

Founder



Karmaveer Bhausaheb Hiray

**Mahatma Gandhi Vidyamandir's**

# **ARTS & COMMERCE COLLEGE, YEOLA**

Affiliated to Savitribai Phule Pune University, Pune ID. No. PU/NS/AC/014/ (1970)

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NAAC Re-accredited B+ Grade (CGPA 2.62)

Date: 4 April 2023

## **Notice Staff Academy**

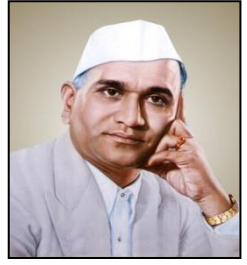
We are glad to inform all the faculty members that our college is hosting a program on Health Awareness under Faculty Development Program of the college on 7 April 2023. The program will include an insightful lecture of Dr. Mahesh Joshi, a renowned Dentist in Yeola City. All the faculty members (teaching and non-teaching) are requested to attend the program.



  
**Principal**  
M.G.V.S  
Arts & Commerce College Yeola  
Dist. Nashik-423401 (M.S.)



# MAHATMA GANDHI VIDYAMANDIR'S, ARTS & COMMERCE COLLEGE, YEOLA, DIST. NASHIK



## Health Awareness Programme

Date: April 2023

A health awareness programme was conducted at the Arts and Commerce College in Yeola to address the prevailing negligence towards health among the Indian population. Renowned dentist Dr. Mahesh Joshi delivered a lecture emphasizing the importance of taking care of one's health and dispelling misconceptions.

Dr. Joshi focused on various health-related issues and provided potential solutions. He particularly emphasized the significance of oral health, highlighting that dental problems can have serious implications, including an increased risk of developing conditions such as heart disease. Dr. Joshi advised the use of a soft-bristled toothbrush while brushing, noting that the choice of toothpaste is secondary. He also stressed the importance of replacing toothbrushes every three months. Furthermore, he encouraged students to prioritize oral health by following dental hygiene practices and maintaining a balanced diet.

The lecture was presided over by Principal Dr. Bhausahab Game, who underscored the importance of a holistic approach to health and urged students to prioritize overall well-being along with dental care. Vice Principal Prof. Shivaji Gaikwad, members of the Visakha Committee, President Prof. Kavita Kanade, Prof. Vijaya Sonwane, and other distinguished guests were present at the event, lending their support and expertise.

The lecture was moderated by Prof. Ramprasad Vaval, who ensured a smooth flow of the proceedings. Prof. Kavita Kanade provided an introduction to the event, setting the context for the importance of health awareness. Dr. T. S. Sangle and Prof. Vijaya Sonawane also contributed to the programme, sharing their insights and expertise. The vote of thanks was delivered by Prof. Vijaya Sonawane, expressing gratitude to all the participants and attendees.

Dr. Mahesh Joshi's lecture at the Arts and Commerce College shed light on the importance of prioritizing health and dispelling misconceptions. The event served as a platform for raising

awareness and promoting healthier lifestyles among the students and the wider community. It was a significant step in addressing the negligence towards health and encouraging individuals to take proactive measures for their overall well-being.



A health awareness programme was conducted at the Arts and Commerce College in Yeola tRenowned dentist Dr. Mahesh Joshi delivered a lecture emphasizing the importance of taking care of one's health.



Dr. Mahesh Joshi delivered a lecture emphasizing the importance of taking care of one's health and dispelling misconceptions., Audience of the Program.





A health awareness programme was conducted at the Arts and Commerce College in Yeola. Chair-Person Hon. Prin. Dr. B. V. Game, Vice Prin. S. D. Gaikwad

# आरोग्याची काळजी घेणे गरजेचे : डॉ. जोशी

## कला व वाणिज्य महाविद्यालयात आरोग्यविषयक व्याख्यान

### लोकनामा प्रतिनिधी

**येवला :** भारतीय लोक स्वतःच्या आरोग्याची योग्य काळजी घेत नाहीत. आपल्याकडे आरोग्यविषयक अनेक गैरसमज आहेत. ते दूर करत देशाच्या सुदृढ भवितव्यासाठी आरोग्याची काळजी घेणे गरजेचे आहे, असे प्रतिपादन येथील प्रसिद्ध दंतरोग चिकित्सक डॉ. महेश जोशी यांनी केले. ते येवला येथील कला व वाणिज्य महाविद्यालयात बोलत होते.

महाविद्यालयातील विशाखा समितीतर्गत जागतिक आरोग्य दिनानिमित्त आयोजित दंतरोग



समस्या व उपाय या विषयावर बोलत होते. ते म्हणाले की, दात हा शरीराचा महत्त्वाचा अवयव आहे. दातांना होणाऱ्या विविध आजारांमुळे हृदयरोगासारखा गंभीर आजार उद्भवू शकतो. दात घासताना मऊ ब्रशचा वापर करायला हवा. टूथपेस्ट कोणती वापरतो हा मुद्दा गौण आहे. दर तीन महिन्यांनी टूथब्रश बदलणे गरजेचे असते. दाताची काळजी घेणे आणि योग्य आहार घेणे गरजेचे आहे.

प्राचार्य डॉ. भाऊसाहेब गमे अध्यक्षस्थानी होते. प्राचार्य म्हणाले की, दातांची काळजी घेण्याबरोबरच संपूर्ण आरोग्याची काळजी विद्यार्थ्यांनी घ्यायला हवी. असेही ते म्हणाले. या प्रसंगी मंचावर उपप्राचार्य प्रा. शिवाजी गायकवाड, विशाखा समितीच्या अध्यक्षा प्रा. कविता कानडे, प्रा. विजया सोनवणे आदी मान्यवर उपस्थित होते. प्रा. रामप्रसाद वाव्हळ यांनी सूत्रसंचालन केले. प्रा. कविता कानडे यांनी प्रास्ताविक केले. डॉ. टी.एस सांगळे यांनी परिचय करून दिला. प्रा. विजया सोनवणे यांनी आभार मानले.

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NEWS : A health awareness programme was conducted at the Arts and Commerce College Yeola



Co-ordinator, IQAC

IQAC

Arts & Commerce College  
YEOLA, Dist. Nashik

Principal  
M.G.V.S

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