

Nashik Shikshan Prasarak Manadal

Late.Bindu Ramrao Deshmukh

Arts & Commerce Mahila Mahavidyalaya,
Sane Guruji Nagar, Jail Road, Nashik Road



विज्ञान निर्भयता नीती

MISSION
Vivek Vahini

TITLE OF THE PRACTICE- VIVEK VAHINI (CHANNELIZING THE MIND)

Established in 2001, the slogan of Vivek Vahini is "Rights are must but duties first". The mission of this activity is to creatively inculcate in students the scientific temper and make them aware of the social issues through value education. This activity is run throughout the academic year.

Profile

Established in 2001

Co-ordinator : Assistant Professor Lata Pawar

Slogan :

Rights are must but duties first

Mission Statement of the Vivek Vahini

“ To creatively inculcate in students the scientific temper and make them aware of social issues through value education”

OBJECTIVES OF THE PRACTICE

The main objectives of this programme are to:

- Develop scientific attitude among students
- Participate in social activities in order to increase social awareness of certain issues
- Inculcate in self the love towards nature
- Increase the cooperative spirit and patriotism
- Make them aware of scientific / technological developments
- Introduce them to folk arts
- Create a platform of cultural, educational, art and social activities for personality development
- Inculcate and foster cultural and moral values
- Help the needy citizens
- Bring forth the hidden qualities in students
- Inculcate reading habit among the students- Vachan Prakalp

Membership/Meetings

- Free of cost membership
- Meeting between the members and co-ordinators every fifteen days for discussion on issues and to pass resolutions
- The issues normally discussed focus around;
- Read and discuss the news article that disturbed any member and keep the paper cutting of that article
- To discuss on one's personality aspects
- To evaluate the programs and activities conducted in the college
- To improve the Vivek Vahini Library

Resolutions

1. To exercise for at least half an hour everyday
2. To read good books for at least half an hour everyday
3. To keep away from addiction to drinking or smoking
4. To buy at least one khadi dress/material once in a year to express gratitude towards the freedom struggle of our country

Issues Discussed

- Developing self conscience and responsibility towards the society
- Tree plantation
- Gender Equality
- Personality development
- Mental Health, Diet and Exercise
- Drought(Famine)
- Ill-effects of unregulated use of media
- Nature of Police duty and our responsibilities
- A few relevant schemes of the Government
- Social Justice
- Environment Protection & Save Water
- Saving Natural Resources Electricity and Gas,Fuel
- Increasing Woman Violence
- Aids and many More....

Eminent Personality Visits

Inauguration by Dr.Ramesh Warkhede(Humanities and Social Science,YCMOU) :

“Importance of Reading”

Lecture by Principal Dr. Dilip Dhondge,Writer,Poet

Dr.Gumpha Kokate,Poetess,Social Activist, Professor

Dr. Ramesh Warkhede(Humanities and Social Science,YCMOU)

Shri Shrimant Mane Editor of Sakal

Shri Jayant Jaybhave, Kalidas Theater

Shri Uday Shevtekar, Secretary,NSPM

Mrs. Kavita Mahadhure, Librarians of Divisional Government Liabrary

Mrs. Minal Tembhe, Librarians of Divisional Government Liabrary

Working Methods

One of the following methods is used to impart the value education/increase awareness of some issues:

1. Intellectual Discussions
2. Activities(Street Play on Social Issues)
3. Cooperative student work/participation

Working Methods Continued

To organize lectures by eminent speakers who will inspire students to undertake resolution and to help the students follow them

Example : A Trip to a historical place, belief in hard work rather than luck, Marriage not based only on birth charts.

Personality Development

With special emphasis on life skills like:

- Problem Solving and Decision Making
- Negotiation
- Empathy
- Creativity
- Communication

Successful Resolutions

Celebrating eco-friendly Diwali

- Youth against Miracle-anti superstition
- Celebrating Dr.Baba Saheb Ambedkar's Birthday by spending more time in library and reading quality books
- Visit to Svatantryaveer Savarkar Niwas at Bhagur

Vachan Prakalpa

An initiative under Vivek Vahini to inculcate reading habit amongst students

Initiated in 2002

Started and run by Dr. Lata Pawar with the help of college students

Vachan Prakalpa Collaborations

2002-2004-> It was run in coordination with Vyakti Vikas Mandal (People's Development Organisation)

2004 onwards ->It is run under the 'Sakli Yojana'(Chain Working system) of the government's Nasik District Divisional Library

Objective

To introduce students to the world of books and make books available to them free of cost

It is expected that the students read the books and then discuss the theme or issues with others in the Vivek Vahini meetings

