



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

Website: [www.skpckamptee.in](http://www.skpckamptee.in)

E-mail : [iqac.skpc@gmail.com](mailto:iqac.skpc@gmail.com); [principal@skpckamptee.org](mailto:principal@skpckamptee.org)

## **Internal Quality Assurance Cell (IQAC)**

**Dr. V. N. Chavan**  
Principal

**Dr. P. R. Dhongle**  
Coordinator

Date: 08 / 12 / 2022

### **Best Practice II**

**2021 – 2022**

1. Title of the Practice –

#### **COVID-19 Awareness Activities**

2. Objectives

- ❖ To create awareness regarding COVID-19.
- ❖ To reduce the spread of pandemic.
- ❖ To improve health of students.

3. The Context

The outbreak of COVID-19 affected the lives of all sections of society and it had serious implications on health of people. In order to remove fear from minds of people, college organized the COVID-19 awareness activities.

4. The Practice

College organized 9 different awareness activities related to health and COVID-19 during this session. In addition, 6 COVID-19 vaccination drives were taken by college. These activities helped the students and society to get vaccinated and take necessary precautions related to health and hygiene.

5. Evidence of Success

Many students and staff were vaccinated in the 6 COVID-19 vaccination drives taken by college. The awareness activities helped in creating awareness regarding the pandemic and remove fear from minds of people. The importance of healthy diet was explained to all students.

6. Problems Encountered and Resources Required

- ❖ Misconceptions regarding vaccination and COVID-19.
- ❖ Fear of pandemic.
- ❖ Availability of vaccines.
- ❖ Negligence towards health issues.
- ❖ Students' attraction towards fast food.

  
Co-ordinator  
IQAC  
Seth Kesarimal Porwal College  
of Arts & Science & Commerce  
Kamptee



  
Principal  
Seth Kesarimal Porwal College of  
Arts & Science & Commerce, Kamptee



Vaccination drive was organized by the Alumni Associations of S K Porwal College, Kamptee on **10<sup>th</sup> August 2021**. Thasildar Kamptee Mr. Arvind Hinge was present as chief guest for the said event. Dr. M.B. Bagade, Principal & President, Alumni Association of S.K. Porwal College, Kamptee, Dr. Shabnam Khanuni, Primary Health Center was also graced the occasion by their esteemed presence. In the said event total 51 students and staff members were vaccinated. Thasildar Kamptee Mr. Arvind Hinge was also felicitated during the occasion by hands of Dr. M.B. Bagade, Principal & President of Alumni Association.

Vice Principals Dr. R. A. Tiwari and Dr. V.N. Chavan was also present during the occasion. Dr. Iftekhar Hussain, vice president, Dr. Indrajit Basu, secretary, Dr. K. M. Dhole, treasurer, Dr. A. H. Ansari, Dr. A. Khobragarahe, Prof. V. Wanjari, Prof. K. Gandhewar, Dr. S. Mondal, Prof. L. Rinkee, Mr. Hemant Sharma, all worked hard to ensure the success of this webinar.

## पोरवाल महाविद्यालयात लसीकरण शिबिर



कामठी : येथील सेठ केसरीमल पोरवाल महाविद्यालय येथे अल्युमिनी असोसिएशनतर्फे कोविड लसीकरण शिबिराचे आयोजन करण्यात आले. शिबिराचे उद्घाटन तहसीलदार अरविंद हिंगे यांच्याहस्ते झाले. यावेळी प्राचार्य डॉ. महेंद्र बागडे, न.प. आरोग्य सुविधा केंद्राच्या डॉ. शबनम खानुनी, उपप्राचार्य डॉ. रेणू तिवारी, डॉ. विनय चव्हाण, डॉ. यशवंत मेश्राम, डॉ. इंद्रजित बसू आदी उपस्थित होते. याप्रसंगी तहसीलदार अरविंद हिंगे यांचा सत्कार करण्यात आला. शिबिरात ७५ कर्मचाऱ्यांचे लसीकरण करण्यात आले. प्राचार्य डॉ. महेंद्र बागडे यांनी, अल्युमिनी असोसिएशनतर्फे महाविद्यालयात राबविल्या जाणाऱ्या उपक्रमांची माहिती दिली. प्रास्ताविक डॉ. इंद्रजित बसू यांनी केले. संचालन प्रा. डॉ. किशोर ढोले यांनी केले, तर डॉ. विनय चव्हाण यांनी आभार मानले. कार्यक्रमाला डॉ. यशवंत मेश्राम, डॉ. अनिल खोब्रागडे, डॉ. ए. एच. अन्सारी, डॉ. सुजित मंडल, हेमंत शर्मा, प्रा. कमल गंधेवार, विश्वनाथ वंजारी उपस्थित होते. शिबिराच्या आयोजनासाठी शिरीष संगेवार, धीरज कुनोजिया, कुणाल कडू, समीर वानखेडे, मंगेश यादव, लतेश्वरी रिंके, किरण पुरके, शुभांगी बावनकुळे आदींनी सहकार्य केले.

Date: 10/08/2021

Dr. Indrajit Basu

Secretary Alumni Association



Shikshan Prasarak Mandal, Kamptee's

**SETH KESARIMAL PORWAL COLLEGE OF ARTS AND SCIENCE AND COMMERCE, KAMPTEE**

Principal

**Dr. M. B. Bagade**  
M. Sc., Ph. D.

Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur  
NAAC Accredited with 'A' Grade

Ref. SKP/DC .....

Date 16/10/2021

To  
The Medical Officer/Superintendent  
Sub-District Hospital  
Kamptee

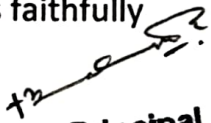
Sub: Regarding organizing a Vaccination Drive in College Campus for Students

Dear Sir,

As the colleges are reopening for the students in next week, the college has to ensure the double dose of Covid-19 Vaccine of all the stakeholders of the college including students above 18 years old. Hence the National Service Scheme (NSS) of the college has decided to organize a Vaccination Drive in the college campus in collaboration with the Sub-District Hospital, Kamptee. Kindly give your consent for the same.

