



"Sarva Shreshtha Dan Vidya Dan"

Samaj Shikshan Mandal Vinzar's

AMRUTESHWAR ARTS, COMMERCE & SCIENCE COLLEGE, VINZAR

At Post Vinzar, Tal. Velha, Dist. Pune. Pin No. 412213

ID No. PU/PN/AC 121/(1997) AISHE No.: C-41472

NAAC Reaccredited - B

Principal
Dr. Sanjeev Late

M.A., M.Phil., GDC&A., Ph.D.

Mob.: 9421057654

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Ref. : A.A.C.S.C./ /20

Date : / / 20

INTERNAL QUALITY ASSURANCE CELL (IQAC)

SELF-STUDY REPORT (SSR)

CRITERION – VII

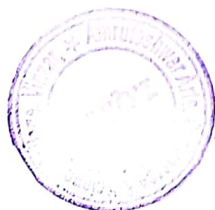
Institutional Values and Best Practices

Best Practices

K. I. No.	KEY INDICATOR (K.I.)		
7.2 (Q/M)	Describe two best practices successfully implemented by the Institution as per NAAC format provided in the Manual		
	SR. NO.	SUPPORTING DOCUMENTS	PAGES
	1	Best Practice I: Health Consciousnesses: Best Practice II: Gender Sensitisation:	2-14
	2	College Initiatives for Promotion of Best Practices	15
	3	College Initiatives for Promotion of Best Practices with reports	16-111
Total Pages of Supporting Documents			111

Date : 10th January, 2023

Place : Vinzar (Velhe) Pune



Co-ordinator, IQAC

Amruteshwar Arts, Commerce
& Science College, Vinzar,
Tal. Velhe, Dist. Pune.

1

Principal
Principal

Amruteshwar Arts, Commerce & Science
College, Vinzar, Tal. Velhe, Dist. Pune.

Best Practice I: Health Consciousness

Healthy mind in healthy body is the universal truth especially for the students. Health isn't everything, but without health everything is nothing. The saying itself reveals that health consciousness is an integral part of Human lives. Keeping this in mind; the institution has decided to follow one of the best practices that concentrates on developing the deep awareness and positive attitude about health among the students as well as faculties.

Objectives:

1. To improve deep awareness of Physical Fitness for all students.
2. To improve physical, mental and spiritual health of the students and faculties
3. To build positive attitude and pure thoughts amongst students and faculties
4. To improve students' academic performance by raising their level of focus, concentration and energy

The Practice:

Amruteshwar Art's Commerce And Science College, Vinzar and IQAC of the college has jointly organized workshop on **"Personal Hygiene"** and **"Yoga for Mental and Physical Health"** for making students, People and teachers aware about their physical and mental health problems. The college has developed a well-equipped sports activity instrument. There are separate schedules for the Boys and girls students for the use of college gym. Yoga is the best practice for improving individual health and physical, mental, social, emotional fitness. It also improves immunity. Therefore, institution arrange Yoga Sessions for the students.

World Yoga Day is celebrated every year under Fit India Movement in which college students and faculty members participates. World Surya Namaskar Day was also celebrated in our college.

The National Service Scheme (NSS), Student Development Office (SDO) of the college organises various activities for Health Consciousness like:

1. Fit India movement program for the health awareness among staff, students and Society
2. World Yoga Day celebration and World Surya Namaskar Day celebration
3. Expert lecture by Dr. Ritesh Waghwad and Mr. Manoj Tapare as guest lecturer to increase awareness amongst the students about balanced diet and exercise.
4. Tree Plantation, Swachha and Swasth Bharat Abhiyan Pandharwada.



Evidence of Success

The evidence of the success of health consciousness drive has long term impact and effects on the students. It was found that this has shown great results after the time of Covid – 19

pandemics. The students who practice regular YOGA at their home after learning it in the college have shown remarkable progress in their overall performance.

As many students are from the illiterate or marginally literate families; our students are now taking the benefits back to their families in the village and around. Some students started morning yoga practice in their village for the elderly people.

Problems encountered: Awareness of health consciousness among the students.

BEST PRACTICE II

Gender Sensitisation:

The institution follows the Gender Audit for Gender Sensitisation. The Gender Audit is an attempt to study whether the college has good gender balance. It tries to see whether college follows government rules, policies and actions formulated for up-gradation of women in society. The Gender Audit tries to access the impact of its current and proposed policies on gender equality.

Gender audits establish a baseline against which progress can be measured over time, identifying critical gender gaps and challenges, and making recommendations of how they can be addressed through improvements and innovations

Objectives:

1. To establish good gender balance in decision-making processes in all areas of the college activities
2. To find out the areas of gender imbalance and the factors behind the gender imbalance
3. To cultivate gender equality in all aspects of college community.



The Practice:

1. Anti-Ragging and Discipline Committee: Ragging is a criminal offence and UGC has notified Regulations on curbing the menace of ragging in highly educational institutions in order to prohibit, prevent and eliminate the scourge of ragging.
2. Vishakha Committee and Anti Sexual Harassment Cell: The college has established an Anti-Sexual Harassment Cell as per the guidelines of the Act. No issue has been reported till date. In this academic year we have designed and approved Student Grievance Redressal policy in college development committee.

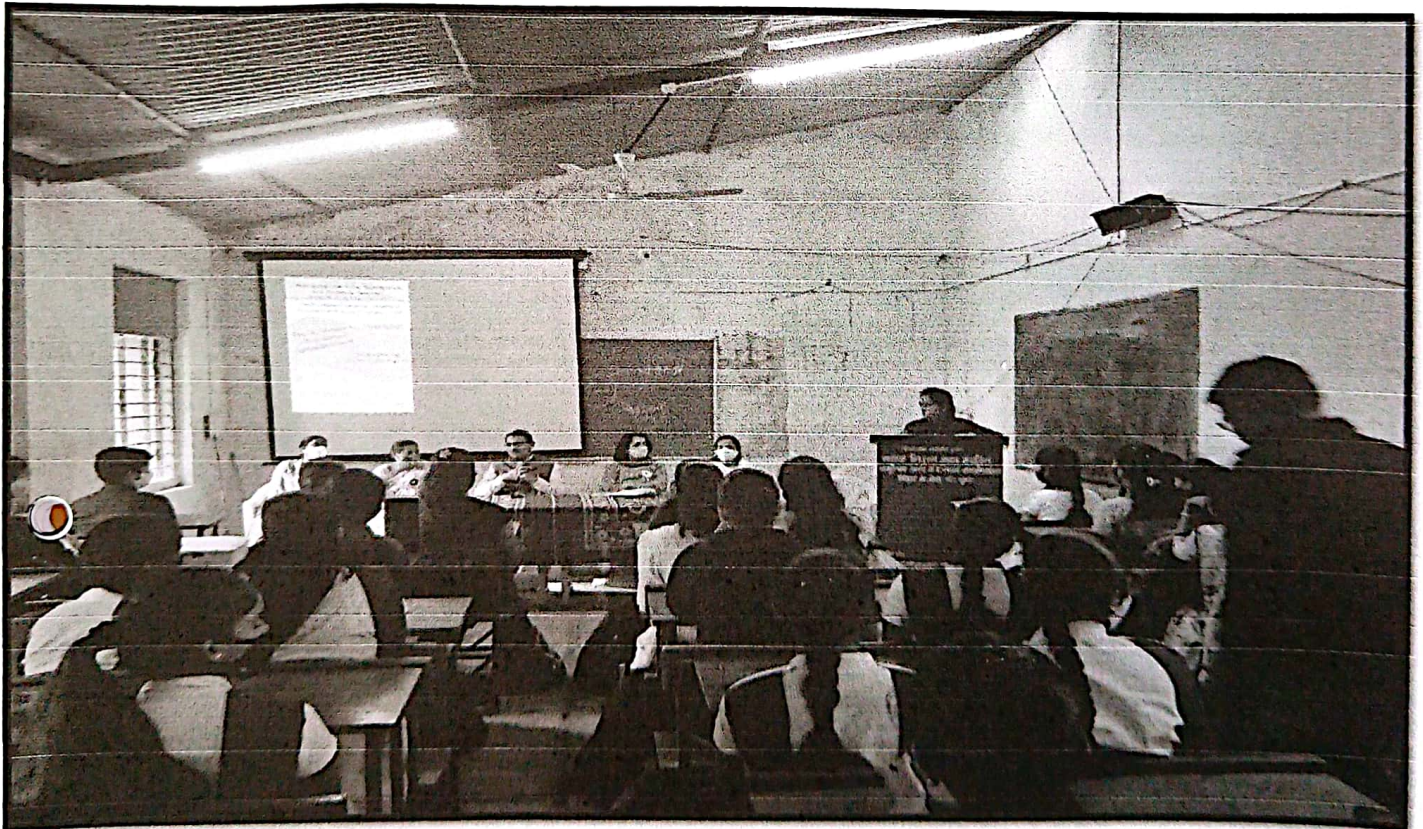
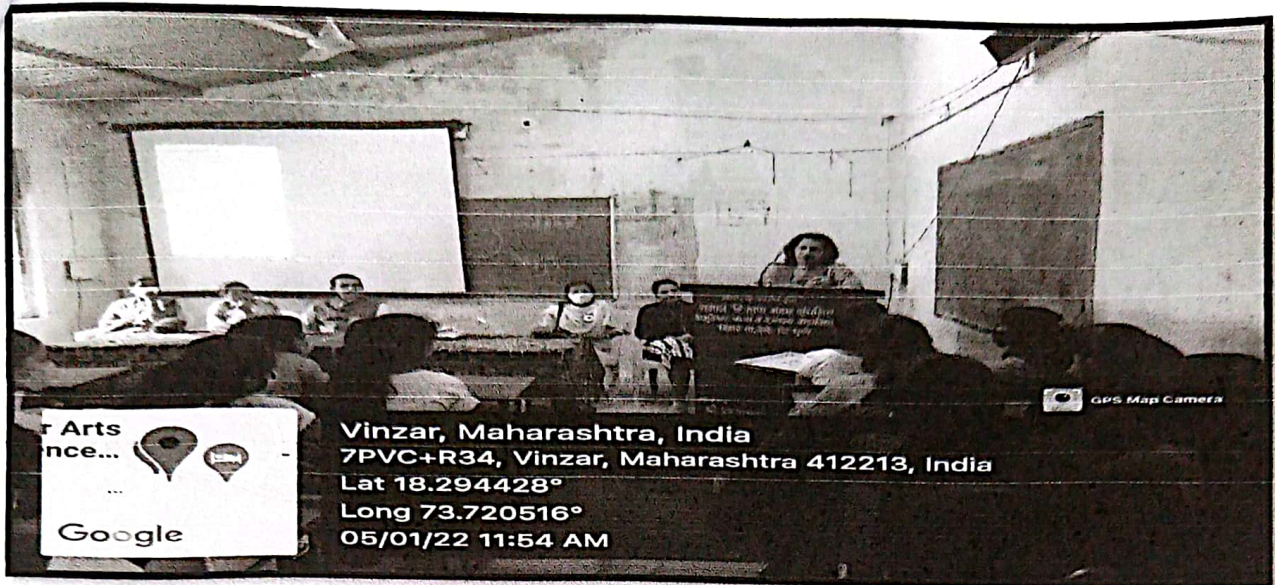
3. Board of Students' Development: College has established Board of Students' Development. The vision of the Savitribai Phule Pune University, Pune is student centric. The Board of Students' Development (BSD) truly represents this vision that is multidimensional as well as multi-faceted. This vision sees the youth as a source of strength, where their energy is harnessed to nation building and socially relevant activities to build an egalitarian society. BSD tries to nurture students' mental, physical and cultural growth with various activities to improve their overall personality development and to make them civilized Indian citizens to compete in the globalised world. Gender sensitisation is one of the major activities carried out by the SDO. While distribution of work under the 'Karmaveer Bhaurao Patil Earn and Learn Scheme' care is taken that the work distribution takes care of equal opportunities to all the students irrespective of their gender.

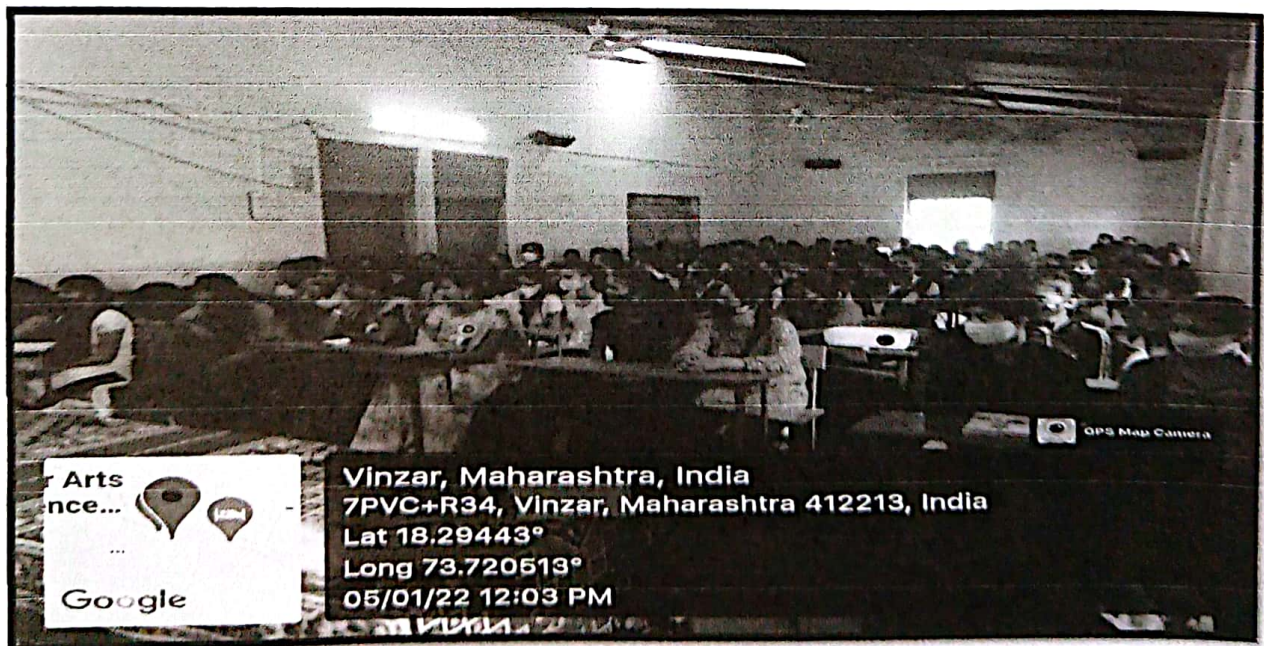
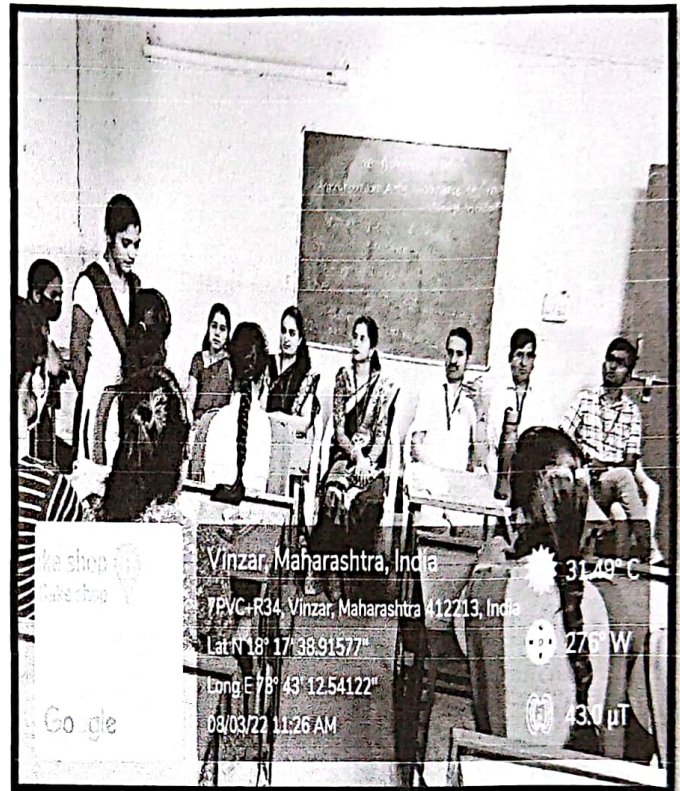
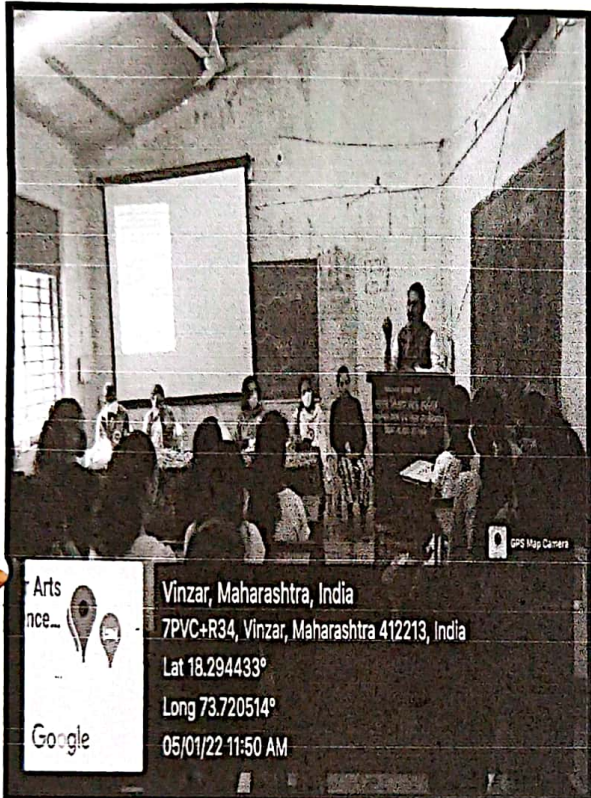
Evidence of Success

Gender sensitisation programmes shown success in terms of overall improvement of the status of the girls students who were socially underprivileged. Because of Anti-ragging and discipline Committee and Vishakha Committee; girls students are fearless and confident. Board of Student Development is contributing in to the further development of the students as a result girls students are participating more in the various activities of the college.

Now parents are inclined towards completing the higher education of the girl students; rather than going for early marriages. Girl students are coming out with flying colours in all the walks of life. The average age of marriage for the girls students are extended.

Problems encountered: Improvement and awareness of programme among the students.

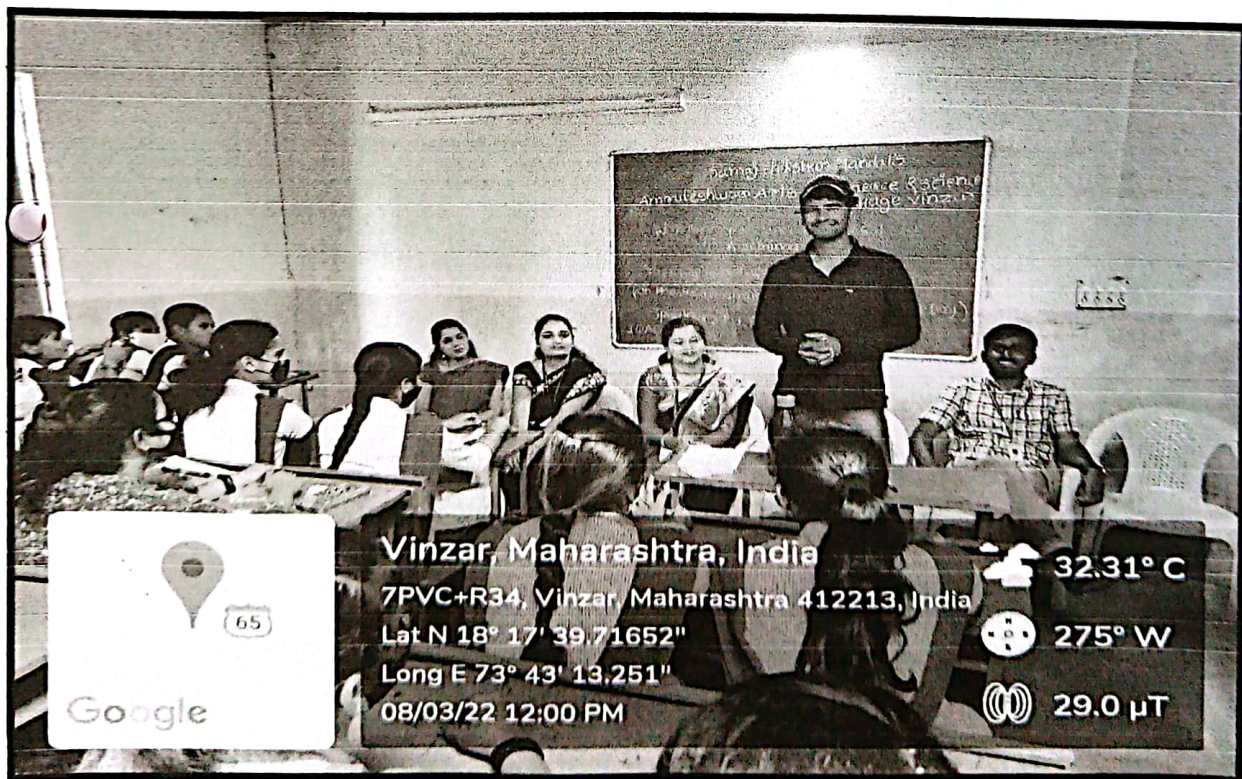




TIPS TO BOOST IMMUNITY

- Get Active
- Eat right
- Adequate sleep
- Quit smoking
- Activity outdoor
- Manage Stress
- Get a Flu vaccination
- Maintain healthy Body Weight

Dr. Pooja K. Patil



NOTE : too much exercise (Very high Intesity) can lead to conditions, such as chronic fatigue, that can lower your immune system's function.

DON'T OVERDO

11:37 AM Wed 29 Sep

Leave Zoom Unmute Start Video

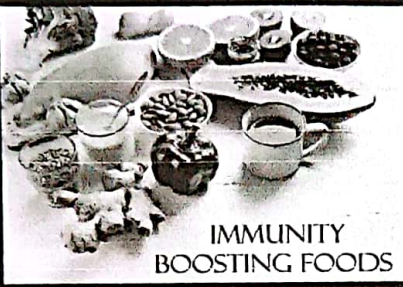
PowerPoint Slide Show - (Gender Equality) - PowerPoint

प्रतिमा - अपेक्षा

स्त्री	पुरुष
नाजूक, हळवी, लाजाळू, घटकन रडू येणारी , आनाधारक, एकट असताना असुरक्षित वाटून घेणारी, भावनाशील, वडिलांच्या / नवऱ्याच्या शब्दाबाहेर न जाणारी स्वयंपाक, नर्स , मदतनीस, झाड-लोट,	निडर, दणकट, स्वतःचे निर्णय स्वतः घेणारा, आक्रमक असणारा, मारामारी करणारा, न रडणारा, खंबीर , घराबाहेर कर्तृत्व गाजवणारा, गाडी चालक, मेकॅनिक, शेतकरी
घर सांभाळणारी, मुले नीट वाढवणारी , घरातील सगळ्यांची काळजी घेणारी	कुटुंब प्रमुख, पैसे कमावणारा, कुटुंबासाठी निर्णय घेणारा, कुटुंबातील स्त्रियांवर नियंत्रण ठेवणारा




What foods boost immunity?



IMMUNITY BOOSTING FOODS

Fruits and vegetables provide nutrients—like beta-carotene, vitamin C, and vitamin E—that can boost immune function. Because many vegetables, fruits, and other plant-based foods are also rich in antioxidants, they help reduce oxidative stress.

