



7.3.1

DISTINCTIVE FEATURE

CRITERION VII
KEY INDICATOR 7.3
METRIC 7.3.1

REPORTS OF ALL EVENTS AND PROGRAMMES DURING THE
LITERACY YEARS IN PAST ACADEMIC SESSIONS

- | | |
|------------------------------|--------------|
| 1. WATER LITERACY YEAR | 2018 -- 2019 |
| 2. HEALTH LITERACY YEAR | 2019 – 2020 |
| 3. MINDFULNESS LITERACY YEAR | 2020 – 2021 |
| 4. FITNESS LITERACY YEAR | 2021-- 2022 |

CURRENT YEAR

- | | |
|------------------------------------|------------|
| 5. SAFETY & SECURITY LITERACY YEAR | 2022--2023 |
|------------------------------------|------------|



• **Water Literacy Year.2018 -2019**

Coordinator :Principal Dr. Deepali Kotwal and Convener : Kalpana Dhawad

Under the aegis of water literacy year, it was decided to conduct various programs related to water issues so that students and public in general are made aware about looming water shortage and ways to tackle this issue. To tackle various water related issues, involvement of young generation is a must. So various programs involving students to trigger thinking in students about future scarcity about water were planned.

| SN | Activities/Events | Date of event | Participants | Issue addressed |
|----|---|-----------------------------------|---|--|
| 1 | Theme talk by Mr. Sandeep Adhyapak, CEO Waterfield Technology, Thane | 23rd July 2018 | Staff and students of the college | Rain water harvesting and ground water management |
| 2 | Intercollegiate poster and intra-collegiate slogan competition | 6 th August 2018 | 186 students from various colleges of RTM Nagpur University | Water related issues |
| 3 | 1. Mega rally 2. Two street plays were staged at prominent locations during the rally to attract public attention .(NSS unit of college) | 1st September 2018 | 2000 students of college and other colleges and RTM Nagpur University | To make public in general, aware about water scarcity, proper management of water, to make them aware about wastage of water. |
| 4 | Street play Competition on “Jal Hi Jeevan Hai” in collaboration with NSS Units of RTM Nagpur University | 5th September 2018 | 17 teams from various colleges participated | Spreading the message of water conservation and harvesting through innovative plays. |
| 5 | Aqua Video Competition (intercollegiate) | 6th September 2018 | | Videos on Water conservation, rain water harvesting |
| 6 | A Model Making Competition on Water harvesting and waste water management | 7th and 8th September | School students (8, 9 and 10 standard). 50 teams of 26 schools participated in the event. | Increasing awareness about water conservation and water saving |
| 7 | House hold survey on water was taken up for Nagpur City Paper was presented in the conference on the outcome of the survey. | August September and October 2018 | Students of college guided by teachers. Sample size 750. | Make students aware about water issues and also they will spread the message of water conservation and harvesting in the society |
| 8 | A National Aqua Conference on ‘Water Conservation :Role of Educators’ was organized Mr. Satyajit Bhatkal of PAANI Foundation was Key Note Speaker. Dr. Madhavrao Chitale, eminent activist in the field of water, presided over the inaugural | 18th December 2018 | 350 registered participants | Water conservation in urban and Rural areas |



Water Literacy Year Off To A Grand Start With Theme Talk on Rain Water Harvesting in L.A.D. College

In order to fulfill its social commitment and obligations, L.A.D. and Smt. R.P. College for Women, Nagpur, decided to celebrate 2018-2019 as Water Literacy Year. These celebrations commenced with an interdisciplinary Theme Talk on Rain Water Harvesting and Ground Water Management'' by Shri Sandeep Adhyapak, Chairman and Managing Director, Waterfield Technologies Pvt Ltd., Thane, on 21 July, 2018. Dr. Deepali Kotwal, Principal, Ms. Kalpana Dhawad-Convenor, Ms Radhika Yelkawar, Ms. Azra Siddiqui, Vice Principals (Senior and Junior College, respectively), were on the dais. At the outset, Ms. Kalpana Dhawad briefed about the Water Literacy Year and various activities planned as socio-academic interventions throughout this year. Slogan and Poster Competition, Street Play Competition, Model Making Competition for school children and Aqua Video Competition will be held to create awareness in this year. She informed that a National Conference on 'Water Conservation: Role of Educators' will be organized on 18 December 2018. Principal Dr. Kotwal welcomed Shri Adhyapak and pointed out how affected the city and the college were by the vagaries of nature and how this interdisciplinary socio-academic endeavor would go a long way in creating awareness about this natural resource and fundamental right of all of us. The College aims to raise a brigade of 'Jalmitras or 'Water Warriors'' who will selflessly work for water conservation.

Shri Adhyapak, in his empirical and erudite talk, pointed out that Maharashtra was grappling with water scarcity even after so many years of independence. Citing the metaphor of a farmer who reaps and harvests his crops and later on consumes it, he said that it is essential to harvest rain water in a similar manner and added that all over India, harvest season is celebrated in a festive manner but rain is never celebrated. Defining rain water harvesting, he shed light on its key benefits, its types, the working of a typical rain water harvesting system and how it can be done, etc among many other things. His treatment of this technical subject was deft, lucid, student centric and interactive.

The programme was ably compered by Dr.Meenakshi Kulkarni and a formal vote of thanks was proposed by Dr. Shivani Balkundi. This talk received overwhelming response and was attended by students of L.A.D and Indradhanu Cluster of Colleges, alumnae members, all teaching and non-teaching staff members of the college. Dr.Prachiti Bagade worked as the event in-charge and she was ably supported by Ms Kanchan Bade, Rashmi Kochey, Rijuta Bapat, Varsha Bhujbal, Neelima Waghmare, Dr. Meenakshi Kulkarni, Dr. Shivani Balkundi Dr. Shireen Aghor, Ms. Vaishali Gadhe, Ms.VandanaFulzele, Dr.RohiniKalikar and all members of the Steering Committee. The program was well attended by the entire college staff and many students were the beneficiaries.



Exemplary 'Aqua Rally: Walk for Water' Organized by L.A.D. College

L.A.D & Smt. R.P. College for Women, Nagpur, organized an *Aqua Rally* in collaboration with Rashtrasant Tukadoji Maharaj Nagpur University's NSS, on 1st September 2018. L.A.D College celebrated the academic year 2018-19 as *Water Literacy Year* and hence various socio-academic activities were planned throughout the academic year 2018-19. The rally was organized to generate water literacy in the society. The rally was flagged off by Hon.Vice Chancellor Dr. Siddharthvinayak Kane, R.T.M. Nagpur University with Dr. Keshav Walke, Director, NSS, RTMNU and Dr. Deepali Kotwal, Principal, L.A.D College, at 8.30 am. At the outset, *Vidyapeeth Geet* was sung by the students of the Department of Music and an Oath on *Water is Life* was administered to the students. Ms.Vishakha Shahane & Ms. Neelima Waghmare conducted the proceedings. The rally commenced from the Shankarnagar Campus via VNIT Square, Bajaj Nagar and moved towards Shankarnagar square covering a distance of 3 Kilometers. Two Street Plays were staged by the students of NSS Units during the rally. Students of NSS Unit I staged a street play *Jal hi Jeevan Hai* at VNIT Square and Unit II staged a street play titled *Kahani Ek Boond Ki* at Shankarnagar Garden Square. The entire atmosphere reverberated with slogans on water and its importance. The exemplary Rally proceeded on its route in a very organized and disciplined manner. All students were dressed up in their respective college uniforms and carried banners on various aspects of water.

The Rally received overwhelming response from all college students. Approximately 2200 students, teaching and non-teaching staff of L.A.D. College and students of NSS units of 16 affiliated colleges of R.T.M. Nagpur University along with their faculties participated in the Rally.

The refreshments for all participants were sponsored by Indian Sports, Laxminagar, Sunder Biscuits, Nagpur and London Bubble Co. Nagpur, Mr. Amit Tamgadge and Mr. Prithviraj Gulati. Dr. Vandana Pathak as Team Leader, Dr. Durgeshnandani Titarmare (Convenor), Ms.Varsha Bhujbal (Convenor), Dr. Prachiti Bagaday (Co-Convenor) and Dr. Suchita Ingle (Co-Convenor) along with Ms. Kalpana Dhawad, Convenor of Conference, Dr. Sadhana Deshmukh, Dr. Alka Dhondge, Dr Neeta Kashyap, Ms. Neelima Waghmare, all Steering Committee Members with NSS Volunteers worked hard for the event. The College is grateful to the Deputy Commissioner, NMC, Dharampeth Zone, Deputy Commissioner of Police, Traffic Branch and Team, MIDC, Senior Police Inspector, Police Station Bajaj Nagar and his staff, Dr. Hatwar and team of Icon Hospital and Director VNIT, Nagpur, and last but not the least, Management of Women's Education Society, Nagpur, for their cooperation and support. To mark the culmination of the *Water Literacy Year*, the college is organizing a National Conference on *Water Conservation: Role of Educators* on 18th December 2018.





CITY COLLEGIANS MARCH TO SAVE WATER AND TO CONSERVE EACH DROP

With each passing year, the city has witnessed acute water shortage and the trauma that it causes to common people. To create awareness about this important issue, LAD College organised an aqua rally, where hundreds of students of various city colleges walked, sang and presented street plays to draw people's attention to this cause. We hope to see more such initiatives by the youngsters.



Walking for an important cause



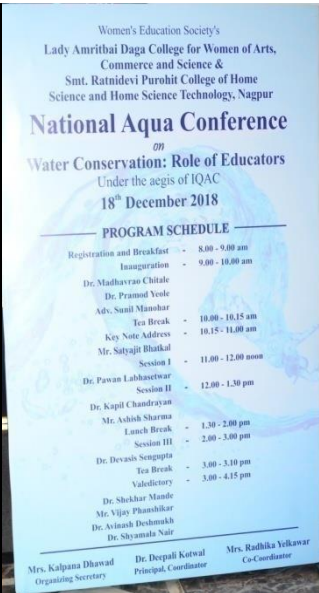
STREET PLAY



MODEL MAKING AND POSTER COMPETITIONS : 2018



AQUA CONFERENCE 18 DEC 2018



CONFERENCE COVERAGE IN NEWSPAPER



MADHAV CHITALE



SATYAJIT BHATKAL



SHEKHAR MANDE



L. A.D & Smt. R.P. College for Women, Nagpur
NAAC SSR 2016 - 2021



CERTIFICATES

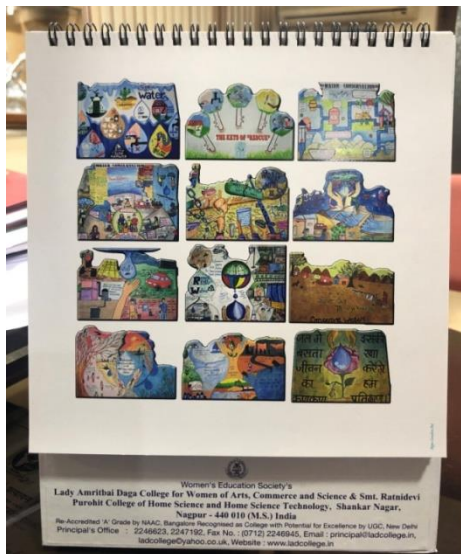
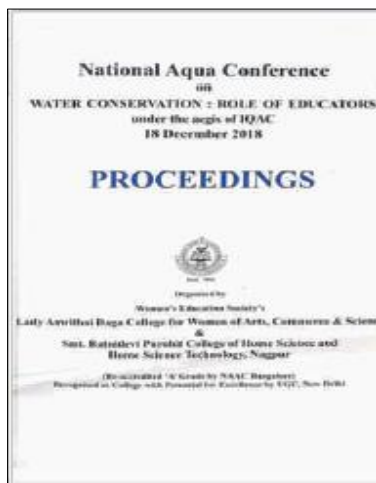


Table Top Calendar



PUBLISHED PROCEEDINGS



Valedictory



• **Health Literacy Year.2019 -2020**

Coordinator : Principal Dr. Deepali Kotwal and Convener : Dr. Kakoli Upadhyaya



आरोग्यम धनसंपदा! 2019-2020

Health Literacy Year was declared on 22.3.2019. The programs held under it are:

1. International Yoga Day & Meditation on 21.6.2019.

- In collaboration with the Dept. of Sports and Physical Education of the college, International Yoga Day was observed along with a workshop on Meditation.
- The Health Literacy Year was inaugurated on the same day. The Chief Guest for the programme was Er. Sanjay S.Khonde who gave a lecture cum demonstration on the different Mudras and Yoga Kriyas including Meditation.
- It was an intercollegiate event where Staff and students participated



INTERNATIONAL YOG DAY

2. Personality Workshop



Inauguration of Personality Development Workshop



Dr. SudhirBhave, Dr. Suresh Chari and Ms. Swaima Ahmed

3. BEAUTY WITH HEALTH COMPETITION



4. Workshop conducted by Dept. of Music and Dept. Of Philosophy ‘**Tune your Life with Melody of Music**’ on October 1, 2019.

