

SAKET COLLEGE OF ARTS, SCIENCE & COMMERCE

(Un-Aided, Hindi Linguistic Minority Institution)

(Permanently Affiliated to University of Mumbai) (NAAC Accrediated "B" Grade)

REPORT ON SELF DEFENCE TRAINING PROGRAM

TIME: - 8.30am TO 10.30am

VENUE: - COLLEGE CAMPUS

DATE: 16/3/2023

On 16 March 2023 in association with Rastriya Seva Yojana and Women's Development Cell with IQAC A self defence training program was organized for all the students of the college on 15th March 2023. Mr. Ajit Karbhari, Karate Master of Nehru Yuva Centre instructed the students. This program was organized with the aim of giving self defence training to the girls in the present time. Mr. Ajit Karbhari and his team gave self defence training to college students.

Objective of the program:-

- 1. Providing self defence training to college students.
- 2. Taking steps for women empowerment.

Program Outcome:-

- 1. Students learned how to protect themselves.
- 2. Confidence increased among the girl students.

Total Beneficiaries: BOYS: - 22 GIRLS: - 49

TOTALSTUDENTS:-71





Coordinator of WDC



🙎 Saket Vidyanagari Marg, Kalyan East, Dist. Thane (MAH), INDIA - 421 306.

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Report on Blood Checkup Session

Date: 17th November, 2022

Venue: College Building 302 Time: 10 Am to 1.00 Pm

The Women Development Cell along with IQAC of Saket College of Arts, Science & Commerce had organized Blood Checkup Session with Health Authorities of KDMC under 'माता सुरक्षित तर घर सुरक्षित' on Thursday, 17th November, 2022. The objective of the event was to provide awareness help improve to physical fitness of students & female staff members.

The program helped to spread awareness about health check-up and maintaining a healthy lifestyle. The program was attended by the vice principal of Degree college, Mrs. Rani Raghuwanshi, Nurse & laboratory team which came to our college. Students & Teachers got their thyroid and blood check-up which explains whether the person is healthy or not. A review session was conducted on date 16th November at 10am.

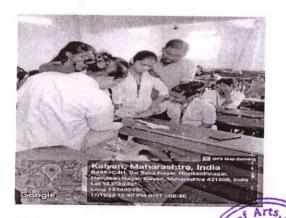
This session helped to spread awareness about health check-up and maintaining a healthy life.

Beneficiaries:

Girls:-79.

Outcome:

- 3. "Change in the health of an individual, group of students, staff that is attribute able to an intervention or series of interventions.".
- 4. Maintaining good health is critical to ensuring that a college student can focus on what they are learning, prepare for exams and meet other demands.





WDC Chairperson

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Report on Raising Day

Time: 10:00 AM

Date 04-1-2023

Venue: Auditorium

NSS Unit of Saket College of Arts, Science & Commerce successfully organized the Raising Day Program on 30th January 2023 at 10:00 am. In this Program 157 volunteers participated. The 'Raising Day' program was conducted in association with Kolsewadi Police Station and Thane City Transport Department and National Service Scheme on the occasion of Traffic Week in the college. On this occasion Mr. Mandar Dharmadhikari Assistant Commissioner of Police, Senior Police Inspector Mr. Vijay Gaikwad, Assistant Commissioner of Police Mr. Indrajit Karle were present. Senior Police Inspector Mr. Vijay Gaikwad gave a presentation to the students about road safety laws and precautions to avoid accidents. Mr. Mandar Dharmadhikari, Assistant Commissioner of Police explained the rules of driving to the students. While Mr. Indrajit Karle, Assistant Commissioner of Police gave moral lessons to the students. College Principal Dr. Vasant Barate welcomed the chief guests and guided the students. Prof. Sanjay Chaudhary introduced the program and vote of thanks was given by Prof. Priya Nerlekar. On this occasion, Vice Principal Rani Raghuvanshi, Chief Coordinator Prof. Prasina Biju, Dr. Shahaji Kamble etc. were present.

