

LIFE SKILL

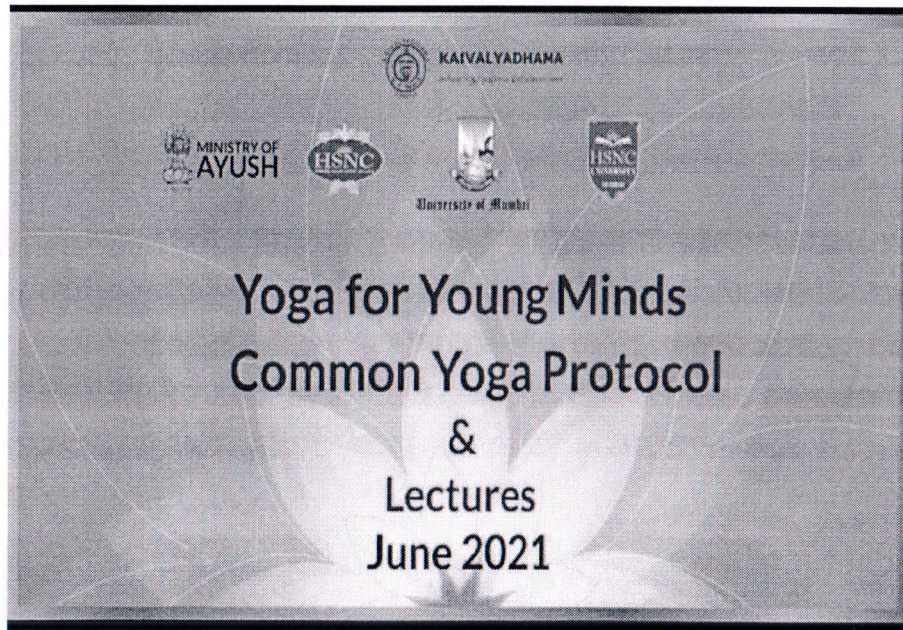


Lagdu Singh Charitable Trust's (Regd.)
THAKUR SHYAMNARAYAN DEGREE COLLEGE
Professional Degree Courses
Approved by Govt. of Maharashtra, Affiliated to University of Mumbai
(Institute Code No.1019)
(ISO 9001:2015 Certified Institute)
(ISO 9001:2015 Certified Institute)
(Institute Code No. 1019)



SUMAN EDUCATION SOCIETY'S
LN COLLEGE
(Affiliated to the University of Mumbai)

H. D. Gaonkar Vidya Sankul, Suman Education Society Campus, Plot No. 89, Near General Kariappa Bridge,
Rajendra Nagar, Borivali (East), Mumbai - 400 066, Maharashtra (India)



Event Name: Kaivalyadhama

Date: 21st June, 2021.

No. of Beneficiaries: 87

Yoga session was organised for students by the yoga trainer from Kaivalyadhama. Various yoga postures were shown during the session which helped students to know how to increase their concentration level and relieve stress in day to day life.



[Signature]
Principal
Thakur Shyam Narayan Degree College
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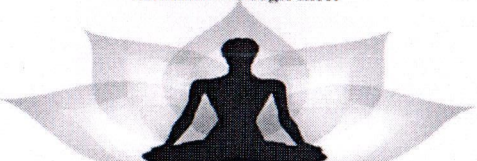
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YOGA DAY CELEBRATION (ONLINE YOGA SESSION ORGANISED FOR STUDENTS)

Department of IQAC & BAMMC
In association with
Patanjali Yog Samiti, Mumbai
Invites you to the Live Yoga Session
"Yoga for Youth"
On the occasion of
* International Yoga Day *
On Monday 21st June 2021, 12pm to 1pm
Yoga Trainer - Ms. Kim Doshi
Platform - Google meet



Let the Light in you Shine!

Ms. Amruta Pawar
Coordinator-BAMMC

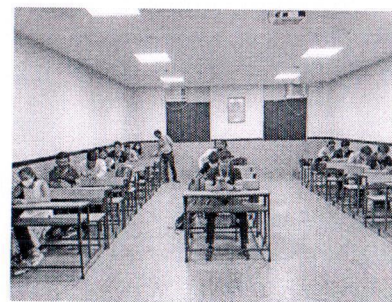
Dr. Milly Jashank
Vice Principal

Dr. Sharad Phuluri
Principal

Date: 21st June 2021

No. of Participants/ Beneficiaries: 25

Highlights: Yoga session organised for students by the Yoga trainer from Patanjali Yog Samiti. Various Yoga postures shown during the session helped students to know how to increase their concentration level and relieve stress in day to day life.



