

Q<sub>1</sub> : 7.2.1

Best Practice I

**YOGA PRACTICES**

<b>Sr. No.</b>	<b>Particulars</b>	<b>Page No.</b>
<b>1</b>	List of the yoga programs carried out in five years	<b>1</b>
<b>2</b>	International yoga day photographs	<b>2</b>
<b>3</b>	Yoga shibir 1 <sup>st</sup> to 7 <sup>th</sup> April 2016 documents	<b>4</b>
<b>4</b>	International Yoga Day 21 <sup>st</sup> June 2016 documents	<b>23</b>
<b>5</b>	Yoga session for the staff on documents 21 <sup>st</sup> march 2017	<b>30</b>
<b>6</b>	International Yoga Day 21 <sup>st</sup> June 2017 documents	<b>36</b>
<b>7</b>	Yoga session for staff and students on 5 <sup>th</sup> to 12 <sup>th</sup> May 2018 documents	<b>39</b>
<b>Stress management week</b>		
<b>8</b>	On 16 <sup>th</sup> Aug 2018 for FYBCOM students documents	<b>44</b>
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<b>10</b>	On 20 <sup>th</sup> Aug 2018 for TYBCOM students documents	<b>58</b>
<b>11</b>	On 21 <sup>st</sup> Aug 2018 for FY/SY/TY BSC students documents	<b>61</b>
<b>12</b>	On 23 <sup>rd</sup> Aug 2018 for FYBMS/BBI/BAF students documents	<b>69</b>
<b>13</b>	On 28 <sup>th</sup> Aug 2018 for SYBMS/BBI/BAF students documents	<b>75</b>
<b>14</b>	On 29 <sup>th</sup> Aug 2018 for TYBMS/TYBAF/TYBBI students documents	<b>80</b>
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<b>16</b>	Suryanamaskar session on 12 <sup>th</sup> Jan 2019	<b>90</b>
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<b>19</b>	Certificates of Physical Director for Yoga session OFF campus in various schools and colleges	<b>115</b>

**SICES Degree College of Arts, Commerce and Science, Ambarnath (W)**  
**Academic year 2015-16 to 2019-20**  
**YOGA PROGRAMS**

<b>Sr. No.</b>	<b>Date</b>	<b>Program</b>	<b>Beneficiary</b>
1	21 June 2015	International Yoga Day	23
2	1 to 7 Apr 2016	Yoga Shibir	9 per day (Average)
3	21 June 2016	International Yoga Day	34
4	21 June 2016	Yoga lesson to ZP School students At Sawrewadi village	10
5	24 June 2017	Yoga lesson to ZP School students At Sawrewadi village	23
6	23 to 29 Dec 2017	YOGA practice during NSS camp	18 per day (Average)
7	21 June 2018	International Yoga Day	26
	<b>Stress Management Week</b>		
	16 Aug 2018	F. Y. B. Com.	70
	18 Aug 2018	S. Y. B. Com.	33
	20 Aug 2018	T. Y. B. Com.	29
8	21 Aug 2018	F. Y. / S. Y. / T. Y. B. Sc.	93
	23 Aug 2018	FYBMS / FYBAF / FYBBI	60
	28 Aug 2018	B. Sc. / C. S. / I. T.	41
	29 Aug 2018	TYBMS / TYBAF / TYBBI	47
	30/08/2018	SYBMS / SYBAF/ SYBBI	45
9	12 Jan 2019	National Youth Day (Birth anniversary of Swami Vivekananda)	146
10	21 June 2019	International Yoga Day	53

**International Yoga Day**

**20 June 2015**



# International Yoga Day 20 June 2015



S.I.C.E. Society's  
**DEGREE COLLEGE OF ARTS, SCIENCE AND COMMERCE**

Jambhul Phata, Chikhloli, Ambarnath (W.)- 421505.

Affiliated to University of Mumbai

Tel.: 0251-2685264, Email :- [sicesdegreecollege@gmail.com](mailto:sicesdegreecollege@gmail.com)

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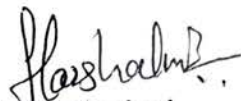
Incharge principal – Dr. H.M. Bachhav

Date : 02/04/2016

**Notice**

We all are known the “YOGA SHIBIR” is going on in our college from 1/04/2016 to 07/04/2016 at 6.00 am to 7.00 am under guidance of the expertise Shri. Ujjain Lokhande. All staff members were informed on 31/03/2016 to be present for the YOGA SHIBIR. But the attendance of staff is not satisfactory. All the staff members are hereby informed to be present for the same.



  
I/C Principal  
**I/c Principal**  
S.I.C.E.S. Degree College of Arts, Science & Commerce  
Ambarnath - 421 505



S.I.C.E. Society's

# Degree College of Arts, Science and Commerce

SCIENCE FACULTY (GRANT-IN AID)

(AFFILIATED TO UNIVERSITY OF MUMBAI)

Jambhul Phata, Chikhholi, Ambarnath (W) Web.: [www.sicescollege.com](http://www.sicescollege.com)

## “योग शिबीर”

### “सुखी समृद्ध जीवनाचा राजमार्ग योग”

साउथ इंडिअन चिल्ड्रेन एज्युकेशन सोसायटीचे डिग्री कॉलेज ऑफ  
आर्ट्स, सायन्स अँड कॉमर्स तर्फे आयोजित योगासन शिबीर

### कार्यक्रम पत्रिका

- प्रवेश : पुरुष, महिला, मुले, मुली, सर्वांसाठी (१२ वर्ष वय पूर्ण)
- स्थळ : एस.आय.सी.ई.एस. डिग्री कॉलेज मैदान (पटांगण)
- वेळ : सकाळी ६.०० ते ७.०० वाजता
- कालावधी : १ एप्रिल २०१६ ते ७ एप्रिल २०१६
- प्रवेश फी : विनामूल्य (फ्री, फ्री)
- नावनोंदणी : ३० मार्च २०१६ रोजी सायं. ०४.०० वा.
- टीप : ६x३ (६ बाय ३) ची सतरंजी आणावी
- संपर्क : शारिरीक शिक्षण प्रशिक्षक श्री. उज्जैन लोखंडे (९७३०४११३५२)  
सहाय्यक प्राध्यापक डॉ. योगेश शेलार (७०८३६३१०३६)  
सहाय्यक प्राध्यापिका कुमारी सुपर्णा दत्ता ०२५१-२६८५२६४  
कार्यालय दूरध्वनी : ०२५१-२६८५२६४

ई-मेल : [sicesdegreecollege@gmail.com](mailto:sicesdegreecollege@gmail.com)

DEGREE C

S.I.C.E. SOCIETY'S  
OF ARTS, SCIENCE AND COMMERCE  
FACULTY (GRANT - IN - AID)  
TO THE UNIVERSITY OF MUMBAI

Incharge Principa

Dr. Marshal M. Bachhav



DATE: 30/03/2016

**NOTICE**



All the Staff Members are hereby informed that a **"YOGA SHIBIR"** is organized in our college from **01/04/2016 to 07/04/2016 at 6.00 a.m. to 7.00 a.m.**

Following are the duties allotted to staff members for **YOGA SHIBIR from 01/04/2016 to 07/04/2016.**

Sr. No.	Name of the Staffs	Responsibility of Work	Reporting timing of duty
01.	Mr. Sachin Talap & Mr. Suryaji Telange	1. Arrangement of 04 litres water daily in bottles. 2. Arrangement of clean cotton mat 15x15 feet – 02 nos daily before the programee start. 3. To make arrangement of HOT MILK (one cup to each person) on the last date of the programme.	5.30 a.m.  

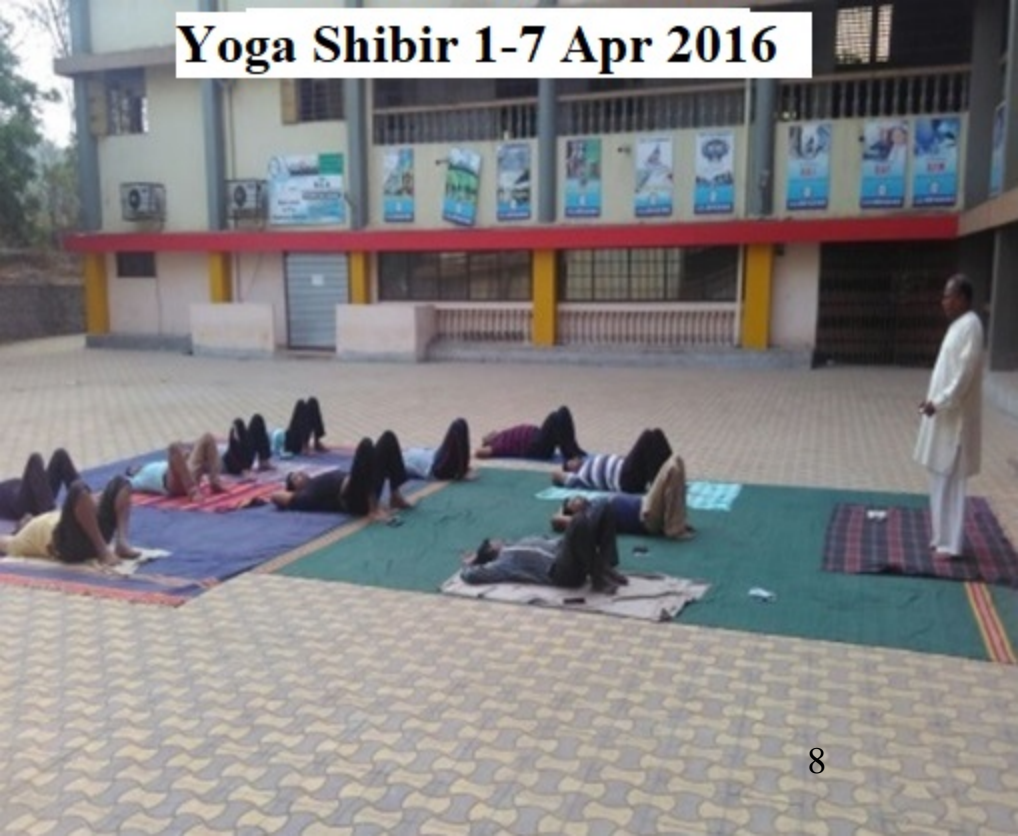
# Yoga Shibir 1-7 Apr 2016

श्री गुरुभ्यो नमः  
केतुः शनिवार ६-१०-१६  
श्री गुरुभ्यो नमः  
नाथरीक, शिवाक, शिवाक  
कर्नाचरी अचे  
"हार्दिक स्वागत"





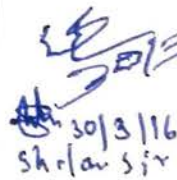


# Yoga Shibir 1-7 Apr 2016



		<p>4. To arrange one table &amp; two chairs at 5.30 a.m. for attendance entry.</p> <p>5. To hang the banner of Yoga Shibir daily.</p>	
02.	Mr. Narayanan Suprayan	<p>1. Cleaning of college premises &amp; toilets before yoga the programee start.</p> <p>2. To provide clean water daily. ( By keeping the water filled filter + 1 glass on a stool near thumb machine daily.</p>	<p>5.30 a.m.</p> <p><i>S. Narayanan</i></p>
03.	<p>Mr. Ranjeet Dolas &amp; Mr. Devdasan Cheeroth</p> <p><i>3) one spraker + Mike get. (Arrange upto 1.00 pm on 31/3/2014)</i></p>	<p>1. Arrangement of one working tube light in College at Yoga Shibir location at 6.00 a.m.</p> <p>2. To see the water is available in the washrooms at morning 6.00 a.m. on ground floor.</p>	<p>5.30 a.m.</p> <p><i>Ranjeet Dolas</i> <i>Devdasan</i></p>
04.	Mr. Deviprasad Alva	<p>1. Arrangement of taking Photographs of the programee &amp; provide the hardcopy &amp; softcopy of the same to Shri. Lokhande sir.</p>	<p>5.30 a.m.</p> <p><i>Deviprasad</i></p>
05.	Dr. Pravin Hudge	<p>1. Arrangement of name registration with mobile number &amp; address of Outside</p>	<p><i>Pravin Hudge</i></p> <p><i>31/3/14</i></p>



		society people, Our Degree College & Junior College Staffs & Students.	
06.	Mr. Rajiv Menon	1. Notice for the Degree College staffs & students to be present for the programee before 15 minutes.	
07.	Ms. Shanti Mudliar	1. Arrangement of sending the SMS to all the PARENTS giving information of Yoga Shibir through PTA Committee.	
08.	Shri. Ujjain Lokhande & Dr. Yogesh Shelar	Arrangement of pamphlet distribution.	

09. shri zaeed. Lab. Assistant.

Blackboard writing. before 01/04/2016.



  
**[DR. HARSHAL M. BACHHAV]**  
**INCHARGE PRINCIPAL**

*T/c Principal*  
 S.J.C.E.S. Degree College of Arts, Science & Commerce  
 Ambernath - 421 505

३० मार्च २०१६

“योग शिबीर”

“सुखी समृद्ध जीवनाचा राजमार्ग योग”

ठाठथ इंडिअन चिल्ड्रेन एज्युकेशन सोसायटीचे डिग्री कॉलेज ऑफ  
आर्ट्स, सायन्स अँड कॉमर्स, आयोजित योगासन शिबीर

पत्रक वाटप

१) डिग्री कॉलेज स्टाफ -	४५	<i>[Signature]</i>
२) ज्युनियर कॉलेज स्टाफ -	४५	<i>[Signature]</i>
३) सृष्टी हिल - श्री. सचिन तळप -	२००	<i>[Signature]</i> श्री. सचिन तळप ३०/३/१६
४) सिद्धार्थ नगर - N.S.S. विध्यार्थी -	१००	<i>[Signature]</i>
५) चिखलोली गाव -श्री. सूर्याजी तेलंगे -	२००	<i>[Signature]</i>
६) बदलापूर (प.) - श्री. लोखंडे -	१००	<i>[Signature]</i>
७) बदलापूर कात्रप - प्रा. - विलास पाटील -	५०	<i>[Signature]</i> Received
८) बदलापूर कात्रप - प्रा. - विकास देशमाने -	५०	<i>[Signature]</i> Received
९) बदलापूर (पु.) मार्शल- जी.एस. डिग्री कॉलेज -	१००	<i>[Signature]</i> Received
१०) अंबरनाथ लादिनाका- मोरियली नाका - श्री. योगेश सूर्यवंशी -	५०	<i>[Signature]</i>
११) डिग्री कॉलेज कार्यालय -	६०	<i>[Signature]</i>

१०००



*[Signature]*  
I/c Principal  
S.J.C.E.S. Degree College of Arts, Science & Commerce  
Ambernath - 421 505

Date:06/04/2016

To,  
The I/C Principal,  
S.I.C.E.S Degree College,  
Ambarnath (W.)

Respected Sir,

As we all are aware that "YOG SHIBIR" is going on in our college campus from 1<sup>st</sup> April, 2016 and is going to wind up tomorrow i.e, & 7<sup>th</sup> April, 2016, Thursday.

As per yoga norms, on the last day of 'YOG SHIBIR' 'DUGDH PAAN' has to be conducted for which 3 liters of milk is required to distribute among all the Yog Sadhaks.

Kindly sanction the amount of Rs.400/-(approx.) for which details are enclosed along with this letter. Also give the responsibility to the Non-Teaching staff to co-relate the work of bringing milk, sugar etc & keeping the boiled sweet milk ready at tomorrow morning at 7:00 am.

Thanking you.

Yours sincerely,



*U.G. Lokhande*  
Shri.U.G.Lokhande

*Rs.400/-  
from petty cash  
6.4.16*

*NTS- Mr. Suryaji T &  
Mr. Sachin Tatap*

*Received 400/-  
*U.G.**

**S.I.C.E. SOCIETY'S**  
DEGREE COLLEGE OF ARTS, SCIENCE AND COMMERCE, AMBARNATH (W)



**Feedback on "YOG SHIBIR"**  
Schedule of YOGA SHIBIR : 01/04/2016 to 07/04/2016

We request your sincere feedback about the "YOG SHIBIR" attended by you. Please feel free to write your feedback in the below form about the YOGA Teacher Shri. Ujjain Lokhnade and also give other overall feedback details

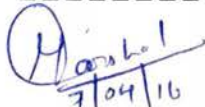
Sr. No.	Feedback Details	Very good	Good	Unsatisfactory
1.	How was the training given by YOGA teacher	✓		
2.	Overall rating of the YOGA teacher	✓		
3.	Rating to the Different YOGA 'Aasans' covered by the YOGA teacher	✓		
4.	YOGA introductory information given by the YOGA teacher	✓		
5.	How is the Overall arrangement for the YOGA SHIBIR done by the college	✓		
6.	How was your health improvement after the YOGA	✓		
7.	Was the YOGA information supplied to you satisfactory	YES/NO : Yes		
8.	Will you recommend the training to your friends	YES/NO : Yes		
9.	Changes to be made in the YOGA Arrangement Next time (If Yes Suggest)	Shri.		

Suggestions (If Any): Shri Ujjain Lokhnade Sir is Super we want Sir only to teach us 'yoga'.

Name : NADAR MARSHAL RAMKRISHNAN

Address : A-wing Ground floor, Radhey Anil Shivaji Chowk, Badlapur (E)

Phone : 8552883657

Signature :   
7/04/16

**S.I.C.E. SOCIETY'S**  
DEGREE COLLEGE OF ARTS, SCIENCE AND COMMERCE, AMBARNATH (W)

**Feedback on "YOG SHIBIR"**  
Schedule of YOGA SHIBIR : 01/04/2016 to 07/04/2016

We request your sincere feedback about the "YOG SHIBIR" attended by you. Please feel free to write your feedback in the below form about the YOGA Teacher Shri. Ujjain Lokhnade and also give other overall feedback details

Sr. No.	Feedback Details	Very good	Good	Unsatisfactory
1.	How was the training given by YOGA teacher	✓		
2.	Overall rating of the YOGA teacher	✓		
3.	Rating to the Different YOGA 'Aasans' covered by the YOGA teacher	✓		
4.	YOGA introductory information given by the YOGA teacher	✓		
5.	How is the Overall arrangement for the YOGA SHIBIR done by the college	✓		
6.	How was your health improvement after the YOGA	✓		
7.	Was the YOGA information supplied to you satisfactory	YES/NO :		
8.	Will you recommend the training to your friends	YES/NO :		
9.	Changes to be made in the YOGA Arrangement Next time (If Yes Suggest)	_____		

Suggestions (If Any) :



Name : Shaikh ~~La~~ Lajina Tojal

Address : AMBARNATH (W)

Phone : 9923078574

Signature : Lajina

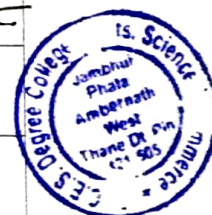
Date 01/04/2016

Registration

Date: 01/04/2016

Sr. No.	Name of the Participant	Address	Contact Number	Age	
01	Shri Vignai Kolchande	Hari Om Niwas, Badlapur.	9730411232	64	
02)	Dr. Yogesh S. Shelar	Bld. 12, R. 4, Shilpi Mills Ambarnath (W.)	7083631336	32	
03	Dr. Nilas S. Patil	01 B Wing Khatrap Rinkal Park Badlapur	9423014670	53	
04	Mr. Jivan S. Rothe	Badlapur (W)	9270490054	35	
5	Deshmane V.V.	Badlapur	9422122374	34	
6.	Dr. P. G. Hedge	Ambarnath	985020042	32	
7.	Dr. H. M. Baekhav	Kaljean (W)	8424032417	31	
8	Mr. S. D. Talap	Ambarnath (W)	9372867480	33	
9	Mr. Milind Bangar	Badlapur (W)	7028156883	33	
10	Mrs. Kalanli Mowayen	Ambarnath		40	
11	Ms. Naccayan S.	Ambarnath	8976910082	34	
14	Ms. Susyaji T.	Ambarnath	7503713797	39	

Attendance  
Date  
01/04/2016



I/c Principal  
S.I.C.E.S. Degree College of Arts, Science & Commerce,  
Ambarnath - 421 505.



