

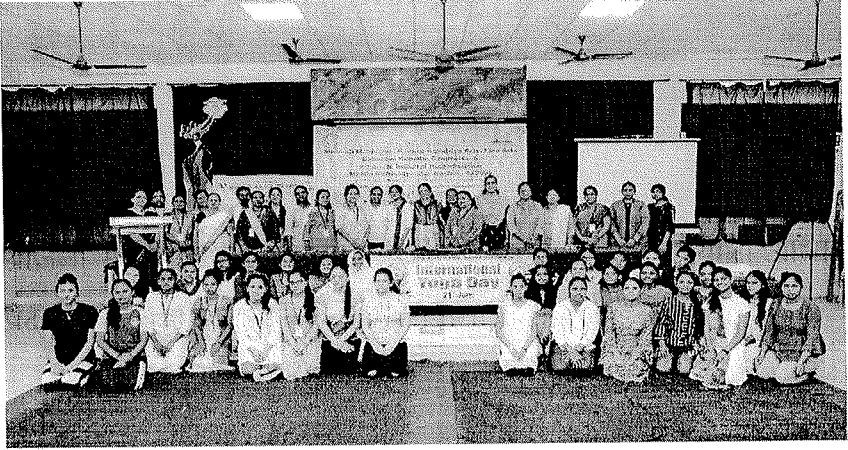
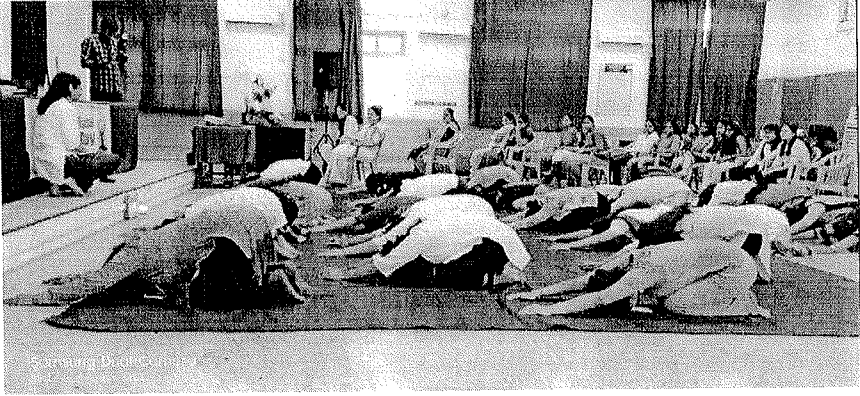

G.E. SOCIETY'S SMRK-BK-AK MAHILA MAHAVIDYALAYA, NASHIK

EVENT REPORT FORMAT

Name of the Programme:	आंतरराष्ट्रीय योग दिन
Day and Date:	मंगळवार २१ जून २०२२
Organizing Committee/Department (Mention Collaborating Agency, if any)	राष्ट्रीय स्वयं सेवा योजना एस.एम.आर.के.बी.के.ए.के. महिला महाविद्यालय नाशिक
Time:	स: ८:३० ते १०:००
Topic/Theme:	आंतरराष्ट्रीय योग दिन
Resource Person:	फरहात सय्यद, योग शिक्षिका
No. of students attended the programme:	५० विद्यार्थिनी
Brief Summary:	दि.२१जून २०२२ रोजी एस.एम.आर.के.बी.के.ए.के. महिला महाविद्यालयात राष्ट्रीय स्वयं सेवा योजने अंतर्गत आदरणीय प्राचार्या डॉ. दीप्ती देशपांडे यांच्या मार्गदर्शनाखाली आंतरराष्ट्रीय योग दिन साजरा केला गेला. कनिष्ठ महाविद्यालयाच्या राष्ट्रीय स्वयं सेवा योजना समितीच्या कार्यक्रम अधिकारी सौ. शोभा लोणकर यांनी कार्यक्रमाचे प्रास्ताविक केले व कार्यक्रमाची रूपरेखा स्पष्ट केली. डॉ. कविता खोलगडे यांनी या कार्यक्रमासाठी प्रमुख पाहुणे म्हणून लाभलेल्या फरहात सय्यद यांचा परिचय दिला व त्यांचे स्वागत केले. महाविद्यालयाच्या उपप्राचार्य व या कार्यक्रमाच्या अध्यक्ष डॉ. कविता पाटील यांच्या हस्ते प्रमुख पाहुणे फरहात सय्यद यांचा सत्कार करण्यात आला. डॉ. कविता पाटील यांनी आंतरराष्ट्रीय योग दिन व योग चे मानवी जीवनातील महत्व यावर प्रकाश टाकला. या प्रसंगी प्रमुख पाहुणे फरहात सय्यद यांनी या कार्यक्रमासाठी उपस्थित असलेल्या विद्यार्थिनी, प्राध्यापक वृंद, शिक्षकेतर कर्मचारी यांना योगाचे प्रात्याक्षित करून दाखविले. या कार्यक्रमासाठी महाविद्यालयाच्या उपप्राचार्यडॉ. नीलम बोकील, महाविद्यालयातील सर्व प्राध्यापक वृंद, शिक्षकेतर कर्मचारी आणि ५० विद्यार्थिनी सक्रीय सहभाग नोंदवला. वरिष्ठ महाविद्यालयाच्या राष्ट्रीय स्वयं सेवा

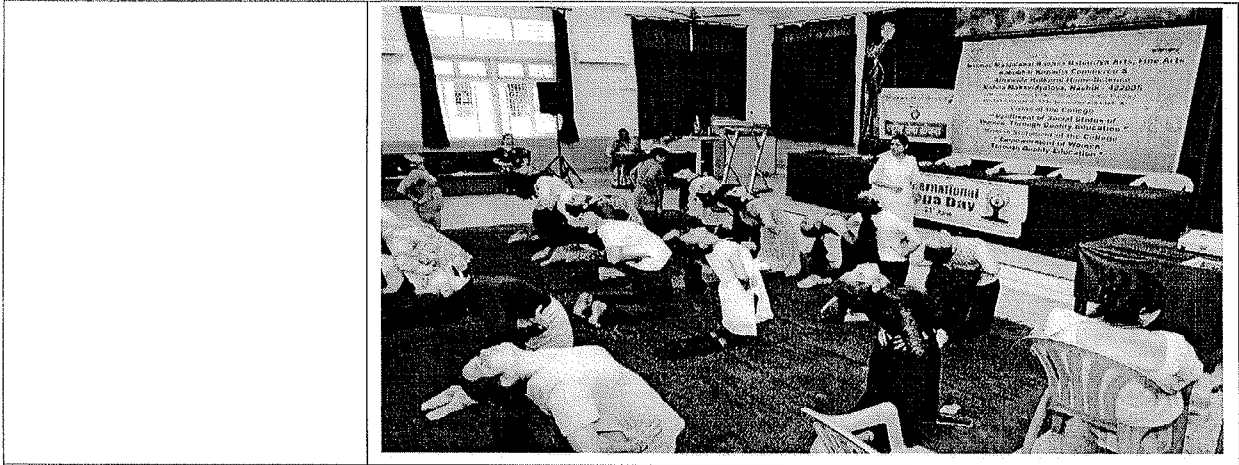


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	<p>योजना समितीच्या कार्यक्रम अधिकारी डॉ. गीता यादव यांनी आभार प्रदर्शन केले व राष्ट्रगीताने या कार्यक्रमाची सांगता झाली.</p>
<p>Signature of the Committee In-Charge/H.O.D.</p>	<p>-sd-</p>
<p>Attach Photographs</p>	  



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G.E. SOCIETY'S SMRK-BK-AK MAHILA MAHAVIDYALAYA, NASHIK

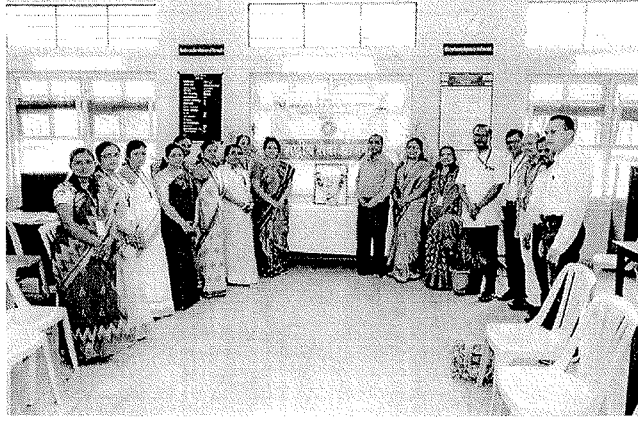
EVENT REPORT FORMAT

Name of the Programme:	शिवस्वराज्य दिन
Day and Date:	सोमवार ६ जून २०२२
Organizing Committee/Department (Mention Collaborating Agency, if any)	राष्ट्रीय स्वयं सेवा योजना एस.एम.आर.के.बी.के.ए.के. महिला महाविद्यालय नाशिक
Time:	दु: १:०० ते २:००
Topic/Theme:	शिवस्वराज्य दिन
Resource Person:	डॉ. कविता पाटील व डॉ. नीलम बोकील
No. of students attended the programme:	६० विद्यार्थिनी
Brief Summary:	दि. ६ जून २०२२ रोजी एस.एम.आर.के.बी.के.ए.के. महिला महाविद्यालयात राष्ट्रीय स्वयं सेवा योजने अंतर्गत आदरणीय प्राचार्य डॉ. दीप्ती देशपांडे यांच्या मार्गदर्शनाखाली शिवस्वराज्य दिन साजरा केला गेला. राष्ट्रीय स्वयं सेवा योजना समितीच्या कार्यक्रम अधिकारी डॉ. गीता यादव यांनी कार्यक्रमाचे प्रास्ताविक केले व कार्यक्रमाची रूपरेखा स्पष्ट केली. या प्रसंगी महाविद्यालयाच्या उपप्राचार्य डॉ. कविता पाटील व डॉ. नीलम बोकील यांनी छत्रपती शिवाजी महाराज यांच्या प्रतिमेचे पूजन केले व छत्रपती शिवाजी महाराज यांच्या जीवन कार्यावर प्रकाश टाकला. या कार्यक्रमासाठी महाविद्यालयातील सर्व प्राध्यापक वृंद, शिक्षकेत्तर कर्मचारी आणि ६० विद्यार्थिनी उपस्थित होते. राष्ट्रीय स्वयं सेवा योजना समितीच्या सहायक कार्यक्रम अधिकारी संध्या अदमनकर यांनी आभार प्रदर्शन केले. राष्ट्रगीताने या कार्यक्रमाची सांगता झाली.
Signature of the Committee In-Charge/H.O.D.	

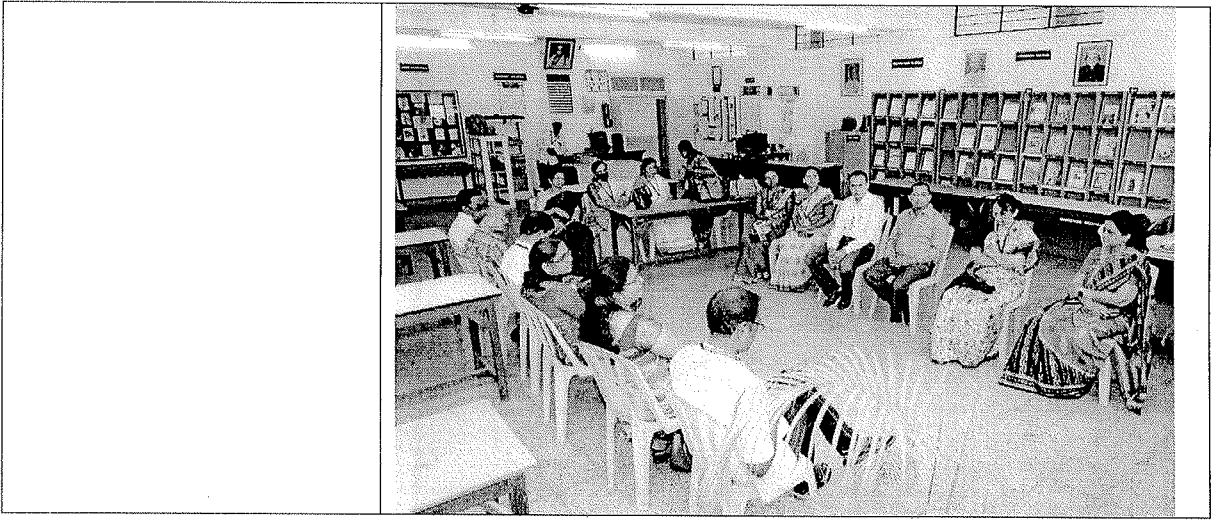


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Attach Photographs




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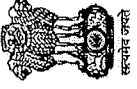
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NACO

National AIDS Control Organisation

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आजादी का
अमृत महोत्सव

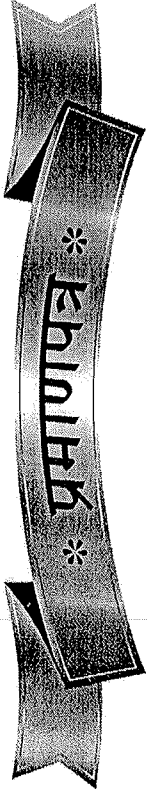
महाराष्ट्र शासन आरोग्य सेवा



MS/ACS
महाराष्ट्र
राज्य एड्स
नियंत्रण संस्था

जिल्हा शासकीय रुग्णालय, नाशिक

जिल्हा एड्स प्रतिबंध व नियंत्रण यथक (DAPCU)



श्री./कुमारी एम. एम. डार. के., ए. के., ए. के. महिला महाविद्यालय्यांनी
प्रमाणपत्रासाठी (जानिक एड्स नियंत्रण विभाग, नाशिक, दि. 20.22)

एड्स बाबत जनजागृती होण्याकरिता कार्यक्रमाला स्पर्धेत सहभागी होऊन

क्रमांक. मिळविल्याबद्दल प्रोत्साहनपर प्रमाणपत्र देण्यात येत आहे.

