



SHIKSHAN MANDAL BHAGUR'S,  
AFFILIATED TO SAVITRIBAI PHULE PUNE UNIVERSITY, PUNE,  
**Shri. Eknathrao sahadu shete Arts,  
Commerce & Science College, Deolali Camp,  
Nashik**

Matoshree Yamunabai Karandikar Shaikshanik Sankul, Sv.No.306/1A/4B/2, Barnes School Road, Deolali Camp, Tal &  
Dist Nashik-422401.



## **CRITERION – VII**

### **Institutional Values and Best Practices**

#### **7.2 Best Practices**

**7.2.1 Describe two best practices successfully  
implemented by the Institution as per NAAC format  
provided in the Manual**



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# **Shri. Eknathrao Sahadu Shete Arts, Commerce & Science College, Deolali Camp, Nashik**

Matoshree Yamunabai Karandikar Shaikshanik Sankul, Sv.No.306/1A/4B/2, Barnes School Road, Deolali Camp, Tal & Dist  
Nashik-422401.

E-mail: [smbcollege2019@gmail.com](mailto:smbcollege2019@gmail.com)

COLLEGE ID: PU/AN/ACS/181/2019

Ph.No.0253-4032579

## **DECLARATION**

This document serves to affirm that the information, reports, authentic copies of supporting documents, numerical data, and other materials submitted in the files have been verified by the Internal Quality Assurance Cell (IQAC) and are accurate according to the records.

This declaration is intended for the NAAC accreditation of the Higher Education Institution (HEI) for the first cycle period from 2019-20 to 2023-24.

**Place:- Deolali Camp**

**Co-Ordinator  
IQAC**

Shri Eknathrao Sahadu Shete  
Arts, Comm. & Sci. Senior College  
Deolali Camp, Nashik



**Principal**

Shri Eknathrao Sahadu Shete  
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### Best Practice No.1

#### 1. Title of the Practice: Nation building through Yoga and Meditation

Yoga is an ancient practice for a healthy mind and body. It is a form of exercise and meditation, which is very helpful for making our lives better. The posture and poses of yoga do not only benefit the physical body, but also enhance the spiritual energy. Yoga does not only enhance the overall body functions, but it also helps to cleanse our thoughts and makes our mind sacred and pure. Yoga is a tool to achieve good health and spirituality by performing physical and breathing exercises. There are different ways of performing it like slow relaxing exercises to vigorous exercises, depending on your choice and need. Today, Yoga has become a part of the daily routine of millions of followers in India and abroad. We must take out some time for practising Yoga to achieve health and spirituality.

#### 2. Objectives:

1. Yoga increases your flexibility.
2. Yoga helps you to build strength.
3. Yoga improves your posture.
4. Yoga is a powerful mindfulness practice.
5. Yoga reduces stress.
6. Yoga improves breathing. Yoga encourages your body's natural healing process
7. Foster a sense of national unity and social cohesion among the students

#### 3. The Context

Shri Eknathrao Sahadu Shete Arts, Commerce & Science Senior College, Deolali Camp, Nashik thrives for the overall development of the students in all spheres of life. Hence, the college decided to provide Yoga Training to train and inculcate skills among students. The best part is: we get to understand that everything we need is already within us. The practices can lead us into accessing our gifts and beauty within, which then can blossom forth and inspire

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others. The experience provides a great way to find long lasting happiness, peace and the ability to share the yogic lifestyle with others. Hence, the college has signed an MoU with Vivekanand Kendra Kanyakumari Shakha- Nashik, which organises Yoga & Meditation Workshops, cultural activities, national festivals for all the students in the college campus and society. Students, Teaching and non- teaching staff actively participate in these activities. Yoga is very necessary for any age group and yoga practice always helps to cope with difficult situation in the life. The college has taken this initiative to arrange such useful activity for society and to contribute in social responsibility.

#### 4. The Practice

The purpose of this program is to create awareness about mental health and yoga along with mediation among students & staff in college campus. The faculties and students participate in this Yoga activity. The main motive of this initiative is to provide inculcate ethical values among students along with excellence in social, physical, mental as well as academic aspects. The college organized such activity in the college and society.

The people in the locality learn to meditate and perform various Yogasanas and understand the need of mental health. It has helped the people to maintain the mental and physical strength equally.

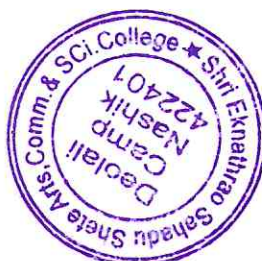
#### 5. Evident of Success:


The Shri Eknathrao Sahadu Shete Arts, Commerce & Science Senior College, Deolali Camp, Nashik taken efforts for welfare of the society. Students teaching and non-teaching staff participate in various Yoga and Meditation activities in the college. The purpose of this activity to promote Yoga. The aim is to promote yoga, meditation, and youth development in rural areas, fostering social growth, intellectual growth, and patriotism among young people. The college organizes this activity free of cost.

#### 6. Problem Encountered and Resource

1. Majority of the students participating in this activity belong to 17 - 23 years of age group. They are physically fit. So, they take this activity casually. Majority of the students are reluctant to participate in this activity.
2. Availability of the convenient time is also a major problem.

  
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## Regular activities yoga centre



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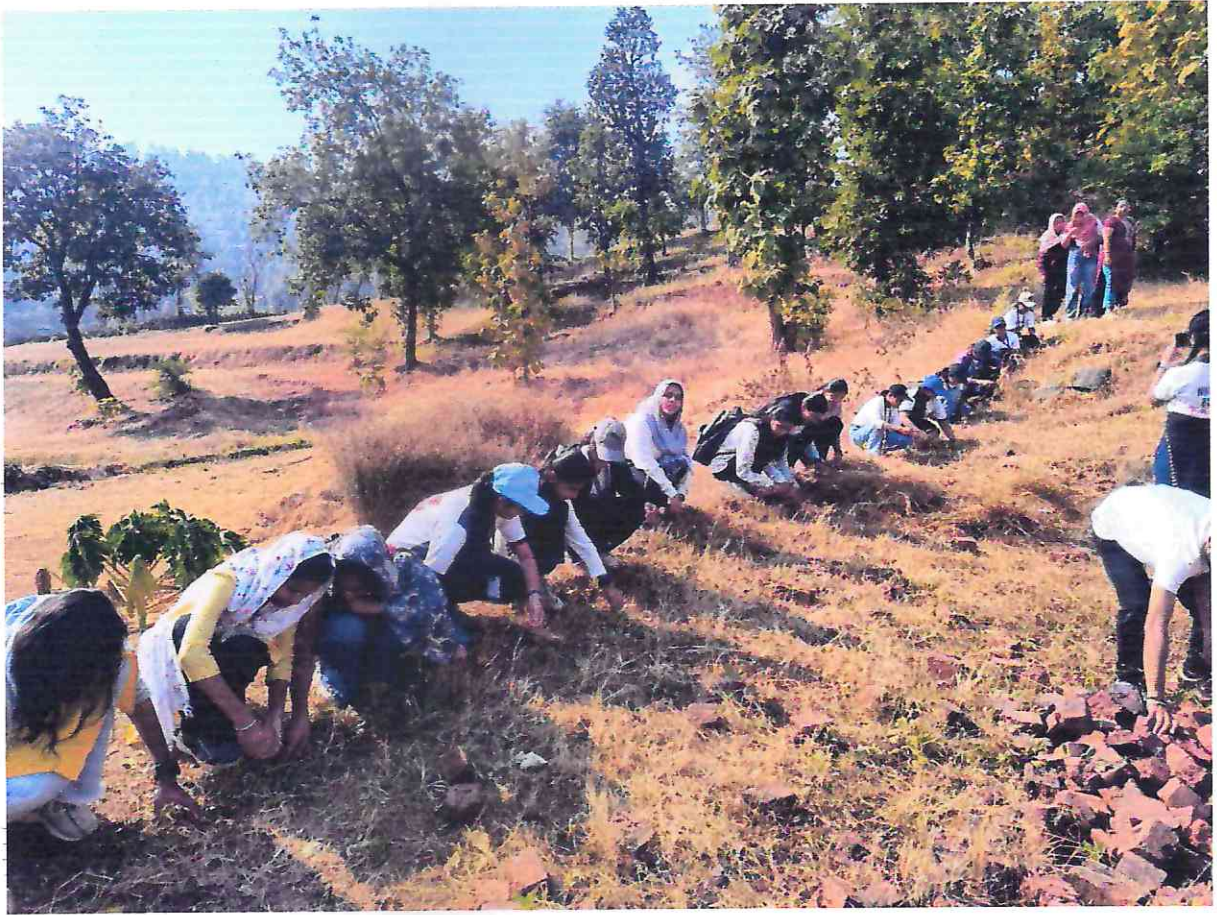
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## College Yoga Center Activity in 2023