Date: 02/04/2016

No.	Name of the Participant	Address	Contact Number	Age	Signature
15	Dariprasad B. Alva	Ambernath (W)	8600608951	30	[Signature]
1	Deshmane V.V.	"	"	33	[Signature]
2	Awate S.K.	"	9850189182	32	[Signature]
3	Dr. Vilas S. Patil	"	9913114670	54	[Signature]
4	Jivan Rathi	"	9270490064	35	[Signature]
5	Dariprasad Alva	"	8600608951	30	[Signature]
6	Dr. P. G. Hudge	"	9850200242	32	[Signature]
7	Dr. Y. B. Shelar	-11-	7083631036	32	[Signature]
8	Mr. Milind Bangar	-11-	7028156883	33	[Signature]
9	Mr. Sachin Talap	-11-	9372867480	33	[Signature]
10	Mr. S. Narayannan	"	8976910082	34	S. Narayannan
11	Suryaji S. Telange	-11-	7507315797	39	[Signature]
12	Kothkande U. G.	Badlapur	973041533	64	[Signature]

Date: 2/04/2016

Ambernath  
Date: 02/04/2016



I/c Principal  
S.J.C.E.S. Degree College of Arts, Science & Commerce  
Ambernath - 421 505

Date 03/04/2016

Sr. No.	Name of the Participant	Address	Contact Number	Age	Signature
	Dr. Rahul R. Bagul	Khadakpada, Kalyan (W)	9822481400	29	
	Pravin M. Pagure	Khadakpada, Kalyan	9503671828	26	
	Dr. Harshal M. Barchhav	Kalyan (W)		31	
	Vijayraj S. Arzade	Ambarnath (W)	9503668899	33	
	Dr. Vilas S. Patil	Badlapur	9423014670	54	
	Mr. Sharad K. Awate	Badlapur	9850189182	33	
	Mr. Sachin Q. Talap	Ambarnath	9372867480	33	
	Mr. U. V. Deshmune	Badlapur	"	34	
	Mr. S. Narayanan.	Ambarnath	8976910082	34	
	Mr. Sureshji S. Tekare		7507313797	39	
	Mr. Deriprasad Alva	Ambarnath	8600608951	30	
	Lokhande U. G.	Badlapur	9730411352	64	

03/04/16

Attendance  
Date  
03/04/2016



I/c Principal  
S.L.C.E.S. Degree College of Arts, Science & Commerce  
Ambarnath - 421 505

Date 04/04/2016

Sr. No.	Name of the Participant	Address	Contact Number	Age	Signature
1	FARUKH . T. SHAIKH	AMBERNATH	9923078574	19	<i>Farukh</i>
2	LAJINA . T. SHAIKH	AMBERNATH	9923078574	36	<i>Lajina</i>
3	Dr. Nitin S. Patil	Badlapur	9423614070	54	<i>Nitin</i>
4	Mr. Sharad K. Awate	Badlapur	9850189182	32	<i>Sharad</i>
5	Deshmune V.V.	"	"	34	<i>V.V.</i>
6	Lokhande W.G.	"	"	<del>18</del> 64	<i>W.G.</i>
7	S.D. Talaf	Ambernath	9372867480	33	<i>S.D.</i>
8	Narayanan Suprayan	Ambernath	897691008	34	<i>S. Narayan</i>
9	Deviprasad Alva	Ambernath	8600608951	30	<i>Deviprasad</i>

Attendance  
Date  
04/04/2016



*Shubhakar*  
**I/c Principal**  
S.I.C.E.S. Degree College of Arts, Science & Commerce  
Ambarnath - 421 505.

Date 05/04/2016

Sr. No.	Name of the Participant	Address	Contact Number	Age	Signature
16.	Dr. H. M. Bachhav	Kalyan (W)	8424032417	31	<i>Harshabai</i>
17.	MARSHAL. R. NADAR	BADLAPUR (C)	9552983652	19	<i>Marshall</i>
18	UTKALSH. Singh	Badlapur (W)	8796506644	19	<del>---</del>
					Date: 05/04/2016
1)	FARUKH SHAIKH	AMBERNATH (W)	9923078574	19	<i>Farukh</i>
2)	LADINA SHAIKH	AMBERNATH (W)	9923078574	36	<i>LADINA</i>
3	Dr. Nilas S Patil	Badlapur (E)	9423614670	54	<i>Nilas</i>
4	Deshmane V. V.	"	9422122374	34	<i>V.V.</i>
5	Deviprasad B. Alva	Ambarnath (W)	8600608951	30	<i>Deviprasad</i>
6.	Dr. P. G. Hedye	Ambarnath (W)	9850200242	32	<i>P.G. Hedye</i>
7	Suryaji. S. Tekurje	"	7507313797	39	<i>Suryaji</i>
8	Salma D. Talap	"	7372867480	39	<i>Salma</i>
9.	Dr. H.M. Bachhav	Kalyan (W)	8424032417	31	<i>Harshabai</i>

Attendance  
date  
05/04/2016



10) Dewjit M. Dohy      An Amb (E),      9822065932      38

11) LOKHARTE U S.      Badlapur      9730471352      54

*Principal*  
SICES Degree College of Arts, Science & Commerce  
Ambarnath - 419505

S.I.C.E. Society's  
Degree College of Arts, Science & Commerce Jambhulphata Amber, 16<sup>th</sup> (W)  
"YOG SHIBIR - 2015-16 (From 01/04/2016 to 07/04/2016)"

Attendance

Date: 06/04/2016

Sr. No.	Name of the Participant	Address	Contact Number	Age	Signature
1.	Dr. P. G. Hodge	Ambernath	9850200242	32	
2.	Mr. S-K. Awate	Badalapur	9850189182	32	
3.	M. Deshpande Alva	Amber	8600608951	30	
4.	FARUKH SHAIKH	AMBERNATH (W)	9923078574	19	
5.	LAJINA SHAIKH	AMBERNATH (W)	9923078574	36	
6.	MARSHAL R. NADAR	BADOLAPUR (F)	8552 883057	19	
7.	UTKARSH. R. SINGH	BAOLAPUR (W)	9796506644	19	
8.	Dr. Nilas S. Patil	Badalapur (W)	9423614670	54	
9.	Deshmane V. V.	"	9422122874	39	
10.	Suryaji. S. Telange	Ambarnath	7507513797	39	
11.	Ganesh M. Jale	Ambarnath	982204593		
12.	Talap Sushil	-			
13.	Narayanan Suprayan.	AMBERNATH	8976910082	34	
14.	Dr. Y. S. Shelar	- - -	7083631036	32	
15.	Lokhande U. S.	Badalapur	9730411352	54	
16.					

Attendance  
06/04/2016



I/c Principal  
S.I.C.E.S. Degree College of Arts, Science & Commerce  
Ambernath - 40 505

Date: 07/04/2016

Attendance

Sr. No.	Name of the Participant	Address	Contact Number	Age	Signature
1.	Dr. P. G. Hedge	Ambarnath	9850200242	32	
2.	Mr. Vijayraj. S. Alzande	Ambarnath	9503668890	33	
3.	Mr. Sharad K. Awate	Badlapur	9850189182	32	
4.	Dr. D. M. Saykoll	Kalyan	9930742053	43	
5.	Deepu Thampi	Badlapur	8080068074	32	
6.	Densprasad Alva	Ambarnath	8600608957	30	
7.	Mr. Sachin D. Talap	- - -	-	33	
8.	Mr. Satish R. Shrivastava	Uhasnagar	-	33	
9.	Dr. Mas S. Patil	Badlapur	9423514690	34	
10.	Deshmane V. V.	Kalyan	9422122374	34	
11.	Utkarsh Singh	Badlapur (W)	8796500644	19	
12.	marshal marshal nader	Badlapur (E)	8552883657	19	
13.	Narayanan Suprayam.	Ambarnath	8976910082	34	S. Narayanan
14.	N. S. Mehetre	Ambarnath	8882264307	40	
15.	FARUKH I. SHAIKH	AMBERNATH (W)	9923078574	19	
16.	LAJINA - I. SHAIKH	AMBERNATH (W)	9923078574	36	LAJINA
17.	Dr. H. M. Bachhav	Kalyan (W)	8424032417	31	
18.	Lokhande U. G.	Badlapur	9730411352	54	

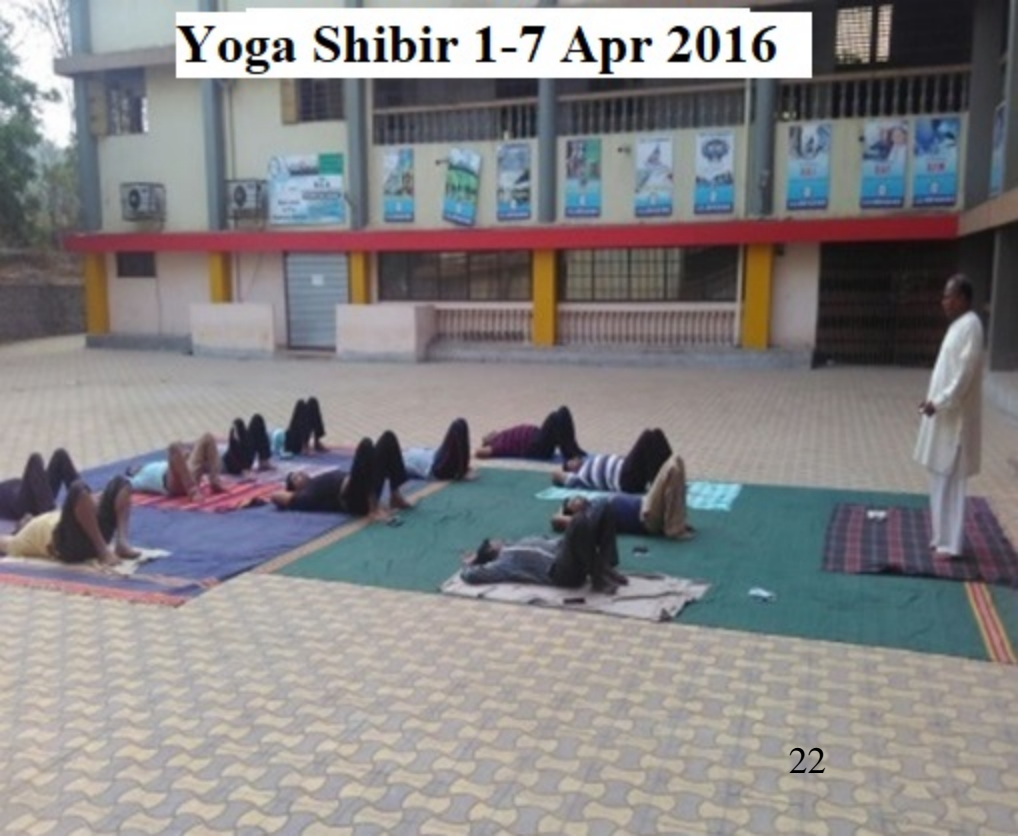
Attendance  
07/4/2016



Principal  
S.I.C.E.S. Degree College of Arts, Science & Commerce  
Ambarnath - 421 505

Lajina  
Glashtak  
19  
Shrinani  
Talanke

# Yoga Shibir 1-7 Apr 2016



S.I.C.E. SOCIETY'S  
**DEGREE COLLEGE OF ARTS, SCIENCE AND COMMERCE**  
SCIENCE FACULTY (GRANT - IN - AID)  
AFFILIATED TO THE UNIVERSITY OF MUMBAI

Incharge Principal :- Dr. Harshal M. Bachhav

DATE: 18/06/2016

**NOTICE**

All the Staff members are hereby informed that they should remain present in college premises at **8.00 a.m. to 9.00 a.m. sharp on 21<sup>st</sup> June 2016**, for celebrating

**"International Yoga Day"**





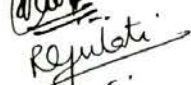
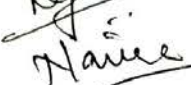


Attendance is compulsory.

  
MR. DEEPU THAMPI

CHAIRPERSON, SPORTS & GYMKHANA COMMITTEE

  
DR. HARSHAL M. BACHHAV  
INCHARGE PRINCIPAL

I/c Principal  
S.I.C.E.S. Degree College of Arts, Science & Commerce  
Ambernath - 421 505

- 1) Akshata S. Kumbhar 
- 2) D Shrinwas 
- 3) Yojana Senode 
- 4) Jai Rijhwari 
- 5) Rakhi Gulati 
- 6) Naira P. Bhatia 
- 7) Santosh Rohas 
- 8) Suparna D. 





ATTENDANCE SHEETS OF STUDENTS PRESENT FOR CELEBRATING  
"INTERNATIONAL YOGA DAY" ON 21<sup>ST</sup> JUNE, 2016

Name of the Students	Class	Sign
Pallavi P. C. Basal	SY Bsc IT	<u>pallavi Basal</u>
Jyoti R. Soni	JY SYBAF	<u>Jyoti</u>
Ranjana S. Patil	T.Y. Bsc	<u>Ranjana</u>
Chaitali P. Gaikar	T.Y. Bsc	<u>Chaitali</u>
Pooja S	"	<u>Pooja</u>
Shilpa V	"	<u>Shilpa</u>
Neha A	"	<u>Neha</u>
Akshaya V	"	<u>Akshaya</u>
Megha J	"	<u>Megha</u>
Nilam M.	"	<u>Nilam</u>
Bhauvra Wagh	B.Y BAF	<u>Bhauvra</u>
Pooja R. Nishwakarma.	S.Y BAF	<u>Pooja</u>
Kajal R. Shukla	S.Y BAF	<u>Kajal</u>
Soni P. Yadav	S.Y Bcom	<u>Soni</u>
Pooja B. Yadav	S.Y. B Com	<u>Pooja</u>
Karishma B. sharma	"	<u>Karishma</u>
Sunita Yadav	"	<u>Sunita</u>
Soni Dubey	"	<u>Soni</u>
Kabeya Tiwari	T.Y B.M.S	<u>Kabeya</u>
Sonal Tiwari	T.Y. B.M.S	<u>Sonal</u>
Vino Davidson	T.Y. BMS	<u>Vino</u>
Nisha Mate	T. Y. B.com	<u>Nisha</u>
Amita choudhary	T.Y. B.com	<u>Amita</u>
manisha sardiga	T.Y. Bcom	<u>manisha</u>
Jyoti Gupta	T.Y. Bcom	<u>Jyoti</u>
Ragini Giri	T.Y. B.Com	<u>Ragini</u>
Shivani Kohli	T.Y. B.com	<u>Shivani</u>
Shwetali S. Dodake	S.O.V. Bcom	<u>Shwetali</u>
NANDANI S. GAWLI	S.Y. Bcom	<u>NANDANI</u>
Kavita R. Yadav	S.Y. B.com.	<u>Kavita</u>
Saroj B. Kushwaha	S.Y. B.com	<u>Saroj</u>
Subashree Mahakrishnan	T.Y. Bcom	<u>Subashree</u>
Samra M. Khan	T.Y. B.com	<u>Samra</u>
Kusum Yadav	S.Y. BBI	<u>Kusum</u>
Sunita mane.	SY BBI	<u>Sunita</u>



	NAME	CLASS	Sign.
	AYATRI ASHOK JHA	T.Y BCOM	Ayatri
	UREKHA CHAKRASTYA	To 4. B.COM	Ureka
	NIKSHA SINGH	T.Y. B.COM	Niksha
	Arohi Mahawadi	SY. B.S.C	Arohi
	Prinya mounya	SY. B.S.C	Prinya
	Kajal mane	SY. B.S.C	Kajal
	Stephanie Sequeira	SY. BSC	Stephanie
	Deepika Bhoir	SY BSC	Deepika
	Nisha Bhakve	SY BSC	Nisha
5	Mansi Jagtap	SY BSC	Mansi
6	Darshita Kedare	SY BSC	Darshita
47	Mugdha Sawant	SY CS	Mugdha
48	Rupali Shelar	SYCS	R.A.Shelar
49	Soni dibey	S.Y	Soni
50	Sunita Yadav.	S.Y. B.COM	SUNITA
51	Mohammed Saira Sharif	SYBBI	Saira
52	Ashlesha - A. Bagule	SYBMS	Ashlesha
53	Rajeshwari. H. Mhetre	S.Y. BCOM	Rajeshwari
54	Sushmita Bundate	S.Y. B.S.C	Bundate
55	Vedika bhoir	S.Y. B.S.C	Vedika
56	Shweta Mommaly	S.Y. B. SC	Shweta Mommaly
57	Kanishma Singh	S.Y. B. SC	Kanishma
58	Pooja Sen	T.Y BMS	Pooja
59	Bindu Protapat	T.Y B.M.S	Bindu
60	Anita Chauhan	T.Y B.M.S	Anita
61	Jyothi A. Raibhar	S.Y B.A.F	Jyothi
62	Marshall R. Nadar	T.Y. B.S.C. IT	Marshall
63	Ketan. G. Kulkarni	T.Y. B.S.C. IT	Ketan
64	Ajit Nadar	T.Y BCOM	Ajit
65	Navreen Nair	S.Y BCOM	Navreen
66	Praveen Nair	SY BCOM	Praveen
67	AKHIL NAIR	SY B COM	Akhil
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	NAME	Std	Sign
	Ardeep .R. Varma	T.Y (BAF)	<del>Ardeep</del>
	Bhikesh Mishra	T.Y (BAF)	<del>Bhikesh</del>
	Narindra. Badhcu	T.Y (BAF)	<del>M. Sheema</del>
	Akash S. Prajapati	T.Y (BAF)	<del>Akash</del>
	Kamesh. Singh	S.Y BAF	<del>Kamesh</del>
	Parvinder Chalwadi	T.Y BSC	<del>Parvinder</del>
	Jubin Jose	T.Y BMS	<del>Jubin</del>
	Arvind R. K	T.Y. BSC	<del>Arvind</del>
	Prashant. Gupta	T.Y. BSC	<del>Prashant</del>
	Nikhil. Chavan.	S.Y. B.A.F	<del>Nikhil</del>
8	Kaushik. N. Tripathi	S.Y. B.A.F	<del>Kaushik</del>
89	Naresh Ravi	S.Y. Blom	<del>Naresh</del>
90	Intisal Shaikh	S.Y. BSC-CS	<del>Intisal</del>
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	ASHISH . M. Sawant	Ty Bcom	<del>Prashant</del>	
	<del>Dipankar Anagade</del>	T.Y. Bcom	<del>Dipankar</del>	
	Siddhesh Sawant	S.Y. B.B.I	S.K. Sawant	
	Sohel Hassan Inamdar	S.Y. B.B.I	<del>Prashant</del>	
	Saraj Peshmukh	S.Y. B.B.I	Prashant	
	Shahid . L. Shaikh	S.Y. B.R-1	<del>Prashant</del>	
	SARJAY . S. Jagdhanu	S.Y. B.COM	<del>Prashant</del>	
	Satish . S. Prajapati	S.Y. B.com.	Satish	
	Prakash . S. Yastav	S.Y. B.com	<del>Prashant</del>	44
9	vijay J. mishra	S.Y. B.com	<del>Prashant</del>	43
10	Satish R Yadav	S.Y. B.com	<del>Prashant</del>	45
31	Sonu . S. Nair	S.Y. B.com	<del>Prashant</del>	13
132	Ashish . Choudhary	S.Y. B.B.I	<del>Prashant</del>	
133	Devraj Venkat Prasad	S.Y. B.com	<del>Prashant</del>	
134	vaibhav . B. sawant.	S.Y. BMS	<del>Prashant</del>	
135	Yash . D. Bharushali	S.Y. BMS.	<del>Prashant</del>	
136	Vinit . A. Singh	S.Y. BMS	<del>Prashant</del>	
137	sushant . R. Jadhav	S.Y. BMS	<del>Prashant</del>	
138	Bala . K. Mudaliar	S.Y. Bsc	<del>Prashant</del>	
139	Piyush Tripathi	S.Y. BMS	Piyush	
140	Mehboob Shaikh	S.Y. B.com	Mehboob	
141	Ankur . H. Singh	S.Y. B.com	<del>Prashant</del>	
142	Mona Sethi	S.Y. B.COM	<del>Prashant</del>	
143	Sheikh Shoaib	S.Y. B.com	<del>Prashant</del>	
144	Uday Rao	S.Y. P. COM	<del>Prashant</del>	
145	Aditya . Anand Bind	S.Y. B.com	<del>Prashant</del>	
146	Ujjwal . Singh	S.Y. BMS	<del>Prashant</del>	
147				
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Prashant  
 I/c Principal  
 S.I.C.E.S. Degree College of Arts, Science & Commerce  
 Ambarnath - 421 505