(श्री. योगेश परदेशी)

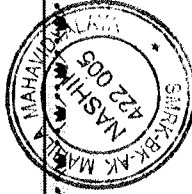
जिल्हा कार्यक्रम अधिकारी

डा.प.कु. विभाग, जिल्हा रुग्णालय, नाशिक

(डॉ. अशोक थोरत)

जिल्हा शल्य चिकित्सक

जिल्हा शासकीय रुग्णालय, नाशिक.



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3.4.3



गोखले एज्युकेशन सोसायटीचे

3.4.3

एस.एम.आर.के.बी.के.ए.के.महिला महाविद्यालय
(एस. एन. डी. टी. महिला विद्यापीठाशी कायम संलग्न)
प्रि. टी. ए. कुलकर्णी विद्यानगर, नाशिक - ४२२०००५.
दूरध्वनी क्रमांक - (०२५३) २५७९९४९

दिनांक : २६/११/२०२२

राष्ट्रीय सेवा योजना
(वरिष्ठ महाविद्यालय)
सूचना

राष्ट्रीय सेवा योजनेच्या सर्व स्वयंसेवक विद्यार्थीनींना कळविण्यात येते की, दिनांक ०१ डिसेंबर २०२२ या दिवशी "जागतिक एड्स दिन" साजरा करण्यात येत आहे. या निमित्ताने आयोजित प्रभात फेरीत सहभाग घेण्यासाठी विद्यार्थीनींनी सकाळी ७ : ०० वाजता महाविद्यालयाच्या प्रांगणात उपस्थित रहावे.

प्रभातफेरीचा मार्ग पुढील प्रमाणे राहिल. - जिल्हा रूग्णालय - त्रंबक नाका - जिल्हा परिषद - कालिदास कलामंदिर - शालीमार - सिबीएस सिग्नल - त्रंबक नाका - जिल्हा रूग्णालय.

gyada

डॉ. सौ. गीता यादव

AMR

डॉ. सौ. दिप्ती देशपांडे

रा.से.यो. वरिष्ठ महाविद्यालय

† प्राचार्या
प्राचार्य

एस एम आर के बी के ए के महिला महाविद्यालय,
नाशिक - ४२२ ००५

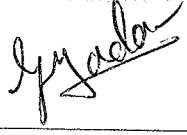



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EVENT REPORT FORMAT

Name of the Programme:	महाराष्ट्र राज्य शासन अंतर्गत शासकीय रुग्णालय नाशिक मार्फत 1डिसेंबर जागतिक एड्स दिन
Day and Date:	गुरुवार १ डिसेंबर
Organizing Committee/Department (Mention Collaborating Agency, if any)	राष्ट्रीय स्वयं सेवा योजना एस.एम.आर.के.बी.के.ए.के. महिला महाविद्यालय नाशिक
Time:	स: ०७ :३० ते १०:३०
Topic/Theme:	1डिसेंबर जागतिक एड्स दिन
Resource Person:	शासकीय रुग्णालय नाशिक मार्फत डॉक्टर्स असोसिएशन व प्राचार्या डॉ.दीप्ती देशपांडे, उपप्राचार्य डॉ. कविता पाटील, डॉ. नीलम बोकील
No. of students attended the programme:	३० विद्यार्थिनी
Brief Summary:	<p>दि.१/१२/२०२२ रोजी महाराष्ट्र राज्य शासन अंतर्गत शासकीय रुग्णालय नाशिक मार्फत १ डिसेंबर जागतिक एड्स दिनानिमित्त एड्स जनजागृतीसाठी प्रभात फेरीचे आयोजन करण्यात आले होते.</p> <p>या प्रभात फेरीमध्ये एस. एम. आर. के. बी. के. एके. महिला महाविद्यालय नाशिक यांनी ही सहभाग नोंदविला.</p> <p>महाविद्यालयाच्या प्राचार्य डॉ.दीप्ती देशपांडे तसेच उपप्राचार्य डॉ. निलम बोकील यांच्या मार्गदर्शनाने या प्रभात फेरीसाठी महाविद्यालयातील ३० विद्यार्थिनी सहभागी झाल्या होत्या.</p> <p>प्रभात फेरीचा मार्ग--जिल्हा रुग्णालय- त्रंबक नाका -जिल्हा परिषद - कालिदास कला मंदिर -शालीमार -सिबीएस सिग्नल -त्रंबक नाका- जिल्हा रुग्णालय असा होता.</p> <p>या वेळी विद्यार्थ्यांनी सोबत वरिष्ठ महाविद्यालयाच्या एनएसएस कार्यक्रम अधिकारी डॉ. सौ. गीता यादव व त्यांच्या सहकारी सौ.प्रणता निकुंभ तसेच कनिष्ठ महाविद्यालयातील कार्यक्रम अधिकारी सौ.शोभा सूरुशे व त्यांच्या सहकारी सौ. सविता</p>



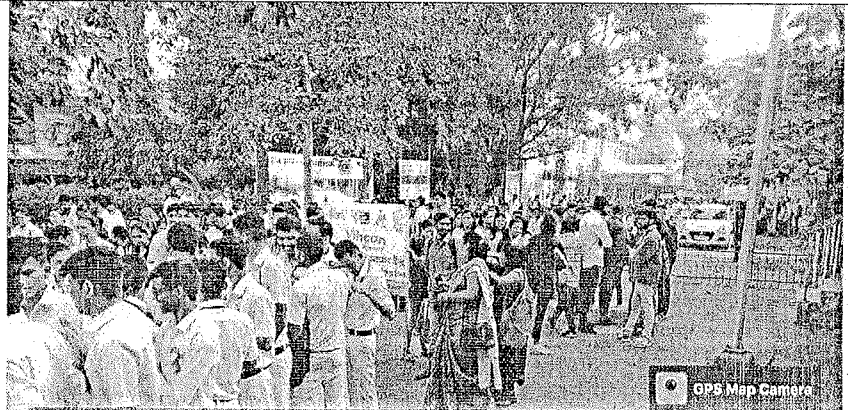
	मोरे उपस्थित होत्या.
Signature of the Committee In-Charge/H.O.D.	-sd- 
Attach Photographs	Date: ०१/१२/२०२२ 



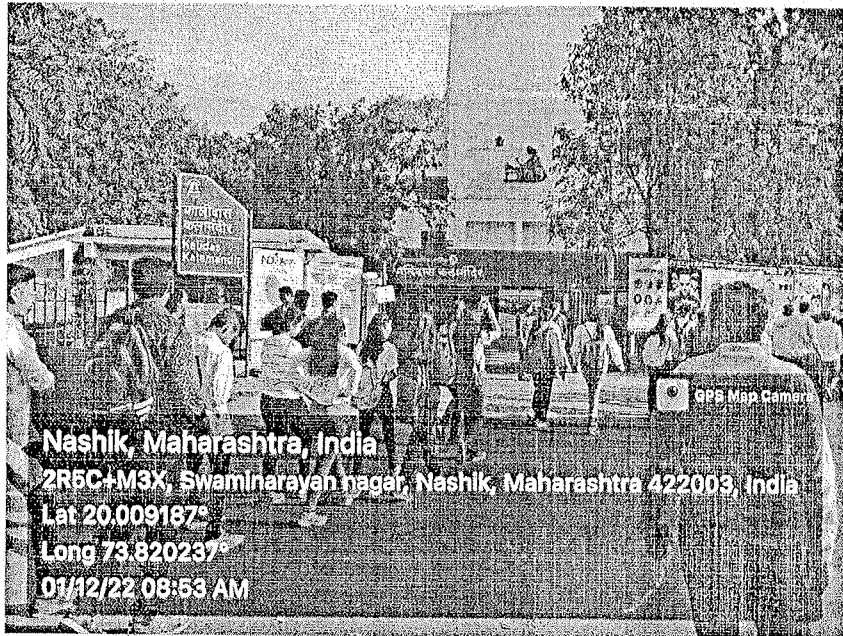

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Smt. B.K. Ar. Mahila Mahavidyalaya
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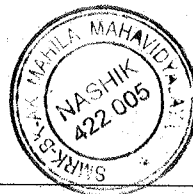
ve
Principal
S.M.R.K.-A.K Mahila Mahavidyalaya
Nashik-422 005.



Nashik, Maharashtra, India
2R5C+M3X, Swaminarayan nagar, Nashik, Maharashtra 422003, India
Lat 20.009187°
Long 73.820237°
01/12/22 08:36 AM



Nashik, Maharashtra, India
2R5C+M3X, Swaminarayan nagar, Nashik, Maharashtra 422003, India
Lat 20.009187°
Long 73.820237°
01/12/22 08:53 AM



VS
Principal
SMRK-BK-AK Mahila Mahavidyalaya
Nashik-422 005.

दिनांक : १३/०८/२०२२

प्रति,
 प्राचार्य,
 एस.एम आर के बी.के. ए.के.
 महिला महाविद्यालय
 नाशिक-४२२००५

विषय : आजादी का अमृत महोत्सव निमित्ताने स्वच्छता अभियान कार्यक्रम घेण्याबाबत.

महोदया,

राष्ट्रीय सेवा योजनाच्या वतीने "आजादी का अमृत महोत्सव" या निमित्ताने स्वच्छता अभियान कार्यक्रम १६/०८/२०२२ रोजी घ्यावयाचा आहे. या कार्यक्रमासाठी आपली परवानगी मिळावी ही नम्र विनंती.

धन्यवाद !

आपली विश्वासू,

Gyadav

डॉ. गीता यादव

कार्यक्रम अधिकारी
 राष्ट्रीय सेवा योजना

Aditya

15/8

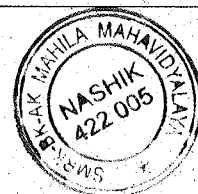
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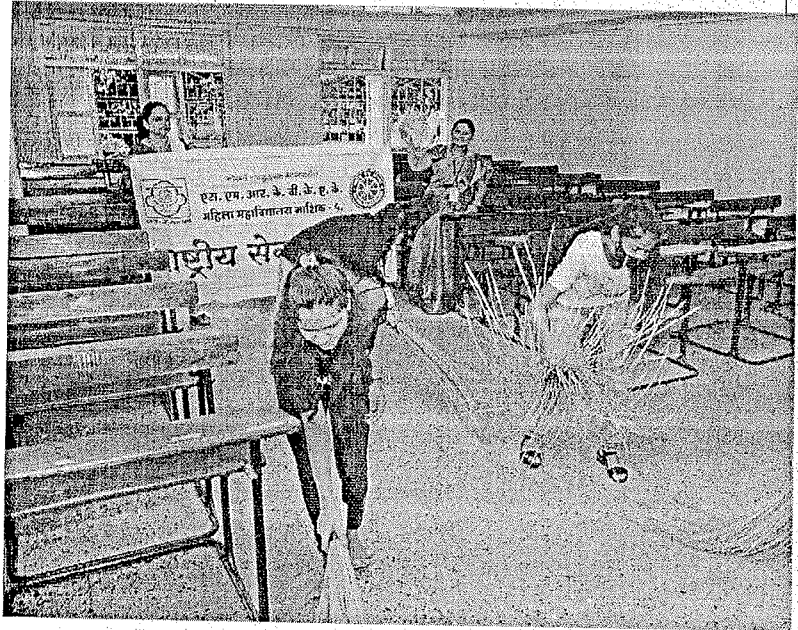
Principal
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 Nasik-422 005.