  
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Shri Eknathrao Sahadu Shete Arts, Commerce & Science Senior College, Deolali Camp, &  
vivekananda Kendra, Kanyakumari Branch, Nashik: Gram Darshan

Date: December 30, 8:00 am to December 31, 12:00 pm

Location: Vivekananda Kendra Training and Service Project, Pimpalad, Trimbakeshwar,  
Nashik

December 30-31 Camp Details:

Participants: 40 females, 11 males = 51

Organizers: 5 females, 10 males = 15

Total Attendance: 66 (45 females, 21 males)

The Vivekananda Kendra, Kanyakumari (Nashik Branch) organized a one-day Gram Darshan program on December 30-31, 2023, at the Vivekananda Kendra Training and Service Project, Pimpalad, Trimbakeshwar, and Het Pahada. The program was attended by students who participated in the two-day youth development program. During the program, the participants worked together to build a dam and provide water supply to the village.

The program aimed to promote intellectual, spiritual, and emotional development in the village. The participants presented a street play on various topics, including education, agriculture, and commerce. A young girl also performed a dance presentation on the importance of education.

A brainstorming session was held to plan for the National Youth Day on January 12, and the camp was successfully completed with the cooperation and enthusiasm of all participants.

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Trimbakeshwar, and Het Pahada Yoga and Meditation



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Trimbakeshwar, and Het Pahada Social Activity



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Trimbakeshwar, and Het Pahada Yoga and Mediation



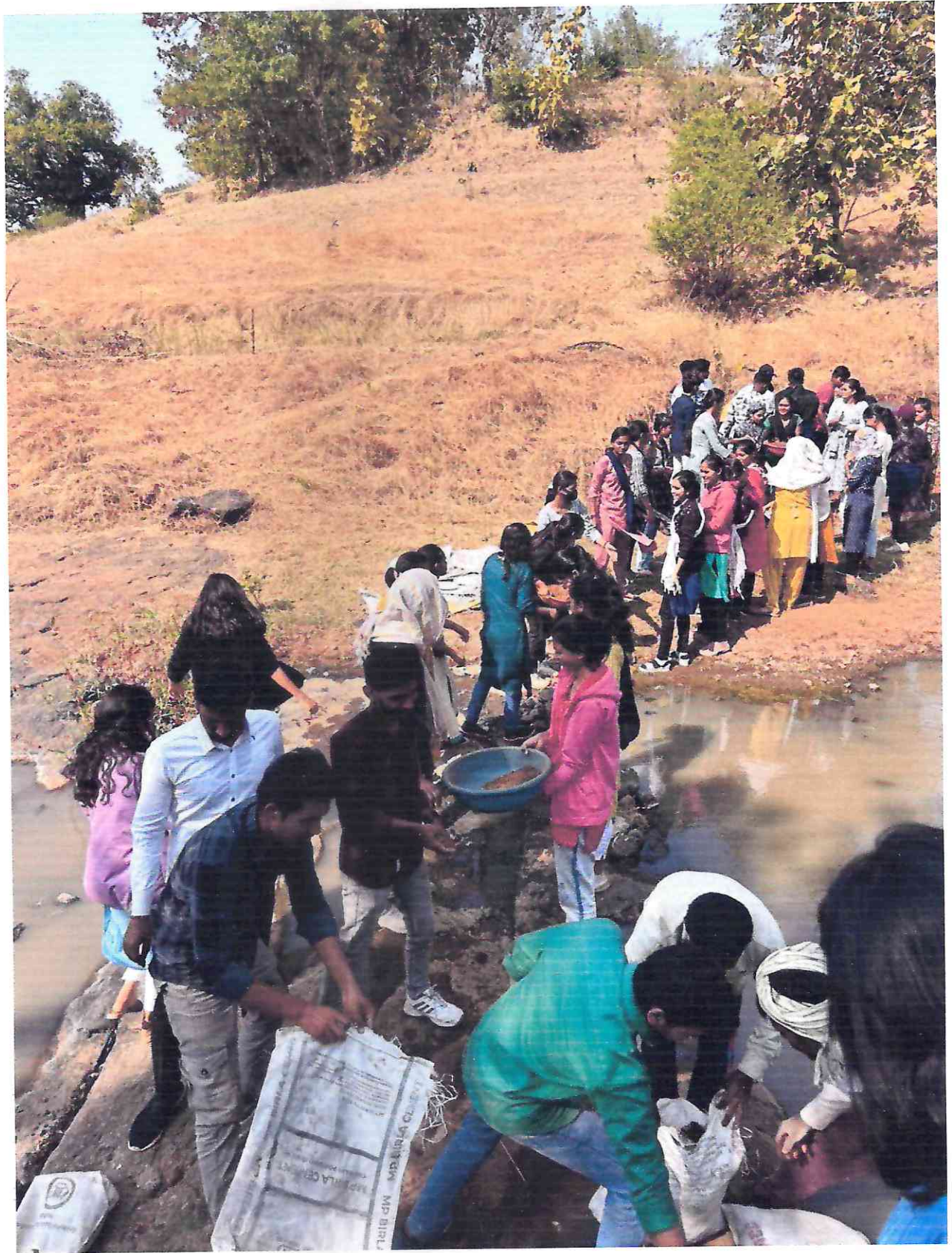
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Trimbakeshwar, and Het Pahada working

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Trimbakeshwar, and Het Pahada & health Awareness

*[Signature]*

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Trimbakeshwar, and Het Pahada cultural Activity

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## **Guru Pournima Utsav Report**

The Guru Pournima Utsav was celebrated with great enthusiasm on July 23, 2024, under the joint auspices of Vivekananda Kendra Kanyakumari, Nashik Branch, and Shri Eknathrao Sahadu Shete Arts, Commerce & Science Senior College, Deolali Camp. The event was organized under the Ignited Youth Forum.

