



SYMBIOSIS LAW SCHOOL, NAGPUR

Constituent of Symbiosis International (DEEMED UNIVERSITY)

Established under Section 3 of the UGC Act 1956

Re-accredited by NAAC with "A" Grade (3.58/4) – Awarded Category – I by UGC

REPORT

Workshop on 'Self-expression and Self-esteem'

30th April, 2021

Symbiosis Law school Nagpur organised a Workshop on 'Self-expression and Self-esteem', on 30th April 2021 from 3.30 pm onwards. In this pandemic we are most of the times with ourselves, so it was thought fit that a workshop should be arranged in which students can take some time out to know about themselves and enjoy their own company. Dr. Sukhvinder Singh Dari, Director of Symbiosis Law School, Nagpur, in his Welcome Address welcomed the guests and wished this testing time to get over soon, he emphasised on taking care of one's mental health along with physical fitness and right diet. While addressing, he stressed on the keeping oneself busy and not to get affected by the negativity served around. He also thanked the participants for attending the workshop.

The facilitators of the workshop Ms. Trisha Daruwala-Psychotherapist & Research-coordinator at The Mood Space and Ms. Pratyakshaa Tewari-Psychotherapist & Coordinator at The Mood Space, conducted various activities to identify our self-worth and how factors from outer environment impact our personalities. They made participants who were more than hundred in numbers not to label ourselves on the basis of what others thinks of us, without exploring what we really are. Generally an individual give importance to many people and things forgetting his own dynamics, the workshop stirred various avenues which helped students to understand how they can better manage their own self, while dealing with many situations around. All participants appreciated the Session.

Dr. Aarti Mohan Kalnawat, faculty, SLS, Nagpur Moderated the session and introduced the resource persons, Vote of thanks was proposed by Ms Eshita pagariya, Member Student Support Centre SLS, Nagpur.



*Aditya
Civil IC*



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Director
Symbiosis Law School,
Nagpur

Full Name	Timestamp
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gauravgupta	4/30/2021, 3:22:05 PM
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Ms. Sneha Meshram	4/30/2021, 3:22:05 PM
Meghna Mukherjee	4/30/2021, 3:22:05 PM
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SHIVANGI MUNDHRA	4/30/2021, 3:22:05 PM
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Trisha Daruwala	4/30/2021, 3:22:05 PM
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GAURAV SHARMA	4/30/2021, 3:22:48 PM
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Mr. Rameshwar Dagde	4/30/2021, 3:23:26 PM
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ANANDI JUNEJA	4/30/2021, 3:24:19 PM
Mrs. Punam Ghat	4/30/2021, 3:24:39 PM
Mr. Hemant Titarmare	4/30/2021, 3:24:50 PM
SHIVAM Kumar	4/30/2021, 3:24:54 PM
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KANAK PATIDAR	4/30/2021, 3:26:30 PM
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Rahul Mankar (Guest)	4/30/2021, 3:27:59 PM
TANMAY SHARMA	4/30/2021, 3:28:10 PM

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AKSHATA DAHALE	4/30/2021, 3:38:35 PM
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ARYAN RAWAL	4/30/2021, 3:40:57 PM
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Gaurav UPADHYAY	4/30/2021, 3:43:47 PM
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AMBILWADE DHANSHREE	4/30/2021, 3:51:15 PM
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ARYA KAILABAG	4/30/2021, 3:53:13 PM

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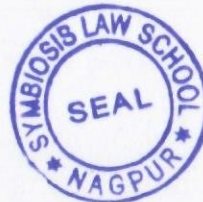
Symbiosis International (Deemed University)

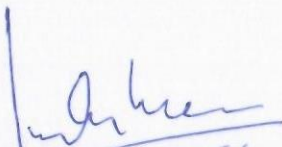
Symbiosis Law School, Nagpur

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Certificate

Mr./Ms. ***Shashank Kumar*** bearing PRN **19010421067**, was ranked ***First*** in ***Workshop on Self-expression and Self-esteem*** held at Symbiosis Law School, Nagpur on **30th April, 2021**.




Dr. Sukhvinder Singh Dari

Director

Symbiosis Law School, Nagpur



Symbiosis International (Deemed University)

Symbiosis Law School, Nagpur

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Certificate

Mr./Ms. *Varshini Batchu* bearing PRN **20010422026**, was ranked *Second* in *Workshop on Self-expression and Self-esteem* held at Symbiosis Law School, Nagpur on **30th April, 2021**.



