



Shri Sangameshwar Education Society, Solapur  
Kannada Linguistic Minority Institute

**SANGAMESHWAR COLLEGE, SOLAPUR**  
**AUTONOMOUS**

**5.1.3-List of capacity Development and Skill Enhancement Activities**

**2023-24**

Sr. No.	Name of the Capacity Development and Skill Enhancement programme	Year of implementation	Number of students	Name of the agencies/consultants involved with contact details, if any
<b>Awareness of trends and Technology</b>				
1	Guest Lecture on Data Science	12-03-2024	23	Dr. Ganesh Malleshi Birajdar, MIT College,
2	Poster Presentation Competition	28-02-2024	20	NA
3	Awareness of Cyber Security	20-10-2023	130	Reshma Dhumal
4	Cyber Crime Awareness	09-09-2023	100	Mr. Gaja S.S(Police Inspector Cyber Crime)
5	“Guest Lecture on Computer Networking”	04-09-2023	170	Ms. Ayesha Mogal
6	Web Development using Php and MYSQL	16-03-2024	84	Mr. Sagar Dudhankar
7	Pathways to need industry needs	18-09-2024	110	Mr. Shripad Vaidya (Solution Analyst)
<b>Language and communication skills</b>				
8	Marathi Slogan Competition	29-02-2024	58	NA
9	Proof reading and Editing Skills Competition	06-02-2024	53	NA
10	One Day Workshop on Navlekhan	22-03-2024	43	NA
<b>Life Skills (Yoga, Fitness, Health and Hygiene)</b>				
11	Guest Lecture on Mindful Eating and Students	25-08-2023	100	Avanti Damale
12	Yoga, Meditation and Health	26-08-2023	53	Dr. S. M. Dudde
13	International Yoga Day	21-06-2024	83	NA
14	Fitness camp	20-04-2024	38	NA
15	Yoga training for Girls	19-03-2024	60	NA
16	Yoga training for Boys	22-03-2024	28	NA
17	Yoga training for Girls	01-04-2024	43	NA
18	Yoga training for Boys	01-04-2024	57	NA
19	Yoga training for Girls	03-04-2024	64	NA

20	Yoga training for Boys	04-04-2024	31	NA
21	Yoga training for Girls	04-04-2024	45	NA
22	Life Skill Training Session for Mental Health, “Art of Living”	15-09-2023	106	Dr. Rohit Sabharwal
23	Guest Lecture on, Life Skill Training Program for Women’s Health & Hygiene	12-08-2023	57	Dr. Bharati P Patne (M.D, DGO, Director & Consultant, Sidheshwar Multi-Speciality Hospital Pvt. Ltd Solapur )
24	Guest Lecture on, Life Skill Training Program for Men’s Health & Hygiene	12-08-2023	60	Dr. Sachin Jamma, (MS, Laparoscopic Surgeon)
25	Practicing Yoga and Pranayama Leads to Physical, Mental and Spiritual Wellbeing	11-08-2023	18	Dr. Metri P. G.
26	Health and Hygiene: Let’s be Healthy & Happy	11-07-2023	17	Dr. Metri P. G.
<b>Soft skills</b>				
27	Presentation Competition	13-03-2024	20	NA
28	Personal Interview Competition	23-02-2024	33	NA
29	Event Organization Skill Development Training Programme	21-02-2024	25	HOD of Physics Department: Dr. S. S. Gavande
30	Poster presentation	30-10-2023	34	NA
31	Lecture on 'Soft Skills and Self-Motivation'	04-08-2023	125+	Dr. Satish Lakde HR Recruiter Enzigma Software, Pune
32	Ice Breaking Activity – “Hey Listen”	01-08-2023	73	NA
33	Value Based Education	11-07-2024	20	NA
34	Poster presentation	28-02-2024	50	NA
35	Financial Awareness program	23-08-2024	80	NA

# Sangameshwar College (Autonomous), Solapur

## Department of Mathematics

### Activity Report

1	Webinar/Conference/Workshop Topic / Title	Guest Lecture on Data Science
2	Level of organisation : Local/University/ State /National/ International	Local
3	Date & Time	12/03/2024 11: 30 am
4	Resource Person (details)	Dr. Ganesh Mlleshi Birajdar Email: <a href="mailto:ganesh61987@gmail.com">ganesh61987@gmail.com</a> Contact No.: 9665845255
5	Venue / Online platform (Link of online Platform)	B-203
6	Organized for ( students / faculty/ all)	B.Sc.-II (Mathematics) Students
7	Objectives	1. To learn about the skill in Data management. 2. To develop the ability to build and assess Data based models.
8	No. of Participants Faculty: Students:	28 05 23
9	Event Coordinator	Prof. A. S. Dhone
10	Supporting Staff	1. Dr. S. P. Gade, 2. Dr. A. M. Mahajan, 3. Prof. N. I. Dhanshetti , 4. Mr. Hirachand Bhoi
11	Outcomes (minimum 2)	1. Able to understand of the subject related concepts and contemporary issues 2. Understand Operators and Expressions.
12	External Agency Associated (If any)	No
13	Proofs Attached (provide images)	Yes
14	Event Summary: <b>points to include---</b> talk of chief guest <b>feedback of participants</b>	

The Department of Mathematics, organized a guest lecture on Data Science on 12/03/2024 at B- 203 for the B.Sc.-II year students, had delivered a lecture explaining clearly on the Data Science Evolution its impotence and its need in the markets etc. He gave inputs on how Data Science can be made as a career for students. The entire session included how to become a Data Scientist, a roadmap to Data Science was given. He also covered algorithms to be used in data science with real world examples. The session was gripping, with students showing keen interest in the speaker's presentation and interactive dialogue with them. Dr. S. P. Gade introduced the chief guest, Prof A. S. Dhone felicitated the chief guest Dr. G. M. Birajdar.

Dr. S. P. Gade proposed vote of thanks to our distinguished speakers, Faculty Members, Non teaching staff and participants. All the Faculty members found this program very educative and informative.



# Sangameshwar College (Autonomous), Solapur

Department of Electronics

## Activity Report

1	Webinar/Conference/Workshop Topic / Title	Poster Presentation Competition
2	Level of organisation : Local/University/ State /National/ International	Inter department
3	Date & Time	28/02/2024, 11am to 4pm
4	Resource Person (details)	Dr. S. M. Jogade and Dr. V. D. Bachuwar
5	Venue / Online platform (Link of online Platform)	B205
6	Organized for ( students / faculty/ all)	Students
7	Objectives	To create awareness among students about new trends in technology
8	No. of Participants Faculty: Students:	20
9	Event Coordinator	Dr. S. M. Jogade and Dr. V. D. Bachuwar
10	Supporting Staff	Mr. P. Jokare and Mr. S. C. Kalse (Non-teaching staff)
11	Outcomes (minimum 2)	1. Students learned about new technologies 2. Gain the knowledge of applications of new technologies
12	External Agency Associated (If any)	-
13	Proofs Attached (provide images)	-
14	Event Summary: <b>Dr. S. M. Jogade and Dr. V. D. Bachuwar were the judges of event. Total 20 students were participated. Topics for the presentation are, AI, 5G, DataScience, Communication etc. After presentation, winners were announced and certificates distributed.</b>	

Annexure I : Attach (Q 12)- Geotagged Photos

Annexure II: Certificate copy if issued.



Sri Gyaneshwar College, Solapur

Autonomous

Department of Electronics

Science Day Celebrations 2024 February 2024

Report presentation Competition

Sl. No	Roll No.	Class	Topic	Remarks
01-1	2333003	BS-III	Microprocessors	10/10
01-2	2333004	BS-III	Microprocessors	10/10
01-3	2333005	BS-III	Microprocessors	10/10
01-4	2333006	BS-III	Microprocessors	10/10
01-5	2333007	BS-III	Microprocessors	10/10
01-6	2333008	BS-III	Microprocessors	10/10
01-7	2333009	BS-III	Microprocessors	10/10
01-8	2333010	BS-III	Microprocessors	10/10
01-9	2333011	BS-III	Microprocessors	10/10
01-10	2333012	BS-III	Microprocessors	10/10
01-11	2333013	BS-III	Microprocessors	10/10
01-12	2333014	BS-III	Microprocessors	10/10
01-13	2333015	BS-III	Microprocessors	10/10
01-14	2333016	BS-III	Microprocessors	10/10
01-15	2333017	BS-III	Microprocessors	10/10
01-16	2333018	BS-III	Microprocessors	10/10
01-17	2333019	BS-III	Microprocessors	10/10
01-18	2333020	BS-III	Microprocessors	10/10
01-19	2333021	BS-III	Microprocessors	10/10
01-20	2333022	BS-III	Microprocessors	10/10
01-21	2333023	BS-III	Microprocessors	10/10
01-22	2333024	BS-III	Microprocessors	10/10
01-23	2333025	BS-III	Microprocessors	10/10
01-24	2333026	BS-III	Microprocessors	10/10
01-25	2333027	BS-III	Microprocessors	10/10
01-26	2333028	BS-III	Microprocessors	10/10
01-27	2333029	BS-III	Microprocessors	10/10
01-28	2333030	BS-III	Microprocessors	10/10
01-29	2333031	BS-III	Microprocessors	10/10
01-30	2333032	BS-III	Microprocessors	10/10
01-31	2333033	BS-III	Microprocessors	10/10
01-32	2333034	BS-III	Microprocessors	10/10
01-33	2333035	BS-III	Microprocessors	10/10
01-34	2333036	BS-III	Microprocessors	10/10
01-35	2333037	BS-III	Microprocessors	10/10
01-36	2333038	BS-III	Microprocessors	10/10
01-37	2333039	BS-III	Microprocessors	10/10
01-38	2333040	BS-III	Microprocessors	10/10
01-39	2333041	BS-III	Microprocessors	10/10
01-40	2333042	BS-III	Microprocessors	10/10
01-41	2333043	BS-III	Microprocessors	10/10
01-42	2333044	BS-III	Microprocessors	10/10
01-43	2333045	BS-III	Microprocessors	10/10
01-44	2333046	BS-III	Microprocessors	10/10
01-45	2333047	BS-III	Microprocessors	10/10
01-46	2333048	BS-III	Microprocessors	10/10
01-47	2333049	BS-III	Microprocessors	10/10
01-48	2333050	BS-III	Microprocessors	10/10
01-49	2333051	BS-III	Microprocessors	10/10
01-50	2333052	BS-III	Microprocessors	10/10
01-51	2333053	BS-III	Microprocessors	10/10
01-52	2333054	BS-III	Microprocessors	10/10
01-53	2333055	BS-III	Microprocessors	10/10
01-54	2333056	BS-III	Microprocessors	10/10
01-55	2333057	BS-III	Microprocessors	10/10
01-56	2333058	BS-III	Microprocessors	10/10
01-57	2333059	BS-III	Microprocessors	10/10
01-58	2333060	BS-III	Microprocessors	10/10
01-59	2333061	BS-III	Microprocessors	10/10
01-60	2333062	BS-III	Microprocessors	10/10
01-61	2333063	BS-III	Microprocessors	10/10
01-62	2333064	BS-III	Microprocessors	10/10
01-63	2333065	BS-III	Microprocessors	10/10
01-64	2333066	BS-III	Microprocessors	10/10
01-65	2333067	BS-III	Microprocessors	10/10
01-66	2333068	BS-III	Microprocessors	10/10
01-67	2333069	BS-III	Microprocessors	10/10
01-68	2333070	BS-III	Microprocessors	10/10
01-69	2333071	BS-III	Microprocessors	10/10
01-70	2333072	BS-III	Microprocessors	10/10
01-71	2333073	BS-III	Microprocessors	10/10
01-72	2333074	BS-III	Microprocessors	10/10
01-73	2333075	BS-III	Microprocessors	10/10
01-74	2333076	BS-III	Microprocessors	10/10
01-75	2333077	BS-III	Microprocessors	10/10
01-76	2333078	BS-III	Microprocessors	10/10
01-77	2333079	BS-III	Microprocessors	10/10
01-78	2333080	BS-III	Microprocessors	10/10
01-79	2333081	BS-III	Microprocessors	10/10
01-80	2333082	BS-III	Microprocessors	10/10
01-81	2333083	BS-III	Microprocessors	10/10
01-82	2333084	BS-III	Microprocessors	10/10
01-83	2333085	BS-III	Microprocessors	10/10
01-84	2333086	BS-III	Microprocessors	10/10
01-85	2333087	BS-III	Microprocessors	10/10
01-86	2333088	BS-III	Microprocessors	10/10
01-87	2333089	BS-III	Microprocessors	10/10
01-88	2333090	BS-III	Microprocessors	10/10
01-89	2333091	BS-III	Microprocessors	10/10
01-90	2333092	BS-III	Microprocessors	10/10
01-91	2333093	BS-III	Microprocessors	10/10
01-92	2333094	BS-III	Microprocessors	10/10
01-93	2333095	BS-III	Microprocessors	10/10
01-94	2333096	BS-III	Microprocessors	10/10
01-95	2333097	BS-III	Microprocessors	10/10
01-96	2333098	BS-III	Microprocessors	10/10
01-97	2333099	BS-III	Microprocessors	10/10
01-98	2333100	BS-III	Microprocessors	10/10
01-99	2333101	BS-III	Microprocessors	10/10
01-100	2333102	BS-III	Microprocessors	10/10

Sriperambalur College, Solapur  
 Government of Electronics  
 Science Day Celebration on 28th February 2024  
 Poster Presentation Competition

**Winners**

Sl.No	Name of students	Topic	Rank
B.Sc - II	DEEPAH SURESHVA AND SUDHA	Smart Home Automation	1
	SRINIVASA MAHESH		
	SURABHI SOTTA MAHESH		
B.Sc - I	VALE NARAYAN	Smart Home	2
	ANAND SURESHVA AND SUDHA		
B.Sc - I	SHREYA SURESHVA MAHESH	Smart Home	3
	VALE SURESHVA MAHESH		
	DEEPAH SURESHVA MAHESH		

Head of Institute

*[Signature]*  
 H.O.I.

Head of Department

*[Signature]*  
 H.O.D.

# Sangameshwar College (Autonomous), Solapur

Department of Internal Complaints Committee 2023-24

## Activity Report

1	Webinar/Conference/Workshop Topic	Awareness about Cyber Crime
2	Date & Time	20 <sup>th</sup> Oct. 2023 at 11:00 a.m.
3	Resource Person	Ms Pranjali Kale & Ms Reshma Dudhal
4	Venue	D-106
5	Organized for	UG & PG Students
6	Objectives	To bring awareness about Cyber Crime on Social Media, Its severity and punishment
7	No. of Participants	130
8	Event Coordinators	Dr Usha Jamadar
9	Supporting Staff	Mrs. Labba S. S.
10	Outcomes	To be careful on Social Media, To have awareness of Cyber Criminal reporting
11	External Agency Associated (If any)	Precision Foundation & Family Planning Association
12	Proofs Attached: (Provide Brochure, Geotagged images,)	Brochure
13	i) Event Summary: The Cyber Crime Dept. officials spoke on Online Shopping, Gaming, Instagram, Facebook, WhatsApp, Tweeter etc. and how to be alert on Social Media	

Write Nil if something is not provided.





**Sangameshwar College, Solapur.**

**Autonomous**

**Internal Complaint Committee  
In association with**

**Practalon Foundation**

**Family Planning Association Of India,  
Solapur Branch**

**Organize**

**One Day Workshop**

**on**

**Comprehensive Sexuality Education**

- 1) Cyber Crime
- 2) Physical, Mental, Emotional  
changes in teenagers
- 3) Gender sensitization
- 4) Comprehensive Sexuality  
Education

DATE: 20, 21, 22 OCT 2023

TIME: 10:30 AM

VENUE: 100, 101, 102

**Dr. U. M. Jomadar**  
co-ventor  
ICC

**Ms. Labba**  
Women's Cell

**Dr. R. V. Desai**  
Principal





**Sangameshwar College, Solapur**  
**An Autonomous Institute Affiliated to PAHSUS**  
Reaccredited by NAAC with 'A' grade in Cycle III- 3.39 CGPA  
**Department of Management and Computer Science**

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## Activity Report

1	Event	<b>"Cyber Crime Awareness"</b>
2	Date & Time	9/9/23, Time: 11:00 am
3	Mode of activity	OFFLINE
4	Organized for	B.sc ECS-II, M.Sc.(CS) I & II year students.
5	Objectives	To Bring awareness in students about the types of cybercrimes and the necessary care taken to avoid cybercrime during the utilizing the internet for personal use
6	No. of Students Participated	92 Students
7	Event Co-ordinator	Prof. Mr. Bukka B.S
8	Supporting Staff	Non-Teaching Staff: 1.Mr Asif Shaikh 2.Santosh Fulari 3.Raju Bagwan
9	Resource Person	1. Mr. Gaja S.S(Police Inspector Cyber Crime Solapur ) 2. Mr. A.A. Nalegaonkar(Police Inspector Cyber Crime Solpaur)
10	Outcomes	The guest lecture aims to help students better understand the concept of cybercrime, and precautions taken to avoid cybercrime.
11	External Agency Associated (If any)	NA
12	Proof Attached	Agenda Notice Attendance

		Photos
13	<p><b>Event Summary</b></p> <p>Department of Management and Computer Science had organised a Guest lecture on "Cyber Crime Awareness" for B.SC ECS-II, M.Sc.(CS) I &amp; II year students. Ms. Arya Tilak of BSC ECS-III class welcomed the guest speaker and introduced the guest speaker to students. An informative guest lecture about Cyber Crime awareness was hosted Mr. Gaja S.S(Police Inspector Cyber Crime Solapur ) and Mr. A.A. Nalegaonkar(Police Inspector Cyber Crime Solpaur). Dr. Rajendra Desai sir (Princiapl) gave a presidential remark Ms. Hundekari R.V proposed vote of thanks.</p>	

### Agenda



Photos





Suplemen dan Substansi Obat  
Kategori 1 (Preskripsi) dan Kategori 2 (Over-the-counter)  
Tahun 2018

No	Nama	Kategori	Indikasi
1	Aspirin	Kategori 1	Demam, nyeri
2	Parasetamol	Kategori 1	Demam, nyeri
3	Ibuprofen	Kategori 1	Nyeri, inflamasi
4	Diclofenak	Kategori 1	Nyeri, inflamasi
5	Acetaminofen	Kategori 1	Demam, nyeri
6	Codein	Kategori 1	Nyeri berat
7	Morfina	Kategori 1	Nyeri berat
8	Hydrocodone	Kategori 1	Nyeri berat
9	Propofol	Kategori 1	Anestesi
10	Etomidat	Kategori 1	Anestesi
11	Propofol	Kategori 1	Anestesi
12	Etomidat	Kategori 1	Anestesi
13	Propofol	Kategori 1	Anestesi
14	Etomidat	Kategori 1	Anestesi
15	Propofol	Kategori 1	Anestesi
16	Etomidat	Kategori 1	Anestesi
17	Propofol	Kategori 1	Anestesi
18	Etomidat	Kategori 1	Anestesi
19	Propofol	Kategori 1	Anestesi
20	Etomidat	Kategori 1	Anestesi
21	Propofol	Kategori 1	Anestesi
22	Etomidat	Kategori 1	Anestesi
23	Propofol	Kategori 1	Anestesi
24	Etomidat	Kategori 1	Anestesi
25	Propofol	Kategori 1	Anestesi
26	Etomidat	Kategori 1	Anestesi
27	Propofol	Kategori 1	Anestesi
28	Etomidat	Kategori 1	Anestesi
29	Propofol	Kategori 1	Anestesi
30	Etomidat	Kategori 1	Anestesi
31	Propofol	Kategori 1	Anestesi
32	Etomidat	Kategori 1	Anestesi
33	Propofol	Kategori 1	Anestesi
34	Etomidat	Kategori 1	Anestesi
35	Propofol	Kategori 1	Anestesi
36	Etomidat	Kategori 1	Anestesi
37	Propofol	Kategori 1	Anestesi
38	Etomidat	Kategori 1	Anestesi
39	Propofol	Kategori 1	Anestesi
40	Etomidat	Kategori 1	Anestesi
41	Propofol	Kategori 1	Anestesi
42	Etomidat	Kategori 1	Anestesi
43	Propofol	Kategori 1	Anestesi
44	Etomidat	Kategori 1	Anestesi
45	Propofol	Kategori 1	Anestesi
46	Etomidat	Kategori 1	Anestesi
47	Propofol	Kategori 1	Anestesi
48	Etomidat	Kategori 1	Anestesi
49	Propofol	Kategori 1	Anestesi
50	Etomidat	Kategori 1	Anestesi



Sri Lanka Open University  
 Department of Management and Information Systems  
 Undergraduate Studies  
 BBA 201

Roll No	Name	Grade
23622001	ASWINI	Pass
23622002	ASWINI	Pass
23622003	ASWINI	Pass
23622004	ASWINI	Pass
23622005	ASWINI	Pass
23622006	ASWINI	Pass
23622007	ASWINI	Pass
23622008	ASWINI	Pass
23622009	ASWINI	Pass
23622010	ASWINI	Pass
23622011	ASWINI	Pass
23622012	ASWINI	Pass
23622013	ASWINI	Pass
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23622016	ASWINI	Pass
23622017	ASWINI	Pass
23622018	ASWINI	Pass
23622019	ASWINI	Pass
23622020	ASWINI	Pass
23622021	ASWINI	Pass
23622022	ASWINI	Pass
23622023	ASWINI	Pass
23622024	ASWINI	Pass
23622025	ASWINI	Pass
23622026	ASWINI	Pass
23622027	ASWINI	Pass
23622028	ASWINI	Pass
23622029	ASWINI	Pass
23622030	ASWINI	Pass
23622031	ASWINI	Pass
23622032	ASWINI	Pass
23622033	ASWINI	Pass
23622034	ASWINI	Pass
23622035	ASWINI	Pass
23622036	ASWINI	Pass
23622037	ASWINI	Pass
23622038	ASWINI	Pass
23622039	ASWINI	Pass
23622040	ASWINI	Pass
23622041	ASWINI	Pass
23622042	ASWINI	Pass
23622043	ASWINI	Pass
23622044	ASWINI	Pass
23622045	ASWINI	Pass
23622046	ASWINI	Pass
23622047	ASWINI	Pass
23622048	ASWINI	Pass
23622049	ASWINI	Pass
23622050	ASWINI	Pass
23622051	ASWINI	Pass
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23622057	ASWINI	Pass
23622058	ASWINI	Pass
23622059	ASWINI	Pass
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23622068	ASWINI	Pass
23622069	ASWINI	Pass
23622070	ASWINI	Pass
23622071	ASWINI	Pass
23622072	ASWINI	Pass
23622073	ASWINI	Pass
23622074	ASWINI	Pass
23622075	ASWINI	Pass
23622076	ASWINI	Pass
23622077	ASWINI	Pass
23622078	ASWINI	Pass
23622079	ASWINI	Pass
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23622084	ASWINI	Pass
23622085	ASWINI	Pass
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23622087	ASWINI	Pass
23622088	ASWINI	Pass
23622089	ASWINI	Pass
23622090	ASWINI	Pass
23622091	ASWINI	Pass
23622092	ASWINI	Pass
23622093	ASWINI	Pass
23622094	ASWINI	Pass
23622095	ASWINI	Pass
23622096	ASWINI	Pass
23622097	ASWINI	Pass
23622098	ASWINI	Pass
23622099	ASWINI	Pass
23622100	ASWINI	Pass









**Sangameshwar College, Solapur**  
**An Autonomous Institute Affiliated to PAHSUS**  
Reaccredited by NAAC with 'A' grade in Cycle III- 3.39 CGPA  
**Computer Science Department**

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### Activity Report

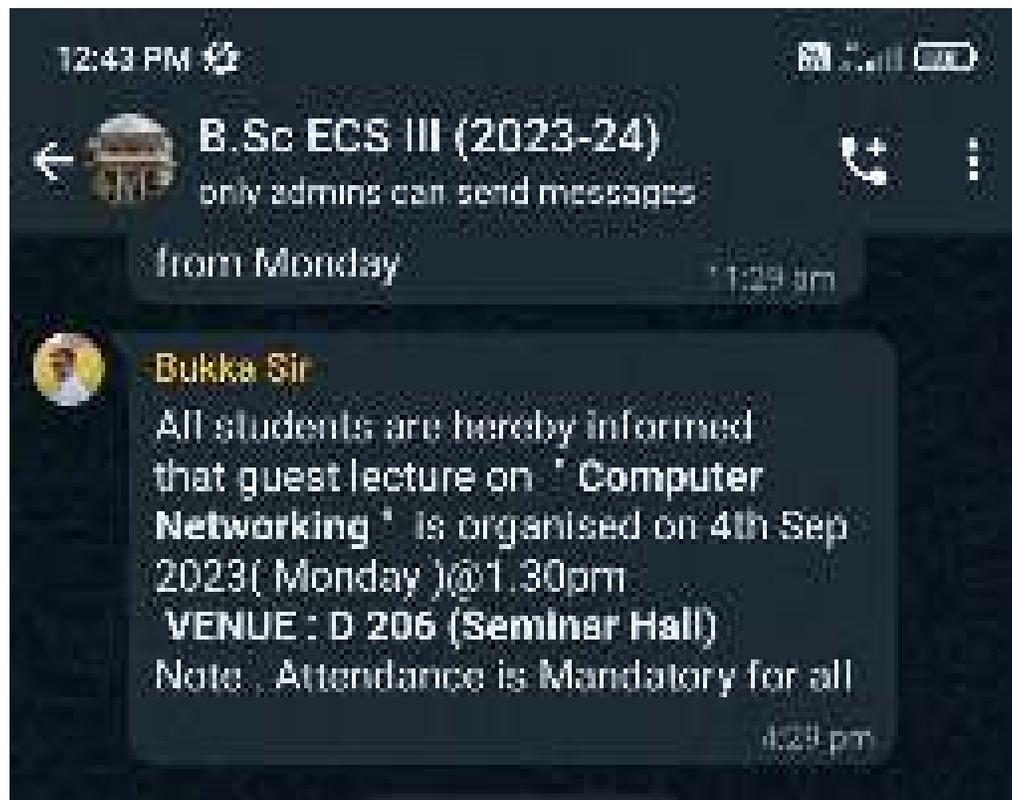
1	Event	<b>"Guest Lecture on Computer Networking"</b>
2	Date & Time	4th September 2023, Time: 1.30 pm
3	Mode of activity	OFFLINE
4	Organized for	B.Sc.(ECS) III and B.C.A II year students.
5	Objectives	To create awareness about computer networking and ability to communicate with other computers and access the internet
6	No. of Students Participated	170 students
7	Event Co-ordinator	Mr. Bukka B.S, Ms. Shukla P.M
8	Supporting Staff	Non-Teaching Staff: Mr Santosh Phulari
9	Resource Person	Ms.Ayesha Mogal
10	Outcomes	A clear understanding of fundamental networking concepts and awareness of the importance of network protocols in data communication.
11	External Agency Associated (If any)	NA
12	Proof Attached	Notice Attendance
13	Event Summary	Department of Computer Science had organised "Guest Lecture on Computer Networking" for B.Sc(ECS) III and B.C.A II year students. Ms. Samiya Sayyad introduced the guest speaker to students.

