



VPM'S R.Z SHAH COLLEGE OF ARTS SCIENCE & COMMERCE

Mithagar Road, Mulund East, Mumbai -81

Accredited by NAAC with Grade 'A' (First Cycle)

VISTA

2022-23

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STUDENTS

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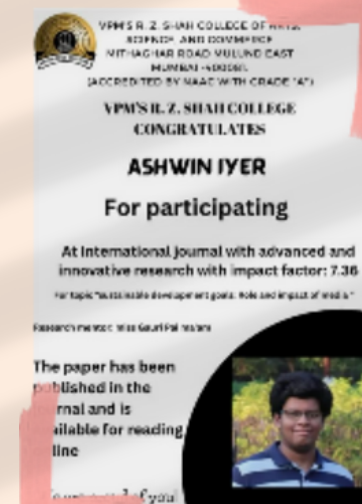
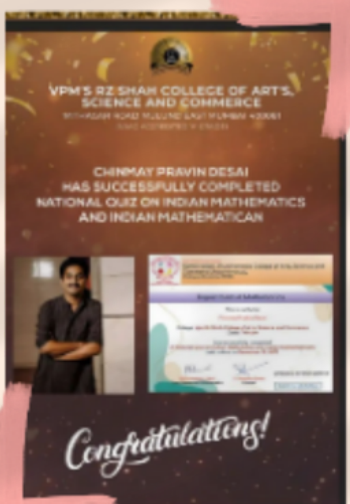
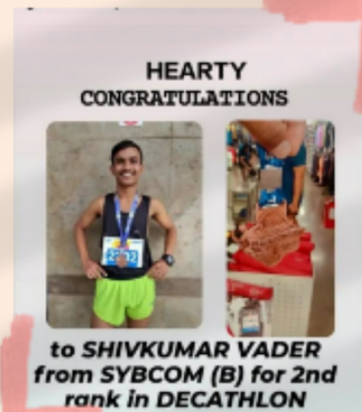
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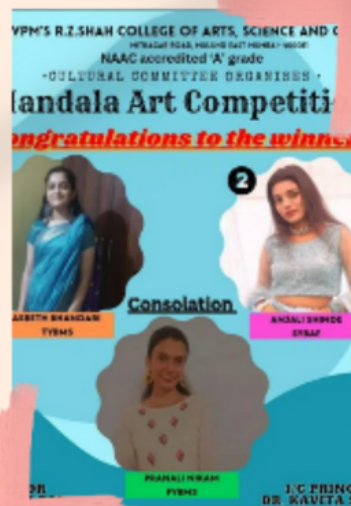
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Raise your wand and LUMOS



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MRS. SURBHI GOUR
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VISTA 2K23

<https://vpmrzshahcollege.edu.in/>

MAGAZINE 2022-23

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MESSAGE BY HON. CHAIRMAN VIDYA PRASARAK MANDAL

I am pleased to note that VISTA Annual Magazine of VPM's R Z College, Mulund is to be released. I congratulate the students, parents, teaching, and non-teaching faculty of R Z Shah College, Mulund. This magazine is special for more reasons than one. It narrates and illustrates the development of college from all aspects. The Annual report given in the magazine shows that our students have done extremely well in University Examination and also the passing of students at a higher percentage at the University level gives immense pleasure to all. Our students have also displayed their talent in intra-collegiate and intercollege competitions.



Shri Ramesh Chiniwar
(Hon. Chairman)

The classification of articles and poems gives satisfaction that our students are taking a keen interest in the art of story writing, poem writing, and articles. They should cultivate writing more stories, poems, and essays in the different forms of literature.

By publishing VISTA Annual Magazine for the year 2022-2023, the college is offering a good opportunity for its students to develop and practice writing skills. Writing is a productive skill and the same can be acquired and polished through consistent practice only. Choosing the most appropriate words to describe/narrate leads clarity to in the explanation and makes writing more effective. This habit should be cultivated at the tenure of the student itself and this will produce worthy writers amongst the present students.

The recent development/improvement in college premises and more attention on Internal Quality Assurance Cell, College Placement Cell, and Parents-Teachers Meet will improve the VPM's standard in and around Mulund and Suburb areas. Improvement in any activity is nothing but teamwork. But college placement cell service is due to the special efforts put in by our Secretary.

Wishing the students, college management, and more particularly thanks Dr. Barkha Shamnani for achieving the overall objectives of the College.

MESSAGE BY HON. GEN. SECRETARY VIDYA PRASARAK MANDAL

I consider it a privilege to pen a few words to VPM's R. Z. Shah College of Arts, Science and Commerce Annual Magazine under the umbrella of VPM's Trust. I am proud to witness the growth of this College from various social and academic angles. It is commendable to make it public that the Degree College pursued NAAC Accreditation and has been awarded 'A' grade by the NAAC Committee. I congratulate the In-charge Principal, teachers and supporting staff for the serious effort put forth



DR. (SMT) VASUNDARA MOHAN
HON. GEN. SECRETARY

Secondly, the College has participated in various cultural and social activity under the guidance of able teachers. Today, the College boasts a good working place with all the facilities. Trust has tried its level best to provide a good working place for the staff and the Principal. VPM's R. Z. Shah College of Arts, Science and Commerce has introduced many developmental courses to help the students in getting jobs after the completion of college graduation courses. A word of appreciation for In-charge Principal and staff who organised important International Conference with wide participation. Lastly, a word about Library, the College has well-equipped library with all the facilities for the students and staff. The cooperation of the parents and students in the development of the college is also greatly appreciated and they shall play vital role in the future growth of the college. I wish success to the college in its future endeavors.

FROM PRINCIPAL'S DESK

The most important part of education is to inculcate in the students the spirit of 'We can do it'.

– APJ Abdul Kalam

With great pleasure I present you the 'VPM-VISTA' our third annual digital College Magazine which besides showcasing the talent and creativity of the students, also depicts the enthusiasm, vibrancy, and momentum our college has gained.

VPM's R Z Shah College of Arts, Science & Commerce has made a well-structured and improvised effort in carving a niche amongst other colleges in Mumbai whilst keeping pace with the technological advancement in the field of academics. There has been a considerable emphasis on infrastructural and technological improvements to meet the growing demands of modern education which have further rekindled a spirit of curiosity and inquiry.

Our college has established a milestone this year by achieving NAAC A Grade in its very first cycle. This is the result of the hard work of our dedicated Teaching and non-teaching staff, our ever-supportive management, our students, our alumni, parents, and all stakeholders.



DR. MRS. KAVITA SHARMA

Our college has scaled new heights in academics and extracurricular activities with more than 2000 students' strengths exploring various branches of knowledge. College was also represented at Mumbai University through the student's participation in various cultural activities, sports events, extension work, NSS activities, and women development cell. Udaan Festival held at Mumbai University. Students have also received prizes for research work at Conferences held in various colleges and at Avishkar Convention organized by Mumbai University.

FROM PRINCIPAL'S DESK

Our teaching faculties have actively participated in various National and International conferences and seminars, presented papers, and represented as Resource Persons. The college also organized subject revision workshops in collaboration with the board of studies, Mumbai University, a Workshop on Course outcome and Programme outcome, a one-day National webinar on NEP in collaboration with IQAC cluster India, International conference was also organized successfully.

We have also collaborated with various training Institutes to make our students Industry ready. Our robust training and placement cell conducted placement drives on a regular basis and provided our students with Internships and placed many students in reputed companies.

I am sure that our college will continue to grow from strength to strength with supportive Management, proactive students, their parents, and alumni.

My compliments to the editorial team, technical team, and all the contributors for their efforts put into the creation of this digital magazine.

Dr.Kavita Sharma
I/C Principal
V P M's R Z Shah College

VICE PRINCIPALS' MESSAGE



MRS. ANJANEEKA UDAY CHETTIAR

Firstly, I want to congratulate all the stakeholders of VPM's R Z Shah College for their contributions in helping the college secure NAAC A accreditation. This is a dream come true for our entire college as getting A grade status in its first NAAC accreditation is a major achievement.

I appreciate all the students responsible for bringing accolades to our college in academic and extracurricular activities. Our college has returned back to the offline mode of teaching and it's an absolute pleasure meeting and working with the teachers and students. Our college wholeheartedly welcomes the new education policy introduced and gearing up earnestly for its proper implementation so that all our students can positively benefit from it.

VICE PRINCIPALS' MESSAGE



'Knowledge Is Power, information is liberating and education is the premise of progress in every society and in every family'.

- Kofi Annan

Dr. Barkha Shamnani

To accomplish the vision and mission of the College ,we ensure overall development of our students through curricular and extra-curricular activities. We are committed to provide quality education to our students and help them attain their highest potentials.

Knowledge and learning are two aspects which are long run processes and education is not only to entitle a job but also for better future prospects.

Our College has ICT enabled classrooms and we are accredited with NAAC A grade (First Cycle).We have a dedicated team of educators who strive hard to provide students with updated knowledge and skill that would help our students face the competitive world.

We provide a whole spectrum of talent development platforms to students through NSS, Extension, Cultural , Sports , etc. and our aim is to develop our students and make them Job- ready through various Skill Development and Certificate Courses.

A committed , vibrant and supportive management and dedicated teachers and cooperative parents blends to create a Student-Centric College. With this teamwork and through collaborative effort, I am very sure that we can achieve more which will benefit our students who are the leaders of tomorrow.

I , humbly take this opportunity to thank all our stakeholders who have always supported us and I wish all the students grand success in their career and prosperity in their future life.

Teaching Staff's Achievements

This academic year has been a indeed year of laurels for the college. VPM's R Z Shah College Arts Science and Commerce College's teaching staff added feathers to the college's cap.

- Dr. Kavita Sharma and Dr. Barkha Shamnani have completed Ph.D in the year 2022 23.
- Dr. Barkha Shamnani has authored an academic book for TY BAF – 'Financial Management', Sheth Publication

Sr no.	Name of the Faculty	Research Work by Teaching Staff
1	Dr. Kavita Sharma	1. A paper titled" Securing India's Coastal domain – vital for ensuring it's sustainable Blue Economy". 2. A paper titled " Maritime prowess enhancement in the interest of India's Maritime Neighborhood policy" February 2023 in Two day National seminar organised by VPmM CIS on February 2023. 3. Smart Water Management for Sustainable Rural Growth of India.
2	Dr. Barkha Shamnani	A paper titled " Maritime prowess enhancement in the interest of India's Maritime Neighborhood policy" Feb 2023
3	Dr. Om Dewani	IMPACT OF SOCIAL MEDIA ON E-COMMERCE – A CONCEPTUAL STUDY.
4	Mrs. Shilpa Jadhav	Library Automation of VPMs R. Z College Library With the help of LIBMAN Software

Teaching Staff's Achievements

Sr no.	Name of the Faculty	Research Work by Teaching Staff
5	Mrs Julie Jenita G	Level Of Awareness In Students on Environmental Hazards
6	Mrs Sanketa Parab	Study the Impact of E -Facilities in the Medical Field on Individual
7	Mrs Nandini Sakpal	Education for Girls-Rural and Urban Areas As a key to improving Global Environment and Health
8	Mrs Prachi Raorane	Usage of Plastic And It's Impact on Human Health
9	Dr. Bhavini Dand	Detection of Adultrantance in red Chilli Powder
10	Ms Laxmi Shahapure	Education for Girls - Rural and Urban areas
11	Mrs Gauri Pai	<ul style="list-style-type: none"> • Coherent Regulatory Framework on Remote Work - A Need of the Hour • Reforms in Election process of India.(co author/mentor) • CSR and its Allied Frauds(co -author/mentor) • A study of Effectiveness of Domestic Laws related to Digital Commerce from the perspective of Employees and Consumers

Teaching Staff's Achievements

Sr no.	Name of the Faculty	Research Work by Teaching Staff
12	Mrs Surbhi Gour	<ul style="list-style-type: none"> • Importance of English Language Learning with Special reference to English Speaking Skill in India • An Exploratory Study on Significance of Social Communication and Interactions to Cope up with Individual Stress
13	Ms. Priyanka Patil	Achieving Sustainability Through Infrastructure Digitalization
14	Mrs. Samiksha Devtale	Role of Women in Science and Technology
15	Mrs Gauri Atre	Women Empowerment
16	Mrs Pratibha Jithesh	Food Quality : Food For thought for a better world
17	Mrs Anita Lopez	Women & Hygiene–Menstrual Health
18	Mr. Ravi Talla	Revolutionizing Agriculture through Adaptive ICT Measures: Opportunities and Challenges
19	Mr. Nitin Patil	Food Quality And Its Impact On Human Health: Understanding The Importance And Exploring Solutions

DEPARTMENT OF ARTS

BA & BAMMC



DR. KAVITA SHARMA
HEAD OF DEPARTMENT

BACHELORS OF ARTS (BA)

This is a three-year integrated course that gives knowledge of social sciences. The student can take up a Master's Degree in their respective discipline and also make a career in Administrative Services. There is a provision for M.A. (by research) and Ph.D. in the subject of Political Science on campus.

BACHELORS OF ARTS IN MULTIMEDIA AND MASS COMMUNICATION (BAMMC)

The objective of the course is to provide students with a firm grounding in communication skills. Its aim is to develop the ability for critical thinking and creativity and to give opportunities to students to combine the theoretical curriculum with practical applications, through detailed research, lucid writing skills, oral presentation skills, and the mastery of various mass communications media in our global information age.

The Department provides various platforms for our vibrant students to showcase their talents. The identity of the department itself screams its versatility and creativity. Like every year in the Academic year 2022 23 the Department celebrated various activities.

This year the dynamic and most popular event of the Arts department #ThrowbackThursday came back in its new version #FeelTheFriday. The students of BA and BAMMC initiated the event every Friday. The concept is aimed to give an open platform to students to get rid of their stage fear. This is a platform to come up with new ideas, to carve talents of students, and a platform not to be judged but to identify insights. The event commenced on 1st July 2022 in Physical mode in the College auditorium.

The Department of Arts (BA & BAMMC) & Film Society of the college has organized the screening activity of the movie "ROCKETRY: THE NAMBI EFFECT" on 27th August 2022.



Like every year, the Department of Arts has organized its most awaited inter-collegiate fest 'Invictus' with full enthusiasm on 7th January 2023. The fest included inter-collegiate competitions like Short Films, Photography, and Radio Buzz. Students from various colleges participated in these competitions.

A Group Discussion was organized for the students on Human Rights Day in the library on 10th December 2022, judged by Mrs. Sharmistha Saha, Department of Arts. Honorary Secretary Adv. Vijay Kulkarni and I/C principal Dr. Kavita Sharma encouraged the students with their valuable presence.

The Third Year & Second Year Students of The Department Of Arts (BA & BAMMC) organized a "WELCOME PARTY " for the First Year students on Saturday, 20th August. The Head of the Department and I/C Principal Dr. Kavita Sharma addressed the students about the college and encouraged them to participate in various events/ competitions and also shared some fun and amazing stories of the previous batch of the Department of Arts.





An academic visit was taken to Asmita Applied Arts Academy for the students of FYBAMMC and SYBAMMC on 3rd December 2022. The main objective of this visit was to explain the gap that exists between their curriculum and the real world.

A program on 'CONSTITUTION DAY' was organized on Saturday, 26th November 2022 at 9.00 am in the Conference Room. A prominent speaker Dr. K. S. Gaikwad was invited to talk about the Constitution of India specifically PREAMBLE OF THE CONSTITUTION OF INDIA and also the Fundamental Rights and Duties of the citizens. HoD and I/C Principal Dr. Kavita Sharma gave a brief on the importance of the Preamble. lastly, all students recited the Preamble followed by National Anthem together. The Film Society in collaboration with the Department of Arts & BAMMC of the College had organized an Industrial Visit which was based on Film Studio in this modern-day lifestyle named ND's Film World, Karjat on 1st March 2023.

DEPARTMENT OF SCIENCE

The College's Chemistry Department is dedicated to teaching and research. The department has a team of qualified and experienced faculty members who are passionate about passing on knowledge and encouraging students' scientific curiosity. The staff has been using the modern method of teaching to improve the learning experience which involves use of ICT, LMS platform, Group discussion, project making etc.



Asst. Prof. Ravi Kumar Talla
HOD, General Science



Key features of the Chemistry Department:

1. The Chemistry Department has laboratories equipped with modern instruments, tools, chemicals, and reagents as per their curriculum. The department also has a good collection of reference books, Journals, and textbooks which can be accessed from the College Library.
2. The faculty members are involved in research and have published papers in journals and bagged research projects.
3. The department is focusing on enhancing the practical skills of students through industrial-visit, skill-based talks for students by industrial experts, and add-on courses.

Activities conducted by Department.

1. Department of Chemistry in association with the Board of Studies in Chemistry, University of Mumbai hosted the FYBSc (Chemistry) revised syllabus workshop for all Mumbai Colleges on 30th July 2022.
2. Poster-making activity was conducted in the Third-year class on various topics from the field of Chemistry on 25th August 2022.



Activities conducted by Department.



1. Department of Chemistry in association with the Board of Studies in Chemistry, University of Mumbai hosted the FYBSc (Chemistry) revised syllabus workshop for all Mumbai Colleges on 30th July 2022.



2. Poster-making activity was conducted in the Third-year class on various topics from the field of Chemistry on 25th August 2022.



3. Industrial visit was conducted to Subhalaxmi Knitfab Industries, Badlapur on 1st March 2023 for second and third-year students, where they were introduced to different types of cloth material and processes done on them.

4. Talk by industrial expert Mr. Mohandas Kamat from Kamat Paints, Dombivli was conducted on 10th March 2023 on the topic "365 Days On Work And?"

5. The students of the Third year visited Hinduja Hospital, Mahim on 21st March 2023, where students were briefed about their careers in allied health Sciences and their work.

6. Mr. Ravi Kumar T conducted an add-on course on the subject of Chemistry covering topics on Stereochemistry, Optical Activity, Nomenclature, Separation Methods Chromatography, and Electromagnetic Spectrum.

Faculty and Students' achievement



1. Dr. Bhavini D and Ms. Aditi Chaubey presented a research paper titled "MXenes-promising electrocatalysts for Hydrogen Evolution Reaction: A Review" at Two-day international conferences on "RECENT ADVANCES IN SCIENCE TECHNOLOGY, HUMANITIES, AND MANAGEMENT" at K.E.T'S V.G. Vaze College, Mulund.



2. Dr. Bhavini D and TYBSc student Ms. Tanvi Patel published a research paper titled "Role of Green Chemistry in Sustainable Development and its Approach to qualitative analysis of an organic compound at the undergraduate level." at the International conference conducted by V.P.M's R Z Shah College.

DEPARTMENT OF IT & CS

The department runs B.Sc (Information Technology) and B. Sc(Computer Science) programs. There are 9 full-time teachers and one visiting teacher working in the department. The total enrollment for the academic year 2022-23 is 370 students.



Asst. Prof. Vilas Mahajan
HOD, IT & CS



Key features of the Chemistry Department:

1. Faculty members from the department are involved in various committees, including the IQAC, the Admission, Examination, and the Placement Committee. The College website was developed by the department and is being upgraded and updated by the faculties from the department.
2. Many faculty members have participated in Faculty Development Programmes conducted by various recognized bodies. The department also encourages students to participate in the Avishkar research convention to develop a research aptitude.
3. The department runs Spoken Tutorials, which offers a variety of courses in collaboration with IIT-B. Professor Mrs. Sampurna Sarode and Professor Ms. Priyanka Patil are responsible for ensuring the smooth operation of these courses.

Activities conducted

1) Guest lecture on Project Guidance and UI Design was conducted by Mr. Prasad Vishwakarma from Index Solutions on September 15, 2022, for IT and CS students.

2) A guest lecture was arranged on November 15, 2022, from 2:00 PM to 4:00 PM, on the topic of Project Management by Professor Kiran More from NKT College in Thane (West).

3) A quiz competition was conducted by the department on January 10, 2023, in which 33 students participated.

4) A coding competition was conducted by the department on January 10, 2023, in which 15 teams participated.

5) A seminar on "Latest Trends and Career Opportunities in IT" was held on January 12, 2023, by the Department of IT and CS in collaboration with TechStalwarts under Add-On courses.

6) A seminar on the "DeepTech-Software Development Training Program" for IT and CS students was organized on January 19, 2023, in collaboration with Anudip Foundation

7) One day visit to Techstalwarts office was organized on January 21, 2023, to enable students to participate in React JS Bootcamp.



Department of Commerce

The department consists B. Com., B. Com. (B&I), BMS, B. Com. (A/C and Finance) courses, effectively handled by twelve full time teachers, consisting three SET qualified teachers and 2 Ph. D. holders. The department also invites industrially experienced people to teach few subjects which require special expertise. Thus students get expertise knowledge throughout the year. The department was blessed with an additional Ph. D. holder Dr. Barkha Shamnani in the academic year.



Asst. Prof. Shruti Shouche
HOD, Commerce



Dr. Om Dewani
HOD, Accountancy

The department organized a talk on "Role of IPR in research" on 10th February 2023, by Dr. Priya Prabhu who is the HOD, IPR at Karnataka Chembur Law College. Dr. Priya Prabhu explained the various types of IPR in detail and the criteria by which they can be registered. Commerce and Accountancy Department also organized a session on Income Tax – An Overview By Mr. Sharad Savadi (Rtd. Additional Commissioner of Income Tax.)



