

Rayat Shikshan Sanstha's
Arts, Science and Commerce College, Ramanandnagar (Burli)
Health Centre (2020-21)

About us:

Health Center was inaugurated by Dr. Takawale,
Vice Chancellor, and Shivaji University in the year
Feb.2003

Objectives:

To provide first aid treatment of minor illness to students of the
college & Staff

Facilities:

- 1) First Aid
- 2) General health check up of students, NCC Cadets,
NSS Students & Staff
- 3) Regularly B.P Check up, Blood Sugar & HB Check up

Programmes Conducted:

- 1) Pediatric health check up camp
- 2) Sugar & HB Check up camp
- 3) Blood group camp
- 4) AIDS Awareness
- 5) Lectures on various subjects related to health

Health Center

'International Yoga Day Workshop'

An online yoga webinar was organized in the college on the occasion of International Yoga Day on 21 June 2021 at 7 am by Health Center and NCC Department. The purpose of this webinar was to teach yoga to all, to relieve mental stress, to learn the art of living a free life, to increase concentration, to live a life free from fear and to become one with the body. Volunteers from the Art of Living demonstrated yoga and demonstrated it to the participants to do it. Anju Sonawale, Coordinator, Art of Living, spoke on Yoga. The webinar was organized in three sessions. In the first session, Art of Living volunteer Anju Sonawale, took pranayama. She did supplementary activities and taught everyone how to control their breathing and do pranayama. In the second session, miss. Meenaka Rajendran did a holistic exercise through supplementary movements. In the third session, Shivkumar Giri Ex chief Engineer (WRD), Art of Living Faculty gave in-depth guidance on yoga and cleared the audience of doubts. Everyone enthusiastically participated by answering the question.

110 people had registered for this online yoga webinar. Feedback form was filled by all the participants in the yoga and they were given e-certificate on behalf of the college. The online yoga webinar was attended by all the servants, students and parents of the college.

The program was organized under the guidance of principal of the college, Dr. L.D. Kadam. The program was coordinated by Lieutenant Sandesh Daunde (Director of Physical Education) and Head of Gymkhana Department Also Head of Health Center. The programme was anchored by Prof. Amol Jamdade and Vote of Thanks was paid by Prof. N.H. Kumbhar.

Outcomes:

- 1. Everyone understood the importance of Yoga.**
- 2. Everyone decided to do yoga regularly.**

Beneficiaries: 103




**Miss. Anju Sonawale SwayamSevak
(Art of Living) demonstrating Yoga.**



**Mr. Shivkumar Giri, (Art of Living faculty)
giving guidance on Importance of Yoga.**


Company Commander
Dr. Patangrao Kadam Mahavidhyalaya,
Ramanandnagar (Burli)


Principal,
Dr. Patangrao Kadam Mahavidyalaya,
Ramanandnagar (Burli)
Tal. Palus, Dist. Sangli.



Lt. Sandesh Daunde giving Welcoming & introductory speech



Hon. Prin. Dr. L.D. Kadam giving guidance on Importance of Yoga in Life.



Miss. Anju demonstrating the Yoga.



College staff doing Yoga activities in an Online Workshop.



College staff and Students doing Yoga activities in an Online Workshop.

SS Daunde
Company Commander
 Dr. Patangrao Kadam Mahavidyalaya,
 Ramanandnagar (Burla)

Dr. Kadam
Principal,
 Dr. Patangrao Kadam Mahavidyalaya,
 Ramanandnagar (Burla)
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Rayat Shikshan Sanstha's
Dr. Patangrao Kadam Mahavidyalaya, Ramanandnagar (Burli)
Health Center

‘Three Days Online Yoga Workshop’

Date: 14-5-2021

A Three-day Yoga Workshop was held in the college on Immunity Enhancement Program (Meditation, Breath and Yoga). This workshop was organized in considering the current situation of COVID-19 Pandemic to enhance the Immune System. The workshop was organized for three days on 12th, 13th and 14th May, 2021 for the professors and students of the college at 8 am every day.

This Three-days workshop was jointly organized by Health Center, N.C.C., Gymkhana Department and Gurudev Sri Sri Ravishankar's Art of Living Institution. Amol Karpe Sir, Pune and Sachin Sir (SwayamSevak of Art of Living), gave in-depth information on yoga in these three days. They gave in-depth guidance on how to enhance healthy immune system and how to keep balanced mind in this crisis time.

