



Bharatiya Gyanvardhini Sabha's
Kantilal Khinwasara B.Ed. College

Laxman Nagar, Thergaon Pune- 411033.

NCTE Code No. : APW00791/123125

Affiliated to University of Pune



PRESIDENT
Shri. S.S. Tiwari
(M.Sc DCM)

Ph. No.: 020-27276785 Email.: kkbepune@gmail.com
Website : www.kkbepune.org.in


PRINCIPAL
Dr. Nirmala Tapkeer
(M.A.M.Ed Ph.D) (Edu.)

Academic Year 2023-24

Outreach Program or Activities

Sr. No.	Name of Activity	Date	No. Of Participants	Percentage of Participants
1	Guidance and Counseling Adolescent Students	21/02/2024	90/101	90
2	Reading day	14/10/2023	67/101	67
3	Health Checkup	02/01/2024	32/101	32
4	Tree Plantation	24/01/2024	90/101	90
5	NGO Visit	30/12/2023	29/101	29




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Guidance and Counseling Report for Adolescent Students

1. Introduction:

The Guidance and Counseling cell at Kantilal Khinwasara College of Education aims to foster the personal, social, and academic growth of adolescent students. This report presents an overview of the activities, interventions, and outcomes of the guidance and counseling services provided during the entire academic year .

2. Objectives:

- To provide emotional and academic support to adolescent students.
- To identify and address personal, academic, and social challenges faced by students.
- To equip students with skills for effective decision-making, problem-solving, and personal development.
- To promote mental well-being and foster a supportive learning environment.

3. Activities Conducted:

A. Orientation Program:

At the beginning of the academic year, an orientation session was held for all students to introduce the Guidance and Counseling services. The objective was to familiarize them with the resources available for their personal and academic well-being.

B. Group Counseling Sessions:

Monthly group counseling sessions were conducted focusing on:

- Time management
- Stress management
- Enhancing study skills



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- Peer relationships and social skills development

C. Individual Counseling:

Students were provided one-on-one counseling sessions based on specific requests or referrals by faculty. Topics addressed included:

- Academic difficulties
- Emotional well-being
- Career planning
- Personal issues

D. Career Guidance Workshops:

To help students plan their future, career workshops were conducted in collaboration with industry professionals. The topics covered:

- Exploring career options in education
- Preparing for competitive exams


E. Parental Involvement:

Periodic meetings were held with parents to discuss their children's progress and challenges. These meetings facilitated better communication and understanding between the college and home environments.

4.Outcomes:

- Improved Academic Performance: Students who actively participated in the counseling sessions reported better academic outcomes, with improved focus and study habits.
- Increased Emotional Resilience: There was a noticeable improvement in students' ability to manage stress and emotional issues.




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- Enhanced Decision-Making Skills: Workshops helped students make informed choices regarding their academic and career paths.
- Strengthened Social Bonds: Group sessions helped students develop better interpersonal relationships and foster a sense of community.

5. Challenges Faced:

- Limited Participation: Some students were hesitant to seek counseling, either due to stigma or lack of awareness about its benefits.
- Time Constraints: Balancing counseling activities with academic schedules was challenging for both students and counselors.
- Parental Resistance: Some parents were initially reluctant to engage with the counseling process, but consistent efforts were made to involve them.



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Report on A.P.J. Abdul Kalam Wachan Prerna Din (Reading Inspiration Day)

Date: 14th October 2023

1. Introduction:

The Kantilal Khiwansara College of Education celebrated "Wachan Prerna Din" (Reading Inspiration Day) on 14th October 2023 to honor the birth anniversary of Dr. A.P.J. Abdul Kalam, India's former President and renowned scientist. This day is marked as a celebration of reading and lifelong learning, inspired by Dr. Kalam's belief in the power of education and knowledge. The event was organized by students and professors of the college, featuring speeches, cultural performances, and discussions that focused on Dr. Kalam's life and vision.

2. Objective:

- To inspire students to cultivate the habit of reading.
- To pay tribute to Dr. A.P.J. Abdul Kalam and his contributions to education and science.
- To encourage the pursuit of knowledge as a means to achieve success and serve society.

3. Programme Details:

A. Chief Guest and Dignitaries:

The event was graced by our esteemed chief guest, Dr. Nirmala Tapkeen, the Honorable Principal of our College. She was accompanied by the cultural head, Prof. Shailifa Chaturvedi, and other distinguished faculty members. Their presence added great significance to the occasion.



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B. Inauguration:

The programme began with the traditional lighting of the lamp by our chief guest, Dr. Nirmala Tapkeen, along with the event's organizer, Prof. Shailifa Chaturvedi. This was followed by a short puja ceremony, seeking blessings for the success of the event.

C. Informative Speech by Supriya Rajapurkar:

The first session began with an insightful speech delivered by Supriya Rajapurkar, a student of the college. She provided an informative overview of Dr. A.P.J. Abdul Kalam's life, his achievements, and the values he championed. She quoted Dr. Kalam, emphasizing, "If four things are followed—having a great aim, acquiring knowledge, hard work, and perseverance—anything can be achieved." Her words served as an inspiration to everyone present and set a motivating tone for the rest of the event.

D. Anchoring by Swati Apte:

Following Supriya's speech, Swati Apte took over as the anchor for the remainder of the event. She engaged the audience with her well-researched and insightful commentary on Dr. Kalam's vision for education and his advocacy for reading. Her speech reflected the values of knowledge and perseverance, which were central to Dr. Kalam's philosophy.

E. Address by Prof. Shailifa Chaturvedi:

The cultural head and event organizer, Prof. Shailifa Chaturvedi, delivered a stirring address on the occasion of Reading Inspiration Day. She highlighted the importance of cultivating a habit of reading not only for academic growth but also for personal enrichment. She encouraged students to read widely, emphasizing how reading can broaden one's worldview and help in the pursuit of excellence.

F. Speech by Dr. Nirmala Tapkeen:



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Our chief guest, Dr. Nirmala Tapkeen, took to the stage to deliver her keynote address. She spoke passionately about Dr. A.P.J. Abdul Kalam's vision for India as a knowledge superpower and the critical role education plays in nation-building. She urged students to adopt Dr. Kalam's values of humility, hard work, and dedication, reminding them that reading is the foundation upon which lifelong learning and success are built.




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(Signature)
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Kantilal Khinwsara College of Education, Thergaon, Pune 33.

NOTICE

Date-30.12.2023

All student teachers are informed that Course No. 112 under Health Check-up Camp will be conducted on Tuesday, 02/01/2024 at 02.00 pm. In college Campus. So attendance is compulsory.

Head of Dept.

Prof. J.R. Davkhar

Principal

Principal

Dr. Nirmala Tapkeer

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आरोग्य तपासणी शिबीर

दिनांक - 02-09-2024

वेळ - दुपारी 2 ते 8

विषय - आरोग्य तपासणी शिबीर

शिबिराचे आयोजन - कांतीलाल खिंवसरा बी. एड

महाविद्यालय शेरगाव

कांतीलाल खिंवसरा बी. एड महाविद्यालय

शेरगाव या कॉलेजमध्ये दिनांक - 02-09-2024 रोजी

आरोग्य तपासणी शिबिराचे आयोजन Agious Diagnostics

या संस्थेमार्फत करण्यात आले. या शिबिरामध्ये डॉ. फडके सर

यांचे कोलेस्टेरॉल व मधुमेह या विषयावर खूप छान प्रकारे

मार्गदर्शन मिळाले.

या आरोग्य शिबिरात रक्त तपासणी,

कोलेस्टेरॉल तपासणी व मधुमेह तपासणी अशा इतर तपासणीची

सुविधा उपलब्ध होती. या शिबिराचे आयोजन कांतीलाल खिंवसरा बी. एड. कॉलेज मधील

विद्यार्थ्यांना पुरेपूर असा फायदा आला.



