



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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Website : www.mkescollegeoflaw.ac.in

<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



DI/F-N/00

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

20-21- 06/L-GLC /0

**NOTICE**

All the students are hereby informed that the Guest Lecture Committee of M. K. E. S. College of Law is organising a webinar on **“Stress Management through Sahaja Yoga”** by Mrs. Geetika Tiwari as a speaker who will be enlightening us on the ways of balancing stress in today’s stressful life. The details of the webinar are as given below:

**Date – 21<sup>st</sup> June 2020**

**Time-11.00 am onwards**

**Platform- Zoom**

Issued By: Asst. Prof. Varsha Vyas  
Convener, Guest Lecture Committee

Date : 19<sup>th</sup> June 2020

Sign:

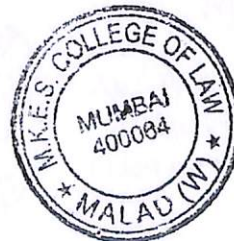
*V. R. Dube*

*Vyas*

*M. Geetika*

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

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







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

## INVITATION LIST

Date- 18/06/2020

To,

Ms. Geetika Tiwari

Respected Madam,

The Guest Lecture Committee of M.K.E.S College of Law, takes great privilege in inviting you as a speaker for a webinar on “**Stress Management through Sahaja Yoga**”. Your presence and words of wisdom will enlighten the students to incorporate stress management techniques into their lives for a stress free, happy and balanced state of mind.

Day & Date: 21<sup>st</sup> June, 2020, Sunday.

Time: 11.00 a.m. onwards

Please intimate your consent in respect of the same at the earliest.

Thanking you in anticipation,

Yours sincerely,

*V. R. Dube*

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



*M. J. J. J.*

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



*A. Vyas*

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



Malad Kandivli Education Society's

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Tel : 28010607 / 28085424 / 28086427 Fax : 28650461

## GRATITUDE LIST

Date-21/06/2020

To,

Ms. Geetika Tiwari

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 "Stress Management through Sahaja Yoga" on 21<sup>st</sup> June, 2020.

It was truly an enriching experience for the students, faculty members and other participants.

We look forward to many more such sessions with you.

