



The
KHALSA*ite*
Guru Nanak Khalsa College of Arts, Science & Commerce
(Autonomous)

Volume-LXXI 2022-2023

*Aim for the
Pinnacle*

Accredited by NAAC with 'A+' Grade with CGPA of 3.54
College with Potential for Excellence (2016)
Best College Award by University of Mumbai (2011-12)

NAZRANA





GURU NANAK KHALSA COLLEGE OF ARTS, SCIENCE & COMMERCE

(AUTONOMOUS)

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The KHALSAite

VOL-LXXI 2022-2023

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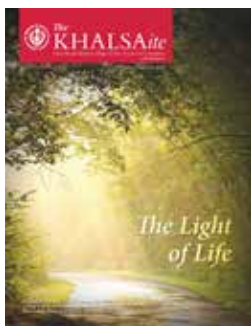
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FROM THE CHAIRMAN'S DESK

SARDAR GURINDER SINGH BAWA



"Truth is high but higher still is truthful living."

Quote from- Shri Guru Granth Sahib

*W*ith the aim of imparting substantial societal obligation towards education, I promise to gift the society with compassionate youth who will not only dream big but take action to become the ambassadors of the community. With the new policy of NEP, we envision to align our entire teaching as per current requirements keeping Indian ethos in mind. Continuous efforts of the teaching and non-teaching department have been taken forth by enhancing the preaching and teachings of our Gurus as we are promoting in our college equality, and fostering a sense of community and service in the minds of the students. I take immense pride in their accomplishments.

I am pleased to share with all of you that today, our College, in the field of Sports, ranks at the top in the University of Mumbai .Our college has produced some of the best players of the Country. I am grateful to the staff that are working tirelessly behind the students' progression.

I take this opportunity to congratulate the editor- '*The Khalsait*', Harpreet Kaur Sidhu and her team who have made untiring efforts to bring out this magazine. I wish them all success. May all our students soar high in uncharted skies and bring glory to the world and their profession with the wings of education.



PRESIDENT ALUMNI SPEAKS...

SARDAR SATINDER PAL SINGH AHUJA-Honorary Consul, Georgia

A Journey of Growth, Memories, and Gratitude

Sing the songs of joy to the Lord, serve the Name of the Lord, and become the servant of His servants. —Guru Nanak Dev ji

As I sit down to reminisce about my time at Guru Nanak Khalsa College, I cannot help but be filled with a sense of nostalgia and gratitude. The years spent within the confines of this prestigious institution have shaped me into the person I am today. My journey as a student at the college holds fond memories, valuable lessons, and countless reasons to be grateful for the experiences I had.

One of the remarkable aspects of the College is its commitment to academic excellence. The dedicated faculty members, state-of-the-art facilities, and rigorous curriculum cultivated in me a passion for learning and laid the foundation for my future career. The knowledge and skills I gained at this temple of knowledge have continued to guide me long after I bid farewell to my alma mater.

Beyond academic pursuits, Guru Nanak Khalsa College presented a unique opportunity for me to form lifelong friendships and establish valuable connections. The diverse student body created an enriching environment where I interacted with individuals from various backgrounds, cultures, and perspectives. The strong bonds forged during my time at College have proven to be invaluable, both personally and professionally. What truly sets Khalsa College apart is the unwavering support and mentorship provided by the faculty and staff. I hold deep appreciation for the professors and mentors who invested their time and effort in nurturing my talent, pushing me to reach my full potential, and providing guidance as I navigated the complexities of academic and personal growth. Their wisdom and expertise have been instrumental in shaping my career path. I am forever grateful for the opportunities, support, and guidance provided by the college, and I look forward to contributing towards its continued success.

As alumni of this marvelous institution, let us remain connected and devoted to upholding the values and traditions that make our alma mater .



MEMBER - COLLEGE DEVELOPMENT COMMITTEE

SARDAR GOVINDER SINGH NATT



The Academic year 2022-2023 has proven to be a captivating period. The Educational Institution has borne witness to a wide range of programs and festivals, accompanied by webinars, which have become progressive traditions for both our esteemed faculty and diligent students. This implementation is anticipated to foster self-assurance, intellectual acuity, and ethical fortitude among the students. The esteemed G N Khalsa College has experienced consistent growth in various domains. The realm of education, sports, cultural endeavours, and societal activities has flourished significantly within the college's confines. Furthermore, the attainment of autonomous status by our

Institution has propelled placement opportunities in reputable industries to new heights. Under the guidance of Chairman Sardar Gurinder Singh Bawa, a visionary leadership has played a crucial role in establishing a cohesive management team, led by the Principal, which has resulted in a curriculum that effectively addresses the changing market dynamics. This methodology can be compared to planting seeds of knowledge in the fertile minds of students, ensuring their comprehensive development. Ever since my own college days in 1979, 'The Khalsait' has always had a special place in my heart. I extend my hearty congratulations to the editorial board for adhering to the designated timeline and successfully publishing this magazine as scheduled. The College's infrastructure accomplishments are dedicated to fostering the comprehensive growth of students, enabling them to confront real-world challenges with confidence. This concerted effort aligns with the Institution's objective of nurturing students in a well-rounded manner. By embracing professionalism, students can ardently pursue their aspirations and bring honour to the college.

Wishing you all Good Luck...



FROM THE PRINCIPAL'S DESK

DR. HARJINDERPAL SINGH KALSI

I am extremely delighted to extend my warmest greetings to all our staff members through the pages of our prestigious College Magazine. As we embark on yet another academic year filled with promise and potential, it is with great pleasure that I present this annual publication – a testament to our collective achievements, creativity and intellectual proficiency. Our college community has always thrived on the principles of value, perseverance, and the relentless pursuit of excellence. Be it education or sports, research integrity or cultural activity, NSS or NCC, the college has proved its adherence and excellence from the time of its inception.



Education is not just about acquiring knowledge; it's about nurturing a spirit of understanding, examining and solving, infusing the perception of social responsibility, and fostering the leaders and changemakers of tomorrow. Malcom X has rightly said, "Education is the passport to the future, for tomorrow belongs to those who prepare for it today." I really feel happy and proud to declare on this enriching platform that every faculty of our institution understands the need of the hour and cater our students with such proficiency and diligence that the students not just know how to face and overcome the challenges coming their way but also comprehend how to administer their knowledge to achieve their definitive goal. In our college we strive to provide an environment where students can explore, transform, and evolve into broad-minded and balanced individuals who contribute significantly to the enhancement of the humanity.

As we commemorate the accomplishments of the previous year, we should also look forward to the opportunities and challenges that the future holds for us. With the proposals of the NEP (National Education Policy) knocking our doorsteps I'm genuinely assured about the confidence and integration of our college fraternity and together we can overcome all the difficulties and apprehensions that come our way and we will continue to achieve great heights and create a positive impact on the society.

I express my gratitude to the editorial team, all the faculty advisors and all the students who have contributed to enrich this magazine.

Thank you everyone for your continued support and enthusiasm.

Wish you all a positive, promising, and productive academic year ahead.



Editorial



*“Your mind is a garden, Yours thoughts are the seeds,
The harvest can either be Flowers or weeds.”*

William Wordsworth

Our mind is a garden and we are the gardeners. If we leave it unattended it might turn barren and push us in the world of loneliness and negative thoughts instead if we care, it turns to be an attractive nursery. We need to understand that the cut and trim are required to shape and grow the plant which will gradually blossom from bud to a beautiful flower.

We, at Khalsa College encompass to create beautiful minds that will eventually design a beautiful future for all of us. G.N. Khalsa College is an institution which is born in 1937 and has gradually risen to the level of a premiere institutions of higher learning in the City of Mumbai. The College today, is an educational edifice of excellence with its most talented and experienced Staff and State of Art infrastructure, offering a variety of Courses in Arts, Science & Commerce both at UG and PG level. The College has produced great personalities in various fields like Shri Ram Joshi (former Vice- Chancellor, Mumbai University), Sardar Bhuta Singh (former Union Home Minister), Ramesh Talwar (Director), Avatar Gill (TV Actor), Sardar Balbir Singh (Olympian- Hockey) and many more. Our College is the Epitome of Learning, where constant shaping and trimming is done by the faculty members to inculcate value system among the students. Youth with these values can then shoulder the pressure of making the world more productive and peaceful.

We, the Committee members express our deep sense of gratitude to the Management for giving us an opportunity of bringing out the Magazine. We are also grateful to students for their contribution.

We strongly hope that the magazine will be received well by one and all.

HARPREET KAUR SIDHU



The Editorial Team of Khalsaite



Bottom (From Left to Right): Vice Principal-Dr. Anita Pasbola, Co Convenor-Ms. Parvinder Kaur, Vice Principal-Dr. Ratna Sharma, Convenor- Ms Harpreet Kaur Sidhu,
Vice Principal Jr College- Ms. Sangta Bolevi, Dr. Padmaja Kulkarni
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Dr. Parul Khurana, Dr. Abhimanyu Yadav.

SPORTS (JUNIOR COLLEGE)



*Bharghav Kshirsagar
Karate State Silver Medal*



*Bhumi Waghmare Karate
Inter College DSO Silver
Medal*



*Gauri Mane Rifle
Shooting Inter College
DSO Gold medal*



*Sakshi Manjrekar
Malkhamb State Team
Gold Medal*



*Jiya Tirkey Soft Tennis
Inter Division Gold
Medal*



Ball Badminton Girls division Gold Medal



Cricket Boys Runner Up Inter Division level



*Sayali Kamble Fencing
Inter College DSO Bronze
Medal*



Handball Boys Inter Division Runner Up



*Cricket Girls Inter
Division Runner Up with
Coach Surekha Bhandare*



*Shravani Nilave
Karate Inter College
DSO Silver Medal*



Football JCSA Inter college - Bronze Medal



Kabaddi Boys 3rd place Inter college DSO

SPORTS (SENIOR COLLEGE)



Winners of the Inter zonal Ball Badminton (Men)



Abhijeet Patil, silver medal at All India Inter University Tournament



2nd runner up Ball Badminton women team with the officials.



Volley Ball championship (Men) Mumbai University



Winners-Rifle Shooting



Ashwin Tupe won three medals in Elite classic world championship



Winners of Zonal and Inter Zonal Taekwondo Men Championship



Runner up Cricket Team (Women)



Sampada Phalke, Gold Medal at the Maharashtra State Judo competition for Olympic Games



Arya, Second place at senior state level Ball Badminton Tournament



Sampada Phalke, Bronze Medal at the west Zone Khelo India Women Judo National League and Ranking Tournament

NCC



Kargil Vijay Divas



Drill



Cultural Program



Martial Arts



Dance



Salutations to the Freedom Fighters

IS THERE A NEED TO MINIMIZE OR TAKE A BREAK FROM THE INTERNET?

Krishu Surve, SYJC

As a teenager in 2023, I should be on the “Phones are the best” team. But when I think about the time when our world was not so developed in technology the only major concern in a man’s life was “There is no rain, how will my crops grow?” And if we look at today’s problems “There is no wifi, how will I complete the series I am watching?”

Internet has not only impacted our lives, but it has become a member of our family. A modern family cannot start dinner without it. A modern family cannot work without it. Internet has become an important aspect of everyone’s life.

Inventions such as AI, social media and many more internet branches have made human lives so much easier, resulting in less work for the human beings. With a click on a phone the fans in your house start working. COVID-19 was one of the major promotions for internet. People began to earn money from playing games on computers. Even though internet has helped people a lot, but it has also made them addicts. Social media also being one of the biggest blockbusters in Covid-19 it has mostly affected teenagers. Social media not only makes a person addict,



but it sucks out the socializing skills of a person making them introvert.

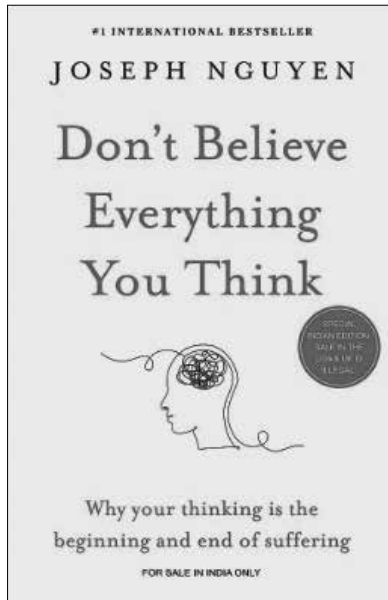
Phones which were created merely for calling, are now the best friend of a human being. Today almost everything is possible from a phone; you can sit at home and shop clothes, order groceries and you can even have online friends.

So, if we don’t have a little set

back from this internet crusade, the reality and the social life of the people will die forever. People will text each other even if they are sitting next to each other. Or soon the government will be run by robots. That’s why the young generation of today should take the initiative to minimize the use of internet and set foot into the reality of the world.

BOOK REVIEW

Rutu Adate, FYBSc



Don't Believe Everything You Think

Joseph Nguyen

"The intuitive mind is a sacred gift, & the rational mind is a faithful servant. We have created a society that honours the servant & has forgotten the gift" - Albert Einstein

Whether you agree or not, we are all overthinkers. We constantly

keep thinking, calculating and over analysing our thoughts. The more we think, the more trouble we invite in our lives. What if I tell you, there is a solution to stop your mind going crazy? 'Don't believe everything you think' is a beautiful book written by Joseph Nguyen. This philosophical self-help book teaches you why our thinking is the beginning and end of our suffering. On the outside this book appears to be just like any other boring philosophical books with a simple cover but once I started this book, I ended up completing it in one sitting.

Joseph Nguyen explains human thinking in detail. He explains that our thoughts are living entities, every time we experience something new it goes through, alters and shapes our memories forgetting the old memory and creating a new memory in our mind. This cycle continues ultimately creating a highly refined version of our thinking which is different from what we once actually thought. He also explains the concept of unconditional

love, creation and to have faith in the unknown of the universe which may seem scary at first but once you give in you will find yourself in abundance. Abundance of joy, love, harmony and peace. Everything you ask of the universe will be provided to you with time, and all you have to do is trust it. He explains how the human mind works and is provoked into unnecessary thinking and how it is entirely our thinking that affects our mood.

This book, which is less than 100 pages, is not only concise but is also practical and straightforward. The author does not waste time anywhere around the book and explains to the point with the help of short stories, relatable examples and beautiful quotes making this book a page turner with every sentence. I would highly recommend this light read to anyone even for the ones who have never read a book in their lives. The author provides takeaways for life and is a must read for everyone.

"The Highest Manifestation of strength is to keep ourselves calm and on our own feet."

-Swami Vivekananda

THE JOY OF WIND

Madhura Narkar, FYBA



There is this calm, restful feeling when the wind blows, the peace is unexplainable. Do we ever appreciate it? Do we ever experience the joy and calmness in our busy lifestyle? Sitting near your window at the time of dusk when the orange light of the setting sun falls on your face while the cold thin breeze blows through your face. Different kinds of experience for different people but the tranquil remains the same. A cot mobile hanging over a crib making a baby fall asleep, the light wind that makes it spin, father takes his child to a park pushing the swing, the wind that blows his hair is different, the wind on an open highway is different, different on a bike, different in a car. The wind in an open deck bus running through the streets of Mumbai is different. The wind on the top floor of a building is different in peace and wind that blows under a tree shade is different. Different on a construction site different on a hill yet the peace remains still. The wind that blows while traveling in a local train at night, the peace it gives after an exhausting day. The soothing sound of the tree leaves in the wind, the chiming sound of the bells in the wind, the sound your ears and soul feel. The beauty of each experience may be different, but the constant is the peace and the joy the wind brings.

Health Is Wealth

Ummehani Kapadia, MSc Nutraceuticals



In the world of health and shining star
Nutraceuticals have come so far
These compounds from nature's embrace
In wellness and health, they find their place

Vitamins, minerals & more they hold
In capsules, tablets and stories untold
From the depths of ocean to trees so tall
Nutraceuticals offer benefits for all

Antioxidants like warriors in a fight
Protecting cells from day to night
Omega-3s a heart's best friend
In nutraceuticals their benefits blend

Turmeric's golden, anti-inflammatory grace
Curcumin's power, a radiant embrace
Probiotics in gut health they reign
Balancing flora, relieving pain

With each dose a step towards the goal
Nutraceuticals makes us whole
In capsules and powders, they come to our aid
Enhancing our lives, a promise displayed

So let us embrace these gifts from nature's store
Nutraceuticals we will always adore
A fusion of science and nature's grace
In our quest for wellness, they find their place

Be in the moment

Anjali Vartak, SYJC

Inhale and then exhale
simply let yourself be,
Be in the moment
you are safe in this moment.
The shining rays of sunshine
will surely appear
in the dense forest of your mind.
It's going to get worse
before it gets better,
You'll have to feel
so many other emotions
before you feel
happy and good
But one day
you'll be so proud of the person
you've become
Acknowledge your feelings,
sit with them
and then move forward
Do not underestimate yourself,
know your worth

Be kind to yourself
and know you're needed here,
Exist with pride.
Dear empathy,
take a moment
take one day at a time,
healing is a process, this phase
is not here forever
Today might feel hard,
put trust in time
you'll grow,
you'll heal,
you'll thrive,
you'll glow & shine.
Take the moment and taste it
you've got no reason to be afraid,
there will always be more sky,
more space to fly.
So, Inhale and then exhale
simply let yourself be,
Be in the moment.

Mumbai Love

Chinmayee Samant, FYBA

Mumbai a city of hope
and opalescent blue skies
a city of dreams, ambitions, passions, and love.
A city of a soothing calming sea,
Teaching the mantra of high's and low's through its tides.
Where peace and tranquility co-exist
amidst the hustle and bustle of the city.
where grasses grow and concrete ends.



A city so busy that it doesn't even sleep at night.
Mumbai a city alive because of its people,
within its people.
Mumbai that is ours, Mumbai that's mine.

TO SCROLL OR NOT TO?

Janhavi Purushottam Narvekar, MSc Nutraceuticals

“Have you seen the pictures Mallika posted on Instagram in the afternoon?”, the first sentence, my friend Ishita speaks up, even before a “Hello” on the call. “No. I was sleeping dude.” I responded while still being half asleep. Without even letting me complete my sentence, that girl forced me to open Instagram and check the post. It was a whole thread of pictures from Mallika’s London trip. Beautiful pictures indeed. But not so beautiful that you need to sacrifice your best afternoon nap for that. “How can she travel so much? When does she study? How does she have so much money? How do her parents allow her?” and so on...my friend kept on ranting. I was listening to her, not paying attention to any of those words, until I gasped hearing one sentence, “I think I’ll delete Instagram. I can’t keep up with ‘One day I’ll have so many followers, I’ll get these many likes, I’ll be popular.’ I think I have social anxiety or maybe I’m going into depression”. I immediately shut her up telling not to jokingly use terms like social anxiety and depression. She didn’t mean any of that obviously, but her words didn’t leave my head that day. And me being curious, started researching about this topic- Does



social media positively or negatively affect mental health?

Humans are social creatures who need the companionship of other people to make progress in life. Thus, while being socially linked with others helps alleviate stress, anxiety, and sadness, a lack of social connection can pose major threats to one’s mental health. Social media has recently become a part of people’s daily activities; many of them spend hours

each day on Messenger, Instagram, Facebook, and other popular social media. Social networking is an important part of safeguarding our mental health. Physical health, mental health, behaviour, and mortality risk are all affected by the quantity and quality of social contacts. The Displaced Behaviour Theory may help explain why social media shows a connection with mental health. According to the theory, people who

Social networking is an important part of safeguarding our mental health. Physical health, mental health, behaviour, and mortality risk are all affected by the quantity and quality of social contacts.

engage in sedentary behaviours such as social media use, have less time for face-to-face social connection, both of which have been shown to be protective against mental disorders. Social theories, on the other hand, discovered how social media use influences mental health by affecting how people interpret, maintain, and interact with their social network. Furthermore, social media may put a lot of pressure on people to conform to the stereotypes that others want to see and to be as popular as others.

Talking about the positive aspects of social media use on the mental health, it can help people maintain and strengthen social connections, especially when physical interactions are limited. It can provide a sense of belonging and support, which can have positive effects on mental well-being. Social media platforms can be sources of valuable information and resources related to mental health. They can raise awareness of mental health issues, reduce stigma, and provide access to mental health services and communities. Some individuals use social media as a platform for self-expression, creativity, and sharing their experiences. This can be a positive outlet for emotions and a source of self-esteem and fulfilment.

As we all know that every coin has two sides, there are negative aspects too. Social media can facilitate social comparison, where users compare their lives to the carefully curated and often idealized lives of others. This can lead to feelings

of inadequacy, envy, and low self-esteem, which can contribute to mental health issues like depression and anxiety. Excessive use of social media can also lead to addiction-like behaviours and interfere with daily life and responsibilities. This can result in feelings of guilt, stress, and anxiety. Online harassment and cyberbullying are significant concerns on social media platforms. Victims of cyberbullying can experience mental health problems such as depression, anxiety, and even suicidal thoughts. Social media algorithms often curate content to reinforce users' existing

Constant exposure to others' seemingly exciting experiences and events can lead to FOMO, which can negatively impact mental health by creating feelings of loneliness and inadequacy.



beliefs and interests, creating filter bubbles. This can contribute to polarization and echo chambers, potentially exacerbating mental health issues related to stress and political or social divides. Constant exposure to others' seemingly exciting experiences and events can lead to FOMO, which can negatively impact mental health by creating feelings of loneliness and inadequacy.

The relationship between social media use and mental health is not one-size-fits-all. It varies based on individual factors, including personality, coping strategies, and the way one engages with social media. Additionally, research has suggested that moderate and mindful use of social media is less likely to result in negative mental health outcomes.

In conclusion, the relationship between social media use and mental health issues is multifaceted. While social media can have both positive and negative effects on mental well-being, the key lies in how individuals use these platforms and their awareness of the potential pitfalls. It is important for individuals to be mindful of their social media habits and seek support or professional help when needed if they experience mental health issues related to their online activities.

LUCID DREAMS

Rutuja Pawar

Dreams often mean something, no one ever really pays attention to what our subconscious mind is trying to tell us. I am not any different but one night I really thought to give it a little attention. I thought of travelling to Nashik for some business purpose. I booked a train ticket and arrived at the Thane station. I got in the train and there was a lot of rush. I somehow managed to find my seat, I put my luggage under the seat and got comfortable. The man sitting in front of me was questionably searching for something. I asked him, "what are you searching for? I will help you find it." he replied "nothing, just a picture." I saw a picture lying under the seat. I bent down to pick it, I picked it. Is this the photo you were searching for? As soon as I was handing over it to him, I saw the picture. It was a picture of a girl..... the blue eyes, dark hair her beauty was so mesmerizing that I could not take my eyes off. The man snatched the photo out of my hand. Embarrassingly, I gave an awkward smile. The man went back to doing his own business, but I couldn't take that girl off my mind and kept thinking about her as I went off to sleep. I got up in the middle of the night to use the washroom. After using the

washroom, I was on my way to go back to my seat and that is when I saw a girl standing near the door, she was looking out of the train turning her back to me. Then she turned, her eyes blue dark hair, it was the same girl I saw in the picture and now she was looking at me. Been flabbergasted I awkwardly said 'hi' she waved back at me and said "hello" and before I could say something more she started talking.

"I've been wanting to tell this from quite a while, the man who is sitting in your opposite seat is my

father and the suitcase he is carrying has my little sister in it and you have to save her."

I couldn't process anything she said, a father? The suitcase? My mouth was wide open, but I couldn't speak and then it was complete darkness as the train was in a tunnel and I could only hear her voice "get her out! Save her!" her voice was getting louder and louder she went from yelling to screaming and I covered my ears. As it stopped I opened my eyes I saw myself back on my seat so it was just a dream? I was stressed and relieved at the same time. I reached to grab my bottle and I saw the suitcase. The guy was sitting and staring out of the window just like the girl was. I decided to test my gut out and thought of an idea. I spilled half of the water all over his suitcase and began to apologize. I did that to see how he reacts. I took an attempt of wiping the water off the bag but he pushed my hand away saying it's okay. That was suspicious. Why would a sane person cut me some slack? Any sane person would be cussing me hard by now for ruining his suitcase and he would at least open his suitcase to check out whether his belongings aren't soaking wet, but he did none of this. I was really feeling suspicious about this man and his suitcase now. I acted as if



I was asleep and just after some time as the man went to use the restroom I took the golden opportunity and dug my hands under the seat. I reached for the zip and swung open the suitcase. From what I saw, my feet started stumbling 'the body of a girl.' I rushed to check her pulse just like they do in every hysterical movie. She was ALIVE. I woke everyone else up and let them know. The man came out of the washroom and a bunch of men caught him by the collar and dragged him to his seat showing the girl in the suitcase. He attempted to fight and let himself free and what he did next was unthinkable he pushed people aside by force and jumped out of the train. Yes, he did. I stopped the train by pulling the chain and contacted the motorman through the emergency call button. The train stopped at the next station, policemen

arrived and carried away the girl in an ambulance. I went along to give an official statement about the incident. After investigation it was found that the man was the child's actual father and he was also a human trafficker. He used to kidnap homeless children from the streets and was once caught also but had got away due to his political reach. Later he married a woman and had two children with her but after two years the mother was found dead, and the kids went missing. He had married again and had two more children, the first child was missing and the second was the one I found in THE SUITCASE. When I saw the photo of the missing first child, adrenaline swept into my spines, it was the girl whom I saw in my DREAM. The girl in the suitcase was conscious now I went to see her she was fine now so I asked about her

older sister and she said, "my older sister was sent off by my father on the Saturday night last week, I was alone yesterday night and father came home angry saying 'Chaya is dead' and grabbed me forcefully then made me unconscious and today when I woke up I was in this hospital bed." the girl had no idea about her psychocriminal father who was dead now. I greeted her goodbye and went home. I was wondering about the dream I had and Chaya; she was dead but somehow showed up in my dreams and her exact words came true. I never saw her in my dreams again maybe she was at peace now that her spirit communicated with me in my dreams to save her little sister. Chaya means protection and she really did give life to her sister.

"Maybe Tomorrow"

Krishna Makwana, SYBAMMC

It's all silent and dark
 As I sat, with no sort of spark
 The day although did not go that well
 But I said "maybe Tomorrow" to my tired heart.
 Let me walk through this
 Until the light beam comes
 Let me patiently watch as the tables turn
 Let me sip my pain and drop the urge
 Of giving up just for a small burn.
 I am still sitting but the eyes now closed
 As I visualize the path that I myself chose
 It has tons of thorns awaiting me
 But the sun at the end is the only thing I see



I can feel the breeze consoling me
 I don't want any distractions controlling me
 So I opened my eyes, it still was dark
 But I said, "Maybe Tomorrow" to my tired heart.

SOCIAL ISSUE - DOMESTIC VIOLENCE

Soba Thakur, FYBA

Indian Society suffers from various social issues. These problems may or may not be impactful in every section of society, yet these issues significantly affect a country's growth. Some major social issues are gender issues, caste system problems, poverty, and health issues, etc. Let's look into the deepest social issue which is still going on in our country... That's nothing but **Domestic Violence**. **Domestic violence** is not simply an argument. It is a pattern of coercive control that one person exercises over another. Abusers use physical and sexual violence, threats, emotional insults, and economic deprivation as a way to dominate their victims and get their way. It can be described as



the power misused by one adult in a relationship to control another. It is the establishment of control and fear in a relationship through violence and other forms of abuse. This violence can take the form of physical assault, psychological abuse, social abuse, financial abuse, or sexual assault. **Domestic violence** is a major

contributor to the ill health of women. It has serious consequences on women's mental and physical health, including their reproductive and sexual health. These include injuries, gynecological problems, temporary or permanent disabilities, depression, and suicide. **Domestic Violence** still occurs in the rural areas where women are not allowed to speak against men. As per the report of National Family Health Survey - 5 (NFHS) Karnataka has the highest number of domestic violence cases in India, with a whopping & 44%. Karnataka, unfortunately and shamefully, stands at the first spot! **Let us protect ourselves and break the cycle of abuse...**

My Mother

Juveria Mahfooz, TYBSc

My mother is the only one,
Cannot be compared with anyone.
Always approaches me with a smile,
Anytime any while.
Though sometimes I let her down
But she would never ever frown
Like a cool breeze,
She always makes me feel at ease

She is so beautiful and simple,
Like stars at night that twinkle.
She's a unique creation,
Who's beyond comparison.
My friends envy me,
And long for a mother like she.
Oh, dear mother
I love you forever.



TOP 3 MUST-VISIT HIDDEN GEMS OF INDIA YOU DON'T KNOW ABOUT

M. Sushminthana. K. Murugesb, FYBA



In today's world, everyone needs a diversion, a detour from the exceptionally mundane and monotonous routine of their life. We convince ourselves to take a trip, as it is the answer to almost all our problems nowadays.

We usually make several intricate plans to visit all the famous places across the globe hoping that it would

provide us that dose of refreshment and fun. Although that is not wrong, we fail to realize that several underrated travel destinations in our country are off the mainstream map.

It is high time we explore and rediscover the beauty of these places and give them the chance they deserve. Let us look past the charm of these cosmopolitan cities and experience the most beautiful gems and untapped natural beauty.

ZIRO VALLEY, ARUNACHAL PRADESH.

The Ziro Valley, a habitation to the Apatani tribe, is a quaint old town in Arunachal Pradesh. This place is an enthralling holiday destination that displays the pristine natural beauty one hopes to see. The valley is very quiet and famous for its pine hills and rice fields.

The most interesting fact is that the weather is pleasant perennially making it more convenient for travellers to visit the valley at any time of the year. The Ziro Valley is an



embodiment of scenic beauty which immerses the visitors in nature's lap. This hidden gem in India is the perfect travel destination for those who love photography, sketching, and many more.

WAYANAND, KERALA

Wayanad is the ultimate destination if you want to escape the scorching sun, and enjoy the beauty of untouched woods, misty mountains, and long-spread plantations.

Wayanad is the spice garden of India with vast orchards of various spices like cardamom, black pepper, star anise, fenugreek, black cumin, and more. These orchards add to the beauty of the place, and in addition to this, we can also find coffee and other plantations. Wayanad is also blessed with numerous wildlife sanctuaries, reserves, and national parks that protect the wildlife of the forest.

Wayanad is a perfect place to visit for adventurous activities like hiking, trekking, rock climbing, mountaineering, etc. Besides, the most prestigious thing about Wayanad is that it has India's largest earthen dam and Asia's second largest earthen dam, Banasura Sagar Dam. Wayanad, a hidden gem in India, is also successful in giving visitors a touch of sanity and divineness with amazing monuments like the ancient temple, Thirunelli temple, etc.

YOUSMARG, JAMMU & KASHMIR

Kashmir is an enchanting tourist spot with natural beauty. In this heaven on earth, one of the most mesmerizing



locations is, the gorgeous Yousmarg, a little hill station in the Budgam district of Kashmir. This is surrounded by serene Himalayan ranges and meadows of pine and fir, it is quite a difficult task to resist falling in love with this extremely beautiful place which is located so close to Srinagar.

Yousmarg is an offbeat destination that must be on every

traveller's list. The place is renowned for some of the highest peaks in the Pir Panjal Mountain Range, such as Sunset Peak and Tattakutti. Apart from this, Yousmarg also has the most attractive tourist sites such as Doodh Ganga, Pakherpora shrine, Nilnag lake, Sang-e-Safed, Tosa Maidan, and Charari Sharief.

EVOLUTION'S SPLIT: HOMO SAPIENS VS HUMANS

Sanika Jagtap, FYIC Integrated

Who isn't interested to learn more about the mysterious nature of humans and study them? At least I find it interesting :) Well, according to me, my brain has a different image and point of view when I think about these things- Homo sapiens and humans. Although in biology mean the same but my mind processes a different notion.

When I think about 'Homo Sapiens' I picture how long our journey has been and how interestingly we have evolved from a single cell to one of the most complex and intelligent creatures. It also makes me ponder how nature is so superior. Nature is surely one of the things that never fails to impress me. After visualising our evolution, I start to think about the wide-ranging things we Homo Sapiens have discovered so far. Earlier life was simple and lucid, there was no requisition of being stuck in the tangle of

complications. Everyone was exuberant and lived their life to the fullest.

But when my mind thinks about humans, I picture a modern human with a mobile phone in hand. I then ponder about how life was in earlier times. With no currency or money everything in life went so peacefully. Today our life is so complicated, we all are running behind earning money. We start to plan about our future but never live in our present. Students are just focused on getting good grades but fail to implement it in real life. Riots and fights are being witnessed everywhere, murders are committed, laws are broken but there is no solution to make it stop. Still humans are competing with one another and running after money.

Nevertheless, this thought always gets stuck in my head and I have to find some work in order to engage my mind into something else.

The Pink sky

Tanzila Ansari, SYBA

'O' man you don't know what's happening here,
I see the sky is pink up there.
The surrounding is so cheerful around me,
But the only reason is your smile I see.
Everywhere is another type of rush,
And I am here seeing you with a tint of blush.
Some confidence I want some support I got,
You gave me everything a lot.
There is nothing to ask for till this far,
You are always there at my every war
Yes, I am sad and sometimes struggling,

But when you are around, I am all giggling.
Nothing is seen good without you,
You are my shield and armor too.
I don't know how to confess you what I feel,
Just trust me without you I am empty and nil.
I want my present and my future to be secure with you,
I want you to be my world and universe too.
So let us be together in every situation,
Our togetherness is the answer to every question.
'O' my man you don't know what's happening here,
I see the sky is pink everywhere.

Beacon of Beauty

Aditya Yadav, SYJC Arts

*In India's land, where rivers flow,
A beauty, like the sunrise's glow,
With eyes that sparkle, dark as night,
She fills the world with pure delight.
Her eyes, a pearl in the oyster shells
flutter my heart in every blink.
Her nose, dwells in the fields of wheat crops,
Like a mountain pose.
Her lips, a sweet rose in the garden of bliss,
Whispering secrets with every tender kiss.*

*Her smile, a sunbeam in the rain,
A heart that knows no bounds or chain,
Her grace and charm, a timeless song,
In her every step, a rhythmic beat,
With bangles jingling, anklets' grace,
She moves with elegance and craze.*

*A lady, strong and free,
Her beauty's a sight for all to see.
In every word, in every glance,
An Indian beauty's a joyful dance.
Her culture's pride, her spirit so high,
Beneath the vast Indian sky,
In her, traditions and beauty entwine,
An Indian woman, truly divine.*

Let's Spice It

Aditya Yadav, SYJC Arts

*In kitchens where flavours dance and entwine
Spice the treasure of cultures divine
A pinch of heat & a dash of zest
Benefits of spice we're truly blessed*

*Turmeric's gold a healing grace
Anti-inflammatory it finds its place
Ginger's warmth, a soothing touch
Calming ailments, it does so much*

*Cloves-a fragrant, exotic surprise
Antioxidants they emphasize
Cardamom's whisper a fragrant dream
Digestive aid in every stream*

*Cinnamon- sweet and warm embrace
Regulating sugar with the grace
Chilli's fire a fiery delight
Boosting metabolism day and night*

*From cumin to coriander a world of taste
In each spice a healthful trace
Their benefits diverse a gift so grand
In every cuisine across the land*

*So, cherish these spices far and wide
For health and taste let them be your guide
In every dish a sprinkle or more
The benefits of spices we adore*

REALISTIC SUPERPOWER

Meera Panikar, FYBAMMC

What is masculinity? Is it a synonym for being stoic? Or is it an expression for strength and power? Masculinity is the characteristic of a man. Why is it that even in the 21st century we classify masculinity as a trait of stoicism, strength, power and not simply as quality of a man, quality which should not be type casted. For ages and ages men were perceived as the protector of the family presuming them to be the bread winner. We sometimes fail to understand that men are a part of the human race, and humans are different because they possess emotions and feelings. Why is that when we see a man crying, we perceive them as a “weak man” whereas when we see a woman crying, she is considered to be caring and emotional. Why is it that even today men are not able to express their feelings, not able to be vulnerable, is it because expressing emotions makes you less masculine or is it because this thought has been sowed into their mind?

Suppressing your emotions and not attending to how you feel can eventually be a major cause leading to depression. Men

Men are usually molded into thinking that being expressive about your feeling is an embarrassment and feminine. Peer pressure, false notion of masculinity, and even patriarchy are contributors to such thoughts.

are usually molded into thinking that being expressive about your feeling is an embarrassment and feminine. Peer pressure, false notion of masculinity, and even patriarchy are contributors

to such thoughts. These unattended pent-up emotions can later manifest into disguised aggression, addiction and abuse. Ignoring your emotions and feelings might be a temporary fix to the problem but it will surface in one or the other way. Surveys conducted have also proved that men at time refuse to accept their sexuality as it may taint them from being perceived as emasculating. We often say patriarchy has affected women and their dreams but can we also invest our attention to how it has also obliged many men to act a certain way just to fit in, as upsetting as it gets if we would have been able to normalize the vulnerability of men and respected it maybe we could've been able to save those suicide victims who were silenced by the role of fitting in. As the people of society, let us normalize this situation that men can be expressive; let's not confine them to being emotionless and stoic rather encourage them to be more vulnerable. Today we don't want superpowers like He-Man or Spider-Man but rather we require superpowers who are emotional and attached.



“Functional Foods: Nature’s Nourishing Grasp”

-Mariam Shaikh, MSc Nutraceutical

In kitchens where fitness is the aim,
Functional foods take their claim.
They nourish body, heart, and mind,
A wellness journey, well-defined.

Tiny millets, giant gains, we extol,
In their modest form, they nurture the soul.
Small in stature, yet they stand tall,
A healthy choice for one and all.

With each bite of greens and berries,
we take the flight,
Towards health, in nature’s guiding light.

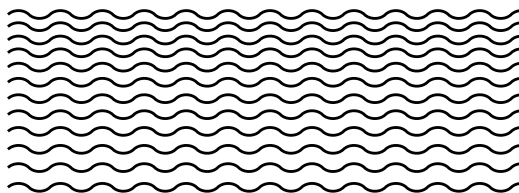
With antioxidants, food defend,
A shield against the growing old trend.
Proteins lean, in beans and quinoa,
Build robust muscle, a balanced flow.

Golden Turmeric a spice so bold,
Its anti-inflammatory secrets unfold.
Ginger and garlic, herbs so fine,
Boosting immunity, a grand design.

Yogurt, kefir & probiotics bring,
To gut health, a harmonious swing.
Fiber-rich oats, grains complete and true,
Digestive wellness, they help renew.

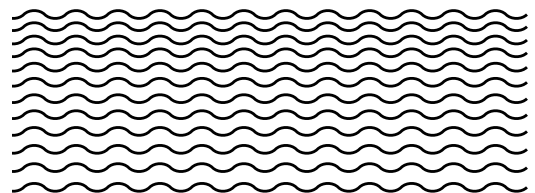
Functional foods, a culinary art,
Nurturing health right from the start.
In each and every meal, their magic we find,
A recipe for a life designed.

So relish these items from nature’s store,
Functional foods, we adore.
They hold us strong, vibrant, and well,
In the symphony of health, they dwell.



Waves

- Anjali Vartak, SYJC



*I'd like to be called Ocean
my soul is part of it's deep melody.
so much left to discover, it's mysterious, it's calm
Also dangerous during storms
and "in its depth it has it's pearls too"
No one is allowed to control it's glorious, beautiful tides.
Just like how I don't want anyone to control my life,*

*And so, like the water
I hope I am ever growing, ever changing
I hope I am powerful & free.
I think of life as the Sea
I'm ready to go wherever the waves take me
cause I know they're taking me
where I'm meant to be.*

A Dreamy land

-Mariam Afzal Ansari, MSc II Botany

Take me to the world
Where I'm no longer scared to be myself
Where I no longer need to cry for help
Take me to the world
Where I don't have to hide my tears anymore
Where out of pain I don't silently roar
Take me to the world
Where I don't mourn
Where care and peace belong
A world where there's no pain
A World where there is love in every drop of rain
A place where there isn't a piece of betrayal
Where there are no fake masked people
Where I don't hide emotions which are real
A place where I find one true love
A place where there is no place for lust
A place where I find someone to get lost in the eyes
Where backstabbers aren't roaming in disguise
Where honesty doesn't come with a price
Where true happiness lies
If only a world existed like that
I would indulge in it and never look back



Embracing Self Love

-Simran Victor Fernandes, TYBA

Try being honest with your happiness,
You think this is all pointless?
Finding happiness in a person is a misconception,
Being your own happiness is full of appreciation!
They change as time passes,
As fast as time lapses.

Do not be dependent upon them,
Just trust your own heart's rhythm.
People come and go,
But you need to go with the flow.

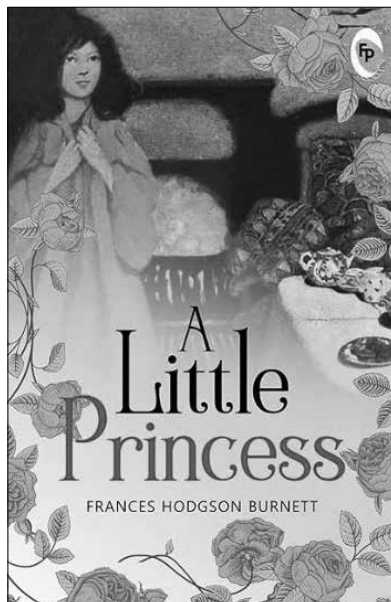
Do not expect someone to make you happy,
Give yourself the same opportunity,
This will surely help your mentality,
And will not ever give you anxiety.
It is all about making yourself a priority,
This will surely need great integrity.

Lastly accept your flaws,
Do not let them be your walls.
And every time you fall,
Just only recall,
That I am the strongest and happiest of all.



BOOK REVIEW

Tulika Sinha, MSc Part II Physics



A Little Princess

Novel by Frances Hodgson Burnett

A little princess is a story of a European curious little girl, Sara Crewe who had spent the early ages of her life in India but later went to London for schooling at the age of 7 and that's when the story began to spin. Sara was the darling daughter of Captain Richard Crewe who would exchange all the fortune of the world for his daughter. Sara lost her mother when she was a toddler but her father gave her abundant love to never let her feel sad. The story is plotted at Miss Minchin's boarding school for girls in London where Captain Crewe enrolled Sara for

elite schooling. Sara was given the most exquisite living arrangements including her own private room with a personal maid and her own private carriage. Though the school was a place for all rich young ladies; but Sara's grandeur was far extreme than the rest and this earned her the title of "Princess" amongst her peers.

Sara was an extremely kind and intelligent girl attracting praises from people around which at the same time made many jealous of her and her wealth. The story in a heart touching manner narrates her life from a rich princess to an unfortunate penniless pauper and then back to a princess. The roller-coaster of the incidents and the complementing basket of emotions is what makes the story beautiful and one of its kind. The plots showcasing Sara's compassion for her friends who are of varied backgrounds and the pure bond of friendship that's built along the course of time is the emotional backbone of the story. The thrill of the rapid changes in her life and the corresponding circumstances that she is forced to face draws the readers more close to the story.

I myself empathise with this story every time I read and each time is drawn into the shoes of the protagonist, feel her emotions as my own. Apart for giving a mind blowing

and captive reading experience, this book also plays a silent role of making us feel many unsaid emotions that we come across in our daily life. Silently in the background, through the experiences of Sara, we understand the importance of our loved ones and feel inclined to cherish the little joys in our day-to-day life. Hence as a book for children, this story indeed has its moral significance and has many things to teach to each of its readers, both young and old.

Thus, all in all "A Little Princess" is a right choice if you are looking for a book that stimulates all your emotions and boosts your imagination. It's continuous but not with reckless twists and turns and shall keep you engaged to the plot and make you hungry to know what happened next. However, if you are an impatient reader and love continuous adventures then maybe you may feel exhausted while reading this story; otherwise, it's a must read.

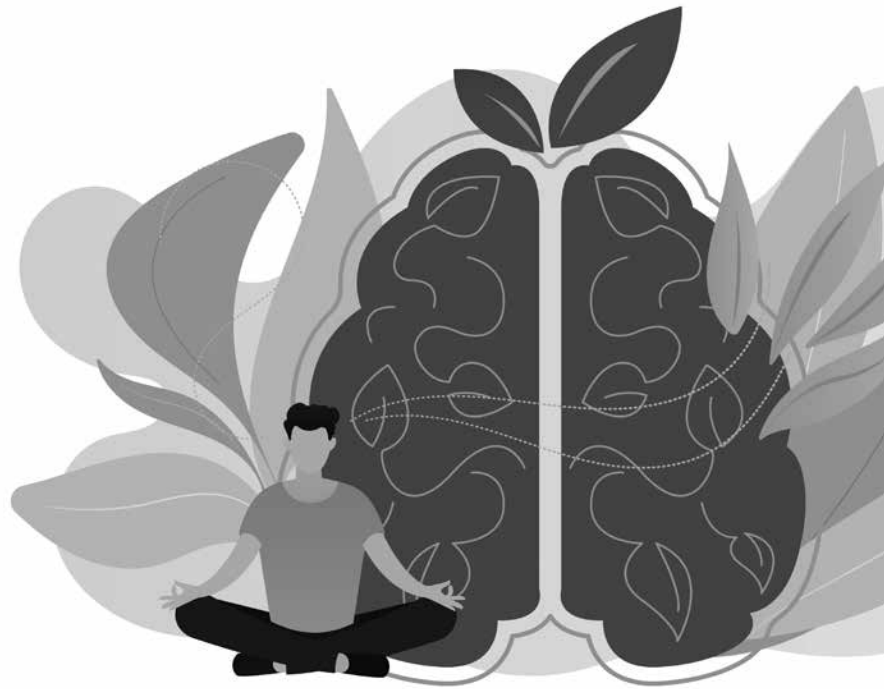
***To strive, to seek,
to find, and
not to yield.***

- ALFRED, LORD TENNYSON

MENTAL HEALTH MATTERS

Vaishnavi Nitin Chavan, SY-BAMMC

We humans faced a lot of mental disturbance during the COVID-19 pandemic for almost 2-2.5 years everything was shut down. As Poet Jalaluddin Rumi says “What hurts you, blesses you” and the pandemic was no different. It highlighted the fault lines in our healthcare system, our social, political and economic structure and also humanity’s acute existential fears. But mostly this affected our Mental health because there was no other activity for a long period of time and fear was the main reason for the disturbances. Negativity was spread all over the world. Getting panic is also a reason of anxiety and we often get panic because we don’t actually know how and what to react or do. Now, to overcome this negativity we can do many things. Exercising is considered to be a no.1 remedy as it helps mental and physical health both. Postivity around us is generated with good thoughts and it helps in overcoming negative approach as well. Developing a hobby which makes us happy by doing it is another way to reduce our stress. Watching or listening to something can help us compose ourselves. Eating nutritious food and perhaps at times counseling a Psychologist can help us in our physical and mental well-being. And



Postivity around us is generated with good thoughts and it helps in overcoming negative approach as well. Developing a hobby which makes us happy by doing it is another way to reduce our stress.

reading is also very helpful in this kind of situation. Try to stay calm and happy and keep smiling. Having a daily conversation with our family members or friends and staying

connected with them so that we can talk how and what we feel can relieve us from the pressure of day-to-day struggle. The pandemic, in fact, has played an important role in humanity’s evolution by challenging us to reflect on our spiritual nature. It has brought closeness among people and has created a sense of caring for one another. Besides wasting time on negative and useless thoughts we have learnt to fulfil our existence with positive and noble thoughts that will help us to lead a stress-free and happy life.

Nutra Care

Insiya Nasikwala, MSc Nutraceutical

Nutraceuticals are not a replacement for food,
But an add-on that is found to be good.
Derived from natural plant and animal sources,
Formulated to provide all the beneficial courses.

Plays a prominent role in preventive healthcare,
By giving the body the support of nutritional care.

Includes proteins, fats, carbohydrates,
vitamins and minerals,
Helping to maintain the health of individuals.

Growth supplements are a helping hand,
Probiotics protect the gut till the end.
Antioxidant being a human friend,
Works against the aging trend.

Omega fatty acids in the power to protect.
From cardiovascular diseases, the heart gets prevent.
Includes spices that have great taste,
Turmeric, cumin, cloves, and ginger all by god's grace.

Nutraceuticals help our body sustain,
And also, to reduce the feeling of pain.
Can be powder, syrups, pills, or capsules,
Works with food as an extra fuel.

Curing is not their tea, But prevention is their key.
It is the combination of nutrition and pharmaceuticals.
The upcoming promising stars are nutraceuticals.



Change

Dhruvni Gala, TYBAMMC

My teacher said change the way you speak
My father said change the way you dress
My best friend said lose those extra inches
you look prettier,
But none really said to me why change
when you are perfect darling

My relatives said change the way you express yourself
My peers said change what you expect from life
My sister told me just not your head and s
hut your lips be more polite
But did anyone really think that's just
who I am made to be?

My mother changed herself to be accepted by her own
My mother changed her way of living just so
she could be eligible for marriage
My mother changed thy self from head to toe to be the
perfect daughter in law, wife and a mother to all of us
But did anyone for once cared to ask
what is it that she really wanted to be?

My grandma changed her desire to study
to take care of her brother
My aunt changed herself to live and
to survive in a completely new city
Ohh wait, did anyone realize that
the men in the family change too?
The men in the family change themselves
for their family, wives, kid, business, and lastly,
The Society. The perspective that only either of the genders
go through changes, struggles, humiliation,
failure, success and trauma is incoherent.

IMPACT OF SOCIAL MEDIA ON HUMAN LIFE

Rutuja Palwankar, FY FYIC

With social media ringing in the heads of this generation, it is important to ask ourselves where it is actually leading us and is it to the right way or not. The mere thought of surviving through the day without the presence of social media seems disturbing.

People are connected wireless via internet with the help of social media. Within seconds a message is sent and received by just a few clicks. Not only communication but apps like Instagram, Snapchat, Facebook helps connect with friends and acquaintance very easily. Social media usage cannot be categorically categorized as either helpful or detrimental because it depends largely on a person's thinking and how they use it. People can use social media to be creative, produce mind-blowing material, raise awareness of important issues, and connect with a larger audience. Many young people take advantage of this option to generate money while they are learning, which helps and benefits them to persevere through the experience of learning and earning. With the use of social media, numerous small businesses expand their operations. On social media, information spreads like



wildfire and news travels at the speed of light.

Social media also has a lot of drawbacks, in addition to all its advantages. Cases of cyberbullying on social media bait people and they fall prey to it:

- Using a fake identity to send hurtful words to people on various messaging platforms.
- Creating false information about someone and posting embarrassing images or videos of someone using social media.
- Impersonating someone and sending mean messages to others on their behalf or through fake accounts.

Following cyberbullying, many accounts on social media are hacked on

Social media usage cannot be categorically categorized as either helpful or detrimental because it depends largely on a person's thinking and how they use it.

a daily basis. On an average, 1.4 billion accounts of social media are hacked monthly. If an account is hacked, it results with loss of money, details and a huge data of the person owning it.

Also, trolling on social media is growing day by day, a person genuinely sharing their happy

moments is unnecessarily trolled by some strangers on social media. Not only common people, even actors, creators, cricketers and artists who are really talented and share their creativity are demotivated by the unnecessary hate spread towards them. This teaches us that there are two sides to every coin, and 'social media' as I previously stated, cannot be classified as either positive or

negative. It is all about how much we make of this facility. Like elders always say "We must always learn what is good and forget the bad side of anything". Social media is the perfect instance for this. Technology has developed a good deal and there is nothing wrong in making most of the opportunity but at the same time, we must not forget what follows while using

social media and take the necessary precautions. The moment we realize that 'social media' itself is not a bad thing, our outlook towards it most certainly is, half of the battle will be won. Let us hope for a future that will consider this while talking about social media for future references and let us together bring out the brighter side of social media while forgetting the evils of it

Move on

Mariam Afzal Ansari, MSc II Botany

Move on with your life
 This life is new
 Don't give vanished days
 A backward look
 What happened has happened
 Don't you regret
 It's your lesson
 Try not to forget
 Your past didn't bless you
 Neither you are banned
 This is a new chance right at your hand
 Now that it's all over
 Don't run back again with a shovel
 Stop digging it out again and again
 Every time you do so it only brings you pain
 Stop blaming yourself for your past mistakes
 Love yourself no matter what it takes
 You made it through
 You came out strong
 Thinking your problems are over?
 That's where you are wrong
 Problems come in every phase of life
 But you got to be strong and survive

As the thought of giving up comes to your mind
 Think of the reason that made you strive
 This life you got live it full
 Fly higher as down the depression pulls
 Explore cities and towns and see big dreams
 Wear your favorite clothes and eat your favorite ice creams
 Because tomorrow when it's all over
 You will look back to the days
 I want you to be proud of how far you have made

It's what the Festive Air holds...

Tulika Sinha, MSc Part II Physics

I look around at the beaming sky
And then around at the people passing by;
It seems as if there's something intangible,
That withholds infinite amount of joy.

This joy is something that can't be defined
It's abstract to say yet is visible in a way.
This joy is unique and is not of the normal kind;
It's for festive time, if I may say.

