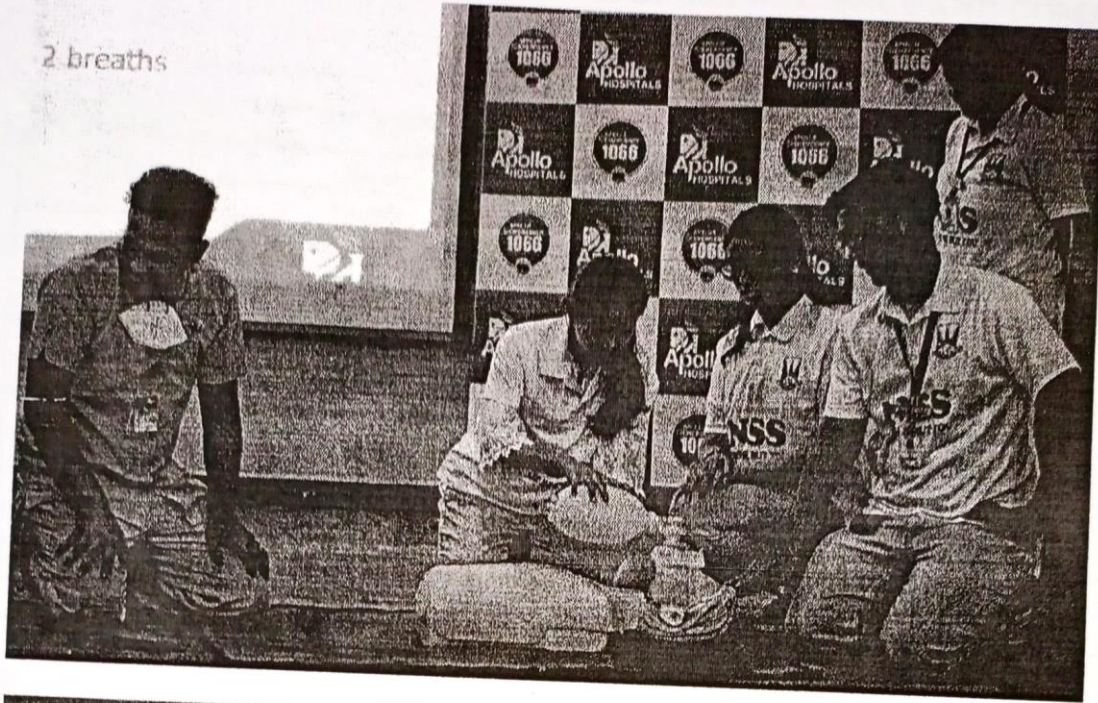
No of Male: 46

No of female: 55



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Arts, Science & Commerce (Autonomous)
Sri Chandrasekarendra Saraswathy

2 breaths



Kalk
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Sri Chandrasekarendra Saraswathy
Vidyanuram, Plot 1, G...

