

'Social Transformation Through Dynamic Education'



**BHARATI VIDYAPEETH'S  
MATOSHRI BAYABAI SHRIPATRAO KADAM KANYA MAHAVIDYALAYA  
KADEGAON, Dist. Sangli – 415305**

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**7.3.1**

# Health awareness



## D. Health awareness

Sr.No	Name of faculty	Name of Activity	Duration	Page No.
27	Dr. U.K.Mohite Physics	Yoga for Senior Citizen- Village Mohitevad gaon	1-8th December, 20 22	146 to 147
28	Mr. H.R.Ingwale, Physics	"Awareness about sound pollution among the young generation" Vihapur, Tal- Kadegaon	8th March 2023	148 to 150
29	Mr. S.S.Shinde Microbiology	Blood group detection camp	13-Jan-2023	151 to 156





**MATOSHRI BAYABAI SHIRIPATRAO KADAM KANYA MAHAVIDYALAYA,  
KADEGAON**

Outreach Program-2022-23

**Yoga for Senior Citizen**

**Mohitevadgaon** (1-8<sup>th</sup> December, 2022)



Everyone should know about the healthy-wealthy lifestyle, but in practice it becomes very difficult to maintain/achieve. Nowadays parameters of everything are found to be changed. Unbalanced (pesticide and chemical enriched) diet, Polluted water, polluted air, affect the physical health and unwanted needs creates the mental stress. Expenses-Income ratio of the family increases day by day. Diseases like Diabetes, Heart attack, Blood pressure becomes common to age above 40. The survey of the senior citizen says, more than 80 percent are suffered from joint pains, overweight, mental stress, majority of them are found uncomfortable in their daily routine, their lifestyle found to be mismatched with healthiness, in various senses. Our Prime-Minister H'ble Naredraji Modi always talks about the healthy life style, under the campaign of 'Azadi Ka Amrut Mohatchav'. Yoga is the best relief for all type of the incurable diseases, like, Diabetes, Blood pressure.

We decided to conduct the Yoga activity in the village **Mohitevadgaon, Tal- Kadegaon**. The interested and healthy students were selected from the same village and trained by Yoga Expert **Mohanrao Mane** from nearby village **Chinchani, Tal- Kadegaon**.

With prior permission of Grampanchayat the same Camp was successfully conducted in first week of December (1<sup>st</sup> December to 8<sup>th</sup> December, 2022). On 1<sup>st</sup> December the event was

inaugurated in august presence of *Mr. Shikrishna Mohite, Secretary Gramin Vikas Pratisthan, Sangli*. In the said camp villagers were trained with *Pranayam like Omkar, Bhastrika, Kapalbhati, Agnisar, Anulom-vilom, Bhramari, Udgit, Shitali and Dhyani Dharna* etc. The valedictory function was chaired by Dr. V. Y. Kadam, Incharge Principal of our college on **8<sup>th</sup> December 2023**. There are *Ten students and Thirty five villagers* were participated in the said event.



  
— Col. Secy  
(Mr. U. K. Mohite)

  
Principal  
BVM B S K Kanya Mahavidyalaya  
Kadegaon, Dist. Sangli





Bharati Vidyapeeth's

Matoshri Bayabai Shripatrao Kadam, Kanya Mahavidyalaya, Kadegaon

**DEPARTMENT OF PHYSICS**

## Report on Outreach Activity

Saturday, 8<sup>th</sup> Mar. 2023

### "Awareness about sound pollution among the young generation"

**Objectives:** 1. To impart brief knowledge about working of human ears.

2. To create consciousness about adverse effect of intolerable loud sound on human ear

3. To create consciousness about adverse effects of intolerable loud sound on hyper blood pressure of human.

4. To avoid intolerable loudness of sound in the festivals and functions.

**Possible outcome:** 1. Youngsters will aware about risk of intolerable loud sound.

2. Youngsters will restrict upper level of loud sound.

3. Youngsters will create awareness among others about adverse effects of loud sound.

4. Youngsters will avoid intolerable loud sound in the functions and festivals.

DEPARTMENT OF PHYSICS has organized outreach activity in Vihapur, Tal- Kadegaon, Dist- Sangli on 8<sup>th</sup> March 2023. In this activity sarpanch, members of the grampanchayat, and students were participated. In this activity 30 persons were actively participated while about 100 villagers were taken benefits.

