



Thakur Educational Trust's (Regd.)

**THAKUR RAMNARAYAN
COLLEGE OF LAW**

Thakur Ramnarayan Educational Campus,
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Criterion 2 – Teaching-Learning and Evaluation

Key Indicator-2.3: Teaching- Learning Process

QIM:2.3.1: Student centric methods, such as experiential learning, participative learning peer learning, team teaching, case law method and problem-solving methodologies are used for enhancing learning experiences.

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1. Legal Aid Committee organized "Save Mangroves, Save Mumbai" Versova Beach Clean-up drive on 25th February 2018

REPORT

TOPIC: "Save Mangroves, Save Mumbai" Versova Beach Clean-up

ORGANIZED ON: 25th February 2018

BY

THAKUR RAMNARAYAN COLLEGE OF LAW



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25.02.18

Introduction: The Legal Aid Committee of Thakur Ramnarayan College of Law organized a commendable initiative under the banner "Save Mangroves, Save Mumbai" with a focused Versova Beach Clean-Up Drive on the 25th of February 2018. The objective of this event was to raise awareness about the critical importance of mangroves, environmental conservation, and the role that legal activism can play in safeguarding Mumbai's coastal ecosystems.

Background: Versova Beach, once synonymous with pollution and debris, has undergone a transformative journey due to the relentless efforts of local communities and environmental activists. The "Save Mangroves, Save Mumbai" campaign aimed to contribute to this ongoing restoration process while also emphasizing the legal aspects related to environmental protection.

Event Highlights:

1. **Educational Workshops:** To kickstart the event, the Legal Aid Committee organized informative workshops on the legal framework surrounding environmental protection. Legal experts and environmentalists were invited to speak about the legal rights and responsibilities of citizens in safeguarding natural resources, particularly mangroves.
2. **Beach Clean-Up Drive:** The main highlight of the day was the hands-on beach clean-up activity. Participants, including students, faculty, and volunteers, actively engaged in removing plastic waste, debris, and other pollutants from Versova Beach. The clean-up drive not only contributed to the visual improvement of the beach but also served as a practical demonstration of the collective impact of community-driven initiatives.
3. **Awareness Campaigns:** Concurrently, the Legal Aid Committee organized awareness campaigns along the beachfront. Informational posters, banners, and pamphlets were distributed, elucidating the importance of mangroves in maintaining ecological balance, preventing coastal erosion, and providing habitat for diverse marine life.
4. **Legal Consultation Desk:** A legal consultation desk was set up, providing attendees with the opportunity to seek advice on legal avenues for environmental protection. This served as a unique



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platform for individuals to understand their rights and learn about legal mechanisms available for addressing environmental concerns.

Impact and Future Endeavors: The "Save Mangroves, Save Mumbai" Versova Beach Clean-Up Drive witnessed enthusiastic participation from students, faculty, and the local community. The event not only left Versova Beach cleaner but also empowered individuals with knowledge about their role in environmental preservation. The success of this initiative has paved the way for future endeavors by the Legal Aid Committee to integrate legal awareness and activism into environmental causes. Thakur Ramnarayan College of Law remains committed to fostering a sense of responsibility among its students and contributing to the larger societal goal of sustainable and ecologically responsible living.

Conclusion: The "Save Mangroves, Save Mumbai" initiative was a testament to the college's commitment to social responsibility and the integration of legal education with practical, real-world issues. By combining legal expertise with environmental activism, Thakur Ramnarayan College of Law has taken a significant step toward creating socially conscious and environmentally responsible legal professionals.

Photo Gallery:



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2. Women Development Cell celebrated International Women's Day with a guest lecture on Women Empowerment followed by a Self – defense workshop on 08th March 2018.

REPORT

TOPIC: "Guest lecture on Women Empowerment & Self – defense workshop"

ORGANIZED ON: 08th March 2018

BY

THAKUR RAMNARAYAN COLLEGE OF LAW

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08.03.18

Introduction: The Women Development Cell of Thakur Ramnarayan College of Law celebrated International Women's Day on the 8th of March 2018 with a thoughtfully curated program focusing on women's empowerment. The event featured a guest lecture on Women Empowerment by Dr. Dinu Mathew, a distinguished psychologist and counseling therapist, followed by an empowering self-defense workshop conducted by Alpa Khatri, a Black Belt in Karate and a professional trainer in martial arts.

Guest Lecture on Women Empowerment:

Dr. Dinu Mathew's Address: The celebration commenced with a highly insightful guest lecture by Dr. Dinu Mathew. Her expertise in psychology and counseling therapy, particularly in guiding students and women, brought a unique perspective to the theme of women's empowerment. Dr. Mathew addressed the challenges faced by women in various spheres of life and emphasized the role of education, self-awareness, and community support in fostering empowerment. Her engaging presentation encouraged interactive discussions, allowing students to reflect on societal norms, gender biases, and the importance of mental health in the journey towards empowerment.

Self-Defense Workshop:

Alpa Khatri's Empowering Session: Following the enlightening lecture, the event seamlessly transitioned into a hands-on self-defense workshop conducted by Alpa Khatri. As a Black Belt in Karate and a seasoned martial arts trainer, Ms. Khatri brought a wealth of practical knowledge to the session. The workshop focused on imparting fundamental self-defense techniques tailored for women, with an emphasis on practicality and real-life scenarios. Students actively participated in learning basic maneuvers, understanding body mechanics for effective self-defense, and gaining confidence in their ability to protect themselves.

Interactive Sessions: The event also featured interactive sessions, allowing students to engage directly with both Dr. Dinu Mathew and Alpa Khatri. Students had the opportunity to ask questions, seek advice, and share their experiences, fostering a sense of community and support. The interactive format enhanced the educational value of the event, providing a platform for open dialogue on issues related to women's empowerment and personal safety.



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Networking and Community Building: The International Women's Day celebration facilitated networking opportunities for students, faculty, and guest speakers. It served as a platform for building a strong community committed to promoting gender equality, empowering women, and fostering a safe and supportive environment within the college.

Impact and Future Initiatives: The celebration left a lasting impact on the participants, inspiring them to actively contribute to the cause of women's empowerment. The Women Development Cell expressed its commitment to organizing similar events in the future, integrating education, awareness, and practical skills to empower women within and beyond the college community.

Conclusion: Thakur Ramnarayan College of Law's Women Development Cell's celebration of International Women's Day was a resounding success, blending academic insights with practical skills to empower and educate the college community. The event reflected the college's dedication to holistic education, nurturing socially aware and empowered individuals prepared to contribute meaningfully to society.

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3. Moot Court Association organized the 1st Intra Moot Court Competition on 10th March 2018

REPORT

TOPIC: "1st Intra Moot Court Competition"

ORGANIZED ON: 10th March 2018

BY

THAKUR RAMNARAYAN COLLEGE OF LAW



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10.03.18

On 10th March, 2018, Thakur Ramnarayan College of Law organized its 1st Intra – Moot Court Competition for students of both Three-Year Law Course and Five-Year Law Course. There was an overwhelming participation from the students with 12 teams competing for the trophy. There were 02 Rounds- The Preliminary and the Finals and trophies were awarded to the Winner, Runners up, Best memorial and Best speaker. Eminent people from the Industry were invited to judge the event.

Introduction: Thakur Ramnarayan College of Law marked a supreme moment with its inaugural Intra Moot Court Competition, an event that provided students with a platform to showcase their legal acumen and advocacy skills. The competition not only demonstrated the institution's commitment to practical legal education but also attracted a panel of eminent judges, adding prestige to the event.

