



PTVA'S
MULUND COLLEGE OF COMMERCE
(AUTONOMOUS)

PRESENTS
INSPIRA
— 2024 - 2025 —

BMS DEPARTMENT
NEWSLETTER
TERM - 1



More than "Rituals"

“India’s festivals are a vibrant blend of cultures and beliefs, where every celebration adds a unique thread to the rich fabric of society. From the sound of temple bells to the call of the muezzin, and the carols of Christmas, each festival transcends boundaries, uniting people in joy and gratitude. These moments go beyond rituals, becoming powerful expressions of faith, resilience, and community, reminding us of the beauty of our diversity.

As families gather to share meals, exchange gifts, and offer prayers, festivals foster a deep sense of belonging and connection. They teach us to embrace and respect each other's traditions, reflecting a spirit that is inclusive and enduring. In the laughter, the lights, and the communal harmony that fills the air, India's festivals continue to unite us, celebrating the shared human desire for peace, joy, and love.”

*~Bushra Sait &
Namita Sagare*

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MANAGEMENT DESK

We thank our PTVAs management, our beloved Principal, Dr. Sonali Pednekar ma'am and our Vice Principal Dr. Shivaji Pawar sir for their unwavering support. Special credits to the Teacher In-charge and the Editorial Team who worked tirelessly and brilliantly on this prestigious "Inspira Newsletter."

We are back this year celebrating our students' outstanding achievements and their contributions towards the newsletter. Witnessing our students grow each year brings immense joy to us all. We only hope to continue this legacy further with increased participation and exhilaration!

*~Dr.Viji Kannan
HOD, School of Management Studies*

Introducing the much awaited, "Inspira Newsletter," by the BMS department. This newsletter captures the noteworthy past achievements of our brilliant students and also showcases their literary prowess through a myriad of poems, drawings, and more. It is a testament to the multifaceted talent that thrives within our academic community.

As you peruse its pages, you'll witness a fusion of intellectual brilliance and creative expression. I extend my heartfelt credit to the entire team who dedicated their efforts to bring this newsletter to life. I hope this newsletter inspire and resonate with our academic community.

*~Prof. Abhilasha. N.
Faculty in-charge Inspira Newsletter*

ABOUT

INSPIRA NEWSLETTER

Inspira, our departmental newsletter, has been a cornerstone of our academic community since its inception in 2016. Designed to celebrate and document the vibrant achievements and creative talents within our department, Inspira serves as a dynamic platform for students and faculty alike.

Origins and Purpose:

Founded with the vision of fostering a deeper connection among students and showcasing their diverse talents, Inspira quickly became more than just a newsletter—it evolved into a cherished tradition. Its primary purpose is to offer students an opportunity to share their creative work, celebrate their accomplishments, and stay informed about departmental activities.

Key Features:

1. Student Creativity

- **Writing Showcase**
- **Art Contributions**

2. Achievements and Recognition:

- **Academic and Extracurricular Success**
- **Milestones and Events**

Engagement and Contribution:

Inspira thrives on the active participation of its readers. We encourage students to contribute their writings, artwork, and achievements to make the newsletter a true reflection of our collective creativity and success. Faculty members are also invited to share their insights, research updates, and departmental news.

MINOR RESEARCH PROJECT

"A HOLISTIC STUDY OF GIG ECONOMY IN MUMBAI: GIG WORKERS EXPERIENCES & PUBLIC VIEWS"

Pranav Mahadik, Dhaval Purao, Namita Sagare, Bushra Sait

"A STUDY ON UNDERSTANDING AND MAPPING OF VULNERABILITY FACTORS INFLUENCING THE LIVES OF STREET CHILDREN"

Dhanashree Sikeria, Tejal Nandanwar, Aditi Ratnaparkhi

"THE INVISIBLE LOAD: UNVEILING WOMEN'S STRUGGLES IN BALANCING CAREER AND FAMILY"

Purva Dhake, Anushka Tandale, Priyangshi Pal, Diya Shah

"REAL-TIME ROAD ANOMALY DETECTION USING MACHINE LEARNING."

