Sr.No	Date	Title of Activity	Resource Person	Action taken
1	21 June 2023	International Yoga Day	Yoga trainers Ms.Mathavi Panchal Lalita Gotikar & Manashi Nimkar	Yoga trainer guided the teachers and adopted school children related to breathing and general fitness exercises.
2	6-8 July 2023 (3days)	Rajmata Jijau Yuvati Training	Mrs.Naandini Pitre, Mr. Santosh Kulkarni	Guidance related to women and children welfare schemes, Govt. of India were given
3	13 Sept. 2023	Women's' Development	Mrs. Mansi & Janhvi from swami Vivekananda Kendra, Dombivli.	Need for self-development and self- awareness about personal growth were highlighted and different games related to this were undertaken by them.
4	28 Sept. 2023	Gender Sensitization	Mrs, Rashmi Joshi	Madam guided students related to stereotype role of women and the modifications required
5	11 Oct. 2023	International Girl Child Day	Ms. Rupali Petkar - Joshi	Madam highlighted about importance to protected girl child to solve the problem of diverse sex ratio
6	11 Dec. 2023	Health Checkup Camp- testing of ECG, bones density, eye.	"UNICARE' Health Services	Students, their parents and residents of khambalpada have taken the advantage of the health check-up camp
7	15Feb 2024	Makarsankranti Celebration Haldi-Kumkum celebration	College Non-Teaching Staff	College Non-teaching staff celebrated Haldi-Kumkum with all the ladies staff in the college
8	6 Mar. 2024	International Women's Day Celebration	Blood checkup Camp	Arranged blood check-up camp for students and staff.





Note: Supportive documents are attached below.

Date: 17 June 2023

MCC/4-10/Webinar/ Faculty/Students/Researchers /Others

The Principal

Karnataka Sangha's

Manjunatha College of Commerce and Junior College of Commerce

Kanchangoan, Khambalpada, Thakurli (E)

Subject: Request for Approval for conducting Workshop on International Yoga Day". Madam

On behalf of IQAC, NSS Unit, Health and Counseling Cell and Gymkhana Committee we are

submitting a proposal for conducting Workshop on International Yoga Day, Yoga for

Vasudhaiva Kutumbkam to be held for Teaching Staff of Degree and Junior and students on

Wednesday, 21 June 2023.

Resource Person and Honorarium: Mr Rajshekhar (Yoga trainer) Ms Madhavi Panchal (Yoga trainer)

1	Duration & Target Participant	11am to 12 noon
2	Geographical Coverage	College level
3	Day and Date of the Programme	Wednesday, 21 June 2023
4	Mode/Platform	Offline
5	Technical Support	Ms Supriya Bhalerao
6	Overall Comparing	Ms Sanika K

Title, Objectives and expected outcomes:

Title: Workshop on International Yoga Day, Yoga for Vasudhaiva Kutumbkam

Objectives:

- 1. To improves strength, balance and flexibility and healthier life style.
- 2. Yoga is a powerful mindful practice.

Expected Outcome: It will help everyone to improve brain function, increases flexibility relieves anxiety.

Thank you

Yours faithfully

Ms Jayanthi Vaikunth IQAC Co-ordinator Ms Madhuri Maharao NSS PO Ms Swapnali Bidkar I/C Health and Counseling Cell Mr Vijay Joshi





Karnataka Sangha's Manjunatha College of Commerce and Junior College of Commerce Thakurli East, 421201.

Date: 15 June 2023

NOTICE

All the Degree and Junior College staff and students are requested to be present in the College on Wednesday, 21 June 2023, 11am onwards for the International Day of Yoga for Vasudhaiva Kutumbkam organized by the Internal Quality Assurance Cell along with NSS Unit, Health and Counselling Cell and Gymkhana Committee of our College. Further, all are requested to wear comfortable Clothes and to bring yoga mat or any other mat for Yoga practice.



Chila

Dr. Sushila Vijaykumar Principal



Date: 22 June 2023

To The Principal Dr Sushila Vijaykumar Manjunatha College of Commerce, Thakurli

Report on "International Yoga Day"

Madam

On behalf of the Internal Quality Assurance Cell, NSS, Health & Counseling Cell and Gymkhana Committee we are enclosing a brief report of the Session on Yoga which was conducted on Wednesday 21 June 2023 on the occasion of International Yoga Day- Yoga for Vasudhaiva Kutumbkam. The Session was inaugurated & dignitaries were welcome on dais with the Medicinal Plant.