While demonstrating the yoga, he ideally conducted the demonstration from all the participants. Art of Living Coordinator Amol Karpe Sir and Sachin Sir gave in-depth guidance for this online workshop.

This workshop was conducted smoothly only because of guidance and inspiration of our Hon. Principal Dr. L.D. Kadam. This program was coordinated by Prof. Lt. Sandesh Daunde, Head, Gymkhana Department. The workshop was attended by a large number of professors and students of the college.

In this workshop, Professor Dilip Kone, Professor Abhijeet Mane, Professor Mrs. Nita Patil shared their experiences. Vote of thanks was offered by Prof. Nitin Kumbhar and the workshop was concluded.

Outcomes:

1. Everyone understood the importance of Yoga.
2. It helps in boosting Immune System.

Beneficiaries: 40



Mr. Sachin, SwayamSevak(Art of Living)
giving guidance on Importance of Yoga .



Mr. Amol Karpe, SwayamSevak (Art of Living)
demonstrating Yoga.



Hon. Prin. Dr. L.D. Kadam giving Mr. Sachin demonstrating the Yoga. guidance on Importance of Yoga in Life.



College staff and Students doing Yoga activities in an Online Workshop.



SSGunde

Company Commander
Dr. Patangrao Kadam Mahavidhyalaya,
Ramanandnagar (Burli)

Dr. Kadam

Principal,
Dr. Patangrao Kadam Mahavidyalaya,
Ramanandnagar (Burli)
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Rayat Shikshan Sanstha's
Dr. Patangrao Kadam Mahavidyalaya, Ramanandnagar (Burli)
Health Center
Covid-19 Checkup Camp

Report

The health center and NSS department of Dr. Patangrao Kadam Mahavidyalaya Ramanandnagar on Thursday 18/02/2021 Covid-19 rapid antigen test (corona virus test) and health checkup camp was organized in the college for teaching and non-teaching staff.

For this, activity the Doctor and his team came from Kundal Primary Health Centrr. They performed his service in this work. At this time, employees of the college inspected for their Kovid-19 (Corona Virus). At that time, none of the any servant in the college doesn't found positive in the investigation.

Outcome:

1. College employees were tested for Covid-19.
2. Corona Covid- 19's worries were removed and the idea of taking simple measures Carefully was awakened in the staff.

Beneficiaries - 55

Welcome ceremony of the Medical team



Taking a swap of the staff



B. Shinde

Head
Programme Officer NSS



Dr. Kadam

Principal
Dr. Patangrao Kadam Mahavidyalaya,
Ramanandnagar (Burli)

Arts, Science and Commerce College Ramanandnagar (Burli)
Health Center

Workshop Activity Report

22nd January 2021

The department of Library, Health Center and IQAC of the college had organized a one day workshop on “Stress Management: Stop Stressing, Start Living.” programme for teaching faculty and non teaching staff” for the teaching and non teaching faculty of the college on Friday 22nd January 2021. The resource person for the workshop was Dr. Madhumita P. Raut M.D. Psychiatry, Govt. Medical College, Miraj. The program was inaugurated by Hon. Principal Dr. L. D. Kadam with a tribute to the founder of institution Padmabhushan Dr. Karmaveer Bhaurao Patil and Late Shree Patangrao ji Kadam.” Dr. Namita P. Patil Librarian gave welcome address and introduction of resource persons.

The purpose to organize the workshop was to create awareness about the identification of stress and the methods to cope up the stress. Resource person Dr. Madhumita P. Raut gave knowledgeable information about stress management.

The session one was delt on How to recognize the sign and symptoms of stress by the faculty, the impact of stress on the physiology of faculties (B.P. and Diabities), she also discussed in details about the effects of tobacco, alcohol and durgs (i.e) Bio-Psychological disorders.

The session second was delt on How to cope up with the stress (i.e.) 1) By Muscle relaxation 2) Meditation 3) Listening to music etc. 4) Practice to yoga Principal Dr. L. D. Kadam in his presidential speech explained about maintaining the mental peace during the working hour. Ms. Sneha Wagh did anchoring, Mr. Kone D. M. delivered vote of thanks.

Outcome of Workshop

- Gained knowledge and awareness to handle stress.
- Learn to manage stress and fear of workplace.

