

5.1.2 Following capacity development and skills enhancement activities are organised for improving students' capability

1. Soft skills
2. Language and communication skills
3. Life skills (Yoga, physical fitness, health and hygiene, self-employment and entrepreneurial skills)
4. Awareness of trends in technology

Year	Name of the capacity development and skills enhancement program	Period (from date - to date)	Number of students enrolled	Name of the agencies/experts involved with contact details (if any)	Page No.
2020-21	Yoga and Sun Salutation Initiative	13/12/2020 to 13/12/2020	74	N.C.C and N.S.S. Department	2 to 15
2020-21	Mental Health and Counseling Workshop	22/10/2020 to 22/10/2020	84	Psychology Department	



P.D.E.A.'s

Waghire College of Arts, Commerce and Science, Saswad

Academic Year 2020-21

Yoga and Sun salutation initiative

Yoga and Sun Salutation program was organized on 13th December 2020 at 07.00 am. on the occasion of birthday of Hon. Sharad Chandraji Pawar, a pillar of Pune District Education Association and former Agriculture Minister by N.C.C Department under the guidance of Principal Dr. Sushma Bhosale. On this occasion, Prof. Gajendra Ahiwale, Prof. Sunil Shinde and Dr Vidya Patankar were present. In this activity, in the premises in front of the college library, Shri. Sagar Jagtap was invited as the Head Yoga Instructor. He demonstrated various types of Yoga e.g. Padmasana, Vajrasana, Tadasana, Bhujangasana, Trikonasana, Balasana, Makarasana. He also explained the scientific significance of pranayama. All the students were also informed about the benefits of a healthy and wholesome body through this activity. The children also learned the importance of sun salutation and yoga.

The Principal of the college Dr. Sushma Bhosale, Vice Principal Shri. S. M. Dhorge, Dr. S. D. Jagdale and other teaching, non-teaching staff and students showed their online presence through ZOOM ANDROID APP. Vice Principal Dr. Subhash Wavhal, welcomed Sagar Jagtap by giving a book. 74 students from N.S.S and N.C.C Departments were present for this programme

Coordinator

(Prof. Gajendra Ahiwale)

PRINCIPAL

Waghire College, Saswad
Tal. Purandar, Dist. Pune

LT. GAJENDRA MANOHAR AHIWALE
ASSOCIATE NCC OFFICER
36 MAH BN NCC
WAGHIRE COLLEGE, SASWAD.