SIES (NERUL) COLLEGE OF ARTS, SCIENCE AND COMMERCE

NSS Committee 2022-23

Emergency Life Saving Workshop

Date- 21.02/23

| Sr.No | Name | Year& Stream | Gender | Seat No |
|-------|----------------------|--------------|--------|----------|
| 1 | Mridula | SY BMS | Female | M.21.103 |
| 2 | Kruthika subramanian | FY BMS | Female | M.22.63 |
| 3 | Samia Ibrahim | FY BMS | Female | M.22.153 |
| 4 | Needa Hamdule | FY BMS | Female | M.22.113 |
| 5 | Sara Patil | TY BMS | Female | M.20.122 |
| 6 | Shanti Shastri | TY BMS | Female | M.20163 |
| 7 | Rushil Ravichander | FY BMS | Male | M.22.148 |
| 8 | Chhavi Anchan | FY BMS | Female | M.22.15 |
| 9 | Amar Ahir | FY BMS | Male | M.22.07 |
| 10 | Aditi | FY BMS | Female | M.22.03 |
| 11 | Makdoom sayed | SY BMS | Male | M.21.91 |
| 12 | Avnish Dharurkar | SY BMS | Male | M.21.42 |
| 13 | Ryan Pereira | SY BMS | Male | M.21.143 |
| 14 | Chandan Biswal | SY BMS | Male | M.21.27 |
| 15 | Jignesh Vaviya | SY BMS | Male | M.21.67 |
| 16 | Nishita Shetty | SY BMS | Female | M.21.160 |
| 17 | Ayesha Kadri | SY BMS | Female | M.21.19 |
| 18 | Anna Rumane | SY BMS | Female | M.21.11 |
| 19 | Emaad Rauter | SYBAF | Male | F.21.89 |
| 20 | Prathamesh Gholap | SYBAF | Male | F.21.84 |
| 21 | Saakshi Bhusa | FYBAF | Female | F.22.19 |
| 22 | Veda shah | FYBAF | Female | F.22.119 |
| 23 | Shrutika Jadhav | FYBAF | Female | F.22.46 |
| 24 | Harleen Kaur | SYBAF | Female | F.21.36 |
| 25 | Mehnaz Shaikh | SYBAF | Female | F.21.102 |
| 26 | Bhairavi Patil | FYBAF | Female | F.22.103 |
| 27 | Manshika Poojary | SYBAF | Female | F.21.83 |
| 28 | Kashish Mhatre | FYBAF | Female | F.22.84 |
| 29 | Vaishnavi Chavan | TYBAF | Female | F.20.21 |
| 30 | Aditya Chavan | FYBAF | Male | F.22.22 |
| 31 | Harshitha Shetty | FYBAF | Female | F.22.124 |
| 32 | Maijith M | FYBAF | Male | F.22.78 |
| 33 | Aviral Sharma | SYBAF | Male | F.21.15 |
| 34 | Yasharth singh | SYBAF | Male | F.21.118 |
| 35 | Harsh Nandi | FYBAF | Male | F.22.97 |

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23/2/2023



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S.I.E.S (Nerul) College Of
Arts, Science & Commerce (Autonomous)
Sri Chandrasekarendra Saraswathy
Vidyapeeth, Plot T-C, Sector V,
Nerul, Navi Mumbai 400 706

| | | | | |
|----|---------------------|---------|--------|----------|
| 36 | Sneha Pillai | TYBAF | Female | F.20.80 |
| 37 | TAHAA KAPADIA | SYBAF | Male | F.21.51 |
| 38 | Smridhi Sharma | SYBCOM | Female | C.21.361 |
| 39 | Nashrah khan | FY BCOM | Female | C.22.164 |
| 40 | Afreen Ansari | FY BCOM | Female | C.22.04 |
| 41 | Mayuri Hule | FY BCOM | Female | C.22.117 |
| 42 | Alisha Dmello | FY BCOM | Female | C.22.82 |
| 43 | Ananya Pal | FY BCOM | Female | C.22.12 |
| 44 | Prathamesh Rajguru | FY BCOM | Male | C.22.284 |
| 45 | Prashantkumar Gupta | SY BCOM | Male | C.21.108 |
| 46 | Sadanand Rawool | SY BCOM | Male | C.21.280 |
| 47 | Dibbojyoti Maitra | SY BCOM | Male | C.21.180 |
| 48 | Simran Naigam | SY BCOM | Female | C.21.205 |
| 49 | Tanya Jain | FY BCOM | Female | C.22.133 |
| 50 | Navpreet saini | FYBCOM | Female | C.22.234 |
| 51 | anushka pawar | SYBCOM | female | C.21.252 |
| 52 | Urvi Ramachandani | FY BCOM | female | C.22.386 |
| 53 | Amey Kalan | SY BCOM | Male | C.21.148 |
| 54 | Nishita Rawat | FYBMM | female | A.22.90 |
| 55 | ncha karhatkare | SYBMM | female | A.21.44 |
| 56 | laxmman kamat | FYBMM | male | A.22.52 |
| 57 | Nitesh thakur | FYBMM | male | A.22.74 |
| 58 | Sneha Mourya | FYCS | female | S.22.119 |
| 59 | anam shaikh | FYCS | female | S.22.101 |
| 60 | asmita shinde | FYCS | female | S.22.112 |
| 61 | shivani zanzan | FYCS | female | S.22.133 |
| 62 | atharva gawade | SYCS | male | S.21.27 |
| 63 | nainar kannan | SYCS | male | S.21.69 |
| 64 | shridathan pillai | SYCS | male | S.21.85 |
| 65 | sharath konar | SYCS | male | S.21.54 |
| 66 | manasi ghadge | FYCS | female | S.22.50 |
| 67 | kuber maharana | TYCS | male | S.20.48 |
| 68 | kundan jha | TYCS | male | S.20.40 |
| 69 | pratham more | TYCS | male | S.20.60 |
| 70 | aditya gaikwad | FYCS | male | S.22.31 |
| 71 | Piyush koli | FYIT | male | T.22.85 |
| 72 | Saikesh pillai | FYIT | male | T.22.84 |
| 73 | Nayan chechare | FYIT | male | T.22.25 |
| 74 | Pratik Malviya | TYIT | male | T.20.59 |