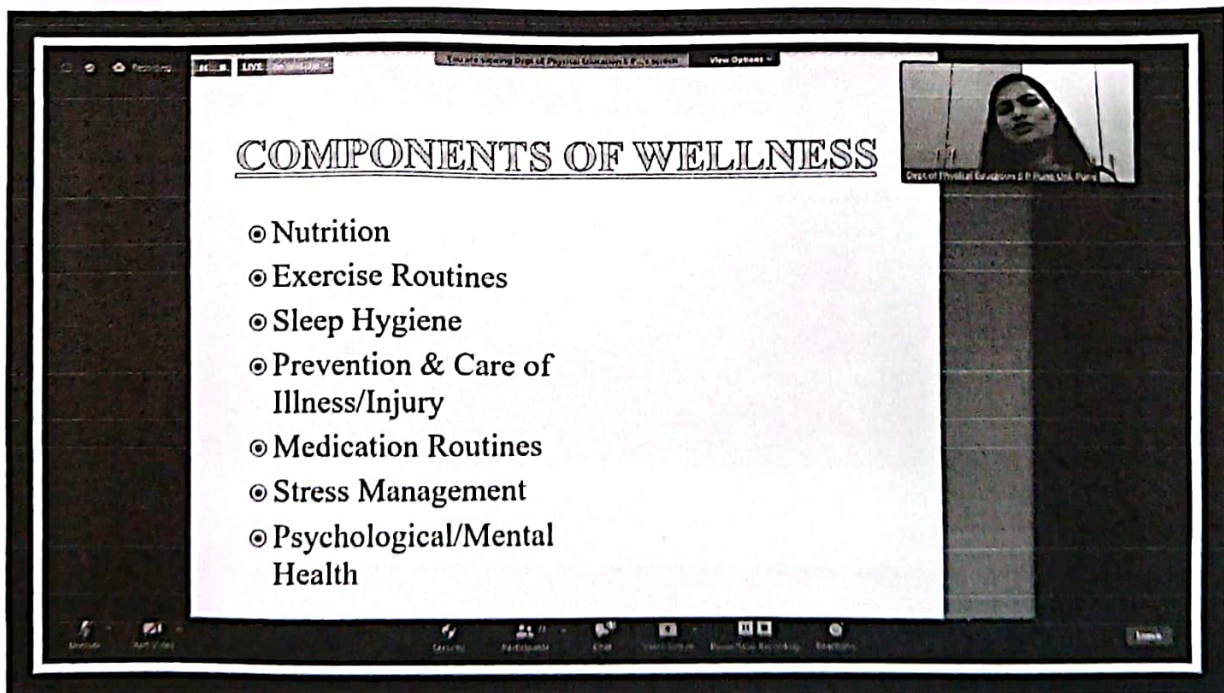
Day 5 (Session II) Five Days National webinar on "Scientific tools to boost immunity & Health"

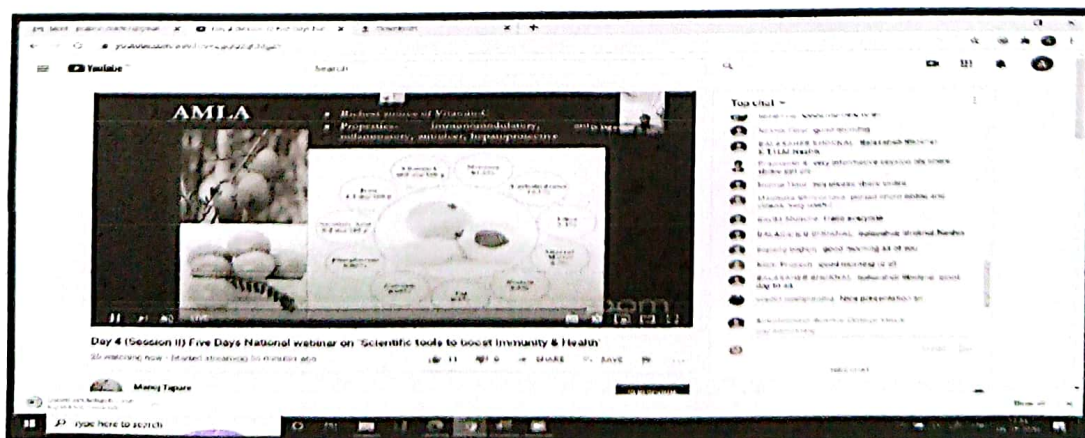
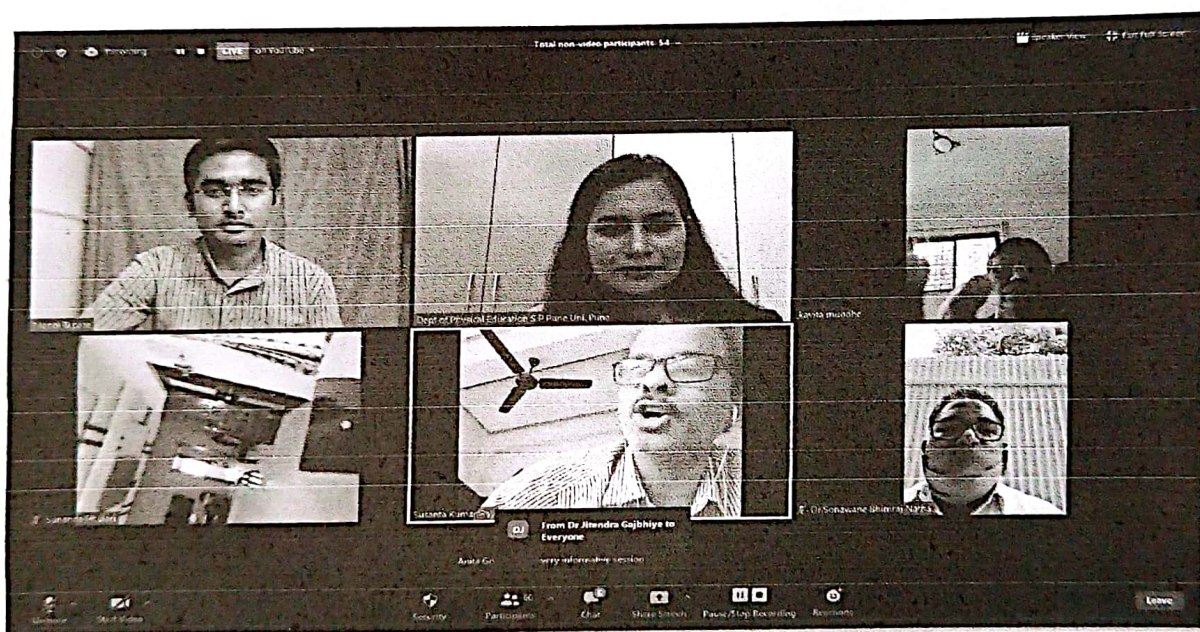
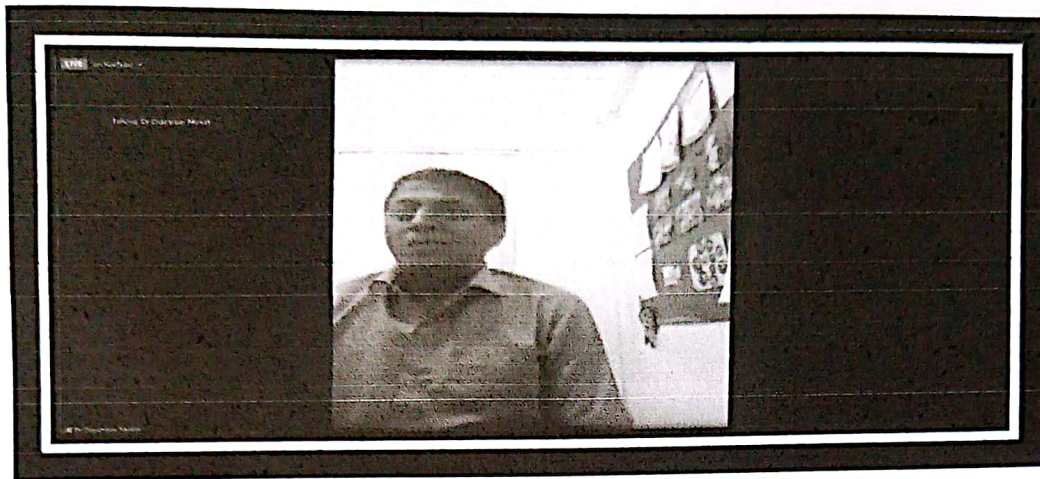


Top chat

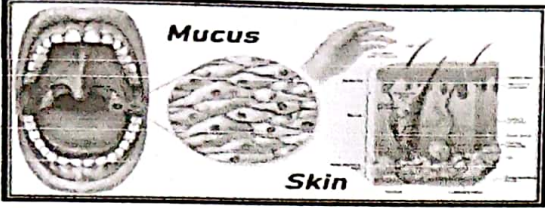
- Subash Kumar: Good sir
- Prashant S: if possible pls share ppt slides
- Prashant S: its very valuable session
- Prashant S: I'm impressed about this session
- PRATYUSHA MATHY: Excellent information
- Madhura Shrivastava: Good morning Dr. Madhura Shrivastava Lakshya
- Welcome to the chat. Remember to guard your privacy and abide by our Community Guidelines
- LEARN MORE
- Saahil Mehta: very nice
- Ashish Saxena: Nice presentation
- Vishal Jaiswal: great information thank
- Anandhara Science College Vizag: Good morning

Up next: One Day National Webinar





1. ANATOMICAL BARRIERS : SKIN & MUCUS



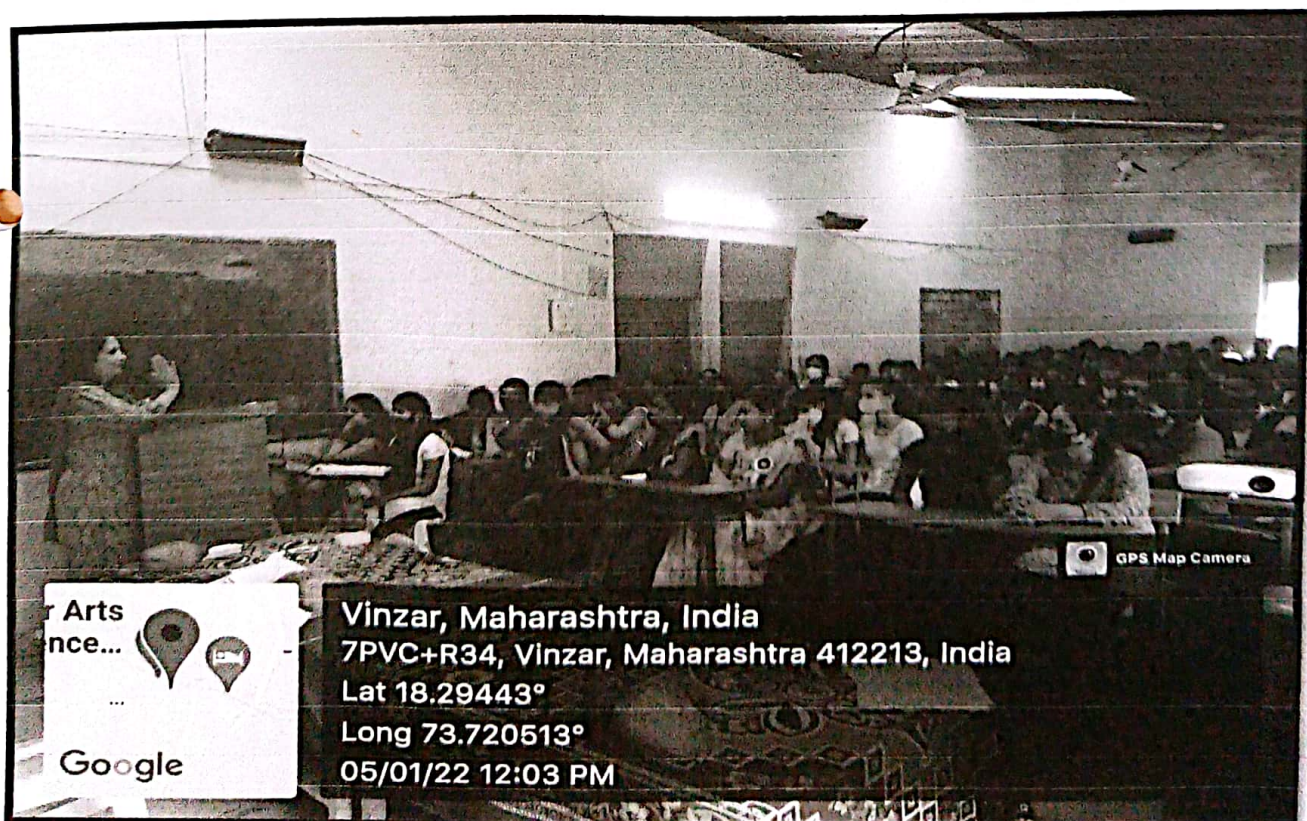
Anatomical Barriers or Physical barriers:

- These are tough, intact barriers that prevent the entry and colonization of many microbes.
- Skin & mucous membrane provide kind of living plastic wrap that protect the inner domains of the body from infection.
- Epithelial cells also produce defensin to kill microbe.
- Mucous is viscous fluid secreted by epithelial cells of mucous membrane that entraps invading pathogen.
- Digestive tract, Respiratory tract & urinary genital area is lined by mucous membrane

Importance of healthy immune system

The immune system is responsible for fighting foreign invaders in the body, like pathogenic bacteria and viruses, and also destroy cells within the body when they become cancerous.

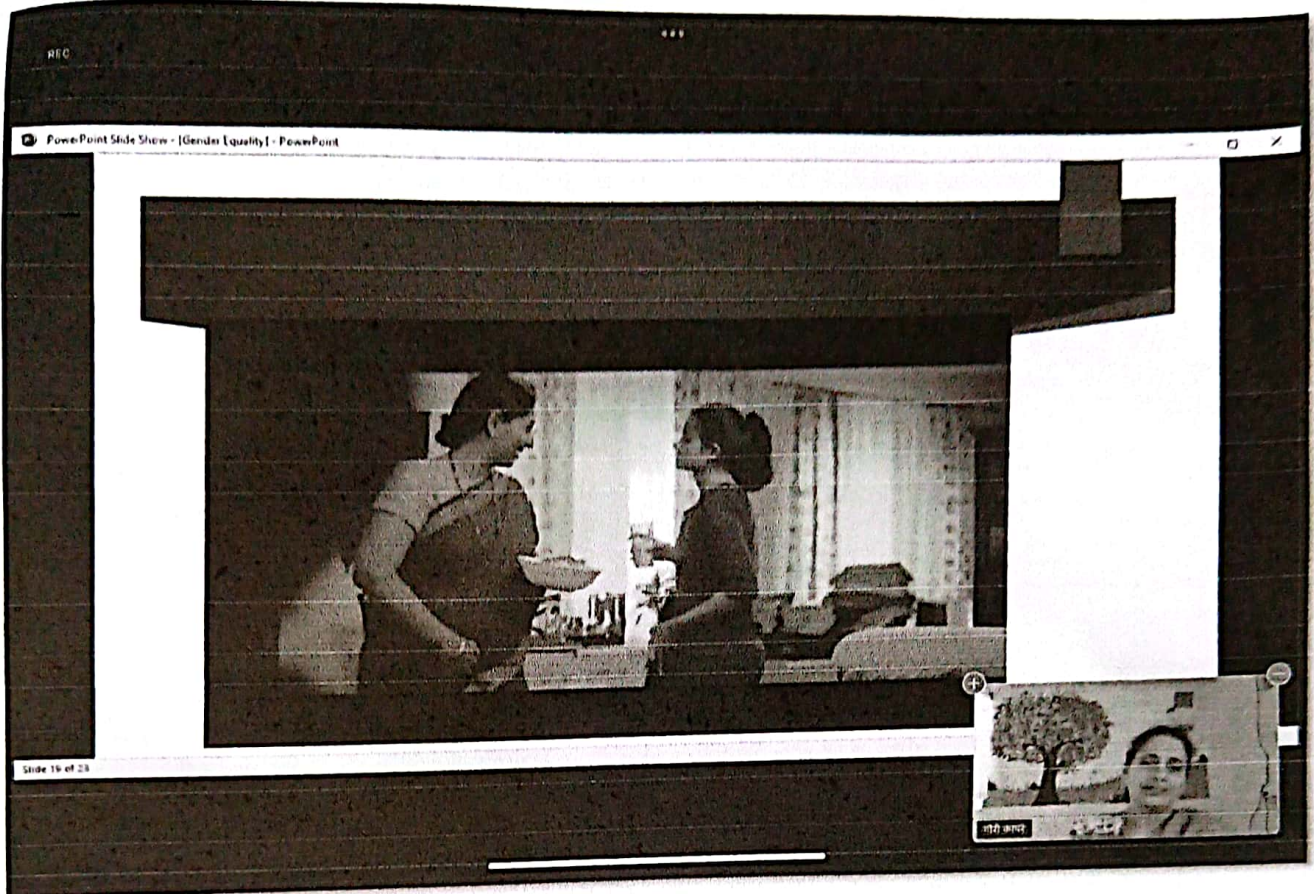
- Poor nutrition results in increased infections, slow healing from injury and infections, and increases susceptibility to symptoms and complications from immune system dysfunction.
- Gastrointestinal-contains the largest number of immune cells



Arts
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7PVC+R34, Vinzar, Maharashtra 412213, India
Lat 18.29443°
Long 73.720513°
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GPS Map Camera



Mr. S.T. Mane
Mr. S.T. Mane
 Criterion Co-ordinator

Dr. M.D. Dongare
Dr. M.D. Dongare
 IQAC Co-Ordinator

Dr. S.S. Late
Dr. S.S. Late
 Principal

I.Q.A.C.
 Amruteshwar Arts, Commerce & Science College, Vinzar, Tal. Velha, Dist. Pune.
 Tel. Velha, Dist. Pune.



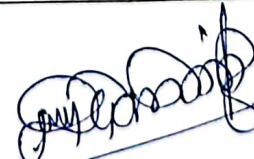
College Initiatives for Promotion of Best Practices.


Best Practice I: Health Consciousnesses

Best Practice II: Gender Sensitisation:

Sr.No	Activity Name	Organizing Department
01	Yoga For Physical and Mental Health	Jnana Prabhodini and VISHAKA Cell
02	One Day Workshop on Personal Hygiene	Jnana Prabhodini and VISHAKA Cell
03	State Level Webinar on Health and Hygiene during Covid 19	Sports and IQAC
04	National Level Webinar Under Fit India Movement on Stress Management	Sports and IQAC
05	International Yoga Day 2021	NSS
06	International Yoga Day 2020	NSS
07	Five Days National Level Webinar on Scientific Tools to Boost Immunity and Mental Health	Amruteshwar Science forum IQAC and NSS
08	COVID Awareness Programme	Amruteshwar Science forum IQAC and NSS
09	National Webinar on Covid Pandemic and Aftermath	IQAC
10	Health Check Up Camp	IQAC
11	Blood Group Detection Camp for Students	IQAC
12	Health Check Up Camp	IQAC
13	Public talks On Antibiotic and Bloods	IQAC


Mr. S.T. Mane
Criterion Co-ordinator


Dr. M.D. Dongare
IQAC Co-Ordinator
Amruteshwar Arts, Commerce
& Science College, Vinzar,
Tal. Velha, Dist. Puna.


Dr. S.S. Late
Principal
Amruteshwar Arts, Commerce & Science
College, Vinzar, Tal. Velha. Dist. Puna.



Activity Report
(2021-22)

i. Basic Information

Name of the Activity: Seminar on "Yoga for Mental and Physical Health"			
Dates	Faculty	Department	Coordinator Name and Phone No
8 th March 2022	All	Women Redressal Cell	Dr. J. T. Bhate
Time: 11 am	Venue: Hall No 3	Activity for Class: FY, SY, TY, B.A. B. Com., B. Sc. Number Participant:46	Nature: Academic, Co-curricular.

ii. Brief Information about the Activity

Topic/Subject of the Activity	Seminar on "Yoga for Mental and Physical Health"
Objective for conducting the activity	To enhance the physical and mental health through yoga
Methodology	PowerPoint Presentation and discussion
Outcome	The participants influence and motivated by the lecture.

iii. Proofs attached: letters/ student list of participation/ certificate/ document/photos/ any other

1. Notice	2. List of Participants	3. Invitation Letter
4. Report	5. Photos/Screen Shots	



Samaj Shikshan Mandal's
**Amruteshwar Arts, Commerce and Science
College, Vinzar, Pune**

Date: 04/03/2022

NOTICE

All Arts, Commerce and Science faculty **students** are here by inform that, on the occasion of International Women's day **Internal Complaint Committee** in association with **IQAC** organises a Seminar on **"Yoga for Mental and Physical Health"** is being held on Tuesday, **8th March 2022** in the auditorium hall at 11.00 AM. All faculty members and students are requested to attain the programme.



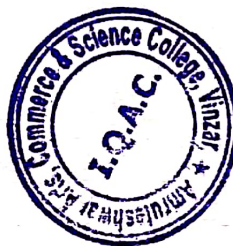
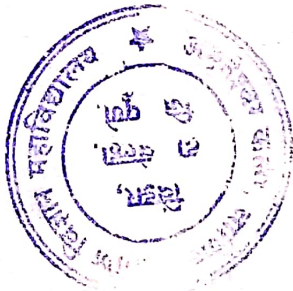
Dr. Jyoti Bhate
Coordinator (ICC)



Dr. Sanjeev Late

Principal
Principal

**Amruteshwar Arts, Commerce & Science
College, Vinzar, Tal. Yelgaon, Dist. Pune**



Samaj Shikshan Mandal's
AMRUTESHWAR ARTS, COMMERCE AND SCIENCE COLLEGE
VINZAR TAL- VELHA DIST- PUNE
IQAC and Internal Complaint Committee
Seminar on
"Yoga for Mental and physical health"
On the occasion of International women's Day
8th March 2022

Attendance Sheet

Sr. No.	Name of the Student	Class	Signature	
1.	Devgirkar Tanuja Tanaji	F.Y. BSC	<u>Tanuja</u>	P
2.	Limkar Swapnali Vile	F.Y. BSC	<u>Limkar</u>	P
3.	Ra Sawant Rahul Santosh	F.Y. BSC	<u>Sawant</u>	3
4.	Bhumik Roshan Mahendran	F.Y. BSC	<u>Bhumik</u>	3
5.	Walgude Swarupa Anil	F.Y. B.Sc	<u>Walgude</u>	P
6.	Walgude Rutuja Sachin	F.Y. B.Sc	<u>Walgude</u>	P
7.	Dhawal Akash Ashok	F.Y. BSC	<u>Dhawal</u>	3
8.	Raj Advappa Birajdar	F.Y. BSC	<u>Raj Advappa</u>	3
9.	Vidya Advappa Birajdar	F.Y. BSC	<u>Vidya</u>	P
10.	Rajwade Vikrant Sitaram	F.Y. BSC	<u>Rajwade</u>	3
11.	Patil Abhay Ramdev	F.Y. BSC	<u>Patil</u>	3
12.	Renuke Digambar Dattatray	F.Y. BSC	<u>Renuke</u>	3
13.	Shedage Sahil Sandip	F.Y. BSC	<u>Shedage</u>	3
14.	Shendkar Suraj Risan	F.Y. BSC	<u>Shendkar</u>	3
15.	Rajwade Pratiksha Ramdas	F.Y. BSC	<u>Rajwade</u>	3
16.	Rajendra Baban Sonawane	F.Y. BSC	<u>Rajendra</u>	3
17.	Sanas Aspita Sampat	F.Y. BSC	<u>Sanas</u>	P
18.	Sonawane Kamal Suresh	F.Y. B.Sc	<u>Sonawane</u>	P
19.	Pise Monika Anil	F.Y. B.Sc	<u>monika</u>	P
20.	Pratiksha Bajrang Walgude	F.Y. B.Sc		P
21.	Shinde Avantika Gulab	F.Y. B.Sc	<u>Shinde</u>	P
22.	Walgude pratiksha Bajrang	F.Y. B.Sc	<u>Walgude</u>	P
23.	Sanas Sakshi Pandurang	F.Y. B.Sc	<u>Sanas</u>	P
24.	Khedekar Hrishikesh Laxman	F.Y. B.Sc	<u>H.L. Khedekar</u>	3
25.	Khan Shohid Wahid	F.Y. B.Sc	<u>Shohid</u>	3
26.	Khule pooja chandrakant	F.Y. B.Sc	<u>Khule</u>	P
27.	Gaikwad ANISHA NATHU	F.Y. BSC	<u>Anikwad</u>	P
28.	Nutan Santosh Nanavane	F.Y. BSC	<u>Nanavane</u>	P



Sr. No.	Name of the Student	Class	Signature
29	Ujjwala Ramdas Ranjane	5.Y. BA	<i>Ujjwala</i>
30	Padwal Aarti Rajaram	F.Y. BSc	<i>Padwal</i>
31	Omkar Umesh Dimple	F.Y. BSc	<i>Omkar</i>
32	Pankaj Sambhaji Jadhav	F.Y. BSc	<i>Pankaj</i>
33	Sayali Nabhuram Ranjane	3.Y. B.A	<i>Sayali</i>
34	Koditkar Pooja Hanuman	F.Y. B.Com	<i>Pooja</i>
35	Ronuse Sakshi Balarang	F.Y. B.com	<i>Ronuse</i>
36	Karanjkar Ujjwala Aranta	F.Y. B.com	<i>Ujjwala</i>
37	Sondkar Reshma Sitaram	F.Y. B.com	<i>Sondkar</i>
38	Sakshi Sanjay Masurkar	F.Y. B.com	<i>Sakshi</i>
39	Divya Shivaji Thite	F.Y. B.com	<i>Divya</i>
40	Dhebe Prasad Kondiba	F.Y. B.com	<i>Dhebe</i>
41	Gaikwad Pradip Lahu	F.Y. B.com	<i>Pradip</i>
42	Kachare Rohit Balu	F.Y. B.com	<i>Rohit</i>
43	Liman Dipti Ashok	F.Y. B.com	<i>Liman</i>
44	Shilimkar Dhanshree Dilip	F.Y. B.com	<i>Shilimkar</i>
45	Bhavlekar Darshani Shivaji	—11—	<i>Bhavlekar</i>
46	Shinde Sayali Sopan	—11—	<i>Shinde</i>



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Ref. : A.A.C.S.C./ /20

Date : / / 20

To, 29/02/2022

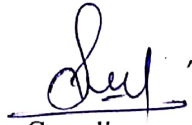
Ms. Priyanka Garje,
Assistant Professor,
Amruteshwar Arts, Commerce and Science College, Vinzar


Subject: Letter for Appreciation.

Respected Sir,

We are writing this letter to extend my heartiest appreciation towards you for delivering such a wonderful lecture at one day workshop "Yoga for Mental and Physical Health" held at our college on 8th March, 2022 organized in the college on the occasion of International women's day. Students are really benefited by information shared by you and useful to maintain in overall health. We truly appreciate the way in which you put this subject in a very simple language in front of us. We, once again, would like to thank you and also appreciate you for your hard work in your field and hope to get a chance to meet you again. We wish you a success in the field of your work ahead.

Yours sincerely


Coordinator
Dr. Jyoti Bhate


Principal
Dr. Sanjeev Late
Amruteshwar Arts, Commerce & Science
College, Vinzar



Received.
Dr. Jyoti Bhate





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M.A., M.Phil., GDC&A., Ph.D.

Email : amruteshwar13@gmail.com

Website : amruteshwar.com

Ref. : A.A.C.S.C./ /20

28.2A / 2022

Date : / / 20

01/03/2022


To,
Priyanka Garje
Amruteshwar Arts, Commerce and Science college, Vinzar, Pune.

Subject: About Invited talk in the programme on International Women's day.....

Respected Sir,

With reference to above cited subject, on the occasion of international Women's day Amruteshwar Arts, Commerce and Science College, Vinzar Velha, Pune organizes a seminar on "Yoga for Mental and Physical Health" on 08th March, 2022. We request you to deliver a talk in the area of your expertise on 8th March 2022 at 011.00 pm. Your cooperation is highly appreciated in this regards.

Thank you.


Coordinator




Principal
प्रिन्सिपल

अमृतेश्वर कला, वाणिज्य आणि विज्ञान महाविद्यालय
विंझर, त. वेल्हा जि. पुणे.