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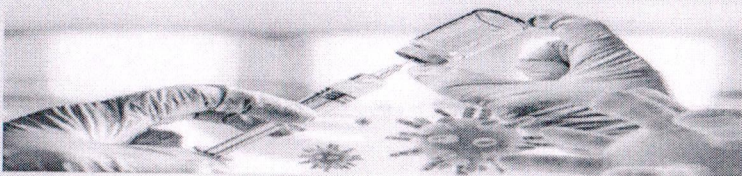


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National Level Webinar : Vaccination on COVID-19

Department of Microbiology (Interdisciplinary)
Invites you to a NATIONAL WEBINAR on
Vaccination on COVID-19



SPEAKER
Dr. Ravindra Turankar
Senior Research Scientist
Molecular Biology,
Stanley Browne Laboratory,
Delhi

Date & Time
23rd June 2021
Time: 11 am to 12 pm

Chief Organizers:
Dr. Sharad Phulari (Principal)
Dr. Milly Jashank (Vice-Principal)

Organizers:
Mr. Udaybhan Yadav (Co-ordinator),
Dr. Bharti Wadekar, Mrs. Sonali Joshi

Date	23rd June 2021
Highlights	To understand the Coronavirus, Safety precautions and Vaccination.
No. of participants	149



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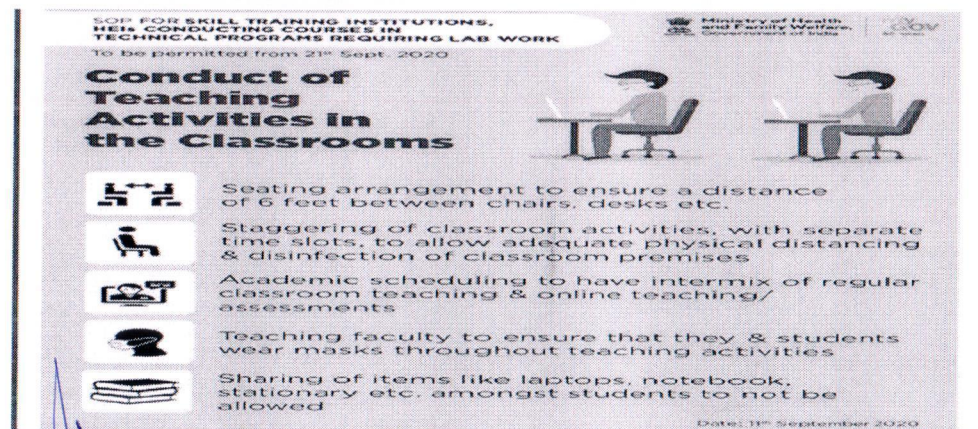
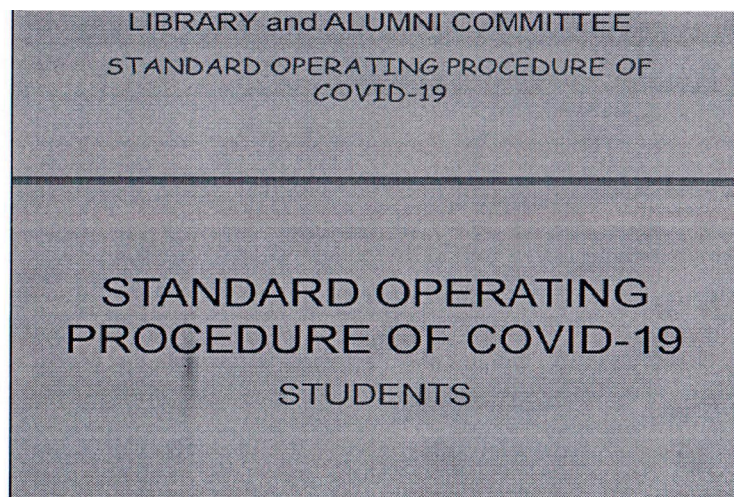
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Circulation of Standard Operating Procedure of Covid 19

