#### 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 6<sup>th</sup> to 10<sup>th</sup> 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 innogaration, 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 Surynamskar 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.

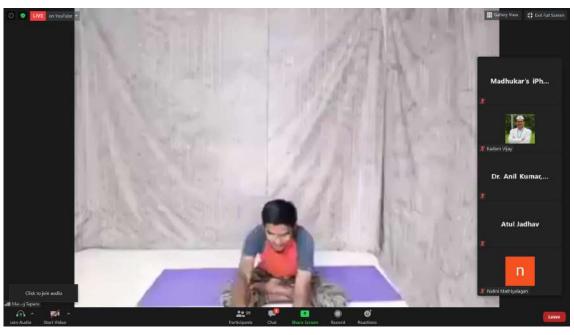
Day Four: The day four of the webinar was started with the training session in the morning. The session on "Basic Stretching exercise and Surynamskar Part-2" was conducted by the Prof. Manojkumar Tapare (Yoga Teacher). In the second session the talk-4 on "Immunity Boosting Food" was delivered by the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

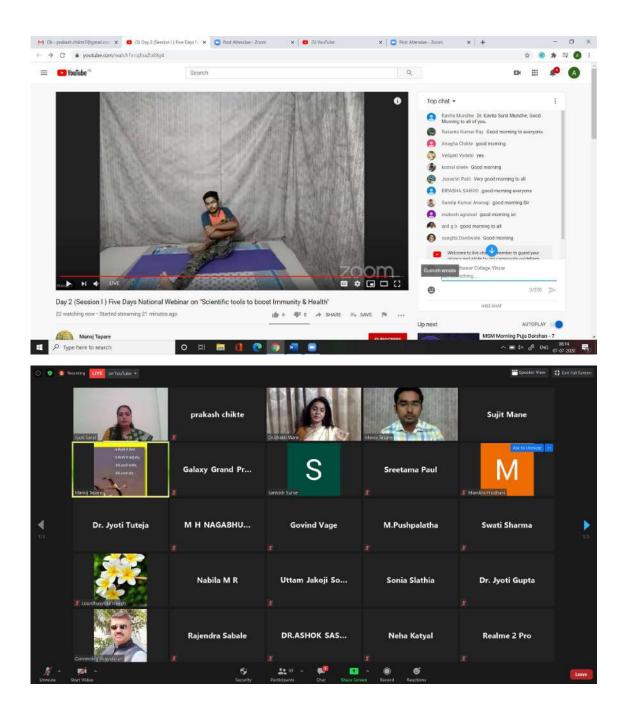
The programme was concluded with the feedback of the participants. The programme was anchored by the Mrs. Jyoti Bhate and Sujitkumar Mane, the technical support were provided by the Dr. Rahul Kamble and Prakash Chikte. Vote of thanks were expressed by the Dr. Deepak Shelke. All the teaching and Non-teaching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

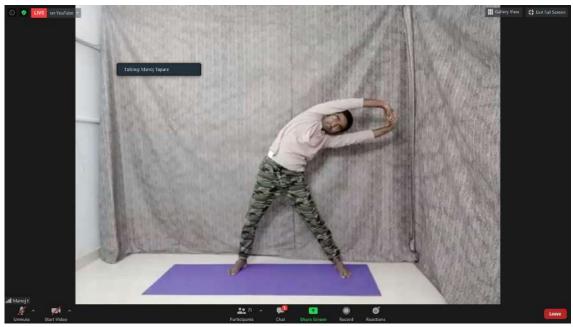
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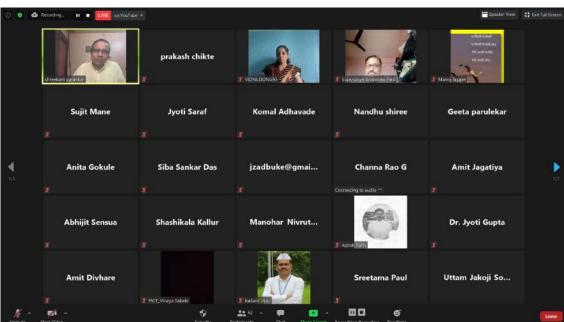
Amruteshwar Arts, Commerce & Science College, Vinagr. Tal. Yelha, Dist. Pune.

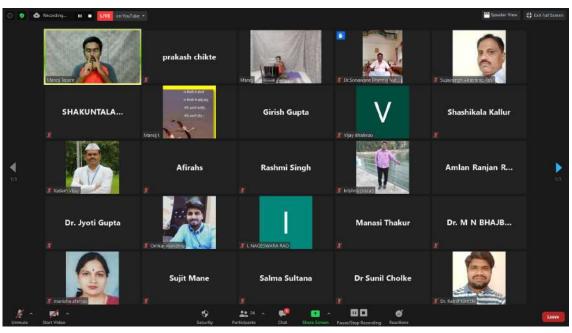


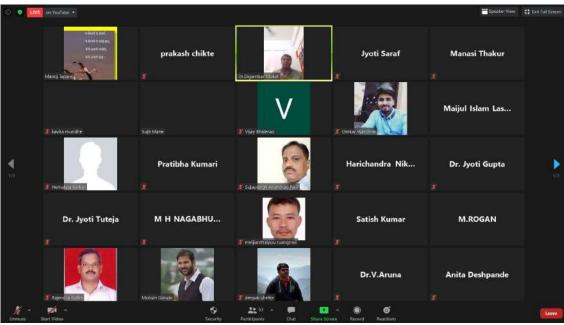






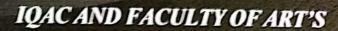








# AMRUTESHWAR ARTS COMMERCE AND SCIENCE COLLEGE





PRAGATIK ITIHAS SANSTHA

27TH JULY 2020

**ORGANIZES** 

ONE DAY NATIONAL LEVEL WEBINAR
On
COVID PANDEMIC AND AFTERMATH

COVID PANDEMIC AND

AFTERMATH

27th July 2020



#### Samaj Shikshan Mandal'S

## Amruteshwar Ars, Commerce & Science College

At Post Vinzar, Tal – Velhe Dist. Pune 412213 [IDNO PU/PN/AC 121/(1997)]

email:- amruteshwar13@gmail.com

website:- Amruteshwar.com

Date :- 20<sup>TH</sup> July 2020

#### NOTICE

All students and staffmembers of our college are informed that Faculty of Arts has organized one day webinar on "COVID PANDMIC AND AFTERMATH" on 27<sup>th</sup> July 2020. The said program would be conducted online on zoom platform. All students are requested to register online for webinar through Google form link forwarded on what's app groups on respective class

Thank You



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



# 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 TO10.55 AM

PREFACE OF PRAGATIK ITIHAS SANSTHA BY JAGDISH SONAWANE 10.55 AM 11.00 AM

PRINCIPALS TALK BY DR. SANJEEV LATE 11.00 AM TO 11.03 AM

TALK BY NANDAKUMAR SAGAR SIR MEMBER SAMAJ SHKSHAN 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 आपतीचा सामाजिक संदर्भ" BY DR. DILIP CHAVAN

VOTE OF THANKS BY SUVARNMALA MHASKE
1.45 PM TO 1.50 PM

Feedback form will be available on telegram group after 3 pm

Dr Narayan Bhosale President (प्रागतिक इतिहास संस्था)

CO-CONVENER

CHIEF-CONVENERS

**IQAC** Coordinator

Dr. Sanjeev Late Principal





Amruteshwar Arts, Commerce & Science



# AMRUTESHWAR ARTS COMMERCE AND SCIENCE COLLEGE



THE SUIKSHAN MANDAL'S



PRAGATIK ITIHAS SANSTHA

27<sup>™</sup> JULY 2020

ZOOM ID AND LIVE STREAMING LINK (YOU TUBE)

**Zoom Meeting ID: 9520083115** 

Password: 123123

Amruteshwar college webinar

<a href="https://www.youtube.com/watch?v=u0tOfvp\_Sac">https://www.youtube.com/watch?v=u0tOfvp\_Sac</a> link

| YouTube



Principal

Amruteshwar Arts, Commerce & Science College, Vinzar, Tal. Yelha Diet Prog.