Dr. Sukhvinder Singh Dari

Director

Symbiosis Law School, Nagpur



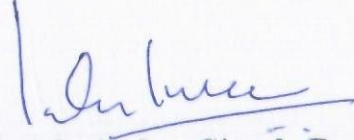
Symbiosis International (Deemed University)
Symbiosis Law School, Nagpur

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Certificate

Mr./Ms. *Tanmay Sharma* bearing PRN **19010421037**, was ranked **Third** in *Workshop on Self-expression and Self-esteem* held at Symbiosis Law School, Nagpur on **30th April, 2021**.




Dr. Sukhvinder Singh Dari

Director
Symbiosis Law School, Nagpur



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REPORT OF WEBINAR ON "THE HAPPINESS PURSUIT"

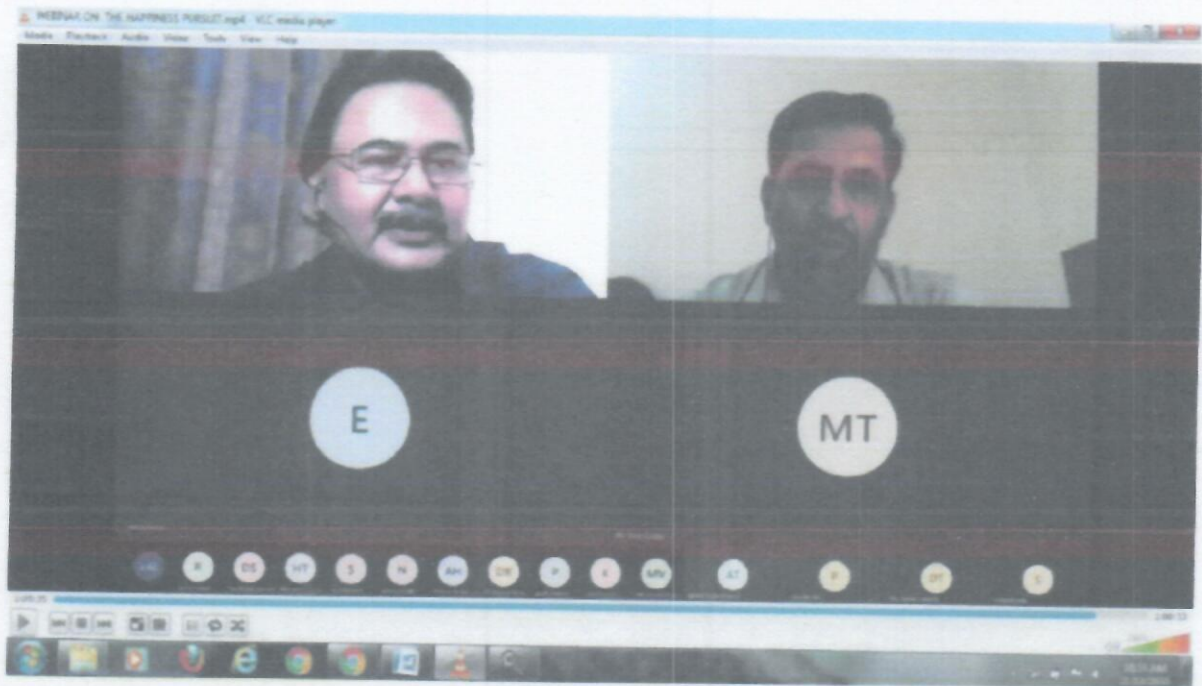
20th October, 2020

On 20th October 2020, Symbiosis Law School, Nagpur organized a Webinar on "THE HAPPINESS PURSUIT" at 3 pm. This is the Fourth Webinar organized under CENTRE FOR ACADEMIC LEADERSHIP AND MANAGEMENT (CALM), of SLS, Nagpur.

Mr. Tapan RoyChoudhury, COACH, THOUGHT LEADER AND RETAIL CONSULTANT, was the resource person for the Webinar. Dr. Nikhil Polke, Moderator of the Webinar introduced the resource person Mr. Tapan RoyChoudhury and welcomed the participants to the Webinar.

Mr. Tapan RoyChoudhury's discourse on "THE HAPPINESS PURSUIT" was indeed a rich real life experience for our students. Substance and approach of Tapan sir drew the audience and held their attention throughout the session. He also shared his real life experiences citing different examples of Happiness in the personal life and in the professional life. This was followed by question-answer session where the resource person enthusiastically answered the participants.

