

7-2-1
Best Practice
5-1-3 Life Skill Health

Anekant Education Society's
Tuljaram Chaturchand College of Arts, Science and Commerce, Baramati
(Autonomous)

Programme/Activity Reporting format

| Sr. No. | Item | Particulars |
|---------|--|--|
| 1. | Name of the Department/Committee | Commerce |
| 2. | Title of the Programme | One day workshop on health and hygiene for girls |
| 3. | Date of the programme | 10 th August 2023 |
| 4. | Name and address of the resource person | Dr. Sarika Shinde, Baramati |
| 5. | Level of the programme: College/University/State/National | College |
| 6. | Funded by: College/University etc. | College |
| 7. | Number of Beneficiaries | 121 |

Detail information of the programme/activity:

The said program was organised to aware girls about health and hygiene. The resources person spoke on the topic health issues, hygiene habits and shame associated with menstruation, unhygienic sanitation etc.



Head



IQAC Coordinator



Principal

Enclosures:

1. Permission letter
2. Notice
3. Report
4. Attendance
5. Copy of Feedback forms
6. Total 4 Geo-tagged photographs with captions

Anekant Education Society's
Tuljaram Chaturchand College of Arts, Science and Commerce, Baramati
Autonomous
Department of Commerce

Date: 7th August, 2023

To,

The Principal,

Tuljaram Chaturchand College of Arts, Science and Commerce,
Baramati, Dist. Pune

Subject: Permission to organize expert lecture on "Health and Hygiene for girls"

Respected Sir,

With reference to above mentioned subject, we at department of commerce are planning to organize an expert lecture on "Health and Hygiene" for F.Y B.Com Girls. We have words with Dr. Sarika Shinde as a resource person. She has already communicated her consent for the same. The proposed day and date of the lecture is Thursday, 10th August, 2023 between 10:00 am to 11:30 am.

We therefore request you to grant us the permission for the said lecture also grant Rs. 2,000/- as remuneration of the resource person.

Kindly cooperate and oblige.

Thank You.

With Regards,



Prof. Puja A. Vhora
Activity Co-ordinator



Dr. Janardhan K. Pawar
Head, Department of Commerce

Allowed

Copy to: A.B. Shah / Anul patil

9
07/08/23

Anekant Education Society's

**Tuljaram Chaturchand College of Arts, Science and Commerce,
Baramati, Dist. Pune**

Department of Commerce

Notice

Date: 8th August, 2023

This is to inform all the girls of FY B. Com that Department of Commerce is organizing one day workshop on 'Health and Hygiene'. The details are as follows:

Day and Date: Thursday, 10th August, 2023

Time: 10.00 am.

Venue: Prerana Bhavan Seminar Hall



Prof. Puja A. Vhora
Co-ordinator, Tally Course



Dr. Janardhan K. Pawar
Head, Department of Commerce

Department of Commerce

Date:-11.08.2023

Report of One day workshop on 'Health and Hygiene for girls'

The Department of Commerce organized a **One day workshop on 'Health and Hygiene for girls'** on 10th August, 2023. The resource person Dr. Sarika Shinde, Baramati. This workshop was organized to aware girls about health and hygiene. Firstly, Prof. Puja A. Vhora welcomed the guests and briefed about the aims and objectives of the workshop through his introductory speech.

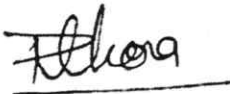
Her lecture was very informative for all the girls. She spoke on the topic health issues, hygiene habits, the stress and shame associated with menstruation, unhygienic sanitation etc.

She started the lecture with active participation and boosted the confidence level of the girls. She talked on positive attitude and confidence, she took many activities such as meditation and made the session more interactive. She also solved the doubts of girls and removed the fear from the minds of girls.

During the workshop there was a very good response from the participants. Total 121 girls and faculty members of department of commerce attended the lecture. The lecture ended with an interactive session with girls and vote of thanks by Prof. Manisha Bhosale. The anchoring of the activity was done by Dr. Reshma M. Pathan. The entire activity was organized and conducted by Prof. Puja A. Vhora. We are very much thankful to the Principal Dr. Avinash Jagtap for providing an interactive platform.

