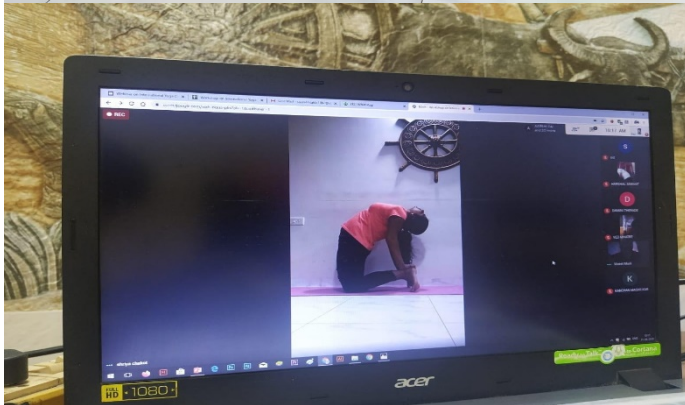


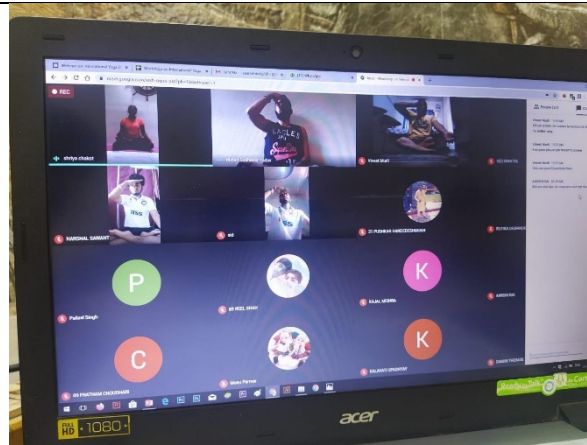
## TrackAct - Activity Tracker

<b>Name of the event :-</b>	WORKSHOP OF INTERNATIONAL YOGA DAY 2020
<b>Conducted by:-</b>	NSS UNIT OF PILLAI HOC COLLEGE OF ARTS, SCIENCE & COMMERCE IN ASSOCIATION WITH IQAC OF PHCASC
<b>Date:-</b>	21st June,2020
<b>Venue/ Online Platform:-</b>	G Meet
<b>Activity Falls under Criterion/Criteria:</b> -	3 and 7
<b>Convenor:-</b>	Ms Kalavati Upadhyay
<b>Co-Convenor: - (if any)</b>	--
<b>Number of NSS Volunteers</b>	85
<b>Report:-</b>	TheNSSUnitofPillaiHOCCollegeofArts,ScienceandCommercehadorganized an online workshop on 'International Yoga Day' on 21st June,2020where different Asanas and Pranyama was taught by the Chief Guest and Expert Yoga Trainer Ms.Shriya Gururaj Chakot.The aim behind organising the workshop was to make peopleaware of theYoga and how they can implement it in their life for a better future. The Workshop was attended by the students of PHCASC and students of other colleges also.Even allthe faculty members attended the workshop for getting knowledge about Yoga. The workshop was ended by giving vote of thanks to Ms.Shriya

Gururaj Chakot.

Photos:-





**Winners(if any):-**

## TrackAct - Activity Tracker

<b>Name of the event :-</b>	<b>“Immunity and Health - Fight Against COVID-19 Pandemic”</b>
<b>Conducted by:-</b>	Institutional Social Responsibility (ISR) and Internal Quality Assurance Cell (IQAC)
<b>Date:-</b>	May 1, 2021
<b>Venue/ Online Platform:-</b>	Google Meet
<b>Activity Falls under Criterion/Criteria:-</b>	Criterion 5
<b>Convenor:-</b>	Mr. Rohan Yadav
<b>Co-Convenor: - (if any)</b>	Ms. Remya M.G
<b>Number of participants benefitted:-</b>	122
<b>Report:-</b>	<p style="text-align: center;"><b>Mahatma Education Society’s Pillai HOC College of Arts, Science and Commerce , Rasayani</b></p> <p style="text-align: center;"><b><u>REPORT ON ONLINE WEBINAR “Immunity and Health - Fight Against COVID-19 Pandemic”</u></b></p> <p style="text-align: center;">Institutional Social Responsibility (ISR) and Internal Quality</p>

