

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 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 omka chanting also helps for manage stress. do 10 min meditation everyday to calm stress.

* Relaxation Techniques *

1) Autogenic relaxation :->

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 :->

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.

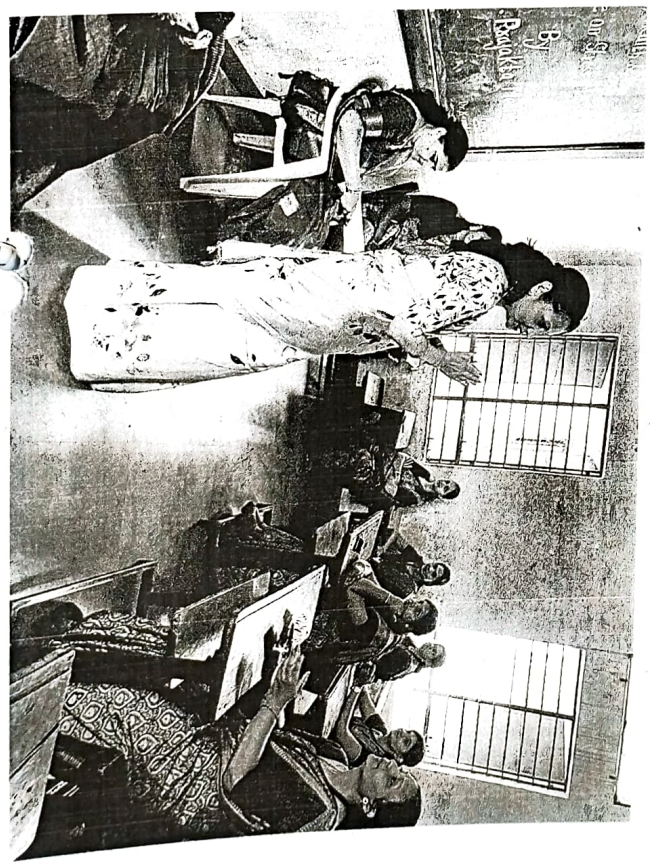
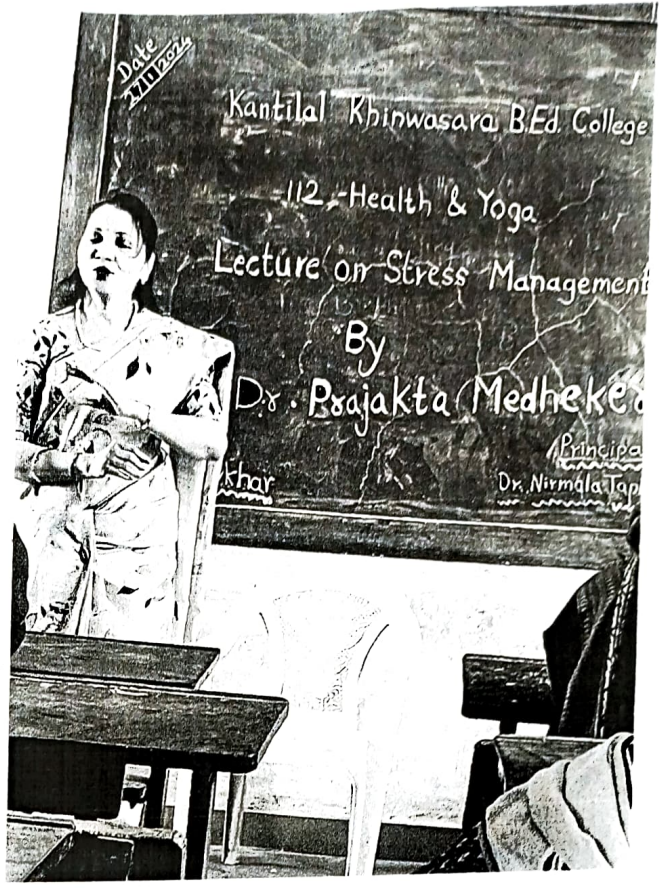
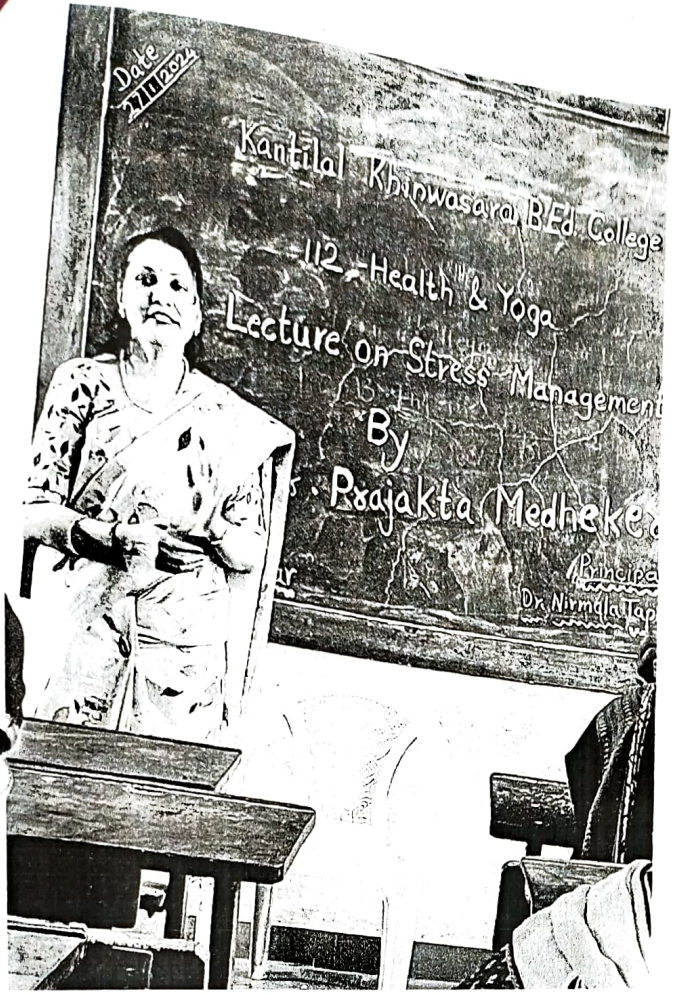
* 4A of stress management *

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 Ainaपुरे

Gouri Dhumal

Manisha Choughule

Swati Shinde

Tanushree Das

Yogita Bhalerao

Surkha Ingle

Supriya Jadhav

Manisha Yadav

Vaasha Vedpathak

Kajal

Roshni

Saanchi

Snehal

Kulkarni

Amruta

Ingle

Kamble

Sravale

Ashwini

Shivani

Rathi

Kamini

Pawase

Ainapura

Dhumal

Choughule

Shinde

Das

Yogita

Ingle

Jadhav

Yadav

- | | | |
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| | Aditi Linge | Aditi |
| | Soeta Yadav | Ungear |
| 38) | Arabi Pawar | (Arabi) |
| 39) | Nilrta Vaishnav | 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) | Prियंका Chandanka | P. |
| 48) | Neha Shetka Gande | N. Shetka |
| 49) | Km. Aashi | Aashi |
| 50) | Soni Trwani | Soni |
| 51) | Kayal Kate | Kate |
| 52) | Sheetal Rai | Sheetal Rai |

WORKSHOP

Place:- SNBP International School, Rahata

Topic:-
"Challenges Converted into opportunities for Educators in Current time"

In today's time many types of problems are in front of us. Especially in a field where you have to work with many different types of people. In the field of education too, one has to face these problems every day. But we should not be afraid of them rather we should solve them by taking them as an opportunity and learn from them for the future.

In this context a Workshop is organized at SNBP School, Rahatani. The topic of the workshop is "Challenges Converted into opportunities for Educators in Current time".

The students of our B.ed college also got a chance to participate in this. Events like this definitely show us a direction and give us an opportunity to look at things in a new way. This workshop was very good.

Mrs. Jayshree Venkataraman Principal of SNBP (Rahatani) expressed her views on the subject. She told us that we should never become puppets of the situation,



• About EduYouth Meet

1. The EduYouth Meet is a collaborative event of students and educators organised in Pune on Feb-4, 2023 from 6 pm to 9 pm which is likely to be attended by about 1 lac youth and 10000+ educators.
2. Human values is one of the major themes of the New Education Policy (NEP-2020) given the fact that the youth of the nation are grappling with multiple challenges such as addictions, depressive or aggressive tendencies, electronic fever and other mental health issues. The EduYouth meet is being organised based on the said theme.
3. We are honoured to share that besides the Hon'ble Dignitaries, ICCR President Dr. Vinay Sahasrabuddhe and NAAC Chairman-EC Shri. Bhushan Patwardhan have confirmed their presence for the event.

• B. NAAC - Formal Acceptance & Attendees

It is worth to remark that the Hon'ble NAAC Chairman in his formal acceptance to the invitation has mentioned that "The chosen topic is more apt since one of the criteria of NAAC is on student support and progression".

(Attached herewith is the "Letter of Acceptance" for your kind perusal)

• ORGANISERS OF EDUYOUTH MEET & OBJECTIVES

1. EduYouth Meet is being organised jointly by 11 prominent educational groups including Savitribai Phule Pune University (SPPU) in association with the Indian Council for Cultural Relations (ICCR) and the Art of Living Foundation. The other educational institutions include Symbiosis International University, Bharati Vidyapeeth, MIT, Dr. D. Y. Patil Vidyapeeth, Progressive Education Society, Maharashtra Education Society, Maharshi Karve Stree Shikshan Samstha, SP College, CCEP and Suryadatta. The statutory bodies like NHRDN and NRDC have also partnered to support the EduYouth Meet.
2. Gurudev Sri Sri Ravi Shankar shall share practical effective techniques to face exams in a stress-free manner.
3. Almost 1 lac students along with their Educators shall be encouraged to take an oath for a Drug Free India which will be entered into the Asia Book of Records.

- **HOW TO ENCOURAGE THE PARTICIPATION OF STUDENTS & EDUCATORS?**
 1. Mass registering all the students using the QR Code / registration link on campus itself. (REFER THE SOP)
 2. Various colleges are arranging buses for commuting. This may be termed as an Educational Trip for the students.
 3. Private colleges are giving incentives by way of attendance or marks (e.g. For colleges affiliated to SPPU, the participating students will take a MCQ quiz after the event. All the students successfully passing the quiz will be awarded 10 marks.)

- **Recognition by Hon'ble Ministry of Education & Hon'ble Ministry of Culture - "Har Ghar Dhyam"**
 1. The Ministry of Education, vide its letter dt. 24/11/2022 (D.O. No.2-102/2022) has recognised the efforts of the Art Of Living and has guided all the Hon'ble Vice Chancellors across India to collaborate with the Art Of Living to promote wellness & mental health programs in all the educational institutions.
 2. This has been reiterated by another letter dt.17/11/2022 (D.O. No.16-34/2022-UIA) issued by Ministry of Education urging colleges to participate in the Har Ghar Dhyam campaign by the Art of Living Foundation. The UGC too in its letter (D.O.No.2-102/2022 (CPP-11) has reiterated the same appeal to all colleges on Har Ghar Dhyam campaign. (Letters are annexed herewith)

- **REGISTRATION PROCESS FOR THE EVENT**
 1. Entry for the event is **free** but registration is mandatory
 2. Please refer to the SOP for the entire process.

EDUYOUTH

MEET



एनएनएयूथ मूल्यांकन एवं प्रत्यायन परिषद
विश्वविद्यालय अनुदान आयोग का स्वायत्त संस्थान
NATIONAL ASSESSMENT AND ACCREDITATION COUNCIL
An Autonomous Institution of the University Grants Commission

Prof. Bhushan Patwardhan
Chairman-Executive Committee

SE No. 3-50/DO/2023

19th January 2023

To,
Mr. Himanshu Nagarikar
Director, Maharashtra
Institution Programs Desk

Respected Sir,

Sub: Edu Youth Meet
Ref: Your email dt.18.01.2023


The Chairman of Executive Committee of NAAC Prof. Bhushan Patwardhan Ji is immensely happy to accept your invitation for participating in the Edu-Youth meet being organized by Savitribai Phule Pune University, Pune on 4/02/2023 where in Gurudev Sri Sri Ravishankar ji will be gracing the occasion along with other dignitaries.

