



**BHARATI VIDYAPEETH'S
MATOSHRI BAYABAI SHRIPATRAO KADAM KANYA
MAHAVIDYALAYA**

KADEGAON, Dist. Sangli – 415305

Dr. Patangrao Kadam Prof. (Dr.) V Y Kadam
M.A., L.L.B., Ph.D. M. Sc., M Phil., Ph.D.

I/C Principal

Founder, Bharati Vidyapeeth, Pune

Website-<http://bvmbsskkmkadegaon.edu.in> Phone : 02347 242218

Email. kmk101.cl@unishivaji.ac.in

7.2

BEST PRACTICES

**7.2.1 Describe two best practices successfully implemented by the
Institution as per NAAC format provided in the Manual**

BEST PRACTICES I

Covid 19 Awareness

1. Title- Covid 19 Awareness

2. Goals- To create awareness to handle Covid 19 situation and its preventive measures in the Students and society.

3. Context- The activities like awareness lecture by eminent personalities on various subjects related to Covid 19 awareness and develop cleanliness attitude in them. To protect from Corona virus for use of mask and sanitizer every time. Provide Guidance for improving the immunity and health to become healthy youth of nation students are aware of importance of sports, yoga and meditation. The institute provides medical facilities and registration of vaccination establish Covid vaccination center in the campus.

The Practices:

NSS and Gymkhana committee runs various awareness programs for Covid 19 situation. The programs like awareness lectures, mask and sanitizer donation camp, fitness training, yoga training and cleanliness camps are organized for students and society.

5. Evidence of Success:

As Covid 19 was health issue problem and creates very tense conflicts in the mind of students and all society. They become confident, safe and get strength to fight against the Covid 19 situation, become health conscious. Students learn many things to improve body health, mental health to protect from corona viruses .This results in the healthy data of students as no one student in the campus found to be infected.

6. Problems encountered and resource required:

No such problems are created for the awareness because of ICT techniques used for the lectures, however attendance of the students during offline must be noted

Index

Sr.No	Event	Duration	Page No.
1.	Celebration of International Yoga day- Lecture and Training on Importance of Pranayama and Yoga for control of Covid 19 by Mr. A. B. Mali	21 st June 2020	1 to 3
2.	Lecture on "Corona, Yesterday, Today and Tomorrow	10 th July 2020	4 to 8
3.	Distribution of Mask and lecture on Only Task -Use Mask	17 th August 2020	9 to 10
4.	Campus Cleaning	24 th September 2020	11 to 13
5.	Swachata Abhiyan and tree plantation	3 rd November 2020	14 to 16
6.	Value added course on-Yoga and Physical health	6 th December to 27 th December 2020	17 to 30
7.	Fitness training program	30 th May to 1 st June 2022	31 to 33
8.	Covid Vaccine rollout Activity	8 th January 2021	34 to 36
9.	Covid Vaccine rollout Activity	23 rd January 2021	37 to 39
10.	Value added course on-Diet for healthiness	5 th Dec. to 26 th Dec. 2021	40 to 53
11.	Face Mask donation	26 th January 2022	54 to 55
12.	Cleaning village roads	23 rd March 2022	56 to 58
13.	Morning Exercise	24 th March 2022	59 to 61
14.	Cleaning Cremation ground	24 th March 2022	62 to 63
15.	Value added course on-yoga and mental	4 th Dec. to 25 th Dec. 2022	64 to 75

	health		
16.	Cleanliness campaign	24th Feb. to 2nd March 2023	76 to 78



Bharati Vidyapeeth
Matoshri Bayabai Shripatrao Kadam
Kanya Mahavidyalaya Kadegaon

Organized By
National Service Scheme
'Not Me ,But You'



2020-2021

Activity- International Yoga Day

Date- 21June 2020

Time – 09.30 am Onwards



Bharti Vidyapeeth's

Matoshri Bayabai Shripatrao Kadam Kanya Mahavidyalaya, Kadegaon

REPORT ON INTERNATIONAL YOGA DAY

NSS Unit in the college was formed with 200 volunteers of 2 units with program officers Mr.A.B. Mali and Mr. M. B.Kumbhar.

International Yoga Day was celebrated by NSS Unit of Bharti Vidyapeeth's Matoshri Bayabai Shripatrao Kadam Kanya Mahavidyalaya, Kadegaon, on 21st June 2020. The objective of the day was to create awareness of yoga among the volunteers. At the outset, Mr.A.B. Mali, Programme Officer NSS Unit, welcomed the gathering. Prof. Dr. S.D. Kulkarni, Principal of Bharti Vidyapeeth's Matoshri Bayabai Shripatrao Kadam Kanya Mahavidyalaya, Kadegaon, given instruction to volunteers.



INTERNATIONAL YOGA DAY



INTERNATIONAL YOGA DAY

[Signature]
Programme Officer
 National Service Scheme
 Matoshri Bayabai Shripatrao Kadam
 Kanya Mahavidyalaya, Kadegaon

[Signature]
i/c. Principal
 B.V.M B.S.K. Kanya Mahavidyalaya
 Kadegaon, Dist. Sangli





Bharati Vidyapeeth
Matoshri Bayabai Shripatrao Kadam
Kanya Mahavidyalaya Kadegaon, Dist. Sangli

Organized By
National Service Scheme
'Not Me, But You'



2020-2021

**Activity- Webinar on Corona Yesterday, Today
and Tomarrow**

Date- 8th July 2021 Time – 10.30 am Onwards



Introduction:

COVID-19 is a contagious disease caused by the virus SARS-CoV-2. The first known case was identified in Wuhan, China, in December 2019.^[6] The disease quickly spread worldwide, resulting in the COVID-19 pandemic. Most people recover from the acute phase of the disease. However, some people continue to experience a range of effects, such as fatigue, for months, even after recovery. This is the result of a condition called long COVID, which can be described as a range of persistent symptoms that continue for weeks or months at a time. Long-term damage to organs has also been observed after the onset of COVID-19. Multi-year studies are underway to further investigate the potential long-term effects of the disease.

Objectives:

- To aware students and villagers about covid 19 effects.
- To information regarding preventive measures.
- To inform about medical facilities.
- To aware about cleanliness habits.
- To aware them about future protection measures.



Link for Webinar

👉👉 Greetings to all 👉👉

Bharati Vidyapeeth's

Matoshri Bayabai Shripatrao Kadam Kanya Mahavidyalaya Kadegaon

Cordially invites you all for

Online Webinar on the topic



कोरोना: काल, आज आणि उदया



Organized by

National Service Scheme

OnThursday 8th July 2021

Time - 10.30 am

Resource Person -

Dr. Sanjay Thigale

Associate Professor

Dr Patangrao Kadam Mahavidyalaya, Sangli

Please click below link to Join Zoom Meeting

<https://us04web.zoom.us/j/7856040416?pwd=K2lMcjRvZWVhcm5oQnhpdU9nSk1LZz09>

Meeting ID: 785 604 0416

Passcode: XMih30

Regards

Dr. V Y Kadam

I/C Principal



10/7/21

दैनिक भातव्यांचा राजा

जनप्रवास

सांगली

‘एकच टास्क वापरा मास्क’: डॉ. संजय ठिगळे

जनप्रवास । प्रतिनिधी

कडेगाव : कोरोना विषाणूचा जगभर संसर्ग वाढत आहे आणि या वाढत्या संसर्गाला रोखण्याचे काम प्रत्येक व्यक्तीने केले पाहिजे त्यामध्ये भास्क वापरणे खूप गरजेचे आहे असे उद्गार प्रा. डॉ. संजय ठिगळे यांनी भारतीय विद्यापीठाच्या मातोश्री बयाबाई श्रीपतराव कदम कन्या महाविद्यालय कडेगाव यांच्या राष्ट्रीय सेवा योजना विभागातर्फे आयोजित माझ गाव कोरोना मुक्त गाव या अभियानांतर्गत एक दिवसीय वेबिनार मध्ये व्यक्त केले.

यावेळी महाविद्यालयाचे प्रभारी प्राचार्य डॉ. विष्णू कदम कार्यक्रमाच्या अध्यक्षस्थानी होते. आपल्या मार्गदर्शनात डॉ. संजय ठिगळे पुढे म्हणाले, कोरोनामुळे माणसे एकमेकांपासून दुरावली, या कोरोना विषाणूचे अर्थिक, सामाजिक आणि शैक्षणिक खूप मोठे नुकसान झालेले आहे. केंद्र शासन आणि राज्य शासन विविध उपाययोजना करत आहे. प्रत्येक प्रत्येक व्यक्तीने जबाबदारीने वागले पाहिजे. भास्कचा वापर करणे, सामाजिक अंतर ठेवणे, सॅनिटायझरचा वापर करणे इत्यादी गोष्टींचा अवलंब करणे गरजेचे आहे. तरच आपण या विषाणूला हरवू शकतो. त्यांनी अतिराय सुंदर



पद्धतीने कोरोना काळ, आज आणि उद्या या विषयावर भाष्य केले तसेच लवकरात लवकर कोरोना संसर्ग कमी होऊन जनजीवन सुरळीत व्हावे यासाठी देवाकडे प्रार्थना केली.