G.E. SOCIETY'S SMRK-BK-AK MAHILA MAHAVIDYALAYA, NASHIK
EVENT REPORT FORMAT

Name of the Programme:	आजादी काअमृतमहोत्सव अंतर्गत 'स्वच्छता अभियान' कार्यक्रम
Day and Date:	मंगळवार १६जून२०२२
Organizing Committee/Department (Mention Collaborating Agency, if any)	राष्ट्रीय स्वयं सेवा योजना एस.एम.आर.के.बी.के.ए.के. महिला महाविद्यालय नाशिक
Time:	स: १०:०० ते दु: १२:००
Topic/Theme:	'स्वच्छता अभियान'
Resource Person:	डॉ. कविता पाटील व डॉ. नीलम बोकील
No. of students attended the programme:	५० विद्यार्थिनी
Brief Summary:	<p>दि.१६जून२०२२रोजी नाशिक येथील एस.एम.आर.के. महाविद्यालयात आजादी का अमृत महोत्सव अंतर्गत स्वच्छता अभियान हा कार्यक्रम घेण्यात आला.</p> <p>हा कार्यक्रम महाविद्यालयाच्या प्राचार्या व गोखले एज्युकेशन सोसायटीच्या एच. आर. डायरेक्टर डॉ. दीप्ती देशपांडे यांच्या मार्गदर्शनाने पार पडला.</p> <p>यावेळी महाविद्यालयाच्या उपप्राचार्य डॉ. सौ. नीलम बोकील व डॉ. सौ. कविता पाटील यांचेही मार्गदर्शन लाभले.</p> <p>यावेळी महाविद्यालयातील विद्यार्थिनींनी सहभाग नोंदवून महाविद्यालयातील संपूर्ण परिसर स्वच्छ करून आपले श्रमदान केले. त्यानंतर विद्यार्थिनींनी आपल्या स्वच्छता अभियानात दिलेले श्रमदान व आलेला अनुभव या विषयक आपल्या प्रतिक्रिया सांगितल्या.</p> <p>यानंतर वरिष्ठ महाविद्यालयाच्या एनएसएस कार्यक्रम अधिकारी डॉ. गीता यादव व कनिष्ठ महाविद्यालयाच्या एनएसएस कार्यक्रम अधिकारी सौ. शोभा सूरुशे तसेच त्यांचे सर्व सहकारी शिक्षक व शिक्षकेत्तर कर्मचारी व विद्यार्थिनी उपस्थित होत्या.</p>
Signature of the Committee In-Charge/H.O.D.	-sd- <i>gyadav</i>



Attach Photographs

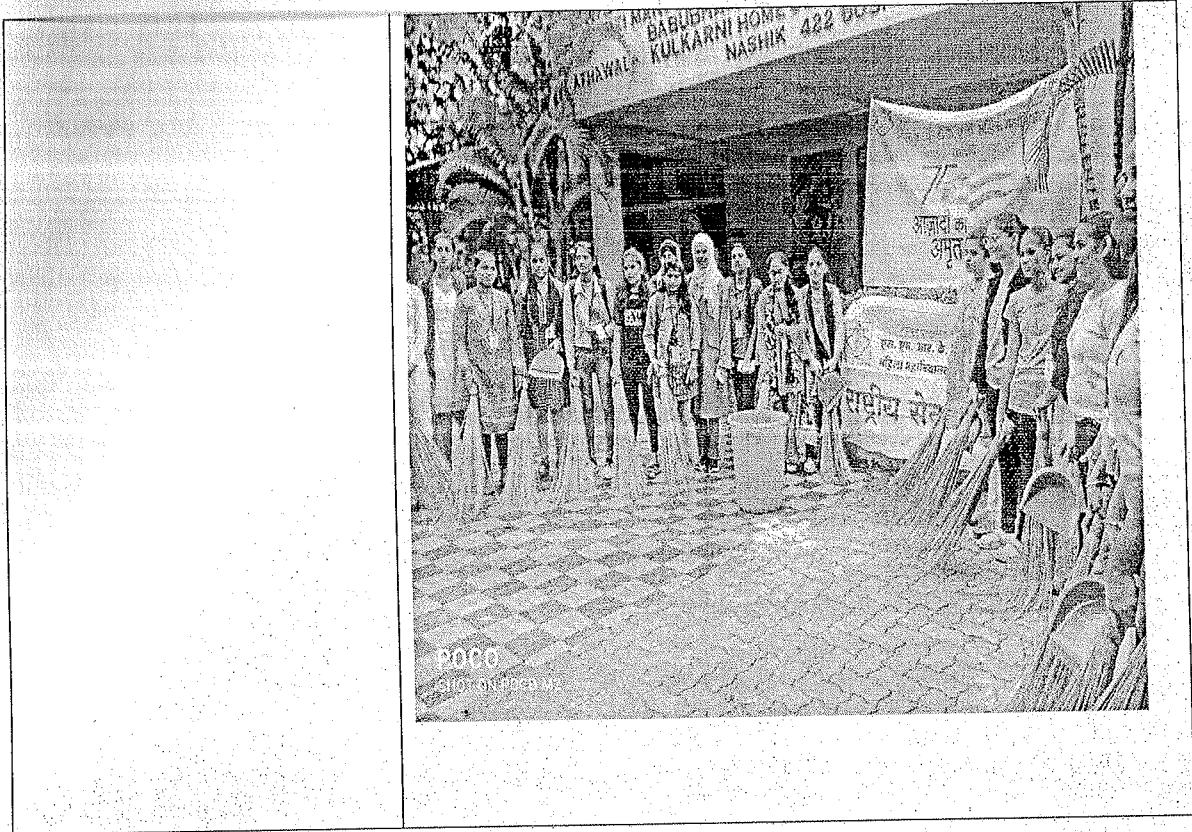


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G.E. SOCIETY'S SMRK-BK-AK MAHILA MAHAVIDYALAYA, NASHIK

EVENT REPORT FORMAT

Name of the Programme:	मोफत आरोग्य तपासणी शिबिर(दत्तक गाव विल्होळी)येथे
Day and Date:	शनिवार दिनांक ६ मे २०२३
Organizing Committee/Department (Mention Collaborating Agency, if any)	गोखले एज्युकेशन सोसायटी चे कस्तुरी इंटिग्रेटेड मल्टी स्पेशालिटी हॉस्पिटल आणि एस एम आर के महिला महाविद्यालयाच्या संयुक्त विद्यमाने
Time:	सकाळी ९:३० ते दुपारी ३:३०
Topic/Theme:	आरोग्य तपासणी
Resource Person:	डॉ.सर मो.स.गोसावी,डॉ.राम कुलकर्णी,प्राचार्या डॉ.दीप्ती देशपांडे,डॉ.ज्योती दुबे, डॉ.खंडेलवाल,विल्होळी गाव सरपंच सौ.जानकाबाई ,उपसरपंच भास्कर राजाराम थोरात,
No. of students attended the programme:	१०४ गावकरी
Brief Summary:	<p>गोखले एज्युकेशन सोसायटी चे कस्तुरी इंटिग्रेटेड मल्टी स्पेशालिटी हॉस्पिटल आणि एस एम आर के महिला महाविद्यालयाच्या संयुक्त विद्यमाने विल्होळी प्राथमिक आरोग्य केंद्रात दिनांक ६ मे २०२३ रोजी मोफत आरोग्य तपासणी शिबिर आयोजित करण्यात आले.</p> <p>शिबिराचे उद्घाटन गोखले एज्युकेशन सोसायटी चे सेक्रेटरी आणि डायरेक्टर जनरल सर डॉ.एम एस गोसावी यांच्या हस्ते झाले. प्रमुख अतिथी म्हणून संस्थेचे विभागीय सचिव डॉ.राम कुलकर्णी उपस्थित होते. प्रास्ताविक कार्यक्रम अधिकारी डॉ गीता यादव यांनी केले. गोखले एज्युकेशन सोसायटीच्या मानव संसाधन संचालिका प्राचार्या डॉ.दीप्ती देशपांडे यांच्या हस्ते मान्यवरांचा सत्कार करण्यात आला. हा कस्तुरी इंटिग्रेटेड मल्टी स्पेशालिटी हॉस्पिटल चा पहिला उपक्रम असून यापुढेही अशा शिबिरांचे आयोजन विविध गावांमध्ये करण्यात येईल असे डॉ.दीप्ती देशपांडे यांनी सांगितले. प्रमुख अतिथी डॉ.राम कुलकर्णी यांनी या उपक्रमाचे कौतुक करत सर्व ग्रामस्थांना या शिबिरात सहभागी होण्याचे आवाहन केले. सर डॉ. एम एस गोसावी यांनी अध्यक्षीय भाषणात असे सांगितले की गोखले एज्युकेशन सोसायटी ही कायम सामाजिक बांधिलकी जपणारी संस्था आहे. ज्ञानप्रसारासोबत विद्यार्थ्यांमध्ये सामाजिक उत्तरदायित्व भावना अशा उपक्रमांमधून निर्माण होते. स्वतःचे शारीरिक ,मानसिक आणि भावनिक आरोग्य जपताना ग्रामीण भागातील आपल्या बांधवांचे आरोग्य जपणेही तितकेच महत्वाचे आहे. आरोग्य शिबिरांद्वारे ग्रामीण भागात आरोग्यविषयक जागृती घडेल आणि येणाऱ्या पिढ्या निरामय जीवन जगतील. डॉ.प्रदीप जायभवे आणि</p>



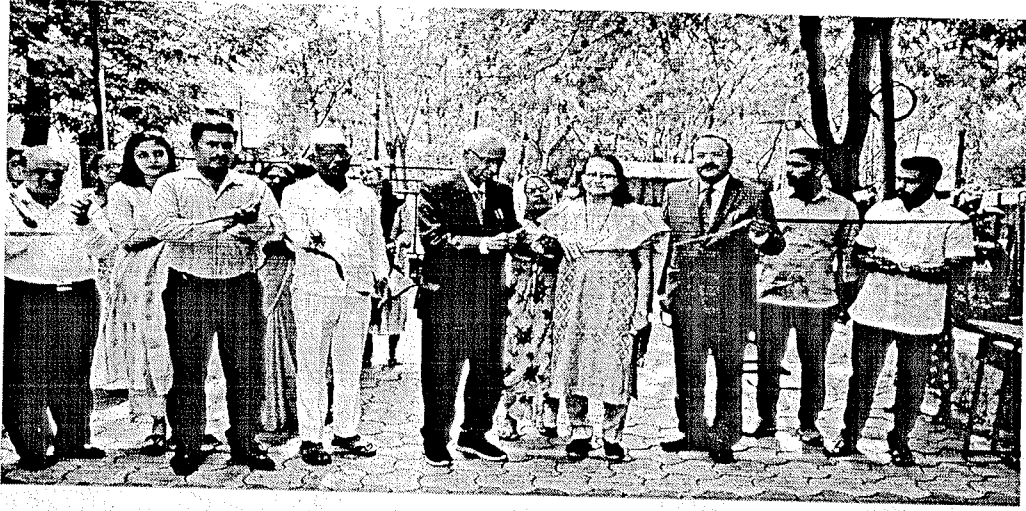
Principal

उपसरपंच श्री.भास्करराव थोरात यांनी आपल्या मनोगतात गोखले एज्युकेशन सोसायटी आणि एस एम आर के कॉलेज बद्दल कृतज्ञता व्यक्त केली. यावेळी सरपंच सौ. जानका बाई चव्हाण, उपसरपंच श्री. भास्कर राव थोरात ,आरोग्य अधिकारी डॉ. प्रदीप जायभावे,डॉ.गौरी भोई,डॉ.खंडेलवाल, डॉ.ज्योती दुबे,डॉ.लीना भट डॉ.नीलम बोकील ,डॉ.अनंत बावा ,डॉ.सूर्यवंशी यांच्यासह संस्थेचे पदाधिकारी आणि ग्रामस्थ उपस्थित होते. उपप्राचार्य डॉ.कविता पाटील यांनी आभार प्रदर्शन केले.

Signature of the
Committee In-
Charge/H.O.D.

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"Perception Week"

Organized by Internal Quality Assurance Cell (IQAC) in collaboration with Internal Complaints Committee, Students Counselling Cell, Health Care Unit, Nature Club, Department of Sociology and "SAVITRI" Competitive Examination Cell

From

27th Feb. 2023 to 4th March 2023

FINAL REPORT

Title of the Perception Week:	'Gender Equality in Indian Scenario'
Day, Date and Time:	27 th February to 4 th March 2023 1.00 to 2.00 pm
Organizing Committee:	Internal Quality Assurance Cell (IQAC) in collaboration with Internal Complaints Committee Students Counselling Cell Health Care Unit Nature Club Department of Sociology and "SAVITRI" Competitive Examination Cell
Web platform used:	Google Meet
Total No. of participants:	300 participants (includes staff and students of Arts, Fine Arts, Commerce, Management and Home Science)



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Sr.No.	Title of Sub-theme	Name of Resource Person	Designation of the resource person	Committee In-charge
1.	Economic Literacy for Women	Prof. Dr. Mahendra Dhondgepatil	Head Department of Accountancy SMRK-BK-AK Mahila Mahavidyalaya, Nashik	Students Counselling Cell & Internal Complaints' Committee
2.	Healthier Lifestyle of Youth	Dr. Kavita Matere	Associate Professor Sir Dr. M.S. Gosavi Institute of Nursing education Training and Research, Nashik	Health Care Center
3.	Domestic Violence on Women	Mrs. Sadhana Deshmukh	Retired Ex- Vice Principal & Head Department of Human Development SMRK-BK-AK Mahila Mahavidyalaya, Nashik	Department of Sociology & "SAVITRI" Competitive examination Cell
4.	Women's Health and Ayurvedic Herbs	Dr. Subhash Patake	Retired Principal of MVP's Institute of Pharma Sciences, Nashik	Nature Club
5.	Adolescent Health Issues	Dr. Manjusha Bhakay	Retired Associate Professor Department of Food Science and Nutrition SMRK-BK-AK Mahila Mahavidyalaya, Nashik	Health Care Center
6.	Women's Laws	Advocate Meenal Kohar	Advocate, Nashik	Internal Complaints' Committee



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Human Development Department of SMRK-BK-AK Mahila Mahavidyalaya, Nashik. The topic for third day of the week was 'Domestic Violence', it can be in the form physical, mental, psychological, economic or emotional. She mentioned about the domestic violence cases which has increased during pandemic and its reasons too. She gave a detailed explanation of the laws which are for the women against domestic violence. She mentioned the salient features, causes and safety measures that are to be followed for the safety of any woman in the society. There are several new laws of which one mentions that no woman can be told to go out from the house even if the house is not on her name. She emphasized on economic violence as many women are working but are not having freedom to spend their money and neither to take any decisions regarding the same. A special mention was any women can ask for police protection or from Non-governmental organization if she feels that she is unsafe in her own house. The session concluded with question and answers which was conducted by Mrs. Trupti Dhoka in charge of the activity and expressed vote of thanks.