The festive time is emotion's landmine.
It withholds many feelings in a pumped up form,
It's when we crave to be different from the norm.
It's the time when the air seems refined.

Be it joy, be it excitement, be it anticipation;
The festive air holds it all.

I see everyone pondering around
Over every little thing the brain found.
Oh, it's not the everyday thing am referring to,
It's about what the festive air brings along.

The festive time brings along a lot of task
Blended in its unique mask,
Whoever or wherever you may be
The festive pressure shall be there for you to bask.
What's interesting is that this pressure is not pungent but
pleasing in its way;
For it's the journey in the vibe that colours the festive ray.

There's so much to plan, there's so much to load in the van;
There's so much to do in a limited span.
There's so many decisions for you to call
For the festive air holds it all.

I glance at the crowd in its prime
That's swaying with the festive chime;
It's bustling with energy sublime
Thereby screaming, it's festive time!

The people, the crowds; the road, the cities,
All seem to be wrapped in a mould;
Which the festive air holds!

The Jovial Girl

Shweta Rajesh Gupta, TYCS

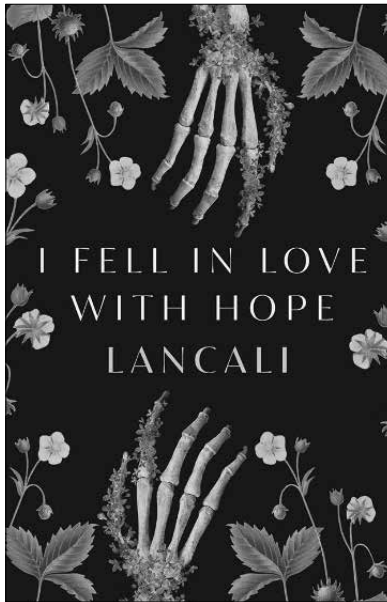
*In a world of passion, she is the shining star
Unrolling joy and warmth near and far
She spread her feather into the endless sky
Painting it with colours, reaching so high
Her core is well of courage in the fight
With a hand of love, she holds so tight*

*She weeps her emotions and never hides
Though she stumbles and falls
She will never be denied
And never afraid of anything
She will definitely rise high.*



BOOK REVIEW

Sakshi Thakare- SYBAMMC



I Fell In Love With Hope.

Lancale

Introduction

'I FELL IN LOVE WITH HOPE' is a story of five friends Sam, Neo, Ceour, Sony and Hikari. These kids were severely ill and lived under the same roof of a hospital. They all decided to stay together until death parted them. In the world that only belonged to the bright one's, these five kids decided to make their

own heaven. They weren't afraid of death instead they decided not to fear it. Because if death was the final destiny for humans, for them the world was just a mere prejudice of hatred.

About the plot

This story impacted me a lot because of its uniqueness. Especially the character of Sony, she was pretty, the kind of beauty that was brutal, bright eyed and heavy handed. A cheerful girl who never feared anything in her life.

Another character, a boy named Neo, a wheel-chaired writer he gave the message of how reality works as a brutal crime when it crosses its path through death.

The plot was a mystery which nobody could figure out. It kept me guessing until the very last chapter. It can't be exactly called a thriller, but a thought provoker.

One of my favorite part in the book was when these friends decided to run off the hospital. It sounds very unreal to how these kids with such deadly diseases decided it, but that's

what made it more interesting.

The author knew that this novel was supposed to be sad, but honestly it felt like a sunshine of hope. As if a flower had just bloomed. 'Hope gives us joy of being constant', and this story proved it.

Personal opinion

This book gave me tears of delight. The content is so gratifying that it will make us rethink on so many aspects that we neglect in our everyday life. I won't call the story fiction, but it has a part of fiction which might turn out to be an ultimate reality.

Particularly I didn't dislike anything in this beautiful novel. The message given by the author is so heartwarming and it will be forever engraved in me.

Conclusion

Honestly, this is a must-read book for everyone who thinks they lack love in their life. The main objective is to be satisfied with what we live in today. And living in the present will unite us to believe in a better tomorrow.

***"When you start with a dream and work with passion,
success is inevitable."***

-Ratan Tata

Harmony's Quest: A Dance of Health!

Tulika Sinha, MSc Part II Physics

In a world where cells waltz and twirl,
There's a story of health, a delicate swirl,
Cancer, a foe in the body's ball,
But organic food brings a healing call.

Amidst the chaos of genetic threads,
Cancer emerges, sowing dreads,
Yet in nature's garden, hope is sown,
Organic food, a remedy known.

From soil untouched by harmful spray,
Springs forth a hope to light the way,
Organic offerings, pure and fair,
Guardians of health, beyond compare.

Free from toxins, a wholesome embrace,
Organic food, a nurturing grace,
In its vibrant essence, healing found,
A sanctuary where strength is crowned.

Antioxidants, a shield so strong,
In the fight against cancer, they belong,
In the organic garden, they thrive and play,
Keeping malignant cells at bay.

With every bite, a step towards health,
A testimony to nature's stealth,
Organic produce, a healing song,
In the battle against cancer, it belongs.

So let us dance to nature's tune,
Embrace the organic boon,
For in this choreography, health we find,
A symphony of wellness, a gift divine.

Rain

Juveria Mahfooz, TYBSc



Clouds clashes and thunder roars,
Lightning occurs and rain pours.
Umbrella sprout and bloom like bud,
Kids have fun and play in mud.
Paper boats sail through paddles of water,
Life gets happy with joy of laughter.
Sing a song from the depth of heart,
Life will get a new fresh start
Everywhere green cool is why,
I love water falling from the sky.

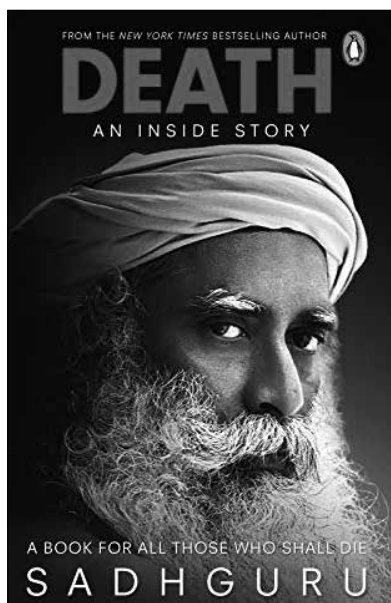
Rhythm

Saad Samir Malim, FyBSc-CS

As the moonlight fades the bright,
new stars rises through the dark.
No one wills to stand straight,
We know why we bow.
Let's sketch off our best, wOn a path known to
fade.
We may fall to be faulty, Let's rise to be brighten.
No one misses the sunny dusks,
As the moonlight rises.
Let's give up on giving up,
As wise wishes to explore.

BOOK REVIEW

Shrivatsa Kulkarni- MSc Part II Physics



Death; An Inside Story: A book for all those who shall die

Sadhguru

The book explores the concept of death and offers insights into how understanding death can lead to a more fulfilling life. Readers will find

it thought-provoking and insightful, as it delves into the often-taboo topic of death and provides a unique perspective on how understanding death can lead to a more meaningful life. It delves into various aspects of death, including its impact on our daily lives, the fear and misconceptions surrounding it, and the potential for personal transformation through a deeper understanding of mortality. The book combines ancient wisdom and modern insights to provide readers with a different perspective on this universal human experience. The book also explains importance of the rituals that are part of culture. Sadhguru also explores the quality of death as well as the process of death. The process covers a great deal about the nature and path that life takes after death. He also talks about topics such as mahasamadhi (willfully living the body) and how one can prepare for their own death. He also throws

light on the darker aspects such as suicide and what path life walks through after such an act. The book also talks about the nature of ghosts, ghost troubles and ghost solutions.

Throughout the book, Sadhguru offers practical insights, anecdotes, and contemplative exercises to help readers come to terms with mortality and live more consciously. He encourages readers to reflect on the nature of life, the self, and the profound impact that understanding death can have on one's existence.

“Death: An Inside Story” encourages readers to contemplate the nature of life and death, helping them gain a deeper understanding of the human experience and the role of death in it. It's a thought-provoking and introspective book for those interested in spirituality, self-awareness, and the meaning of life.

***“I shall pass through this life but once.
Any good therefore that I can do,
or any kindness I can show, let me do it.
Let me not defer or neglect it.
For I shall never pass this way again.”***

- Etienne de Grellet

My Dad, My Hero

Simran Victor Fernandes, TYBA

You are the one who taught me to be patient and kind,
Even when the situation gets out of hand.
I have seen you work hard day and night,
And at times just pretending that things are alright,
But dad, this daughter of yours understands
the pain you hide,
Also promises to stay always by your side.

You are the one who motivates me
to be the person I am today,
And makes sure that I have a smile on my face
at the end of the day.
You were my pillar when I have been through it all,
And will always be my anchor every time I fall.

Trust me dad, I have seen it all,
From making sacrifices so that I can have a better lifestyle
To only getting sleep awhile.
From helping others selflessly,
You have been there for others endlessly.

I assure you I will give you the life you deserve,
And will shower you with all the love.
As richly blessed is how I feel,
To have a father just like you.

Food And Adulteration

Simran Victor Fernandes, TYBA

Humans think mixing is good,
So, let's do that with food.
A minor change is unnoticeable,
To differentiate between them, people will be unable.

Is Melanin with milk,
Is it also as progressive as plant-based milk?
If not, then what is the difference, one is adulteration,
but the other one is the substitution.
If the substitution is right,
Then why is adulteration a crime?

Substitution is fine,
Only when sold under the original name.
And not on other product's fame.
If it is not done so, then it is also a crime.

Chicory with coffee is right,
But iron flakes and sand in tea are not fine.
Chalk powder in sugar and honey with sugar,
Trouble your stomach and intestine.

Applying chemical dyes to fruits and vegetables
To make it look fresh and bright,
But it also results in carcinogenic properties
And the question is are people able to sight?

Let's take a step and fight against,
Whenever any problem with food, we sensed.
Make efforts to stop adulteration,
By spreading awareness and its harmful effects
information.

TOXIC FEMINISM

Meera Panikar, FYBAMMC

In today's world if a woman aspires to pursue education or even vote she can simply access those things but this was not the case almost hundred years ago, the mere idea of a women performing activities outside the confined stereotyped role was considered unholy, her role was only vital as a mother, a daughter and a good wife. The idea of them being equal in the society and not confining to the predominant norms, making them equal as a part of society is what gave birth to feminism. Where almost a century ago women protested for the mere right to vote and pursue education has now been infiltrated by social media twisting feminism's ideology. Today's pseudo-feministic ideas has poisoned the truthful meaning of it, it has become a game of portraying hate towards men and demeaning their sex in the society. Feminism was



produced by the inner voice of every woman fighting her way in the society to be given equal opportunities in it, rather now it has been altered by the minds of ill aware youth. Feminism today has created a picture of normalizing victimhood, which is a rather upsetting trend as it plainly contradicts the fact that women are by far the strongest creatures, a phoenix rising through the ashes every single day, facing casual sexism, harassment at a certain stage in their life, trying to be fitted in the box of generalized

conception, and trying to break through it. In this day of altered meaning of feminism, it is not only women who are being perceived differently but men as well. Presenting men as oppressors and abusers and making them the core reason of the suffering of women and feminism being stereotyped has truly shown the downfall of our thoughts. Feminism is the advocacy of women's rights on the basis of the equality of the sexes and not practicing hate towards men or for that matter any other species. We need to understand that at times it is not a man who has practiced patriarchy but also narrow-minded women who supported it, with a fear of breaking what has been practiced for the past years even woman have subtly accepted their typecast role in the society. Hence the blame game is not what will bring about the change, but the right education of feminism definitely will.

Overcome...

Saad Samir Malim, FYBSc-CS

A day dawns here but it may dusk somewhere,
Where life lights up but it may gloom down some day.
Smile once again there's a lot more to face.
We grow, we shine,
We bend, never surrender.

Look forth and move on again.
We create, we bond,
We shatter, let's reconstruct.
All you have to do is to enjoy the process
Of turning yourself into a sinful pine or a blue butterfly.

ਏਕ ਤੇ ਅਨੇਕ ਦਾ ਸਬੰਧ

ਭੁਪਿੰਦਰ ਕੌਰ (ਹੈਂਡ ਪੰਜਾਬੀ ਵਿਭਾਗ)

ਸਭ ਧਰਮਾਂ ਦੇ ਲੋਕਾਂ ਦਾ ਮੰਨਣਾ ਕਿ ਸਿਰਜਣਾ ਰੱਬ ਦਾ ਬਹੁਤ ਵੱਡਾ ਕਰਮ ਹੈ। ਇਸ ਰਾਂਗੀ ਰੱਬ ਨੇ ਸਾਰੇ ਜਗਤ ਨੂੰ ਜੋੜਿਆ ਹੈ। ਸਿਰਜਣਾ ਤਾਂ ਸਾਰੇ ਅਸਤਿਤਵ ਨੂੰ ਕਲਾਵੇ ਵਿੱਚ ਲੈਂਦੀ ਹੈ। ਸਾਰਾ ਕੁੱਝ ਰੱਬ ਦੀ ਰਚਨਾ ਦਾ ਨਤੀਜਾ ਹੈ। ਪਰਮਾਤਮਾ ਤੋਂ ਬਾਹਰ ਕੁੱਝ ਵੀ ਨਹੀਂ ਹੈ। ਸਭ ਧਰਮਾਂ ਤੇ ਸੰਸਾਰ ਦੀ ਰਚਨਾ ਸਿਰਫ਼ ਇੱਕ ਹੀ ਪਰਮਾਤਮਾ ਦੁਆਰਾ ਹੋਈ ਹੈ। ਪਰ ਫਿਰ ਵੀ ਉਨ੍ਹਾਂ ਵਿੱਚ ਏਕ (ਰੱਬ) ਦੇ ਆਪੇ ਅਨੇਕ (ਰਚਨਾ) ਹੋ ਜਾਣ ਦਾ ਤੇ ਉਸ ਵਿੱਚ ਸਮਾਏ ਹੋਣ ਦਾ ਸੰਕਲਪ ਪ੍ਰਾਪਤ ਨਹੀਂ।

ਸਿਰਜਣਾ ਕੋਈ ਘਟਨਾ ਨਹੀਂ, ਵਹਾਓ ਹੈ, ਵਿਕਾਸ ਹੈ। ਇੱਕੋ ਕਵਾਓ ਨਾਲ ਲੱਖਾਂ ਕਾਰਜ-ਪ੍ਰਣਾਲੀਆਂ ਫੁੱਟ ਪਈਆਂ, ਜੋ ਅੱਗੇ ਤੋਂ ਅੱਗੇ ਵਿਗਸਦੀਆਂ ਤੁਰੀਆਂ ਜਾ ਰਹੀਆਂ ਹਨ। ਮਨੁੱਖ ਇਸੇ ਵਿਕਾਸ ਦਾ ਸਿਖਰ ਹੈ। ਦੇਵਤੇ ਵੀ ਇਸ ਤੋਂ ਥੱਲੇ ਹਨ। ਜੇਕਰ ਇਸ ਤਰਾਂ ਵਿਕਾਸ ਨੂੰ ਮੰਨਦੇ ਹਾਂ ਤੇ ਕੁਝ ਪੁਸ਼ਨ ਵੀ ਪੈਦਾ ਹੁੰਦੇ ਹਨ। ਜਿਵੇਂ ਕਿ ਮਨੁੱਖ ਦਾ ਮਾਪਦੰਡ ਨਾ ਰੱਬ ਹੈ, ਨਾ ਪਦਾਰਥ, ਸਗੋਂ ਮਾਪਦੰਡ ਇਹ ਹੈ ਕਿ ਮਨੁੱਖ ਨੂੰ ਆਪ ਕੀ ਹੋਣਾ ਚਾਹੀਦਾ ਹੈ।

ਗੁਰਮਤਿ ਅਨੁਸਾਰ ਮਨੁੱਖ ਦਾ ਅਸਲਾ ਜੋਤਿ ਸਰੂਪ ਹੈ। ਪਰ ਜਦ ਉਸ ਨੂੰ ਮਾਇਆ ਵਾਪਰਦੀ ਹੈ ਤਾਂ ਉਸਦੀ ਲਿਵ ਛੁੜਕ ਜਾਂਦੀ ਹੈ ਤੇ ਤ੍ਰਿਸ਼ਨਾ ਭੜਕ ਉਠਦੀ ਹੈ। ਤ੍ਰਿਸ਼ਨਾ ਤੋਂ ਕੋਈ ਕਿਤਨਾ ਮੁਕਤ ਹੋ ਸਕਿਆ ਹੈ ਤੇ ਰੱਬ ਵਿੱਚ ਕਿਤਨਾ ਲੀਨ, ਮਨੁੱਖ ਦੇ ਵਿਕਾਸ ਦਾ ਇਹੋ ਮਾਪਦੰਡ ਹੈ।

ਗੁਰਮਤਿ ਅਨੁਸਾਰ ਪਦਾਰਥਕ ਜਗਤ ਵੀ ਅਸੰਚ ਨਹੀਂ, ਕਿਉਂਕਿ ਸੱਚਾ ਇਸ

ਵਿੱਚ ਵਸਦਾ ਹੈ। ਸਾਰੇ ਜਗਤ ਦਾ ਕਰਣ-ਕਾਰਣ ਵੀ ਉਹ ਸੱਚਾ ਹੀ ਤੇ ਇਸ ਅੰਦਰ ਵਿਆਪਕ ਵੀ ਉਹ ਆਪ ਹੀ ਹੈ।

ਪਦਾਰਥ ਤੋਂ ਆਤਮਾ ਤੱਕ ਜਾਂ ਆਤਮਾ ਤੋਂ ਪਦਾਰਥ ਤੱਕ ਇਕੋ ਹਕੀਕਤ ਦੇ ਵੰਨੋ-ਵੰਨ ਰੂਪ ਹਨ।

ਜੇ ਇਸ ਤਰਾਂ ਸੋਚੀਏ ਤਾਂ ਆਤਮਾ-ਪਰਮਾਤਮਾ ਸੱਚ ਹੈ ਤਾਂ ਪਦਾਰਥਕ ਜਗਤ ਵੀ ਸੱਚ ਹੈ। ਜੇਕਰ ਜੀਵਨ ਪਦਾਰਥ ਵਿੱਚੋਂ ਪਨਪਿਆ ਹੈ, ਮਨ ਜੀਵਨ ਵਿੱਚੋਂ ਤੇ ਆਤਮਾ ਮਨ ਵਿੱਚੋਂ ਸਿਲਸਿਲੇਵਾਰ ਮਨ, ਜੀਵਨ ਤੇ ਪਦਾਰਥ ਪਨਪੇ ਮੰਨੇ ਗਏ ਹਨ, ਤਾਂ ਵੀ ਇਹ ਸਭ ਇੱਕ ਦੂਜੇ ਤੋਂ ਵੱਖ-ਵੱਖਰੇ ਭਾਸਦੇ ਹਨ, ਤਾਂ ਇਹਨਾਂ ਵਿੱਚੋਂ ਹਰੇਕ ਪੈਦਾ ਹੋਣ ਤੋਂ ਪਹਿਲਾਂ ਮੌਜੂਦ ਨਹੀਂ ਸੀ। ਜੇ ਪਦਾਰਥ ਆਤਮਾ ਦਾ ਬਾਹਰੀਕਰਣ ਹੈ

ਤਾਂ ਪਦਾਰਥ ਵੀ ਅੰਦਰ ਵੱਲ ਰੁਚਿੱਤ ਹੋ ਕੇ ਆਤਮਾ ਤੱਕ ਅਪੜ ਸਕਦਾ ਹੈ। ਲੱਗਦਾ ਹੈ ਪਦਾਰਥ ਪਾਸ ਤਾਂ ਐਸੇ ਵਿਕਾਸ ਲਈ ਅੰਤਰ-ਪ੍ਰੇਰਣਾ ਮੌਜੂਦ ਸੀ, ਪਰ ਹੁਣ ਮਨੁੱਖ ਨੂੰ ਇਹ ਚੇਤਨ ਹੋ ਕੇ ਜੁਟਾਣੀ ਪੈਂਦੀ ਹੈ, ਇਹੋ ਕਾਰਨ ਹੈ ਕਿ ਆਦਮੀ ਇਸ ਨੂੰ ਆਪਣੇ ਬਲ ਨਾਲ ਪ੍ਰਾਪਤ ਕੀਤਾ ਮਹਿਸੂਸ ਕਰਦਾ ਹੈ। ਪਰ ਗੁਰਮਤਿ ਅਨੁਸਾਰ ਤਾਂ

ਜੇਰੁ ਨ ਸੁਰਤੀ ਗਿਆਨਿ ਵੀਚਾਰਿ ॥

ਜੇਰੁ ਨ ਜੁਗਤੀ ਛੁਟੈ ਸੰਸਾਰ ॥

ਅਸਲ ਵਿੱਚ 'ਏਕ' ਹੀ 'ਅਨੇਕ' ਹੋ ਗਿਆ ਲਗਦਾ ਹੈ, ਭਿੰਨਤਾ ਭਰਮ ਹੈ, ਮਾਇਆ ਹੈ। ਭਗਤ ਨਾਮਦੇਵ ਜੀ ਇਸ ਦੀ ਸ਼ਾਹਦੀ ਇਉਂ ਭਰਦੇ ਹਨ :

ਏਕ ਅਨੇਕ ਬਿਆਪਕ ਪੂਰਕ ਜਤ ਦੇਖਉ ਤਤ ਸੋਈ ॥

ਮਾਇਆ ਚਿਤ੍ਰ ਬਚਿਤ੍ਰ ਬਿਮੋਹਿਤ ਬਿਰਲਾ ਬੁਝੈ ਕੋਈ ॥

(ਨਾਮਦੇਵ ਜੀ)

ਸਭ ਧਰਮ ਗਿਆਨੀਆਂ ਦਾ ਇਹ ਮੰਨਣਾ ਹੈ ਕਿ ਪਰਿਵਰਤਨ ਦੇ ਪਿੱਛੇ ਪ੍ਰੇਰਣਾ ਦੀ ਕੋਈ ਡੂੰਘੇਰੀ ਸ਼੍ਰੋਤ ਮੌਜੂਦ ਹੈ। ਬਹੁਤੇ ਧਰਮਾਂ ਅਨੁਸਾਰ ਪ੍ਰੇਰਣਾ-ਸ਼੍ਰੋਤ ਪਰਮਾਤਮਾ ਹੀ ਹੈ। ਅੰਦਰ ਦਾ ਮਾਰਗ 'ਲਿਵ' ਦਾ ਮਾਰਗ ਹੈ, ਬਾਹਰ ਦਾ 'ਧਾਤ' ਦੀ ਭਟਕਣ। ਇਹ ਦੋਵੇਂ ਰਾਹ ਮਨੁੱਖ ਲਈ ਖੁੱਲੇ ਹਨ ਤੇ ਇਹਨਾਂ ਦੋਨਾਂ ਵਿਚਾਲੇ ਚੋਣ ਕਰ ਸਕਣ ਦਾ ਹੱਕਦਾਰ ਜਾਪਦਾ ਹੈ :

ਲਿਵ ਧਾਤੁ ਦੁਇ ਰਾਹ ਹੈ ਹੁਕਮੀ ਕਾਰ ਕਮਾਇ ॥

ਲਿਵ ਦਾ ਮਾਰਗ ਤਾਂ ਅਲੂਣੀ ਸਿੱਲ ਚਟਣੀ ਹੈ। ਇਹ ਕਿਸੇ ਸਾਬਤ-ਕਦਮ ਨਿਸਚੇ ਸਦਕਾ ਹੀ ਸੰਭਵ ਹੈ। ਬਾਕੀ ਧਰਮਾਂ ਵਿੱਚ ਵੀ ਇਹਨਾਂ ਵਿੱਚੋਂ ਇੱਕ ਜਾਂ ਦੂਜੇ ਦੀ ਚੋਣ ਦਾ ਵਿਧਾਨ ਮੌਜੂਦ ਲਗਦਾ ਹੈ। ਇਸੇ ਲਈ ਅਧਿਆਤਮਕ ਪਾਸੇ ਵੱਲ ਲੱਗਣ ਵਾਲੇ ਸੰਸਾਰ ਤੋਂ ਵਿਰਕਤ ਤੇ ਤਿਆਗੀ ਹੋ ਜਾਂਦੇ ਹਨ। ਪਰ ਗੁਰਮਤਿ ਵਿੱਚ ਦੋਵੇਂ ਰਾਹ ਪਰਮਾਤਮਾ ਦੇ ਹੁਕਮ ਵਿੱਚ ਮਿਲੇ ਪ੍ਰਤੀਤ ਕੀਤੇ ਗਏ ਹਨ। ਇਸ ਲਈ ਦੋਹਾਂ ਦੀਆਂ ਜਿੰਮੇਵਾਰੀਆਂ ਨੂੰ ਨਾਲੋ-ਨਾਲ ਨਿਭਾਉਣ ਦਾ ਉਪਦੇਸ਼ ਹੈ। ਗੁਰਮਤਿ ਵਿੱਚ ਧਰਮ ਦੋਹਾਂ ਨਾਲ ਨਿਭਣ ਵਿੱਚ ਹੈ।

ਸਹਿਜ ਕਥਾ

ਭੁਪਿੰਦਰ ਕੌਰ (ਹੈਂਡ ਪੰਜਾਬੀ ਵਿਭਾਗ)

ਸਿੱਖ ਭਾਸ਼ਾਵਲੀ ਵਿੱਚ ਸਹਜ ਉਸ ਮਾਨਸਿਕ ਅਵਸਥਾ ਦਾ ਨਾਮ ਹੈ, ਜਿਸ ਵਿੱਚ ਹਉਮੈ ਦੀ ਸਮਾਪਤੀ ਹੋ ਜਾਂਦੀ ਹੈ। ਅਧਿਆਤਮਕ ਇਕਸੁਰਤਾ ਪ੍ਰਗਟ ਹੋ ਜਾਂਦੀ ਹੈ। ਇਕ ਸੁਭਾਵਿਕ, ਅਡੋਲ ਤੇ ਨਿਰਯਤਨ ਟਿਕਾਓ ਵਰਤ ਜਾਂਦਾ ਹੈ, ਜੋ ਅਧਿਆਤਮਕ ਸਾਧਨਾ ਰਾਹੀਂ ਪ੍ਰਾਪਤ ਹੁੰਦਾ ਹੈ। ਹਉਮੈ ਸਮਾਜਿਕ-ਸੱਭਿਆਚਾਰਕ ਕਾਰਨਾਂ ਕਰਕੇ ਉਪਜਦੀ ਹੈ। ਜਦੋਂ ਹਉਮੈ ਵਸ ਵਿਚ ਆ ਜਾਂਦੀ ਹੈ ਤੇ ਬੰਦਾ ਜਨਮ-ਜਾਤ, ਸੁਭਾਵਿਕ, ਇਕਾਗਰਤਾ ਤੋਂ ਨਿਰਯਤਨ ਅਧਿਆਤਮਕਤਾ ਵਿੱਚ ਵਿਚਰਦਾ ਹੈ, ਸਹਜ ਅਵਸਥਾ ਪ੍ਰਾਪਤ ਹੋ ਜਾਂਦੀ ਹੈ। ਤੇ ਅੰਦਰ ਸ਼ਾਂਤ ਹੋ ਕਿ ਅਡੋਲ ਆਤਮਾ ਵੱਲ ਮੁੜ ਜਾਂਦਾ ਹੈ।

‘ਸਹਜ’ ਸੰਸਕ੍ਰਿਤ ਦੇ ਦੋ ਸ਼੍ਰੋਤਾਂ ਸਹ (ਸੰਗ) ਤੇ ਜ (ਜਨਮ) ਤੋਂ ਬਣਿਆ ਹੈ। ਇਸ ਦਾ ਅਰਥ ਹੈ ਜਨਮ ਤੋਂ ਸੰਗ। ਇਹ ਆਤਮਾ ਦੀ ਜਨਮ-ਜਾਤ ਹਾਲਤ ਹੈ, ਆਪੇ ਦੀ ਸੁਭਾਵਿਕ ਪ੍ਰਵਿਰਤੀ ਬਾਹਰਲੇ ਪ੍ਰਤਿਬੰਧਾਂ ਤੋਂ ਮੁਕਤ, ਉਹਨਾਂ ਪ੍ਰਭਾਵਾਂ ਤੋਂ ਸਤੁੰਤਰ ਜੋ ਆਤਮਾ ਨੂੰ ਜਕੜਦੇ ਹਨ ਤੇ ਉਸ ਪਰ ਬੰਦਸ਼ ਲਾਉਂਦੇ ਹਨ। ਸਹਜ ਦੇ ਸਿਧਾਂਤ ਦਾ ਬੜਾ ਲੰਮਾ ਇਤਿਹਾਸ ਹੈ। ਸਹਜ ਭਾਰਤ ਵਿੱਚ ਪਨਪੀ ਨੈਤਿਕਤਾ ਵਿਰੋਧੀ, ਸਦਾਚਾਰ ਵਿਰੋਧੀ ਧਿਰਾਂ ਦੀ ਬੁਨਿਆਦੀ ਮਨੋਤ ਸੀ। ਸਿੱਖ ਮੱਤ ਵਿੱਚ ਸਹਜ ਦੀ ਧਾਰਨਾ ਦਾ ਉਪਰੋਕਤ ਸੰਪ੍ਰਦਾਵਾਂ ਦੀ ਧਾਰਨਾ ਨਾਲ ਕੇਵਲ ਇਤਨੀ ਹੀ ਸਾਂਝ ਹੈ ਕਿ ਉਹ ਵੀ ਬਾਹਰਲੀਆਂ ਰਹੁ-ਰੀਤੀਆਂ, ਰਸਮਾਂ-ਰਿਵਾਜਾਂ ਤੇ ਕਰਮ-ਕਾਂਡਾਂ ਨੂੰ ਨਕਾਰਦਾ ਹੈ।

੨. ਉਹ ਵੀ ਪੁਜਾਰੀਵਾਦ ਦੀ ਨਿਖੇਧੀ ਕਰਦਾ ਹੈ ਤੇ ਇਸ ਅਧਿਆਤਮਕ ਪ੍ਰਗਤੀ ਲਈ ਗੁਰੂ ਦੀ ਲੋੜ ਉਪਰ ਬਲ ਦੇਂਦਾ ਹੈ।

੩. ਪਰਮ ਵਾਸਤਵਿਕਤਾ ਨੂੰ ਇੱਕ ਅਡੋਲ ਤੇ ਸ਼ਾਂਤ ਅੰਦਰਲੇ ਸੰਤੁਲਨ ਅਤੇ ਅਕੱਥ ਆਨੰਦ ਦੇ ਰੂਪ ਵਿੱਚ ਸਵੀਕਾਰ ਕਰਦਾ ਹੈ। ਗੁਰੂ ਸਾਹਿਬਾਨ ਲਈ ਮਨੁੱਖ ਦੀ ਮੌਲਿਕ ਫਿਤਰਤ ਜੋਤੀ ਸਰੂਪ ਅਥਵਾ ਅੰਤਰ ਗਿਆਨਾਤਮਕਤਾ ਦੀ ਹੈ।

“ਮਨ ਤੂੰ ਜੋਤੀ ਸਰੂਪ ਹੈ ਆਪਣਾ ਮੂਲ ਪਛਾਣੂ॥”

ਇਸ ਕੁਦਰਤੀ ਆਪੇ ਨੂੰ ਮੁੜ ਗ੍ਰਹਿਣ ਕਰਨਾ ਤੇ ਇਸ ਦੀ ਅਡੋਲਤਾ, ਸ਼ਾਂਤੀ ਤੇ ਇਸ ਦੇ ਸਮਤੋਲ ਵਿੱਚ ਵਿਚਰਨਾ ਹੀ ਸਹਜ ਹੈ। ਇਸ ਅਵਸਥਾ ਵਿੱਚ ਜੀਵਨ ਉਪਰ ਕੋਈ ਦਿਖਾਵੇ ਜਾਂ ਬਨਾਵਟ ਦਾ ਆਸਰ ਨਹੀਂ ਹੁੰਦਾ। ਹਉਮੈ ਖਤਮ ਹੋ ਗਈ ਹੁੰਦੀ ਹੈ। ਪਿਆਰ, ਨੇਕੀ ਤੇ ਕਰੁਣਾ ਦੇ ਗੁਣ ਹੋਂਦ ਵਿੱਚ ਪ੍ਰਫੁੱਲਤ ਹੋ ਜਾਂਦੇ ਹਨ।

ਸਹਜ ਦੇ ਸਿੱਖ ਸਿਧਾਂਤ ਨੂੰ ਸਮਝਣ ਲਈ ਇਸ ਨੂੰ ਵੱਖ-ਵੱਖ ਪੱਖਾਂ ਤੋਂ ਵਿਚਾਰਨਾ ਲੋੜੀਂਦਾ ਹੈ। ਜਦੋਂ ਰਹੱਸ ਦੀ ਜਾਣਕਾਰੀ ਉਘੜਦੀ ਹੈ, ਇਸ ਨੂੰ ਸਹਜ ਰਹੱਸ ਕਹਿੰਦੇ ਹਨ। ਸਹਜ ਅਵਸਥਾ ਵਿੱਚ ਸਭ ਕੁਝ ਸਹਿਜ-ਸੁਭਾਅ ਹੀ ਹੋ ਜਾਂਦਾ ਹੈ। ਸਹਜ ਅਵਸਥਾ ਵਿੱਚ ਦਸਮ ਦੁਆਰ ਖੁਲ ਜਾਂਦਾ ਹੈ। ਇਸ ਵਿੱਚ ਅਕਿਹ ਤੇ ਆਤਮ ਨਿਰਭਰ ਆਨੰਦ ਦਾ ਵਿਗਾਸ ਹੁੰਦਾ ਹੈ। ਜਦੋਂ ਵਿਅਕਤੀ ਇਸ ਨਾਲ ਇੱਕਸਰ ਹੁੰਦਾ ਹੈ ਤਾਂ ਭਾਵੁਕ ਖਲਬਲੀ ਖਤਮ ਹੋ ਜਾਂਦੀ ਹੈ। ਦੁੱਖ ਤੇ ਸੁੱਖ ਇਉਂ ਉਪਰੋ ਦੀ ਲੰਘ ਜਾਂਦੇ ਹਨ। ਜਿਵੇਂ ਪਾਣੀ ਦੀ ਸਤਹ ਉਪਰ ਸਰਕਦੀਆਂ ਲਹਿਰਾਂ, ਜਦ ਕੇ ਸਾਰਾ ਪਾਣੀ ਆਪਣੀ ਡੂੰਘਾਣ ਅੰਦਰ ਸ਼ਾਂਤ, ਅਹਿੱਲ, ਅਡੋਲ ਬੰਮਿਆ ਪਿਆ ਰਹਿੰਦਾ ਹੈ। ਤਦ ਸਾਧਕ ਨੂੰ ਇਉਂ ਪ੍ਰਤੀਤ ਹੁੰਦਾ ਹੈ ਕਿ ਦੁੱਖ-ਸੁੱਖ ਤੇ ਉਸ ਦੇ ਕੱਪੜਿਆਂ ਵਾਂਗ ਹਨ। ਜਿਹਨਾਂ ਨੂੰ ਉਹ ਪਹਿਨਦਾ ਤੇ ਉਤਾਰਦਾ ਹੈ।

“ਸੁਖ-ਦੁਖ ਦੁਇ ਦਰਿ ਕੱਪੜੇ ਪਹਿਰਹਿ ਜਾਏ ਮਨੁੱਖ”

ਸਹਜ ਮਾਨਸਿਕ ਸੁਤੁੰਲਨ ਨੂੰ ਇਉਂ ਸਾਧਦਾ ਸੁਆਰਦਾ ਹੈ ਕਿ ਭਾਵਾਂ ਦੀ ਸਾਰੀ ਗੜਬੜ ਸ਼ਾਂਤ ਹੋ ਜਾਂਦੀ ਹੈ। ਜਦ ਕੇ ਹਉਂ ਮੁਖੀ (ਮਨੁੱਖ) ਮਨੁੱਖ ਚਿੰਤਾਵਾਂ, ਫਿਕਰਾਂ ਵਿੱਚ ਉਲਝਿਆ ਰਹਿੰਦਾ ਹੈ। ਗੁਰਮੁੱਖ ਸਹਜ ਵਿੱਚ ਹੀ ਜਾਗਦਾ ਤੇ ਸਹਜ ਵਿੱਚ ਹੀ ਸੌਂਦਾ ਹੈ।

ਸਹਜ ਨੂੰ ਮੁਕਤੀ ਦੀ ਅਵਸਥਾ ਕਿਹਾ ਗਿਆ ਹੈ। ਇਸ ਵਿੱਚ ਤਿਸ਼ਨਾ, ਦਵੰਦ, ਮਾਇਆ ਜਾਲ ਤੋਂ ਮੁਕਤੀ ਮਿਲਦੀ ਹੈ। ਸਹਜ ਅਵਸਥਾ ਗੁਰੂ ਦੀ ਮਿਹਰ ਤੋਂ ਬਿਨਾਂ ਪ੍ਰਾਪਤ ਨਹੀਂ ਹੁੰਦੀ। ਗੁਰੂ ਅਮਰਦਾਸ ਜੀ ਅਨੁਸਾਰ “ਭਾਈ ਰੇ ਗੁਰ ਬਿਨ ਸਹਜੁ ਨ ਹੋਇ॥” ਸਹਜ ਸਭ ਤੋਂ ਉੱਚੀ ਅਧਿਆਤਮਿਕ ਅਵਸਥਾ ਹੈ। ਇਸ ਦੀ ਪ੍ਰਾਪਤੀ ਉਦੋਂ ਤੱਕ ਨਹੀਂ ਹੋ ਸਕਦੀ ਜਦ ਤੱਕ ਮੰਨ ਮਾਇਆ ਵਿੱਚ ਉਲਝਿਆ ਰਹਿੰਦਾ ਹੈ।

“ਮਾਇਆ ਵਿਚਿ ਸਹਜੁ ਨ ਉਪਜੈ ਮਾਇਆ ਦੂਜੇ ਭਾਇ॥”

ਗੁਰੂ ਦੇ ਸੱਚੇ ਸ਼ਬਦ ਉਪਰ ਧਿਆਨ ਕੇਂਦ੍ਰਿਤ ਹੋ ਜਾਵੇ ਤਾਂ ਸਹਜ ਧੁਨਿ ਜਾਂਗਦੀ ਹੈ ਤੇ ਮਨ ਸੱਚ ਵਿੱਚ ਲਿਵਲੀਨ ਹੋ ਜਾਂਦਾ ਹੈ।

“ਸਾਚੈ ਸ਼ਬਦਿ ਸਹਜ ਧੁਨਿ ਉਪਜੈ ਮਨਿ ਸਾਚੈ ਲਿਵ ਲਾਈ”

ਫਿਰ ਸਹਜ ਸੰਗੀਤ, ਜੋ ਦਰਗਾਹ ਦੇ ਦੁਆਰ ਤੋਂ ਸਮਸਤ ਸਿਰਜਣਾ ਵਲੋਂ ਗਾਇਆ ਜਾ ਰਿਹਾ ਹੈ। ਸਾਧਕ ਦੇ ਮੱਥੇ ਤੇ ਵੀ ਆਪਣੀ ਛਾਪ ਲਾਉਣ ਲੱਗ ਜਾਂਦਾ ਹੈ।

“ਤੇਰੇ ਦੁਆਰੈ ਧੁਨਿ ਸਹਜ ਕੀ ਮਾਥੈ ਮੇਰੇ ਦਗਾਈ॥”

ਸ਼ਬਦ

ਜਪਜੀਤ ਕੌਰ, TYBCom

ਅਵਲਿ ਅਲਹ ਨੂਰ ਉਪਾਇਆ ਕੁਦਰਤਿ
ਕੇ ਸਭ ਬੰਦੇ॥
ਏਕ ਨੂਰ ਤੇ ਸਭੁ ਜਗੁ ਉਪਜਿਆ ਕਉਨ
ਭਲੇ ਕੇ ਮੰਦੇ॥੧॥
ਲੋਗਾ ਭਰਮਿ ਨ ਭੂਲਹੁ ਭਾਈ॥
ਖਾਲਿਕੁ ਖਲਕ ਖਲਕ ਮਹਿ ਖਾਲਿਕੁ
ਪੂਰਿ ਰਹਿਓ ਸੁਖ ਠਾਈ॥੧॥ਰਹਾਉ॥
ਮਾਟੀ ਏਕ ਅਨੇਕ ਭਾਂਤਿ ਕਰਿ
ਸਾਜੀ ਸਾਜਨਹਾਰੈ॥
ਨਾ ਕਛੁ ਪੋਚ ਮਾਟੀ ਕੇ ਭਾਂਡੇ ਨਾ ਕਛੁ
ਪੋਚ ਕੁੰਭਾਰੈ॥੨॥
ਸਭ ਮਹਿ ਸਚਾ ਏਕੋ ਸੋਈ ਤਿਸ ਕਾ
ਕੀਆ ਸਭੁ ਕਛੁ ਹੋਈ॥
ਹੁਕਮੁ ਪਛਾਨੈ ਸੁ ਏਕੋ ਜਾਨੈ ਬੰਦਾ
ਕਹੀਐ ਸੋਈ॥੩॥
ਅਲਹੁ ਅਲਖੁ ਨ ਜਾਈ ਲਖਿਆ ਗੁਰਿ
ਗੁਰੁ ਦੀਨਾ ਮੀਠਾ॥
ਕਹਿ ਕਬੀਰ ਮੇਰੀ ਸੰਕਾ ਨਾਸੀ ਸਰਬ
ਨਿਰੰਜਨ ਡੀਠਾ॥੪॥੩॥

ਅਰਥ

ਸਭ ਤੋਂ ਪਹਿਲਾਂ ਖੁਦਾ ਦਾ ਨੂਰ ਹੀ ਹੈ ਜਿਸ ਨੇ (ਜਗਤ) ਪੈਦਾ ਕੀਤਾ ਹੈ, ਇਹ ਸਾਰੇ ਜੀਅ-ਜੰਤ ਰੱਬ ਦੀ ਕੁਦਰਤ ਦੇ ਹੀ ਬਣਾਏ ਹੋਏ ਹਨ। ਇਕ ਪ੍ਰਭੂ ਦੀ ਹੀ ਜੋਤ ਤੋਂ ਸਾਰਾ ਜਗਤ ਪੈਦਾ ਹੋਇਆ ਹੈ। (ਤਾਂ ਫਿਰ ਕਿਸੇ ਜਾਤ ਮਜ਼ਹਬ ਦੇ ਭੁਲੇਖੇ ਵਿਚ ਪੈ ਕੇ) ਕਿਸੇ ਚੰਗਾ ਤੇ ਕਿਸੇ ਮੰਦਾ ਨਾਹ ਸਮਝੋ। ੧।

ਹੇ ਲੋਕੋ! ਹੇ ਭਾਈ! (ਰੱਬ ਦੀ ਹਸਤੀ ਬਾਰੇ) ਕਿਸੇ ਭੁਲੇਖੇ ਵਿਚ ਪੈ ਕੇ ਖੁਆਰ ਨਾਹ ਹੋਵੋ। ਉਹ ਰੱਬ ਸਾਰੀ ਖਲਕਤ ਪੈਦਾ ਕਰਨ ਵਾਲਾ ਹੈ ਤੇ ਸਾਰੀ ਖਲਕਤ ਵਿਚ ਮੌਜੂਦ ਹੈ, ਉਹ ਸਭ ਥਾਂ ਭਰਪੂਰ ਹੈ। ੧। ਰਹਾਉ।

ਸਿਰਜਨਹਾਰ ਨੇ ਇੱਕੋ ਹੀ ਮਿੱਟੀ ਤੋਂ (ਭਾਵ, ਇੱਕੋ ਜਿਹੇ ਹੀ ਤੱਤਾਂ ਤੋਂ) ਅਨੇਕਾਂ ਕਿਸਮਾਂ ਦੇ ਜੀਅ-ਜੰਤ ਪੈਦਾ ਕਰ ਦਿੱਤੇ ਹਨ। (ਜਿਥੋਂ ਤਕ ਜੀਵਾਂ ਦੇ ਅਸਲੇ ਦਾ ਸੰਬੰਧ ਹੈ) ਨਾਹ ਇਹਨਾਂ ਮਿੱਟੀ ਦੇ ਭਾਂਡਿਆਂ (ਭਾਵ, ਜੀਵਾਂ) ਵਿੱਚ ਕੋਈ ਉਣਤਾ ਹੈ, ਤੇ ਨਾਹ (ਇਹਨਾਂ ਭਾਂਡਿਆਂ ਦੇ ਬਣਾਣ ਵਾਲੇ) ਘੁਮਿਆਰ ਵਿਚ। ੨।

ਉਹ ਸਦਾ ਕਾਇਮ ਰਹਿਣ ਵਾਲਾ ਪ੍ਰਭੂ ਸਭ ਜੀਵਾਂ ਵਿੱਚ ਵੱਸਦਾ ਹੈ। ਜੇ ਕੁਝ ਜਗਤ ਵਿਚ ਹੋ ਰਿਹਾ ਹੈ, ਉਸ ਦਾ ਕੀਤਾ ਹੋ ਰਿਹਾ ਹੈ। ਉਹੀ ਮਨੁੱਖ ਰੱਬ ਦਾ (ਪਿਆਰਾ) ਬੰਦਾ ਕਿਹਾ ਜਾ ਸਕਦਾ ਹੈ, ਜੋ ਉਸ ਦੀ ਰਜ਼ਾ ਪਛਾਣਦਾ ਹੈ ਤੇ ਉਸ ਇਕ ਨਾਲ ਸਾਂਝ ਪਾਂਦਾ ਹੈ। ੩।

ਉਹ ਰੱਬ ਐਸਾ ਹੈ ਜਿਸ ਦਾ ਮੁਕੰਮਲ ਸਰੂਪ ਬਿਆਨ ਤੋਂ ਪਰੇ ਹੈ, ਉਸ ਦੇ ਗੁਣ ਕਹੇ ਨਹੀਂ ਜਾ ਸਕਦੇ। ਕਬੀਰ ਆਖਦਾ ਹੈ ਮੇਰੇ ਗੁਰੂ ਨੇ (ਪ੍ਰਭੂ ਦੇ ਗੁਣਾਂ ਦੀ ਸੂਝ-ਰੂਪੋ) ਮਿੱਠਾ ਗੁੜ ਮੈਂ ਦਿੱਤਾ ਹੈ (ਜਿਸ ਦਾ ਸੁਆਦ ਤਾਂ ਮੈਂ ਨਹੀਂ ਦੱਸ ਸਕਦਾ, ਪਰ) ਮੈਂ ਉਸ ਮਾਇਆ ਰਹਿਤ ਪ੍ਰਭੂ ਹਰ ਥਾਂ ਵੇਖ ਲਿਆ ਹੈ, ਮੈਂ ਇਸ ਵਿਚ ਕੋਈ ਸ਼ੱਕ ਨਹੀਂ ਰਿਹਾ (ਮੇਰਾ ਅੰਦਰ ਕਿਸੇ ਜਾਤ ਜਾ ਮਜ਼ਹਬ ਦੇ ਬੰਦਿਆ ਦੀ ਉੱਚਤਾ ਜਾਂ ਨੀਚਤਾ ਦਾ ਕਰਮ ਨਹੀਂ ਰਿਹਾ)। ੪। ੩।

“All good books are alike in that they are truer than if they had really happened and after you are finished reading one you will feel that all that happened to you and afterwards it all belongs to you: the good and the bad, the ecstasy, the remorse and sorrow, the people and the places and how the weather was.

“If you can get so that you can give that to people, then you are a writer.”

- Ernest Hemingway

ਅਰਦਾਸ

ਰਵਿੰਦਰ ਕੌਰ, SYBCom

**ਬਿਰਥੀ ਕਦੇ ਨ ਹੋਵਈ ਜਨ ਕੀ ਅਰਦਾਸਿ॥
(ਅੰਕ-੮੧੯ ਗੁਰੂ ਅਰਜਨ ਦੇਵ ਜੀ)**

ਅਰਦਾਸ ਵਿਚ ਇਨਸਾਨ ਅਕਾਲ ਪੁਰਖ ਨਾਲ ਗੱਲਾਂ ਬਾਤਾਂ ਕਰਦਾ ਹੈ। ਇਸ ਲਈ ਸਭ ਤੋਂ ਪਹਿਲਾਂ ਅਰਦਾਸ ਕਰਨ ਵਾਲੇ ਪੁਰਖ ਨੂੰ ਨਿਸ਼ਚਾ ਹੋਣਾ ਚਾਹੀਦਾ ਹੈ ਕਿ ਉਹ ਜਿਸ ਅੰਗੇ ਅਰਦਾਸ ਕਰ ਰਿਹਾ ਹੈ, ਜਿਸ ਨਾਲ ਗੱਲਾਂ ਕਰ ਰਿਹਾ ਹੈ, ਉਹ ਦੀ ਹਸਤੀ ਵਿਚ ਉਸ ਨੂੰ ਯਕੀਨ ਵੀ ਹੈ ਕਿ ਨਹੀਂ? ਉਹ ਦਰਅਸਲ ਹੈ ਵੀ ਕਿ ਨਹੀਂ?

