

Maratha Vidya Prasarak Samaj
K.R.T. Arts, Commerce, and Science College, Vani
Tal. Dindori, Dist. Nashik

NOTICE

Soft Skill Development Training Programme

This is to inform all students that a *Soft Skill Development Training Programme* will be conducted as per the following schedule. Attendance is mandatory for all registered participants.

Sr. No.	Date/Day	Resource Person	Title of Topic	Time
1	16/01/2024 (Tuesday)	Dr. Y.M. Salunke	Positive Attitude	9:30 AM to 11:30 AM
2	17/01/2024(Wednesday)	Dr. K.R. Adhav	Stress Management	9:30 AM to 11:30 AM
3	18/01/2024 (Thursday)	Dr. R.T. Ahire	Goal Setting	9:30 AM to 11:30 AM
4	19/01/2024 (Friday)	Mr. R.A. Indrekar	Personality Development	9:30 AM to 11:30 AM
5	20/01/2024 (Saturday)	Mr. K.R. Dere	Motivation	9:30 AM to 11:30 AM





Dr. Y.M. Salunke
Co-ordinator

Maratha Vidya Prasarak Samaj
K. R. T. Arts, Commerce and Science College, Vani
Tal. Dindori, Dist. Nashik
Soft Skill Development Training Programme
Time Table
(16/01/2024 to 20/01/2024)

Sr. No.	Date/Day	Resource Person	Title of Topic	Time
1	16/01/2024 Tuesday	Dr.Y.M.Salunke	Positive Attitude	9.30 to 11.30
2	17/01/2024 Wednesday	Dr. K.R.Adhav	Stress Management	9.30 to 11.30
3	18/01/2024 Thursday	Dr..R.T.Ahire	Goal Setting	9.30 to 11.30
4	19/01/2024 Friday	Mr.R.A.Indrekar	Personality Development	9.30 to 11.30
5	20/9/2017 Saturday	Mr.K.R.Dere	Motivation	9.30 to 11.30




Dr. Y. M. Salunke
Co-ordinator

Maratha Vidya Prasarak Samaj, Nashik
KRT Arts, Commerce and Science College, Vani
Tal. Dindori, Dist. Nashik
Soft Skills Development Training Programme



Activity Report

(From 16th to 20th January 2024)

The Soft Skill Development Training Programme was conducted at K. R. T. Arts, Commerce, and Science College, Vani, from 16th January 2024 to 20th January 2024. The aim of this program was to enhance the soft skills of the participants, equipping them with essential life skills required for personal and professional growth. The training spanned five days, covering vital aspects of soft skills such as positive attitude, stress management, goal setting, personality development, and motivation. Renowned experts were invited as resource persons to deliver each session.

Objectives:

- To develop essential soft skills that enhance personal and professional growth.
- To cultivate a positive attitude for overcoming challenges and maintaining optimism.
- To equip participants with stress management techniques to handle mental and physical pressures effectively.
- To teach effective goal-setting methods, including the use of SMART (Specific, Measurable, Achievable, Relevant, Time-bound) objectives.
- To foster personality development by improving self-awareness, communication skills, and body language.
- To enhance interpersonal skills and confidence, preparing participants for various life situations.

Programme Schedule:

Date/Day	Resource Person	Title of Topic	Time
16/01/2024 (Tuesday)	Dr. Y. M. Salunke	Positive Attitude	11:15 AM – 1:15 PM
17/01/2024 (Wednesday)	Dr. K. R. Adhav	Stress Management	11:15 AM – 1:15 PM
18/01/2024 (Thursday)	Mr. R. T. Ahire	Goal Setting	11:15 AM – 1:15 PM
19/01/2024 (Friday)	Mr. R.A. Indrekar	Personality Development	11:15 AM – 1:15 PM
20/01/2024 (Saturday)	Mr. K. R. Dere	Motivation	11:15 AM – 1:15 PM

The Soft Skill Development Programme took place from 16th January 2024 to 20th January 2024, covering essential life skills through daily sessions conducted by expert resource persons. On 16th January 2024, Dr. Y. M. Salunke led a session on **Positive Attitude**, emphasizing the importance of maintaining a positive mindset and overcoming negativity.

