

Report of the Launch of SORT Club

Ghanshyamdas Saraf College of Arts and Commerce organized the launch of SORT (Student's Organization for Reform and Transformation) Club powered by The Art of Living on Wednesday, 26th February 2020 at 8:00 am onwards in Durgadevi Saraf Hall.

The launch started with playing of National Anthem, followed by invoking Goddess Saraswati by lighting of the lamp by the dignitaries. The guest for the launch was Mrs. Vasudha Jhunjhunwala who is a State Coordinator and a senior faculty with The Art of Living. The panel also had Ms. Riddhi Pandya and Ms. Preeti Beniwal as speakers for the day.

The invocation was followed by a welcome speech given by Dr. Lipi Mukherjee, who threw light upon the various achievements of the College and highlighted the launch of SORT Club as a major feat for the College.

The guests were felicitated by Vice Principals Prof. Gopal Sonar and Dr. Lipi Mukherjee who presented each guest with a sapling as a token of gratitude.

The session began with a brief introduction of SORT Club given by Mrs. Jhunjhunwala. The speaker highlighted the pivotal role of having such student-oriented organizations. She explained the vision and the mission of the Club that aims to form a nexus between the students, NGOs, governance, and the community. Mrs. Jhunjhunwala explained the two levels in which SORT Club works- SORT Inside and SORT Outside. The SORT Inside activities include mindfulness, along with being able to handle distractions and stress on an individual level. To achieve this, the guest explained the benefits of the patented 'pranayam' technique designed by The Art of Living- The Sudarshan Kriya.

For the SORT Outside, the speaker explained various programs towards community awareness. She laid much emphasis on the students realizing their duty towards the society and the environment by engaging in various activities like conclaves and ...

Mrs. Jhunjhunwala also gave a brief introduction of 'Yuvaan', a pan-India drive by The Art of Living that consists of youth programs where students learn meditation, and at the end of which also get an opportunity to interact with Sri Sri Ravi Shankar, the founder of The Art of Living.

The speaker also made the audience- students and teachers meditate for fifteen minutes, after which she elucidated on the several physical and psychological benefits of yoga and pranayam. The session was followed by a round of questions by enthusiastic students, which were answered with equal energy by the speaker. The guests also had a two-minute pen-and-paper quiz for the students, which they participated in.

Mrs. Jhunjhunwala then opened the forum for questions from the audience. The students came up with a variety of questions, from coping with lifestyle problems to teenage insecurities. The speaker answered these questions eagerly, quoting case studies as examples for the students to learn from. The interactive session concluded with an enthusiastic applause for the speaker.

for
Lipi Mukherjee



The next speaker for the day was Ms. Preeti Beniwal, a cranio therapist and a faculty with The Art of Living who elaborated on the importance of physical and psychological well-being of the youth. She laid stress on having such student-community collaborations that help channelize the potential of youth in fruitful ways on an individual and community level.

The talk was followed by the introduction of the Core Committee of the SORT Club of the College that comprises of eleven members like President, Secretary, Treasurer, Event Organizers, Digital Marketing Heads, Content Writer, Creative Head, and Senior Members. The introduced themselves before the audience and explained their aim behind joining the SORT Club. After the introduction of the Committee, the logo of the Club was released by the guests.

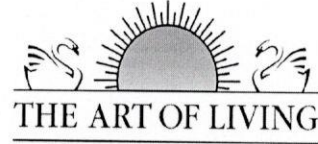
The launch concluded with a vote of thanks proposed by Prof. Avanti Sathe who thanked the speakers for their engaging talks and their initiative for establishing a synergy between students and the community. She also expressed her sincere gratitude towards the Management of the College for initiating such an enterprise, and thanked everyone who contributed to its successful completion.

for
Dr. Preeti Beniwal





the sort club



Date: 20th April 2020

SORT Club Report 2019-2020

SORT Club (Student's Organization for Reform and Transformation) powered by The Art of Living was initiated in the college by Shri. Kailashji Parasrampuria, Hon. Secretary RSET and Dr. Jayant Apte, Principal.