Department of Commerce



The department organized a talk on "Role of IPR in research" on 10th February 2023, by Dr. Priya Prabhu who is the HOD, IPR at Karnataka Chembur Law College. Dr. Priya Prabhu explained the various types of IPR in detail and the criteria by which they can be registered. Starting with Patents, Copyrights, and Geographical Indications she also explained trade secrets and industrial designs. 38 attendees witnessed the session.



IQAC REPORT 2022 23



ASST. PROF. RAJASHRI PRABHU
IQAC COORDINATOR

IQAC plays a vital role towards the realization of the goals of quality enhancement & sustenance. The prime task of the IQAC is to develop a system for conscious, consistent improvement in the overall performance of the institution. In this academic year, our College went through the first cycle of NAAC Accreditation, with the NAAC Peer Team visit in August 2022 followed by accreditation with an 'A' Grade in September 2022.

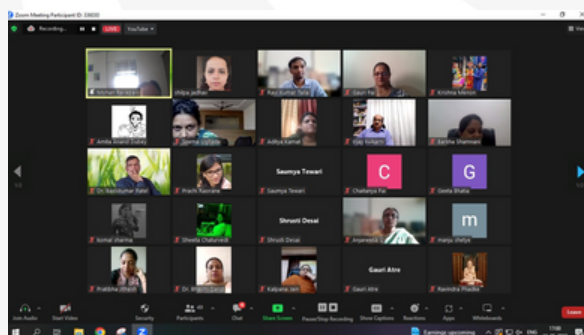
With the goal to sustain quality, the IQAC conducted various workshops and seminars for the benefit of various stakeholders.

- A one-day National Multidisciplinary E-conference on "Sustainable Development Goals 2030: Challenges & Opportunities" was organized on 21st May 2022 with over 45 research papers received from across the country.
- The IQAC organized a workshop on Office Administration and NAAC Documentation on 29th July 2022 for the benefit of various stakeholders.
- The IQAC of VPM's RZ Shah College of Arts, Science and Commerce organized a workshop on "Course Outcome and Program Outcome" on 21st January 2023 with Dr. Deepak Nanaware as the Resource person.
- The Department of Commerce in collaboration with the Research cell organized a session on the Role of IPR in Research on 10th February 2023, with Dr Priya Prabhu as the Guest Speaker
- IQAC in collaboration with the Department of IT & CS organized a one-day workshop on Preparation for NTA-NET/MH-SET on March 19th, 2023 which was attended by 29 participants. The resource persons for the session were Ms. Kanwalpreet Kaur Puri and Dr Parag Tamhankar.

- IQAC of the college in collaboration with IQAC Cluster of India organized a one-day national webinar on “Understanding New NEP Guidelines for better implications” on 24th March 2023 in hybrid mode. The session was aimed to grasp the guidelines of the New Education Policy for better understanding and implementation. The resource persons for the webinar were Mr. Peeyush Pahade, Dr. Deepak Nanaware, and Dr. Rupa Hiremath.



IQAC in collaboration with the Research Cell organized an International Multidisciplinary E-Conference on “Global Environment & Health – Challenges and Solution for Sustainable Development” on May 16th, 2023. The Conference received an overwhelming response with over 55 research papers from across the country and a Keynote speaker from Australia.



NAAC ACCREDITATION

First Cycle

IQAC of the college had submitted a college self-study report to NAAC in the last academic year and also replied to the Data validation and verification. The process of NAAC continued in the first term of the academic year 2022 – 2023. The college passed prequalifying stage on 1st June 2022. On 18th June 2022, IQAC proceeded with the second part of the NAAC process which is sending dates to NAAC authorities for peer team visit. In the last week of June, NAAC confirmed the visit date as 29th August 2022.



On 29th and 30th August following NAAC authorities visited college premises and carried out an assessment for accreditation – 1) Dr. Darapur Reddy 2) Dr. Poornanand 3) Dr. Arora



The results of the accreditation were declared on 6th September 2022. The college secured an 'A' grade followed by celebrations on 7th September 2022. The grand formal function was conducted on 23rd September 2022 in Kalidas Natyagriha, Mulund (West). The IQAC was instrumental throughout the term and successfully completed NAAC by the end of the term.



INTERNATIONAL CONFERENCE REPORT 2022-23

Multidisciplinary International E-Conference Report



A Multidisciplinary International E-Conference was organized by IQAC on the theme ***"Global Environment Health & Solutions - Challenges & Solutions For Sustainable Development"*** through Zoom Meeting Platform on 16th May 2023 from 10 am onwards.

Ms. Priyanka Patil led a prayer to begin the inaugural program at ten in the morning. Mrs. Gauri Pai welcomed all the dignitaries, academicians, and students to the conference. This was followed by a briefing about the College by In-charge Principal and Conference Chairperson, Dr. Barkha Shamnani. Mrs Rajashree Prabhu, Conference Convener gave a briefing about the Conference proceedings. She addressed growing concerns about environmental issues, their effects on the lives of living things, and the general environment. As a result, the conference's theme proved appropriate for the century. On behalf of the college, Mrs. Prabhu also expressed gratitude to Dr. Vasundhara Mohan for her valuable guidance in planning the international conference.

INTERNATIONAL CONFERENCE REPORT 2022-23



Mr Girish Hebbani, who holds two patents in the field of technology, expressed grave concern about the issue of using up more of the planet's resources to the point that nothing will be left for the sustainable development of future generations. Applying the RRR idea, one solution to this issue is to Reduce, Reuse, and Recycle. The other way he suggested was through CSR projects, creating a circular economy instead of a linear one, rainwater harvesting, and going paperless.

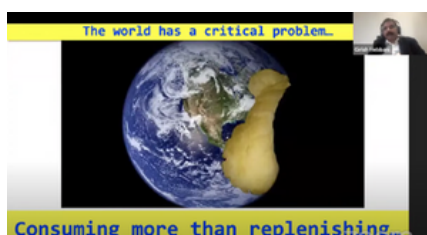
Mr. Vijay Kulkarni, Honorary Secretary of VPM's R. Z. Shah College suggested putting oneself to the best possible knowledge available by comparing and contrasting and imbibing the best practices in every facet of development.

Mr. Ravindra Phadke introduced Dr. Rani Desai who was the Inaugural Address Speaker and Keynote speaker Mr. Girish Hebbani, General Manager at Bradken, who is based in Australia was introduced by Mrs. Prachi Raorane.

Dr. Rani Desai appreciated the topic chosen, its vastness, and the minute level of thinking involved in the health and environment of the conference. She asserted that the papers that would be presented would contribute to the country's sustainable growth. She, also, threw light on how the UN's 17 Sustainable Development Goals form a base for the conference's topic and Health, Environment, and Education are pillars for building a nation.



INTERNATIONAL CONFERENCE REPORT 2022-23



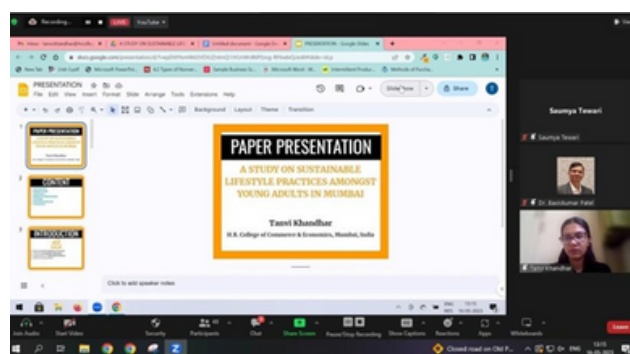
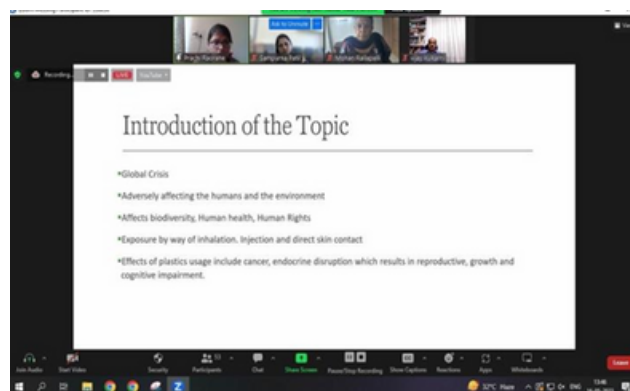
said it was difficult to judge because the competitors were in such close competition. Agreeing to Dr. Patel, she then encouraged the participants to carry forward the research throughout. Mr Girish Hebbani, who holds two patents in the field of technology, expressed grave concern about the issue of using up more of the planet's resources to the point that nothing will be left for sustainable development of future generations. Applying the RRR idea, one solution to this issue is to Reduce, Reuse, and Recycle. The other way he suggested was through CSR projects, creating a circular economy instead of a linear one, rain water harvesting, and going paperless.

The technical session commenced at 12 noon. Dr. Om Dewani and Dr. Bhavini Dand introduced the resource persons – Dr. Baxis Patel, Asst Prof, Dept. of Commerce and Business Management, Sayajirao University of Baroda and Dr. Saumya Tiwari, Asst Prof at Tata Institute of Social Science, Mumbai. Each presentation was followed by questions asked by resource persons. They also gave valuable inputs to the participants and guided them with the scope of improvement. At the end Dr. Baxis Patel, congratulated the success of the conference. He said, "I have chaired many conferences but let me tell you that the strike rate here was 100%". Dr. Patel praised the presenters' attempts to accurately reflect their topics. The entire International Conference team received accolades from Dr. Saumya Tiwari for their dedication. She expressed her congratulations on the conference's success and

INTERNATIONAL CONFERENCE REPORT 2022-23

The Conference sub-themes were categorized as follows - Gender and Health, Women Empowerment, Government and Healthcare, Women and Hygiene, Role of Government in Urbanization and Rural Health, Security and Women, Society and Women, Food Quality and Its Impact on Health, Urbanization and Human Health, Role of Women in Science and Technology, Gender and Environmental Hazards, Digital Support and Human Health, Migration of Labour, Adaptive Measures of ICT in Agricultural Sector, and Digitalization of Infrastructure. A total of 60 research papers were received from various colleges across India. Selected research papers will be compiled and edited and published in a reputed Peer review journal and UGC-Care Journals.

The presentation for the technical session was divided into two categories - Academicians, and students. Best papers were



awarded from each category - Dr. Mrs. Pradnya Palekar - Shanbhag won Best Paper titled "Mouth Dissolve Films of Chlorhexidine: Boon for Oral Hygiene " in Research Scholars / Academicians category. The student Best Paper awardee was Ms. Tanvi Patel titled "Detection of Adulterants in Chilli Powder".

INTERNATIONAL CONFERENCE REPORT 2022-23

The final Valedictory session began with the introduction of the Chief Guest Dr. Kalpana Jain, Principal of Royal College, Mira Road, Mumbai Mr. Ravikumar Talla, Head of Chemistry Dept. congratulating the college for the success of the conference. She appreciated the punctuality, fixed schedule, and enthusiastic and disciplined participants. She held high estimation for including the topics and sub-topics that are need of an hour. Dr. Vansundra Mohan shared her joy by stating that it was one of the best conferences she had attended. She appreciated the I/C Principal Dr. Barkha Shamnani and the whole team for the triumph of the conference. She emphasized on how gender issues are playing a vital role in sustainable development.



She suggested that the topic of the subsequent conference be the political empowerment, social empowerment, and educational empowerment specified in SDG. The Conference concluded with a Vote of thanks given by Vice Principal, Mrs. Anjaneeka Uday.

EXAMINATION COMMITTEE 2021-22



Asst. Prof. Ravi Kumar Talla
Convenor

The examination committee is a statutory committee of the institute which is headed by the examination convenor. The committee's primary responsibility is to conduct examinations [Internal (25) External (75/100)], paper assessment & moderation, declaration of the result, awarding the grade cards to the students, and documenting the records of each and every issue related to the examination.

- To devise detailed procedures for an efficient, transparent, and fair evaluation of students, including coordination of activities relating to the conduct of examinations and reviewing grievances about any matter originating from the conduct of examinations.

Composition of the Examination Committee for academic session 2021-2022 was as under:

Mr. Ravi Kumar G Talla , Convenor

Committee Members

- 1) Mr. Vilas Mahajan
- 2) Mrs. Gauri Atre
- 3) Mrs. Anita Barai
- 4) Mr. Yuvraj Wagh
- 5) Dr. Bhavini Shah
- 6) Mrs. Ruchi Rathod
- 7) Mrs. Bhagyashree B
- 8) Mrs. Hetal Rajgor

Examination Clerk

Mrs. Jagdish Takkekar
Mrs. Aparna Shanbaug

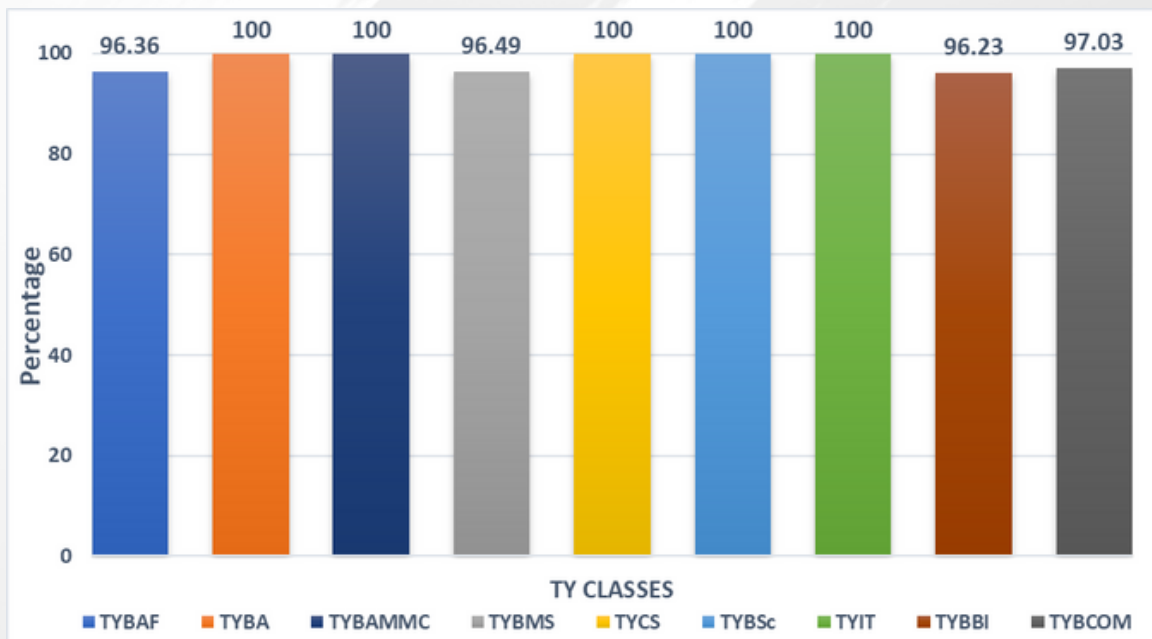
Non-Teaching Staff

Mrs. Rathnavathi Poojary

- As per the guidelines laid by University of Mumbai due to pandemic the first half REG/ATKT examinations (Internal/Theory) were conducted in the online mode. College had subscribed to Eklavya software, the online assessment platform for conducting proctored external examination.

EXAMINATION COMMITTEE

- In the second half the REG/ATKT examination (Internal/Theory) of Second year and Third years students was conducted in the online mode and the examinations REG/ATKT SEM-II (Internal/Theory) of the First year was conducted in offline mode as the per the University circular.
- The question papers pattern for the offline exam was as per the University circular. Teachers and students were given instructions regarding the same in advance.
- Application for revaluation and Photocopies of the offline exam was also accepted and results were also declared.
- Students can apply for the ATKT exam and can also view their results on the Mobile application "Mastersoft student diary cloud"
- All the examinations were conducted as per the University of Mumbai guidelines and results were declared.
- The college had a very good passing percentage in the final year Third Year examination (SEM-VI) 2021-22.



EXAMINATION COMMITTEE

Academic Toppers 2021-22

Rank	FY B.Com	SY B.Com	TY B.Com
1st	GHOSALKAR HRISHIKESH UTTAM	KANNOUJIY A KAJAL ACCHELAL	MR. SHARMA YASH RAMPRAKASH
2nd	KARMOKAR ANKUSH GAUTAM	LAMBA YASH KISHOR	Mr. Chaudhary Himanshu B
Rank	FY BAMMC	SY BAMMC	TY BAMMC
1st	PAWAR VAISHNAVI DEEPAK	AMBROSE EDWINA GLYNSS CHARLES	MR. SAMBREKAR OMKAR
2nd	AHIR WAR GAURAV NARESH	MODI ANURAG MANISH	MS. PARMAR VIDHI SANJAY
Rank	FY BCOM (ACCOUNTING & FINANCE)	SYBCOM (ACCOUNTING & FINANCE)	TYBCOM (ACCOUNTING & FINANCE)
1st	POOJARI KHUSHI SADANAND	DESAI NAMRATA SAMEERR	MS. CHAVAN TRUPTI MAHENDRA
2nd	LONDHE RUTUJA AJIT	SHAIKH TANAJ SADIK	MS. SWAIN RESHMA K MS. BELEKAR SANTOSHI ANIL

EXAMINATION COMMITTEE

Academic Toppers 2021 22

Rank	FY BCOM (BANKING AND INSURANCE)	SY BCOM (BANKING AND INSURANCE)	TYBCOM (BANKING AND INSURANCE)
1st	RUZARIO DELWIN STEAVAN	MADAN LATIKA HEMANT	MS. VAITY JANHAVI VASANT
2nd	JADHAV GAURI UMAKANT	MORE MINAL RAJESH	MS. KOPARKAR TANVI SANTOSH
Rank	FY BA	SY BA	TY BA
1st	SHARMA PRIYANKA ARVIND	BALIYAN POOJA LAXMAN	MR. GUPTA ANKITKUMAR D
2nd	SINGH AKANSHA BHAWARINGH	BALA SANGEETA AJAY	MR. NAIR AKHILESH SHIVDAS
Rank	FY BMS	SY BMS	TY BMS
1st	MENON KRISHNA ANIL	BHANUSALI MEET KISHOR	MS. SAWANT JANHAVI MAHENDRA
2nd	CHAVAN DISHA DINESH	THUBE SAKSHI ANIL	MS. CHOLLE SANJANA BASAVRAJ

EXAMINATION COMMITTEE

Academic Toppers 2021 22

Rank	FY BSC. (INFORMATION TECHNOLOGY)	SY BSC. (INFORMATION TECHNOLOGY)	TYBSC. (INFORMATION TECHNOLOGY)
1st	AGAD SIDDHI NITIN	BHOSALE AAKANKSHA ASHOK	MR. THALE GUNJAN JAGDISH
2nd	SAMBRE RITIKA HEMANT	NISHANT SHAJI	MR. BALLARI ADARSH BRAHMAYYA
Rank	FY BSC. (GENERAL)	SYBSC. (GENERAL)	TY BSC. (GENERAL)
1st	PARDHI KOMAL ANKUSH	PATEL TANVI VENKOBA	MR. PATIL NIKHIL UTTAM
2nd	YADAV SANJANA RAMRAKSHA	JADHAV SAKSHI SUNIL	MS. AUTI SAKSHI DNYANESHWAR
Rank	FY BSc. (COMPUTER SCIENCE)	SY BSc. (COMPUTER SCIENCE)	TYBSc. (COMPUTER SCIENCE)
1st	POOJARY RACHITH RAVI	YADAV VISWAJEET BRAHMADEV	MR. MORE PRATHAMESH MILIND
2nd	SINGH SACHIN INDRA KUMAR	THAKKAR TANMAY MILAN	MR. SARWATE SIDDHARTH MILIND

Convocation Ceremony

The Convocation ceremony of the third-year students of batch 2021-22 was a momentous event held in the college on April 29, 2023.

The ceremony commenced with a solemn and reverential ambience as a traditional lamp was lit followed by a heartfelt prayer, where everyone joined in seeking blessings for the graduating students' future endeavors.

I/C Principal Dr. (Mrs.) Barkha Shamnani then took the stage to present the College's annual report. She highlighted the remarkable progress College had made over the past academic year. She spoke about the expansion of academic programs, the introduction of new courses, and the College's commitment to providing quality education. Dr Shamnani also emphasized the importance of staying connected with the College as alumni, encouraging the graduating students to contribute to their alma mater's growth and success.

The highlight of the Convocation ceremony was the presence of the esteemed guests – Mr Rajesh Batreja, the Chief Guest, and Mr Suhail Tamboli, the Guest of Honor.

The occasion was graced by the honourable presence of Shri. Krishna Deshpande, Vice Chairman and Anand Narayanrao Katageri, Hon. Treasurer. Their presence added great significance and honor to the event, and their speeches left a lasting impact on the students. Followed by that Adv. Vijay Kulkarni, Hon. Joint Secretary of Vidya Prasarak Mandal, delivered an insightful speech.

The toppers of the various programs were called upon to receive their degrees. All the delegates proudly presented the degrees to these exceptional students, applauding their dedication and hard work throughout their academic journey.

The Convocation ceremony drew to a close with a vote of thanks delivered by Dr. Dewani Om, Examination Convenor.



