



**HEALTH & COUNSELLING COMMITTEE
ACTIVITY REPORT 2023-2024**

Part A) Information about Organizing Team

IQAC ACTIVITY No: HCC 01

NAME OF THE ACTIVITY: EMBRACE LIFE: Suicide Awareness & Prevention			
DATE	DEPARTMENT	COMMITTEE	COORDINATOR NAME
18-09-2023	NA	Health & Counselling Committee	Ms. Minu Khan
DURATION	VENUE	PARTICIPANTS (Nos)	NATURE: Outdoor/Indoor
1 HOUR	Auditorium	147	Indoor
NAME OF THE SPEAKER/ ORGANIZATION		CONTACT DETAILS OF THE SPEAKER/ ORGANIZATION	
NA		NA	
FACULTY SUPPORT:	1. Ms. Minu Khan	2. Ms. Vianna Pillai	
	3. Ms. Nidhi Chaubey	4.	
	5.	6.	
STUDENT SUPPORT:	A. Hamid Khan	B. Dhruvita Bhoir	
	C. Kim Dsouza	D.	
	E.	F.	
	G.	H.	
	I.	J.	

Part B) Brief Information about the Activity

(CRITERION NO. -): 3.4.1, 8.1.3

TOPIC OF THE ACTIVITY	EMBRACE LIFE: Suicide Awareness & Prevention Day
OBJECTIVES	<ol style="list-style-type: none">1. Educating students about the signs of distress and promoting a culture of openness and support.2. To create an environment where students feel comfortable discussing their feelings, seeking assistance when needed, and supporting their peers without judgment.3. To inculcate the ideology of hope and self-care among the students.
METHODOLOGY	Comprehensive Methodology
OUTCOMES	<ol style="list-style-type: none">1. The students will be aware of the perks of distress and ways to seek support2. The students will be able to acknowledge their feelings3. The students will be more hopeful and resilient towards the future



Part C) Proofs & Documents Attached (Tick mark the proofs attached):

1. Directions by Authority	√	6. Activity Report		11. Account Settlement
2. Proposal Note		7. Brief Profile Guest		12. News Material
3. Approval Letter	√	8. Attendance Gender/Sem/Course	√	13. Feed Back Report
√ 4. Notice & Schedule		9. Certificate		14. Any Other
5. Organising Committee	√	10. Geo-tagged Photographs		

Part D) Social Media:

Web Site Signature & Date		Twitter Signature & Date		Instagram Signature & Date		Facebook Signature & Date	
DOS	DOP	DOS	DOP	DOS	DOP	DOS	DOP

Part D) IQAC Cell:

IQAC Cell Activity Number:

NAME & SIGNATURE OF COORDINATOR	NAME & SIGNATURE OF PRINCIPAL	IQAC Documentation	IQAC COORDINATOR (SEAL & SIGNATURE)
 Ms. Minu Khan	 Dr. Satinder Kaur Gujral	16	 IQAC CO-ORDINATOR

I/C Principal
Reena Mehta College of Arts, Science
Commerce & Mgt. Studies
Bhayandar (West), Dist. Thane - 401 101



Reena Mehta College of Arts, Science
Commerce & Mgt. Studies
Bhayandar (West), Dist. Thane - 401 101

NOTE: - The report has been scanned and submitted.

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Signature _____

Health and Counselling Committee

Presents

Embrace life :)

Revive | Rejuvenate | Restart



@healing.is.not.linear.

Date : September 18, 2023

Time : 9:30 am Onwards

Venue : Auditorium, college

Muhan

Mrs. Minu Khan

Convenor

Health & Counseling Committee

Satinder

Dr. Mrs Satinder Kaur Gujral

I/C Principal

I/C Principal

Reena Mehta College of Arts, Science

Commerce & Mgt. Studies

Bhayander (West), Dist. Thane - 401 101





JEEVAN JYOT EDUCATIONAL CHARITABLE TRUST

REENA MEHTA COLLEGE

OF ARTS, SCIENCE, COMMERCE & MANAGEMENT STUDIES

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Section 2 (f) of the UGC Act 1956

26.08.2023

NOTICE

This is to inform all the students that there will be an awareness session on Organ Donation by Indian Medical Association Team of Mira Bhayander on 28th August 2023.

