



College of Arts,  
Science &  
Commerce (Autonomous)

RISE WITH EDUCATION

NAAC REACCREDITED - 'A' GRADE

**SIES COLLEGE OF ARTS, SCIENCE AND COMMERCE, (AUTONOMOUS), SION (W),  
MUMBAI -400 022**

**NAAC SSR – CYCLE 4 : 2018-2023**

**Metric No.7 : 7.2: Best Practices of the Institution- Value Lab**

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*This is to certify that the attached documents have been verified and found to be true.*

Principal

SIES College of Arts, Science &  
Commerce (Autonomous)  
Sion (West), Mumbai - 400 022.



## 7.2 Best Practices- 1. Value Lab

Value Lab is a space created to engage, enhance and practice values.

### Objectives:

- To revive and instil value of various aspects of human behaviour and action
- To enable the learners to learn, unlearn and relearn values.

### Outcomes :

1. To bring about an attitudinal change
2. Students would become responsible and accountable and value the values

### The context

The word 'lab' denotes design of experimenting value mindfully. The student volunteers are from all faculties. Value calendar was prepared to facilitate the planning of activities and displayed on the website. Selection of values was a meaningful exercise commemorating the important days of celebration. Monthly meetings decide the plan of action and invite participation.

### The Practice

The activities bring out creative, communicative and expressive domains of a personality into open forums. Participation in these activities encourages the learners to look at life on a larger framework with a purpose and on

smaller framework at the values objectively to develop an attitude to connect with others meaningfully.

Value lab does not describe the conventional do's and don'ts and do not disturb the curriculum.

It enables to develop a holistic personality, reenergize life and co-exist with dignity. Indian higher education emphasizes on value-based understanding. Activities like guest talks, workshops, quizzes, interaction with alumni and film screening, sensitize students and inspire them to deal with values. These reiterate the need for character building for students. Fear, anxiety, lack of self-esteem or confidence, despair, distress are addressed, and students find hope and confidence to face life ahead.

The main constraint and limitations encountered are:

- Inability to engage all students of all classes with value lab programs.
- Schedule of undergraduate students from different streams is different and not uniform.
- Reaching out to other institutes / schools nearby as per their schedule is getting difficult

### Evidence of success

The goal is to reach out to all students in college and thereby to family, society and nation. The benchmark is to transform the mind set of all to value the values. Many students have confronted the attitudinal change in them for the better. Results indicate that young generation is ready to adapt and appreciate the significance of values and realise it is not impossible to practice. There is hope and conviction that lessons learnt by students shall take them lead morally more conducive life at workplace and home

### Problems Encountered and Resources Required

The problems encountered are as follows:

- a. While collaborating with sister SIES schools, the school calendar and college calendar do not match, and it was difficult to align dates for common activities.
- b. Not having designated space to conduct events and activities
- c. Resources to take these activities on higher scale with other colleges
- d. Scheduling events across all faculties getting difficult
- e. Value lab volunteers need more exposure and expertise from outside forums

### Notes (Optional)

Principal has given lectures on implementing Value lab in other sister concern institutes managed by SIES Trust, Birla College, Ruia college, Jhunjhunwala college.



*Shiv*  
Principal

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Mumbai - 400 022

# Value of the Month: Value of Time

Event No. 1: Open Mic

Date: 14th August 2018

Conducted in Room no. 1 from 11:00 AM

Details: Participants were allowed to recite a poem or tell a story or give a speech or sing on the value of time. Event lasted for 1 and a half hour. 15 participants were there with some spectators. Some people did stand-up comedy, one spoke on the science of time. We also had an open and interactive debate on the Value of Time. Some sang songs in context of the value and some told stories, recited poems.

Members Present (also conducted): Abhinav, Sanjeevani, Swathi, Harini, Yash and Ashwini.

Event No. 2: T Minus 10 (In collaboration with the BMM Department)

Date: 9th September 2018

Conducted in Room No. 2 from 11:30 AM.

Details: Participants included the BMM students only. There were rounds and each round had different games based in the Value of Time. First round included, making wacky stories by using the five words given. Class was divided into four groups.

Last two rounds consisted of quizzes based on a wide range of topics. Shishupal group won the game.

Almost 50 students were in attendance. Event lasted for 1 and a half hour.

Members Present (did not conduct) : Abhinav, Sanjeevani, Swathi and Swarna.

## THE FLAGSHIP EVENT

Event No. 3: The Colours of Ganesha (In collaboration with BMM Department)

Date: 22nd September 2018

Conducted in the hallway near the office from 11:30 AM.

Details: Participants had to draw Lord Ganesha based in the themed of time i.e. Stone Age, Classical, Jazz, Modern, Egyptian, Greek and Retro. They were allowed to combine two or more themes. 16 students participated. They were allowed to use various modes of drawing. Event lasted for 2 hours.

Members Present (also conducted): Abhinav, Sanjeevani, Swathi and Yash.

Event No. 4: Thoughts on Time (In collaboration with BMM department)

Details: Two members from Value Lab and two members from BMM department, went around college asking HODs, teachers and students to write their thoughts on the value of time. The board would later be displayed at the college foyer.

Members Present (also conducted): Abhinav and Sanjeevani

*Kamala*  
*Kamala Sinivas*  
*Chairperson*  
*Value Lab Association*

*Shival*  
Principal  
SIES College of Arts, Science &  
Commerce (Autonomous)  
Sion (West), Mumbai - 400 022.





## VALUE LAB

Value Lab in association with the BMM Department presents the significance of the chosen value

'TIME'.