ADMISSION COMMITTEE



Asst. Prof. Vilas Mahajan
Convenor

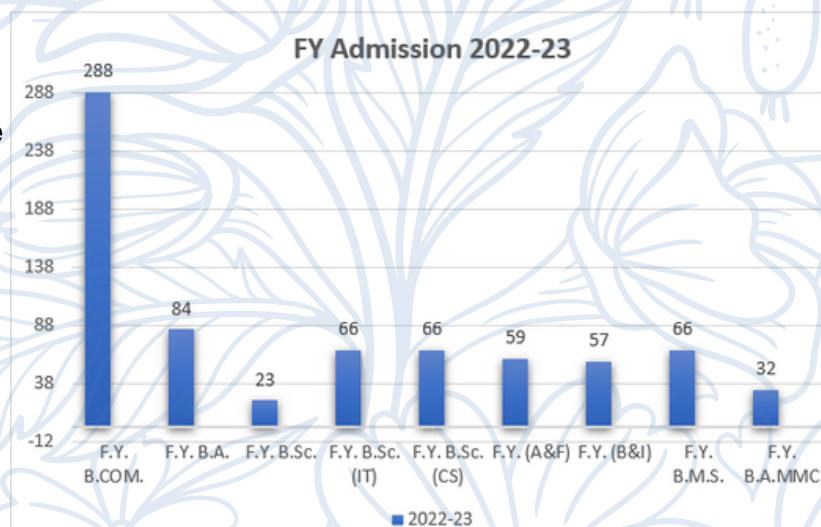
The admissions process is significant as it affects the college's reputation. The primary purposes of the admission committee are to pick the right students and to provide equal opportunities to all without discrimination. A new admissions committee is formed by the principal every academic year.

Committee Members

Prof. Shruti Schouche
Prof. Rajashree P.
Prof. Nitin Patil
Prof. Ravikumar T.
Prof. Sanketa Ghosalkar
Mr. Mangesh Korde
Mr. Jagdish T.
Mrs. Deepa Mulik
Mrs. Aparna S.
Mr. Nilesh Patil
Mr. Gurudatta Tople

Objectives of the Admission Committee:

1. To complete the admission process within the timeline as per the Mumbai University guidelines.
2. Creation of a web page for the admission process. (<https://vpmrzshahcollege.edu.in/FYAD202223>)
3. Receiving online applications and scrutinizing them through the admission committee to verify eligibility.
4. Preparation of merit list and notices and publishing on the website and campus



STUDENT COUNCIL



Asst. Prof. Sanketa Parab
Convenor

The Student Council of the College gives all possible opportunities to students to enhance their leadership qualities. Elections for 2022- 2023 were conducted by collecting nominations from interested candidates for the post of General Secretary, President and Lady Representative.

Guru Purnima Celebration

It is an incomparable journey where the Guru leads you from the visible to the invisible, from the material to the divine, and from the ephemeral to the eternal. To extend adoration and gratitude towards the selfless dedications of Gurus, Students of VPM's R.Z. Shah College have made all possible efforts to celebrate the Guru Purnima on 13th July 2022.



Election for 2022- 2023

The election for 2022- 2023 is conducted by collecting nominations from interested candidates for the post of General Secretary, President and Lady Representative. Ballot voting is conducted in the presence of all student council Members and voting is done by all members. The following student members were selected for the post

1. General Secretary – Mr. Shreyas Mankar
2. President – Mr. Tejas Patil
3. Lady Representative – Ms. Harshada Kundar

STUDENT COUNCIL

FY Orientation

The orientation program started with a welcome speech given by our student members Ms. Pragati Chodhary from TYCS for 1st session and Ms. Sakshi Dubey from TYBMS. Vice Principal Mrs. Barkha Shamanani continued the session by providing information about available college courses, attendance, and exam rules. Further Vice Principal Mrs. Anjaneeka Uday further explained about various association and committee activities for students. After the above discussion, Incharge Principal Dr.Kavita Sharma addressed FY students and parents related to college rules and regulations and motivated students for their bright future.



Feverpitch

The most Awaited Fest of the College “FEVER PITCH” was celebrated on the 7th and 10th of January 2023. The Theme of the Current year's Fest was CINEVERSE (Cinema+ Multiverse) On 7th January 2023 various Intercollegiate Sports events were organized like Box Cricket, Tug of War, Chess, Carrom, etc. On 10th January 2023 Marathi Mandal of College organized “Athangustav” and the Kannada Mandal of College organized “Kannada Mahostav”. Various Intercollegiate Fine Art and Performing Art Competitions were also conducted like Mehendi, Rangoli, Accessories Painting, Solo Singing, Group Dance, Fashion Show, etc. Around 500 Students from nearly 20 to 25 various colleges from Mumbai and Thane like V. Z. Kelkar, MCC, RADAV College, NKTT, V. K. Krishna Menon, Sandesh College, Vikas College, Deshpande college, Vidya Prabodhini, Kirti M. Doongursee College, S.M. Shetty college, Lokmanya Tilak College. had participated in College Fest.



STAFF COUNCIL



Mrs Shilpa Jadhav
Convenor

The council held meetings as per the instructions of I/C Principal Dr. Kavita Sharma took reviews of committee work and gave instructions to staff for improvements as well as smooth conduct of the teaching and learning process. In these meetings various issues were discussed and solved like admission, the conduct of lectures, discipline, examinations, performance appraisal of staff, and research. Council conducts various activities under staff welfare

- 1) Smart Board Demo was organized by Prof. Mrs. Sampurna Patil and Mr. Vijay Jaiswal for staff members on 17th November 2022.
- 2) Interactive Panel Demo was organized by Mrs. Sampurna Sarode and LG Electronics for Staff Members on 11th November 2022.
- 3) Yoga Workshop for Supporting Staff on 5th November 2022.
- 4) Appreciation By VPM Management members on the occasion of Diwali.
- 5) Farewell of Prof Vijayalaxmi K. and Prof. Ruchi Rathod



STAFF COUNCIL

The Staff Council acknowledge the hard work of our dedicated staff for completion of admission, examination in time. It appreciates all staff members for their hardwork specially for NAAC work. All Staff members were felicitated on Annual Day for their contrinution in NAAC 'A' GRADE



CULTURAL COMMITTEE 2022-23



Asst. Prof. Gauri Pai
Convenor

Cultural committee of VPM's R. Z. Shah College for the academic year 2019-2020 started its work from the beginning of the academic session which included various activities. Some of the activities are:

On 23rd August 2022, at 12.00 PM in the College Auditorium, the Cultural Committee of our college organized "FRESHERS' PARTY 2022". The Anchors for the day were Rupal Solanki (TYBAMMC) and Gaurav Ahirwar (SYBAMMC). After all the performances, the most awaited event of the day began, "MR. & MISS FRESHER COMPETITION". Every participant had to go through a total of '3 rounds'. The '3 rounds' were: - 1] RAMP WALK, 2] TALENT ROUND, and 3] QUESTION & ANSWER ROUND.

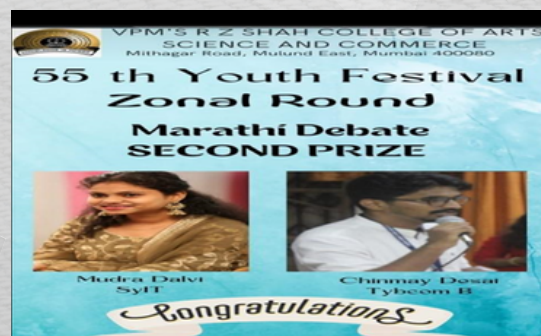
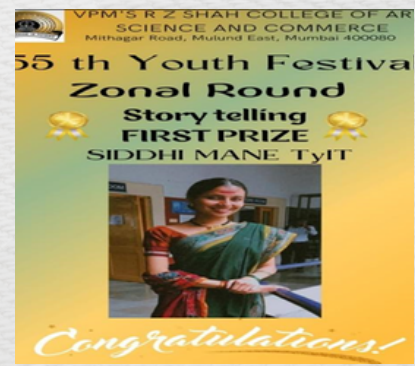
On Wednesday, 14th September at 11.00 am, Students of the Social Science Association & Cultural Committee collaborated to organize 'Hasya Kavi Sammelan' on the occasion of HINDI DIWAS, in the Seminar Room.



CULTURAL COMMITTEE

Youth Festival 2022

The Youth Festival 2022-23 of Mumbai University under the Department of Student's Development commenced in the First week of July 2022. It was conducted in 2 rounds, the Zonal round and the Final round. Nearly 400 plus colleges under Mumbai University participated. Overall, 84 students were selected (for group and solo competitions) for 42 events. Our college bagged 8 awards in the zonal round: Fine Arts: Clay modeling. Singing: Western singing group, Indian singing group, Western singing solo. Theatre: Mime, Skit (in Marathi). Literary: Storytelling, Debate.



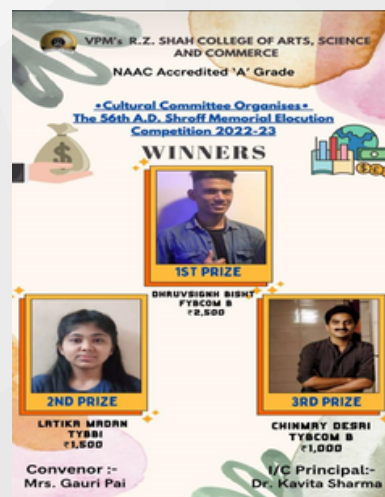
CULTURAL COMMITTEE

The 56th A.D. Shroff Memorial Elocution Competition 2022-23

The event was organized on 1st October 2022 in Physics Lab, the event started with welcoming the participants and judges Mrs. Rashmi Narsapur and Mr. Ravindra Phadke. After announcement of the rules and regulations, the competition was started around 11:00am and ended at 2:00 pm.



To celebrate and make the present generation of students know about the custom that is extinct, Navrostav (Navratri celebration) was organised on 4th October 2022 (Tuesday) in the Auditorium between 11.30am to 2.00pm.



Navratri Celebration

As in Indian tradition, Navratri is the festival of Nine days. It is the festival of colours, courage and glory of the goddess Durga. Cultural Committee organized the event of Navratri. All the students and teachers were informed to wear traditional colourful attire. Everyone followed the colours for nine days.



CULTURAL COMMITTEE

Celebration of Diwali

India is rich in culture, tradition, and festivals. Diwali is one such grand festival celebrated in India. So even our college took this opportunity to celebrate Diwali in a special way. This special Diwali celebration was organized on 22nd October 2022 (Saturday) in the Auditorium between 11:30 am to 2.00 pm.



Mr. VPM & Miss VPM Contest

The Cultural Committee organized a program called 'Mr. VPM & Ms. VPM' was a talent Hunt round of students from various streams of the college. The Anchors of the event Mr. Rachith Poojary and Ms. Rupal Solanki hosted the event with Fun Interaction with the audience. Prof. Ravi Talla, Prof. Smita Jadhav, Prof. Krutika Solanki, and Prof Aditi Choubey were the main judges of the competition who assessed the participants on the basis of their talent, ramp walk, confidence, stage presence, posing, and other pointers.

CULTURAL COMMITTEE

Traditional Day Contest

'Traditional Day' was celebrated with a talent Hunt round of students from various streams of the college. The anchors of the event were Mr. Rachith Poojary and Ms. Rupal Solanki. Prof. Ravindra Phadke, Prof. Surbhi Gour, Prof. Seema Ughade and Prof. Virati Visariya were the main judges of the competition who assessed the participating students on the basis of their talent, ramp walk, confidence, stage presence, posing and other pointers.



Republic Day Celebration

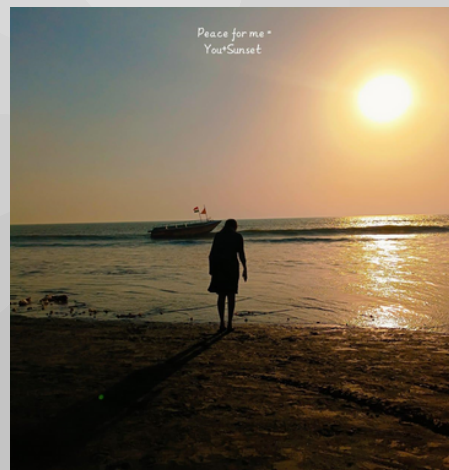
Like every year, this year also all the students and faculty members of our College had organized a grand program on the occasion of this 74th Republic Day. The program started with Flag Hoisting followed by the National Anthem at 9:00 am.



PHOTOGRAPHY COMPETITION

On Saturday, 4th March 2023, the Cultural Committee of our college organized KALARANG PHOTOGRAPHY COMPETITION for the academic year 2022-23

The themes of Photography were - Food Photography, Sunset & Life In A Metro. The Participants had submitted beautiful and amazing photographs, which all were worth a big applause.



SPORTS COMMITTEE 2022-23



Asst. Prof. Ravi Talla
Convenor

The purpose of a sport committee is to develop student interest in a specific sport or physical activity. Regular physical activity is universally accepted as being central to overall health and wellbeing. Physical education is designed to ensure that students appreciate the importance of physical activity not only for their physical wellbeing but also their social and psychological well-being. Students can learn about fair play, teamwork, and how to interact respectfully with one another. As a result, they learn to be productive in the various competitive, innovative, and difficult settings that physical activity provides them with on a regular basis.

Sports Committee:

1. Asst. Prof. Anjaneeka Uday Gymkhana Chairperson
2. Asst. Prof. Ravi Kumar Talla, Sports Incharge
3. Asst. Prof. Ravindra Phadke, Member
4. Asst. Prof. Virati Visariya, Member
5. Mr. Sachin Warankar, Attendant
6. Nikhil Dubey Sports, Student Representative



SPORTS COMMITTEE

FEVER PITCH Sports Events

Intercollegiate Sports tournament was conducted in Box Cricket, Carrom, Chess, and Tug of War on 7th Jan 2023 under the FEVER PITCH 2022-23. Teams from various colleges participated in the tournament.

Sr. No	Event	Date	Venue
1.	Cross Country (Boys)	21/08/2022	Kalina Campus
2.	Chess (Boys and Girls)	24/08/2022, 25/08/2022 and 26/08/2022	Ratnam College
3.	Kho-Kho (Girls)	07/10/2022 and 08/10/2022	VIVA college
4.	Kabaddi (Girls)	11/10/2022	S M Shetty College
5.	Volleyball (Mens)	09/11/2022	Narayan Guru College
6.	Kabaddi (Mens)	11/11/2022	N G Acharya College
7.	Basketball	12/11/2022	Anna Leela College
8.	Boxing (Mens)	14/11/2022	Khelo India Center
9.	Kho-Kho (Mens)	21/11/2022	VIVA College
10.	Athletics Meet	14/11/2022 to 16/11/2022	University Sports Ground
11.	Yoga (M & W)	01/12/2022	Bunt's Sangha RPH College
12.	Football	07/01/2023	Bhavans Football Ground
13.	Powerlifting	10/01/2023	RD National College
14.	Cricket	13/01/2023	Our's Ground, Virar
15.	Best Physique	13/01/2023	Uttar Bharatiya Sangh College

SPORTS COMMITTEE

List of Winners for Inter-collegiate competition and Sports Week

Events	1st Position	2 nd Position	3 rd Position
Chess Girls	Shruti Tiwari TYBAF	Shruti Pednekar SYBBI	Gauri Jadhav SYBBI
Chess Boys	Nikhil Dubey SYCS	Shubham Shirke SYBAF	Atharva TYIT
Carrom Girls	Prachi Ghule TYBAF	Tisha Gosar FYBBBI	Snehal Barje TYBBI
Badminton Girls	Prachi Ghule TYBAF	Diksha Kadam SYBCOM	Priyanka Shinde FYBA
Carrom Boys	Nihal SYBBI	Mandar Naik FYBCOM (A)	Delwin SYBBI
Badminton Boys	Yogesh Sawant TYBCOM (A)	Dhruv Tembe SYBBI	Ayush Miwalkar FYBCOM (B)
Pushup Girls	Tisha Gosar FYBBI	Mamali Gauda FYBCOM (B)	Minakshi Vishwakarma TYBSC (GS)
Arm Wrestling Girls	Tisha Gosar FYBBI	Rashi Mhamunkar SYBBI	Avantika Japale SYIT
Arm Wrestling Boys	Milan Vishwakarma TYBCOM (B)	Shani Pal SYCS	Varun Madge FYCS
Skipping Boys	Vijay Yadav FYBA	Sai Saran Selvanath TYBMS	Omkar Malusare FYBMS
Discuss Throw Boys	Milan Vishwakarma TYBCOM (B)	Pranay Kale TYBCOM (B)	Satish Tiwari SYBOM (B)
Discuss Throw Girls	Ritika Sambre SYIT	Tisha Gosar FYBBBI	Avantika Fapale SYIT
Shot put Girls	Avantika Fapale SYIT	Tisha Gosar FYBBBI	Simran Valmiki SYBCOM (B)
Shot put Boys	Pranit Tukrul TYIT	Aashish Sonar TYBCOM	Sameer Kulkarni SYIT
Pushup Boys	Shubham Kanojya SYBMM	Jash Yadav TYCS	Pranay Kale TYBCOM (B)
Skipping Girls	Shreya Deshmukh FYBAF	Khushi Gupta SYIT	Chandra Kumawat FYBAF

SPORTS COMMITTEE



List of Winners for Inter collegiate competition and Sports week

KABBADI	Class: SY BCOM-A 1. Mitesh 2. Timma 3. Shubham 4. Kiran 5. Ajay 6. Stephen 7. Pradeep	Class: TYBCOM 1. Deepak Bhosle 2. Prathamesh Mangaokar 3. Sanchit Khade 4. Chirag Bait 5. Pranay Kale 6. Vishal Devadiga 7. Omkar Khot	Class: SYBBI 1. Yash More 2. Aniket Sattve 3. Prathamesh Patil 4. Jayesh Waghela 5. Rohan Yadav 6. Vikas Yadav 7. Raj Kanojiya
BOX CRICKET	Class: SYBCOM-A 1. Sangamkumar Rajbhar 2. Vikas Dhiwar 3. Mitesh Poojari 4. Bhavesh Bhambid 5. Prasanna Sherigar 6. Hritik Shelke 7. Omkar Chindarkar	Class: TYIT 1. Roshan Deshmukh 2. Pranit Tukrul 3. Saurabh Okate 4. Shivnarayan Yadav 5. Umesh Ingle 6. Vrutesh Mayekar 7. Siddhikesh Wadhawal 8. Hemant Namdar	Class: SYBCOM (B) 1. Rohan Yadav 2. Akash Jha 3. Parth Hile 4. Bhavesh Banugade 5. Manish 6. Timma Nayak 7. Atul Cheke 8. Rahul Chavan
VOLLEYBALL	Class: TY BCOM 1. Raj Bangera 2. Ashish Sonar 3. Deepak Rajpurohit 4. Joyson Chettela 5. Pranay Kale Milan Vishwakarma	Class: SYIT 1. Rishikesh Maurya 2. Harsh Gupta 3. Jatin Desai 4. Narendra Badnale 5. Naveen Pal 6. Mayur Wagh 7. Kiran Mhatre	-----

Kannada Association

Presents

Kannada Utsav

KANNADA ASSOCIATION



Asst. Prof. Bhagyashree B.
Convenor

Kannada Association of the College organized a singing competition on 26th September 2022 at 12.00 noon in the college auditorium. Many Kannada minority students participated in Solo, Duet, and Group Singing competitions and won the prize. All the supporting documents are attached herein below for reference.

Winners List:-

Solo Singing:

1. Rakshita Poojary (1st Prize)
2. Bhoomika Shetty (2nd Prize)

Duet Singing

1. Rohit Dhargan and Manvith Suvarna (1st Prize)
2. Bhoomika Shetty and Rakshita Poojary (2nd Prize)

Group Singing

1. Archana Satalgaon, Siddamma Sagar, Priya Lakpati, Devika Pooja Jadhav and Kajal Marathe. (3rd Prize)
2. Jeevan Devadiga, Rachith Poojary, Darshan Hegde, Vikaskulal and Dhanush Hegde (2nd Prize)
3. Bhumika Shetty, Rakshita Poojari and Chetan Gowda (1st Prize)

Kannada Utsav

Kannada Mandal of College organized "Kannada Mahostav". Various Intercollegiate Fine Art and Performing Art Competitions were also conducted like Mehendi, Rangoli, Accessories Painting, Solo Singing, Group Dance, Fashion Show etc.



WOMEN DEVELOPMENT CELL (WDC)



Asst. Prof. Anita Lopez
Convenor

Self Defense Workshop

On 12th August 2022 Self Defense Workshop was conducted.

Objectives of the Event:

- 1) To educate the students about the different types of violence against them.
- 2) To provide knowledge about the different tips of self-protection to keep in mind in different situations.



Seminar on Personality Development and Personal Hygiene

On 21st October 2022 WDC organized "Personality Development and Personal Hygiene Seminar". Principal I/C Dr. Kavita Sharma she emphasized the importance of personal hygiene and personality development, grooming and it's impact in job interview.

Workshop on "First Aid and Safety"

There was a huge crowd of participants in the Workshop. The First Aid Training went on with practical demonstrations on Types of First AID issues, Cases that require First AID, Methods that are involved in First AIDs, and the Importance of First Aid.



SOCIAL SCIENCE ASSOCIATION



Dr. Mangesh Sawant
Convenor

The main objective of Social Science Association that run under Department of Arts (BA & BAMMC is to provide platform to the students to make them aware of an inter-related approach among the Social Sciences to enhance the Knowledge of Students and to make them cognizant of social problems in society in broader perspective. The Association endeavors to facilitate the personality of students by conducting a wide scope of interaction by various activities in the college. The Association conducted the following activities in the academic year 2021-22.

Guru Purnima

To extend adoration and gratitude towards the selfless dedications of Gurus, Students of VPM's R.Z. Shah College have made all possible efforts to celebrate Guru Purnima on 13th July 2022.