Received




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Samaj Shikshan Mandal's
Amruteshwar Arts, Commerce & Science College
Vinzar, Tal- Velhe, Dist-Pune
Women's Grievance Redressal Cell

Date: 09/ 03/2022

A report on Women's day programme

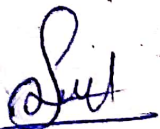
On the occasion of international women's day, women's grievance redressal cell of Amruteshwar Arts, Commerce and Science College, Vinzar organized a Seminar on **"Yoga for Mental And Physical Health"** on 08 March 2022. Motivation behind this is to introduce students with Yogic technique for maintaining good mental and physical health.

We have invited certified Yoga Teacher Ms. Priyanka Garje. She delivered a talk on Yoga and various techniques. She shares her personal experience during her journey. She also discuss about the benefits due to regular yoga practice.

Whole programme is anchored by Prof. Jyoti Bhate. Preface of the programme is presented by Prof. Jyoti Bhate. Dr. Sanjeev Late (Principle Amruteshwar Arts, Commerce and Science College, Vinzar), Dr. Parmeshwar Gadkar (NSS Coordinator), Mr. Manoj Tapare and Mrs. Komal Adhavade expressed their wishes to all the participants. Mr. Manojkumar Tapare concluded the programme by expressing the vote of thanks.

Around 46 (20 girls and 16 Boys) students participated in the programme.

All teaching and non-teaching staff member of Amruteshwar Art's, Commerce and Science College, Vinzar worked hard for successful execution of the programme.



Mrs. Bhate J. T
(Programme Co-ordinator)



Dr. Sanjeev Late
(Principal)

Principal

Amruteshwar Arts, Commerce & Science College, Vinzar, Tal. Velhe Dist. Pune.

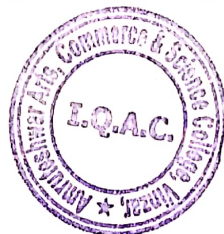




Dr. Jyoti Bhate expressing preface on Yoga for Mental and Physical Health



Mrs. Priyanka Garje delivering talk on Yoga for Mental and Physical Health





"Sarva Shreshtha Dan Vidya Dan"

Samaj Shikshan Mandal Vinzar's

AMRUTESHWAR ARTS, COMMERCE & SCIENCE COLLEGE, VINZAR

At Post Vinzar, Tal. Velha, Dist. Pune. Pin No. 412213 Telefax : 02130 - 232323

[ID No. PU/PN/AC 121/(1997)]

NAAC Reaccredited - B

Principal

Dr. Sanjeev Late

M.A., M.Phil., GDC&A., Ph.D.

Email : amruteshwar13@gmail.com

Website : amruteshwar.com

Ref. : A.A.C.S.C./ /20

Date : / / 20

Activity Report

(2021-22)

iv. Basic Information

Name of the Activity: One Day Workshop on Personal Hygiene			
Dates	Faculty	Department	Coordinator Name and Phone No
5 th January 2022	All	Women Redressal Cell	Dr. J. T. Bhate
Time:	Venue: Hybrid Mode	Activity for Class: All Girls Number Participant:102	Nature: Academic, Co-curricular.

v. Brief Information about the Activity

Topic/Subject of the Activity	One Day Workshop on Personal Hygiene
Objective for conducting the activity	To know the importance of personal hygiene
Methodology	Hybrid Mode, PowerPoint Presentation and discussion
Outcome	The participants got aware of personal hygiene and its advantages.

vi. Proofs attached: letters/ student list of participation/ certificate/ document/photos/ any other

1. Notice	2. List of Participants	3. Invitation Letter
4. Report	5. Photos/Screen Shots	6. Certificate




SamajShikshanMandals
**Amruteshwar Arts, Commerce and Science
College, Vinzar, Pune**

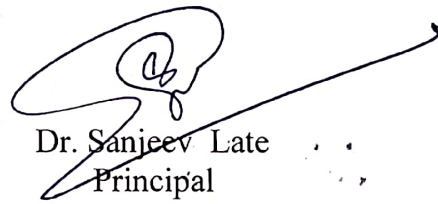
Date: 3/1/2022

NOTICE

All Arts, Commerce and Science faculty **girl students** are here by inform that, **Internal Complaint Committee in association with IQAC** organises one day workshop on **“Personal hygiene”** is being held on Wednesday, **5th January 2022** in the auditorium hall at 11.00 AM. All faculty members and girl students are requested to attain the programme.


Dr. Jyoti Bhate
Coordinator (ICC)




Dr. Sanjeev Late
Principal
Principal
Amruteshwar Arts, Commerce & Science College, Vinzar, Pune
3/1/2022

IQAC and Internal Complaint Committee
One day workshop on
"Personal hygiene" On 5th January 2022

Attendance Sheet

Sr. No.	Name of the Student	Class	Signature
1	Khutwad Rutuja Kumar	T.Y. BSc.	Khutwad
2	Shinde Sonali Balaso	T.Y. Bsc	Shinde
3	Penuse Sakshi Bapurao	F.Y. Bcom	Penuse
4	Limam Dipti Ashok	F.Y. Bcom	Limam
5	Sondkar Reshma Sitaram	F.Y. B.com	Sondkar
6	Shilimkar Phanshree Dilip	F.Y. B.com	Shilimkar
7)	Rasal Pratiksha Eknath	F.Y. B.com	Rasal
8)	Vardige Varsha Balu	F.Y. B.com	V.B. Vardige
9)	Kothamize Pranali Damu	F.Y. B.com	Kothamize
10)	Phanase Anisha Vitthal	F.Y. B.com	A.V. phanase
11)	Bhaulekar Darshani Shivaji	—	Bhaulekar
12)	Bhuruk Pranjakta Dattatraya	—	Bhuruk
13)	Khopade Rupali Hanumanant O	—	Khopade
14)	Adhawade Priti Arun	F.Y. B.com	Adhawade
15)	Atthawade Megha Bapu	F.Y. B.com	Atthawade
16)	Pawar Aarti Kison	F.Y. J.C	Pawar
17)	Dharpale Rutuja Rohidas	F.Y. J.C	Dharpale
18)	Dharpale Priti Ankush	F.Y. J.C	Dharpale
19)	Shinde Akanksha Ankush	F.Y. J.C	A.A. Shinde
20)	Adhawade Sanika Sunil	F.Y. J.C	Adhawade
21)	Yenpure Charushila Maruti	F.Y. J.C	Yenpure
22)	Anuradha Suresh Shinde	F.Y. J.C	Anuradha
23)	Shweta Dattatraya Pise	F.Y. J.C	Shweta
24)	Dighe Akshata Dattatraya	—	Dighe
25)	Khobbe Suman Maruti	T.Y. Bcom	Khobbe
26)	Shinde Kajal Nathu	F.Y. B.com	Shinde
27)	Wodekar Neha Balirao	F.Y. B.com	Wodekar
28)	Rasal Pratiksha Prakash	F.Y. B.com	Rasal
29)	Kachare Sunita Vitthal	T.Y. B.com	Kachare
30)	Kondhalkar Ashwini Suresh	F.Y. B.A.	Kondhalkar

Total students Benefited = 30 + 29 + 43 = 102




Principal

Amruteshwar Arts, Commerce & Science
College, Vinzar, Tal. Velha, Dist. Pune.

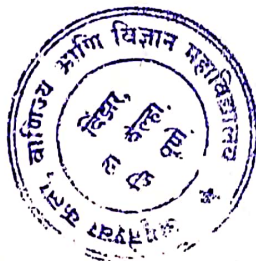
Sr. No.	Name of the Student	Class	Signature
1	Sondkar Tejashri Sanjay	TY.BSC	<i>Sondkar</i>
2	Bhasale Karishma Shripang	TY	Karishma
3	Kamble Bhavana Gautam	TY	Kamble
4	Zanje Ankita Bapu	TY	Zanje
5	Choughe Sanika Shankar	F.Y.B.com	<i>Choughe</i>
6	Yadav Madhavi Mohan	F.Y.B.com	<i>Yadav</i>
7	Kadur Parshana Suresh	F.Y.B.com	<i>Kadur</i>
8	Sonavane Prachi Santosh	F.Y.B.com	<i>Prachi</i>
9	Jankar Surekha Vilhal	F.Y.J.C	<i>Jankar</i>
10	Bhaslekar Dnyaneshwari Shivaji	F.Y.J.C	<i>Bhaslekar</i>
11	Biswas Mansi Alok	F.Y.J.C	<i>Biswas</i>
12	Bhorage Swarangi Vilas	F.Y.J.C	<i>Bhorage</i>
13	Limhan Sayali Sanil	F.Y.J.C	<i>Limhan</i>
14	Bhosale Pooja Nitin	F.Y.J.C	<i>Pooja</i>
15	Shubhangi Dattatray Renuse	F.Y.J.C	<i>Renuse</i>
16	Mayuri Mahesh Renuse	F.Y.J.C	<i>Mayuri</i>
17	Palak Prakash Daphale	F.Y.J.C	<i>Palak</i>
18	Rutuja Manohar Yempure	F.Y.J.C	<i>Rutuja</i>
19	Kothal Arjun Shendkar	F.Y.J.C	<i>Kothal</i>
20	Rutuja Santosh Daswadkar	F.Y.J.C	<i>Rutuja</i>
21	Aboli Santosh Mahadik	12 th Science	<i>Aboli</i>
22	Limhan Harshada Jagannath	12 th Science	<i>Limhan</i>
23	Shinde Sayali Sopan	F.Y.B.com	<i>Shinde</i>
24	Sonavane Komal Suresh	F.Y.B.Sc.	<i>Sonavane</i>
25	Thite Divya Shivaji	F.Y.B.com	<i>Thite</i>
26	Nalawade Akanksha Anil	F.Y.J.C	<i>Nalawade</i>
27	Dhangave Rutuja Dinkar	F.Y.J.C	<i>Rutuja</i>
28	Karajkar Arunji Sanjay	F.Y.J.C	<i>Karajkar</i>
29	Bhosle Sakshi Mahadev	F.Y.J.C	<i>Bhosale</i>



(Signature)
Principal
Amruteshwar Arts, Commerce & Science
College, Vinzar, Tal. Vellha, Dist. Pune



Sr. No.	Name of the Student	Class	Signature
1)	Purohit Riya Vijay	S.Y.B.Sc	
2)	Kudale Rani Hanumant	S.Y.B.Sc	
3)	Shilimkar Aditya Arjun	S.Y.B.Sc	
4)	Pathe Sakshi Ashok	12th std	
5)	Pratiksha Chandrakant Shilimkar	12th std	
6)	Bhagat Mayuri Nalvanath	F.Y.B.Com	
7)	Liman Nikita Laxman	F.Y.B.Com	
8)	Liman Komal Kisan	F.Y.B.Com	
9)	Liman Komal Mohan	F.Y.B.Com	
10)	Khalpe Archana Maruti	F.Y.B.Com	
11)	Bhosale Shubhangi Santosh	F.Y.B.Com	
12)	Sakshi Rajaram Shirke	F.Y.B.Com	
13)	Kamble Roshani Nitin	12th std sci	
14)	Shendkar Pratima Arjun	12th science	
15)	Hande Dhanshri Shivaji	12th science	
16)	Hirare Sunita Dhondiba	12th science	
17)	Walgude Prajakta Shankar	T.Y.B.Com	
18)	Rasal Pratiksha Kailas	F.Y.Com	
19)	Mah Mahadik valshnavisuresh	F.Y. 11th sci	
20)	Dhanshri Dhanashree	11th science	
21)	Pansare Arhi Bapu	11th science	
22)	Pansare Payan Satyavar	11th science	
23)	Shinde Aditi Gulab	11th science	
24)	Renuse Sakshi Rohidas	11th science	
25)	Shinde Tanuja Vivek	11th science	
26)	Shirke Sakshi	11th Sci	
27)	Shaikh Alisha	11th Sci	
28)	Renuse chhaya	11th Sci	
29)	Pawar Pranali	11th Sci	
30)	Daswadkar Asmita	11th science	
31)	Pangare Arthi Dattatray	S.Y.B.Sc	
32)	Mane Akshada Manohar	S.Y.B.Sc	
33)	Shinde Avantika Gulab	F.Y.B.Sc	
34)	Walgude pratiksha Bajarang	F.Y.B.Sc	
35)	Nandlware Nutan Santosh	F.Y.B.Sc	
36)	Pise Monika Anil	F.Y.B.Sc	
37)	Vasudha Sunil Bhuruk	F.Y.B.Sc	
38)	Phaspale sayali shiraji	F.Y.B.Sc	
39)	Walgude Ankita	12th Sci	
40)	Walgude Mrunal Dattatray	12th scie.	
41)	Shinde Rasika Sunil	12th scie	
42)	Gaikwad Dhanshri Vilas	F.Y.B.com	
43)	Koditkar pooja Hanumant	F.Y.B.com	



Principal

Amruteshwar Arts, Commerce & Science
College, Vinzar, Tal. Velha, Dist. Puna.

AMRUTESHWAR ARTS, COMMERCE & SCIENCE COLLEGE, VINZAR

At Post Vinzar, Tal. Velha, Dist. Pune. Pin No. 412213 Telefax : 02130 - 232323

[ID No. PU/PN/AC 121/(1997)]

NAAC Reaccredited - B

Principal

Dr. Sanjeev Late

M.A., M.Phil., GDC&A., Ph.D.

Email : amruteshwar13@gmail.com

Website : amruteshwar.com

Ref. : A.A.C.S.C./7/20

To,

Mrs. Sangita Jog,
Assistant Professor ,
B. J. Medical College,
Sasun, Pune.

Date : 4/1/2022

o/c

Subject: About Invited talk in the workshop on Personal Hygiene.

Respected Sir,

With reference to above cited subject, Amruteshwar Arts, Commerce and Science College, Vinzar Velha, Pune organizes one day state workshop on "Personal Hygiene" for girl students in coordination with Jnana Prabodhini, Pune on 5th January, 2022. We request you to deliver a talk in the area of your expertise related to the theme of the webinar on 5th January, 2022 at 11.00 am. Your cooperation is highly appreciated in this regards.

Thank you.

Coordinator
Mrs. Jyoti Bhate

Principal
Dr. Sanjeev Late



Amruteshwar Arts, Commerce
& Science College Vinzar,
Tal-Velha, Dist-Pune-412213

Received
S. Jog



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Principal

Dr. Sanjeev Late

M.A., M.Phil., GDC&A., Ph.D.

Email : amruteshwar13@gmail.com

Website : amruteshwar.com

Ref. : A.A.C.S.C. 17/4/2022

Date : 5/1/2022

01C

To,
Mrs. Sangita Jog,
Assistant Professor ,
B. J. Medical College,
Sasun, Pune.

Subject: Letter for Appreciation.

Respected Sir,

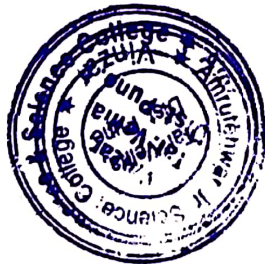
We are writing this letter to extend my heartiest appreciation towards you for delivering such a wonderful lecture at one day workshop "Personal Hygiene" held at our college on 5th January, 2022 organized for girl students in the college. Students are really benefited by information shared by you and useful to maintain personal health and hygiene. We truly appreciate the way in which you put this subject in a very simple language in front of us. We, once again, would like to thank you and also appreciate you for your hard work in your field and hope to get a chance to meet you again. We wish you a success in the field of your work ahead.

Yours sincerely

Coordinator
Dr. Jyoti Bhate

Principal
Dr. Sanjeev Late

Principal
Amruteshwar Arts, Commerce
& Science College, Vinzar,
Tal-Velha, Dist-Pune-412213



Received
S. Jog



Samaj Shikshan Mandal's
Amruteshwar Arts, Commerce & Science College
Vinzar, Tal- Velhe, Dist-Pune
Internal Complaint Committee (ICC)

Date: 05/ 01/2022

A report on one day workshop on
"Personal Hygiene"


Internal complaint committee (Previously known as Women's grievance Redressal cell) of Amruteshwar Arts, Commerce and Science College, Vinzar in collaboration with Jana Prabodhini, Pune organized a one day workshop on **"Personal Hygiene"** on 5th January 2022. We got a huge response for girls students from all three faculties of the college. About 102 participants actively participated in the workshop.

With respect to the theme of the programme we invited **Dr. Sangita Jog** madam from Jnana Prabodhini, Pune. She is doctor of medicine in pathology. She has teaching experience in BJ Medical college Pune. She conducted many sessions on health awareness programmes in many schools and college. She is specially working in rural area. Her experience and sharing are really valuable.

She started the session with basic instruction to maintain good health. She explains basic habits of food, water intake and exercise to be practice on daily bases. She explain in detail overall cleaning process to maintain the health. She discusses many issues regarding menstrual cycle which are generally faced by females. She also put a light on PCOD and UTI.

Around 102 girl participants attain and benefitted by this activity.

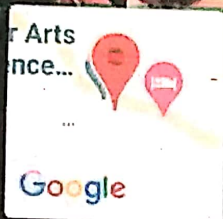
All teaching and non-teaching staff member of Amruteshwar Art's, Commerce and Science College, Vinzar worked hard for successful execution of the programme.


Mrs. Jyoti Bhate
(Programme Co-ordinator)




Dr. Sanjeev Late
(Principal)
Principal
Amruteshwar Arts, Commerce & Science
College, Vinzar, Tal. Velha, Dist. Pune.

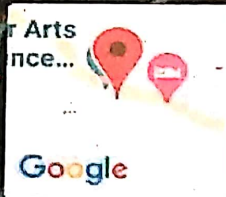




Vinzar, Maharashtra, India
 7PVC+R34, Vinzar, Maharashtra 412213, India
 Lat 18.294433°
 Long 73.720514°
 05/01/22 11:50 AM

GPS Map Camera

Dr. Sanjeev Late delivering Principal's Address on "Personal Hygiene"



Vinzar, Maharashtra, India
 7PVC+R34, Vinzar, Maharashtra 412213, India
 Lat 18.294433°
 Long 73.720517°
 05/01/22 11:54 AM

GPS Map Camera

Dr. Sangita Jog Delivering talk on "Personal Hygiene"



Activity Report
(2020-21)

i. Basic Information

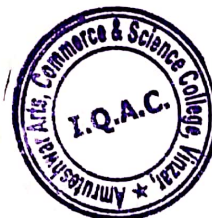
Name of the Activity: State Level Webinar on Health and Hygiene during Covid-19.			
Dates	Faculty	Department	Coordinator Name and Phone No
9 th June 2021	All	Sports and Physical Education	Dr. S.L. Shendkar
Time: 09.00 am	Venue: Online Mode	Activity for Class: FY, SY, TY, B.A. B. Com., B. Sc. Number Participant:136	Nature: Academic, Co-curricular.

ii. Brief Information about the Activity

Topic/Subject of the Activity	State Level Webinar on Health and Hygiene during Covid-19.
Objective for conducting the activity	To create awareness of importance hygiene during pandemic.
Methodology	PowerPoint Presentation and discussion
Outcome	The participants got aware of importance of hygiene to combat with Covid-19.

iii. Proofs attached: letters/ student list of participation/ certificate/ document/photos/ any other

1. Notice	2. List of Participants	3. Invitation Letter
4. Report	5. Photos/Screen Shots	6. Certificate



समाज शिक्षण मंडळ, विंझर
अमृतेश्वर कला, वाणिज्य आणि विज्ञान महाविद्यालय, विंझर
ता. वेल्हा जि. पुणे

अकम

दिनांक ०२.०६.२०२१

सूचना

महाविद्यालयातील सर्व प्राध्यापक विद्यार्थ्यांना सूचित करण्यात येते की, आरोग्य विभाग व अंतर्गत गुणवत्ता कक्ष यांच्या संयुक्तविद्यमाने दि.०९.०६.२०२१ रोजी सकाळी ९.०० वाजता आरोग्य व स्वच्छता जनजागृती या विषयावर राज्यस्तरीय वेबीनारसाठी सर्वांनी ऑनलाईन उपस्थित रहावे याची नोंद घ्यावी.



Principal

Amruteshwar Arts, Commerce & Science
College, Vinzar, Tal. Velha, Dist. Pune.

SAMAJ SHIKSHAN MANDAL VINZAR'S
**AMRUTESHWAR ARTS, COMMERCE AND SCIENCE
COLLEGE**

Vinzar, Tal. Velhe, Dist. Pune - 412213

Organized by

Department Of Health and Hygiene & IQAC Jointly held with
Savitribai Phule Pune University, Pune.

Lecture Series On

HEALTH AWARENESS DURING COVID-19

Inaugural Function

09/06/2021 time 09:30 am



SESSION I

Dr. PRAKASH SHETH

MD Medicine

(Manavta Upasak Award 2020)

SESSION II

Dr. ALOK LATHI

BDS

Maxillofacial Radiologist

IQAC Co-Ordinator

Prof. Dr. Mahadev Dongare

Co-Ordinator

Prof. Dr. Sheetal Shendkar

(Principal)

DR. SANJEEV S. LATE,

Join Zoom Meeting

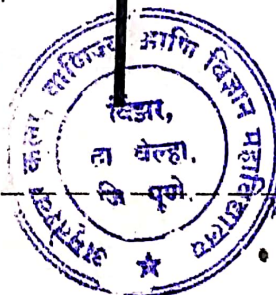
<https://us02web.zoom.us/j/9890631496?pwd=ZWJ2Q2xFWlJBNzV1V1JFbEZMRkdQUT09>

Meeting ID: 989 063 1496 Passcode: 1111

Honorary President :- Adv. Nandu Phadake
President :- Mr. Dattatraya Padwal
Vice President :- Mr. Santosh Appa Daswadkar
Executive President :- Mr. Pradeep Phadake
Secretary :- Mr. Ashok Bhuruk
Treasurer :- Mr. Santosh Limhan

Directors

Mr. Sambhaji Bhosale, Adv. Hunumant Shinde,
Mr. Yashwant Gaikwad, Mr. Vilas Kirve,
Mr. Bhagwanrao Limhan.



प्रमुख, कला, वाणिज्य आणि विज्ञान महाविद्यालय
विज्ञान, क. वेल्हा जि. पुणे.



"Sarva Shreshtha Dan Vidya Dan"

Samaj Shikshan Mandal Vinzar's

AMRUTESHWAR ARTS, COMMERCE & SCIENCE COLLEGE, VINZAR

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[ID No. PU/PN/AC 121/(1997)]

NAAC Reaccredited - B

Principal

Dr. Sanjeev Late

M.A., M.Phil., GDC&A., Ph.D.

Email : amruteshwar13@gmail.com

Website : amruteshwar.com

Ref. : A.A.C.S.C. 134720

Date : 3/6/2021

Dr. Lathi Alok
B.D.S.,
Maxillofacial Radiologist,
Pune, Maharashtra.

Subject : Invitation as a resource person for One Day State Level Webinar.

Dear Sir,

We are pleased to invite you for the One day State Level Webinar on 'Health Awareness during Covid - 19' jointly organized by Department of Health under Savitribai Phule Pune University 'Covid 19 awareness program me' in our college dated 9th June 2021.

It is an honor and privilege to invite you for One Day State Level Webinar jointly organized by Department of Health as a Resource person on the second Session topic of "Hygiene during Covid-19". We believe that your contribution to this field is unparalleled and a webinar on this topic will be of great benefit for us. Dated 9th June 2021 at 11:00 am online mode

We look forward to a positive confirmation, an honor for us indeed. Kindly confirm it.
Thanks and regards.

Director of Physical Education .
Dr. Sheetal Shendkar



Your Faithfully

Principal

Dr. Sanjeev Late

Principal

Amruteshwar Arts, Commerce & Science
College, Vinzar, Tal. Velha, Dist. Pune.





"Sarva Shreshtha Dan Vidya Dan"

Samaj Shikshan Mandal Vinzar's

AMRUTESHWAR ARTS, COMMERCE & SCIENCE COLLEGE, VINZAR

At Post Vinzar, Tal. Velha, Dist. Pune. Pin No. 412213 Telefax : 02130-282023

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Principal

Dr. Sanjeev Late

M.A., M.Phil., GDC&A., Ph.D.

Email : amruteshwar13@gmail.com

Website : amruteshwar.com

Ref. : A.A.C.S.C./346/20 21

Date : 3/6/2021

Dr. Prakash Sheth
M.D Medicine,
Snehalay Nagar.

Subject: Invitation as a resource person for One Day State Level Webinar.

Dear Sir,

We are pleased to invite you for the **One day State Level Webinar on 'Health Awareness during Covid - 19'** jointly organized by Department of Health under Savitribai Phule Pune University 'Covid 19 awareness program me. First Session topic of "Health and Hygiene". We believe that your contribution to this field is unparalleled and a webinar on this topic will be of great benefit for us. Dated 9th June 2021 at 09:30 am with online mode

We look forward to a positive confirmation, an honor for us indeed. Kindly confirm it.

Thanks and regards,

Director of Physical Education .
Dr. Sheetal Shendkar

Your Faithfully

Principal
Dr. Sanjeev Late

Principal

Amruteshwar Arts, Commerce & Science
College, Vinzar, Tal. Velha, Dist. Pune.



**A BRIEF REPORT OF ONE DAY STATE LEVEL WEBINAR
ON "Health and Hygiene" Jointly Organized by
Department of Physical Education and I.Q.A.C, Vinzar,
Tal- Velhe, Dist - Pune.**

Preamble:

A One day State level workshop on **Health and Hygiene** has been conducted on 09th June 2021, at Amruteshwer Arts commerce and Science College, Vinzar in order to spread hygiene literacy among the tribal students in pandemic. This webinar has been sponsored by Department of health and IQAC, Savitribai Phule Pune University, Pune.

Participant's Profile:

A total of 99 delegates from many state, namely, west Bengal and Gwalior, were participated. Among the participants 52 were women and 47 were men.

The webinar was conducted through online platform by Department of health and hygiene and IQAC. The central theme was Health awareness during covid 19 the inauguration function took place at 9.30 am on 09/06/2021. At the opening Principal Dr. Sanjeev Late introduced college and the precautionary measures took by college in COVID 19 pandemic.

The lecture series was in two session, in first session Dr Prakash Sheth (MBBS MD) gave lecture on current updates on COVID 19 pandemic and what are the moral responsibilities and duties of every individual as a citizen. he also told Health awareness instruction during COVID 19. He describe what measures can be done to avoid the spread of COVID 19 by taking care of some fundamental hygiene.

