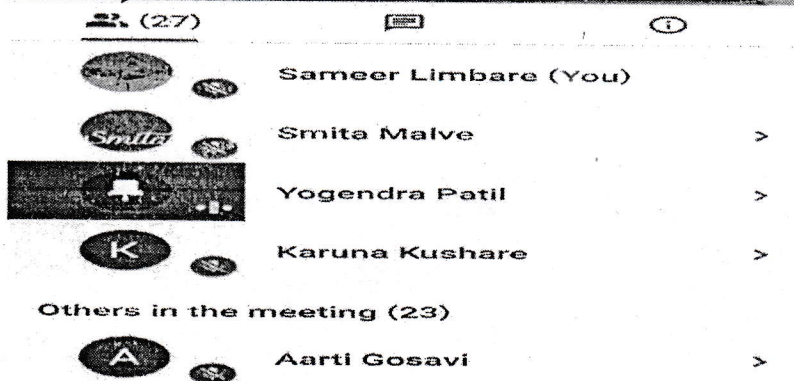
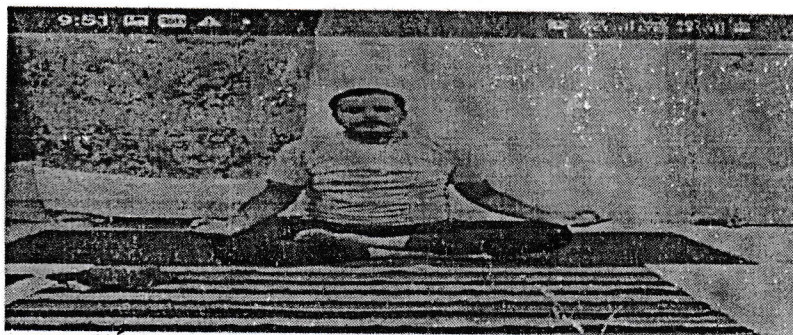


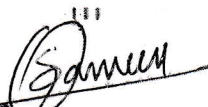
National Service Scheme

Workshop on "Yoga" on International Yoga Day (21st June 2021)


The NSS unit of the College organised a workshop on "Yoga" on the occasion of International Yoga Day on 21st of June 2021. The workshop was guided by Prof. Yogendra Patil, Yog Shikshak and has delivered various lectures and demonstration on yoga to numerous Schools, Colleges and conducted workshops. Prof Yogendra Patil during his session not only gave valuable information on the importance of yoga but also demonstrated various (asanas such as suryanamaskar, shavaasan, tadaasan, sarvangaasan, bujangaasan, pranaayam, kapaalbhati, anulom, vilom and omkar.) Before beginning the yoga aasanas he took the warming movements which would help for better yoga movements. While performing the yoga he himself gave the instructions.

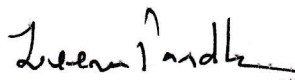
After the in the chairman's speech was Dr. Leena Pandhare, Principal of our college appreciated Prof Yogendra Patil for very smooth conduction of the session and also that there was no sign of voice modulation while giving instructions and simultaneously performing yoga. The introduction and vote thanks was given by Dr. Sameer Limbare, Programme officer, NSS. The programme was attended by the NSS volunteers, teaching and non-teaching staff.




Dr. Sameer Limbare


IQAC Co-ordinator



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Dr. Leena Pandhare

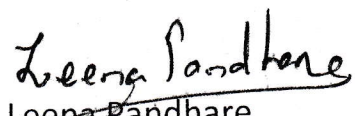
**NSS Volunteers Contribution at COVID- 19 Vaccination Centres
in July & Aug 2021**


The following volunteers of NSS of LBRD Arts & Commerce Mahila Mahavidyalaya, Nashik Road actively participated at the Vaccination Centres of Nashik road. NSS volunteers helped in registration, crowd management & counselling at the vaccination centres.