Venue: Auditorium

Timings: 8am onwards

Streams: ALL

Regards.

Signature: *Minu Khan*

Convenor: Minu Khan

Health & Counseling Committee



Satinder Kaur Gujral
DR(Mrs) Satinder Kaur Gujral

I/C Principal

Satinder Kaur Gujral
I/C Principal
Reena Mehta College of Arts, Science
& Mgt. Studies
Bhayander (West), Dist. Thane - 401 101



Date: - 18th September 2023

ACTIVITY REPORT

Name of the Activity: **EMBRACE LIFE: Suicide Awareness & Prevention Day**

Name of the Programme: **ALL**

Batch: - **2023-2024**

Committee: **Health & Counselling Committee**

Semester: **-I, III, V**

Section: - **Morning**

Duration: **1 Hour**

Report - "Embrace Life"

"Suicide Awareness Day, observed on September 10th, promotes mental health awareness and prevention. The program "Embrace Life" was in respect to the observed day that was conducted on 18th September 2023 at 9:30 a.m. in the college auditorium.

There was a short film played with respect to the beauty of life and its struggles that left everyone with immense hope. Further, the students shared a few inspirational stories about pioneers who have faced certain adversities in life. Lastly, there was an empowering poem narrated by the students that motivated everyone to inculcate resilience and hope for all that life comes with. To conclude, there was a game of building a pyramid using the boxes with positive and negative words written on them. Overall, the objective of inculcating a sense of sensitivity, awareness, and hope toward embracing life was accomplished.

Regards

Signature: *Minu Khan*

Convenor – Ms. Minu Khan

Health and Counselling Committee



Date: 18.09.23

Attendance Record of Activity

FACULTY ATTENDANCE: Embrace Life.

Sr. No.	Name of the Faculty	Sign	Sr. No.	Name of the Faculty	Sign.
1.	Mehul Kerkal	Mehul	26		
2.	Koushik Pawade	Pawade	27		
3.	Shailesh yadav	Shaik	28		
4.	Saishruti Bhatt	SB.	29		
5.	Rohan Rame	Rame	30		
6.	Kiran Mishra	Kiran	31		
7.	Nidhi Chaudhary	Nidhi	32		
8.	Dr. Kavita Gurusaw	Kavita	33		
9.	Ms. Shreya Kelkar	SK	34		
10.	Chaya Mishra	Chaya	35		
11.	Tamanna Agawal	Tamanna	36		
12.	Archana Patil	Patil	37		
13.	Spishi Mishra	Spishi	38		
14.	Sadiq Zaidi	Sadiq	39		
15.	Ruby Ghosh	R.G	40		
16.	Sanjiv Kumar	Sanjiv	41		
17.			42		
18.			43		
19.			44		
20.			45		
21.			46		
22.			47		
23.			48		
24.			49		
25.			50		

Signature: Mihan.

Convenor: Minu Khan.

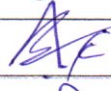
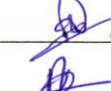
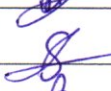

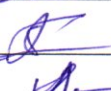
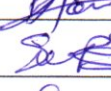

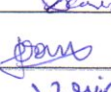
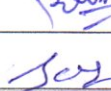
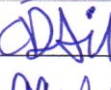
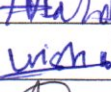
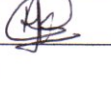
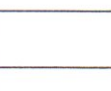

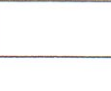



Health & Counseling
Committee.



Date: 18.09.23

Attendance Record of Activity

NAME OF THE ACTIVITY: Embrace Life.