महाविद्यालयाचे प्रभारी प्राचार्य डॉ. विष्णू कदम यांनी आपल्या

अध्यक्षीय भाषणात कोरोना विषाणू किती भीषण आहे आणि त्याचे दुष्परिणाम काय काय होऊ शकतात याविषयी आपले विचार मांडले. सर्वांनी शासनाने घालून दिलेल्या नियमांचे पालन करावे असे आवाहन यावेळी त्यांनी केले. या कार्यक्रमाचे स्वागत आणि प्रास्ताविक राष्ट्रीय सेवा योजनेचे कार्यक्रम अधिकारी प्रा. अशोक माळी यांनी केले तर पाहुण्यांचा परिचय प्रा. शैला मोहिते यांनी करून दिला. या ऑनलाईन वेबिनार मध्ये महाविद्यालयातील विद्यार्थिनी प्राध्यापक तसेच माझ गाव कोरोना मुक्त गाव या अभियानातील तडसर कडेगाव सोहोली अमरापूर अंबक या गावातील सरपंच प्राप्तिसेवक आदी सदस्य उपस्थित होते. प्रा. अविनारा घादव यांनी आभार मानले तर सूत्रसंचालन प्राध्यापक महेश माळी यांनी केले.

No. of Participants: 65

Organizer:

Mr. A. B. Mali and Mr. A.M. Yadav- NSS program Officer

Chief Guest: Mr. Sanjay Thigale, Dr Patangrao Kadam ,mahavidyalaya, Sangli

President: Dr. V.Y.Kadam- B.V.M.B.S.K.Kanya Mahavidyalaya, Kadegaon



Mr. A.B. Mali
Programme Officer
National Service Scheme
Matoshri Bayabai Shripatrao Kadam
Kanya Mahavidyalaya, Kadegaon



Dr. V.Y. Kadam
i.e. Principal
B.V.M.B.S.K. Kanya Mahavidyalaya
Kadegaon, Dist. Sangli



**Bharti Vidyapeeth's Matoshri Bayabai Shripatrao Kadam Kanya
Mahavidyalaya, Kadegaon**

**REPORT ON COVID-19 AWARENESS AND FACE MASK DONATION
ACTIVITY ON**

17.08.2020

Name of the Activity: Mask Distribution- Awareness Programme

Date: 17.08.2020

Mask donation campaign at college campus by NSS committee members, principal, college faculty and NSS volunteers.

The committee members spoke to the students about their worries and educated them about the importance of wearing masks when they step out of the homes, proper washing of hands, social distancing and other measures.



COVID-19 AWARENESS AND FACE MASK DONATION





Bharati Vidyapeeth



Matoshri Bayabai Shripatrao Kadam

Kanya Mahavidyalaya Kadegaon, Dist. Sangli

Organized By
National Service Scheme
'Not Me, But You'



2020-2021

Activity- Clean Collage Campus

Date- 24 September 2020

Time – 10.30 am Onwards





Bharti Vidyapeeth's
Matoshri Bayabai Shripatrao Kadam Kanya
Mahavidyalaya, Kadegaon
NSS Day - Clean College Campus Activity

NSS volunteers of Bharti Vidyapeeth's Matoshri Bayabai Shripatrao Kadam Kanya Mahavidyalaya, Kadegaon under the programme officer Mr. A.B. Mali and Mr. M.B. Kumbhar participated in clean college campus activity. They cleaned collage campus.



Clean College Campus Activity



Clean College Campus Activity

Programme Officer
National Service Scheme
Motokeshi Prayata, Shripatrao Kadam
Kanya Mahavidyalaya, Kadegaon



M. Abdul
I/c. Principal
B.V.M.B.S.K. Kanya Mahavidyalaya,
Kadegaon, Dist. Sangli



Bharati Vidyapeeth



Matoshri Bayabai Shripatrao Kadam

Kanya Mahavidyalaya Kadegaon, Dist. Sangli

Organized By
National Service Scheme
'Not Me, But You'



2020-2021

Activity- Swachhta Abhiyan & Tree Plantation

Date- 03 November 2020

Time – 09.30 am Onwards





Bharti Vidyapeeth's
Matoshri Bayabai Shripatrao Kadam Kanya
Mahavidyalaya, Kadegaon

Swachhta Abhiyan

Date: 03rd November 2020

A very auspicious clean campus programme was organized by NSS students in our College to create an awareness regarding cleanliness. The program started very early at 9:30 the guest of honor for this clean campus programme was the Principal of our College Sou. Dr. S.D. Kulkarni. The Faculty Bharti Vidyapeeth's Matoshri Bayabai Shripatrao Kadam Kanya Mahavidyalaya, Kadegaon, were also present for providing the guidance about Cleanliness.



Clean College Campus programme





Tree Plantation in College Campus

Programme Officer
National Service Scheme
Matoshri Bayabai Shripatrao Kadam
Kanya Mahavidyalaya, Kadegaon



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



Bharati Vidyapeeth's
Matoshri Bayabai Shripatrao Kadam Kanya Mahavidyalaya, Kadegaon.
Department of Gymkhana
Value added Certificate Course
" Yoga & Physical Health"
2020-21

Under the department of Gymkhana Conduits the certificate courses every year. The details of the course are -

1. Name of the course – Yoga of Physical Health
2. Marks distribution of the course

Nature of Syllabus	Marks	Total Mark
Theory	25	50
Practical	25	

3. Duration – 1 Month
4. Minimum Qualification – HSC
5. Language – Marathi

These years 2020 – 21 there are 95 student are enrolled and all are passed with distinction. The course was conducted during 2020-21



BHARATI VIDYAPEETH'S
Matoshri Bayabai Shripatrao Kadam Kanya Mahavidyalaya,
Kadegaon
Department of Gymkhana
Value Added Certificate Course
Syllabus
***Yoga and Physical Health**
2020-21

Theory

1. History of Yoga
2. Ashtang Yog
3. Study Of Yoga
4. Difference between Yoga and Exercises
5. Advantage of Yoga

Practical

1. Warming Up
2. Surya Namskar
3. Asanas – Tadasan, Trikonasan, Virasan , Padmasan, Vajrasan, Vrasthan, Bhujangasan, Dhanurasan, Naukassan.
4. Pranayam – Anulom Vilom , Bhasrika, shitali,
5. Mudra – Brahmudra, Yogmudra, Padmasanyogmudra, Virasan
6. Dhyan – Omkar

Course of Outcomes

1. Physical benefits – Increased flexibility, Strength, Balance, Endurance
2. Mental benefits, Reduced stress anxiety, depression & chronic pain
3. Other benefits – Improved sleep patterns, overall well being & recovery from addiction



BHARATI VIDYAPEETH'S


Matoshri Bayabai Shripatrao Kadam Kanya Mahavidyalaya,
Kadegaon

Date : 29/11/2020

Notice

All the first year B.A. students hereby informed that under the Gymkhana Dept. we are going to conduct the certificate course entitled 'Yoga & Physical Health' from next month in Gymkhana dept. The details of the course, duration, syllabus, time table & admission process will be displayed on the notice board. These who are interested should apply before the 11.12.2020.

Diet for Health
Yoga & Mental Health


Gymkhana Head
Director of Physical Education
B.V.M.S.K. Kanya Mahavidyalaya
Kadegaon, Dist. Sangli


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






BHARATI VIDYAPEETH'S

Matoshri Bayabai Shripatrao Kadam Kanya Mahavidyalaya,
Kadegaon

Date : 20/12/2020.

Notice

All B.A.I year students participants in Yoga & Physical Health course hereby informed that the examination regarding the certificate course entitled 'Yoga & Physical Health' will be arranged by the Gymkhana committee on date given by the Gymkhana Department. The detail time table will be displayed on the notice board.


Gymkhana Head
Director of Physical Education
B.V.M.B.S.K. Kanya Mahavidyalaya
Kadegaon, Dist. Sangli


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



"Social Transformaton through Dynamic Education"



Matoshri Bayabi Shripatrao Kadam Kanya Mahavidyalaya, Kadegaon

Department of Gymkhana

Name of Course - Yoga of Physical Health

Peroid - 2020-21

List of Student

2020-21

Name of Teacher - Smt. S.B. Mohite



Sr. No.	Name of Student
1	Jagadale Ashwini Nandkumar
2	Jagadale Pratiksha Prakash
3	Kamble Chandrakala Maroti
4	Mulla Muskan Amjad
5	Rajput Shivani Umesh
6	Subedar Manisha Harishchandra
7	Suryawanshi Nishigandha Anil
8	Yadav Maheshwari Maruti
9	Pawar Ashwini Ashok
10	Pol Arpita Ashok
11	Shikalgar Fairaja Raju
12	Suryawanshi Anuradha Dilip
13	Tupe Urmila Dhanaji
14	Vatre Sanika Maruti
15	Wayadande Vaishnavi Gajanan
16	Bobade Akarsha Ashok
17	Gurav Ankita Mahadev
18	Kolikolkar Pooja Rangappa
19	Lonare Komal Dada
20	Mane Rutuja Ramchandra
21	Patil Siddhi Suresh
22	Pawar Pranali Navnath
23	Mahapure Manisha Anil
24	Babar Nandini Prakash
25	Babar Sanjana Devanand
26	Chavan Rutuja Sambhaji
27	Deokar Sonali Dattajirao
28	Deshmukh Rutuja Rajendra
29	Dol Sakshi Santosh
30	Domb Pallavi Jivan
31	Domb Sanika Narasaheb
32	Gharge Swapnali Baban
33	Mahajan Sanika Prashant
34	Mahapure Asmita Avinash
35	Mali Sonali Harimant
36	Mohite Revati Ramchandra
37	Mulani Anisha Shabbir
38	Mulla Rubina Jabbar
39	Nikam Rajashri Ganpat



