



Psicraze report.pdf



yoda report of BMS.pdf

English Supporting Missing

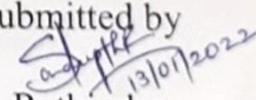
**Dombivli Shikshan Prasarak Mandal's**  
**K.V. Pendharkar College of Arts, Science & Commerce, Dombivli (E)**  
**Autonomous**  
**Dept. of Biotechnology**

**Psi-craze (2021-2022)**

**Date: 06/01/2022**

Every year the Department of Biotechnology organizes the departmental fest activity "Psi-Craze". The idea behind organizing such activity is to provide students a platform to show their hidden talents and to overcome their own stage fear. This year Psi-craze was organized by S. Y. and T.Y. Biotechnology students under guidance of teachers on 24<sup>th</sup> December, 2021. The theme of the Psicraze was "Red & Black".

The event included competitions like Mr. and Ms. Biotech, Quizzical, Poster making and Scientific Rangoli which was conducted in two days. Two rounds of Quizzical (online) was conducted on 23<sup>rd</sup> December 2021 and the final round was conducted on the day of Psicraze. The theme of Poster making was "Day celebration". Students from F.Y., S.Y. and T.Y. Biotechnology participated in all the competitions enthusiastically. This year only T.Y. Biotechnology students interested in participating in Mr. and Ms. Biotech competition was thoroughly evaluated on their past academic performance, Interview round, Extempore and Judges' round. Mr. Bhushan Devkule (T. Y. Biotech) and Ms. Aayushi Salvi (T. Y. Biotech) won the title of Mr. and Ms. Biotech. A total of 64 students from all three classes attended the Psicraze event that was conducted on 24<sup>th</sup> December, 2021 in College Auditorium from 1.00 pm to 4.00 pm. Head of the department Dr. Suman Satyarum briefed about the session conducted and the Principal Dr. Suryakant Lasune and Senior Vice-Principal Prof. K.P.Phalak graced the occasion and spoke words of encouragement to the students. The prize winners of the competitions were felicitated by the hands of Principal and Senior Vice-Principal.

Report submitted by  
  
Ms. Sandeeptha Rathindran  
13/01/2022  
Dept. of Biotechnology



Dombivli Shikshan Prasarak Mandal's  
K.V. Pendharkar College of Arts, Science and Commerce  
(Autonomous)

# BMS Department

Organises

Celebration of International  
Yoga Day  
(21<sup>st</sup> June)



## YOGA

Asanas & Pranayama



## Top 5 Pranayama Exercises You Must Start Doing

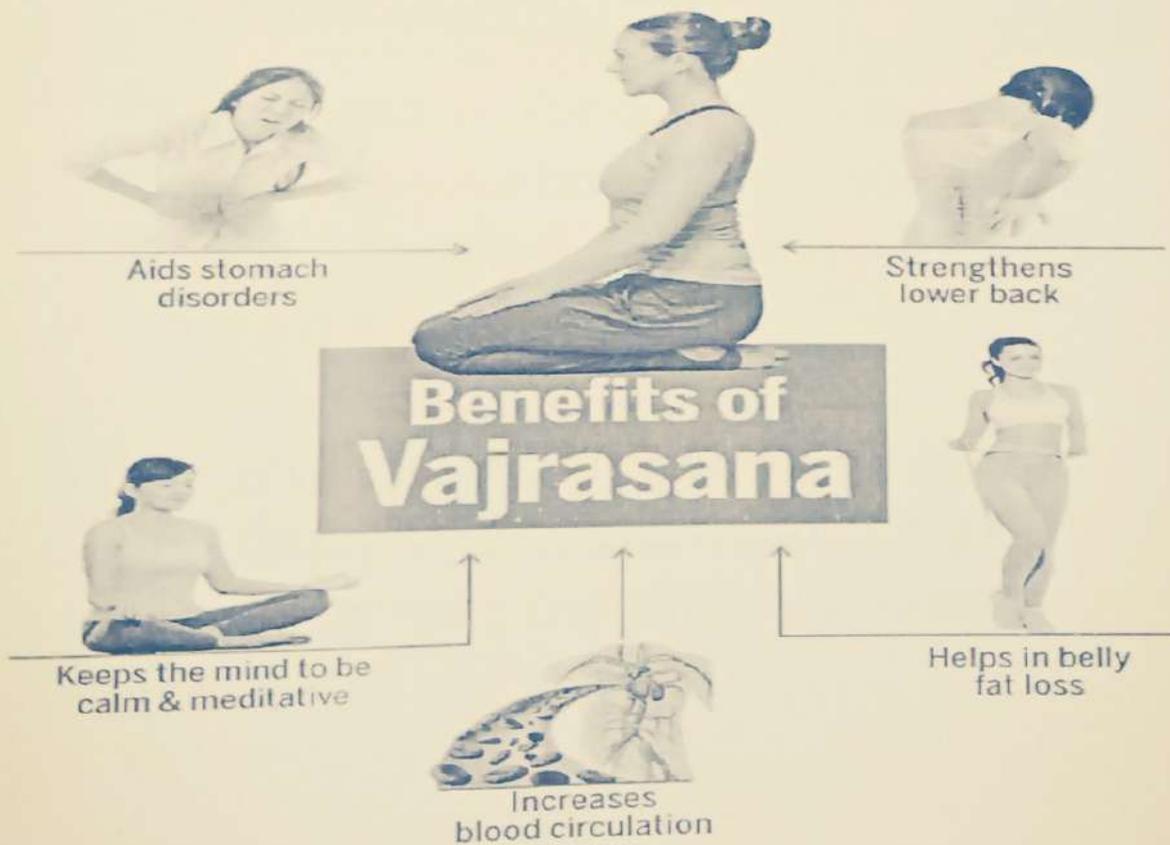
- Bhastrika Pranayama (Breath of fire)
- Kumbhaka Pranayama (Breath retention)
- Simhasana (Lion's Breath)
- Mrigi Mudra Pranayam (Deer seal breathing)
- Kapalabhati Pranayam (Skull shining)