Every student is expected to write a review of the book that she has liked/read

THE CONTEXT

NSPM's Late B R D Arts and Commerce Mahila Mahavidalya, Nashik Road, started functioning in the academic year 1998-99, is the only Women's college in Nashik affiliated to the Savitribai Phule Pune University. The college has initiated this programme for empowering the women students for the academic and personal development of the students. Majority of the students (around 70% to 80%) come from low strata of the society. Most of them belong to economically backward classes. Also, approximately, all the students come from vernacular (Marathi) medium of schooling. Hence, there was an intense need to initiate an activity that will run throughout the academic year and engage the students in various intellectual discussions and ensure student cooperation and participation in various activities of the college. It is important from personality development point of view. It is necessary to inculcate and develop the habit of reading among the students. Vachan Prakalp is an important activity run under Vivek Vahini that provides access to the students to the world of books and make them available free of cost for reading.

THE PRACTICE

The various regular activities that run under Vivek Vahini are as follows:

Meetings among the members and the coordinator are held every 15 days for discussion on issues and to pass resolutions

Read and discuss the news article that are sensitive and disturb the members emotionally. Maintain a record of the paper cuttings of such articles

Discuss on one's personality aspects

Evaluate the programmes and activities conducted in the college

Vachan Prakalp- An activity **Inculcate reading habit among students**

It was run in coordination with Vyakti Vikas Mandal (People development Organisation) between 2002- 2004. From 2004 onwards it is run under the Sakli Yojana (Chain System) of the government's Nasik District Divisional Library. It is expected that the students read the books and then discuss the theme or issues with others in the Vivek Vahini meetings. Every student is expected to write a review of the book that she has liked.

HOW IT WORKS?

- There is no membership fee. It is free of cost
- All the students are taken for a visit to the library in the month of July every year
- 100 books are issued per month
- 03 students accompany the coordinator to the library while choosing the books
- The students with the help of the coordinator exchange the books themselves
- The books are issued to everyone in the college including the staff members.
- The books are also passed on to the parents by their respective wards
- The time for issuing the book is flexible and so is the case with return or exchange of the boo

Working Contd...

- There is no fee charged for book issue or library membership
- The books are issued to everyone in the college including the peons and Junior college staff along with the students
- The books are passed on to their parents by their respective wards at many times
- The book issue time is flexible and so is the book return/exchange time
- After reading the book, the students are asked to discuss the theme with others
- Students asked to write book review of the book they have read under Vachan Prakalp all the reviews are then compiled into a manuscript

Benefits

- 12000 books have been issued from the central government library till date
- These were used as reference books as well at times by students and teachers
- It has fostered a culture of discussion on the book among students and their parents as well as teachers
- Has helped the students to critically analyze the book and express their own opinions

Way Forward

It is planned to invite eminent authors of books liked by the students

To showcase the movie based on any of the books read or related to that topic

Conduct workshop for story/book writing for students

Enact plays read by them

Rewrite plays in a different frame of time like present scenarios

EVIDENCE OF SUCCESS

Various resolutions made under Vivek Vahini are as follows:

- To exercise physically for at least half an hour everyday
- To read books other than the one prescribed for syllabus for at least half an hour everyday
- To keep away from addiction, drinking and smoking and create awareness in the society regarding the same
- To buy at least 01 Khadi dress/ material once in a year to express gratitude towards the freedom struggle of our country

SUCCESSFUL RESOLUTIONS AND BENEFITS:

- Celebrating eco-friendly Diwali
- Youth against Miracle- anti Superstition
- Celebrating Dr. Babasaheb Ambedkar's Birthday by spending more time in library and reading quality books.
- 8000 books have been issued from the Central Government Library till date
- These were used as reference books by many students and teachers
- It has fostered a culture of discussion on the book among students and their parents as well as teachers
- It has helped the students to critically analyse the book and express their own opinions

PROBLEMS ENCOUNTERED AND RESOURCES REQUIRED

Please identify the problems encountered and resources required to implement the practice (in about 150 words).

- Irregularity of some students.
- Some students don't return the issued the books in given time.

Late Bindu Ramrao Deshmukh Arts and Commerce Mahila Mahavidyalaya, Nashik Road

Two Days Nashik District Level Yoga Training Camp & Workshop

Report : 2019-2020

07/02/2020

NSPM's Late Bindu Ramrao Deshmukh Arts and Commerce Mahila Mahavidyalaya, Nashik Road & Savitribai Phule Pune University Pune jointly organised Two Days Nashik District Level Yoga Training Camp & Workshop on 5th & 6th February, 2020 in the college.