40	Patole Supriya Dasharath
41	Pawar Aakanksha Satyawan
42	Pawar Nikita Tatyaso
43	Suryawanshi Prajakta Lahu
44	Suryawanshi Shivani Hanmant
45	Waydande Akshata Chandrakant
46	Yadav Dhanshree Tanaji
47	Yedekar Ambika Maruti
48	Ambawade Amrapali Jalindar
49	Ambawade Komal Sanjay
50	Attar Saniya Firoj
51	Babar Krushika Pandurang
52	Bhosale Pranjali Jalindar
53	Chougule Snehal Goutam
54	Ghorpade Sargam Dadaso
55	Harihar Sanika Kiran
56	Jadhav Archana Sanjay
57	Jadhav Dipali Tanaji
58	Jadhav Nilam Laxman
59	Jadhav Rutuja Sunil
60	Jadhav Shraddha Shankar
61	Jadhav Suchita Siddhanath
62	Kadam Harshada Chandrakant
63	Kadam Manisha Santosh
64	Kadam Manisha Shankar
65	Kadam Pratiksha Dhanaji
66	Kadam Sonam Sushant
67	Kamble Tanuja Satish
68	Karase Kirti Ananda
69	Karande Ashvini Pralhad
70	Kavare Nikita Dhanaji
71	Latake Komal Balaso
72	Mane Renuka Narayan
73	Mane Vaishnavi Mahadev
74	More Jyoti Sampat
75	More Snehal Bajarang
76	Patil Piyusha Balkrishna
77	Phuke Savita Sanjay
78	Rathod Pornima Mohan
79	Salunkhe Mayuri Tanaji
80	Sawant Priti Sunil
81	Shinde Ashini Mohan
82	Shinde Sarika Santosh
83	Shinde Yogita Shahir
84	Tarange Pranjali Popat
85	Urbale Shivani Adhikrao
86	Yadav Divya Dattatraya
87	Yadav Pooja Rajendra
88	Yadav Pratiksha Tukaram
89	Yadav Priyanka Ananda
90	Yadav Yogita Dilip

91	Yewale Sonali Amrut
92	Yadav Megharani Jagannath
93	Bansode Mrunali Mangesh
94	Jadhav Namrata Kishor
95	Jadhav Shrutika Sanjay


Director of Physical Education
B.V.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 Mahavidyalya, Kadegaon



Name of Course - Yoga of Physical Health

Value added Certificate Course

RESULT

Sr. No	Name of Students	Theory Marks	Practical Marks	Total	Grade
1	Jagdale Ashwini Narsikumar	25	15	40	A
2	Jagdale Pratiksha Prakash	27	16	43	A+
3	Kamble Chandrakala Maroti	27	16	43	A+
4	Mulla Muskan Amjad	27	15	42	A+
5	Rajput Shivani Umesh	25	15	40	A
6	Subedar Manisha Harishchandra	24	16	40	A
7	Suryawanshi Nishigandha Anil	24	16	40	A
8	Yadav Maheshwari Maruti	23	17	40	A
9	Pawar Ashwini Ashok	24	16	40	A
10	Pol Arpita Ashok	23	17	40	A
11	Shikalgar Fairaja Raju	23	17	40	A
12	Suryawanshi Anuradha Dilip	22	15	37	B
13	Tupe Urmila Dhanaji	23	17	40	A
14	Vatre Sanika Maruti	24	16	40	A
15	Wayadande Vaishnavi Gajanan	25	17	42	A+
16	Bobade Akansha Ashok	27	18	45	A+
17	Gurav Ankita Mahadev	24	16	40	A+
18	Kolikolkar Pooja Rangappa	25	17	42	A+
19	Lonare Komal Dada	23	17	40	A
20	Mare Rutuja Ramchandra	27	17	44	A+
21	Patil Siddhi Suresh	25	17	42	A+
22	Pawar Pranali Navnath	25	17	42	A+
23	Mahapure Manisha Anil	25	17	42	A+
24	Babar Nandini Prakash	24	16	40	A
25	Babar Sarjana Devaraj	24	16	40	A
26	Chavan Rutuja Sambhaji	24	17	42	A+
27	Deokar Sonali Dattajirao	25	16	40	A
28	Deshmukh Rutuja Rajendra	24	13	37	B
29	Dol Sakshi Santosh	22	17	40	A
30	Domb Pallavi Jivan	23	17	40	A
31	Domb Sanika Nanasahab	23	17	40	A+
32	Gharge Swagnali Baban	25	17	42	A+
33	Mahajan Sanika Prashant	25	16	40	A
34	Mahapure Asmita Avinash	24	16	40	A
35	Mali Sonali Harmanth	22	17	40	A
36	Mohite Revati Ramchandra	23	18	40	A+
37	Malani Anisha Shabbir	26	17	40	A
38	Mulla Rubina Jabbar	25	15	40	A
39	Nikam Rajashri Ganpat	24	17	40	A
40	Patole Supriya Dasharath	22	17	40	A+
41	Pawar Aakanksha Satyawar	25	15	40	A+
42	Pawar Nikita Tatyasa	25	15	40	A
43	Suryawanshi Prajakta Labu	25	17	40	A
44	Suryawanshi Shivani Harmanth	25	17	37	B
45	Waydande Akshata Chandrakant	22	17	37	B
46	Yadav Dhanshree Taraji	22	17	37	B
47	Yedekar Ambika Maruti	25	15	40	A
48	Arbawade Amrapali Jalendar	23	17	40	A+

49	Ambawade Komal Sanjay	25	15	40	
50	Attar Saniya Firoj	27	16	43	
51	Babar Krushika Pandurang	27	15	42	
52	Bhosale Pranjali Jalindar	25	15	40	
53	Chougale Snehal Goutam	24	16	40	
54	Ghospade Sargam Dadaso	24	16	40	
55	Harihar Sanika Kiran	24	16	40	
56	Jadhav Archana Sanjay	23	12	35	
57	Jadhav Dipali Tanaji	24	16	40	
58	Jadhav Nilam Lavman	23	17	40	
59	Jadhav Rutuja Sunil	23	17	40	
60	Jadhav Shraddha Shankar	22	15	37	
61	Jadhav Suchita Siddharath	23	17	40	
62	Kadam Harshada Chandrakant	24	16	40	
63	Kadam Manisha Santosh	25	17	42	
64	Kadam Manisha Shankar	24	16	40	
65	Kadam Pratiksha Dhanaji	25	17	42	
66	Kadam Sonam Sushant	23	17	40	
67	Kamble Tanuja Satish	27	18	45	
68	Kanase Kirti Ananda	25	17	42	
69	Karande Ashvini Pralhad	25	17	42	
70	Kavare Nikita Dhanaji	25	17	42	
71	Latake Komal Balaso	25	16	41	
72	Mane Renuka Narayan	24	16	40	
73	Mane Vaishnavi Mahadev	25	17	42	
74	More Jyoti Sampat	22	16	38	
75	More Snehal Baijirang	25	15	40	
76	Patil Piyusha Balkrishna	25	15	40	
77	Phuke Savita Sanjay	27	15	42	
78	Rathod Pornima Mohan	27	15	42	
79	Salunkhe Mayuri Tanaji	25	16	41	
80	Sawant Priti Sunil	22	16	38	
81	Shinde Ashini Mohan	23	17	40	
82	Shinde Sarika Santosh	23	17	40	
83	Shinde Yogita Shahir	23	15	38	
84	Tarange Pranjali Popat	22	15	37	
85	Ubale Shivani Adhikrao	23	17	40	
86	Yadav Divya Dattatraya	24	17	41	
87	Yadav Pooja Rajendra	23	17	40	
88	Yadav Pratiksha Tukaram	25	17	41	
89	Yadav Priyanka Ananda	22	17	39	
90	Yadav Yogita Dilip	23	17	40	
91	Yewale Sonali Arnut	25	17	42	
92	Yadav Meharani Jagannath	24	16	40	
93	Bansode Mrunali Mangesh	25	17	42	
94	Jadhav Namrata Kishor	25	17	42	
95	Jadhav Shruti Sanjay	22	17	39	

Director of Physical Education
B.V.M. B.S.K. Kanya Mahavidyalaya
Kadegaon, Dist. Sangli



Jeevi

Principal

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



BHARATI VIDYAPEETH'S
Matoshri Bayabai Shripatrao Kadam Kanya Mahavidyalaya,
Kadegaon



Certificate

This is to certify that Mr./Mrs./Miss. Yadav..Pratiksha..Tukaram
 has passed the "Value Added Course in "Yoga & Physical Health"
 Examination inB..A..I. Class held in the month of
December.. (Year) ..2020..2021..... The said certificate has
 been issued in testimony whereof are set the seal of the college and
 signatures of the Coordinator, Head, Department of Gymkhana and
 Principal of the College.