"Guru Pournima" is a day to express respect and gratitude towards our gurus. The first gurus in a person's life are their parents! On the occasion of Guru Pournima, the Nashik branch organized a program for its youth workers and college students to worship their parents and gurus.

The program began with 3 Omkars and a prayer. This was followed by the lighting of the lamp and flower offering by dignitaries. Our city head, Riddhi Tai, introduced the center and the Ignited Youth Forum, and also spoke about the youth leadership development program. PRAJAKTA Joshi Madam, head of the Hindi department, spoke about the importance of the guru-shishya tradition.

The chief guest, Mrutanjya Kapase, spoke on various topics, including the guru-shishya tradition, teachers, and Guru Pournima. He guided the students and teachers on the importance of these topics.

Later, all the youth workers and students worshiped their parents and gurus, and the program concluded with a peaceful atmosphere. The Matru-Pitru Pujan ceremony was conducted by Nayana Tai Deshmukh, a senior worker of the center.

**Date: July 23, 2024, Tuesday**

**Time: 10:30 am to 12:00 pm**

**Venue: FYBA Hall, SESS College, Deolali Camp**

**Number of teachers: 18**

**Number of students and parents: 80**

**Total attendance: 98**

**Co-Ordinator**

**IQAC**

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Deolali Camp, Nashik**



**Principal**

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Deolali Camp, Nashik**





GPS Map Camera



**Deolali, Maharashtra, India**

Barnes School Road Deolali Camp Devlali Nashik Maharashtra 422401

Republic of, Deolali Camp, Deolali, Maharashtra 422502, India

Lat 19.877552°

Long 73.823875°

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*[Signature]*

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Arts, Comm. & Sci. Senior College



*[Signature]*

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COLLEGE ID: PU/AN/ACS/181/2019

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Internal Quality Assurance Cell (2021-2022)

Report of Event/ Programme

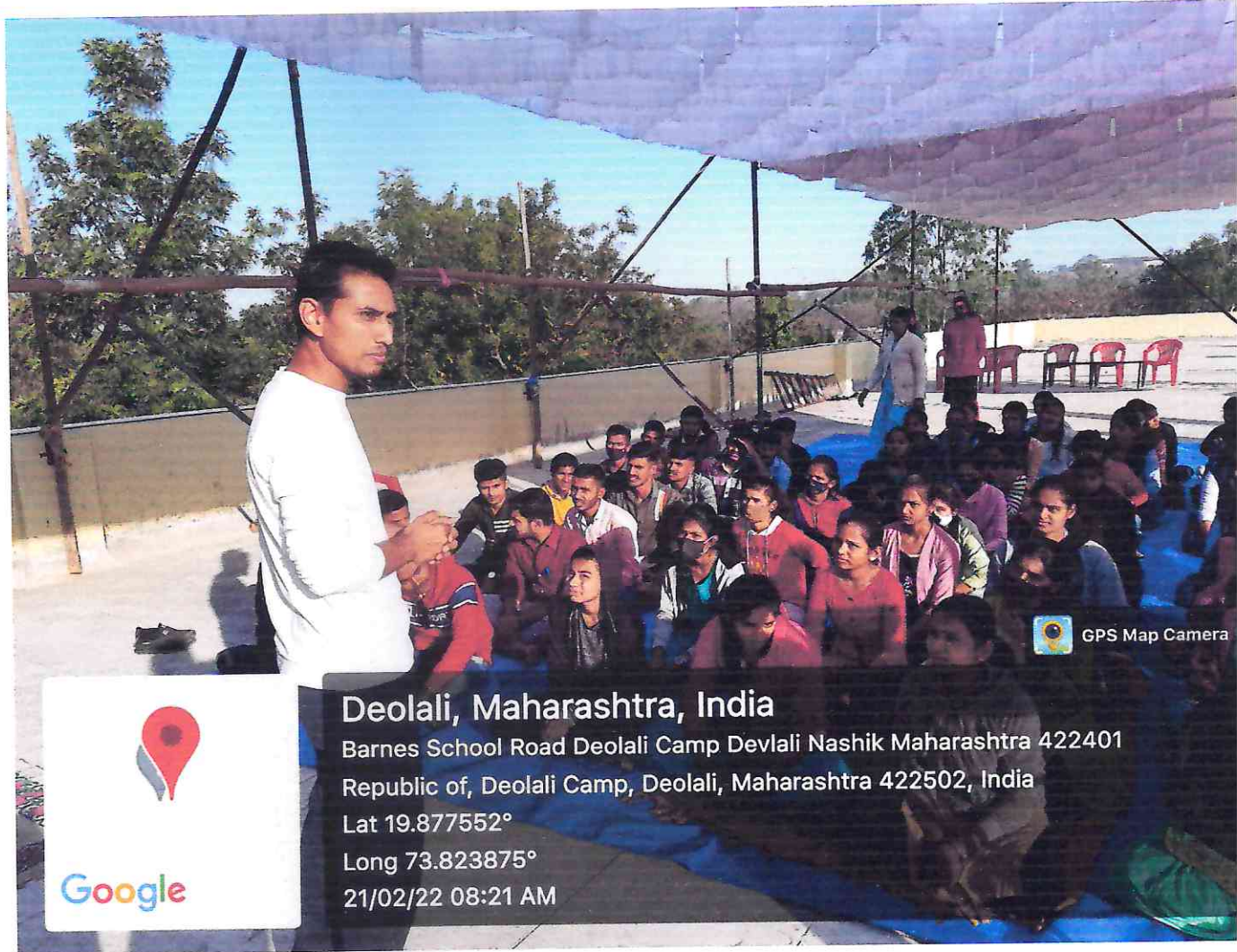
Name of the Department/ committee	culture department		
Name of the Coordinator	Prajakta Joshi		
Title of the Event/ Programme	Yoga & Meditation		
Date /Period of Event/ Programme	21/02/2022, 8.00. am		
Objective of the event/Programme	1) Physical Well-being and Health 2) Mental Equanimity 3)Self-realization 4) Balance and Harmony		
Sponsored Agency /Institute	Shri Eknathrao Sahadu Shete Arts, Commerce & Science Senior College, Deolali Camp		
No. of the Teacher involved in organizing activity	Male: 8	Female: 11	Total: 19
No. of the Students involved in organizing activity-	Male: 0	Female: -0	Total: -0
Total involved in organizing activity	Male: 5	Female: 5	Total:10
No. of the Participant-Students	Male: 14	Female: 45	Total: 59
No. of the Participant-Teachers	Male: 8	Female: -11	Total: 19
No. of the Participants other than Teachers/Students Total Participants	Male: 1	Female: 00	Total:01
	Male:23	Female :56	Total:79
Name of the Expert /Invitee/Lecturer (With Designation, Contact, Address & email etc.)	Dr lalit Rajpurhit yoga teacher Gorkhind ashram Sinnar.		
Outcome of the activity	The objective was successfully completed by interactive Yoga & Meditation.		
Venue of the Event/ Programme	Shri Eknathrao Sahadu Shete Arts, Commerce & Science Senior College, Deolali Camp		

