



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



## **Cancer Awareness Programme**

On 26 Oct 2018, Arts and Commerce College organised a programme to create public awareness against tobacco consumption. Dr Ganesh Wagh, the chief guest for the programme, asserted that tobacco and smoking are harmful to health and should be avoided from addiction. The programme was conducted under the board of Sociology at Mahatma Gandhi Vidyamandir College of Arts and Commerce, Yeola. Dentist Dr Ganesh Wagh lectured on the subject of 'oral cancer diagnosis and treatment'. Principal Dr Bhausaheb Game presided over the programme. In his speech, he cautioned young people to be away from addiction. He also emphasised the need of such awareness programmes. He also appealed to the women consuming tobacco. Prof. Dhanraj Dhangar anchored the programme and Prof. T. S. Sangle expressed thanks.



Dentist Dr Ganesh Wagh lectured on the subject of 'oral cancer diagnosis and treatment'.

# तंबाखूविरोधात जनजागृती

**येवला :** कर्करोगासंदर्भात विद्यार्थ्यांना मार्गदर्शन

लोकमत न्यूज नेटवर्क

येवला : तंबाखू आणि धूम्रपान हे आरोग्यासाठी घातक असून, व्यसनापासून दूर राहावे, असे प्रतिपादन डॉ. गणेश वाघ यांनी केले. येथील महात्मा गांधी विद्यामंदिर संचलित कला आणि वाणिज्य महाविद्यालयात समाजशास्त्र मंडळांतर्गत आरोग्य जाणीव जागृती कार्यक्रमाचे आयोजन करण्यात आले होते. या अंतर्गत 'मुखाचा कर्करोग : निदान आणि उपचार' या विषयावर दंतचिकित्सक डॉ. वाघ यांचे व्याख्यान झाले. कार्यक्रमाच्या अध्यक्षस्थानी प्राचार्य



डॉ. भाऊसाहेब गमे हे होते.

तरुणांनी व्यसनापासून दूर राहिले पाहिजे. मिसरी घेणाऱ्या स्त्रियांनाही कर्करोग होतो, असे सांगून ग्रामीण भागात विद्यार्थ्यांनी जाणीव जागृती करावी असे आवाहन वाघ त्यांनी केले. प्राचार्य भाऊसाहेब गमे यांनी मनोगत व्यक्त केले. मुख कर्करोगाविषयी

असलेले हे व्याख्यान आपल्या आई-वडिलांची व इतरांची काळजी घेण्याचे आवाहन त्यांनी केले.

धनराज धनगर यांनी सूत्रसंचालन केले. टी. एस. सांगळे यांनी आभार मानले. कार्यक्रमास मनीषा वाघ व एस. डी. गायकवाड यांची विशेष उपस्थिती होती.

लोकमत २७-१०-१८

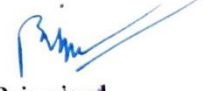
**NEWS of the Program : Awareness about Cancer**



Dentist Dr Ganesh Wagh lectured on the subject of 'oral cancer diagnosis and treatment'. Mrs. Dr. Wagh & chairperson of the Program Hon. Prin. Dr. Bhausaheb Game

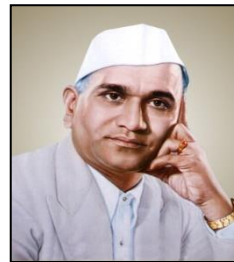


  
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# MAHATMA GANDHI VIDYAMANDIR'S, ARTS & COMMERCE COLLEGE, YEOLA, DIST. NASHIK



## World Health Day Celebration (25-10-2018)

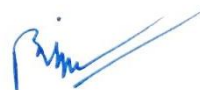
Mahatma Gandhi Vidyamandir's Arts and Commerce College Yeola organized a health lecture to commemorate World Health Day. The keynote speaker for the event was Dr. Suresh Kamble, a renowned recipient of the Vaidyakaratra Award. During his address, Dr. Kamble highlighted the significance of physical, social, and mental health as emphasized by the World Health Organization. He also shed light on the underlying issues caused by the pursuit of material pleasures and an unhealthy lifestyle, resulting in detrimental effects on well-being.

Dr Kamble stressed the importance of maintaining a healthy diet, engaging in regular exercise, and adhering to traditional food culture and customs. According to him, these practices are crucial for achieving longevity, fertility, overall health, and a life free from addiction.

Furthermore, Dr. Kamble emphasized that any health initiatives and programs should include the incorporation and promotion of India's rich tradition of Yoga. He stated that adopting Yoga into daily routines is essential for holistic well-being. The event was graced by the presence of Vice Principal Prof. S. Dr. Gaikwad, Prof. S. R. Nandurdikar, Prof. T. S. Sangle, Prof. R. N Wakle, Prof. A. Bagul, Prof. S. U. Chavan, Prof. D.V. Sonwane, Supervisor Patat, Prahlad Jadhav, and Bare. Prof. G. D. Kharat introduced the guest speaker.



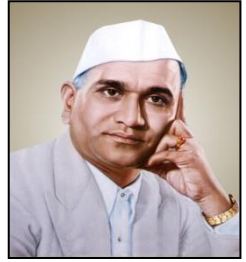
  
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**MAHATMA GANDHI  
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ARTS & COMMERCE COLLEGE,  
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**Yoga Day Celebration June 2018**

MAHATMA GANDHI VIDYAMANDIR'S  
**ARTS & COMMERCE COLLEGE**  
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Affiliated to Savitribai Phule Pune University, Pune ID. No. PU/NS/AC/014/(1970)  
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FOUNDER  
KANNAVEER BHUSAHEB HIRAY

REF/ACCY/2017-18 / 85  
Date – 21<sup>st</sup> June 2018

To  
The Secretary  
University Grants Commission  
Bahadur Shaha Jafar Marg,  
New Delhi 110002

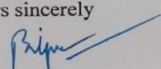
**Subject- Submission of International Yoga Day Report**  
**Reference - DONoF-1-1/2017(SECY) 24 /05 /2017**

Respected Sir,

International Yoga Day celebrated at the MGVS Arts & Commerce College, Yeola. Principal Dr. Bhusaheb Game felicitated Yoga Teacher Jyoti Jay Prakash Kokane. Retired Professor Dr. R. Z. Pahilwan & Mr. Vishnu Kokane were also felicitated on the occasion. Yoga Teacher Jyoti Jay Prakash Kokane explained the importance of physical as well as mental health. She also explained contribution of Yoga, meditation in this process. She explained the Yoga with performing various Asans. Professor Dr. R. Z. Pahilwan exercised OMKAR before the audience. Principal Dr. Bhusaheb Game highlighted the rich culture of Yoga & continues exercise of the Yoga. Vice Principal & Physical Director Prof. Shirish Nandurdikar successfully organized the programme. He also demonstrated the Yoga before the participants of the programme. All the faculties, non-teaching members & Students were presented on the occasion & participated in Yoga. Prof. D. K. Kannor anchored the programme. Programme concluded with the vote of thanks by Dr. Dhanraj Dhangar.

I request you to please accept the report.

Thanking You.

Yours sincerely  
  
Dr. Bhusaheb Game  
**Act. Principal**  
Arts & Commerce College  
YEOLA- 423401 (Nashik)

Enclosure –  
1. Report  
2. International Yoga Day Photos





International Yoga Day Celebration 2018 - Yoga Teacher Jyoti Jayprakash Kokane



Yoga Day Celebration 2018 : Hon. Prin. Dr. B. V. Game, Teaching & Non-teaching staff & Students participated in the event





International Yoga Day Celebration 2018 - Yoga Teacher Jyoti Jaypraksah Kokane



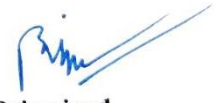
Chief guest Jyoti Jaypraksah Kokane felicitated by Dr. Manisha Gaikwad, Hon. Prin. Dr. B. V. Game



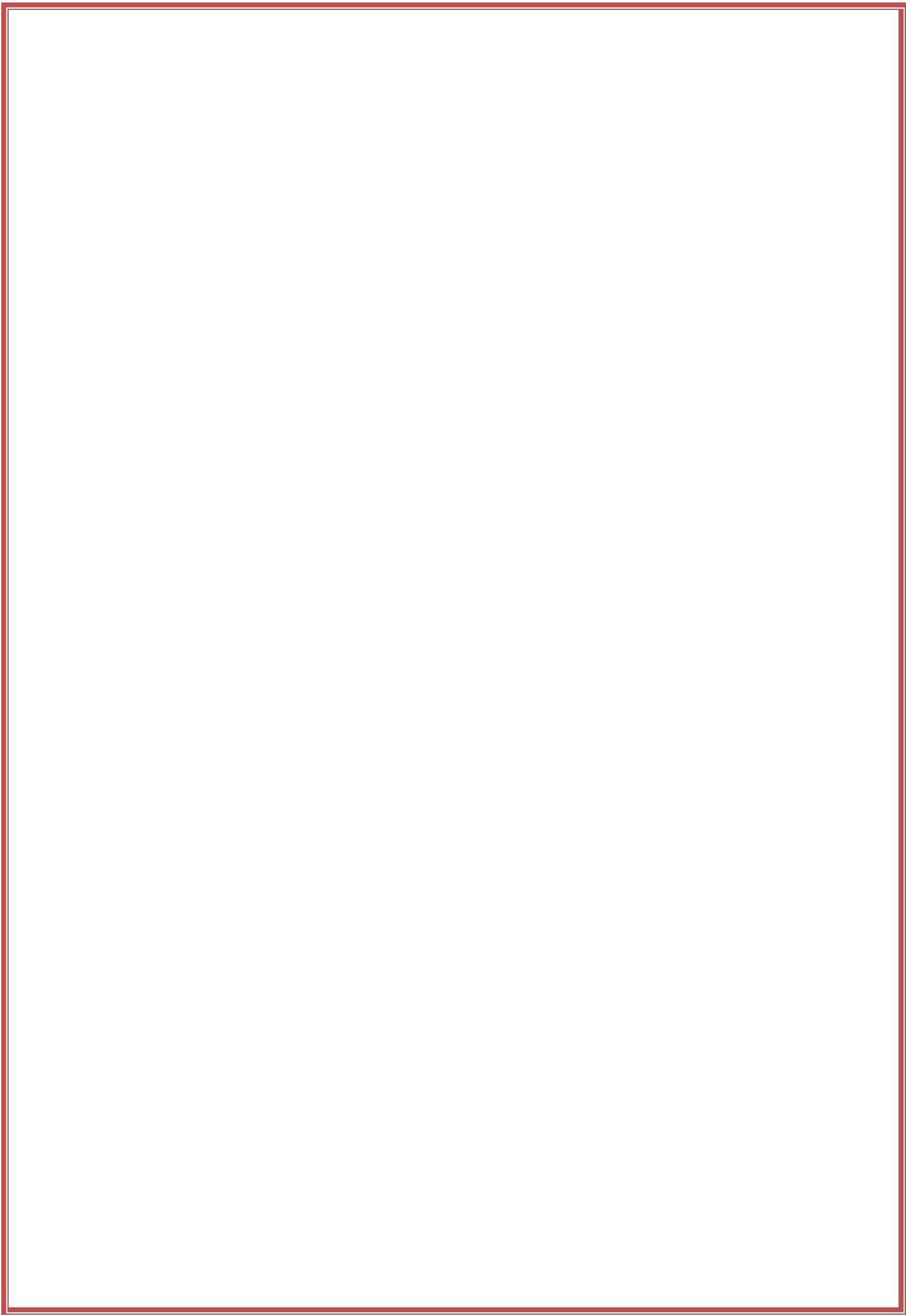
Physical director S.R. Nandurdikar performing yoga in Yoga Day Program



  
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### **Yoga Day Celebration**

21 June 2019:

On the occasion of International Yoga Day, Mahatma Gandhi Vidyamandir's Arts and Commerce College, Yeola, commemorated the event by organising a Yoga programme. Mr Srinivas Soni, the director of the renowned Soni Paithani, highlighted the global importance of yoga, attributing it to Prime Minister Narendra Modi and Yoga Guru Baba Ramdev.