Convenor : **Dr. Vaikhari Wazalwar**, H.O.D, Dept . of Music.

- A workshop on **Gandharva Yoga and Education** was conducted for students and staff on 1.10.2019.
- Acharya Kedar Joshi (Yoga Expert) & Surmani Arvind Upadhye (Flutist) gave a lecture –cum-demonstration on the benefits of music as a hobby for health and happiness.
- The program was very well received by the students and staff .



Tune your Health with Melody of Music

5. Symposium on Essentials of Nutrition in Sports Performance on 31.8.2019.

Convenor: **Dr. Durgeshnandini Titarmare**, H.O.D, Dept. of Sports and Physical Education. In collaboration with the Dept. of Sports and Physical Education a Symposium on Essentials of Nutrition in Sports Performance was held on 31.8.2019. Our partners were Nutrition Society of India, Nagpur Chapter .

- The Keynote Speaker was Dr. Y. Venkata Ramana, Scientist-F & Head, Dept. of Work Physiology and Sports Nutrition in MYAS-NIN Dept. of Sports Science & ICMR- National Institute of Nutrition, Hyderabad.
 - The other two Guest lectures were given by Dr. Priti Rishi Lal, Scientist –E(Sports Nutrition) who spoke on ‘Principles of Diet planning in various sports’ , and Dr. Kommi Kalpana, Scientist- D (Sports Nutrition) who delivered a lecture on ‘Nutritional Ergogenic Aids- Effects, Efficacy & Safety’.
- Both the scientists were from MYAS-NIN Dept. of Sports Nutrition, ICMR- National Institute of Nutrition, Hyderabad.



**L. A.D & Smt. R.P. College for Women, Nagpur
NAAC SSR 2016 - 2021**

- A Panel discussion on ‘Nurturing a child athlete- the role of Coach, Trainer, Nutritionist, Sports Medicine Doctor & Psychologist’ was also held on the same day with Dr. Jayashree Pendharkar (Nutrition and Diet Consultant), Dr. Ashish Agarwal (Orthopaedic doctor & Sports Physician) and Dr. Shailesh Pangaonkar (Sports Psychologist) participating as Panelists.
- Dr. SabihaVali and Dr. Kavita Bakshi were the Chairpersons for the scientific sessions. Dr. A.N. Radha, Dr. Rekha Sharma and Dr. Renuka Mainde were the coordinators form the NSI, Nagpur Chapter.



Women's Education Society

**Health is Wealth
A Lifelong Treasury**
Health Convey Year 2019 - 2020

Upcoming Event
National Seminar
on
**Aaragyan Dhan Sampada:
A Lifelong Treasury**
14 December 2019, Saturday

Organized by: Women's Education Society, LAD College

Co-organizer: Dr. Ashish Agarwal, Dr. Jayashree Pendharkar, Dr. Shailesh Pangaonkar

Co-ordinator: Dr. Sabiha Vali, Dr. Kavita Bakshi

Guests: Dr. Ashish Agarwal, Dr. Jayashree Pendharkar, Dr. Shailesh Pangaonkar

Chairpersons: Dr. Sabiha Vali, Dr. Kavita Bakshi

Coordinators: Dr. A.N. Radha, Dr. Rekha Sharma, Dr. Renuka Mainde

Venue: Justice Thakur Shankar Nigam Auditorium, LAD College, Shaktinagar, Nagpur - 48

Contact: Dr. Ashish Agarwal (9422777398), Dr. Jayashree Pendharkar (9824249194)

Health Convey Year 2019 - 2020



The Collaborator...

About LAD...

Women's Education Society's LAD College for Women, Nagpur was founded in the year 1973 by Prof. V.M. Patil with several girl students. Today the institution nurtures more than 4000 girl students in the field of Humanities and Social Sciences, Commerce and Management, Science and Technology, Home Science and Home Science Technology. The College has completed 46th Third Cycle of NAAC. Recognition was renews/renewed 'C' and has been granted the status of College with Potential for Excellence (CPE) by UGC, New Delhi in 2017.

Achievements: Women's Education Society of India (WESI)

Today the National Society of India has successfully expanded its 34 Zonal Chapters all over India with around 2000 LAD Members and 200 Chapters and 800 Indian Members after its establishment in 1957 comprising of professionals, programme and policy makers from the country of about 30 has also become the Indian representative of the International Council National Science Academies (ICNSA) through its affiliation with Indian National Science Academy (INSA) and Federation of Asian Societies of Nutrition. The chief objective of the Society is to create a platform for young women to present their research findings and to help them to the Indian society about the status of nutrition programme and to prepare guidelines to improve nutrition. Its headquarters are located at the National Institute of Nutrition, Hyderabad.

NSI, Nagpur Chapter

The Nagpur Chapter of the National Society of India is one of the active Zonal Chapters. Several activities under the aegis of NSI has been carried out by the Nagpur Chapter.

About the Symposium

Since the collaboration with the NSI related to the field of nutrition, and especially the best College is obtaining the year 2019-2020 in the Health Convey Year, they have joined hands to promote the cause and awareness towards **Essentials of Nutrition in Sports Performance** that encompasses all the stakeholders of the society at large. Keeping in view the basic intention to promote healthy dietary and sports nutrition, various talks in the plenary session along with the panel discussion will attempt to synergize each aspect of the society to foster and promote a healthy generation.

What are covered in the Symposium?

Professionals like Sports persons, Coaches, Physiotherapists, Nutritionists, Academicians, Students, Parents and all those who believe in a healthy lifestyle for sports performance can attend the symposium.

Registration

₹ 300/- is Cash fee for all Participants. On the Spot Registration available.

Registration Fee:

| | |
|--|------------|
| Registration | 08/09/2019 |
| Registration & Accommodation | 09/09/2019 |
| Dr. V. Vidya Ranjana, Scientist and Head, Dept. of Nutrition and Sports Nutrition and Dietetics, NSI, Dept. of Sports Science, UGC, National Institute of Nutrition, Hyderabad | 10/09/2019 |
| Dr. Ashish Agarwal | 11/09/2019 |
| Dr. Jayashree Pendharkar | 12/09/2019 |
| Dr. Shailesh Pangaonkar | 13/09/2019 |
| Dr. Ashish Agarwal, Dr. Jayashree Pendharkar, Dr. Shailesh Pangaonkar | 14/09/2019 |

Dr. V. Vidya Ranjana, Scientist and Head, Dept. of Nutrition and Sports Nutrition and Dietetics, NSI, Dept. of Sports Science, UGC, National Institute of Nutrition, Hyderabad

Dr. Ashish Agarwal

Dr. Jayashree Pendharkar

Dr. Shailesh Pangaonkar

Dr. Ashish Agarwal, Dr. Jayashree Pendharkar, Dr. Shailesh Pangaonkar





Symposium on Essentials of Nutrition in Sports Performance

L.A.D. & Smt. R. P. College for Women, Nagpur
in collaboration with
Nutrition Society of India, Nagpur Chapter

PROGRAMME SCHEDULE

Inaugural Programme : 9.00 to 10.15

- Welcome Address : **Principal Dr. Deepali Kotwal** : 9.00 to 9.30
 - Keynote Address : 9.30 to 10.15
Dr. Y. Venkata Ramana, Chief Guest
- Tea Break : 10.15 to 10.30

Plenary Session : 10.30 to 12.30

- Guest Speaker I : 10.30 to 11.15

Dr. Priti Rishi Lal

Scientist –E (Sports Nutrition), NIN, Hyderabad

Topic : Principles of Diet Planning in Various Sports

Question & Answer Session : 11.15 to 11.30

- Guest Speaker II : 11.30 to 12.15

Dr. Kommi Kalpana

Scientist –D (Sports Nutrition), NIN, Hyderabad

Topic : Nutritional Ergogenic Aids – Effects, Efficacy & Safety

Question & Answer Session : 12.15 to 12.30

Lunch Break : 12.30 to 13.15

Panel Discussion: 13.30 to 14.30

*Topic : Nurturing a Child Athlete- the role of Coach, Trainer, Nutritionist,
Sports Medicine Doctor & Psychologist.*

Vote of Thanks.

Venue : Justice Bhawani Shankar Niyogi Auditorium,
LAD College for Women, Shankar Nagar, Nagpur-10



L. A.D & Smt. R.P. College for Women, Nagpur
NAAC SSR 2016 - 2021



6. Health Literacy Year : was together celebrated by the different Society's of Biotechnology Departments, FRAGRANCE (Botany), PE CTRUM (Chemistry), URJA (PCM) and CORAL (Zoology) belonging to Science





7. Inter-collegiate Health Awareness Survey in the months of August and September.

Convenor: **Dr. Vandana Kawadkar**, Dept. of Commerce & Management for conducting the survey, & **Dr. Nanda Rathi**, H.O.D., Dept. of Human Development for Analysis and Report.

- Teachers formed teams and planned out a Health Survey to be conducted in four zones of the city.
- The topic for the survey was “Prevalence of Anxiety, Depression and Stress among college going adolescents of Nagpur City” and was conducted in 15 colleges of the city wherein a questionnaire was filled in for analysis and report.
- The report will be published in the Proceedings of the Seminar to be released in the concluding ceremony in the month of March, 2020.

8. Intra-collegiate Health Awareness Survey in the month of August.

Convenor: **Dr. Nilima Elkunchwar**, H.O.D. Dept. of Psychology.