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Medical check up camp

Date:- 02/01/2024

Time:- 2.00 To 4.00 pm

Subject:- Medical check up camp

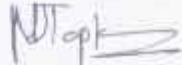
Organization of camp:- Kantilal Khinwasara B.Ed. College,
Thergaon, Pune - 411033

Kantilal Khinwasara B.Ed. College, Thergaon,
Pune - 411033 ~~collaborately~~ organize Medical
check up camp on 02/01/2024 in collaboration
of Aglow Diagnostics Institute. Dr. Phadke
was delivered a valuable lecture on
Cholesterol and Diabetes.

In this camp Blood checking,
Cholesterol and Diabetes ~~at~~ (Blood Sugar)
was checked.

This camp was very beneficial
for students.




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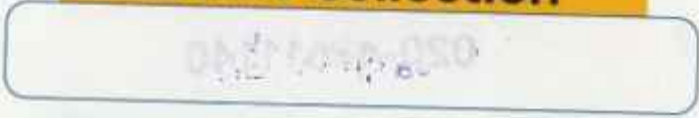


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Tree Plantation

Date of Event: 24th January 2024

1. Introduction:

In line with our commitment to environmental sustainability, Kantilal Khinwasara College of Education organized a tree plantation drive on 24th January 2024. This initiative was conducted outside the college campus, involving students, faculty, and local community members. The objective was to promote environmental awareness and contribute to the "Green India" mission by enhancing greenery in the surrounding areas.

2. Objectives:

- To raise environmental awareness among students and faculty.
- To encourage active participation in sustainable practices like tree planting.
- To contribute to improving the local environment by increasing the green cover.
- To foster a sense of responsibility and community involvement in protecting nature.

3. Planning and Organization:

A. Pre-Event Planning:

- Location: The plantation drive took place on the outskirts of the college, near the adjoining road and public spaces.
- Saplings: A variety of saplings were procured, including fruit-bearing trees (mango, guava), flowering plants (gulmohar, bougainvillea), and indigenous trees (neem, peepal).



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- Collaborations:** The event was supported by local environmental NGOs and the municipal corporation, which provided guidance and logistical support.

B. Roles and Responsibilities:

- Faculty: Faculty members led the organization of the event, ensuring the smooth coordination of volunteers and participants.

- Students: B.Ed. students were actively involved in the planting process, from digging holes to watering the saplings.

- Community Involvement: Local community members participated, enhancing the event's impact and fostering a sense of shared responsibility for the planted **saplings.**

4. Event Execution:

A. Inauguration:

The tree plantation drive was inaugurated by the college principal, who emphasized the importance of environmental conservation and how such activities align with the educational goals of shaping responsible citizens.

B. Plantation Process:

- Number of Saplings Planted: A total of 50 saplings were planted during the drive.

- Types of Trees: The saplings planted included a mix of fruit trees, flowering plants, and native species to ensure biodiversity.

- Watering and Maintenance: Arrangements were made for regular watering and upkeep of the saplings. Students volunteered to monitor the growth of the saplings and report any issues.



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C. Awareness Campaign:

During the event, short talks were delivered by environmental experts, highlighting the importance of afforestation, the role of trees in reducing carbon footprints, and their positive impact on the ecosystem. Educational pamphlets were distributed to raise awareness about the importance of trees and sustainable practices.

5. Outcomes:

- Environmental Impact: The plantation of 50 trees will contribute significantly to the local ecosystem, improving air quality, providing shade, and offering habitats for birds and insects.
- Educational Impact: Students gained practical knowledge about the process of tree planting and learned the importance of environmental stewardship.
- Community Engagement: The involvement of local community members fostered a collaborative spirit and helped strengthen ties between the college and the community.




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Report on the Visit to Punrusthan Samrasta Gurukulam (Orphanage - NGO)

Date of Visit: 30th December 2023

Location: Punrusthan Samrasta Gurukulam, Chinchwad, Pune-18

1. Introduction:

As part of the community engagement and social responsibility program, B.Ed. students from Kantilal Khinwasara College of Education visited Punrusthan Samrasta Gurukulam, an orphanage and NGO, located in Chinchwad, Pune, on 30th December 2023. The purpose of the visit was to interact with the children, understand the functioning of the NGO, and contribute to their well-being through various activities and donations.

2. Objectives:

- To sensitize students to social issues and encourage a spirit of empathy and community service.
- To provide educational and emotional support to the children at the orphanage.
- To understand the operations of the NGO and how it supports orphaned and underprivileged children.
- To create awareness among future educators about the importance of inclusive education and social responsibility.

3. Details of the Visit:

A. Interaction with the Children:

- Upon arrival, the students and faculty members were warmly welcomed by the staff and children of Punrusthan Samrasta Gurukulam.



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- The students of Kantilal Khinwasara College spent the day engaging with the children through various activities such as games, storytelling, and art & craft sessions.

- Special attention was given to fostering a warm, supportive environment where the children could freely express themselves.

B. Educational Activities:

- A team of B.Ed. students conducted interactive educational sessions aimed at enhancing basic literacy and numeracy skills.

- Storytelling sessions were organized to stimulate creativity and imagination.

- The students also helped the children with their homework and provided guidance on effective study habits.

C. Donations:

- Donations were made to the orphanage, including school supplies, Food, books, and toys etc. These items were collected by the B.Ed. students and faculty in the weeks leading up to the visit.

- In addition to material donations, the students contributed funds towards the NGO's future educational and developmental programs for the children.

D. Emotional Support and Bonding:

- The visit provided an opportunity for the children to bond with the college students, helping them feel valued and cared for.

- The B.Ed. students interacted with the children in a way that created a positive emotional impact, showing that there are individuals who care about their future and well-being.



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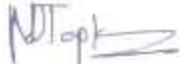
E. Understanding the Functioning of the NGO:

- The management of Punrusthan Samrasta Gurukulam provided an overview of their operations, including how they support the holistic development of the children—academically, socially, and emotionally.
- The NGO focuses on creating a nurturing environment for orphaned and underprivileged children by providing education, accommodation, and emotional support.

4. Outcomes:

- Increased Awareness: The visit raised the awareness of Kantilal Khinwasara College students regarding the challenges faced by orphaned and underprivileged children and the critical role NGOs play in addressing these challenges.
- Empathy and Sensitivity: The visit helped foster empathy and social sensitivity among the B.Ed. students, encouraging them to take a more active role in community service.
- Educational Support: The children benefitted from the educational and recreational activities organized by the college students, which contributed to their academic and emotional growth.
- Strengthened Bonds: The children felt a sense of connection and belonging through their interactions with the visiting students, enhancing their social and emotional well-being.




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Near Gawade Swimming Pool, krantiveer chapekar
vidyalay premises Pandaricha mala, Keshav Nagar,
Chinchwad, Pimpri-Chinchwad, Maharashtra 411033
India
Lat 18.623487
Long 73.780461
30/12/2023 04:18 PM GMT +5:30

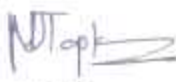


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(M.A.M.E.D Ph.D)

Date: 22/12/2023

Ref. No. 1124/B.Ed., 2023-24

Permission Letter


To, Girish Poabhume
Gurukulam
.....

Subject : Request letter :Teacher-Student are allow to visit your institution & collect information about your institution.

Respected Sir/Madam,

Affiliated to Savitribai Phule University, Bhartiya Gyanvardhini Sabha's K.K. B.Ed.College, Laxman Nagar, Thergaon, Pune-33. This college we are running successfully form 14 years.

Teacher-student have to complete various practical's under the syllabus of Pune University. Accordingly under the Course :102. **Contemporary Indian Education, Gender and Society** . Students have to complete the practical. To visit NGO and collect information about the working process of NGO. For this reason we require your cooperation, we will be obliged for the same.