Beneficiaries: 157





NSS Program Officer



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Report on Visit to societies for awareness HAR GHAR TIRANGA

Time:11.00AM TO 12.00PM

Date: 12-08-2022

NSS Unit of Saket College of Arts, Science and Commerce, with IQAC, organized "HAR GHAR TIRANGA" on the occasion of 75th Independence Day "Azadi Ka Amrut Mahotsav" on 12th August to 15th August 2022. Its main objective is to encourage people to preserve the memories of India's freedom struggle. Our college students have visited different societies to aware the people of our society and to host the flag in every society. Har Ghar Tiranga campaign has become a people's movement wherein everyone is coming together in unity and displaying the National Flag. From Area to Societies, Societies to Area people to awareness of "HAR GHAR TIRANGA." hoisting the Tiranga and expressing their gratitude towards the freedom fighters who fought bravely for our country.



OUTCOMES: Flags hosted under the initiative "Har Ghar Tiranga"

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Report on No Crackers Awareness

Time: 09:00 am

Date: 21-10-2022

Venue: Saket College - Mhatre Chowk

NSS Unit of Saket College of Arts, Science & Commerce successfully organized the NO CRACKERS campaign on 21st October 2022 at 09:00 am. In this campaign 19 volunteers participated. They appealed to the people of KDMC area for celebrating this Diwali to be ecofriendly and for making awareness "Say No To Crackers". Aim of the campaign is to reduce pollution. such as the bursting of loud firecrackers, the pollution in the country rises to the dangerous level causing discomfort to the elderly people, children and pets. Also, Birds and animals suffer the most due to the high level of noise generated from firecrackers.

Many NSS volunteers raised their voice to make this Diwali celebration healthy and eco-friendly and to make awareness for celebrating Diwali with locally made earthenware Diyas and light.



OUTCOME:

- 5) To carry out awareness drive & sensitizing public at large on the harmful effect of crackers
- 6) To inculcate the sense of proactive action, innovation & teamwork among students towards the environment.
- 7) People were encouraged for proper maintenance and preservation of the environment.
- 8) Students were made aware to uplift the quality of the living environment through the No Use of fire crackers campaign.

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Report on Street Play

Time:11.00AM TO 11.30PM

Date: 17-08-2022

Venue: Campus of Saket CollegeArt, Science and Commerce

Saket College of Arts, Science and Commerce had organized an "Street Play" on the occasion of 75th Independence Day "Azadi Ka Amrut Mahotsav" on Wednesday, 17th August, 2022. a street play in the campus of Saket CollegeArt, Science and Commerce. The play was witnessed by around 16 students. The group performs on Terririsome which are the purpose of such intimidation is to exercise pressure on governments to change their policies and achieve the whims of terrorists. It was meant to bring awareness to the audience regarding the contemporary issues faced by women in the society







with principal Dr. Vasant Barhate.

Student During the street play

Student During the street play

Beneficiaries: 16

OUTCOMES:

Terrorism rarely achieves its aims because the grand political and social ambitions motivating violence are usually far beyond perpetrators' means to affect.

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Report on Raksha Bandhan with Traffic Police, Retired Army mens and Safai kamgar

Time:06.30AM TO 09.00AM

Saket College of Arts, Science and Commerce had organized an "Raksha Bandhan Celebration" on the occasion of 75th Independence Day -"Azadi Ka Amrut Mahotsav" on Sunday, 14^h August, 2022. NSS Committee in association with IQAC had organized the "Raksha Bandhan Celebration" to celebrate "Azadi Ka Amrut Mahotsav" with great enthusiasm.

As Indian Culture lays a whole lot of Faith in its festivals, one such festival—Raksha Bandhan was used by the N.S.S Team to contribute its bit to the society. The N.S.S unit had its "Rakshabandhan with Traffic Police, Retired Army mens and Safai kamgar" on 14 August 2022 were started from 6:30 a.m. to 9:00 a.m in the city.





Date: 14-08-2022





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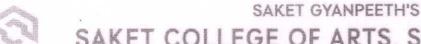
Beneficiaries:15

Outcomes: When we live in society, there are always some arguments, misunderstandings, difference of opinions, and all this creates tension, insecurity, and fear. When society lives in fear, it is bound to get doomed. Raksha Bandhan is a festival of connectivity, of giving assurance and confidence to each other that I am there with you and I am committed to help you, and stand by you.