  
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## Deolali, Maharashtra, India

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Republic of, Deolali Camp, Deolali, Maharashtra 422502, India

Lat 19.877552°

Long 73.823875°

21/02/22 08:21 AM

GPS Map Camera



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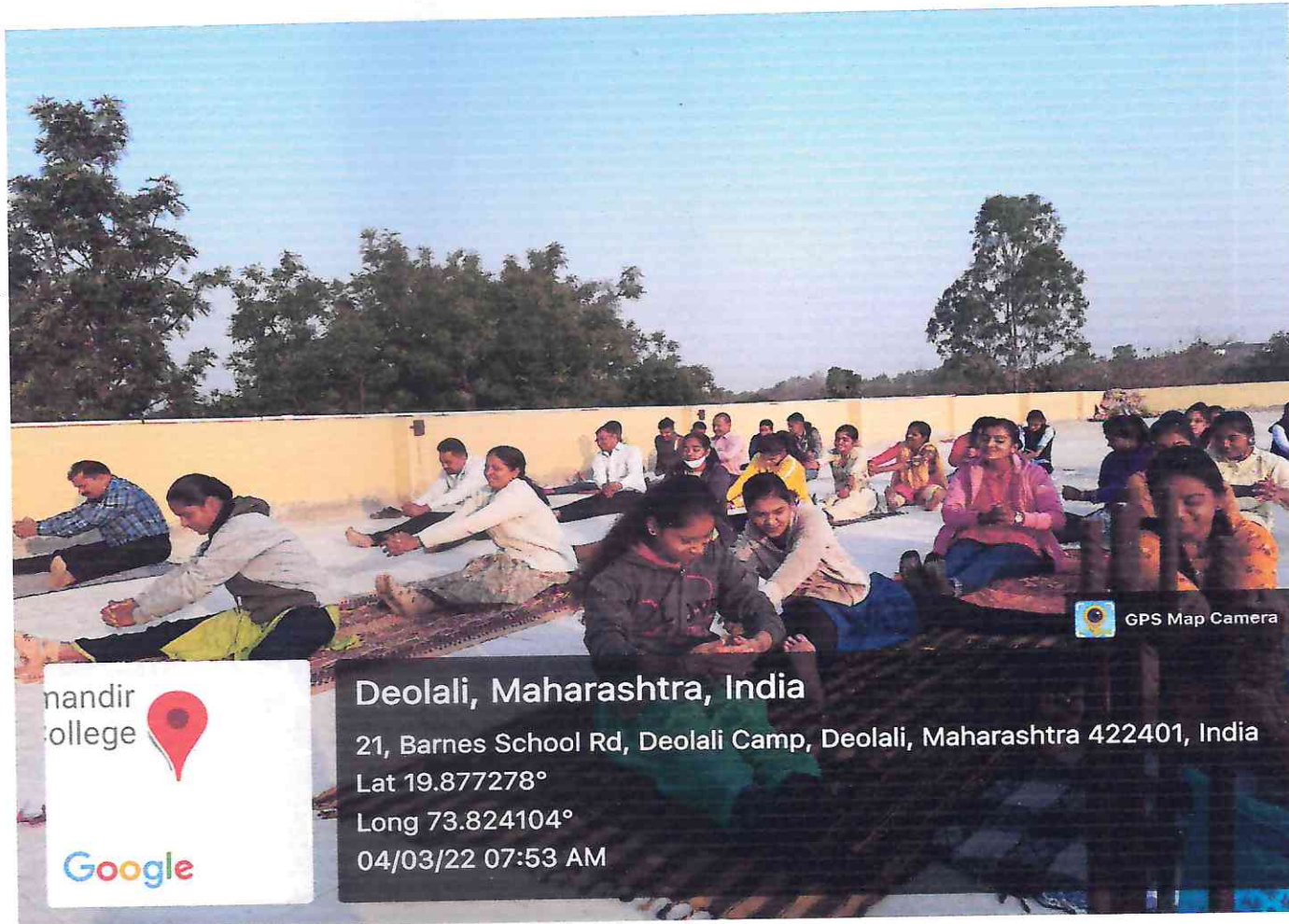
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Internal Quality Assurance Cell (2021-2022)

Report of Event/ Programme

Name of the Department/ committee	culture department		
Name of the Coordinator	Prajakta Joshi		
Title of the Event/ Programme	Pawar of Meditation		
Date /Period of Event/ Programme	11/03/2022, 8.00. am		
Objective of the event/Programme	1) Physical Well-being and Health 2) Mental Equanimity 3)Self-realization 4) Balance and Harmony		
Sponsored Agency /Institute	Shri Eknathrao Sahadu Shete Arts, Commerce & Science Senior College, Deolali Camp		
No. of the Teacher involved in organizing activity	Male: 8	Female: 11	Total: 19
No. of the Students involved in organizing activity-	Male: 0	Female: -0	Total: -0
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No. of the Participants other than Teachers/Students Total Participants	Male: 1	Female: 00	Total:01
Name of the Expert /Invitee/Lecturer (With Designation, Contact, Address & email etc.)	Dr lalit Rajpurhit yoga teacher Gorkhind ashram Sinnar.		
Outcome of the activity	The objective was successfully completed by interactive Yoga & Meditation.		
Venue of the Event/ Programme	Seminar Hall Shri Eknathrao Sahadu Shete Arts, Commerce & Science Senior College, Deolali Camp		

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**NATIONAL SERVICE SCHEME**

**NOTICE**

**International Yoga Day Celebration**

**On the occasion of International Yoga Day, Department of NSS is inviting all the Students, Faculty Members and Staff to participate in the “International Yoga Day Celebration”.**

**Date : 21 June 2019 (Friday)**

**Time : 7:30 am**

  
**NSS**

**Program Officer**



**Co-Ordinator  
IQAC**

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**Arts, Commerce and Science Senior College,**  
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Date:

**NSS Department**

**International Yoga Day Celebration (21 June 2019)**

**Activity Report**

The International Yoga Day celebration commenced with an inaugural speech by our Principal Dr. Bhagwan Deshmukh. Following his inspiring address, the participants enthusiastically took part in a collective yoga session, performing various asanas and breathing techniques. The event concluded with a vote of thanks presented by Mr. Sachin Musale.

