

SUPPORTING DOCUMENTS

CRITERION 4

4.1.2. The institution has adequate facilities for cultural activities, yoga, games (indoor, outdoor) and sports. (gymnasium, yoga centre, auditorium, etc.)

SUBMITTED TO

NATIONAL ASSESSMENT AND ACCREDITATION COUNCIL

BY



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Institute of Management Studies and Research

(A School of Excellence of N. L. Dalmia Educational Society)

N. L. DALMIA INSTITUTE OF
MANAGEMENT STUDIES AND RESEARCH

FOR

NAAC ACCREDITATION SECOND CYCLE 2022



Supporting Document

4.1.2. The institution has adequate facilities for cultural activities, yoga, games (indoor, outdoor) and sports. (gymnasium, yoga centre, auditorium, etc.)

Sr. No.	Details
1	Facilities for Cultural activities/ Events – Auditorium
2	Facilities for Cultural activities/ Events – Seminar Hall
3	Facilities for Yoga
4	Facilities for Sports (Indoor, Outdoor)
5	Facilities for Gymnasium



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Facilities for Cultural activities/ Events

Auditorium and Seminar Hall



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Facilities for Cultural activities/ Events Auditorium

The Institute has a State-of-the-art, air-conditioned Auditorium designed with quality acoustic characteristics





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Facilities for Cultural activities/ Events

Seminar Hall

A 250 seater air-conditioned, Wi-Fi enabled Seminar Hall for conferences and workshops is equipped with LED projector and interactive board for seamless learning. This also facilitates the live streaming of events being conducted in the auditorium.



GPS Map Camera



Mira Bhayandar, Maharashtra, India

N L Dalmia Institute Of Management Studies And Research, Sector 1,
Bhaktivedanta Swami Marg, Siddhi Vinayak Nagar, Mahajan Wadi, Mira
Road, Mira Bhayandar, Maharashtra 401104, India

Lat 19.26918°

Long 72.870983°

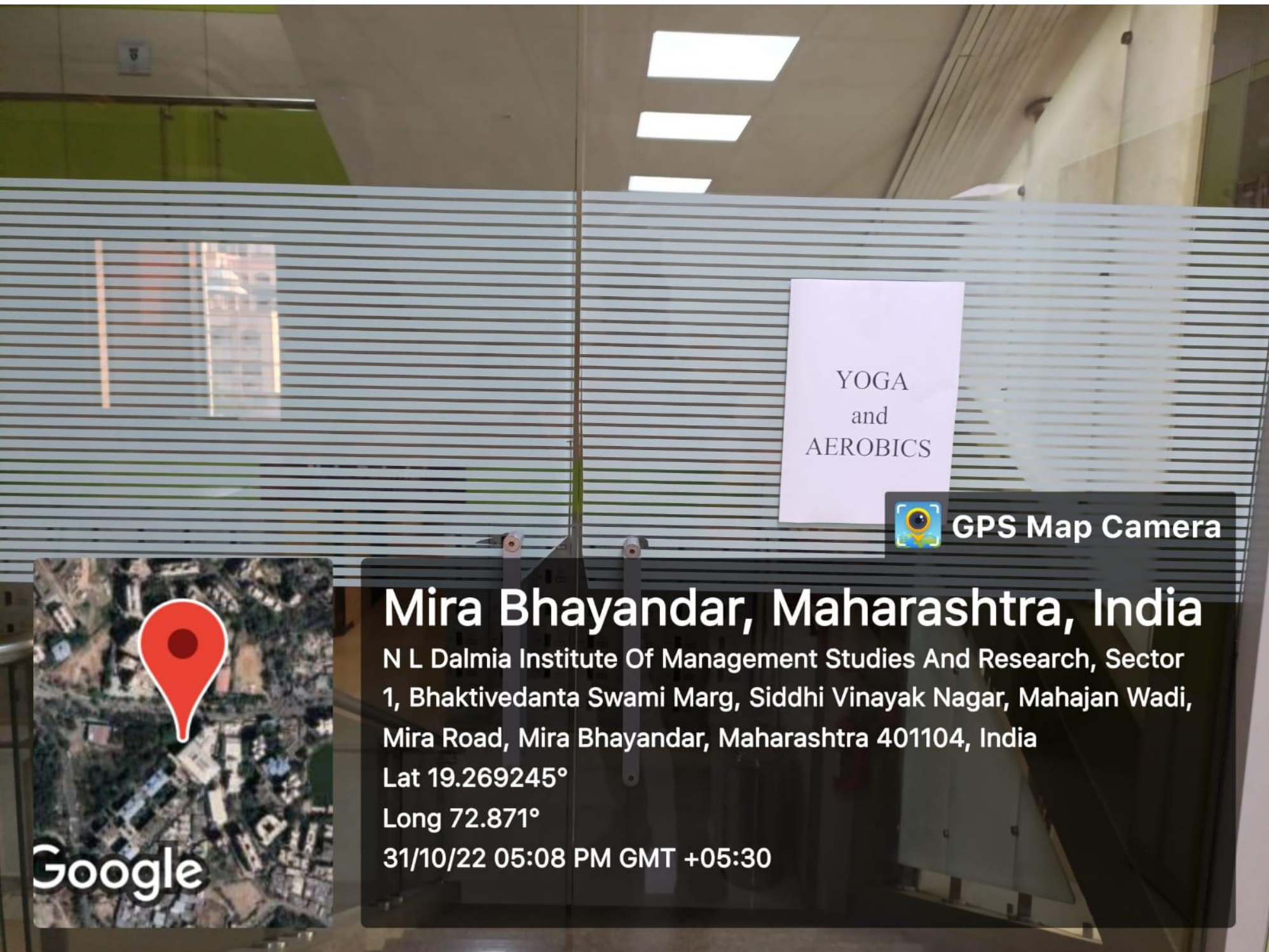
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Facilities for Yoga