ATTENDANCE SHEETS OF STAFF MEMBERS PRESENT FOR CELEBRATING  
"INTERNATIONAL YOGA DAY" ON 21/06/2016

Name of the Staff	Department	Designation	Sign
Mr. Santosh Rohra	Commerce	Asst. Prof.	
Vishal Shingare	Commerce	Asst. Prof.	
Mrs. Shweta V. Humbarwadi	Microbiology	Asst. Prof.	
Ms. Prajitha N. Kutt	Microbiology	Asst. Prof.	
Dr. Vilas S. Patil	Mathematics	Asst. Prof.	
Deshmane N.V.	Physics	Asst. Prof.	
Mudassar Sayyed	Commerce	Asst. Prof.	
Rohit Krishna Patil.	Commerce	Asst. Prof.	
Suparna Dutt	Self-fincg.	Asst. Prof.	
Aruna Kodam	Com.	"	
Roshmi Vaktha	Commerce	Asst Prof	
Jai Rikhwari	Self finance	Asst. prof	
Uma Tanwar	Commerce	Asst prof	
Shubhangi A Rajguru	Microbiology	Asst profs.	
Dr. Pravin G. Hedge	Physics	-11-	
DR. D. M. Sanyal	Physics	-11-	
Deepu Thampi	IT	Asst. prof	
Tojana G. Sarode	IT	Asst. Prof	
AKshata S. Kumbhar	IT	Asst. Prof.	
Dr. Alpa K. Patel	Botany	Asst. prof	
Vijayraj S. Alzandi	Admin	Dr. clerk	
Atul S. Musale		peon	
Sangeet M. Dadas		peon	
Naira P. Bhatia	Self-fincg.	Asst. Prof.	
Sachin J. Talap	Chemistry	Lab- Att <sup>n</sup>	



	Dr. Y. S. Shelar	Chemistry	Asst. Prof.	<i>[Signature]</i>
	Shanti. Mudalikeri	Comm	Asst. Prof.	<i>[Signature]</i>
	Rakhi Gyulati	Commerce	Asst. Prof.	<i>[Signature]</i>
	Narayanan Suprayam	Comm	Office	S. Narayanan
0	MANOHAR SACHALE	Lib Attendant	Office	<i>[Signature]</i>
31	Mr. Milind Bangar	Lab Attendant	Office	<i>[Signature]</i>
32	Mr. Deviprasad B. Atrva	Lab Attendant	Office	<i>[Signature]</i>
33	Mr. Rajiv R. Menon	Jr Clerk	Office	<i>[Signature]</i>
34	Mr. Jivan S. Rothe	Assi. prof.	C.S.	<i>[Signature]</i>
35	D. Shrinivas	Asst. Prof.	I.T	<i>[Signature]</i>
36	VISHAL SHINGAR	Asst. Prof.	Commerce	<i>[Signature]</i>
37	rahe Sanghera	Librarian	Lib	<i>[Signature]</i>
38	Dr. Jyothi V. Mallia	Asst. Prof.	Library	<i>[Signature]</i>
39				
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*[Signature]*  
**I/c Principal**  
 S.I.C.E.S. Degree College of Arts, Science & Commerce  
 Ambernath - 421 505

Date: 16/3/2017

To,  
The Incharge Principal,  
S.I.C.E.S. Degree College,  
Ambernath (W).

Permission granted.  
Ullas  
16/3/17

Sub: Permission for conducting YOGA session for  
teaching staff.

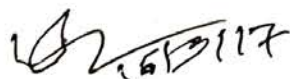
Respected Sir,

I would request you to give permission to  
conduct 'YOGA' session for teaching staff members of  
Degree college from 21<sup>st</sup> March, 2017 onwards at 8:35 a.m. till  
9:15 a.m. on 2<sup>nd</sup> floor. The purpose of organizing this  
session is to reduce stress and other health related issues  
to provide a healthy working environment for the college.

Kindly give me permission for the same.


Thanking You,

Yours Sincerely,



Shri Ujjain Lokhande  
Sports & Gymkhana Incharge.

Forwarded to Management  
for necessary permission.  
to organize Yoga session

  
I/c Principal  
S.I.C.E.S. Degree College of Arts, Science & Commerce  
Ambernath - 421 505.

**S.I.C.E. Society's  
DEGREE COLLEGE OF ARTS, SCIENCE AND COMMERCE  
(JambhulPhata, Chikhloli, Ambarnath (W.)- 421505)**

---

17<sup>th</sup> March, 2017

**NOTICE**

All the teaching staff members are hereby informed that from 21<sup>st</sup> March onward "YOGA SESSION" will be conducted at ground floor Gymkhana from 08:15 a.m. to 09:15 a.m. Those who are interested in attending the session, please give your consent.



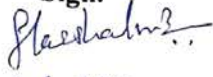
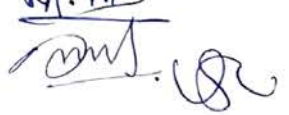
- | Sr.No. | Name of the staff    |
|--------|----------------------|
| 1)     | Dr. H. M. Bachhav    |
| 2)     | Mudassar Saeed       |
| 3)     | Dr. D. M. Suryakar   |
| 4)     | Mr. Deshmukh         |
| 5)     | Dr. Pavin G. Hodge   |
| 6)     | Uma V. Tanwar        |
| 7)     | Bhagyashree R. Kadam |
| 8)     | Mrs. Naira P. Bhatia |
| 9)     | Mr. Rohit Patil      |
| 10)    | Rakhi Gulati         |
| 11)    | Mr. Santosh Rohra    |
| 12)    | Shanti Mudakar       |
| 13)    | Aruna S. Kadam       |
| 14)    | Yojana Sawale        |
| 15)    | Vishal Shingare      |

  
**Dr. Harshal Bachhav**

**I/C Principal**

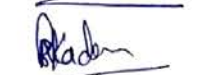
SICES DEGREE COLLEGE OF  
ARTS, SCIENCE & COMMERCE  
AMBARNATH 421505

Sign.

  
M. M. S.  




U. Tanwar



Naira  
17/3/17

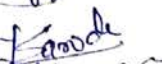
Rohit Patil  
17/3/17

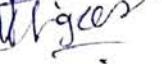














- 16) Neelam Jaiswal  
 17. Reshmi Valecha  
 18. Ms. Shubhangi A. Rajguru  
 19 Dr. V.S. Patil  
 20) Dr. Sanghesh S. Garkh  
 21) Mr. S.K. Awate  
 22) Akshata R.  
 23) Mr. Jivan Rothe

Deeds  
Pravecha  
Pshangi  
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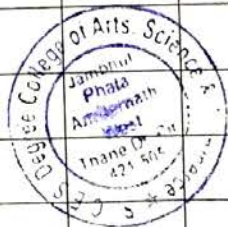
IQAC  
 IQAC COORDINATOR  
 SICES DEGREE COLLEGE OF ARTS, SCIENCE & COMMERCE  
 Jambhul Phata, Ambernath (W)

**ATTENDANCE SHEET OF STAFF FOR YOGA SESSION FROM  
21<sup>ST</sup> March, 2017 onward**

**Venue: Health Care Centre of the College**

**Timing: 8.15 a.m to 9.15 a.m**

Sr. No.	Name of staff	21.3.17	22.3.17	23.3.17	24.3.17	25.3.17	26.3.17 Sunday	27.3.17
1.	Rakhi Lyulati		Reg.		Reg.	Reg.		
2.	Aruna Kadam	A.	A.	A.	A.	A.		
3.	Neelam Jaiswar	Neel	Neel	Neel	Neel	Neel		Neel
4.	Jyoti V. Malia	Jyoti	Jyoti	Jyoti	Jyoti	Jyoti	<del>Jyoti</del>	Jyoti
5.	Rohit Patil			Rohit	Rohit	Rohit		Rohit
6.	Akshata K.				Akshata	Akshata		
7.	Bhagyashree K.				Bhag.			
8.	Muddasar Sajyed							
9.	Uma Tamwar	U-Tamwar	U-Tamwar	U-Tamwar	U-Tamwar	U-Tamwar		U-Tamwar
10.	Shubhangi A.R.					Shubh.		Shubh.
11.	V. Sheel-S.					Sheel		Sheel
12.	Suparna D.	-	-	-	-	-	-	Suparna
13.	D. Appak							



*Shobha*

**IQAC COORDINATOR**  
SIES DEGREE COLLEGE OF ARTS, SCIENCE & COMMERCE  
Jambhul Phata, Ambarnath (W)

29/3 30/3 31/3 1/4 3/4 5/4 6/4

1	Rakhi Gulati							
2	Aruna Kadam				B.			B.
3	Neelam Jaisceem	<u>Devi</u>	<u>Devi</u>	<u>Devi</u>	<u>Devi</u>	<u>Devi</u>	<u>Devi</u>	<u>Devi</u>
4	Jyothi V. Mallik	<u>Jyoti</u>	<u>Jyoti</u>	<u>Jyoti</u>	<u>Jyoti</u>	<u>Jyoti</u>	<u>Jyoti</u>	<u>Jyoti</u>
5	Rohit Patil	<u>Rohit</u>	<u>Rohit</u>	<u>Rohit</u>	<u>Rohit</u>	<u>Rohit</u>	<u>Rohit</u>	<u>Rohit</u>
6	AKshata K							
7	Bhagyashree K							
8	Muddasar S	<u>M. M</u>			<u>M. M</u>	<u>M. M</u>	<u>M. M</u>	<u>M. M</u>
9	Uma Tanwar	<u>U. Tanwar</u>		<u>U. Tanwar</u>	<u>U. Tanwar</u>	<u>U. Tanwar</u>	<u>U. Tanwar</u>	<u>U. Tanwar</u>
10	Shubhamgi R					<u>Shubhamgi</u>		
11	Vishal S	<u>Vishal</u>	<u>Vishal</u>	<u>Vishal</u>	<u>Vishal</u>			
12	Suparna D	<u>Suparna</u>	<u>Suparna</u>	<u>Suparna</u>	<u>Suparna</u>	<u>Suparna</u>		<u>Suparna</u>
13	Alpa P	<u>Alpa</u>				<u>Alpa</u>		
14	Santosh R.				<u>Santosh</u>			



*[Signature]*  
**IQAC COORDINATOR**  
 SICES DEGREE COLLEGE OF ARTS, SCIENCE & COMMERCE  
 Jambhul Phata, Ambernath (W)

5/04 8/4

1.	Uma Pannwar	Upanwar						
2.	Neelam Jais	Jais						
3.	Shweta V. H.	Jais						
4.	Saparna Dutta	Sonita	Sonita					

*Shweta*

**IQAC COORDINATOR**

**SICES DEGREE COLLEGE OF ARTS, SCIENCE & COMMERCE  
Jambhul Phata, Ambernath (W)**



S.I.C.E. SOCIETY'S  
**DEGREE COLLEGE OF ARTS, SCIENCE AND COMMERCE**  
SCIENCE FACULTY (GRANT - IN - AID)  
AFFILIATED TO THE UNIVERSITY OF MUMBAI

Incharge Principal :- Dr. Harshal M. Bachhav

DATE: 16/06/2017

**NOTICE**

All the students are hereby informed that they should remain present in college premises at **7.30 a.m. to 8.30 a.m. sharp on 21<sup>st</sup> June 2017**, for celebrating

**“International Yoga Day”**

Attendance is compulsory.



**MR. DEEPU THAMPI**  
CHAIRPERSON, SPORTS & GYMKHANA COMMITTEE



**DR. HARSHAL M. BACHHAV**  
**INCHARGE PRINCIPAL**

**I/c Principal**  
S.I.C.E.S. Degree College of Arts, Science & Commerce  
Ambernath - 421 505



S.I.C.E. SOCIETY'S  
**DEGREE COLLEGE OF ARTS, SCIENCE AND COMMERCE**  
 JAMBHUL PHATA, AMBERNATH.

DATE: 21/06/2017

ATTENDANCE SHEETS OF STUDENTS PRESENT FOR CELEBRATING  
 "INTERNATIONAL YOGA DAY" ON 21/06/2017

Sr. No	Name of the Students	Class	Sign
1.	Poonam v. Ishwarkumar	S.Y. B.Com	P. Poonam
2.	Arzma S. Chonde	Sy BSc.	Arzma
3.	Sunishi R. Mahadik.	Sy BSc.	Sunishi
4.	Ganta Pallavi.	S.Y. B. Com	Ganta Pallavi
5.	Pratik M. Patayane	S.Y. B. Com	Pratik
6.	Nilesh N. Londhe.	S.Y. B. Com	Nilesh
7.	Singdeo Mohanty	S.Y. B. Com	Singdeo
8.	Arati Chandrapal	S.Y. B. Com	Arati
9.	Sonali Singh	S.Y. B. Com	Sonali
10.	Sunila Mane	T.Y. BBI	Sunila
11.	Deepa T. Bist	S.Y. BBI	Deepa
12.	Namrata A. Shaikh	S.Y. BBI	Namrata
13.	Sonali Bhosale	S.Y. BBI	Sonali
14.	Kajal Mane	T.Y. BSC	Kajal
15.	Deepika Groir	—	Deepika
16.	Pratik Patayane	—	Pratik
17.	Namrata Patayane	—	Namrata
18.	Shivam Singh	—	Shivam
19.	Anil Rajgrew	T.Y. BBI	Anil
20.	Sonali	T.Y. BBI	Sonali
21.	Poojita Shrawan Swami	S.Y. B.Com	Poojita
22.	Ashwini Chawade	S.Y. B.Com	Ashwini
23.	Ashwini Thokar	S.U. B.Com	Ashwini
24.	Nikhil S. Chavhan	T.Y. BPF	Nikhil
25.	Yogesh Chawade	S.Y. B.M.S	Yogesh
26.	Arati Verma	S.Y. B.Com	Arati
27.	Jebestia Selvarajagan	S.Y. B.Com	Jebestia



  
**IOAC COORDINATOR**  
 SICES DEGREE COLLEGE OF ARTS, SCIENCE & COMMERCE  
 Jambhul Phata, Ambernath (W)

28.	Intisal Shaikh	TYBSC IS	Wsl/M
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**IQAC COORDINATOR**  
**SIES DEGREE COLLEGE OF ARTS, SCIENCE & COMMERCE**  
**Jambhul Phata, Ambarnath (W)**

Date: 02/05/2018

## NOTICE

All The Teaching ,Non Teaching staff and students are hereby informed that “**YOGA SESSION**” will be conducted in our college premises .

**Date** :05<sup>th</sup> May,2018 to 12<sup>th</sup> May,2018

**Timing:** 07:30 a.m to 08:30 a.m

**Venue:** College Premises



*Harshal M. Bachhav*  
Dr. Harshal M. Bachhav

*1/5/18*  
S.J.C.E.S. Degree College, Ambenath, Dist. Solapur,  
Maharashtra - 431 505



# "YOGA SESSION"

5, MAY TO 12, MAY - 2018

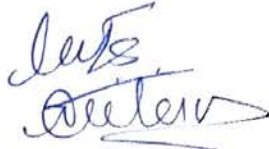

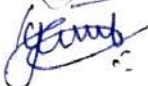




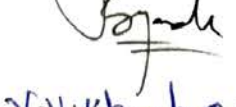
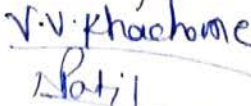
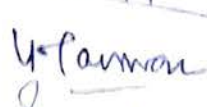




Day 1  
05/05/2018.

TIME 7:30 AM TO 8:30 AM

Sr. NO.

Name

Sign.