IQAC AND FACULTY OF ART'S

PRAGATIK ITIHAS SANSTHA

27TH JULY 2020

## ONE DAY WEBINAR ON COVID PANDEMIC AND **AFTERMATH**

ZOOM ID AND LIVE STREAMING LINK (YOU TUBE)

Zoom Meeting ID: 9520083115

Password: 123123

Amruteshwar college webinar

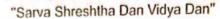
https://www.youtube.com/watch?v=

u0t0fvp\_Sac link

Principal

Amruteshwar Arts, Commerce & Science

College Vinzar, Tal. Yellis Institution



### 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

Email: amruteshwar13@amail.com

Website: amruteshwar.com

Date:

/ 20

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

Principal

Dr. Sanjeev Late

GDC&A., Ph.D.

#### COVID PANDAMIC AND AFTERMATH 2020

#### Report

Parishad organized National webinar on COVID Pandemic on 27 July 2020 .Theme of the webinar was relevant and with ongoing pandemic . Doctor Sachin Sarode well known physician and expert on dynamics and science of pandemic delivered lecture on COVID wave it's spread estimated affection to population and its impact. With him Dr Dilip Chauhan head of the department English SRTM University Nanded delivered lecture on social impact and reference of covid pandemic

This webinar was attended by 80 participants from all over the Country. Preface of the program, was done by Dr. Balasaheb Kendale, guest of honor for this program was Mr. Nanda Kumar Sagar director Samaj shikshan Mandal. Vote of thanks was delivered by Survanamala Mhaske



Amruteshwar Arts, Commerce & Science College, Vinzar, Tal. Velha District

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

Date: 06/ 03/2021

## **Notice**

All students are here by inform to attend the webinar on "Women's day: A Step Towards the Women Empowerment" jointly organized by IQAC, NSS, SWO and Women's grievance redressal cell on the occasion of international women's day. The webinar is scheduled on March 8, 2021 at 12 noon.

Mrs. Bhate J. T (Chairman)

Dr. Sanjeev Late (Principal)

College, Vinzer, Tal. Volha, Dist. Pune.



Dr. Sanjeev Late

"Sarva Shreshtha Dan Vidya Dan"

#### Samaj Shikshan Mandal Vinzar's

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Email: amruteshwar13@gmail.com

Website: amruteshwar.com

/20

Date: / /20

Ref.: A.A.C.S.C./ /20 고역각 20각 05/03/2024

To, Prof. Pratima Pardeshi Pune.

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

Respected Madam,

With reference to above cited subject, Amruteshwar Arts, Commerce and Science College, VinzarVelha, Pune organize one day state level webinar on "Women's Day: A step towards the women's empowerment" on 08<sup>th</sup> March, 2021. We request you to deliver a talk in the area of your expertise related to the theme of the webinar on 8<sup>th</sup> March 2021 at 12.00 noon. Your cooperation is highly appreciated in this regards.

Thank you.

Coordinator (Bhate J.F.)

Tal Velha, A Pune A Pune A Pune

Principal

Science Col 30 Vistoria



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

NAAC Reaccredited - B

Email: amruteshwar13@gmail.com

Website: amruteshwar.com

Adv. Nitin Gulab Daswadkar Pune.

Subject: About Invited talk in the State Level Webinar.

Respected Sir,

With reference to above cited subject, Amruteshwar Arts, Commerce and Science College, Vinzar Velha, Pune organize one day State level webinar on "Women's Day: A step towards the women's empowerment" on 08th March,2021. We request you to deliver a talk in the area of your expertise related to the theme of the webinar on 8th March 2021 at 01.00 pm. Your cooperation is highly appreciated in this regards.

Thank you.

Coordinator

(Bhate J.r.)

Principal

Amruteshwar Ana, Commerce & Science Caloge, V

Tal-Velhe, Dist-Plane-4



"Sarva Shreshtha Dan Vidya Dan"

#### Samaj Shikshan Mandal Vinzar's

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[ID No. PU/PN/AC 121/(1997)] NAAC Reaccredited - B

M.Phil. GDC&A., Ph.D. Ref. : A.A.C.S.C./299/2021

Principal

Dr. Sanjeev Late

Email: amruteshwar 13@gmail.com

Website: amruteshwar.com

Date: 0/3/2021

To, Prof. Pratima Pardeshi Pune.

Subject: Letter for Appreciation.

Respected Madam,

We are writing this letter to extend my heartiest appreciation towards you for delivering such a wonderful lecture at State Level Webinar on ""Women's Day: A step towards the women's empowerment" held at our college on 8th March,2021. 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 above cited subject. We, once again, would like to thank you and also appreciate you for your hard work your field and hope to get a chance to meet you again. We wish you a success in the field of research ahead.

Yours sincerely

Coordinator

(Bhate J.T.)

Principal

are Principle Amruteshwar Arts, Commer & Science College

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of the same



"Sarva Shreshtha Dan Vidya Dan"

#### Samaj Shikshan Mandal Vinzar's

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NAAC Reaccredited - B

Email: amruteshwar13@gmail.com

Website: amruteshwar.com

Date: 10/3/2021

Ref.: A.A.C.S.C./29/2021

Principal Dr. Sanjeev Late

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

To. Adv. Nitin Gulab Daswadkar 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 State Level Webinar on "Women's Day: A-step towards the woman empowerment" held at our college on 8th March,2021. 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 above cited subject. We, once again, would like to thank you and also appreciate you for your hard work your field and hope to get a chance to meet you again. We wish you a success in the field of research ahead.

Yours sincerely

(Bhates T)

Principal .

Principle Amruteshwar Arts, Cr.

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

Date: 09/ 03/2021

## 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 one day state level webinar on "Women's day: A step towards women empowerment" on 08 March 2021. A motivation behind this is to think about and percolate the purpose of women's day among the students. Also, to create the awareness about gender equality in the society.

Due to Covind-19 pandemic situation the programme was organized through online mode. Registration for the programme was done through Google form circulated among WhatsApp groups of various colleges a week before the programme. Around 236 participants were registered for this programme. Programme was conducted through ZOOM portal along with it the programme was broadcasted on YOUTUBE for those who could not able to join the Zoom meeting.

With respect to the theme of the programme two speakers were invited to deliver a talk. Our first speaker Prof Pratima Pardeshi delivered a talk on "Women's day and relevant references." She focused on the need of enlightenment on gender equality in the modern word. She insists that it should be start with changing habit of work distribution in our daily routine. Finally she greets all women participant and give a three word message "to unit, to fight and to win". Second speaker Advocate Nitin Daswadkar delivered a talk on "A law for the Indian women." He discussed various provisions in our constitution made for the safety and overall development of the women. He mainly talks on the laws made for in-house violence. He discussed couple of case studies. Feedback forms were circulated among the participant at the end of the second session.

