

MES Garware College of Commerce (Autonomous)

AQAR 2023-24

Criteria VII

Metric 7.3.1: Institutional Distinctiveness

MES Garware College of Commerce (Autonomous) is a premier institution in commerce education, committed to fostering academic excellence and holistic development. The college has a mission to impart life skills, entrepreneurial skills, research skills and management skills so as to transform the young learning minds to live purposefully and ethically, mindful of the social responsibilities with an unwavering commitment to the nation.

The college, by virtue of its autonomous status, has abided by the directions of the State Government regarding implementation of the National Education Policy - 2020. and offers a diverse array of academic, value-added and skill enhancement courses to make space for critical-thinking, inquiry-based, discussion-based and analysis-based learning. The restructured and redesigned curricula is focussed on conceptual understanding and life-long learning. The college along with its stakeholders and good industry connect focuses on providing creative, collaborative and exploratory activities for students and teachers to go beyond the curriculum for insightful experiential learning.

For AY 2023-24, the college, in addition to the academic courses, offered various skill-based and specialized online courses in collaboration with IIT Bombay and National Skills Development Corporation. A noteworthy initiative is the free-of-cost soft skills training program conducted in partnership with the Mahindra Nandi Foundation, Amity University, and Spearhead Academy, benefiting approximately 900 students. To enhance critical thinking and expression on social issues, an annual activity at the Vidyawani Community Radio Station (FM107.4), SPPU campus has been held successfully from 2017–18 to 2024–25 (excluding the COVID year 2020–21). This group activity for recording and broadcasting a radio-talk exposes students to learning beyond the curriculum and classroom teaching. This kind of immersive experience prepares students for academic and social interactions leading to holistic development of students.

Among the various student development activities conducted by the college, Placement and Internship cell of the college, conducts various activities round the year to train and equip students aspiring for employment with necessary skill-sets. The placement cell associates itself with various companies, organizations and institutions to actively participate in the Placement fair conducted annually, or as per requirement by the college. In addition, the annual HR Meet is a signature event that enhances employment opportunities for students while bridging the gap

between academia and industry. Networking with multiple companies officials enables exploring the future of the employment market. Similar other activities like campus drives, direct-meetings with industry, Banks officials etc., offer scope for full-time job opportunities and internships. Besides the conduct of the annual HR meet, the college motivates the faculty members to attend and actively participate in the Regional HR Conference organised by other institutes to participate in the discussions on the current trends in the industry and its requirements from students.

To develop the imaginative, analytical and research skills among students, National Level Student Research Competition is conducted annually by the Department of Research and Consultancy of the college. The well-planned national level research competition invites theme based original and primary-data based research papers from students. The research papers are assessed by a team of internal and external experts. As on the day of the competition, the participants are given an opportunity to present their research before a team of judges, especially invited for the competition. This activity for students promotes a robust research culture for economic, intellectual, societal, environmental and technological and academic growth

As a part of NEP 2020 implementation and industry requirements to develop skills-sets among students. the college entered into strategic collaborations with organizations such as BORI, MKCL, MEDC, C4I4 Lab-Centre for Industry 4.0, BHAU Institute, and EDII. Through these partnerships, the institution has hosted international conferences and instituted awards like the Best Research Paper Award.

An important activity involving all students of the college is related to Environmental sustainability, is championed through the Green Club, which organized an impactful activity called 'water audit'. The club has conducted a water audit of the college and submitted a detailed report of the same to the college. Through this activity, students were made aware of Water Resource - an important life-source, its consumption, conservation and wastage reduction. Along with this activity, the course on Environment Awareness comprising 2 credits is also conducted as theory and practical. These initiatives, along with other programs, reinforce the college's commitment to comprehensive student development and societal impact.

To support teachers and help create an effective learning environment and to ensure physical, psychological and emotional well being of the students, the college has established a psychological counselling centre and has appointed a lady clinical psychologist and counselor as incharge of the centre. The centre conducts various online and offline sessions and workshops for students on varied topics to equip them with sound mental health. A study on 511 college students on 'Self-Construal of personality and Mental Health of students' was conducted

Thus, the college, through its varied activities for students, fosters an environment of holistic development and academic excellence.

The relevant documents regarding HR Meet, Green Club activity, Radio Talk and Students Counselling are attached below:



Garware College of Commerce,

Karve Road, Pune – 411 004.

[UNI-ID-No: PU/PN/C/018 (1967)]

Ph.No.(O) 41038300, Fax : 020-25441629, E-mail : gcc.office@mespune.in, Website : www.mesgcc.in

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

*Dr. Kishore Desarda
Principal*

Date: 07th August 2023

Placement Cell

Notice

HR - Meet

The Placement Cell is organizing the HR Meet for all SY/TY Students.

The HR Conclave comprises of various prominent Industry Personnel from different backgrounds and domains.

The Purpose / Agenda of the HR Meet

- To discuss on bridging the gap between academics and Industry by giving relevant inputs for the students. e.g., Skills sets requirements, Industry readiness approach etc.
- To understand from the industry experts in a better manner what the industry demands for and how the College can prepare the students accordingly.
- Possibility of a tie-up / association with prominent companies for Internship and full-time jobs.

Day & Date: Saturday, 12th August 2023

Time: 9.45am

Venue: BBA.Meeting Room

Attendance is Compulsory.

**Sumeet V Gaikwad
Placement Cell – Head**

**Dr. Kishor S Desarda
Principal**



MES Garware College of Commerce MES GCC <gccplacement@mespune.in>

(no subject)

1 message

Sumeet Gaikwad <sgaikwad03@gmail.com>
To: gccplacement@mespune.in

Fri, Feb 9, 2024 at 3:16 PM

Dear Sir/Madam,

Greetings from *NIPM*

I am pleased to extend an invitation to you for the upcoming

NIPM Western Region HR Conference

hosted by

NIPM Pimpri Chinchwad Chakan Chapter,

focusing on the theme

"Transforming Business through Agile HR Practices,"

scheduled to take place on

17th February 2024 at

Hotel TipTop International Wakad

Pimpri Chinchwad, Pune, Maharashtra.