	<p>Assurance Cell (IQAC) successfully conducted online Webinar today on <b>"Immunity and Health - Fight Against COVID-19 Pandemic"</b> on May 1, 2021</p> <p>We, the team on behalf of the Institutional Social Responsibility Cell (ISR) &amp; Internal Quality Assurance Cell (IQAC), PHCASC thank the Resource Person of the webinar <b>*Dr. Pinkesh Rajput*</b>, MBBS, MD, DFID.</p> <p>The session was very informative. In true sense the knowledge of how to boost immunity and health in the situation of Covid-19 pandemic were shared with the students and fraternity.</p> <p>We would like to place on record, our sincere gratitude to our Principal, Dr. Lata Ma'am for her guidance and motivation throughout the event and of course otherwise. We also thank our Vice Principal, Binit Sir for his constant support and regular coordination with our team. In all 122 people responded the call.</p> <p>The team includes of faculty members namely Ms. Remya M.G., Ms. Kalavati Upadhyay, Mr. Priyesh Keekan, Mr. Hardik Dave, Mr. Ravi Bari, and Mr. Rohan Yadav.</p> <p>We also thank our student and fraternity participants for their overwhelming responses and active participation.</p> <p>The participants were provided with the certificate. The overall participation and the enthusiasm in itself spoke the volume of success that this event has met with.</p> <p>Thanks &amp; Regards,  <b>Team ISR</b></p>
<p><b>Photos:-</b></p>	

REC Hardik Dave is presenting 3:15 PM

Press Esc to exit full screen

Mahatma Education Society's  
Pillai HOC College of Arts, Science and Commerce,  
Bangalore  
(Accredited By NAAC)

**INSTITUTIONAL SOCIAL RESPONSIBILITY CELL  
AND  
INTERNAL QUALITY ASSURANCE CELL (IQAC)**

JOINTLY ORGANISE  
AN INTERCOLLEGIATE WEBINAR  
ON  
**"Immunity and Health - The Fight Against  
COVID-19 Pandemic"**

May 1, 2021  
TIME - 3:00 pm

RESOURCE PERSON  
**Dr. PINKESH RAJPUT**  
(Cardiologist, Diabetologist & Immunologist)

For further queries, get in touch with:  
Mr. Rohan Yadav Mr. Remya Madan Gupta Mr. Prityosh Kishan  
Mr. Anshu Kumar Mr. Anshu Kumar Mr. Anshu Kumar

Health and Hygiene-Fight Against Covid19 Pandemic

Raise hand Turn on captions Hardik Dave is presenting

REC Hardik Dave is presenting 3:15 PM

Press Esc to exit full screen

Dr. Pinkesh Rajput

Health and Hygiene-Fight Against Covid19 Pandemic

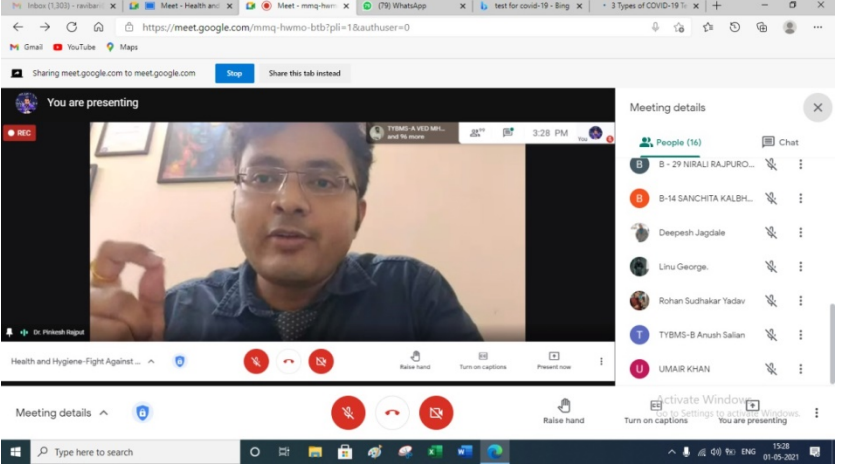
Raise hand Turn on captions Hardik Dave is presenting