Event Planning and Execution: The meticulous planning and execution of the Intra Moot Court Competition reflected the dedication of the organizing committee. From case selection to participant registration, every aspect was carefully curated to ensure a challenging yet enriching experience for the participants and an intellectually stimulating environment for the audience. Case Selection: The heart of the competition lay in the selection of a compelling and intricate moot problem. The chosen case presented a multifaceted legal scenario, allowing participants to delve into nuanced legal issues and develop comprehensive arguments. The case's relevance to contemporary legal issues added a layer of real-world applicability to the competition.

Participation and Diversity: The competition attracted participation from students across various semesters, fostering a healthy spirit of competition and collaboration. Teams were formed, each



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comprising passionate law students eager to showcase their research, advocacy, and presentation skills. The diversity of participants ensured a dynamic and intellectually stimulating competition.

Eminent Judges: The distinguishing feature of the 1st Intra Moot Court Competition was the presence of a distinguished panel of judges, including legal practitioners, faculty members, and renowned alumni. Their expertise and experience added immense value to the competition, offering participants valuable insights and constructive feedback. Scoring

Criteria: The judging criteria were meticulously designed to evaluate participants on various parameters, including legal research, oral advocacy, presentation skills, and the ability to respond to questions from the bench. This comprehensive approach ensured a fair and thorough assessment of each team's performance.

Intensity of Rounds: The competition unfolded in multiple rounds, simulating a real courtroom experience for participants. Preliminary rounds allowed teams to showcase their written memorials, while subsequent rounds featured oral arguments, testing the participants' ability to think on their feet and respond to legal queries under pressure.

Interactive Feedback Sessions: A unique aspect of the competition was the interactive feedback sessions conducted by the judges after each round. This not only provided constructive criticism but also allowed participants to engage in meaningful discussions, deepening their understanding of legal intricacies and refining their advocacy skills.

Networking Opportunities: The event created an environment conducive to networking between participants and the esteemed judges. This interaction went beyond the competition, providing students with a chance to seek guidance, build connections, and gain insights into the practical aspects of legal practice.

Culmination and Awards Ceremony: The Intra Moot Court Competition concluded with an awards ceremony, where the winning teams, best speakers, and outstanding memorials were recognized. This celebratory culmination highlighted the achievements of the participants and reinforced

the importance of such competitions in nurturing future legal professionals.

Conclusion: The 1st Intra Moot Court Competition at Thakur Ramnarayan College of Law was a resounding success, setting a high standard for future editions. The event not only showcased the



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institution's commitment to practical legal education but also provided a platform for students to develop crucial advocacy skills and engage with eminent members of the legal community. The presence of distinguished judges added a layer of authenticity to the competition, elevating the overall learning experience for participants.

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6. **Thakur Ramnarayan College of Law (TRCL) in collaboration with Thakur Ramnarayan College of Arts and Commerce (TRCAC) celebrated International Yoga Day - Yoga for Harmony and Peace on 21st June, 2018**

REPORT

TOPIC: YOGA FOR HARMONY AND PEACE

ORGANIZED ON: 21ST JUNE, 2018

BY

TRCL AND TRCAC

21.06.2018

Introduction:

Thakur Ramnarayan College of Law (TRCL) and Thakur Ramnarayan College of Arts and Commerce (TRCAC) joined hands to celebrate International Yoga Day under the theme "Yoga for Harmony and Peace." The event aimed to promote the ancient practice of yoga as a means to achieve physical, mental, and spiritual well-being, fostering a sense of unity and tranquility.

Event Highlights:

The celebration commenced with an opening ceremony where faculty members, students, and special guests gathered to express their commitment to the principles of yoga. The event was graced by renowned yoga instructors who conducted various sessions to guide participants through different yoga postures, breathing exercises, and meditation techniques.

Yoga Workshops:


TRCL and TRCAC organized interactive yoga workshops tailored for participants of all levels, from beginners to experienced practitioners. The workshops covered a wide range of yoga disciplines, including Hatha, Vinyasa, and Kundalini yoga. Participants were encouraged to explore these diverse practices to discover the one that resonated most with their individual preferences and needs.

Inclusivity and Community Building:

One of the key objectives of the event was to promote inclusivity and community building. Students and faculty members from both colleges actively participated, fostering a sense of unity and collaboration. The inclusive nature of the celebration emphasized the universality of yoga, transcending cultural and societal boundaries.

Expert Talks:




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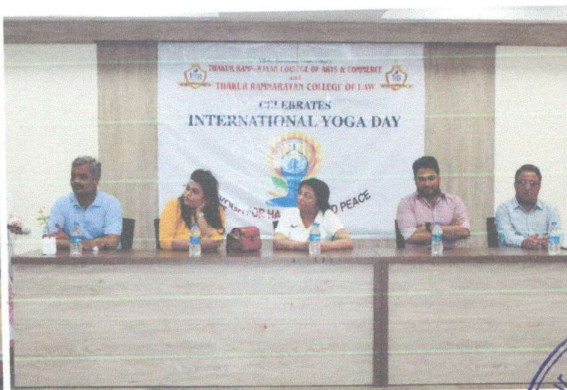
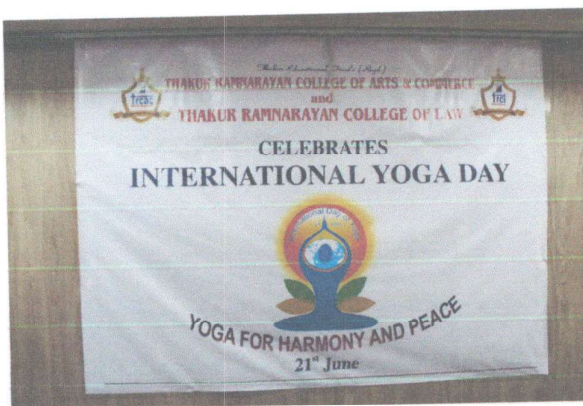
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Distinguished speakers, including yoga experts and practitioners, delivered insightful talks on the holistic benefits of yoga for physical health, mental well-being, and spiritual growth. These talks provided participants with a deeper understanding of the profound impact that incorporating yoga into daily life can have.

PHOTO GALLERY:



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Conclusion:

The collaborative effort between Thakur Ramnarayan College of Law and Thakur Ramnarayan College of Arts and Commerce in celebrating International Yoga Day was a resounding success. The event not only promoted physical fitness and mental well-being but also fostered a sense of harmony, peace, and unity within the college community. By embracing the ancient wisdom of yoga, the colleges demonstrated their commitment to holistic education and the well-rounded development of their students.

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8. **Thakur Ramnarayan College of Law (TRCL) in collaboration with Thakur Ramnarayan College of Arts and Commerce (TRCAC) celebrated Independence Day on 15th August, 2018**

REPORT

TOPIC: INDEPENDENCE DAY CELEBRATION

ORGANIZED ON: 15TH AUGUST, 2018

BY

TRCL & TRCAC

15.08.2018

Introduction:

Independence Day, celebrated on 15th August, holds immense significance in India, commemorating the country's freedom from British rule. Thakur Ramnarayan College of Law (TRCL) marked this patriotic occasion in 2018 with a collaborative celebration with Thakur Ramnarayan College of Commerce and Arts (TRCAC). The event aimed to foster a sense of unity and patriotism among students while showcasing their talents.

Events and Activities:

1. **Flag Hoisting Ceremony:**

The festivities commence with the hoisting of the national flag by the college authorities, symbolizing the sovereignty and independence of the nation. The tricolor fluttering high against the backdrop of the clear sky evoked a sense of pride among the attendees.

2. **Cultural Programs:**

TRCL and TRCAC jointly organized a series of cultural programs, including patriotic songs, dance performances, and skits, to pay homage to the freedom fighters and express love for the nation. The vibrant and diverse cultural presentations highlighted the rich heritage and unity in diversity of India.

