



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](http://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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<b>3. Life skills (Yoga, physical fitness, health and hygiene) 2017-2018 to 2021-2022</b>				
<b>Sr. No.</b>	<b>List of Programs conducted for Life skills (Yoga, physical fitness, health and hygiene)</b>	<b>No of Students participated</b>	<b>Date</b>	<b>Pg. no.</b>
<b>2017-2018</b>				
1	Health through Mudras and Reflexology	56	23-09-2017	1-5
<b>2018-2019</b>				
2	Balancing Life through Yoga	72	24-11-2018	6-10
3	Swacch Bharat Abhiyaan : Health and Hygiene	64	12-01-2019	11-15
<b>2019-2020</b>				
4	Yoga for better Living	70	23-08-2019	16-20
5	Causes & impact of Environment Pollution	56	14-09-2019	21-25
<b>2020-2021</b>				
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
<b>2021-2022</b>				
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

### BALANCING LIFE THROUGH YOGA

19<sup>th</sup> November 2018

All the students are hereby informed that there will be a workshop titled "BALANCING LIFE THROUGH YOGA" on 24<sup>th</sup> November 2018. The workshop will be conducted in room no, 206 on 24<sup>th</sup> November, 2018 from 12.30 p.m.

Date: 24<sup>th</sup> November, 2018

Time: 12.30 p.m.

Issued by Guest Lecture Committee

*[Signature]*

*[Signature]*

*V. R. Dube*

Dr. Vandana Dube  
I/C PRINCIPAL  
M.K.E.S. COLLEGE OF LAW  
Malad (West), Mumbai - 400 064

I/C PRINCIPAL  
M.K.E.S. COLLEGE OF LAW  
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Tel : 28010607 / 28085424 / 28086427 Fax : 28650461

## INVITATION LETTER

19<sup>th</sup> November 2018

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 "BALANCING LIFE THROUGH YOGA". Your presence and words of wisdom will enlighten the students to take their way forward in the legal arena.

Date: 24<sup>th</sup> November, 2018  
Time: 12.30 p.m. onwards

Thanking you in anticipation,

Yours sincerely,

*V. R. Dube*

Dr. Vandana Dube

**IC PRINCIPAL**  
M.K.E.S. COLLEGE OF LAW  
Malad (West), Mumbai - 400 064

*Vyas*

Asst. Prof. Varsha D. Vyas  
Convener  
Guest Lecture Committee



*Malyadar*  
**IC PRINCIPAL**  
M.K.E.S. COLLEGE OF LAW  
Malad (West), Mumbai - 400 064

*VR Shetty  
Recd*



Malad Kandivli Education Society's

# M.K.E.S. COLLEGE OF LAW

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

Tel : 28010607 / 28085424 / 28086427 Fax : 28650461

24th November, 2018

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 workshop on "BALANCING LIFE THROUGH YOGA".

