



Laxmi Charitable Trust's
Sheth L.U.J. College of Arts & Sir M.V. College of Science & Commerce
Dr. S. Radhakrishnan Marg, Andheri (East), Mumbai 400 069.

Criteria No. with Title : 5 - Student Support and Progression

Metric No. with Title : 5.1 Student Support

Sub Metric No. with Title : 5.1.2: Following capacity development and skills enhancement activities are organised for improving students' capability

1. Soft skills
2. Language and communication skills
3. Life skills (Yoga, physical fitness, health and hygiene)
4. ICT/computing skills

Report with photographs on Programmes/activities conducted to enhance soft skills, Language and communication skills, and Lifeskills (Yoga, physical fitness, health and hygiene, self-employment and entrepreneurial skills)

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Dr. S. Radhakrishnan Marg, Andheri (East), Mumbai 400 069.

5.1.2 Report with photographs on Programmes/activities conducted to enhance soft skills, Language and communication skills, and Lifeskills (Yoga, physical fitness, health and hygiene, self-employment and entrepreneurial skills)

A.Y. 2023-2024

Sr. No.	Documents
1.	Yoga Day
2.	Environment day
3.	Sport activity
4.	Hindi day
5.	Breast Cancer seminar
6.	ACTREC Open Day
7.	Personal Grooming Workshop and Free Salon Services in collaboration with Garnier
8.	Mental Myriad seminar



Laami Charitable Trust's
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(Affiliated to University of Mumbai)
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YOGA DAY CELEBRATION REPORT

Date : 23/06/2023
By Mrs. Sneha Gokarnkar

Title of Event: Commemorative Day - Yoga Day

Criteria: Students and Staff

Committee Organized the Event: IQAC and Library Committee

Date : 21/06/2023

Time : 10:30 A.M. – 11:30 A.M.

Venue: Ground Floor Room No-008

Staff Attended: 11

Participants: 45

Objective: To educate students and staff about the importance of Yoga in daily life.

Outcome: Participants learned meditation and asanas which helped to strengthen the power of concentration, and improved strength and flexibility.

Brief Report of the Activity: Every year on June 21st, the world celebrates International Yoga Day to bring attention to age-old discipline and recognize the benefits of yoga on people's physical and spiritual well-being. Yoga is a practice that is effective for calming the body and mind and enhancing one's immune system.

On Wednesday 21st June 2023, our college celebrated International Yoga Day. It was attended by teaching, non-teaching staff, and students of the college. The event began by introducing and welcoming our guest of honor, Ms. Asmita Kamath and the Team who is a Yoga Instructor at Bhartiya Yoga Mandir. Ms. Chetana Malde and Suchitra Ghodge displayed some asanas and their postures which helped participants easily learn.

Participants started with warm-up activities and practiced both sitting and standing asanas while simultaneously hearing explanations of their significance. The meditation was also part of the session. The speech delivered by our Coordinator of IT Department, Professor Sneha Gokarnkar, brought the celebration to a close. She urged pupils to regularly practice yoga in order to stay in shape and sharpen their focus. Ms. Pankti Dedhia and Dr. Priyanka Vartak coordinated the event and made it successful.

Documents Attached:

Notice: <https://drive.google.com/drive/folders/1ngojoQWY9pddOHEYRCN8IHqAPa0revOq?usp=sharing>

Photos:

<https://drive.google.com/drive/folders/1Yw2tzWwUhlodRtk-k2zY40L5UdGBEb8?usp=sharing>

Attendance: <https://drive.google.com/file/d/1C1VEqnFRxgFIUvaCEZ8MLx4w3w11ksdv/view?usp=sharing>

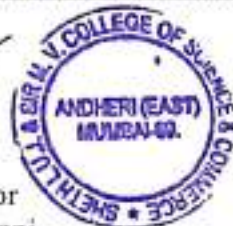
Feedback:

https://docs.google.com/forms/d/e/1FAIpQLSfxZUSxtYgEnWLLH45fPW3GwkMb7Oo3hcDod19X4btU3Q_A/viewform?usp=sharing

Website Link: www.mvlucollege.in


Program Incharge
Mrs. Sneha Gokarnkar


IQAC Coordinator
Mrs. Manisha Sayani




IQAC Chairperson
Dr. Mahendra Kanojia



LAXMI CHARITABLE TRUST'S
**SHETH L.U.J. COLLEGE OF ARTS & SIR M.V. COLLEGE OF
 SCIENCE & COMMERCE**
 DR. S. RADHAKRISHNAN MARG, ANDHERI(EAST), MUMBAI - 400069

Yoga Day - Celebrated on 21st June 2023



Myskarabho
 Event Incharge.





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MVLU LIBRARY AND IQAC

ENVIRONMENT DAY REPORT

Date: 28/06/2023
By Ms. Pankti Dedhia

Title of Event:-Campus Cleanliness Drive
Committee Organized the Event:- Library Committee & IQAC

Date: 27/06/2023

Duration: 09.45 A.M. To 11.30 A.M.

Venue: College Campus

Participants: Teachers & students

Objective: To create cleaning awareness, promote plastic free campus & to sustain green healing.

Outcome: Students were made aware of the bad effect of plastic, importance of plantation and cleanliness of their surroundings and they have contributed their part to the drive.

Brief Report of the Activity: Every year on June 5th, the world celebrates International Environment Day to bring attention to our duties to protect the environment. As students were on vacation that day, our college celebrated International Environment Day on Tuesday, June 27, 2023. The day commenced with an inspiring speech by Ms. Chitrangana, who motivated students to voluntarily clean their classrooms. Afterward, HODs and students from various departments planted 12 saplings on the college grounds.

Each department's students created posters on the Environment Day theme, emphasizing the importance of environmental conservation. The Library Committee and IQAC members diligently cleaned the campus, collecting plastic waste and advocating for plastic-free environment. This initiative not only raised awareness about the detrimental effects of plastic but also instilled a sense of responsibility for cleanliness and sustainability among the students.

Supporting Documents Attached:

Notice:https://drive.google.com/file/d/1zrrwNmpK1cc20cWfK569S8ime_Qd4Zdu/view?usp=drive_link

Photos:https://drive.google.com/drive/folders/12BeD-0dP9onclhSm4c1xVWDyxnA84zsl?usp=drive_link

Program Director

IQAC Coordinator

IQAC Chairperson





**Laxmi Charitable Trust's
Sheth L.U.J College of Arts & Sir
M.V. College
Of Science & Commerce**

Campus cleanliness drive 2023-2024





**Laxmi Charitable Trust's
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Campus cleanliness drive 2023-2024





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College Sports Teams A. Y. 2023-24

Sports committee:

Sports In Charge – Ms. Sneha Gokarnkar
 Sports Committee Members- Mr. Sumitkumar Tripathi, Ms. Jyoti Chauhan.