Sr. No	Name of the Volunteer	Dates & Month	Time of work	No of Days
1.	Kanchan Shelke	August & September	10am to 4pm	35 days
2.	Pallavi Tile	30/07/21, 5/08/21,24/08/21,27/08/21 30/08/21	10am to 4pm	6 days
3.	Shraddha Nikam	30/07/21	10am to 4pm	1 day
4.	Harshada Vispute	30/07/21	10am to 4pm	1 day
5.	Sejal Bhalerao	30/07/21	10am to 4pm	1 day
6.	Dhanlaxmi Jadhav	08/08/21	10am to 4pm	1 day


Dr. Sameer Limbare
Programme Officer, NSS


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Dr. Leena Pandhare
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One Day Personality Development Workshop- 23 March 2022

Savitribai Phule Pune University Pune and NSS of LBRD Arts and Commerce Mahila Mahavidyalaya Nashik Road jointly organised One Day Personality development workshop for NSS volunteers on 23rd march 2022. The inaugural and first session of the workshop was conducted by Dr P.V.Rasaal, Prin MVP's College, Sinnar on the topic "Personality development through NSS". Youth should be physically, mentally, socially and spiritually fit for the development of personality. Personality is about being dynamic, changing according to the situation. The chairman's speech of the inauguration was given by Dr. Leena Pandhare. The second session was conducted by Dr Yogita Apte, Counsellor and psychologist on the topic "Beautiful mind: healthy mind". She told that a person should be not only be beautiful externally but also internally. The third session was conducted by Prof. Dr. Mrunal Bhardwaj on "Emotional literacy". People should be emotionally intelligent and they analysis their emotions. To understand self through SWOT. The fourth session was conducted by Ruby Uniyaal, HoD, Dept of Psychology, KTHM College, Nashik on the topic "Effective Communication and Positive attitude". Effective communication is important in interviews, social situations and facing problems in life. All the sessions included PowerPoint presentation, activities and interactive discussion. The workshop was coordinated and organised by Program officer, NSS Dr Sameer Limbare.



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Sameer

Dr. Leena Pandhare
IQAC Co-ordinator

Leena Pandhare

Vaccination Drive and Free Health Check-up camp- 30th October 2021

The NSS department of LBRD Arts and Commerce MahilaMahavidyalaya in collaboration with Rashtriya Swayamsevak Sangh Jan Kalyan Samiti and Ashoka Medicare and in association with Vidyarthi Kalyan Mandal organised vaccination camp and free medical health check-up camp on 30th Oct 2021. In the inauguration function Mr Pramod Kulkarni, Mr Pradeep Ketkar, Dr Prachi Pawar, Dr PankajVakatkar, Shri Deepak Sable & Shri Vishwanath Salve. Alka Kulkarni gave best wishes for the vaccination camp and congratulation the college for organising such a social event. 72 people got corona vaccination and 153 people were benefitted by health check-up during this camp. The introduction of the program was done by Dr. Leena Pandhare, compering by Dr. Minal Barve and vote of thanks by Dr Sameer Limbare.