माध्यमिक मुख्याध्यापक
कांतिवीर वांगमकर स्नातक प्रशिक्षणीय
पुनरुत्थान संस्था, गुरुकुलम,
अनुदानित भागवती अग्रवधालडा
चिंचवडपुणे-३३

Principal,


Dr. Nirmala Tapkeer
Principal

Kantilal Khinwasara B.Ed. College,
Thergaon, Pune-411033.



Bharatiya Gyanvardhini Sabha's
Kantilal Khinwasara B.Ed. College

Laxman Nagar, Thergaon Pune - 411033
NCTE Code No. APW00791/123125
Affiliated to University of Pune



PRESIDENT
Shri. S.S. Thakar
(M.A./M.Ed.)

Ph. No. 020 21270788 Email: kktedpune@gmail.com
Website: www.kktedpune.org.in

PRINCIPAL
Dr. Himata Tapkeer
(M.A./M.Ed.)

Ref No 1124-1/8cc/2023/04

Date: 30/12/2023

आभारपत्र

भारतीय ज्ञानवर्धिनी सभेचे, कांतीलाल खिंबसरा शिक्षणशास्त्र
महाविद्यालय थेरगाव . आमच्या बी . एड . कोर्स १०२ 'समकालीन भारतीय
शिक्षण लिंग आणि समाज' या विषया अंतर्गत अशासकीय संघटना भेट (Visit
to the NGO)असे प्रात्यक्षिक आहे . हे प्रात्यक्षिक पूर्ण करण्यासाठी आपण
आम्हाला परवानगी दिली . त्याबद्दल संस्था,महाविद्यालय व प्राचार्या आपले आभारी
आहोत .

धन्यवाद !

नूतन वर्षाभिनंदन !!

Prasad

NT Topk
प्राचार्या

Principal

Kantilal Khinwasara B.Ed. College
Laxman Nagar, Thergaon Pune-411033



कांतिवासर खिनवासरा संस्कृत वृत्तिका संस्थान
"विद्यया मृतमश्नुते" श्लोक

पुनरुत्थान समरसता गुणकुलम्

संस्था : कांतिवासर खिनवासरा
पता : कांतिवासर, थर्गाण, जिल्हा : अहमदनगर, महाराष्ट्र

अनुदानित उच्चशिक्षण संस्थान, अहमदनगर, महाराष्ट्र शासन, उच्चशिक्षण विभाग
शासन निर्णय क्र. अ.आ.आ - २०१८/५ क्र. २०१८ का - २२ दि. ४ जुलै २०१८

राज्यीय शैक्षणिक विभागात (अहमदनगर, थर्गाण) उच्चशिक्षण विभाग, उच्चशिक्षण विभाग, अहमदनगर येथील
PCED/11/10/2018/102-10-11/0077 M. का. प्रकाशना संस्था/कांतिवासर संस्थान



पद्मश्री. गिरीश प्रभुणे
(9766325082)

अ.ह.सतिश गोरडे
(9822197186)

मु.पु.स.सं.सं.
31/12/2023

जावक क्र. 7449/2023-24

दि. 30/12/2023



This is to certify that

.....Student Teacher of
Kantilal Khinwasara B.Ed college, Thergaon has visited our
Institution on date : 30/12/2023 (Saturday) for the practical
of F.Y.B.Ed, course: 102 'Contemporary Indian Education,
Gender & society' and collected all necessary information
under the practical 'Visit to Non-Government Organization'.

कांतिवासर खिनवासरा संस्कृत वृत्तिका संस्थान
अहमदनगर, महाराष्ट्र
पता : कांतिवासर, थर्गाण, जिल्हा : अहमदनगर, महाराष्ट्र

Date: 30/12/2023
Saturday

Attendance

BEd Course - 102. Contemporary Indian Education
Gender and Society.Practical Name - Visit to the NGO.
(Non Government Organization)

Sr. No.	Name of the Student	Sign.
1.	Jayashree Peashard Phalke	<u>Phalke</u>
2.	Punam Popat Thakare	<u>Thakare</u>
3.	Neha Jandey	<u>Jandey</u>
4.	Goyatri Bhalerao Dighe	<u>Dighe</u>
5.	Tripti Bhalerao	<u>Tripti</u>
6.	Sheetal Rai	<u>Sheetal Rai</u>
7.	Seeta Yedkar	<u>Yedkar</u>
8.	Priyanka Chandankar	<u>Chandankar</u>
9.	Roshni Sharma	<u>Roshni</u>
10.	Kajal Singh	<u>Singh</u>
11.	Kavita Gaikwad	<u>Gaikwad</u>
12.	Punam Sarawale	<u>Sarawale</u>
13.	Monika Jernandis	<u>Jernandis</u>
14.	Poiti K.M	<u>K.M</u>
15.	Soni Tiwan	<u>Tiwan</u>
16.	Varsha Vedpathak	<u>Vedpathak</u>
17.	Aruna Arute	<u>Arute</u>
18.	Sneha Kulkarni	<u>Kulkarni</u>
19.	Kanchan Kadam	<u>Kadam</u>

21) Amruta Kulkarni

22) Smita Ingle

23) Rajashree A. Katange

24) Nikita G. Chaskor

25) Reena D. Sathre

26) Kajal Kate

Akshara

Smita

Rajashree

Nikita

Reena

Kate



Bharatiya Gyanvardhini Sabha's
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 Website : www.kkbepune.org.in

PRINCIPAL
 Dr. Nirmala Tapkeer
 (M.A.M.Ed Ph.D)

Ref No: 1084/B.Ed/2023-24

DT : 21/10/2023

INVITATION

The Management Principal & Staff of Kantilal
 Khinwasara B.Ed College Cordially invite you to

“ Induction Programme “

For First Year Students

On Saturday 21 st October 2023

3 .00 pm

Shri

CO-ORDINATOR

Asst Prof. Shailya Chaturvedi

NTapke

PRINCIPAL

Kantilal Khinwasara B.Ed. College
 Thergaon, Pune-411033.



NTapke

Principal

Kantilal Khinwasara B Ed College
 Thergaon, Pune - 411033

Induction Program

The day which is very important in new students life is Induction Program.

The main objective of the student Induction Programme is to help new students adjust and feel comfortable in the new environment, inculcate in them ethos & culture of the Institution, help them build bonds with other students and faculty members and also expose them to the sense of larger purpose & self exploration.

Induction is well planned event to educate the new students about the environment in a particular institution and connect them with the people in it. The new students know about the institutional policies, process, practices culture and values.

The time during the Induction program is also used to rectify some critical lacunas and sensitize them towards exploring the ~~academic~~ academic interest in extra-curricular activities, promoting competition, build relationship between teachers and students overall personality development.