Om Hindalekar, Bhakti Thakkar, Sneha Panicker, Shruti Gope

"A STUDY ON THE IMPACT OF MHADA'S INITIATIVES ON AFFORDABLE HOUSING AND SOCIAL EQUITY"

Viresh Raut, Prapti Vithalani, Tarannum Mirza, Prathamesh Parulekar

"ASSESSING HEALTH RISKS OF MICROPLASTICS ON HUMAN HEALTH"

Nishita Malpekar, Manasvi Kavathankar, Deep Madhavi

"EXPLORING THE AWARENESS AND EFFECTIVENESS OF NATIONAL EDUCATION POLICY ON UNDERGRADUATE LEVEL"

Riya Gandhi, Devashree Ukirde

"ASSESSING & UNDERSTANDING THE IMPACT OF EXPERIENTIAL LEARNING & INTERNSHIP ON CAREER READINESS AMONGST COLLEGE STUDENTS"

Manaal Sayed, Hetvi Jain, Sara Khan

CAMPUS PLACEMENT

BMS Batch 2021-24

The Department of Management Studies congratulates the batch of 2021-2024 for securing esteemed placements in renowned companies. We are proud of their success and believe in their continued excellence.

Name: Sachin Valmik Shelavale
Designation: Analyst-Internal Audit
Company: KPMG Assurance and Consulting LLP

Name: Ruchi Shitkar
Designation: Audit Analyst
Company: BSR and Co LLP/ KPMG

Name: Shreya Kadam
Designation: Analyst
Company: KPMG

Name: Yash Nadar
Designation: Executive 1 Marketing Commercial
Company: Asian Paints Limited

Name: Shreenidhi Dinesh Suvarna
Designation: Marketing Commercial Executive 1
Company: Asian Paints Limited

Name: Hrishikesh Patil
Designation: Risk Analyst
Company: Deloitte India

ACADEMIC TOPPERS

Semester 2



Hetvi Jain
1st Topper



Labdhi Jain
2nd Topper



Manaal Sayed
3rd Topper

Semester 4



Pranav Mahadik
1st Topper



Prathamesh Parulekar
2nd Topper



Bushra Sait
3rd Topper

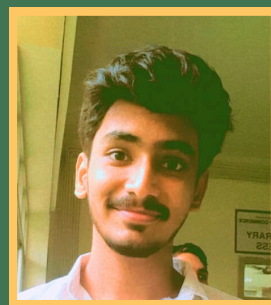
Semester 6



Sumen Kha
1st Topper



Riddhi Kelshikar
2nd Topper



Gauraang Revankar
3rd Topper

ACHIEVEMENTS

PTVA's Institute of Management's Centre of Innovation and Entrepreneurship organized Wings2Vision 2024 Business plan competition

Name: Varun Raikundalia - TYBMS A

Krishna Anam - TYBMS A

Prize: Third Prize and Rs. 50,000

Published a Research Paper in International Journal of Applied Engineering & Technology on 'A Study on Screen Time Management among Technology Students-Strategies & Solutions'

Members: Riddhi Chaube, Arpit Pandey, Tushan Poojari, Atharv Golap

AAVISHAR WINNERS 2024

Name : Pranav Mahadik, Sara Khan, Dhaval Purao, Swamini Pendekar & Pritam Panday

Event : Aavishkar 2023-24

Prize : 3rd

College/Institute : Mumbai University

Date & Month : 23rd December 2023

1st Prize in 'Arthotsav - Grand Tourism Agency' Event

Name : Pranav Mahadik & Dhaval Purao

Class : SYBMS

College/Institute : D.G. Ruparel College

Date & Month : 7th February 2024

ACHIEVEMENTS

BEST RESEARCH PAPER in HR College International Conference

Topic: Introduction of New Education Policy in Commerce Related Courses & it's Impact on Future Business and Entrepreneurship Development

Name: Pranav Mahadik

Best Research Paper Award at M.L.Dahanukar College of Commerce

Topic: Understanding the Financial Planning Behaviour of Women in Mumbai: A Quantitative Analysis

Paper Published in: Journal of Advanced Multidisciplinary Research Studies and Development, Volume: 03, Spl

Issue No. 01, 2024

Name: Ovati Sakhardande, Khushi Sharma, Rakshanda Ahire

Best research paper award at Dahanukar College

Topic - Problems faced by commuters of TMTU

Name: Om Hindalekar

Prathamesh Parulekar

Devang Salvi

Prapti Vithlani

Viresh Raut

1st Prize in the 'Speechify Elocution competition in MCC

MANTHAN-

The Churning of thoughts' held on 4th March, 2024.

