



SIES (Nerul) College of Arts, Science and Commerce
NAAC Reaccredited 'A' Grade in 3rd Cycle

DARPAN

REFLECTION TOWARDS EUNOIA :
"WELL MIND - A STEP TO BEAUTIFUL THINKING"

DARPAN IS A FOUR DAY VIRTUAL CONCLAVE WHEREIN VARIOUS TOPICS RELATED TO MENTAL HEALTH AND EMOTIONAL WELL BEING WILL BE

Yate
PRINCIPAL

EXPERIENCES AND KNOWLEDGE. IT WILL CREATE AN AVENUE TO BROADEN OUR PERSPECTIVES ON MENTAL HEALTH THROUGH TALKS, INTERACTIVE SESSIONS AND FUN FILLED ACTIVITIES.

S.I.E.S. EXPERIENCES AND KNOWLEDGE
ARTS, SCIENCE & COMMERCE
Sri Chandrasekarendra Saraswathy
Vidyapuram, Plot 1-C, Sector-V,
Nerul, Navi Mumbai-400706



ABOUT THE COLLEGE

ABOUT THE COUNSELLING COMMITTEE

SOUTH INDIAN EDUCATION SOCIETY (SIES) is one of the oldest educational societies in Mumbai and was pioneered in 1932. The seed then sown, has grown similar to a banyan tree nurturing many branches of knowledge through a High School, an array of Arts, Science and Commerce Colleges and professional institutions of higher learning. The Society strives towards excellence in all its pursuits and believes in strict discipline.

SIES (NERUL) COLLEGE OF ARTS, SCIENCE & COMMERCE, (SIESASCN) was established in September 1998, and is affiliated to the University of Mumbai. The College has entered its Twenty Third year in June 2021 and has been attracting students from far and near. The vision of our college is to see that the students become able entrepreneurs or get employed by the best in the industry. The College has been reaccredited with "A" grade in NAAC 3rd Cycle of Assessment and Accreditation.

Counselling Committee of SIES (Nerul) College of Arts Science and Commerce provides a platform to work towards guiding the students and improving their quality of life in terms of mental well-being. The objective is to normalize having conversations regarding mental ailments and eradicate any sort of social stigma attached to it. The goal is to facilitate proactive measures which will help solve the student's concerns.



Kole
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Sri Chandrasekarendra Sarabhai
Vidyspura, Plot 1-C, Sector-V,
Nerul, Navi Mumbai-400706

OBJECTIVES OF DARPAN

- 1) *An event for students, parents, and teachers, to bring them together where they can imbibe knowledge about different aspects of life.*
- 2) *Encouraging discussions on issues related to mental health and removing the stigma around it*
- 3) *Opportunity for students and teachers to connect with each other at a nationwide event and exchange experiences.*
- 4) *Gaining knowledge from experts in the field of mental health and well-being.*
- 5) *This conclave will provide an online platform to interact during these uncertain times and also provide an opportunity to test your creativity through games and activities*



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Sri Chandrasekarendra Saraswathy
Vidyapeetham, Plot 1-C, Sector-V,
Nerul, Navi Mumbai-400706



LEARNING OUTCOMES FROM DARPAN

- 1) *To create a platform and get acquainted with issues related to mental health.*
- 2) *Gain experiences and understand the perspective of teachers, students, and parents across the nation.*
- 3) *Work towards improving your emotional well-being.*
- 4) *Get professional insights on diverse topics by well-known speakers and experts.*
- 5) *Unleash your creativity by participating in different activities online.*
- 6) *Get a chance to interact with the audience on a national level.*



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Nerul, New Mumbai-400706



The activities are as follows:-

DATE:- 5th Jan 2022

EMINENT SPEAKER OF THE DAY:- Ms. Binita Mehta

PROFILE: She's the Co-Founder of a Healthtech start-up Psychologia Connect and Chaitanya Dhristi Foundation. Psychologia Connect is India's one-stop solution platform to provide mental health and wellness services

TALK OF THE DAY:- Inauguration ceremony followed by an inspiration talk on: How to live a contented life with success, pride, and dignity, while overcoming all hurdles.

ACTIVITY NAME:- Letter to your past self, Expressing Emotions through Art.

DESCRIPTION:- Write a letter to your younger self conveying your expectations, thoughts or regrets.



DATE:- 6th Jan 2022

EMINENT SPEAKER OF THE DAY:- Dr. Kavita Vaidya

PROFILE: Renowned corporate trainer who regularly consults corporates in key areas like work-life balance, stress management, emotional intelligence training, and parenting with real-life examples and practical training

TALK OF THE DAY:- Youth Drug Abuse: Problems and measures to prevent substance abuse from peer pressure and how to rehabilitate yourself to bring back a healthy life.

ACTIVITY NAME:- Struggle mode, ON, screening of the short film. (Cinematofy)

DESCRIPTION:- Display your fears and fantasies through your artistic self.



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Nerul, New Mumbai-400706



The activities are as follows:-

DATE:- 7th Jan 2022

EMINENT SPEAKER OF THE DAY:- Ms. Prerna Simha

PROFILE: She is actively involved in training Telangana State Government employees, Anganwadi workers, juvenile delinquents, government and private school students in Life Skills, Sexuality, and Reproductive Health.

TALK OF THE DAY:- Covid Isolation and going back to normalcy: Bridging the gap to cope with the change.

ACTIVITY NAME:- Breaking Stereotypes

DESCRIPTION:- Narrate through your words, tell us your hardship through self-written poems, short stories, and songs as your medium.



DATE:- 8th Jan 2022

EMINENT SPEAKER OF THE DAY:- Ms. Vishnupriya V

PROFILE: A renowned yoga expert with Postgraduation in yoga therapy.

TALK OF THE DAY:- Age-old ways to keep your mind and body sound and healthy.

ACTIVITY NAME:- From my Diary- poems, stories, and songs

DESCRIPTION:- Let the camera picture your fear, thoughts, and daily life struggles.



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Nerul, New Mumbai-400706

Followed by a valediction ceremony

FACULTY & TEAM MEMBERS

Chairperson of the event:

Dr. Koel Roychoudhury
(Principal)

Registrar:

Mr. Murlikrishnan Nambiar

Convenor of the Counselling Committee and DARPAN:

Dr. Priyadarshini Poddar

Co-convenor of the event:

Dr. Padmaleela Dharmaraju

Faculty Members:

Dr. Divya Nair

Ms. Mushira Charfare

Ms. Nisha Telang

For more details, contact the Core Team:

Ms. Prapti Mhatre - General Secretary - 9324540688

Ms. Kareena Gosain - President - 9082303928

Ms. Nymphia Chatterjee - Managing Head - 8369135562



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ARTS, SCIENCE & COMMERCE
Sri Chandrasekarendra Saraswathy
Vidyapuram, Plot 1-C, Sector-V,
Nerul, Mumbai-400706

SIES (NERUL) COLLEGE OF ARTS, SCIENCE AND COMMERCE

COUNSELLING COMMITTEE EVENT

Name of the Event- **“DARPAN”- Reflection towards Eunia**

Date- 5th January, 2022

Purpose- How to live a consented life with success, pride and dignity, while overcoming all hurdles.

Target Audience- Students, Parents and Teachers

No. of Participants: Total- 264 (Males-85, Females- 179)

The Counselling Committee of S.I.E.S (Nerul) College of Arts, Science and Commerce inaugurated “DARPAN” a four day national conclave on 5th January, 2022 at 1:00 pm through MS Teams which was attended by 264 participants from various parts of the country. The Event commenced when Dr. Priyadarshani Poddar shared the details of the Event and Lamp Lighting. Mr. P.Sethuraman, Vice President, South Indian Educational Society Trust and Dr. Koel Roy Choudhary, Principal, SIES (Nerul) College of Arts, Science and Commerce encouraged all the organisers and participants for being a part of this conclave on Mental health awareness.

Dr. Priyadarshini Poddar introduced the speaker for the day, Ms. Binita Mehta and handed over the stage to her for continuing the event. Ms. Binita Mehta greeted the participants and commenced her session through PPT. The speaker interacted with the participants and covered topics such as Contentment, Finding Balance, Welcoming the change, connecting with others and many more.