COLONY
Mumbai, Maharashtra, India
Mithagar Road, Mulund East, Jaihind Colony, LIC
Housing Colony, Mulund East, Mumbai, Maharashtra
400081, India
Lat 19.162047°
Long 72.95451°
14/09/22 11:44 AM GMT +05:30

Hindi Diwas

On Wednesday, 14th September at 11.00 am, Students of Social Science Association & Cultural Committee collaborated to organize 'Hasya Kavi Sammelan' on the occasion of HINDI DIWAS, in the Seminar Room!

SOCIAL SCIENCE ASSOCIATION



CYBER CRIME AWARENESS PROGRAM

The Cyber Crime awareness program was organized in our college under the Social Science Association and Talent 100 on 7th December 2022 in the auditorium. In this program, our Chief Guests were the Cyber police officers and the Quick heal foundation team.

Human Rights Day

On Saturday, 10th December 2022, at 11.30 am the Social Science Association with Talent-100 organized a Group Discussion held on the occasion of "INTERNATIONAL HUMAN RIGHTS DAY", in the college library. The anchors for the day were Jinat Khan (FY BAMMC) and Shreyash Mankar (TY BA). The event began with the welcoming of Honorary Secretary Adv. Vijay Kulkarni Sir, I/C Principal, Vice Principal, and teachers and students present.



Commemoration of the 77th Anniversary of the Atomic Bombings at Hiroshima and Nagasaki

On Monday, 8th August the students of the Social Science Association conducted a seminar on the "Commemoration of the 77th Atomic Bombings on Hiroshima & Nagasaki" under the guidance of Convener Dr. Mangesh Sawant and members of the Association. The seminar began by showing two short films for a better understanding of the Incident of Hiroshima & Nagasaki. After the short film, Anchor Marianne gave a summary of the incident. Later Professor Ravindra Phadke Sir gave us an insight into the 'ECONOMIC ASPECT OF JAPAN Then & Now'.

SOCIAL SCIENCE ASSOCIATION

MAHATMA GANDHI & LAL BAHADUR SHASTRI JAYANTI

On Monday, 3rd October 2022 at 11.00 am, the Social Science Association organised MAHATMA GANDHI & LAL BAHADUR SHASTRI JAYANTI, in the Conference Room! Jinat Khan (FY BAMMC) and Marianne Sebastian (TY BA) were the anchors for the event! The event began with a short introduction to Mahatma Gandhi and Lal Bahadur Shastri. Followed by the introduction of the Guest Speaker, Prof. Dr. Namita Nimbalkar, Department of Philosophy & University Of Mumbai.



PLACEMENT COMMITTEE REPORT 2022-23



Asst. Prof. Prachi Raorane
Training and Placement Officer

The College's Placement Committee, is a team of highly motivated and dedicated individuals who selflessly and relentlessly work for the overall institutional goal of inviting reputed Companies and providing desired placement offers to students based on their personal field of interest. The Committee supervises and manages the whole placement process, which includes interacting with the HR representatives of Corporate Organizations, arranging a meeting with them, arranging necessary infrastructure to conduct the placement drive, and conducting and holding the on and off campus placements. Apart from this, the committee plays an important role in developing and maintaining a sustainable and long-term relationship with the corporate world.

Under the guidance of Principal I/c. Dr. Kavita Sharma, Vice Principal Dr. Barkha Shamnani, and Vice Principal Prof. Anjaneeka Uday, the Placement Committee was formed for the academic year 2022 – 23.

The following are the members of the committee:

Prof. Prachi Raorane - Convenor, TYBMS Incharge

Prof. Samiksha Deotale - Member, BSc. TYIT/CS/GS Incharge

Prof. Krutika Solanki - Member, TYBBI/BAF Incharge

Prof. Hetal Rajgor - Member, TYBCom, TYBA Incharge



PLACEMENT CELL

The following activities were conducted by the placement committee in the college during the academic year 2022 – 23

- Placement awareness sessions were conducted by the placement committee in all the third-year classes.
- Students were given guidance to the students for writing CVs. The CV written was duly checked and suggestions were given to the students for the same.
- The career counseling session was held by the team of Universal Group of Institutions was held on 13th Jan 23
- VPMs R Z Shah College of Arts Science and Commerce organized a campus placement drive on 27th Jan 23. The detailed report on the drive was submitted.
- Godrej Industries arranged a campus placement drive exclusively for our college students on 31st March 2023.
- TuringMinds Business Meetings had a Zoom meeting on Dec 29, 2022, 05:00 PM on the Topic: Meet & Greet with Leadership
- A preplacement grooming session by Ms. Sumela Dutta was conducted on 20th December 2022 in the college
- A Pre-Placement Grooming Session by Dr. Amita Jain on 4th January 2023. The session was uploaded on the YouTube channel for VPM Studio
- During the TCS drive for Commerce & Management, IT and CS. Students were given guidance and all the members of the placement committee helped the students with registering themselves on the TCS website and guided them throughout the process of registration, appearing for the exam and post-selection processes



PLACEMENT CELL

Add-On Courses

Certificate Courses are on tap at the institute, including Advanced Excel, Tally-GST, Digital Marketing, IIT Bombay Spoken Tutorial, Cyber Security, and German Language. On a variety of themes, including Soft Skills, Group Discussion, Corporate Grooming, and Data Science, add-on seminars geared towards students as well as senior professors were held.



Management Members also led sessions on Income Tax and Overview by Mr. Sharad Savadi, How to Prepare for Examination? by Mr. Prasanna Pandit, Securitization Process in India by Adv. Vijay Kulkarni, and Human Rights and Gender Justice by Dr. Rashmi Oza in collaboration with VPM's Centre of International Studies.



PLACEMENT CELL



OUR RECRUITERS



EXTENSION COMMITTEE



Dr. Bhavini Dand
Convenor

The DLLE seeks to facilitate the sensitization of students to socio-cultural realities. Degree College Students take up extension work projects related to social issues, for which they are awarded 10 additional marks in their final examinations on successful completion of 120/240 hours of work, and the submission of the project report in time. Our College offers five projects of DLLE for learners of degree college, namely Annapurna Yojana (APY), Industry Orientation Project (IOP), Population Education Club (PEC), Survey of Women's Status (SWS) and Career Project (CP).

Objectives

- To develop a sense of social responsibility and prepare students for greater social commitments.
- To enhance employability skills such as personality development, team building, presentation skills, writing abilities, time management skills, organizing skills, entrepreneurship and leadership skills of the students.

Extension unit of our college have registered 104 students for doing projects under Department of Lifelong Learning and Extension (DLLE), University of Mumbai. Extension teachers Dr. Bhavini Dand and Ms. Krutika Solanki along with student managers participated in first term training program at Gurunanak Khalsa College of Arts, Science and Commerce on 12 th August 2022.

EXTENSION COMMITTEE

Following are the 6 projects:

VOCATIONAL CAREER ORIENTED PROJECTS

- Career project (CP)
- Anna Poorna Yojana (APY)
- Industry orientation project (IOP)

COMMUNITY ORIENTED PROJECTS

- Population education club (PEC)
- Status of women in society (SWS)
- National institute of open schooling (NIOS) or Institute of distance and open learning (IDOL)



All the volunteers of the Extension Committee celebrated Raksha Bandhan on 12th August 2022 by tying rakhis to police RPS officers, Bus Conductors, and Auto rickshaw Drivers. The police also gave information about sections for women's protection and provided a basic knowledge of department working and staff. The extension unit also organized a cloth bag stall during NAAC a peer team visit which was shown as one of the best practices

Extension unit represented our college at "Bhavishya Bharat" event conducted by Nagindas Khandwala College on 14th September in the category of Best social initiative for women empowerment and also received first runner up prize.



EXTENSION COMMITTEE

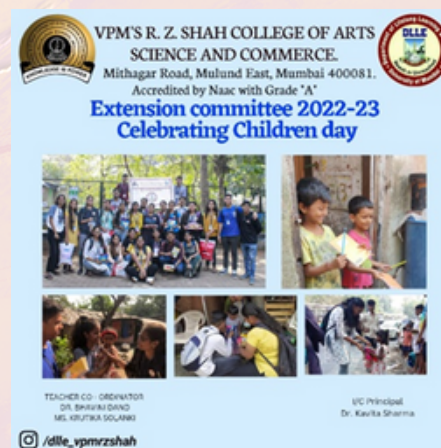
Plastic Collection and Recycling



The extension committee of our college conducted a plastic collection and recycling drive in collaboration with Bisleri. We had conducted 2 drive on 17th September 2022 and 18th October 2022 and successfully recycled 6 kgs of plastic waste and generated revenue of total Rs. 76. Before giving to recycling, segregation of various plastics is done by extension students like (plastic bottles, bottles caps, wrappers etc.)

Children Day Celebration

A donation drive was initiated by the extension unit of our college in which all staff and students donated packed foods, clothes, toys, stationary items, cash, etc. above donation received was distributed to children in nearby slum areas and the cash collected was used to buy biscuits, juice packets, stationary items and the same was distributed to small children on 14th November 2022 on occasion of Children Day Celebration. Principal Mam and other staff appreciated the drive.



Extension students participated in the Udaan Festival conducted by DLLE, University of Mumbai in NES Ratnam College on 24th January 2023. Students won 2nd Prize in Street Play Competition, Consolation Prize in Powada Singing Competition and 3rd Prize in Elocution Competition.

ENTREPRENEURSHIP CELL



Asst. Prof. Pratibha Jithesh
Convenor

V.P.M's R Z Shah College's Entrepreneurship Cell believes that entrepreneurship is the key to unlocking India's latent inventive potential. It aims to facilitate interaction between students, working professionals, aspiring, and existing entrepreneurs, mentors, angel investors, venture capital firms, and corporates through interactive sessions, and conferences. The entrepreneurship development of V.P. M's R Z Shah College is run by students under the guidance of a team of faculties.

The first term began with a meeting with student Co-Ordinators and the faculties to chart out a calendar for the year. The first session was a book review and discussion on "World's Greatest Entrepreneurs". The next session was an internship drive with our Industry Mentor Shri. Vaibhav Tambe. Three students from TYCS were selected at Oneagrow Fintech Pvt Ltd. and a session on effective presentation skills was conducted with Hon. Secretary Adv. Vijay Kulkarni. Students discussed various topics and had external Guest Speakers in the second term.

ENTREPRENEURSHIP CELL

Sessions by students

- "HDFC Mergers" by student presenters Ms. Shilpa Sharma and Mr. Pranav Hegde from SYBBI.
- "Amazon Success story by Student presenters Ms Disha Chavan, Mr. Sahil Poojary and Mr. Krishna Menon.
- "Entrepreneurial innovations at Google by student presenters Ms. Rashmi Parida and Mr. Jeevan Devadiga
- "CBDC" by student presenters Ms. Rashi Mhamunkar and Ms. Shweta Nayee and Mr. Delwin Ruzario
- "Rise of entrepreneurship in India" by student presenter Ms. Rameeta Sheregar
- "Microsoft Social Entrepreneurship Program " by a student presenter Mr. Rohan Verma
- "Green Business" by a student presenter Mr. Prashant Singh

Sessions by Guest Speakers:

- Awareness of Entrepreneurship among Aspiring Entrepreneurs" by Shri Vaibhav Tambe
- Entrepreneurship Talk session by Shri. Sunil Krishnan.
- "Entrepreneurship enabling skills" by Dr. Nisha Dhiravani.



अथांग MARATHI VANGMAY MANDAL



Asst. Prof. Gauri Atre
Convenor

ATHANG MARATHI VANGMAY MANDAL was established in our College in 2010 with the initiative of Marathi-speaking teaching staff and students. All activities conducted by the ATHANG are related with Marathi literature. The competitions include Essay writing, poetry recitation, Book reading etc. The main objective of Marathi Vangmay Mandal is to provide a common platform to all teachers and students for conducting activities related to Marathi Literature and to have an open and voluntary membership for all who love Marathi literature.

Ashadhi Ekadashi

Athang Marathi Vangmay Mandal of VPM's R Z Shah College conducted *Ashadhi Dindi* on the occasion of Asahdi Ekadashi. The event was held on 9th July. The event started at 9:30 am with the traditional way the *pooja of palkhi* was done by our beloved I/C Principal Dr. Kavita Sharma, after *pooja* and *aarti*, the *lezim* formations were performed then *palki* was taken around the college premises with enthusiastic performance of *Lezim*



अथांग MARATHI VANGMAY MANDAL

GURU POORNIMA

Athang Marathi Vangmay Mandal of VPM's R Z Shah College in collaboration with the NSS Cell, Social Science Association, and Kannada Association celebrated Guru Pournima on 13th July. We kept an event in order to show our teachers our gratitude towards them and make them feel special.



BHONDALA

Athang Marathi Vangmay Mandal of VPM's R Z Shah College in collaboration with the Cultural Committee celebrated Bhondla on 4th October 2022. We kept an event in order to promote our Indian culture and let students know about it.



ESSAY WRITING COMPETITION

ATHANG Marathi Mandal organized an Essay writing competition on 22h Sept 2022 at 12 noon. to enrich the writing skills of students. More than 50 students participated in the competition. Winners were

1. Tejal Palkar – FYBBI
 2. Nandani Chaturvedi – FYBCOM-A
 3. Priyanka Kolugade – FYBBI
- Consolation: Tanvi Moghe –FYIT

CHALATA BOLATA

Athang Marathi Wangmay Mandal has organized an activity called Chalta Bolta on 13 Aug 2022. On the occasion of the 75th Independence Day, Prime Minister of India Hon'ble Shri. Narendra Modiji started the Har Ghar Tiranga campaign. This three-day campaign in V. P. M. was implemented in the college. All the students and teachers gathered on the college premises were asked questions based on freedom.

अथांग MARATHI VANGMAY MANDAL

ATHANGOSTAV

Athang Marathi Vangmay Mandal celebrated the annual Festival 'Athangostav' on Tuesday 10th January 2023, at 9:30 am. Everyone enthusiastically participated in the 'Athangotsav' program. The program was started by the Deep Prajwalan by Principal in-charge Dr. Kavita Sharma and Head of Athang Marathi Vangmay Mandal Mrs. Gauri Atre and Member Ms. Priyanka Patil.



Bharatiy Bhasha Din

Athang Marathi Mandal in collaboration with the IQAC and Kannada Association celebrated Bharatiya Bhasha Din on 12 Dec 2022 at 11 am in the Conference Room on occasion Bhartiya Bhasha Din. Students performed various activities in different Indian languages.

Marathi Vangmay Mandal and Library

Marathi Abhiwachan Spardha

In order to promote reading culture, Athang Marathi Vangmay Mandal and Library organized a reading competition on January 25, 2023, at 12.30 pm in the library. The competition received a great response from students, teachers and non-teaching staff. 13 students 9 teachers and non-teaching staff participated.

LIBRARY COMMITTEE



Mrs. Shilpa Jadhav
Convenor

In the Academic year 2022-23 Library Committee has conducted various events for the students as well as for faculty members. Library focuses on automation of library, Use of ERP software to increase library footfall. Library software LIBMAN is used extensively for maintaining the library database . Its mobile app MOPAC is being used by students as well as faculty members for searching books as well as for marking attendance in the library. College is registered for the National Digital Library Club. Library is also being used for screening of Films, various Competitions like poster making and Essay writing.

General Awareness Quiz

The library conducted General Awareness On 13th July 2022 the quiz was conducted. There were 20 questions on General Knowledge. Most of the questions were based on current affairs that happened in the month of May and June 2022.

User Awareness Programme on N-LIST

On 2nd August 2022 User awareness program on the N-list was organized by Library Committee at Seminar Hall at 12.05 pm. This session was specially organised for teachers.



LIBRARY COMMITTEE

Preparation for Accreditation: Document Management for NAAC

On 10th August 2022 a session on 'Document Management' was conducted in the Seminar Hall at 11.00 am. The session was specially organized for the Faculty members and Administrative staff for the NAAC Documentation. Mrs. Shilpa Jadhav welcomed all to the session. She introduced the speaker, Dr. Dattatray Kalbande, Librarian, J. Watumull Sadhubella Girls College, Ulhasnagar.



Guidance on Government Exams

Library Committee organizes Session on Guidance for Government Exams on 29th November 2022 in coordination with Reliable Academy. Prof. Ravindra Phadke introduced the resource person Mr. Sandeep Patil. Mr. Sandeep Patil, Director of Reliable Academy, and other faculty members of the reliable academy were present for the webinar. Mr. Sandeep Patil, Kalyan explains the structure of various government exams like UPSC, MPSC, SSC, BANK, Defence, PSU, etc.



Debate Competition

The Debate Competition was held on 8th October 2022 in the Library. Students were asked to present their thoughts in the form of debates on two topics i.e. *Paper books are better than E-Books* and *Outdoor Games are better than Indoor Games*. Winners of the Debate Competition are as follows:

- Paper Books are better than E-Books:- Chinmay Desai, Priti Rane Purnima Kunkri, Dhruv Singh Bisht
- Outdoor Games are better than indoor games: Rushil Darekar, Sachin Prajapati, Akash P, Zeenal Jain, Atharva Ghadi, Raksha S.



RESEARCH CELL



Asst. Prof. Shruti Shouche
Convenor

Poster Making Competition

The Research and Development Cell of the college in collaboration with the Science Association conducted Poster Making Competition on 5th July 2022 on the topic Plastic Free Environment on the occasion of International Plastic Free Day. The winners of the competition are: -

- 1) Shruti J. Shukla: - SYBAF
- 2) Tanvi V. Patel: - TYGS



Shodh for Avishkar

The committee conducted the event "Shodh for Avishkar". Notice for the same was sent in all classes and the students who have already done paper presentations in seminars were felicitated. They also presented their research at the event. The event was conducted in the seminar room, Mandal office on the 2nd floor of the college on 19th September 2022.

RESEARCH CELL

The committee conducted the third event under the head “Shodh for Avishkar” for all Second and Third-year classes students. During this event, the participants from SY and TY classes presented PPT on their research topic for the Avishkar Convention.

The judges were: -

- a) Ms. Aditi Choubey
- b) Mr. Ravindra Phadake
- c) Mrs. Shruti Shouche

The winners were: -

- 1)Aniket Vishwakarma – SYIT
- 2)Tanmay Thakkar – TYCS
Latika- TYBBI
- 3)Chinmay Desai &
Ashwin Iyer -TYBCOM

For the second term, convenorship of the cell was handed over to Mrs. Shruti Shouche, HOD Commerce and Management Dept. and BMS coordinator. Members of the cell for the second term are -

- 1) Dr. Om Dewani
- 2) Dr. Mangesh Sawant
- 3) Dr. Bhavini Dand
- 4) Asst. Prof. Anjaneeka Uday
- 5) Dr. Barkha Shamnani
- 6) Asst. Prof. Ravindra Phadke



In the tenure, students were guided and sent to Avishkar competition conducted by Mumbai university, on 21st December 2022. Total 14 teams registered and presented in the competition. Mrs. Shruti Shouche, research cell convenor and Mr. Ravindra Phadke, teacher representative accompanied students to Gurunank College, Sion(E).



RESEARCH CELL

In the month of February 2023, the cell was a collaborator with the Department of Commerce in organising a session on the topic 'Role of IPR in Research'. The guest speaker Dr. Priya Prabhu, HOD IPR, Chembur Karnataka Law College, enlightened students and faculties with the topic.

The list of students participated in the competition is as follows –

- 1) Abhijeet Singh – FYIT
- 2) Ansh Barai – TYBMS
- 3) Adarsh Sharma – FYIT
- 4) Rohit Dhargan – FYBA
- 5) Darshan Hegde – FYBMS
- 6) Chetan Chandan – FYBMS
- 7) Om Gupta – FYIT
- 8) Akash Mourya – FYIT
- 9) Raksha Jaiswal – FYBMS
- 10) Zeenal Jain – FYA/C & Finance
- 11) Pradeep Bansode – FYCS
- 12) Shruti Pednekar – SYBBI
- 13) Chinmay Desai – TYBCom B
- 14) Gunja Patel – FYIT
- 15) Jayesh Bhandary – FYCS
- 16) Tanmay Thakkar – TYCS
- 17) Rushil Dadekar – FYBMS
- 18) Kunal Ghade – FYBMS
- 19) Pradnya Shinde – FYBMS



RESEARCH CELL


The research cell of the college was active throughout the year in inspiring research culture in the institution. All members of the cell, faculties and students had their gracious presence and participation in conferences conducted by other colleges. Amongst which participation in Vaze Kelkar College, Mulund (East) on 10th and 11th February 2023 is must to be mentioned.