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. R. Dube*

Dr. Vandana Dube

**I/C PRINCIPAL**

**M.K.E.S. COLLEGE OF LAW**  
Malad (West), Mumbai - 400 064

*Varsha D. Vyas*

Asst. Prof. Varsha D. Vyas  
Convener

Guest Lecture Committee

*M. K. Shetty*

**I/C PRINCIPAL**

**M.K.E.S. COLLEGE OF LAW**  
Malad (West), Mumbai - 400 064

*VK Shetty*  
*Recd*



BALANCING LIFE THROUGH YOGA 24/11/2018

Sr No.	Roll. No	G.R. No.	Name of Student	Class	Sign
1	67	LLB0585	LOHANA KISHAB DEEPAK	FYLLB	Kishab
2	3	LLB0521	AGARWAL SAKET VIVEK	FYLLB	Saket
3	94	LLB0612	PAREKH NIDHI KAMLESH	FYLLB	Nidhi
4	105	LLB0623	PRAJAPAT PRADEEP PARMESHWAR	FYLLB	Pradeep
5	119	LLB0637	SHAH AAKASH HITESH	FYLLB	Aakash
6	9	LLB0527	BANDEKAR RIDDHI SURYAKANT	FYLLB	Riddhi
7	36	LLB0554	GADA KHUSHBU MAHESH	FYLLB	Khushbu
8	84	LLB0602	PANCHAL UTKARSH HASMUKH	FYLLB	Utmarsh
9	129	LLB0647	SHAH JHANVI SANJAY	FYLLB	Jhanvi
10	1	LLB0519	ADUKIA MITALI ANIL	FYLLB	Mitali
11	79	LLB0597	MEHTA SHIVANI VIREN	FYLLB	Shivani
12	25	LLB0543	DHABALIA DHWANIT VINODKUMAR	FYLLB	Dhanvit
13	52	LLB0570	JANGID DIMPAL BHAVANISHANKAR	FYLLB	Dimpal
14	158	LLB0676	SINGHVI SAKSHI SURENDRA	FYLLB	Sakshi
15	168	LLB0686	TRIVEDI KUNJ CHANDAN	FYLLB	Kunj
16	150	LLB0668	SHELAR CHAITALI SHRIRANG	FYLLB	Chaitali
17	178	LLB0696	VYAS DHWANI VRAJESH	FYLLB	Dhwani
18	28	BLS0393	KAMBLE KISHORE B	FYBLS	Kishore
19	52	BLS0417	NIKAM SHRIRAM SANJAY	FYBLS	Shriram
20	7	BLS0372	DEDHIA VATSAL DHIREN	FYBLS	Vatsal
21	81	BLS0446	THAKUR PALLAVI MANGESH	FYBLS	Pallavi
22	88	BLS0453	YADAV CHANDA SAWAR RAM	FYBLS	Chanda
23	66	BLS0431	RAVAL DHAIRYA PRASHANT	FYBLS	Dhairya
24	40	BLS0405	MANSURI MUSKAN MUBARAK	FYBLS	Muskan
25	15	BLS0380	FARIA JITENDRA VELJI	FYBLS	Jitendra
26	2	BLS0367	BARBHAJ PRIYANSHI DHARMESH	FYBLS	Priyanshi
27	86	BLS0451	UPADHYAY ADITYA SANJAYKUMAR	FYBLS	Aditya
28	91	BLS0456	ZAVERI NAMRATA RAJESH	FYBLS	Namrata
29	83	BLS0448	TIWARI GAURAV SANTOSH	FYBLS	Gaurav
30	78	BLS0443	TANWAR SIMRAN RAJESH	FYBLS	Simran
31	96	LLB0491	SHAH YATIN KANTILAL	SYLLB	Yatin
32	84	LLB0480	SHAH KAUSHIK MAHESH	SYLLB	Kaushik
33	63	LLB0461	SALASKAR MANSI DILIP	SYLLB	Mansi
34	104	LLB0501	THAKUR NAMITA MAHESH	SYLLB	Namita
35	47	LLB0443	PADEKAR AMEYA RAMESH	SYLLB	Ameya
36	6	LLB0395	Borana Nikhil Kewalchand	SYLLB	Nikhil
37	2	LLB0392	BAROT HIMANSHU KIRITBHAI	SYLLB	Himanshu
38	75	LLB0472	SHAH DARSH RUPESH	SYLLB	Darsh
39	13	LLB0405	DIDWANIA ANISHA SANTOSH	SYLLB	Anisha
40	111	LLB0511	BAIRAGRA AMRUT SUNIL	SYLLB	Amrut



V. R. Dube  
I/C PRINCIPAL  
M.K.E.S. COLLEGE OF LAW  
Malad (West), Mumbai - 400 064.

Malgadar  
I/C PRINCIPAL  
M.K.E.S. COLLEGE OF LAW  
Malad (West), Mumbai - 400 064