2nd March 2023 Day 4 Topic- Women's Health and Ayurvedic Herbs

The resource person for the session is Dr. Subhash Patake, Retired Principal of MVP's Institute of Pharma Sciences, Nashik. He explained different ayurvedic herbs which can be used for healing of the various problems of women like menstrual stomach pain, excess flow of blood during menstruation, cramps, stress relieving herbs, improvement of the memory, for decrease hair fall and many more. He elaborated on the uses of various ayurvedic herbs and showed pictures for better understanding of the audiences. He gave detailed information of herbs like Brahmi, Shatapushpi, Triphala, Aghada, Hirda, Wing Beans, Angelica Plant, Amaranthus, Drunsticks, Aloe Vera, Ashoka Bark, Asparagus, Durva, Indian Bay Leaf, Spiny Gourd, Wheat Grass, etc. He explained the concept of Panchakarma and gave detailed information on the use of ghee, gulkand and honey which are consumed while doing any panchakarma. The session was very informative and helpful for the students in the future lives. The session concluded with question and answers which was conducted by Mrs. Trupti Dhoka in charge of the activity and expressed vote of thanks.

3rd March 2023 Day 5 Topic- Adolescent Health Issues

The topic for fifth day was "Adolescent Health Issues" The resource person for the session was Dr. Manjusha Bhakay, Retired and ex-Head Food Science and Nutrition Department of SMRK-BK-AK Mahila Mahavidyalaya, Nashik. She started the session with creating awareness about the ideal weight and concept of "Rate Your Plate" She also created awareness on anemia, malnutrition and its side effects. She also explained polycystic ovarian syndrome. She emphasized on the importance of adolescent ideal body weight, the health issues related to it and importance of breakfast. She focused on various ways of overcoming these disorders so as to have a healthy life style ahead. The session was very informative and helpful for the students in their future lives. The session concluded with question and answers which was conducted by Mrs. Trupti Dhoka in charge of the activity, and expressed vote of thanks.

4th March 2023 Day 6 Topic-Women's Law

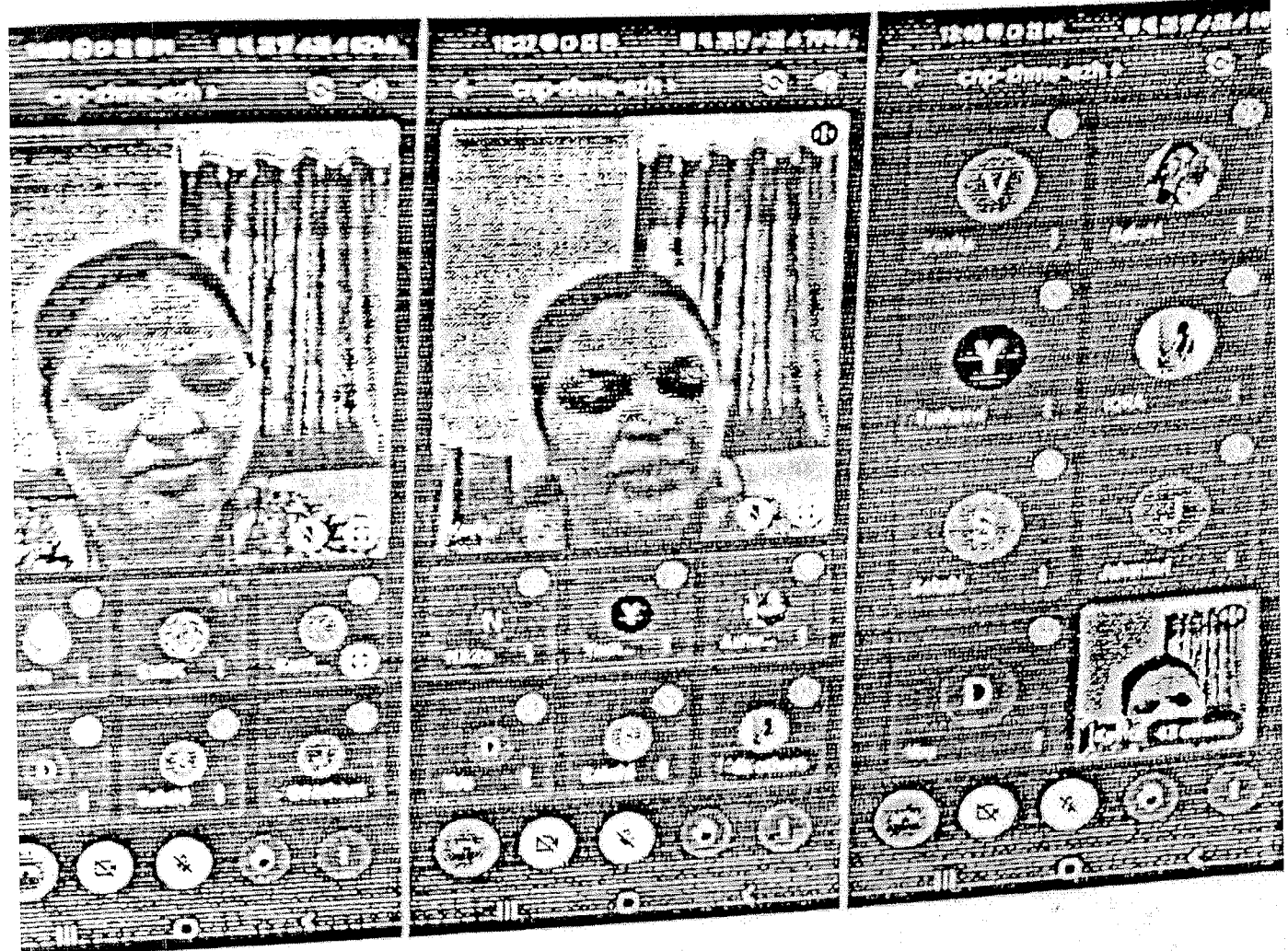
The resource person for the session was Advocate Meenal Khohar, Nashik. She started her



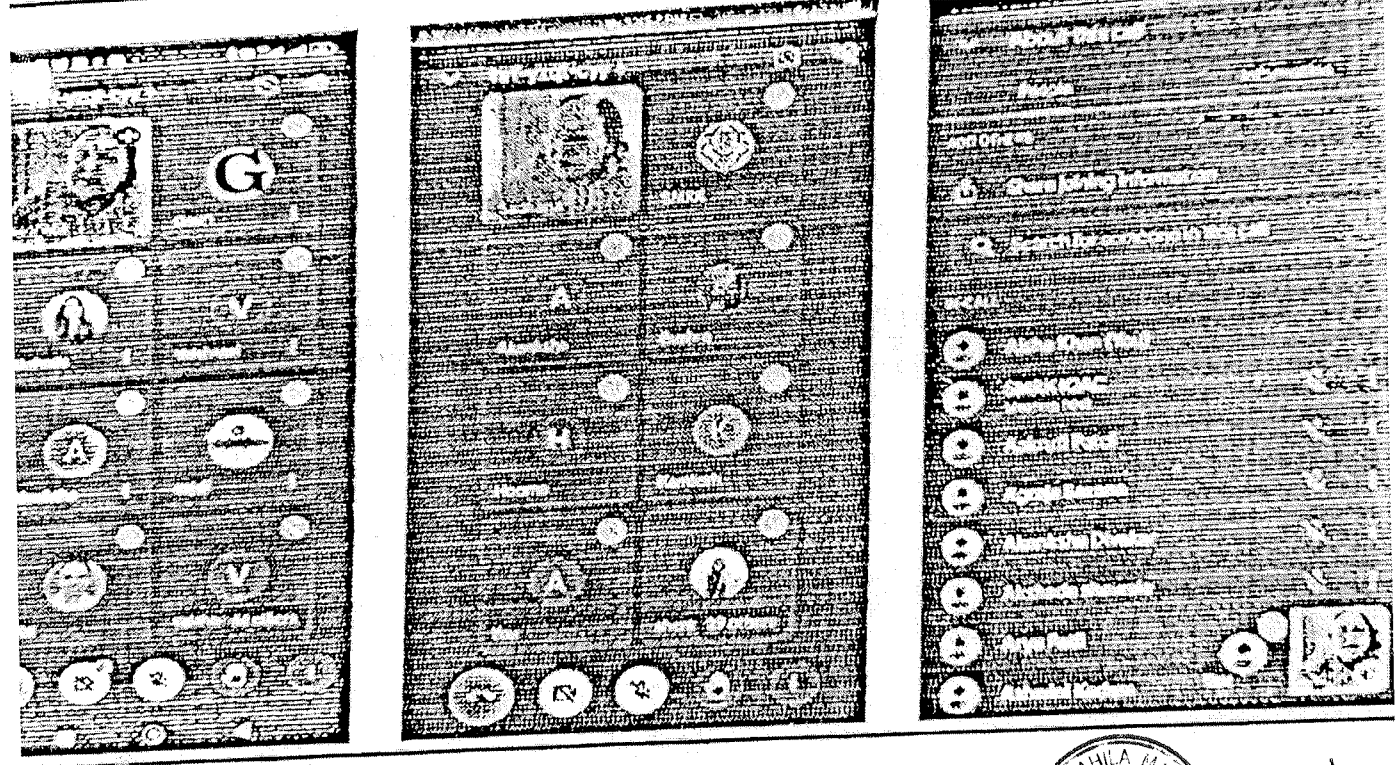
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Session 2- Photographs-

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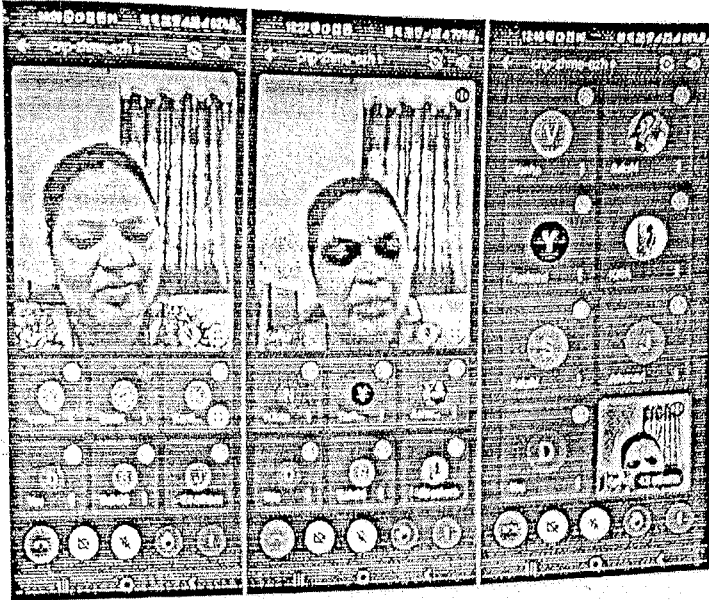
Session 3- Photographs-



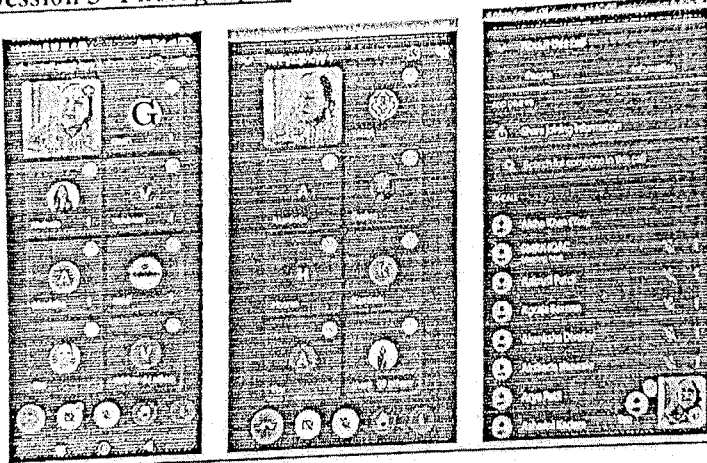
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Session 2- Photographs-



Session 3- Photographs-



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discourse by saying that laws are everyone. She mentioned that there are property rights for women too where she is also a property holder. She explained the difference in the old and new laws of property which were implemented from 1994 and the changes that has happened. The new law explains that there will be gender equality in the property rights between both the genders. She explicitly explained the financial abuse which is the new harassment with the working women now-a-days; which has increased the divorce cases. The rise was prominently seen during the pandemic where marriages were happening too many so were the divorce cases. She described about the domestic violence from family members is commonly seen in the society. She informed about different laws that are for women and the ways of filing a complaint against the members involved. In her conclusion she advised that every woman or girl should know about the property of her and in law family and the shareholder of her husband in the family property. The session was very informative and helpful for the students in their future lives. The session concluded with question and answers which was conducted by Mrs. Trupti Dhoka in charge of the activity and expressed vote of thanks.

