



Maharashtra Education Society's  
**GARWARE COLLEGE OF COMMERCE**  
AUTONOMOUS

*Empowering generations since 1967...*

Affiliated to Savitribai Phule Pune University, Best College Award by Savitribai Phule Pune University,  
NAAC Re-accredited (3<sup>rd</sup> Cycle) – A Grade – [CGPA – 3.45]

26<sup>th</sup> December, 2022

**NOTICE**

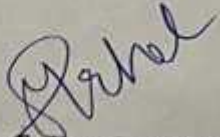
MES Garware College of Commerce is going to organize a session on '**Women and Mental Health**' by '**Smt. Girija Likhite**'.

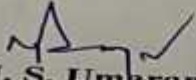
**All Women of Teaching and Administrative Staff of Granted and Self Finance Unit attend the same.**

**Day & Date:** Thursday, 29th December, 2022.

**Time:** 11.30 am to 12:30 pm.

**Venue:** Swatantryaveer Savarkar Sabhagruha

  
Prof. Dr. Sulabha Patole,  
Staff Secretary

  
Dr. N. S. Umarani,  
Principal



Maharashtra Education Society's  
**GARWARE COLLEGE OF COMMERCE (Autonomous)**

NAAC Re-Accredited 'A' Grade (CGPA 3.45)

Best College Award by Savitribai Phule Pune University

**V. S. Umarani**  
M.Com., Ph.D.  
**Principal**  
Pro-Vice Chancellor  
S. P. Pune University

Karve Road, Deccan Gymkhana, Pune - 411 004 (India) Phone: Office: 020-41038-300 Principal: 020-41038-301  
E-mail: Office: office.gcc@mespune.in Principal: msu.gcc@mespune.in Website: www.gcc.mespune.in  
Udy. ID No.: PU/PN/C-01B/(1967)] • ASHE Code: D-111864 • U.DISE Code: 07251401523 • Jr. College Code: 11.11.002

Date 29/12/2023

**WOMEN'S HEALTH PROGRAMS  
&  
PSYCHOLOGICALLY LIVING WELL**

On 29/12/2023 morning at 10 am to 11. 30pm

**No. of ladies Staff 45**

Report :- workshop on Mental Health of women for all ladies staff, held on 29/12/2022 for one hours.

**Introduction**

The goal of said workshop to increase important of awareness about physical health as well as related mental health. Second purpose of said workshop is to preparing the development interpersonal relationship in ladies staff who are suffering from menopause.

Shifts in the levels of female hormones can cause temporary mood changes, including symptoms of depression, anxiety, low self-esteem many more problems

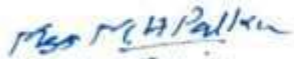
Treat women with feeling of exhaustion, anxiety, isolation, Anger and low self-esteem, using the power of the mind. Psychological counseling and training helps in stress management, relaxation of mind, boosting self- confidence and the transformation of negative thoughts to positive thoughts when the persons are suffering from menopause condition.

This was objective of program regarding awareness on Mental Health of women for all women staff held on 29/12/2022 for one hours. by Girija Likhite Director of Personality Development and Megha Palkar a psychologist & counselor of Graware College Of Commerce Pune.

The workshop was held by Mrs. Griga Likhite on 29/12/2023 .

Total 45 participants were attended the said lecture

Timing 10 am. To 11.15 am

  
(Megha Palkar)  
Clinical Psychologist & counselor

  
( Dr. N.S. Umrani)  
Principal

## PSYCHOLOGICAL COUNSELING CENTER

### WOMEN'S HEALTH PROGRAMS & PSYCHOLOGICALLY LIVING WELL

On 29/12/2023 morning at 10 am to 11. 45 pm

No. of ladies Staff 45



The objective of program regarding awareness on Mental Health of women for all women staff held on 29/12/2022 for two hours by Girija Likhite Director of Personality Development and Megha Palkar a psychologist & counselor of Graware College Of Commerce Pune.

The workshop was held by Mrs. Griga Likhite on 29/12/2023 .

Total 45 participants were attended the said lecture

Timing 10 am. To 11.45 am

Organized by  
(Megha Palkar)  
Clinical Psychologist & counselor



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26<sup>th</sup> December, 2022

**NOTICE**


MES Garware College of Commerce is going to organize a session on '**Stress Management**' by '**Smt. Megha Palkar**' for Senior College Teaching Staff.

**All teachers are expected to attend the same.**

**Day & Date:** Tuesday, 27th December, 2022.

**Time:** 10.00 am to 11:30 am.

**Venue:** Swatantryaveer Savarkar Sabhagruha

  
Prof. Dr. Sulabha Patole,  
Staff Secretary

  
Dr. N. S. Umarani,  
Principal



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**I. S. Umarani**

M.Com., Ph.D.

**Principal**

Pro-Vice Chancellor

S. P. Pune University

Karve Road, Deccan Gymkhana, Pune - 411 004 (India) | Phone: Office 020 41038 300 | Principal 020 41038 301  
E-mail: Office office.gcc@mespune.in | Principal nsu.gcc@mespune.in | Website www.gcc.mespune.in  
[Univ. ID No. PU-PNC/018/1967] • AISHE Code: C-41864 • U-DISE Code: 27251401523 • Jr. College Code: 11.11.002

Date 27/12/2023

**MENTAL HEALTH PROGRAMS  
&  
PSYCHOLOGICALLY LIVING WELL**

On 27/12/2023 morning at 10 am to 11. 30pm

**NO. OF TEACHING STAFF 40**

Report: - Workshop on Stress Management for teaching staff held on 27/12/2022 for one hours.

The aim of the workshop is to create awareness among teachers about mental health. Preparing teachers to adapt to those tensions and develop interpersonal relationships.

**Introduction**


Stress is a normal psychological and psychical reaction to the demand of life. A small amount of stress is good, motivating you to perform well. But much challenge daily can push you beyond your ability to cope. Facing new challenges create stress in many forms. Such as Physical, Mental, Financial.

Doing What Matters in Times of Stress: An Illustrated Guide is a stress management guide to coping with adversity. The guide aims to equip people with practical skills to help them cope with stress. A few minutes a day are enough to practice self-help techniques. The guide can be used alone or with accompanying exercises.

The program was held on 27/12/2022 regarding stress Management for teaching staff by Megha Palkar, a psychologist & counsellor of Graware College Of Commerce Pune.

Attended Total no. staff 40

Timing 10 am. To 11.15 am

  
(Megha Palkar)  
Clinical Psychologist & counselor

Mrs Sulbha Patole  
Staff secretary

  
( Dr. N.S. Umarani)  
Principal





M.E.S.

# Garware College of Commerce,

Karve Road, Pune - 411 004.

[UHS-ID-No. PU/PNCC/18 (1957)]

Ph.No (0) 41038300, Fax : 020-25441529, E-mail : gcc.office@mespune.it, Website :www.mesgcc.in

*NAAC Re-accredited - 'A' Grade (2021-23)  
Best College Award by Savitribai Phule Pune University*

*Dr. N S Umarani  
Principal*

Date: 19/01/2023

## NOTICE

For

All Girls Students

One day workshop is scheduled under "Nirbhaya Kanya" in association with "Vidyathini Manch" and "Student Development Cell" for all girls' students.

**Day & Date:** Tuesday, 24/01/2023

**Topic:** "know your-self"

**Venue:** Savarkar Hall

**Speaker:** Smt. Girija Likhite

**Time:** 10:00am To 1:00pm

Smt. Priyanka Jain  
Student Welfare Officer

Dr. Sharmila Kavadiya  
In-Charge Vidyarthini Manch

Dr. Asha Khilare  
Offg. Principal



Attendance sheet  
Vidhyarthini Manch  
Topic:-Know yourself  
Date:-24/01/2023

| Sr.No | Name               | Class & Div | Roll no | Contact No.  | Signature  |
|-------|--------------------|-------------|---------|--------------|------------|
| 1.    | Artha Kandwal      | FY BBA-IB   | 13686   | 7937661525   | Artha      |
| 2.    | Khushi Kandwal     | FY BBA-IB   | 13689   | 9763255255   | Khushi     |
| 3.    | Tejal Y. Patil     | FY BBA-IB   | 13678   | 9011904943   | Tejal      |
| 4.    | Smita Waghmare     | FY Bcom     | 6428    | 8551077102   | Smita      |
| 5.    | Praya Deshpande    | FY Bcom     | 6486    | 9011591167   | Praya      |
| 6.    | Madhura Patil      | FY BBA      | 13032   | 8267950311   | Madhura    |
| 7.    | Soukya Bhagade     | FY Bcom     | 6297    | 8087806989   | Soukya     |
| 8.    | Gauri Bhagade      | FY Bcom     | 6080    | 8459760213   | Gauri      |
| 9.    | Shruti Soodosh     | F.Y. Bcom   | 6029    | 9307202238   | Shruti     |
| 10.   | Rupali Kambale     | F.Y Bcom    | 6103    | 8730623092   | R.Kambale  |
| 11.   | Bhagyashree Raut   | F.Y Bcom    | 6112    | 9579168536   | B.Raut     |
| 12.   | Sadaya Sathar      | S.Y BBA     | (B)212  | 8390286044   | Sadaya     |
| 13.   | Ujjwalshree Patil  | F.Y Bcom    | 6523    | 9322297481   | Ujjwal     |
| 14.   | Shradha Patil      | F.Y Bcom    | 6505    | 928115185    | Shradha    |
| 15.   | Aheli Shirsath     | F.Y Bcom    | 6203    | 9322182625   | Aheli      |
| 16.   | Amruta Patil       | F.Y Bcom    | 6004    | +91585304105 | A.Patil    |
| 17.   | Nikita Amrutkar    | F.Y BBA-A   | 13012   | 7385880211   | Nikita     |
| 18.   | Vaishnavi Patil    | F.Y Bcom A  | 6119    | 8457926953   | Vaishnavi  |
| 19.   | Tejal Sankar       | F.Y Bcom A  | 6092    | 9011280294   | Tejal      |
| 20.   | Mansi Gholave      | F.Y Bcom A  | 6102    | 8208253362   | Mansi      |
| 21.   | Prachi Sath        | F.Y Bcom A  | 6008    | 7776008817   | Prachi     |
| 22.   | Sakshi Khapare     | F.Y Bcom A  | 6026    | 7262021979   | S.Khapare  |
| 23.   | Praya Rathod       | F.Y Bcom B  | 6243    | 8767825023   | Praya      |
| 24.   | Shruti Shirsath    | F.Y BBA-CA  | 13444   | 9422403204   | Shruti     |
| 25.   | Sakshi Dugad       | F.Y BBA-CA  | 13448   | 9373831593   | Sakshi     |
| 26.   | Shrutika Joshi     | F.Y BBA-CA  | 13406   | 9970126099   | S.Joshi    |
| 27.   | Riya Dinkar        | F.Y BBA-CA  | 13439   | 8779002258   | Riya       |
| 28.   | Shravani Patil     | F.Y BBA-CA  | 13441   | 9623860267   | S.Patil    |
| 29.   | Vaishnavi Patil    | F.Y Bcom    | 6445    | 8788621972   | Vaishnavi  |
| 30.   | Prayanshi Kulkarni | F.Y Bcom    | 6502    | 8267940858   | P.Kulkarni |
| 31.   | Madhura Utage      | F.Y Bcom    | 8475    | 9130691935   | M.Utage    |
| 32.   | Tisha Mathe        | F.Y Bcom    | 6007    | 7501833179   | Tisha      |
| 33.   | Smita Patil        | F.Y Bcom    | 6412    | 9175107270   | Smita      |
| 34.   | Sakshi Patil       | F.Y Bcom    | 6028    | 9404917511   | S.Patil    |
| 35.   | Sakshi Patil       | F.Y Bcom    | 6109    | 8322662013   | S.Patil    |
| 36.   | Vidhwan Desai      | F.Y Bcom    | 6904    | 826393578    | V.Desai    |
| 37.   | Sonali Patil       | F.Y Bcom    | 6003    | 7448141173   | S.Patil    |
| 38.   | Ujjwalshree Patil  | F.Y Bcom    | 6038    | 7020080176   | U.Patil    |
| 39.   | Santika Patil      | F.Y Bcom    | 6404    | 8462052024   | S.Patil    |