On the occasion of International Yoga Day, Mr Soni demonstrated various yoga poses, emphasizing their benefits. He highlighted that even during challenging times such as the COVID-19 pandemic, regular practice of yoga strengthens the immune system and helps prevent diseases. Throughout the demonstration, he showcased yoga postures including Tadasana, Padmasana, Bhujangasana, Dhanurasana, Halasana, Topasana, Sarwangsundara Asana, Naukasana, Vajrasana, Padangushtasana, Shavasana, Merkatasana, Anulom-Vilom, Kapalbhati, and Suryanamaskar, while explaining their significance. Mr Soni also highlighted that yoga enhances flexibility in the body and cultivates focused mindfulness. Adding to the ambiance, he played the flute, accompanied by Ganesh Kabra on the tabla.

The yoga demonstration workshop witnessed active participation from the faculty, non-teaching staff, and students of the college. Principal Dr Bhausahab Game stressed the importance of International Yoga Day, while Prof. Shirish Nandurdikar, the Sports Director, composed the event. The workshop was moderated by Prof. Kailas Bachhav, and Prof. T. S. Sangle extended gratitude to all participants.

The event served as a platform to raise awareness about the numerous benefits of yoga and its positive impact on overall well-being. By showcasing various yoga asanas and their significance, Srinivas Soni highlighted the importance of incorporating yoga into daily routines to maintain a healthy and balanced lifestyle.



Yoga Day Celebration 2019 : Vice Prin. S. D. Gaikwad felicitated the Chief guest Mr. Srinivas Soni



Mr. Srinivas Soni demonstrated various yoga poses & emphasizing their benefits





Mr. Srinivas Soni demonstrated various yoga poses & emphasizing their benefits



Teaching, Non-teaching staff & Students performing the Yoga





Teaching, Non-teaching staff & Students performing the Yoga



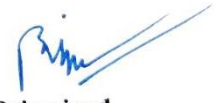
Teaching, Non-teaching staff & Students performing the Yoga



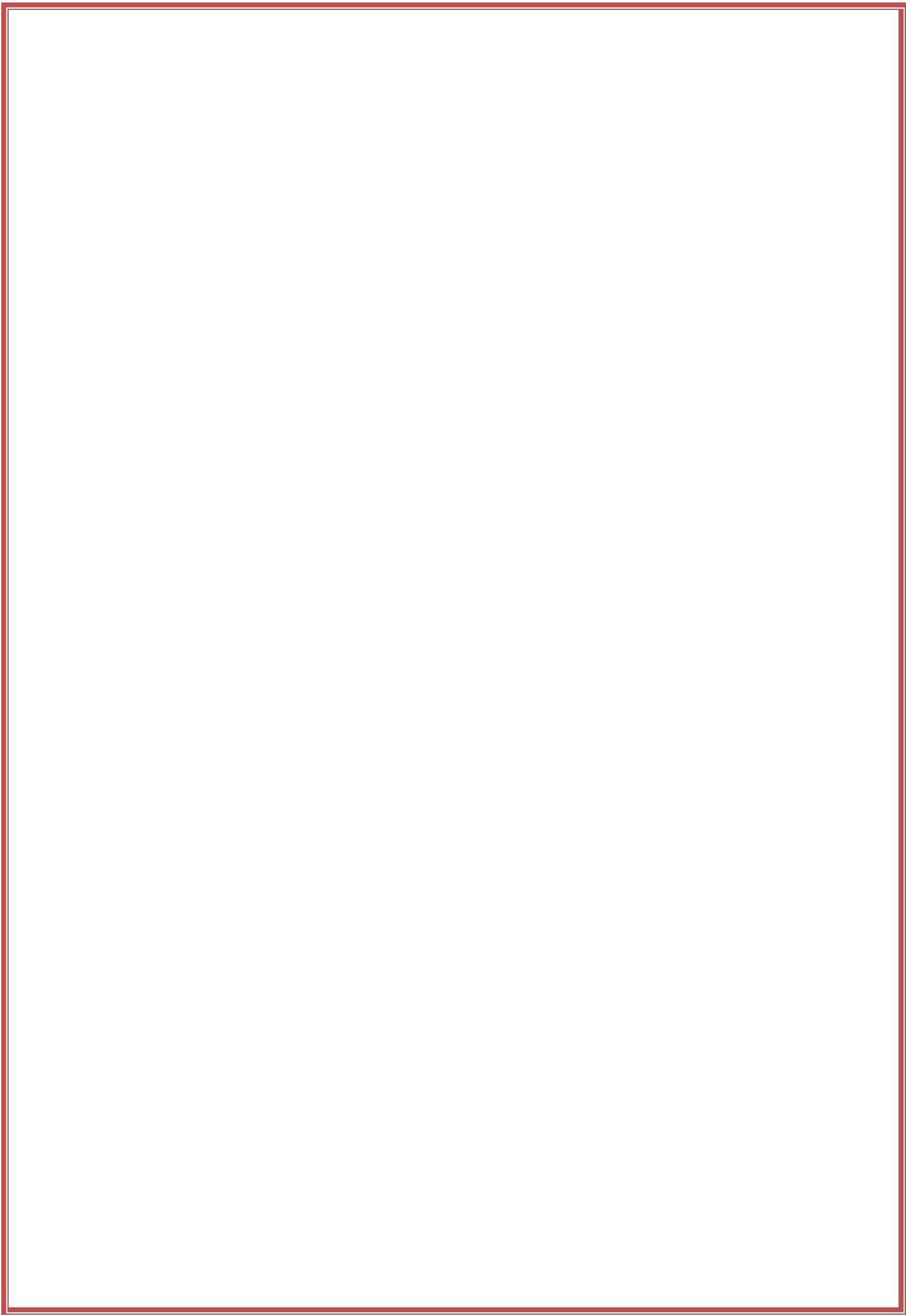
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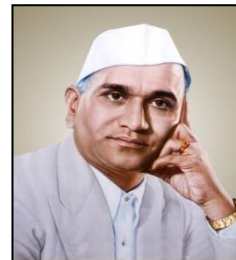
  
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**Voluntary Mask Distribution Initiative to Combat COVID-19:**

July 2, 2023

In commemoration of the birth of Dr Apoorvabhau Hiray, the esteemed coordinator of the National Service Scheme (NSS), a remarkable initiative was undertaken at our college. Dr R N Wakale, along with the dedicated faculty members, under the visionary leadership of our principal, Dr Bhausaheb Game, volunteered to distribute masks as a crucial measure to contain the spread of COVID-19. This act of collective effort not only aimed to protect the health and well-being of our community but also served as a testament to the profound social bonding that unites us during these challenging times.

The primary objective of this voluntary mask distribution initiative was to raise awareness about the importance of wearing masks as an effective preventive measure against the transmission of COVID-19. By actively engaging in this endeavour, we sought to demonstrate our commitment to safeguarding the health and safety of our college community and the wider society.



National Service Scheme (NSS), a remarkable initiative was undertaken at our college. Dr R N Wakale, along with the dedicated faculty members, under the visionary leadership of our principal, Dr Bhausaheb Game, volunteered to distribute masks as a crucial measure to contain the spread of COVID-19.



National Service Scheme (NSS), Dr R N Wakale, & Prof. Gautam Kolte volunteered to distribute masks as a crucial measure to contain the spread of COVID-19.





Prin. Dr. B. V. Game volunteered to distribute masks as a crucial measure to contain the spread of COVID-19.




National Service Scheme (NSS), Dr. Manisha Gaikwad, Dr R. N. Wakale, & Prof. Gautam Kolte volunteered to distribute masks as a crucial measure to contain the spread of COVID-19 in the Villages.



National Service Scheme (NSS), Dr R N Wakale, & Prof. Gautam Kolte volunteered to distribute masks as a crucial measure to contain the spread of COVID-19.



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



## **Corona and Health Awareness**

July 2021

A special lecture on "Social Health Awareness" was organized at Mahatma Gandhi Vidyamandir's Arts and Commerce College in Yeola, with a focus on creating awareness about COVID-19, especially in rural areas, to prevent a possible third wave of the virus. The event aimed to educate people about personal health, mental health, family health, and social health, emphasizing the importance of preventive measures and raising awareness among rural communities.

Dr. Deepak Thombre, the keynote speaker, highlighted the significance of wearing masks, using sanitizers, practicing social distancing, and following a healthy lifestyle to boost immunity and prevent the spread of COVID-19. He reassured the audience that COVID-19 can be effectively treated and emphasized that the fatality rate is only three percent. Dr. Thombre also drew attention to the fact that unnecessary fear has caused additional deaths among patients.

The program was inaugurated by Principal Dr. Subhash Nikam, and Principal Dr. Bhausaheb Game presided over the session. Dr. Game emphasized the college's commitment to implementing preventive measures against COVID-19 and expressed concern over the increasing number of cases in rural areas. Vice Principal Shivaji Gaikwad, Dr. Arun Vanarse, Vaibhav Sonwane, and Devidas Bagul were present at the event, lending their support and expertise.

Dr. Gautam Kolte provided technical assistance for the program, ensuring a smooth flow of the lecture. Additionally, a tree plantation drive was conducted by College Development Committee President Principal Dr. Nikam, highlighting the college's commitment to environmental sustainability. Dr. Manisha Gaikwad introduced the event, setting the context for the importance of social health awareness. Dr. Dhanraj Dhangar served as the moderator,

facilitating the proceedings, while Prof. Kailas Bachhav played an active role in the event's organization.

The lecture successfully raised awareness about the importance of health and safety measures during the ongoing COVID-19 pandemic, particularly in rural areas. It aimed to empower individuals with knowledge about preventive measures and encourage responsible behavior to protect themselves and their communities. The event reflected the college's dedication to the well-being and health of its students and the surrounding rural population.