- An Intra-collegiate Health Awareness Survey was conducted with a questionnaire in the lines of the DAS Test on Senior College students of all faculties.
- The report will be published in the Proceedings of the Seminar to be released in March, 2020 in the concluding ceremony of Health Literacy Year 2019-20

9. Display of Health related books were made by Library during the Health Literacy year.





10. Pledge and Programmes



11. Blood Donation Camp




12. BOOK MARKS COMPETITION





13. National Seminar on Health 14 December 2019


Women's Education Society's



Lady Amritbai Daga College of Arts, Commerce and Science and
Smt. Ratnadevi Purohit College of Home Science and
Home Science Technology, Shankar Nagar, Nagpur - 10

Re - Accredited 'A' Grade by NAAC, Bangalore
Recognised as College with Potential for Excellence
by UGC, New-Delhi

One Day National Seminar
on
आरोग्यम् धन सम्पदा : A Lifelong Treasure
14 December 2019, Saturday



Health Literacy Year 2019 - 2020

Programme Schedule

L.A.D. AND SMT. R. P. COLLEGE FOR WOMEN, NAGPUR- 10
Aarogyam Dhan Sampada: A Lifelong Treasure
14th December 2019, Saturday

Sessionwise Programme

| | |
|--------------|----------------|
| Breakfast | 08:00 to 09:00 |
| Registration | 08:30 to 09:30 |

Inauguration Function - 09:30 to 10:30

| | | |
|--|--|------------|
| Compre, Dr. Sumita Saps | | |
| Dr. Kakoli Upadhyay, Organizing Secretary | Welcome & brief about today's Programme | 05 minutes |
| Principal, Dr. Deepali Kanwal, Coordinator | Welcome & brief about Health Literacy Year | 07 minutes |
| Release of Desk Calendar - 2020 | At the hands of Chief Guest | 05 minutes |
| Chief Guest, Dr. Vedprakash Mishra | Chief Guest's Address | 20 minutes |
| Dr. Arinash Deshmukh | Presidential Address | 10 minutes |
| Vote of thanks | Dr. Pooja Pathak | |

Pasayadan by Dr. Vaishali Wazirkar & Mrs. Ahinsa Trivedi

| | | |
|-----------------------------------|----------------|---|
| Keynote Address, Dr. Vibang Vahia | 10:30 to 11:20 | Inauguration of Health Fair |
| Compre - Dr. Shilpa Sarode | | Short Break 11:20 to 11:30 (Auditorium) |

Technical Sessions

| | |
|---|----------------|
| Plenary I- <i>Harmonizing Mind and Moods.....</i> | 11:30 to 12:40 |
| Dr. Vivek Kirpekar, Guest Speaker - | 11:30 to 12:10 |
| Question Answer Round - | 12:10 to 12:20 |
| Chairperson, Dr. Sudhir Bhav's Remarks - | 12:20 to 12:40 |
| Dr. Nanda Rathi, Compre | |

Lunch : 12:40 to 13:25

| | |
|--|----------------|
| Plenary II- <i>Breathing Life through Nourishment and Exercise</i> | 13:30 to 14:40 |
| Dr. Sheela Krishnaswamy, Guest Speaker - | 13:30 to 14:10 |
| Question Answer Round - | 14:10 to 14:20 |
| Chairperson, Dr. Prabhakar Deshpande's Remarks - | 14:20 to 14:40 |
| Mrs. Ahinsa Trivedi, Compre | |


| | |
|---|----------------|
| Plenary III- <i>Rejuvenating Persons with Healing Therapies</i> | 14:45 to 16:35 |
| Dr. Alpa Dalal, Guest Speaker I- | 14:45 to 15:25 |
| Question Answer Round - | 15:25 to 15:35 |
| Dr. Shrikant Nivastarkar, Guest Speaker II- | 15:35 to 16:10 |
| Question Answer Round - | 16:10 to 16:20 |
| Chairperson, Dr. Sunitha Lawange's Remarks - | 16:20 to 16:35 |
| Mrs. Surashmita Karmegh, Compre | |

Tea Break 16:35 to 16:45

| | |
|--|----------------|
| Valedictory Function | 16:50 to 17:30 |
| Compre, Dr. Ruta Dharmadhikari | |
| Welcome | 05 minutes |
| Brief Report of the Seminar - Dr. Shidevi Darshi | 05 minutes |
| Chief Guest, Dr. Vibhawari Dani's Address - | 15 minutes |
| Presidential Address, Dr. Shyamala Nair | 10 minutes |
| Participants Feedback from 3 | 05 minutes |
| Vote of thanks - Dr. Vatsala Shrinivas | 03 minutes |

National Anthem


Women's Education Society's



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14 December 2019, Saturday




Health is Wealth
A Lifelong Treasure
Health Literacy Year 2019 - 2020

Plenary I- Harmonizing Mind and Moods.....

Dr. Vivek Kirpekar, Speaker
Chairperson, **Dr. Sudhir Bhav**




Women's Education Society's




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Plenary II - Breathing Life through Nourishment and Exercise
Dr. Sheela Krishnaswamy, Speaker
Chairperson, Dr. Prabhakar Deshpande

आरोग्यम् धन सम्पदा

Health is Wealth
A Lifelong Treasure
Health Literacy Year 2019 - 2020


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Plenary III - Rejuvenating Persona with Healing Therapies
Speakers -Dr. Alpa Dalal and Ar. Shrikant Nivasarkar,
Chairperson, Dr. Sunitha Lawange

आरोग्यम् धन सम्पदा

Health is Wealth
A Lifelong Treasure
Health Literacy Year 2019 - 2020


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14 December 2019, Saturday

Valedictory Function
Dr. Vibhawari Dani ,Chief Guest

आरोग्यम् धन सम्पदा

Health is Wealth
A Lifelong Treasure
Health Literacy Year 2019 - 2020



Women's Education Society's

**Lady Amritbai Daga College for Women of Arts, Commerce and Science and
Smt. Ratnadevi Purohit College of Home Science and
Home Science Technology, Shankar Nagar, Nagpur - 10**

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One Day National Seminar
on

आरोग्यम् धन सम्पदा : A Lifelong Treasure

14 December 2019, Saturday

Certificate of Participation

This is to Certify that Mr./ Ms./ Mrs./ Dr. _____
from _____ attended
the One Day National Seminar held at LAD College for Women, Nagpur.

Kakoli Upadhyay
Dr. Kakoli Upadhyay
Organizing Secretary
National Seminar

Dr. Deepali Kotwal
Dr. Deepali Kotwal
Principal, L.A.D. College for Women, Nagpur
&
Coordinator, Health Literacy Year 2019 - 2020

आरोग्यम् धन सम्पदा

*Health is Wealth
A Lifelong Treasure
Health Literacy Year 2019 - 2020*



Programme Schedule

| | |
|------------------|-----------------|
| Breakfast- | 8:30 to 9:45 |
| Registration- | 8:30 to 10: 00 |
| Inaugural- | 10:00 to 11: 00 |
| Short Break- | 11:00 to 11:10 |
| Keynote Address- | 11:15 to 11: 45 |

Technical Sessions

Plenary I- Harmonizing Mind and Moods.....

11:50 to 13:00

- Guest Speaker - 11: 55 to 12: 25
- Question Answer Round – 12: 25 to 12: 35
- Chairperson **Dr. SudhirBhave**'s Remarks- 12: 35 to 12: 55

Lunch

13:00 to 13:45

Plenary II- Breathing Life through Nourishment and Exercise

13:50 to 15: 00

- **Dr. Sheela Krishnaswamy**, Guest Speaker - 13: 55 to 14: 25
- Question Answer Round – 14: 25 to 14: 35
- Chairperson **Dr. Prabhakar Deshpande**'s Remarks - 14: 35 to 14: 55

Plenary III- Rejuvenating Persona with Healing Therapies

15: 05 to 16:45

- **Dr. AlpaDalal**, Guest Speaker I- 15:10 to 15: 40
- Question Answer Round – 15: 40 to 15: 50
- **Ar. ShrikantNivasarkar**, Guest Speaker II- 15: 50 to 16: 20
- Question Answer Round – 16: 20 to 16: 30
- Chairperson's Remarks - 16: 30 to 16: 45

Tea Break- 16: 45 to 16: 50

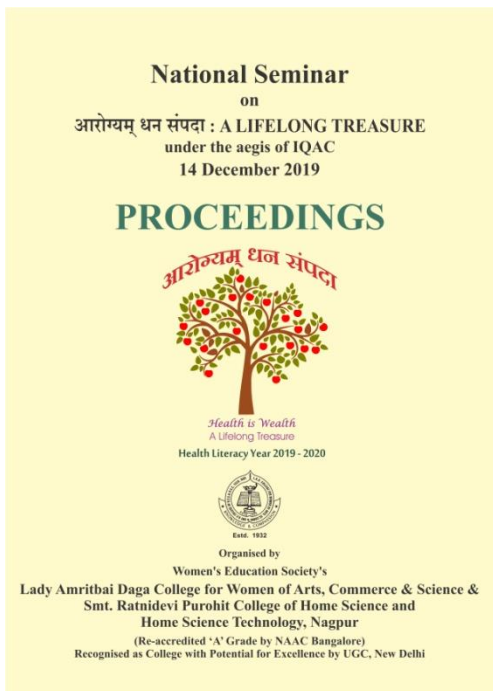
Valedictory Function- 16: 55 to 17: 30

- Welcome – 5 minutes
- Brief Report of the Seminar – 5 minutes
- Chief Guest, **Dr. Vibhawari Dani**'s Address- 15 minutes
- Participants Feedback – 5 minutes
- Vote of thanks – 3 minutes





TABLE TOP CALENDAR- Released



CONFERENCE PROCEEDINGS



INVITED DIGNITARIES





INVITEES



INAUGURATION of HEALTH STALLS





• **Mindfulness Literacy Year.2020 -2021**

Coordinator : Principal Dr. Deepali Kotwal and Convener : Dr. Nanda Rathi

The year 2020-2021 was announced as the 'Mindfulness Literacy Year' and Principal correlated its significance to the pandemic of COVID- 19 and amid the lockdown in an in-house online meet held in May 2020 it was declared as such. Activities which followed were all online and successful in impact and content and was equally well received.

Many Webinars were conducted:

1. Webinar on Emotional Wellness in Challenging Times.
2. Webinar on Embodying Stillness: Finding Peace Amidst Covid -19
3. Reading Habits Survey was conducted
4. *Vachan Prerna Diwas* : Book review
5. National Level PowerPoint Slides Competition
6. Intra-collegiate Poster Competition
7. Inter-collegiate Video Making Competition
8. Inter-collegiate Mandala Art Competition

1. REPORT OF EMOTIONAL WELLNESS IN CHALLENGING TIMES

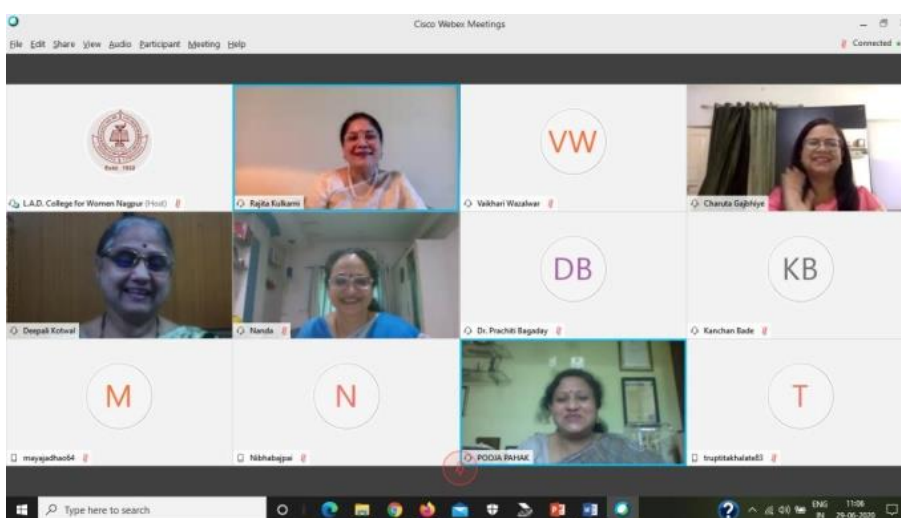
Under the umbrella of mindfulness literacy a webinar was organized on 26th April 2020 for the junior and senior college teachers .The webinar was organized on Zoom platform and was of hour long duration.