3. **Skit Performance:**

A standout feature of the celebration was a thought-provoking skit organized by the students. The skit depicted key moments in India's struggle for independence, showcasing the sacrifices made by freedom fighters. Through powerful performances, the participants successfully conveyed the importance of unity and the spirit of nationalism.

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Conclusion:

The Independence Day celebration at Thakur Ramnarayan College of Law in collaboration with Thakur Ramnarayan College of Commerce and Arts was a grand success. The event not only provided a platform for students to showcase their talents but also instilled a sense of patriotism and pride in being part of a free and democratic nation. The collaborative efforts of both colleges created a memorable and enriching experience for everyone involved, fostering a spirit of unity and national pride among the students.



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9. Vidhi Chhatra Sansad organized 1st Intra Asian Parliamentary Debate on 25th October, 2018

REPORT

TOPIC: 1st INTRA ASIAN PARLIAMENTARY DEBATE

ORGANIZED ON: 25TH OCTOBER, 2018

BY

THAKUR RAMNARAYAN COLLEGE OF LAW



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**Thakur Ramnarayan College of Law
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25.10.2018

Introduction:

Vidhi Chhatra Sansad, a prominent organization dedicated to fostering legal education and parliamentary discourse, successfully organized the 1st Intra Asian Parliamentary Debate at Thakur Ramnarayan College of Law. The event marked a significant milestone in the organization's commitment to promoting intellectual dialogue and legal awareness among the student community.

Objective:

The primary objective of the debate was to provide a platform for law students to engage in constructive parliamentary discussions, exchange ideas, and enhance their advocacy and public speaking skills. The event aimed to encourage participants to delve into critical legal issues and articulate their positions effectively.

Participation:

The Intra Asian Parliamentary Debate witnessed enthusiastic participation from law students representing various classes. The team engaged in rigorous debates on contemporary legal issues, showcasing the diversity of perspectives within the Asian legal community.

Format:

The debate followed the parliamentary debate format, a style known for its emphasis on spontaneous arguments and rebuttals. Participants were required to demonstrate a deep understanding of legal principles, effective communication, and the ability to think on their feet.

Adjudication Panel:

An esteemed panel of experienced adjudicator Adv. Harsh Desai, Principal Dr. A.K. Singh and Shri Ravi J Singh in parliamentary debate, assessed the participants' performances. Their feedback provided valuable insights and constructive criticism to help participants refine their skills.

Conclusion:



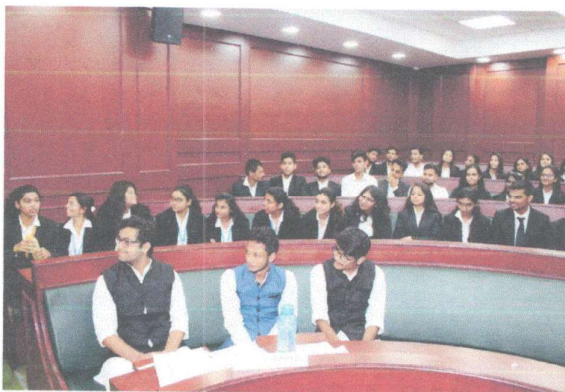
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Vidhi Chhatra Sansad's 1st Intra Asian Parliamentary Debate at Thakur Ramnarayan College of Law was a resounding success, fostering intellectual growth, cultural exchange, and camaraderie among the participating students. The event served as a testament to the organization's commitment to nurturing the next generation of legal professionals and promoting collaborative discussions on pressing legal issues.

PHOTO GALLERY:




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10. The Legal Aid Committee organized a Guest Lecture and Constitutional Quiz on National Law Day at Thakur Ramnarayan College of Law on 26th November, 2018.

REPORT

TOPIC: GUEST LECTURE AND CONSTITUTIONAL QUIZ

ORGANIZED ON: 26TH NOVEMBER, 2018

BY

LEGAL AID COMMITTEE

THAKUR RAMNARAYAN COLLEGE OF LAW



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S.V. Road, Dahisar(E), Mumbai-400068**

26.11.2018

Introduction:

On 26th November 2018, Thakur Ramnarayan College of Law celebrated National Law Day with an engaging and educational event organized by the Legal Aid Committee. The program included a thought-provoking Guest Lecture on the "Sale of Goods Act" by Dr. Bipin Kumar and a spirited Constitutional Quiz that drew enthusiastic participation from students of both the Five-Year Law Course and the Three-Year Law Course.

Guest Lecture by Dr. Bipin Kumar:

The day commenced with a Guest Lecture on the "Sale of Goods Act" presented by Dr. Bipin Kumar. Asst. Prof. Hansa Bhargav, the coordinator of the event, introduced the distinguished speaker. Dr. Bipin Kumar, renowned for his expertise in the subject matter, delivered an insightful lecture that provided students with a comprehensive understanding of the legal nuances surrounding the sale of goods. The seminar hall was abuzz with intellectual engagement as students actively participated in the interactive session, posing questions and seeking clarification on various aspects of the topic.

Constitutional Quiz Competition:

Following the enlightening lecture, the atmosphere in the seminar hall transitioned to one of excitement as the Constitutional Quiz Competition unfolded. Students, divided into teams representing both the Five-Year Law Course and the Three-Year Law Course, showcased their constitutional knowledge and analytical skills. The quiz, designed to test their understanding of legal principles, was met with enthusiastic participation and demonstrated the students' commitment to academic excellence.

Quiz Winners and Runners-Up:

The quiz competition culminated with the announcement of winners and runners-up. The team comprising Mr. Rachit Singh, Mr. Abhishek Bandekar, Mr. Abhishek Singh, and Ms. Tanya Sinha from the Five-Year Law Course emerged triumphant, earning the title of Quiz Winners. The team of Ms. Ankita



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Jangid, Ms. Ritu Pandey, Ms. Rahila Khan, and Ms. Akansha Sharma demonstrated commendable knowledge, securing the position of Runners-Up.

PHOTO GALLERY:



Conclusion:

The National Law Day celebrations at Thakur Ramnarayan College of Law, marked by the Guest Lecture and Constitutional Quiz, proved to be a resounding success. The event not only enriched the students' understanding of the Sale of Goods Act but also provided a platform for them to showcase their constitutional knowledge and analytical abilities. Asst. Prof. Hansa Bhargav and the Legal Aid Committee deserve commendation for organizing an event that not only commemorated National Law Day but also fostered a spirit of academic enthusiasm and camaraderie among the student body.



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11. Women Development Cell conducted a workshop on "Self- defence" on 27th October 2018 for the first year classes. The resource person for the same was Ms. Alpa Khatri

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REPORT

Date: 27th October 2018

Workshop on 'Self- Defence Training'

Women Development Cell of Thakur Ramnarayan College of Law conducted one- day workshop on 'Self- Defence Training' for the girl students on 27th October 2018 at 11:30 A.M. The training was conducted by Mrs. Alpa Khatri- Third Dan Black Belt under Konjaku shin (England) and Gold medallist in many National & International Karate Championships in last 18 years.

The Workshop started with introduction to the concept of 'Self- defence' i.e. attainment of mental and physical strength and ability to use it in right way at right time. The training emphasized on need for self- defence techniques along with several practical demonstrations, in which, girl students participated enthusiastically. Mrs. Alpa Khatri discussed diets and training habits necessary for developing physical health leading to mental well- being.