The chosen topic is more apt since one of the criteria of NAAC is on student support and progression. I hope the meeting deliberates on achieving the desired goals.

Thanking you,

With warm regards, Namaste

Yours sincerely,


(Sri. H. V. Chandrashekhara)
Consultant (Admin), NAAC

Copy to:

Prof. Bhushan Patwardhan Ji,
Chairman-EC, NAAC & Former Vice-Chairman, UGC
National Research Professor - AYUSH,
Interdisciplinary School of Health Sciences, Savitribai Phule Pune University,
Ganeshkhind, Pune, Maharashtra

नॅ. अॅ. आर. सं. 1075, नगव्हावी, बॅंगळूर - 560 072, ७७४, P.O.Box No.1075, Nagavhavi, Bengaluru - 560 072, INDIA.
दूरध्वनी : +91-80-23210267, 23005442, 114, 115, नॅ.अॅ. फॅक्स : +91-80-23210268
वेबसाईट : www.naac.gov.in

ORGANISED BY

SUPFOFTED BY



>>>

EDUYOUTH

MEET >>>



सत्यमेव जयते

प्रो. राजनीश जैन
सचिव

Prof. Rajnish Jain
Secretary



सत्यमेव जयते

विश्वविद्यालय अग्रसार आयोग
University Grants Commission

उच्च शिक्षण विभाग
Ministry of Education, Govt. of India
अग्रसार आयोग, ए. ई. रोड-110002
Indira Park Jeeb Road, New Delhi-110002
Ph. 011-2323406/2323427
Fax: 011-2323 8554
Email: ugc@ugc.gov.in

D.O.No.2-102/2022 (CPP-II)

November, 2022

Subject: Har Ghar Dhyana campaign 21 NOV 2022

Respected Madam/Sir,

As you are aware, Azadi Ka Amrit Mahotsav is an initiative of the Government of India to celebrate and commemorate 75 years of Independence and the glorious history of its people, culture and achievements.

Under the Aegis of Azadi Ka Amrit Mahotsav, Ministry of Culture has collaborated with the Art of Living foundation and launched a campaign "Har Ghar Dhyana" to conduct one-hour introductory sessions on meditation and mental health for people from all walks of life. The modules have been developed by founder of Art of Living Sri Sri Ravi Shankar Ji and trained faculty from Art of Living shall conduct these sessions free of any cost to the interested organizations (subject to capacity and execution plan).

The Higher Educational Institutions and their affiliated colleges/ institutions are requested to encourage students and faculty members to take benefit of this program by introducing to meditation as a solution for positive mental health. Each University/College may fill up the request form on aycc/hgd-college and nominate a senior faculty/staff as "Meditation Ambassador" for this program. The Art of Living will directly contact and coordinate with the nominated Meditation Ambassadors to conduct these sessions.

With kind regards,

Yours sincerely,

(Rajnish Jain)

To
The Vice-Chancellors of all Universities
The Principals of all Colleges/Institutes

को. संजय मूर्ति, ए. ई. रोड
सचिव

K. SANJAY MURTHY, IAS
Secretary
Tel. 011-23256445/ 23252111
Fax: 011-23252027
Email: secy@ugc.gov.in



विश्वविद्यालय
अग्रसार आयोग
Ministry of Education
अग्रसार आयोग
Department of Higher Education
ए. ई. रोड, इंदिरा पार्क, नई दिल्ली-110 002
111/12 Wing, Indira Park, New Delhi-110 002

D.O. No. 16-34/2022-U1A

Dated the 17th November, 2022

Dear Sir/Madam,

As you are aware, Azadi Ka Amrit Mahotsav is an initiative of the Government of India to celebrate and commemorate 75 years of Independence and the glorious history of its people, culture and achievements.

2. Under the Aegis of Azadi Ka Amrit Mahotsav, Ministry of Culture has collaborated with the Art of Living foundation and launched a campaign "Har Ghar Dhyana" to conduct one-hour introductory sessions on meditation and mental health for people from all walks of life. The modules have been developed by founder of Art of Living Sri Sri Ravi Shankar Ji and trained faculty from Art of Living shall conduct these sessions free of any cost to the interested organizations (subject to capacity and execution plan).

3. I request you to take benefit of this program by introducing students and faculty members to meditation as a solution for positive mental health. Each University/College may fill up the request form on aycc/hgd-college and nominate a senior faculty/staff as "Meditation Ambassador" for this program. The Art of Living will directly contact and coordinate with the nominated Meditation Ambassadors to conduct these sessions.

Yours sincerely,

(K. Sanjay Murthy)

Vice-Chancellors of all the Universities,
Directors of IITs/IITs/IMs/NITs/ISs/ISERs/other CTEs

ORGANISED BY

SUPPORTED BY



REPORT

DATE

TOPIC

PLACE

TIMING: 10 A.M. to 12 P.M.

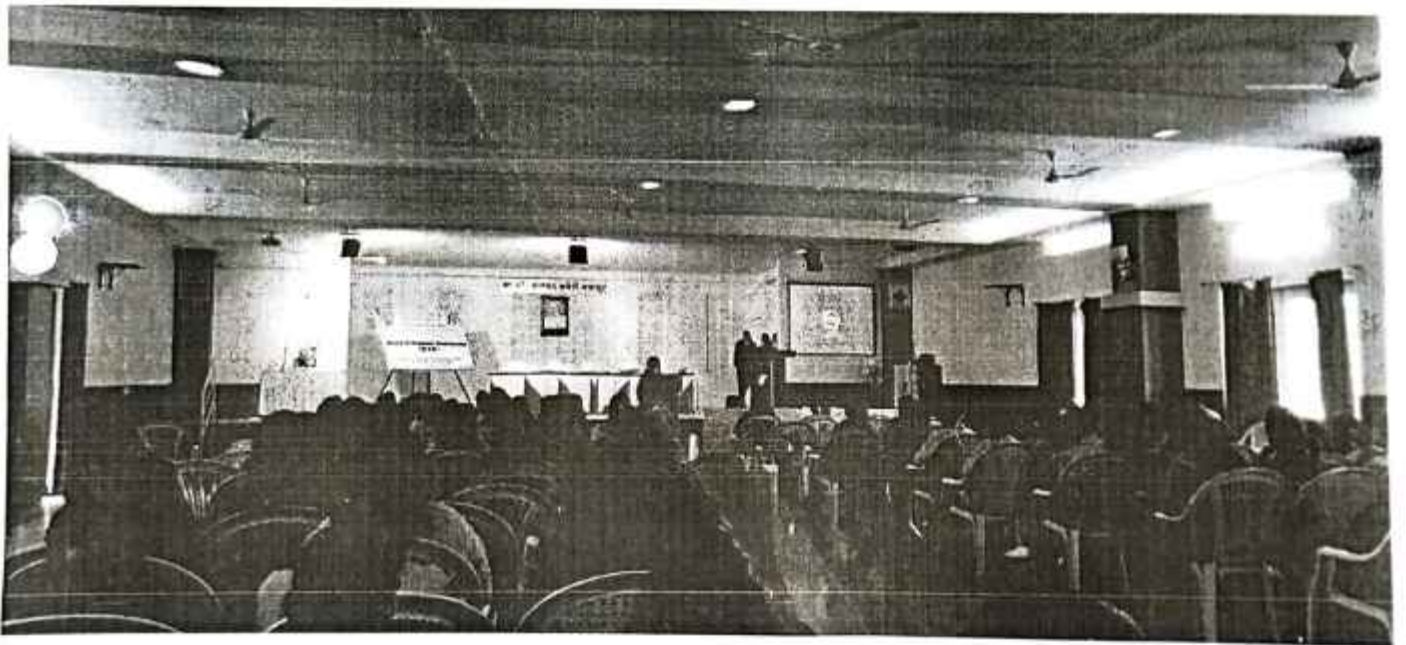
On the 18th January 2020 the "Nirbhaya Kanya Abhiyan Counselling session" were arranged in Rasiklal M. Dhariwal institute of management pradhikaran, Nigdi. At the initial of the session the guest were welcome. The guests are experts which are came to do the awareness about abusement which happens most of the time with the girls. The expert's introduction was done. After that she started the counselling. Firstly, the expert gives introduction about nirbhaya kanya Abhiyan. After some words she asks some questions & tried to catch some kind of problems which faced by the girls regularly in daily life. She told that the abusement which is done with the girls

DEEP

should be opposed strongly. Then some girls were also opened up & asks the solution to oppose it. She also gives satisfied answers. After that vote of thanks was given.

For "Nirbhaya kanya Abhiyan counselling session", the two another experts were also invited. These experts are for the defensive mechanism learning. They gives the primary information about defensive mechanism. In primary information they told to improve the self-confidence & some thoughts that we need to care.

After introducing the defence mechanism they shows some tricks of defence for opposing the abusement. They gave the demo of it, while explaining the tricks.



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

NOTICE

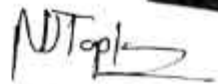
Date-19/06/23

All student teachers are informed that under the Course No. 112 There will be **INTERNATIONAL YOGA DAY** celebration on 21/06/2023 at 3pm So attendance is compulsory.



Head of Dept.

Prof. Varsha Lambate



Principal

Activity :- International yoga Day

On

Date :- 21/6/23

Taken by :- Mrs. shweta Godgil

Venu :- Kantilal Khinwasara B. ed College.

Time :- 2 hrs.

Yoga day is global event that is celebrated every year on June. 21st. Today we celebrated yoga day in our college our M. Ed student teacher took the International yoga Day in Kantilal Khinwasara College of B. ed Mrs shweta Godgil and Mrs. Deepa Jashi conducted the program to make them understand about Yoga - This day is dedicated to promoting the practice of yoga which has been a part of Indian culture for centuries.

Yoga Day is celebrated worldwide to raise awareness about the benefits of yoga as a way of life.

The purpose of this day is to promote health and well-being to foster inter-cultural dialogue and to promote peace to harmony.

to harmony among people from different cultures and backgrounds.

Yoga is divided into six branches namely Health yoga, pooja yoga, Karma yoga, Shakti yoga, Jnana yoga, Tantro yoga. There are also seven chakras of yoga styles namely Sahasrara chakra, Ajna chakra, Vishuddha chakra, Anabata chakra, Manipura chakra, Svadhishthan chakra, Muladhara chakra.

Benefits of yoga:-

Yoga is the only process in which you can exercise without any equipment not only that but in yoga, you can drive away your disease without only medicine.

With yoga, you can increase the flexibility of your body. In there is flexibility in one's body then the pain is much less in that body. Doing yoga you can relieve your pain.

If a person does yoga for 20 to 30 minutes daily. then his body does not get tired throughout the day.

Doing yoga keeps the mind calm. By doing this, any disease like mental stress and hypertension remain away from the body.

महिलांनी महिलांच्या मागे शक्ती म्हणून उभे राहावे

भारती चव्हाण : थेरगावात 'महिला सबलीकरण' विषयावर व्याख्यानमाला

वाकड, ता. ५ : पुस्तकातील उदाहरणे वाचून महिला सबलीकरण साधत नाही, महिलांनी एकत्र येत संघटितपणे कार्य करणे गरजेचे आहे. सबलीकरणासाठी महिलांनी महिलांच्या मागे शक्ती म्हणून उभे राहण्याची गरज आहे, असे मत मानिनी फाउंडेशनच्या संस्थापक अॅड. भारती चव्हाण यांनी व्यक्त केले.

भारतीय ज्ञानवर्धिनी सभेचे कांतिलाल खिंवरसरा बी.एड. महाविद्यालय आणि सावित्रीबाई फुले पुणे विद्यापीठ आजीवन



थेरगाव : मार्गदर्शन करताना अॅड. भारती चव्हाण व मान्यवर.

अध्ययन व विस्तार विभाग यांच्या वतीने 'महिला सबलीकरण' या विषयावर व्याख्यानमालेचे आयोजन करण्यात आले.