This function was inaugurated by Nashik District Sports Officer Shri. Ravindra Naik and Inclosing Ceremony participants certificates were distributed by Yoga Experts Dr. Ramesh Varkhede to all participants. He also guided to all participants and staff of this college. 102 girl students participated in this Yoga Workshop across the Nashik Dist.


On 1st day, 5th February 2020 Dr. Meenakshi Gawali conducted the session on the topic " Yoga & Balanced Diet ". 2nd session was conducted by Yoga teacher Ms.Sarika Nikam on " Suryanamaskar ". 3rd session was conducted by Shri. Ravindra Naik on the topic " Yoga and Physical Fitness". 4th session was conducted by Yoga teacher Mrs. Jyoti Surushe on " Yogasana".

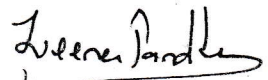
On the 2nd day, 06th February 2020 the 5th session was conducted by Yoga teacher Mrs .Sarika Nikam on " Pranayama ". 7th session was conducted by Yoga teacher Prof .Yogendra Patil on the topic " Yoga and Shuddhikriya ". The 8th session was conducted by Engineer Ms. Aishwarya Surushe on the topic " Yoga and Mental Health".

This Yoga Training Camp and Workshop was successfully organized under the guidance of Principal Dr. Leena Pandhare, Coordinator and Director of Physical Education & Sports Prof.Yogendra Patil, Student Development Officer Prof. Vinod Nirbhavane, Prof.Dr Minal Barve with the help of all teaching and non teaching staff of our college.


Prof.Yogendra Patil
Coordinator

Yoga Training Camp & Workshop

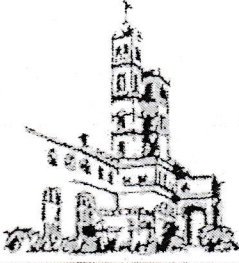

Prof.Vinod Nirbhavane
Student Development Officer


Dr.Leena Pandhare
Principal

PRINCIPAL

N.S.P.M's Late Bindu Ramrao Deshmukh
Arts & Commerce Mahila Mahavidyalaya
Jah Road, Nashik Road-422101


IQAC Coordinator
NSPM's Late Bindu Ramrao Deshmukh
Arts & Commerce Mahila Mahavidyalaya,
Nashik Road-422 101



NS032

सावित्रीबाई फुले पुणे विद्यापीठ, पुणे

(पूर्वीचे पुणे विद्यापीठ)

विद्यार्थी विकास मंडळ

गणेशखिंड, पुणे - ४११ ००७.

डॉ. संतोष परचुरे

संचालक

संदर्भ क्र.वि.वि.मं / 2019-2020/807

दिनांक :- २९ Jan २०२०

प्रति,

मा.प्राचार्य/संचालक,

नाशिक शिक्षण प्रसारक मंडळ नाशिक कै बिंदू रामराव
देशमुख कला व वाणिज्य महिला महाविद्यालय पत्ता: साने
गुरजी नगर जेल रोड नाशिक रोड ता.: नाशिक जि: नाशिक
पिनकोड: 422101

विषय :- District Level Two Days Workshop on Goga Training Camp

महोदय/महोदया,

वरील विषयास अनुसरून आपणास कळविण्यात येते की, सावित्रीबाई फुले पुणे विद्यापीठ विद्यार्थी विकास मंडळ व आपले महाविद्यालय यांच्या संयुक्त विद्यमाने District Level Two Days Workshop on Goga Training Camp ('क' गट) आयोजित करण्यास आपणास मान्यता देण्यात येत आहे. माहे मार्च 2020 मध्ये होणाऱ्या केंद्रीय लेखा परीक्षणापूर्वी District Level Two Days Workshop on Goga Training Camp आयोजित करण्यात यावी. सदर कार्यशाळा आयोजनासाठी आपल्या महाविद्यालयास रु. 7000/- पर्यंत अर्थसाहाय्य मंजूर करण्यात आलेले आहे. या व्यतिरिक्त District Level Two Days Workshop on Goga Training Camp करिता होणारा ज्यादा खर्च महाविद्यालयाने करावा.

संचालक विद्यार्थी विकास मंडळ तसेच मा. जिल्हा समन्वयक यांचेशी विचारविनिमय करून कार्यशाळेची कार्यक्रमा रूपरेषा निश्चित करावी. सदर कार्यशाळेसाठी सावित्रीबाई फुले पुणे विद्यापीठाशी संलग्नित आपल्या महाविद्यालयाच्या परिसरातील संबंधित सर्व महाविद्यालये, मान्यताप्राप्त संस्थांना पत्र पाठवून विद्यार्थी पाठविण्याबाबत सूचित करण्यात यावे.