# कोरोनाबाबत ग्रामीण भागात जाणीव जागृती आवश्यक

डॉ. दीपक ठोंबरे : येवला महाविद्यालयात आरोग्य जागृती व्याख्यान

लोकमत न्यूज नेटवर्क  
येवला. वैयक्तिक आरोग्य, मानसिक आरोग्य, कौटुंबिक आरोग्य व सामाजिक आरोग्य जपण्यासाठी लोकांमध्ये जागरूकता निर्माण होणे आवश्यक आहे. सध्या ग्रामीण भागात कोरोना रुग्ण वाढत असून, ग्रामीण भागात लोकांमध्ये जाणीव जागृती होणे आवश्यकता असल्याचे प्रतिपादन डॉ. दीपक ठोंबरे यांनी केले.  
येथील महात्मा गांधी विद्यामंदिर संचलित कला व वाणिज्य महाविद्यालयात 'कोविड-१९ व

कोरोनाला गांधीयाने घेण्याची गरज असून, नियमित मास्क, सॅनिटायझरचा वापर व सामाजिक अंतर पाळले तर कोरोनाची संभाव्य तिसरी लाट आपल्याला थोपवता येईल. नियमित व्यायाम, सकस आहार यामुळे रोगप्रतिकारक शक्ती चांगली राहते. यामुळे कोरोनाला प्रतिबंध होऊ शकतो. कोरोनाचे निदान झाल्यास कोरोना निश्चित बरा होतो. कोरोनात मृत्युदर फक्त तीन टक्के असल्याने भीती बाळगण्याचे कारण नाही. केवळ भीती बाळगल्याने अनेक रुग्ण दगावले असल्याचेही डॉ. दीपक ठोंबरे यांनी यावेळी सांगितले.

सामाजिक आरोग्य जाणीव जागृती' या विषयावर आयोजित विशेष व्याख्यानाप्रसंगी डॉ. दीपक ठोंबरे बोलत होते. कार्यक्रमाचे उद्घाटन प्राचार्य डॉ. सुभाष निकम यांच्या हस्ते झाले. अध्यक्षस्थानी प्राचार्य डॉ. भाऊसाहेब गमे होते.

अध्यक्षीय मनोगतात प्राचार्य डॉ. गमे यांनी, कोरोना प्रतिबंधासाठी महाविद्यालयातर्फे राबविण्यात आलेल्या उपक्रमांचा आढावा घेतला. कार्यक्रमास उपप्राचार्य शिवाजी गायकवाड, डॉ. अरुण वनारसे, वैभव सोनवणे, देवीदास बागुल उपस्थित

होते. कार्यक्रमास डॉ. गौतम कोलते यांचे तांत्रिक साहाय्य लाभले. कार्यक्रमानंतर महाविद्यालय परिसरात महाविद्यालय विकास समिती अध्यक्ष प्राचार्य डॉ. निकम यांच्या हस्ते वृक्षारोपणही करण्यात आले.

प्रास्ताविक संयोजक डॉ. मनीषा गायकवाड यांनी केले. प्रमुख अतिथींचा परिचय प्रा. वसंत गायकवाड यांनी करून दिला. सूत्रसंचालन डॉ. धनराज धनगर यांनी, तर आभार प्रदर्शन प्रा. कैलास बच्छाव यांनी केले.

## कोरोनाबाबत ग्रामीण भागात जनजागृती गरजेची : डॉ. ठोंबरे

येवला । दि. १४ प्रतिनिधी

ग्रामीण भागात कोरोनाचे रुग्ण वाढण्याचे प्रमाण अधिक असून कोरोना विषयाची जनजागृती ग्रामीण भागात होणे आवश्यक असल्याचे मत डॉ. दीपक ठोंबरे यांनी कोविड-१९ व सामाजिक आरोग्य जाणीव जागृती या विषयावर आयोजित व्याख्यानात व्यक्त केले.

प्राचार्य डॉ. सुभाष निकम यांनी महात्मा गांधी विद्यामंदिर संस्थेच्या कोषाध्यक्ष रिमेता हिरे यांना वाढदिवसानिमित्त शुभेच्छा दिल्या. कोरोनाची परिस्थिती गांधीर असून जोपर्यंत कोरोना होत नाही तोपर्यंत लोकांना त्याचे गांधीर वाटत नाही. मात्र कोरोना झाला तर भीतीनेच गाळण उडते. असे सांगून कोरोना होऊ नये म्हणून प्रयत्न करणे गरजेचे असल्याचे डॉ. ठोंबरे म्हणाले. महाविद्यालयीन युवकांनी ग्रामीण भागात जाऊन लोकांमध्ये जागृती करण्याची आवश्यकता असल्याचे ते म्हणाले. नियमित व्यायाम, सकस आहार यामुळे रोगप्रतिकारक शक्ती चांगली राहते व त्यामुळे कोरोनाला प्रतिबंध होऊ शकतो, असे ते म्हणाले.

सूत्रसंचालन डॉ. धनराज धनगर यांनी केले. प्रास्ताविक डॉ. मनीषा गायकवाड यांनी केले. प्रमुख अतिथींचा परिचय प्रा. वसंत गायकवाड यांनी करून दिला. तर आभार प्रा. कैलास बच्छाव यांनी मानले. ऑनलाईन गुगल मीट ऑपवर या कार्यक्रमाचे संयोजन करण्यात आले.



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## **Public Awareness in Rural Areas Regarding COVID-19**

**July 2021**

Dr Thombare, in a lecture organized to address the issue of COVID-19 and social health awareness, emphasized the need to spread awareness about the coronavirus in rural areas. He expressed concern over the higher rate of increase in COVID-19 cases in rural communities.

During the lecture, Prin. Dr Subhash Nikam extended birthday wishes to honourable Smita Hiray, the Treasurer of Mahatma Gandhi Vidyamandir Sanstha. Dr Thombare emphasized the seriousness of the coronavirus situation and urged people not to take it lightly. He stressed the importance of proactive measures to prevent the spread of the virus and avoid becoming complacent.

Dr Thombare highlighted the significance of creating awareness among the rural population and suggested that college students should actively engage in spreading information about COVID-19. He emphasized the role of regular exercise and a healthy diet in boosting the immune system, which can help in preventing the virus.

The event was moderated by Dr Dhanraj Dhangar, with an introduction by Dr Manisha Gaikwad. The coordination of the event was conducted using the online platform Google Meet.

Dr Thombare's lecture shed light on the urgent need for public awareness in rural areas regarding COVID-19. It emphasized the importance of proactive measures, healthy habits, and information dissemination to combat the virus effectively.

# कोरोनाबाबत ग्रामीण भागात जाणीव जागृती आवश्यक

डॉ. दीपक ठोंबरे : येवला महाविद्यालयात आरोग्य जागृती व्याख्यान

लोकमत न्यूज नेटवर्क  
येवला. वैयक्तिक आरोग्य, मानसिक आरोग्य, कौटुंबिक आरोग्य व सामाजिक आरोग्य जपण्यासाठी लोकांमध्ये जागरूकता निर्माण होणे आवश्यक आहे. सध्या ग्रामीण भागात कोरोना रुग्ण वाढत असून, ग्रामीण भागात लोकांमध्ये जाणीव जागृती होणे आवश्यकता असल्याचे प्रतिपादन डॉ. दीपक ठोंबरे यांनी केले.

येथील महात्मा गांधी विद्यामंदिर संचलित कला व वाणिज्य महाविद्यालयात 'कोविड-१९ व

कोरोनाला गांधीयाने घेण्याची गरज असून, नियमित मास्क, सॅनिटायझरचा वापर व सामाजिक अंतर पाळले तर कोरोनाची संभाव्य तिसरी लाट आपल्याला थोपवता येईल. नियमित व्यायाम, सकस आहार यामुळे रोगप्रतिकारकशक्ती चांगली राहते. यामुळे कोरोनाला प्रतिबंध होऊ शकतो. कोरोनाचे निदान झाल्यास कोरोना निश्चित बरा होतो. कोरोनात मृत्युदर फक्त तीन टक्के असल्याने भीती बाळगण्याचे कारण नाही. केवळ भीती बाळगल्याने अनेक रुग्ण दगावले असल्याचेही डॉ. दीपक ठोंबरे यांनी यावेळी सांगितले.

सामाजिक आरोग्य जाणीव जागृती या विषयावर आयोजित विशेष व्याख्यानाप्रसंगी डॉ. दीपक ठोंबरे बोलत होते. कार्यक्रमाचे उद्घाटन प्राचार्य डॉ. सुभाष निकम यांच्या हस्ते झाले. अध्यक्षस्थानी प्राचार्य डॉ. भाऊसाहेब गमे होते.

अध्यक्षीय मनोगतात प्राचार्य डॉ. गमे यांनी, कोरोना प्रतिबंधासाठी महाविद्यालयातर्फे राबविण्यात आलेल्या उपक्रमांचा आढावा घेतला. कार्यक्रमास उपप्राचार्य शिवाजी गायकवाड, डॉ. अरुण वनारसे, वैभव सोनवणे, देवीदास बागुल उपस्थित

होते. कार्यक्रमास डॉ. गौतम कोलते यांचे तांत्रिक साहाय्य लाभले. कार्यक्रमानंतर महाविद्यालय परिसरात महाविद्यालय विकास समिती अध्यक्ष प्राचार्य डॉ. निकम यांच्या हस्ते वृक्षारोपणही करण्यात आले.

प्रास्ताविक संयोजक डॉ. मनीषा गायकवाड यांनी केले. प्रमुख अतिथींचा परिचय प्रा. वसंत गायकवाड यांनी करून दिला. सूत्रसंचालन डॉ. धनराज धनगर यांनी, तर आभार प्रदर्शन प्रा. कैलास बच्छाव यांनी केले.

## कोरोनाबाबत ग्रामीण भागात जनजागृती गरजेची : डॉ. ठोंबरे

येवला । दि. १४ प्रतिनिधी

ग्रामीण भागात कोरोनाचे रुग्ण वाढण्याचे प्रमाण अधिक असून कोरोना विषयाची जनजागृती ग्रामीण भागात होणे आवश्यक असल्याचे मत डॉ. दीपक ठोंबरे यांनी कोविड-१९ व सामाजिक आरोग्य जाणीव जागृती या विषयावर आयोजित व्याख्यानात व्यक्त केले.


प्राचार्य डॉ. सुभाष निकम यांनी महात्मा गांधी विद्यामंदिर संस्थेच्या कोषाध्यक्ष रमिता हिरे यांना वाढदिवसानिमित्त शुभेच्छा दिल्या. कोरोनाची परिस्थिती गंभीर असून जोपर्यंत कोरोना होत नाही तोपर्यंत लोकांना त्याचे गांधीय वाटत नाही. मात्र कोरोना झाला तर भीतीनेच गाळण उडते, असे सांगून कोरोना होऊ नये म्हणून प्रयत्न करणे गरजेचे असल्याचे डॉ. ठोंबरे म्हणाले. महाविद्यालयीन युवकांनी ग्रामीण भागात जाऊन लोकांमध्ये जागृती करण्याची आवश्यकता असल्याचे ते म्हणाले. नियमित व्यायाम, सकस आहार यामुळे रोगप्रतिकारक शक्ती चांगली राहते व त्यामुळे कोरोनाला प्रतिबंध होऊ शकतो, असे ते म्हणाले.