An informative guest lecture about computer networking was hosted by Ayesha Mogal. The event was thoughtfully organized by the Computer Science department, showcasing their commitment to providing students with enriching educational experiences. Ayesha Mogal, an expert in the field, shared her extensive knowledge with students in networking. The lecture was a significant learning opportunity, offering students valuable insights into the rapidly evolving world of technology and its applications in networking.

Faculty Coordinator

1. Mr. Bukka B.S
2. Ms. Shukla P.M

## Notice



# Attendance

Gardner-Whitcomb College, Seligman, Vermont		
Attendance Record for the Term of 1920-21		
Month of 1920		
No.	Name	Attendance
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No	Uraian	Volume	Uraian
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Year	Month	Name of Member	City	State
18	04	William H. ...	...	...
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**Sangameshwar College, Solapur**  
**An Autonomous Institute Affiliated to PAHSUS**  
Reaccredited by NAAC with 'A' grade in Cycle III- 3.39 CGPA  
**Computer Science Department**

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## Activity Report

1	Event	<b>"Web Development using Php and MySQL"</b>
2	Date & Time	16/3/24, Time: 10:00 am
3	Mode of activity	OFFLINE
4	Organized for	B.C.A-III ,M.sc-I year Students.
5	Objectives	To motivate the students to make their carrier in reputed IT Industry and To aware students about recent technologies used in IT Industry
6	No. of Students Participated	84 Students
7	Event Co-ordinator	Prof. Bukka B.S.
8	Supporting Staff	Non-Teaching Staff: 1. Mr. Asif Shaikh. 2. Mr. Santosh Fulari
9	Speaker	Mr. Sagar Dudhankar
10	Outcomes	To motivate the students to make their carrier in reputed IT Industry and To aware students about recent technologies used in IT Industry
11	External Agency Associated (If any)	NA
12	Proof Attached	Notice Attendance Photo Feedback
13	Event Summary	

	<p>Department of Management and Computer Science had organised “<b>Web Development using Php and MySQL</b>” for BCA-III and M.Sc-I students. Miss. Arya tilak did Event anchoring and gave introduction of guest. Mrs. Aland Tara Madam felicitation. Mr. Sagar Dudhankar (Code Word infotech) gave speech on Industry Needs ,Use of php to Host Website, How to develop websites.</p>
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Photo



# Attendance

**MEMBERSHIP LIST**  
**MEMBERSHIP LIST**  
**MEMBERSHIP LIST**

No.	Name	Age	Sex
1	John Doe	25	M
2	Jane Smith	30	F
3	Robert Johnson	45	M
4	Mary White	28	F
5	William Brown	55	M
6	Elizabeth Green	35	F
7	James Black	40	M
8	Sarah Grey	22	F
9	Michael Red	50	M
10	Linda Blue	38	F
11	David Yellow	42	M
12	Jessica Purple	27	F
13	Christopher Orange	52	M
14	Amanda Pink	32	F
15	Matthew Silver	48	M
16	Stephanie Gold	29	F
17	Andrew Bronze	58	M
18	Michelle Iron	37	F
19	Kevin Steel	44	M
20	Rebecca Copper	24	F
21	Gregory Nickel	54	M
22	Christina Zinc	34	F
23	Benjamin Lead	41	M
24	Victoria Tin	26	F
25	Jonathan Cadmium	51	M
26	Olivia Selenium	31	F
27	Richard Tellurium	46	M
28	Isabella Bismuth	23	F
29	Samuel Antimony	53	M
30	Madeline Arsenic	33	F
31	Lucas Vanadium	43	M
32	Sophia Chromium	21	F
33	Isaac Manganese	56	M
34	Chloe Cobalt	36	F
35	Henry Nickel	47	M
36	Abigail Copper	25	F
37	Robert Zinc	57	M
38	Evelyn Lead	37	F
39	William Tin	49	M
40	Grace Cadmium	27	F
41	Joseph Selenium	59	M
42	Karen Tellurium	39	F
43	Charles Bismuth	51	M
44	Amber Arsenic	29	F
45	Thomas Vanadium	41	M
46	Madison Chromium	23	F
47	Christopher Manganese	55	M
48	Olivia Cobalt	35	F
49	Benjamin Nickel	45	M
50	Sophia Copper	25	F
51	Isaac Zinc	55	M
52	Chloe Lead	35	F
53	Henry Tin	47	M
54	Abigail Cadmium	27	F
55	Robert Selenium	59	M
56	Evelyn Tellurium	39	F
57	William Bismuth	51	M
58	Grace Arsenic	29	F
59	Joseph Vanadium	41	M
60	Karen Chromium	23	F
61	Charles Manganese	55	M
62	Amber Cobalt	35	F
63	Thomas Nickel	45	M
64	Madison Copper	25	F
65	Christopher Zinc	55	M
66	Olivia Lead	35	F
67	Benjamin Tin	47	M
68	Sophia Cadmium	27	F
69	Isaac Selenium	59	M
70	Chloe Tellurium	39	F
71	Henry Bismuth	51	M
72	Abigail Arsenic	29	F
73	Robert Vanadium	41	M
74	Evelyn Chromium	23	F
75	William Manganese	55	M
76	Grace Cobalt	35	F
77	Joseph Nickel	45	M
78	Karen Copper	25	F
79	Charles Zinc	55	M
80	Amber Lead	35	F
81	Thomas Tin	47	M
82	Madison Cadmium	27	F
83	Christopher Selenium	59	M
84	Olivia Tellurium	39	F
85	Benjamin Bismuth	51	M
86	Sophia Arsenic	29	F
87	Isaac Vanadium	41	M
88	Chloe Chromium	23	F
89	Henry Manganese	55	M
90	Abigail Cobalt	35	F
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92	Evelyn Copper	25	F
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98	Amber Tellurium	39	F
99	Thomas Bismuth	51	M
100	Madison Arsenic	29	F

No.	Name	Age	Sex
101	John Doe	25	M
102	Jane Smith	30	F
103	Robert Johnson	45	M
104	Mary White	28	F
105	William Brown	55	M
106	Elizabeth Green	35	F
107	James Black	40	M
108	Sarah Grey	22	F
109	Michael Red	50	M
110	Linda Blue	38	F
111	David Yellow	42	M
112	Jessica Purple	27	F
113	Christopher Orange	52	M
114	Amanda Pink	32	F
115	Matthew Silver	48	M
116	Stephanie Gold	29	F
117	Andrew Bronze	58	M
118	Michelle Iron	37	F
119	Kevin Steel	44	M
120	Rebecca Copper	24	F
121	Gregory Nickel	54	M
122	Christina Zinc	34	F
123	Benjamin Lead	41	M
124	Victoria Tin	26	F
125	Jonathan Cadmium	51	M
126	Olivia Selenium	31	F
127	Richard Tellurium	46	M
128	Isabella Bismuth	23	F
129	Samuel Antimony	53	M
130	Madeline Arsenic	33	F
131	Lucas Vanadium	43	M
132	Sophia Chromium	21	F
133	Isaac Manganese	56	M
134	Chloe Cobalt	36	F
135	Henry Nickel	47	M
136	Abigail Copper	25	F
137	Robert Zinc	57	M
138	Evelyn Lead	37	F
139	William Tin	49	M
140	Grace Cadmium	27	F
141	Joseph Selenium	59	M
142	Karen Tellurium	39	F
143	Charles Bismuth	51	M
144	Amber Arsenic	29	F
145	Thomas Vanadium	41	M
146	Madison Chromium	23	F
147	Christopher Manganese	55	M
148	Olivia Cobalt	35	F
149	Benjamin Nickel	45	M
150	Sophia Copper	25	F
151	Isaac Zinc	55	M
152	Chloe Lead	35	F
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154	Abigail Cadmium	27	F
155	Robert Selenium	59	M
156	Evelyn Tellurium	39	F
157	William Bismuth	51	M
158	Grace Arsenic	29	F
159	Joseph Vanadium	41	M
160	Karen Chromium	23	F
161	Charles Manganese	55	M
162	Amber Cobalt	35	F
163	Thomas Nickel	45	M
164	Madison Copper	25	F
165	Christopher Zinc	55	M
166	Olivia Lead	35	F
167	Benjamin Tin	47	M
168	Sophia Cadmium	27	F
169	Isaac Selenium	59	M
170	Chloe Tellurium	39	F
171	Henry Bismuth	51	M
172	Abigail Arsenic	29	F
173	Robert Vanadium	41	M
174	Evelyn Chromium	23	F
175	William Manganese	55	M
176	Grace Cobalt	35	F
177	Joseph Nickel	45	M
178	Karen Copper	25	F
179	Charles Zinc	55	M
180	Amber Lead	35	F
181	Thomas Tin	47	M
182	Madison Cadmium	27	F
183	Christopher Selenium	59	M
184	Olivia Tellurium	39	F
185	Benjamin Bismuth	51	M
186	Sophia Arsenic	29	F
187	Isaac Vanadium	41	M
188	Chloe Chromium	23	F
189	Henry Manganese	55	M
190	Abigail Cobalt	35	F
191	Robert Nickel	45	M
192	Evelyn Copper	25	F
193	William Zinc	55	M
194	Grace Lead	35	F
195	Joseph Tin	47	M
196	Karen Cadmium	27	F
197	Charles Selenium	59	M
198	Amber Tellurium	39	F
199	Thomas Bismuth	51	M
200	Madison Arsenic	29	F

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**Sangameshwar College, Solapur**  
**An Autonomous Institute Affiliated to PAHSUS**  
Reaccredited by NAAC with 'A' grade in Cycle III- 3.39 CGPA  
**Computer Science Department**

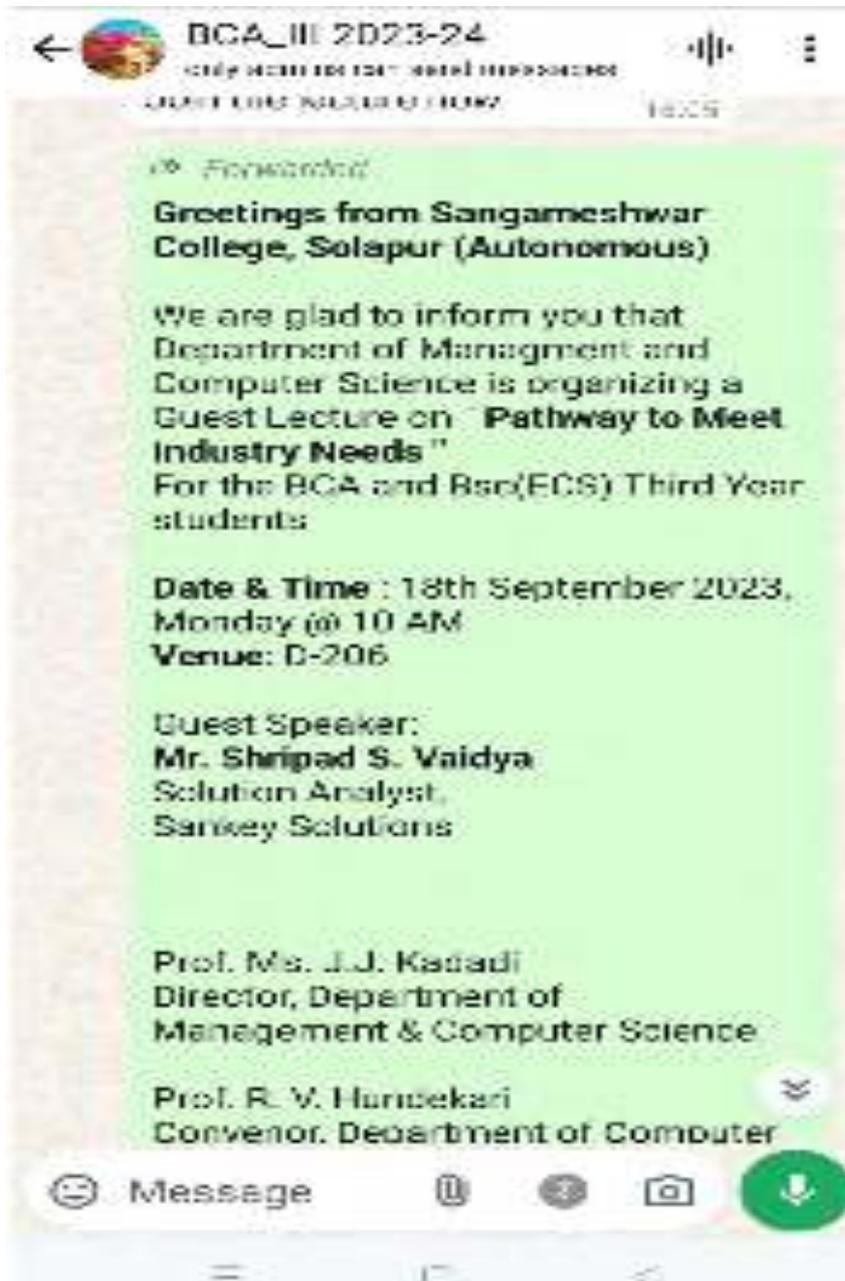
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## Activity Report

1	Event	<b>"Pathway to Meet Industry Needs"</b>
2	Date & Time	18/9/2023 , Time: 10:00 am
3	Mode of activity	OFFLINE
4	Organized for	B.C.A-III ,B.Sc ECS -III,M.sc-I year Students.
5	Objectives	To motivate the students to make their carrier in reputed IT Industry and To aware students about recent technologies used in IT Industry
6	No. of Students Participated	110 Students
7	Event Co-ordinator	Prof. Ms. Patil S. T.
8	Supporting Staff	Non-Teaching Staff: 1. Mr. Asif Shaikh. 2. Mr. Santosh Fulari
9	Specker	Mr. Shripad Vaidya (Solution Analyst)
10	Outcomes	To motivate the students to make their carrier in reputed IT Industry and To aware students about recent technologies used in IT Industry
11	External Agency Associated (If any)	NA
12	Proof Attached	Notice Attendance Photo Feedback
13	Event Summary	

	<p>Department of Management and Computer Science had organised “<b>Pathway to Meet Industry Need</b>” for BCA-III and B.Sc ECS-III and M.Sc-I students. Miss. Arya tilak did Event anchoring and gave introduction of guest. Mrs. Aland Tara Madam felicitation. Mr. Shripad Vaidya (Solution Analyst) gave speech on Industry Needs and how to shape the carrier in IT Field and Faculty Coordinator was Ms. Patil S. T.</p>
--	---

## Notice



# Attendance

Government College, Kuvempu  
 Government College, Kuvempu  
 Government College, Kuvempu  
 Government College, Kuvempu  
 Government College, Kuvempu

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01	Baryu Tilah	<del>2021</del>
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## Photos



# Feedback

 **Swamianandam College, Palani**  
Department of Management and Computer Science

---

**Feedback Form** Date: \_\_\_\_\_

Name: Prasanna Roll No: 190101010101

Branch: BA Sem: III

Options:  Yes  No  Both

Any other remarks: \_\_\_\_\_  
The question paper is good  
and the questions are very  
easy to answer. I would like to  
thank you for the questions.

  
Name: \_\_\_\_\_

10

Sargamohar College of Arts  
Department of English and Communication

Final Mock Exam

Date: 27/11/23

Answer the following questions in 100-150 words.

11

Sargamohar College of Arts  
Department of English and Communication

Final Mock Exam

Date: 27/11/23

Answer the following questions in 100-150 words.

1. How has the factory in the poem 'Industry' changed?

Open-ended question  Good  Bad  Other

Answer in 100-150 words

The poem 'Industry' by George Bernard Shaw  
describes the changes in the factory of Industry and its  
impact on the workers and the environment.

Signature

# Sangameshwar College (Autonomous), Solapur

## Department of Marathi

### Activity Report- 05

1	Webinar/Conference/Workshop Topic / Title	Marathi Slogan Competition
2	Level of organisation : Local/University/ State /National/ International	Local
3	Date & Time	29/02/2024, 09:30 am
4	Resource Person (details)	No
5	Venue / Online platform (Link of online Platform)	Online
6	Organized for ( students / faculty/ all)	All
7	Objectives	Develop Writing Skills
8	No. of Participants Faculty: Students:	03 58
9	Event Coordinator	Dr. Suhas Pujari Dr. Sariputra Tupere
10	Supporting Staff	Prof. Sagar Survase Prof. Santosh Pawar
11	Outcomes (minimum 2)	Marathi Bhasha was introduced Students also understood the importance of language and literature i
12	External Agency Associated (If any)	No
13	Proofs Attached (provide images)	Photo
14	Event Summary: <b>points to include---</b> talk of chief guest --- <b>feedback of participants</b>	

Annexure I : Attach (Q 12)- Geotagged Photos

Annexure II: Certificate copy if issued.

Annexure III: News paper cuttings.



**संगमेश्वर महाविद्यालय, सोलापूर (स्वायत्त) च  
 प्रादेशीक तालिम्बोली होलकर सोलापूर विद्यापीठ, सोलापूर  
 आयोजित**

**एक विलारीय नवलेखक लेखन कार्यशाळा**

मुकवत, दि. २२ मार्च २०२४

**शिक्षक तालिम्बोली सैलीची**

क्र.सं.	नाम	महाविद्यालय/नाम	विल लि.	प्र.प्र. दि.	सही
१	Dr. S. S. Srinivasan	W. E. S. Solapur	✓		<i>[Signature]</i>
२	Dr. P. S. Srinivasan	W. E. S. Solapur	✓		<i>[Signature]</i>
३	Dr. S. S. Srinivasan	W. E. S. Solapur	✓		<i>[Signature]</i>
४	Dr. S. S. Srinivasan	W. E. S. Solapur	✓		<i>[Signature]</i>
५	Dr. S. S. Srinivasan	W. E. S. Solapur	✓		<i>[Signature]</i>
६	Dr. S. S. Srinivasan	W. E. S. Solapur	✓		<i>[Signature]</i>
७	Dr. S. S. Srinivasan	W. E. S. Solapur	✓		<i>[Signature]</i>
८	Dr. S. S. Srinivasan	W. E. S. Solapur	✓		<i>[Signature]</i>
९	Dr. S. S. Srinivasan	W. E. S. Solapur	✓		<i>[Signature]</i>
१०	Dr. S. S. Srinivasan	W. E. S. Solapur	✓		<i>[Signature]</i>
११	Dr. S. S. Srinivasan	W. E. S. Solapur	✓		<i>[Signature]</i>
१२	Dr. S. S. Srinivasan	W. E. S. Solapur	✓		<i>[Signature]</i>
१३	Dr. S. S. Srinivasan	W. E. S. Solapur	✓		<i>[Signature]</i>
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संगमेश्वर महाविद्यालय, सोलापूर (स्वायत्त) व  
सुर्यश्रीक अहिल्यादेवी होळार सोलापूर विद्यापीठ, सोलापूर

आयोजित

एक दिवसीय नवलेखक लेखन कार्यशाळा

शुक्रवार, दि. २२ मार्च २०२४

विद्यार्थी उपस्थिती नोंदणी

क्र.	नाव	महाविद्यालयाचे नाव	जिल्हा	प्र.प.न. क्र.	पत्ती
१	ड. जेजुरी ज्योत्सना भोसले	संगमेश्वर महाविद्यालय	✓		संगमेश्वर
२	सुरेश भोसले	—	✓		संगमेश्वर
३	सुरेश भोसले	WIT	✓		संगमेश्वर
४	अनिल भोसले	WIT	✓		संगमेश्वर
५	सुरेश भोसले	WIT	✓		संगमेश्वर
६	सुरेश भोसले	WIT	✓		संगमेश्वर
७	सुरेश भोसले	WIT	✓		संगमेश्वर
८	सुरेश भोसले	WIT	✓		संगमेश्वर
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११	सुरेश भोसले	WIT	✓		संगमेश्वर
१२	सुरेश भोसले	WIT	✓		संगमेश्वर
१३	सुरेश भोसले	WIT	✓		संगमेश्वर
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२७	सुरेश भोसले	WIT	✓		संगमेश्वर
२८	सुरेश भोसले	WIT	✓		संगमेश्वर



College name

Representative

① KITT, Solapur  
T. 101  
S. 102

Dr. P. S. ...  
10.10.2020

② PNCC Solapur  
T. 101  
S. 102

Dr. ...  
10.10.2020

③ DAF Dayand Solapur  
T. 102  
S. 103

Dr. ...  
10.10.2020

④ NB Nende, Solapur  
T. 101  
S. 102

Dr. ...

⑤ DAA College, Pandharpur  
T. 101  
S. 103+1

Dr. ...  
Dr. ...

⑥ Vasanthana, Wase  
T. 101  
S. 102-103+1

Dr. ...

⑦ Kachand College, Solapur  
T. 101  
S. 102

Dr. ...

⑧ SPS mandir -  
T. 01  
S. 02

Dr. Anand  
Chand

⑨ Kasturba College of Edu.  
Bhadr. Belpur  
T. 01  
S. 02

Dr. Anand

⑩ A.R. Banta College, Belpur  
T. 01  
S. 02

Dr. Anand  
Dr. Anand

⑪ S.H. College Belpur  
T. 01  
S. 02

⑫ Shree: Mahavishay Belpur  
T. 01  
S. 02

Dr. Anand  
Dr. Anand

⑬ Prati: Mahavishay Belpur  
T. 01  
S. 02

Dr. Anand  
Dr. Anand

⑭ V.C. Shriyani College  
T. 01  
S. 02

Dr. Anand  
Dr. Anand

⑮ V.S. Mahavishay Belpur  
T. 01  
S. 02

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# उत्तिमात्र

एकदिशीय नवलेखक लेखन कार्यशाळेचे वृत्त उत्तिमात्र  
दि. 22.03.2024

या कार्यशाळेचे रचणूक चार मार्गदर्शिकांनी  
मार्गदर्शित केले. यात डॉ. राजशेखर शिंदे, शिरीष  
देवळे, जयेश्वर जाधव आणि डॉ. इनाम हासन  
या सर्वांचे मार्गदर्शित विद्यार्थ्यांना मोलाचे उभेले.

लेखनासाठी हवी असलेली संवेदनशीलता  
काही अंगी जाणवी, लेखनासाठी आवश्यक असणारी  
तटस्थता काही निर्माण करावी यावर मार्गदर्शिकांनी  
प्रकाश टाकला. अशा प्रकारची चर्चासत्रे माझे  
ही होत रहावीत हीच सदिच्छा! कार्यशाळा बर्फिण्या  
आरंभीच वहाती ही जिंती.