To ensure mental and physical well-being of the students, Yoga sessions are conducted







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Facilities for Sports

Sports in the institution play a vital role in preparing students holistically and face challenges in a competitive spirit. It helps in building a spirit of teamwork and harmony in the students. The students are provided with excellent indoor and outdoor facilities and encouraged to take part in tournaments and have a participative and winning attitude. The Institute promotes sports activities for inculcating healthy sportsman spirit among the students. A well-laid cricket playground is available for cricket activities.



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Facilities for Sports (Indoor) and Gymnasium

The Institute provides facilities for table tennis, badminton and box cricket to its students. It also boasts of a recreation room where indoor games like carom and chess are played. To ensure mental and physical well-being of the students, Yoga sessions are conducted in the Seminar Hall.

Other than the above sporting facilities, there is also an indoor gymnasium that has equipment for fitness. These indoor areas double up as breakout zones as well.



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Facilities for Sports (Outdoor) and Gymnasium

Amongst the outdoor games that can be played in the open area (compound) of the campus are handball and football. Additionally, the campus has an outdoor (open-to-air) gymnasium too that can be used year round.

The Institute utilizes a sports ground close to the institute premises. It possesses its own off campus cricket academy (Cricket zone).

N. L. Dalmia Cricket Academy (NLDCA) is a state-of-the-art indoor cricket facility. NLDCA has 5 moving nets furnished with Australian artificial turf under floodlights, equipped with 3 imported bowling machines. Pitch vision Technology for Video analysis and latest modern equipment



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Cultural activities/ Events conducted in Auditorium



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Cultural activities/ Events conducted in Auditorium

NLDIMSR strives to embolden cultural exchange within the Institute by conducting a plethora of events. The four departments: Finance, Marketing, HR and General Management have their own set of events. These events aim to teach students, time management, polish their communication skills, enhance their creative thinking and make them a team player.