Attendance sheet  
Vidhyarthini Manch  
Topic:-Know yourself  
Date:-24/01/2023

| Sr.No | Name               | Class & Div        | Roll no | Contact No. | Signature |
|-------|--------------------|--------------------|---------|-------------|-----------|
| 1.    | Shruti T.          | FYBBA-A            | 13062   | 732701179   | Shruti    |
| 2.    | Shruti D.          | FYBBA-B            | 13053   | 1249877175  | Shruti    |
| 3.    | Bhagwati M.        | SYBCom-D           | 7312    | 7020055731  | Bhagwati  |
| 4.    | Ashika Belwade     | F.Y.B.com          | 6463    | 7494628501  | Ashika    |
| 5.    | Prerna Chaudhari   | 12 <sup>th</sup> A | 2062    | 8445328504  | Prerna    |
| 6.    | Sanika Sutar       | F.Y.B.COM          | 6931    | 8199970015  | Sanika    |
| 7.    | Ayal Sanas         | F.Y. Bcom          | 6416    | 860570008   | Ayal      |
| 8.    | Anisha Chahar      | F.Y.Bcom           | 6507    | 914654596   | Anisha    |
| 9.    | Pranjal Saindane   | 12 <sup>th</sup> A | 5024    | 9890318063  | Pranjal   |
| 10.   | Ankita Phebe       | F.Y.B.COM          | 6464    | 9422877385  | Ankita    |
| 11.   | Asavari Aute       | 11 <sup>th</sup> C | 4856    | 8175342331  | Asavari   |
| 12.   | Ashika Sarda       | 11 <sup>th</sup> C | 4819    | 8010224211  | Ashika    |
| 13.   | Sayali Rawal       | F.Y.B.com          | 6618    | 9356424574  | Sayali    |
| 14.   | Siddhant Khande    | 12 <sup>th</sup> B | 5294    | 755911878   | Siddhant  |
| 15.   | Sayali Tori        | 12 <sup>th</sup> B | 5308    | 8766054124  | Sayali    |
| 16.   | Varbhav Sawant     | 12 <sup>th</sup> A | 5085    | 8716682932  | Varbhav   |
| 17.   | Hema Patil         | 12 <sup>th</sup> E | 5497    | 8761509251  | Hema      |
| 18.   | Rutuja Jadhav      | FYBBA-CA           | 13440   | 9921812655  | Rutuja    |
| 19.   | Tarunika Kurale    | FYBBA-CA           | 13488   | 9180062574  | Tarunika  |
| 20.   | Manya Rathore      | PYBBA(CA)          | 13482   | 7218222482  | Manya     |
| 21.   | Nalini Lalale      | FYBBA-CA           | 13427   | 8055403519  | Nalini    |
| 22.   | Aishwarya K.       | FY-BBA(CA)         | 13436   | 9880415403  | Aishwarya |
| 23.   | Tripti Shingalkar  | SYB.com-E          | 7855    | 7020138064  | Tripti    |
| 24.   | Pooja Gokhale      | F.Y.B.COM-A        | 7061    | 9632262123  | Pooja     |
| 25.   | Mane Geeta         | SY.B.com-A         | 7085    | 7719057430  | Mane      |
| 26.   | Anurika Hudekar    | SYB.com-A          | 7093    | 820748312   | Anurika   |
| 27.   | Dyumanwan Gadole   | SY.B.com A         | 7047    | 0468815107  | Dyumanwan |
| 28.   | Gayatri Wankar     | SYB.com B          | 7295    | 9822580007  | Gayatri   |
| 29.   | Yukta Philtare     | F.Y.B.COM-D        | 8728    | 9310700311  | Yukta     |
| 30.   | Pranali Dudhichate | FYBBA-CA           | 13473   | 7042106411  | Pranali   |
| 31.   | Somruddhi Parag    | FYBBA-CA           | 13442   | 8956965007  | Somruddhi |
| 32.   | Shruti Arsidhar    | FYBBA-CA           | 13451   | 9370192541  | Shruti    |
| 33.   | Shravani Jadhav    | F.Y.BBA-CA         | 13436   | 9850062826  | Shravani  |
| 34.   | Shravani Malankar  | FYBBA-CA           | 13422   | 721801472   | Shravani  |
| 35.   | Pranjal Patil      | FYBBA-CA           | 13418   | 9172193852  | Pranjal   |

Attendance sheet  
Vidhyarthini Manch  
Topic:-Know yourself  
Date:-24/01/2023

| Sr.No | Name            | Class & Div | Roll no | Contact No. | Signature       |
|-------|-----------------|-------------|---------|-------------|-----------------|
| 1.    | Vandana / sene  | A           | 6139    | 8070875188  | V. sene         |
| 2.    | Teja Bhisre     | A           | 6136    | 9156116165  | Teja            |
| 3.    | Shreya Dhawan   | B           | 6308    | 902246981   | Shreya          |
| 4.    | Ambuja Joshev   | B           | 6261    | 8080308726  | Ambuja          |
| 5.    | Riya Bhogale    | BBA 1B SY   | 686     | 9823531567  | Riya            |
| 6.    | Pruthi Desai    | SY BBA 1B   | 651     | 8805131081  | Pruthi          |
| 7.    | Arnya Mandhke   | FY BBA - 1B | 3838    | 9329351118  | Arnya           |
| 8.    | Tanvi Limaye    | FY BBA - 1B | 13664   | 932214634   | Tanvi           |
| 9.    | Ruchika Sarode  | SY BBA      | 14063   | 8638258857  | Ruchika         |
| 10.   | Tanvi Sahni     | FY BBA - B  | 14217   | 9373942093  | Tanvi           |
| 11.   | Prachi Kulkarni | SY BBA - A  | 14062   | 9421252000  | Prachi Kulkarni |
| 12.   | Sakshi Bankar   | SY BBA - A  | 14003   | 9221452030  | Sakshi          |
| 13.   | Rohini Nakatkar | SY BBA - A  | 14028   | 7972893037  | Rohini          |
| 14.   | Shruti Sawant   | FY BBA - CA | 13477   | 8484909187  | Shruti          |
| 15.   | Sakshi Sawant   | FY BBA - CA | 13480   | 9834088527  | Sakshi          |
| 16.   | Nandini Varma   | FY BBA - A  | 13017   | 733011229   | Nandini         |
| 17.   | Sanika Bhave    | FY BBA - A  | 13061   | 9222354015  | Sanika          |
| 18.   | Tanvi Bhalkekar | FY BBA - A  | 13044   | 7499911747  | Tanvi           |
| 19.   | Shravani Navale | FY BBA - A  | 13065   | 7357891033  | Shravani        |
| 20.   | Danish Sangle   | FY BBA - A  | 13038   | 7277145007  | Danish          |
| 21.   |                 |             |         |             |                 |
| 22.   |                 |             |         |             |                 |
| 23.   |                 |             |         |             |                 |
| 24.   |                 |             |         |             |                 |
| 25.   |                 |             |         |             |                 |
| 26.   |                 |             |         |             |                 |
| 27.   |                 |             |         |             |                 |
| 28.   |                 |             |         |             |                 |
| 29.   |                 |             |         |             |                 |
| 30.   |                 |             |         |             |                 |
| 31.   |                 |             |         |             |                 |
| 32.   |                 |             |         |             |                 |
| 33.   |                 |             |         |             |                 |
| 34.   |                 |             |         |             |                 |
| 35.   |                 |             |         |             |                 |

M.E.S.

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Ph.No. (0) 41038300, E-mail: [office.gcc@mespune.in](mailto:office.gcc@mespune.in) Website: [gcc.mespune.in](http://gcc.mespune.in)

Dr. N.S. Umarani  
M.Com. Ph.D.  
Principal

*NAAC Re-accredited - 'A' Grade [CGPA 3.45 in third cycle] Best College Award by Savitribai Phule Pune University*

Date: 12-09-2022

## NOTICE

### For All Girls students

Vidyathini Manch and Student Development Cell has organized one day workshop on 17/09/2022 on the topic "Self Defence"

Following are the details of the workshop.

Day - Saturday

Date - 17/09/2022

Time - 10:00 am to 1:00 pm

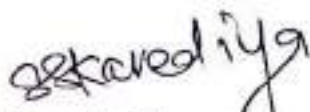
Topic- Self Defence

Speaker - Smt. Daiwashala Giri

Venue: Saverkar Hall



Smt Priyanka Jain  
Student Welfare Officer



Dr. Sharmila Kavediya  
In-Charge Vidyarthini Manch



Dr. N.S Umarani  
Principal

# M.E.S. Garware College of Commerce

(Autonomous)

Vidarthini Manch Activity 2022-23

Self Defence Workshop

Date:- 17<sup>th</sup> Sep 2022

Speaker:- Smt. Daiwashala Giri

Time:- 10.00am to 1.00 pm

## Attendance Sheet

| SR. No | Name                       | Class     | Div. | Roll. No | Signature    |
|--------|----------------------------|-----------|------|----------|--------------|
| 1      | Nandini Varma              | FY BBA    | A    | 13017    | Nandini      |
| 2      | Smrithaki Galkal           | FY BBA    | A    | 13683    | Smrithaki    |
| 3      | Aastha Khandwal            | FY BBA    | A    | 13686    | Aastha       |
| 4      | Pooja Deshmukh             | FY BBA    | C    | 6486     | Pooja        |
| 5      | Pooja Belwadkar            | F.Y.B.Com | C    | 6563     | Pooja        |
| 6      | Sayali Rawal               | F.Y.B.Com | C    | 6478     | Sayali       |
| 7      | Gauri Bhogade              | F.Y.B.Com | A    | 6080     | Gauri        |
| 8      | Shrutika Sawashe           | F.Y.B.Com | A    | 6029     | Shrutika     |
| 9      | Aarushi Zambre             | F.Y.B.Com | A    | 6124     | Aarushi      |
| 10     | Sakshi Raut                | F.Y.B.Com | A    | 6123     | S.R. Raut    |
| 11     | Shreyas Kale               | F.Y.B.Com | A    | 6066     | Shreyas      |
| 12     | Khushi Khandekar           | F.Y.P.P.A | B    | 12238    | Khushi       |
| 13     | Janishka Yewale            | F.Y.B.Com | A    | 6093     | Janishka     |
| 14     | Angad Khatke               | F.Y.B.Com | E    | 6898     | Angad        |
| 15     | Prachi Sable               | F.Y.B.Com | A    | 6008     | Prachi       |
| 16     | Shruti Funde               | F.Y.B.Com | A    | 6060     | Shruti       |
| 17     | Sonika Dalvi               | F.Y.B.Com | A    | 6004     | S.S. Dalvi   |
| 18     | Sakshi Khamare             | F.Y.B.Com | A    | 6026     | S.G. Khamare |
| 19     | Atarjali Dighe             | F.Y.B.Com | A    | 6113     | Atarjali     |
| 20     | Nikita Khanolkar           | F.Y.B.Com | A    | 6035     | Nikita       |
| 21     | Tejal Sawant               | F.Y.B.Com | A    | 6092     | Tejal        |
| 22     | Piyusha Anuraj Yawale      | F.Y.B.Com | B    | 6330     | Piyusha      |
| 23     | Sakshi Ashok Mazire        | F.Y.B.Com | A    | 6109     | Sakshi       |
| 24     | Tisha Vinay Mazire         | F.Y.B.Com | A    | 6007     | Tisha        |
| 25     | Sakshi Vilas Madke         | F.Y.B.Com | A    | 6038     | Sakshi       |
| 26     | Vaishnavi Ankush Deshpande | F.Y.B.Com | D    | 6640     | Vaishnavi    |
| 27     | Sejal Nikam                | F.Y.B.B.A | B    | 13215    | Sejal        |
| 28     | Sonvi Shukla               | F.Y.B.B.A | B    | 13275    | Sonvi        |
| 29     | Rushani Godawale           | S.Y.B.Com | B    |          | Rushani      |
| 30     | Sonvi Khandekar            | F.Y.B.Com | A    | 6009     | Sonvi        |
| 31     | Aditi Dhamal               | S.Y.B.Com | B    |          | Aditi        |
| 32     | Sakshi Rambade             | S.Y.B.COM | B    | 7315     | S.Rambade    |
| 33     | Vaishnavi Vilhal Bhikale   | S.Y.B.Com | B    |          | Vaishnavi    |
| 34     | Dhanashree Wadekar         | S.Y.B.Com | B    |          | Dhanashree   |

