



Shikshan Prasarak Mandal, Kamptee's

Seth Kesarimal Porwal College of Arts & Science & Commerce, Kamptee – 441 001

Affiliated to RTM Nagpur University, Nagpur, Maharashtra

NAAC Accredited with 'A' Grade

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Internal Quality Assurance Cell (IQAC)

Dr. M. B. Bagade
Principal

Dr. P. R. Dhongle
Coordinator

Date: 11 / 03 / 2020

Best Practice II

2018 – 2019

1. Title of the Practice

Health Awareness Campaign 2018 – 2019

2. Objectives

- ❖ To inculcate the habits of cleanliness among the staff and the students.
- ❖ To educate the students and make them aware of how to take proper care of their health.
- ❖ To motivate the staff and the students for blood donation and organ donation.
- ❖ To educate the students about health care, vaccination, hygiene and illness prevention.
- ❖ To motivate the staff and the students for regular exercise and yoga.

3. The Context

The World Health Organization defines health as a state of mental, physical and social well being and not merely physical well being. Individuals who are healthy in mind are automatically healthy in their bodies. Good health is man's greatest possession. A healthy person is one who can function up to his optimal capacity without any difficulty. Good health facilitates a lot of other body processes. Good health helps us to handle stress and combat with increasing pressure. And hence, the college has organized various health awareness activities during the session 2018–19 to create awareness among students and society regarding health and sanitation with the above mentioned objectives.

4. The Practice

Under the aegis of Health Awareness Campaign 2018–19, various health awareness activities were undertaken by the college during the session. The Home Economics department celebrated the World Breastfeeding Week from 1st August 2018 to 7th August 2018. During this week, awareness among the local women was done about the advantages of breastfeeding. On the occasion of Late Shri Rakeshkumar Porwal Smruti Din (28th August, 2018), the NSS unit of the college organized a blood donation camp and the staff and the students participated in this camp enthusiastically and donated blood. Home Economics department also celebrated National Nutrition Week from 1st September 2018 to 7th September 2018. In this program the students were informed about the healthy and balanced diet.

The Health Awareness Cell organized a guest lecture on Feminine hygiene on 8th September 2018. On the occasion the chief guest Miss. Sarita Gumgaonkar, Miss Sonali Jain, Miss Swati Nimbalkar and Miss Padmini Dhoke spoke about the feminine hygiene and the challenges that the girls face during the monthly menstrual period. The knowledge about the adolescence body changes was also imparted to the students. Sanitary napkins were also distributed to the girl students on the occasion. The NSS unit of the college organized 'Swachha Pakhwada' under Swaccha Bharat Abhiyan from 15th September to 30th September 2018. To make this program successful NSS in-charge Dr. A. H. Ansari and Prof. Mohd Asrar motivated the students to clean the campus and also asked them to keep it plastic free. The social awareness cell of the college organized a program on Oral and Vector Born diseases on 27th September 2018. Miss Monika Charmode, District Malaria Officer, Nagpur (Rural) and Dr. Sabahat Khan, Dental Surgeon, Sub District Hospital, Kamptee were the guests. Miss Charmode spoke about the diseases like malaria and dengue whereas Dr. Sabahat Khan threw light on the dental issues and their basic treatment. Principal Dr. M. B. Bagade also appealed the gathering to take care of the health and hygiene. Health Awareness Cell in association with Heartfulness Education Trust organized a Meditation Workshop for staff and students on 28th and 29th September 2018 in the college. The workshop focused on emphasizing how to overcome stress during hard and difficult situations through meditation practices. The trainers discussed about the importance and benefits of meditation in our life.

Women Development Cell organized an extension program on Health and Sanitation at Buddha Vihar, Juni Chhaoni, Kamptee on 16th October 2018. On the occasion Dr. Ragini Chahande interacted with the local ladies on 'good health and sanitation'. 30 local women participated in the program. The Health Awareness Cell organized First Aid Awareness Program on 16th January 2019. On the occasion, Mr. Tushar Kulkarni, In-charge, Virohan Institute, Nagpur talked about the importance of first aid and CPR

(Cardio Pulmonary Resuscitation). Principal Dr. M. B. Bagade insisted on the importance of first aid and endorsed the students to get benefitted by such activities.

