



# MAHATMA EDUCATION SOCIETY

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Pillai

## INSTITUTIONS CONDUCTED

### SCHOOLS (S.S.C. Programme)

- Chembur English Pre-Primary & Primary School - Chembur
- Chembur English High School - Chembur
- Chembur Marathi Madhyamik Shala - Chembur
- Powai Marathi Madhyamik Shala - Powai
- Mahatma School of Academics and Sports - Khanda Colony, New Panvel (Pre-Primary, Primary Secondary, English & Marathi Media)

### (CBSE Programme)

- Mahatma International School - Khanda Colony, New Panvel
- HOC International School - Rasayani

### JUNIOR COLLEGES

- Chembur English Junior College - Chembur
- Mahatma Night Junior College - Chembur
- Mahatma School of Academics & Sports, Junior College of Arts, Science & Commerce - Khanda Colony, New Panvel
- HOC Junior College - Rasayani (Junior College Arts, Commerce, Science with Vocational)

### TEACHERS' TRAINING INSTITUTIONS D.Ed. B.Ed. B.P.Ed. M.Ed. Ph.D.

Approved by National Council For Teacher Education (NCTE) (Affiliated to the University of Mumbai & Recognised by Govt. of Maharashtra.)

- Mahatma Junior College of Education (D.Ed.) - Chembur (English & Marathi Media)
- Pillai College of Education & Research (B.Ed.) - Chembur Re-Accredited 'A' Grade by NAAC
- Pillai College of Education & Research (B.Ed.) - Khanda Colony, New Panvel Accredited 'A' Grade by NAAC
- Pillai HOC College of Education & Research (B.Ed.) - Rasayani
- Vidyadhiraja College of Physical Education & Research (B.P.Ed.) - Khanda Colony, New Panvel
- Pillai College of Education & Research (M.Ed.) - Chembur
- Pillai College of Education & Research (M.Ed.) - Khanda Colony, New Panvel
- Pillai College of Education & Research (Ph.D Centre) - Khanda Colony, New Panvel
- Pillai College of Education & Research (Ph.D Centre) - Chembur Re-Accredited 'A' Grade by NAAC

### POLYTECHNIC (3-Year Diploma Programme)

(AICTE Approved, Recognised by Govt. of Maharashtra & Affiliated to MSBTE)

- Pillai HOC Polytechnic - Rasayani
- Diploma in Computer Engineering
- Diploma in Mechanical Engineering
- Diploma in Civil Engineering

### DEGREE COLLEGE

Bachelor and Master (Affiliated to the University of Mumbai & Recognised by Govt. of Maharashtra.)

- Mahatma Night Degree College of Arts & Commerce - Chembur
- B.Com
- M.Com (Advanced Accountancy)
- Pillai College of Arts, Commerce & Science - New Panvel (AUTONOMOUS) Re-Accredited 'A' Grade by NAAC
- B.COM
- B.COM (ACCOUNTING AND FINANCE)
- B.COM (FINANCIAL MARKETS)
- B.A.M.M.C.
- B.S.C. FASHION TECHNOLOGY
- B.S.C. INFORMATION TECHNOLOGY
- B.S.C. COMPUTER SCIENCE
- B.S.C. BIOTECHNOLOGY
- B.S.C. ECONOMICS
- B.B.A. (Hons.)
- B.S.C. (Hons.) FASHION DESIGN & TECHNOLOGY
- M.COM (ADVANCED ACCOUNTANCY)
- M.S.C. DATA ANALYTICS
- M.S.C. INFORMATION TECHNOLOGY
- M.S.C. BIOTECHNOLOGY
- M.A. COMMUNICATION AND JOURNALISM
- PH.D. IN COMMERCE
- ACCOUNTANCY
- BUSINESS ECONOMICS
- BUSINESS POLICY AND ADMINISTRATION
- Pillai HOC College of Arts, Science & Commerce - Rasayani Accredited 'A' + by NAAC
- B.Com
- B.B.A. (Hons.)
- B.S.C. (I.T.)
- B.S.C. (Computer Science)
- B.S.C. (Data Science)
- B.Com. (Accounting & Finance)
- B.A.M.M.C.
- B.S.C. (Maths, Chemistry, Biology & Physics)
- B.A. (English Ancillary, History & Economics)
- M.S.C. - Organic Chemistry
- M.COM. Accountancy
- M.S.C. Information Technology
- B.Sc. (Hospitality Studies)

### ARCHITECTURE Bachelor and Master

(Approved by the Council of Architecture) (Affiliated to the University of Mumbai & Recognised by Govt. of Maharashtra.)