WAGHIRE COLLEGE, SASWAD
National Cadet Corps
PROGRAM



SR. NO	REG. NO	CADET NAME	SING
1	MH20SWN980794	CDT. Kamthe Kajal Chandrashekhar	Kajal
2	MH20SWN980793	LD.CDT. Bhongle Nikshita Nitin	Bhongle
3		CDT. Wadkar Akanksha Sanjay	Akanksha
4		CDT. Rawale Shrutika Shriyong	S.S. Rawale
5		CDT. Kolhe Rutuja Vitthal	R.V. Kolhe
6		CDT. Nagrale Snehal Kishor	Snehal
7		CDT. Gauri Santosh Raktade	G.S. Raktade
8		CDT. Ankita Uttam Pisal	A.V. Pisal
9		CDT. Dalavi Sheerani Tulashidray	Dalavi.S.T
10		CDT. Mahajan Shivani Titendra	Shivani
11		CDT. Jagtap AKASH Balu	A.K. Jagtap
12		CDT. Gaikwad Aditya Sunil	Aditya
13		CDT. Bhandalkar Pratik Manohar	Pratik
14		CDT. Pradip Anand Mote	P.M.
15		CDT. Rushikesh Isadham.	R.S. Isadham.
16		CDT. Thombare Sharad	Sharad
17		CDT. Galande Mohan	Mohan
18		CDT. Gajekar Mandesh	Mandesh
19		CDT. Atharv Vitthal Poman	A.V. Poman
20		CDT. Abhiraj Dinkar	A.D. Poman
21		CDT. Sakar Sachin	S.S.
22		CDT. Dhore Nikhil	Nikhil
23		Roman Rushikesh	Roman
24		CDT. Yadav Chetan Namdev	Chetan
25		CDT. Soham Santosh Birvatkar	Soham
26		CDT. Mohite Dinkar Anand	Dinkar
27		CDT. Om Somnath Jadhav	O.S. Jadhav
28		CDT. Gautam Navanath Gadadare	Gadadare
29		CDT. Suraj Dhahaji Shete	S.D. Shete
30		CDT. Jyotsna Pooja Ramdas	Jyotsna
31		CDT. Jyoti Sahil Shamrao	Jyoti
32		CDT. Sahil Santosh Memane	Sahil
33		CDT. Lahu Rajaram Thombare	Rajaram
34		CDT. Zuranje Phiroj Uttam	Zuranje
35		CDT. Jadhav Abhishek Harishchandra	Abhishek
36	MH19SDN980703	PO.CDT. Lonkar vijay Dilip	Vijay
37	MH20SDN980778	CDT. Jagtap Vinayak Bhanudas	Vinayak
38	MH20SDN980780	LD.CDT. Poman Adesh Shivaji	Adesh
39	MH20SDN980782	CDT. Mandre Pawan Sunil	P.M.
40	MH20SDN980790	CDT. Gaikwad Tejas Ganesh	Tejas
41	MH20SWN980795	CDT. Kamthe Anbita Shivaji	Anbita
42	MH20SWN980792	LD.CDT. Karvande Vaishnavi Dattatray	Vaishnavi
43	MH20SDN980791	CDT. Zuranje Tejas Sanjay	T.Z.
44	MH20SDN980775	CDT. Thombare Nana Kisan	N.K.
45	MH20SDN980779	CDT. Kunwar Mukesh Anand	M.K.
46	MH20SDN980784	CDT. Kshirsagar Suraj Dattatray	S.K.
47	MH20SDN980785	LD.CDT. Kolhe vivek Shivaji	V.K.
48	MH20SDN980786	CDT. Jainak Mahesh Suresh	M.S.
49	MH20SDN980787	CDT. Bhintade Tejas Sanjay	T.B.
50	MH20SDN980793	LD.CDT. Bhongle Nikshita Nitin	N.N.
51	MH20SDN980794	CDT. Atemane Akshay Ramesh	A.A.

WAGHIRE COLLEGE, SASWAD
National Cadet Corps
PROGRQM



SR. NO	REG. NO	CADET NAME	SING
52	MAHSD20931455	Kumbharkar yogesh Rajendra	...
53	MAHSD20931444	Jagtap suraj padhad	...
54	MAHSD20931456	Madane pandurang Bhiva	...
55	MAHSD20931453	Kumbharkar pratik shantaram	...
56	MAHSD209314	BOYKAR SADI SUDH	S. S. B.
57	MAHSD209314	Gadadare Prasad Nandkumar	...
58	MAHSD209314	Khawale Adinath Narsinha	...
58	MAHSD20931453	Khairre Pratik vilas	...
60	MAHSD209314	Netake Abhishek Majaram	...
61	MAHSD20931454	Kumbharkar suraj Akil	S. S. B.
62	MAHSD209314	Bhintade Jeevan Sanjay	...
63	MAHSD20931443	Gulambe Ishwar mahadev	...
64	MAHSD209314	Kamthe Poshan rajendra	...
65	MAHSD209314	Kamthe Vaibhav Vasant	...
66	MAHSD209314	Kamthe Siddesh Suresh	...
67	MAHSD209314	Gaikwad Aniket Ramesh	...
68	MAHSD209314	Parase Dhimal Dilip	...
69	MAHSD209314	Shinde Shambhu Bhagwan	...
70	MAHSD209314	Takale Ajay Samant	...
71	MAHSD209314	Tambre Rajman maruti	...
72	MAHSD19931432	Navale Prathmesh Chandrabent	...
73	MAHSD19931436	Shivankar om kumar	...
74	MAHSD19931437	Madane Vishal Sanjay	...
75			
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81		LT. GAJENDRA MANOHAR AHIWALE	PRINCIPAL
82		ASSOCIATE NCC OFFICER	Waghire College, Saswad
83		WAGHIRE COLLEGE, SASWAD.	tal. Purandar, Dist. Pune
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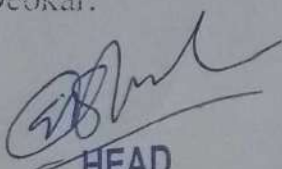
Photographs of the event