The session included interactive discussions and real-life examples, highlighting how optimism enhances productivity and satisfaction. On 17th January 2024, Dr. K. R. Adhav addressed **Stress Management**, discussing the effects of stress on mental and physical health. Techniques such as time management, relaxation exercises, and effective communication were taught to help participants manage stress effectively in their personal and professional lives. On 18th January 2024, Mr. R. T. Ahire's session on **Goal Setting** explored techniques for setting clear objectives. Participants engaged in activities to create SMART (Specific, Measurable, Achievable, Relevant, Time-bound) goals and actionable plans to achieve their ambitions. On 19th January 2024, Mr. R. A. Indrekar conducted a session on **Personality Development**, focusing on self-awareness, communication skills, and body language. Tips were shared to improve interpersonal skills and build confidence. Finally, on 20th January 2024, Mr. K. R. Dere session on **Motivation** highlighted techniques for staying motivated, overcoming procrastination, and maintaining focus on goals. Real-life stories and exercises inspired participants to approach their goals with enthusiasm and determination. The programme provided valuable insights and practical skills for personal and professional growth.

Outcomes:

- Participants developed a positive mindset, enabling them to handle challenges with optimism and resilience.
- Improved ability to manage stress through learned techniques such as time management, relaxation exercises, and effective communication.
- Gained proficiency in setting clear and achievable goals using the SMART (Specific, Measurable, Achievable, Relevant, Time-bound) framework.
- Enhanced self-awareness and communication skills, contributing to better personal and professional interactions.
- Acquired practical strategies for maintaining motivation and overcoming procrastination to achieve long-term success.
- Developed a holistic understanding of essential soft skills for overall personal and career growth.

The Soft Skill Development Programme provided valuable insights into essential life skills for students and participants. The interactive nature of the sessions, combined with expert guidance, ensured that participants gained practical knowledge they can apply in their daily lives. The program was successfully coordinated by Dr. Y. M. Salunke, who ensured its smooth execution. Feedback from participants indicated a high level of satisfaction and a desire for more such initiatives in the future.




Dr. Y. M. Salunke
Coordinator

Maratha Vidya Prasarak Samaj, Nashik
Karmaveer Raosaheb Thorat Arts and Commerce College, Vani
 Tal. Dindori, Dist. Nashik