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23/2/2023



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S.I.E.S (Nerul) College Of
Arts Science & Commerce (Autonomous)

| | | | | |
|-----|-----------------------|-------|--------|-----------|
| 75 | Pranjal Awate | FYIT | female | T.22.11 |
| 76 | Deepak Gupta | FYIT | male | T.22.34 |
| 77 | Rahul Kokare | FYIT | male | T.22.56 |
| 78 | Jeenal Patil | FYIT | female | T.22.79 |
| 79 | Siddhesh Pandey | TYIT | male | ST.21.130 |
| 80 | Sahil Singh | TYIT | male | T.20.97 |
| 81 | Shamika Pendhari | TYIT | female | T.22.17 |
| 82 | Purva Belote | FYIT | female | T.22.17 |
| 83 | Ansh singh | FYIT | male | T.22.130 |
| 84 | Dominic | FYBFM | male | FM.22.19 |
| 85 | Krunal | FYBFM | male | FM.22.70 |
| 86 | Dipti patil | SYBFM | female | FM.21.42 |
| 87 | Shraddha Bhujbal | SYBFM | female | FM.21.60 |
| 88 | Tejas | FYBFM | male | FM.22.67 |
| 89 | Pranav Tippabhotla | FYBFM | male | FM.22.46 |
| 90 | Anushka Dangat | FYBFM | female | FM.21.14 |
| 91 | Huda Rumani | FYBBI | female | I.22.31 |
| 92 | Prathamesh Bharati | SYBBI | male | I.21.10 |
| 93 | Neeraj Pathak | SYBBI | male | I.21.87 |
| 94 | Dharmika Sudulaganti | FYBBI | female | I.22.108 |
| 95 | Akash Kumar | FYBBI | male | I.22.61 |
| 96 | Tanzila Khan | SYBBI | female | I.21.57 |
| 97 | Simerjeet Kaur Chahal | SYBBI | female | I.21.16 |
| 98 | Bhavika Patil | SYBBI | female | I.21.89 |
| 99 | Janvi Thakur | SYBBI | female | I.21.130 |
| 100 | Riddhi | SYBBI | female | I.21.71 |
| 101 | Priya Mishra | SYBBI | female | I.21.72 |

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PRINCIPAL
 S.I.E.S (Nerul) College Of
 Arts, Science & Commerce (Autonomous)
 Sri Chandrasekharra Saraswathy
 Vidyapuram, Plot No. 1, Sector V,
 Nerul, Navi Mumbai 400 706