Alpa Khatri
Organised by,
Women Development Cell

[Handwritten Signature]

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TRCL/MP/05/FRM/09
 Seminar/Workshop/Conference/Bridge Course Feedback
 Revision: A

Name: Sarshi Prasad
 Class: FYBLS Div: _____ Roll No. 55 Semester I
 Name of the Workshop/Seminar/ Bridge Course: Self defense
 Name of the Resource Person: Alpa Khatri

Sr. No.	Parameters	Level of Satisfaction (04 - 10)
1	Course Content	
1.1	Topic Coverage	09
1.2	Knowledge Gained	09
1.3	Uniqueness of the Course	09
1.4	Level of Expectations Met	
2	Resource Person	
2.1	Time Management	09
2.2	Ability to Explain	10
2.3	Ability to Hold Attention	10
2.4	Rapport with Participants	09
3	Administration	
3.1	Availability of Resources	10
3.2	Classroom/Lab Ambience	09

Suggestions (if any): _____
 Signature of Student: Sarshi Prasad
 Date: 17/05/2018

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TRCL/MP/05/FRM/09
 Seminar/Workshop/Conference/Bridge Course Feedback
 Revision: A

Name: Nabeel Parvody
 Class: FYBLS Div: _____ Roll No. 30 Semester I
 Name of the Workshop/Seminar/ Bridge Course: Alpa Khatri self defense
 Name of the Resource Person: Alpa Khatri

Sr. No.	Parameters	Level of Satisfaction (04 - 10)
1	Course Content	
1.1	Topic Coverage	9/10
1.2	Knowledge Gained	10/10
1.3	Uniqueness of the Course	10/10
1.4	Level of Expectations Met	9/10
2	Resource Person	
2.1	Time Management	10/10
2.2	Ability to Explain	10/10
2.3	Ability to Hold Attention	10/10
2.4	Rapport with Participants	8/10
3	Administration	
3.1	Availability of Resources	10/10
3.2	Classroom/Lab Ambience	10/10

Suggestions (if any): all are good so no need to suggestions.
 Signature of Student: Nabeel Parvody
 Date: 17/05/2018

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TRCL/MP/05/FRM/09
 Seminar/Workshop/Conference/Bridge Course Feedback
 Revision: A

Name: Radhika Singh
 Class: FYBLS Div: _____ Roll No. 49 Semester I
 Name of the Workshop/Seminar/ Bridge Course: self defense
 Name of the Resource Person: Alpa Khatri

Sr. No.	Parameters	Level of Satisfaction (04 - 10)
1	Course Content	10
1.1	Topic Coverage	9
1.2	Knowledge Gained	9
1.3	Uniqueness of the Course	5
1.4	Level of Expectations Met	10
2	Resource Person	10
2.1	Time Management	9
2.2	Ability to Explain	10
2.3	Ability to Hold Attention	10
2.4	Rapport with Participants	10
3	Administration	10
3.1	Availability of Resources	10
3.2	Classroom/Lab Ambience	10

Suggestions (if any): _____
 Signature of Student: Radhika Singh
 Date: 24/10/18

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TRCL/MP/05/FRM/09
 Seminar/Workshop/Conference/Bridge Course Feedback
 Revision: A

Name: Abhi Parvody
 Class: FYBLS Div: A Roll No. 31 Semester _____
 Name of the Workshop/Seminar/ Bridge Course: self defense
 Name of the Resource Person: Alpa Khatri

Sr. No.	Parameters	Level of Satisfaction (04 - 10)
1	Course Content	10
1.1	Topic Coverage	10
1.2	Knowledge Gained	10
1.3	Uniqueness of the Course	9
1.4	Level of Expectations Met	10
2	Resource Person	10
2.1	Time Management	9
2.2	Ability to Explain	10
2.3	Ability to Hold Attention	10
2.4	Rapport with Participants	10
3	Administration	10
3.1	Availability of Resources	10
3.2	Classroom/Lab Ambience	10

Suggestions (if any): _____
 Signature of Student: Abhi Parvody
 Date: _____



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12. The Legal Aid Committee conducted a Legal Awareness Program with Global Care Foundation and District Legal Service Authority at Thakur Ramnarayan College of Law on 15th December, 2018.

REPORT

TOPIC: LEGAL AWARENESS PROGRAM

ORGANIZED ON: 15TH DECEMBER, 2018

BY

LEGAL AID COMMITTEE

THAKUR RAMNARAYAN COLLEGE OF LAW



Principal

Thakur Ramnarayan College of Law
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15.12.2018

Introduction:

On 15th December 2018, Thakur Ramnarayan College of Law played host to a Legal Awareness Programme organized by the Global Care Foundation in collaboration with the District Legal Service Authority (DLSA). Distinguished guests, including Adv. Yusuf Muchhala, Senior Advocate of the Supreme Court, Shri Yatin Game, Secretary DLSA Mumbai, Adv. Rashda Ainapore, Advocate Bombay High Court, and Mr. Abid Kundalam, Managing Trustee of Global Care Foundation, shared their expertise with the students.

Guest Speakers:

The event featured a lineup of esteemed speakers, each bringing a wealth of legal knowledge to the audience. Adv. Yusuf Muchhala, known for his seniority in the legal field, provided insights into various legal aspects. Shri Yatin Game, Secretary DLSA Mumbai, offered his perspectives on legal services in the district. Adv. Rashda Ainapore shed light on pertinent topics such as anti-ragging, human rights, and the significance of legal aid. Mr. Abid Kundalam, Managing Trustee of Global Care Foundation, added a practical and humanitarian dimension to the discussion.

Topics Covered:

The programme focused on crucial subjects relevant to the student community. Speakers elaborated on the menace of ragging and the legal provisions in place to combat this issue. Human rights, a cornerstone of legal awareness, were discussed in depth, emphasizing the importance of upholding and protecting the rights of every individual. Additionally, the significance of legal aid and the role of students in providing assistance to those in need were highlighted.

Student Participation:

The Legal Awareness Programme witnessed an overwhelming response from the students of Thakur Ramnarayan College of Law. Eager to enhance their understanding of legal principles and their



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application in real-world scenarios, students actively engaged with the guest speakers during the question-and-answer sessions.

Impact and Takeaways:

The programme left a lasting impact on the students, equipping them with knowledge that extends beyond the confines of textbooks. By addressing practical issues like ragging, human rights, and the role of legal aid, the event inspired students to recognize their responsibility in promoting a just and lawful society.

PHOTO GALLERY:




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Conclusion:

Thakur Ramnarayan College of Law's collaboration with the Global Care Foundation and the District Legal Service Authority in hosting the Legal Awareness Programme exemplifies the institution's commitment to providing holistic education. By bringing distinguished legal professionals to share their insights, the college empowers students with practical knowledge, fostering a sense of responsibility and awareness about legal issues that are crucial in today's dynamic world. The overwhelming response from students underscores the success of the event in achieving its objective of promoting legal awareness and advocacy.



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15. Moot Court Association organized the 2nd Intra Moot Court Competition on 15th March 2019

REPORT

TOPIC: "2nd Intra Moot Court Competition"

ORGANIZED ON: 15th March 2019

BY

THAKUR RAMNARAYAN COLLEGE OF LAW

15.03.19

Introduction:

Thakur Ramnarayan College of Law recently organized its 2nd Intra-Moot Court Competition, a prestigious event that brought together students from both the Three-Year Law Course and the Five-Year Law Course. The competition witnessed remarkable enthusiasm and participation, with twenty-four teams vying for the coveted trophy.

Event Structure:

The competition was structured into two rounds – the Preliminary round and the Final round. The Preliminary round served as a platform for all participating teams to showcase their legal acumen, presenting arguments and engaging in moot court simulations. The top-performing teams advanced to the Final round, where they had the opportunity to present before a distinguished panel of judges.

Judges:

The Final round of the competition was adjudicated by prominent legal professionals, namely Adv. Shivnaresh Sinha and Adv. Vipin Peethambaran. Their expertise and experience added a layer of authenticity and rigor to the judging process, ensuring a fair evaluation of the participants' performances.