Beneficiaries

Total no. of Teaching Faculty- 44
Total no. of Non Teaching Staff - 15


LIBRARIAN,
Arts, Science & Commerce College,
Ramanandnagar (Burli), Tal. Palus, Dist. Sangli.




PRINCIPAL,
Arts, Science & Commerce College,
Ramanandnagar (Burli), Tal. Palus, Dist. Sangli.

Photos of One day workshop of “Stress Management: Stop Stressing, Start Living.” programme for teaching faculty and non teaching staff. On Friday 22nd January 2021



Hon. Principal Dr. L. D. Kadam has did workshop inauguration



Dr.Namita P. Patil Librarian gave introduction of resource persons.



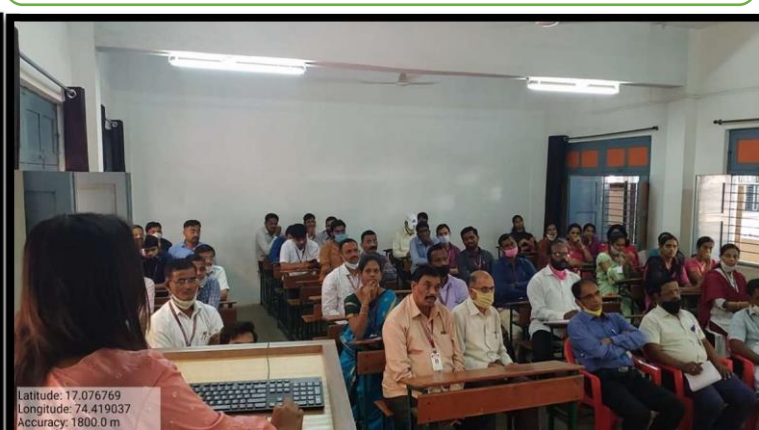
Principal Dr. L.D. Kadam has welcome the resource person



Resource Person Dr.Madhumita Raut has delivered knowledgeable information about stress management.



Principal Dr. L.D. Kadam gave presidential speech



Teaching and Non Teaching faculty had involve in the workshop

Dr. Namita P. Patil
LIBRARIAN,
Arts, Science & Commerce College,
Ramanandnagar (Burl), Tal. Palus, Dist. Sangli.



Dr. L. D. Kadam
PRINCIPAL,
Arts, Science & Commerce College,
Ramanandnagar (Burl), Tal. Palus, Dist. Sangli.

Rayat Shikshan Sanstha's
Arts, Science and Commerce College, Ramanandnagar (Burli)
Health Center
Activity Report
'Blood Donation Camp'
2020-21

06-01-2021

Health Center of A.S.C. College, Ramanandnagar (Burli), organized **Blood Donation Camp** on the occasion of Birth Anniversary of Dr. Patangrao Kadam with the Collaboration with NCC, NSS Department under the guidance of Hon. Principal Dr. L. D. Kadam. The Blood Donation Camp was inaugurated by CDC member Hon. Mahendra (Appa) Lad in the presence CDC member Hon. J.K. (Bapu) Jadhav, Principal Dr. L.D. Kadam, Vice Principal Dr. V. B. Patil (Science Division), Vice Principal Dr. K.B. Bhosle (Arts & Commerce Division), Lieutenant Sandesh Daunde, college staff members, students and NCCcadets.

Chief Guest Hon. Mahindra (Appa) Lad convinced the importance of blood donation. He said blood donation is a noble cause and everyone should participate in this national initiative. He also told human blood cannot be manufactured in any factory. Thus blood donation is the great work for our universe.

Seventeen students donate blood and contributed for the success of camp. The staff of Bharati Blood Bank was felicitated by book and flowers. Lieutenant Sandesh Daunde and NSS programme Officer Dr K. B. Bhosale and Health Department worked for successful organization of blood donation camp in the time of COVID-19 as a part of national duty.

Outcomes: Contribution to Blood Bank to get blood bottles in case of disasters.