सूत्रसंचालन डॉ. धनराज धनगर यांनी केले. प्रास्ताविक डॉ. मनीषा गायकवाड यांनी केले. प्रमुख अतिथींचा परिचय प्रा. वसंत गायकवाड यांनी करून दिला. तर आभार प्रा. कैलास बच्छाव यांनी मानले. ऑनलाईन गुगल मीट ॲपवर या कार्यक्रमाचे संयोजन करण्यात आले.



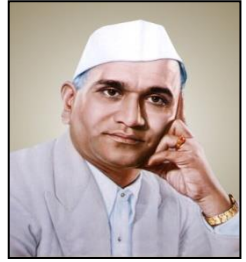


  
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# MAHATMA GANDHI VIDYAMANDIR'S, ARTS & COMMERCE COLLEGE, YEOLA, DIST. NASHIK



## Report: National Doctor's Day Lecture on COVID-19 Symptoms and Preventive Measures

Date: July 2021

### Introduction:

On the occasion of National Doctor's Day, Dr S. K. Patil, a renowned gynaecologist and hospital director, delivered a special lecture at Mahatma Gandhi Vidyamandir's Arts and Commerce College in Yeola. The lecture aimed to provide valuable insights into the symptoms of COVID-19 and the importance of early diagnosis, as well as emphasize preventive measures to combat the ongoing pandemic.

### Summary of the Lecture:

During the lecture, Dr Patil focused on the symptoms of COVID-19, including fatigue, cold, fever, and cough. He stressed that fatigue is the primary symptom, noting that even if individuals take fever-reducing medication like Paracetamol, the fever tends to return within half an hour. Early diagnosis within the first three to four days was highlighted as crucial, as it allows for prompt treatment, which can help prevent fatalities.

Dr Patil also provided guidance on the administration of Remdesivir, stating that it should only be given if oxygen levels drop, fever persists for more than five days, and the patient remains untreated. Additionally, he emphasized the significance of oxygen support for patients with low oxygen levels, indicating that hospital admission may be necessary. However, he cautioned that the risk of mucormycosis, a fungal infection, increases if the oxygen bottle is unclean.

### Preventive Measures:

To prevent the spread of COVID-19, Dr Patil advised the audience on various preventive measures. He underscored the importance of maintaining a well-balanced diet, as it plays a crucial role in effective treatment. Dr Patil recommended incorporating protein-rich foods such as eggs, meat, cereals, and pulses into daily meals. Furthermore, he highlighted the

significance of vitamin C for organ health, hair, and immunity. Sources rich in vitamin C, such as lemons, green leafy vegetables, split pulses, guava, and amla, were suggested as valuable additions to one's diet.

#### Participants and Important Announcements:

The lecture was conducted online and saw the active participation of Vice Principal Shivaji Gaikwad, Supervisor Arun Vanarse, D. M. Bagul, faculty members, non-teaching staff, and students. The session served as an informative platform for the dissemination of valuable information related to healthcare during the ongoing pandemic. Several important announcements pertaining to the lecture were made, ensuring the widespread sharing of knowledge and awareness.

#### Conclusion:

Dr S. K. Patil's lecture on National Doctor's Day provided an opportunity to educate the audience about the symptoms of COVID-19, the significance of early diagnosis, and the preventive measures to combat the pandemic. The emphasis on the primary symptom of fatigue, the appropriate use of Remdesivir, and the importance of oxygen support were key takeaways from the lecture. Furthermore, the guidance on maintaining a well-balanced diet and incorporating vitamin C-rich foods into daily meals highlighted the role of nutrition in effective treatment. The online session successfully disseminated valuable information and contributed to the overall understanding of healthcare during the ongoing pandemic.



दैनिक देशदूत ३ जुलै २०२१

र, दि. ३ जुलै २०२१

## म्युकरमायकोसिस अस्वच्छ ऑक्सिजन बाटलीमुळे होऊ शकतो : डॉ. पाटील

### ► येवला। दि.२ प्रतिनिधी

करोना उपचार प्रसंगी ऑक्सिजनची बाटली अशुद्ध असेल तर त्यामुळे ही म्युकरमायकोसिस हा आजार होऊ शकतो, असे प्रतिपादन येवल्यातील स्त्रीरोग तज्ञ व श्री हॉस्पिटलचे संचालक डॉ. एस. के. पाटील यांनी केले.

येथील महात्मा गांधी विद्यामंदिर संचलित कला व वाणिज्य महाविद्यालयात राष्ट्रीय डॉक्टर्स डे निमित्त विशेष व्याख्यानाचे आयोजन करण्यात आले, त्यावेळी प्रमुख वक्ते म्हणून डॉ. पाटील बोलत होते. करोनाच्या लक्षणांमध्ये थकवा येणे, सर्दी, ताप, खोकला ही लक्षणे आहेत. मात्र मुख्य थकवा येतो व तापाची गोळी पॅरासिटामोल घेतली तरी अर्ध्या-एक तासात ताप पुन्हा येणे हे महत्वाचे लक्षण असल्याचे यावेळी डॉ. पाटील यांनी सांगितले. करोनाचे निदान पहिल्या तीन-चार दिवसात झाले व उपचार घेतले तर रुग्ण दगावत नाही. ऑक्सिजन कमी झाला तरच रेमेडीसिवर द्यावे लागते, पाच दिवसाच्या वर ताप राहिला व उपचार घेतले नाही तर

करोनाचा धोका वाढतो व रुग्णाची ऑक्सिजन पातळी कमी असल्यास दवाखान्यात भरती व्हावे लागते. ऑक्सिजन द्यावा लागतो व ऑक्सिजनची बाटली अशुद्ध असेल तर त्यामुळे म्युकरमायकोसिसचा धोका निर्माण होतो.

जलनिती ही क्रिया फायदेशीर असल्याचे डॉ. पाटील म्हणाले. प्रतिबंध हाच प्रभावी उपचार आहे, अंडे व मांसाहार तसेच तृणधान्ये व कडधान्ये यांतून प्रोटीन्स भरपूर मिळते, त्यामुळे रोजच्या आहारात त्याचा समावेश असावा. विटामिन सी हे केसापासून तर प्रत्येक अवयवासाठी आवश्यक आहे. लिंबू, हिरव्या पालेभाज्या, मोड आलेली कडधान्ये, पेरू, आवळा यामध्ये विटामिन सी चे प्रमाण जास्त आहे. अशी माहितीही यावेळी डॉ. पाटील यांनी दिली.

या ऑनलाईन मार्गदर्शनाला उपप्राचार्य शिवाजी गायकवाड, पर्यवेक्षक अरुण वनारसे, डी. एम. बागुल, सर्व प्राध्यापक, शिक्षकेतर कर्मचारी व विद्यार्थी उपस्थित होते.

**जाहीर**



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## **IMPORTANCE OF VACCINATION IN CONTROLLING COVID-19**

On 31 October 2021, at Mahatma Gandhi Vidyamandir's Arts and Commerce College, Yeola, Dr Harshal Nehete emphasized the significant role of vaccination in preventing the third wave of COVID-19. Experts had predicted that the third wave might hit in September or October, but Dr Nehete believes that the diligent vaccination efforts have helped us keep it at bay.

The college organized a special lecture on COVID-19 vaccination. Principal Dr Bhausaheb Game, the presided over the event. He stated that the programme will aim to raise awareness and promote vaccination among the students and staff. Dr Nehete commended the doctors for their tireless vaccination work, resulting in a 70% vaccination rate.

Dr Nehete further expressed the goal of achieving 100% vaccination by Diwali. He stressed the importance of following preventive measures such as wearing masks, using sanitizers, maintaining social distance, and adopting a healthy lifestyle through proper nutrition, exercise, yoga, and meditation. He encouraged the students to dream big, learn from mistakes, and overcome challenges with resilience.

Principal Dr Game appreciated the efforts of the National Service Scheme Department of the college in the fight against COVID-19. He emphasized the significance of a healthy body, a sound mind, and positive thinking. Dr Game encouraged students to set goals, read inspiring books, and watch motivational videos on platforms like YouTube.

The lecture was introduced by Prof. Kailas Bachhav and moderated by Dr Dhanraj Dhangar. The vote of thanks was proposed by Prof. Pandharinath Disagaj. Vice Principal Shivaji Gaikwad, Supervisor Dr Arun Banarase, Prof. Vaibhav Sonwane, Dr Manisha Gaikwad, Sunil Wagh, and others were also present during the event.



Dr Harshal Nehete emphasized the significant role of vaccination in preventing the third wave of COVID-19. Chairperson Prin. Dr. B. V. Game

## लसीकरणामुळेच कोरोना आला नियंत्रणात

डॉ. हर्षल नेहेते : येवला महाविद्यालयात व्याख्यानात सांगितले महत्त्व

सकाळ वृत्तसेवा

येवला, ता. २१ : सप्टेंबर किंवा ऑक्टोबर महिन्यात कोरोनाची तिसरी लाट येईल असे तज्ञांचे भाकिता होते, मात्र लसीकरणामुळेच आपण कोरोनाची तिसरी लाट येण्यापासून रोखू शकलो असा विश्वास तालुका वैद्यकीय अधिकारी डॉ. हर्षल नेहेते यांनी व्यक्त केला.

येथील महात्मा गांधी विद्यामंदिर संचलित कला व वाणिज्य महाविद्यालयात कोविड लसीकरण व विशेष व्याख्यानाचे आयोजन करण्यात आले, त्यावेळी डॉ. नेहेते बोलत होते. अध्यक्षस्थानी महाविद्यालयाचे प्राचार्य डॉ. भाऊसाहेब गमे होते. डॉ. प्रशांत हिरे यांच्या वाढदिवसानिमित्त याचे आयोजन करण्यात आले होते.

डॉ. नेहेते म्हणाले, कोविड लसीकरणासाठी डॉक्टरांनी कोणतीही सुद्धी न घेता सतत लसीकरण कार्यक्रम राबविला. त्यामुळे ७० टक्के लसीकरण पूर्ण झाले आहे.



येवला : कला व वाणिज्य महाविद्यालयात लसीकरणविषयी बोलताना डॉ. हर्षल नेहेते. सेजारी प्राचार्य डॉ. भाऊसाहेब गमे, शिवाजी गायकवाड, डॉ. अरुण वनारसे आदी.

दिवाळीपर्यंत शंभर टक्के लसीकरण करण्याचे ध्येय आहे. सर्वांनी मिळून लस न घेतलेल्या लोकांमध्ये जागृती करून त्यांना लस घेण्यासाठी प्रवृत्त करावे. मास्क, सॅनिटायझरचा वापर, गर्दी टाळणे व सुरक्षित अंतर राखणे आवश्यक असून सुद्ध आरोग्यासाठी सकस आहार, व्यायाम, योगासने व ध्यानधारणा याचे सुद्ध शरीरासाठी अतिमहत्त्व असल्याचे त्यांनी सांगितले. विद्यार्थ्यांनी ध्येय मोठे ठेवावे, स्वप्ने पहावीत, चुका दुरुस्त कराव्यात, समस्यांवर मात

करण्यासाठी लढण्याची तयारी ठेवावी असा सल्लाही त्यांनी विद्यार्थ्यांना दिला.

