



SONOPANT DANDEKAR SHIKSHAN MANDALI'S  
SONOPANT DANDEKAR ARTS, V. S. APTE COMMERCE AND M. H.  
MEHTA SCIENCE COLLEGE, PALGHAR

# Communal Harmony and Socioeconomic Inclusivity



**“STRIVING TOWARDS SDG 3: ENSURE HEALTHY LIVES  
AND PROMOTE WELL-BEING FOR ALL AT ALL AGES”**



PREPARED BY  
INTERNAL QUALITY ASSURANCE CELL



## **PREFACE**

# **Mind & Body, Thriving Together: Educating for a Healthy You (SDG 3).**

The institution has a unique opportunity to champion SDG 3 within our community through active involvement of its extension wings. It fosters a culture of well-being by promoting both physical and mental health through initiatives like workshops on healthy habits, creating accessible gym facilities, and integrating yoga and sports into the academic schedule.

Mental health flourishes with open communication, so organizing workshops on stress management and providing access to counselling services are crucial. Furthermore, fostering a supportive and inclusive environment through anti-bullying policies and diversity training creates a sense of belonging that positively impacts mental well-being. By integrating concepts of healthy relationships and decision-making within the curriculum, stakeholders are empowered to make positive choices for their overall health.

Finally, leading by example various community outreach programs in form of AIDS Awareness, Pulse Polio, Health Check-up camps, focussing on mental health with improved intervention post COVID. It also distributed sanitary pad vending machines across the villages in Palghar district.

Through these efforts, we potentialize ourself to the beacons of SDG 3, fostering a generation that prioritizes a healthy and fulfilling life.







# **Communal Harmony and Socioeconomic Inclusivity**

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18. **BLOOD DONATION CAMP**
19. **PULSE POLIO PROGRAMME**
20. **SEMINAR ON HEALTHY EATING HABITS**
21. **ONE DAY VISIT TO ANAND OLD AGE HOME, SHIRGAON, PALGHAR**
22. **SUPPLY DISTRIBUTION CAMPAIGN**



## World Mental Health Day Rally



**Maj. B. K. Sakhare**  
NCC-45218  
Associate NCC Officer,  
S.D. College, Palghar.  
Mobile: 9665652975

3 Maharashtra Battalion,  
NCC Building, 3<sup>rd</sup> Floor,  
Old Secretariat Compound  
Mumbai - 32.

### NOTICE FOR THE NCC CADETS

All NCC Cadets are hereby instructed that the meeting is arranged for activity of World Mental Health Day taking place on 10/10/2022 and your presence is required for the meeting on 09/10/2022 regarding the conduction and practice.

A handwritten signature in blue ink, appearing to read 'B. K. Sakhare', is written above the typed name.

**Maj. B. K. Sakhare**  
NCC Officer  
SDSM Collage Palghar  
NCC/45218



The event will take place at SDSM College, Palghar . All NCC cadets are expected to attend and participate in the activity planned for the day.

Please make sure to come in your full NCC uniform and bring all necessary equipment and supplies as instructed verbally. It is important that you arrive on time and be ready to participate in the activity of World Mental Health Day Rally World Mental Health Day Rally that has been planned.

## **World Mental Health Day Rally**

### **Objectives of the practice**

- To raise awareness on importance of mental health
- To mobilize efforts in support of mental health.
- To know the techniques keeping oneself mentally healthy.
- To know the characteristics of a mentally healthy individual
- To know the causes of mental illness.

### **The Context**

World Mental Health Day is observed on 10 October every year, with the overall objective of raising awareness of mental health issues around the world and mobilizing efforts in support of mental health. The Day provides an opportunity for all stakeholders working on mental health issues to talk about their work, and what more needs to be done to make mental health care a reality for people worldwide.

### **Practice**

On 10/10/2022 Rural Hospital Palghar organized “World Mental Health Day” rally. NCC Cadets participated and successfully completed the rally.

### **Outcome**

NCC Cadets participated in World Mental Health Day Rally organized by Rural Hospital of Palghar and spread awareness about the same among the local people and educated.



Palghar, Maharashtra, India  
 MQVC+P9J साई बाग / Sai Baag - Saroj Chandrakant Dube Foundation, Kacheri Rd, Lokmanya Nagar, Vishnu Nagar, Palghar, Maharashtra 401404, India  
 Lat 19.694215°  
 Long 72.770912°  
 10/10/22 10:49 AM GMT +05:30



Palghar, Maharashtra, India  
 MQVC+P9J साई बाग / Sai Baag - Saroj Chandrakant Dube Foundation, Kacheri Rd, Lokmanya Nagar, Vishnu Nagar, Palghar, Maharashtra 401404, India  
 Lat 19.694276°  
 Long 72.770746°  
 10/10/22 10:50 AM GMT +05:30



Palghar, Maharashtra, India  
 MQVC+P9J साई बाग / Sai Baag - Saroj Chandrakant Dube Foundation, Kacheri Rd, Lokmanya Nagar, Vishnu Nagar, Palghar, Maharashtra 401404, India  
 Lat 19.694299°  
 Long 72.770785°  
 10/10/22 10:28 AM GMT +05:30



Palghar, Maharashtra, India  
 Hareshwar Apartment, Opp. Railway Station, Near Manor Road, Juna Palghar, Palghar, Maharashtra  
 Lat 19.699417°  
 Long 72.771294°  
 10/10/22 11:03 AM GMT +05:30



# Anti-Aids Day Rally



**Maj. B. K. Sakhare**  
NCC-45218  
Associate NCC Officer,  
S.D. College, Palghar.  
Mobile: 9665652975

3 Maharashtra Battalion,  
NCC Building, 3<sup>rd</sup> Floor,  
Old Secretariat Compound  
Mumbai - 32.

## NOTICE

All NCC Cadets are hereby instructed that the meeting is arranged for activity of Anti-Aids Rally taking place on 01/12/2018 and your presence is required for the meeting on 30/11/2018

*Bhaskar*

All NCC cadets are expected to attend and participate in the activity planned for the day. Please make sure to come in your full NCC uniform and bring all necessary equipment and supplies as instructed verbally. It is important that you arrive on time and be ready to participate in the activity of Anti-Aids Day Rally that has been planned.

## **Anti-Aids Day Rally**

### **Objectives of the practice**

- To educate the people
- Importance of health
- Awareness about aids
- Prevention of aids

### **The Context**

The day is an opportunity for public and private partners to spread awareness about the status of the pandemic and encourage progress in HIV/AIDS prevention, treatment and care around the world. It has become one of the most widely recognized international health days and a key opportunity to raise awareness, commemorate those who have died, and celebrate victories such as increased access to treatment and prevention services.

### **The Practice**

S.D.S.M college extension services – NCC Successfully conducted the Aids Day Rally. NCC Cadets participated in Aids day rally organized by Rural Hospital of Palghar and spread awareness about the same among the local people and educated on ways they can prevent aids.

### **Outcome**



NCC Cadets participated in Aids day rally organized by Rural Hospital of Palghar and spread awareness about the same among the local people and educated on ways they can prevent aids.





Government Of Maharashtra  
**RURAL HOSPITAL PALGHAR**

Kacheri Road, Rural Hospital Ground,  
Palghar.

Phone No. 02525-256635  
Fax No. 952525&256635  
E-mail id.msrbpalghar@gmail.com

HEALTH SERVICES

No.RHP/FC/ /2018

To,  
The Principal,  
Sonopant Dandekar College, Palghar

Sub: Participation in AIDS Awareness Rally.

Sir,

We would like to express our deepest gratitude and appreciation for your cadets (Girls & Boys) support of and participation in AIDS awareness rally arranged by Rural Hospital on 1/12/2018 in Palghar. Your cooperation has significantly impacted the rural population's awareness of the fatal disease.

Your dedication, zeal, and commitment to the cause were genuinely inspiring. We were amazed by the way you communicated with the locals, educating them on busting myths and misconceptions regarding HIV/AIDS. Your work has made it possible for us to engage a larger audience and effectively combat HIV/AIDS.

The NCC Cadets' assistance and cooperation were really helpful to us, and we appreciate all you did to make the event a success. We are certain that many individuals have been motivated to take the essential precautions to stop the spread of HIV/AIDS as a result of your involvement, and we hope that you will continue to support our initiatives to improve public health and wellbeing.

Once more, please accept our sincere gratitude and appreciation for all that you and your team have done to support our AIDS awareness rally. In the future, we intend to keep working with the NCC Cadets to create a better and healthier neighbourhood.

Medical Superintendent cl-1,  
Rural Hospital, Palghar.  
Tal & Dist-Palghar.



Program Officer  
National Service Scheme Unit  
Sonopant Dandekar College  
Dt: 02/03/2022

To  
The Principal  
Sonopant Dandekar College  
Palghar

Sub: Request to sanction the proposal for Women's Day Celebrations

Sir,

NSS Unit of the College and Women Development Cell of the College is planning to celebrate International Women's Day on 8<sup>th</sup> Mar. Approximate expenditure for the same will be Rs.3000. Kindly allow us to conduct the workshop and sanction the said amount.

Thank you.

Yours Sincerely,



Program Officer

## GLIMPSES OF THE EVENT











## PAPER CUTTINGS



### विद्यार्थ्यांकडून श्रमिक महिलांचा सन्मान

लोकसत्ता प्रतिनिधी

पालघर : सोनोपंत दांडेकर महाविद्यालयाने महिला दिनानिमित्त स्त्रोशक्तीचा सन्मान हा कार्यक्रम आयोजित केला होता. या कार्यक्रमाच्या निमित्ताने महाविद्यालयातील शिक्षक व शिक्षकेतर महिला कर्मचाऱ्यांच्या गुणगौरव करण्यात आला. कार्यक्रमात प्राचार्य डॉ. किरण साधे, सुप्रिया उराडे, यनस्पतिशास्त्र विभागातील प्रतीक्षा थोरसे यांनी उपस्थितशी संवाद साधला.

तसेच महाविद्यालयातील राष्ट्रीय सेवक योजनेच्या विद्यार्थ्यांनी पालघर

शहरातील कष्टकरी महिलांचा सन्मान केला. या महिलांच्या कष्टाची जाणीव सर्वांनाच होण्यासाठी हा उपक्रम राबवला गेला. भाजीविक्रेत्या, फळ विक्रेत्या, उपाहारगृहे, कपड्यांची दुकाने, औषधाच्या दुकानांमधील महिला, प्रसाधन विकणाऱ्या दुकानांमधील महिला, किराणा दुकानांमधील महिला तसेच डॉक्टर, पोलीस, शासकीय अधिकारी-कर्मचारी या महिलांच्या श्रमाचा सन्मान केला गेला.

कार्यक्रमात महिला शिक्षकांच्या हस्ते महाविद्यालयाच्या परिसरात २५ झाडे लावण्यात आली.

❖ लोकसत्ता

Wed, 09 March 2022

<https://epaper-loksatta.com/>






## **REPORT**

### **International Women's Day:**

International Women's Day was celebrated on 8th March 2022. National Service Scheme volunteers greeted the working women of railway station, vegetable market, police station, dispensary, various shops in Palghar by giving them roses and greetings on the Women's Day. Volunteers of National Service Scheme Mamta Padiyar, Karishma Jain, Neha Prajapati, Purvi Jain etc. Students and Programme Officer Dr.Rohit Gaikwad, Asst. Prof. Raju Tandel assisted in the Celebrations.



# ATTENDANCE


**SONOPANT DANDEKAR ARTS, V. S. APTE COMMERCE AND M. H. MEHTA SCIENCE COLLEGE, PALGHAR**  
 Palghar Dist-Palghar Pin-401301 E-mail: sonpant@rediffmail.com


**ATTENDANCE RECORD**

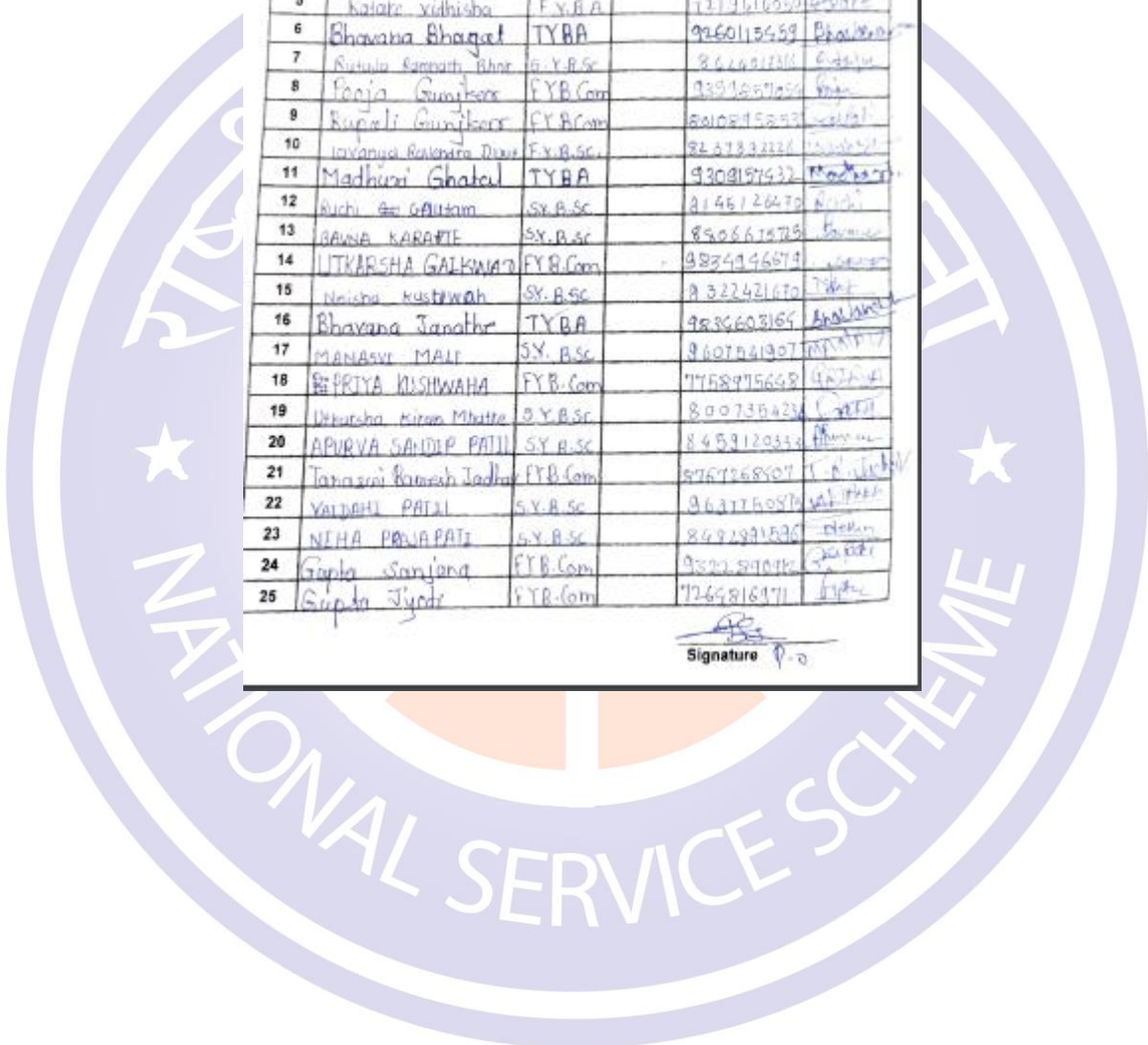
Name of the Event: International Women's Day Celebration

Department: Nes

Date: 08/03/2022 Time: \_\_\_\_\_ Venue: Palghar Railway station

Sr.No.	Name of the Student	Class	Roll No.	Mobile No.	Signature
1	Kavani Dax	FY B.Com		822726162	[Signature]
2	URVI MUKESH JAIN			782222222	[Signature]
3	sharda sanjay katha	F.Y.B.A		732222222	[Signature]
4	Pransha Sampat Sharma	FY B.Com		730722222	[Signature]
5	Katari vidhisba	F.Y.B.A		7219616030	[Signature]
6	Bhavana Bhagat	TYBA		9260115459	[Signature]
7	Krutika Samant Bhor	S.Y.B.Sc		822222222	[Signature]
8	Pooja Gungibor	FY B.Com		839322222	[Signature]
9	Rupali Gungibor	FY B.Com		810575222	[Signature]
10	Imranisa Benaissa Dize	F.Y.B.Sc		823783222	[Signature]
11	Madhuri Ghatal	TYBA		9309197532	[Signature]
12	Aachi G. Gautam	S.Y.B.Sc		814612672	[Signature]
13	SAVNA KARATE	S.Y.B.Sc		890667272	[Signature]
14	LITKARSHA GALKWAD	FY B.Com		4824946679	[Signature]
15	Neisha Kustiwah	S.Y.B.Sc		8322421670	[Signature]
16	Bhavana Janathe	TYBA		9830603165	[Signature]
17	MANASVI MALI	S.Y.B.Sc		9407241907	[Signature]
18	PRIYA KUSHWAHA	FY B.Com		7758975668	[Signature]
19	Utkarsha Kiran Mhatre	S.Y.B.Sc		800735423	[Signature]
20	APURVA SANDIP PATIL	S.Y.B.Sc		8459120334	[Signature]
21	Tanazvi Ramesh Jadhav	FY B.Com		9767268907	[Signature]
22	Varshali PATIL	S.Y.B.Sc		8631760570	[Signature]
23	NIHA POWAPATI	S.Y.B.Sc		8492931530	[Signature]
24	Gunla Sanjana	FY B.Com		932222222	[Signature]
25	Gupta Jyoti	FY B.Com		7264816971	[Signature]

  
 Signature P-2





SONOPANT DANDEKAR ARTS, V. S. APTE COMMERCE  
AND M. H. MEHTA SCIENCE COLLEGE, PALGHAR  
Palghar Dist-Palghar Pin-401 404 E-mail: sdmccollege@yahoo.com

### ATTENDANCE RECORD

Name of the Event: International Womens Day Celebration

Department: N.S.S

Date: 08/03/2022 Time: \_\_\_\_\_

Venue: Palghar Railway station

Sr.No.	Name of the Student	Class	Roll No.	Mobile No.	Signature
1	Shruti Mangesh Apte	FYBA		875892256	Shruti
2	Urmila Basga	FYBA		8442898352	Urmila
3	Dipal Anil Bori	FYB.Com		87671658909	Dipal
4	Akanksha Bhuyal	FYBA		9396656959	Akanksha
5	Prinyanka Bhoge	FYBA		9011939092	Prinyanka
6	Laxmi Rajkumar das	FYB.Com		8559561084	Laxmi
7	Upasana Dhani	FYB.Com		9307256665	Upasana
8	Rutvi shubhash Daga	FYBA		932289517	Rutvi
9	Cumki Datta	FYB.Com		952216889	Cumki
10	Sakshi Dubey	FYB.Com		9359553168	Sakshi
11	JYOTI JADHAV	FYBA		7066991176	Jyoti
12	NEHA JADHAV	FYBA		8010442725	Neha
13	PAYAL JADHAV	FYBA		8806127420	Payal
14	Utkarsha Gaikwad	FYB.Com		9834946679	Utkarsha
15	Prachi Jhobi	FYB.Com		9196891915	Prachi
16	Pooja Patil	FYB.Sc		8707153668	Pooja
17	Diya Mhatre	FYB.Sc		928446606	Diya
18	Sakshi Santosh Ghose	FYBA		8010164252	Sakshi
19	SHRUTI ROUSHANI	FYB.Sc		832928237	Shruti
20	Jyoti Gupta	FYB.Com		9322890912	Jyoti
21	Sanjana Gupta	FYB.Com		8707068907	Sanjana
22	Manvika Daga	FYB.Com		9325266000	Manvika
23	Vaishnavi KADU	FYB.Sc		8263985500	Vaishnavi
24	Pooja Gunjkar	FYB.Com		9359889551	Pooja
25	Rupali Gunjkar	FYB.Com		8010895853	Rupali

Signature \_\_\_\_\_

NATIONAL SERVICE SCHEME





### ATTENDANCE RECORD

Name of the Event: International Women's Day Celebration

Department: NSS

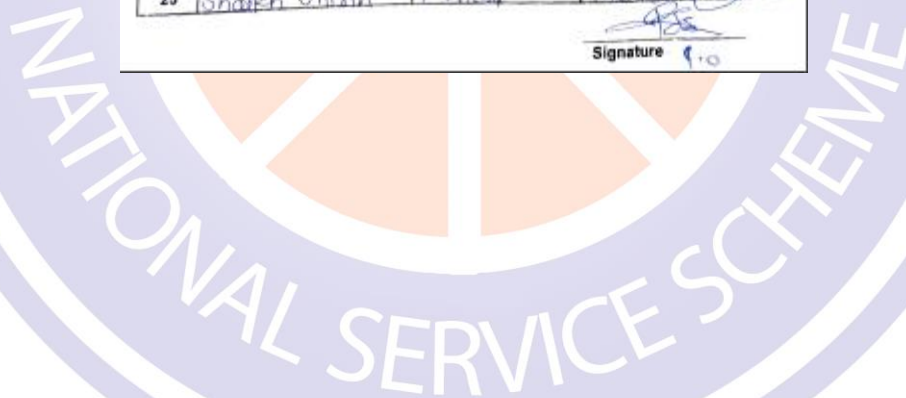
Date: 08/03/2022 Time: \_\_\_\_\_

Venue: Palghar Railway station

Sr.No.	Name of the Student	Class	Roll No.	Mobile No.	Signature
1	CHUMKI BUTIA	F.Y.B.Com		9201058113	[Signature]
2	Achal Wichama Duri	SY.BA		7121237855	[Signature]
3	ABHINI GADWALDIA	S.Y.B.com		9301021245	[Signature]
4	Rudra Mathurash Jha	S.Y.B.com		7059171711	[Signature]
5	Prati Vajpathi Dhobi	F.Y.B.Com		956801115	[Signature]
6	Pooja +A Kharwar	S.Y.B.com		9157236100	[Signature]
7	Ankita Vajya Dhanda	S.Y.BA		7059211251	[Signature]
8	Kajal Ganpat Mali	F.Y.B.Com		9867049347	[Signature]
9	Priyankumari Kharwar	S.Y.B.com		9022720421	[Signature]
10	Suvamya Nilkan	S.Y.BA		8007033260	[Signature]
11	Swati ramkrishna Palabadi	S.Y.B.com		9900091674	[Signature]
12	Garvini Harshad Mali	F.Y.B.Com		7719860000	[Signature]
13	Khushboo Archu Prasad	S.Y.B.com		8624916338	[Signature]
14	Krishna Jain	M.com-1		9870261700	[Signature]
15	Darshana Hemada	SYBA		8010432351	[Signature]
16	MANITA PADYARAJI	M.com-1		9824566810	[Signature]
17	Preraj Manojrao	F.Y.B.Com		9665938908	[Signature]
18	YASHASWI DINESH PATIL	M.com-1		9140217870	[Signature]
19	ISHA GIRISH THAKUR	S.Y.B.Sc		787888344	[Signature]
20	Divya Lovesh Mohite	SYBA		9637001555	[Signature]
21	PRATI KA KHATRI	S.Y.B.Sc		8747468174	[Signature]
22	NANINDA KISHORWANI	S.Y.B.Sc		7030328800	[Signature]
23	Pramila Karadh	S.Y.BA		9359550531	[Signature]
24	Prati Shubhash Patil	S.Y.B.Sc		8679416307	[Signature]
25	Shaikh Shirin	F.Y.B.Com		7219919617	[Signature]

Signature

[Signature]





### ATTENDANCE RECORD

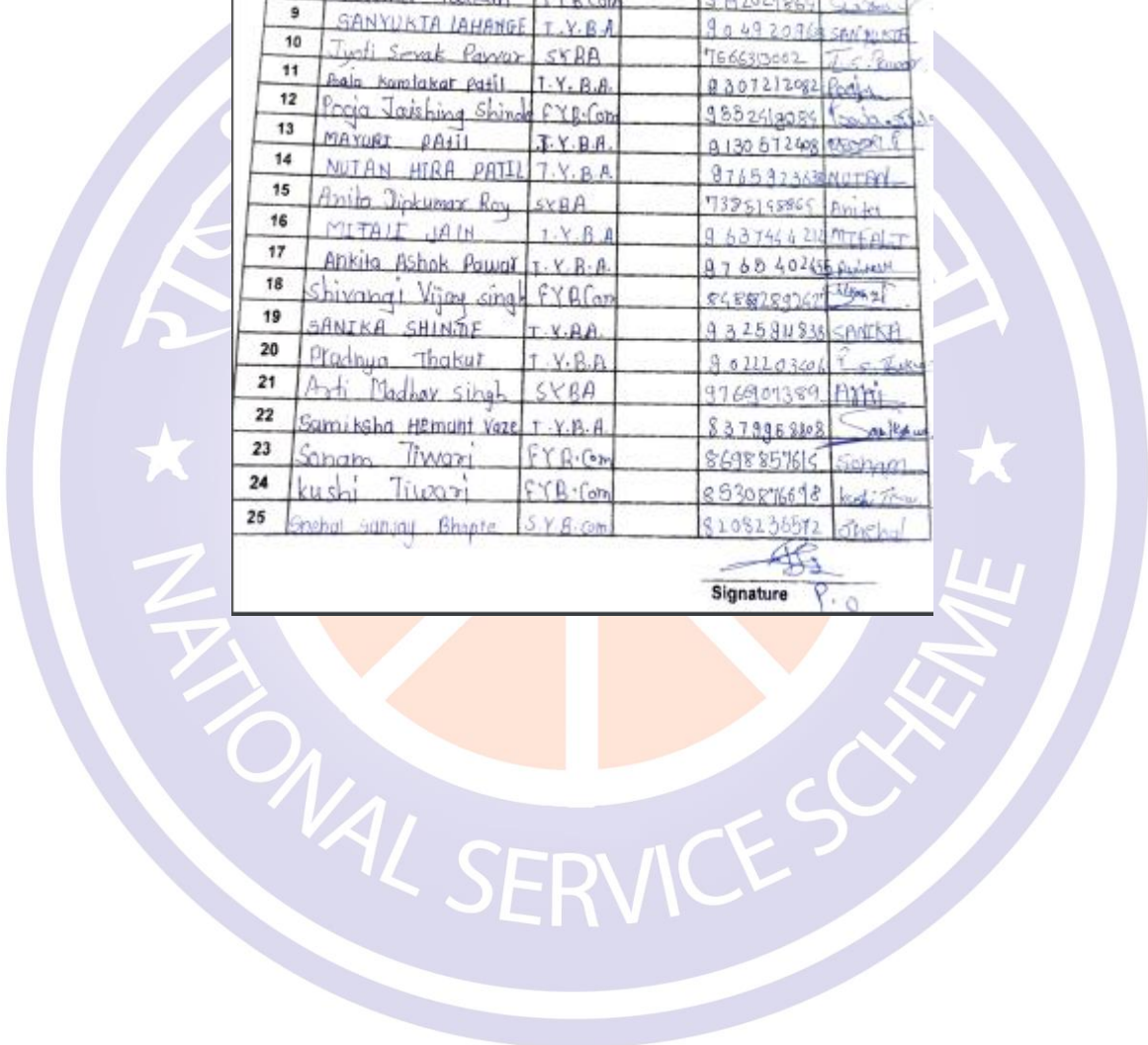
Name of the Event: International Womens Day Celebration

Department: NSS

Date: 08/03/2022 Time: \_\_\_\_\_ Venue: Palghar Railway station

Sr.No.	Name of the Student	Class	Roll No.	Mobile No.	Signature
1	Taraya Anil Patil	SYBA		9219161562	Taraya
2	HELNA MOHANLAL WANI	T.Y.B.A		9041176987	HELNA
3	VAISHNAVI KARNIK	T.Y.B.A		840520660	VAISHNAVI
4	Gulraj shaikh	FYB.Com		7861942217	Gulraj
5	Prachi Mahadeo Nini	T.Y.B.A		8183010101	Prachi
6	Tamvi Suresh Patil	SYBA		9322592755	Tamvi Patil
7	VAISHI SANJAY KURJE	T.Y.B.A		9195306145	VAISHI
8	Shamika Muskan	FYB.Com		9792027265	Shamika
9	GANYUKTA LAHANGE	T.Y.B.A		904920768	GANYUKTA
10	Tyoti Suresh Pawar	SYBA		7666313002	Tyoti Pawar
11	Bala Kamalakar Patil	T.Y.B.A		9307212082	Bala
12	Pooja Jaishring Shinde	FYB.Com		9852512054	Pooja
13	MAYUR PATIL	T.Y.B.A		9130512408	MAYUR
14	NUTAN HIRA PATIL	T.Y.B.A		9765923630	NUTAN
15	Anita Dipkumar Roy	SYBA		7325158865	Anita
16	MITALI JAIN	T.Y.B.A		9637442210	MITALI
17	Ankita Ashok Pawar	T.Y.B.A		9768402656	Ankita
18	Shivangi Vijay singh	FYB.Com		8458289767	Shivangi
19	GANIKA SHINDE	T.Y.B.A		932594938	GANIKA
20	Pradhya Thakur	T.Y.B.A		9022203006	Pradhya
21	Arvi Madhav singh	SYBA		976901389	Arvi
22	Samiksha Hemant Vaze	T.Y.B.A		837985208	Samiksha
23	Sanam Tiwari	FYB.Com		8698857615	Sanam
24	kushi Tiwari	FYB.Com		8930876698	kushi
25	Gnehal sanjay Bhapte	S.Y.B.com		9108236572	Gnehal

Signature P. O





**ATTENDANCE RECORD**

Name of the Event: International Women's Day Celebration

Department: N.S

Date: 08/03/2022

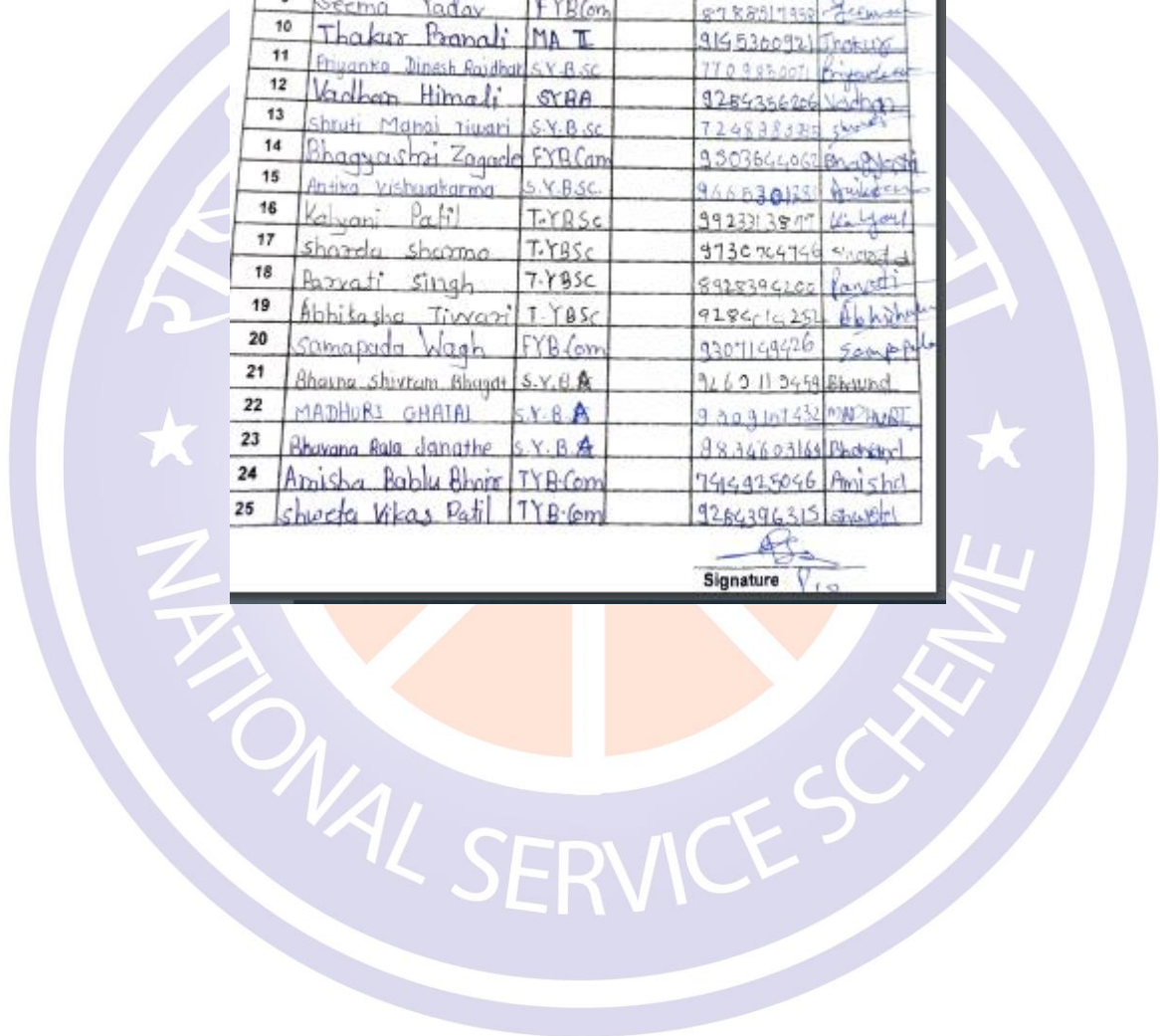
Time: \_\_\_\_\_

Venue: Palghar Railway station

Sr.No.	Name of the Student	Class	Roll No.	Mobile No.	Signature
1	Kanchan Sutar	SVBA		882907937	Kanchan
2	Pamila				
3	Priyanka Yadav	FYBAF		902131429	Priyanka
4	Esha Hamumant Wagh	FYB.Com		925826850	Esha
5	Trupti Dhedi	M.Com II		8494660911	Trupti
6	Kuchita Devanand Thakur	SVBA		932572296	Kuchita
7	Pooja Ganesh Patil	S.Y.B.Sc		721961953	Pooja
8	SHREYA RAI	S.Y.B.Sc		7058127003	Shreya
9	Seema Yadav	FYB.Com		9788817330	Seema
10	Thakur Pranali	MA II		916530092	Thakur
11	Priyanka Dinesh Rajdhar	S.Y.B.Sc		770383007	Priyanka
12	Vardhan Himali	SVBA		9284356266	Vardhan
13	shreuti Mahal Tiwari	S.Y.B.Sc		7248383285	shreuti
14	Bhagyashree Zagade	FYB.Com		9303664063	Bhagyashree
15	Anika Vishwakarma	S.Y.B.Sc		9468301781	Anika
16	Kalyani Patil	T.Y.B.Sc		9923313877	Kalyani
17	sharda sharma	T.Y.B.Sc		9730704746	sharda
18	Parvati Singh	T.Y.B.Sc		8928396202	Parvati
19	Abhishka Tiwari	T.Y.B.Sc		928616252	Abhishka
20	Samapada Wagh	FYB.Com		9307149426	Samapada
21	Ahanya Shivram Bhagat	S.Y.B.A		9262110459	Ahanya
22	MADHURI GHATAI	S.Y.B.A		9309107432	MADHURI
23	Bhavana Rula Janathe	S.Y.B.A		8834603169	Bhavana
24	Amisha Bablu Bhair	TYB.Com		744425046	Amisha
25	sharda Vikas Patil	TYB.Com		9264396315	sharda

Signature

V. S.





**SONOPANT DANDEKAR ARTS, V.S. APTE COMMERCE,  
M.H. MEHTA SCIENCE COLLEGE, PALGHAR,  
DIST- PALGHAR.**

**Celebration of World Health Day**

**Date: 7<sup>th</sup> April, 2021**

**INDEX**

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## 1. Formation of the committee



*SONOPANT DANDEKAR SHIKSHAN MANDALI'S*  
**SONOPANT DANDEKAR ARTS, V. S. APTE COMMERCE,  
M. H. MEHTA SCIENCE COLLEGE, PALGHAR,  
DIST- PALGHAR.**

Date : 10/03/2021

Following faculty members are hereby informed that committee is formed for 'celebration of World Health Day' which will be held on 7<sup>th</sup> April, 2021.

<b>Organizing Committee</b>		
1	<b>Dr. Kiran Save</b>	Principal
2	<b>Dr. Suhas Janwadkar</b>	Head, Department of Chemistry
3	<b>Prof. Mahesh Deshmukh</b>	Supervisor, Sr. College Aided
4	<b>Dr. Harshad Vanmali</b>	Supervisor, Sr. College Unaided
5	<b>Dr. Dilip Yadav</b>	Coordinator, SD Science Club
6	<b>Dr. Vaibhava More</b>	Member
7	<b>Asst. Prof. Prashant Mogle</b>	Member
8	<b>Asst. Prof. Siddhi Mhatre</b>	Member
9	<b>Asst. Prof. Jaiba Shaikh</b>	Member
10	<b>Asst. Prof. Shrutika Raut</b>	Member

**Dr. Kiran Save**

## 2. Activity arranged

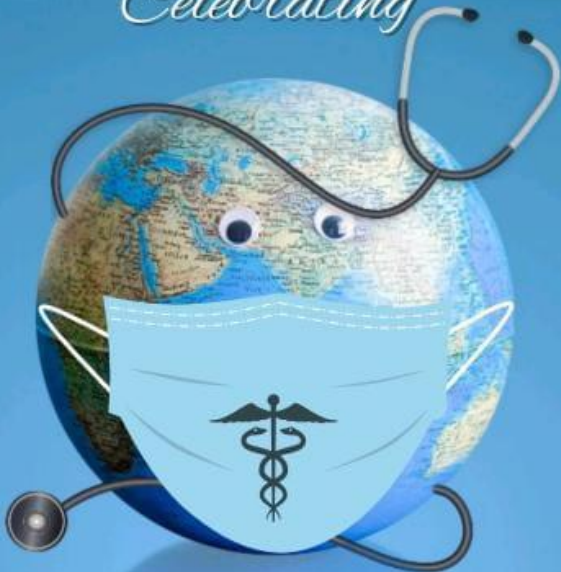
Date	Name of the Activity	Speaker/Chief Guest	Objectives
7 <sup>th</sup> April, 2021	Celebration of World Health Day	<b>Dr. Abineet Patil, MBBS</b> <b>Kelve, Palghar</b>  BMI & Hemoglobin test activity	The celebration of World Health Day in college can serve as a platform for students to learn, engage, and take action towards improving their own health and that of their communities. <ul style="list-style-type: none"><li>● To raise awareness about important health issues and concerns among students.</li><li>● To aware students about topics such as nutrition, physical activity, mental health, and disease prevention.</li><li>● To promote healthy behaviors among students.</li></ul>



### 3. Notice for student

SONOPANT DANDEKAR ARTS, V.S. APTE COMMERCE &  
M.H. MEHTA SCIENCE COLLEGE

*Celebrating*



**7 APRIL  
WORLD  
HEALTH DAY**

*"The greatest wealth is health."*

- ▶ Interactive session with Dr. Abhineet Patil, M.B.B.S.
- ▶ Two Interesting Test:- BMI and Basic of HEMOGLOBIN

CHEMISTRY BUILDING  
ROOM NO:101  
TIME:- 10:00 TO 12:00

ORGANISED BY:-  
SD SCIENCE CLUB

**HEALTH FOR ALL** **WELLBEING WORKS!!**

## 4. Invitation Letter to Expert



Sonopant Dandekar Shikshan Mandali's  
**SONOPANT DANDEKAR ARTS, V. S. APTE COMMERCE  
AND M. H. MEHTA SCIENCE COLLEGE**

Palghar, Dist. Palghar, Pin - 401 404.