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Report on Flag Hoisting on 13 August

Time:11.00AM

NUMBER OF STREET

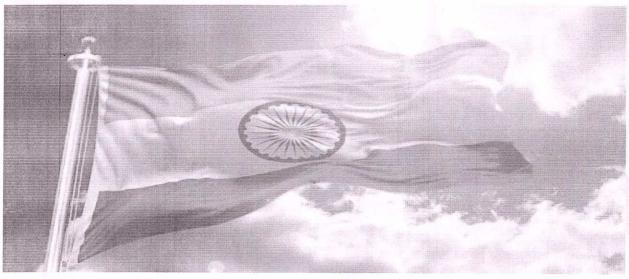
Date: 13-08-2022

NSS Unit and Departments of Art with IQAC, organized "Flag Hoisting" on the occasion of 75th Independence Day- "Azadi Ka Amrut Mahotsav". To celebrate Independence Day, the Flag Hoisting Ceremony will be held on Saturday, the 13th August 2022 at 9:45 am at Saket College. Some members of faculty, staff and students are cordially invited to participate in the ceremony.









Beneficiaries: 50+

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Report on Run For Unity

Date: 30th October 2022.

Time: 07:00 am

Venue: Runholics academy - Palegaon, Ambernath west.

The NSS Unit of Saket College of Arts, Science & Commerce participated in the Yua ekta marathon called **run for unity** organized by Runaholics Academy Ambernath on the birth anniversary of sardar Vallabhbhai patel & National Unity Day. The session stared **At 07:00 am.** The marathon promoted interaction & mutual understanding, health awareness, unity in diversity and national spirit among the people. In this activity students from different academies and colleges participated and from our college 09 volunteers & Ex.NSS leader Pranav sir took part in this Run of Unity. Certificates and refreshment to all the participants were distributed.









Outcome

- 1) People understand Running regularly strengthens your heart by increasing your aerobic capacity. & helping keep your blood pressure and high cholesterol at health levels.
- 2) Running in times of stress helps you better handle life's challenges by increasing your mental resilience.
- 3) By participating they understand discipline & accountability, friendship and community, dealing with negative emotions.

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Report on HIV/AIDS Awareness Rally

Time:11.00AM TO 12.00PM

Date: 04/12/2022

Venue: Rukminibai Hospital- Shivaji Chowk-Sahajanand Chowk towards Achievers College, Kalyan(W), District-Thane

Awareness Programme on Prevention of HIV/AIDS was organized by Neharu Yuva Kendra Thane, In the association of Maharashtra Yuva Sanga Kalyan & ICTC -KDMC, NSS Unit NSS Unit of Saket College of arts, science and commerces, Kalyan and was all supported by District Aids Prevention and Control Unit Civil Hospital Thane on 01st December, 2022 at Rukminibai Hospital-Shivaji Chowk-Sahajanand Chowk

The welcome speech was given by **Sunil Gamare**, NSS Programme delivered a lecture among the students and made them aware on HIV/AIDS issues and also shared the concept of DAPC, its objectives and strengthening of DAPC(District Aids Prevention and Control) unit through a power-point presentation & Life Skill promotion and also has shown some jingles and photographs. After the lecture students took part in an interaction & cleared their misconception eg. 'Mosquito bite cannot spread HIV', 'close kisses cannot spread HIV', 'sharing clothes cannot spread HIV' etc.

Beneficiaries:42



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Date: 15-08-2022

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Report on Tree Plantation

Time:09.00 AM TO 11.00AM

Venue: Campus of Saket CollegeArt, Science and Commerce

Saket College of Arts, Science and Commerce had organized a "Tree Plantation" on the occasion of "Azadi Ka Amrut Mahotsav" on 15th August, 2022. The program aimed to plant about 30 saplings in the College campus and all around as well. The forestry coordinator guided students on how to sow seeds and plants. Patanjali Parivar also participated in that event to help students and faculty. At first, we started to implant seedlings along the college campus and then along all sides of the main ground. After that, the students planted in the local areas nearby our school and college. Some charts and banners were also designed by the students relevant to tree plantation. These posters were hung there to raise awareness in the people about the needs of tree plantations.





Beneficiaries: 75

OUTCOMES: In the end, the principal addressed and thanked the chief guest as well as teachers and students for coming and participating in that fruitful activity. giving their precious time. Overall, this was an excellent and glorious event for all. I felt inner peace by doing something good for my nation.