Beneficiaries: 17 Students

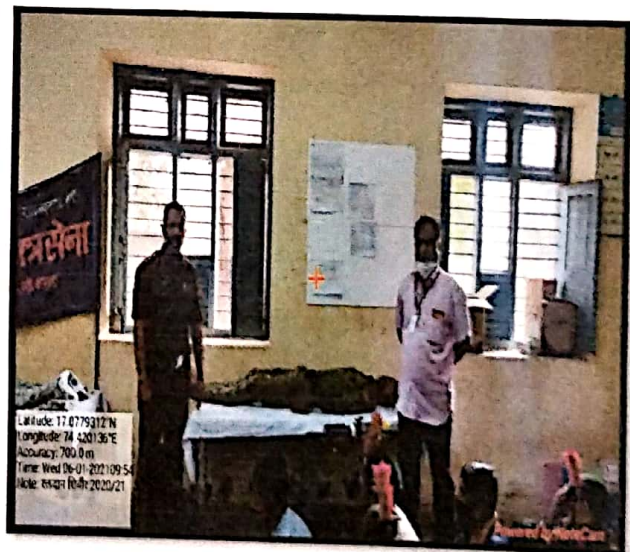


Inauguration of Blood Donation Camp by CDC Member Hon. Mahendra (Appa) Lad, Hon. J. K. (Bapu) Jadhav and Principal Dr. L. D. Kadam with staff

Blood Donation Camp



NCC Cadets donating blood on the occasion of Birth Anniversary of Dr. Patangrao Kadam Saheb



NCC Cadets donating blood on the occasion of Birth Anniversary of Dr. Patangrao Kadam Saheb



D. Kadam
Principal
Arts, Science & Commerce College,
Ramanandnagar (Burli)

Rayat Shikshan Sanstha's
Arts, Science and Commerce College, Ramanandnagar (Burli)
Health Center
Activity Report
2020-21

Health Center of Arts, Science and Commerce College, Ramanandnagar established the Corona Help center in the Pandemic Situation covid-19 on 25 September 2020. The purpose of this center was to take care of students , Teaching Staff and Non-Teaching Staff in the pandemic situation.

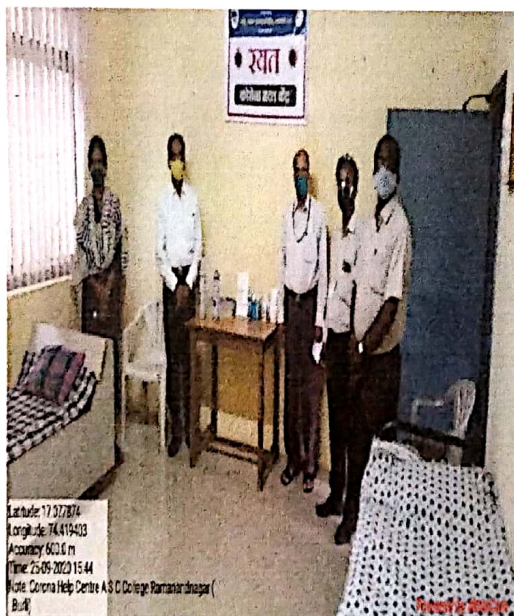
The Principal Of the College Dr. L. D. Kadam Sir Gave the basic requirment use to kept safe from covid-19 like as Oxymeter, water vopour mashine, Masks, Sanitiser etc. the Inoguration of this help center was done with Auspesious hand Hon. Prin Dr. L. D. Kadam. For this Inoguration function Vice Principal Dr, T, S. Bhosale , Mr. A. B. Mane , Miss Nameeta Patil was Present .



**Inoguration of Health Center With Auspesious hand Hon. Prin.
Dr. L. D. Kadam on 25 September 2020**



Facilities Available In the Corona Help Center



Daily Checking of Students Oxygen Level and Sanitisation By Helth Center




Principal
Arts, Science & Commerce College,
Ramanandnagar (Burli)

Rayat Shikshan Sanstha's
Arts, Science and Commerce College Ramanandnagar (Burli)
Health Center
International Yoga Day
Activity Report

21 June 2020

The Health center, in Collaboration with NCC Department of Arts, Science and Commerce College Ramanandnagar organized Practical's of the Yoga On the occasion of the International Yoga Day on 26 June 2020 on online mode due to pandemic situation covid 19. Inauguration of this function was done by auspicious hand Hon. Prin. Dr. L.D. Kadam. The purpose of this function was to aware the students, teachers and Non Teaching Staff about the importance of Yoga on the Health.