Thank You,

With Warm Regards,



Prof. Puja A. Vhora
Activity Co-ordinator



Dr. Janardhan K. Pawar
Head, Department of Commerce

Ankant Education Society's
Tuljaram Chaturchand College of Arts, Science & Commerce, Baramati, Dist. Pune
Autonomous
Department of Commerce
One Day Workshop on Health and Hygiene for Girls
10th August 2023
Attendance Sheet

| Sr.No | Name of Students | Roll No | Class | Div. | Sign. |
|-------|----------------------------|---------|-----------|------|--------------------|
| 1 | Shendge Siddhi Santosh | 8609 | Fy.bcom | F | <i>[Signature]</i> |
| 2 | Bhosale Niksha Dattatray | 8483 | Fy.bcom | D | <i>[Signature]</i> |
| 3 | Mane Sakshi Somnath | 8008 | F.Y.B.com | A | <i>[Signature]</i> |
| 4 | Shende Nikita Sanjay | 8018 | F.Y.B.com | A | <i>[Signature]</i> |
| 5 | Jamdar Kiran Somnath | 8007 | F.Y.B.com | A | <i>[Signature]</i> |
| 6 | Bhong Pramila laxman | 8002 | FY Bcom | A | <i>[Signature]</i> |
| 7 | Sawant Pooja Hanumanth | 8233 | FY Bcom | B | <i>[Signature]</i> |
| 8 | Kharat Aarti Ajinath | 8329 | Fy.B.com | C | <i>[Signature]</i> |
| 9 | Sakrat Sakshi Shankar | 8304 | Fy.B.com | C | <i>[Signature]</i> |
| 10 | Shinde Tejaswi Bansi | 8346 | f.y.B.com | C | <i>[Signature]</i> |
| 11 | Madane Komal Chhagan | 8269 | f.y.B.com | B | <i>[Signature]</i> |
| 12 | Kashid Vaishnavi Ganesh | 8462 | F.Y.B.com | D | <i>[Signature]</i> |
| 13 | Bhosale Yogita Dilip | 8461 | F.Y.B.com | D | <i>[Signature]</i> |
| 14 | Doshi Nirzara Nitin | 8520 | F.Y.B.com | D | <i>[Signature]</i> |
| 15 | Raut Anuradha Santosh | 8526 | F.Y.B.com | D | <i>[Signature]</i> |
| 16 | Dandavate Shravani Unmesh | 8515 | F.Y.B.com | D | <i>[Signature]</i> |
| 17 | Dhere Yashshri Babruvan | 8602 | F.Y.B.com | E | <i>[Signature]</i> |
| 18 | Khade Pradnya Sakharum | 8495 | f.y.B.com | D | <i>[Signature]</i> |
| 19 | Bhise Gauri Jagan | 8179 | F.Y.B.com | B | <i>[Signature]</i> |
| 20 | Gawade Payal Shahaji | 8003 | F.Y.B.com | A | <i>[Signature]</i> |
| 21 | More Pournima Dilip | 8152 | F.y.B.com | B | <i>[Signature]</i> |
| 22 | Band Ashwini Somnath | 8005 | F.Y.B.com | A | <i>[Signature]</i> |
| 23 | Murumkar Amruta Vikas | 8019 | F.Y.B.com | A | <i>[Signature]</i> |
| 24 | Adagale Divya Ramesh | 8466 | F.Y.B.com | D | <i>[Signature]</i> |
| 25 | Jadhav Pranjal Rajendra | 8456 | F.Y.B.com | D | <i>[Signature]</i> |
| 26 | Lokhande Anuja Abaso | 8457 | F.Y.B.com | D | <i>[Signature]</i> |
| 27 | Shinde Ankita Ganjay | 8547 | Fy.B.com | D | <i>[Signature]</i> |
| 28 | Gaikwad Nikita Sayaji | 8460 | Fy.B.com | D | <i>[Signature]</i> |
| 29 | Mhetre Nikita Haridas | 8629 | f.y.B.com | E | <i>[Signature]</i> |
| 30 | Shrikhande Tejaswini Nitin | 8453 | F.Y.B.com | D | <i>[Signature]</i> |
| 31 | Jagdhane Samiksha Ganjay | 8516 | F.Y.B.com | D | <i>[Signature]</i> |
| 32 | Khuspe Rutuja Shivaji | 8530 | F.Y.B.com | D | <i>[Signature]</i> |
| 33 | Sable Pratiksha Anil | 8554 | F.Y.B.com | D | <i>[Signature]</i> |
| 34 | Shitole Payal Navnath | 8502 | F.Y.B.com | D | <i>[Signature]</i> |
| 35 | Kale Prithi Gaurakh | 8169 | F.Y.B.com | B | <i>[Signature]</i> |
| 36 | Sathe Saloni Madhukar | 8087 | F.Y.B.com | A | <i>[Signature]</i> |