Winners and Runners Up:

The Winners of the 2nd Intra-Moot Court Competition were Ms. Sakshi Baadkar (S.Y.B.L.S.), Mr. Abhishek Singh (F.Y.B.L.S.), and Ms. Maitry Kothari (S.Y.B.L.S.). These students demonstrated exceptional legal skills, articulate argumentation, and a thorough understanding of the moot court scenario. The Runners Up were Ms. Nellie Emmanuel (F.Y.B.L.S.), Ms. Shambhavi Malaviya (F.Y.B.L.S.), and Swati Singh (F.Y.B.L.S.), showcasing commendable performances as well.

Individual Awards:




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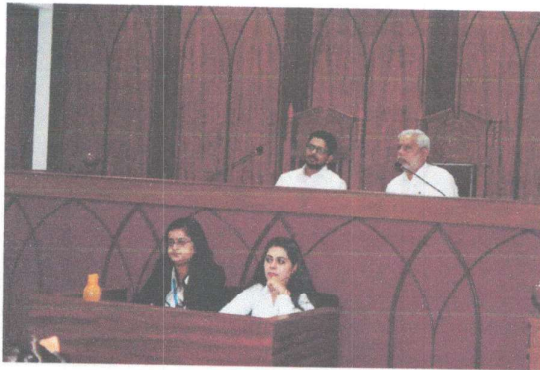
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Recognizing outstanding individual performances, Ms. Ankita Jangid (F.Y.L.L.B.) was awarded the Best Speaker prize for her eloquence, persuasive presentation, and command over legal arguments. Additionally, the Best Memorial Prize was bestowed upon Ms. Bhairavi Jadhav (S.Y.B.L.S.), Ms. Madhu Mallah (S.Y.B.L.S.), and Ms. Krishna Nair (S.Y.B.L.S.) for their meticulous preparation and well-structured legal memorials.

PHOTO GALLERY:



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Conclusion:

Thakur Ramnarayan College of Law's 2nd Intra-Moot Court Competition not only showcased the legal prowess of its students but also provided a valuable platform for them to hone their advocacy and legal research skills. The participation of twenty-four teams and the involvement of distinguished judges underscore the growing importance of such events in shaping the next generation of legal professionals. Through this competition, the college continues to foster an environment of legal excellence and encourages students to actively engage in moot court activities, thereby preparing them for the challenges of the legal profession.



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16. Lex Communique a Flagship event organized by Thakur Ramnarayan College of Law on 23rd and 24th February 2020

REPORT

TOPIC: "Lex Communique 2020"

ORGANIZED ON: 23rd & 24th February, 2020

BY

THAKUR RAMNARAYAN COLLEGE OF LAW

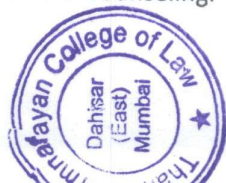
24.02.20

BACKGROUND

- Reason/Objective- To organize a two days national law fest.
- Usefulness- To provide students a platform where they can hone both their written and oral advocacy skills in this competitive field.
- Expected Outcome- Students would be able to utilize opportunities for participation, skills development, volunteering and social, cultural and economic developments
- Expected to increase- participation of students

BRIEF INTRODUCTION

Lex Communique 2020 was a two-day event, which culminated into a grand platform for the student community from across the country. It is an annual Law fest hosted by Thakur Ramnarayan College of Law. This was the third year of this fest which was hosted on the 22nd and 23rd of February 2020. There were in all 32 teams, which had participated 28 out of these teams were into mootings while 14 teams of participants had participated in Client Counseling. Students from 15 teams were a part of the Parliamentary Debate.



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There were a bunch of 120 amazing students from all over India. Lex- Communique 2020 was inaugurated by Dr. Nandakishor Deshpande (Retd. Chief Justice). The event was a huge success just like it had been from the last two years. There was a valedictory event on the second day, which unveiled the cultural colors. Adv. Sanjog Parab (Senior Counsel) graced the event.

OBJECTIVES OF PROGRAM

The main objective behind the program held was to

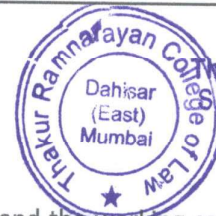
- Provide opportunities for participation, skills development, volunteering and social, cultural and economic developments.

DETAILS OF PARTICIPANTS

1.Number of teachers	All
2.Number of students	60
3.Number of other delegates	0
4. Number of delegates from other colleges.	0
5.Number of delegates from other states than Maharashtra	0

Principal

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CONDUCT OF THE PROGRAM

Number of meetings, sessions conducted to organize the program and the working committee behind the session



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Number of meetings held to organize the program	Details of the meetings
Decision of the program to be held on 5th December, 2020	When, how and in what manner the event shall be organized.
Decision of the program to be held on 18th January, 2020	Assignment of duties and responsibilities to support the team.
Decision of the program to be held 20th February, 2020	A final review on the event flow and duties assigned.

The faculty of the law college supervised the overall arrangements.

SUGGESTIONS/COMMENTS

- The program was very well received by the students and well-coordinated.

BEST LIKED PART OF THE PROGRAM

- Coordination was good between faculty and students.
- Everything went as planned.
- Active participation of the students was achieved.

LEAST LIKED PART OF THE PROGRAM

- There was a need for improvement in management of the program.

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OUTCOME

Students would be able to utilise opportunities for participation, skills development, volunteering and social, cultural and economic developments.

PICTURE GALLERY:



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17. Moot Court Association organized 1st NATIONAL BAIL APPLICATION AND ARGUMENTATION COMPETITION on 23rd and 24th October 2021

REPORT

TOPIC: "1st NATIONAL BAIL APPLICATION AND ARGUMENTATION COMPETITION"

ORGANIZED ON: 23rd and 24th October, 2021

BY

THAKUR RAMNARAYAN COLLEGE OF LAW

24.10.21

BACKGROUND

- Reason/Objective- To organize two days' competition through online mode.
- Usefulness- To provide students a platform where they can hone both their written and oral advocacy/debating skills in this competitive field.
- Expected Outcome- Students would be able to utilize opportunities for drafting and arguing bail application.
- Expected to increase- participation of local teams
- Mode- online (Zoom platform)

BRIEF INTRODUCTION




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Thakur Ramnarayan College of Law's Moot Court Association hosted its 1st National Bail Application and Argumentation Competition, which was held on the 23rd and 24th October, 2021. This competition was unique, as it was the first ever Bail Application and Argumentation Competition to be held in India. The event was held virtually and received eager participation from 30+ colleges across the length and breadth of India. The inauguration ceremony was held on the first day of the competition and Chief Justice Ajay C. Daga City Civil and Sessions Court, Mumbai, shared with the participants the importance of Bail, its procedure and types of Bail. His words were encouraging and motivational to all the participants. Our esteemed Principal, Dr A. K Singh, himself a fountainhead of legal knowledge and a



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brilliant academicians, declared the competition open and encouraged the participants with his kind words. Shortly after the inauguration ceremony, the teams contested the Preliminary Round, after which eight teams with the highest scores qualified for the Quarterfinals. All participants showcased their arguments before their respective judges. The quality of arguments and research was very high. The distinguished Judges, which included faculty members, practicing lawyers and leading jurists from all over the country, helped to streamline the proceedings and gave their valuable feedback to the participants. Finally, four teams emerged as the Semi-Finalists. The excitement and anticipation reached a fever pitch on the day of the Semi Finals and Finals. All those present in the courtroom were highly impressed with all the teams. The Arguments were intense, there was great courtroom etiquette, exemplary presentation skills and this was a great learning experience for all the participants. The speakers were subjected to intense questioning by the judges and they came through with flying colors. The culmination of this Competition was the Final Round, which was won by Dr DY Patil College of Law, Nerul. They also won the prize for Best Bail Application. The runners-up prize was awarded to Pravin Gandhi College of Law. The Best Speaker prize was awarded to the participant from New Law College, Bharati Vidyapeeth, Pune. All winners were awarded cash prizes, trophies and certificates. We consider this competition as a big step forward in the legal education process of our students. We thank all those who have helped to successfully organize this unique event. We look forward to organizing many such events in the future.