On the request from HR Professionals we have *extended early bird discount till 10/02/2024, so request you to grab this opportunity.*

To secure your seat and make the most of this opportunity, we *kindly request you to complete the registration process by clicking on register now button in broucher page no 4 or click on following link*

<https://nipmpcc.com/hrconference2024/>

Participants were made payment but not registered for this conference also needs to register their selves by clicking on above link. It will help us to send you invoice and other conference related informations.

We eagerly anticipate your presence at the conference and look forward to the valuable contributions and insights you will bring to the event. Attached herewith Broucher for your ready reference, please go through the same and share with your professional friends and service providers.

Thank you for considering our invitation, and we look forward to meeting you on this significant day.

We also look forward for your sponsorship support.

Warm regards,

Amol Kagwade

*National Council Member, *NIPM*



Sumeet Gaikwad <sgaikwad03@gmail.com>

Payment successful for NATIONAL INSITTUTE OF PERSONNEL MANAGEMENT NATIONAL OFFICE

1 message

Payments <no-reply@razorpay.com>
Reply-To: nipm.wrc24@gmail.com
To: sgaikwad03@gmail.com

Sat, Feb 10, 2024 at 1:35 PM

NATIONAL INSITTUTE OF PERSONNEL MANAGEMENT NATIONAL OFFICE



₹ 4,130.00

Paid Successfully

Payment Id	pay_NZ6XM89qHius9E
Method	Card XXXX-XXXX-XXXX-0867
Paid On	10th Feb, 2024 13:35:19 PM IST
Email	sgaikwad03@gmail.com
Mobile Number	+919890754006

For any order related queries please reach out to NATIONAL
INSITTUTE OF PERSONNEL MANAGEMENT NATIONAL OFFICE
at nipm.wrc24@gmail.com or on 9881056538

Please report this payment if you find it to be suspicious
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... Saturday
... To Saturday
... To 5.30 pm
... Time
... To 2.00 pm
... Transactions
... To 1.30 pm



 NATIONAL INSTITUTE OF
PERSONNEL MANAGEMENT

NIPM WESTERN REGION HR CONFERENCE 2024

Challenges of Human Resource Management



Mr. Akash Sarin



Mr. Santanu Ghosh



Dr. Ujjal Bhattacharya



Dr. Santosh Dave



Mr. Vinod Bidwalk





NATIONAL INSTITUTE OF PERSONNEL MANAGEMENT

NIPM WESTERN REGION HR CONFERENCE 2024

Changing Dynamics Industrial Relations



Dr. Shreehari ... Mr. Bha Jagtap ... Mr. Anand ... Mr. Mahesh Karandikar



 **GPS Map Camera**

Pimpri-Chinchwad, Maharashtra, India
HQW4+748, Service Rd, Wakadkar Wasti, Wakad, Pimpri-Chinchwad,
Maharashtra 411057, India

Lat 18.595587°
Long 73.755131°
17/02/24 06:18 PM GMT +05:30



Google

Hotel Tip Top International

Welcomes

NIPM WESTERN REGION CONFERENCE 2024

Hotel
Tip Top
International
Wakol, Pune



Hotel
Tip Top
International
Wakol, Pune



MAHARASHTRA EDUCATION SOCIETY'S
GARWARE COLLEGE OF COMMERCE (AUTONOMOUS)

Empowering generations since 1967...

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

Best College Award by Savitribai Phule Pune University

Dr. Kishor S. Desarda
Principal

Karve Road, Deccan Gymkhana, Pune - 411004, (India) Phone : Office 020-41038300 Principal : 020-41038301
E-mail: Office : office.gcc@mespune.in Principal : ksd.gcc@mespune.in Website : www.gcc.mespune.in

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

Date: 23th Feb 2024

To,
The Principal,
Garware College of Commerce
Pune 411004

Subject: Permission to perform the Water Audit on the occasion of World Water Day 2024

Respected Sir

I, Pallavi Deshpande working as a Asst. Professor at Garware Commerce College and also a Green Club coordinator wish to conduct the Water Audit to celebrate the World Water Day of 2024. The theme for this year is '**Water for Peace**'

Also to implement this theme, we would be printing some posters and standees for creating the awareness amongst students and staff. Request you to grant permission for the same. To run such activity Green Club student co-ordinators, club members will be involved.

Thanking You.

Yours Sincerely

Pallavi Deshpande

Pallavi Deshpande

Green Club Coordinator

*Approved
28/2/24*

Introduction:

Garware College of Commerce conducted its water audit to assess the water consumption patterns and identify areas for conservation and improvement. A water audit is a systematic process of examining water usage, identifying inefficiencies, and proposing measures for optimization and sustainability. The audit was initiated after a series of meetings with Nandan Saptarshi Sir, who provided crucial insights into the college's water sources and consumption patterns. The audit aimed to raise awareness about water conservation and implement practical solutions to mitigate potential water scarcity issues.

Findings:

The water audit encompassed various buildings within the college premises, which were the B.Com and BBA buildings, as well as the girls' and boys' hostels. Several key findings emerged from the audit:

1. Water Consumption Patterns: It was observed that the major consumption of water occurred in the hostels. The availability of warm and cold water, as well as the provision of filtered drinking water, significantly influenced consumption patterns.