| | | | | | |
|----|----------------------------|------|---------|---|----------------|
| 37 | Kamble Arpita Anil | 8270 | Fy.Bcom | B | Arkamble |
| 38 | hecha Anil bharat | 8211 | Fy.Bcom | B | heche |
| 39 | khomane Pradipa Bharat | 8024 | Fy.Bcom | A | Phomane |
| 40 | Khomane Sandipa Bharat | 8025 | Fy.Bcom | A | Sandipa |
| 41 | Kardam palyal machhindra | 8040 | Fy.Bcom | A | Kardam |
| 42 | Bhosale payal sanjay | 8014 | Fy.Bcom | A | Pa.Bhosale |
| 43 | Patil Tanuja Balu | 8624 | Fy.Bcom | E | Patil |
| 44 | Bhosale Ragini Kamalakar | 8469 | Fy.Bcom | D | Bhosale |
| 45 | Taglap Tanishka Mahendra | 8505 | Fy.Bcom | D | Tanishka |
| 46 | Borate Vaishnavi shyam | 8536 | Fy.Bcom | D | Borate |
| 47 | Vibhute Nikita Nalin | 8459 | Fy.Bcom | D | Nikita |
| 48 | Landge Priyanka Jitendra | 8560 | Fy.Bcom | D | Landge |
| 49 | Jadhav Samruddhi Sagar | 8548 | Fy.Bcom | D | Jadhav |
| 50 | Vishwakarma Sonali Umesh | 8639 | Fy.Bcom | F | Vishwakarma |
| 51 | Borate Priya Sanjay | 8012 | Fy.Bcom | A | Borate |
| 52 | Murkut Vaishnavi Shivaji | 8011 | Fy.Bcom | A | Murkut |
| 53 | Amrute Sonika Popat | 8290 | Fy.Bcom | B | Amrute |
| 54 | SAYALI SHAMRAY PHADTARE | 8200 | Fy.Bcom | B | S.S.Shamray |
| 55 | Khandagale Kalyani Sagar | 8009 | Fy.Bcom | A | K.S.Khandagale |
| 56 | Patil Vaishnavi Vaibhav | 8053 | Fy.Bcom | A | Vaishnavi |
| 57 | Kavathe Kshitika Mahadev | 8158 | Fy.Bcom | B | Kavathe |
| 58 | Ghadage Snehal Rohini | 8001 | Fy.Bcom | B | Ghadage |
| 59 | Punjabi Simran Ashok | 8474 | Fy.Bcom | D | Punjabi |
| 60 | Taware Gauri Vinayak | 8473 | Fy.Bcom | D | Taware |
| 61 | Matre Shital Balaso | 8529 | Fy.Bcom | D | Matre |
| 62 | Kalange Tanuja Ankush | 8509 | Fy.Bcom | D | Kalange |
| 63 | Mane Pradip Balu | 8630 | Fy.Bcom | F | Mane |
| 64 | Shinde Vaishnavi Dattatray | 8500 | Fy.Bcom | D | Shinde |
| 65 | Bhosale Mayuri vilas | 8488 | Fy.Bcom | D | Bhosale |
| 66 | More sonika Dipak | 8027 | Fy.Bcom | A | More |
| 67 | Salve Shweta Anand | 8048 | Fy.Bcom | A | Salve |
| 68 | Tompe Seema Keshav | 8562 | Fy.Bcom | D | Tompe |
| 69 | Nayna Anil Dore | 8478 | Fy.Bcom | D | Nayna |
| 70 | Priya Sidharth Shinde | 8528 | Fy.Bcom | D | Priya |
| 71 | Isba Satish Parkale | 8479 | Fy.Bcom | D | Isba |
| 72 | Ankha Sachin Karbhaj | 8029 | Fy.A | A | Ankha |
| 73 | Payal Vitthal Chavan | 8010 | Fy.Bcom | A | Payal |
| 74 | Shrawani Ajay Kumar Jagtap | 8504 | Fy.Bcom | D | Shrawani |
| 75 | Sakshi Sachin Durgade | 8203 | Fy.Bcom | B | Sakshi |
| 76 | Soniya Habib Inamdar | 8454 | -11- | B | Soniya |
| 77 | Sonali Kishor Kulkarni | 8615 | Fy.Bcom | - | Sonali |
| 78 | Vrushali Ravindra Kadari | 8476 | -11- | B | Vrushali |
| 79 | Prakta Vijay Ballal | 8033 | Fy.Bcom | B | Prakta |
| 80 | Sivani Nalini Agarwal | 8255 | -11- | B | Sivani |
| 81 | Gauri Arun Kaul | 8021 | -11- | A | Gauri |
| 82 | Sofiya Raju Shaikh | 8475 | -11- | B | Sofiya |
| 83 | Sonika Adarsh Kumbhar | 8244 | -11- | B | Sonika |
| 84 | More Ankita Shivaji | 8172 | -11- | B | More |
| 85 | More Arati Prakash | 8170 | Fy.Bcom | B | More |
| 86 | More Akshata Rajit | 8168 | Fy.Bcom | B | More |

