



**Maratha Vidya Prasarak Samaj**

**G. M. D. Arts, B. W. Commerce and Science College, Sinnar, Dist. Nashik**

**Affiliated to Savitribai Phule Pune University, Pune**

**Id.No.PU/NS/ASC/013/1969**

**Best College Awarded by SPPU2012-13**

**AISHE:C-41292**

**www.gmdcollege.in**

**ISO 9001:2015 Certified College**

**sinnarcollege001@yahoo.com**

## **INTERNAL QUALITY ASSURANCE CELL**

### **CRITERION VII: Institutional Values & Best Practices**

#### **Health Related Activities**



**2017-18 to 2022-23**



Maratha Vidya Prasarak Samaj's  
**G.M.D. Arts, B.W. Commerce  
& Science College, Sinnar**

Tal. Sinnar, Dist. Nashik - 422 103 (M.S.) INDIA

Best College Award by Savitribai  
Phule Pune University 2012-13

**Dr. P. V. Rasal**

(M.A., LL.B., Ph.D.)

Member : B.O.S. (Psychology)

Savitribai Phule Pune University

E-mail : rasalpundlik@gmail.com

Affiliated to Savitribai Phule Pune

University ID No. : PU/NS/ASC/013/(1969)

Junior College No. J.13.13.001

HTE Sevaarth ID - 06220100119\_AST AISHE - C - 41292

Ref. No. 537/2023-24

Date : 13/07/2023

**DECLARATION**

This is to declare that the information, reports, true copies of the supporting documents, numerical data, provided links, institutional data, photographs etc. submitted/presented herewith is verified by Internal Quality Assurance Cell (IQAC) of this college and is correct as per the records. This declaration is for the purpose of NAAC accreditation of HEI for the 4<sup>th</sup> Cycle during the period from 2017-2018 to 2021-2022.

Date: 13/07/2023

Place: Sinnar

Dr. C. E. Gurule  
Coordinator, IQAC  
Co-ordinator  
IQAC

G. M. D. Arts, B.W. Commerce & Science  
College, Sinnar, Dist. Nashik 422103



Dr. P. V. Rasal  
Chairman, IQAC and Principal

**PRINCIPAL**  
G.M.D.Arts, B.W.Commerce and  
Science College, Sinnar,Dist.Nashik

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**Internal Quality Assurance Cell (2018-19)**

**Report of Event/ Programme**

<b>Name of the Department/committee</b>	Student Health Club.		
<b>Name of the Coordinator</b>	Dr. S. N. Pagar		
<b>Title of the Event/Programme</b>	Students Medical Health Checkup		
<b>Date/Period of Event/Programme</b>	27/09/2018 & 28/09/2018 at 10:00am		
<b>Objective of the event/Programme</b>	<ol style="list-style-type: none"> <li>To facilitate the health checkup for the first year students of all the faculties</li> <li>To make the students aware of the health issues and provide solutions for the needy</li> </ol>		
<b>Sponsored Agency/Institute</b>	G.M.D.Arts, Commerce and Science College, Sinnar		
No. of the Teacher involved in organizing activity-	Male:11	Female:06	Total:17
No. of the Students involved in organizing activity-	Male:330	Female:730	Total:1060
<b>Total involved in organizing activity-</b>	<b>Male:341</b>	<b>Female : 736</b>	<b>Total:1077</b>
No.of the Participant-	Male:330	Female: 730	Total:1060
Students No.of the	Male:11	Female:06	Total :17
Participant-Teachers	Male:nil	Female:nil	Total:nil
No.of the Participants other Teachers/Students	<b>Male:341</b>	<b>Female :736</b>	<b>Total:1077</b>
<b>Total Participants-</b>			
<b>Name of the Expert/Invitee/Lecturer (With Designation, Contact, Address &amp; email edc.)</b>	Dr.Sharad Gorade (Medical Officer, Medical Hospital Adgaon Nashik)		
<b>Outcome of the activity</b>	<ol style="list-style-type: none"> <li>Students are made aware of the health issues.</li> <li>The health checkup made students to know their</li> <li>Problems and some solutions for them.</li> </ol>		
<b>Venue of the Event/ Programme</b>	<b>Seminar Hall, GMD Arts, BW Commerce and Science College, Sinnar.</b>		



### Photographs



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**CO-ORDINATOR**  
IQAC  
G.M.D. Arts, B.W. Commerce  
And Science College, Sinnar



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**Principal**  
G. M. D. Arts, B. W. Commerce and  
Science College, Sinnar, Dist.Nashik