Kantilal Khinwasara B Ed College
Thergaon, Pune - 411033



**KANTILAL KHINWASARA
B.ED.COLLEGE
THERGAON PUNE.**

The Management Principal & staff of
Kantilal B.Ed. College Cordially invite you to

Induction Programme A/Y 2023-24


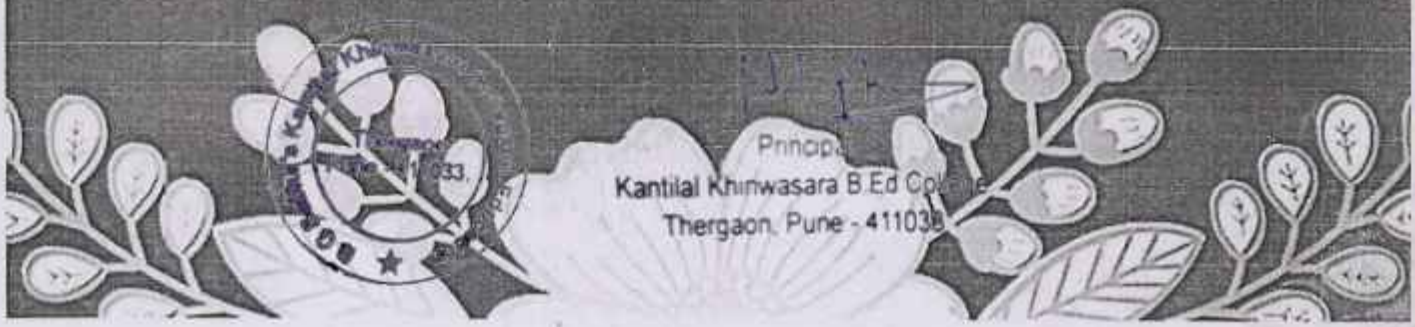
Chair person - S.S. Tiwari sir (President of Bhartiya Gyanvardhini Sabha)

Guest - L.B. Pandey sir, Ajay Kumar Rai
and Karunesh Tripathi sir

Principal - Dr. Nirmala Tapkeer
Cultural Head - Prof. Shailja Chaturvedi

Venue - K.K. B.Ed. College,
Thergaon, Pune.

Date - 21st Oct. 2023
Time - 3:00 pm.



Princip
Kantilal Khinwasara B Ed Col
Thergaon, Pune - 411038

Induction Program

(Celebration)

As we students and Professors organised Induction Program at Kantilal Khinwasara B. Ed College, Thergaon, where chairperson was S. S. Tiwari sir and the chief guest of program was 1) L. B. Pandey 2) Ajay Kumar Rai 3) Karanesh Tripathi sir

As the guest enter in the hall, welcome done by 2nd year students Sneha Panchi & Dipali Rajmane.

Our Honorable Principal ma'am welcome guest by giving him bouquet

The program started with lightening of lamp by our chairperson Tiwari sir and chief guest Pandey sir, Ajay Kumar Rai sir & Karanesh Tripathi sir as well as our college Principal Dr. Nirimala Tapkeer Ma'am.

After the program, continued with Sarswati Vandana by Yogita Patil followed by Mahatma's guest.
 Kantilal Khinwasara B. Ed College
 Thergaon, Pune - 411033



Introduction of S.S. Tiwari sir given by Prof. Neeta Puri Ma'am, She explains that Tiwari sir is best educator as well as he is also industrialist. He is having many companies in Pune.

A Program continued with Introduction of all Professors.

- i) Neeta Puri
- ii) Surekha Rajwant
- iii) Sharilaja Chaturvedi
- iv) Jyoti Dawkhar
- v) Varsha Lambate
- vi) Mrunalini Patil

After Intro. of all Professors felicitation of passout students was done by giving them trophy and certificate. A student who secure a 1st rank was

She shared her experience throughout the two year of B. Ed. She told that how all teachers tried to make her lesson and activities perfect. She shared, how her colleagues appreciated her work and asked her for guidance to which she said all the credit goes to Professors and our college



NTgt

The program followed by speech of Kabir 2nd year student. He

delivered speech about all professors that they all also facing the difficulty in the university at time of our submission. He further explain that our Principal malam needs to give lot of at the time of submission.

One more student sheetal Airani shared her experience about her admission she told that Dinesh Kenjale sir always helping the students at the time of admission.

After that second year student Joyoti talkalkar shared her experience of last year.

At the end S.S. Tiwari sir delivered his motivational speech to students. He motivated students with his success story of business. He told that he also saw so many ups and down in his life but never gave up. He said that you needs to stand with confidence success will be in your hand. That speech truely motivate all students.

At the end of program all students gave their introduction to the chief guest program ended with votes of thanks by Vande



Principal
Kantilal Khirwasara B Ed College
Thergaon, Pune - 411033


Kantilal Khinwasara B.Ed.College,Thergaon,pune-33

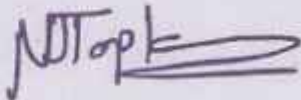
Notice

Date-18/12/2023

(For Staff)

All professors are informed that Under IQAC Cell the college has organised Guidance Session on NAAC .So it is great opportunity to clear our doubts and get guidance by Expert Dr.ShashankPol .The session will be conducted on21th dec.2023 at 1pm.so all are requested to attend session.


IQAC coordinator,
Mrunalini Patil


Principal,
Dr.Nirmala Tapkeer




Principal
Kantilal Khinwasara B.Ed College
Thergaon, Pune - 411033

K.K.B.Ed.College,Thergaon
Guidance Session On NAAC

By-Dr.Shashank Pol

Date-21/12/2023

The National Assessment and Accreditation Council (NAAC) is an autonomous body established by the University Grants Commission (UGC) of India to assess and accredit institutions of higher education in the country. NAAC evaluates institutions based on seven criteria, which are:

1. Curricular Aspects
2. Teaching-Learning and Evaluation
3. Research, Consultancy, and Extension
4. Infrastructure and Learning Resources
5. Student Support and Progression
6. Governance, Leadership, and Management
7. Innovations and Best Practices

These criteria are used to assess the overall quality and performance of educational institutions in India.



Principal
Kantilal Khirwasara B Ed College
Thergaon, Pune - 411033

Overall, NAAC accreditation is essential for institutions to demonstrate their commitment to quality education, continuous improvement, and accountability to stakeholders.

The NAAC 7 criteria and their subpoints are as follows:

1. Curricular Aspects:

- Curriculum Design and Development
- Academic Flexibility
- Curriculum Enrichment
- Feedback System

2. Teaching-Learning and Evaluation:

- Teaching-Learning Process
- Teacher Quality
- Evaluation Process
- Student Performance and Learning Outcomes

3. Research, Consultancy, and Extension:

- Research Promotion
- Consultancy
- Extension Activities



NTgk

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Thergaon, Pune - 411033

- Best Practices
- Institutional Values and Ethics
- Sustainability Practices

These criteria and subpoints are used by NAAC to evaluate the overall performance and quality of educational institutions in India.

JGAC Coordinator



NTopk

Principal
Kantilal Khirwasara B.Ed College
Thergaon, Pune - 411033

NTopk

Principal
Kantilal Khirwasara, B Ed College
Thergaon, Pune - 411033

NAAC Guidance Session
Conducted by Dr. Pol.



NTPT

Principal

Kantilal Khirwasara B Ed College
Thergaon, Pune - 411033



Bharatiya Gyanvardhini Sabha's
Kantilal Khinwasara B.Ed. College

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PRESIDENT
Shri. S.S. Tiwari
(M.Sc DCM)

Ph. No.: 020-27276785 Email.: kkbedpune@gmail.com
Website : www.kkbedpune.org.in

PRINCIPAL
Dr. Nirmala Tapkeer
(M.A.M.Ed Ph.D)

ef. No - 1099 / B.Ed. 2022-23

Date : 27/10/2023

आभारपत्र

सावित्रीबाई फुले पुणे विद्यापीठ पुणे व बहिःशाल शिक्षण मंडळ आणि कांतीलाल खिंवासरा शिक्षणशास्त्र महाविद्यालय यांच्या संयुक्त विद्यमाने बॅ. बाबासाहेब जयकर व्याख्यानमाले अंतर्गत मा. डॉ. प्रकाश सस्ते यांनी दिनांक २७.१०.२०२३ वार शुक्रवार या दिवशी "योगा आणि आरोग्य" या विषयावर व्याख्यान दिले त्याबद्दल संस्था, महाविद्यालय व प्राचार्या आपले आभारी आहोत.

धन्यवाद !

NTpi

Principal

Kantilal Khinwasara B.Ed. College
Thergaon, Pune-411033.