Soft Skill Development Training Programme

Attendance

Sr.No	Name of Student	Date	Date	Date	Date	Date
		16/01/2024	17/01/2024	18/01/2024	19/01/2024	20/01/2024
①	Bhaye Yashita Ashok	<u>Bhaye</u>	<u>Bhaye</u>	<u>Bhaye</u>	<u>Bhaye</u>	<u>Bhaye</u>
②	Gangurde sonil Arun	<u>Gangurde</u>	<u>Gangurde</u>	<u>Gangurde</u>	<u>Gangurde</u>	<u>Gangurde</u>
③	Gavandhe Vikram Shivdas	<u>Gavandhe</u>	<u>Gavandhe</u>	<u>Gavandhe</u>	<u>Gavandhe</u>	<u>Gavandhe</u>
④	Patwar Vaishali Rajaram	<u>Patwar</u>	<u>Patwar</u>	<u>Patwar</u>	<u>Patwar</u>	<u>Patwar</u>
⑤	Chaudhari Kailas Balu	<u>Chaudhari</u>	<u>Chaudhari</u>	<u>Chaudhari</u>	<u>Chaudhari</u>	<u>Chaudhari</u>
⑥	Jadhav Akanksha Bhaurav	<u>Jadhav</u>	<u>Jadhav</u>	<u>Jadhav</u>	<u>Jadhav</u>	<u>Jadhav</u>
⑦	Mahale Jayashree Ramesh	<u>Mahale</u>	<u>Mahale</u>	<u>Mahale</u>	<u>Mahale</u>	<u>Mahale</u>
⑧	Bhaye Ganesh Jagdish	<u>Bhaye</u>	<u>Bhaye</u>	<u>Bhaye</u>	<u>Bhaye</u>	<u>Bhaye</u>
⑨	Bagul Vaishali Sanjay	<u>Bagul</u>	<u>Bagul</u>	<u>Bagul</u>	<u>Bagul</u>	<u>Bagul</u>
⑩	Ichandhaji Manoj Nimba	<u>Ichandhaji</u>	<u>Ichandhaji</u>	<u>Ichandhaji</u>	<u>Ichandhaji</u>	<u>Ichandhaji</u>
⑪	Gore Sakshi Dnyaneshwar	<u>Gore</u>	<u>Gore</u>	<u>Gore</u>	<u>Gore</u>	<u>Gore</u>
⑫	Kadale Chandrakant Vasant	<u>Kadale</u>	<u>Kadale</u>	<u>Kadale</u>	<u>Kadale</u>	<u>Kadale</u>
⑬	Chavan Dipika Bhanu	<u>Chavan</u>	<u>Chavan</u>	<u>Chavan</u>	<u>Chavan</u>	<u>Chavan</u>
14	Gangurde Sakshi Tukaram	<u>Gangurde</u>	<u>Gangurde</u>	<u>Gangurde</u>	<u>Gangurde</u>	<u>Gangurde</u>
15	Gavali Rupa Anandaji	<u>Gavali</u>	<u>Gavali</u>	<u>Gavali</u>	<u>Gavali</u>	<u>Gavali</u>
16	Gavate Chhaya Yashwantrao	<u>Gavate</u>	<u>Gavate</u>	<u>Gavate</u>	<u>Gavate</u>	<u>Gavate</u>
17	Gavit Kalpana Hari	<u>Gavit</u>	<u>Gavit</u>	<u>Gavit</u>	<u>Gavit</u>	<u>Gavit</u>
18	Suryavanshi Swati Gorakh	<u>Suryavanshi</u>	<u>Suryavanshi</u>	<u>Suryavanshi</u>	<u>Suryavanshi</u>	<u>Suryavanshi</u>
19	Jadhav Pratiksha Dhandiram	<u>Jadhav</u>	<u>Jadhav</u>	<u>Jadhav</u>	<u>Jadhav</u>	<u>Jadhav</u>
20	Thakare Pooja Jagan	<u>Thakare</u>	<u>Thakare</u>	<u>Thakare</u>	<u>Thakare</u>	<u>Thakare</u>
21	Chaudhari Mayur Chandan	<u>Chaudhari</u>	<u>Chaudhari</u>	<u>Chaudhari</u>	<u>Chaudhari</u>	<u>Chaudhari</u>
22	Chavan Chhaya Namdev	<u>Chavan</u>	<u>Chavan</u>	<u>Chavan</u>	<u>Chavan</u>	<u>Chavan</u>
23	Lekhande Jayshe Sanjay	<u>Lekhande</u>	<u>Lekhande</u>	<u>Lekhande</u>	<u>Lekhande</u>	<u>Lekhande</u>