REC Prityosh Kishan Rajput is presenting 3:18 PM

Press Esc to exit full screen

Health and Hygiene-Fight Against Covid19 Pandemic

Raise hand Turn on captions Present now

	
<p><b>Winners(if any):-</b></p>	<p>1st - 2nd - 3rd -</p>

## TrackAct - Activity Tracker

<b>Name of the event :-</b>	Enchant the Real High
<b>Conducted by:-</b>	IQAC and Yoga Committee
<b>Date:-</b>	February 10, 2021
<b>Venue/ Online Platform:-</b>	Zoom
<b>Activity Falls under Criterion/Criteria:-</b>	Criterion 5
<b>Convenor:-</b>	Ms. Harshita Singh
<b>Co-Convenor: - (if any)</b>	Mr. Ravi Bari
<b>Number of participants benefitted:-</b>	254
<b>Report:-</b>	



	<p>Internal Quality Assurance Cell of Mahatma Education Society's Pillai HOC College of Arts, Science and Commerce, Rsayani in collaboration with the Art of Living organized an awareness programme for students on menaces of substance addiction among students in colleges.</p> <p>Mr Ramanik Bansal (IIT Bombay, IIM Banglore alumnus) was the resource person for this event. Around 254 students attended the session. The event concluded at 1 pm.</p> <p>We would like to thank all the faculty members for their presence and active participation. We also thank our principal Dr Lata Menon ma'am for her constant support and guidance.</p>
<b>Photos:-</b>	

**Mahatma Education Society's**  
**Pillai HOC College of Arts, Science and Commerce, Rasayani**  
 (Accredited by NAAC)  
**Internal Quality Assurance Cell (IQAC)**

in Collaboration with  
**THE ART OF LIVING**

**PRESENTS**  
*Enchant*  
**THE REAL HIGH**

EDUCATIONAL AND AWARENESS CAMPAIGN OF, FOR AND BY THE STUDENTS

**#SAYNOTOSUBSTANCEABUSE**  
**#SORTINGLIMITATIONS**  
**#PLEDGENOTTOINDULGE**  
**#STUDENTSOCIALRESPONSIBILITY**

**Resource Person:**  
**Ramnik Bansal**  
 (IIT Bombay, IIM Bangalore Alumnus)  
 Date: February 10, 2021  
 Time: 11.00 a.m. - 1.00 p.m.

Participants in the meeting:

- Ramnik Bansal
- Nidhi Singh
- HARSHITA SINGH
- yogita pawar
- Sahil Man
- SHRUTI SINGASA...
- Roshni Singh
- Mamta Pandya
- Apurva Deshmukh
- Aadira An
- soham PANSE
- Riya Waghmare
- Shruti Gaikwad
- Pratik Mhatre
- Pooja Gh
- SHUBHAM KOLT...
- ANAMI EMANI
- Niyta Hegde
- Manisha Meena
- Aaditi Mis
- Shruti Sonawane
- Vaishnavi Budhkar
- ENEM KUJUR
- Shivangi Mishra
- Trupti Des

Meeting Controls: Unmute, Stop Video, Security, Participants (221), Polls, Chat, Share Screen, Record, Breakout Rooms, Reactions

<b>Winners(if any):-</b>	NA

## TrackAct - Activity Tracker

<b>Name of the event :-</b>	Essay Writing Competition 2020-21
<b>Conducted by:-</b>	IQAC and English Literary Association in collaboration with the Departments of English and History
<b>Date:-</b>	20 March 2021
<b>Venue/ Online Platform:-</b>	G meet Webinar
<b>Activity Falls under Criterion/Criteria:-</b>	5
<b>Convenor:-</b>	Mrs. Pallavi Shantanu Patil
<b>Co-Convenor: - (if any)</b>	
<b>Number of participants benefitted:-</b>	15
<b>Report:-</b>	<p>The departments of English in collaboration with the English Literary Association and IQAC organised Essay writing Competition 2020-21 on 20 March, 2021. Topics such as Effects of competition in education and career growth, Substitution for paper money and a perspective on technological development were selected for the competition. Around 15 students participated in this event in which three winners were awarded.</p>