Thank you

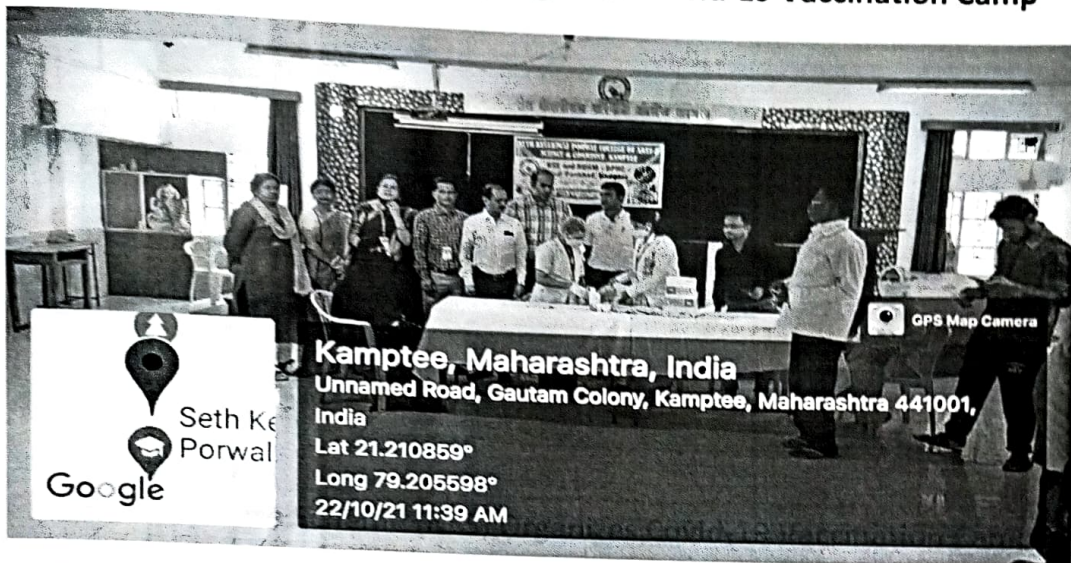
Yours faithfully

  
Principal  
S.K.P. College, Kamptee

22.10.2021  
11Am - 3pm  
8390641760

NUHM - U.P.H.C  
Nagarpasphad Kamptee  
Taluka Kamptee

## National Service Scheme (NSS) Organizes Covid-19 Vaccination Camp



The NSS Unit of Seth Kesari Porwal College of Arts and Science and Commerce, Kamptee in collaboration with NUHM-UPHC Nagar Parishad, Kamptee organized a Covid-19 vaccination camp in the college premises on 22<sup>nd</sup> October 2021. The camp was inaugurated by the principal of college Dr. M.B. Bagade. In the inaugural speech Principal Dr. Bagade stressed upon the need of vaccination for the survival in the pandemics, and also appealed to the eligible students and staff members to get vaccinated on the occasion. The team of doctors and nurses including Medical Officer Dr. Shabnam Khanooni, Taluka Health Officer Dr. Sanjay Mane and vaccination in-charge Nurse Shital Bhagwat came from the Nagar Parishad Hospital for this vaccination camp. Total 101 students have been vaccinated in this camp. NSS Programme Officer Dr. Vinod Shende made the necessary arrangements for the smooth conduct of the camp. Dr. Ragini Chahande, Dr. Swapnil Dahat, Dr. Manish Chakravarty, Dr. Prashant Bambal, Dr. Siddharth Meshram, Dr. Jayant Ramteke, Dr. Hashmi, Dr. Jitendra Tagade, Dr. Azhar Abrar, Prof. Shilpa Hirekhan, Shri Girish Sangewar, Shri Venkat, Shri Vilas Pajal and Shri Kishore Gabad have helped to make the programme a success. NSS Programme Officer Dr. Vinod Shende thanked all the stakeholders, team of doctors, teaching and non-teaching staff and students for their efforts to make this programme a success.



Kamptee, Maharashtra, India

Unnamed Road, Gautam Colony, Kamptee, Maharashtra 441001,

India

Lat 21.210859°

Long 79.205598°

22/10/21 11:39 AM



Seth Ke  
Porwal



# विद्यार्थ्यांनो, कोविड लसीकरणासाठी पुढाकार घ्या : डॉ. महेंद्र बागडे



**कमळी :** कोविड लसीकरणासाठी महाविद्यालयीन विद्यार्थ्यांनी पुढाकार घेऊन लसीकरणाचा लाभ घ्यावा, असे आवाहन सेठ केसरीमल पोरवाल महाविद्यालयाचे प्राचार्य डॉ. महेंद्र बागडे यांनी केले. सेठ केसरीमल पोरवाल महाविद्यालय राष्ट्रीय सेवायोजना व कमळी न.प. नागरी सुविधा केंद्रांच्या संयुक्त विद्यमाने सेठ केसरीमल पोरवाल महाविद्यालयात आयोजित कोविड लसीकरण शिबिराच्या उद्घाटनप्रसंगी ते बोलत होते. उद्घाटन प्राचार्य बागडे यांनी केले. यावेळी

तालुका वैद्यकीय अधिकारी डॉ. संजय माने, कामठी न.प. नागरी सुविधा रुग्णालयाच्या डॉ. शबनम खानुनी, उपप्राचार्य डॉ. रेणू तिवारी, रजिस्ट्रार स्वप्निल राठोड, राष्ट्रीय सेवा योजना अधिकारी डॉ. विनोद शेंडे उपस्थित होते. संचालन डॉ. विनोद शेंडे यांनी केले. आभार डॉ. किशोर ढोले यांनी मानले. आयोजनासाठी डॉ. चहदि, डॉ. डहात, डॉ. चक्रवर्ती, डॉ. बांबल, डॉ. रामटेके, डॉ. मेश्राम, डॉ. हासमी, डॉ. मुलतानी, डॉ. टागळे, डॉ. अबरार, डॉ. हिरेखण आदींनी परिश्रम घेतले.

**COVID-19 Vaccination camp**



## NSS and NCC Jointly Organize a Covid-19 Vaccination Camp



The NSS and NCC Unit of Seth Kesarimal Porwal College of Arts and Science and Commerce, Kamptee in collaboration with NUHM-UPHC Nagar Parishad, Kamptee organized a Covid-19 vaccination camp in the college premises on 29<sup>th</sup> October 2021. The camp was inaugurated by the principal of college Dr. M.B. Bagade. In his speech Principal Dr. Bagade stressed upon the need of vaccination for the survival in the pandemics, and also appealed to the eligible students and staff members to get vaccinated on the occasion. The team of doctors and nurses including Medical Officer Dr. Shabnam Khanooni, Taluka Health Officer Dr. Sanjay Mane and vaccination in-charge Nurse Shital Bhagwat came from the Nagar Parishad Hospital for this vaccination camp. Total 26 students have been vaccinated in this camp. NSS Programme Officer Dr. Vinod Shende and NCC officer Lieutenant Prof. Mohammad Asrar made the necessary arrangements for the smooth conduct of the camp. Dr. Ragini Chahande, Dr. Swapnil Dahat, Dr. Manish Chakravarty, Dr. Prashant Bambal, Dr. Siddharth Meshram, Dr. Jayant Ramteke, Dr. Hashmi, Dr. Jitendra Tagade, Dr. Azhar Abrar, prof. Shilpa Hirekhan, Dr. I.S. Basu, Shri Girish Sangewar, Shri Venkat, Shri Vilas Pajal and Shri Kishore Gabad have helped to make the programme a success. NSS Programme Officer Dr. Vinod Shende conducted the inaugural programme whereas Prof. Asrar proposed the vote of thanks.