OBJECTIVES OF PROGRAM

The main objective behind the program held was to

- Provide opportunities for participation, skills development, volunteering and social, cultural and economic developments in this pandemic situation through online mode.



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DETAILS OF PARTICIPANTS

1.Number of teachers	1
2.Number of students	20



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3.Number of other delegates	66
4. Number of delegates from other colleges.	66
5.Number of delegates from other states than Maharashtra	48

CONDUCT OF THE PROGRAM

Number of meetings, sessions conducted to organize the program and the working committee behind the session

Number of meetings held to organize the program	Details of the meetings
Decision of the program to be held on 5th September, 2021	When, how and in what manner the event shall be organized.
Decision of the program to be held on 18th September, 2021	Assignment of duties and responsibilities to support the team.
Decision of the program to be held 15th October, 2021	A final review on the event flow and duties assigned.

PICTURE GALLERY:

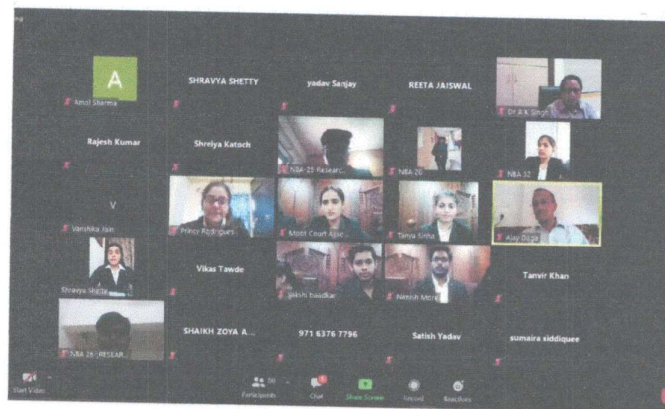
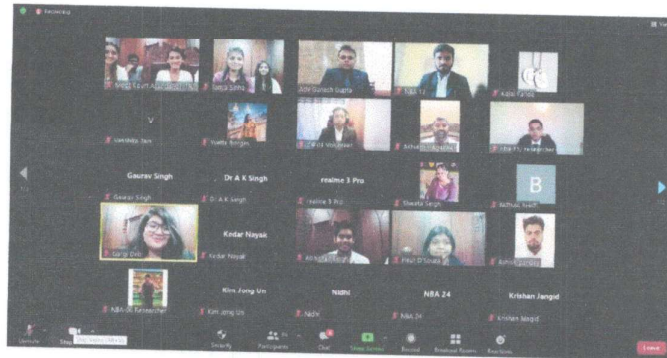



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The faculty of the law college supervised the overall arrangements.

SUGGESTIONS/COMMENTS

- The program was very well received by the students and well-coordinated.

BEST LIKED PART OF THE PROGRAM

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- Coordination was good between faculty and students.
- Everything went as planned.
- Active participation of the students was achieved.

OUTCOME

Students would be able to utilize opportunities for participation, skills development, volunteering and social, cultural and economic developments.

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19. Vidhi Chhatra Sansad has organized a Demo Asian Parliamentary debate for FYBLS on 29th March 2022

REPORT

TOPIC: "Demo Asian Parliamentary debate"

ORGANIZED ON: 29th March, 2022

BY

THAKUR RAMNARAYAN COLLEGE OF LAW

29.03.22

Introduction:

On 29th March, 2022, Vidhi Chhatra Sansad organized a Demo Asian Parliamentary Debate at Thakur Ramnarayan College of Law. The event aimed to foster critical thinking, communication skills, and parliamentary debate techniques among law students. With the participation of enthusiastic students and distinguished judges, the debate unfolded as an intellectually stimulating exercise.

Event Overview:

The Demo Asian Parliamentary Debate commenced at 11:30am with an opening address by the organizing committee, welcoming all participants, judges, and attendees. The event adhered to the standards and rules typical of an Asian Parliamentary Debate format, emphasizing constructive dialogue and respectful discourse.

Participants:

The debate witnessed the participation of students from various law schools across the region, including Thakur Ramnarayan College of Law. The diversity of participants brought forth a range of perspectives and arguments on the topics discussed during the event.

Topics Debated:

The debate featured a series of topics relevant to contemporary legal, social, and political issues. Some of the topics included:

1. The role of social media platforms in regulating hate speech
2. Implementation of artificial intelligence in the legal system
3. International human rights obligations in times of conflict.



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The topics were meticulously chosen to challenge the participants' analytical skills and knowledge of legal and societal matters.

Judges:

A panel of esteemed judges comprising faculty members from Thakur Ramnarayan College of Law evaluated the debates. Their expertise and impartial judgment ensured the fairness and credibility of the competition.

Format and Structure:

The debate followed the Asian Parliamentary format, wherein teams of three members each participated in constructive speeches, rebuttals, and closing statements. The format encouraged collaboration, critical thinking, and quick wit, reflecting the dynamic nature of parliamentary debates.

Outcome:

The Demo Asian Parliamentary Debate provided a platform for students to refine their oratory skills, articulate arguments cogently, and engage in reasoned discourse. Participants demonstrated their ability to analyze complex issues, present compelling arguments, and respond adeptly to counterarguments. The event concluded with a closing ceremony, wherein the organizing committee expressed gratitude to the participants, judges, and sponsors for their invaluable contributions. Certificates of participation and recognition were awarded to commendable individuals and teams.

Conclusion:

The Demo Asian Parliamentary Debate organized by Vidhi Chhatra Sansad at Thakur Ramnarayan College of Law served as a testament to the intellectual vigor and enthusiasm prevalent among law students. The event not only honed participants' debating skills but also fostered camaraderie and mutual respect among peers. As the debate concluded, participants left with enriched perspectives, newfound knowledge, and a deeper appreciation for the art of persuasive communication and critical thinking.

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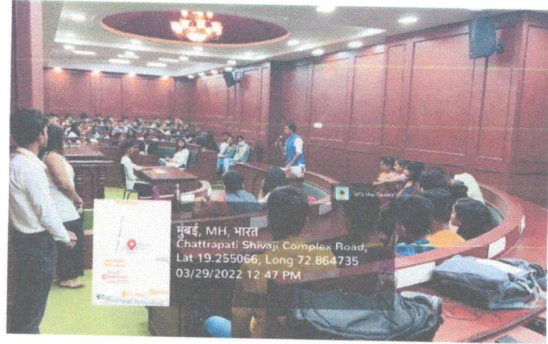
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20. Vidhi Chhatra Sansad organized Youth Parliament on 18th July, 2022 under the National Youth Parliament Scheme launched by the Ministry Of Parliamentary Affairs

REPORT

TOPIC: "Youth Parliament 2022"

ORGANIZED ON: 18th July, 2022

BY

THAKUR RAMNARAYAN COLLEGE OF LAW



Principal

**Thakur Ramnarayan College of Law
S.V. Road, Dahisar(E), Mumbai-400068**

19.07.22

Introduction:

On July 18th, 2022, Vidhi Chhatra Sansad organized a Youth Parliament event under the National Youth Parliament Scheme launched by the Ministry of Parliamentary Affairs. The event aimed to provide young participants with a platform to engage in parliamentary-style debates and discussions, fostering a deeper understanding of democratic principles and governance processes.

Event Overview:

The Youth Parliament event commenced with an inaugural ceremony, wherein representatives from Vidhi Chhatra Sansad welcomed participants and highlighted the significance of youth engagement in parliamentary affairs. The event adhered to the guidelines and framework established by the National Youth Parliament Scheme, ensuring authenticity and adherence to parliamentary procedures.