प्राचार्य डॉ. गमे यांनी कोरोनाविषयीच्या लढाईत महाविद्यालयातील राष्ट्रीय सेवा योजना विभागाने राबविलेल्या उपक्रमांचे कौतुक केले. सुद्ध शरीर, सुद्ध मन, विवेकी विचारांचे महत्त्व यावरही त्यांनी प्रकाश टाकला. मुलांनी ध्येयवेडे असले पाहिजे, त्यासाठी चांगली पुस्तके वाचावीत, युट्युबवर असलेले प्रेरणादायी व्हिडिओ पहावी,

बदलत्या काळात संस्कार, संयम, योगासने व ध्यानधारणा महत्त्वपूर्ण असल्याचे ते म्हणाले.

प्रा. कैलास बच्छाव यांनी प्रास्ताविक केले. डॉ. शरद चव्हाण यांनी परिचय करून दिला. ड. धनराज धनगर यांनी सूत्रसंचाल. केले. प्रा. पंढरीनाथ दिसागज यांनी आभार मानले. उपप्राचार्य शिवाजी गायकवाड, पर्यवेक्षक डॉ. अरुण वनारसे, प्रा. वैभव सोनवणे, डॉ. मनीषा गायकवाड, सुनील बाघ आदी उपस्थित होते.

कॅनव्हा सकाळ २२-१०-२१

NEWS vaccination awareness for preventing the third wave of COVID-19



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



## World Health Day Celebration Report

On April 7, 2021, MGVS's Arts and Commerce College, Yeola celebrated World Health Day using virtual mode as per the directives of Women Redressal Cell, Mahatma Gandhi Vidyamandir Institution. Dr Sangita Patel, a renowned Gynaecologist and social activist was invited as the chief guest for the occasion. Prin. Dr. B.V Game presided over the function. Dr Sangeeta Patel shared her views with the students on the current pandemic Covid-19 crisis. In her talk she emphasized the importance of maintaining social distancing, using mask and personal hygiene during Covid period. On this occasion she familiarised students with new concepts like mental health and social health and emphasised the responsibility of the youth towards social health. She also discussed the issues of female health and guided female-students about diet and mental health. Dr. Sangeeta Patel has been working as a Gynaecologist in Yeola since last 20 years and presently runs a special Covid Care Centre for the pregnant women in Yeola and surrounding region. As a Social Activist she conducts programmes like '*Beti Bachav, Beti Padhav*' to orient teen aged girls on female health.

In the presidential speech, Prin. Dr B. V. Game insisted on the need for good female health for sustaining healthy generation. He also narrated the consistent efforts taken by the college in this regard. The Vice Principal of the College Prof. S.D.Gaikwad delivered introductory speech and explained the significance of the World Health Day and central theme of it. Dr. Dhanraj Dhanger introduced the Chief Guest. Dr. Manisha Gaikwad compered the program. Prof. K. K. Bacchav proposed the vote of thanks. All the teaching and nonteaching staff and students of the college attended the program.



Dr Sangeeta Patel addressing the students



Prin. Dr B. V. Game insisted on the need for good female health for sustaining healthy generation in his presidential address.

## येवला कला व वाणिज्य महाविद्यालयात जागतिक आरोग्य दिन साजरा

जनश्रद्धा वृत्तसेवा ।

येवला । येथील महात्मा गांधी विद्यामंदिर संचलित कला व वाणिज्य महाविद्यालयात जागतिक आरोग्य दिनानिमित्त स्त्रीरोग तज्ञ डॉ. संगीता पटेल यांचे व्याख्यान आयोजित करण्यात आले होते. कोरोनाची पाहिली लक्षात घेता ऑनलाइन गुगल मीट वर सदर कार्यक्रम आयोजित करण्यात आला.

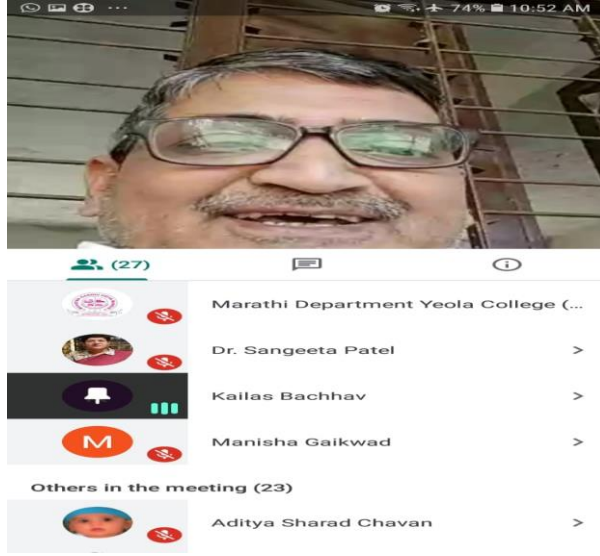
कोरोनाची परिस्थिती गंभीर असली तरी काळजी करण्याची आवश्यकता नाही, मात्र प्रत्येकाने आपली सामाजिक जबाबदारी समजून घेऊन वर्तन करावे असे आवाहन डॉ. पटेल

यांनी केले. लसीकरणाने कोरोना लवकर आटोक्यात येईल असेही त्या म्हणाल्या. सध्या कोणताही आजार असला तरी आपणास कोरोना झाला असेल का? अशी भीती वाटते. मात्र कोरोना चा संसर्ग हा रोगप्रतिकारक शक्तीवर अवलंबून असल्याने, ज्यांची रोगप्रतिकारक शक्ती चांगली आहे त्यांना कोरोनाची लागण होणार नाही. अशांनी कोरोना झालेल्या लोकांना सहाय्य करावे, धीर द्यावा, आवश्यक ती मदत करावी यामुळे सामाजिक आरोग्य जपले जाईल असे त्या म्हणाल्या. कोरोनाच्या काळात

शारीरिक आरोग्याबरोबरच मानसिक आरोग्य जपण्याची आवश्यकता असल्याचेही त्या म्हटल्या. लसीकरणामुळे प्राप्त होणारी रोगप्रतिकारकशक्ती ही कायमस्वरूपी, दीर्घकाळ टिकणारी असते म्हणून लसीकरण आवश्यक असल्याचे त्या म्हणाल्या. पौष्टिक आहाराचे महत्त्व, फळे, हिरव्या पालेभाज्या, मोड आलेली कडधान्ये यांचा दैनंदिन आहारातील समावेश, तसेच शारीरिक व्यायाम करणे, योग, मेडिटेशन करणे, अनुलोम-विलोम यासारखे श्वासाचे व्यायाम करणे याविषयीही त्यांनी

मार्गदर्शन केले. वजन नियंत्रणात असेल तर रोगप्रतिकारकशक्ती चांगली राहते. पुरेशी झोप, विश्रांती व नियमित आरोग्य तपासणी महत्त्वाची असल्याचे त्या म्हणाल्या. स्त्रियांच्या आरोग्याविषयक तपासणी संदर्भात देखील त्यांनी मार्गदर्शन केले. वयात येणाऱ्या मुलींमधील शारीरिक व मानसिक बदल याविषयी बोलताना वयात येणारे शारीरिक बदल नैसर्गिक असतात या काळात पालकांनी मुलांशी नियमित संवाद साधावा असेही त्या म्हणाल्या. प्राचार्य डॉ. भाऊसाहेब गमे यांनीही आपले मनोगत व्यक्त केले.

### Daily Janshradha covering the news of the celebration



### Prof .K. K. Bacchav proposing vote of thanks



Co-ordinator, IQAC

Art & Commerce College  
YEOLA, Dist. Nashik

Principal  
M.G.V.S

Arts & Commerce College Yeola  
Dist. Nashik-423401 (M.S.)





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



### **Promoting the Benefits of Yoga for Health and Well-being**

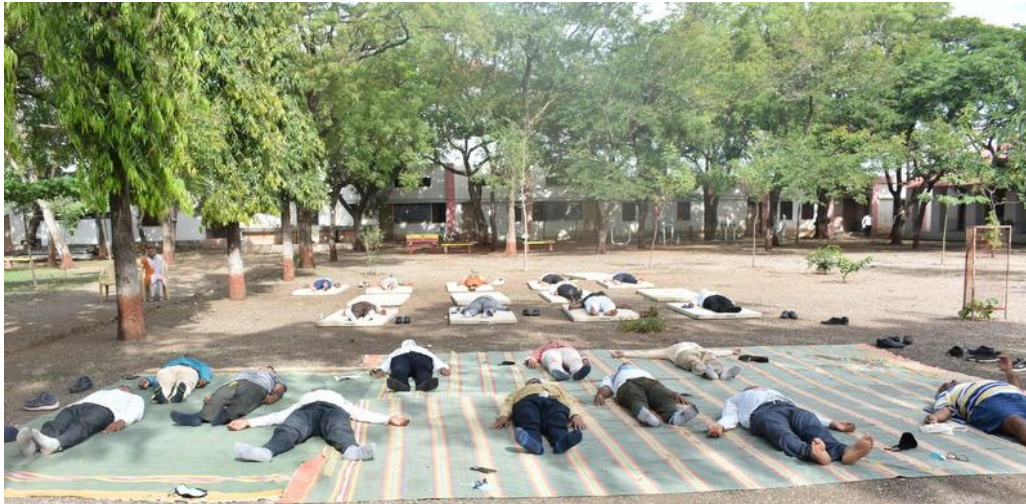
Wednesday, 21 June 2021:

On the occasion of International Yoga Day, Mahatma Gandhi Vidyamandir's Arts and Commerce College, Yeola, commemorated the event by organising a Yoga programme. Mr Srinivas Soni, the director of the renowned Soni Paithani, highlighted the global importance of yoga, attributing it to Prime Minister Narendra Modi and Yoga Guru Baba Ramdev.

On the occasion of International Yoga Day, Mr Soni demonstrated various yoga poses, emphasizing their benefits. He highlighted that even during challenging times such as the COVID-19 pandemic, regular practice of yoga strengthens the immune system and helps prevent diseases. Throughout the demonstration, he showcased yoga postures including Tadasana, Padmasana, Bhujangasana, Dhanurasana, Halasana, Topasana, Sarvangasana, Naukasana, Vajrasana, Padangushtasana, Shavasana, Merkatasana, Anulom-Vilom, Kapalabhati, and Suryanamaskar, while explaining their significance. Mr Soni also highlighted that yoga enhances flexibility in the body and cultivates focused mindfulness. Adding to the ambiance, he played the flute, accompanied by Ganesh Kabra on the tabla.

The yoga demonstration workshop witnessed active participation from the faculty, non-teaching staff, and students of the college. Principal Dr Bhausaheb Game stressed the importance of International Yoga Day, while Prof. Shirish Nandurdikar, the Sports Director, composed the event. The workshop was moderated by Prof. Kailas Bachhav, and Prof. T. S. Sangle extended gratitude to all participants.