Code.: (02525) 252163, Prin : 252317 • Resi. : 252316

website : [www.sdsmcollege.com](http://www.sdsmcollege.com) • Email: [sdsmcollege@yahoo.com](mailto:sdsmcollege@yahoo.com)

Date : 6<sup>th</sup> March, 2021

To,  
Dr. Abhineet Patil,  
MBBS,  
Kelve, Palghar

Respected sir,

We are glad to inform you that Science Club, Sonopant Dandekar college, Palghar have arranged the celebration of World Health Day on 7<sup>th</sup> April, 2021.

We request you to give lecture on 'Mental Health & Youth' in this seminar. This seminar activity will be carried out in a hybrid mode. We will share zoom link for your lecture after accepting our invitation.

With regards

Yours faithfully

**Dr. Kiran Save**

Principal

## 5. Appreciation letter to Expert



Sonopant Dandekar Shikshan Mandali's  
**SONOPANT DANDEKAR ARTS, V. S. APTE COMMERCE  
AND M. H. MEHTA SCIENCE COLLEGE**

Palghar, Dist. Palghar, Pin - 401 404.

Code.: (02525) 252163, Prin : 252317 • Resi. : 252316

website : [www.sdsmcollege.com](http://www.sdsmcollege.com) • Email: [sdsmcollege@yahoo.com](mailto:sdsmcollege@yahoo.com)

Date : 9<sup>th</sup> April, 2021

To,  
Dr. Abhineet Patil,  
MBBS,  
Kelve, Palghar

**Subject : Thanks Letter**

Respected sir,

I would like to thank you very much for being present virtually for 'Celebration of World Health Day' on 7<sup>th</sup> April, 2021 and for giving informative speech on occasion of same.

With regards

Yours faithfully

**Dr. Kiran Save**

Principal

## **6. Attendance Report**



**Attendance**  
**National Health Day Programme**

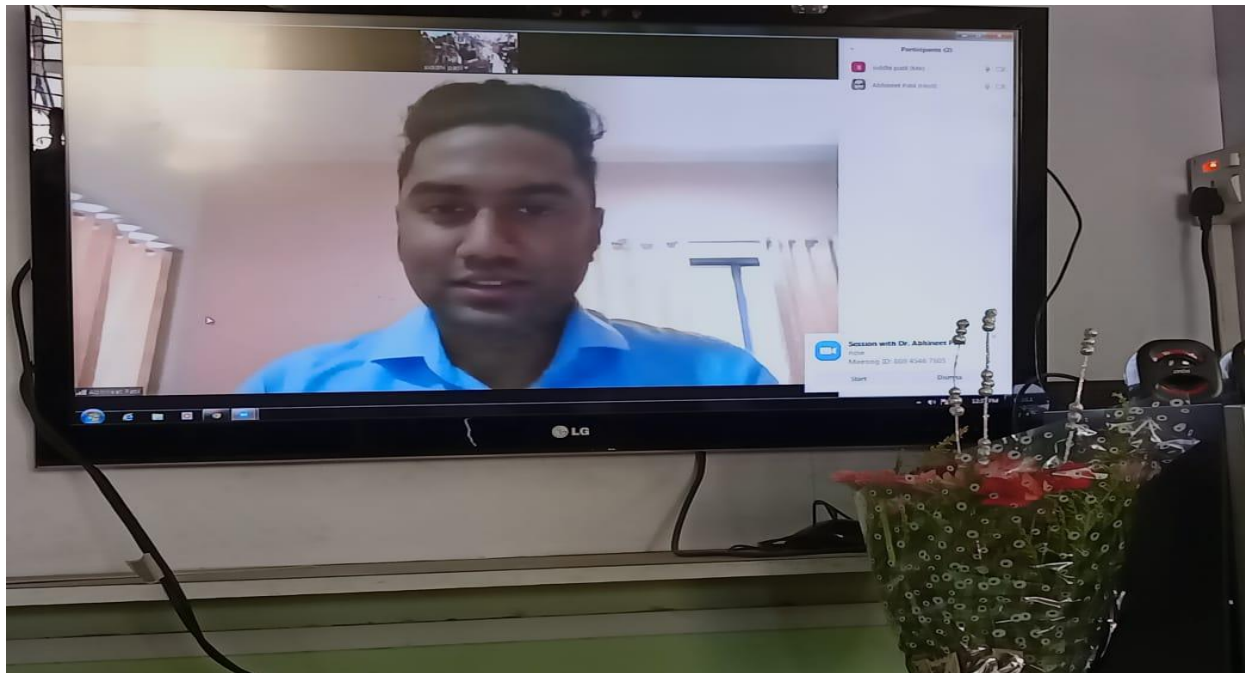
Sr No	Name	Date
		07/04/2022
1	BARI ALPITA MAHESH	<i>Alpita</i>
2	SOLANKI DIMPLE MAHESH	<i>MI Solanki</i>
3	PIMPLE SHRADDHA MADHUKAR	<i>SM Pimple</i>
4	PATIL SAMRUDDHI VIJAY	<i>Sammudhi</i>
5	BARI KRUTIK KIRAN	<i>Krutik</i>
6	BOHERE LABHESH RAJARAM	<i>L.B.</i>
7	SAVE JIDNYESH NITIN	<i>Jidnyesh</i>
8	PIMPLE YASH SUNIL	<i>Yash</i>
9	PATIL GAYATRI PITAMBAR	<i>Gayatri</i>
10	SANKHE SIDDHANT VIJAY	<i>Sankhe</i>
11	THAKARE VANDESH SUDHAKAR	<i>Vandesh</i>
12	GAIKWAD MITESH NILESH	<i>Mitesh</i>
13	THOKE SUJATA KAILAS	<i>Sujata</i>
14	BIRARI GAURAV LAXMAN	<i>Gaurav</i>
15	BIRARI ROHAN RAMA	<i>Rohan</i>
16	SHARMA VISHAL HARISHANKAR	<i>Vishal</i>
17	GHRAT SANKET SANTOSH	<i>Sanket</i>
18	CHAUHAN VANDANA MUNNALAL	<i>Vandana</i>
19	SHINDE VISHAKHA VILAS	<i>Vishakha</i>
20	THAKUR SAKSHI BABAN	<i>Sakshi</i>
21	SALINS SUNNYKUMAR SAMUEL	<i>Sunny</i>
22	RAUT ADITYA SUBHASH	<i>Aditya</i>
23	WADE PRIYA SURESH	<i>Priya</i>
24	PATIL SWAGAT NIVAS	<i>Swagat</i>
25	PATIL ABHAYA MANOHAR	<i>Abhay</i>
26	MHATRE UTKARSHA KIRAN	<i>Utkarsha</i>
27	RANE VEDANTI MAHESH	<i>Vedanti</i>

28	MAURYA AMITKUMAR SHIVNANDAN	<i>Amit</i>
29	UMRANI FATIMA DILAWAR	<i>Fatima</i>
30	YADAV POONAM DHARAMRAJ	<i>Poonam</i>
31	MOHANTY ALOK KAILASH	<i>Alok</i>
32	SINGH SNEHA ALOK	<i>Sneha</i>
33	MEHER YASH VIKAS	<i>Meher</i>
34	PIMPLE SANIDHYA VIKAS	<i>Simple</i>
35	DHOTRE SHEETAL RAMESH	<i>Sheetal</i>
36	SAWANT DHANASHREE MACHHINDRA	<i>Dhawant</i>
37	PATEL KRISH ASHOK	<i>Krishi</i>
38	BARI RADHIKA MORESHWAR	<i>Radika</i>
39	BARI MIHIR RAJESH	<i>Mihir</i>
40	PATIL VEDIKA SHASHIKANT	<i>Vedika</i>
41	SINGH ABHISHEKH RAJENDRA	<i>Abhi</i>
42	MOHITE MONIKA SANDEEP	<i>Monika</i>
43	YADAV ANJALI RAJESH	<i>Anjali</i>
44	SINGH CHANDA KUMARI MANOJ	
45	JAGTAP HARSHALI SANTOSH	<i>Harshali</i>
46	GAWAD DARVIKA NARESH	<i>Darvika</i>
47	GUPTA NEHA BALKISHAN	<i>Neha</i>
48	SANKHE VIRAJ VIJAY	<i>Viraj</i>
49	RATHOD HONEY MITHALAL	<i>Honey</i>
50	JADHAV SAHIL SURESH	<i>Sahil</i>
51	PATIL ESHWAR LAKHICHAND	<i>Eshwar</i>
52	SINGH NITESH UPENDRA	<i>Nitesh</i>
53	MAHALE AJAY BHIMRAO	<i>Ajay</i>
54	DHANDARE ASHISH SANJAY	<i>Ashish</i>
55	PAWADE SHRUSHTI EKNATH	<i>PAWADE</i>
56	NANKAR JAYENDRA RAJENDRA	<i>Jay</i>
57	PAWADE HARSH ASHOK	<i>Harsh</i>

58	MUKADAM MUNTAHA MUNIB	Mukadam
59	AHIRE BHARGAVEE CHHAGANLAL	Ahire
60	CHAUDHARI HARDIK BHUPENDRA	Hardik
61	BHOYE USHA RAMU	Boye
62	ADSUL SHRUTIKA DHANAJI	Shrutika
63	ARI SHRUTI PRAVIN	Shrutika
64	TAMORE SHRUTIKA RAJESH	S.P. Tamore
65	CHAURASIA KARAN RAJESH	(K)
66	KHARPADE DINESH RAMAN	Kharpade
67	VINKAR SAPANA RAMESH	Sapana
68	HARIJAN ARCHANA PARMARAM	Archana
69	UMBARSADA RAJENDRA NANU	RNJ
70	MEHER SRUSHTI NILESH	Srushti
71	HUSSEN RABINAKHATUN ZAKIR	Hussen
72	PATIL ANJALI LAXMAN	Patil
73	MORE BABITA VIJAY	More
74	RAUL MAYURI MAHESH	Mayuri
75	TANDEL PRAJWAL BHURAO	Tandel
76	CHAUDHARI PRANJILI SANDIP	Pranjili
77	BHURKUD SAGAR SHANKAR	Sagar
78	PATIL YADNYESH MANIK	Patil
79	PATIL JIDNESH PRADIP	Jidnesh
80	ADHIKARI VEDIKA BABAN	Vedika
81	VEDWAL ANJALI JEETENDRA	ANJALI
82	KORE ANKITA JITENDRA	Ankita
83	NAIR ATHIRA GOPAKUMAR	Athira
84	TANDEL SHREYA RANDHIR	Shreya
85	MACHHI SIMA GANESH	Sima
86	PATIL ANUSHREE ASHOK	Anushree
87	DHANDE PUJA SUDHIR	PUSA
88	PATIL TAPASVI PARSHURAM	Patil
89	BHOIR POONAM JAYDEV	Bhoir

90	SINGH ASMITA DEVENDRA	A. Singh
91	SHAIKH MOHAMMED HUSSAIN	M. Sheikh
92	RAUT BHAVIK NARESH	Bhavik
93	VALVI JAIDEEP SANTOSH	Valvi
94	BHESKAR VARUN BABU	V. Bheskar
95	RANE NIHAR AJIT	Rane
96	KADAM DIKSHALI DEEPAK	Dikadam
97	GHARAT SWEJAL ANIL	Sawharat
98	DAS GOVINDKUMAR VIJAYKUMAR	Das
99	PATIL SNEHAL RAMBHAU	Patil
100	BHURA KALPANA DASAMA	K. Bhura
101	HARSHA JADON RAJPAL	Jadon
102	KURHADA MANOJ BHAU	M. Kurhade
103	KATELA DHARMESH SINU	D. Katela
104	PATIL PRATIKSHA NARESH	P. Patil

## 7. Photographs



## 8. Report of the Programme



On the 7th of April, our college celebrated World Health Day to raise awareness about the importance of maintaining good health and well-being. The event was organized by the college's SD Science Club, with the participation of students, faculty members, and Dr. Abhineet Patil, MBBS.

In addition to the guest lecture on Mental Health, there were also activities including BMI test and Hemoglobin test. These activities aimed to educate students on the importance of a healthy lifestyle and provide them with practical tools to improve their overall well-being.

A doctor who was a guest speaker at the event spoke about 'Mental Health & Youth'. Overall, the World Health Day celebration was a great success, with a large turnout of students and faculty members. The event provided an opportunity to promote healthy lifestyles, raise awareness about various health issues

## **9. Feedback Report**

*SONOPANT DANDEKAR SHIKSHAN MANDALI'S*  
**SONOPANT DANDEKAR ARTS, V. S. APTE COMMERCE,  
M. H. MEHTA SCIENCE COLLEGE, PALGHAR,  
DIST- PALGHAR.**

**Sonopant Dandekar Science Club**

**Feedback form**

Name of the Activity	Celebration of World Health Day
Date	7 <sup>th</sup> April, 2021

Name of the Student: Samruddhi V. Patil

Class & Division : FYBSC

Roll No : 2055

Tick (✓) appropriate option

Sr. No.	Particulars	Extremely satisfied	Satisfied	Neutral	Not satisfied	Extremely Not satisfied
1	How would you rate the overall quality of the lecture and activities?	✓				
2	The lecture was delivered in a clear and engaging manner.			✓		
3	Activities during programme were useful for my health.		✓			
4	Lecture and activities were relevant to your interests or field of study.			✓		
5	I Would like to recommend this type of lectures and activities to my fellow friends in future.		✓			

Samruddhi  
Signature of the Student

**SONOPANT DANDEKAR SHIKSHAN MANDALI'S  
SONOPANT DANDEKAR ARTS, V. S. APTE COMMERCE,  
M. H. MEHTA SCIENCE COLLEGE, PALGHAR,  
DIST- PALGHAR.**

**Sonopant Dandekar Science Club  
Feedback form**

Name of the Activity	Celebration of World Health Day
Date	7 <sup>th</sup> April, 2021

Name of the Student: Nihar A. Rane

Class & Division : MSc II

Roll No : 419

Tick (✓) appropriate option

Sr. No.	Particulars	Extremely satisfied	Satisfied	Neutral	Not satisfied	Extremely Not satisfied
1	How would you rate the overall quality of the lecture and activities?	✓				
2	The lecture was delivered in a clear and engaging manner.		✓			
3	Activities during programme were useful for my health.			✓		
4	Lecture and activities were relevant to your interests or field of study.		✓			
5	I Would like to recommend this type of lectures and activities to my fellow friends in future.			✓		

Nane

Signature of the Student





Lt. AnaghaA.Padhye  
NCC/09310016  
AssociateNCCOfficer  
S.D.College,Palghar

8 Maharashtra Girls Bn,  
NCC, TN Medical College  
Hostel Building, Haji Ali  
Mumbai 34

15/06/18

### **NOTICE FOR NCC CADETS**

All NCC Cadets are hereby instructed that the meeting is arranged for the activity of International Yoga Day on 21/06/18 will be scheduled at Amlani student rest on 18/06/18 and your presence is required for the meeting. The event will take place at Yoga Centre Building at sharp 7am. All NCC cadets are expected to attend and participate in the activity planned for the day.

Please make sure to come in your full NCC uniform and bring all necessary equipment and supplies as instructed verbally. It is important that you arrive on time and be ready to participate in the activity of International Yoga Day that has been planned.

  
LT. ANAGHA PADHYE  
ASSOCIATE NCC OFFICER  
SONOPANT DANDEKAR COLLEGE  
NCC / 09310016

### **1. Title of the Activity/Event/Practice**

International Yoga Day to raise awareness about physical mental and spiritual health.

### **2. Objectives of the Practice**

- 1) to advocate for yoga as a comprehensive strategy for obtaining holistic health.
- 2) To increase understanding of yoga's positive effects on emotional, mental and physical health.
- 3) To inspire people to regularly practice yoga in order to have a healthy lifestyle and enhance their general quality of life.
- 4) To use the practice of yoga to foster harmony and peace between individuals from all nations, religions, and backgrounds.

### **3. The Context**

Every year on 21<sup>st</sup> June IYD is celebrated world wide by United Nations Organization to recognise the universal appeal of Yoga.

### **4. The Practice**

Sonopant Dandekar college NCC unit organised IYD every year on 21<sup>st</sup> June. NCC Cadets participated in IYD with zeal and enthusiasm. Cadets practised Asanas and pranayam under the guidance and supervision of trained yoga instructors Mr. Kashinath Patil and Mrs. Rajashree Patil and their staff from Ambika YogKutir. Practising Yogasanas prior to IYD made perfect demonstration of Cadets. After demonstration cadets get relaxation time. They are served with refreshments.

International Yoga day carried out as per the guidelines and instructions issued by 8 Mah Girls Bn. The whole activity conducted under the guidance ANOs Maj. B.K. Sakhare and Lt. Anagha Padhye.

### **5. Outcomes**

1. Improved understanding of the philosophical, cultural, and historical aspects of Yoga.
2. Promotion of the universal principles of Yoga, including non-violence, truthfulness, self-discipline, and compassion.







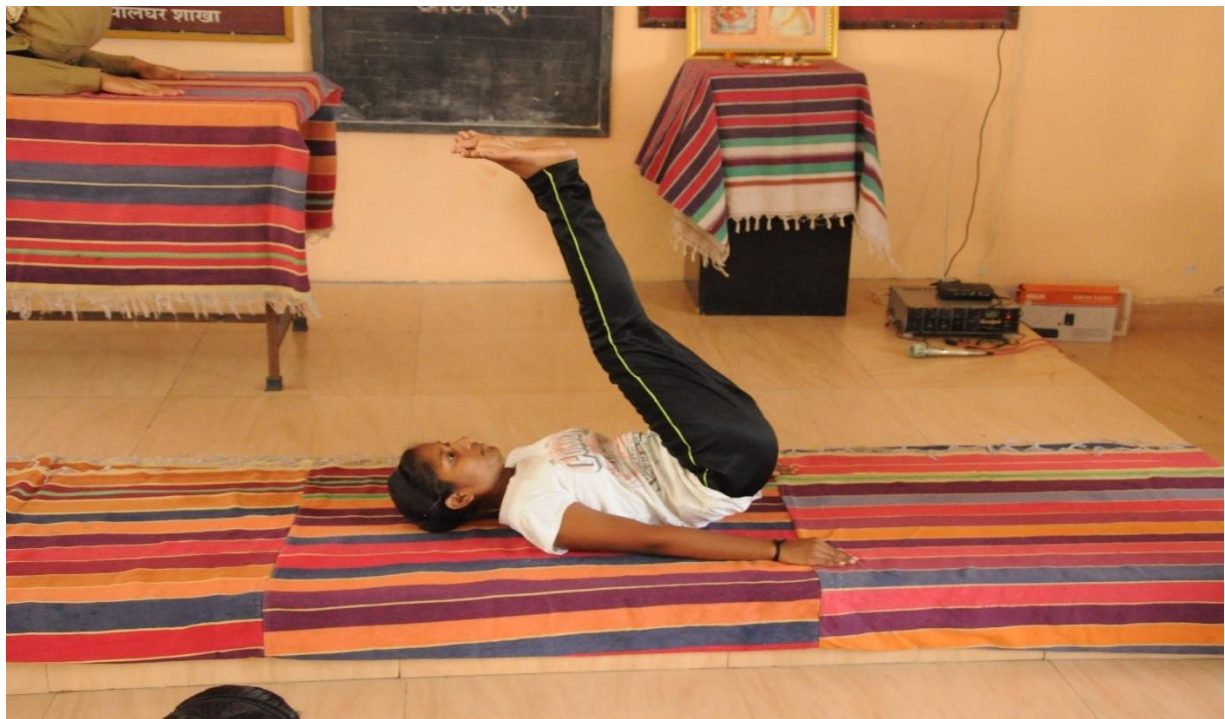












## LIST OF CADETS

1.	SUO Varsha hawale
2.	JUO Akshata Jadhav
3.	JUO Manali Thakur
4.	CQMS Manisha Bhusara
5.	JUO Richa Sankhe
6.	CSM Rupali Dhotre
7.	CSM Payal more
8.	CDT Varsha Bhavar
9.	DT Gaytri U kushalkar
10.	CDT Rohini R. Urode
11.	CDT Pratiksha Sardar
12.	CDT Vaishali M.Sutar
13.	CDT Sonal Govare
14.	CDT Prachi K. Raut
15.	CDT Mayuri A. Dhodi
16.	CPL Pooja Bansode
17.	SGT Tanvi A. Patil.
18.	CDT Vijal P. Lakhara
19.	CDT Taniya Shaikh
20.	LCPL Ruksana Khan
21.	SGT Sayali V. Dalvi
22.	CDT Nisha Gupta
23.	CDT SnehalSambare
24.	LCPL Laxmi Goud
25.	CDT Soni R. Saroj
26.	CDT Mamta Kharwar
27.	CDT Janhvi Tare
28.	CDT Mansi Raut
29.	CDT Rinki Mohanti
30.	CDT Devika Chaudhari
31.	CDT Fiza Bhimani
32.	CDT Ritika Dhodi
33.	CDT Suman Yadav
34.	CDT HimaliVadhan
35.	CDT Nimisha Kailuke

2018-19  
International YOUNG DAY.

[21-06-2018]

No.	Names of Cadets	Signature.
1.	Suo. Varsha Howale.	<u>Varsha</u>
2.	JUO. Akshata Jadhav.	<u>Akshata</u>
3.	JUO. Monali Thakur.	<u>MThakur</u>
4.	COMS. Manisha Bhusare.	<u>manishab</u>
5.	JUO. Richa Bantke.	<u>Richa</u>
6.	CSM. Rupali Dhotre.	<u>Rupali</u>
7.	CSM. Pooja More.	<u>Pooja</u>
8.	CDT. Varsha Bhavor.	<u>Varsha</u>
9.	CDT. Gayatri Khushalkar.	<u>Gayatri</u>
10.	CDT. Rohini Vrode.	<u>Rohini</u>
11.	CDT. Pratiksha Bansode.	<u>Pratiksha</u>
12.	CDT. Vaishali Sutar.	<u>Vaishali</u>
13.	CDT. Sonal Govare.	<u>Sonal</u>
14.	CDT. Prachi Raut.	<u>Prachi</u>
15.	CDT. Mayuri Dhodi.	<u>Mayuri</u>
16.	CPL. Pooja Bansode.	<u>Pooja</u>
17.	SGT. Tanvi Patil.	<u>Patil</u>
18.	CDT. Tanija Shaikh.	<u>Tanija</u>
19.	CDT. Vijal Lakhora.	<u>Vijal</u>
20.	LCPL. Rutisana Khan.	<u>Rutisana</u>
21.	SGT. Sayali Palvi.	<u>Sayali</u>
22.	CDT. Nisha Gupta.	<u>Nisha</u>
23.	CDT. Snehal Sambre.	<u>Snehal</u>
24.	LCPL. Laxmi Goud.	<u>Laxmi</u>



Sr. No

Names of cadets

Sr. No	Names of cadets	Sign
25.	CDT. Soni Sanjay.	Soni
26.	CDT. Mamta Khaswar.	Mkhawar
27.	CDT. Janhvi Tare.	Janhvi
28.	CDT. Mansi Raut.	M Raut
29.	CDT. Rinki Mohanti.	Rinki.
30.	CDT. Devika Chaudhary.	Devika.
31.	CDT. Fiza Bhimani.	Bhimani
32.	CDT. Ritika Dhodi.	R. Dhodi
33.	CDT. Somar Yadav.	Syadav
34.	CDT. Himali Vadhan.	HV
35.	CDT. Nimisha Kailuke.	Nkailuke.





**Sonopant Dandekar Shikshan Mandali's**  
**SONOPANT DANDEKAR ARTS, V. S.APTE COMMERCE AND**  
**M.H.MEHTA SCIENCE COLLEGE, PALGHAR**  
Tal. Palghar, Dist. Palghar (401404)

To  
The Principal,  
Sonopant Dandekar College,  
Palghar  
Dt. 14/06/2022

Sub: Requesting Permission for Yoga Day celebrations on June 21, 2022

The NSS Unit of our college is proposing to celebrate International Yoga Day on June 21, 2022. Ambika Yoga Center in Palghar will be conducting the workshop on Yoga for NSS students on that day. We request you to kindly grant permission for the same.

Thank you.★

Yours Sincerely,

Program Officer





**Sonopant Dandekar Shikshan Mandali's**  
SONOPANT DANDEKAR ARTS, V. S.APTE COMMERCE AND  
M.H.MEHTA SCIENCE COLLEGE, PALGHAR  
Tal. Palghar, Dist. Palghar (401404)

**Date: 14/06/2022**

## **NOTICE**

### **INTERNATIONAL YOGA DAY CELEBRATION**

We are celebrating the "International Yoga Day" on 21<sup>st</sup> June 2022, on this occasion a Yoga Training Session is organized in Ambika Yog Centre at 10.00 AM.

All the NSS volunteers are requested to wear jogging track and NSS T-shirt.

**NOTE: Attendance is mandatory for all NSS volunteers.**

**NSS Program Officers**

**Principal  
Dr. Kiran J. Save**



**Sonopant Dandekar Shikshan Mandali's**  
**SONOPANT DANDEKAR ARTS, V. S.APTE COMMERCE AND**  
**M.H.MEHTA SCIENCE COLLEGE, PALGHAR**  
Tal. Palghar, Dist. Palghar (401404)

## **GLIMPSES OF THE EVENT**



INTERNATIONAL SERVICE SCHEME





**Sonopant Dandekar Shikshan Mandali's**  
**SONOPANT DANDEKAR ARTS, V. S.APTE COMMERCE AND**  
**M.H.MEHTA SCIENCE COLLEGE, PALGHAR**  
Tal. Palghar, Dist. Palghar (401404)



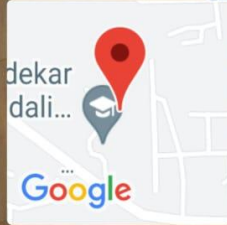




**Sonopant Dandekar Shikshan Mandali's**  
**SONOPANT DANDEKAR ARTS, V. S.APTE COMMERCE AND**  
**M.H.MEHTA SCIENCE COLLEGE, PALGHAR**  
Tal. Palghar, Dist. Palghar (401404)



GPS Map Camera



**Palghar, Maharashtra, India**

PQ65+MXW, Mission Compound, Banjar para, Boisar, Palghar,  
Maharashtra 401404, India

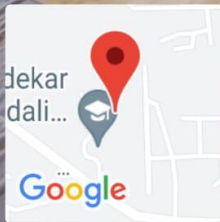
Lat 19.711713°

Long 72.759936°

21/06/22 08:41 AM



GPS Map Camera



**Palghar, Maharashtra, India**

PQ65+MXW, Mission Compound, Banjar para, Boisar, Palghar,  
Maharashtra 401404, India

Lat 19.711758°

Long 72.759958°

21/06/22 08:57 AM



**Sonopant Dandekar Shikshan Mandali's**  
**SONOPANT DANDEKAR ARTS, V. S. APTE COMMERCE AND**  
**M.H. MEHTA SCIENCE COLLEGE, PALGHAR**  
Tal. Palghar, Dist. Palghar (401404)

**UNIVERSITY CIRCULAR**

UNIVERSITY OF MUMBAI  
NATIONAL SERVICE SCHEME



Web site- [www.nssmu.org](http://www.nssmu.org)  
Tel.- 2287 3696  
Vidyapeeth Vidyarthi Bhavan,  
2<sup>nd</sup> Floor, 'B' Road, Churchgate,  
Mumbai – 400 020.

No. NSS/ECD/2022-23/11  
Date : 07/04/2022.

To,  
The Principal,  
Colleges affiliated to University of Mumbai having NSS Unit/s.

Ref:- letter received from Association of Indian Universities, New Delhi- AIU/SGO/2022 dated 30<sup>th</sup> March 2022.

Dear Sir / Madam,

With reference to above, I am pleased to share with you that Association of Indian Universities (AIU) has partnered again with the eminent Yoga organizations and experts for **100 day – Yoga for Unity and Well Being 2022** event being organised globally from **20 March to 22 Jun 2022**. The event is also promoted by the Ministry of Ayush, Government of India. The event is aimed to connect Mind, Body and Soul through Yoga practices and bring in happiness and wellbeing among participants.

In the year 2021 also, AIU had partnered with the Yoga for Unity and Well-Being event that had touched over 21.7 million participants in 159 countries and 12 languages (involving over 78 Yoga Faculty and 1375 institutions) and there was overwhelming and active participation from the member universities.

The event is organised at global level and the participants shall be able to enrol for free on the link [www.yoga4unity.com](http://www.yoga4unity.com) in one or more of the 5 course viz Master Classes, Yoga 4 beginners, Yoga 4 Seniors, Yoga 4 Yoga Teachers, Yoga 4 kids absolutely free. The session in the courses shall be conducted by renowned personalities like Swami Ramdev, Paranjali, Shri. Kamlesh D. Patel (Daaji), Heartfulness, Dr Chinmay Pandya, Saraswati Vasudevsn, Subodh Tiwari, Dr. Vijay Kumar etc. **The last date of registration is 15<sup>th</sup> April, 2022.**

As mentioned in above reference letter, the participants who register till **15<sup>th</sup> April, 2022** shall receive a Certificate of Participation after 21 June, 2022.

I request you to appeal the NSS Volunteers, Students, Faculty, Staff of your College and encourage their participation in the above even get maximum benefit from the event.

With warm regards,

Yours Sincerely,



**Sonopant Dandekar Shikshan Mandali's**  
SONOPANT DANDEKAR ARTS, V. S.APTE COMMERCE AND  
M.H.MEHTA SCIENCE COLLEGE, PALGHAR  
Tal. Palghar, Dist. Palghar (401404)

## **REPORT**

### **International Yoga Day**

International Yoga Day by NSS Department at Sonopant Dandekar College on 21st June 2022 Ambika Yoga Center demonstrated and gave training of yoga to NSS students. For this programme NSS Programme Officers and Volunteers were present.








Lt. AnaghaA.Padhye  
NCC/09310016  
AssociateNCCOfficer  
S.D.College,Palghar

8 Maharashtra Girl Bn  
NCC, TN Medical College  
Hostel Building, Haji Ali  
Mumbai 34

16/06/20

### **NOTICE FOR NCC CADETS**

All NCC Cadets are hereby instructed that this year due to Covid-19 Pandemic, International Yoga Day will be celebrated online on digital platform. Due to the ongoing COVID-19 pandemic, it is not feasible to conduct a physical event. Therefore, as communicated by Battalion, all NCC cadets are to participate in the online celebration from the safety of their homes. Sharp 7am, cadets will have to start yogasanas and take a picture and video of the same. To participate, please ensure that you have a stable internet connection and a device that can connect to the platform. For further queries contact me on my mobile and whats app.

  
LT. ANAGHA PADHYE  
ASSOCIATE NCC OFFICER  
SONOPANT DANDEKAR COLLEGE  
NCC / 09310016



## **1. Title of the Activity/Event/Practice**

International Yoga Day to raise awareness about physical mental and spiritual health.

## **2. Objectives of the Practice**

- To advocate for yoga as a comprehensive strategy for obtaining holistic health.
- To increase understanding of yoga's positive effects on emotional, mental, and physical health.
- To inspire people to regularly practice yoga in order to have a healthy lifestyle and enhance their general quality of life.
- Practicing yoga is essential to foster harmony and peace between mind and body.

## **3. The Context**

Every year on 21<sup>st</sup> June IYD is celebrated worldwide by United Nations Organization to recognize the universal appeal of Yoga.

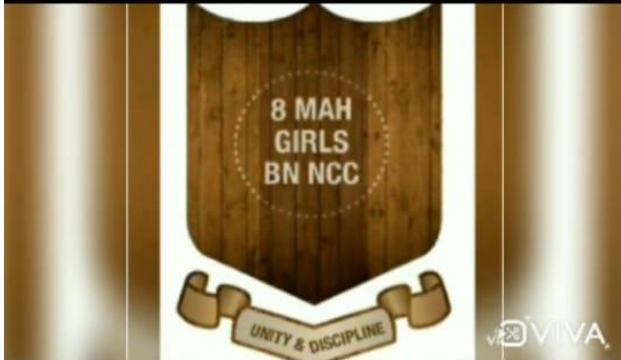
## **4. The Practice**

Due to Covid-19 Pandemic, International Yoga Day was celebrated online on digital platform. Due to the ongoing COVID-19 pandemic, it was not feasible to conduct a physical event. Therefore, as communicated by Battalion, all NCC cadets participated in online celebration from the safety of their homes. At sharp 7am, cadets started yoga asanas and took a picture and video of the same. Cadets practiced asanas and pranayama at their home eight days prior to International Yoga Day.

## **5. The Outcomes**

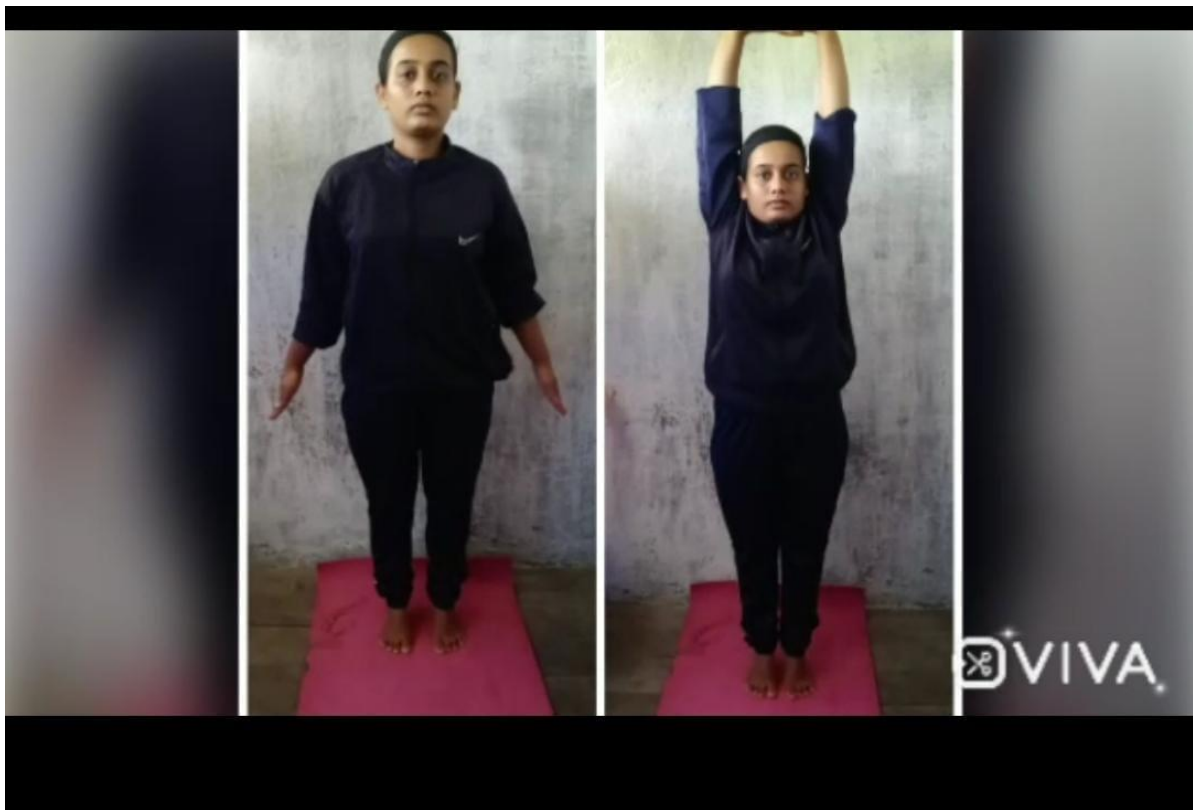
- To increase participation in yoga-related activities and events, which helps to promote the practice of yoga on a global scale.
- To increase awareness of the benefits of practicing yoga regularly, such as stress reduction, improved flexibility, and overall physical and mental well-being especially in pandemics.

12:55



12:54









### **LIST OF CADETS PARTICIPATED**

<b>SR. No.</b>	<b>Cadet name</b>	<b>SR. No.</b>	<b>Cadet name</b>
1	SUO Fiza Bhimani	17	Cdt Pallavi Singh
2	CSM Anuja Masare	18	Cdt yuga Churi
3	JUO Nidhi Patil	19	Cdt Prachi Lade
4	JUO Rajas Mandhare	20	Cdt Kajal Singh
5	Cdt Manasi Gharat	21	Cdt Sonali Parab
6	Cdt Akansha Patil	22	Cdt Jyoti Tiwari
7	Sgt Shristy Tiwari	23	Cdt Rima Gupta
8	Sgt Sree Lakshmi Rajan	24	CdtSrushti Raut
9	Cdt Upasana Pal	25	Cdt Mariyam Khan
10	Cdt Priya Magar	26	Cdt Shweta Pathak
11	Cdt Varsha Singh	27	CdtSanikaMandhare
12	Cdt Esha Pawade	28	Cdt Siddhi raut
13	Cdt Aishwarya Mothe	29	Cdt Mamata Chauhan
14	CdtNirma Parmar	30	Cdt Pragati bhoir
15	Cdt Anshu Gupta	31	CdtAkshataDhodi
16	Cdt Tanuja Naik	32	Cdt Swati Patil



Sonopant Dandekar Shikshan Mandali's

**SONOPANT DANDEKAR ARTS, V.S. APTE COMMERCE AND  
M.H. MEHTA SCIENCE COLLEGE, PALGHAR**

Palghar, Dist – Palghar, Pin – 401 404, E – Mail: sdscollege@yahoo.com

**Department of Management Studies  
Management Wale**

**PROPOSAL**

Date : 24<sup>th</sup> January, 2019

To,  
The Principal  
Dr. Kiran Save  
Sonopant Dandekar Arts, V.S. Apte Commerce and  
M.H. Mehta Science College,  
Palghar.