Krishna Anam TYBMS A

ACHIEVEMENTS

Udyojak Fest 2024 of D.G Ruparel College
under the leadership of CL
Riya Nadkar and Anurag Shukla

BEST CL (Contingent Leader) Trophy
Riya Nadkar and Anurag Shukla

Baggage Battle

1st Podium

Poorva Sawant (FYBMS)

Ajinkya Naik (FYBMS)

2nd Podium

Soham Gawand (TYBMS)

Saanchi Bawage (SYBMS)

Stock-e-Thon

1st Podium

Soham Gawand (TYBMS)

Raj Golui (TYBMS)

Ad Fiction

2nd Podium

Riddhi Chaube (SYBMS)

Outstanding Udyojak

1st Podium

Riddhi Chaube (SYBMS)

Shark Tank

3rd Podium

Shakala Inamdar (FYBMS)

Poorva Sawant (FYBMS)

Trade It

2nd Podium

Kartik Salian (FYBMS)

3rd Podium

Vivek Kamble (TYBMS)

LITERATURE SECTION

Unlocking Opportunities: The Power of LinkedIn for Professional Networking

In the digital age, LinkedIn has become a cornerstone for professional networking and career advancement. With over 900 million users worldwide, the platform offers unparalleled opportunities to connect, learn, and grow in your career.

Why LinkedIn Matters?

1. Professional Profile Showcase

LinkedIn allows you to create a detailed professional profile that highlights your skills, experiences, and accomplishments. This online resume serves as a comprehensive introduction to potential employers and connections.

2. Expanding Your Network

The platform enables you to connect with industry peers, mentors, and potential collaborators. By engaging with professionals in your field and joining relevant groups, you can broaden your network and open doors to new opportunities.

3. Job Search and Recruitment

LinkedIn is a powerful job search tool, with countless job postings and the ability to set alerts for positions that match your skills. Employers also use LinkedIn to find and reach out to potential candidates, making it an essential resource for job seekers.

4. Learning and Development

LinkedIn Learning offers a vast array of courses to help you upskill and stay updated with industry trends. Sharing your learning achievements can also enhance your professional profile and demonstrate your commitment to growth.

LITERATURE SECTION

5. Building Your Brand

Regularly sharing industry insights, articles, and personal experiences can establish you as a thought leader. Engaging with others' content helps maintain visibility and fosters meaningful connections within your industry.

Tips for Success

- **Optimize Your Profile:** Use a professional photo, a compelling headline, and a thorough summary to attract attention.
- **Engage Actively:** Post updates, comment on posts, and join relevant groups to stay active in your network.
- **Connect Strategically:** Build quality connections by personalizing your requests and focusing on meaningful relationships.
- **Leverage Job Alerts:** Use LinkedIn's job search features to find and apply for positions that align with your career goals.

In summary, LinkedIn is a powerful tool for unlocking professional opportunities. By optimizing your profile, expanding your network, and engaging with the platform's features, you can enhance your career prospects and achieve your professional goals.

~ *Ms Abhilasha N,*
Assistant Professor

LITERATURE SECTION

Exploring the Transformative Benefits of Yoga

Yoga, an ancient practice that originated in India over 5,000 years ago, has gained immense popularity worldwide as a holistic approach to health and well-being. Combining physical postures (asanas), breath control (pranayama), meditation, and ethical principles, yoga offers a pathway to physical fitness, mental clarity, and spiritual growth.

The Physical Benefits of Yoga

Yoga is widely recognized for its physical benefits, making it an excellent addition to any fitness routine. Some of the key physical advantages include:

- 1. Improved Flexibility:** Regular yoga practice helps increase flexibility, reducing the risk of injury and enhancing overall mobility. Many yoga poses stretch and lengthen muscles, promoting a greater range of motion in joints.
- 2. Enhanced Strength:** Many yoga poses require you to support your body weight in various ways, building strength in both major and minor muscle groups. This strength can improve athletic performance and daily functional movements.
- 3. Better Posture:** By promoting awareness of body alignment and balance, yoga encourages better posture. Improved posture can alleviate tension in the neck and shoulders, reducing discomfort and pain.

LITERATURE SECTION

4. Increased Balance and Coordination: Many yoga practices focus on balance and stability, which can enhance coordination and prevent falls, particularly in older adults.

5. Pain Relief: Studies have shown that yoga can be effective in alleviating chronic pain conditions, such as lower back pain, arthritis, and headaches, by promoting relaxation and reducing muscle tension.

Mental and Emotional Benefits

1. Stress Reduction: Yoga encourages relaxation through deep breathing and mindfulness, which can significantly lower stress levels. Regular practice activates the body's relaxation response, reducing the production of stress hormones.