1) Cricket Team



Coach Name : Shiraj Shetty	
Name	Class
Khushal Santosh Panchal	SYIT
Shivam Vishwakarma	SYIT
Sahil Rajpure	SYCS
Abhishek Pandey	TYBT
Aryan Upadhyay	FYIT
Rakesh Singh	SYCS
Deep Chavan	FYIT
Piyush sable	SYIT
Naval Mohanraj	FYCS
Vedant Patil	FYCS
Om chavan	FYIT
Abhay Agate	TYCS
Amit Shukla	TYBT
Azad Bhardwaj	TYCS
Rangeet Charoliya	FYIT
Saurabh Chauhan	FYIT
Vivek Maurya	SYCS

3) Badminton Team



2) Football Team



Coach Name: Anupam Poojari	
Name	Class
Mohammad Shaikh	FYBT
Mihir Suhas Salvi	FYCS
Rishiraj Amritlal Yadav	FYBAMMC
Vignesh Vidyadhar Mistry	FYIT
Alloy Malcom	FYBAMMC
Sonu Jha	TYCS
Ayush Santosh Pardale	SYCS
Shubham Redkar	SYCS
Raj Halwal	FYIT
Clive Lewis	FYCS
Prateesh Nadar	SYIT
Yeshwant Naik	FYCS
Ahmed Zagral	FYCS
Dhruv Bendre	FYIT
Aryan Nanda	SYCS
Kunal Joshi	FYCS
Dhruv patel	FYBAMMC
Piyush Zingade	SYIT
Prajwal Bhosale	FYIT
Abhishek Mane	TYCS
Abdurrehman Javed Maknoja	SYCS

Badminton Team Members

NAME	Class
Maknoja Abdul Rehman	SYCS
Zagral Ahmed	FYCS
Aryan Upadhyay	FYIT
Naval Mohanraj	FYCS
Clive Lewis	FYCS
Akshada Pawar	FYCS
Naushim Malik	FYBT
Sayama Shaikh	TYBT
Sonam Yadav	FYBAMMC

Sneha Gokarnkar
 Sports Incharge





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 Dr. S. Radhakrishnan Marg, Andheri (East), Mumbai 400 069.

College Sports Events:

1) Annual Sports Meet

Date: 8th January 2024
 Duration: 8:30 A.M. to 5:00 P.M.

Sports Committee organized various sports events to grow students' physical well-being and social engagement. The students of MVLU College participated in various sports activities with a great sports spirit. The event began with a torch-bearing ceremony which was graced by honorable Principal Dr. Mahendra Kanojia. College various sports team captains relayed the torch across the college ground. The events followed thereafter for both boys and girls were the 100-meter Running Race, Shotput, Marble Spoon, Sack Race, Relay Race, 3-legged Race, and Tug-of-War. All staff coordinated well in the execution of each event. The competitions were marked by a sense of friendship and good sportsmanship. The mood on the sports pitch was lively and upbeat. End of the day, all the winners were felicitated with medals, cash prizes, and certificates. It was a great event with a refreshing experience for both students and staff.



2) Interdepartmental Cricket

Date: 9th January 2024
 Duration: 8:30 A.M. to 11:30 A.M.

The Sports Committee was in charge of organizing the Intra College Department Cricket. Students of all four departments - Information Technology, Computer Science, Biotechnology, and, Multimedia & Mass Communication participated enthusiastically. The Department of Information Technology and the Department of Computer Science faced off in the final playoff match. The title was won by the Department of Computer Science. Winners were felicitated by the Cricket Trophy. Mr. Kiran Sawant and Kunal Gharat were umpiring all the matches. The cooperation and support of all teaching and non-teaching staff were appreciated in making this event a success.



Mysolcaenka
 Sports Incharge





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College Gymkhana Activities:

Students play indoor sports activities as per Gymkhana Schedule every day from 1:00 pm to 3:00 pm. They refresh their mind by playing Chess, Carrom and Table tennis.

3) Ladies recreational Event

Date: 9th January 2024
 Duration: 12:00 P.M. to 1:00 P.M.

The Sports Committee organized a recreational event for the female staff members of MVLU and Chinai College on 9th January 2024. The event aimed to promote camaraderie, sportsmanship, and a healthy break from regular work routines.

The event included a range of entertaining games such as dart throwing, glass stacking, and carrom in both singles and doubles categories. Staff members from both colleges participated enthusiastically, competing and supporting one another. Mrs. Sneha Gokarnkar, the sports committee in charge, presented chocolates to the winners of each game category as a token of appreciation for their outstanding performance.

The event was a smashing success, creating a positive and participatory environment for female staff members. It offered staff an opportunity to unwind, engage in friendly competition, and strengthen their ties across colleges.



Sneha Gokarnkar
 Sports Incharge





सशमी वैरिटेबल ट्रस्ट
शेठ एम यू जे कॉलेज ऑफ आर्ट्स एवं सर एम वी विज्ञान एवं वाणिज्य महाविद्यालय
अंधेरी (पूर्व), मुंबई ४०००६९
☎: २२-६६९९२०२२/२३ | ✉: info@mvlucollege.in | www.mvlucollege.in
एमवीएलयू लाइब्रेरी और आईव्यूएसी

हिंदी दिवस पर प्रतिवेदन

दिनांक: १८/१२/२०२३

पंक्ति डेडिया द्वारा

शीर्षक: हिंदी दिवस और अंतरराष्ट्रीय साक्षरता दिवस

आयोजक समिति: पुस्तकालय समिति

सहयोग: आईव्यूएसी

तारीख: १४ सितंबर, २०२३

अवधि: सुबह १०.०० बजे से दोपहर ०१.०० बजे तक

कार्यक्रम का स्थान: पुस्तकालय

शिक्षकों ने भाग लिया: १३

छात्रों ने भाग लिया: ७२

उद्देश्य: लोगों को हिंदी भाषा के महत्व के बारे में जागरूक करना और उन्हें यथासंभव इसका उपयोग करने के लिए प्रोत्साहित करना।

नतीजा: इस दिन ने उपस्थित लोगों को भारत की भाषाई और सांस्कृतिक विविधता को उजागर करना सिखाया और इस तथ्य पर ध्यान आकर्षित किया कि भारत कई अलग-अलग भाषाओं और संस्कृतियों का घर है और सिखाया गया कि हिंदी हमारी राष्ट्रीय भाषा क्यों है।

संक्षिप्त प्रतिवेदन: हिंदी दिवस के अवसर पर प्रतिभागी, पुस्तकालय समिति के सदस्य, सामाजिक मीडिया समिति के सदस्य और शिक्षक भारतीय परिधान पहनकर आए। कार्यक्रम की शुरुआत साक्षरता दिवस और हिंदी दिवस पर एक प्रस्तुति के साथ हुई, जिसे समिति के सदस्यों द्वारा तैयार किया गया था। पावर प्वाइंट में जोड़े गए वीडियो सभी को पसंद आए। प्रतियोगिता की निर्णायक कुमारी नमता सिंह ने कहानी प्रस्तुत की और निबंध लेखन, कविता, ओपन माइक और भाषण कला पर निष्पक्ष निर्णय दिया। विजेताओं को इंस्टाग्राम पर सूचित किया गया और प्रतिभागियों को इसके लिए इ-प्रमाणन मिला।