Health Awareness Cell of the college organized Dental and Eye Check up Camp for students and staff on 25th January 2019. The Eye specialist doctors attended 47 people (students and staff) while 46 students were present for dental check up. The doctors also educated the students about the hygiene of eyes and dental care. The NSS unit of the college in association with Sub-District Hospital, Kamptee distributed the medicines of Filariasis and created awareness regarding it in the college campus on 6th February 2019. A large number of students have taken the benefit of this initiative of the college. The Health Awareness Cell organized a workshop on Yogic Kriya on 22nd February 2019 for the staff and the students. Dr. Subhash Dadhe from Dhanwate National College delivered a speech on Wamandhoti, Danddhoti, Wasradhoti, Sutraneti, Jalneti, Tratak, Noully, Kapalbhathi and Basti. Demonstration on these kriyas was also given to the students on the occasion.

Department of Commerce organized an extension program on Stress Management on 28th February 2019 at Hanuman Temple, Gautam Nagar, Kamptee. Prof. N.R. Ambade guided the audience on stress management and also asked them to be positive in life. NSS unit organized a one week service camp at village Ajni from 23rd February to 1st March 2019. During this camp, the villagers were made aware regarding health and sanitation and a blood donation camp was also organized. The department of Home Economics organized a guest lecture on Nutrition and Health on 12th March 2019. On this occasion, Dr. I. V. Saha guided the students about nutritional values of healthy food. The college also celebrated an International Yoga Day on 21st June 2019. Dr. J. V. Ramteke delivered a lecture on yoga and some students demonstrated the different asanas on the occasion.

Besides all these activities, all the faculty members always provide the guidance to the students regarding health and hygiene issues in the society.

5. Evidence of Success

Reports and photographs of all the above mentioned activities.

6. Problems Encountered and Resources Required

Health and hygiene is a part of education and it is required to be maintained in our daily routine. There are about 2000 students in the college whereas numbers of lavatories are less; hence the number of lavatories can be increased in the college premises. Girl students are to be hygiene educated by lady teachers. Toilet etiquettes are needed to be inculcated among the students through organizing more specific health related programs.

Health Awareness Activities 2018 – 2019

01.08.2018 to 07.08.2018	World Breastfeeding Week celebrated by Home Economics Department including Extension Program at Hardas Vihar, Kamptee.
28.08.2018	Blood Donation Camp organized by NSS in association with IGMC, Nagpur.
01.09.2018 to 07.09.2018	National Nutrition Week celebrated by Department of Home Economics.
08.09.2018	Program on Feminine Hygiene organized by Health Awareness Cell.
15.09.2018 to 30.09.2018	Swachhta Pakhwada under Swachch Bharat Abhiyan organized by NSS.
27.09.2018	Program on Oral & Vector Born Diseases organized by Social Awareness Cell.
28.09.2018 to 29.09.2018	Meditation Workshop organized by Health Awareness Cell.
16.10.2018	Extension Program on Health and Sanitation at Buddha Vihar, Juni Chawni, Kamptee organized by Women Development Cell.
16.01.2019	First Aid Awareness Program organized by Health Awareness Cell.
06.02.2019	Distribution of Medicines of Filariasis in the college campus organized by NSS in association with Sub – district Hospital, Kamptee.
25.01.2019	Dental and Eye check up camp for staff and students organized by Health Awareness Cell.
22.02.2019	Workshop on Yogic Kriya for staff and students organized by Health Awareness Cell.
28.02.2019	Extension program on Stress Management at Hanuman Temple, Gautam Nagar, Kamptee organized by Department of Commerce.
23.02.2019 to 01.03.2019	NSS Camp at Village Ajni, Kamptee. Activities on Health Awareness, Blood donation camp, Swachch Bharat Abhiyan etc.
12.03.2019	Guest Lecture on Nutrition and Health organized by Department of Home Economics.
21.06.2019	Yoga Day Programme organized by Health Awareness Cell.