| Name | Year | Roll no. (According to Se Stream) | How was today's worksh | Would you apply the tect Did you learn something | Would you like to attend | Rate your experience? | Do you have any suggestions? |
|----------------------|------|-----------------------------------|------------------------|--|--------------------------|-----------------------|------------------------------|
| Avpreet Saini | FY | C.22.234 | Extremely Good | Yes | Yes | 5 | |
| Tanya Jain | FY | C.22.133 | Extremely Good | Yes | Yes | 5 | |
| Afreen Ansari | FY | C.22.04 | Extremely Good | Yes | Yes | 5 | |
| Rhea Rourmyar | SY | C.21.283 | Extremely Good | Yes | Yes | 1 | |
| Sadanand Sandeep Raw | SY | C.21.280 | Extremely Good | Yes | Yes | 5 | |
| Anushka Pawar | SY | C.21.252 | Extremely Good | Yes | Yes | 1 | |
| Jaomi Pillai | SY | A.21.76 | BAMMC | Yes | Yes | 5 | |
| Alisha Dmello | FY | C.22.82 | Extremely Good | Yes | Yes | 1 | No |
| Prashantkumar Gupta | SY | C.21.108 | Extremely Good | Yes | Yes | 1 | |
| Anushree LN | FY | A.22.14 | Extremely Good | Yes | Yes | 5 | No |
| Prathamesh Rajguru | FY | C.22.284 | Extremely Good | Yes | Yes | 1 | |
| Ananya Pal | FY | C.22.12 | Extremely Good | Yes | Yes | 1 | |
| Simran Gupta | SY | A.21.32 | Extremely Good | Yes | Yes | 1 | Nothing |



Principal
S.I.E.S (Nerul) College Of
Arts, Science & Commerce (Autonomous)
Sri Chandrashekarendra Saraswathy
Vidyapuram, Plo. No. Sector V,
Nerul, Navi Mumbai. 400 706

20th June 2022

To,
The Principal,
S.I.E.S (Nerul) College of Arts, Science and Commerce,
Nerul, Navi Mumbai.

Subject:- Permission for NSS Unit to conduct a programme on Yoga Day.

Respected Madam,

We, the NSS Unit, would like to conduct a programme on the occasion of "International Day of Yoga" on 21st of June 2022 at the **Assembly Hall** of Veda Vidya Pitha from 9am to 10:40am.


We assure the college that the permission will not be misused in any manner.
We kindly request you to grant us permission for the same at the earliest.

Thanking you,
Yours sincerely,



(Programme Officer, NSS)

Need to speak to Mr. Sandeep

Karu
20/6/22


20/6/22




PRINCIPAL
S.I.E.S (Nerul) College Of
Arts, Science & Commerce (Autonomous)
Sri Chandrasekharendra Saraswathy
Vidyapuram, Plot 1-C, Sector V,
Nerul, Navi Mumbai 400 706

To,
Sandeep Nalavde Sir,
S.I.E.S (Nerul) College of Arts, Science and Commerce,
Nerul, Navi Mumbai.

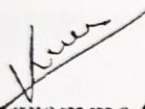
Subject:- Permission for NSS Unit to conduct the programme of Yoga day at Assembly Hall
of Veda Vidya Pitha.

Respected Sir,

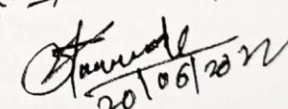
We, the NSS Unit, request you to grant us permission to use the **Assembly Hall** of Veda
Vidya Pitha on the occasion of "International Day of Yoga" on 21st of June 2022 from 9am
to 10:40am.

We assure the college that the permission will not be misused in any manner.
We kindly request you to grant us permission for the same at the earliest.


Thanking you,
Yours sincerely,


(Programme Officer, NSS)

Sandeep Sir
Pl. do me needful
del
20/6/22

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20/06/2022




PRINCIPAL
S.I.E.S (Nerul) College Of
Arts, Science & Commerce (Autonomous)
Sri Chandrasekarendra Saraswathy
Vidyapuram, Plot 1-C, Sector V,
Nerul, Navi Mumbai 400 706

**SIES (NERUL) COLLEGE OF
ARTS, SCIENCE AND COMMERCE
NSS UNIT 2021-2022**

NOTICE


(NSS Programme on Yoga Day)

20th June 2022

The NSS Unit of 2021-2022 will be conducting a programme on the occasion of Yoga Day on 21st June 2022 from 9:00 am to 10:40 am. All the NSS Volunteers must be present at the Veda Vidya Pitha Assembly Hall and all Covid-19 regulations (Masks and Social Distancing) must be strictly followed.