Following students presented their papers in the conference on said dates –




- 1) Jeevan Devdiga, SYBMS
- 2) Krishna Menon, SYBMS
- 3) Disha Chavan, SYBMS
- 4) Ansh Barai, TYBMS
- 5) Chinmay Desai, TYBMS

The following faculties too presented papers at the conference –

- Asst. Prof. Gauri Pai – Law
- Dr. Bhavini Dand – Chemistry
- Asst. Prof. Aditi Chaubey – Chemistry

 **VPM's R Z SHAH COLLEGE OF ARTS, SCIENCE & COMMERCE**
MITHAGAR ROAD, MULUND(E), MUMBAI-81
Affiliated to University of Mumbai
Accredited by NAAC with Grade "A"

International Conference - 2023
K.E.T's V.G. Vaze College of Arts, Science and Commerce

Jeevan Devadiga
SYBMS


Krishna Menon
SYBMS

Disha Chavan
SYBMS


Presented Research Paper (UG)
On
CSR and it's Allied Frauds
Mentor
Adv. Gauri Pai

Shruti Shouche
Research Cell Convener

Dr. Kavita Sharma
I/C Principal

 **VPM's R Z SHAH COLLEGE OF ARTS, SCIENCE & COMMERCE**
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International Conference - 2023
K.E.T's V.G. Vaze College of Arts, Science and Commerce

Ansh Barai
TYBMS

Chinmay Desai
TYBCOM.B

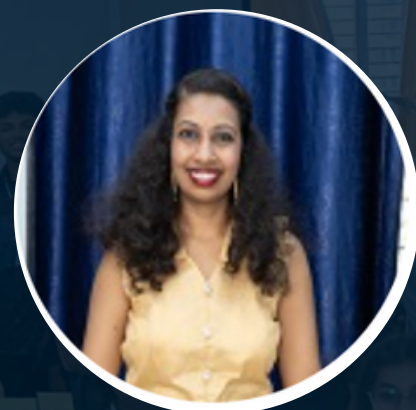
Presented Research Paper (UG)
On
Reforms in Elections process of India
Mentor
Adv. Gauri Pai

Shruti Shouche
Research Cell Convener

Dr. Kavita Sharma
I/C Principal

07:04

ENGLISH LITERARY ASSOCIATION



Asst. Prof. Virati Visariya
Convenor

It seeks to develop students' English communication abilities while also maximizing their literary potential. Objective-

1. To Build confidence and eliminate stage fear
2. To enhance communicative skills.
3. To instil aesthetic and literary values.
4. To unleash literary creativity and provide a platform for it.

Caption Writing Competition

The caption writing competition "Pictalks" organized by the English Literary Association took place on the college premises on 23rd August 2022. The event was led and executed successfully under the guidance of Asst. Prof. Virati Visariya and Asst. Prof. Surbhi Gaur.



Open Mic

The English Literary Association organized an "Open Mic" on 30th September 2022 in the IPS Lab. The event started at 11:30 am with a welcoming speech by Gaurav Ahirwar from SYBAMMC. The event was led under the guidance of Ms. Virati Visariya, Convenor of the Association and Ms. Aditi Chowbey, Member of the Association.



ENGLISH LITERARY ASSOCIATION



Book Review Session

English Literary Association (E.L.A) and Talent-100 (T-100) jointly organized a session on "HOW TO REVIEW A BOOK?" on Wednesday, 30 November 2022 at 11.30 am in the conference room. The Guest speaker of the session was Dr. Dinesh Kumar Nair, Head of the Department of English at KET'S V.G Vaze College of Arts Science and Commerce. The anchor for the session, Marianne Sebastian (TYBA) welcomed and introduced the guest speaker by talking about his achievements and academic qualifications which was followed by the felicitation of our I/C Principal Dr. Kavita Sharma. After describing what a book review is, Dr. Dinesh Kumar Nair led an interactive session in which he instructed the teachers and students on how to write one. He, then, discussed the specifics and practicalities of book reviews.





Objectives:

- The objectives of industrial visits are to establish a link between theory taught in a classroom and actual practical concepts.
- Many times students have misconceptions about the workplace. These misconceptions can be eliminated with the help of industrial visits.
- To give first-hand experience of the work atmosphere in an industry.
- To Reduce the Learning Gap

Silvassa

A two-day IV to Linen Textile Industry, Silvassa was taken on the 20th and 21st of December to 46 students (Linen Textile Industry) accompanied by Mr. Vilas Mahajan, Mr. Nitin Patil, Dr. Bhavini Dand, Mrs. Sampurna Sarode. Mr. Kapil described the finished product's yarnning, dyeing, weaving, finishing, and quality-checking processes. The team also visited the Butterfly Park, Museum, Dudhani Lake (for boating), Deer Park, and the industries.



Jaipur-Jaislmer

From February 25 to March 3, 2023, TY students went on an industrial visit. For the visit, 42 students came along. Jaisalmer and Jaipur in the state of Rajasthan were the destinations for the tour. We went to the Jaipur Dairy, where we learned about its history, many departments, working procedures, and how they manage to deliver milk to the entire city.

INDUSTRIAL VISIT

Subhalaxmi Knitfab, Badlapur

SY and TY General Science students were taken to the Yarn Processing and Dyeing Industry, named Subhalaxmi Knitfab, Badlapur on 1st March 2023. Students there learned the detailed process of yarn being converted to a white fabric bunch and then getting dyed. These students were accompanied by Dr. Bhavini Dand and Ms. Aditi Choubey



Consulting Edge, CA Firm

On 30th November 2023 Mrs. Sampurna Sarode and Mrs. Sanketa Ghosalkar escorted 20 students of Accounting and Finance to Consulting Edge. CA Mr. Alpesh gave details about GST, Return Filing and its due dates. He also guided students on various career opportunities available in the accounting and service sectors.



MARATHON GROUP SITE VISIT:

A group of 15 students was taken to a construction site of Marathon Group on 17th April 2023 to learn management skills. Students got hands-on information about the various construction materials used, type of structure, type of foundations, and components of the superstructure.



FILM CLUB



Asst. Prof. Ravindra Phadke
Convenor

ROCKETRY: THE NAMBI EFFECT

The movie was screened in the college Library where 52 students of the college consolidated with great enthusiasm and fascination for the movie screening.

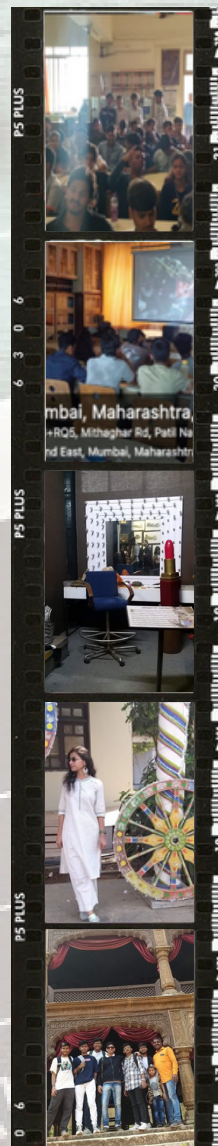
The screening was conducted with the motive to brief students about their country better and it tells the untold story of people who gave up a lot in life for their nation.

SPACE SWEEPERS

The Film Society Organized the screening activity of the film "SPACE SWEEPERS" on 1st October 2022. The screening was conducted with the motive to brief students about space and technology better.

Industrial Visit

The Film Society organized an Industrial Visit which was based on Film Studio in this modern-day lifestyle named ND's Film World. The Visit was conducted in Karjat on 1st March 2023. The Tour started at 8:30 am with Mr. Ravindra Phadke Sir and Mrs. Surbhi Joshi Ma'am and other students of the college respectively.



NATURE CLUB



Asst. Prof. Ravindra Phadke
Convenor

Department of Arts (BA BAMMC & Nature Club) has organized a photography Competition on account of “**World Photography Day**” on 20th August 2022 at 12:00 pm in Seminar Hall. For judging the event Mr. Akash Sharma invited who is working with Elexo Technologies, Dubai Marina, Environmental Photographer.



“TILLANDSIA: A Green Beginning”

Nature’s Club of VPM’s R.Z. SHAH COLLEGE OF ARTS, SCIENCE, AND COMMERCE organized the nature activity “TILLANDSIA: A Green Beginning” on 1st October 2022.

The activity was conducted in the college staff room. Our club’s motive was to decorate the staff room by decorating it with plants, glass bottles, and glass mugs. We didn’t use plastic because we wanted our college to be plastic-proof and conduct the activity eco-friendly.

NATURE CLUB

Celebration of Diwali

This special Diwali celebration was organized on 22nd October 2022 (Saturday) in the Auditorium between 11:30 am to 2.00 pm. All the teachers were invited to the celebration. Cultural Committee along with Nature's Club made all the arrangements. Colourful lights were lit in the lobby and auditorium. The floor was decorated with flower rangoli and diyas.



Guest Lecture on World Environment Day

Nature's Club of the College has organized a Guest lecture on World Environment Day on 30th January 2023. Dr. Krishna La was invited to talk about nature and environment.

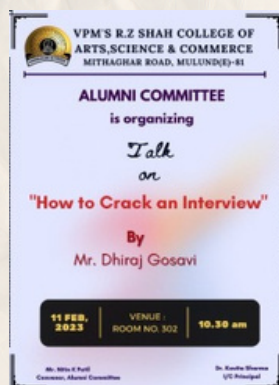


ALUMNI ASSOCIATION



Asst. Prof. Nitin Patil
Convenor

The Alumni committee conducted an online meeting for ex-students of IT & CS classes on 6th January 2023 at 12.05 pm. As per the discussion with Adv. Kulkarni sir and Anudip foundation member Ms. Nibedita Pandit, Alumni committee organized this session for IT & CS students.



Mr Tushar Raygude started the session with an introduction about Anudip Foundation and its CSR partners. He explained to the students about the importance of joining courses offered by them. He gave complete information about AWS Certified Trainer. The course fee for training program is 40,867/- . this course is a CSR project from Accenture company so Anudip Foundation is offering at 1000/- as a training cost.

This 1,000/- will be refunded to the students in terms of the data package. Total 24 students joined this online meeting.

ALUMNI ASSOCIATION

Opportunities after B.Sc- Talk by Alumni

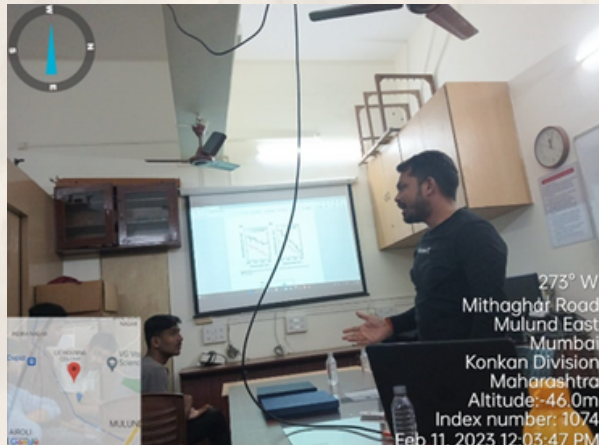
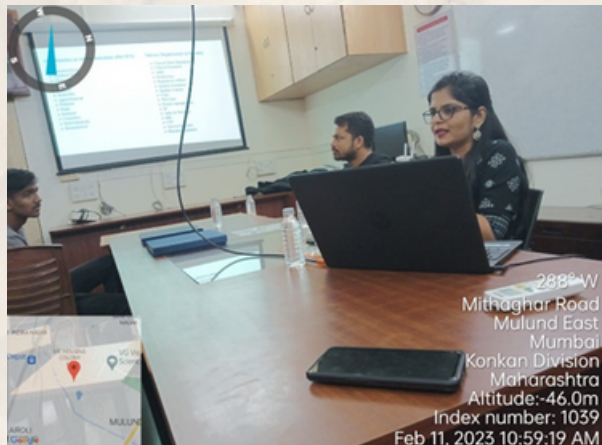
Guests: 1) Mr. Santosh Sharma (Ph.D. Scholar, National Sun Yat-Sen University, Taiwan)

2) Mrs. Mohini Pardhi (Chemist, SGS India Ltd.)

Venue: Physics laboratory

Date: 11/02/2023

The event started with a welcoming and introduction of the guests by Ms. Tanvi Patel of TYGS, followed by an interactive presentation and talk by Mrs. Mohini Pardhi. She spoke at length about subject choices, university choices, and entrance exams for students desirous of pursuing higher studies. This was followed by a brief introduction to the industry, wherein she discussed job opportunities and the scope for freshers in the industry. She discussed various roles in the industry along with job-specific required skillsets, reflecting upon and sharing anecdotes and instances of her experiences



TALENT 100



Dr. Kavita Sharma
Convenor

The T-100 committee was formed in the month of June 2022 under the guidance of Adv. Vijay Kulkarni honorable secretary of Vidya Prasarak Mandal, Mulund. T-100 is a systematic way of measuring and planning for improvement opportunities within students. Following are the members of T-100 committee:

Convener: Dr. (Mrs) Kavita Sharma I/C
Principal

Co- convener: Mrs. Smita Jadhav and
Mrs. Shilpa Jadhav

Students In-charge: Mr. Chinmay Desai &
Mr. Tejas Patil

Objectives of the committee:

1. Expose them to a sense of large purpose and self exploration.
2. To build a bonds between the students and faculty members.
3. Students learning or improvement and aims for mastery of content or skill development.
4. To demonstrate, analyze, adjust, and assemble various activities.
5. To shape character and behavior of the students.

TALENT 100

The following programs were conducted under T-100 committee:

- 1) Discovering ones possibilities through playful Interaction.(28/6/2022)
- 2) Game of life.(20/7/2022)
- 3) Talk on crisis in Sri Lanka.(21/7/2022)
- 4) Higher Education Opportunities in Italy.(12/9/2022)
- 5) Session on Group Discussion (10/10/2022)
- 6) UPSC, MPSC Seminar for T-100 students (12/11/2022)
- 7) A session on how to review Book. (11/11/2022)
- 8) Group Dicussion On International Human Rights Day.(10/12/2022)
- 9) T-100 and English Literary Association (ELA) Conducted a session on "HOW TO REVIEW A BOOK?" (30/11/2022).
- 10) T-100 and Social Science Association Conducted Group Discussion on International Human rights Day.(10/12/2022).
- 11) T-100 and Add-on courses conducted Group Discussion on Motivational videos.(10/12/2022)
- 12) T-100 and SY BCOM A students Conducted PPT Presentation on "BUDGET". (13/12/2022)
- 13) T-100 and Social Science Association conducted a session on Cyber Crime and Security.(7/12/2022)
- 14) T-100 and Add- on courses conducted a session on "Securitization process in Banking". (17/12/2022)
- 15) T-100 and Add-on courses conducted Group Discussion on Privatization. (31/1/2023)
- 16) T-100 students attended a session on Role of IPP in Research. (10/2/2023).
- 17) T-100 students attended Student Leadership Summit 2023 at DAV college. (1/3/2023).
- 18) T-100 students visited to a Marathon Corporate office at Mulund

NATIONAL SERVICE SCHEME



Dr. Mangesh Sawant
Program Officer



Asst. Prof. Seema Ughade
Program Officer



Asst. Prof. Jagdish Rajane
Program Officer

Objectives of NSS:

NSS aims at developing the following qualities/ competencies among the volunteers:

- To understand the community in which the NSS volunteers work and to understand themselves in relation to their community;
- To identify the needs and problems of the community and involve themselves in problem-solving exercise;
- To develop among themselves a sense of social and civic responsibility;
- To utilize their knowledge in finding practical solutions to individual and community problems;
- To gain skills in mobilizing community participation;
- To acquire leadership qualities and democratic values;
- To develop capacity to meet emergencies and natural disasters;
- To practice national integration and social harmony.

APPRECIATIONS RECEIVED FROM BMC



Core Team:

1. Ragini Kewat
2. Vedant Bagawe
3. Pranali Okte
4. Rishika Gupta
5. Timma Nyak
6. Trupti Sawant
7. Pranali Ohol



CERTIFICATE FROM GRAM PANCHAYAT

NATIONAL SERVICE SCHEME

	Events Name	Date
1	Shivrajya Abhishek din	06/06/2022
2	Cleanliness drive	07/06/2022
3	Tree Plantation Drive	15/06/2022
4	International Yoga Day	16/06/2022 to 22/06/2022
5	District level international yoga day	17/06/2022
6	Pulse Polio Drive	19/06/2022
7	International Yoga Day	21/06/2022
8	Marathon Cyclothon on the Association on international Drug Abuse and Illicit Trafficking	25/06/2022

NATIONAL SERVICE SCHEME

	Events Name	Date
9	Area Level Pre Planning Meeting	01/07/2022
10	Crowd Management Dindi Sohala	09/07/2022
11	Paper Bag Distribution	12/07/2022
12	Guru Purnima	13/07/2022
13	FY Seminar	25/07/2022
14	Kargil Vijay Diwas	26/07/2022
15	NSS Interview	28/07/2022
16	7 Days Rakhi Stall	05/08/2022 to 12/08/2022

NATIONAL SERVICE SCHEME

	Events Name	Date
17	Raksha Bandhan Celebration	11/08/2022
18	75th Independence Day Rally	13/08/2022 to 15/08/2022
19	Save The Flag	16/08/2022
20	Sadbhavna Diwas	20/08/2022
21	Cleanliness Drive	24/08/2022
22	NAAC Peer Team Visit	30/08/2022 to 31/08/2022
23	Crowd Management	01/09/2022

NATIONAL SERVICE SCHEME

	Events Name	Date
24	Coastal Cleanup at warli beach	17/09/2022
25	Pulse Polio Drive	18/09/2022
26	NSS Foundation Day	24/09/2022
27	Blood Donation Camp at Mulund station	30/09/2022
28	Free Health Checkup	30/09/2022
29	Session on legal remedies on Harassment of t women's and child	01/10/2022
30	DE addiction Rally	01/10/2022

NATIONAL SERVICE SCHEME

	Events Name	Date
31	National Unity Day	31/10/2022
32	Blood Donation Camp at College	23/11/2022
33	Constitution Day	26/11/2022
34	Session on common crime, cyber security, women safety and Anti Raging	29/11/2022
35	Cleanliness Drive with BMC(Mazi Mumbai, Swacch Mumbai campaign)	01/12/2022
36	7 Days Residential Camp	12th Dec To 18th Dec 2022

75TH AZADI KA AMRIT MAHOTSAV

(13TH AUGUST TO 15TH AUGUST)

NSS

NSS Unit of VPM's RZ Shah College Celebrated the 75th Azadi ka Amrit Mahotsav on College Campus and near College Premises. "Azadi ka Amrit Mahotsav " is an initiative of the Government of India to celebrate 75 years of independence to which the NSS unit of Our college Conducted Flag hoisting followed by a parade. Flag hoisting was done by our chief guest of the day Respected Chinivar Sir and Principal Dr. Kavita Sharma.

The Environment was mesmerized as the volunteers performed patriotic Dances and sang patriotic Songs. Later on, as our government ran a campaign named HAR GHAR TIRANGA, our Volunteers marched in a Rally in our Adopted Area NANEPADA by displaying handmade Posters Singing Songs and chanting slogans.



Keeping the campaign HAR GHAR TIRANGA in mind we Distributed Flags in the Adopted Area and Explained the importance of our national Flag.



RESIDENTIAL CAMP

12th December '22 – 18th December '22

NSS



The NSS Unit organized a SPECIAL RESIDENTIAL CAMP OF 7 DAYS at Sajai, NERAL from 12th December 2022 to 18th December 2022. The main objective of this camp was to inculcate the spirit of Voluntary work among the students and to empower the community of Sajai Village. The volunteers were divided into 7 groups. The Volunteers of the NSS performed many activities, and awareness programs such as literacy, food, and nutrition, health and hygiene, child care, communal harmony, Save the girl child.



ANNUAL DAY

On January 14, 2023, at 11:00 a.m., the Annual Prize Distribution ceremony was conducted. The chief guest was Thane-based eye surgeon Dr. Neeta Mhaske, and the guest of honour was Mr. Girish Balakrishnan. Dr. Mhaske addressed the rising concern of eyes due to its extensive exposure to the screens. She showed some exercise of the eyes for relaxation. Mr. Balakrishnan gave best wishes to the students and threw light on importance of extra-curricular activities in the life of the student. He, also, encouraged them to participate in more and more numbers in these activities.

Medals, certificates, and trophies were given to academic standouts, recipients of endowment prizes in honour of Shri C.V. Achar, Shri Laxmikant Pai, Late Shri R. Z. Shah, and Dr. P.M. Kamath, as well as winners in various sports and cultural competitions. In addition to Mr. & Miss VPM receiving a Crown, trophies, and Sachet.

Mr. Tejas Patil from TYBAMMC was recognised as the BEST STUDENT for the year 2022–23. He along with his parents accepted the award thanking Ast. Professor Mrs. Gauri Pai and his friends for their constant support through-out his academic journey in the college.



Prize Distribution Ceremony Report

Everyone desires and deserves an appreciation for their hard work, dedication and their willingness that made them do something extraordinary that others didn't wish to do. So, with the same motto of appreciating, giving an appraisal to the rising youth of VPM's R Z SHAH COLLEGE, and to felicitate their accomplishment, a prize distribution ceremony was organized on Friday, 21st April, 2023.

The ceremony started with a welcome speech by the students and the host for the event; Sameer, Jinal and Vaishnavi. They addressed our Chief Guests, CA Ravi Gowda and Adv. Akash Sharma, both of the guests are the alumni of the college. They were the students of our school, junior college and degree college as well. Then, I/C Principal Dr. Barkha Shamnani congratulated the students on their hard work and dedication besides enlightened us with few motivational words.

The highlight of the event was the prize distribution. Students from sports, cultural, DLLE, Athang, Social Science, ELA, Kannada Association,



Library, R&D Cell and Nature & Film Club were honored. The students received their prizes and awards from the Chief Guests.

Everyone desires and deserves an appreciation for their hard work, dedication and their willingness that made them do something extraordinary that others didn't wish to do. So, with the same motto of appreciating, giving an appraisal to the rising youth of VPM's R Z SHAH COLLEGE, and to felicitate their accomplishment, a prize distribution ceremony was organized on Friday, 21st April, 2023.



Annual Prize Distribution Ceremony

The Ceremony concluded with a Vote of Thanks by the hosts for the events. The event inspired and motivated everyone present over there, from faculty to students attended it and made it a great success.