World Breast Feeding Week

1st August 2018 to 7th August 2018

The Department of Home Economics of Seth Kesarimal Porwal College of Arts and Science and Commerce, Kamptee celebrated **World Breast Feeding Week** from 1st August 2018 to 7th August 2018 in the college campus. The programme was inaugurated by the Principal Dr. M. B. Bagade on the first day and he congratulated the department of Home Economics for organizing such event. Principal Bagade in his address urged the students to create awareness regarding breast feeding in their surroundings. Dr. S. V. Deshpande, Head, Department of Home Economics, gave the introductory remarks and discussed the importance of this programme. Dr. Indrani Saha discussed the problems of women and told the importance of breast feeding to the future mothers. She discussed in details the benefits of breast feeding and the related issues regarding every aspect of a new born baby and her mother. 34 students enthusiastically attended the programme and the staff members were also present on the occasion. Smt. Seema Patil conducted the programme and Ku. Pallavi Mamulkar from B.A. 3rd Semester proposed a formal vote of thanks.

In the whole week the 34 students of the department along with Dr. S. V. Deshpande and Dr. I. V. Saha visited the local surroundings of the college and created awareness regarding breast feeding to the local girls and women. The department addressed the local ladies at Hardas Vihar, Kamptee and discussed in detail the importance and benefits of breast feeding. The related issues of women were also discussed. All the queries of the ladies were answered to their satisfaction.

Dr. S. V. Deshpande

Head, Department of Home Economics

Blood Donation Camp in memory of Late Shri. Rakesh Kumar Porwal

28th August 2018



The college commemorated the death anniversary of Late Shri. Rakesh Kumar Porwal, former Vice President, S. P. M. Kamptee, on 28th August 2018. Shri Ganesh Jagdale, Naib Tehsildar, Kamptee was the chief guest while Shri. Ashok Kumar Bhatia, Director Development, S. P. M, Kamptee presided over the function. A Blood Donation Camp was organized on the occasion by team of doctors from Indira Gandhi Government Medical College, Nagpur, under the leadership of Dr. Mohnish Tiwari. 20 people paid homage to Late Shri. Rakesh Kumar Porwal by participating in donating the blood. Annual magazine of the college “Kesari” was also released on the occasion. Dr. M. N. Ghoshal, C. E. O., S. P. M., Principal Dr. M. B. Bagade, Shri. Akhil Porwal, Shri. Abhimanyu Porwal, Vice-Principal Junior College, Mrs. S. J. Agrawal were prominently present during the programme. The programme was conducted by Dr. Mrs. G. R. Hashmi while Vice Principal & convener of the programme Dr. A. H. Ansari proposed a vote of thanks.

Dr. A. H. Ansari
Convener

Blood Donation Camp in memory of Late Shri. Rakesh Kumar Porwal

28th August 2018



Dr. A. H. Ansari
Convener

National Nutrition Week

1st September 2018 to 7th September 2018

The Department of Home Economics of Seth Kesarimal Porwal College of Arts and Science and Commerce, Kamptee celebrated **National Nutrition Week** from 1st September 2018 to 7th September 2018 in the college campus. The programme was inaugurated by the Principal Dr. M. B. Bagade on the first day and he congratulated the department of Home Economics for organizing such event. He emphasized that a healthy diet plays a vital role in grooming the personality of an individual and hence the students must take the requisite nutrition in their food and avoid eating junk food. He motivated the students to create awareness regarding nutritious food in their localities and society. Dr. S. V. Deshpande, Head, Department of Home Economics in her address discussed in detail the importance of this programme. She laid stress on taking nutritious food in growing years for students as it would help them to remain fit and healthy. She gave an overview on the advantages and disadvantages of nutrition in our body. She also told about the consequences of taking junk food in our diet. The program was attended by 34 students of the department and the staff members. Dr. Indrani Saha conducted the programme and Smt. Seema Patil proposed a formal vote of thanks.

During the whole week students of the department created awareness regarding nutritious food among the students of senior and junior college in the college campus. Students also displayed various posters and banners on healthy and nutritious diet in the campus.