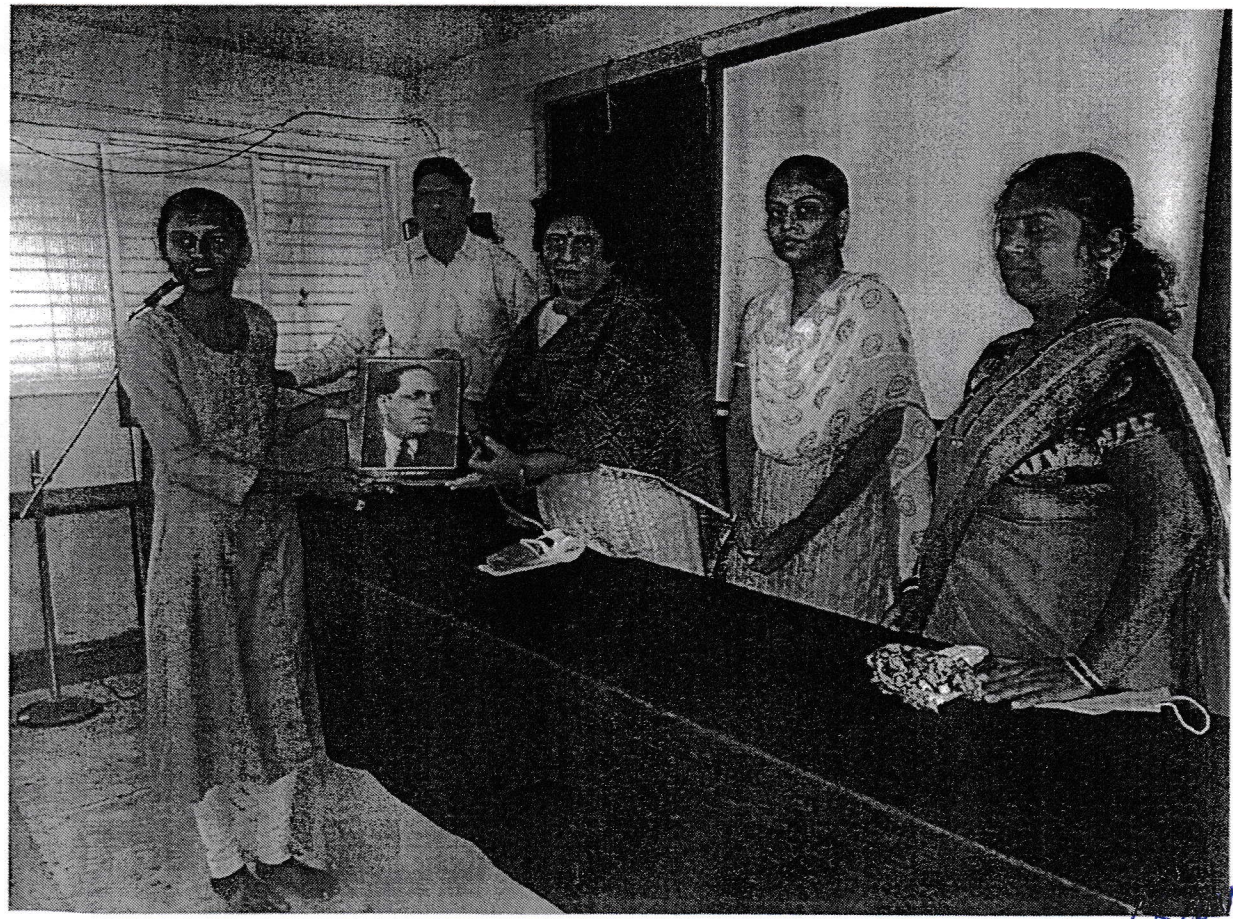


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Leena Pandhare

Celebration of Constitution Day 26 November 2021

NSS department of LBRD Arts and Commerce MahilaMahavidyalay in collaboration with the Department of Political Science celebrated constitution day on 26th November 2021. The chief guest of the function where PrinDr. Leena Pandhare who garlanded the photo of Dr Babasaheb Ambedkar and paid tributes. In her chariman's speech she said that the objective of constitution consists of 75 words which itself is the summary of the constitution. Socialism and secularism are important values of the constitution. During the program a quiz contest was conducted in which Aarti Gosavi, NSS volunteer bagged the first prize and received the copy of the constitution. Introduction of the program was done by Prof Sarojini Ahire and vote of thanks was given by Dr Sameer Limbare.



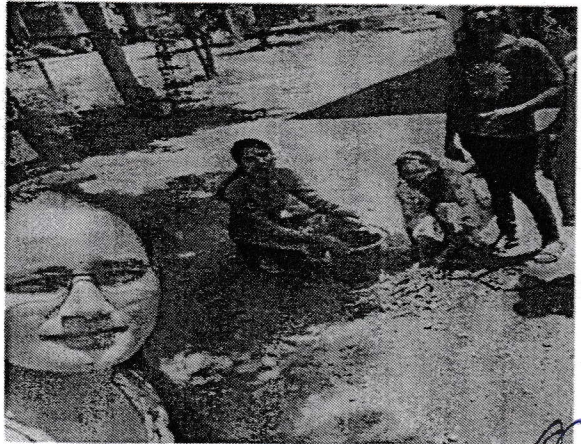
Sameer
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 N. S. S. Unit

Dr. Ahire
IQAC Co-ordinator
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Dr. Pandhare
PRINCIPAL
 N.S.P.M's Late Bindu Ramrao Deshmukh

Swachhata Abhiyan on 13th August 2021

NSS department of LBRD Arts and Commerce MahilaMahavidyalay Nasik Road organised SwachhataAbhiyaan on 13th August 2021 in which the volunteers where instructed to clean the areas nearby their houses,near the gram panchayat offices, near the temples the plantation the cleanliness drive was conducted by keeping the social distance, sanitation and using mask.