- Pillai College of Architecture - New Panvel Accredited 'A' by NAAC
- Pillai HOC College of Architecture - Rasayani
- (B. Arch. 5-year degree course) MARCH (Urban Design)
- Pillai College of Architecture - New Panvel
- Ph.D

### MANAGEMENT COURSE

#### MMS / MBA

(Approved by AICTE) (Affiliated to the University of Mumbai & Recognised by Govt. of Maharashtra.) NBA Accredited 'A' Grade by DTE, Govt. of Maharashtra

- Pillai Institute Of Management Studies & Research - New Panvel (MMS 2-year Post-Graduate Course) & MBA
- Pillai HOC Institute Of Management Studies & Research - Rasayani (MMS 2-year Post-Graduate Course)

### ENGINEERING COURSE

#### Bachelor, Master & Ph.D.

(Approved by AICTE) (Affiliated to the University of Mumbai & Recognised by Govt. of Maharashtra.) NBA Accredited

- Pillai College of Engineering - New Panvel (AUTONOMOUS) Accredited 'A' + by NAAC
- B. Tech in Information Technology
- B. Tech in Computer Engineering
- B. Tech in Electronic & Computer Science
- B. Tech in Mechanical Engineering
- B. Tech in Electronics & Tele Communication Engineering
- B. Tech in Automobile Engineering
- M. Tech in Information Technology
- M. Tech in Computer Engineering
- M. Tech in Electronics Engineering
- M. Tech in Mechanical Engineering (CAD/CAM, Robotics)
- M. Tech in Mechanical Engineering (Thermal)
- M. Tech in Defence Technology

- Pillai HOC College of Engineering & Technology - Rasayani Accredited 'A' by NAAC
- B.E. in Mechanical Engineering
- B.E. in Electronics & Computer Science
- B.E. in Information Technology
- B.E. in Computer Engineering
- B.E. Civil Engineering
- B.E. in Electrical Engineering
- M.E. in Mechanical Engineering (Machine Design)
- M.E. in Electronics & Telecommunication Engineering
- M.E. in Computer Engineering
- M.E. in Civil Engineering (Construction & Management)

### EXECUTIVE SPORTS MANAGEMENT

#### PILLAI / FIFA / CIES

Executive Programme In Sports Management

INTERNATIONAL SCHOOLS & INTERNATIONAL JUNIOR COLLEGES (CIPP / IGCSE/IB/IB 'AS' / 'A' level and 'IB' Programme)

Dr. Pillai Global Academy

Goral New Panvel

### Ph.D. (Technology)

#### NEW PANVEL RASAYANI

- Computer Engineering
- Civil Engineering
- Mechanical Engineering
- Computer Engineering
- Information Technology
- Electronics Engg (Proposed)



Dr. Pillai Global Academy, Sector 7, New Panvel Tel: 022 27481373/31

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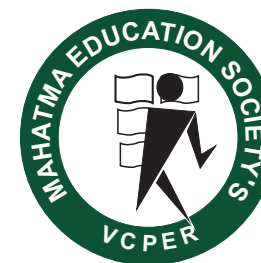
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## VIDYADHIRAJA COLLEGE OF PHYSICAL EDUCATION AND REAEARCH

Sector 8, Khanda Colony, New Panvel (W), Pin 410206



Year - 2018-19

### ● PILLAI GROUP OF INSTITUTIONS ●

- 48 Institutions
- Over 2000 teachers
- Over 30,000 Students

FOR ADMISSION ENQUIRIES LOG ON TO:

[www.mes.ac.in](http://www.mes.ac.in)

## MAHATMA EDUCATION SOCIETY

The Mahatma Education Society is the materialization of national aspirations. Our institution has altered past definitions of education as a provided service, to education as a fundamental right and a tool of progress. Through encouraging our students' personal proactive development, MES enables future generations to create an affirming social and economic impact in the modern world.

Our Founder, Chairman and CEO, [Dr. K. M. Vasudevan Pillai and Secretary Dr. Daphne Pillai, began the Mahatma Education Society – Pillai Group of Institutions from the seed of a single school. MES has now flourished into an abundance of superior quality institutions delivering pioneering research and education services to students of all levels.](#)

## VIDYADHIRAJA COLLEGE OF PHYSICAL EDUCATION AND REAEARCH

Mahatma Education Society Vidyadhiraja College of Physical Education and Research has been permitted by the Government of Maharashtra to start B.Ed. (Physical Course) from the academic year 1991-92. The College is affiliated to the University of Mumbai and recognized by National Council for Teacher Education (NCTE). The course currently known as Bachelor of Physical Education (B.P.Ed.)