#### Welcome and Opening Address:-

Mr. H. R. Ingavale, Associate Professor, Department of Physics; welcome all Sarpanch, Villagers and students. He explained about aim and objectives Awareness about sound pollution among the young generation.

**Presidential Address:** Mrs. Ashwini Chavan Sarpanch, Vihapur Grampanchayat, Tal- Kadegaon, Dist- Sangli was President of the function. In her Presidential address she appreciates Awareness



activity about sound pollution among the young generation. She assured about the villagers and youngsters in Vihapur will be committed to avoid sound pollution in different functions.

- Outcomes:**
- 1) Youngsters and Villagers Knowhazardous effect of intolerable loud sound.
  - 2) Youngsters and Villagers shown commitment to avoid intolerable loud sound in the functions.

*H.R. Ingavale*

(Mr. H.R. Ingavale)

Convener



*V. Y. Kadam*

(Prof. Dr. V. Y. Kadam)

uc. Principal

V.M.B.S.K. Kanra Mahavidyalaya  
Kategaon, Dist. Sonbhadra





Mr. H.R. Ingavale, Department of Physics, giving speech on "Awareness about sound pollution among the young generation", at Vihapur, Tal- Kadegaon, Dist- Sangli



Students and Villagers Participated in "Awareness about sound pollution among the young generation", outreach activity at Vihapur, Tal- Kadegaon, Dist- Sangli organized by Department of Physics





Bharati Vidyapeeth's  
Matoshri Hayabai Shripatrao Kadam Kanya Mahavidyalaya, Kadegaon, Dist. Solapur

**Department of Microbiology**  
**A Brief Report of the Outreach Activity**

Academic Year: 2022-2023

**Details of the Programme**

- Title of the activity: **Blood Group Detection Camp**
- Name of the Programme Coordinator: Mr. S.S. Shinde
- Organizing Department: Department of Microbiology
- Number of Participants: 102
- Duration of the program: 03 Hours
- Day and Date: **Friday, 13 January 2023**
- Place: Kadegaon

**Introduction**

The Blood Group Detection Camp was organized by the Department of Microbiology on Friday, 13th January 2023, in Kadegaon. The program aimed to detect the blood groups of students from all streams, faculty members, as well as the students of Kanya Prashala Kadegaon. Mr. S.S. Shinde coordinated the event, ensuring its smooth execution.

**Purpose:**

The primary purpose of the Blood Group Detection Camp was two-fold. Firstly, it aimed to detect the blood groups of students from various streams, faculty members, and students of Kanya Prashala Kadegaon. This information is crucial for healthcare purposes and can be instrumental in emergency situations. Secondly, the program aimed to introduce basic information about blood group detection methods to students from all streams, enhancing their knowledge and understanding in this field.

**Programme Outcome:**

The Blood Group Detection Camp successfully achieved its intended outcomes. Participants gained basic information about their blood groups, which is essential for understanding blood compatibility, transfusion requirements, and emergency medical situations. Additionally, students had the opportunity to learn about the blood group detection method, acquiring a valuable skill that could prove useful in their future healthcare endeavors.





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**Department of Microbiology**

**Conclusion:**

The Blood Group Detection Camp organized by the Department of Microbiology was a successful initiative that aimed to create awareness about blood groups and provide participants with valuable knowledge. The event, coordinated by Mr. S.S. Shinde, witnessed the active participation of 102 individuals, including students from various streams, faculty members, and students from Kanya Prashala Kadegaon. By detecting blood groups and introducing the basic concept of blood group detection methods, the program fulfilled its purpose of equipping participants with essential information and fostering a better understanding of this important aspect of healthcare.