Objective:

The objective of the Youth Parliament is to strengthen the roots of democracy, inculcate healthy habits of discipline, tolerance of the view of others and to enable the student community to know about practices and procedures of the Parliament.

Participants:

The event witnessed enthusiastic participation from students representing various educational institutions and youth organizations. The diverse backgrounds and perspectives of the participants contributed to the richness of the debates and discussions held during the Youth Parliament session.

National Youth Parliament Scheme:

The National Youth Parliament Scheme, launched by the Ministry of Parliamentary Affairs, aims to promote the spirit of democracy and parliamentary practices among the youth of the nation. By



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organizing Youth Parliament events across the country, the scheme seeks to empower young individuals to actively participate in democratic processes and contribute to nation-building endeavors.

Format and Structure:

The Youth Parliament event followed the format and structure of parliamentary proceedings, including the introduction of bills, debates, and voting procedures. Participants were assigned roles such as Members of Parliament, Ministers, and Opposition leaders, allowing them to experience the dynamics of parliamentary functioning firsthand.

Themes and Topics:

The discussions held during the Youth Parliament session covered a wide range of themes and topics relevant to contemporary socio-political issues. Some of the key areas explored included:

1. Youth empowerment and participation in decision-making processes.
2. Environmental sustainability and climate change mitigation strategies.
3. Socio-economic development and inclusive growth policies.

The topics were carefully selected to encourage critical thinking, problem-solving, and collaborative decision-making among the participants.

Outcome:

The Youth Parliament event proved to be a resounding success, providing participants with a platform to voice their opinions, express concerns, and propose solutions to pressing societal challenges. Through meaningful debates and deliberations, participants gained valuable insights into parliamentary procedures and democratic governance principles.

Conclusion:

The Youth Parliament organized by Vidhi Chhatra Sansad on July 18th, 2022, served as a testament to the importance of youth engagement in democratic processes. By embracing the ethos of the National Youth Parliament Scheme, the event empowered young individuals to become active stakeholders in shaping the future of the nation. As advocates of democratic values and principles, Vidhi Chhatra Sansad remains committed to nurturing the next generation of informed and responsible citizens.



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21. Legal Aid Committee organized Legal Awareness Campaign on 27th July 2022 and more than 75 students participated in by Global Care Foundation with DLSA Mumbai at CSMT Railway Station for World Day For International Justice

REPORT

TOPIC: Legal Awareness Campaign by students on CSMT Railway Station

ORGANIZED ON: 27th July, 2022

BY

Legal Aid Cell in association with Global Care

THAKUR RAMNARAYAN COLLEGE OF LAW

30.7.2022

* **Faculty In charge and Convenor for the event:**, Asst. Prof. Amrita Sanyal, Asst. Prof. Subhash Pathak

* **Report Prepared by:** Urvashi Saboo, Student (S.Y.B.L.S./ LL.B.)

* **Edited and updated by:** Asst Prof. Amrita Sanyal

BACKGROUND

- **Reason/Objective-** The objective of the event was to enlighten the public with their rights and the schemes of District Legal Service Authority
- **Conducted under-** The event was organized by the Legal Aid Cell of the Thakur Ramnarayan College of Law along with Global Care Foundation and DLSA.
- **Usefulness-** The Students interacted with commuters at the CSMT station which helped them shed their inhibitions and develop communication skills. They collected data from the people and also made them aware of their rights under the guidance of the lawyers from Global Care. They had to prepare from the pamphlets given in advance to them. This event broadened the horizon of the students and made them socially conscious and empathetic.

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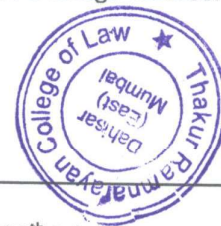


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- **Expected Outcome-** The expected outcome of the event was to make students realise their social duty as members of a noble community of lawyers. This would help in making them confident as well as empathetic. This event was also the build a bridge between DLSA and the community.



DETAILS OF THE EVENT AND PARTICIPATION:

1. Date of release of the Poster	22 th July 2022
2. Mode of Conduct	Offline
3. Total Registrations received	76
4. Feedback Received (Major focus group is TRCL students)	Feedback of students was really positive. Everyone learnt and enjoyed a lot.
5. Number of Teachers	2
6. Number of Students	76

CONDUCT OF THE PROGRAM

Number of meetings, sessions conducted to organise the program and the working committee behind the session:

Number of meetings held to organise the program	Details of the meetings
---	-------------------------

Principal



3	<p>First meeting was organised in Principal Sir's office with representative from Global Care Foundation.</p> <p>The second meeting was conducted to allot the committee members with their works for the event in offline mode.</p> <p>The third meeting was conducted with the participating students in Moot Court to brief them about the nature of work at the event.</p>
---	--


FLOW OF THE EVENT:

Students and teachers reported at the given place at 9:00 a.m. At 9:30 they attended the launch Ceremony and Program and thereafter moved for the campaign on the railway station premises from 11 a.m. onwards.

The students were divided in groups of two and they then distributed Maharashtra State Legal Services Authority's various scheme pamphlets and other awareness material. Apart from Thakur Ramnarayan College of Law few other colleges were also part of the campaign.

The campaign went till 3:00 p.m after which the collected data was handed over to Global Care representatives.




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Photo Gallery:

**Legal Awareness Campaign
 With 150 Law Students**

Know Your Rights | Legal Guidance
 Legal Aid Schemes | Governmental Schemes

To view the Campaign Live scan below:

Tomorrow
 27th July 2022
 11.00 am
 Onwards

YouTube Instagram Facebook QR codes

GCFMumbai www.globalcarefoundation.com

**World Day of
 International Justice**

LEGAL AWARENESS CAMPAIGN @ CSMT RAILWAY STATION

150 Law Students 3000+ Citizens

27th JULY 2022

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22. Vidhi Chhatra Sansad organized an Intra College Debate Competition on 13th August, 2022

REPORT



TOPIC: "Intra College Debate Competition"

ORGANIZED ON: 13th AUGUST, 2022

BY

THAKUR RAMNARAYAN COLLEGE OF LAW

13.08.2022

* Faculty In charge: CS SAACHI MADNANI

* Report Prepared by: CS SAACHI MADNANI

* Edited and updated by:

Principal

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BACKGROUND

- Reason/Objective- Debates are conducted with the objective of promoting a great way to practice argumentative writing. It helps Students to learn how to structure their argument, use evidence to support their point, and deliver it clearly and concisely.
- Conducted under- This event was conducted by Thakur Ramnarayan College of Law
- Usefulness- Debate Competition has a plethora of purposes and uses, such as:
 1. It helps to develop persuasive speaking skills.
 2. It not only helps to express their opinion but also defend it with evidence and reason.
 3. Qualities such as leadership, teambuilding, tolerance and respect are promoted.
- Expected Outcome- The expected outcome of the event was to get to know how much they know about a particular topic and to get a chance to enhance the knowledge as well as vocabulary by listening to others. Further Discussions are important because they take us to the



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conclusion more than that they make us realize what is good and bad and finally they give us a perspective of seeing a particular thing as both advantageous and disadvantageous based on knowledge and experience he/she has and a conclusion is drawn.