Seth Ke  
Porwal



**Kamptee, Maharashtra, India**

Unnamed Road, Gautam Colony, Kamptee, Maharashtra 441001,

India

Lat 21.210834°

Long 79.205607°

29/10/21 11:44 AM



## पोरवाल कॉलेज में वैक्सीनेशन शिविर आयोजित

**कामठी।** सेठ केसरीमल पोरवाल कॉलेज के लायब्रेरी हॉल में शुक्रवार को प्रिंसिपल डॉ. महेंद्र बागड़े के निर्देशन तथा कामठी तालुका वैद्यकीय अधिकारी डॉ. संजय माने के प्रयासों के फलस्वरूप कोविड-19 महामारी के निवारण हेतु छात्राओं एवं अभिभावकों के लिए टीकाकरण शिविर लगाया गया। इसमें उपजिला अस्पताल की वैद्यकीय अधिकारी डॉ. शबनम खानूनी के नेतृत्व में वैक्सीनेशन इंचार्ज शीतल भागवत व नर्स रंजना कक्करी द्वारा छात्र-छात्राओं एवं कॉलेज स्टाफ व अभिभावकों को पहली तथा दूसरी डोज दी गई। कार्यक्रम में प्रिंसिपल डॉ. महेंद्र बागड़े ने भविष्य में भी छात्राओं के स्वास्थ्य के हित में इसी प्रकार के अन्य शिविर लगाये जाने की प्रतिबद्धता दोहराई। कार्यक्रम को सफल बनाने में प्रिंसिपल डॉ. महेंद्र बागड़े के मार्गदर्शन में बाइस प्रिंसिपल डॉ.रेणु तिवारी, डॉ.विनय चौहान, राष्ट्रीय सेवा योजना अधिकारी डॉ. विनोद शेंडे, ए.एन.ओ, एन.सी.सी. लेफ्टिनेंट प्रा.मोहम्मद अस्सार, डॉ. इफ्तेखार हुसैन, डॉ. निशिता अंबादे, डॉ.रागिनी चहले, डॉ. किशोर दोले समेत सम्स्त फैकल्टीज तथा स्टाफ सदस्यों ने अपना पूर्ण सहयोग दिया।

**COVID-19 Vaccination camp 2**



Vaccination drive was organized by the Alumni Associations of S K Porwal College, Kamptee on 13<sup>th</sup> November 2021 at College library hall. Dr. M.B. Bagade, Principal & President, Alumni Association of S.K. Porwal College, Kamptee, Dr. Shabnam Khanuni, Primary Health Centre was graced the occasion by their esteemed presence.

In the said event total 76 students and staff members were vaccinated.

Vice Principals Dr. R. A. Tiwari and Dr. V.N. Chavan was also present during the occasion. Dr. Iftekhhar Hussain, vice president, Dr. Indrajit Basu, secretary, Dr. K. M. Dhole, treasurer, Dr. A. H. Ansari, Dr. A. Khobragade, Prof. V. Wanjari, Prof. K. Gandhewar, Dr. S. Mondal, Prof. L. Rinkee, Mr. Hemant Sharma took efforts for the success of the event.

## ग्यूज इनवॉक्स

# वैक्सीनेशन शिविर का 76 लोगों ने लिया लाभ



बूरो | कामठी/कन्हान स्थानीय सेठ केसरीमल पोरवाल महाविद्यालय के पूर्व छात्र संगठन द्वारा महाविद्यालय के ग्रंथालय कक्ष में कोविड-19 वैक्सीनेशन शिविर का आयोजन शनिवार को किया गया। इसका 76 लोगों ने लाभ लिया। शिविर में राष्ट्रीय नागरिक स्वास्थ्य मिशन तथा नगर परिषद अस्पताल कामठी द्वारा वैक्सीन उपलब्ध कराई गई। महाविद्यालय के प्राचार्य तथा पूर्व छात्र संगठन अध्यक्ष डॉ. एम.बी. बागडे ने सभी से अनुरोध किया कि निःशुल्क वैक्सीनेशन का लाभ उठाएं। पूर्व छात्र संगठन द्वारा यह शिविर दूसरी बार लिया गया। इसमें महाविद्यालय के छात्र-छात्राओं तथा पूर्व छात्रों ने उत्साहपूर्वक भाग लिया। डॉ. शबनम खानूनी ने मार्गदर्शन किया। पूर्व छात्र संगठन सचिव डॉ. इंद्रजीत बासु, उपाध्यक्ष डा. इफ्तेखार हुसैन, कोषाध्यक्ष डॉ. किशोर होले, सदस्य डॉ. अनिल खोब्रागडे, डा. सुदीप मॉडन, प्रा. लोकेशवरी रिके, प्रफुल गुरव, हेमंत शर्मा, रब्बानी कनिष्ठ महाविद्यालय के पूर्व प्राचार्य डॉ. नसीम अख्तर, अमर वानखेडे, धीरज कनोजिया, प्रदीप सपाटे, गिरीश संगेवार, नगर परिषद कर्मचारी शफीक अहमद, सीमा नगर आदि ने सहयोग प्रदान किया। उपप्राचार्य डॉ. विनय चव्धान, डॉ. दीपक भावसागर, संतोष गुप्ता, महेश इरपाते, विलास पजई, श्याम बारापात्रे, प्रफुल धनविजय डॉ. यशवंत मेश्राम ने विशेष सहयोग दिया। प्रा. विश्वनाथ वंजारी, प्रा. कमल गंधेवार, पूर्व उपप्राचार्य डॉ. अहफाजुल हक अंसारी, पूर्व छात्र संगठन समन्वयक प्रा. मोहम्मद असरार ने शिविर के सफल आयोजन पर सभी के प्रति आभार व्यक्त किया।

Date: 13/11/2021

Dr. Indrajit Basu

Secretary Alumni Association

**Report of '1<sup>st</sup> Covid-19 Vaccination Drive' organized by Alumni Association for the age group between 15 to 18**



Vaccination drive for the student's age group between 15 to 18 years was organized by the Alumni Associations of S K Porwal College, Kamptee on **05<sup>th</sup> January 2022**. District Swastha Adhikari Dr. Sanjay Mane was present as chief guest for the said event. Dr. M. B. Bagade, Principal & President, Alumni Association of S.K. Porwal College, Kamptee, Dr. Shabnam Khanuni, Primary Health Center was also graced the occasion by their esteemed presence. In the said event total 1000 students were vaccinated.

Vice Principal junior college Dr. S. Bhowmik, supervisor Dr. Agarwal, Prof. Wanjari, Prof. Mendhe and all the teaching and non teaching staf members of junior college worked very hard for the success of the event. Vice Principals Dr. R. A. Tiwari and Dr. V.N. Chavan was also present during the occasion. Dr. Iftexhar Hussain, vice president, Dr. Indrajit Basu, secretary, Dr. K. M. Dhole, treasurer, Dr. A. H. Ansari, Dr. A. Khobragarahe, Prof. K. Gandhewar, Dr. S. Mondal, Prof. L. Rinkee, Mr. Hemant Sharma, all worked hard to ensure the success of this event.

