



Knowledge is Supreme

Tolani College of Commerce (Autonomous) **तोलानी वाणिज्य महाविद्यालय (स्वायत्त)**

(Sponsored and Managed by Tolani Education Society, Mumbai - 400 021)
(Recognised Linguistic (Sindhi) Minority Institution, Affiliated to University of Mumbai)

Re-Accredited (3rd Cycle) by N.A.A.C. with 'A' Grade (CGPA 3.03)

150-151, SHER-E-PUNJAB SOCIETY,
GURU GOBIND SINGH ROAD,
ANDHERI (EAST), MUMBAI-400 093.

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24 AUG 2026

NOTICE FOR SUBMISSION OF PHYSICAL AND MENTAL WELLNESS (CC) & INTRODUCTION TO BHARTIYA GYAN PARAMPARA (IKS) ASSIGNMENT

FIRST YEAR : SEM I REGULAR AND REPEATER (NEP)

**B.COM., B.COM (M.S), B.COM (A&F), B.COM (B&I), B.COM (FM), B.SC.IT, B.COM. (Logistics), B.COM (T&A), B.SC.DS
EXAMINATION TO BE HELD IN OCTOBER 2026**

Students from the above-mentioned programmes who are appearing for the **REGULAR & REPEATER** examination in October 2026 are hereby notified to submit their Physical and Mental Wellness (CC) & Introduction to Bhartiya Gyan Parampara (IKS) Assignment as per the instructions given below.

The following are the important details regarding the submission:

Submission Date : 27th October 2026, Tuesday.

Submission Time : 10:45 am to 11:00 am

Submission Mode : Ensure that the hard copy is submitted at the given time and date.

NOTE : NO PROJECTS AND ASSIGNMENTS WILL BE ACCEPTED AFTER THE SUBMISSION DATE AND TIME.

Ms. Shalini Clayton (Deputy Controller of Examination)

Shalini

Mr. Murugan Nadar (Controller of Examination)

Murugan

Ms. Jyoti Ghosh (Vice Principal)

Jyoti Ghosh

Prof. (Dr.) Sadhana Venkatesh (Principal)

Sadhana Venkatesh



IKS / CC / CEP / Field Project

Seat Number :

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ANDHERI (EAST), MUMBAI - 400 093.

TEL. NO. : 6153 5455

WEBSITE : www.tolani.edu

Programme: _____ _____	Semester: _____ _____	UID Number: _____ _____
Name of the Course: _____		
Title of the Project Report : _____ _____ _____		

Signature with date
of the evaluator

Programme	Sem.	Course	Examination	Academic Year
B.Com.	1	Physical and Mental Wellness	Continuous Evaluation Examination (CEE) Autonomous Batch	2026-27