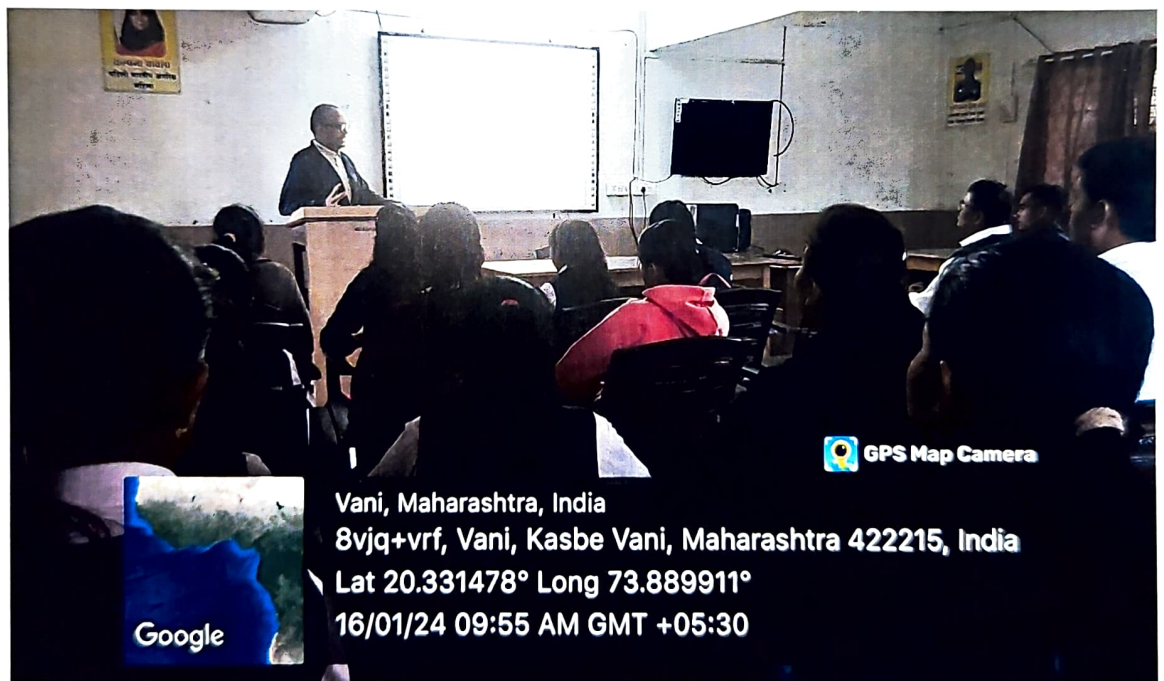
Dr. Y. M. Salunke
Coordinator



**Snapshot of Soft Skill Development Training Programme
16th January to 20th January 2024**



Dr. Yashwant Salunke guided the students on the topic of a Positive Attitude



Active Participation of the Trainee Students in Soft Skills Development Training Programme

**Snapshot of Soft Skill Development Training Programme
16th January to 20th January 2024**



Dr.K.R.Adhav guided the students on the topic of a Stress Management



Mr.K.R.Dere guided the students on the topic of a Motivation



Mr.R.A.Indrekar guided the students on the topic of a Personality Development

Maratha Vidya Prasarak Samaj's
K R T Arts, Commerce and Science College, Vani
Tal. Dindori, Dist. Nashik
Language Communication Skills
Report 2023-24

The programs on Language and communication skill were conducted in the Academic year of 2023- 2024 by the department of Marathi at the K.R.T. Arts, Commerce and science college, Vani. The main motive of this program was to develop the personality on the basis of language communication skills such as writing skills, speaking skills, and reading skills.

- 1) Essay writing competition was conducted on the date of 22 January 2024. 13 students participated in this program.
- 2) Writing skill competition was held on the date of 23 January 2024. 35 students participated in this competition. 17 girl students and 18 boy students performed in the competition
- 3) Writing skill (Orthography) competition was held on the date of 23 January 2024. 32 students participated in this competition. 19 girl students and 13 boy students performed in the competition
- 4) Reading skill competition was held on the date of 24 January 2024. 22 students participated in this competition. 08 girl students and 14 boy students performed in the competition
- 5) Poetry reading competition was held on the date of 24 January 2024. 22 students participated in this competition. 08 girl students and 14 boy students performed in the competition.
- 6) Elocution competition was conducted on the date of 25 January 2024. 08 boys and 14 girls participated in this competition. The total number of students was 22.

In this way these activities were conducted for the development of the students in the college. Principal Dr. R. N. Bhavare, vice principal Dr. Y. M. Salunke and Dr. R. T. Ahere gave guidance to make the program successful. Dr. Salade and Prof. Fugat and other staff members helped and supported the program to achieve the success.



Dr. K. R. Adhav.

Coordinator

Head

Department of Marathi
MVP's Arts and Commerce College
Vani, Tal. Dindori, Dist. Nashik.