~Adishakti Tiwari (SYBCOM A)
VPM's RZ SHAH COLLEGE



HR TRAINING AND DEVELOPMENT



Asst. Prof. Pratibha Jithesh
Convenor

HR Training and Development Initiatives:

Our college-in-charge initiated the HR training effort to provide personnel with a sense of worth and to develop working styles and skill sets. Some efforts were made in the form of HR relics under the ambit of this.

- New Staff Induction Session (PPT).
- Training Calendar
- Employee dashboard
- Revised Performance Appraisal Format
- Soft Skills Video
- Exit Interview

Workshops for staff:

- Mrs. Aditi Shah led a **Yoga Session** for non-teaching employees.
- **Manage Ourselves:** Adv. Vijay Kulkarni led the brainstorming session.
- **Tally Prime with GST:** For administrative clerks done by Nastech



LITERARY SECTION



Pandit Jawaharlal Nehru's Ideas on Socialism.



Jawaharlal Nehru, the only beloved son of Motilal Nehru and Swaroopa Rani born in Anand Bhavan, Allahabad, on 14th November 1889. Nehru received primary education in Allahabad and was sent to Cambridge and Harrow University to pursue study in law. As a studious student, young Nehru studied law, history and politics, and Western and Indian literature. He was a scholar in every subject, a famous orator, writer, and voracious reader. Therefore, Mahatma Gandhi with love and affection called him the Pandit. Then everywhere his name is addressed as Pandit

Jawaharlal Nehru. He married Kamaladevi and the couple had only one child – Indira, Priyadarshini who later became the Prime Minister of India.

Returning from Cambridge and Harrow Nehru joined the Indian Independence Movement with Mahatma Gandhi and Sardar Patel. On many occasions, he was imprisoned for his political activities against British Government in India. On many occasions, he became the President of Indian National Congress Party sessions. The famous one is the Lahore Session in 1929 where he declared Poorna Swaraj. He was the Prime Minister of India from 15th August 1947 to 27th May 1964 till his death.

Nehru is the father of modern India and the architect of India's foreign policy. He was a great visionary. He was a true Democrat and had a scientific temperament. He rejected superstition, blind faith, and wrong beliefs. He advocated democracy, equality, liberty and fraternity in the true Indian sense. He got a spirit of independence, confidence courage from his advocate father Motilal Nehru, and from the readings of J. S. Mill, Aristotle, Herbert Spencer and Herald J. Laski. He was well acquainted with the writings and personalities of Abraham Lincoln, George Bernard Shaw, John F. Kennedy and Charlie Chaplin.

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He deeply studied Marxism and did not apply pure Marxism to the Indian situation. But compromised with Marxist socialism and mixed economy. To end poverty, unemployment and many more economic problems Nehru advocated practical socialism. Equally, he gave importance to politics, economics and science to develop India. He started the Planning Commission and started the first five years plan in 1951. After the establishment of the Indian constitution in 1950, many programs started in 1951 such as agricultural development, industrial development, community development programs, education and health. Nehru a pro-Russian visited Moscow often to know the socialist economy. He visited Germany, England, US, Japan Iran, Iraq, Austria, Indonesia and Burma. He is known in world history for his great contribution – to NAM.

The following are some of the important ideas of Nehru on Socialism and Democracy.

- 1) Democratic Socialism.
- 2) Gandhian approach.
- 3) Mixed Economy.
- 4) Importance of science and technology.
- 5) Importance of Planning in nation-building.
- 6) Agricultural development
- 7) Industrialization.
- 8) Opposition to Marxism and Communism.
- 9) Democracy and Socialism.
- 10) Nationalism and Secularism.
- 11) Application of the Parliamentary system of government.
- 12) Internationalism and Socialism.

1) Democratic Socialism: Nehru's Democratic Socialism is based on ending poverty, beggary, unemployment and improving the mass standard of living in India. He has created equal opportunities for all Indians and as a true democrat advocated social and economic justice with the application of modern science and technology. He tried to end feudalism, the zamindari system, caste, class and religious distinctions in Indian society. In his writings and speeches, he preached to Indians not to follow superstitions, and wrong beliefs and take life socially and scientifically. Like Europe or Russia India had no industrial class. Indian mass was illiterate, ignorant and depended on cultivation. So Nehru's advocacy of different socialism worked well in India. It was constitutionally approved by the constitution makers and the union-federal system of government in India.

2) Gandhian approach: Nehru was like a beloved student and follower of a teacher. His great teacher was Mahatma Gandhi and his great principles of Truth and Nonviolence. Socialism can be brought into the Indian situation peacefully with adjustment and reconciliation. On this point, he differed with Marx. He advocated that one should work honestly, and diligently consider work as worship. So Nehru was a peaceful transformer of Indian society applying truth, nonviolence, Satyagraha, etc.

3) Mixed Economy: Socialism in the Indian sense is a combination of free enterprise and state-controlled economy. Since agriculture is the main occupation of Indians, Nehru gave priority to agriculture, then all other matters like industry, transport, and communication such as railways, roadways, water, and airways. He mixed the public sector and private sector for India's democratic and socialistic growth and development. Most of the public enterprises like defense, finance, railways, education, police, court, and law were controlled by the state and many more departments of public interest were shared by private organizations. In this case, Nehru is the true socialist and his vision is successful for long-colonized India. For realizing equal distribution of national wealth, Nehru introduced legislation on land reforms, labor legislation, and tax laws.

4) Importance of Science and Technology: Nehru had great respect for science and technology. It only can end poverty, hunger, and unemployment. So he introduced Western concepts like large-scale and heavy industries for India. Actually, he worshiped Bhakra, Sutlej, and Krishna, Godavari, Kaveri not as rivers but as abodes of God, dams for irrigation, helping millions of Indian farmers. He started almost all heavy and basic industries like railway engine making, paper, and cement, sugar, iron and steel, cotton and textile, fertilizer, and chemical industries to generate employment and end economic inequality. There comes the idea of true socialism.

5) Importance of Planning in nation-building: Nehru as the first prime minister and boss of India gave significance for planning. Without planned management would lead to cats and dogs. Realizing the importance of planning in government, Nehru started the Planning Commission. So being the Chairman of the Planning Commission Nehru started First Five Years Plan in 1951 and other all such plans in central and state governments. The Community Development Program (CDP) became a target-oriented program to improve the social, economic, and educational life of Indians. With various plans life of Indians started to change from traditional to modern. India witnessed progress in agriculture, industry, transport, road making, and the establishment of shops and trade organizations. Indian people first time understood the importance of planning in private and public life after the long suppression of colonization by the British.

6) Agricultural development: Nehru gave top priority to agriculture in the first five years plan and spent huge funds on the development of agriculture and irrigation. He inspired Indians to go for Bumper Harvest and he was successful.

7) Industrial Development: In the second five years plan under the able guidance of Russian economist Professor B. Mahalonbis, Nehru went for heavy and basic industrial development and he was successful in establishing all most all industries and generating millions of jobs.

8) Opposition to Marxism and Communism: As a student Nehru was a follower of Marx and Marxism. Then he realized that it could not be easily applied to the Indian situation as there was no class struggle as in Europe, but Indian society was dominated by religion and an indomitable caste hierarchy. So Nehru rejected Marxism and communism and thick and thin went for socialistic democratic, republican and parliamentary administrations.

9) Democracy and Socialism: Nehru advocated that democracy would be an empty cell without the blood and flesh of socialism. God would never forgive men if they however establish socialism without democracy by sharing requirements and necessary goods to all citizens. That would not enlighten the personality development and development of a better nation. Without democracy, socialism would simply a word and in practice both are valid and in the absence of one another leads to anarchy. So Nehru is the true builder and architect of democracy and socialism.

10) Nationalism and Secularism: – Nehru advocated one should love one's own nation before he loves the world. One should be secular in the Indian situation because of multi- religion, multi-language and multi-society. Nehru preached patriotism and equality and fraternity to all Indians irrespective of caste, color, creed and religion, and sex.

11) Application of the Parliamentary system of government:- Nehru was successful in starting with parliamentary democratic government ever since 15th August 1947 with his address to Indians 'Tryst with Destiny, the world is slumbering and India should awake and march forward to get its better position in world politics and economy.

12) Internationalism and Socialism: – Nehru as a scholar and the Prime Minister had great opportunities to develop socialism, where he and India got recognition in international politics. Being the Prime Minister and Foreign Minister he became the architect of India's foreign policy of peace, cooperation and the policy of live and let live, no war, only friendship and only friendship. He started NAM and denounced the hegemony of the US and USSR, bipolarity and unipolarity were meaningless terms and Nehru advocated a neutral policy for world peace and prosperity. So world wars and cold wars found dangerous for world prosperity. Thus Nehru has a special place in world politics and advocacy of socialism.

In conclusion, Nehru, western educated had a deep interest in Indian life and literature, languages and lifestyle, but enjoyed a luxurious life who used to work more than 15 hours daily for India's progress. He loved the Himalayas, the great Ganga River, Anand Bhavan, languages, tribes, villages and scientific progress made by Indian scientists, and scholars who wrote and sang India's rich heritage, loved music, paintings and Indian cinema, dance and drama. He was a true patriot, socialist and advocate of democracy and socialism. His last wish was to spread his ash in the Ganga, so it can reach all the shores and Indians grow rich crops forever.

Mr. Laxman Pattar
Ast. Prof of Political Science



Do We Just Owe Things To Ourselves?

Dear Readers,

Recently, I have been getting social media posts like 'Be selfish', 'Choose yourself over

everyone else', 'Be your first priority' and the list goes on. Putting oneself first is perfectly fine. We can only start helping others when we help ourselves first. However, does this self-centric perspective make the world a sustainable place to live in? A better place to live in? We encounter numerous unpleasant situations in life, which undoubtedly alter our perspective on things. Till the time these changes prove to be positive and beneficial, they are fine. However, when we take a negative stand, where are we actually going? With these changes, the question is: Do we control our lives, or does life control us? I heard a student of mine saying, "If she only contacts me only when there's a need then why should I help her? Are we even friends? Because friendship is not based on selfish motives. If she behaves in such a way, why should I be all pious in my behavior?"

As long as we see the selfish motif of the girl, we too will have a negative approach toward her. However, just a slight deviation from our line of thinking, "I might really be a resourceful person, and so when people are in trouble, they contact me." Who stops us from thinking like a boss? (with no pride, of course)

**साथी हाथ बढाना, साथी हाथ बढाना
एक अकेला थक जायेगा मिल कर बोझ उठाना
(Saathi Haath Badhana, नया दौर)**

In reality, we collapse our value when we construct on the precepts of service in exchange for service or assistance. The Hindi expression, “नेकी कर, दरिया में डाल” is one that I frequently hear and one that you undoubtedly have as well. Having said that, how many of us have made this a part of who we are? Probably, just a handful of us. Our Sanskrit textbook had this beautiful Subhashita:

परोपकाराय फलन्ति वृक्षः परोपकाराय वहन्ति नद्यः ।
परोपकाराय दुहन्ति गावः, परोपकारार्थं इदं शरीरं ॥

Meaning, trees bear fruits for others, rivers flow for others and cows give milk for others, that is, this body is also for (serving) others. Serving living things is the only foundation of our Indian culture. Even today, the first roti made in our homes is either for a dog or a crow. Even the animals and birds were taken care of. For the sake of humanity, can we not look out for each other? Humans are social animals. We are in constant need of each other. If we only start acting indifferent to each other, how are we going to keep up with the world?

इंसान ही ने, इंसान ही से,
संभाली है ये दुनिया ।
(Yaar Illahi, कठ्यार काळजात घुसली)

Not going into much detail about the dark years, but dark years teach us the importance of light, right? Corona, not only taught us the importance of immunity and good health but also the gravity of having a helping hand. People sent tiffin for a solid fifteen days without giving the scarcity of food grains a second thought and cooked for the person whose family member contracted the virus. People with extensive networks assisted others in finding beds and other medical supplies. People were nevertheless capable of motivating others despite being psychologically exhausted. A common person fought the struggle off the ground for themselves and for others if medical professionals had fought the battle on the ground (for which we would be eternally thankful). Will such devastating circumstances teach us to be generous and selfless, or can we always return to our roots, our fundamentals, and serve humanity while leaving aside our ego, pride, expectations, and attitudes?

जीवेषु करुणा चापि मैत्री तेषु विधीयताम् ।

– Ms. Virati Visariya
Assistant Professor of English

Cybercrime Awareness: Taking Charge of Your Digital Security



Cybercrime has become a significant concern in today's digital age, as the internet and technology have become integral parts of our daily lives. We always get the news in daily newspapers on cybercrimes. With the increasing use of computers, mobile devices, and the internet, the number of cybercrime incidents has also increased dramatically. From hacking and identity theft to fraud and cyberbullying, cybercrime can take many forms and have severe consequences for individuals and organizations. In this article, we will explore the various forms of cybercrime and the steps that can be taken to protect oneself from these digital crimes.

What is cybercrime?

Cybercrime refers to any unlawful behavior that is committed through the use of digital technology.

Various categories of cybercrime:

Hacking: unauthorized access to computer systems, networks, or devices.

Identity theft: unauthorized use of personal information to commit fraud or other crimes.

Phishing: using fake emails, websites, or text messages to trick people into revealing sensitive information.

Malware: software designed to cause harm to computer systems, networks, or devices.

Cyberstalking: using technology to harass, intimidate, or threaten someone.

Cyberbullying: using technology to bully or harass others, particularly children and teenagers.

Fraud: using technology to commit financial crimes, such as credit card fraud or

unauthorized financial transactions. Intellectual property theft: unauthorized use or theft of trade secrets, copyrighted materials, or patents.

Child exploitation: using technology to exploit children, including the distribution of child pornography.

Terrorism: using technology to plan, promote, or carry out acts of terrorism.

Precautions and Preventions:

- Use strong, unique passwords and update them on a regular basis.
- Enable two-factor authentication wherever possible.
- Update software and system to the most recent versions.
- Be careful when sharing personal information online, especially on social media.
- Use and update anti-virus and anti-malware software.
- Take back-up of important data on a regular basis.
- When connecting to public Wi-Fi networks, use a virtual private network (VPN).
- When accessing sensitive information, avoid using public computers or gadgets.
- Educate yourself and others about cybercrime and how to be safe online.

What steps should you take if you have become a victim?

- File a complaint with the National Cyber Crime Reporting Portal (<https://cybercrime.gov.in/>). This portal was launched by the Indian Computer Emergency Response Team (CERT-In) to provide a centralized platform for reporting cybercrime incidents with a special focus on cyber crimes against women and children.
- Contact the local police and file a First Information Report (FIR). You can also contact the cyber-crime cell of the local police
- Report the crime to your bank or financial institution if it involves unauthorized access to your financial accounts or theft of your funds. Gather all relevant information, including transaction details, and keep a record of all communication related to the fraud.

**-Vilas Mahajan,
HOD, Department of IT and CS**

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Book Review.



The Book Review is based on a Debutant Writer, Mr. Kunal Raheja, a Researcher by Profession. "Anything For You Ma'am" is a Romantic Thriller all-time pumping story based on every other Indian's love life especially catering to young college days. The basic plot of the story is based on how the main character of the whole Rom-com drama is studying in his college life and by chance he meets a beautiful Indian girl accidentally.

He immediately falls for the girl in the 1st Instance and after a stint of persistence and effort, they both get engaged together. The late-night talks, meeting in private places, and other things are something that the author has successfully tapped into cover in a very descriptive and lucrative mannerism. Post a major setback to their love story it follows a thrilling and exciting plot by the hero to have a meet and be with the girl at any cost. Support from his friends, Crazy experiences during the traveling, and Cutting Edge Suspense are some of the features which the readers will appreciate in due course of reading. A recommendatory assessment of the book is that if you are a Bollywood movie Enthusiast or a reader who deeply are in fond of reading Fiction books then in case it is a perfect choice. However on the Contradictory part, for all the Non – Fiction readers the author has made all genuine tries to keep a firm hold and captivate the aroma of reading the book. In all conclusion, considering the fact that it was the 1st book it is really a great book to have a read, however, the fact that the ending story of the book is not that satisfactory and would have finished in a more grandeur way as the story is written.

Chinmay Desai
TYBCOM(B)

The Pros & Cons Of CBDC



CBDC stands for Central Bank Digital Currency. It is a digital form of fiat money that is issued & backed by the country's central bank. Unlike cryptocurrencies, CBDC is centralized & regulated by the government. It is like a central bank electronic money that could be used by households & businesses to make payments.

A CBDC will lead to transactions that are much faster, cheaper & more secure, which will benefit everyone. Users wouldn't need to risk storing their money with a commercial bank that could potentially collapse. Since all CBDC transactions are recorded on a digital ledger, money is much easier to track this way, which could help authorities detect fraud & other illicit activities. CBDC also has some negative points just like every coin has two sides. A country's central bank would have full control over its CBDC. The central bank can put restrictions on the types of transactions it allows. The central bank will have data on every transaction. It will take time to be accepted by the population of the country since not all people have faith in digital currency. If people get used to retail CBDC, this can impact banks & the value of banks will reduce in the stock market.

Every new invention takes time to get accepted but we can hope that CBDC is likely to bring a pragmatic shift to the economy with digital monetary transactions in the near future. With the adoption of this currency system, there will be both improvement & efficiency in the overall monetary infrastructure even if it has some negative points.

Delvin Ruzario
SYBBI

Way For Achieving Success



The way for achieving success:

Working hard is obvious for achieving success. But simply working in search of success does not help! You should practice doing your work with your whole heart as intimacy of learning new things. Moving forward in your process of worrying about whether you will be succeeding or not is a trauma response. The process requires many activities like doing it all by your heart, practicing it well, finding solutions on your own, helping others, and also asking for help can all contribute towards your growth. Accepting the things which are on the way and allowing the ones who want to leave can also help you in moving forward. Doing it all by your heart can definitely lead you toward success!

-Siddhi Jagad
SYBSCIT

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Lockdown Or Lock Your Stress Down?

Lockdown a measure to control the wide spread of the virus, a sudden pause to restless lives. None of us ever thought that we would be packed up in our houses and would not be able to go anywhere out of the house but only to the kitchen or washroom. Transforming a non-cook to a chef, shifting from work from the office to work from home, physical classroom to a virtual classroom, and changing an extrovert into an introvert, lockdown indeed made a great impact on each and every individual's life and mental health.

Covid 19 caused a panic disorder to the lives and physical health of people around the globe. Like if you told me I had to stay in my own house for almost 2 years I would have thought how stupid of a person you are to think of something that isn't real but imagine leaving in the same house with the same people and following the same routine of getting up scrolling, cooking, eating, sleeping and this monotonous cycle repeats every day. This sudden shift in lifestyle caused psychological problems like Adjustment Disorder, Depression, Anxiety and panic disorder, etc. These were the effects of the virus on a human's life. In India, such cases saw a spike of 35 percent. In 2020, there were "76.2 million cases of anxiety disorders and 53.2 million more cases of major depressive disorders" reported the news channels and newspapers.

"Sometimes the house is too small to fit all of my frustration and disappointment," said someone I know and this shows how irritated, annoyed, and moody one can get when they had to relive each day the same as yesterday. And the phase of isolation was an extremely frightening and anxiety-provoking experience, one had to take care of oneself. It disrupted the normal routine and sometimes gave immense stress resulting in emotional and behavioral changes. It created a feeling of stigma, loneliness, and depression. Losing interaction with everyone and feeling the void in oneself was felt by almost everyone in my friend circle. COVID Pandemic was very very stressful and traumatic as it required Isolation for a very long time and created panic due to uncertainty and took an emotional toll as well. It was then the very moment when people realized how important it is to take care of your mental health and manage stress and anxiety.

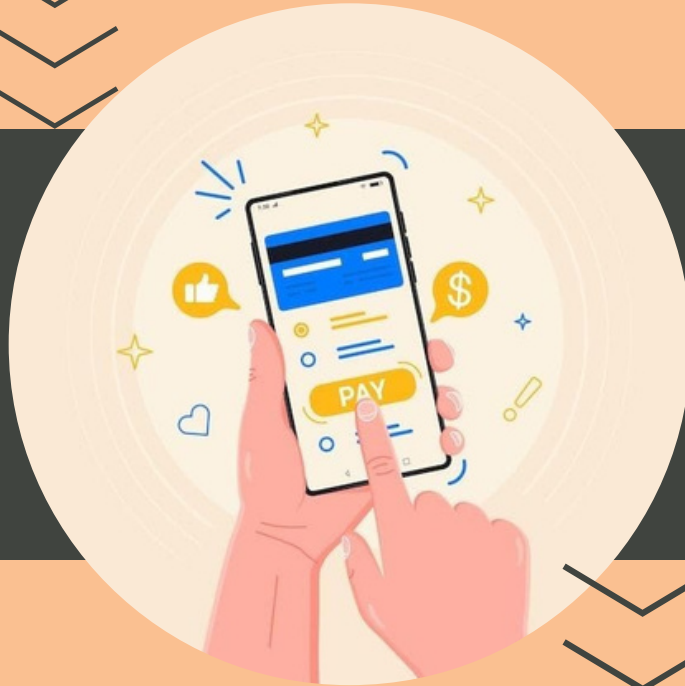
People started taking online classes for yoga, and mental health counseling became a major and very important aspect of every individual's life. Companies too started paying attention to the mental health of the employees. Everyone tried educating and enlightening themselves with more knowledge about this concept and here we are today in a society that is trying to make mental health as important as physical health.

So here are things you can do to reduce the impact on mental health by acknowledging and identifying psychological reactions.