Programme Coordinator



Head,  
Dept. of Microbiology  
Bharati Vidyapeeth's  
M.B.S.K. Kanya Mahavidyalaya,  
Kadegaon, Dist. Sangli



Principal  
B.V.M.B.S.K. Kanya Mahavidyalaya,  
Kadegaon, Dist. Sangli





**Bharati Vidyapeeth's  
Matoshri Bayabai Shripatrao Kadam Kanya Mahavidyalaya, Kadegaon, Dist. Solapur  
Department of Microbiology**







**Bharati Vidyapeeth's**  
**Matoshri Bayabai Shripatrao Kadam Kanya Mahavidyalaya, Kadegaon, Dist. Sangli**  
**Department of Microbiology**

Date - 13.01.2023 Time 10-10:30 to 3:30 pm

Sl. No.	Name of the Students Women's	Name of Classmate Village	Sign	Mark Grade
1	Tarini Sandip Kadam	Mumbai	BSC II	A <sup>+</sup>
2	Suzali Suresh Kadam	Kalabi	1 <sup>st</sup>	A <sup>+</sup>
3	Sakshi Suresh Kadam	Mhadur	11 <sup>th</sup>	A <sup>+</sup>
4	Manojita Sandip Patil	Kadgaon	11 <sup>th</sup>	A <sup>+</sup>
5	Shruti Dattatraya Kadam	Mhadur	8 <sup>th</sup>	B <sup>+</sup>
6	Anushka Vishwanath Patil	Kadgaon	2 <sup>nd</sup>	B <sup>+</sup>
7	Trupti Uday Kadam	Kadgaon	9 <sup>th</sup>	A <sup>+</sup>
8	Arushi Pratik Kadam	Mhadur	8 <sup>th</sup>	A <sup>+</sup>
9	Yashvanti Pratik Kadam	Mhadur	8 <sup>th</sup>	A <sup>+</sup>
10	Shruti Dattatraya Kadam	Mhadur	8 <sup>th</sup>	A <sup>+</sup>
11	Arushi Pratik Kadam	Mhadur	8 <sup>th</sup>	A <sup>+</sup>
12	Manojita Sandip Patil	Kadgaon	11 <sup>th</sup>	A <sup>+</sup>
13	Sakshi Suresh Kadam	Mhadur	11 <sup>th</sup>	A <sup>+</sup>
14	Manojita Sandip Patil	Kadgaon	11 <sup>th</sup>	A <sup>+</sup>
15	Manojita Sandip Patil	Kadgaon	11 <sup>th</sup>	A <sup>+</sup>
16	Manojita Sandip Patil	Kadgaon	11 <sup>th</sup>	A <sup>+</sup>
17	Manojita Sandip Patil	Kadgaon	11 <sup>th</sup>	A <sup>+</sup>
18	Manojita Sandip Patil	Kadgaon	11 <sup>th</sup>	A <sup>+</sup>
19	Manojita Sandip Patil	Kadgaon	11 <sup>th</sup>	A <sup>+</sup>
20	Manojita Sandip Patil	Kadgaon	11 <sup>th</sup>	A <sup>+</sup>
21	Manojita Sandip Patil	Kadgaon	11 <sup>th</sup>	A <sup>+</sup>
22	Manojita Sandip Patil	Kadgaon	11 <sup>th</sup>	A <sup>+</sup>
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28	Manojita Sandip Patil	Kadgaon	11 <sup>th</sup>	A <sup>+</sup>
29	Manojita Sandip Patil	Kadgaon	11 <sup>th</sup>	A <sup>+</sup>
30	Manojita Sandip Patil	Kadgaon	11 <sup>th</sup>	A <sup>+</sup>



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**Department of Microbiology**