The second event was anchored by Ms. Bharti, Joint General Secretary of the Counselling Committee. She led the participants towards the next activity “Reflection towards inner you”. The first part of the activity was to write a letter to your younger self where out of the numerous entries, 5 best letters were selected and were highlighted in the event which included the letters of students from various colleges like Ms. Deepthi Poojary, JBM college, Ms. Shrieen Sheikh, SIES (Nerul), Shreya Pathare, Terna College, Alvira D’souza, SIES (Nerul) and Mili Singh, NIFT, Bhuvneshwar. The next activity was expressions through Art, where again out of the numerous entries 4 best entries were selected which included the Art of various students. Some of them were Ms. Rutuja Jadhav, K.J. Somaiya College, Ms. Mili Singh, NIFT Bhuvaneshwar and Payoja Mohanty, SIES (Nerul).

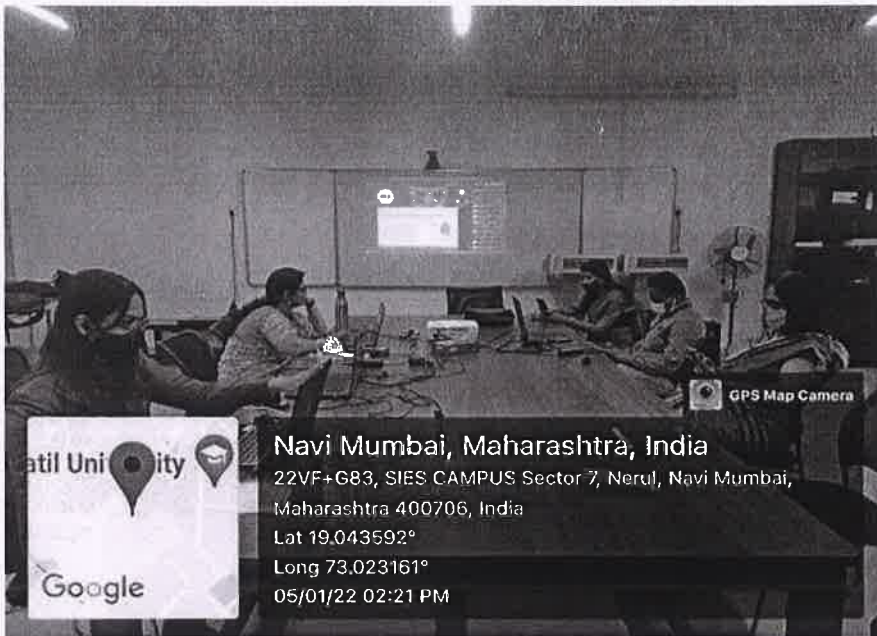
Later, the participants were asked to fill a feedback form and the event concluded with a vote of thanks by Dr.Padmaleela Damaraju.

Attendance- Females-179, Males- 85, Total-264



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SIES (NERUL) COLLEGE OF ARTS, SCIENCE AND COMMERCE



Navi Mumbai, Maharashtra, India
22VF+G83, SIES CAMPUS Sector 7, Nerul, Navi Mumbai,
Maharashtra 400706, India
Lat 19.043592°
Long 73.023161°
05/01/22 02:21 PM



Navi Mumbai, MH, India
New Panvel West, Navi Mumbai,
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Sri Chandraleela Devi Saraswathy
Vidyapuram, Plot 1-C, Sector-V,
Nerul, Navi Mumbai-400706



The Couseling Committee of SIES(Nerul)

Presents

Kadam

- A STEP TOWARDS ACHIEVEMENTS

A three day Conclave addressing the various issues faced by the students



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S.I.E.S. (NERUL) COLLEGE OF
ARTS, SCIENCE & COMMERCE
Sri Chandrasekendra Saraswati
Vidyapuram, Plot 1-C, Sector-V
Nerul, New Mumbai-400706

ABOUT THE COLLEGE

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ABOUT THE COUNSELLING COMMITTEE

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Nerul, Nav Mumbai-400706



Ms. Aruna Rathod

The New Counsellor of our college, She's a professional over 30 years of experience in connecting with people globally. Previously working in Fr. Agnel School & Junior College (Ambernath), She has vast experience in student counselling, Teacher Guidance and parent Counselling.



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Nerul, Nav Mumbai-400706
✉ arunarathod@gmail.com

TOPICS FOR THE EVENT

1. Exam Anxiety: Managing the transition from online to offline exams

Date: 7th March, 2022

Time: 11:30 to 1:30pm

2. Stress Management: Coping with the challenges of everyday life.

Date: 7th March, 2022

Time: 11:30 to 1:30



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TOPICS FOR THE EVENT

3. Social Media Addiction: Regaining control of your time

Date: 9th March, 2022

Time: 11:30 to 1:30pm

4. Time Management: Managing Multi Tasking affairs effectively

Date: 9th March, 2022

Time: 11:30 to 1:30pm



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TOPICS FOR THE EVENT

5. Career Development: Dealing with
Decidophobia

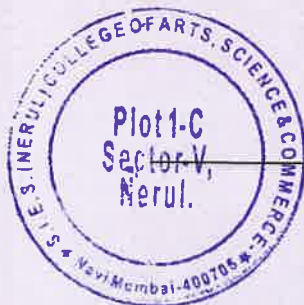
Date: 11th March, 2022

Time: 11:30 to 1:30pm

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Sri Chandrasekharendra Saraswathy
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Nerul, Near Mumbai-400706



FACULTY & TEAM MEMBERS

Chairperson of the event:
Dr. Koel Roychoudhury
(Principal)

Registrar:
Mr. Murlikrishnan Nambiar

Convenor of the Counselling Committee
Dr. Priyadarshini Poddar

Faculty Members:
Dr Padmaleela Dharmaraju
Dr. Divya Nair
Ms. Mushira Charfare
Ms. Nisha Telang

For more details, contact the Core Team:
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SIES (NERUL) COLLEGE OF ARTS, SCIENCE AND COMMERCE

COUNSELLING COMMITTEE EVENT

Name of the event: **“KADAM” – A Step Towards Achievement**

Date: 7th March 2022

Purpose: To help the students manage different types of stress, especially that caused by exams.

Target Audience: Students

No. of Participants - Online Total- 101 (Males- 48, Females- 53) Offline Total -120

The Counselling Committee of SIES (Nerul) College of Arts, Science and commerce organized three-day event “Kadam”. The day one commenced on 7th March 2022, at 11:40 am. The event was conducted on hybrid mode at AV Room, as well as virtually on Microsoft Teams platform. 120 participants attended the event offline, while 101 number of attendees from which 48 were males and 53 females attended the event online. The anchor for the event was Ms. Mollika Duggal. She began day one of the Conclave with a brief introduction to the topics of discussion – “Stress Management” and “Exam Anxiety”.

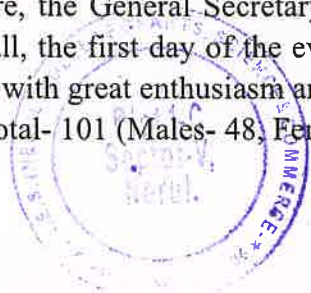
The introduction was followed by the lighting of the lamp by the guest – Ms. Aruna Rathod, the committee convenor – Dr. Priyadarshini Poddar, and other faculty present there. Ms. Bharathi Venkat, the joint General Secretary of the Counselling Committee, proceeded to introduce the committee itself, its goals, objectives and members. Some of the past events organised by the Counselling Committee were mentioned. The guest and new college counsellor, Ms Aruna Rathod was then invited to start the session

Session 1 – Stress Management: The talk on Stress Management consisted of tips on how to deal with stress, the worry of going back to college, signs of stress, healthy and unhealthy ways of dealing with stress, and fostering wellness. As part of an activity, students from the audience chimed in with stress busters that work best for them. Painting, journaling, praying, reading and meditation were some mentioned. Ms. Aruna Rathod then held a question answer session for the audience. Session 1 came to an end with a relation exercise.

Session 2 – Exam Anxiety: Ms. Aruna Rathod continued with the 2nd session at 1:15 pm. She shared some advice on how the students could reveal themselves from the tension that comes with this transition and how to prepare for the offline exams. Eat-sleep-revise-repeat was the motto shared by her for the exams.