**Subject : Proposal for Organizing Guest Lecture on Social Enterprises**

**Name of the Programme :** Guest Lecture on Social Enterprises

**Organizer :** Department of BMS (Management Studies)

**Proposed Day & Dates –** Thursday, 31<sup>st</sup> January, 2019

**Objectives –**

- To introduce students to the concept of social enterprises
- To highlight the role of social enterprises in sustainable development
- To inspire students to consider social entrepreneurship
- To provide students with examples of successful social enterprises

**Speaker of the Programme :** Ms. Usha Menon

**Proposed Venue :** BMS Building, Ganesh Nilkantha Dandekar Hall (BMS Seminar Hall).

*S.S. Mishra*

Proposed By  
**Prof. Shreya Mishra**  
Head,  
Management Studies





Sonopant Dandekar Shikshan Mandali's

**SONOPANT DANDEKAR ARTS, V.S. APTE COMMERCE AND  
M.H. MEHTA SCIENCE COLLEGE, PALGHAR**

Palghar, Dist – Palghar, Pin – 401 404, E – Mail: sdscollege@yahoo.com

Date: 25/01/2019

To,

Ms. Usha Menon,

UMC,

Singapore

**Sub.: Invitation as a Guest Speaker for Guest Lecture on “Social Enterprises”**

Respected Madam,

We are extremely happy to invite you as a **Guest Speaker** on “**Social Enterprises**” for our UG & PG students on 25<sup>th</sup> January 2019 at 11.00 a.m.

Through your expertise and guidance students will gain the skills and knowledge with regard to social enterprise and secure support for their academic as well as career pursuits.

Prof. Mahesh Deshmukh, IQAC Convener will coordinate with you regarding the guest lecture.

Thanking you very much in anticipation.

Yours Faithfully,

**(Dr. Kiran J. Save)**

Principal

PRINCIPAL  
Sonopant Dandekar Arts College,  
V.S. Apte Commerce College &  
M.H. Mehta Science College  
PALGHAR (W.R.)  
Dist. Palghar, Pin-401404



Sonopant Dandekar Shikshan Mandali's

**S**ONOPANT DANDEKAR ARTS, V.S. APTE COMMERCE AND  
**M.H. MEHTA SCIENCE COLLEGE, PALGHAR**

PALGHAR – Palghar, Pin – 401 404, E – Mail: sdscollege@yahoo.com

**Department of Management Studies**  
**Management Wale Association**

**NOTICE**

**30<sup>th</sup> January, 2019**

All the students of BMS and BAF are hereby informed that we are organizing  
“Guest Lecture on Social Enterprises” on **31<sup>th</sup> January, 2019** at **BMS Seminar  
Hall at 11 am.**

It is Compulsory for students to attend this seminar.

In Case of any queries you may contact Head of the Department.

*S.S. Mishra*

**Prof. Shreya Mishra**  
Head of Department  
BMS, BAF & M.Com



Sonopant Dandekar Shikshan Mandali's

**S** **IT DANDEKAR ARTS, V.S. APTE COMMERCE AND**  
**.H. MEHTA SCIENCE COLLEGE, PALGHAR**

P – Palghar, Pin – 401 404, E – Mail: sdscollege@yahoo.com

Guest Lecture on Social Enterprise

Date: 31<sup>st</sup> January, 2019

Speaker: Usha Menon

Sr.No.	Roll.No.	Name of the Student	Class	Sign
1	21016	TOSHI BHARAT MOHAN	TY. BAT	
2	97066	Shikha Satish Mishra	SY BMS	
3	97064	Kiran Saini	SY BMS	
4	97029	Vandana Yadav	S.Y. BMS	
5	97065	Sulochana S. Rathod	S.Y. BMS	
6	97078	Khyati B. Chaphekar	S.Y. BMS	
7	96024	Rayan Shaikh	F.Y. BMS	
8	96017	Murlidhar Purohit	F.Y. BMS	
9	96070	Mohun M. Prajapati	F.Y. BMS	
10	96077	Pratik B. Chaudhari	F.Y. BMS	
11	96101	Chintan P. Bhogayta	F.Y. BMS	
12	97079	Fazruddin Khair	S.Y. BMS	
13	96066	Ruchit M. Mali	F.Y. BMS	
14	97071	Kisan Chawariya	S.Y. BMS	
15	97069	Ashish Rajapati	S.Y. BMS	
16	97013	Anurag Sawant	SY BMS	
17)	97018	ROHAN A. SHEWALE	SY BMS	
18)	97081	Shajish C. Bulsule	S.Y. BMS	
19)	96115	Akshata P. Patil	F.Y. BMS	
20)	96091	Shivani U. Duley	F.Y. BMS	
21)	96125	Sulman Ansari	F.Y. BMS	
22)	96086	Arun Prasanna	F.Y. BMS	
23)	96088	Chetan Gopal	F.Y. BMS	
24)	96111	Manasvi Save	F.Y. BMS	
25)	96087	Singh Nitish Suchit	F.Y. BMS	
26)	96031	Dubey Praopati	F.Y. BMS	
27)	96105	Surat Jaiswal	F.Y. BMS	
28)	96018	Suman Singh	F.Y. BMS	
29)	96007	Sonia M. Bari	F.Y. BMS	
30)	96079	Kiran M. Shah	F.Y. BMS	
31)	96042	Talibum Shaikh	F.Y. BMS	
32)	96076	Ashish Thakur	F.Y. BMS	
33)	96005	Rishi Sankar	F.Y. BMS	
34)	96084	Deepak Jain	F.Y. BMS	



Guest Lecture on Social Enterprise

Date: 31<sup>st</sup> January, 2019

Speaker: Usha Menon

Sr.No.	Roll.No.	Name of the Student	Class	Sign
1	96015	Chanchal R. sanghavi	F.Y. B.M.S	<i>[Signature]</i>
2	96016	Khushboo Jain	F.Y.B.M.S	<i>[Signature]</i>
3	96013	Chetan Patil	F.Y.B.M.S	<i>[Signature]</i>
4	96049	Yash Nikkam	F.Y.B.M.S	<i>[Signature]</i>
5	96053	Shruti Shetty	F.Y. BMS	<i>[Signature]</i>
6	96114	Riya Shukla	F.Y. BMS	<i>[Signature]</i>
7	97034	Aditi Dubey	S.Y. BMS	<i>[Signature]</i>
8	97072	Anjali Dayma	S.Y. BMS	<i>[Signature]</i>
9	98002	KINJAL SHAH	TY BMS	<i>[Signature]</i>
10	96071	DISHA LAKHYANI	F.Y. BMS	<i>[Signature]</i>
11	97061	Mahek Lakhyani	S.Y. BMS	<i>[Signature]</i>
12	97062	Ragini Singh	S.Y. BMS	<i>[Signature]</i>
13	96106	Rohit Singh Rajput	F.T. BMS	<i>[Signature]</i>
14	46097	Tanaz Bawaria	F.Y. BMS	<i>[Signature]</i>
15	96095	Sakshi Agrawal	F.Y. BMS	<i>[Signature]</i>
16	97001	Sanobar Ansari	S.Y. BMS	<i>[Signature]</i>
17	97002	Lawanya Sonar	S.Y. BMS	<i>[Signature]</i>
18	96109	Aulim Shaikh	F.Y. BMS	<i>[Signature]</i>
19	96055	Haritika Patil	F.Y. BMS	<i>[Signature]</i>
20	96056	Prajwali More	F.Y. BMS	<i>[Signature]</i>
21	21011	Tejal D. More	T.Y. BAF	<i>[Signature]</i>
22	96121	Deekshita Shetty	F.Y. BMS	<i>[Signature]</i>
23	96011	Muzam koke	F.Y. BMS	<i>[Signature]</i>
24	96004	Arati Pal	F.Y. BMS	<i>[Signature]</i>
25	96069	<del>Arati Patil</del>	F.Y. BMS	
26	96043	Sachin Chauhan	F.Y. BMS	<i>[Signature]</i>
27	96035	Jyoti Pareek	F.Y. BMS	<i>[Signature]</i>
28	96069	Omprakash Manna	F.Y. BMS	<i>[Signature]</i>
29	96059	Sonal Thakur	F.Y. BMS	<i>[Signature]</i>
30	96032	Ankita S. Singh	F.Y. BMS	<i>[Signature]</i>
31	97044	Saili Dixit	S.Y. BMS	<i>[Signature]</i>
32	97040	Hrudika Mainale	S.Y. BMS	<i>[Signature]</i>
33	97041	Manasi Patil	S.Y. BMS	<i>[Signature]</i>
34	97022	Shubham Shinde	F.Y. BMS	<i>[Signature]</i>
35	97012	Parag Kadam	F.Y. BMS	<i>[Signature]</i>
36	97001	Rishikesh Apradh.	F.Y. BMS	<i>[Signature]</i>
37	96064	Marshavardhan Bhoate	—	<i>[Signature]</i>
38	96019	Syeet-R. Prasad	—	<i>[Signature]</i>
39	96030	Pravin B Jadhav	F.Y. BMS	<i>[Signature]</i>
40	96094	Alka R. Mavrya	F.Y. BMS	<i>[Signature]</i>
41				





Sonopant Dandekar Shikshan Mandali's

**S** **ONOPANT DANDEKAR ARTS, V.S. APTE COMMERCE AND**  
**M.H. MEHTA SCIENCE COLLEGE, PALGHAR**

**P** – Palghar, Pin – 401 404, E – Mail: sdscollege@yahoo.com

31/01/2019

To,

Ms. Usha Menon

UMC,

Singapore

**Subject: Letter of Appreciation**

Respected Sir,

Thank you very much for delivering an informative & thought-provoking session as Guest Speaker on “**Social Enterprises**” for the students of UG & PG of our institute held on **31<sup>st</sup> January, 2019**.

The presentation was truly exceptional, engaging and broadening the students' horizons.

Looking forward to such insightful lectures for our students in the future as well.

Thank you for your expertise and knowledge sharing.

Yours faithfully,

*MDeshmukh*

**(Prof. Mahesh Deshmukh)**  
IQAC Convener

*K. Save*

**(Dr. Kiran J. Save)**  
Principal  
**PRINCIPAL**  
Sonopant Dandekar Arts College,  
V.S. Apte Commerce College &  
M.H. Mehta Science College  
PALGHAR (W.R.)  
Dist. Palghar, Pin-401404





Sonopant Dandekar Shikshan Mandali's

**SONOPANT DANDEKAR ARTS, V.S. APTE COMMERCE AND  
S.D.H. MEHTA SCIENCE COLLEGE, PALGHAR**

Palghar, Pin – 401 404, E – Mail: sdscollege@yahoo.com

## **Department of Management Studies Management Wale Association**

### **EVENT REPORT**

Name of the Event – Guest Lecture on Social Enterprises

Date – 31<sup>st</sup> January 2019

Time – 11.00 a.m. to 1.00 p.m.

No. of Students Participated – 96

About the Event – The Department of Management Studies, Sonopant Dandekar College, Palghar had organized a Guest Lecture on Social Enterprises for BMS & BAF students.

The session was conducted by Ms. Usha Menon – UMC, Singapore who guided the participants regarding social enterprises and sustainable development.

Event Objectives –

- To introduce students to the concept of social enterprises
- To highlight the role of social enterprises in sustainable development
- To inspire students to consider social entrepreneurship
- To provide students with examples of successful social enterprises

Learning Outcome –

1. The guest lecture helped students to learn about the concept of social enterprises.
2. The students were able to understand sustainable development
3. The students were able to consider social entrepreneurship
4. The students were offered examples of successful social enterprises.



Lt. AnaghaA.Padhye  
NCC/09310016  
Associate NCC Officer  
S.D.College,Palghar

8 Maharashtra Girl Bn  
NCC, TN Medical College  
Hostel Building, Haji Ali  
Mumbai 34

16/06/22

### **NOTICE FOR NCC CADETS**

All NCC Cadets are hereby instructed that the meeting is arranged for the activity of International Yoga Day on 21/06/22 will be scheduled at Amlani student rest on 18/06/22 and your presence is required for the meeting. The event will take place at Yoga Centre Building at sharp 7am. All NCC cadets are expected to attend and participate in the activity planned for the day. Please make sure to come in your full NCC uniform and bring all necessary equipment and supplies as instructed verbally. It is important that you arrive on time and be ready to participate in the activity of International Yoga Day that has been planned.



CAPT. ANAGHA PADHYE  
ASSOCIATE NCC OFFICER  
SONOPANT DANDEKAR COLLEGE  
NCC / 09310016

## **1. Title of the Activity/Event/Practice**

International Yoga Day to raise awareness about physical mental and spiritual health.

## **2. Objectives of the Practice**

- To advocate for yoga as a comprehensive strategy for obtaining holistic health.
- To increase understanding of yoga's positive effects on emotional, mental and physical health.
- To inspire people to regularly practise yoga in order to have a healthy lifestyle and enhance their general quality of life.
- To use the practise of yoga to foster harmony and peace between individuals from all nations, religions, and backgrounds.
- To manage the protocol duties during the event. They can help in receiving the guests, guiding them to their designated areas, and ensuring their comfort.
- 

## **3. The Context**

Every year on 21<sup>st</sup> June IYD is celebrated world wide by United Nations Organization to recognise the universal appeal of Yoga.

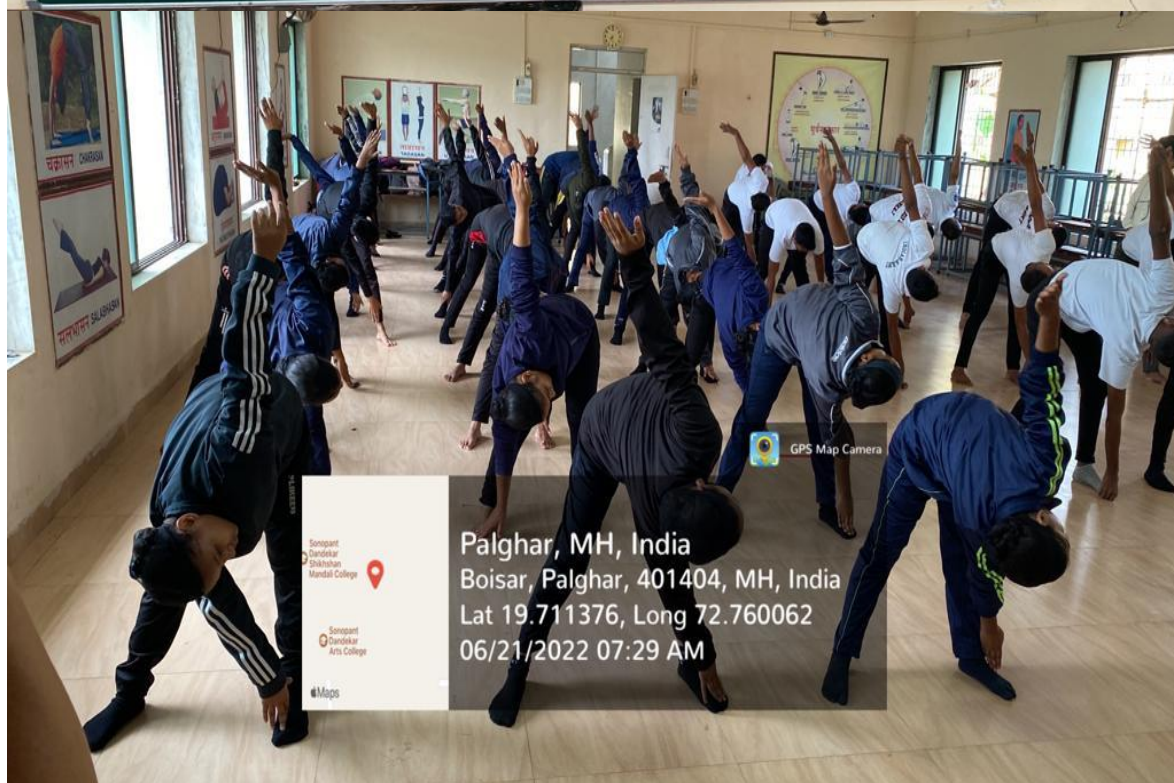
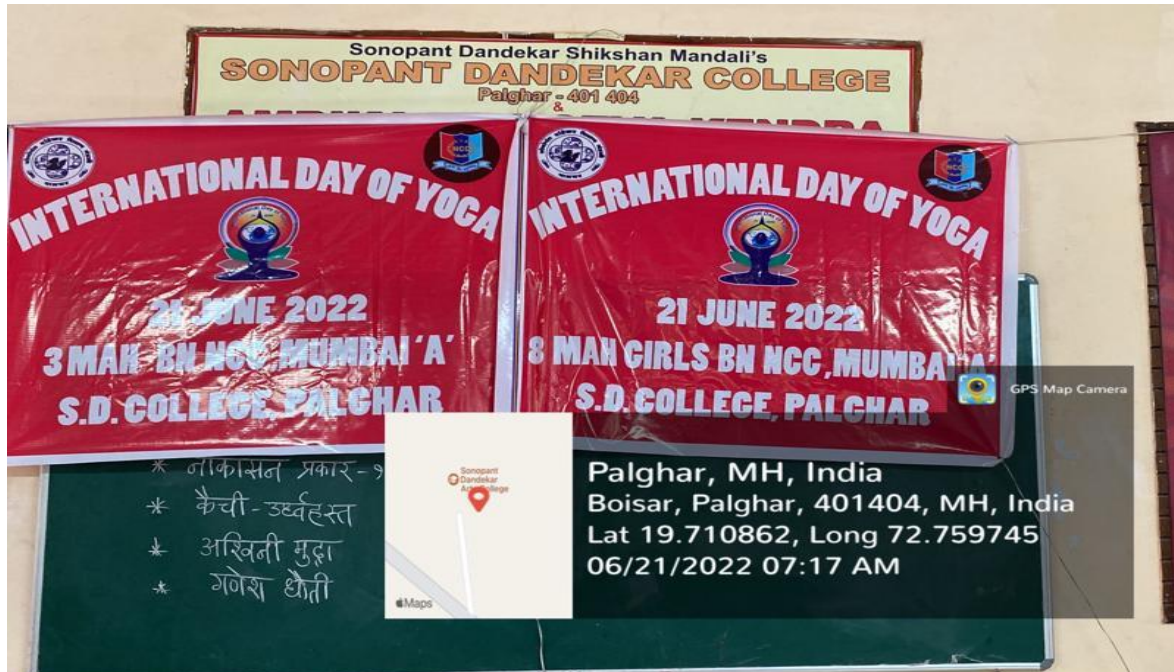
## **4. The Practice**

Sonopant Dandekar college NCC unit organised IYD every year on 21<sup>st</sup> June. NCC Cadets participated in IYD with zeal and enthusiasm. Cadets practised Asanas and pranayam under the guidance and supervision of trained yoga instructors Mr. Kashinath Patil and Mrs. Rajashree Patil and their staff from Ambika Yog Kutir. Practising Yogasanas prior to IYD made perfect demonstration of Cadets. After demonstration cadets get relaxation time. They are served with refreshments. International Yoga day carried out as per the guidelines and instructions issued by 8 Mah Girls Bn. The whole activity conducted under the guidance ANOs Maj. B.K. Sakhare and Lt. Anagha Padhye.

## **5. Outcomes**



- Improved understanding of the philosophical, cultural, and historical aspects of Yoga.
- Promotion of the universal principles of Yoga, including non-violence, truthfulness, self-discipline, and compassion.







Palghar, MH, India  
Boisar, Palghar, 401404, MH, India  
Lat 19.711872, Long 72.760035  
06/21/2022 08:07 AM

Sonopant  
Dandekar  
Dhishukan  
Mandali College

GPS Map Camera

Apple Maps



Palghar, MH, India  
Boisar, Palghar, 401404, MH, India  
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06/21/2022 07:32 AM

Sonopant  
Dandekar  
Dhishukan  
Mandali College

GPS Map Camera

Apple Maps

**LIST OF CADETS**  
**INTERNATIONAL YOGA DAY**

<b>SR.NO</b>	<b>CADETS NAME</b>
1.	Suo sreelakshmi rajan
2.	Juo shristy manoj tiwari
3.	AkankshaAmrut patil
4.	Juo priya magar
5.	Nirma parmar
6.	CQMS esha prakash patil
7.	Csm manasi gharat
8.	LCPLYuga AnilChuri
9.	CDTSrushtiKalpeshRaut
10.	CDTMariyamNaseemKhan
11.	CDTShwetaPramod Pathak
12.	CdtSanikaAshok Mandhare
13.	CDTMamata RamdarshChauhan
14.	CDTSiddhi Rajesh Raut
15.	CDTPragatiSantoshBhoir
16.	CDTAnshuNarshing Gupta
17.	CDTAkshataSureshDhodi
18.	CDTPrachiJaywantLade
19.	CDTKajal Mahesh Singh
20.	CDTTanujaLaxmanNaik
21.	CDTSonaliJaywantParab



22.	CDTAhlaamSarjil Shaikh
23.	CDTAratiRajendraYadav
24.	CDTAshuManoj Kanojiya
25.	CDTBhargaviRaisinghPadhiyar
26.	CDTJanhaviGurudevJaiswal
27.	CDTPooja Pradip
28.	CDTPoonamSantoshBaraskar
29.	CDTPriyankaIndarMaurya
30.	CDTRitika Rohit Prasad
31.	CDTSejal Hariram Pal
32.	CDTShraddhaVaibhav
33.	CDTSudhaShivshankarSharma
34.	CDTTulsiRajendraChaurasiya



**LIST OF CADETS  
INTERNATIONAL YOGA DAY**

SR.NO	CADETS NAME	SIGN.
1.	Suo sreelakshmi rajan	<i>Sreelakshmi</i>
2.	Juo shristy manoj tiwari	<i>Shristy</i>
3.	Akanksha Amrut patil	<i>Patil</i>
4.	Juo priya magar	<i>Magar</i>
5.	Nirma parmar	<i>Nirma</i>
6.	CQMS esha prakash patil	<i>Esha</i>
7.	Csm manasi gharat	<i>M.H. GHARAT</i>
8.	LCPLYuga AnilChuri	<i>Y.A Churi</i>
9.	CDTSrushtiKalpeshRaut	<i>S. Raut</i>
10.	CDTMariyamNaseemKhan	<i>Mariam</i>
11.	CDTShwetaPramod Pathak	<i>Pathak</i>
12.	CdtSanikaAshok Mandhare	<i>A</i>
13.	CDTMamata RamdarshChauhan	<i>Mamata</i>
14.	CDTSiddhi Rajesh Raut	<i>S. Raut</i>
15.	CDTPragatiSantoshBhoir	<i>P. S. Bhoir</i>
16.	CDTAnshuNarshing Gupta	<i>Anshu</i>
17.	CDT Akshata Suresh Dhodi	<i>Dhodi</i>
18.	CDTPrachiJaywantLade	<i>Prachi</i>
19.	CDTKajal Mahesh Singh	<i>K. Singh</i>

20.	CDT Tanuja Laxman Naik	<u>Tanuja</u>
21.	CDT Sonali Jaywant Parab	<u>Sonali</u>
22.	CDT Ahlaam Sarjil Shaikh	<u>Ahlaam</u>
23.	CDT Arati Rajendra Yadav	<u>Arati</u>
24.	CDT Ashu Manoj Kanojiya	<u>Ashu</u>
25.	CDT Bhargavi Raisingh Padhiyar	<u>Bhargavi</u>
26.	CDT Janhavi Gurudev Jaiswal	<u>Janhavi</u>
27.	CDT Pooja Pradip	<u>Pooja</u>
28.	CDT Poonam Santosh Baraskar	<u>Poonam</u>
29.	CDT Priyanka Indar Maurya	<u>Priyanka</u>
30.	CDT Ritika Rohit Prasad	<u>Ritika</u>
31.	CDT Sejal Hariram Pal	<u>Sejal</u>
32.	CDT Shraddha Vaibhav	<u>Shraddha</u>
33.	CDT Sudha Shivshankar Sharma	<u>Sudha</u>
34.	CDT Tulsi Rajendra Chaurasiya	<u>Tulsi</u>



Sonopant Dandekar Shikshan Mandali's

**SONOPANT DANDEKAR ARTS, V.S. APTE COMMERCE AND  
M.H. MEHTA SCIENCE COLLEGE, PALGHAR**

Palghar, Dist. – Palghar, Pin – 401 404, E – Mail: sdscollege@yahoo.com

Date: 02/01/2019

To,  
The Principal  
Sonopant Dandekar College,  
Palghar.

**Subject: Regarding permission for Annual Practical Camp organized at Somayya  
Health Project – Dhundalwadi**

Respected Sir,

We propose to organize an annual education camp for 67 students of FYBA at Somayya Health Project in Dhundalwadi taluka Dahanu. Alongside, a comprehensive survey will be conducted in the surrounding rural villages including Patilpada, Khadakipada, Hadalpada, Toranipada, and Dhundalwadi by the R.D. Department in collaboration with S.D.SM. College. Dr. Telangi, Chief of Somayya Health Centre, will deliver a lecture highlighting the significance of rural health.

Rural development department organize a “A Residential camp was organized at Annual Practical Camp organized at Somayya Health Project – Dhundalwadi.” for all students enrolled for the year 2019-20 on 24/01/2019 to 25/01/2019.

Kindly permit us to conduct the program.

Thanking you,

Yours faithfully,

Dr. Kiran Patil

Head, Department of Rural  
Development





Sonopant Dandekar Shikshan Mandali's

**SONOPANT DANDEKAR ARTS, V.S. APTE COMMERCE AND  
M.H. MEHTA SCIENCE COLLEGE, PALGHAR**

Palghar, Dist. – Palghar, Pin – 401 404, E – Mail: sdscollege@yahoo.com

Date: 03/01/2019

**Rural Development  
NOTICE**

This is to inform all students enrolled in the subject of Rural Development that a Practical Residential Camp is scheduled to take place on January 24<sup>th</sup> and 25<sup>th</sup>, 2019, at Dhundalwadi Taluka Dahanu.

Details:

Date: January 24<sup>th</sup> and 25<sup>th</sup>, 2019

Location: Dhundalwadi Taluka Dahanu

All students are expected to make necessary arrangements to ensure their attendance at the camp. Your active participation is essential for the successful completion of the practical component of the course.

For any inquiries or further information, please contact the concerned department.

Thank you for your attention and cooperation.

Sincerely,

**Dr. Kiran Patil**

Head,

Department of Rural Development

**Dr. Kiran J. Save**

Principal

**Department of Rural Development**  
**Residential camp at Dhudalwadi, Dahanu**  
**(2018 – 2019)**

**Attendance Sheet**

Sr No	Roll No	Name of The Student	Gender	Signature
1	22	JADHAV NAJUKA DILIP	Female	NDJadhav
2	29	JADHAV PRATHMESH BALAWANT	Male	P.B.Sadhar
3	30	JADHAV DIPESH NAGESH	Male	D.Dadhav
4	31	LOKHANDE YASH DEEPAK	Male	Lokandeyy.
5	33	NIRMAL POOJA RAMLAKHAN	Female	PR.Nirmal
6	34	SINGH RAKHI YOGENDRA	Female	R.Y.Singh
7	37	VAZE ASTHA NITIN	Female	A.N.VAZE
8	39	CHANDRE JYOTI BHAGCHAND	Female	J.B.Chandre.
9	40	MANDHARE AYUSHI VIJAY	Female	A.Y.M.
10	46	TARANGE NILESH KESHAV	Male	N.K.T
11	50	BHOIR SWATI SHANKAR	Female	SBhoir
12	59	SHINGADE ASHWINI MOHAN	Female	ShingadeAm.
13	66	BARAD RITA TULSHIRAM	Female	RTBarad
14	73	AHIR SACHIN VINUS	Male	SVAhir
15	88	VEDGA APURV AMRUT	Male	AVedga
16	89	VAVARE PRATIK RAGHUNATH	Male	PR.VAVARE
17	96	BASWAT VIRU VIJAY	Male	Baswatvir
18	97	GHATAL UTTAM RAMU	Male	UGhatal
19	98	BHOIR ROHIT RAMESH	Male	RRBhoir
20	104	DALVI CHANDAN HOLYA	Male	DalviCh
21	110	BHAVAR ATUL VILAS	Male	ABhvar
22	114	GIRE ANIKET RAHUL	Male	AGire
23	115	PATIL NISHAD RAMAKANT	Male	NPatil

24	118	PATIL YADNYNESHWAR DATTATRAY	Male	DPatil
25	121	KASAT RAVINDRA VISHNU	Male	RKkasat
26	127	MORE AJAY BHAVESH	Male	MoreAB.
27	128	KHARATMOL DEEPAK PRABHAKAR	Male	D.P.K.
28	140	DEORE VAIBHAV VASANT	Male	WDeore
29	149	WANKHADE NAMRATA SANTOSH	Female	NWankhede
30	150	PATKAR VISHAL RAJESH.	Male	VPatkar
31	151	NAIR LAXMI KUMAR	Female	LKNair
32	152	KOM ANITA SUDAM	Female	AKom
33	153	GOND AASAVARI RAMESH	Female	A.R. Gond
34	154	ROKADE SUSHANT BALU	Male	SRokade
35	160	PATIL PRITIJA VITTHAL	Female	PPatil
36	163	BARAF MAHESH DEVRAM	Male	MDBaraf.
37	166	JADHAV KIRAN BHASKAR	Male	Bjadhav
38	171	TAMORE SAMIKSHA SHEKHAR	Female	Tamores
39	178	BULBULE VAISHNAVI VISHWAJEET	Female	WBulbule
40	179	VANGA MUKUL GANESH	Male	MVanga
41	189	RATHOD GOVIND KHIRU	Male	GRathod
42	190	RAUT SHARVARY CHANDRAKANT	Female	SRaut
43	198	SINGH DHIRAJKUMAR VIJAY	Male	DSingh
44	206	PATIL CHINMAY ARUN	Male	CPatil
45	207	MONDE PRADIP RAJU	Male	PRmode
46	228	KADU KUNDAN ANIL	Male	KAKadu.
47	229	PATIL MAYUR KISHOR	Male	MPatil
48	235	PATRE BHAVESH NAROTTAM	Male	PatelBab
49	236	PATIL MANALI DAULAT	Female	MDPatil
50	242	GAIKWAD RAHUL PANDHAINATH	Male	RPGaikwad
51	245	BHUTKADE GUNJAN RAMESH	Female	GRBhutakade



52	30002	GHADGE MEHUL HARISHCHANDRA	MALE	MHhadge
53	30003	SUKAD SHILPA PADMAKAR	FEMALE	SEP
54	30004	GHORKHANA KETAN JAYRAM	MALE	GKJ
55	30004	GORKHANA KETAN JAYRAM	FEMALE	KJ Gorichuna
56	30006	BACHHAV AKASH SHANTARAM	MALE	As.B.
57	30007	RAVATE RANI BABAN	FEMALE	RBRavate
58	30008	TUMBADA JAYESH JOSEPH	MALE	JJTumbada
59	30015	BHOIR VISHAL RAMESH	MALE	VBhair
60	30020	DHANVE HRUTIK. KIRAN	MALE	HDhanve
61	30023	SURANA JAYESH GANESH	MALE	JSurana
62	30024	BHURKUD UMESH RADHYA	MALE	UBhurskud
63	30025	BHONAR JIGANESH SANDESH	MALE	JBhonar
64	30027	HADAL VISHAL CHANDRAKANT	MALE	V.Hadal
65	30029	PARHAD MAHESH CHINTAMAN	MALE	M.C.P.
66	30030	KATELA SAGAR RAGHU	MALE	SKatela
67	30036	KAMDI PAVAN ANANT	MALE	PAKadlam



Dr. Kiran Patil

HOD, Rural Development



## DEPARTMENT OF RURAL DEVELOPMENT

### *Report on Annual Practical Camp at Somayya Health Project – Dhundalwadi*

**Date:** January 24<sup>th</sup> and 25<sup>th</sup>, 2019

**No. of Students Participated:** 67

#### **Objectives:**

- To provide students with practical exposure to rural development activities and healthcare initiatives.
- To facilitate a comprehensive survey of the surrounding rural villages to assess their health needs and challenges.

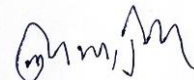
#### **Activities:**

Various educational sessions were conducted to enlighten students about rural development strategies, community engagement, and healthcare practices. Students participated in field visits to observe the ground realities of rural life and healthcare facilities. The Rural Development Department, in collaboration with S.D.SM. College, conducted a thorough survey in the villages of Patilpada, Khadakipada, Hadalpada, Toranipada, and Dhundalwadi. The survey focused on gathering data related to health needs, infrastructure, and community health practices. Lecture by Dr. Telangi, Chief of Somayya Health Centre, delivered a lecture emphasizing the significance of rural health and the role of community-based healthcare initiatives.

#### **Learning Outcomes:**

- The camp provided valuable practical insights into rural development and healthcare challenges.
- Students gained a deeper understanding of the importance of community engagement in addressing rural health issues.
- The survey conducted will serve as a foundational resource for identifying key health needs and formulating intervention strategies in the surveyed villages.

The Annual Practical Camp at Somayya Health Project – Dhundalwadi was a resounding success, achieving its objectives of providing practical exposure and conducting a comprehensive survey. The active participation of students and the collaboration between educational institutions and healthcare professionals contributed significantly to the success of the camp.



**Dr. Kiran Patil**  
Head, Department of  
Rural Development

# Glimpses of the Camp

## 1. Students conducting survey



## 2. Students conducting survey



# Blood Donation Camp



**Maj. B. K. Sakhare**  
NCC-45218  
Associate NCC Officer,  
S.D. College, Palghar.  
Mobile: 9665652975

3 Maharashtra Battalion,  
NCC Building, 3<sup>rd</sup> Floor,  
Old Secretariat Compound  
Mumbai - 32.

## NOTICE FOR THE NCC CADETS

All NCC cadets are hereby informed that the Blood Donation Camp is arranged on 01/08/2019 at Rural Hospital, Palghar by Maharashtra Blood Bank, Palghar. The blood donation camp will start at 10 a.m. at R.H Palghar. As we know that blood cannot be produced artificially, it is only us who can help each other with our precious blood. A drop of blood can save a life. Your avid participation is profoundly sought. Your presence is required for the meeting on 29/07/2019 at 9:00 am. All cadets are further instructed that they should come on time in proper uniform as guided.

A handwritten signature in blue ink, appearing to read 'B. K. Sakhare', is written above the typed name.

**Maj. B. K. Sakhare**  
NCC Officer  
SDCM College Palghar  
NCC/45218

The event will take place at S.D.S.M College. All NCC cadets are expected to attend and participate in the activity planned for the day. Please make sure to come in your full NCC uniform and bring all necessary equipment and supplies as instructed verbally. It is important that you arrive on time and be ready to participate in the activity of Blood Donation camp that has been planned

## **Blood Donation Camp**

### **Objectives of the practice**

- Motivate and maintain a permanent well-indexed record of voluntary blood donors.
- Educating the community on the beneficial aspects of blood donation and harmful effect of collecting blood from paid donors.
- Actively encourage voluntary blood donation and gradually eliminate professional blood donors.

### **The Context**

To wipe off the scarcity of blood and ensure availability of safe and quality blood and other blood components, round the clock and throughout the year. This will lead to alleviation of human sufferings, even to the far-flung remote areas in the country. Assist the various Organizations, Clubs, Colleges, Public & Private Institutions and the Public to conduct voluntary blood donation drives and arrange for motivational talks to enable progressively increase the number of voluntary non-remunerated blood donors every year.

### **The Practice**

S.D.S.M college extension services – NCC Successfully conducted the Blood Donation Camp. The NCC cadets successfully completed the drive and voluntarily donated blood with the assistance of Rural Hospital, Palghar. The Blood Collected was stored by the Maharashtra Blood bank.

### **Outcome:**



Around 25 cadets donated blood which is not only helpful for their body but also for the needy patients. Blood donation is a selfless act which was bravely performed by our NCC cadets. Successfully raised awareness in the society about the importance and health benefits of donating blood.



Participated cadets in blood donation camp



To,  
The Principal,  
Sonopant Dandekar College, Palghar

Sub: Participation in Blood Donation.

We would like to express our sincere gratitude to NCC cadets (Girls & Boys) who took part in and helped with blood donation drive conducted by Maharashtra Blood Bank, Palghar on behalf of the Rural Hospital Palghar on 1<sup>st</sup> August 2019.

Your passionate and selfless assistance was essential to the event's resounding success. Many priceless lives in our community have been saved thanks to your willingness to donate your time, energy, and blood. Your passion to this cause and commitment to yourself are absolutely admirable.

The flawless execution of the blood drive was made possible by your assistance and participation. More people coming forward to donate blood thanks in large part to your presence and support in raising awareness of its significance in society.

We want to thank you again for your kindness and generosity. We are happy to have young people like you who are so committed and caring in our neighbourhood. In our further endeavors, we really hope to continue to have your support.



Yours Sincerely,

A handwritten signature in blue ink, likely belonging to a representative of the Maharashtra Blood Bank.

**MAHARASHTRA BLOOD BANK**  
Component & Apheresis Centre  
C Wing, 107/207, Kuldeep Arcade,  
Near Nevaii Phatak, Palghar (W).  
Ph: (02525) 251102/253102

# CERTIFICATE COURSE IN GATEWAY TO HEALTH

Report 2020-2021

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# BROCHURE

OPEN EDUCATION™  
For a BETTER WORLD

## GATEWAY TO HEALTH

Essential Oral Hygiene and Habits  
for a Healthy Smile

### Gateway to Health

An activity based course for oral health awareness and its role in general health.