Date: 31st July 2021

No. of Participants/ Beneficiaries: 119

Highlights: : On this occasion Library and Alumni Committee we performed Circulation of Standard Operating Procedure of Covid 19



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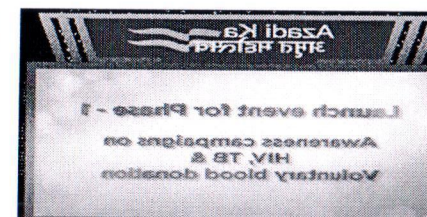
Azadi Ka Amrit Mahotsav: Awareness Campaign on HIV, TB and Voluntary Blood Donation



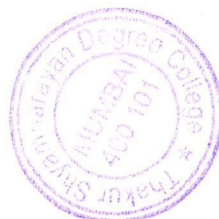
Date: 12th August, 2021.

No. of Beneficiaries: 150

Highlights: Under Azadi ka Amrit Mahotsav, Awareness Campaign on HIV, TB and Voluntary Blood Donation was held by Ministry of Health and Family Welfare.



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College Level Informative and Awareness Session on Freedom from Covid-19

Date: 26th August 2021

No. of Participants/ Beneficiaries: 96

Highlights: The session gave an insight to the various participants about dealing with the precautions, medication and various procedures for handling the covid-19 situation

LIBRARY AND ALUMNI COMMITTEE
ORGANISES
INFORMATIVE & AWARENESS SESSION ON
FREEDOM FROM COVID-19

As a part to celebrate
The Freedom Fighter's Week (23rd Aug to 28th Aug)
On 26th August 2021 at 1.00 pm

Mrs. Jagruti Jadhav
Mrs. Vandana Mathur
Mrs. Rita pal
Mrs. Sonali Jashi
Ms. Pratiksha Prajapati
Library Committee

Dr. Mily Jashank
Vice-Principal

Dr. Sharad Phulari
Principal

Registration Link: <https://forms.gle/4c4vAvipr86XSqf6>
Google Meet Link: <https://meet.google.com/nmx-uzqt-pqr>



[Signature]

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[Signature]
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Online First Aid Training Program

Date: 7th, 8th, 9th of September, 2021.


No. of Beneficiaries: 60

Highlights: Volunteers of NSS Unit(SB-23) of Thakur Shyamnarayan Degree College attended a series of Webinar on First-Aid Training hosted by Dr. Manjeet Singh Arora (National First Aid Training).




Mahesh Kandevadi Education Society's
 Nagindas Khandwala College of Commerce, Arts & Management
 Studies And Shantaben Nagindas Khandwala College of Science
 (Autonomous)
 RE-ACCREDITED ONA CIRCLE BY NMC WITH A GRADE AND REGULAR COURSE INSPECTION, 5/7/2019, ON-AD (WEST), MUMBAI-400004
 NATIONAL SERVICE SCHEME UNIT B-23
 @ N.S.S UNIT OF BSCDS' JUNIOR COLLEGE OF COMMERCE, ARTS AND SCIENCE,
 MALAD, MUMBAI
 ALONG WITH DEPARTMENT OF FOUNDATION COURSE
 AND FORTIS HOSPITALS, MUMBAI

A SERIES OF WEBINAR ON FIRST - AID TRAINING



Dr. Manjeet Singh Arora
 [NATIONAL FIRST AID TRAINER]

FROM
7TH SEPTEMBER
 TO
9TH SEPTEMBER, 2021



FIRST AID

Instagram
 @BNK COLLEGE NSS

6pm to 7pm
 Google Meet



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Webinar On Covid-19 Psychologically Overcome Program

<p>Library and Alumni Committee Jointly organise a Webinar On "Covid-19 Situation Psychologically Overcome Program"</p>	
<p>29th September, 2021</p>	<p>Time- 2:00pm</p>
<p>Speaker Of The Day MRS. SALONI SALWANI (Clinical Psychologist)</p>	
<p>Library Committee And Organizers: Mrs.Jagruti Jhadav - Incharge Mrs.Vandana Mathur - Second Incharge Members - Mrs.Rita Pal Mrs.Sonali Joshi Mrs.Pratiksha Prajapati</p>	<p>Chief Oraganizer: Dr. Sharad Phulari (Principal) Dr. Milly Jashank (Vice Principal)</p>