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Cultural Activities conducted in the Auditorium





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Cultural Activities conducted in the Auditorium



N. L. DALMIA INSTITUTE OF MANAGEMENT STUDIES AND RESEARCH

Presents

For the 1st time ever

DARMIYAN

A Theatrical Replica of an IPTA Performance

We cordially invite you all to attend the performance on **October 4, 2017 at 4:45 pm.**

Director:

Parth Desai

Writer:

Hemant Jangli

Actors:

Kishandas Majithia

Bhavisha Kapadia

Event Coordinators:

Rupen Chawla

Devang Arora

Backstage Team:

Abhishek Gandhi

Shefali Gaglani

Harshit Aditya

SYNOPSIS

Our society is on a brink of a change, a change that is being influenced by western culture setting in. The problem sometimes occurs when our cultural and family ties clash with the practical mind set which is prematurely westernised.

"Darmiyam" is the story of one such family, a husband and a wife, who take the decision to move ahead in life to explore new avenues as their relationship is flooded with ego clashes time and again. It is a story of how priorities set in before human relations. Though the couple is mentally apart, they are expecting a baby, that being the major reason that ties the strings of their heart. Certain literally answered questions will make us wonder the "right" and the "wrong" action in this case.

In true sense "Darmiyam" tries to seek into the hearts of people and touches the emotional chords so there in a much needed internal transformation.





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Events conducted in the Auditorium



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Events conducted in the Auditorium





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**Guest Lectures/ Seminars conducted in
Seminar Hall**



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Guest Lectures/ Seminars conducted in Seminar Hall





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Facilities for Sports (Indoor, Outdoor)



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Facilities for Sports (Indoor)





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Facilities for Sports (Outdoor)

N. L. Dalmia Cricket Academy Established in 2014





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Facilities for Sports (Outdoor)

N.L.D.S.E
2017

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ESTD 1983 | 2008
GRADE "A" ACCREDITED - NAAC

SPORTS LEAGUE

2017

*THERE'S ONLY ONE WAR THAT MATTERS: THE GREAT WAR.
AND IT IS HERE*

DATE - 2ND TO 4TH SEPTEMBER 2017

CONTACT
MANEEND CHATRATH - +91 9594178566 YASH SANGANI - +91 9930512468
ANIHA MODI - +91 9594111291 RAMESH YADAV - +91 9004585783



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Facilities for Sports (Outdoor)



N. L. Dalmia Cricket Academy Established in 2014



N. L. Dalmia Cricket Academy with 6 Pitches



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Facilities for Sports (Outdoor)



Badminton



Football



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Facilities for Sports (Outdoor)

Howzatt is NLDIMSR's very own T20 inter - college cricket tournament. An annual tournament aimed to showcase their spirit of sportsmanship, talent and dedication towards the sport among 10 B-Schools of Mumbai. Howzatt is the only T20 inter B-school tournament in Mumbai.



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Facilities for Sports (Outdoor)



HOWZATT 2018





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Facilities for Sports (Outdoor)



HOWZATT 2018





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Facilities for Sports (Outdoor)

HOWZATT 2019





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Facilities for Sports (Outdoor)



