

## Reena Mehta College Triumphs at Prabodh: Empowering Youth, Embracing Life - Say NO to DRUGS



The MIRA-BHAYANDER, VASAI-VIRAR POLICE COMMISSIONERATE recently organized "Prabodh: Empowering Youth, Embracing Life - Say NO to DRUGS!" This three-day intercollegiate competition at the Bharat Ratna Gaansamragyi Lata Mangeshkar Natya Gruha Auditorium saw participation from 11 colleges, promoting drug abuse awareness.

The event featured various competitions, encouraging students to showcase their talents while spreading a powerful message. Reena Mehta College emerged victorious, winning first prizes in both the Best Group Dance and Best Use of Social Media categories. Their group dance performance, conveying a strong anti-drug message, and their impactful social media campaign were highly praised.

Prabodh captured the energy and creativity of the youth, with performances, presentations, and exhibits all emphasizing the importance of saying no to drugs. Each college brought its unique flair, making it a vibrant and educational experience. The event underscored the importance of empowering young people to make positive life choices and succeeded in delivering its message memorably.

The MIRA-BHAYANDER, VASAI-VIRAR POLICE COMMISSIONERATE was commended for their efforts in creating such a meaningful event. The success of Prabodh sets a strong precedent for future initiatives, highlighting youth talents and reinforcing the message of a drug-free life.

## Reena Mehta Degree College Welcomes New Students with Comprehensive Orientation Programme



On June 10th, 2024, Reena Mehta Degree College conducted an Orientation Programme for newly admitted first-year (FY), second-year (SY), and third-year (TY) students of B.Com, B.Sc., BAMMC, BA, B.Sc. IT, BAF, BBI, BMS, and Data Science. Principal Dr. (Mrs.) Satinder Kaur Gujral and faculty members presided over the event.

The programme aimed to familiarize learners with the academic aspects of their courses, including rules and regulations, college culture, and the code of conduct. Additionally, it highlighted the importance of co-curricular and extracurricular activities for overall student development and emphasized career development processes and skill enhancement. This comprehensive approach ensures students are well-prepared for academic success and future career opportunities.



Gauravi Bora  
TYBAMMC

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## Reena Mehta College Celebrates International Yoga Day with Enthusiastic Participation

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On June 21st, Reena Mehta College joined the global celebration of International Yoga Day with a series of invigorating yoga sessions and enlightening discussions on the benefits of yoga. The college campus buzzed with energy as students, faculty, and staff gathered early in the morning to participate in this health-focused event.

The celebration kicked off with an introductory session led by professional yoga instructors, who guided participants through various yoga poses. The event aimed not only to promote physical well-being but also to highlight the mental and spiritual benefits of practicing yoga regularly.

In conclusion, the celebration of International Yoga Day at Reena Mehta College was a resounding success. It not only brought the community together but also reinforced the importance of yoga in promoting a balanced and healthy lifestyle. The event was a reminder of the timeless wisdom of yoga and its relevance in today's world.



Gauravi Bora  
TYBAMMC

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## Tree Plantation Drive for Environmental Protection



On June 27th, 2024, Reena Mehta Degree College's NSS unit held a successful tree plantation program, "Ek Ped Maa ke Naam," to mark Environmental Month. The event was attended by Vice Chairperson Hon. Dr. Narendra Mehta, Principal Dr. (Mrs.) Satinder Kaur Gujral, and inspired by Founder Mrs. Reena Mehta. Supported by environmental consultant Ms. Rashmi Joshi, Ms. Tejaswini Shinde, and Bharosa cell officials, the campaign aimed to raise environmental awareness among students and emphasize the importance of protecting nature. The college's initiative is a commendable step towards creating a better future.



Mira Bhayandar, Maharashtra, India

Kavery Rajan  
TYBAMMC

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## BAMMC Department Celebrates Social Media Day

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The BAMMC Department of Reena Mehta college of Arts, science, commerce and management studies celebrated social media day on 30th June 2024. Social media day is celebrated to appreciate and understand the impact of social media in everyone's life, in this generation social media is one of the most greatest and most impactful aspect of a persons life, no one can go a day without checking their social media accounts so since social media have so much impact on our youth the BAMMC Department decided to conduct an event to showcase the talent of the students, they were given task to create creative social media posts and they were allowed to create whatever type of post they wanted as there was no theme, this gave them the opportunity to explore their editing and creative skills. All the students from Bammc department participated in the event enthusiastically and showcased their talent regarding the world of social media. There were various posts and even reels which the students created with lots of efforts. Every students efforts were appreciated. When the event was coming to an end everyone decided to take photos to always hold and remember the memories of this auspicious day.

# Sustainable Menstrual Health Awareness Event



On July 11, 2024, the NSS Unit of Reena Mehta Degree College held an event on sustainable menstrual health, led by Principal Dr. Satinder Gujral, with support from Founder Ms. Reena Mehta and Vice-Chairperson Dr. Narendra Mehta. Guest speaker Ms. Hershi Salva, a teacher, social worker, and environmental supporter, delivered an informative talk on the menstrual cycle, addressing its biological aspects and clearing common misconceptions. She emphasized the importance of menstrual hygiene and open discussions to reduce stigma. Ms. Salva shared tips on maintaining menstrual health, including yoga and eco-friendly sanitary products. The event featured an interactive Q&A session and saw enthusiastic participation from students and teachers, leaving a lasting impact.