Head

Department of Gymkhana
 Director of Physical Education
 B.V.M.B.S.K. Kanya Mahavidyalaya
 Kadegaon, Dist. Sangli



Principal
 Principal

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

BHARATI VIDYAPEETH'S
Matoshri Bayabai Shripatrao Kadam Kanya Mahavidyalaya, Kadegaon
Value Added Course – "Yoga & Physical Health"

Time Table
Course duration – 1 month

Theory/ Practical	Sunday	Sunday	Sunday	Sunday
T-1	SBM 10am to 10.50am	SBM 10am to 10.50am	SBM 10am to 10.50am	SBM 10am to 10.50am
T-2	SBM 11am to 11.50am	SBM 11am to 11.50am	SBM 11am to 11.50am	SBM 11am to 11.50am
P-1	SJS 12pm to 01 pm	DRD 12pm to 01 pm	SBM 12pm to 01 pm	SBM 12pm to 01 pm
P-2	SJS 2pm to 5 pm	DRD 2pm to 5 pm	SBM 2pm to 5 pm	SBM 2pm to 5 pm



Handwritten signature

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



Handwritten signature

Director of Physical Education
B.V.M.B.S.K. Kanya Mahavidyalaya
Kadegaon, Dist. Sangli

"Social Transformation Through Dynamic Education"



Bharati Vidyapeeth's
Matoshri Bayabai Shripatrao Kadam Kanya Mahavidyalaya, Kadegaon, Dist. Sangli

Gymkhana and Student Council Jointly Organized

Training Campaign

On

Fitness and Self defense

Date-30th May to 1st June 2022

Venue- Gymkhana

Introduction:

Being physically active can improve your brain health, help manage weight, reduce the risk of disease, strengthen bones and muscles, and improve your ability to do everyday activities. Adults who sit less and do any amount of moderate-to-vigorous physical activity gain some health benefits.

The rising number of crimes against girls in the country, it is important to provide self-defense training to them in the schools to ensure their safety and security. Self-defense training is a life skill that helps girls to be more aware of their surroundings and be prepared for the unexpected at any time. Through the self defense training, the girls are taught to become psychologically, intellectually and physically strong enough to protect themselves in times of distress. Self defense training techniques instills self confidence amongst girls and helps to promote girls education particularly their transition to secondary and higher secondary level and to reduce the dropout rate in school and colleges.

Objectives:

- Improved condition of the cardio vascular system
- Increased muscular strength and tone.



- It helps in weight management and increase energy level.
- Improves flexibility and balance.
- Improved fitness helps to develop confidence
- Physical fitness improves mental fitness.
- Physically and mental fit students can defended any situation in life.


Self Defense Training:



Self defense training by coach Smt. Vhatkar A.C., Physical director, ASC college, Kadepur.


Director of Physical Education
B.V.M.B.S.K. Kanya Mahavidyalaya
Kadegaon, Dist. Sangli




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



Fitness Training:



Fitness training activities

Outcomes: students take part enthusiastically and become confident


Trainer: Mrs. A.T. Vhatkar, Physical director, ASC college, Kadepur.

No. Of Students Participated- 240


Smt. Sheela Mohite

Co ordinator

Director of Physical Education
B.V.M.B.S.K. Kanya Mahavidyalaya
Kadegaon, Dist. Sangli


Dr. V.Y. Kadam

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



Bharati Vidyapeeth



Matoshri Bayabai Shripatrao Kadam

Kanya Mahavidyalaya Kadegaon, Dist. Sangli

Organized By
National Service Scheme
'Not Me, But You'



2020-2021

Activity- COVID-19 Vaccine Rollout Activity

Date- 08 Jan. 2021

Time – 11.30 am Onwards





Bharti Vidyapeeth's

Matoshri Bayabai Shripatrao Kadam Kanya Mahavidyalaya, Kadegaon

COVID-19 Vaccine Rollout Activity

The District Administration, District Central and New Delhi organized a "Mega COVID-19 Vaccination Camp" within the premises of Gram Panchayat, Tadsar, Taluka Kadegaon .NSS Programme Officers along with their volunteers have organized awareness drives for COVID-19 vaccination through online methods. NSS Volunteers have done tremendous effort in registration, encouragement and motivating people to take COVID-19 vaccine.

NSS contributed very actively for successful implementation of COVID-19 Tika Utsav activities from 2021, by online as well as offline activities such as mobilization and community engagement, dissemination of the message about benefit of vaccine and building confidence among the community regarding vaccine safety. NSS volunteers were also actively involved in various activities like door to door awareness, rallies, helping them to register on CO-WIN app & assistance in vaccination centers etc. They also created awareness on social media platforms like Twitter, Face book, YouTube etc. NSS volunteers encouraged people of their communities along with their family members and their neighbors to adopt COVID-19 appropriate behavior. The NSS volunteers of Matoshri Bayabai Shripatrao Kadam, Kanya Mahavidyalaya, Kadegaon were grateful to be a part of such wonderful initiative and always look forward to have more opportunities like these in the future to provide their help to the community in any way possible. The aim for the camp was successfully achieved due to the hard work of the doctors, vaccine administrators, District Administration and the College Administration.





Mega COVID-19 Vaccination Camp Gram Panchayat, Tadsar


Programme Officer
National Service Scheme
Meheshi E. Ayabai Shripatrao Kadam
Mahavidyalaya, Kadegaon




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



Bharati Vidyapeeth
Matoshri Bayabai Shripatrao Kadam
Kanya Mahavidyalaya Kadegaon

Organized By
National Service Scheme
'Not Me ,But You'



2021-2022

Activity- COVID-19 Vaccine Rollout Activity

Date- 23 Jan. 2021

Time – 11.30 am Onwards



Bharti Vidyapeeth's Matoshri Bayabai Shripatrao Kadam Kanya Mahavidyalaya, Kadegaon

COVID-19 Vaccine Rollout Activity

The District Administration, District Central and New Delhi organized a "Mega COVID-19 Vaccination Camp" within the premises of Gram Panchayat, Ambak, Taluka Kadegaon. NSS Programme Officers along with their volunteers have organized awareness drives for COVID-19 vaccination through online methods. NSS Volunteers have done tremendous effort in registration, encouragement and motivating people to take COVID-19 vaccine.

NSS contributed very actively for successful implementation of COVID-19 TikaUtsav activities from 11th-14th April, 2021, by online as well as offline activities such as mobilization and community engagement, dissemination of the message about benefit of vaccine and building confidence among the community regarding vaccine safety. NSS volunteers were also actively involved in various activities like door to door awareness, rallies, helping them to register on CO-WIN app & assistance in vaccination centers etc. They also created awareness on social media platforms like Twitter, Face book, YouTube etc. NSS volunteers encouraged people of their communities along with their family members and their neighbors to adopt COVID-19 appropriate behavior. The NSS volunteers of Matoshri Bayabai Shripatrao Kadam, Kanya Mahavidyalaya, Kadegaon were grateful to be a part of such wonderful initiative and always look forward to have more opportunities like these in the future to provide their help to the community in any way possible. The aim for the camp was successfully achieved due to the hard work of the doctors, vaccine administrators, District Administration and the College Administration.



Mega COVID-19 Vaccination Camp Gram Panchayat, Ambak



Mega COVID-19 Vaccination Camp Gram Panchayat, Ambak

Dr. C. E. Patil
(Dr. C. E. Patil)



BHARATI VIDYAPEETH'S
Matoshri Bayabai Shripatrao Kadam Kanya Mahavidyalaya,
Kadegaon

Department of Gymkhana

Value Added Certificate Course

'Diet for Healthiness'
2021-22

Under the department of Gymkhana conduits the certificate courses every year. The details of the course are –

- 1. Name of the course – Yoga & Diet
- 2. Marks distribution of the course

Nature of Syllabus	Marks	Total Mark
Theory	25	50
Practical	25	

- 3. Duration – 1 Month
- 4. Minimum Qualification – HSC
- 5. Language – Marathi

These years 2021-22 there are 95 students are enrolled and all are passed with distinction. The course was conducted during 2021-22



BHARATI VIDYAPEETH'S
Matoshri Bayabai Shripatrao Kadam Kanya Mahavidyalaya,
Kadegaon
Department of Gymkhana
Value Added Certificate Course
Syllabus
'Diet for Healthiness'
2021-22

Theory

1. Types of diet
2. Healthy diet
3. Balance diet
4. Nutritional diet
5. Dietary Management
6. Related Yoga

Practical's

1. Vajrasan
2. Paschimottanasan
3. Suptpawnsan
4. Muktasana
5. Dhanurasana
6. Matsyasan
7. Mayurasana
8. Yogmudra
9. Agnisar

Course Outcomes

1. Student should aware about health & diet.
2. They should know at least about the use of diet.
3. They should have basic knowledge about diet.
4. They should have knowledge about their family health and diet.
5. Student should follow diet correctly.
6. They should get the healthy life to live enjoy.



BHARATI VIDYAPEETH'S

**Matoshri Bayabai Shripatrao Kadam Kanya Mahavidyalaya,
Kadegaon**

Date : 14/12/2024

Notice

All B.A.I year students participants in **'Diet for Healthiness'** course hereby informed that the examination regarding the certificate course entitled **'Diet for Healthiness'** will be arranged by the Gymkhana committee on date given by the Gymkhana Department. The detail time table will be displayed on the notice board.