Trupti Dhoka

Mrs. Trupti Dhoka
In-charge of the activity

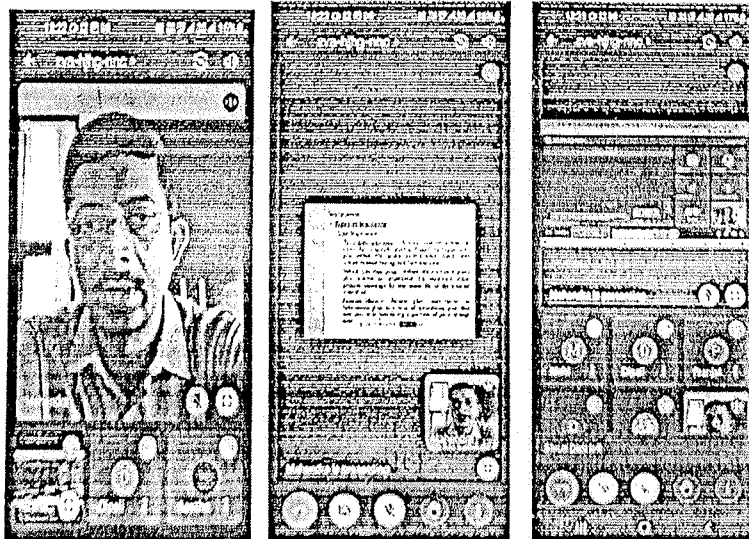
Nitin Songirkar

Prof. Dr. Nitin Songirkar
IQAC Co-ordinator

Deepti Deshpande

Dr. Mrs. Deepti Deshpande
Principal

Session 1 Photographs-



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E-mail : aksharacentre@vsnl.com
Website : www.aksharacentre.org

दिनांक: 8 फेब्रु. 2023

प्रती,
माननीय प्राचार्य
एस.एम.आर.के.कॉलेज नाशिक.
महोदय,
सदिच्छा

विषय : 'लिंगभाव' विषयावर कार्यशाळा घेण्याबाबत.....

अक्षरा - सी संशोधन केंद्र, मुंबई ही रजिस्टर संस्था आहे. मागील काही वर्षांपासून अक्षरा महिला सक्षमीकरण आणि लिंगभाव न्यायासाठी मुंबईमधील शहरी भागात काम करते. अभिव्यक्ती मीडिया फॉर डेव्हलपमेंट, नाशिक ही संस्था गेल्या 35 वर्षांपासून उत्तर महाराष्ट्र विभागात ग्रामीण भागात माध्यम आणि संवादाच्या क्षेत्रात कार्यरत आहे. अभिव्यक्ती मीडिया फॉर डेव्हलपमेंट नाशिक आणि अक्षरा या संस्थांच्या संयुक्त विद्यमाने YOUTH FOR CHANGE हा प्रकल्प नाशिकच्या 6 कॉलेजमध्ये सध्या सुरु आहे. आणि त्यासाठी आपल्या कॉलेजमधून समाजशास्त्र विभागातील 25 विद्यार्थिनी सहभागी आहेत. व या प्रकल्पांतर्गत होणारया उपक्रमांमध्ये विद्यार्थिनी उत्स्फूर्तपणे सहभाग घेत आहेत.

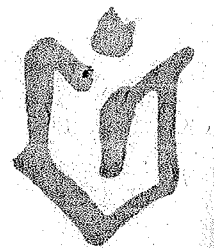
या प्रकल्पात आपलं ठरल्याप्रमाणे दिनांक 15 फेब्रुवारी 2023 या दिवशी 'लिंगभाव' या विषयावर आपल्या कॉलेजमध्ये कार्यशाळा घेणार आहोत. तरुणांनी लिंगभाव समानता समजून घेणे आणि लैंगिक असमानतेचा दृष्टीकोन समजून घेऊन त्यावर चर्चा करणे. हा या कार्यशाळेचा मुख्य उद्देश आहे. विद्यार्थ्यांना एकत्र चर्चा करता यावी यासाठी आपल्या कॉलेजमधील सेमिनार Hall आणि प्रोजेक्टर कार्यशाळेच्या दिवशी उपलब्ध करून द्यावा. आणि कार्यशाळा घेण्यास परवानगी यावी ही नम्र विनंती.

विद्यार्थ्यांच्या उज्ज्वल भविष्यासाठी आपण नक्की परवानगी घ्याल अशी आशा आम्ही आशा करतो.


मनिषा गोगोडे




Principal
SMRK-BK-AK Mahila Mahavidyalaya
Nashik-422 005.



akshara
Towards Gender Justice

est file
2022-2023

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Email : akshara.frea@gmail.com
Website: www.aksharacentre.org

प्रति,

प्राचार्य. / समाजशास्त्र विभाग,
एस.एम.आर. के. कॉलेज, नाशिक.

विषय – YCP (YOUTH FOR CHANGE PROGRAM) राबवण्याबात...


अभिव्यक्ति मीडिया फॉर डेव्हलपमेंट, नाशिक हि संस्था गेल्या 35 वर्षांपासून उत्तर महाराष्ट्र विभागात माध्यम आणि संवादाच्या क्षेत्रात कार्यरत आहे. हि एक सामाजिक संस्था असून ती ग्रामीण भागात काम करते. तसेच मुंबई येथील अक्षरा नावाची संस्था आहे, जी मुंबई शहरात महिला आणि मुलींच्या सक्षमीकरणासाठी काम करते. तसेच मुंबईमधील कॉलेजच्या तरुण विद्यार्थ्यांसोबत ' YOUTH FOR CHANGE' हा प्रकल्प राबवते. या प्रकल्पाचा मुख्य उद्देश तरुणांच्या मनात लिंग आणि नागरिकत्व या विषयासंबंधी विचारांचं परिवर्तन घडवून आणणे हा आहे.

या वर्षी अभिव्यक्ति व अक्षरा या दोन संस्था संयुक्त विद्यमाने सदर प्रकल्प नाशिक शहरातील 6 कॉलेज सोबत राबवित आहोत, यापैकी आम्ही आपल्या कॉलेजसोबत काम करू इच्छितो. हा प्रकल्प एका वर्षासाठी असणार असून त्यासाठी आम्हाला आपल्या कॉलेज मधून किंवा SOCIOLOGY विभागातील 18-21 या वयोगटातील 10 मुली आणि 10 मुलगे असे एकूण 20 ते 25 विद्यार्थी सहभागी अपेक्षित आहेत. या उपक्रमात वर्षभरात विद्यार्थ्यांसोबत लिंगभाव, नेतृत्वविकास आणि नागरिकत्व या विषयांआधारीत 2 मुख्य कार्यशाळा होतील. आणि त्यानंतर हे विद्यार्थी कॉलेजमध्ये 3 उपक्रम आयोजित करतील. शेवटी सदर प्रकल्पात सहभागी झाल्याबद्दल विद्यार्थ्यांना एक सहभागी प्रमाणपत्र देण्यात येईल.

विद्यार्थ्यांच्या उज्वल भविष्यासाठी आम्हाला सहकार्य करून आपण या प्रयत्नाला नक्कीच हातभार लावाल अशी आशा आहे.

आपल्या सहकार्याच्या अपेक्षेत.

कळावे,


मनिषा गांगोडे.




Principal
SMRK-BK-AK Mahila Mahavidyalaya
Nashik-422 005.



3.4.3

Neelambari 501, Road no. 86
Opp. Portuguese Church
Off Gokhale Road, Dadar (W),
Mumbai 400 028. INDIA
Tel: 2430 9676 Telefax: 2431 6082
E-mail : aksharacentre@vsnl.com
Website : www.aksharacentre.org

प्रति., प्राचार्य / समाजशास्त्र विभाग.

एस. एम. आर. के. कॉलेज, नाशिक

दिनांक: 14 नोव्हेंबर 2022

विषय : विद्यार्थ्यांना कार्यशाळेला पाठविण्याबाबत.....

महोदय अक्षरा - स्त्री संशोधन केंद्र ही रजिस्टर संस्था आहे. मागील काही वर्षांपासून अक्षरा महिला सक्षमीकरण आणि लिंगभाव न्यायासाठी मुंबईमधील शहरी भागात काम करते. अभिव्यक्ति मिडिया फॉर डेव्हलपमेंट, नाशिक ही संस्था गेल्या 35 वर्षांपासून उत्तर महाराष्ट्र विभागातील ग्रामीण भागात माध्यम आणि संवादाच्या क्षेत्रात कार्यरत आहे. या दोन संस्थांच्या संयुक्त विद्यमाने YOUTH FOR CHANGE PROGRAM हा प्रकल्प नाशिकच्या कॉलेजमध्ये सुरु केला आहे आणि त्यामध्ये आपलं कॉलेज सुद्धा सहभागी आहे.

या प्रकल्पाविषयी आपलं ठरल्याप्रमाणे पहिली कार्यशाळा दिनांक 16 नोव्हेंबर 2022 या दिवशी एस.एम.आर.के. कॉलेज आणि एच.पी.टी.कॉलेज या कॉलेजच्या विद्यार्थ्यांसोबत घेण्याचा विचार करित आहोत ही कार्यशाळा लिंगभाव आणि नागरिकत्व या दोन विषयांवर होणार आहे. विद्यार्थ्यांना एकत्र चर्चा करता यावी यासाठी दोन्ही कॉलेजच्या विद्यार्थ्यांसोबत एच.पी.टी. कॉलेजमध्ये ही कार्यशाळा घेणार आहोत. त्यासाठी आपण आपल्या कॉलेजच्या YOUTH FOR CHANGE PROGRAM मध्ये सहभागी असलेल्या विद्यार्थ्यांना कार्यशाळा घेण्यासाठी परवानगी द्यावी ही नम्र विनंती.

विद्यार्थ्यांच्या उज्ज्वल भविष्यासाठी आपण नक्की परवानगी घ्याल अशी आम्ही आशा करतो.

मनिषा गांगोडे

कार्यशाळेचे ठिकाण : एच. पी. टी. कॉलेज, नाशिक.

दिनांक : 16 नोव्हेंबर 2022

वेळ : 10 ते 2

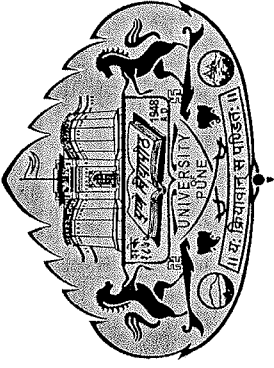



Principal
SMRK-BK-AK Mahila Mahavidyalaya
Nashik-422 005.



akshara

Towards Gender Justice



Abhivyakti
Media For Development

CERTIFICATE OF APPRECIATION

This is to certify that

SMRK BK AK MAHILA MAHAVIDYALAYA, NASHIK
college was a part of Akshara's Youth For Change program
(YCP) for the Year 2022-'23. Students have actively participated
in the activities carried out for 'Citizenship & Gender Justice'

Nitin Paranjape
Executive Director
Abhivyakti Media For
Development

Ameesha Adatia
Youth For Change
Akshara Centre

Email: akshara.frea@gmail.com
Website: www.aksharacentre.org



31413

Principal
SMRK-BK-AK Mahila Mahavidyalaya
Nashik-422 005.

समाजशास्त्र विभाग
एन.एम.आर.के.के.के.ए.के.
महिला महाविद्यालय, नाशिक.
दिनांक:- 11/03/2023

प्रति,
भा. प्राचार्य,
एन.एम.आर.के.के.के.ए.के.
महिला महाविद्यालय, नाशिक.

विषय:- "Geriatric Counselling" या विषयावरील तीन दिवसीय ट्रेनिंग प्रोग्रामसाठी समाजशास्त्र विभागातील चार शिक्षकनिघेना उपस्थित राहण्याची परवानगी मिळवण्याबाबत....

महोदया,
आदरणीय मंडळ भारत सरकारच्या आभाषिते ज्याम आणि सहाय्यिका मंडळामादारे तसेच सेक्टर फॉर द स्टडी ऑफ सोशल चेंज (CSSC) द्वारे आयोजित "Geriatric Counselling" या विषयावरील तीन दिवसीय ट्रेनिंग प्रोग्रामचे आयोजन इतिहास मन्त्रीने एन.पी. शाह महिला महाविद्यालयामादारे ^{मुंबई} समाजशास्त्र विभागाद्वारे ट्रेनिंग प्रोग्रामचे आयोजन करण्यात आले आहे. सदर ट्रेनिंग प्रोग्रामसाठी पुढील समाजशास्त्र विभागातील पुढील चार मुक्ती उपस्थित राहणार आहेत.

- 1) शिमा रामबाबू पंडित
- 2) तनुजा लालिनी सोने
- 3) निजिता दिपत सयागे
- 4) अरुणा सश्रध

वरील चार मुक्तींच्या प्रवासाचा खर्च तसेच त्यांच्या निवासार्थी व भोजनाची जबाबदारी आयोजित करणार आहेत. तरी आपणा मुक्तींना ट्रेनिंग प्रोग्रामसाठी उपस्थित राहण्याची परवानगी द्यावी ही नम्र विनंती.

उत्तरे

आपला विश्वासू
Shanawade
डॉ. वसुधा धनवडे
विभागाध्यक्ष,
समाजशास्त्र विभाग

Shanawade
1/1/3
Allowed but
complex formalities.



Principal
SMRK-BK-AK Mahila Mahavidyalaya
Nashik-422 005.

