



Malad Kandivli Education Society's

M.K.E.S. COLLEGE OF LAW

ISO 9001 : 2015 Certified

Bhavishya Bharat Campus, S. V. Road, Malad (West), Mumbai - 400 064.

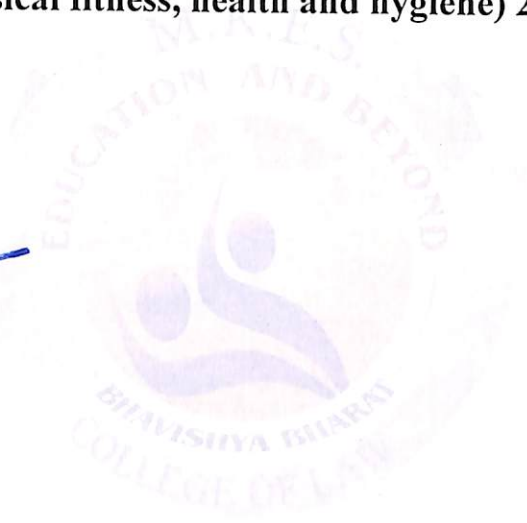
Tel : 28010607 | E-mail : mkeslawcollege@nkc.ac.in

Website : www.mkescollegeoflaw.ac.in

Life skills (Yoga, physical fitness, health and hygiene) 2017-2018 to 2021-2022

Mr. Mahendrakumar Yadav

I/c Principal





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3. Life skills (Yoga, physical fitness, health and hygiene) 2017-2018 to 2021-2022				
Sr. No.	List of Programs conducted for Life skills (Yoga, physical fitness, health and hygiene)	No of Students participated	Date	Pg. no.
2017-2018				
1	Health through Mudras and Reflexology	56	23-09-2017	1-5
2018-2019				
2	Balancing Life through Yoga	72	24-11-2018	6-10
3	Swacch Bharat Abhiyaan : Health and Hygiene	64	12-01-2019	11-15
2019-2020				
4	Yoga for better Living	70	23-08-2019	16-20
5	Causes & impact of Environment Pollution	56	14-09-2019	21-25
2020-2021				
6	Stress Management through Sahaja Yoga	65	21-06-2020	26-31
7	Power of Gratitude 18-11-2020 Stress Management with Gratitude 19-11-2020 Time Management with Gratitude 20-11-2020 Gratitude min-set for growth and wellness	52	18-11-2020 to 20-11-2020	32-37
2021-2022				
8	Holistic Development through Sahaja Yoga	76	04-09-2021	38-43
9	Crime Against Women and need for Self-Defense	77	02-03-2022	44-49
10	Can You be Healthy Forever?	56	21-06-2022	50-55

Mr. Mahendrakumar Yadav

I/c Principal



M.K.E.S. COLLEGE OF LAW

NOTICE

19th September, 2017

All the students are hereby informed that there will be a workshop titled "Health through Mudras and Reflexology" on 23rd September 2017. The workshop will be conducted in room no, 206 on 23rd September, 2017 from 12.30 p.m. onwards.

Date: 23rd September, 2017

Time: 12.30 p.m. onwards

Issued by

V. Agarwal

Asst. Prof. Vanita Agarwal
Convener,
Guest Lecture Committee

M. Syedon

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V. R. Dube

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Tel : 28010607 / 28085424 / 28086427 Fax : 28650461

INVITATION LETTER

19th September, 2017

To,
Dr. Vidyadayini Shetty
Nagindas Khandwala College
Bhavishya Bharat Campus,
S.V. Road, Malad (west),
Mumbai 400 064.

Respected Madam,

The Guest Lecture Committee of M.K.E.S College of Law, takes great privilege in inviting you as a speaker on "Health through Mudras and Reflexology". Your presence and words of wisdom will enlighten the students to take their way forward in the legal arena.

Date: 23rd September, 2017

Time: 12.30 p.m. onwards

Thanking you in anticipation,
Yours sincerely,

V. Agarwal

Asst. Prof. Vanita Agarwal
Convener
Guest Lecture Committee

J. Dube

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Recd

V.R. Shetty

V. R. Dube

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GRATITUDE LETTER

23rd September, 2017

To,
Dr. Vidyadayini Shetty
Nagindas Khandwala College
Bhavishya Bharat Campus,
S.V. Road, Malad (west),
Mumbai 400 064.

Respected Madam,

On behalf of The Guest Lecture Committee of M.K.E.S College of Law, Malad (W), Mumbai, we express our heartfelt gratitude for conducting a Lecture on "Health through Mudras and Reflexology".

It was truly an enriching experience for the students, faculty members and participants of the guest lecture.

We look forward to many more such sessions and a long-term association with you.