[https://www.youtube.com/watch?v=peFf\\_eCxnc0](https://www.youtube.com/watch?v=peFf_eCxnc0)



COW FACE POSE  
GOMUKHASANA

Gomukhasana helps in muscle relaxation.



## What is International Yoga Day?

- The UN proclaimed June 21 as **International Day of Yoga** by passing a resolution on December 11, 2014. ... Although **yoga** has long been recognised as India's gift to the global culture of wellness, the official UN recognition came after a push by Prime Minister Narendra Modi in 2014.
- The **International Day of Yoga** aims to raise awareness worldwide of the many benefits of practicing yoga.

## Yoga

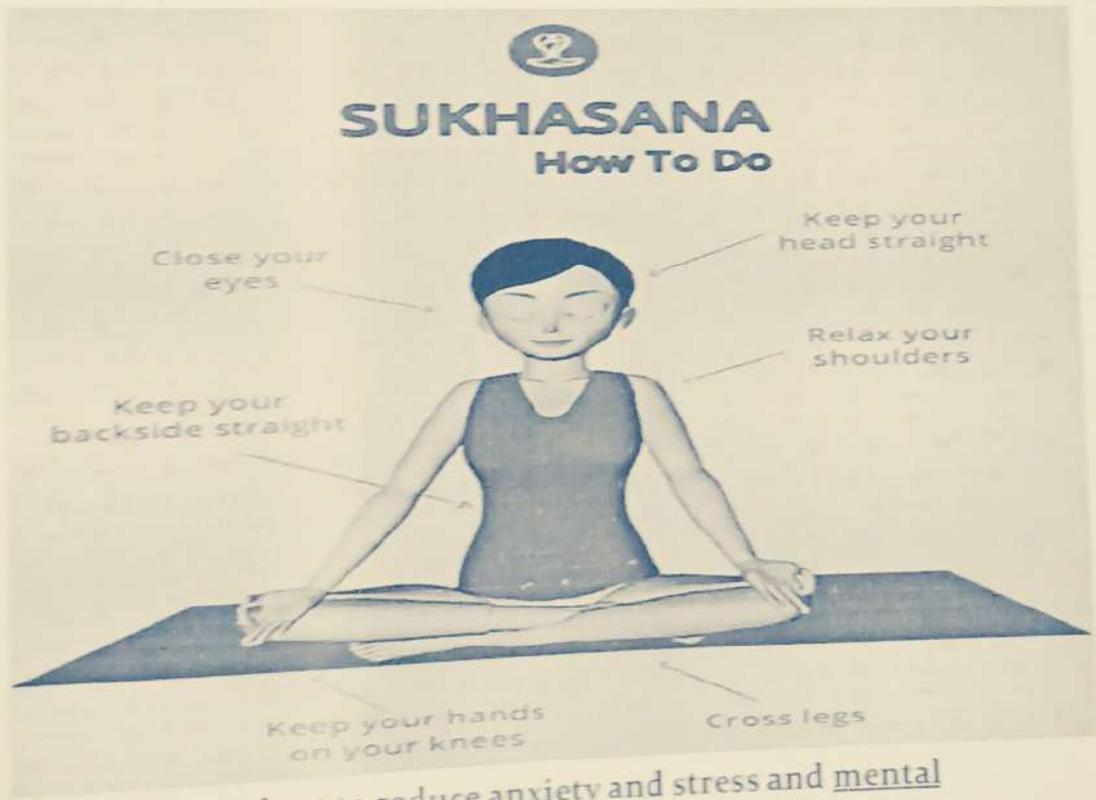
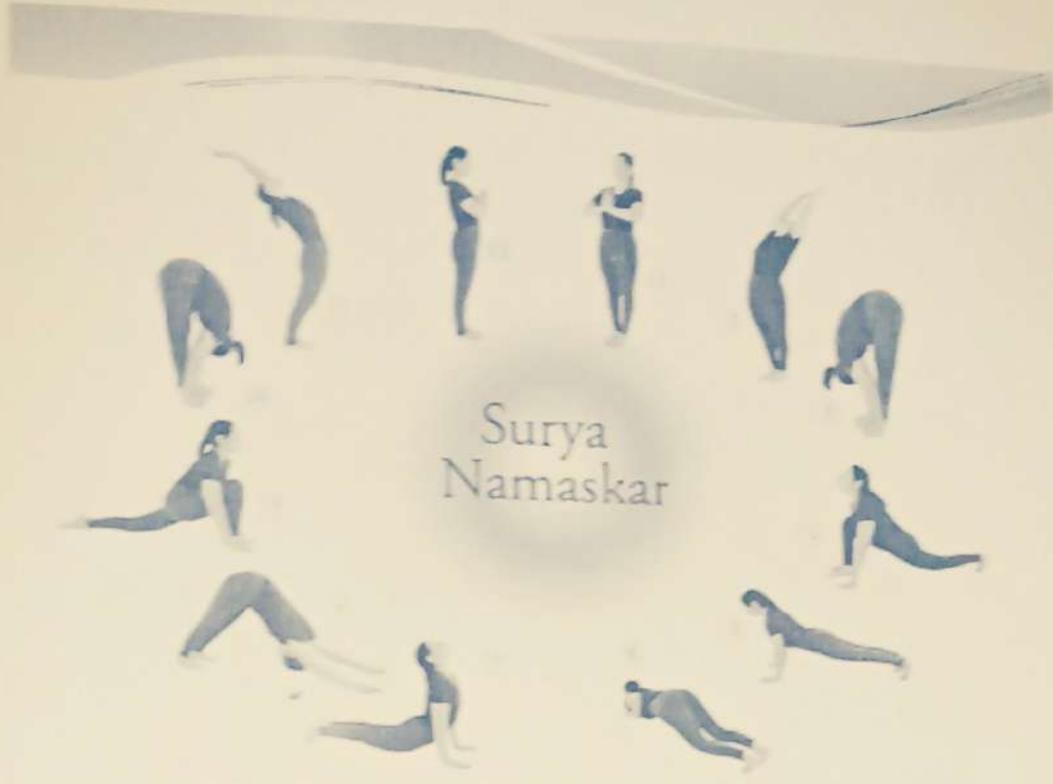
A Hindu spiritual and ascetic discipline, a part of which, including breath control, simple meditation, and the adoption of specific bodily postures, is widely practised for health and relaxation.