Vote of thanks was proposed by Prof. Aditee Godbole. The Webinar received an overwhelming participation from our students.



SPEAKER – MR. TAPAN ROYCHOUDHURY

MODERATOR – DR. NIKHIL POLKE



VOTE OF THANKS – PROF. ADITEE GODBOLE

*Aditee
Civ. Ic*



[Signature]
Director
Symbiosis Law School,
Nagpur

Attendance bot: dev(Pavan:p2pdops@gmail.com) on 2020-10-20 : 03:54 :

Members :223

VIDHISHREE TIWARI
VINEET SINHA
VAISHNAVI NIMJE
VANSHIKA SHUKLA
VARUN ALASE
VEDHIKA GUPTA
YASH PANDEY
YASHI JAIN
YASHWARDHAN TRIVEDI
YOHITH KONIDALA
Amar Talokar
AANICE THOMAS
AASTHA TIWARI
ABHIK SIDHU
ABHIMANYU MENON
ABHISHEK KUMAR
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Academic Support
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ADITHYA DEVARAYAN
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HIMAKSHI RAMCHANDANI
himanshu dhaked
HRITIK PATLE
Information officer
ISHA PANDEY
ishan khisti
ISHIKA JAISWAL
ISHITA SINHA
JANHVI SALVE
JASRAJ BHATIA
JIYUSH NAG
JOEL JOHNSON
KADAMBARI BHANDARKAR
KALPESH MHATRE
KAMTAMREDDY HARSHINI
KANAK PATIDAR
KARLEKAR ANUSHKA

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Lalit Mishra
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MAHADEVAN SESHADRI
MAHAK AGRAWAL
MANAN GUPTA
MANONEETA BANERJEE
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NEERUL SAHU
NEERUSHA neeru
NIKHIL BONDU
nikhil polke
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Nuzhat Fatima Rizvi
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PRACHI ATOLIA
PRADYUMN GOPAL

PRAGYA JAISWAL
PRALABH PANDIT
PRANAV KARDALE
Prasad Velankar
PRASHANT KUMAR
PRASHANT YADAV
PRATHIPATY JANE
PRATIKSHYA PRIYADARSHINI
PRATISTHA DAHIYA
PRITIKA BENJAMIN
PRIYADARSHINI AARYA
PRIYANKA SINGH
RAGHAV PAREEK
RAGINI SINGH
RAJAT NISCHAL
Rameshwar Dagde
RAUNAQ ALI
RIDDHI KASHYAP
RIDDHI MUKEWAR
RITU JAISWAL
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RIYA AGRAWAL
ROHAN GUPTA
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SAMANCHI DHEERAJ
SANCHITA ARORA
SANSKAR SEHGAL
SAOUVIK GHATAK
SARTHAK AGARWAL
SATVIK PANWAR
Sayalee Surjuse
SHAIK BANU
SHAMBHAVI KARN
SHAMBHAVI MALVIYA
SHAMBHAVI SHARMA
SHARANYA TRIPATHI
SHASHANK KUNWAR
SHAUNAK DESHPANDE
SHIBU SHASHANK
shilpa sharma

SHIVAM DHANUKA
SHIVAM RAJ
SHIVANGI MUNDHRA
SHIVANI PANDEY
SHOBHNA NAYAK
SHREEYAAN SHRIVASTAVA
SHREYA G
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SHRUTI LATHER
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SHUBHANKAR DABLE
SIMRAN MORYANI
SINAI MANISH
SIVA RAM
SNEHIL SONI
STEEVE JAMES
SUDESHNA DUTTA
SUKHADA KAKADE
SUVAM CHAKRABORTY
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TAPAN ROYCHOUHDURY
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TUSHAR GEREWAL
VAIDEHI BHANGDE

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WEBINAR - GUEST LECTURE ON

“First Responders and Challenges to Mental Health Maintenance”