### Internal Quality Assurance Cell (2019-20)

#### Report of Event/ Programme

<b>Name of the Department/committee</b>	Student Health Club.		
<b>Name of the Coordinator</b>	Dr. S. N. Pagar		
<b>Title of the Event/Programme</b>	Students Medical Health Checkup		
<b>Date/Period of Event/Programme</b>	03/10/2019 to 04/010/2019 at 10:00am		
<b>Objective of the event/Programme</b>	<ol style="list-style-type: none"> <li>3. To facilitate the health checkup for the first year students of all the faculties</li> <li>4. To make the students aware of the health issues and provide solutions for the needy</li> </ol>		
<b>Sponsored Agency/Institute</b>	G.M.D.Arts, Commerce and Science College, Sinnar		
No. of the Teacher involved in organizing activity-	Male:11	Female:06	Total:17
No. of the Students involved in organizing activity-	Male:304	Female:576	Total:880
<b>Total involved in organizing activity-</b>	<b>Male:315</b>	<b>Female :582</b>	<b>Total:897</b>
No.of the Participant-	Male:304	Female: 576	Total:880
Students No.of the	Male:11	Female:06	Total :17
Participant-Teachers	Male:nil	Female:nil	Total:nil
No.of the Participants other Teachers/Students	<b>Male:315</b>	<b>Female :582</b>	<b>Total:897</b>
<b>Total Participants-</b>			
<b>Name of the Expert/Invitee/Lecturer</b> (With Designation, Contact, Address & email edc.)	Dr.Sharad Gorade (Medical Officer, Medical Hospital Adgaon Nashik)		
<b>Outcome of the activity</b>	<ol style="list-style-type: none"> <li>4. Students are made aware of the health issues.</li> <li>5. The health checkup made students to know their</li> <li>6. Problems and some solutions for them.</li> </ol>		
<b>Venue of the Event/ Programme</b>	<b>Seminar Hall, GMD Arts, BW Commerce and Science College, Sinnar.</b>		



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**Internal Quality Assurance Cell (2017-2018)**

**Report of Event/Programme**

Name of the Department/committee	Blood Donation Committee/NSS		
Name of the Coordinator	Dr.S.N.Pagar		
Title of the Event/Programme	BLOOD DONATION CAMP		
Date/Period of Event/Programme	29 Aug 2017 & 10 Mar 2018		
Objective of the event/Programme	<ol style="list-style-type: none"> <li>1. Provide safe and quality blood and blood components collected from voluntary donors for needy patients</li> <li>2. Educating the students on the beneficial aspects of blood donation</li> <li>3. Actively encourage voluntary blood donation</li> </ol>		
Sponsored Agency/Institute	G.M.D. Arts, B.W. Commerce and Science College, Sinnar		
No. of the Teacher involved in organizing activity-	Male: 02	Female: 00	Total: 02
No. of the Students involved in organizing activity-	Male: 6	Female: 04	Total:10
Total involved in organizing activity-	Male: 08	Female : 04	Total: 12
No. of the Participant-Students	Male:52	Female: 06	Total:58
No. of the Participant-Teachers	Male:07	Female:01	Total :08
No. of the Participants other than Teachers/Students	Male:00	Female:00	Total:00
Total Participants-	Male:59	Female :07	Total:66
Name of the Institution (With Designation, Contact, Address & email etc.)	Dr.Vasantrao Pawar Medical College, Hospital and Research Centre, MVP Blood Bank, Adgaon, Nashik-422203.		
Impact of extension activities in sensitizing students to social issues and holistic development.(Two lines)	<ol style="list-style-type: none"> <li>1. Students became aware regarding need of blood donation</li> <li>2. The donors showed positive effects like a sense of satisfaction after the donation.</li> <li>3. Blood donors were willing to be regular donors.</li> </ol>		
Outcome of the activity	66 bags of blood are collected during Blood Donation Camp		
Expenditure (Rs) (if Any)	Resource Person: Rs. NIL Flex : Rs .NIL Break Fast and Lunch: Rs.NIL		
Venue of the Event/ Programme	GMD College, Sinnar, Nashik		





### Photos



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**Internal Quality Assurance Cell (2018-19)**