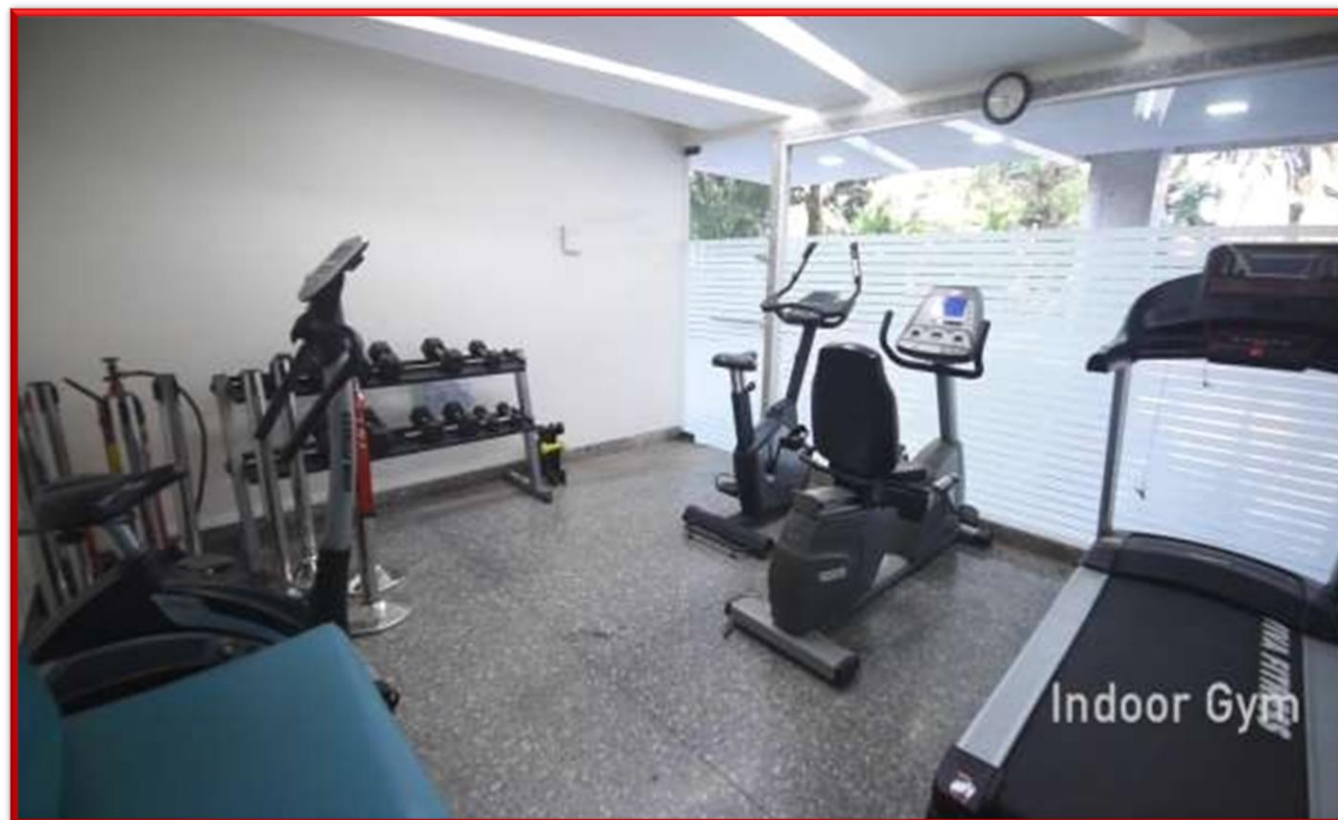
HOWZATT 2020





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Facilities for Gymnasium (Indoor Gymnasium)





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Facilities for Gymnasium (Outdoor Gymnasium)





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Yoga Sessions conducted for Students and Employees



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**Online Yoga Session conducted on
21st June 2022**

Celebration of International Yoga Day on June 21,2022 at
N. L. Dalmia Institute of Management Studies & Research