13th May, 2020

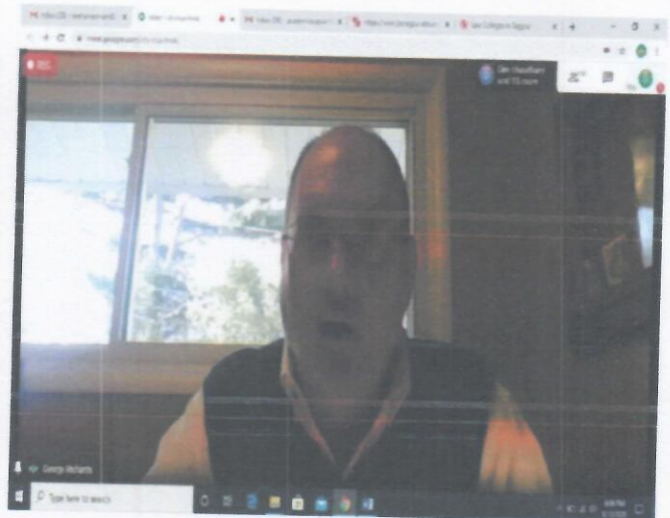
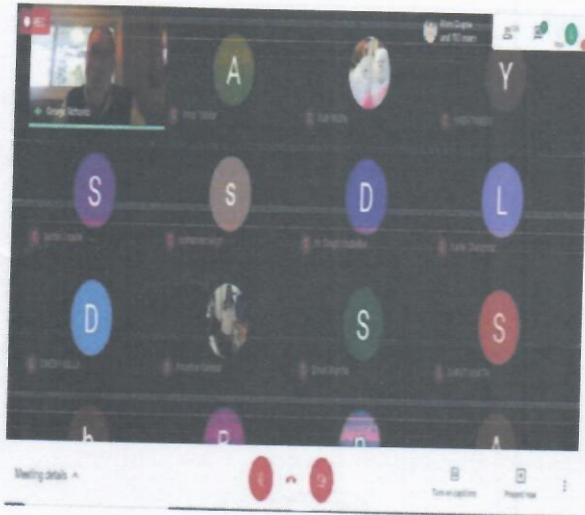
The Placement Cell, Symbiosis Law School, Nagpur organized a Webinar on “**First Responders and Challenges to Mental Health Maintenance**” on 13th May, 2020 addresses by Prof. George E. Richards from University of Pennsylvania.

Prof. George E. Richards from University of Pennsylvania was introduced by Prof. (Dr.) Sachin Tripathi, Assistant Professor at Symbiosis Law School, Nagpur. The Welcome Address was given by Dr. Sukhvinder Singh Dari, Director – Symbiosis Law School, Nagpur. Dr. George Richards, is an Associate Professor in the Criminal Justice, Anthropology and Forensic Science Department. He was recently named as Edinboro University’s 2017 Advisor of the Year. Dr. Richards was recognized for his advising skills and prolific contributions to campus programs, events and committees.

Dr. George E. Richards highlighted for maintaining mental health and how to overcome the challenges associated with it. He further pointed out that positive mental health handling enables an individual to function well, have meaningful social connections, positive self-esteem and be better able to cope with life's ups and downs. He covered the various subject during the lecture such as - addressed the stress related endemic in organizations that deal with crisis situations, how stress is affecting organizations, culture of reason and techniques of self-help for respondents and what can be done to self-alleviate stressful situations.

The comprehensive session for **Challenges to Mental Health Maintenance** and instances relating to it were discussed and they were particularly helpful in driving home the point with the students and thought-provoking as well.

The session was followed by a Question & Answer session. The event was moderated by Prof. (Dr.) Sachin Tripathi and the Vote of Thanks was proposed by Prof. (Dr.) Deepti Khubalkar, Faculty, Symbiosis Law School, Nagpur.



*Aditya
Criteria Incharge*

Sachin Tripathi
Director
SYMBIOSIS LAW SCHOOL
Nagpur-440008,

Attendance bot: dev(Pavan:p2pdops@gmail.com) on 2020-05-13 : 18:46 :

Members :157

Amar Talokar
George Richards
AANICE THOMAS
AASTHA TIWARI
ABHIK SIDHU
ABHISHEK KUMAR
Abin Babu
Aditee Godbole
ADITI SAHAY
ADITI UTTAMANI
ADITYA PANDEY
ADITYA SINHA
AGASTHAYA JAISWAL
ALOK SHUKLA
AMAN AMAN
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ANUSHKA MAURYA
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ARYA utkarshini
ARYAN GHOSALKAR
ARYAN RAWAL
ARYAN SINGH
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Ashish Tode
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BIBHAS BHARADWAJ
CHANDRIMA DAS
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DEV Ahuja
DEVANSHI YADAV
DHRUV KALANTRI
DINESH KALLA
Director SLS Nagpur
DIVYA NAND