Sr. No.	Name of the Students	M/F	Program/Class/ Stream	Sign.
1.	Satyam	M	TYBBT	
2.	Ashwin	M	TYBBI	
3.	Aman	M	FYDS	
4.	Subham	M	FYDS	
5.	Amanesh	M	FYDS	
6.	Harish	M	FYDS	
7.	Samiksha	M	FYDS	
8.	HMZG	M	FYDS	
9.	Supreet Patil	M	TYBSCCHS	
10.	SAIF SHAIKH	M	TYBSc HS	
11.	Samir Awari	M	SYBMS	
12.	Jerome Adangale	M	TYBcom	
13.	Harin Soni	M	TYBcom	
14.	Sagar Kumar	M	F.Y Bcom	
15.	Carin Dsilva	M	TYBMS	
16.	Abhishek Mahadik	M	TYBMS	
17.	Nirishal Gupta	M	SYBSCCHS	
18.	Hammad Jehan	M	TYBMS	
19.				
20.				
21.				
22.				
23.				
24.				
25.				

Signature: Minu Khan

Convenor:- Minu Khan

Health & Counseling
Committee.



Date: 18.09.23

Attendance Record of Activity

NAME OF THE ACTIVITY: Embrace Life.

Sr. No.	Name of the Students	M/F	Program/Class/ Stream	Sign.
1.	Sameer Shaikh	M	FYB.COM.	Sameer
2.	Pravin Parmar	M	SYBMS	Pravin
3.	Risabh Jain	M	SYBMS.	Risabh
4.	Shreyash. J. Kulkarni	M	F.Y. B.COM	Shreyash
5.	Mani Kandan	M	F.Y. BS-HM.	Mani
6.	Sujal Siedhuwal	M	F.Y. BSC-HM	Sujal
7.	Rohan P. Khatake	M	F.Y. Bsc Hm	Rohan
8.	Devansh, Ahir	M	F.Y. ^{BSc} H.M	Devansh
9.	Oliver Mathew	M	FYBSC.H.M	Oliver
10.	Akshad Patel	M	SYBSC-HS	Akshad
11.	Mohammad Ansari	M	SYBSC-HS	Mohammad
12.	Allen Almeida	M	SYBSc - HS	Allen
13.	Moiz Khan	M	SYBSC. HS	Moiz
14.	Quaisr Patel	M	SYBSC.HS	Quaisr
15.	Abdul Basit	M	FYBSC.HS	Abdul
16.	Sahil Shaikh	M	FYBSC-HS	Sahil
17.	Rutham	M	FYBSC.HS	Rutham
18.	Tushar	M	FYBSC-HS	Tushar
19.	Rohit	M	FYBSC-HS	Rohit
20.	Sumit	M	FYBSC.HS	Sumit
21.	Mangesh	M	FYBSC-HS	Mangesh
22.	Soel Ansari	M	FYBSc-HS	Soel
23.	Shreya Tiwari	F	FYBA	Shreya
24.	Tanisha Mitra	F	FYBA	Tanisha
25.	Fatima Khan	F	FYBAF	Fatima

Signature: Minu Khan

Convenor:- Minu Khan

Health & Counseling
Committee.



Date: 18.09.23

Attendance Record of Activity

NAME OF THE ACTIVITY: Embrace Life.

