



Inter-Collegiate Student Researchers' Conference: **'YOUTH & WELLNESS: BODY, MIND & SPIRIT'**

Wellness is not a 'medical fix' but a way of living - a lifestyle sensitive and responsive to all the dimensions of body, mind, and spirit, an approach to life we each design to achieve our highest potential for well-being now and forever. - Greg Anderson

In keeping with the theme of the year, an inter-collegiate conference on 'Youth & Wellness: Body, Mind & Spirit' was organized on 22nd February, 2018 by the students of the Department of Business Communication and under the aegis of IQAC, in the college auditorium. It was a conference organized 'by the students for the students' with an objective of understanding the importance of health which includes our body, mind & spirit.

The conference was inaugurated at the hands of Principal Dr. N. N. Pandey & the Keynote speaker was Prof. Seema Shukla. The inaugural function was graced Student Research Cell by Prof. Madhavi Nighoskar, Vice Principal of Degree College, Vice Principal of Self-Financing Courses - Prof. Subhashini Naikar & Prof. Emelia Noronha, IQAC Coordinator, the teaching staff & students.

Mr. Jeet Yadav introduced the theme of the seminar. Mr. Alok Dubey introduced our Chief Guest- Principal, Dr. N. N. Pandey. Mr. Deepak Jha introduced the Keynote speaker Prof. Seema Shukla.



The following were the student experts who threw light on the corresponding topics:-

Sr. No	Name of the Presenter	Class	Name of the College	Title of Presentation
1.	Ms. Krina Doshi	TYBA	KES College	Self as Image
2.	Ms. Tanvi, Manjiri & Shubhangi	FYBCom	Model College	Addiction to Gaming
3.	Ms. Shweta & Ashwini	TYBCom	Walia College	Social Wellness
4.	Ms. Geetanjali Gadade & Bibiana	SYBSc	Royal College	Good Friend-A key to Stress Relief
5.	Mr. Pawan Kulkarni	SYBCom	Model College	Facebook Relationships
6.	Ms. Mayuri Barot	TYBA	KES College	Social Media
7.	Ms. Divya Pradhan & Samiya Sayyed	SYBSc	Royal College	Importance of Anger Management for Positive Attitude & Self Acceptance
8.	Ms. Sharon		Model College	Social Media & its Impact on Youth
9.	Ms. Maitry Dedhia	SYBMM	PDLC College	Culture of Dating & Stress
10.	Ms. Zoha Sayyed	FYBCom	PDLC College	Facebook Relationships
11.	Ms. Disha Jain	MCom	KES College	Impact of Social Media on Youth
12.	Ms. Sayali Patil	SYBAF	Model College	Yoga & Youth
13.	Mr. Neeraj Shetty	FYBCom	PDLC College	Need for Fitness
14.	Ms. Sonu Chaturvedi	TYBCom	PDLC College	Emotional Wellness
15.	Mr. Aman Agarwal	SYBCom	PDLC College	Habits & Health





Around 60 students attended the conference. The conference was a success in achieving the determined objectives. The organizing team and had Student's Research Cell enthusiastically worked to make this conference a successful one. The team took charge of various tasks like: Brochure distribution, stage arrangements, technicalities, discipline, registrations, feedback, attendance, etc. Ms. Shrishti Vohra compered the proceedings of the conference while, Mr. Vishal Jain proposed the Vote of Thanks. The conference winded up with the National Anthem.

The following students were the members of the organizing team: Shukla Shubham Vijay Kumar, Agrawal Aman , Dubey Alok, Mewara Karishma, Ansari Touhid Md Iqbal, Vishal Jain and Shweta Jha.

Prof. Bharti Tiwari, Prof. Tanvi Rao were the guiding forces that helped these students relentlessly in organizing the conference.

Mr. Deepak Jha
Student Coordinator

Ms. Emelia Noronha
HOD, Dept. of Business Communication



Career Guidance Cell: Helping the Youth to map their Future



The Career Guidance Cell of the college is a dynamic body functioning to provide wholesome development to the students. It aims to update the students about the market demands and challenges by conducting such sessions. The Principal and all faculty members extended their wholehearted support to the functioning of the unit. Throughout the academic year 2017-18, the Cell arranged for career guidance talks and workshops by the following companies:

- 1) MAAC
- 2) Fly High Aviation
- 3) Indian Education Society
- 4) Bombay Stock Exchange
- 5) Laqshya Institute of Skills Training
- 6) Titli Early Childhood Training Institute
- 7) Global Talent Track

The Global Talent Track conducted a two day workshop exclusively for the TYBCom students on the topic – 'Resume Writing, Personal Interviews and Group Discussions'. Due to the positive response from the students the workshop was extended for one more day. The students were taken for a training programme by the institute at Barclays.

Prof. Divya Waghela
Member

Prof. Kirti Sigtia
Convener