<b>Department</b>	<b>National Service Scheme (NSS)</b>	
<b>Name of the Coordinator</b>	<b>Mr. Bhagwan Deshmukh</b>	
<b>Name of the Committee members</b>	1. Arun Sonawane 2. Sachin Musale	
<b>Date/Period of the programme</b>	21 June 2019	
<b>Aim of the Event</b>	The event aimed to promote physical, mental, and emotional well – being among students, faculty members, and staff.	
<b>Number of the Participants</b>	No. of Students: 40	No. of Staff Members: 07
<b>Activities</b>	1. Surya Namaskar 2. Meditation 3. Breathing Techniques	
<b>Response</b>	Participants showed great enthusiasm and interest in learning and practicing yoga	

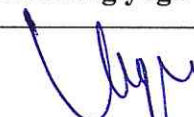


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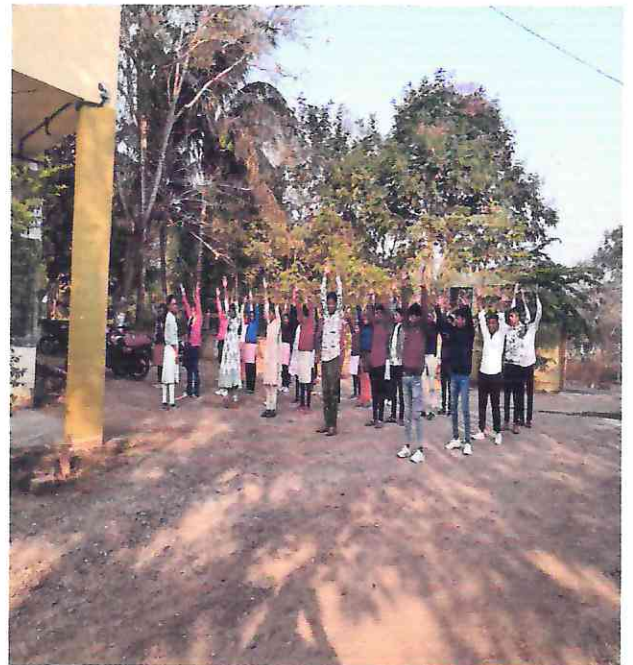
**Principal**

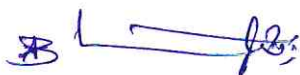
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## International Yoga Day Celebration

(21 June 2019)





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**NATIONAL SERVICE SCHEME**

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**Date : 21 June 2021 (Monday)**

**Time : 7:30 am**

  
**NSS**

**Program Officer**



**Co-Ordinator**  
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**Shikshan Mandal Bhagur**  
**Arts, Commerce and Science Senior College,**  
**Deolali Camp – 422401**

Date:

**NSS Department**

**International Yoga Day Celebration (21 June 2021)**

**Activity Report**

The International Yoga Day celebration commenced with an inaugural speech by our Principal Mr. Sameer Mahale. Following his inspiring address, the participants enthusiastically took part in a collective yoga session, performing various asanas and breathing techniques. The event concluded with a vote of thanks presented by Ms. Prajakta Joshi.

<b>Department</b>	<b>National Service Scheme (NSS)</b>	
<b>Name of the Coordinator</b>	<b>Mr. Bharat Sapakale</b>	
<b>Name of the Committee members</b>	1. Mr. Mrityunjay Kapse 2. Mrs. Baby Sangale	
<b>Date/Period of the programme</b>	<b>21 June 2021</b>	
<b>Aim of the Event</b>	<b>The event aimed to promote physical, mental, and emotional well – being among students, faculty members, and staff.</b>	
<b>Number of the Participants</b>	<b>No. of Students: 47</b>	<b>No. of Staff Members: 12</b>
<b>Activities</b>	1. Surya Namaskar 2. Meditation 3. Breathing Techniques	
<b>Outcome of the activity</b>	<b>Participants showed great enthusiasm and interest in learning and practicing yoga</b>	

  
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**IQAC**  
**Shri Eknathrao Sahadu Shete**  
**Arts, Comm. & Sci. Senior College**  
**Deolali Camp, Nashik**



  
**Principal**  
**Shri Eknathrao Sahadu Shete**  
**Art's Comm. & Sci. Senior College,**  
**Deolali Camp, Nashik**



## International Yoga Day Celebration

(21 June 2021)



  
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SHIKSHAN MANDAL BHAGUR'S,  
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## Shri. Eknathrao sahadu shete Arts, Commerce & Science College, Deolali Camp, Nashik

Matoshree Yamunabai Karandikar Shaikshanik Sankul, Sv.No.306/1A/4B/2, Barnes School Road, Deolali Camp, Tal & Dist Nashik-422401.

E-mail : smbcollege2019@gmail.com

COLLEGE ID : PU/AN/ACS/181/201

Ph.No.0253-4032579

Date : / /20

### NSS Department

### International Yoga Day Celebration (21 June 2023)

### Activity Report

The International Yoga Day celebration commenced with an inaugural speech by our Principal Mr. Bharat Sapakale. Following his inspiring address, the participants enthusiastically took part in a collective yoga session, performing various asanas and breathing techniques. The event concluded with a vote of thanks presented by Ashwini Thakare.

Department	National Service Scheme (NSS)	
Name of the Coordinator	Mr. Santosh Bodake	
Name of the Committee members	1. Ms. Rohini Jagtap 2. Mr. Suraj Gangawane	
Date/Period of the programme	21 June 2023	
Aim of the Event	The event aimed to provide a platform for students, faculty members, and staff to practice yoga and meditation.	
Number of the Participants	No. of Students: 56	No. of Staff Members: 08
Activities	1. Surya Namaskar 2. Meditation 3. Breathing Techniques	
Response	Participants showed great enthusiasm and interest in learning and practicing yoga	



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## International Yoga Day Celebration

(21 June 2021)





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**Savitribai Phule Pune University  
Shikshan Mandal Bhagur's  
Shri. Eknathrao Sahadu Shete Arts, Commerce and Science Senior  
College, Deolali Camp – 422401**



**NATIONAL SERVICE SCHEME**

**NOTICE**

**International Yoga Day Celebration**

**On the occasion of International Yoga Day, Department of NSS is inviting all the Students, Faculty Members and Staff to participate in the “International Yoga Day Celebration”.**

**Date : 21 June 2022 (Tuesday)**

**Time : 7:30 am**

  
**NSS**

**Program Officer**



**Co-Ordinator  
IQAC**

**Shri Eknathrao Sahadu Shete  
Arts, Comm. & Sci. Senior College  
Deolali Camp, Nashik**





**Principal  
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COLLEGE ID : PU/AN/ACS/181/201

Ph.No.0253-4032579

Date : / /20

### NSS Department

### International Yoga Day Celebration (21 June 2022)

### Activity Report

The International Yoga Day celebration commenced with an inaugural speech by our Principal Mr. Sameer Mahale. Following his inspiring address, the participants enthusiastically took part in a collective yoga session, performing various asanas and breathing techniques. The event concluded with a vote of thanks presented by Ms. Rohini Jagtap.