| Sr. No | Name                     | Class      | Div. | Roll. No | Signature   |
|--------|--------------------------|------------|------|----------|-------------|
| 35     | Riya Ravindra Gosavi     | TYBBA      | A    | 14067    | Riya        |
| 36     | U. Chaitali Patil        | TYBBA      | A    | 14069    | U. Chaitali |
| 37     | Yogita Ram               | TYBBA      | A    | 14026    | Yogita      |
| 38     | Shravani Shelar          | TYBBA      | B    | 14271    | Shelar      |
| 39     | Jai Rankhamb             | TYBBA      | B    | 14233    | Jai         |
| 40     | Shravani Gaikwad         | Fy B Com   | C    | 6499     | Gaikwad     |
| 41     | Parulit Rakhe            | Fy B Com   | C    | 6509     | Parulit     |
| 42     | Sakshi madhe             | Fy B Com   | A    | 6038     | Sakshi      |
| 43     | Tisha Vijay Patil        | Fy B Com   | A    | 6007     | Tisha       |
| 44     | Shravani Subhas Rokade   | Fy B Com   | C    | 6496     | Shravani    |
| 45     | Ankita Shankaram Phobe   | Fy B Com   | C    | 6464     | Ankita      |
| 46     | Sejal Kishor Kakde       | Fy B Com   | C    | 6459     | Sejal       |
| 47     | Komal Hfay Swami         | Fy B Com   | C    | 6429     | Komal       |
| 48     | Sanika Santaraj Waghmare | Fy B Com   | B    | 13217    | Sanika      |
| 49     | Mukta Umesh Patil        | FY BBA     | B    | 13279    | Mukta       |
| 50     | Sakshi Umesh Nimbalkar   | FY BBA     | B    | 13274    | Sakshi      |
| 51     | Asmita Bhause Jadhav     | FY BBA     | B    |          | Asmita      |
| 52     | Kalyani Shyam Korde      | S.Y B Com  | B    |          | Kalyani     |
| 53     | Ushinavi Sachin Matavkar | S.Y B Com  | B    |          | Ushinavi    |
| 54     | Madhurya Palile          | FY BBA     | A    | 13032    | Madhurya    |
| 55     | Sanubha Tatrao           | FY BBA     | A    | 13067    | Sanubha     |
| 56     | Janhavi J. Salvi         | SY BBA     | B    | 131217   | Janhavi     |
| 57     | Prapti R. Kulkarni       | SY BBA     | A    | 14062    | Prapti      |
| 58     | Nikita Nitin Arnutkar    | Fy BBA     | A    | 13012    | Nikita      |
| 59     | Nidhi Haryevan Sadhu     | FY BBA     | A    | 13019    | Nidhi       |
| 60     | Nupoor Nitin Dahmukh     | FY BBA     | A    | 13022    | Nupoor      |
| 61     | Rucha Deepak Apte        | F.Y. BBA   | B    | 13228    | Rucha       |
| 62     | Shivani Nalish Kangutkar | FY BBA     | B    | 13229    | Shivani     |
| 63     | Sneha Ravindra Uttekar   | FV BBA     | B    | 13281    | Sneha       |
| 64     | Pratima Nilesh Nahata    | FY-BBA     | B    | 13257    | Pratima     |
| 65     | Shivanshi Shivkumar Sani | FY-BBA     | B    | 13283    | Shivanshi   |
| 66     | Shriya Jashi             | FY-BBA     | A    | 13071    | Shriya      |
| 67     | Shrushti Neshpande       | FY-BBA     | A    | 13058    | Shrushti    |
| 68     | Akanksha R. Behre        | F.Y. BBA   | A    | 13001    | Akanksha    |
| 69     | Sayali Shinde            | FY. BBA    | A    | 13048    | Sayali      |
| 70     | Mrudula Mahadik          | FY. BBA IB | A    | 13081    | Mrudula     |
| 71     | Rutuja Shah              | FY BBA IB  | A    | 13613    | Rutuja      |
| 72     | Namrata Malewar          | FY BBA IB  | A    | 13601    | Namrata     |
| 73     | Chaitrali Kulkarni       | FY BBA IB  | A    | 13653    | Chaitrali   |
| 74     | Shreya Sutar             | FY BBA     | B    | 13262    | Shreya      |
| 75     | Tanisha Bhandari         | FY BBA     | B    | 13248    | Tanisha     |
| 76     | Pranita Ganesh Waghmare  | FY BBA     | A    | 13041    | Pranita     |
| 77     | Jyoti Yadav              | FY BBA     | A    | 13030    | Jyoti       |
| 78     | Suhani Ingle             | FY BBA     | A    | 13056    | Suhani      |
| 79     |                          |            |      |          |             |
| 80     |                          |            |      |          |             |
| 81     |                          |            |      |          |             |
| 82     |                          |            |      |          |             |



Maharashtra Education Society's  
**GARWARE COLLEGE OF COMMERCE**  
AUTONOMOUS

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NAAC Re-accredited (3<sup>rd</sup> Cycle) – A Grade – [CGPA – 3.45]

Date: 26/08/2022

### Notice of Add on Course

All F. Y. B.Com. students are informed that the **Google Classroom for 'Value Education'** is open for the access. The Study material includes videos and notes on the given unit.

Students should complete the course by **5<sup>th</sup> October, 2022**. The Examination of course will be conducted along with CCE II.


Path : type <https://classroom.google.com> on address bar and write classcode given below.

**Classcode: qfmj2zz**

**Or**

Join with following link

**ClassroomLink:**<https://classroom.google.com/join/NTM4MTQ3OTY4Nzky?cjc=qfmj2zz>

  
Dr. N.S. Umarani  
(Principal)

### List of YouTube link generated by teachers for Add On Course Value Education

| Sr. No. | Name of Teacher            | Unit and Topic                      | Links   |
|---------|----------------------------|-------------------------------------|---|
| 1       | Smt. Radhika Nikhil Gandhe | Discipline                          | <a href="https://youtu.be/P8lKeadxDYs">https://youtu.be/P8lKeadxDYs</a> |
|         |                            | Benefits of Discipline              | <a href="https://youtu.be/-Ar6-Dau8-0">https://youtu.be/-Ar6-Dau8-0</a> |
|         |                            | Discipline                          | <a href="https://youtu.be/herxE4NqYZs">https://youtu.be/herxE4NqYZs</a> |
|         |                            | Punctuality                         | <a href="https://youtu.be/nYm5-GrUPdk">https://youtu.be/nYm5-GrUPdk</a> |
|         |                            | Neatness                            | <a href="https://youtu.be/jeDGitlZtCw">https://youtu.be/jeDGitlZtCw</a> |
| 2       | Smt. Sayali A. Dhamdhere   | National Integration - Introduction | <a href="https://youtu.be/aaCy7u-xCKs">https://youtu.be/aaCy7u-xCKs</a> |
|         |                            | Meaning of National Integration     | <a href="https://youtu.be/XOYWbmigyyQ">https://youtu.be/XOYWbmigyyQ</a> |
|         |                            | Importance of National Integration  | <a href="https://youtu.be/GMiMwJIBWrk">https://youtu.be/GMiMwJIBWrk</a> |
|         |                            | Nature and supporting elements      | <a href="https://youtu.be/Dgo_cYkV1iw">https://youtu.be/Dgo_cYkV1iw</a> |
|         |                            | Importance of the concept           | <a href="https://youtu.be/MiRDBIA-fOY">https://youtu.be/MiRDBIA-fOY</a> |
|         |                            | Advantages and disadvantages        | <a href="https://youtu.be/51dG4yeJYOs">https://youtu.be/51dG4yeJYOs</a> |
|         |                            | Patriotism                          | <a href="https://youtu.be/iqpbGL3Am8E">https://youtu.be/iqpbGL3Am8E</a> |
| 3       | Dr. Archana Joshi          | Gender Equality : Basics            | <a href="https://youtu.be/iQHolAq54Zc">https://youtu.be/iQHolAq54Zc</a> |

|    |                    |  |   |
|----|--------------------|--|---|
|    |                    | Gender Equality - A Global problem - as an SDG                   | <a href="https://youtu.be/pQQkumsvCuc">https://youtu.be/pQQkumsvCuc</a>                               |
|    |                    | Repercussions of Gender Stereotyping and resultant social evils  | <a href="https://youtu.be/X_WrG6rhQS4">https://youtu.be/X_WrG6rhQS4</a>                               |
|    |                    | Legal provisions to ensure gender equality in India & conclusion | <a href="https://youtu.be/-8rvFa9mrzI">https://youtu.be/-8rvFa9mrzI</a>                               |
| 4  | Dr. Jayshree Pawar | Dignity of Labour Introduction                                   | <a href="https://youtu.be/i45Mq-x1yvk">https://youtu.be/i45Mq-x1yvk</a>                               |
|    |                    | Importance of Dignity of Labour                                  | <a href="https://youtu.be/bwsrw4uugjY">https://youtu.be/bwsrw4uugjY</a>                               |
|    |                    | Meaning and Aspects  | <a href="https://youtu.be/KYbr9tzyD5k">https://youtu.be/KYbr9tzyD5k</a>                               |
|    |                    | Constitutional Provisions  | <a href="https://youtu.be/J21-NfSewXk">https://youtu.be/J21-NfSewXk</a>                               |
|    |                    | Do you support Beggars   | <a href="https://youtu.be/_Zu9nji8_HY">https://youtu.be/_Zu9nji8_HY</a>                               |
|    |                    | External appearance judgment                                     | <a href="https://youtu.be/GzCMW32tJ7o">https://youtu.be/GzCMW32tJ7o</a>                               |
|    |                    | Highest Salary   | <a href="https://youtu.be/x6ZuNzIQbkQ">https://youtu.be/x6ZuNzIQbkQ</a>                               |
| 6  | Pratik Kanchan     | 1 : Introduction to Yog  | <a href="https://www.youtube.com/watch?v=qp5nNFf666w">https://www.youtube.com/watch?v=qp5nNFf666w</a> |
|    |                    | 2 : Ashtang Yog  | <a href="https://www.youtube.com/watch?v=S9IzgjczAdY">https://www.youtube.com/watch?v=S9IzgjczAdY</a> |
|    |                    | 3 : Life sketches and teachings of Yog Masters                   | <a href="https://youtu.be/MbW5UemBkus">https://youtu.be/MbW5UemBkus</a>                               |
| 07 | Dr.Ketaki Modak    | Integral Education - Before diving deep                          | <a href="https://youtu.be/okZ4c1ZyES0">https://youtu.be/okZ4c1ZyES0</a>                               |
|    |                    | Parts of Being   | <a href="https://youtu.be/kqgg6s-3izQ">https://youtu.be/kqgg6s-3izQ</a>                               |



|   |                 |                                      |   |
|---|-----------------|--------------------------------------|---|
|   |                 |                                      |   |
|   |                 | Physical, Vital and Mental Education | <a href="https://youtu.be/uju4t9RIHiA">https://youtu.be/uju4t9RIHiA</a> |
|   |                 | Psychic and Spiritual Education      | <a href="https://youtu.be/8cEBTOKcp7w">https://youtu.be/8cEBTOKcp7w</a> |
|   |                 | Questions and Answers Session        | <a href="https://youtu.be/M8RvRghh_Do">https://youtu.be/M8RvRghh_Do</a> |
| 5 | Mrs. Padma Nene | Introduction                         | <a href="https://youtu.be/gZ0zsy7VqAg">https://youtu.be/gZ0zsy7VqAg</a> |
|   |                 | concept                              | <a href="https://youtu.be/rQwoG1wQGJU">https://youtu.be/rQwoG1wQGJU</a> |
|   |                 | Cyber ethics 1                       | <a href="https://youtu.be/IXWRILRYV2o">https://youtu.be/IXWRILRYV2o</a> |
|   |                 | Cyber ethics 2                       | <a href="https://youtu.be/WoZZ2MEyLU0">https://youtu.be/WoZZ2MEyLU0</a> |
|   |                 | Cyber ethics 3                       | <a href="https://youtu.be/im4ShYeYDLQ">https://youtu.be/im4ShYeYDLQ</a> |



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E-mail Office : office.goc@mespune.in Principal : nsu.goc@mespune.in Website : www.goc.mespune.in

[Univ. I.D. No. : PU/PN/G/018/(1967)] . AISHE Code : C - 41864 . U-DISE Code : 27251401523 . Jr. College Code : 11.11.002

6<sup>th</sup> March, 2023

**NOTICE**

To mark the occasion of **International Women's Day**, Department of NCC, MES Garware College of Commerce, Karve Road, Pune is organizing a **Lecturette & Group Discussion Competition** with an objective to spread awareness about women empowerment. The theme of the competition will be '**Nation Building through Women Empowerment**'

All the concerned students should take the required action.

**Day & Date - Wednesday, 8<sup>th</sup> March, 2023**

**Time - 12.30 pm to 01.30 pm**


**Venue - BAA Building Parking**

**Lt. Bhushan Rathod**  
Associate NCC Officer

**Dr. N. S. Umarani**  
Principal





 GPS Map Camera



**Pune, Maharashtra, भारत**


Garware College of commerce, Erandwane, Pune,  
Maharashtra 411004, भारत

Lat 18.511344°

Long 73.839181°

08/03/23 01:54 PM GMT +05:30



 GPS Map Camera

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E-mail : Office : office.gcc@mespune.in Principal : nsu.gcc@mespune.in Website : www.gcc.mespune.in  
(Univ. I.D. No. PUPN/C/010/1967) • AISHE Code : C - 41864 • U-DISE Code : 27251401523 • Jr. College Code : 11.11.002

10.01.2023

**NOTICE**

**PSYCHOLOGICAL COUNSELING CENTER**

PSYCHOLOGICAL COUNSELING CENTER organized a lecture for the hostel students. On 13.01.2023 at 9 pm to 10 pm. By Mrs Megha Palkar counselor for Personality Development Garware college of commerce. At Sawerkar Sabhagruha Garware college of commerce. All of the First years students addend said workshop.