व्याख्यानमालेसाठी संस्थेचे अध्यक्ष एस. एस. तिवारी, महासचिव सोनल तिवारी, पोलिस कर्मचारी

सुप्रिया पारसे, प्राचार्या डॉ. निर्मला तापकीर आदी उपस्थित होते. मुली व महिलांनी स्वसंरक्षणाचे धडे घ्यावे, महिलांनी त्यांच्यावर होणाऱ्या अन्यायाविरुद्ध योग्य ठिकाणी दाद मागितली पाहिजे, तेव्हाच दामिनी पथक अपेक्षित कारवाई करू शकते,

असे पोलिस कर्मचारी सुप्रिया पारसे म्हणाल्या.

महिला सबला की अबला, महिलांना आर्थिक स्वातंत्र्य तसेच सबलीकरणामुळे होणारे फायदे आणि तोटे, स्व-संरक्षण या मुद्द्यांवर प्रश्नोत्तर स्वरूपात चर्चा घडवून आणली व मार्गदर्शन केले.

समन्वयक प्रा. ज्योती डावखर, प्रा. वर्षा लंबाते, प्रा. नीता पुरी, प्रा. मृणालिनी पाटील, प्रा. सुरेखा राजवंत, प्रा. शैलजा चतुर्वेदी, प्रा. सुनील खंडाळे, दिनेश केंजळे आदींनी संयोजन केले.



S.E. SOCIETY'S

SNBP International School, Rahatani

Nr. Akashganga Society., Off. Pimple Saudagar-Rahatani Link Road, Pune - 411017



This is to certify that *Mr/Ms. SHEETAL KHOBRAGADE* of

_____ college of education has attended the SNBP Parivartan Series Workshop on

"Challenges converted into Opportunities for Educators in Current Times"

at SNBP Rahatani Campus on Saturday, 25th February '23.

She _____ was found extremely proactive and interactive during the Workshop.

Dr. D.K. Bhosale

Chairman,

S.E. Society, SNBP Group Of Institutes



S.E. SOCIETY'S

SNBP International School, Rahatani

Nr. Akashganga Society, Off. Pimple Saudagar-Rahatani Link Road, Pune - 411017




This is to certify that Mr/Ms. SNEHA PANCHI of

_____ college of education has attended the SNBP Parivartan Series Workshop on

"Challenges converted into Opportunities for Educators in Current Times"

at SNBP Rahatani Campus on Saturday, 25th February '23.

She was found extremely proactive and interactive during the Workshop.


Dr. D.K. Bhosale

Chairman,

S.E. Society, SNBP Group Of Institutes



S.E. SOCIETY'S

SNBP International School, Rahatani

In Akashganga Society, Off. Pimpri Saudagar Rahatani Link Road, Pune - 411017




This is to certify that *M/Ms. PRATIKSHA CHAUDHARI*

college of education has attended the SNBP Parivartan Series Workshop on

"Challenges converted into Opportunities for Educators in Current Times"

at SNBP Rahatani Campus on Saturday, 25th February 23.

She was found extremely proactive and interactive during the Workshop.


Dr. D.K. Bhosale

Chairman,

S.E. Society SNBP Group Of Institutions

S.E. SOCIETY'S
SNBP International School, Rahatani

Nr. Akashganga Society, Off. Pimple Saudagar-Rahatani Link Road, Pune - 411017




This is to certify that *Mr./Ms. DAIVASHALA PALVE* of

_____ college of education has attended the SNBP Parivartan Series Workshop on

"Challenges converted into Opportunities for Educators in Current Times"

at SNBP Rahatani Campus on Saturday, 25th February '23.

She _____ was found extremely proactive and interactive during the Workshop.


Dr. D.K. Bhosale

Chairman,
S.E. Society, SNBP Group Of Institutes



SNEHAVARDHAK MANDAL SOCIAL & EDUCATIONAL TRUST'S
B. ED. COLLEGE (ENGLISH MEDIUM)

Talegaon Dabhade

Organized

State Level Seminar on

National Education Policy - 2020

held on 27th February 2023

Certificate

This certificate is awarded to Dr./Prof./Mr./Ms. Supriya Rajapurkar

for his/her Active participation.

Shri. Chandrakant Shete
President

Shri. Kishor Rajas
Secretary

Dr. Pallavi Vartak
Principal

Dr. Vishakha Bhalerao
Coordinator



Kamala Education Society's
PRATIBHA COLLEGE OF EDUCATION

ACADEMIC YEAR 2023-2024

CERTIFICATE OF APPRECIATION

This certificate is awarded to

Supriya Deepak Rajapurkar

For the Participation/ Recognition of his/ her _____ Position in

E. L. P. T.

for the academic year 2023-2024 .

D. Shah

Dr. Deepak Shah
Hon. Secretary,
Kamala Education Society's

P. Kadam

Dr. Parnima Kadam
Principal,
Pratibha College of Education

A. M. B. B.

Event Co-ordinator

संस्था नोंदणी क्र. - मुंबई ई २६३५

रंगभूमीची मध्यवर्ती संघटना

अखिल भारतीय मराठी नाट्य परिषद

यशवंतराव चव्हाण नाट्यसंकुल, मनमाला टँक रोड, माटुंगा, मुंबई



॥ प्रमाणपत्र ॥

श्रीमान / श्रीमती **सुप्रिया. दिपक. राजापुरकर.**

अखिल भारतीय मराठी नाट्य परिषद, मुंबई आयोजित १०० व्या अखिल भारतीय मराठी नाट्य संमेलनाच्या निमित्ताने 'नाट्यकलेचा जागर' या उपक्रमात आपण "एकांकिका / बालनाट्य / एकपत्रात्री अभिनय / नाट्यछटा / नाट्यसंगीत पद गायन / नाट्य अभिवाचन स्पर्धा" महोत्सवात सहभाग नोंदविला, याबद्दल हे प्रमाणपत्र आपणास देण्यात येत आहे.

आपले कलागुण, अभिनय कौशल्य, व्यक्तिमत्व विकास वृद्धिंगत होवो.


प्रशांत दामले
अध्यक्ष

नरेश गडेकर
उपाध्यक्ष (प्रशासन)

भाऊसाहेब भोईर
उपाध्यक्ष (उपक्रम)

अजित भुरे
प्रमुख कार्यवाह

सतीश लोटेके
कोषाध्यक्ष

विजय चौगुले
संमेलन समिती प्रमुख

सहकार्यवाह - मुनिल ढगे, दिलीप कोरके, समीर इंदुलकर

कार्यकारी समिती, नियामक मंडळ, अखिल भारतीय मराठी नाट्य परिषद, मुंबई



मिसेस प्राधिकरण
Social Foundation

27/10/2023

पारलौकिक (क) एवम् - साज्यायती

यहोवा सिद्केनु ख्रिस्ती संघ
(महाराष्ट्र प्रदेश) या
साप्ताहिक पुणे मंच
आयोजित

शिक्षक गौरव समारंभ

दिनांक दिवाळी २९ सप्टेंबर २०१३

अध्यक्ष / अध्यक्ष
श. सुदीप शर्मा

अतिथी अध्यक्ष
श. अशोक शर्मा (प.प.)

|| सन्मार्गाचे ||

आदर्श शिक्षक पुरस्कार



पिंपरी चिंचवड महानगरपालिका

शिक्षण विभाग

पिंपरी ४११ ०१८

शिक्षक दिन ५ सप्टेंबर २०२३

आदर्श शिक्षक पुरस्कार





प्रशस्तीपत्र

श्री. तितीत गोडे

शैक्षणिक क्षेत्रात विद्यार्थी गुणवत्तावाढीसाठी विविध अभिनव आणि वैशिष्ट्यपूर्ण उपक्रम यशस्वीरित्या राबविल्याबद्दल आपला सन्मानपूर्वक आदर्श शिक्षक पुरस्कार देऊन गौरव करण्यात येत आहे. यापुढील काळातही आपल्याकडून उत्तम शैक्षणिक कार्य घडो ही सदिच्छा!


श्री. संजय नाईकडे
प्रशासन अधिकारी
शिक्षण विभाग पि. चि. मनपा


श्री. विजयकुमार धोरात
सहाय्यक आयुक्त
शिक्षण विभाग पि. चि. मनपा


श्री. प्रदीप भांबळे पाटील
अति. आयुक्त
पिंपरी चिंचवड महानगरपालिका


श्री. शेखर सिंह
आयुक्त
पिंपरी चिंचवड महानगरपालिका



पिंपरी चिंचवड महानगरपालिका पिंपरी, पुणे - १८
प्राथमिक शिक्षण विभाग

फोन नंबर : २२-२२२२२२२

E-mail : schoolboard@pcmcindia.gov.in

Website : www.pcmcindia.gov.in

आ. व. वा. सि. / २०२३/२०२४

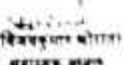
दिनांक : ०५/०९/२०२३

टीप
जि. चि. मनपा कार्यालय
पि. चि. मनपा कार्यालय, पुणे-१८

विषय - आदर्श शिक्षक पुरस्कारासाठी आपली निवड झालेबद्दल.

द्वितीय विद्यमानते आपणाने काढलेल्या वेळे वेळे वी, पिंपरी चिंचवड महानगरपालिका शिक्षण विभागाच्या ११ इतरात वेगवेगळे आदर्श शिक्षक पुरस्कार २०२३-२४ यासाठी आपणाला निवड झाली आहे. याबद्दल आपने मनपूर्वक अभिनवां आपण शिक्षण क्षेत्रात करित असलेल्या उत्तम कार्यामुळे पिंपरी चिंचवड महानगरपालिकेच्या शाळांमधील विद्यार्थ्यांची गुणवत्ता सुधारण्यात निविष्टे करून घेतले आहे. आपण या कार्यवाहीसाठी आपणाने आदर्श शिक्षक पुरस्कारातले योगदान देणारे आहे.

यावर आदर्श शिक्षक पुरस्कारा निवडण्यासाठी आपण बघलेबद्दल, दिनांक ०५ सप्टेंबर २०२३ रोजी या संदर्भात योगी देहातूर वधे यांच्या वतीने (२०२३) हा उपपत्रित पत्र आहे.


श्री. शेखर सिंह
आयुक्त

प्राथमिक/प्राथमिक शिक्षण विभाग
पिंपरी चिंचवड महानगरपालिका



PC LIVE

7

Visits

9 893 342

महापालिकेच्या वतीने

आदर्श शिक्षकांचा सन्मान

महापालिकेच्या वतीने आदर्श शिक्षकांचा सन्मान



Share :



पिंपरी (Pclive7.com):- पिंपरी चिंचवड महानगरपालिका आज शिक्षकांना आदर्श शिक्षक पुरस्कार देत आहे. महापालिका स्थापन झाल्यापासून अशा प्रकारचा पुरस्कार देण्याची देण्याची या महापालिकेची परंपरा आहे. विद्यार्थ्यांचे यश हे शिक्षकांच्या शिकविण्यावर अवलंबून असते, शिक्षकांनी दिलेल्या ज्ञानाचा, अनुभवाचा, संस्काराचा परिणाम विद्यार्थ्यांवर होत असतो, असे सांगून पालकमंत्री चंद्रकांत पाटील यांनी पुरस्कार मिळालेल्या शिक्षकांचे अभिनंदन करून शिक्षक दिनानिमित्त सर्व शिक्षकांना दूरध्वनी संदेशाद्वारे शभेच्छा दिल्या.

कांतिलाल खिंवसरा महाविद्यालय, धेरगांव, पुणे

(विद्यार्थ्यांसाठी सूचना)

दिनांक : ३०.०१.२०२४

सर्व छात्राध्यापकांना कळविण्यात येते दिनांक ०४.०२.२०२४ महाविद्यालयाने सावित्रीबाई फुले पुणे विद्यापीठ, पुणे व व्हि.आल शिक्षण मंडळ, पुणे यांच्या संयुक्त विद्यमाने, "गरजेवर आधारित उपक्रम या अंतर्गत व्याखानामालेचे" आयोजन करण्यात आलेले आहे. तरी सर्व छात्राध्यापकांची उपस्थिती अनिवार्य राहिल.