	<p>All the participants received E-certificates and winners were awarded with Winning Certificates. The methodology adopted by the participants for writing essays was appreciated by the judges and visitors.</p>
<b>Photos:-</b>	<p><a href="#">Essay Competition 2020-21 - Google Drive</a></p>
<b>Winners(if any):-</b>	<p>1st –Irfan Hiba 2nd –Ruksar Mulla 3rd -Vaishnavi Budhkar and Shroti Barik</p>

## TrackAct - Activity Tracker

<b>Name of the event :-</b>	Personality Development
<b>Conducted by:-</b>	Department of IT/CS in association with IT Club
<b>Date:-</b>	January 19,2020
<b>Venue/ Online Platform:-</b>	Google Meet
<b>Activity Falls under Criterion/Criteria:-</b>	Criterion 5
<b>Convenor:-</b>	Ms. Priyanka Sorte
<b>Co-Convenor:- (if any)</b>	Ms. Sreelakshmi Nair
<b>Number of participants benefitted:-</b>	120
<b>Report:-</b>	Department of Computer Science and Information Technology in Association with IQAC and IT Club has organized One Day Webinar

	<p>titles <b>“PERSONALITY DEVELOPMENT”</b> on January 19, 2021 from 10:30 am to 11:30 am through G-Meet. Session was conducted for students of Arts, Science and Commerce of Pillai HOC College of Arts, Science and Commerce College, Rasayani.</p> <p>Resource person <b>Mr. DIVAKARAN PILLAI</b> , Chairman and Managing Director of Precision Electroproducts (P) Ltd., and a member of All India Management Association was invited as an Expert to share his understanding and experience on the topic ‘Personality Development’ and its importance in students career growth. He explained how your personality helps to gain confidence, self-esteem, positive impact on one's communication skills and the way one sees the world. He added Students should develop an outgoing and impressive personality that will enhance the quality of learning. Everyone has qualities that make them unique by trying to develop their persona. He guided students how they can enhance self – confidence and overcome the fear factor of public speaking.He addressed all the queriesof students.</p> <p>About <b>120</b> students had registered and participated in the webinar. The event was concluded by a successful feedback session and assuance of e-certificates to the concerned student on their registerd Mail ID.</p>
<p><b>Photos:-</b></p>	

Winners(if any):-

The screenshot displays a Google Meet session. The top portion shows a large video of Divakaran Pillai, who is wearing a headset and a light blue shirt with a tie. Behind him is a wall with a logo that says "2B" and "LLAR '2' BUTTERFLY". A "REC" indicator is visible in the top left corner of the video frame. To the right of the video is a "Meeting deta" sidebar showing a list of 100 participants, including B-47 MU, Divakara, joel naidi, Lalit Patil, N NAYTIK F, Priyanka, Ravindra, S Sreelaksi, and V VRUSHA.

The bottom portion of the screenshot shows a gallery view of 99 participants. Each participant is represented by a circular icon with a name and a red mute icon. The participants listed include Lalit Patil, 79 BABITA YADAV, 06 TANMAY BARVI, 19\_Vaishnavi Gharat, 79\_Priya\_FYIT, 25\_ADITYA NAVRANGE, Ravindra Mhatre, 32\_RITIK KAMBLE FYIT, 11 MRUNAL WANJALE, 06 Nishant Bhandari, 11 MRUNAL WANJALE, 29 SEJAL MAHADIK, 58 RAHUL RATHOD RATHOD, 20\_YASH\_FYIT GHOTKAR, and 48 TAHREEM QAZI. Below the gallery is a control bar with icons for "Meeting...", "Raise hand", "Turn on captions", and "Present now".