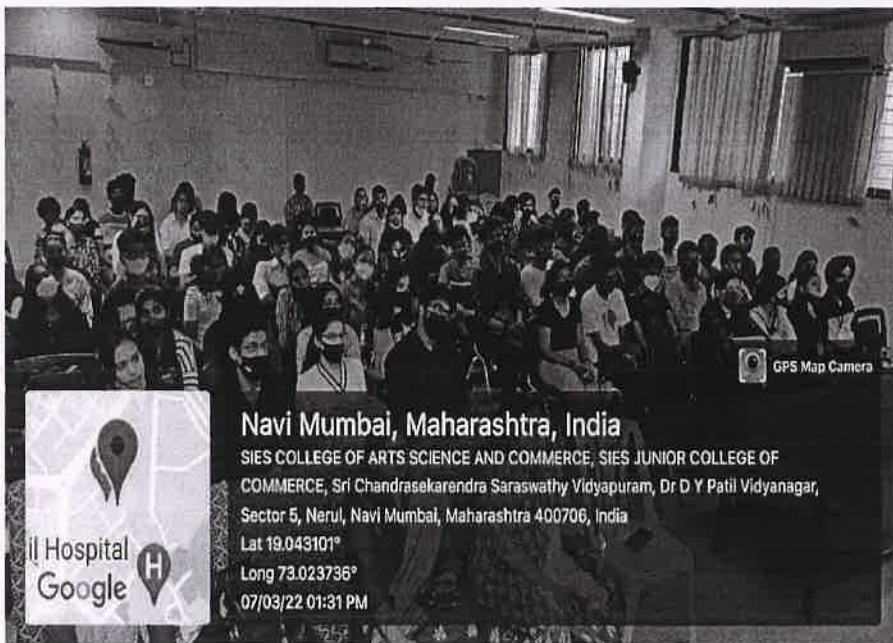
Ms. Aruna Rathod concluded her captivating and informative session at 2 pm. Dr. Priyadarshini Poddar, the convenor of the Counselling Committee, addressed the crowd, informing them about the timings and days on which the counsellor, Ms. Aruna Rathod will be available. The vote of thanks was given by Ms. Payoja Mohanty, Head of Editorial Team, and Ms. Prapti Mhatre, the General Secretary. Later, the participants were asked to fill the feedback form. Overall, the first day of the event “KADAM” ended with a great success and everyone participated with great enthusiasm and zeal.

Attendance- Online Total- 101 (Males- 48, Females- 53) Offline Total -120.



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S.I.E.S. (Nerul) College of Arts, Science and Commerce
Department of Information Technology

NOTICE

Date: 5-03-2022

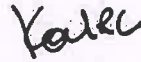
This is to inform all FY BSc.IT and TY BSc.IT students that the Department of IT will be conducting a seminar on "Meditation Session" by Prof Kiran Gurbani from SST College in association with DEV JYOT PYRAMIDCENTER, MULUND for the students of IT Department on 7th March, 2022 from 3.00 pm to 4.00 pm.

The Learning outcome of this session is to increase the Students Concentration and Focus on studies.



Head of the Department

Ms. Anu Thomas



Principal

Dr. Koel Roychoudhury



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MINDFULNESS MEDITATION

A session initiated by Department of
INFORMATION TECHNOLOGY to introduce students
to mindfulness, self-realisation and peaceful
lifestyle

Speaker:- Mr.Rambabu & Ms.Kiran Gurbani

Date:-7 March 2020

Time:-2.30 pm

Venue:-AV room

Hope to see you all!!!



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Nerul, Navi Mumbai-400706

SIES (NERUL) COLLEGE OF ARTS, SCIENCE AND COMMERCE

Department of IT Mindfulness Meditation Session for IT Students

Date: 7th March, 2022. 3:00 pm to 4:30 pm.

Venue: AV Room, SIES (Nerul) College.

A session of meditation was organized by IT Department for the students of First year and Third Year, introducing the students to mindfulness, self-realisation and a peaceful lifestyle.

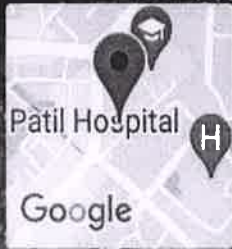
The trainer was Mr. Rambabu sir, who interacted with the students in a friendly manner and guided them throughout the session. He created awareness among the students about the importance of calm mind and peacefulness. Through a series of questions and interesting answers, he made the students realize the same. The students and everyone present in the seminar were then involved in question answer session followed by meditation for 10 minutes.

Ms. Kiran Gurbani, who was previously part of the SIES (Nerul) College institution, accompanied the sir and enlightened the students. Few of the Rambabu's students shared their experience and thoughts with the audience present.

The session was then wrapped up successfully with feedbacks pouring in from the students. The students were grateful towards the IT Department for conducting the session and thanked the trainer for his precious time and knowledge. 55 Beneficiaries benefitted from the session.



SIES (NERUL) COLLEGE OF ARTS, SCIENCE AND COMMERCE



Navi Mumbai, Maharashtra, India

SIES Nerul Alumni Association, Nerul, Dr D Y Patil Vidyanagar, Sector 5,

Nerul, Navi Mumbai, Maharashtra 400706, India

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Long 73.022796°

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Homoeopathy for

Mental Health

A Session initiated by Department of Information Technology to highlight the importance and holistic approach of homoeopathy medicine to deal with mental health issues like anxiety and depression



Speaker:- Dr Panigrahi

A renowned homoeopathy practitioner



Date:-12 March 2020

Time:- 2.30 pm

Venue:-AV Room



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SIES (NERUL) COLLEGE OF ARTS, SCIENCE AND COMMERCE

Department of Information Technology Report on Homeopathy Session

Date :12 march 2022

Timing : 1pm

The session was about the importance of homeopathy medicine to deal with health issues using a holistic approach. Homeopathy is a medical system based on the belief that the body can cure itself.

This is meant to trigger the body's natural defences. Dr. Paanigrahi Sir enlightened the audience about the basic belief behind homeopathy which is "like cures like."

In other words, something that brings on symptoms in a healthy person can -- in a very small dose -- treat an illness with similar symptoms while emphasizing mental health and how to deal with it.

Also we all got to know how to deal with anxiety and depression.