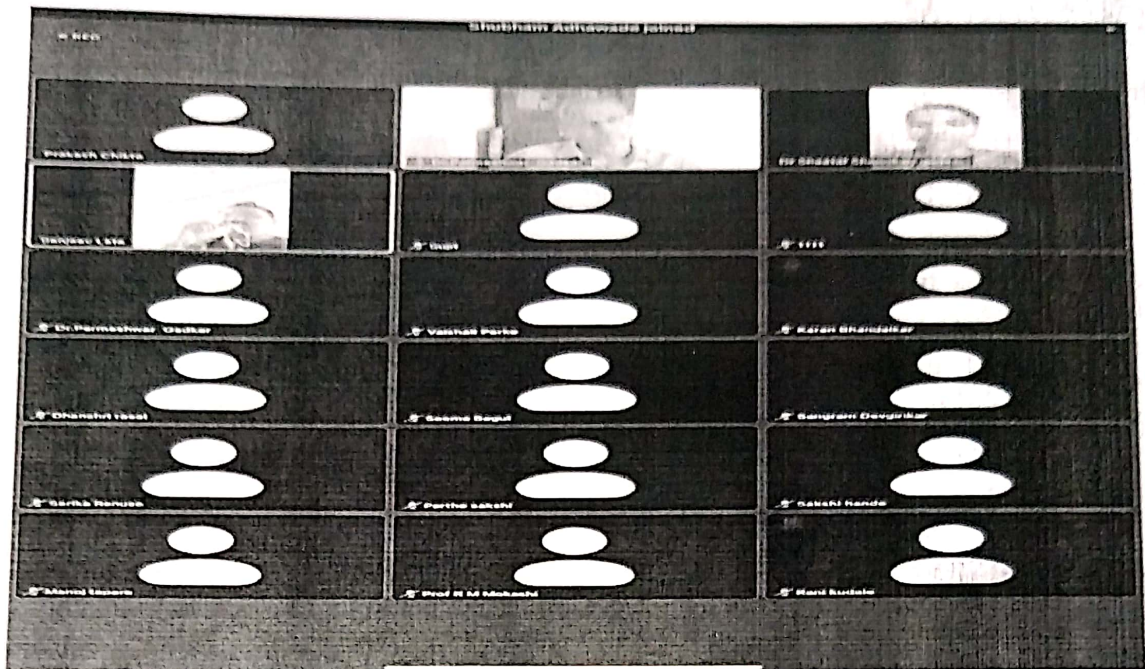
In second session Dr Alok Lathi (BDS) gave a lecture on some precautionary hygiene to avoid infection by Covid 19. He speak about personal hygiene as well as society Hygiene daily habit can help everyone in pandemic situation. He guides how small care can protect us and our neighbourhood from this pandemic.

At the end of Session IQAC head Assitant. Prof Dr Mahadev Dongare expressed his thoughts. Dr Sheetal Shendkar express her thoughts and gave vote of thanks.

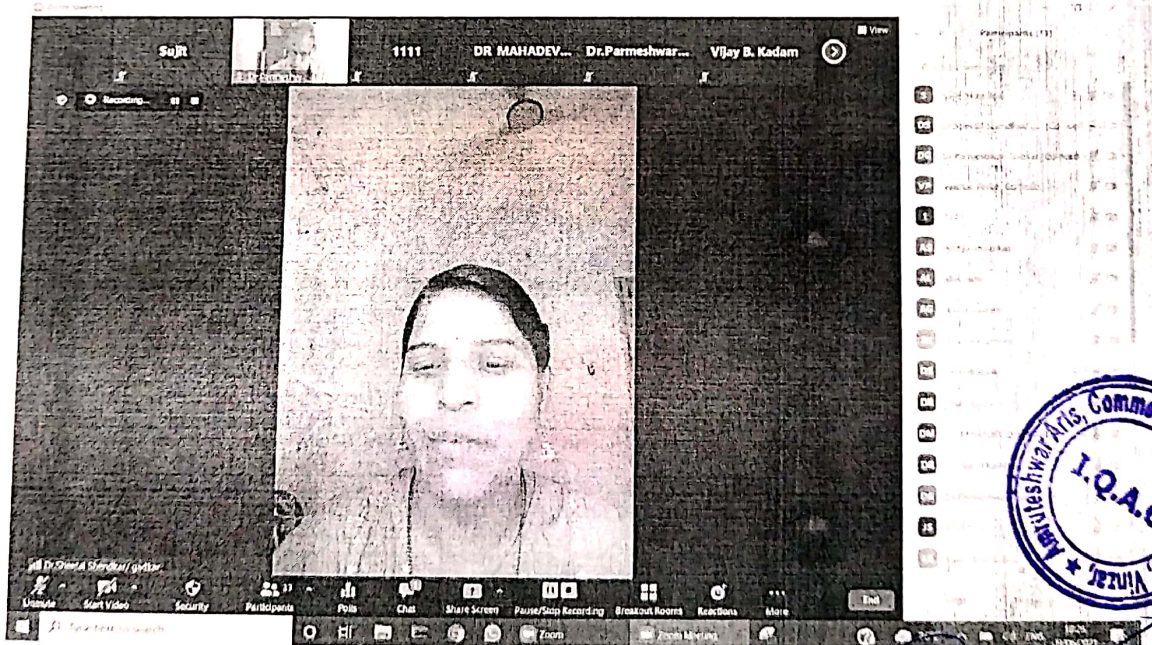





3. Dr. Late sir principal Address

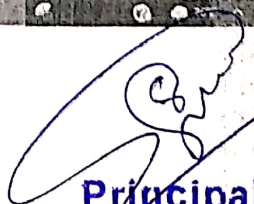


3. Vote of thanks by Coordinator.




co-ordinator
Heed th.




Principal
Amruteshwar Arts, Commerce & Science
College, Vinzar, Tal. Velha, Dist. Pune.

Activity Report
(2020-21)

i. Basic Information

Name of the Activity: National Level Webinar Under Fit India Movement on Stress Management			
Dates	Faculty	Department	Coordinator Name and Phone No
12 th June 2021	All	Sports and Physical Education	Dr. S.L. Shendkar
Time: 09.00 am	Venue: Online Mode	Activity for Class: FY, SY, TY, B.A. B. Com., B. Sc. Number Participant:145	Nature: Academic, Co-curricular.

ii. Brief Information about the Activity

Topic/Subject of the Activity	National Level Webinar Under Fit India Movement on Stress Management
Objective for conducting the activity	To enhance health and how to tackle with stress?
Methodology	PowerPoint Presentation and discussion
Outcome	The participants able to know how to handle stress situations.

iii. Proofs attached: letters/ student list of participation/ certificate/ document/photos/ any other

1. Notice	2. List of Participants	3. Invitation Letter
4. Report	5. Photos/Screen Shots	6. Certificate



समाज शिक्षण मंडळ, विंझर
अमृतेश्वर कला, वाणिज्य आणि विज्ञान महाविद्यालय, विंझर
ता. वेल्हा जि. पुणे

अकम

दिनांक ०६.०६.२०२१

सूचना

महाविद्यालयातील सर्व प्राध्यापक विद्यार्थ्यांना सूचित करण्यात येते की, क्रीडा विभाग व अंतर्गत गुणवत्ताकक्ष यांच्या संयुक्त विद्यमाने दि. १२.०६.२०२१ रोजी सकाळी ९.०० वाजता ताण व्यवस्थापन याविषयावर राष्ट्रीयस्तरीय वेबीनारसाठी सर्वानी ऑनलाईन उपस्थित रहावे याची नोंद घ्यावी.




Principal
Amruteshwar Arts, Commerce & Science
College, Vinzar, Tal. Velha, Dist. Pune.



"Sarva Shresth Dan Vidya Dan"



SAMAJ SHIKSHAN MANDAL VINZAR'S
AMRUTESHWAR ARTS, COMMERCE AND SCIENCE COLLEGE
Vinzar, Tal. Velhe, Dist. Pune - 412213



University of Pune

Organized by

Department Of Physical Education & IQAC Jointly held with
Savitribai Phule Pune University, Pune.

Lecture Series On

Stress Management

Inaugural Function

12/06/2021 time 10:00 am

Guest of Honar

Mr. Nandu Sagar Sir

Director SAMAJ SHIKSHAN MANDAL



SESSION I

- Dr. Mahesh Khetmalis**
Associate Professor,
Visva Bharti University, Santiniketan

SESSION II

- Dr. Deepak Shendkar**
Director of Physical Education,
Morden Ganeshkhid, Pune

IQAC Co-Ordinator

Prof. Dr. Mahadev Dongare

Co-Ordinator

Prof. Dr. Sheetal Shendkar

(Principal)

DR. SANJEEV S. LATE

Registration link for webinar

https://docs.google.com/forms/d/e/1FAIpQLSedtMPGtD8QzhvBOgH9gln3MWU9IGJoQ6INnCPUO_iIPB2VTg/viewform?usp=sf_link

Join Zoom Meeting

<https://us02web.zoom.us/j/9890631496?pwd=ZWJ2Q2xFWUJBNHN1V1JFbEZMRkdQUT09>

Meeting ID: 989 063 1496 Passcode: 1111

join-telegram-group by following link

https://t.me/joinchat/IANjeqZjJ_YwZDn1

Honorary President :- Adv . Nandu Phadake
President :- Mr. Dattatraya Padwal
Vice President :- Mr. Santosh Appa Daswadkar
Executive President :- Mr. Pradeep Phadake
Secretary :- Mr. Ashok Bhuruk
Treasurer :- Mr. Santosh Limhan



Directors

Mr. Sambhaji Bhosale , Adv . Hunumant Shinde,
Mr. Yashwant Gaikwad , Mr. Vilas Kirve ,
Mr. Bhagwanrao Limhan.



Amruteshwar Arts, Commerce & Science
College, Vinzar, Tal. Velhe, Dist. Pune.



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**A BRIEF REPORT OF ONE DAY NATIONAL LEVEL WEBINAR
ON "Stress Management" Jointly Organized by
IQAC AND Department of Physical Education, Vinzar, Tal- Velhe, Dist -
Pune.**

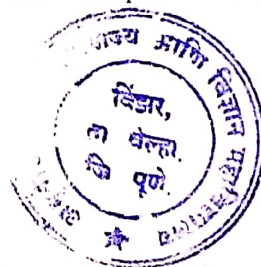
Preamble:

A One day workshop on Stress Management has been conducted on 12th June 2021, at Amruteshwer Arts commerce and Science College, Vinzar in order to manage stress formed due to Covid 19 pandemic among the tribal people living in Pune District of Maharashtra. This workshop has been sponsored by Department of Physical Education and IQAC, Savitribai Phule Pune University, Pune.

Participant's Profile:

A total of 145 delegates from different states, namely, West Bengal and Madhya Pradesh were the key participants. Among 145 participants 72 were female and 73 were men participants.

With the encouragement and support from the Samaj Shikshan Mandal Vinzar's, department of IQAC and Department Of Physical Education, Vinzar college jointly organized a **One Day National Level** webinar on "**Stress Management**" on 12th June 2021 at 10:30 AM. Around 145 participants comprising of Principals, Professors, Associate Professors, Assistant Professors and IQAC coordinators of Affiliated Colleges from various Colleges and Universities all over India especially West Bengal, Delhi and Rajasthan participated in this webinar. The event started with an inaugural address by Prof.Santosh Limhan, Principal, Amruteshwar Arts,Commerce and Science College, Vinzar. Dr. Sanjeev Late extended his warm welcome to the participants and Resource Persons of the Webinar. He also appreciated the efforts made by Department of Physical Education to improve the quality of Sports Participation in Vinzar., He narrated the working of IQAC, Department of Physical education and informed that the IQAC is making its rigorous efforts to boost the quality of teaching, research and learning in the Vinzar College. Welcome address by Dr.Dongare, Head IQAC Department welcomed all participants and Introduces Co-Chairperson Dr.Ritesh Wangwad and Chairperson Dr.Sharad Magar sir .first

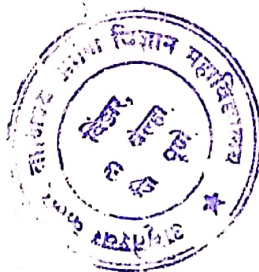


session speaker Dr. Mahesh Khetmalis sir, Associate professor, Vishwa Bharati, West Bengal appreciated the efforts of Dr. Shendkar and Vinzar College and then briefed about the key components of the Stress recognizes and rehabilitation process through Physical Activity. He also describe on ensuring quality in stress rehabilitation. Suggest a training programme for Participant for being accountable and improving constantly. He stated that Stress Management should be innovative practices in curriculum as per the needs of their students. Further, he elaborated being a lifelong learner.

Second session Welcome address by Dr. Parmeshwar Gadkar Co-Chairperson Dr. Rupesh Thopte and Chairperson Dr. Dyaneshwar Chimate Second session speaker Dr. Deepak Shendkar, Director of Physical Education on 12 th Jun 2021 at 12:15

Dr. Deepak Shendkar gave a detailed presentation on Stress symptom, disorder and causes. He highlighted about the human values and how to manage stress, use facilitates and few technique for stress management. He also discussed the statistics with regards to these stress factors. While keeping in mind the diversity of stress in the Indian context, He further highlighted the importance of going through stress remedies for better understanding.

Later, Co-Chairperson Dr. Rupesh Thopte and Chairperson Dr. Dyaneshwar Chimate sir responded to the Questions and doubts raised by the participants. The session was concluded by a vote of thanks from Dr. Sheetal Shendkar. She expressed special gratitude to the Chairperson and Co-Chairperson both session and speaker for their informative and useful presentations. she also expressed gratitude to the participant, administration for their constant encouragement and support in conducting the Webinar, the IQAC team and Vinzar College for hosting the event and participants in making the Webinar a grand success.



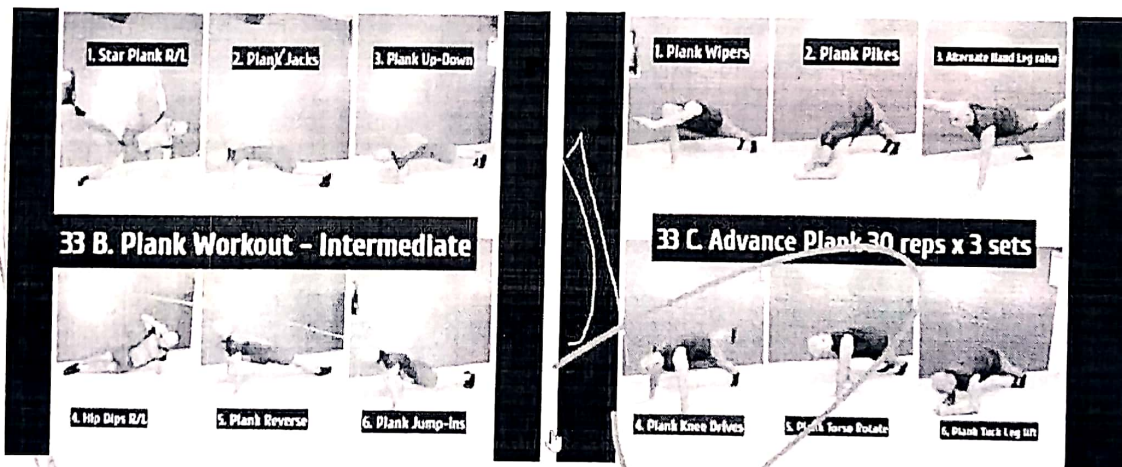
1. Welcome address by Dr.Sanjeev Late sir



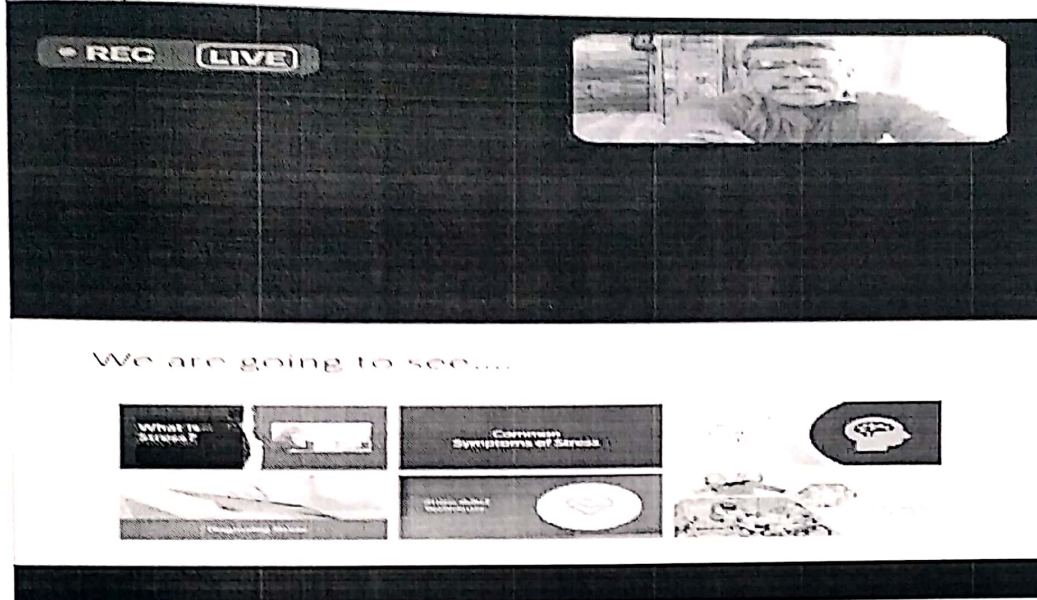
2. Dr. Mahesh Khetmalis share some exercise for stress management.

Planks

24



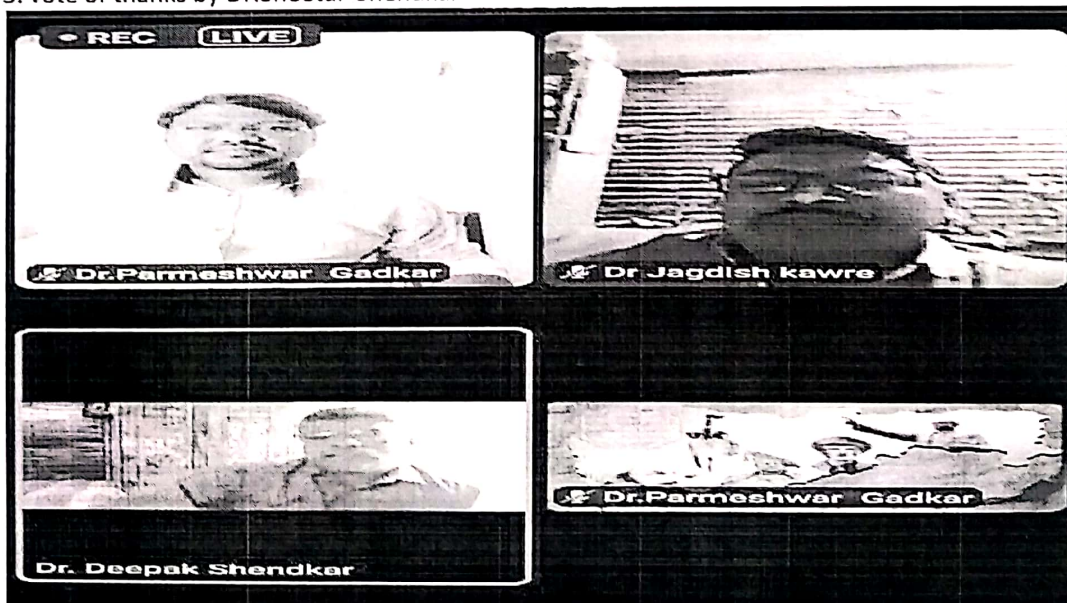
3. Dr. Deepak Shendkar



4. Management address by Nandkumar Sagar sir



5. vote of thanks by Dr. Sheetal Shendkar



Principal
Amruteshwar Arts, Commerce & Science
College, Vinzar, Tal. Velha, Dist. Pune.

Activity Report
(2021-22)

i. Basic Information

Name of the Activity: Celebration of International Yoga Day			
Dates	Faculty	Department	Coordinator Name and Phone No
21 st June 2021	All	NSS and Sports	Dr. P.S. Gadkar, Dr. R. V. Wangwad
Time: 08.30 am	Venue: Campus	College	Activity for Class: FY, SY, TY, B.A. B. Com., B. Sc. Number Participant: 45
			Nature: Academic, Co-curricular, Extension

ii. Brief Information about the Activity

Topic/Subject of the Activity	Celebration of International Yoga Day
Objective for conducting the activity	To enhance the physical and mental health through yoga
Methodology	Demonstration
Outcome	The participants influence and motivated by the lecture.

iii. Proofs attached: letters/ student list of participation/ certificate/ document/photos/ any other

1. Notice	2. List of Participants	3. Report
4. Photos		





**SAMAJ SHIKSHAN MANDAL'S
AMRUTESHWAR ARTS, COMMERCE &
SCIENCE COLLEGE**



At Post Vinzar, Tal. – Velhe, Dist. – Pune. 412 213

[ID NO. PU/PN/AC 121 / (1997)]

NAAC REACREDITATION 'B'

Email – amruteshwar13@gmail.com

website:

Amruteshwar.com

Date : 20 /06/2021

Notice

All the NSS volunteers are hereby informed that the NSS Unit of Amruteshwar college, in association with Physical Education and Sports Department, is observing “International Yoga Day” on Friday, 21st June 2021 at 8.30 am to 9.30 am in the College assembly. The attendance for the said programme is compulsory.



Principal
Amruteshwar Arts, Commerce & Science
College, Vinzar, Tal. Velhe, Dist. Pune



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NAAC REACREDITATION 'B'

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Amruteshwar.com

Date : 16 /06/2021



SAMAJ SHIKSHAN MANDAL'S
**AMRUTESHWAR ARTS, COMMERCE
AND SCIENCE COLLEGE**

Vinzar, Taluka - Velhe, Dist - Pune-412213

Department of IQAC
Department OF N.S.S and
Department of Physical Education
Jointly Organizes



International Yoga day
21 June 2021



Speaker
Mr. Manoj Tapre



PRESIDENT OF PROGRAM

Dr. SANJEEV LATE

Principal

Dr. Mahadev Dongare
IQAC Head

Dr. Sheetal Shendkar
Department of Physical Education

Dr. Parmeshwar Gadkar

Dr. Ritish Wangwad
N.S.S Program Officers





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At Post Vinzar, Tal. – Velhe, Dist. – Pune. 412 213

[ID NO. PU/PN/AC 121 / (1997)]

NAAC REACREDITATION 'B'

website:

Email – amruteshwar13@gmail.com

Amruteshwar.com

Date : 21 / 06/2021

Report

On 21st June 2021, International Yoga Day was celebrated at Amruteshwar College. This event was conducted by the NSS unit of the college. 45 students and 25 teaching and non-teaching staff participated in this event. The event commenced at 8.30 am, some instructions and inspiring advice was given by the YOGA instructors Mr. Manoj Tapre who had tutored these young students at the camp. Numerous form of diverse yog asanas were then executed by the yoga practitioners. After an hour of continual Yoga which included asanas like Tarasan, Vrukshasan, Kapalbhati etc the practitioners were asked to rest. The chief guest of the event Dr. Sanjeev Late principal shared his thoughts on the importance and benefits of practising yoga daily. He shared his experience of how this momentous day is celebrated internationally and recognized as a day of great importance across the globe. At the end of the event all the practitioners, spectators as well the dignitaries were asked to perform a few light exercises along with the instructors. The event was concluded by a chorus of Vande Mataram across the hall.





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[ID NO. PU/PN/AC 121 / (1997)]

NAAC

REACREDITATION 'B'



Email – amruteshwar13@gmail.com

website:

Amruteshwar.com

Date : 21/6/2021

International Yoga Day,
Attendance.