Sr. No.	Name of the Students	M/F	Program/Class/ Stream	Sign.
1.	Sabrin Qureshi	F	FYBCOM	Sabrin
2.	Tehzeeb Shaikh	F	FY BCOM	Tehzeeb
3.	Rakeela Khan	F	FYBCOM	Rakeela
4.	Seema Meena	F	FYBCOM	Seema
5.	Jagruati Manshi	F	FYBCOM	Jagruati
6.	Aarzu Yedav	F	FY.BCOM	Aarzu
7.	Alka Tiwari	F	FY.BCOM	Alka
8.	Ramsha Khan	F	F.Y.BCOM	Ramsha
9.	Zainab Alkhalaf	F	FY BCOM	Zainab
10.	Shamsina Sabu	F	FY BCOM	Shamsina
11.	Khushi Singh	F	FY B.COM	Khushi
12.	Baehi Singh	F	SY.B.M.S	Baehi
13.	Ishika Singh	F	TY.BCOM	Ishika
14.	Ashika Khan	F	TYBCOM	Ashika
15.	Haseenama Qureshi	F	TYBCOM	Haseenama
16.	Humaira Khan	F	TYBCOM	Humaira
17.	Sahiba Shaikh	F	SY.BCOM	Sahiba
18.	Saarah Sheikh.	F	SY.BCOM	Saarah
19.	Khushi Morya	F	SY.BCOM	Khushi
20.	Disha Baria	F.	SY.BCOM.	Disha
21.	Aarti Saw	F	SY.BCOM.	Aarti
22.	Dayal Singh	F	SY BMS	Dayal
23.	Kashish Suthar	F	SY BMS.	Kashish
24.	Ankita Trimbake	F	SYBMS	Ankita
25.	Anu Mishra	F	SYBMS	Anu

Signature: Mihan

Convenor:- Minu Khan



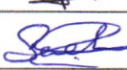
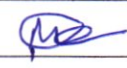

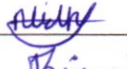
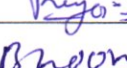
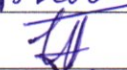

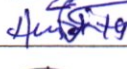
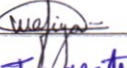
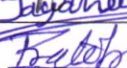
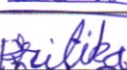
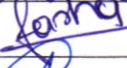

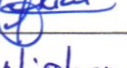
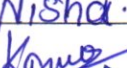
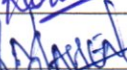

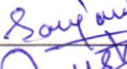
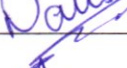
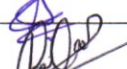

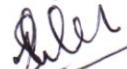
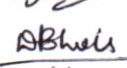
Health & Counseling
Committee.



Date: 18.09.23

Attendance Record of Activity

NAME OF THE ACTIVITY: Embrace Life

Sr. No.	Name of the Students	M/F	Program/Class/ Stream	Sign.
1.	Zobiya Gavankar	F	TYBA	
2.	Alfiya Vohra	F	TYBA	
3.	Sneha Thekar	F	FYBA	
4.	Megan Hobo	F	FYBA	
5.	Janu Parmar	F	FYBA	
6.	Nidhi Kanoliya	F	FyBA	
7.	Riya Sardar	F	FYBA	
8.	Khavadiya Bhoomi	F	FyBA	
9.	Shaili Waghela	F	SYBcom	
10.	Isha Gaud	F	SYBcom	
11.	Amsita K. Sana	F	SYBMS	
12.	Shaikh Wajiya	F	SYBMS	
13.	Jayantee Vadar	F	SYBA	
14.	Katobha Parmeshwar	F	SYBA	
15.	Kritika Vyas	F	SYBA	
16.	Beg Farha	F	Sy Bcom	
17.	Aiman Chaudhary	F	Ty Bcom	
18.	Sayyed Taheriyat	F	Ty Bcom	
19.	Nisha Vadbheau	F	TYBA	
20.	Komal Mawya	F	TYBA	
21.	Mahnoor Shaikh	F	TYBMS	
22.	Iqra Mukadam	F	F.Y.H.M	
23.	Sanjana Kulkal	F	F.Y.H.M	
24.	Nausheen Ali	F	F.Y.H.M	
25.	Alfiya Ali	F	F.Y.H.M.	

Signature: Jalak Shaikh F FYBA
 Convenor: Muskaan K. F FYBA
Anam Shaikh F FYBA
Dhruvita Dhoir F SYBA








Milhan
 Minu Khan
 Health & Counselling Committee.

Date: 18.09.23

Attendance Record of Activity

NAME OF THE ACTIVITY: Embrace Life.