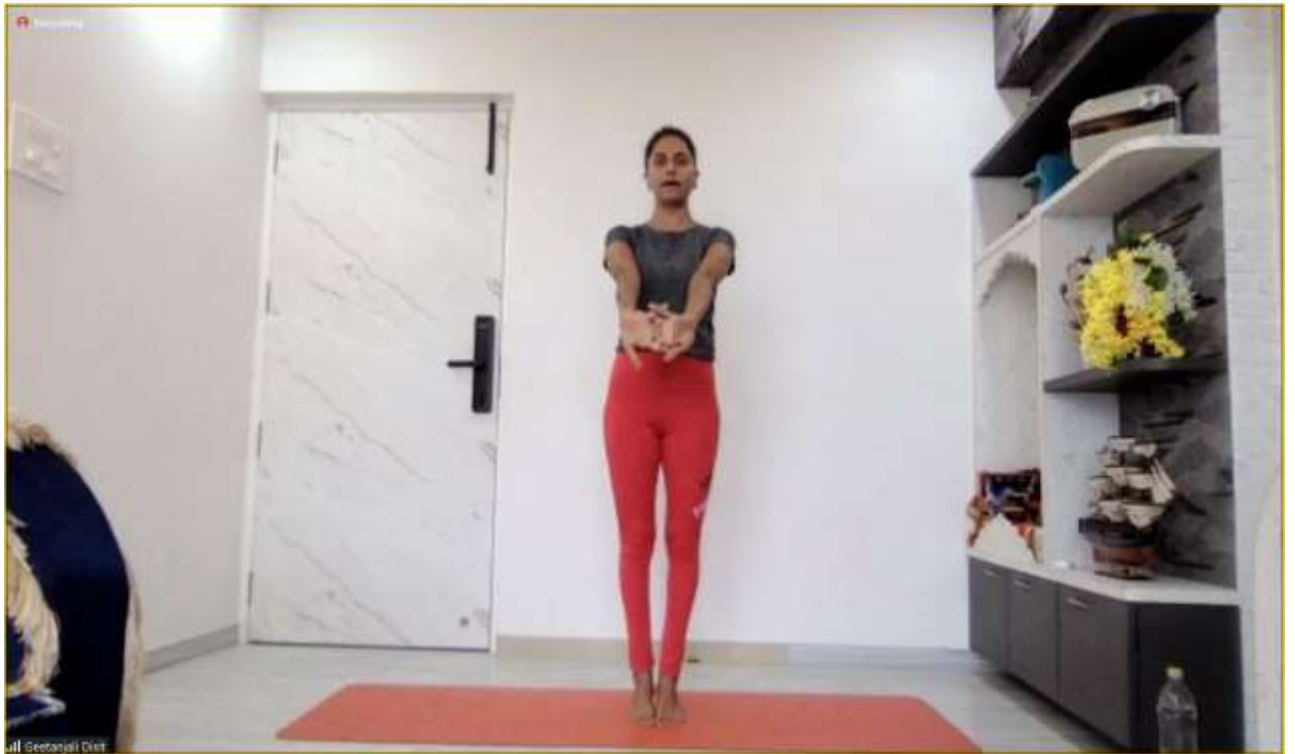
On the occasion of International Yoga Day that was observed on 21st June 2022, N.L. Dalmia Institute of Management Studies and Research organized a guest session on the "Importance of Yoga" for its students, faculty members and non-teaching staff members. The theme for International Day of Yoga 2022 was **"Yoga for Humanity."** Yoga is an invaluable gift of India's ancient tradition, so to shed light on its importance, the guest speaker was Geetanjali Dixit Mam. She is a Yoga Alliance qualified teacher from The Yoga Institute, Mumbai. She has specialization in Hath Yoga, Fitness Yoga, Pre-Pregnancy Yoga, Pregnancy Yoga, Post Pregnancy Yoga, Yoga Philosophy and Kids' Yoga. Miss Shivani Banpurkar (Student, PGDM 2nd Year) started the session by introducing our guest speaker, Geetanjali Mam and welcomed the dignitaries, faculty, non-teaching staff and the students.

Geetanjali Mam commenced the session by teaching the right way to do the diaphragmatic breathing technique. She explained the correct posture and fine details to practice it.



Then she stated, "Yoga is derived from the Sanskrit word 'Yuj' that means to unite."

So yoga means the balance of mind, body and spirit. She further explained the yoga asanas and how 84 yoga asanas are derived from nature and its creatures like animals and birds. She then taught about the five major movements for the spine - Sidewise movement, Rotation, upward stretching, Head to toe pose and Ustrasana (Camel Pose). She further quoted, "For every asana, there is a counter pose."





She also mentioned the benefits of yoga and how yoga decreases stress level and improves breathing capacity and heart health. Yoga also enhances eating lifestyle and regulates hormonal balance. She also covered the following topics:

- Difference between Yoga and other exercises:

In exercise, movements are repetitive and fast, and the mind and body are disconnected. Exercise is exhaustive and can harm one's internal organs. On the other hand, in yoga, the mind and body are synchronized and balanced; one feels energetic after yoga. Yoga provides strength to one's internal organs.

- How to handle stress with yoga?