No. of girls :-53

No.of boys :-56

Total number :-109

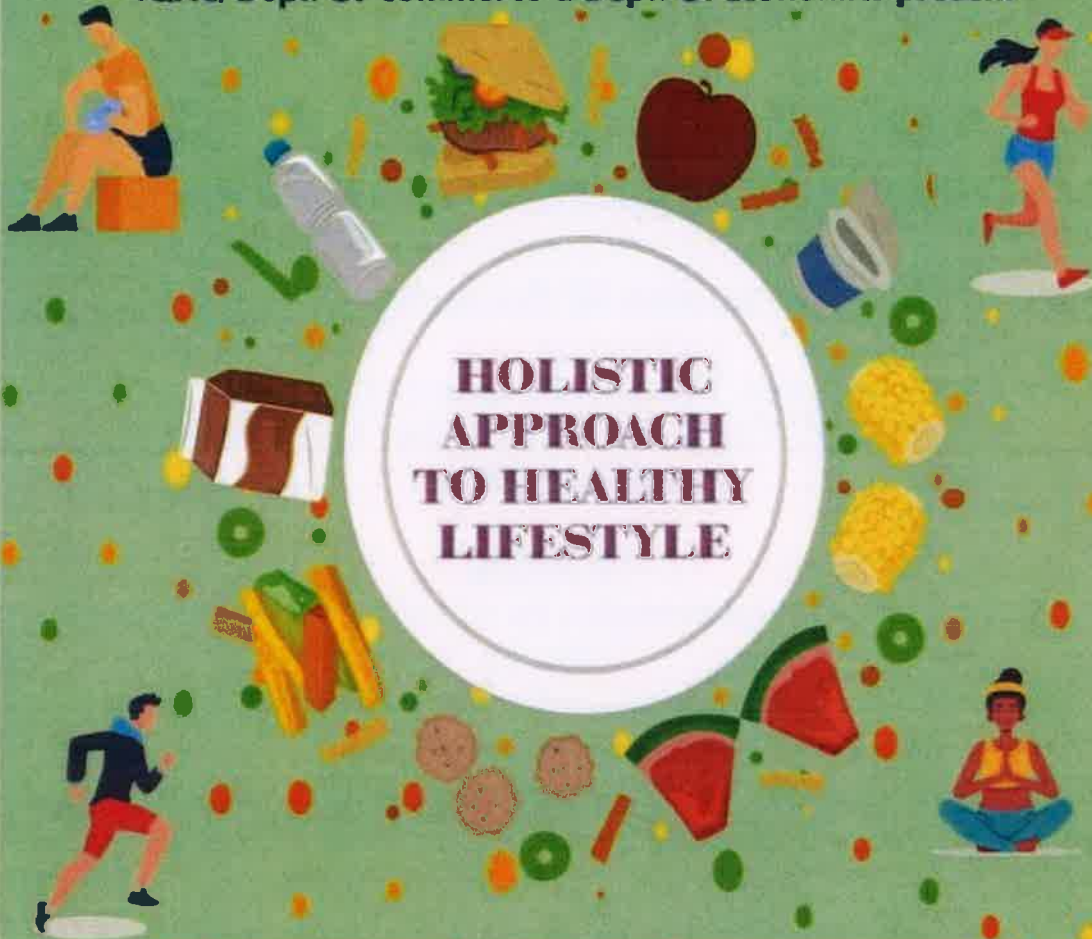


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SIES (NERUL) COLLEGE OF ARTS, SCIENCE AND COMMERCE

IQAC, Dept. Of Commerce & Dept. Of Economics present



**HOLISTIC
APPROACH
TO HEALTHY
LIFESTYLE**

"Health is a state of complete mental, social and physical well-being, not merely the absence of disease or infirmity"



**23.10.21 | 09:00 AM
MICROSOFT TEAMS**



Kalra
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Sri Chandrasekarendra Saraswathy
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SIES (NERUL) COLLEGE OF ARTS, SCIENCE AND COMMERCE

Department of Commerce and Department of Economics

Holistic Approach towards Healthy Lifestyle

"Holistic Approach towards Healthy Lifestyle" was an online webinar organized by IQAC, the Department of Commerce and Department of Economics in association with Gurutattva-an initiative by Shree Shivakrupanand Swami Foundation on 23rd October 2021 at 9:00 am through Microsoft Teams.

The guest speakers were Dr. Amrita Murlidhar Deokar M.D in Ayurveda (Kumarbhartiya /Pediatrics) and Dr. Anand Ashok Buchake. (MD Ayurveda).

The webinar was attended by over 223 students (138F, 85M) across all the streams and was a resounding success.



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SIES(Nerul) College of Arts, Science and Commerce
NAAC reaccredited with 'A' Grade(3rd Cycle)

SIESNAA

in association with

AIESEC

cordially invites everyone for

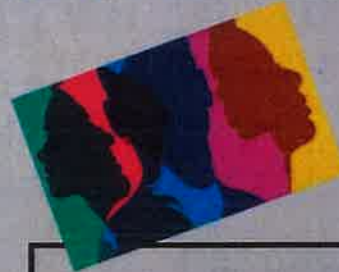
WEBINAR

on

'RISE IN AWARENESS OF MENTAL HEALTH DURING THE COVID-19 PANDEMIC'

Objective :

To create awareness about importance of Mental Health amongst youth.



24th February 2022

Time : 11 am - 12 noon

Platform : MS Teams



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SIES (NERUL) COLLEGE OF ARTS, SCIENCE AND COMMERCE

Alumni Committee

PANEL DISCUSSION- AWARENESS ON MENTAL HEALTH DURING COVID-19 PANDEMIC WITH AIESEC

Name: Rise in Awareness of Mental Health During the Covid-19 Pandemic

Date: 24th February, 2022, 11AM TO 12 PM

Venue: MS Teams

Objective:

To create awareness about importance of Mental Health amongst youth

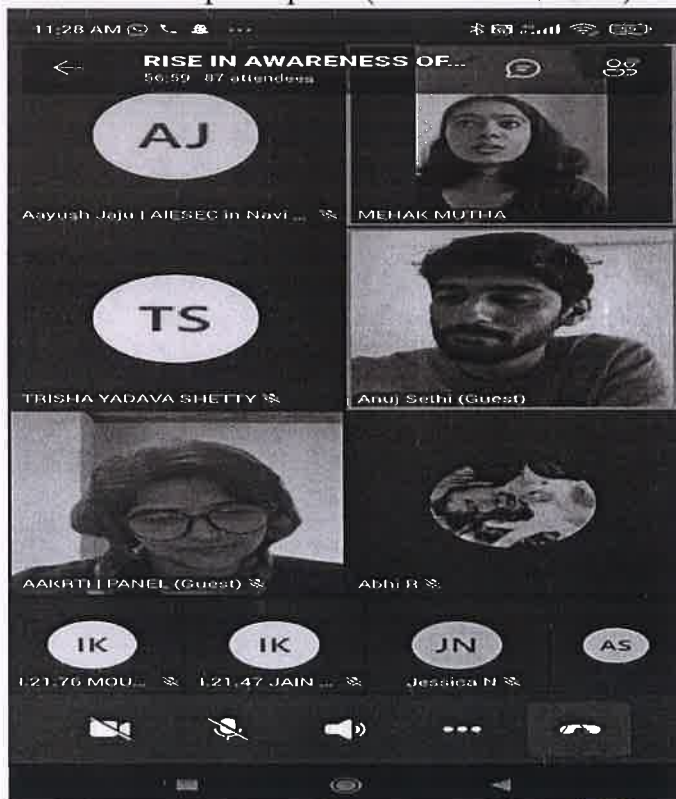
Brief:

An online panel discussion on Rise in Awareness of Mental Health During the Covid-19 Pandemic in collaboration with AIESEC was conducted on 24th of February between 11 am and 12 pm.

The speakers of the panel discussion were Anuj Sethi, CEO - Victor Manickram Knowledge Group; Aakriti Sharma, Masters in Industrial Psychology - Amity University, Mumbai while Sakshi Bhokare, General Secretary-Alumni Committee – SIES(Nerul) College moderated the session..

They spoke about the need to increase awareness on mental health and remove the stigma attached to it. The panel also gave suggestions on how one can approach help groups or counselors to resolve any problems related to mental health.

Attendance: 87 participants (57 Female 30 Male)



Kavita
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Sri Chandrasekharendra Saraswathy
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Nerul, Navi Mumbai-400706

SIES (NERUL) COLLEGE OF ARTS, SCIENCE AND COMMERCE

NSS Report 2021-2022

International day of Yoga

Date: 21st June 2021

On the occasion of "International day of Yoga" NSS Unit and Sports Association of SIES (Nerul) College of Arts, Science and Commerce jointly organised a Yoga Session on 21st June 2021. The Yoga session was organised for teaching and non-teaching staff of the college. Principal Dr. Koel Roychoudhury, faculty members and NSS volunteers were present.

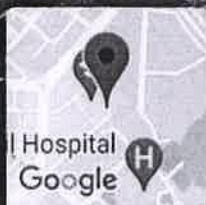
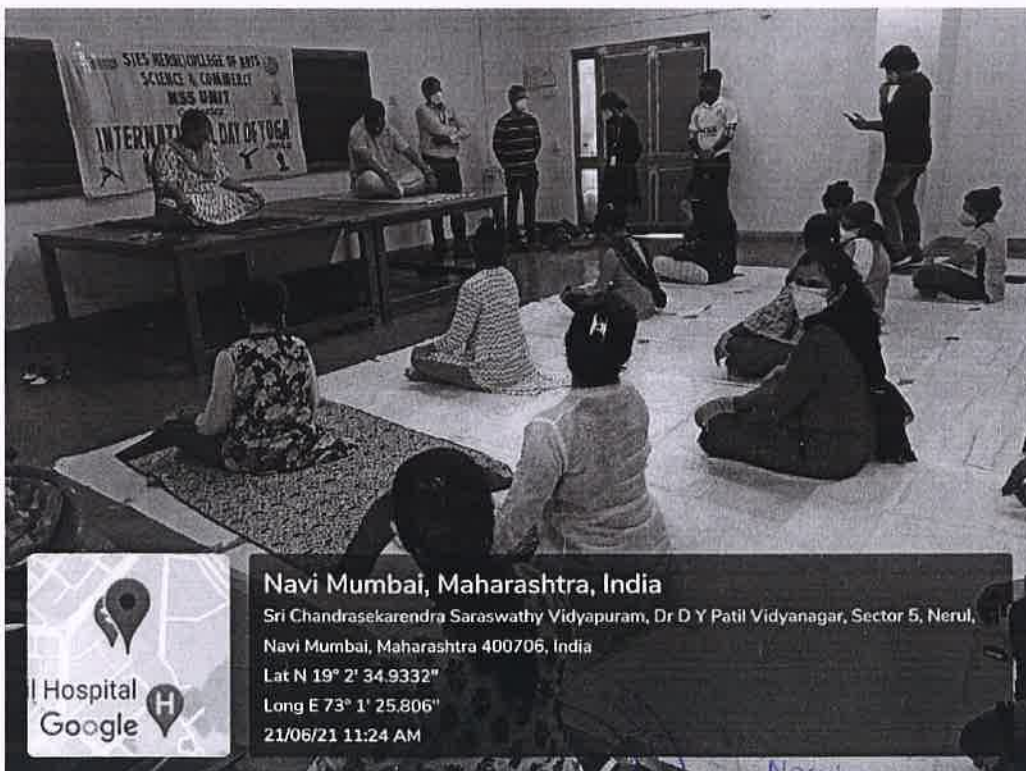
Yoga session started at 11:00am in room number 5 in the college campus. It was conducted in batches. Mrs Rajashree Shind and Mr. Ashish Shukla conducted the yoga session. Session started with prayer by Mrs. Rajashree Shind. After the prayer, a few warm up exercises were demonstrated by Mr. Ashish Shukla and was followed by the teachers who were attending the session. Session followed by demonstration of various Asanas like Padmasana, Bhujangasana, Balasana, Matsyendrasana, Salabhasana, Simhasana, Vajrasana etc. by Mrs. Rajashree Shind and Mr. Ashish Shukla.