Thanking you,

Yours sincerely,

*V. R. Dube*

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

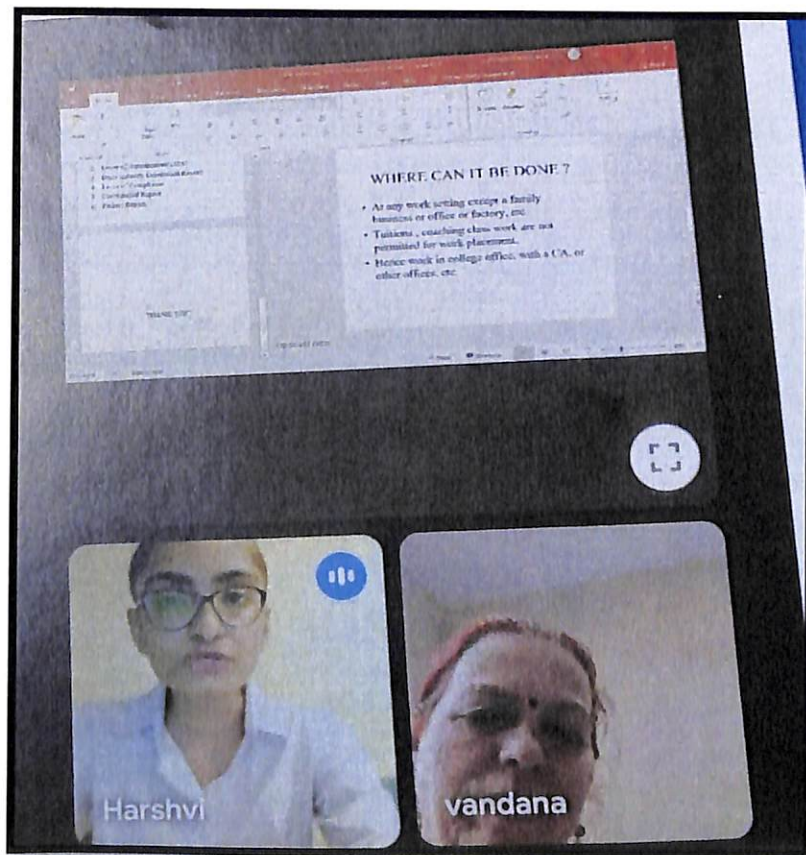
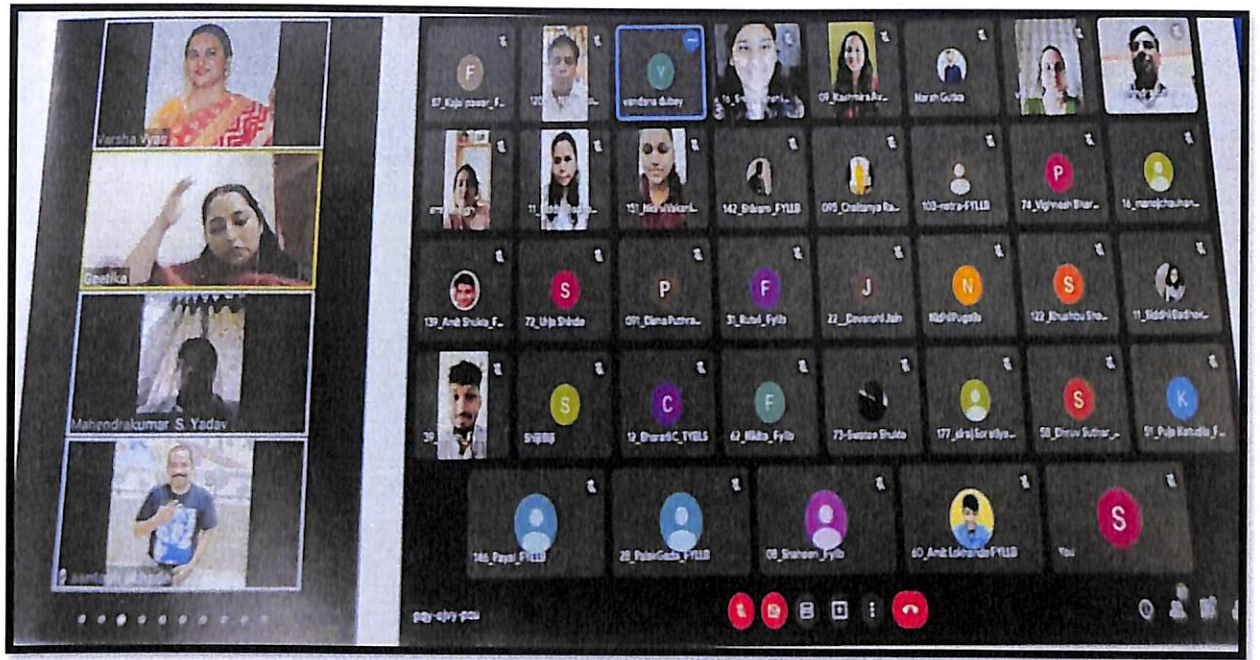
*Varsha D. Vyas*

I/C PRINCIPAL  
M.K.E.S. COLLEGE OF LAW  
Malad (West), Mumbai - 400 064  
Prof. Varsha D. Vyas  
Convener  
Guest Lecture Committee





Stress Management through Sahaja Yoga



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





ATTENDANCE LIST  
STRESS MANAGEMENT THROUGH SAHAJA YOGA  
21/6/2020.