- |     |                          |  |
|-----|--------------------------|--|
| 1)  | Mr. Jivan S. Rothe       |  |
| 2)  | Ms. Neelam D. Jaiswar    |   |
| 3)  | Mr. Sachin D Talap       |  |
| 4)  | Adv. Jai Rikhwani        |   |
| 5)  | Ghanshyam Ladhani        |   |
| 6)  | Vijayraj S. Alzande      |    |
| 7)  | Santosh Rohre            |    |
| 8)  | Dr. Y. S. Shelar         |   |
| 9)  | Vishal Gokwad            |  |
| 10) | Swapani Bagade           |  |
| 11) | Mrs. Vaishali Vikhachane |  |
| 12) | Mrs. Neha Patil          |  |
| 13) | Uma V. Tannwar           |  |
| 14) | Ms. Chandan Bhanu        |  |
| 15) | Ms. Shanti Mudaliar      |  |
| 16) | Rutali V Jagtap          |  |
| 17) | Ms. Kirubha P            |  |
| 18) | Dr. Saugharsh S. Gaike   |  |
| 19) | Mrs. Anand Kadam         |  |
| 20) | Ms. Madhvi Gargya        |  |
| 21) | Mr. Sunjayi Telang       |  |



  
**IQAC COORDINATOR**  
 NCS DEGREE COLLEGE OF ARTS, SCIENCE & COMMERCE  
 Jambhul Phata, Amravati (M.S.)

22) Dr. Pravin G. Hedye

~~Dr. Hedye~~

21) Dr Sameer M H

~~Sameer~~  
Chargar

22) Mr VISHAL S SHINHARE

23) Mr. Kalinda Mourya -

Ken

24. Mr. Narayanan Suprayan.

S. Narayanan

25. Mr. Mudassar Sayed

Mudassar

26 Mr. Deepu

Deepu

27. D. Shrinivas

28. Mr. S.K. Awate

Shrinivas



Dr. Hedye  
**IQAC COORDINATOR**  
SICES DEGREE COLLEGE, SCIENCE & COMMERCE  
Jambhul Phata, Amravati (W)

Sr.No.	Name of the Staff	05.05.18	07.05.18	08.05.18	09.05.18	10.05.18	11.05.18	12.05.18
1	Mr. Jivan S. Rothe	abs	abs	abs	abs			
2	Mr. Ghunshyam Lalchan	abs	abs	abs	abs		abs	abs
3	Adv. Jai Rajhwarai	abs	abs	abs	abs			
4	Mr. S.K. Awate	abs	abs	abs	abs			
5	Mr. S.D. Tulaf	abs	abs	abs	abs			
6	Uma V. Tanwar	Utanwar	Utanwar	Utanwar	Utanwar	Utanwar	Utanwar	Utanwar
7	Ms. Kumbhar P	Kumbhar	Kumbhar	Kumbhar	Kumbhar	Kumbhar	Kumbhar	Kumbhar
8	Mrs. Vaishali V. Khachane	VVK	VVK	VVK	VVK	VVK	VVK	VVK
9	Dr. Vitas S. Patil	Patil	Patil	Patil	Patil	Patil	Patil	Patil
10	Mrs. Rakhi V. Gude	Rg	Rg					Rg
11	Ms. Shamal M. Pham	Sh	Sh					
12	Ms. Neelam Jaiswal	NJ	NJ	NJ	NJ	NJ	NJ	NJ
13	Mr. V.V. Dashrath		DD		DD	DD	DD	DD
14	Mr. Deepprasad Alva		DA					
15	Mr. Vishal S. Shingare	MS	MS	MS		MS	MS	MS
16	Dr. Sambhash Gajjar	G	G	G	G	G	G	G
17	Dr. P. G. Hodge	Dr	Dr	Dr	Dr	Dr	Dr	Dr
18	Mr. Anil Kadam	AK	AK	AK				
19	Mr. Suresh Telange	ST	ST					
20	Ms. Shanti. Medali	SM	SM					SM
21	Mrs. Neha Patil	NPatil	NPatil	NPatil	NPatil	NPatil	NPatil	NPatil
22	Mrs. Vaishali V. Khachane	VVK	VVK	VVK				
23	Dr. H. M. Bachhav			HB	HB	HB		
24	Vishal Gaikwad	VG		VG	VG	VG		VG
25	Ms. Neha							
26	Rishma. L. Pillai		RP	RP	RP	RP		
27	Sameer M. H	SMH	SMH	SMH				
28	Shweta V. H.			SH				SH
29	Manohar Sahu	MS	MS	MS	MS	MS		



IQAC COORDINATOR  
SICES DEGREE COLLEGE OF ARTS, SCIENCE & COMMERCE  
Jambhul Phata, Ambarnath (W)





## Career Guidance and competitive exam cell

### Summary of the programs

Academic year 2018-19			
Date	Activity	Expert	No. of Students Benefited
16/08/18	Meditation and student empowerment session	Mr. Ujjain Lokhande (Physical Director)	70
18/08/18			33
20/08/18			29
21/08/18			93
23/08/18			60
28/08/18			41
29/08/18			47
30/08/18			45
12/01/2019	National Youth Day (Yuva Din) Surya-namaskar	Mr. Ujjain Lokhande (Physical Director)	146
12/01/2019	Life and teachings of swami Vivekananda	Mr. Ujjain Lokhande (Physical Director)	146
09/03/2019	Resume writing seminar	Mr. Sharad Karnekar, CEO, Digiconnext	124
11/03/2019	Personality development workshop	Ms. Vinu Singh, Marketing Manager, Gillete.	93

*[Handwritten Signature]*

**Chairperson**

**Career guidance and competitive exam cell**



*[Handwritten Signature]*  
01/03/2019

**IQAC COORDINATOR**

**SICES DEGREE COLLEGE OF ARTS, SCIENCE & COMMERCE  
Jambhul Phata, Ambernath (W)**

*[Handwritten Signature]*  
**I/c Principal**

**S.I.C.E.S. Degree College of Arts, Science & Commerce  
Ambernath - 421 505.**

S.I.C.E. Society's Degree College of Arts, Science and Commerce, Ambarnath (W)

**Career Guidance, Competitive Exam and Placement Cell**

Report

“Meditation and student empowerment session”

**Resource Person:** Mr. Ujjain Lokhande (Physical Director)

In these sessions students were encouraged to practice yoga in day to day life which may lead to the stress-free mindset. Whole sessions were guided by the resource person. The live demonstrations were given by girl student representative which were followed by students. Simultaneously positive thoughts were also impregnated in-between.

Date	Class	Total students
16/08/18	FYBCOM	70
18/08/18	SYBCOM	33
20/08/18	TYBCOM	29
21/08/18	FY / SY/ TY BSC	93
23/08/18	FY BMS/BAF/BBI	60
28/08/18	FY / SY/ TY BSC CS & IT	41
29/08/18	TY BMS/BAF/BBI	47
30/08/18	SY BMS/BAF/BBI	45

Chairperson  
Career Guidance, Competitive Exam and Placement Cell



*Jambhul Phata*  
5/3/21  
I/c Principal  
S.I.C.E.S. Degree College of Arts, Science & Commerce  
Ambarnath - 421 505.

*Jambhul Phata*  
05/03/2021

**IQAC COORDINATOR**  
SICES DEGREE COLLEGE OF ARTS, SCIENCE & COMMERCE  
Jambhul Phata, Ambarnath (W)

614

# S.I.C.E.S Degree College Of Arts, Science & Commerce

Jambhul Phata, Chikhholi, Kalyan-Badlapur Road, Ambarnath (W)-421505

Affiliated to University Of Mumbai.

## NOTICE

Date: 10/08/2018

All the teachers are hereby informed that "Meditation and student empowerment program" has been organized. Respective teachers should gather the students in auditorium at 9.45 am as per following schedule.

Time: 9.50 am to 10.50 am

Venue: Hon. Lt. N.S. Nair memorial auditorium

SR. NO	CLASS	DATE	NAME	SIGN
1	F.Y.B.COM	16/08/2018	ASST. PROF. RAKHI GULATI	<i>R Gulati</i>
2	S.Y.B.COM	18/08/2018	ASST.PROF.JAI RIJHWANI	
3	T.Y.B.COM	20/08/2018	ASST. PROF.ARUNA KADAM	<i>A Kadam</i>
4	F.Y.B.Sc S.Y.B.Sc T.Y.B.Sc	21/08/2018	ASST.PROF. ALPA PATEL ASST.PROF. SUBHANGI RAJGURU ASST.PROF. KIRUBHA PAULDAS ASST.PROF. SHWETA HIMBERWADI ASST.PROF. JYOTHI MALLIA ASST. PROF. YOGESH SHELAR ASST. PROF. D.M.SAPKAL ASST.PROF.PRAVIN HUDGE ASST. PROF. SHARAD AWATE ASST.PROF.VILAS PATIL	<i>Alpa Patel</i> <i>Subhangi Rajguru</i> <i>Kirubha Pauldas</i> <i>Shweta Himberwadi</i> <i>Jyothi Mallia</i> <i>Yogesh Shelar</i> <i>D.M. Sapkal</i> <i>Pravin Hudge</i> <i>Sharad Awate</i> <i>Vilas Patil</i>
5	F.Y. BMS/BAF/BBI	23/08/2018	ASST.PROF. NEELAM JAISWAR ASST. PROF. SWAPNIL BAGADE	<i>Neelam Jaiswar</i> <i>Swapnil Bagade</i>
6	S.Y. BMS/BAF/BBI	24/08/2018	ASST. PROF. SWAPNIL BAGADE ASST.PROF.JAI RIJHWANI ASST. PROF. MUDASSAR SAYYED	<i>Swapnil Bagade</i> <i>Jai Rijhwani</i> <i>Mudassar Sayyed</i>
7	F.Y.IT/CS/BA S.Y.IT/CS/BA T.Y.IT/CS	27/08/2018	ASST. PROF. SHRINIWAS DUDGAL ASST. PROF. DEEPU THAMPI ASST. PROF JIVAN ROTHE ASST.PROF. VISHAL GAIKWAD	<i>Shrinivas Dudgal</i> <i>Deepu Thampi</i> <i>Jivan Rothe</i> <i>Vishal Gaikwad</i>
8	T.Y. BMS/BAF/BBI	28/08/2018	ASST. PROF. UMA TANWAR ASST. PROF. SWAPNIL BAGADE	<i>Uma Tanwar</i> <i>Swapnil Bagade</i>

*[Handwritten Signature]*

Career Counseling, Competitive Examination  
And Placement Cell



*[Handwritten Signature]*

**IQAC COORDINATOR**

SICES DEGREE COLLEGE OF ARTS, SCIENCE & COMMERCE  
Jambhul Phata, Ambarnath (W)

*[Handwritten Signature]*

I/C-Principal

Dr. H. M. Bachhav

**I/c Principal**

S.I.C.E.S. Degree College of Arts, Science & Commerce  
Ambarnath - 421 505



# MEDITATION AND STRESS MANAGEMENT

16 Aug 2018



**S.I.C.E.S. DEGREE COLLEGE OF ARTS, SCIENCE & COMMERCE**  
**AMBERNATH (W)**  
**Meditation and Student Empowerment Session**  
**(2018-19)**

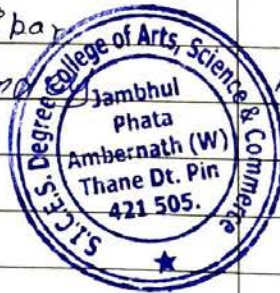
**Student Attendance**

Class: F.Y. B.Com-

Date: 16/8/18

Time: 9.50 am to 10.50 am

Sr. No.	Name of Student	Roll No.	Signature
1)	shaikh sana Mehboob	78	Sana
2)	choudhary Jameela Tsmall	33	Jameela
3)	Sumeera S shaikeha	28	Sumeera
4)	Bejal R. kale	12	Bejal
5)	Nilkita. R. Bhavathe	29	Nilkita
6)	Aswani G. Ahir	21	Aswani
7)	Sakshi R More	8	Sakshi
8)	Chandni Dwivedi	67	Chandni
9)	Pratima. Tiwari	51	Pratima
10)	Shradha Tiwari	68	Shradha
11)	Pratiksha Telapge	71	Pratiksha
12)	Lalita Mate	70	Lalita
13)	Ankita Dalvi	25	Ankita
14)	Vaishnavi .U. Kokade	19	Vaishnavi
15)	Sneha .R. Mishra	18	Sneha
16)	Surajini Sharma	7	Surajini
17)	Khushboo S. Singh.	52	Khushboo
18)	Esther Paswan	50	Esther
19)	Abhimanyu Thakur	15	Abhimanyu
20)	Arpit A Majalpar	65	Arpit
21)	Abhishek Paro	45	Abhishek



16/8/18 06/05/2018

**IQAC COORDINATOR**

**SICES DEGREE COLLEGE OF ARTS, SCIENCE & COMMERCE**  
**Jambhul Phata, Ambernath (W)**

**S.I.C.E.S. DEGREE COLLEGE OF ARTS, SCIENCE & COMMERCE  
AMBERNATH (W)**

**Meditation and Student Empowerment Session  
(2018-19)**

**Student Attendance**

**Class: F.Y.B.Com**

**Date: 16/8/19**

**Time: 9.50 am to 10.50 am.**

Sr. No.	Name of Student	Roll No.	Signature
1	Naushad. J. Shaikh	55	<i>Naushad</i>
2	Siraj. M. Chaudhary	54	<i>Siraj</i>
3	Rohit. S. Mahotou.	47	<i>Rohit</i>
4	Deepak. D. Singh	76	<i>Deepak</i>
5	Parmesh. Koli	86	<i>Parmesh</i>
6	Tushar. Dumble	34	<i>Tushar</i>
7	Rammilan. L. Rai	58	<i>Rai</i>
8	Hiraman B. Rathod	89	<i>Hiraman</i>
9	Abhishek M. Zite	06	<i>Abhishek</i>
10	V.V. Paranjpe	1	<i>V.V. Paranjpe</i>
11	Priween Alair	59	<i>Priween</i>
12	Rivek. J. Prajapati	99	<i>Rivek</i>
13	Arushi. L. Shetty	100	<i>Arushi</i>
14	Shivkumar Pasi	24	<i>Shivkumar</i>
15	Sanjay R. prajapati	73	<i>Sanjay</i>
16	Raghavendra. H. Goravari	14	<i>Raghavendra</i>
17	Omkar. Suraj. Gupta	56	<i>Omkar</i>
18	Arshad. S. Pinjari	46	<i>Arshad</i>
20	Pratik Koli	40	<i>Pratik</i>
21	Tejay T. Andhar	03	<i>Tejay</i>
22	Ruhik Rane	36	<i>Ruhik</i>
23	Sandesh Salom	84	<i>Sandesh</i>
24	Golu Yadau	22	<i>Golu</i>
25	Deepansu Singh	42	<i>Deepansu</i>
26	Elumalai Goundara	43	<i>Elumalai</i>
27	Piyush Singh	95	<i>Piyush</i>
28	NITIN Giori	60	<i>Nitin</i>
29	chandan chauhan	04/6/19	<i>chandan</i>
30	AKOL KHOT	04/6/19	<i>AKOL</i>



**S.I.C.E.S. DEGREE COLLEGE OF ARTS, SCIENCE & COMMERCE**  
**AMBERNATH (W)**  
 Meditation and Student Empowerment Session  
 (2018-19)

**Student Attendance**

Class: **F.Y.B.Com.**

Date: **16/8/18**

Time: **9.50 am to 10.50 am.**

Sr. No.	Name of Student	Roll No.	Signature
1	Sharda Dhangare	87	
2	Priya Mawriya	35	
3	Madil Sandhya	98	
4	Elizabeth Karela	32	
5	Tirupati Chalwadi	66	
6	Indira Chalwadi	31	
4	Simran Mulla	48	
8	Kalyani Kale	85	
9	Jyoti Ushwakauma	49	
10	Kajal Yadav	72	
11	Jyoti P. Kumar	64	
12	Ashwini - S. Yalavi	90	
13	Kadamburi A. Gunguram	61	
14	Sakshi . R. Senkamble	20	
15.	Rukhsana Khatoon Intezam	53	
16	Jagriti . D. Surashe	13	
17.	Pratiksha . C. Rane	10	
18	Priyanka & deviker	57	
19	Poonali . P. Dewankar	64	

01/08/2018

**IQAC COORDINATOR**  
 SICES DEGREE COLLEGE OF ARTS, SCIENCE & COMMERCE  
 Jambhul Phata, Ambernath (W)



**S.I.C.E.S. DEGREE COLLEGE OF ARTS, SCIENCE & COMMERCE  
AMBERNATH (W)**

**Student Feedback on Meditation and Student Empowerment Session  
(2018-19)**

**Organized by**

**Carrier Counseling, Competitive Exam and Placement Cell**

Please rate the following attributes using four grade scale shown:

Student Name: Jyati . B. Vishwakarma  
Class: fy.b.com

Roll No.: 49  
Date: 16/08/18

Sr.No.	Facilities available	Very Good	Good	Satisfactory	Unsatisfactory
1	Venue		✓		
2	Content of the Session		✓		
3	Resource Persons	✓			
4	Usefulness		✓		
5	Overall	✓			

Suggestions if any:

it's very good and very useful.



Student's Signature

Jyati

# MEDITATION AND STRESS MANAGEMENT

18 Aug 2018



**S.I.C.E.S. DEGREE COLLEGE OF ARTS, SCIENCE & COMMERCE**

**AMBERNATH (W)**

**Meditation and Student Empowerment Session  
(2018-19)**

**Student Attendance**

Class: S. V. B. Com.

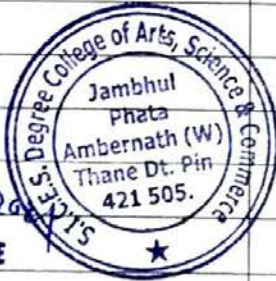
Date: 18/8/18

Time: 9:50 am to 11:00 am

Sr. No.	Name of Student	Roll No.	Signature
1)	Stravanti puithuram	048	
2)	Ismail. Meekanday	073	
3)	MOHAMMEDARIF. A. SHAIKH	114	
4)	Rajesh m mane	77	
5)	Madhakar V. Palkar	46	
6)	Digambar N. Madke	09	
7)	Vishal. G. Tiwari	93	
8)	Malikarjuna	29	
	Jai Rishwani (Asst. Prof.) Law		
	Mr. V.V. Dashmane		
			18/8/18

**IQAC COORDINATOR**

SICES DEGREE COLLEGE OF ARTS, SCIENCE & COMMERCE  
Jambhul Phata, Ambernath (W)



**S.I.C.E.S. DEGREE COLLEGE OF ARTS, SCIENCE & COMMERCE  
AMBERNATH (W)  
Meditation and Student Empowerment Session  
(2018-19)**

**Student Attendance**

Class: S.Y B.Com.

Date: 18/8/18

Time: 9-50 am to 11:00 am

Sr. No.	Name of Student	Roll No.	Signature
1	Saimani Shabnam	11	Al.
2	Renuka Chumely	17	Renuka
3	Barkha B. Yogi	63	Barkha
4	Seema. Rakesh Singh	62	Seema
5	Sayali V. Sawant	44	Sayali
6	Ujjhwani S. Divekar	36	Divekar
7	Sonam. K. Gupta	47	Sonam
8	Dimple S. Hathi	35	Dimple
9	Shreyasi Borecha	40	Shreyasi
10	Megha. Mahon	69	Megha
11	Reena. R. Pal	18	Reena
12	Jyoti H. Klubey	100	Jyoti
13	Merlin Nadar	128	Merlin
14	Shashi. R. Gupta	13	Shashi
15	Apoorva	57	Apoorva

Yogi/SH 08/03/2021

**IQAC COORDINATOR**  
SICES DEGREE COLLEGE OF ARTS, SCIENCE & COMMERCE  
Jambhul Phata, Ambernath (W)







S.I.C.E.S. DEGREE COLLEGE OF ARTS, SCIENCE & COMMERCE  
AMBERNATH (W)

Student Feedback on Meditation and Student Empowerment Session  
(2018-19)

Organized by

Carrier Counseling, Competitive Exam and Placement Cell

Please rate the following attributes using four grade scale shown:

Student Name: Pooja D. Moreyca  
Class: S.Y. B.Com.