The Session was conducted by Mr. Rajshekhar, Mr. Alias and Dietician Ms Madhavi Panchal and main objective of this Session of yoga was to make Staff and Students aware to improve brain function, how to lower stress levels, increases flexibility, control blood pressure and it improves lung capacity, anxiety relieves, chronic back pain ,lowers blood sugar in diabetics.

Mr Rajshekhar trained students with different asanas. He also talked about how we can identify symptoms of diabetes and how to control and recover through Yoga Asanas. Mr Alias performed different kriyas and yoga asanas.

Ms Madhavi Panchal spoke about food habits and its effects on once mind and health. She also emphasized about exercising and advised on maintaining an active lifestyle.

Positive response was received and the Session ended with Vote of Thanks.

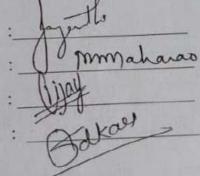
Thank you.

Mrs Jayanti Vaikunth (Co-ordinator IQAC)

Mrs Madhuri Maharao (NSS PO)

Mr Vijay Joshi (Gymkhana Committee)

Mrs Swapnali Bidkar-Giri (I/C Health counseling Cell)



Yours faithfully



Phila Sushila Vijayku

Inatha College of Con hangaon, Khambaip hakurli (E) - 421 201

Manjunatha College of Commerce Khambalpada, Thakurli

Attendance Sheet

ur	International	Voga Day"	(Teachees)	
"Session on	International	10ga Day	reachers	

Date: 21 June 2023	Timing : 11am onwards	Day: Wednesday
Sr. No.	Name	Sign
) Depizel	13hole.	the
2) RITI	1.5.	(n)eins
3) Deepa	Rannan	the
4> Patil	Jayasher	Madham
6 dauti	Badguiay	suff.
7) Pallavi	More	and a Dist
8 Sue	hitra Poojali	freehera
9 Jaya	the v	1.1.
10 trone	la yachood	O Like
11. Sanika	Karkbre	Schent
12. Sham	1. This is a	Jelcen
13 Dungo	/	Q
15. Super	Oph loss 2	8862
36 Stinu	10, Bhenet	
7 Pagya	Shetty	not
2 Yogin		Daturas
19 Suppy	Bhaleao	Ashelty
20 Ashwith	j Shetty	SR
u) Pawan	Ahuja	

"Session on International Yoga Day" (Students)

	"Session on International 2018	
	Timing : 11am onwards	Day: Wednesday
ite: 21 June 2023		Sign
	Name	Fange
r. No.	Name Gupta ndra Gogurla mekant lomte adp chandlekar rabhakar Pawar aso	Bearty
1 Sanjano	Grupta	Ditto
- Darts Base	ndra Goguria	Prawar.
2 Party Lax	mikant lomte	Denver.
3 Height Pro	adb chanalera	(Marcal
4 Bita P	abhakar pawar	Nandin
5. Priya th	Barad Manna	Nanalis
6. Krigal	Barad	Sanyogita Janara Janara
7- Nandini	Maana	Perdby
8. Mounita	Ch amon	Der Withatak
9. Madhy	Shahak	S: plotter L
10. Kaiddhi	proprote	Sanyogita
11. Biddbi	Manna Phatak phatak a Japath Yadav Vadav Vadav Vadav Norma halke B. Chavan J. Beake	Statt J
12. Sanyoqua	a shu ning	Sonjana
18 Sanjana	agayan	doners
145 Sanjana	Yadov	a
(s) Sanam	Valmiki	Ren
16 Nishmita	bangeou .	
17 Pooja	Sharma	Andrea
18 Shruti C	halke	Kastila Kastila edn/er
19 Anusha	R. Chavai	No Blo
20 Sabryg	R. O Sho	ray
21 Kavita S	1 Brad	CAILE
22 Aniket	s. Benke	Descet
23 Jitesh G	Bengaa	(VIII)
Vighnest	UBNO	the pile
25 yach S.	Mapankor	(And Lach
26 Prathamesh	Benera Benera O Bhat Mapanhan P. Bhoward Malt	or reso
		alson
28 Soham St	ninde	Raging
28 Soham St	Kar prayapati	and the second s
229 Ravishan	Sunil Namoer	- I - Plan
30 Shauti	Racheshyan Gupta by Vistance Gupta	Andrewski Optimiski Marine Marine Marine Marine
31 Diksha	Padheshyam Gupta	
32 Khushi	hand in a	And w
33 0000 1	1 Vistage karme	Acch
37) Mukes	Nuclear Gupta	Young I
37 Aanchal	May no hitop	



Glimpses of International Yoga Day 21 June 2023







Phila

Dr. Sushila Vijaykumar Principal Manjunatha College of Commerce Kanchangaon, Khambalpada, Thakurli (E) - 421 201.