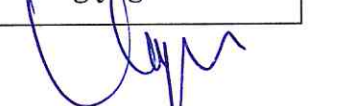
Department	National Service Scheme (NSS)	
Name of the Coordinator	Mr. Sandip Ghegadmal	
Name of the Committee members	1. Mrs. Ashwini Thakare 2. Mr. Rahul Nirmal	
Date/Period of the programme	21 June 2022	
Aim of the Event	The event aimed to provide a platform for students, faculty members, and staff to practice yoga and meditation.	
Number of the Participants	No. of Students: 45	No. of Staff Members: 12
Activities	1. Surya Namaskar 2. Meditation 3. Breathing Techniques	
Response	Participants showed great enthusiasm and interest in learning and practicing yoga	



Co-Ordinator  
IQAC

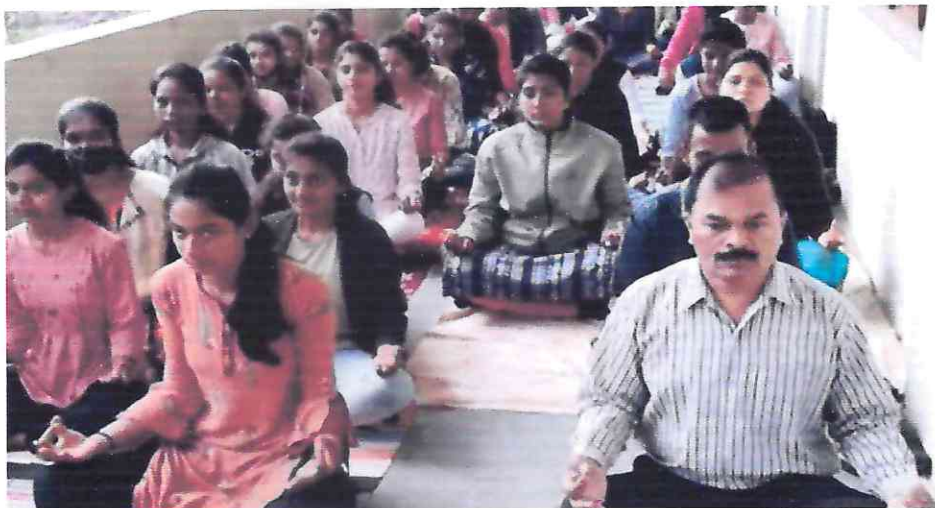
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## International Yoga Day Celebration

(21 June 2022)



  
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**Shikshan Mandal Bhagur's**  
**Shri. Eknathrao Sahadu Shete Arts, Commerce and Science Senior**  
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**NATIONAL SERVICE SCHEME**

**NOTICE**

**International Yoga Day Celebration**

**On the occasion of International Yoga Day, Department of NSS is inviting all the Students, Faculty Members and Staff to participate in the “International Yoga Day Celebration”.**

**Date : 21 June 2023 (Wednesday)**

**Time : 7:30 am**

**NSS**

**Program Officer**

**Co-Ordinator**

**IQAC**

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**Arts, Comm. & Sci. Senior College**  
**Deolali Camp, Nashik**



**Principal**

**Principal**

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COLLEGE ID: PU/AN/ACS/181/2019

Ph.No.0253-4032579

**Best practice - 2**

**Awareness about Sanitary Napkin among Tribal adolescent girls & uneducated working women**

**Introduction:**

As part of Shikshan mandal Bhagur Shree Ekanathrao Sahadu Shete Arts Commerce & Science College Best practice, we organized an awareness program on sanitary napkins for Tribal adolescent girls and uneducated working women & College Students. The program aimed to educate and empower these women on menstrual hygiene, health, and sanitation.

**Objectives of the Practice:**

- To create awareness about usage of sanitary napkins among adolescent girls in the rural, tribal and hilly areas around the college
- To provide guidance of Sanitary Napkin to the students coming from rural, tribal and hilly area background
- To create awareness among the students for various negative issues regarding uses of sanitary napkins
- To visit various Vasti's nearby Bhagur & Igatpuri village to create awareness among the women and girls regarding uses of sanitary napkins
- To conduct workshops for awareness of health and diet and uses of sanitary napkins
- To encourage freedom of expressing themselves appropriately
- To develop their critical thinking and decision making in case of emergencies and natural disasters

  
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### **The Practise:**

The program was conducted in a rural area, where a large number of sugarcane laborers reside. We identified local adolescent girls and sugarcane labor women as the target beneficiaries. A team of experts, including a gynecologist, a nurse, and a social worker, was invited to deliver lectures and demonstrations on sanitary napkins.

### **Program Highlights:**


- 1. Lecture and Demonstration:** The gynecologist delivered a lecture on menstrual hygiene, emphasizing the importance of using sanitary napkins. The nurse demonstrated the proper use of sanitary napkins, and the social worker discussed the social and cultural aspects of menstruation.
- 2. Interactive Session:** The participants engaged in an interactive session, where they shared their experiences, concerns, and questions related to menstrual health. The experts addressed their queries and provided guidance on overcoming the challenges faced during menstruation.
- 3. Free Distribution of Sanitary Napkins:** Sanitary napkins were distributed free of cost to all the participants, along with a user manual and a contact number for further queries.

### **Evidence of Success:**

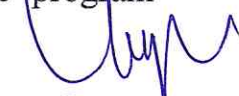
The program was well-received by the participants, who expressed their gratitude for the initiative. The program achieved its objectives, as evident from the feedback received:

- 1. Increased Awareness:** The participants demonstrated a significant increase in awareness about menstrual hygiene and the importance of using sanitary napkins.
- 2. Improved Knowledge:** The participants showed improved knowledge about proper menstrual hygiene practices, including the use of sanitary napkins, handwashing, and disposal of used napkins.
- 3. Empowerment:** The participants felt empowered to take control of their menstrual health, and many expressed their intention to adopt healthy menstrual practices.

The awareness program on sanitary napkins for adolescent girls and sugarcane labor women was a successful initiative that achieved its objectives. The program

  
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highlighted the importance of menstrual hygiene and empowered the participants to take control of their health. We plan to conduct similar programs in the future to reach a larger audience and promote menstrual health awareness.

**Problems Encountered:**

1. In rural areas many women are not aware of the importance of using sanitary napkins for menstrual hygiene. To convince them is in itself a task.
2. Sanitary napkins may be expensive and hence tribal adolescents consider it unaffordable.



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Awareness about sanitary napkins among Sugarcane women laborers in rural areas.

  
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Awareness about sanitary napkins among Sugarcane women laborers in rural areas.