3.4.3

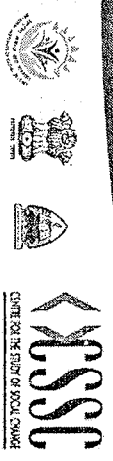


Programs and Activities

- Celebrate Senior Citizens Day
- Dementia Day
- World Elder Abuse Awareness Day
- Geriatric care giver Training Course
- Intergenerational bonding in School and Colleges
- Workshop on Holistic Health Care, Preventive care, Yoga and Physiotherapy for Senior Citizens
- Police training on MW/PSC Act 2007
- One day Intergenerational Bonding Mela
- Supervision, guidance and patient care training in government funded old age homes.
- Regional workshops in Goa, Chhattisgarh and Maharashtra (except Vidarbha)



Our Institute namely Centre for the Study of Social Change is recognized as a Regional Resource Training Centre (RRTC) by Ministry of Social Justice & Empowerment (MS&E) and under its aegis National Institute of Deafness (NISD) runs up the training programs for OLD AGE CARE DIVISION (OACD) with all RRTC in its allocated States. CSSC has been allocated Maharashtra (except Marathwada, Palnadisgarh and Goa) states to be expected to be by conducting trainings to its existing staff and students of health and welfare of the elderly. Broad activities would include monitoring and providing technical support, refereeing and implementing training and capacity building for effective delivery of services by centres under Maharashtra (except Vidarbha)



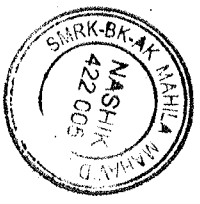
Smt. Maniben M. P. Shah Women's College of Art & Commerce (Autonomous), Mumbai
Department of Sociology

Three Day Training Programme on "Geriatric Counselling"

Ministry of Social Justice & Empowerment,
GOI National Institute of Social Defence
Regional Resource & Training Centre
Mumbai (RRTC)

Centre for the Study of Social change (CSSC)

Office : Centre for the study of social change,
M.N. Roy campus, Plot No 57, 'F' block, Next to Usha Bhanriva Bhawan,
Bandra (E), Mumbai 400051.
Mob no. - 9820374822 • Email - csscns550@gmail.com



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Introduction to counseling and concept of geriatric counseling

Geriatric counseling is a process that offers assistance for older adults to cope with the difficulties that they may experience in their transition periods from middle to older years. It is a process involving physical and psychological assessment services for older adults. The role of a therapist along with counseling is to provide direct care, treatment for mental health issues, and assistance with problems interfering with a senior's quality of life. A combination of counseling and medications prescribed by trained physicians and mental health experts can be a successful intervention for older adults with psychological symptoms.

Setting goals for geriatric patients in counseling

As a counselor, it is your job to set expectations with your clients. There are many different perceptions of what a counselor can do and what someone can expect from the counseling experience. Counseling theorists don't always agree on what is an appropriate counseling goal, however, there are some common threads when it comes to standard goals you should be including as part of your practice.



Responsibility of geriatric counselors

Counselors should be well-versed in the physical, mental and emotional aspects of older adults that may still impact a geriatric patient's ability to function. Once an older client shows the need for counseling services, the counselor must be able to help the client make the most of their situation and help them to be made in the traditional counseling format.



- Counseling Process

Handling difficult patients (memory issues / mood disorders / personality disorders / behavioural issues)

- Create a suitable environment.
- Listen carefully.
- Give an empathetic response.
- Identify the causes of the problem.
- Ask for help.
- Repair the relationship.
- Maintain professionalism.
- Use appropriate verbal communication.

Restoration of self-esteem and self concept in elderly through counseling

The theory of learned helplessness provides a theoretical framework for understanding why such motivational and other behavioral deficits occur and offers guidelines for rehabilitation staff interested in reversing their negative effects. In this study, helplessness is described as occurring when patients feel they have no control over their environment. Elderly patients may be particularly susceptible to helplessness, as they are likely to have experienced multiple losses and stresses. Helplessness leads to deficits in motivation, as well as in cognition, affect and, sometimes, self-esteem. Interventions to be used by the therapist in reversing patients' helplessness are discussed, including providing choices, providing success experiences, increasing environmental predictability, eliminating ageist stereotypes and modifying unrealistic treatment expectations.

Pre and post retirement counseling and other uses of geriatric counseling

Retirement is often the first major transition faced by older adults. Its effects on physical and mental health differ from person to person, depending on attitude toward and reason for retiring. About one third of retirees have difficulty adjusting to certain aspects of retirement, such as reduced income and altered social role and entitlements. Some people choose to retire, having looked forward to quitting work; others are forced to retire (eg, because of health problems or job loss). Appropriate preparation for retirement and counseling for retirees and families who experience difficulties may help.

Scope of interest for geriatric counselors

There is a demand for gerontologist professionals as people are becoming more aware of this field. Many gerontologists work directly with older adults as caregivers or advocates. Others work behind the scenes in medical research, education or administration. These graduates can expect a job as a gerontologist in non-profit sectors, nursing home, hospitals, government agencies, community service organisations, private practices, veterans affairs facilities and home-care services. These graduates also take their career as research, policy development and education.



3.4.3

13 march

A- introduction to counseling and concept of geriatric counseling

B- personality of geriatric counselors

C- setting goals for geriatric patients in counseling

14 March

A- stages in geriatric counseling

B- handling difficult patients (memory issues / mood disorders/
personality disorders/ behavioural issues)

C- case studies solving and problem identification in geriatric counseling

15 March

A- coping up with concept of loss and death

B- restoration of self esteem and self concept in elderly through
counseling

C- pre and post retirement counseling and other types of geriatric
counseling

D- scope of career for geriatric counselors (extra small session -
payment not needed for this)




Principal
SMRK-BK-AK Mahila Mahavidyalaya
Nashik-422 005.



सत्यमेव जयते

Ministry of Social Justice & Empowerment, Government of India
National Institute of Social Defense



CSSC
CENTRE FOR THE STUDY OF SOCIAL CHANGE

Regional Resource & Training Centre (RRTC), Mumbai
Under

Centre for the Study of Social Change (CSSC), Bandra, Mumbai
In Collaboration with

Smt. Maniben M. P. Shah Women's College of Art & Commerce
(Autonomous), Mumbai, Department of Sociology

Training Partner

Yes I Can Foundation, Navi Mumbai



"Geriatric Counselling Training Programme"

This is to certify that Tanushree lalit sone

Successfully Completed short term training programme on Geriatric
Counselling in the month of March, 2023.

Nirmala Samant

Adv. Nirmala Samant Prabhavalkar

Ex-Mayor, Mumbai

Chief Functionary

CSSC, RRTC, Mumbai

Date: 15th March, 2023



KS
Principal
SMRK-BK-AK Mahila Mahavidyalaya
Nashik-422 005.



सत्यमेव जयते

Ministry of Social Justice & Empowerment, Government of India
National Institute of Social Defense



CSSC
CENTRE FOR THE STUDY OF SOCIAL CHANGE

Regional Resource & Training Centre (RRTC), Mumbai

Under

Centre for the Study of Social Change (CSSC), Bandra, Mumbai

In Collaboration with

Smt. Maniben M. P. Shah Women's College of Art & Commerce
(Autonomous), Mumbai, Department of Sociology

Training Partner

Yes I Can Foundation, Navi Mumbai



"Geriatric Counselling Training Programme"

This is to certify that Nikita Dipak Sasane

Successfully Completed short term training programme on Geriatric
Counselling in the month of March, 2023.

Samant

Adv. Nirmala Samant Prabhavalkar

Ex-Mayor, Mumbai

Chief Functionary

CSSC, RRTC, Mumbai

Date: 15th March, 2023



KS
Principal
SMRK-BK-AR Mahila Mahavidyalaya
Nashik-422 005



सत्यमेव जयते

Ministry of Social Justice & Empowerment, Government of India
National Institute of Social Defense



CSSC
CENTRE FOR THE STUDY OF SOCIAL CHANGE

Regional Resource & Training Centre (RRTC), Mumbai
Under
Centre for the Study of Social Change (CSSC), Bandra, Mumbai
In Collaboration with
Smt. Maniben M. P. Shah Women's College of Art & Commerce
(Autonomous), Mumbai, Department of Sociology
Training Partner
Yes I Can Foundation, Navi Mumbai



"Geriatric Counselling Training Programme"

This is to certify that Seema Rambabu pandit

Successfully Completed short term training programme on Geriatric
Counselling in the month of March, 2023.

Nirmala Samant Prabhavalkar

Adv. Nirmala Samant Prabhavalkar
Ex-Mayor, Mumbai
Chief Functionary
CSSC, RRTC, Mumbai

Date: 15th March, 2023



[Signature]
Principal
SMRK-BK-AK Mahila Mahavidyalaya
Nashik-422 005.

20/02/23
3.4.3

Gokhale Education Society's
S.M.R.K. B.K.A.K Mahila Mahavidyalaya,
Nashik - 05

Date:- 10/02/2023

To
The Principal,
S.M.R.K.B.K.A.K Mahila Mahavidyalaya,
College Road,
Nashik - 05

Subject:- Permission to organise Balmelawa for Preschool Children of Madhavrao Lele Vidyalaya.

Respected Madam,

This letter is in regard with the permission to organise "Balmelawa" at Madhavrao Lele Vidyalaya, Nashik on 13th February 2023, Monday from 9:00 a.m to 11:00 a.m.

The activity is a part of syllabus under the subject Management of Centres for Children and Youth. Theme for the Balmelawa is "Azadi ka Amrit Mahotsav." Balmelawa will prove to be very enlightening and full of enjoyment for the children. It would be very kind of you if you grant us the permission to conduct Balmelawa.

Thanking you.

Yours faithfully,

Insija
President of PRAVI group
T.Y.B.Sc Students,

Human Development Department,
Faculty of Home Science

Submitting Through,

S. Kamble
Mrs. Sangita. Kamble 10.2.23
HOD, Human Development Department

Adashand
Allowed
11/2



KS
Principal
SMRK-BK-AK Mahila Mahavidyalaya
Nashik-422 005.

G.E. Society's
S.M.R.K.-B.K.-A.K. Mahila Mahavidyalaya, Nashik

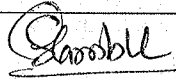
Event Report - 2022-23

Name of the Program	Bal Melawa on the theme 'Azadi Ka Amrut Mohatsav'
Day and Date	Monday 13/02/2023
Organizing Committee/ Department (Mention Collaborating Agency, if any)	T.Y. B.Sc. of Human Development Department
Time	9.00 am to 11.30 am
Topic/ Theme	Azadi Ka Amrut Mohatsav
Guests for Yuwati Melawa	Mrs. Sawant Madam, Head, Preschool Section, Madhavrao Lele Vidyalaya, Nashik Mr. Avhad Sir, Teacher, Madhavrao Lele Vidyalaya, Nashik
No. of Students attended the Program	14 Students of T. Y. H.D.
Brief Summary	<p>On 13th February 2023, Bal Melawa on the theme "Azadi Ka Amrut Mohatsav" was organized by PRAVI Group, Third Year students of Human Development Department of S.M.R.K. B.K. A.K. Mahila Mahavidyalaya, Nashik at Madhavrao Lele Vidyalaya, Nashik. The event was organized for Preschool Section of the school and was sponsored by Dharti Developers, Nashik</p> <p>The BAL MELAWA started at 9.00 am wherein Ms. Fatema Sadikot, Treasurer of PRAVI Group, welcomed all the dignitaries and participants. This was followed by the Prayer which was presented by Ms. Pooja, Ms. Aesha, Ms. Gayatri and Ms. Saruddhi.</p> <p>After the Prayer, Ms. Insiya Patel, President of PRAVI Group, introduced the participants to Bal Melawa. This was then followed by the felicitation of Mrs. Sawant Madam, Head, Preschool Section, Madhavrao Lele Vidyalaya, Nashik and Mr. Avhad Sir, Teacher, Madhavrao Lele Vidyalaya, Nashik. The first activity of Balmelawa was Zumba Session. Students liked the session. Then Powada was presents by all T.Y.H.D students. All children were actively watching the Powada. After Powada the creative activity of Sponge Painting was conducted. All children are distributed in groups and the pictures of Freedom Fighters were printed through sponge painting. Students enjoyed the activity.</p> <p>After these activities all children and staff were provided with refreshments.</p> <p>At the end, the refreshment break was followed by a Vote of Thanks that was proposed by the Secretary of PRAVI Group,</p>



Principal
SMRK-BK-AK Mahila Mahavidyalaya
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3.4.3

	<p>Ms. Lulua Barsrawala. Ms. Fatema Sadikot anchored the program. The event was full of energy and enthusiasm and was executed very successfully.</p>
Signature of the Committee In-charge / H.O.D.	<p> S.R. Kamble.</p>




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SMRK-BK-AK Mahila Mahavidyalaya
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3.4.3

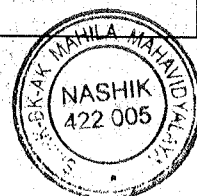
**Photographs of the Balmelawa on the theme 'Azadi Ka Amrut Mahotsva'
13th February 2023:**