The session was handled by the Member of Art of Living Miss. Anju Sonarwale . In this she gave the important information about the Yoga. In Second session the second member of this Art of living Sanstha's Miss. Shrimi Shrivastav done a practical's of Yoga like Pranyam with the Students, Teachers Participations. After that Mr. Aniket and Deepanshu Bhardvaj guided students about the Health, Immunity power by doing some Practical Activities of Yoga. The President of this function Hon. Prin. Dr. L. D. Kadam also guided the Students about the importance of Yoga. The organization of this function was done by the health center, NCC and NSS department. Total 165 Beneficiaries was present online for this function.

Outcomes

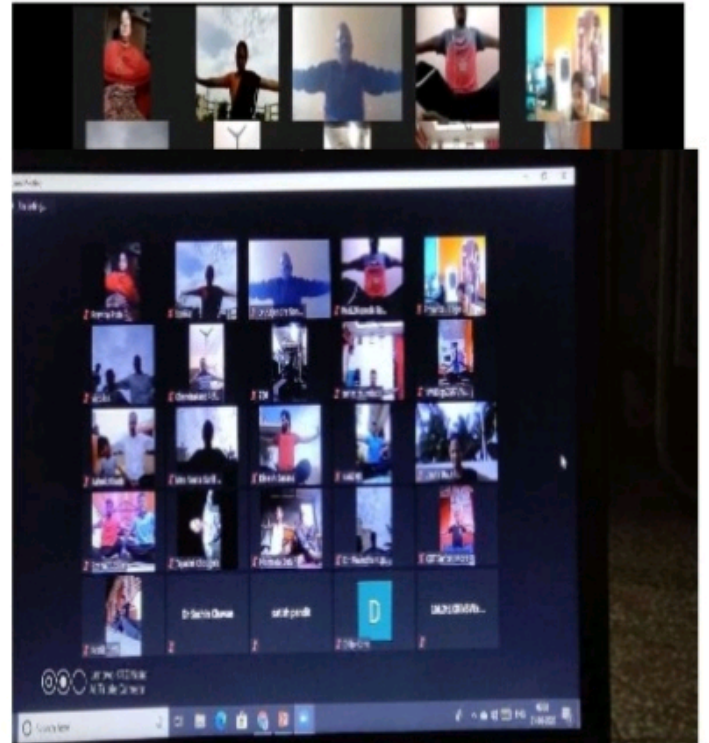
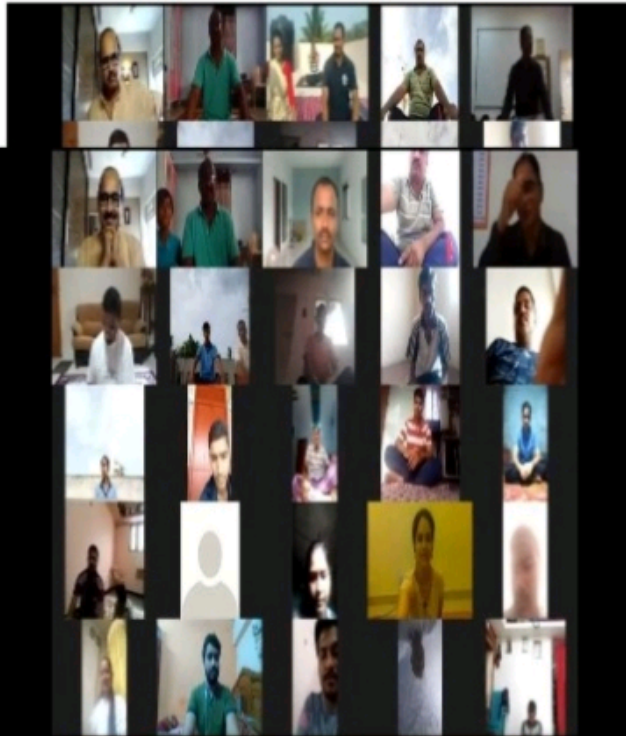
-Aware about the Yoga

Beneficiaries - 165


Head
Department of Sports &
Physical Education
A.S.C. College, Ramanandnagar (Burli)




Principal
Arts, Science & Commerce College,
Ramanandnagar (Burli)



Rayat Shikshan Sanstha's
Arts, Science and Commerce College, Ramanandnagar(Burli)

Webinar on Yoga International Yoga Day 21 June 2020

SS Daula
Head
Department of Sports &
Physical Education
A.S.C. College, Ramanandnagar (Burli)



Chad
Principal
Arts, Science & Commerce College,
Ramanandnagar (Burli)