★★★★★ No grade

# GATEWAY TO HEALTH

## ABOUT THE COURSE

Oral health literacy is a vital determinant of oral health outcomes. Good oral health is essential for physical, social and personal well-being. The consequences of good oral health extend far more than the oral cavity because the mouth serves as an index and influencer of general health as well. The necessity of maintaining optimal oral health is often underestimated. This results in poor oral hygiene, compromised dental health and the adoption of deleterious habits, such as the use of different forms of tobacco. This in turn, leads to altered form and function of the oral structures. While dental caries, gingivitis, periodontitis and oral cancers contribute significantly to the burden of oral disease, most of these are preventable. Awareness and access to dental care are factors responsible for the oral health of populations. Adequate basic knowledge of the methods and techniques for maintaining good oral health, the ability to decide on when to seek professional advice and properly utilise dental care services will dramatically improve oral health. This 3-week course provides insight into the role of the tooth and its associated structures in human health. Selected best practices that can be followed for maintenance of optimal oral health and prevention of diseases are discussed. The course gives a short and practicable overview of common disorders of the mouth. The course is designed to provide useful insights and methods that can help in oral health maintenance and in self-evaluation of dental health. Common myths that harm oral health are addressed. The need for habit cessation in tobacco users and warning signs that have relevance for early identification and treatment of oral cancer will be emphasized. The course will be a simple and effective guide for participants who are interested in pro-actively taking care of an excellent set of teeth and the oral cavity, in order to ensure a lifetime of smiles. The course seeks to improve dental health literacy so that patients can participate in their clinical decision making and be better amenable to oral health promotion and treatment.

**Link to the Course: Link to course:**

<https://activelearningworkshops.gnomio.com/course/view.php?id=10>

## COURSE SYLLABUS

SR. NO.	NAME OF THE UNIT
1	Introduction to Health and Wellness
2	Nutrition and Healthy Eating
3	Physical Fitness and Exercise
4	Mental Health and Emotional Wellbeing
5	Understanding Chronic Diseases
6	Preventive Health Measures
7	Substance Abuse and Addiction
8	Sexual and Reproductive Health
9	Health Care Systems

## ENROLMENT LIST

**NAME OF THE COURSE: GATEWAY TO HEALTH**

**COURSE FACILITATOR: PROF. MAHESH DESHMUKH**

SR. NO.	NAME OF THE STUDENT	CLASS
1	GOMES CHRIS CRASTO	SYBSC (CS)
2	CARVALHO ASHWIN NEVIL	SYBSC (CS)
3	LONDHE PUNESHWAR KAVINARAYAN	SYBSC (CS)
4	TANKARI PUNITKUMAR AMBUBHAI	SYBSC (CS)
5	PASI ANIKET KRISHNPAL	SYBSC (CS)
6	CHAUHAN PANKAJ KUMAR PRAMOD KUMAR	SYBSC (CS)
7	LUSBO LEON AMBROSE	SYBSC (CS)
8	SHUBHAM PANDEY	SYBSC (CS)
9	MONDHE SHITAL DHAVALU	SYBSC (CS)
10	KHAN SHOAIB INAMULLAH	SYBSC (CS)
11	SINGH ABHISHEK JITENDRA	SYBSC (CS)
12	SINGH AMRUTA SATENDRA	SYBSC (CS)
13	BORA MOHIT KUNDAN	SYBSC (CS)
14	GUPTA ANUJ DEEPAK	SYBSC (CS)
15	PRADHAN SANSKRITI VIJAY	SYBSC (BIOTECH)
16	SHAIKH BUSHRA RIDWAN	SYBSC (BIOTECH)
17	KHANDAGALE ANIKET SUBHASH	SYBSC (BIOTECH)
18	DUBEY SARIKA CHANDRAMOHAN	SYBSC (BIOTECH)
19	VARTAK MRUNMAYI VIJAY	SYBSC (BIOTECH)
20	CHOUDHARY YOGESH UMESH	SYBSC (BIOTECH)
21	YADAV ANKIT YOGENDRA	SYBSC (BIOTECH)
22	MAURYA KRISHNA MAHENDRA	SYBSC (BIOTECH)
23	SHARMA CHAVI RAMGOPAL	SYBSC (BIOTECH)
24	DANDEKAR HIMANI PURUSHOTTAM	SYBSC (BIOTECH)





25	GAIKWAD MRUNAL RAJESH	SYBSC (BIOTECH)
26	YADAV KUMARIKAVITA TRIBHUVAN	SYBSC (BIOTECH)
27	MAHAKAL ASHITI SHYAM	SYBSC (BIOTECH)
28	JHA MADHAVI AJAY	SYBSC (BIOTECH)
29	MISHRA RIJU CHANDRAKANT	SYBSC (BIOTECH)
30	GOVARI YOGITA NARAYAN	SYBSC (BIOTECH)
31	GUPTA PUSHPA RADHESHYAM	SYBSC (BIOTECH)
32	DHARMAMEHER SIDDHI VILAS	SYBSC (BIOTECH)
33	SHAH SHWETA BIPENDRA	SYBSC (BIOTECH)
34	PATIL ACHAL HEMANT	SYBSC (BIOTECH)
35	DHOBI PRIYANKA VAIJNATH	SYBSC (BIOTECH)
36	SAVE SAILEE BHARAT	SYBSC (BIOTECH)
37	HADAL AVINASH PRAKASH	SYBSC (BIOTECH)
38	SHINDE BHAVESH VILAS	MSC - I (ORGANIC CHEMISTRY)
39	PANDEY PRIYA PUSHPENDRA	MSC - I (ORGANIC CHEMISTRY)
40	VEDWAL ANJALI JEETENDRA	MSC - I (ORGANIC CHEMISTRY)
41	KORE ANKITA JITENDRA	MSC - I (ORGANIC CHEMISTRY)
42	NAIR ATHIRA GOPAKUMAR	MSC - I (ORGANIC CHEMISTRY)
43	TANDEL SHREYA RANDHIR	MSC - I (ORGANIC CHEMISTRY)
44	MACHHI SIMA GANESH	MSC - I (ORGANIC CHEMISTRY)
45	GANGURDE PAVAN RAVINDRA	MSC - I (ORGANIC CHEMISTRY)
46	MOGER SHRUTIKA MANJUNATH	MSC - I (ORGANIC CHEMISTRY)
47	VANI SANDHYA VILAS	MSC - I (ORGANIC CHEMISTRY)
48	MALI RUCHI MANOJ	MSC - I (ORGANIC CHEMISTRY)
49	THAKUR ASHRAYA KISAN	MSC - I (ORGANIC CHEMISTRY)
50	PATIL PRATIKSHA NARESH	MSC - I (ORGANIC CHEMISTRY)
51	NIKAM ABHISHEK BALASAHEB	MSC - I (ORGANIC CHEMISTRY)
52	SALVE JITESH ASHOK	MSC - I (ORGANIC CHEMISTRY)



53	PATIL ANUSHREE ASHOK	MSC - I (ORGANIC CHEMISTRY)
54	DHANDE PUJA SUDHIR	MSC - I (ORGANIC CHEMISTRY)
55	PAWAR HARSHALI CHANDRAKANT	MSC - I (ANALYTICAL CHEMISTRY)
56	PATIL PRAGATI BHALCHANDRA	MSC - I (ANALYTICAL CHEMISTRY)
57	MOHITE SHAMAL DINESH	MSC - I (ANALYTICAL CHEMISTRY)
58	THAKUR SAYALI SUBHASH	MSC - I (ANALYTICAL CHEMISTRY)
59	TARE NILAKSHI SUNIL	MSC - I (ANALYTICAL CHEMISTRY)
60	NAYAK SHIWANI SATYABAN	MSC - I (ANALYTICAL CHEMISTRY)
61	DESALE MONALI KISHOR	MSC - I (ANALYTICAL CHEMISTRY)
62	YADAV INDU RAMASHRAY	MSC - I (ANALYTICAL CHEMISTRY)
63	MACHHI URMILA LAXMAN	MSC - I (ANALYTICAL CHEMISTRY)
64	SINGH GULAB GAJENDRA	MSC - I (ANALYTICAL CHEMISTRY)
65	YADAV GARIMA SATENDER	MSC - I (ANALYTICAL CHEMISTRY)
66	GHARAT JIT DHANANJAY	MSC - I (ANALYTICAL CHEMISTRY)
67	PIMPLE YUKTA MANOJ	MSC - I (ANALYTICAL CHEMISTRY)
68	SANKHE SHRADDHA VIPIN	MSC - I (ANALYTICAL CHEMISTRY)
69	GHARAT PURVA NITIN	MSC - I (ANALYTICAL CHEMISTRY)
70	THAKUR RUCHIRA VASANT	MSC - I (ANALYTICAL CHEMISTRY)
71	THAKUR RINKU UMESH	MSC - I (ANALYTICAL CHEMISTRY)
72	GHARAT VISMAY SANDEEP	MSC - I (ANALYTICAL CHEMISTRY)
73	KAMBLE SNEHAL JEEVAN	MSC - I (ANALYTICAL CHEMISTRY)
74	HAMARE KIRAN MANOHAR (NANDA)	MSC - I (BOTANY)
75	JADHAV SNEHAL JEEVAN (ARUNA)	MSC - I (BOTANY)
76	JADHAV SAYALI MAHESH (MAYURI)	MSC - I (BOTANY)
77	MAULE DARSHANA SANTOSH (MINA)	MSC - I (BOTANY)
78	OLAMBA PUSHPA VISHNU (CHAITI)	MSC - I (BOTANY)
79	PADEKAR RANJIT PRAKASH (USHA)	MSC - I (BOTANY)
80	PARADHI VISHAL SUNIL (SARU)	MSC - I (BOTANY)





81	PATIL SHRUTI RAJENDRA (SUNITA)	MSC - I (BOTANY)
82	SHAIKH AMEER SALIM (YASMEEN)	MSC - I (BOTANY)
83	SHENDE YOGITA YASHWANT (TAI)	MSC - I (BOTANY)
84	KIRKIRE DAMINI VASANT KAMAL	MSC - I (ZOOLOGY)
85	MAULE PRATIKSHA PARSHURAM BAYAWA	MSC - I (ZOOLOGY)
86	JADHAV NILAM DATTU SUNITA	MSC - I (ZOOLOGY)
87	BHOYE RACHANA UDDHAV BAKULA	MSC - I (ZOOLOGY)
88	KINI JANHAVI BHUVANESHWAR SANGITA	MSC - I (ZOOLOGY)
89	VAZURKAR NIDHI NIRANJAN SHIVANI	MSC - I (ZOOLOGY)
90	KHIRARI SONALI MOHAN GULAB	MSC - I (ZOOLOGY)
91	RAUT VEDIKA RAJENDRA RAJAVI	MSC - I (ZOOLOGY)
92	KANHAT AJAY PRAKASH SUNITA	MSC - I (ZOOLOGY)
93	BHOGADE RAJESH KISAN DHAKALI	MSC - I (ZOOLOGY)
94	SHAH KUBRA HAFIZ NAJIMA	MSC - I (ZOOLOGY)
95	KUMTAKAR SANJANA RAMDAS VIDYA	MSC - I (ZOOLOGY)
96	BANADAR ASIHA MEHABUB SHAKILA	MSC - I (ZOOLOGY)
97	KHUTADE ROHIDAS DHARMA GOPI	MSC - I (ZOOLOGY)
98	BHARSAT GITANJALI CHANDAR (BHARATI)	MSC - I (ZOOLOGY)
99	BHAWAR SANTOSH KASHINATH (BARAKI)	MSC - I (ZOOLOGY)
100	DALVI MAYURESH HIRAMAN (TARA)	MSC - I (ZOOLOGY)
101	KHAN SABA KAUSAR RAUNAQUE HUSAIN	MSC - I (ZOOLOGY)
102	CHIMADA MADHURI LALYA (PARU)	MSC - I (PHYSICS)
103	CHURI NITAL NITESH (CHARULATA)	MSC - I (PHYSICS)
104	DALVI PRASHANT PANDURANG (PRAMILA)	MSC - I (PHYSICS)
105	JADHAV AJAY DATTA (VANITA)	MSC - I (PHYSICS)
106	MALI MANISH ANIL (VAISHALI)	MSC - I (PHYSICS)
107	MISHRA SUNIDHI AZAD (RUPAM)	MSC - I (PHYSICS)
108	MORE AKSHAY AJIT ARCHANA (ARCHANA)	MSC - I (PHYSICS)



109	NAIK HINDAVI SUNIL (VANITA)	MSC - I (PHYSICS)
110	NAYAK AKRUTI ASHOK (PRATIMA)	MSC - I (PHYSICS)
111	PAGDHARE SAKSHI SANDESH (SAPNA)	MSC - I (PHYSICS)
112	PANDEY SATYAWAN DHARMARAJ (RAMA)	MSC - I (PHYSICS)
113	PATIL SHIVANI RAMESH (RACHANA)	MSC - I (PHYSICS)
114	PATIL PREKSHARTHA DIVAKAR (DIPTI)	MSC - I (PHYSICS)
115	PRAJAPATI KAMINI KANARAM (KANUDEVI)	MSC - I (PHYSICS)
116	RAVEENA GIRISH RAUT (SULBHA)	MSC - I (PHYSICS)
117	RAUT SIDDHESH ANIL (ANCHITA)	MSC - I (PHYSICS)
118	NAYAK SHYAMU AYODHYA	MSC - I (MATHEMATICS)
119	PAGI MEHUL JAYVANT	MSC - I (MATHEMATICS)
120	PANDEY ALOK SUBHASHCHANDRA	MSC - I (MATHEMATICS)
121	PATEL SUMAN LAL BAHADUR	MSC - I (MATHEMATICS)
122	PATIL AKSHAY MACHHINDRA	MSC - I (MATHEMATICS)
123	PATIL KARISHMA BHAGWAN	MSC - I (MATHEMATICS)
124	PATIL MANSI DINESH	MSC - I (MATHEMATICS)
125	NITAL SURESH PATIL	MSC - I (MATHEMATICS)
126	PATIL SURABHI KIRAN	MSC - I (MATHEMATICS)
127	PAWAR LATIKA SITARAM	MSC - I (MATHEMATICS)
128	SATPUTE RUPESH SHANKAR	MSC - I (MATHEMATICS)
129	SINGH SHIVANIRAI RAJESH	MSC - I (MATHEMATICS)
130	SUMAN RAGINI SHRAVANKUMAR	MSC - I (MATHEMATICS)
131	KUVARA ANANTA KASHIRAM	MSC - I (MATHEMATICS)
132	MULLA IQBAL SULTAN	MSC - I (MATHEMATICS)
133	CHAUDHARY ALOK SHATRUGHAN	TYBAF
134	CHAUHAN RENU RAMESH	TYBAF
135	DAS MUSKAN SUDARSHAN	TYBAF
136	DESAI PARVATI DILIP	TYBAF





137	DHANU HARDIK BHANUDAS	TYBAF
138	DHAPSHI GANGA CHINTAMAN	TYBAF
139	DHARNE PRARTHANA AVINASH	TYBAF
140	DUBE RUTIKA DEEPAK	TYBAF
141	GHARTI POOJA MUKUND	TYBAF
142	JADHAV RUCHITA RAMESH	TYBAF
143	JADHAV SANIYA PRAMOD	TYBAF
144	JADHAV TANIYA PRAMOD	TYBAF
145	JAIN NIKHIL PRAKASH	TYBAF
146	JAIN UMANG SUNDARLAL	TYBAF
147	JAIN URVI JAYANTILAL	TYBAF
148	JOSHI DEVENDRA BABAN	TYBAF
149	KALLA TANIYA NARAYAN	TYBAF
150	KHAMKAR VRUSHALI VILAS	TYBAF
151	KHANDEKAR SHRUTI PUNJARAM	TYBAF
152	POOJARI DHANURAJ JAGATNARAYAN	TYBCOM
153	PRAJAPATI LALIT KAILASH	TYBCOM
154	PRAJAPATI RAJKUMAR MUNNA	TYBCOM
155	PRASAD GAURI DHARAMDEV	TYBCOM
156	RANDIVE SEJAL RAJENDRA	TYBCOM
157	RATHOD ASHA GOPALSINGH	TYBCOM
158	RATHOD ROHIT ARUN	TYBCOM
159	RATHOD SAGAR RAMESH	TYBCOM
160	RAUT ADITYA RAKESH	TYBCOM
161	RAUT ANUSHKA DEEPAK	TYBCOM
162	RAUT CHINAR PRAVIN	TYBCOM
163	RAUT HARSH NANDKUMAR	TYBCOM
164	RAUT KRUTIK SANJAY	TYBCOM



165	RAUT PRACHITI RAMESH	TYBCOM
166	RAUT RUTVIK GIRISH	TYBCOM
167	RAUT SAMRUDDHI PARESH	TYBCOM
168	RAUT VEDANG VIPUL	TYBCOM
169	RAUT YASH RAMESH	TYBCOM
170	RAVTE UMESH PRAKASH	TYBCOM
171	RAVTE VIKESH RAMU	TYBCOM
172	REDDY D SUBASINI D DEBANDRA	TYBCOM
173	ROKADE RAVI SURESH	TYBCOM
174	SABALE SNEHA SANJIVKUMAR	TYBCOM
175	SAKPAL LALITA BHIWAJI	TYBCOM
176	SALKAR JAGDISH MADHUKAR	TYBCOM
177	SALKAR KANHAIYA LADKYA	TYBCOM
178	SANKHE BANDINI KUNDAN	TYBCOM
179	SANKHE BHAVIK BHUSHAN	TYBCOM
180	SANKHE KAJAL RAVINDRA	TYBCOM
181	SANKHE MANASI VILAS	TYBCOM
182	SAVE JIDNYASA KISHOR	TYBCOM
183	SAVE JIDNYASA MANOJ	TYBCOM
184	SAVE SIDDHI SANJAY	TYBCOM
185	SHAH PARMANAND HARINATH	TYBCOM
186	SHAH POOJA MANOJ	TYBCOM
187	SHAH PRINCEKUMAR GANPAT	TYBCOM
188	SHAIKH ALFIYA IFTEKHAR	TYBCOM
189	SHAIKH AZHAR ALI SHABIHULLAH	TYBCOM
190	SHAIKH AZHARUDDIN MATIULLAH	TYBCOM
191	SHAIKH AZMAT SHAMIM	TYBCOM
192	SHAIKH FAHAD FAIYAZ	TYBCOM





193	SHAIKH IMRAN SAMIR	TYBCOM
194	SHAIKH KHUSHBU ASHRAF	TYBCOM
195	SHAIKH MUSKAN MOHAMMAZAD	TYBCOM
196	SHAIKH NAMIRA RAIS	TYBCOM
197	SHAIKH REHAN RAFIQ	TYBCOM
198	SHAIKH REHMAT SHAMIM	TYBCOM
199	SHAIKH SHAHANAJ NABI	TYBCOM
200	SHAIKH TARANNUM MOHAMMEDABBAS	TYBCOM
201	SHARMA RAJKUMAR TILAKRAM	TYBCOM
202	SHARMA SANDHYA SHRAVANKUMAR	TYBCOM
203	SHARMA SUNNY VIRENDRA	TYBCOM
204	SHARMA TANUJA GULABCHAND	TYBCOM
205	SHERE RAHUL GAJANAN	TYBCOM
206	SHETTY SUJITH BALAKRISHNA	TYBCOM
207	SHILPA BABULAL PAWAR	TYBCOM
208	SHINVARI PAVAN BHUSHAN	TYBCOM
209	SHRIVASTAV SAHILKUMAR DILIP	TYBCOM
210	SIDDIQUI PARVEZ KALIMMULHA	TYBCOM
211	SINGH ALPESH SHASHIBHUSHAN	TYBCOM
212	SINGH AMOL SABHA	TYBCOM
213	SINGH ANITA HARI	TYBCOM
214	SINGH ANJALI SANJAY	TYBCOM
215	SINGH KAJAL HARIPRASAD	TYBCOM
216	SINGH KOMAL AMARJEET	TYBCOM
217	SINGH LILAVATI SUBHASH	TYBCOM
218	SINGH PARAMHANS VINOD	TYBCOM
219	SINGH RAJPRATAP JAGESH	TYBCOM
220	SINGH SANJANA SANJAY	TYBCOM



221	SINGH TANUJA RAJESH	TYBCOM
222	SUTAR ANKITA KISHOR	TYBCOM
223	SUTAR BHAVANA DEVILAL	TYBCOM
224	SUTHAR SANTOSHI BHAVARLAL	TYBCOM
225	SWAMI JYOTI OMKAR	TYBCOM
226	TAMATTA CHAKRA NAVIN	TYBCOM
227	TANDEL SAMRUDDHI SUNIL	TYBCOM
228	TAP SONU SURENDRA	TYBCOM
229	TARE BHAGESH PRADIP	TYBCOM
230	TARE GAURAV SANTOSH	TYBCOM
231	TARE KAUSHAL KISHOR	TYBCOM
232	TARE PRACHI RAJGURU	TYBCOM
233	TARE PRATIKSHA DIPAK	TYBCOM
234	TARE RAHUL RAKESH	TYBCOM
235	TARE VAIBHAVI KANAK	TYBCOM
236	TAVIZWALA FAIZAN SHAUKATALI	TYBCOM
237	THAKUR HIMANSHU VIJAY	TYBCOM
238	THAKUR MANSI JITENDRA	TYBCOM
239	TIWARI NEHA RAMESH	TYBCOM
240	TIWARI SAPNA RAMESH	TYBCOM
241	TOURANI BHAVIKA UMESH	TYBCOM
242	UPADHYAY ANCHAL RAJESH	TYBCOM
243	VADU ASMITA MADHUKAR	TYBCOM
244	VAITI TANVI RAJENDRA	TYBCOM
245	VAITY AAKASH DIPAK	TYBCOM
246	VALAVI ROSHAN DUNDAJI	TYBCOM
247	VALMIKI AAKASH RAMESH	TYBCOM
248	VANE AKANKSHA SUNIL	TYBCOM





249	VARKHANDA TRUPTI JAYRAM	TYBCOM
250	VARTHA RUTIKA MADHUKAR	TYBCOM
251	VARTHA VIKAS SANDESH	TYBCOM
252	VAZE ANIKET ANIL	TYBCOM
253	VEDIKA NARENDRA PATIL	TYBCOM
254	VISHWAKARMA ROHIT MAHENDRA	TYBCOM
255	VISHWAKARMA YOGEEETA SURENDRA	TYBCOM
256	WADE DHANASHREE BHARGAV	TYBCOM
257	WAGHAT BHARAT NANHU	TYBCOM
258	WANKHADE SHIVANI SANTOSH	TYBCOM
259	YADAV AMRITA DAROGA	TYBCOM
260	YADAV ANITA HARINATH	TYBCOM
261	YADAV DEEPA YASHPAL	TYBCOM
262	YADAV KAJAL RAMCHANDRA	TYBCOM
263	YADAV KHUSHBOO SURENDRA	TYBCOM
264	YADAV NAVIN UMESH	TYBCOM
265	YADAV NEHA UMA SHANKAR	TYBCOM
266	YADAV NIRANJAN GORAKHNATH	TYBCOM
267	YADAV POOJA RAJENDRA	TYBCOM
268	YADAV PRATIBHA VINOD	TYBCOM
269	YADAV SONI GUDDU	TYBCOM
270	YADAV SUNIL GANESH	TYBCOM
271	PATIL PRITESH SATISH	TYBA
272	NIJAI SHRUTIKA HARESHWAR	TYBA
273	SHELKA ANIL BALARAM	TYBA
274	GOVARI JYOTI RAJARAM	TYBA
275	BHUYAL SHILPA MANOHAR	TYBA
276	RAYAT SWAPNIL SUDHIR	TYBA



277	DUBLA PAYAL SANDIP	TYBA
278	BHAVAR ROHIT PRADIP	TYBA
279	BHOIR SHALAKA GANESH	TYBA
280	DABHADE AJAY MADHUKAR	TYBA
281	GUND AARTI BHAUSAHEB	TYBA
282	NAYDU PAYAL GANESH	TYBA
283	SHELAR SACHIN NARENDRA	TYBA
284	MORE SAKSHI PRADIP	TYBA
285	SASE SNEHAL DIPAK	TYBA
286	KUDU YOGESH SHAMRAO	TYBA
287	DALVI SAYALI VIJAY	TYBA
288	BAPAT NILIMA DATTATRAY	TYBA
289	YADAV YOGITA RAMBARAN	TYBA
290	SHARMA POONAM SUBHASHCHANDRA	TYBA
291	JADHAV PRATHMESH BALAWANT	TYBA
292	LOKHANDE YASH DEEPAK	TYBA
293	BHUSARA MANISHA VINAYAK	TYBA
294	NIRMAL POOJA RAMLAKHAN	TYBA
295	SINGH RAKHI YOGENDRA	TYBA
296	MORE PAYAL MAHESH	TYBA
297	VAZE ASTHA NITIN	TYBA
298	PADVALE RUCHITA VINOD	TYBA
299	RATHOD MAMTA SANTOSH	TYBA
300	VARMA NISHA OMPRAKASH	TYBA
301	VEDGA DARSHANA NAVSU	TYBA
302	TARANGE NILESH KESHAV	TYBA
303	SANKHE MANASI VIJAY	TYBA
304	YADAV PUJA CHHABILAL	TYBA





305	BHOIR SWATI SHANKAR	TYBA
306	PATIL JUILEE ANIL	TYBA
307	BHALERAO POOJA SIDDHARTH	TYBA
308	RAUT SAYALI JAYVANT	TYBA
309	KOM GAUTAM ANANT	TYBA
310	KATELA DNYANESHWAR KAMLAKAR	TYBA
311	DALAVI SUNIL VASANT	TYBA
312	KHARAPADE SHARAD RUPJI	TYBA
313	AGHAV KALPESH RATNAKAR	TYBA
314	RAUT MANASI KALPESH	TYBA
315	BARAD RITA TULSHIRAM	TYBA
316	KOLHA MANVITA SANJAY	TYBA
317	DHODI RAHUL SHANKAR	TYBA
318	FASALA CHANDAN RAMESH	TYBA
319	DHAPASHI PRAMOD RAGHUNATH	TYBA
320	AHIR SACHIN VINUS	TYBA
321	DHANVA SAPANA SHANKAR	TYBA
322	PATIL JUI JANARDAN	TYBA
323	SAKHARE KRUTIKA CHANDRAKANT	TYBA
324	SAROJ SAGAR RAMSEVAK	TYBA
325	DAVARE PUNAM BABURAV	TYBA
326	DOLE VIVEK RAJESH	TYBA
327	TAMBADI BHUPALI SHANTARAM	TYBA
328	MARLE JAYSHREE SUDAM	TYBA
329	VEDGA APURV AMRUT	TYBA
330	VAVARE PRATIK RAGHUNATH	TYBA
331	BHOYE VARSHA KAKADYA	TYBA
332	PATIL ARPITA RAMESH	TYBA



333	JADHAV UJWALA JAYVANT	TYBA
334	BASWAT VIRU VIJAY	TYBA
335	GHATAL UTTAM RAMU	TYBA
336	BHOIR ROHIT RAMESH	TYBA
337	KATELA JANHAVI PRAKASH	TYBA
338	PATIL PRIYANKA KAMLAKAR	TYBA
339	LADE MAYURI RAJU	TYBA
340	MORE VICKY RAJKUMAR	TYBA
341	BHAVAR ATUL VILAS	TYBA
342	BHAGAT AJAY SUNIL	TYBA
343	RATHOD BHAVIKA GANESH	TYBA
344	GIRE ANIKET RAHUL	TYBA
345	GADAG DEEPA DATTA	TYBA
346	PATIL YADNYNESHWAR DATTATRAY	TYBA
347	SOGALE MAYURESH RAMAKANT	TYBA
348	TANDEL ALKESH LAXMAN	TYBA
349	KASAT RAVINDRA VISHNU	TYBA
350	UMTOL SHARAD SADASHIV	TYBA
351	ATKARI SUJAY LAHU	TYBA
352	MORE RAKSHA MANOJ	TYBA
353	MORE UMESH SURESH	TYBA
354	MORE AJAY BHAVESH	TYBA
355	SHINGDA VIJAY RAMJI	TYBA
356	THAKUR MANALI UMESH	TYBA
357	PATIL TANMAY PRAMOD	TYBA
358	MOHANTY ATUL KUMAR DUSMANT	TYBA
359	KAMADI AISHWARYA VINOD	TYBA
360	PUNE JANHAVI VISHWANATH	TYBA





361	GARUDE CHETANA ANKUSH	TYBA
362	DEORE VAIBHAV VASANT	TYBA
363	GAIKAWAD SWAPNIL CHANDRAKANT	TYBA
364	MACHHI PRACHI NAYAN	TYBA
365	MACHHI DEEPU VIJAY	TYBA
366	DALVI KUNAL HARISHCHANDRA	TYBA
367	ADHIKARI KALPITA SUBHASH	TYBA
368	NAIR LAXMI KUMAR	TYBA
369	GOND AASAVARI RAMESH	TYBA
370	ROKADE SUSHANT BALU	TYBA
371	PILLAI REVATI MANOHAR	TYBA
372	GIMBHAL VAISHALI BHARAT	TYBA
373	MIRKA VIPRALI GANESH	TYBA
374	KAMBIRE SNEHA SURESH	TYBA
375	BARAF MAHESH DEVRAM	TYBA
376	JADHAV KIRAN BHASKAR	TYBA
377	PATIL JATIN KISHOR	TYBA
378	SHARMA NAVIN UMESH	TYBA
379	PATIL NAMITA PRADIP	TYBA
380	TAMORE SAMIKSHA SHEKHAR	TYBA
381	GADAG SANJANA SURESH	TYBA
382	DALVI DNYANESHWAR RAGHUNATH	TYBA
383	PANDEY AARADHNA RAKESHKUMAR	TYBA
384	BULBULE VAISHNAVI VISHWAJEET	TYBA
385	ZANJE SAGAR CHANDU	TYBA
386	DHAVAL AJAY SHANTARAM	TYBA
387	HADAL MAMATA RAGHUNATH	TYBA
388	KADU VARSHA RAJARAM	TYBA



389	MEHER VEDANGI PRABHAKAR	TYBA
390	GAWAD SWARANGI SHRIKANT	TYBA
391	VARMA GUDIYA SHIVKUMAR	TYBA
392	YADAV SUMAN SHYAMDEO	TYBA
393	RAUT SHARVARY CHANDRAKANT	TYBA
394	SINGH KAJAL ARVIND	TYBA
395	MORE TANMAY SUNIL	TYBA
396	RAUT AKASH BALKRISHNA	TYBA
397	VAZE SAKSHI SANTOSH	TYBA
398	MALI NILESH VISHNU	TYBA
399	LOHAR RANAJIT MADHUSUDAN	TYBA
400	DALVI SACHIN JAGNNATH	TYBA
401	RAI VIBHAS SANJAY	TYBA
402	PALVE TEJAS CHHAGAN	TYBA
403	SUMADA GEETA DEVU	TYBA
404	SHAH ACHAL NARESH	TYBA
405	KOLI KALPESH RAJESING	TYBA
406	GURUDE PAYAL RAJESH	TYBA
407	BHUTKADE SONAM ANANTA	TYBA
408	BHOIR HINA NARENDRA	TYBA
409	GAIKWAD ADINATH DEEPAK	TYBA
410	DUBE MAMTA BASHISHTHANARAYAN	TYBA
411	MACHHI VARSHA VISHWANATH	TYBA
412	KADU KUNDAN ANIL	TYBA
413	PATIL MAYUR KISHOR	TYBA
414	TRIPATHI PRIYA HARIVANSH	TYBA
415	GAIKWAD RAHUL PANDHAINATH	TYBA
416	BHUTKADE GUNJAN RAMESH	TYBA



417	GAVALI ARCHANA SANJAY	TYBA
418	SANKHE SAYALI VILAS	TYBA
419	MORE HIMANI DAMODAR	TYBA
420	LADE KALPESH SHIVA	TYBA
421	MORE RITIKA UDDHAV	TYBA
422	PATTI NITESH SANJAY	TYBA
423	PATIL BHAGYESHRI VALMIKI	TYBA
424	TIWARI RINKI PREMKUNAR	TYBA
425	SAHANI UPENDRAKUMAR YOGENDRA	TYBA
426	KHAN RUHI SADIQUE	TYBA
427	KAPAL SUNITA PUNIYA	TYBA
428	GHADGE MEHUL HARISHCHANDRA	TYBA
429	TUMBADA JAYESH JOSEPH	TYBA
430	KOM PINTU SUDAM	TYBA
431	HADAL MALTI BHIVA	TYBA
432	VANGA SAYALI GANPAT	TYBA
433	BHOIR VISHAL RAMESH	TYBA
434	DHANVE HRUTIK KIRAN	TYBA
435	SURANA JAYESH GANESH	TYBA
436	BHURKUD UMESH RADHYA	TYBA
437	PARHAD MAHESH CHINTAMAN	TYBA
438	DUMADA VANRAJ ARVIND	TYBA
439	SINGH SURJEET HARENDRA	TYBA
440	JADHAV NILAM KISAN	TYBA
441	RATHOD PRATIKSHA SANTOSH	TYBA
442	SAMBARE SNEHAL KUMAR	TYBA
443	VARTHA SAGAR SHIVRAM	TYBA
444	TANDEL TANMAY VISHWAS	TYBSC





445	TARE DAMINI KAMLAKAR	TYBSC
446	TARE MOHIT ANIL	TYBSC
447	TARE RUTUJA BHUPESH	TYBSC
448	TAVADE NEHA SANTOSH	TYBSC
449	THAKARE PRATHAMESH UDAY	TYBSC
450	THAKARE SAKSHI KIRAN	TYBSC
451	THAKUR CHHAYA SUBODH	TYBSC
452	THAKUR ROSHANI SHAILESH	TYBSC
453	THAKUR SNEHA VINOD	TYBSC
454	THAKUR YADNYESH NARESH	TYBSC
455	TIWARI ANKIT KRISHNAKANT	TYBSC
456	TIWARI SHREYA ARVINDKUMAR	TYBSC
457	VACHAKAL NIKITA SHIVAJI	TYBSC
458	VALVI VEDIKA KASHIRAM	TYBSC
459	VAVARE SHUBHAM NARESH	TYBSC
460	VAYADA NAMITA VASANT	TYBSC
461	VAYEDA AJAY BACHCHU	TYBSC
462	VAZE SHUBHAM RAJESH	TYBSC
463	VINKAR SAPANA RAMESH	TYBSC
464	VISHWAKARMA ANJALI MUNNALAL	TYBSC
465	VISHWAKARMA RINKU HEERARAM	TYBSC
466	WAD VISHAL SANTOSH	TYBSC
467	WADE SANJEET UMESH	TYBSC
468	WAGADADA SURESH DAMA	TYBSC
469	WAGHMARE AKSHATA TANAJI	TYBSC
470	WANGA TEJASWI GANESH	TYBSC
471	WANI YASH DHANRAJ	TYBSC
472	YADAV ABHISHEK INDRARAO	TYBSC



473	YADAV ABHISHEK VIRENDRA	TYBSC
474	YADAV ANJALI ANIL	TYBSC
475	YADAV DIVYA YOGENDRA	TYBSC
476	YADAV HIMANSHU JAWAHARLAL	TYBSC
477	YADAV KANCHAN AVDHESH	TYBSC
478	YADAV KHUSHBU SANTLAL	TYBSC
479	YADAV MANISH VIJAY	TYBSC
480	YADAV MANISHKUMAR RAMDHANI	TYBSC
481	YADAV POOJA RAMAKANT	TYBSC
482	YADAV POOJA SHIVDHANI	TYBSC
483	YADAV SACHIN BADHU	TYBSC
484	SHAIKH AAMIR ASIF	TYBSC
485	SHAIKH MOHAMMED MANZAR ASHFAQUE	TYBSC
486	SHAIKH SHAFIQUE MUSARRAT	TYBSC
487	SHAIKH SHAHID MUSTAKIM	TYBSC
488	SHARMA KOMAL SUSHIL	TYBSC
489	SHARMA MANISHI GOPAL	TYBSC
490	SHARMA MOHINI DHARMENDRA	TYBSC
491	SHARMA SHRADHA SHIVSHANKAR	TYBSC
492	SHERE AKASH GAJANAN	TYBSC
493	SHINDE NIKHIL ANIL	TYBSC
494	SHINGRE PUJA LAXMAN	TYBSC
495	SHIVGAN SAHILI SUDHAKAR	TYBSC
496	SINGH AABHA MANOJKUMAR	TYBSC
497	SINGH ROHIT KUMAR BASHISTH	TYBSC
498	SINGH SONAKUMAR PREM	TYBSC
499	SOGALE BHAVESH SANTOSH	TYBSC
500	SOGALE DAKSHATA SUNIL	TYBSC



501	SONA AARTI DAYARAM	TYBSC
502	SURYAWANSHI RAGINI VIDYADHAR	TYBSC
503	SUTHAR HIMANSHU DINESH	TYBSC
504	SUTHAR SONU RUPLAL	TYBSC
505	TANDEL SONALI ANIL	TYBSC
506	SANKHE PRATHAMESH SURESH	TYBSC
507	SANKHE SWAPNIL PRALHAD	TYBSC
508	SAROJ DEEPNARAYAN HAWALADAR	TYBSC
509	SATVI SHWETA BABAN	TYBSC
510	SAVANT ANIKET TUKARAM	TYBSC
511	SAVE KRUSHIK SACHIN	TYBSC
512	SANKHE MITTAL SUNIL	TYBSC



*M. Deshmukh*  
PROF. MAHESH DESHMUKH  
COURSE CONVENER





Sonopant Dandekar Shikshan Mandali's

**SONOPANT DANDEKAR ARTS, V. S. APTE COMMERCE  
AND M. H. MEHTA SCIENCE COLLEGE**

Tal. Palghar, Dist. Palghar, Pin - 401 404.

Code.: (02525) 252163, Prin : 252317 • Resi.: 252316

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(NAAC Reaccredited 'B' Grade)

**CENTRE FOR EXCELLENCE AND INNOVATION**

30<sup>th</sup> October, 2020

**NOTICE**

**CERTIFICATE COURSE TIME TABLE**

This is to inform all the students who have registered for the **Certificate Course in The Youth's Journey to Environmental Awareness with the Green Button Journey Project** are hereby informed that the course will commence from **6<sup>h</sup> November, 2020** and the Review Lecture will be conducted online every Friday as per below given schedule.

Day	Time	Venue	Name of the Course Facilitator
Friday	5 pm to 6 pm	Online	Prof. Mahesh Deshmukh

Kindly make a note of the schedule and join the meeting 10 minutes before the schedule time.