वरील कार्यक्रमाचे नियोजन खालीलप्रमाणे →

अ. क.	वार	दिनांक	वक्ते	विषय
१.	रविवार	०४.०२.२०२४	डॉ. प्राजक्ता मंडेकर	मानसिक आरोग्य
२.	रविवार	०४.०२.२०२४	मा. प्रतिभा ठाले	कथाकथन
३.	रविवार	०४.०२.२०२४	डॉ. शमशुद्दीन तांबोळी	भारतीय संविधान आणि अमृतमहोत्सवी वर्ष -सदयस्थिती
४.	रविवार	०४.०२.२०२४	प्रा. ज्योती गणदिवं	स्व -जाणीव

केंद्रकार्यवाह

सहा. प्रा. ज्योती ठालेकर
Jyoti

प्राचार्य

NT
Principal

Kantilal Khivsar
Dhergaon

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)

Ref. No. 11421 B.Ed. 2023-24

Date : 24/01/2024

प्रति

मा .डॉ .प्राजक्ता मेढेकर

अभिनव एज्युकेशन सोसायटीचे

शिक्षणशास्त्र महाविद्यालय , आंबेगाव ,

पुणे-४१०५०९ .

विषय - व्याख्यानासाठी उपस्थित राहणेबाबत.....

महोदय

आमच्या कांतीलाल खिंवसरा शिक्षणशास्त्र महाविद्यालयात सावित्रीबाई फुले पुणे विद्यापीठ पुणे व बहिःशाल शिक्षण मंडळ आणि कांतीलाल खिंवसरा शिक्षणशास्त्र महाविद्यालय यांच्या संयुक्त विद्यमाने गरजेवर आधारित उपक्रम या अंतर्गत दिनांक ०४/०२/२०२४ वार रविवार या दिवशी वेळ : दुपारी १२.०० वाजता " मानसिक आरोग्य " या विषयावर आपले व्याख्यान आयोजित करण्यात आलेले आहे . तरी व्याख्यानाकरिता आपली उपस्थिती प्रार्थनिय आहे .

धन्यवाद !

Received
Fmedk
24/1/2024

NTapkeer

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. APWD0791/123125

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Website www.kkbepune.org.in

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

Ref. No. - 1152 / B. Ed. 2023-24

आभारपत्र

Date: 04/02/2024

सावित्रीबाई फुले पुणे विद्यापीठ पुणे व बहिःशाल शिक्षण मंडळ आणि कांतीलाल खिंवसरा शिक्षणशास्त्र महाविद्यालय यांच्या संयुक्त विद्यमाने गरजेवर आधारित उपक्रम या अंतर्गत मा. डॉ. प्राजक्ता मेढेकर यांनी दिनांक 08/02/2024 वार रविवार या दिवशी वेळ : दुपारी 01.00 वाजता " मानसिक आरोग्य " या विषयावर व्याख्यान दिले. त्यावद्दल संस्था, महाविद्यालय व प्राचार्या आपले आभारी आहेत.

धन्यवाद !

Received.

Tapkeer
4/2/2024

NT Tapkeer

010

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.E.D Ph.D.)

Ref. No. 1141/B.Ed. 2023-24

Date: 24/01/2024

प्रति

सहा. प्रा. ज्योती विजय रणदिवे

अध्यापक महाविद्यालय वडगाव मावळ,

पुणे-४१२१०६

विषय - व्याख्यानासाठी उपस्थित राहणेबाबत.....

महोदय

आमच्या कांतीलाल खिंवसरा शिक्षणशास्त्र महाविद्यालयात सावित्रीबाई फुले पुणे विद्यापीठ पुणे व बहिःशाल शिक्षण मंडळ आणि कांतीलाल खिंवसरा शिक्षणशास्त्र महाविद्यालय यांच्या संयुक्त विद्यमाने गरजेवर आधारित उपक्रम या अंतर्गत दिनांक 0४/0२/२०२४ वार रविवार या दिवशी वेळ ४ दुपारी ४.०० वाजता "स्व-जाणीव " या विषयावर आपले व्याख्यान आयोजित करण्यात आलेले आहे. तरी व्याख्यानाकरिता आपली उपस्थिती प्रार्थनिय आहे.

धन्यवाद !

Patil

NTap

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: kkedpune@gmail.com
Website: www.kkedpune.org.in

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

Ref. No. 1155/B.Ed. 2023-24

Date: 04/02/2024

आभारपत्र

सावित्रीबाई फुले पुणे विद्यापीठ पुणे व वहि:शाल शिक्षण मंडळ आणि कांतीलाल खिंवासरा शिक्षणशास्त्र महाविद्यालय यांच्या संयुक्त विद्यमाने गरजेवर आधारित उपक्रम या अंतर्गत मा. ज्योती विजय रणदिवे दिनांक 08/02/2024 वार रविवार या दिवशी वेळ : दुपारी 02.30 वाजता " स्व-जाणीव " या विषयावर व्याख्यान दिले. त्यावद्दल संस्था, महाविद्यालय व प्राचार्या आपले आभारी आहोत.

धन्यवाद !

Received
Jaire

NT Tapkeer

**Bharatiya Gyanvardhini Sabha's
Kantilal Khiwansara B.Ed.College, Thergoan , Pune
Second Year Students List A/Y-2023-24**

**Need Based Program
Attendance Sheet**

Date :04/02/2024 :

Sr. No.	STUDENT'S NAME	Sign
1	Kavita Gaikwad	<i>Kavita</i>
2	Purnima Sarawale	<i>Sarawale</i>
3	Vasika Veerpathak	<i>V. Veer</i>
4	Gayatri Dighe	<i>ADighe</i>
5	Tempti Bhulerao	<i>Tempti</i>
6	Ramkrishna Padmane	<i>RPadmane</i>
7	Yogita Bhalerao	<i>Yogita</i>
8	Surekha Ingle	<i>sIngle</i>
9	Shabha Ingale	<i>Shabha Ingale</i>
10	Kanchan Kadam	<i>Kadam</i>
11	Amruta Kulkarni	<i>AKulkarni</i>
12	Bhagyashri Ainapure	<i>Ainapure</i>
13	Beeta Yadav	<i>Beeta</i>
14	Roshni sharma	<i>Roshni</i>
15	Kajal kate	<i>Kajal</i>
16	Kajal Singh	<i>Kajal</i>
17	Shradha Pawar	<i>SPawar</i>
18	Jane Gravhan	<i>Jane</i>
19	Manisha shirode	<i>MShirode</i>
20	Sushma Jai KM	<i>KM</i>
21	Nikita vaishnav	<i>Nikita</i>
22	Aditi linge	<i>Aditi linge</i>
23	Satpute Ranjana	<i>Satpute</i>

NTople

Principal

Room

College
33

24	Samaudhi Chavan	Schavan.
25	Sneha Kulkarni	Kulkarni
26	Nikita Chaskar	Nikita
27	Kanchan Kadam	Kikadam.
28	Amruta Kulkarni	Kulkarni
29	Hrushala Kolge	Kolge
30	Priyanka Patil	PPatil
31	Yogita Chudhree	Yeharti.
32	Deeshna Parke	DeelPar
33	Shreerika Bumbund	shreerika
34	Vaasha Patil	VaashP
35	Anjali Poddar	Anjali
36	Hareemur Panjari	Har.
37	Darshana Parke	DeelPar
38	Tirmal Jyotsna	Pirmal
39	Swasti Kaul	swasti
40	Kajal Pise	kajal
41	Sheetal Atrani	Sheet.
42	Strulika Pund	Spund.
43	Deepali Rajmane	Draymane
44	Sneha Panehi	Sneha
45	Tanvi Sahpal	Tanvi
46	Priyami Warke	PRW
47	Ashwini Bittkad	AB
48	Suvrona Bhat	SB
49	pramod Vishwakarma	Ps.
50	Pooja Thakur	Pooj.
51	Sunata Wagh	SunW
52	ASHWINI BIAKHATE	AN.
53	AMIT KUMAR	Amit
54	Kajal Pise	KajalPise
55	Ratna Badi	Rb
56	Priyanka Athire	PAth
57	Swati Sureshant	Sw
58	Theora. Nikam	Theora
59	Dujata Salunke	DS

60	Suvarna Murtkoti	Suvarna Murtkoti
61	Yasmin Mundayi	Yasmin
62	Femina Khan	Femina
63	Kushboo Sriwas	Kushboo
64	Ammat Patil	Ammat
65	Suvarna Murtkoti	Suvarna
66	Ashwini Magak	Ashwini
67	PANCHAL MAYURI	Panchal
68	Shruti Yashani Shukla	Shruti Yashani
69	Panchal Mahadev	Panchal Mahadev
70	Surkrita Patil	Surkrita
71	Kiran Bhujbal	Kiran
72	Shreyas Roy	Shreyas
73	Praachi Sarat	Praachi
74	Bhagyashree Gadkari	Bhagyashree
75	Prachi Sarat	Prachi
76	Prachi Sarat	Prachi
77	Prachi Sarat	Prachi
78	Chandrakant Sonwane	Chandrakant
79	Chandrakant Sonwane	Chandrakant
80	Tanvi Satpal	T. Satpal
81	Vinayaka Fulbunder	Vinayaka
82	Kalyani Chaudhari	Kalyani
83	Sunam Bhambhani	Sunam
84	Sunam Bhambhani	Sunam
85	Baby Kumari	Baby Kumari
86	Prishanka Inmani	Prishanka
87	Prishanka Inmani	Prishanka
88	Panshree Das	Panshree
89	Gouri Phurnat	Gouri
90	Marisha Chaugule	Chaugule
91	Poonam Sardaale	Sardaale
92	Pareshi Rekha	Pareshi
93	Vidhya Shiram	Vidhya
94	Yogita Patil	Yogita
95		

NITopk

कांतिलाल खिंचसरा महाविद्यालय, धेरगांव, पुणे

(विद्यार्थ्यांसाठी सूचना)

दिनांक : ३०.०१.२०२४

सर्व छात्राध्यापकांना कळविण्यात येते दिनांक ०३.०२.२०२४ या दिवशी महाविद्यालयात सावित्रीबाई फुले पुणे विद्यापीठ, पुणे व आजीवन अध्ययन विस्तार विभाग सावित्रीबाई फुले पुणे विद्यापीठ, पुणे यांच्या संयुक्त विद्यमाने व्याखानामालेचे आयोजन करण्यात आलेले आहे. तरी सर्व छात्राध्यापकांची उपस्थिती अनिवार्य राहिल.

वरील कार्यक्रमाचे नियोजन खालीलप्रमाणे—>

अ.क	वार	दिनांक	वक्ते	विषय
१.	शनिवार	०३.०२.२०२४	अॅड. डॉ. भारती चव्हाण	महिला सवलीकरण
२.	शनिवार	०३.०२.२०२४	सुप्रिया पारसे	महिला सवलीकरण

समन्वयक

सहा. प्रा. ज्योती ठाकूर



प्राचार्य



Principal

Kantilal Khincharsa

College

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

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PRINCIPAL

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

No. 1149/B.Ed./2023-24

Date: 31/1/2024

पति

मा. अॅड. डॉ. भारती चव्हाण

निगडी, पुणे- ४११०४४.

विषय - व्याख्यानासाठी उपस्थित राहणेबाबत.....

महोदय

आमच्या कांतीलाल खिंवसरा शिक्षणशास्त्र महाविद्यालयात सावित्रीबाई फुले पुणे
विद्यापीठ पुणे आजीवन अध्ययन विस्तार विभाग सावित्रीबाई फुले पुणे विद्यापीठ पुणे व
आणि कांतीलाल खिंवसरा शिक्षणशास्त्र महाविद्यालय यांच्या संयुक्त विद्यमाने दिनांक
03/02/2024 वार शनिवार या दिवशी वेळ : दुपारी ४.00 वाजता " महिला
सबलीकरण " या विषयावर आपले व्याख्यान आयोजित करण्यात आलेले आहे. तरी
व्याख्यानाकरिता आपली उपस्थिती पार्थनिय आहे.