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Report on Residential camp Day-1

Date 19-1-2023

Venue : Arogya Mandir, Sahyadri Nisarga Jeevan Sanstha, Jambhilaghar, Boradpada Road, Badlapur, (W)

The NSS Unit of Saket College of Arts, Science & Commerce, Kalyan(E) conducted a Camp for Seven Days at the Arogya Mandir, Sahyadri Nisarga Jeevan Sanstha, Jambhilaghar, Boradpada Road, Badlapur, (W) 80 students participated actively in the NSS Camp and extended a good service for the health, hygiene and welfare of the village. The NSS Camp was organised by Mr. Prakash Jadhav and Mrs. Priya Nerlekar The Program Officer, along with the other faculty coordinators, Miss Shubhangi Ingole and Mr. Ajay Shelar.with the guidance and support of Dr. Vasant Barhate Principal, of Saket College. The NSS Camp was initiated by Mr. Prakash Jadhav and Mrs. Priya Nerlekar The Program Officer who briefed about the importance of NSS as well as the morals of the camp.

Beneficiaries: 80











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Report on Residential camp Day-2

Date 20-1-2023

Venue : Arogya Mandir, Sahyadri Nisarga Jeevan Sanstha, Jambhilaghar, Boradpada Road, Badlapur, (W)

On this day the cleaning of the surroundings of the school and the temple as well as the roads of the village was taken up by the student volunteers. Student Volunteer Vaishnavi Sharma, Dasha Solanki And Aakash Sing had met with the Principal and Sarpanch of Mulgaon Village with the purpose of activity from Nss Volunteer. Some student volunteer groups had gone to Mulgaon Village and some of them had gone to Jambhilaghar. This activity is expected to promote the importance of self-cleaning on health-hygiene among the Mulgao, Jambhilaghar villagers.

Beneficiaries: 80







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Report on Residential camp Day-3

Date 21-1-2023

Venue: Arogya Mandir, Sahyadri Nisarga Jeevan Sanstha, Jambhilaghar, Boradpada Road, Badlapur, (W)

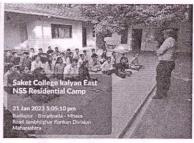
A very informative talk on **Addiction-Free India** was delivered by Milind Patil. They had mentioned the problem of Addictions such that Addictions generally began as something to try for fun and then evolved to a dependency for comfort. If a person did not recognize and stop this dependency, it could become an addiction. Often this happens before the person is even aware of this happening. This level of dependency could become an obstacle to a person's functioning in society. It also has adverse effects on their mental health and can aggravate existing problems.

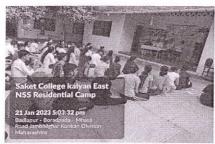
It is also something that harms one's health and then begins affecting friends and family's lives. The rate at which addiction could cause destruction goes beyond the individual themselves.

Beneficiaries: 80













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Report on Residential camp Day-4

Date 22-1-2023

Venue: Arogya Mandir, Sahyadri Nisarga Jeevan Sanstha, Jambhilaghar, Boradpada Road, Badlapur, (W)

A very informative talk on NSS and Competitive Exam Preparation Strategy was delivered by Thane District Coordinator Prof. Jeevan Vichare. NSS is playing an important role in the development of the country and of the students associated with it. NSS has helped many people who were affected by some calamity. The students, whoever are present in this camp. I would be thankful to your parents for sending you to the camp part of NSS. NSS provides the students with a platform for serving their nation and their personality development also, sir had given a lecture on the competitive exam student should be Focus on self-study. This will ensure that your strategize a plan accordingly and devote equal time for preparation of each section and subject

Beneficiaries: 80









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Report on Residential camp Day-5

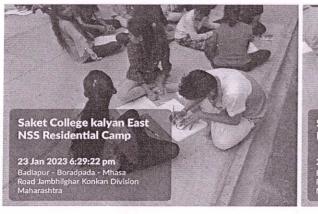
Date 23-1-2023

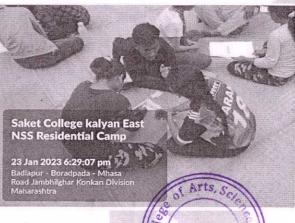
Venue : Arogya Mandir, Sahyadri Nisarga Jeevan Sanstha, Jambhilaghar, Boradpada Road, Badlapur, (W)

On this day Poster Making competitions were held on topics such as Beti Bachao Beti Padhao and 75 Amrut Mahotsav. The Main objective of the competition of 75 Amrut Mahotsav is a homage to our freedom fighters and the independence movement by our people. The overall theme of the **Beti Bachao Beti Padhao Yojana scheme** is to push the Indian society towards offering girl-child a better and safe environment to grow in.