ਆਮ ਤੌਰ ਤੇ ਅਰਦਾਸ ਕਰਨ ਵੇਲੇ ਅਰਦਾਸ ਕਰਨ ਵਾਲਿਆਂ ਦੇ ਦਿਲਾਂ ਦੀ ਲੁਕੀ ਅਵਸਥਾ ਇੰਜ ਹੁੰਦੀ ਹੈ, ਹੇ ਵਾਹਿਗੁਰੂ! ਅਸੀਂ ਤੈਨੂੰ ਕਦੀ ਵੇਖਿਆ ਨਹੀਂ, ਸੁਣਦੇ ਹਾਂ ਕਿ ਤੂੰ ਹੈ, ਉਹ ਵੀ ਗ੍ਰੰਥਾਂ ਜਾਂ ਪੁਰਾਣੇ ਖਿਆਲਾਂ ਦੇ ਲੋਕਾਂ ਕੋਲੋਂ। ਅਸੀਂ ਹੁਣ ਕਿਉਂਕਿ ਬੜੀ ਮੁਸੀਬਤ ਵਿਚ ਫਸੇ ਹਾਂ ਅਤੇ ਸਾਡੀ ਅਕਲ ਤੇ ਚਤੁਰਾਈ ਸਾਡਾ ਸਾਥ ਨਹੀਂ ਦੇਂਦੀਆਂ, ਇਸ ਲਈ ਅਸੀਂ ਚਾਹੁੰਦੇ ਹਾਂ ਕਿ ਕੋਈ ਰੱਬ ਹੋਵੇ, ਜਿਹੜਾ ਸਾਡੀਆਂ ਅਰਦਾਸਾਂ ਨੂੰ ਸੁਣ ਸਕੇ ਅਤੇ ਪੂਰੀਆਂ ਕਰ ਸਕੇ। ਇਸ ਲਈ ਹੇ ਪ੍ਰਮਾਤਮਾ! ਜੇ ਤੂੰ ਹੈ ਤਾਂ ਬਾਬਾ ਸਾਡੀ ਮਦਦ ਕਰ।

ਅਰਦਾਸ ਕਰਨ ਵਾਲੇ ਨੂੰ ਅਕਾਲ ਪੁਰਖ ਤੇ ਉਹੀ ਭਰੋਸਾ ਹੋਣਾ ਚਾਹੀਦਾ ਹੈ, ਜਿਹੜਾ ਭਰੋਸਾ ਕਿ ਬੱਚੇ ਨੂੰ ਆਪਣੀ ਮਾਤਾ ਤੇ ਹੁੰਦਾ ਹੈ।

**ਤੀਨੇ ਤਾਪ ਨਿਵਾਰਣਹਾਰਾ ਦੁਖ ਹੰਤਾ
ਸੁਖ ਰਾਸਿ॥
ਤਾ ਕਉ ਬਿਘਨੁ ਨ ਕੋਊ ਲਾਗੈ
ਜਾ ਕੀ ਪ੍ਰਭ ਆਗੈ ਅਰਦਾਸਿ॥
(ਅੰਕ-੨੧੪)**

•ਮੂਲ
ਸ਼ਬਦ “ਅਰਦਾਸ” ਫਾਰਸੀ ਸ਼ਬਦ
“ਅਰਜਦਸਤ” ਤੋਂ ਲਿਆ ਗਿਆ ਹੈ,

ਜਿਸਦਾ ਅਰਥ ਹੈ ਬੇਨਤੀ, ਪ੍ਰਾਰਥਨਾ ਜਾਂ ਕਿਸੇ ਉੱਚ ਅਧਿਕਾਰੀ ਨੂੰ ਸੰਬੋਧਨ। ਸਿੱਖ ਧਰਮ ਦੀ “ਅਰਦਾਸ” ਸਭ ਤੋਂ ਪਹਿਲਾਂ ਗੁਰੂ ਗੋਬਿੰਦ ਸਿੰਘ ਜੀ ਦੁਆਰਾ ਰਚੀ ਗਈ ਸੀ। ਅਰਦਾਸ ਸ਼ਬਦ ਦੀ ਵਿਭਿੰਨ ਵਿਉਤਪੱਤੀ ਨੂੰ ਧਿਆਨ ਵਿਚ ਰੱਖਦੇ ਹੋਏ, ਇਸ ਅਰਦਾਸ ਦਾ ਮੂਲ ਉਦੇਸ਼ ਵਾਹਿਗੁਰੂ ਅੱਗੇ ਦੇਖਭਾਲ ਦੀ ਅਪੀਲ ਕਰਨ ਦੇ ਨਾਲ-ਨਾਲ ਸਮੁੱਚੀ ਮਾਨਵਤਾ ਦੀ ਭਲਾਈ ਅਤੇ ਖੁਸ਼ਹਾਲੀ ਦੀ ਬੇਨਤੀ ਹੈ ਅਤੇ ਸਿੱਖਾਂ ਲਈ ਧੰਨਵਾਦ ਕਰਨ ਦਾ ਸਾਧਨ ਹੈ।

•ਬਣਤਰ

ਅਰਦਾਸ ਆਮ ਤੌਰ ਤੇ ਹਮੇਸ਼ਾ ਹੱਥ ਜੋੜ ਕੇ ਖੜ੍ਹੇ ਹੋ ਕੇ ਕੀਤੀ ਜਾਂਦੀ ਹੈ ਅਤੇ ਇਸ ਵਿਚ ਤਿੰਨ ਭਾਗ ਹਨ:

- ਅਰਦਾਸ ਦੀ ਸ਼ੁਰੂਆਤ ਦਸਵੇਂ ਸਿੱਖ ਗੁਰੂ ਗੋਬਿੰਦ ਸਿੰਘ ਜੀ ਦੁਆਰਾ ਨਾਲ ਨਿਰਧਾਰਤ ਕੀਤੀ ਗਈ ਹੈ ਅਤੇ ਇਸ ਨੂੰ ਬਦਲਿਆ ਜਾਂ ਛੱਡਿਆ ਨਹੀਂ ਜਾ ਸਕਦਾ। ਇਹ ਵਾਰ ਸ੍ਰੀ ਭਗਉਤੀ ਜੀ ਕੀ (ਚੰਡੀ ਦੀ ਵਾਰ) ਦੇ ਸ਼ੁਰੂਆਤੀ ਹਵਾਲੇ ਵਜੋਂ ਪ੍ਰਗਟ ਹੁੰਦਾ ਹੈ। ਪਹਿਲਾ ਭਾਗ ਚੰਡੀ ਦੀ ਵਾਰ ਦਾ ਇੱਕ ਸਦਾ ਹੈ ਅਤੇ ਸਿੱਖ ਗੁਰੂਆਂ ਦੇ ਗੁਣਾਂ ਦਾ ਜਾਪ ਕਰਦਾ ਹੈ।
- ਦੂਜਾ ਭਾਗ ਕਈ ਪੈਰੇ ਹਨ ਜੋ ਸਿੱਖ ਚਿੰਨ੍ਹਾਂ, ਸਥਾਨਾਂ ਜਾਂ ਪੂਜਾ ਅਤੇ ਮਹੱਤਵ ਅਤੇ ਖਾਲਸੇ ਨਾਲ ਸਬੰਧਤ ਮੁੱਲਾਂ ਦਾ ਵਰਨਣ ਕਰਦੇ ਹਨ।
- ਤੀਜਾ ਰੱਬੀ ਨਾਮ ਨੂੰ ਨਮਸਕਾਰ ਕਰਦਾ ਹੈ। ਇਹ ਹਿੱਸਾ ਵੀ ਬਦਲਿਆ ਜਾਂ ਛੱਡਿਆ ਨਹੀਂ ਜਾ ਸਕਦਾ।

ਅਰਦਾਸ ਦਾ ਅੰਤ (ਨਾਨਕ ਨਾਮ ਚੜ੍ਹਦੀ ਕਲਾ, ਤੇਰੇ ਭਾਣੇ ਸਰਬੱਤ ਦਾ ਭਲਾ, ਹੇ ਨਾਨਕ, ਨਾਮ (ਪਵਿੱਤਰ) ਸਦਾ ਚੜ੍ਹਦੀ ਕਲਾ ਵਿਚ ਰਹੇ! ਤੇਰੀ ਰਜਾ ਵਿੱਚ ਸਰਬੱਤ ਦਾ ਭਲਾ ਹੋਵੇ!)

•ਅਰਦਾਸ ਕਦੋਂ ਕੀਤੀ ਜਾਂਦੀ ਹੈ

ਅਰਦਾਸ ਉਦੋਂ ਪੜ੍ਹੀ ਜਾਂਦੀ ਹੈ ਜਦੋਂ ਗੁਰੂ ਗ੍ਰੰਥ ਸਾਹਿਬ ਜੀ ਨੂੰ ਖੋਲ੍ਹਿਆ ਅਤੇ ਬੰਦ ਕੀਤਾ ਜਾਂਦਾ ਹੈ। ਅਰਦਾਸ ਅਖੰਡ ਪਾਠ ਤੋਂ ਪਹਿਲਾਂ ਅਤੇ ਬਾਅਦ ਵਿੱਚ ਪੜ੍ਹੀ ਜਾਂਦੀ ਹੈ। ਅਖੰਡ ਪਾਠ ਦੇ ਦੌਰਾਨ, ਅਨੰਦ ਸਾਹਿਬ ਤੋਂ ਬਾਅਦ ਅਰਦਾਸ ਦਾ ਪਾਠ ਕੀਤਾ ਜਾਂਦਾ ਹੈ, ਇੱਕ ਪ੍ਰਾਰਥਨਾ ਜਿਸ ਵਿੱਚ ਸਾਰੀ ਸੰਗਤ ਖੜ੍ਹੀ ਹੁੰਦੀ ਹੈ ਅਤੇ ਇੱਕ ਹੋ ਕੇ ਪਾਠ ਕਰਦੀ ਹੈ। ਨਾਮਕਰਨ ਦੀਆਂ ਰਸਮਾਂ, ਆਨੰਦ ਕਾਰਜ (ਵਿਆਹ), ਅੰਤਿਮ ਸੰਸਕਾਰ ਆਦਿ ਵਿੱਚ ਅਰਦਾਸ ਪੜ੍ਹੀ ਜਾਂਦੀ ਹੈ। ਅਰਦਾਸ ਤੋਂ ਪਹਿਲਾਂ “ਤੂੰ ਠਾਕੁਰੁ ਤੁਮ ਪਹਿ ਅਰਦਾਸਿ”, ਜੋ ਅਕਸਰ ਉਚਾਰਿਆ ਜਾਂਦਾ ਹੈ, ਜੋ ਗੁਰੂ ਗ੍ਰੰਥ ਸਾਹਿਬ ਜੀ ਦੇ ਅੰਗ ੨੬੮ ਵਿੱਚ ਸੁਖਮਨੀ ਸਾਹਿਬ ਵਿੱਚ ਪਾਇਆ ਜਾਂਦਾ ਹੈ।

ਅਰਦਾਸ ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ ਸਮੇਂ ਆਰੰਭ ਹੋਈ ਅਤੇ ਗੁਰੂ ਗੋਬਿੰਦ ਸਿੰਘ ਜੀ ਸਮੇਂ ਤਕ ਪੰਜ ਪਿਆਰਿਆਂ ਦੀ ਹਾਜ਼ਰੀ ਤੇ ਗੁਰੂ ਗ੍ਰੰਥ ਸਾਹਿਬ ਜੀ ਦੀ ਹਾਜ਼ਰੀ ਵਿੱਚ ਕੀਤੇ ਜਾਣ ਵਿੱਚ ਵਟ ਗਈ ਹੈ। ਸਿੱਖ ਧਰਮ ਵਿੱਚ ਅਰਦਾਸ ਦਾ ਵਿਲੱਖਣ ਸਰੂਪ ਅਤੇ ਸਥਾਨ ਹੈ। ਅਰਦਾਸ ਦਾ ਇਹ ਸਰੂਪ ਸਰਬ-ਸਮਿਆਂ ਵਾਸਤੇ ਹੈ ਭਾਵੇਂ ਖੁਸ਼ੀ ਦਾ ਸਮਾ ਹੋਵੇ ਭਾਵੇਂ ਗਮੀ ਦਾ ਭਾਵੇਂ ਕੋਈ ਵਕਤ ਹੋਵੇ ਸਵੇਰ, ਸ਼ਾਮ ਜਾਂ ਦੁਪਹਿਰ। ਜਦੋਂ ਅਰਦਾਸ ਵਿੱਚ ਸਿੱਖ ਆਪਣੀ ਇੱਛਾ ਨੂੰ ਪਰਮਾਤਮਾ ਦੀ ਇੱਛਾ ਦੇ ਅਧੀਨ ਕਰ ਦਿੰਦਾ ਹੈ ਤਾਂ ਉਸ ਦਾ ਮਨ ਚੜ੍ਹਦੀ ਕਲਾ ਵਿੱਚ ਰਹਿੰਦਾ ਹੈ। ਇਸ ਲਈ ਸਿੱਖ ਦਾ ਹਰ ਕੰਮ ਅਰਦਾਸ ਤੋਂ ਸ਼ੁਰੂ ਹੋ ਕੇ ਅਰਦਾਸ ਤੋਂ ਹੀ ਸਮਾਪਤ ਹੁੰਦਾ ਹੈ। ਅਰਦਾਸ ਦੇ ਅੰਤ ਵਿੱਚ ਆਤਮ ਕਲਿਆਣ ਦਾ ਨਾਲ-ਨਾਲ, ਸਾਰੇ ਸੰਸਾਰ ਦਾ ਭਲਾ ਸੋਚਿਆ ਹੈ।

**ਨਾਨਕ ਨਾਮ ਚੜ੍ਹਦੀ ਕਲਾ॥
ਤੇਰੇ ਭਾਣੇ ਸਰਬੱਤ ਦਾ ਭਲਾ॥**

मेरा अधिकार

साधना एस. शर्मा, MA

जन्म लेते ही...

किसी ने लक्ष्मी, किसी ने बेचारी लड़की
तो किसी ने प्यारी बिटिया कह कर संबोधित कर दिया....

जब खेलने गई बाहर

तो किसी ने यह कहकर रोक दिया बेटा पढ़ लो अभी,
खेलने के लिए अभी आधी उम्र पड़ी है
मैंने भी फिर ठाना, पढ़ना है अभी
खेलने को तो आधी उम्र पड़ी है...
खेलने को तो आधी उम्र पड़ी है...

जब लगा था मन,

कॉलेज की पढ़ाई में तो किसी ने कहा पढ़ तो लिया बहुत,
सीख लो अभी घर के काम

पढ़ाएंगे, तो ससुराल वाले भी

मैंने भी छोड़ पढ़ाई,

घर के कामों को संभाला...

घर के कामों को संभाला...

जब हुआ मन दुनिया घूमने का,

तो किसी ने कहा कर लो शादी,

फिर हमसफर के साथ घूमना मैंने भी फिर,

दुनिया घूमने का ख्वाब छोड़

शादी के सपने सजा लिए...

शादी के सपने सजों लिए...

समय के साथ,

सभी की कही सारी जिम्मेदारियां निभा ली

जब चाहा है आज,

मैंने अपने सपनों को पूरा करना

तो किसी ने अब कहा

कहां उम्र रह गई तुम्हारे सपने पूरे करने की...

कहां उम्र रह गई तुम्हारे सपने पूरे करने की...

अब तो हो रहा बस एहसास ही,

मैंने बलिदान दिया बचपन से

मेरी स्वतंत्रता का, अपने सपनों का

लेकिन बिता दी आधी उम्र मेरी

अब तक, न मिला अधिकार मुझे स्वतंत्र जिंदगी जीने का ...

अब तक, न मिला अधिकार मुझे स्वतंत्र जिंदगी जीने का....

काश मैं एक चिड़िया होती

श्रुति गुप्ता, MA

लॉकडाउन में मेरा दिल कहता है कि काश मैं एक चिड़िया होती

उड़ चलती आसमान में

उड़ती मैं हवा के संग

बतियाती शान से

छोटी होती फुर से उड़ती

नहीं आती किसी के हाथ में

काश मैं एक चिड़िया होती

उड़ चलती आसमान में

उड़ चलती आसमान में...

मानव हूं तो रोती रहती

बस हर वक्त रहती परेशान मैं

घुटता है दम मेरा जब रहती

मैं उन मतलबी इंसान में

फिर उस वक्त मैं इतना ही चाहूं कि काश मैं एक चिड़िया होती

उड़ चलती आसमान में

उड़ चलती आसमान में

है ना यह कितनी स्वार्थी दुनिया

जो रहती है सिर्फ स्वार्थ में

कौन है अपना कौन पराया

सब हो बैठे हैं मनमुटाव में

मैं तो बस जीना चाहूं

बन के कोई भी अवतार में

जमीन से नहीं छू पाती

छूना चाहूं आसमान में

इसलिए तो मांग रही हूं

चिड़िया को अवतार में

कुछ नहीं बस इतना ही चाहूं

कि काश मैं एक चिड़िया होती

उड़ चलती आसमान में

उड़ चलती आसमान में

करत करत अभ्यास के जड़मति होत सुजान

श्रीमती गौतमी अनुप पाटील, *Research Scholar, Dept. of Hindi*

“करत करत अभ्यास के जड़मति होत सुजान ।
रसरी आवत जात ते, सिल पर पड़त निसान ॥”

अर्थात् कोई भी कार्य अगर नियमित तौर पर किया जाए तो, उसे सफलता प्राप्त होती ही है। कुएँ से पानी निकालने के लिए जिस रस्सी का उपयोग होता है, वह रस्सी भी अपने निशान पत्थर पर छोड़ ही देती है। बस केवल आवश्यक है कि वह क्रिया, वह अभ्यास प्रतिदिन हो। कवि वृद्ध अपने इस दोहे के माध्यम बताते हैं कि मनुष्य अगर नित्य नियम से अभ्यास करें तो वह अपने इच्छित फल जरूर प्राप्त कर सकता है।

गुरु द्रोणाचार्य ने प्रत्येक राजकुमार को समान धनुर्विद्या सिखायी, परंतु मछली की आँख में तीर चलाने की प्रतियोगिता का विजय केवल अर्जुन ही पा सका। बुद्धिमत्ता के साथ अगर मेहनत का जोड़ हो, तभी असंभव कार्य संभव होगा। आदिम मनुष्य ने न जाने कितने दिनों तक पत्थरों को एक-दूसरे पर घिसकर अग्नि की खोज की होगी। प्राचीन ऋषि सिद्धि एवं ज्ञान पाने के लिए कई वर्षों तक तप करते थे। नन्हा बालक जब अपना पहला कदम उठाता है, तब कई बार गिरता है, वापस उठता है, फिर कदम उठाता है, ऐसे प्रयत्न के उपरांत वह शिशु एक दिन दौड़ने की क्राबिलियत रखता है। अंग्रेजी में कहावत है कि, “Practice Makes One Perfect” अर्थात् बार-बार अभ्यास करना व्यक्ति को कुशल बना देता है।

यह अभ्यास एक निरंतर चलने वाली क्रिया है। नन्ही सी

चीटियाँ जैसे संपूर्ण दिवस एक ही गति से एक-एक दाना जोड़ती रहती हैं, वैसे ही मनुष्य को भी बिना रुके, बिना निराश हुए अपने कार्य को करना होगा। यह अभ्यास केवल विद्यार्थी दशा तक ही सीमित नहीं है, वरन् प्रत्येक इन्सान आजीवन विद्यार्थी ही रहता है। जीवन के हर मोड़ पर प्रतीत होता है कि कितना कुछ सीखना अब तक बाक़ी है। अनेक भाषाएँ, विविध कला, तरह-तरह के पकवान, बाईक-कार, तैरना, पैराशूट से आसमान को छूना, स्कूबा डाइविंग कर समुंद्र की गहराई को नापना आदि जैसे न जाने कितने काम हमें सीखना बाक़ी है। सृष्टि में व्याप्त ज्ञान पाना अगर हमारा लक्ष्य है तो हमारे संकल्प भी दृढ़ हो। एक क्षण के लिए विचलित करने वाले अनेक प्रसंग कई बार जीवन में आते हैं, सफलता का मार्ग निश्चित ही सरल नहीं हैं, परंतु मानव अगर अपने ध्येय पूर्ति के लिए सीना तान कर खड़ा रहे तो उसके लिए अशक्य क्या है?

किसी अज्ञात कवि ने लिखा है,
“जो कमी कोई रह जाती है



तो उसका तुम अभ्यास करो
जो गिरते हो तुम एक दफा
तो उठकर फिर प्रयास करो,
लगे रहो तुम कर्म में अपने
जब तक इस तन में प्राण रहे
निश्चित ही सफलता मिल जायेगी”

कला, व्यापार, खेल, शिक्षा, नौकरी जैसे किसी भी क्षेत्र में महारत हासिल करने के लिए पूरी प्रतिबद्धता और योजनाबद्ध रणनीति के साथ नियमित रूप से अभ्यास करना भी आवश्यक है। सचिन तेंडुलकर, अमिताभ बच्चन, लता मंगेशकर, विश्वनाथन आनंद, डॉ. के. सिवन एक दिन में नहीं बने। अपने लक्ष्य के प्रति समर्पण की भावना उन्हें इस मुकाम तक ले आयी हैं। कहने का तात्पर्य किसी भी देश की उन्नति के लिए अनेक वर्षों की योजनाएँ एवं देशवासियों के कठोर परिश्रम का हाथ होता है। निरंतर अभ्यास कभी नीरस नहीं होता, बल्कि अभ्यास तो साधक के लिए आनंद का स्रोत है। यदि मनुष्य पराजित होने के भय से प्रयास करना छोड़ दे तो उसका विकास कैसे होगा ? मनुष्य ने हार नहीं मानी इसलिए तो वह बीहड़ वन एवं अंधेरी गुँफा से बाहर आकर विकास कर पाया। जो है उसी में संतुष्ट होकर बैठे न रहने की प्रवृत्ति ही उसे पशु से नर तक ले आयी हैं।

अंततः कवि मैथिलीशरण गुप्त के शब्दों में,

“करके विधि वाद न खेद करो
निज लक्ष्य निरन्तर भेद करो
बनता बस उद्यम ही विधि है
मिलती जिससे सुख की निधि है
समझो धिक् निष्क्रिय जीवन को
नर हो, न निराश करो मन को
कुछ काम करो, कुछ काम करो”

ममता की छाँव

सुप्रिया गुप्ता, TYBA

तेरे प्यार से ही जिन्दा हूँ माँ
तू है तो मैं हूँ माँ

तू ना होती तो मैं ना होती
तेरे बिना मैं जी ना सकती

तेरी आँखों मे कितना प्यार है।
तेरे आँचल में ममता की कितनी छाँव है
ओ मेरी माँ तेरे गुस्से में भी कितना प्यार है
तू ही मेरी गुरु, तू ही मेरी भगवान है
ओ मेरी माँ तेरे आँचल में ममता का कितनी छाँव है।

तू ना होती तो ये दुनिया मुझे वीरान लगती
जैसे बाग में फूल हैं खुशबू ही नहीं है
जैसे पेड़ हैं लेकिन फल ही नहीं है
जैसे हवा तो है लेकिन सांस ही नहीं है
जैसे पंक्षी तो हैं लेकिन उनका कलरव ही नहीं है
जैसे पेन हैं लेकिन उसके अंदर स्याही ही नहीं है
जैसे बादल हैं लेकिन बारिश ही नहीं है
जैसे पानी हैं लेकिन प्यास ही नहीं है

मेरे गुस्सा होने पर तुम ही मुझे मनाती हो
ओ मेरी माँ तुम कितनी प्यारी हो

तुम मुझे छोड़ कर कभी मत जाना
हे मेरे भगवान मेरी माँ से पहले तुम मुझे उठाना
मेरी माँ पहले मुझे उठना



महज़ एक खुली किताब हूँ मैं.....

सिमरन शर्मा, SYJC Arts

महज़ एक खुली किताब हूँ मैं, भूलने लगे हो नाम मेरा,
मेरे कुछ पन्ने तो याद ही रखना
अगर किताब में लिखे अल्फ़ाज़ों में,
ज़रा भी दर्द महसूस हो,
तो बस बंद ना करना
जिंदगी का हर लम्हा है दरज इसमें,
कैसे जियें और कैसे हो मरना
एक गुजारिश है,
इस बात का जिक्र तुम अपने तक ही सीमित न रखना,
हो सके तो किसी अपने को सुनाना,
पर किसी का दिल मत दुखाना,
ये बात भी जहान में, अपने को बिठाकर रखना,
और, कभी वक्त मिले तो मुझे भी पढ़ना,
महज़ एक खुली किताब हूँ मैं.....

याद आते हो तुम

खुशी सिंह, FYBA

मेरे जिस्म की रूह हो तुम
बेखयाली में भी खयाल हो तुम
नींद में सपने हो तुम, गैरो में अपने हो तुम
दिल की छड़कन हो तुम

हर मुस्कराहट में बसते हो तुम
कभी हँसते हो तुम, मेरी आँखों के आंसु रोकते हो तुम,
आज भी हर पल याद आते हो तुम
आज भी हर पल याद आते हो तुम।

मानव जीवन पर सोशल मीडिया का प्रभाव

खुशी सिंह, FYBA

Social Media (सामाजिक मीडिया) से आशय पारस्परिक संबंध (interpersonal relationship) के लिए इंटरनेट या अन्य समूहों से है। यह व्यक्तियों और समुदायों के साझा सहभागी बनाने का माध्यम है। इसका उपयोग सामाजिक संबंध के अलावा उपयोगीकर्ता सामग्री के संशोधन के लिए, उच्च पारस्परिक मंच बनाने के लिए मोबाइल और वेबसाइट आधारित प्रौद्योगिकियों के प्रयोग के रूप में भी देखा जा सकता है। सोशल मीडिया के कई रूप हैं जिनमें कि इंटरनेट फोरम, वेबब्लॉग, सोशल ब्लॉग, माइक्रोब्लॉगिंग, सोशल नेटवर्क, पॉडकास्ट, फोटोग्राफ, चित्र, वीडियो आदि सभी आते हैं। अपनी सेवाओं के अनुसार सोशल मीडिया के लिए कई संचार प्रौद्योगिकी उपलब्ध हैं। जैसे -

१. फेसबुक - इसे विश्व के अत्यधिक लोग इस्तेमाल करते हैं। यह विश्व की सर्वाधिक लोकप्रिय सोशल साइट है।

२. सोशल परियोजना के लिए विकिपीडिया (wikipedia) का उपयोग किया जाता है।

३. Blog और microblog के लिए (twitter) का उपयोग किया जाता है।

४. सोशल खबर नेटवर्किंग साइट्स

५. सामग्री समुदाय के लिए youtube और dailymotion का उपयोग किया जाता है।

सोशल मीडिया का व्यापारिक उपयोग भी किया जाता है। जन सामान्य तक पहुँच होने के कारण सामाजिक मीडिया को लोगों तक विज्ञापन पहुँचाने का सबसे अच्छा जरिया समझा जाता है। हाल ही के कुछ एक सालों में इंडस्ट्री में

ऐसी क्रांति देखी जा रही है। फेसबुक जैसे सोशल मीडिया प्लेटफॉर्म पर उपयोगकर्ता का वर्गीकरण विभिन्न मानकों के अनुसार किया जाता है। जिसमें उनकी आयु, रुचि, लिंग, गतिविधियों आदि को ध्यान में रखते हुए उसके अनुरूप विज्ञापन दिखाए जाते हैं। इस विज्ञापन के सकारात्मक परिणाम भी प्राप्त हो रहे हैं, साथ ही आलोचना भी की जा रही है। सोशल मीडिया से आप कई प्रकार से अपने व्यापार का विज्ञापन देकर उसे आगे ले जा सकते हैं जिससे आपको बहुत मुनाफा भी होगा, लेकिन मुनाफे के साथ मत भूलना कि इसके दुष्प्रभाव नहीं होंगे। इसके दुष्प्रभाव भी कई सारे होते हैं। देव संस्कृति विश्वविद्यालय में सोशल दुष्प्रभाव को लेकर हुई शोध के अनुसार सोशल मीडिया के बुरी आदत का शिकार होने वाले विद्यार्थियों के निद्रा चक्र (sleeping cycle), भावनात्मक परिपक्वता और शैक्षणिक प्रदर्शन पर नकारात्मक प्रभाव पड़ता है। जो युवा प्रतिदिन सोशल मीडिया पर ज्यादा समय दिया करते हैं, उनमें अनिद्रा की

समस्या उत्पन्न हो जाती है और एक अच्छी नींद का मनुष्य के सामान्य स्वास्थ्य से गहरा संबंध होता है। इसमें भी महिला वर्ग की तुलना में पुरुष वर्ग की शैक्षणिक योग्यता ज्यादा प्रभावित होती है। अतः नींद की अवधि में कमी आने से संपूर्ण स्वास्थ्य असंतुलित हो जाता है और धीरे-धीरे अनेक समस्याएँ प्रकट होने लगती हैं। पढ़ाई के परिणामों में यह भी पाया गया है कि सोशल मीडिया की आदत में महिला वर्ग की अपेक्षा पुरुष वर्ग में नींद की गुणवत्ता ज्यादा प्रभावित होती है। विद्यार्थियों में देखा गया है कि पढ़ाई की आवश्यक गतिविधियों जैसे - कक्षाओं में पढ़ाई जानेवाली पाठ्य सामग्री, अध्यापकों से बात-चीत, पढ़ाई को लेकर मित्रों से पारस्परिक बातें जैसी अनेक महत्वपूर्ण शैक्षणिक उपलाब्धियों को बढ़ाने वाली गतिविधियों में न्यूनता आ जाती है। फलस्वरूप इसका सीधा दुष्परिणाम विद्यार्थी की शैक्षणिक उपलब्धि पर दिखाई देता है। विद्यार्थियों की शिक्षा पर सोशल मीडिया की लत का अत्यंत दुष्प्रभाव पड़ता है। सोशल मीडिया

विद्यार्थियों के शैक्षणिक जीवन पर प्रभाव ही नहीं डालता है बल्कि उनके दैनिक जीवन को भी प्रभावित करता है जैसे कि क्रोध, चिड़चिड़ापन, आवेश, आलस, निराशा, आत्मविश्वास में कमी जैसे अनेक मनोविकार होते हैं। इसी कारण भावनात्मक सिद्धि के स्तर में कमी आती है। अकेलापन महसूस करना, अवसाद, तनाव जैसी गंभीर समस्याएँ सोशल मीडिया न केवल विद्यार्थियों के लिए बल्कि सामान्य मनुष्य के लिए भी ब्लैकमेल करने का जरिया बनता है। आज के मानव के लिए सोशल मीडिया जितना उपयोगी है, उतना ही दुष्परिणामकारी भी।



गर्दीत एकटी ती

चेतना धनंजय कोळी अलका, *FYBAMMC*

गर्दीत एकटी ती ना कोणी सोबती
न बोलले ऐकले ना कुणी
थकलेले डोळे वाचले ना कुणी
गर्दीत ती एकटी विरून चालली होती

मायेची उब आता थंड झाली होती
हक्काची ती मिठी तिला मिळाली नव्हती
खूप सांगायचे होते कोणी ऐकलं नाही
गर्दीत ती एकटी विरून चालली होती

यंत्राच्या दुनियेत ती माणसं शोधत होती
स्क्रीटच च्या काळात आपुलकीचा स्पर्श शोधत होती
मागणी तिची काळा वेगळी होती
गर्दीत ती एकटी विरून चालली होती

अनोळखी साथ सोबत ती वाट शोधत होती
अंधारलेल्या खोलीत ती स्वतः ला शोधत होती
ओली रात्र तिची अशीच सरत होती
गर्दीत ती एकटी विरून चालली होत,विरून चालली होती



तीच नाव आईच असते

खुशी मालणकर, *FYBAMMC*

आई होणे जेवढे सोपे तेवढेच कठीण. शेवटी लेकराच्या.... ,
हक्काच्या घराला आई हेच नाव असते.

आईच्या कुशीत झोपणे, याहून जगात सुख दुसरे कोणते ?
नं बोलता जी व्यक्ति समजून घेते तीच नाव आईच असते.

स्वतःची परवा न करता नव्या जिवाला जन्म देण हे सोप काम नसते..
पण तरीही तो खडतर मार्ग जी निवडते तीच नाव आईच असते.

तिच्या गालावरच्या हास्याचे कारण . तीच बाळ असते.
त्या जिवासाठी जी झटते तीच नाव आईच असते

मान्य आहे बाप हा थोडा कठोर असतो..... तो तरी काय करेल. .
परिस्थिती नुसार त्याला देखील तस वागाव लागते.

पण तरीही जी चिमूकल्याला सांभाळून घेते तीच नाव आईच असते.

प्रत्येकजण आपापल्या कामात मग्न असतो. पण जन्मा पासून ते अगदी
शेवटच्या श्वासा पर्यंत जी आपल्याला विचारते तीच नाव आईच असते.

आपण देखील निश्चय केला पाहिजे.. तिचा तिला मान दिला पाहिजे..
शेवटी कोणाच कोण नसते

कधी लागल-खूपल की तोंडात आई हेच नाव असते...



मी मराठी भाषा बोलतेय!

अदिती सावंत, SYBA

“मी मराठी भाषा बोलतेय! अवघ्या महाराष्ट्राची मायबोली. देववाणी -संस्कृत भाषा ही माझी महामाय. संस्कृतातून प्राकृत निर्माण झाली आणि प्राकृतातून मी अवतरले. पण हे परिवर्तन काही आजचे नाही. त्याचप्रमाणे ते एका दिवसात झालेले नाही. वर्षानुवर्षे हे परिवर्तन चालू होते. सामान्य जनांच्या बोलीतून मी जन्माला आले... मला फार मोठी परंपरा लाभलेली आहे. माझे भांडार समृद्ध झाले. आज सातशे वर्षात मला माझ्या सारस्वतांनी खूप घडवले त्यात कधीही खंड पडली नाही. माझ्या शुद्धतेविषयी सांगायचे झाले तर अगदी शिवाजी राजांनीही स्वराज्य स्थापनेनंतर पहिले काम काय केले असतील तर माझे शुद्धीकरण करून माझा शब्दकोश तयार करवून घेतला.. माझे मूळ ज्या गीर्वाण-वाणीत आहे तिचा खजिना तर माझ्यासाठी खुला असतो. १९६० साली माझे स्वतंत्र राज्य झाले.. मी राज्यभाषा झाले....

पण आता आजकाल अनेकदा माझ्या भविष्याबद्दलची चिंता व्यक्त केली जाते.. मराठी भाषेचे भवितव्य काय? कारण मोठ मोठ्या शहरांमध्ये मराठी माध्यमांच्या शाळा बंद पडत आहेत. बहुसंख्य महाराष्ट्रीय मंडळी आपल्या पाल्यांना इंग्रजी माध्यमाच्या शाळेत घालतात.. का?? तर इंग्रजी भाषेवर प्रभुत्व नसल्यामुळे जगातील विविध स्पर्धांमध्ये मराठी मुले मागे पडतात... अस त्यांचे म्हणणे असते... अहो मीच

काय.... पण कोणतीही भाषा टिकवणे व तिचा विकास करणे म्हणजे काय? तर संभाषण, लेखन व वाचन यांचे क्षेत्र विस्तृत, सखोल व व्यापक होत जाणे.. पण माझ्याच या महाराष्ट्रात सर्व लोक मराठी म्हणजे माझा उल्लेख करतात का? या प्रश्नाचे उत्तर दुर्दैवाने “नाही” असे आहे...

ही उच्चशिक्षित व उच्चभू वर्गातील लोक तर त्या इंग्रजी भाषेचा वापर करून संभाषण करतात... कोणाला पत्ता सांगताना पण मराठी माणूस हिंदी भाषेचा वापर करतात... सकाळी उठल्यावर गुड मॉर्निंग MoM DaD बोलून.

लोकांचा कल नाही.. त्यामुळे मराठी पुस्तकांची विक्री होत नाही.. याचा परिणाम हाच की माझा म्हणजे मराठी भाषेचा सखोल चर्चा होत नाही.. अशा स्थितीत कसा होणार माझा विकास? न्यायालये, सरकारी कार्यालये, महापालिका कार्यालय, विविध कंपन्या,बँका,दुकाने वगैरे या सर्व ठिकाणी माझा वापर करून पुर्णपणे व्यवहार केले जात नाही.. जेव्हा साध्या व्यवहारांतील हवापाण्याच्या गप्पांपासून ते उच्च पातळीवरील चर्चापर्यंत सर्व व्यवहार मराठीतून होतील तेव्हाच मी सक्षम व सुदृढ होईल.. खुद्द मराठी माणूसच

पण कोणतीही भाषा टिकवणे व तिचा विकास करणे म्हणजे काय??

तर संभाषण, लेखन व वाचन यांचे क्षेत्र विस्तृत, सखोल व व्यापक होत

जाणे.. पण माझ्याच या महाराष्ट्रात सर्व लोक मराठी म्हणजे माझा

उल्लेख करतात का?? या प्रश्नाचे उत्तर दुर्दैवाने “नाही” असे आहे...

सकाळच्या दिवसाच्या सुरुवातीला माझा विसर होतो.. रिखावाल्याला “आगोसे पिछेसे ” करत दिशा दाखवली जाते.. तेव्हा मराठी माणूस मला या महाराष्ट्रातच प्रवास करताना विसरतो...

का.. तर माझा वापर करून संभाषण करण त्यांना कमीपणा किंवा गरजेचे वाटत नाही... वाचनाच्या बाबतीतही अवस्था वाईटच आहे. एकतर मुळातच लोकांमध्ये वाचनाची आवड कमी आहे. त्यामुळे मराठी पुस्तके वाचण्याकडे

माझा कारणीभूत ठरेल.. मला जपण्यासाठी व अधिक चोख ठेवण्यासाठी माझा मराठी माणूसच प्रयत्न करत नाही.. मराठीचा विकास होण्यासाठी मराठी माणसाचा विकास झाला पाहिजे तरच मी म्हणजे मराठी भाषा जिवंत राहीन..

“पण मित्रांनो कोणतीही काळजी नका करू मी कधीच नष्ट होणार नाही कारण खेडोपाड्यात पसरलेले माझे लाखो भाषिक सदैव जिवंत ठेवतील.... ”

**“If you cry because the sun has gone out of your life,
your tears will prevent you from seeing the stars. ”**

- Rabindranath Tagore

पर्यटन कोकणातलं

श्रावणी निकम, FYBA

सदस्सय सुरू होताच अनेक घरात पर्यटनाचे बेत आखले जातात. आमच्या घरात असेच काही सुरू होते. फिरायला जाणासाठी प्रत्येकाच्या डोक्यात वेगवेगळी ठिकाण होती. त्यातुनच आम्ही मात्र कोकणातील पर्यटनाला शिक्या मारला. कोकणातील पर्यटन म्हणजे खरं तर एक मज्जा. कोकणात नक्की कोठे जायचे हा प्रश्न सार्वानाच पडला कारण कोकणात सुंदर समुद्रकिनारे, गडकिल्ले, पौराणिक लेण्या, जुनी मंदिरे इत्यादी खूप काही डोळ्यात टपण्यासारखे आहे. त्यातुनच आम्ही कुणकेश्वर हे ठिकाण निवडले.

कुणकेश्वर हे महाराष्ट्राच्या कोकण प्रांतातील सिंधुदुर्ग जिल्ह्यात असलेल्या देवगड तालुक्यातील समुद्रकिनारी वसलेले एक गाव आहे ते देवगड गावाच्या दक्षिणेस २० किलोमीटरवर आहे. कुणकेश्वर हे तीर्थक्षेत्र आहे. आम्ही तीन दिवसानंतरची तारीख ठरवली. तसेच प्रवासासाठी खाजगी वाहनाची सोय केली. ठरल्या दिवसाप्रमाणे आम्ही प्रवासाला सुरुवात केली अखेर कोकणातील गारवा अंगाला जाणवू लागला.

कुणकेश्वर गावात अखेर आम्ही पोहचलो. तेथील सृष्टीसौंदर्य पाहून मन प्रसन्न झाले. कुणकेश्वर मंदिराचे वैशिष्टपूर्ण बांधकाम पाहताच डोळे दिपून गेले आणि त्या मंदिराचे समुद्रालगतचे स्थान यामुळे या गावाला एक वेगळीच शोभा आली होती. कुणकेश्वर मंदिराची उंची एकुण ७० फूट आहे. मंदिराच्या कळसाचे कोरीव बांधकाम तासून काढून व डागडुजी करून त्याचा आकार घुमटासारखा केला आहे. गाभाऱ्याचे शिखर बरेच उंच व ते बदामी आकाराचे बांधले आहे. कोकणात मिळनाऱ्या जांभ्या खडकांचा उपयोग मंदिर बांधण्यासाठी केला आहे. या मंदिराला



दगडी पार असलेले आंगण आहे जे मंदिराला अनोखे स्वरूप देते.

श्री कुणकेश्वर मंदिराचे सर्व आवार घडीव चिरेबंदी दुहेरी तटबंदीने बंदिस्त आहे. मंदिराचे प्रवेश द्वार पूर्व दिशेस आहे. आम्ही सर्व आत गेलो. प्रवेशद्वाराच्या आतील दोन्ही बाजूस दोन प्राचीन गणेशाच्या मूर्ती आहेत. मुख्य प्रांगणात प्रवेश केल्यानंतर समोर आम्हाला भैरव मंदिराचे दर्शन झाले. डाव्या अंगाला सर्वातप्रथम श्री देव मंडलिकाचे काळे पाषाणी दक्षिणात्य शैलीतील मंदिर दिसते. या मंदिराच्या समोर एक मोठा नंदी आहे. या नंदीला नमस्कार करून आम्ही मुख्य मंदिराच्या दिशेस निघालो. पुढे भगवान शिवशंकराच्या स्थानाचे दर्शन घडले. शिवलिंगाच्या बाजूला माता श्री पार्वती देवीची प्रतिमा स्थापित केली आहे; जी भगवान शिव यांचे प्रतिकात्मक स्वरूप आहे. नंतर श्री मंडलिक मंदिराला लागूनच दक्षिण बाजूला श्री नारायण मंदिराचे दर्शन झाले. मंदिरातील नारायणाची मूर्ती ही अत्यंत दुर्मिळ असून तिच्या प्रभावळीत दशावतार कोरलेले आहे. या मंदिराच्या डाव्या

बाजूला नव्याने बांधलेले गणपती मंदिर आहे. येथे जवळच एका चौथऱ्यावर एक उंच लाकडी स्तंभ उभा केलेला आहे त्याला 'ढालकाठी' म्हणतात. त्याच्यामुळे वार्याची दिशा समजते. मुख्य मंदिराच्या सभामंडपाच्या दोन्ही बाजूला दोन उंच कोरीव पाषाण उभे केलेले होते यांना चंड व मुंड असे म्हटले जाते. तेथील मंदिराचे रक्षक असल्याचे आम्हाला सांगितले गेले. ढालकाठीच्या पुढे एक मोठे तुळशी वृंदावन आहे. अशी या कुणकेश्वर मंदिराची ठेवण पर्यटकांना आकर्षित करतात. दररोज हजारो लोक या क्षेत्राला भेट देतात.

कुणकेश्वरला दक्षिण काशी असे समजले जाते. काशी येथे १०८ शिवलिंगे तर कुणकेश्वर येथे १०७ शिवलिंगे आहेत. या मंदिराच्या मागे असलेल्या शिवलिंगामुळेच या स्थानाला कोकणची काशी असे संबोधले जाते. शिवलिंगावर बाराही महीने समुद्राच्या खाऱ्या पाण्याच्या लाटांचा मारा असतो तरीही त्या शिवलिंगाची जराही झीज झाली नाही. समुद्राच्या अंतर्गत हालचालींमुळे एका वेळी सर्व शिवलिंगे दिसत नसत परंतु काही

शिवलिंगे दृष्टिस पडत असत आम्हालाही त्या वेळी पाच शिवलिंगांचे नकळत दर्शन झाले तो देखावा स्वर्गीय दर्शन घडल्यासारखा वाटला. कुणकेश्वर गावाचा सागरी किनारा पांढर्या वाळूसाठी प्रसिद्ध आहे. समुद्राची ओढ सगळ्यांनाच असते. उसळणार्या लाटा, फेसाळणारे निळेशार पाणी, किनार्यावरील पांढरी वाळू, समुद्रातील साहसी खेळ, बेटिंग यामुळे कोकणात आम्हाला अगदी परदेश यात्रेचा फील आला तसेच आम्ही शुभ्र किनार्यावर पाण्यात व वाळूत खेळण्याचा आणि पोहण्याचा मनमुराद आनंद लुटला. येथील समुद्रकिनार्याची एक संपूर्ण बाजू नारळाच्या व आंब्याच्या झाडांनी वेढली होती, तिथे आम्हाला निसर्गाचे दान या ठिकाणाला भरभरून मिळाल्याचे पदोपदी जाणवले.

कुणकेश्वर मंदिराच्या पूर्व बाजूस एक गुहा आहे. ती पाहण्यासाठी आम्ही गेलो. त्यामध्ये आम्हाला कोरीव पाषाणी मूर्ती आढळून आल्या. मूर्तीमध्ये स्त्री व पुरुषांच्या जोड्या दिसत होत्या. त्यांचे पोषाख व स्त्रियांची केशरचना खुपच विलक्षण होती. मध्यभागी शिवलिंग व नंदी यांच्या मूर्ती तर सभोवताली देवतांच्या उपसकांचे पुतळे होते. ही गुहा म्हणजे इतर लेण्याप्रमाणे एक लेणी होती. पण यातील मूर्ती गुहेच्या दगडावर कोरल्या नसून त्या अलग आहे. या गुहेची खोली तांबड्या कापाच्या दगडांची असून मूर्तीचा दगड काळा - काळिली होता. या गुहेला सध्या पांडव लेणी म्हणून ओळखतात.

कुणकेश्वर मंदिराच्या दक्षिणबाजूस किनारपट्टीच्या मध्यभागी एक छोटीशी राई आहे. तिथेच एक पुरातण बांधणीचा एक तलाव आहे. तो तलाव समुद्राच्या अगदी जवळ असून त्या तलावाचे पाणी पुण्यायोग्य गोड आहे हे पाहणुन आम्हालाही नवल वाटले. कुणकेश्वर या गावामध्ये सर्वच ठिकाणी रमणीय आहेत. येथे सागरी किनारा, आकर्षक लेणी, तीर्थक्षेत्र यामुळे येथे सागरी पर्यटन, ऐतिहासिक पर्यटन, धार्मिक पर्यटन असे तीनही प्रकारचे पर्यटन एकाच क्षेत्रात होते. येथे येऊन आम्हालाही खुप आनंद वारला. या ठिकाणी बघण्यासारखे खूप काही आहे. आता आम्ही पुढच्या प्रवासाला निघालो. पण जाताना तो देखावा कायमस्वरुपी आम्ही हृदयात घेऊन निघालो.

ग्रंथ हेच गुरु

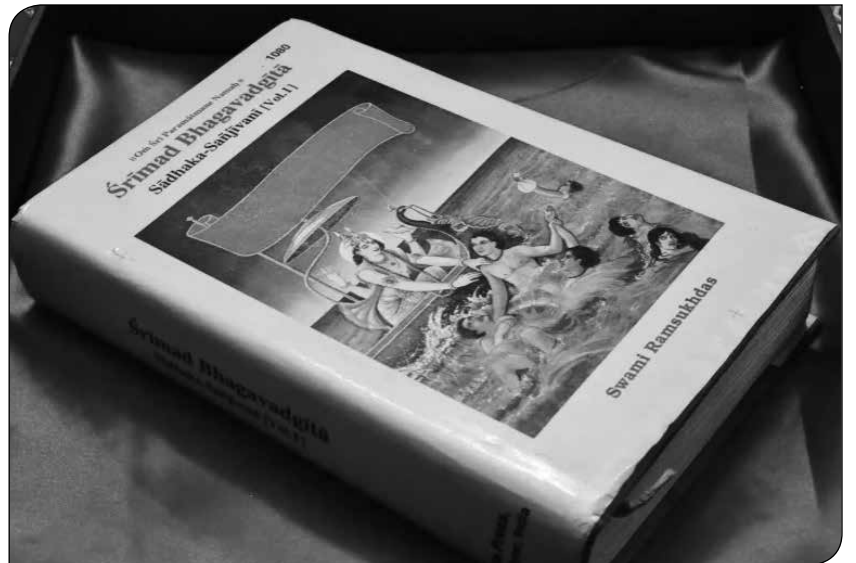
चैताली कळी, SYBA

भारतीय संस्कृतीत गुरुचे स्थान पूजनीय आहे. कोणतेही व्यक्तीला यशस्वी होण्यासाठी गुरुची आवःश्यक्ता असते. आपल्या संस्कृतीत गुरुची महती 'गुरुरब्रह्मा गुरुरविष्णुः गुरुरदेवो महेश्वराः' अश्या पध्दतीने गायली आहे. गुरु प्रमाणेच ग्रंथ हा एक असा खजिना आहे, त्याचा जितका उपयोग आपण करू तितकेच समृद्ध होत जाऊ. ग्रंथ अज्ञानाचा अंधकार दूर करून प्रकाश निर्माण करतात. ग्रंथातून असीम ज्ञान एका पिढी कडून दुसऱ्या पिढीकडे सोपविले जाते. आज विज्ञानाने जी प्रगती केली आहे तिचे रहस्य याच ग्रंथाच्या मदतीने आपल्याला आपली संस्कृती व धर्मा बद्दलची माहिती मिळते. ग्रंथात लिहिलेल्या गोष्टी आपल्याला योग्य मार्गावर चालण्याची शिक्षा देतात.

बालवयात सांगितल्या गेलेल्या गोष्टी मुलांच्या बालमनावर खूप परिणाम करतात. आजी आजोबा कडून ऐकण्यात आलेल्या गोष्टी मुलांना खूप प्रभावित करतात. या सर्व

गोष्टी ग्रंथांमध्ये लिहिलेल्या असतात. ग्रंथ एकाकीपणा आपल्याला धीर देतात. म्हणून अनेक महान लोकांनी ग्रंथाचे महत्व सांगितले आहे. लोकमान्य टिळकांनी मंडालेच्या तुरुंगात आपला प्रसिद्ध ग्रंथ लिहिलेला आहे. महान लोकांद्वारे लिहिलेले हे सर्व ग्रंथ अथांग ज्ञानाचा सागर आहेत.

ग्रंथ आपल्याला अनेक गोष्टी शिकावतात. प्राचीन भारतीय ग्रंथ जसे वेद, गीता, रामायण, महाभारत, ज्ञानेश्वरी, दासबोध इत्यादी अनेक ग्रंथ जीवन जगण्याची पद्धत शिकावतात. भारतीय वेद हे जगातील प्रथम धर्मग्रंथ आहेत. याच वेदांपासून इतर धर्माची उत्पत्ती झाली आहे. वेद परमेश्वराद्वारे ऋषी मुनींना सांगण्यात आले आहे. वेद प्राचीन ज्ञानाचा अथांग सागर आहेत. प्राचीन ग्रंथापैकी एक श्रीमद् भगवद्गीता भगवान श्रीकृष्णांनी अर्जुनाला महाभारत युद्धाच्या वेळी सांगितलेली आहे. गीतेमध्ये १७ अध्याय आहेत. गीतेमध्ये एकेश्वरवाद, कर्मयोग, ज्ञानयोग, भक्तीयोग इत्यादींची सुंदर पध्दतीने चर्चा केली आहे.



वाचनाचे जीवनातील महत्त्व

आदिती प्र. सावंत, पूनम सि. भोसले, SYBA

व

वाचनाचे महत्त्व आपण आपल्या शालेय जीवनापासून ऐकत आलोय. प्रत्येकजण आपल्याला वाचन किती महत्त्वाचं का? वाचायला आवडते का? वाचून काही फायदा होतो का? लोक वाचनाला एवढे महत्त्व का देतात? वाचनाने माणूस संस्कृत होतो.

डॉ. बाबासाहेब आंबेडकर असे म्हणतात की, “वाचाल तर वाचाल” हे खरच आहे. वाचनाने शब्द संपत्ती वाढते, आपल्याला नवनवीन माहिती मिळतेच तसेच ज्ञानात भर पडते. वाचन हे ज्ञान मिळवण्याचे साधन आहे. वाचनाने जीवन समृद्ध होते. जेव्हा आपण वाचत असतो तेव्हा त्या लेखकाच्या विचारांशी आपण तादात्म्य पावतो. त्यांच्या विचारांशी आपण समरस होत असतो. आज महान लोक नसले तरी त्यांचे ग्रंथ आहेत, पुस्तके आहे कोणत्याही क्षेत्रात तुम्हाला यशस्वी व्हायचे असेल तर तुम्हाला सतत त्या क्षेत्रातील नवनवे ज्ञान, नवी नवी माहिती आणि अद्यावत कौशल्ये आत्मसात करावी लागतील.

वाचन म्हणजे आपल्या जीवनाला उन्नत करणारी गोष्ट ज्यामुळे आपली बुद्धी अधिक वाढते. तसेच माणसाचे जीवन फुलविण्यात वाचनाचा सर्वात मोठा वाटा असतो. त्याचबरोबर आपले जीवन परिपूर्ण बनवण्यासाठी वाचन गरजेचे असते. आपल्या ज्ञानामध्ये अधिक वाढ करण्यासाठी वाचन हा एक सर्वात उत्तम मार्ग आहे.

“दिसामाजी काही तरी ते लिहावे। प्रसंगी अखंडित वाचित जावे।”

समर्थ रामदास स्वामी यांच्या या ओळंमधून वाचनाचे महत्त्व आपल्याला समजते. आपले संस्कार आणि जडणघडण कशी आहे हे आपल्याला वाचनातून कळते.



डॉ. बाबासाहेब आंबेडकर असे म्हणतात की, “वाचाल तर वाचाल” हे खरच आहे. वाचनाने शब्द संपत्ती वाढते, आपल्याला नवनवीन माहिती मिळतेच तसेच ज्ञानात भर पडते.

आयुष्यातील वेगवेगळ्या दिशांना स्पर्श करण्याचे सामर्थ्य वाचनातून प्राप्त होते. बुद्धीची आणि तर्कदृष्टीची धार वाढवण्यासाठी वाचन अत्यावश्यक असते. वाचनामुळे व्यक्तीला पर्यायाने कुटुंबाला, समाजाला एक नवीन विकासाची दृष्टी प्राप्त होते.

दररोज वर्तमानपत्र जरी वाचायला सुरूवात केली तरी पूर्ण जगाची सफर तुम्ही एका दिवसात करून येऊ शकता. जगाच्या कुठल्या कोपर्यात काय चालले आहे हे तुम्हाला समजते. मानवी मुल्ये, अध्यात्मिक गुण, काव्येचना, लेखन कौशल्य, वक्तृत्व कौशल्य असे नानाविध गुण तुम्ही वाचनातून विकसित करू शकता.

आई

स्वरा राकेश मुळे, FYBA

ती गेल्यानंतर मजला
कोणी नाही कळले
आयुष्य माझे सारे
समिधा हाऊन जळले

जळली स्वप्नफुलेही
आक्रोशीत नेत्र वितळले
मज पदोपदी वाटेवर
श्वासाने निर्दय छळले

घडली पुढ्यात पापे
रक्त न कधी उसळले
कुणीकडे ते वळले...?

या शब्दांना मी माझ्या
जगतावर उगा उधळले
कधी उष्टावल्याचरी मी
कवितेने मला विसळले

‘ती नाही’ म्हणूनी माझे
प्रारब्धच अवघे मळले
मी फिरता माझ्यामधुनी
अस्तित्त्व तिचे आढळले.