(Programme Officer, NSS)




PRINCIPAL
S.I.E.S (Nerul) College Of
Arts, Science & Commerce (Autonomous)
Sri Chandrasekharendra Saraswathy
Vidyapuram, Plot 1, Sector V,
Nerul, Navi Mumbai 400 706

SIES (NERUL) COLLEGE OF ARTS, SCIENCE AND COMMERCE
NERUL, NAVI MUMBAI

NOTICE

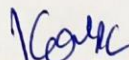
Date: 21.01.2023

SIES (NERUL) COLLEGE OF ARTS, SCIENCE AND COMMERCE
South Indian Education Society, Nerul Alumni Association (SIESNAA) -
Alumni Committee is conducting a Disaster Management Workshop on the 21st
January, 2023 at Vashi. The workshop is free of cost and includes Breakfast,
Lunch and Evening Snacks.


Dr. Sheeja Ravi

Convenor




PRINCIPAL
S.I.E.S (Nerul) College Of
Arts, Science & Commerce (Autonomous)
Sri Chandrasekarendra Saraswathy
Vidyapuram, Plot 1-C, Sector V,
Nerul, Navi Mumbai 400 706

SIES (Nerul) College of Arts, Science and Commerce

NAAC Re-Accredited- A Grade (3rd Cycle)

**ALUMNI COMMITTEE OF SIES (NERUL) COLLEGE OF
ARTS, SCIENCE AND COMMERCE (SIESNAA)**

14th January, 2023

To
The Principal
S.I.E.S (Nerul) College of Arts, Science and Commerce
Sri Chandrasekarendra Saraswati Vidyapuram,
Plot I-C, Sector 5, Nerul, Navi Mumbai,
Maharashtra 400706

Subject: Permission Letter for organizing Disaster Management Workshop.

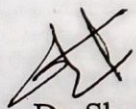
Respected Ma'am,

IQAC and SIESNAA - Alumni Association 2022-23 is planning to organize a Disaster Management Workshop on the 21st January, 2023 at Vashi. The workshop is free of cost and includes Breakfast, Lunch and Evening Snacks.

We request you to kindly grant us permission for the same. Permission granted will not be misused in any manner.

Thanking you,

Yours faithfully,



Dr. Sheeja K
Convener, SIESNAA

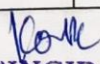
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14/01/2023.



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S.I.E.S (Nerul) College Of
Arts, Science & Commerce (Autonomous)
Sri Chandrasekarendra Saraswathy
Vidyapuram, Plot I-C, Sector V,
Nerul, Navi Mumbai 400 706

| SR NO | NAME | STREAM | CONTACT NO | MAIL ID |
|-------|-------------------------------|-------------|--------------|-----------------------------------|
| 1 | Arhaan Anwar | FYBMS | 8450904251 | anwar.arhaan@gmail.com |
| 2 | Sahil Shashikant Hande | FYBSCIT | 8356091174 | sahilhande62301@gmail.com |
| 3 | RAKSHITH ATTHREYA | FYBMS | 8454095913 | rakshith017atthreya@gmail.com |
| 4 | Smit Parthe | SYBSCCS | 9324304363 | smitparthe@gmail.com |
| 5 | Vaibhav | | | |
| 6 | Atharva | | | |
| 7 | Chandan Biswal | SYBMS | 7666967964 | chandanlm10biswal@gmail.com |
| 8 | Sumanth Turlapati | TYBMS | 9820178784 | saisumanth2002@gmail.com |
| 9 | Rushil Ravichander | FYBMS | 9518320366 | rrushil510@gmail.com |
| 10 | Akash Kumar | FYBBI | 918879710657 | heypotatotv@gmail.com |
| 11 | Majeed Sayyed | FYBSC CS | 9820451120 | majeedsayyed9@gmail.com |
| 12 | Omkar Pawar | FYBAF | 8104803556 | omkarpawar653209@gmail.com |
| 13 | Vivek | | | |
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SIES (Nerul) College of Arts, Science and Commerce
**ALUMNI COMMITTEE OF SIES (NERUL) COLLEGE OF ARTS,
SCIENCE AND COMMERCE (SIESNAA)**