7/7/2021

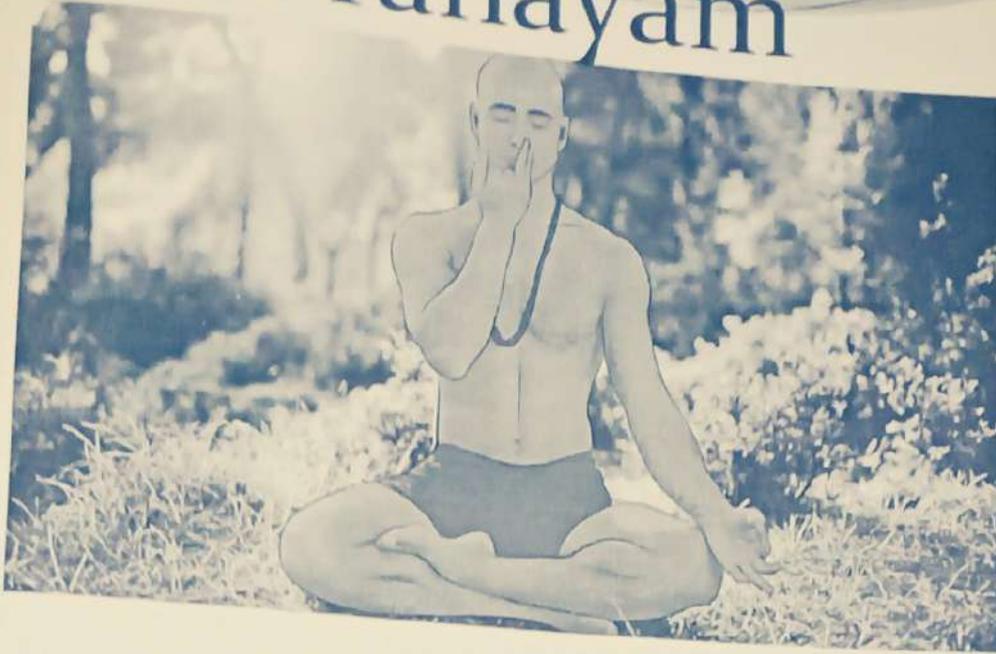
BODY IS OUR  
TEMPLE; KEEP IT  
CLEAN AND SAFE  
WITH YOGA.