SORT – The Youth Scripted Club, is oriented towards the holistic well-being of the college students and will provide a strong platform for the students to express themselves, overcome their inhibitions, serve society, grow professionally and adapt culturally to the changing needs of society. These activities, administered by senior trainers from the Art of Living, will guide them to channelize their heightened energy and bring the necessary inner transformation. **SORT INSIDE** has its activities focused on reducing stress, enhancing sense of peace and increasing the overall well-being of the student. Once the students have learnt to sort inside, they actively take more responsibilities. Under **SORT OUTSIDE** students are encouraged to lead social development projects impacting their local wards

The first event under the SORT club saw participation of students in **Tata Mumbai Marathon** which took place on 19th January, 2020. The team of 7 students participated in the Dream Run (6 km marathon) which turned out to be a motivating and enthusiastic experience for all. The marathon saw people from all walks of life participate such as Bollywood celebrities, athletes, business tycoons. This initiative encouraged self growth and self care amongst the students.

In the month of February, **Core Committee of students** of SORT Club was formed which comprises of eleven members like President, Secretary, Treasurer, Event Organizers, Digital Marketing Heads, Content Writer, Creative Head, and Senior Members.

for
Lunkeyee



SORT Club under its 'SORT outside' initiative covers **adoption of a BMC school** by college to support and interact with the students. On 7th February 2020, our students had an amicable and one-to-one interaction with the school Principal and the students of Mitha Nagar Mahanagar Palika School located in Goregaon West. The team got familiar with some of the problems faced by the school such as poor sanitary conditions, improper disposal and segregation of garbage, poor English language skills, low attendance of students etc.

In the coming academic year, to handle these issues, awareness programs using hoardings, banners and dramatics shall be conducted. Interactive sessions will be conducted by our college students in areas of art and craft, yoga, learning tricks etc to motivate the student attendance, to adopt innovative ways of learning and to develop extra-curricular activities.

The official Launch event for the SORT club was held on 26th February, 2020 . The guest for the launch was Mrs. Vasudha Jhunjhunwala who is a State Coordinator and a senior faculty with The Art of Living. The session began with a brief introduction of SORT Club. speaker highlighted the pivotal role of having such student-oriented organizations. She explained the vision and the mission of the Club that aims to form a nexus between the students, NGOs, governance, and the community. The talk was followed by the introduction of the Core Committee of the SORT Club of the College where they explained their aim behind joining the SORT Club. After the introduction of the Committee, the logo of the Club was released by the guests.

An online session on mindfulness meditation was organised for the students for the period of 27th March 2020 to 3rd April 2020. The session aimed at engaging the students in restoration activities that provide relief to immunity systems by easing day to day stress. It was conducted by Art of Living co-ordinator online by the use of Zoom Cloud Meeting App. Students who attended the 7 day session received E- Certificates for the same.

for Signature



SORT Club photographs 2019-2020

Tata Mumbai Marathon Participants



Visit to BMC School



Visit to BMC School



Visit to BMC School



SORT Club Launch Event- Session



SORT Club Launch Event- Core Committee



**CELEBRATING SOCIAL
DISTANTCING**



Mindfulness for Students

Date: March - April 2020



ONLINE ZOOM CALL SESSIONS
#HappyBeingHome

LEARN TO MEDITATE

Mindfulness Sessions helps students to drop the anxiety about the unknown future and brings your mind to present moment. It provides relief for our immune systems, easing the day-to-day stress of a body constantly trying to protect itself.

Report On
International Day Against Drug Abuse
Powered by The Art of Living

Date- 26th June 2021

Time- 11:30 AM to 1:30 NOON

Platform used- Zoom

Total participants-204

The aim of this event is "Enchanting the Real High" an educational and awareness project of, by, and for Students. "Prevention is better than cure" is the objective of this project. Awareness sessions was delivered to students for making them informed of the monster of Substance abuse which may engulf them at a young age if they are not educated of its harms.