# BALANCING LIFE THRU YOGA (CONTD)

10

41	43	LLB0439	MODI MIHIR SANJAY	SYLLB	<i>reedy</i>
42	72	BLS0326	NAIR MITALI ASHWIN	SYBLS	<i>Mitali</i>
43	40	BLS0252	SARMALKAR NIKITA DEEPAK	SYBLS	<i>Nikita</i>
44	61	BLS0309	JHAVERI DARSHI HETAL	SYBLS	<i>Darshi</i>
45	21	BLS0307	JHA ANKIT VASHISHAT	SYBLS	<i>Ankit</i>
46	5	BLS0288	BAXI BHAVIT HAREN	SYBLS	<i>Bhavit</i>
47	67	BLS0365	GEORGE VALENTINA KISHOR	SYBLS	<i>Georjina</i>
48	28	BLS0318	KURANI ISHITA NIKHIL	SYBLS	<i>Ishita</i>
49	57	BLS0353	TRIVEDI SHIVAM BHARAT	SYBLS	<i>Shivam.</i>
50	71	BLS0362	KHAN SHAH ALAM MOH RAFIQ	SYBLS	<i>Shah</i>
51	34	BLS0325	NAI DHEERAJ SUSHIL	SYBLS	<i>Deeraj</i>
52	19	BLS0305	JAIN SHREYA PRAKASH	SYBLS	<i>Shreya</i>
53	24	BLS0311	KADAM AMEYA HEMANT	SYBLS	<i>Ameya</i>
54	63	BLS0354	TRIVEDI SIDDHANT KAILASH	SYBLS	<i>Siddhant</i>
55	66	BLS0332	RAMAIYA MEET DEEPAK	SYBLS	<i>Meet</i>
56	91	BLS0050	YADAV POOJA RAMAKBAL	FRTBLS	<i>Pooja</i>
57	3	BLS0001	BAGH SHARDA SHAMALKUMAR	FRTBLS	<i>Sharda</i>
58	39	BLS0085	PANDEY RAHUL ASHOK	FRTBLS	<i>Rahul</i>
59	36	BLS0144	OZA KIRAN DINESH	FRTBLS	<i>Kiryan</i>
60	56	BLS0097	SHAH SAMKIT PINAKIN	FRTBLS	<i>Samkit</i>
61	92	BLS0457	VITTAL DISHA	FRTBLS	<i>Disha</i>
62	2	BLS0118	ARORA TITHI KAUR MANPRIT	FRTBLS	<i>Tithi</i>
63	73	BLS0046	UPADHYAY SHUBHAM SHASHI	FRTBLS	<i>Shubham</i>
64	18	BLS0010	GUPTA ARUN OMPRAKASH	FRTBLS	<i>Arun</i>
65	24	BLS0137	KHAN SANA YUSUF	FRTBLS	<i>Sana</i>
66	60	BLS0102	SHARMA YASH ANUPAM	FRTBLS	<i>Yash</i>
67	70	BLS0195	TIWARI PRIYA ASHOK	FRTBLS	<i>Priya</i>
68	56	BLS0097	SHAH SAMKIT PINAKIN	FRTBLS	<i>Samkit</i>
69	82	BLS0116	YADAV PRIYA RAJESH	FRTBLS	<i>Priya</i>
70	2	BLS0002	BANSAL ANUJ AJAY	FIF.BLS	<i>Anuj</i>
71	15	BLS0022	PANDEY SOURABH UDAY	FIF.BLS	<i>Sourabh</i>
72	22	BLS0036	SHARMA JAYA SUNIL	FIF.BLS	<i>Jaya</i>

*M. K. S. Dube*  
**I/C PRINCIPAL**  
**M.K.E.S. COLLEGE OF LAW**  
**Malad (West), Mumbai - 400 064**

*Prof. Varsha Vyas*  
**PROF VARSHA VYAS**  
**GUEST LECTURE COMMITTEE CONVENER**



**V. R. Dube**  
**I/C PRINCIPAL**  
**M.K.E.S. COLLEGE OF LAW**  
**Malad (West), Mumbai - 400 064.**



## M.K.E.S. COLLEGE OF LAW

### NOTICE

#### SWACCH BHARAT ABHIYAAN: HEALTH AND HYGIENE

9<sup>th</sup> January 2019

All the students are hereby informed that there will be a workshop titled "Swacch Bharat Abhiyaan: Health and Hygiene" on 12<sup>th</sup> January 2019. Interested students are requested to assemble in room no, 205 on 12<sup>th</sup> January, 2019 at 12.30p.m. All students are encouraged to attend.

Date: 12<sup>th</sup> January 2019  
Time 12.30 p.m. onwards

Issued by Guest lecture committee

*Ayaz*

*M. Jodan*

**I/C PRINCIPAL**  
M.K.E.S. COLLEGE OF LAW  
Malad (West), Mumbai - 400 064

*V. R. Dube*

Dr. Vandana Dube  
**I/C PRINCIPAL**  
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12  
Malad Kandivli Education Society's

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INVITATION LETTER  
9<sup>th</sup> January 2019

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

Respected Sir,

The Guest Lecture Committee of M.K.E.S College of Law, takes great privilege in inviting you to conduct a workshop on "Swacch Bharat Abhiyaan: Health and Hygiene" Your presence and words of wisdom will enlighten the students to take their way forward in the legal arena.