Event: - Colours of Ganesh

Themes: - Classical, Modern, Greek, Disco, Egyptian, Stone and Jazz

Time: - 11:00 to 1:30

Date: - 22.9.18

Venue: - LOBBY

Sr. No	Name of the Participant	Phone Number	Colourful	Sketch	Theme	Total	Remark
1	Poorna Naidu	8879493745	✓		Classical/Modern		
2	Tejaswini Suvana	7045733994	✓		Stone age		
3	Nandini Singh	7977853181	✓		DISCO		
4	Armita Pathak	7045138277	✓		DISCO		
5	Ashwanya Valluvan	9867100273	✓		Classical	07	2 <sup>nd</sup> Prize
6	Asmita Sharma	7710831905		✓	Jazz	08	1 <sup>st</sup> Prize
7	Ishwari Chalwadi	7710831905		✓	Classical		
8	Magesh Konar	7506802132		✓	Stone age		
9	Abhinav Aungal	9767244660			Classical		
10	Sishli Sanjay	9930525084	✓				
11	RITISH MORGAN	9869271673	✓		MODERN		
12	Kajal Kulkarni	9870298946	✓		DISCO		





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Time: - 11:00 to 1:30

Date: - 22/9/18

Venue: - LOBBY

Sl. No	Name of the Participant	Phone Number	Colourful	Sketch	Theme	Total	Remark
13	Akash Khambare	9920866162		✓	MODERN		
13	JUSTIN PAUL	8652091252		✓	-		
14	Manu Yashwanth	837160512	✓		MODERN		
15	ADARSH KARTHIK	9635116524		✓			
16	DHARAJ SHINDE	9169709303		✓	classical		



Papers are handed over to  
Kamala Mehar  
(Philosophy Dept)

## **Report for Uttkarsha**

**Date:** 15<sup>th</sup> December, 2018

**Venue:** Room no. 6

**Time:** 10:00 – 3:00pm

**Value for the events:** Creativity

**Event no.1:** Name it, Pun it, Win it(10:00 am- 11:30am)

The game had 5 teams of 2-3 each to compete. The first level included playing a dialogue from a Bollywood movie and identifying movie name and actor speaking in 45 seconds. Three dialogues from different eras were played. The second round involved making funny and creative situations or stories from 5 random words given to the team members under the time limit of 45 seconds. The third level required the remaining participating teams to make puns on their own from any situation they prefer. Winning team has to qualify all the three rounds. 5 teams participated.

**Event no.2:** Jhalak Dikhlaia (1:00pm- 2:30pm)

This event required individual participants to showcase whatever talents they preferred ranging from dancing to elocution. Participants were judged on the basis of their creativity and talent. 16 participants competed.

*Kamala*  
*Kamala Sojivas*  
*Chairperson*  
*Value Lab Association*



*Shival*  
Principal  
SIES College of Arts, Science &  
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Sion (West), Mumbai - 400 022.

## YEARLY REPORT FOR VALUE LAB.

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## Uttkarsha

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This event required individual participants to showcase whatever talents they preferred ranging from dancing to elocution. Participants were judged on the basis of their creativity and talent. 16 participants competed.

**Members present(hosting and conducting):** Abhinav, Sanjeevani, Swathi, Angelica, Sourabh, Yash, Sonia, Chanchal, Pranjal, Swati Pillai, Sayoni Ghosh, Lasya, Anuya, Charmi.

**Month:** January 2019

**Value of the month:** Perseverance

**Event:** Town hall Talk

**Time:** 12:30 – 2:30 pm

**Venue:** Room No.1

This was an interaction between the speaker and the audience as they decode what the value actually represents. The panel of guests consisted of Mrs. Uma Shankar, Mrs. Shanti Suresh, Mr. Saurabh Rajput and Prof. Dr. Natarajan.

**Members present( hosting and conducting):**

Abhinav, Sanjeevani, Swathi, Angelica, Sourabh, Yash, Sonia, Chanchal, Pranjal, Swati Pillai, Sayoni Ghosh, Charmi.

*Kamala*  
*Kamala Srinivas*  
*Chairperson*  
*Value Lab Association*



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Sion (West), Mumbai - 400 022.



# VALUE LAB'S TOWNHALL TALK



*Kamala*





*Kamala  
Kamala Sojivas  
Chairperson  
Value Lab Association*

## VALUE LAB REPORT 2019-2020

The Value Lab listed 4 values – ‘Empathy, Democracy, Fun and Beauty’ in its Value Calendar this academic year.

- The value of the month of March, 2020 was ‘Empathy.’ The Department of Biotechnology adopted and conducted a series of program based on the theme ‘A way of Developing Empathy in A Tech-Obsessed World.’ It received active participation from UG students with poetry recitation focusing on the issues of bullying, students presented on the deterioration of marine life and stressed upon the reason why one should be empathetic towards them. some spoke on being empathetic towards people suffering from rare genetic disorders and composed a group song and PG students spoke on the issues faced by the population belonging to the third gender and emphasized the need to respect and treat them with empathy. Faculty member Mr. Pramod Kamble, narrated a Marathi story based on empathy towards street kids and their need for education. The event’s moderator Mr. Sampat Sambasivan, Assistant Professor, Department of Economics expressed his experience and emphasised on the need of empathy in the country towards all its citizens on 3<sup>rd</sup> March, 2020.
- The value of the month of February, 2020 was ‘Democracy.’ Value Lab volunteers organised Student Symposium based on the ‘Essence of Democracy’ with topics such as Citizenship and National Identity; Civil Liberties & Denial of access to E-resources on 1<sup>st</sup> February, 2020.
- The value of the month of November, 2019 and January, 2020 was ‘Fun.’ In Utarksha – Literary Fest, events such as ‘Mini-amusement Park’ a theme based individual and group games with value of ‘Fun and joy’ were organised and it received an over whelming response from both student and teacher participants on 3<sup>rd</sup> January, 2020.
- The value of ‘Beauty’ was engaged for a period from July to September to reach out to all students across all streams. Department of Zoology adopted this value and organised guest lectures. Mr. Tarun Menon, alumnus of the department, delivered a talk on ‘Beauty of Uttarakhand’ on 9<sup>th</sup> July, 2019. Mr. Pradip Patade, an expert in Marine Life spoke on ‘Marine Life of Mumbai’ on 18<sup>th</sup> July, 2019.
- The Value Lab volunteers went across college asking teachers, students requesting them to pen down their ‘Perspectives on Beauty’ and these thoughts were displayed on a board at the college foyer for everyone to read and reflect on 22<sup>nd</sup> July, 2019.



Dr. Kamala Srinivas

Chairperson

Value Lab Association



Principal

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Event No 4: "Mini-amusement Park" based on amusement park theme had individual and group games with value of fun and joy on 3<sup>rd</sup> January, 2020.