**Report of Event/Programme**

<b>Name of the Department/committee</b>	<b>Blood Donation Committee/NSS</b>		
<b>Name of the Coordinator</b>	Dr.S.N.Pagar		
<b>Title of the Event/Programme</b>	<b>BLOOD DONATION CAMP</b>		
<b>Date/Period of Event/Programme</b>	29 AUGUST 2018 & 04 APRIL 2019		
<b>Objective of the event/Programme</b>	5. Provide safe and quality blood and blood components collected from voluntary donors for needy patients 6. Educating the students on the beneficial aspects of blood donation 7. Actively encourage voluntary blood donation		
<b>Sponsored Agency/Institute</b>	G.M.D. Arts, B.W. Commerce and Science College, Sinnar		
No. of the Teacher involved in organizing activity-	Male: 05	Female: 02	Total: 07
No. of the Students involved in organizing activity-	Male: 6	Female: 06	Total:12
<b>Total involved in organizing activity-</b>	<b>Male: 11</b>	<b>Female : 08</b>	<b>Total: 19</b>
No. of the Participant-Students	Male:76	Female: 17	Total:93
No. of the Participant-Teachers	Male:05	Female:01	Total :06
No. of the Participants other than Teachers/Students	Male:00	Female:00	Total:00
<b>Total Participants-</b>	<b>Male:81</b>	<b>Female :18</b>	<b>Total:99</b>
<b>Name of the Institution</b>	Dr.Vasantrao Pawar Medical College, Hospital and Research Centre, MVP Blood Bank, Adgaon, Nashik-422203.		
<b>Impact of extension activities in sensitizing students to social issues and holistic development.(Two lines)</b>	1. Students became aware regarding need of blood donation 2. The donors showed positive effects like a sense of satisfaction after the donation. 3. Blood donors were willing to be regular donors.		
<b>Outcome of the activity</b>	99 bags of blood are collected during Blood Donation Camp		
<b>Expenditure (Rs) (if Any)</b>	Resource Person: Rs. NIL Flex : Rs .NIL Break Fast and Lunch: Rs.NIL		
<b>Venue of the Event/ Programme</b>	Dr.Vasantrao Pawar Medical College, Hospital and Research Centre, MVP Blood Bank, Adgaon, Nashik- 422203. & GMD College, Sinnar, Nashik		



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Science College, Sinnar, Dist. Nashik



**Internal Quality Assurance Cell (2021-2022)**

**Report of Event/Programme**

<b>Name of the Department/committee</b>	<b>NCC/ Blood Donation Committee</b>		
<b>Name of the Coordinator</b>	Lt. Sandeep Balasaheb Bhise		
<b>Title of the Event/Programme</b>	<b>BLOOD DONATION CAMP</b>		
<b>Date/Period of Event/Programme</b>	05 APRIL 2022		
<b>Objective of the event/Programme</b>	8. Provide safe and quality blood and blood components collected from voluntary donors for needy patients 9. Educating the students on the beneficial aspects of blood donation 10. Actively encourage voluntary blood donation		
<b>Sponsored Agency/Institute</b>	G.M.D. Arts, B.W. Commerce and Science College, Sinnar		
No. of the Teacher involved in organizing activity-	Male: 16	Female: 01	Total: 17
No. of the Students involved in organizing activity-	Male: 6	Female: 04	Total:10
<b>Total involved in organizing activity-</b>	<b>Male: 22</b>	<b>Female : 05</b>	<b>Total: 27</b>
No. of the Participant-Students	Male:08	Female: 00	Total:08
No. of the Participant-Teachers	Male:09	Female:01	Total :10
No. of the Participants other than Teachers/Students	Male:00	Female:00	Total:00
<b>Total Participants-</b>	<b>Male:17</b>	<b>Female :01</b>	<b>Total:18</b>
<b>Name of the Expert/Invitee/Lecturer (With Designation, Contact, Address &amp; email etc.)</b>	Dr.Vasantrao Pawar Medical College, Hospital and Research Centre, MVP Blood Bank, Adgaon, Nashik-422203.		
<b>Impact of extension activities in sensitizing students to social issues and holistic development.(Two lines)</b>	4. Students became aware regarding need of blood donation 5. The donors showed positive effects like a sense of satisfaction after the donation. 6. Blood donors were willing to be regular donors.		
<b>Outcome of the activity</b>	18 bags of blood are collected during Blood Donation Camp		
<b>Expenditure (Rs) (if Any)</b>	Resource Person: Rs. NIL Flex : Rs .560/- Break Fast and Lunch: Rs.NIL		
<b>Venue of the Event/ Programme</b>	D.Ed. College building, Sinnar		



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**Internal Quality Assurance Cell (2021-2022)**