- As an individual one needs to know about themselves so talk about your feelings.
- How things are affecting you to your friends, parents, or any of your known people and vent out.
- Share your feelings, stop abandoning, and invalidating them.
- Educate yourself and the people around you.
- Take frequent breaks from work and your busy schedule.
- Prioritize your mental health over everything because "MENTAL HEALTH ZARURI HAI".

Adishakti Tiwari
SYBCOM(A)

ROLE OF BANKING IN IT INDUSTRY



Introduction

Information technology in the banking sector refers to the use of sophisticated information and communication technologies together with computer science to enable banks to offer better services to their customers in a secure, reliable, and affordable manner and sustain a competitive advantage over other banks

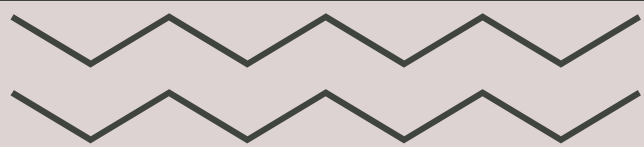
Main topic

The banking environment has become highly competitive today. To be able to survive and grow in the changing market environment banks are going for the latest technologies, which is being perceived as an 'enabling resource' that can help in developing learner and a more flexible structure that can respond quickly to the dynamics of a fast-changing market scenario. It is also viewed as an instrument of cost reduction and effective communication with people and institutions associated with the banking business.

CONCLUSION

The mobile and wireless market has been one of the fastest-growing markets in the world. The arrival of technology and the escalating use of Mobile and smartphone devices, has given the banking industry a new platform. Connecting a customer anytime and anywhere to their money and needs.

Ejaz Teli
SYBBI



To all companies that have either of the following in any financial year:

- After the Further Applicability of the Threshold Limits, companies also need to constitute a CSR Committee, which includes the company Top Notch Official to have total scrutiny and Actual Working of the funds allocated. 2 Percent of applicable Net profit of the last Immediately 3 preceding Financial Year has to be distributed as a virtue of CSR funds. Prominent Companies in India such as Reliance, TATA, and Infosys have gained a lot of laurels and applause by various stakeholders of the corporate world by doing various activities for social upliftment.

As per the legal theory used for Interpretation in corporate laws, it is considered that all companies registered under the act are deemed to be separate persons with distinct Legal Entities and it becomes a moral obligation of spending the funds.

1. Increase the Amount of CSR spending with a percentage value so that it helps to raise more funds for several projects.
2. More amount of weightage on the actual transfer of benefits in the Rural areas.
3. A constitution of an administrative body that will keep a regular audit for CSR activities.

In the overall aspect of the above knowledge of CSR, it should be used as a social awareness and problem-solving tool to eradicate problems like poverty, unemployment, pollution, and other such issues which can be solved at a maximum exposure.

Chinmay Desai
TYBCOM(B)

Savarkarji



Today there is no occasion of 24th May or any specific event as such! It felt a natural inclination to portray my thoughts on Vinayak Damodar Savarkar. The important facet of his personality is that in our country there are few people who support his ideologies, and thinking capacity and embrace his journey but vice versa there are people who disagree, oppose, and criticize him and for them, he was just an Ordinary Writer and basically a tactful coward who wrote petitions and worked for the British and also received pensions. First of all, it was no pension that he received after his 27 years of imprisonment but it was a presentment detention allowance given to the prisoners. Ganesh Savarkar his grandson has submitted valid Documentary Evidence proving the conspiracy of it and a tragic thing about the pension was that he was given only 30 rupees and that to was not half of the amount given to other prisoners.

Mahatma Gandhiji started the movement of swadeshi movement, which means we should make maximum utilization of homemade or to be specific the Indian-originated things and this thing he himself has stated in his autobiography. Many people are unknown to this situation that is, it was Savarkar who first acknowledged the idea to produce swadeshi things but unfortunately, it was restricted from his college that is the Prestigious FC College in Pune in 1905 where Gandhiji was not even part of the freedom struggle. Although there are many criticisms which are led on Savarkar that he was fascist, a coward, and whatnot the most debated and discussed one is his (Savarkar) contribution to the killings of Gandhiji. The part of Savarkarji in India's freedom and his role in advocating the entire assimilation of caste discrimination is very unique and worth appreciable.

Being the National President of Hindu Mahasabha he had started this virtue of "Saptapadi" where all the upper caste people could dine, educate, meet, work, and do other things in common togetherness and unison as a whole Hindu Community. The establishment of the "PatitaPawan" mandir in the coastal area of Ratnagiri District is a whole Intelligible Act for human cause and something which even today's Modern-day Liberals or Woke Intellectuals communities won't dare to do!! A lower Caste Community person doing all the important religious activities and preaching the religious "Pooja" is way ahead of centuries. Lastly, I as a Simple Admirer of his thoughts a small incident which happened about him is relatable to his life. In a program of some Elite Professors, Intellectuals relating to Marathi Literature had gathered. Invariably one of the speakers said that "We agree with Savarkar with prior Andaman Island political imprisonment but his views after his post-imprisonment life are not understood by us". In reply to this one Elite person said "We are standing past 40 years of his Political Imprisonment and we have not yet figured out him, and to further understand him we need to take more years to know his Thoughts".

Chinmay Desai
TYBCOM(B)

Hope

Every night & every day,
No matter what may come our way,
The life has been pretty tough,
You may feel like you've had it enough
But remember, we're in this thing
together,
Let's just be happy forever,
The dark turns to light,
Keep on going, everything's gonna be
alright.

**-Vaishnavi Pawar
SYBAMMC**

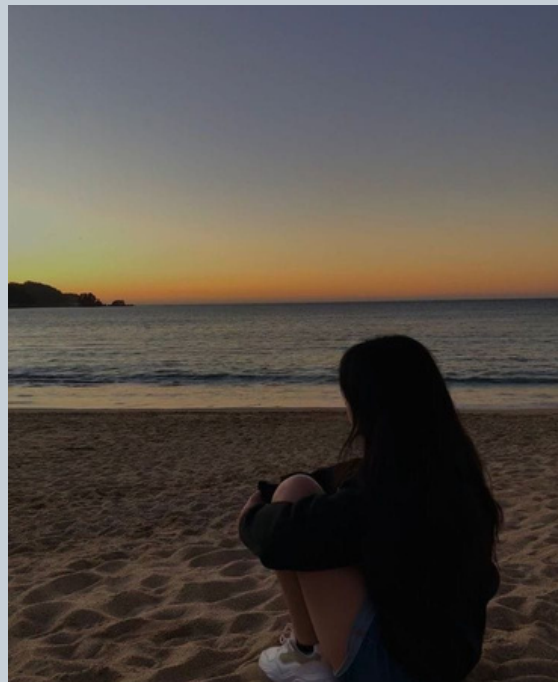


Little did she know

Little did she know,
the world ahead is so tough.
Little did she know,
The creatures are gonna eat it up.
Little did she know,
The sun is more like a burn
The moon is more of a scar.
Little did she know,
Life in front is so hectic
Aesthetics are gonna be pathetic.
Little did she know,
The one who's skipping is gonna be brave
enough to tackle this.
Little did she know.

**~Jinat Khan
FYBAMMC**

क्या सोचती होगी
 वो जब समंदर किनारे,
 अकेले ही बैठती होगी वो
 क्या अपने सवालों के जवाब,
 उस समंदर में तलाशती होगी वो।
 या अपने सवालों को ही,
 उसकी गहराई में बहाती होगी वो।
 उस समंदर किनारे बैठे उससे
 क्या अपनी खुशीयां बयां करती होगी वो।
 या फिर अपने दुखों की दास्तान,
 समंदर को सुनाती होगी वो।
 भला इतना क्या ही सोचती होगी वो
 जब दुनिया से मुहं मोडे समंदर किनारे
 अकेले ही बैठती होगी वो।



-Sejal Shirwalkar, FYIT



ना जाने क्यूं मेरे जितने से पहले ही नसीब से मेरा हारना लिखा
 है।

ना कह सकू कभी अपने जज्बात क्यूं नसीब में मेरा ना सुनना
 लिखा है।

अगर में लड़की हु तो क्या हुआ मेरे भी तो कुछ अधूरे सपने है।
 में चाहकर भी कभी सपने ना पुरे कर सकू क्योंकि मेरे लिए
 सबसे पहले मेरे अपने है।

में तो वह पुरानी किताब हु जिसे कभी पढ़ना भी किसी को
 अच्छा नहीं लगता।
 रहती हु अकेले ही में मेरे दोस्त बनना भी कहा किसी को अच्छा
 है लगता।

बहुत बार कहा हर किसी ने के बार बार बच्चों जैसा रोती हो तुम
 में थोड़ी भी हिम्मत नहीं ही क्या ?
 मत बनाओ सबको अपना की लोग अपना मतलब पूरा करे ,
 क्या ऐसी तुम्हारी आदत है क्या ?

अब हो गई में चुपचाप सी, हो गई में थोड़ी उदास दर्द अपना अब
 कैसे किसी से बाटू में।
 सब लोग समझने से पहले ही गलत ही समझे अब उनको कैसे
 समझाऊं में।

ना जाने क्यूं मेरे जितने से पहले ही नसीब से मेरा हारना लिखा
 है।

ना कह सकू कभी अपने जज्बात क्यूं नसीब में मेरा ना सुनना
 लिखा है।

-Pooja Gaikwad, FYBBI



ज़िन्दगी

छोटी सी है ज़िन्दगी
हर बात में खुश रहो

जो चेहरा पास न हो
उसकी आवाज में खुश रहो

कोई रुठा हो आपसे
उसके अंदाज में खुश रहो

जो लौट के नहीं आने वाले
उनकी याद में खुश रहो

कल किसने देखा है
अपने आज में खुश रहो

-Vaishnav Gawar

सांज वेळ

सरताना ही सांज वेळ बरचं काही सांगून जाते
जुन्या आठवणींचा ओला विसावा ती देऊन
जाते

कधी प्रश्न कधी उत्तर ती जणू एक कोड
होऊन जाते मावळते जरी रूप तिचे ती आशा
नवी देऊन जाते

आभाळाच्या खिडकीत ती अनेक रंग पसरवून
जाते बघता बघता ही सांज वेळ अशी क्षणात
सरून जाते

- Priyanka Pawar



****ಹದಗೆಡುತ್ತಿರುವ ವೃದ್ಧರ ಮನಸ್ಸು.***

ಜೀವನದ ಪ್ರತಿ ಕ್ಷಣವನ್ನು ಬಾಳಿ, ಯಾವಾಗ ಏನಾಗಬಹುದೆಂದು ಯಾರಿಗೆ ಗೊತ್ತು
- ದೇವಿಕಾ ಪೂಜಾರಿ

ಭಾರತೀಯರ ಸರಾಸರಿ ಆಯಸ್ಸು ಈಗ 74 ವರ್ಷ. ಅಂದರೆ ದೇಶದಲ್ಲಿ 60 ಕ್ಕಿಂತ ಹೆಚ್ಚಿನ ವಯಸ್ಸಿನವರ ಸಂಖ್ಯೆ ಏರುಗತಿಯಲ್ಲಿ ಸಾಗುತ್ತಿದೆ. ಇದು ಸ್ವಾಗತಾರ್ಹವಾದರೂ ವೃದ್ಧರ ಬದುಕು ಸಮಾಧಾನಕರವಾಗಿದೆಯೇ? ಅವರು *ಸಂತೋಷವಾಗಿದ್ದಾರೆಯೇ ಎಂಬ ಪ್ರಶ್ನೆಗೆ ಉತ್ತರ 'ಇಲ್ಲ'.

ಧೀರ್ಘಾಯಸ್ಸು ಒಂದು ವರವಲ್ಲ ಶಾಪ ಎಂದಿದ್ದಾನೆ ಕುರುಕುಲ ಪಿತಾಮಹ ಭೀಷ್ಮ. ನಾವು ಇಳಿವಯಸ್ಸಿಗೆ ಕಾಲಿಡುತ್ತಿದ್ದಂತೆ ಆಗುವ ವಯೋಸಹಜ ಬದಲಾವಣೆಗಳು ಮತ್ತು ಅನಾರೋಗ್ಯ ನಮ್ಮನ್ನು ಕಂಗಡಿಸುತ್ತವೆ. ದೈಹಿಕ ಮತ್ತು ಮಾನಸಿಕ ಶಕ್ತಿ ಸಾಮರ್ಥ್ಯಗಳು ಕಡಿಮೆಯಾಗುವುದರ ಜೊತೆಗೆ ಭಾವನಾತ್ಮಕ ಮತ್ತು ಸಾಮಾಜಿಕ ಆಸರೆ ಕೂಡ ಕಡಿಮೆಯಾಗುತ್ತಿರುವುದರಿಂದ ವೃದ್ಧಾಪ್ಯ ಅಸಹನೀಯವಾಗುತ್ತಿದೆ.

ಶಾಪವನ್ನು ವರವನ್ನಾಗಿಸಬಹುದೇ?

ನನ್ನ ಅನಿಸಿಕೆಯ ಪ್ರಕಾರ ಧೀರ್ಘಾಯಸ್ಸು ಒಂದು ವರವಾಗಿದೆ. ಧೀರ್ಘಾಯಸ್ಸು ಶಾಪವಾಗಿದ್ದರೂ ವರವನ್ನಾಗಿಸಬಾರದೆ? ಅದಕ್ಕಾಗಿಯೇ ವೃದ್ಧಾಪ್ಯ ಚೆನ್ನಾಗಿರಬೇಕೆಂದರೆ ಅದರ ಸಿದ್ಧತೆಯು 40 ರಲ್ಲಿಯೇ ಪ್ರಾರಂಭಿಸಬೇಕು.

ವೃದ್ಧರ ಮನಸ್ಸು ಹದಗೆಡುವ ಮೂಲ ಕಾರಣ

ವೃದ್ಧಾಪ್ಯದಲ್ಲಿ ಮನಸ್ಸು ಭಯ ಆತಂಕ, ದುಃಖ, ಕೋಪ, ಹತಾಶೆ, ನಿರಾಶೆಗಳಿಂದ ಆವೃತವಾಗುತ್ತದೆ. ಅಭದ್ರತೆ, ಅನಿಶ್ಚಯತೆ, ಮಕ್ಕಳು ಬಂಧುಮಿತ್ರರ ನಿರ್ಲಕ್ಷ್ಯ ಆರ್ಥಿಕ ಅವಲಂಬನೆ ಹೀಗಾಗಿ ಶೇಕಡಾ 30 ರಿಂದ 50 ರಷ್ಟು ವೃದ್ಧರು ಖಿನ್ನತೆ ಮತ್ತು ಆತಂಕದ ಮನೋಬೇನೆಯಿಂದ

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ಬಳಲುತ್ತಾರೆ. ಜೊತೆಗೆ ವೃದ್ಧರಿಗೆ ಸೂಕ್ತ ಸಮಯಕ್ಕೆ ಸೂಕ್ತ ಚಿಕಿತ್ಸೆಯೂ ದೊರೆಯದಿರಬಹುದು. ವೈದ್ಯರಲ್ಲಿಗೆ-ಆಸ್ಪತ್ರೆಗೆ ಕರೆದೊಯ್ಯುವವರಿಲ್ಲ. ವೈದ್ಯ ಖರ್ಚನ್ನು ಭರಿಸುವವರಿಲ್ಲ. ಅಸಹಾಯಕತೆ ಆವರಿಸಿಕೊಳ್ಳುವುದರಲ್ಲಿ ಆಶ್ಚರ್ಯವಿಲ್ಲ. ಆರೋಗ್ಯ ಚೆನ್ನಾಗಿದ್ದರೆ ಪ್ರೀತಿಯಿಂದ ಆರೈಕೆ ಮಾಡುವವರಿರುತ್ತಾರೆ. ಆರ್ಥಿಕ ನೆರವು ಇದ್ದರೆ, ವೃದ್ಧಾಪ್ಯ ದೀರ್ಘವಾದರೂ ಹಿತ, ಇಲ್ಲದಿದ್ದರೆ ಅಹಿತವಾಗುತ್ತದೆ.

ಒಂದು ನೆನಪಿನಲ್ಲಿಡಿ, ನಿಮ್ಮ ನಿವೃತ್ತ ಜೀವನದಲ್ಲಿ, ನಿಮ್ಮ ಸ್ನೇಹಿತರು, ಹಿತೈಷಿಗಳು, ಮಕ್ಕಳು, ಬಂದು ಬಾಂಧವರು ಯಾರು ನಿಮ್ಮ ನೆರವಿಗೆ ಬರುವುದಿಲ್ಲ. ನಿಮ್ಮಿಂದ ನೆರವು ಪಡೆದ ಏಷ್ಟೋ ಮಂದಿ ನೀವು ನಿವೃತ್ತರಾದ ಮರುದಿನವೇ, ನಿಮ್ಮ ಕಾಲ್ ಗಳಿಗೆ ಉತ್ತರಿಸುವುದಿಲ್ಲ. ಆದುದರಿಂದ, *ಕಡೆ ಕಾಲದಲ್ಲಿ ನೀವು ಕೂಡಿಟ್ಟ ಹಣ, ಐಷ್ವರ್ಯ ಆಸ್ತಿ, ನಿಮಗೆ ಎನಿಲ್ಲದಿದ್ದರು ಮಾನಸಿಕ ಸ್ಥೈರ್ಯ ಒದಗಿಸಬಹುದು, ಹಾಗೂ ಆರೋಗ್ಯ ವತ್ಸಯ ವಾದಾಗ, ಆಸ್ಪತ್ರೆಯ ವೆಚ್ಚ ಸರಿದೂಗಿಸಲು ಸಹಕಾರಿಯಾಗಬಹುದು.*

ವೃದ್ಧರ ಜೀವನಶೈಲಿಯಲ್ಲಿ ಬೇಕಾದದ್ದು

ಆಹಾರ ಸೇವನೆಯಲ್ಲಿ ಶಿಸ್ತು: ಕೊಬ್ಬು, ಸಿಹಿ, ಕರಿದ ಪದಾರ್ಥಗಳ ಅತಿ ಸೇವನೆಯಿಂದ, ಕೊಲೆಸ್ಟ್ರಾಲ್ ಮಟ್ಟ ಹೆಚ್ಚಿ, ಶರೀರದ ತೂಕ ವೃದ್ಧಿಯಾಗುತ್ತದೆ. ರಕ್ತ ಸಂಚಾರಕ್ಕೆ ಅಡ್ಡಿಯಾಗುತ್ತದೆ. ಮೊಟ್ಟೆ, ಮಾಂಸ, ಹಿತ ಮಿತವಾಗಿ ಸೇವಿಸಿ. ಸಸ್ಯಾಹಾರ- ಸಾತ್ವಿಕ ಆಹಾರ ಸೇವನೆ- ಹಿತಮಿತ ಆಹಾರ ಸೇವನೆಯಿಂದ ವೃದ್ಧಾಪ್ಯದ ಲಕ್ಷಣಗಳು ಬೇಗ ಬರುವುದಿಲ್ಲ. ಹಿತಮಿತ ಆಹಾರ ಸೇವನೆಗೆ ಆದ್ಯತೆ ನೀಡಿ. ನಿಮಗೆ ಮದ್ಯಪಾನ ಸೇವಿಸುವ ಅಭ್ಯಾಸವಿದ್ದರೆ, ಅದನ್ನು ಹಿತ ಮಿತ ವಾಗಿ, ನಿಶ್ಚಿತ ಸಮಯದಲ್ಲಿ, ಸಮಾನ ಮನಸ್ಸು, ಹಾಗೂ ಸ್ನೇಹಿತರೊಡನೆ ಸೇವಿಸಿ

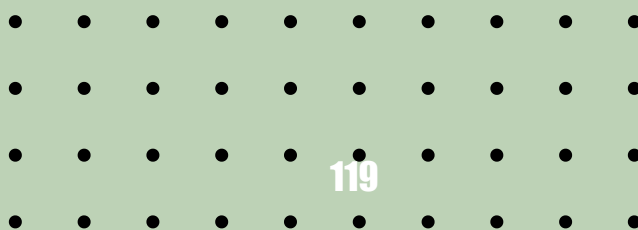
ವ್ಯಾಯಾಮ- ದೈಹಿಕ ಚಟುವಟಿಕೆಗಳು:

ದೇಹದಲ್ಲಿ 1 ಲಕ್ಷ ಕಿ.ಮೀ. ಉದ್ದದ ರಕ್ತ ನಾಳಗಳಿವೆ. ಅವುಗಳಲ್ಲಿ ನಿರಂತರವಾಗಿ ರಕ್ತ ಸಂಚರಿಸುತ್ತಿರಬೇಕು. ಶೇಕಡಾ 20 ರಷ್ಟು ರಕ್ತ ಆದ್ಯತೆ ಮೇರೆಗೆ, ಮಿದುಳಿಗೆ ಪೂರೈಕೆಯಾಗಬೇಕು. *ಇದು ಸಾಧ್ಯವಾಗುವುದು ನಾವು ನಿತ್ಯ ವ್ಯಾಯಾಮ-ಚಟುವಟಿಕೆಯಲ್ಲಿ ತೊಡಗಿದರೆ ಮಾತ್ರ. ವಾಕಿಂಗ್, ಬಯಲಲ್ಲಿ ನೆಡೆ ದಾಡುವುದು, ಈಜುವುದು ಸೈಕಲ್ ತುಳಿಯುವುದು, ಕೈಕಾಲುಗಳನ್ನು ಚಲಿಸುವ ಚಟುವಟಿಕೆಗಳನ್ನು ನಿತ್ಯ ಮಾಡಬೇಕು*.