Miniamusement Game\_ Lag Jaa Nishane



Participant in Phoonkh Lo game



Staff trying their hands on Tic Tac Toe



Student trying hands on Kheech na Halke

Event No. 5: Student Symposium based on the Essence of Democracy was conducted under topics such as Citizenship and National Identity; Civil Liberties & Denial of access to E-resources on 31<sup>st</sup> January, 2020.



## VALUE LAB Report with Pics 2019-2020

The Value Lab started the new academic year by celebrating the value of Beauty.

Event 1: Mr. Tarun Menon, alumnus of Department of Zoology, delivered a talk on 'Beauty of Uttarakhand' on 9<sup>th</sup> July, 2019

Event no 2

Event 2: Mr. Pradip Patade, an expert in Marine Life spoke on 'Marine Life of Mumbai' on 18<sup>th</sup> July, 2019



Event no 3: The Value Lab volunteers went across college asking teachers, students and everyone else about their 'Perspectives of Beauty' on 22<sup>nd</sup> July, 2019



SIES College of Arts, Science and Commerce, (Autonomous), Sion (West), Mumbai – 400 022

Attendance sheet for meetings conducted for VALUE LAB

Date: 06/07/19 Time: 12:00 pm Place/Venue: \_\_\_\_\_

Agenda/Topic: Beauty - Value for the Month of July

Meeting conducted/convened by: Dr. Kamala Srinivas & Mr. Prajith Nambiar

Sr. No.	Name	Department	Signature
1.	Swathi Asul	Psychology	<i>Swathi</i>
2.	Abhinav	Computer Science	<i>A</i>
3.	Sangeevni		
4.	Angelica		
5.	Sonia		
6.	Tirtha		
7.	Pranjal		
8.	Subhiksha		



*Kamala*

*Prajith*

*Asul*

Principal  
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Sion (West), Mumbai - 400 022.



College of Arts,  
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RISE WITH EDUCATION

# SIES College of Arts, Science & Commerce

Sion (W), Mumbai - 400022. • Phone : 2407 2729

NAAC Re-accredited With "A" Grade - ISO 9001:2008 Certified  
BEST COLLEGE AWARD - UNIVERSITY OF MUMBAI

## ATTENDANCE OF CANDIDATES PRESENT AT CLASS TEST / ASSIGNMENT / SEMESTER END EXAMINATION

Class : \_\_\_\_\_ Division : \_\_\_\_\_ Semester : \_\_\_\_\_

Subject : \_\_\_\_\_ Paper : 1

Session : Lecture on Marine life To \_\_\_\_\_ Date : 18/07/2019

Name of the Supervisor : \_\_\_\_\_ Department : \_\_\_\_\_

Roll Nos. From : \_\_\_\_\_ to \_\_\_\_\_

Sr. No.	Roll No.	Signature of Candidate	Sr. No.	Roll No.	Signature of Candidate
1	TYBA A1920226	Sayani Ghosh	26		
2	TYBSC 425	Tirtha Shetty	27		
3	TYCS 625	Pooja Khatkar	28		
4	TYCS 668	Sonia S.	29		
5	TYCS 672	Sanjeerani B.	30		
6	TYCS 677	Angelica D.	31		
7	TYCS	Sachin M.	32		
8	TYCS 68	Abhinav T.	33		
9	TYBSc 459	Swathi A.	34		
10			35		
11			36		
12			37		
13			38		
14			39		
15			40		
16			41		
17			42		
18			43		
19			44		
20			45		
21			46		
22			47		
23			48		
24			49		
25			50		



Signature of the Junior Supervisor

Signature of the Senior Supervisor

# SIES COLLEGE OF ARTS, SCIENCE & COMMERCE

SION (WEST), MUMBAI - 400 022.

## ATTENDANCE OF CANDIDATES PRESENT AT THE EXAMINATION

Floor No. Ground

Room No. 1

Block No. \_\_\_\_\_

Examination \_\_\_\_\_

Date 18/7/19

Class SYBSC

Division \_\_\_\_\_

Subject \_\_\_\_\_

Session 12:30 To 1:30

Paper \_\_\_\_\_

(Time)

Roll Nos. : From \_\_\_\_\_ To \_\_\_\_\_

S.No.	Roll No.	Signature of the Candidate	S.No.	Roll No.	Signature of the Candidate
1	571	<u>Sanjana</u>	26	A-102	<u>[Signature]</u>
2	108	<u>Sneha</u>	27	A-107	<u>[Signature]</u>
3	072	<u>Ashwaryalaxmi.</u>	28	A-113	<u>[Signature]</u>
4	074	<u>Ananya</u>	29	A-81	<u>[Signature]</u>
5	105	<u>Asf.</u>	30	A-117	<u>[Signature]</u>
6	073	<u>[Signature]</u>	31	A-116	<u>[Signature]</u>
7		<u>[Signature]</u>	32	A-109	<u>[Signature]</u>
8	103	<u>[Signature]</u>	33	A-104	<u>[Signature]</u>
9	083	<u>[Signature]</u>	34	A-118	<u>[Signature]</u>
10	95	<u>[Signature]</u>	35		
11	090	<u>[Signature]</u>	36		
12	084	<u>Nagris</u>	37		
13	082	<u>AK</u>	38		
14	101	<u>[Signature]</u>	39		
15	114	<u>[Signature]</u>	40		
16	B-234	<u>[Signature]</u>	41		
17	A-110	<u>[Signature]</u>	42		
18	A-80	<u>[Signature]</u>	43		
19	A-86	<u>[Signature]</u>	44		
20	A-98	<u>[Signature]</u>	45		
21	A-94	<u>[Signature]</u>	46		
22	79	<u>[Signature]</u>	47		
23	A-92	<u>[Signature]</u>	48		
24	A-75	<u>[Signature]</u>	49		
25	A-91	<u>[Signature]</u>	50		



Signature of the Junior Supervisor

Date \_\_\_\_\_

Signature of the Senior Supervisor



**SIES COLLEGE OF ARTS, SCIENCE & COMMERCE**

SION (WEST), MUMBAI - 400 022.