Geetanjali Ma'am mentioned that stress directly affects our endocrine system comprising eight glands and recommended the best yoga poses for the glands. She moved on to tell us about the 'Nadis.' There are two types of Nadis that she talked about. One is Surya Nadi, and the other is Chandra Nadi. Symptoms like anger issues and having high blood or gas formation means Surya Nadi is more active. In this case, forward asanas are to be performed. On the other hand, in symptoms like dizziness, cough, cold or low blood pressure, Chandra Nadi is more active. For this, backward asanas are to be performed.



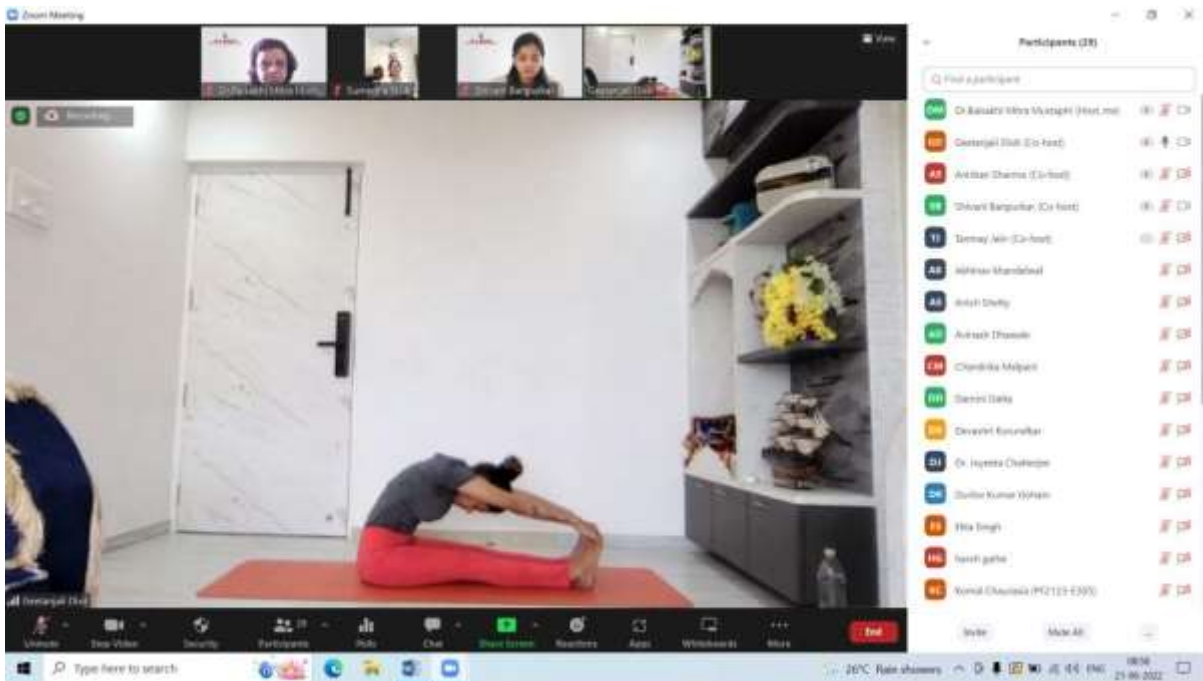
The guest shared some helpful yoga tips for the students -

- Before the commencement of exams, **Sukhasana** should be practiced.

- If one feels agitated or nervous, they can do **Shavasana** as it calms down the nervous system.
- One can do **Simhasana** (Lion Pose) for speech or clear voice.

In the end, Geetanjali Ma'am advised everyone to do breathing exercises, eat healthily and perform asanas according to one's health problems. Later on, the audience asked questions related to yoga and got their doubts cleared. Finally, the session ended with the vote of thanks given by Mr. Tanmay Jain (Student, PGDM 2nd year).