संलग्न दस्तावेज:

सूचना: https://drive.google.com/file/d/1vp7dyAHuF7yeZLM4eAGFVLLNIGKwKj04/view?usp=drive_link

तस्वीर:

https://drive.google.com/drive/folders/1A_2Dkq8yFfa42zTB30cAACMEc9rx-R?usp=drive_link

उपस्थिति:

https://drive.google.com/file/d/1KnsnFiVwp1Ik3GDd4JQgd_OgFstESaH/view?usp=drive_link

वेबसाइट की लिंक: MVLU College

Dr. R. S.
के द्वारा प्रस्ताव

आईव्यूएसी समन्वयक

आईव्यूएसी अध्यक्ष





**Laxmi Charitable Trust's
Sheth L.U.J College of Arts & Sir
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Of Science & Commerce**

HINDI DIWAS & INTERNATIONAL LITERACY DAY

ESSAY WRITING COMPETITION





**Laxmi Charitable Trust's
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Of Science & Commerce**

POEM





Laxmi Charitable Trust's
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Dr. S. Radhakrishnan Marg, Andheri (East), Mumbai 400 069.

Breast Cancer Awareness Seminar A.Y. 2023-24





Laxmi Charitable Trust's

Sheth L.U.J. College of Arts & Sir M.V. College of Science & Commerce
Dr. S. Radhakrishnan Marg, Andheri (East), Mumbai 400 069.

ACTREC OPEN DAY - For BIOTECHNOLOGY STUDENTS A.Y. 2023-2024





Laxmi Charitable Trust's

Sheth L.U.J. College of Arts & Sir M.V. College of Science & Commerce
Dr. S. Radhakrishnan Marg, Andheri (East), Mumbai 400 069.



REPORT ON: Advanced Centre for Treatment, Research and Education in Cancer (ACTREC)
'Open Day'

Date: 22/01/2024

By: Shweta Khopde

Title: ACTREC 'Open Day'

Target Audience: T.Y.B.Sc. Students of Biotechnology

Committee: Department of Biotechnology

Date: 30/11/2023 **Duration:** 01:30 PM to 04:50 PM **Venue:** Kharghar, Navi Mumbai

Faculty & Staff Attended : 01 **Students Attended:** 11

Objective: To provide a forum for students to understand ongoing research and high-end technologies available in ACTREC.

Brief Report: Advanced Centre for Treatment, Research and Education in Cancer (ACTREC) 'Open Day' is conducted to showcase its research programs to undergraduate and graduate students. ACTREC's Open Day is conducted in the month of November/December every year. The first half of the session was an introductory speech about ACTREC, which was continued with a poster display and a visit to demonstrating labs where the use of various high-end technologies used in cancer research, diagnosis, and treatment was highlighted. During the second half of the session, students visited the demonstrating labs and they were given chance to interact with the demonstrators who included Ph.D. research scholars, scientists, and clinicians.

Outcome: This visit creates awareness about the research carried out at the centre, and the opportunities available for pursuing cancer research as a career.

Documents Attached:

Brochure/Notice:

https://drive.google.com/file/d/1-2Kcar_QzCh25N1dJULd3d0B72C9h2Lvea/view?usp=drive_file

Photos: <https://drive.google.com/drive/folders/1-Rg1E13DAX0E1vot1jPm0CT1D7K4b1e50v1w>

Attendance: NA

Feedback: NA

YouTube Link: NA

Social Media Link: NA

Website Link: www.mvlucollege.in

Program Director
Shweta Khopde

IQAC Coordinator
Manisha Sayani

I/C Principal
Dr. Mahendra Kanoji





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Dr. S. Radhakrishnan Marg, Andheri (East) Mumbai 400 069
☎: 22-66992022/23 | ✉: info@mvlucollege.in | www.mvlucollege.in
Computer Science in Association with MVLU IQAC

REPORT ON WORKSHOP

Date: 24th December 2023

By – Ms. Jyoti Chauhan

Title: Personal grooming workshop and free salon services in collaboration with Garnier India

Criteria: All students, teachers and non-teaching staff [both MVLU & Chinai College]

Committee: Ms. Pradnya Kharade & Ms. Jyoti Chauhan

Collaboration: NA

Date: 22nd and 23rd December 2023 **Duration:** 09:00 AM - 04:00 PM **Venue:** MVLU College Ground

Faculty & Staff Attended: 14

Participants: Approx. 500

Objective: To provide an exclusive opportunity to avail themselves of complimentary salon services. Garnier had established a fully-equipped salon on the college premises to facilitate this unique event.

Outcome: Students gained valuable insights into personal grooming and hygiene through Garnier's hands-on salon services. This initiative not only enhanced self-care understanding but also created a positive college community atmosphere.

Brief Report: The college hosted a transformative event, a Personal Grooming Workshop, and Free Salon Services in collaboration with Garnier on December 22nd and 23rd, 2023, within the college ground. Students and staff from MVLU and Chinai College actively participated and availed themselves of the free salon services. The event focused on educating participants about personal grooming and professional salon services offered by professional salons. The workshop has proven to be a valuable platform for learning and self-improvement, fostering a sense of well-being among the students and staff.

Documents Attached:

Brochure: NA

Photos: https://drive.google.com/drive/folders/1yh4Nqp8DeSNCiAbQNvvo7df-D8sxq8fn?usp=drive_link

Attendance: https://drive.google.com/drive/folders/1KHgqifFhk617upMtA5WYkqYkaWpTrPLD?usp=drive_link

Feedback: https://drive.google.com/drive/folders/1KHgqifFhk617upMtA5WYkqYkaWpTrPLD?usp=drive_link

YouTube Link: NA

Social Media Link: Instagram: https://www.instagram.com/mvlucollege_official/?hl=en

Linkedin: <https://in.linkedin.com/company/mvlucollege>, Facebook: <https://www.facebook.com/mvlucollege>