धन्यवाद !

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

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

No. /1151 / B Ed. 2023-24

Date: 03/02/2024

आभारपत्र

सावित्रीबाई फुले पुणे विद्यापीठ पुणे व आजीवन अध्ययन ज्ञानविस्तार विभाग
सावित्रीबाई फुले पुणे विद्यापीठ पुणे आणि कांतीलाल खिंवासरा शिक्षणशास्त्र
महाविद्यालय यांच्या संयुक्त विद्यमाने दिनांक 03/02/2024 वार
शनिवार या दिवशी वेळ : दुपारी 04.00 वाजता " महिला सबलीकरण " या
विषयावर मा. अॅड. डॉ. भारती चव्हाण व्याख्यान दिले. त्याबद्दल
संस्था, महाविद्यालय व प्राचार्या आपले आभारी आहोत.

धन्यवाद !

Principal

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



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

Laxman Nagar, Thergaon Pune- 411033.

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PRINCIPAL

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

C. No. 1148/3/2023-24
पाने

Dak: 31/1/2024

मा. गुणिया पारंगे

वाकड, पुणे-४११०६४.

विषय - व्याख्यानासाठी उपस्थित राहणेबाबत.....

महोदय

आमच्या कांतीलाल खिंवासरा शिक्षणशास्त्र महाविद्यालयात सावित्रीबाई फुले पुणे विद्यापीठ पुणे अजीवन अध्ययन ज्ञानविस्तार विभाग सावित्रीबाई फुले पुणे विद्यापीठ पुणे व आणि कांतीलाल खिंवासरा शिक्षणशास्त्र महाविद्यालय यांच्या संयुक्त विद्यमाने दिनांक 03/02/2024 वार :निवार या दिवशी वेळ : दुपारी ३.०० वाजता " महिला सबलीकरण " या विषयावर आपले व्याख्यान आयोजित करण्यात आलेले आहे .तरी व्याख्यानाकरिता आपली उपस्थिती प्रार्थनिय आहे .

धन्यवाद !

Parase

NTT

Principal

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

Dha-atiya Gyanvardhini Sabha's
Kantilal Khinwasara B.Ed. College

Laxman Nagar, Thergaon Pune- 411033.
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PRINCIPAL
Dr. Nirmita Tapkeer
(M.A.M.Ed. & Ph.D. (Ed.))

Ref No 1150/B.Ed., 2023-24

Date : 03/02/2024

सावित्रीबाई फुले पुणे विद्यापीठ पुणे व आजीवन अध्ययन ज्ञानविस्तार विभाग
सावित्रीबाई फुले पुणे विद्यापीठ पुणे आणि कांतीलाल खिंवासरा शिक्षणशास्त्र
महाविद्यालय यांच्या संयुक्त विद्यमाने दिनांक 03/02/2024 वार
शनिवार या दिवशी वेळ : दुपारी 03.00 वाजता " महिला सबलीकरण " या
विषयावर मा. सुषिमा पासरे व्याख्यान दिले. त्याबद्दल संस्था, महाविद्यालय व
पाचार्या आपले आभारी आहेत.

धन्यवाद !

Principal

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

Parasr

Bharatiya Gyanvardhini Sabha's
Kantilal Khiwansara B.Ed.College, Thergoan , Pune
Second Year Students List A/Y-2023-24

Life long Learning programm - Women Empowerment
 Attendance Sheet Date :03/02/2024

Sr. No.	STUDENT'S NAME	Sign
1	Shelar. Abhilaasha S.	<i>Shelar</i>
2	Shelar Shreuti V	<i>Shreuti</i>
3	swati Shinde	<i>Swati</i>
4	Manushtee Das	<i>Das</i>
5	manisha chougule	<i>Manisha</i>
6	Vinayale S. Gulwande	<i>Vinayale</i>
7	Adhar Kamini	<i>Kamini</i>
8	Vashta Vedpathak	<i>V. Ved</i>
9	Fahwini Chalse.	<i>Fahwini</i>
10	Shivani Dubey	<i>Shivani</i>
11	Sanita Pathi	<i>Sanita</i>
12	Kajal Singh	<i>Kajal</i>
13	Rosali Saxena	<i>Rosali</i>
14	Bhagyeshni Ainapure	<i>Ainapure</i>
15	Preeti Bawane	<i>Preeti</i>
16	Sneha Kulkarni (FYBEd)	<i>Sneha</i>
17	Amruta Kulkarni	<i>Amruta</i>
18	Ranjana Satpute	<i>Ranjana</i>
19	Smita Ravindra Salve	<i>Smita</i>
20	Rajashree A. Katange	<i>Rajashree</i>
21	Triveni Pawase	<i>Triveni</i>

NT

Principal

Kantilal Khiwansara B.Ed. College

Pune - 411033.

22	Yogita Chalesaw	Yogita
23	Seeta Yadav	S
24	Ramkishan padmane	Ramkishan
25	CHANGESH MORE	Changesh
26	Kanchan Kadum	Kanchan
27	Mayun Panchal	Mayun
28	Kavita Gaiwad	Kavita
29	Nikhita Kambale	Nikhita
30	Ishi Behalpede	Ishi
31	Saanchi Rohas	Saanchi
32	Nirrita A. Chaskar	Nirrita
33	Patel Chingga	Patel
34	Priya Anand	Priya
35	Snehal Patki	Snehal
36	Trupti Patil	Trupti
37	Swati Jadhav	Swati
38	Manisha Yadav	Manisha
39	Supriya Jadhav	Supriya
40	Priyanka Patil	Priyanka
41	Ramandeep Kaur	Ramandeep
42	Prachi Sant	Prachi
43	Bhagyashree Gadkari	Bhagyashree
44	Shreyas Roy	Shreyas
45	Sheetal K. Bragade	Sheetal
46	Jyoti Takalkar	Jyoti
47	Madhuri Khandave	Madhuri
48	Sneha Panchi	Sneha
49	Deepali Rajmane	Deepali
50	Sapana Vispute.	S.P. Vispute
51		
52		

NTopt

"स्वावित्रीबाई फुले पुणे विद्यापीठ पुणे"

"आजीवन अध्ययन व विस्तार विभाग"

आणि कातीलाल खिंक्सरा बी. एड कॉलेज, शेखाव
यांच्या संयुक्त विद्यमाने दि. 3/2/24 रोजी

"महिला संवर्धन"

या विषयावर व्याख्यान आयोजित करण्यात आले
होते. व्याख्यानाकरिता आतिथी तक्के म्हणून
पोलीस कॉन्स्टेबल

सुप्रिया पारसे

अॅडव्हॉकेट शे.मा. भारती चव्हाण

उपस्थिती लाभली.

मा. सुप्रिया पारसे

सर्वप्रथम कार्यक्रमाची सुरुवात सरस्वती पूजनाने
झाली या कार्यक्रमाचे सूत्रसंचालन निकीता चव्हाकर
या प्रथम वर्षाची विद्यार्थिनीने केले. उपस्थित
मान्यवरांची ओळख विनायक फूलसुंदर व
स्नेह कुलकर्णी या विद्यार्थ्यांनी करून दिली
सर्व मान्यवर प्राध्यापिका, प्राचार्या डॉ. तापुकीर
मंडम तसेच बहिःशाला विभागा प्रमुख प्रा. ज्योती
डावखर यांच्या उपस्थितीत कार्यक्रमाची सुरुवात
झाली

सर्वप्रथम मा. सुप्रिया पारसे यांनी
विद्यार्थी वर्गाला मार्गदर्शन केले. कॉन्स्टेबल सुप्रिया
पारसे या 'दामिनी पथक' वाकड विभागा येथे
कार्यरत आहेत. त्यांनी सांगितले की महिलांना होणारी
कोणत्याही प्रकारची शारीरिक अशुभा मानसिक छेडछाड
या करता हे पथक कार्यरत आहे हे दामिनी पथक

नेमूण दिलेल्या प्रशासनाच्या माध्यमिक शाळा
तु महाविद्यालयीन गुणवत्ताही मदत करून
पाहिजे आहे. 112 या क्रमांकावर जाके केंद्र
मदत मागू शकते. महिलांनी त्यांच्या
अंगाशा विकृत्य दाद मागितली पाहिजे तेव्हा
योग्यी पुरवठा राखणे पाहिजे. सर्वोच्च
लाक्षांनी जाहेरी ही मदत केंद्र अपेक्षित
कारवाई करू शकते तसेच जाशब्दी वास्तव्या
शुभ्रिगा ताईनी असेही जागृद केले की मुक्तीना
स्वयंशिक्षणाचे प्रशिक्षण घेतले पाहिजे व वेळप्रसंगी
महिलांनी स्वमदत करणे प्राथमिक स्तरावर
अंगाशा विकृत्य प्रतिकार करता आता पाहिजे.

डॉ. भारती चव्हाण :-

महिला सवतीकरण या विषयांतर्गत
माहिती करताना भारती डॉ. म्हाणत्या की
समाज महिलांना संधी देतो त्या संधी स्विकारून
आपल्याला काम करता आले पाहिजे. दुसरी गोष्ट
म्हाणजे केवळ पुस्तकातील उदाहरणे वाचून सवतीकरण
साधत नाही तर महिलांनी एकत्र येऊन अद्यतित
कार्य करणे गरजेचे आहे तिसरी महत्त्वाची गोष्ट
म्हाणजे एका महिलेने दुसऱ्या महिलेस शक्य तितकी
मदत केली पाहिजे त्यामुळे महिलांची लाकड विभागली
न जाता दृष्टीगोचर होईल. महिलांनी स्वतःची लाकडी
घेतली पाहिजे स्वतःवर प्रेम केले पाहिजे तेव्हाच
त्या शुद्ध कुटुंब व समाज निर्माण करू शकतात
दुसऱ्यांनी रेष लाहून करणाऱ्या स्वतःचे कर्तव्य
सिद्ध केले पाहिजे नाही ती निरसक सहनशीलता
लाकड शोकरून आत्मनिर्भार लाकडता पाहिजे
आर्थिक क्षमता, मानसिक क्षमता व आर्थिक क्षमता

वाढवली पाहिजे तरच कुटूंब सक्षम वनेल आणि
देशाच्या विकासाला हतभार लगेल.

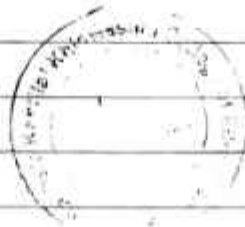
उपरोक्त मान्यवरांच्या मार्गदर्शनाच्या
समाप्ती नंतर मा. प्राचार्या डॉ. निर्मला तापकीर
मेंडम यांच्या हस्ते कौन. सुप्रिया पारसे व अॅड. भास्ती
चव्हाण यांचा सत्कार करण्यात आला. त्यानंतर
मान्यवर अतीथी, प्राध्यापक वगैरे व विद्यार्थी
विद्यार्थीनींसाठी अल्पोपहाराचा कार्यक्रम आयोजित
करण्यात आला. होतू अल्पोपहारानंतर कार्यक्रमाची
सांगता आभारप्रदर्शन करून करण्यात आली.

कार्यक्रम अतिशय ह्यान पद्धतीने पार पडला

NT/pt

Principal

Kantilal Khil...
Thergaon, Pune-411033.



महिलांनी महिलांच्या मागे शक्ती म्हणून उभे राहावे

भारती चव्हाण : थेरगावात 'महिला सबलीकरण' विषयावर व्याख्यानमाला

पारकूर, ता. ५ - पुस्तकातील उदाहरणे वाचून महिला सबलीकरण साधत नाही महिलांनी एकत्र येत संघटितपणे कार्य करणे गरजेचे आहे. सबलीकरणासाठी महिलांनी महिलांच्या मागे शक्ती म्हणून उभे राहण्याची गरज आहे, जसे मृत माहिनी फाउंडेशनच्या संस्थापक अॅड. भारती चव्हाण यांनी शब्द केले.