2. Infrastructure and Facilities: The college premises are equipped with a solar system, a reducer, and wells to facilitate water management. Within the premises of Mes Garware College, there are 50 tanks, with the BBA building utilizing 5000 litres and 2500 litres specifically for drinking purposes. Regular maintenance is ensured through cleaning and purification of water every six months. Wastewater, including greywater and black water, is appropriately disposed of underground. In the BCom building, two tanks, each with a capacity of 5 litres, are installed alongside a total of 80 solar panels for energy efficiency.

3. Maintenance Issues: Leaky taps were identified in the BBA building, which contributed to unnecessary water wastage. Addressing these maintenance issues was highlighted as a priority to conserve water effectively.

4. Sanitation and Hygiene: Measures were in place to maintain sanitation and hygiene, including the presence of sanitary napkin vending machines and proper disposal mechanisms. However, continuous efforts were necessary to ensure optimal hygiene practices and water conservation.

Analysis of washroom taps/ water coolers & recommendations:

Water Coolers (location)	BBA & BCOM Building	Hostels
Current status	2 leakages in taps on 1st floor BBA building & B.com basement.	All coolers are in well condition.
Recommendations	To fix the leakages & ensure drinking water supply in all coolers.	Wastage was approx.1 & ½ ltr water /hr
Current status	2 leakages in taps of BBA building.	1 leakage tap in girls hostel.

Recommendations and Action Plan:

- 1.Repair and Maintenance:** Immediate action should be taken to repair leaky taps and address any infrastructure issues contributing to water wastage
- 2.Awareness Campaigns:** Ongoing awareness campaigns should be conducted to educate students and staff about the importance of water conservation and simple practices to reduce consumption.
- 3.Infrastructure Upgrades:** Consideration should be given to implementing water-saving fixtures and technologies, such as low-flow faucets and efficient irrigation systems, to optimize water usage.
- 4.Rainwater Harvesting:**The installation of rainwater harvesting systems should be explored to harness rainwater for non-potable purposes and reduce reliance on external water sources
- 5. Monitoring and Evaluation:** Regular monitoring and evaluation of water usage should be conducted to track progress and identify areas for further improvement.

Conclusion

The water audit conducted at Garware College of Commerce provided valuable insights into water consumption patterns and highlighted opportunities for

conservation and improvement. By implementing the recommendations outlined in this report and fostering a culture of water stewardship, the college can contribute to sustainable water management practices and mitigate the risk of water scarcity in the future. Continued collaboration and community engagement will be essential in achieving these objectives and ensuring a greener, more sustainable campus environment.

Preparation and Execution:

The date for the water audit was fixed for the 4th of March, and the core team along with green club members (Total 28) commenced preparations from the same day. We collected the complete information from the Water Management officer regarding supply of water , duration, consumption, the various pipe lines, drinking water tanks capacity , Total number of washrooms , consumption of water in washrooms , remedies in water scarcity etc.

Mr. Nandan Saptarshi and Mrs. Majiri Kulkarni gave us complete information. We created the awareness regarding saving of water by pasting the Water saving posters in washrooms and Garware hostels (Boys & Girls)

Also We took random interviews of students and collected information from them to do the pilot study of regular usage of water by them.

We sensitizes our students regarding optimum usage of water.

We also conducted one session of guest faculty , Prajakta Abhang for all the students. The topic was Water conservation, Its importance and River ecosystem. The Geo Tag photo graph is attached herewith.

The involvement of the GCC social was pivotal in designing a poster. Green club created an Instagram account to promote environmental awareness. Over the span of seven days, more than six meetings were held to coordinate and prepare for the audit. The audit was executed successfully with the collaboration of the core team, faculty heads, and enthusiastic green club members.



MANTHAN HEALTHY MIND

- NURTURING MENTAL HEALTH -

जा.क्र.: MHM/ Propo/ 01 /01- 2024

Dt. 02/02/2024

To,
Megha Palkar
Clinical Psychologist & counselor,
Center for Psychological Counselling,
Garware College of Commerce [Autonomous]
Khilarewadi.

Sub.: Proposal for the online sessions on study skills.

R/ma'am,

As per our telephonic discussion, we, Manthan Healthy Mind Counselling Services and Training Institute would be excited to work with you. Manthan Healthy Mind conducts various webinars, workshops, lectures, and counseling sessions.

We, Manthan Healthy Mind, are a team of two Counselling Psychologists, Swapna Aserkar and Yashashree Huddar. We have a Master's degree in Psychology and have an experience of about 16 to 18 years in counseling.

As per our discussion we are going to conduct the 6 sessions in 2 days.

No.	Component	Duration	Charges in Rs.
1.	Goal Setting, Self-Motivation,	1 hour	2000/-
2.	Learning Skills	1 hour	2000/-
3.	Reading Skills	1 hour	2000/-
4.	Time & Stress Management	1 hour	2000/-
5.	Mind Map & Note Taking	1 hour	2000/-
6.	Exam Anxiety	1 hour	2000/-
	Total	6 hrs	12,000/-

Pl. Consider

Ms. Pragyanka Jain

[Signature]

Yours faithfully,



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Ref. No. 719/2023-24

Date
08.02.2024

PSYCHOLOGICAL COUNSELING CENTER

To,

MANTHAN HEALTHY MIND,

Sub : Letter of Invitation for A Guest Speaker

Respected Madam,

We are delighted by having the opportunity to invite you as a Guest Speaker in our college. I am pleased to inform you that, you are cordially invited as Guest Speaker for Study skills program. The program will held for two days 3 hours on each day, total 6 hours online session

This workshop will take place online and will be held on **Date 15.02.2024 at 9.30 AM to 1 PM and 16.02.2024 at 9.30 AM to 1 PM**

Your knowledge and experience in this area would be helpful for our students, who are eager to learn more about Study skills

We hope you will accept our request for the invitation and help our students to gather knowledge.