While demonstrating health benefits of all Asanas were also explained. Session was followed by meditation. All faculty members and NSS volunteers participated actively in the Yoga Session. At the end of the session Ms. Kamini Thakur proposed the vote of thanks.

No. of Males : 5

No. of Females : 37

Total : 42



Navi Mumbai, Maharashtra, India

Sri Chandrasekarendra Saraswathy Vidyapuram, Dr D Y Patil Vidyanagar, Sector 5, Nerul,

Navi Mumbai, Maharashtra 400706, India

Lat N 19° 2' 34.9332"

Long E 73° 1' 25.806"

21/06/21 11:24 AM



Koel
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Sri Chandrasekarendra Saraswathy Vidyapuram, Sector-V, Nerul, Navi Mumbai-400706

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Navi Mumbai, Maharashtra, India

Sri Chandrasekarendra Saraswathy Vidyapuram, Dr D Y Patil Vidyanagar, Sector 5, Nerul,

Navi Mumbai, Maharashtra 400706, India

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Department of Lifelong Learning and Extension

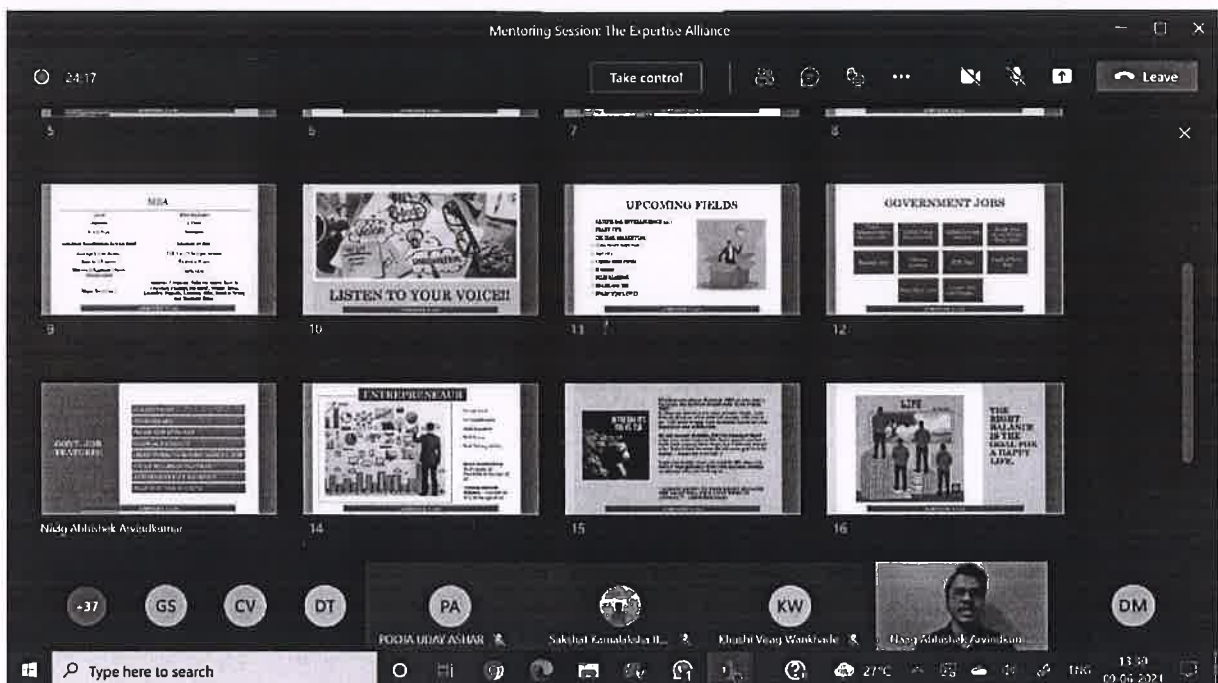
Mentoring Session

On 8th and 9th June of 2021, a two-day Mentoring Session was organized by the M.Com students of SIESASCN. This mentoring session was conducted to guide the students about the various career paths and to help them choose the right career.

The Mentoring Sessions were scheduled into 3 slots, the first slot was for BBI and BMS department students on 8th June 2021, the second slot was for B.Com and BAF department students and the third slot was for BAMMC, BFM, B.Sc.IT, B.Sc.CS department students on 9th June 2021 via online platform MS Teams.

The Mentors for these two days were Abhishek Naag, Samyukta Jaikrishnan, Sidra Vidha from M.com Department, where they shared their experiences and hardships throughout their college life and how they mend their careers.

An aggregate of more than 800 students attended this Mentoring Session in which 420 were females and 380 were males.



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WORLD MENTAL HEALTH DAY

To shed light on various mental health issues,
understanding one's mental health and helping
people to seek out help professionally.



Webinar By

Siddhi Deshpande
Psychologist

Date - 09.10.2021

Time - 12:00 PM

Contact

Disha - 7700999005. Teriya- 9619442779

Fiza- 8828388576

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SIES (NERUL) COLLEGE OF ARTS, SCIENCE AND COMMERCE

Student Council Reports 2021-22

'WORLD MENTAL HEALTH DAY'

Name of Event- World Mental Health Day Webinar

Date - 09-10-2021

Time- 12 pm- 1pm

Purpose- To spread Mental Health awareness.

Target Audience- Students and teachers from SIES(N) and other colleges

Name of orator- Ms Siddhi Deshpande , Counselling Psychologist

No of participants- 229

On the account of 'World Mental Health Day', a webinar was organized by the Student Council and the Digital Marketing Committee of SIES (Nerul) College of Arts, Science and Commerce on 09th October, 2021 virtually on MS Teams. The main objective of the event was to spread Mental health awareness and how one should take care of their mental well being. The orator for this event was Ms. Siddhi Deshpande who is a Counselling Psychologist with 5 years of experience as a Sports, Exercise Psychologist also a Alzheimer's and Dementia Specialist.

This event was graced by more than 200 students and teachers from across different colleges. Ms. Siddhi commenced the webinar by making the students acknowledge mental health. She stressed on the importance of self-awareness and self-care. Mental Health is the cognitive and emotional well-being of a person. She shed light over teenage stress especially during these arduous times of the pandemic. The students were encouraged to spend more time with themselves, understand, learn their differences and excel to the best of their abilities. It is important to help your near and dear ones seek the necessary professional assistance through counsellors, therapists in order to regain their sanity. Ms. Siddhi enlightened us by directing that a positive approach or just a compliment can make someone's day. The responses by the audience were wonderful. Finally, the webinar was brought to a closure, where the orator stated that the significance of Mental Health isn't constrained to this day. Mental stability is not a destination but a journey. On that note, the students thanked Ms. Siddhi Deshpande for her valuable words and the webinar was brought to an end.