Beneficiaries: 80







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Report on Residential camp Day-6

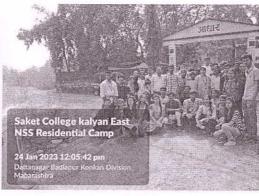
Date 24-1-2023

Venue : Arogya Mandir, Sahyadri Nisarga Jeevan Sanstha, Jambhilaghar, Boradpada Road, Badlapur, (W)

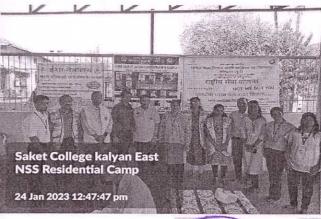
On this day, the Lions Club of Kalyan Saket Gyanpeeth Campus arranged a Health Check-up Camp for villagers in which about 200 members of villagers and student volunteers were examined by the invited doctors. Then we moved toward the adhar .Thakur wadi- adhar (Disable) Mulgao. All the volunteers with PO went to the adhar and their they take the introductory session and then they divided the boys and girls and took them to visit the adhar. They show us the Rooms where people rest ,their kitchen and the place where the workers have been working from the last 15 to 20 years in the kitchen. The people in the adhar had vocationally trained to inculcate work, and they do the works very neatly and beautifully.

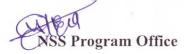
Beneficiaries: 80













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Report on Marathon - Run for leprosy

Time: 7:30 AM Date 30-1-2023

Venue : Saket College, Kalyan(E)

NSS Unit of Saket College of Arts, Science & Commerce successfully organized Marathon Run for Leprosy on 30th January 2023 at 7:30 am. on the occasion of the death anniversary of the Father of the Nation Mahatma Gandhi, on behalf of the Maharashtra Government Health Services, Assistant Director of Health Services Leprosy Thane, Kalyan Dombivli Municipal Corporation within the limits of Kalyan Dombivli Municipal Corporation, started the Sparsh Leprosy Awareness Fortnight, Hon. Assistant Director Health Services (Leprosy) Thane, Dr. Geeta Kakade Madam started the program by lighting a lamp and garlanding the statue of Mahatma Gandhi and the "Run For Leprosy-Marathon" program was conducted at Saket Gyanpeeth. Sameer Saravankar sir started the competition by showing the green flag, a large number of students participated in this competition and completed the competition, on this occasion the Principal of Saket College Hon. Dr. Vasant Barhate, as well as Vice Principal Shri. Rani Raghuvanshi Madam, Vice Principal Prof. Head of Mulesar NSS Shri. Jadhav Sir, Mr. Chaudhary Sir Prof. Priya Nerlekar and Medical Officer of Civil Health Center Khadegolvali Hon. Dipali More Madam, PHN, and her entire team helped make the marathon a success. On this occasion, the principal of the college asserted that the volunteers of the National Service Scheme will go to villages and work for the eradication of leprosy. District Supervisor Shri. Khatgaonkar Sir, Nikumbh Sir, Awais, Satav Sir, Nikhade Sir, and all the Awais of Kalyan Dombivali and P. M. W was present

Run for leprosy Winner 1,2 and 3 Rankers

1. Avinash Korde. 8000

2. Sachin Palve. 5000

3. Deepak Tagad. 3000

Beneficiaries: 67









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(Permanently Affiliated to University of Mumbai) (NAAC Accrediated "B" Grade)