1. Instagram: <https://www.instagram.com/vibesfest/>

2. Facebook: <https://www.facebook.com/vibesfest/>

Website Link: <https://mvlucollege.in>

Program Director

IQAC Coordinator

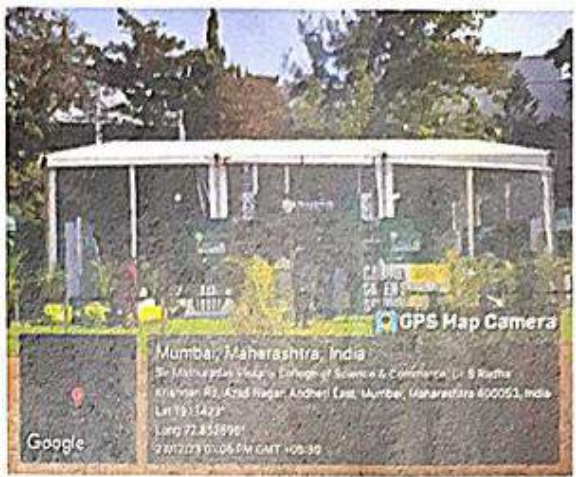
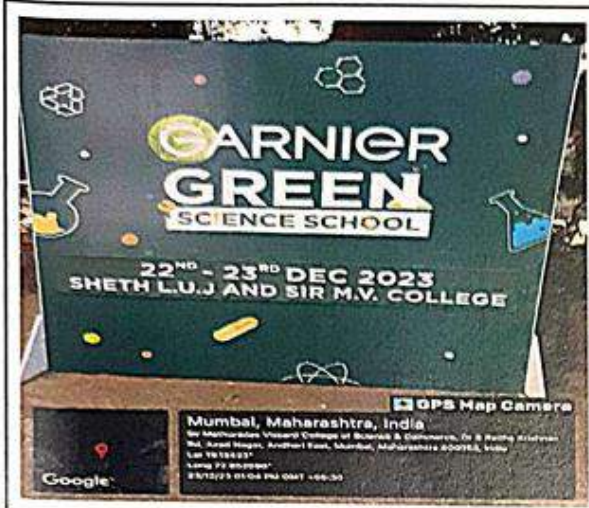


IQAC Chairperson



Laxmi Charitable Trust's
Sheth L.U.J. College of Arts & Sir M.V. College of Science & Commerce
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Personal grooming workshop and free salon services in collaboration with Garnier



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Dr. S. Radhakrishnan Marg, Andheri (East), Mumbai 400 069.



REPORT ON

Date: 20-01-2024

By – Ms. Pankti Dedhia

Title: Mental Myriad

Committee: Library Committee & IQAC

Collaboration: IMPACKT

Date: 19 January 2024

Duration: 12.00 noon to 2.00 p.m. Venue: MVLU Library

Faculty & Staff Attended: 12

Students Attended: 102

Objective: Give mindfulness training to prevent depression and performance anxiety and how to cope up with the problems.

Outcome: Participants gained knowledge on how to deal with situations and understand others' perceptions.

Brief Report: Session started with introduction and lighting of lamp done by HOD's and speaker. Presentation included videos to show the current situation of classrooms and then gave ways to overcome and change mindset from both the ends i.e. teacher & students. 2 teachers and 2 students came forward and they exchanged roles with each other. Second part was how to find out the difference between good anxiety and bad anxiety. She gave a few breathing techniques to calm down in a stressful situation and made everyone practice for 5 minutes. In between there was a quiz round on G.K. & winners were rewarded with gifts and distributed chocolates to everyone. Last topic covered things needed to select a career and the importance of life skills.

Documents Attached:

Brochure: <https://www.instagram.com/p/C2MfRkPPZdC/?igsh=MWE0ZTlyZGllcW5vdw==>

Photos: https://drive.google.com/drive/folders/1MH2zD6zaywjmxHSgntHVGnUUVLXFpKd?usp=drive_link

Attendance: https://drive.google.com/file/d/1w-whqoYOCYRUhK4u5nmuqW-VQCKmctVH/view?usp=drive_link

Feedback: https://docs.google.com/spreadsheets/d/1LMNZwxaE5IOdw78Ayp_CGDcbFd5AOAyQz-Pmahn8wk/edit?usp=drive_link

Website Link: [MVLU College](http://MVLUCollege.edu)