Thank you very much

Megha Paikar
(Megha Paikar)
Clinical psychologist & Counselor

(Signature)
(Dr. Kishor Desarada)
Principal



MAHARASHTRA EDUCATION SOCIETY'S

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E-mail: Office : office.gcc@mespune.in Principal : ksd.gcc@mespune.in Website : www.gcc.mespune.in
[Univ. I.D. No.: PU/PN/C/018/(1967)] • AISHE Code : C - 41854 • U-DISE Code : 27251401523 • Jr. College Code : 11,11,002

Ref..No

8/02/2024

NOTICE
PSYCHOLOGICAL COUNSELING CENTER
FOR FIRST YEARS STUDENTS
B.Com. & BBA
ACADEMIC YEAR 2023 -24

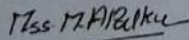
Study skills program

All the B.Com. & BBA first years students of the college are hereby notified that online sessions of experts are arranged on 15 and 16 Feb 2024. The online workshop for improving your study skills. The online workshop timing are 9.30 am to 1 pm..

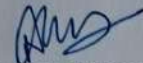
Study skills are fundamental to academic competence. Effective study skills are associated with positive outcomes across multiple academic content areas and for diverse learners. The purpose of this program is to describe an information-processing perspective on the contribution of study skills to academic competence and to identify evidence-based strategies that are effective in helping you to improve your study skills. These are some an information-processing framework which will help you in your study method.

- 1] Goal setting & Self-Motivation
- 2] learning skills
- 3] Reading skills
- 4] Time & Stress Management
- 5] Mind Map & Note Taking
- 6] Exam Anxiety

The attendance is compulsory for all B.Com. & BBA first years students



(Megha Palkar)
Clinical psychologist & Counselor



(Dr. Kishor Desarada)
Principal



MAHARASHTRA EDUCATION SOCIETY'S
GARWARE COLLEGE OF COMMERCE (AUTONOMOUS)

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Best College Award by Savitribai Phule Pune University

Dr. Kishor S. Desarda
Principal

Karve Road, Deccan Gymkhana, Pune - 411004, (India) Phone : Office 020-41038300 Principal : 020-41038301
E-mail: Office : office.gcc@mespune.in Principal : ksd.gcc@mespune.in Website : www.gcc.mespune.in
[Univ. I.D. No. : PU/PN/C/018/(1987)] • AISME Code : G - 41864 • U-DISE Code : 27251401523 • Jr. College Code : 11.11.002

Ref.No. 751/2023-24

CENTER OF PSYCHOLOGICAL COUNSELING

Date
16.02.2024

To,

MANTHAN HEALTHY MIND;

Mrs Swapna Aserkar

Mrs Yashashree Huddar

Sub : Letter of Appreciation

Respected Madam,

On behalf of the CENTER OF PSYCHOLOGICAL COUNSELING GARWARE COLLEGE OF COMMERCE . I want to express our appreciation to you for the Guest lecture on **STUDY SKILLS**. Held on Thursday 15/feb./2024 and Friday 16/feb. /2024 at 9.30 AM to 12.30 PM . It was extremely informative.

We hope to get a chance to hear from you in future also.

Thank you very much

Regard

Mrs M. A. Palkar

(Megha Palkar)
Clinical psychologist & Counselor

[Signature]
(Dr. Kishor Desarada)
Principal

Meeting

178

Yashashree Huddar

SWAPNA ASERKAR

Chinmayee Bapat

Megha Paikar

6256.6082.6670

6256.6082.6670

N

Navdeep Singh

Samartha Modak

Pratik Deshmukh

6456 Atharva sawarkar

6849 Dhanshree Owande

Ishika Jain

Vaishnavi Marne

Nilofar Nadaf

E. 6837 Aditya M...

Krish raithatha :)

Ishika Jain

Vaishnavi Marne

Nilofar Nadaf

6837 Aditya Mahadik

Krish raithatha :)

Shravani More

A

saniya

Shreenanda Rajeeesh Namb...

Shashwat Doshi-13218

Shravani More

Alshad Gandhi

saniya

Shreenanda Rajeeesh Namb...

Shashwat Doshi-13218

Sagar Padile

13468 Yash Vora

Siddhi Koundan...

Samiksha Deshp...

Chaitanya Desh...

Sagar Padile

13468 Yash Vora

Siddhi Koundanya 6085

Samiksha Deshpande

Chaitanya Deshpande

Stop Video

Security

Participants

Chat

Share Screen

Record

Show Captions

Reactions

Apps

Whiteboards

Notes

More

End

Activate Windows

Go to Settings to activate Windows

Type here to search

NIFTY

10:59 AM

2/15/2024

ENG




[Close](#)

Participants (111)

- | | | | |
|-----|-----------------------------------|--|--|
| SB | Swayam Bafna (FY B.com 6263)di... | | |
| TK | Tanish kudale | | |
| TK | Tanvi kachi | | |
| TS | Tanvi Satalkar | | |
| TS | Tanvi Shinde | | |
| VB | Vedant Bhoi | | |
| VP | Vedant Padamwar | | |
| VT | Vishal Thopate | | |
| YK | Yousha Karandikar | | |
| ZP | zuha parkar | | |
| (B) | (6444) Balvindra Singh Bhatiya | | |
| P | Atharva Patil | | |
| P | Prajyot | | |
| SK | Siddhi Koundanya 6085 | | |

[Invite](#)

