



## B-FOUNDATION REPORT ACADEMIC YEAR 2021-22



On the 31st of July 2021, the B-foundation of B-section organized a webinar “Awareness about Eye Hygiene” by Dr. Ashish Jain (MBBS, Masters in ophthalmology and double fellowship in retina) on Google meet. Working for long hours in front of the screen or while watching television for a prolonged time, we tend to forget to blink our eyes which is dangerous. It was an eye-opening session which cleared the myths and highlighted the facts about eye-care and screen time usage.

### POSTER

**Nagindas Khandwala College Of Commerce,  
Arts & Management**  
Autonomous  
**B-Foundation of B-Section**  
Presents  
**AWARENESS ABOUT  
EYE HYGIENE**

**Dr. Ashish Jain**  
MBBS  
Masters in Ophthalmology  
Double Fellowship in Retina

**Saturday | 31st July, 2021 | 5pm Onwards**

**Venue:** [Redacted]



## B-FOUNDATION REPORT ACADEMIC YEAR 2021-22

On the 1st of November 2021, the B-Foundation organized a visit to an “Old Age Home” to celebrate Diwali with the golden-agers. They adorned the place with festive decor, lit firecrackers and had a merry time. The day ended on a good note by donating rice and edible oil.

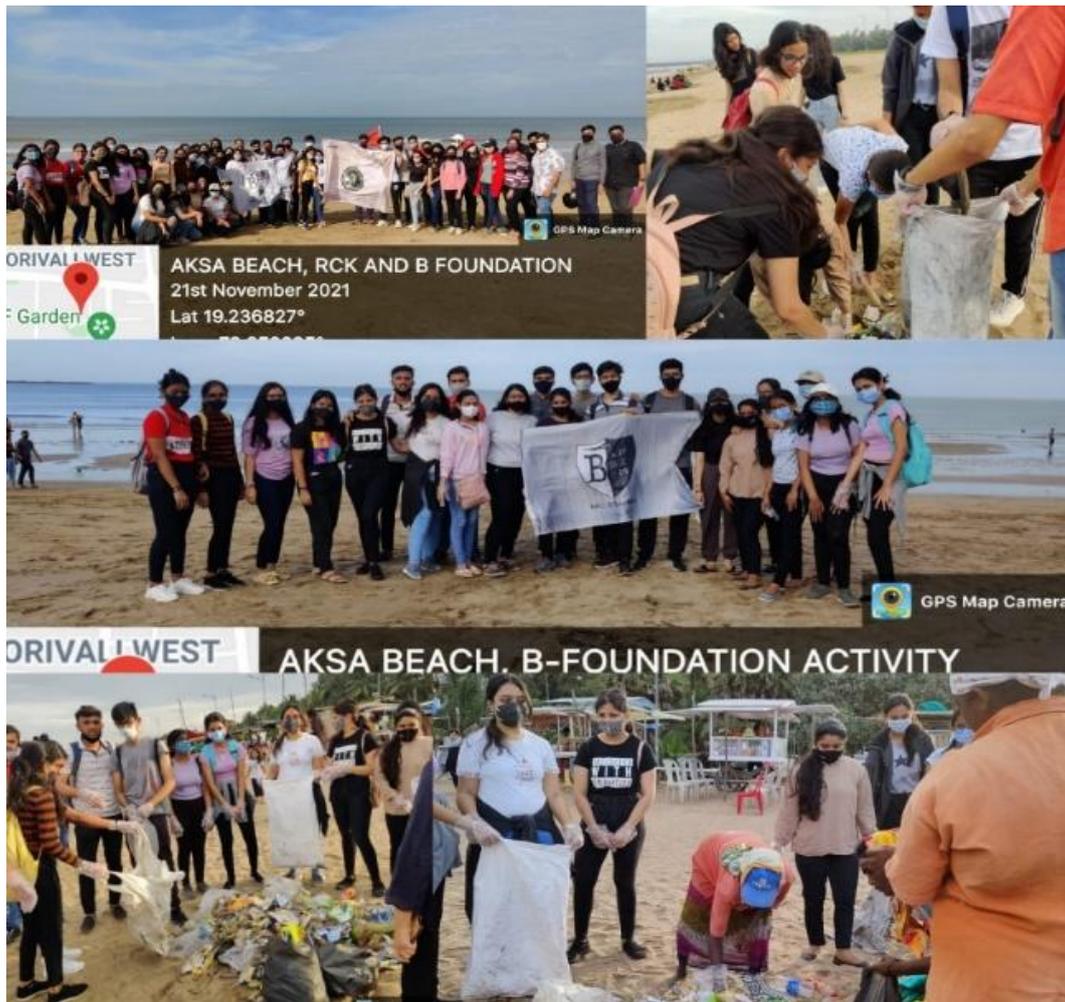




## B-FOUNDATION REPORT ACADEMIC YEAR 2021-22



On the 21st of November 2021, the B-Foundation in association with Rotract Club of Khandwala arranged a “Beach Clean-Up Drive”. The diligent students cleaned a major part of the Aaksha and Danna Pani beaches located in Malad, Mumbai. It was heart-warming to witness their zeal for the social cause.





## B-FOUNDATION REPORT ACADEMIC YEAR 2021-22



On the 4th of December 2021, B-Foundation of B-Section organized a webinar on - 'Yoga for Well Being' in association with ISHA Foundation and Rotaract Club of Khandwala College. Ms. Rajeshwari Kesavan from the Isha Foundation conducted the enticing session. It emphasized Yoga's impact on a person's overall well-being and prompted everyone to practice yoga. The students expressed their solidarity by introducing yoga to their daily routine.

**Yoga for Wellbeing**



Sat, Dec 4  
3:00 pm IST  
Duration: 50 mins.  
Platform: Google Meet  
Nagindas Khandwala College

*"If you learn to create the right climate in your body, mind, and emotion, your health, wellbeing, and joy-everything will be taken care of."*  
Sadhguru



## B-FOUNDATION REPORT ACADEMIC YEAR 2021-22



The B-Foundation of B-Section ushered a webinar on 27<sup>th</sup> January 2022 with our diligent speakers for the event Ms. Sukaina Lokhandwala a proficient clinical psychologist and Mr. Aman Goharia, an accomplished social worker. The webinar emphasized more on the underrated concept of mental health. It threw light on the theory of psychological terms and methodology. The webinar proved to be very pragmatic for everyone. The session ended with a note; by giving numerous understandings to its listeners.

The poster is a vibrant pink and green graphic. At the top, it features the logos of M.K.E.S. Education and Beyond Khandwala College and Nagindas Khandwala College of Commerce, Arts & Management Studies, Autonomous. The central text reads 'B-section presents INSIGHT MINDSET'. Below this, two circular portraits of the speakers are shown. The bottom section of the poster provides the date and time: 'Thursday | 27th January, 2022 | 3 pm Onwards' and the venue: 'Venue:'.

**Nagindas Khandwala College of Commerce,  
Arts & Management Studies  
Autonomous**

**B-section presents  
INSIGHT MINDSET**

**Ms. Sukaina Lokhandwala**  
MA (Applied  
Psychology-Clinical)  
Clinical psychologist  
SNEHA

**Mr. Aman Goharia**  
Master of Social Work  
Training coordinator  
SNEHA

**Thursday | 27th January, 2022 | 3 pm Onwards**

**Venue:**