IQAC Coordinator

IQAC Chairperson

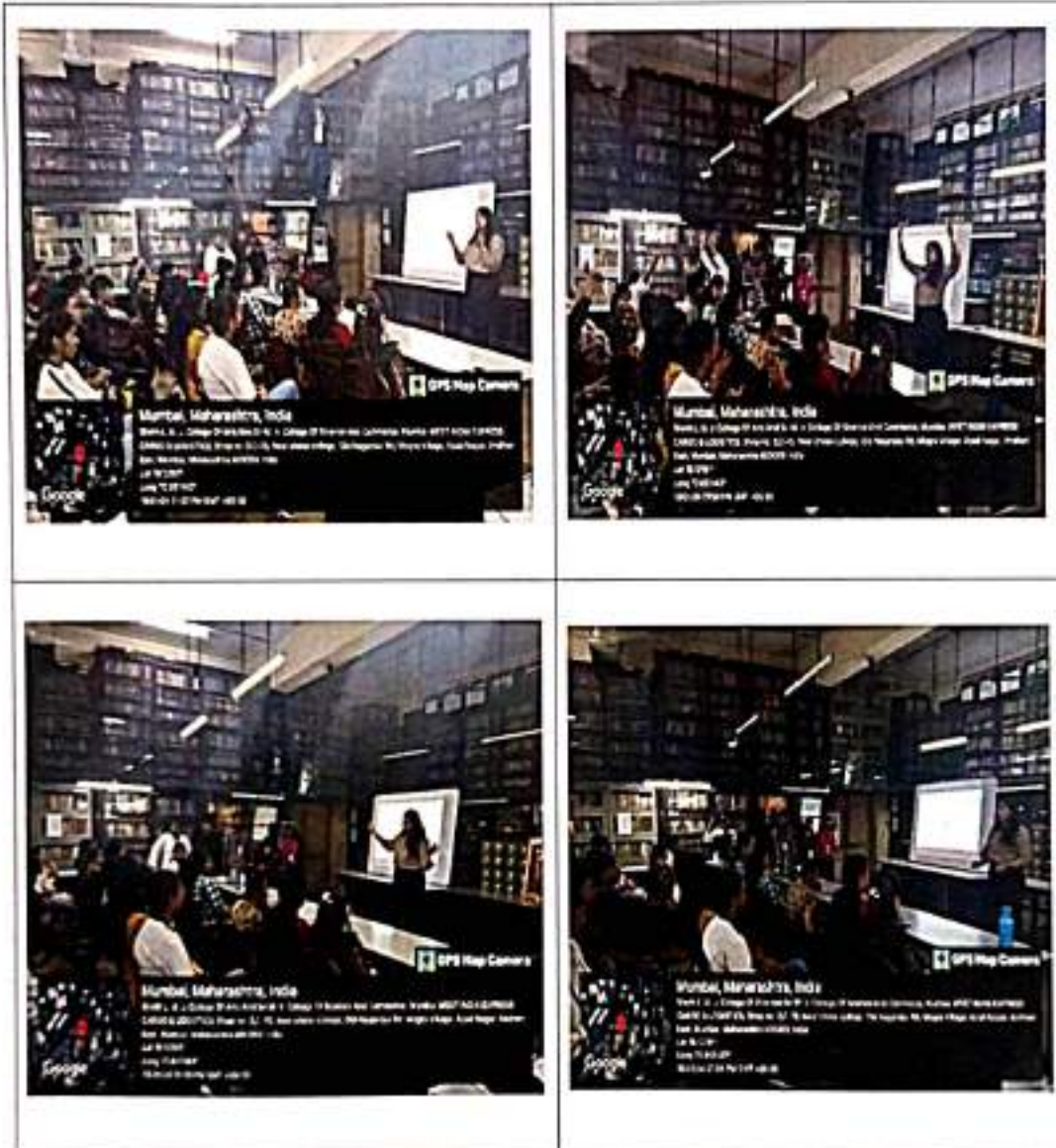
Proposed by





**Laxmi Charitable Trust's
Sheth L.U.J College of Arts & Sir
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Mental Myriad





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Dr. S. Radhakrishnan Marg, Andheri (East), Mumbai 400 069.

5.1.2 Report with photographs on Programmes/activities conducted to enhance soft skills, Language and communication skills, and Lifeskills (Yoga, physical fitness, health and hygiene, self-employment and entrepreneurial skills)

A.Y. 2022-2023

Sr. No.	Documents
1.	Sports Activity
2.	Women safety & Self defence workshop
3.	Health Checkup Camp
4.	ACTREC Open Day



Laxmi Charitable Trust's

Sheth L.U.J. College of Arts & Sir M.V. College of Science & Commerce
Dr. S. Radhakrishnan Marg, Andheri (East), Mumbai 400 069.

Sports Activities for the Academic Year 2022 – 2023

Staff members of the Sports Committee:

1. Mrs. Sneha Gokarnakar - Incharge
2. Ms Jyoti Chauhan
3. Mr. Sumit Tripathi
3. Ms Dhvani Kapadia

College Teams: 1) Cricket Team:



Coach Name: Sairaj Shetty			
Name of Players	Class	Role	
Dhruv Jadhav	TYIT	Batsman	
Abhay Agate	SYCS	WK- Batsman	
Aayush Jha	SYCS	All rounder	
Abhishek Pandey	SYBT	All rounder	
Kushal Panchal	FYIT	Batsman	
Shivam Vishwakarma	FYIT	Pace Bowler	
Shivam Singh	TYIT	Pace Bowler	
Khalid Khan	TYIT	Pace Bowler	
Amit Shukla	SYBT	Off-Spin Bowler	
Sheshnath Yadav	FYIT	Off- Spin Bowler	
RutanshDusara	TYIT	Left Arm Spinner	
Sailesh Rajput	FYCS	Off- Spinner	
Sahil Rajpure	FYCS	Pace Bowler	

Sneha Gokarnakar
Sports Incharge



2) Football Team:



Coach Name: Dharma Saun, Anupam Poojari		
Name of the Players	Class	Role
Awais Shaikh	TYCS	RB
Aryan Nanda	FYCS	GK
Daniel Xavier	TYBT	LB
Rohan Parab	TYIT	CB
Rehman Maknoja	FYCS	CM
Sonu Jha	SYCS	CM
Abhishek Mane	SYCS	RW
Ayush Pardale	FYCS	ST
Prateesh Nadar	FYIT	ST
Ganesh Poojari	SYCS	LW
Devesh Bansode	SYBMM	CM
Suraj Gupta	TYCS	CB
Shashank Gawade	TYCS	LW

Myslekarh
Sports Incharge



Sports Events:

ANNUAL SPORTS MEET : College Annual Sports Athletic Meet was held on 23rd December, 2022. The event began with a torch bearing ceremony which was graced by Director Mrs. Jyoti Gaitonde and honorable Principal Dr. Mahendra Kanojia. College sports team captains relayed the torch across college ground. The events followed thereafter for both boys and girls were 100 meters Running Race, Shot Put, Marble Spoon, Sack Race, Relay Race and Pick and Catch. All the winners were felicitated with medals, cash prizes and certificates. It was a fun filled event with a refreshing experience for students and staff.



FEMALE STAFF RECREATIONAL EVENT : Sports Committee of Sheth L. U. J. and Sir M. V. College had organized collaborative Female Staff Recreational Events on Wednesday, 25th January, 2023 for female teaching and non-teaching staff of both Chinai College and Sheth L. U. J. & Sir M. V. College. The event was organized in support of College Fest - VIBES 's theme **Women Empowerment**. Fun filled games like Dart game, Glass Collection, Carrom, Suspense bomb were executed in the sports room to cheer up all ladies.



Myskankas
Sports Incharge





REPORT ON WOMEN'S SAFETY & SELF-DEFENSE WORKSHOP

Date: 21st July '22

By - Prof. Manisha Sayani

Title: WOMEN'S SAFETY & SELF-DEFENSE

Criteria: Female staff & students

Committee: WDC

Collaboration: Alexander Fernandes (LITMA)

Date: 21/07/2022 Duration: 1.5 hour 11:00 am-12:30 pm Venue: College Auditorium

Faculty & Staff Attended: 13 Students Attended: 111

Objective: To create awareness of Women's Safety and development of certain techniques for Self-Defense.

Outcome: The participants understood, learned and practiced certain safety techniques to be used during self-defense.

Brief Report:

The workshop was attended by the female staff and students of the college to get complete awareness about Safety & Self-Defense. The Guest speaker was Alexander Fernandes, an Internationally Acclaimed Indian Martial Art Trainer. He briefed everyone about safety and how to react during alarming situations. He also taught everyone some techniques and handy tips which can be used during alarming situations. He also gave us a small demo about martial arts. The demo was performed live with his assistance. Later, we were asked to practice a self-defense technique. Participants shared their unavoidable situations happened/related to them to which he responded with satisfactory answers & solutions.

Documents Attached:

Brochure:

https://drive.google.com/drive/folders/1puyc6QqolPycpj1ZDTu253GxyXwuUff?usp=share_link

Photos:

https://drive.google.com/drive/folders/1OMPtkXG18yys-DDIKW0Fjs1hmSuRzDvr?usp=share_link

Attendance:

https://drive.google.com/drive/folders/1G-LoqFcmme4GMBwWg1ui4x2a37QR8e1kw?usp=share_link

YouTube Link: <https://www.youtube.com/watch?v=M8tzKNashIU>

Website Link: [MVLU College](http://www.mvlucollege.in)


Program Director


IQAC Coordinator




IQAC Chairperson

WDC: WORKSHOP ON SELF-DEFENSE A.Y 2022-2023 (IMAGES)





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Cultural Committee in Association with MVLU IQAC

REPORT ON FREE MEDICAL CAMP

Date: 14th September, 2022
Prof. Merina Gheevarghese

Title: Free Medical camp in collaboration with Health Satya Foundation on 14th September 2022.