पर्यटन कोकणातलं

तेजस्वी सुभाष जाधव, FYBA

निसर्गरम्य कोकणात कोणत्याही ऋतूमध्ये केलेली भटकंती ही कायमच रमणीय असते. निसर्गरम्य समुद्र किनारे, वळणावळणाचे रस्ते आणि टुमदार मंदिरे पाहण्यासाठी पर्यटकांची पसंती कायमच कोकणाला आहे. या सर्व निसर्गाच्या समृद्धीसोबत अनेक निसर्गनवल कोकणात जागोजागी विखुरलेली पाहायला मिळतात. प्राग् ऐतिहासिक काळातील सांस्कृतिक संदर्भ म्हणून कातळशिल्पांचे महत्त्व विशेष आहे. आदिमानवाने विविध शिल्पे दगडात कोरून ठेवलेली आहेत. ती कशाची चित्रे आहेत. त्यातून काय व्यक्त होते हे सांगणे अवघड आहे. विविध प्राणी, पक्षी अथवा काही अगम्य नक्षीकाम अशी ती खोदचित्रे गूढ आहेत. जगभरात अशा प्रकारच्या शिल्प किंवा चित्रांना रॉक आर्ट किंवा पेट्रोग्लिप्स या नावाने ओळखले जाते. मुख्यत्वे लेण्यांच्या भिंतीवर केलेले कोरीव काम सर्वत्र आढळते, परंतु संपूर्ण उघड्यावर असलेल्या कातळावरील ही खोदचित्रे महाराष्ट्रात विशेषकरून कोकणातच पाहण्यास मिळतात. आता आपण कोकणात सड्यावर कोरलरली मानवनिर्मित कातळाशिल्पे पाहिली आहेतच. त्याचसोबत अनेक निसर्गनिर्मित नवलस्थाने कोकणात आहेत. ती प्रत्येकाने अगदी आवर्जून पाहिली पाहिजेत.

आता आपण वळूया कोकणातील बारमाही धबधब्याकडे. पूर्ण राज्यात दुष्काळाचे सावट असताना उन्हाळ्यात धबधबा हा शब्द ऐकायला पण छान वाटते ना. पण कोकणात बारमाही कोसळणारे चक्रे तीन धबधबे आहेत. त्यातला एक आहे दाभोसा इथे. दुसरा आहे तरळे गावाजवळ नापणे इथे आणि तिसरा धबधबा संगमेश्वरजवळ असलेला नायरी - तिवऱ्याचा धबधबा. कसबा संगमेश्वरला जाताना एक फाटा नायरी गावाकडे जातो. तिथून नायरी या छोट्याशा गावी आपले

वाहन लावायचे आणि २ किलोमीटरची रम्य पायपीट करायची. ऐतिहासिक प्रचितगड आपल्या पाठीशी असतोच. ही जंगलातील वाट आपल्याला थेट धबधब्याशी घेऊन जाते. हाच धोधवण्याचा धबधबा म्हणूनही ओळखला जातो. मे महिन्यातसुधदा १५ फूट उंचीवरून कोसळणारा धबधबा पाहूनच प्सन्न वाटते. डोहात पाणी कमी असेल तरी तिथे धबधब्याखाली अंग शेकून घेण्यासारखे दुसरे सुख नाही.

आता आपण जाऊया हेदवीच्या बामणघळकडे, हेदवी गावी हा निसर्ग चमत्कार आवर्जून पाहावा. कातळ खडकात एक मोठी नैसर्गिक घळ तयार झाली आहे. भरतीच्या वेळी पाण्याचा मोठा लोंढ इथे आत घुसतो, तो मागे जात असताना दुसरी लाट मागून घेऊन त्या

पाण्याला पुन्हा आत ढकलते. दुप्पट वेगाने अलेला हा पाण्याचा प्रवाह पुढे अशतो आणि एक मोठा पाण्याचा २५=३० फूट उंचीचा स्तंभ तयार होतो. भरतीचा वेळ पागून हा चमत्कार एकदा तरी पाहावाच.

याचसोबत कोकणात असलेली गरम पाण्याची अनेक कुंड, हरिहरेश्वर इथे समुद्राच्या लाटा वर्षनुवर्षे आदळून कडेच्या खडकांमध्ये झालेली जाळीदार नक्षी, मालवणजवळ असलेल्या हडी या गावी नदीमध्ये तयार झालेले बेट म्हणजेच पाणखोल जुवे, कोलाडच्या जवळ नागशेत गाठी असलेले रांजणखळगे अशी एक ना अनेक निसर्गनवल कोकणात जागोजागी दिसतात. समुद्रकिनारे, किल्ले आणि मांसे याशिवाय कोकणात अशा अनेक गोष्टी आहेत ज्या आपल्या भटकंतीमध्ये समाविष्ट करायला हव्यात.

कोकणात समुद्रकिनार्यापासून ते राजवाड्यापर्यंत सर्वकाही पाहण्यासारखे आहे. मुळातच कोकणाला एक इतिहास लाभला आहे. त्यापैकीच एक ऐतिहासिक स्थळ म्हणजे 'थिबा राजवाडा'. रत्नागिरीमध्ये हा शिबा राजवाडा असून यामध्ये एक नस्तुसंग्रहालय देखील आहे. आताचे म्यानमार अर्थात पूर्वीच्या ब्रम्हदेशाच्या 'थिबा मिना' राजाला ब्रिटिशांनी बांधलेला असून, आता पर्यटनस्थळ म्हणून प्रसिध्द आहे.

रत्नागिरीपासून साधारण दोन ते तीन किलोमीटर असणारा 'रत्नदुर्ग' किल्ला पर्यटकांसाठी आकर्षणाचा केंद्रबिंदू आहे. इथे असलेलं भगवती देवी मंदिर प्रसिद्ध आहे. इथे एक भुयारी मार्गदेखील आहे. इथे येणारे पर्यटक इथल्या विहंगम दृष्यामुळे मोहून जातात. हा किल्ला समुद्राच्या काठावरील असणार्या डोंगरावर बांधण्यात आला आहे. किल्ल्याच्या पायथ्याशीच मिरकरवाडा हे बंदर आहे. हा किल्ला छत्रपती शिवाजी महाराजांनी आदिलशहाकडून जिंकून घेतला होता.

रत्नागिरी जिल्ह्यात असलेलं हे गाव तिथल्या अत्यंत दुर्मिळ अशा "Olive Ridley" कासवांसाठी प्रसिद्ध आहे. हे कासव परदेशी असून, अंडी घालण्यासाठी या समुद्रकिनार्यावर येतात.



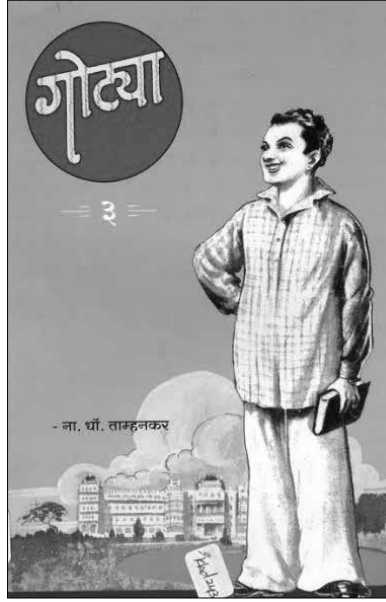
रत्नागिरी जिल्ह्यात असलेलं हे गाव तिथल्या अत्यंत दुर्मिळ अशा “Olive Ridley” कासवांसाठी प्रसिद्ध आहे. हे कासव परदेशी असून, अंडी घालण्यासाठी या समुद्रकिनार्यावर येतात. तिथल्या गावकऱ्यांच्या साहाय्याने, त्या अंड्यांचा सौरक्षणासाठी व संगोपनासाठी “सह्याद्री निसर्ग मिल्स मंडळ” स्थापित करण्यात आले आहे. दरवर्षी मार्च महिन्यात तिथे या मंडळाच्या वतीने कासव महोत्सवाचे आयोजन केले जाते. या गावाला ऐतिहासिक वारसा सुद्धा लाभलेला आहे. हे गाव पेशवाईत सचिव असलेल्या “नाना फडणीसांचे” जन्मस्थान आहे. या गावाच्या आजूबाजूला पर्यटनासाठी महालक्ष्मी मंदिर, बाणकट किल्ला आणि श्री भेरी रामेश्वरांचे पुरातन मंदिरही आहे.

छत्रपती शिवाजी महाराजांनी बांधलेली एकमेव याकूब बाबा दरगाह, सिद्धिविनायक मंदिर आणि पेशवे कालीन महालक्ष्मी मंदिर ही केळशीची मुख्या आकर्षक ठिकाणे आहेत. आंबे, सुपारी, नारळ या झाडांनी नटलेला समुद्र किनारा केळशीच्या सौंदर्यात आणखीन भर घालतो. त्सुनामीमुळे निर्माण झालेले मोठे मातीचे ढीग आपल्याला अचंबित केल्याशिवाय राहत नाही. त्यामुळे निसर्गप्रेमींनी केळशीला एकदा भेट नक्की घ्यायला हवी.

कितीही ठिकाण सांगितली तरी कोकण काही संपत नाही. वरील ठिकाण्यांव्यतिरिक्त हेदवी, तोंदवळीतळाशिल, कदै पुरातन कुणकेश्वर शंकर मंदिर, निवती, खावणे समुद्र किनारा, मीठबाव तेथील गजबादेवी मंदिर, रेडी समुद्र किनारा आणि तेथील यशवंतगड, भगवान परशुरामांचं मंदिर असलेला आडे समुद्र किनारा अशी कित्येक ठिकाणे कोकणामा “आपलं लाशाचं कोकण” बनवतात।

पुस्तक परीक्षण

नकिता राजीव सावबा, *FYBA*



गोट्या नावाची मालिका मुंबई दूरदर्शनवर सुमारे तीस वर्षपूर्वी गाऊन गेली. ती मालिका पाहताना त्या काळातील लहान मुलेच नव्हे तर मोठी माणदेही एका वेगळ्याच विश्वात दंग होऊन जात! ती मालिका प्रख्यात बालसाहित्यकार ना. धो. (नारायण धोंडो) ताम्हणकर यांनी लिहिलेल्या ‘गोट्या’ नावाच्या मराठी कादंबरीवर आधारित होती. मालिकेचे दिग्दर्शन राजदन्त यांनी केले होते. त्या मालिकेने त्या वेळच्या बालप्रेक्षकांना आपलेसे होते. ‘गोट्या’ मालिकेचे शीर्षकगीत, अर्थपूर्ण होते!

“बीज अंकुर अंकुर,

ओल्या मातीच्या कुशीत

कसे रुजावे बियाणे माळरानी खडकात

बीज हवी निगराणी, हवी मायेची पाखरे

लख्ख प्रकाश निर्मळ, त्यात कषटाचा पाझर

हवी अंधारल्या राती, चंद्रकिरणांची साथ”

‘गोट्या’ मालिकेचे शीर्षकगीत मधुकर आरकडे यांनी लिहिले आहे ते अरुण इंगळे यांच्या

स्वरात आहे. ते अशोक पत्की यांनी संगीतबद्ध केले आहे. त्याचे चित्रिकरण उद्बोधक व गंमतीदार आहे. ‘गोट्या’ हा मुलगा त्याच्या आजी आणि काकांकडे राहण्यास जात आहे, तो प्रवास त्यात चित्रित केला आहे. त्या मुलाच्या आयुष्यावरच ती मालिका रंगत जाते. जाँय घाणेकर याने ‘गोट्या’ ची भूमिका केली होती.

गोट्या हे पुस्तक अतिशय प्रसिद्ध आहे. ते श्री ना. धो. ताम्हणकर ह्यांनी बाल वाचकांसाठी जरी लिहिले असले तरी अबाल वृध्दांनी ते अतिशय पसंत केले आहे. ह्या पुस्तकातील चित्र प्रसिद्ध चित्रकार श्री. गोळीवडेकर व जोशी ह्यांनी अतिशय बारकाईने रेखाटले आहे. ह्या गोष्टीची अळख म्हणजे एका अनाथ मुलाला घरी आणून लेखकांनी जे त्याच्यावर चांगले संस्कार केले व तसे करताना गोट्याच्या हातून अजाणतेपणे झालेले विनोद व त्यातून त्याला मिळणारी शिकवण तसेच आजू बाजूला त्याच्या भवती वावरणारी माणसे व त्यांचे निरीक्षण करणारा गोट्या. वास्तविक गोट्या अतिशय तल्लख बुध्दीचा आहे पण निरागस पणे त्याच्या हातून घडणार्या चुका व त्यातून घडणारे विनोद खूप आनंद देऊन जातात. गोट्याची एक बहीण आहे व त्याचे तिच्यावर अतिशय प्रेम आहे हे सर्व गोष्टीतून येते. गोट्याचे तीन भाग आहेत.

पहिल्या भागात त्याचे बालपण रेखाटले आहे. ह्या पहिल्या भागात गोट्याला लेखकानी दिलेले पैसे स्वतः साठी खर्च न करता दुसऱ्यांच्या मदतीसाठी खर्च करतो ह्यातच त्याची मनाची श्रीमंती दिसून येते. ह्या भागातील अतिशय विनोदी प्रकरण म्हणजे “दुसरा - दिवाळी” ह्यात मनु मावशी दुपारी झोपलेली असताना तिच्या घरात मंजर शिरल्यामुळे ते काढण्यासाठी पाण्याचा वापर केला व ते पाणी नेमके झोपलेल्या मनु मावशीच्या तोंडात जाते व ती घाबरी - घुबरी होऊन बाहेर येते. तर गोट्या नाटक करतो हे

प्रकरण देखील विनोदी आहे ह्यात गोट्या जी आधुनिक पात्रे व ऐतिहासिक पात्रे एकत्र आणून मोठी धमाल उडवून देतो. हा भाग संपवताना गोट्या बाबत निरोप घेताना कारण्याची झालर दिलेली दिसते.

दुसऱ्या भागात साची किशोर अवस्था वाचायला मिळते. ह्या भागात आपल्या शाळेसाठी धडपडणारा गोट्या दिसतो तसेच त्याची सर्व शाळासोबत्यांना बरोबर घेऊन एकदाही अभिमानास्प गोष्ट करणे व त्यातून देखील होणारे विनोद निखळ आनंद देऊन जातो. ह्या भागात त्याचे प्रतिस्पर्धी सोबती जरी गोट्या वर मात करत असले तरी त्यांना उदारपणे माफ करण्याच्या गोट्याचा चांगूलपणा दिसून येतो. गरीब मुलांना देखील दिवाळीचा आनंद लुटता यावा ह्या साठी घराघरातून त्यांच्या साठी फराळ गोळाकरून दिवाळीच्या दिवशी त्यांना खाऊ घालून वही व पेन्सिल भेट देणारा परोपकारी गोट्या दिसून येतो.

तिसऱ्या भागात आपल्याला गोट्या तारण्याच्या उंभरठ्यावर भेटतो. ह्या भागात देखील आपणास त्याच्या पराक्रमात विनोद व परोपकारच दिसतो. ह्यातील गोट्याची व्याख्यान माला हे प्रकरण तर विशेष वाचण्याजोग आहे. ह्यात त्याचा प्रतिस्पर्धी प्रभाकर गोट्यानी बोलवलेल्या सर्व व्याख्यातांना पत्रे लिहून व्याख्यानाला न येण्या बद्दल कळवतो व गोट्या आयत्यावेळी विविध व्यावसाय करण्याच्या लोकांना व्याख्याते म्हणून श्रोत्यांचे मनोरंजन न करता लोकांच्या ज्ञानात भर घालतो. ह्या भागात गोट्याचे नविन उदयोग शिकण्यासाठी विविध कला शिकण्याची त्याची धडपड दिसून येते. सर्वात शेवटाकडे शाळा जाळण्यास आलेल्या आपल्या

प्रतिसपर्ध्याला बचावाची साक्ष देऊन स्वतः वर आळ घेतो ह्यात त्याची उदारता दिसून येते, असा हा परोपकारी गोट्या.

गोट्या हे पात्र ना. धो. ताम्हणकर यांनी ते शब्दचित्र रेखाटले तेव्हाच मराठी रसिकांच्या मनावर ठळकपणे छबी उठवून गेले होते. मुलांच्या मराठी वाचनात 'गोट्या' ला अग्रस्थान असे. १९४० च्या दशकात टीव्ही सोडाच रेडिओही दुर्मिळ होता. सुशिक्षित माणसे त्यांचा वेळ वाचनात घालवत. तरुण - तरुणींसाठी आणि प्रौढांसाठीही विविध प्रकारचे वाङ्मय सहस्रजतेने उपलब्ध होत असे. मात्र लहान मुलांसाठी काही वाचण्यास उपलब्ध नसे. तशा परिस्थितीत 'खेळगडी' नावाचे मासिक सुरु झाले. ते भा. ल. तथा काका पालवणकर यांनी चालवले होते. त्याच मासिकातून गोट्या मालिका नियमितपणे अक्षरसाहित्य रूपात प्रसिद्ध झाली. ताम्हणकर यांनी गोट्याची व्यक्तिरेखा अकृत्रिम शैलीत साकार केली होती. गोट्या हा मुलगा बघता बघता सर्वसामान्य घरातलाच एक होऊन गेला. खरे तर तो कोणाच्याच घरातला नसतो. तो अवमानित जिणे जगत असताना एकुलती एक सुमा नावाची मुलगी असलेल्या एका कुटुंबाला सापडतो. ते दादा - वहिनी गोट्याला घरी आणतात. सुमाला तर भाऊ मिळतोच पण त्याच बरोबर महाराष्ट्रातील तमाम मुलामुलींना त्यांच्या हक्काचा असा एक संवगडी खेळण्यासाठी उपलब्ध होतो. गिट्या हा चतुर तर असतोच, त्याच बरोबर विनयशीलही त्याला नाना प्रकारचे खेळ आणि बौद्धिक करामती अवगत असतात. त्यामुळेच तो केवळ दादा - वहिनी आणि सुमा यांचे त्रिकोणी कुटुंब चौकोनी करून सोडतो, असे नाही, तर सर्वसामान्य घरांतही आनंदाचे निधान घेऊन येता. त्यातील व्यक्तिरेखा सुमा, गोट्या,

दादा, माई, दगडूमामा, वसूनाना, काका, काकू, राधा, आजी, मधू, केसकर गुरुजी, वकिलीण बाई, वकीलसाहेब अशा आहेत.

ताम्हणकर यांचा त्या लेखनामागील हेतू स्पष्ट आहे. 'खेळगडी' मासिकातील 'गोट्या' ही कथामाला पुस्तक रूपात तीन भागांत प्काशित झाली. ताम्हणकर यांनी पुस्तकाच्या दुसऱ्या भागाच्या प्रस्तावनेत त्यांचा हेतू उघड केला आहे. 'बालजनांशी हसून खेळून त्यांच्या मनोविकासाला मदत करणारा एखादा संवगडी त्यांना मिळवून द्यावा, ही मनातील इच्छा गोट्याच्या रूपात मूर्त स्वरूपास गेली...'

काय करतो हा गोट्या नेमका? तो शाळेत एक हिशार विध्यार्थी म्हणून गणला तर जात असतोच, पण त्याच वेळी तो गुरुजनांना अडचणीत आणणार्या शिक्षवर्गाला त्रास देणार्या विद्यार्थ्याची खोड जिरवण्याचे कामही मोठ्या कौशल्याने करत असतो. ते करताना तो लहानपणी शाळेत मुले ज्या युक्त्या - प्रयुक्त्या योजतात, त्याच योजत जातो. प्रसंगी तो धांगडधिंगाही घालतो, पण त्याचा ते सारे करतानाचा हेतू स्पष्ट असतो. त्याच वेळी तो घरातील समुावर म्हणजे त्याच्या बहिणीवर मनापासून माया करत असतो. सुमा आणि तिच्या मैत्रिणी यांची कोणी छेड काढत असेल तर तो त्या मवाल्यांना चांगला इंगा दाखवतो. दिवाळीत तो आकाशकंदिल तर करणारच, पण त्याच वेळी सुट्टीत थोडेफार काम करून मिळणारा अल्पस्वल्प मोबदलाही गरीब विद्यार्थ्यांच्या कामी लावणार! मग असा हा सत्शील गोट्या आमजनांच्या संस्कारशील मनांवर गरुड घालून न गेला तरच नवल...

***The woods are lovely, dark and deep,
But I have promises to keep,
And miles to go before I sleep,
And miles to go before I sleep.***

- Robert Frost

DEPARTMENT REPORTS

SENIOR COLLEGE ENGLISH

- Guest Lecture by Ms. Bhaswati Parasar, Head, Department of English, Rizvi College, for TY and SY English students on 25th August 2022
- Teachers Day celebration by TY English students on 5th September 2022
- Exit commemoration by TY English students on 15th March 2023

Faculty Achievements

Dr. Yogesh Anvekar

- Course writer for IDOL MA English Sem II (Paper III B) 20th Century American Literature (3 Units) in August 2022
- NET/SET Workshop at RJ College in January-February 2023

Dr. Shubha Mukherjee

- Invited as a Peer Reviewer for the Research Journal 'Srujan' K. C. College in June 2022
- Published a paper, along with the Research Scholar Dinesh Kumar Shinde, 'Aftermath of Trauma: An Altered Persona in Angelou's I Know Why the Caged Bird Sings' in Gap Bodh Taru Vol V, Issue III, A Global Journal of Humanities (ISSN – 2581-5857) Impact Factor: SJIF – 5.171, IIFS – 5.125, July – September 2022
- Course writer for IDOL MA English Sem II (Paper III B) 20th Century American Literature (3 Units) in August 2022
- Youth Festival Judge for Elocution and Debate (English/Hindi), SIES Nerul on 12th August 2022
- Invited as a Guest Speaker for the Refresher Course in English (Contemporary Writings in English), Department of English, Mumbai University on 8th September 2022
- Member of the organizing committee at 15th Dr.

Mani Kamerkar One Day National Seminar, GN Khalsa College, Mumbai on 19th September 2022

- External Adjudicator for Ms. Lakshmy Ravindranathan, University of Madras, Chennai in September 2022
- In the Interview Panel for the enrolment of PhD candidates in the Department of English, University of Mumbai on 20th and 21st September 2022
- External Adjudicator for Ms. C. Karpagavalli, VELS Institute of Science and Technology, Chennai in November 2022
- External Adjudicator for Ms. Giftlin Paul D.L VELS Institute of Science and Technology, Chennai in November 2022
- Chairperson for MPhil Viva Voce of Ms. Subhra Chakraborty, Department of English, University of Mumbai on 7th November 2022
- In the Interview Panel for the enrolment of PhD candidates in the Department of English, University of Mumbai on 15th and 16th November 2022
- Judge for Bio-Bling (Department of Botany) Gloriosa event on 24th January 2023
- External Adjudicator for Ms. M. Rajalakshmi, University of Madras, Chennai in January 2023
- Guide for the Research Scholar, Ms. Bhaswati Parasar, who was awarded the PhD Degree on 25th January 2023
- Judge for Street Play (NSS) GN Khalsa College on 4th March 2023
- Published two poems 'Appeal' and 'Confession' in Shodhawari, Tutti Khamoshiyan, Vidyaapeeth Prakashan, ISBN – 978-93-93108-09-8, page nos. 109-111

मराठी

परीक्षा निकाल

- तृतीय वर्षाच्या अंतिम परीक्षेला १५ विद्यार्थी प्रविष्ट झाले. त्यांपैकी १२ विद्यार्थी उत्तीर्ण झाले. मराठी विभागाचा अंतिम निकाल ८५ टक्के लागला.
- या वर्षी विभागाने विविध प्रकारच्या कार्यक्रमांचे आयोजन केले.

विविध कार्यक्रम आयोजन

- दि. ९ जुलै २०२२ : देवशयनी (आषाढी) एकादशी निमित्त विभागांतर्गत विशेष कार्यक्रमाचे आयोजन करण्यात आले होते. यावेळी विभागप्रमुख डॉ. पद्मजा कुलकर्णी यांनी वारीत खेळल्या जाणाऱ्या विविध खेळांवर आधारित 'आनंदवारी' या पीपीटीचे सादरीकरण केले. यासाठी द्वितीय आणि तृतीय वर्षाचे एकूण १६ विद्यार्थी उपस्थित होते.
- दि. १४ जुलै २०२२ : महाविद्यालयाच्या सेमिनार हॉलमध्ये 'पाऊले चालती पंढरीची वाट' ही पीपीटी सादरीकरण स्पर्धा घेण्यात आली. यात एकूण ११ संघांनी भाग घेतला. स्पर्धेचे परीक्षण प्रा. अर्चना माळवी आणि प्रा. रश्मी पोटे- बारोट यांनी केले. या स्पर्धेत पुढील विद्यार्थ्यांनी यश मिळवले.
 - प्रथम क्रमांक : मंगेश जानवळकर (तृतीय वर्ष कला)
 - द्वितीय क्रमांक : अदिती मळेकर (बारावी, शास्त्र)
 - तृतीय क्रमांक : प्रसिद्धी पेडणेकर (द्वितीय वर्ष कला), साक्षी निकाळजे (द्वितीय वर्ष कला)
 - उत्तेजनार्थ : भावना कुळये (द्वितीय वर्ष कला), निकिता चन्हाटे (तृतीय वर्ष कला)
 - विशेष उल्लेखनीय : आर्या कुलकर्णी (द्वितीय वर्ष कला), सृष्टी कदम (द्वितीय वर्ष कला)
- दि. १३ ऑगस्ट २०२२ : मराठी विभाग आणि इतिहास विभाग यांच्या संयुक्त विद्यमाने लोकमान्य टिळक पुण्यतिथीच्या अनुषंगाने निबंधलेखन, पीपीटी सादरीकरण आणि प्रश्नमंजूषा स्पर्धेचे आयोजन करण्यात आले. पीपीटी स्पर्धेचे परीक्षण डॉ. रविंदर कौर चिमा यांनी केले. या स्पर्धेत पुढील विद्यार्थ्यांनी यश मिळवले.
 - निबंध लेखन (इंग्रजी)
 - » प्रथम क्रमांक : रेवथी नायर (द्वितीय वर्ष कला)
 - » द्वितीय क्रमांक : निधी नाईक (द्वितीय वर्ष कला)
 - निबंध लेखन (मराठी)
 - » प्रथम क्रमांक : सायली गडाळे (तृतीय वर्ष कला)
 - » द्वितीय क्रमांक : तन्वी कामतेकर (द्वितीय वर्ष कला)
 - प्रश्नमंजूषा
 - » प्रथम क्रमांक : निलेश व्होटकर (तृतीय वर्ष कला), रोहन इमडे (तृतीय वर्ष कला)
 - » द्वितीय क्रमांक : आर्या कुलकर्णी (द्वितीय वर्ष कला), रेवथी नायर (द्वितीय वर्ष कला)
 - » तृतीय क्रमांक : द्विकल चाळके (द्वितीय वर्ष कला), नम्रता नंदला (द्वितीय वर्ष कला)
 - पीपीटी
 - » प्रथम क्रमांक : तुलिका सिन्हा (पदव्युत्तर पदवी शास्त्र)
 - » द्वितीय क्रमांक : रेवथी नायर (द्वितीय वर्ष कला)
 - » तृतीय क्रमांक : दुरेन कासकर (तृतीय वर्ष कला)
 - » तृतीय क्रमांक : सृष्टी कदम (द्वितीय वर्ष कला)
 - » उत्तेजनार्थ क्रमांक : आर्या कुलकर्णी (द्वितीय वर्ष कला)
- दि. २२ ऑगस्ट २०२२ : मराठी वाङ्मय मंडळाचे उद्घाटन लेखक, दिग्दर्शक, अभिनेते श्री. विनोद गायकर यांच्या उपस्थितीत झाले. यावेळी वारीवर आधारित पीपीटी स्पर्धा आणि लोकमान्य टिळक पुण्यतिथीच्या औचित्याने आयोजित स्पर्धांचे बक्षीस वितरण संपन्न झाले. तसेच 'पैठणी' या ई-विशेषांकाचे प्रकाशन मान्यवरांच्या हस्ते करण्यात आले. यावेळी सुमारे ६० विद्यार्थी उपस्थित होते.
- दि. २१ ते २३ सप्टेंबर २०२० : तीन दिवसीय कार्यशाळेचे आयोजन करण्यात आले. या अंतर्गत खालील सत्र आयोजित केली गेली.
 - दि. २१ सप्टेंबर २०२० : श्रीमती प्रतिभा पोतदार यांनी ताणतणाव व्यवस्थापन या विषयावर मार्गदर्शन केले.
 - दि. २२ सप्टेंबर २०२० : श्री. दीपक वेलणकर यांनी व्हाईस मॉड्युलेशन या विषयावर मार्गदर्शन केले.
 - दि. २३ सप्टेंबर २०२० : श्री. आनंद थत्ते यांनी साहित्यिक भाषांतराचे स्वरूप, वैशिष्ट्ये आणि भाषांतर क्षेत्रातील संधी यांविषयी विद्यार्थ्यांना माहिती दिली. या कार्यशाळेच्या तीनही सत्रांना ५२ विद्यार्थ्यांची उपस्थिती होती.
 - दि. १० ते १५ ऑक्टोबर २०२२ : वाचन प्रेरणा सप्ताह साजरा करण्यात आला. यामध्ये प्रथम वर्षाच्या विद्यार्थ्यांनी प्रतिदिन विविध प्रकारातील साहित्याचे वाचन केले.
 - दि. ७ ते १९ जानेवारी २०२३ : भाषिक कौशल्ये सर्टिफिकेट कोर्सचे आयोजन करण्यात आले. यामध्ये सूत्रसंचालन, निवेदन (मार्गदर्शक-डॉ. निधी पटवर्धन), वृत्त आणि वृत्तान्त लेखन (मार्गदर्शक-श्री. प्रकाश कुलकर्णी), प्रशासकीय मराठी (मार्गदर्शक-श्रीमती विजया दूधवाडकर) या विषयांचा समावेश होता. एकूण २२ विद्यार्थ्यांनी सहभाग घेतला.
 - दि. १५ ते ३० जानेवारी २०२३ : मराठी भाषा संवर्धन पंधरवडा अंतर्गत शब्देविण संवादु - छायाचित्रण स्पर्धा, अलक-अतिलघुकथा लेखन स्पर्धा यांचे आयोजन करण्यात आले. यात पुढील विद्यार्थ्यांनी यश मिळवले.
 - शब्देविण संवादु : प्रथम क्रमांक - प्रसिद्धी पेडणेकर
 - द्वितीय क्रमांक - पूनम भोसले
 - अलक : प्रथम क्रमांक - अदिती सावंत
 - २४ जानेवारी २०२३ : मराठी संस्कृतीचे नृत्य-नाट्य-संगीतातून दर्शन घडविणाऱ्या अमृताचा वसा या कार्यक्रमाचे आयोजन करण्यात आले. यात प्रथम, द्वितीय आणि तृतीय वर्षाच्या विद्यार्थ्यांनी सहभाग घेतला. यावेळी महाराष्ट्राची विविधता दाखविणारे प्रदर्शनही मांडण्यात आले.
 - २७ फेब्रुवारी २०२३ : मराठी भाषा दिनानिमित्त 'गर्जा जयजयकार' ही देशभक्तिपर काव्यवाचन स्पर्धा घेण्यात आली. यात मल्लिका जाधव हिने प्रथम, तेजस बांदिवडेकर आणि सुजल गवाणे यांनी विभागून द्वितीय क्रमांक मिळवला. तसेच 'वाग्विलासिनी' हा कार्यक्रम आयोजित करण्यात आला. यावेळी शब्दभ्रमकार केदार परुळेकर यांची उपस्थिती होती.

विद्यार्थी सहभाग

- तृतीय वर्षाची विद्यार्थिनी मल्लिका जाधव हिने आयएनटी स्पर्धेतील

तृतीय क्रमांक विजेत्या तसेच अहमदनगर करंडकमधील द्वितीय क्रमांक विजेत्या 'काहीतरी अडकलंय' नाटकाकरिता वेशभूषाकार म्हणून काम केले. व्हीजेटीआय आयोजित कवडसे नाट्यस्पर्धेत सर्वोत्कृष्ट वेशभूषाकार म्हणून बक्षीस मिळाले. तसेच अद्वैत, थेसो, मृणालताई नाट्यकरंडक, बोलीभाषा नाट्यस्पर्धा यामधील पारितोषिक प्राप्त एकांकिका 'कोळसा'मध्ये अभिनय केला.

- ⊙ मुंबई विद्यापीठाने आयोजित केलेल्या युवा महोत्सवात मल्लिका जाधव हिने कथाकथन, कथालेखन, हिंदी एकपात्री स्पर्धेत, निकिता चन्हाटे हिने वक्तृत्व स्पर्धेत तर तुषार मोरे याने पोस्टर मेकिंग स्पर्धेत सहभाग घेतला. तुषार मोरे याने विभाग स्तरावर प्रथम क्रमांक मिळवला.
- ⊙ कला, वाणिज्य आणि विज्ञान महाविद्यालय, लांजा आयोजित राज्यस्तरीय पुस्तक परीक्षण स्पर्धेत प्रथम वर्षाच्या ऋचा मोरे आणि निकिता सावबा या विद्यार्थ्यांनी सहभाग घेतला.
- ⊙ व्यास क्रिएशन, ठाणे आयोजित राज्यस्तरीय निबंधलेखन स्पर्धेत प्रथम वर्षाच्या ९ विद्यार्थ्यांनी सहभाग घेतला.
- ⊙ दि. १० ते १५ ऑक्टोबर २०२२ : वाचन प्रेरणा दिनाच्या निमित्ताने 'वाचन सप्ताह' उपक्रमाचे आयोजन करण्यात आले. या अंतर्गत प्रथम वर्षाच्या विद्यार्थ्यांनी विविध प्रकारातील साहित्याचे वाचन केले. तसेच दि. १५ ऑक्टोबर रोजी 'एक मिनिट मराठी' या स्पर्धेचे आयोजन करण्यात आले. यात नऊ विद्यार्थ्यांनी सहभाग घेतला.
- ⊙ अमृताचा वसा या कार्यक्रमाची संपूर्ण आखणी, संशोधन आणि सजावट यामध्ये तृतीय वर्षाच्या विद्यार्थ्यांचा सक्रिय सहभाग होता.

शिक्षकांचे योगदान

डॉ. पद्मजा कुलकर्णी

- ⊙ 17 सप्टेंबर 2022 - गुरु नानक खालसा महाविद्यालय, माटुंगा आयोजित डॉ. मणी कामेरकर राष्ट्रीय चर्चासत्रामध्ये 'तंजावूर आणि स्थलांतरित मराठी संस्कृती या विषयावर शोधनिबंध सादर.
- ⊙ 24 डिसेंबर 2022 - आविष्कार या आंतर महाविद्यालयीन स्पर्धेच्या अंतिम फेरीसाठी सतीश प्रधान ज्ञानसाधना कॉलेज मध्ये Judge म्हणून आमंत्रित.

सायली पिलणकर

- ⊙ नवज्योत इंटरनॅशनल इंटरडिसिप्लिनरी रिसर्च जर्नल (ISSN -2277 8063) मध्ये शाहू महाराज यांचे शिक्षणिक धोरण – एक अभ्यास हा शोधनिबंध प्रकाशित, नोव्हेंबर २०२२.
- ⊙ विद्यावार्ता इंटरनॅशनल पीअर रिव्ह्यूड रिसर्च जर्नल (ISSN -2319 9318) मध्ये संत तुकाराम यांच्या अंभगातील चित्तवृत्ती निरोधाचे मार्ग हा शोधनिबंध प्रकाशित, डिसेंबर २०२२.
- ⊙ बी. आधार पीअर-रिव्ह्यूड अँड रिफ्रीड इंडेक्स जर्नल (ISSN -2278 9308) मध्ये जागतिकीकरण आणि बोलीपुढील समस्या हा शोधनिबंध प्रकाशित, डिसेंबर २०२२.
- ⊙ सुंदरराव साळुंखे महाविद्यालय, माजलगाव, बीड आयोजित राष्ट्रीय

चर्चासत्राकरिता 'जागतिकीकरणानंतर बदललेले ग्रामजीवन आणि बोलीवरील परिणाम' हा शोधनिबंध सादर. डिसेंबर २०२२.

- ⊙ लोकनायक बापुजी अणे महिला विद्यालय, यवतमाळ आयोजित राष्ट्रीय चर्चासत्राकरिता 'सर्वकष विकासास पूरक शैक्षणिक धोरण' हा शोधनिबंध सादर. जानेवारी २०२२.
- ⊙ गुरु नानक खालसा महाविद्यालय, माटुंगा आयोजित डॉ. मणी कामेरकर राष्ट्रीय चर्चासत्रामध्ये 'राहिले दूर घर माझे या नाटकातील देशांतरितांच्या मानसिकतेचे चित्रण' या विषयावर शोधनिबंध सादर.
- ⊙ तृतीय वर्ष इतिहासच्या विद्यार्थ्यांकरिता आदिवासी कला आणि संस्कृती या विषयावर विशेष व्याख्यान, दि. १३ मार्च २०२३.

हिन्दी विभाग

- ⊙ 14 सितम्बर 2022 को छात्र कवि सम्मेलन एवं हिन्दी दिवस समारोह सम्पन्न हुआ। इस अवसर पर मराठी विभाग की प्रमुख डॉ. पद्मजा कुलकर्णी मुख्य अतिथि के रूप में मौजूद थी। मराठी विभाग की प्राध्यापिका सायली ने एवं उपप्रधानाचार्य एवं हिन्दी विभागाध्यक्ष डॉ. रत्ना शर्मा ने छात्रों को हिन्दी भाषा की उपयोगिता एवं महत्ता पर प्रकाश डाला। कार्यक्रम का संचालन डॉ. मृगेंद्र राय ने किया। इस अवसर पर 8 छात्रों ने अपनी कविताओं का पाठ किया।
- ⊙ 22 मार्च 2023 को विशेष व्याख्यान का आयोजन किया गया। इस अवसर पर एस. आई. ई. एस. कॉलेज के हिन्दी विभागाध्यक्ष डॉ. दिनेश पाठक ने भारतीय काव्यशास्त्र पर एम.ए. के छात्रों को संबोधित किया।
- ⊙ शोध छात्रा सोनम चौरसिया का शोध लेख 'नीरजा माधव के साहित्य में पर्यावरण संकट' विषय पर आश्वस्त शोध पत्रिका में नवम्बर 2022 को पृष्ठ संख्या 11-13 आई. एस. एन. 2456-8856 में प्रकाशित हुआ। शोध छात्रा उर्वशी विकास शरण के दो शोध लेख क्रमशः 'महीप सिंह के कथा साहित्य में अभिव्यक्त स्त्री विमर्श' शीर्षक बोहल मंजूषा शोध पत्रिका जुलाई 2022 को पृष्ठ क्रमांक 149-152 आई. एस. एन. 2395-7115 में तथा 'महीप सिंह के कथा साहित्य में अभिव्यक्त महानगरीय परिवेश' शीर्षक शोध लेख अक्षरा मल्टी डिसिप्लिनरी रिसर्च शोध पत्रिका में नवम्बर 2022 पृष्ठ क्रमांक 70-72 आई. एस. एन. 2582-5420 में पत्रिका में प्रकाशित हुए।
- ⊙ बी. ए. तृतीय वर्ष एवं एम. ए. के छात्रों ने एम. एम. पी. शाह महाविद्यालय में राष्ट्रीय संगोष्ठी में हिस्सा लिया।

डॉ. मनोज कुमार शाँ

- ⊙ श्री मनोज कुमार शाँ को डॉ. रत्ना शर्मा के निर्देशन में मुंबई विश्व विद्यालय से पी. एच. डी की उपाधि प्राप्त हुई।

डॉ. रत्ना शर्मा

- ⊙ अकादमिक वर्ष 2022-2023 में हिन्दी विभागाध्यक्ष डॉ० रत्ना शर्मा की महाविद्यालय में उपप्रधानाचार्य के पद पर नियुक्ति हुई।

- कीर्ति कॉलेज में हिन्दी विषय के पाठ्यक्रम समिति में उन्हें विषय विशेषज्ञ के रूप में मनोनीत किया गया ।
- साठये कॉलेज में हिन्दी विषय के पाठ्यक्रम समिति में उन्हें उपकुलपति के प्रतिनिधि के रूप में नामित किया गया ।
- उनका शोध लेख 'प्रवासी हिन्दी कहानी संवेदना और शिल्प' शीर्षक यू. जी. सी. केयर लिस्ट राष्ट्रीय शोध पत्रिका अक्षरा, भोपाल के अंक 1 जुलाई 2021 आई. एस. एन. 2456-7167 में प्रकाशित हुआ ।
- कालिदास संस्कृत विद्यापीठ नागपुर में भारतीय परंपरा पर एफ. डी. पी. प्रोग्राम में भाग लिया ।
- मुंबई विश्वविद्यालय में शोध की मौखिकी के लिए उपकुलपति द्वारा चार बार मनोनीत किया गया ।

डॉ. मृगेंद्र राय

- संगमनेर नगरपालिका आर्ट्स, डी. जी. मालपानी कामर्स एण्ड बी. एन. सारडा साइंस कालेज (स्वायत), संगमनेर के हिन्दी पाठ्यक्रम समिति के सदस्य के रूप में मनोनीत किया गया ।
- स्वामी सहजानंद स्नातकोत्तर महाविद्यालय गाजीपुर एवं केन्द्रीय हिन्दी संस्थान, आगरा के संयुक्त तत्वाधान में द्विदिवसीय अंतरराष्ट्रीय संगोष्ठी 'वर्तमान वैश्विक परिवेश में सांस्कृतिक राष्ट्रवाद की प्रासंगिकता विषय के अंतर्गत 01 फ़रवरी 2023 को सांस्कृतिक 'राष्ट्रवाद की प्रासंगिकता' विषय पर अध्यक्षता करते हुए अपना उद्बोधन दिया ।
- डॉ. राय को अखिल भारतीय अनुबंध फ़ाउंडेशन, मुंबई एवं भारतीय कपास प्रौद्योगिकी अनुसंधान संस्थान मुंबई द्वारा साहित्यिक एवं सांस्कृतिक सम्मान समारोह में 15 अक्टूबर 2023 को साहित्यिक योगदान के लिए सम्मानित किया गया ।
- हिन्दी वाक्-प्रतियोगिता में एम. एम. पी. शाह कॉलेज में निर्णायक के रूप में आमंत्रित किया गया ।
- एस. आई. ई. एस. कॉलेज, मुंबई एवं एम. एम. पी. शाह विमेनस कॉलेज के संयुक्त संयोजन में 'भक्तिकाल का प्रदेश' विषय पर आयोजित द्विदिवसीय राष्ट्रीय संगोष्ठी में 15 मार्च 2023 को एम. एम. पी. शाह विमेनस कॉलेज में 'विनय पत्रिका में लोक मंगल की भावना' विषय पर शोध पत्र की प्रस्तुति ।
- कवयित्री बहिणाबाई चौधरी उत्तर महाराष्ट्र विश्वविद्यालय, जलगांव तथा भारतीय हिन्दी परिषद, प्रयागराज के संयुक्त तत्वाधान में आयोजित अंतरराष्ट्रीय संगोष्ठी में 'हिन्दी और मराठी भाषा का अंतः संबंध' विषय पर शोध पत्र 19 मार्च 2023 को प्रस्तुत किया ।

Zafarnama (a letter written by Guru Gobind Singhji to Aurangzeb) on 8th August 2022 in online mode. The Guest of Honour for the event was Sardar Pratap Singh (Retired DIG, Editor: The Sikh Review) and the Key-Note speaker was Wing Commander Vijay Chattur. The event was also graced by a vocal rendition of the Zafarnama by Sri Suhas Joshi.

- Organized an event commemorating the life and contribution of Lokmanya Tilak on his 102nd death anniversary along with the Department of Marathi on 13th August 2022. The students participated in three competitions: PPT Presentation, Essay Writing and Quiz on themes based on Lokmanya Tilak.
- TYBA students attended a Library orientation organized by Head Librarian Neelam Chavan on 26th August 2022.
- PTA Meeting for the TYBA students was held on 27th August 2022.
- The 15th Dr. Mani Kamerkar One-Day National Seminar was organized, under the aegis of RUSA, in collaboration with the Dr. Mani Kamerkar Memorial Trust on 17th September 2022 on the theme 'Migration and Diaspora: Prospects and Encounters' (Ancient to Modern). The seminar saw 48 research papers from researchers and students from various colleges around the country. The Key-Note speaker at the Seminar was Dr. Amba Pande from the School of International Studies of the Jawaharlal Nehru University, New Delhi.
- Students from SYBA and TYBA visited an exhibition on 'Jewish Refugees from Arab Land' organized by the Department of History, St. Xavier's College in collaboration with the Israeli Consulate on 16th December 2022.
- Students of TYBA History visited the Central Bank of India on 21st December 2022. They attended the foundation anniversary celebrations of the Bank and also took a tour of the museum of the bank.
- Students of TYBA History gave PPT Presentations on the topic of 'Careers in Heritage Tourism' on 11th January 2023.
- Organized a one-day fest 'Taareekh-e-Virasat' on 25th January 2023 which included various events like an

HISTORY

- The Department of History in collaboration with the Library of the college organized a 30 hour Certificate Course in 'Library and Information Sciences' from 14th - 25th July 2022.
- The Sikh Heritage Museum organized a lecture on

Incredible India quiz, a photography competition, a treasure hunt cum murder mystery event, a Minute to Win it competition and a historical Heads Up.

- ⦿ A prize distribution ceremony was held on 24th February 2023 for the winners of the competitions held during Taareekh-e-Virasat. The volunteers for the event were also presented with certificates. The Chief Guest for the ceremony was Mr. Robin Mathew from the Department of Zoology of the college.
- ⦿ A guest lecture was delivered by Sayali Pilankar, Assistant Professor, Department of Marathi on 'Folk and Tribal Traditions of Maharashtra' on 13th March 2023 for TYBA students.
- ⦿ Organized a farewell for the TYBA History batch 2022-2023 on 8th April 2023.

Students' Achievements

- ⦿ SYBA students Aaditi Sawant and Revathi Nair secured 2nd position in the 'Kala Kruthi' competition, organized by the Department of History, Ramnarain Ruia Autonomous College as a part of their departmental fest 'Mudra' on 6th and 7th January 2023. The students won the prize with their model of the fort of Medak.
- ⦿ SYBA students Arya Kulkarni and Aaditi Sawant completed a 3-month internship with Swiss Tours from April to July 2023.
- ⦿ SYBA student Sneha Marwar participated in the National Level Millet Recipe Competition organized by Ramnarain Ruia Autonomous College as a part of their International Conference on "Millets 2023" in December 2022.
- ⦿ SYBA and TYBA students participated in several events like Quiz, Debate, organized by the Department of History, Ramnarain Ruia Autonomous College as a part of their departmental fest 'Mudra' on 6th and 7th January 2023.
- ⦿ FYBA student Aryan Sonkar and SYBA students Revathi Nair and Aaditi Sawant presented papers at the annual inter-collegiate student's seminar organized by the Department of History, Ramniranjan Jhunjhunwala College on the theme of 'Formidable Forts: Silent Sentinels of India' on 25th February 2023.

Faculty Achievements

Ms. Manisha Sakure

- ⦿ Took charge as Head of the Department from June 2022.
- ⦿ Worked as coordinator for a 30 Hour Certificate Course on 'Library and Information Science' in association with College Library from 14th to 25th July 2022.
- ⦿ Attended a workshop on 'Reconceiving Outcome Based Learning' organized by Criteria I of the College on 11th and 17th August 2022.
- ⦿ The Convenor for the 15th Dr. Mani Kamerkar One-Day National Seminar organized by the department under the aegis of RUSA on 17th September 2022.
- ⦿ Presented a paper on 'Early migration among Sikhs in Australia' at the 15th Dr. Mani Kamerkar One-Day National Seminar on 17th September 2022.
- ⦿ Judged Rangoli Making competition organized by the Fine Arts Committee of the college in December 2022.
- ⦿ Judged Marathi Department's event on Kavyavachan as a part of their Marathi Pandhavra on 24th January 2023.
- ⦿ Judged Debate Competition conducted by NSS wing of the college in January 2023.
- ⦿ Judged Literary Arts Committee event "Paint a Sonnet" organized as a part of Nazarana January 2023.
- ⦿ Presented a paper on "Public Participation and role of Civil Societies towards Sustainable Development" at International Seminar on Psycho- social- Economic Change: Agencies and Pathways to Atmanirbhar Bharat, at M.D. University, Rohtak, Haryana from 16th-18th January 2023.
- ⦿ Worked as co- coordinator for a 30 Hour Certificate Course for First Year B.A. students (2022-23) on 'Wellness Program and Indian Knowledge System' from 19th to 27th April 2023.

Ms. Anagha Menon

- ⦿ Attended a workshop on 'Reconceiving Outcome Based Learning' organized by Criteria I of the College on 11th and 17th August 2022.

- Presented a paper on 'Language and Migrants: A case of the Malayalee migrants in Mumbai' at the 15th Dr. Mani Kamerkar One-Day National Seminar organized by the department on 17th September 2022.
- Worked as Treasurer for the 15th Dr. Mani Kamerkar One-Day National Seminar organized by the department on 17th September 2022.
- Moderated a session on Communication Skills conducted as part of the Induction Program for First Year (2022-2023) students in October 2022.

Fraeortis Satarawalla

- Presented a paper on 'Jewish Migration in India with reference to the Second World War' at the 15th Dr. Mani Kamerkar One-Day National Seminar organized by the department on 17th September 2022.
- Won 1st place at Hobbex organized as a part of Nazarana 2023.

PHILOSOPHY

- Organized an online workshop on "**Art of Reasoning and Critical Thinking**" from 1st -20th August 2022 (under the aegis of RUSA) The resource person was Mr. Peter Akbar (M.Phil. Philosophy, M.A – Psychology, Certified by IBM in Design Thinking, and Design Thinking from Rochester Institute of Technology, USA). In all 108 students completed the workshop.
- Organized an intra college fest titled "**CREDO**" on 25th January 2023. The guest of honor for the occasion was Dr. Davinder Pal Kaur Basin, former Vice Principal and former HOD of Department of Philosophy, G.N. Khalsa College. In all 5 events were organized.
- A lecture on "**Career Counselling**" was conducted on 11th April 2023 by Dr. Rina Puradkar, Associate Professor of R.J College. All the TYBA Philosophy students benefited from this session and the volunteers of Credo were felicitated with certificates in this session.

Faculty Achievements

Ms. Rajashree Kolhatkar

- Appointed as a field Coordinator by the Department of lifelong learning and Extension University of Mumbai for Monitoring and Evaluation of Extension work activities for the year 2022-23
- Invited as a Resource person for First Term Training Program of DLLE at S.I.A. College of Higher Education Dombivli on 17th September 2022
- Invited as a Resource person for the extension work training program for teachers and student Managers at Navneet College of Commerce and Science Mumbai Central on 23rd September 2023
- Invited as a Field Coordinator for the first Term Training Program at Model College Dombivli on 1st October 2022
- Conducted a session on Extension Guidelines in Second Term Training program for Extension work Teachers and Student Managers at Lala Lajpat Rai College of Commerce on 9th December 2022
- Engaged a session at Royal college of Science and Commerce Dombivli to make DLLE students aware about activities of DLLE and UDDAN Festival on 10th December 2022
- Invited as a Field Coordinator for the Second Term Training Program at Model College Dombivli on 13th December 2022
- Invited as a Resource person for orienting the DLLE Students for second Term Training Program at S.I.A. College of Higher Education Dombivli on 13th March 2023
- Was invited to Model College for monitoring and evaluating the Extension work projects on 20th March 2022.

Ms. Shivani Mayekar

- Coordinated a workshop 'Art of Reasoning and Critical Thinking' from 1st-20th August 2022 (under the aegis of RUSA)
- Attended a workshop on 'Reconceiving Outcome Based Learning' organized by Criteria I of the College on 11th and 17th August 2022.
- Presented a paper on 'Existential crisis of Indian female

in Diasporic Literature', at the 15th Dr. Mani Kamerkar One-Day National Seminar on 17th September 2022.

- ⊙ Worked as an organizing committee member for the 15th Dr Mani Kamerkar One-Day National Seminar on 17th September 2022.
- ⊙ Coordinated a session on Communication Skills conducted as part of the Induction program
- ⊙ Successfully completed M.A in English Literature. (2021-23)

MATHEMATICS AND STATISTICS

- ⊙ Organized short term credit courses on:
 - “Statistics using MS Excel”, 30 hours credit course in an online platform for 49 students from 15th June to 7th July 2022.
 - “Math To Crack”, 30 hours credit course in an online platform for 170 students during 6th to 22nd January 2023.
- ⊙ Conducted RUSA sponsored Intercollegiate one week course “A hands on training in R programming” for 65 students from 18th -23rd July 2022.
- ⊙ Conducted RUSA sponsored Intercollegiate one week course “Initiation into Mathematics” jointly funded by MTTS trust for 42 students from 12th -17th September 2022.
- ⊙ Organized an Industrial visit at IIPS (International Institute for Population Sciences) on 6th March 2023. (32 students from SYBSc and TYBSc and 3 faculty members visited the place).
- ⊙ Organized intercollegiate mathematics fest “Shreeram Abhyankar Maths fest” on 24th January 2023. (The fest included activities like Quiz Competition, Poster presentation, Seminar. There were fun games for everyone).
- ⊙ Celebrated “National Mathematics Day” on 22nd December 2022 by organizing Quiz competition and seminars

Faculty Achievements

Dr. Rakesh Barai

- ⊙ Participated in RUSA Sponsored One Week

Workshop on “Foundation of Data Science Using R Programing” conducted by Department of Mathematics and Statistics, Guru Nanak Khalsa College from 18th – 23rd July 2022.