An Inter-collegiate Cookery Competition was also jointly organized by the Department of Home Economics of Seth Kesarimal Porwal College of Arts and Science and Commerce, Kamptee and Taywade College, Koradi on 4th September 2018. Ku. Pallavi Mamulkar from B. A. III Semester of our college secured the first place in this competition.

Dr. S. V. Deshpande

Head, Department of Home Economics

Program on Feminine Hygiene

8th September 2018



The Health Awareness Cell of the college organized a programme on feminine hygiene on 8th September 2018 at 11.00 am in Library hall of the college. Miss. Sarita Gumgaokar, Miss. Sonali Jain, Miss. Swati Nimabalkar and Miss. Padmini Dhoke from Proctor and Gamble Company were present on the occasion to enlighten the girls regarding feminine hygiene issues. Dr. R. K. Chahande in her introductory speech highlighted the objectives of the program. For

many adolescent girls around the world puberty is vulnerable time when they face various pressures and challenges. These challenges are amplified when girls lack the knowledge and tools they need to navigate puberty safely and with dignity. The mandated menstrual and reproductive health education is lacking in our college girls. This program focussed on to seek answers related to girl's problems and their changing bodies as they enter adolescence. All the speakers motivated the girls to take care of their health and hygiene. Every aspect of the feminine hygiene and the changes in the girl's body were discussed in detail by the speakers. The programme was attended by 85 girl students. All the students were motivated to create awareness among the society regarding female related issues and hygiene. The queries and issues asked by the girl were properly answered by the resource persons. Dr. Shalini Chahande conducted the programme and proposed the formal vote of thanks. Principal Dr. M. B. Bagade congratulated the team for creating awareness on the feminine issues.

Dr. J. V. Ramteke
Convener, Health Awareness Cell

Swachhta Pakhwada Under Swachh Bharat Abhiyan

15th September 2018 to 30th September 2018

Following programs were organized under this abhiyan in which 148 NSS volunteers participated.

Swachhta Shapath

During the program on 15th September 2018 Vice Principal & NSS Officer Dr. A. H. Ansari read the Swachhta Shapath along with NSS boys & girls. Dr S. C. Shirpurkar talked about Swachh Bharat Abhiyan run by central govt. Dr. Iftekhar Hussain, Dr. Tushar Chaudhari & NSS Officer Prof. Mohd. Asrar were prominently present in the program.



Dr. S. C. Shirpurkar speaking on Swachh Bharat Abhiyan

Swachhta Pakhwada

As per directives of the NSS Cell, RTM Nagpur University, Nagpur, Swachhta Pakhwada was also celebrated in the college premises between 15th Sept. 2018 & 30th Sept. 2018. Dr. I. R. Hussain, Head, Department of Commerce was the chief guest. While addressing the gathering he explained the importance of Swachh Bharat Abhiyan. He also read the Swachhta Shapath along with the students & other guests. Dr. A. H. Ansari, Dr. Tushar Chaudhari and Prof. Mohd. Asrar also guided on the occasion in relation to Swachhta Pakhwada.



Dr. Itekhar Hussain & others reading Swachhta Shapath

During the program, the college premises were also cleaned on a regular basis by the NSS volunteers. NSS boys & girls cleaned the congress grass nearer to the college main gate, Fish Pond & Cycle Stand & were later burnt. In another program, the harmful congress grass & small dried plants were cut & are collected in a tank for manufacturing organic manure. At a number of places in the college premises, boards were displayed showing the message green campus & clean campus etc. and dustbins were also kept for collection of the garbage.



NSS volunteers cleaning the college premises



Collection of congress grass & dried plants in a tank for manufacturing organic manure

Rally & Street Play

A rally on Swachh Bharat Abhiyan was also organized in the near by area of the college, Gautam Nagar, Sailab Nagar as well as adjoining Gram Panchayats of Kamptee where NSS volunteers along with teachers participated. During the Rally different slogans regarding cleanliness were shouted by NSS volunteers. Similarly Street Play was also performed by the NSS volunteers & the villagers were made aware regarding cleanliness.