2020-2021

Sr No.	Class	Roll. No	G.R. No.	Name of Student	Sign
1	FYBLS	8	BLS0581	DASAWANT SHUBHAM DEEPAK JYOTI	S. Waman
2	FYBLS	35	BLS0608	KHAN MUZAMMIL MUJIB RIZWANA	Mohamed
3	FYBLS	48	BLS0621	MOTORWALA MOHAMED RIZWAN	Mohd.
4	FYBLS	16	BLS0589	GAGARANI SHREEYANSHI RAKESH SEEMA	Shreeyanshi
5	FYBLS	67	BLS0640	SHAH DHWANI RAJESH ARPITA	Dhwani
6	FYBLS	70	BLS0643	SHAH PREKSHA MANISH	Preksha
7	FYBLS	17	BLS0590	GUMMALA ADVITI HIRA SWATI	Advita
8	FYBLS	25	BLS0598	JAIWAL PRITI VIJAY PUSHPA	Priti
9	FYBLS	27	BLS0600	JOSHI MUSKAN MUKESH REKHA	Muskan
10	FYBLS	46	BLS0619	MISHRA ATUL KALAKANT KANCHAN	Atul
11	FYBLS	14	BLS0587	DUMASIA ISHA DEEPAK DUMASIA	Isha
12	FYBLS	78	BLS0651	SRIVASTAV YASH ANIL	Yash
13	FYBLS	80	BLS0653	STANLEY ELVIRA STANLEY	Elvira
14	FYBLS	32	BLS0605	KARKERA GAUTAMI PRASHANTH	Gautami
15	FYBLS	64	BLS0637	SAVE ADITYA JITENDRA JEMINI	Aditya
16	FYBLS	50	BLS0623	NAIR AJITH RAJAN MANJULA	Ajith
17	FYBLS	69	BLS0642	SHAH NISHI KALPESH	Nishi
18	FYBLS	83	BLS0656	THORWAT SAGAR EKNATH	Sagar
19	FYBLS	1	BLS0574	ALAPATT SHERYL CLEMENS TINTU	Sheryl
20	FYBLS	13	BLS0586	DUBEY EKTA KAILASH SAROJ	Ekta
21	FYLLB	96	LLB0977	RASTOGI KISHAN RAVISHANKAR	Kishan
22	FYLLB	68	LLB0949	MODI NIVISHA BHAVESH	Nivisha
23	FYLLB	44	LLB0925	JAIN SHRADDHA PRAKASH	Shraddha
24	FYLLB	27	LLB0908	DOSHI SMIT KETAN	Smit
25	FYLLB	11	LLB0892	BADHEKA SIDDHI YOGESH	Siddhi
26	FYLLB	20	LLB0901	DARJI RIDDHI ATUL	Riddhi
27	FYLLB	108	LLB0989	SAVLA RESHAM VASANT	Resham
28	FYLLB	135	LLB1016	SHETH JAY ATUL	Jay
29	FYLLB	146	LLB1027	THAKKAR PAYAL JAYESH	Payal
30	FYLLB	171	LLB1052	KARLE ANKITA SURESH	Ankita
31	FYLLB	179	LLB1060	PANDIYA JAYA MANNALAL	Jaya
32	FYLLB	90	LLB0971	PUGALIA NIDHI RANJIT	Nidhi
33	TYBLS	72	BLS0445	THAKKAR SAKSHI HITESH REKHA	Sakshi
34	TYBLS	47	BLS0414	MORBIWALA MARIYA ILYAS SHIREEN	Mariya
35	TYBLS	54	BLS0424	PATOLE RACHANA RAVINDRA RESHMA	Rachana
36	TYBLS	57	BLS0427	PRADHAN KHUSHBOO ATUL SONAL	Khushbo
37	TYBLS	40	BLS0406	MEHRA GYANIKA RAJENDRA GEETA	Gyanika
38	TYBLS	34	BLS0401	LALWANI AMRITA MURLI ANJALI	Amrita
39	TYBLS	25	BLS0390	JOSHI AYUSHI PANKAJ ANITA	Ayushi