Roll No.: SC-18118  
Date: 18/08/19

Sr.No.	Facilities available	Very Good	Good	Satisfactory	Unsatisfactory
1	Venue		✓		
2	Content of the Session	✓			
3	Resource Persons		✓		
4	Usefulness	✓			
5	Overall	✓			

Suggestions if any:

All of the organised session is very good. I have actively participate in this session.

Student's Signature

# MEDITATION AND STRESS MANAGEMENT

20 Aug 2018





**S.I.C.E.S. DEGREE COLLEGE OF ARTS, SCIENCE & COMMERCE  
AMBERNATH (W)**

**Student Feedback on Meditation and Student Empowerment Session  
(2018-19)**

**Organized by**

**Carrier Counseling, Competitive Exam and Placement Cell**

Please rate the following attributes using four grade scale shown:

Student Name: BAGUL JYOTI BHAGWAN  
Class: TYBCOM

Roll No.: 30  
Date: 20/8/18

Sr.No.	Facilities available	Very Good	Good	Satisfactory	Unsatisfactory
1	Venue				✓
2	Content of the Session		✓		
3	Resource Persons		✓		
4	Usefulness	✓			
5	Overall		✓		

Suggestions if any:

Yoga should be conducted daily.



*Bagul*  
Student's Signature

# MEDITATION AND STRESS MANAGEMENT

21 Aug 2018





**S.I.C.E.S. DEGREE COLLEGE OF ARTS, SCIENCE & COMMERCE  
AMBERNATH (W)  
Meditation and Student Empowerment Session  
(2018-19)**

**Student Attendance**

Class: F.Y./S.Y./T.Y. B.Sc.

Date: 21/8/18  
Time:

Sr. No.	Name of Student	Roll No.	Signature	Class
1)	Yogita Ashok Waje	18023	Yogita	F.Y. BSC
2)	Ruchika Bhoge	18007	Ruchika	F.Y BSC
3)	Kimaya Chaudhari	18006	Kimaya	F.Y BSC
4)	Prayakta Chikane	18013	Prchikane	F.Y. BSC
5)	Kajal M. Shukla	18015	Kajal	F.Y. BSC
6)	Roshni Narsingh Verma	18017	Roshni	F.Y. BSC
7)	Ritu N Bhingardive	18043	Ritu	F.Y. BSC.
8)	Neelam .o. bind	18004	Neelam	FMI. BSC.
9)	Rhumika .K. Bhoir	18005	Rhumika	.BSC
10)	Sarika .K. Bhoir	18002	Sarika	FMI BSC.
11)	Divya .R. Bharti	18025	Divya	Fy-BSC
12)	Shreya, S. Revankar	FMI-18005	Shreya	FMI BSC
13)	Tejeswi M. Pawar	TMI-18002	Tejeswi	Ty BSC
14)	Sudha H. Chaudhari	TMI-18012	Shoudhari	TY BSC .
15)	Kritika M. Naidu	TMI-18006	Kritika	TY BSC (micro)
16)	Deepa R. Prajapati	TMI-18005	Deepa	T Y BSC (micro)
17)	Jesni - T. Easoo	TMI-18010	Jesni	TY BSC (Micro)
18)	ASHWINI. JAGTAP	TMI-18009	Agatap	Ty. (Micro)
19)	Shirley Salve	FMI-18009	Shirley	FY. (micro)
20)	Gayatri Gharat	FMI-18003	Gayatri	-11-
21)	Sakshi Bhuley	FMI-1801	Sakshi	FMI (micro)

03/03/2019

**IQAC COORDINATOR**

SICES DEGREE COLLEGE OF ARTS, SCIENCE & COMMERCE  
Jambhul Phata, Ambernath (W)





**S.I.C.E.S. DEGREE COLLEGE OF ARTS, SCIENCE & COMMERCE**  
**AMBERNATH (W)**  
 Meditation and Student Empowerment Session  
 (2018-19)

Student Attendance

Class: **B.Sc. (FY/SY/TY)**

Date: **21/8/18**

Time: **10 am to 11 am**

Sr. No.	Name of Student	Roll No.	Signature
1.	Yogita S. Aghav.	FS-18036	<i>[Signature]</i>
2.	Hrutuja S. Kandale.	FS-18004	<i>[Signature]</i>
3.	Jagruti N. Marade	FS-18040	<i>[Signature]</i>
4.	Shubika R. Musale	FMI-18010	S.R. Musale
5.	Sammudhi V. Khade	FS-18018	<i>[Signature]</i>
6.	Anuja S. Shirsat	FS-18029	<i>[Signature]</i>
7.	Chaitali J. Shirsat	FS-18007	<i>[Signature]</i>
8.	Anamika Agrawal	SMT-18005	<i>[Signature]</i>
9.	Shikha R. Sharma	TS-18012	<i>[Signature]</i>
10.	Chhaya Ashok Dayare	TS-18005	<i>[Signature]</i>
11.	Bhoir Akshata Anil	TS-18001	<i>[Signature]</i>
12.	Khandayule Neha Dilip	TS-18002	<i>[Signature]</i>
13.	Rathod Priyanka Prakash	TS-18010	<i>[Signature]</i>
14.	Sawant Dipati Lata Saheb	TS-18030	<i>[Signature]</i>
15.	Vaze Shraddha Manohar	TS-18009	<i>[Signature]</i>
16.	Karale Ankita Sharad	TS-18022	<i>[Signature]</i>
17.	Kusuma Sneha	TS-18003	<i>[Signature]</i>
18.	Agawane Rutuja	TS-18019	<i>[Signature]</i>
19.	Kamble Deepika	TS-18033	<i>[Signature]</i>
20.	Pooja Veena	SS-18030	<i>[Signature]</i>
21.	Saumya R. Karmali	SMT-18001	<i>[Signature]</i>

*[Signature]*  
 21/8/2018

**IQAC COORDINATOR**  
 SICES DEGREE COLLEGE OF ARTS, SCIENCE & COMMERCE  
 Jambhul Phata, Ambernath (W)



**S.I.C.E.S. DEGREE COLLEGE OF ARTS, SCIENCE & COMMERCE  
AMBERNATH (W)**

**Meditation and Student Empowerment Session  
(2018-19)**

Student Attendance

Class: **BSc (FY/SY/TY)**

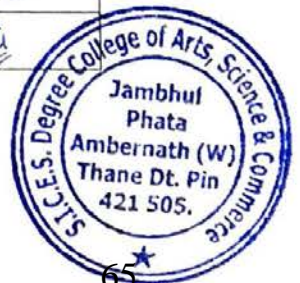
10 am to 11 am

Date: 21/8/18

Sr. No.	Name of Student	Roll No.	Signature
1	Vipul. Y. Raut	SS18001	<i>Vipul</i>
2	Hrithik. S. Yadem	SS18003	<i>Hrithik</i>
3	Pravin Vidyagar	SS18016	<i>Pravin</i>
4	Rohan Gaud	SS18014	<i>Rohan</i>
5	Vinay. V. Kalle	FS18010	<i>Vinay</i>
6	Shodho - Ghai	FS18020	<i>Shodho</i>
7	Mangesh Bhoir	FS18032	<i>Mangesh</i>
8	Pratik P. Chaugule	FS18014	<i>Pratik</i>
9	Bhushan R. Godare	TY-18029	<i>Bhushan</i>
10	Mayur B. Bari	Ty-18015	<i>Mayur</i>
11	Vikas O. Tiwari	TY 18024	<i>Vikas</i>
12	Aniket Waghmare	SY 18026	<i>Aniket</i>
13	Kartik Khude	TYBSc	<i>Kartik</i>
14	Anmol Sharma	SYBSc	<i>Anmol</i>
15	Gaurav Gadre	TYBSc	<i>Gaurav</i>
16	Roshan Bhosle	TYBSc	<i>Roshan</i>
17	Chetan Rajput	FyBSc	<i>Chetan</i>
18	Piyush Fulzele	FYBSc	<i>Piyush</i>
19	Sakshi Kamble	SYBSc	<i>Sakshi</i>
20	Sourya Gaddam	SYBSc	<i>Sourya</i>
21	Sathiya Sjammani	SYBSc	<i>Sathiya</i>
22	Jemmy thampy	SYBSc	<i>Jemmy</i>
23	Nandhini Nagarajan	SYBSc	<i>Nandhini</i>
24	Jyoti Gupta	SYBSc	<i>Jyoti</i>

**IQAC COORDINATOR**

**SICES DEGREE COLLEGE OF ARTS, SCIENCE & COMMERCE  
Jambhul. Phata, Ambernath (W)**



**S.I.C.E.S. DEGREE COLLEGE OF ARTS, SCIENCE & COMMERCE**  
**AMBERNATH (W)**  
**Meditation and Student Empowerment Session**  
**(2018-19)**

**Student Attendance**

Class: F.Y./S.Y./T.Y.B.Sc.

Date: 21/8/18

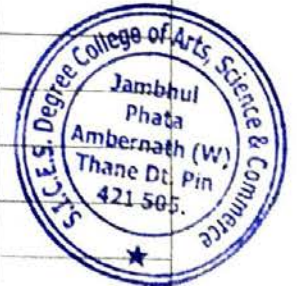
Time: 10.00 AM to 11.00 AM

Sr. No.	Name of Student	Roll No.	Signature	Class
1.	Niket shekhar	KS-18016		
2.	Tushar S Bhawari	FS-18001		
3.	Marehdra Dikwar	18021		
4.	Tejas. M. Khurdkekar	FS-18028		
5.	Abhaysingh. S. Shinde	TS-18026		
6.	Abhishek Dhurnal	TS-18007		
7.	Ritesh Yashwantrao	TS-18006		
8.	shubham Gadge	TS-18008		
9.	sachin Jadhav	TS-18017		
10.	Aniket Gaikwad	FS-18009		
11.	Akshay Khanmane	SS-18018		
12.	Rhucheer Pradhare	SS-18015		
13.	Ankita Sachin	SS-18013		
14.	Ashi Shingare	SS-18011		
15.	Pratiksha Mahadik.	SS-18012		
16.	Akshada Gargote	SS-18022		
17.	Shruti Rane	SS-18004		
18.	Karuna Ghawat	SS-18028		
19.	Shital Akhade	SS-18040		

21/8/2018

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**SICES DEGREE COLLEGE OF ARTS, SCIENCE & COMMERCE**  
**Jambhul Phata, Ambernath (W)**





S.I.C.E.S. DEGREE COLLEGE OF ARTS, SCIENCE & COMMERCE  
AMBERNATH (W)

Student Feedback on Meditation and Student Empowerment Session  
(2018-19)

Organized by

Carrier Counseling, Competitive Exam and Placement Cell

Please rate the following attributes using four grade scale shown:

Student Name: Shraddha Vaze  
Class: T.Y. B.Sc.

Roll No.: TS-18009  
Date: 21<sup>st</sup> Aug 2018

Sr.No.	Facilities available	Very Good	Good	Satisfactory	Unsatisfactory
1	Venue		✓		
2	Content of the Session	✓			
3	Resource Persons	✓			
4	Usefulness	✓			
5	Overall	✓			

Suggestions if any:

Yoga should be conducted every week. It can be performed in open place early morning session should be taken for girls.



Vaze

Student's Signature

# MEDITATION AND STRESS MANAGEMENT

23 Aug 2018



S.I.C.E.S. DEGREE COLLEGE OF ARTS, SCIENCE & COMMERCE  
 AMBERNATH (W)  
 Meditation and Student Empowerment Session  
 (2018-19)

Student Attendance

Class: FYBMS / BBI / BAF

Date: 23/08/18

Time: 10 am to 11 am

Sr. No.	Name of Student	Roll No.	Signature
BBI	kajal yadav	09	Kyadav
BBI	Jyoti Kashyap	07	Jkashyap
BBI	NEHA yadav	11	NEHA
BBI	Angana yadav	12	Angana
BMS	Jennifer. M	13	Jennifer
BBI	Radhika. S. Bind	03	Radhika
BBI	Sanchita Maughe	06	Sanchita
BMS	pooja yadav	08	Pooja
BMS	POOJA CHAVHAN.	09	Chavhan
BMS	Sneha Vijayathi	06	Sneha
BMS	Poonam yadav	16	Poonam
BMS	Chaitrali B. More	33	More
BAF	Aachi B. Jagtap	4	Aachi
BBI	Shivani Chalaxadi	15	Shivani
BAF	Jyoti Ghide	06	Jyoti
BAF	Kadambari Yelak	11	Kadambari
BAF	Sonam. Chavhan	09	Chavhan
BMS	Sabita Negbor	10	Sabita
BMS	Goanna Rand	07	Goanna
BMS	Komal. Zadhav	21	Komal
BMS	Jennifer Johnson	09	Jennifer
BAF	Suman V	35	Suman
BAF	Surya	32	Surya
BBT	Saleya Pillai	16	Pillai

*[Signature]*  
 07/08/2018

IQAC COORDINATOR  
 SICES DEGREE COLLEGE OF ARTS, SCIENCE & COMMERCE  
 Jambhul Phata, Ambernath (W)









SIES'S DEGREE COLLEGE OF ARTS, SCIENCE & COMMERCE

AMBERNATH (W)

Mediation and Student Empowerment Session

(2018-19)

Student Attendance

Class: FYBMS/BAF/BAI

Date: 25/08/18

Time: 10 am to 11 am.

Sl. No.	Name of Student	Roll No.	Signature
1	Kishan M. Koli	15	Kishan
2	Ganesh. C. Rane	7	Ganesh
3	Esarni Parvati	5	Esarni
4	Ashad Shaikh	23	Ashad
5	Pawan belkhele	20	Pawan
6	MAHENDRA KUMAR	10	(M)
7	Ashish Singh	21	Ashish
8	Hooichondan Thevar	12	Hooichondan
9	Nomesh Ayyali	19	Nomesh
10	Sunpreet S. Chakke	2	Sunpreet
11	Rahul. S. Gureja	13	Rahul
12	Ganesh Jagde	55	Ganesh
13	Kanesh Jagde	29	Kanesh
14	Sanskriti Jagde	20	Sanskriti
15	Hrushika Magade	1	Hrushika
16	Ajay Jagde	23	Ajay

01/03/2021  
 IQAC COORDINATOR  
 SIES DEGREE COLLEGE OF ARTS, SCIENCE & COMMERCE  
 Jambhul Phata, Ambernath (W)



**S.I.C.E.S. DEGREE COLLEGE OF ARTS, SCIENCE & COMMERCE  
AMBERNATH (W)**

**Student Feedback on Meditation and Student Empowerment Session  
(2018-19)**

**Organized by**

**Carrier Counseling, Competitive Exam and Placement Cell**

Please rate the following attributes using four grade scale shown:

Student Name: NEHA YADAV

Roll No.: 11

Class: F.Y BBI

Date: 23/08/2018

Sr.No.	Facilities available	Very Good	Good	Satisfactory	Unsatisfactory
1	Venue	✓		✓	
2	Content of the Session			✓	
3	Resource Persons	✓		✓	
4	Usefulness			✓	
5	Overall			✓	

Suggestions if any:

it should be regularly.

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NEHA YADAV  
Student's Signature

# MEDITATION AND STRESS MANAGEMENT

28 Aug 2018









**S.I.C.E.S. DEGREE COLLEGE OF ARTS, SCIENCE & COMMERCE  
AMBERNATH (W)**

**Student Feedback on Meditation and Student Empowerment Session  
(2018-19)**

**Organized by**

**Carrier Counseling, Competitive Exam and Placement Cell**

Please rate the following attributes using four grade scale shown:

**Student Name:** Manish. S. Tiwari  
**Class:** FY BSC (CCB)

**Roll No.:**  
**Date:** 27/8/18

Sr.No.	Facilities available	Very Good	Good	Satisfactory	Unsatisfactory
1	Venue	✓			
2	Content of the Session	✓			
3	Resource Persons	✓			
4	Usefulness	✓			
5	Overall	✓			

**Suggestions if any:**

Open space should be provided means we should sit on the floor to avail full benefit of yoga. Every day one lecture of half an hour.



*Tiwari*  
**Student's Signature**



# MEDITATION AND STRESS MANAGEMENT

29 Aug 2018



**S.I.C.E.S. DEGREE COLLEGE OF ARTS, SCIENCE & COMMERCE**  
**AMBERNATH (W)**  
 Meditation and Student Empowerment Session  
 (2018-19)

Student Attendance

Class: TYBMS/BAF/BBT

Date: 29/08/18

Time: 10am to 11am

Sr. No.	Name of Student	Roll No.	Signature
1	Shubham R. Yadau	180032	
2	Ranjith R. Nair	18001	
3	Mohit S. Nachane	18010	
4	Sagar S. Mane	18021	
5	Manish M. Singh	18013	
6	Manoj P. Padhi	18014	
7	Sanjay Arumugam	1016	
8	Venkatesh D. Sagar	TBI-18014	
9	Rounak	18019	
10	Manish	TMS-05	
11	Shrey	TMS-04	
12	Aditya	-11-	
13	Prabin	TMS/18020	
14	Pandey Pratik Manoj	13	
15	Maaz Mirza	18012	
16	Aatishk. Bind	18002	
17	Ajay W. B	18016	
20	Satyam H. Tripathi	18029	

08/03/2024

**IQAC COORDINATOR**  
 SICES DEGREE COLLEGE OF ARTS, SCIENCE & COMMERCE  
 Jambhul Phata, Ambernath (W)





S.I.C.E.S. DEGREE COLLEGE OF ARTS, SCIENCE & COMMERCE  
AMBERNATH (W)

Meditation and Student Empowerment Session  
(2018-19)

Student Attendance

Class: TYBMS/BAF/BB1

Date: 29/08/18

Time: 10 am to 11 am

Sr. No.	Name of Student	Roll No.	Signature
1	Ruksar Shaikh	11	R Shaikh
2	Jyoti Rajbhar	28	Jyoti
3	Mansi Mundhe	10	Mansi
4	Janhavi Triakore	11	J Triakore
5	Chetana S. Dingankar	5	Chetana
6	Jeeritha R. Rajendran	18010	J R
7	Charmi No Limani	18004	Charmi
8	Kankana G Deka	18006	Kankana
9	Ashwini. Pardeshi	18017	Ashwini
10	Disha. Dubey	18023	Disha
11	Pratibha. Tiwari	18015	P Tiwari
12	Aishwarya. Bankar	14	A Bankar
13	Preeti Sharma	18005	P Sharma
14	Akanksha Yadav	18001	A Yadav
15	Suneta Gupta	18006	S Gupta
16	Sneha Nair.	18018	S Nair
17	Renuka. Barrollu.	18002	Renuka
18	Talohini. S. Jadhav	18012	T Jadhav
19	Nisha S. Bhauri	18003	N.S. Bhauri

*(Signature)* 29/08/2018

IQAC COORDINATOR  
SICES DEGREE COLLEGE OF ARTS, SCIENCE & COMMERCE  
Jambhul Phata, Ambernath (W)



**S.I.C.E.S. DEGREE COLLEGE OF ARTS, SCIENCE & COMMERCE  
AMBERNATH (W)**

**Student Feedback on Meditation and Student Empowerment Session  
(2018-19)**

**Organized by**

**Carrier Counseling, Competitive Exam and Placement Cell**

Please rate the following attributes using four grade scale shown:

**Student Name:** Bunty. s. Jaiswar

**Roll No.:** 18023

**Class:** T.Y.Bms

**Date:** 28/08/2018

Sr.No.	Facilities available	Very Good	Good	Satisfactory	Unsatisfactory
1	Venue	✓			
2	Content of the Session	✓			
3	Resource Persons	✓			
4	Usefulness	✓			
5	Overall	✓			

**Suggestions if any:**

Very good meditation and empowerment session.  
So, it better give meditation in group as well as  
meditation room, etc



  
**Student's Signature**

# MEDITATION AND STRESS MANAGEMENT

30 Aug 2018











**S.I.C.E.S. DEGREE COLLEGE OF ARTS, SCIENCE & COMMERCE  
AMBERNATH (W)**

**Student Feedback on Meditation and Student Empowerment Session  
(2018-19)**

Organized by

**Carrier Counseling, Competitive Exam and Placement Cell**

Please rate the following attributes using four grade scale shown:

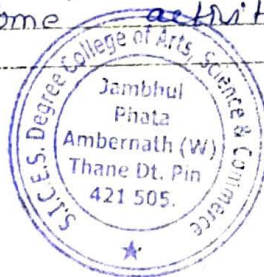
Student Name: Neha Ravindra Singh  
Class: S.Y. BAF

Roll No.: 26  
Date: 30/1/18

Sr.No.	Facilities available	Very Good	Good	Satisfactory	Unsatisfactory
1	Venue		✓		
2	Content of the Session	✓			
3	Resource Persons	✓			
4	Usefulness	✓			
5	Overall	✓			

Suggestions if any:

Yoga session is very well conduct.  
In the session some activities may  
or increase.