Affifa Khan  
TYBAMMC

## Lens on Nature: BAMMC Student's Excursion to Sanjay Gandhi National Park in Collaboration with Green Club



On a crisp morning of July 19, 2024, BAMMC students went on a photography excursion to Sanjay Gandhi National Park in Borivali to improve their photography skills. The students and teachers met at the park gate at 7 AM, excited and ready with their cameras. After a quick assembly, they hopped on a bus that took them into the park, where the teachers showed students how to use their different camera features.

The students had one hour to capture at least ten great photos of the park's beautiful sights, the flora, fauna and the ancient Kanheri Caves. After taking the photos, they then gathered to share their favourite click, seeing how each of them captured the nature in unique angles.

By noon 12 PM, it was time for them to head back, feeling proud of their work and happy with the experience. This excursion was a great example of how hands-on learning can really enhance their education and skills in various fields.



Sonali Pradhan  
FYBAMMC

## Successful Women's Self Defence Workshop: Empowering Female Students



On July 12, 2024, Reena Mehta College's Women Development Cell held a Women's Self Defence Workshop from 10 AM to 11 AM in the college auditorium, with strong student participation. Supported by Supido Martial-art Academy and conducted by coach Sensei Nayan Agravat, the workshop taught practical self-defense techniques to enhance safety and confidence. Mr. Agravat demonstrated effective punches and defense techniques, engaging students with questions and scenarios to handle various threats. Ms. Sangjukta Halder, Head of BCOM, emphasized the importance of such initiatives for fostering a safe environment. Positive feedback highlighted the event's success in empowering female students, reinforcing the college's commitment to their well-being and empowerment.



Affifa Khan  
TYBAMMC



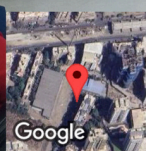
# Celebrating Teachers: Guru Purnima Celebration



On July 22, 2024, The college auditorium was full of excitement as everyone celebrated Guru Purnima, a special day to honour every teacher. The event kicked off at 11:30 AM with a chant to Goddess Saraswati for guidance and wisdom. Then the Principal warmly welcomed the chief guest and thanked the faculty, who received roses as a gesture of appreciation.

The celebration included a heartfelt poem dedicated to the teachers, lively dance performances by students, and a funny skit about teaching that reminded them of the close bond between students and teachers. Teachers also joined in games organized by students, showing their inner child.

The day ended with a spirited game of musical chairs, bringing lots of laughter. As the event wrapped up, they all felt grateful for the teachers. Guru Purnima was a wonderful day of saying thank you, having fun, and celebrating with the college community.



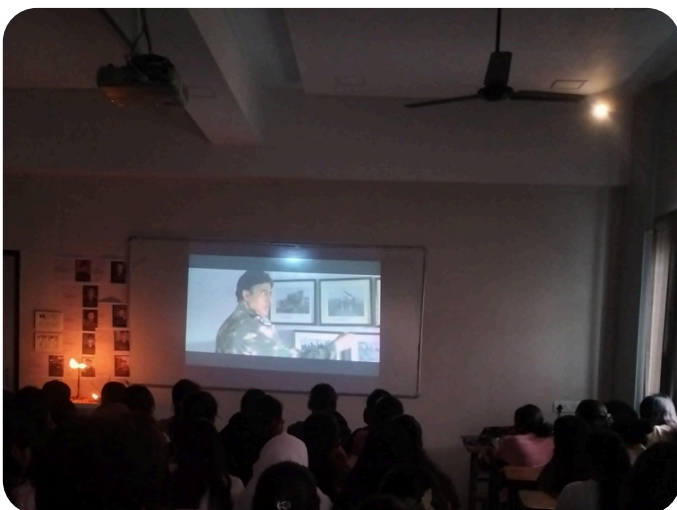
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Sonali Pradhan  
 FYBAMMC

## "Honoring Kargil Heroes: NSS Unit Hosts Kargil Diwas Tribute with 'Lakshya' Screening"



On 26th July, the NSS Unit organized a heartfelt tribute on the 25th Kargil Diwas. The event in Room 306 featured a poignant screening of the 2004 film "Lakshya," highlighting the valiant efforts and sacrifices of Indian soldiers during the Kargil War. Students and faculty gathered to pay their respects and remember the heroes who fought tirelessly for the nation. The screening was followed by a heartfelt tribute where attendees shared their thoughts and expressed gratitude for the soldiers' unwavering courage and dedication. The atmosphere was filled with patriotism and reverence as the college community united to commemorate this significant day. Through this homage, the event not only celebrated the valor of the Kargil heroes but also instilled a sense of national pride and remembrance among the students. The event concluded with a moment of silence, honoring the martyrs and their enduring legacy.



Affifa Khan  
TYBAMMC

# Paper Bag Making Competition Arranged By Green Club



Green Club Committee of Reena Mehta College of Arts, Science, Commerce and Management Studies conducted a PAPER BAG MAKING COMPETITION on 29th July, 2024.. The activity took place in the college Auditorium. The main motive of this event was to promote the usage of paper bags instead of plastic bags, "Ditch plastic, embrace paper" was the main thought and theme of the event. Great number of students from different courses participated in this event, they showcased their talent of craft and drawing by making paper bags of various shape, colours and sizes, the event was a great success with all the students enjoying and making creative paper bags, such enthusiasm shown by the participants made the green club committee very delighted and proud. The winners were decided by the green club committee with great analysis and focus on creativity of the paper bags created by the students. when the students were done with creating paper bags they were asked to come together and take few pictures to always remember this event. Later they were also assigned to take these paper bags to different stores and shops and give the shopkeeper these bags for free and take a selfie to promote an awareness for paper bags and say no to plastic. Today's activity was a great success.



Zeenat Siddiqui  
TYBAMMC