Date: 22/01/2022

- Dr.Indrajit Basu  
Secretary Alumni Association



Dragon Palace, Gautam Colony, Kamptee, Maharashtra 441002, India

Kamptee  
Maharashtra  
India

2022-01-05(Wed) 11:24(AM)

24°C  
75°F

## नवभारत

# 1,000 छात्रों ने लगाया टीका

सेठ केसरीमल पोरवाल कनिष्ठ महाविद्यालय में हुआ आयोजन

कामठी. सेठ केसरीमल पोरवाल कनिष्ठ महाविद्यालय में 14 से 18 वर्ष आयु के किशोरों का टीकाकरण संपन्न हुआ. 5 से 8 तक चार दिवसीय शिविर में कनिष्ठ महाविद्यालय के विज्ञान, कला एवं वाणिज्य शाखा के कुल 1,000 छात्रों को टीका लगाया गया. पहले चरण में विज्ञान संकाय के 204 छात्रों को टीका लगाया गया. दूसरे चरण में 231, तीसरे चरण में 281 एवं चौथे चरण में 274 छात्रों को टीका लगाया गया. इस अवसर पर तहसील स्वास्थ्य विभाग के वैद्यकीय अधिकारी डॉ. संजय माने, नप नागरी स्वास्थ्य केंद्र की वैद्यकीय अधिकारी डॉ.



शबनम खानुनी, डॉ. रवी डेकाटे, स्वाती भवसागर, सुषमा दिवान, आनंद राऊत, अमन घोडेस्वार, मनोज नारनवरे, कुंदा पिल्लेवार,

कांचन तांबे एवं पोरवाल महाविद्यालय के प्राचार्य डॉ. एम. बी. बागडे, कनिष्ठ महाविद्यालय के उपप्राचार्य प्रा. सुनीता भौमिक मौजूद थे.

**Report of '2<sup>nd</sup> Covid-19 Vaccination Drive' organized by Alumni Association for the age group between 15 to 18**



Vaccination drive for the student's age group between 15 to 18 years was organized by the Alumni Associations of S K Porwal College, Kamptee on **11<sup>th</sup> & 12<sup>th</sup> February 2022** at Junior College campus. District Swastha Adhikari Dr. Sanjay Mane was present as chief guest for the said event. Dr. M. B. Bagade, Principal & President, Alumni Association of S.K. Porwal College, Kamptee, Dr. Shabnam Khanuni, Primary Health Center was also graced the occasion by their esteemed presence. In the said event total **684 students** were vaccinated. Vice Principal junior college Dr. S. Bhowmik, supervisor Dr. Agarwal, Prof. Wanjari, Prof. Mendhe, Prof. Rewatkar and all the teaching and non teaching staf members of junior college worked very hard for the success of the event. Vice Principals Dr. R. A. Tiwari and Dr. V.N. Chavan was also present during the occasion. Dr. Iftekhar Hussain, vice president, Dr. Indrajit Basu, secretary, Dr. K. M. Dhole, treasurer, Dr. A. H. Ansari, Dr. A. Khobragarahe, Prof. K. Gandhewar, Dr. S. Mondal, Prof. L. Rinkee, Mr. Hemant Sharma, all worked hard to ensure the success of this event.

Date: 14/02/2022

- Dr. Indrajit Basu  
Secretary Alumni Association





सिटी हेल्थ  
नागपुर मेट्रो समाचार  
नागपुर, रविवार, 13 फरवरी 2022

# मेट्रो सिटी

## विद्यार्थियों के लिए वैक्सीनेशन कैंप

कामठी:

स्थानीय सेठ केसरीमल पोरवाल जूनियर कॉलेज में एल्युमिनी एसोसिएशन द्वारा 11वीं व 12वीं के विद्यार्थियों के लिए दो दिवसीय वैक्सीनेशन कैंप का आयोजन शुक्रवार व शनिवार को किया गया।

शिविर केम्प के दो दिवसीय दूसरे चरण में कुल 684 विद्यार्थियों को टीका लगाया गया। बता दें कि इसके पहिले असोसिएशन द्वारा पहले चरण में कुल एक हजार विद्यार्थियों को टीका लगाया गया था।


वैक्सीनेशन केम्प में ग्रामीण रुग्णालय की नीलम खोत्रागडे, सीमा




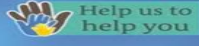
नगरारे, कुंदा पिल्लेवान, सारिका परिपगार, आनंद राऊत एवं मंगेश खांडेकर सहित अन्य कर्मचारियों ने अपना सहयोग प्रदान किया।


वैक्सीनेशन कैंप के सफलतार्थ कॉलेज के प्रिंसिपल डॉ.एम. बी.बागडे, एल्युमिनी एसोसिएशन के सचिव डॉ.इंद्रजीत बसू, जूनियर कॉलेज की वॉइस प्रिंसिपल सुनीता

भौमिक, पर्यवेक्षक प्रा.डॉ.सुधीर अग्रवाल, डॉ.सुदीप मंडळ, प्रा. वही बी.वंजारी, प्रा.मनोज सपाटे, प्रा.हिना कौसर, प्रा.वुंदा माउंडेकर, प्रा.वरटकर, प्रा.मार्चटवार, ललित मासुरकर, प्रा.किरण पुडके, प्रा. किरण पेटे, प्रा.वैशाली मस्के, प्रा. कमल गंधेवार, प्रा.ज्ञानेश्वर रेवतकर आदि ने सहकार्य किया।









TURN FOR THE TEENS

15<sup>TO</sup> 18 YEARS

# Largest Vaccine Drive





Second Dose

Organised by S.K. Porwal College Alumni Association, Kamptee

DATE - 11th & 12th February 2022

VENUE - S.K. Porwal College, Jr. College Building

Follow COVID appropriate behaviour

# COVID – 19 And Oral Health Care LIVE NATIONAL WEBINAR

## HEALTH AWARENESS CELL REPORT – 2021 – 22

Health is the state of fulfilled Physical, Mental, Psychological, and Social needs, allowing an individual to flourish. Instead of implying the absence of injury or disease, health indicates a wholeness and wellness of self. Public health is a movement of every person to achieve that state, ensuring the health of our communities.

In this session Health Awareness Cell organized One day national level webinar on COVID – 19 and Oral health care in associate with Dr Garg's Dental Specialty Centre, Sadder, Nagpur, Maharashtra on 27<sup>th</sup> July 2021, Tuesday and the schedule timing was 4 pm - 5pm which was on Live Streaming Virtual Platform (Zoom app). The resource person of the webinar was well-known gold medalist 2011 & 2004 Dr. Ketan Garg, BDS, MDS - Oral & Maxillofacial Surgery, Oral and Maxillofacial Surgeon from Dr Garg's Dental Specialty Centre, Sadar, Nagpur, Maharashtra. He's also associate with Indian Dental Association

Dr. Ketan Garg deliberated on general health care and maintenance of oral hygiene also causes of different kind of oral and dental problems and there proper treatments during COVID – 19 protocols. He also shows different visuals and power point presentations of oral problems and Maxillofacial injuries that were very innovative and latest. He was also satisfied the queries and questions of all the live participants during and after the webinar.