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SIES (NERUL) COLLEGE OF ARTS, SCIENCE AND COMMERCE

GENDER SENSITISATION CELL 2021-22

PRESENTS

HYGIENE FOR HER

SPEAKER : MS. SONAL MODI

GENDER SENSITISATION CELL 2021-22 OF SIES (N)

IN ASSOCIATION WITH

ROTARY CLUB OF NAVI MUMBAI JEWELS

INVITES ALL WOMEN AND FEMALE STUDENTS FOR A

WORKSHOP ORGANISED TO CREATE AWARENESS

ABOUT MENSTRUAL HYGIENE.

DATE : 27.10.21

TIME : 11 AM - 12.30 PM

VENUE: MS TEAMS

TEAM GSC

FOR FURTHER DETAILS CONTACT

SIMRAN KAUR SAINI - 7738338372

DHRUVI PATEL - 70453 15706

Kalke
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SIES (NERUL) COLLEGE OF ARTS, SCIENCE AND COMMERCE

Gender Sensitization Cell

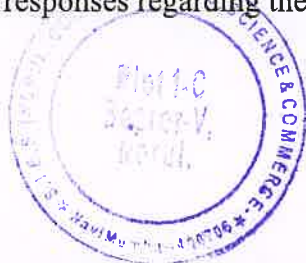
HYGIENE FOR HER

The Gender Sensitisation Cell of SIES College, in association with the Rotary Club of Navi Mumbai Jewels, conducted an event called "Hygiene for her". The event was conducted on 27th October, 2021 virtually via the MS Teams platform. The event began at 11am sharp and concluded by 12.15 pm. There were 286 attendees apart from the organizing committee who graced the session.

The host for the event was Tracy who began by introducing the guest speaker of the day, Ms. Sonal Modi, and the agenda for today's event to our audience and teachers. Shortly after, the event began with the lighting of the lamp and short prayer. The host of our event, Tracy then invited our principal, Ms. Koel Roychoudary to speak a few enlightening words about today's event and then proceeded to introduce our guest speaker, Ms. Sonal Modi. After the brief introduction, Ms. Koel ma'am revealed the brand-new logo of the GSC. The logo was designed by Ms. Ashta, who was the winner of the Logo making Competition conducted earlier by GSC. Then, Ms. Nisha Telang also gave a small introduction about our guest speaker and today's topic. Further on, Ms. Sonal Tambe was invited to give a speech on the topic for the day, "Hygiene for Her". In her speech, she spoke at length about menstruation and the hygiene practices that one should follow while dealing with periods. She also explained to us the importance of Menstrual Hygiene Management (MHM) and also shed light upon the fact that MHM practices were essential for our environment as well as our health and well-being.

Then, our speaker proceeded to talk about one of the most important yet often neglected issues of menstrual hygiene. She explained to us about how we should frequently change the sanitary napkins/ tampons/ menstrual cups every 4 to 6 hours and also thoroughly clean the area to prevent any possible infections. She also guided us on how to dispose of a used sanitary pad properly. Ms. Sonal also suggested various Yoga postures that girls and women may follow while menstruating to get some relief from the painful cramps. Thereafter she proceeded to speak on the ways to manage periods which consists of the traditional way which our mothers and grandmothers followed, the modern way which we are accustomed to and the new age solutions. She elaborated on the life cycle of sanitary napkins and the harm that it poses to our environment.

She familiarized the audience with sustainable options such as cloth pads, menstrual cups and tampons and explained the correct method to use cloth pads and menstrual cups. Lastly, she demonstrated to us on how to properly use a menstrual cup and also informed us about its many advantages. As we reached towards the end of our event, Ms. Sonal Modi also held a question- and-answer session with our audience so that everyone could get their doubts cleared. Thereafter, Dr. Neera Kumar, GSC Convenor, expressed a vote of thanks in respect to our guest, attendees and organizing committee of the Gender Sensitization Cell. Before the winding up of the event, a feedback form was circulated among the students and teachers present to gather their responses regarding the event.



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SIES(NERUL) COLLEGE OF ARTS SCIENCE AND COMMERCE
IQAC & GENDER SENSITISATION CELL 2021-22
In association with
ROTARY CLUB OF NAVI MUMBAI JEWELS
Presents
HYGIENE FOR HER
RESOURCE PERSON
By Ms SONAL MODI

Rotary Club of Navi Mumbai Jewels

LET'S GROW TOGETHER

Navi Mumbai, Maharashtra, India
SIES COLLEGE OF ARTS SCIENCE AND COMMERCE, SIES JUNIOR COLLEGE OF COMMERCE,
Sri Chandrasekarendra Saraswathy Vidyapuram, Dr D Y Patil Vidyanagar, Sector 5, Nerul, Navi
Mumbai, Maharashtra 400706, India
Lat 19.043104°
Long 73.023738°
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Yodrc
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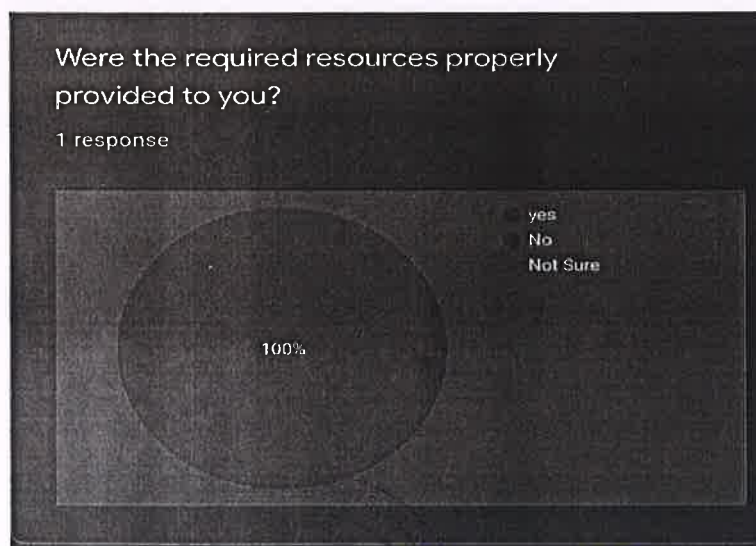
GUEST FEEDBACK ANALYSIS

A webinar was conducted by Gender Sensitisation Cell 2021-22 named "Hygiene for Her" on 27th October 2021 which was a very informative talk delivered by Rtn. Ms. Sonal Modi on Menstrual Hygiene.

After the webinar a feedback form was circulated to the guest speaker. From the review of the speaker we have concluded these observations.

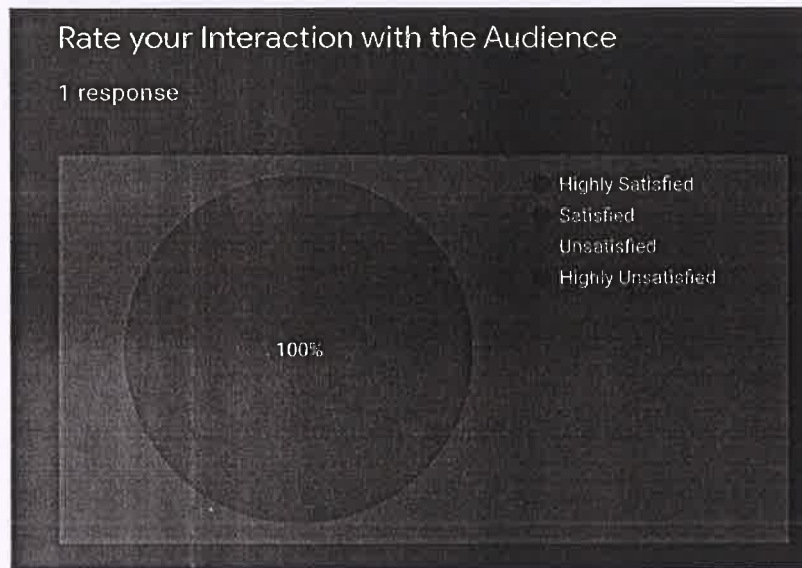


According to the feedback given by the guest she was highly satisfied with the services we had provided her.