DETAILS OF THE EVENT AND PARTICIPATION:

(Note: The changes in tabular format are only for the report prepared for webinars only)

1. Date of Debate Competition	13 th August 2022
2. Mode of Conduct	Offline
3. Number of students participants from TRCL	66
4. Number of other participating colleges	0
5. Number of Teachers	3

PICTURE GALLERY:




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28. Women Development Cell conducted HOLISTIC HEALTH THROUGH YOGA on 17TH MAY, 2023 & 26th MAY, 2023 by IQAC & WOMEN DEVELOPMENT CELL

REPORT

TOPIC: HOLISTIC HEALTH THROUGH YOGA

ORGANIZED ON: 17TH MAY, 2023 & 26th MAY, 2023

BY

IQAC & WOMEN DEVELOPMENT CELL

THAKUR RAMNARAYAN COLLEGE OF LAW

17.05.2023

* Faculty In charge and Convenor for the Visit: Ms. Moonam Kharat

* Report Prepared by: Isha Gahalyan (T.Y.B.L.S)

* Edited and updated by:



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BACKGROUND

- Reason/Objective- The objective of the yoga session is to make students aware about the importance of yoga in day-to-day life and impact of regular exercise on the human body and mind.
- Conducted under- It was a live yoga session which was conducted by Mr. Sandeep Solanki Sir who is a renowned face in yoga. The event was conducted under Thakur Ramnarayan College of Law by IQAC and Women Development Cell.
- Usefulness- The session revolved around how yoga is not limited to asanas and it has more meaning to it. The students were explained about the importance of physical exercise which will directly contribute to their mental well being. Yoga enhances mental clarity, focus, and emotional balance. It also cultivates a mind-body connection, yoga fosters self-awareness and self -acceptance.



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- Expected Outcome- The expected outcome of the yoga session was to enlighten the students about the different type's asanas in yoga, breathing practices, importance of diet and how to deal with stress and let students be more knowledgeable about how yoga helps us to lead a healthy lifestyle.

DETAILS OF THE SESSION AND PARTICIPATION:

(Note: The changes in tabular format are only for the report prepared for session only)

1. Resource person	Mr. Sandeep Solanki
2. Date of release of the Poster	17 th May2023
3. Mode of Conduct	Offline
4. Location	Thakur Ramnarayan College of Law
5. Total Registrations received	39
6. Feedback Received (Major focus group is TRCL students)	36
7. Number of other delegates	N.A.
8. Number of delegates from other colleges	N.A.
9. Number of delegates from other states than Maharashtra	N.A.



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10. Number of Teachers	01
11. Number of Students	36 students



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BRIEF INTRODUCTION AND DISCUSSIONS DURING THE SESSIONS

Thakur Ramnarayan College of Law had organized a one day workshop on “Holistic Health Through Yoga”. The session was held early in the morning, and the atmosphere was tranquil and peaceful. The resource person was Mr. Sandeep Solanki, he has been studying yoga since 1999 and earned a master's degree in Philosophy. The session exactly starts by 8:30 with a warm welcome speech by Isha Gahalyan (T.Y.B.L.S.LL.B.). Soon after this Sandeep sir has done some basic exercise with students. The instructor began by explaining the significance of yoga in our daily lives and how it can benefit us and breathing techniques for relaxation and stress relief. He rightly said “Mind plays an important role in yoga”. Sir also talked about paradoxical breathing which are breathing movements in which the chest wall moves in on inspiration and out on expiration, in reverse of the normal movements. He also emphasized on the fact that roots have to be firm, always. Several exercises were taken up by Sandeep sir, namely as elephant exercise, inhale exhale practice by which we came to know about the impact of breathing exercise on our mind. The asanas were designed to warm up our muscles, stretch our body, and improve our flexibility.



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The session also included breathing techniques such as "Pranayama," which refers to the regulation of breath. We were taught how to practice deep breathing exercises that can help calm the mind and improve our focus and concentration. Throughout the session, Sir emphasized on the importance of connecting the mind and body to achieve a state of harmony and balance. We learned that yoga is not just a physical exercise but also a spiritual practice that can help us attain inner peace and happiness. Then we all have played games that were related to inhale- exhale, just to experience and focus on breath in which we were expected to count in reverse order without any distraction from 21-0 and with each number we had to say inhale - exhale, this was to be done non verbally. Sir also made the students perform Surya Namasakar in the correct way. Students practiced various poses of Surya Namaskar with Sir. The session concluded with a short meditation practice where we were encouraged to focus on our breathing and let go of any thoughts or distractions. Overall, the yoga session was an enlightening experience that helped us relax and feel rejuvenated.



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Meditation is a pause between two thoughts, well said by Sandeep sir and connected yoga in our daily life. We played a game which made students focus more on their work and to improve their concentration level. After a break, there was a quick Q&A session. Sir then talked about the pillars of discipline that are Yama and Niyama. These two things are important to maintain discipline in our day-to-day life. Followed by a laughing session which was eventually comforting the students. Another fun activity was conducted where one of the student was shown a picture of a yoga asana and he/she, without any actions had to explain that yoga asana to his/her partner and the partner had to be in that yoga pose. He explained about two types of stress: Eustress and Distress. Eustress feels challenging but manageable and leads to growth, while Distress is difficult and has a negative impact. This was followed by Causes of stress and their remedies. Causes of stress can be, strict deadline, heavy workload, balance between family & work, job insecurity, pressure for high performance, competition, personal issue, medical and health, lack of free time. Whereas remedies are, accept & adopt to change, no addiction to work, positive attitude, time for family and enjoy, hobby, yoga and relaxation, laughing session, diet and exercise which will directly contribute in changes in our lifestyle. The session's last activity was Shavasana, it is a resting and restorative pose. Vote of thanks was given by Sakshi Singh (S.Y.B.L.S.LL.B).



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The yoga session organized by our college was a refreshing and rejuvenating experience. It was conducted by a certified yoga instructor who taught us different yoga postures and breathing techniques that helped us to relax and de-stress. In conclusion, the yoga session was an excellent initiative to promote health and wellness among students. It provided us with an opportunity to learn about the benefits of yoga and how it can help improve our overall well-being. The session included Time Management, How to stop procrastinating, Why is Concentration important and various other topics.

Another session for the faculties was conducted on 26th May, 2023 by Mr. Sandeep Solanki. This session focused on Chair Yoga. Chair yoga is a modified form of yoga that is practiced while sitting on a chair or using a chair for support. Chair yoga incorporates gentle stretches, breathing exercises, and relaxation techniques to improve flexibility, strength, and balance. It can be beneficial for people of all ages and fitness levels, including seniors, individuals with disabilities, or those recovering from injuries.

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The session started with some basic stretching poses in chair yoga such as Neck stretches, Shoulder rolls and Chest opener. Next exercise was Wrist and Forearm Stretch. This stretch can help alleviate tension and stiffness in the forearms and wrists. Sandeep sir then covered some spine poses. It improves spinal mobility, helps in posture correction, strengthens the spine, gives relief from back pain and also gives relief from stress and tension.



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Sir introduced a technique called "minimum effort breathing" or "effortless breathing" that focuses on cultivating a relaxed and natural breath. The idea behind this technique is to allow the breath to flow effortlessly without forcing or controlling it. Begin by simply observing your breath without trying to change or manipulate it. Notice the sensation of the breath as it enters and leaves your body. Place your hands on your belly, just below the navel. As you inhale, allow your belly to gently rise and expand, and as you exhale, let it naturally fall back towards your spine. This encourages a more relaxed and diaphragmatic breath. Release any tension in your jaw and facial muscles. Allow your lips to gently part, and your teeth to separate slightly. This promotes a sense of ease and relaxation throughout the breath. With minimum effort breathing, there is no need to push or force the breath. Instead, aim for a smooth, effortless breath that feels comfortable and natural to you. If you'd like to enhance the relaxation response, you can focus on lengthening the exhalation slightly. This can be done by allowing the exhale to be a bit longer than the inhale. For example, inhale for a count of four, and exhale for a count of six. Throughout the practice, maintain a sense of mindfulness and present-moment awareness. Focus your attention on the sensation of the breath, bringing your mind back whenever it wanders. This was followed by some more breathing exercises. The session was concluded by giving a vote of thanks by Isha Gahalyan (T.Y.B.L.S.).



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