| Sn.No | Roll No | Div | Name | Signature |
|-------|---------|-----|---------------------------|-------------------|
| 1 | 8052 | A | Mohite Sakshi Nandkumar | <u>Sakshi</u> |
| 2 | 8049 | A | Gaikwad Diksha Yashwant | <u>Dgaikwad</u> |
| 3 | 8045 | A | Khamane Sakshi Bhagvat | <u>Bhamane</u> |
| 4 | 8038 | A | Jamdar Puja Parshuram | <u>P.P.Jamdar</u> |
| 5 | 8041 | A | Jamdar Tanuja balaso | <u>T.B.Jamdar</u> |
| 6 | 8043 | A | Chavan Rutuja Sunil | <u>R.S.Chavan</u> |
| 7 | 8518 | D | Alligi Archita Rajendra | <u>A.R.Alligi</u> |
| 8 | 8535 | D | Jadhav Vedika Santosh | <u>V.Jadhav</u> |
| 9 | 8195 | B | Kamble Bhumi Kundan | <u>Bhumi</u> |
| 10 | 8248 | B | Subani Ramesh ingale | <u>Subani</u> |
| 11 | 8180 | B | Bhoj Neta Yogesh | <u>Neta</u> |
| 12 | 8603 | B | Khadkikar Tanaya | <u>Tanaya</u> |
| 13 | 8464 | B | Randive Samruddhi D. | <u>Randive</u> |
| 14 | 8527 | B | Madne Srushti | <u>S.A.M.</u> |
| 15 | 8519 | B | Palat Sharma | <u>Palat</u> |
| 16 | 8194 | A | Shrushti Zagade | <u>Zagade</u> |
| 17 | 8173 | A | Nikita Sadhu Ballal | <u>N.S.Ballal</u> |
| 18 | 8044 | A | AKanksha Utdam Bankar | <u>A.Bankar</u> |
| 19 | 8163 | A | Vaishnavi balasubek beske | <u>V.Beske</u> |
| 20 | 8157 | B | Rutika chandrakant Bhagat | <u>R.C.Bhagat</u> |
| 21 | 8234 | C | Saloni Dhanaji Kumbhar | <u>Kumbhar</u> |

| | | | | | |
|-----|-------------------------|------|-----------|---|-----------|
| 87 | Kirti Rajendra Wange | 8228 | FYBcom | B | KRWange |
| 88 | Adul sukanya Macwande | 8318 | FYBcom | C | S.M. Adul |
| 89 | Bhaite Pradnya Ashok | 8350 | F.Y.B.com | C | ABhaite |
| 90 | Awate Sanika Anil | 8050 | FYBcom | A | SantikeA |
| 91 | Shelke Prajakta Sanjay | 8344 | FYBcom | C | ShelkePS |
| 92 | Rutuja Rajendra Shelke | 8042 | FYBcom | A | RAshelke |
| 93 | Rahul Sneha Wana | 8522 | FYBcom | D | Rahul2 |
| 94 | Baqwan Masima sadik | 8151 | FYBcom | B | MND |
| 95 | Dashi Payal Suraj | 8026 | FYBcom | A | PDash |
| 96 | Harad Tanuja Shrimant | 8023 | — | A | Tanuja |
| 97 | Dhavad Harsha Namdev | 8022 | — | A | H.Dhav |
| 98 | Mulani Minu Jahangir | 8175 | FYBcom | B | MMulani |
| 99 | Chusalka Mausli Nilesh | 8022 | FYBcom | D | Mausli |
| 100 | Pawar Akanksha Saudagar | 8051 | FYBcom | A | PawarA |