सदर कार्यशाळा झाल्यानंतर १५ दिवसांच्या आत किंवा केंद्रीय लेखा परीक्षणाच्या वेळी हिशेब या विभागास सादर करावा. सोबत विद्यार्थ्यांची यादी, विद्यार्थी अभिप्रायासह (feed Back Form) तसेच या उपक्रमाविषयी प्रातिनिधिक स्वरूपात काही विद्यार्थ्यांची स्फूट टिप्पणी, कार्यशाळेचे फोटो, अहवाल सी.डी मध्ये व मूळ स्वरूपात देण्यात यावा. याबाबतचा संक्षिप्त अहवाल www.unipune.ac.in-Students Development-BSD Online-College Login-Main Menu-Students' Development-Central Audit-Scheme Proposal FeedBack येथे ऑनलाईन पद्धतीने भरून त्याची प्रत, खर्चाचा तपशील, त्यासंबंधीची मूळ देयके (नवीन वित्तीय धोरणानुसार) मा. प्राचार्यांच्या स्वाक्षरीसह या कार्यालयास प्राप्त झाल्यानंतर पुढील योग्य ती कार्यवाही करण्यात येईल. कळावे, ही विनंती.

आपला

संचालक

विद्यार्थी विकास मंडळ

नाशिक शिक्षण प्रसारक मंडळाचे
कै. बिंदू रामराव देशमुख कला व वाणिज्य
महिला महाविद्यालय, नासिकरोड
आवक क्र. 294/19-20
दिनांक 30/01/2020

IQAC Coordinator

NSPM's Late Bindu Ramrao Deshmukh
Arts & Commerce Mahila Mahavidyalaya,
Nashik Road-422 101

कार्यालय : ०२०-२५६०११६०

Website : <http://www.unipune.ac.in/bsw> Email : bsd@unipune.ac.in, bsd@pun.unipune.ac.in

सकाळ नाशिक शहर

नाशिक, बुधवार, १९ फेब्रुवारी २०२०

TODAY

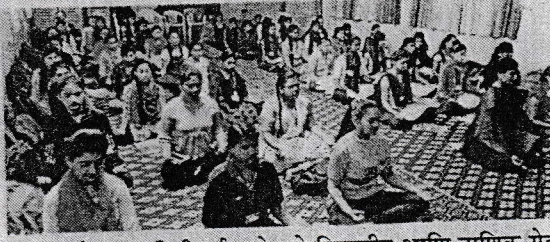
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सकाळ » TODAY



नाशिक रोड : सावित्रीबाई फुले पुणे विद्यापीठ आणि नाशिक रोड येथील बिंदू रामराव देशमुख महिला महाविद्यालयातर्फे योग प्रशिक्षण शिबिर व कार्यशाळेप्रसंगी सहभागी विद्यार्थिनी.

महिला महाविद्यालयात योग कार्यशाळा उत्साहात

नाशिक रोड : सावित्रीबाई फुले पुणे विद्यापीठ आणि नाशिक रोड येथील बिंदू रामराव देशमुख महिला महाविद्यालयातर्फे जिल्हास्तरीय दोनदिवसीय योग प्रशिक्षण शिबिर व कार्यशाळा नुकतीच उत्साहात झाली. जिल्हा क्रीडाधिकारी रवींद्र नाईक यांच्या हस्ते कार्यशाळेचे उद्घाटन झाले. योगतज्ज्ञ प्रा. रमेश वरखेडे, प्राचार्या लीना पांडरे, विद्यार्थी विकास अधिकारी प्रा. विनोद निरभवणे, समन्वयक प्रा. योगेंद्र पाटील यांची प्रमुख उपस्थिती होती. प्रा. मीनाक्षी गवळी यांनी आद्वारवर मार्गदर्शन केले. ज्योती सुरसे यांनी आसन व योग, सारिका निकम यांनी सूर्यनमस्कार, शरद दंडगव्हाळ यांनी अष्टांगयोग, एश्वर्या सुरसे यांनी ध्यानधारणा व मानसिक आरोग्य, निता निकम यांनी प्राणायाम, तर प्रा. योगेंद्र पाटील यांनी योग आणि शारीरिक सक्षमता यावर प्रात्यक्षिकांसह मार्गदर्शन केले. प्रा. योगेंद्र पाटील यांनी प्रास्ताविकात कार्यशाळेचा उद्देश सांगितला. विद्यार्थी विकास अधिकारी प्रा. विनोद निरभवणे यांनी स्वागत केले. कार्यशाळेत केटीएचएम, सप्ट इंजिनिअरिंग, दिंडोरी, इगतपुरी आदी महाविद्यालयांचे शिक्षक व विद्यार्थिनी सहभागी झाले होते.