Neha  
Student's Signature

# Suryanamaskar lessons on National Youth Day



**S.I.C.E. Society's Degree College of Arts, Science and Commerce,  
Ambarnath (W)**

**NOTICE**

Date: 08/01/2019

All the students of SICES Degree College are hereby informed that our college is celebrating 12 January 2019- National Youth Day (Yuva Din) which is birth anniversary of Swami Vivekananda.

Students should attend the **Yoga Session to be carried out on College ground from 8.30 am onwards.** Students should bring their own yoga mat with themselves.



*H.M. Bachhav*

Dr. H.M. Bachhav

I/c Principal  
I/c Principal

S.I.C.E.S. Degree College of Arts, Science & Commerce  
Ambarnath - 421 505

**S.I.C.E. Society's Degree College of Arts, Science and Commerce,  
Ambarnath (W)**

**NOTICE**

Date: 08/01/2019

All the students of SICES Degree College are hereby informed that our college is celebrating 12 January 2019- National Youth Day (Yuva Din) which is birth anniversary of Swami Vivekananda.

Students should attend the **Guest lecture on "Life and messages of Swami Vivekananda"** on 10.00 am on college ground.



Chairperson  
Career Counseling, Placement and  
Competitive exam guidance cell



Dr. H.M. Bachhav  
V/c Principal  
S.I.C.E.S Degree College of Arts, Science & Commerce  
Ambarnath - 421 505



# YUVA DIN CELEBRATION

12 January 2019





S.I.C.E. Society's Degree College of Arts, Science and Commerce, Ambarnath (W)

**Career Guidance, Competitive Exam and Placement Cell**

**Report**

"Celebration of Yuva Din (National Youth Day)"

Time: 9.00 am to 10.00 am

Date: 12/01/2019

Venue: SICES Degree College Ground

**Resource Person:** Mr. Ujjain Lokhande  
(Physical Director)

In these sessions students were encouraged to practice Surya-Namaskar in day to day life which may lead to the healthy body.

Students and teachers together learnt to do "SURYA-NAMASKAR" along with the demonstrator student JAMEEL.

Simultaneously positive thoughts were also impregnated in-between.

**No. of Student benefitted: 146**

**No. of Staff benefitted: 26**

*Ujjain Lokhande*  
- 12/01/2019

Chairperson  
Career Guidance, Competitive Exam  
And Placement Cell



*Heerabai*  
i/c Principal  
S.I.C.E.S. Degree College of Arts, Science & Commerce  
Ambarnath - 421 505



S.I.C.E. Society's Degree College of Arts, Science and Commerce, Ambarnath (W)

**Career Guidance, Competitive Exam and Placement Cell**

Report

**“Celebration of Yuva Din (National Youth Day)”**

- Guest lecture: Life and teachings of Swami Vivekananda
- Guest Lecturer: Mrs. Deepali Katre  
(Vivekananda Kendra Ambarnath)

In these sessions students were addressed by the guest lecturer. The positive life and teachings of Swami Vivekananda were conveyed to the students and advised to practice those in their life.

Time: 10.00 am to 10.30 am

Date: 12/01/2019

Venue: SICES Degree College Ground

**No. of Student benefitted: 146**

**No. of Staff benefitted: 26**

*Shams*  
12/01/19

Chairperson  
Career Guidance, Competitive Exam  
And Placement Cell



*Shams*  
12/01/19  
S.I.C.E.S. Degree College of Arts, Science & Commerce  
Ambarnath - 421 505

S.I.C.E. Society's Degree College of Arts, Science and Commerce, Ambarnath (W)

**Career Guidance, Competitive Exam and Placement Cell**

**"YUVA DIN" (NATIONAL YOUTH DAY)**

Time: 9.00 am to 10.00 am

Date: 12/01/2014

Venue: S.I.C.E.S. College ground.

Resource Person: Mr. Ujjain Lokhande (Physical Director)(Suryanamaskar)

**Students Attendance**

Sr. No.	Student Name	Class	Signature
1	Kalyani Kale	F.y.b.com	Kalyani
2	Simran Mulla	F.y.b.com	Simran
3	Shraddha Tiwari	F.y.b.com	Shraddha
4	Pratima Tiwari	F.Y.B.COM	Pratima
5	Sandhya B.M	F.Y.B.COM	Sandhya
6	Kajal Yadav	F.Y.B.COM	Kajal
7	Jyoti Jaiswal	F.Y.B.COM	Jyoti
8	Jyoti Raibhary	T.Y.B.(AI)	Jyoti
9	Jeevitha R Mudaliar	F.Y.B.A.F	Jeevitha
10	Pooja Chauhan	F.Y.B.M.S	Pooja
11	Pooja Yadav	F.Y.B.M.S	Pooja
12	Sonam Chauhan	F.Y.B.A.F	Sonam
13	Sanskul P Yadav	F.Y.B.A.F	Sanskul
14	Kanageshwari Mudaliar	F.Y.B.A.F	Kanageshwari
15	Rathod Priyanka Prakash	T.Y.B.Sc	Rathod
16	chaitrali J. Shirsath	T.Y.B.Sc	chaitrali
17	Sneha Madhavi	F.Y.B.Sc	Sneha
18	Kajal M Shukla	F.Y.B.Sc	Kajal



Ujjain Lokhande  
IQAC COORDINATOR

SICES DEGREE COLLEGE OF ARTS, SCIENCE & COMMERCE  
Jambhul Phata, Ambarnath (W)

S.I.C.E. Society's Degree College of Arts, Science and Commerce, Ambarnath (W)

**Career Guidance, Competitive Exam and Placement Cell**

**"YUVA DIN" (NATIONAL YOUTH DAY)**

Time: 9:00 am to 10:30 am Date: 12/01/2019

Venue: SICES College Ground.

Resource Person: Mr. Ujjain Lokhande (Physical Director)(Suryanamaskar)

**Students Attendance**

Sr. No.	Student Name	Class	Signature
1	Ashish Pinjari	F.Y. B.Com	A.S. Pinjari
2	Pratik Koli	F.Y. B.Com	Pratik
3	Sagar T. Bhandari	F.Y. B.Com	<del>Sagar</del>
4	Tarun Khan	S.Y. BMS	Tarun
5	Ashish V. Singh	F.Y. BAF	Ashish
6	Tarun. Anandhi	F.Y. B.Com	Tarun
7	Ashish Mundhe	S.Y. B.Sc	Ashish
8	Rajesh Mishra	S.Y. B.Sc	Rajesh
9	SHIVAM LONDHE	F.Y. BSC	Shivam
10	Sachin. H. Deshmukh	F.Y. BSC	Sachin
11	Pratik. A. Chaugule	F.Y. BSC	Pratik
12	Vivek S. Bangar	F.Y. IT	Vivek
13	Aditya P. Newalkar	F.Y. IT	Aditya
14	Yash Gutve	F.Y. IT	Yash
15	Santosh Mudaltan	F.Y. IT	Santosh
16	Aditya R. Verma	F.Y. IT	Aditya
17	Rupesh. R. Singh.	F.Y. IT	Rupesh
18	Niket Shukla	F.Y. BSC	Niket



12/01/2019  
IQAC COORDINATOR  
SICES DEGREE COLLEGE OF ARTS, SCIENCE & COMMERCE  
Jambhul Phata, Ambarnath (W)

Sr. No.	Student Name	Class	Signature
1	Pooja Mawga	F.Y Bcom	Pooja
2	Pooja Deshpande	F.Y Bcom	Pooja
3	Shruti Mishra	F.Y Bcom	Shruti
4	Shruti Sana	F.Y Bcom	Shruti
5	Elizabeth P. K	F.Y Bcom	Elizabeth
6	Jameda T. Choudhary	F.Y Bcom	Jameda
7	Shruti Mishra	F.Y Bcom	Shruti
8	Jameda T. Choudhary	F.Y Bcom	Jameda
9	Jameda T. Choudhary	F.Y Bcom	Jameda
10	Jameda T. Choudhary	F.Y Bcom	Jameda
11	Jameda T. Choudhary	F.Y Bcom	Jameda
12	Jameda T. Choudhary	F.Y Bcom	Jameda
13	Pragati Vigha	S.Y Bcom	Pragati
14	Pragati Vigha	S.Y Bcom	Pragati
15	Pallavi Shedge	F.Y IT	Pallavi
16	Pallavi Shedge	F.Y IT	Pallavi
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 04/03/2021  
 IQAC COORDINATOR  
 SICES DEPRET COLLEGE OF ARTS, SCIENCE & COMMERCE  
 Jambhul Phata, Ambernath (W)

Sr. No.	Student Name	Class	Signature
1	Raghavendra.H. Goravur	Fy B.com	Raghavendra
2	CHAUDE PRASHANT S.	FY B.AF	Prashant
3	Suman Panigrahy	FY BAF	Suman
4	Pal Pawan	FY BAF	Pawan Pal
5	Vatishet Shetty	FY BMS	Shetty
6	Prakash.S.Gupta	FY BAF	Prakash
7	Ranjith .R. Nair	T.Y BMS	Ranjith
8	Kamlesh Yadav	FY BAF	Kamlesh
9	Aditya.P. Bellare	T.Y BMS	Bellare
10	Maaz .M. Mirza.	T.Y BMS	Maaz
11	Ambuj .Pondoy	FY BAF	Ambuj
12	ESAKKI	FY BMS	ESAKKI
13	Abhant Singh	FY BAF	Abhant
14	Ravi I Sharm	FY B.com	Ravi
15	Piyush .A. Fulzele	FY BSC (Micro)	Fulzele
16	Bramodkumar.A.mahajan	FY B.S.C	Pillai
17	Prince verma	FY IT	Prince
18	Aatish Kumar R. Bind	T.Y. BMS	Bind
19	Malikarjun	S.Y. B.com	Malikarjun
20	Jai Shankar Yadav	T.Y B.com	Jai
21	Shamath madhwal	T.Y B.com	Shamath
22	Sanjay pondoy	T.Y B.com	Sanjay
23	ASIM Shaikh	FY B.SCI	ASIM
24	Harendera Dixer	FY B.Sc	Harendera
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06/03/2021  
 IQAC COORDINATOR  
 SICES DEGREE COLLEGE OF ARTS, SCIENCE & COMMERCE  
 Jambhul Phata, Ambarnath (W)



Sr. No.	Student Name	Class	Signature
1	Sakshi R. Senkamble	F.Y.B.com	Sakshi
2	Pratiksha Dhanvate	S.Y.B.Com	Pratiksha
3	Prihi Mishra	F.Y.B.com	Prihi
4	Kajankari Anagawar	S.Y.B.com	Anagawar
5	Kiran Gupta	S.Y.B.com	Gupta
6	Rohini Jagde	S.Y.B.com	Rohini
7	Shweta Rathod	Fy BBI	Shweta
8	Kavita Kene	Fy BBI	Kavita
9	Sanchita Melghe	Fy BBI	Sanchita
10	Vandika Pandey	Fy BBI	Vandika
11	Nikita Falgote	Fy BBI	Nikita
12	Manvi Mundhe	T.Y BMS	Manvi
13	Jankavi Thakare	TY BMS	Jankavi
14	Prayali Khadaw	TY Bsc	Prayali
15	Tejashree Bagat	TY BSI	Tejashree
16	Vedika Bhoir	TY Bsc	Vedika
17	Ruchika Bhoge	F.Y. BSC	Ruchika
18	Yogita Aghav.	F.Y. BSC	Yogita
19	Kimaya Chaudhari	FYBsc	Kimaya
20	Yogita A. Waje	FYBSC	Yogita
21	Hrutuja S. Kandale	FYBsc	Hrutuja
22	Gauran B. Kalshetty	S.Y.B.Sc.	Gauran
23	SIMRAN GUPTA	SYBSCIT	Simran
24	SAPNA SINGH	SYBSCIT	Sapna
25	Shubly S. Kashyap	S.Y.B.com	Shubly
26	POOJA D. MARGA	S.Y.B.com	Pooja
27	Shruti Kawale	FYBSC	Shruti

Date: 04/05/2024  
 IQAC COORDINATOR  
 SICES DEGREE COLLEGE OF ARTS, SCIENCE & COMMERCE  
 Jambhul Phata, Ambarnath (W)



Sr. No.	Student Name	Class	Signature
1	Rohit S. Malhotra	F.Y. B.Com	Rohit
2	Salif Singh	F.Y. B.com	Salif
3	Vivek Prajapati	F.Y. B.com	Vivek
4	Shashikant A. Chaudhary	S.Y. B.Com	Shashikant
5	Gaurav Jwan	TY/B.T	Gaurav
6	Darwish S. Chaurasiya	F.Y. B.Sc.	Darwish
7	JOSHAN FAROOK	SY BSc (IT)	Joshan
8	Vinay Katta	SY BSc (IT)	Vinay
9	Johnson Chinnappa	SY BSc (IT)	Johnson
10	Rohit S. Kedar	FY BSc	Rohit
11	Saurabh D. Reene	F.Y. B.Sc. Micro	Saurabh
12	Seehant S. Navar	F.Y. B.Sc.	Seehant
13	Swapnil Jadhav	F.Y. BSc Micro	Swapnil
14	Vivek Kade	F.Y. BSc Plain	Vivek
15	SOURAV AVALAVADE	F.Y. BAF	Sourav
16			
17	Tushar Bhawari	F.Y. BSc Plain	Tushar
18	Samay Pawar	F.Y. BSc Plain	Samay
19	Harshit A. Singh	F.Y. BSc IT	Harshit
20	Abhishek Singh	F.Y. BSc IT	Abhishek
21	Abel Johannan	S.Y. BSc IT	Abel
22	Sathya Sijapamani	S.Y. BSc (Micro)	Sathya
23	Jemmy Thampy	S.Y. BSc (Micro)	Jemmy
24	Jyoti Gupta	S.Y. BSc (Micro)	Jyoti
25			
26			

01/03/2014

IQAC COORDINATOR

SICES DEGREE COLLEGE OF ARTS, SCIENCE & COMMERCE  
Jambhul Phata, Ambernath (W)



Sr. No.	Student Name	Class	Signature
1	Poonam N. Gulve	S.Y. B.Com	P.N.Gulve
2	Alfiya B Sayyed	S.Y. B.Com	Alfiya
3	Sangeeta X. Swami	T.Y. B.Com	Sangeeta
4	Sonija N. Chalewadi	S.Y. B.Com	Sonija
5	Deema Rakosh Singh	S.Y. B.com	Deema
6	Jayanti N. Marade	F.Y. B.Sc	Jayanti
7	Sonal A. Tiwari	F.Y. B.com	Sonal
8	Pratibha Jaiprakash Tiwari	TY BMS	Pratibha
9	KHAN GULNAR Ayub	Ty BBI	Gulnar
10	Sunita R. Gupta	Ty. BBI	Sunita
11	Preeti R. Sharma	Ty. BBI	Preeti
12	Mohini S. Jadhav	TY. BBI	Mohini
13	Chandni D. Dwivedi	Fy. B.COM	Chandni
14	Suneeta Sharma	F.Y. B.COM	Suneeta
15	Surayana Dhoke	TY BBI	Surayana
16	Nisha S. Bhawari	TY. BBI	N.S. Bhawari
17	Neelam O. bind	F.Y. Bsc (Main)	Neelam
18	Pooja C.V.	F.Y. Bsc (plain)	Pooja
19			
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06/03/2021

IQAC COORDINATOR  
SICES DEGREE COLLEGE OF ARTS, SCIENCE & COMMERCE  
Jambhul Phata, Ambarnathi (W)



## Career Guidance, Competitive Exam and Placement Cell

### "YUVA DIN" (NATIONAL YOUTH DAY)

Time: 9.00 am to 10.30 am

Date : 12/01/2019

Venue: SICES Degree College Ground

Resource Person: Mr. Ujjain Lokhande (Physical Director)(Suryanamaskar)

Guest Lecturer: Mrs. Katre (Vivekananda Kendra Ambarnath)

### Staff Attendance

Sr. No.	Staff Name	Signature
1	Mr. Ghanshyam Lokhande	
2	Mr. Nilesh Mehra	
3	Mr. Santosh Rohra	
4	Mrs. Amol S. Kadam	
5	Mr. Suryajit S. Telange	
6	Mr. Ninaj M. Bahuguna	
7-	Mr. Salhin D. Talp	
8	Dr. Pravin C. Hudge	
9	Mr. Anil P. Phapole	
10	Mr. Deviprasad B. Alva	
11	Dr. Vilas S. Patil	
12	Mr. Vikas V. Deshmone	
13	Ms. Kimbha Pauldas	
14	Mrs. Nisha H. Kukreja	
15	Mr. Shubhangi R. P.	
16	Mrs. Vaishali V. Khaichome	
17-	Mrs. Neha Patil	



12/01/2019  
IQAC COORDINATOR  
SICES DEGREE COLLEGE OF ARTS, SCIENCE & COMMERCE  
Jambhul Phata, Ambarnath (W)



# Yoga lessons to school students 21 June 2018





S.I.C.E.S DEGREE COLLEGE OF ARTS, SCIENCE AND COMMERCE

Jambhul Phata, Ambarnath (w).

Date: 17/06/2019

## NOTICE

All the students and staffs are informed to attend celebration of "International Yoga Day" (Yogasan, Pranayam & Meditation) on 21 June 2019 at 9.00 am in college premises.