Date: 29th Sept.2021

No. of Participants/ Beneficiaries: 36

Highlights: On this occasion Library and Alumni Committee we conducted Webinar on Covid-19 psychologically overcome program



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Mission Green Mumbai (Plantation)



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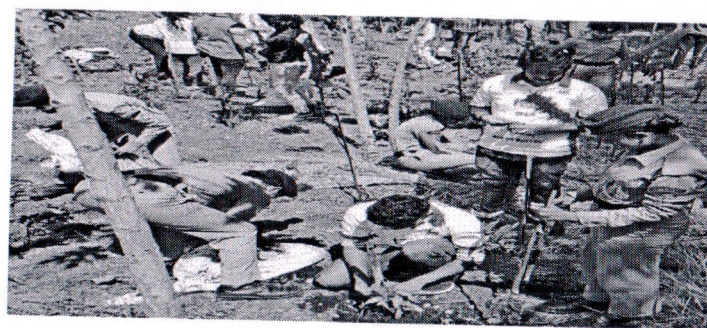
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We did it. 600 trees planted.
#MajjiVasundhara



Date: 23th October, 2021.
No. of Beneficiaries: 2

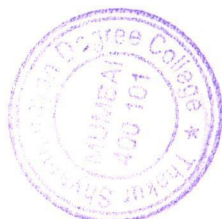
Highlights : The volunteers of NSS Unit (SB-23) of ZSCT's Thakur Shyamnarayan Degree College had participated in tree plantation event held at Jogeshwari on 23rd October, 2021.



[Signature]

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[Signature]

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Event Name: Eye- Check Up Camp (in TSDC) **Date:**
29th October, 2021

No. of Beneficiaries: 195

Highlights: The NSS Unit (SB-23) of ZSCT's Thakur Shyamnarayan Degree College had organised a free Eye- Checkup Camp for the students, teaching and non-teaching staff of TSDC, TPoly and TIAT.

NSS UNIT (SB-23)
in association with
UTKARSH SMALL FINANCE BANK
on
29 OCTOBER, 2021 | FRIDAY
11:00 AM TO 03:00 PM
organises

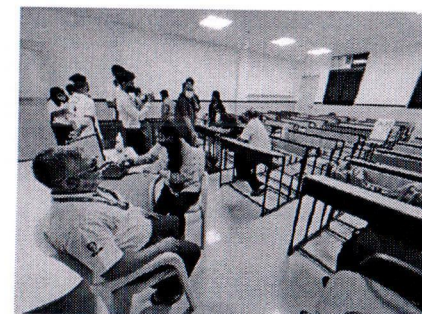
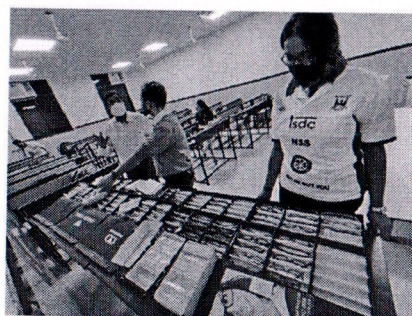
EYE CHECK UP for the faculties & the students of TSDC, TPoly, TIAT Venue: Room no. 601 Time: 11:00 - 03:00 pm	SMART AADHAR CARD for the faculties of TSDC, TPoly, TIAT Venue: Room no. 602 Time: 11:00 - 03:00 pm
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WEBINAR SESSION
"Investment Awareness Camp"
for the faculties of TSDC, TPoly, TIAT
Venue: Room no. 601 Time: 03:00 - 03:30 pm

Mrs. Pratiksha Prajapati
Mrs. Soni Singh
Mr. Chetan Motwani
Ms. Anam Khan
NSS Committee

Mr. Udaybhan Yadav
NSS Programme Officer

Dr. Sharad Phulani
Principal



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Webinar On Breast Cancer Awareness

Date: 31st, October, 2021

No. of Beneficiaries: 53

Highlights: The NSS Unit (SB-23) of ZSCT's Thakur Shyamnarayan Degree College in association with "The Bio Brigade" had organised a webinar on Breast Cancer Awareness.

