



P. R. High School Society's  
**ARTS, COMMERCE & SCIENCE COLLEGE DHARANGAON**  
NAAC Accredited 'B'

Grade

**(Senior College)**

Dharangaon (425105) Dist. Jalgaon

### 3. Life skills (Yoga, physical fitness, health and hygiene)

#### Yoga and Meditation

The college celebrates the international Yoga day in which all teaching and non-teaching staff enthusiastically participate along with students. Department of Sports runs the personal gym to enhance the physical fitness.



  
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Dharangaon, Dist. Jalgaon



*Sanjaydas*  
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Number of students participated in Yoga Sports runs and the personal (2018-19)

Sr.No.	Roll No.	Name of Students	Class
1	4	BANSI KARAN CHANDAN	F.Y.B.Com.
2	11	BAYAS SACHIN DHARMASING	F.Y.B.A.
3	12	BHADANE HEMANT BHAGVAN	F.Y.B.A.
4	22	CHAUDHARI GIRISH SANJAY	F.Y.B.A.
5	16	DEORE VIVEK UTTAM	F.Y.B.Sc.
6	31	DESHMUKH PRASHANT CHHOTU	F.Y.B.A.
7	36	DHANGAR VIKAS GULAB	F.Y.B.A.
8	25	GAVHANE SACHIN DINKAR	F.Y.B.Sc.
9	37	GHISADI VISHAL RAMESH	F.Y.B.A.
10	22	KANKHARE SHUBHAM DINESH	S.Y.B.Sc.
11	24	KHAIRNAR MANOHAR VASANT	S.Y.B.Sc.
12	56	KOLI SOPAN DILIP	F.Y.B.A.
13	63	MAHAJAN AAKASH SANJAY	F.Y.B.A.
14	17	MAHAJAN HARSHAL JAGDISH	S.Y.B.A.
15	19	MAHAJAN HEMANT SUDHAKAR	S.Y.B.Com
16	19	MAHAJAN RAJESH SHANTARAM	F.Y.B.Com.
17	75	MAHALE GOPAL SHAMRAO	F.Y.B.A.
18	23	MALI BHUSHAN SANJAY	S.Y.B.Com
19	28	MALI SAGAR BHAGWAT	S.Y.B.Com
20	83	MALI SAGAR SANJAY	F.Y.B.A.
21	84	MALI SANDIP DAYARAM	F.Y.B.A.
22	85	MALI TUSHAR SANJAY	F.Y.B.A.
23	31	MARATHE SHUBHAM RAJENDRA	S.Y.B.Com
24	28	MARATHE TEJAS GULAB	S.Y.B.Sc.
25	21	MORE SANDEEP RAJENDRA	S.Y.B.A.
26	49	NHAVI SHRIRAM NIVRUTTI	F.Y.B.Sc.
27	27	PARADHI ANAND RAJENDRA	S.Y.B.A.
28	35	PATIL AKASH SANJAY	S.Y.B.Sc.
29	36	PATIL AMOL PRAVIN	S.Y.B.Sc.
30	35	PATIL BHUSHAN EKNATH	S.Y.B.A.
31	111	PATIL BHUSHAN GULAB	F.Y.B.A.
32	58	PATIL BHUSHAN ISHWAR	F.Y.B.Sc.
33	33	PATIL DNYANESHWAR SHANTARAM	F.Y.B.Com.
34	126	PATIL HARISH YOGRAJ	F.Y.B.A.
35	64	PATIL JAYESH NARAYAN	F.Y.B.Sc.
36	81	PATIL NITIN RAMKRUSHNA	F.Y.B.Sc.
37	150	PATIL NITIN RAVINDRA	F.Y.B.A.
38	51	PATIL PRADIP KASHINATH	S.Y.B.A.



39	48	PATIL RAHUL ADHIKAR	S. Y. B. Com
40	84	PATIL RAHUL SANJAY	S. Y. B. Sc.
41	175	PATIL SAURABH SANJAY	F. Y. B. A.
42	91	PATIL SHUBHAM DATTATRAY	S. Y. B. Sc.
43	62	PATIL UDAY SANTOSH	S. Y. B. A.
44	59	PRASAD CHANDRAPRAKASH RUDAL	S. Y. B. Com
45	45	SAVAKAR VIJAY SATYAVAN	F. Y. B. Com.
46	213	SHINDE SAMIR VIJAY	F. Y. B. A.
47	53	SONAWANE PRAVIN SANJAY	F. Y. B. Com.
48	77	SONAWANE SHUBHAM NAVAL	S. Y. B. A.
49	79	SONAWANE YOGITA MOHAN	S. Y. B. A.
50	67	THORAT YOGESH SUHAS	S. Y. B. Com



Number of students participated in Yoga Sports runs and the personal ( 2019-20)