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Plantation program on the occasion of NSS Day- 24th September 2021

NSS department of LBRD Arts and Commerce MahilaMahavidyalaya organised plantation program on the occasion of NSS Day that is on 24th September. Plants included in the plantation program were name bel, jambhul, badamKadamb,sonchafa, etc the plantation program was inaugurated by PrinDr. Leena Pandhare along with all the teachers and non-teaching staff of the college were present for the plantation. Plantation was conducted near the green gym of the collegeand on the ground of the college. The program was coordinated by Dr. Sameer Limbare.



34-2, Jijamata Nagar Rd, Phandharkar Nagar Colony, DattaMandir, Sane Guruji Nagar, Nashik, Maharashtra 422401, India

Latitude **19.96237864717841** Longitude **73.83628687821329°**
Altitude 505 meters
Local 02:38:00 PM Friday, 24-09-2021
GMT 09:08:00 AM

Sameer
Programme Officer
N. S. S Unit

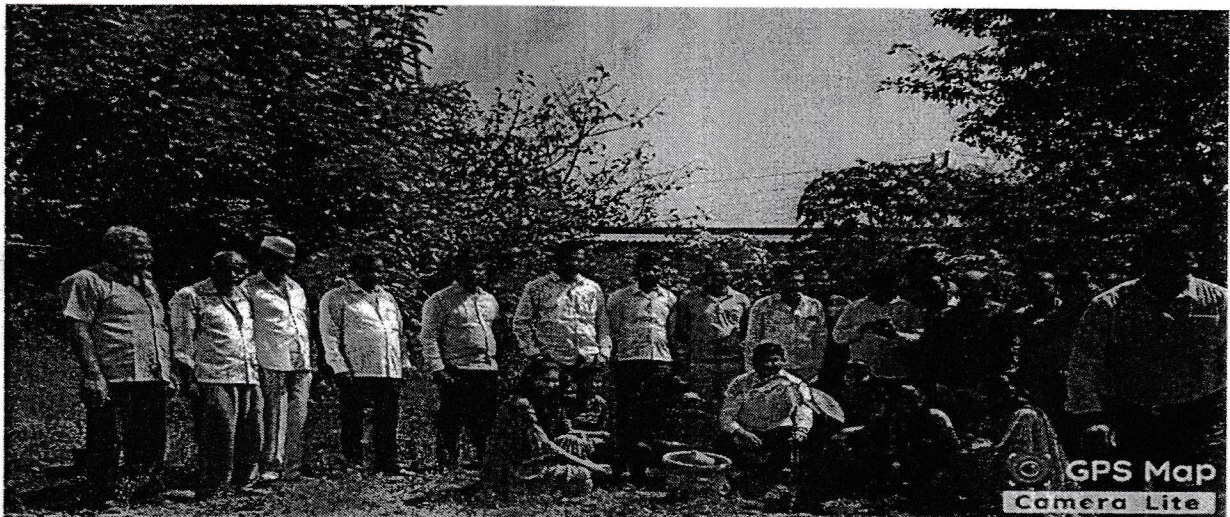
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Leena Pandhare
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Plantation at Kotamgaon village 21st October 2021

The NSS dept of LBRD Arts and Commerce MahilaMahavidyalaya organised aplantation program on 21st October 2021 at kotangaon village near ZP School of Kotamgaon. In the plantation the plants included Palm, Kadam,Bakul,Chinch, KaduLimba, Karanji,bel and sonchafa and Ashoka. For plantation program Village Sarpanch Shri BalasahebMaske were present along with Dinesh Mhaske Vishnu Ghuge members of Gram Panchayat, Gram Sevak Balasaheb Kadam, teachers of the ZP School Ranjan Kasaar, students of NSS Sarika Gadade, Aarti Gosavi,PunamGhughe, Swati Mhaske, Sakshi Ghuge, Priya Gughe were present for the plantation program.



XW42+CP8, Kotamgaon, Maharashtra 422105,
India

Latitude	Longitude
19.95630813762545	73.90152985230088°
6°	Altitude 484 meters
Local 11:01:16 AM	Thursday, 21-10-2021
GMT 05:31:16 AM	

[Signature]
Programme Officer
N. S. S Unit

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IQAC Co-ordinator
N.S.P.M's Late Bindu Ramrao Deshmukh
& Commerce Mahila Mahavidyalaya

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Arts & Commerce Mahila Mahavidyalaya