For smooth conduct of this One day national level webinar on COVID – 19 and Oral health care webinar created three Whatsapp meant groups for sharing registration link through (Reg. link <https://bit.ly/36V2I2Q>) which is was free for all joining link for zoom app and and feedback from link (<https://forms.gle/e23eMOh8AuB7pi9C6>). All the groups were instructed by groups instructions as (This group is meant for publish information and notices of Nat. Webinar COVID – 19 & Oral Health Care" No other information will be allowed here..!!). The whole program was recorded and uploaded in YouTube so, any one can exec the knowledge which is provided by resource person in this webinar simply one click of <http://www.youtube.com/watch?v=sWaY0kpgnL0> YouTube link any time and any where all over world.

During One day national level webinar on COVID – 19 and Oral health care session huge number of degree and Junior college Students, teaching and non teaching staff had taken benefit from this programme also **there are 81 participants registered and given positive feedback**. Principal Dr. M.B. Bagade was the Chairman of this program the introduction of guests and welcomes speech given by Dr. Shalini Cahande this program conducted by Dr. Indrajit Basu and vote of thanks given by Dr. Dr. Jitendra Tagade.

As convener of Health Awareness Cell I specially thankful to Principal of the college Dr.

M. B. Bagade, my Committee members Ragini Cahande, Dr. Jitendra Tagade, Dr. Shalini Cahande, Dr. Indrajit Basu, Prof. Tarunya Multani, Mr. Mahesh Irpate, and Mr. Pravin Ambade and all teaching and non teaching staff of the college.

**Seth Kesarimal Porwal College of Arts,  
Science & Commerce,  
Kamptee**



**Health Awareness Cell**

in Association With  
Dr Garg's Dental Speciality Centre,  
Sadar, Nagpur, Maharashtra  
Organizes

**LIVE NATIONAL WEBINAR**

On

**COVID - 19 And Oral Health Care**

**Resource Person**



**Dr. Ketan Garg**

BDS, MDS - Oral & Maxillofacial Surgery  
Oral and Maxillofacial Surgeon  
Dr Garg's Dental Speciality Centre,  
Sadar, Nagpur, Maharashtra  
[drketangarg@gmail.com](mailto:drketangarg@gmail.com)

Indian Dental  
Association  
Achievements :  
- Gold Medal, 2011  
- Gold Medal, 2004

**Highlights of Webinar:-**

- ✓ Registration is free.
- ✓ Live talk covering Oral Health problems
- ✓ Join Whatsapp group via Link given in Registration Form for further details.



YouTube

Reg. link <https://bit.ly/36V2I20>

Live Streaming Virtual Platform

**Organizers**

Date: 27<sup>th</sup> July  
2021, Tuesday

Time: 4 pm - 5pm



**Dr. M. B. Bagade**

Principal  
S. K. Porwal College,  
Kamptee  
[principal@skpckamptee.org](mailto:principal@skpckamptee.org)



**Dr. J. V. Ramteke**

Convener  
Assistant Professor  
Dept. of Phy. Education  
[skpcheathawarnesscell@gmail.com](mailto:skpcheathawarnesscell@gmail.com)

**COVID – 19 And Oral Health Care LIVE NATIONAL WEBINAR  
(Participants List)**

<b>s.no</b>	<b>Full Name (as you want in certificate)</b>	<b>Phone number</b>	<b>Designation of Participant</b>	<b>Name of your Institution *</b>
1.	Dr Jitendra S Gajbhiye	8085365688	Assistant Professor	Pt Ramsakha Upadhyay College Raipur CG
2.	VIVEK KUMAR PATHAK YOGA TEACHER	09424626202	Yoga Teacher	LITTLE WORLD, JABALPUR, MP ,INDIA.
3.	Dr. Megha Kochar	9828358713	Dr.	Shri Mahavir Medical College of Naturopathy and Yogic Sciences
4.	Parimal Dolai	9547203944	Student	Narajole Raj College
5.	Lieutenant Sameer Anand Pawar	+919130207037	Director of Physical Education	Kisan Veer Mahavidyalaya, Wai, Satara.
6.	Suparna Samanta	9382297008	Student	Narajole Raj College
7.	Dipesh Sudhir Tirpude	7030094100	Student	Sk Porwal College Kamptee
8.	BHADANE SATISH SUDAM	9421887271	Sport Teacher	NUTAN MADHYAMIK VIDHYALAY DHAMANE TAL SHINDKHEDA DIST DHULE
9.	Mr Satyavan Harmalkar	9923484955	Director of physical education and sports	Narayan Zantye college of commerce
10	Dr. Vidya P. Channe	7448026069	Assistant professor	Suwalal Patni Atrs and Commerce College Pulgaon
11	MOHAMED PRINCE M	8330827931	ASSISTANT PROFESSOR	MALABAR COLLEGE OF COMMERCE AND SCIENCE, MANOOR
12	Nashrah Jabeen Ansari	09307122210	Bsc(pcm)	Nashrah Jabeen Ansari
13	PAYAL MANOJ WALDE	8600517972	Student	Covid-19 and oral health care
14	Bharti Sheshrao Masmare	7397970971		Seth kesarimal porwal college kamptee
15	Dr. Tarunya Hannupuri Multani	7709751800	Dr. T. H. Multani assist. Professor. Commerce	S. K. P. College Kamptee
16	Dr.Alpesh Ghoghari (PT)	9537457836	B.P.T	Shivam physiotherapy & Health Clinic
17	Aachal Gargelwar	9307830621	Excellent	Seth kesarimal Porwal college kamptee
18	MR.GORAKH GOPAL BHAMARE	9403626284	Asst.Teacher	Madhyamik Vidyalaya Gorane,Tal.Shindkheda Dist. Dhulea
19	Shabir Ahmad Dar	7889892593	Physical Education Teacher	Star Land Higher Secondary School Badampora Gbl
20	Roshni Chhotelal Pandhare	9156485298		S.k porwal college kamptee nagpur
21	Dinesh Kumar	09935392049	Physical Education Teacher	Sunbeam School Varuna Varanasi
22	Taniya Jitendra Gravkar	7972947564	Graduate	S.k.Porwal college
23	Rutuja Rajesh	8010228318	BA 1 year ( sem 2)	COVID-19 and oral health care