2. Enhanced Focus and Clarity: The meditative aspects of yoga improve concentration and cognitive function. Practitioners often report increased mental clarity and better decision-making skills.

3. Emotional Healing: Yoga provides a safe space for self-exploration and emotional release. Practicing yoga can help individuals process emotions, leading to greater self-awareness and acceptance.

4. Improved Mood: Yoga has been shown to enhance mood and overall well-being. The combination of physical activity, mindfulness, and community connection can lead to reduced symptoms of anxiety and depression.

*~ Ms Seema Ashar,
Assistant Professor*

LITERATURE SECTION

Swimming: “A mine of medals in the Olympics”.

Swimming is one of the most common sports globally as well as in India. Irrespective of whether you are a country-dweller or a city-dweller, there is always an option to acquire swimming skills easily. However, have we been ever encouraged to take up swimming as our professional career? Unfortunately, the answer is in negative.

Few days ago, 2024 Olympics concluded. India bagged only 6 medals. Pretty low!!! Sadly, this makes it our second most medals won in an Olympic campaign.

I follow Olympics closely; and especially swimming. The number of events taking place under Swimming category caught my attention. Did you know there are in total 37 events that are conducted for swimming? These 37 events give us an opportunity to win more than 111 medals. Indeed, a huge number....

Regretfully, we have never been able to make a lasting impression in swimming. This time also we could send only 2 athletes and both of them lost in the qualifying round itself. It was still an impressive performance by them. Dhinidhi Desinghu (14-year-old girl) and the second being Srihari Natraj who represented India in swimming.

LITERATURE SECTION

We all know Michael Phelps; the legendary swimmer from USA who has individually won 28 medals in Olympics; of which 23 are gold medals! 1.4 billion population in India and we don't have a single Indian who could go on and win a medal for us? Why? Because just by relaxing on a couch and stating, "India can't even win a gold in Olympics" won't help us here. We need to encourage children right from their school days to opt for swimming competitions and to push them to dream about winning medals.

This was a small effort from my side to make people aware that there is a huge world of sports out there in addition to studying and scoring grades. There are definitely ample of ways to make our nation proud by conquering the world of sports. As Michael Phelps rightly said, "If you want to be best, you have to do things that others aren't willing to do."

~Arya Mohite
(FYBMS A)

Kisi Ne Mujh Se Pucha :-
Ki Tumhari Kahani Kaise Khatam Hogayi.
Me:- Ki Farma Bardaar Ho Gayi Wo Baap Ki Izzat Bacha Kar
Roo Raha Tha Wo Laal Maa Ko Gale Laga Kar
Kya Kahega Zamana Usko Ye Dehshat Kha Gayi
Baap Ki Fikar Beti Ki Mohabbat Kha Gayi

~Iqra Mirza
(FYBMS A)

LITERATURE SECTION

“BETA PADHAO, BETI BACHAO”

When we listen or read the word freedom the first thing that comes in our mind is to let any person feel free or secured. Each man or woman should get freedom rather than we say "they deserve, they should get."

Our India got independence since 78 years still now many women have not got freedom not only, from society but also from the home. Our India has started developing rapidly but while developing many people are forgetting there culture, morals, ethics, and sadly saying they are forgetting humanity. Women have started working in all fields equally. to man. But the question is are they equally treated? Are they safe? Now also after this much. development women still get afraid when they have to work at night shifts, work alone in office for long hours, travel through cabs or even while walking on road. Over 5000 cases of rapes happened in last few year. Girls are taught how to behave, how to dress, not to. go out at evening. Society thinks it is mistake of girls but what about 2 year old girl or 80 years old woman.

It's high time to educate boys about this topic rather than educating girls. It's the duty of government to take a strict action against rape cases. Our country, is developing but the mind set of people is stuck long years back. Let's come together and support each other for a safe, free and secured future of girls as well as boys.

*~Bhumi Vijay Mali
(FYBMS A)*

LITERATURE SECTION

“Chand aur Chandni ka Sanvaad”

Har raat ki trh
Vo is raat bhi aayi
Aake vo thoda hichkichai
Chand ne chedni chahi baat
Chandni ne muskarakr talna chaha halat
Chupa na payi vo apni udasi
Bya kr hi di usne apni narazgi
Har raat tum aate ,
Ake muskurate ho!
Hakk h tum pr gr srif mera,
Phir kyu duniya ke nazro ne lga rkha h tumpe pehra?
Khas ho tum aur srif mere ho
Phir kyu sbki mohobbat ke hisse ho?
Chuth jati hu me duniya ke badlo me
Sang rhe kr pi nhi aaa pati tumhare khayalo me?
Shikve rkhu bhi tho kaise tumse
Mere tum khelate nhi
Aur tumhare Alva hmne kisi ko chaha nhi...
Mai hu tumse, tum ho sbke
Ab mujhme mera Mai rha nhi
Aur tumse bichne Pau vaise Mai rhi nhi.....