भारतीय ज्ञानवर्षिणी समवे कांतिहार खिचरा बी.एड. महाविद्यालय आणि सावित्रीबाई पुणे पुणे विद्यापीठ आयोजन



वेरगाव : मार्गदर्शन करताना अॅड. भारती चव्हाण व मान्यवर.

अध्यक्षन व विस्तार विभाग यांच्या वतीने 'महिला सबलीकरण' या विषयावर व्याख्यानमालेचे आयोजन करण्यात आले.

व्याख्यानमालेसाठी संस्थेचे अध्यक्ष प्रस. प्रस. तिवारी, महासचिव सौमल तिवारी, पोलिस कर्मचारी

सुप्रिया पारसे, प्राध्यापिका डॉ. निमला तापकीर आदी उपस्थित होते. मुली व महिलांनी स्वसंरक्षणाचे धडे घ्यावे, महिलांनी त्याचावर होणाऱ्या अन्यायाविरुद्ध योग्य ठिकाणी दाद मागितली बाहिने, वेळोवेळी दामिनी पथक अपेक्षित कारवाई करू शकते

जसे पोलिस कर्मचारी सुप्रिया पारसे म्हणाल्या.

महिला सबलीकी अर्थात महिलांना आर्थिक स्वातंत्र्य जास्तीत सबलीकरणासमूह होण्याने जायदा आणि छोटे स्व-संरक्षण या मुद्द्यांवर प्रश्नोत्तर स्वरूपात सत्र घडवून आणली व मार्गदर्शन केले.

समन्वयक प्रा. ज्योती हावळकर, प्रा. सुभां लंबात, प्रा. नीता पुरी, प्रा. सुप्रतिमा बाडील, प्रा. सुरेखा राजवंत, प्रा. शैलजा बतुर्वेदी प्रा. सुनील खावळे, दिनेश केजळे आदींनी सहभाग केले.

दैनिक सकाळ

दिनांक - ०६ फेब्रुवारी २०२४

(Handwritten signature)

Kantilal ... College
Thergaon ...

कांतिलाल शिंदेसम महाविद्यालय, धेरगांव, पुणे

(विद्यार्थ्यांसाठी मुक्ता)

दिनांक : २२.१०.२०२३

सर्व छात्राध्यापकांना कळविण्यात येते दिनांक २३.१०.२०२३ ते २८.१०.२३ या कालवधीत महाविद्यालयात सावित्रीबाई फुले पुणे विद्यापीठ, पुणे व बहिःजाल शिक्षण मंडळ, पुणे यांच्या संयुक्त विद्यमाने, "बॅरिस्टर बाबासाहेब जयकर व्याख्यानमालेचे" आयोजन करण्यात आलेले आहे. तसे सर्व छात्राध्यापकांची उपास्थिती आनेवार्ये महील.

वरील कार्यक्रमाचे नियोजन खालीलप्रमाणे →

अ. क.	वार	दिनांक	वक्ते	विषय
१.	गुरुवार	२६.१०.२०२३	डॉ. माधवी खगत	प्राचीन भारतीय वाङ्मय
२. ✓	शुक्रवार	२७.१०.२०२३	डॉ. प्रकाश सन्ते	योगा आणि आंग्म्य
३.	शनिवार	२८.१०.२०२३	डॉ. सुरेज इयावे	नंक ला सामांर जाताना

केंद्रकार्यवाह



प्राचार्य



(नाम प्रा. ज्योती डावखर)



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: kkbedpune@gmail.com
Website: www.kkbedpune.org.in

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

Date: 16/10/2023

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

प्रति

मा. डॉ. प्रकाश सस्ते

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

सहकार नगर, जांवे, 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 वेळ: दुपारी ०२.३० वाजता "योगा आणि आरोग्य" या विषयावर आपले व्याख्यान आयोजित करण्यात आलेले आहे. तरी व्याख्यानाकरिता आपली उपस्थिती प्रार्थनिय आहे.

धन्यवाद !

NTT

Principal

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

Received
[Signature]

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

Laxman Nagar, Thergaon Pune- 411033.

NCTE Code No. : APW00791/123125

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Website : www.kkbepune.org.in

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

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

Date : 27/10/2023

आभारपत्र

सावित्रीबाई फुले पुणे विद्यापीठ पुणे व बहिःशाल शिक्षण मंडळ आणि कांतीलाल खिंवसरा शिक्षणशास्त्र महाविद्यालय यांच्या संयुक्त विद्यमाने डॉ. 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 !

NT-apt

Principal

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

Received
[Signature]

BARRISTER BABASAHEB JAYKAR LECTURE SERIESLECTURE # 6 : REPORTDATE : 27/10/2023VENUE : KANTILAL KHINWASARA B.ED. COLLEGE, THERGAON

The Second Lecture in the Barrister Babasaheb Jaykar Lecture Series held by Savitribai Phule Pune University, in conjunction with the Board of Extra Mural Studies, Pune, at our Kantilal Khinwasara B. Ed. College, Thergaon on 27th October 2023.

A beautiful Rangoli was made outside the Lecture Hall by Madhuri Khandave, Supriya Pawar and Rekha Pardeshi. The Blackboard decoration was done by Swati Apte, and the Seating Arrangement was handled by Yogita Patil. The pictures were clicked by Dipati Rajmane.

The Anchor for the Event, Madhuri Khandave, began the event by welcoming the Attendees. She then requested the Guest Speaker, our Principal Ma'am and all the Faculty members to perform the lighting of lamps and Saraswati Poojan, which was accompanied by a melodious rendition of the Saraswati Vandana by Yogita Patil and Vidya Shiram.

After the Saraswati Poojan, everyone sang the

Maharashtra state song, followed by the Savitribai Phule Pune University song.

The guest speaker for the event, respected Dr. Prakash Saste, was then felicitated by our Principal Dr. Nirmala Tapker Ma'am, and was presented by the customary Book.

Shetal Khobragade then gave an Introduction of the guest speaker Dr. Prakash Saste, enlisting his numerous achievements, contributions, and his field of expertise.

The anchor then invited the respected guest speaker for the lecture. Dr. Prakash Saste spoke on the Topic 'YOGA ANI AROGYA' in which he described the meaning and importance of Yoga in our lives. He delivered a wonderful and captivating lecture, engaging the audience through a well-structured lecture full of humour, wit and enriching experiences. At the end of his lecture, he also demonstrated various Yoga practices like JAL NETI, RUBBER NETI and PRANAYAM. He also explained how SHANKH PRAKSHALAN is performed.

Sneha Panchi handed out the Student Feedback form to all the attendees and collected them back after they were filled out.

The Anchor then invited Vidya Shekhar for the

WORKSHOP

Place:- SNBP International School, Rahata

Topic:-
"Challenge Converted into opportunities for Educators in Current time"

In today's time many types of problems are in front of us. Especially in a field where you have to work with many different types of people. In the field of education too, one has to face these problems every day. But we should not be afraid of them rather we should solve them by taking them as an opportunity and learn from them for the future.

In this context a Workshop is organized at SNBP School, Rahatani. The topic of the workshop is "Challenges Converted into opportunities for Educators in Current time".

The students of our B.ed college also got a chance to participate in this. Events like this definitely show us a direction and give us an opportunity to look at things in a new way. This workshop was very good.

Mrs. Jayshree Venkataraman Principal of SNBP (Rahatani) expressed her views on the subject. She told us that we should never become puppets of the situation,



• About EduYouth Meet

1. The EduYouth Meet is a collaborative event of students and educators organised in Pune on Feb-4, 2023 from 6 pm to 9 pm which is likely to be attended by about 1 lac youth and 10000+ educators.
2. Human values is one of the major themes of the New Education Policy (NEP-2020) given the fact that the youth of the nation are grappling with multiple challenges such as addictions, depressive or aggressive tendencies, electronic fever and other mental health issues. The EduYouth meet is being organised based on the said theme.
3. We are honoured to share that besides the Hon'ble Dignitaries, ICCR President Dr. Vinay Sahasrabuddhe and NAAC Chairman-EC Shri. Bhushan Patwardhan have confirmed their presence for the event.

• B. NAAC - Formal Acceptance & Attendees

It is worth to remark that the Hon'ble NAAC Chairman in his formal acceptance to the invitation has mentioned that "The chosen topic is more apt since one of the criteria of NAAC is on student support and progression".

(Attached herewith is the "Letter of Acceptance" for your kind perusal)

• ORGANISERS OF EDUYOUTH MEET & OBJECTIVES

1. EduYouth Meet is being organised jointly by 11 prominent educational groups including Savitribai Phule Pune University (SPPU) in association with the Indian Council for Cultural Relations (ICCR) and the Art of Living Foundation. The other educational institutions include Symbiosis International University, Bharati Vidyapeeth, MIT, Dr. D. Y. Patil Vidyapeeth, Progressive Education Society, Maharashtra Education Society, Maharshi Karve Stree Shikshan Samstha, SP College, CCEP and Suryadatta. The statutory bodies like NHRDN and NRDC have also partnered to support the EduYouth Meet.
2. Gurudev Sri Sri Ravi Shankar shall share practical effective techniques to face exams in a stress-free manner.
3. Almost 1 lac students along with their Educators shall be encouraged to take an oath for a Drug Free India which will be entered into the Asia Book of Records.

- **HOW TO ENCOURAGE THE PARTICIPATION OF STUDENTS & EDUCATORS?**
 1. Mass registering all the students using the QR Code / registration link on campus itself. (REFER THE SOP)
 2. Various colleges are arranging buses for commuting. This may be termed as an Educational Trip for the students.
 3. Private colleges are giving incentives by way of attendance or marks (e.g. For colleges affiliated to SPPU, the participating students will take a MCQ quiz after the event. All the students successfully passing the quiz will be awarded 10 marks.)

- **Recognition by Hon'ble Ministry of Education & Hon'ble Ministry of Culture - "Har Ghar Dhyam"**
 1. The Ministry of Education, vide its letter dt. 24/11/2022 (D.O. No.2-102/2022) has recognised the efforts of the Art Of Living and has guided all the Hon'ble Vice Chancellors across India to collaborate with the Art Of Living to promote wellness & mental health programs in all the educational institutions.
 2. This has been reiterated by another letter dt.17/11/2022 (D.O. No.16-34/2022-UIA) issued by Ministry of Education urging colleges to participate in the Har Ghar Dhyam campaign by the Art of Living Foundation. The UGC too in its letter (D.O.No.2-102/2022 (CPP-11) has reiterated the same appeal to all colleges on Har Ghar Dhyam campaign. (Letters are annexed herewith)

- **REGISTRATION PROCESS FOR THE EVENT**
 1. Entry for the event is **free** but registration is mandatory
 2. Please refer to the SOP for the entire process.

EDUYOUTH

MEET



एनएनएयूथ मूल्यांकन एवं प्रत्यायन परिषद
विश्वविद्यालय अनुदान आयोग का स्वायत्त संस्थान
NATIONAL ASSESSMENT AND ACCREDITATION COUNCIL
An Autonomous Institution of the University Grants Commission

Prof. Bhushan Patwardhan
Chairman-Executive Committee

SE No. 3-50/DO/2023

19th January 2023

To,
Mr. Himanshu Nagarikar
Director, Maharashtra
Institution Programs Desk

Respected Sir,

Sub: Edu Youth Meet
Ref: Your email dt.18.01.2023


The Chairman of Executive Committee of NAAC Prof. Bhushan Patwardhan Ji is immensely happy to accept your invitation for participating in the Edu-Youth meet being organized by Savitribai Phule Pune University, Pune on 4/02/2023 where in Gurudev Sri Sri Ravishankar ji will be gracing the occasion along with other dignitaries.

The chosen topic is more apt since one of the criteria of NAAC is on student support and progression. I hope the meeting deliberates on achieving the desired goals.