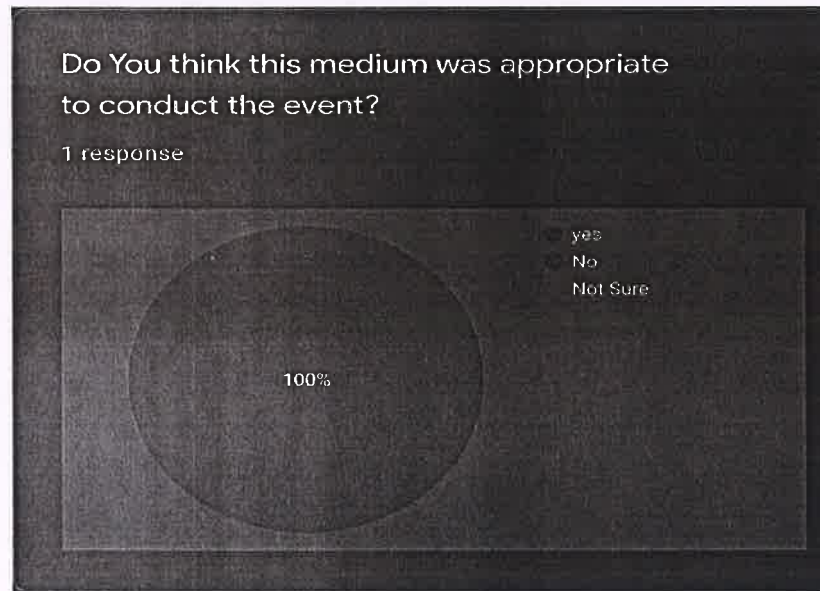


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As per the pie chart we can see that the guest was provided with the required resources properly.



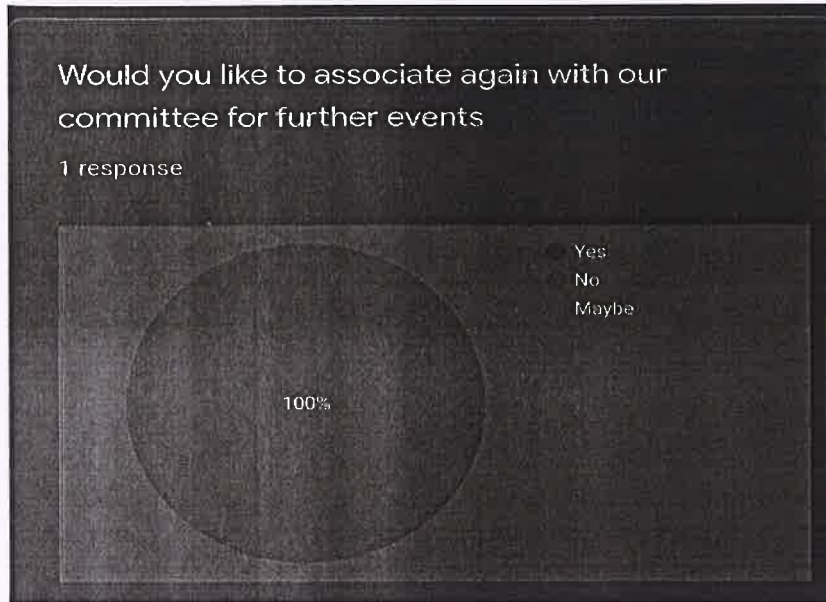
In the above pie chart we can see that the guest was highly satisfied with the kind of interaction she had with the audience.



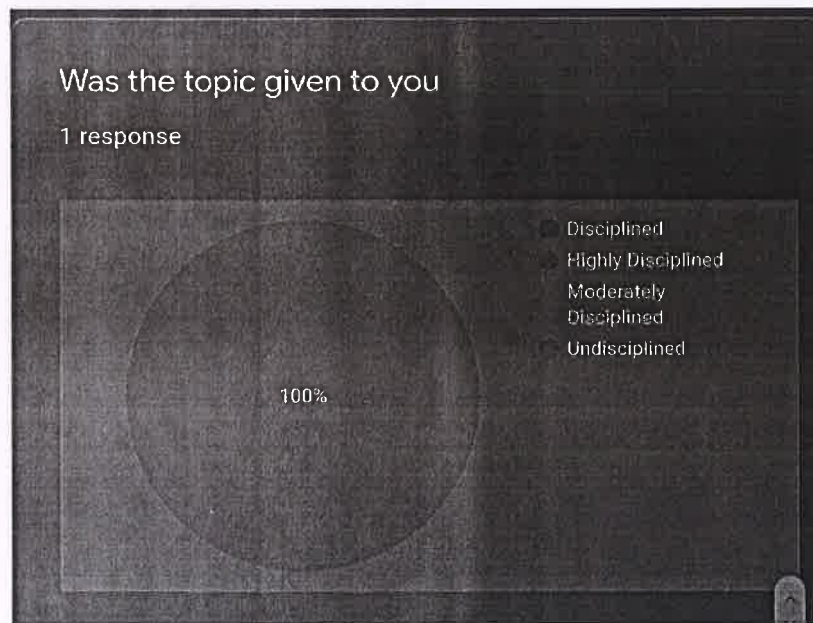
According to the given feedback, the guest of the webinar thinks that the medium provided to her was appropriate to conduct the webinar.



Koula
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According to the feedback given by the guest, she would be interested to associate again with our committee for future events.



As per the pie chart, the guest found the topic given to her to be highly disciplined.



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SIES (NERUL) COLLEGE OF ARTS, SCIENCE AND COMMERCE

COUNSELLING COMMITTEE EVENT

Mending Minds: 'Shuruaat Nayi Subah Ki', an online webinar on Mental Health.

Name of the event : Mending Minds

Date of the event : 6th September, 2021

Purpose of the event : To address mental health issues of people.

Target Audience : Students, Teachers and Parents.

Name of the Resource Person : Dr. Harish Shetty

No. of Participants : 1,600

'Comfort Zone', the 'Counselling Committee' of SIES (Nerul) College of Arts, Science and Commerce, organized an online webinar subjected to having a discussion on various mental health issues faced by students, teachers and parents. The webinar was titled 'Mending Minds: Shuruaat Nayi Subah Ki' and was organized in collaboration with the 'Aniket Foundation'. It took place on the official YouTube channel of Comfort Zone and was live streamed from the same publicly. The stream began at 9:30 am on the 6th of September 2021. Our respected Principal madam, Dr. Koel Roychoudhury, addressed everyone who was watching the stream. Well-known celebrity psychiatrist, Dr. Harish Shetty was the keynote speaker of the event.

Dr. Shetty talked about various problems that people face in today's world where there is an ongoing pandemic. He also highlighted few problems with the help of a PowerPoint presentation. Questions from the students and the live YouTube audience were addressed and answered by Dr. Shetty. At the end of the live session, the viewership cumulated to 1.6 thousand views. The vote of thanks was delivered by the Convenor of the Counselling Committee, Dr. Priyadarsini Poddar and Ms. Sunita Ambhore. The Managing Committee Head of Comfort Zone, Ms. Nymphia Chatterjee sung a song to pave the beginning of the event and also at the end for closure. The General Secretary, Ms. Prapti Mhatre also spoke on the benefits of the webinar, while the Joint General Secretary, Ms. Bharathi Venkat was the primary anchor.

Learning Program Outcome:

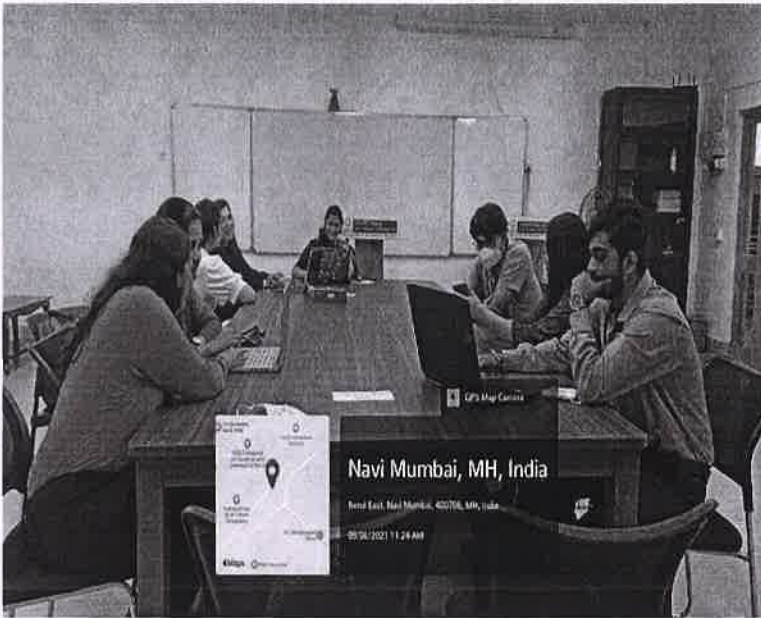
As in today's world taking care of one's mental health is as important as ever, the event was aimed at addressing such various issues and providing comprehensive solutions. Having seen many spontaneous questions and responses from the viewers, we can derive that a platform for open discussions on mental health was established and the viewers certainly gained a lot of effective help in association with the same. As seen in the feedback form which was circulated in the description of the video, the respondents seemed to be very satisfied with the session.