Recording

 Geetanjali Datt	 Sudhanshu Kothiwade PM21223	 Dr. Eszakhi Mtra Mustaphi	 Shruti Sarankar	 Sumeeta Soti
 Taranjit	 Dilip Kumar Gohari	 Sourav Choudhury	Nazia Ansari &... Nazia Ansari & Anand Dhruvaj	Manshi Mehta Manshi Mehta
Ekta Singh Ekta Singh	Anirban Sharma Anirban Sharma	Pari Rajput Pari Rajput	Sajita Pradeep Sajita Pradeep	Damini Datta Damini Datta
Roopal Roopal	Piyusha Amre Piyusha Amre	Nandini Viras Nandini Viras	Abhinav khande... Abhinav khande...	Chandrika Malp... Chandrika Malp...
	Komal Chaurasi... Komal Chaurasi (PF2122-E30...	harsh gathe harsh gathe	Kumud Singh Kumud Singh	



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**Session was organized on Yogic
breathing practices for Mind-Body
balancing and Healing on 19 February
2022**



The Bliss Club- A State of Mindfulness

International Day of Yoga is around the corner and it's time to get fit, re-energized, and rejuvenated again.

The Bliss Club at N.L Dalmia Institute of Management Studies and Research has conducted the activity on yogic breathing practices for Mind-Body balancing and Healing on 19 February 2022, from 6:00 PM to 06:30 PM for all students Batch 2021-2023.

We did do some deep breathing exercises, which are often used for relaxation and stress management and can be a great way to calm the nerves and reduce anxiety. Breathing exercises heal us in many ways. They have immense physical, emotional, mental and spiritual benefits. Breathing exercises help us tremendously in reducing stress and relax.

Exercises includes, like Inhaling and Exhaling. Inhaling; exhaling a few deep breaths, every day could make a drastic improvement in your lifestyle. By attending this session students understand that Breathing correctly is important for your overall well-being. Taking just a few moments each day to practice some deep breathing exercises can decrease stress, relax our mind.



Dr. Baisakhi Mitra Mustaphi



Himani



Shubham Agarwal



Jeevika Chandiramani



Pari Rajput



Dr. Nitin Sharma's network bandwidth is low

Recording

A video thumbnail showing a man with short dark hair, wearing a red shirt, with his hand near his face. The background is a solid red color. The word "Research" is faintly visible in the top left corner of the video frame.

Dr. Nitin Sharma

Zoom Meeting



View



Dr. Nitin Sharma's network bandwidth is low



Mute



Stop Video



Participants



Chat



Share Screen



Reactions



Apps



Whiteboards

Leave

Type here to search



30°C Rain s



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Session on “Mindfulness and Emotional Well-being” conducted on 23/10/2021

The Bliss Club- A State of Mindfulness

Nitin Sharma <nitin.sharma@nldalmia.edu.in>

22 October 2021 at 15:39

To: Faculty <faculty@nldalmia.edu.in>

Cc: Seema Saini <ceo@nldalmia.in>, Vijay Ramchandran <director@nldalmia.edu.in>, Caral D'Cunha <caral.dcunha@nldalmia.edu.in>, IQAC Committee <iqacc@nldalmia.in>, H R <hr@nldalmia.in>

The Bliss Club- A State of Mindfulness

The Bliss Club at **N.L Dalmia Institute of Management Studies and Research** has been planned its first session on **“Mindfulness and Emotional Well-being”** on 23 October 2021 from 10:00 AM to 11:30 AM for all students (Fin, Mkt, HR) Batch 2020-2022.

Students experience the pressure of exam stress, performance competition, anxiety about their potential future opportunities, and so on. With these issues in mind, I have planned to take the session on **mindfulness and emotional well-being for students**.

By attending this session, students can improve awareness of their emotions and of the people around them. It will also help them handle challenges better and improve their empathy towards others.

They can also improve their academic performance without adding more hours to their current study plan.

Please give your blessings, suggestions and support in making this club greater and healthier.

Thanks and Regards

**N. L. Dalmia®****Dr. Nitin Sharma** | Human Resource**N. L. Dalmia Institute of Management Studies and Research**

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M: +91-7987291211 | B: (022) 4299 0033 (Ext. 654) | F: +91 22 4299 0088

Sector 1, Srishti, Mira Road (E), Thane (MMR) 401107

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