 **The NSS Unit (SB-23)** 
IN ASSOCIATION WITH
The Bio Brigade
CELEBRATES PINKTOBER
Webinar cum Awareness Drive
BREAST CANCER AWARENESS MONTH

Speaker:
Ms. Sanika Ambre
Masters in Human Disease Genetics, Centre for Human Genetics, Bangalore
Bachelors of Science in Microbiology, Ramnarain Rula Autonomous College, Mumbai

Ms. Uzma Shaikh
MSc in Microbiology
Founder,
The Bio Brigade

DATE & TIME:
31ST OCTOBER, 2021 AT 10 AM

GOOGLE MEET LINK:

FREE REGISTRATION


E-CERTIFICATE WILL BE PROVIDED


Mrs. Pratibha Prajapati
Mrs. Soni Singh
Mr. Chetan Motwani
Ms. Anam Khan
NSS Committee

Mr. Udaybhan Yadav
NSS programme Officer

Dr. Sharad Phulari
Principal




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Event Name: Webinar On First Aid for Animals

Date: 19th November, 2021

No. of Beneficiaries: 56

Highlights: The volunteers of NSS Unit (SB-23) of ZSCT's Thakur Shyamnarayan Degree College had attended a webinar on First Aid For Animals

IN COLLABORATION WITH

FIAPO

ACA

FIRST AID FOR ANIMALS

BY

Ms. Meenakshi Mahapatra
(Founder)
Animal Welfare Association,
Panchkula

ON
19 Nov 2021
AT
4:00 PM

Scan QR to register

QR Code

nssatharva
NSS-Atharva Official

VENUE : GOOGLE MEET



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Webinar on Career Guidance Session On Golden Career Opportunities in Government & Public Sector.

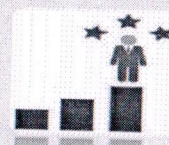
Internal Quality Assurance Cell [IQAC] &
 Department of Lifelong Learning & Extension [DLLE]
 Proudly launches



"CAREER GUIDANCE CLUB"

By Celebrating

A Career Guidance Week
 From 20th Nov. – 26th Nov. 2021



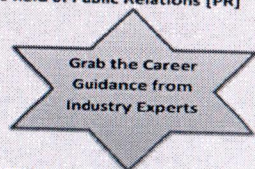
Highlights of Career Guidance Club:-

- Lucrative activities that will give right direction to students' Career aspirations.
 - Making students Industry ready
 - Developing entrepreneurial skills among students
 - Internship and Placement assistance
- 20th Nov.2021 : Golden Career Opportunities into Government & Public Sector
 - 22nd Nov. 2021: Career Avenues in Advertising & as a Radio Jockey [RJ]
 - 23rd Nov.2021 : Career Guidance in Aviation – Cabin Crew & Ground Airport Staff
 - 24th Nov. 2021 : Seminar on Learning to overcome Industry Hurdles
 - 25th Nov.2021 : Successful & Secured Career through Competitive Exams
 - 26th Nov. 2021 : Exploring Career in the field of Public Relations [PR]

Dr. Amruta Pawar
 (DLLE In-charge)
 Mrs. Swati Saigal
 (DLLE 2nd In-charge)
 Mr. Kunal Thakur
 Ms. Shana Shaikh
 Ms. Kajal Gala
 Mr. Kishan Singh
 Mrs. Neha Singh
 Mrs. Anuja Galkwad
 (DLLE Members)

Viral Sonavadia
 Jessica Fernandes
 (Student Managers –DLLE)

Dr. Sharad Phutari
 Principal



Date: 20th - 26th November 2021

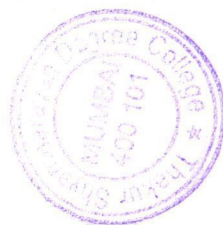
No. of Participants/ Beneficiaries:40

Highlights: An exclusive webinar session for the Students was organised by IQAC & Department of lifelong Learning & extension [DLLE] of ZSCT's Thakur Polytechnic, on career Guidance scheduled from 20th Nov to 26th Nov 2021 in its endeavours to empower students leaderships qualities. This crucial session was attended by our students of Thakur Shyamnarayan Degree College.



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World AIDS day Celebration (Documentary Screening by DLLE students)

 Internal Quality Assurance Cell (IQAC)
& Department of Life long Learning and Extension (DLLE)
Organizes

Screening of video made by DLLE members
for AIDS AWARENESS on World AIDS Day

Date: Wednesday,
December 1, 2021.