Sukhasana is best to reduce anxiety and stress and mental tiredness

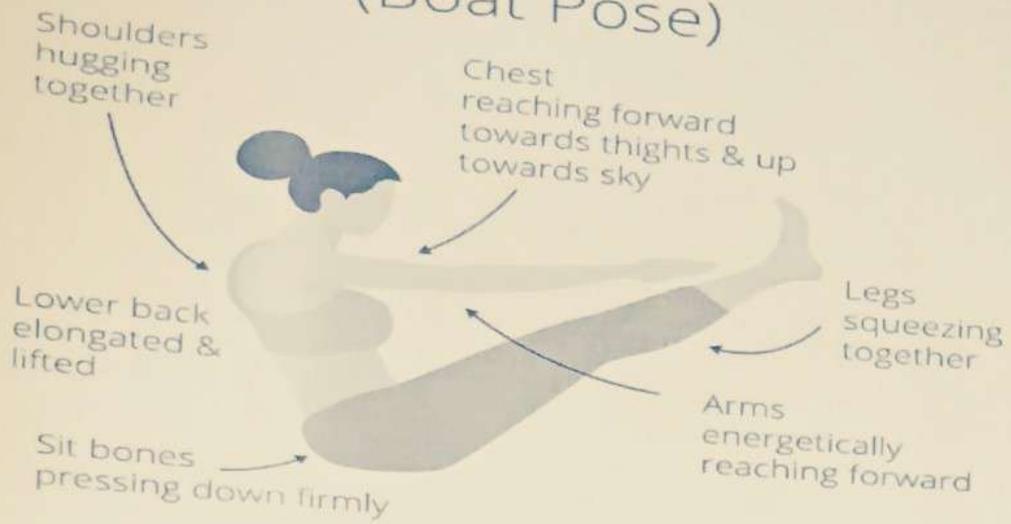
# Pranayam



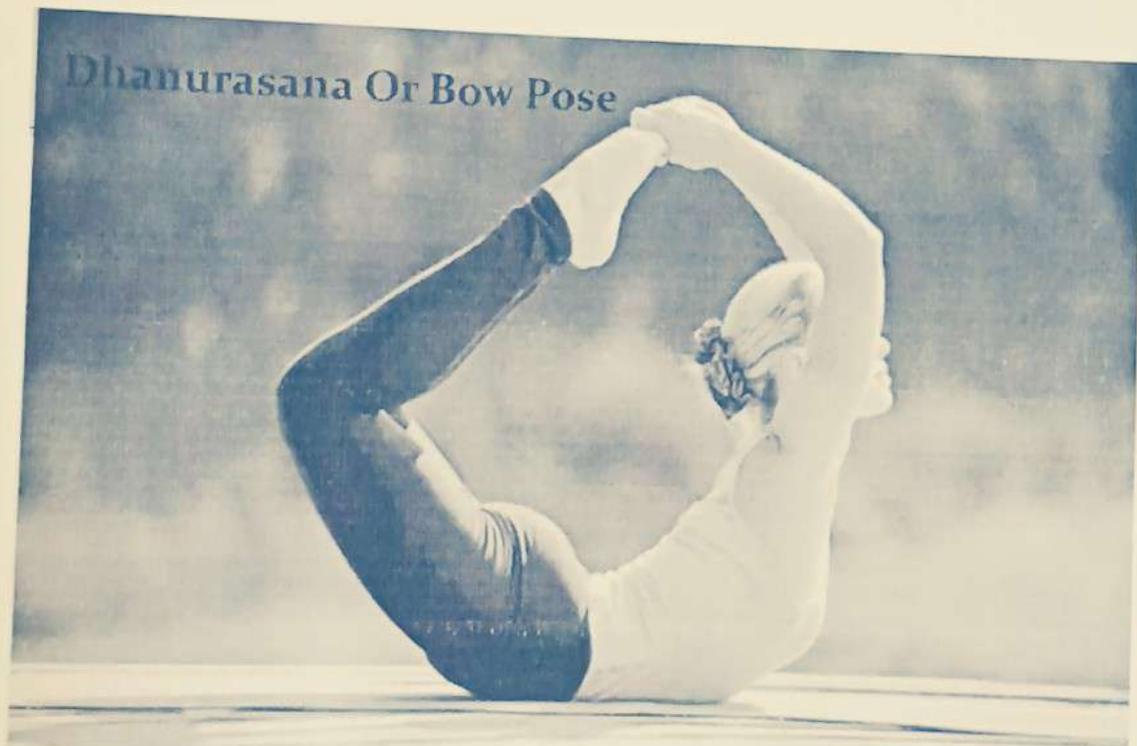
**Pranayama** is the ancient practice of controlling your breath. You control the timing, duration, and frequency of every breath and hold.