Received
[Signature]



NTpi

Principal

Kantilal Khinwasara B Ed College
Thergaon, Pune - 411033

Bharatiya Gyanvardhini Sabha's
Kantilal Khinwasara B.Ed. College

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Shri. S.S. Tiwari
(M.Sc DCM)

Ph. No.: 020-27276785 Email.: kkbepune@gmail.com
Website : www.kkbepune.org.in

PRINCIPAL
Dr. Nirmla Tapkeer
(M.A.M.Ed Ph.D)

F. No. 1093/B.Ed./2023-24

Date : 16/10/2023

प्रति

मा .डॉ . प्रकाश सरते

गट नं . १५३, प्लॉट नं . २८, जय गणेश पार्क,

सहकार नगर, जांबे, ता . मुळशी, जि . पुणे - ४११०३३

विषय - व्याख्यानासाठी उपस्थित राहणेबाबत.....

महोदय

आमच्या कांतीलाल खिंवासरा शिक्षणशास्त्र महाविद्यालयात सावित्रीबाई फुले पुणे विद्यापीठ पुणे व बहिःशाल शिक्षण मंडळ आणि कांतीलाल खिंवासरा शिक्षणशास्त्र महाविद्यालय यांच्या संयुक्त विद्यमाने वॅ . बाबासाहेब जयकर व्याख्यानमाले अंतर्गत दिनांक २७/१०/२०२३ वार शुक्रवार या दिवशी वेळः दुपारी ०२ . ३० वाजता " योगा आणि आरोग्य" या विषयावर आपले व्याख्यान आयोजित करण्यात आलेले आहे . तरी व्याख्यानाकरिता आपली उपस्थिती प्रार्थनिय आहे .



Received

NT qk NT qk
Principal

Kantilal Khinwasara B Ed College Principal
Thergaon, Pune - 411033 Kantilal Khinwasara B.Ed' College
Thergaon, Pune-411033.



Bharatiya Gyanvardhini Sabha's
Kantilal Khinwasara B.Ed. College

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Affiliated to University of Pune



PRESIDENT
Shri. S.S. Tiwari
(M.Sc DCM)

Ph No.: 020-27276785 Email: kkbepune@gmail.com
Website : www.kkbepune.org.in

PRINCIPAL
Dr. Nirmala Tapkeer
(M.A.M.Ed Ph.D)

f.No. 1095/B.Ed. 2023-24

Date: 16/10/2023

प्रति

मा .डॉ .सुरेश इसात्रे

टिळक शिक्षणशास्त्र महाविद्यालय,

पुणे - ४११०३० .

विषय - व्याख्यानासाठी उपस्थित राहणेबाबत.....

महोदय

आमच्या कांतीलाल खिंवसरा शिक्षणशास्त्र महाविद्यालयात सावित्रीबाई फुले पुणे विद्यापीठ पुणे व वहिःशाल शिक्षण मंडळ आणि कांतीलाल खिंवसरा शिक्षणशास्त्र महाविद्यालय यांच्या संयुक्त विद्यमाने वॅ .बाबासहेब जयकर व्याख्यानमाले अंतर्गत दिनांक २८/१०/२०२३ वार शनिवार या दिवशी वेळ : दुपारी ०३ .०० वाजता "नॅक ला सामोरे जाताना " या विषयावर आपले व्याख्यान आयोजित करण्यात आलेले आहे .तरी व्याख्यानाकरिता आपली उपस्थिती प्रार्थनिय आहे .



Received
16/10/2023

NTapt
Principal

Kantilal Khinwasara B.Ed. College
Thergaon, Pune - 411033



Bharatiya Gyanvardhini Sabha's
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Shri. S.S. Tiwari
(M.Sc DCM)

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Website : www.kkbedpune.org.in

PRINCIPAL
Dr. Nirmala Tapkeer
(M.A.M.E.D - Ph.D)

No. 1098/B.Ed. 2023-24

Date: 26/10/2023

आभारपत्र

सावित्रीबाई फुले पुणे विद्यापीठ पुणे व बहिःशाल शिक्षण मंडळ आणि कांतीलाल खिंवासरा शिक्षणशास्त्र महाविद्यालय यांच्या संयुक्त विद्यमाने वरिस्टॅर बाबासाहेब जयकर व्याख्यानमाले अंतर्गत मा .डॉ . माधवी खरात यांनी दिनांक २६.१०.२०२३ वार गुरुवार या दिवशी " प्राचीन भारतीय वाङ्मय" या विषयावर व्याख्यान दिले त्याबद्दल संस्था, महाविद्यालय व प्राचार्या आपले आभारी आहेत .

धन्यवाद !

NTqk

Principal

Kantilal Khinwasara B.Ed. College
Thergaon, Pune-411033.

NTqk

Principal

Kantilal Khinwasara B Ed College
Thergaon, Pune - 411033



Rel
26.10.2023

Bharatiya Gyanvardhini Sabha's
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Ph. No : 020-27276785 Email : kkbedpune@gmail.com

Website : www.kkbedpune.org.in

PRINCIPAL

Dr. Nirmala Tapkeer
(M.A.M.Ed Ph.D)

Ref No. 1102 / B.Ed. 2023-24

Date: 28/10/2023

आभारपत्र

सावित्रीबाई फुले पुणे विद्यापीठ पुणे व बहिःशाल शिक्षण मंडळ आणि कांतीलाल खिंवासरा शिक्षण शास्त्र महाविद्यालय यांच्या संयुक्त विद्यमाने वॅ.बावासाहेब जयकर व्याख्यानमाले अंतर्गत मा. डॉ. सुरेश इसावे यांनी दिनांक २८.१०.२०२३ वार शनिवार या दिवशी "नॅक ला सामोरे जाताना"चा विषयावर व्याख्यान दिले त्याबद्दल संस्था, महाविद्यालय व प्राचार्या आपले आभारी आहोत.

धन्यवाद !



NT Tapkeer

Principal
Kantilal Khinwasara B.Ed. College,
Thergaon, Pune-411033.

Kantilal Khinwasara B Ed College
Thergaon, Pune - 411033



Bharatiya Gyanvarchini Sabha's
Kantilal Khinwasara B.Ed. College

Laxman Nagar, Thergaon Pune- 411033.

NCTE Code No. : APW00791/123125

Affiliated to University of Pune



PRESIDENT
Shri. S.S. Tiwari
(M.Sc DCM)

Ph. No.: 020-27276785 Email.: kkbepune@gmail.com
Website : www.kkbepune.org.in

PRINCIPAL
Dr. Nirmala Tapkeer
(M.A.M.E.d Ph.D) (Edu.)

Ref. No. 1130/B.Ed./2023-24

Date: 05/01/2024

प्रति

मा . प्रज्ञा गवळी

प्रज्ञा विद्यामंदिर, गणेशनगर, थेरगाव

पुणे - ४११०३३.

विषय - "एकपात्री प्रयोग" मी साऊ बोलतीय कार्यक्रमासाठी उपस्थित
राहणेबाबत.....

महोदय

आमच्या कांतीलात खिंचसरा शिक्षणशास्त्र महाविद्यालयान् शनिवार
दिनांक ०६/०१/२०२४ रोजी दुपारी ३.०० वाजता सावित्रीबाई फुले जयंतीनिमित्त "
एकपात्री प्रयोग " मी साऊ बोलतीय या कार्यक्रमाचे आयोजन करण्यात आलेले आहे . तरी
आपण सदर कार्यक्रमासाठी आमच्या महाविद्यालयान आपली उपस्थिती प्रार्थनित्त आहे .

धन्यवाद !



NTapkeer
Principal

Kantilal Khinwasara B Ed College
Thergaon, Pune - 411033

NTapkeer
प्राचार्या
Principal

Kantilal Khinwasara B Ed College
Thergaon, Pune - 411033



Bharatiya Gyanvarchini Sabha's
Kantilal Khinwasara B.Ed. College

Laxman Nagar, Thergaon Pune- 411033.