The event served as a platform to raise awareness about the numerous benefits of yoga and its positive impact on overall well-being. By showcasing various yoga asanas and their significance, Srinivas Soni highlighted the importance of incorporating yoga into daily routines to maintain a healthy and balanced lifestyle.



Yoga Day Program : Teaching & Non Teaching Staff performing Yoga



Mr. Shrinivas Soni demonstrated various yoga poses, emphasizing their benefits



Mr. Shrinivas Soni demonstrated various yoga poses, emphasizing their benefits





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Mr. Shrinivas Soni demonstrated various yoga poses, emphasizing their benefits

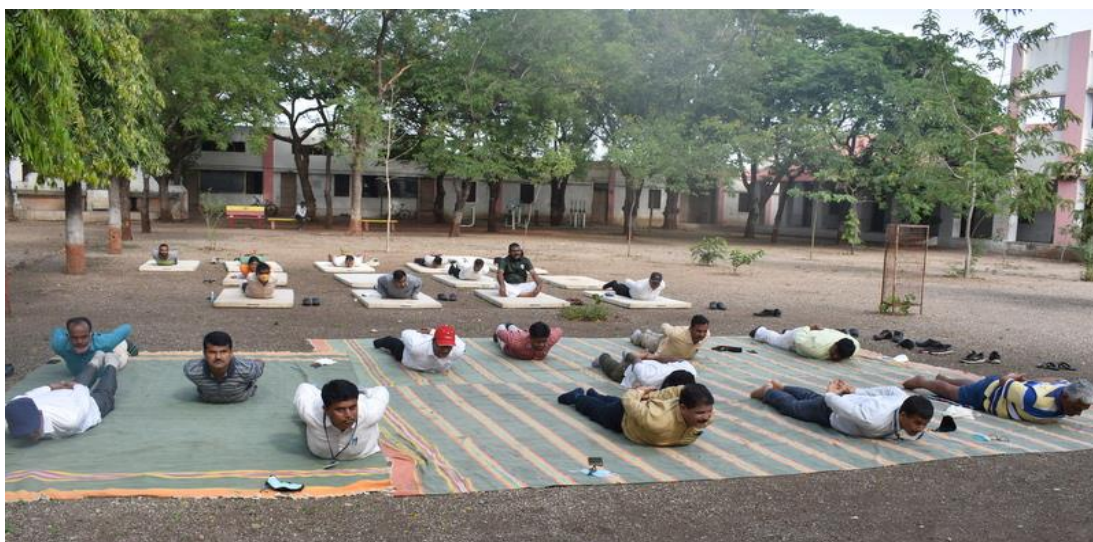




Yoga Day Program : Teaching & Non Teaching Staff performing Yoga




Mr. Shrinivas Soni demonstrated musical yoga poses, emphasizing their benefits



Yoga Day Program : Teaching & Non Teaching Staff performing Yoga



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



## **Women Welfare and Redressal cell Celebration of National Doctor's Day**

**Date 1/07/2022**

### **Introduction:**

On July 1, 2022, MGV's Arts and Commerce College celebrated National Doctor's Day as per the directives of the Women's Welfare and Redressal Cell. The event aimed to honour and appreciate the noble work and contributions of physicians. Dr. Deepak Thombare, a renowned physician in Yeola, was invited as the chief guest and was duly honored and felicitated for his commendable service to mankind. The function was presided over by Prin. Dr. B. V. Game, with the presence of Vice Principal Prof. S.D. Gaikwad and all the faculty members. The local unit of the Women's Welfare and Redressal Cell organized the program.

**Highlights of the Event:** During the celebration, Dr. Deepak Thombare delivered a valuable guidance session to the students, focusing on healthy food habits for a better and longer life. He provided advice on what and how to eat, emphasizing the importance of drinking plenty of water to avoid digestive issues and their side effects. Dr. Thombare highlighted that the proper functioning of every organ is essential and encouraged students to prioritize the appropriate functioning of their organs. He emphasized the significance of avoiding fast food and consuming natural foods to restore and maintain good health. Furthermore, he offered guidance on managing obesity and suggested maintaining an appropriate weight in accordance with one's height.

In his presidential speech, Dr. B. V. Game commended all doctors for their noble services during the pandemic. He motivated students to follow health tips diligently to avoid any premature health complications.

### **Participants and Acknowledgements:**



The program was anchored by Prof. T. S. Sangale, while Dr. Manisha Gaikwad delivered the introductory speech and introduced the chief guest, Dr. Deepak Thombare. Prof. Kavita Kanade proposed the vote of thanks, expressing gratitude to all those involved in making the event a success.

#### Conclusion:


The celebration of National Doctor's Day at MGV's Arts and Commerce College was a memorable event, organized under the directives of the Women's Welfare and Redressal Cell. Dr. Deepak Thombare's guidance on healthy food habits and the appropriate functioning of organs provided valuable insights to the students. The words of appreciation from Prin. Dr. B. V. Game further motivated the students to prioritize their health and follow the recommended health tips. The program successfully honored the contributions of physicians and fostered awareness of the importance of good health practices among the attendees.



MGV's Arts and Commerce College celebrated National Doctor's Day as per the directives of the Women's Welfare and Redressal Cell. Dr. Deepak Thombare, a renowned physician in Yeola, as the chief guest delivered a valuable guidance session to the students, focusing on healthy food habits for a better and longer life.



  
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**Celebration of International Yoga Day (2022-23)**

**Report:**

Arts and Commerce College Yeola celebrated International Yoga Day on June 21, 2022. The programme was conducted as per the directives of the Women's Welfare and Redressal Cell of Mahatma Gandhi Vidyamandir Nashik as well as the circular of Savitribai Phule Pune University. The programme was jointly organised by the Women Redressal Cell, the Department of Sports, the National Service Scheme, and the Board of Student Development.

The programme was conducted for two consecutive days. Rajyogini, Brahmachari Neetadidi, explained the importance of yoga to the students on June 20 and taught them musical yoga. This yoga was especially useful for weight loss and stress management. The programme was anchored by Dr. Dhanraj Dhangar. On June 21, the Yoga Trainer, Mrs. Anuradha Bhaibang, and a past student of the college, Miss Shital Tupsakhare, imparted the practical training in yoga. They gave training in selected yoga exercises that can reduce the troubles generated by modern life.

Prin. Dr. Bhausaheb Game, the president of the function, participated actively in the yoga training programme. In his presidential speech, he explained the ancient tradition of yoga in India and the importance of yoga in modern life. Dr. Manisha Gaikwad anchored the programme. Prof. Kavita Kanade delivered the introductory speech. The Coordinator of the Board of Student Development, Dr. Sharad Chavan, introduced the chief guest, and the Coordinator, Dr. R.N. Wakle, proposed the vote of thanks.






Arts and Commerce College Yeola celebrated International Yoga Day on June 21, 2022. Rajyogini, Brahmacuri Neetadidi, explained the importance of yoga to the students.

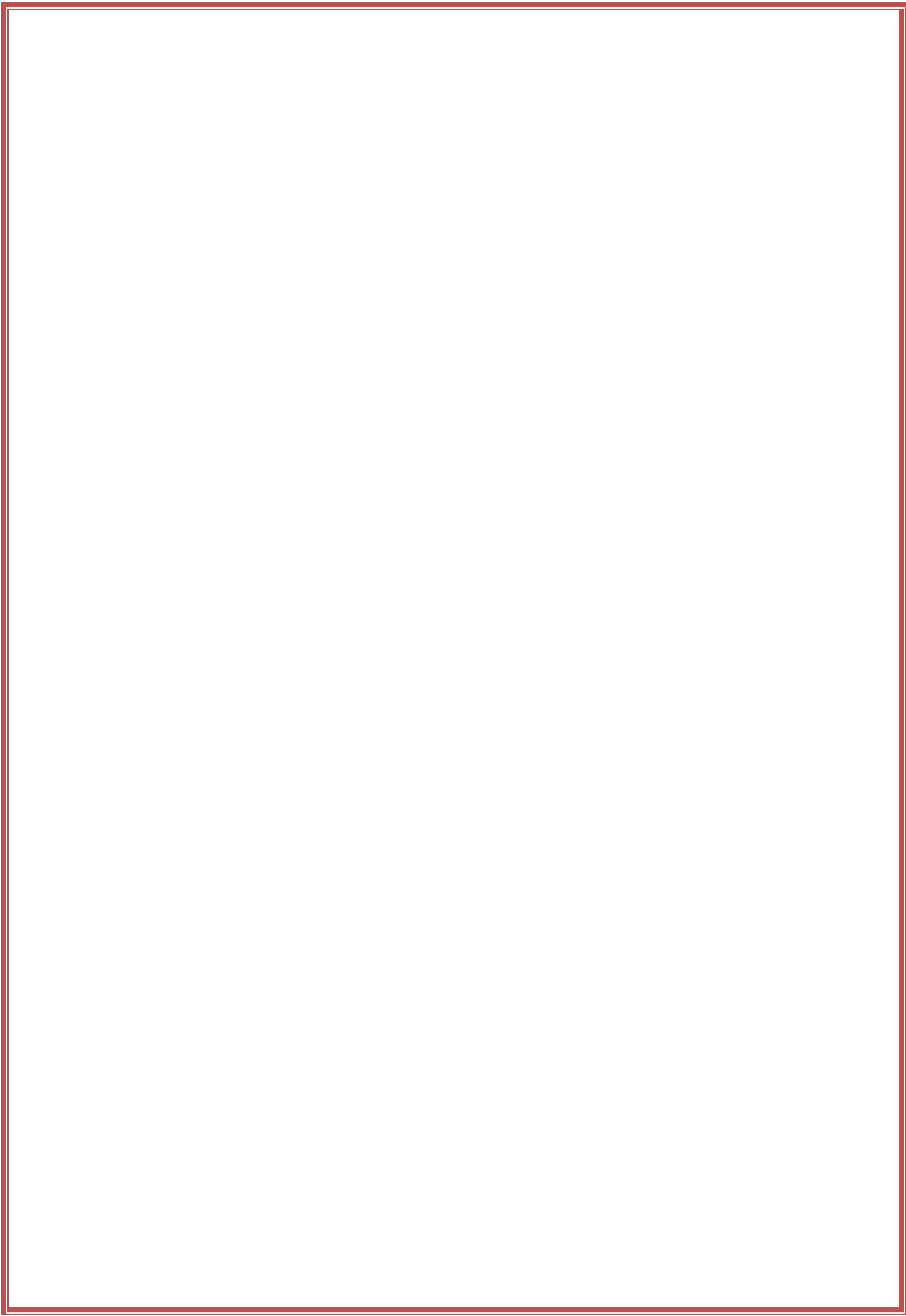


Teaching, Non Teaching Staff and Students performing various Yoga Poses



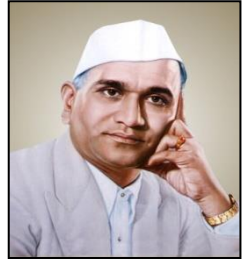
  
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**MAHATMA GANDHI  
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**Report: Yoga Event**

On August 25th, 2022, the Cultural Department at Mahatma Gandhi Vidyamandir's Arts and Commerce College organized a programme featuring Yogacharya of Anand Akhada Trimbakeshwar Shri. Dattanandaji Saraswati Maharaj. The programme focused on the importance of yoga, meditation, diet, and routine in human life, especially for students.