ಭಂಗವಿಲ್ಲದ ಸುಖ ನಿದ್ರೆ: ಮೈ ಮನಸ್ಸು ವಿರಮಿಸಲು ದೇಹದ ಶಕ್ತಿ ಉಳಿತಾಯವಾಗಲು, 7 ಅಥವಾ 8 ಗಂಟೆಗಳ ಭಂಗವಿಲ್ಲದ ನಿದ್ರೆಯ ಅಗತ್ಯವಿದೆ. ನಿಮ್ಮ ಅನುಕೂಲಕ್ಕೆ ತಕ್ಕಂತೆ ಮಲಗಿ ಅನುಕೂಲಕ್ಕೆ ತಕ್ಕಂತೆ ಏಳುವ ಅಭ್ಯಾಸ ಮಾಡಿ. ಮಲಗುವ ವೇಳೆ ಚಿಂತೆ-ಕ್ಲೇಶಗಳನ್ನು ನಿವಾರಿಸಿಕೊಳ್ಳಿ. ವೃದ್ಧಾಪ್ಯದಲ್ಲಿ ಆರ್ಥಿಕ ಸ್ವಾವಲಂಬನೆ ಮುಖ್ಯ. *ನಿತ್ಯ ಅಗತ್ಯಗಳ ಪೂರೈಕೆಗೆ ಹಣಕ್ಕಾಗಿ ನಾವು ಪರದಾಡುವಂತಾಗಬಾರದು*. ವೃದ್ಧಾಪ್ಯಕ್ಕೆ ನಾವು ಹಣವನ್ನು ಉಳಿತಾಯ ಮಾಡಬೇಕು. ಎಲ್ಲವನ್ನೂ ಮಕ್ಕಳಿಗೆ ಕೊಟ್ಟು ಬರಿಗೈ ಆಗಬಾರದು. ಆಸ್ತಿ, ಚಿನ್ನ ಬೆಳ್ಳಿಯನ್ನು ಆಪತ್ ಧನವಾಗಿಟ್ಟುಕೊಳ್ಳಬೇಕು.

ತೃಪ್ತಿ - ಸಮಾಧಾನದಿಂದ ಬದುಕಿ. ವೃದ್ಧಾಪ್ಯದಲ್ಲಿ ಸರಳವಾಗಿ ಸಂತೃಪ್ತಿಯಿಂದ ಬದುಕಿರಲು ವ್ಯವಸ್ಥೆ ಮಾಡಿಕೊಳ್ಳಿ. ಧಾವಂತದ ಜೀವನ ಬೇಡ. ಸಂಗೀತ ಶ್ರವಣ, ಪುಸ್ತಕ ಓದು, ಧಾರ್ಮಿಕ ಆಧ್ಯಾತ್ಮಿಕ ಚಟುವಟಿಕೆಯಲ್ಲಿ ತೊಡಗಿಕೊಳ್ಳಿ.

- ದೇವಿಕಾ ಪೂಜಾರಿ , FYBAF



ಯಶಸ್ವಿ ಬದುಕಿಗೊಂದು ಚಿಂದದ ಸೂತ್ರ; ಹೊತ್ತು ಮಾಗುವ ಮುನ್ನ ನಿಮ್ಮನ್ನು ನೀವು ಅರಿಯಿರಿ!*

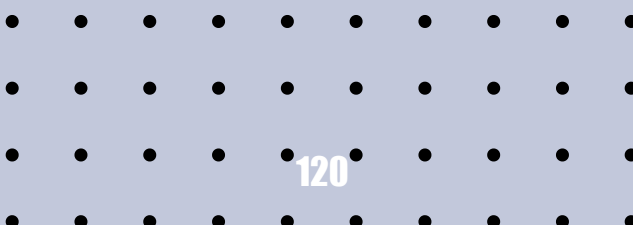


ಇತರರ ಕಷ್ಟ ನೋಡಿ ನಗುವಿನೊಂದಿಗೆ ಕಾಲ ಕಳೆದವರು ಮುಂದೊಂದು ದಿನ ಅಳುವ ಸಂದರ್ಭ ಖಂಡಿತವಾಗಿಯೂ ಬರುತ್ತದೆ " ಕರ್ಮಫಲ ಅನ್ನೋದು ಅದಕ್ಕೇ" ಈ ಮಾತನ್ನು ನಾನು ಯಾವತ್ತೂ ನಂಬುತ್ತೇನೆ. ಹೀಗಾಗಿ ಯಾವತ್ತೂ ಬೇರೆಯವ ಬದುಕಿನ ಬಗ್ಗೆ ಕಥೆ ಕಟ್ಟುವ ವ್ಯಕ್ತಿ ನೀವಾಗಿದ್ದಲ್ಲಿ ಇಂತಹ ಕಾರ್ಯದಿಂದ ದೂರವಿರಿ. ಇತರರ ಸಾಧನೆಯಲ್ಲಿ ಖುಷಿಪಡುವುದನ್ನು ಕಲಿಯಿರಿ. ಏನಾದರೂ ಸಾಧನೆ ಮಾಡಿದಲ್ಲಿ ಅದರ ಕುಂದು ಕೊರತೆ ಯನ್ನು ಹುಡುಕುತ್ತಾ ಹೋದಲ್ಲಿ ನೀವು ಅಲ್ಲಿಯೇ ಇರುತ್ತೀರಿ. ಸಾಧಿಸುವವರು ಮುಂದೆ ಸಾಗುತ್ತಿರುತ್ತಾರೆ. ನಷ್ಟ ಅನುಭವಿಸುವುದು ನೀವು ಒಮ್ಮೆ ಯೋಚಿಸಿ.

"ನಮ್ಮ ದೇಶದ ಆಸ್ತಿ ನಮ್ಮ ಯುವಜನಾಂಗ. ಏಳಿ ಎದ್ದೇಳಿ, ಗುರಿ ಮುಟ್ಟುವ ತನಕ ನಿಲ್ಲದಿರಿ" ಎನ್ನುವ ಸ್ವಾಮಿ ವಿವೇಕಾನಂದರ ಸಂದೇಶವನ್ನು ಮರೆಯುತ್ತಿದ್ದಾರೆ ನಮ್ಮ ಯುವಕರು . ನಿಮ್ಮ ಜೀವನದಲ್ಲಿ ಸವಾಲುಗಳನ್ನು ಎದುರಿಸಿ ಗೆಲ್ಲಲು ಪ್ರಯತ್ನಿಸಿ, ಜೀವನವನ್ನು ಮುನ್ನಡೆಸಿ, ಇತರರಿಗೆ ಮಾರ್ಗದರ್ಶನ ನೀಡಿ.. ದೇಶದ ಒಳಿತಿಗಾಗಿ ಹೋರಾಡಬೇಕಿದ್ದ ಬಹಳಷ್ಟು ಯುವಕ ಯುವತಿಯರು ಇದೀಗ ಆತ್ಮಹತ್ಯೆ , ಧೂಮಪಾನ, ಕುಡಿತ, ಕೆಲಸಕ್ಕೆ ಹೋಗದೆ ಮನೆಯಲ್ಲಿರುವುದು. ಧರ್ಮಕ್ಕಾಗಿ, ಆಸ್ತಿಗಾಗಿ ಕಚ್ಚಾಟ ಮಾಡುವುದು, ಇನ್ನೂ ಹತ್ತು ಹಲವಾರು ಕಾರಣದಿಂದ ಬದುಕನ್ನು ನಶಿಸಲು ಕಾರಣಕರ್ತರಾಗಿದ್ದಾರೆ. ಮುಂದೊಂದು ದಿನ ತಾವು ಮಾಡಿದ ತಪ್ಪು ಅರಿವಾಗುವಷ್ಟರಲ್ಲಿ ಕಾಲ ಮಿಂಚಿಹೋಗಿರುತ್ತದೆ ಸಮಯ ಕಳೆದಿರುತ್ತದೆ.

ಯಾವೊಂದು ಕಾರಣಕ್ಕೂ ಜೀವನದಲ್ಲಿ ನಡೆದ ಒಂದು ಕಹಿ ಘಟನೆಯನ್ನು ನೆನಪಿಸಿಕೊಂಡು ಅತ್ಯಮೂಲ್ಯವಾದ ಜೀವನವನ್ನು ಹಾಳು ಮಾಡದಿರಿ. ನಿಮ್ಮ ಬದುಕಿನ ಏಳು ಬೀಳಿಗೆ ನೀವು ಕಾರಣ ಕರ್ತರಾಗುತ್ತೀರಿ. ಕಷ್ಟವನ್ನು ಸರಿಪಡಿಸುವ ಬಗ್ಗೆ ನಿಮ್ಮ ನಿಲುವಿರಲಿ. ಯಾವುದಾದರೂ ಒಂದು ಕಾರಣದಿಂದ ನೀವು ಖಿನ್ನತೆಗೆ ಒಳಗಾಗಿದಲ್ಲಿ ಸೂಕ್ತ ವೈದ್ಯರನ್ನು ಭೇಟಿ ಮಾಡಿ, ನಿಮ್ಮವರಲ್ಲಿ ಮಾತಾಡಿ ಪರಿಹಾರ ಹುಡುಕುವುದು ಮುಖ್ಯ. ಬೇರೆಯವರು ನಿಮ್ಮ ಬಗ್ಗೆ ಏನು ಯೋಚಿಸುತ್ತಾರೆ ಎನ್ನುವುದನ್ನು ಬಿಟ್ಟುಬಿಡಿ . ಇಂತಹ ಯೋಚನೆಯಲ್ಲಿ ನೀವು ವಿಫಲರಾದರೆ ಮುಂದೆ ಬದುಕಿನ ಸಂಪೂರ್ಣ ಪರೀಕ್ಷೆಯಲ್ಲಿ ನೀವು ಸೋತು ಹೋಗುತ್ತೀರಿ. ಕಷ್ಟ ಸರಿಪಡಿಸುವ ದಾರಿ ಹುಡುಕಿ , ಕೊರಗಿ ಪ್ರಯೋಜನವಿಲ್ಲ. ಕಾಲ ಹರಣ ಮಾಡುತ್ತಾ ಆಗಿ ಹೋದ ವಿಚಾರವನ್ನು ಮಾತಾಡಿ ಸಮಯ ವ್ಯರ್ಥ ಮಾಡದಿರಿ.

- ರಚಿತ್ ಪೂಜಾರಿ, SYCS



FROM OUR STUDENTS.....

This college gave me the best teachers as a support and guide for my career journey. They enhanced not only my academic skills but also artistic skills too. This college has every facility that every student can truly satisfy their educational aspects. I had an great experience as an GS of this college, which gave me the love of the students as well as teachers and non teaching staff as well. Lovely environment and good people around made my college days better.



SHREYASH MANKAR
GENERAL SECRETARY



MS. HARSHADA KUNDAR
LADY REPRESENTATIVE

Being a lady representative of VPM R.Z SHAH COLLEGE OF ART, SCIENCE & COMMERCE was a pleasure for me. In this college from 2020-23, I have seen lots of knowledgeable experiences and lots of ups and downs but only thing make me keep going on was the lesson which I learnt while working with cultural committee. The committee taught me to be bold and confident that I can represent as a lady representative in our college and bring forward any opinions, concerns, and ideas from the students regarding their academic experience. Have strong communication skills keep in touch with your Course Convener. Making all possible positive changes for the girls in the college.

"The ability to learn is the most important quality a leader can have."



**TEJAS PATIL
PRESIDENT &
BEST STUDENT**

"Become The kind of LEADER that people would follow VOLUNTARILY, even if you had No Title or Position" :- BRIAN TRACY

It's been an honour to Become the 1st ever Students Council PRESIDENT and to use my Leadership Skills that I've Learned in University level Leadership Training Programme through NSS. I believe this is just the start of many more Challenging tasks in the Future and will carry out Efficiently just like I did this year.

"If your actions inspire others to dream more, learn more, do more and become more, you are a leader."

- John Quincy Adams

I've been in this college from 2020 - 2021, Been through a lot of ups and downs because of Lockdown but with the help of the Professors of VPM's R.Z. Shah College and Dr. Kavita Sharma Guiding and helping me throughout the I became capable of receiving the BEST STUDENT AWARD.

As the honored 'Miss VPM' of our college, I am thrilled to share my heartfelt review. The institution has exceeded all my expectations in terms of academics, extracurricular activities, and overall development, all across the board. All the professors are highly knowledgeable and supportive & the non-teaching staff here are very helpful. The college encourages creativity, talent and innovation, and that's the reason I'm with the 'Title', fostering a spirit of "Believe in yourself". I am truly grateful for the enriching opportunities and lifelong supportive teachers and really privileged to be part of such an extraordinary institution that has shaped my future and empowered me to reach for the stars. Highly recommended for those seeking a well-rounded college experience.



TANVI PATEL
MISS VPM 2022 23



RACHITH POOJARY
MR. VPM 2022 23

I am absolutely delighted to have this opportunity to share my heartfelt review of our college as Mr.VPM.

Our college is a shining example of academic excellence and holistic development. It is a place where students embark on a transformative journey, guided by a faculty of dedicated professors who are passionate about imparting knowledge and igniting curiosity. The college's commitment to providing a well-rounded education is evident in its comprehensive curriculum, which combines theoretical concepts with practical applications, ensuring that students are equipped with the skills and knowledge necessary to thrive in their chosen fields.

The managing staff of VPM R Z SHAH COLLEGE is Good , energetic and very helpful. The principal ma'am is very kind , most fun loving person. The events are well organized and the teachers are very enthusiastic in every events . There are a lot of events conducted in the college and are organized in a proper manner. The teachers are amazing

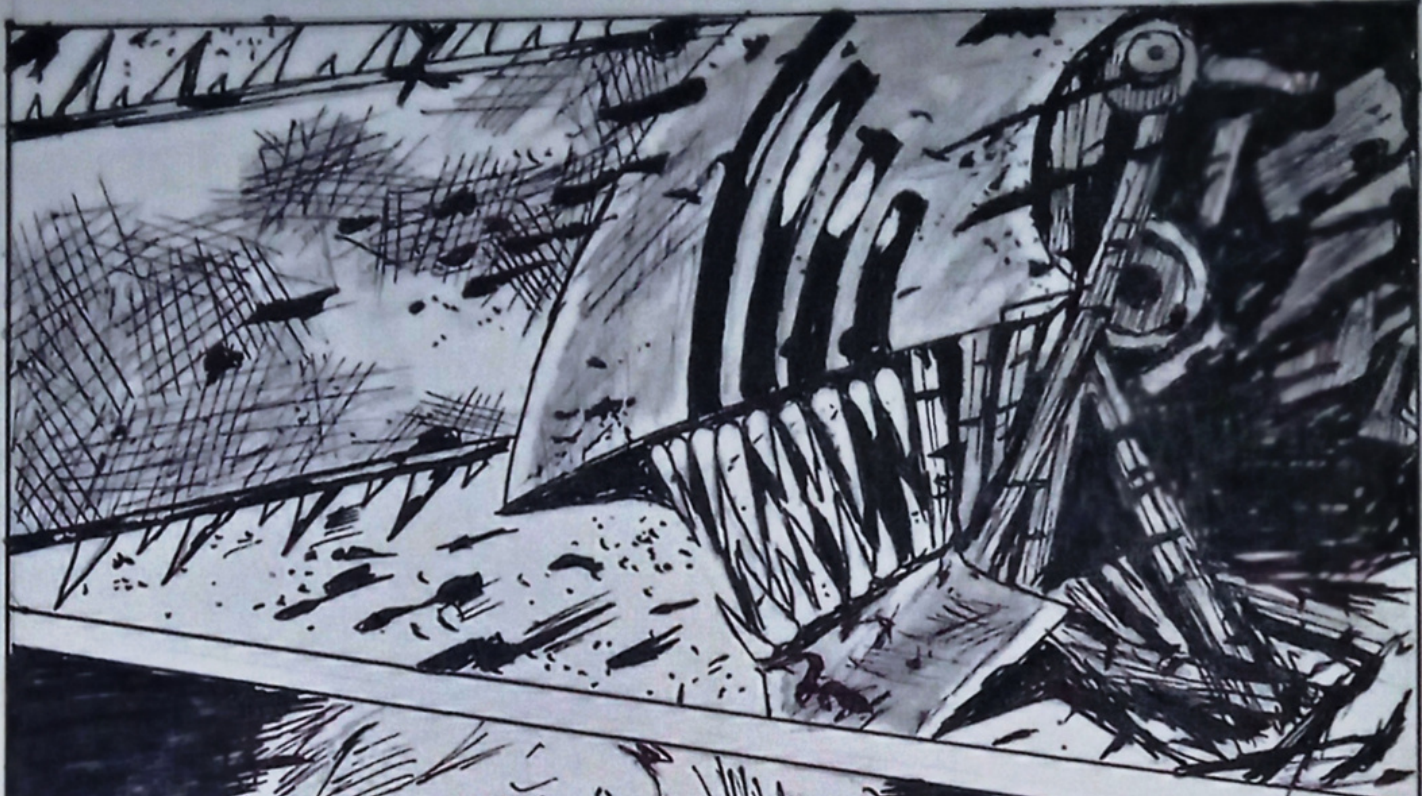


RUSHIL DAREKAR
MR. FRESHER 2022 23



ANIKA JANAWALA
MISS. FRESHER 2022 23

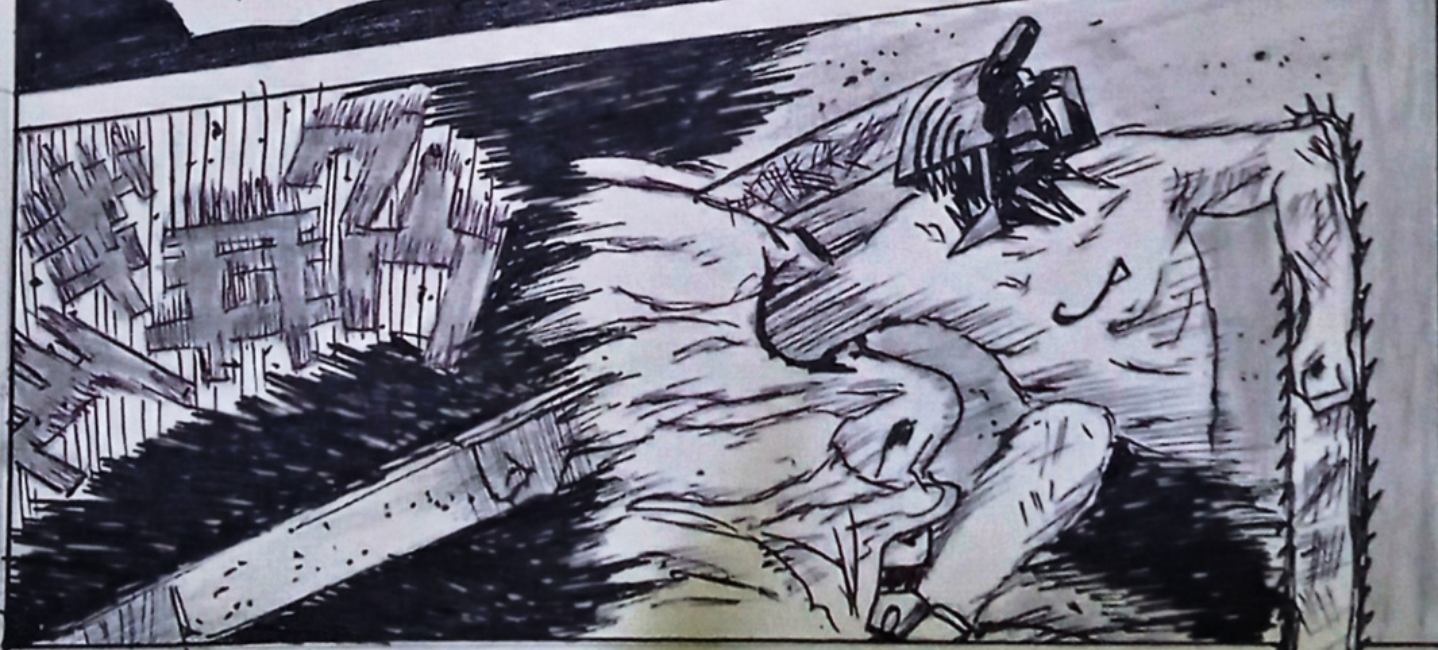
Hii, this is Anika Janawala! Miss fresher for the year 2022-23 My honest review on this college would be that it doesn't look as glamorous from the outside, nor from the inside but it is what you'll call a college to be. It teaches you, it helps your grow and you get the support you need. The thing being the teachers here are what makes this college what it is. Not the walls nor the building. You might not make the best of memories with the college but with the teachers, friends and everyone. It ends up feeling like home. You don't show up for classes just for attendance but also to spend time with that tiny group of friends that you call home. Of course the teachers are strict and scary but what do you expect them to be. Along the way you will meet some teachers that are only looking out for the best in you. And as kids we usually miss take their toughness for strictness. I've been in VPM for a year now and that's all but even then thinking of changing colleges for second year it wasn't a tough choice but an easy one to choose to stay in this college. You get used to its feel and everyone in it and that's what makes up VPM. It doesn't let you feel like a stranger.



THEN
AREN'T YOU
THE SAME
AS ME?!

THAT
LITTLE
DEVIL TOOK
OVER YOUR
BODY?!

WHY'RE
YOU...!





TEACHING STAFF



NON-TEACHING STAFF