Gymkhana Head
Director of Physical Education
B.V.M.B.S.K. Kanya Mahavidyalaya
Kadegaon, Dist. Sangli



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



BHARATI VIDYAPEETH'S

Matoshri Bayabai Shripatrao Kadam Kanya Mahavidyalaya,
Kadegaon

Date : 11/12/2021

Notice

All the first year B.A. students hereby informed that under the Gymkhana Dept. we are going to conduct the certificate course entitled '**Diet for Healthiness**' from next month in Gymkhana dept. The details of the course, duration, syllabus, time table & admission process will be displayed on the notice board. These who are interested should apply before the 14.12.2021.

Gymkhana Head
Director of Physical Education
B.V.M.B.S.K. Kanya Mahavidyalaya
Kadegaon, Dist. Sangli



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



Matoshri Bayabi Shripatrao Kadam Kanya Mahavidyalaya, Kadegaon

Department of Gymkhana

Name of Course - Yoga & Diet

Peroid - 2021-22

List of Student

2021-22

Name of Teacher - Smt. S.B. Mohite



Sr. No.	Name of Student
1	PAWAR SANIKA BHAGAWAN
2	NAVAGHARE TRUPTI KHANDU
3	MORE VARSHA SUNIL
4	MADANE PRATIBHA SURESH
5	KUMBHAR RUTUJA VITTHAL
6	KUMBHAR PRIYANKA SUBHASH
7	KOLI MADHAVI SHAMARAO
8	KHARKANDE SHARVARI NITIN
9	KADAM JYOTI VINAYAK
10	KADAM DHANASHRI DASHARATH
11	JADHAV PRATIKSHA MAHENDRA
12	GHARGE MAYURI ANIL
13	GAIKWAD KAVITA DATTU
14	BHOSALE SHEJAL JAYKAR
15	INAMDAR JINAT SALIM
16	MANE KAJAL BHARAT
17	MULIK MAYURI SURESH
18	SHINDE PRITI TUKARAM
19	SUTAR VAISHNAVI GOVIND
20	VARUDKAR PRACHI PRABHAKAR
21	WAGHMARE JANVI SURYAKANT
22	WAYDANDE SONALI RAVINDRA
23	BANSODE POONAM JAGANNATH
24	KHAVALE POONAM CHANDRAKANT
25	LATORE MEGHA DHANANJA
26	MALI PRIYANKA DILIP
27	MOMIN SUMAYA MANSUR
28	MULANI JAYTUN BASHIR
29	Chavan Shital Rajendra
30	RASKAR SONALI MAHADEO
31	ADSUL PRATIKSHA BABASO
32	Gaikwad Prajakta Uttam-
33	GOTPAGAR PRAJAKTA RAJENDRA
34	JADHAV PRANALI PRATAP
35	JADHAV SHIVANJALI KUMAR
36	JAGATAP SUPRIYA BALAJI
37	KADAM ANKITA SANDIP
38	KADAM PRIYANKA BHIMRAO
39	MOHITE SARIKA SANJAY
40	MULIK AKSHADA SANJAY
41	PATIL NEHA SANJAY



42	POL PUJA SUDARSHAN
43	SURYAWANSHI ARATI ARJUN
44	SURYAWANSHI ROHINI ASHOK
45	SUTAR SANIKA VIVEK
46	WAYDANDE VISHRANTI PRAKASH
47	ABHANG VAISHNAVI SAMBHAJI
48	GHADAGE AKANSHA ADHIKRAO
49	HAWALDAR ARCHANA SURYAKANT
50	JADHAV KOMAL KUNDLIK
51	JADHAV SHRUTIKA RAJENDRA
52	KADAM VAISHNAVI SAMPAT
53	KALE MAYURI BHAGWAN
54	KATKAR SANIKA JOTIRAM
55	MOHITE PALLAVI HINDURAO
56	MORE ANUJA NATHURAM
57	MORE PRIYANKA RAMESHWAR
58	MULANI SIMARAN ARIF
59	PATANGE SONALI MAHADEO
60	RAKSHE HARSHADA PRALHAD
61	RASKAR SUPRIYA LAXMAN
62	TAWAR SHARVARI SHRIMANT
63	TAWAR SMITA BHIKU
64	TAWAR SNEHAL LAHU
65	CHAVAN ARUNA SANJAY
66	Dubile Varsha Kailas-
67	KADAM ANUJA BHARAT-
68	KHANDAGALE SAKSHI CHANDRAKANT
69	MORE NIKITA HANMANT
70	NIKAM SUSHMA DILIP
71	PAWAR MANISHA GAJANAN
72	SAWANT NIKITA DNYANDESHWAR
73	SHELAR GITANJALI ANIL
74	SHINGATE PRIYANKA DHANAJI
75	YADAV PRIYA SADASHIV
76	CHAVAN SHIVANI POPAT
77	GAVALI PRATIKSHA VITTHAL
78	INAMDAR VAISHNAVI NILESH
79	JADHAV VAISHNAVI ASHOK
80	JAGTAP ADISHA DATTATRAYA
81	KADAM PRATIKSHA SHIVAJI
82	LOKARE VAISHALI ARUN
83	MANDALE SANCHITA SANDIP
84	MOHITE ARATI SHANKAR
85	MOHITE SHWETA SHASHIKANT

Director of
B.V.M.B.S.K.
Kadegaon
District Education
Kanya Mahavidyalaya
Dist. Sangli



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




Name of Course - Diet for Helathiness

Value added Certificate Course

RESULT

Sr. No	Name of Students	Theory Marks	Practical Marks	Total	Grade
1	PAWAR SANKA BHAGAWAN	25	15	40	A
2	NAVAGHARE TRUPTI KHANDU	27	16	43	A+
3	MORE VARSHA SUNIL	25	16	42	A+
4	MADANE PRATIBHA SURESH	25	15	40	A
5	KUMBHAR RUTUJA VITTHAL	24	16	40	A
6	KUMBHAR PRIYANKA SUBHASH	24	16	40	A
7	KOLI MADHAVI SHAMARAO	23	17	40	A
8	KHARKANDE SHARVARI NITIN	24	16	40	A
9	KADAM JYOTI VINAYAK	23	17	40	A
10	KADAM DHANASHRI DASHARATH	22	15	37	B
11	JADHAV PRATIKSHA MAHENDRA	23	17	40	A
12	GHARGE MAYURI ANIL	22	15	37	B
13	GAIKWAD KAVITA DATTU	23	17	40	A
14	BHOSALE SHEJAL JAYKAR	24	16	40	A
15	INAMDAR JINAT SALIM	25	17	42	A+
16	MANE KAJAL BHARAT	24	16	40	A
17	MULIK MAYURI SURESH	25	17	42	A+
18	SHINDE PRITI TUKARAM	23	17	40	A
19	SUTAR VAISHNAVI GOVIND	27	18	42	A+
20	VARUDKAR PRACHI PRABHAKAR	25	17	40	A
21	WAGHMARE JANVI SURYAKANT	25	17	42	A+
22	WAYDANDE SONALI RAVINDRA	25	16	42	A+
23	BANSODE POONAM JAGANNATH	27	17	42	A+
24	KHAVALI POONAM CHANDRAKANT	26	15	41	A+
25	LATORE MEGHA DHANANJA	24	16	44	A+
26	MALI PRIYANKA DILIP	24	16	40	A
27	MOMIN SUMAYA MANSUR	23	17	40	A
28	MULANI JAYTUN BASHIR	24	16	40	A
29	Chavan Shital Rajendra	23	17	40	A
30	RASKAR SONALI MAHADEO	23	17	40	A
31	ADSUL PRATIKSHA BABASO	22	18	40	A
32	Gaikwad Prajanta Uttam	23	17	40	A
33	GOTFAGAR PRAJAKTA RAJENDRA	24	16	37	A
34	JADHAV PRANALI PRATAP	25	17	40	A
35	JADHAV SHEVANILALI KUMAR	24	16	40	A
36	JAGTAP SUPRIYA BALAJI	25	17	42	A+
37	KADAM ANKITA SANDIP	23	17	40	A
38	KADAM PRIYANKA BHIMRAO	27	18	42	A+
39	MOHITE SARIKA SANJAY	25	17	40	A
40	MULIK AKSHADA SANJAY	25	17	45	A+
41	PATIL NEHA SANJAY	25	17	42	A+
42	POL PUJA SUDARSHAN	25	16	42	A+
43	SURIYAWANSHI ARATI ARJUN	25	16	42	A+
44	SURIYAWANSHI ROHINI ASHOK	25	17	41	A+
45	SUTAR SANKA VIVEK	24	16	41	A+
46	WAYDANDE VISHRANTI PRAKASH	25	16	42	A+
47	ABHANG VAISHNAVI SAMBHAR	23	17	40	A
48	GHADAGE AKANSHA ADHIRAO	23	17	41	A+
49	HAWALDAR ARCHANA SURYAKANT	25	16	40	A
50	JADHAV KOMAL KUNDLIK	24	16	40	A