**Principal**

**PRINCIPAL**  
Sonopant Dandekar Arts College,  
V.S. Apte Commerce College &  
M.H. Mehta Science College  
PALGHAR (W.R.)  
Dist. Palghar, Pin-401404

## LIST OF STUDENTS COMPLETED THE COURSE

### LIST OF STUDENTS COMPLETED THE COURSE

NAME OF THE COURSE: GATEWAY TO HEALTH

COURSE FACILITATOR: PROF. MAHESH DESHMUKH

SR. NO.	NAME OF THE STUDENT	CLASS
1	GOMES CHRIS CRASTO	SYBSC (CS)
2	CARVALHO ASHWIN NEVIL	SYBSC (CS)
3	LONDHE PUNESHWAR KAVINARAYAN	SYBSC (CS)
4	TANKARI PUNITKUMAR AMBUBHAI	SYBSC (CS)
5	PASI ANIKET KRISHNPAL	SYBSC (CS)
6	CHAUHAN PANKAJ KUMAR PRAMOD KUMAR	SYBSC (CS)
7	LUSBO LEON AMBROSE	SYBSC (CS)
8	SHUBHAM PANDEY	SYBSC (CS)
9	MONDHE SHITAL DHAVALU	SYBSC (CS)
10	KHAN SHOAB INAMULLAH	SYBSC (CS)
11	SINGH ABHISHEK JITENDRA	SYBSC (CS)
12	SINGH AMRUTA SATENDRA	SYBSC (CS)
13	BORA MOHIT KUNDAN	SYBSC (CS)
14	GUPTA ANUJ DEEPAK	SYBSC (CS)
15	PRADHAN SANSKRITI VIJAY	SYBSC (BIOTECH)
16	SHAIKH BUSHRA RIDWAN	SYBSC (BIOTECH)
17	KHANDAGALE ANIKET SUBHASH	SYBSC (BIOTECH)
18	DUBEY SARIKA CHANDRAMOHAN	SYBSC (BIOTECH)
19	VARTAK MRUNMAYI VIJAY	SYBSC (BIOTECH)
20	CHOUDHARY YOGESH UMESH	SYBSC (BIOTECH)
21	YADAV ANKIT YOGENDRA	SYBSC (BIOTECH)
22	MAURYA KRISHNA MAHENDRA	SYBSC (BIOTECH)
23	SHARMA CHAVI RAMGOPAL	SYBSC (BIOTECH)
24	DANDEKAR HIMANI PURUSHOTTAM	SYBSC (BIOTECH)



25	GAIKWAD MRUNAL RAJESH	SYBSC (BIOTECH)
26	YADAV KUMARIKAVITA TRIBHUVAN	SYBSC (BIOTECH)
27	MISHRA RIJU CHANDRAKANT	SYBSC (BIOTECH)
28	GOVARI YOGITA NARAYAN	SYBSC (BIOTECH)
29	GUPTA PUSHPA RADHESHYAM	SYBSC (BIOTECH)
30	DHARMAMEHER SIDDHI VILAS	SYBSC (BIOTECH)
31	SHAH SHWETA BIPENDRA	SYBSC (BIOTECH)
32	PATIL ACHAL HEMANT	SYBSC (BIOTECH)
33	DHOBI PRIYANKA VAJNATH	SYBSC (BIOTECH)
34	SAVE SAILEE BHARAT	SYBSC (BIOTECH)
35	HADAL AVINASH PRAKASH	SYBSC (BIOTECH)
36	SHINDE BHAVESH VILAS	MSC - I (ORGANIC CHEMISTRY)
37	PANDEY PRIYA PUSHPENDRA	MSC - I (ORGANIC CHEMISTRY)
38	VEDWAL ANJALI JEETENDRA	MSC - I (ORGANIC CHEMISTRY)
39	KORE ANKITA JITENDRA	MSC - I (ORGANIC CHEMISTRY)
40	NAIR ATHIRA GOPAKUMAR	MSC - I (ORGANIC CHEMISTRY)
41	TANDEL SHREYA RANDHIR	MSC - I (ORGANIC CHEMISTRY)
42	MACHHI SIMA GANESH	MSC - I (ORGANIC CHEMISTRY)
43	GANGURDE PAVAN RAVINDRA	MSC - I (ORGANIC CHEMISTRY)
44	MOGER SHRUTIKA MANJUNATH	MSC - I (ORGANIC CHEMISTRY)
45	VANI SANDHYA VILAS	MSC - I (ORGANIC CHEMISTRY)
46	MALI RUCHI MANOJ	MSC - I (ORGANIC CHEMISTRY)
47	THAKUR ASHRAYA KISAN	MSC - I (ORGANIC CHEMISTRY)
48	PATIL PRATIKSHA NARESH	MSC - I (ORGANIC CHEMISTRY)
49	NIKAM ABHISHEK BALASAHEB	MSC - I (ORGANIC CHEMISTRY)
50	SALVE JITESH ASHOK	MSC - I (ORGANIC CHEMISTRY)
51	PATIL ANUSHREE ASHOK	MSC - I (ORGANIC CHEMISTRY)
52	DHANDE PUJA SUDHIR	MSC - I (ORGANIC CHEMISTRY)





53	PAWAR HARSHALI CHANDRAKANT	MSC - I (ANALYTICAL CHEMISTRY)
54	PATIL PRAGATI BHALCHANDRA	MSC - I (ANALYTICAL CHEMISTRY)
55	MOHITE SHAMAL DINESH	MSC - I (ANALYTICAL CHEMISTRY)
56	THAKUR SAYALI SUBHASH	MSC - I (ANALYTICAL CHEMISTRY)
57	TARE NILAKSHI SUNIL	MSC - I (ANALYTICAL CHEMISTRY)
58	NAYAK SHIWANI SATYABAN	MSC - I (ANALYTICAL CHEMISTRY)
59	DESALE MONALI KISHOR	MSC - I (ANALYTICAL CHEMISTRY)
60	YADAV INDU RAMASHRAY	MSC - I (ANALYTICAL CHEMISTRY)
61	YADAV GARIMA SATENDER	MSC - I (ANALYTICAL CHEMISTRY)
62	GHARAT JIT DHANANJAY	MSC - I (ANALYTICAL CHEMISTRY)
63	PIMPLE YUKTA MANOJ	MSC - I (ANALYTICAL CHEMISTRY)
64	SANKHE SHRADDHA VIPIN	MSC - I (ANALYTICAL CHEMISTRY)
65	GHARAT PURVA NITIN	MSC - I (ANALYTICAL CHEMISTRY)
66	THAKUR RUCHIRA VASANT	MSC - I (ANALYTICAL CHEMISTRY)
67	THAKUR RINKU UMESH	MSC - I (ANALYTICAL CHEMISTRY)
68	GHARAT VISMAY SANDEEP	MSC - I (ANALYTICAL CHEMISTRY)
69	KAMBLE SNEHAL JEEVAN	MSC - I (ANALYTICAL CHEMISTRY)
70	HAMARE KIRAN MANOHAR (NANDA)	MSC - I (BOTANY)
71	JADHAV SNEHAL JEEVAN (ARUNA)	MSC - I (BOTANY)
72	JADHAV SAYALI MAHESH (MAYURI)	MSC - I (BOTANY)
73	MAULE DARSHANA SANTOSH (MINA)	MSC - I (BOTANY)
74	OLAMBA PUSHPA VISHNU (CHAITI)	MSC - I (BOTANY)
75	PADEKAR RANJIT PRAKASH (USHA)	MSC - I (BOTANY)
76	PARADHI VISHAL SUNIL (SARU)	MSC - I (BOTANY)
77	PATIL SHRUTI RAJENDRA (SUNITA)	MSC - I (BOTANY)
78	SHAIKH AMEER SALIM (YASMEEN)	MSC - I (BOTANY)
79	SHENDE YOGITA YASHWANT (TAI)	MSC - I (BOTANY)
80	KIRKIRE DAMINI VASANT KAMAL	MSC - I (ZOOLOGY)



81	MAULE PRATIKSHA PARSHURAM BAYAWA	MSC - I (ZOOLOGY)
82	JADHAV NILAM DATTU SUNITA	MSC - I (ZOOLOGY)
83	BHOYE RACHANA UDDHAV BAKULA	MSC - I (ZOOLOGY)
84	KINI JANHAVI BHUVANESHWAR SANGITA	MSC - I (ZOOLOGY)
85	VAZURKAR NIDHI NIRANJAN SHIVANI	MSC - I (ZOOLOGY)
86	KHIRARI SONALI MOHAN GULAB	MSC - I (ZOOLOGY)
87	RAUT VEDIKA RAJENDRA RAJAVI	MSC - I (ZOOLOGY)
88	KANHAT AJAY PRAKASH SUNITA	MSC - I (ZOOLOGY)
89	BANADAR ASIHA MEHABUB SHAKILA	MSC - I (ZOOLOGY)
90	KHUTADE ROHIDAS DHARMA GOPI	MSC - I (ZOOLOGY)
91	BHARSAT GITANJALI CHANDAR (BHARATI)	MSC - I (ZOOLOGY)
92	BHAWAR SANTOSH KASHINATH (BARAKI)	MSC - I (ZOOLOGY)
93	DALVI MAYURESH HIRAMAN (TARA)	MSC - I (ZOOLOGY)
94	KHAN SABA KAUSAR RAUNAQUE HUSAIN	MSC - I (ZOOLOGY)
95	CHIMADA MADHURI LALYA (PARU)	MSC - I (PHYSICS)
96	CHURI NITAL NITESH (CHARULATA)	MSC - I (PHYSICS)
97	DALVI PRASHANT PANDURANG (PRAMILA)	MSC - I (PHYSICS)
98	JADHAV AJAY DATTA (VANITA)	MSC - I (PHYSICS)
99	MALI MANISH ANIL (VAISHALI)	MSC - I (PHYSICS)
100	MISHRA SUNIDHI AZAD (RUPAM)	MSC - I (PHYSICS)
101	MORE AKSHAY AJIT ARCHANA (ARCHANA)	MSC - I (PHYSICS)
102	NAIK HINDAVI SUNIL (VANITA)	MSC - I (PHYSICS)
103	NAYAK AKRUTI ASHOK (PRATIMA)	MSC - I (PHYSICS)
104	PAGDHARE SAKSHI SANDESH (SAPNA)	MSC - I (PHYSICS)
105	PANDEY SATYAWAN DHARMARAJ (RAMA)	MSC - I (PHYSICS)
106	PATIL SHIVANI RAMESH (RACHANA)	MSC - I (PHYSICS)
107	PATIL PREKSHARTHA DIVAKAR (DIPTI)	MSC - I (PHYSICS)
108	PRAJAPATI KAMINI KANARAM (KANUDEVI)	MSC - I (PHYSICS)





109	RAVEENA GIRISH RAUT (SULBHA)	MSC - I (PHYSICS)
110	RAUT SIDDHESH ANIL (ANCHITA)	MSC - I (PHYSICS)
111	NAYAK SHYAMU AYODHYA	MSC - I (MATHEMATICS)
112	PAGI MEHUL JAYVANT	MSC - I (MATHEMATICS)
113	PANDEY ALOK SUBHASHCHANDRA	MSC - I (MATHEMATICS)
114	PATEL SUMAN LAL BAHADUR	MSC - I (MATHEMATICS)
115	PATIL AKSHAY MACHHINDRA	MSC - I (MATHEMATICS)
116	PATIL KARISHMA BHAGWAN	MSC - I (MATHEMATICS)
117	PATIL MANSI DINESH	MSC - I (MATHEMATICS)
118	NITAL SURESH PATIL	MSC - I (MATHEMATICS)
119	PATIL SURABHI KIRAN	MSC - I (MATHEMATICS)
120	PAWAR LATIKA SITARAM	MSC - I (MATHEMATICS)
121	SATPUTE RUPESH SHANKAR	MSC - I (MATHEMATICS)
122	SINGH SHIVANIRAI RAJESH	MSC - I (MATHEMATICS)
123	SUMAN RAGINI SHRAVANKUMAR	MSC - I (MATHEMATICS)
124	KUVARA ANANTA KASHIRAM	MSC - I (MATHEMATICS)
125	MULLA IQBAL SULTAN	MSC - I (MATHEMATICS)
126	CHAUDHARY ALOK SHATRUGHAN	TYBAF
127	CHAUHAN RENU RAMESH	TYBAF
128	DAS MUSKAN SUDARSHAN	TYBAF
129	DESAI PARVATI DILIP	TYBAF
130	DHANU HARDIK BHANUDAS	TYBAF
131	DHAPSHI GANGA CHINTAMAN	TYBAF
132	DHARNE PRARTHANA AVINASH	TYBAF
133	JADHAV RUCHITA RAMESH	TYBAF
134	JADHAV SANIYA PRAMOD	TYBAF
135	JADHAV TANIYA PRAMOD	TYBAF
136	JAIN NIKHIL PRAKASH	TYBAF





137	JAIN UMANG SUNDARLAL	TYBAF
138	JAIN URVI JAYANTILAL	TYBAF
139	JOSHI DEVENDRA BABAN	TYBAF
140	KALLA TANIYA NARAYAN	TYBAF
141	KHAMKAR VRUSHALI VILAS	TYBAF
142	KHANDEKAR SHRUTI PUNJARAM	TYBAF
143	POOJARI DHANURAJ JAGATNARAYAN	TYBCOM
144	PRAJAPATI LALIT KAILASH	TYBCOM
145	PRAJAPATI RAJKUMAR MUNNA	TYBCOM
146	PRASAD GAURI DHARAMDEV	TYBCOM
147	RANDIVE SEJAL RAJENDRA	TYBCOM
148	RATHOD ASHA GOPALSINGH	TYBCOM
149	RATHOD ROHIT ARUN	TYBCOM
150	RATHOD SAGAR RAMESH	TYBCOM
151	RAUT ADITYA RAKESH	TYBCOM
152	RAUT ANUSHKA DEEPAK	TYBCOM
153	RAUT CHINAR PRAVIN	TYBCOM
154	RAUT HARSH NANDKUMAR	TYBCOM
155	RAUT KRUTIK SANJAY	TYBCOM
156	RAUT PRACHITI RAMESH	TYBCOM
157	RAUT RUTVIK GIRISH	TYBCOM
158	RAUT SAMRUDDHI PARESH	TYBCOM
159	RAUT VEDANG VIPUL	TYBCOM
160	RAUT YASH RAMESH	TYBCOM
161	RAVTE UMESH PRAKASH	TYBCOM
162	RAVTE VIKESH RAMU	TYBCOM
163	REDDY D SUBASINI D DEBANDRA	TYBCOM
164	ROKADE RAVI SURESH	TYBCOM



165	SABALE SNEHA SANJIVKUMAR	TYBCOM
166	SAKPAL LALITA BHIWAJI	TYBCOM
167	SALKAR JAGDISH MADHUKAR	TYBCOM
168	SALKAR KANHAIYA LADKYA	TYBCOM
169	SANKHE BANDINI KUNDAN	TYBCOM
170	SANKHE BHAVIK BHUSHAN	TYBCOM
171	SANKHE KAJAL RAVINDRA	TYBCOM
172	SANKHE MANASI VILAS	TYBCOM
173	SAVE JIDNYASA KISHOR	TYBCOM
174	SAVE JIDNYASA MANOJ	TYBCOM
175	SAVE SIDDHI SANJAY	TYBCOM
176	SHAH PARMANAND HARINATH	TYBCOM
177	SHAH POOJA MANOJ	TYBCOM
178	SHAH PRINCEKUMAR GANPAT	TYBCOM
179	SHAIKH ALFIYA IFTEKHAR	TYBCOM
180	SHAIKH AZHAR ALI SHABIHULLAH	TYBCOM
181	SHAIKH AZHARUDDIN MATIULLAH	TYBCOM
182	SHAIKH AZMAT SHAMIM	TYBCOM
183	SHAIKH FAHAD FAIYAZ	TYBCOM
184	SHAIKH IMRAN SAMIR	TYBCOM
185	SHAIKH KHUSHBU ASHRAF	TYBCOM
186	SHAIKH MUSKAN MOHAMMADAZAD	TYBCOM
187	SHAIKH NAMIRA RAIS	TYBCOM
188	SHAIKH REHAN RAFIQ	TYBCOM
189	SHAIKH REHMAT SHAMIM	TYBCOM
190	SHAIKH SHAHANAJ NABI	TYBCOM
191	SHAIKH TARANNUM MOHAMMEDABBAS	TYBCOM
192	SHARMA RAJKUMAR TILAKRAM	TYBCOM





193	SHARMA SANDHYA SHRAVANKUMAR	TYBCOM
194	SHARMA SUNNY VIRENDRA	TYBCOM
195	SHARMA TANUJA GULABCHAND	TYBCOM
196	SHERE RAHUL GAJANAN	TYBCOM
197	SHETTY SUJITH BALAKRISHNA	TYBCOM
198	SHILPA BABULAL PAWAR	TYBCOM
199	SHINVARI PAVAN BHUSHAN	TYBCOM
200	SHRIVASTAV SAHILKUMAR DILIP	TYBCOM
201	SIDDIQUI PARVEZ KALIMMULHA	TYBCOM
202	SINGH ALPESH SHASHIBHUSHAN	TYBCOM
203	SINGH AMOL SABHA	TYBCOM
204	SINGH ANITA HARI	TYBCOM
205	SINGH ANJALI SANJAY	TYBCOM
206	SINGH KAJAL HARIPRASAD	TYBCOM
207	SINGH KOMAL AMARJEET	TYBCOM
208	SINGH LILAVATI SUBHASH	TYBCOM
209	SINGH PARAMHANS VINOD	TYBCOM
210	SINGH RAJPRATAP JAGESH	TYBCOM
211	SINGH SANJANA SANJAY	TYBCOM
212	SINGH TANUJA RAJESH	TYBCOM
213	SUTAR ANKITA KISHOR	TYBCOM
214	SUTAR BHAVANA DEVILAL	TYBCOM
215	SUTHAR SANTOSHI BHAVARLAL	TYBCOM
216	SWAMI JYOTI OMKAR	TYBCOM
217	TAMATTA CHAKRA NAVIN	TYBCOM
218	TANDEL SAMRUDDHI SUNIL	TYBCOM
219	TAP SONU SURENDRA	TYBCOM
220	TARE BHAGESH PRADIP	TYBCOM





221	TARE GAURAV SANTOSH	TYBCOM
222	TARE KAUSHAL KISHOR	TYBCOM
223	TARE PRACHI RAJGURU	TYBCOM
224	TAVIZWALA FAIZAN SHAUKATALI	TYBCOM
225	THAKUR HIMANSHU VIJAY	TYBCOM
226	THAKUR MANSI JITENDRA	TYBCOM
227	TIWARI NEHA RAMESH	TYBCOM
228	TIWARI SAPNA RAMESH	TYBCOM
229	TOURANI BHAVIKA UMESH	TYBCOM
230	UPADHYAY ANCHAL RAJESH	TYBCOM
231	VADU ASMITA MADHUKAR	TYBCOM
232	VAITI TANVI RAJENDRA	TYBCOM
233	VAITY AAKASH DIPAK	TYBCOM
234	VALAVI ROSHAN DUNDAJI	TYBCOM
235	VALMIKI AAKASH RAMESH	TYBCOM
236	VANE AKANKSHA SUNIL	TYBCOM
237	VARKHANDA TRUPTI JAYRAM	TYBCOM
238	VARTHA RUTIKA MADHUKAR	TYBCOM
239	VARTHA VIKAS SANDESH	TYBCOM
240	VAZE ANIKET ANIL	TYBCOM
241	VEDIKA NARENDRA PATIL	TYBCOM
242	VISHWAKARMA ROHIT MAHENDRA	TYBCOM
243	VISHWAKARMA YOGEEETA SURENDRA	TYBCOM
244	WADE DHANASHREE BHARGAV	TYBCOM
245	WAGHAT BHARAT NANHU	TYBCOM
246	WANKHADE SHIVANI SANTOSH	TYBCOM
247	YADAV AMRITA DAROGA	TYBCOM
248	YADAV ANITA HARINATH	TYBCOM



249	YADAV DEEPA YASHPAL	TYBCOM
250	YADAV KAJAL RAMCHANDRA	TYBCOM
251	YADAV KHUSHBOO SURENDRA	TYBCOM
252	YADAV NAVIN UMESH	TYBCOM
253	YADAV NEHA UMA SHANKAR	TYBCOM
254	YADAV NIRANJAN GORAKHNATH	TYBCOM
255	YADAV POOJA RAJENDRA	TYBCOM
256	YADAV PRATIBHA VINOD	TYBCOM
257	YADAV SONI GUDDU	TYBCOM
258	YADAV SUNIL GANESH	TYBCOM
259	PATIL PRITESH SATISH	TYBA
260	NIJAI SHRUTIKA HARESHWAR	TYBA
261	SHELKA ANIL BALARAM	TYBA
262	GOVARI JYOTI RAJARAM	TYBA
263	BHUYAL SHILPA MANOHAR	TYBA
264	RAYAT SWAPNIL SUDHIR	TYBA
265	DUBLA PAYAL SANDIP	TYBA
266	BHAVAR ROHIT PRADIP	TYBA
267	BHOIR SHALAKA GANESH	TYBA
268	DABHADE AJAY MADHUKAR	TYBA
269	GUND AARTI BHAUSAHEB	TYBA
270	NAYDU PAYAL GANESH	TYBA
271	SHELAR SACHIN NARENDRA	TYBA
272	MORE SAKSHI PRADIP	TYBA
273	SASE SNEHAL DIPAK	TYBA
274	KUDU YOGESH SHAMRAO	TYBA
275	DALVI SAYALI VIJAY	TYBA
276	BAPAT NILIMA DATTATRAY	TYBA





277	YADAV YOGITA RAMBARAN	TYBA
278	SHARMA POONAM SUBHASHCHANDRA	TYBA
279	JADHAV PRATHMESH BALAWANT	TYBA
280	LOKHANDE YASH DEEPAK	TYBA
281	BHUSARA MANISHA VINAYAK	TYBA
282	NIRMAL POOJA RAMLAKHAN	TYBA
283	SINGH RAKHI YOGENDRA	TYBA
284	MORE PAYAL MAHESH	TYBA
285	VAZE ASTHA NITIN	TYBA
286	PADVALE RUCHITA VINOD	TYBA
287	RATHOD MAMTA SANTOSH	TYBA
288	VARMA NISHA OMPRAKASH	TYBA
289	VEDGA DARSHANA NAVSU	TYBA
290	TARANGE NILESH KESHAV	TYBA
291	SANKHE MANASI VIJAY	TYBA
292	YADAV PUJA CHHABILAL	TYBA
293	BHOIR SWATI SHANKAR	TYBA
294	PATIL JUILEE ANIL	TYBA
295	BHALERAO POOJA SIDDHARTH	TYBA
296	RAUT SAYALI JAYVANT	TYBA
297	KOM GAUTAM ANANT	TYBA
298	KATELA DNYANESHWAR KAMLAKAR	TYBA
299	DALAVI SUNIL VASANT	TYBA
300	KHARAPADE SHARAD RUPJI	TYBA
301	AGHAV KALPESH RATNAKAR	TYBA
302	RAUT MANASI KALPESH	TYBA
303	BARAD RITA TULSHIRAM	TYBA
304	KOLHA MANVITA SANJAY	TYBA





305	DHODI RAHUL SHANKAR	TYBA
306	FASALA CHANDAN RAMESH	TYBA
307	DHAPASHI PRAMOD RAGHUNATH	TYBA
308	AHIR SACHIN VINUS	TYBA
309	DHANVA SAPANA SHANKAR	TYBA
310	PATIL JUI JANARDAN	TYBA
311	SAKHARE KRUTIKA CHANDRAKANT	TYBA
312	SAROJ SAGAR RAMSEVAK	TYBA
313	DAVARE PUNAM BABURAV	TYBA
314	DOLE VIVEK RAJESH	TYBA
315	TAMBADI BHUPALI SHANTARAM	TYBA
316	MARLE JAYSHREE SUDAM	TYBA
317	VEDGA APURV AMRUT	TYBA
318	VAVARE PRATIK RAGHUNATH	TYBA
319	BHOYE VARSHA KAKADYA	TYBA
320	PATIL ARPITA RAMESH	TYBA
321	JADHAV UJWALA JAYVANT	TYBA
322	BASWAT VIRU VIJAY	TYBA
323	GHATAL UTTAM RAMU	TYBA
324	BHOIR ROHIT RAMESH	TYBA
325	KATELA JANHAVI PRAKASH	TYBA
326	PATIL PRIYANKA KAMLAKAR	TYBA
327	LADE MAYURI RAJU	TYBA
328	MORE VICKY RAJKUMAR	TYBA
329	BHAVAR ATUL VILAS	TYBA
330	BHAGAT AJAY SUNIL	TYBA
331	RATHOD BHAVIKA GANESH	TYBA
332	GIRE ANIKET RAHUL	TYBA



333	GADAG DEEPA DATTA	TYBA
334	PATIL YADNYNESHWAR DATTATRAY	TYBA
335	SOGALE MAYURESH RAMAKANT	TYBA
336	TANDEL ALKESH LAXMAN	TYBA
337	KASAT RAVINDRA VISHNU	TYBA
338	UMTOL SHARAD SADASHIV	TYBA
339	ATKARI SUJAY LAHU	TYBA
340	MORE RAKSHA MANOJ	TYBA
341	MORE UMESH SURESH	TYBA
342	MORE AJAY BHAVESH	TYBA
343	SHINGDA VIJAY RAMJI	TYBA
344	THAKUR MANALI UMESH	TYBA
345	PATIL TANMAY PRAMOD	TYBA
346	MOHANTY ATUL KUMAR DUSMANT	TYBA
347	KAMADI AISHWARYA VINOD	TYBA
348	PUNE JANHAVI VISHWANATH	TYBA
349	GARUDE CHETANA ANKUSH	TYBA
350	DEORE VAIBHAV VASANT	TYBA
351	GAIKAWAD SWAPNIL CHANDRAKANT	TYBA
352	MACHHI PRACHI NAYAN	TYBA
353	MACHHI DEEPU VIJAY	TYBA
354	DALVI KUNAL HARISHCHANDRA	TYBA
355	ADHIKARI KALPITA SUBHASH	TYBA
356	NAIR LAXMI KUMAR	TYBA
357	GOND AASAVARI RAMESH	TYBA
358	ROKADE SUSHANT BALU	TYBA
359	PILLAI REVATI MANOHAR	TYBA
360	GIMBHAL VAISHALI BHARAT	TYBA





361	MIRKA VIPRALI GANESH	TYBA
362	KAMBIRE SNEHA SURESH	TYBA
363	BARAF MAHESH DEVRAM	TYBA
364	JADHAV KIRAN BHASKAR	TYBA
365	PATIL JATIN KISHOR	TYBA
366	SHARMA NAVIN UMESH	TYBA
367	PATIL NAMITA PRADIP	TYBA
368	TAMORE SAMIKSHA SHEKHAR	TYBA
369	GADAG SANJANA SURESH	TYBA
370	DALVI DNYANESHWAR RAGHUNATH	TYBA
371	PANDEY AARADHNA RAKESHKUMAR	TYBA
372	BULBULE VAISHNAVI VISHWAJEET	TYBA
373	ZANJE SAGAR CHANDU	TYBA
374	DHAVALE AJAY SHANTARAM	TYBA
375	HADAL MAMATA RAGHUNATH	TYBA
376	KADU VARSHA RAJARAM	TYBA
377	MEHER VEDANGI PRABHAKAR	TYBA
378	GAWAD SWARANGI SHRIKANT	TYBA
379	VARMA GUDIYA SHIVKUMAR	TYBA
380	YADAV SUMAN SHYAMDEO	TYBA
381	RAUT SHARVARY CHANDRAKANT	TYBA
382	SINGH KAJAL ARVIND	TYBA
383	MORE TANMAY SUNIL	TYBA
384	RAUT AKASH BALKRISHNA	TYBA
385	VAZE SAKSHI SANTOSH	TYBA
386	MALI NILESH VISHNU	TYBA
387	LOHAR RANAJIT MADHUSUDAN	TYBA
388	DALVI SACHIN JAGNNATH	TYBA





389	RAI VIBHAS SANJAY	TYBA
390	PALVE TEJAS CHHAGAN	TYBA
391	SUMADA GEETA DEVU	TYBA
392	SHAH ACHAL NARESH	TYBA
393	KOLI KALPESH RAJESING	TYBA
394	GURUDE PAYAL RAJESH	TYBA
395	BHUTKADE SONAM ANANTA	TYBA
396	BHOIR HINA NARENDRA	TYBA
397	GAIKWAD ADINATH DEEPAK	TYBA
398	DUBE MAMTA BASHISHTHANARAYAN	TYBA
399	MACHHI VARSHA VISHWANATH	TYBA
400	KADU KUNDAN ANIL	TYBA
401	PATIL MAYUR KISHOR	TYBA
402	TRIPATHI PRIYA HARIVANSH	TYBA
403	GAIKWAD RAHUL PANDHAINATH	TYBA
404	BHUTKADE GUNJAN RAMESH	TYBA
405	GAVALI ARCHANA SANJAY	TYBA
406	SANKHE SAYALI VILAS	TYBA
407	MORE RITIKA UDDHAV	TYBA
408	PATTI NITESH SANJAY	TYBA
409	PATIL BHAGYESHRI VALMIKI	TYBA
410	TIWARI RINKI PREMKUNAR	TYBA
411	SAHANI UPENDRAKUMAR YOGENDRA	TYBA
412	KHAN RUHI SADIQUE	TYBA
413	KAPAL SUNITA PUNIYA	TYBA
414	GHADGE MEHUL HARISHCHANDRA	TYBA
415	TUMBADA JAYESH JOSEPH	TYBA
416	KOM PINTU SUDAM	TYBA



417	HADAL MALTI BHIVA	TYBA
418	VANGA SAYALI GANPAT	TYBA
419	BHOIR VISHAL RAMESH	TYBA
420	DHANVE HRUTIK KIRAN	TYBA
421	SURANA JAYESH GANESH	TYBA
422	BHURKUD UMESH RADHYA	TYBA
423	PARHAD MAHESH CHINTAMAN	TYBA
424	DUMADA VANRAJ ARVIND	TYBA
425	SINGH SURJEET HARENDRA	TYBA
426	JADHAV NILAM KISAN	TYBA
427	RATHOD PRATIKSHA SANTOSH	TYBA
428	SAMBARE SNEHAL KUMAR	TYBA
429	VARTHA SAGAR SHIVRAM	TYBA
430	TANDEL TANMAY VISHWAS	TYBSC
431	TARE DAMINI KAMLAKAR	TYBSC
432	TARE MOHIT ANIL	TYBSC
433	TARE RUTUJA BHUPESH	TYBSC
434	TAVADE NEHA SANTOSH	TYBSC
435	THAKARE PRATHAMESH UDAY	TYBSC
436	THAKARE SAKSHI KIRAN	TYBSC
437	THAKUR CHHAYA SUBODH	TYBSC
438	VACHAKAL NIKITA SHIVAJI	TYBSC
439	VALVI VEDIKA KASHIRAM	TYBSC
440	VAVARE SHUBHAM NARESH	TYBSC
441	VAYADA NAMITA VASANT	TYBSC
442	VAYEDA AJAY BACHCHU	TYBSC
443	VAZE SHUBHAM RAJESH	TYBSC
444	VINKAR SAPANA RAMESH	TYBSC





445	VISHWAKARMA ANJALI MUNNALAL	TYBSC
446	VISHWAKARMA RINKU HEERARAM	TYBSC
447	WAD VISHAL SANTOSH	TYBSC
448	WADE SANJEET UMESH	TYBSC
449	WAGADADA SURESH DAMA	TYBSC
450	WAGHMARE AKSHATA TANAJI	TYBSC
451	WANGA TEJASWI GANESH	TYBSC
452	WANI YASH DHANRAJ	TYBSC
453	YADAV ABHISHEK INDRADEO	TYBSC
454	YADAV ABHISHEK VIRENDRA	TYBSC
455	YADAV ANJALI ANIL	TYBSC
456	YADAV DIVYA YOGENDRA	TYBSC
457	YADAV HIMANSHU JAWAHARLAL	TYBSC
458	YADAV KANCHAN AVDHESH	TYBSC
459	YADAV KHUSHBU SANTLAL	TYBSC
460	YADAV MANISH VIJAY	TYBSC
461	YADAV MANISHKUMAR RAMDHANI	TYBSC
462	YADAV POOJA RAMAKANT	TYBSC
463	YADAV POOJA SHIVDHANI	TYBSC
464	YADAV SACHIN BADHU	TYBSC
465	SHAIKH AAMIR ASIF	TYBSC
466	SHAIKH MOHAMMED MANZAR ASHFAQUE	TYBSC
467	SHAIKH SHAFIQUE MUSARRAT	TYBSC
468	SHAIKH SHAHID MUSTAKIM	TYBSC
469	SHARMA KOMAL SUSHIL	TYBSC
470	SHARMA MANISHI GOPAL	TYBSC
471	SHARMA MOHINI DHARMENDRA	TYBSC
472	SHARMA SHRADHA SHIVSHANKAR	TYBSC





473	SHERE AKASH GAJANAN	TYBSC
474	SHINDE NIKHIL ANIL	TYBSC
475	SHINGRE PUJA LAXMAN	TYBSC
476	SHIVGAN SAHILI SUDHAKAR	TYBSC
477	SINGH AABHA MANOJKUMAR	TYBSC
478	SINGH ROHIT KUMAR BASHISTH	TYBSC
479	SINGH SONAKUMAR PREM	TYBSC
480	SOGALE BHAVESH SANTOSH	TYBSC
481	SOGALE DAKSHATA SUNIL	TYBSC
482	SONA AARTI DAYARAM	TYBSC
483	SURYAWANSHI RAGINI VIDYADHAR	TYBSC
484	SUTHAR HIMANSHU DINESH	TYBSC
485	SUTHAR SONU RUPLAL	TYBSC
486	TANDEL SONALI ANIL	TYBSC
487	SANKHE PRATHAMESH SURESH	TYBSC
488	SANKHE SWAPNIL PRALHAD	TYBSC
489	SAROJ DEEPNARAYAN HAWALADAR	TYBSC
490	SATVI SHWETA BABAN	TYBSC
491	SAVANT ANIKET TUKARAM	TYBSC
492	SAVE KRUSHIK SACHIN	TYBSC
493	SANKHE MITTAL SUNIL	TYBSC



*M. Deshmukh*  
**PROF. MAHESH DESHMUKH**  
 COURSE CONVENER

## APPRECIATION CERTIFICATE FROM OE4BW

**OE4BW** yearly  
**EDUSCOPE** 

### Certificate of Appreciation

This certificate is presented to

**Prof. Mahesh Deshmukh**

in appreciation of your valuable contribution as a course facilitator for the program conducted by OE4BW and for guidance to the 2745 students of Sonopant Dandekar Arts, V.S. Apte Commerce and M.H. Mehta Science College, Palghar who successfully completed the course in the month of January 2021



*Urbancic T.*

**PROF. DR. TANJA URBANCIC**

Dean of School of Engineering and Management, University of Nova Gorica  
**Open Education for a Better World Program Coordinator**



## SAMPLE CERTIFICATES



**OE4BW** yearly   
**EDUSCOPE**



### Certificate of Completion

This certificate is presented to

**Anuj Deepak Gupta**

has successfully completed 45 Hours Certificate Course in Gateway to  
Health through Self-Paced mode in the month of January, 2021

*Urbančić T.*

**PROF. DR. TANJA URBANCIC**

Dean of School of Engineering and Management, University of Nova Gorica  
**Open Education for a Better World Program Coordinator**





**OE4BW** yearly  
**EDUSCOPE** 



## Certificate of Completion

This certificate is presented to

**Shreya Randhir Tandel**

has successfully completed 45 Hours Certificate Course in Gateway to  
Health through Self-Paced mode in the month of January, 2021

*Urbančić T.*

**PROF. DR. TANJA URBANCIC**

Dean of School of Engineering and Management, University of Nova Gorica  
**Open Education for a Better World Program Coordinator**



**OE4BW** yearly   
**EDUSCOPE**



## Certificate of Completion

This certificate is presented to

**Monali Kishor Desale**

has successfully completed 45 Hours Certificate Course in Gateway to  
Health through Self-Paced mode in the month of January, 2021

*Urbančić T.*

**PROF. DR. TANJA URBANCIC**

Dean of School of Engineering and Management, University of Nova Gorica

**Open Education for a Better World Program Coordinator**



**OE4BW** yearly   
**EDUSCOPE**



## Certificate of Completion

This certificate is presented to

**Vedika Rajendra Raut**

has successfully completed 45 Hours Certificate Course in Gateway to  
Health through Self-Paced mode in the month of January, 2021

*Urbančić T.*

**PROF. DR. TANJA URBANCIC**

Dean of School of Engineering and Management, University of Nova Gorica  
**Open Education for a Better World Program Coordinator**





**OE4BW** yearly   
**EDUSCOPE**



## Certificate of Completion

This certificate is presented to

**Renu Ramesh Chauhan**

has successfully completed 45 Hours Certificate Course in Gateway to  
Health through Self-Paced mode in the month of January, 2021

*Urbancic T.*

**PROF. DR. TANJA URBANCIC**

Dean of School of Engineering and Management, University of Nova Gorica

**Open Education for a Better World Program Coordinator**

## **SUMMARY REPORT**

The course titled "Gateway to Health" provided a comprehensive exploration of various aspects of health and wellness. The thematic structure allowed students to understand the multifaceted nature of health and the importance of maintaining a balanced lifestyle. Below is a summary of the review lectures conducted for each unit. The course facilitator Prof. Mahesh Deshmukh skillfully coordinated the online learning experience, ensuring students gained a comprehensive experience.

The review lectures provided students with a thorough understanding of key health and wellness themes. Through these sessions, students were encouraged to critically engage with health issues and recognize their role in promoting a healthy lifestyle. The interactive nature of the reviews fostered a deeper appreciation of health and its significance in achieving overall well-being.