  
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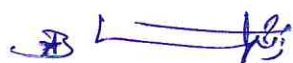
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Internal Quality Assurance Cell (2020-2021)

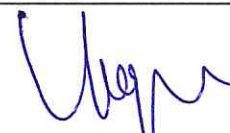
Report of Event/ Programme

Name of the Department/ committee	Health care centre		
Name of the Coordinator	Dr Mrityunjay Kapse		
Title of the Event/ Programme	Heath check-up		
Date /Period of Event/ Programme	27/10/2021, 11.00. am		
Objective of the event/Programme	1) To raise awareness about mental health issues 2) Health camp reports typically cover various aspects of the camp.		
Sponsored Agency /Institute	Shri Eknathrao Sahadu Shete Arts, Commerce & Science Senior College, Deolali Camp		
No. of the Teacher involved in organizing activity	Male: 8	Female: 11	Total: 19
No. of the Students involved in organizing activity-	Male: 0	Female: -0	Total: -0
Total involved in organizing activity	Male: 08	Female: 11	Total:19
No. of the Participant-Students	Male: 15	Female: 21	Total: 36
No. of the Participant-Teachers	Male: 08	Female: -11	Total: -19
No. of the Participants other than Teachers/Students Total Participants	Male: 00	Female: 00	Total:00
	Male:23	Female :32	Total:55
Name of the Expert /Invitee/Lecturer (With Designation, Contact, Address & email etc.)	SMBT-Hospital-Near-Nandi-Hills-Dhamangaon		
Outcome of the activity	The objective was successfully completed by interactive communication and discussion.		
Venue of the Event/ Programme	BLOCK No 01, Shri Eknathrao Sahadu Shete Arts, Commerce & Science Senior College, Deolali Camp		

  
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Heath check-up

  
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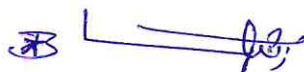
COLLEGE ID: PU/AN/ACS/181/2019

Ph.No.0253-4032579

Internal Quality Assurance Cell (2021-2022)

Report of Event/ Programme

Name of the Department/ committee	Health care centre		
Name of the Coordinator	Dr. Mrityunjay Kapse		
Title of the Event/ Programme	Awareness Program on Sanitary Napkins for Adolescent Girls		
Date /Period of Event/ Programme	22/02/2022, 10. am		
Objective of the event/Programme	1)Raising awareness about menstrual hygiene among adolescent girls 2) Ensuring sanitary napkins are disposed of safely and in an environmentally friendly manner		
Sponsored Agency /Institute	Shri Eknathrao Sahadu Shete Arts, Commerce & Science Senior College, Deolali Camp		
No. of the Teacher involved in organizing activity	Male: 00	Female: 11	Total: 11
No. of the Students involved in organizing activity-	Male: 0	Female: -0	Total: -0
Total involved in organizing activity	Male: 00	Female: 11	Total:11
No. of the Participant-Students	Male: 5	Female: 47	Total: 47
No. of the Participant-Teachers	Male: 0	Female: -11	Total: -11
No. of the Participants other than Teachers/Students Total Participants	Male: 5	Female: 00	Total:00
	Male:15	Female :58	Total:58
Name of the Expert /Invitee/Lecturer (With Designation, Contact, Address & email etc.)	Dr Arun Takale Assistant Professor SMBT-Hospital-Near-Nandi-Hills-Dhamangaon		
Outcome of the activity	The objective was successfully completed by interactive communication and discussion.		
Venue of the Event/ Programme	BLOCK No 01, Shri Eknathrao Sahadu Shete Arts, Commerce & Science Senior College, Deolali Camp		



**Co-Ordinator**

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Health Awareness Programmed SMBT Hospital Dr Arun Takale & team And College Principal Mahale

  
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Health checkup College Students

  
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COLLEGE ID: PU/AN/ACS/181/2019

Ph.No.0253-4032579

Internal Quality Assurance Cell (2023-2024)

Report of Event/ Programme

Name of the Department/ committee	Health care centre		
Name of the Coordinator	Dr. Mrityunjay Kapse		
Title of the Event/ Programme	WOMEN'S HEALTH ISSUES : AN OVERVIEW		
Date /Period of Event/ Programme	08/09/2024, 10. am		
Objective of the event/Programme	1) Adolescence represents a dynamic, developmental period of life 2) empowers women to make informed choices about their health,		
Sponsored Agency /Institute	Shri Eknathrao Sahadu Shete Arts, Commerce & Science Senior College, Deolali Camp		
No. of the Teacher involved in organizing activity	Male: 00	Female: 11	Total: 11
No. of the Students involved in organizing activity-	Male: 0	Female: -0	Total: -0
Total involved in organizing activity	Male: 00	Female: 11	Total:11
No. of the Participant-Students	Male: 00	Female: 79	Total: 79
No. of the Participant-Teachers	Male: 0	Female: -11	Total: -11
No. of the Participants other than Teachers/Students Total Participants	Male: 0	Female: 00	Total:00
	Male:00	Female :90	Total:90
Name of the Expert /Invitee/Lecturer (With Designation, Contact, Address & email etc.)	Dr . Shubhangi Ratanaparkhi Yoga & Naturopathy Specialist Mogal Hospital Nashik Road		
Outcome of the activity	The objective was successfully completed by interactive communication and discussion.		
Venue of the Event/ Programme	BLOCK No 01, Shri Eknathrao Sahadu Shete Arts, Commerce & Science Senior College, Deolali Camp		



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### एकनाथराव शेटे महाविद्यालयात

#### आरोग्य तपासणी शिबीर संपन्न

नाशिक : भार. ग्रंथाल श्री एकनाथराव सहादु शेटे कले, वाणिज्य आणि विज्ञान वरुध महाविद्यालयात आयोजित आणि एस्.एम.बी.टी. आयुर्वेद महाविद्यालय इगतपुरी नाशिक, भाट्यावलीने मुक्तसेव आयोजित विद्यार्थी आरोग्य तपासणी शिबीर मोठ्या उत्साहात पार पडले. या शिबिरासाठी एस्.एम.बी.टी. आयुर्वेद महाविद्यालयाच्या डॉ. विद्या जाधव आणि त्यांच्या सहकारी यांची टीम महाविद्यालयात विद्यार्थ्यांच्या शारीरिक तपासणीसाठी उपस्थित होती. त्यांनी विद्यार्थिनींना व त्यांच्या कुटुंबातील प्रत्येक व्यक्तीने आरोग्यविषयक घ्यावयाची काळजी याबद्दल मोलाचे मार्गदर्शन केले. वैयक्तिक, कौटुंबिक, सामाजिक आणि व्यक्तिमत्त्व विकास व आरोग्य यासंदर्भात मार्गदर्शन केले. या मुलींना येणाऱ्या शारीरिक आरोग्य विषयक तसेच मानसिक, भावनिक, स्वतःच्या अडचणी सोडवितांना येजण्याचे उपाय आणि समस्यांवर समर्थपणे मात करावी. स्वतःचे संरक्षण करताना मानसिक व शारीरिकदृष्ट्या सक्षम असणे गरजेचे आहे. याविषयी सविस्तर मार्गदर्शन केले. कार्यक्रमाचे आयोजन आणि प्रास्ताविक प्रा. प्राजक्ता जोशी यांनी केले. प्राचार्य डॉ. मृत्युंजय कापसे यांनी अध्यक्षीय मनोगत व्यक्त केले.