Shri. Dattanandaji Maharaj spoke about the benefits of yoga and meditation, stating that students can achieve their goals quickly and easily by practicing them. He also provided detailed information on various diseases, the importance of diet, and different yogas and pranayama techniques.

Principal Dr. Bhausaheb Game, in his presidential speech, emphasized the importance of yoga in eliminating epidemics like Corona. He also stated that regular practice of yoga and meditation can improve one's personality.





Cultural Department at Mahatma Gandhi Vidyamandir's Arts and Commerce College organized a programme featuring Yogacharya of Anand Akhada Trimbakeshwar Shri. Dattanandaji Saraswati Maharaj. Shri. Dattanandaji Maharaj spoke about the benefits of yoga and meditation



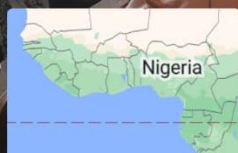
Shri. Dattanandaji Maharaj spoke about the benefits of yoga and meditation. Audience of the Program



Shri. Dattanandaji Maharaj spoke about the benefits of yoga and meditation. Audience of the Program



Shri. Dattanandaji Maharaj spoke about the benefits of yoga and meditation. Audience of the Program



Angangaon, Maharashtra, India  
2FVJ+J6X, Angangaon, Maharashtra 423401, India  
Lat 20.0435°  
Long 74.18822°  
25/08/22 10:15 AM



Angola



## नवराष्ट्र

# विद्यार्थ्यांनी योग करून ज्ञानी व्हावे

येवला , (वा.) मानवी जीवनात योगा, ध्यान धारणा, आहार व दिनचर्या यांचे अनन्यसाधारण महत्त्व आहे. ध्यानी झाल्याने ध्येय लवकर व सहज प्राप्त करता येऊ शकते म्हणून विद्यार्थ्यांनी योग करून ज्ञानी व्हावे, असे विचार आनंद आखाडा त्र्यंबकेश्वरचे योगाचार्य श्री. दत्तानंदजी सरस्वती महाराज यांनी व्यक्त केले. महात्मा गांधी विद्यामंदिर संचलित कला व वाणिज्य महाविद्यालय येवला येथे सांस्कृतिक विभागाद्वारे आयोजित कार्यक्रमात ते बोलत होते. कार्यक्रमाच्या अध्यक्षस्थानी प्रा. भाऊसाहेब गमे होते. श्री दत्तानंदजी महाराजांनी विद्यार्थ्यांना विविध आजार व आहाराचे महत्त्व, वेगवेगळी योगासने, प्राणायाम तसेच दिनचर्या



### प्राध्यापक, सेवक व विद्यार्थ्यांची उपस्थिती

कार्यक्रमाचे प्रास्ताविक व सूत्रसंचालन प्रा. रवींद्र ठाकरे यांनी केले तर आभार समीक्षा मेथे हिने मानले. या कार्यक्रमास महाविद्यालयाचे उपप्राचार्य शिवाजीराव गायकवाड, डॉ. आर. एन. वाकळे, प्रा. वी. एल. शेळार, प्रा. टी. एस. सांगळे, प्रा. पी. आर. दिसागज आदी प्राध्यापक उपस्थित होते. कार्यक्रमाच्या यशस्वीतेसाठी सोमनाथ कुवर व प्रल्हाद जाधव यांनी परिश्रम घेतले. याप्रसंगी कनिष्ठ व वरिष्ठ महाविद्यालयाचे प्राध्यापक, प्रशासकीय सेवक व विद्यार्थी मोठ्या संख्येने उपस्थित होते.

याविषयी सविस्तर माहिती दिली. असल्याचे सांगितले. नियमित योग प्राचार्य डॉ. भाऊसाहेब गमे यांनी व ध्यान केल्याने व्यक्तिमत्त्व कोरोनासारख्या महामारीला दूर प्रभावी होते; असे विचार त्यांनी या करण्यासाठी योग अत्यंत आवश्यक प्रसंगी मांडले.

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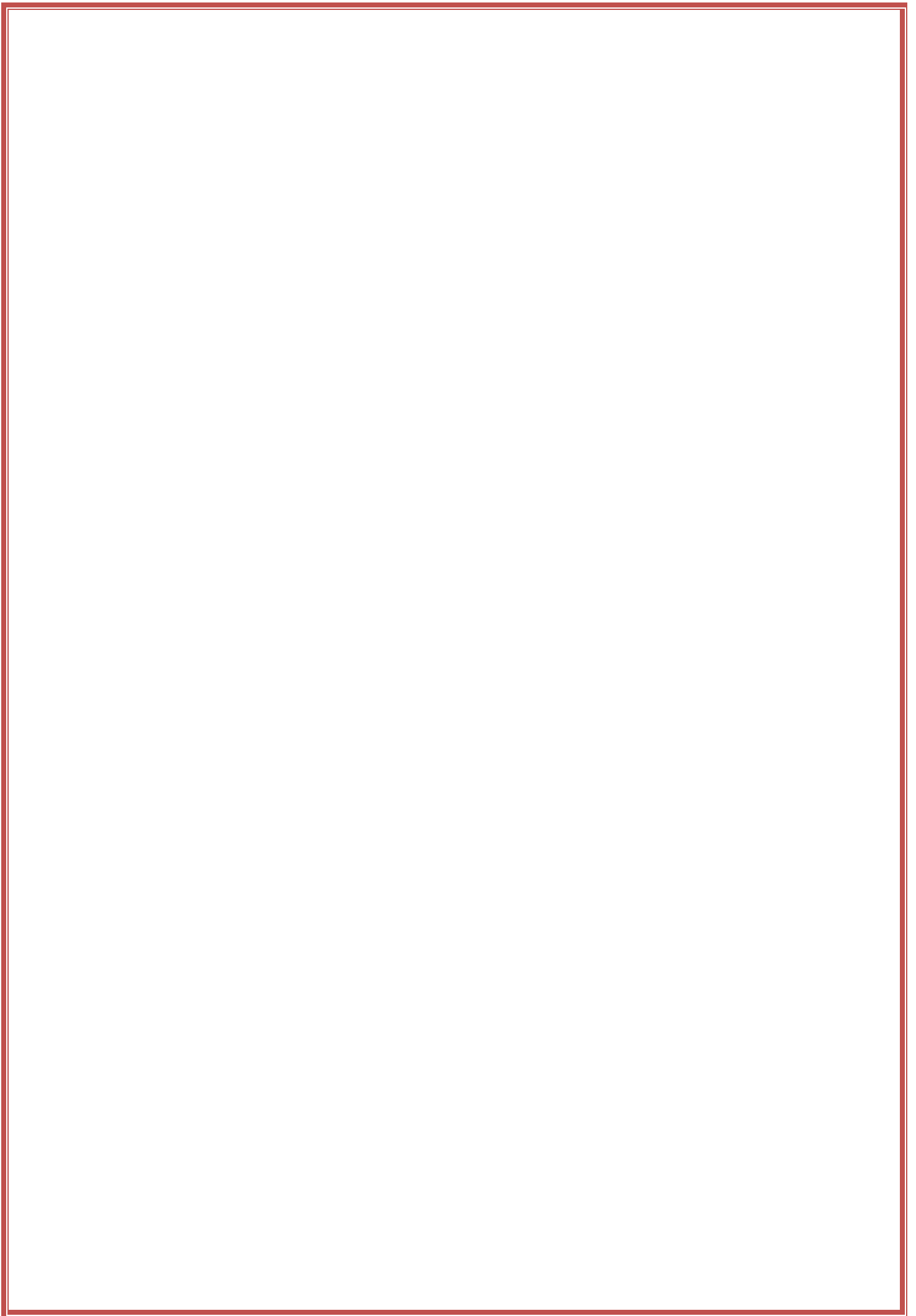
NEWS Shri. Dattanandaji Maharaj's specch about yoga and meditation.



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# **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



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**Voluntary Mask Distribution Initiative to Combat COVID-19:**

July 2, 2023

In commemoration of the birth of Dr Apoorvabhau Hiray, the esteemed coordinator of the National Service Scheme (NSS), a remarkable initiative was undertaken at our college. Dr R N Wakale, along with the dedicated faculty members, under the visionary leadership of our principal, Dr Bhausaheb Game, volunteered to distribute masks as a crucial measure to contain the spread of COVID-19. This act of collective effort not only aimed to protect the health and well-being of our community but also served as a testament to the profound social bonding that unites us during these challenging times.

The primary objective of this voluntary mask distribution initiative was to raise awareness about the importance of wearing masks as an effective preventive measure against the transmission of COVID-19. By actively engaging in this endeavour, we sought to demonstrate our commitment to safeguarding the health and safety of our college community and the wider society.










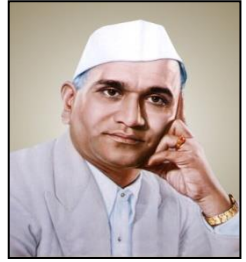


  
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# MAHATMA GANDHI VIDYAMANDIR'S, ARTS & COMMERCE COLLEGE, YEOLA, DIST. NASHIK



## Mass Surya Namaskar Activity Promotes Health and Wellness

Feb. 2023

A mass Surya Namaskar activity was organized at Mahatma Gandhi Vidyamandir's Arts and Commerce College, where professors, non-teaching staff, and students came together to perform Surya Namaskar. The event was guided by Sports Director Surekha Daptare and Prof. Abhilasha Shinde.

During the activity, the importance of proper breathing techniques in Surya Namaskar was emphasized by Surekha Daptare. She highlighted how conscious breathing enhances the benefits of this ancient practice.

Principal Dr Bhausaheb Game expressed the significance of Surya Namaskar and Yoga in maintaining good health in daily life. He emphasized that performing Surya Namaskar every morning can boost physical energy throughout the day. Recognizing the importance of physical well-being in today's fast-paced world, he urged students to incorporate Surya Namaskar into their daily routine.

The event witnessed active participation from the college community, fostering a sense of unity and promoting the importance of physical fitness. The college administration hopes that such activities will inspire students to prioritize their health and well-being.

The mass Surya Namaskar activity at Yeola College serves as a reminder of the transformative power of ancient practices like yoga in nurturing a balanced and healthy lifestyle.