[Signature]
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NSPM's Late Bindu Ramrao Deshmukh
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Nashik Road-422 101

महाराष्ट्र टाइम्स

नाशिक PLUS

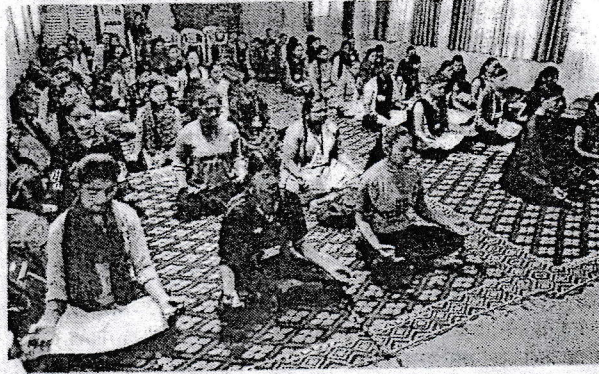
महाराष्ट्र टाइम्स | नाशिक | मंगळवार, १८ फेब्रुवारी २०२०

जिल्हास्तरीय योग कार्यशाळा उत्साहात

म. टा. वृत्तसेवा, नाशिकरोड

सावित्रीबाई फुले पुणे विद्यापीठ आणि नाशिकरोड येथील बिंदू रामराव देशमुख महिला महाविद्यालयातर्फे जिल्हास्तरीय दोन दिवसीय योग प्रशिक्षण शिविर व कार्यशाळा नुकतीच उत्साहात पार पडली.

जिल्हा क्रीडाधिकारी रवींद्र नाईक यांच्या हस्ते कार्यशाळेचे उद्घाटन झाले. योगतज्ज्ञ प्रा. रमेश वरखेडे, प्राचार्या लिना पांडरे, विद्यार्थी विकास अधिकारी प्रा. विनोद निरभवणे, सन्मवयक प्रा. योगेंद्र पाटील यांची प्रमुख उपस्थिती होती. प्रा. मीनाक्षी गवळी यांनी आव्दार या विषयावर मार्गदर्शन केले. ज्योती सुरसे यांनी आसन व योग, सारीका निकम यांनी सूर्यनमस्कार, शरद दंडगव्हाळ यांनी अष्टांग योग, ऐश्वर्या सुरसे यांनी ध्यानधारणा व मानसिक



आरोग्य, निता निकम यांनी प्राणायाम, तर प्रा. योगेंद्र पाटील यांनी योग आणि शारीरिक सक्षमता यावर प्रात्यक्षिकांसह मार्गदर्शन केले. प्राचार्य लिना पांडरे यांच्या हस्ते मान्यवरांचा सत्कार करण्यात आला. प्रा. योगेंद्र पाटील यांनी प्रास्ताविकात कार्यशाळेचा उद्देश

सांगितला. विद्यार्थी विकास अधिकारी प्रा. विनोद निरभवणे यांनी स्वागत केले. कार्यशाळेत केटीएचएम, सपट इंजिनीअरिंग, दिंडोरी, इगतपुरी आदी महाविद्यालयांचे शिक्षक व विद्यार्थी सहभागी झाले होते. त्यांच्या शंकाचे निरसन योगतज्ज्ञांनी यावेळी केले.

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जिल्हास्तरीय योग कार्यशाळा उत्साहात

म. टा. वृत्तसेवा, नाशिकरोड

सावित्रीबाई फुले पुणे विद्यापीठ आणि नाशिकरोड येथील बिंदू रामराव देशमुख महिला महाविद्यालयातर्फे जिल्हास्तरीय दोन दिवसीय योग प्रशिक्षण शिबिर व कार्यशाळा नुकतीच उत्साहात पार पडली.

जिल्हा क्रीडाधिकारी रवींद्र नाईक यांच्या हस्ते कार्यशाळेचे उद्घाटन झाले. योगतज्ज्ञ प्रा. रमेश वरखेडे, प्राचार्या लीना पांडरे, विद्यार्थी विकास अधिकारी प्रा. विनोद निरभवणे, सन्मवयक प्रा. योगेंद्र पाटील यांची प्रमुख उपस्थिती होती. प्रा. मीनाक्षी गवळी यांनी आव्दार या विषयावर मार्गदर्शन केले. ज्योती सुरसे यांनी आसन व योग, सारीका निकम यांनी सूर्यनमस्कार, शरद दंडगव्हाळ यांनी अष्टांग योग, ऐश्वर्या सुरसे यांनी ध्यानधारणा व मानसिक



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