Date: 12<sup>th</sup> January 2019  
Time: 12.30 p.m. onwards

Thanking you in anticipation,  
Yours sincerely,

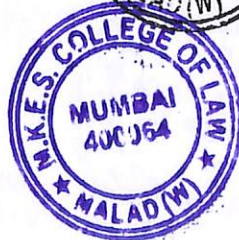
*V. R. Dube*

Dr. Vandana Dube  
**I/C PRINCIPAL**  
M.K.E.S. COLLEGE OF LAW  
Malad (West), Mumbai - 400 064

*Varsha D. Vyas*

Asst. Prof. Varsha D. Vyas  
Convener, Guest Lecture Committee

*Received*  
*[Signature]*



*[Signature]*

**I/C PRINCIPAL**  
M.K.E.S. COLLEGE OF LAW  
Malad (West), Mumbai - 400 064



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## GRATITUDE LETTER

12<sup>th</sup> January 2019

To,  
Dr. Vivek Chaubey  
Nagindas Khandwala College  
Bhavishya Bharat Campus,  
S.V. Road, Malad (west),  
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Respected Sir,

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

Thanking you,

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*V. R. Dube*

Dr. Vandana Dube  
**I/C PRINCIPAL**  
M.K.E.S. COLLEGE OF LAW  
Malad (West), Mumbai - 400 064

*Vyas*

Asst. Prof. Varsha D. Vyas  
Convener, Guest Lecture Committee

*M. J. Jadhav*

**I/C PRINCIPAL**  
M.K.E.S. COLLEGE OF LAW  
Malad (West), Mumbai - 400 064

*Received*



ATTENDANCE LIST

SWACHH BHARAT ABHIYAN: HEALTH AND HYGIENE  
12/1/2019

Sr No.	Roll. No	G.R. No.	Name of Student	Class	Sign
1	168	LLB0686	TRIVEDI KUNJ CHANDAN	FYLLB	Kunj
2	90	LLB0608	PANDYA HIMANISH JAGDEEP	FYLLB	Himanish
3	178	LLB0696	VYAS DHWANI VRAJESH	FYLLB	Dhwani
4	79	LLB0597	MEHTA SHIVANI VIREN	FYLLB	Shivani
5	57	LLB0575	KAKRECHA HITESH DHIRAJ	FYLLB	Hitesh
6	47	LLB0565	GUPTA CHIRAG DILIPKUMAR	FYLLB	Chirag
7	19	LLB0537	CHHEDA NAINEEL KETAN	FYLLB	Naineel
8	37	LLB0555	GADA NIDHI KIRIT	FYLLB	Nidhi
9	145	LLB0663	SHAIKH SHABAJ HUSAIN AFTAB HUSAIN	FYLLB	Shabaj
10	179	LLB0697	YADAV VIPIN RAMJIYAWAN	FYLLB	Vipin
11	100	LLB0618	PATEL DHARA ASHOK	FYLLB	Dhara
12	71	LLB0589	MANEK CHAITALI DINESH	FYLLB	Chaitali
13	52	LLB0570	JANGID DIMPAL BHAVANISHANKAR	FYLLB	Dimpal
14	120	LLB0638	SHAH ADITYA JAYESH	FYLLB	Aditya
15	6	LLB0524	ASHAR DIMPLE NILESH	FYLLB	Dimple
16	1	LLB0519	ADUKIA MITALI ANIL	FYLLB	Mitali
17	88	BLS0453	YADAV CHANDA SAWAR RAM	FYBLS	Chanda
18	78	BLS0443	TANWAR SIMRAN RAJESH	FYBLS	Simran
19	66	BLS0431	RAVAL DHAIRYA PRASHANT	FYBLS	Dhairya
20	91	BLS0456	ZAVERI NAMRATA RAJESH	FYBLS	Namrata
21	56	BLS0421	PANDYA DAKSH NILESH	FYBLS	Daksh
22	43	BLS0408	MEHTA PRACHI SANJAY	FYBLS	Prachi
23	15	BLS0380	FARIA JITENDRA VELJI	FYBLS	Jitendra
24	7	BLS0372	DEDHIA VATSAL DHIREN	FYBLS	Vatsal
25	80	BLS0445	THAKKAR SAKSHI HITESH	FYBLS	Sakshi
26	52	BLS0417	NIKAM SHRIRAM SANJAY	FYBLS	Nikam
27	28	BLS0393	KAMBLE KISHORE B	FYBLS	Kishore
28	73	BLS0438	SHARMA AMAN	FYBLS	Aman
29	86	BLS0451	UPADHYAY ADITYA SANJAYKUMAR	FYBLS	Aditya
30	10	BLS0375	DESHPANDE AKSHADA VINAYAK	FYBLS	Akshada
31	61	BLS0426	POLA DEV JAGDISH	FYBLS	Dev
32	9	LLB0399	DAGHA VRUSHBH VINOD	SYLLB	Vrushbh
33	21	LLB0292	HATHI BHAVANA KARAN	SYLLB	Bhavana
34	63	LLB0461	SALASKAR MANSI DILIP	SYLLB	Mansi
35	3	LLB0393	BHATT KAVITA MUKUND	SYLLB	Kavita
36	13	LLB0405	DIDWANIA ANISHA SANTOSH	SYLLB	Anisha
37	29	LLB0422	KOTHARI JAYNA NAYAN	SYLLB	Jayna
38	75	LLB0472	SHAH DARSH RUPESH	SYLLB	Darsh
39	1	LLB0391	AGARWAL JUHI SANWAR	SYLLB	Juhi
40	113	LLB0513	BHANUSHALI HARSHIDA MURJI	SYLLB	Harshida