Sr.No.	Student Name	
1	RAMESH JANU AKHADE	<u>Raj</u>
2	AKSHADA ANANTA GAIKWAD	<u>Akhada</u>
3	PANDURANG SAMA DHEBE	<u>PS Dhebe</u>
4	MONIKA SANTOSH THOPATE	<u>Thopate</u>
5	PRAJAKTA SHANKAR WALGUDE	<u>Hmugde</u>
6	SANDHYA SATISH THITE	<u>Thite</u>
7	PRATIKSHA CHANDRKANT WALGUDE	<u>Walgude</u>
8	DHANASHRI TANAJI RENUSE	<u>Renuse</u>
9	HARSHADA BAJIRAO WALGUDE	<u>H B Walgud</u>
10	SUMAN MARUTI KHATPE	<u>Sumark</u>
11	POOJA SAMPAT PAWAR	<u>Pawar</u>
12	SUNITA VITTHAL KACHARE	<u>Kachare</u>
13	PRACHI SANTOSH THITE	<u>Prachi</u>
14	ADITYA VIJAYKUMAR SHILIMKAR	<u>Aditya</u>
15	MAYUR VILAS GAIKWAD	<u>am km</u>
16	TEJASHREE SANJAY SONDKAR	<u>Sondkar</u>
17	HRITURAJ AJIT SHILIMKAR	<u>Shilimkar</u>
18	KARISHMA SHRIRANG BHOSALE	
19	ABHISHEK SHRIKANT PAWAR	<u>Pawar</u>
20	PRATIK ROHIDAS DIGHE	
21	MAYA KAILAS JADHAV	
22	YASH SHANKAR DHARPALE	<u>Yash</u>
23	PALLAVI ASHOK LIMHAN	
24	VIJAY SANJAY GAIKWAD	<u>GaiKWAD</u>
25	TEJAS SANTOSH SHILIMKAR	
26	BHAVANA GOUTAM KAMBLE	<u>Bhavana</u>
27	ROHINI RAMA DHEBE	
28	PRATIKSHA SHANKAR RENUSE	
29	JYOTI ANANTA RENUSE	<u>Jyoti</u>
30	ABHISHEK SUNIL SAPKAL	



31	KIRTI VASANT MASURKAR	
32	Komal RAMDAS PAWAR	
33	PRIYANKA VITTHAL KOKATE	
34	AKANKSHA PRAMOD DASAWADKAR	
35	ALISHA ASLAM SHAIKH	
36	JYOTSNA DILIP MANGADE	
37	ARATI SANJAY KODTIKAR	A S Kachitkar
38	SANDHYA KISHOR JAGTAP	
39	NUTAN DATTATRAY YADAV	
40	KAJAL BALU MAHALE	M. K. B.
41	GAURI ANANTA MANE	
42	MAYURI SHANKAR BHARAM	am
43	PRATHAMESH RAHUL JADHAV	P A Jadhav
44	BHAGYASHRI RAMESH ADHAWADE	
45	EKANT BALASAHEB VEER	yeeet
46	AKSHAY WAMAN KHEDKAR	
47	PRATIK SANTOSH MANE	Maneps
48	MAYUR BALU TAMKAR	Tamkar
49	RUTIKA DIPAK MORE	More
50	RAJ TANAJI JADHAV	
51	AVDHUT SHIVAJI HANDE	HAS
52	OMKAR NATHU SABLE	Sable
53	AISHWARYA SUBHASH LIMHAN	Limhan
54	SACHIN DILIP PAWAR	
55	NITA SOPAN GAIKWAD	Gaekwad
56	AKSHADA ROHIDAS BHOSALE	Bhosale
57	VINAYAK RAMDAS GAIKWAD	VR Gaekwad
58	RASIKA KISAN MANE	
59	PRAJAKTA PRAKASH KAMBLE	
60	TANUJA SURESH BHARAM	T. S Bharam
61	SRUSHTI VINAYAK KHAIRE	Shrestha
62	ANKITA SUNIL WALGUDE	
63	RUTUJA SANDIP JUGDHAR	R. S. Jadhav
64	TEJAS ANANTA DAMGUDE	
65	AKSHAY SANJAY THITE	
66	SUPRIYA BALU BHIKULE	Bhikule
67	SALONI SANJAY BADHE	Bhale
68	PRATIKSHA ROHIDAS WALGUDE	Walgude
69	SUJIT PANDIT UPHALE	
70	SAYALI TUKARAM JADHAV	S. T. Jadhav
71	SUSHAMA BALU DHEBE	
72	PRAMOD LAXMAN GIRANJE	
73	VINAYAK KISAN KADAM	
74	MAYURI SANDIP GAIKWAD	Gaekwad
75	ASHA SITARAM BADHE	





Students performing Yoga on International Yoga Day 2021



International Yoga Day -2021



Activity Report
(2020-21)

i. Basic Information

Name of the Activity: International Yoga Day			
Dates	Faculty	Department	Coordinator Name and Phone No
21 st June 2020	All	NSS	Dr. P.S. Gadkar (Kamble)/ Dr. R. V. Wangwad
Time: 10.30 am	Venue: Online Mode	Activity for Class: FY, SY, TY, B.A. B. Com., B. Sc. Number Participant:34	Nature: Academic, Co- curricular, Extension

ii. Brief Information about the Activity

Topic/Subject of the Activity	International Yoga Day
Objective for conducting the activity	To Celebrate International Yoga Day
Methodology	Demonstration and Discussion
Outcome	The participants got motivated by the yoga

iii. Proofs attached: letters/ student list of participation/ certificate/ document/photos/ any other

1. Notice	2. List of Participants	3. Report
4. Photos/Screen Shots	5.	



Workshop on Yoga and Heartfulness Meditation





"Sarva Shreshtha Dan Vidya Dan"

Samaj Shikshan Mandal Vinzar's

AMRUTESHWAR ARTS, COMMERCE & SCIENCE COLLEGE, VINZAR

At Post Vinzar, Tal. Velha, Dist. Pune. Pin No. 412213 Telefax : 02130 - 232323

[ID No. PU/PN/AC 121/(1997)]

Principal

Dr. Sanjeev Late

M.A., M.Phil., GDC&A., Ph.D.

NAAC Reaccredited - B

Email : amruteshwar13@gmail.com

Website : amruteshwar.com

Ref. : A.A.C.S.C./ /20

Date : / / 20

Activity Report

(2020-21)

i. Basic Information

Name of the Activity: National Level Webinar on "Scientific Tools to Boost Immunity and Mental Health".			
Dates	Faculty	Department	Coordinator Name and Phone No
6 th to 10 th July 2020	All	Science	Dr. S. T. Mane
Time: Demonstration: 7 am Talk: 11 am	Venue: Online Mode	Activity for Class: FY, SY, TY, B.A. B. Com., B. Sc. Number Participant:1400	Nature: Academic, Co-curricular.

ii. Brief Information about the Activity

Topic/Subject of the Activity	National Level Webinar on "Scientific Tools to Boost Immunity and Mental Health".
Objective for conducting the activity	To enhance the physical and mental health through yoga. To improve and boost immunity and mental health during pandemic.
Methodology	PowerPoint Presentation and discussion
Outcome	The participants influence and motivated by the demonstration sessions. The participants got aware about the importance of healthy practices for the develop immunity during pandemic.

iii. Proofs attached: letters/ student list of participation/ certificate/ document/photos/ any other

1. Brochure	2. List of Participants	3. Invitation Letter
4. Report	5. Photos/Screen Shots	6. Certificate



AMRUTESHWAR ARTS, COMMERCE & SCIENCE COLLEGE, VINZAR

At Post Vinzar, Tal. Velha, Dist. Pune. Pin No. 412213 Telefax : 02130 - 232323

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Principal

Dr. Sanjeev Late

M.A., M.Phil., GDC&A., Ph.D.

Email : amruteshwar13@gmail.com

Website : amruteshwar.com

Ref. : A.A.C.S.C./19/7/2020

Date : 22/07/2020

To,
Dr. Digamber Mokate,
Department of Botany,
Savitribai Phule Pune University, Pune.

Subject: About Invited talk in the National Level Webinar.....

Respected Sir,

With reference to above cited subject, IQAC & Department of Science Amruteshwar Arts, Commerce and Science College, Vinzar, Velha, Pune, organizes the Five Days National Level Webinar on "Scientific Tools to Boost Immunity and Mental Health" during 06th to 10th July 2020. We request you to deliver a invited talk in the area of your expertise related to the subject "Immunity Boosting Food" on 9th July 2020 at 11.00 a.m to 12.00 noon. Your co-operation is highly appreciated in this regards.

Thank you.

Surond
Coordinator

[Signature]
Principal
Amruteshwar Arts, Commerce & Science
College, Vinzar, Tal. Velha, Dist. Pune.





"Sarva Shreshtha Dan Vidya Dan"

Samaj Shikshan Mandal Vinzar's

AMRUTESHWAR ARTS, COMMERCE & SCIENCE COLLEGE, VINZAR

At Post Vinzar, Tal. Velha, Dist. Pune. Pin No. 412213 Telefax : 02130 - 232323

[ID No. PU/PN/AC 121/(1997)]

Principal

Dr. Sanjeev Late

M.A., M.Phil., GDC&A., Ph.D.

NAAC Reaccredited - B

Email : amruteshwar13@gmail.com

Website : amruteshwar.com

Ref. : A.A.C.S.C./19/2020

Date 02/07/2020

To,
Dr. Suman Pande.
Department of Physical Education,
Savitribai Phule Pune University, Pune.

Subject: About Invited talk in the National Level Webinar.....

Respected Sir,

With reference to above cited subject, IQAC & Department of Science Amruteshwar Arts, Commerce and Science College, Vinzar, Velha, Pune, organizes the Five Days National Level Webinar on "Scientific Tools to Boost Immunity and Mental Health" during 06th to 10th July 2020. We request you to deliver a invited talk in the area of your expertise related to the subject "Physical Exercise for Healthy Life style & Immunity Boosting" on 10th July 2020 at 11.00 a.m to 12.00 noon. Your co-operation is highly appreciated in this regards.

Thank you.

[Signature]
Coordinator

[Signature]

Principal

Principal

**Amruteshwar Arts, Commerce & Science
College, Vinzar, Tal. Velha, Dist. Pune.**



AMRUTESHWAR ARTS, COMMERCE & SCIENCE COLLEGE, VINZAR

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[ID No. PU/PN/AC 121/(1997)]

NAAC Reaccredited - B

Principal

Dr. Sanjeev Late

M.A., M.Phil., GDC&A., Ph.D.

Email : amruteshwar13@gmail.com

Website : amruteshwar.com

Ref. : A.A.C.S.C./27/20

Date : 11/07/2020

To,
Dr. Digamber Mokate
Department of Botany,
Savitribai Phule Pune University, Pune

Subject: Letter for Appreciation.

Respected Sir,

We are writing this letter to extend my heartiest appreciation towards you for delivering such a wonderful lecture at **Five Days National Level Webinar on "Scientific Tools to Boost Immunity and Mental Health"** organised by **IQAC & Amruteshwar Arts, Commerce & Science College, Vinzar** on **9th July 2020**. We truly appreciate the way you have cleared everybody's doubts and it was to my amazement when I came to know that you have made lot of contributions in the field of **"Immuniting Boosting Food"**. We, once again, would like to thank you and also appreciate you for your hard work and hope to get a chance to meet you again. We wish you a success in the field of scientific research ahead.

Yours sincerely

Amruteshwar
Coordinator



[Signature]

Principal

Principal

Amruteshwar Arts, Commerce & Science
College, Vinzar, Tal. Velha Dist. Pune

"Sarva Shreshtha Dan Vidya Dan"

Samaj Shikshan Mandal Vinzar's

AMRUTESHWAR ARTS, COMMERCE & SCIENCE COLLEGE, VINZAR

At Post Vinzar, Tal. Velha, Dist. Pune. Pin No. 412213 Telefax : 02130 - 232323

[ID No. PU/PN/AC 121/(1997)]

NAAC Reaccredited - B

Principal

Dr. Sanjeev Late

M.A., M.Phil., GDC&A., Ph.D.

Email : amruteshwar13@gmail.com

Website : amruteshwar.com

Ref. : A.A.C.S.C./19/2020

Date : 02/07/2020

To,
Adv. Shreekant Patankar.
Anandahram Khopoli, Raigad .

Subject: About Invited talk in the National Level Webinar.....

Respected Sir,

With reference to above cited subject, IQAC & Department of Science Amruteshwar Arts, Commerce and Science College, Vinzar, Velha, Pune, organizes the Five Days National Level Webinar on "Scientific Tools to Boost Immunity and Mental Health" during 06th to 10th July 2020. We request you to deliver a invited talk in the area of your expertise related to the subject "Tackling of Fear of COVID-19" on 6th July 2020 at 11.00 a.m to 12.00 noon. Your co-operation is highly appreciated in this regards.

Thank you.

Amruteshwar
Coordinator



Amruteshwar
Principal
Amruteshwar Arts, Commerce & Science
College, Vinzar, Tal. Velha, Dist. Pune.





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M.A., M.Phil., GDC&A., Ph.D.

Email : amruteshwar13@gmail.com

Website : amruteshwar.com

Ref. : A.A.C.S.C./27/2020

Date : 11/07/2020

To,
Adv. Shreekant Patankar.
Khopoli, Raigad.

Subject: Letter for Appreciation.

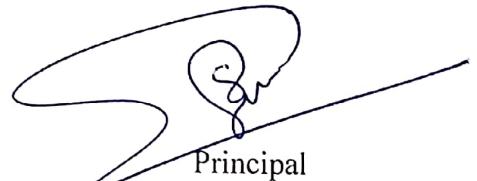
Respected Sir,

We are writing this letter to extend my heartiest appreciation towards you for delivering such a wonderful lecture at Five Days National Level Webinar on "Scientific Tools to Boost Immunity and Mental Health" organised by IQAC & Amruteshwar Art's, Commerce & Science College, Vinzar on 6th July 2020. We truly appreciate the way you have cleared everybody's doubts and it was to my amazement when I came to know that you have made lot of contributions in the field of "Tackling of fear of COVID-19". We, once again, would like to thank you and also appreciate you for your hard work and hope to get a chance to meet you again. We wish you a success in the field of scientific research ahead.

Yours sincerely


Coordinator




Principal
Principal
Amruteshwar Arts, Commerce & Science
College, Vinzar, Tal. Velha Dist. Pune





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Principal

Dr. Sanjeev Late

M.A., M.Phil., GDC&A., Ph.D.

Email : amruteshwar13@gmail.com

Website : amruteshwar.com

Ref. : A.A.C.S.C./19/2020

Date 02/07/2020

To,
Dr. Bhakti Ware.
Pune.

Subject: About Invited talk in the National Level Webinar.....

Respected Sir,

With reference to above cited subject, IQAC & Department of Science Amruteshwar Arts, Commerce and Science College, Vinzar, Velha, Pune, organizes the Five Days National Level Webinar on "Scientific Tools to Boost Immunity and Mental Health" during 06th to 10th July 2020. We request you to deliver a invited talk in the area of your expertise related to the subject "Mental Health" on 7th July 2020 at 11.00 a.m to 12.00 noon. Your co-operation is highly appreciated in this regards.

Thank you.

Amund.
Coordinator

[Signature]
Principal

Principal
Amruteshwar Arts, Commerce & Science
College, Vinzar, Tal. Velha, Dist. Pune.





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Samaj Shikshan Mandal Vinzar's

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Principal

Dr. Sanjeev Late

M.A., M.Phil., GDC&A., Ph.D.

Email : amruteshwar13@gmail.com

Website : amruteshwar.com

Ref. : A.A.C.S.C./27/2020

Date : 11/07/2020

To,
Dr. Bhakti Ware.
Pune.

Subject: Letter for Appreciation.

Respected Sir,

We are writing this letter to extend my heartiest appreciation towards you for delivering such a wonderful lecture at **Five Days National Level Webinar on "Scientific Tools to Boost Immunity and Mental Health"** organised by **IQAC & Amruteshwar Art's, Commerce & Science College, Vinzar** on **7th July 2020**. We truly appreciate the way you have cleared everybody's doubts and it was to my amazement when I came to know that you have made lot of contributions in the field of **Mental Health**. We, once again, would like to thank you and also appreciate you for your hard work and hope to get a chance to meet you again. We wish you a success in the field of scientific research ahead.

Yours sincerely


Coordinator




Principal
Amruteshwar Arts, Commerce & Science College, Vinzar, Tal. Velha Dist. Pune



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Dr. Sanjeev Late

M.A., M.Phil., GDC&A., Ph.D.

Email : amruteshwar13@gmail.com

Website : amruteshwar.com

Ref. : A.A.C.S.C./19/2020

Date : 02/07/2020

To,

Mrs. Vidya Dongare.

Khopoli, Dist-Raigad.

Subject: About Invited talk in the National Level Webinar.....

Respected Sir,

With reference to above cited subject, IQAC & Department of Science Amruteshwar Arts, Commerce and Science College, Vinzar, Velha, Pune, organizes the Five Days National Level Webinar on "Scientific Tools to Boost Immunity and Mental Health" during 06th to 10th July 2020. We request you to deliver a invited talk in the area of your expertise related to the subject "Yoga & Immunity" on 8th July 2020 at 11.00 a.m to 12.00 noon. Your co-operation is highly appreciated in this regards.

Thank you.

Amruteshwar
Coordinator

Principal
Amruteshwar Arts, Commerce & Science
College, Vinzar, Tal. Velha, Dist. Pune.



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Email : amruteshwar13@gmail.com

Website : amruteshwar.com

Ref. : A.A.C.S.C./27/2020

Date : 11/07/2020

To,
Mrs. Vidya Dopngare.
Khopoli, Raigad.

Subject: Letter for Appreciation.

Respected Sir,

We are writing this letter to extend my heartiest appreciation towards you for delivering such a wonderful lecture at Five Days National Level Webinar on "Scientific Tools to Boost Immunity and Mental Health" organised by IQAC & Amruteshwar Art's, Commerce & Science College, Vinzar on 8th July 2020. We truly appreciate the way you have cleared everybody's doubts and it was to my amazement when I came to know that you have made lot of contributions in the field of "Yoga & Immunity". We, once again, would like to thank you and also appreciate you for your hard work and hope to get a chance to meet you again. We wish you a success in the field of scientific research ahead.

Yours sincerely

Amruteshwar
Coordinator



Amruteshwar
Principal
Amruteshwar Arts, Commerce & Science
College, Vinzar, Tal. Velha Dist. Pune



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Principal

Dr. Sanjeev Late

M.A., M.Phil., GDC&A., Ph.D.

Email : amruteshwar13@gmail.com

Website : amruteshwar.com

Ref. : A.A.C.S.C./27/20

Date : 11/07/2020

To,
Dr. Suman Pande.
Department of Physical Education,
Savitribai Phule Pune University, Pune.

Subject: Letter for Appreciation.

Respected Sir,

We are writing this letter to extend my heartiest appreciation towards you for delivering such a wonderful lecture at **Five Days National Level Webinar on "Scientific Tools to Boost Immunity and Mental Health"** organised by **IQAC & Amruteshwar Arts, Commerce & Science College, Vinzar** on 10th July 2020. We truly appreciate the way you have cleared everybody's doubts and it was to my amazement when I came to know that you have made lot of contributions in the field of **"Physical Exercise for Healthy Life Style & Immunity Boosting"**. We, once again, would like to thank you and also appreciate you for your hard work and hope to get a chance to meet you again. We wish you a success in the field of scientific research ahead.

Yours sincerely


Coordinator




Principal
Amruteshwar Arts, Commerce & Science College, Vinzar, Tal. Velha Dist. Pune



Report of Five day national on "Scientific Tools to Boost Immunity and Mental Health"

Faculty of Science in association with IQAC depart has organised Five Days National Webinar on "Scientific Tools to Boost Immunity and Mental Health" during 6th to 10th July 2020. The webinar was organised in two sessions i.e. session one in the morning was training and practicing session and in the afternoon session there was lecture delivered by the eminent persons from the respective discipline. The total 1400 participants were registered for the webinar across the country. The webinar was conducted on Zoom platform and broadcasted on the college Youth tube Channel.

Day One: The webinar was induced with the training session in the morning. The session was conducted by the Prof. Manojkumar Tapare (Yoga Teacher). The webinar was inaugurated by the Principal Nandkumar Sagar, Director, Samaj Shikshan Mandal Vinzar. He talked about the importance of the mental health and the immunity. The programme was chaired by the Principal Dr. Sanjeev Late. After, the innogration, the talk-1 on "Tackling Fear of Covid-19" was delivered by the Mr. Shrikant Patankar, DYCT, Khopoli.

Day Two: The day two of the webinar was started with the training session in the morning. The session on "Joint opening exercise" was conducted by the Prof. Manojkumar Tapare (Yoga Teacher). In the second session the talk-2 on "Mental Health" was delivered by the Dr. Bhakti Ware, Psychiatrist, DYCT, Khopoli.


Day Three: The day three of the webinar was started with the training session in the morning. The session on Basic Stretching exercise and Suryamskar Part-1 was conducted by the Prof. Manojkumar Tapare (Yoga Teacher). In the second session the talk-3 on "Yoga and Immunity" was delivered by the Mr. Shrikant Patankar and Mrs. Vidhya Dongare, DYCT, Khopoli.

Day Four: The day four of the webinar was started with the training session in the morning. The session on "Basic Stretching exercise and Suryamskar Part-2" was conducted by the Prof. Manojkumar Tapare (Yoga Teacher). In the second session the talk-4 on "Immunity Boosting Food" was delivered by the Prof. Digamber Mokat, Department of Botany SPPU, Pune.

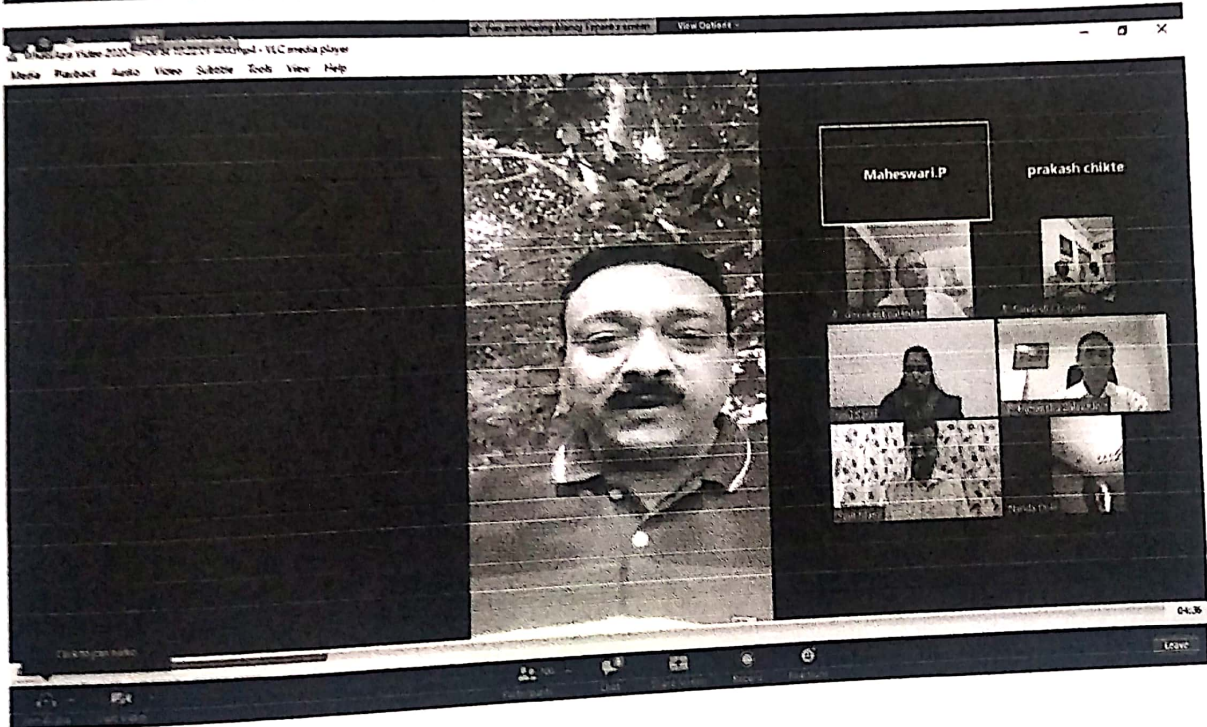
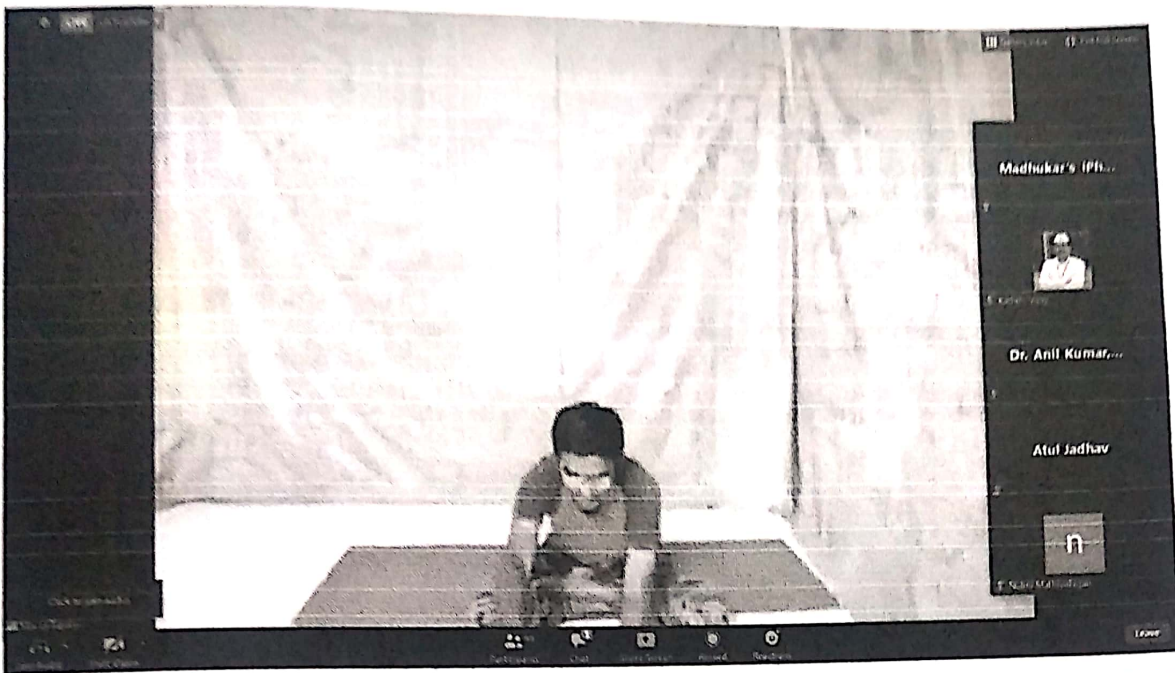
Day Five: The day five of the webinar was started with the training session in the morning. The session on "Breathing meditation and relaxation techniques and Suryamskar Part-3" was conducted by the Prof. Manojkumar Tapare (Yoga Teacher). In the second session the talk-5 on "Physical exercise for healthy life style" was delivered by the Dr. Suman Pandye, Department of Physical Education, SPPU, Pune.

The programme was concluded with the feedback of the participants. The programme was anchored by the Mrs. Jyoti Bhate and Sujitkumar Mane, the technical support were provided by the Dr. Rahul Kamble and Prakash Chikte. Vote of thanks were expressed by the Dr. Deepak Shelke. All the teaching and Non-teaching staff contributed for the success of the webinar.




Principal
Amruteshwar Arts, Commerce & Science
College, Vinzar, Tal. Velha, Dist. Pune.





YouTube interface showing a live video titled "Day 2 (Session 1) Five Days National Webinar on 'Scientific tools to boost Immunity & Health'". The video is being watched by 22 people. The top chat shows several messages from viewers, including "Good morning to all of you", "Good morning to everyone", "good morning", "yes", "Good morning", "Very good morning to all", "good morning everyone", "good morning Sir", "good morning sir", "good morning to all", and "Good morning". The video player shows a person speaking in a Zoom meeting. The interface includes a search bar, a top chat section, and a video player with controls.