डॉ. महावीर सावळ

9557502444

(नालचंद कॉलेज ऑफ आर्ट्स अँड सायन्स,

जवाहर, सोलापूर)

उत्तरांचल विश्वविद्यालय, पंजाब

Roll no - 84

CLASS - S.Y.B.A

MOB - 9910820008

उत्तरांचल विश्वविद्यालय, पंजाब

दिनांक 22/05/2024 को

पुस्तकालय, उत्तरांचल विश्वविद्यालय,  
 लखनऊ छात्र संघोद्देशक महाविद्यालय,  
 लखनऊ का-20 अंतर्गत अंतर्गत अंतर्गत  
 (उत्तरांचल विश्वविद्यालय का-20 अंतर्गत) छात्रों को  
 देकर श्री उत्तरांचल विश्वविद्यालय पंजाब या  
 छात्रों 'उत्तरांचल विश्वविद्यालय, पंजाब' को- S.Y.-B.A-2  
 का विद्यार्थी बनने का इच्छा है।  
 अंतर्गत महाविद्यालय का-20 अंतर्गत  
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कार्यवाही का उत्तर देना चाहते हैं

महोदय विश्वविद्यालय लखनऊ का-20 अंतर्गत  
 डॉ. सुदीप कुमार यादव का-20 अंतर्गत अंतर्गत  
 श्री अंतर्गत अंतर्गत अंतर्गत अंतर्गत  
 डॉ. अंतर्गत अंतर्गत अंतर्गत अंतर्गत  
 अंतर्गत अंतर्गत अंतर्गत अंतर्गत अंतर्गत  
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23 मार्च 2024

संवेगशर कोलेज, सोलापूर (उच्च शिक्षण)

अध्यापिका

एक वित्तीय नवसेवक सेवान्वय करवावळी

माझे नाव वैजवी विष्णू रत्नसुखे मी एक वारंवार  
कॉलेज ऑफ आर्ट्स अँड सायन्स सोलापूर  
या महाविद्यालयाने काम करत आहे. शिक्षक आहे.  
आपल्या महाविद्यालयाने मला येथे सेवान्वय  
करी घ्यावी.

माझी येथे या कारणांमुळे येऊन मज  
काम करीत आहे. शिक्षणाने मिळालेले  
सिद्धांत करणे हे सध्याचे महत्वाचे काम आहे.  
सुरुवात करू. करू. न कोणतेही समस्या  
हे देखील समजले.

तसेच मातक सेवान्वय करताना पात्र  
कडे निवडले व पात्र नातका मध्ये किती पत्र  
आसा चारदात यदी पात्र वाढले की ते मातक  
दीर्घ होत आहे. उदा. महाभारत  
तसेच मज कळले की सेवान्वय मजसे आहे  
तसेच मज वारंवार मातक तर ते आहे.

सुरभोजन होते.

भरपूर वाले वाहन होते. की कविता  
लिखना समक गुणों के अन्तःकरण पर  
संस्कृत का अन्तःकरण विचार है  
कविता की कविता समक गुणों का अन्तःकरण  
कामे व्यप्रेक्षित नहीं.

तमस्य अन्तःकरण विचारों का अन्तःकरण  
लिखने नानक अन्तःकरण अन्तःकरण तमस्य  
नानक अन्तःकरण अन्तःकरण अन्तःकरण  
तमस्य अन्तःकरण अन्तःकरण अन्तःकरण

अन्तःकरण अन्तःकरण अन्तःकरण अन्तःकरण  
अन्तःकरण अन्तःकरण अन्तःकरण अन्तःकरण

यह कार्यशास्त्रों के अन्तःकरण  
नतीक अन्तःकरण अन्तःकरण अन्तःकरण  
हे अन्तःकरण अन्तःकरण अन्तःकरण

सारा अपने लाल ही की कविता  
 लिखती थाकते कुछने और अपना पत्र  
 कपल परीने काफ़िल मारी इति  
 दिनेया कुछे आगे मारी इति  
 दिनेया है कबलने काफ़िल की  
 कबलने काफ़िल कुछने अही काफ़िल  
 अपने अकेले नही

लाल काफ़िल लिखती है  
 कविता लिखती नाक लिखने काफ़िल  
 लाल नाक लिखने काफ़िल मारी इति  
 लाल काफ़िल मारी इति काफ़िल लाल  
 अकेले काफ़िल लिखने काफ़िल  
 कविता काफ़िल

लाल काफ़िल काफ़िल काफ़िल  
 लाल काफ़िल काफ़िल काफ़िल  
 लाल काफ़िल काफ़िल काफ़िल

श्रीगुरुदेवकी कृपासे, श्रीगुरुदेवकी कृपासे (कृतज्ञता)

संस्थापित

एक दिवसीय नवोदय विद्यालय, काशी

नाम: श्रीगुरुदेवकी कृपासे

पता: काशी, उत्तर प्रदेश

कक्षा: प्रथम

विषय: अंग्रेजी

आपका नाम: श्रीगुरुदेवकी कृपासे

आपका पता: काशी, उत्तर प्रदेश  
आपका नाम: श्रीगुरुदेवकी कृपासे  
आपका पता: काशी, उत्तर प्रदेश  
आपका नाम: श्रीगुरुदेवकी कृपासे  
आपका पता: काशी, उत्तर प्रदेश

पुण्यश्लोक जगद्विद्यादेवी सेवाधर सोलापूर विद्यापीठ  
सोलापूर

आणि  
संगमोत्सव कॉलेज, सोलापूर (वकायला)

आयोजित  
एक दिवसीय लघुलेखक लेखन कार्यशाळा

या कार्यशाळेचे प्रस्तावित आहे म्हणून तुम्ही  
शर अग्नी आचल मत्तु मांडले आहे  
मतिमा, कुशा, कवचरी नारदु चरित-वैद्यनाथ-दिग्  
कुशर हे सातान या आश्रमाला आल्या व दिशा  
मिळाली आहे मत्तु त्यांनी व्यक्त केले आहे  
तसेच पाहणेचे योग्य आहे कोमल कंडा मंडळ, व  
प्रकाशना अन्वार करणाने आला.

उद्देश्य : या ही संसद आहे शर आणि देवीला  
पौराणिकपत्त्या परिसरच ठरव दिले व या संगमोत्सव  
आयोजनाच्या वेळी आकार मालगत आला आहे

\* आगती मत्तु कार्या \*

जसे कार्यशाळा आयोजन व्हावे  
आणि लक्षा व्यक्त करते आणि या कार्यशाळा  
वेळी एक दिवसीय लघुलेखक कार्यशाळा आयोजन  
व्हावे आणि सातान मुळे आयोजन एक पुढी  
आला व दिशा-सकट झाले आहे व ती  
आल्या आहे. कार्यशाळा मुळा आगती अन्वार  
या अन्वार पर असले ही आगती अन्वार तपवी  
निवार मिळाले आहे व ती या अन्वारने असले  
आज या वेळी आगती लघुलेखक लेखन  
पुस्तक मिळाले आयोजन मिळाले व या  
वेळी अन्वारने कार्य मिळाले हे ही पुस्तक  
सातानिवे ही आगती कार्यशाळे मुळे आयोजन



नाम \_\_\_\_\_ द्वारा जंतर खासगाना महिला समिति

नाहरण साहित्यिक संस्थान  
महिला समिति द्वारा विविध प्रकार के सामग्रीयों को  
आवृत्त के द्वारा जंतर खासगाना समिति

का माहले समझे जाते है। इससे ही हमें इन  
समस्याओं को हल करने में मदद मिलेगी।  
इससे ही हमें समझाने में आसानी है।  
इससे ही हमें समझाने में आसानी है।  
इससे ही हमें समझाने में आसानी है।  
इससे ही हमें समझाने में आसानी है।  
इससे ही हमें समझाने में आसानी है।  
इससे ही हमें समझाने में आसानी है।  
इससे ही हमें समझाने में आसानी है।

आज

नाहरण साहित्यिक संस्थान  
द्वारा विविध प्रकार के सामग्रीयों को  
आवृत्त के द्वारा जंतर खासगाना समिति  
का माहले समझे जाते है। इससे ही हमें इन  
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इससे ही हमें समझाने में आसानी है।  
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इससे ही हमें समझाने में आसानी है।

आवृत्त के द्वारा

11/11/20

शुभमस्य, अस्मिन्नेति संवत् सोमवार विवाहदि  
सोमवार

शुभमस्य अस्मिन्नेति  
शुभमस्य अस्मिन्नेति सोमवार [सोमवार]

शुभमस्य अस्मिन्नेति  
शुभमस्य अस्मिन्नेति सोमवार













# पुण्यश्लोक अहिल्यादेवी होळकर सोलापूर विद्यापीठ, सोलापूर

व  
संगमेश्वर महाविद्यालय, सोलापूर

आयोजित

## एक दिवसीय नवलेखक लेखन कार्यशाळा

### सहभाग प्रमाणपत्र

पुण्यश्लोक अहिल्यादेवी होळकर सोलापूर विद्यापीठ विद्यार्थी विकास विभाग आणि  
संगमेश्वर महाविद्यालय, सोलापूर

यांच्या संयुक्त विद्यमाने दि. २२ मार्च २०२४ रोजी आयोजित केलेल्या

एक दिवसीय नवलेखक लेखन कार्यशाळेत

प्रा. डॉ. शुभास गोविंदराव पुजारी

सहभागीक मरण

यांनी सहभागी नोंदविल्याबद्दल त्यांना हे प्रमाणपत्र देण्यात येत आहे.



डॉ. केशवनाथ कुळकर्णी

संचालक  
विद्यार्थी विकास विभाग



प्राचार्य

संगमेश्वर महाविद्यालय,  
सोलापूर



प्रा. प्रकाश महाजनवर

सहसंचालक  
पुण्यश्लोक अहिल्यादेवी होळकर  
सोलापूर विद्यापीठ



पुण्यश्लोक अहिल्यादेवी होळकर  
सोलापूर विद्यापीठ  
संगमेश्वर महाविद्यालय  
सोलापूर  
Phone: 020-2624-3022  
Fax: 020-2624-3024



# पुण्यश्लोक अहिल्यादेवी होळकर सोलापूर विद्यापीठ, सोलापूर

व  
संगमेश्वर महाविद्यालय, सोलापूर

आयोजित

## एक दिवसीय नवलेखक लेखन कार्यशाळा

### सहभाग प्रमाणपत्र

पुण्यश्लोक अहिल्यादेवी होळकर सोलापूर विद्यापीठ विद्यार्थी विकास विभाग आणि  
संगमेश्वर महाविद्यालय, सोलापूर

यांच्या संयुक्त विद्यमाने दि. २२ मार्च २०२४ रोजी आयोजित केलेल्या

एक दिवसीय नवलेखक लेखन कार्यशाळेत

प्रा. डॉ. शुभास गोविंदराव पुजारी

सहभागी

मरण

यांनी सहभागी नोंदविल्याबद्दल त्यांना हे प्रमाणपत्र देण्यात येत आहे.



डॉ. केशवनाथ कुळकर्णी

संचालक  
विद्यार्थी विकास विभाग



प्राचार्य

संगमेश्वर महाविद्यालय,  
सोलापूर



प्रा. प्रकाश महाजनवर

सहसंचालक  
पुण्यश्लोक अहिल्यादेवी होळकर  
सोलापूर विद्यापीठ



पुण्यश्लोक अहिल्यादेवी होळकर  
सोलापूर विद्यापीठ  
संगमेश्वर महाविद्यालय  
सोलापूर  
पिन - ४३१००४ (CGPA-100)





# Sangameshwar College (Autonomous), Solapur

Department of Marathi

## Activity Report

1	<b>Ek Divsiy Navlekhak lekhan Karyshala</b> Topic / Title	<b>Ek Divsiy Navlekhak lekhan Karyshala</b> <b>(One Day State Level Creative Writing Workshop)</b>
2	Date & Time	Friday, March 22, 2024, 10.00 a.m. to 06 p.m.
3	Resource Person (details)	Inauggural Address : <b>Prof. Dr. Vasant kore</b> Dean, Arts & humanities, PAHSU, Solapur  Resource Person 1) <b>Prof. Dr. Rajshekhar Shinde, Solapur</b> 2) <b>Mr. Shirish Dekhane, Solapur</b> 3) <b>Mr. Dnyaneshwar Jadhawar, Pune</b> 4) <b>Mr. Datta Gholap, Solapur</b>
4	Venue / Online platform (Link of online Platform)	B-1 Hall, Sangameshwar College (Autonomous), Solapur
5	Organized for ( students / faculty/ all)	Students, faculty and for all
6	Objectives	To develops interest in Language & Literature. To get guidance and motivation for reading, Creative writing Skills. To develop creativity of Students. To get everyone knowledge of Magazine Editing. To get everyone knowledge of <b>Marathi Language, Literature &amp; Culture.</b>
7	No. of Participants Faculty: Students: Others : Total	18 43 14 75
8	Event Coordinator	Prof. Suhas Pujari, Vice Principal & HoD, Marathi Convenor
9	Supporting Staff	Dr. Vishnu Vitekar, Dr. Rajkumar Moharkar, Dr.Sariputra Tupere, Mr.Santosh Pawar, Dr. Yuvraj Solapure etc.
10	Outcomes (minimum 2)	Awareness of the richness of language and literature will be awakened. Students were found to develop Knowledge of creative writing, editing & reading skills.



11	External Agency Associated (If any)	Department Of Students Development, Punyashlok Ahilyadevi Holkar Solapur University, Solapur
12	Proofs Attached (provide images)	1) Notice – Yes 2) Brochure - Yes 3) Attendance Link <a href="https://youtu.be/vSSd56SQWKU?si=IA7PINS3V0UEcDd-">https://youtu.be/vSSd56SQWKU?si=IA7PINS3V0UEcDd-</a> 4)Feedback Link <a href="https://youtu.be/vSSd56SQWKU?si=IA7PINS3V0UEcDd-">https://youtu.be/vSSd56SQWKU?si=IA7PINS3V0UEcDd-</a> 5) Certificate - Alloted to Participants.
13	<p>Event Summary:  ( points to include--- talk of chief guest, resource person, feedback by participants...)  (maximum 100 words)  One Day Novel Writing Workshop  Friday, March 22, 2024</p> <p>Punyashlok Ahilyadevi Holkar Solapur University, Solapur and Sangameshwar College (Autonomous), Solapur jointly organized on Friday, dt. On March 22, 2024, a one-day Writers' Workshop was organized in Hall B-1, Sangameshwar College. Punyashlok Ahilyadevi Holkar Solapur University Student Development Department organizes Srijanarang intercollegiate periodical competition every year. The objective of the workshop was to guide and inspire budding student writers who want to write for magazines. Sangameshwar College hosted the workshop organized by Student Development Department of P.A.H.S.U. and Sangameshwar College.</p> <p>The workshop started at 10 am. The Dean of the Faculty of Arts of P.A.H.S.U. Prof. Vasant Kore inaugurated the workshop by lighting the lamp. Presiding over the inauguration ceremony. Principal Dr. Rituraj Buwa. Vice Principal Prof. Dr. Suhas Pujari as coordinator of the workshop were present.</p> <p>At this time Dr. Vasant kore said, "Students should always maintain a studious attitude for good writing. They should write in such a way as to guide the society and lead human life on the path of progress."</p> <p>In the first session after inauguration, Dr. Rajashekhar Shinde (Solapur) and Shirish Dekhane (Solapur) presents thoughts according to the topic. This session was chaired by Dr. Nanda Sathe and announced by Dr. Praveen Rajguru.</p> <p>In the second session after the food break, new generation writer Dnyaneshwar Jadhawar (Pune) spoke on the topic 'Me and my writing' and Dr. Datta Gholap (Solapur) guided the students on writing by giving examples on the topic 'Various Aspects of Literature'. This session was chaired by Dr. Sanghprakash Dudde moderated by Revansidh Haloli.</p> <p>Prof. Principal Dr. Rituraj Buwa presided over the concluding session. Director of Student Development Department of P.A.H.S.U. Dr. Kedar Kalwane had a special presence. In the introductory speech, Workshop Coordinator Vice Principal Dr. Suhas Pujari reviewed the organization and success of the workshop and expressed his gratitude to PAHSU for giving the opportunity to organize this workshop. Two students, expressed her gratitude on behalf of the participants.</p> <p>Dr. Kedar Kalwane explained the role of the university behind the organization of the workshop and expressed his satisfaction that the workshop was successfully conducted. Incharge Principal Dr. Rituraj Buwa expressed his satisfaction about the objectives of the workshop and said that the students were given basic guidance regarding writing and expressed the opinion that there is a need for such workshops. This session was moderated by Dr. Sangita Kamat.</p> <p>In the inaugural session, the guests were introduced by Prof. Komal Konda. Yuvraj Solapure gave vote of thanks in the concluding session.</p> <p>43 students and 18 participating faculty participated in the one-day writers workshop. A</p>	

total of 75 people participated in this workshop. After the conclusion, the participants were given certificates. All the participants expressed their happiness and thanks for organizing the workshop. Professors, students, researchers, writers were present. Santosh Pawar provided technical assistance.

**Prof. Dr. Suhas Pujari**  
**Coordinator, One Day State Level Creative Writing Workshop**  
Sangameshwar College, Solapur (Autonomous)

Write Nil if something is not provided.

Photos Of Activity

नवलेखक लेखन कार्यशाळेची काही क्षणचित्रे  
नावनोंदणी



उपस्थित श्रोतृवृंद



डॉ.वसंत कोरे (अधिष्ठाता, पु.अ.हो.सो.वि.,सोलापूर) : दीपप्रज्वलन करताना



कु. वैभवी अपसिंगे (विद्यार्थिनी) : दीपप्रज्वलन करताना



डॉ.सुहास पुजारी, (समन्वयक) उपप्राचार्य, संगमेश्वर कॉलेज, सोलापूर : प्रास्ताविक करताना



डॉ.वसंत कोरे (अधिष्ठाता, पु.अ.हो.सो.वि.,सोलापूर) : उद्घाटनपर भाषण करताना



डॉ.ऋतुराज बुवा (प्र.प्राचार्य, संगमेश्वर कॉलेज, सोलापूर) : अध्यक्षीय भाषण करताना



पु.अ.हो.सो.वि.सोलापूर आणि संगमेश्वर कॉलेज सोलापूर संयुक्त निमित्ताने एक दिवसीय समारंभ सोलापूर कवयंठाला

प्रा. विष्णु विटेकर : आभार प्रकट करताना



डॉ.राजशेखर शिंदे, सोलापूर (संसाधन व्यक्ती) : मार्गदर्शन करताना



पु.अ.प्र.सो.नि.प्रा.सी.ड. आणि डनपेव्हर स्वीडिश मातृभा संस्कृत विद्यापीठे एक दिवसीय समारंभाला सुरुवात

शिरीष देखणे, सोलापूर (संसाधन व्यक्ती) : मार्गदर्शन करताना



पु.अ.श्री.सी.मिठावीठ आणि डनमॅन्डर क्वॉलॅन्स माॅम्बा संमूह निघड्यावे एका दिनगीष समलेखक लेखन सममंडाळ

डॉ.नंदा साठे, सोलापूर (सत्राध्यक्ष ) : मार्गदर्शन करताना



पु.अ.श्री.सी.मिठावीठ आणि डनमॅन्डर क्वॉलॅन्स माॅम्बा संमूह निघड्यावे एका दिनगीष समलेखक लेखन सममंडाळ

ज्ञानेश्वर जाधवर, पुणे (संसाधन व्यक्ती, लेखक) : मार्गदर्शन करताना



डॉ. दत्ता घोलप, सोलापूर (संसाधन व्यक्ती) : मार्गदर्शन करताना





डॉ.संघप्रकाश दुड्डे, सोलापूर (सत्राध्यक्ष ) : मार्गदर्शन करताना



डॉ.सुहास पुजारी, (समन्वयक) उपप्राचार्य, संगमेश्वर कॉलेज, सोलापूर : अनुभव व कृतज्ञता प्रकट करताना



डॉ. केदार काळवणे (संचालक, विद्यार्थी विकास विभाग, पु.अ.हो.सो.वि., सोलापूर) : मार्गदर्शन करताना



डॉ. ऋतुराज बुवा (प्र.प्राचार्य, संगमेश्वर कॉलेज, सोलापूर) : समारोप समारंभात अध्यक्षीय भाषण





# Sangameshwar College (Autonomous), Solapur

Chemistry Department

## Activity Report

1	Activity Topic / Title	<b>Guest Lecture on Yoga, Meditation and Health</b>
2	Date & Time	26/08/2023 11.00 am
3	Resource Person (details)	Dr. S. M. Dudde Head department of Hindi Sangameshwar college, Solapur
4	Venue / Online platform (Link of online Platform)	B-01
5	Organized for	M.Sc. and B.Sc. Chemistry students and faculties
6	Objectives	To develop health issue through meditation students
7	No. of Participants Faculty: Students:	06 83
8	Event Coordinator	Dr. Mandle U.M.
9	Supporting Staff	All Chemistry teachers
10	Outcome	After attending this webinar students are able to, Understand importance of yoga for healthy long life
11	External Agency Associated (If any)	----
12	Proofs Attached (provide images)	Photos
13	Event Summary:	This webinar was organized by Chemistry department for students; Resource person Dr. Sanghaprakash Dudde delivered a talk on importance of yoga and meditation in day today life. He also guided students about history of meditation.



[https://youtu.be/DzS\\_DBS9KZA?si=pKt34\\_ZMHfKWHCrz](https://youtu.be/DzS_DBS9KZA?si=pKt34_ZMHfKWHCrz)

# Sangameshwar College (Autonomous), Solapur

## Department of Zoology

### Activity Report

1	Activity	Guest Lecture on Mindful eating and students
2	Level of organisation : Local/University/ State /National/ International	Local
3	Date & Time	25/08/2023
4	Resource Person (details)	<b>Avanti Damale</b>
5	Venue / Online platform (Link of online Platform)	Offline in B-1
6	Organized for ( students / faculty/ all)	Students and faculty
7	Objectives	Aware about proper nutrition and it's importance for health.
8	No. of Participants Faculty: Students:	07 100
9	Event Coordinator	Dr.Bagale M.B
10	Supporting Staff	Dr.Patil S.S and Dr.Dama S.D
11	Outcomes (minimum 2)	1) Students and faculty aware about balanced diet. 2) Students and faculty learn importance of proper nutrition for healthy life.
12	External Agency Associated (If any)	-
13	Proofs Attached (provide images)	News article  Photo and  Invitation and thanks letter
14		

Annexure I : Attach (Q 12)- Geotagged Photos

Annexure II: Certificate copy if issued.

# स्वस्थता, आहार, पुरानी इंसोप सदृह आरोग्यासाठी गरजेची

जोसेफ्वा लालिमाधो रायले यांचे आरोग्य

**मंडळीत**  
 डॉ. माणिक र. डी.  
 लालिमाधो रायले, जोसेफ्वा  
 लालिमाधो रायले यांचे आरोग्य  
 जोसेफ्वा लालिमाधो रायले यांचे  
 आरोग्य

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MW54+X58, Solapur,  
Maharashtra 413007,  
India  
25 Aug 2023 12:06 PM



संगमेश्वर महाविद्यालय, सोलापूर  
Karnataka State of Newy Solapur  
**SANGAMESHWAR COLLEGE, SOLAPUR**  
**AUTONOMOUS**  
15-A, B-Block, Haveli, Solapur-413001, Maharashtra, India  
HANSU Accredited with A Grade by CYRUS OGEN-USA  
Affiliated to Pimpri Chinchwad Education Trust, Solapur University

Phone No: 020-26611111  
FAX: 020-26611111  
E-mail: info@sangameshwarcollege.edu.in  
Website: www.sangameshwarcollege.edu.in

Ref. No: SC/2023-24/1111

Date: 24/08/2023

To,  
Avanti Dandekar  
Sports Nutritional & Wellness Consultant

Subject: Invitation Letter

Respected Madam,

We on behalf of Zoology Department, Sangameshwar College, Solapur (Autonomous) would like to invite you as a Resource Person to speak on the topic "Mindful Eating and Students" scheduled on 25/08/2023 (Friday) at 11:00am to 1:00pm for B.Sc. students.

Thanking you in anticipation and looking forward for your awaited acceptance of this invitation.

Thanking you



Yours faithfully,

Dr. R.V. Desai

Incharge Principal

Principal-In-Charge  
Sangameshwar College  
Solapur

*Handwritten signature*





संगमेश्वर महाविद्यालय, सोलापूर  
SANGAMESHWAR COLLEGE, SOLAPUR  
AUTONOMOUS

Est. 1960 (Aut. in Year 1970), Maharashtra, India  
MSU (Approved) with WU (B.E. Cycle) from 1974  
Affiliated to Maharashtra Sahakariksha University

Phone: 261111  
Fax: 261111  
E-mail: 261111  
Website: 261111

Ref. No. SC/2022-24/11

Date: 24/08/2022

To

Guest Domic

Sports Nutritionist & Wellness Consultant

Subject: Thanks Letter

Respected Madam,

We on behalf of Zoology Department, Sangameshwar College, Solapur (Autonomous) would like to thank for as a Resource Person to speak on the topic "Mindful Eating and Students" scheduled on 25/08/2022 (Friday) at 11:30am to 1:00pm for B.Sc. students.

It was truly helpful, filled with a dash of information and of great benefit to the participants.

Looking forward in similar kind of co-operation in future.

Thanking you

Yours faithfully,

Dr. R. V. Desai

In-charge Principal

Principal-In-Charge  
Sangameshwar College



www.sangameshwarcollege.edu.in



# Sangameshwar College (Autonomous), Solapur

## Department of Gymkhana

### Activity Report

1	Title of Event /	Yoga and meditation Training
2	Level of organisation: Local/University/ State /National/ International	Local
3	Date & Time	21st June 2024
4	Guest	Dr. Raturaj Buwa
5	Venue / Online platform (Link of online Platform)	College Ground
6	Organized for ( students / faculty/ all)	All
7	Objective	Awareness of Health through Yoga
8	No. of Participants	73
9	Event Coordinator	Prof. Anand Chavan
10	Supporting Staff	Prof. Patil S.V. , Prof. Wangi S.S. , Prof. Khende S.D. , Prof. Vibhute V.S.
11	Outcomes	1) Finds students for Yoga tournaments 2) Improve concentration
12	External Agency Associated (If any)	
13	Proofs Attached (provide images)	<a href="https://drive.google.com/file/d/1yV7ihxHSgTI0t5F9CodgDInDdG7YAR3I/view?usp=sharing">https://drive.google.com/file/d/1yV7ihxHSgTI0t5F9CodgDInDdG7YAR3I/view?usp=sharing</a>  <a href="https://drive.google.com/file/d/176WBK1s3FZIUJmylzVEb6ZU8r298oB71/view?usp=sharing">https://drive.google.com/file/d/176WBK1s3FZIUJmylzVEb6ZU8r298oB71/view?usp=sharing</a>

Annexure I : Attach (Q 12)- Geotagged Photos

Annexure II: Certificate copy if issued



# Sangameshwar College (Autonomous), Solapur

## Department of Gymkhana

### Activity Report

1	Title of Event /	Summer fitness Camp
2	Level of organisation : Local/University/ State /National/ International	Local
3	Date & Time	20/04/2024 to 15/05/2024
4	Guest	Dr. Raturaj Buwa
5	Venue / Online platform (Link of online Platform)	College Ground
6	Organized for ( students / faculty/ all)	All
7	Objectives	Awareness of Fitness
8	No. of Participants	67
9	Event Coordinator	Prof. Anand Chavan
10	Supporting Staff	Prof. Wangi S.S. , Prof. Khende S.D. , Prof. Vibhute V.S.
11	Outcomes	1) Developed fitness for active lifestyle. 2)
12	External Agency Associated (If any)	--
13	Proofs Attached (provide images)	<a href="https://drive.google.com/file/d/1ILksKiMbuDZysacyqPL-PC2wfE2Gk-1y/view?usp=sharing">https://drive.google.com/file/d/1ILksKiMbuDZysacyqPL-PC2wfE2Gk-1y/view?usp=sharing</a> <a href="https://drive.google.com/file/d/1ZD252zng8w34_Y6Y-P2OCT8MhbKt5H-4/view?usp=sharing">https://drive.google.com/file/d/1ZD252zng8w34_Y6Y-P2OCT8MhbKt5H-4/view?usp=sharing</a>

Annexure I : Attach (Q 12)- Geotagged Photos

Annexure II: Certificate copy if issued.

Annexure III: News paper cuttings.

**Sangameshwar College, Solapur**  
**(Autonomous)**

Department of Physical Education

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**Activity Report**

1	Field work / Projects / Internships / student projects	Yoga Training Programme for Boys Students
2	Level of organisation: Local/University/ State /National/ International	Local
3	Date & Time	19 <sup>th</sup> March 2024
4	Venue / Online platform (Link of online Platform)	College Basket Ball Ground
5	Organized for (students / faculty / all)	UG I-year Boys Students
6	Objectives	<ul style="list-style-type: none"><li>• To help students achieve their body flexibility, improved strength, mindful breathing, ease the symptoms of chronic pain conditions and provide cardiovascular benefits</li><li>• To help students achieve stress reduction, mental relief, awareness towards one's thoughts, mood improvement and improve quality of sleep</li><li>• To help students achieve emotional balance through mindfulness and connection to the breath. develop a more positive self-image and boost confidence and emotional healing by providing a safe space to explore and process feelings.</li></ul>
7	No. of Participants  Faculty:  Students:	60 students
8	Event Coordinator	Director of Physical Education and Sports, Dr. Anand Chavan
9	Supporting Staff	Shri Shivraj Patil, Shri Vikrant Vibhute

10	Outcomes  (Minimum 2)	<ul style="list-style-type: none"> <li>• The students developed skill to achieve their body flexibility, improved strength, mindful breathing, ease the symptoms of chronic pain conditions and provide cardiovascular benefits</li> <li>• The students developed skill to achieve stress reduction, mental relief, awareness towards one's thoughts, mood improvement and improve quality of sleep</li> <li>• The students developed skill to achieve emotional balance through mindfulness and connection to the breath. develop a more positive self-image and boost confidence and emotional healing by providing a safe space to explore and process feelings.</li> </ul>
11	External Agency Associated  (If any)	Nil
12	Proofs Attached  (provide images)	Geotag photos,
13	<p><b>Event Summary:</b> Yoga offers a myriad of benefits for both the body and mind. Yoga offers Physical benefits like i) Flexibility: Regular yoga practice stretches your muscles and increases your range of motion ii) Strength: Many yoga poses require you to support your body weight in new ways, including balancing on one leg or supporting yourself with your arms iii) Posture: Improved strength and flexibility can help correct your posture, counteracting the negative effects of poor habits like sitting at a desk for hours iv) Breathing: Yoga encourages deeper and more mindful breathing, which can improve lung function and overall respiratory health. v) Pain Relief: Yoga can ease the symptoms of chronic pain conditions by improving flexibility and reducing stress. vi) Cardiovascular Benefits: Certain types of yoga, such as Vinyasa or power yoga, can increase your heart rate and provide cardiovascular benefits.</p> <p>Yoga offers Mental benefits like i) Stress Reduction: Yoga promotes relaxation, which is the opposite of stress. It helps reduce the levels of the stress hormone cortisol. ii) Mental Clarity: The focus required for yoga can help you develop mental clarity and calmness. iii) Awareness: Yoga encourages you to reflect and be aware of your thoughts and actions, promoting mindfulness. iv) Mood Improvement: Yoga can help alleviate symptoms of depression and anxiety through its stress-reducing effects. v) Sleep: Practicing yoga can improve the quality of your sleep, helping you to feel more rested and refreshed.</p> <p>Yoga offers Emotional benefits like i) Balance: Yoga promotes emotional balance through mindfulness and connection to the breath. ii) Self-Esteem: Regular practice can help develop a more positive self-image and boost confidence. iii) Emotional Healing: Yoga can be a tool for emotional healing by providing a safe space to explore and process feelings. Due to so many myriad of benefits for both the body and mind, to help our students achieve a good physics, mental and emotional balance in life different Yoga training programmes were organized and conducted in our Physical Education section. The objective of these Yoga Training Programmes was to develop skill in students to maintain a good balance between their physical, mental and emotional development to lead a successful, happy and balanced</p>	

life.





**Dr. Anand Chavan**  
**Director of Physical Education and Sports**

# Sangameshwar College, Solapur

(Autonomous)

Department of Physical Education

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## Activity Report

1	Field work / Projects / Internships / student projects	Yoga Training Programme for Girls Students
2	Level of organisation: Local/University/ State /National/ International	Local
3	Date & Time	22 <sup>nd</sup> March 2024
4	Venue / Online platform (Link of online Platform)	Cultural Hall above Library
5	Organized for (students / faculty / all)	UG I-year Girls Students
6	Objectives	<ul style="list-style-type: none"><li>• To help students achieve their body flexibility, improved strength, mindful breathing, ease the symptoms of chronic pain conditions and provide cardiovascular benefits</li><li>• To help students achieve stress reduction, mental relief, awareness towards one's thoughts, mood improvement and improve quality of sleep</li><li>• To help students achieve emotional balance through mindfulness and connection to the breath. develop a more positive self-image and boost confidence and emotional healing by providing a safe space to explore and process feelings.</li></ul>
7	No. of Participants  Faculty:  Students:	28 students
8	Event Coordinator	Director of Physical Education and Sports, Dr. Anand

		Chavan
9	Supporting Staff	Shri Shivraj Patil, Shri Vikrant Vibhute
10	Outcomes (Minimum 2)	<ul style="list-style-type: none"> <li>• The students developed skill to achieve their body flexibility, improved strength, mindful breathing, ease the symptoms of chronic pain conditions and provide cardiovascular benefits</li> <li>• The students developed skill to achieve stress reduction, mental relief, awareness towards one's thoughts, mood improvement and improve quality of sleep</li> <li>• The students developed skill to achieve emotional balance through mindfulness and connection to the breath. develop a more positive self-image and boost confidence and emotional healing by providing a safe space to explore and process feelings.</li> </ul>
11	External Agency Associated (If any)	Nil
12	Proofs Attached (provide images)	Geotag photos
13	<p><b>Event Summary:</b> Yoga offers a myriad of benefits for both the body and mind. Yoga offers Physical benefits like i) Flexibility: Regular yoga practice stretches your muscles and increases your range of motion ii) Strength: Many yoga poses require you to support your body weight in new ways, including balancing on one leg or supporting yourself with your arms iii) Posture: Improved strength and flexibility can help correct your posture, counteracting the negative effects of poor habits like sitting at a desk for hours iv) Breathing: Yoga encourages deeper and more mindful breathing, which can improve lung function and overall respiratory health. v) Pain Relief: Yoga can ease the symptoms of chronic pain conditions by improving flexibility and reducing stress. vi) Cardiovascular Benefits: Certain types of yoga, such as Vinyasa or power yoga, can increase your heart rate and provide cardiovascular benefits.</p> <p>Yoga offers Mental benefits like i) Stress Reduction: Yoga promotes relaxation, which is the opposite of stress. It helps reduce the levels of the stress hormone cortisol. ii) Mental Clarity: The focus required for yoga can help you develop mental clarity and calmness. iii) Awareness: Yoga encourages you to reflect and be aware of your thoughts and actions, promoting mindfulness. iv) Mood Improvement: Yoga can help alleviate symptoms of depression and anxiety through its stress-reducing effects. v) Sleep: Practicing yoga can improve the quality of your sleep, helping you to feel more rested and refreshed.</p> <p>Yoga offers Emotional benefits like i) Balance: Yoga promotes emotional balance through mindfulness and connection to the breath. ii) Self-Esteem: Regular practice can help develop a more positive self-image and boost confidence. iii) Emotional Healing: Yoga can</p>	





 MPS Map Cinema

Coimbatore, Maharashtra, India  
15/2/A, Municipal Council, Railway Line, Solapur, Maharashtra 413003, India  
Lat: 17.9304437  
Long: 75.8547757  
0203294 0203 0203 0203 0203



 MPS Map Cinema

Coimbatore, Maharashtra, India  
04, Sadashiv Park, Solapur, Maharashtra 413003, India  
Lat: 17.9304437  
Long: 75.8547757  
0203294 0203 0203 0203 0203



**Dr. Anand Chavan**  
**Director of Physical Education and Sports,**

# Sangameshwar College, Solapur

(Autonomous)

Department of Physical Education and Sports

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## Activity Report

1	Field work / Projects / Internships / student projects	Yoga Training Programme for Girl Students
2	Level of organisation: Local/University/ State /National/ International	Local
3	Date & Time	1 <sup>st</sup> April 2024
4	Venue / Online platform (Link of online Platform)	College Basket Ball Ground
5	Organized for (students / faculty / all)	UG I-year Girl Students
6	Objectives	<ul style="list-style-type: none"><li>• To help students achieve their body flexibility, improved strength, mindful breathing, ease the symptoms of chronic pain conditions and provide cardiovascular benefits</li><li>• To help students achieve stress reduction, mental relief, awareness towards one's thoughts, mood improvement and improve quality of sleep</li><li>• To help students achieve emotional balance through mindfulness and connection to the breath. develop a more positive self-image and boost confidence and emotional healing by providing a safe space to explore and process feelings.</li></ul>
7	No. of Participants  Faculty:  Students:	   43 students
8	Event Coordinator	Director of Physical Education and Sports, Dr. Anand Chavan



9	Supporting Staff	Shri Shivraj Patil, Shri Vikrant Vibhute
10	Outcomes (Minimum 2)	<ul style="list-style-type: none"> <li>• To help students achieve their body flexibility, improved strength, mindful breathing, ease the symptoms of chronic pain conditions and provide cardiovascular benefits</li> <li>• To help students achieve stress reduction, mental relief, awareness towards one's thoughts, mood improvement and improve quality of sleep</li> <li>• To help students achieve emotional balance through mindfulness and connection to the breath. develop a more positive self-image and boost confidence and emotional healing by providing a safe space to explore and process feelings.</li> </ul>
11	External Agency Associated  (If any)	Nil
12	Proofs Attached  (provide images)	<ul style="list-style-type: none"> <li>• Geotag photos,</li> <li>• Notice of the training programme,</li> <li>• Attendance of boy students for the Yoga Training Programme</li> </ul>
13	<p><b>Event Summary:</b> Yoga offers a myriad of benefits for both the body and mind. Yoga offers Physical benefits like i) Flexibility: Regular yoga practice stretches your muscles and increases your range of motion ii) Strength: Many yoga poses require you to support your body weight in new ways, including balancing on one leg or supporting yourself with your arms iii) Posture: Improved strength and flexibility can help correct your posture, counteracting the negative effects of poor habits like sitting at a desk for hours iv) Breathing: Yoga encourages deeper and more mindful breathing, which can improve lung function and overall respiratory health. v) Pain Relief: Yoga can ease the symptoms of chronic pain conditions by improving flexibility and reducing stress. vi) Cardiovascular Benefits: Certain types of yoga, such as Vinyasa or power yoga, can increase your heart rate and provide cardiovascular benefits.</p> <p>Yoga offers Mental benefits like i) Stress Reduction: Yoga promotes relaxation, which is the opposite of stress. It helps reduce the levels of the stress hormone cortisol. ii) Mental Clarity: The focus required for yoga can help you develop mental clarity and calmness. iii) Awareness: Yoga encourages you to reflect and be aware of your thoughts and actions, promoting mindfulness. iv) Mood Improvement: Yoga can help alleviate symptoms of depression and anxiety through its stress-reducing effects. v) Sleep: Practicing yoga can improve the quality of your sleep, helping you to feel more rested and refreshed.</p> <p>Yoga offers Emotional benefits like i) Balance: Yoga promotes emotional balance through mindfulness and connection to the breath. ii) Self-Esteem: Regular practice can help develop a more positive self-image and boost confidence. iii) Emotional Healing: Yoga can be a tool for emotional healing by providing a safe space to explore and process feelings. Due to so many myriad of benefits for both the body and mind, to help our students achieve a</p>	

good physics, mental and emotional balance in life different Yoga training programmes were organized and conducted in our Physical Education section. The objective of these Yoga Training Programmes was to develop skill in students to maintain a good balance between their physical, mental and emotional development to lead a successful, happy and balanced life.



**Dr. Anand Chavan**  
**Director of Physical Education and Sports**

**Sangameshwar College, Solapur**  
**(Autonomous)**

Department of Physical Education

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**Activity Report**

1	Field work / Projects / Internships / student projects	Yoga Training Programme for Boy Students
2	Level of organisation: Local/University/ State /National/ International	Local
3	Date & Time	1 <sup>st</sup> April 2024
4	Venue / Online platform (Link of online Platform)	College Basket Ball Ground
5	Organized for (students / faculty / all)	UG I-year Boys Students
6	Objectives	<ul style="list-style-type: none"><li>• To help students achieve their body flexibility, improved strength, mindful breathing, ease the symptoms of chronic pain conditions and provide cardiovascular benefits</li><li>• To help students achieve stress reduction, mental relief, awareness towards one's thoughts, mood improvement and improve quality of sleep</li><li>• To help students achieve emotional balance through mindfulness and connection to the breath. develop a more positive self-image and boost confidence and emotional healing by providing a safe space to explore and process feelings.</li></ul>
7	No. of Participants  Faculty:  Students:	   57 students
8	Event Coordinator	Director of Physical Education and Sports,

		Dr. Anand Chavan,
9	Supporting Staff	Shri Shivraj Patil, Shri Vikrant Vibhute
10	Outcomes (Minimum 2)	<ul style="list-style-type: none"> <li>• The students developed skill to achieve their body flexibility, improved strength, mindful breathing, ease the symptoms of chronic pain conditions and provide cardiovascular benefits</li> <li>• The students developed skill to achieve stress reduction, mental relief, awareness towards one's thoughts, mood improvement and improve quality of sleep</li> <li>• The students developed skill to achieve emotional balance through mindfulness and connection to the breath. develop a more positive self-image and boost confidence and emotional healing by providing a safe space to explore and process feelings.</li> </ul>
11	External Agency Associated (If any)	Nil
12	Proofs Attached (provide images)	<ul style="list-style-type: none"> <li>• Geotag photos,</li> <li>• Notice of the training programme,</li> <li>• Attendance of boy students for the Yoga Training Programme</li> </ul>
13	<p><b>Event Summary:</b> Yoga offers a myriad of benefits for both the body and mind. Yoga offers Physical benefits like i) Flexibility: Regular yoga practice stretches your muscles and increases your range of motion ii) Strength: Many yoga poses require you to support your body weight in new ways, including balancing on one leg or supporting yourself with your arms iii) Posture: Improved strength and flexibility can help correct your posture, counteracting the negative effects of poor habits like sitting at a desk for hours iv) Breathing: Yoga encourages deeper and more mindful breathing, which can improve lung function and overall respiratory health. v) Pain Relief: Yoga can ease the symptoms of chronic pain conditions by improving flexibility and reducing stress. vi) Cardiovascular Benefits: Certain types of yoga, such as Vinyasa or power yoga, can increase your heart rate and provide cardiovascular benefits.</p> <p>Yoga offers Mental benefits like i) Stress Reduction: Yoga promotes relaxation, which is the opposite of stress. It helps reduce the levels of the stress hormone cortisol. ii) Mental Clarity: The focus required for yoga can help you develop mental clarity and calmness. iii) Awareness: Yoga encourages you to reflect and be aware of your thoughts and actions, promoting mindfulness. iv) Mood Improvement: Yoga can help alleviate symptoms of depression and anxiety through its stress-reducing effects. v) Sleep: Practicing yoga can improve the quality of your sleep, helping you to feel more rested and refreshed.</p> <p>Yoga offers Emotional benefits like i) Balance: Yoga promotes emotional balance through mindfulness and connection to the breath. ii) Self-Esteem: Regular practice can help develop a more positive self-image and boost confidence. iii) Emotional Healing: Yoga can</p>	

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**Dr. Anand Chavan**  
**Director of Physical Education and Sports,**

# Sangameshwar College, Solapur

(Autonomous)

Department of Physical Education

## Activity Report

1	Field work / Projects / Internships / student projects	Yoga Training Programme for Boys Students
2	Level of organisation: Local/University/ State /National/ International	Local
3	Date & Time	3 <sup>rd</sup> April 2024
4	Venue / Online platform (Link of online Platform)	College Basket Ball Ground
5	Organized for (students / faculty / all)	UG I-year Boys Students
6	Objectives	<ul style="list-style-type: none"><li>• To help students achieve their body flexibility, improved strength, mindful breathing, ease the symptoms of chronic pain conditions and provide cardiovascular benefits</li><li>• To help students achieve stress reduction, mental relief, awareness towards one's thoughts, mood improvement and improve quality of sleep</li><li>• To help students achieve emotional balance through mindfulness and connection to the breath. develop a more positive self-image and boost confidence and emotional healing by providing a safe space to explore and process feelings.</li></ul>
7	No. of Participants  Faculty:  Students:	   64 students
8	Event Coordinator	Dr. Anand Chavan Director of Physical Education and Sports
9	Supporting Staff	Shri Shivraj Patil, Shri Vikrant Vibhute
10	Outcomes	<ul style="list-style-type: none"><li>• The students developed skill to achieve their body flexibility, improved strength, mindful breathing, ease the symptoms of chronic pain conditions and provide</li></ul>

	(Minimum 2)	<p>cardiovascular benefits</p> <ul style="list-style-type: none"> <li>• The students developed skill to achieve stress reduction, mental relief, awareness towards one's thoughts, mood improvement and improve quality of sleep</li> <li>• The students developed skill to achieve emotional balance through mindfulness and connection to the breath. develop a more positive self-image and boost confidence and emotional healing by providing a safe space to explore and process feelings.</li> </ul>
11	External Agency Associated  (If any)	Nil
12	Proofs Attached  (provide images)	<ul style="list-style-type: none"> <li>• Geotag photos,</li> </ul>
13	<p><b>Event Summary:</b> Yoga offers a myriad of benefits for both the body and mind. Yoga offers Physical benefits like i) Flexibility: Regular yoga practice stretches your muscles and increases your range of motion ii) Strength: Many yoga poses require you to support your body weight in new ways, including balancing on one leg or supporting yourself with your arms iii) Posture: Improved strength and flexibility can help correct your posture, counteracting the negative effects of poor habits like sitting at a desk for hours iv) Breathing: Yoga encourages deeper and more mindful breathing, which can improve lung function and overall respiratory health. v) Pain Relief: Yoga can ease the symptoms of chronic pain conditions by improving flexibility and reducing stress. vi) Cardiovascular Benefits: Certain types of yoga, such as Vinyasa or power yoga, can increase your heart rate and provide cardiovascular benefits.</p> <p>Yoga offers Mental benefits like i) Stress Reduction: Yoga promotes relaxation, which is the opposite of stress. It helps reduce the levels of the stress hormone cortisol. ii) Mental Clarity: The focus required for yoga can help you develop mental clarity and calmness. iii) Awareness: Yoga encourages you to reflect and be aware of your thoughts and actions, promoting mindfulness. iv) Mood Improvement: Yoga can help alleviate symptoms of depression and anxiety through its stress-reducing effects. v) Sleep: Practicing yoga can improve the quality of your sleep, helping you to feel more rested and refreshed.</p> <p>Yoga offers Emotional benefits like i) Balance: Yoga promotes emotional balance through mindfulness and connection to the breath. ii) Self-Esteem: Regular practice can help develop a more positive self-image and boost confidence. iii) Emotional Healing: Yoga can be a tool for emotional healing by providing a safe space to explore and process feelings. Due to so many myriad of benefits for both the body and mind, to help our students achieve a good physics, mental and emotional balance in life different Yoga training programmes were organized and conducted in our Physical Education section. The objective of these Yoga Training Programmes was to develop skill in students to maintain a good balance between their physical, mental and emotional development to lead a successful, happy and balanced life.</p>	



**Dr. Anand Chavan**  
**Director of Physical Education and Sports**



# Sangameshwar College, Solapur

(Autonomous)

Department of Physical Education

## Activity Report

1	Field work / Projects / Internships / student projects	Special Yoga Training Activity for Slow Learners (Girl Students)
2	Level of organisation: Local/University/ State /National/ International	Local
3	Date & Time	4 <sup>th</sup> April 2024
4	Venue / Online platform (Link of online Platform)	Yoga Hall above Library
5	Organized for (students / faculty / all)	UG I-year Girl Students
6	Objectives	<ul style="list-style-type: none"><li>• To help the slow learner girl students to achieve their body flexibility, improved strength, mindful breathing, ease the symptoms of chronic pain conditions and provide cardiovascular benefits</li><li>• To help the slow learner girl students to achieve stress reduction, mental relief, awareness towards one's thoughts, mood improvement and improve quality of sleep</li><li>• To help the slow learner girl students to achieve emotional balance through mindfulness and connection to the breath. develop a more positive self-image and boost confidence and emotional healing by providing a safe space to explore and process feelings.</li></ul>
7	No. of Participants  Faculty:  Students:	   45 students
8	Event Coordinator	Director of Physical Education and Sports, Dr. Anand Chavan
9	Supporting Staff	Shri Shivraj Patil, Shri Vikrant Vibhute

10	<p>Outcomes</p> <p>(Minimum 2)</p>	<ul style="list-style-type: none"> <li>• The slow learner girl students developed skill to achieve their body flexibility, improved strength, mindful breathing, ease the symptoms of chronic pain conditions and provide cardiovascular benefits with these extra practise sessions.</li> <li>• The slow learner girl students developed skill to achieve stress reduction, mental relief, awareness towards one's thoughts, mood improvement and improve quality of sleep with these extra practise sessions.</li> <li>• The slow learner girl students developed skill to achieve emotional balance through mindfulness and connection to the breath. develop a more positive self-image and boost confidence and emotional healing by providing a safe space to explore and process feelings with these extra practise sessions.</li> </ul>
11	<p>External Agency Associated</p> <p>(If any)</p>	Nil
12	<p>Proofs Attached</p> <p>(provide images)</p>	<ul style="list-style-type: none"> <li>• Geotag photos,</li> <li>• Notice of the training programme,</li> <li>• Attendance of boy students for the Yoga Training Programme</li> </ul>
13	<p><b>Event Summary:</b> Yoga extra practise sessions helped the slow learner girl students to achieve Physical benefits like i) Flexibility: Regular yoga practice stretches your muscles and increases your range of motion ii) Strength: Many yoga poses require you to support your body weight in new ways, including balancing on one leg or supporting yourself with your arms iii) Posture: Improved strength and flexibility can help correct your posture, counteracting the negative effects of poor habits like sitting at a desk for hours iv) Breathing: Yoga encourages deeper and more mindful breathing, which can improve lung function and overall respiratory health. v) Pain Relief: Yoga can ease the symptoms of chronic pain conditions by improving flexibility and reducing stress. vi) Cardiovascular Benefits: Certain types of yoga, such as Vinyasa or power yoga, can increase your heart rate and provide cardiovascular benefits.</p> <p>Yoga extra practise sessions helped the slow learner girl students to achieve Mental benefits like i) Stress Reduction: Yoga promotes relaxation, which is the opposite of stress. It helps reduce the levels of the stress hormone cortisol. ii) Mental Clarity: The focus required for yoga can help you develop mental clarity and calmness. iii) Awareness: Yoga encourages you to reflect and be aware of your thoughts and actions, promoting mindfulness. iv) Mood Improvement: Yoga can help alleviate symptoms of depression and anxiety through its stress-reducing effects. v) Sleep: Practicing yoga can improve the quality of your sleep, helping you to feel more rested and refreshed.</p> <p>Yoga extra practise sessions helped the slow learner girl students to achieve Emotional benefits like i) Balance: Yoga promotes emotional balance through mindfulness and connection to the breath. ii) Self-Esteem: Regular practice can help develop a more positive self-image and boost confidence. iii) Emotional Healing: Yoga can be a tool for emotional healing by providing a safe space to explore and process feelings. Due to so many myriad of benefits for both the body and mind, to help our students achieve a good physics, mental and emotional balance in life different Yoga training programmes were organized and conducted in our Physical Education section. The objective of these Yoga Training Programmes was to develop skill in students to maintain a good balance between their physical, mental and</p>	

emotional development to lead a successful, happy and balanced life.  
The extra Yoga sessions helped the slow learner girl students to achieve all the physical, mental and emotional benefits which was not possible in the training sessions.





**Dr. Anand Chavan**  
**Director of Physical Education and Sports**

# Sangameshwar College, Solapur

(Autonomous)

Department of Physical Education

## Activity Report

1	Field work / Projects / Internships / student projects	Special Yoga Training Activity for Slow Learners (Boys Students)
2	Level of organisation: Local/University/ State /National/ International	Local
3	Date & Time	4 <sup>th</sup> April 2024 and 20 <sup>th</sup> April 2024
4	Venue / Online platform (Link of online Platform)	College Basket Ball Ground
5	Organized for (students / faculty / all)	UG I-year Boy Students (Slow Learners)
6	Objectives	<ul style="list-style-type: none"><li>• To help the slow learner boy students to achieve their body flexibility, improved strength, mindful breathing, ease the symptoms of chronic pain conditions and provide cardiovascular benefits</li><li>• To help the slow learner boy students to achieve stress reduction, mental relief, awareness towards one's thoughts, mood improvement and improve quality of sleep</li><li>• To help the slow learner boy students to achieve emotional balance through mindfulness and connection to the breath. develop a more positive self-image and boost confidence and emotional healing by providing a safe space to explore and process feelings.</li></ul>
7	No. of Participants  Faculty:  Students:	   31 students
8	Event Coordinator	Director of Physical Education and Sports, Dr. Anand Chavan
9	Supporting Staff	Shri Shivraj Patil, Shri Vikrant Vibhute

10	Outcomes  (Minimum 2)	•
11	External Agency Associated  (If any)	Nil
12	Proofs Attached  (provide images)	<ul style="list-style-type: none"> <li>• Geotag photos,</li> <li>• Notice of the training programme,</li> <li>• Attendance of boy students for the Yoga Training Programme</li> </ul>
13	<p><b>Event Summary:</b> Yoga extra practise sessions helped the slow learner boy students to achieve Physical benefits like i) Flexibility: Regular yoga practice stretches your muscles and increases your range of motion ii) Strength: Many yoga poses require you to support your body weight in new ways, including balancing on one leg or supporting yourself with your arms iii) Posture: Improved strength and flexibility can help correct your posture, counteracting the negative effects of poor habits like sitting at a desk for hours iv) Breathing: Yoga encourages deeper and more mindful breathing, which can improve lung function and overall respiratory health. v) Pain Relief: Yoga can ease the symptoms of chronic pain conditions by improving flexibility and reducing stress. vi) Cardiovascular Benefits: Certain types of yoga, such as Vinyasa or power yoga, can increase your heart rate and provide cardiovascular benefits.</p> <p>Yoga extra practise sessions helped the slow learner boy students to achieve Mental benefits like i) Stress Reduction: Yoga promotes relaxation, which is the opposite of stress. It helps reduce the levels of the stress hormone cortisol. ii) Mental Clarity: The focus required for yoga can help you develop mental clarity and calmness. iii) Awareness: Yoga encourages you to reflect and be aware of your thoughts and actions, promoting mindfulness. iv) Mood Improvement: Yoga can help alleviate symptoms of depression and anxiety through its stress-reducing effects. v) Sleep: Practicing yoga can improve the quality of your sleep, helping you to feel more rested and refreshed.</p> <p>Yoga extra practise sessions helped the slow learner boy students to achieve Emotional benefits like i) Balance: Yoga promotes emotional balance through mindfulness and connection to the breath. ii) Self-Esteem: Regular practice can help develop a more positive self-image and boost confidence. iii) Emotional Healing: Yoga can be a tool for emotional healing by providing a safe space to explore and process feelings. Due to so many myriad of benefits for both the body and mind, to help our students achieve a good physics, mental and emotional balance in life different Yoga training programmes were organized and conducted in our Physical Education section. The objective of these Yoga Training Programmes was to develop skill in students to maintain a good balance between their physical, mental and emotional development to lead a successful, happy and balanced life. The extra Yoga sessions helped the slow learner boy students to achieve all the physical, mental and emotional benefits which was not possible in the training sessions.</p>	









**Dr. Anand Chavan**  
**Director of Physical Education and Sports**



# Sangameshwar College, Solapur

## Autonomous

Kannada Linguistic Minority Institute

Affiliated with PAH-Solapur University Solapur

Reaccredited by NAAC with 'A' grade in Cycle III- 3.39 CGPA

## BBA Department

## Activity Report

1	Event	<b>Life Skill Training Session for Mental Health, "Art of Living"</b>
2	Date & Time	15 <sup>th</sup> Sept 2023 @ 10.00 am
3	Resource Person	Dr. Rohit Sabharwal Periodontist & Yoga Expert
4	Venue	D 7
5	Organized for Girls	BBA I, II, III
6	Objectives	<ol style="list-style-type: none"> <li>1. To enhance students' understanding of mental health and its importance in maintaining overall well-being, both personally and professionally.</li> <li>2. To equip students with practical life skills that promote emotional resilience, stress management, and mindfulness.</li> <li>3. To introduce techniques from the "Art of Living" that students can apply to achieve a balanced, fulfilling, and mentally healthy lifestyle.</li> </ol>
7	No. of Students Participated	106
8	Event Co-ordinator	Shri. Arjun S Chaudhary
9	Supporting Staff	Prof. Mrs. N S Mane Prof. Mrs. R N Misal

10	Outcomes	<ol style="list-style-type: none"> <li>1. Students gained a deeper understanding of the significance of mental well-being in their daily lives and future careers.</li> <li>2. They learned valuable techniques for coping with stress, enhancing emotional resilience, and improving focus.</li> <li>3. Many students expressed motivation to incorporate mindfulness and relaxation techniques from the session into their daily routines to support better mental health.</li> </ol>
11	External Agency Associated (If any)	NA
12	Proof Attached	<ol style="list-style-type: none"> <li>1. Invitation &amp; thanking letters</li> <li>2. Agenda</li> <li>3. Photos</li> <li>4. Attendance</li> <li>5. Feedback</li> </ol>
13	Event Summary	
<p>The Life Skill Training Session on Mental Health: "Art of Living" was chaired by Dr. R. P. Buwa, the principal in charge of the college. The session commenced with Shri A. S. Chaudhary, who provided an introduction to the college and warmly welcomed the guest. Dr. Buwa then honoured the guest by felicitating him. The session was conducted by Shri Rohit Sabharwal, who guided the students through the core concepts of mental health and life skills, emphasizing techniques from the "Art of Living" that promote well-being and emotional resilience. Dr. R. R. Yelikar also attended the session and honored the event with his presence.. Shri G. D. Jugdar expressed heartfelt gratitude towards the guest for his insightful guidance, and Mrs. N. S. Mane concluded the session by extending a formal vote of thanks, appreciating the valuable contributions made during the event.</p>		





Shree. Sangameshwar Education Society

# Sangameshwar College, Solapur

## Autonomous

Kannada Linguistic Minority Institute  
Affiliated with PAH- Solapur University, Solapur  
Re-accredited by NAAC with 'A' Grade (Cycle – III / 3.39 CGPA)

*Guest Lecture on,*

***Art of Living***

***'A Life Skill Training session for Mental Health'***

**2023-2024**

### AGENDA

**Time: 10.00 am**

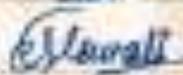
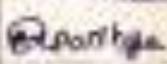
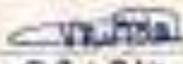
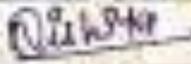
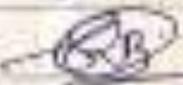
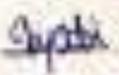
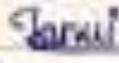
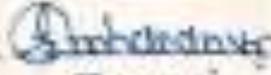
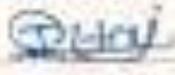
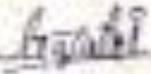
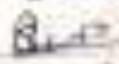
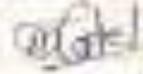
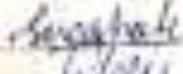
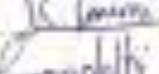
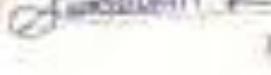
**Date: 15<sup>th</sup> September 2023**

- ❖ **President of the Function:** Dr. R V Desai  
(I/c Principal)
- ❖ **In presence :** Dr. R R Yelikar  
(Hon. Member of Academic Council, Sangameshwar College, Solapur)
- ❖ **In Presence:** Prof. Ms. J J Kadadi  
(Director, Department of Management & Computer Science)
- ❖ **Convenor - BBA Department:** Prof. G D Jugdar
- ❖ **Guest: Dr. Rohit Sabharwal**  
(Periodontist & Yoga Expert)
- ✓ **Welcome Address**
- ✓ **Felicitation of Guest**
- ✓ **About the college & Guest Introduction**
- ✓ **Guest Speech**
- ✓ **Vote of thanks**

# Attendance Sheet

Guest Lecture on Art of Living - A Life Skill Training session for Mental Health

11<sup>th</sup> September 2023

Sr No	Student Name	Sign
1	Ishwari S. Ballali	
2	Mrunali M. Nikam	
3	Gauri S. Kalsheethi	G. S. Kalsheethi
4	Aakanksha A. Upadhye	
5	Sakshi S. Fulari	Sakshi
6	Arpita V. Phabandi	
7	Radhika R. Tongat	
8	Talbiya Contractor	
9	Saijuna Balgankar	
10	Vanada Devsani	
11	Nishita Korre	
12	Sapna babar	
13	Jyoti S. Gaikwad	
14	Tanvi A. Deulkar	
15	Tanuja D. Maharapur.	
16	Intaj A. Mujawar.	
17	Geetika S. Naganisute	
18	Dipali D. Kadam	
19	Museba R. Patel	
20	Sakshi K. Harwarthar	
21	Shital S. Mashale	
22	Dnyaneshwar S. Lote	
23	Laxmi U. Kalsheethi	
24	Samudhithi S. Lodage	

# Attendance Sheet

Guest Lecture on Art of Living - A Life Skill Training session for Mental Health

15<sup>th</sup> September 2021

Sr No	Students Name	Sign
25	Shradha Dhaneshwar Kudam	<del>Shradha</del>
26	Shravani Khebarra Kadate	Shravani
27	Saniya Ilyas Mujawar	Saniya
28	Umema Lalchhab Shetkar	Umema
29	Sadiya Ashfaq Shalkh	Sadiya
30	Somnath Rajesh Shinde	Somnath
31	Swarali V. Dhansale	Swarali
32	Pisha S. Waghmare	Pisha
33	Simran R. Kamte	Simran
34	Buddhangir Madan Wadverao	Buddhangir
35	Shravani S. Jadhav	Shravani
36	Kevati R. Wade	Kevati
37	Pooja S. Birajdar	P.S.B
38	Ziya Pathan	Ziya
39	Pallavi Nitale	Pallavi
40	Kaveri Bhutade	Kaveri
41	Vaishnavi Kardikatta	Vaishnavi
42	Aarsha Deshmare	Aarsha
43	Vaishvi S. Surwase	Vaishvi
44	Sakshi Latuse	Sakshi
45	Prachi Shinde	prachi
46	Pratix Kulkarni	Pr. Kulkarni
47	Pulkitaj Joshi	Pulkitaj
48	Iranna Abanekar	Iranna
49	Samarth Tambake	Samarth

# Attendance Sheet

Guest lecture on Art of Living: Willz Skill Training session for Mental Health

1.7 September 2023

Sl No	Students Name	Sign
10	Pratik Joshi	<i>Joshi</i>
11	Somesh Budale	<i>Budale</i>
12	Avinav A. Bhorat	<i>Avinav</i>
13	Sagar D. Jadhav	<i>Sagar</i>
14	Samrat N. Kamble	<i>Samrat</i>
15	Vidhaka Jay Girish	<i>Vidhaka</i>
16	Yashwant S. Suvase	<i>Yashwant</i>
17	Vishal Gorawade	<i>Vishal</i>
18	Ratin Sabale	<i>Ratin</i>
19	Vinit Mishra	<i>Vinit</i>
20	Krishna V. Jalnapure	<i>Krishna</i>
21	Bhargav R. Kamble	<i>Bhargav</i>
22	Sumit S. Pedone	<i>Sumit</i>
23	Aniket D. Pawar	<i>Aniket</i>
24	Omkar Sabale	<i>Omkar</i>
25	Yash S. Savalgi	<i>Yash</i>
26	Rahul B. Khirsat	<i>Rahul</i>
27	Jeevak U. Fatke	<i>Fatke</i>
28	Yash M. Madhokar	<i>Yash</i>
29	Prabhakar V. Gaud	<i>Prabhakar</i>
30	Samuel Pathade	<i>Samuel</i>
31	Pooja Jagtapkar	<i>Pooja</i>
32	Ganesh Jambhale	<i>Ganesh</i>
33	Saivighnesh Madhusudan Gangul	<i>Saivighnesh</i>
34	Vishal A. Arora	<i>Vishal</i>
35	Chetan S. Hirmani	<i>Chetan</i>
36	Shahid A. Shaikh	<i>Shahid</i>



- 73] Anish Anil Naik  
 74] Anand evdha Gatsura  
 75] Anish Kounchi  
 80] Sagar S. Nagdhalak  
 81] Abhishek Amit Shastri  
 82] Ruturaj Sanjay Fardalkar  
 83] Bahaj Damodar Kairamkanda  
 84] Sandip N. Vhanmane.  
 85] Haricharan G. Kola  
 86] Lakshman D. Bansode  
 87] Samarth Patil  
 88] Akash M. Kumbhar  
 89] Swayam G. Malage  
 90] Ganesh. b. Bunnawar  
 91] Raj Gaikwad  
 92] Atkar. S. Sable  
 93] Aditya S. Patil  
 94] Vash bibate  
 95] Vivek Agarwal  
 96] Pritesh Fattewale  
 97] Anant Kumar V. Menage  
 98] Nikhil. ~~Patil~~ ~~Patil~~  
 99] S. Laxminarayan, ~~Patil~~ Vallabadevi  
 100] Shubham, Kedar  
 101] Abhishek ~~Patil~~ and Yashaladevi  
 102] Dnyanesh S. Kulkarni  
 103] Neeraj M. Agnur  
 104] V. S. Patil  
 105] Shubham Wadkar  
 106] Shikha Harmane

~~Anish~~  
~~Anand~~  
 Anand  
 Anish  
 Anish

Abhishek

Ruturaj

Bahaj

S.N.V

Harish

Lakshman

Samarth

Akash

Swayam

Ganesh

Raj

Atkar

Vivek

Pritesh

Anant

Nikhil

S.L.

Shubham

Abhishek

Dnyanesh

D.S. Kulkarni

A. D. Patil

V. S. Patil

Shubham

Shikha



Feedback Form

Date: 15-09-2022

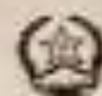
Guest Lecture on Art of Living: 'A Life Skill Training session for Mental Health'

Name: LADHINARAYAN S. VATHANDEKAR Class: III Roll: 2303130

Opinion about Event:  Good  Better  Best

Any other Opinion / Suggestion: It's an good experience  
with you sir and a positive motive to  
us thank you for sharing with us  
thank you for your valuable time with us

  
Signature



Feedback Form

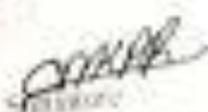
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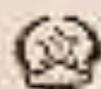
Guest Lecture on Art of Living: 'A Life Skill Training session for Mental Health'

Name: ANITA S. SAFALE Class: I Roll: 2303125

Opinion about Event:  Good  Better  Best

Any other Opinion / Suggestion: It's an good experience  
with you sir and a positive motive to us  
thank you for sharing with us thank  
you for your valuable time with us

  
Signature



Sangameshwar College, Solapur  
BBA Department

Feedback Form

Date:

Guest Lecture on Art of Living - 'A Life Skill Training session for Mental Health'

Name: Avishaj A Ghawri Class: BBA Roll: 2857055

Opinion about Event:  Good  Better  Best

Any other Opinion / Suggestion: Very nice I loved it.

  
Signature



Sangameshwar College, Solapur  
BBA Department

Feedback Form

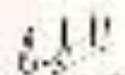
Date: 15/9/23

Guest Lecture on Art of Living - 'A Life Skill Training session for Mental Health'

Name: Somnath Gudrade Class: BBA Roll: 2853015

Opinion about Event:  Good  Better  Best

Any other Opinion / Suggestion: Feel Energetic.

  
Signature



Feedback Form

Date: 15/09/23

Guest Lecture on Art of Living- 'A Life Skill Training session for Mental Health'

Name: Anish Anmol Naik Class: BBA-I Roll: 002

Opinion about Event:  Good  Better  Best

Any other Opinion / Suggestion: Amazing & Mind forcing session. I'll implement this daily & I will also suggest my family, My friends & My classmates to do it everyday.

Signature



Feedback Form

Date: 15-09-23

Guest Lecture on Art of Living- 'A Life Skill Training session for Mental Health'

Name: Ziya Shafik Pathan Class: BBA II Roll: 026

Opinion about Event:  Good  Better  Best

Any other Opinion / Suggestion: Amazing session. I'll try to implement in my daily life.

Signature



श्री संगमेश्वर शिक्षण संस्था  
SANGAMESHWAR COLLEGE, SOLAPUR

**AUTONOMOUS**

Kannada Linguistic Minority Institute  
Affiliated with Pratapsinhrao Chavan Solapur University, Solapur  
(BBA Department)  
(Recognized by H&AC with 'A' Grade in Cycle III - 3.19 CGPA)

To,  
Dr. Rohit Sabharwal,  
Periodontist & Yoga Expert,  
Solapur

08<sup>th</sup> Sept 2023

Subject: Invitation as a Resource Person.

Respected Sir,

I am writing this letter in the capacity of the Convener BBA department, Sangameshwar College Solapur. Let me proudly introduce our institute to you as a service-oriented institution to bring up the rural/urban belt of our country and we have a mix of students from nearer states too. We are fully responsive to the local/regional needs and are aware of our contribution not only in university-level education but to the social and economic development of the region.

The Life Skill Training Session: "Art of Living" is vital for students as it teaches practical skills to manage stress, build emotional resilience, and enhance mindfulness. These tools help students cope with academic pressures, improve focus, and maintain mental well-being, preparing them for future challenges in both personal and professional life. Considering this, BBA department is organizing a Guest lecture on, "Life Skill Training Session for Mental Health, "Art of Living" which is scheduled on 15<sup>th</sup> September 2023 at 10:00 am for which you are invited as a Resource person. Hope you will accept our invitation.

Thanking you in anticipation.



Respected,

World is Family  
Sri Sangameshwar Education Society's  
**SANGAMESHWAR COLLEGE, SOLAPUR**

**Autonomous**

Kannada Linguistic Minority Institute  
Affiliated with Purnyashlok Ahilyadevi Holkar Solapur University, Solapur  
(BBA Department)  
(Reaccredited by NAAC with 'A' Grade in Cycle III - 3.39 CGPA)

To,  
Dr. Rohit Sabharwal,  
Periodontist & Yoga Expert,  
Solapur

15<sup>th</sup> Sept 2023

Respected Sir,

Please accept our sincere appreciation for honouring our request and joining us for the Guest lecture on, "Life Skill Training Session for Mental Health, "Art of Living" which was organized on 15<sup>th</sup> September 2023.

Thank you so much for sharing your time & knowledge with us. We hope to maintain healthy relations with you and invite you on various occasions at our college in near future.

  
Regards,





Shree Sangameshwar Education Society

# Sangameshwar College, Solapur Autonomous

Kannada Linguistic Minority Institute

Affiliated with Purnyashlok Ahilyadevi Holkar Solapur University, Solapur  
Reaccredited by NAAC with 'A' Grade (Cycle - III / 3.39 CGPA)

2023-2024

## Notice

09<sup>th</sup> Sept 2023

All the students of BBA Part I, II & III (Boys) are hereby informed that BBA department is organizing a Guest lecture on 'Life Skill Training Session for Mental Health, "Art of Living" which is scheduled on September 15<sup>th</sup> 2023 at 10.00 am.

Attendance is compulsory.

Venue: D 206





# Sangameshwar College, Solapur

## Autonomous

Kannada Linguistic Minority Institute

Affiliated with PAH-Solapur University Solapur

Reaccredited by NAAC with 'A' grade in Cycle III- 3.39 CGPA

## BBA Department

### Activity Report

1	Event	Guest Lecture on, <b>Life Skill Training Program for Women's Health &amp; Hygiene</b>
2	Date & Time	Saturday, 12 <sup>th</sup> August 2023 @ 10.00 am
3	Resource Person	Dr. Bharati P Patne M.D, DGO, Director & Consultant, Sidheshwar Multi-Speciality Hospital Pvt. Ltd Solapur
4	Venue	D 7
5	Organized for Girls	BBA I, II, III
6	Objectives	<ol style="list-style-type: none"> <li>1. To make students aware about the importance of health &amp; hygiene.</li> <li>2. To make students aware that discussing on health &amp; hygiene is not a taboo, in fact it a necessity.</li> </ol>
7	No. of Students Participated	57
8	Event Co-ordinator	Shri. Arjun S Chaudhary
9	Supporting Staff	Prof. Mrs. N S Mane Prof. Mrs. R N Misal
10	Outcomes	<ol style="list-style-type: none"> <li>1. Students learnt about the importance of health &amp; hygiene &amp; how to take care of ourselves.</li> <li>2. The also learnt that, "Just as charity begins at home health &amp; hygiene begins with ourself.</li> <li>3. They also learnt that, consulting Dr. Google is one</li> </ol>



		of the biggest blunders they make and it is always wise to consult an expert rather than going for self-diagnosis.
11	External Agency Associated (If any)	NA
12	Proof Attached	<ol style="list-style-type: none"> <li>1. Invitation &amp; thanking letters</li> <li>2. Agenda</li> <li>3. Photos</li> <li>4. Attendance</li> <li>5. Feedback</li> </ol>
13	Event Summary	
<p>The session started with a warm welcome note by Ms. Pratiksha Manshetti<sup>\$</sup> (Anchor) of the event. At the inauguration function Adv. Mrs. extended a warm welcome to the resource person and participants of the event. In her speech she restated the mission of the Institute to contribute to the society through the pursuit of education, learning, and research at the highest levels of excellence. Ms. Gouri Konapure<sup>\$</sup> introduced the resource person.</p> <p>Dr. Bharati Patne conducted the guest lecture. She took enormous efforts in explaining how crucial health &amp; hygiene is in an individual's life. She gave a very detailed explanation about all the aspects of women's health &amp; hygiene. Adv. V C Achankannli summarized the entire session and thanked the resource person for the valuable knowledge. The session was interactive one and ended with a positive response from the participants. The program ended with Q&amp;A session where no question of the participants was left pending. Ms. Rutuja Jadhav<sup>\$</sup> proposed a vote of thanks.</p>		
<small>=\$=Students</small>		





Sri Sri Sangameshwar Education Society

# Sangameshwar College, Solapur Autonomous

Kannada Linguistic Minority Institute

Affiliated with Purnyashlok Ahilyadevi Holkar Solapur University, Solapur

Reaccredited by MAC with 'A' Grade (Cycle - III / 3.39 CGPA)

2023-2024

## Notice

09<sup>th</sup> August 2023

All the students of BBA Part I - II & III (Eve) are hereby informed that BBA department is organizing a Guest lecture on 'Life Skill Training Program for Women's Health & Hygiene' which is scheduled on Saturday, 12<sup>th</sup> August 2023 at 10:00 am.

Attendance is compulsory.

Venue: D-106



Regards,  
  
HOD BBA



Shree. Sangameshwar Education Society  
**Sangameshwar College, Solapur**  
**Autonomous**

Kannada Linguistic Minority Institute  
Affiliated with PAB-Solapur University, Solapur  
Re-accredited by NAAC with A Grade (Cycle - III / S.D. CGPA)

*Guest Lecture on,*  
**Life Skill Training Program for  
Women's Health & Hygiene  
2023-2024**

**AGENDA**

Time: 10.00 am

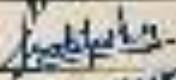
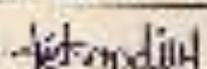
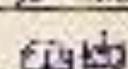
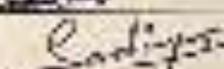
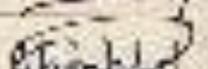
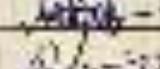
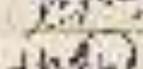
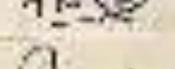
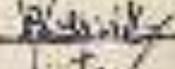
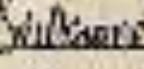
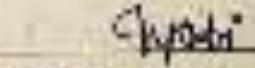
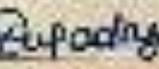
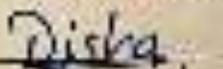
Date: 12<sup>th</sup> August 2023

- ❖ President of the Function: *Asst. Prof. V. C. Achalkatti*
- ❖ In Presence: *Pr. F. Ms. I. J. Kadali*  
(In-charge, Department of Management & Computer Science)
- ❖ Guest: *Dr. Bharati Patne - M.B, DGB*  
(Director, Siddheshwar Multi-specialty Hospital, Solapur)
- ✓ Welcome Address
- ✓ Felicitation of Guest
- ✓ About the college
- ✓ Guest Introduction
- ✓ Guest Speech
- ✓ Vote of thanks

# Attendance Sheet

Guest Lecture: Life Skill Training Program on Women's Health & Hygiene

12<sup>th</sup> Aug 2024

Sr. No	Student Name	Sign
1	Rutuja Jadhav	
2	Pratiksha Manohetti	
3	Gouri Konapure	
4	Nishita Kore	
5	Sapana Babbar	
6	Arpita Shahabadi	
7	Ureza Shetsondi	
8	Intaj Mujawar	
9	Shaikh Jodiya	
10	Kamal Kamble	
11	Aishwarya Reddi	
12	Laami Shilhanwar	
13	Priya Gargam	
14	Harkha Awaneti	
15	Bhavika Varganti	
16	Sushmita Chavan	
17	Snehal Kulkarni	
18	Jyoti Gaitkare	
19	Aakanksha Upadhye	
20	Disha S. Waghmare	
21	Revati R. Wade	
22	Anushka Jadhav	
23	Arpita Pakale	
24	Sakshi Fulari	

# Attendance Sheet

Short Lecture: Block B Training Program on Women's Health & Hygiene

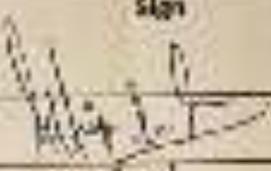
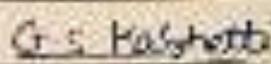
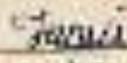
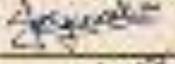
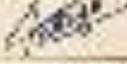
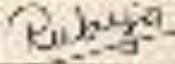
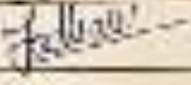
12<sup>th</sup> Aug 2025

Sr No	Students Name	Sign
25	Mamata M. Nikam	<i>[Signature]</i>
26	Shrawan K. Kodate	<i>[Signature]</i>
27	Swarna T. Mungar	<i>[Signature]</i>
28	Buddhanga M. Wadhwani	<i>[Signature]</i>
29	Pallavi P. Motale	<i>[Signature]</i>
30	Rajashri P. Lokhande	<i>[Signature]</i>
31	Sumadi V. Dhanote	<i>[Signature]</i>
32	Somnaddhi H. Shinde	<i>[Signature]</i>
33	Simran Z. Arora	<i>[Signature]</i>
34	Shradha D. Kulkarni	<i>[Signature]</i>
35	Musshu R. Fale	<i>[Signature]</i>
36	Gajethi S. Mosansule	<i>[Signature]</i>
37	Laxmi U. Kolshetti	<i>[Signature]</i>
38	Sakshi K. Harwalkar	<i>[Signature]</i>
39	Pooja S. Baidar	P. S. B
40	Gorah Ursap	<i>[Signature]</i>
41	Ziya Pathan	<i>[Signature]</i>
42	Vaishnavi Kardikatti	<i>[Signature]</i>
43	Sorali Chavan	<i>[Signature]</i>
44	Mahalaxmi Wadgaonkar	<i>[Signature]</i>
45	Prashya Waghmare	<i>[Signature]</i>
46	Shreyas S. Gokhale	<i>[Signature]</i>
47	Shradha Tamra	<i>[Signature]</i>
48	Vansika Sakate	Vansika
49	Sanjana - Patil	<i>[Signature]</i>

# Attendance Sheet

Subject Name: Life Skill Training Program on Women's Health & Hygiene

17 Aug 2018

Sl. No.	Students Name	Sign
50	Alfina R. Sunil	
51	Nishad Nadaf	
52	Gauri Kalshetti	
53	Taruni Dawkar	
54	Polymathi Joseph	
55	Palviya Contractor	
56	Rutuja Morehead	
57	Manvi Sitala Jadhav	
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Shri Sangameshwar Education Society's

**SANGAMESHWAR COLLEGE, SOLAPUR**  
**Autonomous**

Kannada Linguistic Minority Institute

Affiliated with Purnyashlok Ahilyadevi Holkar Solapur University, Solapur  
(BBA Department)

(Reaccredited by NAAC with 'A' Grade in Cycle III - 3.39 CGPA)

To,  
Dr. Bharati P Patne,  
M.D, DGO,  
Director & Consultant,  
Sidheshwar Multi-Speciality Hospital Pvt. Ltd  
Solapur

05<sup>th</sup> Aug 2023

Subject: Invitation as a Resource Person.

Respected Madam,

I am writing this letter in the capacity of the Principal Sangameshwar College Solapur. Let me proudly introduce our Institute to you as a service-oriented institution to bring up the rural/ urban belt of our country and we have a mix of students from several states too. We are fully responsive to the local/regional needs and are aware of our contribution not only to university-level education but to the social and economic development of the region.

Discussing on women's hygiene is still considered as a taboo. Women of all ages still adopt poor hygiene practices in rural and urban areas despite an increase in female literacy across the country. A discussion of such topics is either in hushed tones with metaphors, or it is avoided altogether. Just like charity begins at home, health and hygiene begins with you and me & therefore it is necessary to make them aware that, 'Self-care is not a luxury, in fact it is a necessity. Considering this, BBA department is organizing a Guest lecture on, 'Life Skill Training Program for Women's Health & Hygiene' which is scheduled on Saturday, 12<sup>th</sup> August 2023 at 10:00 am for which you are invited as a Resource person. Hope you will accept our invitation

Thanking you in anticipation.



Regards,

*R. A. Das*

Principal-In-Charge  
Sangameshwar College  
Solapur





W.A. Sangameshwar

Sri Sangameshwar Education Society's

## SANGAMESHWAR COLLEGE, SOLAPUR

**Autonomous**

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Affiliated with Panyashlok Ahilyadevi Holkar Solapur University, Solapur

(BBA Department)

(Reaccredited by NAAC with 'A' Grade in Cycle III - 3.39 CGPA)

To,  
Dr. Bharati P Patne,  
M.D, DGO,  
Director & Consultant,  
Siddheshwar Multi-Speciality Hospital Pvt. Ltd  
Solapur

12<sup>th</sup> Aug 2023

Respected Madam,

Please accept our sincere appreciation for honouring our request and joining us for the Guest lecture on "Life Skill Training Program on Women's Health & Hygiene" which was organized on 12<sup>th</sup> August 2023.

Thank you so much for sharing your time & knowledge with us. We hope to maintain healthy relations with you and invite you on various occasions at our college in near future.



Regards,

Principal-In-Charge  
Sangameshwar College  
Solapur



Feedback Form

Date: 12/08/2023

Guest Lecture: Life Skill Training Program on Women's Health & Hygiene

Name: Pradnya J. Waghmare Class: BBA II Sem Roll No: 053

Opinion about Event:  Good  Better  Best

Any other Opinion / Suggestion: \_\_\_\_\_

The information is very important & the way she express the information it was very nice.

P. Waghmare  
Signature



Feedback Form

Date: 12/08/2023

Guest Lecture: Life Skill Training Program on Women's Health & Hygiene

Name: Maharajmi. Kuvapadi Class: BBA II Sem Roll No: 121

Opinion about Event:  Good  Better  Best

Any other Opinion / Suggestion: This session was excellent and very useful. Informative and explained all points regarding Women's Health & Hygiene.

Thank you ...

M. Kuvapadi  
Signature



Feedback Form

Date: 12/8/23

Guest Lecture: Life Skill Training Program on Women's Health & Hygiene

Name: Sargam Priya B. Class: BBA-11 Roll: 2352011

Opinion about Event:  Good  Better  Best

Any other Opinion / Suggestion: It was a good & we got to know new things from this session

*[Signature]*  
Signature



Feedback Form

Date: 12/8/23

Guest Lecture: Life Skill Training Program on Women's Health & Hygiene

Name: Umra Lakshmi Shirsande Class: BBA-11 Roll: 2351056

Opinion about Event:  Good  Better  Best

Any other Opinion / Suggestion: More you motivate us and give us important information about women's health and hygiene and thank you for giving your valuable time

*[Signature]*  
Signature



Feedback Form

Date: 12-8-23

Guest Lecture: Life Skill Training Program on, Women's Health & Hygiene

Name: Salunke Vansika Pratik Class: BBA II Roll: 21

Opinion about Event:  Good  Better  Best

Any other Opinion / Suggestion: No any suggestion.  
All doubts are cleared for the teacher.

Vansika  
Signature



Feedback Form

Date: 12/8/23

Guest Lecture: Life Skill Training Program on, Women's Health & Hygiene

Name: Simran E. Asnik Class: BBA I Roll: \_\_\_\_\_

Opinion about Event:  Good  Better  Best

Any other Opinion / Suggestion: I was not knowing about  
this Hygien, properly. But after this  
session, I know it very well. So, I will  
take care of my health properly.

Simran  
Signature



# Sangameshwar College, Solapur

## Autonomous

Kannada Linguistic Minority Institute

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Reaccredited by NAAC with 'A' grade in Cycle III- 3.39 CGPA

## BBA Department

### Activity Report

1	Event	Guest Lecture on, <b>Life Skill Training Program for Men's Health &amp; Hygiene</b>
2	Date & Time	Saturday, 12 <sup>th</sup> August 2023 @ 10.00 am
3	Resource Person	Dr. Sachin Jamma, <i>MS, General Surgery, General Surgeon- Laparoscopic Surgeon</i>
4	Venue	D 206
5	Organized for Boys	BBA I, II, III
6	Objectives	<ol style="list-style-type: none"> <li>1. To make students aware about the importance of health &amp; hygiene.</li> <li>2. To make students aware that discussing on health &amp; hygiene is not a taboo, in fact it a necessity.</li> </ol>
7	No. of Students Participated	60
8	Event Co-ordinator	Shri. Arjun S Chaudhary
9	Supporting Staff	Prof. Shri. P M Andeli
10	Outcomes	<ol style="list-style-type: none"> <li>1. Students learnt about the importance of health &amp; hygiene &amp; how to take care of ourselves.</li> <li>2. The also learnt that, "Just as charity begins at home health &amp; hygiene begins with ourself.</li> </ol>

		3. They also learnt that, consulting Dr. Google is one of the biggest blunders they make and it is always wise to consult an expert rather than going for self-diagnosis.
11	External Agency Associated (If any)	NA
12	Proof Attached	<ol style="list-style-type: none"> <li>1. Invitation &amp; thanking letters</li> <li>2. Agenda</li> <li>3. Photos</li> <li>4. Attendance</li> <li>5. Feedback</li> </ol>
13	Event Summary	
<p>The session started with a warm welcome note by Shri. Atarva Mhetre<sup>\$</sup> (Anchor) of the event. At the inauguration function Prof. G D Jugdar convenor of BBA department extended a warm welcome to the resource person and participants of the event. In his speech he restated the mission of the Institute to contribute to the society through the pursuit of education, learning, and research at the highest levels of excellence. Shri. Swayam Choudhari<sup>\$</sup> introduced the resource person.</p> <p>Dr. Sachin Jamma conducted the guest lecture. It took him considerable effort to explain how important health and hygiene are in a person's life. In his presentation, he provided a very detailed explanation of all aspects of men's health and hygiene. Shri. A S Chaudhary summarized the entire session and thanked the resource person for the valuable knowledge. Prof. G D Jugdar thanked the resource person for his valuable time and effort. The session was interactive one and ended with a positive response from the participants. The program ended with Q&amp;A session where no question of the participants was left pending. Shri. Ganesh Konapure<sup>\$</sup> proposed a vote of thanks.</p>		
<small><sup>\$</sup>=Students</small>		





Sri Sri Sangameshwar Education Society

# Sangameshwar College, Solapur Autonomous

Kannada Linguistic Minority Institute

Affiliated with Purnyashlok Abhyadevi Holkar Solapur University, Solapur

Reaccredited by MAC with 'A' Grade (Cycle - III / 8-39 CGPA)

2023-2024

## Notice

09<sup>th</sup> August 2023

All the students of BBA Part I, II & III (Boys) are hereby informed that BBA department is organizing a Guest Lecture on 'Life Skill Training Program for Men's Health & Hygiene' which is scheduled on Saturday, 12<sup>th</sup> August 2023 at 10.00 am.

Attendance is compulsory.

Yours D 206



Regdly.

HOD BBA





Sri Sri Sangameshwar Education Society

# Sangameshwar College, Solapur Autonomous

Kannada Linguistic Minority Institute  
Affiliated with FAFU - Solapur University, Solapur  
Recognized by UGC with 'A' Grade (Dixie - III) & 3.39 CGPA

*Guest Lecture on,*

## Life Skill Training Program for Men's Health & Hygiene 2023-2024

### AGENDA

Time: 10.00 am

Date: 12<sup>th</sup> August 2023

- President of the Function: Dr. S. V. Desai
- In Presence: Prof. Ms. I. J. Kadali  
(Director, Department of Management & Computer Science)
- Guest: Dr. Sachin Jamma  
(Director, Jamma Hospital Solapur)
- ✓ Welcome Address
- ✓ Felicitation of Guest
- ✓ About the college
- ✓ Guest introduction
- ✓ Guest Speech
- ✓ Vote of thanks



श्री. संगमेश्वर

Sangameshwar Education Society's

**SANGAMESHWAR COLLEGE, SOLAPUR**

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Affiliated with Purnyashlok Ahilyadevi Holkar Solapur University, Solapur

(BBA Department)

[Reaccredited by BAAC with 'A' Grade in Cycle III - 3.39 CGPA]

To,  
Dr. Sachin Jamma,  
MS, General Surgery,  
General Surgeon- Laparoscopic Surgeon,  
Solapur

05<sup>th</sup> Aug 2023

Subject: Invitation as a Resource Person.

Respected Sir,

I am writing this letter in the capacity of Convener BBA department, Sangameshwar College Solapur. Let me proudly introduce our institute to you as a service-oriented institution to bring up the rural/urban belt of our country and we have a mix of students from nearer states too. We are fully responsive to the local/regional needs and are aware of our contribution not only to university-level education but to the social and economic development of the region.

Men usually have a bad reputation when it comes to health and hygiene. Physical and mental health ranks last in their priority list. The bitter truth is that men suffer more from lifestyle-related health conditions than women. Most of the infectious diseases result from lack of knowledge and poor hygiene. Consulting Dr. Google is one of the biggest dangers of self-diagnosis which causes anxiety disorders amongst students. Just like charity begins at home, health and hygiene begins with you and me & therefore it is necessary to make them aware that, 'Self-care is not a luxury' in fact, it is a necessity. Considering this, BBA department is organizing a Guest lecture on, 'Life Skill Training Program for Men's Health & Hygiene', which is scheduled on Saturday, 12<sup>th</sup> August 2023 at 10:00 am for which you are invited as a Resource person. Hope you will accept our invitation.

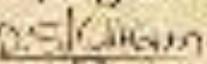
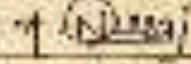
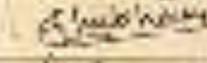
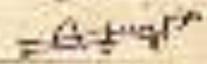
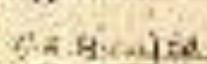
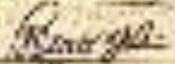
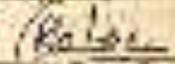
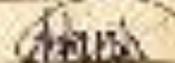
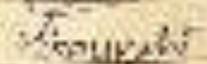
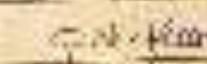
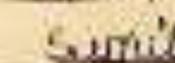
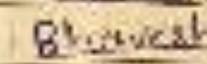
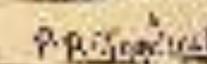
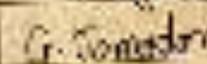
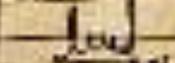
Thanking you in anticipation.

  
Regards,

## Attendance Sheet

West Bengal State Skill Training Program on VET's Math & Hygiene

12<sup>th</sup> Aug 2023

Sl. No.	Student Name	Sig.
1	Srinivas G. Shinde - BBA 3 <sup>rd</sup>	
2	Dnyanesh S. Kulkarni - BBA-III	
3	Neeraj M. Agnis - BBA III <sup>rd</sup>	
4	Shubham. Khatkar - BBA III <sup>rd</sup>	
5	Gajanan Gokulad - BBA III <sup>rd</sup>	
6	Ajay Apichandkar - BBA - I <sup>st</sup> year	
7	Somudith T. Khatkar BBA III <sup>rd</sup>	
8	Shubham Birajkar BBA - I <sup>st</sup> year	
9	Balchander K. Moyal	
10	Rohini K. Choudhary	
11	Adarsh Tadkar	
12	Ashwini Dhadkar	
13	Jashwanth - BBA I <sup>st</sup> year	
14	Ajinkya Kumbhar - BBA - I <sup>st</sup> year	
15	Arjun Chandra Girsat BBA-I	
16	Pratik Vyambhakar, Varad.	
17	Sumit Suresh Adore	
18	Bhavesh Rajesh Kamble	
19	VISHAL CHAIK	
20	Pratik A. Jagtapkar - BBA I <sup>st</sup> year	
21	Ganesh P. Jambhar 3 <sup>rd</sup> year	
22	Sahi. W. Trivedi BBA 2 <sup>nd</sup> year	
23	Kajalvishwa S. Khatkar BBA III <sup>rd</sup>	
24	Ashish A. Mulla BBA - III <sup>rd</sup>	

# Attendance Sheet

Guest Lecture: Life Skill Training Program on Men's Health & Hygiene

12<sup>th</sup> Aug 2023

Sr No	Students Name	Sign
25	Shrinyouha, Virajay BBA-II	
26	Tranna A. Bhandare BBA-II	
27	Sagar Sanjay Nagtilak BBA-II	
28	Channaur Birajdar B.B.A-II	
29	Subhash Madre B.B.A-II	
30	Chaitanya Mahamuni B.B.A-II	
31	Soham Wadkar BBA-II	
32	Bhavadwaj P. Pokhri BBA-II	
33	Shaikh I. Alam BBA-II	
34	Abhishek Amit Bhasati BBA-I	
35	Ruturaj - S. Patilkar BBA-I	
36	Sanat N. Kumbhar BBA-I	
37	Aditya S. Patil BBA-I	
38	Yashraj M. Narsare BBA-I	
39	Sujal Jadhav BBA-I	
40	Bhavik Bhandare BBA-I	
41	Paranit Bhandare BBA-I	
42	Sameer Pathade BBA-I	
43	Ganesh Bhanwar BBA-I	
44	Haricharan Kola BBA-I	
45	Krishna Jalapure BBA-I	
46	LAXMAN BANSODE BBA-I	
47	AKASH M. KUMBHAR BBA-I	
48	Shahid A. Shaikh BBA-I	
49	Chetan S. Hiramani BBA-I	

# Attendance Sheet

Guest Lecturer: Life Skill Training Program on Men's Health & Hygiene

13<sup>th</sup> Aug 2022

Sr No.	Students Name		Sign
50	Suvinhasak M. Gargul	BBA-I	<i>[Signature]</i>
51	Vishal A. Patil	BBA-I	Vishal A.P
52	Sandip N. Urantkar	BBA-I	<i>[Signature]</i>
53	Vinayak Suryawanshi	BBA-I	<i>[Signature]</i>
54	Akhil S. Raut	BBA-I	<i>[Signature]</i>
55	Vishal Patil	BBA-I	<i>[Signature]</i>
56	Amrith S. Mirajdar	BBA-I	S. Mirajdar
57	Sandip A. Zolake	BBA-I	<i>[Signature]</i>
58	Acharya Akhilesh	BBA-I	<i>[Signature]</i>
59	Swayam Chandani	BBA-I	<i>[Signature]</i>
60	Ganesh K. Patil	BBA-I	<i>[Signature]</i>
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It's a Mark

Sri Sangameshwar Education Society's

**SANGAMESHWAR COLLEGE, SOLAPUR**

**Autonomous**

Kannada Linguistic Minority Institute

Affiliated with Purnyashuk Ahilyadevi Holkar Solapur University, Solapur

(BBA Department)

(Reaccredited by NAAC with 'A' Grade in Cycle III - 1.39 CGPA)

To,  
Dr. Sachin Jamma,  
MS, General Surgery,  
General Surgeon- Laparoscopic Surgeon,  
Solapur

12<sup>th</sup> Aug 2023

Respected Sir,

Please accept our sincere appreciation for honoring our request and joining us for the Guest lecture on "Life Skill Training Program on Men's Health & Hygiene" which was organized on 12<sup>th</sup> August 2023.

Thank you so much for sharing your time & knowledge with us. We hope to maintain healthy relations with you and invite you on various occasions at our college in near future.



Regards,

Principal-In-Charge  
Sangameshwar College  
Solapur



Feedback Form

Date: 12 Aug 2023

Guest Lecture: Life Skill Training Program on Men's Health & Hygiene

Name: Prachi Vyankatesh Joshi ID: BBA-I roll 235118

Opinion about Event:  Good  Bad  Best

Any other Opinion / Suggestion: It is good & attract the  
Event. I really learned something from this event.  
Thank you!

Signature



Feedback Form

Date:

Guest Lecture: Life Skill Training Program on Men's Health & Hygiene

Name: Sagar S. Joshi ID: BBA-3<sup>rd</sup> roll 2353147

Opinion about Event:  Good  Bad  Not

Any other Opinion / Suggestion: The event was informative.  
expecting some more events like these.

Signature



Feedback Form

Date:

Guest Lecture: Life Skill Training Program on Men's Health & Hygiene

Name: Michael Yash Michael class: BBA<sup>1st</sup> Roll: 2951097

Opinion about Event:  Good  Better  Best

Any other Opinion / Suggestion: nothing extra thing was told,  
they are a study thing that we studied.

Michael Yash  
Signature



Feedback Form

Date:

Guest Lecture: Life Skill Training Program on Men's Health & Hygiene

Name: Sai Vighnesh M. Gungul class: BBA I  
Roll: 2951004 Roll: 2951001

Opinion about Event:  Good  Better  Not

Any other Opinion / Suggestion: \_\_\_\_\_

Sai Vighnesh  
Signature





Singameshwar College, Solapur  
BBA Department

Feedback Form

Date:

Guest Lecture: Life Skill Training Program on Men's Health & Hygiene

Name: Kaunichi Srinath Class: BBA III Roll: 2251052

Opinion about Event:  Good  Better  Best

Any other Opinion / Suggestion: The information do we got was very important

Singameshwar  
Signature



Singameshwar College, Solapur  
BBA Department

Feedback Form

Date:

Guest Lecture: Life Skill Training Program on Men's Health & Hygiene

Name: Vishal A. Sarni Class: B.A. I Roll: 2251302

Opinion about Event:  Good  Better  Best

Any other Opinion / Suggestion:

Signature

# Practicing Yoga and Pranayama Leads to Physical, Mental and Spiritual Wellbeing

**Date: 11<sup>th</sup> August, 2023**

**Time 1.05pm to 1.35 pm**

**Venue: B1 lecture hall**

The programme is conducted for B.Sc.-I students to make aware about their health and also health of the environment around us.

**Student Present:** 18 students were present.

**Methods to study outcome:** Skit by student group

**Outcomes:** The outcomes of an activity focused on yoga and pranayama (breathing exercises) include:

## 1. **Physical Health Benefits:**

- Improved flexibility, strength, and balance.
- Enhanced cardiovascular health and respiratory function.
- Reduction in chronic pain and improvement in musculoskeletal health.
- Better digestion and improved metabolic function.

## 2. **Mental Health Benefits:**

- Decreased stress, anxiety, and depression.
- Enhanced mental clarity, focus, and cognitive function.
- Improved mood and emotional regulation.
- Better sleep quality and reduction in insomnia symptoms.

## 3. **Emotional Well-being:**

- Increased self-awareness and emotional resilience.
- Greater sense of calm, peace, and relaxation.
- Improved ability to manage and process emotions.
- Enhanced sense of overall well-being and contentment.

## 4. **Spiritual Growth:**

- Deeper connection with oneself and a sense of inner peace.
- Greater awareness of the mind-body-spirit connection.
- Enhanced mindfulness and presence in everyday life.
- Development of a personal practice that supports spiritual growth and introspection.

## 5. **Social Benefits:**

- Strengthened sense of community and connection with others.
- Opportunities for social interaction and support through group classes and activities.
- Promotion of compassion, empathy, and understanding in social relationships.
- Enhanced ability to communicate and connect with others.

## 6. **Lifestyle Changes:**

- Adoption of healthier habits and routines.
- Increased awareness of the importance of self-care and wellness.

- Improved ability to manage stress and maintain work-life balance.
  - Greater motivation to pursue other healthy activities and behaviors.
- 7. Long-term Health Outcomes:**
- Reduction in the risk of chronic diseases such as hypertension, diabetes, and heart disease.
  - Enhanced immune function and overall health resilience.
  - Support for healthy aging and longevity.
  - Maintenance of physical and mental health over the long term.
- 8. Professional and Personal Productivity:**
- Increased energy levels and vitality.
  - Improved focus, concentration, and productivity in personal and professional tasks.
  - Enhanced creativity and problem-solving abilities.
  - Greater ability to handle the demands and challenges of daily life.

These outcomes contribute to a holistic sense of well-being, promoting a balanced and healthy lifestyle.



# Health and Hygiene: Let's be Healthy & Happy

**Date: 11<sup>th</sup> July, 2023**

**Time 12.30pm to 1 pm**

**Venue: B1 lecture hall**

The programme is conducted for B.Sc.-I students to make aware about their health and also health of the environment around us.

**Student Present:** 17 students were present.

**Outcomes:** The outcome of an activity on health and hygiene include:

1. **Increased Awareness and Knowledge:** Students gain a better understanding of the importance of health and hygiene practices. This includes knowledge about the prevention of diseases, the benefits of regular handwashing, proper waste disposal, and other hygiene-related practices.
2. **Improved Personal Hygiene Practices:** Participants adopt better personal hygiene habits, such as regular handwashing, bathing, brushing teeth, and maintaining cleanliness in their surroundings.
3. **Reduced Incidence of Illnesses:** With improved hygiene practices, there is often a noticeable reduction in the spread of infectious diseases. This includes fewer cases of gastrointestinal infections, respiratory illnesses, and skin infections.
4. **Enhanced Community Health:** When a large portion of a community engages in good hygiene practices, overall community health improves. This can lead to fewer outbreaks of communicable diseases and a healthier population. Students were motivated to take lead for maintaining community health also.
5. **Behavioral Changes:** Long-term activities can lead to sustained behavioral changes, where individuals continue to practice good hygiene habits even after the activity has ended. Students agreed about the changes happened within them after practicing good health and hygiene practices.
6. **Improved Environmental Hygiene:** Activities focused on environmental hygiene can result in cleaner public spaces, proper waste disposal, and better sanitation facilities. Students are motivated to use proper facilities to maintain environmental hygiene around.
7. **Educate the students:** Students, especially young adults, feel empowered with the knowledge and skills to maintain their health. This educational activity lead them to the dissemination of information to families and communities, multiplying the impact.
8. **Policy and Infrastructure Development:** In some cases, these activities can lead to the development or improvement of health policies and infrastructure, such as better sanitation facilities in schools or public areas.



# Sangameshwar College (Autonomous), Solapur

Department of English

## Activity Report

(2023-2024)

1	Webinar/Conference/Workshop/ Topic/Title	Presentation Competition
2	Level of organization: Local/University/ State /National/ International	College
3	Date & Time	13 <sup>th</sup> March 2024 @ 09:30 A.M.
4	Chief Guest:	Dr. Ramraja Mote (Asso. Prof. Suvarnalata Gandhi Mahavidyalaya, Vairag Tal- Barshi)
	Judge (details)	Mr. Shivraj Desai
5	Venue/Online platform (Link of online Platform)	Platform: Offline D-206
6	Organized for	UG & PG students of the college
7	Objectives	To enhance students' Presentation Skills To inculcate Cultural, Social and Environmental Awareness among the students
8	No. of Participants: Faculty: Students:	08 20
9	Event Coordinator	Mr. K. N. Chikate
10	Supporting Staff	Dr. N. V. Sathe, Mr. AN Dhotre, Dr. MI Makandar, Mr RM Halloli, Dr RM Jawale
11	Outcomes (minimum 2)	Students could exhibit their Presentation Skills Students showed their awareness of Cultural, Social and Environmental issues as the topics dealt with the same
12	External Agency Associated (If any)	--
13	Proof Attached (provide images)	Notice: --  Brochure: <a href="https://rb.gy/0ljfqh">https://rb.gy/0ljfqh</a>  Attendance: ---
14	Event Summary:	20 Students Participated in this competition who were judged by Mr. Shivraj Desai. At the same time guidance was given by Dr Ramraja Mote. Following were the prize winners of the competition. <b>Prize Winners</b> 1 Ms Vaishnavi Dhappadhule (BA- III) 2 Mr Abhishek Kumbhar (BA- II)

	3 Ms Saniya Inamdar (BA- CS) Prizes (Trophy & Certificate) were given at the hands of the chief guest Dr Ramraja Mote.
--	--

**Photo Gallery**





GPS Map Camera



Solapur, Maharashtra, India  
NW641265, Solapur, Maharashtra 413002, India  
Lat: 17.658751°  
Long: 75.865475°  
T: 05124 10 20 498 UMT: 425 30



# Sangameshwar College (Autonomous), Solapur

Department of English

## Activity Report

(2023-2024)

1	Webinar/Conference/Workshop/ Topic/Title	Personal Interview Competition
2	Level of organization: Local/University/ State /National/ International	College
3	Date & Time	23 <sup>rd</sup> Feb 2024 @ 09:30 A.M.
4	Judge (details)	Dr. Ganesh Mudegaonkar
5	Venue/Online platform (Link of online Platform)	Platform: Offline B-1 & A104
6	Organized for	UG & PG students of the college
7	Objectives	To introduce the students with the techniques of Personal Interview To make the students acquire mastery over the techniques of Personal Interview
8	No. of Participants: Faculty: Students:	08 33
9	Event Coordinator	Mr. R. M. Halloli
10	Supporting Staff	Dr. N. V. Sathe, Mr. AN Dhotre, Dr. UM Jamadar, Dr. MI Makandar, Mr KN Chikate, Dr RM Jawale
11	Outcomes (minimum 2)	The students were acquainted with the techniques of Personal Interview The students acquired mastery over the techniques of Personal Interview as they were guided beforehand
12	External Agency Associated (If any)	--
13	Proof Attached (provide images)	Notice:  Brochure: <a href="https://shorturl.at/fq0D4">https://shorturl.at/fq0D4</a>  Photo: <a href="https://shorturl.at/JEP69">https://shorturl.at/JEP69</a>
14	Event Summary:	33Students participated and they were judged by Dr N V Sathe Mr K N Chikate. <b>Prize Winners</b> 1 Ms Mahek Nadaf (BA II) 2 Ms Sandhya Nimbale (BA I) 3 Ms Divya Kanaga (BCOM II)



# Sangameshwar College (Autonomous), Solapur

## Department of Physics

### Activity Report

1	Workshop Title	SEC: Event Organization Skill Development Training Programme
2	Level of organisation : Local/University/ State /National/ International	Local
3	Date & Time	21 <sup>st</sup> Feb 2024 to 27 <sup>th</sup> Feb 2023 (6 days) with daily 2 lectures of 1 hour each.
4	Resource Person (details)	Dr. Shubhangi S. Gavande
5	Venue / Online platform (Link of online Platform)	A-107 hall
6	Organized for ( students / faculty/ all)	BSc-I Physics Major students
7	Objectives	<ul style="list-style-type: none"><li>• To train students to develop the technical skill to plan, organize and conduct an event</li><li>• To provide a platform for the students to develop &amp; showcase their event organization skill</li></ul>
8	No. of Participants  Faculty	About 25 student participants  1 faculty
9	Event Coordinator	Dr. S. S. Gavande
10	Supporting Staff	Dr. S. S. Karande, Dr. M.S. Kavale & Dr. P. G. Metri
11	Outcomes  (minimum 2)	<ul style="list-style-type: none"><li>• Students involved themselves most attentively and interestingly in the theory and practical sessions</li><li>• Students developed planning, organization, management skills and learnt team work through experiential learning.</li><li>• Students presented their creative skills through organization of various departmental programmes</li></ul>
12	External Agency Associated  (If any)	-----

#### Activity Report:

- The HOD of Physics department conducted a training programme on, “Event Organization Skill Development of 4 days for the students of BSc-I Physics Major students from 21<sup>st</sup> Feb 2024. The training was aimed to develop the technical skill to plan, organize and conduct an event and to provide a platform for the students to develop & showcase their event organization skill. The training consisted

theory sessions. The training programme was based on experiential learning methodology. The students were given the organization of 2 practical activities.

- The first activity was organization of National Science Day Celebration on 28<sup>th</sup> Feb 2024 programme consisting inaugural address and poster competition. The students did the planning of the programme and organization of Poster competition for all the BSc classes. The second activity consisted of Sir Einstein Birth Anniversary Celebration programme inaugural function on 14<sup>th</sup> Mar 2024. Four different competition events were organized by the students.
- The students organized, Sir Albert Einstein Birth Anniversary Celebration Programme by conducting different events and competition on 14<sup>th</sup> Mar 2024 by Physics Department BSc-I Major students, Teaching and Non-teaching faculties for all the B.Sc.-I, BSc-II, B.Sc.-III & B.A.-I students of all subjects.
- Both these programmes were totally planned, scheduled, organized, conducted and concluded by BSc-I Physics Major students as an Practical assessment of their, “Event Organization Skill Development Training Programme”.
- The training programme was conducted for 6 days (from 21<sup>st</sup> Feb to 27<sup>th</sup> Feb 2023) with daily 2 lectures of 1 hour each.

### • Training Lectures:



### NSD-2024 Celebration Programme:



### Sir Albert Einstein Birth Anniversary Celebration Programme:



**1)Publicity & invitation to students in class by student trainees:  
Dept. of Chemistry**



**Dept. of Botany**



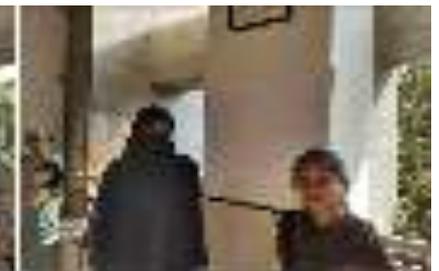
**BSc-III Mathematics**





# NSD-2023-24

Final Report



# Sangameshwar College (Autonomous), Solapur

Department of English

## Activity Report

(2023-2024)

1	Webinar/Conference/Workshop/ Topic/Title	Proof reading and Editing Skills Competition
2	Level of organization: Local/University/ State /National/ International	College
3	Date & Time	06 <sup>th</sup> Feb 2024 @ 11:00 to 12:00 A.M.
4	Judge (details)	--
5	Venue/Online platform (Link of online Platform)	Platform: Offline B-1
6	Organized for	UG & PG students of the college
7	Objectives	To make the students acquire mastery over the skill of proofreading and editing To make the students employable
8	No. of Participants: Faculty: Students:	08 53
9	Event Coordinator	Dr. M. I. Makandar
10	Supporting Staff	Dr. N. V. Sathe, Mr. AN Dhotre, Dr. UM Jamadar, Dr. MI Makandar, Mr. RM Halloli, Mr KN Chikate, Dr RM Jawale
11	Outcomes (minimum 2)	The students acquired mastery over the skill of proofreading and editing The students became employable by acquiring mastery over the skills proofreading and editing as they were trained beforehand.
12	External Agency Associated (If any)	--
13	Proof Attached (provide images)	Notice:  Brochure: <a href="https://shorturl.at/xhNyh">https://shorturl.at/xhNyh</a>  Attendance:
14	Event Summary:	53 students participated and were judged. <b>Prize Winners</b> 1 Ms Sandhya Nimbal (BA I) 2 Ms Aditi Naik (BSc III) 3 Ms Kaveri Mangrule (BSc III)



Photo Gallery





# Sangameshwar College (Autonomous), Solapur

Department of Electronics

## Activity Report

1	Webinar/Conference/Workshop Topic / Title	Poster Presentation Competition
2	Level of organisation : Local/University/ State /National/ International	Interdepartment
3	Date & Time	30/10/2023, 11am to 3pm
4	Resource Person (details)	Dr. P. G. Metri and Mrs. Asha Gawhane
5	Venue / Online platform (Link of online Platform)	B205
6	Organized for ( students / faculty/ all)	Students
7	Objectives	To create awareness among students about new trends in technology
8	No. of Participants Faculty: Students:	34
9	Event Coordinator	Dr. S. M. Jogade and Dr. V. D. Bachuwar
10	Supporting Staff	Mr. P. Jokare and Mr. S. C. Kalse (Non-teaching staff)
11	Outcomes (minimum 2)	1. Students learned about new technologies 2. Gain the knowledge of applications of new technologies
12	External Agency Associated (If any)	-
13	Proofs Attached (provide images)	-
14	Event Summary: <b>Dr. P. G. Metri and Mrs. A. P. Gawhane were the judges of event. Total 34 students were participated. Topics for the presentation are, AI, 5G, DataScience, Block chain, Quantum Computing, Communication etc. After presentation, winners were announced and certificates distributed.</b>	

Annexure I : Attach (Q 12)- Geotagged Photos

Annexure II: Certificate copy if issued.





SANGAMESWAR COLLEGE, SOLAPUR

AUTONOMOUS

Department of Electronics

## “Poster and Quiz Competition”

On the Occasion of 117<sup>th</sup> Birth Anniversary of Dr. Homi J. Bhabha  
Organized By Electronics Club

### *Invitation*

To,  
Dr. S. S. Chitambar  
Autonomous Coordinator  
Sangameswar College, Solapur

Subject: Regarding Invitation to a Club Event

Respected Madam

Department of Electronics under Electronics Club activity has organized Poster and Quiz Competition on the occasion of 117<sup>th</sup> Birth Anniversary of Dr. Homi J. Bhabha for the students of B.E. (Electronics-I, II and III) on 20<sup>th</sup> October 2021.

For the further details please see the Enclosure, Enclosed in this letter on behalf of Department of Electronics, to be filled in and filled in and filled in and filled in and filled in and filled in on the anniversary of 117<sup>th</sup> B.A.

Thanking you in anticipation

Yours truly

Dr. S. S. Chitambar

Department of Electronics

Sriwijaya College, Sukoharjo  
 Akademik  
 Department of Management  
 Mata Kuliah: *Accounting*  
 of Theory 1 2021, dan 2022

No	Nama	Daftar Isi	Hal	Nilai
1	1.1.1.1	1.1.1.1.1	1-10	80
1	1.1.1.2	1.1.1.2.1	11-20	80
1	1.1.1.3	1.1.1.3.1	21-30	80
1	1.1.1.4	1.1.1.4.1	31-40	80
1	1.1.1.5	1.1.1.5.1	41-50	80
1	1.1.1.6	1.1.1.6.1	51-60	80
1	1.1.1.7	1.1.1.7.1	61-70	80
1	1.1.1.8	1.1.1.8.1	71-80	80
1	1.1.1.9	1.1.1.9.1	81-90	80
1	1.1.1.10	1.1.1.10.1	91-100	80
1	1.1.1.11	1.1.1.11.1	101-110	80
1	1.1.1.12	1.1.1.12.1	111-120	80
1	1.1.1.13	1.1.1.13.1	121-130	80
1	1.1.1.14	1.1.1.14.1	131-140	80
1	1.1.1.15	1.1.1.15.1	141-150	80
1	1.1.1.16	1.1.1.16.1	151-160	80
1	1.1.1.17	1.1.1.17.1	161-170	80
1	1.1.1.18	1.1.1.18.1	171-180	80
1	1.1.1.19	1.1.1.19.1	181-190	80
1	1.1.1.20	1.1.1.20.1	191-200	80
1	1.1.1.21	1.1.1.21.1	201-210	80
1	1.1.1.22	1.1.1.22.1	211-220	80
1	1.1.1.23	1.1.1.23.1	221-230	80
1	1.1.1.24	1.1.1.24.1	231-240	80
1	1.1.1.25	1.1.1.25.1	241-250	80
1	1.1.1.26	1.1.1.26.1	251-260	80
1	1.1.1.27	1.1.1.27.1	261-270	80
1	1.1.1.28	1.1.1.28.1	271-280	80
1	1.1.1.29	1.1.1.29.1	281-290	80
1	1.1.1.30	1.1.1.30.1	291-300	80

# Sangameshwar College (Autonomous), Solapur

## Department of Commerce

### Activity Report

(2023-2024)

1	Written/Conferences/Workshop/Topic/Title	PPT competition on the theme 'Save Energy Now, Tell Us How'
2	Level of organization: Local/University/State/ (National/International)	Local
3	Date & Time	0 <sup>th</sup> February, 2024 (@ 10:30 A.M.)
4	Resource Person (Faculty)	Dr. Karande (Electronics Dept.)
5	Venue/Digital platform (Link of online Platform)	Platform: Office Room no. D-8
6	Organized for	B Com. All Classes
7	Objectives	Educate students about the importance of saving energy for environmental sustainability and economic efficiency.
8	No. of Participants: Faculty: Students:	04 13
9	Event Coordinator	Dr. S. M. Khatun
10	Supporting Staff	Prof. Chetan Bhamburdekar, Dr. Anurag Patil, Prof. Ravindra Jagtap
11	Outcomes (minimum 3)	1. Students and audience gain a deeper understanding of energy conservation challenges and solutions. 2. Enhanced research, analytical, and presentation skills for participants.
12	Parental Agency Associated (If any)	-
13	Photo Attached (provide images)	Notice: Yes Research: Agenda Attendance: Yes YouTube Link: Feedback: NIL Certificate:
14	Event Summary	In an effort to encourage society to adopt more energy-efficient practices and reduce energy waste, the Department of Commerce organized a PPT competition on the theme 'Save Energy Now, Tell Us How' on 04th February 2024. Thirteen students participated in the competition, and the top three presenters were awarded prizes. The winner emphasized the use of screen-limited technology as an effective way to save energy. The programme was presided over by Vice Principal Dr. Ms. V. K. Parulkar and Dr. Karande from the Electronics Department served as the judge for the competition.

Saungameshwar College Solapur (Autonomous)

Department of Commerce

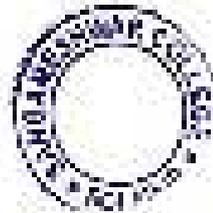
Notice

Date: 10/01/2024

Students of B.A./B.Com (B.Sc) are informed that the Department of Commerce is organizing IFT Presentation Competition on 6<sup>th</sup> February, 2024 at 10:30 am in D-116 on the Topic "Save Money Now, Tell us How". The Registration fee for the competition is Rs. 25/- per student. Registration can be made with Dr. D.M. Khilare, Prof. M.R. Bhanraj, Prof. M.L. Chavan, Prof. M.R. Eapen & Ms. Sata up to 4<sup>th</sup> February 2024.

For further information contact Commerce Department.

Prof. Ms. Dr. U. K. Purshitt  
Vice Principal



Prof. Dr. R. P. Hosen  
1<sup>st</sup> Principal

Department of Commerce  
 Students Attended  
 PPT Presentation Competition

Name Roll no. Mo. No.

1	Nandini Chakrabarti	2322019	98201115
2	Abhinav Kumar	2322021	98201115
3	Abhinav Kumar (Impd)	2322019	98201115
4	Jacob Daniel	2322019	98201115
5	Arya Chakrabarti	2322019	98201115
6	Sahana Kulkarni	2322019	98201115
7	Shreya Shashikant Kulkarni	2322019	98201115
8	Aditya Anant Kulkarni	2322019	98201115
175			
9	Nisha Nisha Vaidya (Impd)	2322021	98201115
10	Nisha Vaidya	2322019	98201115
11	Anuradha Talwar	2322019	98201115
12	Yashika Talwar	2322019	98201115
13	Yashika Talwar	2322019	98201115
14	Abhinav Kumar	2322019	98201115





GPS Map Camera



Solapur, Maharashtra, India  
MWS4+28W, Solapur, Maharashtra 413007, India  
Lat 17.660077°  
Long 75.906607°  
05/02/24 11:03 AM (GMT +05:30)



# Sangameshwar College (Autonomous), Solapur

Department of English

## Activity Report

(2023-2024)

1	Webinar/Conference/Workshop/ Topic/Title	ELA Inauguration Soft Skills and Self-Motivation
2	Level of organization: Local/University/ State /National/ International	College
3	Date & Time	04 <sup>th</sup> Sept 2023 @ 09:30 A.M.
4	Resource Person (details)	Dr. Satish Lakde HR Recruiter Enzigma Software, Pune
5	Venue/Online platform (Link of online Platform)	Platform: Offline B-1
6	Organized for	UG & PG students of the college
7	Objectives	To introduce the students the importance of Soft Skills To help students in the skill of self motivation
8	No. of Participants: Faculty: Students:	08 125+
9	Event Coordinator	Dr. N. V Sathe
10	Supporting Staff	Dr. Suhas Pujari, Mr. AN Dhotre, Dr. UM Jamadar, Dr. MI Makandar, Mr. RM Halloli, Mr KN Chikate, Dr RM Jawale
11	Outcomes (minimum 2)	Students were acquainted with the importance of Soft Skills Students could exhibit the skill of self motivation
12	External Agency Associated (If any)	--
13	Proof Attached (provide images)	Notice:  Brochure: <a href="https://shorturl.at/QfPqJ">https://shorturl.at/QfPqJ</a>
14	Event Summary:	Dr Satish Lakade explained the types of soft skills and their importance in our lives. He practically showed how soft skills carry vital importance in our lives. He spoke with special emphasis on self motivation. HoD Dr N V Sathe welcome everybody and Vice-Principal Dr Suhas Pujari gave the presidential remarks.

## Photo Gallery





# Sangameshwar College, Solapur

## Autonomous

Kannada Linguistic Minority Institute

Affiliated with PAH-Solapur University Solapur

Reaccredited by NAAC with 'A' grade in Cycle III- 3.39 CGPA

## BBA Department

### Activity Report

1	Event	Ice Breaking Activity – “Hey Listen”
2	Date & Time	01 <sup>st</sup> Aug 2023
3	Resource Person	NA
4	Venue	D 206
5	Organized for	BBA
6	Objectives	<ol style="list-style-type: none"><li>1. To encourage communication and teamwork among students by engaging them in fun and interactive activities.</li><li>2. To help students break the ice and build connections, fostering a positive and collaborative environment within the department.</li></ol>
7	No. of Students Participated	73
8	Event Co-ordinator	Shri. A S Chaudhary
9	Supporting Staff	Shri. P M Andeli Mrs. R N Misal
10	Outcomes	<ol style="list-style-type: none"><li>1. Students became more comfortable interacting with each other, improving their communication, listening and teamwork skills.</li><li>2. The activity helped create a friendly and inclusive atmosphere, making students feel more connected and engaged with their peers.</li></ol>

11	External Agency Associated (If any)	NA
12	Proof Attached	<ol style="list-style-type: none"> <li>1. Photos</li> <li>2. Attendance</li> <li>3. Feedback</li> </ol>
13	Event Summary	
<p>The BBA Department organized an ice-breaking activity titled "Hey Listen", which included a fun and engaging Whisper challenge game. The purpose of the session was to promote communication and teamwork among students while helping them break the ice and build connections in a relaxed environment. Through these activities, students interacted with each other in a light-hearted manner, enhancing their comfort levels and promoting collaboration. The event successfully created a positive and inclusive atmosphere, encouraging students to engage more freely with their peers.</p>		



**Ice-Breaking Activity for BBA - I (1<sup>st</sup> August 2023)  
Attendance Sheet**

Sr. No	Student Name	Sign
1	Mustha. Rafiq. Patel	
2	Shradha. DNaneshwar. Kadnar	
3	Gayatri. Shishobhan. Nagarstute	
4	Laxmi Vilas Kachetti	
5	Shital Sanjay Mashale.	
6	Sakshi Krishna Harwalkar	
7	Samudhri. S. Londage.	
8	Dipali D. Kadava	
9	Revati. R. Wade	
10	Payal A. Birajdar	
11	Saahasvithi R. Birade	
12	Shravani S. Tadhav	
13	Susman. P. Ramte.	
14	Disha S. Waghmare	
15	Tanuja D. Mahajan	
16	Anay A. Pujawar	
17	Nishita V. Kulk	
18	Pallavi - Mutale	
19	Ashanksha Upadhye	
20	Jyoti S. Gokhale	
21	Taruni A. Deshar	
22	Gauri S. Kachetti	
23	Sadnya Shalkh	
24	Uma S. Shetkar	

**Ice-Braking Activity for BBA – I (1<sup>st</sup> August 2023)**  
**Attendance Sheet**

Sr No	Students Name	Sign
25	Sanjana. R. Bulgeankar	<u>Sanjana</u>
26	Rajandini .R. Tongid.	<u>Rajandini</u>
27	Rajashri P. Lakhonde	<u>R.</u>
28	mrundali .nilkam	<u>Mrundali</u>
29	Shravani k. kodate	<u>Skodate</u>
30	saniya I. Mujawar	<u>Saniya</u>
31	Vrunda P. Devsari	<u>Vrunda</u>
32	Arpita .V. Shabadi	<u>Arpita</u>
33	Jayesh. S. Bawane	<u>Jayesh</u>
34	Avinash. A. Bhosale	<u>Avinash</u>
35	MD. Owais. A. Haljani	<u>Owais</u>
36	Sannal .N. Kamble .	<u>Sannal</u>
37	Ravi .Y. Gaikwad	<u>Ravi</u>
38	Shaikh Mohammed Ayyan	<u>Shaikh</u>
39	Amirulhaq. Isfan Almekkar	<u>Amirulhaq</u>
40	Omkar Sepale	<u>Omkar</u>
41	Sujal Jadhav	<u>Sujal</u>
42	Arman Borsode	<u>Borsode</u>
43	Hancharan Kola	<u>Hancharan</u>
44	AKASH M. Kumbhar	<u>AKASH</u>
45	Nandish .c. Masuti	<u>Nandish</u>
46	Vivok. H. Kalehetti	<u>Vivok</u>
47	Somnath .k. Kulkarni	<u>Kulkarni</u>
48	Sumit .S. Adane	<u>Sumit</u>
49	Sameer pathade	<u>Spathade</u>

Ice-Braking Activity for BBA - I (1<sup>st</sup> August 2023)

## Attendance Sheet

Sr No	Students Name	Sign
50	Bhawanesh Rajesh Kumbale	Bhawanesh
51	Gayatri Anuragth Khundekar	Gayatri
52	Ganesh balaji bhanswar	Ganesh
53	Pratikha Virendraji Kumbale	Pratikha
54	Abhishek Amit Bhosale	Abhishek
55	Ruturaj Sanjay Padsalkar	Ruturaj
56	Amit Sudhir Ghosh	Amit
57	Pranav Dnyaneshwar Chundak	Pranav
58	Rahul Bhima Shirsat	Rahul
59	Yash Anuragth	Yash
60	Jeevan U. Patil	Jeevan U. Patil
61	Pranav Prashant Bhosale	Pranav
62	SHUBHAM MUNDRA	Shubham
63	Dnyaneshwar S. Lole	Dnyaneshwar
64	Sandip N. Vhatkare	Sandip
65	Balraj D. Kharankande	Balraj
66	Aditya S. Patil	Aditya
67	Yashraj M. Naikwadkar	Y.M. Naikwadkar
68	Saivignesh M. Gargal	Saivignesh
69	Ganesh P. Tamadar	Ganesh
70	Pranav S. Jagtapkar	P.S. Jagtapkar
71	Vishal S. Patil	Vishal
72	Chetan S. Hiranath	Chetan
73	Arunabh Kumbale	Arunabh
74		





Feedback Form

Date: 01/08/2023

Event Title: BBA Ice-Breaking Activity - August 2023

Name: Sannuadhi. S. Londage Class: BBA-1<sup>st</sup> Roll: 2351019

Opinion about Event:  Good  Better  Best

Any other Opinion / Suggestion: Best Ice-Breaking activity for better communication. I enjoyed a lot.

Sannuadhi  
Signature



Feedback Form

Date: 01/08/2023

Event Title: BBA Ice-Breaking Activity - August 2023

Name: Dipali Dadasaheb Kadam Class: BBA-1<sup>st</sup> Roll: 2351110

Opinion about Event:  Good  Better  Best

Any other Opinion / Suggestion: Best Ice-Breaking activity for communication. I enjoyed this activity.

Dipali  
Signature



Feedback Form

Date: 01/08/2023

Event Title: BBA Ice-Breaking Activity - August 2023

Name: Shital Sanjay Moshole Class: BBA-1<sup>st</sup> Roll: 231647

Opinion about Event:  Good  Better  Best

Any other Opinion / Suggestion: More such activity must be there.

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*Moshole*  
Signature



Feedback Form

Date: 01/08/2023

Event Title: BBA Ice-Breaking Activity - August 2023

Name: Laxmi Uha Kalsbetti Class: BBA-1<sup>st</sup> Roll: 2351003

Opinion about Event:  Good  Better  Best

Any other Opinion / Suggestion: It's the best activity for communica-  
-tion and such activity must be there

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*Laxmi*  
Signature



**Sangameshwar College, Solapur**  
**Autonomous**  
**Department of Physics**

***Departmental Activity: Value Based Education (VBE)***

**Activity Report**

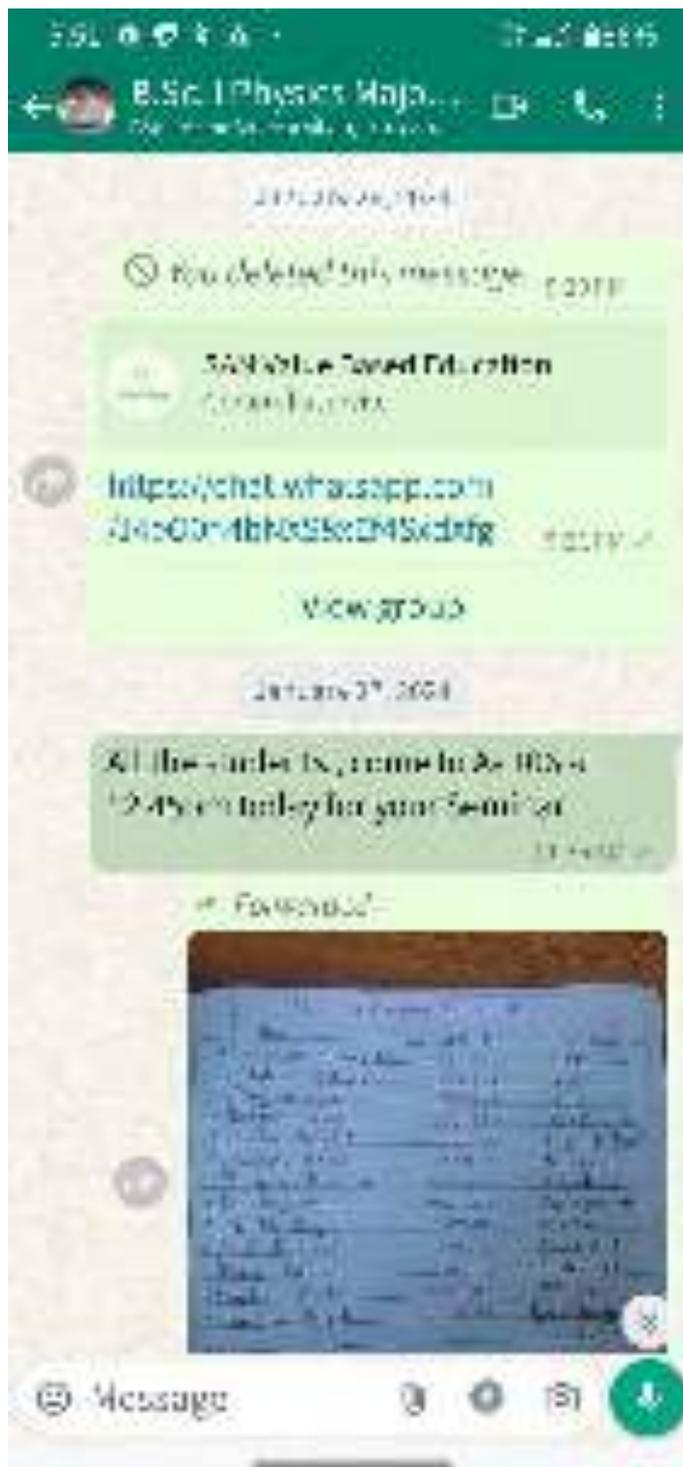
1	Webinar/Conference/Workshop Topic / Title	Value Based Education
2	Level of organisation : Local/University/ State /National/ International	Local
3	Date & Time	11 <sup>th</sup> July 2024 onwards
4	Resource Person (details)	Dr. S. S. Gavande, Dr. P. G. Metri
5	Venue / Online platform (Link of online Platform)	B-1 hall, A-106,
6	Organized for ( students / faculty/ all)	All BSc-I Major (Physics & Chemistry)
7	Objectives	<ul style="list-style-type: none"><li>• To inculcate good behaviour in the students &amp; present themselves in a best manner</li><li>• To become habitual of understanding the person in front at various situations</li><li>• To become aware of self &amp; others emotions, understand human relations through basic philosophical concepts of human behaviour</li></ul>
8	No. of Participants  Faculty:  Students:	<b>22</b>  <b>2</b> faculties  About <b>20</b> students
9	Event Coordinator	Dr. S. S. Gavande
10	Supporting Staff	Dr. P. G. Metri

11	Outcomes (minimum 2)	<ul style="list-style-type: none"> <li>• Behaviour of the students changed, students became responsible, understanding &amp; cooperative</li> <li>• The team spirit &amp; team work upgraded</li> <li>• The students became compatible during their class, practical, sports &amp; cultural environment</li> </ul>
12	External Agency Associated (If any)	-----

**Activity report:**

- The counselling sessions on basics human values, human behavior, and life philosophical requirement to become a successful student were conducted by Dr. S. S. Gavande & Dr. P. G. Metri for the students of BSc-I Major Physics & Chemistry with objectives to inculcate good behaviour in the students & present themselves in a best manner, to become habitual of understanding the person in front at various situations, to become aware of self & others emotions, understand human relations through basic philosophical concepts of human behaviour. The student behaviour was observed in class & in Laboratory & rectified whenever necessary. The outcome of this practice was behaviour of the students changed, students became responsible, understanding & cooperative, the team spirit & team work upgraded, the students became compatible during their class, practical, sports & cultural environment.





## VBE PROJECT LECTURE





GPS Map Camera



Solepur, Maharashtra, India  
Sangmeshwar College, Department of Physics, solepur  
Lat 17.648915°  
Long 75.89987°  
24/01/24 12:38 PM GMT +05:30

## MIND

Definition: the ability of a person that enables them to be aware of the world and their experiences in it, and to feel the faculty of consciousness (thought).

"The things we thought we were"

Cartesianism: the ability of a person to be conscious of their own ability of self-awareness is an innate faculty, which is not derived from the world. It is a faculty of the mind, not of the body. Cartesianism is a form of dualism, which states that the mind and body are two separate entities. The mind is not affected by physical pain and is considered to be a non-physical entity. It is a faculty of the mind, not of the body. Cartesianism is a form of dualism, which states that the mind and body are two separate entities. The mind is not affected by physical pain and is considered to be a non-physical entity.

Cartesianism: the faculty that enables us to think, feel, and perceive, which thought are the products of the mental processes that occur within the mind.

The Cartesian dualism is the view that the mind and body are two separate entities. The mind is not affected by physical pain and is considered to be a non-physical entity. It is a faculty of the mind, not of the body. Cartesianism is a form of dualism, which states that the mind and body are two separate entities. The mind is not affected by physical pain and is considered to be a non-physical entity.

### Brain vs Mind

The brain is the physical organ that enables the mind to function. The mind is the faculty that enables us to think, feel, and perceive.

Brain	Mind
Physical organ	Faculty of the mind
Can be studied scientifically	Cannot be studied scientifically
Is affected by physical pain	Is not affected by physical pain
Is a part of the body	Is not a part of the body
Is a material entity	Is a non-material entity
Is a physical entity	Is a non-physical entity
Is a material entity	Is a non-material entity
Is a physical entity	Is a non-physical entity

$$\frac{1000000}{1000000} = 1$$



Explain the difference between the two types of cells. The main difference is the presence of a cell wall. The plant cell has a cell wall, while the animal cell does not. The cell wall provides structural support and protection to the plant cell. The animal cell lacks a cell wall, which allows it to be more flexible and adapt to its environment.

**Systems of Cells**

System	Plant	Animal	Plant	Animal	Plant	Animal
Cell Wall	Present	Absent	Present	Absent	Present	Absent
Chloroplasts	Present	Absent	Present	Absent	Present	Absent
Central Vacuole	Large	Small	Large	Small	Large	Small
Cell Division	Mitosis	Mitosis	Mitosis	Mitosis	Mitosis	Mitosis
Shape	Rectangular	Irregular	Rectangular	Irregular	Rectangular	Irregular
Plasmodesma	Present	Absent	Present	Absent	Present	Absent
Plastids	Present	Absent	Present	Absent	Present	Absent
Centrioles	Absent	Present	Absent	Present	Absent	Present
Lysosomes	Absent	Present	Absent	Present	Absent	Present
Autophagosomes	Absent	Present	Absent	Present	Absent	Present
Microtubules	Present	Present	Present	Present	Present	Present
Microfilaments	Present	Present	Present	Present	Present	Present
Intermediate Filaments	Present	Present	Present	Present	Present	Present
Cell Junctions	Present	Present	Present	Present	Present	Present
Plasma Membrane	Present	Present	Present	Present	Present	Present
Cell Nucleus	Present	Present	Present	Present	Present	Present
Endoplasmic Reticulum	Present	Present	Present	Present	Present	Present
Golgi Apparatus	Present	Present	Present	Present	Present	Present
Mitochondria	Present	Present	Present	Present	Present	Present
Chloroplasts	Present	Absent	Present	Absent	Present	Absent
Central Vacuole	Large	Small	Large	Small	Large	Small
Cell Wall	Present	Absent	Present	Absent	Present	Absent

**Soul**

The soul is the immortal part of a person that is believed to be the seat of consciousness and emotions. It is often described as the part of a person that is not affected by physical changes and is believed to survive death. The soul is often described as the part of a person that is not affected by physical changes and is believed to survive death.

**soul**

**Word info**

**Form**

1. The soul is the immortal part of a person that is believed to be the seat of consciousness and emotions.

It is often described as the part of a person that is not affected by physical changes and is believed to survive death.

It is often described as the part of a person that is not affected by physical changes and is believed to survive death.
2. The soul is the immortal part of a person that is believed to be the seat of consciousness and emotions.

It is often described as the part of a person that is not affected by physical changes and is believed to survive death.

It is often described as the part of a person that is not affected by physical changes and is believed to survive death.
3. The soul is the immortal part of a person that is believed to be the seat of consciousness and emotions.

It is often described as the part of a person that is not affected by physical changes and is believed to survive death.

It is often described as the part of a person that is not affected by physical changes and is believed to survive death.

*Handwritten notes:*  
 $\frac{1}{2} \times \frac{1}{2} = \frac{1}{4}$   
 $\frac{1}{2} \times \frac{1}{2} = \frac{1}{4}$

# Spiritual purchase of a person

It is the purchase of a person's soul by the devil through the use of magic, witchcraft, or other occultic practices. This is often done to gain control over the person's actions and decisions.

**Signs and symptoms:**  
- Sudden changes in personality  
- Unexplained illnesses  
- Financial difficulties  
- Relationship problems



## Exat

Exat is a type of spiritual attack that involves the use of magic to cause harm to a person. It is often done by a witch or a sorcerer.

Exat is a type of spiritual attack that involves the use of magic to cause harm to a person. It is often done by a witch or a sorcerer.

Exat is a type of spiritual attack that involves the use of magic to cause harm to a person. It is often done by a witch or a sorcerer.



## How to protect yourself from spiritual attacks

There are several ways to protect yourself from spiritual attacks. One of the most important is to maintain a strong faith in God and to pray regularly.

Another way to protect yourself is to avoid places and people that are known to be sources of spiritual attacks. This includes avoiding witchcraft and sorcery.

It is also important to be aware of the signs and symptoms of spiritual attacks. If you experience any of these, you should seek help from a spiritual healer.



**Prayer:**  
Lord, I pray for protection from all spiritual attacks. Please keep me safe and sound. Amen.

**Signs and symptoms:**  
- Sudden changes in personality  
- Unexplained illnesses  
- Financial difficulties  
- Relationship problems

**Exat:**  
Exat is a type of spiritual attack that involves the use of magic to cause harm to a person. It is often done by a witch or a sorcerer.

Bye  
20/10





**SANGAMESWAR COLLEGE, SOLAPUR**  
**ACADEMIC**

Department of Physics & Women Empowerment Committee  
 Value Based Education

BSc-I

**Thursday: Interim Section on "Mind"**

Sr. No.	Name of student	Roll No.	Major Subject	Event of	Module	Sign
1)	Kamlati Amis C.	222020	Physics	karishman@jmi.ac.in	2022-2023	
2)	Prithi Rajwade U. A.	222021	Physics	karishman@jmi.ac.in	2022-2023	
3)	Abhishek Rajwade	222022	Physics	karishman@jmi.ac.in	2022-2023	
4)	Harsh Arbach Karthik	222023	Physics	karishman@jmi.ac.in	2022-2023	
5)	Shamir Dhanu	222024	Physics	karishman@jmi.ac.in	2022-2023	
6)	Geetika Prithwaji	222025	Physics	karishman@jmi.ac.in	2022-2023	
7)	Rajaram Rajaram	222026	Physics	karishman@jmi.ac.in	2022-2023	
8)	Pradyumn Talwar	222027	Physics	karishman@jmi.ac.in	2022-2023	
9)	Harsh Arbach Karthik	222028	Physics	karishman@jmi.ac.in	2022-2023	
10)	Shamir Dhanu	222029	Physics	karishman@jmi.ac.in	2022-2023	
11)	Geetika Prithwaji	222030	Physics	karishman@jmi.ac.in	2022-2023	

*(Signature)*  
 11/1/23



**SANGAMESHWAR COLLEGE, NDLAPUR**  
**AUTONOMOUS**

Department of Physics & Women Empowerment Committee  
Value Based Education

**Thursday: Interaction Session on 'Mind'**

BSc-I

Sl. No.	Name of Student	Roll No.	Major Subject	Email id	Mobile	Age
01	Merathi, Sneha	22212101	Physics	merathi01@gmail.com	9822121010	19
02	Suljan, Pooja	22212102	Physics	suljanpooja@gmail.com	9822121020	19
03	Verjane, Nishu	22212103	Physics	verjane_nishu@gmail.com	9822121030	19
04	Padhye, Anshu	22212104	Physics	padhyeanshu@gmail.com	9822121040	19
05	Shinde, Anshu	22212105	Physics	shindeanshu@gmail.com	9822121050	19
06	Tale, Pooja	22212106	Physics	talepooja@gmail.com	9822121060	19
07	Vernekar, Tanvi	22212107	Chemistry	vernekar_tanvi@gmail.com	9822121070	19
08	Shinde, Anshu	22212108	Chemistry	shindeanshu@gmail.com	9822121080	19
09	Tale, Pooja	22212109	Physics	talepooja@gmail.com	9822121090	19
10	Vernekar, Tanvi	22212110	Chemistry	vernekar_tanvi@gmail.com	9822121100	19
11						
12						
13						
14						

Signature



**SANGAMSHWAR COLLEGE, SOLAPUR**  
AUTONOMOUS

Department of Physics & Women Empowerment Committee  
Value Based Education

BSc-4

Thursday: Interaction Session on 'Mind (Mati) and Heart (Manas) - Part 2020

Sl. No.	Name of Student	Roll No.	Major Subject	Final of	W-V Marks	Grade
01	Manish Sureshchandra S. Desai	222001	Physics	Internally set & special Exam	20/20	A
02	Santhi Anandha Sureshchandra Suresh	222002	Physics	Internally set & special Exam	18/20	B
03	Manish Anandha Sureshchandra Suresh	222003	Physics	Internally set & special Exam	18/20	B
04	Pratibha Anandha Sureshchandra Suresh	222004	Physics	Internally set & special Exam	18/20	B
05	Manish Anandha Sureshchandra Suresh	222005	Physics	Internally set & special Exam	18/20	B
06	Manish Anandha Sureshchandra Suresh	222006	Physics	Internally set & special Exam	18/20	B
07	Manish Anandha Sureshchandra Suresh	222007	Physics	Internally set & special Exam	18/20	B
08	Manish Anandha Sureshchandra Suresh	222008	Physics	Internally set & special Exam	18/20	B
09	Manish Anandha Sureshchandra Suresh	222009	Physics	Internally set & special Exam	18/20	B
10	Manish Anandha Sureshchandra Suresh	222010	Physics	Internally set & special Exam	18/20	B
11	Manish Anandha Sureshchandra Suresh	222011	Physics	Internally set & special Exam	18/20	B
12	Manish Anandha Sureshchandra Suresh	222012	Physics	Internally set & special Exam	18/20	B
13	Manish Anandha Sureshchandra Suresh	222013	Physics	Internally set & special Exam	18/20	B
14	Manish Anandha Sureshchandra Suresh	222014	Physics	Internally set & special Exam	18/20	B
15	Manish Anandha Sureshchandra Suresh	222015	Physics	Internally set & special Exam	18/20	B
16	Manish Anandha Sureshchandra Suresh	222016	Physics	Internally set & special Exam	18/20	B
17	Manish Anandha Sureshchandra Suresh	222017	Physics	Internally set & special Exam	18/20	B
18	Manish Anandha Sureshchandra Suresh	222018	Physics	Internally set & special Exam	18/20	B
19	Manish Anandha Sureshchandra Suresh	222019	Physics	Internally set & special Exam	18/20	B
20	Manish Anandha Sureshchandra Suresh	222020	Physics	Internally set & special Exam	18/20	B

Signature  
Date

# Sangameshwar College (Autonomous), Solapur

Department of Commerce

## Activity Report

(2023-2024)

1	Written/Conferences/Workshop/ Topic/Title	Financial Awareness Program
2	Level of organization: Local/University/State/ National/International	Local
3	Date & Time	23 <sup>rd</sup> August 2023 @ 10:00 A.M.
4	Resource Person (date/s)	Mr. Tinbaraj Pandey, Project manager for the Consumer Guidance Society of India
5	Venue/Online platform (Link of online Platform)	Platform: Offline Room no. D-8
6	Organized for	B.Com. III Student
7	Objective	To teach basic financial concepts such as budgeting, saving, investing, and debt management.
8	No. of Participants: Faculty	24
	Students	50
9	Event Coordinator	Dr. B. M. Khatke
10	Supporting Staff	Dr. Kharuka Mahadik, Prof. Chetan Dandekar
11	Outcomes (minimum 3)	1. Students gain a better understanding of financial terms, concepts, and tools. 2. Improved credit scores and reduced financial stress.
12	External Agency Associated (if any)	Consumer Guidance Society of India
13	Proof Attached (provide images)	Notice: Yes Brochure: Agenda Attendance: Yes You Tube Link Feedback: Nil Certificates:
14	Event Summary	A guest lecture on the subject of "Consumer Protection and Financial Literacy" was arranged on August 23, 2023, in honor of the Commerce Association's inaugural ceremony. Mr. Tinbaraj Pandey, the project manager for the Consumer Guidance Society of India, was the resource person. He emphasized the necessity for students to be financially literate and aware of their rights as consumers. His presentation benefited the Commerce faculty's students. Program is aided by Vice principal Dr. V. K. Puranik.

name of student	class	sign.
Usha S. Kalyani	B. Com - II	<u>U. S. Kalyani</u>
Pooja C. Gaikwad	B. Com III	<u>P. Gaikwad</u>
Sanshodhi D. Gund	B. Com III	<u>Gund</u>
Laxmi K. Chinchole	B. Com III	<u>Laxmi</u>
Geeta S. Wale	B. Com II	<u>Geeta</u>
Aparna J. Srisanghi	B. Com III	<u>A. Srisanghi</u>
Usha S. Masu	B. Com II	<u>U. Masu</u>
Anjali M. Dharmshaje	B. Com III	<u>A. Dharmshaje</u>
Pooja S. Bansode	B. Com II	<u>P. Bansode</u>
Sanshodhi S. Humarokkar	B. Com III	<u>S. Humarokkar</u>
Pooja M. Ulagade	B. Com III	<u>P. Ulagade</u>
Sakshi M. Kulkarni	B. Com III	<u>S. Kulkarni</u>
Kamishi S. Surta	B. Com - II	<u>K. Surta</u>
Jayashree S. Rajput	B. Com - I	<u>J. Rajput</u>
Sakshi D. Patil	B. Com - I	<u>S. Patil</u>
Sakshi S. Chougale	B. Com - I	<u>S. Chougale</u>
Kavya S. Dargave	B. Com - I	<u>K. Dargave</u>
Pooja Kadam	B. Com III	<u>P. Kadam</u>
Urvashi S. Chaudhari	B. Com III	<u>U. Chaudhari</u>
Hemantini Vishwak	B. Com. II	<u>H. Vishwak</u>
Ashwini. Varkha	B. Com - I	<u>A. Varkha</u>
Mali Vishakha	B. Com I	<u>M. Vishakha</u>
Swami Naqani	B. Com II	<u>S. Naqani</u>
Usha more Shirali	B. Sc - I	<u>U. Shirali</u>
Talwar Pratiksha	B. Com - I	<u>T. Pratiksha</u>
Madhvi Pratiksha	B. Com - I	<u>M. Pratiksha</u>
Pooja P. Gaikwad	B. Com - III	<u>P. Gaikwad</u>
Pooja S. Gaikwad	B. Com - III	<u>P. Gaikwad</u>
Sakshi Kadam	B. Com MKT III	<u>S. Kadam</u>
Vidya Pachande	B. Com MKT II	<u>V. Pachande</u>
Usha Naqani	B. Com - I	<u>U. Naqani</u>
Usha S. Bate	B. Com MKT I	<u>U. Bate</u>
Usha Kulkarni	B. Com MKT I	<u>U. Kulkarni</u>