M.E.S.'s Vidyadhiraja College of Physical Education and Research is the first institution in the University of Mumbai to have started Physical Education in a building and playground owned by the Society. The building is centrally located between Mumbai and Pune, accessible both by rail and road with Konkan railway harbour terminus nearby. It is also accessible by Harbour branch, Central Railway, Western railway and Konkan railway, the college also has a hostel for boys and girls with world class infrastructure.

## VISION:

To become a renowned institution where dedicated educators, inspire a healthier society through their commitment to character, community engagement, and transformative social change via physical education.

## MISSION:

Nurturing educators with values and expertise to shape lives through physical education, fostering character, community engagement, and social change.

## OBJECTIVES

The college focus on fostering personal and social development, as well as contributing positively to society.

1. **Quality Teacher Training:** The primary objective is to provide high-quality teacher training programs that equip aspiring physical education instructors with the knowledge, pedagogical skills, and teaching methodologies needed to become effective educators in schools and communities.
2. **Character Development:** Instill values such as discipline, perseverance, respect, and integrity through physical activities, creating well-rounded individuals who exhibit strong moral character.
3. **Community Engagement:** Encourage students to engage with their local communities through physical education initiatives, such as volunteering, coaching, or organizing fitness programs for underprivileged individuals.
4. **Environmental Awareness:** Raise awareness about the importance of environmental sustainability in physical education and sports, and teach students to minimize the ecological impact of sports and physical activities.
5. **Cultural Understanding:** Foster cultural sensitivity and inclusivity by exposing students to a variety of sports and physical activities from different cultures and backgrounds.
6. **Conflict Resolution:** Teach conflict resolution skills through sports and physical activities, helping students develop strategies to peacefully resolve disputes and build positive relationships.
7. **Leadership for Social Change:** Empower students to use their physical education knowledge and leadership skills to address social issues, promote inclusion, and advocate for healthier communities.
8. **Lifelong Learning:** Promote a passion for lifelong learning by encouraging students to continue their engagement in physical activities and sports beyond college, contributing to a healthier and more active society.

## ADMISSION AND ELIGIBILITY CRITERIA TO B.P.ED.

The admission to B.P.Ed. Course is through Government of Maharashtra, Stat Common Entrance Test Cell (MHT-CET), Maharashtra State and the subsequent eligibility criteria framed by the MHT-CET cell.

**DURATION: 2yrs**

**COURSE DETAILS:**

### **PROGRAM LEARNING OUTCOMES(PLOs):**

After completion of the two-year B.Ed. program, the student teacher will be able to achieve following program learning outcomes\_

#### **1. Demonstrate Proficiency in a Variety of Physical Activities:**

Graduates will be able to perform and teach a wide range of physical activities, including team sports, individual sports, and fitness exercises, with a high level of skill and competence.

#### **2. Understand Human Anatomy and Physiology:**

Graduates will have a comprehensive understanding of human anatomy and physiology, including the musculoskeletal, cardiovascular, and respiratory systems, to design safe and effective exercise programs.

#### **3. Apply Pedagogical Techniques:**

Graduates will be equipped with teaching and coaching skills to effectively communicate, instruct, and motivate individuals and groups in physical education and sports settings.

#### **4. Design and Implement Fitness Programs:**

Graduates will be able to assess fitness levels, design personalized fitness programs, and track progress to help individuals improve their physical health and well-being.

#### **5. Promote Health and Wellness:**

Graduates will understand the importance of promoting physical activity as a means to enhance overall health and well-being, and they will be able to educate and encourage others to adopt active lifestyles.

#### **6. Sports Science Knowledge:**

Graduates will have a solid foundation in sports science, including biomechanics, sports psychology, nutrition, and exercise physiology, to support athletes and fitness enthusiasts in optimizing their performance.

#### **7. Adaptation and Inclusion:**

Graduates will be able to adapt physical education and sports programs to cater to diverse populations, including individuals with disabilities, and promote inclusive and equitable participation.

#### **8. Ethics and Professionalism:**

Graduates will exhibit ethical conduct and professionalism in their interactions with clients, colleagues, and the community, adhering to the highest standards of integrity in the field of physical education.

#### **9. Research and Critical Thinking:**

Graduates will possess the skills to critically evaluate research in the field, conduct research, and apply evidence-based practices to enhance physical education and sports training.