- ⊙ Engaged a session on “Indian War Saga Post Independence” in SIWS college, on 5th August 2022.
- ⊙ Worked as a Course-Co-Coordinator of a RUSA sponsored jointly funded by MTTS trust, Intercollegiate one week course “Initiation into Mathematics” conducted by Department of Mathematics and Statistics, Guru Nanak Khalsa College of Arts, Science and Commerce, from 12th -17th September 2022.
- ⊙ Awarded a PhD degree in Mathematics from Department of Mathematics, University of Mumbai in February 2023.

Dr. Manoj Mishra

- ⊙ Worked as a Course -Co-Coordinator of a RUSA Sponsored One Week “Workshop on Foundation of Data Science Using R Programing” conducted by Department of Mathematics and Statistics, Guru Nanak Khalsa College of Arts, Science and Commerce, from 18th – 23rd July 2022.
- ⊙ Published a paper titled “Impact of lockdown due to Covid -19 pandemic on social life and mental health of students in higher education: A statistical view”, Ajanta- ISSN 2277 – 5730, Vol 11, Issue -II, pp 54-61, June 2022.
- ⊙ Published a paper titled “A Statistical study on consumer’s buying behaviours in online shopping in Mumbai”, ROYAL – ISSN 2278 – 8158 – Vol. – XI, pp 7 –13, November 2022.

Dr. Sanjeev Kumar Sinha

- ⊙ Attended a refresher course on ‘Advance Research Methodology’ conducted by Pandit Madan Mohan Malviya National mission of teachers and teaching, Teach Learning Center, Ranaujan College, University of Delhi, from 22nd April to 6th May 2023.

Ms. Dipali A. Savant

- ⊙ Attended a Refresher Course in “Mathematical

Sciences” conducted by UGC- HRDC, University of Calicut during 7th-20th March 2023 on an online platform.

Ms. Shobhana Nadar

- ⊙ Attended one week online National Faculty Development Program in Designing Outcome based Curriculum Practices jointly organized by St. Xavier’s Institute of Education (Mumbai) Autonomous and Guru Angad Teaching Learning Centre, SGTB Khalsa College, University of Delhi under the PMMMNMTT of Ministry of Education during 18th – 24th April, 2023.
- ⊙ Served as resource person for Two days workshop on “How to prepare for 100 marks project report (Special Focus on Research Methodology and Statistical tools using Ms. Excel) at Satish Pradhan Dnyanasadhana College, Thane, Department of Accounting & Finance on 10th January 2023.
- ⊙ Served as resource person for Research Methodology workshop “An Expert Guidance Session” for TYBBI students at Satish Pradhan Dnyanasadhana College, Thane, Department of Banking and Insurance on 23rd February 2023.
- ⊙ Coordinated a Certificate course on “Math to Crack” for BCOM and BA students to crack Aptitude test conducted by Department of Mathematics and Statistics, Guru Nanak Khalsa College. o from 6th-22nd January 2023 for 30 hours on online mode.

COMMERCE

⊙ Certificate courses conducted

- Social Volunteering course sponsored by RUSA between 14th - 16th August 2022. 42 students across the faculties completed the course.
- Learning and Advancing Soft Skills course in collaboration with GNIMS between 5th - 10th December 2022. 192 students from TYBCom successfully completed the course.
- Indian Knowledge System and Wellness Program

between 17th April to 6th May 2023. 247 students from FYBCom completed the course.

⊙ Workshops and Seminar organized

- RUSA sponsored and funded a seminar titled “Ideas to Write Quality Research Papers” on 22nd and 23rd August 2022. Dr. Ajay Saraf, MSc. Stats and Consultant Research Analyst to various educational bodies was the Resource Person.
- RUSA sponsored and funded a seminar titled “Go Beyond Google” on 26th and 27th August 2022. Dr. Sagar Gaikwad from VIT was the Resource person.
- Intellectual Property Rights workshop from 17th April to 25th May 2023. 100 students completed the course.
- Cyber Security workshop from 17th April to 21st May 2023. 52 students successfully completed the same.
- Goods & Service Tax workshop from 17th April to 21st May 2023. 80 students successfully completed the same.
- RUSA sponsored a seminar on “Holistic Development through Literacy and Awareness Programs” from 12th - 19th September 2022.
- RUSA sponsored a seminar on “What Industry Wants?” on 23rd and 24th September 2022. Mr. Niket Sawant, HR training expert in MNC and freelance speaker was the resource person.
- RUSA sponsored a workshop on “Research Methodology in Social Sciences” from 21st - 29th November 2022. 47 students benefited from this workshop.

⊙ Departmental Fest

- The Department of Commerce along with the self-finance department organized the departmental fest “Prarambh” on the 24th and 25th January 2023. Events related to academics like Quiz competition, debate competition, your voice matter etc. as well as cultural events to showcase the talents of students were organized. Almost 300 students participated and were given certificates and awards.

- ⊙ **MOU**
 - MOU was signed with Nirmala Niketan College of Social Work, Churchgate, Mumbai to conduct certificate courses in Social Volunteering.

Faculty Achievements

Dr. Sayali Yadav

- ⊙ Course coordinator for RUSA sponsored “Certificate course in Social Volunteering” from 14th to 16th August 2022.
- ⊙ Coordinator for RUSA sponsored seminar on “Holistic Development through Literacy and Awareness Programs” between 12th to 19th September 2022.
- ⊙ Represented college for poster presentation at State Level Conference on the Best Practices organized by Mumbai University on 11th November 2022.
- ⊙ Coordinator for RUSA sponsored workshop on “Research Methodology in Social Sciences” from 21st to 29th November 2022.
- ⊙ Course coordinator for Certificate Course in Learning and Advancing Soft Skills 5th to 10th December 2022.
- ⊙ Resource person at Employees Training Session organized by IDBI Bank on 19th December 2022.
- ⊙ Resource person for RUSA sponsored Research Methodology workshop (Research Project Evaluation) organized by R.A.Podar College, Matunga, Mumbai on 21st December, 2022.
- ⊙ Chaired the technical session in the National Conference organized by K.C.Law College, Mumbai in collaboration with K. G. Shah Law School on “Child Abuse : Global Concern & Human Rights Based Approach” on 7th January 2023.
- ⊙ Appointed as coordinator for Mumbai District Level Cell “Manasrang Club” (an initiative by MSFDA for the student’s mental health). Attended the training programme at MSFDA, Pune from 13th to 15th February 2023.
- ⊙ Received PhD guideship from Mumbai University.

Dr. Anita Pasbola

- ⊙ Workshop coordinator for RUSA sponsored 30 hours workshop on “Cybersecurity and Digital safety” in collaboration with IQAC. 300 students benefited.
- Workshop conducted from 22nd February to 12th March 2023.
- ⊙ Workshop conducted from 22nd February to 12th March 2023 as a coordinator of criterion-V - Student Support and Progression.
- ⊙ Course coordinator for Certificate Course in Learning and Advancing Soft Skills held from 5th to 10th December 2022.
- ⊙ Published Research paper titled “Consumer attitude towards millet product consumption in Mumbai” as Co-Author with Mr. Sameer Velankar in the International Journal of Advance and Applied Research (IJAAR) Peer Reviewed Bi-monthly publication with ISSN 2347-7075 Impact factor 7.328 vol. 10 Issue 3 Jan-Feb 2023. Page No 43-47. Sr No.9 in Index.
- ⊙ Judged the event “Open Mic” organized by the literary committee during college fest “Nazarana”.
- ⊙ Member of the organizing committee at 15th Dr. Mani Kamerkar One-day National Seminar organized by department of History on 19th September 2022.

Mr. Sameer Velankar

- ⊙ Conceptualized, framed outline of the seminar with the theme of Research. Acted as Course Coordinator for RUSA sponsored and funded seminar with title “Ideas to Write Quality Research Papers” on 22nd and 23rd August 2022.
- ⊙ Conceptualized, framed outline of the seminar with the theme of Review of Literature in Research. Acted as Course Coordinator for RUSA sponsored and funded seminar with title “Go Beyond Google” on 26th and 27th August 2022.
- ⊙ Conceptualized, framed outline of the seminar with the theme of Industry Requirements and HR. Acted as Course Coordinator for the RUSA Sponsored seminar on “What Industry Wants?” on 23rd and 24th September 2022
- ⊙ Presented Research Paper titled “Consumer attitude towards millet product consumption in Mumbai” in International Conference held on 17th February 2023 at Saint Gonsalo Garcia College, Vasai.
- ⊙ Published a Research paper titled “Consumer attitude

towards millet product consumption in Mumbai” as Main Author and with co-author Dr. Anita Pasbola in the International Journal of Advance and Applied Research (IJAAR) Peer Reviewed Bi-monthly publication with ISSN 2347-7075 Impact factor 7.328 vol. 10 Issue 3 Jan-Feb 2023. Page No 43-47. Sr No.9 in Index.

- ⊙ Committee member for International Commerce and Management Conference held on 10th March 2023, organized by Department of Commerce, University of Mumbai in association with NSE and Miles Education.
- ⊙ Presented a Research Paper titled as “Study of Consumer Perception Towards Dehydrated, Frozen Food Products in the Mumbai Region” in International Commerce and Management conference organized by Department of Commerce, University of Mumbai on 10th March 2023.
- ⊙ Conceptualized and framed syllabus of Proprietary Rights (IPR) for 30 hours long workshop (Granting one co-curricular Credit to the students). The same has been approved and fully funded by RUSA and then as a Coordinator of the workshop on Proprietary Rights (IPR), executed the workshop series in collaboration with External Industry experts in the field of IPR, facilitated by Neu Finesse Solutions Pvt. Ltd. (Edu-consultancy and Resources facilitators).

Dr. Manjiri Kakatkar

- ⊙ Completion of Ph. D from Jagdishprasad Jhabarmal Tibrewala University. Thesis titled “The Study of Factors influencing the Selection and Evaluation of Higher Educational Institutions by Students in City of Mumbai.”

PHYSICS

Student’s Achievements

- ⊙ Mr. Shrivatsa Kulkarni, M. Sc Part I, Presented a paper titled “Molecular Dynamic Simulations and Quantum Calculations”, at International Conference on Basics Sciences for sustainable development conducted by Patkar College, Mumbai on 26th November 2022.

Faculty Achievements

Prof. Dr. Dinesh V Kala

- ⊙ Published a book titled “Experiments @ Electronics, Volume – I Analog Electronics Practical Book” HSRA Publications 2023, Bangalore. (ISBN: 978-93-5506-345-8)

Dr. Devayani P. Awade

- ⊙ Served as Co-convener of National Conference (SANM -22) held by the department of Physics, during 16th -17th December 2022.
- ⊙ Published a paper titled “Ba₂ZnS₃:xMn²⁺ phosphor prepared by novel soft chemical route” in Journal of Materials Science: Materials in Electronics, Springer US, Vol 33, Issue 33, 25297-25303, November 2022.
- ⊙ Published a book chapter “Borate Phosphors for Solid-State Lighting”. with c32 pages, Page no75-106, in the book, Borate Phosphors, published by renowned international publisher, Taylor and Francis, CRC Press, (eBook ISBN 9781003207757)
- ⊙ Presented a paper (oral) in the International conference (within Country), ICS-2022, organized by Mumbai University “Combustion synthesis and luminescence study of Sr₃-xB₂O₆:xEu²⁺-phosphor For Energy Saving Solid State Lighting application” during 4th-6th August 2022.
- ⊙ Presented a paper (oral) in the national conference, SANM-22, organized by G. N. Khalsa College, Mumbai-19 “Luminescence study of YAl₃ (BO 3) 4:Eu³⁺ phosphor prepared with novel combustion synthesis method” 16th -17th December 2022.

Dr. Arvind Singh

- ⊙ Participated in the Maharashtra State Development of Educators and Enhancement in Delivery (MS-DEED) Program for Maharashtra State Science and Mathematics Teachers from Higher Education Institutes held by the MS-DEED team at IISER Pune from 14th -16th September 2022.
- ⊙ Participated in UGC-Short Course in Renewable Energy and Green organized by University of Mumbai HRDC during Technology during 26th -31st December 2022.

- ⊙ Participated in the UGC sponsored refresher course organized at the Department of Physics, Savitribai Phule Pune University from 1st - 14th February 2023.
- ⊙ Selected and participated in MS-DEED Level 2 Master Trainer Programme for College Teachers at IISER Pune from 15th - 25th May 2023.
- ⊙ Participated in an online international workshop on Teaching for and with Creativity in Science and Inquiry-based Learning for undergraduate teachers conducted jointly by Durham University, UK and Indian Institute of Science Education and Research Pune on 19th and 22nd May 2023.
- ⊙ Delivered a Guest Lecture as part of the 'JanyuTech Saturday Talk Series' on Saturday, on the topic "Student Centric Learning-India's step ahead in Nation Building on 27th May 2022.
- ⊙ Successfully coordinated a Two Day National Workshop in "Computational Based Material Science" in Hybrid mode under the Aegis of RUSA and in collaboration of IQAC held at Guru Nanak Khalsa College conducted on 22nd, 23rd, 29th and 30th August 2022.
- ⊙ Co-ordinated a Two Day National Workshop on "Molecular Dynamics Simulations of Nanomaterials and Nano-systems (MDSNN 2022)" Under the Aegis of RUSA and in collaboration of IQAC held at Guru Nanak Khalsa College of Arts, Science and Commerce.
- ⊙ Presented a paper titled "Molecular Dynamic Simulations and Quantum Calculations", at the International Conference on Basic Sciences for sustainable development held by Patkar College, Mumbai, on 26th November 2022.
- ⊙ Presented paper titled "Biodegradable PLGA polymer and its composite for scaffold for Tissue Engineering" Hera Razi, Vishal Goswami, Arvind Singh, at International Conference on Basic Sciences for sustainable development held by Patkar College, Mumbai, on 26th November 2022.
- ⊙ Published a book chapter on "Electroanalytical Methods" in Book titled "Instrumental Methods of

Analysis" published by I. K. International Pvt. Ltd, January 2023, ISBN: 978-93-90620-88-3.

- ⊙ Published a book chapter on "Study of Conducting Polymer PEDOT: PSS and its Optical and Electrical Properties" in Book titled "Advanced materials Characterization Techniques and its Applications" published by Bhumi Publishing, May 2023, ISBN: 978-93-88901-59-8.

Dr. Sharad Tripathi

- ⊙ Served as convener and organizer for the National Conference "Spintronics based Advanced Nano-materials" (SANM-2022) on 16th-17th December 2022.
- ⊙ Published a paper titled "Optical and Electrical Studies of 100 MeV ⁵⁶Fe⁷⁺ on Irradiated Indium phosphide" Int J. Chem. and Phy. Sci.; IJCPS Vol. 12, No. 1, 11th-19th, January 2023.
- ⊙ Given an invited talk on "Spintronic" in a one day national webinar on "Realign Pattern of Physics in Changing Era" on 10th February 2023.
- ⊙ Presented a paper (oral) titled "Annealing Effects on 100 keV Silicon Negative Ions Implanted SiO₂ Thin Films" in a National Conference on "Spintronics based Advanced Nano-Materials" (SANM-2022), conducted during 16th -17th December 2022. (ISBN: 978-81-926112-7-3 Page No- 1)
- ⊙ Presented a paper (oral) titled "Structural and Functional Studies of SiO₂ Thin Films" in a National Conference on "Spintronics based Advanced Nano-Materials" (SANM-2022), conducted during 16th -17th December 2022. (ISBN : 978-81-926112-7-3, Page No- 43)
- ⊙ Presented a paper (oral) titled "Study of Optical and Structural Properties of Si Deposited Thin Films on Quartz Crystal" in a National Conference on "Spintronics based Advanced Nano-Materials" (SANM-2022) conducted during 16th -17th December 2022. (ISBN : 978-81-926112-7-3, Page No - 40 2022)
- ⊙ Presented a paper (oral) titled "Post Annealing Effect on Magnetism in Mn⁺ Implanted Gallium Arsenide" in a National Conference on "Spintronics based Advanced Nano-Materials" (SANM-2022),

conducted during 16th -17th December 2022. (ISBN : 978-81-926112-7-3, Page No - 45)

- Presented a paper (oral) titled “Surface Analysis of Gallium Phosphide Irradiated with Swift Silver Ions” in a National Conference on “Spintronics based Advanced Nano-Materials” (SANM-2022), conducted during 16th -17th December 2022. (ISBN : 978-81-926112-7-3, Page No - 52)

Dr. Sandipan M. Nalawade

- Served as Convener for the Two days Industrial workshop on “Fiber optic communication and sensors”, during 24th -25th February 2022.
- Presented a paper titled “Refractive index sensor using plastic optical fiber” in a National Conference on “Spintronics based Advanced Nano-Materials” (SANM-2022), conducted during 16th-17th December 2022.
- Conducted a Credit course on “Basics of Optics” during July 2023.
- Delivered a Guest lecture on “Specialty fiber optic sensors” in an Online FDP titled “Recent trends in high speed optical communication system and it’s applications using optisystem”, at RAIT, New Mumbai, on 29th June 2022.

Mrs. Bhavana Suri

- Published a book titled “Experiments @ Electronics, Volume – I Analog Electronics Practical Book” HSRA Publications 2023, Bangalore. (ISBN: 978-93-5506-345-8)

CHEMISTRY

- Organized an Invited talk on Scholarship program on “WEnyan-Women Scholarship Program” by Pune Knowledge Cluster(PKC) an initiative - in association with BASF Chemicals India Pvt. Ltd. by Dr. Anupma Harshal on 22nd June 2022.
- Teacher’s day was celebrated by the students of TYBSc and MSc in the Dilip Kumar Auditorium on 5th September 2022.
- Organized a Seminar on “Essential skills for Quality Control & Quality Assurance” under the aegis of RUSA by Dr. Prafulla Sahasrabudhe on 20th August 2022.
- The Department of Chemistry had organized a two day Industrial Visit for SYBSc and TYBSc Chemistry students to Silvassa on Friday, 20th January, 2023 and Saturday, 21st January 2023. (65 students of TYBSc and 25 students of SYBSc alongwith six teachers participated in the Industrial visit).
- A Two Day Workshop on “Safety measures in handling Corrosive Chemicals” for UG and PG students; was organized by the Chemistry Department, under the aegis of RUSA. During 24th -25th August 2023. Resource persons for the workshop were Prof. Prakash Vaidya (Chemical Eng. Dept. ICT Mumbai), Dr. Prabodh Chobe (Former Head R & D, BARC Mumbai), Prof. B. M. Bhanage (ICT Mumbai), Dr. Rupesh Gaikwad (M.D. College) and Mr. Santosh Hule (Dy. Gen. Manager NOCIL Ltd.). Around 196 students participated the workshop.
- The Intercollegiate departmental fest ‘Affinity 2023’ was organized on, 25th January 2023. There were 6 events held under ‘Affinity 2023’ such as Rangoli Competition, Poster presentation, Chemistry exhibition, Open mic, Human size snakes and ladders and Escape room. Students from other colleges also participated in all the events.
- A Workshop on “Analytical Instrumentation” under the aegis of RUSA was organized during 11th -17th September 2023.
- The credit course entitled “Applications of Computers in Chemistry” was organized for TYBSc from 15th to 21st February 2023.
- Invited Talk on “Applications of LC-MS” by Prof (Dr.) Saranjit Singh, Former officiating Director & Head, Pharmaceutical Division, NIPER, Mohali on 15th September 2022. This Lecture was organized in association with GNIRD under the aegis of Sir C V Raman Chair. Beneficiaries were from MSc-I & II of Science departments and Research scholars. Total 105 participated in the lecture.
- A session on stress management by College

Counselor, Ms Urveez was arranged for the TYBSc students. Total 65 students participated in the session.

- An orientation programme was arranged for the MSc-II Analytical Chemistry students in the College Library on the topic “How to access Online and Offline facilities of College Library”. Resource person was Dr. Nilam Chavan, College Librarian and 26 students were benefited.

Faculty Achievements

Dr. Sudheer K. Lingayat

- Published a research paper titled “Understanding the Kinetics and Reduction of Methylene Blue Using NaBH₄” in the Russian journal of Physical Chemistry B 2022, Vol 16 No.5, pp 869-876.
- Invited as Subject Expert for the PhD Interview as part of selection panel on 20th December, 2022 at Ramnarain Ruia College, Matunga, Mumbai-19.
- Invited as a Judge for Inter Collegiate Poster competition for Postgraduate students during UTKARSHA-an event organized by SIES College on 2nd February 2023.
- Invited as Vice Chancellor’s Nominee at the selection committee for CAS at HSNC University, Mumbai on 25th February, 2023.
- Invited as an Evaluator for Action Research Project for Dr. Homi Bhabha Balvaidnyanik Competition 2022-23 on 19th March 2023.
- Invited as a Resource Person for delivering Lecture on Inorganic Chemistry for TYBSc Students at Mehta College, Airoli on 29th March 2023.
- Nominated as Chairman for conducting online Open Defense Viva-Voce for PhD degree on 29th March 2023.
- Appointed as Vice Chancellors Nominee in Board of Studies of Patkar College, Goregaon.
- Appointed as Vice Chancellors Nominee in Board of Studies of HSNC University, Churchgate.
- Invited as Subject Expert for Selection of Assistant Professors at Rajiv Gandhi College of Arts Commerce and Science on 3rd June 2023.
- Invited as Subject Expert for Selection of Assistant Professors at Somaiya College of Commerce and Science, Vidyavihar on June 21st 2023.

Dr. Ajitha Rani R

- Ms. Valencia D’Souza got registered for PhD in Bioanalytical Sciences (Evaluation of Some Bacterial Species for The Bioconversion of Phenol Derivatives) on 10th June 2022.
- Ms. Gauravi Patil successfully completed the Viva-Voce for PhD in Bioanalytical Sciences (Comparative study of fly ashes collected from various sources for their effective utilization in sustainable development) on 25th June 2022.
- Participated in a UGC sponsored Online Workshop on NEP 2020 on “Four Year Degree Programme with Multiple Entry and Exit” and pursuing two academic programmes simultaneously and Twinning/ Dual/Joint degrees” held on 18th July 2022.
- Coordinated and conducted an Invited Talk on “Applications of LC-MS’ by Prof Saranjit Singh, former officiating director, NIPER, Mohali on 15th September 2022 for MSc-I & II students as well as Research Scholars.
- Research Advisory Committee Member for three Projects of Research Students of Dr. Aparna Bharadwaj, Department of Chemistry, Mithibai College.
- MSc-II Coordinator, Convener: Criterion II, Teaching-Learning & Evaluation of College Committee.

Dr. Deepa Parab

- Coordinator of RUSA sponsored Seminar on “Essential skills for Quality Control & Quality Assurance ” for graduate and postgraduate students as part of E-3 (Enrich, Enhance and Excel) lecture series was organized on 20th August, 2022.
- Recognition as guide for MSc by research in Chemistry as well as PhD in Chemistry.
- As a committee member of criteria I, participated in two days workshop on “Reconceiving outcome based learning” organized by criteria I with IQAC on 11th and 17th August 2022.

Dr. Harmeet Kaur Kohli

- ⊙ Coordinator of RUSA sponsored Seminar on “Essential skills for Quality Control & Quality Assurance” for graduate and postgraduate students as part of E-3 (Enrich, Enhance and Excel) lecture series organized on 20th August, 2022.
- ⊙ Co-Coordinator of the Academic audit of the College. The academic audit of three years viz. 2019-20, 2020-21, 2021-22 was held on 7th December 2022. Dr. Sunita Shirvalkar, Principal, SIWS College, Mumbai and Prof. Manish Hate, HOD, Ramnarain Ruia college, Mumbai were the external auditors for the same.
- ⊙ Convener-NIRF committee of the college.
- ⊙ Convener (TYBSc) of the two day Industrial visit organized to Silvassa on 20th January 2023 and 21st January 2023 for TYBSc and SYBSc students.
- ⊙ Recognition as guide for MSc by research in Chemistry as well as PhD in Chemistry.

Dr. Prafullachandra Tekale

- ⊙ Subject expert for CAS interview for stage III to stage IV at Dnyansadhana College, Thane on 8th May 2022.
- ⊙ Ms. Apurva Bhatkande submitted PhD. thesis. Viva voce of Raju Suryawanshi on 22nd October 2022 and was declared successful for his degree of PhD.
- ⊙ Two PhD. students registered for PhD.
- ⊙ Subject expert for selection of candidate interviews for CHB, at Dnyansadhana College, Thane.
- ⊙ As a Committee member of Criteria I, participated in two days workshop on “Reconceiving outcome based learning” organized by criteria I with IQAC on 11th and 17th August 2022.
- ⊙ Published a research paper in UGC-CARE listed journal. “HPTLC–densitometric and HPTLC–MS Methods for Analysis of Triterpenoids from *Cucurbita maxima* Peel.” The Journal of Plant Science Research. 38(2), 2022
- ⊙ Published a research paper in peer reviewed journal. *Screening of elastase and tyrosinase inhibitory activity*

of Trachyspermum ammi, Anethum graveolens & Foeniculum vulgare. Bioscience Discovery, 13(2), 2022.

- ⊙ Chairman for the three PhD. viva examinations.

Dr. Abhimanyu Yadav

- ⊙ Presented a paper titled “Sustainable hydrogen production by steam reforming of butanol over Co/CeO₂ catalyst” in the International Conference on Sustainability: Integrated and Scientific Approach; conducted by University of Mumbai during 4th-6th August 2022.
- ⊙ Co-ordinator for the Two days workshop on “Safety measures in handling corrosive chemicals” conducted on 24th-25th August 2022 for MSc. I and TYBSc. Class.
- ⊙ Co-ordinator for the invited talk “Applications of LC-MS” by Prof. Saranjit Singh former officiating director, NIPER, Mohali on 15th September 2022 for M.Sc. I & II and research scholar.
- ⊙ Published a research paper titled “Hydrogen production from steam reforming over cobalt catalyst supported on ceria” in the international journal Catalysis in Green Chemistry & Engineering. Vol. 5, Issue 1, 2023, 1-14. Featured as one of the most downloaded article.
- ⊙ Published a research paper titled “A review on butanol steam reforming for renewable hydrogen production” in the Journal of Indian Chemical Society. Vol. 100, Issue 8, 2023, 101050.
- ⊙ Served as Co-coordinator in the intercollegiate competitions ‘Affinity 2023’ conducted by department of chemistry, Guru Nanak Khalsa College, on 25th January 2023.
- ⊙ Co-ordinator for MSc. I class of G. N. Khalsa College and MSc. I Cluster group of colleges.

Dr. Ranjeet Kaur

- ⊙ Registered one PhD student (‘Development of Analytical methods and their application in Drug analysis’) Mr. Bala Dawkhar on 14th June 2023.
- ⊙ Coordinated 5 days hybrid workshop between

Chemistry department and GNIRD on 'Analytical Instrumentation' from 11th - 17th September.

- Convener Health and Hygiene Committee.

Dr. Priti Khedkar

- Served as a coordinator for the credit course entitled as "Applications of Computers in Chemistry" organized by the Department of Chemistry during 15th to 21th February 2023.
- Published a research article entitled as "Synthesis and Reactions of Heptacyclo [6.6.0.02,6.03,13.04,11.05, 9.010,14] tetradecane- HCTD Cage Compounds" in the international journal Chemistry Select by Wiley-VCH.

Dr. Tamanna Khan

- Recognition as guide for MSc by research and MSc by papers in Inorganic Chemistry.
- Invited as a Judge for Chem-O-Model in Chemtastic 2022 at VES College of Pharmacy, Chembur, on 29th August 2022.
- Served as a resource person for the credit course entitled as "Applications of Computers in Chemistry" organized by the Department of Chemistry from 15th to 21st February 2023.
- As a committee member for Chemistry day celebration and event incharge for Science Exhibition on 25th January 2023.

Dr. Parul Khurana

- Published a research paper titled "Detection of Heavy Metal Contaminants in Water and the Environment" in the Analytical Chemistry Letters, Taylor & Francis, 2022, Vol 12 No.4, Pages 473-487.
- Published a research paper titled "Synthesis of Silica Spherical to Y-Shape Nanoparticles: A Review with Surface Modifications and Its Characterization" in the Analytical Chemistry Letters, Taylor & Francis 2023, Vol 13 No.2, Pages 106-126.
- Published "Type I Superconductors: Materials and Applications" book chapter in "Superconductors: Materials and Applications", Journal of Physical

Science of Materials Research Forum LLC 2022, Vol 132, Pages 108-130.

- Published "Bulk Superconductors: Materials and Applications" book chapter in "Superconductors: Materials and Applications" journal of Materials Research Foundations, Vol. 132, pp 131-145, 2022.
- Published "Recent Progress in Biomedical Applications of Metal Oxide Photocatalysts" book chapter in "Photocatalysis for Environmental Remediation and Energy Production: Recent Advances and Applications" of Springer International Publishing 7th May 2023, Part of the Green Chemistry and Sustainable Technology book series (GCST), Pages 247-262.
- Selected as an EDITOR of International Book on "Chemistry of Advanced Material" which will be published by Science Publisher (Taylor & Francis).
- Presented a paper titled "Comparative Study of Wastewater Treatment Using Biogenic and Chemically Synthesized Silver Nanoparticles" in the International Conference on Sustainability: Integrated and Scientific Approach; conducted by University of Mumbai during 4th-6th August 2022.
- Coordinator for the RUSA sponsored Two-day workshop on "Safety measures in handling corrosive chemicals" conducted on 24th-25th August 2022 for MSc. I and TYBSc. class.
- Invited as an external examiner for the MSc Part 2 Biotechnology Semester IV Project/Internship Defense Viva Voce at the Biotechnology Department, Bhaskaracharya Building, Somaiya Vidyavihar Campus on 21st June 2023.
- Organized an invited talk on "WEnyan-Women Scholarship Program" by Pune Knowledge Cluster(PKC) an initiative - in association with BASF Chemicals India Pvt. Ltd. on 22nd June 2022.
- Invited as an external examiner for NTCC Honors program Presentations by Department of Chemistry, Sunita Rattan Dean, Faculty of Science & Technology, Director, Amity Institute of Applied Sciences, Amity University, Noida on 6th June 2023.
- Coordinator for the RUSA sponsored Two-day

National Workshop on “Molecular Dynamics Simulations of Nanomaterials and Nano-systems (MDSNN 2022)” under the aegis of RUSA and in collaboration of IQAC held at from 22nd to 23rd August 2022.

- ⊙ Successfully completed UGC sponsored Short Term course on research methodology organized by UGC – Human Resource Development Centre, Sant Gadge Baba Amravati University, Amravati during 23rd – 28th May, 2022 in virtual mode.
- ⊙ Successfully coordinated RUSA sponsored two-day national workshop in “Computational Based Material Science” in Hybrid mode Under the Aegis of RUSA and in collaboration of IQAC held at from 29th to 30th August 2022.
- ⊙ Served as co-coordinator in the Intercollegiate Departmental Fest ‘Affinity 2023’ was organized by the department of chemistry, on 25th January 2023.
- ⊙ Successfully guided four MSc Sem IV students from ICAR- Central Institute of Fisheries Education (CIFE) Ministry of Agriculture, GOI, Andheri (W), Mumbai, India ICAR-CIFE, for one-month training to fulfill the requirement of an MSc degree in NANOLAB of our college.
- ⊙ Served coordinator for the 30 hour credit course entitled as ‘Indian Knowledge System & Wellness Programme’ organized Under the Aegis of RUSA and in collaboration with IQAC from 19th to 27th April 2023 in online mode.
- ⊙ Served as Co-convener of the RUSA committee of the college.
- ⊙ Successfully guided MSc Sem IV student from National Centre For Nanosciences And Nanotechnology, University of Mumbai (NCNNUM), for training in Nano-Lab of G. N. Khlasa college.
- ⊙ Delivered an invited talk in five-day workshop on “**Experimental And Computational Tools For Industry And Scientific Research**” organized by Department along with Department of Physics Amity Institute of Applied Sciences, Amity University during 17th -23rd May 2023.

BOTANY

- ⊙ NFB lab visit was arranged for the SYBSc students on 26th July, 2022 by Dr. Manjiri Bhave.
- ⊙ On the occasion of World conservation day, field visit cum Nature trail at Maharashtra Nature Park, Mahim was conducted for TYBSc students on 28th July, 2022 by Dr. Manjiri Bhave and Dr. Manohar Rathinam.
- ⊙ SYBSc and TYBSc students were taken for an excursion to Kaas plateau, Satara on 19th and 20th September, 2022 by Dr. Gopa Sarma, Dr. Manjiri Bhave and Ms. Shital Jarare.
- ⊙ Field visit for FYBSc students was arranged to Maharashtra Nature Park, Mahim on 26th November, 2022 and all the staff members of the department accompanied the students.
- ⊙ SYBSc, TYBSc and MSc students as well as few IT students attended a talk by Dr. Kavita Kamath, Founder, Kavita’s Herb Alley on “Know your cosmetics” arranged in Botany Laboratory by Dr. Gopa Sarma on 28th November, 2022.
- ⊙ A hands-on training in molecular biology was arranged for Msc Part II students from 10th to 14th January, 2022 at NFB by Dr. Vibha Gupta.
- ⊙ Departmental Fest: “Gloriosa 2023” was celebrated on 24th January, 2023. Students from intra and inter-collegiate participated in events like Ethnic Stroke, Nutr-O-Mania, Flosthetic Snap, Bio Bling & Knock your brain. The event was coordinated by Dr. Babita Rana and Dr. Manohar Rathinam.
- ⊙ Students of TYBSc and MSc visited the Flower show organised by Friends of Trees at Ruparel College on 11th and 12th February 2023 accompanied by Dr. Manjiri Bhave.
- ⊙ On the occasion of National Science Day on 28th February, 2023, the UG and PG students of the department displayed various models to showcase scientific concepts and demonstrated the working models to school students from nearby schools. Around 200 students from Don Bosco High School, Auxilium Convent School, Dadar Parsi Youth Assembly School. Jr college participated in the event along with degree college students of different departments. The events

organized were : Wonders of Science, Creativity with Mother Nature, Green Prototypes and Science Bazaar. The event was coordinated by Dr. Vibha Gupta.

- ◎ TYBSc and MSc students were taken for an excursion to Mahabaleshwar on 2nd March- 4th March 2023 By Dr. Gopa Sarma and Dr. Vibha Gupta.
- ◎ One-day Field excursion was conducted for SYBSc and TYBSc Botany to Badalapur on 21st February, 2023 by Dr. Babita Rana, Dr. Manjiri Bhavne and Dr. Manohar Rathinam.
- ◎ Excursion for the FYBSc students was conducted to Sagar Upvan Garden, Colaba on 3rd March, 2023 by Dr. Babita Rana, Ms Shital Jarare and Dr. Manohar Rathinam.

Students' Activities

- ◎ Ms. Debarati Mukhopadhyay SYBSc attended a workshop on Chromatography and spectroscopy techniques organized by GNIRD, from 26th to 30th December 2022. She also attended an International conference organized by NSIC.
- ◎ Mr Adil Gaonkar and Mr. Shekhar Aldar of MSc class joined Plant studio – a horticulture company as horticulturists.

Staff Achievements

Dr. Gopa Sarma

- ◎ Published a research paper on “Isolation of endophytic fungi from leaves of *Tabebuia rosea* and study of extracellular enzyme activities” in WJPPS. Impact Factor. 7.632. April 2023.

Dr. Vibha Gupta

- ◎ Invited as a judge on 2nd January 2023 for Inter-Collegiate Avishkar research convention of HSNC University, Mumbai.
- ◎ **Publications**
 - Bhakti Sawant and Vibha Gupta (June 2022): Phytochemical analysis and extraction of Lutein using column chromatography from *Tagetes and Aster* plants; The Journal of Plant Science Research 38 (01): 327-331

◎ Paper Presentations

- Vibha Gupta and Prachi Sapkal (2022): Engineered Nanomaterials for the treatment of water pollution; RUSA Sponsored One Day Interdisciplinary International Conference on “Basic Sciences For Sustainable Development” Organized By IQAC Patkar college on 26th November 2023.

Dr. Babita Rana

◎ Publications

- Babita Rana (June 2022): Native Trees and Their Resilience: A case study in Mumbai, Maharashtra. The Journal of Plant Science Research, 38(1): 221-225.
- Babita Rana and Kavita Chahal (2023): Promising Seaweeds against Human Viruses: A Review. Indian Journal of Pharmaceutical Sciences, 85(2):288-298.
- Babita Rana and Sakshi V Ghatge (2023): Evaluation of Adulteration, Caffeine content, and Antioxidant activity in different Black Tea brands. The Journal of Plant Science Research, 39(1), 261-266.

◎ Paper Presentations

- Babita Rana and Priti Dhamal (2022): Presented a paper on ‘Biofuel Production from Microalgae: Production Process and Challenges’ in RUSA Sponsored One Day Interdisciplinary International Conference on “BASIC SCIENCES FOR SUSTAINABLE DEVELOPMENT” organized by IQAC Patkar college on 26th November.

Ms. Shital Jarare

- ◎ Attended workshop on “Flourishing of youth” organized by MSFDA, Pune from 30th to 1st Feb 2023.

ZOOLOGY

- ◎ Marine day was celebrated with the theme - “Ocean and Marine environment” by exhibiting animal models on 6th August 2022. MSc II and TYBSc students actively participated. Around 128 visitors from

different departments came to visit the exhibition and enjoyed the marine world facts & models.

- ⊙ A three-day excursion for SYBSc, TYBSc, MSc I and MSc II students (80 students) to Matheran was organized from 7th to 9th August, 2022. The students were accompanied by all staff members.
- ⊙ A short educational visit was organized for MSc. I students, to Maharashtra Nature park (MNP) and Chhatrapati Shivaji Maharaj Vastu Sangrahalaya (CSMVS) on 23rd November, 2022. A total of 21 students visited and was organized by Mr. Robin P. Mathew.
- ⊙ Departmental fest - 'ZooManiac' was organized on 25th January, 2023. 79 students from various streams actively participated in the fest.
- ⊙ A long excursion for TYBSc, MSc I and MSc II students (60 students) to Gujarat - Jamnagar, Narara Marine park and Gir National park was organized from 31st January to 3rd February, 2023. Students were accompanied by Dr. Rupinder Kaur, Dr. Surekha Gupta, Mrs. Deepti Deshpande and Mr. Robin P. Mathew.
- ⊙ A short excursion for FYBSc Students (95 students) to Alibaug, Kihim beach was organized and accompanied by Dr. Surekha Gupta, Mrs. Deepti Deshpande, Dr. Mangal Chavan and Mr. Robin P. Mathew on 21st February, 2023.
- ⊙ In collaboration with United Way Mumbai has organized an extra-curricular credit-based course (30 Hrs.) on Environmental Education and carried out project work for SYBSc. A total of 19 students successfully completed the course. The sessions arranged included workshops, plastic collection drive, Shore walk, beach Clean-up and College Water Audit.
- ⊙ A short educational visit was organized for MSc II students to Versova Landing Centre on 13th October, 2022. Dr. S. G. Raje, Retired scientist from CMFRI, was the resource person. 17 students were escorted by Dr. Mangal Chavan and Ms. Lubna Majgaonkar.
- ⊙ A short excursion for SYBSc students to the 'Katraj Dairy, Pune' and 'Rajiv Gandhi Zoological Park, Katraj, Pune' on 4th February, 2023. 44 students were

accompanied by Dr. Mangal Chavan and Ms. Lubna Majgaonkar.

Students' Achievements

- ⊙ MSc student Ms. Radhika Parab joined MS Research Postgraduate Programme in the School of Medical Sciences within the Faculty of Biology, Medicine and Health at the University of Manchester along with The Christie Hospital which is the cancer research site.
- ⊙ MSc Student Mr. Sairaj Palshetkar joined Madison World which offers integrated and specialist services in different areas of Communication like Media with clients like Pidilite And Raymond.
- ⊙ Ms. Lavin Kanuga joined 'Reach Local India' which is a center of excellence providing support to print and digital solutions.
- ⊙ Ms. Nishtha Chimnani is working as an aquatic educator in the 'Aquatic Gallery' (India's largest aquatic gallery) at Gujarat Council of Science City, Ahmedabad.
- ⊙ Ms. Vishaka Kanwar as Trained Graduate Teacher (TGT) Science at Navy Children School, Mumbai.
- ⊙ TYBSc students also joined for Masters in different foreign universities - Ms. Snehal Sirsat, MSc Animal behavior, University of Exeter, UK; Spandan Sirsat, MSc in Environmental science and management, University of York, UK; Prajakta Mandare, MSc in Global wildlife health and conservation University of Bristol, UK.

Faculty Achievements

Dr. Rupinder Kaur

- ⊙ Placed in the Professor grade.
- ⊙ Invited as Subject expert for CAS interviews in Maharashtra College on 15th March, 2023.

Dr. Surekha Gupta

- ⊙ **Publications/ Book chapter:**
 - "The changes in the reproductive hormones of tilapia *Oreochromis mossambicus*" in International Journal of Recent Scientific Research, Vol. 13, Issue, 11 (B), pp. 2616-2619, November, 2022.
 - "Water Quality of Jalsar, Palghar beach" in

International Conference G 20 Summit on Environmental Sustainability and Bioenzyme held on 21st April, 2023.

- “Production of bio enzyme from Kitchen waste by anaerobic fermentation using mixture of yeast and fungal culture” in International conference G20 Summit on Environmental Sustainability and Bio-enzyme held on 21st April, 2023.
- “Effect of covid 19 on the education sector” in a book Multidisciplinary Approach in Research, Volume-18, November 2022, published by Red Shine Publication.
- “Social problems in Indian Society” in a book Social Problems in India, November 2022, published by RedShine Publication.
- Chief editor of a book titled “Emerging Trends & Issues in Education: An Overview” published by Red Shine Publication, January 2023.
- Invited as a judge on 2nd January 2023 for Inter-Collegiate Avishkar research convention of HSNC University, Mumbai 2022-23.
- Invited as a Jury Member for Evaluation of Research Papers to be presented at “G20 Summit on Environment Sustainability and Bioenzyme” on 21st April, 2023 at University of Mumbai.
- Credit Course coordinator for “Conchology - World of shells” conducted from 01st to 11th March, 2023.

Mrs. Deepti Deshpande

- Successfully Completed an online two - week interdisciplinary Refresher Course in “Advanced Research Methodology” organized by TLC Ramanujan College, University of Delhi in collaboration with SGPC’s G. N. Khalsa college under the aegis of MINISTRY OF EDUCATION, PMMMNMTT from 22nd April – 6th May, 2023.
- Credit Course coordinator for “Aquarium setting and Maintenance” conducted from 18th - 25th January, 2023.

Dr. Mangal Chavan

- Successfully completed and submitted University Minor Research Project titled as “Study of Biochemical composition and antimicrobial activity of *Sepia aculeata* (Orbigny, 1884)” on 29th June, 2022.
- Successfully completed five-day FDP on “Ethics and Values in Higher Education” organized by MSFDA in collaboration with Initiatives of Change, Panchgani conducted from 13th to 17th June, 2022.
- Participated in two-day State level NSS Program Officer Convention on “Incorporation of G20 and Panch Pran in Educational Activities” organized by the Ministry of Higher and Technical Education, Government of Maharashtra held at Savitribai Phule University, Pune on 26th & 27th May, 2023.
- Coordinated Credit course (30 hrs) on Environment Education proposed by United Way Mumbai for SYBSc students.
- Invited as a resource person to deliver a talk in an online session on Environment in Women of Matter Series organized by M. D. College, Parel and SACON, Tamil Nadu on 7th July, 2022.
- Invited as a Judge for the F North Ward Level Science Exhibition 2022-23 organized by the Education Department of South Zone on 25th August, 2022 at Andhra Education Society’s High School & Junior College, Wadala.
- Successfully completed online two – week Refresher Course conducted by Ramanujan College, University of Delhi under the aegis of Ministry of Education, PMMMNMTT from 10th to 24th April, 2023 and obtained Grade A.

Mr. Robin P. Mathew

- Participated in a one- day FDP on “New Amendments in Career Advancement Scheme (CAS) as per the 7th pay commission” organized by CAS committee along with IQAC under RUSA on 1st October, 2022.
- Participated in MS-DEED Level 1 Online Workshop on “Introduction to innovative Pedagogies for UG teachers” from 14th-16th September, 2022 at IISER, Pune.
- A two-day workshop on “Computational Drug

Discovery” held in G. N. Khalsa College from 26th -27th September 2022 organized by the Department of Bioinformatics at G.N. Khalsa college was attended.

- ⊙ A two-day national workshop on “Computational Based Material Science” held in at G. N. Khalsa college was attended from 22nd-23rd August 2022.
- ⊙ Credit Course Coordinator for “Birds of Mumbai” conducted from 22nd February - 3rd March 2023.
- ⊙ Successfully Completed online two - week Interdisciplinary Refresher Course in “Advanced Research Methodology” organized by TLC Ramanujan College, University of Delhi in collaboration with SGPC’s G. N. Khalsa college under the aegis of MINISTRY OF EDUCATION, PMMMNMTT from 22nd April – 6th May 2023.
- ⊙ Appointed as BoS (Faculty of Science, Subject Zoology) member of KET’s V.G. Vaze College of Arts, Science & Commerce (Autonomous) as Meritorious Alumnus for three years.

MICROBIOLOGY

- ⊙ “Library Orientation” for SYBSc and TYBSc classes was held on 30th June 2022.
- ⊙ Parents’ Teachers Meeting as well as Mentor Mentee meeting was conducted for TYBSc students on 22nd July 2022.
- ⊙ A session on “Stress Management” was conducted on 8th August 2022, by Ms Urveez Kakalia (College Counsellor) for the benefit of TYBSc and MSc Microbiology students.
- ⊙ As a part of Biology project, Don Bosco International School students of Grade 9 and 11 visited Microbiology laboratory and learnt the technique of agar plate streaking so they could display the lovely hues of nature and microorganisms in their work on 24th August 2022.
- ⊙ The movie “Contagion” was screened on 8th September 2022, for SYBSc, FYBSc and MSc part I students in the Seminar Hall.
- ⊙ An online quiz competition “Microteasers” was

organized for the SYBSc and TYBSc students on 8th September 2022.

- ⊙ 20 students of MSc Part I attended a talk on Research, Consultancy and Extension by Dr Shashank Mhaske, Professor- Head; Department: Polymer & Surface Engineering, ICT, Matunga, Mumbai, on 17th September 2022.
- ⊙ Students of TYBSc and MSc participated in “Bioinformatics Workshop” conducted by Ms. Priyanka Sharma, a faculty from FYIC Bioanalytical Sciences, on 11th, 12th and 13th January 2023 in the Bioinformatics laboratory.
- ⊙ Organized an online event called “MICRO-CONNEQT” under which three events were organized: Blurb a book (book review), “MEME-It” to win it! (creating memes) and Kuch Toh “Logo” kahenge (designing logos) for all the students of the Department in January 2023.
- ⊙ Departmental Festival “The Micro talkies 1.0” was organized by the students on 24th January 2023. The theme of the event was “Dye’s Fiesta” under which events like “All in the mind”- a quiz, “Ready set scavenge” (Treasure hunt) were conducted.
- ⊙ Students from all UG, PG classes as well as PhD scholars organized a poster competition and an event called “Microchef” wherein food stalls were put up by the students on 25th January 2023
- ⊙ An event “Micro for a cause” was organized in the college quadrangle on 25th January 2023 in which the students were trained to sell products from two NGOs Menons Environment, an aggregator of ecofriendly products and Purva foundation which educates and empowers young adults with physical disabilities.
- ⊙ 101 UG and PG Microbiology students participated in 21st National Level Micro Olympiad – a quiz competition, organized on 10th February 2023.
- ⊙ A 5-day workshop on “Basic Hands on in Molecular Biology Techniques” was organized for the PG students of Microbiology from 13th - 17th February 2023. 39 students benefitted from the workshop. Resource persons who conducted the workshop were

Mrs Sukhada Mulik, Ms. Samrin Khatri, Ms. Mamta Sawant and Ms. Rujuta Chavan (Department PhD scholars and faculty)

- An industrial visit to Nashik and Saputara was organized from 20th - 22nd February 2023. TYBSc and MSc I and II students were taken to industries like Sahyadri farms, Hexagon Industries, Nipha winery.
- On the occasion of National Science Day, 17 students of TYBSc Microbiology attended the open day at NMIMS University, Mumbai on 25th February 2022. Facilities like Molecular laboratory, Nanotechnology Laboratory were shown to the students. Mrs Sukhada Mulik and Ms Mamta Sawant accompanied the students.
- 13 UG projects were carried out by SYBSc and TYBSc students, as an extension of Microbiological Techniques learned by the students during the year. Students benefited from learning the following concepts: how research is conducted, what do negative results indicate, how is the interpretation of data carried out, writing of reports on the work done etc. Additionally, more than 75 students of FY conducted survey projects and recorded data to analyze.

COMPUTER SCIENCE

- MSc. Computer Science course intake was doubled.
- New course MSc. (Big Data Analytics) started.
- Virtual Orientation Programme for students and parents of FYCS was held on 8th August 2022
- **Seminar and Workshop:**
 - An educational program titled “Introduction to Programming with C - Level-I,” specifically designed for the enhancement of programming skills among first-year students through sponsorship from the Rashtriya Uchchar Shiksha Abhiyan (RUSA). It spanned over a duration of 30 hours, commencing on 27th August 2022. 150 students benefited from this initiative.
 - An online workshop titled “Career Grooming”

was organized on 15th July 2022, TYCS by Mr. Vishwajeet Dhupe. 70 students actively participated and benefited from the session.

- A workshop titled “Web Development with React” was held on 22nd December 2022 for TYCS By Mr. Dharmesh Shukla, corporate trainer from BloomZen Info Solutions Pvt Ltd. 30 students benefited from this initiative.
- A Workshop on “Job Skills & Interview Preparation” was conducted on 6th February 2023 for TYCS by Mr. Kalyan, a corporate trainer. 86 students benefited from the training.
- **E SPARK– 2022 Intercollegiate Fest**
 - Intercollegiate Fest “E SPARK 2022,” was conducted on 24th and 25th January 2023. The festival featured an exciting array of activities, including Technical Events such as Web Designing, Code Tantra, E3 Electronic Education Exhibition City, and E-poster, as well as Non-Technical Events like Wire Jolt, It’s SHOWTIME!!!, World from Ur Cam, Poster Making, and an array of Gaming Events like BGMI, PES, Rapid Chess, Mini Militia, Stumble Guys, and Speed Typing. Participants were given certificates and numerous students secured exciting prizes.
 - Conducted a poster competition titled “PEACE” where 50 Students participated.
- **Looking beyond syllabus**
 - A certificate course on “Machine Learning” was organized for SYCS by Mr. Madhav M. 30 students benefited from the course.
 - Four hours Academic Foundation Program (ASP) for FYCS was conducted from 7th to 11th October 22 by Ms. Prasad V. 94 students enrolled for the course.
 - TYCS students also completed various courses from Codecademy, edX, Udemy, Coursera, Khan Academy, Udacity, Swayam etc.

Student’s Achievements

- Shreyas J. Dahibaukar of SYCS participated in event Sci-Code#23 hosted by HSNC University in

Mumbai at Kishinchand Chellaram College on 28th February and 1st March 2023 and secured the 3rd prize in the Blind Coding competition.

- FYCS, TYCS students participated in the Baisakhi Celebration held at the Shri Dewamchand Ramsaran Compound in Mahul-Chembur organized by the Sri Guru Singh Sabha Bombay Dadar Gurudwara.
- FYCS, SYCS and TYCS students participated in the “Turban Up” Event, at Carter Road in Bandra on 16th April 2023 coordinated by Khalsa Aid Mumbai.
- TYCS students participated in courses on GD, PI, and career development organized by Guru Nanak Institute of Management Studies (GNIMS) in collaboration with G.N. Khalsa College from January 31st to 6th February 2023.
- Miss Kavita Patel of MSc Part I achieved the coveted gold medal in the Open Sight Air Rifle event hosted by ML DAHANUKAR College of Commerce, affiliated with the University of Mumbai.

Faculty Achievements

Mrs. Jasmeet Kaur Ghai

- **Webinars/Workshops/Conference/FDP/FIP attended:**
 - Online workshop on enhancing research visibility through the utilization of research metrics, with a special emphasis on Vidwan hosted by G.N. Khalsa College on 10th September 2022.
 - Week-long online workshop on advanced statistical data analysis through the utilization of SPSS organized by the International Institute for Special Education (IISE) in partnership with the Science Tech Institute, Lucknow.
 - Virtual FDP titled “Enhancing Teaching and Learning through the Implementation of Case Study Methodology,” held from 22nd to 27th August 2022.
 - Online FDP at the University of Hyderabad (UoH) on the creation and delivery of online and blended learning courses from 1st - 6th May 2023.
- Week-long online FDP on Advanced Research Methodology organized by Amiruddaula Islamia

Degree College in Lucknow from 21st to 27th March 2023.