Principal Dr. Deepali Kotwal and the Convenor **Dr. Nanda Rathi**, organized the webinar. Mrs. Sagarika Mishra, an e-wellness Coach and Counselor from New Delhi was invited as a resource person. Around 100 participants both from the Junior and Senior College attended this webinar.The resource person gave a lucid presentation. One day before the webinar a handout was mailed to the participants and the participants were asked to get familiarized with it. During the presentation, the points on the handout were discussed. Ms. Mishra guided the participants through awareness of emotions, types of emotions ,importance of emotions, choosing of emotions, disablers of emotions, releasing of stress especially during this pandemic times, role of five senses, and quick fix for emotional wellness, shift in mind set, enablers of emotional wellness and lastly on affirmations. She ended by emphasizing that

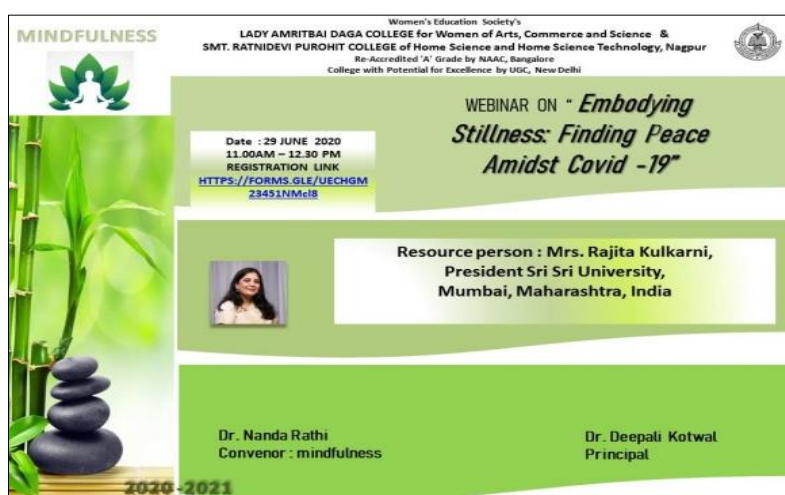


during these times, one should follow routine and be grateful for a new day. Along with the presentation she made the participants do wellness exercises. The presentation was followed by question answer session. The participants actively participated and gave feedback that the session was informative, educative and excellent. Vote of thanks was proposed by Dr. Pooja Pathak, IQAC Coordinator.

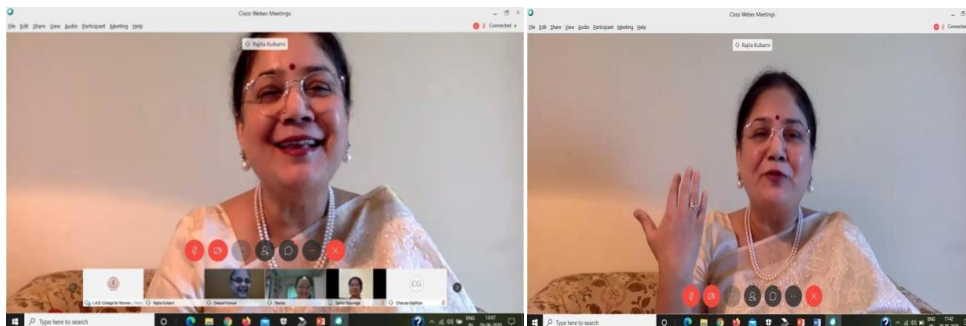
2. Report on Webinar on Embodying Stillness: Finding Peace Amidst COVID -19



SCREENSHOT OF “LECTURE IN PROGRESS:EMOTIONAL WELLBEING.”



WEBINAR BROCHURE



MRS. RAJITA KULKARNI ADDRESSING THE PARTICIPANTS

3. REPORT ON PPT COMPETITION ON MINDFULNESS HELD IN SEPTEMBER 2020 AND PRIZE ANNOUNCEMENT EVENT HELD ON 7th OCTOBER 2020

A National level PowerPoint competition for students was held in the month of September 2020 in a digital format in collaboration with NSS unit of Rashtrasant Tukdoji Maharaj University, Nagpur. The topic for the Competition was “Mindfulness- Living in the Moment” A three member jury judged the entries from across India from a total of 53 entries which were received. The Judges for the Competition were Dr. Tutu Sengupta (Scientist), Mrs Seema Agrawal (Interior Designer) and Mr . Koutilya Chhajed (Soft skill Trainer). The Prizes were announced online in a Programme held on 7th October 2020. The participants and the Judges were invited for the programme scheduled at 4.30 pm. The Programme was presided by the Principal Dr. Deepali Kotwal and the proceedings were conducted by the convenor of Mindfulness literacy year, Dr Nanda Rathi. At the outset Dr. Rathi briefed the audience about the competition. The Judges shared their experience about the entries and the efforts put in by the participants. Mr. Koutilya expanded on the theme of Mindfulness and elaborated on it while briefly explaining the gaps which the various approaches the participants could have covered in their presentations.

In all eight recipients were awarded Prizes and digital certificates. The first Prize winner was D. Diwanji, SFS College, Nagpur, the second prize winner was Sonia C, Ravishankar University, Raipur while the third prize winner was U H Kulsum, L.A.D. College. Five consolation Prize winners were also declared The first consolation prize was shared between S.Vaidya, Hislop College, Nagpur and Shabarinath, V N I T , Nagpur while the second consolation Prize was shared by three recipients K. Rawlekar and S. Chipde, both from



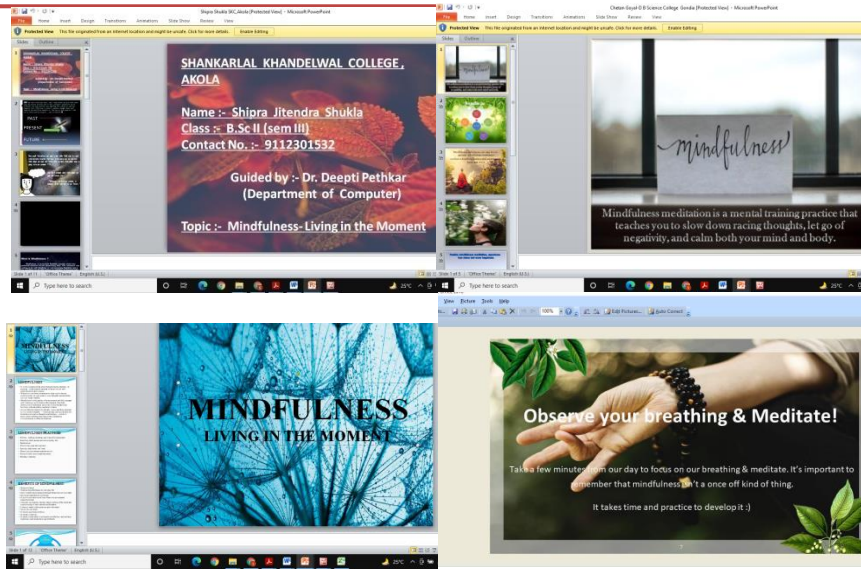
Hislop College, Nagpur and Y. Chandak, SMMCA, Nagpur. Ms. Kanchan. Bade introduced Dr. Tutu Sengupta, Ar S Kaalmegh introduced Seema Agrawal and Dr. Meenakshi Kulkarni introduced Koutilya Chhajer. The programme was hour long almost 120 staff and students attended the same . Vote of Thanks was given by Ms. Kanchan Bade.



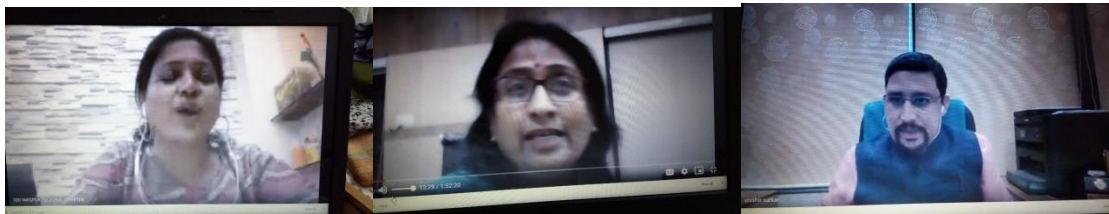
BROCHURE AND CERTIFICATE FOR PPT COMPETITION.



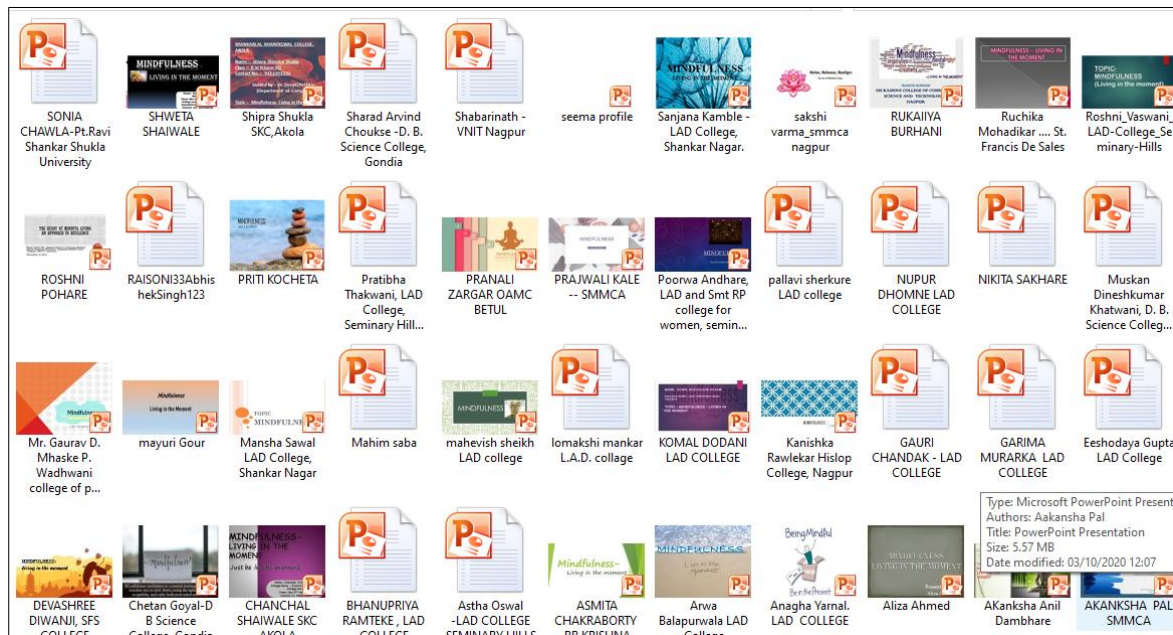
DECLARATION OF WINNERS ONLINE MODE



ENTRIES OF PPT – PRESENTATION



(A)



(B)

A) JUDGES INTERACTING WITH THE PARTICIPANTS AND AUDIENCE AND
(B) ENTRIES



WOMEN'S EDUCATION SOCIETY'S
LADY AMRITBAI DAGA COLLEGE FOR WOMEN OF ARTS, COMMERCE &
SCIENCE AND SMT. RATNIDEVI PUROHIT COLLEGE OF HOME - SCIENCE AND HOME
SCIENCE TECHNOLOGY SHANKAR NAGAR NAGPUR - 440 010, (M.S.) INDIA
(Affiliated to Rashtrasant Tukadoji Maharaj Nagpur University, Nagpur)
(Recognized U/s 2(f) & 12(B) of the U.G.C. Act, 1956)
Identified as College with Potential for Excellence (UGC)
(Accredited "A" Level 2003, Re-Accredited "A" level 2011, 2015
Re-Accredited "A" Level 2016 by NAAC, Bangalore)
Phone No. : Principal Office : 2246623, 2247192 Fax (0712) 2246545
E-mail : ladcollege2018@gmail.com, Website : www.ladcollege.ac.in

Estbl./2020-21/ 361

Date : 06.10.2020

NOTICE

Under the Mindful Literacy Year 2020-21, we have organized a National level PPT Competition. The Prize distribution ceremony is being held at 4:00 p.m. on 07.10.2020. Following this there will be guest lecture on **Law of Attraction** by C A Shishir Turkar. The link for the same will be sent on 7 October 2020. All the teachers are advised to attend the programme.