	Gajwe			
24	Dr. Sarita Sampatrao Nimbare	9119480041	Professor	Hutatma Rashtriya Arts and Science College, Ashti
25	Dr. Sudhir Sahare			Late Nirdhan Patil Waghaye College At.Po. Gadegaon, Ta. Lakhani
26	Mondira pal	7477892808	Student	Upasana college of education
27	Neha chandrasekhar sawarkar	9637824013	Covind 19	B.com 2nd year
28	SHRI. RAJU. S. GHULE	9049786173	HEALTH & PHYSICAL TEACHER	HOLY ANGELS'SCHOOL & JR. COLLEGE
29	Deviya santosh kaithwas	9145395212	Student	Seth Kesarimal porwal college kamptee Nagpur Maharashtra
30	CAPT RAHUL DILIPKUMAR MAGDUM	9421750525	DIRECTOR OF PHYSICAL EDUCATION	SHIVRAJ COLLEGE GADHINGLAJ
31	Dr.Ripan Das	7908818601	P.G.D.G.C STUDENT	SATYAPRIYA ROY COLLEGE OF EDUCATION
32	Dr.Manojkumar M.Varma	9422824499	Assitant professor in physical Education	A.D.M.Bharsingi
33	Dr.s.saroja	9994677108	Associate professor	Alagappauniversity college of physical education Alagappa University Karaikudi
34	Sana Firdous	9322017066		S.K. Porwal College Kamptee Nagpur
35	Dr. Kishor Sheshrao Chaure	9028616685	Assistant Professor	Mahatma jyotiba Fule Mahavidyalaya Ballarpur Dist. Chandrapur, Maharastra
36	ROHIT DEVANAND THORAT	8080099726	BA 1 year ( sem 2 )	Seth Kesrimal prowal of Art , science and commerce kamptee nagpur University
37	Tannu Warhade	9307709203		S.k porwal clg kamthee
38	Aashina kausar zahid Akhter	9370730447	3 year student	Seth kesarimal porwal college
39	konark Roy	+919284424451	Ph.D Scholar	The ICFAI University, Tripura
40	Prashant Bibhishan Patil	9822244202	Director of Physical Education	Shri Shahaji Chhatrapati Mahavidyalaya, Kolhapur
41	NITU MAITY	7003792348	Student	State Institute Of Physical Education for women
42	Dr. Ujwala Wamanarao Fule	8421860964	Assistant professor	Hutatama Rashtriya Arts and Science College, Ashti, District- Wardha
43	SHAFIQ UR RAHMAN	8825090495	Research scholar	Sant Gadge Baba Amravati University
44	Sachi Chauhan			Seth kesarimal porwal college kamptee
45	Aditya Rajkumar Chaware	9322265723	Student	Seth Kesrimal Porwal College kamptee
46	Pragati Shailesh Borkar	9922309965		S K Porwal College, Kamptee
47	Gayatri Santosh Revatkar	9322008353	Gayatri Santosh Revatkar	RTMNU
48	Dr. Kishor Moreshwar Dhumne	9326192486	Librarian	Suwalal Patni Arts And Commerce Collge,

49	Mayur Sanjay Dafre	+917057508161	Student	Skpc kamptee
50	Rayyan Firdous Shahid Raza	9325204656	Student	S K porwal college
51	Anjali Vijay Ghogare	7721808072	Student	S. K. Porwal College Kamptee
52	Anupam Mahata	+919431123890	Senior Physical Education Teacher	Delhi Public School Dhanbad
53	Laxmi motiram Thakre	7020986988	Laxmi Thakre	J N Hospital kandri
54	Sonam Kumbhakar	07486822823	Student	Rashtrasant tukadoji maharaj nagpur university
55	Anjali Rajesh Ambagade	7263888387	Yes	Seth kesarimal powal college Kamptee
56	NIKHIL FAKIRA MORE	+918888073679	Teacher	Indian School Sohar,Oman
57	Bharati B.Thakre	8788857544		Seth kesarimal porwal college, kamptee
58	DEVENDER PAL SINGH	+917599297575	RESEARCH SCHOLAR	OPJS UNIVERSITY RAJASTHAN
59	ANJALI GOSSAIN	07292041363	Physical Education Teacher	Ryan International School Rohini Delhi
60	B.KARUN KUMAR	7396997831	TGT (PHYSICAL EDUCATION AND SPORTS)	NAVY CHILDREN SCHOOL
61	Prof. Arun Abhimanji Bhojar	9822718994	Associate Professor	Dhote Bandhu Science College, Gondia
62	Pratiksha moreshwar ukey	9699085131		S k porwal college kamptee
63	Mayuri Tukaram Gawande	7972949070	Yes	Skp
64	Mrunali krushna kamle	8390816933	Student	Seth kesrimal porwal college kamthee
65	Poonam Manoharji Lambat	9545694321	Student	Rashtrasant Tukadoji Maharaj Nagpur University
66	BIBHUTI BHUSHAN SARKAR	7384289471	YOGA instructor and physical Education Teacher	COOCHBEHAR DISTRICT DHRITI MARTIAL ARTS and YOGA ACADEMY
67	Vanshika Borade	9834122485	Student	S. K. Porwal college kamptee
68	Asfiya Kausar	7499880363	Student	S k porwal college kamptee
69	ARCHANA SONI	07879805911	Yoga teacher	LITTLE WORLD SCHOOL
70	Ajinkya Kharwade	8237277351	Student	S. K. Porwal college
71	Sakshi Suresh Mohane	7499817528	Bsc(4sem) student	S.K.Porwal college kamptee
72	Shaban Mehdi Izharul Hasan	9370440325	Student	SK porwal college kamptee Nagpur.
73	Aachal Rajkumar Sonkar	+919049899651		SK porwal college
74	Aachal subhas mendhe	9359345349		Aachal
75	Ujwala prakash chakole	8605381480	Yes	b.com final year ( Marathi)
76	Shweta Baban Bhalerao	7385995272	Student	Covid-19

77	Monali dhanraj ghodmare	9022718043	Student	Seth kesarimal porwal college kamptee
78	Zoya Noori Mohammad ali ansari	7447289410	Bsc 1 year	S. K. Porwal college kamptee
79	Snehal ravinda patil	7517734514		Snehal ravinda patil
80	RAMAKANT. G. GUJAR	7499383416	BA. 1 year sem 2	COVID-19 and orel heart ceas
81	Akshay wasudeorao bhagwatb	+919923590810	Coach	Marcos quay sporting ex co

Click to Cheek: <https://forms.gle/e23eMQh8AuB7pi9C6>

Dr. J.V.Ramteke  
Convener

## Report of Webinar on 2<sup>nd</sup> August 2021

A One day Webinar on “Nutrition and Stress Management during Covid times” was organised by Social Awareness Cell of Seth Kesarimal Porwal College of Arts and Science and Commerce, Kamptee on 2<sup>nd</sup> August 2021. The Guest speaker was Dr. Roma Sarnaik, an eminent Lifestyle Medicine physician from Nagpur. The webinar was live streamed on the Zoom as well as on the official YouTube channel of the college. There were 96 participants in the webinar. Dr. Sarnaik spoke on the various ways to combat stress, the need to consume nutritious food and also emphasized the importance of physical exercise. Principal Dr. M. B. Bagade exhorted the participants to maintain safety and hygiene during the pandemic. Dr. Priyanka Bhojar conducted the proceedings of the webinar while Convener, Dr. Manish Chakravarty gave the introductory remarks. Dr. Sanjeev Shirpurkar proposed a formal vote of thanks. Members of the Cell Dr. Anil Khobragade, Dr. Rashmi Jachak and Dr. V. V. Kamdi, along with the other teachers and students participated enthusiastically in the webinar.