REPORT ON DISASTER MANAGEMENT WORKSHOP

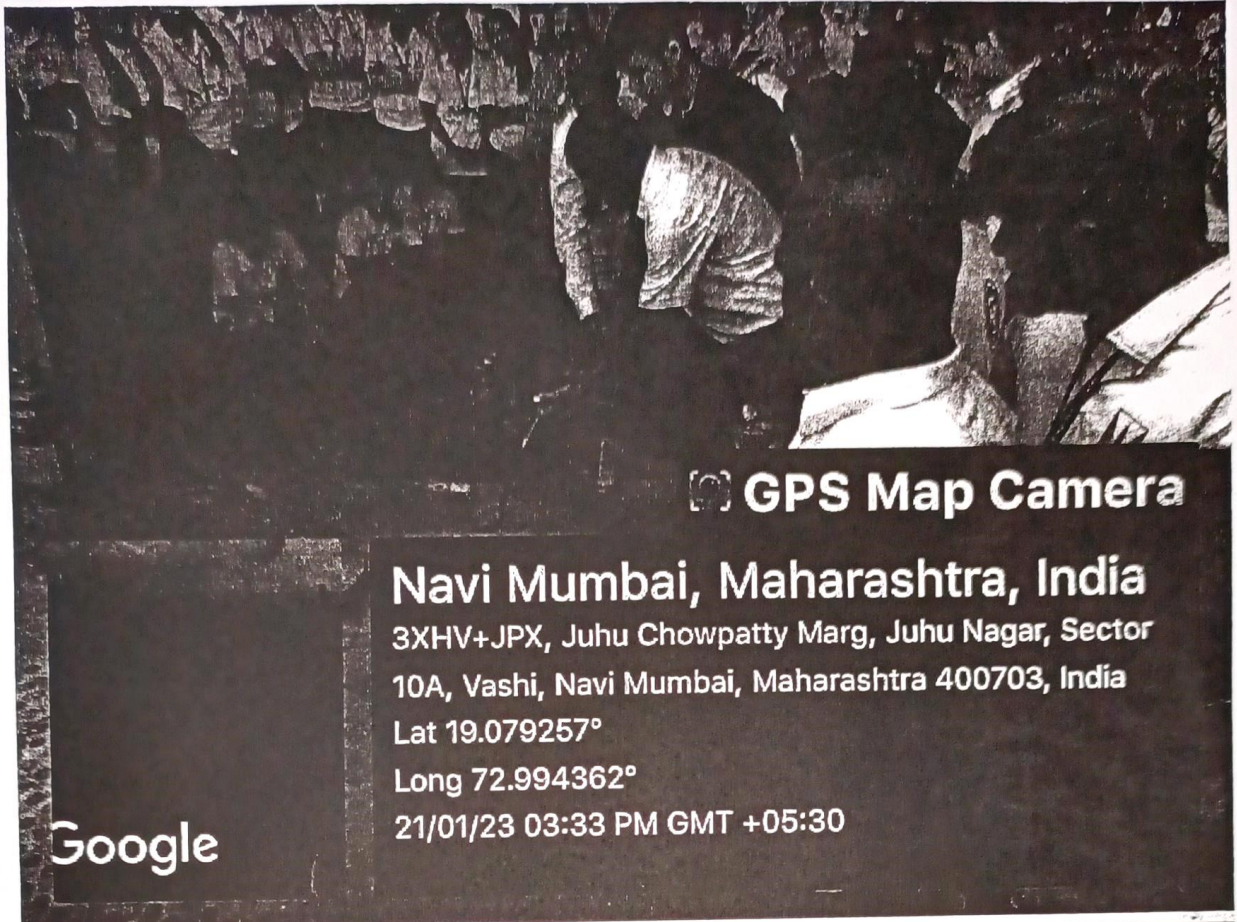
- **Name:** Disaster Management Workshop
- **Details:** Time: 09:00 a.m. – 05:00 p.m.
Date: 21st January 2023 (Saturday)
Venue: Sai Prem, Sector – 10A, Vashi – Navi Mumbai - 400703
- **Objective:**
 1. To learn about the types of disasters
 2. To prepare students on what to do after a disaster has occurred
 3. To have knowledge about first aid in case of emergencies
- **Target Audience:** Students of SIES (Nerul) College of Arts, Science & Commerce
- **Resource Person:** Sri Sathya Sai Seva Organisation
- **Topic of Discourse:** Disaster Management
- **Key Points Addressed/Discussed:**
 1. How disasters and its aftermath differ from each other
 2. How to tie different type of knots for various Disaster situations
 3. How to provide first aid during an emergency
- **Takeaways for Audience:**
 1. Learnt how to rescue victims during a disaster
 2. Acquired skills such as tying knots, using fire extinguishers,
- **Learning Outcome:**