- Two-day Faculty Development Program (FDP) titled “Upscaling and Upskilling in the Digital Era: COVID-Budget” organized by the BMS department and conducted by the Internal Quality Assurance Cell (IQAC) at Bharatiya Vidya Bhavan’s Hazarimal Somani College of Arts and Science, along with Shri Manubhai Maneklal Seth Junior College of Commerce and Management Studies in Chowpatty, Mumbai on 9th February 2023.
- Completed Faculty Induction Programme III conducted by the University of Hyderabad (UoH) from 1st to 30th November 2022. This program was jointly organized with the Science Tech Institute in Lucknow, with ‘A’ grade.
- **Paper presentation**
 - Authored a paper presented at the National Conference on Management and Technology (NCMAT 2023) titled “Transcending Business Paradigms: A Way Forward” conducted in collaboration between PTV’s Institute of Management and DES’S NMITD, in association with the University of Mumbai on 25th March 2023.
 - presented a paper entitled “Detection of Cyber-Attacks in Cloud Computing using Cascaded Machine Learning Algorithm” in 6 RSRI Conference on Recent trends in Science and Engineering at REST Labs, Kaveripattinam, Krishnagiri, Tamil Nadu, India from 27th to 28th March 2023 organized by REST Labs and REST Society for Research International.
 - presented paper in international conference on Advances in interdisciplinary Research Opportunities and Challenges (AIROC-2023) titled “Belief-Trust Based Algorithm for Cyber-Attack Detection in Cloud Computing” organized by International Foundation for Radiant Researchers and Academicians(IFRRA) at Kolkata, West Bengal, India on 25th September 2022.

Ms. Rashmi Pote

- ⦿ Appointed as a subject expert by the Chairperson of the governing body of C.K.T. College Panvel and Sri G.P.M. College Andheri on 21st July 2022.
- ⦿ Member of the Board of Studies at KBP College, Vashi.
- ⦿ **Webinars/Workshops/Conference/FDP/FIP attended:**
 - Workshop on “Data Science Training” organized by Grok Learning on 29th August to 3rd September 2022
- ⦿ Two-day national webinar titled “Transforming Higher Educational Institutions.” 10th and 11th February 2023
- ⦿ Online seminar titled “Artificial Intelligence: The Innovation Toolkit” by Prof. Dr. Ajith Abraham by FLAME University’s Distinguished Seminar Series on Computing and Mathematical Sciences on 6th March 2023
- ⦿ “Leveraging Teaching Learning through Case Study Methodology,” hosted at NMITD and Vivekanand Education Society 22nd - 27th August 2022
- ⦿ FDP on “Machine Learning” at Indira College, Malegaon on 23rd - 25th February 2023
- ⦿ **Paper publication**
 - Presented a paper titled “Smart Contract based Cash Withdrawal from ATM” and received the coveted “Best Paper” award at the International Conference on EMERGING TRENDS IN DIGITAL TECHNOLOGIES – 2023 and subsequently published in the esteemed International Journal of Advance and Innovative Research (IJAIR) and boasts an impressive impact factor of 7.46.
 - Presented paper titled “Enhancing Security and Accessibility in ATM Cardless Cash Withdrawal Transaction with Smart Contracts,” and published in a UGC CARE journal, ISSN 2147-6454, The online journal of distance education and e-learning, April Issue- Volume 11, Issue 2, Pages 1373-1380.
 - Presented a research paper titled “A Pre-commit Protocol for Cash Withdrawal from ATM Using

Smart Mobile Banking Application” at the International Conference on New Edge Statistics for Data Science and AI, ICS 2023.

- Presented a paper titled “A Unique Mechanism to Authenticate a Registered Bank Customer for Cash Withdrawal from ATM” at the National Conference on “Transcending Business Paradigms: A Way Forward”, NCMAT 2023.

Ms. Sunita Rai

- ⦿ Started YouTube Channel “Code With Sunita” for sharing videos related to Coding and Programming (<https://www.youtube.com/@codewithsunita>).
- ⦿ Started a blog “<https://compsciflix.blogspot.com/>” for providing free contents on different technologies and programming languages.
- ⦿ Invited as Subject Expert for Cyber & Information Security at Shri Ram College, Bhandup on 1st October 2022.
- ⦿ Invited as Subject Expert for subject Cloud Computing at Nirmala college, Kandivali on 1st April 2023.
- ⦿ Invited as Expert for Webinar on Cyber Security Awareness by HR College, Churchgate on 6th Feb 2023.
- ⦿ **Webinars/Workshops/Conference/FDP/FIP/ Refresher Course attended:**
 - Online Workshop on “Blockchain Technology, Cryptocurrency and Metaverse” organized by Meerashpa Learning Solutions from 29th - 3rd December 2022.
 - Seminar on “RESEARCH MADE SIMPLE” organized by V. K. Krishna Menon College of Commerce and Economics, Bhandup on 11th February 2023.
 - 5-Day FDP on AWS by AVS Engineering College Bangalore in Collaboration with ExcelR from 27th February to 3rd March 2023.
 - Completed 2-week Refresher Course in “Advanced Research Methodology” conducted by Teaching Learning Centre, Ramanujan College, University of Delhi from 22nd April to 06th May 2023 with A+ grade.

Ms. Kamini Patil

- ◎ **FDP Attended**

- Virtual FDP “Leveraging Teaching Learning through Case Study Methodology” organized by DES’s NMITD from 22nd to 27th August 2022.
- Two-day entitled “Upscaling and Upskilling in the Digital Era: COVID-Budget” organized by the B.M.S department and conducted by the Internal Quality Assurance Cell (IQAC) at Bharatiya Vidya Bhavan’s Hazarimal Somani College of Arts and Science, along with Shri Manubhai Maneklal Seth Junior College of Commerce and Management Studies in Chowpatty, Mumbai on 10th February 2023
- One Week Online FDP on Advanced Research Methodology during 21st to 27th March 2023
- Completed one-month online Induction Program organized by the Human Resource Development Centre, University of Hyderabad from 1st - 30th November 2022 and obtained grade ‘B’.

- ◎ **Paper presentation**

- Authored a paper presented at the National Conference on Management and Technology (NCMAT 2023) titled “Transcending Business Paradigms: A Way Forward” conducted in collaboration between PTV’s Institute of Management and DES’S NMITD, in association with the University of Mumbai on 25th March 2023
- Presented a paper entitled “Adaptive Task Scheduling Algorithm for Cloud Computing Using Machine Learning” in 6 RSRI Conference on Recent trends in Science and Engineering at REST Labs, Kaveripattinam, Krishnagiri, Tamil Nadu, India from 27th to 28th March 2023 organized by REST Labs and REST Society for Research International.
- Presented paper in international conference on Advances in interdisciplinary Research Opportunities and Challenges (AIROC-2023) titled “Dynamic Scheduling of Virtual Machine in Cloud Computing Using Hybrid Algorithm”

organized by International Foundation for Radiant Researchers and Academicians (IFRRA) at Kolkata, West Bengal, India on 25th September 2022.

Ms. Bhagyashree Bonde

- ◎ **FDP Attended**

- One Week Online on Advanced Research Methodology during 21st to 27th March 2023
- Two-day entitled “Upscaling and Upskilling in the Digital Era: COVID-Budget” organized by the BMS department and conducted by the Internal Quality Assurance Cell (IQAC) at Bharatiya Vidya Bhavan’s Hazarimal Somani College of Arts and Science, along with Shri Manubhai Maneklal Seth Junior College of Commerce and Management Studies in Chowpatty, Mumbai on 10th February 2023

INFORMATION TECHNOLOGY

- ◎ Orientation Program for students and parents of FYIT was conducted on 30th July, 2023
- ◎ **E-Spark-An Intercollegiate Festival**
IT Fest “E-Spark” was conducted on 24th & 25th January 2023. Various events like E3 Exhibition, Wire Jolt, Code Tantra, It’s Showtime, The world from your camera, and various coding and gaming events were conducted. 500 students participated in various events and had won exciting prizes.
- ◎ **Industrial Visit (Parle-G, Textile Industry)**
An Industrial visit to Parle-G (Silvassa) & Textile Industry (Silvassa), was organized by the Department on 14th - 16th September 2022 for SYIT and TYIT students. 85 students participated and received first-hand experience of the integration of information technology in the manufacturing industry, specifically within the context of Parle-G.
- ◎ **Looking Beyond the Syllabus**
 - A 30 hours certificate course in “Machine Learning” was conducted. 60 students successfully completed this course.

- A 30 hours certificate course on “Cyber Security” was conducted. 30 students from SYBSc-IT completed this course.
- A 30 hours credit course under the aegis of RUSA on *Programming with PYTHON-Level-1* was conducted for FYBSc-IT students. 152 students have successfully completed this course.
- A 60 hours certificate course on *Android App Development* was conducted for TYBSc-IT students. 55 students participated and completed the course successfully.
- A 30 hours certificate course on *Software Testing* was conducted for SYBSc-IT. 24 students participated and completed the course successfully.
- A thirty-hour certificate course on *React JS* was conducted. 10 students SYBSc and TYBSc-IT completed the course successfully.
- ◎ **Placements**
 - Placement drives were conducted by companies like LTI Mindtree, PRUDENCE (Konnect Insights) for TYBSc-IT and MSc. students.
 - 9 students placed successfully in LTI Mindtree and 03 students placed in PRUDENCE.

Faculty Achievements

Dr. Jasbir Kaur

- ◎ Attended 6-days Virtual FDP organized by AIMS, on “Leveraging Teaching Learning through Case Study Methodology” from 22nd to 27th August 2022.
- ◎ Participated in webinar on “E-Mask: Protecting Yourself Online”, Organized by Department of Chemistry and NSS cell of Sophia College, Mumbai.
- ◎ Completed Five Days FDP on “Leveraging Teaching Learning Through Case Study Methodology” Organized by Association of Indian Management Schools (AIMS), NMITD and Vivekanand Education Society’s Institute of Management Studies & Research
- ◎ Published a paper entitled “Significance of Google Analytics to e-Commerce Companies to Design Customer Acquisition and Customer Retention Strategies”, in the Journal of Vidyabharati International Interdisciplinary Research Journal 12(2) ISSN 2319-4979, Pg 778-790, UGC CARE Group2-Web of Science
- ◎ Published a paper entitled “Impact Of Data Analytics Tools On The Business Performance Of Indian MNC’s”, in the Journal of Vidyabharati International Interdisciplinary Research Journal 13(1) ISSN 2319-4979, Pg1056-1067, UGC CARE Group2-Web of Science
- ◎ Published a paper entitled “Emerging Issues of Data Breach and Need of Cybersecurity”, IJFANS International Journal of Food and Nutritional Sciences, ISSN PRINT 23191775 Online 2320 7876, UGC CARE Listed (Group-I) Journal Volume 11, Iss 11,2022, Pg 3154-3173
- ◎ Published a paper entitled “Cryptocurrency- The Perfect Alternative Solution to High – Risk/High-Return Investments”, IJFANS International Journal of Food and Nutritional Sciences, ISSN PRINT 23191775 Online 2320 7876, UGC CARE Listed (Group-I) Journal Volume 11, Iss 12,2022, Pg 8073-8091
- ◎ Published a paper entitled “Role of Artificial Intelligence in Healthcare Industry”, Neuroquantology, November 2022, Volume 20, Issue 19, Pages 4723-4734, DOI: 10.48047/NQ.2022.20.19.NQ99434, UGC CARE (Group-II) Scopus
- ◎ Presented a research paper titled, “Learning Resource Centre Add-On Services-GNIMS Management Students”, in the International conference on “Contemporary Practices in Business Management” organized by GNIMS, Mumbai.
- ◎ Published a paper entitled “Priority Vehicle Management System For Urgency Based Services Using RFID Technology”, in The Online Journal of Distance Education and e-Learning, April 2023 Volume 11, Issue 2, www.tojdel.net Copyright © The Online Journal of Distance Education and e-Learning 2467, ISSN 2147-6454 UGC CARE

Ms. Gauri Ruchir Chavan

- ⦿ Attended a Refresher course in CYBER SECURITY (ID) conducted by university of Mumbai from 8th - 22nd August 2022 and obtained Grade A.

Ms. Pinky Panda

- ⦿ Attended two day workshop on Reconceiving Outcome Based Learning organized by Guru Nanak Khalsa College from 11th to 17th August 2022.
- ⦿ Completed 30 hours Live Training Program on Python For Data Science organized by University Department of Computer Science, University of Mumbai in collaboration with ExcelR from 11th to 26th April 2023.

Mrs. Meenakshi Paul

- ⦿ Attended workshop on Website Development using Google Sites Conducted by up Educator on 10th October 2022.
- ⦿ Completed the training for the “Naturalist Training Programme” conducted by iNaturewatch Foundation at Talaja Hills scheduled from 4th to 26th February 2023 (Weekends).
- ⦿ Attended seven-day National Online Workshop on Research Methods and Techniques held from 4th to 10th May 2023, organized by Ramanand Arya D.A.V. College in collaboration with the University of Mumbai.

Mr. Rohan K Parab

- ⦿ Attended workshop on “Techno-Pedagogy and Andragogy for Active Learning (TAAL)” organized by Maharashtra State Faculty Development Academy (MSFDA) from 16th to 20th January 2023 with a one day refresher session on 24th March 2023.

BIOTECHNOLOGY

- ⦿ PTA meeting for TYBSc students was held on 30th July 2022
- ⦿ MSc Part II students under the guidance of

Mrs. Shrushti Gamre organized “Scientia” for the UG and PG students of the science stream on 23rd September 2022. 173 students participated in various events namely Poster presentation, Clash of thoughts, Meme-o-mania, Reelistry, etc.

- ⦿ PTA meeting for FYBSc students was held on 24th September 2022
- ⦿ TYBSc Students- Niranjan Chakole, Prashant Jha, Hritik Talekar and Kunal Bhanushali (Team Jal Sampada) mentored by Dr. Chiradeep Sarkar were the Second Prize winner of Australian National University’s Science Case Study Competition – 2022
- ⦿ Guest lecture and interaction with TYBSc students by our alumnus, Mr. Piyush Jain who is working as a manufacturing scientist at Enzo Biochem, NY, USA on 20th December 2022. He spoke about the job opportunities in the Biotechnology industry in the USA.
- ⦿ Guest lecture and interaction with TYBSc students on 4th January 2023 by our alumnus, Ms. Rahat Lokhandwala who is pursuing her Masters in Education in Education policy and Analysis at Harvard University. She has worked with Teach for India and Aakanksha foundation. She spoke about her experiences and opportunities for biological sciences graduates in the education sector.
- ⦿ Organized a workshop on “AMR Awareness: The Foldscope way” for the UG students on 14th January 2023. The resource person, Dr. Anupma Harshal is an educator with a teaching expertise of 20 years and a certified trainer for STEM teachers training on Research Based Pedagogy. She demonstrated the handling of foldscope and helped the students observe simple plant cells like onion leaves, potato extract and flowers.

Faculty Achievements**Dr. Chiradeep Sarkar**

- ⦿ Mentored TYBSc Students- Niranjan Chakole, Prashant Jha, Hritik Talekar and Kunal Bhanushali (Team Jal Sampada) who won the second prize at Australian National University’s Science Case Study Competition – 2022.

Mrs. Indumathi Pushparaj

- ⊙ Attended a SERB -STAR sponsored one day workshop on “Genomics in health and diseases” organized by the Biomedical Informatics center at ICMR-NIRRH on 1st October 2022.
- ⊙ Attended an online international workshop on CADD between 1st October to 10th October 2022 organised by DOLLAR EDUCATION
- ⊙ Participated and presented a poster at a research meet “SRIJNA” organised by GNIRD at Guru Nanak Khalsa College on 25th February 2023.
- ⊙ Attended an online 2-hour training webinar on Questionnaire design, Data Collection, Data analysis and Data interpretation by Research Graduate on 1st April 2023

Ms. Priyanka Dave and Ms. Shrushti Gamre

- ⊙ Participated in a two-day workshop on “Reconceiving Outcome Based Learning” organized by Criterion I in association with IQAC on 11th and 17th August 2022.

BIOINFORMATICS

- ⊙ Conducted a two-day workshop on “ Computational Drug Discovery” organized by the Department of Bioinformatics on 26th September 2022 and 27th September 2022.
- ⊙ Dr. Gursimran Kaur Uppal & Dr. Kavita Pandey were the Host institute coordinators for DST-STUTI workshop on Bioprocess technology held from 12th to 18th October 2022.
- ⊙ Industrial visit to GOA DAIRY, GOA University and National Institute of Oceanography for M.Sc. Bioinformatics Part 1 and Part 2 Students from 10th – 14th January 2023.
- ⊙ Department of Bioinformatics organized an inter-collegiate fest “BION” on 25th January 2023. BION fest included activities like quiz, debate, etc.
- ⊙ Industrial Visit to Shimadzu on 11th February 2023.
- ⊙ Industrial Visit to ICAR- CIRCOT on 17th February 2023.
- ⊙ Industrial Visit to TESTEX on 28th February 2023.
- ⊙ Conducted on-campus interview for job and

internship at Bioinformatics Department for company named as CGD Health, Hyderabad on 21st April 2023.

Students’ Achievements

- ⊙ Ms. Ramsha Siddiqui And Ms. Siddhi Kulkarni won 2nd Prize BION Debate Competition on 25th January 2023.
- ⊙ Five-Day Hands-On “Workshop on Recombinant DNA Technology” at NFB from 26th December 2022 to 30th December 2022.
- ⊙ Attended a two-day workshop on “Computational Drug Discovery” organized by the Department of Bioinformatics on 26th and 27th September 2022.
- ⊙ Attended a workshop on “MICROBIO TECH 2023” at Maharshi Dayanand University, ROHTAK from 2nd February 2023 to 4th February 2023.
- ⊙ Attended a webinar on the occasion of “World Cancer Research Day” at ACTREC, Navi Mumbai on 24th September 2022.
- ⊙ Attended a lecture by G P Talwar on “HCG Birth Control Vaccines to Immunotherapy of HCG Expressing Cancers” at NIRCH on 5th January 2023.
- ⊙ Attended a seminar on “Effect of Covid-19 Pandemic On Science Education” at Haffkine Institute on 10th January 2023.
- ⊙ Participated in Inter-college Competition “SRIJNA” at G.N. Khalsa college on 25th February 2023.
- ⊙ Attended a two-day workshop on “ Computational Based Material Sciences” organized by the Department of Bioinformatics and FYIC Bioanalytical Sciences at G.N. Khalsa College from 2nd - 23rd August 2022.
- ⊙ Attended a Hands-on International Workshop on “Bioinformatics, NGS and ML” by NEXTGEN HELPER (ONLINE) on 11th- 30th November 2022.
- ⊙ Four-day Workshop on “Chromatography and Spectroscopy” at SIES School of Packaging and Technology on 16th – 19th January 2022.
- ⊙ Attended a seminar on “Mindset of Success” at G.N. Khalsa College on 5th September 2022.
- ⊙ Attended an on-campus interview for job and

internship at Bioinformatics Department for a company named as CGD Health, Hyderabad on 21st April 2023.

Faculty Achievements

Dr. Gursimran Kaur Uppal

- ⊙ Attended a MS-DEED Level 1 In-Person Workshop on Introduction to Innovative Pedagogies for UG Teachers at Ramnarain Ruia (Autonomous College) in collaboration with Indian Institute of Science Education and Research Pune on 27th July 2022 & 28th July 2022.
- ⊙ Attended a DST STUTI hands on training program on “Advanced trends in biomedical sciences, research & skill development” at Punjab University, Chandigarh from 1st to 7th August 2022.
- ⊙ Attended a two-day workshop on “ Computational Drug Discovery “ on 26th and 27th September 2022.
- ⊙ Host institute coordinator for DST-STUTI workshop on Bioprocess technology from 12th to 18th October 2022.
- ⊙ Attended the Lady Tata Memorial Trust Online Teachers Training Workshop on “Genome Editing” by the Department of Biosciences, Union Christian College, Aluva on 5th & 6th November 2022
- ⊙ Attended the Seventh International Conference Sustainable Utilization of Tropical Plant Biomass Multi-disciplinary perspective at University of Kerala on 15th & 16th December 2022
- ⊙ Attended a workshop on “MICROBIO TECH 2023”, Maharshi Dayanand University, ROHTAK on 2nd February 2023- 4th February 2023.
- ⊙ Attended a workshop – MSFDA – Sensitization on Innovation & cutting-edge technologies followed by project work in collaboration with Vishwakarma University, Pune from 23rd January to 10th February 2023.
- ⊙ Attended a National Webinar on NEP - Reforms in Teaching, Learning and Assessment organized by Internal Quality Assurance Cell of K.J. Somaiya College of Science and Commerce, Mumbai on 11th May 2023.
- ⊙ Attended DST STUTI hands on training program on Multi- disciplinary sophisticated instruments at ICT, Mumbai from 27th March to 2nd April 2023

Ms. Aparna Patil

- ⊙ Attended a lecture by G P Talwar on “HCG Birth Control Vaccines to Immunotherapy of HCG Expressing Cancers” at NIRCH on 5th January 2023.
- ⊙ Participated in a two-day workshop on “ Computational Drug Discovery “ organized by the Department of Bioinformatics on 26th September 2022 and 27th September 2022.
- ⊙ Participated in inter-college competition SRIJNA on “Online Databases as Image Out Loud” GNIRD, G.N. Khalsa College on 25th February 2023.

Ms. Sermarani Nadar

- ⊙ Attended a workshop on “FDP for Career Grooming Opportunity for Science Graduates and Postgraduates” by CRITERION V in collaboration with IQAC and Techsurance Pvt Ltd on 15th July 2022.
- ⊙ Attended a seminar on “Mindset for success” organized by the Department of FYIC on 5th September 2022.
- ⊙ Participated in a two-day workshop on “ Computational Drug Discovery “ organized by the Department of Bioinformatics on 26th September 2022 and 27th September 2022.
- ⊙ Participated in inter-college Competition SRIJNA on topic “Online Databases as Image Out Loud” GNIRD, G.N. Khalsa College on 25th February 2023.
- ⊙ Volunteered in DST-STUTI workshop on Bioprocess technology from 12th to 18th October 2022.

MSc. BIOANALYTICAL SCIENCES

- ⊙ The Department in association with Criterion VI organized a seminar on 29th August 2022 on “Designing your Future.... creating the foundation”. Dr. Jenifer Billimoria, Business Management and Communications Consultant, Entrepreneur, was the guest speaker.
- ⊙ A beach cleaning drive was conducted at Dadar Chowpatty by the students of MSc. Part-I and II along with the teaching, non-teaching staff and

alumni of the department on 10th September 2022 after Anant Chaturdashi.

- ⦿ The alumni of the department interacted with the students on the topic, 'Career Opportunities after MSc.' on 10th September 2022.
- ⦿ An interactive session was organized on 13th October 2022, with an NGO – U&I. Ms. Nayana Guddeti spoke about student volunteers for teaching the under-privileged children.
- ⦿ A seminar was organized in association with RUSA on 22nd October 2022, on "Decoding Life - DNA sequencing and its applications." Dr. Yogesh Shouche, Professor, School of Arts & Sciences, Azim Premji University, Bengaluru, and Honorary Scientist, National Center for Cell Science (NCCS), was the speaker.
- ⦿ A two-day workshop under the Aegis of RUSA was organized on "Patent Claim Drafting Specifications" on 7th and 21st January 2022. Adv. Parag M. More, Patent and Trademark Attorney & IPR consultant, Founder, INTELLECTUAL PLATFORM[®] and Adv. Ajit A. Kadam Patent and Trademark Attorney & IPR consultant, Sr. Associate, INTELLECTUAL PLATFORM[®] were the resource persons.

Students' Achievements

- ⦿ Ms. Anuja Varadkar and Ms. Shivani Patankar published a paper in December 2022 on, 'Development and Validation of HPTLC Method for Estimation of Vericiguat In Tablet Dosage Form', in the World Journal of Pharmacy and Pharmaceutical Sciences.
- ⦿ Ms. Misba Patel won the second prize in 'scribble dribble' in Paradigm on 24th January 2023.
- ⦿ Mr. Karan Verma won the first prize in 'leave your mark' in Paradigm on 24th January 2023.
- ⦿ Ms. Shambhavi Kulkarni won the second prize in Mehfil, Nazrana on 27th January 2023.
- ⦿ Ms. Siddhi Bodke and Ms. Jasmin Shaikh the second prize in poster presentation (PG category), Srijna on 24th February 2023.
- ⦿ Ms. Siddhi Bodke published a paper in April 2023 on, 'Development and Validation of a RP-HPLC Method for Estimation of Vericiguat In

Tablet Dosage Form', in the World Journal of Pharmaceutical Research.

Faculty Achievements

Dr. Naomita Dhume

- ⦿ Published a paper in December 2022 on, "Development and Validation of HPTLC Method for Estimation of Vericiguat In Tablet Dosage Form" with M.Sc.-II students of Bioanalytical Sciences, in the World Journal of Pharmacy and Pharmaceutical Sciences.
- ⦿ Published a paper in April 2023 on, "Development and Validation of a RP-HPLC Method for Estimation of Vericiguat In Tablet Dosage Form" with M.Sc.-II student of Bioanalytical Sciences, in the World Journal of Pharmaceutical Research.
- ⦿ Subject expert in Research Advisory Committee, Bioanalytical Sciences, SIES Autonomous college, Sion - Mumbai.
- ⦿ BoS member for MSc. Bioanalytical Sciences, SIES Autonomous college, Sion - Mumbai.
- ⦿ Chairperson, MSc. Sem 2 and 3 Bioanalytical Sciences University of Mumbai.
- ⦿ Invited as a guest speaker to deliver a lecture on opportunities after BSc., career guidance series - Cross scope on 20th January 2023 at Sophia College.

Ms. Palvi Kamat

- ⦿ Won the second prize in poster presentation (Teachers category), Srijna on 24th February 2023.

Ms. Maria Nadar

- ⦿ Won the second prize in poster presentation (Teachers category), Srijna on 24th February 2023.

NFB (National Facility For Biopharmaceuticals)

- ⦿ **Activities / Workshops / Webinars:**
 - "Knowledge management using Data Analytics" from 13th June 2022 to 11th July 2022- The data analytics module was hosted by Mr.

Akshat Kadam, CEO of Develearn for learning various techniques related to Python, Power BI and Advanced Excel. 38 students were given hands on training along with lecture sessions with expertise in the area.

- **LC – MS/MS Workshop on 28th December 2022** - The LCMS Training was conducted in collaboration with Spinco Biotech by Dr. Deepal Ghadge, Application Specialist (LCMS) from Spinco Biotech on the working and applications of LCMS in the field of biopharmaceuticals.
- **Molecular Biology Workshop on PCR 4th January 2023** - conducted by Mr, Vikas Jha, Incharge of Molecular Biology Lab, National Facility for Biopharmaceuticals, Mumbai, India. He covered topics related to Reaction mixture, Thermal cyler operation and troubleshooting analysis.
- **LC–MS Demonstration training to Bioanalytical Students of G.N. Khalsa College on 8th February 2023** - conducted by Mr. Ashish Jhangiani, Junior Bioanalyst, NFB on the working and applications of LCMS in the field of bioanalytical for the department of Bioanalytical sciences of G.N. Khalsa College. He showed the working of the instrument along with the peak interpretation and analysis.
- **High Performance Liquid Chromatography (HPLC) training to Faculty members of National Facility for Biopharmaceuticals on 9th February 2023** - conducted in collaboration with Ms. Vaishnavi Rajji, Application Specialist (HPLC) from Spinco Biotech on the working and applications of HPLC in the field of bio pharmaceuticals.
- **CIFE Students Short term Training Program from 12th January - 12th February, 2023** - Students from CIFE joined NFB for short term industrial exposure training program on different topics related to molecular biology, microbiology, proteins and bioanalytical techniques.
- **Poster & Model Competition on National Science Day on 28th February 2023** - NFB commemorated National Science Day by hosting a Scientific Poster & Model Exhibition for the scientific community along with a lecture on LC-

MS/MS by Dr. Deepal Ghadge, Spinco Biotech.

- **Workshop on SDS PAGE on 3rd March 2023** - conducted by Ms. Shalmali Pendse, Incharge of Protein Lab, National Facility for Biopharmaceuticals, Mumbai, India. She covered topics related to SDS PAGE setup, sample preparation and gel loading.
 - **Workshop on DNA Barcoding at Pandharpur on 9th March 2023 - 11th March, 2023** – a part of On Campus Training Programmes Beyond NFB. These programs provide complete hands on experience on basic molecular biology, proteomics and immunological techniques where the participants come from different science subjects (including teachers, mid-career Scientist, Post graduate, under graduate students and industrial faculty). The workshop on DNA Barcoding was conducted at Pandharpur, Maharashtra for 50 students across the state.
 - **Workshop on SDS PAGE for Oriental College on 11th March 2023** - conducted by Ms. Shalmali Pendse, Incharge of Protein Lab, National Facility for Biopharmaceuticals, Mumbai, India. She covered topics related to SDS PAGE setup, sample preparation and gel loading.
- ◎ **LABORATORY VISITS**
- NFB believes in the fact that Curiosity is the mother of invention. To promote importance of biological sciences, we offer a complete laboratory tour to students from various backgrounds. This lab tour is with a complete explanation of entire working of laboratory along with a detailed discussion of the students with NFB teaching faculty. Such laboratory tour has been conducted for school and college students which ignite the feeling to do research amongst them and promotes enthusiasm in science.

Date	Particulars
14.10.2022	Lab visit by RUSA Committe
07.01.2023	Lab visit from Sathaye College
21.01.2023	Lab visit- Robin Banerjee (caprihans india ltd)

06.02.2023	Lab visit - Turtuk valley school
08.02.2023	FY.Biotech Lab Visit
09.02.2023	FY.Biotech Lab Visit
18.03.2023	Lab visit - cbse students

◎ PUBLICATIONS

- Ankita Srivastav¹, Shalmali Pendse², Pratiksha Palahe³, Alok Shah⁴ "Particle Size Matters: A Comparative Study of Transport of Encapsulated Iron through M Cells." International Journal Of Scientific Study (February 2023)
- Gharat K., Jha V., Koli J., Jhangiani A., Dhamapurkar V., Poojari D., Parulekar O., Rumani S., Kulankar D., and Salekar B. (2022) An In-Silico Reverse Vaccinology Approach in Predicting Vaccine Candidate Against Mycobacterium tuberculosis CCD5180. Journal of Pulmonology Research & Reports. SRC/JPRR-141
- Jha V., Giri R., Koli J., Poojari D., Dhamapurkar V., Jhangiani A., Nikumb D., Rumani S., Markam M., Sahu A., Kore S., and Rasal S. (2022) RAPD Typing, Antibiotic Resistance, Profiling and Genetic Diversity of Candida Isolates. Microbiol Infect Dis. 2022; 6(4): 1-8.
- Vikas Jha, Arpita Singh, Nimisha Rane, Vrushali Dhamapurkar, Kabir Thakur, Reetikesh Patel, Jhangiani A, Arpita Marick, Darpan Kaur, Sankalp Kasbe & Saloni Rasal. (2022) Computational Analysis of Anion Transporter Proteins Revealed Rv3679 and Rv2397c as Potential Drug Targets for Mycobacterium tuberculosis. Journal of Infectious Diseases & Case Reports. SRC/JIDSCR-193. .
- Jha V, Shaikh D, Bhargava A, Marick A, Khan F, Jhangiani A., Dhamapurkar V., Kaur N., Shinde R., & Narvekar N., Characterization of Physio-Chemical Properties and Evaluation of Bioactive Potentials of Essential Oils from Elettaria Cardamomum. Plant Biol Crop Res. 2022; 5(2): 1068.A
- Jha V., Parab M., Poojari D., Markam M., Dhopeswarkar D., Manna K., Jhangiani A., Narvekar S., Kore S., Gaikwad J., & Sahu A. (2022) GC-MS Analysis of Volatile Constituents, Antibacterial Activity, and Mechanism of Action of the Essential Oil from Cinnamomum Cassia Bark Against Vancomycin-Resistant Enterococci. Journal of Biotechnology & Bioinformatics Research. SRC/JBBR153. DOI: doi.org/10.47363/JBBR/2022(4)152
- Jha, V., Gharat, K., Kaur, D., Kasbe, S., Maroo, K., Jhangiani, A., Parulekar, O., Dhamapurkar, V., Thakur, K., Marick, A., & Ansari, R. (2022). GC-MS Analysis, Thermal Characterization and Biomedical Applications of Essential Oil from Cymbopogon martinii: In vitro Approach. Advances in Research, 23(5), 50-69. <https://doi.org/10.9734/air/2022/v23i5912>
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- Bandyopadhyay M., Jha V., Ajith Kumar BS & Jhangiani A. Prevalence Study and Resistance Profiles of Multi-Drug Resistant Salmonella Obtained from Poultry Across Mumbai Region. Acta Scientific Microbiology 2.5 (2019): 36-41.
- Jha, V., Kore, S., Bhosale, A. et al. Unveiling the pharmaceutical and therapeutic potentials of *Bambusa vulgaris* essential oil. Vegetos (2023). <https://doi.org/10.1007/s42535-023-00590-9>
- Jha V, Bhosale A, Kapadia P, Bhargava A, Marick A, Charania Z, Parulekar O, Shaikh M, Madaye B. Multitargeted molecular docking study of phytochemicals on hepatocellular carcinoma. J App Biol Biotech. 2023; 11(1):116-130. <https://doi.org/10.7324/JABB.2023.110117>
- Jha, V., Rasal, Saloni, et al. (2022) Random UV-Mutagenesis of Lactobacillus Species for the Generation of a Mutant with Better Probiotic Potential. Journal of Food Technology &

- Nutrition Sciences. SRC/JFTNS/170. DOI: doi.org/10.47363/JFTNS/2022(4)153
- Jha V, Rane N, Kanade T, et al. Rv2746c and Rv2881c, a potential drug target of Mycobacterium tuberculosis revealed by in-silico investigation of proteins involved in lipid biosynthesis. *J Lung Pulm Respir Res.* 2022;9(3):66–73. DOI: 10.15406/jlpr.2022.09.00283
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 - Hande, P., Kumar, B. S. A., Jha, V., Bhosale, A., & Gangurde, S. (2022). *Andrographis Echioides* Molecular Characterization and Phylogenetic Study Using DNA Barcoding Technique. *European Journal of Medicinal Plants*, 33(8), 48–56 <https://doi.org/10.9734/ejmp/2022/v33i830484>
 - Jha, V. et al. (2022) “Isolation, characterization and screening of lactic acid bacteria from non-dairy foods: An attempt to unveil their probiotic potential,” *European Journal of Nutrition & Food Safety*, pp. 1–14. Available at: <https://doi.org/10.9734/ejnf/2022/v14i830516>.
 - Jha V, Parab M, Jain T, Gharat Y, Koli J, et al. (2023) Essential Oil of *Chrysopogon Zizanioides* Increases Membrane Permeability, Disturbs Cell Membrane Integrity, and Suppresses the Growth of Methicillin-Resistant *Staphylococcus Aureus* (MRSA). *J Pharm Drug Res*, 6(1): 638–649.
 - Vikas J, Sathi M, Dattatray S, et al. Immunoinformatic analysis of proteins from DNA replication, repair, recombination, and restriction/modification pathway of *Mycobacterium tuberculosis* revealed the diagnostic potential of Rv0054 and Rv3644c. *J Appl Biotechnol Bioeng.* 2022;9(5):190–201. DOI: 10.15406/jabb.2022.09.00309
 - Vikas Jha, Chinmayi Sarang, Dattatray Sawant, Kavita Nalawade, Vrushali Dhamapurkar, Navdeep Kaur, Kabir Thakur, Shruti Amin, Pratyusha Mane, Aishwarya Marath. Exploration of Probiotic Potential of Lactic Acid Bacteria Isolated from Different Food Sources, *American Journal of BioScience.* Volume 10, Issue 3, May 2022, pp. 118–130. doi: 10.11648/j.ajbio.20221003.14
 - Jha V, Sahu A, Sawant D, et al. Isolation, characterization, and identification of bioactive metabolite from soil derived *Streptomyces polyrhachis* AS07. *J Appl Biotechnol Bioeng.* 2022;9(5):158–167. DOI: 10.15406/jabb.2022.09.00305
 - Gharat K, Jha V, Nikumb D, Koli, J et al. Two-Component System Transcriptional Regulator PrrA & Transcriptional Regulator KdpE Revealed as Novel Drug Targets in the Pan-Proteome Analysis of *Mycobacterium tuberculosis* CCDC5180. *Chem Pharm Res.* 2022; 4(4): 1–11.
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- ◎ **COLLABORATIONS/ASSOCIATIONS**
- Dr Nishigandha Naik, former director Haffkine research Institute, Mumbai, current ICMR emeritus scientist, is associated with NFB for research project on “Pharmacological studies on traditional medicines, tuberculosis diagnostics, snake venom and Antisnake-venoms since August 2021.

FYIC BIOANALYTICAL SCIENCES

- ⊙ Interactive session with PG students on “Career Decision Making” on 21st June 2022
- ⊙ Guest lecture on “Shaping Career Opportunities through Innovation” by Mr. Baldev Sharma, Founder chairman of B.S. Marshalls foundation and chairman of CIIA, on 19th July 2022
- ⊙ Seminar on Information required to “Study Abroad- Canada And America” by IDP Speakers on 23rd July 2022
- ⊙ Session on “Smart tips for efficient literature survey” by Ms. Neelam Chavan on 18th August 2022
- ⊙ Visit to National Facilities in Biopharmaceuticals co-ordinated by Mr. Vikas Jha on 20th August 2022
- ⊙ Talk on “Mindset for Success” as a part of Teacher’s Day Celebration by Amreen Luthra on 5th September 2022
- ⊙ Seminar on “MALDI -TOF and Interpretation of the Data” by Dr. Vinal Pardhi on 26th September 2022
- ⊙ Training session on Validation of HPTLC by Mr. Abhijeet Kale at Anchrom Pvt. Ltd. from 6th October to 11th October 2022
- ⊙ 7-day DST STUTI –Workshop on Bioprocess Technology from 12th October to 18th October 2022. The details of the sessions conducted and resource persons for the workshop is as follows:
 - ⊙ Recent trends in Bioprocess Technology- Dr. Girish Masand, Reliance Biological Science
 - ⊙ Overview of Conventional Fermentation technology - Dr. Kavita Pandey, G.N. Khalsa College
 - ⊙ Bioprocess monitoring and control- Mr. Vinnet Gupta, Fermex
 - ⊙ Media formulation, optimization and processing for the fermentative production of microbial metabolites - Prof. Uttam Chand Banerjee, NIPER Mohali
 - ⊙ Cloning and Cell Line Development: Strategies and Recent Advances - Dr. Praveen Rao, Reliance Biological Sciences
 - ⊙ Gene cloning- Dr. Gursimran Kaur Uppal, G.N. Khalsa College
 - ⊙ Scale up challenges in Bioprocess - Dr. Ninad Pandit, Zytex
 - ⊙ Bioremediation and Biofertilizers – Dr. Prafulla Randive, Organica Biotech
 - ⊙ SCADA operation - Mr Vikas Jha, G. N. Khalsa College
 - ⊙ Vaccine manufacturing and scale up - Mr Vishram Vilas Vaidya, Serum Institute of India
 - ⊙ Sample withdrawal and analysis- Mr Vikas Jha, G.N. Khalsa College
 - ⊙ Biosimilar - Dr. Gursimran Kaur Uppal, G.N. Khalsa College
 - ⊙ Regulatory aspects of Biopharma – Dr. Sanjeev Gupta, IPCA Labs
 - ⊙ Strategies adopted in batch harvest - Dr. Kavita Pandey, G.N. Khalsa College
 - ⊙ Analytical tools employed in Bioprocess Industry - Dr. Vandana Gupte, Consultant
 - ⊙ Quantitation of product using HPTLC & HPLC- Dr. Gursimran Kaur Uppal, G.N. Khalsa College
 - ⊙ LC-MS: A dynamic technique for characterization - Dr. Ajit Datar, Shimadzu India Pvt. Ltd.
 - ⊙ Metabolite analysis using MS and its significance in bioprocess technology - Prof. Pramod P. Wangikar, IIT Bombay
 - ⊙ Characterization using LC-MS – Navin Devadiga
 - ⊙ Conducted on campus interview for M.Sc. Part II students by Dr. Himanshu Gadgil, Director and Mrs. Lata Kumar, AVP and Head HR at Enzene Bioscience Ltd on 8th and 9th December 2022
 - ⊙ Industrial visit to Goa Dairy, Goa University and National Institute of Oceanography from 10th January 2023 – 14th January 2023
 - ⊙ Industrial Visit to ICAR- CIRCOT on 28th February 2023
 - ⊙ Seminar on GC-MS interpretation by Mr. Bhushan Bukul on 21st January 2023
 - ⊙ Talk on “Nadi Shastra” by Dr. Rahul Basaiya on 24th January 2023
 - ⊙ Learning SPSS for data analysis by Ms. Shobhana Nadar, Prof. from Mathematics Department, on 30th and 31st January 2023

- ⦿ Seminar on “Bioanalytical Method” by Dr. Purav Badani on 10th and 11th March 2023

BAMMC

- ⦿ **Research Design and Research Paper Writing workshop** was organized on Friday, 22nd July 2022 at College Seminar Hall. The Workshop was conducted by Dr. Gomathi Jatin, Associate Professor TISS for the TYBAMMC students under the aegis of Course *Advertising and Marketing Research*. Total 78 students benefitted from this programme.
- ⦿ **Orientation Programme** for FYBAMMC “*Encrypting Our Neophyte Minds*” was organized on 10th August 2022 at College Seminar Hall. The theme of the event was Artificial Intelligence-Adhaya. The Chief Guest for the day was Mr. Datta Nadkarni, VP Marketing/CMO-Innovative & Creative Strategist, International Marketing/ Branding Expert. Our Alumni Ms. Sherel Dsouza, Academician (Batch: 2006-2009), Ms. Avantika Patil Wadhavkar, Journalist and Content Writer-Reliance Jio (Batch: 2007-2010), Manasi Malankar (Batch, Social Media Strategist (Batch 2018-21) were the prominent speakers on the occasion.
- ⦿ **Guest lecture Session** was conducted for FYBAMMC students on 11th August 2022 by Mr Datta Nadkarni on the topic “Advertising and Campaign planning in showcasing Portfolio” and another session was conducted on 13th August 2022 by Rinkesh Chhedha on “Out of Box thinking with showcasing Portfolio”
- ⦿ **Career Guidance Session 1:** was organised for the students of TYBAMMC at Seminar Hall on 17th August 2023. The session was conducted by Score Academy to enlighten them with various career opportunities in the field of Public Relations.
- ⦿ **Career Guidance Session 2:** A Webinar on Careers & Courses for New Age Media was organised for the students of TYBAMMC on 6th March 2023. The Guest speaker was Dr. Samir Karkhanis. It was an informative session as it enlightened students with various career options in New Media.
- ⦿ **Bhakti Kanakadsa:** A book launch event was held on Tuesday, 6th September, 2022. The poetic devotional work of saint KANAKADASA was translated into Marathi by Alhad Apte and Suresh Rao. Dr. Anil Kakodkar and Shri Ramdas Bhatkar were the guest speakers of the day 45 BAMMC students participated in the event
- ⦿ **Yeh Hashratein** was organized on Saturday, 13th September 2022 celebrating the centenary of renowned film lyricist Hasrat Jaipuri. Mr Akhtar Hashrat Jaipuri and Sri Lokesh Chandra I.A.S were the guest speakers on the occasion. Students made short films on Hashrat Jaipuri and performed drama, dance and Music on the day.
- ⦿ **Rendevour with Ravi Raj :** was organised on 20th September 2022. It celebrated the centenary of legendary composer Shailendra. FYBAMMC students performed and participated in the event.
- ⦿ **60 years in Cinema # SP_SP:** was organized on Saturday 14th November 2022. It celebrated 60 years of the legendary Actor Sachin Pilgaonkar in cinema. 90 students participated in the seminar.
- ⦿ **#Mei_Smi** was organized on Monday, 12th December 2022. The event was organized to Commemorate the legendary actress Late. Smita Patil. The programme was graced by her sisters Dr. Anita Patil Deshmukh and Ms. Aruna Raje.
- ⦿ **Value added Certificate Courses**
 - **INSTAGROOM, CAREER GROOM & CORPGROOM**
A value-added certificate course conducted by the Department of BAMMC in association with Department of BMS was redesigned to suit requirements of students at three levels i.e. FY SY & TY. Instagroom designed for FYBMM looks into Self Development, beyond course boundaries. Careergroom is designed for students at SY, guiding them by generating awareness and thereby aptitude for emerging career options. Corpgroom at TY level attempts to make the student corporate ready and employable.
 - Instagroom**
 - A Six-day Students’ upskilling programme was organised on the topic ‘Image management’ for

the students of FYBAMMC under Instagroom. Students gained knowledge on Communication skills, Teamwork, Goal setting, Presentation skills and Etiquettes through online mode. The resource person for this session was Ms. Sonia Anand, Image consultant and Soft Skills trainer. The session was conducted from 19th to 26th April 2023.

Careergroom

- An Online Certificate Course was organized under Careergroom on 'Digital Marketing' in association with IIDE from 8th March to 12th March 2022. The session was conducted by Ms. Reshma Shaikh, Digital Marketing Trainer, IIDE. Some of the modules of the session were SEO, SEM, and Social Media- Organic etc
- A One-week (30 Hours) certificate program was organised for SYBAMMC on the topic "Entertainment and Lifestyle PRs" 'The topics covered were Fundamentals of PR, PR in practice, Campaign planning, Power of Content, Masterclass in communications. The sessions were conducted by Public Relations Corporate trainers and PR professionals from 24th to 29th April 2023.

Corpogroom

- A 5-day Certificate course on 'Unlimit your life' was organized for TYBAMMC from 12th to 16th December by corporate trainer Mr. Prantik Panigrahi. 30 hours RUSA sponsored Credit Course in UI&UX Design conducted jointly by Department of BAMMC & BMS was held from 9th to 19th March 2023.
- **Synergy:** As a part of philanthropic activity, students distributed old wearable clothes to the slum and street dwellers at four locations in Mumbai: Matunga Arora Theatre, GTB Nagar, Tata Hospital and Worli Koliwada on 17th February 2022.
 - **Elixir-** Department of BAMMC hosted the Annual Intercollegiate Festival - **Elixir**, on 24th and 25th January 2023. The theme for this year was "Encrypting Our Neophyte Mind". Students from more than 20 BAMMC colleges

participated in 12 events conducted during the festival.

- **Industrial visit to Jaipur:** Industrial Visit was organised for the students of BAMMC to Jaipur from 13th - 17th September 2022. The industries visited were Dainik Baskar and 94.3 MY FM.
- **Industrial Visit to Nanital:** Industrial a visit was organised for the students of BAMMC to Nanital from 11th to 17th February 2023

Students' Achievements

- **At Acharya College's Fest – PIXEL held on 15th, 17th, 19th, December, 2022**
 - G.N Khalsa won the Best Contingent award at Pixel.
 - Best ACL- Aarya Kawale of SYBAMMC won the Best ACL award at Pixel.
 - Best PRCL- Rohit Nachnekar of FYBAMMC won the PRCL award at Pixel.
 - Standup(2nd prize) – Rohit Nachnekar of FYBAMMC won 2nd prize in Stand-up comedy.
 - Photography (3rd prize) – Sahil Kulkarni of FYBAMMC won 3rd prize in Photography.
 - Ad making (1st prize) -Nidhi Sawant, Vishakha More of FYBAMMC won the 1st prize in Ad making event.
 - Rapping (3rd prize) – Krishna Makwana of FYBAMMC won 3rd prize in Rap.
 - RJ hunt (3rd prize) – Dhvani Gala, Harahvardhan Shrivastav of SYBAMMC won 3rd prize in RJ Hunt.
 - Treasure hunt (2nd prize) – Kulashree dalvi, Juee Jiman, Rushabh Bhosale, Rohan Anam of FYBAMMC won 2nd prize in Treasure Hunt.
 - Dance (2nd prize) -Sayantika Show (SYBAMMC), Tejas Shinde (FYBAMMC), Dhruv Kaushal (FYBAMMC), Om Chanda (SYBAMMC), Sanika Umbrajkar (SYBAMMC), Aarya Tawde (FYBAMMC) won 2nd prize in Dance
 - Dubbing (1st prize) -Sarthak Deo, Harshvardhan Shrivastav of SYBAMMC won 1st prize in Dubbing.
 - Fashion show (2nd prize) - Dhruv Kaushal (FYBAMMC), Dhiren Mestry (SYBAMMC),

Atharva Sawant (FYBAMMC), Om Chanda (SYBAMMC), Aarya Kawale (SYBAMMC) won the 2nd prize in Fashion Show.

☉ **At L. S Raheja College's Fest – Retake held on 27th and 28th January, 2023**

- G. N Khalsa won the Best Runner-up PR award
- Rohit Nachnekar, Tejas Shinde, Saylee Gaonkar, Dhruv Kaushal and Siddhi Sawant of FYBAMMC won 3rd place in Drama .

☉ **At MMP Shah Women's College's Fest – Razzmatazz held on 3rd and 4th January, 2023**

- G. N Khalsa won the Best PR award
- Harshvardhan Shrivastva of SYBAMMC won the Mr. Razzmatazz award.
- Mrunal Marathe of FYBAMMC won the Ms. Razzmatazz award.
- Mitali Kadam of TYBAMMC won 1st place in Poster Making.
- Rohit Nachnekar of FYBAMMC won 2nd place in Stand Up Comedy
- Harsh Vardhan Shrivastva and Dhvani Gala of SYBAMMC won 2nd place in Debate
- Krishna Makwana of FYBAMMC won 1st place in Rapping
- Muskan Shrivastva of FYBAMMC won 2nd place in Dance
- Om Chanda, Dhiren Mistry of SYBAMMC and Dhruv Kaushal, Atharva Sawant, Tejas Shinde, Omkar Patil, Bhavesh Gaikwad of FYBAMMC won 3rd place in the Fashion Show.
- Samruddhi Dange, Vaibhav Malhotra, Anurag Bachchish, Viraj Bagade, Nidhi Gawas, Ruben Raje of TYBAMMC and Harsh Kumar of SYBAMMC and Lovepreet Singh, Guruveer Singh of FYBAMMC won 3rd place in Tug of War.

☉ **At Oriental, Sanpada College's Fest – Nirvana held on 11th February, 2023**

- G.N. Khalsa won the Best College award
- Dhiren Mistry of SYBAMMC, Khalid Kuchikar of TYBAMMC and Aarya Tawde, Dhanashri Rane, Omkar Patil, Krupa Solanki, Saylee Gaonkar, Vivek Gupta won 1st place in Fashion Show.
- Sayantika Show, Mrunal Marathe and Aarya

Tawde of FYBAMMC won 1st place in Dance.

- Rohit Nachnekar of FYBAMMC won 1st place in Stand Up Comedy
 - Harsh Vardhan of SYBAMMC won 1st place in Reporting
 - Sujal Kasare of FYBAMMC, Dhvani Gala and Dhiren Mistry of SYBAMMC won 1st place in Ad Making.
 - At Ruia College's Fest – Tiltshift held on 12th, 13th January 2023
 - Aarya Kawale, Chirag Joshi, Vipul Shinde, Dhiren Mistry of FYBAMMC won 1st place in Football.
 - Sai Pawar of FYBAMMC won 2nd place in photography.
- ☉ **At MCC College's Fest – Panache held on 4th, 5th, 6th January, 2023**
- G. N. Khalsa won the Best PR award.
 - Warija Sankpal of TYBAMMC won 1st place in photography.
 - Dhiren Mistry of SYBAMMC, Khalid Kuchikar of TYBAMMC and Atharva Sawant of FYBAMMC won 1st place in the Fashion Show.
 - At Kirti College's Fest – Moksh held on 4th, 5th, 6th January, 2023
 - Dhruv Kaushal of FYBAMMC won the Best PRCL award.
 - Dhruv Kaushal of FYBAMMC won Mr. Moksh Award.
 - Sakar Desai, Jigar Shanishchara, Saylee Gaonkar, Siddhi Sawant and Swarangi Marchande of FYBAMMC won 2nd place in the Drama event.
 - Sakar Desai of FYBAMMC won 1st place in Dubbing.
 - Harshvardhan Shrivastva of SYBAMMC won 3rd place in open mic.
 - Jatin Gurav of FYBAMMC won 2nd place in photography.
 - Sachin Mishra of FYBAMMC won 1st place in Digital art.
 - Sarthak Ghadi of SYBAMMC won 1st place in instrumental music.
 - Dhruv Kaushal, Umar Patel, Yuvraj Pandia, Tanisha Kakkar, Aditya Mhaske, Riya Kolge

and Aulakh Ratan Kaur won 3rd place in Short Film.