Rajmata Jijau Yuvati Training

Karnataka Sangha's Manjunatha College of Commerce, Thakurli (East), 421201.

Date: 4 th July, 2023

NOTICE

All SY & TY B.com/ BAF/ BMS/ BBI and Junior girl Students are hereby informed that as per the Women and Child Welfare Scheme, Government of India, IQAC, WDC and NSS will be organising three days "Rajmata Jijau Yuvati" Self Defence Training Programme from 6 th July to 8th July2023 as per the following schedule:-

		Activity	Time	Venue
Day Thursday	Date 6 th July	Counselling	11.00 am	College Auditorium
Friday	7 th July	Practical Session	Will be informed	College Auditorium
Saturday	8 th July	Practical Session	Will be informe	College Auditorium

All the girl students should scan QR code which will be sent on respective whats App group along with this notice for registration in this training programme.

Asso. Prof. Jayanthi Vaikunth IQAC Co-ordinator

mmaharas

ffile

Asst. Prof. Madhuri Maharao Dr. Sushila Vijaykumar WDC and NSS P.O

Principal





Phila

Report on Jijamata Jijau Self-Defence programme.

9th July, 2023

To,

The Principal Karnataka Sangh's Manjunatha College of Commerce, Thakurli (E)

Sub: - Report on Jijamata Jijau Self-defence Training Programme.

Dear Madam,

Government of India with IQAC, NSS and WDS of our college organised three days Session for girl students from 6th July to 8th July, 2023.

On Thursday, 6th July, 2023 at 11.00 am in the college auditorium Mrs. Nandi Pitre, councillor took a session on how to maintain psychological balance in life with physical fitness. She guided about Coal setting, values-ethics and have a courage. She focussed on women should become self – empowered and not to depend on any one.

On 2nd and 3rd Day of session i.e. on Friday and Saturday, Shri Santosh Kulkarni demonstrate practically to girl students about how to defence personally, how to handle various situation at their own.

This session was conducted for girl students to make them tough, physically and psychologically strong. In various spheres of life she should stand strong.

Objective - To make the girls physically and mentally strong

Expected Outcome: - Confidence and Personal Security Awareness.

This is for your information.

Thank you.

Asst. Prof Mrs. Ayanthi Vaikunth. IQAC Co-ordinator

Asst. Prof. Madhuri Maharao WDC and NSS P.O



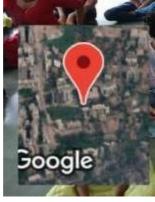
hila

You the feighted w

Glimpses of Rajmata Jijau Yuvati Training



GPS Map Camera



Kalyan Dombivali, Maharashtra, India A/169, Tata Power Company Limited, Milap Nagar, Kalyan Dombivali, Maharashtra 421203, India Lat 19.221267° Long 73.106794° 07/07/23 12:19 PM GMT +05:30



Phila

Brief Report of Male/Female personality growth through games-

The NSS Unit and WDC together has organized the personality development through games. In which nearly 35 students were participated in games while more 30 students have attended the event.

The activity was conducted by Mrs. Mansi & Janhvi from Swami Vivekananda Kendra, Dombivli branch on 13 Sept. 2023. They have highlighted need for self-development and self- awareness about personal growth were highlighted and different games related to this were undertaken by them.







Karnataka Sangha's Mnjunatha College of Commerce, Thakurli (E)

Notice

26/9/2023

All the students are here by informed that a session on 'Gender sensitization' is organised by our college NSS unit. All are asked to remain present for the same The schedule of guest lecture is as follows: -Day and Date - Thursday 28 September2023 Venue- College Auditorium Resource person- Ms. Rashmi Joshi

Momaharao

Asst Prof. Madhuri Maharao NSS P.O.

Shila

Dr. Sushila Vijaykumar Principal



Date: 5 October 2023

Principal K.S's Manjunatha College of Commerce Thakurli (East).

8

Subject: Report of Gender sensitization

Madam

The IQAC and NSS Unit organized Gender sensitization on Thursday, 3 October 2023 at college auditorium. Ms.rashmi Joshi, Guest speaker explained students about the difference between sex and gender, how gender is socially constructed and the stereotypes around gender. The objective of this activity was to promotes equality for men and women to view what is stereotypical of and reasonable for their gender.. Nearly 73 students participated in this activity.