Day 2 (Session 1) Five Days National Webinar on "Scientific tools to boost Immunity & Health"

22 watching now · Started streaming 21 minutes ago

Like 4 Dislike 0 Share Save

Up next

AUTOPLAY

MSM Morning Puja Darshan - 7

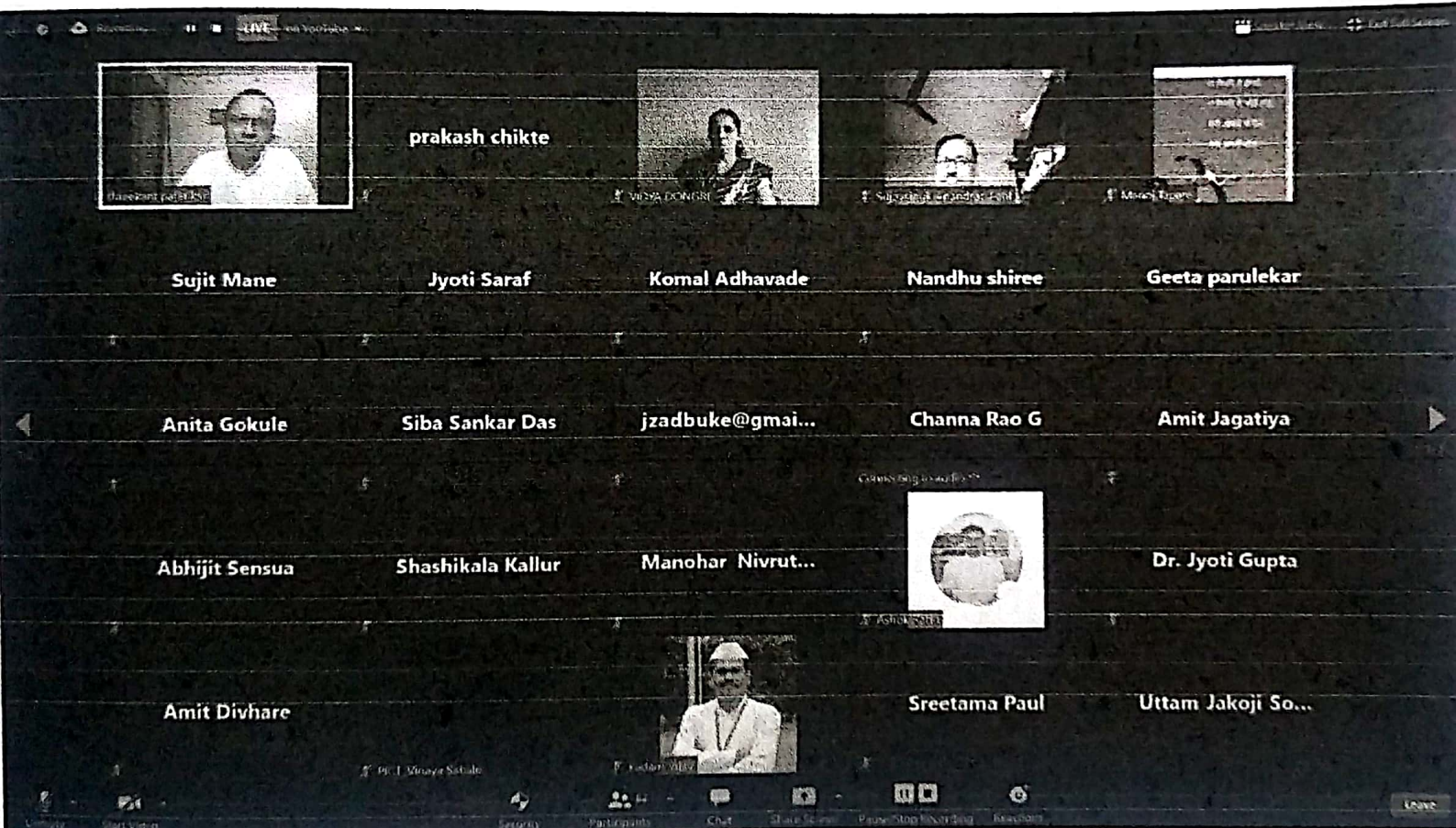
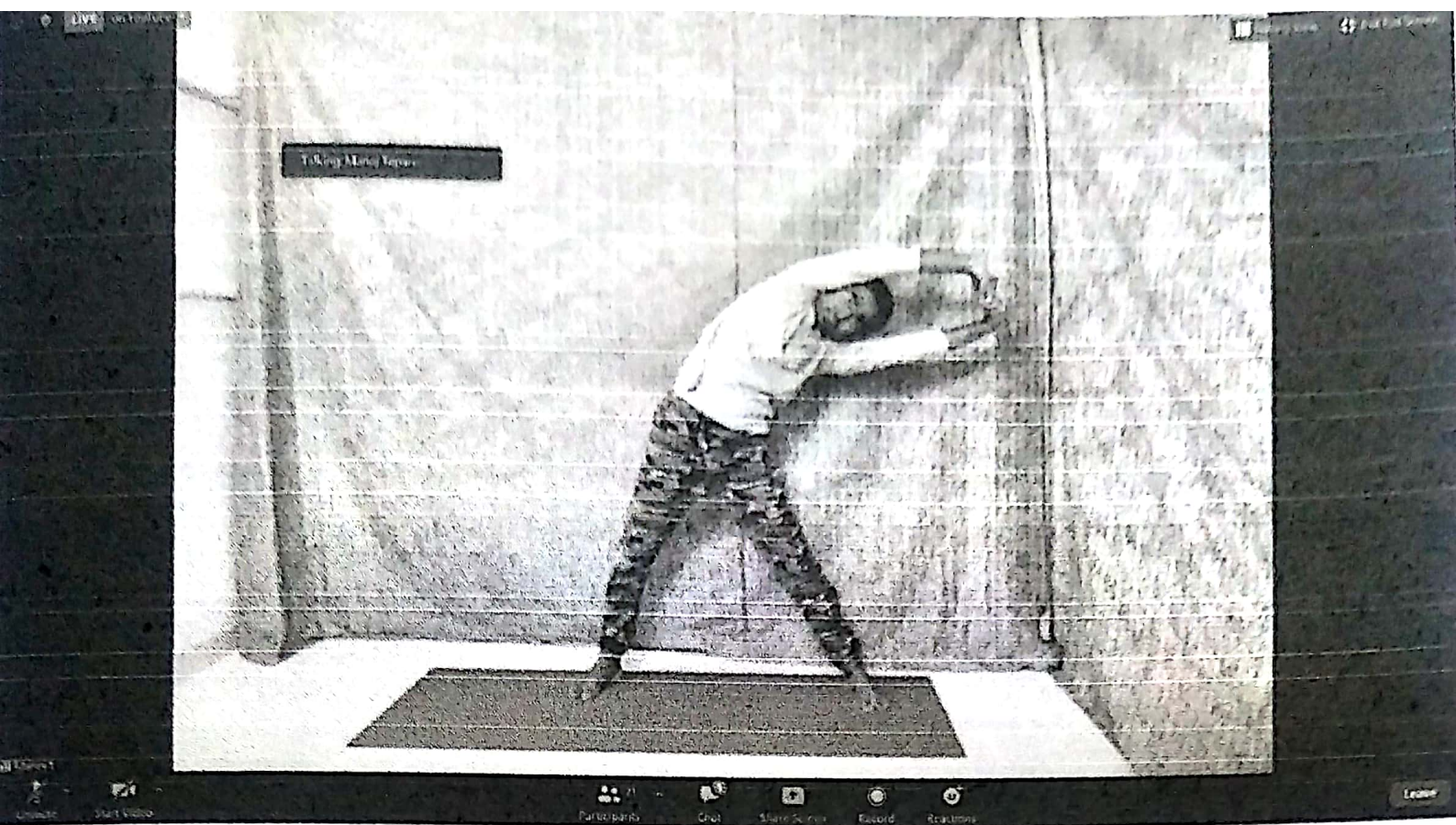
Manoj Tapan

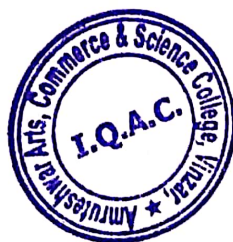
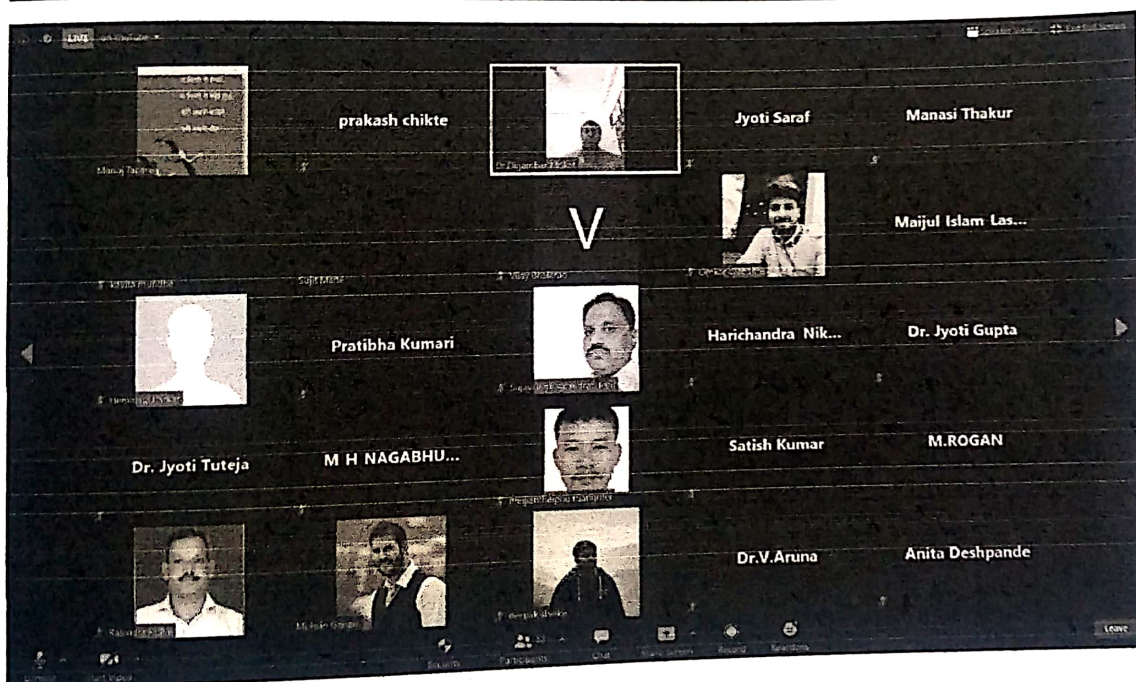
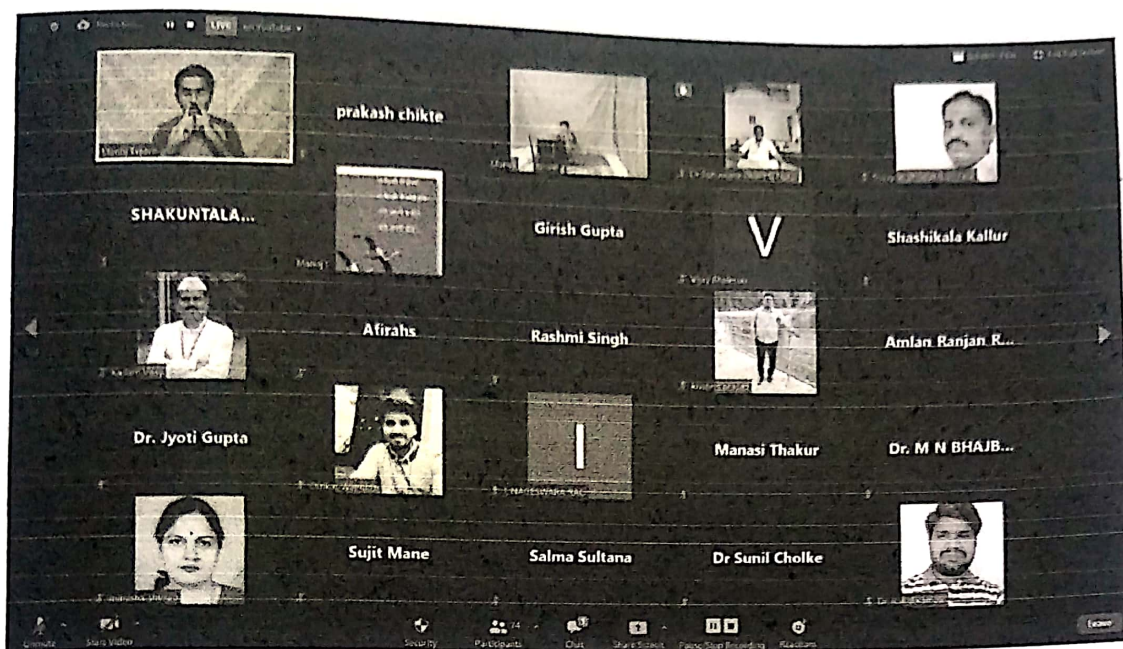
Type here to search

Zoom meeting interface showing a grid of participants. The participants are arranged in a grid, with their names and profile pictures visible. The participants include:

- prakash chikte
- Galaxy Grand Pr...
- Dr. Jyoti Tuteja
- M H NAGABHU...
- Govind Vage
- M.Pushpalatha
- Swati Sharma
- Sujit Mane
- Sreetama Paul
- Nabila M R
- Uttam Jakoji So...
- Sonia Slathia
- Dr. Jyoti Gupta
- Rajendra Sabale
- DR.ASHOK SAS...
- Neha Katyal
- Realme 2 Pro

The interface includes a top bar with a search bar and a bottom bar with controls for video, chat, and other meeting functions.





Timestamp	Email Address	Name	Designation	Institute Name	Name of Department	Name of University	Mobile N
7/3/2020 13:54:39	sanjaygiri2005@gmail.com	Sanjay Pralhad Giri	Teacher	Padmashri Vikhe Patil Co Botany		SPPU PUNE	
7/3/2020 13:54:54	debasisrath087@gmail.com	DEBASIS RATH	Teacher	EMRS SIRIGUDA RAYAG SCIENCE		BERHAMPUR UNIVERSITY	
7/3/2020 13:54:56	yahyaalquhali2015@gmail.com	Mr. Yahya Ali Saleh Al-Qu	Research Scholar	.	English Department	Dr. B. A. M. University	
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7/3/2020 13:59:37	ket151998@gmail.com	Ketaki Madhukar Bari.	Student	Nowrosjee wadia college, Analytical chemistry.		Savitribai Phule Pune Uni	0880570
7/3/2020 14:00:21	suja parma@gmail.com	Dr. Sujata Mallikarjun	Lecturer	C. B. Degree College Bhamburda	Botany	GULBARGA UNIVERSITY	0910816
7/3/2020 14:01:05	drshrimathematics@gmail.com	Dr. Shrinath Manjarekar	Teacher	Loknete Vyankatrao Hiray	Mathematics	SPPU, Pune	0992279
7/3/2020 14:02:04	maulimore98@gmail.com	More Dnyaneshwar Shan	Student	Tuljaram Chaturchand col	Botany	Savitribai Phule Pune uni	
7/3/2020 14:02:49	vrindac40@gmail.com	Vrinda Shandil	Teacher	Government College Sarangpur	English	Himachal Pradesh Univer	
7/3/2020 14:03:44	shilpatil16@gmail.com	Dr. Shilpa Kishore Patil-BI	Teacher	Sahyadri Junior College E	Science	Mumbai	
7/3/2020 14:04:34	ankitadhotre11@gmail.com	Ankita Shrikant Dhotre	Student	Nowrosaji Wadia College	Chemistry	Savitribai Phule Pune Uni	
7/3/2020 14:05:02	abhayparmar489@gmail.com	Abhay Parmar	Student	Department of Life Science	Microbiology	Bhakti Kavi Narsinh Meh	+918735
7/3/2020 14:05:46	nandhinikannan1998@gmail.com	NANDHINI.K	Student	Madras Christian College	Botany	University of Madras	
7/3/2020 14:06:07	pradipsonawane68@gmail.com	Pradip pundalik sonawane	Teacher	Ncp mandala arts commerce	Botany	Poone	
7/3/2020 14:06:46	arunam23.19@gmail.com	Wakchaure Arun Lahanu	Teacher	Agasti Arts, Commerce ar	Chemistry	SPPU, Pune	
7/3/2020 14:07:37	paliwal.amit1905@gmail.com	Mr.Amit Kumar Paliwal	Teacher	Forte institute of technology	Chemistry	AKTU Lucknow	
7/3/2020 14:07:44	nehayelkar11@gmail.com	Gunwanti Narendra Yelka	Student	Prof.ramkrishna more arts	Department of botany	Savitribai phule Pune Uni	
7/3/2020 14:07:49	dhawale.dip@gmail.com	Dhawale Dipak sundar	Student	Nowrosjee Wadia College	Chemistry	Savitribai phule pune univ	
7/3/2020 14:07:50	shilpa20borawake@gmail.com	Shilpa Mahesh Mandlik	Teacher, Science instruct	Agastya International four	Academic	Mumbai University	0913721
7/3/2020 14:09:02	rahaneram9@gmail.com	Rahane Ramnath Nivrutti	Teacher	A.T.College, Bhore	Physics	Pune	
7/3/2020 14:10:30	princigupta13@yahoo.com	Dr. Princi Gupta	Teacher	Swami Vivekanand subhas	Management	Swami Vivekanand subha	
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7/3/2020 14:15:17	sonal.mahajan@dyipiu.ac	Dr. Sonal Mahajan	Teacher	D. Y. Patil International Un	Department of Biotechnol	S. Y. Patil International U	
7/3/2020 14:15:31	madhavo04@gmail.com	Mahadev Ramkisan Char	Teacher	Amruteswar Arts Comm	Botany	SPPU PUNE	



Timestamp	Email Address	Name	Deignation	Institute Name	Name of Department	Name of University	Mobile N
7/2/2020 16:18:31	snl.bhagat1@gmail.com	Mr. Bhagat Sunil Prabhak	Teacher	ADT's Shardabai Pawar	Botany	Savitribai Phule Pune Uni	0922652
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7/3/2020 12:07:27	mswankhade1106@gmail.com	Dr. Mahendra S. Wankha	Teacher	Sundarrao Solanke Maha	Botany	Dr. Babasaheb Ambedkar	
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7/3/2020 13:44:25	dadasobodare1989@gmail.com	Bodare Dadaso Bandu	Teacher	Arts and Commerce Colle	Hindi	Solapur University	
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7/3/2020 13:49:58	dmangesh924@gmail.com	Prof. Deshpande Manges	Teacher	Annasaheb Magar Mahav	Microbiology	SPPU,Pune	0989077
7/3/2020 13:50:36	amrutakadu1104@gmail.com	Amruta Laxman Kadu	Student	P.I.shroff college of art an	Bsc	Mumbai	
7/3/2020 13:51:53	sunitaveer5555@gmail.com	VEER SUNITA ROHIDAS	Teacher	Dada Patil College, Karja	Botany	Savitribai Phule Pune Uni	
7/3/2020 13:52:22	ak9661126@gmail.com	Anand Kumar	Teacher	Shivdan Singh institute of	Agricultural engineering	Abdul Kalam technical un	
7/3/2020 13:52:44	ajaykmr1986@gmail.com	AJAY KUMAR	Teacher	MEWAR INSTITUTE OF I	BIOTECHNOLOGY	CCS UNIVERSITY MEER	
7/3/2020 13:52:57	dsb14@rediffmail.com	Dr. D. S. Borade	Teacher	Ozar mig	Botany	S. P. P. U. Pune	
7/3/2020 13:53:03	geetaubale098@gmail.com	Gita Dattatray Ubale	Student	GES's arts commerce an	CBZ	Mumbai University	
7/3/2020 13:53:30	ayanbanik97@yahoo.com	Ayan Banik	Student	Coch Behar Government	EE	MAKAUT	
7/3/2020 13:53:30	umeshparte2821@gmail.com	Umesh parte	Student	Amdar shashikant shinde	Chemistry	Shivaji university	
7/3/2020 13:54:01	karekishor@gmail.com	Mr. Kishor Vitthal Kare	Teacher	Prof.Dr.N.D.Patil Mahavid	Chemistry	Shivaji University, Kolhap	
7/3/2020 13:54:01	kalpanamama97@gmail.com	KALPANA PANDA	Student	SAMBALPUR UNIVERSI'	ODIA LANGUAGE	SAMBALPUR UNIVERSI'	
7/3/2020 13:54:04	neetu.avni@gmail.com	Dr. NEETU SINGH	Teacher	MEWAR INSTITUTE OF I	BIOTECHNOLOGY	CCS UNIVERSITY MEER	
7/3/2020 13:54:26	mathigo10@gmail.com	Dr. S. Gomathi	Teacher	AVVM Sri Pushpam Colle	Botany	Bharathidasan University	
7/3/2020 13:54:28	rufedashaikh@gmail.com	Rufeda Abid Ali shaikh	Student	P.L.shroff college of Arts &	Bachelor of science	Mumbai university	





Samaj Shikshan Mandal's

Amruteshwar Arts, Commerce and Science College,

Vinzar, Tal-Velhe, Dist-Pune 412213

Affiliated to Savitribai Phule Pune University, Pune (MS) India

Five Days National Webinar On "Scientific Tools to Boost Immunity and Mental Health"

Organized by IQAC and Faculty of Science



E-Certificate of Participation

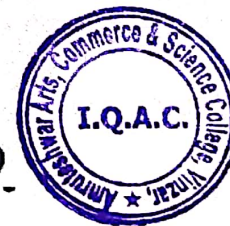


This is to certify that Mr/Ms/**Reshmi Bose, Central Institute of Technology , Kokrajhar , Assam** has participated in **Five Days National Webinar On "Scientific Tools to Boost Immunity and Mental Health"** held during **6th to 10th July 2020** organized by IQAC and Faculty of Science, Amruteshwar Arts, Commerce and Science College, Vinzar, Pune.

43CTNS-CE000677

Prof. Sujitkumar Mane

Prof. Vijay Kadam



Dr. Sanjeev Late
Principal



Activity Report
(2020-21)

i. Basic Information

Name of the Activity: Covid Awareness Programme			
Dates	Faculty	Department	Coordinator Name and Phone No
14 th July 2020	All	Science	Dr. R. D. Kamble
Time:	Venue: Online Mode	Activity for Class: FY, SY, TY, B.A. B. Com., B. Sc. Number Participant:400	Nature: Academic, Co-curricular, Extension

ii. Brief Information about the Activity

Topic/Subject of the Activity	Covid Awareness Programme
Objective for conducting the activity	To spread awareness of Covid-19 Pandemic.
Methodology	Online Quiz
Outcome	The participants able know symptoms and prevention measures of Covid-19.

iii. Proofs attached: letters/ student list of participation/ certificate/ document/photos/ any other

1. Notice	2. List of Participants	3. Report
4. Certificate	5.	

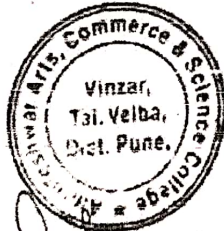


Samaj Shikshan Mandals
**Amruteshwar Arts, Commerce and Science
College, Vinzar, Pune**

Date: 14/07/2020

NOTICE

All students are hereby informed that, the **Amruteshwar Science Forum** in collaboration with **IQAC** and **NSS** organised online COVID-19 awareness program through online quiz. All students are requested to participate in the program.



Science Coordinator

A handwritten signature in blue ink, appearing to be "S. Co.", written over the printed name of the Principal.

Principal
Amruteshwar Arts, Commerce & Science
College, Vinzar, Tal. Velha, Dist. Pune.

Principal

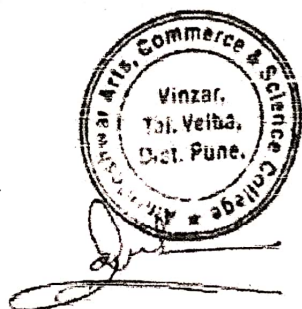



Samaj Shikshan Mandal Vinzar's
Amruteshwar Arts, Commerce and Science College,
Vinzar, Tal. Velhe, Dist. Pune

Date: 20 October 2020

COVID-19 Awareness Program Report





Amruteshwar Science Forum in association with IQAC and NSS department has organised online COVID-19 Awareness program through online quiz. The questions were set on the basis of origin, symptoms and prevention measure of COVID-19 pandemic. The link of the quiz was remain open for the period of three months. The total number of 400 students were participated in the quiz.




Principal
Amruteshwar Arts, Commerce & Science
College, Vinzar, Tal. Velha, Dist. Pune.