**Date of Commencement: 6<sup>th</sup> November, 2020**

**Date of Completion: 23<sup>rd</sup> January, 2021**

**Course Duration – 45 Hours**

**Course Mode: Online + Self-Paced**

**No. of students enrolled: 512**

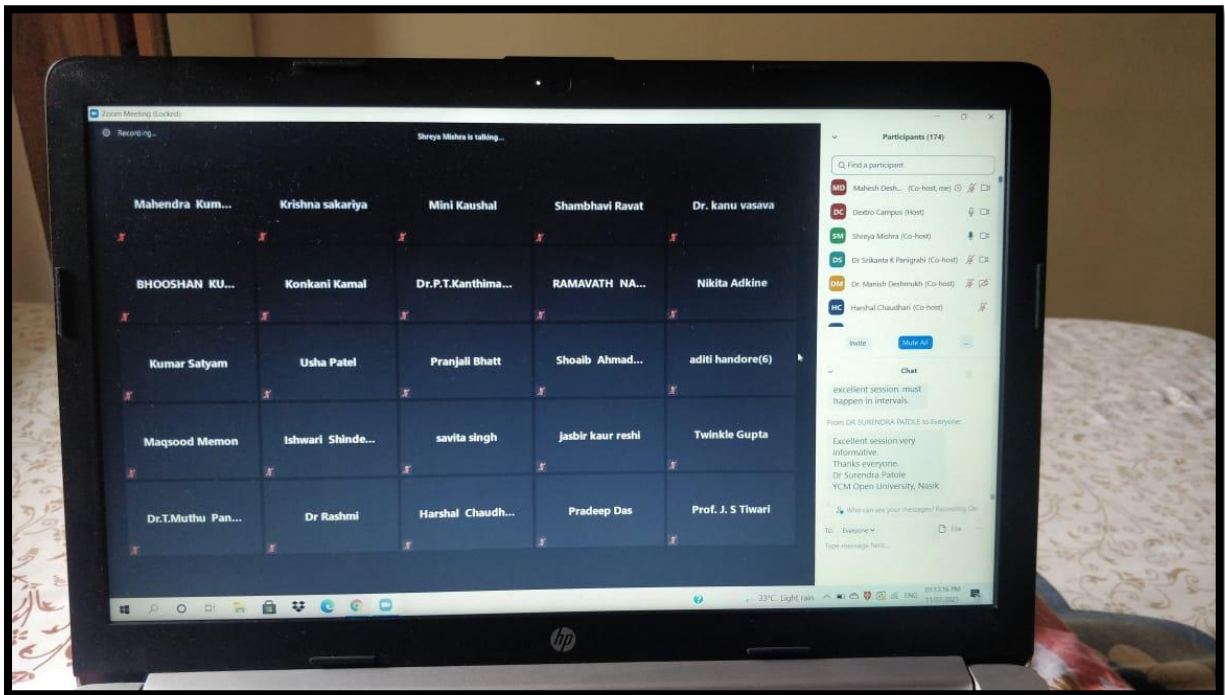
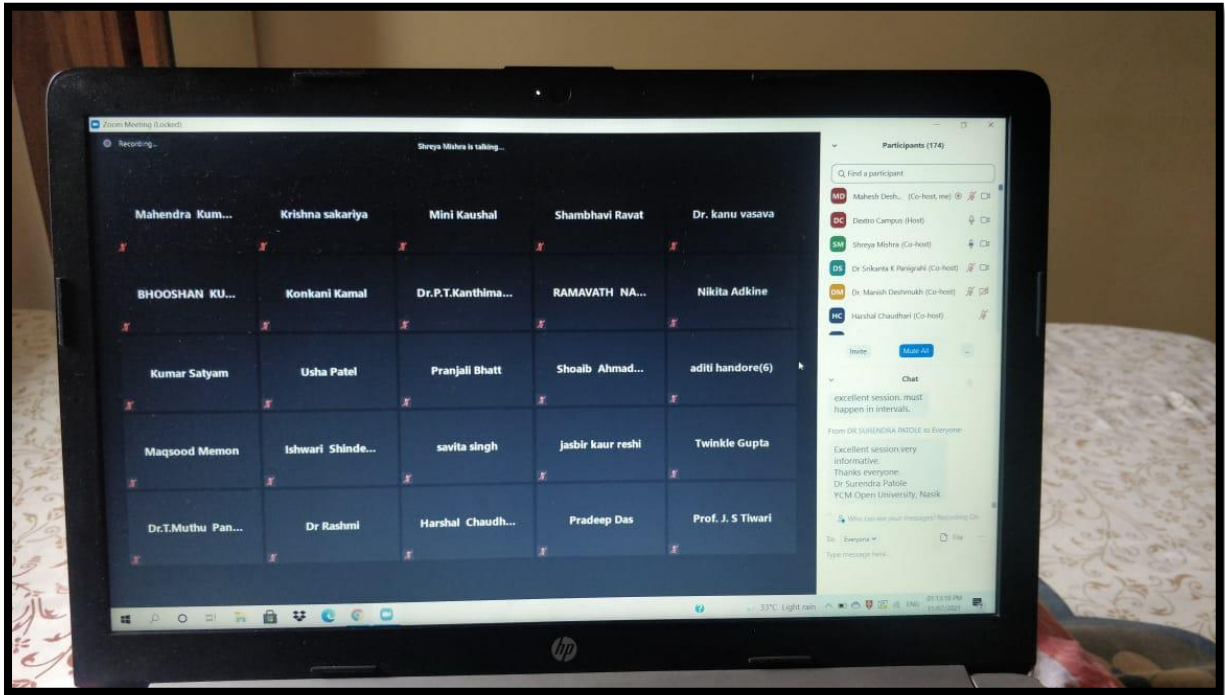
**No. of students completed the course: 493**

*MDeshmukh*

**Prof. Mahesh Deshmukh**

**Course Facilitator**

# SCREENSHOTS





**Women Development Cell**  
**Guest talkon “Health and Nutrition for Healthy Mind and Body.”**

**PROGRAMME SCHEDULE**

**Saturday, 05<sup>th</sup> Mar 2022**

Mrs. Seema Deshmukh  
The Convener  
Women Development Cell  
Sonopant Dandekar College  
Dt: 27/02/2022

To  
The Principal  
Sonopant Dandekar College  
Palghar

Sub: Request to approve proposal for organizing a guest lecture.

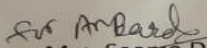
Sir,

College Women Development Cell proposes to organize a guest lecture on “Health and Nutrition for Healthy Mind and Body.” To guide on topic, the Cell has invited medical practitioner Dr. Mrs. Savita Lade. As per my conversation with Dr. Mrs. Savita Lade the program is finalized on Saturday, 05/03/2022.

Approximate expenditure for the program is Rs.3000. Kindly allow us to conduct the program and sanction the said amount.

Thank you.

Yours Sincerely,

  
Mrs. Seema Deshmukh  
Convener WDC

### **Objectives of the Guest Talk:**

1. To increase the nutrition knowledge and awareness of healthy habits
2. To make aware of negative impact of mobile on personal health
3. To make them change habits that contribute to poor health;
4. To provide correct information on the nutritional value of foods, food quality and safety

### **Learning Outcomes:**

At the end of the talk women should know

1. About their nutrition problems and their willingness to change.
2. That health is wealth
3. Beauty is an extension of health

A handwritten signature in blue ink that reads "S. Deshmukh". The signature is written in a cursive style and is underlined with a single blue stroke.

Mrs. Seema Deshmukh

Convener WDC



Sonopant Dandekar ShikshanMandalis  
Sonopant Dandekar Arts, V. S. Apte Commerce  
And M. H. Mehata Science College, Palghar



Date – 02/03/2022

## NOTICE

### WOMEN DEVELOPMENT CELL

Women Development Cell has organized a guest lecture on “Health and Nutrition for Healthy Mind and Body” by Dr. Savita Gade, a medical practitioner. The talk is arranged on 05<sup>th</sup> Mar 2022 on 10.30 a.m. at Ganesh Nilkanth Dandekar Seminar Hall, BMS Building. Girl students are hereby informed to present for the talk and avail its benefits.

*For Mrs. Seema*

Convener WDC  
Mrs. Seema Deshmukh

*Kiran*

Principal  
Dr. Kiran Save



Mrs. Seema Deshmukh  
The Convener  
Women Development Cell  
Sonopant Dandekar College  
Dt: 27/02/2022

To  
The Principal  
Sonopant Dandekar College  
Palghar

Sub: Request to approve proposal for organizing a guest lecture.

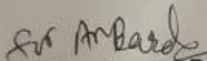
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Approximate expenditure for the program is Rs.3000. Kindly allow us to conduct the program and sanction the said amount.

Thank you.

Yours Sincerely,

  
Mrs. Seema Deshmukh  
Convener WDC



**Sonopant Dandekar Shikshan Mandalis**  
**Sonopant Dandekar Arts, V. S. Apte Commerce**  
**And M. H. Mehta Science College, Palghar**



Date – 05/03/2022

**Women Development Cell**

**Guest talk on “Health and Nutrition for Healthy Mind and Body.”**

**PROGRAMME SCHEDULE**

**Saturday, 05<sup>th</sup> Mar 2022**

<b>Time</b>	<b>Event</b>	<b>Faculty</b>
<b>11.00 am</b>	<b>Welcome</b>	<b>Mrs. Asmita Raut</b>
<b>11.35 am</b>	<b>Introduction</b>	<b>Mrs. Seema Deshmukh</b>
<b>11.40 am</b>	<b>Principal’s Guidance</b>	<b>Dr. Kiran Save</b>
<b>11.45 am</b>	<b>Introduction of Chief Guest</b>	<b>Dr. Yogesh Kulkarni</b>
<b>11.50 am</b>	<b>Chief Guest Address</b>	<b>Dr. Savita Lade</b>
<b>12.30 pm</b>	<b>Question and Answer Session</b>	
<b>12.35 pm</b>	<b>Votes of Thanks</b>	<b>Dr. Arundhati Barde</b>

## **Report of Guest Lecture on “Health and Nutrition for Healthy Mind and Body.”**

Firstly, member of WDC Mrs. Asmita Raut welcomed the guest and the audience. Then Convener Mrs. Seema Deshmukh and briefly introduced the objectives of WDC the purpose of organising this talk. Later Dr. Yogesh Kulkarni introduced the chief guest and handed over the session to Dr. Savita. She began her talk by saying that health should be of prime importance than anything else. She also stated that students in their college life neglect this fact. Later she talked about misconceptions of girl students about diet and figure. She also attacked on the junk food which is found a craze among the youngsters. She further stated that nutrition should be coupled with physical exercises. The program was concluded with Vote of Thanks by Dr. Arundhati Barde.

This guest lecture was supported and guided by Dr. Kiran J. Save (Principal), advised by prof. Mahesh Deshmukh (IQAC Co-Ordinator & Vice Principal) and Dr. Tanaji Pol (Vice-Principal). The lecture was a great success with 120 participants.



Mrs. Seema Deshmukh  
Convener WDC



SONOPANT DANDEKAR ARTS, V.S. APTE COMMERCE  
AND M. H. MEHTA SCIENCE COLLEGE PALGHAR

WOMEN DEVELOPMENT CELL

NAME OF THE EVENT: Guest Lec. on Health & Nutrition  
 NAME OF THE RESOURCE PERSON: Dr. Savita Grade  
 DATE 05/03/2022 TIME 10.30 to 12.30 VENUE BMS Seminar Hall

Sr. No.	Name of the student	Roll No	Sign
1	Priya Patadiya	1359	Priya
2	Swati Tiwari	37044	Swati
3	Sanju Harikhar Raut	37027	Sanju
4	Manasi J. Gupta	70151	Manasi
5	Hiral Ramesh Dubla	37025	Hiral
6	Komal Dipak Dandekar	37028	Komal
7	Sunita Prasad	37024	Sunita
8	Namrata Anandash Chauhan	70090	Namrata
9	Shalva Ramdas Yadav	1336	Shalva
10	Nabshita P. Kulkarni	1325	Nabshita
11	Eesha D. Lade	1486	Eesha
12	Ratnika Pradip Raut	1379	Ratnika
13	Vibhuti Vijay Vanmali	1329	Vibhuti
14	Bhuminika Vilas Patil	70024	Bhuminika
15	Suloni Narendra Patil	1377	Suloni
16	Vaishnavi Kumbhar	1328	Vaishnavi
17	Harsha Bhavsar	1306	Harsha
18	Sakshi Kiran Ghosh	1312	Sakshi
19	Arpita Vilas Kini	1327	Arpita
20	Anura Suresh Thakur	1393	Anura
21	Neha Karush	70075	Neha
22	Taru Shukla	37034	Taru
23	Nayana Vinod Padvale	70067	Nayana
24	Sakina E. Khan	37042	Sakina
25	Rahat F. Zahedi	37043	Rahat
26	Neha Riga Patil	1346	Neha
27	Ratnika P. Raut		Ratnika
28	Ayasha Thakur	1347	Ayasha
29	Apeksha Thakur	13961	Apeksha
30	Namira Amin Shaikh	547	Namira

Amel

SONOPANT DANDEKAR ARTS, V.S. APTE COMMERCE  
AND M. H. MEHTA SCIENCE COLLEGE PALGHAR

## WOMEN DEVELOPMENT CELL

NAME OF THE EVENT: Guest lec on Health & NutritionNAME OF THE RESOURCE PERSON: Dr- Savita GradeDATE 05/03/22 TIME 10.30 to 12.30 VENUE Seminars Hall, BMS Build

Sr. No.	Name of the student	Roll No	Sign
1	Tijoti Sevak Pawar	688	<u>Tijoti</u>
2	Anjali Mahendra Chavhan	80041	<u>Anjali</u>
3	Pooja B. Bhugat	80209	<u>Pooja</u>
4	Pooja Kharwar	80204	<u>Pooja</u>
5	Haritkaur S. Kaila	80175	<u>Haritkaur</u>
6	Sajivani Dhodi	88089	<u>Sajivani</u>
7	Nishaal Gajghar	80163	<u>Nishaal</u>
8	Jotesh Dhodi	80127	<u>Jotesh</u>
9	Akshay Kurare	1811	<u>Akshay</u>
10	Swarni Kadam	80169	<u>Swarni</u>
11	Sangeeta Vasthakar	80199	<u>Sangeeta</u>
12	Pooja Kisan Kurare	80215	<u>Pooja</u>
13	Bharati Ganesh Dhodi	80126	<u>Bharati</u>
14	Punam Mahadev Vedge	1766	<u>Punam</u>
15	Akshay Barad	80128	<u>A.R. Barad</u>
16	Arshay Santosh Bhanwar	80121	<u>Arshay</u>
17	Siddhi Robin Pagdhare	80167	<u>Siddhi</u>
18	Anjali Pandey	10505	<u>Anjali</u>
19	Prapti K. Chavhan	80160	<u>Prapti</u>
20	Nimesh Jain	169	<u>Nimesh</u>
21	Gnehal Thakur	36086	<u>Gnehal</u>
22	Nisha More	12008	<u>Nisha</u>
23	Rohit bhogat	1535	<u>Rohit</u>
24	Vinaya Vijay Puti	1081	<u>Vinaya</u>
25	Bhandari S. Pallavi	36080	<u>Bhandari</u>
26	Satyam Chhatrapati	1083	<u>Satyam</u>
27	Pratik Baring	External.	<u>Pratik</u>
28	Namira Shalkh	547	<u>Namira</u>
29	Nisha Patil	1697	<u>Nisha</u>
30	Tejal Nitesh Bhoir	1648	<u>Tejal</u>

Amul



SONOPANT DANDEKAR SHIKSHAN MANDALI'S  
SONOPANT DANDEKAR ARTS, V.S. APTE COMMERCE  
AND M. H. MEHTA SCIENCE COLLEGE PALGHAR

WOMEN DEVELOPMENT CELL

NAME OF THE EVENT: Guest Lecture on Health & Nutrition

NAME OF THE RESOURCE PERSON: Dr. Savita Gade

DATE 05/03/22 TIME 10:30 to 12:30 VENUE Seminar Hall, BMS Build.

Sr. No.	Name of the student	Roll No	Sign
1	Akash G. Tiwari	80029	Akash
2	Sachin Sharma	80042	Sachin
3	Ganind Rathod	80076	Rathod
4	Anuja Mascare	550	Anuja
5	Poishani Kharu	548	Poishani
6	Disha P. Patil	1697	Patil
7	Sushan P. Patil	80102	Patil
8	Sahil Rajendra Kudry	1455	Sahil
9	Tejra Madhukar Patil	1762	Tejra
10	Karan Sanil Parmale	1837	Karan
11	Tiyashu Rajesh Naik	80071	Tiyashu
12	Suryant Vishwas Naik	80073	Suryant
13	Manoj Sanjay Sanawane	1666	Sanawane
14	Mukund Sanjay Patil	1674	Patil
15	Gunita Gangaaram Gawade	22011	Gawade
16	Tanya P. Raut	38028	Tanya
17	Pratik Mali	80103	Pratik
18	Rahul Jadhav	1602	Rahul
19	Aarti Dhori	80214	Aarti
20	Kimlesh Yadav	80149	Kimlesh
21	Aditya Chudiyar	80148	Aditya
22	Aniket Sharma	80150	Aniket
23	Muskan Chauhan	80207	Muskan
24	Aarti B. Khose	80188	Khose
25	Divya V. Pandey	38003	Divya
26	Sahana Jhi	38038	Sahana
27	Srushti S. Pawade	80231	Pawade
28	Mamata K. Ravate	80198	Ravate
29	Kahina K. Tokate	775	Kahina
30	Divya Lovesh Mohite	695	Mohite

Amul





Sonopant Dandekar Shikshan Mandal's

**SONOPANT DANDEKAR ARTS, V. S. APTE COMMERCE  
AND M. H. MEHTA SCIENCE COLLEGE**

Tal. Palghar, Dist. Palghar, Pin - 401 404.

Code.: (02525) 252163, Prin : 252317 • Resi.: 252316

website : [www.sdsmcollege.com](http://www.sdsmcollege.com) • Email: [sdsmcollege@yahoo.com](mailto:sdsmcollege@yahoo.com)

## विद्यार्थ्यांसाठी सूचना

१/०७/२०

तत्त्वज्ञान विषयाच्या द्द्वितीय आणि तृतीय वर्षाच्या विद्यार्थ्यांना सूचित करण्यात येते की, दिनांक ५ जुलै २० रोजी आभासी पद्धतीने डॉ. किरण सावे यांचे गुरु-शिष्य परंपरा या विषयावर व्याख्यान आयोजित करण्यात आले आहे. तरी विद्यार्थ्यांनी आभासी पद्धतीने व्याख्यानास उपस्थित राहावे. त्यासाठी आपला फोन चार्ज करून ठेवावा व इंटरनेट कनेक्शन स्थिर असेल याची काळजी घ्यावी.

तत्त्वज्ञान

मंडळ अध्यक्ष

सहा. प्रा. अनघा  
पाध्ये

## EVENT REPORT

**Name of the Event –** (1) Guru-Pournima, lecture on Guru-Shishya Parampara

**Date –** 5th July 2020 **Time –** 11.00 am

**No. of Students Participated –** 23

**Brief description of the Event –**

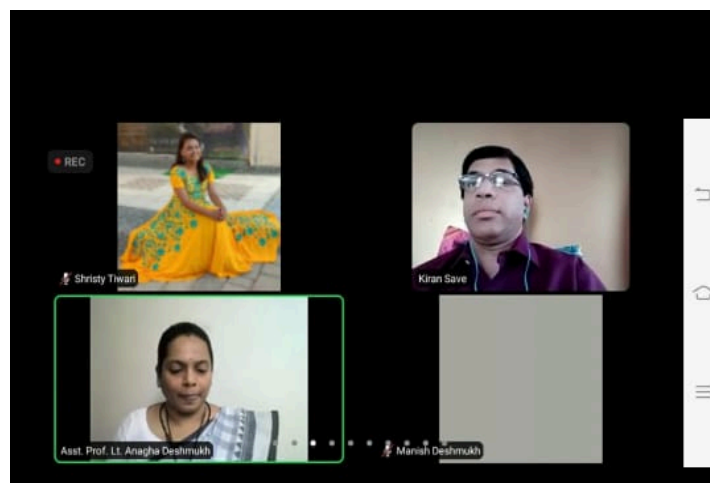
**Event Objectives –**

- To understand the significance and relevance of the Guru-shishya parampara in various spiritual, philosophical, and educational traditions and highlights the role of the guru (teacher) in guiding and nurturing the shishya (disciple) on their spiritual and intellectual journey.
- To appreciate tradition and heritage and wisdom passed down through generations via the Guru-shishya parampara.
- To explore the Guru-Shishya dynamic, its essence, qualities, and responsibilities from both the guru's and shishya's perspectives.
- To cultivate values and virtues and ethical conduct focusing on virtues such as humility, integrity, compassion, and discipline.
- To explore the ethical dimensions of the teacher-disciple relationship.
- To inspire mentorship and teaching to embrace the role of guiding and nurturing others.

**Learning Outcome –**

- To honor and express gratitude towards teachers and gurus and shedding light on the importance of the Guru-shishya parampara in Indian traditions and its relevance in modern times.
- To emphasize the role of the guru in imparting knowledge, guidance, and wisdom to the shishya, and the shishya's commitment to learning, humility, and respect

- To explore traditional pedagogical methods employed in this system, such as oral transmission, personal guidance, experiential learning, and the passing down of wisdom through generations.
- To inspire to seek out mentors and cultivate meaningful connections with teachers or experienced individuals who can guide students on their personal and professional journeys.





# **Department of Lifelong Learning and Extension (DLLE)**

## **Activity Name**

### **Health and Diet**

Health is the overall condition of a person's physical, mental, and social well-being; on the other hand, diet refers to the food and drink regularly consumed. In our meeting, the speaker showed how a healthy diet is crucial in maintaining good health, providing essential nutrients like vitamins, minerals, proteins, carbohydrates, and fats. Our diet should include a variety of foods such as fruits, vegetables, whole grains, lean proteins, and healthy fats while limiting processed foods, sugary drinks, and excessive salt and sugar intake.

#### **Objectives:**

1. Health awareness: To raise participant's understanding of the significance of eating a balanced diet and staying well during the COVID-19 pandemic.
2. Immune system support: To inform participants of the importance of a nutritious diet and good nutrition in bolstering and fortifying the immune system to fend off infections and advance general health.
3. Mental health support: To enlighten people about how diet affects mental health and overall well-being in stressful and uncertain times, like the COVID-19 pandemic.
4. Adopting healthy eating practices: To support both physical and mental health, it is important to encourage adopting healthy eating practices, such as portion control, mindful eating, and balanced nutrition.

**Outcomes:**

1. Nutritional knowledge: During the COVID-19 pandemic, participants learned about vital nutrients, their functions in preserving health, and the effects of diet on the immune system and general well-being.
2. Immune-boosting diet: To lower the risk of infections, participants learned about particular foods, nutrients, and dietary patterns that can help support and strengthen the immune system.
3. Healthy meal planning: Through meal planning, portion control, and incorporating a range of nutrient-dense foods into their diets, participants gained expertise in these areas.
4. Stress management techniques: Participants learned strategies for managing stress-related eating and emotional eating, including mindful eating, relaxation techniques, and finding healthy coping mechanisms.

**Participants:**

1. Chief Guest
2. Extension Teacher
3. DLLE students



**SONOPANT DANDEKAR ARTS, V.S. APTE COMMERCE  
AND M.H.MEHTA SCIENCE COLLEGE, PALGHAR**



Activity program

# Health and Diet

Session will  
be conducted  
on zoom  
meeting

DEPARTMENT OF LIFE LONG  
LEARNING AND EXTENSION  
ORGANIZES

## Health & Diet

on 13/07/2020

10:30 am - Lecture  
by Prof. Jaya Pawar

Maintaining a healthy diet is crucial during COVID-19 as it supports immune function, aids recovery, and reduces the risk of severe illness.

Good nutrition also promotes overall well-being, mental health, and resilience against infections.

## Keys to eat better

It is important to take care of the patient, to be followed by the patient, but it will happen at such a time that there is a lot of work and pain. For to come to the smallest detail, no one should practice any kind of work unless he derives some benefit from it.

*Diet is essential to take  
care of health*





# Department of Lifelong Learning and Extension

## ACTIVITY REPORT

**Name of the Activity** – Health and Diet

**Date** – 13/07/2020

**Time-** 10:30 a.m.

**No. of Students Participated** – 24 (Boys: 10 & Girls: 14)

**About the Activity** –

The lecture was conducted on a Zoom online platform. Prof. Asmita Raut introduced the guest Dr. Jaya Pawar, HOD of Botany, Elphinstone College, Churchgate. Madam insights on the positive changes in our diet and lifestyle further also prioritized the power of nutritious foods which leads to a healthy life. Vote of Thanks presented by Prof. Prashant Mogle.

**Objectives:**

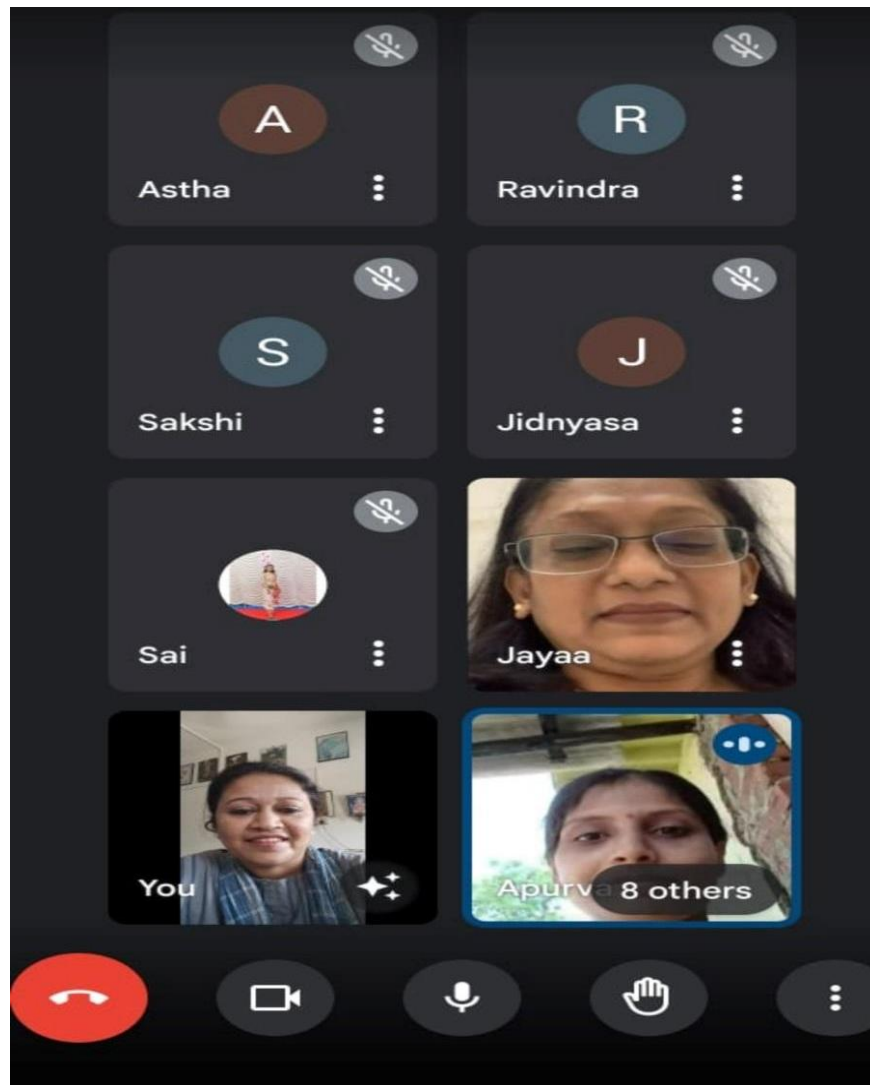
1. Health awareness: To raise participant's understanding of the significance of eating a balanced diet and staying well during the COVID-19 pandemic.
2. Immune system support: To inform participants of the importance of a nutritious diet and good nutrition in bolstering and fortifying the immune system to fend off infections and advance general health.

**Outcomes:**

1. Nutritional knowledge: During the COVID-19 pandemic, participants learned about vital nutrients, their functions in preserving health, and the effects of diet on the immune system and general well-being.
2. Immune-boosting diet: To lower the risk of infections, participants learned about particular foods, nutrients, and dietary patterns that can help support and strengthen the immune system.

Department of Lifelong Learning and Extension  
(DLLE)

Students Attendance



Prof. Jaya Pawar Madam delivered an online lecture on “Health & Diet”

**CERTIFICATE COURSE IN LITERACY ON MENTAL HEALTH  
ISSUES AMONG CHILDREN BECOMING A MENTAL HEALTH  
AMBASSADOR**

**Report 2022-2023**

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# BROCHURE



## **Literacy on mental health issues among children: Becoming a Mental Health Ambassador**

The goal of the course is to assist participants become ambassadors for mental health by educating them about problems with mental health among children.

★★★★★ No grade

# **LITERACY ON MENTAL HEALTH ISSUES AMONG CHILDREN: BECOMING A MENTAL HEALTH AMBASSADOR**

## **ABOUT THE COURSE**

The goal of the course is to assist participants become ambassadors for mental health by educating them about problems with mental health among children. It is organized down into five modules and covers a range of mental health-related topics, such as understanding mental health, recognizing mental health issues, and supporting children who may be experiencing difficulties with their mental health. Through this course, you will be equipped with the knowledge and skills required to become a mental health ambassador, who can sensitize and prevent mental health issues among children.

Our course covers a range of topics, including the significance of children's mental health, information on children's mental health difficulties in particular age groups, the importance of child mental health in performance, the school environment, and specific demands on children, the frequent reporting of mental health issues by school-going children, and myths about child mental health.

You will have access to a range of interesting videos, power point presentations, reflective activities, and assessments to deepen your understanding of child mental health. By the end of the course, you will have a greater appreciation for the significance of children's mental health and the ability to identify at-risk children, initiate positive conversations with children, and promote children's mental health through various strategies.

We believe that this course will help you to become a mental health ambassador and play an active role in your community to organize small awareness campaigns, talks, and events for child mental health, connect with decision-making authorities to bring about social change, and report the change through social media.

We hope that you find this course informative, engaging and rewarding, and we look forward to supporting you on your journey towards becoming a mental health ambassador!

Link to the course: <https://mentalhealthcourse.wixsite.com/home>

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# COURSE SYLLABUS

## MODULE 1 - MENTAL HEALTH OF CHILDREN: A GROWING CHALLENGE!

This module aims to provide you a basic understanding of the importance of children's mental health as well as the most recent data on children's mental health in India and information on specific age groups where children's mental health issues are more prevalent. You will get access to a variety of informative videos, power point presentations, and reflection tasks that will enhance your understanding of child mental health throughout this week-long session.

We'll explore about how child mental health impacts performance, the learning environment, as well as specific demands placed on children. By the end of this module, you will be able to identify the warning signs and risk factors associated with mental health issues, expectations of children, and how frequently school-going children report mental health difficulties.

Our course's objectives are to provide you a fundamental understanding of children's mental health, raise your awareness of mental health issues that are more prevalent in particular age groups. We hope that this module will help you gain a deeper understanding of the relevance of children's mental health and enable you to support the children in your life more effectively.

### **Objectives of this module:**

After completing this module, the learner will be able to

- Understand what is mental health and its affect in children
- Identify the common symptoms of mental health concerns among children
- Know the current scenario of mental health issues in India

- understand various mental health issues among children

## **MODULE 2 - SCREENING AND IDENTIFYING AT-RISK BEHAVIOUR!**

This module is designed to provide you with the knowledge to screen prevalent mental health issues among children. Over the course of this module, you will learn how to understand, screen, and identify at-risk behavior in children, and bust common misconceptions about children's mental health.

Through a variety of interactive tools such as videos, PowerPoint presentations, reflection activities, quizzes, and a screening tool, you will have the opportunity to develop your competence in this area. We will also discuss about myths regarding children's mental health, understand the importance of early intervention, and know how to connect children and families to appropriate resources and support.

The module is spread over one week, but can also be covered in 2 to 3 hours depending on your preferred pace of learning. We encourage you to take your time with the materials and activities and engage with the content in a thoughtful and reflective manner.

We hope that this module will equip you with the knowledge and skills necessary to effectively identify and support children who may be struggling with mental health issues.

Thank you for joining us on this journey of learning and growth!

### **Objectives of this module**

- To understand the myths related to child mental health.
- To associate the child sudden change at emotional level with at risk behaviour

- To associate the child sudden change at behavioural (communication/nonverbal cues, social interactions etc.) level with at risk behaviour
- To clarify the disturbance at emotional/psychological/academic/behavioural level
- To differentiate with normal change of emotions/cognition and behaviour in children with unusual distress/disturbance
- To infer the at-risk behaviour in children
- To employ the screening tools in children
- To use the screening tools to screen the at-risk behavior among children

### **MODULE 3 - COMMUNICATION SKILLS AND SHORT INTERVENTIONS!**

This module is designed to equip you with the essential skills and knowledge required to communicate effectively with children. Communication is a vital tool in developing positive relationships with children, and it plays a crucial role in shaping their social, emotional, and cognitive development.

In this module, you will be demonstrated and offer insight on the different parenting styles and explain the impact parenting style have on the development of children, this module introduces participants to the utility of using good communication techniques. You will gain an understanding of the function of communication in interactions with children and how to have mindful conversations with them. You will also learn communication skills tailored to children, including how to use language, non-verbal cues, and active listening to build rapport with them.

Moreover, this module will introduce you to a community child excellence program ready framework. This framework provides guidance for developing

effective communication strategies to promote positive child development in a community setting.

Through engaging videos, interactive PowerPoint presentations, and reflective activities, you will have an opportunity to explore and develop your communication skills with children. This module will not only help you communicate better with children, but also learn effective discipline methods of controlling negative behavior, encouraging good behavior.

We hope that you will find this module informative, engaging, and rewarding. Let's get started!

### **Objectives of this module**

- Develop an understanding of the importance of effective communication in building positive relationships with children, and how it impacts their social, emotional, and cognitive development.
- Identify various communication patterns and teaching/parenting styles that are specific to children, and how to adapt communication to meet their needs.
- Learn about the function of communication in interactions with children, and how to have mindful conversations with them.
- Develop effective communication skills tailored to children, including how to use language, non-verbal cues, and active listening to build rapport with them.
- Understand the community child excellence program ready framework and how it provides guidance for developing effective communication strategies to promote positive child development in a community setting.
- Engage in reflective activities to explore and develop communication skills with children.



- Gain a deeper understanding of child development through the lens of effective communication

## **MODULE 4 - BRIEF INTERVENTIONS!**

This module is designed to equip you with the essential skills and knowledge required to practice brief interventions with children. All children deserve the best possible start in life. Too many children face the kind of disadvantage that affects their development and threatens their future health and happiness. Early intervention can play a part in offering these children and their families the support they need to reach their potential.

This module, includes mindfulness, breathing techniques, and meditations, is designed to prevent mental health issues and promote emotional well-being in children. The module aims to equip you with practical tools and strategies that they can use to promote positive coping skills and emotional regulation in children. Mindfulness, breathing techniques, and meditation have been shown to be effective interventions for children in promoting emotional well-being, reducing anxiety, and preventing mental health issues.

Through engaging videos, interactive PowerPoint presentations, and reflective activities, you will have an opportunity to explore and practice brief intervention techniques with children. Participants are encouraged to practice the brief intervention techniques and explore their application with their children.

We hope that you will find this module informative, engaging, and rewarding. Let's get started!

### **Objectives of this Module**

- Understand the benefits of brief interventions, such as breathing exercises, mindfulness-based, and activity-based interventions, in promoting children's mental health and well-being.
- Learn practical techniques for implementing breathing exercises to help children regulate their emotions and manage stress and anxiety.
- Explore mindfulness-based interventions and develop skills to help children improve their attention and focus, emotional regulation, and overall well-being.
- Develop an understanding of activity-based interventions and their potential for promoting physical activity, socialization, and cognitive development in children.
- Learn how to integrate these interventions into daily routines and implement them effectively to support children's mental and physical health.

## **MODULE 5 - BECOMING AN AMBASSADOR!**

This module is designed to help you recognize the important role you as a mental health Ambassador will play in helping children understand their mental health. By adopting an active role in the community, you will learn how to organize small awareness campaigns, talks, and events for child mental health, connect with decision-making authorities to bring about social change, and report the change through social media.

Throughout this week-long module, you will have access to a range of interesting videos, power point presentations, and reflective activities that will equip you with the knowledge and skills required to become a mental health ambassador. By the end of the module, you will be equipped with the ability to

identify at-risk children, initiate positive conversations with children, and promote children's mental health through various strategies.

Our course objectives are to give you the skills you need to be a Mental health Ambassador and equip you with knowledge of various mental health issues among children, the ability to identify at-risk children, the ability to initiate positive conversations with children, and strategies to promote children's mental health.

We hope that you find this module both informative and engaging, and we look forward to supporting you on your journey towards becoming a mental health ambassador!

### **Objectives of this Module**

- Learning objectives for a self-care for parents and becoming a mental health ambassador module could include:
- Understand the role of Mental Health Ambassador.
- Learn how to handle and promote better mental health in children.
- Understand the importance of self-care for parents and its impact on mental health and well-being.
- Learn practical strategies and techniques for practicing self-care, such as mindfulness, stress management, and setting healthy boundaries.
- Explore the concept of mental health advocacy and the role of parents in promoting mental health awareness and reducing stigma.
- Develop communication and leadership skills to effectively advocate for mental health and promote positive mental health practices.
- Understand the importance of seeking support and resources for mental health and learn how to access and utilize them effectively.