Ms. Shana Shaik Mr. Kunal Thakur Ms. Kajal Gala Ms. Siddhi Parab (DLLE MEMBERS)	Ms. Jessica Fernandes Mr. Viral Sonavadia (Student Manager - DLLE)	Dr. Anurita Pawar (DLLE Incharge) Dr. Sharad Phulari (Principal)
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Date: 1st December 2021

No. of Participants/ Beneficiaries:40

Highlights: IQAC & Department of lifelong Learning & extension [DLLE] of ZSCT's Thakur Polytechnic, Thakur Shyamnarayan Degree College took a noble initiative of making a inspiring documentary on AIDS Awareness, with an active motion of [HATE THE DISEASE NOT THE DESSEASED]. This documentary shows that there is hope for those living with the disease, and not just for people living in developed countries, each and every person is equal.





Principal

LN College

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Principal

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Seminar on How to Handle Stress Effectively

Date: 17th December 2021

No. of Beneficiaries : 71

Highlights:

Seminar on How to handle stress effectively for students by Mr. Amey Shetye . Tips and benefits of yoga and meditation as how it helps to reduce stress were discussed . Seminar was conducted in college at 6th floor auditorium room .

Internal Quality Assurance Cell
and Department of Information Technology
Jointly Organizes a

Seminar on
How to handle
STRESS
effectively

with **AMEY SHETYE**
Yoga and Meditation Instructor

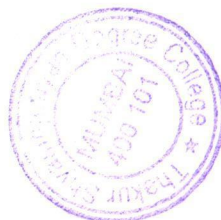
17th December , 2021

Organisers
Ms. Aishwarya Sedamkar
Co-ordinator
Mrs. Pratiksha Prajapati
Asst. Professor
Ms. Anam Khan
Asst. Professor
Ms. Melita Fernandes
Asst. Professor
Mr. Kishan Singh
Asst. Professor

Chief Organiser
Dr. Sharad Phulari
Principal



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Webinar Cum Awareness Drive on HIV & AIDS

Date: 18th December, 2021

No. Beneficiaries: 31

Highlights:

UNAIDS observes World AIDS Day on December 1 and the theme for this year is; "Hands up for Prevention". It is an opportunity for every community to unite in the fight against HIV, show support for people living with HIV and remember those who have died. The NSS Unit of TSDC firmly believes that the future generation has the ability to sensitize others and prevent spread of HIV & AIDS. And, therefore an awareness programme was held for the youth in collaboration with Bio Brigade. Ms. Uzma Shaikh, The Founder of Bio Brigade and Mr. Rahul our expert for the session cleared all doubts and gave a sense of clarity to the participants.

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 (ISO 2001:2012 Certified Institute)

NSS UNIT (SB-23)
 In association with
The Bio-Brigade
 has organized
Webinar cum Awareness Drive
 on
AIDS & HIV
 On 18th December, 2021
 Time: 6.00 pm onwards
 Webinar link
meet.google.com/ja-isth-fox
 Resource Person: Ms. Uzma Shaikh
 & Mr. Rahul Mishra
 Founders, The Bio Brigade

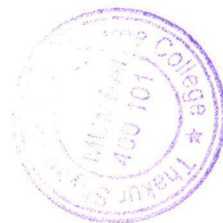
Mrs. Pratiksha Prajapati
 Mrs. Soni Singh
 Mr. Chetan Motwani
 Ms. Anam Khan
NSS Committee

Mr. Udaybhan Yadav
NSS Programme Officer

Dr. Sharad Phulari
Principal



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Surya Namaskar Pledge & Video making competition

Internal Quality Assurance Cell [IQAC] &
Department of Lifelong Learning & Extension [DLLE]

Celebrates



(Under the Guidelines of Ministry of Ayush, Government of India)



Date: 20th Jan 2022

No. of Participants/ Beneficiaries: 39

Highlights: This festival comes as a thanksgiving to Mother Nature for spreading health, wealth and happiness around. It is important to mention here that Surya Namaskar is a set of asanas in a combination of 12 steps. These steps comprise 8 asanas in which 4 asanas are repeated. All the 12 steps are to be done in a chronological manner in order to complete the process of one round of Surya Namaskar. IQAC & Department of Lifelong Learning and Extension [DLLE] of ZSCT's Thakur Polytechnic, Thakur Shyamnarayan Degree College also contributed in this mohotsav by enrolling many students in taking the suryanamaskar pledge. Students actively participated in this initiative and gave a positive response for the same.