## Track Act -Activity Tracker

<b>Name of the event :-</b>	<b>Track Act Report on Sessions on “Happiness Wali Immunity.”</b>
<b>Conducted by:-</b>	<b>Pillai HOC College of Arts, Science and Commerce , Rasayani in association with The Art of living conducted sessions on “Happiness Wali Immunity.”</b>
<b>Dates:-</b>	<b>2<sup>nd</sup> May 2021 to 26<sup>th</sup> May 2021</b>
<b>Venue/ Online Platform:-</b>	<b>Zoom</b>
<b>Activity Falls under Criterion/Criteria:-</b>	<b>Criterion VI</b>
<b>Convenor:-</b>	<b>Mr.Ravi Bari</b>
<b>Co-Convenor: - (if any)</b>	<b>Ms.Harshita Singh</b>
<b>Number of student participants benefitted:-</b>	<b>37</b>
<b>Report: -</b>	<b>Mahatma Education Society's Pillai HOC College of Arts, Science and Commerce , Rasayani Report on Sessions on “Happiness Wali Immunity.”</b>

	<p><b>Pillai HOC College in association with The Art of living conducted sessions on “Happiness Wali Immunity.” from 2<sup>nd</sup> May 2021 to 26<sup>th</sup> May 2021 from 6:00 pm to 6.30 pm through zoom platform. The Art of Living team of volunteers and meditation teachers have put together a campaign to hear students of Pillai HOC College of Arts, Science and Commerce Rasayani people out and let them know that “<b>we are there for you.</b>”</b></p> <p><b>The following are details and topics covered during these sessions</b> <b>The Meditation Teachers teaches the students the techniques to calm their minds, some breath works to strengthen the immunity. They also provide some Lifestyle daily Tips o healthy living. Some Activity are given to students which are monitored by the team. Inspirational message by Sri Sri Ravi Shankar are also given to students.</b></p>
<b>Photos:</b>	



*Happiness Wali*

# IMMUNITY

**Positive communication in the times of  
Talk to us- we are there for you**

**Daily free live online interactive session  
with our Smile Experts! 😊**

# High 5 to Body Balance

Happiness wall Immunity

TRY WALKING ON  
UNEVEN SURFACE  
LIKE PILLOW

STAND ON TOES &  
HEELS FOR 5 MINS  
DAY, WALK 20  
STEPS

WALK  
& EN  
TY

BALANCE BODY ON  
ONE LEG (IF NEED BE  
TAKE SUPPORT)

DO EYES & EARS  
EXERCISE. (FOR  
THE BODY  
BALANCE HAPPEN  
THROUGH EYES &  
EARS)

© 2021 TUD S



## Glimpse of our 7 day Journey of Happiness Wali Immunity session



Do pick up your 30 minute session slot in the second week of our campaign.  
Enrol for free at [www.hawaii.live](http://www.hawaii.live)

Contact: 8369319748 | 9172525524 | 9619765192



*Happiness Wali*

# IMMUNITY

**Positive communication in the times of  
Talk to us- we are there for you**

**Daily free live online interactive session  
with our Smile Experts! 😊**

## TrackAct - Activity Tracker

<b>Name of the event :-</b>	<b>Webinar on Health and Hygiene</b>
<b>Conducted by:-</b>	Youth Red Cross Society(PHCASC) & Internal Quality Assurance Cell
<b>Date:-</b>	April 7, 2021
<b>Venue/ Online Platform:-</b>	Google Meet
<b>Activity Falls under Criterion/Criteria:-</b>	Criterion 5
<b>Convenor:-</b>	Mr Ravi Bari
<b>Co-Convenor: - (if any)</b>	Mr. Keekan Priyesh
<b>Number of participants benefitted:-</b>	110
<b>Report:-</b>	On the occasion of World Health Day, The members of Youth Red Cross Society of Pillai Hoc College of Arts, Science and Commerce in collaboration with Internal

	<p>Quality Assurance Cell(IQAC) organized a webinar on the theme "Health and Hygiene". The webinar was open for students as well as faculty members observing the attendance of nearly 110 members. The event was scheduled for an hour that started from 3:00PM.</p> <p>The keynote speaker of the event was Dr Remant Tiwari who is a healthcare professional with over 8 years of clinical and healthcare consulting. The speaker shared a lot of informative and new facts about health and hygiene. He also focused on the ongoing Covid 19 scenario that has not only affected the health but also taken lives of millions of people across the world.</p> <p>The webinar focused on levels of hygiene, the ongoing Covid 19 situation and the necessary precautions to avoid it, it also focused on understanding how to keep a safe working environment with and around people. The session also focused on personal hygiene and the importance of sleep and diet.</p> <p>It was an interactive session involving speaker, students and faculties. A structured process was followed during the session involving information sharing and discussion among the members who were present in the event. It turned out to be a successful, interactive and informative session.</p>
<b>Photos:-</b>	