40	Wairale Praradi Nisha	Sangola	11 <sup>th</sup> sci	B <sup>+</sup>	Wairale
41	Yadav Supriya Narayan	Kand	11 <sup>th</sup> sci	B <sup>+</sup>	Suryabai
42	Mahade Patil Pradip	Mumbai	11 <sup>th</sup> sci	B <sup>-</sup>	Chandak
43	Mumbhat Disha Dip	Mumbai	11 <sup>th</sup> sci	O <sup>+</sup>	Chandak
44	Wani Sampadhi Karam	Shirgaon	11 <sup>th</sup> sci	B <sup>-</sup>	Chandak
45	Wani Pratiksha Pradip	Shirgaon	11 <sup>th</sup> sci	B <sup>+</sup>	Chandak
46	Wani Pratiksha Pradip	Shirgaon	11 <sup>th</sup> sci	B <sup>+</sup>	Chandak
47	Wani Pratiksha Pradip	Shirgaon	11 <sup>th</sup> sci	B <sup>+</sup>	Chandak
48	Wani Pratiksha Pradip	Shirgaon	11 <sup>th</sup> sci	B <sup>+</sup>	Chandak
49	Wani Pratiksha Pradip	Shirgaon	11 <sup>th</sup> sci	B <sup>+</sup>	Chandak
50	Wani Pratiksha Pradip	Shirgaon	11 <sup>th</sup> sci	B <sup>+</sup>	Chandak
51	Wani Pratiksha Pradip	Shirgaon	11 <sup>th</sup> sci	B <sup>+</sup>	Chandak
52	Wani Pratiksha Pradip	Shirgaon	11 <sup>th</sup> sci	B <sup>+</sup>	Chandak
53	Wani Pratiksha Pradip	Shirgaon	11 <sup>th</sup> sci	B <sup>+</sup>	Chandak
54	Wani Pratiksha Pradip	Shirgaon	11 <sup>th</sup> sci	B <sup>+</sup>	Chandak
55	Wani Pratiksha Pradip	Shirgaon	11 <sup>th</sup> sci	B <sup>+</sup>	Chandak
56	Wani Pratiksha Pradip	Shirgaon	11 <sup>th</sup> sci	B <sup>+</sup>	Chandak
57	Wani Pratiksha Pradip	Shirgaon	11 <sup>th</sup> sci	B <sup>+</sup>	Chandak
58	Wani Pratiksha Pradip	Shirgaon	11 <sup>th</sup> sci	B <sup>+</sup>	Chandak
59	Wani Pratiksha Pradip	Shirgaon	11 <sup>th</sup> sci	B <sup>+</sup>	Chandak
60	Wani Pratiksha Pradip	Shirgaon	11 <sup>th</sup> sci	B <sup>+</sup>	Chandak
61	Wani Pratiksha Pradip	Shirgaon	11 <sup>th</sup> sci	B <sup>+</sup>	Chandak
62	Wani Pratiksha Pradip	Shirgaon	11 <sup>th</sup> sci	B <sup>+</sup>	Chandak
63	Wani Pratiksha Pradip	Shirgaon	11 <sup>th</sup> sci	B <sup>+</sup>	Chandak
64	Wani Pratiksha Pradip	Shirgaon	11 <sup>th</sup> sci	B <sup>+</sup>	Chandak
65	Wani Pratiksha Pradip	Shirgaon	11 <sup>th</sup> sci	B <sup>+</sup>	Chandak





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**Department of Microbiology**