## ENROLMENT LIST

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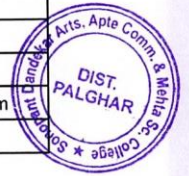




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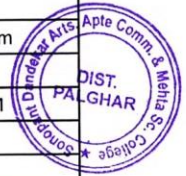




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328	539	PAL ANKITA RAMJEET	MSC - I	8459569381	ANKITA915666@GMAIL.COM
329	540	RATHOD DISHABEN VIJAYSINH	MSC - I	7391897090	DISHARATHOD847@GMAIL.COM
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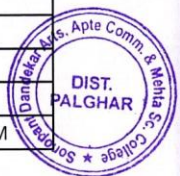




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350	15013	VAYADA NAMITA VASANT	MSC - I	7030894930	namitavayada25@gmail.com
351	15014	MAHALA SONALI CHANDAR	MSC - I	9359974229	sonalimahala12@gmail.com
352	15015	SHENERA SAMRUDDHI KRISHNA	MSC - I	9307450416	sonalijthakare@gmail.com
353	15016	THAKARE SONALI JAYWANT	MSC - I	7798931045	sonalimahala12@gmail.com
354	15017	DALAVI GAURAV LAHU	MSC - I	9022282820	gauravdalavi244@gmail.com
355	15018	GAVIT CHETNA NANU	MSC - I	7066907393	bhusarapramila423@gmail.com
356	15019	BHUSARA PRAMILA KAKDYA	MSC - I	9370252290	bhusarapramila423@gmail.com
357	44004	MHATRE YOGITA JAYANT	MSC - I	9518514002	yogitajayant27@gmail.com
358	44005	DHANAWA RAHUL KASHIRAM	MSC - I	8308453507	rahuldhanawa93@gmail.com



359	44006	GAVALI KAIKALA LAXMAN	MSC - I	8767286467	gawalikaikala@gmail.com
360	44007	KADU DURGAMATI PARSHURAM	MSC - I	9420187063	haduduragamati@gmail.com
361	44008	BARAF ADESH DHARMA	MSC - I	9146512513	adeshbaraf2019@gmail.com
362	44009	CHURI BHVIK SANDESH	MSC - I	8390319687	bhavik.churi9@gmail.com
363	44010	VISHWAKARMA OMSHIVAM SATYADEV	MSC - I	7887823621	omshivamv@gmail.com
364	44011	SINGH PAWAN SHRICHAND	MSC - I	9284562604	pawansingh9432@gmail.com
365	44012	TIWARI KUMARI RAJLAXMI UMANATH	MSC - I	9304232380	RAJLAXMITIWARI4653@GMAIL.COM
366	44013	KOKITKAR KARTIK DATTATRAY	MSC - I	7875134797	KARTIKKOKITKAR5@GMAIL.COM
367	44014	DESAI NITIN SURESH	MSC - I	7083921805	DESAINITIN206@GMAIL.COM
368	44015	SIRVI ASHOK DUDARAM	MSC - I	9820953631	ASHOKSIRVI2017@GMAIL.COM
369	44016	WAGH GANESH SOMNATH	MSC - I	9545441017	GANESHWAGH432@GMAIL.COM
370	44017	RATHOD BALASAHEB SHANTARAM	MSC - I	8999352185	BALASAHEBRATHOD1258@GMAIL.COM
371	44018	TUMBADA PRAMOD RAMESH	MSC - I	8421022520	TUMBADA PRAMOD12@GMAIL.COM
372	46022	MULLA SUJAN ARMAN	MSC - I	9765710233	SUJANMULLA2@233
373	46023	SHAIKH NATALIYA AKHTAR	MSC - I	8149775200	NATALIYASHAIKH123@GMAIL.COM
374	46024	MUKANE SANTOSHI RAMESH	MSC - I	96735616970	SANTOSHIMUKANE92@GMAIL.COM
375	46025	BUDHAR MANISHA RAMESH	MSC - I	8412069557	MANIBUDHAR1234@GMAIL.COM
376	12001	KUDU MITALI ASHOK JAYSHREE	MSC - I	9284323597	kudumitali2017@gmail.com
377	12002	GOVARI YOGITA NARAYAN VANDANA	MSC - I	7769954329	yogitangovari@gmail.com
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380	12005	CHAUHAN ANKITA MAHENDRA MAYA	MSC - I	9653490851	camit6337@gmail.com
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383	12013	MAHAKAL ASHITI SHYAM CHANDAN	MSC - I	9326524925	ASHITISMAHAKAL01@GMAIL.COM
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389	17014	GOND SHALAKA RAMESH MANJULA	MSC - I	8080264351	GONDSHALAKA@GMAIL.COM
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403	13008	VARTAK ARYA SWAPNIL JANHAVI	MSC - I	9527155872	VARTAKAARYA5@GMAIL.COM
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407	13012	PRAJAPATI SONELAL SANTOSHKUMAR VID	MSC - I	7249844264	SONUPRAJAPATI3552@GMAIL.COM
408	13014	GAUTAM KISHAN KUMAR BINDULAL SONI	MSC - I	9325950994	KTHEKNOWLEDGEWORLD788712@GMAIL.COM
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415	18007	YADAV VIVEK RAMAVTAR GEETADEVI	MSC - I	8484990094	VIVEKYADAV2A@GMAIL.COM
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420	18012	MARATHE YAJUSHA CHANDRAKANT RITAE	MSC - I	9823950401	YAJUSHAMARATHE@GMAIL.COM
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439	618	GAVHANE GOVINDA SANDIPAN	MSC - I	7559418861	GOVINDAGAVHANE09861@GMAIL.COM
440	619	MALI ANIKET RAMESH	MSC - I	9834050609	MALIANIKET89@GMAIL.COM
441	620	MACHHI AMISHA AJIT	MSC - I	8956971609	MACHHIAMISHA01@GMAIL.COM
442	621	SAVANT ANIKET TUKARAM	MSC - I	9168210456	SAWANTANIKET2332@GMAIL.COM
443	622	AHIR VISHVA PURUSHOTTAM	MSC - I	8140999867	VISHVAHIR94@GMAIL.COM
444	623	DONGARE BHAGYASHREE RAMESH	MSC - I	7620757230	BHAGYASHREEDONGARE75@GMAIL.COM
445	624	CHAKRAVORTI NIKHIL RAVINDRA	MSC - I	9284216591	NIKHILCHAKRAVORTI@GMAIL.COM
446	625	PATIL PRIYANKA MOHAN	MSC - I	7875865534	PATILPRIYANKA61199@GMAIL.COM
447	626	HUSSEN RABINAKHATUN ZAKIR	MSC - I	8007906482	RAVINAHUSEIN@GMAIL.COM
448	627	SHARMA KOMAL SUSHIL	MSC - I	9763457973	KOMALSUSHILSHARMA@GMAIL.COM
449	628	PATHAK JYOTI MAHANAND PATHAK	MSC - I	7558769457	JYOTIPATHAK997596@GMAIL.COM
450	629	KODYA UMANGI JAYBHARAT	MSC - I	9765049741	UMANGIKODYA23@GMAIL.COM
451	630	BARİ SAKSHI MANOHAR	MSC - I	7620711641	SAKSHIBARIO2@GMAIL.COM
452	631	CHAUDHARI RAKSHITA DEEPAK	MSC - I	7559212998	RAKSHITACHAUDHARI58@GMAIL.COM
453	632	PATIL SHWETA NAMDEV	MSC - I	9130810979	PATILSHWETA1404@GMAIL.COM
454	633	SHIVGAN SAHILI SUDHAKAR	MSC - I	8698036960	sanskritshivgan8698@gmail.com
455	634	YATI SHUBHAM RAVINDRA	MSC - I	9325886966	SUBHAMYATI@GMAIL.COM
456	635	GIRI VISHAL ASHOK	MSC - I	9766009025	VISHALGIRI9685@GMAIL.COM
457	636	BORASE BHAVESH DILIP	MSC - I	7262978472	BDBORSE36@GMAIL.COM
458	637	MORE BABITA VIJAY	MSC - I	9730586651	BABITAMORE102@GMAIL.COM
459	638	RAUL MAYURI MAHESH	MSC - I	7757827795	2611MAYURI@GMAIL.COM
460	639	SHINGADA PANKESH MOHAN	MSC - I	9359458359	PANKESHSHINGADA@GMAIL.COM
461	402	PIMPLE SUCHI SANTOSH	MSC - I	7498320733	SUCHIPIMPLE123@GMAIL.COM
462	403	SHARMA MOHINI DHARMENDRA	MSC - I	9172745790	MS6037146@GMAIL.COM

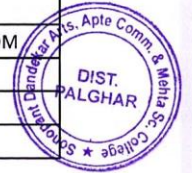


463	404	SINGH RAJKUMAR KAPILDEV	MSC - I	9765027968	RAJKUMARKAPILDEVSINGH781@GMAIL.CC
464	405	BHOYE USHA RAMU	MSC - I	9823365158	USHABHOYE2021@GMAIL.COM
465	406	WALE YOGITA SUNIL	MSC - I	8169051353	YOGITAVALE78@GMAIL.COM
466	407	UMBARSADA RAJENDRA NANU	MSC - I	9356572566	RAJENDRAUMBARSADA218@GMAIL.COM
467	408	PATKAR PRAVIN SADU	MSC - I	7020647581	PRAVINPATKAR55544@GMAIL.COM
468	409	KODYA SANDEEP LADKYA	MSC - I	7517480855	KODYASANDEEP@GMAIL.COM
469	410	DHAPSA RAJU RAGHUNATH	MSC - I	9860642820	RAJUDHA99@GMAIL.COM
470	411	FARARA ALPESH VISHNU	MSC - I	9860774763	ALPESHFARARA466@GMAIL.COM
471	412	DODE JAGDISH SHANTARAM	MSC - I	9370384451	JAGDISHDODE20@GMAIL.COM
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474	415	JHA SHIVANI AMLESH	MSC - I	9503963158	SHIVANIAMLESH11@GMAIL.COM
475	416	BARI ASHWITA SUBHASH	MSC - I	8177922522	ASHVITABARI2000@GMAIL.COM
476	417	BARI SHRUTI PRAVIN	MSC - I	8552073316	SHRUTIBARI100@GMAIL.COM
477	418	GUND TEJAL VILAS	MSC - I	9974847192	GUNDTEJAL@GMAIL.COM
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480	421	KANDEKAR ABHIJEET ANANT	MSC - I	8208377558	ABHIJEETKANDEKAR4037@GMAIL.COM
481	422	MEHER SRUSHTI NILESH	MSC - I	7249472317	SRUSHTIMEHER04@GMAIL.COM
482	423	HARIJAN ARCHANA PARMARAM	MSC - I	9518531153	ARCHANAHARIJAN124@GMAIL.COM
483	424	WANGA TEJASWI GANESH	MSC - I	7798475146	TEJASWIWANGA0012@GMAIL.COM
484	425	CHHEDA ARPIT MANISH	MSC - I	9665383538	ARPIT00CHHEDA@GMAIL.COM
485	426	VINKAR SAPANA RAMESH	MSC - I	7499534276	SAPNAVINKAR123@GMAIL.COM
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487	428	PAWAR SWAPNIL SATYAWAN	MSC - I	8446719319	SWAPNILPAWAR1437@GMAIL.COM
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492	433	NAIK UNNATI ANIL	MSC - I	8767339044	UNNATINAIK2018@GMAIL.COM
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495	436	ADSUL SHRUTIKA DHANAJI	MSC - I	7499167985	SHRUTIADSUL2611@GMAIL.COM
496	437	VANMALI KARISHMA NITIN	MSC - I	9766096520	KARISHMAVANMALI829@GMAIL.COM
497	438	GHARAT PREKSHITA CHANDRAKANT	MSC - I	9067835118	PREKCGHARAT@GMAIL.COM
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M. H. Mehta Science College, Palghar

Estb.: 14 August 1968

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## CENTRE FOR EXCELLENCE AND INNOVATION

28<sup>th</sup> July, 2022

### NOTICE

### CERTIFICATE COURSE TIME TABLE

This is to inform all the students who have registered for the **Certificate Course in Literacy on mental health issues among children Becoming a Mental Health Ambassador** are hereby informed that the course will commence from **1<sup>st</sup> August, 2022** and the Review Lecture will be conducted online every Monday as per below given schedule.

Day	Time	Venue	Name of the Course Facilitator
Monday	4 pm to 5 pm	Online Mode	Prof. Mahesh Deshmukh

Kindly make a note of the schedule and join the meeting 10 minutes before the schedule time.



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V.S. Apte Commerce College &  
M.H. Mehta Science College  
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## COURSE COMPLETION LIST

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NAME OF THE COURSE: LITERACY ON MENTAL HEALTH ISSUES AMONG CHILDREN BECOMING A MENTAL HEALTH AMBASSADOR

COURSE FACILITATOR: PROF. MAHESH DESHMUKH

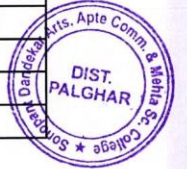
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206	26145	PATIL SHRUNGI RAJESH	TYBSC	8010413902	shrungipatil2002@gmail.com
207	26146	DHODI BRIJESH MUKESH	TYBSC	7767883163	brijeshdhodi0012@gmail.com
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209	26148	VADHAN RUPESH LADAKA	TYBSC	8459594849	rupeshvadhan9161@gmail.com
210	26149	BETHEKAR DEVRAJ ZINGA	TYBSC	7507987456	devrajbethekar@gmail.com
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213	26154	JADHAV TANVI SANJAY	TYBSC	7249720299	tanvij356@gmail.com
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218	26159	KINI DISHA NAVNATH	TYBSC	8010849002	kininikita767@gmail.com
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225	26168	MACHHI ARYAN ANIL	TYBSC	8459144334	aryanmachhi22@gmail.com
226	26169	TAMORE BHAVIK SANTOSH	TYBSC	9404473385	tamorebhavik09@gmail.com
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238	26191	PANDEY SURAJ RAMANUJ	TYBSC	9923537303	sp7156378@gmail.com
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313	534	PATEL PRAGATI KANTILAL	MSC - I	8263907744	PRAGATIPATEL0102@GMAIL.COM
314	535	PAWADE SEJAL HARISHCHANDRA	MSC - I	9960305309	PAWADESEJAL01@GMAIL.COM
315	536	PATIL VAISHNAVI VIVEK	MSC - I	8149379274	pawadesejal01@gmail.com
316	537	GUJAR RUTIK RAVINDRA	MSC - I	9021977836	RUTIKGUJAR@GMAIL.COM
317	538	JONDHALEKAR AKSHIT JITENDRA	MSC - I	9699081746	AKSHITJONDHALEKAR@GMAIL.COM
318	539	PAL ANKITA RAMJEET	MSC - I	8459569381	ANKITA915666@GMAIL.COM
319	540	RATHOD DISHABEN VIJAYSINH	MSC - I	7391897090	DISHARATHOD847@GMAIL.COM
320	541	DHADGA SACHIN LAHANU	MSC - I	9834421968	DHADGASACHIN123@GMAIL.COM
321	542	AHIRE BHARGAVEE CHHAGANLAL	MSC - I	9834876219	VARSHAHIRE15@GMAIL.COM
322	543	PATIL SALONI HEMANT	MSC - I	9284230744	SALONIPATIL8237@GMAIL.COM
323	544	TARE AYURSHA NILESH	MSC - I	8411817089	AYURSHATARE0012@GMAIL.COM
324	546	SINGH ROHIT KUMAR BASHISTH	MSC - I	8459995608	SAMIRKUTIYA8@GMAIL.COM
325	547	SHAIKH NAMIRA AMIN	MSC - I	9322962782	SHAIKHNAMIRA212@GMAIL.COM
326	548	KADU ROSHANI NARESH	MSC - I	7558435180	ROSHANIKADU1002@GMAIL.COM
327	549	SHAH GULAMNABI RIYASAT	MSC - I	8668921692	gulamnabi787590@gmail.com
328	550	MASARE ANUJA POPAT	MSC - I	8767880922	ANUMASARE@GMAIL.COM
329	551	PATIL DIVYA MANGESH	MSC - I	8769816892	DIVYAPATIL667@GMAIL.COM
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339	15012	BHANGARA RUPESH LAXMAN	MSC - I	9764033504	rupeshbhangara2@gmail.com
340	15013	VAYADA NAMITA VASANT	MSC - I	7030894930	namitavayada25@gmail.com
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342	15015	SHENERA SAMRUDDHI KRISHNA	MSC - I	9307450416	sonalijthakare@gmail.com
343	15016	THAKARE SONALI JAYWANT	MSC - I	7798931045	sonalimahala12@gmail.com
344	15017	DALAVI GAURAV LAHU	MSC - I	9022282820	gauravdalavi244@gmail.com
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351	44008	BARAF ADESH DHARMA	MSC - I	9146512513	adeshbaraf2019@gmail.com
352	44009	CHURI BHVIK SANDESH	MSC - I	8390319687	bhavik.churi9@gmail.com
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354	44011	SINGH PAWAN SHRICHAND	MSC - I	9284562604	pawansingh9432@gmail.com
355	44012	TIWARI KUMARI RAJLAXMI UMANATH	MSC - I	9304232380	RAJLAXMITIWARI4653@GMAIL.COM
356	44013	KOKITKAR KARTIK DATTATRAY	MSC - I	7875134797	KARTIKKOKITKAR5@GMAIL.COM
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362	46022	MULLA SUJAN ARMAN	MSC - I	9765710233	SUJANMULLA2@233
363	46023	SHAIKH NATALIYA AKHTAR	MSC - I	8149775200	NATALIYASHAIKH123@GMAIL.COM
364	46024	MUKANE SANTOSHI RAMESH	MSC - I	96735616970	SANTOSHIMUKANE92@GMAIL.COM
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366	12001	KUDU MITALI ASHOK JAYSHREE	MSC - I	9284323597	kudumitali2017@gmail.com
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369	12004	JHA MADHAVI AJAY BABY	MSC - I	8007207924	madhavijha242@gmail.com
370	12005	CHAUHAN ANKITA MAHENDRA MAYA	MSC - I	9653490851	camit6337@gmail.com
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372	12012	YADAV ANOJKUMAR SANTLAL PRAMILA	MSC - I	9096862489	ANOJYADAV9322@GMAIL.COM
373	12013	MAHAKAL ASHITI SHYAM CHANDAN	MSC - I	9326524925	ASHITISMAHAKAL01@GMAIL.COM
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377	17015	SHARMA SAHIL VINOD SUCHITA	MSC - I	7387842861	SS2700270@GMAIL.COM
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381	77009	KOLI ROSHAN ASHOK	MSC - I	7709037908	RKVICKY22@GMAIL.COM
382	77010	SHELKE KISHOR VASANT	MSC - I	7977611546	KISHORSHELKE@YAHOO.COM
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384	13002	SHINDE SIDDHI SANTOSH DIPTI	MSC - I	9689197297	SIDDHI120074@GMAIL.COM

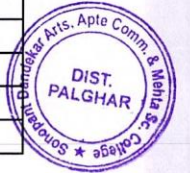




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386	13004	TIWARI SHIVANGI RAJNARAYAN INDRAVA	MSC - I	7030059482	TSHIVANGI753@GMAIL.COM
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405	18010	CHAWARE SUNITA ANANTA MIRA	MSC - I	7058584338	SUNITACHAWARE07@GMAIL.COM
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407	18012	MARATHE YAJUSHA CHANDRAKANT RITA	MSC - I	9823950401	YAJUSHAMARATHE@GMAIL.COM
408	18013	SHUKLA SHIVAM VIJAY SAVITRI	MSC - I	8530894722	SHIVAMSHUKLA2709@GMAIL.COM
409	18014	GURADA VAISHNAVI GANESH LAXMI	MSC - I	7420992960	VAISHAVIGGURADA12@GMAIL.COM
410	18015	JAYSAWAL ARCHITA SHIVKUMAR SUNITA	MSC - I	7249418483	ARCHITAJAYSAWAL@GMAIL.COM

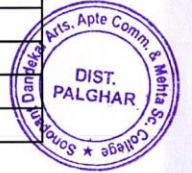


411	18016	TUMBADA SANDESH LAXMAN RAMA	MSC - I	9172107284	TUMBADAS304@GMAIL.COM
412	18017	TIWARI ANKIT KRISHNAKANT PUSHPA TIW	MSC - I	9370418328	ANKITUNIVERSE25CN@GMAIL.COM
413	18018	MISHRA RAHUL KUMAR MITHILESH ADHI	MSC - I	7738249116	MISHRARAHUL7738@GMAIL.COM
414	18019	PANDEY ABHISHEK SHESH DHAR SUNITA	MSC - I	7219735691	AARADHYAPANDEY@GMAIL.COM
415	18020	YADAV PRAKASH SADHUPRASAD VIMALA	MSC - I	8291465391	PRAKASHY3910@GMAIL.COM
416	18021	PAL AMIT RAMPREET RADHIKA	MSC - I	7972846424	AMITPAL1624@GMAIL.COM
417	601	GOND AKSHADA DAMU	MSC - I	8010797402	AKSHADAGOND@GMAIL.COM
418	602	DODIYA SWAPNALI SANJAY	MSC - I	8446195717	DODIYASWAPNALI8@GMAIL.COM
419	603	SAWANT ASMITA MADHAV	MSC - I	9327038375	ASMITASAWANT1101@GMAIL.COM
420	604	SURU ROHIT RAJENDRA	MSC - I	7507021923	ROHITSURU82@GMAIL.COM
421	605	PANDEY BIPIN JAGDISH	MSC - I	7069694093	PANDEYBIPINJAGDISH@GMAIL.COM
422	606	NAIR GOKUL GOPAN	MSC - I	8866395955	NAIRGOKUL2@GMAIL.COM
423	615	PATIL ADITYA VAKESH	MSC - I	7776015958	AP45021@GMAIL.COM
424	616	PUNJARI AMOL ANANTA	MSC - I	9130912737	PUNJARIAMOL8@GMAIL.COM
425	617	JADHAV MANASI SURESH	MSC - I	7066563868	MIYAJADHAV7066@GMAIL.COM
426	618	GAVHANE GOVINDA SANDIPAN	MSC - I	7559418861	GOVINDAGAVHANE09861@GMAIL.COM
427	619	MALI ANIKET RAMESH	MSC - I	9834050609	MALIANIKET89@GMAIL.COM
428	620	MACHHI AMISHA AJIT	MSC - I	8956971609	MACHHIAMISHA01@GMAIL.COM
429	621	SAWANT ANIKET TUKARAM	MSC - I	9168210456	SAWANTANIKET2332@GMAIL.COM
430	622	AHIR VISHVA PURUSHOTTAM	MSC - I	8140999867	VISHVAHIR94@GMAIL.COM
431	623	DONGARE BHAGYASHREE RAMESH	MSC - I	7620757230	BHAGYASHREEDONGARE75@GMAIL.COM
432	624	CHAKRAVORTI NIKHIL RAVINDRA	MSC - I	9284216591	NIKHILCHAKRAVORTI@GMAIL.COM
433	625	PATIL PRIYANKA MOHAN	MSC - I	7875865534	PATILPRIYANKA61199@GMAIL.COM
434	626	HUSSEN RABINAKHATUN ZAKIR	MSC - I	8007906482	RAVINAHUSEIN@GMAIL.COM
435	627	SHARMA KOMAL SUSHIL	MSC - I	9763457973	KOMALSUSHILSHARMA@GMAIL.COM
436	628	PATHAK JYOTI MAHANAND PATHAK	MSC - I	7558769457	JYOTIPATHAK997596@GMAIL.COM





437	629	KODYA UMANGI JAYBHARAT	MSC - I	9765049741	UMANGIKODYA23@GMAIL.COM
438	630	BARI SAKSHI MANOHAR	MSC - I	7620711641	SAKSHIBARI02@GMAIL.COM
439	631	CHAUDHARI RAKSHITA DEEPAK	MSC - I	7559212998	RAKSHITACHAUDHARI58@GMAIL.COM
440	632	PATIL SHWETA NAMDEV	MSC - I	9130810979	PATILSHWETA1404@GMAIL.COM
441	633	SHIVGAN SAHILI SUDHAKAR	MSC - I	8698036960	sanskrutshivgan8698@gmail.com
442	634	YATI SHUBHAM RAVINDRA	MSC - I	9325886966	SUBHAMYATI@GMAIL.COM
443	635	GIRI VISHAL ASHOK	MSC - I	9766009025	VISHALGIRI9685@GMAIL.COM
444	636	BORASE BHAVESH DILIP	MSC - I	7262978472	BDBORSE36@GMAIL.COM
445	637	MORE BABITA VIJAY	MSC - I	9730586651	BABITAMORE102@GMAIL.COM
446	638	RAUL MAYURI MAHESH	MSC - I	7757827795	2611MAYURI@GMAIL.COM
447	639	SHINGADA PANKESH MOHAN	MSC - I	9359458359	PANKESHSHINGADA@GMAIL.COM
448	402	PIMPLE SUCHI SANTOSH	MSC - I	7498320733	SUCHIPIMPLE123@GMAIL.COM
449	403	SHARMA MOHINI DHARMENDRA	MSC - I	9172745790	MS6037146@GMAIL.COM
450	404	SINGH RAJKUMAR KAPILDEV	MSC - I	9765027968	RAJKUMARKAPILDEV Singh781@GMAIL.COM
451	405	BHOYE USHA RAMU	MSC - I	9823365158	USHABHOYE2021@GMAIL.COM
452	406	WALE YOGITA SUNIL	MSC - I	8169051353	YOGITAVALE78@GMAIL.COM
453	407	UMBARSADA RAJENDRA NANU	MSC - I	9356572566	RAJENDRAUMBARSADA218@GMAIL.COM
454	408	PATKAR PRAVIN SADU	MSC - I	7020647581	PRAVINPATKAR55544@GMAIL.COM
455	409	KODYA SANDEEP LADKYA	MSC - I	7517480855	KODYASANDEEP@GMAIL.COM
456	410	DHAPSA RAJU RAGHUNATH	MSC - I	9860642820	RAJUDHA99@GMAIL.COM
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458	412	DODE JAGDISH SHANTARAM	MSC - I	9370384451	JAGDISHDODE20@GMAIL.COM
459	413	KHARPADE DINESH RAMAN	MSC - I	9860696039	DINESHKHARPADE99@GMAIL.COM
460	414	CHAUDHARI PRANJILI SANDIP	MSC - I	9172865265	PRANJILISC@GMAIL.COM
461	415	JHA SHIVANI AMLESH	MSC - I	9503963158	SHIVANIAMLESH11@GMAIL.COM
462	416	BARI ASHWITA SUBHASH	MSC - I	8177922522	ASHVITABARI2000@GMAIL.COM





463	417	BARI SHRUTI PRAVIN	MSC - I	8552073316	SHRUTIBARI100@GMAIL.COM
464	418	GUND TEJAL VILAS	MSC - I	9974847192	GUNDTEJAL@GMAIL.COM
465	419	TAMORE SHRUTIKA RAJESH	MSC - I	9284075632	TAMORESHRUTIKA29@GMAIL.COM
466	420	BHOIR DHIRAJ KALURAM	MSC - I	7822029724	BHOIRDHIRAJ2362@GMAIL.COM
467	421	KANDEKAR ABHIJEET ANANT	MSC - I	8208377558	ABHIJEETKANDEKAR4037@GMAIL.COM
468	422	MEHER SRUSHTI NILESH	MSC - I	7249472317	SRUSHTIMEHER04@GMAIL.COM
469	423	HARIJAN ARCHANA PARMARAM	MSC - I	9518531153	ARCHANAHARIJAN124@GMAIL.COM
470	424	WANGA TEJASWI GANESH	MSC - I	7798475146	TEJASWIWANGA0012@GMAIL.COM
471	425	CHHEDA ARPIT MANISH	MSC - I	9665383538	ARPIT00CHHEDA@GMAIL.COM
472	426	VINKAR SAPANA RAMESH	MSC - I	7499534276	SAPNAVINKAR123@GMAIL.COM
473	427	MACHHI CHANCHAL BHANUDAS	MSC - I	8308943436	CHANCHALMACHHI2000@GMAIL.COM
474	428	PAWAR SWAPNIL SATYAWAN	MSC - I	8446719319	SWAPNILPAWAR1437@GMAIL.COM
475	429	BHONE SAKSHI JAGDISH	MSC - I	9307049441	BHONESAKSHI@GMAIL.COM
476	430	BHURKUD SAGAR SHANKAR	MSC - I	9112409098	SAGARBHURKUD425@GMAIL.COM
477	431	MORE ACHALA DEEPAK	MSC - I	7498770461	ACHALAMORE19@GMAIL.COM
478	432	PATIL YADNYESH MANIK	MSC - I	7030417444	YADNYESHPATIL098@GMAIL.COM
479	433	NAIK UNNATI ANIL	MSC - I	8767339044	UNNATINAIK2018@GMAIL.COM
480	434	ADHIKARI VEDIKA BABAN	MSC - I	9021262258	VEDIKAADHIKARI2018@GMAIL.COM
481	435	PATIL JIDNESH PRADIP	MSC - I	7030145484	PATILJIDNESH07@GMAIL.COM
482	436	ADSUL SHRUTIKA DHANAJI	MSC - I	7499167985	SHRUTIADSUL2611@GMAIL.COM
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489	47001	JAGTAP SWAPNALI VISHNU	MSC - I	9272678167	SWAPNALIHOOLI@GMAIL.COM
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491	47003	KUDU HARSHAL PUNDALIK	MSC - I	9561081760	HARSHALKUDU7979@GMAIL.COM
492	47004	KADAM PRANOTI PRAMOD	MSC - I	8806707530	PRANOTIKADAM0@GMAIL.COM
493	47005	GHARAT PRATIK VINOD	MSC - I	8928739516	PRATIKGHARAT326@GMAIL.COM
494	47006	YADAV DIVYA YOGENDRA	MSC - I	7448184257	DIVYAYADAV95777@GMAIL.COM
495	47007	SHUKLA SALONI BHUWANESHWAR	MSC - I	9426411288	SALONISHUKLA776@GMAIL.COM
496	47008	KINI ARPITA ATMARAM	MSC - I	8698396164	ARPITAKINI085@GMAIL.COM
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504	47018	TAMBADE SONAL MOHAN	MSC - I	7498074694	SONALTAMBADE0297@GMAIL.COM
505	47019	TIWARI SMITA BHASKAR	MSC - I	8429557972	PAHALASAMACHAR@GMAIL.COM
506	47020	KHAN HEENA ATIK	MSC - I	8847761145	KHANHEENA87565@GMAIL.COM
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508	47022	SHAIKH SHAHID MUSTAKIN	MSC - I	7558656631	143SHAIKSHAHID@GMAIL.COM
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510	16002	BHUSARA ARCHANA VILAS	MSC - I	9518387675	BHUSARAARCHANA169@GMAIL.COM
511	16003	BHOIR LALITA SHIVRAM	MSC - I	9322619150	LALITABHOIR2000@GMAIL.COM
512	16004	VALVI VEDIKA KASHIRAM	MSC - I	7843060287	VEDIKAVEDIKA99@GMAIL.COM
513	16005	KALE MADHU GANESH	MSC - I	9923092551	KALEMADHU1110@GMAIL.COM
514	16006	PADVALE ROSHANI SANTOSH	MSC - I	9975712865	ROSHANIPADWALE031@GMAIL.COM





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517	16016	VISHWAKARMA RADHIKA RAMPRAGAT	MSC - I	9967631603	RADHIKAVISH1999@GMAIL.COM
518	16017	SHAIKH ASMA ISHTIYAQUE	MSC - I	8087875215	ASMAISHTIYAQUE93@GMAIL.COM
519	16018	TIWARI SHREYA ARVIND KUMAR	MSC - I	9322949691	TIWARISHREYA812@GMAIL.COM
520	16019	PANDEY SAPNA SHASHIKANT	MSC - I	8805212295	SP3263939@GMAIL.COM
521	45001	MORE ERSHA DASHARATH	MSC - I	7666314791	ERSHAMORE72@GMAIL.COM
522	45002	JHA ASHISH JAYGOVIND	MSC - I	7378985708	AJHA24782@GMAIL.COM
523	45003	PATIL PRIYA RAMAKANT	MSC - I	9130502137	PRIYARP30@GMAIL.COM
524	45004	LAHANGE ARCHANA ANKUSH	MSC - I	7567823483	SURESHGHATAL82@GMAIL.COM
525	45005	GOVARI VINOD VASANT	MSC - I	7767858068	VINODGOVARI145@GMAIL.COM
526	45006	KADU GRINABH NARESH	MSC - I	7559427449	GRINABHKADU1104@GMAIL.COM
527	45007	BENDAGA SANDESH LAXMAN	MSC - I	9322711958	SANDESHBENDAGA77@GMAIL.COM
528	45008	GOVIND MAYUR BABALU	MSC - I	7447371609	MAYURBG96@GMAILE.COM
529	45009	TAKTODE ROHINI BHUJANG	MSC - I	8459961937	ROHINITAKTODE1996@GMAIL.COM
530	45010	KARNIK PRAJAKTA RAJESH	MSC - I	8154974928	PRAJKTAKARNIK01@GMAIL.COM
531	45011	THAKUR ADESH RAMCHANDRA	MSC - I	9607714407	THAKURADESH003@GMAIL.COM
532	45012	MACHHI KAUSHAL BHAGWAN	MSC - I	9370857972	KAUSHALMAC67@GMAIL.COM



*MDshmuKh*  
**Prof. Mahesh Deshmukh**  
**Course Facilitator**



## APPRECIATION CERTIFICATE FROM OE4BW

**OE4BW** yearly  
**EDUSCOPE** 

### Certificate of Appreciation

This certificate is presented to

**Prof. Mahesh Deshmukh**

in appreciation of your valuable contribution as a course facilitator for the program conducted by OE4BW and for guidance to the 1111 students of Sonopant Dandekar Arts, V.S. Apte Commerce and M.H. Mehta Science College, Palghar who successfully completed the course in the month of October 2022



*Urbancic T.*

**PROF. DR. TANJA URBANCIC**

Dean of School of Engineering and Management, University of Nova Gorica  
**Open Education for a Better World Program Coordinator**



## SAMPLE CERTIFICATES



**OE4BW** yearly  
**EDUSCOPE** 



### Certificate of Completion

This certificate is presented to

**Tanvi Sanjay Kore**

has successfully completed 42 Hours Certificate Course in Literacy on  
mental health issues among children Becoming a Mental Health  
Ambassador through Self-Paced mode in the month of October, 2022

*Urbančić T.*

**PROF. DR. TANJA URBANCIC**

Dean of School of Engineering and Management, University of Nova Gorica  
Open Education for a Better World Program Coordinator



**OE4BW** yearly  
**EDUSCOPE** 



## Certificate of Completion

This certificate is presented to

**Ayesha Shamsuddin Shaikh**

has successfully completed 42 Hours Certificate Course in Literacy on mental health issues among children Becoming a Mental Health Ambassador through Self-Paced mode in the month of October, 2022

*Urbančić T.*

**PROF. DR. TANJA URBANCIC**

Dean of School of Engineering and Management, University of Nova Gorica  
Open Education for a Better World Program Coordinator





**OE4BW** yearly  
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## Certificate of Completion

This certificate is presented to

**Dhananjay Jitendra Yadav**

has successfully completed 42 Hours Certificate Course in Literacy on mental health issues among children Becoming a Mental Health Ambassador through Self-Paced mode in the month of October, 2022

*Urbančić T.*

**PROF. DR. TANJA URBANCIC**

Dean of School of Engineering and Management, University of Nova Gorica  
Open Education for a Better World Program Coordinator



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## Certificate of Completion

This certificate is presented to

**Arpita Atmaram Kini**

has successfully completed 42 Hours Certificate Course in Literacy on mental health issues among children Becoming a Mental Health Ambassador through Self-Paced mode in the month of October, 2022

*Urbančić T.*

**PROF. DR. TANJA URBANCIC**

Dean of School of Engineering and Management, University of Nova Gorica  
Open Education for a Better World Program Coordinator



**OE4BW** yearly  
**EDUSCOPE** 



## Certificate of Completion

This certificate is presented to

**Priya Ramakant Patil**

has successfully completed 42 Hours Certificate Course in Literacy on mental health issues among children Becoming a Mental Health Ambassador through Self-Paced mode in the month of October, 2022

*Urbančić T.*

**PROF. DR. TANJA URBANCIC**

Dean of School of Engineering and Management, University of Nova Gorica  
Open Education for a Better World Program Coordinator



## **SUMMARY REPORT**

The course "Mental Health of Children: A Growing Challenge!" aimed to equip participants with a comprehensive understanding of children's mental health issues and the necessary skills to support children effectively. The course covered various aspects, including understanding mental health, identifying at-risk behavior, developing communication skills, practicing brief interventions, and becoming mental health ambassadors. The course facilitator Prof. Mahesh Deshmukh skillfully coordinated the online learning experience, ensuring students gained a comprehensive experience.

The review lectures provided participants with a thorough understanding of children's mental health issues and practical skills to support children effectively. The course emphasized the importance of early intervention, effective communication, and advocacy for mental health. Through interactive and practical sessions, participants were well-prepared to address mental health challenges and promote the well-being of children in their communities.

**Date of Commencement: 1<sup>st</sup> August, 2022**

**Date of Completion: 17<sup>th</sup> October, 2022**

**Course Duration – 42 Hours**

**Course Mode: Online + Self-Paced**

**No. of students enrolled: 545**

**No. of students completed the course: 532**

*M Deshmukh*

**Prof. Mahesh Deshmukh**

**Course Facilitator**

Dt: 01/03/2019

**PROPOSAL**

Program Officer  
National Service Scheme Unit  
Sonopant Dandekar College

To  
The Principal,  
Sonopant Dandekar College,  
Palghar

Sub: Request to approve the proposal for conducting a Workshop on Mental Health during 05th March 2019 to 12th March 2019, Palghar.

Sir,

The NSS Unit of our college is proposing to send volunteers for conducting a Workshop on Mental Health during 05th March 2019 to 12th March 2019 jointly organized by NSS Unit and Dhawale Hospital, Palghar.

We request you to kindly allow us to assemble the volunteers for the workshop.

Thank you.

Yours Sincerely,



Program Officers

Date: 01/03/2019

# **NOTICE**

## **National Service Scheme (NSS)**

### **WORKSHOP ON MENTAL HEALTH**

All NSS Volunteers are hereby informed that there will be a Workshop on “MENTAL HEALTH” jointly organized by NSS Unit and Dhawale Hospital, Palghar during 05<sup>th</sup> March 2019 to 12<sup>th</sup> March 2019 in BMS Seminar Hall at 10.00 AM.

All the NSS volunteers are requested to remain present on time.

NOTE: Attendance is mandatory for all NSS volunteers.



**NSS Program Officers**  
**Save**



**Dr. Kiran J.**  
**Principal**



## **OBJECTIVES OF THE ACTIVITY**

1. One of the primary objectives of a mental health workshop is to raise awareness about mental health issues and reduce the stigma associated with them.
2. Workshops often aim to provide participants with knowledge, skills, and tools to enhance their mental well-being.
3. Another objective is to help participants recognize signs and symptoms of common mental health conditions such as anxiety, depression, and stress-related disorders.
4. Workshops often provide information about available mental health resources, such as helplines, support groups, and professional services.
5. Creating a safe and supportive environment where participants can openly discuss mental health is crucial.
6. Workshops may encourage dialogue, empathy-building exercises, and group activities to promote mutual support and understanding.