*Feb.*   
HOSTEL SUPERINTEND



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E-mail: Office office.gcc@mespune.in Principal nsu.gcc@mespune.in Website www.gcc.mespune.in  
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Date 13/01/2023

**PERSONALITY DEVELOPMENT AND WHAT IS SELF-ESTEEM?**

Lecture for hostel students on 13/01/2023 evening at 9 pm to 10. 30pm

No. of Students 45

Mr Gade sir and Mr. Pawar Sir

The goal of said workshop to increase important of awareness about mental health in adolescence [ age. 12 to 19 years]. Preparing to the student to adjust in hostel , for development in personality for their future as well.

Self-esteem starts to develop from 12 to 19 years. If the character receives positive strokes from others, she or he can improve his/her self-esteem. Moral ethics and principals become stronger. Which are more important in human life. Self-esteem is how we value ourselves; how we think about ourselves is how we perceive our value to the world and how valuable we think, we are to others. Self-esteem affects our trust in others, our relationships, our work—almost every part of our lives. Positive self-esteem gives us the strength and resilience to take responsibility for our lives and grow from our mistakes without fear of rejection.

Some external signs of positive self-esteem are as follows:

1. Better awareness of personal limitations
2. Ability to accept mistakes from others
3. Ability to make mistakes and learn from them
4. Problem Solving Ability
5. Ability to trust others and win yourself over
6. Ability to say no firmly
7. An independent and cooperative attitude
8. Confidence and good self-care
9. Feeling comfortable with a wide range of emotions
10. Irreprehensible Conduct
11. Optimism
12. Self-direction through goal setting
13. Awareness of personal strengths and weaknesses

## WHAT IS LOW SELF-ESTEEM?

Low self-esteem is a debilitating condition that prevents individuals from realizing their full potential. A person with low self-esteem feels unworthy, incompetent and incompetent. In fact, because a person with low self-esteem feels so bad about themselves, these feelings can actually contribute to the person's continued low self-esteem.

## HOW CAN STUDENTS RAISE LOW SELF-ESTEEM?

Feelings of low self-esteem persist throughout life, and letting go of ingrained feelings and behaviors is no easy task. This can take time, hard work, and may require professional counseling. But there are some simple, positive thinking techniques that can be used to improve self-esteem. This is called confirmation

Here are some signs of low self-esteem:

- Blaming behavior
- Dependence – letting others make decisions
- Fear of ridicule
- Fear of taking risks
- Feelings of love and unloved
- Mistrusting others - even those who show signs of love
- Negative outlook on life
- Perfectionist attitude

## Benefits of Personality development workshop

The person can understand won self by getting said knowledge. Using affirmations to stop negative self-talk is a simple, positive way to help boost self-esteem. Affirmations are encouraging messages that we can give ourselves daily until they become part of our feelings and beliefs. Affirmations work best when a person is relaxed. But when people are often uncomfortable when they are giving themselves negative messages, they may need to counter the negative messages with positive ones.

For example, replace the message "I made a stupid mistake, and I'm not good at this job" with "Yes, I made a mistake but I learned from it and now I can do a better job." Start each day by looking in the mirror and giving you a positive message. The following affirmations can help you work toward a positive self-image:

1. I respect myself and others
2. I am loving and affectionate
3. I have confidence, and it shows
4. I care about myself
5. I am creating loving, healthy relationships
6. I am a good friend to myself and others
7. I accept myself as I am

Said workshop is very useful for hostel student for adjust in new environment.

  
(Megha Palkar)  
Clinical Psychologist & counselor

( Mr Pawar Sir)  
Head of the hostel

  
( Dr. N.S. Umrani)  
Principal

**PSYCHOLOGICAL COUNSELING CENTER**  
**Sub:- TO KNOW YOUR PERSONALITY DEVELOPMENT**  
Workshop For F.Y. Graduation Students From MES. Hostel  
Date 13/01/2023  
Timing 9.00 to 10. Pm





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**PSYCHOLOGICAL COUNSELING CENTER**

Sub:- TO KNOW YOUR PERSONALITY DEVELOPMENT

Workshop For F.Y. Graduation Students From MES. Hostel

Date 13/01/2023

Timing 9.00 to 10. Pm

Students feedback

1. Lecture was very interesting, knowledgeable and I like the way man was trying to explain.

Ajay

2. Very good. Learned how to live life with proper ethics & principles. ~~Learned~~ Learned to handle life situations.

Jayant

3. Explanation about the emotions & tones of how lives is simple & it is very understandable. So I enjoy the lecture.

P. D. Thakur

4. How to overcome from the negativity from the changing the thought process and solve the problem. Lecture gives good information about life & thinking.

K. N. Pawale

5. It was very good lecture we will like if you can take this type of lecture. It will help in future for our lifestyle. Thank you.

Devi  
30/1/23

6. The lecture was very interesting & useful. We get more information about mental health this is very useful. Thank you for conducting this type of lectures for us.

S. V. Jagtap.



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**PSYCHOLOGICAL COUNSELING CENTER**  
**NOTICE**  
**Workshop For 2022 -23**

Date 16/11/2022

To  
 The Principal,  
 Garware college of Commerce,  
 Mental

Propose of planning for class room activity, workshop, testing for students and staff member. Year 2022 & 23.

| CLASS          | I SEMESTER       | CLASS ROOM ACTIVITY | CLASS ROOM ACTIVITY                      | II SEMESTER          | WORKSHOP  | TESTING                                       | PARTICIPATION/ACTIVITY  |
|----------------|------------------|---------------------|--|----------------------|---|---|---|
| 11             | September 2022   | Mental Health       | Parent meeting how to develop your child | Des 2022<br>Jan 2023 | 1) Friendship Love and attraction<br>2) Study skills<br>500/- per student |   | mrs Anupama Joshirow One Workshop for 50 students at a time 1000/-          |
| 12             | September 2022   | Mental Health       |  | Des 2022             |   | Aptitude testing<br>1500/- per student        | Personality development center  |
| F.Y.Com        | Sep. & oct. 2022 | Mental Health       | Goal setting and motivation              | December 2022        | Build Self esteem   |   |   |
| S.Y.Com        | Sep. & oct. 2022 | Mental Health       | Emotional management                     | December 2022        | Time management   |   |   |
| TYCom          | Sep. & oct. 2022 | Mental Health       | Build Self esteem                        | December 2022        | Communication skills  |   |   |
| M.Com I        | 2022             | Mental Health       | Communication skills                     | December 2022        | Communication skills  |   |   |
| M.Com II       | 2022             | Mental Health       | Goal setting and motivation              | January 2023         | Moral & ethics  |   |   |
| BBA            | Oct 2022         | Mental Health       | Emotional management                     | Feb 2023             | Goal setting  |   |   |
| BCA            | Oct 2022         | Mental Health       | Communication skills                     | Feb 2023             | Emotional management  |   |   |
| BBA-CA         | Oct 2022         | Mental Health       | Goal setting and motivation              | Feb 2023             | Communication skills  |   |   |
| Teaching Staff | 2022             | Stress management   |  | January 2023         | Ladies Staff  | Know your self [ Physical and Mental Health ] | Personality development center One Workshop for 50 persons at a time 5000/- |
| Admin. Staff   | Nov 2022         | Know your self      |  |                      |   |   |   |

*Mrs. Megha Palkar*  
 [ Mrs. Megha Palkar ]  
 Clinical psychologist & Counselor

*[ Dr. N. S. Umarani ]*  
 Principal





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**GARWARE COLLEGE OF COMMERCE (Autonomous)**  
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Best College Award by Savitribai Phule Pune University

**Dr. N. S. Umarani**  
M.Com., Ph.D.  
**Principal**  
Ex Pro-Vice Chancellor  
S. P. Pune University

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E-mail : Office : office.gcc@mespune.in Principal : rnsu.gcc@mespune.in Website : www.gcc.mespune.in  
[Univ. I.D. No. : PU/PNC/018/(1967)] • AISHE Code : C - 41884 • U-DISE Code : 27251401523 • Jr. College Code : 11.11.002

## **AWARENESS OF MENTAL HEALTH**

**2022-23**

### **PSYCHOLOGICAL COUNSELING CENTER**

**GOAL:** Improve access to good quality mental health and social services and to promote the human rights of people with mental health conditions, psychosocial, intellectual or cognitive disabilities. In Academic year 2022 & 23 BY PSYCHOLOGICAL COUNSELING CENTER GARWARE COLLEGE OF COMMERCE [Autonomous]

#### **Introduction**

One in six people are in the age group of 10-19 years. Adolescence is a unique and formative period. Physical, emotional and social changes, a critical period for developing good habits,

Protecting adolescent children from adversity, promoting social-emotional learning and psychological well-being, and ensuring access to mental health care are critical to their health and well-being throughout adolescence and adulthood.

Globally, it is estimated that 1 in 7 (14%) 12-20 year olds experience a mental health condition (1), yet they remain largely unrecognized and undertreated.

Adolescents with mental health conditions are particularly vulnerable to social exclusion, discrimination, stigma (affecting willingness to seek help), academic difficulties, risk-taking behavior and physical illness, and human rights violations. Self-esteem begins to develop between the ages of 12 and 19, which includes poverty, abuse or violence. From the ages of 12 to 19, a critical period of self-esteem development, adolescents can be vulnerable to mental health problems.

• **Globally, one in seven 12-20 year olds has a mental disorder, accounting for 13% of the global burden of disease in this age group.**

• **Depression, anxiety and behavioral disorders are leading causes of illness and disability in adolescents.**

• **Suicide is the fourth leading cause of death for ages 15-19.**

• **Failure to address mental health conditions in adolescence has consequences that extend into adulthood, impairing both physical and mental health and limiting opportunities to lead fulfilling lives as adults.**

#### **THE GOAL OF PSYCHOLOGICAL COUNSELING CENTER**

**To increase important of awareness about mental health in adolescence.** Adolescence is an important period for developing social quotient and emotional quotient and spiritual quotient as well as good habits, following morals, values is most important for mental health. These include adopting healthy sleep patterns; regular exercise; develop coping, problem solving and interpersonal skills; and learning to manage emotions. A protective and supportive environment in the family, college, and wider community is important.



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Many factors in daily life affect mental health. The more risk factors adolescents are exposed to, the greater the potential impact on their mental health. Factors that may contribute to adolescent stress include coping with adversity, peer pressure to conform, and identity search. Media influence and gender norms can increase the disparity between the reality of adolescent life and their perceptions or aspirations for the future. Other important determinants include the quality of their home life and relationships with peers. Violence (especially sexual violence and bullying), harsh parenting, and serious and socioeconomic problems are threats to mental health.

Some adolescents are at greater risk of mental health conditions because of their living conditions, stigma, discrimination or exclusion, or lack of access to quality supports and services. These include adolescents living in humanitarian and fragile settings; Adolescents with chronic illness, autism spectrum disorder, intellectual disability or other neurological condition; pregnant teens, teenage parents, or early or forced marriages; Orphans and adolescents from minority ethnic or sexual backgrounds or other discriminated groups.

### EMOTIONAL DISORDERS

Emotional disorders are common in teenagers. Anxiety disorders (which may include panic or excessive worry) are most prevalent in this age group and are more common in older people than in young teens. It is estimated that 3.6% of 10-14 year olds and 4.6% of 15-19 year olds experience an anxiety disorder. Depression is estimated to affect 1.1% of 10-14 year olds and 2.8% of 15-19 year olds. Depression and anxiety share some common symptoms, including rapid and unexpected changes in mood.

Anxiety and depressive disorders can profoundly affect school attendance and school work. Social withdrawal can increase isolation and loneliness. Depression can lead to suicide.

### BEHAVIORAL DISORDERS

Conduct disorders are more common in young adolescents. Attention deficit hyperactivity disorder (ADHD), characterized by difficulty paying attention, excessive activity, and acting out regardless of consequences, occurs in 3.1% of 10-14 year olds and 2.4% of 15-19 year olds (1). Conduct disorders (including symptoms of disruptive or challenging behavior) occur in 3.6% of 10-14 year olds and 2.4% of 15-19 year olds (1). Conduct disorders can affect adolescent learning, and conduct disorders can lead to criminal behavior.

### EATING DISORDERS

Eating disorders, such as anorexia nervosa and bulimia nervosa, usually occur in adolescence and young adulthood. Eating disorders include abnormal eating behaviors and a preoccupation with food, in most cases preoccupation with body weight and size. Anorexia nervosa can lead to premature death, often from medical complications or suicide, and causes more deaths than any other mental disorder.

### PSYCHOSIS

Psychosis Conditions involving psychotic symptoms usually occur in late adolescence or early adulthood. Symptoms may include hallucinations or delusions. These experiences can reduce an adolescent's ability to participate in everyday life and education, and often result in stigmatization or human rights violations.