Dr. R. N. Bhavare

Principal

Principal

Arts & Commerce College
Vani, Dist. Nashik



**Maratha Vidya Prasarak Samaja's
K.R.T. Arts, Commerce and Science College Vani,
Tal. Dindori, Nashik**

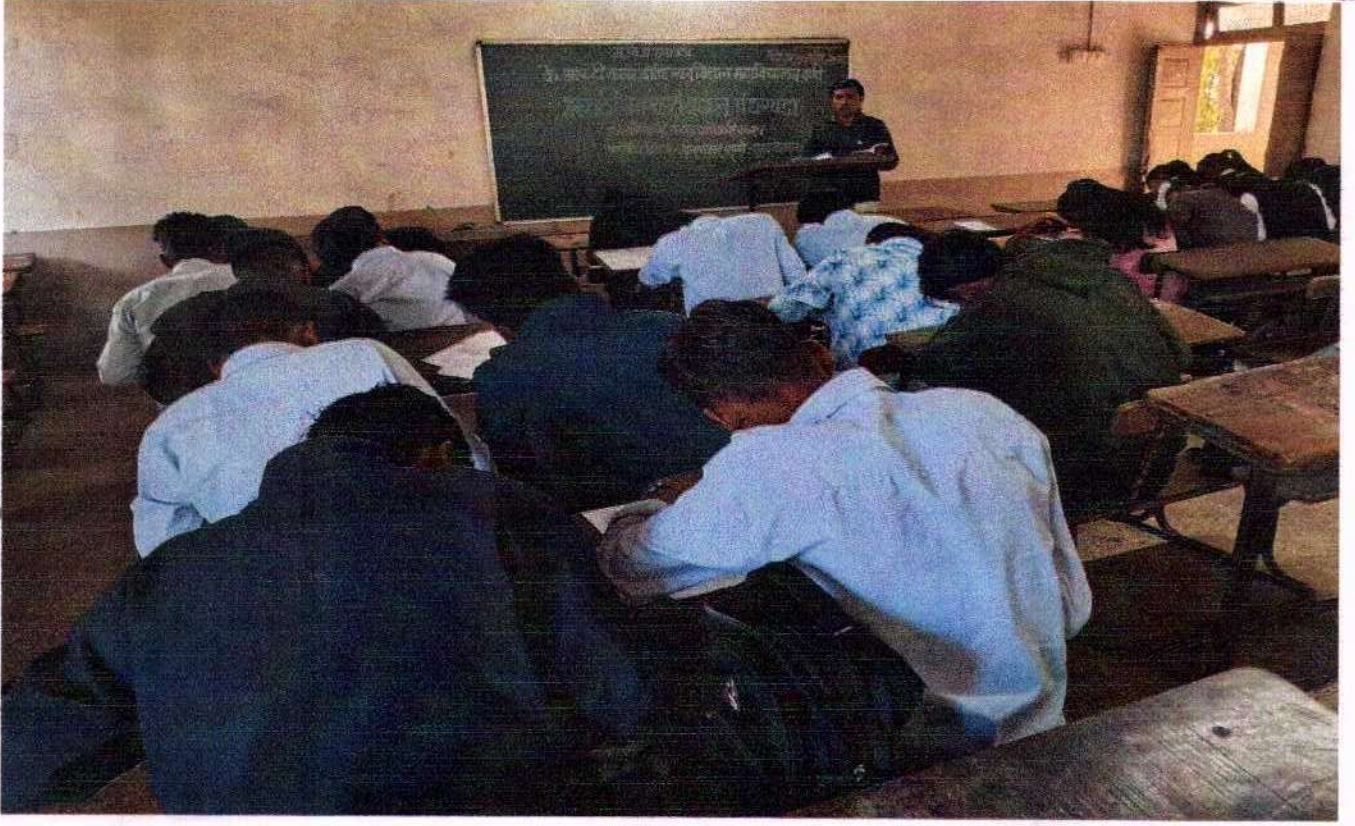
Language Communication Skill

Essay Writing Skill 22/1/2024

Sr. No	Student Name	M/F	Class	Mark
1.	Zirval Pallavi Pundalik	F	FYB.com	14
2.	Pagar Vaibhav Eknath	M	TYB.com	13
3.	Gore Sonali Kailas	F	FYB.com	13
4.	Jopale Rani Vishanu	F	F.Y.B.A.	12
5.	Shinde Sonali Gotiram	F	F.Y.B.A.	11
6.	Jadhav Mangesh	M	F.Y.B.A.	12
7.	Bhoy Yogita Ashok	F	S.Y.B.A.	11
8.	Thakre Yash Nitin	M	F.Y.B.A.	11
9.	Shardul Mithun Vasant	M	FYB.com	1
10.	Mahale Somnath Dinkar	M	FYB.com	12
11.	Jadhav Samahan Darshan	M	FYB.com	12
12.	Bharsat Manoj Kailas	M	FYB.com	11
13.	Bharsat Darshan Santhosh	M	FYB.com	12

Pilla
(Dr. K. R. Adhau)
Head
Department of Marathi
MVP's Arts and Commerce College
Vani, Tal. Dindori, Dist. Nashik.