Rally on Swachh Bharat Abhiyan in Aajni village



Street Play on Swachh Bharat Abhiyan in Aajni village

Dr. A. H. Ansari
N. S. S. Programme Officer

Program on Oral & Vector Born Diseases

27th September 2018

The Social Awareness Cell of the college organized a programme on oral and vector born diseases on 27th September 2018 at 12.00 noon in Library hall of the college. Ms Monika Charmode, District Malaria Officer, Nagpur (Rural) and Dr. Sabahat Khan, Dental Surgeon, Sub District Hospital, Kamptee, Nagpur were the speakers on the occasion. Prof D. V. Bhavsagar in his introductory speech highlighted the objectives of Social Awareness Cell. Principal Dr. M. B. Bagade appealed the students to take care of their health and hygiene. Ms. Charmode in her presentation discussed the causes and preventions of the diseases like Malaria and Dengue. She talked in detail about the diseases caused by mosquitoes, their prevention and the necessary measures one needs to take on such kind of issues. She emphasised that the students should maintain a proper hygiene and create awareness regarding the vector born diseases in the society. Dr. Sabahat Khan, in her speech told the gathering about what care has to be taken to keep our teeth clean and healthy. She also discussed the various oral diseases and their preventive remedies. She told the students to follow always the habit of brushing teeth two times a day and maintain oral cleanliness for prevention of oral diseases. The programme was attended by 74 students. All the students were motivated to create awareness in their society regarding oral and vector born diseases. All the committee members, Dr. S. C. Shirpurkar, Dr. V. R. Shende and Dr. Ms. G. R. Hashmi were prominently present in the programme. Prof Mohd. Asrar conducted the programme and Prof. R. K. Parate proposed the vote of thanks. Dr. J. S. Tagade, Dr. Azhar Abrar, Dr. K. M. Dhole, Dr. Alok Rai and Prafull Dhanvijay were also present in the programme.

D. V. Bhavsagar
Convener, Social Awareness Cell

Meditation Workshop

28th September 2018 to 29th September 2018

Health Awareness Cell in association with Heartfulness Education Trust organized a Meditation Workshop for staff and students on 28th and 29th September 2018 in the college. The workshop received guidance and training from Sister Sudha Peri, Sister Sunita Agarwal, Sister Vidya Nistane, Sister Bhawna Lohkare, Sister Snehal Singh, Brother Manish Gupta, Brother Ganesh Liyar, Brother Sanjay Jethawa, Brother Sourabh Soni, and Brother Vinod Jethwa. The workshop focused on emphasizing how to overcome stress during hard and difficult situations through meditation practices. The trainers discussed about the importance and benefits of meditation in our life. Principal Dr. M. B. Bagade in his address told that meditation can be a very good way to keep ourselves fit and healthy. The workshop was conducted by Dr. R. K. Chahande and the formal vote of thanks was proposed by Dr. Jitendra S. Tagade. The workshop was attended by 103 participants.

Dr. J. V. Ramteke
Convener, Health Awareness Cell

Meditation Workshop

28th September 2018 to 29th September 2018



Dr. J. V. Ramteke
Convener, Health Awareness Cell

Program on Health and Sanitation

16th October 2018

Women Development Cell of Seth Kesarimal Porwal College of Arts, Science & Commerce Kamptee organized a program on Health and Sanitation at Buddha Vihar Juni Chawni, Kamptee on 16th October 2018. Dr. Renu A. Tiwari, Vice-Principal and Convener of the cell arranged the program for the women of the area.

Dr. Ragini Chahande, Associate Professor and member of the cell interacted as a resource person. She delivered a lecture on 'Good Health and Sanitation'. In her talk madam explained the importance of cleanliness at home and adjoining areas. She also added the importance of balance diet, causes of anemia and other deficiency in female. In this interactive session ladies raised their queries which were satisfactorily answered by the speaker. 30 ladies participated in this program. 25 Students of Science faculty also interacted with the ladies of Juni Chavni.

Members of the women development cell Dr. Shalini Chahande, Nishita Ambade and Dr. Asha Ramteke worked hard to make the event successful. Mrs. Pratibha Nagarkar from Marathi department also helped in this event.