## **OUTCOMES**

1. NSS volunteers demonstrate improved awareness and understanding of mental health issues, including common mental illnesses, their causes, symptoms, and available support services.
2. The workshop helps reduce stigma surrounding mental health by providing volunteers with accurate information and dispelling misconceptions.
3. Volunteers develop a deeper sense of empathy and compassion towards individuals affected by mental health issues.
4. NSS volunteers learn about the importance of self-care and mental well-being. They acquire practical strategies for managing stress, building resilience, and maintaining positive mental health habits.
5. The workshop encourages volunteers to seek help when needed and to support others in accessing mental health resources.
6. The workshop encourages NSS volunteers to engage with their communities on mental health issues.



Sonopant Dandekar Shikshan Mandali's  
Sonopant Dandekar Arts, V.S. Apte Commerce &  
M.H. Mehta Science College, Palghar  
Palghar, Dist. palghar. pin-401404. Email Id : sdscollege@yahoo.com



### Attendance Record (2018-2019)

Name of The Event : ..... Mentor health workshop .....

Organized By : ..... N.S.S. unit .....

Date: 5/3/2019 Time: 1030 Venue: College Campus .....

Sr.No	Student Name			Class	Signature
	SURNAME	NAME	FATHER'S NAME		
1	YADAV	ANOJKUMAR	SANTILAL	SYBIOTECH	<u>Santilal</u>
2	/VANJARA	NIKITA	JAYPRAKASH	SYBCOM	<u>Nikita</u>
3	PAGDHARE	KAUSTUBH	HARESH	SYBCOM	<u>Kaustubh</u>
4	/MALI	SUNITA	RAMESH	TYBA	<u>AB</u>
5	/BHURBUDE	MANGAL	SHIVRAM	SYBA	<u>AB</u>
6	/MORE	ARPITA	AVINASH	MA-I	<u>Arpita</u>
7	/BHOIR	ASHWINI	RAJENDRA	SYBA	
8	/JAGZAP	DIVYA	VINOD	SYBA	<u>VINOD</u>
9	/MHATRE	SHARADDHA	DEVDRAM	FYBCOM	<u>Sharaddha</u>
10	/KINI	KOMAL	PRAKASH	SYBA	<u>Komal</u>
11	/SINGH	KAJAL	ARVIND	FYBA	<u>Kajal</u>
12	/VANGA	SUNITA	SHANTARAM	TYBA	<u>AB</u>
13	PATIL	TANMAY	DNYANESHWAR	SYBA	<u>Tanmay</u>
14	LADVI	DIPAK	MADHAV	SYBA	<u>Dipak</u>
15	/MEDHA	BABITA	PRAKASH	TYBA	<u>Babita</u>
16	SURVE	UMESH	SHINVAR	SYBA	<u>AB</u>
17	BHAGAT	RAMESH	LADKYA	TYBCOM	<u>AB</u>
18	NADAGE	PANKAJ	NAVASU	SYBA	<u>Pankaj</u>
19	/TATTU	PUJA	DHARMA	SYBIOTECH	<u>Puja</u>
20	/GOLIM	SUMITRA	PANDU	TYBA	<u>Sumitra</u>
21	/GUPTA	RUBY	RAMASHISH	TYBCOM	<u>Ruby</u>
22	/CHAURE	NITA	VASANT	TYBA	<u>Nita</u>
23	JAGTAP	UDAY	PRAKASH	SYBIOTECH	<u>Uday</u>
24	/PATIL	AMRUTA	PRAKASH	TYBSC	<u>Amruta</u>
25	/SHARMA	MEENAKSHI	PAWAN	SYBMS	<u>AB</u>

PPP  
NSS PO



Sonopant Dandekar Shikshan Mandali's  
**Sonopant Dandekar Arts, V.S. Apte Commerce &  
 M.H. Mehta Science College, Palghar**  
 Palghar, Dist. palghar. pin-401404. Email Id : sdscollege@yahoo.com



F 48 M 25

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### Attendance Record (2018-2019)

Name of The Event : Mental Health Workshop  
 Organized By : N.S.S. Unit  
 Date: 5/03/2019 Time: 10:30 Venue : College Campus

Sr.No	Student Name			Class	Signature
	SURNAME	NAME	FATHER'S NAME		
1	BORSE	SUMIT ✓	RAMCHANDRA	SYBA	AB
2	/KORDA	MEGHAWATI ✓	SURESH	SYBA	AB
3	/MORE	JIDNYA *	DASHARATH	TYBSC	Jidnya
4	/SHINGADA	NIKITA *	VILAS	SYBA	Nikita
5	/JADHAV	DISHA *	SANJAY	SYBIOTECH	Disha
6	JHA	RAJAN	RAKESH	SYBSCIT	Rajan
7	/PAWADE	POOJA *	SADANAND	TYBSC	Pooja
8	/JHA	POOJA *	MANOJ	TYBSC	Pooja
9	/AREKAR	BHAKTI *	PRAMOD	SYBA	Bhakti
10	/MIRKA	VIPRALI *	GANESH	FYBA	Viprali
11	/PAWADE	TEJSWINI *	SANTOSH	TYBSC	Tejaswini
12	SHAIKH	AMEER ✓	SALIM	SYBSC	AB
13	/BONGE	NITIJA *	VINOD	SYBA	Nitija
14	/HADAL	JYOTSNA *	GOPAL	SYBA	Jyotsna
15	/YADAV	POOJA *	CHHBILAL	FYBA	Pooja
16	WAGH	VIKKY ✓	TUKARAM	TYBCOM	AB
17	/SHARMA	RAGINI ✓	DHIREDRA	SYBA	AB
18	VARTHA	SAGAR	SHIVRAM	SYBA	SAGAR
19	/JAGTAP	AARTI ✓	SHIVAJI	SYBA	AB
20	/WANGA	TEJASWI *	GANESH	FYBSC	Tejaswi
21	PATIL	UGAM	DAYANAND	SYBSC	Ugam
22	BARAD	SANJAY	MAHADU	FYBSC	SANJAY
23	GIVARGEES	SOBY *	BEBY	TYBSC	Soby
24	/DAVARE	PUNAM ✓	BABURAV	FYBA	AB
25	/HADAL	PUNAM ✓	SUKUR	TYBA	AB
26	Kini	ARPITA	ATMARAM	FYBSC	AB

N.S.S. PO





Sonopant Dandekar Arts, V.S. Apte Commerce &  
M.H. Mehta Science College, Palghar  
Palghar, Dist. palghar. pin-401404. Email id : sdscollege@yahoo.com



### Attendance Record (2018-2019)

Name of The Event : ..... Mental health workshop .....  
Organized By : ..... N.S.S. Unit .....  
Date: 5/3/19 Time: 10:30 Venue: College Campus .....

Sr.No	Student Name			Class	Signature
	SURNAME	NAME	FATHER'S NAME		
1	MEDHA	SURAJ	SHRIPAT	TYBCOM	
2	/PAGDHARE	PRATIKSHA	GURUNATH	TYBA	<u>Pratiksha</u>
3	/MORES	CAROL	DAREL	SYBIOTECH	<u>Carol</u>
4	YADAV	SANDEEP	RAMMURAT	FYBIOTECH	<u>AB</u>
5	/KUVARA	CHANDRA	VASANT	TYBA	<u>Chandra</u>
6	/UDPURE	LAXMI	GANESH	SYBA	<u>Laxmi</u>
7	TAYADE	SHREYASH	AJAY	FYBA	<u>Shreyash</u>
8	VARTHA	SAINATH	CHANDU	SYBA	<u>Vartha</u>
9	/MESTRI	TEJAL	SHANKAR	TYBCOM	<u>AB</u>
10	/YADAV	PRIYANKA	CHANDRABHAN	SYBA	<u>AB</u>
11	YADAV	VISHAL	RAMAVTAR	TYBIOTECH	<u>AB</u>
12	PAGI	MEHUL	JAYVANT	TYBSC	<u>Mehul</u>
13	/GHARAT	MAYURI	SANTOSH	SYBA	<u>Mayuri</u>
14	/BHOYE	VANITA	KRUSHNA	TYBA	<u>Vanita</u>
15	/DSOUZA	KENNIS	DIAGO	FYBCOM	<u>Kennis</u>
16	BARADE	RAMA	SUBHASH	SYBA	<u>Rama</u>
17	RAO	YATIN	TULSHIRAM	SYBA	<u>Yatin</u>
18	NAIK	KRUPESH	MARTAND	TYBSC	<u>Krupesh</u>
19	SHUKLA	KARAN	RAJESH	SYBSC	<u>Karan</u>
20	/LADE	ASMITA	LAHU	TYBA	<u>Asmita</u>
21	JOSHI	PUSHKAR	LAXMILAL	TYBCOM	<u>Pushkar</u>
22	BASWAT	AJAY	VASANT	TYBA	<u>AB</u>
23	/TANDEL	SARIKA	DASHARATH	TYBCOM	<u>AB</u>
24	MALAVKAR	ATUL	PARSHURAM	SYBA	<u>AB</u>
25	/PRAJAPATI	KOMAL	SANTOSHKUMAR	FYBSC	<u>Komal</u>

ABP  
N.S.S. PO



### Attendance Record (2018-2019)

Name of The Event : Mental Health Workshop  
 Organized By : M.S.S. unit  
 Date: 8/03/2019 Time: 10:30 Venue: College Campus

Sr.No	Student Name			Class	Signature
	SURNAME	NAME	FATHER'S NAME		
1	/HADAL	MAMATA ✓	RAGHUNATH	FYBA	AB
2	VADHAN	KUNAL ✓	SHARAD	TYBCOM	AB
3	SINGH	KRISHNA	SHRICHAND	SYBSC	Krishna
4	/DANDEKAR	HARSHALA	RAJU	SYBA	H.P.
5	/GHARAT	SNEHAL	CHANDRAKAN	SYBA	SNEHAL
6	/MORE	KAJAL	KIRAN	SYBA	Kajal
7	/GAWAD	SWARANGI	SHRIKANT	FYBA	Swarni S.
8	/PILLAI	REVATI	MANOHAR	FYBA	Revati
9	/RAUT	TEJAL	SANTOSH	TYBSC	Tejal
10	/MARLE	JAYSHRI	SUDAM	FYBA	Jayashri
11	/SHAIKH	RESHMA ✓	AYYUB	SYBA	AB
12	/DALVI	ANKITA	ANANT	SYBCOM	Ankita
13	/SHIRSAT	RUPALI	NAVNATH	TYBSC	Rupali
14	BHESKAR	VIPUL	BABU	SYBA	Vipul
15	/YADAV	SIMRAN	VIJAY	SYBA	Simran
16	MANDAVE	VAIBHAV	JAYVANT	TYBSC	Vaibhav
17	VAVARE	NITIN ✓	SAKHARAM	SYBA	AB
18	/PATIL	VIDHI	VILAS	FYBSC	Vidhi
19	/BHOVARE	SONAM	PRAKASH	SYBA	Sonam
20	PANDEY	ALOK	SHILENDRA	TYBSC	Alok
21	LADE	JAI	VILAS	MSC-I	Jai
22	DATE	KETAN	SHARAD	SYBCOM	Ketan
23	/MANDAL	SOUMYARAJ ✓	AVINASH	TYBIOTECH	AB
24	/JAWALE	ANJALI	KUMAR	SYBA	Anjali
25	/YADAV	KANCHAN ✓	AVDHESH	FYBSC	AB

PPP  
NSS PO

# CERTIFICATES

**Dr. M. L. Dhawale Memorial Homoeopathic Institute (MLDMHI)**  
**Department of Psychiatry**  
**And**  
**Sonopant Dandekar Arts, V. S. Apte Comm. &**  
**M. H. Mehta Science, College, Palghar**



**Collaborative Workshop on**  
**'Training of Trainers in Mental Health Issues of Adolescents'**  
Certificate of Trainers Attendance

This is to certify that

Dr / Mr / Ms Arpita Anuram Kini

has contributed as participant / resource person in the workshop  
held at MLDMHI, Palghar & SDSM College, Palghar on 5<sup>th</sup>, 12<sup>th</sup> & 19<sup>th</sup> March 2019

  
Dr. Bipin Jain  
Principal, MLDMHI

  
Dr. Manoj Patel  
HOD, Psychiatry Dept. MLDMHI

  
Prof. Kiran Save  
Principal, SDSM College

**Dr. M. L. Dhawale Memorial Homoeopathic Institute (MLDMHI)**  
**Department of Psychiatry**  
**And**  
**Sonopant Dandekar Arts, V. S. Apte Comm. &**  
**M. H. Mehta Science, College, Palghar**



**Collaborative Workshop on**  
**'Training of Trainers in Mental Health Issues of Adolescents'**  
Certificate of Trainers Attendance

This is to certify that

Dr / Mr / Ms Arpita Avinash More

has contributed as participant / resource person in the workshop  
held at MLDMHI, Palghar & SDSM College, Palghar on 5<sup>th</sup>, 12<sup>th</sup> & 19<sup>th</sup> March 2019

  
Dr. Bipin Jain  
Principal, MLDMHI

  
Dr. Manoj Patel  
HOD, Psychiatry Dept. MLDMHI

  
Prof. Kiran Save  
Principal, SDSM College



## **REPORT**

From March 5th, 2019, to March 12th, 2019, the NSS Unit of Sonopant Dandekar College, Palghar in collaboration with Dhawale Hospital, Palghar, organized a workshop on mental health for NSS volunteers.

The workshop spanned eight days and consisted of interactive sessions, expert lectures, group discussions, and practical exercises. Topics covered included understanding mental health, recognizing signs and symptoms of common mental illnesses etc.

Mental health professionals from Dhawale Hospital delivered insightful presentations on various aspects of mental health, including depression, anxiety disorders, stress management, and suicide prevention. These sessions provided volunteers with valuable insights into the complexities of mental illness and the importance of early intervention.

The workshop included interactive sessions where volunteers engaged in discussions, role-plays, and case studies to deepen their understanding of mental health concepts. Volunteers had the opportunity to ask questions, share personal experiences, and learn from each other in a supportive environment.

Practical exercises and skill-building activities were incorporated into the workshop to enhance volunteers' ability to support individuals experiencing mental health challenges. Volunteers learned active listening skills, empathy-building techniques, and how to provide initial support and referral to professional services.

The workshop empowered volunteers to become advocates for mental health within their communities. Volunteers learned how to challenge stigma, promote positive mental health practices, and advocate for better access to mental health services and resources.

NSS volunteers demonstrated increased awareness and understanding of mental health issues, including common mental illnesses, their causes, and available support services.

Volunteers developed practical skills to support individuals experiencing mental health challenges, including active listening, empathy, and providing initial support and referral to professional services.

The workshop on mental health for NSS volunteers jointly organized by the NSS Unit and Dhawale Hospital, Palghar, was a resounding success. The workshop equipped volunteers with the knowledge, skills, and confidence to address mental health issues effectively within their communities, fostering a supportive and inclusive environment for mental well-being.



Maj. B. K. Sakhare  
NCC-45218  
Associate NCC Officer  
S.D.College, Palghar  
Mo. No. 9665652975

3 Maharashtra Bn,  
NCC Building, third floor  
Old secretarial compound  
Mumbai 32

### NOTICE

This is to inform you all NCC Cadets that a meeting has been scheduled for the Blood Donation Camp activity on 08/09/2018 and that you must attend the meeting on 07/09/2018, at 8:00 a.m., to discuss the conduction and practice.

**Venue: Amlani Students Rest**

Maj. B. K. Sakhare  
Associate NCC Officer

To,  
The Principal,  
Sonopant Dandekar College, Palghar

Sub: Participation in Blood Donation.

We would like to express our sincere gratitude to NCC cadets (Girls & Boys) who took part in and helped with blood donation drive conducted by Maharashtra Blood Bank, Palghar and Rural Hospital Palghar on 8<sup>th</sup> September 2018.

Your passionate and selfless assistance was essential to the event's resounding success. Many priceless lives in our community have been saved thanks to your willingness to donate your time, energy, and blood. Your passion to this cause and commitment to yourself are absolutely admirable.

The flawless execution of the blood drive was made possible by your assistance and participation. More people coming forward to donate blood thanks in large part to your presence and support in raising awareness of its significance in society.

We want to thank you again for your kindness and generosity. We are happy to have young people like you who are so committed and caring in our neighbourhood. In our further endeavors, we really hope to continue to have your support.



Yours Sincerely,

A handwritten signature in blue ink, appearing to be "R. S. S.", written over a circular stamp.

**MAHARASHTRA BLOOD BANK**  
Component & Apheresis Centre  
C Wing, 107/207, Kuldeep Arcade,  
Near Navall Phatak, Palghar (W).  
Ph: (02625) 251102/253102



# **Blood Donation Camp**

## **Objectives of the practice**

- Ensure the safety and quality of blood.
- Motivate and maintain a permanent well-indexed record of voluntary blood donors.
- Educating the community on the beneficial aspects of blood donation and the harmful effects of collecting blood from paid donors.
- Actively encourage voluntary blood donation and gradually eliminate professional blood donors.

## **The Practice**

Sonopant Dandekar College Extension Services – NCC Successfully conducted the Blood Donation Camp. The NCC cadets completed the drive and voluntarily donated blood with the assistance of the Rural Hospital, Palghar. The Blood Collected was stored by the Maharashtra Blood Bank.

## **Outcome**

The NCC cadets completed the drive and voluntarily donated blood with the assistance of the Rural Hospital, Palghar. The Blood Collected was stored by the Maharashtra Blood Bank.



Maj. B. K. Sakhare  
Associate NCC Officer

## Glimpses of the program







## Pulse Polio Programme




**Maj. B. K. Sakhare**  
NCC-45218  
Associate NCC Officer,  
S.D. College, Palghar.  
Mobile: 9665652975

3 Maharashtra Battalion,  
NCC Building, 3<sup>rd</sup> Floor,  
Old Secretariat Compound  
Mumbai - 32.

### NOTICE FOR THE NCC CADETS

This notice is to inform all NCC Cadets about a event which is Pulse Polio Immunization program organised by R.H, Palghar on 15/09/2019. You are instructed to attend the meeting on 13/09/2019 in NCC office at 10:00 am. All cadets are further instructed that they have to come on time and in proper uniform.

  
**Maj. B. K. Sakhare**  
NCC Officer  
SDSM Collage Palghar  
NCC/45218

The event will take place at S.D.S.M College. All NCC cadets are expected to attend and participate in the activity planned for the day. Please make sure to come in your full NCC uniform and bring all necessary equipment and supplies as instructed verbally. It is important that you arrive on time and be ready to participate in the activity of Pulse Polio Programme that has been planned

## **Pulse Polio Programme**

### **Objectives of the practice**

- To create awareness among students and people.
- Routine immunization with oral polio vaccine
- Vaccination campaigns

### **The Context**

In this program, children are provided with 2 doses of vaccine 4-6 weeks apart. There are around 17.4 crore children of less than five years of age across the country who all are provided with polio drops as a part of the drive of the Government of India in order to eradicate polio from the country.

### **The Practice**

S.D.S.M college extension services – NCC Successfully conducted Pulse Polio Immunization Program at Rural Hospital, Palghar. A total of 50 NCC cadets from S.D.S.M College alongside the hospital staff went door to door and gave polio drops to the children below the age of 5 years.

### **Outcome:**

NCC cadets in the Pulse Polio Program greatly contributed. Through their mobilization, awareness, and assistance in vaccine administration, NCC cadets played a significant role in ensuring the every child is protected against polio and bringing us closer to a polio-free world.



4.	श्री. राजेश चव्हाण	श्री. अशोक चव्हाण	श्री. अशोक चव्हाण
5.	श्री. सविता बा. कोतवडे	श्री. सविता बा. कोतवडे	श्री. सविता बा. कोतवडे
6.	श्री. अशोक बा. चव्हाण	श्री. अशोक बा. चव्हाण	श्री. अशोक बा. चव्हाण
7.	श्री. विठ्ठलबा. ल. चव्हाण	श्री. विठ्ठलबा. ल. चव्हाण	श्री. विठ्ठलबा. ल. चव्हाण
8.	श्री. सुनील श्री. जोशी	श्री. सुनील श्री. जोशी	श्री. सुनील श्री. जोशी
9.	श्री. चंद्रकांत बा. जोशी	श्री. चंद्रकांत बा. जोशी	श्री. चंद्रकांत बा. जोशी
10.	श्री. छयाल ते. बडिकर	श्री. छयाल ते. बडिकर	श्री. छयाल ते. बडिकर
11.	श्री. जयदेव पाटील	श्री. जयदेव पाटील	श्री. जयदेव पाटील
12.	श्री. संजिता श्री. चव्हाण	श्री. संजिता श्री. चव्हाण	श्री. संजिता श्री. चव्हाण

● ○ REDMI NOTE 5 PRO MI DUAL CAMERA





Government Of Maharashtra  
**RURAL HOSPITAL PALGHAR**

Kacheri Road, Rural Hospital Ground,  
Palghar.

Phone No. 02525-256635

Fax No. 952525&256635

E-mail id.msrlpalghar@gmail.com

HEALTH SERVICES

No.RHP/FC/ /2019

To,  
The Principal,  
Sonopant Dandekar College, Palghar

Sub: Participation in Pulse Polio Immunization Programme

It is my pleasure to let you know that the NCC cadets (Boys and Girls) of your college participated in the Pulse Polio Immunisation Programm on 16/06/2019 & 15/09/2019. As desired by RH, Palghar, cadets were sent to the PH and various booths in Palghar, located at different vicinities in Palghar.

Along with the staff of RH the cadets administered oral poliiodose to the children and assisted in maintaining the record of the children who took the dose. The cadets also went around the area and brought many children to administer the dose.

Once again I am thankful to you for extending the services to the Nation in small way by involving in the Pulse Polio Immunization Programme. The programme was a grand success due to your sincere efforts and co-operation

Thanking you

Medical Superintendent cl-1,  
Rural Hospital, Palghar.  
Tal & Dist-Palghar.

**Department of Lifelong Learning and Extension**

**(DLLE)**

## **Healthy Eating Habits**

Healthy eating habits encompass the patterns and choices we make regarding food and beverages to support and enhance our overall health. In this seminar, our guests tell about habits involve consuming a diverse range of nutrient-rich foods, such as fruits, vegetables, whole grains, lean proteins, and healthy fats, while moderating the intake of processed foods, sugary drinks, and high-fat foods. Additionally, our guest teaches some healthy eating habits, for improving their overall well-being.

**Objective: -**

1. Promote the consumption of a balanced diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats to support overall health and well-being.
2. Educate individuals about portion control, mindful eating, and the importance of staying hydrated to maintain a healthy weight and reduce the risk of chronic diseases.

**Outcome: -**

1. Students will demonstrate knowledge of nutrition principles, including understanding food groups, recommended daily servings, and the importance of nutrient-dense foods for optimal health.
2. Students will develop skills in meal planning, food preparation, and making healthy food choices, leading to improved dietary habits and long-term wellness.

**Participants:**

1. Chief Guest
2. Extension Teacher
3. DLLE students



Extension Teacher,  
DLLE, Palghar Unit



SONOPANT DANDEKAR SHIKSHAN MANDALI'S  
SONOPANT DANDEKAR ARTS, V.S. APTE COMMERCE  
AND M.H.MEHTA SCIENCE COLLEGE, PALGHAR

DEPARTMENT OF  
LIFE LONG LEARNING  
& EXTENSION  
ORGANIZES

# *Healthy eating habits*

Seminar by

*Dr. Dharmendra  
Mansaram*



- **DATE: 14/10/2021**
- **TIME: 11:00 AM**
- **PLATFORM: ZOOM APPLICATION**





**Department of Lifelong Learning and Extension**

**ACTIVITY REPORT**

Name of the Activity: - Healthy Eating Habit

Date –14/10/2021

Time- 11:00 a.m.

No. of Students Participated – 35 (Boys: 15 & Girls: 20)

About the Activity –

Prof. Asmita Raut introduced the guest, Prof. Sanjay Desale In the presentation, sir explained about importance of health, the nutritional value of food during the pandemic period as well as how to develop healthy eating habits, for good health.

**OBJECTIVE: -**

1. Promote the consumption of a balanced diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats to support overall health and well-being.
2. Educate individuals about portion control, mindful eating, and the importance of staying hydrated to maintain a healthy weight and reduce the risk of chronic diseases.

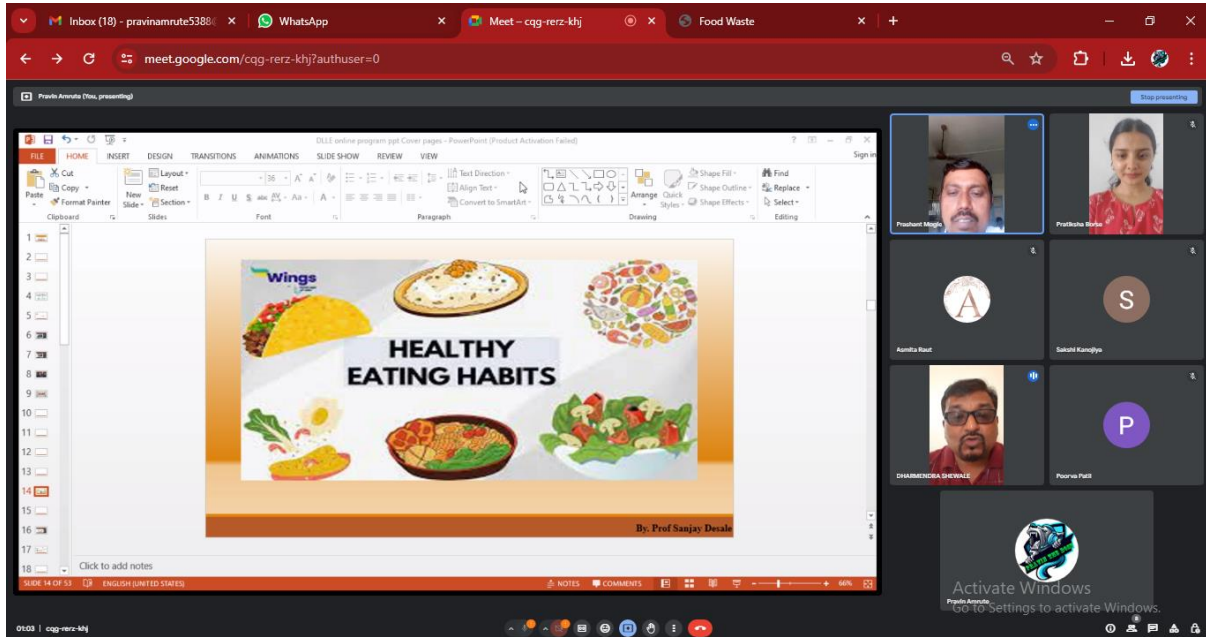
**OUTCOME: -**

1. Students will demonstrate knowledge of nutrition principles, including understanding food groups, recommended daily servings, and the importance of nutrient-dense foods for optimal health.
2. Students will develop skills in meal planning, food preparation, and making healthy food choices, leading to improved dietary habits and long-term wellness



Extension Teacher,  
DLLE, Palghar Unit

Department of Lifelong Learning and Extension  
(DLLE)  
Students Attendance



Dr Dharmendra Mansaram sir delivered an online lecture on “Healthy eating habits”

Sonopant Dandekar Shikshan Mandali's

**SONOPANT DANDEKAR ARTS, V.S. APTE COMMERCE AND  
M.H. MEHTA SCIENCE COLLEGE, PALGHAR**

Palghar, Dist – Palghar, Pin – 401 404, E – Mail: sdscollege@yahoo.com

Date: 17<sup>th</sup> January, 2023

**Department of Hindi**

To,  
The Principal  
Dr. Kiran Save  
Sonopant Dandekar Arts, V.S. Apte Commerce and  
M.H. Mehta Science College,  
Palghar.

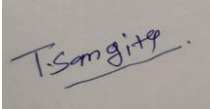
**Subject: Proposal for One Day Visit to Anand Old Age Home, Shirgaon, Palghar**

Respected Sir,

On behalf of the Department of Hindi we hereby propose to organize a visit to an old age home for students. The visit is planned on 19th January 2023, with the venue being the Anand Old Age Home in Shirgaon, Palghar, Mumbai with aim to cherish the senior citizens with recreational activities alongside instilling ethical values and compassion amongst students in the age of social media.

We seek your unwavering support and approval as always. Looking forward to your favourable response.

Sincerely,



Dr. Sangita Thakur  
Head,  
Department of Hindi



## **Report of One Day Visit to Anand Old Age Home, Shirgaon, Palghar**

**Name of the Program:** One Day Visit to Anand Old Age Home, Shirgaon, Palghar.

**Organizer:** Department of Hindi

**Place of visit:** Anand Old Age Home, Shirgaon, Palghar

**Date of visit:** 19<sup>th</sup> January 2023

### **Concept of old age home**

In the old age homes the elders are given uncompromised attention and service where facilities including housing, boarding, food, entertainment, recreation and medical facilities are provided free of cost. They are given a new lease on life and are given the dignity and respect that everyone is entitled to.

### **Objectives –**

- To conduct activities such as playing Antakshri, Games and other recreational activities for senior citizens.
- Sensitize students towards senior citizens and instill values of compassion and respect.

### **Outcomes of the visit:**

- Through activities like Antakshri and games, students fostered meaningful connections with senior citizens, promoting their social interaction and emotional well-being.
- Participation in activities sensitized students towards the needs and preferences of senior citizens, fostering empathy and understanding.

**About the visit:**

Department of Hindi, Sonopant Dandekar Arts, V. S. Apte Commerce and M. H. Mehta Science College, Palghar had organized a Study Tour for TYBA-Hindi on 19<sup>th</sup> January , 2023. The venue of this study tour was the Anand Old Age Home Shirgaon , Palghar .

Mumbai. Out of 20 students that were selected for this study tour, 15 students actually participated in it. Dr. Sangita Thakur were the teacher escorts who took the students to the Anand Old Age Home Shirgaon , Palghar by Rickshaw in the morning. All students were instructed to follow the formal dress code for the visit.

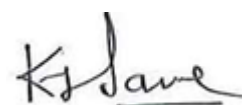
Overall, the study tour turned out to be a success as the students recommended the same experience for the next batches as well.

**What students learned during the visit:**

During the old age home visit, students learned to empathize with elderly residents, respect diversity, and understand their social responsibility. They honed communication and interpersonal skills, gained awareness of aging issues, and developed gratitude and reflection. This experience inspired community engagement and enriched their education through real-life application, fostering personal growth and a commitment to social responsibility.



**Dr. Rohit Gaikwad**  
**NSS Program Officer**



**Dr. Kiran J. Save**  
**Principal**



Sonopant Dandekar Shikshan Mandal's

**SONOPANT DANDEKAR ARTS, V. S. APTE COMMERCE  
AND M. H. MEHTA SCIENCE COLLEGE**

Tal. Palghar, Dist. Palghar, Pin - 401 404.

Code.: (02525) 252163, Prin : 252317 • Resi.: 252316

website : [www.sdsmcollege.com](http://www.sdsmcollege.com) • Email: [sdsmcollege@yahoo.com](mailto:sdsmcollege@yahoo.com)

(NAAC Reaccredited 'B' Grade)

Ref. No.: Hindi/440/22-23

Date: 17/01/2023

सेवा में,  
माननीय प्रबंधक,  
आनंद वृद्धाश्रम  
शिरगांव, पालघर।

महोदय / महोदया,

सोनोपंत दांडेकर महाविद्यालय तृतीय वर्ष कला हिंदी विषय के विद्यार्थियों को दिनांक 19 / 01 / 2023 आपके यहां मुलाकात हेतु आना है। जिससे विद्यार्थियों में एक उत्साह का संचार हो। एवं भविष्य में भी वे ऐसी संस्थाओं के साथ जुड़े रहे।

धन्यवाद


*T. Sangita*  
डॉ संगीता ठाकुर.  
हिंदी विभागाध्यक्ष.

*Recd.*  
*AP*

*Kiran*  
डॉ किरण सावे  
प्राचार्य  
**PRINCIPAL**  
SONOPANT DANDEKAR ARTS,  
V. S. APTE COMMERCE &  
M. H. MEHTA SCIENCE COLLEGE  
PALGHAR (W.R.)  
DIST. PALGHAR, PIN - 401 404.



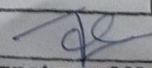
**Participant students list with signature:**


**SONOPANT DANDEKAR ARTS, V. S. APTE COMMERCE AND M. H. MEHTA SCIENCE COLLEGE, PALGHAR**  
 Paighar, Dist-Paighar, Pin- 401 404. E-mail: sdscollege@yanoo.com

**ATTENDANCE RECORD**

Name of the Event: स्वदिवसीय अध्ययन प्रोग्राम  
 Name of the Mentor: डा० संगीता इण्डर Department: हिन्दी  
 Date: 19/01/2023 Time: 10:30 Venue: आनंद प्रकाशग पालघर

Sr.No.	Name of the Student	Class	Roll No.	Mobile No.	Signature
1	Nitu Vinodkumar Jain	T.Y.B.A		8459180104	Nitu
2	Soyab S. Sheikh	T.Y.B.A		8766973066	Soyab
3	Nishita P. Chauri	T.Y.B.A		7755417898	Nishita
4	Chaitanya S. Jadhav	T.Y.B.A		7666153090	Chaitanya
5	Rita B. Basu	T.Y.B.A	637	8087204056	Rita
6	Rukmani.R. Mourya	T.Y.B.A	672	9270945436	Rukmani
7	Ruchika S. Gawai	T.Y.B.A	717	9356679644	Ruchika
8	Tejal H. Baswad	T.Y.B.A		9921359322	Tejal
9	Shabnam M. Khan	T.Y.B.A	923	9021995296	Shabnam
10	Nikita P. Takare	T.Y.B.A		9590177109	Nikita
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 Signature of Mentor





### ATTENDANCE RECORD

Name of the Event: उत्सव आनंद पुस्तक शिबिराव उत्सव  
Name of the Mentor: विद्या विहार Department: \_\_\_\_\_  
Date: 19/01/2023 Time: 10-30 Venue: आनंद पुस्तक शिबिराव

Sr.No.	Name of the Student	Class	Roll No.	Mobile No.	Signature
1	Yashraj H. Baswant	S.Y.B.A	395	7020324428	<u>Yashraj</u>
2	Piyush Ravindra Vaity	S.Y.B.A	396	7875084924	P.R. Vaity
3	Rumkam P. Salunke	S.Y.B.A	388	8263850081	<u>Rumkam</u>
4	Raksha D. Sharma	S.Y.B.A	355	9730866225	<u>Raksha</u>
5	Kashish B. Dhedi	S.Y.B.A	382	9322845031	<u>Kashish</u>
6	Rupa V. Talha	S.Y.B.A	417	9168138961	<u>Rupa</u>
7	Kavita N. Uhatol	S.Y.B.A	419	8788637182	Kavita
8	Priyanka .K. Jadhav	S.Y.B.A	334	9309494657	<u>Priyanka</u>
9	Rupali Nilesh Tandel	S.Y.B.A	333	8080788395	RNandel
10	Karan Ashok Sawant	S.Y.B.A	326	9579554194	Karan
11	Priyanka Sambash Tandel	S.Y.B.A	312	9307685198	<u>Priyanka</u>
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[Signature]  
Signature of Mentor

- **Photographs of the visit:**

1. **Team at One Day Visit to Anand Old Age Home, Shirgaon, Palghar**



2. **Speech by faculty at Anand Old Age Home, Shirgaon, Palghar**





### 3. Team at Anand Old Age Home, Shirgaon, Palghar



### 4. volunteers distributing gifts Anand Old Age Home, Shirgaon, Palghar





**5. Students at Shirgaon fort, Palghar**



**6. students with faculty at Anand Old Age Home, Shirgaon, Palghar**



## **PROPOSAL**

**Dt: 17/08/2021**

Sub: Request To approve proposal for organizing Palghar Food Supply Campaign on August 20, 2020.

Sir,

The NSS Unit of the college is planning to organize the Palghar Food Supply Distribution Campaign on August 20, 2020 in Virendra Nagar, Palghar.

We request you to kindly allow us to send the volunteers for the event.

Thank you.

Yours Sincerely,



Dr. Rohit Gaikwad  
NSS Program Officer

Dt: 18/08/2020

## **NOTICE**

### **National Service Scheme (NSS)**

#### **Palghar Food Supply Distribution Campaign**

All the NSS volunteers are hereby informed that the “Palghar Food Supply Distribution Campaign” is organized on 20<sup>th</sup> August 2020 in Virendra Nagar, Palghar at 10.00 AM onwards.

Some NSS volunteers are requested to actively participate in this Campaign.



Dr. Rohit Gaikwad

NSS Program Officer



## **OBJECTIVES:**

1. Provide wholesome meals to mitigate food insecurity exacerbated by the pandemic.
2. Assist vulnerable populations, including the elderly and low-income families, by offering access to basic food supplies.
3. Prevent malnutrition-related health problems and preserve public health by ensuring universal access to sufficient food.
4. Reduce the need for frequent outings to procure food, thereby minimizing the risk of virus transmission.
5. Promote community resilience by addressing immediate food needs and fostering social cohesion.

## **OUTCOMES:**

1. Reduced food insecurity among affected individuals and families.
2. Improved access to basic food supplies for vulnerable populations.
3. Decreased incidence of malnutrition-related health issues within the community.
4. Lowered risk of virus transmission through reduced need for frequent outings.
5. Enhanced community cohesion and resilience through collaborative efforts to address food needs.



Dr. Rohit Gaikwad

NSS Program Officer

Glimpse of the event

## 1. Food of Supply Distribution Campaign



## 2. Providing meals in the pandemic.



## 3. Providing meals in the pandemic.





## **REPORT**

The NSS Unit of our college conducted a Supply Distribution Camp on August 20, 2020, in Virendra Nagar, Palghar. The objective of the camp was to provide essential supplies to the local community, addressing their day-to-day needs. The event saw active participation from student volunteers who efficiently distributed various supplies crucial for daily living. These supplies included items essential for sustenance and basic necessities, aiming to alleviate the hardships faced by individuals and families in the community. The initiative not only demonstrated the unit's commitment to community service but also fostered a sense of solidarity and support within the local populace. Overall, the Supply Distribution Camp was a success, making a positive impact on the lives of those in need and reflecting the NSS Unit's dedication to social welfare.



Dr. Rohit Gaikwad  
NSS Program Officer