*M. J. Jadhav*

IC PRINCIPAL

M.K.E.S. COLLEGE OF LAW  
Malad (West), Mumbai - 400 064

V. R. Dube

I/C PRINCIPAL

M.K.E.S. COLLEGE OF LAW  
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41	90	LLB0486	SHAH RUSHABH MUKUNDCHANDRA	SYLLB	Rushab
42	61	BLS0309	JHAVERI DARSHI HETAL	SYBLS	Darshi
43	74		TANAWADE SADASHIV SHRIKRISHNA	SYBLS	Sadiv
44	3	BLS0286	BAJAJ DRISHTI ANIL	SYBLS	Drish
45	24	BLS0311	KADAM AMEYA HEMANT	SYBLS	Amya
46	56	BLS0275	TIWARI POOJA SHIVKUMAR	SYBLS	Pooja
47	3	BLS0286	BAJAJ DRISHTI ANIL	SYBLS	Drish
48	31	BLS0322	MEHTA RONISH SANJAY	SYBLS	Ronish
49	50	BLS0267	SHUKLA NIKHIL NANDKUMAR	SYBLS	Nikhil
50	18	BLS0303	GUPTA UDI NARENDRA	SYBLS	Udi
51	27	BLS0138	KHONA KRUTIKA CHETAN	SYBLS	Krutika
52	54	BLS0349	SUTHAR PAYAL BASTIMAL	SYBLS	Payal
53	39	BLS0333	SANE ANIKET PRASHANT	SYBLS	Aniket
54	53	BLS0260	SHARMA KHUSHI MANOJ	TYBLS	Khushi
55	61	BLS0104	SINGH SONAL RAKESH	TYBLS	S.Sonal
56	71	BLS0170	TIWARI SURAJ SATYAPRAKASH	TYBLS	Suraj
57	32	BLS0238	MISHRA SIDDHARTH OMKAR	TYBLS	Siddharth
58	22	BLS0281	KAUR SIMRAT	TYBLS	Simrat
59	13	BLS0217	JADHAV SHREYA GANESH	TYBLS	Shreya
59	68	BLS0279	YADAV PINKI DAYARAM	TYBLS	Pinki
60	49	BLS0255	SHAH AASHMI ASHWIN	TYBLS	Aashmi
61	60	BLS0270	SINGH RASHU SANTOSH	TYBLS	Rashu
62	29	BLS0235	MEHTA TANYA RAJESH	TYBLS	Tanya
63	72	BLS0363	INDULKAR DURVA SUHAS	TYBLS	Durva
64	2	BLS0121	CHAUDHARY HARSH SHYAMSUNDER	TYBLS	Harsh

ASST PROF VARSHA VYAS  
GUEST LECTURE COMMITTEE CONVENER

*M. G. Dube*  
**I/C PRINCIPAL**  
M.K.E.S. COLLEGE OF LAW  
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*V. R. Dube*  
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