Zoom Meeting Grid

Diksha kutwal 1... Diksha kutwal 13413	zuha parkar zuha parkar	Harsh Talwar Harsh Talwar	(6700) Shankar... (6700) Shankar Desai	Vedant Hirve 13... Vedant Hirve 13222
6633 Vaishnavi... 6633 Vaishnavi Pawar	sakib patel sakib patel	Prerana Chaudh... Prerana Chaudhari 6619	 madhura joshi	6013-Shridevi B... 6013-Shridevi Bhandari
unnati unnati	pradnya bhale... pradnya bhale...	Purva-13404 Purva-13404	Sujit Bhongale Sujit Bhongale	Ayush Jagtap Ayush Jagtap
Mohit Mohit	 Raj Kahane 6811	6035 Yash Rakate 6035 Yash Rakate	DKamble 6317 DKamble 6317	sarang jadhav sarang jadhav
Riddhi Bhuwad... Riddhi Bhuwad 6907	Rutuja Rutuja	 DIVYAKUMAR CHORDIYA	UERJTZeJ+ +gH... UERJTZeJ+ +gHUK1YMzizM...	Sanjana Bhalera... Sanjana Bhalerao, fybbaca

Windows Taskbar: Mute, Stop Video, Security, Participants (179), Chat, Share Screen, Record, Show Captions, Reactions, Apps, Whiteboards, Notes, More, End

System Tray: NIFTY, 11:00 AM, 2/15/2024, ENG

lenovo



MAHARASHTRA EDUCATION SOCIETY'S

GARWARE COLLEGE OF COMMERCE (AUTONOMOUS)

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

Ref.No.: 540/2023-24 PSYCHOLOGICAL COUNSELING CENTER

Date
1.12.2023

To,

Dr. Asmita Damale,

Sub : Letter of Appreciation

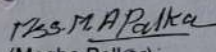
Respected Madam,

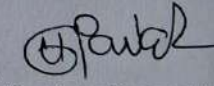
On behalf of the PSYCHOLOGICAL COUNSELING CENTER GARWARE COLLEGE OF COMMERCE . I want to express our appreciation to you for the Guest lecture on "AAUARVED AND MAN, AAHAR AND YOGA. Held on Friday Date 1.12.2023 at 8 AM to 9 AM and 12 PM to 1 PM. It was extremely informative.

We hope to get a chance to hear from you in future also.

Thank you very much

Regard


(Megha Palkar)
Clinical psychologist & Counselor


Pr. (Dr. Kishor Desarada)
Principal



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Ref No.: S20/2023-24 PSYCHOLOGICAL COUNSELING CENTER

Date
29.11.2023

To,

Mr Samip Nagwekar

Director, MANODERYA ADDICTION CENTER,

Sub : Letter of Invitation for A Guest Speaker

Respected Madam,

We are delighted by having the opportunity to invite you as a Guest Speaker in our college. I am pleased to inform you that you are cordially invited as Guest Speaker on 'ADDICTION AWARENESS' This workshop will take place online and will be held on Friday Date 1.12.2023 at 9 AM to 10 AM and 1 PM to 2 PM.

Your knowledge and experience in this area would be helpful for our students, who are eager to learn more about ADDICTION.

We hope you will accept our request for the invitation and help our students to gather knowledge.

Thank you very much
Regard

Megha Palkar
(Megha Palkar)
Clinical psychologist & Counselor

Dr. Kishor Desarda
Principal



MAHARASHTRA EDUCATION SOCIETY'S
GARWARE COLLEGE OF COMMERCE (AUTONOMOUS)
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Dr. Kishor S. Desarda
Principal

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E-mail: Office : office.gcc@mespune.in Principal : ksd.gcc@mespune.in Website : www.gcc.mespune.in
[Univ. I.D. No.: PU/PN/C/018/(1967)] • AISHE Code : C - 41864 • U-DISE Code : 27251401523 • Jr. College Code : 11.11.002

Ref. No: 541/2023-24

PSYCHOLOGICAL COUNSELING CENTER

Date
1.12.2023

To,

Mr. Samip Nagwekar ,

Sub : Letter of Appreciation

Respected Madam/Sir

On behalf of the PSYCHOLOGICAL COUNSELING CENTER GARWARE COLLEGE OF COMMERCE . I want to express our appreciation to you for the Guest lecture on "ADDICTION AWARENESS" Held on Friday Date 1.12.2023 at 9 AM to 10 AM and 1 PM to 2 PM. It was extremely informative.

We hope to get a chance to hear from you in future also.

Thank you very much

Regard

Megha Palkar

(Megha Palkar)
Clinical psychologist & Counselor

Dr. Kishor Desarada
(Dr. Kishor Desarada)
Principal

PSYCHOLOGICAL COUNSELING CENTER
AAUARVED AAHAR, YOGA AND MIND

Report

Date
29.11.2023

Guest Speaker for "AAUARVED AAHAR, YOGA AND MIND .This workshop take place online and held on Friday Date 1.12.2023 at 8 AM to 9 AM and 12 PM to 1 PM By Dr. Asmita Damle,

Aim of workshop to know how Ayurveda helps in improving Mental Health. Good mental health refers to a perfect linking of emotional, psychological, and social aspects in one's life. Adverse childhood experiences and their prolonged exposure may extend to adulthood, resulting in mental trauma, or some kind of medical illness. A person is said to be emotionally / physically fit, they should enjoy a good balance of mind, body, and soul.

The traditional science of Ayurveda proves the long-term solution to unresolved conditions of mental trauma by rejuvenating physical and psychological factors in one's life. Ayurveda brings out its natural approach to regulating emotional behavior through herbal medications and lifestyle modifications. The ayurvedic approach to mental health helps to reduce depressive and anxious episodes in one's life and is effective in reducing a series of mental health disorders.

The Mind: According to Ayurveda

The mind is considered the launchpad between the senses and the soul. It is an extraordinary organ that controls both sense-related and functional activities of the body. It has unique characteristics to correlate with every emotion of life - happiness, fear, anger, shame, contempt, disgust, guilt, distress, interest, surprise, and joy.