#### **10. Leadership and Management:**

Graduates will be prepared for leadership roles in physical education, sports coaching, and related fields, with the ability to manage teams, programs, and facilities effectively.

#### **11. Lifelong Learning:**

Graduates will recognize the importance of ongoing professional development and lifelong learning, staying current with evolving trends and research in physical education and sports science.

#### **12. Communication and Collaboration:**

Graduates will excel in communication and collaboration, working effectively with diverse groups of individuals, including students, athletes, parents, and fellow professionals.

### **COURSE LEARNING OUTCOMES(CLOs)**

After studying the different courses student teacher will be able to achieve the different course learning outcomes as mentioned below:

#### **Course-I: Foundation of Physical Education and Sports.**

The student teacher will be able to \_

1. Demonstrate an understanding of relationship between Philosophy, Education and Physical education.

2. Articulate the goals of Education and Physical Education.
3. Understand the contribution of Philosophers of Education and Physical Education.
4. Demonstrate the knowledge of the History of Physical Education.
5. Comprehend contemporary modern development and social aspects of Physical Education.

#### **Course-II: Yoga Education and Environmental Studies:**

1. Demonstrate an In-Depth Understanding of Yoga's Concept, Nature, and Historical Origins.
2. Apply Yoga Principles and Practices to Enhance Physical Education and Sports Performance.
3. Analyze the Anatomy and Physiology of Yoga Asanas (Postures) and Pranayama (Breathing Exercises).
4. Develop Problem-Solving Skills for Addressing Environmental Challenges.
5. Evaluate the Impact of Yogic Practices on Holistic Health and Well-Being.

#### **Course-III: Methodology of teaching (optional methods) :**

##### **Ø English method**

The student teacher will be able to \_

1. Recognize the significance of language as a subject in daily life.
2. Demonstrate mastery of effective language teaching methods and techniques.
3. Stay informed about current trends in English language teaching.
4. Tailor instruction to match learners' proficiency, interests, and needs.
5. Leverage technology to enhance language instruction.

##### **Ø Marathi method**

The student teacher will be able to \_

1. Recognize the significance of Marathi language as a subject in daily life.
2. Demonstrate mastery of effective language teaching methods and techniques.
3. Stay informed about current trends in Marathi language teaching.
4. Tailor instruction to match learners' proficiency, interests, and needs.
5. Leverage technology to enhance language instruction.

### **Ø Hindi method**

The student teacher will be able to \_

1. Recognize the significance of Hindi language as a subject in daily life.
2. Demonstrate mastery of effective language teaching methods and techniques.
3. Stay informed about current trends in Hindi language teaching.
4. Tailor instruction to match learners' proficiency, interests, and needs.
5. Leverage technology to enhance language instruction.

### **Ø History method**

The student teacher will be able to \_

1. Recognize the educational significance of history within school curricula.
2. Demonstrate proficiency in effective history teaching methods.
3. Conduct critical analysis of history textbooks and resources.
4. Recognize the value of co-curricular activities in history education.
5. Develop competence in crafting and utilizing instructional materials.

### **Ø Geography method**

The student teacher will be able to \_

1. Master the skills of pedagogical and textbook analysis.
2. Demonstrate proficiency in various geography teaching methods and their classroom application.
3. Harness technology and learning resources for geography instruction.
4. Master the organization of co-curricular activities in geography education.
5. Understand the multifaceted role of the geography teacher in the contemporary educational context.

### **Ø Science method**

The student teacher will be able to \_

1. Acquire proficiency in diverse Science teaching approaches and methods.
2. Demonstrate competence in utilizing learning resources for enhanced science education.
3. Create and utilize a variety of instructional materials for Science education.
4. Comprehend the qualities, responsibilities, and ongoing professional growth of a science educator.
5. Analyze and address various issues in science education

### **Ø Mathematics method**

The student teacher will be able to \_

1. Comprehend the essence and significance of Mathematics concepts and values.
2. Acquire profound knowledge in pedagogical analysis of various Mathematical concepts.
3. Demonstrate mastery of various teaching methods and techniques in mathematics.
4. Develop competency in Mathematics education.
5. Cultivate the ability to organize and conduct recreational Mathematical activities.