Sr. No.	Exam Seat No.	Roll No.	Name	Project Topic
Physical and Mental Wellness				
1	22	22	GOSWAMI DEEPIKA SHAHBHUGIRI	Importance of Physical and Mental Wellness in Student Life
2	57	57	BANSODE KARTIK JAYANAND	Relationship Between Physical Health and Mental Health
3	REPBCOM123-178	178	MAURYA KAJAL VINOD	Role of Exercise in Maintaining Mental Wellness
4	REPBCOM123-182	182	KHAN MOHAMMED AARIF ABDUL	Impact of Regular Exercise on Stress and Anxiety.
5	191	191	BHOGALE DIVESH ARUN	Importance of a Balanced Diet for Physical and Mental Health
6	209	209	HASMI AFZAL HUSAIN AKHTAR HUSAIN	Role of Yoga in Physical and Mental Wellness
7	216	216	YADAV SNEHA SUBHASH	Benefits of Meditation and Mindfulness
8	245	245	MONDAL SUMEET GUDDU	Importance of Quality Sleep for Overall Wellness
9	REPBCOM123-283	283	YADAV SURAJ BUJHARAT	Effects of Sleep Deprivation on Mental and Physical Health
10	304	304	YADAV UDAY VIJAY	Impact of Social Media on Mental Wellness
11	REPBCOM123-344	344	KOYAN PRATHAM BHUPENDRA	Effects of Excessive Screen Time on Health
12	382	382	KHAN MASIRA NASIR	Stress Management Techniques for College Students
13	REPBCOM123-411	411	LAD RITESH RAJENDRA	Academic Stress and Its Impact on Student Wellness
14	430	430	SHAIKH MAHEK SHAMSHER	Importance of Time Management for Mental Wellness
15	459	459	KASBE PRAMOD SOMATH	Role of Positive Thinking in Mental Health
16	462	462	CHAUDHARY SURAJ PRASAD	Self-Care Practices for Physical and Mental Wellness
17	482	482	JAISWAR ANIKET RAMBACHAN	Importance of Emotional Intelligence for Mental Well-Being
18	REPBCOM123-497	497	PANDEY ARPIT ARUN	Role of Sports and Outdoor Activities in Wellness
19	498	498	PANDEY KHUSHI VANSHGOPAL	Effects of a Sedentary Lifestyle on Physical and Mental Health
20	504	504	PATEL KEVIN KIRIT	Importance of Hydration for Physical Wellness
21	REPBCOM123-506	506	C NAVIN CHELLAPANDI	Impact of Junk Food on Physical and Mental Health

22	510	510	RAKTE LAVANNY SUBHASH	Personal Hygiene and Its Role in Overall Wellness
23	REPBCOM123-514	514	SALUNKE AKSHAY DEEPAK	Building Self-Confidence and Self-Esteem
24	516	516	KHAN SAMIM JAMIL	Managing Anger for Better Mental Wellness
25	REPBCOM123-521	521	SAYED MIR TAUHIR MIR HASAN UMAR	Importance of Healthy Relationships for Mental Health
26	525	525	SINGH SHUBHAM RAKESH	Role of Music in Improving Mental Well-Being
27	527	527	SHAH RONAK RAJENDRA	Effects of Nature and Green Spaces on Mental Wellness
28	534	534	SHAIKH SOHAIL SHAKIR ALI	Importance of Hobbies for Mental Health
29	541	541	SHINDE HARSHADA MANGESH	Workplace Stress and Its Impact on Physical and Mental Wellness
30	542	542	SHINDE SAMIR BHARAT	Healthy Lifestyle Habits for a Better Quality of Life
31	554	554	WAGHMARE DURVA ANIL	Role of Breathing Exercises in Stress Reduction
32	557	557	SINGH KHUSHI DINESH	Physical Fitness and Its Effect on Academic Performance
33	559	559	SAYYED MEHEK MURAD	Role of Social Support in Maintaining Mental Wellness
34	560	560	SHAIKH MAHEK IRFAN	Impact of Caffeine and Energy Drinks on Physical and Mental Health
35	566	566	YADAV ASHISH SUBHASH	Importance of Rest and Relaxation for Overall Wellness
36	574	574	KESARWANI ANIKET RAJESH	Effects of Loneliness on Physical and Mental Health
37	REPBCOM123-575	575	POOJARI SUMIT RAVI	Developing Healthy Daily Routines for Physical and Mental Wellness
38	REPBCOM124-12	12	MD ARSHLAAN MD AKHTAR ALI	Effects of Excessive Screen Time on Health
39	REPBCOM124-20	20	BARANWAL MOHIT ARUN	Stress Management Techniques for College Students
40	REPBCOM124-21	21	BEHERA SAI NITYANAND	Academic Stress and Its Impact on Student Wellness
41	28	28	BORKAR VANSI PRAMOD	Importance of Time Management for Mental Wellness
42	32	32	CHAUHAN AARTI SUNIL	Role of Positive Thinking in Mental Health
43	49	49	DEVLEKAR MAYURI PRASHANT	Self-Care Practices for Physical and Mental Wellness
44	88	88	IDRISHI SAHJADE AALAM MOHAMMAD AZAD	Importance of Emotional Intelligence for Mental Well-Being
45	106	106	KAMAT SAURABH KUMAR ARUN	Role of Sports and Outdoor Activities in Wellness
46	111	111	SINGH RAJESH KUMAR VIRENDRA	Effects of a Sedentary Lifestyle on Physical and Mental Health