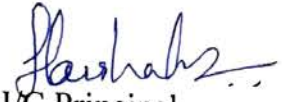
**Note:** Students should bring own mats for the yoga session.



Chairperson  
Career Counseling Cell  
Mr. V. V. Deshmane



Chairperson  
Gymkhana Committee  
Mr. Deepu Thampi



I/C Principal  
Dr. H.M. Bachhav  
S.I.C.E.S. Degree College of Arts, Science & Commerce  
Ambarnath - 421 505.



SICES Degree College of Arts, Science and Commerce,  
Chikloli, Ambarnath (W)

Date: 21 June 2019

*Inter*

**Report of National Yoga Day Celebration**

International Yoga Day was celebrated in SICES Degree College in enthusiastic atmosphere. Students and staff performed “Yogasan” and “Pranayam” under the supervision of Mr. Ujjain Lokhande, physical director of the college.

- Date: 21 June 2019
- Time: 9.00 am to 10.30 am
- Venue: Late Shri. N. Shankaran Nair, Auditorium
- Students Present: 28
- Staff Present: 23



Chairperson  
Gymkhana Committee



Chairperson  
Career Guidance Cell



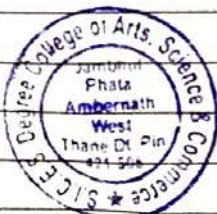
I/C Principal  
I/c Principal

S.I.C.E.S. Degree College of Arts, Science & Commerce  
Ambarnath - 421 505



ATTENDANCE SHEET OF STUDENTS ON 21<sup>ST</sup> JUNE 2019 "INTERNATIONAL YOGA DAY"

SR.NO.	NAME OF THE STUDENT	FACULTY	ROLL NO.	SIGNATURE
1.	Kishan. Koli	Sy(BAF)		<u>Kishan</u>
2.	Shaikh Anshad	Sy BMS		<u>Anshad</u>
3.	Ashish Wadar	Sy BMS	SMS19015	<u>R. Ashish</u>
4)	Abhishek Zite	Sy. Bcom	SC 19061	<u>Abhishek</u>
5)	Vivik Prayapati	Sy. Bcom	SC 19053	<u>Vivik</u>
6)	Ankesh Singh	Sy (BAF)		<u>Ankesh</u>
7)	Pranav Kump	TYBBI		<u>Pranav</u>
8)	Parasit Yadbav	TYBMS		<u>Parasit</u>
9)	Ronit Jadhav	TYBAF	TAF-19002	<u>Ronit</u>
10)	Jyoti S. Managaji	TYBMS	TMS-19009	<u>Jyoti</u>
11)	Ruchika Methur	TYBMS	TMS-19008	<u>Ruchika</u>
12)	Khwani Nukumbh	TYBMS	TMS-19007	<u>Khwani</u>
13)	Sonija H. Kulkarni	SyBAF	BAF-19007	<u>Sonija</u>
14)	Nilam D Yadbav	TYBBI		<u>Nilam</u>
15)	Sayli V. Thakare	TYBMS	TMS-19012	<u>Sayli</u>
16)	Dakshada S. Bangar	TYBMS	TMS-19013	<u>Dakshada</u>
17)	Jyoti B. Vishwakarma	Sy Bcom	SC 19052	<u>Jyoti</u>
18)	Durga Prayapati	Sy BMS-	SMS-19005	<u>Durga</u>
19)	Chandni Dwivedi	Sy Bcom	SC-19011	<u>Chandni</u>
20)	Priti Jha	Sy. Bcom	SC-19036	<u>Priti</u>
21)	Komal. Jadhav	Sy BMS	SMS-19007	<u>Komal</u>
22)	Pooja Tiwari	TYBAF	TAF-19000	<u>Pooja</u>
23)	Prafakta Jadhav	TYBcom	TC-19006	<u>Prafakta</u>
24)	Gauravi B. Kabbethi	TYBSc	TS-19023	<u>Gauravi</u>
25)	Sahil R. Bhojare	Sycom	SC-19003	<u>Sahil</u>
26)	Reshmi S. Sharama	Sy. Bcom	SC-17	<u>Reshmi</u>
27)	Adarsh Bhandari	Ty BAF	TY-11	<u>Adarsh</u>
28)	Vikas Sikarwar	TX BSC	TS-19007	<u>Vikas</u>



[Signature]

IQAC COORDINATOR  
SICES DEGREE COLLEGE OF ARTS, SCIENCE & COMMERCE  
Jambhul Phata, Ambernath (W)

S.I.C.E.S. DEGREE COLLEGE OF ARTS, SCIENCE & COMMERCE  
JAMBHUL PHATA, AMBERNATH (W).

Date :- 21/06/2019

ATTEDANCE SHEET OF AIDED TEACHING & NON - TEACHING- STAFF ON 21<sup>ST</sup> JUNE 2019  
"INTERNATIONAL YOGA DAY"

SR.NO.	NAME OF THE STAFF	DEPARTMENT	SIGNATURE
1	Dr. Harshal M. Bachhav	Chemistry	<i>Harshal Bachhav</i>
2	Mr. Sharad K. Awate	Chemistry	
3	Dr. Jyothi V. Mallia	Zoology	
4	Dr. Alpa K. Patel	Botany	<i>Alpa Patel</i>
5	Dr. Digamber M. Sapkal	Physics	<i>Digamber Sapkal</i>
6	Dr. Sangharsh S. Gajbe	Library	
7	Mr. Vikas V. Deshmane	Physics	<i>Vikas Deshmane</i>
8	Dr. Vilas S. Patil	Mathematics	<i>Vilas Patil</i>
9	Dr. Pravin G. Hudge	Physics	<i>Pravin Hudge</i>
10	Dr. Yogesh S. Shelar	Chemistry	<i>Yogesh Shelar</i>

NON - TEACHING STAFFS

SR.NO.	NAME OF THE STAFF	DESIGNATION	SIGNATURE
1	MR. VIJAYRAJ ALZANDE	SENIOR CLERK	<i>Vijayraj Alzande</i>
2	MR. RAJIV MENON	JUNIOR CLERK	
3	MR. MOHAMMED ZAID SHAIKH	LABORATORY ASSISTANT	
4	MR. DEVIPRASAD ALVA	LABORATORY ATTENDANT	
5	MR. SURYAJI TELANGE	LABORATORY ATTENDANT	<i>Suryaji Telange</i>
6	MR. MILIND BANGAR	LABORATORY ATTENDANT	
7	MR. SACHIN TALAP	LABORATORY ATTENDANT	
8	MR. MANOHAR SACHALE	LIBRARY ATTENDANT	
9	MR. YOGESH SURYAVANSHI	LIBRARY ATTENDANT	<i>Yogesh Suryavanshi</i>
10	MR. ATUL MUSALE	PEON	
11	MR. NARAYANAN SUPRAYAN	PEON	
12	MR. RANJIT DOLAS	PEON	<i>Ranjit Dolas</i>



IQAC COORDINATOR  
SICES DEGREE COLLEGE OF ARTS, SCIENCE & COMMERCE  
Jambhul Phata, Ambernath (W)



ATTEDANCE SHEET OF UNAIDED TEACHING & NON - TEACHING- STAFF ON 21<sup>ST</sup> JUNE 2019  
"INTERNATIONAL YOGA DAY"

SR.NO.	NAME OF THE STAFF	DEPARTMENT	SIGNATURE
1	Ms. Shubhangi Arun Rajguru	Microbiology	
2	Mrs. Shweta Vinayak Humbarwadi	Microbiology	<i>Shweta</i>
3	Ms. Kirubha Pauldas	Microbiology	<i>Kirubha</i>
4	Mr. Niraj Madhukar Bahuguni	Chemistry	
5	Mrs. Uma Vishwajeet Tanwar	Commerce	
6	Mrs. Rakhi Vicky Gulati	Commerce	<i>Rakhi</i>
7	Mr. Vishal SundarShingare	Commerce	<i>Vishal</i>
8	Ms. Shanti Loknathan Mudaliar	BMS	<i>Shanti</i>
9	Mr. Mudassar Mehbub Sayyed	BMS	<i>Mudassar</i>
10	Mr. Santosh Nihalchand Rohra	B.Com. (B & I)	<i>Santosh</i>
11	Ms. Neelam Dadhibal Jaiswar	B.Com. (B & I)	<i>Neelam</i>
12	Mr. Swapnil Rajan Bagade	B.Com. (B & I)	
13	Mrs. Aruna Sanjay Kadam	B.Com. (A & F)	
14	Mr. Ghanshyam Tejabhai Lakhani	B.Com. (A & F)	
15	Mr. Jaikumar Ashok Rijhwani	Law	<i>Jaikumar</i>
16	Mr. Nilesh Tulshiram Meher	B.Com. (A & F)	<i>Nilesh</i>
17	Mr. Shrinivas Narasappa Dudgal	I.T.	
18	Mr. Deepu Thampi	I.T.	<i>Deepu</i>
19	Mr. Jeevan ShankarRothe	C.S.	
20	Mrs. Vaishali Vishal Khachane	C.S.	<i>V.V. Khachane</i>
21	Mrs. Shweta Rahul Patki	C.S.	
22	Mr. Pradeep Popat Phapale	B.A.	
23	MR. U.G. LOKHANDE	SPORTS	<i>U.G. Lokhande</i>

NON- TEACHING STAFF

SR.NO.	NAME OF THE STAFF	FACULTY	SIGNATURE
1	MS. RESHMA G. PILLAI	CLERK	
2	MR. DEVDASAN CHERROTH	HOUSE - KEEPING SUPERVISIOR	
3	MRS. ANJANA PARIDE	PEON	
4	MRS. VANITHA SHIVA	PEON	



# Yoga lessons to school students

21 June 2018







University Of Mumbai  
National Service Scheme (NSS)  
Mumbai Central Suburb NSS Unit

Date: 02/09/2015

To,

Mr. U. G. Lokhande.

Dear Sir/Madam,

**Sub: Letter of appreciation**

National Service Scheme (NSS) has been a part of Mumbai University from the last forty one years (1969). More than 46,000 NSS volunteers are involved in social activities in Eight Zones from Thane to Sindhudurg districts (380 colleges). Mumbai central suburb zone is one of them. 43 colleges from Kurla-Mulund and Navi Mumbai area are coming under this zone.

The NSS Central Suburb Zone, University of Mumbai and (Organizer college Name) had organized five days residential Leadership Training Camp for the 85 NSS Volunteers from 43 colleges from 31/08/2015 at Ratnam college.

The main objective of this programme is to promote the NSS volunteers to become a good leader among the college NSS Unit and to develop their Leadership qualities.

We are thankful that you delivered a lecture on Diet and Yoga.  
to our NSS volunteers on 02/9/15

We are sure that the volunteers have gained a lot from your inspirational and educative lecture.

Thanking you,

Sincerely,

Mr. Royal D'souza  
NSS District Coordinator  
Mumbai Central Suburb Zone  
University of Mumbai.



*Anish*  
(Organisers)

University Of Mumbai  
National Service Scheme (NSS)  
Mumbai Central Suburb NSS Unit

---

Date: 02/09/2015  
To, Mr. U.G. Lokhande.

**Subject: Invitation to conduct session for LTP camp**

Dear Sir,

National Service Scheme (NSS) has been a part of Mumbai University from the last forty one years (1969). More than 46,000 NSS volunteers are involved in social activities in Eight Zones from Thane to Sindhudurg districts (390 colleges). Mumbai central suburb zone is one of them. 43 colleges from Kurla-Mulund and Navi Mumbai area are coming under this zone.

The NSS Central Suburb Zone, University of Mumbai and (Organizer college Name) is organizing five days residential Leadership Training Camp for the 85 NSS Volunteers from 43 colleges from 31/8/15 at Ratnam college.

The main objective of this programme is to promote the NSS volunteers to become a good leader among the college NSS Unit and to develop their Leadership qualities.

We would like to invite you to conduct session on 'Diet and Yoga' on 02/9/15  
~~August~~ between

We look forward for your positive reply.

Thanking you

Regards,

Royal D'souza  
NSS District Coordinator



Royal D'souza  
(Organizers Names)

Jointly organize One Day Workshop on



## *Certificate of Participation*

This is to certify that

Mr. / Ms/. Dr. LOKHANDE VJJAIN G.

of

SICES DEGREE COLLEGE has

attended a one day workshop on

'Yoga & Sports for Health'

held on 29th July, 2015

Dr. Uttam Kendre

Director of Physical Education  
& Sports, University of Mumbai

S. N. Bhagwat

Director of  
Physical Education

Dr. V. S. Kannan

Chairman

Dr. L. Bhushan

Dr. L. Bhushan

Principal

NATIONAL SERVICE SCHEME



Date : 19/01/2016.

To,

Prof. Ujjain Lokhande  
SICES Degree college  
Ambarnath (W)


Dear Sir/Madam,

We thank you for conducting session on Yoga and Aahar at  
Shankarrao Chavan Academy, University of Mumbai, Vidyanaagri, Santacruz (East) for  
volunteers of Various Universities of Maharashtra selected for State Republic Day Parade Camp  
from 17<sup>th</sup> January to 26<sup>th</sup> January 2016.

Your experience and expertise will help the volunteers in their personality development. We  
expect the same co-operation in future.

With Regards,

Yours Sincerely,

fr 

Prof. B.S. Bidve

# Thank You!!

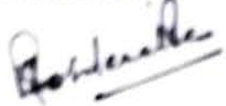
Dear Prof. Ujjain Lokhande,

I would like to take this opportunity to thank you on behalf of my Institution for the inspiring presentation.

It is obviously that you are very knowledgeable in Yoga. Your presence and energy captivated our student's & Staff's attention throughout the entire presentation. I believe that your demonstration had a positive impact on our students as they understand the importance of Yoga and how it can be incorporated into their daily lives.

Once again, I thank you very much for sharing your time and expertise with us.

Sincerely,



Vice Principal





आपटेवाडी, शिरगांव, ता. अंबरनाथ, जि. ठाणे ४२१ ५०३  
(रजि. नं. महा/३७०२/ठाणे सन १८६० च्या अंतर्गत F-३०९०/ठाणे सन १९५० च्या विश्वस्त अन्वये)  
माध्यमिक शालांत परीक्षा संकेतांक १६.०२.६६

जा. क्र. ०१८/यो.अ.गु.।२०।६।१७

दिनांक : १९/०७/२०१६

प्रती,  
मा.श्री.उज्जैन लोखंडे,  
प्राध्यापक,  
एस.आय.इ.एस.महाविद्यालय,  
अंबरनाथ.

विषय: आभार

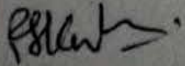
आदरणीय महोदय,

आमच्या विनंतीस मान देउन आपण गुरुपोर्णीमा उत्सवास उपस्थित राहून आमच्या विद्यार्थाना बहूमोल मार्गदर्शन केले. आपल्या मार्गदर्शनाचा लाभ आमच्या विद्यार्थानाच नाही तर सर्व उपस्थितांना झाला आहे.

उपरो आम्ही आमची संस्था तसेच शिक्षक व विद्यार्थांच्या वतीने आपले मनःपूर्वक आभार मानतो व यापूढेही आपले सहकार्य आम्हास मिळावे ही सदिच्छा.

कळावे,

आ.विश्वासू ,



सौ.रोहिणी कुलकर्णी  
मुख्याध्यापिका  
(मुख्याध्यापिकाभाग)

योगी श्री अरविंद गुरुकुल  
आपटेवाडी, शिरगांव, कुळगांव,  
बदलापूर ता. अंबरनाथ, जि. ठाणे

## आभार पत्र

प्रा. उज्जैन लोखंडे •  
SICES College  
अंबरनाथ

महोदय,

आपण आमच्या महाविद्यालय मध्ये दि ०५/०८/२०१६ रोजी झालेल्या एन.एस.एस. कार्यक्रमास प्रमुख पाहुणे म्हणून उपस्थित राहून विद्यार्थ्यांना "योगाचे महत्व" या विषयावर बहुमोल मार्गदर्शन केले त्याबद्दल माणगाव पंचक्रोशी शिक्षण प्रसारक मंडळ माणगाव व स्व. पार्वतीबाई महादेवराव धुरी कला महाविद्यालय ,स्व. महादेवराव नारायणराव धुरी वाणिज्य महाविद्यालय अँड कॉलेज ऑफ कॉम्प्युटर सायन्स ,माणगावच्या वतीने आम्ही आपले अत्यंत आभारी आहोत.

आपले असेच बहुमोल सहकार्य व मार्गदर्शन भविष्यातही आमच्या महाविद्यालयास मिळावे.ही विनंती.

कळावे,

आपला विश्वासू Lt. P. M. Dhuri Arts M. N. Dhuri Commerce  
& College of Computer Science, Mangann

I/C Principal





Estd. 1995

Shikshan Prasarak

**Raosaheb Gogate College of Commerce and  
Smt. Saraswatibai Ganshet Walke College of Arts**

Banda (Panval), Tal. Sawantwadi, Dist. Sindhudurg (M. S.) - 416 511

e-mail : [gogate\\_walke@rediffmail.com](mailto:gogate_walke@rediffmail.com) \* ☎ (02363) 270316 Fax - (02363) 2703

Permanently Affiliated to the University of Mumbai

Recognised by UGC under 2(f) & 12(b)

Reaccredited by NAAC with 'B' Grade

**Dr. S. B. Sawant**  
M.A., Ph.D., B.Ed.,  
P.G.D.T.E.

**Principal**

☎ (R) 02362 223904  
Mob. 9423881703

Date:

दि. ०५/०८/२०१६

**Ref. No.:**

GWC/NSS/55 /2016-17

प्रति,

श्री.उज्जेन लोखंडे

SICES Degree College,

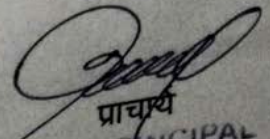
Ambarnath (W).

महाशय,

मुंबई विद्यापीठ, राष्ट्रीय सेवा योजना विभाग आणि गोगटे-वाळके कॉलेज, बांदा यांच्या संयुक्त विद्यमाने आयोजित केलेल्या जिल्हास्तरीय नेतृत्व विकास शिबिरात आपण "योग आणि आहार" या विषयावर एन.एस.एस. स्वयंसेवकांना मार्गदर्शन केले याबद्दल आम्ही आपले आभारी आहोत. या मार्गदर्शनाचा आमच्या विद्यार्थी स्वयंसेवकांना निश्चितच लाभ होईल अशी खात्री वाटते.

कळावे,

आपला विश्वासू

  
प्राचार्य

PRINCIPAL  
Raosaheb Gogate College of Commerce & Smt.  
Saraswatibai Ganshet Walke College of Arts  
Panval, Banda

SHIKSHAN VIKAS MANDAL'S

# SHRI. S. H. KELKAR COLLEGE OF ARTS, COMMERCE AND SCIENCE

SMT. NEERABAI JAGANNATH PARKAR VIDYANAGARI

Devgad, Dist. Sindhudurg - 416613 (Maharashtra State)

(AFFILIATED TO UNIVERSITY OF MUMBAI - ESTD. IN 1974)

College Code No. 182

Awarded with "BEST COLLEGE" by University

Ref. No. SHK / NSSI 33212016 -17

Date : 04/08/2016

To,

Prof. Ujjain Lokhande

S. I. C. E. S. College Ambernath

Sub : Expression of thanks for the lectures delivered by you.