Anekant Education Society's
Tuljaram Chaturchand College of Arts, Science and Commerce, Baramati
Autonomous
Department of Commerce

One Day Workshop on 'Health and Hygiene for Girls'

On Thursday, 10th August 2023

Feedback form

Name of the Student – Shinde Tejaswi Bansi

Class of the student – F.y. B.com

Roll No. of the student – 8346

| Question | Total agree | Agree | Neutral | Total disagree | Disagree |
|---|-------------|-------|---------|----------------|----------|
| Usefulness of the contents | | ✓ | | | |
| Interactive skill of the speaker | | ✓ | | | |
| Planning of the program was excellent | | ✓ | | | |
| Students knows lot of things | | ✓ | | | |
| Total Lecture was very good & interactive | | ✓ | | | |

Shinde
Signature of the student

Anekant Education Society's
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One Day Workshop on 'Health and Hygiene for Girls'

On Thursday, 10th August 2023

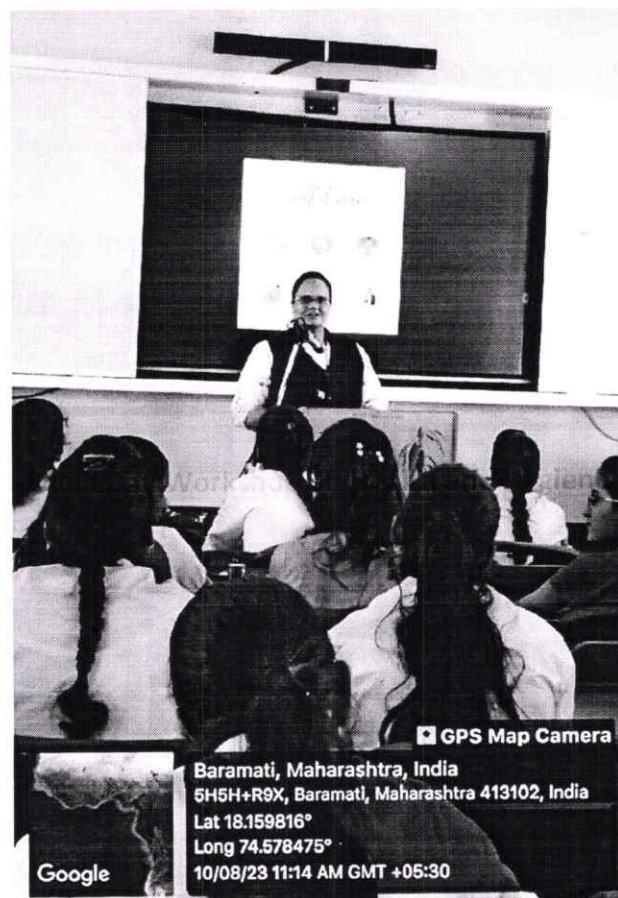
Feedback form

Name of the Student – More Pournima Dilip
Class of the student – f.y. Bcom
Roll No. of the student – 8152

| Question | Total agree | Agree | Neutral | Total disagree | Disagree |
|---|-------------|-------|---------|----------------|----------|
| Usefulness of the contents | ✓ | | | | |
| Interactive skill of the speaker | ✓ | | | | |
| Planning of the program was excellent | ✓ | | | | |
| Students knows lot of things | ✓ | | | | |
| Total Lecture was very good & interactive | ✓ | | | | |

P.D. more
Signature of the student

Snapshots of One Day Workshop on Health and Hygiene for girls



Prof. Puja Vhora introducing Resource person



Resource Person Dr. Sarika Shinde



Audience of One Day Workshop on Health and Hygiene for girls



Resource Person Dr. Sarika Shinde while question answer session

Computer Lab Maintenance Program