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Webinar - "Female Hygiene Issues & PCOD"

Date: 10th February, 2022


No. of Beneficiaries : 78

Highlights: Dr. Arti Dastidar (MS), Member of Associations of Surgeons of India, Member of Association of Breast Surgeons of India has cordially enlightened the female students about the hygiene issues and PCOD. In the Seminar student actively participated and clarified their doubts and questions with the Dr. Arti, Comprehensibly she explained every particular measure and precautions to be taken while menses. Difference between PCOD and PCOS was explained apparently with brief explanation of each top.

IQAC AND WOMEN DEVELOPMENT CELL
WEBINAR ON
" FEMALE HYGIENE ISSUES AND PCOD "

Date-
10TH FEBRUARY, 2022.
Time- 2 pm

JOIN US FOR A BRIEFING ON POLYCYSTIC OVARIAN DISEASE



DR. ARTI DASTIDAR

MEMBERS
 DR. AMRUTA PAWAR
 MS. AISHWARYA SEDAMKAR
 MS. SWETA SINGH

MRS. SONI SINGH (INCHARGE)
MS. DUHEETA JOSHI (SECOND INCHARGE)

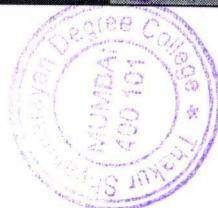
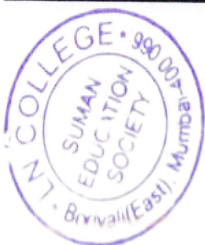
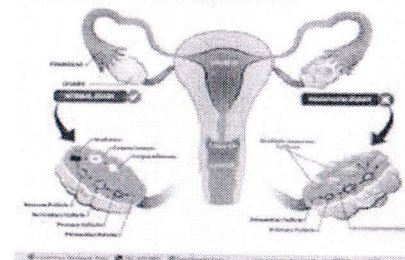
DR. SHARAD PHULARI (PRINCIPAL)

Polycystic Ovary Syndrome (PCOS)

- Is one of the most common female endocrine disorders affecting approximately 5%-10% of women of reproductive age (12-45 years old) and is thought to be one of the leading causes of female infertility. The exact cause of polycystic ovary syndrome is unknown.

PCOS can present in any age during the reproductive years. Due to its often vague presentation it can take years to reach a diagnosis.

PCOS (Polycystic Ovary Syndrome)



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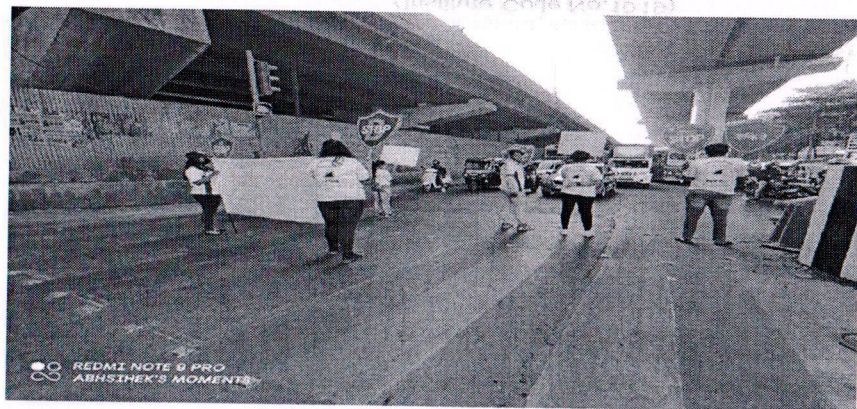


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Event Name: Road Safety Awareness Campaign

Date: 14th February, 2022 to 20th February, 2022

No. of participants: 19

Highlights: NSS Unit of ZSCT's Thakur Shyamnarayan Degree College & LN College organised Road Safety Awareness Campaign. To reduce road crashes, to improve safety and to spread awareness about road safety rules the campaign was organised. NSS volunteers of ZSCT's Thakur Shyamnarayan Degree College and road safety officers came together on the roads and taught everyone about the traffic rules. All the volunteers were teaching the drivers who were breaking the rules to drive properly. Not only bike or car drivers but also some bus drivers.

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