**ATTENDANCE SHEET**MINI MUSEMENT  
EVENT

Class : \_\_\_\_\_ Divn : \_\_\_\_\_ Subject : \_\_\_\_\_

Date : \_\_\_\_\_ Time : 9:00 am to 1:00 pm

Roll No.	Signature	Roll No.	Signature	Roll No.	Signature
1	Kanika Banja	34	Krushali	67	
2	Akanksha S.	35	Group 14	68	
3	Piyushi Jain	36	Pratibha	69	
4	Architha P	37	Group 14	70	
5	Arhil Nair	38	Pooja	71	
6	GRP 1	39	Leena (Kaidakun)	72	
7	Shubham	40	Group 15	73	
8	Group 2	41	Group 16	74	
9	Group 3	42	Group 17	75	
10	Pratibha	43	Group 18	76	
11	Prabhat	44	Group 19	77	
12	Group 4	45	Group 20	78	
13	Sam	46	Group 21	79	
14	Group 5	47	Group 22	80	
15	Vakula	48	Mutika (Kaidakun)	81	
16	S.K. Habteen	49	Group 23	82	
17	Group 6	50	Group 24	83	
18	Pooja Ma'am	51	Group 25	84	
19	Dhanashree	52		85	
20	Vidya Harbharan	53		86	
21	Bindu Verat	54		87	
22	Group 6	55		88	
23	Group 7	56		89	
24	Group 8	57		90	
25	Sahil Khan	58		91	
26	Group 9	59		92	
27	Group 10	60		93	
28	Group 11	61		94	
29	Shradha	62		95	
30	Sant	63		96	
31	Group 12	64		97	
32	Group 13	65		98	
33	Harshada	66		99	

Principal

SIES College of Arts, Science &  
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Kamala

Teacher-in-charge

# SIES COLLEGE OF ARTS, SCIENCE & COMMERCE

SION (WEST), MUMBAI - 400 022.

## ATTENDANCE SHEET

Class : \_\_\_\_\_ Divn. \_\_\_\_\_ Subject \_\_\_\_\_

Date : \_\_\_\_\_ Time \_\_\_\_\_

Roll No.	Signature	Roll No.	Signature	Roll No.	Signature
1	Kaishma Pilon	34	Dina	67	
2	Sachin Metre	35	Abhishek	68	
3	Akshata R	36	Abhishek	69	
4	Angelica Dias	37	Abhishek	70	
5	Satvika Kamath	38	Kamath	71	
6	Tirtha Shetty	39	Shetty	72	
7	Dhanshree Sapre	40	Sapre	73	
8	Sanjeevani	41	Sanjeevani	74	
9	S. Anaya Kumari	42	Anayachini	75	
10	Abhinav	43	Abhinav	76	
11	Harshada	44	Harshada	77	
12	Sonia	45	SONIA	78	
13	Penson	46	Penson	79	
14	Pranjali	47	Pranjali	80	
15	Pratibha Purokha	48	Pratibha	81	
16	Swati Arul	49	Swati	82	
17		50		83	
18		51		84	
19		52		85	
20		53		86	
21		54		87	
22		55		88	
23		56		89	
24		57		90	
25		58		91	
26		59		92	
27		60		93	
28		61		94	
29		62		95	
30		63		96	
31		64		97	
32		65		98	
33		66		99	



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Samala  
Teacher-in-Charge 18

**SIES COLLEGE OF ARTS, SCIENCE AND COMMERCE (AUTONOMOUS),  
SION WEST**

**VALUE LAB REPORT 2020-2021**

VLAUE LAB rolled out its annual **Value Calendar** for the year 2020-2021 and uploaded on the college website.

- **Student Centric Activities** based on the values – **Leadership, Affection, Optimism, Respect, Self-reliance, Gratitude**
  - **270 students** connected through MS Teams to attend a talk on “**Tomorrow’s Leaders Begin Today**” delivered by Mr. Prabhu Swaminathan, Founder, AFMOI, Lafors Talent Solution India Pvt. Ltd., Chennai. The talk focused on leadership, perseverance and self- belief, forward thinking and self-directed learning as key indicators in order to become a leader, organised by IQAC and Value Lab on 30<sup>th</sup> January, 2021.
  - **187 students** enthusiastically participated in an intra-collegiate Quiz on "**Your's Affectionately**", to help understand how much students know about affection and how it can play an important role in not only one's own but also everyone's mental health, organised by Value Lab from 14<sup>th</sup> to 16<sup>th</sup> October, 2020.
  - **80 in-house students** participated and interacted through MS Teams with Ms. Pallack Bhutani, Counsellor, regarding various measures to be undertaken in order to be optimistic with one's own mental well-being based on the theme "**Optimism, Hope and Health Care**," hosted by Value Lab on 30<sup>th</sup> September, 2020.
  - **60 students** participated in the inter-collegiate **Mind Fizz Quiz** for the value of the month “Respect for Our Nature and Health” (through Google Form for Quiz and to generate E-certificates), organised by Value Lab on 16<sup>th</sup> June, 2020.
  - **233 students** participated in an inter-collegiate **Quiz Competition** (through Google Form for Quiz and to generate E-certificates) on World Environment Day for value of the month “Respect for Our Nature and Health” organised by Value Lab in association with Fridays of Future, Mumbai on 5<sup>th</sup> June, 2020.
  - **270 students** participated in an intra-collegiate **Quiz Competition** (through Google Form) based on '**Productivity and Self-Reliance during COVID-19**' organised by Value Lab in association with Department of BMM-BAMMC. Google forms used to generate E-certificates on 11<sup>th</sup> May, 2020.
  - **80 students** participated in an **online intra-collegiate event** hosted by Department of BMM on “**CHOPNOTCH: Creative Self-Reliant Chef**”. The students utilized their cooking skills and shared interesting recipe, clicked images and pictures with the recipe from 5<sup>th</sup> to 15<sup>th</sup> May, 2020. Google forms used to generate E-certificates.
  - **72 students participated** in an **online Inter-collegiate event** titled as **COVID-19 and Gratitude "Expressions of Gratitude: a power to heal, help and build hope"** in the form of posters, slogan writing, images expressed their gratitude towards Covid-19 warriors showcased their hidden talents. Google forms used to generate E-certificates. Value lab volunteers, Value lab co-ordinator and 5 teachers as judges managed the event jointly with IQAC from 27<sup>th</sup> April to 3<sup>rd</sup> May, 2020.
  