The event was hosted by the Sri Sathya Sai Seva Organization. A member of the organisation briefed the students on the various disasters, how they differ from one another, and how each disaster has a different aftermath. Each student was given a rope to learn the nine types of rescue knots. Following the knot session, students were taught about the various types of fire and how each type of fire requires a different type of fire extinguisher. A few students used the fire extinguishers to put out small fires. The following session focused on teaching students how to rescue victims who are immobile during a disaster. Students volunteered for this exercise and learned how to use their body strength to pick up victims. A first aid exercise was also conducted, during which scenarios such as fractures, snake bites, poison ingestion, heart attacks, and so on were discussed. Certificates were given to students upon completion.

- **Attendance: Total Participants: 100**
Female participants: 58
Male participants: 42



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 **GPS Map Camera**

Navi Mumbai, Maharashtra, India

3XHV+JPX, Juhu Chowpatty Marg, Juhu Nagar, Sector

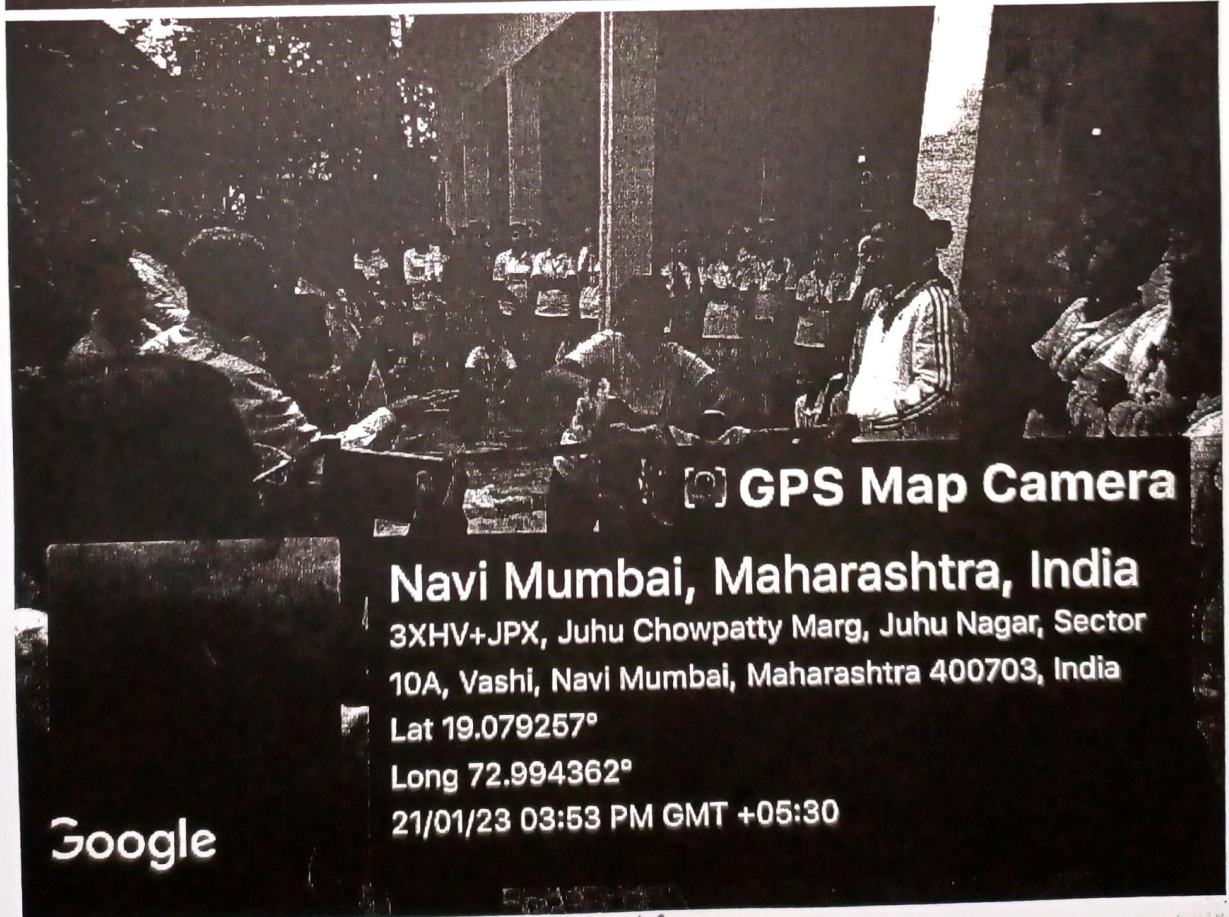
10A, Vashi, Navi Mumbai, Maharashtra 400703, India