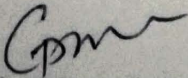
Sir,

On behalf of Shri.S.H.Kelkar College, I would like to thank you for the lectures delivered by you for NSS Orientation program on Wednesday 04<sup>th</sup> August 2016.

As your guidance is beneficial for the students, I expect your Valuable guidance for the students in future also.

Thanking You.

Yours faithfully,



I/c PRINCIPAL

S.H. KELKAR COLLEGE OF  
ARTS, COMMERCE & SCIENCE  
DEVGAD, DIST. SINDHUDURG



**DNYANVARDHINI CHARITABLE TRUST'S  
ARTS, COMMERCE & SCIENCE COLLEGE, TALERE**

(Affiliated to Mumbai University)

dnyanacs@rediffmail.com  
www.dnyanvardhini.net

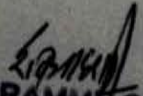
Ref. No. 640/2016-2017

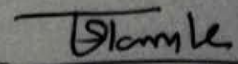
Date : 04/08/2016

प्रति,  
श्री.उजैन लोखंडे,  
शारिरीक प्रशिक्षक,  
एस.आय.सी.ई.एस.महाविद्यालय,  
अंबरनाथ.

महोदय,

आपण आमच्या महाविद्यालयातील राष्ट्रीय सेवा  
योजना विभागाला भेट दिली आणि या भेटीमध्ये  
आपण एकाग्रता वाढविण्याचे मार्ग या विषयावर  
विद्यार्थ्यांना व्याख्यान दिलात त्याबद्दल धन्यवाद!

  
PROGRAMME OFFICER  
NSS UNIT  
D.C.T's Arts, Commerce &  
Science, College, Talere

  
PRINCIPAL  
D. C. T.'s Arts, Commerce  
And Science College, Talere



University of Mumbai



M.P.V. Valia College of Commerce

Borivali (West)

NATIONAL SERVICE SCHEME

Date: 10/01/16

To,  
Smt. Ujjain Lalchende

SICES DEGREE COLLEGE  
INNOVATION 924  
DATE 11/03/16 TIME 10:00am  
Sign. [Signature]

Dear Sir/Madam,

Thank you very much for sparing your valuable time and sharing your knowledge and experience with our NSS volunteers.

I am sure that your motivational speech and guidance will definitely help to strength the leadership qualities in NSS volunteers.

I expect same kind of support from you in future.

Thanking You.

With regards,

[Signature]

**Dr. Ketan R Rawal**  
District Coordinator,  
Mumbai Western Suburb District  
NSS University of Mumbai



# OF ARTS, SCIENCE & COMMERCE

MAHAD, Dist.: Raigad, Pin : 402 301

Phone : (Office) 222148, (Principal) 222169, Fax (02145) 222169, Website: drbacmahad.org, E-mail : drbaccollegemahad@gmail.com

**FOUNDER : Bharat Ratna Dr.B.R.Ambedkar**

M.A., Ph.D., D.Sc.(London), LL.D. (Columbia), D.Litt. (Osmania), Bar at Law

**Principal ● ● Secretary ● ● Dy. Chairman ● ● Chairman ●**  
**Dr. Dhanaji Gurav Prin.Dr.D.J.Gangurde Adv. Ashok G.Talwatkar Hon'ble Ramdasji Athavale**  
M.A., Ph.D. M.Com., LL.M., Ph.D. B.A., LLB, DJPR M.P. (Rajya Sabha)

संदर्भ क्र. -: बीएसी/२०१६-१७/१७८

दिनांक -: ०३-०८-२०१६

प्रति,  
प्रा. उजैन लोखंडे,  
बदलपुर कॉलेज  
अहमदाबाद

महोदय,

मुंबई विद्यापीठाच्या राष्ट्रीय सेवा योजना विभागाच्या वतीने 'रायगड जिल्हा विभागाचे विशेष नेतृत्वगुण विकास शिबीर बुधवार दि. ०३ ऑगस्ट २०१६ ते रविवार दि. ०७ ऑगस्ट २०१६ या कालावधीत आयोजित केले होते

आपण दि. ३ ऑगस्ट या दिवशी येऊन 'नेतृत्वगुण विकास' विषयावर व्याख्यान देऊन स्वयंसेवकांना मोलाचे मार्गदर्शन केले त्याबद्दल आम्ही आपले आभारी आहोत.

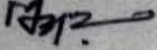
आपला विश्वासू,

(डॉ. धनाजी गुरव)  
प्राचार्य

SUNDS DEGREE COLLEGE

INWARD NO. : १०२

DATE २७/०९/१६ TIME १:३० PM

Sign. 

## मुंबई विद्यापीठ



दूरध्वनी नं:-०२२-२२८७३६९६

वेबसाईट :- [www.nssmu.org.in](http://www.nssmu.org.in)

राष्ट्रीय सेवा योजना विभाग,

विद्यापीठ विद्यार्थी भवन,

२ रा मजला, 'बी' रोड,

चर्चगेट, मुंबई - ४०० ०२०.

पत्र क्र.रासेयो/२६१/२०१६-१७

दिनांक : २५ जुलै, २०१६

प्रति,

प्रा. उज्जेन लोखंडे,  
एस.आय. सी.एस. महाविद्यालय,  
जांभूळपाडा, चिखलोळी,  
अंबरनाथ (प.), जिल्हा. ठाणे.

महोदय,

राष्ट्रीय सेवा योजना विभागामार्फत विद्यार्थी व समाजाच्या हिताचे विविध प्रकल्प हाती घेतले जातात. या वर्षी दिनांक ०३ ते ०५ ऑगस्ट, २०१६ दरम्यान विविध ठिकाणी नेतृत्व गुण विकास शिबीराचे आयोजन केले आहे. सदर शिबीरात विद्यार्थ्यांना नेतृत्व विकासाबरोबर योग प्रशिक्षण व योग्य आहार याविषयी मार्गदर्शन करण्यात येते. आपण दिनांक ०३ ऑगस्ट, २०१६ रोजी डॉ. बाबासाहेब आंबेडकर महाविद्यालय, महाड, दिनांक ०४ ऑगस्ट, २०१६ रोजी ओरस महाविद्यालय, जिल्हा सिंधुदुर्ग व दिनांक ०५ ऑगस्ट, २०१६ रोजी रावसाहेब गोगटे महाविद्यालय बांदा येथे स्वयंसेवकांसाठी नेतृत्व गुण विकास व इतर शिबीरांचे आयोजन केले आहे.

आपण गेली अनेक वर्षे रा.से.यो. मध्ये कार्यरत आहात. आपण विविध शिबीरांमध्ये विद्यार्थ्यांना योग प्रशिक्षण व आहारावरती व्याख्याने दिलेली आहेत. आपण वरील महाविद्यालयांमध्ये व्याख्याने द्यावीत हि विनंती.

आपला विश्वासू

प्रा. बाबासाहेब स. बिडवे  
कार्यक्रम समन्वयक, रा.से.यो. विभाग





University of Mumbai

Borivali (West)

M.P.V. Valia College of Commerce



NATIONAL SERVICE SCHEME

---

Date: 10/11/16

To,  
Shri Ujjain Lalchande

11/08/16 10:30 am  
224  
11/08/16 10:30 am  
11/08/16

Dear Sir/Madam,

Thank you very much for sparing your valuable time and sharing your knowledge and experience with our NSS volunteers.

I am sure that your motivational speech and guidance will definitely help to strength the leadership qualities in NSS volunteers.

I expect same kind of support from you in future.

Thanking You.

With regards,

**Dr. Ketan R Rawal**  
**District Coordinator,**  
**Mumbai Western Suburb District**  
**NSS University of Mumbai**



Date: 14/08/2016

To,  
PROF. UJJAIN LOKHANDE  
SICES Degree College  
Ambenath (w).


Dear Sir / Madam,

We hereby express our sincere thanks for accepting our invitation as resource person for Leadership Training Programme 2016-17 of University of Mumbai and delivering a talk on the topic " YOGA & DIET " on 14<sup>th</sup> AUGUST 2016 August, 2016 in our college.

Your talk has been well received by NSS Volunteers and staff as valuable gift. They learnt so many new things as the talk was very elaborative and enlightening.

Thanking you

Sincerely,

  
NSS  
District Co-ordinator  
Thane Central  
University of Mumbai

दिनांक : १३.१२.२०१६

जावक क्र : २०१६-१७

प्रति,  
श्री. उज्ज्वल लोखंडे

विषय :

महोदय/महोदया,

आमच्या महाविद्यालयचे राष्ट्रीय स्तरावरील योजनेचे शिखीर दि २२ डिसेंबर २०१६ ते २८ डिसेंबर २०१६ या कालावधीत श्री जयशाम शेठ चौधरी नर्निंग अँड पॅरामेडिकल सायन्सेस, माळीपाडा, मुंबई, जि. ठाणे येथे आयोजित केले होते.

सदर शिखीरात स्वयंसेवकांना आपण दिलेल्या व्याख्यान आणि मार्गदर्शनाचा लाभ मिळाल्याबद्दल आपले मनापात्र आभार.

सहकार्याबद्दल धन्यवाद.

आपले विश्वाभू,

श्रीम. संगािता पाटील  
(कार्यक्रम अधिकारी)

डॉ. संतोष मिश्रा  
(कार्यक्रम अधिकारी)

डॉ. अनुसंधा रानडे  
(प्राचार्य)



SAKET GYANPEETH'S  
**SAKET COLLEGE OF ARTS, SCIENCE & COMMERCE**

(Affiliated to University of Mumbai)

(Hindi Linguistic Minority College)

PERMANENTLY ON NO GRANT BASIS

Date: 27/12/2016

To,

Ujjain Lokhande,  
SICS Degree College,  
Ambernath

Dear Sir,

We hereby express our sincere thanks for accepting our invitation and delivering a talk on the topic "Yoga" on 27th December, 2016 in our NSS Seven Days Residential Camp December 2016 at Devpe gaon, Tal. Murbad, Dist: Thane.

Your talk has been received by our NSS Volunteers as valuable gift for Society and they have learnt many new things.

Thanking you

Yours faithfully,

**Principal**

SAKET COLLEGE  
OF ARTS, SCIENCE & COMMERCE  
Saket Vidyanagar, Kalyan (E)-421306.



ACAC/2016-17

Date:- 10.01.2017

To,  
Shri. Ujjain Lokhande  
Badlapur

Sub.:- Thanks giving letter.

Sir,

It's our pleasure to place on record our sincere thanks to you for accepting our invitation and giving Guidance to the technical Session during workshop on 'A Path Towards Healthy Living' on Tuesday, 10<sup>th</sup> January 2017.

Your guidance has motivated our students to walk confidently on the path of healthy living.

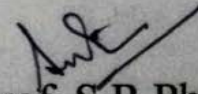
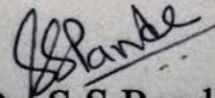
We hope for a long term association with you.

Thanking you,

Yours faithfully,



(Dr. Vaidehi Daptardar)  
Principal



(Dr. S.S.Pande, Prof. S.R.Pharate)  
N.S.S. Prog. Officers

ता. अंबरनाथ, जि. ठाणे

दिनांक : २९/०६/२०१७

प्रति,

श्री. उज्जैन गोविंदराव लोखंडे,

एस. आय. सी. इ. एस.

डिप्टी कॉलेज, अंबरनाथ (प.)

आज दिनांक २९/०६/२०१७ रोजी योगदिनानिमित्त  
आमच्या कु. व. न. प. शाळा बेलवली येथे येथून विद्यार्थ्यांना  
योगासनांचे महत्त्व सांगितले व विद्यार्थ्यांकडून योगासने करवू  
घेतली. आम्ही आपले माभारी आघोत  
धन्यवाद

LHL

उच्चश्रेणी मुख्याध्यापिका  
कुळगाव बदलापूर नगरपरिषद  
प्राथ. शाळा क्र. १६, बेलवली,  
ता. अंबरनाथ, जि. ठाणे



Saket Gyanpeeth's

# SAKET COLLEGE OF ARTS, SCIENCE & COMMERCE

( Un - Aided, Hindi Linguistic Minority College )

( Affiliated to University of Mumbai )

Ref. No. \_\_\_\_\_

Date : 14/08/2017

To,

Ujjain Lokhande  
STCES College Amb(w)

Date: 14/08/2017

## Sub: Thanks giving letter

Respected Sir/Madam,

We are highly oblige for your valuable guidance and motivating lecture to our NSS volunteers who are attending Leadership Training Program , which is conducted by University Of Mumbai in collaboration with our college.

We are very much Thankful and assure that our students are motivated from your lecture/ guidance.

Thanks and Regards,

Prof. Sanjay Chaudhari  
NSS, District Coordinator, Thane

**LETTER OF APPRECIATION**

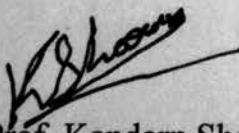
Dear Sir,

We on behalf of St. Paul College & Management; are thankful to Ujjain Lokhande for delivering a valuable lecture on Yog and Aahar to the N.S.S volunteers and students of our college during 7 Days Residential Camp at Kishor village, Tal. Murbad.

We look for future association with you and your valuable guidance to our students and N.S.S volunteers.

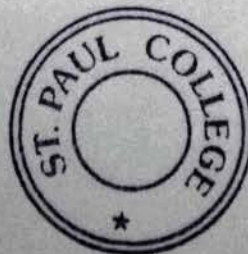

With Regards!

Thanking you.



Asst. Prof. Kandarp Sharma

N.S.S Program Officer  
 NSS Programme Officer  
**St. Paul College**  
 Ulhasnagar - 4.

Dr. Antony Lawrence

**Principal**  
 St. Paul College  
 (Affiliated to Mumbai University)  
 Behind VTC Ground, Ashelepada,  
 Post - Ulhasnagar - 4.



Ref. No. \_\_\_\_\_

Date: 23<sup>rd</sup> Dec, 2017

To,

Prof. Vijaim Lokhande,

SICES College, Ambhurnath

Date: 23<sup>rd</sup> Dec, 2017

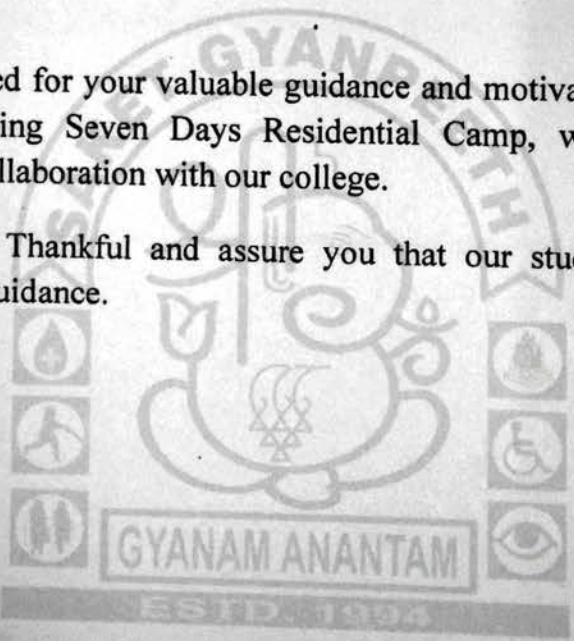
**Sub: Thanks giving letter**

Respected Sir / Madam,

We are highly obliged for your valuable guidance and motivating lecture to our NSS volunteers who are attending Seven Days Residential Camp, which is conducted by University Of Mumbai in collaboration with our college.

We are very much Thankful and assure you that our students will defiantly be motivated by your lecture/ guidance.

Thanks and Regards,



*[Signature]*

District Coordinator, NSS  
District Co-ordinator  
Thane Central  
University Of Mumbai

*[Signature]*

Principal  
Saket College  
PRINCIPAL  
SAKET COLLEGE  
OF ARTS, SCIENCE & COMMERCE  
Saket Vidyanagar, Kalyan (E)- 421 304

Principal : Dr. Mrs. A.K. Ranade

जावक क्र:-

दिनांक :- २३ डिसेंबर २०१७

प्रति,

श्री. उज्वला लोखंडे  
प्लस. आय. श्री. एस. डी. गी  
कॉलेज, भंडारनाथ. (प.)

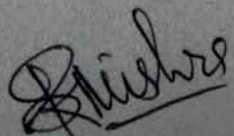
विषय :-

महोदय/महोदया,

आमच्या महाविद्यालयाचे राष्ट्रिय सेवा योजनेचे शिबीर दि. २३ डिसेंबर २०१७ ते २९ डिसेंबर २०१७ या कालावधीत श्री. जयराम शेठ चौधरी नर्सिंग अँड पॅरामेडिकल सायन्सेस, माळीपाडा, मुरबाड, जि. रायगड येथे आयोजित केले होते.

सदर शिबीरात स्वयंसेवकांना आपण दिलेल्या व्याखान आणि मार्गदर्शनाचा लाभ मिळाल्याबद्दल आपले मनापासून आभार.

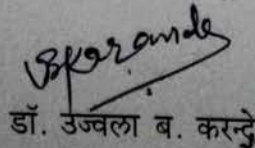
सहकार्याबद्दल धन्यवाद !



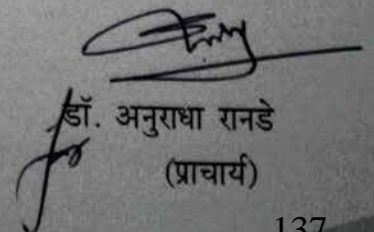
डॉ. संतोष मिश्रा

(कार्यक्रम अधिकारी)

आपले विश्वासू !



डॉ. उज्वला ब. करन्दे



डॉ. अनुराधा रानडे  
(प्राचार्य)



# NEW ENGLISH HIGH SCHOOL

Vivekanand Nagar, Kulgaon, Badlapur - 421 503.

School Index No. 16.02.026

Ref. No. 25/Sec/2017/18

Date: 16/2/20

To,  
The Principal,  
South Indian College  
Ambarnath

Respected Sir,

I, Mrs. Shampa Hajirawala, Principal of New English High School, Badlapur, kindly want to request you to relieve your physical and sports director teacher Mr. Ujjain Lokhande for a lecture session and to guide scout/guide students in our school.

Hope you will oblige.

Thanking you.

Scout & Guide Camp,  
Dated on 17/2/18

Lecture Time - 10:00 am to 12:00 am.

Principal  
New English High School  
Kulgaon

Date:09/10/2018

To,

Mr. Lokhande U. G.  
S.I C.E.S College,  
Ambarnath

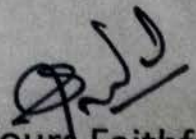
**Thanking Letter**

Dear Sir,

We appreciate and thank you for your valuable time and imparting your knowledge during the lecture/ Seminar/Workshop on **YOGA** held in our college during the LTP camp on 05/10/2018 to 09/10/2018, every day Morning at 6am to 7am .

It has been great encouragement for our students in uplifting them for their social activities in their future.

Thanking You

  
Yours Faithfully

**Mr. Prashant M. Savdekar**  
**NSS, District Coordinator**  
**Thane District**