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#### SUICIDE AND SELF-HARM

Suicide is the fourth leading cause of death in older adolescents (15-19 years)(2). Risk factors for suicide are multifaceted, and include harmful use of alcohol, childhood abuse, help-seeking stigma, care, and barriers to accessing suicide resources. Digital media, like any other media, can play an important role in enhancing or undermining suicide prevention efforts.

#### RISK-TAKING BEHAVIOR

Many health-risk behaviors, such as substance use or sexual risk-taking, begin in adolescence. Risk-taking behavior can be an unhelpful coping strategy for emotional distress and can seriously affect an adolescent's mental and physical health.

Worldwide, the prevalence of heavy episodic drinking among adolescents aged 15–19 years was 13.6% in 2016, with males at highest risk(3).

Tobacco and marijuana use are additional concerns. Many adult smokers had their first cigarette before the age of 18. Cannabis is the most commonly used drug with around 4.7% of young people aged 15-16 using it at least once in 2018 (4).

Perpetration of violence is a risk-taking behavior that increases the likelihood of lower educational attainment, injury, involvement in crime, or death. Interpersonal violence was ranked among the leading causes of death among older adolescents in 2019.

According to mental health problems in academic year 2022 & 23, awareness programs for Mental Health were organized by counselors for students and staff. Examples include classroom activities, competitive workshops, expert lectures, etc.



(Megha Palkar)

Clinical Psychologist & counselor

  
( Dr. N.S. Umarani )  
Principal



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 [Univ. I.D. No. : PU/PN/02/01/1977] MSHE Code : 1054 U.DISE Code : 27251401523 • Jr. College Code : 11.11.002

**PSYCHOLOGICAL COUNSELING CENTER**  
 Attendance FY B. Com. Class Activity

FY B Com I  
 20/09/2022  
 11-11-20  
 270 (2) 31 35

|                                  |                 |
|----------------------------------|-----------------|
| 1) Aditi Vishal Todkari          | Aditi           |
| 2) Shrawani Nikas Nakhare        | Shrawani        |
| 3) Vaibhavi Vikram Artsade       | V.V. Artsade    |
| 4) Adhvana Gaikwad               | Gaikwad         |
| 5) Shrawani Prasad Jashu         | Shrawani Prasad |
| 6) Shrawani Gaikwad              | Gaikwad         |
| 7) Surtawanshi Pralavi           | Pralavi         |
| 8) Priyanka Sathke               | Sathke          |
| 9) Sejal Kakde                   | Kakde           |
| 10) Komal Swami                  | Swami           |
| 11) Binoli Fekkar Suelkhande     | Binoli          |
| 12) Shriya Sanjay Ganethale      | Shriya          |
| 13) Rajali Prashant Barse        | Rajali          |
| 14) Rakte Vratshinavi Hanumanant | Rakte           |
| 15) Shivani Jaydatta Pipale      | Shivani         |
| 16) Swastika C. Jate             | Swastika        |
| 17) Yashi Shinde                 | Yashinde        |
| 18) Swaroop Moxe                 | Swaroop         |
| 19) Yash Datta                   | Yash            |
| 20) Sumedh Bhargude              | Sumedh          |
| 21) Prajanta Malkarni            | Prajanta        |
| 22) Janhavi Jadhav               | Janhavi         |
| 23) Nikashi Dadas                | Nikashi         |
| 24) Mrutula Vadpatrak            | Mrutula         |
| 25) Farica Shaik                 | Farica          |
| 26) Anisha Chahar                | Anisha          |
| 27) Riyal Sanas                  | Riyal           |
| 28) Siya Deshmukh                | Siya            |
| 29) Sanika Ranadive              | S.P. Ranadive   |
| 30) Rutuja Belwadkar             | Rutuja          |
| 31) Sanika Waghchoure            | Sanika          |
| 32) Pooja Deshmukh               | Pooja           |
| 33) Shrawani Rokade              | Shrawani        |
| 34) Ankita Phobe                 | Ankita Phobe    |
| 35) Samiksha Chavan              | Samiksha        |

sanu



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PSYCHOLOGICAL COUNSELING CENTER  
 classroom Activity





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Date: 07-10-2022

To,

Hon. Dr. Megha Kher Palkar

Clinical Psychologists & Counselor,

MES Garware College of Commerce, Pune

**Subject: A warm note of thanks!**

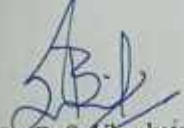
Respected Madam,

We would like to thank you for conducting a workshop on 'Personality Development' for the students of Business Entrepreneurship on Friday, 7th October, 2022. It was an honor to have you as a Guest Speaker for the workshop.

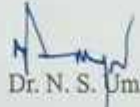
We believe that the knowledge you shared with the students and activities conducted would immensely help them.

Thanks for sharing your valuable time with us. We look for your expertise in future events too.

Thank you again.

  
Dr. B. S. Chankate

Head, Department of Business Practices

  
Dr. N. S. Umarani

Principal



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07/10/2023

**Develop Business Entrepreneurship**

**Workshop for T.Y. B.Com students**

**On 07/10/2023 morning at 10 am to 11. 30pm**

**No. of Students 70**

The goal of said workshop to increase important of awareness about mental health in adolescence age. Second purpose activity bested workshop is to preparing the students of Graduation for development in personality for their future as well. To **Develop Business Entrepreneurship**

**What is Personality?**

The personality is the typical pattern of thinking, feeling, and behaviors that make a person unique. When we say that someone has a "good personality" we mean that they are likable, interesting and pleasant to be with. Everyone wants to be attractive to others. To that end, having a good personality is vital - probably even more so than good looks.

**Determinants of Personality**

Following are the factors which help in shaping one's personality:

1. **Heredity** - Heredity refers to factors that are determined once an individual is born. An individual's physique, attractiveness, body type, complexion, body weight depend on his/her parents biological makeup.
2. **Environment** - The environment to which an individual is subjected to during his growing years plays an important role in determining his/her personality. The varied cultures in which we are brought up and our family backgrounds have a crucial role in shaping our personalities.
3. **Situation** - An individual's personality also changes with current circumstances and situations. An individual would behave in a different way when he has enough savings with him and his behavior would automatically change when he is bankrupt.
4. **Intelligence** - The ability to learn or understand or to deal with new or trying situations. : the ability to apply knowledge to manipulate one's environment or to think abstractly as measured by objective criteria (as tests) : mental acuteness.

### **Benefits of Personality development workshop**

1. Leads to self-discovery
2. Develop confidence, hope and encouragement
3. Helps in managing emotions
4. Contribute to self-acceptance
5. Give your vision a direction
6. Provides peace of mind
7. Improving skills
8. to helps in improving lifestyle
9. Report problems
10. Contribute to coming out of drugs and alcohol
11. Let go of negative emotions

Said workshop is very useful from TY B.Com Students to **Develop Business Entrepreneurship**



(Megha Palkar)  
Clinical Psychologist & counselor



( Dr. N.S. Umrani)  
Principal



**PSYCHOLOGICAL COUNSELING CENTER**

**Sub:- TO KNOW YOUR PERSONALITY DEVELOPMENT**

Workshop For T.Y. Graduation Students



Workshop for awareness about mental health in adolescence age.



Workshop for awareness about mental health in adolescence age



MAHARASHTRA EDUCATION SOCIETY'S  
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Approved by the Government of Maharashtra, Mumbai  
Affiliated to Savitribai Phule Pune University | UIN/10/NC/PU/PN/C-01B (1967)



ON THE OCCASION OF  
**WORLD MENTAL HEALTH DAY**  
A COMPETITION  
ORGANISED BY NSS & NCC DEPARTMENT



**Essay Writing**

Language can be Marathi, Hindi, or English; word count must be at least 250 and handwritten



**Poster Making**

Any medium can be used to create posters (digital, illustrated, hand-drawn, or painted)



**Role Play**

A minimum of two participants and a video of at least five minutes is required

**Theme - Mental Health**

**Topics**

- Positive mindset in Indian Culture
- Moral principles and values in society and mental health
- The need for good mental health
- Need of good mental health for family and social relationships
- Any other related topics

**All MES GCC students are eligible to enter the competition.**  
Prizes for 1st, 2nd & 3rd place winners

**Entries must be submitted on or before**  
**20 September 2022**

Online Mode (Digital Poster & Role Play) – Google Classroom,  
Class Code: 5j3l4nz, scan for joining  
Offline Mode (Essay and Poster) – NSS & NCC Office

For further enquiry contact NCC, NSS Office





Maharashtra Education Society's

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**Dr. Arani**  
Ph.D.  
Principal  
Cancellor  
University

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E-mail: Office: office.gcc@mespune.in, Principal: nsu.gcc@mespune.in | Website: www.gcc.mespune.in  
Univ. ID No.: PU/PUC/01B/1967 | AISHE Code: IC - 41964 | U-GrSE Code: 27251401523 | Cr. College Code: 11.11.002

### **World Mental Health DAY**

**10 October 2022-23**

**A competition organized by  
NSS & NCC.**

**CENTER OF PSYCHOLOGICAL COUNSELING**

#### **Introduction**

One in six people are in the age group of 10-19 years. Adolescence is a unique and formative period. Physical, emotional and social changes, a critical period for developing good habits,

protecting adolescent children from adversity, promoting social-emotional learning and psychological well-being, and ensuring access to mental health care are critical to their health and well-being throughout adolescence and adulthood.

Globally, it is estimated that 1 in 7 (14%) 12-20 year olds experience a mental health condition (1), they remain largely unrecognized and undertreated.

Adolescents with mental health conditions are particularly vulnerable to social exclusion, discrimination, stigma (affecting willingness to seek help), academic difficulties, risk-taking behavior and physical illness, and human rights violations. Self-esteem begins to develop between the ages 12 and 19, which includes poverty, abuse or violence. From the ages of 12 to 19, a critical period of self-esteem development, adolescents can be vulnerable to mental health problems.

Globally, one in seven 12-20 year olds has a mental disorder, accounting for 13% of the global burden of disease in this age group.

Depression, anxiety and behavioural disorders are leading causes of illness and disability among adolescents.

Suicide is the fourth leading cause of death for ages 15-19.

Failure to address mental health conditions in adolescence has consequences that extend into adulthood, impairing both physical and mental health and limiting opportunities to lead fulfilling lives as adults.

This competition was organized to make students aware of mental health. According to subject, they should read and think and express their opinion by writing a essay, the form of picture and role- playing.

### Topic

- Positive mindset in Indian culture
- Moral principles and values in society and mental health
- Need of good mental health
- Need of good mental health for Family and social relationships.
- And any other related topics.

| THEME         | COMPETITION                                 | NO. OF PARTICIPATION |
|---------------|---|----------------------|
| Essay writing | Marathi , Hindi , English                   | 69                   |
| Poster making | Digital Illustrated, Hand Drawn, Painting   | 30                   |
| Role Play     | Two participants & video least five minutes | 4                    |



(Megha Palkar)  
Clinical Psychologist & counselor



Dr Jahagirdar  
NCS

( Dr. N.S. Umrani)  
Principal



Lt. Bhushan Rathod  
NCC

सावित्रीबाई फुले पुणे विद्यापीठ  
(पूर्वीचे पुणे विद्यापीठ)



क्रीडा व शारीरिक शिक्षण मंडळ

आयुक्तालय, मणेरखिंड, पुणे - ४११ ००७.

दूरध्वनी क्र. ०२०-२५६२२६६४, २५६२२६६६ ईमेल directorsports@unipune.ac.in

संदर्भ: विक्रीम/६२/६९६

दिनांक: १४ फेब्रुवारी, २०२३.

प्रति,  
सा. प्राचार्य,  
संबंधित महाविद्यालये.

विषय: अखिल भारतीय आंतर विद्यापीठ अॅथलेटिक्स (मुली) स्पर्धा २०२२-२३ निवडीबाबत.

स.न.वि.वि.