Lat 19.079257°

Long 72.994362°

21/01/23 03:33 PM GMT +05:30

Google



 **GPS Map Camera**

Navi Mumbai, Maharashtra, India

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10A, Vashi, Navi Mumbai, Maharashtra 400703, India

Lat 19.079257°

Long 72.994362°

21/01/23 03:53 PM GMT +05:30

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K. Lal
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**SIES (NERUL) COLLEGE OF ARTS SCIENCE AND
COMMERCE**

YOGA DAY CELEBRATION

DATE-21st JUNE 2022

The NSS Unit of SIES (Nerul) College of Arts, Science and Commerce organized 'Yoga Session' on the occasion of 'International Yoga Day' on 21st of June 2022 at the Assembly Hall of Veda Vidya Pitha from 9am to 11am.

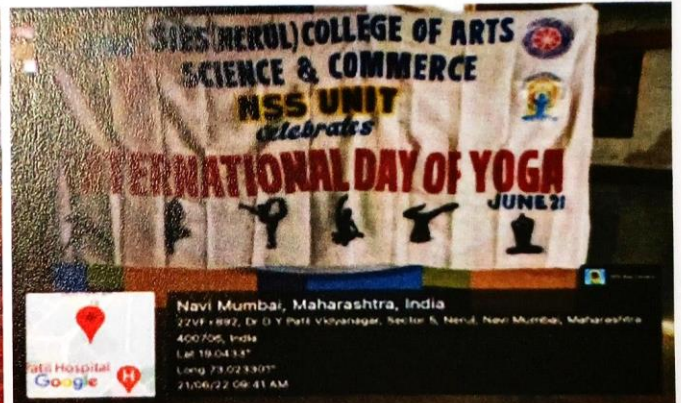
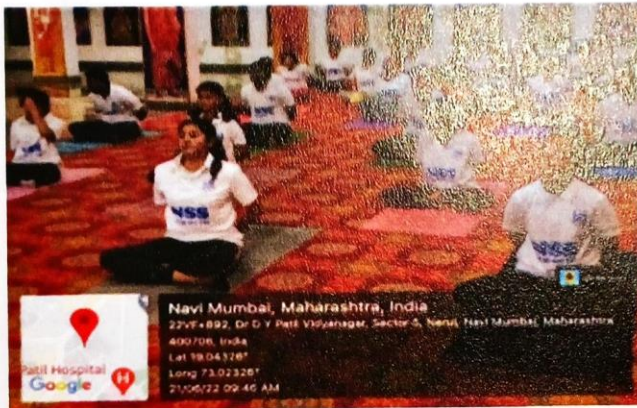
The Programme Officer of NSS Unit Ms. Kamini Thakur was also present. The event was organized for the NSS Volunteers. Ms. Prisha Pal conducted the session. The session started with the prayer followed by a warm up. After the warm up various Asanas like Trikonasana, Shavasana, Matsyasana, Badhakonasana, Vrikshasana etc. were demonstrated . All the NSS Volunteers actively participated in the session. With every Asana the health benefits of each asana were also explained by Ms.Prisha Pal.

The session was followed by meditation. All the NSS Volunteers participated actively . The event concluded by a vote of thanks by Ms.Kamini Thakur.

No. Of Male- 27

No. Of Female- 36

Total- 63



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