Dr. Deepali Kotwal

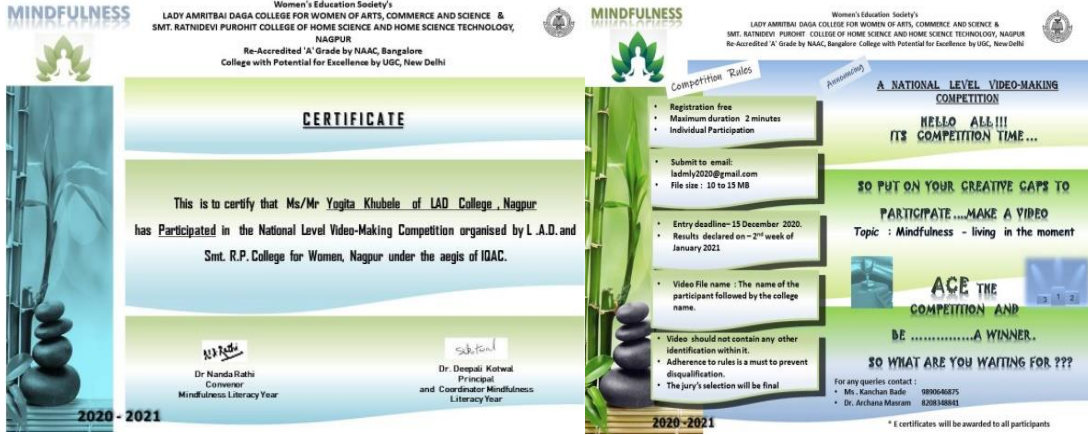
Principal

Lady Amritbai Daga College For Women
of Arts, Commerce & Science And
Smt. Ratnidevi Purohit College of Home Science
& Home Science Technology, Nagpur-1.

Cc to : 1] Vice Principals (Sr. College) Shankar Nagar & Seminary Hills Campus
for information.

- 3] Librarian for sending mail to the teaching staff members.
- 4] Notice File
- 5] Master File

4. National Level Video making competition: Mindfulness Living in the Moment”



SAMPLE CERTIFICATE AND BROCHURE OF VIDEO COMPETITION

5. REPORT ON POSTER COMPETITION

An Intra-collegiate Poster Competition” in the month of October 2020. Three cash prizes were declared for the same. Apart from the three winners 9 more posters were selected and were used for printing a table top calendar.



6. MANDALA ART COMPETITION

In the month of December 2020 an “Inter-collegiate Video Making Competition” was organized. Eleven entries were received out of which three winners were given cash prizes. In collaboration with Maitreya Cell, an “Inter-collegiate Mandala Art Competition” for Non-teaching staff of our college and Indradhanu Cluster of colleges in the month of February 2021 was organized. Two were declared winners.

MINDFULNESS

Women's Education Society's
LADY AMRITBAI DAGA COLLEGE FOR WOMEN OF ARTS, COMMERCE AND SCIENCE &
SMT. RATNIDEVI PURNIT COLLEGE OF HOME SCIENCE AND HOME SCIENCE TECHNOLOGY, NAGPUR
Re-Accredited 'A' Grade by NAAC, Bangalore College with Potential for Excellence by UGC, New Delhi

Rules / नियम

- प्रत्येक सहभाग।
- स्पर्धा में केवल व्यक्तिगत भागीदारी होना अनिवार्य है।
- अंतिम तिथि : ३ मार्च २०२१
- मंडल चित्र को ६ इंच व्यास के आकार में बनाना है।
- चित्र में सिर्फ कांता तथा सफ़ेद रंग का ही प्रयोग करें।
- चित्र के अलावा चित्र के पृष्ठ पर और कुछ भी न लिखें।
- चित्र का छायाचित्र एकदम साफ़ और स्वच्छ होना चाहिए।
- स्पर्धकों को मंडल चित्र का छायाचित्र इस ladmly2020@gmail.com ईमेल द्वारा करना है तथा इमेज जपेग या टिफ फॉर्मेट में ही होना अनिवार्य है।
- छायाचित्र २५ एम बी (MB) से ऊपर न हो।
- चित्र की जपेग / टिफ फाइल को आपने तथा अपने महाविद्यालय का नाम जरूर दे अन्यथा आप इस मंडल चित्र स्पर्धा में हिस्सा नहीं ले पाएंगे।
- निर्णायकों के निर्णय अंतिम रहेंगे।

स्पर्धा

अंतर कॉलेज स्तर मंडला कला प्रतियोगिता आईये इस प्रतियोगिता में उत्साह से हिस्सा ले और भाग लेकर जीतिये इनाम तथा भागीदारी प्रमाणपत्र।

HELLO ALL !!!
ITS COMPETITION TIME ...
SO PUT ON YOUR CREATIVE CAPS TO PARTICIPATE...
CREATE AN ART FORM

Topic : Mindfulness - living in the moment

विषय : सचेतन - जीवन जीने की कला

BEA WINNER.
SO WHAT ARE YOU WAITING FOR
???

For any queries contact :
• Ms. Shivani Balkundi 9960398982
• Dr Nilima Waghmare 9422183763

* E certificates will be awarded to all participants

2020-2021



| Mandala ART | Name |
|---|----------------------------|
|  | Archana Khondekar |
|  | Geetali Tare |
|  | Pradnya Lohabare |
|  | Rajendra Chatruvedi |
|  | Shilpa Chowke |
|  | Veena Khobragade |



| | |
|---|-------------------------|
|  | Neelam Sakharkar |
|  | Archana Jadhav |
|  | Neha Dagoria |
|  | Kirti Wankhede |
|  | Smita Pandit |



7. READING HABITS SURVEY

- **Reading Habits Survey** was conducted in the months of July 2020 and August 2020 under the theme **Mindfulness**. Eighty four participants from different fields participated in this survey.

Reading Habits Survey

The online readers survey through google form was conducted in the month of July and August 2020 under the theme Mindfulness from Department of Library. Due to COVID Pandemic situation everybody stayed compulsorily at home. To cope up with this situation reading is the best remedy. The main objective of the survey was to get know how people spent their time, if they read something then what kind of reading they prefer, and how reading helps them to be positive in this situation.

Result and Analysis

- Most of the working women participated in the survey.
- People read books more on mythological biographical, novels, historical, General knowledge, newspapers and magazines.
- English and Marathi are the most preferred languages.
- Most of the people connect their emotions with reading and gives them happiness, confidence, updated and so on.
- In pandemic many people switch to digital reading as they do not have hard copy of books at their homes.
- While feeling stressed, people use to read books for relaxation.
- Very few people buy books for their own reading.
- The survey results that many people spent their free time with reading books.
- The conclusion was to reading gives immense satisfaction and quality time to readers in COVID pandemic, and also helps to come out of fear of COVID.

8. **Book Review** : An audio visual presentation was held online under the theme of **Mindfulness Literacy Year 2020**. Eight book reviews were presented at the occasion by the Senior and Junior College staff members, Dr. Ruta Dharmadhikari, Dr. Aboli Vyas, Dr. Vathsala Srinivas, Dr. Shilpa Sarode, Dr. Vaijayanti Asolkar, Ar. Surashmie Kaalmegh, Nidhee Meshram and Dr. Shubha Sathe. The programme was jointly conducted by Dr. Shivani Balkundi and Asstt. Librarian, Mrs. Vrushali Bhalerao.

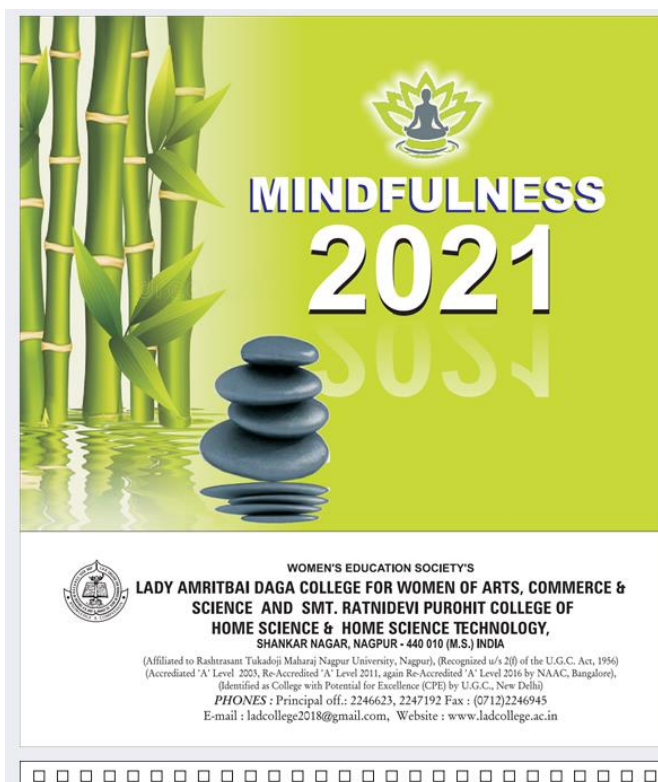


TABLE TOP CALENDAR



- **Fitness Literacy Year.2021 -2022**
Report From June 2021 to June 2022

International Yoga Day Marks the inauguration of Fitness Literacy Year 2021-22

Physical Education and Sports department of LAD College celebrated International Yoga Day as a First Programme of Fitness Literacy Year 2021-22 , on 21st June 2021 at 7.30 am. The Teaching , Non-Teaching staff and the invited superannuated staff of college participated in the programme which was held in an online mode .

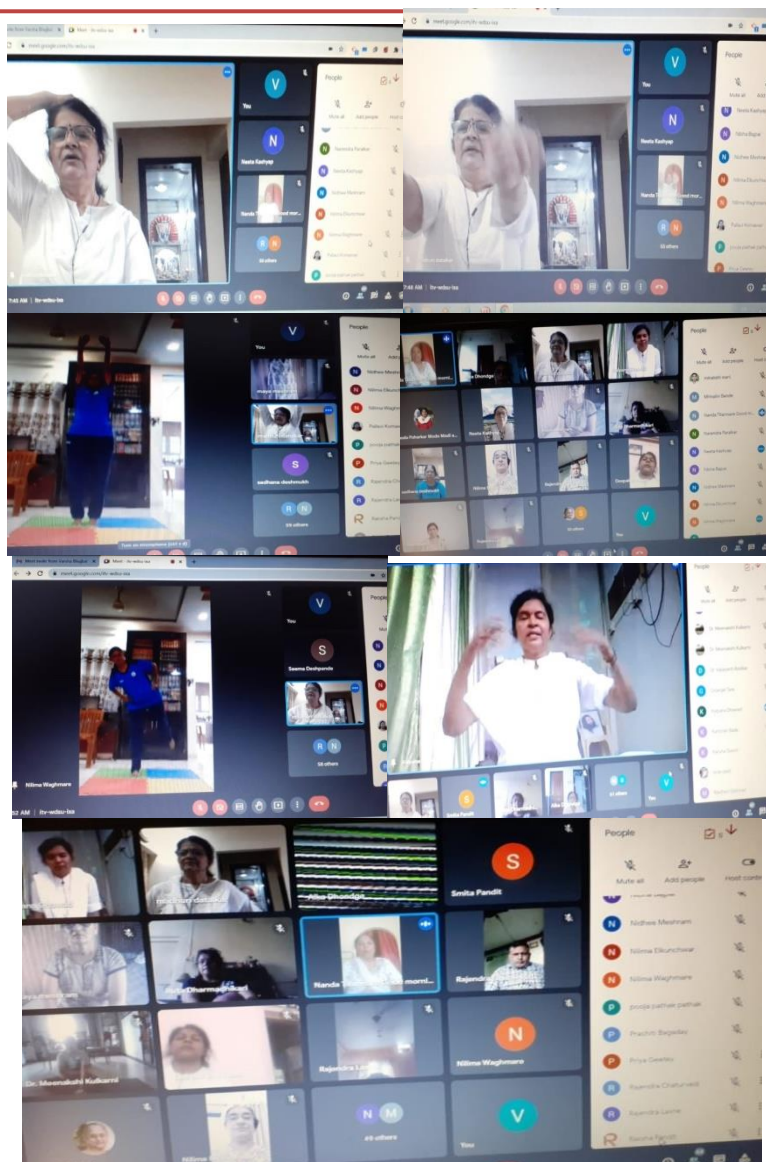
The programme commenced with the condolence to the Athletics Legend Milkha Singh Dr.Titarmare Head of the Physical Education and Sports formally declared inauguration of the Fitness Literacy Year Programmes for 2021- 22. The College has initiated, the Fitness Literacy to spread general awareness regarding physical ,mental, social, emotional and spiritual fitness in the society through its staff and students, and gave the introductory remark. Dr. Neeta Kashyap introduced the Yog Guru's to the participants.