**येवला :** येथील महाविद्यालयात सूर्यनमस्कार कार्यक्रमात सहभागी प्राध्यापक.

### + येवला महाविद्यालयात सामूहिक सूर्यनमस्कार

येवला : येथील महात्मा गांधी विद्यामंदिर संचलित कला व वाणिज्य महाविद्यालयात सामूहिक सूर्यनमस्कार उपक्रम आयोजित करण्यात आला. यावेळी महाविद्यालयातील प्राध्यापक, शिक्षकेतर कर्मचारी व विद्यार्थ्यांनी सूर्यनमस्कार केले. क्रीडा संचालक सुरेखा दप्ते व प्रा. अभिलाषा शिंदे यांनी यावेळी मार्गदर्शन केले. सूर्यनमस्कार करताना श्वासोच्छ्वासाचे महत्त्व डॉ. सुरेखा दप्ते यांनी सांगितले. तसेच सूर्यनमस्कारापूर्वी शारीरिक अवयवांना ताण देऊन ऑक्टिव्ह करणे आवश्यक असल्याचेही त्या म्हणाल्या. या वेळी मार्गदर्शन करताना प्राचार्य डॉ. भाऊसाहेब गमे यांनी दैनंदिन जीवनात स्वस्थ राहण्यासाठी सूर्यनमस्कार व योगासने महत्वाचे असल्याचे सांगितले. रोज सकाळी सूर्यनमस्कार केल्यास दिवसभर शारीरिक ऊर्जेचा अनुभव घेता येतो असेही ते म्हणाले. शरीरस्वास्थ्याकडे लक्ष देणे सध्याच्या धावपळीच्या युगात महत्वाचे असल्याचे सांगून दररोज सूर्यनमस्कार करावेत असे आवाहनही त्यांनी सर्व प्राध्यापक व विद्यार्थ्यांना केले. याप्रसंगी उपप्राचार्य शिवाजी गायकवाड, पर्यवेक्षक डॉ. धनराज धनगर, प्रा. रविंद्र ठाकरे आदी संख्येने उपस्थित होते.

**NEWS : MASS Suryanamskar Activity in the college**



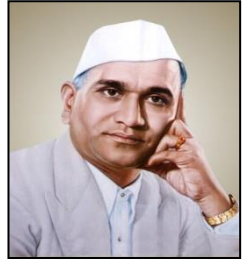
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# **MAHATMA GANDHI VIDYAMANDIR'S, ARTS & COMMERCE COLLEGE, YEOLA, DIST. NASHIK**



## **Inauguration of Niramay Arogya Kendra (Health Centre for faculty and students)**

On the occasion of the birthday celebration of honourable Prashant dada Hiray, the general secretary Mahatma Gandhi Vidyamandir, the college inaugurated a Niramay Arogya Kendra (a Health centre) for faculty and students. This facility has been established with the vision and guidance of Dr. Prashant dada Hiray.

The Niramay Arogya Kendra is a health centre that has been specifically designed to cater to the medical needs of both faculty members and students at the college. The centre is expected to provide comprehensive medical care and services to individuals, including health check-ups, medical treatment, and health counselling. The establishment of this facility underscores the commitment of the college to the well-being and health of its community members.

Dr. Prashant dada Hiray is a visionary leader and an inspiring personality who has made significant contributions to the education sector in north Maharashtra. His keen insight and expertise in this area have been instrumental in the establishment of this new health centre at the college. The inauguration of the Niramay Arogya Kendra is a testament to his unwavering commitment to the betterment of the lives of students and faculty members at Mahatma Gandhi Vidyamandir.

Overall, the Niramay Arogya Kendra is a valuable addition to the college's infrastructure, and it is expected to have a positive impact on the health and well-being of the college community.



On the occasion of the birthday celebration of honourable Prashant dada Hiray, the general secretary Mahatma Gandhi Vidyamandir, the college inaugurated a Niramay Arogya Kendra (a Health centre) for faculty and students.. Dr. Deepak Thombare delivered the speech.



Dr. Deepak Thombare delivered the speech in Niramay Aarogya Kendra innauguration programme, Chairperrson Hon. Prin. Dr. B. V. Game, Vice Prin. S. D. Gaikwad, Dr. D. T. Dhangar, Dr. R.N.Wakale



Innaugration Program : Niramay aarogya Kendra



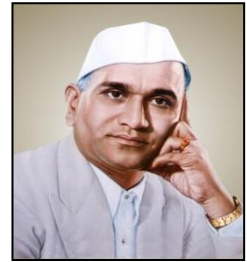
  
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**Report: Personality Development Through Sports - Dr. Narendra Patil**

Date: April 2023

A special lecture on the topic of 'Sports and Personality Development' was organized by the sports department of the College of Arts and Commerce in Yewla. Dr. Narendra Patil, the Sports Director of Peth College, delivered an insightful speech emphasizing the importance of sports in personal and personality development. The event aimed to raise awareness about the significance of physical fitness alongside academic pursuits.

Dr. Patil began his lecture by highlighting the numerous benefits of sports for maintaining a healthy body and a happy mind. He emphasized that engaging in sports activities increases physical activity and contributes to overall well-being. Dr. Patil expressed concern over the declining interest in sports and exercise among today's youth, attributing it to the rise of a sedentary lifestyle. He warned that this trend could have serious consequences in the future and urged the audience to pay attention to the powerful messages conveyed through movies and other forms of art that portray the value of sportsmanship. Dr. Patil encouraged individuals to constantly strive for personal and external growth, emphasizing that success can be achieved through continuous effort and a sense of purpose.

In his presidential speech, Dr. Bhausaheb Game, the principal of the college and the president of the program, stressed the need to connect with the current generation and motivate them to embrace a more active lifestyle, incorporating elements of yoga. While acknowledging the technological prowess and information capabilities of today's youth, Dr. Game expressed concern about their diminishing presence on the playing field and its potential impact on their personality development. To counteract this trend, he called for concerted efforts to inspire and motivate students to participate in sports. Dr. Game also emphasized the importance of focusing on personal achievements and self-growth.

The event witnessed the presence of several esteemed dignitaries, including Vice Principal Prof. Shivaji Gaikwad, Sports Director Pvt. Pradeep Waghmare, and Senior Supervisor Dr. Dhanraj Dhangar. The program commenced with introductory remarks by Prof. Pradeep Waghmare and a guest introduction by Prof. Nana Ghuge. Prof. Ram Prasad Vaval was acknowledged for his coordination efforts, and Abhilasha Shinde received recognition for her contributions. The lecture was attended by a significant number of professors, non-professor staff, and students, further highlighting the interest and importance attached to the subject matter.

In conclusion, the special lecture delivered by Dr. Narendra Patil shed light on the significance of sports in personal and personality development. The event served as a platform to promote the benefits of physical fitness and encourage students to actively engage in sports activities. Driven by the shared goal of nurturing well-rounded individuals, the lecture successfully inspired the audience to incorporate sports into their lives, fostering personal growth and a holistic approach to success..




A special lecture on the topic of 'Sports and Personality Development' was organized by the sports department of the Arts and Commerce college, Yeola. Dr. Narendra Patil, the Sports Director of Peth College, delivered an insightful speech.



Dr. Narendra Patil, the Sports Director of Peth College, delivered an insightful speech in the program Sports and Personality Development



  
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**Health Check-up Camp**

**Report (7-04-2022)**

On 7 April 2022, MGV's Arts and Commerce College, Yeola organised a health check-up camp for female student on the occasion of World Health Day. On this occasion Dr Swati Shelake and Dr Vrushali Pawar from Yeola Civil Hospital diagnosed the female students and advised them on female health. They advocated the need for female health for a healthy society and recommended ways to solve issues related to female health.

Prin. Dr B. V. Game presided over the programme. In his speech, he shared his views about importance of healthy diet. Several female students were diagnosed on this occasion. The students volunteered to make the programme successful.



MGV's Arts and Commerce College, Yeola organised a health check-up camp for female student on the occasion of World Health Day. Prin. Dr. B.V.Game felicitated the chief guest Dr Swati Shelake and Dr. Vrushali Pawar from Yeola Civil Hospital.



Dr Swati Shelake and Dr Vrushali Pawar from Yeola Civil Hospital diagnosed the female students and advised them on female health. Chirperson of the program Hon. Prin. Dr. B. V. Game






Dr. Swati Shelake and Dr Vrushali Pawar from Yeola Civil Hospital diagnosed the female students and advised them on female health. Chirperson of the program Hon. Prin. Dr. B. V. Game, Vice Prin. S. D. Gaikwad, Prof. Kavita Kanade



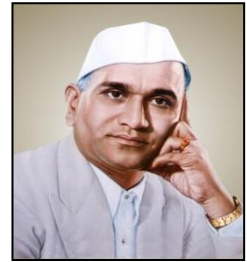
  
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**Independence Day 2020: Recognizing COVID-19 Survivors to Inspire  
Confidence and Combat Fear**

**Introduction:**

On Independence Day 2020, a special felicitation ceremony was organized by Dr. Bhausaheb Game, the principal of Arts and Commerce College, Yeola. The event aimed to honour two individuals, Mr. Santosh Misal, a senior clerk at Janata Vidyalaya, and Mr. Gautam Bafana, an alumnus working in a reputed cooperative bank in Yeola. Both individuals had successfully recovered from COVID-19. The objective of the program was to alleviate the fear surrounding the pandemic and instil confidence among the community, encouraging them to combat the disease collectively.

The felicitation ceremony took place on Independence Day, 15th August 2020, at MGV's Arts and Commerce College, Yeola. The event was attended by staff, students, and community members, adhering to social distancing guidelines and other safety protocols recommended by health authorities.

The primary objective of the program was to address the prevailing fear and anxiety related to COVID-19 in the community. By recognizing the recovery and resilience of Mr. Misal and Mr. Bafana, the event aimed to inspire confidence and unity in combating the disease collectively.

Mr. Santosh Misal, a senior clerk at Janata Vidyalaya, contracted COVID-19 during the early stages of the pandemic. Despite facing challenging circumstances, Mr. Misal demonstrated tremendous strength and determination during his recovery journey. Dr. Bhausaheb Game felicitated Mr. Misal, acknowledging his resilience, perseverance, and commitment to following necessary health protocols. This recognition aimed to inspire other staff members, students, and community members to remain vigilant and resilient in the face of the pandemic.

Mr. Gautam Bafana, an esteemed alumnus of Janata Vidyalaya, contracted COVID-19 while working at a reputed cooperative bank in Yeola. Despite experiencing the physical and emotional toll of the disease, Mr. Bafana fought bravely and successfully recovered. Dr. Bhausaheb Game honored Mr. Bafana for his determination and highlighted his journey as an example of courage and perseverance. This recognition aimed to motivate the community,

emphasizing the importance of adhering to safety guidelines and maintaining a positive outlook in the face of adversity.

The felicitation ceremony had a significant impact on the attendees and the broader community. By recognizing the recoveries of Mr. Misal and Mr. Bafana, the event instilled a sense of hope and resilience among the participants. It served as a reminder that with proper precautions, adherence to health guidelines, and a positive mindset, individuals could overcome the challenges posed by the COVID-19 pandemic.

Furthermore, the event aimed to create awareness about the importance of collective action and community support in combating the disease. It fostered a spirit of unity and cooperation, encouraging individuals to stand together in the fight against COVID-19.






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