Vaccination Drive and Free Health Check-up camp- 30th October 2021

The NSS department of LBRD Arts and Commerce MahilaMahavidyalaya in collaboration with Rashtriya Swayamsevak Sangh Jan Kalyan Samiti and Ashoka Medicare and in association with Vidyarthi Kalyan Mandal organised vaccination camp and free medical health check-up camp on 30th Oct 2021. In the inauguration function Mr Pramod Kulkarni, Mr Pradeep Ketkar, Dr Prachi Pawar, Dr PankajVakatkar, Shri Deepak Sable & Shri Vishwanath Salve. Alka Kulkarni gave best wishes for the vaccination camp and congratulation the college for organising such a social event. 72 people got corona vaccination and 153 people were benefitted by health check-up during this camp. The introduction of the program was done by Dr. Leena Pandhare, compering by Dr. Minal Barve and vote of thanks by Dr Sameer Limbare.




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Azadi ka Amrit Mahotsav program on 9th of September 2021

NSS and Vidyarthi Kalyan Mandal jointly organised guest lecture on the occasion of Azadi ka Amrit Mahotsav the chief speaker was Prof. Dr. Lodhi Fatima department of Political Science, JAT Arts, Science and Commerce Women's college Malegaon on the topic basic rights of human citizens and their duty. She in her speech said about the emergence of constitution. The constitution has given equality to all by giving seven rights to i.e. right to speak, write, education, forming association, following a religion, culture and live life. The chairman speech was given by Prin. Dr Leena Pandhare and vote of thanks by Vinod Nirbhavane.


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Lecture on Balanced Diet on 16th Sept 2021

The NSS department of LBRD Arts and Commerce Mahila Mahavidyalaya organised a lecture on balanced diet of Sunita Gawande she said with the students the importance of balanced diet. Emotions of the person preparing do effect on the taste of food. Having food at lest two times in day. Time interval between two diets should be at least two hours. To drink water one hour before food and one hour after food. She also advised to take juices instead of tea or coffee. She also told that in every day diet pudina, dal, rice & chapati. To avoid potato in diet. Drink mild hot water in the early morning after getting up. The introduction of the program was done by Prof. Yogendra Patil and what of thanks by Dr. Sameer Limbare the chairman of the function where Prin. Dr. Leena Pandhare.



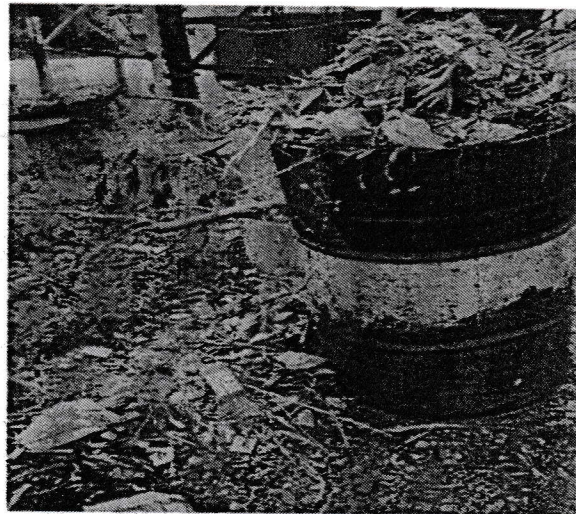
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Swachhata Abhiyan on the occasion of Mahatma Gandhi Jayanti-2nd Oct 2021

The NSS department of LBRD Arts and Commerce MahilaMahavidyalaya organisedswatchataabhiyaan on the occasion of Mahatma Gandhi Jayanti. The program officers instructed volunteers to do Swachata Abhiyan the near their residence, in the parks, temples, Gram Panchayat offices, jogging track. The volunteers were also told to keep social distance and wear maskwhile doing swatchataabhiyaan. They were also told to work in groups.The abhiyaan wascoordinated by Dr Sameer Limbare.