47	115	115	DEVADIGA ADITYA SATISH	Importance of Hydration for Physical Wellness
48	125	125	CHAVAN OM VILAS	Personal Hygiene and Its Role in Overall Wellness
49	REPBCOM124-174	174	KHAN TAZKIA JAKIULLAH	Building Self-Confidence and Self-Esteem
50	232	232	PALAN AKASH KARUNAKAR	Managing Anger for Better Mental Wellness
51	REPBCOM124-233	233	PALLA REHAN MUKHTAR AHMED	Importance of Healthy Relationships for Mental Health
52	REPBCOM124-256	256	PATELIKERTER MIHIKA SUNIL	Role of Music in Improving Mental Well-Being
53	262	262	KAMBLE SANCHI SURESH	Effects of Nature and Green Spaces on Mental Wellness
54	REPBCOM124-265	265	JAMADAR ROOPA MAHADEV	Importance of Hobbies for Mental Health
55	268	268	SURVE SHUBHAM CHANDRAKANT	Workplace Stress and Its Impact on Physical and Mental Wellness
56	272	272	KHAN SANIYA KAMAAL	Healthy Lifestyle Habits for a Better Quality of Life
57	273	273	SHAIKH TAUFIQUE UMAR SIRAJUDDIN	Role of Breathing Exercises in Stress Reduction
58	274	274	KHAN MOHAMMED ATHAR MOHAMMED MUSTAFA	Physical Fitness and Its Effect on Academic Performance
59	REPBCOM124-319	319	RAEEN MOHAMMED SAHID MD SHAKIL	Role of Social Support in Maintaining Mental Wellness
60	REPBCOM124-369	369	SHAIKH SANIA SHER MOHAMED	Impact of Caffeine and Energy Drinks on Physical and Mental Health
61	396	396	SIDDIQUI MOHAMMAD MARAN SHAHABUDDIN	Importance of Rest and Relaxation for Overall Wellness
62	REPBCOM124-414	414	JADHAV RAJ KIRAN	Relationship Between Physical Health and Mental Health
63	REPBCOM124-421	421	CHAUHAN TUSHAR VINOD	Role of Exercise in Maintaining Mental Wellness
64	425	425	HASHMI MOHAMMAD HAYAT MUMTAZ	Impact of Regular Exercise on Stress and Anxiety.
65	REPBCOM124-430	430	AKHTAR SAHIL NASIRUDDIN	Importance of a Balanced Diet for Physical and Mental Health
66	REPBCOM124-521	521	SHAIKH RIHAN NAIM	Role of Yoga in Physical and Mental Wellness
67	525	525	MUNIADI ARVIND MURGESH	Benefits of Meditation and Mindfulness
68	REPBCOM124-532	532	KATKE PRASHANT BALIRAM	Importance of Quality Sleep for Overall Wellness
69	533	533	SATELKAR TANMAY ANKUSH	Effects of Sleep Deprivation on Mental and Physical Health
70	545	545	SHAIKH MOHAMMAD HASSAAN GULSHER ALI	Impact of Social Media on Mental Wellness
71	552	552	SHAIKH MOHAMMED YASIN SALIM	Role of Breathing Exercises in Stress Reduction

72	575	575	YADAV ARJUN RAMCHANDRA	Physical Fitness and Its Effect on Academic Performance
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Instructions

1. The **project report must be submitted in a WHITE colour book only.**
2. The **project title allotted to the seat number is final.**
3. **No change in title is allowed** under any circumstances.
4. If the title does not match the allotted topic, **the project will be rejected.**
5. The maximum weightage to the project report is **40 per cent.**
6. Total length of the project should be **12–15 pages only**