तामिळनाडू शारीरिक शिक्षण व क्रीडा विद्यापीठ, चेन्नई येथे झालेल्या दक्षिण पश्चिम विभागीय आंतर विद्यापीठ अॅथलेटिक्स (मुली) स्पर्धेमध्ये सावित्रीबाई फुले पुणे विद्यापीठाचा संघ अखिल भारतीय आंतर विद्यापीठ स्पर्धेसाठी पात्र झाला असून आपल्या महाविद्यालयातील खालील खेळाडू सदर स्पर्धेमध्ये सहभागी होणार आहेत, हे कळविण्यास आनंद होत आहे.

| अ. क्र. विद्यार्थ्यांचे नाव | महाविद्यालयाचे नाव                                       |
|-----------------------------|--|
| १. नरळे अर्वातिका           | मामासाहेब मोहोळ महाविद्यालय, पुणे                        |
| २. बाम्हने ताई              | भोंसला मिलीटरी कॉलेज, नाशिक                              |
| ३. पाटील शिवेच्छा           | मॉडर्न महाविद्यालय, शिवाजीनगर, पुणे ५                    |
| ४. शिंदे सावरी              | कमिन्स अभियांत्रिकी महाविद्यालय, पुणे                    |
| ५. भंडारी शितल              | न्यु कला, वाणिज्य व विज्ञान महाविद्यालय, पारनेर, अहमदनगर |
| ६. राणे प्राची              | गखारे वाणिज्य महाविद्यालय, पुणे                          |
| ७. टाकणे हर्षल              | लोकनेते व्यंकटराव हिरे महाविद्यालय, पंचवटी, नाशिक        |
| ८. जोहरे साक्षी             | भोंसला मिलीटरी कॉलेज, नाशिक                              |
| ९. शेडगे श्रेया             | बृहन् महाराष्ट्र वाणिज्य महाविद्यालय, पुणे               |

S h s 411

(कृपया मागे पाहा)

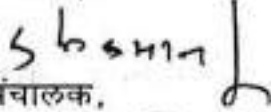
अखिल भारतीय आंतर विद्यापीठ स्पर्धेचा कार्यक्रम खालीलप्रमाणे:

१. स्पर्धेचे स्थळ : तामिळनाडू शारीरिक शिक्षण व क्रीडा विद्यापीठ, चेन्नई
२. स्पर्धेचा दिनांक : दि. १३ ते १६ मार्च, २०२३.
३. संघ रिपोर्ट दिनांक : दि. १० मार्च, २०२३, दु. १२.३० वा.
४. सराव दिनांक : दि. १० व ११ मार्च, २०२३.
५. संघ पुण्याहून रवाना : दि. ११ मार्च, २०२३.
६. महत्वाची सूचना : १. खेळाडूंनी रिपोर्टिंगवेळी आधारकार्ड प्रत आणणे आवश्यक आहे.  
२. Annex I आणि II (Specimen) खेळाडूंनी रिपोर्टिंगवेळी भरून आणणे आवश्यक आहे.

सूचना:

१. आयकार्डसाठी फोटो (रिव्हेन्सु स्टॅम्प साईज) आणणे आवश्यक. (Revenue Stamp Size Photo)
  २. वैयक्तिक औषधे (असल्यास) बरोबर आणणे आवश्यक आहे/तंदुरूस्तीबाबतचे वैद्यकीय प्रमाणपत्र आवश्यक.
  ३. स्पर्धेसाठी उपलब्ध आहे किंवा कसे याविषयी त्वरित या कार्यालयास प्रत्यक्ष भेटून अथवा दूरध्वनी, पत्राने कळविणे आवश्यक आहे, त्यानुसार रेल्वेचे आरक्षण करणे सोयीचे जाईल. खेळाडू उपलब्ध नसल्यास मा. प्राचार्यांमार्फत त्वरित पत्राने खुलासा करणे आवश्यक आहे. अन्यथा पुढील वर्षासाठी सदरच्या खेळाडूंचा विचार केला जाणार नाही.
  ४. मा. प्राचार्यांनी सदरचे पत्र आपल्या महाविद्यालयातील शा. शि. संचालकांच्या त्वरित निदर्शनास आणून पुढील योग्य ती कार्यवाही करण्यास सांगावे.
  ५. वर उल्लेखिलेले सराव शिबीर सर्वांसाठी सक्तीचे आहे.
  ६. गॅप असलेल्या खेळाडूंनी सदर गॅप सर्टिफिकेट इंग्रजीमध्ये करून रिपोर्टचे वेळी सादर करावे.
  ७. प्रत्येक खेळाडूने येताना वैद्यकीय दाखला (Medical Certificate) (एम. बी. बी. एस. डॉक्टरांचे) बरोबर आणणे बंधनकारक राहिल.
- कृपया वरील सर्व सूचना खेळाडूंना देऊन सहकार्य करावे, ही विनंती.  
धन्यवाद! सहकार्याची अपेक्षा!

आपला,



संचालक,  
क्रीडा व शारीरिक शिक्षण मंडळ



SAVITRIBAI PHULE PUNE UNIVERSITY



## PUNE CITY ZONAL SPORTS COMMITTEE

### Certificate of Merit

Awarded to M. E. S. Garware College of Commerce

for securing First place in the Inter Collegiate

Crosscountry (Women) tournament held in the academic  
year 2022-23.

Prof. Dr. Sudam Shelke  
Secretary  
Pune City Zonal Sports Committee

Prof. Dr. Vilas Patil  
President  
Pune City Zonal Sports Committee

# सावित्रीबाई फुले पुणे विद्यापीठ (पूर्वीचे पुणे विद्यापीठ)



## क्रीडा व शारीरिक शिक्षण मंडळ

आयुकाजवळ, गणेशखिंड, पुणे - ४११ ००७.

दूरध्वनी क्र. ०२०-२५६२२६६४, २५६२२६६६ ईमेल directorsports@unipune.ac.in

संदर्भ: विक्रीम/६.३०/५८७७

दिनांक: ०७ डिसेंबर, २०२२.

प्रति,

मा. प्राचार्य,

संबंधित महाविद्यालये.

विषय: अखिल भारतीय आंतर विद्यापीठ आर्चरी (मुली) स्पर्धा २०२२-२३ निवडीबाबत...

स.न.वि.वि.

मुक्त्याच झालेल्या आंतर विभागीय आर्चरी (मुली) स्पर्धेमधून आपल्या महाविद्यालयातील खालील खेळाडूंच्या नावांची शिफारस निवड समितीने केलेली आहे, हे कळविण्यास आनंद होत आहे.

| अ.क्र. | विद्यार्थ्याचे नाव | महाविद्यालयाचे नाव   |
|--------|--------------------|--|
| १.     | खोडे नक्षत्रा      | के. टी. एच. एम. महाविद्यालय, नाशिक                                 |
| २.     | कमलापूर चारुता     | एच. पी. टी. कला व आर. वाय. के. विज्ञान महाविद्यालय, नाशिक          |
| ३.     | तायडे जागृती       | सर परशुरामभाऊ महाविद्यालय, पुणे                                    |
| ४.     | अडसुळ अर्पिता      | सोमेश्वर विज्ञान महाविद्यालय, सोमेश्वरनगर, जि. पुणे.               |
| ५.     | उवाळे वैष्णवी      | गरवारे वाणिज्य महाविद्यालय, पुणे                                   |
| ६.     | पठाण महेक          | एस. एन. डी. कला, वाणिज्य व विज्ञान महाविद्यालय, येवला,             |
| ७.     | शिंदे मैथिली       | मराठवाडा मित्र मंडळाचे वाणिज्य महाविद्यालय, पुणे                   |
| ८.     | गव्हाणे दिव्या     | अण्णासाहेब मगर महाविद्यालय, हडपसर, पुणे                            |
| ९.     | सोनवणे साक्षी      | कर्मवीर अँड. बाबुराव गणपतराव ठाकरे अभियांत्रिकी महाविद्यालय, नाशिक |
| १०.    | पाटील कावेरी       | के. टी. एच. एम. महाविद्यालय, नाशिक                                 |
| ११.    | बोरसे तनया         | सर परशुरामभाऊ महाविद्यालय, पुणे                                    |
| १२.    | भागवत वैष्णवी      | के. टी. एच. एम. महाविद्यालय, नाशिक                                 |

(कृपया मागे पहा)

S h s h i n j



अखिल भारतीय आंतर विद्यापीठ स्पर्धेचा कार्यक्रम खालीलप्रमाणे:

१. स्पर्धेचे स्थळ : गुरू काशी विद्यापीठ, भटिंडा (पंजाब)
२. स्पर्धेचा दिनांक : दि. २३ ते २८ डिसेंबर, २०२२.
३. संघ रिपोर्ट दिनांक : दि. १९ डिसेंबर, २०२२, दु. ०३.३०वा.
४. सराव दिनांक : दि. १९ व २० डिसेंबर, २०२२.
५. संघ पुण्याहून रवाना : दि. २० डिसेंबर, २०२२.
६. महत्वाची सूचना : १. खेळाडूंनी रिपोर्टिंगवेळी आधारकार्ड प्रत आणणे आवश्यक आहे.  
२. Annex I आणि II (Specimen) खेळाडूंनी रिपोर्टिंगवेळी भरून आणणे आवश्यक आहे.

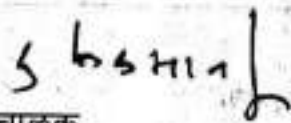
सूचना:

१. आयकार्डसाठी फोटो (रिव्हेन्यु स्टॅम्प साईज) आणणे आवश्यक. (Revenue Stamp Size Photo)
२. वैयक्तिक औषधे (असल्यास) बरोबर आणणे आवश्यक आहे/तंदुरूस्तीबाबतचे वैद्यकीय प्रमाणपत्र आवश्यक.
३. स्पर्धेसाठी उपलब्ध आहे किंवा कसे याविषयी त्वरित या कार्यालयास प्रत्यक्ष भेटून अथवा दूरध्वनी, पत्राने कळविणे आवश्यक आहे, त्यानुसार रेल्वेचे आरक्षण करणे सोयीचे जाईल. खेळाडू उपलब्ध नसल्यास मा. प्राचार्यांमार्फत त्वरित पत्राने खुलासा करणे आवश्यक आहे. अन्यथा पुढील वर्षासाठी सदरच्या खेळाडूंचा विचार केला जाणार नाही.
४. मा. प्राचार्यांनी सदरचे पत्र आपल्या महाविद्यालयातील शा. शि. संचालकांच्या त्वरित निदर्शनास आणून पुढील योग्य ती कार्यवाही करण्यास सांगावे.
५. वर उल्लेखिलेले सराव शिबीर सर्वांसाठी सक्तीचे आहे.
६. गॅप असलेल्या खेळाडूंनी सदर गॅप सर्टिफिकेट इंग्रजीमध्ये करून रिपोर्टचे वेळी सादर करावे.
७. प्रत्येक खेळाडूने येताना वैद्यकीय दाखला (Medical Certificate) (एम. बी. बी. एस. डॉक्टरांचे) बरोबर आणणे बंधनकारक राहिल.

कृपया वरील सर्व सूचना खेळाडूंना देऊन सहकार्य करावे, ही विनंती.

धन्यवाद! सहकार्याची अपेक्षा!

आपला,



संचालक,

क्रीडा व शारीरिक शिक्षण मंडळ

# सावित्रीबाई फुले पुणे विद्यापीठ (पूर्वीचे पुणे विद्यापीठ)



## क्रीडा व शारीरिक शिक्षण मंडळ

आयुकाजवळ, गणेशखिंड, पुणे - ४११ ००७.

दूरध्वनी क्र. ०२०-२५६२२६६४, २५६२२६६६ ईमेल directorsports@unipune.ac.in

संदर्भ: विक्रीम/क्रीडामहोत्सव/१७६०

दिनांक: १८ नोव्हेंबर, २०२२.

प्रति,  
मा. प्राचार्य,  
संबंधित महाविद्यालये.

विषय: महाराष्ट्र राज्य कृषी व अकृषी आंतर विद्यापीठ 'क्रीडामहोत्सव' बास्केटबॉल (मुली) स्पर्धा  
२०२२-२३ निवडीबाबत...

स.न.वि.वि.

नुकत्याच झालेल्या आंतर विभागीय बास्केटबॉल (मुली) स्पर्धेमधून आपल्या महाविद्यालयातील खालील खेळाडूंच्या नावांची शिफारस निवड समितीने केलेली आहे, हे कळविण्यास आनंद होत आहे.

अ.क्र. विद्यार्थ्यांचे नाव महाविद्यालयाचे नाव

- |                      |  |
|----------------------|--|
| १. कुलकर्णी सुधिक्षा | सर परशुरामभाऊ महाविद्यालय, पुणे                              |
| २. अजनीकर ओशिन       | गवारे वाणिज्य महाविद्यालय, पुणे                              |
| ३. सुर्यवंशी करिना   | बृहन् महाराष्ट्र वाणिज्य महाविद्यालय, पुणे                   |
| ४. खिलारे सिया       | सिंबायोसिस कला व वाणिज्य महाविद्यालय, पुणे                   |
| ५. पवार संस्कृती     | मराठवाडा मित्र मंडळाचे अभियांत्रिकी महाविद्यालय, पुणे        |
| ६. राजे चैतन्या      | भारती विद्यापीठ महिला अभियांत्रिकी महाविद्यालय, धनकवडी, पुणे |
| ७. कोल्हे सिद्धी     | कमिन्स अभियांत्रिकी महाविद्यालय, पुणे                        |
| ८. लंगोटे सृष्टी     | इंदिरा वाणिज्य व विज्ञान महाविद्यालय, ताथवडे, पुणे           |
| ९. शिंदे तन्वी       | इंदिरा वाणिज्य व विज्ञान महाविद्यालय, ताथवडे, पुणे           |
| १०. जगताप आर्या      | पिंपरी चिंचवड अभियांत्रिकी महाविद्यालय, निगडी, पुणे          |
| ११. पाटील समिक्षा    | एस. बी. पाटील कॉलेज ऑफ आर्किटेक्चर अॅण्ड डिझाईन, निगडी, पुणे |
| १२. बिशाखा कुमारी    | अहमदनगर महाविद्यालय, अहमदनगर                                 |

(कृपया नावे पहा)

*Handwritten signature and date:*  
22/11  
W. Bishare S. Kshirani

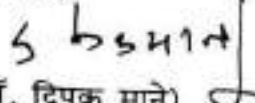
महाराष्ट्र राज्य कृषी व अकृषी आंतर विद्यापीठ स्पर्धेचा कार्यक्रम खालीलप्रमाणे:

१. स्पर्धेचे स्थळ : डॉ. बाबासाहेब आंबेडकर मराठवाडा विद्यापीठ, औरंगाबाद
२. स्पर्धेचा दिनांक : दि. ०३ ते ०७ डिसेंबर, २०२२.
३. संघ रिपोर्ट दिनांक : दि. २८ नोव्हेंबर, २०२२, दु. ०३.३०वा.
४. सराव दिनांक : दि. २८ नोव्हेंबर ते ०२ डिसेंबर, २०२२.
५. संघ पुण्याहून रवाना : दि. ०२ डिसेंबर, २०२२.