*~Riddhi Chaube
(TYBMS B)*

LITERATURE SECTION

“Shiv ki Mahima”

Jo kaal ka bhi kaal ho vo kaal Mahakal h..
Tu Shambhu khe jane jise mera bhola vo shrusti ki jaan h,
Jo dar peda maya bhay ke bhi paar ho
Tu paise se na lubha usse, bhakti uski pehchan h..
Murundang mrundag pe Tandav kre h jo
Yugo yugo se bhi na bdli unki pehchan h..
Mahesh,Rudra,kaleshnath,Trilochan,Shambhu,Devendra,
neelkanth, aghor ya khe mahadev Roop anek h unke
par Nirmal nirchal si Kaya unki amritke samn h....
Piya ho zher vishw kalyan ki kahtir,
Bne Jo hanuman ram ki khatir
Aur prem me tute premi samn Jo roye Siya Maa ki kahtir ,
Prem me jiske parvita ne bhi choda mehal
Jiski archana kre savam Narayan.....
Devo ke Dev khelate vo h
Mere bhole itna Mahan h.....
Smjhna chahte ho unhe tho tumhe bhi Sharan me ana hoga.. is
shiv ratri bhkti se jal chdhana hoga

*~Riddhi Chaube
(TYBMS B)*

LITERATURE SECTION

“Darr”

Darr vo..vo kya hota hai...

Ye tho mere zehen me tha hi nhi,

Kisi se na milne ka ya kisi ke na milne ka dar tho kabhi tha hi nhi,
Phir esa kiu ho raha hai ke buss tujhse baat na kar pana hi meri
jaan le jaa raha hai,

Tu hai mere pass hai phir bhi tujhe khone ka darr sata raha hai,

Me rota jaa raha hu mann chilla raha hai,

2 din tujhse dur kya hua ye zamana mujhe meri aukat dikha raha
hai,

Halki si aahat bhi abh mujhe dara rhi hai,

Uthte bethte soote jagte buss teri yaad aa rhi hai,

Jinn baaton se fark nhi padta tha abh vo hi mujhe sata rhi hai,

Darr kya hota hai mujhe pata chl raha hai Tujhse duri darr ka
eshsas dila rhi hai....

“Takat”

Takat...kya hoti hai takat

Jabh tumhare ek aawaj per tumhare sukh dukh me log tumhare
liye uth khade ho vo hai takat,

Tumhe bolna na pade or koi tumhare bigadte kam bana jaae vo hai
takat,

Tumhe kamzor hota dekhe tho tumhare kandho per dilase ka ek
haat teher jae vo hai takat,

Tumhare ashko ko dekh kar jo khud roo jaae vo hai takat,

Jo tumhari ger maujudgi me tumhare liye lad jae vo hai takat,

Jabh tum khud haar jao per koi or tum per tumse zada bharosa
jataye vo hai takat...

*~Sanskar Singh
(TYBMS B)*

LITERATURE SECTION

“//सकळांची जननी भारतमाता//”

आज मनी माझ्या नितांत हर्ष आहे,
आज मनी माझ्या नितांत आनंद आहे,
कारण सगळ्यांना ठाऊक, तरी अभिमानाने सांगतो,
भारतमातेचा चौऱ्याहत्तरावा प्रजासत्ताक दिन आहे.

आईला अपुल्या करून वंदन,
जननीला अपुल्या करून वंदन, सर्व करू ध्वजारोहण,
या पावन मंगल क्षणांची,
या देश भक्तिमय क्षणांची हृदयात करू साठवण;
झेंड्यावर अपुल्या कुसुमे वर्षवून अर्पु पुष्पांजली, अर्पु सुमनांजली;
सत्कृत्याने वाढवून प्रतिष्ठा, वाहु मातेला आदरांजली.

आज मनी माझ्या नितांत हर्ष आहे,
भारतमातेचा चौऱ्याहत्तरावा प्रजासत्ताक दिन आहे.