A person's mind has three qualities - sattva, rajas, and tamas on which our mental nature or character is defined and accordingly one's character is modulated. An uncertain proportion of these qualities and a dynamic imbalance of doshas may upset the mental balance.

The Origins of Mental Illness

Mental illness occurs due to any sort of brain damage, Stressful life situations, and chronic medical conditions that may lead to various forms of mental health disorders such as OCD, depression, mania,

PTSD, and psychosis. Hence, mental illness comes under a vast category in which its unauthenticated behavior affects emotion, thinking ability, and attitude. Online workshop approach was to increase awareness of the students to know how Ayurveda helps in improving Mental Health. According to Ayurveda mental illness occurs due to Pradnyaparadh and tridosh imbalance.

Why is Ayurveda Prevention for Mental Disorders Important?

Ayurveda's approach to treating any ailments does not include the treatment of any single disease alone. Ayurveda follows a therapeutic regime to remove toxins that inhibit the natural energy flow in the body. Ayurveda prevention of mental disorders aims at the relaxation of Ojas to pacify the conscious mind for better mental and physical health. Ayurveda practitioners conduct a detailed analysis of a patient with respect to their medical history, lifestyle pattern, physical and mental tridosh pattern and diet regime and recommend an effective therapeutic solution to improve their cognitive abilities.

Certain herbal medications along with their purificatory treatments address the underlying root cause of the mental disorder and are able to find an effective solution for the cause of mental illnesses such as Stress, Migraines, Dementia, Mood swings, Emotional disturbance, and insomnia. Ayurveda seeks realistic behavior of physical and mental health through holistic light to recognize their actual self for mental nourishment. This systematic technique of mindfulness nourishes the brain cells to achieve positive signals that trigger good thoughts, observations, concerns, feelings, and opinions.

Ayurveda Tips for Enhancing Mental Health

Ayurvedic management of mental health brings both Agni and doshas in balance and enhances a sense of good contentment and well-being.

Following a healthy lifestyle with a nutritious diet can relieve signs of mental disorders to a great extent. Also, Ayurveda treatment can calm or relax your body tone in the natural way of the detoxification process.

Diet and Lifestyle Modifications for Mental Health

Paying attention to what you eat and when you eat are inevitable factors one could consider for good mental strength. Ensure we follow a strong brain-healthy diet and healthy lifestyle routine to support better mental emotions. Here is a list of healthy eating tips for the betterment of mental strength.

- Stay hydrated to flush out toxins in your body
- Avoid high levels of processed food such as fried chips, sugar-filled snacks, and soft drinks.
- Practice leisure time apart from a busy work schedule
- Eat seasonal fruits and veggies
- Enhances the intake of healthy fats for appropriate brain functioning
- Chew well for better digestion
- Exercise regularly
- Have a sound sleep
- Make a good social connection with friends and family

- Always consume freshly prepared warm foodstuff
- Consume food that contains omega-3 fats which are present in oily fish like tuna, salmon, mackerel, perch, herring, and sardines, flax seed, almonds.
- Eat whenever you are really hungry.

Ayurveda Therapies for Enhancing Mental health

The application of medicated herbs with personalized therapies can calm and relax the mind, body, and soul. **Ashwagandha** is one such magical herb to improve cortisol levels and thereby increases the proper functioning of brain cells. **Brahmi** can accelerate positive impact on memory, concentration, and intelligence and helps to reduce the signs of negative emotions in mental health. **Turmeric** can improve blood circulation and helps to prevent the brain cells from developing mental disorders.

Vamana is a type of panchakarma therapy in which bitter kadha of herbs are introduced to induce vomiting and thereby cleansing of the body takes place to relieve the stress associated with mental disorders. **Shirodhara** is the Ayurveda technique of pouring medicated oil onto the center of the forehead and is effective in people who suffer from insomnia, sleep disorders, anxiety, depression, and other forms of mental disorders. **Satvavajaya chikitsa** induces positive thoughts regarding self-awareness, family, and social responsibilities. This therapy is effective in treating mental disorders that are caused due to emotional disturbances.

As a whole, you are well aware that Ayurveda can relieve the signs of mental disorders naturally without having any side effects. If you or your loved ones are experiencing any mental health issues such as stress or depression,

Megha Palkar

(Megha Palkar)
Clinical psychologist & Counselor

(Dr. Kishor Desarada)
Principal



M.E.S.

Garware College of Commerce Autonomous

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Office: Karve Road, Deccan Gymkhana Pune - 411 004

Ph.No. (0) 41038300, E-mail: office.gcc@mespune.in Website: gcc.mespune.in

Dr. Sulabha Patole
Principal

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Notice

All the students of FY BBA, BBA-IB, BBA-CA and BBA-DI are hereby informed to note the schedule of a counselling week-

Sr. No.	Day, Date and Time	Class	Topic	Speaker
1	Monday 24.07.2023 at 12.00 to 01.00 pm, 402	FYBBA	Self Esteem	Smt. Megha Palkar
2	Monday 24.07.2023 at 01.00 to 02.00 pm, 202	FYBBA-IB		
3	Wednesday 26.07.2023 at 01.00 to 02.00 pm, 402	FYBBA-CA		
3	Friday 29.07.2023 at 01.00 to 02.00 pm, 303	FYBBA-DI		

The attendance is compulsory.