**STRESS MANAGEMENT**

- Social media pros and cons
- Friends, family (connection)
- Healthy boundaries/ space
- Expectations versus reality
- Academics/ studies
- Time management
- Weight (under or over)
- Fitness

Participants visible in the grid:

- Dr. Roma Sarnaik
- P.D. Bhojar
- Dr. S. C. Shirpurkar
- Manish Chakravarty
- Dr. Vikas V. Kamdi
- Dr. Kishor M Dh...
- Dr. Rashmi Jachak
- Dr. Indrajit Basu
- Dr. ANIL RAMAJ...
- S. K. Porwal Coll...
- Prajakta Dhole
- iPhone
- mrs archana sar...



LIVE on Custom Live Streaming Service

### WHAT TO EAT?

**PROTEINS, CARBOHYDRATES, FATS, FIBRE**

Balance is the key!  
 No nutrient can replace another nutrient.  
 Each and everything has a role.

Colourful plate  
 Oil (refined), Sugar, Salt, Maida  
 Water  
 Dairy (allergy, lactose intolerance)

**NUTRITION FOOD PYRAMID**

- Mineral Water: 50%
- Vegetables: 25%
- Grains: 20%
- Protein: 15% (Lean Meat, Fish, Tofu, Egg, Nuts, Seeds, Sarden)
- Healthy Fat: 10% (Milk, yogurt, cheese and Alternative)

You are muted. Press Alt+A to unmute your microphone, or press and hold the SPACE key to temporarily unmute.

Dr. Roma Sarhalki

LIVE on Custom Live Streaming Service

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	Dr Kishor M Dh...	Dr. Rashmi Jachak
Dr. Vikas V. Kamdi	mrs archana sar...	Dr. Indrajit Basu
Dr. ANIL RAMAJ...	iPhone	S. K. Porwal Coll...

Dr. Manish Chakravarty  
 Convener  
 Social Awareness Cell



## NSS Unit of Porwal College Organizes an Awareness Programme for Women's Health

NSS Unit of Seth Kesarimal Porwal College of Arts, Science and Commerce Kamptee organized an Awareness programme for women's health on 29<sup>th</sup> September 2021 at Ghorpad village. The Ghorpad village was adopted by the college in 2019 and the entire team of Ghorpad Dattak Gram Yojna committee was present for the programme. Principal Dr. M.B. Bagade was the president and Shri Mohanji Makde, Member Zilla Parishad Nagpur was the chief guest of the programme. Sarpanch of Ghorpad Grampanchayat, Smt. Tarabai Kadu, Secretary Shri Shyam Uchekar, the guest of honor Dr. Shalini Chahande, Convener of Ghorpad Dattak Gram Yojna committee Dr. Jitendra Tagade and NSS Programme Officer Dr. Vinod Shende were also present on the dais. In his introductory speech, Dr. Vinod Shende made the villagers aware of the objectives of NSS. Chief guest of the programme Shri Mohanji Makde appealed the Principal to adopt more villages so that the villagers may get information about various activities and government schemes. Dr. Shalini Chahande in her address discussed about the women's physical and mental issues and also suggested some remedies to overcome them. Dr. Tagade talked on the functioning process of Dattak Gram Yojna Programme Committee and also told them its benefits. Dr. M.B. Bagade in his presidential address appealed the villagers to take care of the health of the entire village by maintaining social bonding among them. Total 40 villagers (women) and 22 NSS volunteers were present for the programme. Dr. Nishita Ambade, Prof. Rajesh Parate and Dr. Vikas Kamdi worked hard for the success of the event. The programme was ably conducted by Dr. Mahesh Jogi whereas Shri Kunal Kadu proposed the formal vote of thanks.



Ghorpad, Maharashtra, India  
Ghorpad Rd, Ghorpad, Maharashtra 441104, India  
Lat 21.188947°  
Long 79.197717°  
29/09/21 01:45 PM



## पोरवाल कॉलेज का 'स्त्री आरोग्य विषयक' कार्यक्रम

कामठी।

सेठ केसरीमल पोरवाल कॉलेज अंतर्गत राष्ट्रीय सेवा योजना एवं घोरपड गांव दत्तक समिति के संयुक्त तत्वावधान में बुधवार को "स्त्रियों की आरोग्य विषयक समस्या पर घोरपड गांव में कार्यक्रम संपन्न हुआ।

इस अवसर पर पोरवाल कॉलेज के प्राचार्य डॉ. एम. बी. बागडे, विशेष अतिथि जिला परिषद सदस्य मोहन माकडे, घोरपड ग्राम पंचायत सरपंच घोरपड, तारा कडू, श्याम ऊंचेकर, मुख्य वक्ता डॉ. शालिनी चहांदे, घोरपड ग्राम दत्तक समिति समन्वयक डॉ. जितेन्द्र तागडे एवं राष्ट्रीय सेवा योजना कार्यक्रम अधिकारी डॉ. विनोद शेंडे मंचपर उपस्थित थे। कार्यक्रम की प्रस्तावना डॉ. विनोद शेंडे ने की। कार्यक्रम के अध्यक्ष प्राचार्य डॉ. एम.बी. बागडे ने अपने अध्यक्षीय संबोधन में कहा गांव का आरोग्य अच्छा व स्वस्थ रखने के लिए गांव में सामाजिक मेलमिलाप निर्माण करना अति

आवश्यक है, इस बात पर जोर दिया। विशेष अतिथि मोहन माकडे ने कॉलेज से कुछ गांव को दत्तक लेकर उनका विकास करने की अपील किया। मुख्य वक्ता डॉ. शालिनी चहांदे ने अपने वक्तव्य में कहा कि स्त्रियों को अपने शरीर व मन की फिक्र करना अत्यंत आवश्यक है। घोरपड ग्राम दत्तक समिति के समन्वयक डॉ. जितेन्द्र तागडे ने ग्राम दत्तक योजना का महत्व तथा भोजनाओं के बारे में विस्तार से बताया। कार्यक्रम में कुल 40 महिला व 20 विद्यार्थी तथा ग्रामवासी भी उपस्थित थे। कार्यक्रम के सफलतार्थ कॉलेज के प्रोफेसर डॉ. विकास कामडी, डॉ. निशिता अंबादे, डॉ. राजेश पराते, एवं राष्ट्रीय सेवा योजना की स्वयंसेविकाएं कु. पूजा सिंह, आचल बांगर, तनु रोठे, अपेक्षा सावतकर, करीना ठाकुर व किरण बोबडे ने अपना विशेष योगदान देकर सहकार्य किया। कार्यक्रम का संचालन डॉ. महेश जोगी एवं आभार प्रदर्शन कुगाल कडू द्वारा व्यक्त किया गया।