Thank you

Yours faithfully

Mmaharas

Madhuri Maharao

NSS PO





Phila

Glimpses of Gender Sensitization

GPS Map Camera

Dombivli, Maharashtra, India 64C4+CVX, Dombivli East, Dombivli, Maharashtra 421301, India Lat 19.221273° Long 73.106787° 28/09/23 11:52 AM India Standard Time Dombivli, Maharashtra, India 64C4+CVX, Dombivli East, Dombivli, Maharashtra 421301, India Lat 19.221257° Long 73.106723° 28/09/23 11:53 AM India Standard Time

GPS Map Camera



Google

Phila

Karnataka Sangha's Manjunatha College of Commerce, Thakurli (E)

Notice

09/10/2023

All the students are here by informed that on the occasion of 'International Girl Child day' WDC and NSS unit is going to organize a guest lecture as per the following schedule: -

Day and Date -Thursday 11 October 2023Venue-F-4Resource person- Alumni Rupali PetkearAll are asked to remain present for the same

Momaharao

Asst. Prof. Madhuri Maharao NSS P.O.

Shila

Dr. Sushila Vijaykumar Principal



Date: 13 October 2023

Principal K.S's Manjunatha College of Commerce Thakurli (East).

Subject: Report of International Girl Child Day

Madam

The IQAC and NSS Unit organized International Girl Child Day on Tuesday, 11 October2023 at college auditorium. Ms. Rupali Petkar, Guest speaker explained students about why we are celebrates this day? To recognize girl's rights and the unique challenges girls face around the world.Every girl has the right to dream, the power to achieve and the courage to change the world. The objective of this activity was to raise awareness about be a every girl safe,educated and empowered. Nearly 68 students participated in this activity.

Thank you

Yours faithfully

Momahano Madhuri Maharao

NSS PO





Chila

Glimpses of International Girl Child Day



Dombivii, Maharashtra, India Manjunatha College of Commerce, Kanchan gaon, Khambalpada, Thakurli - E Maharashtra 421301, India Lat 19.221645° Long 73.106712° 11/10/23 10:46 AM GMT +05:30



Google

Phila Dr. Sushila Vijaykumar

Brief Report and Photos of Health Check-up Programme in along with UNICEF

On 11 Dec. 2023 NSS, WDC along with IQAC organized general Health Checkup Camp- (Testing of ECG, bones density, eye checkup)

More than 100 Students along with their parents, residents of Khambalpada, teaching and non-teaching staff of our college has taken the advantage of the health check-up camp.





Chila

Haldi-Kumkum Celebration by Non-teaching staff-On 15 January 2024

On the occasion of Makar Sankranti our college Non-teaching staff always organises Haldi Kumkum celebration. Under the gender equality in this celebration even the Male members were equally given the priority and given the gift. All female teaching and non-teaching staff has enjoyed this function





Phila Dr. Sushila Vijaykumar

Manjunatha College of Commerce Kanchangaon, Khambalpada, Thakurli (E) - 421 201. MCC/4-10/Webinar/ Faculty/Students/Researchers /Others

The Principal

Karnataka Sangha's

Manjunatha College of Commerce and Junior College of Commerce

Kanchangoan, Khambalpada, Thakurli (E)

Subject: Request for Approval for conducting Free Medical Check-up Camp.

Madam

On behalf of IQAC, NSS Unit, Health and Counseling Cell, we are submitting a proposal for

conducting Health Check-up Camp (CBC, Lft, Rft, Calcium, Hbalc, TFT, HB-Electrophoresis,

Cancer& Tumour Markers, Sickel Cell) to be held for Staff, Students and Local Community on

Wednesday, 6th March 2024.

Resource Person and Honorarium: Life Tree Pathology

1	Duration & Target Participant	8 A.M to 1 P.M
2	Geographical Coverage	College level
3	Day and Date of the Programme	Wednesday,06 March 2024
5	Technical Support	Mr Pankaj Joshi
6	Overall Comparing	Ms Swapnali Bidkar

Title, Objectives and expected outcomes:

Title: Health Check-Up Camp

Objectives:

- 1. Creating Awareness of Better Health.
- 2. Understanding of issues and empowers communities with benefits of health check-up.

Expected Outcome: It will help staffs, students and community to keep alert and will benefit of this health check-up camp.