Introduction of Balmelawa by Ms. Insiya Patel



Felicitation of the Guest



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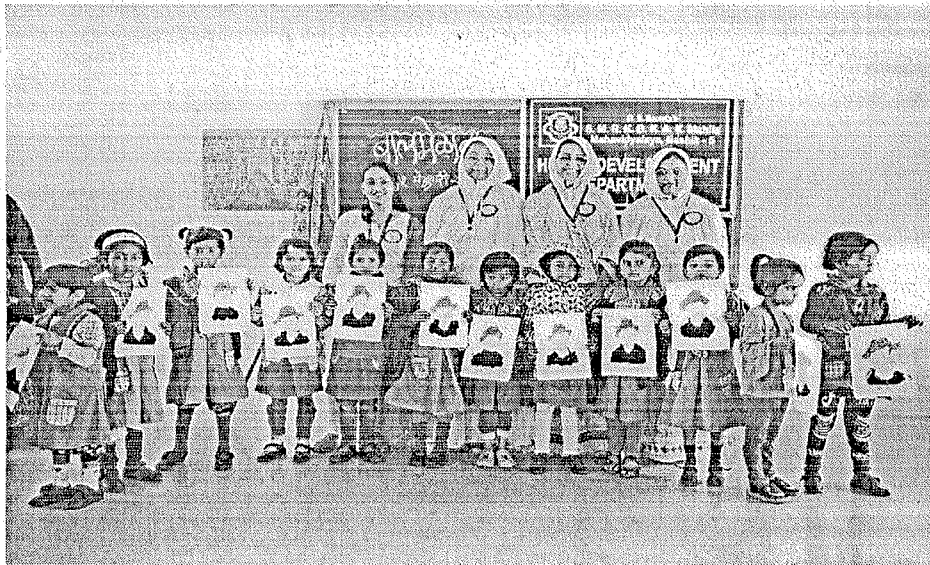
Zumba Session



Presenting Powada



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Creative Activity – Sponge Printing



VC
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Vote of Thanks by Ms. Lulua Bagasrawala

S. R. Karankle
S. R. Karankle



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ESTD-28th June 1985

ISO : 9001-2015 Certified

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**S.M.R.K. Arts, Fine Arts, B.K. Commerce and
A.K. Home Science Mahila Mahavidyalaya, Nashik - 5.**



Print. T. A. Kulkarni Vidyanagar, NASHIK - 422 005.

(Permanently Affiliated to S.N.D.T. Women's University, Mumbai-20)

Phone : Office : (0253) 2579949 • (Resi.) (0253) 2342070

• Email : smrkbkamm@rediffmail.com • Website : www.smrkwomencollege.org

Dr. Mrs. D. P. Deshpande

Ph.D., M.Com. (A./Cs.),

M.Com. (Busi. Comm.), M.B.A.

PRINCIPAL

Ref. No. : SMRKBKAKMM/Sr no 409/2022-23

Date : 15/12/2022

Date: 8th January 2023

To,
Ms. Sangeeta Kamble,
HOD, Human Development,
S.M.R.K.-B.K.-A.K. Mahila Mahavidyalaya,
Nashik

Subject: - Invitation for conducting a Balmelava.

Dear Madam,

It gives us immense pleasure to invite you in NSS special winter camp on the theme
"Swachh Bharat Abhiyan" for conducting the Balmelava.

Date: - 14th January 2023

Time: 9.00am

**Venue: - Z.P.School, Vilholi Village,
Dist. Nashik**

Looking forward for your valuable presence with us.

Thanking You,

Yours Sincerely,

(Dr. Mrs. D. P. Deshpande)
Principal

Principal
SMRK-BK-AK Mahila Mahavidyalaya
Nashik-422 005.



Principal
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Dr. Mrs. D. P. Deshpande
Ph.D., M.Com. (A./Cs.),
M.Com. (Busi. Comm.), M.B.A.
PRINCIPAL

Ref. No. : SMRKBKAKMM/ Sr. 409) 2022-23

Date :

दिनांक: १४/०१/२३

प्रति,
सौ. संगीता कांबळे,
एच.ओ.डी. हुयमन डेव्हलपमेंट,
एस.एम.आर.के. बी.के. एके. महिला,
महाविद्यालय, नाशिक. ०५

विषय : आभारपत्र

महोदया,

सन्नेह नमस्कार, आपल्या महाविद्यालयाच्या राष्ट्रीय सेवा योजनेच्या निवासी श्रमसंस्कार शिविराचे आयोजन दि. ९ जानेवारी ते १५ जानेवारी २०२३ यादरम्यान नाशिक जिल्ह्यातील विल्होळीया गावात करण्यात आले होते. दिनांक १४ जानेवारी २०२३ शनीवार रोजी आपण आपल्या विद्यार्थीनींनसाठी व विल्होळीया गावातील जिल्हा परिषद शाळेतील विद्यार्थ्यांनसाठी 'बालमेळाव्याचे' आयोजन केले. त्याबद्दल आम्ही आपले मनापासून आभारी आहोत .

भविष्यातही आपले आमच्या महाविद्यालयास असेच सहकार्य राहिल ही अपेक्षा.

धन्यवाद !

कळावे.

डॉ. सौ. दिप्ती देशपांडे

प्राचार्या

प्राचार्या

एस एम आर के बी के ए के महिला महाविद्यालय,
नाशिक - ४२२ ००५



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G.E. Society's

S.M.R.K.-B.K.-A.K. Mahila Mahavidyalaya, Nashik

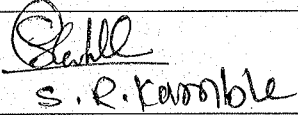
Event Report - 2022-23

Name of the Program	Bal Melawa on the theme 'Swachh Bharat Abhiyan'
Day and Date	Saturday 14/01/2023
Organizing Committee/ Department (Mention Collaborating Agency, if any)	T.Y. B.Sc. of Human Development Department
Time	9.00 am to 12.00 pm
Topic/ Theme	'Swachh Bharat Abhiyan' on the occasion of 75 years of Independance
Guests for Bal Melawa	Dr. Geeta Yadav, Asso. Prof. S.M.R.K. College and Program Officer, N.S.S., S.M.R.K. College, Nashik
No. of Students attended the Program	14 Students of T. Y. H.D.
Brief Summary	<p>On 14th January 2023, Bal Melawa on the theme "Swachh Bharat Abhiyan" was organized by PRAVI Group, Third Year students of Human Development Department of S.M.R.K. B.K. A.K. Mahila Mahavidyalaya, Nashik at N.S.S. Camp at Zilha Parishad School, Vilholi, Nashik. The event was organized for Anganwadi and School Students of Vilholi Village and was sponsored by N.S.S. Unit of S.M.R.K.-B.K.-A.K. Mahila mahavidyalaya, Nashik.</p> <p>The BAL MELAWA started at 9.00 am wherein Ms. Vedashree Taskar welcomed all the dignitaries and participants. This was followed by the Prayer which was presented by Ms. Pooja Shankpal and Ms. Gayatri Gunjekar.</p> <p>After the Prayer, Dr. Geeta yadav, Program Officer, N.S.S. gave introduction about the program. This was then followed by the felicitation dignitaries. The first activity of the Balmelawa was Zumba Session held by Ms. Pooja Shankapal and Ms. Gayatri Gunjekar. Then the skit was presented on separating garbage in dry, wet and dangerous waste using three different colors of garbage bins. Children liked the skit. After the skit creative activity of dustbin making was conducted. Children made three types of garbage bins with three different colors i.e. for wet waste green dustbin, for dry waste blue dustbin and for dangerous waste yellow dustbin. Children enjoyed the activity.</p> <p>After these activities came to an end, all children were provided with refreshments.</p> <p>At the end, the refreshment break was followed by a Vote of Thanks that was proposed by Ms. Akshata Kulkarni. The program was anchored by Ms. Vedashree Taskar.</p>



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	The event was full of energy and enthusiasm and was executed very successfully.
Signature of the Committee In-charge/ H.O.D.	 S. R. Kumbale

Photographs of the Balmelawa 1 on the theme 'Swachh Bharat Abhiyan' on the occasion of 75th Independence Day 14th January 2023:



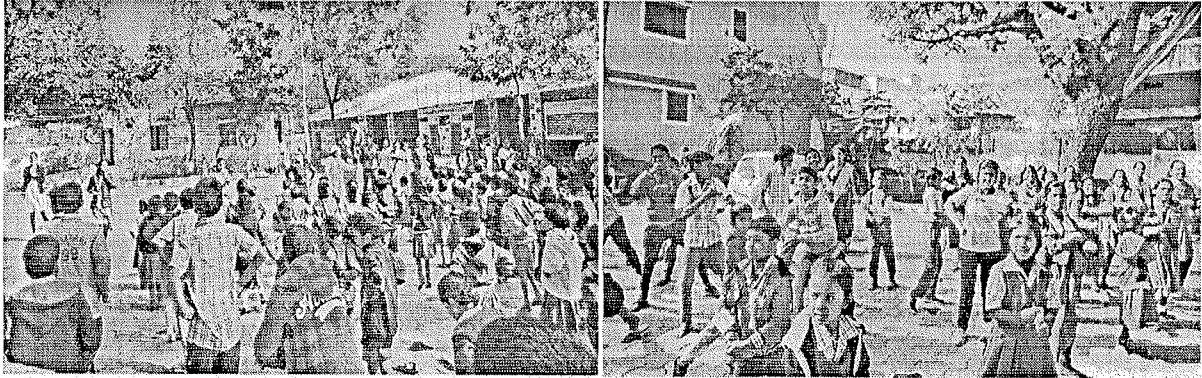
Welcome by Ms. Vedashree Taskar for Balmelawa



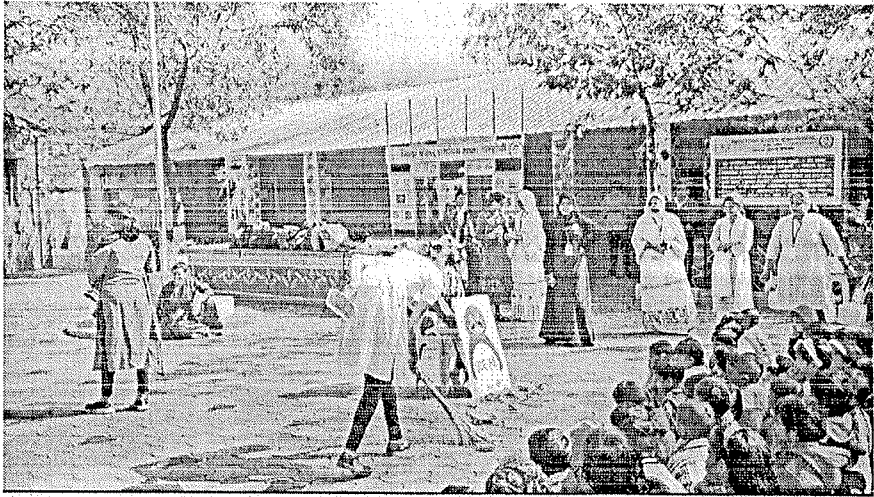
Introduction of Program by Dr. Geeta Yadav, N.S.S. Program Officer




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Zumba Activity



Skit on Distributing Waste in Dry, Wet and Dangerous Waste



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Creative Activity – Dustbin Making



Vote of Thanks by Ms. Akshata Kulkarni

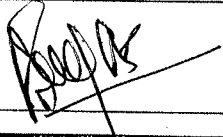
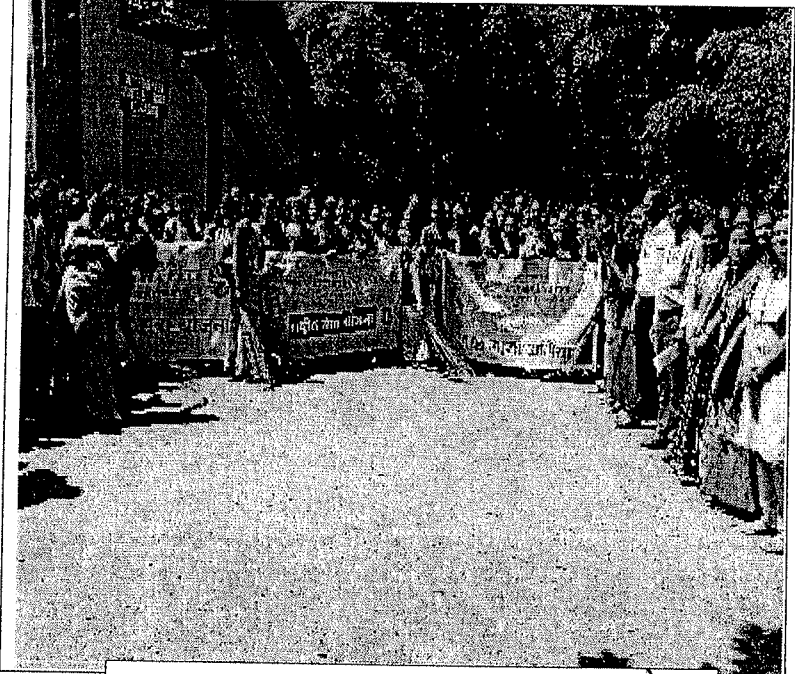


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S.R. Kumbale
S. R. Kumbale

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G.E. SOCIETY'S SMRK-BK-AK MAHILA MAHAVIDYALAYA, NASHIK
EVENT REPORT FORMAT

Name of the Programme:	Swachata Abhiyan
Day and Date:	Monday 24.9.2018
Organizing Committee/Department (Mention Collaborating Agency, if any)	NSS
Time:	11.00AM
Topic/Theme:	Celebration of NSS day
Resource Person:	--
No. of students attended the programme:	75 students of B.A., B.Com and B.Sc.
Brief Summary:	On the occasion of NSS day celebration Swacchta Abhiyan was organized by the NSS committee on 24.9.2018. NSS volunteers from B.A., B.Com., B.Sc. and committee members were participated in this programme. Shram Chintan Baag and Gymkhana premises was cleaned by the NSS volunteers and committee members.
Signature of the Committee In-Charge/H.O.D.	
Attach Photographs	 <p style="text-align: center;">Committee members with Students</p>



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Document No.73
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STUDENT'S ATTENDANCE

(Seminar/Conference/Workshop/Guest Lecture/Programme)

Name of the Activity :- NSS day celebration.