Thanking you,

With warm regards, Namaste

Yours sincerely,


(Sri. H. V. Chandrashekhara)
Consultant (Admin), NAAC

Copy to:

Prof. Bhushan Patwardhan Ji,
Chairman-EC, NAAC & Former Vice-Chairman, UGC
National Research Professor - AYUSH,
Interdisciplinary School of Health Sciences, Savitribai Phule Pune University,
Ganeshkhind, Pune, Maharashtra

नॅ. अॅ. आर. सं. 1075, नगव्हावी, बॅंगळूर - 560 072, ७७४, P.O.Box No.1075, Nagavhavi, Bengaluru - 560 072, INDIA.
दूरध्वनी : +91-80-23210267, 23005442, 114, 115, नॅ.अॅ. फॅक्स : +91-80-23210268
वेबसाईट : www.naac.gov.in

ORGANISED BY

SUPFOFTED BY



>>>

EDUYOUTH

MEET >>>



सत्यमेव जयते

प्रो. राजनीश जैन
सचिव

Prof. Rajnish Jain
Secretary



सत्यमेव जयते

विश्वविद्यालय अग्रसार आयोग
University Grants Commission

भारत सरकार, नई दिल्ली
भारतीय शिक्षण आयोग
अग्रसार अयोग, ए. ई. रोड-110002
Bharat Shah Jeeb Marg, New Delhi-110002
Ph. 011-2323496/2323497
Fax: 011-2323-8858
Email: ugc@ugc.gov.in

D.O.No.2-102/2022 (CPP-II)

November, 2022

Subject: Har Ghar Dhyana campaign 21 NOV 2022

Respected Madam/Sir,

As you are aware, Azadi Ka Amrit Mahotsav is an initiative of the Government of India to celebrate and commemorate 75 years of Independence and the glorious history of its people, culture and achievements.

Under the Aegis of Azadi Ka Amrit Mahotsav, Ministry of Culture has collaborated with the Art of Living foundation and launched a campaign "Har Ghar Dhyana" to conduct one-hour introductory sessions on meditation and mental health for people from all walks of life. The modules have been developed by founder of Art of Living Sri Sri Ravi Shankar Ji and trained faculty from Art of Living shall conduct these sessions free of any cost to the interested organizations (subject to capacity and execution plan).

The Higher Educational Institutions and their affiliated colleges/ institutions are requested to encourage students and faculty members to take benefit of this program by introducing to meditation as a solution for positive mental health. Each University/College may fill up the request form on ayc.ugc/hgd-college and nominate a senior faculty/staff as "Meditation Ambassador" for this program. The Art of Living will directly contact and coordinate with the nominated Meditation Ambassadors to conduct these sessions.

With kind regards,

Yours sincerely,

(Rajnish Jain)

To
The Vice-Chancellors of all Universities
The Principals of all Colleges/Institutes

श्री. संजय मूर्ति, सचिव

श्री. संजय मूर्ति, सचिव
K. BANJAY MURTHY, s/o
Secretary
Tel. 011-2356445/ 2328111
Fax: 011-23285027
Email: sec@ugc.gov.in



श्री. संजय मूर्ति, सचिव
Government of India
श्री. संजय मूर्ति, सचिव
Ministry of Education
अग्रसार अयोग
Department of Higher Education
ए. ई. रोड, अग्रसार, नई दिल्ली-110 002
A. E. Road, Bharat Bhawan, New Delhi-110 002

D.O. No. 16-34/2022-U1A

Dated the 17th November, 2022

Dear Sir/Madam,

As you are aware, Azadi Ka Amrit Mahotsav is an initiative of the Government of India to celebrate and commemorate 75 years of Independence and the glorious history of its people, culture and achievements.

2. Under the Aegis of Azadi Ka Amrit Mahotsav, Ministry of Culture has collaborated with the Art of Living foundation and launched a campaign "Har Ghar Dhyana" to conduct one-hour introductory sessions on meditation and mental health for people from all walks of life. The modules have been developed by founder of Art of Living Sri Sri Ravi Shankar Ji and trained faculty from Art of Living shall conduct these sessions free of any cost to the interested organizations (subject to capacity and execution plan).

3. I request you to take benefit of this program by introducing students and faculty members to meditation as a solution for positive mental health. Each University/College may fill up the request form on ayc.ugc/hgd-college and nominate a senior faculty/staff as "Meditation Ambassador" for this program. The Art of Living shall contact and coordinate with the nominated Meditation Ambassadors to conduct these sessions.

Yours sincerely,

(K. Banjay Murthy)

Vice-Chancellors of all the Universities,
Directors of IITs/IIITs/IMs/NIITs/ISs/ISERs/other CTTs

ORGANISED BY

SUPPORTED BY



REPORT

DATE

TOPIC

PLACE

TIMING: 10 A.M. to 12 P.M.

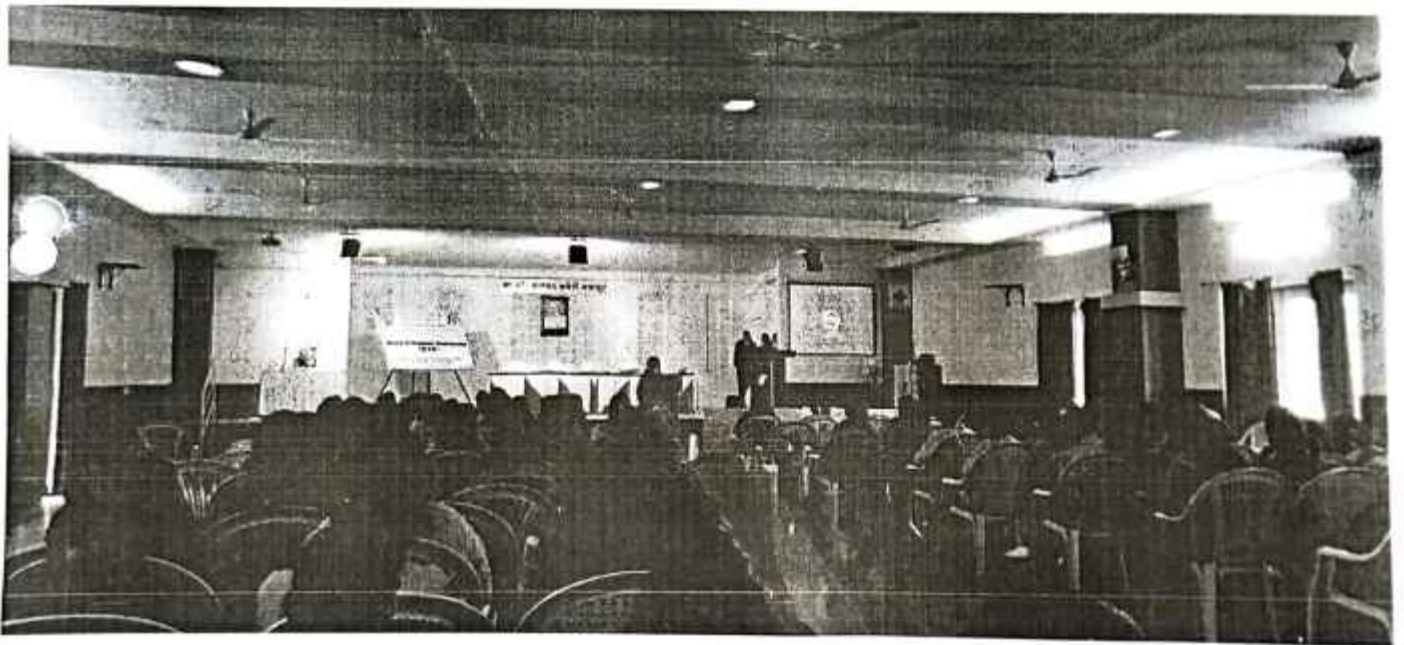
On the 18th January 2020 the "Nirbhaya Kanya Abhiyan Counselling session" were arranged in Rasiklal M. Dhariwal institute of management pradhikaran, Nigdi. At the initial of the session the guest were welcome. The guests are experts which are came to do the awareness about abusement which happens most of the time with the girls. The expert's introduction was done. After that she started the counselling. Firstly, the expert gives introduction about nirbhaya kanya Abhiyan. After some words she asks some questions & tried to catch some kind of problems which faced by the girls regularly in daily life. She told that the abusement which is done with the girls

DEEP

should be opposed strongly. Then some girls were also opened up & asks the solution to oppose it. She also gives satisfied answers. After that vote of thanks was given.

For "Nirbhaya kanya Abhiyan counselling session", the two another experts were also invited. These experts are for the defensive mechanism learning. They gives the primary information about defensive mechanism. In primary information they told to improve the self-confidence & some thoughts that we need to care.

After introducing the defence mechanism they shows some tricks of defence for opposing the abusement. They gave the demo of it, while explaining the tricks.



महिलांनी महिलांच्या मागे शक्ती म्हणून उभे राहावे

भारती चव्हाण : थेरगावात 'महिला सबलीकरण' विषयावर व्याख्यानमाला

वाकड, ता. ५ : पुस्तकातील उदाहरणे वाचून महिला सबलीकरण साधत नाही, महिलांनी एकत्र येत संघटितपणे कार्य करणे गरजेचे आहे. सबलीकरणासाठी महिलांनी महिलांच्या मागे शक्ती म्हणून उभे राहण्याची गरज आहे, असे मत मानिनी फाउंडेशनच्या संस्थापक अॅड. भारती चव्हाण यांनी व्यक्त केले.

भारतीय ज्ञानवर्धिनी सभेचे कांतिलाल खिंवरसरा बी.एड. महाविद्यालय आणि सावित्रीबाई फुले पुणे विद्यापीठ आजीवन



थेरगाव : मार्गदर्शन करताना अॅड. भारती चव्हाण व मान्यवर.

अध्ययन व विस्तार विभाग यांच्या वतीने 'महिला सबलीकरण' या विषयावर व्याख्यानमालेचे आयोजन करण्यात आले.

व्याख्यानमालेसाठी संस्थेचे अध्यक्ष एस. एस. तिवारी, महासचिव सोनल तिवारी, पोलिस कर्मचारी

सुप्रिया पारसे, प्राचार्या डॉ. निर्मला तापकीर आदी उपस्थित होते. मुली व महिलांनी स्वसंरक्षणाचे धडे घ्यावे, महिलांनी त्यांच्यावर होणाऱ्या अन्यायाविरुद्ध योग्य ठिकाणी दाद मागितली पाहिजे, तेव्हाच दामिनी पथक अपेक्षित कारवाई करू शकते,

असे पोलिस कर्मचारी सुप्रिया पारसे म्हणाल्या.

महिला सबला की अबला, महिलांना आर्थिक स्वातंत्र्य तसेच सबलीकरणामुळे होणारे फायदे आणि तोटे, स्व-संरक्षण या मुद्द्यांवर प्रश्नोत्तर स्वरूपात चर्चा घडवून आणली व मार्गदर्शन केले.

समन्वयक प्रा. ज्योती डावखर, प्रा. वर्षा लंबाते, प्रा. नीता पुरी, प्रा. मृणालिनी पाटील, प्रा. सुरेखा राजवंत, प्रा. शैलजा चतुर्वेदी, प्रा. सुनील खंडाळे, दिनेश केंजळे आदींनी संयोजन केले.