Sample certificate

	<p>Samaj Shikshan Mandal's Amruteshwar Arts, Commerce and Science College, Vinzar, Tal-Velhe, Dist-Pune 412213 COVID-19 Awareness Programme Organized by IQAC and Amruteshwar Science Forum</p>	
<p>Certificate of Commitment</p>		
<p>This is to certify that Mr/Ms/Nisha barman has solemnly pledge and has participated in COVID-19 Awareness Programme organized by IQAC and Faculty of Science, Amruteshwar Arts, Commerce and Science College, Vinzar, Pune for the commitment to discharge the service to the nation as a responsible citizen. 5N6YD4-CE000320/4/30/2020</p>		
<p> Dr. Rahul D. Kamble Convenor</p>	<p> Prof. Vijay Kadam IQAC, Coordinator</p>	<p> Dr. Sanjeev Late Principal</p>



Activity Report
(2020-21)

i. Basic Information

Name of the Activity: National Level Webinar on "Covid Pandemic and Aftermath".			
Dates	Faculty	Department	Coordinator Name and Phone No
27 th July 2020	All	Arts	Dr. B. M. Kendale
Time: 10.30 am to 2.00 pm	Venue: Online Mode	Activity for Class: FY, SY, TY, B.A. B. Com., B. Sc. Number Participant:80	Nature: Academic, Co-curricular.

ii. Brief Information about the Activity

Topic/Subject of the Activity	National Level Webinar on "Covid Pandemic and Aftermath".
Objective for conducting the activity	To know COVID wave its spread estimated affection and its impact. To aware of social impact of COVID-19
Methodology	PowerPoint Presentation and discussion
Outcome	The participants got aware of COVID wave its impact on social behaviour and its preventive measures.

iii. Proofs attached: letters/ student list of participation/ certificate/ document/photos/ any other

1. Brochure	2. List of Participants	3. Report
4. Photos/Screen Shots		





"Saraswati Shiksha" (Saraswati Education)
SARASWATI SHIKSHA

AMRUTESHWAR ARTS COMMERCE AND SCIENCE COLLEGE

IQAC AND FACULTY OF ART'S
IN ASSOCIATION WITH
PRAGATIK ITIHAS SANSTHA



27TH JULY 2020

ORGANIZES

ONE DAY NATIONAL LEVEL WEBINAR

On
COVID PANDEMIC AND AFTERMATH



Program Scheduled

ANCHORING :- DR. SEEMA BAGUL 10.45 AM
PREFACE OF PROGRAM BY DR. BALASAHEB KENDALE 10.50 AM TO 10.55 AM
PREFACE OF PRAGATIK ITIHAS SANSTHA BY JAGDISH SONAWANE 10.55 AM TO 11.00 AM
PRINCIPALS TALK BY DR. SANJEEV LATE 11.00 AM TO 11.03 AM
TALK BY NANDAKUMAR SAGAR SIR MEMBER SAMAJ SHIKSHAN MANDAL 11.03 AM TO 11.06 AM
INTRODUCTION OF RESOURCE PERSON FOR SESSION 1 BY DR. BALASAHEB KENDALE 11.06 AM TO 11.08 AM
TALK ON "COVID PANDEMIC AND AFTERMATH" BY DR. SACHIN SARODE 11.10 AM TO 12.40 PM
INTRODUCTION OF RESOURCE PERSON FOR SESSION 2 BY DR. MAHADEV DONGARE 12.40 PM TO 12.45 PM
TALK ON "कोविड - १९ आपत्तीचा सामाजिक संदर्भ" BY DR. DILIP CHAVAN 12.45 PM TO 1.45 PM
VOTE OF THANKS BY SUVARNMALA MHASKE 1.45 PM TO 1.50 PM
Feedback form will be available on telegram group after 3 pm

CHIEF CONVENERS

Dr Narayan Bhosale
President (प्रागतिक इतिहास संस्था)

CO- CONVENER
Dr. Balasaheb Kendale
Head Faculty of Art's

Dr. Sanjeev Late
Principal

IQAC Coordinator
Prof. Vijay Kadam





Sachin Sarode



Pradip Chaudhary



Panjab shere



Dr. Bhanu Prasad Maru...



Ashish Kumar



Ankush Namdas



Watane Kalyan Raj



Dr. Narayan Bhosale...



Dr. MAHADEV DONGRE...

Kamlesh Bedse



Premchand Galkwa...



Dr. Vasudeo Dongar...

zoom



Activity Report
(2017-18)

i. Basic Information

Name of the Activity: Health Check-up Camp			
Dates	Faculty	Department	Coordinator Name and Phone No
12 th to 16 th October 2017	All	Sports & NSS	Dr. Shital Shendkar,
Time: 10.30 am	Venue: Hall No 3	Activity for Class: FY, SY, TY, BA, B. Com B. Sc. Number Participant:52	Nature: Academic, Co- curricular, Extension

iv. Brief Information about the Activity

Topic/Subject of the Activity	Health Check-up Camp
Objective for conducting the activity	To check the health of the volunteers
Methodology	Health Check Up by Registered Medical Officer
Outcome	The health check-up of students was carried out.

v. Proofs attached: letters/ student list of participation/ certificate/ document/photos/ any other

1. Notice	2. List of Participants	3. Report
4. Photos	5.	



राज शिक्षण मंडळ, विंझर संचलित

अमृतेश्वर कला, वाणिज्य व विज्ञान महाविद्यालय

विंझर ता. वेल्हा, जि. पुणे. ४१२२१३

अकम ९९६/२०१७

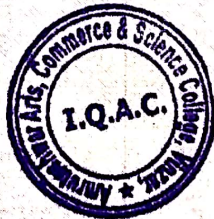
आरोग्य निमाग

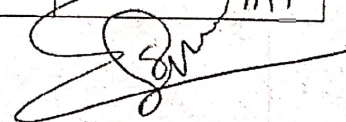
दिनांक ०५.१०.२०१७

सूचना

महाविद्यालयातील प्रथम वर्ष कला, प्रथम वर्ष वाणिज्य व प्रथम वर्ष विज्ञान वर्गातील सर्व विद्यार्थ्यांना सूचित करण्यात येते की, या वर्गातील सर्व विद्यार्थ्यांची वैद्यकीय तपासणी आज्ञिवार्य असल्यामुळे खालील तारखांना वैद्यकीय तपासणी करण्यात येणार आहे तरी सर्व विद्यार्थ्यांनी वैद्यकीय तपासणीसाठी महाविद्यालयात हजर राहावे.

अ.क	वर्ग	वैद्यकीय तपासणीच्या तारखा	वेळ
०१	प्रथम वर्ष बी.एससी	१२.१०.२०१७	१०.३० A.M
०२	प्रथम वर्ष बी.गु	२३.१०.२०१७	०१.०० P.M
०३	प्रथम वर्ष बी.कॉम	२६.१०.२०१७	१०.३० A.M





Principal

Amruteshwar Arts, Commerce & Science College, Vinzar, Tal. Velha Dist. Pune

समाज शिक्षण मंडळ, विंझर संचलित
अमृतेश्वर कला, वाणिज्य आणि विज्ञान महाविद्यालय, विंझर
आरोग्य विभाग

विषय : हेल्थ अँड हायजिन
व्याख्याते : प्रा. चीकटे प्रकाश

26/8/2017

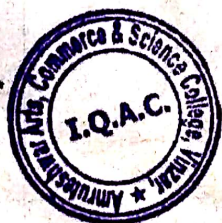
विद्यार्थी उपस्थिती

अ.क्र.	विद्यार्थ्याचे नाव	वर्ग	सही
1	Walgude Tupti Bharat	F.Y.B.com	<u>Walgude</u>
2	Kadu Shilpa maruti	F.Y.B.com	<u>Kadu S.M.</u>
3	Pilawane Vishal Harumoon	F.Y.B.com	<u>Pilawane</u>
4	Dighe Mayur Dnyaneshwar	F.Y.B.com	<u>Dighe</u>
5	Pamgure Jyoti Suresh	F.Y.B.com	<u>Pamgure</u>
6	Kenuse Ramesh Bhagavan	F.Y.B.com	<u>Kenuse</u>
7	Jagulkar Rushikesh Balindra	F.Y.B.com	<u>Jagulkar</u>
8	Minde Shunakar Rohidas	F.Y.B.BA	<u>Minde</u>
9	OKOMAL AJAY ANIL	F.Y.B.A.	<u>OKOMAL</u>
10	Akhade Ravindra Janu	F.Y.B.A	<u>Akhade</u>
11	Pilane Sagar Ganesh	F.Y.B.com	<u>Pilane</u>
12	Bhargat Tushar Shrikrishna	F.Y.B.A.	<u>Bhargat</u>
13	Zanje Vicky Sanjay	F.Y.B.Sc	<u>Zanje</u>
14	Hande Ashokrao Avinash	F.Y.B.Sc	<u>Hande</u>
15	Bhurule Datta Suresh	F.Y.B.A	<u>Bhurule</u>
16	Dhunde Prashant Tulshiram	F.Y.B.Sc	<u>Dhunde</u>
17	Chotghar Akash Ramchandra	F.Y.B.Sc	<u>Chotghar</u>
18	Kumbhare Parthamesh Ashok	F.Y.B.Sc.	<u>Kumbhare</u>
19	Gurav Shailesh Ganesh	F.Y.B.A	<u>Gurav</u>
20	Uphale Prakash Laxman	F.Y.B.A	<u>Uphale</u>
21	Sadhar Akash Bapu	F.Y.B.A	<u>Sadhar</u>
22	Sampale Suresh Rajendra	F.Y.B.com	<u>Sampale</u>



24	Kondhalkar Komal Sampat	F.Y. B.Sc	Kik
25	Kondhalkar Ankita Sampat	F.Y. B.com	Kondhalkar
26	Limhan Nita Rajaram.	F.Y. B.com	Limhan
27	Bhikule suvati Nuthu.	F.Y. B.com	S. V. Bhikule
28	Chavan Arzi Balu.	F.Y. B.com	A. B. Chavan
29	Pawar Pooja Shrikant.	F.Y. B.com	Pooja
30	Jadhav Pooja Ankush	F.Y. B.com	Jadhav
31	Renuse Reshma Parag	F.Y. B.com	Renuse
32	MADHURI Gresha Bhosale	F.Y. B.A	Madhuri
33	Devigikar Rupali Subhash	F.Y. B.A	Rupali
34	Raut Reshma Ramchandra.	F.Y. B.A	Reshma
35	Hande Arzi Tukaram	F.Y. B.A	A. T. Hande
36	Rajiwade Monika Dabharath	F.Y. B.com	Monika
37	Jagdale Anita Sanjay	F.Y. B.com	Anita
38	Choghe Ganga Ravindra	F.Y. B.com	G. Choghe
39	Shinde Shamal Phares	F.Y. B.com	Shinde
40	Kante Anuja Chandra	F.Y. BSC	K. Anuja
41	Dhindale Shital Ananta	F.Y. BSC	Dhindale
42	Shinde Pratima Eknath	F.Y. BSC	Shinde
43	Pawar Kailash Ramdas	F.Y. BSC	Pawar K. R.
44	Jenpure Trupti Tukaram	F.Y. BSC	Jenpure
45	Shinde Shubhangi Eknath	F.Y. BSC	Shubhangi
46	Kinhale Puja Ashok	F.Y. B.Sc.	Kinhale
47	Bodke Rekha Balasubeh	F.Y. BSC	Bodke
48	Bhendkar Ashwini Bhonar	F.Y. BSC	Bhendkar
49	Nalawade Puja Tanaji	F.Y. BSC	Nalawade
50	Kamble Sushama Sahabrao	F.Y. BSC	Kamble
51	Bhorde Laxmi Shankar	F.Y. BSC	Bhorde
52	Mohite Sneha Arun	F.Y. BSC	Mohite

Total = 52




आरोग्य विभाग

शैक्षणिक वर्ष 2017-18 मध्ये दरवर्षी प्रमाणे प्रथम वर्ष कला, वाणिज्य आणि विज्ञान या वर्गा साठी पुणे विद्यापीठाच्या आरोग्य विभागाच्या वतीने महाविद्यालयातील आरोग्य विभागाने नियमित अनिवार्य आरोग्य तपासणी शिवीर दि. 12. ते 16. ऑक्टोबर 2017 रोजी संपन्न झाले त्या मध्ये प्रथम वर्ष कला, वाणिज्य आणि विज्ञान या वर्गाच्या विद्यार्थ्यांनी सहभाग घेतला होता. आरोग्य तपासणीसाठी मौजे साखर येथून डॉ. सचिन मुळे व डॉ. शोभा मुळे यांना बोलावण्यात आले होते. त्यांनी वेळेत येऊन उपस्थित विद्यार्थ्यांची तपासणी पूर्ण केली याबाबतचे डॉक्टर आणि मा. प्राचार्यांचे दखल पत्र पुणविद्यापीठास सादर केले आहे. दि. 21.10.2017 रोजी आरोग्य जाणिव जागृती या विषयाअंतर्गत प्रा. प्रकाश चिकटे यांनी "आरोग्य व वैयक्तिक स्वच्छता" या विषयावर विस्तृत विवेचन दिले व जागतिक आरोग्य संघटनेच्या नियमावली प्रमाणे ते दैनंदिन जिवनात त्याची सवय कशी करायची हे सोप्या पद्धतीने व्याख्यान सांगितले. त्या मध्ये एकूण 82 विद्यार्थ्यांनी व्याख्यानासाठी सहभाग घेतला होता. दि. 12.01.2018 रोजी महिला आरोग्य व वैयक्तिक स्वच्छता या विषयावर सौ. मिनल धारनकर यांनी रेदरा इंडीया. प्रा. लिमीटेड, पिंपरी चिंचवड यांच्या वतीने व्याख्यान दिले त्या मध्ये एकूण 54 विद्यार्थ्यांनीचा व्याख्यानासाठी सहभाग घेतला.


विभाग प्रमुख

DR. SHENDKAR S.L.




प्राचार्य

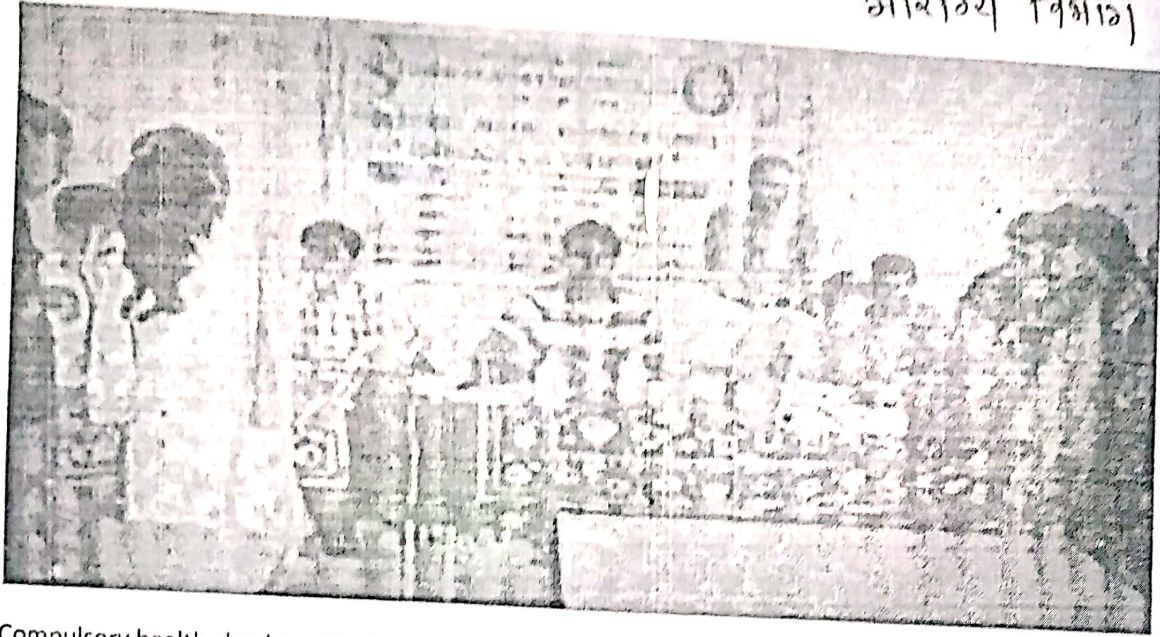
Principal

Amruteshwar Arts, Commerce & Science
College, Vinzar, Tal. Velha, Dist. Pune.



Health check up. 2017-18

आरोग्य विभाग



Compulsory health check up 2017-18



College student for health check up 2017-18



Activity Report
(2018-19)

i. Basic Information

Name of the Activity: Blood Group Detection Camp For Students			
Dates	Faculty	Department	Coordinator Name and Phone No
28 th February 2019	Science	Amruteshwar Science Forum	Dr. R D. Kamble
Time:01.00 pm	Venue: Hall No 3	Activity for Class: Teachers of Velha Taluka Number of Participant:55	Nature: Academic, Co- curricular, Outreach

ii. Brief Information about the Activity

Topic/Subject of the Activity	Blood Group Detection Camp For Students
Objective for conducting the activity	To detect blood group of students.
Methodology	Antigen Test
Outcome	The participant's blood group detected and various parameter of blood explained.

iii. Proofs attached: letters/ student list of participation/ certificate/ document/photos/ any other

1. Notice	2. List of Participants	3. Report
4. Photos	5.	





समाज शिक्षण मंडळ, विंझर संचलित
अमृतेश्वर कला, वाणिज्य व विज्ञान महाविद्यालय, विंझर
ता. - वेल्हा, जि. - पुणे. ४१२२१३

५५५/२०१९

निमंत्रण पत्र

दि. २१/०२/१९

प्रति,
मा.



विषय : राष्ट्रीय विज्ञान दिनानिमित्त होणाऱ्या कार्यशाळेबाबत.....

महोदय,

विज्ञान विषयामध्ये विद्यार्थ्यांची सहज-सोप्या व हसत-खेलत पध्दतीने आवड निर्माण व्हावी या उद्देशाने अमृतेश्वर कला, वाणिज्य व विज्ञान महाविद्यालयामध्ये दि. २८.०२.२०१९ रोजी "राष्ट्रीय विज्ञान दिनानिमित्त" विशेष व्याख्यानमालेचे व रक्तावरील कार्यशाळेचे आयोजन करण्यात आले आहे.

सदर कार्यशाळेसाठी आपणांस आगहाचे निमंत्रण आहे.

★ राष्ट्रीय विज्ञान दिन कार्यक्रम ★		
दिनांक २८.०२.२०१९	वेळ : स. १०.०० ते १२.००	दु. ०१.०० ते ०३.००
वार : गुरुवार	व्याख्यानमाला	रक्तावरील कार्यशाळा
ठिकाण : अमृतेश्वर महाविद्यालय, विंझर ता. वेल्हा	विषय : प्रतिजैविके (Antibiotics) शाप की वरदान वक्ते : प्रा. कोमल आधवडे (M.Sc Microbiology)	वक्ते : प्रा. सुनिल भगत (M.Sc Botany, NET)

अधिक माहितीसाठी संपर्क : डॉ. राहुल कांबळे ९५६१४६९२८८

डॉ. राहुल कांबळे
समन्वक, विज्ञान विभाग



डॉ. संजीव लाटे

प्राचार्य
प्राचार्य (P.T.O.)

अमृतेश्वर कला, वाणिज्य आणि विज्ञान महाविद्यालय
विंझर, ता. वेल्हा, जि. पुणे.

प्रतिजैविके (Antibiotics) व्याख्यानाचे फायदे

- ❖ प्रतिजैविकाबद्दल विस्तृत माहिती मिळेल.
- ❖ बॅक्टेरिया व व्हायरस गुळे होणारे घातक संसर्ग व बाधा.
- ❖ प्रतिजैविकागुळे होणारे नुकसान
- ❖ भारतामध्ये सर्जिस अंधाधुंद प्रमाणे वापरली जाणारे प्रतिजैविके
- ❖ प्रतिजैविकांच्या रेसिस्टन्स (अवरोध) गुळे होणारे दूर्धर आजार
- ❖ आरोग्यदायी जीवनशैली

रक्तावरील कार्यशाळेचे फायदे

- ❖ रक्ताबद्दल सविस्तर माहिती
- ❖ रक्तामधील संसर्गजन्य आजार
- ❖ HIV (एड्स) बद्दल विस्तृत माहिती
- ❖ उत्तम आरोग्यासाठी आहार व जीवनशैलीची माहिती
- ❖ स्वतःचा रक्त गट स्वतः ओळखा (प्रात्याक्षिक)

समाज शिक्षण मंडळ विझर

अमृतेश्वर कला वाणिज्य आणि विज्ञान महाविद्यालय विझर पुणे

○ महाविद्यालयाची ठळक वैशिष्ट्ये ○

- ❖ तालुक्यातील एकमेव १०० टक्के शासन अनुदानीत वरिष्ठ महाविद्यालय.
- ❖ सुसज्ज विज्ञान प्रयोग शाळा व सुसज्ज ग्रंथालय विविध विषयावरील मुबलक ग्रंथ संपदा उपलब्ध
- ❖ अनुभवी व उच्चविद्याविभूषित प्राध्यापक वर्ग.
- ❖ विद्यार्थ्यांच्या व्यक्तिमत्त्व विकासासाठी नामवंत तज्ञांची व्याख्याने.
- ❖ राष्ट्रीय सेवा योजना
- ❖ कमवा व शिका योजना.
- ❖ कॉलेजला येण्यासाठी वाहनाची व्यवस्था.
- ❖ गुणवत्ता धारक विद्यार्थ्यांना वोरगे, फडके, डोंगरे शिष्यवृत्ती, मागासवर्गीय विद्यार्थ्यांना भारत सरकारची शिष्यवृत्ती
- ❖ विद्यार्थ्यांनासाठी सावित्रीबाई फुले शिष्यवृत्ती
- ❖ आर्थिक मागास वर्गाकरिता इ. बी. सी. सवलत.
- ❖ सुसज्ज जिमखाना व खेळासाठी विस्तृत मैदान.
- ❖ उत्कृष्ट निकालाची परंपरा.

○ १० वी व १२ वी नंतर महाविद्यालयातील अनुदानीत उपलब्ध अभ्यासक्रम ○

H.S.C आणि B.Sc.- Physics, Chemistry, Botany, Microbiology, Mathematics.

○ अधिक माहितीसाठी संपर्क ○

प्रा. सुजितकुमार माने : ९८९०६३१४९६ प्रा. मनोजकुमार टापर : ९९६०५१२०११ प्रा. सौ. ज्योती भाटे : ८३८०८६६०४६
डॉ. राहुल कांबळे : ९५६१४६९२८८ श्री. विजय लिहण : ९५१५६५७९०१ श्री. विलास गायकवाड : ९५०३२६७६२०
प्राचार्य डॉ. संजीव लाटे : ९४२१०५७६५४, ८३२९८८७२४७

राष्ट्रीय विज्ञान दिन

रक्तगट कार्यशाळा दि. २८.२.२०१९



अ.क्र	विद्यार्थ्याचे नांव	मो. नंबर	रक्त गट	सही
1.	Nikhil khandalkar	9860920494	B ⁺ ve	<u>Khandalkar</u>
2.	Mokashi R.		A ⁺ ve	<u>Mokashi</u>
3.	Kaditkar Komal D	8552986912	O ⁺ ve	<u>Kaditkar</u>
4.	Kondhalkar Prujakta	8055601801	O ⁺ ve	<u>Kondhalkar</u>
5.	Jadhav Supriya R	9152218047	O ⁺ ve	<u>Supriya</u>
6.	Saras Komal Ananta	9422832981	AB ⁺ ve	<u>Saras</u>
7.	Deshmukh Priyanka. P.	9623376523	B ⁺ ve	<u>Deshmukh</u>
8.	Badhe Reshma S.	9859960119	A ⁺ ve	<u>Badhe</u>
9.	kinhole Puja A.	9172497083	O ⁺ ve	<u>Kinhole</u>
10	Mane Aditya	8378839029	O ⁺ ve	<u>Mane</u>
11	Samdesh Gaikwad	9175633458	O ⁺ ve	<u>Samdesh</u>
12	Pansare Tushar	7887774146	A ⁺ ve	<u>Pansare</u>
13	Nangade Dattatry	9834734263	AB ⁺ ve	<u>Nangade</u>
14.	Dharpale Aniket	7875823192	A ⁺ ve	<u>Dharpale</u>
15.	Mangade Vaibhav	9021009690	AB ⁺ ve	<u>Mangade</u>
16	Varkh Sanjay Zanje	- L	A ⁺ ve	<u>Varkh</u>
17.	More Amar Dhondiba	8669583742	A ⁺ ve	<u>More</u>
18.	Shinde Shubhangi Eknath	9764654156	O ⁺ ve	<u>Shinde</u>
19	Badke Rekha balaso	9422838196	A ⁺ ve	<u>Badke</u>
20	Bhonde Pratishq	9112706407	A ⁺ ve	<u>Bhonde</u>
21]	Ingukar Damini	9145748530	B ⁺ ve	<u>Ingukar</u>
22]	Badhe Komal	7030131377	A ⁺ ve	<u>Badhe</u>
23]	Adhawade Hemangi	8806597611	B ⁺ ve	<u>Adhawade</u>
24]	Pawar Kajal	8554841470	B ⁺ ve	<u>Pawar</u>
25]	Bhorde Laxmi	9112706407	B ⁺ ve	<u>Bhorde</u>
26]	Karanjkar Yashali	9673073545	O ⁺ ve	<u>Karanjkar</u>
27]	Sarpale Aniket Arvind	9168843894	A ⁺ ve	<u>Sarpale</u>
28)	Shinde Pratima Eknath	9545778767	A ⁺ ve	<u>Shinde</u>

राष्ट्रीय विज्ञान दिन

रक्तगट कार्यशाळा दि. २८.२.२०१९




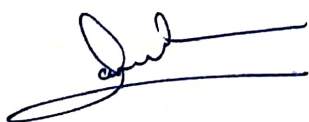
अ.क्र	विद्यार्थ्याचे नांव	मो. नंबर	रक्त गट	सही
29.	Dhindale Shital Anant	8390985913	A+ve	<u>Shital</u>
30	Rajiwade Sonali D	8412053245	O+ve	<u>Rajiwade</u>
31	Pangare Sonali U	8830128425	O+ve	<u>Pangare</u>
32.	Pangare Mayuri R.	9309724847	A+ve	<u>Mayuri</u>
33	chorghe Ankita A.	8888598038	O+ve	<u>Chorghe</u>
34.	Lihman Vijay	9970955372	A+ve	<u>Lihman</u>
35	Bhikule Harika	9890838431	B+ve	<u>Bhikule</u>
36	Kudale Puja	7517741761	A+ve	<u>Kudale</u>
37	Limhan Vaishnavi	9970955372	AB+ve	<u>Limhan</u>
38	Badhe Komal A	9579335530	B+ve	<u>Badhe</u>
39	Khopade Aarti	9158130321	A+ve	<u>Khopade</u>
40	Rajiwade nayan	7057890368	A+ve	<u>Rajiwade</u>
41.	More Gayatri Satyram	7588943729	B+ve	<u>More</u>
42	Ambawale Chhaya Pandurang	9922414229	AB+ve	<u>Ambawale</u>
43	Manre Ashutosh Arjun		A+ve	<u>Manre</u>
44	Rasal Vansha Kailas	9421726084	A+ve	<u>Rasal</u>
45	shinde Shilpa Dhong	8411876785	O+ve	<u>Shinde</u>
46.	Manojkumar Tapare	9960512011	AB+ve	<u>Manojkumar</u>
47.	Kiran Jadhar		O+ve	
48	Yenpure Trupti	9096839788	O+ve	<u>Trupti</u>
49	shendkar Ashwini		A+ve	<u>shendkar</u>
50	Arshada Tarare	9881503981	AB+ve	<u>Arshada</u>
51	Dr-Rahul kamble	8561469288	B+ve	<u>Dr-Rahul</u>
52	Deepak shelke	7038180817	A+ve	<u>Deepak</u>
53	chavan Mohan		B+ve	<u>chavan</u>
54	Bhagat Sunil		A+ve	
55	Adhavade Komal		A+ve	

Samaj Shikshan Mandals
**Amruteshwar Arts, Commerce and Science
College, Vinzar, Pune**

Date: 1/03/2019

Report of Blood Group Detection Camp

The Amruteshwar Science Forum has organised Blood group detection camp on the occasion of celebration of National Science Day on 28th February 2019. The objective the programme was to detect the blood group of the students and participants. Before the blood group detection camp two talk were arranged. In the first talk Ms. Komal Adhavade delivered talk on Antibiotics. She put light on the discovery, history and recent development of antibiotic, further she mentioned advantages and disadvantages of antibiotics. In the second session Mr. Sunil Bhagat explained the composition of blood and various component of blood in concluding remark he motivated the audience for the blood donation. There were total 55 participants blood group were detected in this programme.