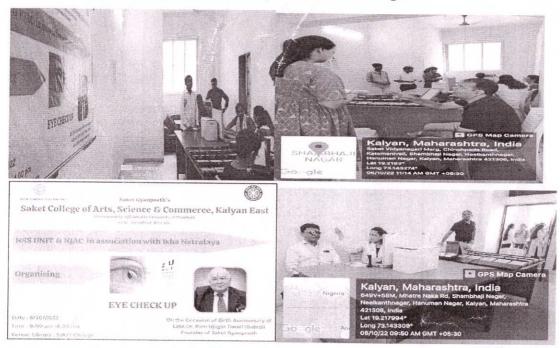
Report on Eye Check Up Camp

Time:09.00 AM

Date: 06-10-2022

Venue: Saket College. Room No 107

Nss unit and IQAC in association with Isha Netralaya of Saket College of Arts, Science and Commerce had organized a "Eye Check Up Camp" on the occasion of "On the occasion of the Birth Anniversary of Late. Dr. Ram Ujagar Tiwary (Bapuji) was the Founder of Saket Gyanpeeth " on 6th September, 2022 at Saket College Between 9:00Am - 4:00 Pm It was open to all. 42 Blood Bottles were collected. A total of 72 students, eight faculty and 10 non teaching staff from Saket College



Beneficiaries: 27

Outcomes:

To support these organizations in their initiatives, many people come forward every year and participate in their programs and even bear the cost of the treatment of people.

There are a lot of people who are getting treated and referred for more specific consultation through these eye camps.

NSS Program Officer

Saket Vidyanagari Marg, Kalyan East, Dist. Thane (MAH), INDIA



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Report on Mega Blood Donation Camp

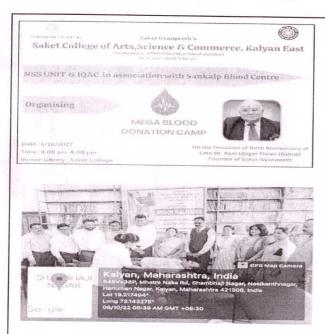
Date: 06-10-2022

Time:09.00 AM

Venue: Library

Nss unit and IQAC in association with Sankalp Blood Center of Saket College of Arts, Science and Commerce had organized a "Mega Blood Donation Camp" on the occasion of "On the occasion of the Birth Anniversary of Late. Dr. RAM Ujagar Tiwary (Bapuji). He was the Founder of Saket Gyanpeeth "on 6th September, 2022 at Saket College Between 9:00Am - 4:00Pm It was open to all. 42 Blood Bottles were collected. A total of 72 students, eight faculty and 10 non teaching staff from Saket College

Volunteers/ students came forward to donate blood during the camp which included teaching & non-teaching staff, students & non-student donors. a total no of students is 72, a total no of faculty 8 and 10 non teaching staff from Saket College.







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Beneficiaries: 72

Outcome: The purpose of organizing a blood donation camp is to motivate and maintain a permanent well-indexed record of voluntary blood donors.

NSS Program Officer

🙎 Saket Vidyanagari Marg, Kalyan East, Dist, Thane (MAH), INDIA

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Report on FAT TO FIT

Time: 11:00 am

Date: 15-03-2023

Venue: Auditorium

Women Development Cell along with IQAC of Saket College of Arts, Science & Commerce had organized Guest lecture on the FAT TO FIT Event on Wednesday, 15th March, 2023. The objective of the event was our main goal to identify the factors which influence gaining weight. The level of physical activity takes a huge drop, while the amount of consumed food may remain the same. The most common factor is keeping the same eating habits, even though the intensity and frequency of training has drastically diminished or is totally lacking.

An important factor influencing human health is food. The improvement of the healthy nutrition is one of the leading principles for improving the health of the population. Forming habits for healthy nutrition in children should be realised as a shared responsibility between Colleges.

To begin with the anchors of the program. Started the ceremony with a lot of Enthusiasm and passion. The program was started at 11 am and was attended by the principal Dr. Vasant Bharate, Vice principal of Degree college, Mrs. Rani Raghuvanshi and students to our college.

We all were happy to know to celebrate women's day to our college and improve the mental health of women we all happy to celebrate this kind of function of the college.

Beneficiaries:

Boys: - 58, Girls: 60

Outcomes: From this event students know the principles of healthy nutrition diet and regular exaercise.

Speakers: Dr. Sonali Parlikar



🙎 Saket Vidyanagari Marg, Kalyan East, Dist. Thane (MAH), INDIA - 421 306.

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