Sr.No.	Roll No.	Name of Students	Class
1	27	Ahire Samadhan Ashok	F. Y. B. A.
2	23	Badgujar Ajay Ravindra	F. Y. B. A.
3	100	Badgujar Mahesh Bhagvat	F. Y. B. A.
4	25	Bhadane Hemant Bhagwan	S. Y. B. A.
5	25	Bhavsar Saurabh Rajendra	F. Y. B. Com.
6	15	Bhilala Ishwar Gyansing	F. Y. B. Com.
7	45	Bhoi Rahul Sanjay	F. Y. B. Com.
8	37	Chavan Dinesh Subhashing	F. Y. B. Com.
9	89	Chavhan Jayesh Yashwant	S. Y. B. Sc.
10	28	Deore Swapnil Devidas	F. Y. B. Com.
11	10	Deore Vivek Uttam	S. Y. B. Sc.
12	18	Deshmukh Prashant Chhotu	S. Y. B. A.
13	32	Dhangar Bhavesh Bharat	S. Y. B. Com.
14	43	Gavhane Sachin Dinkar	S. Y. B. Sc.
15	52	Gayakwad Sagar Prakash	F. Y. B. A.
16	40	Hatkar Amol Pitabar	F. Y. B. A.
17	51	Jadhav Bhagyashri Ravindra	F. Y. B. Sc.
18	61	Mahajan Aashish Sanjay	F. Y. B. Com.
19	67	Mahajan Gunvant Tulsidas	F. Y. B. Com.
20	54	Mahajan Kavita Ananda	F. Y. B. A.
21	47	Mahajan Nitin Sanjay	F. Y. B. A.
22	35	Mahajan Vishal Dhanraj	F. Y. B. A.
23	45	Marathe Shivnarayan Madhavrao	F. Y. B. Sc.



24	46	Marathe Suresh Ramesh	S. Y. B. Com.
25	58	More Pravin Suresh	F. Y. B. A.
26	11	Patil Amol Ramesh	F. Y. B. Sc.
27	25	Patil Bhagyashri Sanjay	F. Y. B. Sc.
28	64	Patil Bhavesh Shantaram	F. Y. B. Sc.
29	26	Patil Bhushan Shriram	F. Y. B. A.
30	15	Patil Ganesh Balu	F. Y. B. A.
31	2	Patil Gaurav Ravindra	F. Y. B. A.
32	24	Patil Girish Onkar	F. Y. B. Sc.
33	22	Patil Girish Subhash	S. Y. B. Com.
34	97	Patil Jagdish Lotan	F. Y. B. Sc.
35	40	Patil Jitendra Namdeo	S. Y. B. A.
36	23	Patil Laukik Vishwas	F. Y. B. Sc.
37	16	Patil Lokesh Anil	S. Y. B. Sc.
38	50	Patil Mahesh Rajendra	S. Y. B. Sc.
39	64	Patil Puja Suresh	F. Y. B. A.
40	3	Patil Rahul Sanjay	F. Y. B. A.
41	56	Patil Rahul Vilas	F. Y. B. Sc.
42	126	Patil Rohit Pundalik	F. Y. B. A.
43	104	Patil Vijay Dhanraj	F. Y. B. Sc.
44	74	Patil Vinay Vasudev	F. Y. B. Sc.
45	3	Patil Vivek Gajanan	S. Y. B. A.
46	52	Pawar Amol Balu	S. Y. B. A.
47	12	Savla Hem Mahesh	S. Y. B. Com.
48	99	Sonar Vivek Bhikan	F. Y. B. A.
49	11	Sonawane Ashok Kashinath	S. Y. B. Com.
50	18	Tagad Gopal Madhukar	F. Y. B. A.



*S. B. G. D. S.*  
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## Student's Health Services Scheme

Student's Health Services Scheme was established to promote physical, mental and social well being of the students of the college. Health Check up of every first year (after XIIth std.) students seeking admission in the college is compulsory. This is for benefit of the students as unrecognized disease/s with which they are not aware, can be detected at the time of the check-up. The diseases can be traeted at appropriate time. We have collaboration with the Doctors from Dharangaon city with multispecialty.

- 1) Dr. Arun K Kulkarni
- 2) Dr. Mrs. Kulkarni
- 3) Dr. Milind S. Dahale
- 4) Dr. Mrs. Dahale



*[Signature]*  
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<b>Year</b>	<b>number of students benefited under Student's Health Services Scheme</b>
2016-17	F.Y.B.A. - 266 F.Y.B.Com - 60 F.Y.B.Sc.-111
2017-18	F.Y.B.A. - 301 F.Y.B.Com - 89 F.Y.B.Sc.-120
2018-19	F.Y.B.A. - 236 F.Y.B.Com - 59 F.Y.B.Sc.-123
2019-20	F.Y.B.A. - 196 F.Y.B.Com - 68 F.Y.B.Sc.-109
2020-21	Nil



*[Handwritten Signature]*  
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## SWACHHTA PAKHWADA

15 Days Swachhta Drive was organized by NSS unit of our College from 1<sup>st</sup> August to 15<sup>th</sup> August during which several cleanliness activities were initiated in and off the campus. Beginning from a Swachhta Pledge, a team of 200 volunteers was formed and were allocated responsibilities to clean the college premises along with adjoining areas. Awareness campaigns were brought off in adopted village. By cleaning in and off the campus, marching a rally on cleanliness for creating awareness, NSS volunteers did all they could to contribute in the environmental purity of the surroundings.