The first session of various *asanas* was under the guidance of Dr.Madhuri Datar , the superannuated staff of L.A.D College itself and a yog guru associated to Patanjali Yog Samiti by providing a running commentary about the advantages of *asanas* that were demonstrated by Ms.Nilima Waghmare Sonkamble followed by all the participants actively.

In the second session the Former Vice Principal of L.A.D College Dr. Kalpana Dhawad guided the participant for Pranayam and Dhyam .

Both the Yog Guru's interacted with the staff members and made them understand the benefits of *Asanas* , *Pranayam*, and *Dhyam's* and its importance for fitness in today's lifestyle that is stressful and demanding.

Dr. D. Titarmare, Convener, International Yoga Day together with her department staff Dr. Neeta Kashyap, Ms. Nilima Waghmare Sonkamble , and Dr. Varsha Bhujbal worked hard for the success of the event. Principal Dr. Deepali Kotwal , and both the Vice Principals Dr. Alka Dhondge and Dr. Pooja Pathak were prominently present and participated in the event.



Essay Writing Competition

Hindi And Urdu Department of L.A.D. & Smt. R.P.College for Women conducted Essay Writing Competition On “ Nirogi Swasth Ka Mahatwa” under the aegis of Fitness Literacy Year 2021-22. In all 27 students participated and the results were declared on 30 July 2021.The judges of Essay Competition were Dr.Arshiya Sayyad Ali from Tirpude College Social Work, Nagpur..Dr. Minakshi Wani and Dr. Reshma Tazayeen worked hard for the success of the competition.

Fitness Pledge and Laughter Club Activity 17.08.2021

Physical Education and Sports department of LAD College conducted Fitness Pledge and Laughter Club Activity under the aegis of Fitness Literacy Year 2021-22 , on 17th



August 2021 at 11.30 am in the Niyogi Hall of Shankar Nagar campus. The Teaching , Non-Teaching staff and the office staff of college participated in the programme.

Ms. Nilima Waghmare Sonkamble commenced the programme with Fitness Pledge and elaborated as why we need to be fit and its importance in everyone's life. Everyone present there joined her for the pledge. After the pledge Dr. Neeta Kashyap took over and conducted the Laughter Activity . First she explained the importance of laughter in everyone's life and then conducted the laughter activity .

In this activity all the staff members enjoyed laughing. About 40 to 50 Teaching and Non-teaching staff including both of our enthusiastic Vice Principal and Supervisors actively participated.

Special Thanks to our Principal Madam , both Vice Principals, Supervisors and all the staff present for the event. Dr. D. Titarmare, Convener, Fitness Literacy Year 2021-22 along with her department staff Dr. Neeta Kashyap, Ms. Nilima Waghmare Sonkamble , and Dr. Varsha Bhujbal worked hard for the success of the event. Both the Vice Principals Dr. Alka Dhondge and Dr. Pooja Pathak & supervisors were prominently present and participated in the event.



Slogan Competition

Hindi And Urdu Department of L.A.D. & Smt. R.P.College for Women conducted Slogan Writing Competition On "Nirogi Swasth" under the aegis of Fitness Literacy Year 2021-22. In all 19 students participated and the results were declared on 1st October 2021.

The judges of Slogan Competition were Dr.Sumedh Nagdive from Dr.Madhukarrao Wasnik P.W.S Arts and Commerce College Nagpur (For Hindi Slogans) and Dr.Sawan Dharmपुरीwar from Vidyasagar Arts College Khairi Ramtek (Marathi and English

Slogans).Dr. Minakshi Wani and Dr. Reshma Tazayeen worked hard for the success of the competition.

Nutritious Food Daan to the Class IV Staff of College

On the Occasion of Daan Utsav Week from 01.10.2021 to 09.10.2021, on the inaugural day 1st October 2021 the staff Dr.. Alka Dhondge, Dr. D. Titarmare, Dr.Neeta Kashyap ,Dr. Varsha Bhujbal and Ms.Nilima Waghmare Sonkamble distributed the Nutritional Food and Mask to the Class four Staff of L.A.D. & Smt.R.P.College for Women, Shankar Nagar Nagpur . The programme was conducted under the NSS Unit I , Nutritious Food (Sprouted Usal , Rajgira laddu Packet, Peanut Chikki Packet and Banana) and Mask was donated to more than 30 class four staff.





Online Guest Lecture on 'Naturopathy and Vegetarian Diet: Gandhiji's perspective for Holistic Wellness'

The Departments of History and Home Economics had organized an online Guest Lecture on the occasion of Gandhi Jayanti under the aegis of Fitness Literacy Year 2021-22 and Daan Utsav on 1 October 2021 at 10 a.m. The program commenced immediately after the inaugural of Daan Utsav 2021 on Goggle Meet. The compering of the program was done by Ms. Mrunalini Thombre. The resource person, Dr. Vidya Lanjewar, Secretary and Professor, Chakrapani Panchakarma Yoga Nisargopchar Mahavidyalaya and Hospital, Nagpur was introduced by Dr. Vandana Fulzele, HoD Home Economics.

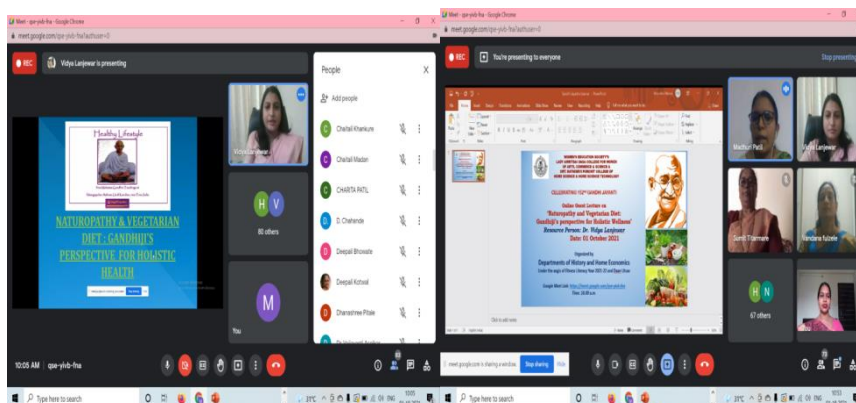
Dr. Vidya Lanjewar delivered an enlightening lecture on the topic 'Naturopathy and Vegetarian Diet: Gandhiji's perspective for Holistic Wellness'. Her talk was all inclusive which covered varied aspects of physical and mental wellness. Naturopathy as a way of life utilizing natural resources for attaining health and wealth was emphasized by her. She astutely explained fasting, chromotherapy, hydrotherapy, mud therapy, yoga, vegetarian diet and its benefits. She also exemplified the life of Gandhiji as a true preacher, practitioner and propagator of Naturopathy in India and



the world. Her lecture was very well received and appreciated by the staff and students. About 85 students and teachers attended the lecture.

Dr. D. Titarmare, Supervisor Humanities Faculty and Convenor Fitness Literacy Year 2021-2022 expressed her gratitude to Dr. Lanjewar for accepting the college invitation for this Guest Lecture and applauded her efforts for blessing us with her Education Daan. Dr. Madhuri Patil, HoD History proposed the formal vote of thanks.

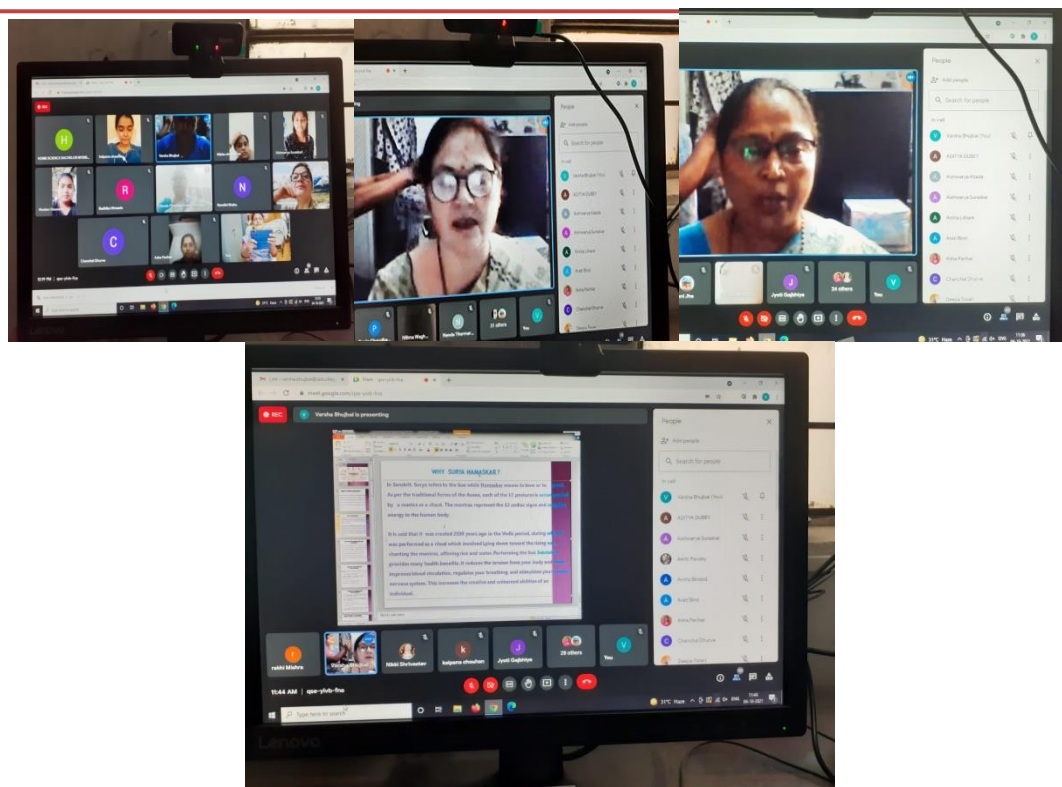
The program was successful with the robust support and continuous guidance of College Principal, Dr. Deepali Kotwal, Vice-Principals, Dr. Alka Dhondge and Dr. Pooja Pathak. The program was well organized due to the efforts of Dr. Titarmare and her Fitness Literacy Team, Ms. Maya Meshram, Dr. Varsha Bhujbal, Dr. Minakshi Kulkarni, Convenors of NSS Units I and II, Daan Utsav Team and Dr. Rohini Kalikar. The Technical support provided by the team of Dr. Surashmie Kalmegh and Ms. Kanchan Bade was highly appreciable. Resource person Dr. Vidya Lanjewar presenting her PPT and delivering the Guest Lecture



ABOVE : Dr. Madhuri Patil, HoD History proposing the formal vote of thanks.

"Arogyadaan – Benefits of Suryanamaskar"

Under the aegis of Daan Utsav Week from 01.10.2021 to 09.10.2021 and Fitness literacy year 2021-22, on 4th October 2021 the department of Physical Education and sports conducted an Online Programme "Arogyadaan The Benefits of Suryanamaskar" for students of college / Arts Faculty. Dr. Neeta Kashyap, was the Resource Person, she explained the Importance, Benefits and Proper Postures of Suryanamaskar in her PPT presentation. Dr. D. Titarmare gave the introductory remark and introduced the Resource Person Dr. Kashyap and Ms. Nilima Waghmare proposed the formal Vote of Thanks. The programme was conducted under the NSS Unit I Dr. Varsha Bhujbal Co-ordinated, technical support was given by Dr. Surashmie Kalmegh. The dignitaries who graced the occasion were Dr. Alka Dondge (Vice Principal), Dr. D. Titarmare, and other teaching staff of College.