Criteria: Students, teaching staff and the non-teaching staff from all the departments.

Committee: MVLU IQAC **Collaboration:** - MVLU College and Health Satya Foundation

Date: 14/09/2022 **Duration:** 330 mins (5.5 hours) - 9 AM to 2:30 PM **Venue:** Mvlucollege

Teaching Staff Attended: 18 **Students Attended:** 420

Objective: To promote the necessity of routine health examinations, raise awareness of the value of maintaining both good physical and mental health.

Outcome: Students actively participated in a health awareness event, leading to a successful outcome and a great success.

Brief Report: The IQAC committee collaborated with the NGO Health Satya Foundation to organize a medical camp in ground floor classrooms. The camp, which began at 9 am, involved 10 dedicated NGO team members, including doctors, and was set up on the ground floor. The event began with the CS department, followed by IT, BAMMC, and Biotechnology. The doctors checked vitals and prescribed medicines for students, teachers, and non-teaching staff. The event concluded with Dr. Mahendra Kanojia presenting a token of appreciation to each doctor of the Health Satya Foundation.

Documents Attached:

Brochure: NA

Photos: https://drive.google.com/drive/folders/16aVJwe5Vnm_8mkGy8prNq24E64d5qbOF?usp=share_link

Attendance: <https://drive.google.com/file/d/15bEgeBrcN4NNR6t9a-YuZclxtLC8g6fW/view?usp=sharing>

Feedback: <https://drive.google.com/file/d/1Y5lqwRjRIBLIFFsBw-AtuzUWVO3WO7UQ/view?usp=sharing>

YouTube Link: NA

Link for website: <https://mvlucollege.in/>


Program Coordinator


IQAC Coordinator




IQAC Chairperson

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FREE MEDICAL CAMP A. Y. 2022-2023



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DR. S. RADHAKRISHNAN MARG, ANDHERI (E), MUMBAI – 400 069

REPORT ON : Advanced Centre for Treatment, Research and Education in Cancer (ACTREC) 'Open Day'

Date : 16/01/2023

Submitted by: Mrs. Shweta Khopde

Title: ACTREC 'Open Day'

Criteria: T.Y.B.Sc. Students of Biotechnology

Committee: Department of Biotechnology

Date : 02/12/2022 **Duration :** 01:30 PM to 04:50 PM **Venue :** Kharghar, Navi Mumbai

Faculty & Staff Attended : 1(Shweta Khopde) **Students Attended:** 16

Objective: To provide a forum for students to understand ongoing research and high-end technologies available in ACTREC.

Outcome : This visit creates awareness about the research carried out at the center, and the opportunities available for pursuing cancer research as a career.

Brief Report: Advanced Centre for Treatment, Research and Education in Cancer(ACTREC) 'Open Day' is conducted to showcase its research programs to undergraduate and graduate students. ACTREC's Open Day is conducted in the month of November/December every year. The first half of the session was an introductory speech about ACTREC, which was continued with a poster display and a visit to demonstrating labs where the use of various high-end technologies used in cancer research, diagnosis, and treatment was highlighted. During the second half of the session, students visited the demonstrating labs and they were given chance to interact with the demonstrators who included Ph.D research scholars, scientists, and clinicians.

Documents Attached:

Brochure: NA

Photos: <https://drive.google.com/drive/folders/1mHsQCuJ3ZKvhSDq-KXfYc0i1127kH139vP>

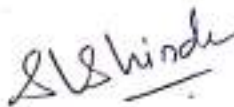
Attendance: https://drive.google.com/file/d/3A5QHIB5p5ynMPRuFWIFATNDpnb9NP5-B/gview?usp=drive_link

Feedback: NA

YouTube Link: NA

Social Media Link : NA

Website Link: www.nvlbcollege.in



Program Director

Mrs. Shweta Khopde



IQAC Coordinator

Mrs. Manisha Sayani



DC Principal

Dr. Mahendra Kanojia



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DR. S. RADHAKRISHNAN MARG, ANDHERI (E), MUMBAI – 400 069

ACTREC OPEN DAY A.Y. 2022-23





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5.1.2 Report with photographs on Programmes/activities conducted to enhance soft skills, Language and communication skills, and Lifeskills (Yoga, physical fitness, health and hygiene, self-employment and entrepreneurial skills)

A.Y. 2021-2022

Sr. No.	Documents
1.	Women's Health awareness
2.	Know your Health



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Women's Development Cell (WDC) in Association with MVLU IQAC

REPORT ON WOMEN'S HEALTH AWARENESS WEBINAR

Date: 27th October 2021

By - Asst. Prof. Manisha Sayani

Title: WOMEN'S HEALTH AWARENESS

Criteria: Female staff & students

Committee: WDC

Collaboration: Dr. Kanan Bhatt

Date: 26/10/2021 Duration: 1 hour 11:00 am-12:00 pm Venue: Online

Faculty & Staff Attended: 11 Students Attended: 174

Objective: To create health awareness among female staff and students of college pertaining to Polycystic Ovarian Disease / Polycystic Ovarian Syndrome (PCOD/PCOS)

Outcome: The participants understood the importance of a healthy lifestyle which is the most effective approach to manage PCOD/PCOS successfully.

Brief Report: The webinar was attended by the female staff and students of the college to get complete awareness about PCOS/PCOD. Guest speaker was Dr. Kanan Bhatt (B.H.M.S., C.G.O., C.C.H, and C.S.D.), Homeopathy Specialist in Gynecology & Pediatrics. Complete information and facts related to PCOD/ PCOS was shared by her. Participants asked questions related to their personal health to which she responded with satisfactory answers & solutions.

Documents Attached:

Brochure:

https://drive.google.com/drive/folders/1iDiEMPH7yGQ-6leGCTshRRxKTPWGfWE?usp=share_link

Photos:

https://drive.google.com/drive/folders/1ftOfTNIYGH7as03tSIGBSnsuTGoKLF1?usp=share_link

Attendance:

https://drive.google.com/drive/folders/1qog4gM-1poyGso2k-h7We1q9TH38IA?usp=share_link

Feedback:

https://drive.google.com/drive/folders/1nD19d5Ed1Onr/QsEabzhrWt-8ceVfhOEg?usp=share_link