केसरी, पांढरा अन् हिरवा रंग, तिरंग्यावर सुशोभित दिसे,
चक्र अशोकाचे मधोमध विराजमान असे;
ध्वजारोहणासाठी आरूढ होई पताका ध्वजस्तंभावर,
कळस बोले ख्याती भारताची पासरो जगभर.

आज मनी माझ्या नितांत हर्ष आहे,
भारतमातेचा चौऱ्याहत्तरावा प्रजासत्ताक दिन आहे.

LITERATURE SECTION

“//सकळांची जननी भारतमाता//”

भारताला प्रजासत्ताक होऊन झाले वर्ष चौऱ्याहत्तरावे,
ह्या दिवसासाठी किती वीरांनी झेलले अंगारे.
कित्येक शूरांनी,
कितीदा अन् कित्येक वेळी,
उभ्या आयुष्याची भारतमातेसाठी केली होळी.

आज मनी माझ्या नितांत हर्ष आहे,
आईच्या अपुल्या चौऱ्याहत्तरावा प्रजासत्ताक दिन आहे.

आईचे पुत्र नाही, तर सुपुत्र म्हणून, आपलीही कर्तव्य काही,
आम्ही माणूसकी, देशप्रेम, धर्म प्रेम कधी कमी पडू देणार नाही;
सदैव, अविरत, अनंत राहो तुझे ऐश्वर्य, समृद्धता अन् संपन्नता,
अखंड सेवा तुझी घडत राहो, हीच ईश्वर चरणी प्रार्थना.'

आज मनी माझ्या नितांत हर्ष आहे, जननीच्या अपुल्या चौऱ्याहत्तरावा प्रजासत्ताक दिन आहे.

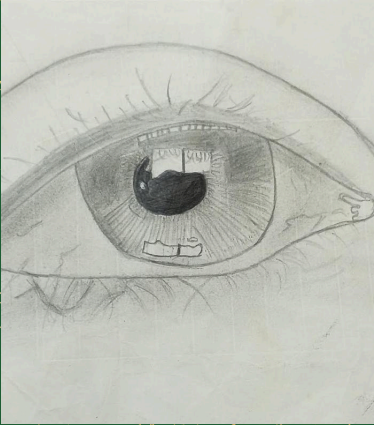
हे आई, दाखव योग्य वाट, कर मार्गदर्शन,
प्रेम तुझे अविरत बसू देत असेच आम्हावर,
काळजी अशीच घे अमुची समस्त लेकरांची आई,
(आम्ही सर्वे प्रतिज्ञा घेतो, प्रतिज्ञा घेतो,)
प्राण पणास लावू तुझ्या संकट समई.

* कृपया नोंद घ्यावी *

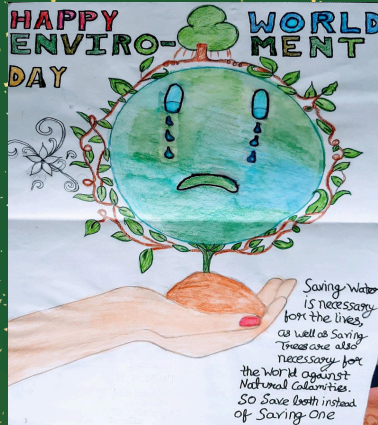
शब्दार्थ : नितांत = (अत्यंत ; extreme)

~Nitant Amare
(SYBMS B)

Artwork



Vaishnavi Gosavi
FYBMS



Diya Shah
TYBMS



Diya Shah
TYBMS



Diya Shah
TYBMS



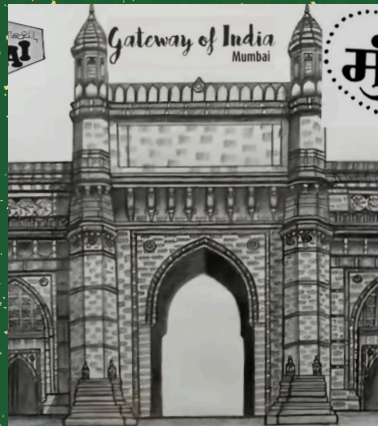
Vidhya Panchal
SYBMS



Diya Shah
TYBMS



Bushra Sait & Sara Khan
TYBMS



Vaishnavi Gosavi
FYBMS



Vidhya Panchal
SYBMS

FAREWELL & FRESHERS



Editorial Team



Gauraang Deshpande
(SYBMS A)
Designer



Bushra Sait
(TYBMS B)
Chief Editor



Debabrata Mandal
(SYBMS A)
Designer



Namita Sagare
(TYBMS B)
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