Sameer
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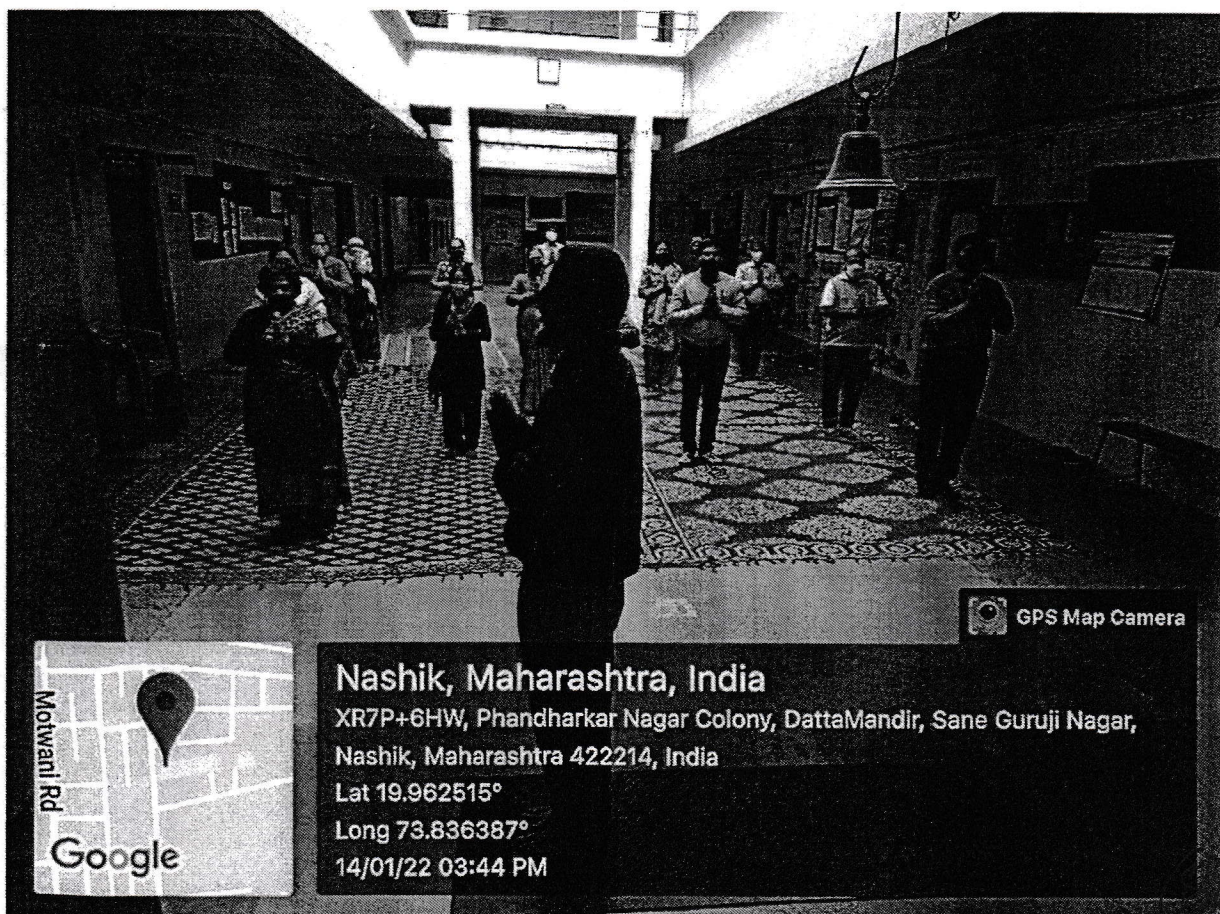
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Suryanamaskar Workshop – 14th Jan 2022

The NSS department of LBRD Arts and Commerce MahilaMahavidyalaya organisesuryanamaskarworkshop on 14th Jan 2020 in the college porch at 4.30 pm. In the workshop Prof. Yogendra Patil,Director of sports of our college wee the resource person for the said workshop. He guided by the people by conducting suryanamskar. The workshop were attended by the teaching, non-teaching staff and the student of NSS. Mr. Patil also told the audience about the benefits of suryanamaskar and the time to perform it. The Workshop was coordinated by Dr. Sameer Limbare.



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 XR7P+6HW, Phandharkar Nagar Colony, DattaMandir, Sane Guruji Nagar,
 Nashik, Maharashtra 422214, India
 Lat 19.962515°
 Long 73.836387°
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Sameer
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National Voters Day- 25th Jan 2022

The NSS department of LBRD Arts and Commerce MahilaMahavidyalayacelebrated National voters Day on 25th Jan 2020 by organising a online lecture. The resource person for the lecture were Shri AvinashKolhe. Kolhe in his speech said about two types of democracies and types of voting. India is the biggest democracy. History of voting in India has two phases pre-independence and post-independence. We follow the Indian Council Act 1982. Post-independence period had only one criteria of age(above 18 years) as before it hadcriteria's of caste, religion, income and education.In the year 2019 67.1% of people voted in India. From 2009 NOTA option is given to voters by the Election commission of India.In America, UK and India voting is not compulsory but in Australia it is. The compering of the program was done by Dr. Vinod Nirbhavane and lecture was attended by Dr. Leena Pandhare and all the teaching staff and NSS volunteers.