  
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Samsung Dual Camera  
Shot with my Galaxy A30



*Sarvagdas*  
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## BLOOD DONATION DRIVE

A blood donation camp was organized at adopted villegeBambhori, on 28th September 2018 in association with DeenDayalUpadhyay Blood Bank, NSS Volunteers participated and became a part of this life saving event by helping the staff in managing and controlling the drive.





Year	number of students denoted the blood
2017-18	06
2018-19	12
2019-20	13
2020-21	Nil



  
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**Red ribbon club (RRC)**

**Total Number of participant : 220 NSS volunteer per year**

The RRC youth of our college is encouraged to learn about safe and healthy lifestyles. The RRC promotes access to information on healthy life and voluntary blood donation. They create and provide opportunity to the zeal of volunteerism among youth to contribute towards the control and prevention of HIV&AIDS. The Red Ribbon Club is a voluntary on-campus intervention program for students. The programme organized by RRC addresses the knowledge, attitude and behavior of the youths in the interrelated areas of Voluntary Blood Donation, HIV & AIDS, as demanded by their age, environment, and life style.



*S. B. Bhandari*  
**PRINCIPAL**  
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REDMI NOTE 5 PRO  
MI DUAL CAMERA

2019/12/13 11:31



*Prin. J. J. J.*  
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*S. B. Chaudhary*  
**PRINCIPAL**  
Arts, Commerce & Science College  
Dharangaon, Dist. Jalgaon



*[Signature]*  
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*Santogday*  
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## NSS Social work during COVID-19 Pandemic

### Total Number of Participants :220

We stand for and with people, no matter even if it is a pandemic, our motto allows us to help people in every manner possible.

Since, NSS volunteers couldn't reach out to vulnerable people physically, we changed our way of approaching and helping.

These are some glimpses of NSS Social responsibility during lockdown period

### 1) University level online oratory competition under Covid 19 awareness program

A university level online oratory competition was jointly organized by National Service Scheme, Arts commerce and science college, Dharangaon with the aim of raising awareness about Corona epidemic and creating awareness among the volunteers and increasing the participation of the society through youth.

Competition topics: -

- 1) Maharashtra: Corona is a challenge
- 2) Maharashtra: Corona is an opportunity
- 3) Maharashtra: Social Consequences of Corona
- 4) Economic effects of Corona on Maharashtra

27 students from various colleges of KaviyitriBahinabaiChaudhari North Maharashtra University participated in this competition.

Competitors from 15 colleges of Jalgaon, Dhule and Nandurbar districts participated. The competition covered topics such as Corona: Administration and Planning, Corona's Socio-Economic Change, Youth Participation and Contribution to Corona Fighting, Disaster Management Preparedness and Mentality.



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17/02/2021 Corona inspection camp



NSS Volunteer Dnyanesh Patil serving at the Covid Care Center during the lockdown period



*Dnyanesh Patil*  
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The following are the glimpses of NSS Unit are distributing food items, masks and other essentials services at various places



*H. R. S.*  
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*S. B. Borogad*  
**PRINCIPAL**  
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## Other Activities related to Health and Hygiene

- 1) Poster presentation on Awareness regarding to body part donation Date 27/08/2017



- 2) Rangoli Competition on organ donation and AIDS Awareness (21/12/2019)



*S. J. Jangde*  
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3) Students performing Street play act on AIDS awareness (22/12/2019)



*S. S. S. S.*  
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**Dr. T. S. Birajdar**

Principal


M.A. M.Phil., Ph.D.

Ph. Office 02588 - 251 371

- 1] Name of Event-** Swayamsidhha Training (Yuvati Sabha)
- 2] Date of event-** 03 January 2020 to 11 January 2020
- 3] Total number of Participants-** 100 (Student Participants)
- 4] Name of Coordinator -** Dr. C.S.Sukhadane ( Chairman Yuvati Sabha)  
Dr. K.D. Mahajan (Member)  
Mr. Sanjay Shingane (Student Development Officer)
- 5] Chief Guest - Trainer**
- 1) Mr. Sifu Surendran V.**
  - 2) Mr. Ashok Pardeshi**
  - 3) Mrs. Kamleshwari pardeshi**

**Report of the Event-**

From 03/01/2020 to 11/01/2020 Swayamsidhha training was organized under Yuvati Sabha at our college. The self defense techniques were taught by trainer to our students. All 100 students were actively participated in the 8 day workshop. At the concluding session of workshop was held at college under the presence of Mr. Pavankumar Desale (Police Inspector, Dharangaon)

  
Dr. C.S. Sukhadane  
(Coordinator)



  
Principal  
Arts, Commerce & Science College  
Dharangaon, Dist. Jalgaon  
Dr.T.S.Birajdar  
(Principal)







*S. J. Jangid*  
**Principal**  
Arts, Commerce & Science College  
Dharangaon, Dist. Jalgaon





*S. S. G. D. W.*  
**Principal**  
 Arts, Commerce & Science College  
 Dharamgaon, Dist. Jalgaon