V. R. Dube

I/C PRINCIPAL

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

*(Signature)*

I/C PRINCIPAL

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



40	TYBLS	62	BLS0252	SARMALKAR NIKITA DEEPAK NEETA	<i>[Signature]</i>
41	TYBLS	80	BLS0454	YADAV HARSH LALJI GIRIJA	<i>[Signature]</i>
42	TYBLS	85	BLS0306	JATHAR NIKHIL AJIT VEENA	<i>[Signature]</i>
43	TYBLS	63	BLS0434	SAVJANI HANISHA NAYAN DEEPA	<i>[Signature]</i>
44	TYBLS	67	BLS0439	SHARMA JYOTI VIJAYPRASAD INDU	<i>[Signature]</i>
45	TYBLS	3	BLS0368	BOHRA DARSHIL LALIT URVASHI	<i>[Signature]</i>
46	TYBLS	19	BLS0384	GURAV KOMAL SUDHAKAR REKHA	<i>[Signature]</i>
47	Fr.YBLS	3	BLS0286	BAJAJ DRISHTI ANIL HARSHA	<i>[Signature]</i>
48	Fr.YBLS	5	BLS0288	BAXI BHAVIT HAREN JIGISHA	<i>[Signature]</i>
49	Fr.YBLS	10	BLS0294	DARJI PREKSHA MANISH ASHA	<i>[Signature]</i>
50	Fr.YBLS	43	BLS0326	NAIR MITALI ASHWINI NISHITA	<i>[Signature]</i>
51	Fr.YBLS	57	BLS0342	SHAH SHELIJA HIREN MEETA	<i>[Signature]</i>
52	Fr.YBLS	49	BLS0333	SANE ANIKET PRASHANT PRANALI	<i>[Signature]</i>
53	Fr.YBLS	14	BLS0210	DUBEY AKASH SANTOSH CHANDRAKALA	<i>[Signature]</i>
54	Fr.YBLS	65	BLS0349	SUTHAR PAYAL BASTIMAL SUKAN	<i>[Signature]</i>
55	Fr.YBLS	72	BLS0355	VED NISHI HITESH HEENA	<i>[Signature]</i>
56	Fr.YBLS	21	BLS0303	GUPTA UDI NARENDRA LEENA	<i>[Signature]</i>
57	Fr.YBLS	26	BLS0310	JOSHI SAKSHI RUPESH MAMTA	<i>[Signature]</i>
58	Fr.YBLS	76	BLS0222	JARIWAL PARTH MURARI VINITA	<i>[Signature]</i>
59	Fr.YBLS	41	BLS0324	NAGDA MILONI BHAVESH RITA	<i>[Signature]</i>
60	Fif.BLS	50	BLS0253	SAWANT SRUSHTI RAJESH DEEPAI	<i>[Signature]</i>
61	Fif.BLS	73	BLS0279	YADAV PINKI DAYARAM MURTA	<i>[Signature]</i>
62	Fif.BLS	3	BLS0203	BHOSALE SWARA DINESH SHALAKA	<i>[Signature]</i>
63	Fif.BLS	10	BLS0212	GODBOLE NIKHIL KISHORE MEDHA	<i>[Signature]</i>
64	Fif.BLS	36	BLS0241	OZA JANKI LALIT SONAL	<i>[Signature]</i>
65	Fif.BLS	56	BLS0258	SHAH POOJA BHAVESH TEJAL	<i>[Signature]</i>

*[Signature]*  
 ASST PROF VARSHA VYAS  
 GUEST LECTURE COMMITTEE CONVENER

*[Signature]*  
**I/C 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  
 Malad (West), Mumbai - 400 064.







DI/F-N/00

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

20-21- 11/L-GLC/0

**NOTICE**

All the students are hereby informed that the Guest Lecture Committee of M. K. E. S. College of Law is organising a 3 day training workshop on "Power of Gratitude" by Mrs. Geetha Krishnan as a speaker from 18<sup>th</sup> November to 20<sup>th</sup> November. The details of the workshop are as given below:

**18<sup>th</sup> November, 2020 – Stress Management with Gratitude**

**19<sup>th</sup> November, 2020 – Time Management with Gratitude**

**20<sup>th</sup> November, 2020 – Gratitude mind-set for growth and wellness**

**Time- 11.00 am onwards**

**Platform- Google Meet**

Issued By: Asst. Prof. Varsha Vyas  
Convener, Guest Lecture Committee

*Varsha Vyas*

Date : 15<sup>th</sup> November 2020

Sign:

*V. R. Dube*



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

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



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

Tel : 28010607 / 28085424 / 28086427 Fax : 28650461

## INVITATION LETTER

Date- 16/11/2020

To,

Mrs. Geetha Krishnan  
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 for a training workshops on topic "**Power of Gratitude**". Your presence and words of wisdom will enlighten the students to take their way forward in the legal arena.

Date and topic

18-11-2020- Stress Management with Gratitude

19-11-2020- Time Management with Gratitude

20-11-2020- Gratitude mindset for growth and wellness

Time: 11.00 a.m. onwards

Thanking you in anticipation,

Yours sincerely,

*V. R. Dube*

Dr. Vandana R. Dube

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

*Varsha D. Vyas*

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

Asst. Prof. Varsha D. Vyas

Convener, Guest Lecture Committee







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

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Tel : 28010607 / 28085424 / 28086427 Fax : 28650461

GRATITUDE LETTER

Date- 16/11/2020

To,

Mrs. Geetha Krishnan  
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 webinar on "Power of Gratitude" from 18<sup>th</sup> November, 2020 to 21<sup>th</sup> November, 2020,