**A Report on *Asmita* (A Special Issue on Health) 2021-22**

The world has undergone the aftermath of the fatal pandemic during the years 2019-20 and 2020-21. It was obvious that all the fields were terribly affected by pandemic. On this backdrop, the College has published the Annual College Magazine, *Asmita*. In the year 2021-22, the college has published the magazine with a tagline *Arogya Visheshank* (a special issue on the health) regarding health issues. The theme of the issue was the physical and mental health of the people. The issue comprises two sections. The first section is provided for the prose wherein 61 articles are published. The articles deal with the wide-ranging subjects such as Social Wellness, Physical Health, COVID 19 and its psychological impact on the society, Mental Health, Physical Workout, Healthy Diet, Private and Social Hygiene, Trekking, Hematology etc. Out of 61 articles, 56 articles are written by the girl students. The activity denotes that students are highly motivated to be aware of the Physical, Mental and Social Health. The second section contains the verses and the poems. The titles deal with *Swachh Bharat Abihiyan*, the mental strength, humanity, human life, wellness, CORONA virus and physical health of the society. The students are made aware of the various mental and physical health issues through the magazine.

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## Evidences of Asmita 2021-22

<p>मराठा विद्या प्रसारक समाजाचे गुरुवर्य मामासाहेब दांडेकर कला, भगवंतराव वाजे वाणिज्य व विज्ञान महाविद्यालय, सिन्नर ता. सिन्नर, जि. नाशिक</p> <p><b>अस्मिता</b> वार्षिक नियतकालिक सन २०२१-२२</p> <p><b>आरोग्य विरोषांक</b></p> <p>स्वातंत्र्याचा अमृत महोत्सव</p>	<p><b>अस्मिता</b> वार्षिक नियतकालिक २०२१-२०२२</p> <p>गुरुवर्य मामासाहेब दांडेकर कला, भगवंतराव वाजे वाणिज्य आणि विज्ञान महाविद्यालय, सिन्नर</p> <p><b>* अनुक्रमणिका *</b> ♦ गद्य विभाग ♦</p> <table border="1"> <thead> <tr> <th>अ.न.</th> <th>नाव</th> <th>लेखक/कवी</th> </tr> </thead> <tbody> <tr><td>१.)</td><td>सामाजिक आरोग्य</td><td>चैताली म्हाळु फटांगरे</td></tr> <tr><td>२.)</td><td>कोरोना व्हायरस</td><td>कोमल प्रकाश धमाळे</td></tr> <tr><td>३.)</td><td>व्यायाम</td><td>आरती दत्तात्रय डोक</td></tr> <tr><td>४.)</td><td>आपले आरोग्य खरचं चांगले आहे का ?</td><td>आदिती सुनिल उगले</td></tr> <tr><td>५.)</td><td>मानसिक आरोग्य</td><td>दामिनी अशोक सुर्यवंशी</td></tr> <tr><td>६.)</td><td>कोरोना: मानसिक दुर्बल झालेला समाज</td><td>अश्विनी बुंबर पवार</td></tr> <tr><td>७.)</td><td>आरोग्य विषयी माहिती</td><td>रेणुका तुकाराम टोंबरे</td></tr> <tr><td>८.)</td><td>कोरोना</td><td>उज्ज्वला रामचंद्र जाधव</td></tr> <tr><td>९.)</td><td>आरोग्य आणि व्यक्तिमत्त्व विकास</td><td>मोबीन गुलाब सैय्यद</td></tr> <tr><td>१०.)</td><td>अध्या जगात धैमान माजविणाऱ्या कोरोना</td><td>प्रियांका सोमनाथ गोळेसर</td></tr> <tr><td>११.)</td><td>आहार आणि आरोग्य</td><td>पुजा बाबासाहेब पवार</td></tr> <tr><td>१२.)