YouTube Link: <https://www.youtube.com/watch?v=EXbOutFYUj8>

Website Link: MVLU College

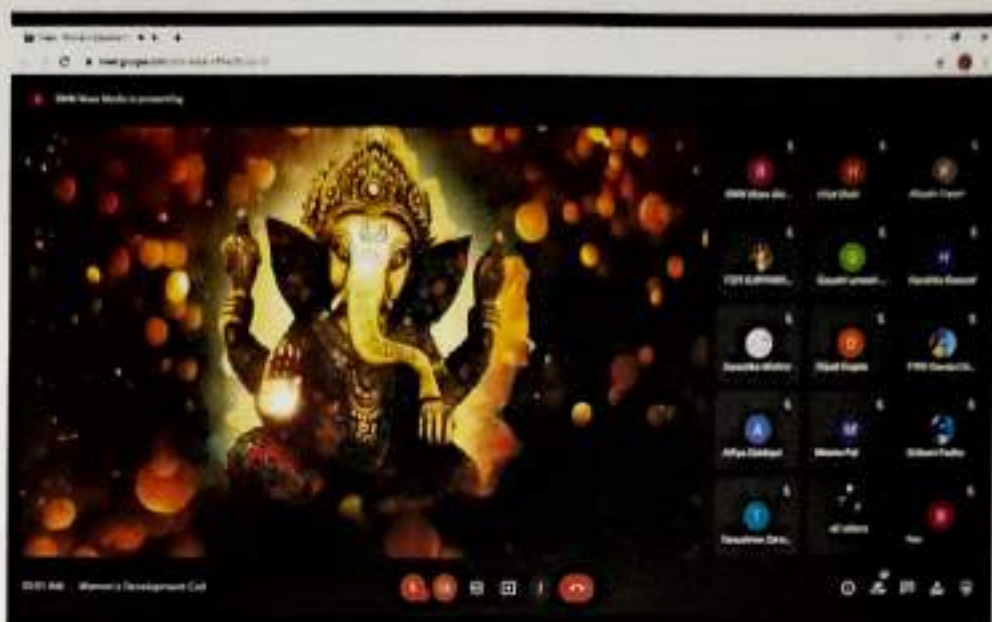
Program Director

IQAC Coordinator



Director

WDC: PCOD- PCOS ONLINE WEBINAR A.Y 2021-2022





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Computer Science in Association with MVLU IQAC

REPORT ON NATIONAL LEVEL WEBINAR

Date: 22nd January 2022

By – Manal Shaikh (SYCS Student)

Title: Know your health, Say No to Panic in Pandemic.

Criteria: Open to All (Community Awareness Program)

Committee: Dr. Mahendra Kanojia, Ms. Pradnya Bhabal, Ms. Jyoti Chauhan

Collaboration: Dr. Manish Yadav & MVLU IQAC

Date: 22nd Jan 2022

Duration 1 hr 2:00 – 3:00 PM

Venue: Google Meet

Faculty & Staff Attended: 7

Participants: Total 130 students, medical practitioners, common people.

Objective: Participants will be guided how to have a positive attitude regarding health during the pandemic, identify body/mind symptoms, and manage their symptoms.

Outcome: Participants learned a variety of things affecting physical, mental, and general health.

Brief Report:

The session began with a welcome speech and an introduction of the College. Participants were initially requested to complete out a registration form in which they answered a variety of health-related questions. Dr. Manish Yadav categorized the questions and answered them during the webinar. During the session, Dr. Mahendra Kanojia asked our guest about additional special challenges, such as difficulty for children, toddlers, and smaller age groups, and how it affects them. This discussion was expanded to include topics such as fever, youngster attitude, diarrhea, forms of fever, symptoms associated with pain, precautions to take in covid, how to manage fever at home, nutrition, vitamins, and more.

Documents Attached:

Brochure: <https://tinyurl.com/5b3v6yhu>

Photos: <https://tinyurl.com/3bcktczt>

Attendance: <https://tinyurl.com/hp4mz5cb>

Feedback: <https://tinyurl.com/mt7ss36c>

YouTube Link: <https://www.youtube.com/watch?v=p0aaEzEzvpM>

Social Media Link: <https://www.facebook.com/mvlucollege/>

Website Link: <https://www.mvlucollege.in/>




Program Director


IQAC Coordinator


Director

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National Level webinar on Know your health, Say no to panic in pandemic.

A.Y. 2021-22





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5.1.2 Report with photographs on Programmes/activities conducted to enhance soft skills, Language and communication skills, and Lifeskills (Yoga, physical fitness, health and hygiene, self-employment and entrepreneurial skills)

A.Y. 2020-2021

Sr. No.	Documents
1.	ACTREC Open Day Online
2.	Soft Skill Webinar



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Women's Development Cell (WDC) in Association with MVLU IQAC

REPORT ON: Advanced Centre for Treatment, Research and Education in Cancer (ACTREC) 'Open Day' Online Mode

Date: 4/01/2021

Title: OnlineACTREC 'Open Day'

Criteria: TY BSc Students of Biotechnology

Committee: Department of Biotechnology

Date: 31/12/2020 **Duration:** 9:00 AM to 3:30 PM **Venue:** Online mode

Faculty & Staff Attended: 1 **Students Attended:** 30

Objective: To provide a forum for students to understand ongoing research and high-end technologies available in ACTREC.

Outcome: This visit creates awareness about the research carried out at the center, and the opportunities available for pursuing cancer research as a career,

Brief Report: Advanced Centre for Treatment, Research and Education in Cancer (ACTREC) 'Open Day' is conducted to showcase its research programs to undergraduate and graduate students. ACTREC's Open Day is conducted in the month of November/December every year. The session begins with an introductory speech about ACTREC, and a virtual visit to demonstrating labs where the use of various high-end technologies used in cancer research, diagnosis, and treatment was highlighted.

Submitted by:

Dr Sangeetha G

Coordinator

Department of Biotechnology

Documents Attached:

Brochure: NA

Photos: NA

Attendance: NA

Feedback: NA

YouTube Link: NA

Social Media Link: NA

Website Link: www.mvlucollege.in

Program Director

IQAC Coordinator
Dr. Mahendra Kanojia

Director
Mrs. Jyoti Galtonde





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BAMMC Department in Association with MVLU IQAC

REPORT ON SOFT SKILLS WEBINAR

Date: 6th March 2021
By - Prof. Manisha Sayani

Title: Soft Skills

Criteria: BAMMC/BMM Students

Committee: BAMMC/BMM Department

Collaboration: Nishka Joshi

Date: 6th March 2021 **Duration:** 10:00 am – 12:00 pm **Venue:** Google Meet Platform

Faculty & Staff Attended: 4 **Students Attended:** 55

Objective: To make students understand and learn soft skills to match corporate etiquette.

Outcome: Students learned the importance of making a crisp resume, the power of perfect dressing, how to create fine first impressions, staying groomed when it comes to hair, beard & nails, table manners, and much more.

Brief Report: BMM & BAMMC students attend this webinar on the Google Meet platform. Our guest speaker was Ms. Nishka Joshi briefed the students about crisp resume formats, perfect dressing, corporate etiquette when it comes to dressing, grooming, table manners, communication as well as interpersonal skills.