Breast Cancer Awareness Programme

Fitness Literacy Year 2021-22

Department of Physical Education and Sports conducted Breast Cancer Awareness Programme in collaboration with Indradhanu Cluster of Colleges, under the aegis of Fitness Literacy Year 2021-22 , on 12th October 2021 at 3.00 pm in the Conference Hall of Shankar Nagar campus. The Guest Speaker was Dr. Ravindra Deshmukh, General and Breast Cancer Surgeon, Ex-Professor and Head, Surgery Department, Grant Medical College, Sir.J.J. Group of Hospitals, Mumbai, Dr. Deshmukh elaborated the importance of Breast Cancer Awareness among Women, Sir wanted the teachers to be aware so that they can spread the awareness among students and the society as well. In his lecture Dr. Deshmukh emphasized on certain exercises regim and methods of breast self-examination to be followed as precautionary measures against Breast Cancer. The Programme was compared by Dr. Sucheta Ingle . Dr. Titarmare Convener of Fitness Literacy Year briefed about Fitness literacy Year , and the Vote of thanks was proposed by Ms. Nilima Waghmare Sonkamble Convener of Indradhsnu Cluster of Colleges.



**L. A.D & Smt. R.P. College for Women, Nagpur
NAAC SSR 2016 - 2021**

Special Thanks to our Principal Madam , both Vice Principals, Supervisors and all the staff members present for the event. Dr. D. Titarmare, Convener, Fitness Literacy Year 2021-22 along with her department staff Ms. Nilima Waghmare Sonkamble , and Dr. Varsha Bhujbal worked hard for the success of the event. Both the Vice Principals Dr. Alka Dhondge and Dr. Pooja Pathak , supervisors , representatives of NSS Unit I and II and Indradhanu Conveners of S.B.City College Nagpur, Binzani Mahila Mahavidyalaya, Nagpur,Rajkumar Kewalramani Kanya Mahavidyalaya, Nagpur were prominently present and also the staff of college participated in the event.





Hands-on Learning Workshop on Tourism, Environment and Health

(25-30 October 2021 under Fitness Literacy Year (2021-2022))

Department of Geography had organised Hands-on Learning Workshop on **Tourism, Environment and Health** from 25-30 October 2021 under **Fitness Literacy Year (2021-2022)**.

The whole process of tourism includes physical as well as mental fitness which is ultimately affected by the surrounding environment. Keeping this thought in mind, theme of workshop was selected for B. A. Semester-V students of department of geography. The workshop also covers a small portion of their syllabus.

The workshop was inaugurated on 25.10. 2021 with introductory remark by Dr. Nanda Titarmare, Convenor of Fitness Literacy Year. She told that in this pandemic situation, physical as well as mental health is a priority for an individual, hence college is celebrating Fitness Literacy Year. Various events and activities will be there under this unique theme throughout the year. With best wishes to participants she declared the workshop was inaugurated.

Mr Amol Khante, Founder and Director of CAC- allrounder (Central Adventure Council) was the resource person on 25.10.2021. He delivered an interactive talk on *Introduction to Tourism*. He put in the picture about the start of tourism and the process involved in tourism. After giving basics about tourism, he discussed Adventure Tourism with examples such as Cherry farm adventure village in Ramtek. Adventure tourism includes Paragliding, Parasailing, Skydiving, Mountaineering and much more.

Mr. Pankaj Mahajan, President, Smart Welfare Foundation (Agritourism, Ecotourism & Rural Tourism) talked about *Agri-tourism, a New Concept* on 26.10.2021. He shared his views about a new emerging concept of agri-tourism.

Dr Shubhangi Surpaithankar, TGT teacher with BKVM School shared her experience on *Eco-tourism in Nagpur District*. After discussing the basics of tourism, she elucidated the concept of eco-tourism, rules and policies in Maharashtra.

Medical Tourism is one of the aspects of tourism. Dr. Avinash Talmale, Assistant Professor, VNGIASS, shared his views about *Tourism and Health* on 28.10.2021.

Tourism in Maharashtra was well discussed by Dr Kalpana Deshmukh, former Head Department of Geography, Dhanwate National College on 29.10.2021.

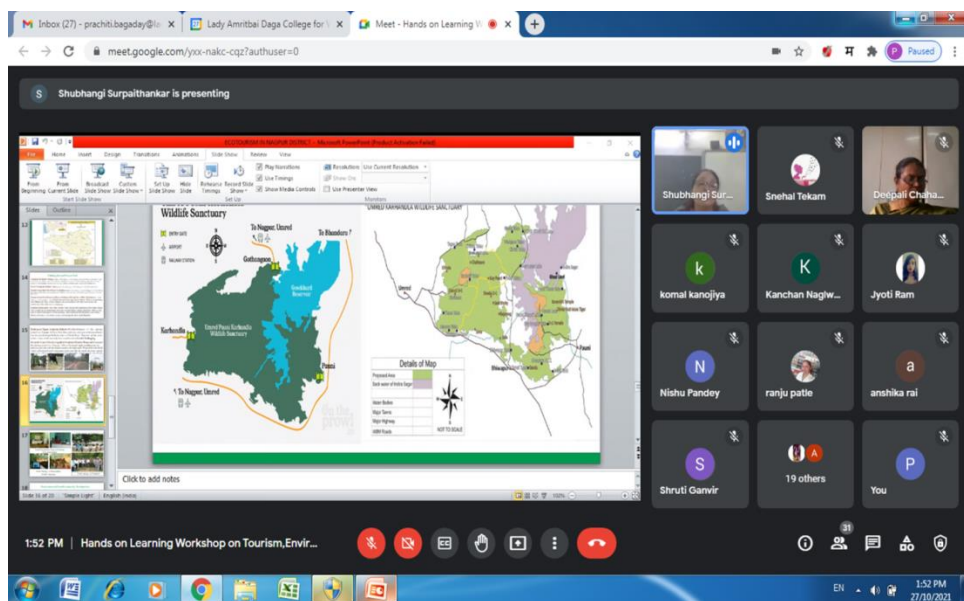
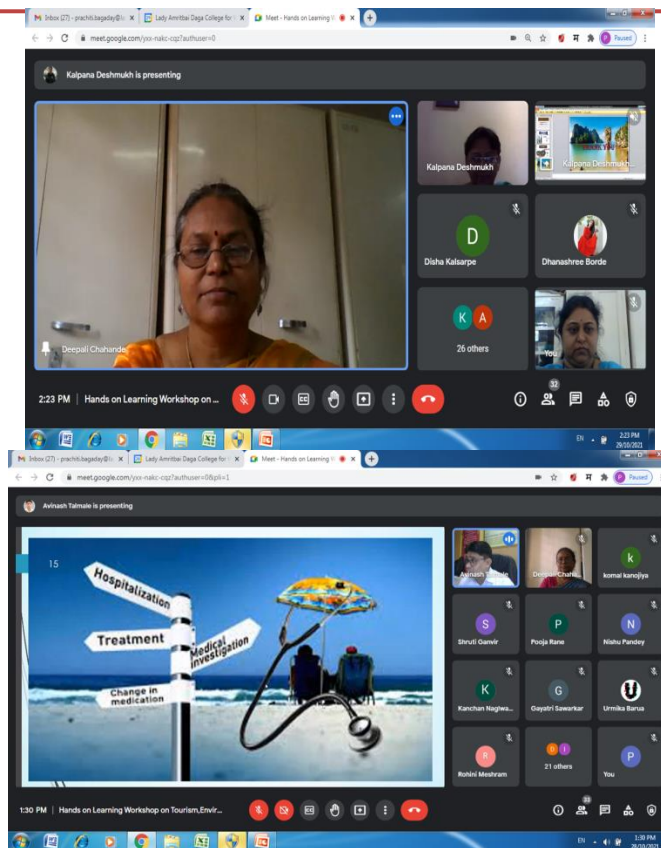
On 30.10.2021 learning activities were there. Quiz was conducted to know learning of participants and outcome of the workshop. On the basis of types of tourism map preparation activity was given to participants. Lastly feedback was taken from the participants.

Overall, all the resource persons share their rich and real life experience with participants.



Students were benefitted by this academic endeavour. Approximately 32 students participated in the workshop. Dr Deepali Chahande was the convener of the workshop. Faculty members of the department worked hard for the success of this educational endeavour.

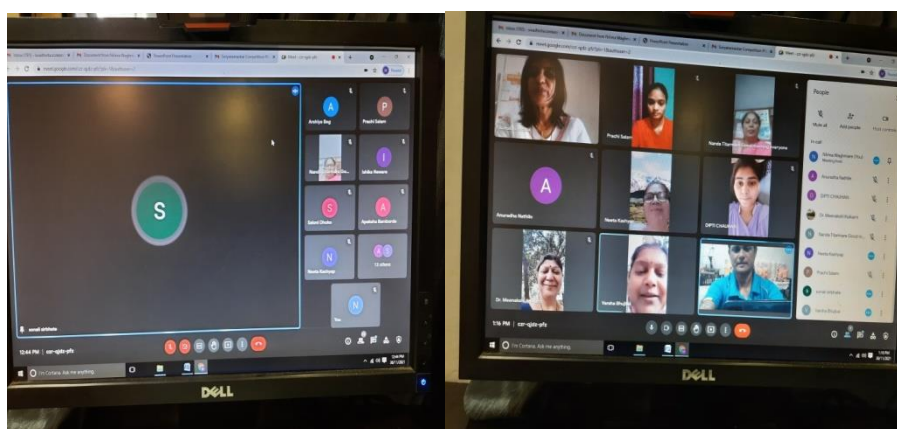
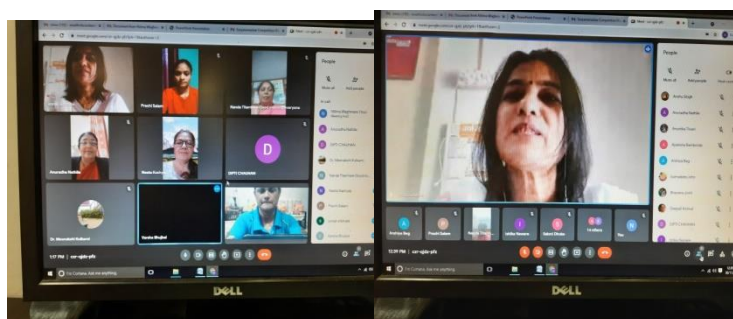




"Online Inter Collegiate Suryanamaskar Competition for Girls"

Under the aegis of Fitness literacy year 2021-22, department of Physical Education and sports conducted an Online Inter Collegiate Suryanamaskar Competition for Girls. Overall 23 students participated by sending their Suryanamaskar Performing

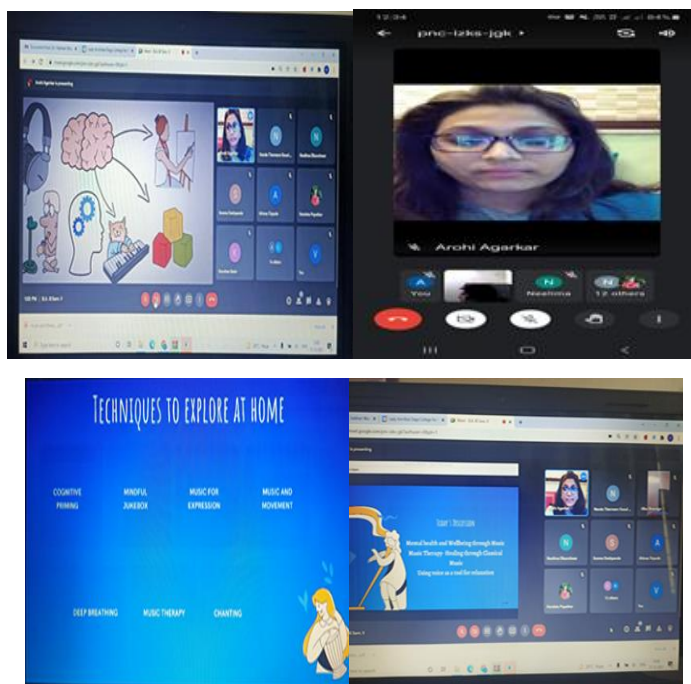
Videos , on 30th November 2021 the results were declared in an Online Prize Distribution Function the Judges for the Competition were Dr.Sonali Sirbhate from Priyadarshani Mahila Mahavidyalaya Wardha and Dr.T.L. Jagdale from Nabira Mahavidyalaya Katol.Four prizes were given (1st , 2nd, 3rd and Consolation Prize).The Chief guest of Prize Distribution Programme was One of Our Judge Dr. Sonali Sirbhate, she in explained the Importance , Benefits and Proper Postures of Suryanamskar. Dr. D. Titarmare gave the introductory remark and introduced the Chief Guest and Ms.Nilima Wagmare proposed the formal Vote of Thanks.