Word Health Day 2021 - Google x World Health Day.pptx - Google x Mahatma Education Society - Ca x Meet - Webinar-World He

meet.google.com/jof-fuvu-tdg?authuser=0

Apps Classroom My Drive - Google... Google Docs 12th Evaluate the followi... 12th CBSE

REC Remant Tiwari is presenting

1 Wet hands under running water

2 Apply soap and rub palms together to ensure complete coverage

3 Spread the lather over the backs of the hands

4 Make sure the soap gets in between the fingers

5 Grip the fingers on each hand

6 Pay particular attention to the thumbs

7 Press fingertips into the palm of each hand

8 Dry thoroughly with a clean towel

Webinar-World Health Day ^

REC Mute Video

Type here to search

Word Health Day 2021 - Google x World Health Day.pptx - Google x Mahatma Education Society - Ca x Meet - Webinar-World He

meet.google.com/jof-fuvu-tdg?authuser=0

Apps Classroom My Drive - Google... Google Docs 12th Evaluate the followi... 12th CBSE

Close REC Remant Tiwari is presenting B 05 1 and

World Health Day 2021  
"Building a fairer and healthier world"

7<sup>th</sup> April 2021

Mute Remant Tiwari

Priyesh Kee

S

86 HARSHA

Webinar-World Health Day ^

REC Mute Video

Type here to search

<b>Winners(if any):-</b>	NA

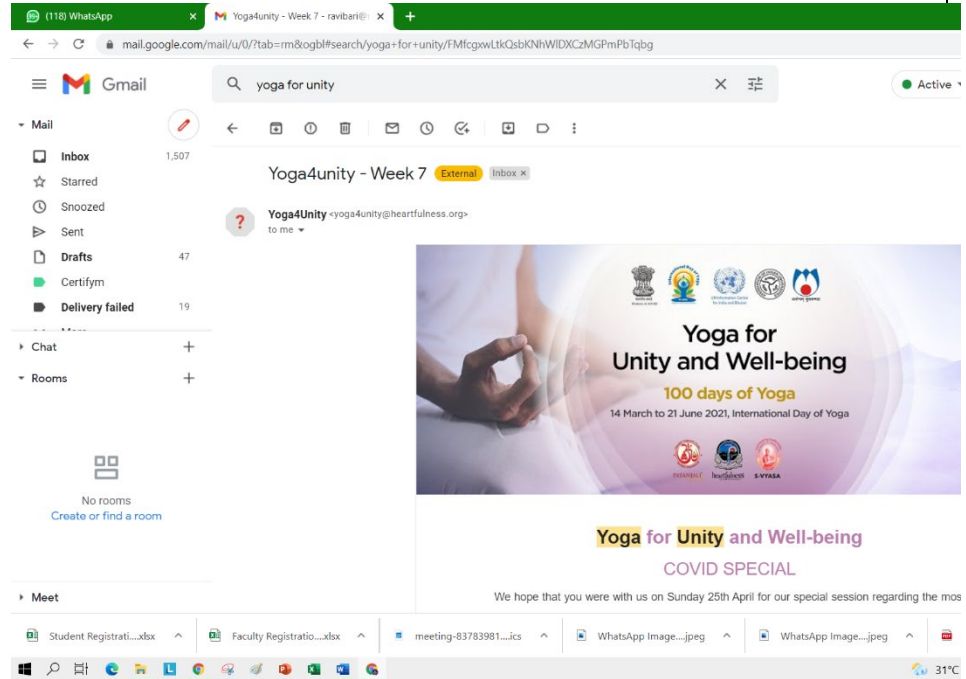
## Track Act -Activity Tracker

<b>Name of the event :-</b>	<b>Yoga for Unity and Well-being</b>
<b>Conducted by:-</b>	<b>Pillai HOC College of Arts, Science and Commerce , Rasayani in association with Heartfulness</b>
<b>Dates:-</b>	<b>March 14 to June 21 2021</b>
<b>Venue/ Online Platform:-</b>	<b>Zoom</b>
<b>Activity Falls under Criterion/Criteria:-</b>	<b>Criterion V</b>
<b>Convenor:-</b>	<b>Mr.Ravi Bari</b>
<b>Co-Convenor: - (if any)</b>	<b>Ms.Harshita Singh</b>
<b>Number of student participants benefitted:-</b>	<b>28</b>
<b>Report: -</b>	<b>Mahatma Educations Socirty's Pillai HOC College of Arts, Science and Commerce, Rasayani in association with Heartfulness is organizing 100 days yoga program. This program was organized under the auspices of Ministry of AYUSH, Govt of India and in collaboration with United Nations Information Center and the Association of Indian Universities, with the</b>

guidance of Pujya Swamjii Yogrishi Ramdev Baba.

All students and faculty members of PHCASC were invited to be a part of “Yoga for Unity & Well-Being”-a 100-day virtual program organized by Heartfulness Institute. Total 28 Faculty members participated in the event and received certificates on their registered mail.

**Photos:**





# Yoga for Unity and Well-being

## 100 days

Towards the International Day of Yoga 2021.