Documents Attached:

Brochure: - NA

Photos: - shorturl.at/dp!V9

Attendance: shorturl.at/akrK2

Feedback: - NA

YouTube Link: - NA

Website Link: - [MVLU College](https://www.mvlucollege.in)




Program Director


IQAC Coordinator


Director

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SOFT SKILLS WEBINAR A.Y. 2020-21





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5.1.2 Report with photographs on Programmes/activities conducted to enhance soft skills, Language and communication skills, and Lifeskills (Yoga, physical fitness, health and hygiene, self-employment and entrepreneurial skills)

A.Y. 2019-2020

Sr. No.	Documents
1.	Sports Activity
2.	ACTREC Open Day



Laxmi Charitable Trust's
Sheth L.U.J. College of Arts & Sir M.V. College of Science & Commerce
Dr. S. Radhakrishnan Marg, Andheri (East), Mumbai 400 069.

College Sports Teams A. Y. 2019-20

Sports committee:

Mr. Mahendra G. Kanojia (Sports In-charge)

Mr. Ashish R. Chaturvedi - Member

1) Cricket Team



Coach Name: Mr. Swapnil	
Player's Name	Class
Darshan pithva (Caption)	TYCS
Hemanshu Soni (Vice Captain)	FYCS
Rahul Yadav	TYBT
Nitish Kumar	TYCS
Bhavesh Singh	SYBMM
Simranjeet Singh	FYCS
Deepak Nahak	SYCS
Omkar Parab	FYIT
Yash Gupta	FYCS
Tushar Singh	SYBT
Abhishek Pandey	TYBMM
Avinash Gautam	FYIT
Shallesh Nirml	SYCS
Vinayak Pillai	SYCS

2) Boxing Team

Coach name: Mahendra Kanojia	
Player	Name
Chirag Mishra	TYCS
Vighnesh Ingavale	TYCS
Darsh Chandak	SYCS
Vishal Kurmi	FYBT
Neha Gupta	FYBT
Shreya Gore	FYBT
Priya Desai	FYBT
Shridevi Mankoji	FYBT
Sanjiv Sharma	FYIT
Prashant yadav	FYCS

3) Kabaddi Team

Player's Name	Class
Mohammad Fayaz Basheer (Captain)	SYCS
Maharaha Narayan Shankar	SYCS
Talya Sagar Deepak	SYIT
Konar Vignesh Kannan	FYBMM
Prajapati KrishnaKumar Pramod	FYIT
Bagwe Eshant Vikas	FYIT
Nadar Dayalaparimal Kannan	FYCS
Yadav Pradeep Bhola	FYCS
Mudaliar Monish Mani	FYCS
Yadav Surajkumar Visheshwar	FYBMM
Paswan Ashish Shivchander	FYBMM
Dubey Himanshu Ravindra	FYIT
Rajpurohit Shakti Singh Pukhraj	FYCS
Lingayat Ajay Dilip	FYCS
Mishra Gopi Kumar Ranjit kumar	FYIT

4) Volley Ball Team



Volley Ball Team

Player Name	Class
Chirag Mishra (Captain)	TYCS
Vighnesh Ingavale (Vice Captain)	TYCS
Vinayak Pillai	SYCS
Himanshu Dubey	FYIT
Amaan Khatib	FYIT
Gopikumar Mishra	FYIT
Cimendra Verma	FYBMM
Shakti Singh Rajpurohit	FYCS
Fayaz Mohammed	SYCS
Shreyas Acharya	FYCS
Vishnu Nair	SYIT
Ujwal Joshi	FYCS





Laxmi Charitable Trust's
Sheth L.U.J. College of Arts & Sir M.V. College of Science & Commerce
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5) Football Team



Coach Name: Goldwin Kinder

Player Name	Class
Rajkumar Yadav (Captain)	TYCS
Om Mishra (Vice Captain)	FYCS
Sumeet chougule	FYIT
Ahemad pothiawala	FYIT
Shakti Rajput	FYCS
Fardeen Shaikh	FYCS
Shubham Yadav	FYCS
Anupam Yadav	FYCS
Suraj Yadav	FYCS
Akshay Rawle	SYIT
Bhavesb suryavanshi	SYBMM
Swapnil sanaboyana	BMM
Aaryan bhandari	TYCS
Rohan more	TYCS
Prthmesh sawant	TYCS
Prashant Yadav	FYCS

College Annual Sports Events:

Sports Committee organized various sports events for students to develop their physical fitness. Annual Sports meet was held in December, 2019. The students of MVLU College participated in various sports events with a great sports spirit. Events listed here such as 100-meter Running Race, Shotput, Marble Spoon, Sack Race, Relay Race. Winners were rewarded with Medals, cash prizes and certificates.





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Women's Development Cell (WDC) in Association with MVLU IQAC

REPORT ON: Advanced Centre for Treatment, Research and Education in Cancer (ACTREC) 'Open Day'

Date: 26/11/2019

Title: ACTREC 'Open Day'

Criteria: TY BSc Students of Biotechnology

Committee: Department of Biotechnology

Date: 21/11/2019 **Duration:** 9:00 AM to 3:30 PM **Venue:** Kharghar, Navi Mumbai

Faculty & Staff Attended: 1(Runali Chalke)

Students Attended: 12

Objective: To provide a forum for students to understand ongoing research and high-end technologies available in ACTREC.

Outcome: This visit creates awareness about the research carried out at the center, and the opportunities available for pursuing cancer research as a career,

Brief Report: Advanced Centre for Treatment, Research and Education in Cancer (ACTREC) 'Open Day' is conducted to showcase its research programs to undergraduate and graduate students. ACTREC's Open Day is conducted in the month of November/December every year. The first half of the session was an introductory speech about ACTREC, which was continued with a poster display and a visit to demonstrating labs where the use of various high-end technologies used in cancer research, diagnosis, and treatment was highlighted. During the second half of the session, students visited the demonstrating labs and they were given chance to interact with the demonstrators who included Ph.D. research scholars, scientists, and clinicians.

Submitted by:

Dr Sangeetha G

Coordinator

Department of Biotechnology

Documents Attached:

Brochure: NA

Photos: https://drive.google.com/file/d/1bQJK-1Puf_uNjgQU8YsKvZYhVMofEY-4cf/view?usp=sharing

Attendance: NA

Feedback: NA

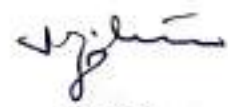
YouTube Link: NA

Social Media Link: NA

Website Link: www.mvlucollege.in


Program Director


IQAC Coordinator
Mr. Mahendra Kanojia


Director
Mrs. Jyoti Gaitonde



LAXMI CHARITABLE TRUST'S

SHETH L.U.J. & SIR M.V. COLLEGE OF ARTS, SCIENCE & COMMERCE

DR. S. RADHAKRISHNAN MARG, ANDHERI (E), MUMBAI – 400 069

ACTREC Open Day 2019




Director