- **Teacher-student Centric Activities** based on the values - **Determination, Respect, Self-reliance**
  - On the occasion of **Independence Day and based on the Value of Determination**, 100 participants connected through MS Teams to listen to Sgt. Balambal Hariharan, an alumna of SIES and Sgt. Swaraj Bane, an alumnus of Services Preparatory Institute, Aurangabad both shared their experience of 'never give up attitude' while undergoing the training for RD Parade in New Delhi, organised by Value Lab and NCC Wing of SIES on 15<sup>th</sup> August, 2020.



- **150 participants** connected through MS Teams a webinar on Environmental consciousness and Yogic Discipline on the occasion of International Yoga Day. Resource Persons, Dr. Uma Shankar, SIES Principal spoke on "Importance of Yoga and Environmental consciousness for understanding the functioning of mind, body and heart" and Ms. Meenal Limaye, Heartfulness Trainer delivered Lecture-cum-demo on Heartfulness Meditation Techniques, organised by Value Lab in association with IQAC on 22<sup>nd</sup> June, 2020.
- **164 in-house delegates** connected through MS TEAMS in a **Webinar** titled **“Systematic Innovation through TRIZ” in collaboration with TRIZ Association of Asia**. It was organised by Centre for Excellence, jointly with IQAC & Value Lab focusing on the value of Self-reliance. Google forms used to generate E-certificates on 20<sup>th</sup> May, 2020.
- **250 inter-collegiate participants** interacted through Email with some of the best thought-expressions based on “Self-relying affirming thoughts to support and stand up in solidarity during the COVID-19 Pandemic situation (What's your Affirmation on Self-Reliance?)”, organised by Value Lab in association with Department of BMM-BAMMC. Google forms used to generate E-certificates on 28<sup>th</sup> May, 2020.
- **Teacher Centric Activity** based on the value of **Self-reliance**
  - **592 delegates** connected through Zoom and YouTube live in **National Webinar** titled **“VIRTUAL REALITY - Very important for Futuristic Training”** in association with Financial Planning Academy. Mr. Dharmendra Jani- A senior program and project manager addressed on leading turnkey projects which can impact professional development and training. It was organised by Centre for Excellence, jointly with IQAC & Value Lab focusing on the value of Self-reliance. Google forms used to generate E-certificates on 26<sup>th</sup> May 2020.
- **Outreach Activities** based on the value of **Compassion**
  - **60 Value Lab volunteers** based on the theme **“People's Compassion towards Stray Animals”** interviewed some extra-ordinary individuals who were voluntarily taking care of stray animals by feeding and taking care of them. Participants interacted through email and shared documents with images, an event organised by Value Lab on 18<sup>th</sup> July, 2020.
  - Value lab volunteers expressed their compassion towards 100 teachers by **preparing customised e-card and sharing them through email, on the occasion of Gurupurnima** and conveyed their sincere thanks to teachers for moulding their lives and making a difference in their lives on 5<sup>th</sup> July, 2020.

*Kamala*

Dr. Kamala Srinivas  
Chairperson, Value Lab



*shree*

Principal  
SIES College of Arts, Science &  
Commerce (Autonomous)  
Sion (West), Mumbai - 400 022.

# Value Calendar 2021



## HOPE

### JULY

- DOCTORS DAY
- GLOBAL DAY OF PARENTS
- WORLD HEPATITIS DAY
- WORLD NATURAL CONSERVATION DAY

## FEARLESSNESS

### OCTOBER

- WORLD ANIMAL DAY
- WORLD MENTAL HEALTH DAY
- WORLD FOOD DAY
- NATIONAL UNITY DAY



## FRIENDSHIP

### AUGUST

- FRIENDSHIP DAY
- INDEPENDENCE DAY
- WORLD PHOTOGRAPHY DAY

## SELF-ESTEEM

### NOVEMBER

- WORLD KINDNESS DAY
- CHILDRENS DAY
- INTERNATIONAL MEN'S DAY
- NATIONAL LAW DAY

*Suresh*  
Principal

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Sion (West), Mumbai - 400 022.

## SPIRITUALITY

### SEPTEMBER

- TEACHERS DAY
- INTERNATIONAL DAY OF CHARITY
- WORLD SUICIDE PREVENTION DAY
- INTERNATIONAL DAY OF PEACE

## JUSTICE

### DECEMBER

- WORLD AIDS DAY
- NATIONAL POLLUTION CONTROL DAY
- ANTI CORRUPTION DAY
- HUMAN RIGHTS DAY

# Value Calendar 2022



RESILIENCE

## JANUARY

NATIONAL YOUTH DAY  
REPUBLIC DAY  
MARTYRS DAY

FORGIVENESS

## MARCH

ZERO DISCRIMINATION DAY  
WORLD WILDLIFE DAY  
INTERNATIONAL WOMEN'S DAY  
INTERNATIONAL DAY OF HAPPINESS  
WORLD WATER DAY



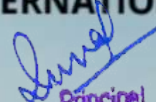
ACCOUNTABILITY GENEROSITY

## FEBRUARY

WORLD CANCER DAY  
NATIONAL SCIENCE DAY

## APRIL

WORLD HEALTH DAY  
WORLD HERITAGE DAY  
EARTH DAY  
INTERNATIONAL DAY

  
Principal  
SIES College of Arts, Science &  
Commerce (Autonomous)  
Sion (West), Mumbai - 400 022.

Shravani Sawant  
SYBA

**SIES COLLEGE OF ARTS, SCIENCE AND COMMERCE (AUTONOMOUS), SION  
(WEST), MUMBAI - 400 022**

**VALUE LAB REPORT**

VALUE LAB rolled out its annual Value Calendar for the year 2021-2022 and uploaded on the college website. As part of its outreach activities, Value Lab joined hands with SIES High School, Matunga to collaborate various activities with an aim to take 'values to school.' All the activities were conducted online with the help of MS Teams, Google Forms and social media apps.