## **Course-IV, Course-VIII, Course-XIII & Course-XVII: Physical Education Activities**

### **1. Major Games and Sports**

Upon completing this module, students will:

- 1.1. Demonstrate Proficiency: Exhibit competence in a variety of major games and sports, including team sports (e.g., football, basketball), individual sports (e.g., tennis, badminton), and traditional sports.
- 1.2. Rules and Strategies: Understand and apply the rules, regulations, and strategies specific to different major games and sports disciplines.
- 1.3. Coaching Skills: Acquire foundational coaching skills, including teaching techniques, effective communication with athletes, and organizing practice sessions.
- 1.4. Sportsmanship: Demonstrate good sportsmanship, fair play, and ethical behavior during competitions and games.

### **2. Rhythmic Activities and Drills:**

Upon completing this module, students will:

- 2.1. Perform Rhythmic Activities: Demonstrate competence in various rhythmic activities and drills, including dance routines and synchronized movements.
- 2.2. Choreography and Creative Expression: Create and perform choreographed routines that showcase creativity and artistic expression.
- 2.3. Musical Awareness: Develop an understanding of the relationship between rhythm and music and how it influences rhythmic activities.
- 2.4. Teaching Skills: Gain the ability to teach and lead rhythmic activities effectively, promoting coordination and creativity among participants.



### **3. Fitness Developmental Exercises:**

Upon completing this module, students will:

At the conclusion of this course, students will have the capability to:

- 3.1. Assess Physical Fitness: Perform fitness assessments to evaluate individual physical fitness levels and design customized fitness programs.
- 3.2. Exercise Prescription: Develop fitness routines tailored to specific fitness goals, addressing areas such as cardiovascular health, muscular strength, flexibility, and endurance.
- 3.3. Safety and Injury Prevention: Demonstrate knowledge of safe exercise techniques and strategies for preventing injuries during fitness training.
- 3.4. Progressive Training: Design and implement progressive fitness plans that adapt to an individual's changing fitness levels.

## **COURSEWISE AND SEMESTERWISE CREDIT ASSIGNMENTS**

### **B. P. Ed (First Year) SEMESTER- I**

Course	Code	Hours	Marks (External)	Credit	Code	Hours	Marks (Internal)	Credit
<b>Course I</b> Foundations of Physical Education and Sports	BPED 101	90	75	3	BPED 101	30	25	1
<b>Course II</b> Yoga Education and Environmental studies	BPED 102	90	75	3	BPED 102	30	25	1
<b>Course III</b> Methodology of Teaching (any one of the following Optional method) Marathi, Hindi, English, History, Geography, Science & Mathematics	BPED 103	90	75	3	BPED 103	30	25	1
<b>Course IV</b> Physical Education Activities	–	–	–	–	BPED 104	300	150	10
<b>TOTAL</b>	–	<b>270</b>	<b>225</b>	<b>09</b>	–	<b>390</b>	<b>225</b>	<b>13</b>

### **B. P. Ed (First Year) SEMESTER- II**

Course	Code	Hours	Marks (External)	Credit	Code	Hours	Marks (Internal)	Credit
<b>Course V</b> Anatomy, Physiology and Health Education	BPED 104	90	75	3	BPED 105	30	25	1
<b>Course VI</b> Officiating, Coaching and Sports Training	BPED 105	90	75	3	BPED 106	30	25	1
<b>Course VII</b> Organization, Administration and Sports Management in Physical Education	BPED 106	90	75	3	BPED 107	30	25	1
<b>Course VIII</b> Physical Education activities	–	–	–	–	BPED 108	180	150	6
<b>Course IX</b> Practice Teaching and Internship in Optional Method	–	–	–	–	BPED 108	120	100	4
<b>TOTAL</b>	–	<b>270</b>	<b>225</b>	<b>09</b>	–	<b>390</b>	<b>325</b>	<b>13</b>

### **B. P. Ed (Second Year) SEMESTER- III**

Course	Code	Hours	Marks (External)	Credit	Code	Hours	Marks (Internal)	Credit
<b>Course X</b> Psychology of Education, Physical Education and Sports	BPED 107	90	75	3	BPED 110	30	25	1
<b>Course XI</b> Fitness, Wellness, Nutrition and Weight management	BPED 108	90	75	3	BPED 111	30	25	1
<b>Course XII</b> Methodology of Teaching Physical Education	BPED 109	90	75	3	BPED 112	30	25	1
<b>Course XIII</b> Physical Education Activities	–	–	–	–	BPED 113	300	150	10
<b>TOTAL</b>	–	<b>270</b>	<b>225</b>	<b>09</b>	–	<b>390</b>	<b>225</b>	<b>13</b>