Whole programme is anchored by Prof. Sujitkumar Mane. Preface of the programme is and Dr. Sanjeev Late (Principle Amruteshwar Sagar (Director Samaj Shikshan Mandal) to first speaker Prof. Pratima Pardeshi and Dr. Sheetal Shendkar gave an introduced expressing the vote of thanks.

A sound technical support for smooth conduction of the programme was provided by Prof. Manojkumar Tapare. A back stage work such as Google forms, registration link, e-certificate distribution is effectively done by Dr. Rahul Kamble and Prof. Prakash Chikte.

Around 100 participants were joined through the zoom meeting and 36 were using youtube link. Thus about 136 participants were directly benefited 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. Bhate J. T

(Programme Co-ordinator)

Dr. Sanjeev Late (Principal) 1:08 PM Mon 8 Mar **?** 77% □ Live chat



zoom

#### Pratima Pardeshi

Webinar On International Women's Day 08.03.2021

25 watching now

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12.36 PM pranav shilimkar pranav Shilimkar SY B.com

12:41 PM Aboli Mahadik Aboli Mahadik 11 std science

12.41 PM Shubham Pawar shubham pawar sy bsc

12.42 PM Suraj Walgude Saurabh Walgude

12:45 PM Arati Pilane Aarti pilane T.Y.B.com

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12:45 PM Jagannath Limhan Harshada limhan class -11th science

12:47 PM MANISHA SHILIMKAR Robit Shilimkar S.Y.BA

12:49 PM Anjana Renuse UMESH RENUSE FYBA

12:52 PM Sapana Pawar sapana rajendra pawar T. Y. bcom

12.58 PM Abhishek Pawar Pawar abhishek S. Y. Bsc

12:59 PM Sunil Waghmare Prof.Sunil Waghmare, Women's College, Amalner

12.59 PM Shilpa Garud Shilpa Subhash Garud class: SYBsc

1:04 PM Priyanka Nanavare nanavare Priyanka sy.bsc

Welcome to live chat! Remember to guard your privacy and abide by our Community Guidelines.