The goal of **pranayama** is to connect your body and mind. It also supplies your body with oxygen while removing toxins.

## Naukasana (Boat Pose)



It is good to improve the efficiency of abdominal muscles.

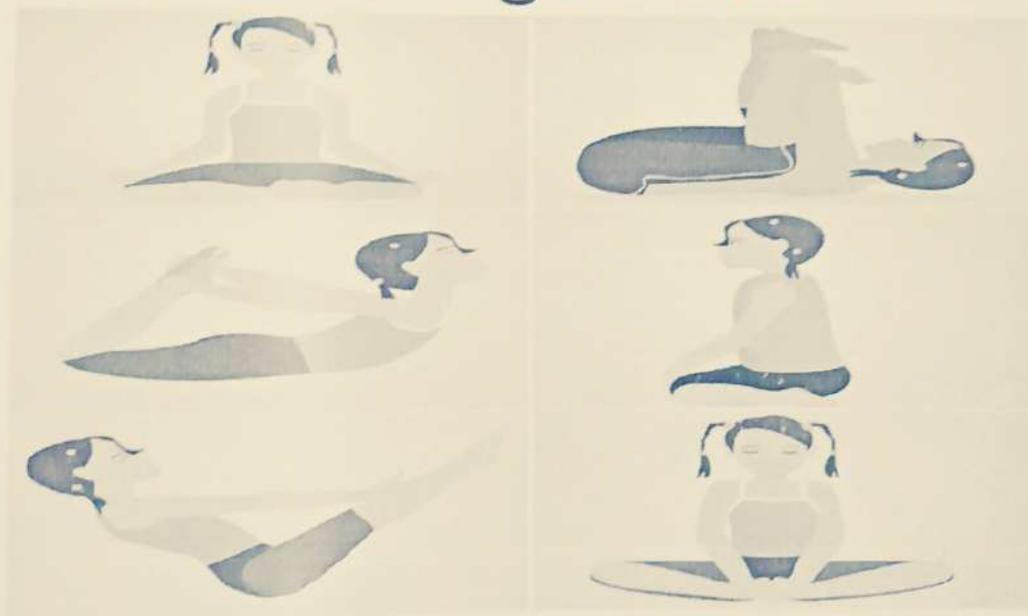


It helps in weight loss and boosts digestion and blood circulation.