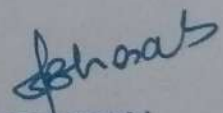




Mental Health and Counseling Workshop (Oct 22, 2020)

Mental Health and Counseling Workshop was organized by the Department of Psychology with the help of Google Meet. On World Mental Health Day, students in the Department of Psychology created online posters to raise awareness about mental health. The workshop was organized for students who have passed the Mental Health Measurement Test. A total of 84 students participated in the Mental Health and Counseling Workshop. The principal of the college, Dr. Sushma Bhosale guided the students on how to maintain mental health, importance of mental health. The programme was introduced by Prof. Sunil Shinde, Head of the Department of Psychology and vote of thanks was delivered by Prof. Sangita Deokar.


HEAD
DEPARTMENT OF PSYCHOLOGY
WAGHIRE COLLEGE, SASWAD


PRINCIPAL
Waghire College, Saswad,
Tal. Purandar, Dist. Pune.



Department of Psychology

Mental Health Day Workshop 22.10.2021

Students Attendance Sheet

Sr.No.	Students Name	Age	Address	Mobile Number	Email Id
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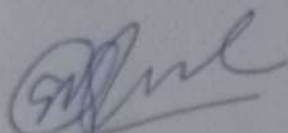
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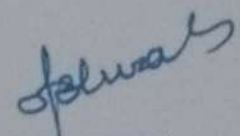
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73	VirajprakashLole	19	AT.POST.PANWADI TAL.PURANDAR dist.pune	9130879348	Virajlole11@gmail.com
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75	PradnyaZurange	19	Ladgealisaswad	9767127102	pradnyazurange@gmail.com
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77	Sneharajendrakumbharkar	20	Rautalisaswad	9922268077	Snehakumbharkar8558@gimalcom
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79	Sakshibhanudasbhishe	18	At -post panvadi. Tal - purndhardist - pune.	9623495639	sakshibhise41@gmail.com
80	Shahurajvitthalhake	22	Bswty year	9763962747	Holi ta ausa district latur
81	MitkarSharukhkishan	19	BSW second year	8999625548	Arvigayranelatur
82	ApekshaNanasahebAwad	20	B. S. W. Fy	9356944874	At post gadhwad
83	Hamid pinjari	51	MA B ED.	9702403749	Royal garden



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84	Sharukhkishanmitkar	20	BSW secnd year	8999625548	Latur


Co-ordinator

HEAD
DEPARTMENT OF PSYCHOLOGY
WAGHIRE COLLEGE, SASWAD


PRINCIPAL
Waghire College, Saswad,
Tal. Purandar, Dist. Pune.

Online Lecture on Mental Health and Counselling

Workshop by

Principal Dr. Sushma Bhosale



Dr. Sushma Bhosale Principal Waghere Coll

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Nice 🙏 dr .bhosale madam



You 10 min

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Dr. Vijaykumar Shinde 6 min

How to guide the individuals those who have loss the service



Smita Pansare 6 min

Paper kadhi honar mam

COUNSELLING WORKSHOP

Waghire Art, Commerce And Science

College Saswad. **ON**

**METAL HEALTH
AND
COUNSELLING
BY**



Dr. SUSHMA BHOSALE

**M.A. (Clinical Psychology), Ph. D.
SET, Erasmus Mundus
Postdoctoral Fellow.**

Date- 22/10/2020

Thursday

Time- 1pm to 2pm

Google meet

**Organize by Prof. Sangita Deokar &
Prof. Sunil Shinde
Department Of Psychology**