Dr. Sandeep Rathod
Coordinator

Dr. Sulabha Patole
Officiating Principal

Aim of the workshop to increase awareness about the importance of mental health

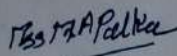
INTRODUCTION

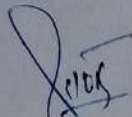
The subject "What mental health awareness is? And how it makes a difference in your personal and professional life as well"

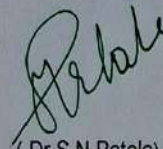
Mental health determines how you think, feel and act. Good mental health is when you feel positive about yourself and cope well with the everyday pressures, stress, challenges and many more as well. If you experience issues dealing with everyday problems, it could be a sign of a mental health problem and should be addressed immediately.

Improved academic performance: Students who prioritize their mental health are better able to manage stress, anxiety, and depression, which can lead to better academic performance. Better relationships. Good mental health can lead to improved social connections and better relationships with peers, family, and friends improving personality as well. The session was interactive with discussion. All students actively participated with it.

This was the one hour interactive session for all students from FY BBA, BBA-IB, BBA-CA and BBA-DI. This session was scheduled as counseling week for one hour each class. From dated 24.07.23 to 26.07.23. The said session was delivered by Megha Palkar, counselor, faculty of the college.


(Megha Palkar)
Clinical psychologist
& Counselor


Dr. Sandeep Rathod
Coordinator


(Dr. S.N. Patole)
Principal

Year	BBA IB FY	
Class/Div.	.	
Date	24/07/23	No. Of Students

IB

1.	Remark	Sing
2.	Informative lecture	AD
3.	Very eye opening & informative lecture	Prasanna
4.	It was interesting & informative	Ashish
5.	"	Rohit
6.	It was very very nice lecture! Thank you!	Yash
7.	Came to know ^{about} many things	Aktara
8.	Keshav Very good	AD
9.	Great Lecture	AD
10.	Great Lecture	AD
11.	Very good	Divak
12.	good lecture	@
13.	lecture was so boring	AD
14.	It was good 😊	AD
15.	good lec.	AD
16.	Very Interesting Lecture	S.S.V
17.	Energetic	Deban
18.	Very Interesting & Informative lect.	Bhargav P
19.	Interactive session	AD
20.	(good :)	AD
21.	Pretty good!!	AD
22.	Krushna Good	AD
23.	Very boring	AD
24.	OR! OR!	Dhondharu
25.	No words	AD
26.	Good	AD
27.	good	AD
28.	Great	Baile
29.	Interesting	AD
30.	Very Helpful!	Mayur

Mrs MA Palka
 (Megha Palkar)
 Clinical Psychologist & counselor

Year	FY BBA-CA	
Class/Div.		No. Of Students
Date	24/07/23	

	Remark	Sing
1.		
2.	Very interactive session and it was very helpful	Arshyab
3.	The session was very informative and useful	Bhavya -
4.	It was better Explain Mental health (Helpful)	Shrutwal
5.	I learnt many things about mental health	PAB
6.	It was very helpful, learnt a lot things	Jidyaj
7.	Lecture was so interesting and helpful	Buttakar
8.	Lecture was so informative & interesting	Jayal
9.	It helped me to improve my health	manish
10.	lecture very nice lecture	Shruti
11.	I learnt many things about mental health	Devid
12.	The session was very informative & helpful	Tanish
13.	The lecture was very productive & useful for us.	Arund.
14.	The lecture was not boring!	*Jalpell
15.	Very interactive. will surely help us alot.	Kadav
16.	It was very interactive & loved it alot	Smriti
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Megha Paika

(Megha Paika)

Clinical Psychologist & counselor

Year	FY BBA-CA	
Class/Div.		No. Of Students
Date	24/07/23	

	Remark	Sing
1.		
2.	Very interactive session and it was very helpful	Arshyab
3.	The session was very informative and useful	Bhavya -
4.	It was better Explor Mental health (Helpful)	Akshat
5.	I learnt many things about mental health	PAB
6.	It was very helpful, learnt a lot things	Jidyans
7.	Lecture was so interesting and helpful	Buttakar
8.	Lecture was so informative & interesting	Jayal
9.	It helped me to improve my health	musahar
10.	Lecture very nice lecture	Shruti
11.	I learnt many things about mental health	Shreel
12.	The session was very informative & helpful	Saisho
13.	The lecture was very productive & useful for us.	Bruno
14.	The lecture was not boring!	*Jalpellu
15.	Very interactive. will surely help us alot.	Kadarn
16.	It was very interactive & loved it alot	Sushil
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Megha Paika

(Megha Paika)

Clinical Psychologist & counselor

Year	2023 - 23	
Class /Div.	F.Y.B.B.A C.A.	
Date	26.7.2023	No. Of Students

1.	Remark	Sing
2.	Much needed, Informative.	Kounda
3.	Amazing lecture	Panwala
4.	Very helpful.	S
5.	helpful	GTall
6.	helpful	Shedix
7.	Amazing	Nalwa
8.	Informative, helpful	Yadav
9.	Introductive	MS
10.	Helpful	poorwal
11.	Good	Panwala
12.	Good Helpful	Sh
13.	Good	Sh
14.	Good	Sharma
15.	Good	Tanish
16.	Good	Niruz
17.	Good	Sagar
18.	Good	Shy
19.	Good	Aditya
20.	Nice	Sh
21.	Excellent	Dr. P
22.	Excellent	ABirun
23.	Best lec ever	Ankita
24.	Energetic	A
25.		
26.		
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30.		