**LEARN MORE** 





Prakash Chikte



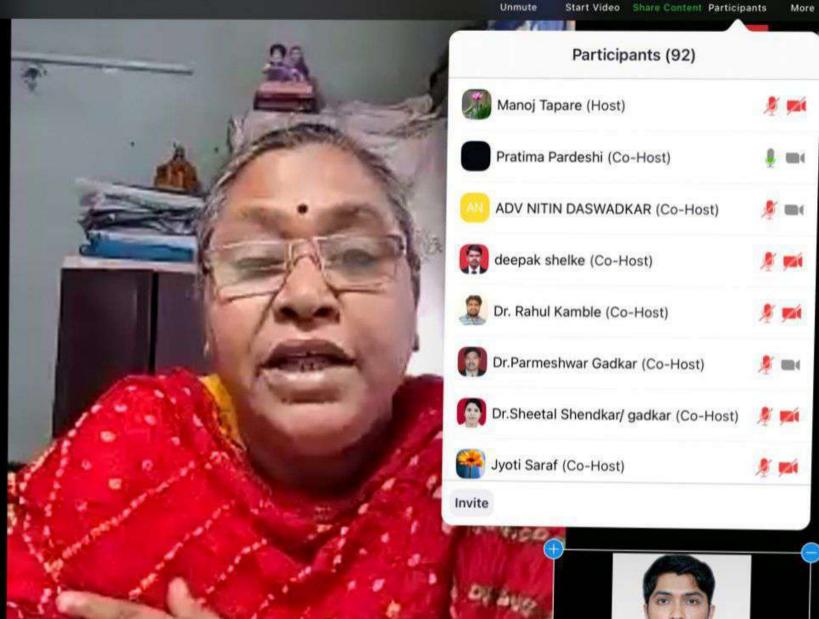


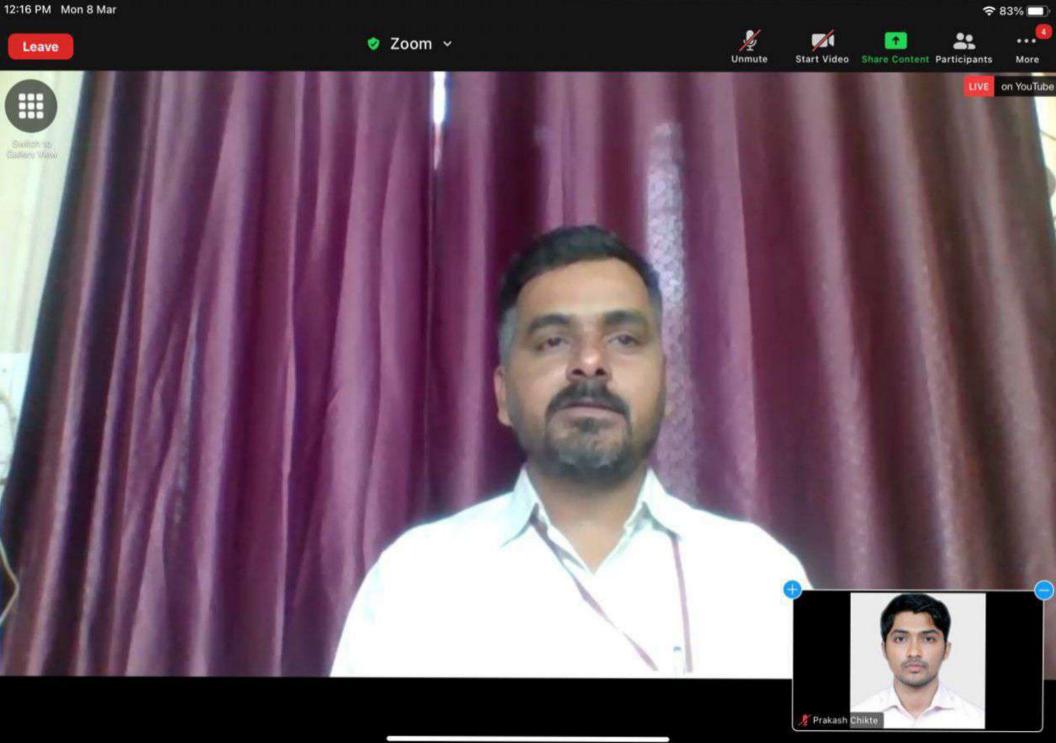


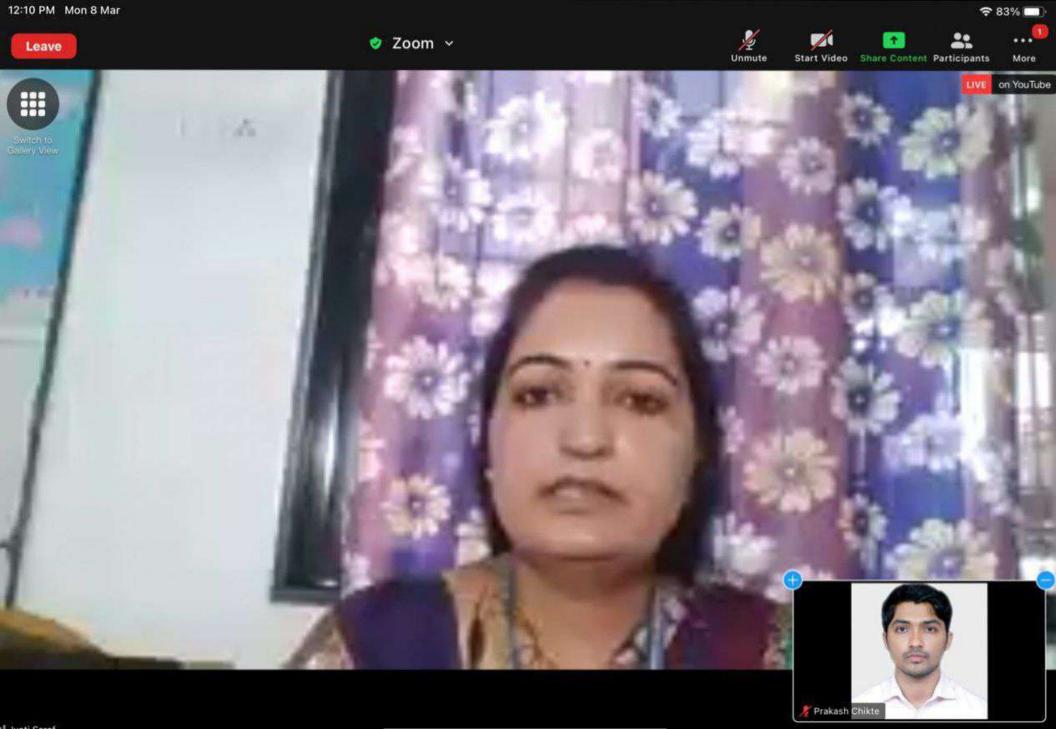


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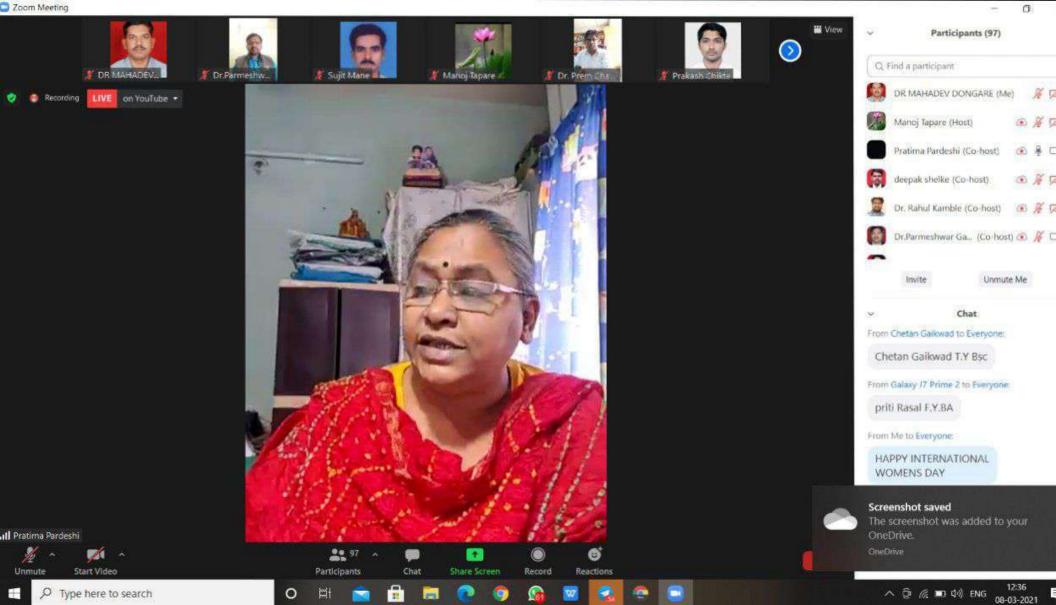