Amruta Dadasa mali	Kamapur	11 <sup>th</sup> Sci	O <sup>+</sup>	Amruta
Sanika Sanjay Mohite	Sakali	11 <sup>th</sup> Sci	O <sup>-</sup>	Sanika
Ashwini Shivaji Thavan	Upale Mani	11 <sup>th</sup> Sci	O <sup>+</sup>	Ashwini
Ashwini Santosh Kadam	Upale Mani	11 <sup>th</sup> Sci	O <sup>-</sup>	Ashwini
Sanjana Balasa Suryawanki	Selvade	11 <sup>th</sup> Sci	A <sup>+</sup>	Sanjana
Nyatvi Shikha Ravat	Selvalde	11 <sup>th</sup> Sci	A <sup>+</sup>	Nyatvi
Nayani Sangeetam Jadhav	Valvan	11 <sup>th</sup> Sci	A <sup>+</sup>	Nayani
Harshita Sangeetam Jadhav	Valvan	11 <sup>th</sup> Sci	A <sup>+</sup>	Harshita
Rajashri Anantaji Mane	Nevalad	11 <sup>th</sup> Sci	A <sup>+</sup>	Rajashri
Harshada Mahesh Pawar	Chikajinaga	11 <sup>th</sup> Sci	O <sup>+</sup>	Harshada
Utkarsha Manoj Chaudhary	Vedavane	11 <sup>th</sup> Sci	A <sup>+</sup>	Utkarsha
Dipak Chaskikant Dudawa	Chincholi	11 <sup>th</sup> Sci	O <sup>+</sup>	Dipak
Ashutika Pratiksha Chavan	Gadegaon	11 <sup>th</sup> Sci	A <sup>+</sup>	Ashutika
Valshravi Vishal Mahajan	Kaiguan	11 <sup>th</sup> Sci	O <sup>+</sup>	Valshravi
Ashutika Anandev Khumbhar	Kamapur	11 <sup>th</sup> Sci	A <sup>+</sup>	Ashutika
Radhika Dattavay Mohite	Tandoli	11 <sup>th</sup> Sci	O <sup>+</sup>	Radhika
Khagvashri Kamchandramohite	Tandoli	11 <sup>th</sup> Sci	A <sup>+</sup>	Khagvashri
Aakasha Shivinivus Ambekar	Higangav	11 <sup>th</sup> Sci	AB <sup>+</sup>	Aakasha
Kutuja Paduranga Kadam	Higangav	11 <sup>th</sup> Sci	O <sup>-</sup>	Kutuja
Ambiksha Shivaji Dubal	Chikajinaga	11 <sup>th</sup> Sci	A <sup>+</sup>	Ambiksha
Anika Pratap Chavan	Vitapur	11 <sup>th</sup> Sci	AB <sup>+</sup>	Anika
Kavita Dipak Gaikwad	Kadegaon	11 <sup>th</sup> Sci	O <sup>+</sup>	Kavita
Inamda Saniya Salim	Kadegaon	11 <sup>th</sup> Sci	O <sup>+</sup>	Inamda
Anchal Chandram Koli	Deemshu BSC I & II		B <sup>+</sup>	Anchal
Meha Sanjay Honmare	Deemshu BSC I & II		A <sup>+</sup>	Meha
Vina Tajmal Mulla	Tatasaheb BSC III		O <sup>+</sup>	Vina
Priya Sushant Mane	Chincholi BSC II		B <sup>+</sup>	Priya
Pooja Sandeep Suryawanki	Wangi BSC III		O <sup>+</sup>	Pooja
Priyanka Sakram Gurav	Kolambi BSC III		B <sup>+</sup>	Priyanka
Sakshita Sameer Dhapal	Upale Mani BSC III		B <sup>+</sup>	Sakshita
Kadam Sanika Sureshwaraj	Higangav BSC III		AB <sup>+</sup>	Kadam
Shruti Tanuja Regentra	Upale Mani BSC III		AB <sup>+</sup>	Shruti
Pooja Pratiksha Ambekar	Chincholi BSC III		B <sup>+</sup>	Pooja
Chandradevi Manoj Honemant	Chincholi BSC III		O <sup>+</sup>	Chandradevi
Lubna Harun Mulla	Kadegaon BSC III		O <sup>+</sup>	Lubna
Gayatri Rajendra Devakari	Mohi BSC III		A <sup>+</sup>	Gayatri
Shwini Jyotiram Melik	Kadegaon BSC III		AB <sup>+</sup>	Shwini