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

We look forward to may 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 Vyas*

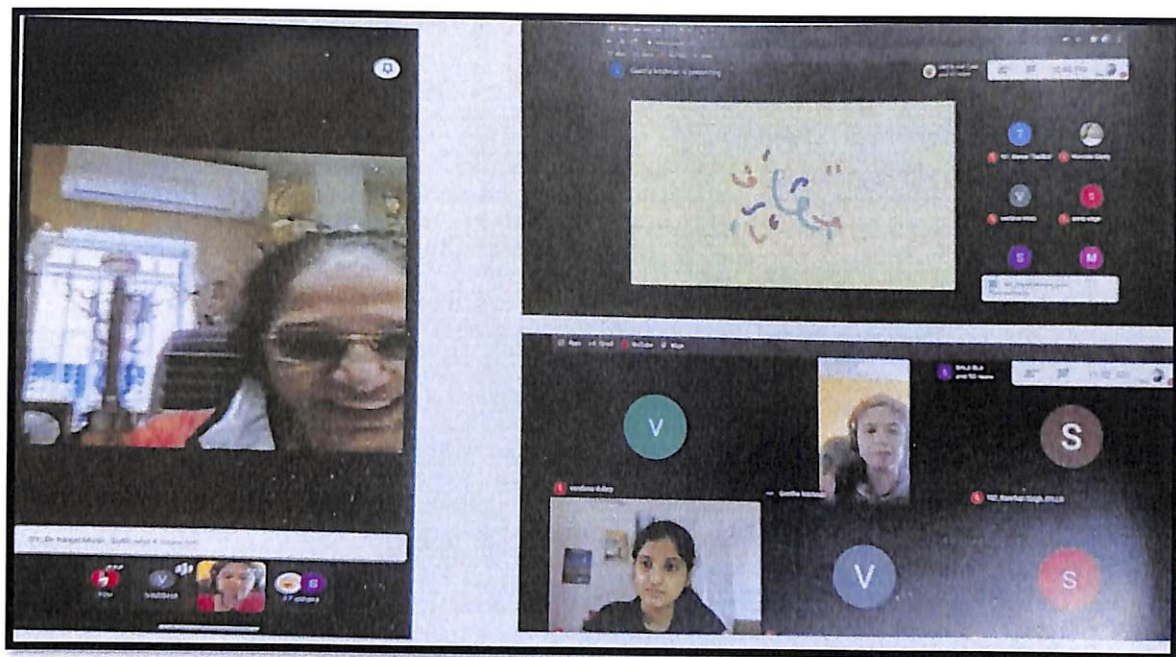
Asst Prof. Varsha Vyas  
Convener, Guest lecture committee



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



Power of Gratitude



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





## ATTENDANCE LIST

POWER OF GRATITUDE 18-11-2020 TO 20-11-2020					
Sr No.	Class	Roll. No	G.R. No.	Name of Student	Sign
1	FYBLS	83	BLS0656	THORWAT SAGAR EKNATH	Sagar
2	FYBLS	46	BLS0619	MISHRA ATUL KALAKANT KANCHAN	Atul
3	FYBLS	64	BLS0637	SAVE ADITYA JITENDRA JEMINI	Aditya
4	FYBLS	28	BLS0601	JOSHI PRATIBHA PUKHRAJ SUMITRA	Pratibha
5	FYBLS	10	BLS0583	DEDHIA SAMYAK SATISH	Satyak
6	FYBLS	70	BLS0643	SHAH PREKSHA MANISH	Preksha
7	FYBLS	17	BLS0590	GUMMALA ADVITI HIRA SWATI	Adviti
8	FYBLS	57	BLS0630	PATEL ANURAG DINESH MANJULA	Anurag
9	FYBLS	37	BLS0610	LAD HRUTHVI VIKAS NAMRATA	HRuthvi
10	FYBLS	76	BLS0649	SINGHANIA SUYASH AMIT MONIKA	Suyash
11	FYBLS	4	BLS0577	BHARUKA TANISH SANJAY UMA	Tanish
12	SYBLS	100	BLS0557	SURANA YASHI NARESH MAMTA	Yashi
13	SYBLS	81	BLS0538	SANGHVI SAINY NARESH VEENA	Sainy
14	SYBLS	55	BLS0513	MODY RUTIKA RAJKUMAR RUPAL	Rutika
15	SYBLS	117	BLS0516	NAIR PRIYANKA SHASHI RESHMI	Priyanka
16	SYBLS	47	BLS0507	KUNNEL ANUSHKA JACOB THREEZIA	Anushka
17	SYBLS	39	BLS0500	KADAM PRAJAKTA RAVINDRA KIRAN	Prajakta
18	SYBLS	94	BLS0552	SHETTY SHEEJAL KESHAV SHOBHA	Sheejal
19	SYBLS	57	BLS0515	NAIK GARGI CHANDRASHEKHAR SHILPA	Gargi
20	SYBLS	89	BLS0546	SHAH SRUSHTI BHAVESH BHAMINI	Srushti
21	SYBLS	77	BLS0535	RANE RUTUJA SUDESH UJJWALA	Rutuja
22	SYBLS	108	BLS0565	TIWARI URVI MANOJ YOGITA	Urvi
23	SYBLS	33	BLS0493	JAIN KHUSHI SANJAY JAYSHREE	Khushi
24	SYBLS	68	BLS0526	PILLAI RAJ KARUNYAN SUJATHA	Raj
25	SYBLS	113	BLS0570	VISARIA RASHI VASANT NEETA	Rashi
26	SYBLS	25	BLS0484	DUKLE SHRUTI MILIND GOURI	Shruti
27	SYBLS	17	BLS0476	CHORDIYA SHUBHAM SUNIL SAROJA	Shubham
28	SYBLS	6	BLS0464	BAJAJ KARAN SANTOSH AMRITA	Karan
29	TYBLS	34	BLS0401	LALWANI AMRITA MURLI ANJALI	Amrita
30	TYBLS	74	BLS0275	TIWARI POOJA SHIVKUMAR VIDYA	Pooja
31	TYBLS	44	BLS0410	MISRA ANANYA HARIRAM UMA	Ananya
32	TYBLS	23	BLS0388	JAIN NAVINA SHAILESH RAKHEE	Navina
33	TYBLS	5	BLS0370	CHOUHARY MANSI RAJESH SONAM	Mansi
34	TYBLS	79	BLS0453	YADAV CHANDA SAWAR RAM KAMLA	Chanda
35	TYBLS	51	BLS0420	PANCHAL ROSHANI NARENDRA SEJAL	Roshani

V. R. 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  
Malad (West), Mumbai - 400 064





36	TYBLS	18	BLS0321	GOM MARIA MUSTAFA NASEEM	Mustafa
37	TYBLS	56	BLS0426	POLA DEV JAGDISH SHIVANI	Jagdish
38	TYBLS	29	BLS0394	KAMDAR MITALI CHETAN KIRAN	Mitali
39	TYBLS	12	BLS0376	DEVENDRA GAYATRI KADASWAMI KANDA	Devendra
40	TYBLS	82	BLS0456	ZAVERI NAMRATA RAJESH VARSHA	Namrata
41	TYBLS	3	BLS0368	BOHRA DARSHIL LALIT URVASHI	Darshil
42	TYBLS	41	BLS0407	MEHTA DIVISHA PRAVIN SUSHMA	Divisha
43	TYBLS	17	BLS0382	GANDHI KAVISH JIGNESH JESAL	Kavish
44	TYBLS	65	BLS0436	SHAH POOJA ASHISH NISHA	Pooja
45	FrBLS	44	BLS0145	PANDEY DIBYA VINOD MANDEVI	Dibya
46	FrBLS	65	BLS0349	SUTHAR PAYAL BASTIMAL SUKAN	Payal
47	FifBLS	56	BLS0258	SHAH POOJA BHAVESH TEJAL	Pooja
48	FifBLS	37	BLS0242	PARMAR SHREYA HARESH HEENA	Shreya
49	FifBLS	61	BLS0264	SHINDE GAURI NAINESH SHRADDHA	Gauri
50	SYLLB	110	LLB0812	PATEL MANSVI JAGDISH SHARDA	Mansvi
51	SYLLB	165	LLB0870	THAKKAR RIDDHI MUKESH NITA	Riddhi
52	SYLLB	37	BLS0242	PARMAR SHREYA HARESH HEENA	Shreya

*Varsha*

ASST PROF VARSHA VYAS

GUEST LECTURE COMMITTEE CONVENER

*M. S. Yadav*

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