NCTE Code No. : APW00791/123125

Affiliated to University of Pune



PRESIDENT
Shri. S.S. Tiwari
(M.Sc DCM)

Ph No.: 020-27276785 Email: kkedpune@gmail.com
Website : www.kkbedpune.org.in

PRINCIPAL
Dr. Nirmala Tapkeer
(M.A.M.Ed Ph.D) (Edu.)

Ref. No. 1131/B.Ed./2023-24

Date: 06/01/2024

आभारपत्र

आमच्या कांतीबाल खिंवसरा शिक्षणशास्त्र महाविद्यालयात शनिवार
दिनांक 06/01/2024 रोजी दुपारी 03.30 वाजता मा. प्रज्ञा गवळी
यांनी सावित्रीबाई फुले जयंतीनिमित्त " एकपात्री प्रयोग " मी साऊ बोलतीय या
विषयावर अतिशय सुंदर सादरीकरण केले. त्याबद्दल संस्था, महाविद्यालय व प्राचार्या
आपले आभारी आहोत.

धन्यवाद !



NTapkeer
Principal
Kantilal Khinwasara B.Ed. College
Principal Thergaon, Pune-411033.
Kantilal Khinwasara B Ed College
Thergaon, Pune - 411033

BALIKA

DIN



NTgk

Principal

Kantilal Khirwasara B Ed College
Thergaon, Pune - 411033

BALIKA DIN CELEBRATION

Savitribai Phule birth anniversary is on 3rd January 1831. Birth anniversary of Savitribai Phule is celebrated as Balika din (Girl child day) in whole Maharashtra.

Savitribai Phule known as the first female teacher of India. She is the epitome of Indian feminism. She born on January 3rd, 1831 in Maharashtra. Phule is the oldest known Indian social reformer, educationalist and poet.

Along with her husband, Jyotirao Phule, she played an important and vital role in improving women's rights in India. Savitribai and her husband founded one of the first Indian girls' school in Pune, at Bhide wada in 1848. She worked to abolish the discrimination and unfair treatment of people based on caste and gender. She is regarded as an important figure of the social reform movement in Maharashtra. At the time of her marriage, Savitribai was illiterate. Her husband, Jyotirao Phule educated her at their home.

Phule was also an author and poet. She published *Kavya Phule* in 1854 and *Bavan Kashi Subodh Rahitakar* in 1892. She also a poem entitled "Education" in which she encouraged those who were oppressed to free themselves by



Principal
Kantilal Khirwasara B Ed College
Thergaon, Pune - 411033

obtaining an education. As a result of her experience and work, she became an ardent feminist.

She established the Mahila Seva Mandal to raise awareness for issues concerning women's rights. She also called for a gathering place for women that was free of caste discrimination or differentiation of any kind. Symbolic of this was that all the women that attended were to sit on the same mat. She was also an anti-infanticide activist.

She opened a women's shelter called the Home for the Prevention of Infanticide, where Brahmin widows could safely deliver their children and leave them there to be adopted if they so desired. She also campaigned against child marriage and was an advocate of widow remarriage. Savitribai and Jyotirao strongly opposed Sati Pratha and they started a home for widows and forlorn children.



NTgt

Principal

Kantilal Khirwasara B Ed College
Thergaon, Pune - 411033

PREPARATION

At Kantilal Khinwasara B.Ed college. we celebrated "Balika Din". Where our chief guest was Mrs. Pradnya Gawali and our honouable principal of institute Dr. Nirmala Tapkeer ma'am. The start of the programme was mesmerizing because our chief guest Mrs. Pradyna Gawali plays an act roll on the life of Savitribai Phule. We students get happy and we felt that real Savitribai Phule is talking with us.

And then our honouable principal ma'am and all teachers offers flowers to the photo of Savitribai Phule and done deep-prajwalan. and felicitate Mrs. Pradnya Gawali.

We the students of the college organised the program, with the guidance of our teacher Anchoring prof. Mrunalini Patil ma'am and Prof. Varsha Lambate ma'am.

Anchoring — Tammana Vanwari.
Board decoration — Amruta Kulkarni.
Kanchan Kadam.

Rangoli — Ashwini Chalse
Shirani Dubey.

Thank You Speech — Nikita Phaskar.

Cultural Prof. Shailja Chaturevdi ma'am





NT qk

Principal
Kantilal Khinwasara B Ed College
Thergaon, Pune - 411033



Bharatiya Gyanvardhini Sabha's
Kantilal Khinwasara B.Ed. College

Laxman Nagar, Thergaon Pune- 411033.
NCTE Code No. : APW00791/123125
Affiliated to University of Pune



PRESIDENT
Shri. S.S. Tiwari
(M.Sc DCM)

Ph. No.: 020-27276785 Email: kkbepune@gmail.com
Website : www.kkbepune.org.in

PRINCIPAL
Dr. Nirmala Tapkeer
(M.A.M.Ed Ph.D) (Edu.)

cf. No. 1129/B.Ed. 2023-24

Date: 05/01/2024

प्रति

मा . यशवंत निकम

धनकवडी पुणे - ४११०४३ .

विषय - "शैक्षणिक साधन निर्मिती " कार्यशाळेसाठी उपस्थित

राहणेबाबत.....

महोदय

आमच्या कांतीलाल खिंवासरा शिक्षणशास्त्र महाविद्यालयात शनिवार

दिनांक ०६/०१/२०२४ रोजी दुपारी ०३.३० वाजता "शैक्षणिक साधन निर्मिती " या

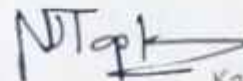
विषयावर कार्यशाळेचे आयोजन करण्यात आलेले आहे . आपण आमच्या

महाविद्यालयातील विद्यार्थ्यांना मार्गदर्शन करावे . तरी कार्यशाळेसाठी आपली उपस्थिती

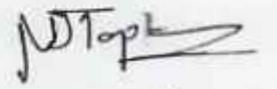
प्रार्थनिय आहे .

धन्यवाद !




Principal

Kantilal Khinwasara B Ed College
Thergaon, Pune - 411033



प्राचार्या
Principal

Kantilal Khinwasara B.Ed. College
Thergaon, Pune-411033.

Bharatiya Gyanvarchini Sabha's
Kantilal Khinwasara B.Ed. College

Laxman Nagar, Thergaon Pune- 411033.

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PRESIDENT

Shri. S.S. Tiwari
(M.Sc DCM)

Ph. No.: 020-27276785 Email.: kkbepune@gmail.com
Website : www.kkbepune.org.in

PRINCIPAL

Dr. Hirmala Tapkeer
(M.A M.Ed Ph.D) (Edu.)

Ref No. 1132/B.Ed.2023-24

Date: 06/01/2024

आभारपत्र

आमच्या कान्तीलाल खिंवासरा शिक्षणशास्त्र महाविद्यालयात शनिवार
दिनांक 06/01/2024 रोजी दुपारी 03.30 वाजता मा. चशवंत निक्म यांनी
"शैक्षणिक नाघन निर्मिती" या विषयावर कार्यशाळा घेवून आपण आनच्या
महाविद्यालयातील विद्यार्थ्यांना उत्तम मार्गदर्शन केले. त्याबद्दल
संस्था, महाविद्यालय व प्राचार्या आपले आभारी आहोत.

धन्यवाद !

Received.