सूचना:

१. आयकार्डसाठी फोटो (रिव्हेन्यु स्टॅम्प साईज) आणणे आवश्यक. (Revenue Stamp Size Photo)
  २. वैयक्तिक औषधे (असल्यास) बरोबर आणणे आवश्यक आहे/तंदुरुस्तीबाबतचे वैद्यकीय प्रमाणपत्र आवश्यक.
  ३. स्पर्धेसाठी उपलब्ध आहे किंवा कसे याविषयी त्वरित या कार्यालयास प्रत्यक्ष भेटून अथवा दूरध्वनी, पत्राने कळविणे आवश्यक आहे, त्यानुसार रेल्वेचे आरक्षण करणे सोयीचे जाईल. खेळाडू उपलब्ध नसल्यास मा. प्राचार्यामार्फत त्वरित पत्राने खुलासा करणे आवश्यक आहे. अन्यथा पुढील वर्षासाठी सदरच्या खेळाडूंचा विचार केला जाणार नाही.
  ४. मा. प्राचार्यांनी सदरचे पत्र आपल्या महाविद्यालयातील शा. शि. संचालकांच्या त्वरित निदर्शनास आणून पुढील योग्य ती कार्यवाही करण्यास सांगावे.
  ५. वर उल्लेखिलेले सराव शिबीर सर्वासाठी सक्तीचे आहे.
  ६. गॅप असलेल्या खेळाडूंनी सदर गॅप सर्टिफिकेट इंग्रजीमध्ये करून रिपोर्टचे वेळी सादर करावे.
  ७. प्रत्येक खेळाडूने येताना वैद्यकीय दाखला (Medical Certificate) (एम. बी. बी. एस. डॉक्टरांचे) बरोबर आणणे बंधनकारक राहिल.
- कृपया वरील सर्व सूचना खेळाडूंना देऊन सहकार्य करावे, ही विनंती.  
धन्यवाद! सहकार्याची अपेक्षा।

आपला,

  
(डॉ. दिपक माने)

संचालक,

क्रीडा व शारीरिक शिक्षण मंडळ



सावित्रीबाई फुले पुणे विद्यापीठ  
(पूर्वीचे पुणे विद्यापीठ)



क्रीडा व शारीरिक शिक्षण मंडळ

आयुक्तमंडळ, गणेशखिंड, पुणे - ४११ ००७.

दूरध्वनी क्र. ०२०-२५६२२६६४, २५६२२६६६ ईमेल directorsports@unipune.ac.in

संदर्भ: विक्रीम/६.१०अ/५६१४

दिनांक: २९ ऑक्टोबर, २०२२.

प्रति,  
मा. प्राचार्य,  
संबंधित महाविद्यालये.

विषय: पश्चिम विभागीय आंतर विद्यापीठ कबड्डी (मुली) स्पर्धा २०२२-२३ निवडीबाबत.

स.न.वि.वि.

नुकत्याच झालेल्या आंतर विभागीय कबड्डी (मुली) स्पर्धेमधून आपल्या महाविद्यालयातील खालील खेळाडूंच्या नावांची शिफारस निवड समितीने केलेली आहे, हे कळविण्यास आनंद होत आहे.

| अ. क्र | विद्यार्थ्यांचे नाव | महाविद्यालयाचे नाव  |
|--------|---------------------|---|
| १.     | कन्हेकर प्रतिक्षा   | श्री सिध्दीविनायक कला व वाणिज्य महिला महाविद्यालय, पुणे           |
| २.     | काळे ऐश्वर्या       | सर परशुरामभाऊ महाविद्यालय, पुणे                                   |
| ३.     | कोळेकर समृद्धी      | गरवारे वाणिज्य महाविद्यालय, पुणे                                  |
| ४.     | मराठे सिध्दी        | अप्पासाहेब जेधे महाविद्यालय, पुणे                                 |
| ५.     | कुरा नागिदा         | अप्पासाहेब जेधे महाविद्यालय, पुणे                                 |
| ६.     | चौहान अंकिता        | डॉ. बाबासाहेब आंबेडकर महाविद्यालय, औंध, पुणे                      |
| ७.     | मुरकुटे अपूर्वा     | बाबुरावजी घोलप महाविद्यालय, सांगवी, पुणे                          |
| ८.     | काजळे दिपाली        | राजमाता जिजाऊ कला, वाणिज्य व विज्ञान महाविद्यालय, भोसरी, पुणे     |
| ९.     | पडवळ निकिता         | अण्णासाहेब आवटे महाविद्यालय, मंचर, जि. पुणे                       |
| १०.    | फुगे अनुष्का        | बाबुरावजी घोलप महाविद्यालय, सांगवी, पुणे                          |
| ११.    | कुमावत पुजा         | एमव्हीपीचे कला, विज्ञान व वाणिज्य महाविद्यालय, सायखेडा, जि. नाशिक |
| १२.    | अंधारे तृप्ती       | लोकनेने मारुतराव फुले पाटील महाविद्यालय, दहिगाव-ने, जि. अहमदनगर   |

(कृपया भाने पहा)

A. Bibave  
3/10

S. S. S. S.

पश्चिम विभागीय आंतर विद्यापीठ स्पर्धेचा कार्यक्रम खालीलप्रमाणे:

१. स्पर्धेचे स्थळ : संत गाडगे बाबा अमरावती विद्यापीठ, अमरावती
२. स्पर्धेचा दिनांक : दि. ०७ ते ११ नोव्हेंबर, २०२२.
३. संघ रिपोर्ट दिनांक : दि. ०४ नोव्हेंबर, २०२२, दु. १२.३० वा.
४. सराव दिनांक : दि. ०४ ते ०७ नोव्हेंबर, २०२२.
५. संघ पुण्याहून रवाना : दि. ०७ नोव्हेंबर, २०२२.
६. महत्वाची सूचना : १. खेळाडूंनी रिपोर्टिंगवेळी आधारकार्ड प्रत आणणे आवश्यक आहे.  
२. Annex I आणि II (Specimen) खेळाडूंनी रिपोर्टिंगवेळी भरून आणणे आवश्यक आहे.

सूचना:

१. आयकार्डसाठी फोटो (रिव्हेन्यु स्टॅम्प साईज) आणणे आवश्यक. (Revenue Stamp Size Photo)
२. वैयक्तिक औपधे (असल्यास) बरोबर आणणे आवश्यक आहे/तंदुरुस्तीबाबतचे वैद्यकीय प्रमाणपत्र आवश्यक.
३. स्पर्धेसाठी उपलब्ध आहे किंवा कसे याविषयी त्वरित या कार्यालयास प्रत्यक्ष भेटून अथवा दुरध्वनी, पत्राने कळविणे आवश्यक आहे, त्यानुसार रेल्वेचे आरक्षण करणे सोयीचे जाईल. खेळाडू उपलब्ध नसल्यास मा. प्राचार्यांमार्फत त्वरित पत्राने खुलासा करणे आवश्यक आहे. अन्यथा पुढील वर्षासाठी सदरच्या खेळाडूंचा विचार केला जाणार नाही.
४. मा. प्राचार्यांनी सदरचे पत्र आपल्या महाविद्यालयातील शा. शि. संचालकांच्या त्वरित निदर्शनास आणून पुढील योग्य ती कार्यवाही करण्यास सांगावे.
५. वर उल्लेखिलेले सराव शिवीर सर्वांसाठी सक्तीचे आहे.
६. गॅप असलेल्या खेळाडूंनी सदर गॅप सर्टिफिकेट इंग्रजीमध्ये करून रिपोर्टचे वेळी सादर करावे.
७. प्रत्येक खेळाडूने येताना वैद्यकीय दाखला (Medical Certificate) (एम. बी. बी. एस. डॉक्टरांचे) बरोबर आणणे बंधनकारक राहिल.

कृपया वरील सर्व सूचना खेळाडूंना देऊन सहकार्य करावे, ही विनंती.

धन्यवाद! सहकार्याची अपेक्षा!


आपला,

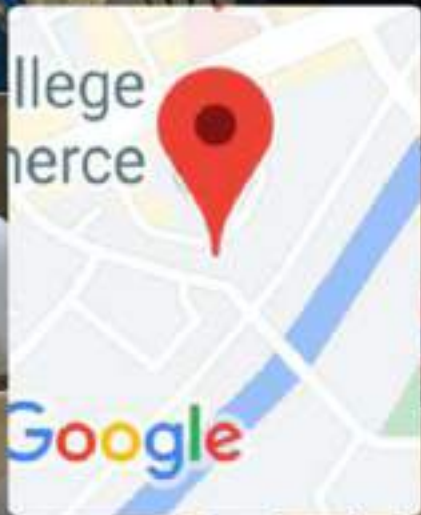
S. M. S. M. L

संचालक,

क्रीडा व शारीरिक शिक्षण मंडळ



 GPS Map Camera



## Pune, Maharashtra, India

S.M. joshi bridge Opp Central Mall, Behind Abasaheb Gaware College,  
GR6Q+9P7, Khilarewadi, Erandwane, Pune, Maharashtra 411004, India

Lat 18.510991°

Long 73.839272°

17/09/22 10:19 AM GMT +05:30

**M.E.Society's**  
**Garware College of Commerce (Autonomous), Pune 411004**  
**Academic Year 2022-23**  
**Internal Quality Assurance Cell (IQAC)**

---

|                      |   |
|----------------------|---|
| Chairman             | Dr. N.S. Umarani  |
| Coordinator          | Dr. Smita Wadaskar  |
| Secretary            | Dr. Ganesh Pathare  |
| Administrative Staff | Shri. K.J. Sable<br>(Officiating Registrar)                             |
| Administrative Staff | Shri. K.N. Divekar<br>(Admn Officer-Self Finance Unit)                  |
| Management Members   | Shri R.R. Shasrabudhe<br>(Chairman, Governing Body, MES)                |
| Management Members   | Shri Devdatta Bishikar<br>(Member, Governing Body, MES & Chairman, CAC) |
| External Experts     | Shri. Swanand Dhawale<br>(Industry Representative)                      |

**Stakeholders**

|                       |                                  |
|-----------------------|----------------------------------|
| Industry              | Shri. Kedar Mate (Industrialist) |
| Parent Representative | Shri. S.P. Sutavane              |
| Alumni                | Dr. A.P. Kulkarni (Educationist) |

**Teacher Representative in IQAC**

|   |                     |
|---|---------------------|
| Curricular Aspects                      | Dr. Tanuja Devi     |
| Teaching, Learning and Evaluation       | Dr. Jayshree Pawar  |
| Research, Innovation & Consultancy      | Dr. Rohini Gote     |
| Infrastructure and Learning Resources   | Smt. Ashwini Thakur |
| Students Support and Progression        | Dr. Asha Khilare    |
| Governance and Leadership               | Shri. S, V, Gaikwad |
| Institutional Values and Best Practices | Dr. Archana Joshi   |

**Related Committee Heads**

|                         |                   |
|-------------------------|-------------------|
| Website                 | Dr. Ketaki Modak  |
| Admission               | Dr. Umesh Bibave  |
| Examinations            | Dr. Vinayak Pawar |
| Documentation Committee | Smt. Padma Nene   |