The Teenage Brain is Susceptible to Addiction and the reason being pleasure centers of a teenager's brain develop faster than the parts of the brain responsible for decision-making and risk analysis. Maharashtra has the highest number of suicides because of alcohol addiction. 75% of youth consume alcohol before 21 which is a very alarming matter.

This event conducted by SORT club had professionals who urged to take a pledge not to indulge in any kind of substance abuse in their future lives

for
Dr. K. K. Kulkarni



The event started with welcome address and introduction of the Guest by Prof. Urvi Jain, Course Coordinator, BCBI.

The session was conducted by Mr. Ramnik Bansal – an IITian, IIM Alumni and Senior Art of Living faculty & Public Speaker is a spreadsheet and a number crunching expert.

The Speaker keep the participant enthusiastic, energetic and participative throughout the session by presenting facts, figures and videos

The session was based on empowering our country youth to make informed decisions and contribute in building a stronger foundation for our country.

As aptly said by Art of Living founder, "Youth is the backbone of our country and they determine the country's development. Hence, they have to be competent enough to face the challenges in life".

The overall response of the participants was very positive.

The event came to a formal end with the vote of thanks given by Prof. Swati Chandak, Core faculty BFM.

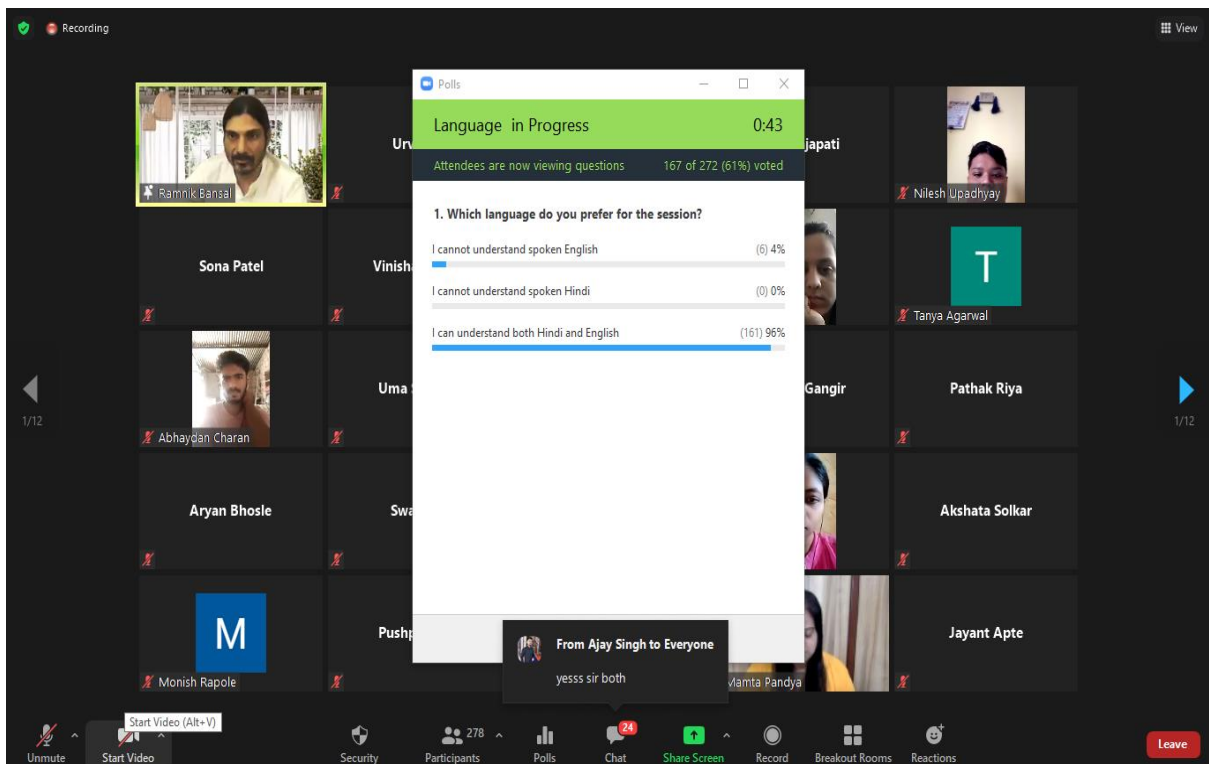
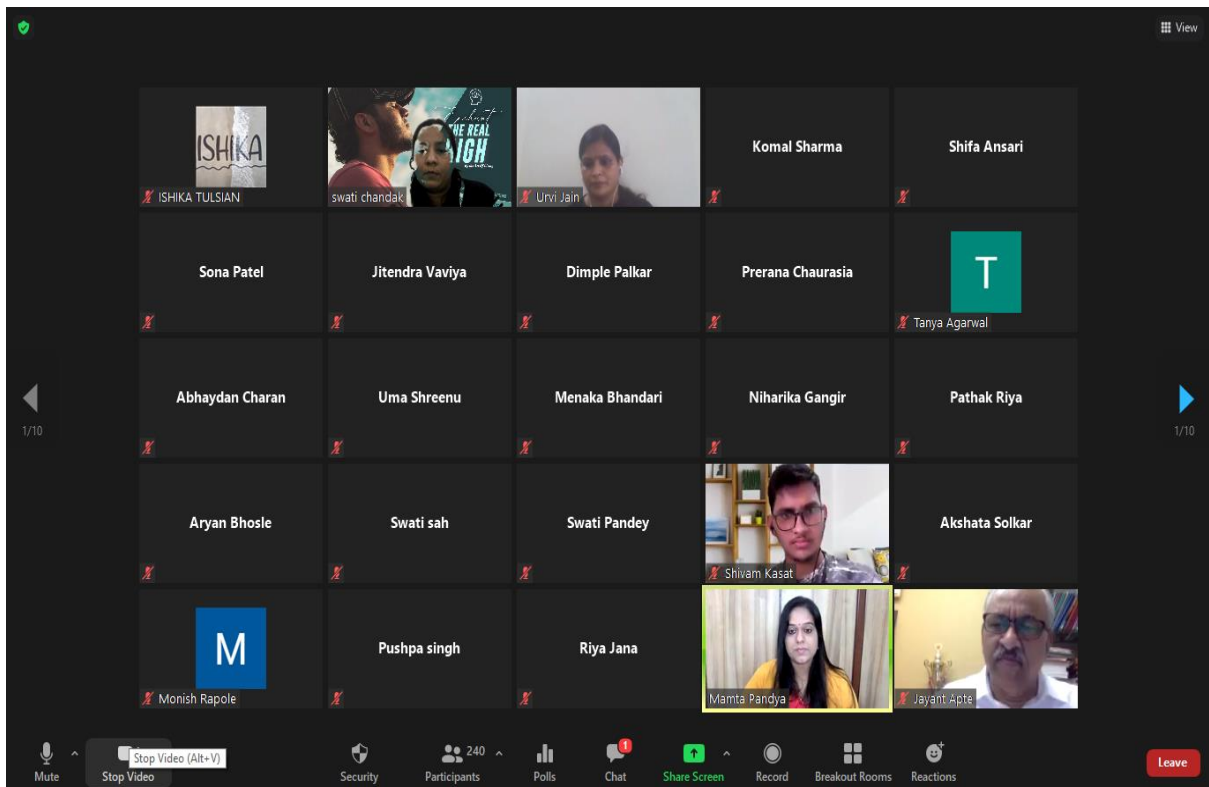
Prepared by

Prof. Swati Chandak

Convenor, SORT Club

for Swati Chandak





Recording

You are viewing Ramnik Bansal's screen

View Options

92%

Play

Tools: Table, Chart, Text, Shape, Media, Content, Collaboration, Timeline, Gallery, Document

I used to think drinking was bad for me... so I gave up thinking.

-Anonymous

Quotabulary.com

PS From Pawan Singh to Everyone

Unmute Stop Video Security Participants 279 Polls Chat 17 Share Screen Record Breakout Rooms Reactions Leave

Ramnik Bansal

Zoom Meeting

Recording

Any

TIME

A New Study Says Any Amount of Drinking Is Bad for You. Here's What Experts Say

based on 700 existing studies

The new research was based on a review of nearly 700 existing studies on global drinking prevalence...