Bharatiya Gyanvardhini Sabha's
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1	Adhav Kamini	Kamini	Kamini	Kamini	Kamini	Kamini	Ab	Kamini	Kamini	Ab	Kamini
2	Aghame Samir	Samir	Samir	Samir	Samir	Samir	Ab	Samir	Ab	Samir	Samir
3	Ainapure Bhagvashri	B.Ainapure	Ab	B.Ainapure	B.Ainapure	Ab	B.Ainapure	B.Ainapure	B.Ainapure	Ab	B.Ainapure
4	Ambadkar Ankita	Ankita	Ankita	Ankita	Ab	Ankita	Ab	Ankita	Ankita	Ankita	Ankita
5	Arora Richa	Richa	Richa	Richa	Richa	Richa	Richa	Richa	Richa	Richa	Richa
6	Arote Aruna	A.Arote	A.Arote	A.Arote	A.Arote	Ab	Ab	A.Arote	Arote	A.Arote	A.Arote
7	Bawane Preeti	Preeti	Preeti	Preeti	Preeti	Preeti	Preeti	Preeti	Preeti	Preeti	Preeti
8	Chaise Ashwini	Ashwini	Ashwini	Ashwini	Ab	Ashwini	Ab	Ashwini	Ab	Ashwini	Ashwini
9	Chandekar Privanka	Ab	Privanka	Privanka	Privanka	Privanka	Privanka	Privanka	Privanka	Privanka	Privanka
10	Chaskar Nikita Gulab	N.G.Chaskar	N.G.Chaskar	N.G.Chaskar	N.G.Chaskar	Ab	N.G.Chaskar	Ab	N.G.Chaskar	N.G.Chaskar	N.G.Chaskar
11	Dhumal Gouri	Gouri	Gouri	Ab	Gouri	Gouri	Gouri	Ab	Gouri	Gouri	Gouri
12	Fernadis Monika	Monika	Ab	Monika	Monika	Monika	Monika	Monika	Monika	Monika	Monika
13	Ganorkar Vidya	Vidya	Vidya	Vidya	Vidya	Vidya	Vidya	Vidya	Vidya	Vidya	Vidya
14	Tsujen Easter M.	Ab	Easter	Easter	Easter	Ab	Easter	Ab	Easter	Ab	Easter
15	Haradage Supriya	S	S	S	S	S	S	S	S	S	S
16	Himanshu Shekhar	Ab	H.Shekhar	H.Shekhar	Ab	H.Shekhar	Ab	H.Shekhar	H.Shekhar	Ab	H.Shekhar
17	Ingle Smita	Ab	Smita	Smita	Smita	Smita	Ab	Smita	Smita	Ab	Smita
18	Jadhav Supriya Parag	Ab	Ab	Ab	Ab	Ab	Ab	Ab	Ab	Ab	Ab
19	Jadhav Swati	Ab	Ab	Ab	Ab	Swati	Swati	Swati	Swati	Swati	Swati
20	K.M.Priti	Priti	Priti	Ab	Priti	Ab	Ab	Priti	Ab	Priti	Priti
21	Kadam Devkanya	Ab	K.D	K.D	Ab	K.D	Ab	Ab	K.D	Ab	K.D

UNIVERSITY OF CALIFORNIA
 COLLEGE OF AGRICULTURE
 DEPARTMENT OF ENTOMOLOGY
 LABORATORY OF APPLIED ENTOMOLOGY
 1944

DATE	TIME	LOCATION	PLANT	INSECT	SEX	AGE	REMARKS	COLLECTOR	NO.	OTHER
10/15	10:00	Field	Apple	Apple	♂	1st	1st	J. H. ...	100	...
10/15	10:00	Field	Apple	Apple	♀	1st	1st	J. H. ...	101	...
10/15	10:00	Field	Apple	Apple	♂	1st	1st	J. H. ...	102	...
10/15	10:00	Field	Apple	Apple	♀	1st	1st	J. H. ...	103	...
10/15	10:00	Field	Apple	Apple	♂	1st	1st	J. H. ...	104	...
10/15	10:00	Field	Apple	Apple	♀	1st	1st	J. H. ...	105	...
10/15	10:00	Field	Apple	Apple	♂	1st	1st	J. H. ...	106	...
10/15	10:00	Field	Apple	Apple	♀	1st	1st	J. H. ...	107	...
10/15	10:00	Field	Apple	Apple	♂	1st	1st	J. H. ...	108	...
10/15	10:00	Field	Apple	Apple	♀	1st	1st	J. H. ...	109	...
10/15	10:00	Field	Apple	Apple	♂	1st	1st	J. H. ...	110	...

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41	Sharma Roshni	Roshni		Roshni		Roshni	Roshni	Roshni	Roshni	Roshni	Roshni
42	Shelar Abhilasha	Abhilasha	Abhilasha	Abhilasha	Abhilasha	Abhilasha	Abhilasha	Abhilasha	Abhilasha	Abhilasha	Abhilasha
43	Shyla Haqq	Shyla	Ab	Shyla	Shyla	Shyla	Shyla	Ab	Shyla	Shyla	Shyla
44	Sonawane Chandrakant V.	Chandrakant		Chandrakant		Chandrakant	Ab	Chandrakant	Chandrakant	Chandrakant	Chandrakant
45	Thakare Punam Popat	Thakare	Thakare	Thakare	Thakare	Thakare	Thakare	Thakare	Thakare	Thakare	Thakare
46	Tiwari Jyoti Umakant	Jyoti	Jyoti	Jyoti	Jyoti	Jyoti	Jyoti	Jyoti	Jyoti	Jyoti	Jyoti
47	Tiwari Soni	Soni		Soni		Soni	Soni	Soni	Soni	Soni	Soni
48	Vedpathak Varsha V.	Varsha	Varsha	Varsha	Varsha	Varsha	Varsha	Varsha	Varsha	Varsha	Varsha
49	Waghare Rupali B.	Rupali		Rupali		Rupali	Rupali	Rupali	Rupali	Rupali	Rupali
50	Vanwari Tamana	Tamana	Tamana	Tamana	Tamana	Tamana	Tamana	Tamana	Tamana	Tamana	Tamana
51	Amrut Patil	Amrut		Amrut		Amrut	Amrut	Amrut	Amrut	Amrut	Amrut
52	Aryamane Uma	Uma	Ab	Uma	Uma	Uma	Uma	Ab	Uma	Uma	Uma
53	Attarde Sujata	Sujata	Ab	Sujata	Sujata	Sujata	Sujata	Sujata	Sujata	Sujata	Sujata
54	Behalpathe Juhi	Juhi	Ab	Juhi	Juhi	Juhi	Juhi	Juhi	Juhi	Juhi	Juhi
55	Bhalerao Trupti	Trupti	Trupti	Trupti	Trupti	Trupti	Trupti	Trupti	Trupti	Trupti	Trupti
56	Bhalerao yogita	Yogita	Ab	Yogita	Yogita	Yogita	Yogita	Yogita	Ab	Yogita	Yogita
57	Chaudhari Kalyani	Kalyani	Ab	Kalyani	Kalyani	Kalyani	Kalyani	Kalyani	Kalyani	Kalyani	Kalyani
58	Chougule Manisha	Manisha	Manisha	Manisha	Manisha	Manisha	Manisha	Manisha	Manisha	Manisha	Manisha
59	Chavan Samrudhi	Samrudhi	Ab	Samrudhi	Samrudhi	Samrudhi	Ab	Samrudhi	Samrudhi	Ab	Samrudhi
60	Chavan Shradha	Shradha	Ab	Shradha	Shradha	Shradha	Ab	Shradha	Shradha	Ab	Shradha

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82	More mangesh										
83	Nalawade Vishvajeet	Malawade		Malawade	Malawade						
84	Neha Pandey	NP	NP	NP			Malawade		Malawade	Malawade	
85	Pawar Shradha	Fawar	Fawar			NP		NP		NP	NP
86	Pawase Triveni	P	P	P		Pawase		Pawase	Pawase		
87	Rai sheetal	R	Sheetal	Sheetal	R	Sheetal	R	Sheetal	Sheetal	R	R
88	Raut Rajashree		Sheetal	Sheetal	R	Sheetal	Sheetal	Sheetal	Sheetal	Sheetal	Sheetal
89	Rohra Saanchi	Sanchi	Sanchi		Sanchi				Sanchi	Sanchi	Sanchi
90	Shelar shruti	Sshelar		Sshelar	Sshelar	Sshelar		Sshelar	Sshelar	Sshelar	Sshelar
91	Shinde Swati	Shinde	Shinde	Shinde	Shinde	Shinde	Shinde	Shinde	Shinde	Shinde	Shinde
92	Shrivastava Preeti										
93	Singh Kajal	Kajal		Kajal		Kajal		Kajal		Kajal	Kajal
94	Thorat Prajka	Prajka		Prajka		Prajka		Prajka		Prajka	Prajka
95	Tiwari Mansi	M. Tiwari		M. Tiwari		M. Tiwari		M. Tiwari		M. Tiwari	M. Tiwari
96	Tripathi Padmesh	PTripathi		PTripathi		PTripathi		PTripathi		PTripathi	PTripathi
97	Vaishnav Nikita	Nikita		Nikita	Nikita		Nikita		Nikita	Nikita	Nikita
98	Vispute Madhuri	Madhuri		Madhuri		Madhuri		Madhuri		Madhuri	Madhuri
99	Yadav Manisha	Manisha	Manisha	Manisha		Manisha		Manisha	Manisha	Manisha	Manisha
100	Yadav Seeta	Seeta		Seeta		Seeta		Seeta		Seeta	Seeta
101	Madhuri Gore	M.Gore		M.Gore		M.Gore		M.Gore		M.Gore	M.Gore

82 71 73 63 68 59 72 71 65 78

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

Principal

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 :->

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 :->

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. Getting divorced, losing a loved one, serious injury, illness.

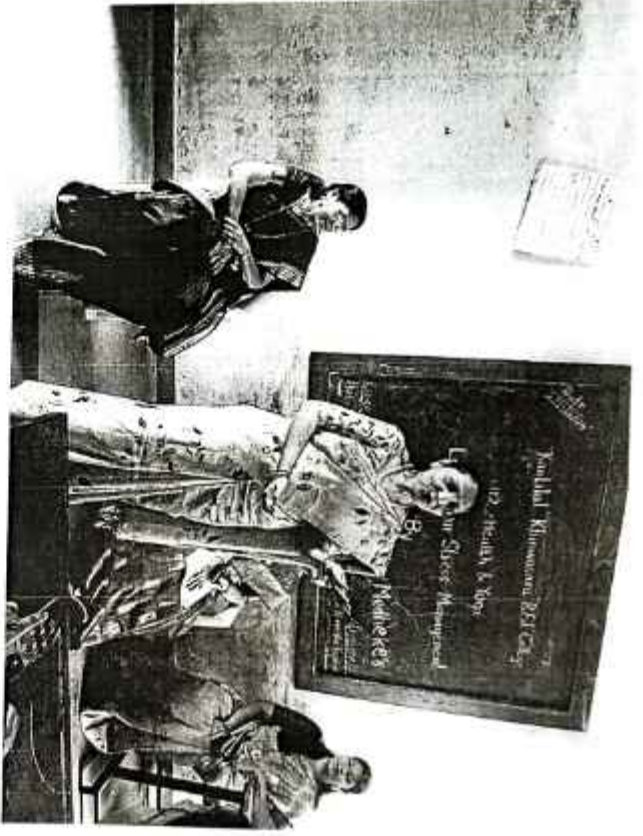
* 4A of stress management *

AVOID :- unnecessary stress

ALTER :- the situation

ADAPT :- to the situation

ACCEPT :- the things you cannot change.



1) Kajal Singh

- 2) Roshni Sharma
- 3) Saanchi Kohra
- 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 Ainaपुरे
- 16) Gauri Dhumal
- 17) Manisha Chougule
- 18) Swati Shinde
- 19) Tanushree Das

- 20) Yogita Bhalerao
- 21) Sneekha Ingle
- 22) Supriya Jadhav
- 23) Manisha Yadav
- 24) Vaesha Vedpatil

Kajal

Roshni

Saanchi

Snehal

Kulkarni

Amruta

Ingle

Nikhita

Sravale

Ashwini

Shivani

Rathi

Kamini

Pawase

Ainapura

Dhumal

Chougule

Shinde

Das

Yogita

Ingle

Jadhav

Yadav

Vedpatil

	Arushi Jernandis	Arushi
	Arushi Dingu	Arushi
	Arushi Yadav	Arushi
18)	Arushi Pawar	Arushi
19)	Niketa Vaishnav	Niketa
20)	Shraddha Pawar	SRP
11)	Tarvi D. Gavhane	Tarvi
12)	Shelar. Shreuti	Shelar
13)	Shelar Abhilasha	Shelar
14)	Himanshu Shekhar	Himanshu
15)	Tupti Bhalerao	Tupti
46)	Gayatri Dighe	Gayatri
47)	Priganka Chandanka	Priganka
48)	Neha Shekha Pandey	Neha Shekha
49)	Km. Arushi	Arushi
50)	Soni Trivani	Soni
51)	Kajal Kote	Kajal
52)	Sheetal Rai	Sheetal Rai