Sr. No.	Name of the Students	M/F	Program/Class/ Stream	Sign.
1. 84	Swati J Dubey	F	SYBMS	Swati
2.	Priyanka Kamari	F	FYDS	Priyanka
3.	Chhaya. Kamthi	F	FYDS	Chhaya
4.	Aishwarya Shaikh	F	FYDS	Aishwarya
5.	Sayyed Insha	F	FYDS	Insha
6.	Grantam Sanjana	F	SYBMS	Sanjana
7.	vishwakarma Sejal	F	SYBMS	Sejal
8.	Prachi Singh	F	SYBMS	Prachi
9.	Khushi Singh	F	FYBOM	Khushi
10.	Bushra Shaikh	F	SYBA	Bushra
11.	Shirin Malik	F	SYBA	Shirin
12.	Sussane Pai	F	SYBA	Sussane
13.	Riya Kesharwani	F	SYBA	Riya
14.	Namandeep Lawr	F	SYBMS	Namandeep
15.	Hiba Inamdar	F	SYBMS	Hiba
16.	Remsha Shaikh	F	SYBcom	Remsha
17.	Valerine Fernandes	F	SYBMS	Valerine
18.	Sakshi Kalekar	F	SYBMS	Sakshi
19.	Nishi devulker	F	SYBMS	Nishi
20.	Sakina Khokhar	F	SYBMS	Sakina
21.	Samreen Shaikh	F	SYBMS	Samreen
22.	Jasmi Gupta	F	SYBSC	Jasmi
23.	Samya Sayyed	F	SYBcom	Samya
24.	Apogita MS had	F	By com	Apogita
25.	Shomra Shaikh	F	SYBcom	Shomra

Signature: Minu Khan

Convenor:- Minu Khan

Health & Counseling
Committee.



Date: 18.09.23

Attendance Record of Activity

NAME OF THE ACTIVITY: Embrace Life

Sr. No.	Name of the Students	M/F	Program/Class/ Stream	Sign.
1.	Malik Saifuddin	M	FYBCOM	<u>Saif</u>
2.	Malik Shoaib	M	FYBCOM	<u>Shoaib</u>
3.	Usman Fakhrul Alam	M	F.Y. B.com	<u>Usman</u>
4.	Sameer Shetiya	M	F.Y. B.com	<u>Sameer</u>
5.	Meat Manigam	M	F.Y. B.com	<u>Meat</u>
6.	Shankhalingh V. Rethod	M	F.Y. B.com	<u>Shankhalingh</u>
7.	Gurunath V. Saundalkar	M	F.Y. B.com	<u>Gurunath</u>
8.	Jatin Karal	M	F.Y. B.com	<u>Jatin</u>
9.	Hashim Jhaq	M	F.Y. B.com (n)	<u>H</u>
10.	Farooq Hussain	M	F.Y. B.COM (B)	<u>Farooq</u>
11.	Bilal Vora	M	F.Y. B.com (B)	<u>Bilal</u>
12.	Sameer Khan	M	F.Y. B.COM (B)	<u>Sameer</u>
13.	Sahil Sameer Khan	F	F.Y. B.com	<u>Sahil</u>
14.	Manu Singh	M	F.Y. B.com	<u>Manu</u>
15.	Saidul Biswas	M	F.Y. B.com	<u>Saidul</u>
16.	Harsh Vijay Tiwari	M	F.Y. B.com	<u>Harsh</u>
17.	Anbari Mehtab	M	SYBMS	<u>Anbari</u>
18.	Umer Shaikh	M	SYBMS	<u>Umer</u>
19.	M. NITAZA SHAPORWALA	M	SYBMS	<u>Nitaza</u>
20.	Pravesh Rawal	M	F.Y. B.COM (B)	<u>Pravesh</u>
21.	Anmol Singh	M	SyBCom	<u>Anmol</u>
22.	Diddharth Mahajan	M	SYBA	<u>Diddharth</u>
23.	Prityanshu Shukla	M	F.Y. B.M.S.	<u>Prityanshu</u>
24.	Hira Malviya	M	F.Y. B.M.S.	<u>Hira</u>
25.	Zaid Hajju	M	SYBA	<u>Zaid</u>

Signature: Mihan

Convenor: Minu Khan

Health & Counseling
Committee.