- Dhiren Mistry of SYBAMMC, Dhruv Kaushal, Tejas Shinde, Krupa Solanki, Khadijah Hanif, Omkar Patil, Dhanashri Rane of FYBAMMC and Om Chanda, Dhiren Mistry of SYBAMMC won 1st place in Fashion Show.

Faculty Achievements

Dr. Simran A. Chawla

- ⊙ Participated in the online workshop on the theme “Four Year Degree Programme with Multiple Entry and Exit” and “Pursuing two Academic Programmes Simultaneously and Twining / Dual / Joint Degrees” held on 18th July 2022.
- ⊙ Attended the National webinar on ‘Academic Bank of Credit ‘organized by IQAC of SIES (Nerul) of Arts, Science and Commerce on 6th August 2022.
- ⊙ Participated in FDP from 09th August to 16th August 2022 on ‘Education in 21st Century: Implementing NEP 2020 for Quality Education in HEIs’ jointly organized by Thakur College of Science & Commerce (Autonomous), Mumbai and Guru Angad Dev Teaching Learning Centre, SGTB Khalsa College University of Delhi under PMMMNMTT
- ⊙ Participated in Faculty Induction Programme conducted by UGC- Human Resource Development Centre, Savitibai Phule Pune University, Pune 411007 from 5th September - 4th October 2022 with ‘A’ Grade.
- ⊙ Member of the examination Committee of College.
- ⊙ Invited as Resource person for “Two-day International Conference on Emerging Trends in e-Commerce, Business and Corporate Finance” on 29th March to 30th March 2023 in Hybrid mode by the Dept of Commerce **Faculty of Humanities, Sciences and Management**, Periyar Maniammai Institute of Science & Technology, deemed to be university, located in rural area, of Vallam Tamil Nadu.
- ⊙ Completed FDP on Outcome Based learning (Marketing) conducted by UGC- Human Resource Development Centre, Savitibai Phule Pune University, Pune from 17th to 23rd October, 2022

Ms. Harpreet Kaur Sidhu

- ⊙ Participated in a two-day workshop on “Reconceiving Outcome Based Learning”, organised by Criterion-I in association with IQAC, Guru Nanak Khalsa college, Matunga, Mumbai on 11th and 17th August 2022.
- ⊙ Participated UGC Sponsored Short Term Course on ‘Creating Employability through Skill Oriented Education ‘conducted from 2nd to 8th December, 2023
- ⊙ Presented paper titled ‘To find the civic issues that are depicted in various outdoor media platform’ at the International Conference on “Emerging Media Trends & Its Impact on Society & Governance” held from 28th to 29th April, 2023 organized by the School of Journalism, Films and Creative Arts- I, Lovely Professional University, Punjab.

BMS

⊙ FINANCIAL LITERACY & TAX PAYING WORKSHOP

- Mr Yogesh Kumar & Mr Summit More Financial experts at Investor Education & Welfare Association conducted a workshop on Financial Literacy & Tax on 5th July 2022 for SYBMS & TYBMS Finance students.

⊙ FIN MAHOTSAV INTERCOLLEGIATE EVENT

- On 3rd August 2022, on our 75th Independence Day National stock exchange (NSE) in association with the Board of Industry-Academia partnership (BIAP) had organized Fin Mahotsav, an Intercollegiate event. BMS Students participated and won prizes in events like Quiz, Treasure Hunt and Debate held on 3rd & 4th August 2022

⊙ Industrial Visit

- FYBMS students visited Silvassa where they visited Industries like Parle G Factory, Mini Toy Ltd and Alok Industries on 12th October 2022. SYBMS students visited Jaipur on 26th February 2023. They Visited Saras Dairy, Dainik Bhaskar & Jaipur Foot. TYBMS students visited Nainital on 11th February 2023 were thrilled to witness Bajaj Industries.

◎ **GD PI Holistic Grooming by GNIMS**

- On 3rd February 2023, GNIMS department organised a short-term certificate course on Soft Skill Advancement to train our TYBMS students for Career & Jobs.

◎ **Realm Annual BMS Event**

- Realm, Inter Collegiate, annual BMS event was organised on 25th Jan 2023. The theme for this year was Team-Building “Hysteria”. After the inaugural function, Management Games and events were hosted by the BMS volunteers. Students from 15 different colleges participated in this event.

◎ **Certificate Courses**

- A 30-hour online certificate course was conducted for SYBMS & TYBMS students.
- CareerGroom was conducted for SYBMS students by Score PR. CorpGroom for TYBMS students was conducted by Mr Prantik Pranigari, Facilitator and trainer for Global Psychometrics. These workshops were conducted in the month of April.

◎ **Career Workshop**

- On 6th March 2023, Dr. Samir Karkhanis, Career Mentor from Yangpoo Executive Education, conducted a workshop on Careers & Courses for new age media.

◎ **Results**

- Our passing percent in FYBMS SYBMS & TYBMS has been consistent with 95%.

Students' Achievement

- ◎ Agamjot Ajmera of TYBMS won Gold Medal in Open Rifle Shooting & Air Pistol.
- ◎ Mehsar Shaikh of SYBMS won first prize in the Mehendi competition at Khwaish Event organized by Chandrabhan Sharma College.
- ◎ Ayush Phalke won gold medal at 49th Maharashtra State Judo Championships in Kolhapur.

- ◎ Two hundred fifty-seven activities for approximately 900 hours were organized by the NSS unit in collaboration with the University of Mumbai and various NGOs.

◎ **Activities**

- Under area based 1 level (Environment and Road Safety programs) nine different projects, area based 2 level (Health and Hygiene programs) eight different projects and under College level six projects were conducted.
- In collaboration with ‘Connect for’ 30 volunteers at Aarey Forest, Borivali planted more than 60 saplings of various types on 3rd July 2022. With SDF India, 200 plants were planted by 20 volunteers at Karjat on 7th August 2022. Also, more than 50 Volunteers planted more 250 saplings at personal level.
- NSS Volunteers actively participated in 21 Beach clean-up drives organized at Dadar, Mahim and Bandra in association with WWF, Ministry of Earth, My Green Society, Mangroves Foundation, Project Mumbai, United Way Mumbai (UWM), Jay foundation, Beach warriors, etc. Also, in collaboration with UWM along with Zoology Dept., NSS unit organized Shore walk for 32 Volunteers to learn Mumbai’s Marine Biodiversity at Carter Road, Chimbai beach on 23rd November 2022
- From November to February month (every Saturday and Sunday), volunteers did Shramdaan in the form of Cleaning, Gardening and Road construction activities in Maharashtra Nature Park (MNP), Dharavi. 60 Volunteers actively participated in Plants and Flowers exhibition 2023 organized by MNP from 24th-26th February 2023. For regular & active participation of NSS Unit, MNP felicitated with a certificate and Memento by the Guest of honor Dr. K. H. Govinda Raj, IAS Additional Commissioner-I & Project Director, MUTP, MMRDA and Shri Vikas Chandra Rastogi, IAS, Principal Secretary, Higher & Technical Education, Government of Maharashtra to the Program officer on 26th February 2023.

NSS

- ◎ 200 students from different courses registered for the NSS program for the academic year 2022-23.

- More than 100 volunteers participated in Plastic waste collection drives organized by the unit. Volunteers collected and segregated MLP, Plastic bottles and Milk pouches generated at their home and from locals and submitted to the unit. Non degradable plastics were later submitted for recycling to My Green Society.
- On the occasion of Road Safety Week, the traffic police department had organized a Program at NCPA wherein 15 volunteers participated. 23 volunteers also participated in the Road safety awareness program at Oval Maidan Near High Court and were involved in road safety awareness in society.
- 70 volunteers helped GSB Seva Mandal & F North Traffic Police in Crowd & Traffic management for 5 days from 31st August to 4th September 2022.
- 8 volunteers attended World Environment Day webinar organized by 'Connect For' in collaboration with Waste Warriors and Fresh India Organic on 4th June 2022.
- On the occasion of World Environment Day, 10 volunteers participated in the Sunday Street program and promoted 'Save Soil & Tree Plantation' on 5th June 2022. Also 22 volunteers participated in Beach Cleanup Drive at Dadar.
- In celebration of Shiv Swarajya Din Sohala, 9 volunteers presented Powada in Jambhori Maidan and 5 volunteers attended a webinar on Shivrajyabhishek Din on 6th June 2022.
- 19 volunteers participated in Majhi Vasundara Abhiyaan, Worli Fort Clean up drive; 40 volunteers participated in "Best Out of Waste Activity" organized by UWM; 23 participated Panel Discussion Activity on World Ocean Day and 22 participated in World Ocean Day Poster making on 7th June 2022.
- In Sunday street program, 16 volunteers presented a skit on 'Anti-Child Labor Day' at Char Road, Wadala and 20 volunteers participated in 'Anti-Child Labour Day' poster making on 12th June 2022.
- Unit celebrated Yoga Week from 13th June to 19th June 2022. Volunteers were assigned with a task of doing 2-3 asanas everyday such as Tadasana, Vrikshasana, Pawanmukhtasana etc. Suryanamaskar Session was also organized on 15th June 2022. Two volunteers successfully completed Yoga Training Camp (IDY), Fort Campus from 16th June to 20th June 2022 and an International Yoga Day Session was conducted by Mr. Laxman Zajam, Yoga Teacher, at the college level on 21st June 2022.
- 20 NSS volunteers participated in Antenna Wala Kasav program held at Sahyadri State Guest House on 16th June 2022. An honorable minister Shri Aaditya Thackeray graced this event with his presence. A short film on how antennas were fixed on turtles to locate them when they are traveling was shown in this event.
- NSS volunteers participated in Pulse Polio Vaccination Drive held at Don Bosco Health Post and Korba Mithagar on 19th June 2022. 20 volunteers worked for Intensified Pulse Polio Immunization Drive with Don Bosco Health Post and vaccinated 595 kids regularly from 20th to 24th June 2022.
- Three blood donation drives were organized at college level in association with LTMG hospital, Sion Blood Bank, sponsored by Lions Club, Byculla. A total of 371 blood bags were collected on 25th June, 12th November 2022 and 28th February 2023. Also, volunteers participated in 11 Railway Station Blood Donation drives and successfully collected 1,250 blood bags and contributed to the Noble cause.
- 5 volunteers participated in World Drug Day Poster Making on 27th June 2022.
- 28 volunteers participated in the No Honking Day Rally and 9 volunteers participated in the poster making event on 29th June 2022.
- In collaboration with Sneh Setu Foundation, a seminar was organized on Sustainable Living. 59 volunteers attended the seminar on 16th July 2022.
- 30 volunteers attended a session on 'Social Skill Development' at GTB Nagar organized by 'Connect For' on 23rd July 2022.

- WWF organized a webinar for NSS volunteers on International Tiger Youth Summit on 28th July 2022.
- NSS Unit in collaboration with Aditya Jyot hospital and Global hospital organized a Health Checkup Camp for college stakeholders on 29th and 30th July 2022 benefitting 453 visitors.
- 27 volunteers participated in Youth Convention during celebration of 125 years of Ramakrishna mission, Khar (west) on 30th July 2022.
- NSS Unit in association Jannat Media production campaigned an awareness rally and performed skit on “Har Ghar Tiranga” on 2nd August 2022.
- One volunteer participated in an induction program held at R.D. National College, Bandra on 4th August 2022.
- NSS Unit in association with Seva Vivek foundation organized a Rakhi selling campaign to support Tribal Art on 5th to 10th August 2022.
- 14 volunteers participated in the Hiroshima Day Peace Rally on 6th August 2022.
- Samuhik Rashtragan was organized for all college students on 9th August 2022.
- Yuvak Biradari in collaboration with the Government of Maharashtra organized the “Ek Sur Ek Taal” program on 9th August 2022. 9 volunteers participated in the same.
- Rakshabandhan was celebrated by the volunteers by tying Rakhis to Soldiers, Police and BMC workers on 11th August 2022.
- Workshop on meditation in collaboration with Pranik Healing Foundation of South Mumbai was organized on 12th August 2022. 54 volunteers were benefitted.
- 70 volunteers participated in the rally in celebration of Azadi ka Amrit Mahotsav under the campaign “Har Ghar Tiranga” on 13th August 2022
- NSS unit organized the seminar on “Keep yours Healthy # GIFT A LIFE AFTER LIFE” on Organ Donation in collaboration with Global Hospital by Dr. Nilesh Satbhai, Sr. Consultant and HOD of Plastic, Hand and Reconstructive Surgery on 13th August 2022.
- Independence Day was celebrated with participating in flag hoisting followed by the cultural program. 20 volunteers participated and showcased their talent in the journey of Indian history towards Azadi Ka Amrit Mahotsava.
- World Water Week was celebrated by preparing a short video by 8 volunteers on 29th August 2022.
- Teachers Day was celebrated with a 3D Greeting card making and roses were distributed to all teaching staff. Bone Density Check-up Camp was also organized in collaboration with Global Hospital.
- Organized a seminar on “Clean Coast Safe Sea” in association with My Green Society and 73 volunteers attended on 7th September 2022.
- 41 volunteers participated in Swatantra Prabhat Feri at CSMT Station organised by Central Railway and GGRF on 16th September 2022.
- One volunteer successfully completed Nashmukti Bharat Abhiyaan Master Volunteering Training.
- On the occasion of 53rd NSS day, our volunteers visited Primary Health Unit & Adivasi Pada, Nimbavali village, Palghar on 24th September 2022. Various field activities were carried out throughout the day such as distribution of 150 fruit saplings and 150 books. 500 sanitary pads donated by Peace project, Maitribodh Parivaar charitable trust, were distributed among the females of the village. 100 Tulsi plants donated by Cheers forever foundation along with Nutritious food donated by Ms Rashmi Joshi, environment consultant. Volunteers also cleaned the Primary health centre.
- An orientation program was organized for volunteers. Mr Vijay Gawade sir, area coordinator and PO of VSIT college addressed the students on 29th September 2022. Promotional videos were prepared by the volunteers and presented during the orientation.
- 33 volunteers actively participated in the Nashmukti Rally, Azad Maidan on 1st October 2022.
- 12 volunteers worked for Mumbai Monorail’s Swachha Bharat Abhiyaan, at Wadala Depot Station with GGRF 2nd October 2022.

- 23 volunteers attended Bhajan Sandhya, Musical Event of University of Mumbai held at Gateway of India on 2nd October 2022.
- Organised Diya painting, selling and distribution drive from 12th to 15th October 2022. Distributed diyas in our adopted village, Akloli and adopted slum area Bhimwadi. In promotion of Tribal Art, Bamboo Lanterns of Sneh Vivek Foundation were sold by the unit.
- Visited adopted village Akloli, Vajreshwari to conduct various social activities for the Welfare of Adivasi Padas in the village on 22nd October 2022. The activities were performed under the guidance of Dr. Mahadev Kavle and Mr. Jayesh Patil for the social welfare of the people living in Adivasi padas like Gothanpada, New Gothanpada, Akloli colony etc. Distributed 30 ration kits to pregnant women and also sarees donated by Navratri Mandal BDD chawl, Worli. Distributed new sarees for PHC staff. Distributed 200 Hand-painted Diyas (painted by our volunteers), 200 sanitary pads in PHC, Vajreshwari donated by Navratri Mandal BDD chawl, Worli. Distributed 35 Diwali Faral kits and planted 10 medicinal plants at PHC, Vajreshwari (donated by Rashmi foundation). Performed cleaning activities at PHC Vajreshwari and Vajreshwari Temple. Distributed various types of clothes in different padas by which more than 300 families were benefitted. Distributed more than 50 toys among the children. The activities were performed under the Daan Utsav campaign conducted from 1st to 14th October 2022 along with Worli Navratri Mahotsav Mandal, BDD Chawl, Worli. Rashmi Joshi Environment consultant and Jay Foundation provided us with donations of various items along with transportation services.
- On the occasion of National Unity Day, the unit visited Shantivan Ashram and leprosy home, Panvel on 31st October, 2022. The unit was welcomed by advocate Mr Pramod Thakur, Chairman, Shantivan. Rashmi foundation, PO and a few volunteers donated some sports items. Shramdaan in the form of cleaning activity was also conducted. Visited the Handloom section that is run by leprosy affected people, School, Leprosy hospital, Ashram, Goshala, Vridhashram, Aadhara shram, Naturopathy centre, Leprosy home.
- Celebrated the birth anniversary of respected Sardar Vallabhbhai Patel ji which is also celebrated as National Unity Day on 31st October 2022. NSS unit in collaboration with Mumbai Traffic Police participated in the “Unity Run” from Veer Savarkar Marg Dadar, Century Bazar till Yes Bank location. The Unity pledge was taken by NSS volunteers.
- In celebration of “Observance of Vigilance Awareness Week” NSS Unit in collaboration with CISF Central Industrial Security Force, Ministry of Home Affairs, GoI conducted intra-collegiate essay writing and poster competitions on “Moral values” at our College on 4th November 2022. Mr. D.S. Mandal and Ms. Bharti Srivastava, Inspectors of CISF, Mumbai Airport and our Principal sir addressed the gathering.
- NSS Unit in collaboration with Maharashtra Nature Park, Sion Dharavi organized a Nature trail at MNP on 13th November 2022. 51 volunteers participated in the trail.
- 32 Volunteers and 20 Zoology students participated in Shore Walk at Chimbai Beach organized by United Way Mumbai on 23rd November 2022. The Members of Naturalist Foundation, Mr. Sachin Rane sir and Team guided us about the marine environment and about the various species present in water.
- In collaboration with Sakshi NGO & RAKSHIN Project, NSS unit organized a webinar on “Stop Child Sexual Abuse” on 25th Novemebr 2022.
- NSS Unit in association with NCC, DLLE, and Voter’s Registration Committee, organized a collective Constitution Preamble Reading and a Constitution awareness rally on the occasion of “Constitution Day” on 26th November 2022. A total of 135 students participated. The preamble was read in the college quadrangle along with teaching and non-teaching staff. Rally was escorted by Matunga Police from college to Wadala Church,

- Five Garden, Maheshwari Udyan and back to the college. Students raised slogans while marching on the road with Banners and holding Placards in their hands to commemorate the Glorious Historical Day on which the Constituent Assembly adopted the Constitution of Independent India.
- Cleanliness Drive was arranged at Kokri Sugar, Sion Cleanliness Drive and at Five Garden, Wadala on 1st December 2022.
 - In celebration of World AIDS Day, an awareness rally was organized at Kokri Jaguar, Sion and at Five Gardens, Wadala on 2nd December 2022.
 - In celebration of the “Mazi Mumbai, Swachha Mumbai” campaign NSS Cell, University of Mumbai organized District level (Mumbai City Zone) poster making competition in association with our NSS Unit on 2nd December 2022. There were also participation from 5 different colleges. Posters were evaluated by Mr Nikhil Karkhanis, Coordinator (colleges), Mazi Mumbai Swachha Mumbai and Dr. Vijay Gawde, Vice-Principal, Commerce and Management, VSIT.
 - Cyber police organized a Street Play on “Cyber Crime & Security” in our college on 9th December 2022. 50 volunteers attended the play.
 - MAVA Rally from our college to Ruia college was organized by the unit and MAVA on 10th December 2022. 33 volunteers participated.
 - 23 Volunteers participated in the World Cup Trophy Welcoming Ceremony organized by our college on 19th December 2022.
 - Library setup training was given to 12 NSS volunteers by our College Librarian in order to set up a library for the adopted village on 26th and 27th December 2022.
 - 15 volunteers attended the Road Safety Week program at NCPA, Nariman Point 11th January 2023.
 - 29 volunteers participated in the Tata Mumbai Marathon which was organized in collaboration with CHF, Churchgate on 15th January 2023.
 - A visit to PHC, Vajreshwari to set up Butterfly and Herbal Gardens was arranged on 5th February 2023.
 - A college visit for Turtuk Valley school children was arranged by the unit. Also a seminar on “Rise Above Plastic” by Jay foundation and workshop on “Seed Ball Making” by Rashmi Joshi on 6th February 2023. 33 Volunteers participated in the program.
 - A webinar was organized on “Kitchen Gardening” for our volunteers and 39 volunteers attended on 7th February 2023.
 - A session on “Youth Stands for Peace” was organized by Gurudev Sri Sri Ravi Shankar Ji, Goregaon branch and 23 volunteers participated on 25th February 2023.
 - ‘Aagaaz’ 2023, an intercollegiate District level fest with a theme “Aazadi Ka Amrit Mahotsava” was organized by the NSS Unit on 4th February 2023. Social awareness session ‘Social Justice’ was conducted by Sneha Pandit Dubey. Cultural events involving various competitions were also arranged with more than 200 entries received from various colleges of Mumbai City Zone. 375 volunteers participated in the event. Dr. Sushil Shinde, OSD; Mrs. Kranti Ukey madam, District coordinator; Dr. Vijay Gawde Sir, Area coordinator; Mr. Anil Gare sir, SBTC representative; Mrs. Rashmi Joshi, Environment Consultant; Dr. Kala sir, Advisory Committee member; Dr. Ratna Sharma, Vice-Principal and Mrs. Anita Pasbola, Vice-Principal addressed the gathering.
 - The Memory Booster workshop was conducted by Dr. Mangal Chavan and 56 volunteers participated on 8th March 2023.
 - 37 volunteers attended a session on “Effects of Food Preservatives and Additives on Health” conducted by PO Dr. Mangal Chavan on 11th March 2023.
 - 80 volunteers participated in NSS Special Residential Camp from 3rd January to 9th January 2023.
 - Various social activities such as Cleanliness drives were conducted at Primary Health Centre, Vajreshwari Mandir, Various Padas, ZP Secondary and Higher secondary Schools, Water supplying Unit.

- Building Compost Unit, Wall Painting, Medical Store set up Work, Solar Panel and Pump work was done at PHC, Vajreshwari.
 - Library was set up at Primary & secondary ZP School, Akloli
 - Experiments and craft activity was conducted and Sports day along with Prize Distribution was organized.
 - The Self Defence Workshop was conducted by taking help of United Marshal Art Academy.
 - Performed awareness skits on some social issues in various Adivasi padas. Session and workshop were organized for locals such as “Sanitation & Cleanliness” by Child Help Foundation; “Vyasana Mukti” by Mr. Milind Patil, Nasha Mukta Bharat Abhiyan; Stargazing by Aishwarya Pawar, Astronomy Guide; “Shikshanakade Vala, Andhashradhe pasun Dur Pala” by Mr. Dattatray Sawant, Sr. Research Fellow, NFB.
 - Various Sessions were arranged for NSS volunteers such as “Acupressure – The Art of Experienced Practice” by Mrs. Rashmi Joshi, Environment Consultant; “Balancing the Life” by Dr. Mangal Chavan; “Social Justice” by Mrs. Sneha Dubey Pandit, Advocate; “Transform Your Life” by Mr. Salim Virani, Motivational Speaker; “Latest Technology in Computer Science” by Mr. Rohan Parab; Astrology by Dr. Sharad Tripathi; Warli Painting workshop by Mr. Deepak Dhodade; Disaster Management by Avhaan Team, Mr. Yogesh Morye, Pradnya Patade and Sandeep Gupta. Also organized Debate Competition and Recreational Social Cultural Program Talent Hunt - Bhajan, Kirtan, Kavali, Patriotic Songs, Poetry Recitation, Classical Dance. On the last day visit to Shramajeevi Sangathana, Usgaon was arranged and NSS volunteers were felicitated for their achievements.
- ◎ **NSS Volunteers achievements**
- Mr. Saurav Surbhirala, Mr. Mohan Chavan and Mr. Pranav Alwe participated in the National Integration Camp hosted by University of Mumbai from 22nd to 28th May 2022.
 - Ms. Pradnya Patade has been selected at State level Republic Day Parade and attended the Camp at Kolhapur from 28th to 30th September 2022.
 - Ms. Pradnya Patade participated in State level Republic Parade Camp from 17th to 26th January 2023 and performed at Shivaji Park on Republic day parade.
 - Ms. Pradnya Patade and Mr. Sandeep Gupta has participated in AVHAN State Level Training Camp on Disaster Management from 19th to 28th December 2022.
 - Nilakshi Chaugale and Jayesh Patare participated in the Leadership Training Program from 21st to 25th February 2023.
 - Jyoti Gupta and Pranav Alwe won 3rd Prize in State Level Quiz Competition on AIDS/HIV Organized by MDACS on 7th December 2023.
 - Farheen Shaikh and Nilakshi Chaugale won 1st & 3rd prize respectively in Poster Making Intercollege Competition held at Ruia College on 1st December 2022.
 - At Ruia college: Safia Siddique won 2nd Prize in Debate Intercollege Competition, Janhavi Vichare won 1st prize in poster making competition in Mazi Vasundara on 1st December 2022.
 - At SM Shetty Powai Intercollegiate competition INIZIO : Nidhi Naik, Janhavi Vichare and Sujal Thanekar won 1st Prize in the Wall Painting Competition on 23rd February 2023. Poonam Bhosale and Shamika Kadam won 2nd prize in a painting competition held on 24th February 2023.
 - Jayesh Patare and Mustafa Bharamal won 3rd prize in Short Film Making Competition in Jai Hind College Intercollegiate Competition (Umeed) held on 4th February 2023.
- ◎ **PO (Dr. Mangal Chavan) achievements :**
- On the occasion of Mega Blood Donation NSS Unit and PO were felicitated by Akhil Bharatiya Terapanth Yuva Parishad.
 - PO was felicitated for the awareness campaign for

- TB, HIV and Blood Donation and contributing towards the awareness campaign under Azadi Ka Amrit Mahotsav Scheme.
- Also by Nehru Yuva Kendra Sangathan District Office Mumbai for successful participation in Clean India Campaign.
 - Invited as a resource person to deliver a talk in an online session on 'Environment in Women of Matter Series' organized by MD College, Parel and SACON, Tamil Nadu on 7th July 2022.
 - Successfully completed the 5-day Training Program (FDP) on "Ethics and Values in Higher Education" organized by MSFDA in collaboration with Initiatives of Change, Panchgani conducted from 13th to 17th June 2022.
 - Felicitated by PHC, Vajreshwari for arranging Monetary Help for Hirkani Unit, Solar Pump, Medical Store, Compost Pit, Hand of Financial help for the Class IV Safai karmachari.
 - Participated in two-day State level NSS Program Officer Convention on "Incorporation of G20 and Panch Pran in Educational Activities" organized by the Ministry of Higher and Technical Education, Government of Maharashtra held at Savitribai Phule University, Pune on 26th and 27th May 2023.
 - Felicitated with a state level Sevaratna award by Prerna Foundation Samajik Sanstha and Primary Health Centre, Vajreshwari for being a well determined social activist since 2019, on 24th December 2022.
- "Battle of Brains" - Quiz competition
 - "Test your tongue" - Sensory Analysis competition.
 - "Pitch it up" - Entrepreneurship skills.
 - "Through your lens" - Photography Competition.
 - Intercollegiate event "NUTRAZEST 2022" on 24th January 2022
 - Mr. Vijaykumar Chole (Vice President P, Satara Mega Food) & K. U. Methekar (Deputy Director, FSSAI West Region) were the chief guests who graced the occasion with their presence and had a hearty conversation with the students giving them inputs about their projects and product development.
 - The products were displayed by M.Sc part II students and judged by the industry professionals. Judges for the event: Dr. Nilesh Lele, Mr. Akshay Kadam, Dr. Meena Mehta, Dr. Chinmayee Deulgaonkar
 - Webinar on "Criteria for screening process/ Product patent with case study by Mr. Bhaskar Dutta (Senior technical specialist- Patents, IPD Analytics) 20th August 2022. 106 students participated. (Under the aegis of RUSA)
 - Seminar on "Integrated Approach of Ayurveda and modern aspects of dietetics" by Dr. Prabodh Halde (President AFST Mumbai & Head technical Regulatory Marico Ltd.) and Dr. Mrudul Lonkar (Associate Professor, Swasthavritta and Yoga, D.Y.Patil School Ayurveda) on 29th and 30th August 2022. 94 students participated. (Under the aegis of RUSA)
 - Certificate course in "New product Development" conducted on 15th, 16th, and 17th September 2022. The eminent speakers for the course were:
 - Mr. Ritesh Mathur (F2F food and beverage consultant)
 - Mr. Aditya Save (Cofounder Agilio Labs)
 - Dr. Meena Mehta (Associate Professor, Food Science and Nutrition)
 - Training on "Understanding Fundamentals of Analytical method" in ITCfSAN on 17th September 2022.
 - Seminar on "Opportunities for Food & Nutrition and other Professionals- Career & Education in

MSc. NUTRACEUTICALS

- Nutrition Week- Ayur Ahar 2022 on 19th and 20th September
- Theme of the event was "Paradigm Shift in Food & Health: - Pre/Post Independence". A guest lecture by Dr. Smita Lele, Food engineering Department, ICT was also conducted. Various competitions held as a part of the event were:
 - "Dekhte reh jaoge"- Skit competition.
 - "Flavorful minds"- Recipe competition
 - "Postertainment"- Poster competition

South Africa” by Ms. Andrea Kuhn and Dr. Prakash Kondekar on 9th December 2022.

- ⊙ Hazard Analysis Critical Control Point (HACCP) and Fostac Workshop held on 13th and 14th December 2022
- ⊙ Guest Speaker: Ms. Khusbu Haria (Trainer) - Lead Auditor HACCP & BRC- Food, PCQI CoTrainer, FoSTaC Trainer.

Students' Achievements

- ⊙ Ms. Shruti Nawale presented a Poster and won 1st Prize in SRIJNA- National Intercollegiate Poster Competition
- ⊙ Ms. Shruti Goyathale won 1st Prize in the Mehendi competition “Nazrana”.

Faculty Achievements

Ms. Aditi Vichare

- ⊙ Presented a Poster and won 1st Prize in SRIJNA- National Intercollegiate Poster Competition.

GNIRD (Guru Nanak Institute of Research and Development)

- ⊙ Dr Gaganjyot invited for talk on OMICS (Proteomics, Genomics and Metabolomics) for the Sun Pharma Advanced Research Company, Andheri on 5th-11th of November 2022 to train the scientist on the theory and practical.
- ⊙ Organized a workshop on new software of HPLC for the PhD research scholars and Dr. Gaganjyot, the workshop was conducted by Shimadzu Application specialist Kaustub Swant on 5th August 2022.
- ⊙ GNIRD in Collaboration with Chemistry department conducted a Seminar on “APPLICATIONS OF LC-MS TECHNIQUE” under the aegis of Sir C V Raman Chair where the eminent speaker Prof. (Dr) Saranjit Singh (Former officiating director and Head of Pharmaceutical Division, NIPER, Mohali) had delivered a talk to the MSc Chemistry students and PhD scholars of GNIRD.
- ⊙ Conducted five-day workshop for Chemistry TYBSc students on “WORKSHOP ON ANALYTICAL INSTRUMENT” for which GNIRD research scholars had taken practical on HPLC, GC, HPTLC, FTIR, UV-Vis spectroscopy during 11th-17th September 2022.
- ⊙ Organized a workshop on 22ND WORKSHOP ON CHROMATOGRAPHY AND SPECTROSCOPY TECHNIQUES from 26th - 31st December 2022. 63 participants from various colleges (CKT College, K J Somaiya College of Science and Commerce, R D National College, Ramnarain Ruia College, Institute of Science, Vidyavardhini's E.S.Andrades college of science (Vartak college), SIES college of Arts, Science and Commerce, Wilson College) has attended it, it was a 30 hour workshop with eminent speaker from various academic and industrial background were called like Dr. Ajit Datar Advisor Borosil, Mr. Amit Joshi Application manager Thermo Fisher Scientific, Mr. Abhijeet Khale Analytical Instrument specialist ANCHROM, Dr. Vinal Pardhi Freelancer, Entrepreneur and Analytical expert and Mr. Durvesh Sawant Assistant manager Shrimadzu. Hands-on Practical session were taken by the PhD scholars which are trained on High end instruments.
- ⊙ A certificate course on “REGULATORY ASPECT IN DRUG DEVELOPMENT” was conducted in collaboration with SynphonyTech Biologics, Pune. This is 30-hour course conducted for PhD scholars as credit course started from 3rd January 2023. Dr. Narendra Chirmule, Dr. Ravi Khare and Ms Smritie Seth took online and offline lectures on the regulatory aspects of Biopharma drugs, they discussed the various phases of drug development, including discovery, preclinical testing, clinical trials, and post-marketing surveillance. Emphasizes the importance of adhering to regulatory guidelines and standards at each stage to assess safety and efficacy. 17 scholars were benefited from the course.
- ⊙ National level Poster competition was organised by GNIRD and college Research Committee “SRIJNA” on 25th February 2023. More than 120 participants

had participated in the competition from both Maharashtra and outside. The poster competition was inaugurated by Vice president of HiMedia Dr. Girish Mahajan and Prof Jacinta Dsouza (Centre for Biological Sciences, UM-DAE), where they motivated the students regarding research. The function also facilitated Dr. Sukjeet Kaur Gujral former Head of GNIRD for completing her service in the college and starting her retirement life. The competition was judged by eminent person from various science fraternity.

LIBRARY

- College Library enhanced their comprehensive collection of books and journals with addition of 935 titles of books of various subjects . Added subscription of new journal titles in Languages (Marathi, Hindi) and in Sciences (Botany and Microbiology).
- Class-wise, stream-wise Orientations, E-resource training programmes, and events were arranged regularly to acquaint the students with online and offline resources available in the Library from June 2022 onwards to September 2022.
- Visitor's log module of SLIM21 software (Library Management System) is executed successfully in the year 2022-2023. All the students are advised to mark entry using their Identity Card in the terminal installed at the circulation counter, while coming and leaving the Library.
- **Academic Activities and Events**
 - College library received a donation of 65 New Books mostly novels and competitive exam books with one cabinet from Ratna Nidhi Charitable Trust on 16th June 2022.
 - An online 30 hours certificate course in “Library and Information Science” was conducted jointly by the Department of History and Library during the period of 14th - 25th July 2022. 37 students of various disciplines and classes were enrolled for this life-long skill enhancement course.

- An online workshop on “Improving Research Visibility through Research Metrics, Special Reference to Vidwan” for senior college teachers was jointly organized by IQAC Criterion III and Library on Saturday, 10th September 2022 in Google Meets Platform.
- Library organized “Book Exhibition Cum Sale” on 23rd and 24th January 2023 for students and teachers.
- Another feather in the cap added in the form of inaugurating “Sagar Sarhadi Gallery”. It stacked 3000 personal collection books of Distinguished play and script writer and notable Khalsa alumnus Sardar Sagar Sarhadi and was opened for all. Available at <https://www.gnkhalsa.edu.in/others/sagar-sarhadi>.

● **Research Assistance Facility:**

- Provides regular research assistance to students and faculties in online and offline form.
- Assisting and Informing Teachers and Students to know the impact factor, UGC-CARE, Scopus, Web of Science Rating for Journals of their subject. Educating them about the technical part of these indexes.
- Taking proper Training and orientation class-wise, course-wise, stream-wise for Online Research including various topics in literature search, Reference Management, and Research Report Writing.

Faculty Achievement

Mrs. Neelam R Chavan

- Resource person in Library Seminary “E-resources Literacy via N-List and Open Educational Resources” organized on the occasion of “International Literacy Day “ at St. Xavier’s Institute of Education – Mumbai on 12th September 2022
- Attended “Elsevier Connect” workshop on Tuesday 27th September 2022
- Participated in “EBSCO Knowledge Feast 2022, Mumbai” on 30th September 2022.
- Resource person for an online session on “Information Technology (ICT) for NET/SET – Module of

General Paper for Teaching and Research Aptitude” at Nirdhar Yog Prabodhini, Adinath Yog Mahavidyalaya Jalgaon on 18th February 2023.

SPORTS JUNIOR COLLEGE

G. N. Khalsa College participated in 24 different sports and games organized by District Sports Office (DSO) and Junior College Sports Association (JCSA) in the year 2022-23. A total of 118 students received meritorious certificates at various levels in District, Division and State competitions. Seven sports viz. Karate, Rifle shooting, Soft Tennis, Skating, Malkhamb, Boxing and Taekwondo had State level participation by our junior college students.

☉ Karate

Oviakalashree Nadar of FYJC (Arts) won Gold medals at the Inter College City, Inter Division level and State level. Bharghav Kshirsagar of FYJCCommerce won Gold at the Mumbai City, Division level competitions and Silver medal at the State level competition held at Baramati. Other medalists at the DSO Mumbai City Inter College competition in Karate were Suraj Goswami of FYJC with a Gold and a Silver at the Inter Division level, Shravani Nilave of FYJC (Science) with a Silver, SYJC Science girls Bhumi Waghmare, Ishwari Raut and Sona Mishra with Bronze medals in the DSO Mumbai City Karate competition.

☉ Malkhamb

Sakshi Manjrekar of FYJC (Arts) won the Gold medal at the DSO Mumbai City Inter college competition. She won Silver at the Inter Division competition and the Team won Gold at Sangli.

☉ Soft Tennis

Jiya Tirkey of FYJC (Arts) won Gold in the DSO Inter college competitions for Girls and at the Inter Division level competition.

☉ Skating

Jeet Dey and Vaspan Bhola of SYJC (Commerce) were placed at 1st and 2nd positions respectively in the Inline Skating competition conducted by the

DSO. Jeet Dey went on to win the Inter Division competition with a Gold and participated in the State level championship.

☉ Boxing

Aman Dulgaj and Sahil Kunchikorve of SYJC (Arts) won the 1st position at the DSO Inter college competitions and Inter Division competition and qualified for the State level Boxing competition. Ananya Gaikwad of SYJC Arts won 2nd position and Afsera Shaikh of FYJC Science won 3rd place in the DSO Mumbai city Inter college boxing competition in the girl's category.

☉ Taekwondo

Khushi Chaurasia of FYJC (Science) won Gold in the Mumbai City DSO Inter college competitions and Gold medal in the Inter Division competition. She qualified for the State level competitions that took place at Jalgaon. Other Gold medal winners at the Mumbai City DSO Inter college competitions were Harleen Kaur and Roshini Dhanawat of SYJC(Science) and Chinmay Patil of SYJC(Arts) in the boy's category. Aayush Pawar of FYJC (Science), Adate Rishi of FYJC (Commerce) and Prasad Jungari FYJC (Commerce) won Silver medals while Harnek Kaur of FYJC (Commerce), Sahayata Yadav of SYJC (Arts), Vedank Ture of SYJC (Commerce) and Pradeep Singh of SYJC (Commerce) won Bronze medals.

☉ Shooting

Aarya Chinchkar of SYJC (Science) in Girls u/19 and Gauri Mane of FYJC (Science) in Girls u/17 age category won Gold medals in the DSO Inter college Rifle shooting competition of Mumbai City. Aarya went on to win Gold at the Inter Division competitions and qualified for the State level competition.

☉ Carrom

Himani Soni and Bhumika Korgaonkar of SYJC (Science) were placed 1st and 2nd positions respectively in the DSO Inter college Carrom competitions for girls while Tathagat Dhale of FYJC (Arts) was placed 2nd position in the boy's category.

- **Chess**
Swayam Dornala of FYJC (Science) bagged 3rd position at the Inter Division Chess competition.
- **Wrestling**
Yash Narale of FYJC (Science) won the DSO Inter college Wrestling competition in the boys u/17 age category and qualified to represent Mumbai City for the Inter Division competition. Yash Nanavare qualified for the Inter Division Greco Roman Wrestling competition where he bagged a Bronze medal.
- **Judo**
Yash Nanavare of SYJC (Arts) won the competition in the weight category to qualify for the Inter Division competitions.
- **Fencing**
Sayali Kamble of FYJC (Arts) bagged 3rd place in the Foil Event while Riya Gaikwad of FYJC (Science) bagged 3rd place in the Epee Event of the DSO Inter college Fencing competition.
- **Wushu**
Ananya Gaikwad of SYJC (Arts), won Gold in the DSO Inter College Wushu competition, and represented Mumbai City for the Inter Division competition winning a bronze medal.
- **Athletics**
Areeb Hussain of SYJC (Science) won the Bronze medal in the Disc Throw event.
- **Football**
Our Junior college boys participated in the JCSA Inter college Football competition and won 3rd position.
- **Kabaddi**
In the DSO Mumbai City inter college competition the Junior girls team won the Runner Up position while the Junior boys bagged 3rd position.
- **Hockey**
The Junior college hockey girls team garnered the Runner Up position in the DSO Inter college competition of Mumbai City.
- **Handball**
G. N. Khalsa College Junior boys' team were declared Winners of the DSO Inter college tournament and

represented Mumbai City at the Inter Division competition.

- **Ball Badminton**
The Junior College Girls Ball Badminton team was declared winner of the DSO Mumbai City competition and Inter Division competitions.
- **Cricket**
 - Both the Junior college boys and girls team qualified for the Inter Division level competition and bagged Runner Up position.

SENIOR COLLEGE International Players

- **Shooting**
Bhakti Khamkar Shiv Chhatrapati Award Winner 2019-20. (due to outbreak of Covid result declared on December 14, 2022).
Bhakti Bhaskar Khamkar won a gold, Silver and Bronze medal in Asian Shooting Championship Doha Qatar. She had been shortlisted by the Ministry of Youth Affairs and Sports under the Target Mission Olympic Podium Scheme (TOP) for 2024 Olympics.
- **Taekwondo**
Mr. Shivam Shetty Our Golden boy was selected for Asian Games Camp. Won a Gold medal for India by defeating Pakistan by 7-2 points in G-2 at International Taekwondo Tournament held from 21st to 28th September, 2022 in Nepal. Mr. Shivam has won 18 gold medals at National Tournaments and also won Gold Medal at the 39th Senior National Taekwondo Competition. Won Silver Medal in All India Inter University Taekwondo tournament organized by Guru Nanak Dev University from 05th-12th January 2023
Abhijeet Patil Won Silver Medal in All India Inter University Taekwondo tournament organized by Guru Nanak Dev University from 05th-12th January.
- **Gymnastics**
Ove Prabhu represented India in 12th Asian acrobatics Gymnastic championship, Kazakhstan held from 20th-25th September 2022 and won Silver medal.
- **Bodybuilding**
Ashwin Tupe of M. A HINDI won 3 medals

in Elite classic world championship. 1st place in Jr Men physique, 2nd place in Navdeet Men Physique (new face), 2nd place in Senior Men Physique 13 Nov 2022 Cedco Exhibition Centre (Vashi).

Khelo India

☉ **Fencing**

Rishi Bhalekar represented Mumbai University in 2nd Edition Khelo India University Games (KIUG)-2022 Babu Banaras Das University 25th May to 03rd June 2023.

☉ **Judo**

Ayush Phalke represented Mumbai University in 2nd Edition Khelo India University Games (KIUG)-2022 Babu Banaras Das University 25th May to 03rd June 2023.

All India Inter University

☉ **Athletics (Men)**

Harsh Rana and Sahil Gedam represented Mumbai University in the All India Inter University AIIU tournament at Tamil Nadu Physical Education and Sports University, Chennai from 9th to 12th Jan 2023.

☉ **Football (Men)**

Chirag Sharma, Ishaan Natekar, Yash Nikalge represented Mumbai University in West Zone Inter University organized by Rani Durgavati Vishwavidyalaya, Jabalpur from 19th to 25th December 2022.

☉ **Taekwondo (Men)**

Shivam Shetty and Abhijeet Patil won Silver Medal in All India Inter University Taekwondo tournament organized by Guru Nanak Dev University from 5th-12th January 2023.

☉ **Baseball (Women)**

Riya Arora represented Mumbai University in All India Inter University Baseball Tournament Baseball women organized by Guru Nanak Dev University.

☉ **Cricket (Women)**

Negi Jaya, Disha Chandak, Riya Salunke, Poorva Kende, Harshita Saini represented Mumbai University in the West Zone Cricket Women tournament

organized by KIIT University, Bhubaneswar from 10th to 18th March 2023.

☉ **Fencing Men**

Balekar Rishi represented Mumbai University in All India Inter University Fencing Tournament organized by GNDU, Amritsar from 21st to 30th Dec 2023.

☉ **Hockey Women**

Shinde Sonal, Fernandes Jessica, Kamath Araminta, Yadav Sikha, Gojur Nimisha, Dubey Neha, Castelino Valerie represented Mumbai University in the West Zone Hockey Women Tournament organized by Janardhan Rai Nagar, Rajasthan from 25th-31st December 2022.

☉ **Hockey Men**

Singh Manpreet, Vaz Ian, Kapoor Harsh deep represented Mumbai University in west Zone Hockey Tournament Organized by ITM University, Gwalior from 20th-25th January 2023.

☉ **Gymnastics Women**

Prabhu Ovee represented Mumbai University in the AIIU Gymnastics Women championship organized by Punjab University Chandigarh from 10th to 14th March 2023.

Inter Collegiate Tournaments

☉ **Athletics Men**

Harsh Rana, Sahil Gedam, Saroj Avadh Narayan, Mandar Vasikar, Shetty Lakshit, Vishnu Mishra, Sushil Sharma, Maithili Ghag, Priya Gupta, Riya Gupta were part of Athletics Men Team have won various medals at Zonal and Interzonal Tournaments.

- Lakshit Shetty won a gold medal in shot put and bronze in Discus
- Vishnu Mishra won a gold in Javelin and a silver in shot put.
- Harsh Rana won a gold medal in the 100 mt race.
- Sahil Gedam won gold in the 110 mt hurdle race.
- Maithili Ghag won a silver medal in Triple jump.
- Priya Gupta won gold medal in 10000 mt walking.
- Mandar Vasikar won silver medal in 200mt race.

◎ **Football Men:**

Winners in Inter Collegiate Zone 1 Tournament. Joel Rodrigues, Chirag Sharma, Natekar Ishaan, Shintre Soham, Bagwe Ayush, Nikaljay Yash, Shinde Vipul, Jayesh Sabbani, Kamble Ninad, Gaonkar Tanmay, Gawande Vignesh, Kharat Yash, Jadhav Atharva, Yadav Divyansh, Yadav Rohan, Sawant Rai and further 7 players from the team were selected for in Inter zonal Tournament Chirag Sharma, Yash Nikaljay, Ishaan Natekar, Vipul Shinde, Yash Kharat, Ninad Kamble, Divyansh Yadav were Runners up in Inter Zonal Football Men Tournament.

◎ **Taekwondo Men**

Winners of Zone 1 & Inter Zone Men Team Tanveer Raje, Sumedh Marchand, Amey More, Habib Shaikh, Abhijeet Patil, Shetty Shivam, Iyer Ashwin, Rishi Balekar, Moryansh Mehta, Shardul Naik, Harivansh Yadav, Chaurasiya Sahil Bhosale Ansh, represented In Zone 1 Taekwondo Men Tournament.

Gold Medal Abhijeet Patil, Ashwin Iyer, Shivam Shetty, Shardul Naik, Tanvir Raje, Harivansh Yadav, won Gold Medal

Silver Medal Moryansh Mehta, Sahil Chaurasiya, Won silver Medal.

Bronze Medal Rishi Bhalekar, Sumedh Kadam, Amey More won Bronze Medal

◎ **Taekwondo (Women)**

Singadiya Krishna, Neha Jaiswar, Kerekara Isha had represented In Zone 1 Taekwondo women Tournament.

Gold Medal Krishna Singadiya Pooja Bade won Gold Medal in Zone 1 Taekwondo Tournament

Silver Medal Neha Jaiswar won silver medal in Zone 1 Tournament.

◎ **Volleyball (Men)**

Winners of Zone 1 Tournament Sahu Deepak, Jadhav Shivendra, Indulkar, Shreyas, Tiwari Aman, Mohite Manav, Mankali Rohan, Chakole Niranjana, Jaiswar Vishal, Shaikh Abid Hussain, Lodh Rahul, Sethi Shivam, K Sujhal Kumar further Sahu Deepak, Tiwari Aman, Jaiswar Vishal were selected for Mumbai University Inter zonal tournament.

◎ **Lawn Tennis (Men)**

Hindlekar Ayush Sonawane Shruti represented in Zone One tournament and Ayush won a gold medal in Zone 1 Tournament and further selected for Inter Zonal Tournament and won gold medal in Mumbai University Inter Zonal Tournament.

◎ **Lawn Tennis (Women)**

Salvi Kartiki, Chavan Omeshwari represented Lawn Tennis in Zone 1 tournament.

◎ **Table Tennis (Men)**

Yadav Arvind, Khodana Jai and Khodana Chirag participated in Zone 1 Table Tennis Tournament.

◎ **Ball Badminton (Women)**

Winners of Zone 1 Ball badminton tournament. Shukla Shruti, Kakad Arya, Ramaswamy Punyashree, Bare Ayesha, Yadav Priyanka, Pawaskar Vibhuti, Khedekar Sakshi and got 3rd place at Inter Zonal Ball Badminton Championship.

◎ **Ball Badminton (Men)**

Winners of Zone 1 Ball badminton tournament Kulaya Shubham Boat, Boat Armaan, Yadav Mohit, Kumar, Shinde Saurabh, Sah Abhishek, Kataria Harsh, Hindlekar Ayush, Upreti Deepanshu got 1st place in Inter Zonal Ball Badminton Championship.

◎ **BasketBall (Men)**

2nd runners-up in the Zone 1 Ball tournament. Matta Keerat Singh, Yadav Rohit Kumar, Ovhal Anish, Gound Aman, Sahu Adhyan, Banga Punit Singh, Bhinder Ishmeet Singh, Patil Mihir, Mishra Pratik, Teli, Aum More Amey Chauhan.

◎ **Boxing Men**

Chauhan Prem, Swain Himanshu, Winner King, Nikam Aryan, Singh Adil, Suryawanshi, Pratik represented in the Zone 1 Boxing Tournament.

◎ **Boxing Women**

Keluskar Anushka, Jagdale, Sakshi, Waghmare Janhavi represented in the Zone 1 Boxing Tournament.

Janhavi Waghmare won a gold medal and was selected for the Inter Zonal Boxing Tournament.

Jagdale Sakshi won silver medal in the Zone 1 Boxing

Tournament and was selected for Inter Zonal Boxing Tournament

◎ **Chess Men**

Yadav Arvind, Yadav Summet and Sahil Rana participate in the Zone 1 Chess Tournament.

◎ **Cricket Women**

Zone 1 winners Negi Jaya, Patil Sayali, Jadhav Sajal, Bandekar Gargi, Saini Harshita, Kadam Pranali, Lokhande Nandini, Chandak Disha, Salunkhe, Shah Pooja, Brajpuriya, Tanya, Kudalkar, Shruti Kadam, Gauri, Pofale Vaidehi, Kende Poorva, Gholap Khyati, Bongade Sakshi and was selected for Inter Zonal Tournament and were the Ist runners up in the said tournament.

Best Physique 1st runner up Tupe Ashwin won silver medal in the Zone 1 Best Physique Tournament.

◎ **Fencing (Women)**

Bhure Sanika participated in the Zone 1 Fencing women tournament.

◎ **Fencing Men**

Winner Balekar Rishi won gold medal in the Zone 1 fencing tournament and was further selected for Interzonal Fencing Tournament and won gold medal in the tournament.

◎ **Gymnastics Men**

Thakur Sahil participated in the Zone 1 Fencing Tournament.

◎ **Gymnastics Women**

Prabhu Ovee won the gold medal in the zone1 Gymnastics Women Tournament and was further selected for Inter Zonal Gymnastics tournament and won a gold and a silver medal in the tournament.

◎ **Hockey Men**

Winners Zone 1 Tournament Parkar Aryan, Samantra Pawan, Pal Ranjit, Yadav Rohan, Khan Javed, Dhamane Aniket, Mandavkar Ketan, Singh Manpreet, More Harsh, Vaz Ian, Kamble Somnath, Kapoor Harsh deep, Sondkar Sahil, Yadav Divyansh, Sharma Chirag, Yadav Vishal and qualified for Inter Zonal tournaments and won bronze medal in the Inter Zonal Tournaments.

◎ **Hockey Women Hockey Men**

Winners Zone 1 Tournament Shinde Sonal, Fernandes Jessica, Kamath Araminta, Yadav Sikha, Satyam Shravani, Shah Zeel, Gojur Nimisha, Dubey Neha, Castelino Valerie, Satam Shravani, Kadam Pranali, Brajpuriya, Negi Jaya, Salunkhe Riya, Gholap Khyati, Chandak Disha

◎ **Judo Women**

Sen Payal, Phalke Sampada represented Zone 1 Inter Collegiate Judo championship and Sampada won Gold medal and Payal Sen won a silver medal in that tournament and further both got selected for Inter Zonal Judo tournament and Sampada got gold medal and further selected for Interuniversity tournament.

◎ **Judo Men**

Phalke Ayush, Thapa Dev represented Zone 1 Inter Collegiate Judo championship and Phalke Ayush won a Gold medal and Thapa Dev won a silver medal in that tournament and further both got selected for Inter Zonal Judo tournament and Phalke Ayush got gold medal and qualified for Interuniversity tournament.