Essay Writing



Head

Department of Marathi
MVP's Arts and Commerce College
Vani, Tal. Dindori, Dist. Nashik.

Maratha Vidya Prasarak Samaja's
K.R.T. Arts, Commerce and Science College, Vani.
Tal. Dindori, Nashik.




Language Communication Skill

Writing Skill (Orthography) 23/1/2024

Sr. No	Student Name	Class	Mark
1.	Aher Ruchika Sampat	FYBcom	07
2.	Aher Vishal Ramchandra	FYBcom	04
3.	Ahire Rohan Vinod	FYBcom	07
4.	Bharsat Darshan Santosh	FYBcom	07
5.	Bharsat Manoj Kailas	FYBcom	06
6.	Choudhari Lalita Uuraj	FYBA	05
7.	Deshmukh Prasad Hemant	FYBcom	07
8.	Gaikwad Sushila Gulab	FYBA	06
9.	Gangurde Archies Vijya	FYBA	07
10.	Gangurde Subham Sharad	FYBA	07
11.	Ghatge Aaditya Sanjy	FYBA	07
12.	Gore Sonali kailas	FYBcom	06
13.	Hadas Karan Trynbak	FYBcom	04
14.	Jadhav Durga Gulab	FYBA	07



15.	Jadhav Sweety Sunil	FYBcom	08
16.	Jadhav Tejas Dinkar	FYBA	05
17.	Jopale Rani Vishnu	FYBA	06
18.	Khandvi Manisha Trymbak	FYBA	05
19.	Mahale Sommath Dinar	FYBcom	06
20.	Pawar Priya Sunil	FYBcom	08
21.	Pingal Vrushali Dilip	FYBcom	06
22.	Purkar Payal Sandip	FYBA	07
23.	Raut Ujavalala Ananda	FYBA	07
24.	Raut Meghana Jairam	FYBA	07
25.	Shardul Misun Vasant	FYBcom	07
26.	Shinde Sonali Gotiram	FYBA	07
27.	Shirsat Payal Nana	FYBA	06
28.	Sonavane Shruti Sudam	FYBcom	06
29.	Tadhake Sruti Shivaji	FYBA	07
30.	Trivedi Nisha Anil	FYBcom	09
31.	Tungar Rohidas Motiram	FYBA	07
32.	Vasal Snehal Vasant	FYBcom	05