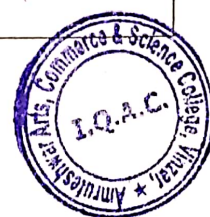
Principal
Amruteshwar Arts, Commerce & Science
College, Vinzar, Tal. Velha, Dist. Pune.



Blood group Detection of Students



Blood Group Detection of Office Staff



(41)

Activity Report
(2019-20)

i. Basic Information

Name of the Activity: Health Check-up Camp			
Dates	Faculty	Department	Coordinator Name and Phone No
24 th to 27 th October 2019	All	Sports & NSS	Dr. Shital Shendkar, Dr. P. S. Gadkar (Kamble)/ Mrs. A. V. Gawade
Time: 11.00 am	Venue: Hall No 3	Activity for Class: FY, SY, TY, B. Sc. Number Participant:112	Nature: Academic, Co-curricular, Extension

ii. Brief Information about the Activity

Topic/Subject of the Activity	Health Check-up Camp
Objective for conducting the activity	To check the health of the volunteers
Methodology	Health Check Up by Registered Medical Officer
Outcome	The health check-up of volunteers was carried out.

iii. Proofs attached: letters/ student list of participation/ certificate/ document/photos/ any other

1. Notice	2. List of Participants	3. Report
4. Photos	5.	



आरोग्य विभाग

शैक्षणिक वर्ष २०१९-२० मध्ये दरवर्षी प्रमाणे प्रथम वर्ष कला, वाणिज्य आणि विज्ञान या वर्गासाठी पुणे विद्यापीठाच्या आरोग्य विभागाच्या वतीने महाविद्यालयातील आरोग्य विभागाने नियमित अनिवार्य आरोग्य तपासणी शिवीर दि. २४ ते २७.१०.२०१९ रोजी संपन्न झाले त्या मध्ये प्रथम वर्ष कला, वाणिज्य आणि विज्ञान या वर्गाच्या विद्यार्थ्यांनी सहभाग घेतला होता. आरोग्य तपासणीसाठी मौजे साखर येथून डॉ. सचिन मुळे व डॉ. रेश्मा मुळे यांना बोलावण्यात आले होते. त्यांनी वेळेत येऊन उपस्थित विद्यार्थ्यांची तपासणी पूर्ण केली याबाबतचे डॉक्टर आणि मा. प्राचार्यांचे दखल पत्र पुणे विद्यापीठास सादर केले आहे. आरोग्य जाणिव जागृती या विषयावर डॉ. सचिन मुळे यांनी आरोग्य व वैयक्तीक स्वच्छता या विषयावर विस्तृत विवेचन केले. महिला आरोग्य व वैयक्तीक स्वच्छता या विषयावर डॉ. रेश्मा मुळे यांनी व्याख्यान दिले दैनंदिन जिवनात त्याची सवय कशी कगयची हे सोप्या पद्धतीने व्याख्यान दिले त्या मध्ये एकूण ११२ विद्यार्थ्यांनी सहभाग घेतला होता. महिला आरोग्य व वैयक्तीक स्वच्छता या विषयावर डॉ. रेश्मा मुळे यांनी व्याख्यान दिले आरोग्य तपासणी शिवीर समन्वयक डॉ. शितल शेंडकर व डॉ. रितेश वागंवाड यांनी केले. या शिवीराचे उद्घाटन समाज शिक्षण मंडळाचे अध्यक्ष मा. श्री. दत्तात्रय पडवळ व प्राचार्य डॉ. संजीव लाटे यांच्या हस्ते झाले. महाविद्यालयातील सर्व प्राध्यापक व शिक्षकेतर कर्मचारी यांनी शिवीर आयोजनात सहकार्य केले.



डॉ. भविन मुळे तपासणी शिबीर दगध्यान





SAMAJ SHIKSHAN MANDAL'S

AMRUTESHWAR ARTS, COMMERCE & SCIENCE COLLEGE

At Post Vinzar, Tal. - Velhe, Dist. - Pune. 412 213.

Email:- amruteshwar13@gmail.com

website:- www.amruteshwar.org

* Health checkup Camp *

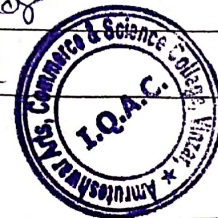
Attendance

Day 1 24/10/2019

1.	Alul Haribhau Gaikwad.	Daikwad
2.	Ravindra Janu Akhade.	Bakhad
3.	Rani Kaluram shendkar.	Bshendkar
4.	Tushar shirang Bhagat	T.S. Bhagat
5.	Reshma suresh Mozar	Reshma
6.	Megha kailas kadam	Muk
7.	Reshma kisan Dasawadkar	RKD
8.	Karishma suresh Bodake	Karishma
9.	Jyoti Dattatray Bhuruk	J.D. Bhuruk
10.	pooja Dnyanoba Kothmire	P.D. Kothmire
11.	Nita Rajaram Linhan	N.R. Linhan
12.	Monika Dashaarath Rajiwade.	Rajiwade
13.	Archana Tanaji shendkar	Shendkar
14.	Sameer pandurang shilimkar.	Sameer
15.	Anuja Vishnu Renuse	Anuja
16.	Nikil Dnyaneshwar khandalka	Nikhil
17.	Jayshri Maruti jadhav	Jayshri
18.	Shubhangi Eknath shinde	S.E. Shinde



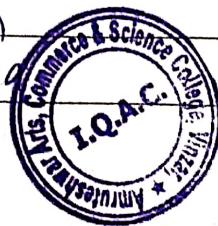
19.	Pooja Vittbal Rajiwade	Pooja. R.
20.	Tushar Nalhu Talekar	Tushar
21	Walgude Ankita Sunil	Walgude
22	Uphale Snehal Mohan	Snehal
23	Walgude pratiksh Ronidas	Walgude
24	Wenpure Ashwini Ananta	Wenpure
25	Limhan Sujata Raghunath	Limhan
26	Khandalkar Mangal Tukaram	Khandalkar
27	Ranesh Bharat Thombre	Ranesh
28	Sunny Raju Hajare	S.R. Hajare
29	Khairi Sushiti Vinayak	Sushiti
30	Shendkar Vaishnavi VIPS	Shendkar
31	Wadke Shubham	Shubham
32	Renuse Harshada Anil	Renuse
33	Dhumal Vikrant Vilas	Dhumal
34	Dhumal Aniket Dilip	Dhumal
35	Gaikwad Mayuri Sandip	Gaikwad
36	Mural Shweta Vittbal	Mural
37	Zanje Swapnil Sahabdas	Zanje
38	Dawatkare Mayur Suresh	MSD
39	Renuse Sahket ANKUSH	Renuse
40	mane Gauri Ananta	Mane
41	Khule Sarika Ramchandras	Khule
42	Geeta Shivaji Pawar	Geeta
43	Akshay Sunil Pise	Akshay
44	Akshay Rajendra Khopale	Akshay
45	Venkatesh Dipak Koditkar	Venkatesh
46	Jadhav Prathamesh Rahul	Jadhav



attendance

Day 2 25/10/2019

47)	Shinde sahil suresh	Shinde
48)	Shingate Ayush vinod	Nave
49)	Limhan vaibhav vijay	Vaibhav
50)	Masurkar Aditya Anil.	MAdin
51)	Renuse Chhaya Parjap	Renuse
52)	Shaikh Alisha mahmmadali	Shaikh
53)	Biswas Mansi Alok	Biswas
54)	Daswadkar Rutuja Santosh.	Rutuja
55)	Yenpure charushila Maruti	Yenpure
56)	RENUSE SNEHA VISHWAS	Renuse
57)	Pooja Nitin Bhosale	Pooja
58)	limhan sayali sunil	limhan
59)	Bhagat Akanksha Dattatray	ABhagat
60)	Bhagat Akashata subasha	ABhagat
61)	Jadhav Tejswini Shivaji	Tejswini
62)	Gaikwad payal Ananta	Gaikwad
63)	Rajashree Suresh Chorghe	Rajashree
64)	Akshata Subhash Bhagat	Akshata
65)	Shinde Vaishnavi Sanjay	Shinde
66)	Ingulkar sayali shivaji	Ingulkar
67)	Daswadkar Rupali Shivaji	Rupali
68)	Daswadkar Ashwini kamalakar	Daswadkar
69)	Chorghe archana Suresh	Archana
70)	Rasal Tejasvini Suresh	T.S. Rasal
71)	Yenpure Nikita Vilas	Nikita
72)	Kadla dipali maruti	Dipali
73)	Bharam tanuja suresh	T.S. Bharam
74)	Bhilase Pratiksha Dattatraya	P.D. Bhilase



75.	Bhoream Mayuri Shankar	Shankar
76.	charate shubham shankar	Shankar
77	Nalawade Ajit Popat	Nalawade
78	Nalawade Ajay dipak	A.dip
79	Adesh shilimkar	Shilimkar
80	Ajay sunil pise	Pise
81	Nalawade nanaj sunil	Nalawade
82	Dindle Rushikesh	Dindle
83	Dindle Ganesh	Dindle
84	Sapkal abhishek	Sapkal
85	Sanket khule	Sanket
86	Sanket Jagtap	Jagtap
87	Rohit khule	Rohit
88	pise Abhijeet	Pise
89	Masurkar Kirti Vasant	Masurkar
90	Masurkar Abhishek	Masurkar
91	Katkar Shewata	Katkar
92	Vikas Vijay Kachare	Kachare
93	Sanket sambhaji deugirkar	Sanket
94	pise Atharva dilip	Pise
95	Rasal Ganesh Shankar	Rasal
96	pandhare Anant Shivaji	Pandhare
97	Sandhya Jagtap	Sandhya
98	priyanka kokate	Priyanka
99	Vittal Walgade	Vittal
100	priyanka shinde	Priyanka
101	Supriya bhikule	Supriya
102	priyanka kakade	Kakade





(52)

Activity Report
(2018-19)

i. Basic Information

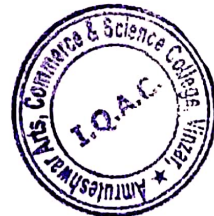
Name of the Activity: Public Talk on Antibiotics and Blood			
Dates	Faculty	Department	Coordinator Name and Phone No
28 th February 2019	Science	Amruteshwar Science Forum	Dr. R D. Kamble
Time:01.00 pm	Venue: Schools of Velha Taluka	Activity for Class: FY, SY, TY, BA, BSc & B Com Number of Participant:91	Nature: Academic, Co-curricular, Extension, Outreach

ii. Brief Information about the Activity

Topic/Subject of the Activity	Public Talk on Antibiotics and Blood
Objective for conducting the activity	To spread awareness of antibiotic and its side effect. To know about the blood and its parameter
Methodology	PowerPoint Presentation and Discussion
Outcome	The participants got aware about the antibiotic and blood parameters.

iii. Proofs attached: letters/ student list of participation/ certificate/ document/photos/ any other

1. Notice	2. List of Participants	3. Report
4. Photos	5.	





समाज शिक्षण मंडळ, विंझर संचलित

अमृतेश्वर कला, वाणिज्य व विज्ञान महाविद्यालय, विंझर

ता. - वेल्हा, जि. - पुणे. ४१२२१३



५५८/२०१९

दिनांक : २१.०२.२०१९

सूचना

महाविद्यालयाील सर्व विद्यार्थी, शिक्षक व शिक्षकेतर कर्मचारी यांना कळविण्यात येते की, विज्ञान विषयामध्ये विद्यार्थ्यांची सहज-सोप्या व हसत-खेलत पध्दतीने आवड निर्माण व्हावी या उद्देशाने अमृतेश्वर कला, वाणिज्य व विज्ञान महाविद्यालयामध्ये दि. २८.०२.२०१९ रोजी "राष्ट्रीय विज्ञान दिनानिमित्त" विशेष व्याख्यानमालेचे व रक्तावरील कार्यशाळेचे आयोजन करण्यात आले आहे.

सदर कार्यशाळेसाठी आपण सर्वांनी उपस्थित रहावे.

★ राष्ट्रीय विज्ञान दिन कार्यक्रम ★		
दिनांक : २८.०२.२०१९	वेळ : स. १०.०० ते १२.००	दु. ०१.०० ते ०३.००
वार : गुरुवार	व्याख्यानमाला	रक्तावरील कार्यशाळा
ठिकाण : अमृतेश्वर महाविद्यालय, विंझर ता. वेल्हा	विषय : प्रतिजीविके (Antibiotics) शाप की वरदान वक्ते : प्रा. कोमल आद्यवडे (M.Sc Microbiology)	वक्ते : प्रा. सुनिल भगत (M.Sc Botany, NET)

डॉ. राहुल कांबळे
समन्वक, विज्ञान विभाग



डॉ. संजीव लाटे

प्राचार्य

प्राचार्य

अमृतेश्वर कला, वाणिज्य आणि विज्ञान महाविद्यालय
विंझर, ता. वेल्हा, जि. पुणे.

(P.T.O)

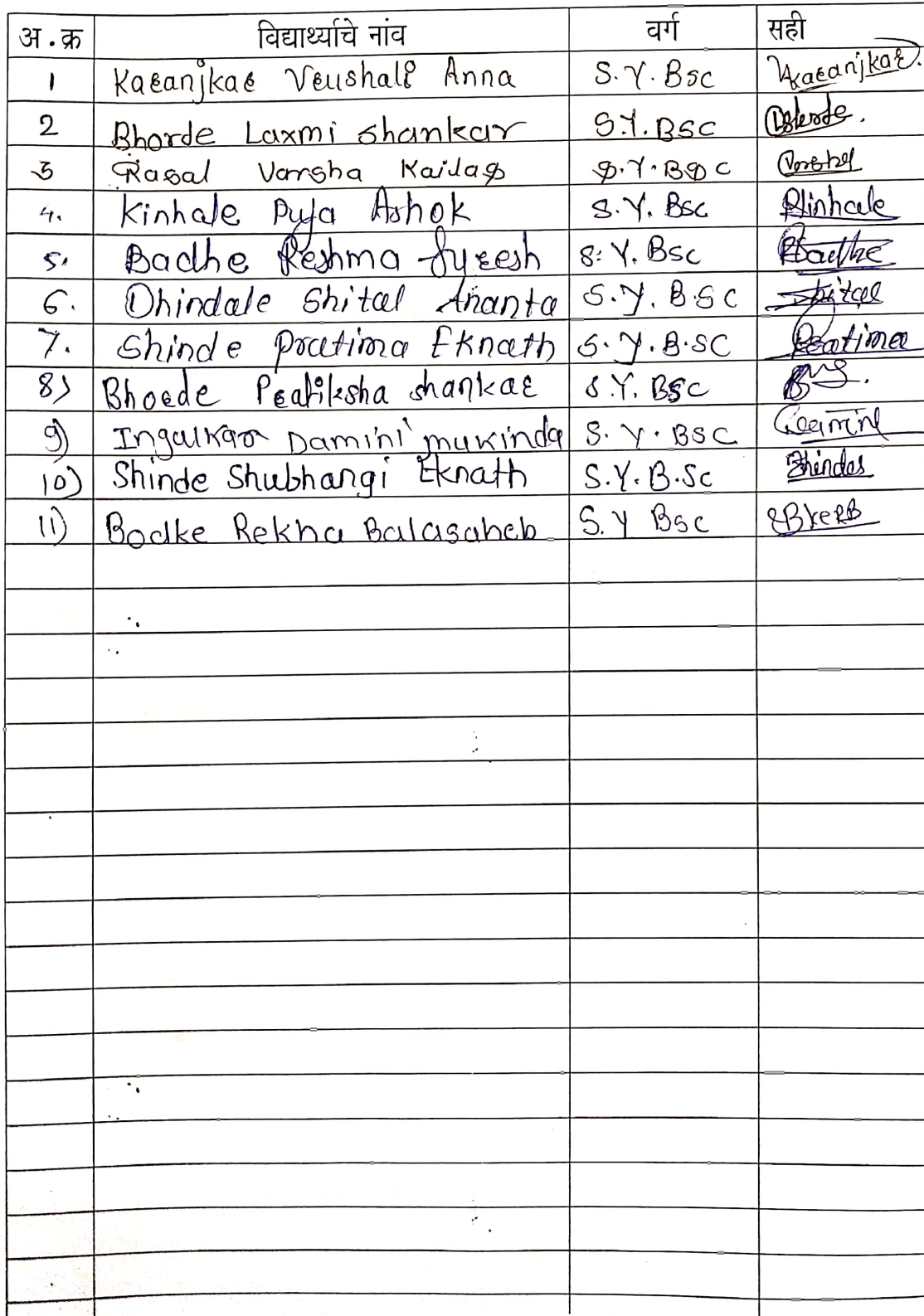
विद्यार्थी उपस्थिती दि. २८.२.२०१९

[illegible]

विद्यार्थी उपस्थिती दि. २८.२.२०१९

[illegible]

विद्यार्थी उपस्थिती दि. २८.२.२०१९



Samaj Shikshan Mandals
**Amruteshwar Arts, Commerce and Science
College, Vinzar, Pune**

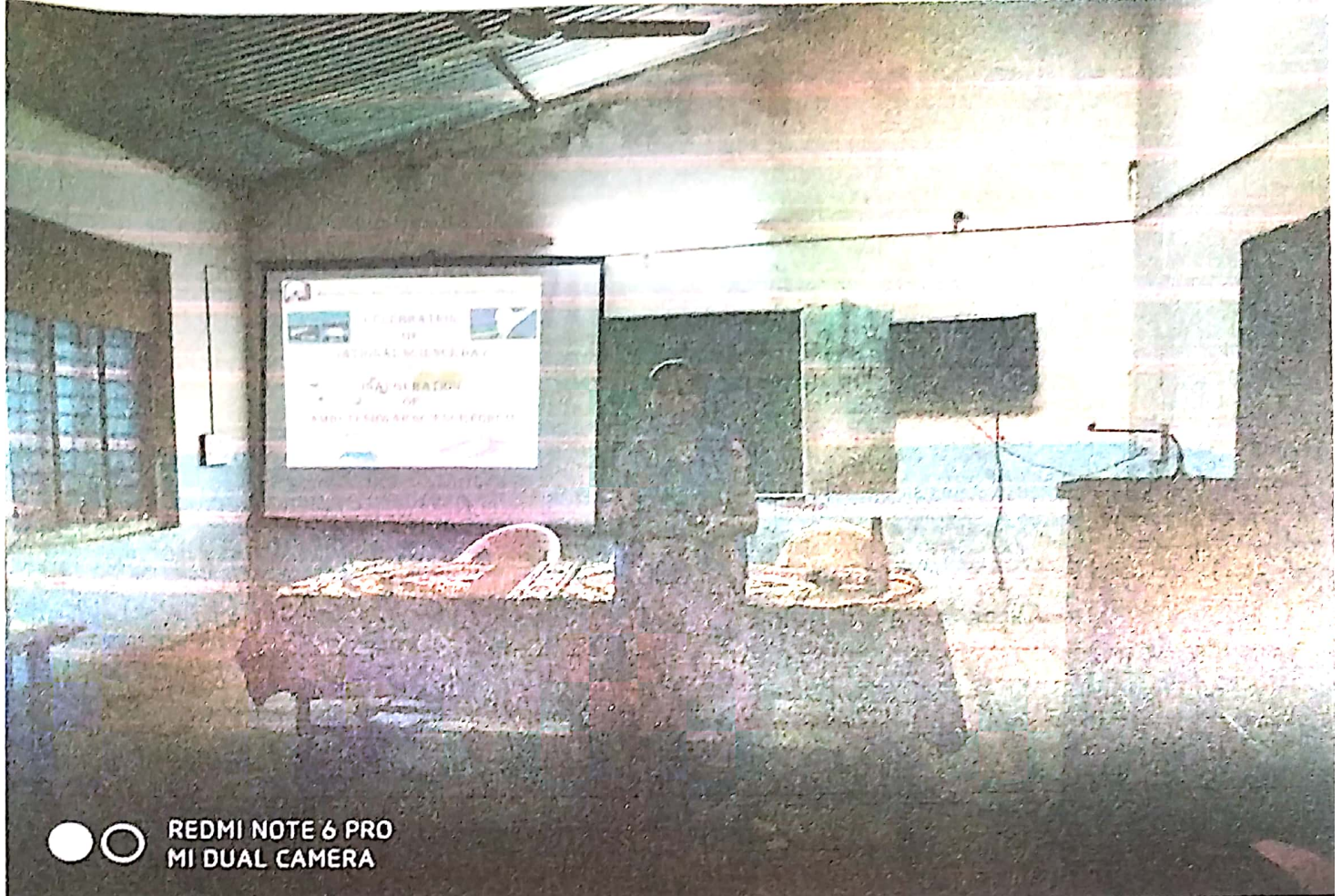
Date: 1/03/2019

**Report of Public Talk on Antibiotics and
Blood**

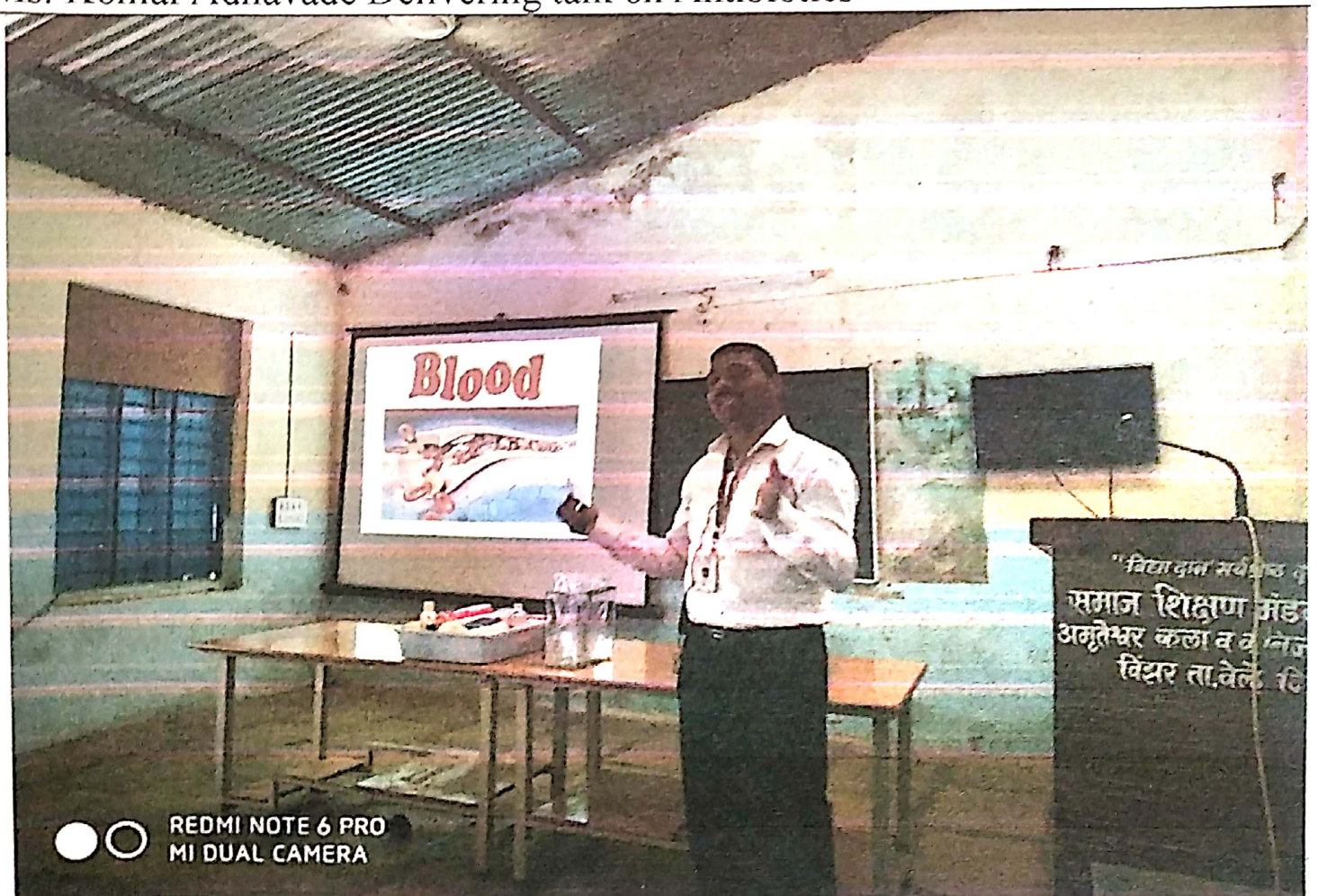
The Amruteshwar Science Forum has organised public talk on Antibiotics and Blood on the occasion of celebration of National Science Day on 28th February 2019. The objective of the programme was to spread awareness of antibiotics and its side effects on human health. And to know about the various aspects of blood. Ms. Komal Adhavade delivered talk on Antibiotics. She put light on the discovery, history and recent development of antibiotic, further she mentioned advantages and disadvantages of antibiotics. In the second session Mr. Sunil Bhagat explained the composition of blood and various components of blood. In concluding remarks he motivated the audience for the blood donation. There were total 86 participants who benefited with this programme.



Principal
Amruteshwar Arts, Commerce & Science
College, Vinzar, Tal. Velha, Dist. Pune.



Ms. Komal Adhavade Delivering talk on Antibiotics



Mr. Sunil Bhagat Delivering Talk on Blood