Thank you

Yours faithfully

Ms Jayanthi Vaikunth IQAC Co-ordinator

Ms Madhuri Maharao NSS PO

Ms Swapnali Bidkar I/C Health and Counseling Cell.

Phila

Karnataka Sangha's Manjunatha College of Commerce Thakurli (E) -421201 -

Free Medical Check-up Camp

Organised by

IQAC, NSS and Health & Counselling Cell

Date: 04 March 2024

Notice

IQAC, NSS & Health and Counselling Cell of our college in collaboration with Life Tree Pathology is organizing Free Medical Check-up Camp (CBC, CALCIUM, Hbale (Haemoglobin), TFT (Thyroid function test), HB-ELECTROHORESIS, CANCER & TUMOR MARKERS, SICKEL CELL (Blood Test) on Wednesday, 06 March 2024 in the college auditorium from 09.00 am to 02.00 pm. All the Staff (Relatives) and Students' and their parents are requested to attend the same.



Rhila

Dr. Sushila Vijaykumar Principal

Karnataka Sangha's Manjunatha College of Commerce

Thakurli (E) -421201

Free Medical Check-up Camp

Day and Date: Wednesday, 06 March 2024

Timings: 09.00am to 01.00pm

Venue: Auditorium- Manjunatha College of Commerce, Thakurli (E)

- 1. CBC,
- 2. CALCIUM,

- 3. Hbalc (Hemoglobin),
 4. TFT (Thyroid function test)
 5. HB-ELECTROHORESIS,
 6. CANCER & TUMOR MARKERS,
- 7. SICKEL CELL (Blood Test)



Phila

Brief report of Health check-up camp

Date-11 March 2024

То

The Principal,

Karnataka Sangha's

Manjunatha College of Commerce, Thakurli (E).

Subject: - Report of Free Health Check-up camp organized on the eve of International Women's Day.

Madam,

Health Concealing cell, NSS Unit along with IQAC has organized health check-up camp to

Celebrate International Women's Day on 6th March 2024. This camp was in coordination of

Life Tree pathological lab. One of our Alumni Mr. Rajkumar Singh has coordinated with the

Lab and Made arrange for testing Calcium, CBC, Cancer and Tumor, Sickle Cell, Blood sugar,

Thyroid etc.

Outcome of the activity- 192 participants has taken the benefit of this check-up camp. The report has helped to create awareness about various health issues related to female.

This is for your kind consideration

Thank you

Yours faithfully

Ms Jayanthi Vaikunth IQAC Co-ordinator

Ms Madhuri Maharao NSS PO

Ms Swapnali Bidkar I/C Health and Counseling Cell



Sample attendance – Health check- up camp for teaching & nonteaching staff, students, and Parents on the Eve of "International Women's Day"-6/3/2024

lieg conne ouro Hearth Rajit 18 7400324219 CI. Mahenchra Charras m 7738325037 Anmol Brijkishor (2) rasad 18 00 Mahaty 19 8591873005 Vinod Rohit (3) m 7208703227 Jadha 19 Akshay Dayanana 0 laiswa 8928087626 20 Vaki Khushboo 6) F Pra japa 18 7021300238 Indrajit G Maujam F 17 9324598285 Rajesh Giupta Angal F (a) 9867392569 33 Mahadev Vina Deepika Bizaldaz F Shalini Rymmura Gupta 18 9699823365 (a)Sudhakor Dhondiba Bondakor 9653482161 28 (is m Vanita Dharmendoa 45 983 in) Desai P



Phila Dr. Sushila Vijaykumar

Manjunata College of Commerce Kanchangaon, Khambalpada, Thakurli (E) - 421 201.

(83) Ankity Shankar Mairy 9833017061 Dom- 4. 9082550537 189) Tamishty Gamesh Kashini pom (8850705596 Mansi Vined Prabby (25) Dom-W 8976670885 8657851332 (6) Brachi Prokash Valekar Dom: W 9321179975 187) Laumi Jairam Gupty 13 0 pon-w 9619318529 (RE) Vaichmani Machindry Mhotse 16 Dominul 5 9980606157 189) Arpita Nilsing, Barned 27 Dom-E F 7400209379 20 130) Shilpa Mang Singh pom- E. F 7007204151 191) Shivika Amil Singh 17 Dom- 4 5 8591373877 192) Komal Sanjay Gupty 16 Dom- 6. 5 THO



Phila

Glimpses of health check-up camp on 6 March 2024







Phila