1/30 T.A.Palku

Year	2023-24	
Class/Div.		
Date	26/7/2023	No. Of Students

1.	Remark	Sing
2.	Very good session on mental health.	Greshpande
3.	Useful and very interesting Lecture.	Vasun
4.	Good lecture on mental health	Sulkarai
5.	Helpfull & good lecture.	Shankar
6.	Very Helpful	Patil
7.	Good & Helpful	Amhka
8.	Good, Helpful	Tractant
9.	Helpful	Vah
10.	Good	P
11.	Good	Amul
12.	Helpfull	Govor
13.	Helpfull	Shumkar
14.	Helpfull	Sh
15.	Good	Sh
16.	Very nice & helpfull	Shinde
17.	Very nice & helpfull lectour	Pragati
18.	Helpfull	Fatima etc..
19.	Very good & helpful	Parvati
20.	Very Good & thoughtful	Shut
21.	Very Good and helpful	Sujal..
22.	very Good and helpfull	Praditya.
23.	very very excellent & helpful	Teerabhi
24.	Was helpful	Sh
25.	Very Good	Sh
26.	Good	Sh
27.	VERY Helpful	Sh
28.	good good!	Sh
29.	Helpful	Sh
30.		Amal

Year	F.Y BBA.	
Class /Div.	Design & Innovation	
Date	29/7/2023	No. Of Students

Sl. No.	Remark	Sing
1.		
2.	The lecture was slow but informative.	
3.	The lecture was so nice	Supan! Urad
4.	Lecture was really informative.	ma
5.	The lecture was really nice.	ma
6.	The lecture was good.	ma
7.	I liked the session & necessary for clarity.	ma
8.	IQ, EQ, SQ # difference understood.	ma
9.	The lecture was good, but not sure if I'll be free ^{later}	ma
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M. A. Palkar
 (Megha Palkar)
 Clinical Psychologist & counselor



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19.09.2022

NOTICE
Competition for NSS and NCC Students

**WORLD MENTAL HEALTH DAY 10 OCT. 2023
ADDICTION**

On the occasion of world Mental Health day 10 Oct. 2023 we are organizing a competition for NSS and NCC Students.

Addiction, as defined a chronic disease that changes the reward centers in the brain. While this can involve behaviors like gambling, shopping, smoking, alcohol. Addiction is most understood in terms of substance abuse that fundamentally changes how dopamine and other neurotransmitters associated with the reward system are managed in the brain. Behavioral characteristics of addiction involve an inability to control behaviors, cravings and withdrawal symptoms, and physical side effects, including damage to major organ systems.

In the Academic years 2023-24, the aim of the competition is to increase awareness about Addiction. Explore addiction by creating

- A Poster
- A Roll Play
- A Write-up

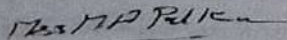
The Submission details

Day & Date : 30 October 2023

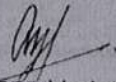
Time : Up to 3 P.M.

Place : NSS & NCC Department

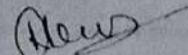
Important Note:- it is crucial for everyone to note that any similarity or copy of the poster or article will not be accepted



(Megha Palkar)
Clinical psychologist & Counselor



(Dr. Anand Lele)
Faculty In-Charge NSS NCC



(Dr. Kishor Desarda)
Principal

AIM OF COMPETITION IS TO IMPROVE AWARENESS ABOUT ALL TYPE ADDICTION

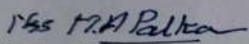
On the occasion of world Mental Health day 10 oct.2023 center of psychological counseling, MES Garware College of commerce (Autonomous) organizing a competition for NSS and NCC Students.

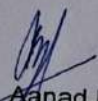
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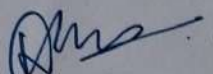
- Problems at work or college, including poor performance, lateness or absenteeism, and social dysfunction
- Loss of energy or motivation
- Neglecting one's appearance
- Spending excessive amounts of money on the substance
- Obsessing about the next dose, ensuring a consistent supply of the substance, and worrying about the next source of the substance
- Performing risky behaviors while intoxicated
- Experiencing withdrawal symptoms when unable to take the drug
- Developing tolerance, so it's necessary to take more to feel the original euphoria
- Stealing to get the drug
- Lying about consumption habits, or getting defensive or aggressive when questioned about consumption
- Compulsively taking the drug or being unable to stop taking it

Subject

- 1 Poster
- 2 Roll paly
- 3 A write Up


(Megha Palkar)
Clinical psychologist & Counselor


(Dr. Anand Lele)
Faculty In-Charge NNS & NCC


(Dr. Kishor Desarada)
Principal



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Ref. No. :

Date :

Notice

All the students are hereby informed that a Radio talk programme has been organized by the Economics Department. The topic "Pros and Cons of OTT vs Cinema Theatre" for a radio talk. Interested students enroll name with Dr Surendra Daware.

Details:

Date	27 th Dec 2023
Time	10.30 am
Venue	Vidyawani Community Radio Station (FM107.4) at SPPU, Pune

Dr Asha Khilare

(Head of Eco.)

Dr Kishor Desarda

(Principal)



सावित्रीबाई फुले पुणे विद्यापीठ
विद्यावाणी कम्युनिटी रेडिओ

FM 107.4 MHz

आवाज, आवाज रेडिओ



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Date : 27th Dec 2023

Ref. No. :

To
Director,
Vidyawani Community Radio,
SPPU, Pune

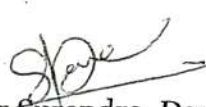
Subject: Thanking for Recording a Radio-talk on '**Pros & Cons of
OTT vs Cinema Theatre**'

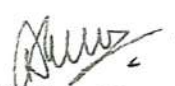
Dear Sir

We are grateful to you for recording and broadcasting a Radio-talk '**Pros & Cons of OTT vs Cinema Theatre**' organized by the Economics Department, Garware College of Commerce, Pune, on 27th Dec, 2023 at Vidyawani Community Radio, SPPU, Pune.

Our students were enlightened by your valuable insights. We look forward to continued association with you in the future.

With warm regards


Dr. Surendra Daware
(In charge of Activity)


Dr Kishor Desarda
(Principal)

Received
27/12/23