### B. P. Ed (Second Year) SEMESTER- IV

Course	Code	Hours	Marks (External)	Credit	Code	Hours	Marks (Internal)	Credit
<b>Course XIV</b> Measurement, Evaluation and Statistics in Physical Education	BPED 110	90	75	3	BPED 114	30	25	1
<b>Course XV</b> Sports Medicine, Physiotherapy and Rehabilitation	BPED 111	90	75	3	BPED 115	30	25	1
<b>Course XVI</b> Kinesiology and Biomechanics	BPED 112	90	75	3	BPED 116	30	25	1
<b>Course XVII</b> Physical Education activities	–	–	–	–	BPED 117	180	150	6
<b>Course XVIII</b> Practice Teaching in Physical Education	–	–	–	–	BPED 118	120	100	4
<b>TOTAL</b>	–	<b>270</b>	<b>225</b>	<b>09</b>	–	<b>390</b>	<b>325</b>	<b>13</b>

### HIGHLIGHTS OF THE COLLEGE

The college is committed to providing a comprehensive educational experience that combines academic excellence, practical training through internships, and a strong focus on physical fitness and sportsmanship.

1. **Resource-Rich Library:** Our college boasts a well-stocked library, featuring an extensive collection of books, periodicals, academic journals, magazines, and more, catering to the diverse academic needs of our students.
2. **Expansive Sports Facilities:** Our campus includes a spacious playground equipped with multiple outdoor sports courts, providing ample opportunities for students to engage in various physical activities and sports.
3. **Sports Scholarships:** We are committed to nurturing talent, and to that end, we offer scholarships to outstanding athletes, recognizing and supporting their dedication and achievements in sports.
4. **Internship Opportunities On-Campus:** Students have the unique advantage of accessing internship opportunities within the campus, enabling them to gain practical experience and apply their knowledge in real-world settings.
5. **Expert Faculty:** Our dedicated and experienced faculty members are experts in the field of physical education, ensuring that students receive high-quality instruction and guidance in their academic and athletic pursuits.
6. **Intercollegiate Competitions:** We actively encourage students to participate in intercollegiate sports competitions, fostering a spirit of healthy competition and sportsmanship among our student body.
7. **Placement Assistance:** Our college provides comprehensive placement assistance services, guiding students in their career pursuits, including opportunities in Teaching field.

### RULES AND REGULATIONS OF THE COLLEGE

It's essential for students to familiarize themselves with these rules and regulations and adhere to them throughout their time at the Physical Education college. These guidelines are designed to maintain a conducive learning environment and promote responsible behavior, safety, and respect within the college community.

**1. Academic Integrity:**

- The Students must adhere to a strict code of academic integrity, refraining from any form of academic dishonesty.

**2. Attendance and Punctuality:**

- Maintain regular attendance in classes, practical sessions, and all college activities and should arrive on time for all scheduled classes and events.

**3. Dress Code:**

- Follow the prescribed dress code for physical education classes and activities. Ensure that sportswear is clean, appropriate, and in good condition.

**4. Respect for Instructors and Peers:**

- Show respect and courtesy to professors, instructors, coaches, and fellow students at all times. Avoid disruptive behavior during lectures and physical activities.

**5. Equipment and Facility Use:**

- Handle sports equipment and facilities with care, following safety guidelines. Report any damage or malfunction of equipment or facilities immediately to the appropriate authorities.

**6. Health and Safety:**

- Prioritize personal health and safety during physical activities.
- Inform instructors or coaches of any medical conditions, injuries, or limitations that may affect participation.

**7. Anti-Ragging:**

- Strictly adhere to the college's anti-ragging policy, which prohibits any form of ragging, bullying, or harassment of fellow students. Report any instances of ragging or harassment to the college authorities promptly.

**8. Community and Environmental Responsibility:**

- Contribute positively to the college community and the environment by participating in clean-up efforts and sustainability initiatives.

**9. Alcohol and Substance Abuse:**

- Abide by college policies regarding alcohol and substance use, refraining from the use of illegal drugs and excessive alcohol consumption on campus.

**10. Disciplinary Consequences:**

- Understand that violations of college rules and regulations may result in disciplinary actions, which could include warnings, probation, suspension, or expulsion, depending on the severity of the offense.

**COLLEGE TIMINGS:**

Practical & Theory lectures: 7:30 am to 2:30pm

Office timings: 9:30am to 5:30pm

**CONTACTS:**

Tel. no. 022-274542866,

Mobile no. 9892601822/8108910424

Email: vcper@mes.ac.in

Website: [www.vcper.ac.in](http://www.vcper.ac.in)