Participants (273)

Find a participant

- swati chandak (Co-host, me)
- MP Mamta Pandya (Host)
- Ramnik Bansal (Co-host)
- AO Art of Living Youth Club (Co-host)
- Rasika Gujarathi (Co-host)
- RP Riddhi Pandya (Co-host)
- UJ Urvi Jain (Co-host)
- A Aakar Mistry
- AA Aamir Ansari
- A Aaron Dias
- A Aastha Tiwari
- AC Abhaydan Charan
- AG Abhishek Gupta

Invite Mute All

26°C Light rain 11:55 AM 6/26/2021

Zoom Meeting

Recording

View

Sharing Poll Results

Attendees are now viewing the poll results

1. What is your answer?

Female: I commit that I will NOT CONSUME alcohol cigarettes etc in my life. (104) 59%

Male: I commit that I will NOT CONSUME alcohol cigarettes etc in my life. (72) 41%

Female: I WILL CONSUME alcohol cigarettes etc in my life. (1) 1%

Male: I WILL CONSUME alcohol cigarettes etc in my life. (0) 0%

From Nakul Purohit to Everyone

Unmute Stop Video Security Participants Polls Chat Share Screen Record Breakout Rooms Reactions Leave

1/10

26°C Light rain 12:49 PM 6/26/2021

Zoom Meeting

Recording

Select option for Next Steps in Progress 2:20

Attendees are now viewing questions 129 of 224 (57%) voted

1. Select below options for SKY, Brain Power, ROI, Get in touch with Ramnik Sir and Internship (Multiple choice)

Yes, I will like to learn SKY meditation (62/129) 48%

Yes, I would like to join SORT Club in Saraf College (42/129) 33%

Yes, I will like to join ROI in Upskilling & Education session (32/129) 25%

Yes, I will like to get in touch with Ramnik Bansal Sir (62/129) 48%

End Polling

From Roshan Singh to Everyone

Unmute Stop Video Security Participants Polls Chat Share Screen Record Breakout Rooms Reactions Leave

1/10

26°C Light rain 1:09 PM 6/26/2021

Zoom Meeting

Recording

linkedin: ramnikbansal is talking...

View

3/10

3/10

Shobhakumari S...

Riddhi Pandya

Chirag Gupta

Shamika Baing

Sumit Kanwa

Sakshi Gupta

Arpita Ojha

Trupti Shetty

Sheikh shahida

Aryan Bhosle

Vinita Rajak

Divya Ghume

Shivam Singh

Shubham Pandey

Vansh Saraf

Akanksha Mishra

Riya Rathod

Yashi Kedai

Pawan Singh

Uma Shreenu

Suraj Saw

Ayush Somani

From Roshni Bhagat to Everyone

Yes sir

Arun Sharma

Yogesh Parekh

Mute

Stop Video

Security

Participants

227

Polls

Chat

Share Screen

Record

Breakout Rooms

Reactions

Leave

26°C Light rain

1:18 PM

6/26/2021

Zoom Meeting

Recording

View

1/10

1/10

linkedin: ramnikb...

Dimple Rajar Le

swati chandak

ISHIKA TULSIAN

Arpit Rajbhar

Mamta Pandya

Sheetal Gupta

Tushita Kotian

Shivam Kasat

Shifa Ansari

Anuj Baal

Jitendra Vaviya

Ayush Chaferkar

Vatsal Baheti

Nishika Shah

Riya Jana

Priti Prajapati

Nilesh Upadhyay

Divya Kaushik

Harshitha Kulora

kirti.vishwakarma

Janhavi Rewale

From Anuradha Gupta to Everyone

thankyou sir

Deepak Ghatkar

Pratham Daya

Mute

Stop Video

Security

Participants

228

Polls

Chat

Share Screen

Record

Breakout Rooms

Reactions

Leave

26°C Light rain

1:18 PM

6/26/2021