Attendance: 2000+ Views on YouTube.



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**SPORTS COMMITTEE 2021-22 OF SIES (NERUL)
COLLEGE OF ARTS, SCIENCE & COMMERCE
Navi Mumbai Maharashtra, India (400706)**



GENERAL SECRETARY
Mr. Prince Soyal
Contact No.: 9833998548

JOINT GENERAL SECRETARY
Mr. Harish Goswami
Contact No.: 8828065634

JOINT GENERAL SECRETARY
Mr. Arjun Nair
Contact No.: 9167193650

Date: 26/11/2021

NOTICE

Sports Committee is going to organize members meeting on 03rd December 2021 (11.30am) at Gymkhana for conducting Workshop on "Work Hard but Work Right: Solution by Physiotherapist for Teaching and Non-Teaching staff" on 06th December 2021 in AV room From 11.30 am to 1.00pm events for academic year 2021-2022.

Dr. Ashish Shukla
Sports Convener

Kodke
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ARTS, SCIENCE & COMMERCE
Sri Chandra Mohanendra Swathy
Vidyaparam, Plot J-C, Sector-V,
Navi Mumbai





SIES (NERUL) COLLEGE OF ARTS, SCIENCE AND COMMERCE

Sports Committee cordially welcomes all Teaching and Non - Teaching staff
for the Workshop on

Work Hard but Work Right: Solutions by Physiotherapist

Conducted by:

D.Y.PATIL UNIVERSITY SCHOOL OF PHYSIOTHERAPY
DEPARTMENT OF KINESIOTHERAPY & PHYSICAL DIAGNOSIS

Date: 06 December 2021

Time: 11:30 AM to 1:00 PM

Venue: AV Room

Kolke
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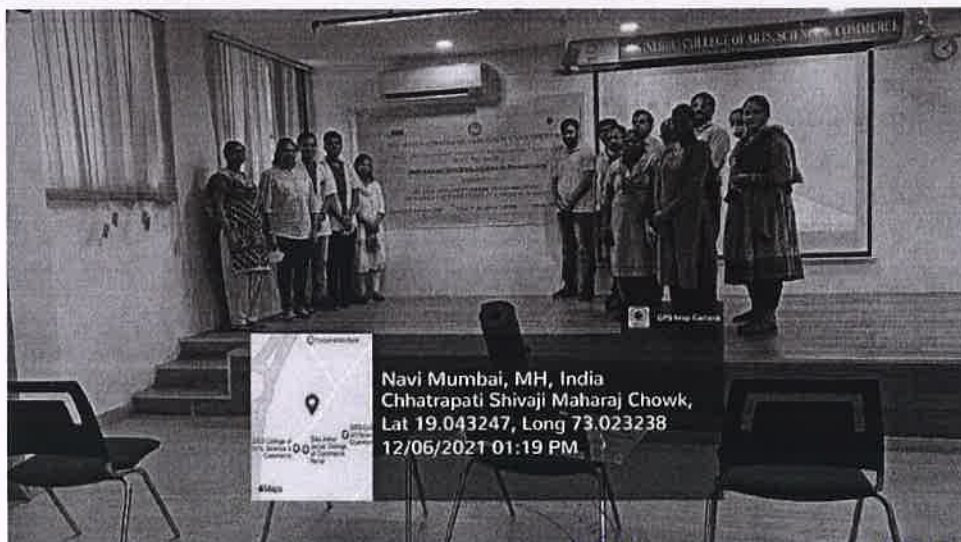
Sports Committee

WORKSHOP ON WORK HARD BUT WORK RIGHT SOLUTIONS BY PHYSIOTHERAPIST

On 6th December 2021 sports committee of SIES College (Nerul) organized a workshop on WORK HARD BUT WORK RIGHT –SOLUTION BY PHYSIOTHERAPIST for Teaching and Non-Teaching staff in AV room.

The workshop was conducted by Dr. Sathya P (PhD, Professor & head of kinesiotherapy and physical diagnosis), Dr Sukhada Prabhu (PhD scholar, Associate professor, Department of kinesiotherapy and physical diagnosis) & Dr Tanvi Belvalkar (M.P.Th, Assistant Professor).

Exercises were demonstrated for lower back pain and knee pain. The workshop was very helpful for the staff. 20 (7 Male & 13 Female) Teachers participated in the workshop.



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**SPORTS COMMITTEE 2021-22 OF S.I.E.S. (NERUL)
COLLEGE OF ARTS, SCIENCE & COMMERCE
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GENERAL SECRETARY
Mr. Prince Snyal
Contact No.: 9833998948

JOINT GENERAL SECRETARY
Mr. Harish Gowami
Contact No.: 8828063634

JOINT GENERAL SECRETARY
Mr. Arjun Naik
Contact No.: 9167193650

Workshop on Work Hard but Work Right: Solutions by Physiotherapist

6th December, 2021

Sports Committee of SIES College (Nerul) organized a workshop on Work Hard but Work Right – Solutions by Physiotherapist for Teaching & Non-Teaching Staff on 6th December, 2021 in SIES College (Nerul), A.V. room.

The workshop was conducted by Dr. Sathya P. (PhD, Professor & Head of Kinesiotherapy & Physical Diagnosis), Dr. Sukhada Prabhu (PhD Scholar, Associate Professor, Department of Kinesiotherapy & Physical Diagnosis) & Dr. Tanvi Belvalkar (M.P.Th, Assistant Professor).

The workshop began with the sessions by Dr. Tanvi Bevalkar who spoke about all the problems related to lower back pain followed by sessions of Dr. Sathya P. & Dr. Sukhada Prabhu who spoke about all knee pain & how one can reduce all these. The practical sessions & the presentations were very useful for the teaching & non-teaching staff which would further lead them a better & healthy life.

Exercises were demonstrated for lower back pain & knee pain. Also important tips were provided on how to avoid problems inspite of neglecting them.

The workshop was very helpful for all the Teaching & Non-Teaching staff & was a huge success.

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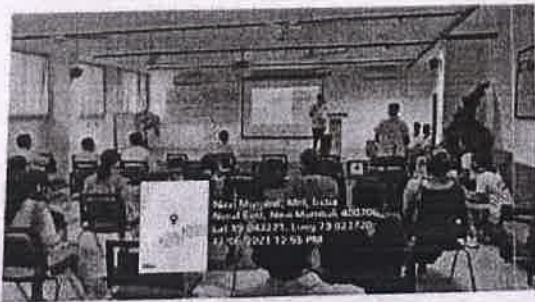
**SPORTS COMMITTEE 2021-22 OF S.I.E.S. (NERUL)
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Contact No.: 9833998548

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SPORTS COMMITTEE 2021-2202 S.I.E.S. (NERUL)
COLLEGE OF ARTS, SCIENCE & COMMERCE
Mumbai Maharashtra, India (400706)



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JOINT GENERAL SECRETARY
Mr. Harish Goswami
Contact No.: 8828065634

JOINT GENERAL SECRETARY
Mr. Arjun Nair
Contact No.: 9167193650

Date: 01/12/2021

To,
The Principal
SIES (Nerul) College of Arts, Science & Commerce

Subject: Workshop for Teaching & Non teaching staff.


Respected Madam,

The Sports Committee 2021-22 wants to conduct workshop for teaching & non-teaching staff related **Lower back pain and heal pain with exercises**. The session will be conducted by D.Y. Patil College Kinesiotherapy department doctors along with his two Assistant. The session will be between 11:30 am to 1:00 pm, on 6th December 2021 in AV room.

This awareness program will help our Teaching & Non-teaching staff to know more about the health problem faced by them every day.

Thanking You.

Koel
Dr. Koel Roychoudhury
Principal


Dr. Ashish Shukla
Sports Convener

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