# मेरी जिंदगी

मेरी जिंदगी  
बागपुर बोरो सभाघर  
बुधवार, 1 अक्टूबर 2021

## Women's Health



तत्सुखसुखित्यम्



Dept. of Physical Education & Sports  
**Shri Binzani City College, Nagpur**  
**S. K. Porwal College, Kamptee**  
**Taywade College, Koradi**  
&  
**Yashwant Mahavidyalaya, Seloo**



are Jointly Organising

## Two Days Online Workshop for Students

Date : 17-11-2021 & 18-11-2021

### Health & Nutrition



**Dr. Sujit Metre**  
Principal  
S. B. City College,  
Nagpur



**Dr. M. B. Bagade**  
Principal  
S. K. Porwal College,  
Kamptee



**Dr. Sharayou Taywade**  
Principal  
Taywade College,  
Koradi



**Dr. Archana Falke**  
Officiating Principal  
Yashwant Mahavidyalaya,  
Seloo

Date : 17-11-2021 at 11.30 am



Speaker

**Dr. Roma Sarnaik**

MBBS, Lifestyle Medicine Consultant  
Medical, Nagpur



Convener,  
Organising Committee  
**Dr. Sanjay Choudhari**  
S. B. City College, Nagpur



Joint Secretary,  
Organising Committee  
**Dr. Sunil S. Bhotmange**  
Taywade College, Koradi



Secretary,  
Organising Committee  
**Dr. Indrajit Basu**  
S. K. Porwal College, Kamptee

### Organising Committee :

Dr. Rajesh Alone, Dr. Prashant Bambal, Dr. Jayant Ramteke  
Prof. Kalpana Mishra, Prof. Mallika Nagpure



सत्यमेव जयते



Dept. of Physical Education & Sports  
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Officiating Principal  
Yashwant Mahavidyalaya,  
Seloo

Date : 18-11-2021 at 11.30 am



Speaker  
**Dr. Kavita Gupta**  
PhD, MSc., CDE,  
Insulin Pump Trainer



Convener,  
Organising Committee  
**Dr. Sanjay Choudhari**  
S. B. City College, Nagpur



Joint Secretary,  
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**Dr. Sunil S. Bhotmange**  
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## **REPORT OF ONLINE WORKSHOP ON HEALTH AND NUTRITION**

Workshop on health and nutrition held S K Porwal College, Kamptee, Shri Binzani City College, Taywade College, Koradi and Yashwant Mahavidyalaya, Seloo jointly organised two-day online workshop for students on health and nutrition. Lifestyle Medicine Physician of central India Dr. Roma Sarnaik spoke about the basics of nutrition, and guided the students to adapt a healthy food routine in day-to-day life. She has been conducting many such workshops for two years and helping out the students during the lockdown. The programme started with the introduction of the guest speaker by the principals of all four colleges. Dr Roma Sarnaik highlighted the importance of a balanced meal, regular physical activity and exercise, a proper sleep routine, stress management and avoidance of risky substances. She discouraged students to follow extreme diet fads, and provided examples of having a sustainable healthy lifestyle. Few of the common lifestyle diseases were discussed in detail and the students were provided the workshop. With the information and support on prevent them in the near future. Dr. Kavita Gupta guided student on 18/8/2021

This was followed by a question answer session where many interesting lockdown. Dr M B Bagade Dr Archana Falke questions were answered in a very simple way by Dr Roma by providing examples from day to day life. The workshop was attended by principal of S B City College Dr Sujit Metre, principal of S K Porwal College, Kamptee Dr M B Bagade, principal of Taywade College, Koradi Dr Sharayu Taywade and principal Yashwant Mahavidyalaya, Seloo Dr Archana Falke, The programme convener Dr Sanjay Choudhari, secretary, Dr. Indrajit Basu and joint secretary, Dr. Sunil Bhotmange and other members of committee were Dr. Rajesh Alone, Dr Prashant Bambal, Dr. Jayantkumar Ramteke, Prof Kalpana Mishra, Prof. Mallika Nagpure were also present throughout It can be mentioned here that Dr Roma Sarnaik has been conducting many such workshops for two years and helping out the students during the Students asked to adapt healthy food routine in day-to-day life.

Dr. Indrajit Basu

Secretary organizing committee



**Lokmat Times**

# Students asked to adapt healthy food routine in day-to-day life

■ Workshop on health and nutrition held



**Dr Sujit Metre**



**Dr Roma Sarnaik**



**Dr Sharayu Taywade**



**Dr Archana Falke**



**Dr MB Bagade**

**LOKMAT NEWS NETWORK  
NAGPUR, NOV 17**

Shri Binzani City College, S K Porwal College, Kamptee, Taywade College, Koradi and Yashwant Mahavidyalaya, Seloo jointly organised two-day online workshop for students on health and nutrition.

Lifestyle Medicine Physician of central India Dr. Roma Sarnaik spoke about the basics of nutrition, and guided the students to adapt a healthy food routine in day-to-day life.

She has been conducting many such workshops for two years and helping out the students during the lockdown.

The programme started with the introduction of the guest speaker by the principals of all four col-

leges. Students attended the workshop in huge numbers and the workshop was successful with great interaction.

Dr Roma Sarnaik highlighted the importance of a balanced meal, regular physical activity and exercise, a proper sleep routine, stress management and avoidance of risky substances.

She discouraged students to follow extreme diet fads, and provided examples of having a sustainable healthy lifestyle. Few of the common lifestyle diseases were discussed in detail and the students were provided with the information and support on preventing them in the near future.

This was followed by a question answer session where many interesting

questions were answered in a very simple way by Dr Roma by providing examples from day to day life. The workshop was attended by principal of S B City College Dr Sujit Metre, principal of S K Porwal College, Kamptee Dr M B Bagade, principal of Taywade College, Koradi Dr Sharayu Taywade and principal Yashwant Mahavidyalaya, Seloo Dr Archana Falke,

The programme convenor Dr Sanjay Choudhari, secretary, Dr. Indrajit Basu and joint secretary, Dr. Sunil Bhotmange were also present throughout the workshop.

It can be mentioned here that Dr Roma Sarnaik has been conducting many such workshops for two years and helping out the students during the lockdown.



## Webinar on Mental Health 10<sup>th</sup> February 2022

The 'Social Awareness Cell' of the College organized a Webinar on mental health on Thursday, 10th February 2022 at 12:30 p.m. Dr Shabnam Waseem Khanooni, Medical Officer, Government Medical College, Kamptee was the chief guest on the occasion. She spoke at length on the symptoms of mental illness, anxiety, disturbed sleep cycle, appetite change, substance abuse, etc. She elaborated how mental health directly or indirectly affects physical health. She motivated the students to communicate and discuss their problems regarding mental health with their parents or teachers. Principal Dr. M. B. Bagade while appreciating the event said that it was a very good topic for the webinar, particularly in the present difficult times of the pandemic. The convener, Dr Manish Chakravarty introduced the Chief Guest and gave a brief account of the significance and the work generally done by the Social Awareness Cell. The program was conducted by Dr Priyanka Bhojar while the vote of thanks was proposed by Dr Vikas Kamdi. The other cell members Dr. S. Shirpurkar, Dr. Rashmi Jachak and Prof. Mohd. Asrar, besides the teaching and non-teaching staff of the college worked hard for the success of the webinar. The YouTube link was shared with various groups of college. Participants including journalists, faculty members and students were largely benefited by the event. There were 105 participants in the webinar.



Dr. Manish Chakravarty  
Convener (Social Awareness Cell)