Music and Fitness

A guest lecture was organized by Music department on Music and Fitness under the aegis of Fitness Literacy Year on 11 December 2021 on Google meet. Ms. Arohi Agarkar (Alumnae of the College), Pianist Senior Music Educator and Head of Music Department at Furtado's School of Music Bandar, Mumbai, was the resource person for the same. The topic of her presentation was "Life is a happy song: Music for health and wellbeing", under which she delivered few musical compositions based on various ragas and moods and explained the effect of music on mind, body and

soul. She also shared some videos based on psychological aspect of music. The program was held in the presence of Dr. Pooja Pathak (vice-principal, Seminary hills campus, Dr. Alka Dhondge (vice-principal, Shankar Nagar campus), Dr. Durgeshnandini Titarmare (supervisor, Arts faculty and co-coordinator of Fitness Literacy Year) and Dr. Kiran Patil (supervisor, Science faculty). The introduction of the guest was given by Dr. Vaikhari Wazalwar and vote of thank proposed by Dr. Ahinsa Tirpude.



Workshop for Non-Teaching Staff

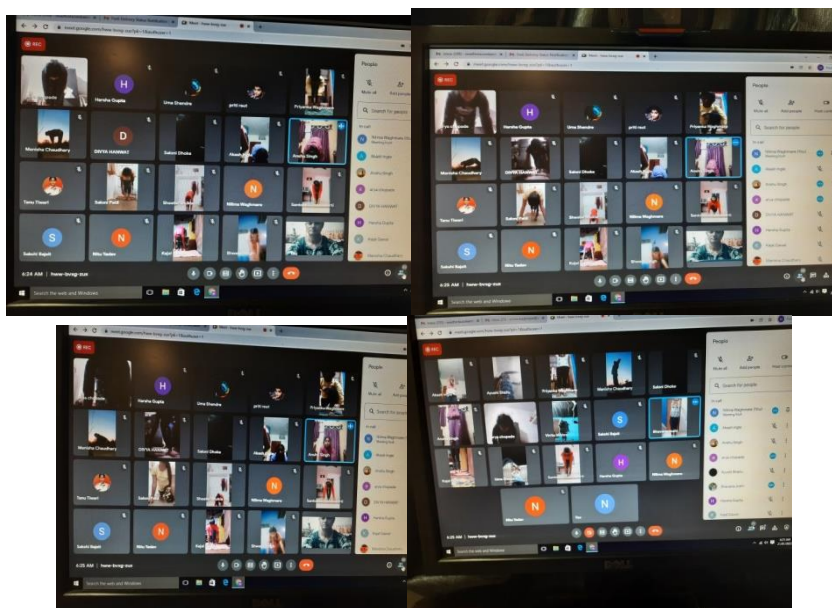
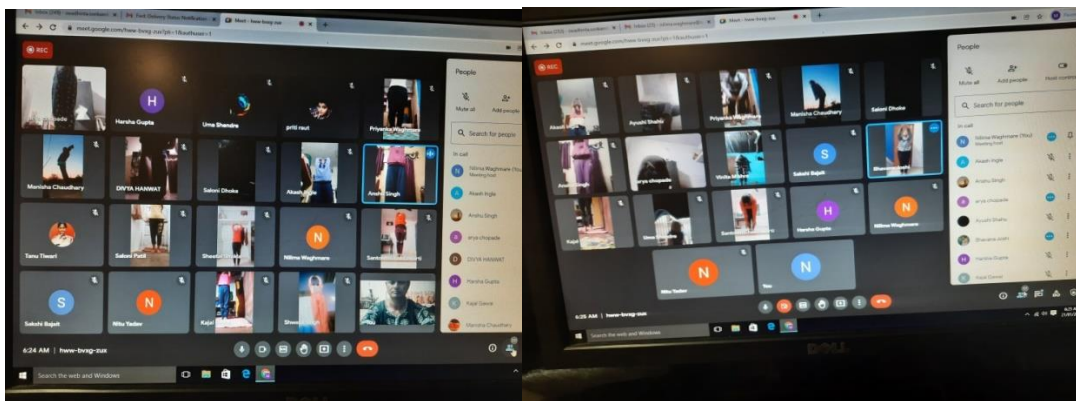
Under the aegis of Fitness literacy year 2021-22, Department of Physical Education and sports in Collaboration with Indradhanu Cluster of Colleges and Maitra Cell For Non-Teaching Staff conducted Online workshop for Non- Teaching Staff of L.A.D College and The Cluster of Colleges on On topic “ Health benefits of participating in regular physical activities” on 15th January 2022 at 3.00pm for Non-teaching staff . The Resource person was Dr.Robin Frank Simon from Visvesaraya National Institute of Technology,

Nagpur.Sir explained the Importance , Benefits and Proper procedure for the physical activities also explained the importance of regularity in the physical activities in his PPT presentation.

21 Days Suryanamaskar Activity From (18th Jan 2022 to 7th Feb 2022)

Physical Education and Sports department of LAD College Participated in 21 Days Online Suryanamaskar Acticity conducted under the Azadi Ka Amrit Mahatsav

Supported by Ministry of Ayush(Ayush Mantralaya),FIT India Movement, and Association of Indian Universities Organised by Patanjali,National Yogasan Sports Fedration,Krida Bharti and Geeta Parivar . Our College 40 students and 4 staff participated in the activity at 6.00am daily the Suryanamaskars were performed for 21 days from 18.01.2022 to 07.02.2022.The daily attendance was 30-35 students and had to upload the activity to site daily.Ms. Nilima waghmare conducted the activity and 40 students and 4 staff was benefitted by this activity.All the students and staff received certificates also as a Group College got Certificate. **Students benefited :- 40 Students and 4 staff**



Suryanamaskar Programme

Physical Education and Sports department of LAD College conducted Offline Suryanamaskar a Programme Under Fitness Literacy Year 2021-22 , and the Rashtrasant Tukadoji Maharaj Nagpur University Nagpur's Abhiyaan Of 75 Crore Suryanamaskar on 12th February 2022 at 8.30 am at Basketball Court of Shankar Nagar College Campus. The Chief Guests were Shiv Chhatrapati Award Winner Mrs. Bhavana Bhotmange ,Principal Shree Niketan Vidyalaya Nagpur, Mrs. Sonal Kawde Deshmukh our Aluminai and National Basketball Player and Shiv Chhatrapati Award



winner and the Special Guest was Mr. Sanjay Khonde the Instructor from Patanjali Yog Samiti, Nagpur. The Teaching , Non-Teaching staff and about 80-90 students performed Suryanamskar in two batches following all the guidelines of COVID- 19 .



One Month Winter Crickvet Coacing Camp from 23.12.2021 to 23.01.2022

Department Conducted Winter Cricket Coachin Camp For Girls about 40 students participated and benefited with this camp Ms. Nilima Waghmare Sonkamble Coached the girls it was conducted at Shankar Nagar College Campus in the Morning hours 7.00 am to 9.00 am





15 day's Workshop on Fitness and All-round Development of Life Skills under the Fitness Literacy Year

Department conducted a **15 day's Workshop on Fitness and All-round Development of Life Skills under the Fitness Literacy Year**, for Junior College Students, from 11th April to 29th April 2022 in the morning hours (9.30 am to 10.30 am). Conducting this camp benefited our 40 to 50 junior and senior college students. Students got exposure and ample opportunity to enhance their fitness as well as All- Round development through this camp. Our own staff as well as outside speakers were invited.

Every day different topic and activity was conducted and General fitness session all days. The schedule was as follows:

Day 1- Inauguration (Address by Principal) Session by Chief Guest (Session By Dr. Madhvi Mardikar on Importance of Games and Sports in Overall development)

Day 2 - Know your Institution and its culture (Dr. Alka Dhondge Vice Principal)

Day 3 - Personal Health and Hygiene General Awareness (Dr. Vidya Lanjewar)

Day 4- Personal Health and Hygiene General Awareness (Dr. Vidya Lanjewar)

Day 5- Importance of Mental Health in life (Dr. Nilima Elkunchwar)

Day 6- Role of Diet and Nutrition in life (Dr. Rohini Kalikar)

Day 7- Good Manners and Behavior at home and Outside by (Titarmare mam) and Role of Music in Health and Fitness by Dr. Vaikhari Wazalwar

Day 8- Social Responsibility and Voters Awareness (Varsha Bhujbal Mam)

Day 9- Basic Knowledge of Computer (Leena Madam Jr)

Day 10- Role of finer muscles in education(Dr. Nidhi Madam)

Day 11- Safety and Security -

Day 12- Legal Awareness for youngsters (Adv Archana Nair Madam)

Day 13 - General English Knowledge (English Dept Rutha Dhaermadhikari Mam)

Day 14 - General English Knowledge

Day 15 – Session on Role of Adventure Activities in Overall Development(Dr. Sadhana Deshmukh Mam) and Participants Feedback Session and Closing ceremony (Dr. Vandana Pathak Chief Guest)

One Week Yoga Protocol Practice for International Yoga Day

L.A.D.College for Women Nagpur has Conducted One Week Yoga Protocol Practice for International Yoga Day celebration.

As per the guidelines in the reference letter no.(IYD2022)dated.20.05.2022 received by us on 08.06.2022. We have conducted One Week Yoga Protocol Practice for International Yoga Day celebration for senior college students of NCC, NSS, and Sports from 13.06.2022 to 19.06.2022 at 8.30 am to 9.30 am at Niyogi Hall.



About 40-50 participants attended the one hour session daily in guidance of a Yoga Instructor Ms. Bernadate John and Staff of Sports Department in the Niyogi Hall and Basketball Court of Shankar Nagar College premises.



International Yoga Day Marks the inauguration of Health Literacy Year at LAD

L.A.D. College Sports Department of Physical Education and Sports in collaboration with NSS Unit I and NCC Wing of College celebrated International Yoga Day at the Shankar Nagar Campus where in the staff performed various *Aasanas* under the guidance of Mr. Sanjay Khonde Yog Shikshak, Swami Janardha Yogaabhyasi Mandal, Nagpur, Vaishali Gabhane the Yoga Instructor and our College students demonstrated the Aasans for the participants. The programme commenced with welcome and introduction of the Guest by Ms. Ramsha Verma our College National Badminton player.

Mr. Sanjay Khonde in his session explained about the advantage of Yoga and how it benefits us in daily life the Asanas, Pranayam and Meditation were demonstrated and performed by the participants. The College has initiated, to spread general awareness regarding physical and mental health in the society through its staff and students. Er. Sanjay S. Khonde, Sectional Engineer, Hydrology Project Division, Nagpur interacted with the staff members and made them understand the benefits of *pranayam* in today's lifestyle that is stressful and demanding.

Dr. D. Titarmare, Vice Principal and Head Of Physical Education and Sports, Dr. Varsha Bhujbal, Ms. Nilima Waghmare, Mrs. Anuradha Nathile worked hard for the success of the event.



**L. A.D & Smt. R.P. College for Women, Nagpur
NAAC SSR 2016 - 2021**

Dr. D. Titarmare, Vice Principal and Head Of Physical Education and Sports, Dr.Bhavana Khapekar, Dr.Kiran Patil ,along with the staff and students of college were prominently present and actively participated in the event.