## Benefits of Yoga

1. Can Decrease Stress
2. Relieves Anxiety
3. May Reduce Inflammation
4. Could Improve Heart Health
5. Improves Quality of Life
6. May Fight Depression
7. Could Reduce Chronic Pain
8. Could Promote Sleep Quality
9. Improves Flexibility and Balance
10. May Relieve Migraines

## Few Yogasanas





Vakrasana makes the body flexible and reduces belly fat and also helps in improving digestion by regulating digestive juices.



Bhujangasana can be a great *asana* for people dealing with arthritis of the lower back and lower back pains. It relieves menstrual problems



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(21<sup>st</sup> June)



## YOGA

Asana & Pranayama



## CRC Participant List 2021-2022

1. Last name	2. First name	3. CLASS	4. Div	5. Whats app NUMBER	6. Which among the following is your area of interest to read for CRC presentation?
Gaikwad	Krushna	Fybcom	C	9370310437	E-COMMERCE
Sharma	Mansi	Sybcom	B	7066089662	INTERNATIONAL TRADE AFFAIRS
Dalvi	Anushka	Tybcom	A	8291476737	BANKING AND INSURANCE
Yadav	Rahul	Fybcom	D	9321891060	STOCK MARKET AND INVESTMENT
Mulay	Siddhi	Tybcom	C	8850297892	BANKING AND INSURANCE
Kadam	Omkar	Sybcom	C	9004424962	BANKING AND INSURANCE
GUPTA	SIMRAN	Tybcom	A	8452878457	REAL ESTATE INDUSTRY
Gupta	Kanchan	Fybcom	B	9004460982	STOCK MARKET AND INVESTMENT
Gautam	Pooja	Fybcom	A	7208753049	E-COMMERCE
Gupta	Sanjana	Fybcom	C	7738652135	BANKING AND INSURANCE
Kambli	Shivani	Tybcom	D	8369406210	ECONOMY
Yadav	Khushboo	Tybcom	D	8828558218	E-COMMERCE
Patil	Nischay	Tybcom	C	7021260726	ECONOMY
Mishra	Richa	Fybcom	C	9702728596	BANKING AND INSURANCE
SHENOY	SANGITA	Tybcom	D	7715905336	RETAIL BUSINESS
Kadam	Sneha	Sybcom	C	9967411203	ECONOMY
Rajguru	Aniket	Fybcom	B	7045424650	COMMERCIAL LAW
Walzade	Sakshi	Tybcom	C	9594454638	INTERNATIONAL TRADE AFFAIRS
Zagade	Shraddha	Sybcom	B	9820362435	REAL ESTATE INDUSTRY
Prajapati	Vipul	Tybcom	D	7559264541	STOCK MARKET AND INVESTMENT
Ojha	Janvi	Sybcom	D	9326628902	ECONOMY
Shukla	Mayank	Sybcom	D	7776068598	STOCK MARKET AND INVESTMENT
Sahu	Aniket	Sybcom	B	86918 80106	REAL ESTATE INDUSTRY
yalse	Grishma	Tybcom	D	8928777828	E-COMMERCE
Srivastava	Shreya	Tybcom	D	8828290084	INTERNATIONAL TRADE AFFAIRS
Nikte	Raj	Tybcom	D	9987355487	RETAIL BUSINESS
Ghodekar	Omkar	Tybcom	A	81048906	RETAIL BUSINESS
Bhalerao	Riya	Sybcom	D	8828638029	ECONOMY
JAGDALE	DIVYA	Tybcom	C	9321158768	BANKING AND INSURANCE
Devkule	Priyanka	Fybcom	B	9987234865	ECONOMY
Khedekar	Prathamesh	Tybcom	B	9623725536	E-COMMERCE
Kanojiya	Anand	Tybcom	B	8828470276	ECONOMY
Gupta	Shalini	Tybcom	C	8828448208	E-COMMERCE
Varma	Shalu	Tybcom	D	7977216359	E-COMMERCE
Gupta	Shivangi	Tybcom	D	9819731737	E-COMMERCE
Yadav	Nansi	Sybcom	B	9004419283	REAL ESTATE INDUSTRY
Padawale	Sakshi	Tybcom	B	9324405790	E-COMMERCE
Bhat	Kartik	Tybcom	D	8169458700	COMMERCIAL LAW
Chavan	Dhanashree	Fybcom	C	7738744052	INTERNATIONAL TRADE AFFAIRS
Shinde	Sakshi	Fybcom	B	7738995516	STOCK MARKET AND INVESTMENT
Kolhe	Trupti	Fybcom	A	9324203026	E-COMMERCE
Chaudhari	Harsh	Fybcom	B	8422060188	BANKING AND INSURANCE
Jadhav	Asmita	Fybcom	C	9619770492	ECONOMY