</td><td>कोरोना व्हायरस - संकट की संधी</td><td>मृणाली माणिक अहिरे</td></tr> <tr><td>१३.)</td><td>मानसिक आरोग्य</td><td>अश्विनी भास्कर नागरे</td></tr> <tr><td>१४.)</td><td>स्वास्थ्य सर्वार्थसाधनम्</td><td>अक्षदा संतोष कर्पे</td></tr> <tr><td>१५.)</td><td>कोरोना</td><td>पुजा संजय माळी</td></tr> <tr><td>१६.)</td><td>स्वच्छतेचे महत्त्व</td><td>ऋतुजा विजय महाजन</td></tr> <tr><td>१७.)</td><td>आयुर्वेद हीच खरी संजीवनी</td><td>विकास मधुकर डोंगरे</td></tr> <tr><td>१८.)</td><td>आरोग्य विषयक लेखन</td><td>अशोक लालू कातोरे</td></tr> <tr><td>१९.)</td><td>कोरोना</td><td>अश्विनी दत्तात्रय नागरे</td></tr> <tr><td>२०.)</td><td>गिर्यारोहण</td><td>अश्विनी दत्तात्रय नागरे</td></tr> <tr><td>२१.)</td><td>सामाजिक आरोग्य</td><td>प्रज्ञा जगन्नाथ चव्हाणके</td></tr> <tr><td>२२.)</td><td>सामाजिक आरोग्य</td><td>तेजश्री दत्तात्रय आनप</td></tr> <tr><td>२३.)</td><td>मानसिक आरोग्य</td><td>राणी अशोक काळे</td></tr> <tr><td>२४.)</td><td>मानसिक आरोग्य</td><td>शिवांजली सुनिल निंबाळकर</td></tr> <tr><td>२५.)</td><td>शारीरिक आरोग्य</td><td>निकिता शिवाजी सानप</td></tr> <tr><td>२६.)</td><td>मानसिक आरोग्य</td><td>आरती बाजीराव सोनवणे</td></tr> </tbody> </table>	अ.न.	नाव	लेखक/कवी	१.)	सामाजिक आरोग्य	चैताली म्हाळु फटांगरे	२.)	कोरोना व्हायरस	कोमल प्रकाश धमाळे	३.)	व्यायाम	आरती दत्तात्रय डोक	४.)	आपले आरोग्य खरचं चांगले आहे का ?	आदिती सुनिल उगले	५.)	मानसिक आरोग्य	दामिनी अशोक सुर्यवंशी	६.)	कोरोना: मानसिक दुर्बल झालेला समाज	अश्विनी बुंबर पवार	७.)	आरोग्य विषयी माहिती	रेणुका तुकाराम टोंबरे	८.)	कोरोना	उज्ज्वला रामचंद्र जाधव	९.)	आरोग्य आणि व्यक्तिमत्त्व विकास	मोबीन गुलाब सैय्यद	१०.)	अध्या जगात धैमान माजविणाऱ्या कोरोना	प्रियांका सोमनाथ गोळेसर	११.)	आहार आणि आरोग्य	पुजा बाबासाहेब पवार	१२.)	कोरोना व्हायरस - संकट की संधी	मृणाली माणिक अहिरे	१३.)	मानसिक आरोग्य	अश्विनी भास्कर नागरे	१४.)	स्वास्थ्य सर्वार्थसाधनम्	अक्षदा संतोष कर्पे	१५.)	कोरोना	पुजा संजय माळी	१६.)	स्वच्छतेचे महत्त्व	ऋतुजा विजय महाजन	१७.)	आयुर्वेद हीच खरी संजीवनी	विकास मधुकर डोंगरे	१८.)	आरोग्य विषयक लेखन	अशोक लालू कातोरे	१९.)	कोरोना	अश्विनी दत्तात्रय नागरे	२०.)	गिर्यारोहण	अश्विनी दत्तात्रय नागरे	२१.)	सामाजिक आरोग्य	प्रज्ञा जगन्नाथ चव्हाणके	२२.)	सामाजिक आरोग्य	तेजश्री दत्तात्रय आनप	२३.)	मानसिक आरोग्य	राणी अशोक काळे	२४.)	मानसिक आरोग्य	शिवांजली सुनिल निंबाळकर	२५.)	शारीरिक आरोग्य	निकिता शिवाजी सानप	२६.)	मानसिक आरोग्य	आरती बाजीराव सोनवणे
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## Maratha Vidya Prasarak Samaj

G. M. D. Arts, B. W. Commerce and Science College, Sinnar

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गुरुवर्य मामासाहेब दांडेकर कला, भगवंतराव वाजे वाणिज्य आणि विज्ञान महाविद्यालय, सिन्नर			गुरुवर्य मामासाहेब दांडेकर कला, भगवंतराव वाजे वाणिज्य आणि विज्ञान महाविद्यालय, सिन्नर		
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५२)	शारीरिक आरोग्य	प्रियंका विलास आव्हाड	१८)	My Teacher	Nargisparveen Ashraf Ansari
५३)	शारीरिक आरोग्य	वंदना पांडुरंग सहाणे	१९)	मन का कहना	लक्ष्मी राजू जाधव
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