मि. खिंवासरा
6.1.24



NT Tapk
Principal

NT Tapk
प्राचार्या
Principal

Kantilal Khinwasara B.Ed. College Thergaon, Pune - 411033

K.K.B.Ed.College,Thergaon,Pune-33

Session Conducted on Effective Use Of Teaching Aids

By-Yashwant Nikam Sir

Date-06/01/2024

Teaching aids are materials or tools used to support and enhance teaching and learning. They can help to:

1. Clarify complex concepts
2. Engage students
3. Facilitate understanding
4. Supplement instruction
5. Provide additional practice

Types of Teaching Aids:

1. Visual Aids:

- Pictures
- Diagrams
- Charts
- Graphs



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Principal
Kantilal Khinwasara B.Ed College
Thergaon, Pune - 411033

- Mock-ups
- Real-life objects
- Specimens
- Artifacts

6. Technology-Based Aids:

- Interactive whiteboards
- Digital projectors
- Tablets
- Smartphones
- Online platforms

7. Other Aids:

- Flashcards
- Concept maps
- Flowcharts
- Graphic organizers
- Role-play materials

These teaching aids can be used in various combinations to support different learning styles and needs, and to create an engaging and effective learning environment.



NT qk

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Kantilal Khirwasara B Ed College
Thergaon, Pune - 411033

Slide 4: Choosing the Right Teaching Aid

- Consider learning objectives and outcomes
- Select aids that align with the topic and subject matter
- Think about student age, ability, and prior knowledge
- Choose aids that are interactive and engaging

Slide 5: Using Teaching Aids Effectively

- Introduce the aid clearly and concisely
- Demonstrate how to use the aid
- Encourage student interaction and participation
- Monitor student understanding and adjust instruction
- Use aids to supplement teaching, not replace it

Slide 6: Visual Aids

- Images, diagrams, charts, and graphs
- Use to illustrate complex concepts and ideas
- Make sure images are clear and relevant



NTPT
Principal

Kantilal Khirwasara B Ed College
Thergaon, Pune - 411033



Bharatiya Gyanvardhini Sabha's
Kantilal Khinwasara B.Ed. College

Laxman Nagar, Thergaon Pune- 411033.

NCTE Code No. : APW03791/123125

Affiliated to University of Pune



PRESIDENT
Shri. S.S. Tiwari
(M.Sc DCM)

Ph. No.: 020-27276785 Email.: kkbepune@gmail.com
Website : www.kkbepune.org.in

PRINCIPAL
Dr. Nirmala Tapkeer
(M.A.M.Ed Ph.D) (Edu.)

F.No. 1142-1-B.Ed./2023-24

Date: 24/10/2024

प्रति

मा .डॉ . प्राजक्ता मेढेकर

अभिनव एज्युकेशन सोसायटीचे

शिक्षणशास्त्र महाविद्यालय , आंबेगाव ,

पुणे-४१०५०९ .

विषय - व्याख्यानासाठी उपस्थित राहणेबाबत.....

महोदय

आमच्या कांतीलाल खिंवसरा बी . एड . कॉलेज मध्ये बी . एड . कोर्स ११२ अरोग्य

आणि योगा या अंतर्गत दिनांक २७/०९/२०२४ वार शनिवार या दिवशी वेळ ३

दुपारी ३.०० वाजता " ताण तणावं व्यवस्थापन " या विषयावर आपले व्याख्यान

आयोजित करण्यात आलेले आहे . तरी व्याख्यानाकरिता आपली उपस्थिती प्रार्थनीय आहे .

धन्यवाद !

Dr. Nirmala Tapkeer
27/11/2024



Dr. Nirmala Tapkeer
Principal

Principal
Kantilal Khinwasara B Ed College
Thergaon, Pune - 411033.

BGS's , Kantilal Khinwsara College of Education, Thergaon, Pune

NOTICE

Date -22/01/24

All student teachers are informed that under the Course No. 112 There will be Lecture on **Stress Management** by **Dr.Prajakta Medhekar** , conducted on **27/01/2024** at 3pm So attencance is compulsory.

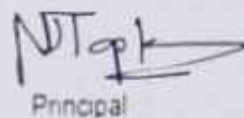
Head of Dept.

Prof.Jyoti Davkhar



Principal

Kantilal Khinwsara B Ed College
Thergaon, Pune - 411033.



Principal

Kantilal Khinwsara B Ed College
Thergaon, Pune - 411033



Bharatiya Gyanvardhini Sabha's
Kantilal Khinwasara B.Ed. College

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Website : www.kkbepune.org.in

PRINCIPAL
Dr. Nirmla Tapkeer
(M.A.M.Ed Ph.D) (Edu.)

f. No. 1142-2/B.Ed. 2023-24

Dak: 27/01/2024

आभारपत्र

आमच्या कांतीलाल खिंवासरा बी.एड. कॉलेज मध्ये बी.एड. कोर्स ११२ आरोग्य आणि योगा या अंतर्गत दिनांक २७/०१/२०२४ वार शनिवार या दिवशी वेळ ६ दुपारी ३.०० वाजता "ताण तणाव व्यवस्थापन" या विषयावर मा.डॉ. प्राजक्ता मेढेकर यांनी व्याख्यान दिले. त्याबद्दल संस्था, महाविद्यालय व प्राचार्या आपले आभारी आहेत.

धन्यवाद !

Prajakta
27/1/2024



NTapkeer
Principal
Kantilal Khinwasara B.Ed. Collage
Thergaon, Pune-411033.

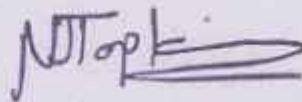
Kantilal Khinwasara B Ed College
Thergaon, Pune - 411033

Kantilal Khinwasara B.Ed.College,Thergaon,pune-33

Notice

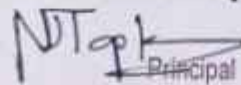
Date-31/12/2023

All students and all staff are informed that the college has organised Health Check-up camp on 2nd jan.2024 from 2 to 4 pm in the college premises.We encourage all to participate and take advantage of this free service.



Principal,

Dr.Nirmala Tapkeer



Principal

Kantilal Khinwasara B.Ed College

Thergaon, Pune - 411033



आरोग्य तपासणी शिबिर

दिनांक :- 02-09-2028

वेळ :- दुपारी २ ते ४

विषय :- आरोग्य तपासणी शिबिर

शिबिराचे आयोजन :- कांतीलाल शिंदेकरा वी. एड
महाविद्यालय थेरगाव

कांतीलाल शिंदेकरा वी. एड महाविद्यालय

थेरगाव या कॉलेजमध्ये दिनांक :- 02-09-2028 रोजी

आरोग्य तपासणी शिबिराचे आयोजन Avicoups Diagnostics
या संस्थेमार्फत करण्यात आले. या शिबिरामध्ये डॉ. फडके
सर यांचे कोलेस्टेरॉल व मधुमेह या विषयावर रूपा
व्हाण प्रकारे मार्गदर्शन मिळाले.

या आरोग्य शिबिरात स्वतः तपासणी,
कोलेस्टेरॉल तपासणी व मधुमेह तपासणी अशा इतर

तपासणीची उपलब्ध शिबिराचा

वी एड कॉलेज थेरगाव
फायदा झाला.