51	JADHAV SHRUTIKA RAJENDRA	23	17	40	A
52	KADAM VAISHNAVI SAMPAT	27	18	45	A+
53	KALE MAYURI BHAGWAN	25	17	42	A+
54	KATKAR SANIKA JOTIRAM	25	17	42	A+
55	MOHITE PALLAVI HINDURAO	25	17	42	A+
56	MORE ANUSHA NATHURAM	25	17	42	A+
57	MORE PRIYANKA RAMESHWAR	24	16	40	A
58	MULANI SIMARAN ARIF	25	18	41	A+
59	PATANGE SONALI MAHADEO	24	16	40	A
60	RAKSHE HARSHADA PRALHAD	25	17	42	A+
61	RASKAR SUPRIYA LAXMAN	25	16	40	A
62	TAWAR SHARVARI SHRIMANT	23	17	40	A
63	TAWAR SMITA BHIKU	27	18	45	A+
64	TAWAR SNEHAL LAHU	25	17	42	A+
65	CHAVAN ARUNA SANJAY	25	15	40	A
66	Dubile Varsha Kalas-	27	16	43	A+
67	KADAM ANUSHA BHARAT-	27	15	42	A+
68	KHANDAGALE SAKSHI CHANDRAKANT	25	15	40	A
69	MORE NIKITA HANMANT	24	16	40	A
70	NIKAM SUSHMA DILIP	24	16	40	A
71	PAWAR MANISHA GAJANAN	23	17	40	A
72	SAWANT NIKITA DNYANDESHWAR	24	16	40	A
73	SHELAR GITANJALI ANIL	23	17	40	A
74	SHINGATE PRIYANKA DHANAJI	22	15	37	A
75	YADAV PRIYA SADASHIV	22	15	37	A
76	CHAVAN SHIVANI POPAT	23	17	40	A
77	GAVALI PRATIKSHA VITTHAL	24	16	40	A
78	INAMDAR VAISHNAVI NILESH	25	17	42	A
79	JADHAV VAISHNAVI ASHOK	24	16	40	A
80	JAGTAP ADISHA DATTATRAYA	25	17	42	A+
81	KADAM PRATIKSHA SHIVAJI	25	17	42	A+
82	LOKARE VAISHALI ARUN	24	16	40	A
83	MANDALE SANCHITA SANDIP	24	16	40	A
84	MOHITE ARATI SHANKAR	26	17	43	A+
85	MOHITE SHWETA SHASHIKANT	25	17	42	A+


 Director of Physical Education
 B.V.M.B.S.K. Kanya Mahavidyalaya
 Kadegaon, Dist. Sangli




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



BHARATI VIDYAPEETH'S
Matoshri Bayabai Shripatrao Kadam Kanya Mahavidyalaya,
Kadegaon

Certificate

This is to certify that *Mr./Mrs./Miss. Bansode Poonam Jayamath* has passed the Value Added Course in 'Diet for Healthiness' Examination in *...B.A.I....* Class held in the month of *..December...* (Year) *..2021..2022..* The said certificate has been issued in testimony whereof are set the seal of the college and signatures of the Coordinator, Head, Department of Gymkhana and Principal of the College.

[Signature]
Head
Department of Gymkhana
Director of Physical Education
B.V.M.B.S.K. Kanya Mahavidyalaya
Kadegaon, Dist. Sangli



[Signature]
Principal
uc. Principal
B.V.M.B.S.K. Kanya Mahavidyalaya
Kadegaon Dist. Sangli

BHARATI VIDYAPEETH'S
Matoshri Bayabai Shripatrao Kadam Kanya Mahavidyalaya, Kadegaon
Value Added Course – 'Diet for Healthiness'

Time Table

Course duration – 1 month

Theory/ Practical	Sunday	Sunday	Sunday	Sunday
T-1	SBM 10am to 10.50am	SBM 10am to 10.50am	SBM 10am to 10.50am	SBM 10am to 10.50am
T-2	SBM 11am to 11.50am	SBM 11am to 11.50am	SBM 11am to 11.50am	SBM 11am to 11.50am
P-1	SJS 12pm to 01 pm	DRD 12pm to 01 pm	SBM 12pm to 01 pm	SBM 12pm to 01 pm
P-2	SJS 2pm to 5 pm	DRD 2pm to 5 pm	SBM 2pm to 5 pm	SBM 2pm to 5 pm

Head of the Department
 Director of Physical Education
 BVM B S K. Kanya Mahavidyalaya
 Kadegaon, Dist. Sangli



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



Bharati Vidyapeeth
Matoshri Bayabai Shripatrao Kadam
Kanya Mahavidyalaya Kadegaon

Organized By
National Service Scheme
'Not Me ,But You'



2021-2022

ACTIVITY- FACE MASK DONATION

Date- 26 Jan. 2022

Time – 08.30 am Onwards



**Bharti Vidyapeeth's Matoshri Bayabai Shripatrao Kadam Kanya
Mahavidyalaya, Kadegaon**

REPORT ON FACE MASK DONATION ACTIVITY ON

26.01.2022

Name of the Activity: Mask Distribution- Awareness Programme

Date: 26.01.2022



Mask donation campaign at Kadegaon Bus Stop by NSS committee members and college faculty.

The committee members spoke to the locals about their worries and educated them about the importance of wearing masks when they step out of the homes, proper washing of hands, social distancing and other measures.

(Dr. C. E. Patil)



Bharati Vidyapeeth
Matoshri Bayabai Shripatrao Kadam
Kanya Mahavidyalaya Kadegaon

Organized By
National Service Scheme
 'Not Me ,But You'



2021-2022
Clean Village Roads

Date- 23 March 2022

Time – 08.30 am Onwards



Bharti Vidyapeeth's

**Matoshri Bayabai Shripatrao Kadam Kanya Mahavidyalaya,
Kadegaon**

NSS Students Clean Village Roads

About 100 NSS volunteers of Bharti Vidyapeeth's Matoshri Bayabai Shripatrao Kadam Kanya Mahavidyalaya, Kadegaon under the programme officer Dr. C. E. Patil and Shri. A. M. Yadav participated in a 7-day camp at Hingaon Khurd village in Kadegaon Taluka Kadegaon and cleaned roads and streets in the village. They also removed the silt in the village drains and planted trees in the school premises and also on the village roads and lanes. The students, who lived in the village for seven days, gave a new look to the village by cleaning it.



Clean Village Roads at Hingaon Khurd



Clean Village School Campus at Hingaon Khurd

Am.S.
(Dr. C. E. Patil)



Bharati Vidyapeeth
Matoshri Bayabai Shripatrao Kadam
Kanya Mahavidyalaya Kadegaon

Organized By
National Service Scheme
'Not Me ,But You'



2021-2022

Activity- Morning Exercise In Camp

Date- 24March 2022

Time – 06.30 am Onwards



Bharti Vidyapeeth's Matoshri Bayabai Shripatrao Kadam Kanya Mahavidyalaya, Kadegaon

Morning Exercise Report

Date: 24th March 2022

NSS Unit in the college was formed with 200 volunteers of 2 units with program officers Dr. C. E. Patil and Mr. A. M. Yadav and members Mrs. Savita Mali and Mr. A. B. Mali .

FIT INDIA Movement was launched on 29th August, 2019 by Honorable Prime Minister with a view to make fitness an integral part of our daily lives. The mission of the Movement is to bring about behavioral changes and move towards a more physically active lifestyle.

Physical activity in childhood is closely associated with health. Physical activity refers to all movement of the body caused by the contraction of the skeletal muscles (World Health Organization, 2015) and plays a vital role in energy consumption. However, despite many positive effects provided by physical activity, there is an increasingly decline in physical activity opportunities for students. In addition, due to the characteristics of modern society and the way science and technology has increased individuals' sedentary lifestyle.

Prof. Mali A.B. guided students for morning Exercise in NSS camp.



Morning Exercise in Camp at Hingaoan Khurd



Morning Exercise in Camp at Hingaoan Khurd

(Dr. C. E. Patil)



**Bharati Vidyapeeth's
Matoshri Bayabai Shripatrao Kadam
Kanya Mahavidyalaya Kadegaon**

**Organized By
National Service Scheme
'Not Me, But You'**



2021-2022

Activity-Cleaning Cremation Ground

Date- 24 March 2022 Time – 08.30 am Onwards



Bharati Vidyapeeth's Matoshri Bayabai Shripatrao Kadam Kanya Mahavidyalaya, Kadegaon.

Cleaning Cremation Ground

The NSS volunteers gathered to clean the surroundings of the Cremation Ground at Hingangaon Khurd. NSS volunteers enthusiastically collected plastic wastes, tea cups, weeds, and dry leaves spread over the surrounding areas. The volunteers gathered all the waste and trash bags to the place where the village arranged for the removal of collected wastes. The whole cleaning drive was quite inspiring and motivating for the NSS team members.