- ◆ **Student Centric Activities in College** based on the values – Spirituality, Friendship, Hope
  - **Generosity-**
    - From 21st February 2022 to 21st March 2022, The Value Lab Association in collaboration with SUN (Start Upcycling Now) and the NSS of SIES college of Arts Science & Commerce conducted an Electronic Waste Drive. The target for the drive was 100 kgs. The CEO of SUN, Mrs. Natasha D'Costa encouraged the SIES students to volunteer as e-waste ambassadors and conduct the drive at our own local levels, collecting electronic waste from societies, friends, family members and other associations that the students might belong to. The Collection Centre of E-waste was decided as SIES college premises, cardboard cartons were placed in the foyer. A total of **21 students**, 15 from NSS and 6 from Value Lab volunteered as e-waste ambassadors. At the end of the drive, a total of 350 kgs of E-waste was collected. The E-waste drive was a huge success. It gave students the opportunity to take charge, be ambassadors for the planet and initiate sustainable ways of living on the earth.
  - ◆ **You Laugh = You Lose!** Value Lab Association activity for UTKARSHA. The event was a refreshing concept where the participants and the attendees got to let loose, shed all inhibitions to just have fun without any judgements passed. As laughter is indeed the best medicine on 24th February, 2022.
  - **Justice-**
    - Mock Panchayat, a group competition focusing on ethical dilemmas and critical ways to resolve them organised by Value Lab on 23rd December, 2021.
  - **Spirituality-**
    - Lecture-cum-demonstration workshop titled as 'From Movement to Stillness' conducted by Mr. Sandeep Solanki. The emphasis was on both theory and practice of Yoga in our daily life, organised by Value Lab on 29th September, 2021.
    - Guest Lecture on 'Ahaar Vihaar Vichara' by Dr Aashish Phadke. An interactive and informative talk on healthy food eating habits organised by Value Lab on 22nd September, 2021.
  - **Friendship-**
    - A webinar on 'Navigating Friendships - Understanding Boundaries & Anxieties in Relationships' by Ms. Pratyaksha Tiwari, In-house Therapist, The MoodSpace. The guidance session emphasized the importance of friendship and that friendships too have some boundaries organised by Value Lab on 6th September, 2021.
    - Guest Lecture on 'Cultural & Civilizational Influences on India's Neighbourhood Policy' by Dr. Nanda Kishor, Associate Professor Department of Geopolitics & International Relations. The lecture focused on the intricacies of India's neighbourhood policy as well as the role of cultures, ideologies and the ideals of civilization in shaping it, Value Lab organised in collaboration with Department of Politics on 6th August, 2021.
  - **Hope-**
    - A short film titled as 'Butterfly' made by the members of Value Lab right from writing of the script, acting to editing. The characters in this film demonstrated how we need to be courageous, be hopeful and not fear the unknown. This film was released by Dr. Uma Shankar, Principal, SIES College on 10th July, 2021.



- Social media interaction through Google Forms to express students' stories on 'In what ways hope helped them?' and select stories were shared on Instagram to inculcate self-expressions on 18th July, 2021.
- Guest Lecture on 'Alive in Hope' by Dr. Siddharth Warriar, MD, Neurology, TEDx Speaker and poet. An insightful lecture about human brain, Dr. Siddharth spoke about what hope is, and how it is an evolved concept. He also encouraged the audience to face their problems and that our reality is what we manifest it to be, organised by Value Lab on 5th July, 2021.

◆ **Teacher-student Centric Activities** based on the value of Spirituality

- Guest talk on 'Be Spirited Be Spiritual' by Dr. Uma Shankar, Principal & Head, Department of Philosophy, SIES College. The talk focused on self-reflection, contemplation, questioning oneself, choose one's core values and practice them in life, organised by Value Lab on 16th September, 2021.

◆ **Outreach Activities** based on the values - Generosity, Justice, Self-Esteem, Spirituality, Friendship, Hope

**Student Centric Activities in SIES High School**

- **Generosity-**
  - Be Generous with yourself, an interactive session by Deep Padharia a very young entrepreneur & Value Lab volunteer spoke on overcoming exam anxieties to Std X students to face the offline board exam with confidence on 7th February, 2022.
- **Self-Esteem-**
  - Fun Hour! a bonding session for students of Std. X. Value Lab volunteers hosted and managed the entire event, during the session the students unwound, played games, interacted with their classmates and had fun! organised by Value Lab on 4th December, 2021.
  - An Origami workshop to students between the age group 8 to 10 years on 'Crafting Self-Esteem' conducted by Ms. Shreshta Krishnan, Mr. Vigneshwar Pillai, Value Lab volunteers. The students made pull-up card, bookmark, organised by Value Lab on 26th November, 2021.
- **Spirituality-**
  - Interactive workshop on 'Secrets of Happiness' by Dr. Aravind Raghavan. Students between the age group 14 to 16 years shared their thoughts and Dr. Raghavan through self-exploration, analogies, stories weaved an acronym 'AWAKE' as a roadmap to attain happiness in one's life, organised by Value Lab on 25th September, 2021.
- **Friendship-**
  - Workshop on 'The Bond of Friendship' by Ms. Urveez Kakalia, Counselling Psychologist, Founder of ImPerfect. Ms. Urveez spoke on strengthening healthy friendship with stories and examples. She focused on an individual's privacy, personal space and personal values. Parents and students between the age group 10 to 12 years were explained about combating peer pressure and dealing with bullies. They were informed about setting boundaries and being assertive and were clearly told that good friends respect each other's boundaries, organised by Value Lab on 16th August, 2021.
- **Hope-**
  - Guest Lecture on 'Why What How Hope' by Ms. Benaifer Khisay, Remedial educator, School Counsellor. Ms. Benaifer addressed students between the age group of 12 to 15 years and cited real life examples that Hope helps us to see things in a different perspective, it helps to handle the situation better and hope





alone restores normalcy back in our life. “Things Take Time” an inspiring message that was insisted throughout the talk. Value Lab organised on 12th July, 2021.