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Kantilal Shindekar Ed College
Thergaon, Pune - 411033

थेरगाव असा

BUY 1 GET 1 OFFER

Components	Agilus Premium 1	Agilus Total 2	Agilus Total 1
CBC	✓	✓	✓
Glucose (F)	✓	✓	✓
Kidney Function Test (KFT)	✓	✓	✓
Urinalysis	✓	✓	✓
Lipid Profile	✓	✓	✓
Liver Function Test (LFT)	✓	✓	✓
HbA1c	✓	✓	✓
Vitamin D	✓	✓	✓
Calcium	✓	✓	✓
TSH 3 rd Gen.	✓	✓	✓
Thyroid Panel (FT3, FT4, TSH 3rd Gen.)	✓	✓	X
Vitamin B12	✓	✓	X
TIBC	✓	✓	X
Ferritin	✓	X	X
Folate	✓	X	X
Allergy Screen	✓	X	X
hsCRP	✓	X	✓
SMART REPORT	✓	✓	✓
Test Parameters	91	87	80
Price for 2 packages	₹11700	₹7500	₹6100
1+1 Offer price	₹8700	₹6099	₹4999
Effective Price for 1 Package	₹4350	₹3050	₹2500



Home Collection

Kantilal Khinwasara B Ed College
Thergaon, Pune - 411033

Curated health packages

Starting from
₹399*

Medical check up camp

Date:- 02/10/2024

Time:- 2.00 To 4.00 pm

Subject:- Medical check up camp

Organization of camp:- Kantilal Khinwasara B.Ed. College,
Thergaon, Pune - 411033

Kantilal Khinwasara B.Ed. College, Thergaon,
Pune - 411033 collaboratively organize Medical
check up camp on 02/10/2024 in collaboration
of Aglow Diagnostics Institute. Dr. Phadke
was delivered a valuable lecture on
cholesterol and Diabetes.

In this camp blood checking,
cholesterol and diabetes ~~at~~ (Blood sugar)
was checked.

This camp was very beneficial
for



NTpt

Principal

Kantilal Khinwasara B Ed College
Thergaon, Pune - 411033

BGS's , Kantilal Khinwsara College of Education, Thergaon, Pune

NOTICE

Date -22/01/24

All student teachers are informed that under the **Course No. 112** There will be Lecture on **Stress Management** by **Dr.Prajakta Medhekar** , conducted on **27/01/2024** at 3pm So attendance is compulsory.

Head of Dept.

Prof.Jyoti Davkhar



Principal

Kantilal

College

Lecture on Stress Management

Activity :-> Lecture on stress management

Taken By :-> Dr. Prayakta Medhekar.

Date :-> 27/11/2024

Time :-> 2 hrs.

Dr. Prayakta madam taken lecture on stress management. she explained firstly what is stress? How we have to manage it our day today life. Why it is needed to manage stress?

Which are the different way to manage stress? so all these questions answer are exp by madam.

* Stress Management *

Stress management offers a range of ways to help you better deal with stress and difficult stress is an automatic physical, mental and emotional response to a difficult event. It is a common part of everyone's life.

Madam told some healthy ways to deal with stress. she told take breaks from

Watching, reading or listening to news stories including those on social media.

Take care of yourself, your body. make time to unwind, talk to others.

She told so many techniques for relaxation from stress. there are a lot of ways to cope with stressful situations. To get the most benefit try to incorporate these techniques into daily symptoms of stress.

* Stress Management Techniques *

She told 10 techniques to manage stress

- Balance work and play
- plan your day
- stick to your plan
- Ask for help when you need it
- Use the positive energy of stress
- Deal with problems as they come up
- Eat good foods
- Get enough sleep
- Exercise every day
- Breathe exercise everyday

Prakta madam also told the omkara chanting also helps for manage stress. do 10 min meditation everyday to calm stress.

* Relaxation Techniques *

1) Autogenic relaxation i→

Autogenic means something that comes from within you. In this relaxation activity, you use both visual imagery and body awareness to lower stress.

2) Progressive muscle relaxation: i→

progressive muscle relaxation, you focus on slowly tensing and then relaxing each muscle group. This can help you focus on the difference between muscle tension and relaxation.

Physical techniques like be physically active

- Eat a healthy diet
- Improve sleep habits
- Stop using substances
- share your feelings
- seek help
- Take control
- learn to say "No"

* Types Of Stress Management *

* **Acute Stress** :- This is short-term stress that goes away quickly. You feel it when you slam on the brakes, have a fight with your partner, or ski down a steep slope.

* **Chronic Stress** :- This is stress that lasts for a longer period of time.

* **Positive Stress** :- [Eustress] :-

Eustress is what energizes us and motivates us to make a change.

* **Negative Stress** [Distress] :-

It is stress that negatively affects you. Examples include getting divorced, losing a loved one, serious injury, illness.

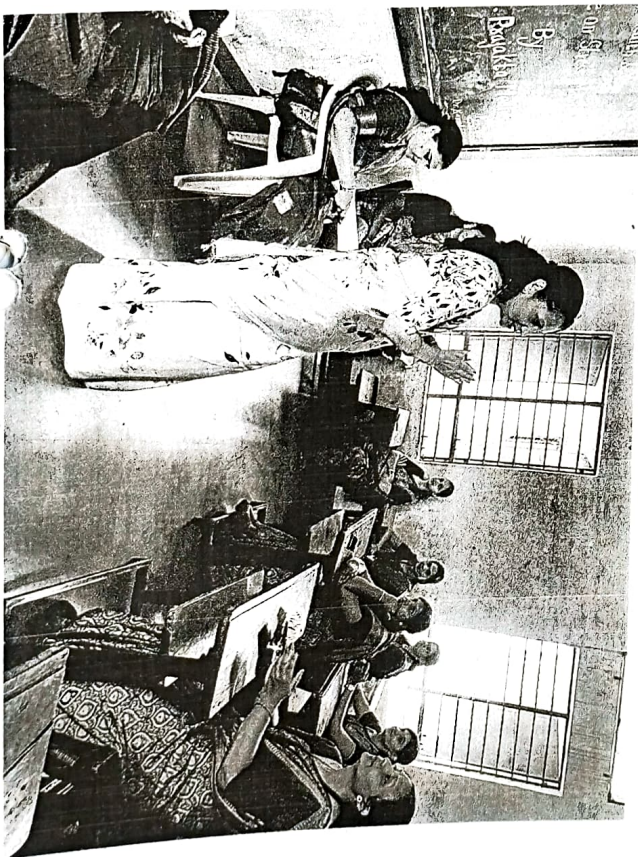
* 4A of stress management *

AVOID :- unnecessary stress

ALTER :- the situation

ADAPT :- to the situation

ACCEPT :- the things you cannot change.



1) Kajal Singh

- 2) Roshni Sharma
- 3) Saanchi Rohra
- 4) Snehal Kakade
- 5) Sneha Kulkarni

- 6) Amruta Kulkarni
- 7) Smita Ingle

8) Nikhita Kamble

9) Punam Sravale

10) Ashwini Chalse

11) Shivani Dubey

12) Savita Rathi

13) Adhar Kamini

14) Triveni Pawase

15) Jagyashri Ainapure

16) Gouri Dhumal

17) Manisha Choughule

18) Swati Shinde

19) Tanushree Das

20) Yogita Bhalerao

21) Surekha Ingle

22) Supriya Jadhav

23) Manisha Yadav

24) Vaesha Vedpathak

Kajal

Roshni

Saanchi

Snehal

Kulkarni

Sneha

Kamble

Punam

Sravale

Chalse

Shivani

Dubey

Rathi

Kamini

Pawase

Ainapure

Dhumal

Choughule

Shinde

Das

Bhalerao

Ingle

Jadhav

Yadav

Vedpathak

	Aditi Linge	Aditi
	Soeta Yadav	Ungear
38)	Arabi Pawar	(Arabi)
39)	Nilrta Vaishnar	Archi 14/14
40)	Shraddha Pawar	<u>SRP</u>
41)	Tarvi. D. Gavhane	Tarvi
42)	Shelar. Shreuti	Sh
43)	Shelar Abhilasha	Shelar
44)	Himanshu Shekhar	Sh
45)	Tupti Bhalerao	Tupti
46)	Gayatri Dighe	Gayatri
47)	Prityanka Chandanka	P.
48)	Neha Shetkla Gandeey	Shetkla
49)	Km. Aashi	Aashi
50)	Soni Trwani	Soni
51)	Kayal Kate	Kate
52)	Sheetal Rai	Sheetal Rai