Cleaning Cremation Ground at Hingangaon Khurd



Cleaning Cremation Ground at Hingangaon Khurd

Page 1 of 13

[Signature]
I/c. Principal
B.V.M.B.S.K. Kanya Mahavidyalaya,
Kadegaon, Dist. Sangli

[Signature]
Programme Officer
National Service Scheme
Matoshri Bayabai Shripatrao Kadam
Kanya Mahavidyalaya, Kadegaon





Bharati Vidyapeeth's
Matoshri Bayabai Shripatrao Kadam Kanya Mahavidyalaya, Kadegaon.
Department of Gymkhana
Value added Certificate Course
" Yoga & Mental Health "

2022-23

Under the department of Gymkhana Conduits the certificate courses every year. The details of the course are -

1. Name of the course – Yoga & Mental Health
2. Marks distribution of the course

Nature of Syllabus	Marks	Total Mark
Theory	25	50
Practical	25	

3. Duration – 1 Month
4. Minimum Qualification – HSC
5. Language – Marathi


These years 2022 – 23 there are 95 student are enrolled and all are passed with distinction. The course was conducted during **December 2022-23**

BHARATI VIDYAPEETH'S**Matoshri Bayabai Shripatrao Kadam Kanya Mahavidyalaya,
Kadegaon**


Date : 29/11/2022

Notice

All the first year B.A. students hereby informed that under the Gymkhana Dept. we are going to conduct the certificate course entitled 'Yoga & Mental Health' from next month in Gymkhana dept. The details of the course, duration, syllabus, time table & admission process will be displayed on the notice board. These who are interested should apply before the ...11/12/2022.



Gymkhana Head
Director of Physical Education
B.V.M.B.S.K. Kanya Mahavidyalaya
Kadegaon, Dist. Sangli



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


BHARATI VIDYAPEETH'S

**Matoshri Bayabai Shripatrao Kadam Kanya Mahavidyalaya,
Kadegaon**

Date : 18/12/2022

Notice

All B.A.I year students participants in Yoga & Mental Health course hereby informed that the examination regarding the certificate course entitled 'Yoga & Mental Health' will be arranged by the Gymkhana committee on date given by the Gymkhana Department. The detail time table will be displayed on the notice board.


Gymkhana Head
Director of Physical Education
B.V.M.B.S.K. Kanya Mahavidyalaya
Kadegaon, Dist. Sangli




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



Matoshri Bayabi Shripatrao Kadam Kanya Mahavidyalaya, Kadegaon

Department of Gymkhana

Name of Course - Yoga & Mental Health

Peroid - 2022-23

List of Student

2022-23

Name of Teacher - Smt. S.B. Mohite



Sr. No.	Name of Student
1	Ghevani Vaishnavi Santosh
2	Mohite Vaishnavi Krushnat
3	Mulani Araju Bashir
4	Tamboli Simran Jamal
5	Aga Samina Firoj
6	Ambawade Anuradha Jalindar
7	Bhoi Rupali Bapu
8	Dombale Sakshi Suresh
9	Edake Jyoti Ramchandra
10	Gadhale Kalyani Prakash
11	Gaikwad Gaytri Rajaram
12	Jadhav Pooja Sidhanath
13	Pawar Sayali Ujjwal
14	Shinde Anjali Ananda
15	Shingate Ekta Suresh
16	Suryawanshi Karak Raviraj
17	Jadhav Ishwari Ajaysinh
18	Mujawar Simran Shafik
19	Pawar Bhagyashree Suresh
20	Phadtare Swapnali Rajendra
21	Bhosale Mohini Satish
22	Ghadge Purva Anil
23	Koli Snehal Sayaji
24	Pawar Asmita Sanjay
25	Ambawade Shivani Ananda
26	Channe Harshda Jotiram
27	Chavan Arkita Dilip
28	Deshmukh Swaranjali Ashok
29	Dhekale Asmita Bhagyawant
30	Gharge Shruti Balaso
31	Kadam Nikita Bharat
32	Kadam Tanuja Prakash
33	Madane Ananya Chandrakant
34	Madane Priyanka Dhanaji
35	Mane Manisha Ankush
36	Mohite Prachi Jitendra
37	Mohite Sanika Gorakh
38	Mohite Yogita Rajendra
39	Mulik Sneha Rajaram
40	Pathankar Paval Ramchandra

41	Phuke Vanita Sanjay
42	Shinde Vaishnavi Hanmant
43	Shirtode Gauri Suresh
44	Suryawanshi Sakshi Hanmant
45	Waydande Chitra Sanjay
46	Waydande Madhuri Prakash
47	Autade Sanika Taraji
48	Bobade Vaishnavi Ashok
49	Chavan Archana Hanmant
50	Jadhav Sanika Rajaram
51	Karande Aishwarya Ankush
52	Kazi Fija Aji
53	Mohite Aishwarya Laxman
54	Mohite Prachi Jagnath
55	Patil Payal Bhagwan
56	Suryawanshi Shital Santosh
57	Thombare Puja Shankar
58	Thorat Vaishnavi Ashok
59	Adate Ashwini Balaso
60	Gharge Pranali Bhanudas
61	Gurav Uma Bhaskar
62	Pawar Vaishali Rajendra
63	Shelar Rasika Anil
64	Yadav Vaishnavi Shahaji
65	Abhang Suchita Raghunath
66	Chavan Aparna Hanmant
67	Kamble Komal Vitthal
68	Patil Sanika Anil
69	Salunkhe Shraddha Nilesh
70	Suryawanshi Sanika Popat
71	Suryawanshi Shital Rajaram
72	Suryawanshi Tejashri Taraji
73	Tawar Pallavi Laha
74	Vasav Arati Changdev
75	Yadav Shravani Dattatrya
76	Bansode Santoshi Jagnath
77	Chavan Sanika Lalaso
78	Jangam Pallavi Sambhaji
79	Kadam Sayali Ananda
80	Koli Prajka Dattatraya
81	Mane Kirti Vijay
82	More Puja Sitaram
83	Patil Bhagyashree Dinkar
84	Pawar Nilam Bajrang
85	Suryawanshi Janhavi Ravindra
86	Tawar Ashwini Baban
87	Tawar Samiksha Yuvraj
88	Thombare Payal Gorakh
89	Jadhav Anisha Devanand
90	Jadhav Sakshi Krushnat



Matoshri Bayabai Shripatrao Kadam Kanya Mahavidylaya, Kadegaon



Name of Course - Yoga & Mental Health

Value added Certificate Course

RESULT

Sr. No	Name of Students	Theory Marks	Practical Marks	Total	Grade
1	Ghevarti Vaishnavi Santosh	25	15	40	D
2	Mohite Vaishnavi Krushnat	27	16	43	A+
3	Mulani Araju Bashir	27	16	43	A+
4	Tamboli Simran Jamal	27	15	42	A+
5	Aga Samina Firoj	25	15	40	A
6	Ambawade Anuradha Jalindar	24	16	40	D
7	Bhoi Rupali Bapu	24	16	40	D
8	Dombale Sakshi Suresh	23	17	40	D
9	Edake Jyoti Ramchandra	24	16	40	D
10	Gadhale Kalyani Prakash	23	17	40	A
11	Gaikwad Gaytri Rajaram	23	17	40	A
12	Jadhav Pooja Sidhanath	22	15	37	B
13	Pawar Sayali Ujjwal	23	17	40	A
14	Shinde Anjali Ananda	24	16	40	D
15	Shingate Ekta Suresh	25	17	42	B+
16	Suryawanshi Kanak Raviraj	27	18	45	A+
17	Jadhav Ishwari Ajaysinh	24	16	40	A
18	Mujawar Simran Shafik	25	17	42	A+
19	Pawar Bhagyashree Suresh	23	17	40	A+
20	Phadtare Swapnali Rajendra	27	17	44	B+
21	Bhosale Mohini Satish	25	17	42	A+
22	Ghadge Purva Anil	25	17	42	A+
23	Koli Snehal Sanjay	25	17	42	A+
24	Pawar Asmita Sanjay	25	17	42	A+
25	Ambawade Shivani Ananda	25	16	41	A+
26	Chanre Harshda Jotiram	24	16	40	D
27	Chavan Arkita Dilip	24	16	40	D
28	Deshmukh Swaranjali Ashok	25	17	42	B+
29	Dhekale Asmita Bhagyawant	22	15	37	B
30	Gharge Shruti Balaso	23	17	40	A
31	Kadam Nikita Bharat	23	17	40	D
32	Kadam Taruja Prakash	25	17	42	A+
33	Madane Ananya Chandrakant	25	17	42	A+
34	Madane Priyanka Dhanaji	24	16	40	D
35	Mane Manisha Ankush	24	16	40	D
36	Mohite Prachi Jitendra	23	17	40	D
37	Mohite Sanika Gorakh	26	18	45	A+
38	Mohite Yogita Rajendra	23	17	40	D
39	Mulik Sneha Rajaram	24	16	40	D
40	Pathankar Payal Ramchandra	24	16	40	D
41	Phuke Vanita Sanjay	25	17	42	A+
42	Shinde Vaishnavi Hanmant	25	17	42	A+
43	Shirtode Gauri Suresh	25	15	40	D
44	Suryawanshi Sakshi Hanmant	25	15	40	D
45	Waydande Chitra Sanjay	22	17	39	B
46	Waydande Madhuri Prakash	22	17	39	B
47	Asitade Sanika Taraji	25	15	40	D
48	Bobade Vaishnavi Ashok	25	17	42	A+