C. P. K. A. Adhary
Head
Department of Marathi
MVP's Arts and Commerce College
Vani, Tal. Dindori, Dist. Nashik.

Reading skill



GPS Map Camera



Google

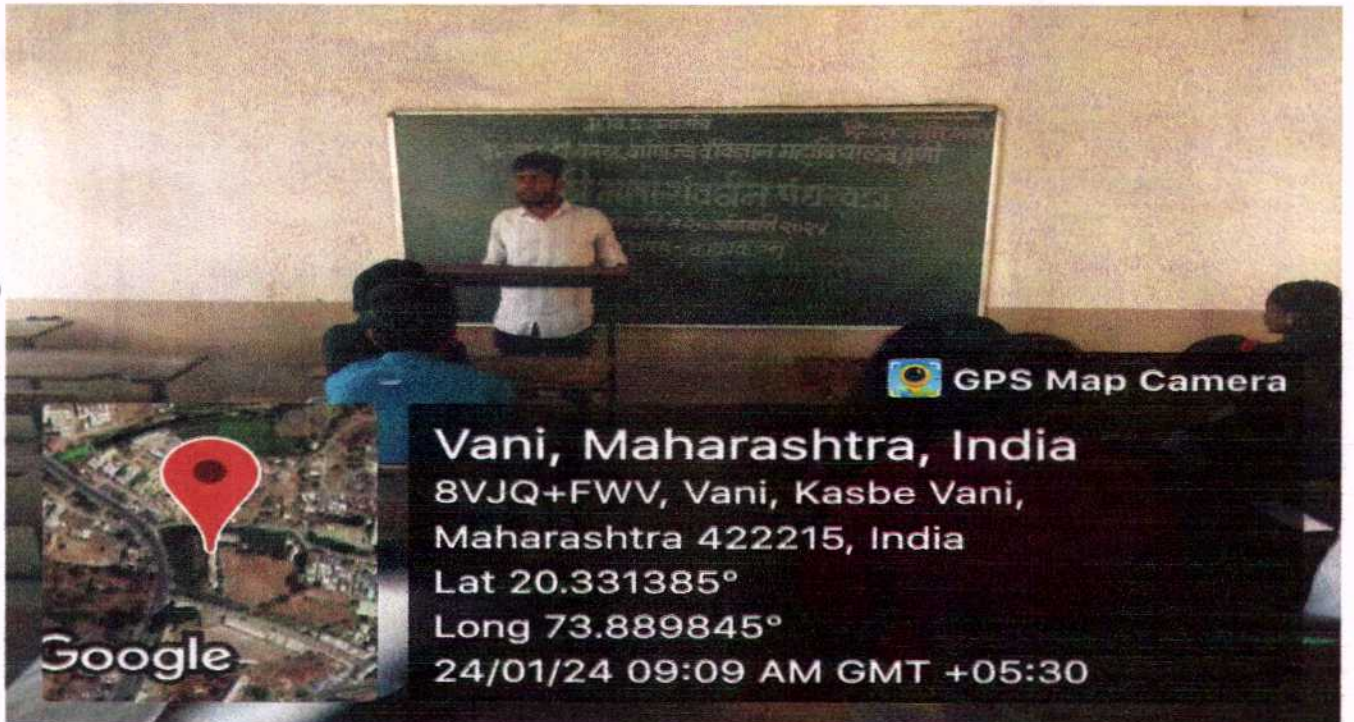
Vani, Maharashtra, India

8VJQ+FWV, Vani, Kasbe Vani,
Maharashtra 422215, India

Lat 20.331398°

Long 73.889861°

24/01/24 09:50 AM GMT +05:30



GPS Map Camera



Google

Vani, Maharashtra, India

8VJQ+FWV, Vani, Kasbe Vani,
Maharashtra 422215, India

Lat 20.331385°

Long 73.889845°

24/01/24 09:09 AM GMT +05:30

Head

Department of Marathi
MVP's Arts and Commerce College
Vani, Tal. Dindori, Dist. Nashik.

Maratha Vidya Prasarak Samaja's

K.R.T. Arts, Commerce and Science College, Vani.

Tal. Dindori, Nashik.



Language Communication Skill 2023-24

Sr. No.	Name of the Student	Class	Reading Skill 24/1/2024	Poem Reading skill 24/1/2024	Elocution Competition Skill 25/1/2024
1	Tungar Rohidas	F.Y.BA	3/6-1 Rungar	Rungar	Rungar
2	Rshitsagar Kartik	F.Y.B.A	refar	refar	refar
3	Gaikwad Sushil Gulab	F.Y.BA	Gaikwad	Gaikwad	Gaikwad
4	Gangade shubham	F.Y.BA	shu	shu	shu
5	Gaikwad Parikaj	F.Y.BA	ba	ba	ba
6	Shirsath Payal	F.Y.BA	P.N.Shirsath	P.N.Shirsath	P.N.Shirsath
7	Gangade Dipali	F.Y.BA	D.S.Gangade	D.S.Gangade	D.S.Gangade
8	Pawar Pooja	F.Y.BA	P.S.Pawar	P.S.Pawar	P.S.Pawar
9	Purkar Payal	F.Y.BA	P.S.Purkar	P.S.Purkar	P.S.Purkar
10	Jadhav Tadas	F.Y.BA	Flud	Flud	Flud
11	Thakare Jash	F.Y.BA	Jash	Jash	Jash
12	Mahale Sagar	F.Y.BA	Mahale	Mahale	Mahale
13	Chavre Parvateka	F.Y.BA	RSC	RSC	RSC
14	Kudali Priyanka	F.Y.BA	Kudali	Kudali	Kudali
15	Mangesh Jadhav	F.Y.BA	MJ	MJ	MJ
16	Raut Chetan	F.Y.BA	CRaut	CRaut	CRaut
17	Chavre Roshan	F.Y.BA	RChev	RChev	RChev
18	Mahale Samir	F.Y.BA	AMale	AMale	AMale