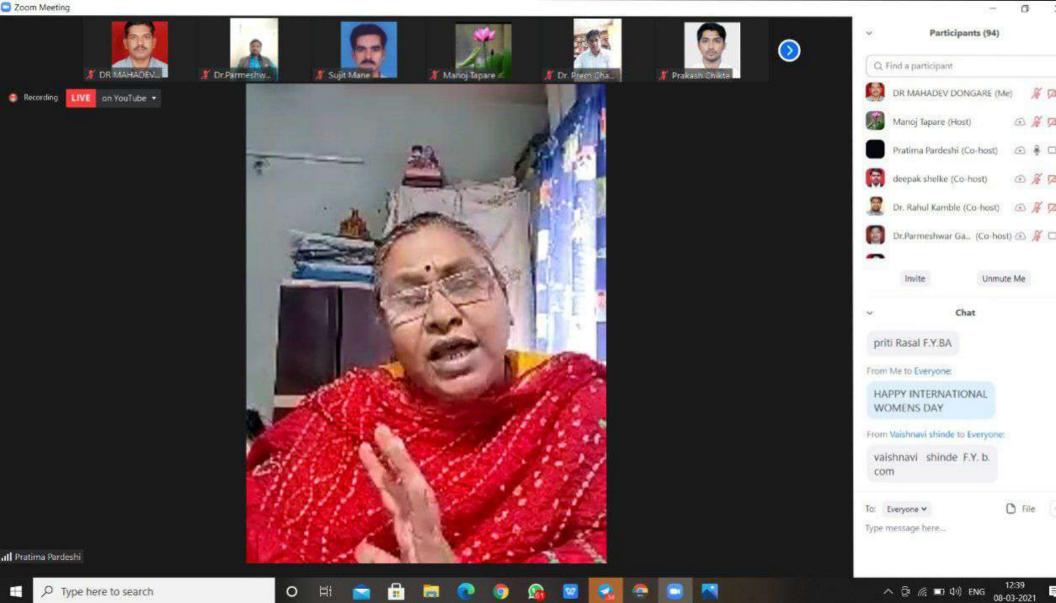


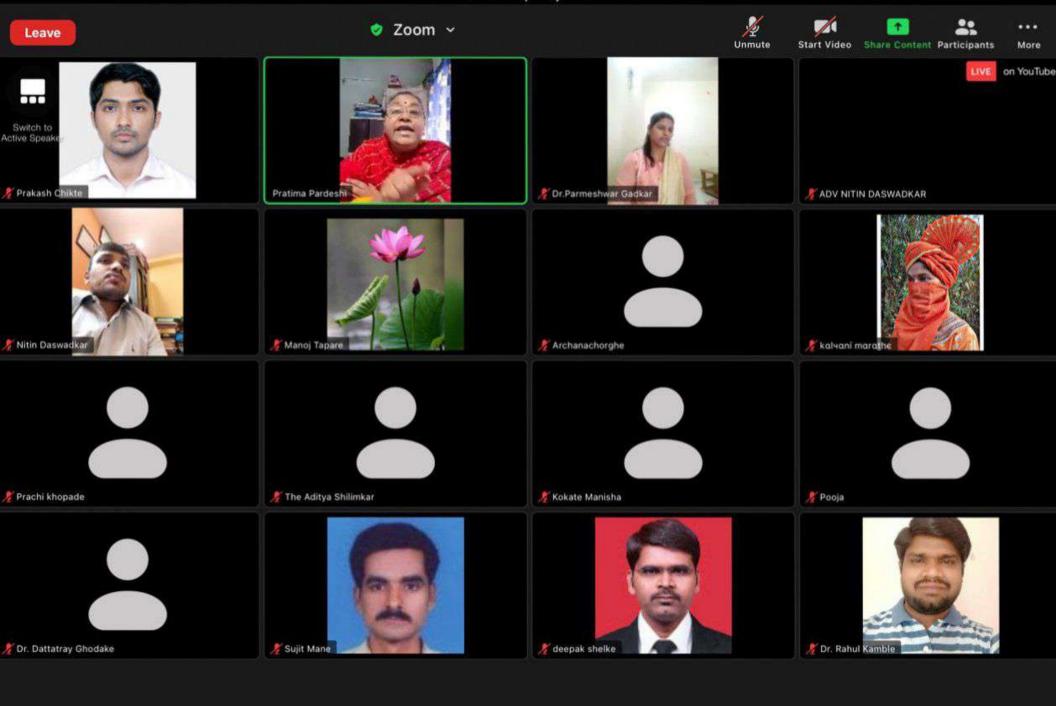


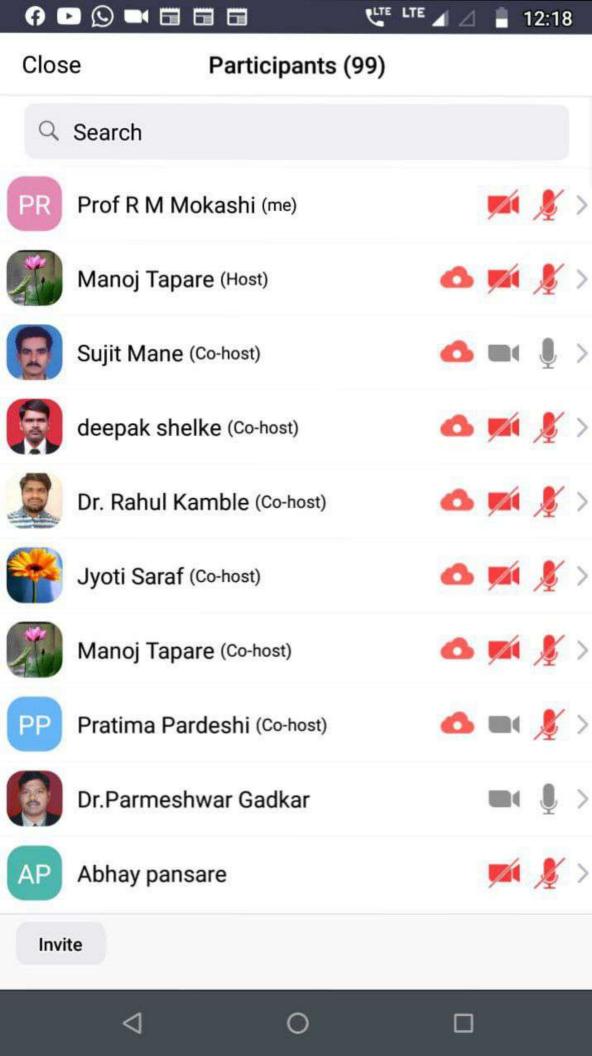


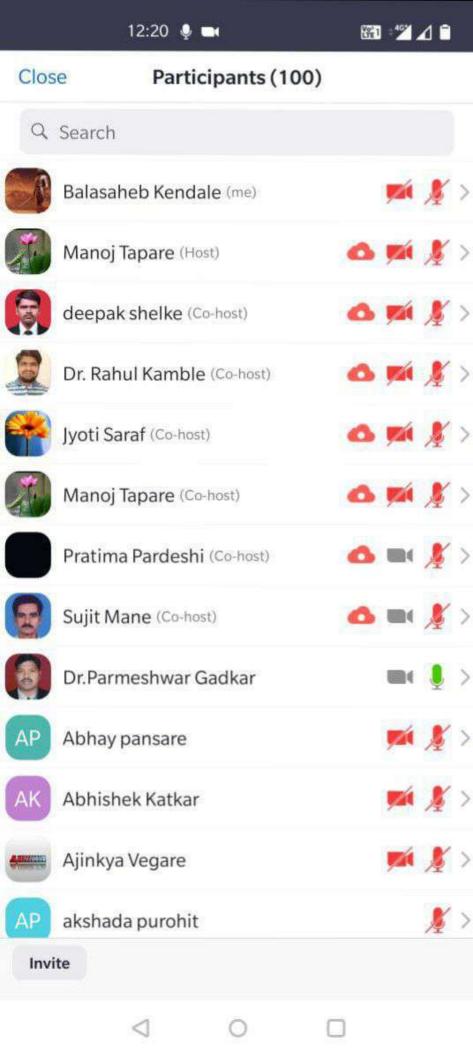


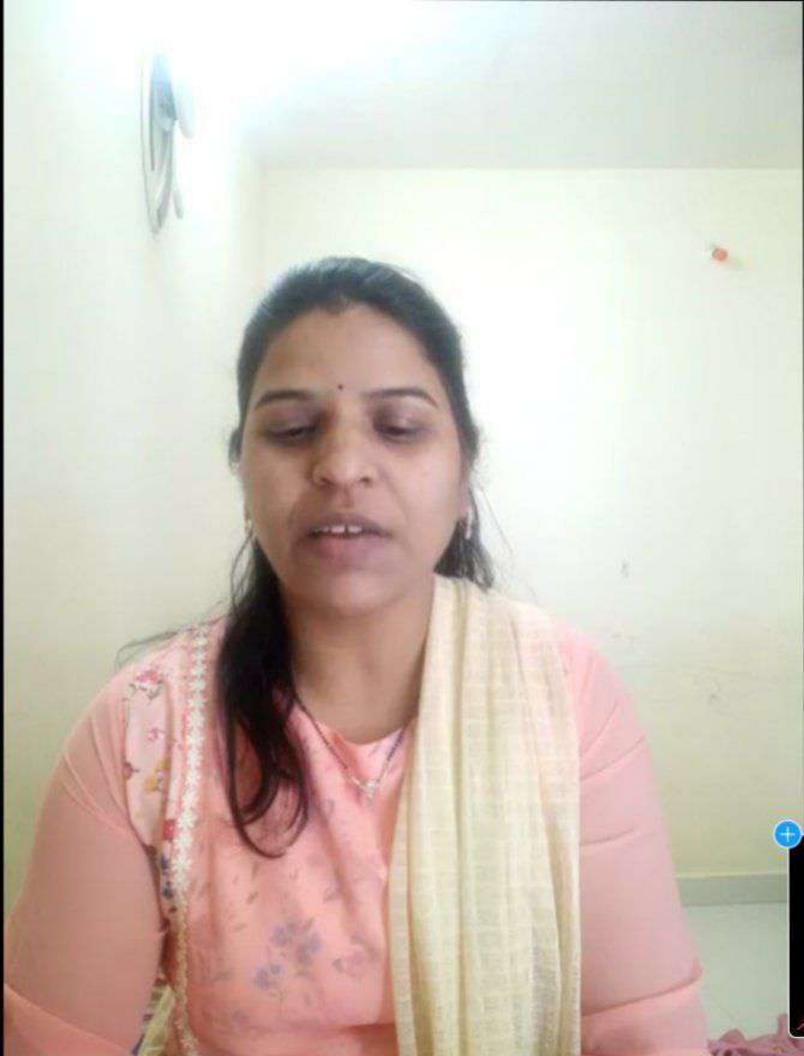












# समाज शिक्षण मंडळ, विंझर अमृतेश्वर कला, वाणिज्य आणि विज्ञान महाविद्यालय, विंझर ता . वेल्हा जि . पुणे

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अकम

दिनांक 0२.0६.२0२१

# सूचना

महाविद्यालयातील सर्व प्राध्यापक विद्यार्थ्यांना सूचित करण्यात येते की, आरोग्य विभाग व अंतर्गत गुणवत्ता कक्ष यांच्या संयुक्तविद्यमाने दि .0९ .0६ .२०२१ रोजी सकाळी ९ .00 वाजता आरोग्य व स्वच्छता जनजागृती या विषयावर राज्यस्तरीय वेबीनारसाठी सर्वानी ऑनलाईन उपस्थीत रहावे याची नोंद घ्यावी .

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

# sam Vinzar

# AMRUTESHWAR ARTS, COMMERC & SCIENCE COLLEGE, VINZAR, TAL-VELHE, DIST-PUNE

[ID No.PU/AC 121/(1997)] NAAC 'II'

# Health Department

# "Health awareness during Covid -19"

09 June 2021

# Program scheduled

Sr.No.	Activity	Name
01	Introduction of the program	Dr. Sheetal Shendkar (Health Department Head)
02	Inaugural of Speech	Dr. Late S.S. (Principal of the College)
02	Speaker	Dr. Prakash Sheth (M.D Medicine)  Manavata Upasak award 2020
03	Introduction of Speaker	Dr.M.D. Dongare (Head of I.Q.A.C)
03	Speaker	Dr. Alok Lathi Maxillofacial Radiologist (Gold Medal in BDS)
04	· Vote of thanks	Dr.P.S.Gadkar

Americanium Antal, Commence & Solenie College, Vingan, Tall, Valliva, Clear, Flinds.

# 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=ZWJ2Q2xFWIJBN 11V1JFbEZMRkdQUT09 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. Shagwanrao Limhan.



"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

Principal
Dr. Sanjeev Late
M.A., M.Phil., GDC&A., Ph.D.

NAAC Receredited - B

Email: amruteshwar13@gmail.com

Website: amuneshwar.com

Ref.: A.A.C.S.C./34720

Date: 3/6 /202

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

**ES** 

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

Principal

Your Faithfully

Dr. Sanjeev Late

Principal

Amruteshwar Arts, Commerce & Science College Vinzar, Yal. 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: 22 19 1922

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

Dr. Sanjeev Late M.A. M.Phil., GDC&A., Ph.D. NAAC Receredited - B

Email: amruteshwar13@gmail.com

Website: amruteshwar.com

Date: 3/6/202)

Ref.: A.A.C.S.C./346/2021

Mr. Prahash Sheth M.D Medicine. Sachalas Nagar-

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

Dear Sir.

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.

Director of Physical Education.
Dr. Sheetal Shendkar

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Your Faithfully

Principal Dr. Sanjeev Late

Principal

Amruteshwar Arts, Commerce & Science College, Vinzar, Yal. 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 precautionarymeasures took by college in COVID 19 pandemic.

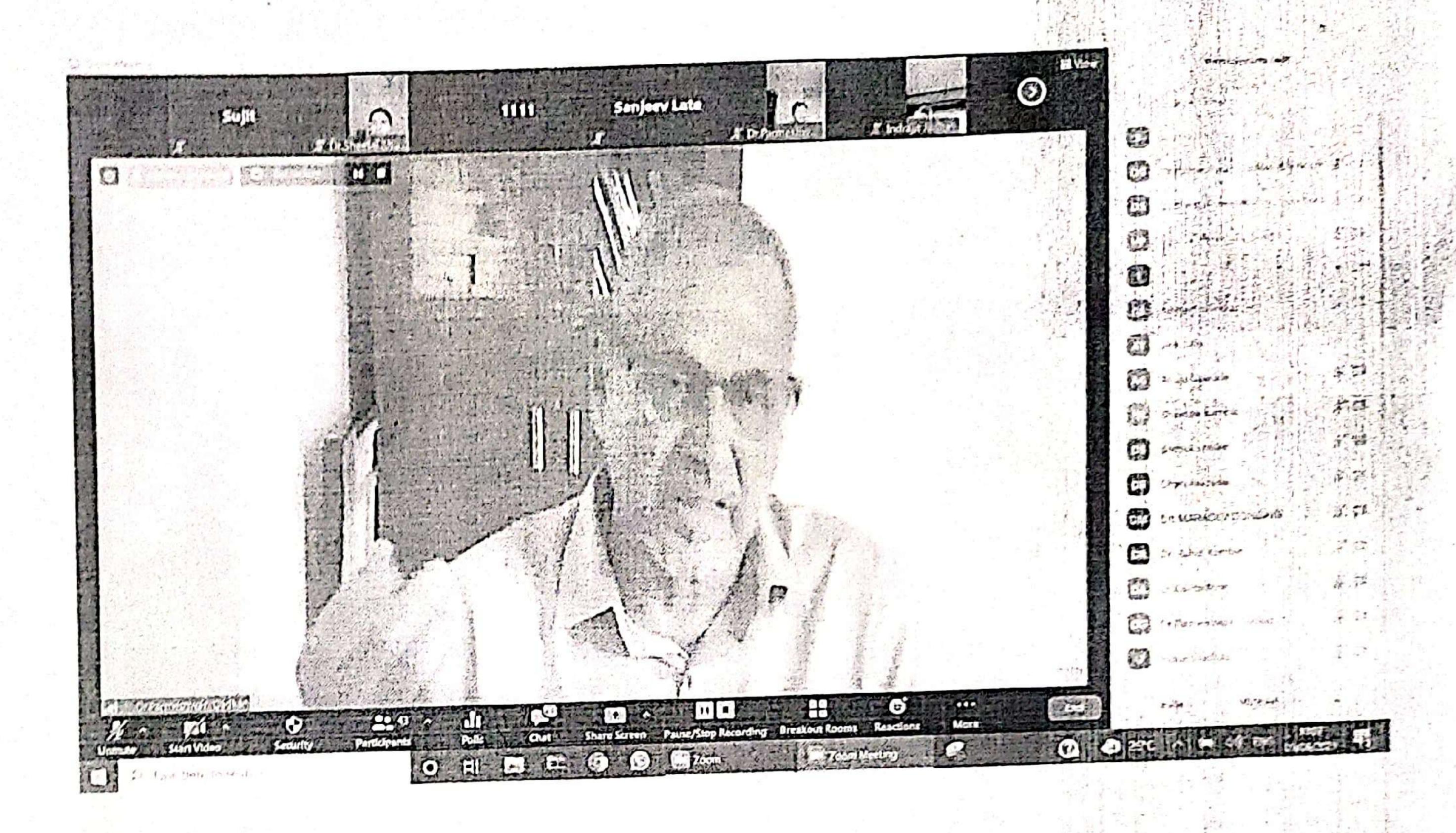
The lecture series was in two session, in first session Dr Prakash Sheth (MBBS MD) gave lecture on current updates on COVID 19 pandemic and what are the moral responsibilities and duties of every individual as a citizen. he also told Health awareness instruction during COVID 19. He describe what measures 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.

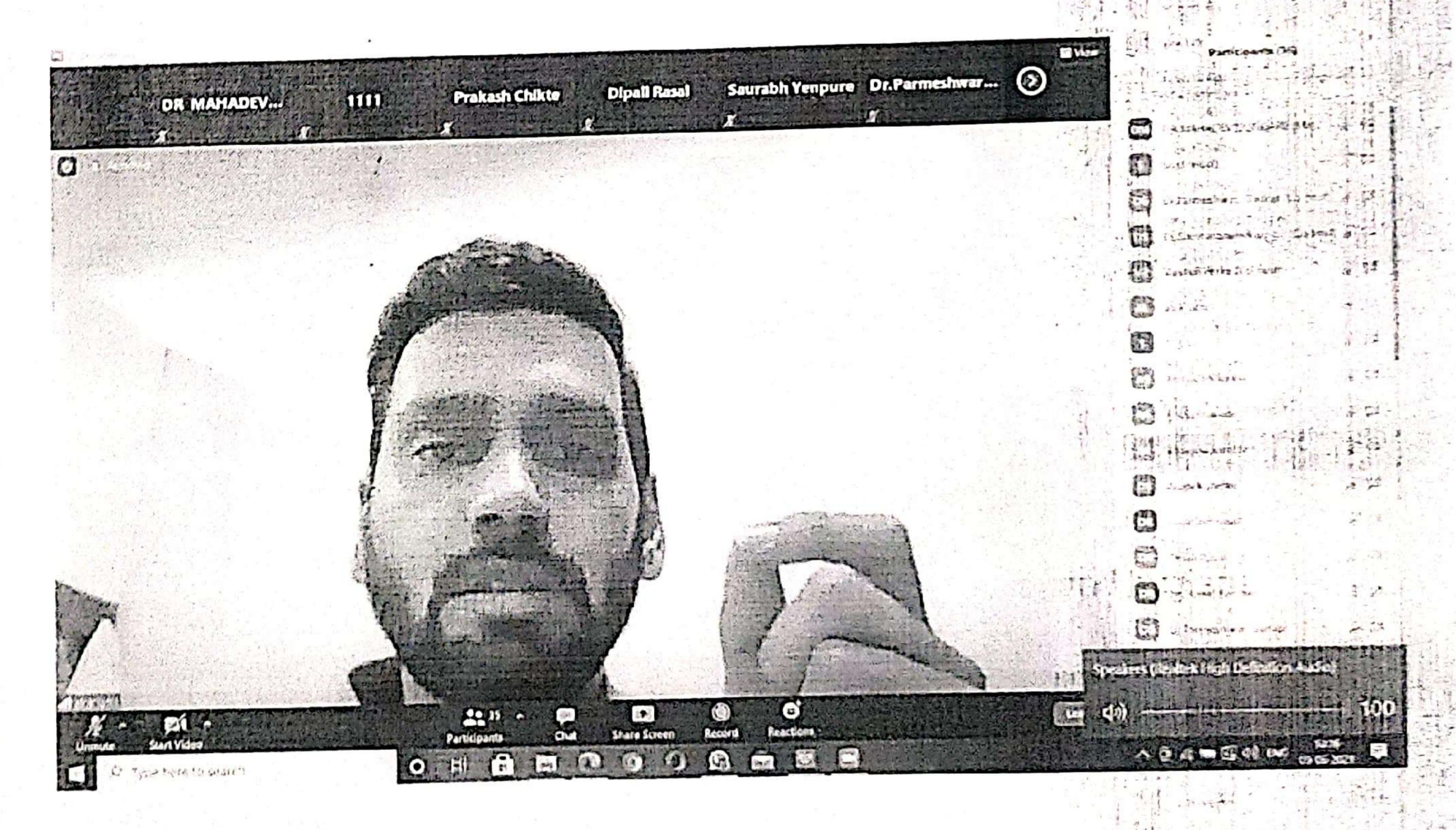
At the end of Session IQAC head Assitant. Prof Dr Mahadev Dongare expressed his thoughts. Dr Sheetal Shendkar express her thoughts and gave vote of thanks.



1. Dr Prakash Sheth (MBBS MD) gave lecture on COVID 19 pandemic.

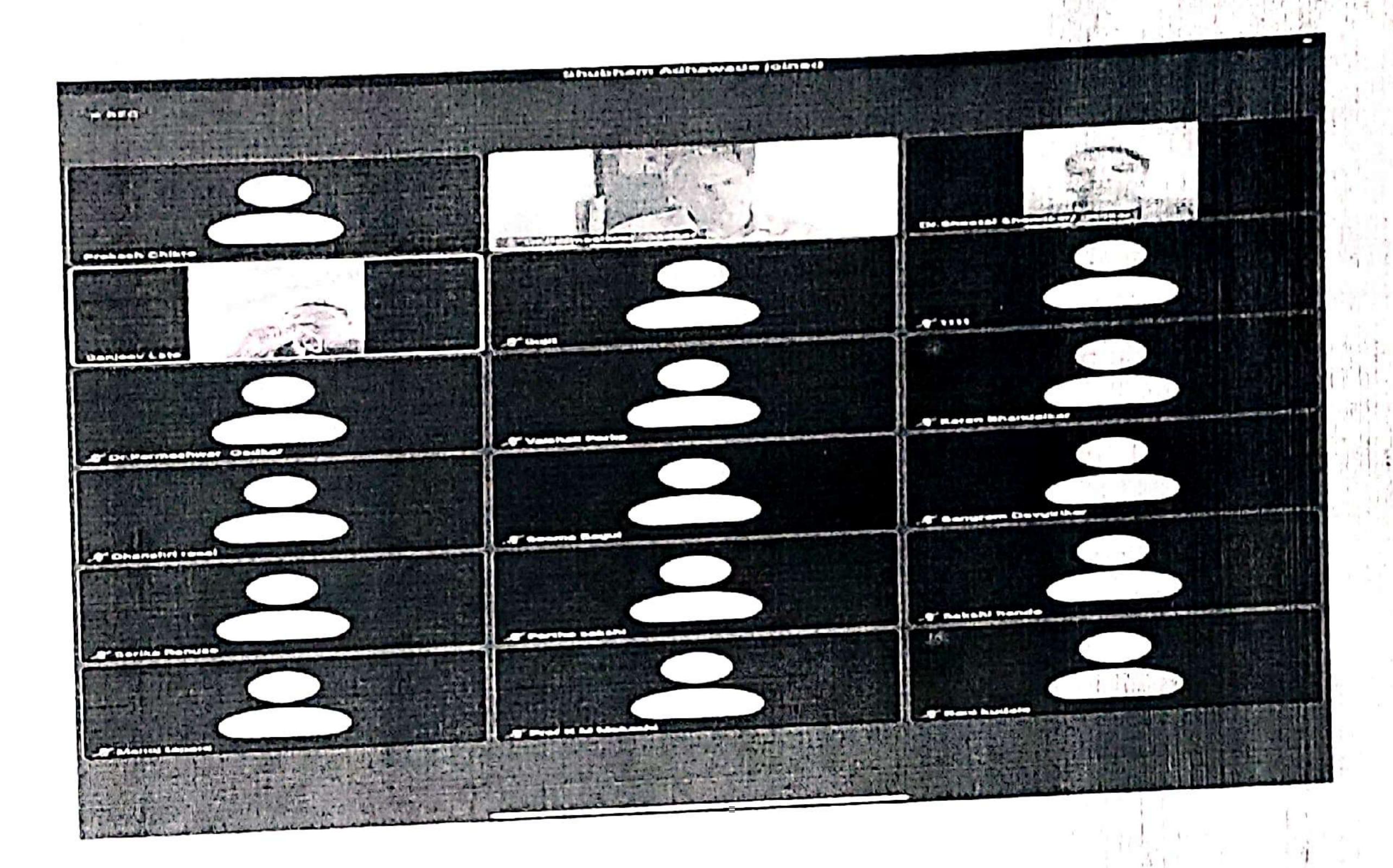


2. second session Dr Alok Lathi (BDS) gave a lecture on of health and hygiene.





# 3.Dr. Late sir principal Address



3. Vote of thanks by Coordinator.



co-ordinator Health.



Principal

Amruteshwar Arts, Commerce & Science

College. Vinzar, Tal. Velha. Dist. Pune.

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

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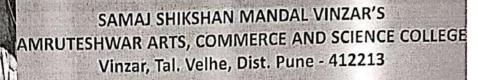
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## सूचना

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Amruteshwar Arts, Commerce & Science Lillega, Vinzar, Tal. Velha. Dist. Pune. "Sarva Shresth Dan Vidya Dan"







Organized by

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



## Stress Management

Inaugural Function

12/06/2021 time 10:00 am Guest of Honar Mr. Nandu Sagar Sir

Director SAMAJ SH/KSHAN MANDAL

#### SESSION I

Dr. Mahesh Khetmalis

Associate Professor,

Visva Bharti University, Santiniketan

SESSION II

Dr. Deepak Shendkar
 Director of Physical Education,

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/1FAIpQLSedtMPGtD8QzhvBOgH9gIn3MWU9IGJoQ6INnCPUO\_liPB2VT

g/viewform?usp=sf\_link

Join Zoom Meeting

https://us02web.zoom.us/j/9890631496?pwd=ZWJ2Q2xFWIJB: HN1V1JFbEZMRkdQUT09

Meeting ID:989 063 1496 Passcode: 1111

join-telegram-group by following link https://t.me/joinchat/IANjeqZjJ\_YwZ[ 1

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. Vellia, Dist. Pune.

# SSM Vinzar AMRUTESHWAR ARTS, COMMERC & SCIENCE COLLEGE,

VINZAR, TAL-VELHE, DIST-PUNE [ID No.PU/AC 121/(1997)] NAAC 'B'

Department of Physical Education and IQAC of the College jointly organized one Day National webinar on

## "Stress Management"

12 June 2021 10.00 am

Program scheduled

Sr.No.	Activity	Name
01	Anchoring of the program	Dr. Sheetal Shendkar
		(Director of Physical Education)
02	SPP University song	Technical team
03	Introduction of the program	Dr.M.D. Dongare (Director of IQAC)
04	Inaugural of Speech	Principal Nandu Sagar (Director of SSM, Vinzar)
05	Presidential speech	Dr. Late S.S. (Principal of the College)
06	Introduction of speaker	Dr. Sheetal Shendkar (Director of Physical Education)
07	Speaker	Dr. Mahesh Khetmalis Associate Professor, (Visva Bharti University, Santiniketan, West Bengal, India)
08	Introduction of Speaker	Prof. Prakash Chikte Assist. Professor
09	Speaker	Dr. Deepak Shendkar Associate Professor, Morden College Ganeshkhid, Pum Maharashtra
10	Vote of thanks	Dr. Parmeshwar S. Gadkar Assist. Professor





Americander Aria Commerce & Science College, Vinzar, Tal. Valla, Dist. Pune.



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## AMRUTESHWAR ARTS, COMMERCE & SCIENCE COLLEGE, VINZAR

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Date 1/2/04/2021

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Dr. Mahesh khetmalis Associate Professor Vistora Rharant University, Santintketan, West Bengal, India

Subject Regarding heartfelt gratitude for accepting our invitation and delivering lecture as an expert resource person for One Day National Level Workshop furchinar

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We express our heartiest gratitude for accepting our invitation and delivering busing for the One day National Level Workshop on 'Stress Management' organized by IQAC and Department of Physical Education under Savitribal Plack Pape University 'Fit India Movement' in our college dated 12 stage 2021.

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Dr. S. L. Shorrdhie

Principal Principal

Linguteshwar Arts, Commerce & Science College, Vinzer, Tal. Velha, Dist. Pone.

Principal

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



Samaj Shikshan Mandal Vinzar's

# AMRUTESHWAR ARTS, COMMERCE & SCIENCE COLLEGE, VINZAR Al Post Vinzar, Tell veline the Place that has all 2213 felefor total

Dr. Sanjees Late

Email

PM - AACSC/35420

Wensite: Symptomical cons

Date: +7/07/2014

Dr. Deepak Shendkar

Director of Physical Laboration Morden t allege, transchikhand Smith Bat Phuls Func I an ersay,

Maharashtra, India

Subject Invitation as a resource person for One Day National Level Workshop / Live Cear

DEE SI

We are pleased to invite you for the One day National Level Workshop on 'Stress Management' organized by IQAC and Department of Physical Education under Savitribai Phule Pune University 'Fit India Mavement' in our college

to and and privately to made you for One Day National Level Workshop organized by IQAC and Department of Physical Education under Savitribai Phole Pune University 'Fit India Movement' as an Expert Speaker on the topse of "Niress Management". We believe that your contribution to this field is angus alleled and a workshop on this topic will be at great benefit for as

We look forward to a parative confirmation an honor for to maked Kindly conten-

Thanks and results

Courtinator

Dr St Shroullis

Principal Principal ameuteanwar Arte, Commarce & Science College, Vinzar, Tal. Veina, Orst Puna.

Principal

Amruteshvier Arts, Commerce & Science tal Valla Dist Runa

# 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

्या भारत

session speaker Dr.Mahesh Khetmalis sir "Associate prpfesor "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.

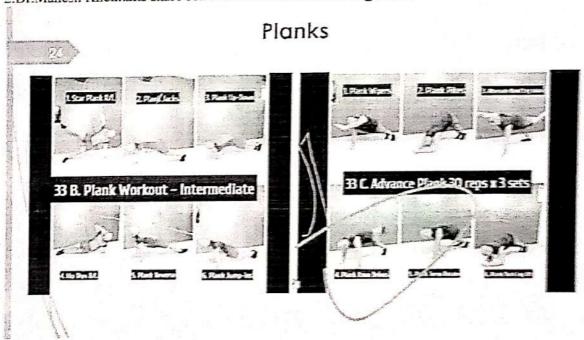
Later, Co-Chairperson Dr.Rupesh Thopte and Chairperson Dr.Dyaneshwar Chimate sir responded to the Questions and doubts raised by the participants. The session was concluded by a vote of thanks from Dr. Sheetal Shendkar. She expressed special gratitude to the Chairperson and Co-Chairperson both session 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.



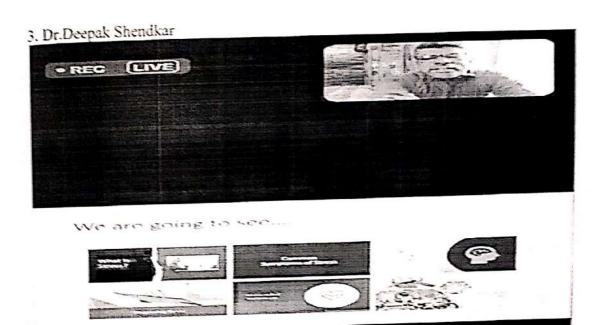
1. Welcome address by Dr.Sanjeev Late sir

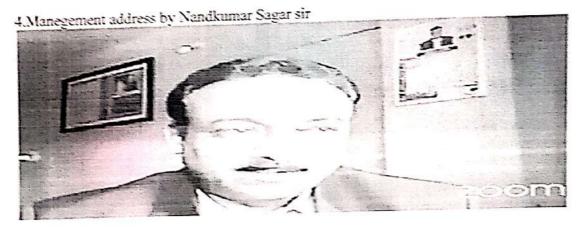


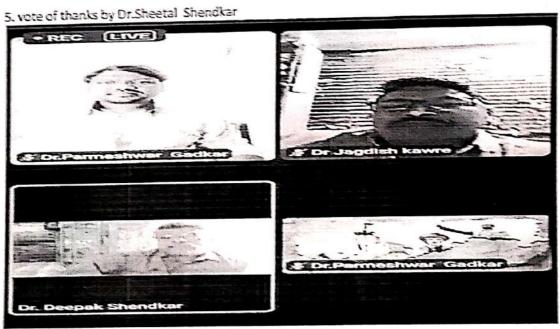
2.Dr.Mahesh Khetmalis share some exercise for stress management.















Principal

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