\*\*\*\*\*

**M.E.Society's  
Garware College of Commerce (Autonomous), Pune 411004  
Academic Year 2022-23  
Internal Quality Assurance Cell (IQAC)**

| <b>Department of Research, Innovations and Consultancy</b> |                          |                          |
|--|--------------------------|--------------------------|
| 1  | <b>Dr. B.S. Vhankate</b> | <b>Faculty In-Charge</b> |
|  | Dr. Sulabha Patole       | Member                   |
|  | Dr. Smita Wadaskar       | Member                   |
|  | Dr. Vinayak Pawar        | Member                   |
|  | Dr. Ganesh Patore        | Member                   |

| <b>Commerce Association, Economics Association and Business Laboratory</b> |                         |                          |
|--|-------------------------|--------------------------|
| 2  | <b>Dr. Asha Khilare</b> | <b>Faculty In-Charge</b> |
|  | Dr. Jayashree Pawar     | Member                   |
|  | Dr. Surendra Daware     | Member                   |
|  | Smt. Snehal Chaukate    | Member                   |
|  | Shri. Pratik Kanchan    | Member                   |
|  | Smt. Sayali Dhamdhare   | Member                   |

| <b>Entrepreneurship, Innovation, Start-up &amp; IPR Cell</b> |                            |                          |
|--|----------------------------|--------------------------|
| 3  | <b>Dr. Jayashree Pawar</b> | <b>Faculty In-Charge</b> |
|  | Dr. Sharmila Kavediya      | Member                   |
|  | Smt. Snehal Chaukate       | Member                   |
|  | Smt. Radhika Gandhe        | Member                   |
|  | Shri. Partik Kanchan       | Member                   |
|  | Smt. Pallavi Deshpande     | Member                   |

| <b>Soft Skills, Competitive Exam, Mentoring, Internship &amp; Placement Cell</b> |                           |                          |
|--|---------------------------|--------------------------|
| 4  | <b>Shri. S.V. Gaikwad</b> | <b>Faculty In-Charge</b> |
|  | Dr. Rohini Gote           | Member                   |
|  | Dr. Tanuja Devi           | Member                   |
|  | Dr. Sharmila Kavediya     | Member                   |
|  | Smt. Sushmita Nande       | Member                   |
|  | Smt. Radhika Gandhe       | Member                   |



| <b>National Cadet Corps (NCC) Advisory Committee</b> |                       |                          |
|--|-----------------------|--------------------------|
| 5  | <b>Dr. A.Y. Lele</b>  | <b>Faculty In-Charge</b> |
|  | Lft Bhushan Rathod    | NCC ANO & Secretary      |
|  | Dr. Surendra Daware   | Member                   |
|  | Shri. Sunil Kumathkar | Member                   |

| <b>Youth Red Cross Committee</b> |                        |                          |
|----------------------------------|------------------------|--------------------------|
| 6                                | <b>Dr. S.D. Zagade</b> | <b>Faculty In-Charge</b> |
|                                  | Smt. Priyanka Jain     | Member                   |
|                                  | Shri Sunil Kumathkar   | Member                   |

| <b>National Service Scheme (NSS) Advisory Committee</b> |                        |                                 |
|---|------------------------|---------------------------------|
| 7   | <b>Dr. A.Y. Lele</b>   | <b>Faculty In-Charge</b>        |
|   | Dr. A.D. Jahagirdar    | Programme Officer and Secretary |
|   | Dr. Jayashree Pawar    | Member                          |
|   | Dr. Sharmila Kavediya  | Member                          |
|   | Smt. Pallavi Deshpande | Member                          |
|   | Smt. Radhika Gandhe    | Member                          |
|   | Shri Atul Jadhao       | Member                          |

| <b>Sports Advisory Committee</b> |                                   |                               |
|----------------------------------|-----------------------------------|-------------------------------|
| 8                                | <b>Dr. CA S.D. Ghongate-Patil</b> | <b>Faculty In-Charge</b>      |
|                                  | Dr. Umesh A Bibave                | Physical Director & Secretary |
|                                  | Dr. Tanuja Devi                   | Member                        |
|                                  | Dr. Surendra Daware               | Member                        |
|                                  | Shri Aditya Girme                 | Member                        |

| <b>Students Council, Students Development &amp; Grievance Committee</b> |                        |                          |
|---|------------------------|--------------------------|
| 9   | <b>Dr. S.D. Zagade</b> | <b>Faculty In-Charge</b> |
|   | Smt. Priyanka Jain     | S.D.O                    |
|   | Dr. Vinayak Pawar      | Member                   |
|   | Dr. Umesh A Bibave     | Member                   |
|   | Shri. Kedar Lonkar     | Member                   |

| <b>Dramatics and Cultural Association</b> |                          |                          |
|---|--------------------------|--------------------------|
| 1<br>0                                    | <b>Dr. Archana Joshi</b> | <b>Faculty In-Charge</b> |
|   | Smt. Radhika Gandhe      | Member                   |
|   | Smt. Devaki Bhise        | Member                   |

| <b>Vidyarthini Manch</b> |                              |                          |
|--------------------------|------------------------------|--------------------------|
| 1<br>1                   | <b>Dr. Sharmila Kavediya</b> | <b>Faculty In-Charge</b> |
|                          | Dr. Jayashree Pawar          | Member                   |
|                          | Dr. Surendra Daware          | Member                   |
|                          | Smt. Priyanka Sisodiya       | Member                   |
|                          | Smt. Sayali Dhamdhare        | Member                   |

| <b>Shreelekha Samitee</b> |                        |                          |
|---------------------------|------------------------|--------------------------|
| 1<br>2                    | <b>Dr. Rohini Gote</b> | <b>Faculty In-Charge</b> |
|                           | Dr. Archana Joshi      | Member                   |
|                           | Dr. Jayashree Pawar    | Member                   |
|                           | Smt. Sushmita Nande    | Member                   |

| <b>Alumni Association &amp; Vishwa Bharati Kendra<br/>(International Relations Centre)</b> |                         |                          |
|--|-------------------------|--------------------------|
| 13   | <b>Dr. A.Y. Lele</b>    | <b>Faculty In-Charge</b> |
|  | Smt. Sushmita Nande     | Member                   |
|  | Dr. Umesh A Bibave      | Member                   |
|  | Shri Kaustubh Divekar   | Member                   |
|  | Smt. Aishwarya Kulkarni | Member                   |
|  | Shri. Pratik Kanchan    | Member                   |
|  | Shri Saurabh Joshi      | Member                   |

| <b>Equal Opportunity &amp; Divyang Students Cell</b> |                          |                          |
|--|--------------------------|--------------------------|
| 1<br>4   | <b>Dr. B.S. Vhankate</b> | <b>Faculty In-Charge</b> |
|  | Dr. Jayashree Pawar      | Member                   |
|  | Lft. Bhushan Rathod      | Member                   |
|  | Smt. Priyanka Sisodiya   | Member                   |
|  | CA Devraj Chavan         | Member                   |

| <b>Website Committee</b> |                         |                            |
|--------------------------|-------------------------|----------------------------|
| 1<br>5                   | <b>Dr. Ketaki Modak</b> | <b>Faculty In-Charge</b>   |
|                          | Smt. Priyanka Jain      | Mini Web Non Grant Section |
|                          | Smt. Priyanka Sisodiya  | Member                     |
|                          | Shri. Pratik Kanchan    | Mini Web Grant Section.    |
|                          | Shri. Prashant Salve    | Member                     |

| <b>ERP Committee</b> |                         |                          |
|----------------------|-------------------------|--------------------------|
| 1<br>6               | <b>Dr. Ketaki Modak</b> | <b>Faculty In-Charge</b> |
|                      | Dr. Sulabha Patole      | Member                   |
|                      | Smt. Ashwini Thakur     | Member                   |
|                      | Dr. Smita Wadaskar      | Member                   |
|                      | Dr. Vinayak Pawar       | Member                   |
|                      | Smt. Padma Nene         | Member                   |
|                      | Shri Avinash Gore       | Member                   |
|                      | Shri. Kaustubh Divekar  | Member                   |
|                      | Smt. Ritu Mali          | Member                   |

| <b>Library and Learning Resources Committee</b> |                            |  |
|---|----------------------------|--|
| 1<br>7  | <b>Smt. Ashwini Thakur</b> | <b>Librarian &amp; Faculty In-charge</b> |
|   | Dr. Smita Wadaskar         | Member                                   |
|   | Dr. Sandeep Rathod         | Member                                   |
|   | Smt. Aarti Borade          | Member                                   |

| <b>Admissions &amp; Attendance Committee</b> |                           |                                      |
|--|---------------------------|--------------------------------------|
| 1<br>8                                       | <b>Dr. Umesh A Bibave</b> | <b>Faculty In-Charge</b>             |
|  | Dr. S.D. Zagade           | Member                               |
|  | Dr. Rohini Gote           | Member                               |
|  | Dr. Jayashree Pawar       | Member                               |
|  | Dr. Sandeep Rathod        | Coordinator - BBA, BBA(IB) & BBA(CA) |
|  | Lft. Bhushan Rathod       | Member                               |
|  | Smt. Padma Nene           | Member                               |

| <b>Examinations, Results and Internal Vigilance Committee</b> |                            |                                    |
|---|----------------------------|------------------------------------|
| 1<br>9  | <b>Dr. Vinayak Pawar</b>   | <b>COE &amp; Faculty in Charge</b> |
|   | Dr. Ganesh Patare          | Deputy COE                         |
|   | Dr. Sulabha Patole         | S.Y. Monitoring of CIE             |
|   | Dr. Rohini Gote            | T.Y. Monitoring of CIE             |
|   | Dr. CA S.D. Ghongate-Patil | Member                             |
|   | Dr. Jayashree Pawar        | F.Y. Monitoring of CIE             |

| <b>Time Table Committee</b> |                            |                          |
|-----------------------------|----------------------------|--------------------------|
| 2<br>0                      | <b>Dr. A.D. Jahagirdar</b> | <b>Faculty In-Charge</b> |
|                             | Smt. Priyanka Jain         | Member                   |
|                             | Dr. Ganesh Patare          | Member                   |
|                             | Shri. Sunil Kumathkar      | Member                   |

| <b>Anti-ragging and Discipline Committee</b> |                        |                          |
|--|------------------------|--------------------------|
| 2<br>1                                       | <b>Dr. Tanuja Devi</b> | <b>Faculty In-Charge</b> |
|  | Lft Bhushan Rathod     | Member                   |
|  | Dr. Vinayak Pawar      | Member                   |
|  | Dr. Umesh A Bibave     | Member                   |

| <b>Internal Complaints Committee</b> |                            |                          |
|--------------------------------------|----------------------------|--------------------------|
| 2<br>2                               | <b>Dr. Rohini Gote</b>     | <b>Faculty In-Charge</b> |
|                                      | Dr. S.D. Zagade            | Member                   |
|                                      | Dr. Asha Khilare           | Member                   |
|                                      | Smt. Sukhada Dharmadhikari | Member                   |

| <b>Documentation and Reports Committee</b> |                        |                          |
|--|------------------------|--------------------------|
| 2<br>3                                     | <b>Smt. Padma Nene</b> | <b>Faculty In-Charge</b> |
|  | Shri Sumeet V Gaikwad  | Member                   |
|  | Smt. Pallavi Deshpande | Member                   |

| <b>Infrastructure, Maintenance, ICT Committee</b> |                            |                          |
|---|----------------------------|--------------------------|
| 2<br>4  | <b>Smt. Ashwini Thakur</b> | <b>Faculty In-Charge</b> |
|   | Dr. Umesh A Bibave         | Member                   |
|   | Smt Priyanka Jain          | Member                   |
|   | Shri Avinash Gore          | Member                   |
|   | Smt. Pournima Nikhare      | Member                   |
|   | Smt. Aarti Borade          | Member                   |

| <b>Budget &amp; Purchase Committee</b> |                                   |                          |
|--|-----------------------------------|--------------------------|
| 2<br>5                                 | <b>Dr. CA S.D. Ghongate-Patil</b> | <b>Faculty In-Charge</b> |
|  | Smt. Ashiwini Thakur              | Member                   |
|  | Dr. Umesh A Bibave                | Member                   |
|  | Shri Kisan Sable                  | Officiating Registrar    |
|  | Shri Avinash Gore                 | Office Superintendent    |
|  | Shri Kaustubh Divekar             | Administrative Officer   |
|  | Smt. Mamata Pedram                | Member                   |

| <b>Staff Academy</b> |                     |                                  |
|----------------------|---------------------|----------------------------------|
| 2<br>6               | Dr. Sulabha Patole  | Staff Secretary (Grant Unit)     |
|                      | Dr. Tanuja Devi     | Staff Secretary (Non Grant Unit) |
|                      | Smt. Ashwini Thakur | Member                           |

- Shri Prashant Salve and Smt. Pallavi Deshpande will work as In-charge of Environmental Awareness Committee for AY 2022-2023
- Lt Bhushan Rathod will work as In-Charge of the Medical Check-up for the AY 2022-23
- Dr. Sharmila Kavediya will work as In-charge of Value Added Courses
- All the Committees and Cells will Function under the Chairmanship of Principal Dr. N.S. Umarani

**Dr. N.S. Umarani**  
Principal

**MES Garware College of Commerce, (Autonomous)**

**7.1.1: Measures initiated by the Institution for the promotion of gender equity during the year:**

**1. CCTV Cameras on the Campus**



## 2. Nirbhaya Box:



## 3. Complaint/Suggestion Box:



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