Date: - 18th September 2023

ACTIVITY REPORT

Name of the Activity: EMBRACE LIFE: Suicide Awareness & Prevention Day

Name of the Programme: ALL

Batch: - 2023-2024

Committee: Health & Counselling Committee

Semester: -I, III, V

Section: - Morning

Duration: - 1 Hour



Date: - 18th September 2023

ACTIVITY REPORT

Name of the Activity: EMBRACE LIFE: Suicide Awareness & Prevention Day

Name of the Programme: ALL

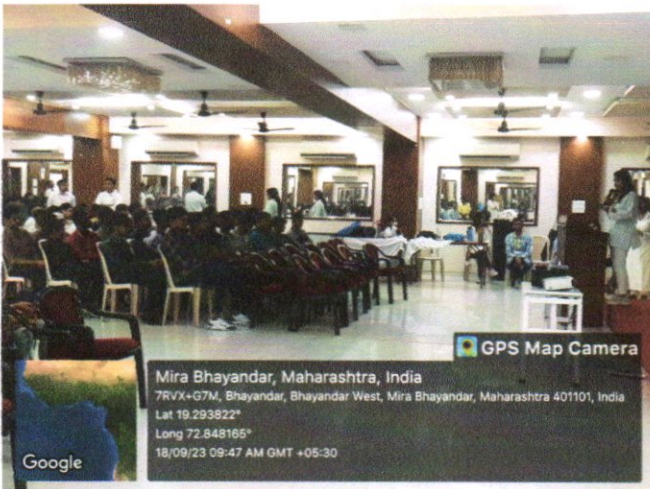
Batch: - 2023-2024

Committee: Health & Counselling Committee

Semester: -I, III, V

Section: - Morning

Duration: - 1 Hour





Regards

Signature: *Minu Khan*

Convenor: Ms. Minu Khan

Health and Counselling Committee



Shrusal
I/C Principal
REENA MEHTA COLLEGE OF ARTS, SCIENCE & MANAGEMENT STUDIES
Bhayander

Date: - 18th September 2023

Feedback Report

Name of the Activity: EMBRACE LIFE: Suicide Awareness & Prevention Day

Name of the Programme: ALL

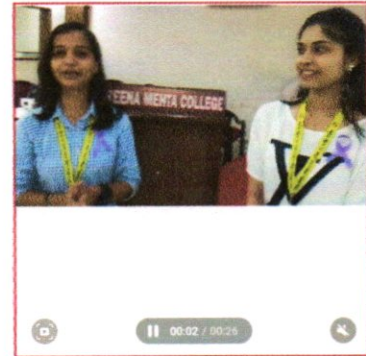
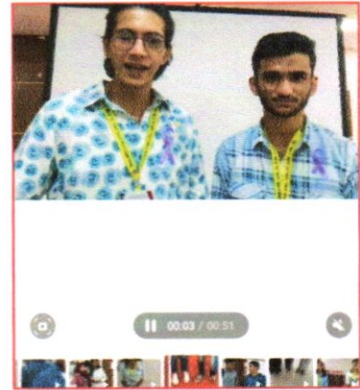
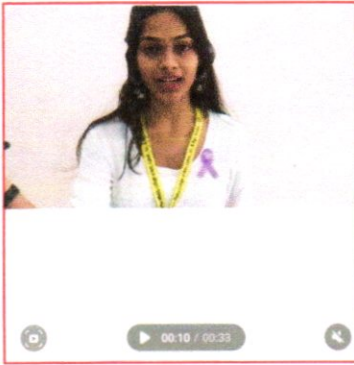
Batch: - 2023-2024

Duration: - 1 Hour

Committee: Health & Counselling Committee

Semester: -I, III, V

Section: - Morning



Principal
 I/C Principal
 Reena Mehta College
 Bhayander West, Dist. Thane - 401 101

Regards

Signature: *Minu Khan*

Convenor: Ms. Minu Khan

Health and Counselling Committee