DIVYANSH SISODIYA
Dr. Deepti Khubalkar
ESHITA PAGARIYA
FAZLEQADIR CHIMTHANAWALA
GAURAV SAHGAL
GAURAV SHARMA
GAURI JAKHOTIYA
GAYATRI CHANCHANI
GIRIJA RANADE
HARITHA C
hemant titarmare
HIMAKSHI RAMCHANDANI
himanshu dhaked
Information officer
ISHA PANDEY
ishan khisti
ISHIKA JAISWAL
ISHITA SINHA
JOEL JOHNSON
K SNIGDHA
KALPESH MHATRE
KAMTAMREDDY HARSHINI
KANAK PATIDAR
KARLEKAR ANUSHKA
KRISHNA GUNDAWAR
KRISHNA JAISWAL
KUMAR SHIVAM
KUNAL MIDHA
LANCE KEWIN
MADHUKAR REDDY
MAHAK AGRAWAL
MANONEETA BANERJEE
MISHTHI mishti
MOHIT CHUG
MOHIT MADHWANI
MOUNISH SURYADEVARA
SHAMBHAVI KARN
SHARANYA TRIPATHI
SHAUNAK DESHPANDE
SHIBU SHASHANK
shilpa sharma
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PRIYADARSHINI AARYA
PRIYANKA SINGH
RAGHAV PAREEK
RAGINI SINGH
RAJAT NISCHAL
Rameshwar Dagde
RIDDHI KASHYAP
RITU JAISWAL
RITVIK NIGAM
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SARTHAK AGARWAL
SATVIK PANWAR
Sayalee Surjuse

SAYANTANI DE
Sachin Tripathi
SAIKAT MUKHERJEE
SINAI MANISH
SIVA RAM
Sneha Meshram
SUKHADA KAKADE
suresh kumar
SWEEKRITI CHOWDHURY
TRUPTI AGARKAR
Trupti Kokate
TUSHAR GEREWAL
VAIDEHI BHANGDE
VAISHNAVI NIMJE
VANSHIKA SHUKLA
VARUN ALASE
VEDANT MOHITE
VIDHISHREE TIWARI
YASH PANDEY
YOHITH KONIDALA

Aditee
in charge





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Yoga for Mind, Body & Soul on 28th August 2019

On 28th August 2019, Saturday a Seminar on Yoga for Mind, Body and Soul was organized at Symbiosis Institution, Nagpur with great zeal and energy. Yoga is a mind and body practice with a 5,000-year history in ancient Indian philosophy. Various styles of yoga combine physical postures, breathing techniques, and meditation or relaxation. Good number of participants took part in the event including **Prof. Ar. P. S. Sindhu, Director, SSPAD** with students, faculty, officers, staff also participated in the event. The students of Symbiosis Law School Nagpur also participated in this yoga event with great enthusiasm. Two yoga (2) teachers accompanied by few trained volunteers were there to conduct the yoga practice.

All the participants, Volunteers and Yoga teachers assembled in the earmarked area at Seminar Hall, SSPAD, Nagpur itself so as to ensure that the practice session is conducted in the most conducive manner for the all the participants. This session was followed by Power of Thoughts, Positive Thinking & Creative Visualization by Dr. Sarah Chinthamwala at sharp 09:30am.

Dr.Chinthmawala's session was followed by a special lecture on Yoga for Mind, Body & Soul by Chief Guest and Speaker Prof. Christopher Key Chappel, Director, Master of Arts in Yoga Studies Loyola Marymount University, USA. A Mantra and Meditation session by Dr. Manju Jain followed that everybody spellbound.

The Yoga session started exactly at 7 am with Prayer, and systematic practice of different 'ASANAS" of standing, sitting and laying positions (both lying on back and reverse) smoothly changing in succession under the instructions of Yoga teacher and supervision of trained

Volunteers. During the course of “Yogabhyas”, the Yoga teacher also narrated the usefulness of different “Asanas” as a precautionary measure, in curing many Diseases and the usefulness of Yoga in the overall wellbeing of a human being.



Director
Director
SYMBIOSIS LAW SCHOOL
Nagpur-440008.

Symbiosis Law School, Nagpur
Constituent of Symbiosis International (Deemed University)
Attendance Sheet (Academic Year 2019-20)

YOGA FOR MIND BODY AND SOUL
Venue : Seminar hall SSPAD , Nagpur
Programme: B.A.LL.B.