Sr. No.	Name of the Student	Class	Roll No.	Category	Signature
1.	Rekha Rajput	T.Y.B.Com.	25	Open	<i>[Signature]</i>
2.	Krushko Pat	1-	20	Open	<i>[Signature]</i>
3.	Sandali Vishwakarma	1-	57	Open	<i>[Signature]</i>
4.	Vishnavi Mayee	1-	50	OBC	<i>[Signature]</i>
5.	Siddhi Shukla	1-	55	OBC	<i>[Signature]</i>
6.	Rupa Kumbhar	1-	18	NT(B)	<i>[Signature]</i>
7.	Merna Keer	1-	14	Open	<i>[Signature]</i>
8.	Mansi Joshi	F.Y.B.COM.	18	Open	<i>[Signature]</i>
9.	Vaishnavi. Fulgare	F.Y.B.COM.	11	Open	<i>[Signature]</i>
10.	Snehal Kulkarni	11-	23	Open	<i>[Signature]</i>
11.	Arthi Naik	11-	25	Open	<i>[Signature]</i>
12.	Prajakta Dasmukhe	11-	6	OBC	<i>[Signature]</i>
13.					



[Signature]
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STUDENT'S ATTENDENCE

(Seminar/Conference/Workshop/Guest Lecture/Programme)

Name of the Activity :-

Sr. No.	Name of the Student	Class	Roll No.	Category	Signature
1	Katthe Rutuja	FY.BHSC	1059	OBC	
2	Anushree Joshi	FY BHSC	1049	open	
3	Harshada veer	FY BHSC	1127	OBC	
4	Shreya Ghule	F.Y.BHSC	1029.	OBC	
5	Maheshvoni Kathe	F.Y.BHSC	1058	OBC	
6	Nikita -R- Ingale	FY.BHSC	1033	SC	
7	Deepa asingale	FY.BHSC	1008	OBC	
8	Insiya Padrawala	F.Y.BHSC	1088	open	
9	Nafisa Kadwala	F.Y.BHSC	1050	Open	
10	Zaineb Peer	F.Y.BHSC	1094	open	
11	Zainab Kapadia	F.Y.BHSC		open	
12	Nafisa Lashkarwala	F.Y.BHSC	1076	open	



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STUDENT'S ATTENDANCE

(Seminar/Conference/Workshop/Guest Lecture/Programme)

Name of the Activity :-

Sr. No.	Name of the Student	Class	Roll No.	Category	Signature
1	Srushti Rane	FYBHS	1100	OBC	<i>Srane</i>
2	warde Payal	FY.BHsc	1132	open	<i>Beh</i>
3	Komal Kothwa	FYBHsc	1061	open	<i>K.V.Kothwa</i>
4	Shubhada Jadhav	FYBHsc	1041	SC	<i>Shubhada</i>
5	Sakshi KOTHARI	FYBHsc	1009	open	<i>Sakshi</i>
6	Kalyani Chorbele	P.YBHsc	1021	Open	<i>Kalyani</i>
7	Suvarali Pufjagar	P.PBHsc	1027	Open	<i>Suf</i>
8	Dorekhar Bhatnagar	FYBHsc	1024	OBC	<i>Dorekhar</i>
9	Nagari Hashoda	FYBHsc	1085	NT	<i>Nagari</i>
10	Salgude Ashwarya	FYBHsc	1103	open	<i>Salgude</i>



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STUDENT'S ATTENDANCE

(Seminar/Conference/Workshop/Guest Lecture/Programme)

Name of the Activity :-

Sr. No.	Name of the Student	Class	Roll No.	Category	Signature
1	Anjali Mapule.	FY.	1078	OBC	Mapule
2	Rasika Ratnaparkhi	FYBSc	1101	Open	Ratnaparkhi
3	Prayakha P. Jadhavi	FYBSc	1075	Open	Jadhavi
4	Kotwani Divya Vinod	FYBSc	1070	Open	Kotwani
5	Tolani Ekta Kishor	FYBSc	1123	Open	Tolani
6	Amsutkax Mansi Prakash	F.Y.BSc	1006	OBC	Mansi
7	Sale Shubha Sunil	FYBSc	1102	Open	Shubha
8	Gayatri J. Kulkarni	FYBSc	1098	Open	Gayatri
9	Kajal B. Walivkar	FYBSc	1131	OBC	Walivkar



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STUDENT'S ATTENDENCE

(Seminar/Conference/Workshop/Guest Lecture/Programme)

Name of the Activity :-

Sr. No.	Name of the Student	Class	Roll No.	Category	Signature
1)	Chhabdiya Ayushi	F.Y.BSC	1020	OPEN	<i>Chhabdiya</i>
2)	Arpita V. Tibrewala	F.Y.BSC	1122	OPEN	<i>Arpita</i>
3)	Aadhe Aaditi Pramod	F.Y.BSC	1001	NT	<i>Aadhe</i>
4)	Shruti Sanjay Neekar	F.Y.BSC	1086	OPEN	<i>Shruti</i>
5)	Shaikh Hsra Iqbal	F.Y.BHSC	1111	Open	<i>Hsra</i>
6)	Tehwari Sandeep Chhata	F.Y.BHSC	1087	OBC	<i>Tehwari</i>
7)	Khan Shabnam	F.Y.BHSC	1067	Open	<i>Shabnam</i>
8)	Khan Zeba	F.Y.BHSC	1068	Open	<i>Zeba</i>
9)	Sayyed Afsin	F.Y.BHS	1106	Open	<i>Afsin</i>
10)	Khan Anam	F.Y.BHS	1065	Open	<i>Anam</i>
11)	Peerzade Aemena	F.Y.BHS	1095	Open	<i>Aemena</i>
12)	Ruchika R. Gojar	F.Y.BSC	1032	OBC	<i>Ruchika</i>



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STUDENT'S ATTENDANCE

(Seminar/Conference/Workshop/Guest Lecture/Programme)

Name of the Activity :-

Sr. No.	Name of the Student	Class	Roll No.	Category	Signature
1.	Kaushma Sangid	F.Y.BSC	1047	OPEN	
2.	Pooja Vinay Mishra	F.Y.BSC	1082	OPEN	
3.	Aditi Randhe	F.Y.BSC	1099	OPEN	
4.	Raziya Ansari	F.Y.BSC	1007.	OPEN	
5.	Kashish Shaikh	F.Y.BSC	1113	OPEN	
6.	Purval Phalke	F.Y.Bsc	1096	OPEN	
7.	Akhilghe Rale	F.Y.BSC	1053	OBC	
8.	Vaishnavi Tapkire	F.Y.BC	1121	OBC	
9.	Brunda Shelar	F.Y.Bsc	1116	OBC	
10.	Vidhi Shah	F.Y.Bsc	1109	OPEN	
11.	Prachiti Wagh	F.Y.Bsc	1129	OBC	



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STUDENT'S ATTENDENCE

(Seminar/Conference/Workshop/Guest Lecture/Programme)

Name of the Activity :-

T.Y.B.A

Sr. No.	Name of the Student	Class	Roll No.	Category	Signature
1)	Pooja Patole	T.Y.B.A	18	SC	Pooja
2)	Savitri Bedse	T.Y.B.A	1	Open.	Savitri
3)	Lata Khambelwar	T.Y.B.A	11	open	Lata
4)	Gauri Wagh	T.Y.B.A	69	OBC	Gauri
5)	Vedangi Prathune	T.Y.B.A	20	open	Vedangi
6)	Kanchan Jagtap	T.Y.B.A	44	OBC	K.B. Jagtap
7)	Saumya Peraden	T.Y.B.A	37	open	Saumya
8)	Prayanka S. Kunte	T.Y.B.A	14	ST	Prayanka
9)	Mangal S. Jadhav	T.Y.B.A	8	NT	M. Jadhav



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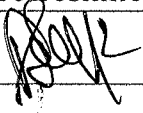
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G.E. Society's

SMRK BK AK Mahila Mahavidyalaya, Nashik-5

EVENT REPORT FORMAT

Name of Programme:	"Swachata Abhiyaan"
Day and Date:	15-08-2018
Organizing Committee/ department (Mention Collaborating Agency, If any)	NSS
Time:	9am to 11am
Topic/ theme:	Concealing in Slum Area.
Resource Person:	-
No. of Students attended the Programme:	60
Brief Summary:	<p>Committee In charge Mrs.Pradnya Abyankar organized the Swachata Abhiyaan Activity on the occasion of Independence Day. Mr.Vivek Khare was in charge of this Activity. Mr.Satish Dhanawade,Mrs.ShobhaRane,Mrs.Jayashri Pate,Mrs.Aadamankar,Mrs.Sadavarte,Mrs.Rasika Sapre these members were attended this Activity.</p> <p>All the NSS Students has been counselling to the Slum area people which name is Sidharth Nagar. Groupwise they were told the people about Cleanliness of their area,clean drinking water,Food and many other things.They told the importants of Fresh and Healthy food ,fresh fruits etc.</p> <p>The programme was concluded to enjoy with refreshment of students and staff.</p>
Signature of the Committee In- charge/ H.O.D. (Attach Photograph)	




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Principal
S.M.R.K.-A.K. Mahila Mahavidyalaya
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3.4.3

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Masik-422 005





NSS students in Sidharth Nagar on the occasion of Independence Day



NSS Students counselling about cleanliness to slum area people.



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NSS students with staff Committee members in Sidharth Nagar.



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5-08-2018 [Celebrating Swachh Akshaya at Sidhanta
Nagde & Concelling Society about Cleanhess]

→ Attendance of Commerce Faculty 3,43

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Document No.73

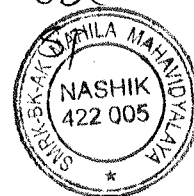
SMRK- BK -AK /Q C C / Aca / Ex.curri./Co-curri/ Student/13

STUDENT'S ATTENDANCE

(Seminar/Conference/Workshop/Guest Lecture/Programme)

Name of the Activity :-

Sr. No.	Name of the Student	Class	Roll No.	Category	Signature
1.	Akshada Maird	S.Y. B.Com		OBC	Akshada
2.	Padavi Hemangi	S.Y. B.COM		ST	Padavi
3.	Neha Tekade	S.Y. B.com		OBC	Neha Tekade
4.	Rekha Rajput	T.Y. B.com		Open	Rekha
5.	Meenar Keer	TY B.com		Open	Meenar
6.	Nikita Patil	TY B.com		open	Nikita Patil
7.	Shital Padavi	TY B.com.		ST	Shital
8.	Nandini chaudhari	FY BMS		Open	Nandini
9.	Supriya Mehta	FY BMS		Open	Supriya
10.	Nayanika Baruah	FY BMS		Open	Nayanika
11.	Chayanika Baruah	FY BMS		Open	Chayanika
12.	Chaitrali Dhevale	84 BMS		Open	Chaitrali Dhevale
13.	Pooja Lanar	54 BMS		OBC	Pooja
14.	Riya Vishwakarma	54 BMS		OBC	Riya
15.	Priya Boree.	T.Y BMS		OBC	Priya
16.	Utsavi Shah	TY BMS		Open	Utsavi
17.	Sonali Ahel	TY BMS		OBC	Sonali
	Alpa Kuril	TY BMS		OPEN	Alpa
	Tejaswini Chaudhary	TY BMS		OBC	Tejaswini
	Manali Gurav	S.Y. b.com.		OBC	Manali
	Manali Wkhey	S.Y. b.com			Manali



Principal
SMRK-BK-AK Mahila Mahavidyalaya
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08-2018

3.4.3

Attendance of Arts Faculty

Gokhale Education Society's

SMRK- BK- AK Mahila Mahavidyalaya, Nashik.5.

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STUDENT'S ATTENDANCE

(Seminar/Conference/Workshop/Guest Lecture/Programme)

Name of the Activity :-

Sr. No.	Name of the Student	Class	Roll No.	Category	Signature
1.	Pritya Borse.				
2.	Pransal Bedarkar	F.Y.BA		OBC	P.M. Bedarkar
3.	Tabessem.m. Anbari	F.Y.B.A		open	
4.	Saumya Pradeep	TYBA		Open	
5.	Trepti.D. Gore	SY.BA		-	
6.	Snagufa Shaikh	SYBA			
7.	Tanhai.S. Bhoj	SY.BA			T.S. Bhoj
8.	Shruti Badigaple	SY BA		open	
9.	Shruti Vishwakarma	SYBA		open	
10.	Anjali Triwara	SY BA		Open	



Principal
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