Thanking you,

Yours sincerely,

V. Agarwal

Asst. Prof. Vanita Agarwal
Convener
Guest Lecture Committee

J. Jyodan

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Recd V. Shetty

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ATTENDANCE LIST

HEALTH THROUGH MUDRAS AND REFLEXOLOGY 23-9-2017

Sr No.	Name of Student	Roll. No	Class	Sign
1	SHARMA JAYA SUNIL	20	Fr.BLS	Jaya
2	NAHATA RITI GAUTAM	11	Fr.BLS	Riti Nahata
3	SHAIKH RUBINA MUSTAQ	19	Fr.BLS	Rubina S
4	CHOUDHARY DEEPIKA LAXMILAL	27	Fr.BLS	Deepika C.
5	PARMAR KAPILKUMAR	28	Fr.BLS	Karmar
6	PANDEY SOURABH UDAY	14	Fr.BLS	Sourabh P.
7	BHOIR KAILASH SHIVAJI	3	Fr.BLS	KBlair
8	SAVLA KRINA VIPUL	83	TYBLS	Krina
9	YADAV PRIYA RAJESH	69	TYBLS	Priya Yadav
10	SHAH PUNIT LALITKUMAR	80	TYBLS	P.L. Shah
11	SONI KANAN NATWAR	57	TYBLS	KBoni
12	SHAH GAURAV ASHISH	47	TYBLS	Gaurav
13	SINGH SHUBHAM RAJESH	55	TYBLS	Shubham Singh
14	PATEL AMIT PURUSHOTTAM	39	TYBLS	A.P. Patel
15	SINGH ABHISHEK RADHESHYAM	57	SYBLS	Abhishek
16	RAI KUNAL SANJAY	39	SYBLS	Kunal
17	VYAS AADARSH VIJAY	71	SYBLS	Aadarsh
18	PARMAR SHREYA HARESH	35	SYBLS	Shreyas Parmar
19	YADAV PRATIK RAMRATHI	66	SYBLS	Pratik
20	MISHRA SAURABH BRIJESHKUMAR	29	SYBLS	Saurabh
21	SINGH SHRUTI NAVIN	64	FYBLS	Shruti
22	SUTHAR DHRUV HIRALAL	65	FYBLS	Dhutar
23	SHAH KHUSHI NITIN	58	FYBLS	Khushi
24	PANDYA PRUTHVESH RAKESHBHAI	46	FYBLS	PRPandya
25	NAIR MITALI ASHWIN	43	FYBLS	Mitali N
26	MEHTA RONISH SANJAY	39	FYBLS	Ronish
27	OJHA AKHIL SUDHAKAR	44	FYBLS	Akil
28	SHAH VAIBHAV SUNIL	77	FYBLS	VShah
29	DOGRA REBHA JAGDISH	16	FYBLS	Rebha



V. R. Dube

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Malyadar

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30	JHA ANKIT VASHISHAT	24	FYBLS	Ankit Jha
31	DAVE SHRENIK JUGAL	13	FYBLS	Shrenik
32	DAVE SHRENIK JUGAL	13	FYBLS	
33	SAVLA SAMKIT KHUSHAL	64	TYLLB	SK Savla
34	RAIMUGIA VRUDHI RAJESH	54	TYLLB	Vrudhi.
35	PAREKH MANALI KAMLESH	44	TYLLB	Manali
36	SHAH AASHMI MANOJ	67	TYLLB	Aashmi Shah
37	SANGHAVI VAIBHAV JAGDISH	60	TYLLB	V. Sanghavi
38	RAJORA MADAN BIDADURAM	57	TYLLB	M. B. Rajora
39	TAYSHETE JAY MAHADEO	82	TYLLB	M. Tayshete
40	NAIR RESHMI SUSHAMA	39	TYLLB	Reshmi Nair
41	MONTEIRO ALYCIA	36	TYLLB	Alycia
42	MIMANI MAHESH MEGHRAJ	33	TYLLB	M. M. Mimani
43	DHANKI KRUPA KAUSHIK	7	SYLLB	Krupa Dhanki
44	CHAVAN RASHMI PRAKASH	4	SYLLB	Rashmi Chavan
45	KOTHARI ZIL SANDIP	21	SYLLB	Zil K.
46	SHAH MILONI RAJESH	51	SYLLB	Miloni
47	GOGRI KINJAL BHARAT	11	SYLLB	Kyogri
48	SANGHVI SAIPAN AJAY	40	SYLLB	Saipan Sanghvi
49	SHAH SHRUTI PRAFUL	55	SYLLB	Shruti.
50	UNADKAT CHIRAG MUKESH	74	SYLLB	Chirag U.
51	VERMA AKANKSHA ASHOK	77	SYLLB	Akanksha
52	SHAH DEVANSH MANISH	83	SYLLB	Devansh S.
53	QURESHI RIZWAN NAFIS AHMED	64	FYLLB	Rizwan
54	PASAD PANKTI KANTILAL	57	FYLLB	Pankti
55	MEHTA TANVI DIPESH	45	FYLLB	Tanvi
56	PATEL FORUM ANIL	59	FYLLB	Forum Patel
57	VADHAN PARTH SURESH	116	EYLLB	Parth V.

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Ronish.M

PREPARED BY CR