Dr. Kamala Srinivas  
Chairperson, Value Lab



Principal  
SIES College of Arts, Science &  
Commerce (Autonomous)  
Sion (West), Mumbai - 400 022.





**SIES**

RISE WITH EDUCATION

NAAC REACCREDITED - 'A' GRADE

College of Arts,  
Science &  
Commerce (Autonomous)

### Value Lab

- A. Title of the Workshop/Activity:** Value Pe Charcha, based on the value of the month - Friendship
- B. Background:** First event of the academic year meant for team bonding, had very good ice breaking session and discussed role, responsibilities & portfolio for the whole year.
- C. Aims/Objectives:** The aim of Value Lab is to discuss values in a fun and engaging manner. This event involved Value Pe Charcha.
- D. Location:** Room no. 3, SIES College of Arts, Science and Commerce. Sion West.
- E. Target audience/participants with expected number:** Students from all courses (Number - 25)
- F. Date of the activity:** 30th August, 2022
- G. Name of Resource Persons:** NA
- H. Outcome/Feedback:** 17 student participants and 8 Value Lab volunteers participated, event intended to bring out the student's experiences on different types of friendships. The discussion brought about different opinions on various friend groups, their personal opinions and collective efforts they have taken as well.
- I. Funding if any: (Mention the name of the funding agency and amount received) :** NA



**J. Annexures:**  
**i. List of Participants**

**SIES COLLEGE OF ARTS, SCIENCE AND COMMERCE**  
WADGAON, MUMBAI 400 022  
**ATTENDANCE SHEET**

Sl. No.	Name	Roll No.	Signature	Date
1	Adarsh Patil	101		
2	Amit Patil	102		
3	Anshu Patil	103		
4	Arjun Patil	104		
5	Ashish Patil	105		
6	Ashish Patil	106		
7	Ashish Patil	107		
8	Ashish Patil	108		
9	Ashish Patil	109		
10	Ashish Patil	110		
11	Ashish Patil	111		
12	Ashish Patil	112		
13	Ashish Patil	113		
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15	Ashish Patil	115		
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17	Ashish Patil	117		
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41	Ashish Patil	141		
42	Ashish Patil	142		
43	Ashish Patil	143		
44	Ashish Patil	144		
45	Ashish Patil	145		
46	Ashish Patil	146		
47	Ashish Patil	147		
48	Ashish Patil	148		
49	Ashish Patil	149		
50	Ashish Patil	150		

**ii. Photographs (Geotagged)**



Report Prepared by: Dr. Kamala Srinivas

Signature: *Kamala*



*Uma*  
 Signature of HOD

Name: Dr. Uma Shankar  
 Department: Philosophy  
 Designation: Principal



**SIES**

College of Arts,  
Science &  
Commerce (Autonomous)

RISE WITH EDUCATION

NAAC REACCREDITED - 'A' GRADE

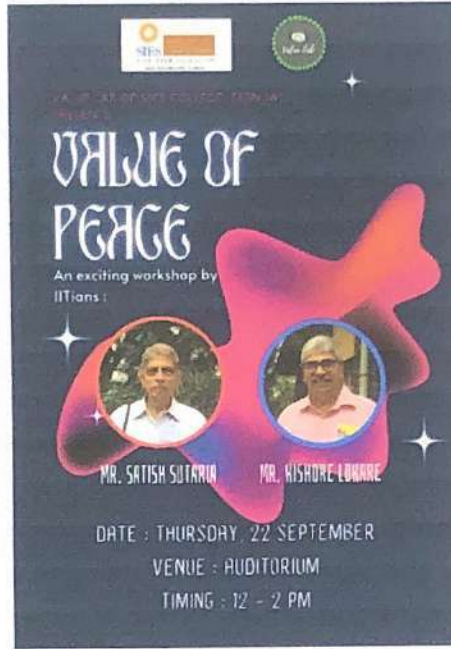
**Name of the Department**

- A. Title of the Workshop/Activity:** Workshop on 'Value of peace'.
- B. Background:** To explain the importance of peace to take better decisions and enhance concentration ability of students.
- C. Aims/Objectives:** To help the students to be mentally and physically fit and improve efficiency in handling daily affairs of life.
- D. Location:** Mini auditorium, SIES College of Arts, Science and Commerce. Sion West.
- E. Target audience/participants with expected number:** Students from all courses. (Number-50).
- F. Date of the activity:** 22-09-2022
- G. Name of Resource Persons:** Mr Satish Sutaria and Mr Kishore Lokre, IoFC, Panchgani.
- H. Outcome/Feedback:** 16 student participants and 20 Value lab volunteers were present. Received excellent feedback from the students and volunteers. The session helped the audience to understand the value of peace.
- I. Funding if any: (Mention the name of the funding agency and amount received):** NA



**J. Annexures:**

**i. Event Flyer & List of Participants**



Participants

Value Lab Report

**SIES COLLEGE OF ARTS, SCIENCE AND COMMERCE**  
SIES INDIA, MUMBAI - 400 022

Work: Swachh Bharat

ATTENDANCE SHEET

Class: BA BBA Date: 22/09/2022 Subject: Value Lab

Roll No.	Signature	Roll No.	Signature	Roll No.	Signature
1		27		51	
2		28		52	
3		29		53	
4		30		54	
5		31		55	
6		32		56	
7		33		57	
8		34		58	
9		35		59	
10		36		60	
11		37		61	
12		38		62	
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16		42		66	
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41		67		91	
42		68		92	
43		69		93	
44		70		94	
45		71		95	
46		72		96	
47		73		97	
48		74		98	
49		75		99	
50		76		100	

Volunteers

Roll No.	Signature	Roll No.	Signature	Roll No.	Signature
101		102		103	
104		105		106	
107		108		109	
110		111		112	
113		114		115	
116		117		118	
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191		192		193	
194		195		196	
197		198		199	
200		201		202	

Signature of the Teacher  
Date: 22/09/2022



ii. Photographs (Geotagged)