◎ **Kabaddi Women**

1st Runners up Singh Radhika, Somase Shruti, Kale Shreya, Dhabale Pranali, Pal Sanjana, Yadav Priyanka, Nikita Venkatesan, Upadhyay Nikita, Ghachi Sauda, Dubey Supriya, Tiwari, Anshu, Pasi Khushi Yadav Resham, Singh Dikshya Savant Sakshi and Patil Kashish participated in the Zone 1 Kabaddi Women tournament and stood 1st runners up. Shruti Somase and Singh Radhika further were able to make their place in Inter Zonal Kabaddi Women Tournament and the Inter Zonal Team won a gold medal in that tournament.

◎ **Kabaddi Men**

Singh Abhinay, Jadhav Pratik, Singh Vivek, Naikare Harsh, Pandey Siddhant, Gurav Prasad, Tiwari Rohan, Bhosale Prathamesh, Bachankar Aditya, Mohite Pratik, Bamane Pratik, Sawant Omkar participated in the zone 1 kabaddi Men Tournament.

● **Shooting Men**

Jadhav Shivendra, Indulkar Shreyas, Tiwari Aman, Mohite Manav, Mankali Rohan, Chakole Niranjana Gajanan Jaiswar, Vishal Bal Chandran, Lodh Rahul, Sethi Shivram, K Sujhal, Jadhav Nimesh, Gupta Kushal, Peshimam Kamraan, Gupta Sudhanshu, Sirvi Ravikumar, Choudhary Bharat, Arneja Agamjot Singh, Gupta Aryan, Kadam Parag represented in the Zone 1 Shooting Men championship and won various medals.

Team Championship

● **Air Pistol Men**

Winners Ravikumar Sirvi, Bharat Choudhary, Agamjot Singh, Kushal Gupta.

● **Open Sight Rifle Men**

Winners Agamjot Singh, Parag Kadam, Aryan Gupta, Pratham Shelar

● **Peep sight Rifle Men**

Runners up Nimesh Jadhav, Kushal Gupta, Kamraan Peshimam, Sudhanshu Gupta.

● **Air Pistol women**

Winners Kavita Patel, Faustina Lihori, Manisha Kurdia.

● **Open sight Rifle Women**

Winners Kavita Patel, Prarthana More, Priyanka Kurdia, Gayatri Sawale.

● **Peep sight Rifle Women**

2nd Runners up Sakshi Mandlecha, Devika Yadav, Shefali Kolte.

Individual Medals

- Rifleman Nimesh Jadhav Bronze in Zone 1 shooting championship.
- Bharat Choudhary Silver in Zone 1 shooting championship.
- Parag Kadam Silver in Zone 1 shooting championship.
- Aryan Gupta Bronze in Zone 1 shooting championship.
- Shooting Women Shelar Pratha, Mandlecha Sakshi, Yadav Devika, Kurdia Manisha, Lihori Faustina, Patel Kavita, More Prarthana, Sawale Gayatri, Kurdia Priyanka.

- Kavita Patel Gold in Zone 1 shooting championship.
- Priyanka Kurdia Silver in Zone 1 shooting championship
- Prarthana More Bronze in Zone 1 shooting championship.
- **Cricket Men**
Mendon Harsh, Chowkidar Aarya, Rodrigues Shaun, Rao Sachin, Mishra Harsh, Lalwani Bhupen, Asthana Yuvraj, Keshlamat Om, Singh Shreyash, bhuwad Nisarg, Patil Dhurvesh, Dhamrajt Parminder, More Rugved, Karolie Kardile Atharva, Sen Aaryan, Kamath Nandan, Girkar Shubham participated in Zone 1 Taekwondo Tournament.

NATYASHRAY – THEATRE COMMITTEE

- A sense of pride and satisfaction for the achievements of the students, but at the same time an insight about what more can be achieved and the dreams to be chased, this is how the year can be described. It was a successful year for 'Natyashray' - Theatre Committee. Throughout the year, students participated in several intercollegiate and state-level competitions under the guidance of Mr. Kunal Pawar playing a role of Director & mentor. Under his mentorship and efforts of the team the students bagged several awards.
- 'Ratnakar Karandak 2023,' the first state-level competition, where Ratnakar Matkari's play 'Kolasa' was adapted into a theatre performance by Mr. Siddhesh Salvi and Mr. Nachiket Pawar, directed by Mr. Siddhesh Salvi and Mr. Amit Patil. Stage Management Mr. Sahil Pawar and Ms. Kshitija Waghmare also contributed to their theatre team. 'Kolasa' won the first prize in this competition and also received awards and cash rewards for play adaptation, music, direction, stage management, and lighting design.
- 'Youthful' by 'Q Marathi' featured this performance on their platform. In addition to this we bagged many awards at 'Mrinaltai' competition securing second

place in acting, direction, music, and lighting design, as well as a first prize for acting. This performance was in regional language, Marathi also won prizes not only in acting but also in direction, music, costume design, and lighting design in the 'Bolibhasha' a state level competition.

- ⦿ The play 'Koyla' in Hindi was performed at the 'Thespo 24 Tamasha 24X7' National theatre competition in Prithvi Theatre on 6th December 2022. This experience was unforgettable, both for the newcomers and the former students. This theatre festival took place over thirty days, showcasing talent from ten colleges, three languages, and all over India. Natyashray secured the top position here too. We also received the Best Supporting Actor award.
- ⦿ Our Alumni Mr. Siddhesh Salvi and Mr. Amit Patil wrote and directed 'Kahitar Adaklay,' a Marathi skit that all students will remember for their outstanding performances. Indian National Theatre (INT) recognized this intercollegiate at the competition. 'Kahitar Adaklay' secured third place in the preliminary round, ultimately earning the second-place award for both the actor and actress. After the results of the INT competition, at another competition 'Advait' we secured the first position in the open skit competition and bagged the second prize for best actress.
- ⦿ In January 2023, at 'Ahmednagar Mahakarandak,' an intercollegiate competition, our college reached the final round. Students achieved first place in solo performances, writing, direction, and second place in acting. The journey started with the VJTI College's 'Kavadsa' skit competition, where they secured the first position in solo performance, music, lighting design, and costume design, along with the acting award.
- ⦿ Our College Students qualified for the preliminary round of 'Sawai' 2024.

NATURE CLUB

- ⦿ Conducted a credit cum certificate course of 30 hours with 2 credit points.
- ⦿ In order to sensitize the students about nature, the modules were arranged in the form of workshops,

guest lectures, and other environment-friendly exercises. It was conducted from January to February 2022. The course was conducted in association with IQAC and the Botany Department.

- ⦿ The course modules were divided into five sections: Candle designing, Dish Gardening, Holi color making, Vegetable Printing, Window-sill Gardening.
- ⦿ Students of SY, TY from Arts, Science and commerce and along with FYBSc students attended the course as a part of co-curricular as well as extracurricular activity. 96 students benefited from the course. Students were provided with working kits with respect to every workshop for hands-on experience and to apply their learning at home and accordingly were followed up continuously for evaluation. All the sessions were conducted by professionals from their different fields of expertise. The students showed active involvement and displayed the articles prepared on the modules of different sessions during the Science day celebration.

WOMEN DEVELOPMENT CELL (WDC)

- ⦿ Organized a talk on "Domestic Violence Act -2005" by Dr. Shalini devi, an Advocate, Educator and a social worker associated with an NGO, Stree Mukti Sanghatana on 26th November 2022. The session was open for UG as well as PG students. Around 60 students of various streams attended the session.
- ⦿ The International Women's Day was celebrated on 8th March 2023 by felicitating the women housekeeping staff as a gesture of appreciation on behalf of the staff members of the college. Campus Director Dr. Kiran Mangaonkar, Principal Dr. H.S. Kalsi, Vice Principals Dr. Ratna Sharma, Dr. Anita Pasbola graced the occasion. The house keeping ladies were presented with utility items and refreshments to commemorate the day. The efforts put in by the house keeping staff throughout the year were noted and appreciated.
- ⦿ An Online Quiz Competition on "Women Idols of India" was conducted on 8th March 2023 as a part of International Women's Day celebration. Around

70 UG and PG students participated in the Quiz competition. This activity gave them an opportunity to revisit their role models and to explore the contributions of successful women in various fields ranging from politics to sports, education, defense services and so on.

DLLE (Department of Lifelong Learning and Extension)

- ⦿ Hosted First Term Training Program for Extension work for Teachers and Student Managers on 12th August 2022. Extension work Teachers from 24 different colleges along with their student managers attended the training program. Dr. Kunal D. Jadhav, Professor and Director(I/c) DLLE, University of Mumbai, was the guest of honour. 69 members which included 33 Extension work teachers and 36 student managers were benefited. Mrs. Vrushali Kaneri, (Assistant Professor) R. A Podar College of Commerce & Economics, Matunga-(E); Dr. Akanksha Gawde (Associate Professor) Ratnam College of Arts, Science and Commerce, Bhandup (W); Mrs. Rajashree Kolhatkar (Associate Professor) G.N. Khalsa College, Matunga-(E) were the resource persons for the training program.
- ⦿ Orientation program for the students enrolled under DLLE was organized on 28th September 2022 in College Hall. The orientation was conducted in three different batches. Field coordinator Mrs. Vrushali Kaneri, (Assistant Professor) R.A Podar College of Commerce & Economics, Matunga-(E) oriented the students about the different projects. Three projects were chosen namely - The Career project, Survey of Status of Women and Annapurna Yojana.
- ⦿ 464 students enrolled for DLLE for the academic year 22-23. The activities were completed with the help of student managers and a committee of 10 extension work teachers.
- ⦿ During Nazrana, DLLE organized the exhibition of “Career Project” posters and the sale of various food products under “Annapurna Yojana”. Field coordinator for Khalsa college was invited as guest to provide valuable feedback for posters and for stalls under Annapurna Yojana. 172 students under career projects displayed their exhibits on 23rd January 2023 and 77 students participated in Annapurna Yojana for two days on 23rd January and 24th January 2023.
- ⦿ DLLE activities for the AY 22-23 were successfully completed by 377 students. In all 166 students got the benefit of 10 grace marks and 211 students got the benefit of 2 additional extra-curricular credits.

ROTARACT CLUB

The Theme for the year 2022-23 was “BE THE EXCEPTION”.

Number of projects under each avenue:

Club Service: 06, Community Service: 06, International

Service: 06, Sports: 02, Professional Development & Entrepreneurship Development: 01, Partners In Service: 03, Photography: 05, Social Media: 04, Editorial: 01, PR & Marketing: 01.

DATE	EVENT	DETAILS	VENUE
20-Aug-2022	Clothes Donation	Club Level	Wadala Area
25-Aug-2022	Plastic Recycle	Club Level	G.N.K.College
09-Sept-2022	Happy Onam	Club Level	Online
10-Sept-2022	Beach clean UP	Rotary Level	Juhu Beach
12-Sept-2022	Message to Bappa	Club Level	Instagram
14-Sept-2022	Steal the Show	Club Level	Five Gardens

DATE	EVENT	DETAILS	VENUE
17-Sept-2022	Wazir	Club Level	G.N.K.College
21-Sept-2022	Shaping peace together	Club Level	Online
24-Sept-2022	Raas leela	Club Level	Nappo hall, Matunga.
26-Sept-2022	Food Drive	Club Level	Sion Hospital
29-Sept-2022	Off the Menu	Inter-Club level	Across Mumbai
05-Oct-2022	Navratan	Club Level	Online
28-Oct-2022	Festival of Diwali	Club Level	Online
31-Oct-2022	Act Local to Go Global	Club Level	Online
06-Nov-2022	Quizzard	Club Level	Online
14-Nov-2022	Open Bus Tour	Club Level	Colaba
10-Nov-2022	Literally Literary	Club Level	Online
14-Nov-2022	Shaamein	Club Level	Marine lines
19-Nov-2022	Kho-Kho	Club Level	Sion
20-Nov-2022	Int. Men's day	Club Level	Online
21-Nov-2022	World Television Day	Club Level	Sion
27-Nov-2022	A Day In My Life	Club Level	Online
03-Dec-2022	Fresher's	Club Level	BKC
14-Dec-2022	Blanket Donation	Club Level	Wadala
17-Dec-2022	Travelling Dump	Club Level	Online
27-Dec-2022	Christmas Repost	Club Level	Online
27-Dec-2022	Yoga	Club Level	Five Gardens
29-Dec-2022	Kalaa	Club Level	Online
28-Dec-2022	Artha-Shastra	Club Level	Online
13-Jan-2023	Prom Night	Club Level	Wadala
18-Jan-2023	Snapshot	Club Level	Online
19-Feb-2023	Sunday-Funday	Club Level	Marine Lines
18-Feb-2023	The Milk Handout	Club Level	Parel
26-Feb-2023	Clean coast	Club Level	Mahim

LEO CLUB

- Tribute to KK: The Leo Club in collaboration with Fitoor band gave tribute to legendary singer KK. It was a cultural fellowship event where people performed and sang at Narali Baug, Dadar on 4th June, 2022.
- First aid kit donation.

- The Leo Club of distributed First Aid Kits to NCC Unit and NFB on 22nd June 2022.
- HARA-ARAMBH 2.0" was conducted on 1st July, 2022 on the first day of the Leoistic Year 2022-23. Alisha Angre (President) and Leo Prerana Ukey (Secretary) kickstarted the very first event with donating plants to our college authorities,

Dr. Govinder singh Natt, College, member LMC, Dr. Kavita Pandey, HOD of Bioanalytical Sciences, Dr. Ratna Sharma, Vice Principal (Arts) .

- The Leo Club of our college in collaboration with Leo District 3231-A1, conducted a “Health Equity Programme” at Chatrapati Shivaji Vidyalyal, Dharavi on 3rd July, 2022. A detailed Checkup of the underprivileged kids were conducted, with the specialized doctors which covered General Health Checkup, Physiotherapy, BMI and Vision etc. The event was graced by Lion Manoj Shah, Lion Umesh Gandhi and Lion Rohit Chedda .
- Our Leos shared an afternoon at Shree Sant Balumama Niradhar Baal Vruddha Sangopan Kendra, Kurla painting, dancing and having jamming session with the inmates on 9th July, 2022. Total 22 Leos benefited from the programme.
- Tulsi Donation: On the occasion of “Ashadi Ekadashi” conducted a “Tulsi Donation Event”, where the Leos distributed 100 Tulsi plants to the Varkari and devotees on 10th July, 2022 at the “Ekadashi Jatra” which is held every year in Wadala .
- On 15th and 16th July, 2022 our honorary artists painted the best scientific Illustrations on the walls of NFB.
- Club conducted a Conservation Nature Trail at Maharashtra Nature Park on 28th July, 2022 on the occasion of World Conservation Day.
- On the occasion of World Youth Day, carried out a social media initiative and an offline awareness drive at Marine Lines on 12th August 2022.
- The Club and ”Muscular Dystrophy Awareness Association” joined hands together to deliver the message through an online webinar held on 25th August 2022
- In collaboration with Team Clinicase organized a signature activity “Swasth Bharat 2.0” camp on 4th September 2022 at Nare Park, Parel. Health Checkup included Diabetics Screening, BP and BMI, General Examination of Males and Females, Physiotherapy, Dental Checkup and Eye checkup.
- In Collaboration with Club Of Five Gardens, conducted a Beach Cleaning drive at Dadar Chowpatty on 10th September 2022.
- Conducted a cloth donation drive from 19th - 23rd September 2022 in our College campus. Total of 28 cloth bags were collected. The clothes collected were donated to inmates of Sai Aadhar Asharam, Hathhi Pada, Virar
- In collaboration with our Parent Club Lions Club of Bombay Mandvi (East) distributed 50 kits of Anaaaj at Dhrushti Foundation, Matunga; donated a music & mic system to the Chatrapati Shivaji Maharaj Vidyalyaya School on 3rd October 2022; served breakfast to the relatives of the patients at Wadia Hospital, on the occasion of Sir Lion Mahendra Devji Dedhia’s birthday on 4th October 2022.
- Conducted Mega Service Day Initiative along with Parent Club Lions Club of Mandvi East, donated Sarees to the inmates of Sant Gadge Dharmashala, Dadar on 5th October 2022
- Conducted Mega Service Day initiative by donating spices at Maje Maher Kalachauki on 5th October 2022.
- Donated Anaj packets on 6th October 2022
- The Leos went to feed the animal at Bai Sarkarbai Dinshaw Petit Hospital For Animals, Parel on 8th October 2022
- In collaboration with Leo Club of Juhu and Leo Club of Mumbai SOL, conducted the event “REVIVING AAREY” on 16th October 2022.
- Artistic Deepawali was celebrated in Kurla (East) on 22nd October 2022
- ‘Brighten Up Lives’ was organized on 24th October 2022.
- Hues that Heal was organized at Sion Hospital from 3rd - 6th November 2022 where our Leos Painted Interior Walls of Kid’s Ward.
- Twinning with Leo Club of Kandiwali Western Express organised a Free Diabetes Check-Up Activity “GLANCE AT GLUCOSE “ camp on 15th November 2022
- Conducted a “PUBLIC SPEAKING SEMINAR” by CA Leo Lion Manthan Mehta for the students on 26th November 2022
- A Musical Treasure Hunt was organized on 3rd December 2022 at Five Gradens, Matunga
- Organized an OPEN MIC event for all the people to come up and showcase their talents on 15th December 2022 at Adagio Café, Bandra.

GURUDWARA COMMITTEE

- ⦿ At the onset of the New Academic Year, A Prayer meet was organized in Gurudwara.
- ⦿ To inculcate Sikh values in the students every month Sangrand and the Gurburab falling in that month were celebrated
- ⦿ Prakash Purab of Guru Nanak Dev ji was celebrated on 19th November 2022 with profound devotion and enthusiasm
- ⦿ Shaheedi Divas was observed on 23rd December 2022 and Cinematic Tribute : 'Chaar Sahebzade' Film Screening was organized for the students at the seminar hall.
- ⦿ Celebrated the sacred occasion of Guru Gobind Singh Ji's Prakash Purab on 24th January 2023, in association with Guru Nanak Institute of Management Studies. The event began with the melodious strains of kirtan, devotional hymns from 09:30 to 12:30 pm. The congregation collectively offered Ardaas followed by Samapti. The programme ended with Guru Ka Langar.
- ⦿ Celebrated the auspicious occasion of Khalsa Saajna Diwas (Vaisakhi Purab) and Sangrand on 15th April 2023. The Kirtan Darbar was scheduled for the day.

TEACHING STAFF COUNCIL

- ⦿ The Staff Council organized a one-day picnic for the staff at Ayush Resort, Panvel, on 30th September 2022. It was a great bonding time with the staff members. The teaching staff had a delightful time enjoying the Flora and Fauna and by participating in various games organised for them.

NON-TEACHING STAFF COUNCIL

President	Principal
Chairman	Shri U. N. Jadhav
Secretary	Shri K. D. Sakpal

- ⦿ A term end function was arranged on 19th October 2022. On this occasion 16 wards of the non-teaching staff were felicitated for their successful completion of Board / University examinations during the last year.

- ⦿ A Two-day picnic to Ganraj Holiday Home, Nagaon Beach, Alibag was organised on 24th and 25th December 2022. More than 60% of the staff members joined the picnic.
- ⦿ **Shri Satyanarayan Mahapooja** is a glorious ritual and religious program of our institution. It was organised in the month of January 2023 along with the college cultural program NAZRANA 2023. During the function the council also arranged Mahaprasad for about 1000 people with the support and service of all the staff members.
- ⦿ **Under Co-Operative Credit Society Ltd.** many members were given the loan facility during the year 2022-23
- ⦿ **Medicclaim Coverage:**
 - Medicclaim facility continued and around 95 were covered under the Medicclaim insurance of Rs. 3 lakhs for self as well as family.
- ⦿ **Group Insurance Scheme:**
 - All the non-teaching staff members are covered under Group Life Insurance Scheme of LIC of India. At the time of retirement, the employee concerned gets the monetary benefit of the scheme.

NAZRANA 2023

- ⦿ The Nazrana 2022-2023 was inaugurated on 27th January 2023 by Principal, Guru Nanak College and Our prestigious Alumnus Dr. Pushpinder G Bhatia, Campus Director Dr. Kiran Mangaonkar, Convener Dr. Surekha Gupta, Co-convener Dr. Krupa Purandare by lighting the lamp.
- ⦿ The event started with a prayer song followed by a Prayer Dance in Bharatnatyam style presented by Ms. Tulika Sinha.
- ⦿ The Hobbex, Fine arts, and Literary events started simultaneously on the ground floor and first floor. The NCC event was organized by NCC girls and boys' cadets in the afternoon. Non-teaching staff members performed Satyanarayana Pooja followed by prasadam for all.
- ⦿ Day two of Nazrana started on 28th January with Natyashray performing stage shows.
- ⦿ Mehfil Event(semi-classical) students participated in the Song competition.

- ⦿ The evening started with the Orchestra, dance performances by the students and lastly, the Nazrana was concluded by a Fashion Show based on a Genre of Bollywood theme, in which teaching and non-teaching staff and students participated.

FINE ARTS

- ⦿ Organized a workshop on “Rakhi Making” on 23rd July 2022 in the Microbiology Laboratory. 37 students participated in the event. The resource person Mrs Shreelata Menon in association with an NGO conducted a workshop for teaching the art of making eco-friendly rakhis. Students were taught to make rakhis out of bamboo.
- ⦿ Conducted a “Flower making” workshop on 27th August 2022. Ms. Kavita Gala, Lecturer, Junior College, served as resource person for the workshop. 31 students from the Arts, Commerce and Science stream attended this workshop.
- ⦿ During Nazrana, on 27th January 2023, various competitions were conducted in the following categories- Mehendi, Rangoli, Cartooning, Painting without Brush and Nail Art. Many students participated in these competitions and the overall response was overwhelming.

HOBEX

- ⦿ Exhibition of collectibles wherein students showcase their talent was scheduled on 27th January 2023.
- ⦿ The following events were organized: Har tasveer kuch kehta hai, Fashionista, Hastkala, Purani yadein, Shabdon ke Jaal, Yahan sab chalega
- ⦿ Around 120 students from Junior and Degree college students participated.
- ⦿ All events were judged and students were awarded trophies and certificates.
- ⦿ The faculty members from degree college also participated in the event: Mr. Fraortis Satarawalla (History Department) displayed stamp collection and Ms. Triloki (Botany department) displayed paintings.

DANCE

- ⦿ College festival Nazrana was held on 27th and 28th January 2023. During the inauguration of the festival a Prayer Dance in Bharatnatyam style was presented by Ms. Tulika Sinha, a student of MSc -I Physics.
- ⦿ The dance event was held on 28th January 2023, 5.00 pm. The students were selected through two selection rounds conducted by members of the Dance committee. There was a total of 11 performances comprising 115 students. The performances included Semi-classical, devotional, Marathi folk, Bollywood and Western styles. The program concluded with power-packed Bhangra and Giddha performances. All the participants were given certificates of participation.

THEATRE

- ⦿ Students of Natyashray performed the Hindi skit “Update” and Marathi skit “Ram Naam Satya Hai” on 28th January 2023
- ⦿ Thespo 22 First Prize winning One act play “Koyla.” Was again performed on the demand of Staff and students
- ⦿ All the participants were awarded medals and certificates at the hands of Ms. Ketaki Thatte, a well-known Marathi TV artist.

LITERARY EVENTS

- ⦿ Under the aegis of Nazrana the Literary Committee had organized number of events like ‘Stand-up Comedy’, ‘Spice It.....Twist It’, ‘Paint a Sonnet’, ‘Talk till we Stop’, ‘Switch your Coat’ & ‘Mad Ad’. The events catered to the skill development of the students as some of the competitions were based on the speaking skills and some on writing and artistic skills. The students were free to use any of the four languages – English, Hindi, Marathi and Punjabi. Nearly 110 students participated from various departments of the college.
- ⦿ Organized a ‘Content Creation’ workshop based on Caption and Blog writing, Photography and social Media Content which was conducted by Creative Photographer and Digital Artist Mr. Jatan Atara and various TY and SY students benefited from the program.

MUSIC CIRCLE

The Music Circle Committee organized Mehfil and Orchestra as part of their annual cultural program on 27th and 28th January, 2023 respectively. The primary goal of this event was to provide a platform for students to showcase their singing talents and enhance their skills.

SELF FINANCED COURSES OF COMMERCE (BBI,BAF,BFM)

Departmental Activities

☉ Certificate courses conducted

- Certificate Course in Learning and Advancing Soft Skills in collaboration with Guru Nanak Institute of Management Studies between 5th to 10th December 2022. 192 students from TYBCom attended and successfully completed the course.
- Certificate Course in Intellectual Property Rights. 80 students across the faculties successfully completed the course.
- Certificate Course in Cyber Security. 52 students across the faculties successfully completed the course.
- Certificate Course in Goods & Service Tax. 80 students across the faculties successfully completed the course.
- Lecture series conducted on 24th February 2023 “Power of compounding and irrational behavior in Investing”, 100 students benefited.

☉ Departmental Fest

- The department of commerce along with the self-finance department organized the departmental fest “Prarambh” on the 24th and 25th of January 2023. Number of events were organized related to academics like Quiz competition, debate competition, your voice matter etc. as well as cultural events to showcase the talents of students. Almost 300 students participated and were given certificates and awards.

☉ Industrial Visit

- Students of SY & TY visited Dainik Bhaskar Printing Plant, where they were given complete

information about the newspaper printing technology.

Faculty Achievements

Mr. Shahid Qureshi

- ☉ Attended 3-day faculty development program on “How to write Research paper” from 10th April, 2023 to 12th April, 2023. Organized by St. Paul college.
- ☉ SK College of Science and commerce and SIES(Nerul)
- ☉ Attended one day webinar on “Role of faculty in the implementation of NEP-2020” organized by FDP committee on 3rd April 2023.

Mr. Amit Kumar Dubey

- ☉ Attended 3-day faculty development program “flourishing of youth” from 30th January 2023 to 01st February 2023 organized by Maharashtra state faculty development program (MSFDA), Pune.
- ☉ SK College of Science and commerce and SIES(Nerul)
- ☉ Attended one day webinar on “Role of faculty in the implementation of NEP-2020” organized by FDP committee on 3rd April 2023.

Ms. Ketaki Tawade

- ☉ Lecture series on “Power of compounding and irrational behavior in Investing”, 100 students benefited, lecture conducted on 24th February 2023.
- ☉ Judged the event “Standup comedy” organised by the literary committee during college fest “Nazarana”.

Dr. Charanjit Kaur Banga

- ☉ Coordinated a training programme for TYBBI & TYBFM students conducted by FINX along with BFSI Industry from January 2023 to March 2023. 45 students participated. 12 students successfully completed the training program and were felicitated. Two students were offered placements.
- ☉ Attended one week online Faculty Development Program on “Outcome Based Education” Organized by IQAC Cell & FDP Committee in association with Rajeev Gandhi College of Management Studies held from 6th to 11th February 2023.

- Organised a Lecture Series on “Technical Analysis” for TYBAF/BBI/BFM Students (by Industry Expert Mr. Arpit Beriwal (Manager- Derivative and Technical Analyst, Equity Research, MOSL) on 25th February 2023.
- Attended seven days International level online Faculty Development Program titled “Pathway to Modern Accounting Era” organized by IQAC cell and Dept. of Accountancy of Nirmala Memorial Foundation College of Commerce & Science in collaboration with Western India Regional Council of ICAI, held from 14th to 21st March 2023.
- Attended online workshop on “Intellectual Property Rights (IPR) for Teachers and Students organised by Shurparaka Educational & Medical Trust’s M.B.Harris College Of Arts & A.E.Kalsekar College Of Commerce & Management, Nallasopara (West), Maharashtra on 21st March 2023
- Attended a national level workshop on “Cyber Crime Security & Privacy” organized by Shri M D Shah Mahila College of Arts and Commerce in collaboration with MPAV’s Gurukul College of Commerce held on 25th March 2023
- Attended one day webinar on “Role of faculty in the implementation of NEP-2020” organized by FDP committee of TES’s S.K. College of Science and Commerce & SIES (Nerul) College of Arts, Science and Commerce held on 3rd April, 2023

Ms. Priyanka Raorane

- Co-author for the Direct Taxation II book for Sem IV for SYBAF and Cost Accounting III for sem VI for TYBAF (Accounting and Finance) in December 2022 by Sheth Publisher.

JUNIOR COLLEGE

ENGLISH

Faculty Achievements

Mr. Promod Sukdeo Wagh

- Completed LLB with first grade marks from Dr. B.R. Ambedkar college, Mumbai in June 2022.
- Elected as one of the Managing committee members

for the years 2022-2027 in Junior college Employees co-op credit society Ltd.

- Trustee and an Administrative officer in Dnyanprasarani Educational Trust Kalwa, Thane West for the years 2022-2027.

Department Events

- Organised a Book exhibition in the college library for students of all streams on 24th August 2022.
- Organised an interactive seminar with chief guest Brigadier G.N Sankar on 16th November 2022.

HINDI

Faculty Achievement

Dr. Govind Nirmal

- केनरा बैंक में हिंदी दिवस के फल स्वरूप हिंदी सेवी सम्मान से सम्मानित किया एवं मुख्य अतिथि के रूप में हिंदी सेवा करने का मौका, १४ सितंबर २०२२।
- सूप प्रसिद्ध कलाकार रघुवीर यादव के साथ हिंदी की सेवा के लिए
- सर्वश्रेष्ठ हिंदी शिक्षक पुरस्कार प्राप्त हुआ, १४ सितंबर २०२२।
- १५ फरवरी २०२३ में फ़िजी देश में साहित्य सांस्कृतिक शोध संस्था मुंबई भारत ने डॉक्टर गोविंद निर्मल को अंतर्राष्ट्रीय हिन्दी उत्कर्ष टाइटल से नवाज़ा।

Department Events

- हिंदी दिवस, १४ सितंबर २०२३ पर संगोष्ठी का आयोजन किया गया था।
- १८ जुलाई २०२३, पर्यावरण दिवस पर फ्रेंडशिप डे के दिन हमने महाराष्ट्र नेचर पार्क में वृक्षारोपण किया और पेड़ों को फ्रेंडशिप बैंड बांधकर दोस्ती दिवस मनाया।

Students Achievements

- १६ सितंबर २०२३ को आविष्कार कार्यक्रम में पासवान अदब में गुरु नानक खालसा महाविद्यालय के विद्यार्थियों ने क्विज कंपटीशन में प्रश्न उत्तर मंच पर प्रथम क्रमांक हासिल किया।
- २ अगस्त २०२३ के दिन माटुंगा के डॉन बॉस्को शैल्टर में कक्षा 12वीं कला के छात्रों ने बच्चों को कपड़े एवं अनाज भेंट रूप में प्रदान किया।

MARATHI

Faculty Achievements

Smt. Archana Sandeep Malvi

- Awarded with the Ph. D. degree by the University of Mumbai for her research on ‘1945 नंतरच्या निवडक महानगरीय कथांचा चिकित्सक अभ्यास’ in September 2023.

ACADEMIC ACHIEVERS

SR NO.	NAME OF THE STUDENT	COURSE	RANK
1	Charan Priyam Bherusingh Uma	FYBA	First
2	Lihori Faustina Lihori Glory	FYBA	Second
3	Tawde Aarya Mahesh Swati	FYBAMMC	First
4	Sawant Nidhi Nilesh Netra	FYBAMMC	Second
5	Gohil Kruti Rajesh Bhavana	FYBCOM	First
6	Chikane Prajakta Shukalal Rohini	FYBCOM	Second
7	Shaikh Asma Mohd Kasim Sultana	FYBCOM SF	First
8	Khan Abuzar Meraj Firdous	FYBCOM SF	Second
9	Mishra Aarchi Arvind Kumar Rashmi	FYBAF	First
10	Kasar Adesh Kiran Jayamala	FYBAF	Second
11	Gupta Sonali Kashiram Subhavati	FYBBI	First
12	Prajapati Rohit Jagdish Laxmi	FYBBI	Second
13	Hegde Simran Devendra Divya	FYBFM	First
14	Dedhia Samay Madan Sunita	FYBFM	Second
15	Mallya Radhika Nagesh Lakshmi	FYBMS	First
16	Pawar Shivanjali Girish Gayatri	FYBMS	Second
17	Karulkar Swarangi Sarang Sharwari	FYBSC_CHE-MAT-PHY	First
18	Siddiqui Safiya Akshish Ahmed Shabana	FYBSC_CHE-MAT-PHY	Second
19	Pillai K Elavarasi K Koilraju K Kalaiarasi	FYBSC_MAT_PHY_STA	First
20	Makawana Jaydeep Narayanbhai Rameeben	FYBSC_MAT_PHY_STA	Second
21	Gupta Aman Tarachand Poonam	FYBSC_ECO_MAT_STA	First
22	Madrikar Poonam Rajesh Manjula	FYBSC_ECO_MAT_STA	Second
23	Rawool Diti Jaywant Bharati	FYBSC_CHE_MIC_PHY	First
24	Patil Aditi Rajesh Sunita	FYBSC_CHE_MIC_PHY	Second
25	Bokoliya Devi Sampatji Gulabi Devi	FYBSC_CHE_PHY_ZOO	First
26	Singh Chauhan Sanjana Dinesh Neelam	FYBSC_CHE_PHY_ZOO	Second
27	Ansari Mariyam Abdul Majid Tayyaba	FYBSC_BOT_CHE_PHY	First
28	Khan Naziya Mohammad Anis Rukhsana	FYBSC_BOT_CHE_PHY	Second

SR NO.	NAME OF THE STUDENT	COURSE	RANK
29	Kawale Kaveri Arjun Sunita	FYBSC_BOT_CHE_ZOO	First
30	Yadav Sudha Devi Banwari Sanju	FYBSC_BOT_CHE_ZOO	Second
31	Dwivedi Daksha Alankar Bharati	FYBSC_BOT_CHE_ZOO	Second
32	Rawale Nupur Ajit Vaibhavi	FYBIOTECH	First
33	Nadgowda Shreeya Ashutosh Gauri	FYBIOTECH	Second
34	Sodmise Aniket Babu Vidya	FYCOMPSC	First
35	Prajapati Pooja Harish Kumar Pankhu Devi	FYCOMPSC	Second
36	Sharma Harsh Triloki Sarita	FYIT	First
37	Bhagat Rajan Vinod Vishekha Devi	FYIT	Second
38	Gudekar Yuti Rahil Tanya	FYFYIC	First
39	Chidrala Sakshi Srinivas Anita	FYFYIC	Second
40	Kadam Srushti Manohar Sharda	SYBA	First
41	Gupta Ashutosh Madhur Radha	SYBA	Second
42	Pandey Sheetal Vinay Gayatri	SYBAMMC	First
43	Gurjar Ravina Kishanlal Seeta Devi	SYBAMMC	Second
44	Rane Rutuja Vishwanath Vrushali	SYBCOM	First
45	Aagre Rohit Vijay Vidhita	SYBCOM	Second
46	Jain Sakshi Hitesh Nitu	SYBCOM SF	First
47	Singh Nitesh Surenderkumar Saroj	SYBCOM SF	Second
48	Kanojiya Anchal Vijay Rita	SYBAF	First
49	Singh Kashish Umesh Meenu	SYBAF	Second
50	Angchekar Mahati Sanjay Sakshi	SYBAF	Second
51	Chaudhary Anisha Chandraprakash Sangeeta	SYBBI	First
52	Prajapati Ranjana Hiralal Chandandevi	SYBBI	Second
53	Saggam Mamta Naresh Lalita	SYBFM	First
54	Anand Harjas Kaur Randeep Singh Harmeet Kaur	SYBFM	Second
55	Shaikh Efat Naeem Ahmed Shamim	SYBMS	First
56	Rasal Siddhi Surendra Sakshi	SYBMS	Second
57	Desai Vaidehi Devdas Manisha	SYBSC_CHE-PHY	First
58	Dcosta Michelle Franco Ida	SYBSC_CHE-PHY	Second
59	Shetty Sachin Pramod Sweta	SYBSC_CHE-MICRO	First

SR NO.	NAME OF THE STUDENT	COURSE	RANK
60	Khedekar Shriya Avinash Trupti	SYBSC_CHE-MICRO	Second
61	Kamble Omkar Mahendra Archana	SYBSC_MAT-PHY	First
62	Deokar Harsh Sanjay Asha	SYBSC_MAT-PHY	Second
63	Borade Mansi Nivrati Poonam	SYBSC_MAT-STA	First
64	Nagvekar Neha Vinay Ulka	SYBSC_MAT-STA	Second
65	Mal Jasleen Kaur Jasbir Singh Sarabjit Kaur	SYBSC_BOT-CHE	First
66	Shaikh. Nazreen Banu Safiq Ahmed Zeherunnisa	SYBSC_BOT-CHE	Second
67	Singh Nidhi Devendra Sheela	SYBSC_CHE-ZOO	First
68	Beg Mehjabin Munna Mohammedi Begum	SYBSC_CHE-ZOO	Second
69	Mukhopadhyay Debarati Sharmistha	SYBSC_BOT-ZOO	First
70	Pasi Anshika Achchhelal Munni Devi	SYBSC_BOT-ZOO	Second
71	Rege Nischita Sanjay Jayawanti	SYBIOTECH	First
72	Narvekar Shruti Harshad Suchita	SYBIOTECH	Second
73	Tiwari Shubham Krishna Kanchan	SYCOMPSC	First
74	Varma Rahul Ramkishun Rajkumari	SYCOMPSC	Second
75	Gupta Sandeep Adya Prasad Indrawati Devi	SYIT	First
76	Gupta Soniya Hinchlal Reenadevi	SYIT	Second
77	Varma Gautam Avadhesh Kumar Savitri	SYFYIC	First
78	Mane Om Sidharth Sujata	SYFYIC	Second
79	Kapasi Ekta Amit Nutan	TYBA ECONOMICS	First
80	Pandey Aastha Pradeep Sunita Devi	TYBA ECONOMICS	Second
81	Saudagar Rabiya Md Iqbal Hajra	TYBA ENGLISH	First
82	Sayed Abeerunnisha Mohd Abdulla Segammal	TYBA ENGLISH	Second
83	Gupta Supriya Rajesh Savitri Devi	TYBA HINDI	First
84	Yadav Archana Satyaprakash Arti	TYBA HINDI	Second
85	Sharma Garwitjit Singh Jagjit Singh Geety Kour	TYBA HISTORY	First
86	Kharat Shubham Janardan Archana	TYBA HISTORY	Second
87	Pradhan Mansi Arjunrao Anjana	TYBA MARATHI	First
88	Jadhav Mallika Siddharth Jayshree	TYBA MARATHI	Second
89	Kuril Harsh Rajesh Suman	TYBA PHILOSOPHY	First
90	Gaikwad Harshada Rajendra Manisha	TYBA PHILOSOPHY	Second

SR NO.	NAME OF THE STUDENT	COURSE	RANK
91	More Apurva Shashikant Vaishali	TYBAMMC	First
92	Vaidya Kaumudi Shrinivas Madhushree	TYBAMMC	Second
93	Dere Rutuja Chandrakant Lata	TYBCOM	First
94	Dwivedi Nikita Harish Mamta	TYBCOM	Second
95	Mehta Maitri Biren Dipti	TYBCOM SF	First
96	Kadam Aarti Santosh Usha	TYBCOM SF	Second
97	Siddique Mubashira Jakrul Haq Shahanaparveen	TYBAF	First
98	More Gauri Bhikaji Sita	TYBAF	Second
99	Bhomer Khushmit Kaur Manjit Singh Harpreet Kaur	TYBBI	First
100	Pothiwal Taranjeet Kaur Santok Singh Parmjeet Kaur	TYBBI	Second
101	Waikar Samip Vivek Vidya	TYBFM	First
102	Sethi Ajit Rohit Shakuntala Rohit Sethi	TYBFM	Second
103	Kokate Sahil Shashikant Sweta	TYBMS	First
104	Athira Satish Sandhya	TYBMS	Second
105	Jha Kanak Nishakar Jayanti	TYBSC_BOTANY	First
106	Sayyed Haneefa Niyaz Ahmed Arshana Parveen	TYBSC_BOTANY	Second
107	Shaikh Mariyam Shafiq Zaheerunnisa	TYBSC_CHEMISTRY	First
108	Jha Prachi Anand Baidehi Kumari	TYBSC_CHEMISTRY	Second
109	Singh Sahil Shiv Janaki	TYBSC_MATHEMATICS	First
110	Vishwakarma Anjali Pramod Kumar Umadevi	TYBSC_MATHEMATICS	Second
111	Pimenta Rishaa Osborne Valeria	TYBSC_MICROBIOLOGY	First
112	Bhosale Sanjana Vijay Vaishali	TYBSC_MICROBIOLOGY	Second
113	Pandey Siddhant Omprakash Mamta	TYBSC_PHYSICS	First
114	Nakhwa Mohammed Shuaib Riyaz Husain Ummatul Mubin	TYBSC_PHYSICS	Second
115	Kala Mahek Suresh Prabha	TYBSC_STATISTICS	First
116	Das Probhat Dudhkumar Rekha	TYBSC_STATISTICS	Second
117	Kadam Ulkesh Rupesh Ruchita	TYBSC_ZOOLOGY	First
118	Ansari Arshiya Anis Mumtaz	TYBSC_ZOOLOGY	Second
119	Gupta Rohan Mishrilal Guddi	TYBIOTECH	First
120	Yadav Anitha Ayyanar Mahalaxmi	TYBIOTECH	Second

SR NO.	NAME OF THE STUDENT	COURSE	RANK
121	Singh Sumeet Manoj Kumar Madhu	TYCOMPSC	First
122	Jadhav Sakshi Suryakant Smita	TYCOMPSC	Second
123	Aherwar Muskan Ranjeet Sonali	TYIT	First
124	Singh Vikas Vijay Pratap Rekha	TYIT	Second
125	Jain Tisha Dilip Arti	TYFYIC	First
126	Sankhe Shreya Kalpesh Kritika	TYFYIC	Second
127	Singh Kajal Ameresh Suman	M.A.PART-I	First
128	Sharma Sadhana Sant Kumar Mithila	M.A.PART-I	Second
129	Shaikh Afrin Mansoor Alam Reshma	MCOM PART-I	First
130	Shaikh Mubashira Noor Noorul Hasan Mohsina	MCOM PART-I	Second
131	Dhumak Ninad Pradip Priyanka	MSC BIG DATA ANALYTICS PART-I	First
132	Kharat Prajakta Bhausaheb Pushpa	MSC BIG DATA ANALYTICS PART-I	Second
133	Redkar Urvi Raju Monalisa	MSC BIOANALYTICAL SC.PART-I	First
134	Sawant Kunal Devendra Sayli	MSC BIOANALYTICAL SC.PART-I	Second
135	Nadar Divyabharathy Ramesh Renuka	MSC BIOINFO.PART-I	First
136	Patel Isha Champak Dharmishtha	MSC BIOINFO.PART-I	Second
137	Rai Komalkumari Ashok Kamini	MSC BIOTECH.PART-I	First
138	Singh Muskan Sushil Singh Geeta Singh	MSC BIOTECH.PART-I	Second
139	Sayed Zakira Anamur Rehman Nahid	MSC BOTANY PART-I	First
140	Loke Amisha Milind Madhuri	MSC BOTANY PART-I	Second
141	Bevli Ishmeen Kaur Sangita	MSC CHEMISTRY PART-I	First
142	Amrita Unni Rema	MSC CHEMISTRY PART-I	Second
143	Shaikh Salma Manjar Hasina Banu	MSC COMPSC PART-I	First
144	Pandey Harsh Sunil Jyoti	MSC COMPSC PART-I	Second
145	Shaikh Ashiya Mohd Ansar Saeeda	MSC IT PART-I	First
146	Dushing Namrata Raosaheb Ranjana	MSC IT PART-I	Second
147	Vishwakarma Neelu Panna Lal Mita Devi	MSC MICRO PART-I	First
148	Yadav Shreya Gulabchandra Usha	MSC MICRO PART-I	Second
149	Murari Akshata Krishna Kishori	MSC NUTRA.PART-I	First
150	Jare Sanjita Ramesh Sarita	MSC NUTRA.PART-I	Second
151	Sinha Tulika Pravin Lipika	MSC PHYSICS PART-I	First

SR NO.	NAME OF THE STUDENT	COURSE	RANK
152	Nadar Abhida Stephen Manimalar	MSC PHYSICS PART-I	Second
153	Khan Firdaus Abdul Samad Shabnam Khan	MSC ZOOLOGY PART-I	First
154	Nilganthi Kirtisa Shankar Meenakshi	MSC ZOOLOGY PART-I	Second
155	Chaudhary Jagruti Kanikram Kisanavati	MSC FYIC PART-I	First
156	Maiti Sathi Samareesh Anita	MSC FYIC PART-I	Second
157	Singh Shashwat Achleashwar Singh Veena Singh	M.A.PART-II	First
158	Singh Kumari Shruti Vinay Swati	M.A.PART-II	Second
159	Shaikh Abrar Abdul Salam Shanna Bano	MCOM PART-II	First
160	Gupta Priyanka Jitendra Nisha	MCOM PART-II	Second
161	Hassan Sajiya Ajhar Ronak Jahan	MSC BIOANALYTICAL SC.PART-II	First
162	Kadam Tejal Tejnish Manisha	MSC BIOANALYTICAL SC.PART-II	Second
163	Sarfare Dhanashri Vikas Vinita	MSC BIOINFO.PART-II	First
164	Patel Liza Kanji Samaben	MSC BIOINFO.PART-II	Second
165	Akode Akanksha Bhaskar Vaishali	MSC BIOTECH.PART-II	First
166	Gupte Sanjana Chetan Shilpa	MSC BIOTECH.PART-II	Second
167	Khan Saleha Mohammed Yusuf Saeeda	MSC BOTANY PART-II	First
168	Alvi Umera Mohd Ahmed Salma	MSC BOTANY PART-II	Second
169	More Manswi Kishor Kavita	MSC CHEMISTRY PART-II	First
170	Sawant Tanuja Santosh Smita	MSC CHEMISTRY PART-II	Second
171	Anand Gursheen Kaur Jasbir Singh Ravinder Kaur	MSC COMPSC PART-II	First
172	Johal Jagraj Singh Atma Singh Sandeep Kaur	MSC COMPSC PART-II	Second
173	Ambekar Suraj Bhagwan Mangal	MSC IT PART-II	First
174	Shah Ruksar Bano Jafar Ali Shohrattunnisa	MSC IT PART-II	Second
175	Nirgude Tanvi Dattatray Sangita	MSC MICRO PART-II	First
176	Phadnis Shriya Sanjiv Shweta	MSC MICRO PART-II	Second
177	Shah Drashti Lalit Dimple	MSC NUTRA.PART-II	First
178	Patel Forum Jitendra Vanita	MSC NUTRA.PART-II	Second
179	Rout Subhranshu Sekhar Kulamani Renubala	MSC PHYSICS PART-II	First
180	Kharwal Kajal Vipran Kumar Shubha	MSC PHYSICS PART-II	Second
181	Gelye Tanvi Sandeep Rushali	MSC ZOOLOGY PART-II	First
182	Tawde Ishita Sachin Akshata	MSC ZOOLOGY PART-II	Second
183	Tiwari Geetanjali Ramji Shobha	MSC FYIC PART-II	First
184	Mulani Muskan Abdul Hamid Farida	MSC FYIC PART-II	Second

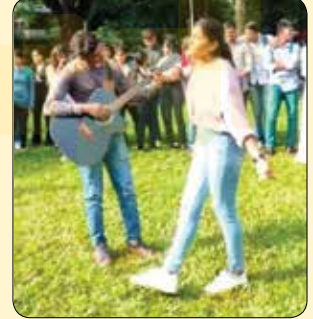
ROTARACT CLUB



Beach Clean Up



Plastic Recycle



Steal the show



Raksha Bandhan Celebration



Wazir



Yoga Event

HISTORY



Dr. Mani Kamerkar addresses National Seminar



Tarikh-E-Virasat- History Fest



Visit to exhibition at St. Xavier College



Visit to Central Bank of India

COMMERCE



Financial Literacy



Dr. Mani Kamerkar addresses National Seminar



Certificate Course on Social Volunteering



Dr. Mani Kamerkar addresses National Seminar

BOTANY



Gloriosa



Vegetable Printing



Excursion to Badalapur



World Conservation day

BAMMC



#Mei Smi



Dr. Gomathi Jatin, Associate Professor TISS conducts workshop on Research Design



Sachin Pilgaonkar - 60 years in Cinema



Yeh Hasratein



Kanakadasa



Elixir



Winners at Oriental College



Students performing at Kirti College



Students at 94.3 MY FM

BMS



Realm



Industrial Visit to Silvassa

FinMabotsav Intercollegiate Event



Industrial Visit to Jaipur



Agamjot Singh Arneja
Won Gold Medal
at Annual Shooting
Event, University of
Mumbai



Industrial Visit to Nainital



Financial Literacy Workshop



Career Workshop on New Age Media

COMPUTER SCIENCE



E-Spark Intercollegiate Festival



E-Spark Prize distribution

BIOINFORMATICS



E-Spark Intercollegiate Festival



Industrial Visit to SHIMADZU



Industrial Visit to NIO, Goa



Industrial Visit to ICAR-CIRCOT



Team BION



Workshop on RDT at NFB



Host institute coordinator for DST-STUTI workshop on Bioprocess technology

BIOTECHNOLOGY



Scientia-Poster Presentation



Workshop on AMR Awareness The Foldscope Way by Dr. Anupma Harshal



Team Scientia

MSc. BIOANALYTICAL SCIENCE



Alumni interaction

Workshop on 'Patent Claim Drafting Specifications'



Beach cleaning activity

*Interaction with
NGO, U_I*



CHEMISTRY



Wegyan Fellowship Program



Chemistry Day Celebration



Dr Prafulla Sahasrabudbe delivering a talk on QA _ QC



Dr. Probodh Chobe's talk on- Accidents never happen accidentally



Industrial Visit to Parle - G



Talk on "Safety in the Chemical Industry" by Prof. Prakash Vaidya

PHYSICS



National Conference SANM 22

NFB



Poster Competition on National Science Day



Workshop on SDS



Short term Training Program for CIFE Students



LC – MS Demonstration training for Bioanalytical Students



Model Competition on National Science Day 3



Workshop on DNA Barcoding at Pandharpur (Outreach Programme)

ZOOLOGY



Industrial Visit to MNP



ZooManiac



Educational Visit to Versova Landing Centre



Excursion to Rajiv Gandhi Zoological Park, Katraj, Pune



Short Excursion to Matheran

INFORMATION TECHNOLOGY



Industrial Visit to Parle-G Factory



Inauguration Ceremony- E Spark



Winners Receiving Prizes -E-Spark

GNIRD



Chromatography workshop



Felicitatation of Dr. Sukjeet Kaur Gujral



Felicitatation of Prof Saranjit Singh Ex director NIPER

MICROBIOLOGY

Talk on Stress Management



Lab Visit by Don Bosco students

Industrial Visit to Nipha winery

NATURE CLUB



Candle Making



Holi Colour Making



Vegetable Printing



Dish Gardening

BBI, BAF, BFM



Lecture Series: Power of compounding and irrational behaviour in Investing



Fun Learn and Earn with Stockmarket



Glimpse of the Inaugural Ceremony "PRARAMBH 2022-23"



Brain Game "Chess"

PHILOSOPHY



Career Counselling Session



Dr. Mani Kamerkar addresses National Seminar



Guest of honor- Dr. Davinderpal Kaur Bhasin, Teachers and Volunteers at Credo



Cherishing Credo volunteers

HINDI



Hindi Elocution Competition



Script writing workshop

NON-TEACHING STAFF



Satyanaryana Pooja _Aarti

Picnic to Alibaug



Team Nazrana Fashion Show



In Loving Memory of

Sardar Bhupinder Singh Manhas

1st April 1950 - 29th September 2023

*"A good heart has stopped beating,
but a heart that has touched so many
lives can't help but live on in those it loved"*

Fond Remembrance

*"Your life was a blessing, your memory as treasure,
you are loved beyond words and missed beyond measure"*



Mr. Janardan Borse



Mr. Periaswami Nirmalan



Mr. Sandesh Bapat



Mr. Suryakant Sugdhare

An Revior - A Beginning of a new Highway



Dr. Kiran Mangaonkar,
Principal



Prof. Dr. Meeta
Rakesh,
HOD Chemistry



Dr. Sukhjeet K. Gujral,
Co-ordinator GNIRD



Dr. Allan D'Souza
HOD Commerce



Mr. Mohandas D. Kolhe,
Physics



Mrs. Pankajam S Durai,
English



Mr. Shripad S. Kesarkar,
Admin Staff



Mr. Shankar N. Patil,
Admin Staff

PhD Awardees



Dr. Muthu Mariammal
FYIC Bioanalytical Sciences



Dr. Rakesh Barai
*Department of
Mathematics and Statistics*

FACULTY

Senior College



Junior College



Administrative Staff



NAZRANA





LEO CLUB



Republic Day Celebration



Swasth Bharat 2.0



Accolades received by students



Public Speaking Seminar



Visit to Oldage Home