49	Chavan Archana Harman	25	15	40	A
50	Jadhav Sanika Rajaram	27	16	43	P+
51	Karande Aishwarya Anand	27	15	42	P+
52	Kazi Fiza Anj	25	15	40	A
53	Mohite Aishwarya Laxman	24	16	40	P-
54	Mohite Prachi Jagannath	24	16	40	A
55	Patil Payal Bhagwan	24	16	40	A
56	Suryawanshi Shital Santosh	23	17	40	P-
57	Thombare Puja Shankar	24	16	40	P-
58	Thorat Vaishnavi Ashok	23	17	40	A
59	Adate Ashwini Balaso	23	17	40	A
60	Gharge Pranali BhanoDas	22	15	37	B
61	Gurav Uma Bhaskar	23	17	40	A
62	Pawar Vaishali Rajendra	24	16	40	P+
63	Shelar Ranika Anil	25	17	42	P+
64	Yadav Vaishnavi Shahuji	24	16	40	A
65	Abhang Suchita Rajhnanath	25	17	42	P+
66	Chavan Aparna Harman	23	17	40	A
67	Kamble Komal Vitthal	27	18	45	P+
68	Patil Sanika Anil	25	17	42	P+
69	Salunkhe Shradha Nilesh	25	17	42	P+
70	Suryawanshi Sanika Popat	25	17	42	P+
71	Suryawanshi Shital Rajaram	25	16	41	P+
72	Suryawanshi Tejasree Tanaji	24	16	40	A
73	Tawar Pallavi Laha	25	17	42	P+
74	Vasav Arati Chandev	24	16	40	P-
75	Yadav Shravani Dattatrya	24	16	40	P-
76	Bansode Santoshi Jagannath	27	16	43	P+
77	Chavan Sanika Lalaso	27	15	42	P+
78	Jangam Pallavi Sambhaji	25	15	40	A
79	Kadam Sayali Ananda	25	15	40	A
80	Koli Prajka Dattatrya	24	16	40	P-
81	Mane Kirti Vijay	24	16	40	A
82	More Puja Sitaram	23	17	40	A
83	Patil Bhagyashree Dinkar	23	17	40	P-
84	Pawar Nilam Bajrang	22	15	37	B
85	Suryawanshi Jashvi Ravindra	23	17	40	A
86	Tawar Ashwini Baban	25	17	42	P+
87	Tawar Samiksha Yuvraj	24	16	40	P+
88	Thombare Payal Gorakh	25	17	42	P+
89	Jadhav Anisha Devanand	25	17	42	P+
90	Jadhav Sakshi Krushnat	24	17	41	P+


 Director of Physical Education
 B.V.M.B.S.K. Kanya Mahavidyalaya
 Kadegaon, Dist. Sangli




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



BHARATI VIDYAPEETH'S
Matoshri Bayabai Shripatrao Kadam Kanya Mahavidyalaya,
Kadegaon

Certificate

This is to certify that Mr./Mrs./Miss. Suryawanshi. Kamak. Rawraj has passed the "Value Added Course in "Yoga & Mental Health" Examination inB.D.-5... Class held in the month ofDecember... (Year) 2022-2023.... The said certificate has been issued in testimony whereof are set the seal of the college and signatures of the Coordinator, Head, Department of Gymkhana and Principal of the College.


 Head

Department of Gymkhana
 Director of Physical Education
 B.V.M.B.S.K. Kanya Mahavidyalaya
 Kadegaon, Dist. Sangli





Principal


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

BHARATI VIDYAPEETH'S
Matoshri Bayabai Shripatrao Kadam Kanya Mahavidyalaya, Kadegaon
Value Added Course – “Yoga & Mental Health”
Time Table
Course duration – 1 month

Theory/ Practical	Sunday	Sunday	Sunday	Sunday
T-1	SBM 10am to 10.50am	SBM 10am to 10.50am	SBM 10am to 10.50am	SBM 10am to 10.50am
T-2	SBM 11am to 11.50am	SBM 11am to 11.50am	SBM 11am to 11.50am	SBM 11am to 11.50am
P-1	SJS 12pm to 01 pm	DRD 12pm to 01 pm	SBM 12pm to 01 pm	SBM 12pm to 01 pm
P-2	SJS 2pm to 5 pm	DRD 2pm to 5 pm	SBM 2pm to 5 pm	SBM 2pm to 5 pm


Head of the Department
 Director of Physical Education
 B.V.M.B.S.K. Kanya Mahavidyalaya
 Kadegaon, Dist. Sangli




Principal
 i/c. Principal
 B.V.M.B.S.K. Kanya Mahavidyalaya
 Kadegaon Dist. Sangli



Bharati Vidyapeeth's

**MATOSHRI BAYABAI SHRIPATRAO KADAM KANYA MAHAVIDYALAYA
KADEGAON**

NATIONAL SERVICE SCHEME

'Not Me But You'



2022-2023

Cleanliness Campaign

24th February to 2nd March 2023

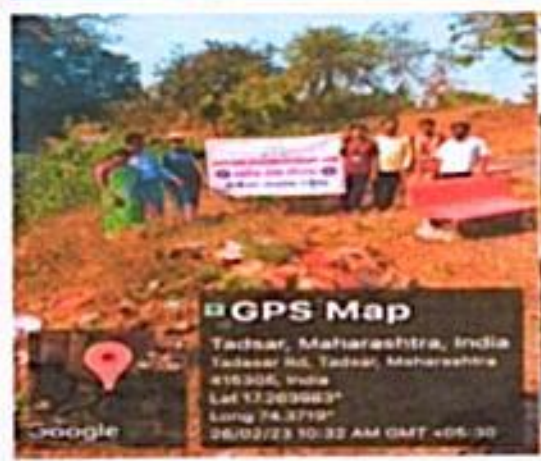
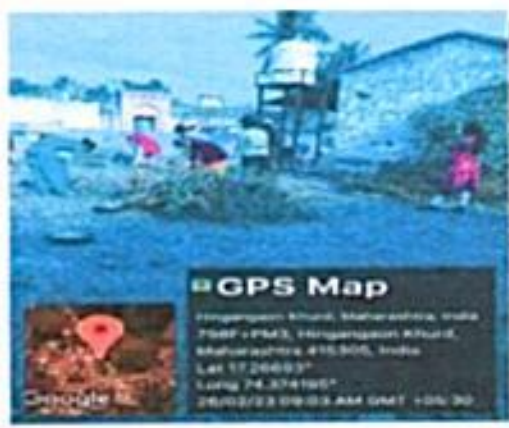
Time: 8:00 a.m.



Cleanliness Campaign

NSS Department of, BV's MBSK Kanya Mahavidyalaya, Kadegaon conducted 'Cleanliness Campaign' in adopted village Hingangaon Khurd. All the NSS volunteers along with villagers actively participated in this event. All the volunteers eagerly gave slogans and spread awareness about the importance of cleanliness and being together and working towards the progress of the country by being society conscious. NSS programme officers Asst. Prof. Avinash Yadav, Asst. Prof. Dr. Savita Mali took great efforts to conduct programme smoothly.

In this campaign all NSS volunteers under the supervision of NSS program officer cleaned school premises, Mahadev Temple, Maruti Temple, Gosavi Samaj Daphan Bhumi, Mashid premise on the scheduled time.



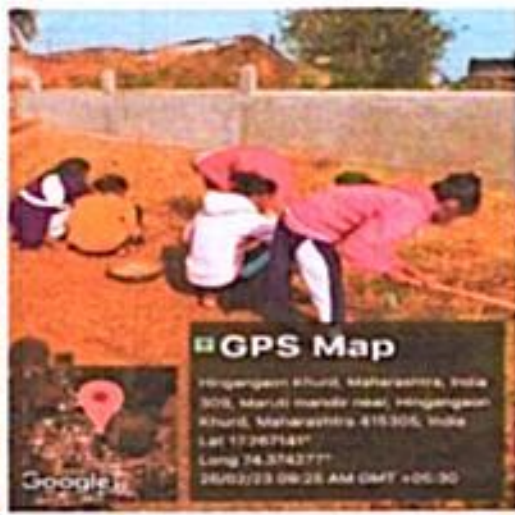
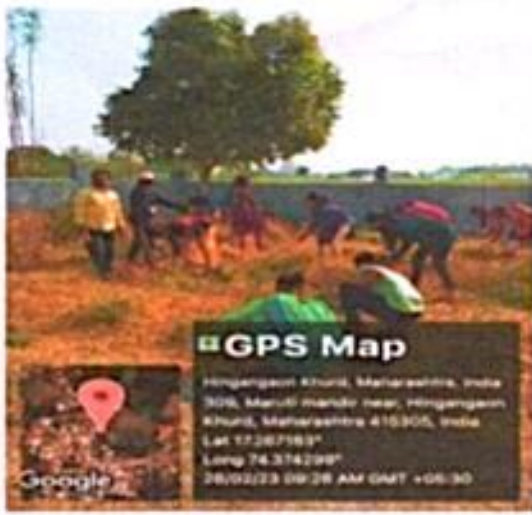
(Handwritten signature)

Programme Officer
National Service Scheme
Matoshri Poyabai Shripatrao Kadam
Kanya Mahavidyalaya, Kadegaon



(Handwritten signature)

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



Shimla

Programme Officer
National Service Scheme
Matoshri Poyabai Shripatrao Kadam
Kanya Mahavidyalaya, Kadegaon



Maharaj

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