Maratha Vidya Prasarak Samaj's
K.R. T.Arts and Commerce College, Vani
Tal. Dindori, Dist. Nashik

मराठी भाषा संवर्धन पंधरवडा

दि. १४ जानेवारी ते २८ जानेवारी २०२४

उपक्रमाचे नाव: उत्साखर स्पर्धा

दि. २३ जाने - २०२३

अ.न.	विद्यार्थ्याचे नाव	M/F	वर्ग	सही
1.	✓ Sonarane Shruti Sudam	F	F.Y.B.Com	<u>Shruti</u>
2.	✓ Trivedi Nisha Anil	F	F.Y.B.Com	<u>Trivedi</u>
3.	✓ Gaikwad Sushila Gulab	f.	f.y.B.A	<u>Gaikwad</u>
4.	✓ Khandvi Manisha Trubak	f	f.y.B.A	<u>M.Khandvi</u>
5.	✓ Raut Meghana Jayram	f	f.y.B.A	<u>Raut</u>
6.	✓ Shirodhi Patal Nand	f	F.Y.B.A	P.N.Shirodhi
7.	✓ Gore Sonal Isailas	f	f.y.B.com	<u>S. Gore</u>
8.	✓ Pawar Priya Sunil	f	f.y.B.com	<u>Pawar</u>
9.	✓ Vasal Snehal Sampat	f.	F.Y.B.com	<u>Vasal</u>
10.	✓ Pingal Vrushali Dilip	P.	F.Y.B.com	<u>Pingal</u>
11.	✓ Jadhav Sweetsy Sunil	F.	F.Y.B.com	<u>Jadhav</u>
12.	✓ Aher Ruchika Sampat	F.	F.Y.B.com	<u>Aher</u>
13.	✓ Gangande Anshis Vijay	M	F.Y.B.A	<u>A</u>
14.	✓ Ghadge Aditya Sanjay	M	F.Y.B.A	<u>Aditya</u>
15.	✓ Vishal Ramchandrar	F	F.Y.B.A	<u>Vishal</u>
16.	✓ Deshmukh Prasad Hemant	M	F.Y.B.com	<u>Deshmukh</u>
17.	✓ Ahire Rohan Vinod	M	F.Y.B.Com	<u>Ahire</u>
18.	✓ Bharsat Dhanish Santosh	M	F.Y.B.com	<u>Bharsat</u>
19.	✓ Shandul Mithun Vasant	M	F.Y.B.com	<u>Shandul</u>

20.	Bhar-sat manoj kailas	M	F.Y.B.Com	Bhar-sat
21.	Tungar Rohidas moriam	M	F.Y.B.A	Tungar
22.	Jadhav Tejas Vinu	M	F.Y.B.A	Jadhav
23.	Gangurde shubham shreshth	M	F.Y.B.A	Gangurde
24.	Hadas Katan Pratik	M	F.Y.B.Com	Hadas
25.	mohale gomnath	M	F.Y.B.Com	mohale
26.	Bhoye Yashraj Ashok	F	F.Y.B.A	Bhoye
27.	पुरकर पायल सोदरे	F	F.Y.B.A	पुरकर
28.	राहुल उड्डवला आनंद	F	F.Y.B.A	राहुल
29.	वडावे प्रमोद शिवजी	F	F.Y.B.A	वडावे
30.	चौधरी लालभा युवराज	F	F.Y.B.A	चौधरी
31.	सोनाली गोविंदराज शिंदे	F	F.Y.B.A	शिंदे
32.	जाधव कुशी गुलाब	F	-U	Jaadhav Dr.
33.	जोषी राहुल विनायक	F	-U	Jopate Mr.
34.	मोहित मोहित नाथ	M	F.Y.B.A	Mohite Mr.
35.	पुनम निमिरोहित Narayan	M	F.Y.B.A	Punam
36.	Total (35)			
37.				
38.				
39.				
40.				
41.				
42.				
43.				
44.				
45.				



Head
Department of Marathi
MVP's Arts and Commerce College
Vani, Tal. Dindori, Dist. Nashik.

Maratha Vidya Prasarak Samaja's
K.R.T. