

**V. K. KRISHNA MENON COLLEGE OF COMMERCE AND ECONOMICS AND SHARAD SHANKAR DIGHE COLLEGE OF SCIENCE**

**Bhandup - (East), Mumbai-42**

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**Details of activities conducted by the Committee for Academic Year 2021-22**

**Name of the Committee: -**

**CENTRE OF GANDHIAN STUDIES AND ACTION**

**Name of the Committee Convener**

**Dr. Ruchi Tandon**

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**Activities at College Level**

<b>Sr. No.</b>	<b>Date/s of Event</b>	<b>Title / Theme of Event</b>	<b>Brief Detail of a activity</b>	<b>No. of Beneficiaries</b>
1	21.6.2021	International Yoga Day celebration	Centre Of Gandhian Studies And Action and Women Development Cell of our college has organized an online Yoga day session jointly with Shri Ambika Yog Kutir on the occasion of International Yoga day. It was organized for Students and staff of Senior college and P.A. Menon English School. A Google meet link <a href="https://meet.google.com/ffi-naty-gch">https://meet.google.com/ffi-naty-gch</a> was generated at 9:00 am to commence the program. The Program started with Prarthna and Gaytri mantra chanted by Shri Sawant ji from Shri Ambika Yog Kutir. After the short formal schedule from 09:15am - 10:15 am, Three yoga gurus Meena Tai, Savita Tai, and Smita Tai very elegantly and clearly demonstrated yoga asana one by one, which are useful for students and everyone in daily life. Sawant sir simultaneously explained the benefits of each aasan and instructed about the correct posture to do it. Several Asanas like : कपालभाती , अधथउष्ट्रासन,	322

			उष्ट्रासन, वज्रासन, त्रकोणासन, ताडासन etc were demonstrated. Two students Omkar Sawant and Shruti Shende were selected among the audience to show some aasans. They performed exactly the same way as was explained in the session. Over all the program was a huge success and was praised by all.	
2	14.10.2021 to 16.12.2021	Yoga Course :Healthy soul and mind through yoga	Jointly with Shri Mabika Yog Kutir organised a 8 week Yoga course especially designed for First year BCOM graduates. The College has a MOU with Shri Ambika Yog Kutir. One yoga course had already been conducted in 2019-2020, but to start Yoga course in online mode was a challenge for the committee. The course was especially designed for 8 weeks and conducted twice a year. In First term the course was organised in 7 batches each of 30 students and taught yoga to total 210 students and next batch of 200 students joined in second term. 7 Whatsapp groups were made consisting of 3 yoga teachers one teacher incharge from college and 30 students. • The course was inaugurated on 30.9.2021 and the first class started from October 14, 2021 Thursday at 12:00 noon. The yoga and health club members Dr, Ruchi Tandon, Mrs, Anupma Prasad, Mr. Swapnil Karpe and Mr. P.B. Bhangale have taken equal responsibility of the batches as College teacher In charges. The classes of the course were conducted after their lectures mainly at 12 noon and 4:00pm and 5:30 pm. • The Course continued very smoothly since then and every student actively participated and learnt yoga through Gmeet and Zoom Platforms. During the online class, one Yoga teacher instructs,	210
3	15.2.2022 to 20.4.2022	Yoga Course:Healthy soul and mind through yoga		197

			<p>one demonstrated and one supervised the performance of students. Student also show asana in their videos and also practice at home. • The course end with the practical and theory exam which was conducted during last week of the course.</p>	
4	30.9.2021	Igniting the young minds:	<p>The first day of the celebration, Igniting the young minds program was conducted, Under this activity, after inaugural session an online yoga Session was organized. During the session 3 students of TYBCOM namely Ms. Pritam Sawant, Ms Shruti Shedege, and Ms Shradhha who have done YOGA course in 2019 organised by our college, demonstrated aasanas to students of Junior College and school Students under the guidance of a Professional Yoga Teacher Shri R.P. Athalye from Ambika Yog Kutir. The resource person told the importance of each AASANA along with its demonstration. Also, announcement of commencement of yoga course jointly with Shri Ambika Yog Kutir was made by Shri Surve ji, from Ambika Yog Kutir.</p>	237
5	GANDHI WEEK (1.10.2021-12.1.2021) 1.10.2021	Quiz Competition Based on life of Mahatma Gandhi	<p>On the second day (1-10-2021) of the week a QUIZ competition was organized for all the students of degree college on Gandhiji's Life. The quiz was conducted using Google forms. There were 30</p>	540

			questions and participants were given only 15 minutes to attempt after which the form stopped accepting responses. 540 students participated. And four students scored full marks	
6	2.10.2021	Gandhi Jayanti Program:	On the occasion of 152th birth anniversary of Mahatma Gandhi on October 2nd a programme was nicely set up by bhajans sung by school students, the ones that Gandhiji liked. The program commenced by garlanding the photo of Bapu and lightening the lamp by our respected chairman Smt. Sharada Maam. The program was telecast online for all students using Zoom platform. Approximately 484 participants witnessed the program online along with offline participants. Chief guest Dr Ravikant Sangurde, the guest of honour Dr. Neeta Khandpekar gave speeches. Many staff members - Dr Sebastian Antony, Mr Krishnan Jaikumar, Mrs Shuba Nair, Dr Bibals Ramkrishna, Mrs Girija Nair shared their thoughts about Gandian ideology. Our respected Sharada maam, also shared her thoughts about Gandhiji. The program followed by campus cleaning	488
7	4.10.2021	Founder's Day	to commemorate the birth anniversary of the Founder - Chairman of Bhandup Educational Society, the late Advocate Shri P. A. Menon. To honour him and as a mark of respect to him, a number of activities were organized. They are as follows-1) A video on "The Life of Advocate Shri P. A. Menon" was streamed in all Google Classrooms between 8am – 9am.2) The Founder's Day function began at 9 am., in the college premises which was attended by a small group of management representatives, guests and staff. The entire function was conducted on Zoom platform	889

			<p>where students, staff and some speakers joined Online. The Guest of Honour for the day was Dr. Mahendra Khandpekar, Professor, B. K. Birla college. With a deep sense of gratitude for our founder chairman Advocate Shri P.A. Menon sir, he shared with us the experiences of the days with him.</p>	
8	5.10.2021	<p>Webinar on ‘Relevance of Gandhian Ideology in Today’s Pandemic Scenario’</p>	<p>Resource persons were 1. Dr. Nitin Agarwal, Director, Knowledge Inclusion 2) Dr. Vaidehi Daphthardar, Principal Adarsh College, Badlapur, and other speakers were Mrs. Divya Menon b) Dr. Sunitha K K c) Mrs. Sanyogita Singh and d) Mrs. Manda Kale, On October 5, 2021 Centre of Gandhian Studies and Action have organised a webinar on “Relevance of Gandhian Ideology in the Current Scenario” using Zoom Meeting for staff and students. The coordinators of the program were Dr. Sunita and CA Mr. Nitin. The program was organized with the following objective to understand the relevance of Gandhian Ideology in the Current Scenario, with special regards to COVID – 19, Pandemic. The speakers helped us to understand many things like how to cultivate peace within us, how to be compassionate towards others, how To take care of our mother earth and to refrain from any conflicts with our nature and other living beings, importance of silence, cleanliness, socialism and many aspects.</p>	206

9	6.10.2021	Founders day program	<p>commemorating our former defence minister and our founder President Shri. V.K.K.Menon, Speech by Chairman- Smt Sarada Menon  Speech by Mr. Ashish Chakravarty  October 6, 2021 was the sixth day of Gandhi Week Celebration. On this day, in the year 1974 we lost the second most powerful man in India, a great politician, diplomat, nationalist, our former defence minister and our founder President Shri V. K. Krishna Menon. To observe this day, the Centre for Gandhian Studies and Action had organized an Intercollegiate Online Elocution Competition on “V. K. Krishna Menon-The man of the Century”. The program started with a formal function at 10.00 am followed by online elocution competition. The program includes online speech by Principal- Introductory Note,  Speech on Shri V. K. Krishna Menon- Mr. Ashish Chakraborty and Speech on Shri V. K. Krishna Menon by Chairman- Smt Sharada Menon, the program ended with Vote of Thanks- Mrs. Ambujam Nair.</p>	139
10	6.10.2021	Intercollegiate Elocution Competition (For Senior and junior College)	<p>Title: V.K.K Menon: The man of the Century  judges: Dr. Satya Sebastian, Mrs. Girija Nair and Mrs. Sali Nair  For the competition, total online registrations were 36 but out of that 9 participated in the competition from five different colleges (V. K. K. Menon College, S N. K. T. T. Junior College, Vivek college of Commerce, Don Bosco College Kurla, and VES College of Law)Total numbers of audience participated online were 140. This program gave a</p>	140

			<p>good platform for the participants and audience to gather knowledge about the incredible deeds and action of the great personality, Shri V. K. Krishna Menon. Winners are</p> <p>1st Priyanka Bora, VES College of Law FY BLS LLB</p> <p>2nd AKHIL VINODH, V.K KRISHNA MENON COLLEGE OF COMMERCE FYBAF</p> <p>3rd Austin Martins, Don Bosco College Kurla FY BMS</p>	
11	7.10.2021	Intercollegiate Essay competition	<p>Title 'What Gandhi Visualized for 21st Century (Senior and Junior College) Judges for the competition :Dr. Bibals Ramakrishnan, Mrs. Sunita Nair, Mrs Ruby Francis Intercollegiate Essay competition On 'What Gandhi Visualized for 21st Century (Senior and Junior College)</p> <p>Judges for the competition :Dr. Bibals Ramakrishnan, Mrs. Sunita Nair, Mrs Ruby Francis</p> <p>Participants had submitted pdf of essay. The last date for the submission was 6th October 2021 before 5 p.m. The Topic for the Essay competition was 'What Gandhi visualized in 21st Century'. Participants were requested to submit pdf of essay on or before 6th October 2021 before 5 p.m. In total there were 228 registrations and out of that 99 students participated in essay competition. Their write up was commendable. It took lot of time for the judges to read all the essays and come to some decision about the prize winners. All participants had collected lots of information. Their interest and enthusiasm was reflected in their write-up. Students from various colleges had participated. Most of the participants</p>	99

			<p>were from Senior College section.</p> <p>Name of the Winners:</p> <p>1st KHUSHI MENDON, FYBCOM, MENON COLLEGE</p> <p>2nd Sakshi Waghode FYBMS, JNAN VIKAS MEHTA COLLEGE</p> <p>3rd Khushi Kadam JVM's Degree College FYBMS</p> <p>1st Prachi Yadav SYJC, RATNAM COLLEGE</p> <p>2nd Ishika Jain SYJC, NKTT JUNIOT COLLEGE</p> <p>3rd Rahul Mondkar FYJC, MENON COLLEGE</p>	
12	7.10.2021	Intercollegiate Poster Making Competition on life of Gandhi ji	<p>Judges were : Dr. Sachin Shastri, Mr. P. Bhangale, Mr. Vijaylakshmi Sethu Madhavan</p> <p>In poster competition</p> <p>In total there were 101 registrations and out of that 24 posters were received. The colleges that participated in the competition were, Smt.mithibai motiram kundnani college of commerce and economics, Vivek college, Vivekanand Education Society, Anna Leela college of Commerce And Economics, Mumbai., B. N. Bandhodkar college of science, S.T. Thomas High school &amp; Junior College, Spn doshi women's college, V,K,Krishna Menon , Sterling College of Arts, Commerce &amp; Science, and P. A. Menon Junior College of Commerce and Science.</p> <p>The drawing, colour, relevance, messages conveyed through the poster was well appreciated by all Judges. It was nice to see the Popularity of “The father of the nation – loving called Bappu” among the young, budding generation.</p> <p>Name of the winners</p>	24



			<p>1.First Prize - Kanchan Kumari of FYBCOM ( V.K.Krishna Menon College)</p> <p>2. Second prize shared by Mamta Sahani and</p> <p>3. Second prize to Swati Shirke of FYBCOM both from V.K.Krishna Menon college,</p> <p>4. Third prize shared by Ansari Salma Abdullah from S. P. N Doshi Women College and</p> <p>5. Third prize to Pinkikumari Chauhan from V.K.Krishna Menon College</p>	
13	12.1.2022-31.1.2022	Ahimsa weeks	<p>The Centre of Gandhian Studies and action has organised a <b>2 week long Program</b> which include several activities to spread the message of Harmony, peace, non-violence, simplicity, purity of means and humility among students and community.</p>	
14	17.1.2022	Intercollegiate Essay Competition	<p>Online Topic : Is Social Media eroding our basic Harmony ?Number of participants –Male - 07 , female 14,Total 21</p> <p>No of Institutions participated : 8 Different colleges including V.K.K.Menon college</p> <p>Brief Details of the Activity:</p> <p>Intercollegiate Essay Competition on title “Is Social Media Eroding our basic harmony?” was conducted on 17th January 2022 in Google Meet from 12 Noon to 1 p.m. on the occasion of Ahimsa Week. Total 21 participants had submitted pdf of essay soon after the completion of online programme.</p> <p>The Judges did tremendous work of judging each essays with excellent scores and winners.</p>	21

15	18/1/2022	Bhajans Singing Competition	<p>Online Level: Intercollegiate, Theme: Gandhi ji Bhajans Bhajan Solo Singing competition was held on the 18th January 2022 through Video conferencing on Google Meet.</p> <p>The theme of the program was – Gandhi Bhajans. The Rules and Regulations of the competition were informed in a WhatsApp group, created for communicating with the participants.</p> <p>To avoid any bias or prejudice during the competition, the participants were allotted a code number using which they entered Google Meet for the competition.</p> <p>23 students registered out of which 16 students from 08 institutions participated in the competition.</p> <p>There were 3 categories under which the competition was held:-</p> <p>1) School 2) Junior College 3) Degree College.</p>	16
16	19.1.2022	Gandhi Handicraft Mela	<p>Online Theme: Only Hand-made items can be sold like Paintings, vases, lamps etc</p> <p>Under this program Handicraft making competition at National Level was organized. Only Hand made Products were allowed in the competition. Total 8 students from different schools and colleges participated in this event. Participants posted their edited videos of making of handicraft items like flower pots, dream catcher, paintings etc. on the padlet wall with the link <a href="https://padlet.com/ruchitandon/ive1z1nxhurgtz00">https://padlet.com/ruchitandon/ive1z1nxhurgtz00</a> provided on 19/01/2022 for which instruction video was also shared to help them out for proper uploading of their video. Videos were later judged by Qualified</p>	8

			Judges	
17	20/1/2022	Igniting the young minds	IQAC in association with Center of Gandhian Studies and Action organized an online awareness program “Igniting the Young Minds” – An outreach activity, as a part of Ahimsa Week 2022 celebration from January 12-31, 2022, for the 8th, 9th and 10th standard students of P. A. Menon English High School on 20th January, 2022 from 10.00 am to 12.30 pm. During this program Science and Commerce teachers of Senior college have presented interesting facts and conducted activities online. Total participants were 96	96
18	21.1.2022	Igniting the young minds	IQAC in association with Center of Gandhian Studies and Action organized an online awareness program “Igniting the Young Minds” – An outreach activity, as a part of Ahimsa Week 2022 celebration from January 12-31, 2022, for the 8th, 9th and 10th standard students of K.E.M. High School on 21 st January, 2022 from 10.00 am to 12.30 pm. During this program Science and Commerce teachers of Senior college have presented interesting facts and conducted activities online. Total Participants 89	89
19	22.1.2022	1.Rangoli Competition, ,	Level : Intercollegiate	16
			Topic : Patriotism	
			Brief Details of the Activity: Rangoli competition was conducted in online mode. 39 students from different colleges and school registered but only 16 students participated. Out of which 7 students were from BES English school and 9 were from different colleges which include BES Junior college. Vkk Menon college, Sevasadan, Birla, Shri Ram, Vidyalankar and CHM college. Competition was conducted on online mode on google meet platform. Students made videos and clicked photos of Rangoli and sent which was forwarded to judges for judging. Judges decision is final.	
	2. Song writing Competition	Level : Intercollegiate	10	
		Topic : Desh bhakti Geet		

			<p>No of Institutions participated 8</p> <p>Brief Details of the Activity: Only Students From School(8th-10th) Junior and Senior college can Participate 2)Song/Poem should not be long( 15 to 20 lines) 3)Late entries were rejected 4) Participants were free to Choose English,Hindi or Marathi language. NO other language is allowed 5)Blending of Two or more language was not allowed 6) Poem/Song should submit in the form of pdf on or before last day as instructed in the whatsapp group 7)Handwriting Should be Clear and readable 8)Judgement of the Judges shall be Final and binding 9) Song should be self created and Written (i.e. you should be the originator of the content)</p>	
		3. Cartoon Sketching Competition	Level : Intercollegiate	34
			Topic : Stand up for truth at any cost	
			<p>Only Students From School(8th-10th) Junior and Senior college could Participated. Participants made sketches online live on Gmeet in front of organisers and sent photo on Gform by attaching it beautiful 34 sketches on the theme were received and judged. Rules for the shetches were announced on whatsapp group and code numbers were given to the partivipants.</p>	
20	24.1.2022	Lakshh	Level : Intercollegiate	
			Theme : Creative Fight back	
21	25.1.2022	Lakshh	Level : Intercollegiate	
			Theme : Creative Fight back	
22	26.1.2022	Inspiring Speech Competition	Level : Intercollegiate	9

			<p>Topic : Speeches by eminent speakers like Swami Vivekananda, Mahatma Gandhi, Pandit Nehru, B.R. Ambedkar, Abraham Lincoln</p> <p>Online Intercollegiate Inspiring Speech Competition on title “Speeches by Eminent speakers like Swami Vivekananda, Mahatma Gandhi, Pandit Nehru, B.R. Ambedkar, Abraham Lincoln” was conducted on 26th January 2022 in Google Meet from 4:00 p.m. to 6:00 p.m. on the occasion of Ahimsa Week. Total 09 participants were present for the competition. The Judges did commendable work of judging each speech on the basis of originality, content, expression etc. with excellent scores.</p>	
23	27.1.2022	Student Seminar	<p>Level : Intercollegiate</p> <p>Topic : Give Non Violence a Chance</p> <p>The webinar was a student centric program. Online “National Level Student’s Webinar” on the theme “Give Non-Violence a chance” was organized during Ahimsa Week by Centre of Gandhian Studies and Action to percolate the thoughts of Gandhiji like Ahimsa, Non-Violence and Peace in young minds, so that we can generate students with good set of principles influence by Mahatma’s life and our future is safe, bright and in right hands. The day started with Principal’s Address, followed by enlightening Speeches by our chairman, Smt Sarada Menon Madam. This was followed by a wonderful speech on the theme by Mrs Sanyogita Singh, a teacher from P. A. Menon English High School. After the formal function there were paper presentations by four students on the theme (Two from V.K.K. Menon</p>	195

			College and One from DGET B. Ed College, Thane and other participant from Vivek College of Commerce). Presentations by the students were informative and impressive. It showed that all have done extensive research on the topic. There were 195 participants and we all have learnt, a lot from these youngsters.	
24	28.1.2022	International Webinar ‘Let us learn From Gandhi’	Level : International	220
			Topic : 1. Living in Harmony with Nature	
			2. Bapu’s Dream of Atmnirbhar Bharat	
			3. Gandhi’s critic of Violence	
			4. Environmental responsibilities, social justice and law of Peace	
			5. 70 years of Bhoodan movement of Vinobha Bhawe	
			6. Discovering Education and Society -Gandhian Perspective	
The webinar started with lightening the lamp and paying homage to Bapu. With the introduction of our college by our Principal Mrs. S.V .Phadnis, a video based on our college was shown. Following the video, our respected Chairman Smt. Sarada Menon enlightened the audience with her thoughts over Gandhi’s critic of Violence. She explained very convincingly that Bapu was against “an eye for an eye” approach. With this impactful start, the program progressed further with the gracious talk of keynote speaker Dr.				

			<p>Avkash Jadhav, Xavier's College, Mumbai, on the topic Environmental responsibilities, social justice and law of Peace. He spoke about Bapu's visualization of urban India; problems of current India and he evoked the concept of Sustainability of environment among the audience.</p> <p>The 3rd eminent speaker Dr. Vidya Jain professor from Rajasthan University, shared her impactful thoughts about relevance of Gandhian thoughts in today's world economy, equality etc. She mentioned that Bapu gifted the world the very effective Satyagrah technique.</p> <p>Dr. Neeta Khandpekar, Professor, University of Mumbai was our 4th distinguished guest Though her impressive PowerPoint presentation on topic Living in Harmony with Nature, Dr. Khandpekar convinced the participants to think their responsibility towards nature. Speaker gave special mention about contribution of Menon college towards cleaning and beautifying Bhandup Railway station.</p> <p>The distinguished 5th speaker is an activist from South Africa Dr Bernedette Muthian. She impressed audience with her thoughts of equality, non violence, compassion for others in relevance to her country and world wide and deeply acknowledged the contribution of Gandhi in this regard. She mentioned about concept of Vasudev Kutumbkam and importance of dignity of women to make world as one family.</p> <p>The 5th speaker Dr. Namita Nimbalkar, University of Mumbai. Dr. Namita emphasized Gandhijis thought of coordination of 3 H (Head hand and heart) in</p>	
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			<p>several concurrent scenarios like in New education policy, economy etc. She further explained that Gandhi ji always believed in minimizing the needs to be happy. She compared happiness and satisfaction factor in contemporary practices like Instagram, social media and the earlier era and very strongly explained the relevance of Gandhian thoughts.</p> <p>The next speaker was an eminent scholar and an internationally noted historian, Professor Matt Meyer who is Secretary-General of the International Peace Research Association, USA. He spoke about Environmental responsibilities, social justice and law of Peace and divided his speech in 3 parts: Problems world is facing today, incident from past, and inspiration. He showed his concern about deforestation, terrorism and inspired participants to acknowledge Gandhi ji thoughts for brighter future. He said Gandhi ji was a prophet who worked for humanity and nonviolence, and peace.</p> <p>The last and important speaker was Dr. Alex Damm from Wilfred Laurier university, Canada. He spoke about Gandhi ji contribution in education He showed his deep concern about the depleting morals of western education as it is going in reverse direction from Gandhi ji thought process. He expressed his worry about excessive digitization, lack of concentration and self-discipline among students and ended his talk with a very powerful statement that 'make computer your slave, don't become its slave'. The webinar ended with vote of thanks by Dr. Saloni Bhushan.</p> <p>Participants were from all over India as well as some</p>	
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			<p>part of the world like Italy Canada south Africa etc.  Participants from Mumbai were from  Bunts Sangha Anna Leela College of Commerce and Economics,  NES RATNAM COLLEGE OF ART SCIENCE &amp; COMMERCE, KSD's Model College, St. Paul's English School &amp; jr. College, Ashelepada Kalyan, Post-ulhasnagar 421004Khambalpada, Thakurli East, Dombivili, VIVEK VIDYALAYA &amp; JUNIOR COLLEGE, GOREGAON WEST, MUMBAI,University of Mumbai, NES RATNAM COLLEGE, The KET's V.G.Vaze College of Arts, Science &amp; Commerce, Mulund (E), Mumbai, Sydenham College of Commerce and Economics, K K Somaiya Polytechnic Tolani College of Commerce, Andheri, Mumbai, Burhani College of Commerce &amp; Arts, Mazagaon, Mumbai, Vande mataram degree college, etc  Some international participants were from University of Trento, Italy,  Some participants were form India like form Alagappa University Karaikudi, Govt College Bhopalgarh (Jodhpur) Rajasthan etc.</p>	
25	29.1.2022	National Level Webinar on Health	<p>Level : National</p> <p>Topic 1. Fasting influencing health and mind: Gandhian Perspective and others</p> <p>2. Yoga and Health</p>	329

			<p><b>3. Practicing Karuna in times of CORONA</b></p> <p>The Bhandup Educational Society's, Centre for Gandhian Studies and Action conducted a national webinar on the 29 January,2022 as a part of observation of Ahimsa week from 12 Jan 2022 to 31 Jan 2022, commemorating the Mahatma's sacrifice of his life for the nation while upholding the ideals of non-violence on 30 Jan 1948. The 30<sup>th</sup> January each year is solemnly celebrated as the Marty's day by all Indians and the CGSA has successfully disseminated his ideals far and wide on this occasion. The Mahatma had strong conviction on fasting to improve the health of the body and mind. He had strong belief in yoga and naturopathy. The Mahatma gave us the three Hs to develop ourselves as individuals namely the Health, Head and Heart. According to that vision three eminent personalities Major Dr. Meeta Singh an alumnus from the Armed Forces Medical College, Dr. Sarita Patil , a qualified naturopath and Craniosacral therapist and Smt. P. Sarada Menon a prominent Social worker were called to present their views on this webinar. While Dr. Meeta Singh shared the physical aspects of healthy living, exercising the body doing yoga asanas and pranayama, Dr Sarita Patil stressed on the mental and spiritual aspect talking on fasting and its benefits and the ashtanga yoga. Smt Sarada Menon shared her views on the theme 'Karuna in times of Corona' showing the audience the necessity of exercising the heart and showing compassion while serving fellow human beings. More than hundred participants listened to these talks and gave very nice feedback to the organisers.</p>	
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26	30.1.2022	Martyrs Day	TO pay homage to our Martyrs all staff and students of our college observed 2 min silence during online meet. after that some people like Dr. Sunitha kK, Mrs Sanyogita Singh express their gratitude and shared some important information about atyrs day.	218
27	31.1.2022	Valedictory	During Valedictory, Prizes were given to the winners.	
<b>Activities at Inter-collegiate/ University/ State/ National/ International Level</b>				
Sr. No.	Date/s of Event	Title / Theme of Event	Brief Detail of a activity	No. of Beneficiaries

1	6.10.2021	Founders day program	<p>Commemorating our former defence minister and our founder President Shri. V.K.K.Menon, Speech by Chairman- Smt Sarada Menon  Speech by Mr. Ashish Chakravarty  October 6, 2021 was the sixth day of Gandhi Week Celebration. On this day, in the year 1974 we lost the second most powerful man in India, a great politician, diplomat, nationalist, our former defence minister and our founder President Shri V. K. Krishna Menon. To observe this day, the Centre for Gandhian Studies and Action had organized an Intercollegiate Online Elocution Competition on “V. K. Krishna Menon-The man of the Century”. The program started with a formal function at 10.00 am followed by online elocution competition. The program includes online speech by Principal- Introductory Note,  Speech on Shri V. K. Krishna Menon- Mr. Ashish Chakraborty and Speech on Shri V. K. Krishna Menon by Chairman- Smt Sharada Menon, the program ended with Vote of Thanks- Mrs. Ambujam Nair.</p>	140
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2	6.10.2021	Intercollegiate Elocution Competition (For Senior and junior College)	<p>Title: V.K.K Menon: The man of the Century  judges: Dr. Satya Sebastian, Mrs. Girija Nair and Mrs. Sali Nair  For the competition, total online registrations were 36 but out of that 9 participated in the competition from five different colleges (V. K. K. Menon College, S N. K. T. T. Junior College, Vivek college of Commerce, Don Bosco College Kurla, and VES College of Law)  Total numbers of audience participated online were 140. This program gave a good platform for the participants and audience to gather knowledge about the incredible deeds and action of the great personality, Shri V. K. Krishna Menon. Winners are  1st Priyanka Bora, VES College of Law FY BLS LLB  2nd AKHIL VINODH, V.K KRISHNA MENON COLLEGE OF COMMERCE FYBAF  3rd Austin Martins, Don Bosco College Kurla FY BMS.</p>	
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3	7.10.2021	Intercollegiate Essay competition	<p>Title ‘What Gandhi Visualized for 21st Century (Senior and Junior College) Judges for the competition :Dr. Bibals Ramakrishnan, Mrs. Sunita Nair, Mrs Ruby Francis Intercollegiate Essay competition On ‘What Gandhi Visualized for 21st Century (Senior and Junior College) Judges for the competition :Dr. Bibals Ramakrishnan, Mrs. Sunita Nair, Mrs Ruby Francis</p> <p>Participants had submitted pdf of essay. The last date for the submission was 6th October 2021 before 5 p.m. The Topic for the Essay competition was ‘What Gandhi visualized in 21st Century’. Participants were requested to submit pdf of essay on or before 6th October 2021 before 5 p.m. In total there were 228 registrations and out of that 99 students participated in essay competition. Their write up was commendable. It took lot of time for the judges to read all the essays and come to some decision about the prize winners. All participants had collected lots of information. Their interest and enthusiasm was reflected in their write-up. Students from various colleges had participated. Most of the participants were from Senior College section.</p> <p>Name of the Winners:</p> <p>1st KHUSHI MENDON, FYBCOM, MENON COLLEGE</p> <p>2nd Sakshi Waghode FYBMS, JNAN VIKAS MEHTA COLLEGE</p> <p>3rd Khushi Kadam JVM's Degree College FYBMS</p> <p>1st Prachi Yadav SYJC, RATNAM COLLEGE</p> <p>2nd Ishika Jain SYJC, NKTT JUNIOT COLLEGE</p> <p>3rd Rahul Mondkar FYJC, MENON COLLEGE</p>	99
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4	7.10.2021	Intercollegiate Poster Making Competition on life of Gandhi ji	<p>Judges were : Dr. Sachin Shastri, Mr. P. Bhangale, Mr. Vijaylakshmi Sethu Madhavan</p> <p>In poster competition In total there were 101 registrations and out of that 24 posters were received. The colleges that participated in the competition were, Smt.mithibai motiram kundnani college of commerce and economics, Vivek college, Vivekanand Education Society, Anna Leela college of Commerce And Economics, Mumbai., B. N. Bandhodkar college of science, S.T. Thomas High school &amp; Junior College, Spn doshi women's college, V,K,Krishna Menon , Sterling College of Arts, Commerce &amp; Science, and P. A. Menon Junior College of Commerce and Science.</p> <p>The drawing, colour, relevance, messages conveyed through the poster was well appreciated by all Judges. It was nice to see the Popularity of “The father of the nation – loving called Bappu” among the young, budding generation.</p> <p>Name of the winners</p> <ol style="list-style-type: none"> <li>1.First Prize - Kanchan Kumari of FYBCOM ( V.K.Krishna Menon College)</li> <li>2. Second prize shared by Mamta Sahani and</li> <li>3. Second prize to Swati Shirke of FYBCOM both from V.K.Krishna Menon college,</li> <li>4. Third prize shared by Ansari Salma Abdullah from S. P. N Doshi Women College and</li> <li>5. Third prize to Pinkikumari Chauhan from V.K.Krishna Menon College</li> </ol>	
5	12.1.2022-31.1.2022	Ahimsa weeks	The Centre of Gandhian Studies and action has	

			organised a 2 week long Program which include several activities to spread the message of Harmony, peace, non-violence, simplicity, purity of means and humility among students and community.	
6	17.1.2022	Intercollegiate Essay Competition	<p>Online Topic : Is Social Media eroding our basic Harmony ?Number of participants –Male - 07 , female 14,Total 21</p> <p>No of Institutions participated : 8 Different colleges including V.K.K.Menon college</p> <p>Brief Details of the Activity: Intercollegiate Essay Competition on title “Is Social Media Eroding our basic harmony?” was conducted on 17th January 2022 in Google Meet from 12 Noon to 1 p.m. on the occasion of Ahimsa Week. Total 21 participants had submitted pdf of essay soon after the completion of online programme.</p> <p>The Judges did tremendous work of judging each essays with excellent scores and winners.</p>	21
7	18.1.2022	Bhajans Singing Competition	<p>Online Level: Intercollegiate,Theme: Gandhi ji Bhajans Bhajan Solo Singing competition was held on the 18th January 2022 through Video conferencing on Google Meet.</p> <p>The theme of the program was – Gandhi Bhajans. The Rules and Regulations of the competition were informed in a WhatsApp group, created for communicating with the participants.</p> <p>To avoid any bias or prejudice during the competition, the participants were allotted a code number using which they entered Google Meet for the competition.</p> <p>23 students registered out of which 16 students from 08 institutions participated in the competition.</p>	16



			There were 3 categories under which the competition was held:- 1) School 2) Junior College 3) Degree College.	
8	19.1.2022	Gandhi Handicraft Mela	<p>Online Theme: Only Hand-made items can be sold like Paintings, vases, lamps etc</p> <p>Under this program Handicraft making competition at National Level was organized. Only Hand made Products were allowed in the competition. Total 8 students from different schools and colleges participated in this event. Participants posted their edited videos of making of handicraft items like flower pots, dream catcher, paintings etc. on the padlet wall with the link <a href="https://padlet.com/ruchitandon/ive1z1nxhurgtz00">https://padlet.com/ruchitandon/ive1z1nxhurgtz00</a> provided on 19/01/2022 for which instruction video was also shared to help them out for proper uploading of their video. Videos were later judged by Qualified Judges</p>	8
9	20.1.2022	Igniting the young minds	<p>IQAC in association with Center of Gandhian Studies and Action organized an online awareness program “Igniting the Young Minds” – An outreach activity, as a part of Ahimsa Week 2022 celebration from January 12-31, 2022, for the 8th, 9th and 10th standard students of P. A. Menon English High School on 20th January, 2022 from 10.00 am to 12.30 pm. During this program Science and Commerce teachers of Senior college have presented interesting facts and conducted activities online. Total participants were 96</p>	96

10	21.1.2022	Igniting the young minds	<p>IQAC in association with Center of Gandhian Studies and Action organized an online awareness program “Igniting the Young Minds” – An outreach activity, as a part of Ahimsa Week 2022 celebration from January 12-31, 2022, for the 8th, 9th and 10th standard students of K.E.M. High School on 21 st January, 2022 from 10.00 am to 12.30 pm. During this program Science and Commerce teachers of Senior college have presented interesting facts and conducted activities online.</p> <p>Total Participants 89</p>	89
11	22.1.2022	1.Rangoli Competition, ,	<p>Level : Intercollegiate</p> <p>Topic : Patriotism</p> <p>Brief Details of the Activity: Rangoli competition was conducted in online mode. 39 students from different colleges and school registered but only 16 students participated. Out of which 7 students were from BES English school and 9 were from different colleges which include BES Junior college. Vkk Menon college, Sevasadan, Birla, Shri Ram, Vidyalankar and CHM college. Competition was conducted on online mode on google meet platform. Students made videos and clicked photos of Rangoli and sent which was forwarded to judges for judging. Judges decision is final.</p>	16
		2. Song writing Competition	<p>Level : Intercollegiate</p> <p>Topic : Desh bhakti Geet</p> <p>No of Institutions participated 8</p> <p>Brief Details of the Activity: Only Students From School(8th-10th) Junior and Senior college can Participate 2)Song/Poem should not be long( 15 to 20 lines) 3)Late entries were rejected 4) Participants were free to Choose English,Hindi or Marathi language. NO other language is allowed 5)Blending of Two or more language was not allowed 6) Poem/Song should submit in the form of pdf on or before last day as instructed in the whatsapp group</p>	10

			7)Handwriting Should be Clear and readable 8)Judgement of the Judges shall be Final and binding 9) Song should be self created and Written (i.e. you should be the originator of the content)	
		3. Cartoon Sketching Competition	Level : Intercollegiate	34
			Topic : Stand up for truth at any cost	
			Only Students From School(8th-10th) Junior and Senior college could Participated. Participants made sketches online live on Gmeet in front of organisers and sent photo on Gform by attaching it beautiful 34 sketches on the theme were received and judged. Rules for the shetches were announced on whatsapp group and code numbers were given to the participants.	
12	24.1.2022	Lakshh	Level : Intercollegiate Theme : Creative Fight back	
13	25.1.2022	Lakshh	Level : Intercollegiate Theme : Creative Fight back	
14	26.1.2022	Inspiring Speech Competition	Level : Intercollegiate Topic : Speeches by eminent speakers like Swami Vivekananda, Mahatma Gandhi, Pandit Nehru, B.R. Ambedkar, Abraham Lincoln Online Intercollegiate Inspiring Speech Competition on title “Speeches by Eminent speakers like Swami Vivekananda, Mahatma Gandhi, Pandit Nehru, B.R. Ambedkar, Abraham Lincoln” was conducted on 26th January 2022 in Google Meet from 4:00 p.m. to 6:00 p.m. on the occasion of Ahimsa Week. Total 09 participants were present for the competition. The Judges did commendable work of judging each	9

			speech on the basis of originality, content, expression etc. with excellent scores.	
15	27.1.2022	Student Seminar	Level : Intercollegiate	195
			Topic : Give Non Violence a Chance	
			The webinar was a student centric program. Online “National Level Student’s Webinar” on the theme “Give Non-Violence a chance” was organized during Ahimsa Week by Centre of Gandhian Studies and Action to percolate the thoughts of Gandhiji like Ahimsa, Non-Violence and Peace in young minds, so that we can generate students with good set of principles influence by Mahatma’s life and our future is safe, bright and in right hands. The day started with Principal’s Address, followed by enlightening Speeches by our chairman, Smt Sarada Menon Madam. This was followed by a wonderful speech on the theme by Mrs Sanyogita Singh, a teacher from P. A. Menon English High School. After the formal function there were paper presentations by four students on the theme (Two from V.K.K. Menon College and One from DGET B. Ed College, Thane and other participant from Vivek College of Commerce). Presentations by the students were informative and impressive. It showed that all have done extensive research on the topic. There were 195 participants and we all have learnt, a lot from these youngsters.	
16	28.1.2022	International Webinar ‘Let us learn From Gandhi’	Level : International	220
			Topic : 1. Living in Harmony with Nature	
			2. Babu’s Dream of Atm Nirbhar Bharat	
			3. Gandhi’s critic of Violence	

			<p>4. Environmental responsibilities, social justice and law of Peace</p> <p>5. 70 years of Bhoodan movement of Vinobha Bhawe</p> <p>6. Discovering Education and Society -Gandhian Perspective</p> <p>The webinar started with lightening the lamp and paying homage to Bapu. With the introduction of our college by our Principal Mrs. S.V .Phadnis, a video based on our college was shown.</p> <p>Following the video, our respected Chairman Smt. Sarada Menon enlightened the audience with her thoughts over Gandhi’s critic of Violence. She explained very convincingly that Bapu was against “an eye for an eye” approach.</p> <p>With this impactful start, the program progressed further with the gracious talk of keynote speaker Dr. Avkash Jadhav, Xavier’s College, Mumbai, on the topic Environmental responsibilities, social justice and law of Peace. He spoke about Bapu’s visualization of urban India; problems of current India and he evoked the concept of Sustainability of environment among the audience.</p> <p>The 3rd eminent speaker Dr. Vidya Jain professor from Rajasthan University, shared her impactful thoughts about relevance of Gandhian thoughts in today’s world economy, equality etc. She mentioned that Bapu gifted the world the very effective Satyagrah technique.</p> <p>Dr. Neeta Khandpekar, Professor, University of Mumbai was our 4th distinguished guest Though her impressive PowerPoint presentation on topic Living</p>	
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			<p>in Harmony with Nature, Dr. Khandpekar convinced the participants to think their responsibility towards nature. Speaker gave special mention about contribution of Menon college towards cleaning and beautifying Bhandup Railway station.</p> <p>The distinguished 5th speaker is an activist from South Africa Dr Bernedette Muthian. She impressed audience with her thoughts of equality, non violence, compassion for others in relevance to her country and world wide and deeply acknowledged the contribution of Gandhi in this regard. She mentioned about concept of Vasudev Kutumbkam and importance of dignity of women to make world as one family.</p> <p>The 5th speaker Dr. Namita Nimbalkar, University of Mumbai. Dr. Namita emphasized Gandhiji's thought of coordination of 3 H (Head hand and heart) in several concurrent scenarios like in New education policy, economy etc. She further explained that Gandhi ji always believed in minimizing the needs to be happy. She compared happiness and satisfaction factor in contemporary practices like Instagram, social media and the earlier era and very strongly explained the relevance of Gandhian thoughts.</p> <p>The next speaker was an eminent scholar and an internationally noted historian, Professor Matt Meyer who is Secretary-General of the International Peace Research Association, USA. He spoke about Environmental responsibilities, social justice and law of Peace and divided his speech in 3 parts: Problems world is facing today, incident from past, and inspiration. He showed his concern about</p>	
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			<p>deforestation, terrorism and inspired participants to acknowledge Gandhi ji thoughts for brighter future. He said Gandhi ji was a prophet who worked for humanity and nonviolence, and peace.</p> <p>The last and important speaker was Dr. Alex Damm from Wilfred Laurier university, Canada. He spoke about Gandhi ji contribution in education He showed his deep concern about the depleting morals of western education as it is going in reverse direction from Gandhi ji thought process. He expressed his worry about excessive digitization, lack of concentration and self-discipline among students and ended his talk with a very powerful statement that ‘make computer your slave, don’t become its slave’.</p> <p>The webinar ended with vote of thanks by Dr. Saloni Bhushan.</p> <p>Participants were from all over India as well as some part of the world like Italy Canada south Africa etc. Participants from Mumbai were from Bunts Sangha Anna Leela College of Commerce and Economics, NES RATNAM COLLEGE OF ART SCIENCE &amp; COMMERCE, KSD's Model College, St. Paul's English School &amp; jr. College, Ashelepada Kalyan, Post-ulhasnagar 421004Khambalpada, Thakurli East, Dombivili, VIVEK VIDYALAYA &amp; JUNIOR COLLEGE, GOREGAON WEST, MUMBAI, University of Mumbai, NES RATNAM COLLEGE, The KET's V.G.Vaze College of Arts, Science &amp; Commerce, Mulund (E), Mumbai, Sydenham College of Commerce and Economics, K K Somaiya Polytechnic</p>	
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			<p>Tolani College of Commerce, Andheri, Mumbai,          Burhani College of Commerce &amp; Arts, Mazagaon,          Mumbai, Vande mataram degree college, etc          Some international participants were from          University of Trento, Italy,          Some participants were form India like form          Alagappa University Karaikudi,          Govt College Bhopalgarh (Jodhpur) Rajasthan etc</p>	
17	29.1.2022	National Level Webinar on Health	<p>Level : National</p> <p>Topic 1. Fasting influencing health and mind:          Gandhian Perspective and others</p> <p>2. Yoga and Health</p> <p>3. Practicing Karuna in times of CORONA</p> <p>The Bhandup Educational Society's, Centre for Gandhian Studies and Action conducted a national webinar on the 29 January,2022 as a part of observation of Ahimsa week from 12 Jan 2022 to 31 Jan 2022, commemorating the Mahatma's sacrifice of his life for the nation while upholding the ideals of non-violence on 30 Jan 1948. The 30<sup>th</sup> January each year is solemnly celebrated as the Marty's day by all Indians and the CGSA has successfully disseminated his ideals far and wide on this occasion. The Mahatma had strong conviction on fasting to improve the health of the body and mind. He had strong belief in yoga and naturopathy. The Mahatma gave us the three Hs to develop ourselves as individuals namely the Health, Head and Heart. According to that vision three eminent personalities Major Dr. Meeta Singh an alumnus from the Armed Forces Medical College, Dr. Sarita Patil , a qualified naturopath and Craniosacral</p>	329



			<p>therapist and Smt. P. Sarada Menon a prominent Social worker were called to present their views on this webinar. While Dr. Meeta Singh shared the physical aspects of healthy living, exercising the body doing yoga asanas and pranayama, Dr Sarita Patil stressed on the mental and spiritual aspect talking on fasting and its benefits and the ashtanga yoga. Smt Sarada Menon shared her views on the theme 'Karuna in times of Corona' showing the audience the necessity of exercising the heart and showing compassion while serving fellow human beings. More than hundred participants listened to these talks and gave very nice feedback to the organisers.</p>	
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