Dr. M. B. Bagade Principal of the college appreciated the programme.



Dr. Renu A. Tiwari
Convener, Women Development Cell

Program on First Aid Awareness

16th January 2019



The Health Awareness Cell of the college organized a programme on First Aid Awareness on 16th January 2019 at 11.30 am in Library hall of the college. Mr. Tushar Kulkarni, an expert in basic first aid and other related areas from Virohan Institute, Nagpur was the resource person on the occasion. Dr. J. V. Ramteke in his introductory speech highlighted the aims and objectives of Health Awareness Cell. Principal Dr. M. B. Bagade advised the students to take care of their health and described the importance of first aid in our life. Mr. Tushar Kulkarni in his talk discussed in details the importance of first aid and the various steps for providing the initial treatment to anyone in case of emergency. He also gave a live demonstration of CPR (Cardio Pulmonary Resuscitation). He answered all the related queries of the students and motivated everyone to help others in situation of medical emergency. The programme was attended by 64 students. Dr. R. L. Roy conducted the programme and Vice – Principal Dr. A. H. Ansari proposed the formal vote of thanks

Dr. J. V. Ramteke
Convener, Health Awareness Cell

Program on First Aid Awareness

16th January 2019



Live demonstration of CPR (Cardio Pulmonary Resuscitation) by Mr. Tushar Kulkarni

Dr. J. V. Ramteke
Convener, Health Awareness Cell

Filariasis Medicines Distribution Program

6th February 2019



As per directives of Public Health Department, Government of Maharashtra, as a part of National Filariasis Control Program, a one day Medicine Distribution Camp was organized on 6th February 2019 in the premises of Seth Kesarimal Porwal College, Kamptee under the banner of N. S. S. Unit of the college. The program was organized as a part of campaign of elimination of Lymphatic Filariasis in the region of Nagpur District by Government of Maharashtra. During the camp 105 N. S. S. volunteers of the college got benefitted. First of all representatives of Public Health Department, Sub-District Hospital, Kamptee gave a detailed information about Lymphatic Filariasis, it's treatment, home treatment & prevention as well as about the campaign run by Government of Maharashtra in relation to it. On this occasion medicines like Albendazole 300 Mg, Mectizan 3 Mg & Diethylcarbamazine citrate 100 Mg were distributed as well as allowed to consume in the camp itself. Vice Principal & N. S. S. Officer, Dr. A. H. Ansari appealed to the students for active participation in the said campaign. N. S. S. Officer Prof. Mohd. Asrar proposed a vote of thanks. Principal of the college, Dr. M. B. Bagade congratulated the N. S. S. volunteers for active participation in the camp & showing interest in this health related issues.

Dr. A. H. Ansari
N. S. S. Programme Officer

Filariasis Medicines Distribution Program

6th February 2019



Distribution & consumption of medicines of Filariasis in the college premises

Dr. A. H. Ansari
N. S. S. Programme Officer

Dental and Eye Check Up Camp

25th January 2019

The Health Awareness Cell of the college organized a dental and eye check up camp for staff and students on 25th January 2019 at 11.30 a.m. in the Library hall of the college. Dr. Oshika Gajbhiye from Advance Dental Care, Nagpur and Dr. Rajesh Kumar from Vision Express, Nagpur along with their supporting staff conducted this dental and eye check up camp. Dr. J. V. Ramteke in his introductory remarks briefed about the aims and objectives of Health Awareness Cell. Principal Dr. M. B. Bagade advised everyone about regular checkups and to take care of their eyes, teeth and overall health. Dr. Oshika Gajbhiye talked about the steps to be taken for having healthy teeth while Dr. Rajesh Kumar guided on the care to be taken for eyes. In this camp 47 people took the benefit of dental check up while 46 people did the eye check up. Dr. Ragini Chahande conducted the program. Teaching and non – teaching staff members and students were present in the camp.