Pol	Siddhi	Fybcom	B	9137309205	BANKING AND INSURANCE
Shah	Karuna	Fybcom	B	8591051686	TRANSPORT AND COMMUNICATION
Ghodekar	Sonal	Fybcom	B	8591866603	BANKING AND INSURANCE
Sahu	Adit	Fybcom	D	9152474896	STOCK MARKET AND INVESTMENT
Shaikh	Aftab	Sybcom	C	7021868300	STOCK MARKET AND INVESTMENT
Verma	Nisha	Tybcom	D	8369085206	COMMERCIAL LAW

Academic Year 2021-22

1st Session - 10/03/22

2nd Session - 29/03/2022

Sr. No	Name of the participant	Class	Roll No.	Contact
01.	Taruph Kalhe	TYBcom		9324203026
02.	Nansi Yadav	SYBcom		9004419283
03.	Kavik Bhat	TYBcom		7045524646
04.	Vipul Pragapati	TYBcom		7559264541
05.	Sangeeta Sherey	TYBcom		7115905336

Each Session of 20 marks.  
2 Sessions conducted.

Area of Interest	Content	Interpretation	Presentation	Total
E - Commerce	05+05	05+05	08+08 =	36
Real Estate Industry	04+05	03+03	07+06 =	28
Commercial Law	05+04	04+04	08+07 =	32
Stock market	04+04	04+04	07+07 =	30
Retail Business	04+05	03+03	07+06 =	28

**DOMBIVLI SHIKSHAN PRASARAK MANDAL'S**  
**K.V.PENDHARKAR COLLEGE OF ARTS, SCIENCE &**  
**COMMERCE (AUTONOMOUS), DOMBIVLI (EAST)**

7<sup>th</sup>

March, 2022

**NOTICE**

**COMMERCE READER'S CLUB**

**Students who have participated in the commerce reader's club activity are hereby informed that the session for the year 20201-22 will be as per the following schedule:**

<b>Session</b>	<b>Date</b>	<b>Time</b>	<b>Venue</b>
<b>1st</b>	<b>10/03/20212</b>	<b>12:00 PM - 1:00 PM</b>	<b>Room No- 103</b>
<b>2nd</b>	<b>29/0320212</b>	<b>12:00 PM - 1:00 PM</b>	

**Instructions:**

- 1. Participants have to report for the session 10 minutes before the given schedule.**
- 2. Participants may have copy of summarised Report of their readings for presentation.**
- 3. Each participant will be allotted 5 minutes for the presentation.**

### IQAC and Library Activity July ,2021

#### Topic: How to find and use E-resources effectively

Class	Date	No. of students attended
SY & TY BCom A & B	14 <sup>th</sup> July 2021	142
SY & TY BCom C & D	16 <sup>th</sup> July 2021	
SY & TY B&I	31 <sup>st</sup> July 2021	33
SY & TY BMS	29 <sup>th</sup> July 2021	21
SY & TY BAF	9 <sup>th</sup> Aug 2021	84
SY & TY Botany	6 <sup>th</sup> Aug 2021	6
SY & TY Chemistry	26 <sup>th</sup> Aug 2021	28
SY & TY Physics		
SY & TY Zoology	10 <sup>th</sup> August 2021	11
SY & TY English Literature	19 <sup>th</sup> July 2021	52
SY & TY Economics		
SY & TY, MA History	24 <sup>th</sup> July 2021	80
SY & TY Geography		
SY & TY Psychology		
Total Students Participated		457

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## IQAC

6/7/2021

The Internal Quality Assurance Cell (IQAC) of the college in collaboration with the Library is organizing the lecture series for the students of undergraduate and post-graduate programmes on the theme -

### **'How to find and use the e-resources effectively'**

The aim of this lecture series is to orient the students towards important e-resources that are useful in their studies and help them finding most relevant information from the internet.

The first lecture of the series will be on the topic – 'Exploring the Internet'

The lectures will be conducted by the librarian of our college, Ms. Amala Patwardhan.

The class-wise schedule will be planned in consultation with the class co-ordinators.

  
Prof. B. T. Shirsath  
IQAC Coordinator

  
Dr. S. S. Mahajan  
I/C Principal