Programme Officer
N. S. S Unit

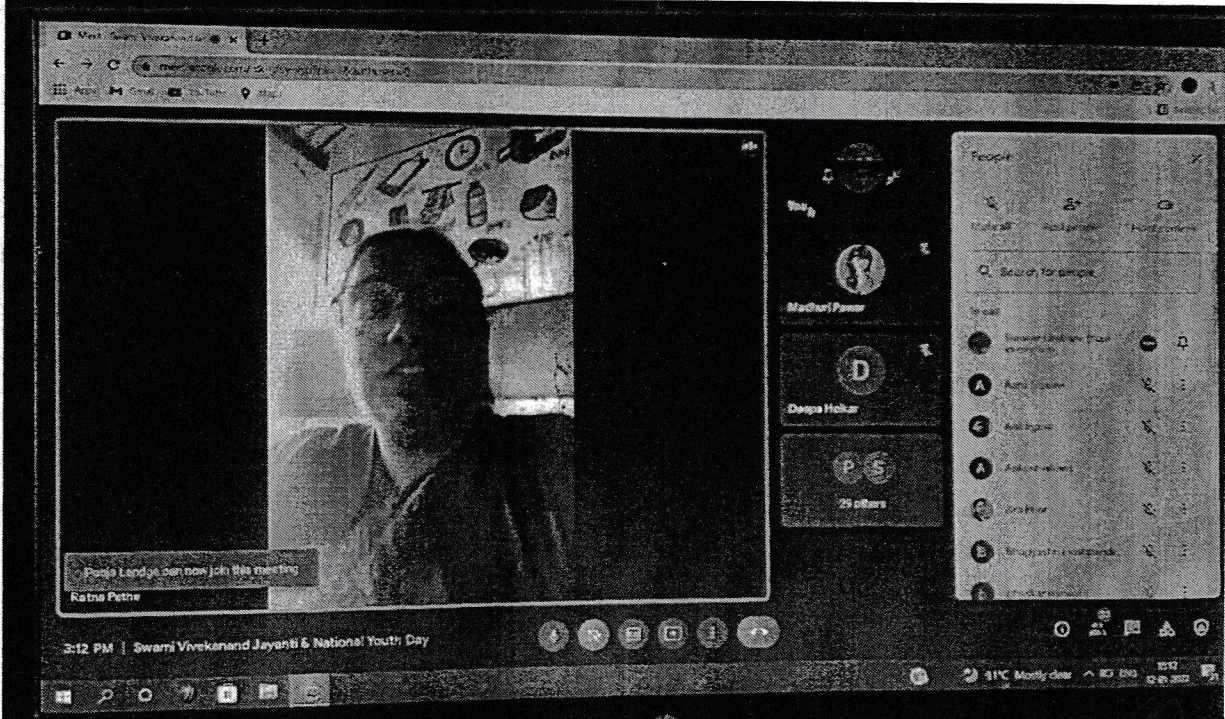

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Youth Day and Swami Vivekanand and Rajmata Jijau Jayanti – 12th Jan 2022

The NSS department celebrated National youth Day and also paid homage to Swami Vivekanand and Rajmata Jijau by organising a online lecture on 12th Jan 2022. The resource person for the lecture were SmtRatnaPethe. In the beginning she told that rajmata in very less age developed Shivaji Maharaj in their perception and leadership qualities. Swami Vivekanand were saint but had social concern about eradication of superstitions and social problems for which the youth should take initiative. Youth should be more focused, goal oriented and do social contribution. Developing a social attitude and contributing to the development of the nation. The program was chaired by Dr. Leena Pandhare and compering by Dr. Sameer Limbare, Program officer, NSS.



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SwatchataAbhiyaan- 3rd Feb 2022

The NSS department of LBRD Arts and Commerce MahilaMahavidyalaya organisedSwatchataabhiyaan on 3rd Feb 2020 in the college campus. The abhiyaan was conducted in the playing ground and near the green gym of the college. The volunteers collected the plastic, waste paper and unwanted weeds. The volunteers also watered the plants near the green gym and on the playground.



Samer
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