**Practice Yoga** with the best Institutions of India. Learn the **Common Yoga Protocol** by the Ministry of Yoga (AYUSH, Govt of India).

Podcast and sessions online: Learn at your pace from wherever you are in the world. Program free of charges.

**Morning Sessions 75+ Y**  
60 minutes - Yoga &

**Evening Sessions 30+ Tall**  
60 minutes - Yoga Lec

**Weekend Sessions Mas**  
60 minutes - Deep Di

**Starting March 14<sup>th</sup>, 2021 till June 21<sup>st</sup>, 2021**

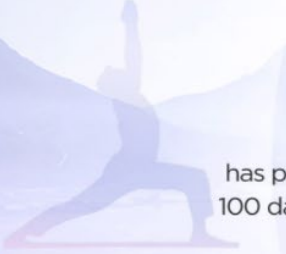
'Yoga for Unity & Well-being' is the coming together of many yoga s  
to offer authentic traditions of Yoga to the world with qualified expe



Visit us:  
[hfn.link/yogaforunity](https://hfn.link/yogaforunity)  
[hfn.link/yogaforunity-youtube](https://hfn.link/yogaforunity-youtube)



# Yoga for Unity and Well-being



*Mr. Ravi Bari*

has participated in the 'Yoga for Unity and Well-being',  
100 days of Yoga program, March 14 to June 21 towards  
the **International Day of Yoga 2021**.

**Dr. I.V. Basavaraddi**  
Director, Higher Studies  
National Institute of Yoga  
Ministry of Ayush, India

**Rajiv Chandran**  
Officer-in-Charge  
UN Information Centre  
for India and Bhutan

**Dr. Pankaj Mittal**  
Secretary General  
Association of  
Indian Universities

**Kamlesh Patel**  
Heartfulness Guide,  
Kanha Shanti Vanam  
Hyderabad

**YogRishi Swami  
Ramdev Ji Maharaj**  
President, Patanjali Yogpeeth,  
Haridwar

**Dr. H.R. Nagendra**  
Founder, Chancellor, SVYASA,  
deemed to be University,  
Bangalore



Participant Certificate - Yoga for  
Unity and Well-being

External

Inbox



Yoga4Unity 6 Jul

to me



Dear Yoga Friends,

Congratulations and thank you for participating in the program "Yoga for Unity and Well-being".

We are happy to deliver to you the certificate signed by all the Institutions that came together to make this event possible.

You can always revisit all the sessions, as they are available on the platform: [www.youtube.com/yoga4unity](http://www.youtube.com/yoga4unity). We also urge you to share them with your friends and hit the subscribe button and the bell for notifications as we will be posting more programs in the weeks to come.

We hope that this program was informative, that it gave you a good experience of Yoga, and that you benefit from the practice with us every morning and learn from the various experts who contributed to the program.

Hoping to see you soon in new programs, in the future, to take your Yoga further.

Sincerely,  
**The IDY Organization Team**

heartfulness  
purity weaves destiny



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