### एकनाथराव शेटे महाविद्यालयात

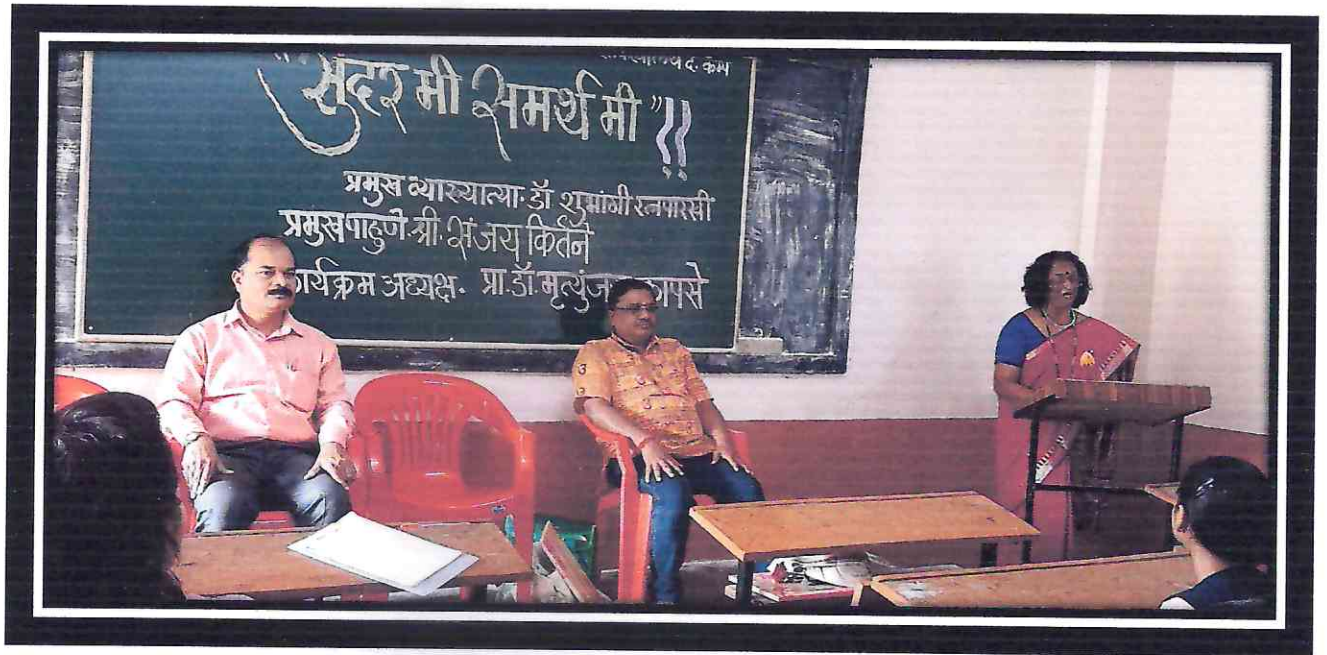
#### विविध स्पर्धांचे आयोजन

नाशिक : श्री एकनाथराव सहादु शेटे महाविद्यालयात सवित्रीबाई फुले पुणे विद्यापीठ आयोजित सांस्कृतिक व साहित्यिक स्पर्धांचे राष्ट्रीय सेवा योजना व विद्यार्थी विकास मंडळ अंतर्गत आयोजन करण्यात आले होते. या स्पर्धांचे उद्घाटन महाविद्यालयाचे प्राचार्य डॉ. मृत्युंजय कापसे यांच्या हस्ते करण्यात आले. काव्यवाचन, वक्तृत्व, भिक्तीचित्रे, निबंध अशा वेगवेगळ्या स्पर्धा यावेळी घेण्यात आल्या. या सर्व स्पर्धांमध्ये महाविद्यालयातील विद्यार्थ्यांनी अतिशय उत्स्फूर्तपणे सहभाग नोंदविला. सर्व स्पर्धांचे संयोजक राष्ट्रीय सेवा योजना अधिकारी प्रा. डॉ. अमलेश भोंगडे, विद्यार्थी विकास मंडळ अधिकारी प्रा. अश्विनी ठाकरे तसेच महाविद्यालयातील सर्व प्राध्यापकांनी या स्पर्धांमध्ये सक्रिय सहभाग नोंदवला.

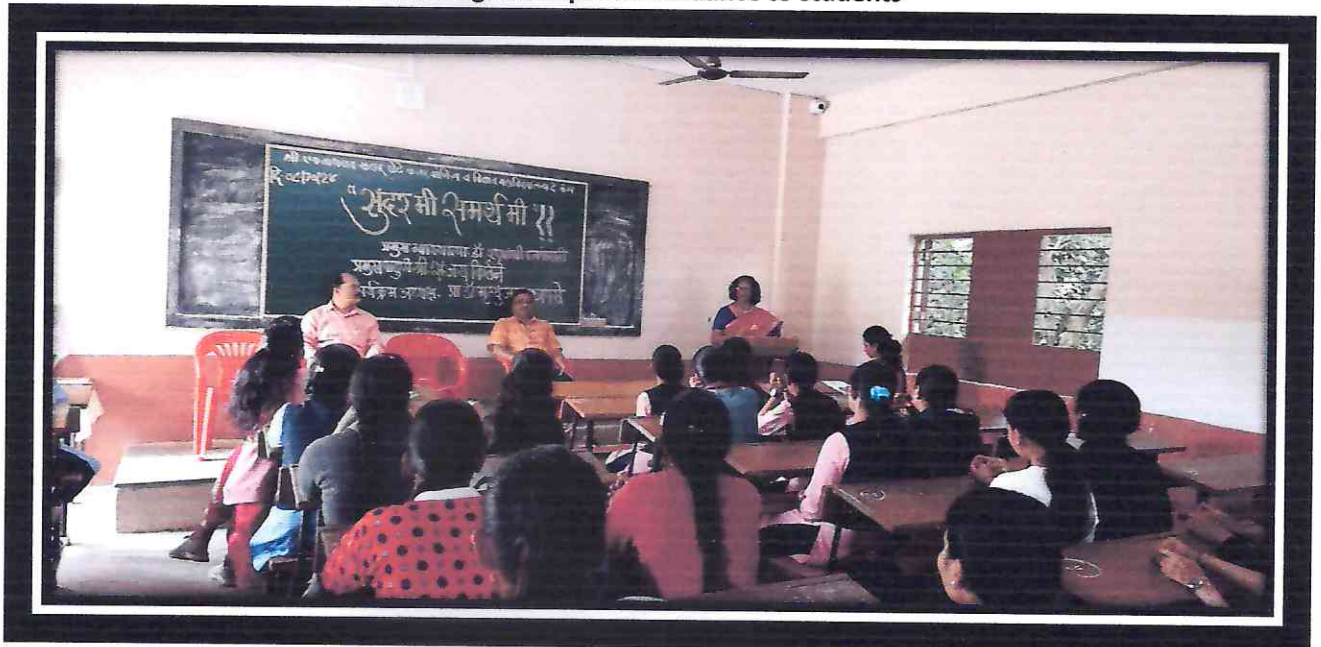


**प्राचार्य**  
श्री एकनाथराव सहादु शेटे  
धन. वाणिज्य व विज्ञान





Dr. Shubhangi Ratanparkhi Guidance to students

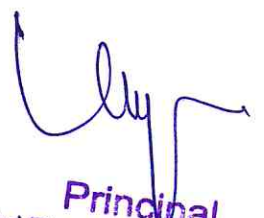




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