Report Prepared by: Dr. Kamala Srinivas

Signature: *Kamala*



*Uma*

Signature of HOD

Name: Dr. Uma Shankar  
Department: Philosophy  
Designation: Principal



College of Arts,  
Science &  
Commerce (Autonomous)

**SIES**

RISE WITH EDUCATION

NAAC REACCREDITED - 'A' GRADE

### Value Lab

- A. Title of the Workshop/Activity:** Guest lecture - Peace with Gender
- B. Background:** The speaker Rizwan Choudhary, a member of The All-India Queer Association led the event and connected with the students. He is a social activist and freelance teacher. The speaker correlated peace with gender. Peace being the center of their words, he conducted activities focusing around the value.
- C. Aims/Objectives:** The session aimed at inculcating peace in our lives by being at peace with their gender identity as well. It was a collaborative event with The Rainbow Alliance of Sies college.
- D. Location:** Room no. 11. SIES College of Arts, Science and Commerce. Sion west.
- E. Target audience/participants with expected number:** Students from all courses (Number – 60)
- F. Date of the activity:** 28th September, 2022
- G. Name of Resource Persons:** Rizwan Choudhary
- H. Outcome/Feedback:** 55 student participants and 4 value lab volunteers were present. All the students expect to have more collaborative events with The Rainbow Alliance. Their key takeaways from the event was to inculcate the value in their own lives and correlating peace with chaos. 100 percent of the people responded with positive feedback and would like to attend future events. They felt the time constraint regarding the event was a little binding but their overall experience about the event was pleasurable.
- I. Funding if any: (Mention the name of the funding agency and amount received) :NA**

**J. Annexures:**

**i. Event Flyer & List of Participants**



**ii. Photographs (Geotagged)**



Report Prepared by: Anju James

Signature:



Signature of HOD

Name: Dr. Uma Shankar

Department: Philosophy

Designation: Principal





**SIES**

College of Arts,  
Science &  
Commerce (Autonomous)

RISE WITH EDUCATION

NAAC REACCREDITED - 'A' GRADE

### Value Lab

- A. Title of the Workshop/Activity:** Value Pe Charcha, based on the value of the month - Gratitude
- B. Background:** Gratitude lies in the smallest of things in life. Postcards were distributed by the volunteers and the participants started writing a message that would reach their loved ones anywhere in India. Gratitude can be found in small things and writing it down on a postcard was an extremely sweet gesture. Feelings were being penned down on the postcards and posted to reach their unknowing special person.
- C. Aims/Objectives:** The aim of Value Lab is to discuss values in a fun and engaging manner. This event involved Value Pe Charcha and writing a postcard to someone the participants are grateful to.
- D. Location:** Room no. 14, SIES College of Arts, Science and Commerce. Sion west.
- E. Target audience/participants with expected number:** Students from all courses (Number – 30)
- F. Date of the activity:** 22nd October, 2022
- G. Name of Resource Persons:** NA
- H. Outcome/Feedback:** 28 student participants were present. The students expressed their gratitude to different persons and things. The key takeaways were, that gratitude lies in the little things in life and one should take out time to know what one is grateful for. 100 percent of the participants responded with positive feedback and would like to attend the future events conducted by Value Lab.
- I. Funding if any: (Mention the name of the funding agency and amount received) :**  
NA

**J. Annexures:**

**i. Event Flyer & List of Participants**



ATTENDANCE SHEET

Sl. No.	Name	Roll No.	Signature	Sl. No.	Name	Roll No.	Signature
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30	...	...	...	30	...	...	...

**ii. Photographs (Geotagged)**



Report Prepared by: Anju James

Signature:



Signature of HOD

Name: Dr. Uma Shankar

Department: Philosophy

Designation: Principal



College of Arts,  
Science &  
Commerce (Autonomous)

**SIES**

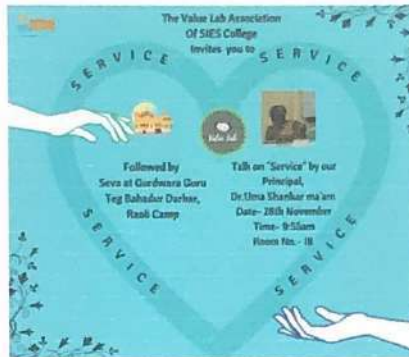
RISE WITH EDUCATION

NAAC REACCREDITED - 'A' GRADE

### Value Lab

- A. Title of the Workshop/Activity:** Guest lecture on Service.
- B. Background:** The Value for the month November was Service. The word service is understood as the action of helping or doing work for someone. However, if you view the word service as a value, it can be interpreted in several ways.
- C. Aims/Objectives:** "Value is not a choice, it's an opportunity." – Dr Uma Shankar. To enlighten the students regarding the value of service, the principal of SIES college was invited by the value lab to give a talk.
- D. Location:** Room no. 18, SIES College of Arts, Science and Commerce. Sion west.
- E. Target audience/participants with expected number:** Students from all courses  
(Number – 30)
- F. Date of the activity:** 28<sup>th</sup> November, 2022
- G. Name of Resource Persons:** Dr. Uma Shankar
- H. Outcome/Feedback:** Student Participants volunteered to Seva (Service) in nearby Gurudwara. The feedback form was circulated on the 28<sup>th</sup> November. The analysis shows that the students who attended the talk were 20% from FYBA, 40% from SYBA, 30% from TYBA, 5% from TYBMS and 5% from TYBSC. When questioned about how relevant was the event as regard to the value of service, 75% of the responses rated 10/10.
- I. Funding if any: (Mention the name of the funding agency and amount received) :**  
NA

**J. Annexures:**  
**i. List of Participants**



VALUE LAB ASSOCIATION  
 SIES COLLEGE OF ARTS, SCIENCE AND COMMERCE  
 ATTENDANCE SHEET

Sl. No.	Name	Roll No.	Signature
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SIES COLLEGE OF ARTS, SCIENCE AND COMMERCE  
 ATTENDANCE SHEET


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**ii. Photographs (Geotagged)**





**Report Prepared by: Anju James**

**Signature:** 



  
**Signature of HOD**

**Name: Dr. Uma Shankar**

**Department: Philosophy**

**Designation: Principal**