Year : I Semester : I
Time : 9.30 Am

Batch 2019-24
Date : 28/08/2019

Sr. No	Name of Student	Division	Attendance
1	Dhanshree Ambilwade	A	P
2	Poonam Bhutada	A	P
3	Anushka Karlekar	A	P
4	Aditya Pandey	A	P
5	Satvik Kanhai	A	P
6	MADHUMITA SHARMA	A	P
7	Sakshi Pandey	B	P
8	Shivani Pandey	B	P
9	Krishna KG	B	P
10	Aryan Singh	B	P
11	Neeral Sahu	B	P
12	Harshwardhan	B	P
13	Divyanshu Raj	B	P
14	Jasraj Singh	B	P
15	Kalpesh Mantri	B	P
16	Mohil Madhwani	B	P
17	Vineet Sinha	B	P
18	Nimisha Arekudige	B	P
19	Ritwik Gill	B	P
20	Preetik G	B	P
21	Shambhavi Karn	B	P
22	D Rupa	B	P
23	SINAI SALKAR NEEL MANISH	B	P
24	SHREYA G	B	P
25	GAURAV SAHGAL	B	P
26	ADITYA NARAYAN SINHA	B	P
27	BIBHAS BHARADWAJ	B	P
28	OMANI YADAV	B	P
29	AMRITANGSHU KAUSHIK	B	P


Coordinator

Symbiosis Law School, Nagpur
(Constituent of Symbiosis International University)
Attendance Sheet (Academic Year 2019-20)
Batch 2019-2024

Yoga for Mind, Body & Soul Entries

Venue:- SSPAD, Seminar Hall.

Timings:- 9:30am

Date:- 28-08-2019

BBA.LLB

Sem:I

Sr No	Name	Div	Attendance
1	Aryan Surana	C	P
2	Dev Akash Chaudhary	C	P
3	Mohak Kasat	C	P
4	P Rama Sai Kalyan	C	P
5	Agasthya Jaiswal	C	P
6	Himakshi Ramchandani	C	P
7	Naina Poddar	C	P
8	Muskan Jain	C	P
9	Shobhana Nayak	C	P
10	Prashant Yadav	C	P
11	Shruti Khatri	C	P
12	Anubhuti Kakkad	D	P
13	YashVardhan Trivedi	D	P
14	Kashish Lalwani	D	P
15	Aryan P	D	P
16	Ritvik Dang	D	P
17	Palak Gupta	D	P
18	Riya Agrawal	D	P
19	Fazle Qadir	D	P
20	Nikita	D	P
21	Himanshu	D	P
22	Parag	D	P
23	Krishna G	D	P
24	Mohit	D	P
25	Neha	D	P


Coordinator



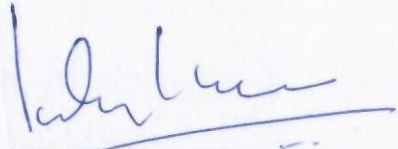
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Re-Accredited by NAAC with Grade "A"

Certificate

Mr./Ms. **Krishna KG** bearing PRN- **19010421120**, was ranked **First** in Seminar on **Yoga for Mind, Body and Soul** held at Symbiosis Law School, Nagpur on **28th August, 2019**.




Dr. Sukhvinder Singh Dari
Director
Symbiosis Law School, Nagpur



Symbiosis International (Deemed University)

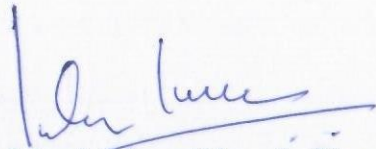
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Certificate

Mr./Ms. *Anushka Karlekar* bearing PRN- **19010421043**, was ranked **Second** in Seminar on *Yoga for Mind, Body and Soul* held at Symbiosis Law School, Nagpur on **28th August, 2019**.




Dr. Sukhvinder Singh Dari

Director

Symbiosis Law School, Nagpur



Symbiosis International (Deemed University)

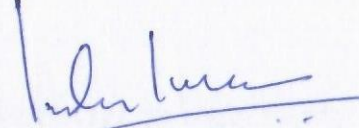
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Certificate

Mr./Ms. **Bibhas Bharadwaj** bearing PRN- **19010421104**, was ranked **Third** in Seminar on **Yoga for Mind, Body and Soul** held at Symbiosis Law School, Nagpur on **28th August, 2019**.




Dr. Sukhvinder Singh Dari
Director
Symbiosis Law School, Nagpur