Dr. J. V. Ramteke
Convener, Health Awareness Cell

Dental and Eye Check Up Camp

25th January 2019



Dental and Eye Check Up Camp

25th January 2019



Dr. J. V. Ramteke
Convener, Health Awareness Cell

Workshop on Yogic Kriya

22nd February 2019

The Health Awareness Cell of the college organized a one day workshop on Yogic Kriya for staff and students on 22nd February 2019 in the college. Dr. Subhash Dadhe, Assistant Professor from Dhanwate National College, Nagpur was the resource person in the workshop. Shri. Ashok Kumarji Bhatia, Director Development, S. P. M. graced the occasion as the President of the workshop. Principal Dr. M. B. Bagade in his introductory remarks briefed about the aims and importance of the workshop. The speaker of the workshop Dr. Subhash Dadhe gave a brief note on different kind of Suddhikriyas like Vaman dhoti, Danddhoti, Wastradhoti, Sutraneti, Jalneti, Tratal, Kapal Bhati and Basti etc. He suggested actual method for doing this Kriyas and also described the benefits of these entire clinic Kriyas. International Yoga player Miss. Priyanka Vairagade was felicitated on this occasion. Miss. Priyanka Vairagade and Mr. Vishnu Thakre gave the demonstration of all these kriyas and took practice of the interested students. The workshop was attended by 42 participants. The program was conducted by Dr. J. V. Ramteke and vote of thanks was given by Dr. Jitendra Tagade. The teaching and non – teaching staff members were present on the occasion.



Dr. Subhash Dadhe teaching Yogic Kriyas to the participants

Dr. J. V. Ramteke
Convener, Health Awareness Cell

Extension Program on Stress Management

28th February 2019



The Department of Commerce of the college organized an extension programme on Stress Management on 28th February 2019 at Hanuman Temple, Gautam Nagar Chhaoni, Kamptee. The aim of the program was to create awareness in the nearby society of the college regarding stress management and health issues. The convener of the program Prof. Nishita Ambade guided the locals present in the area about the impact of stress in our life and the remedies we can perform to relieve stress and have a healthy life. She told that a stress free situation helps in keeping us healthy, fit and fine. She also motivated everyone to practice yoga and meditation for relieving from stress. Dr. Durga Pande and Prof. Manapure also did conversation with the local ladies regarding stress management. The founders of the temple Shri. Vijay Mithiya and Shri. Lokesh Mithiya provided all the needed support required for the organization of the program. Prof. Shraddha Sharma and Prof. Jeevanlata Agrawal arranged all the facilities for the program. The program was attended by 52 participants. The faculty members of Commerce Department Dr. Iftekhar Hussain, Dr. S. P. Dudure, Dr. T. H. Multani and Dr. T. V. Chaudhari provided their support for the successful organization of the program. Principal Dr. M. B. Bagade congratulated the department for organizing the event and creating awareness on a very important issue.

Prof. Nishita Ambade
Convener

Extension Program on Stress Management

28th February 2019



Prof. Nishita Ambade
Convener

N. S. S. Special Service Camp

23rd February 2019 to 1st March 2019

NSS unit of the college organized a 07 days Special Service College Camp on the topic “Women Empowerment & Swachh Bharat” at gram panchayat Aajni Ta. Kamptee from 23rd February 2019 to 1st March 2019. During the camp 115 NSS volunteers including 31 boys & 84 girls participated. Following programs were conducted during the camp.

- (1) Arrival of the Participants & their Registration
- (2) Inauguration of the Camp & Rally on different Topics such as women empowerment, blood donation, medical check-up, gram swachhta abhiyan, defecation free village, septic tank construction, anti-dowry, superstition etc.
- (3) Rasta Suraksha Abhiyan – Lecture on Traffic Rules & rally in relation to it.
- (4) Lecture Series on different Topics such as Bachat Gat by Gramonnati Cell of the college, Cyber Crime by Department of Computer science, Nutrition for School Children by Pragati Foundation of the college, Science for People & People for Science by Pratibha Shakti Sangathan, Nagpur.
- (5) Gram Swachhta Abhiyan
- (6) Blood Donation Camp by GSK Blood Bank, Nagpur – 20 NSS volunteers & village peoples donated blood.
- (7) Swachh Bharat Abhiyan
- (8) Beti Bachao – Beti Padhao Abhiyan etc.

Masharib Ansari & Yogesh Gondane amongst boys and Ku. Azna Shabi & Ku. Aakanksha Durbule amongst girls were declared Best NSS volunteers during the camp. Vice Principal & NSS Officer Dr. A. H. Ansari, Dr. J. S. Tagade, Prof. R. K. Parate & NSS Officer Prof. M. Asrar thanked Dr. M. B. Bagade, Principal of the college for giving permission for organizing the said camp. NSS committee also thanked Shri Sunil Meshram, Sarpanch-Aajni & others members of the gram panchayat for their co-operation & support during the camp.

Dr. A. H. Ansari
N. S. S. Programme Officer



Inauguration of the Special Service Camp at Aajni village.

Sarpanch Shri Sunil Meshram speaking on the occasion



Rally on Beti Bachao – Beti Padhao Abhiyan



Lecture on Traffic rules under Rasta Suraksha Abhiyan



Rally on Rasta Suraksha Abhiyan



Lecture by Gramonnati Cell of the college



Lecture by Pratibha Shakti Sangathan Under Pragati Foundation of the college



Blood Donation Camp at Aajni during Special Service College Camp

Dr. A. H. Ansari
N. S. S. Programme Officer

Guest Lecture on Nutrition and Health

12th March 2019

The Department of Home Economics of Seth Kesarimal Porwal College of Arts and Science and Commerce, Kamptee organized a guest lecture on 12th March 2019 for the students of B. A. Dr. S. V. Deshpande, Head, Department of Home Economics in her address discussed about the aims and importance of this programme. She gave an overview on the advantages and disadvantages of nutrition in our body. Dr. Mrunal Waliokar from Kamala Nehru Mahavidyalaya, Nagpur was the resource person on this occasion. The title of her lecture was “Diet and Health”. During her lecture she exhorted the gathering about the food habits and various diseases caused by the consumption of junk food. She laid stress on taking nutritious food in growing years for students as it would help them to remain fit and healthy. She discussed in details about the impact of nutritious and junk food on our body and health. Dr. Indrani Saha also motivated the students to create awareness in the society regarding nutritious food, balanced diet and our health. The program was attended by 34 students of the department and the staff members. The programme was conducted by Miss. Sabiya Syed whereas Mrs. Seema Patil proposed a formal vote of thanks.

Dr. S. V. Deshpande

Head, Department of Home Economics

International Yoga Day Program

21st June 2019



The Health Awareness Cell of the college organized the International Yoga Day Program for staff and students on 21st June 2019 at 9.30 am in the college. This year is the fifth International Day of Yoga with the theme of “Climate Action”. Principal Dr. M. B. Bagade in his address briefed about the importance of the day and appealed to all to enhance their health by regularly practicing yoga in their life. On this occasion Dr. J. V. Ramteke, Assistant Professor, Department of Physical Education and Yoga teacher in charge delivered a lecture through power point presentation and gave Yoga demonstration with the help of degree college students from different faculty. He told that Yoga in India is considered to be around 5,000 year old mental, physical and spiritual practice. Yoga was originated in India in ancient time when people were used of meditation to transform their body and mind. Launching a particular date of practicing yoga all across the world and celebrating as yoga day was initiated by the Indian Prime Minister to the United Nations General Assembly.

Dr. Ramteke explained the history of Yoga, importance and benefit of Yoga in daily life, and different Asanas and Pranayama. Various yogic exercises and asanas like Bhujangasana, Sarwngasana, Mmatsyasana, Gomukhasana, Halasana, Nawakasana, etc. a cone prayer and chanting of ‘OM’ with proper breathing technique were displayed by the students. Students also demonstrated the Surayanamskar in 12 counts as warm up for asana to be performed. The yogasanas were practiced by the students present on the occasion. Discussion was also done on

the fundamental philosophy and intricacies of important yogic techniques. The workshop was attended by 36 participants. The teaching and non – teaching staff members were present on the occasion.



Various asanas were demonstrated by the students

Dr. J. V. Ramteke
Convener, Health Awareness Cell


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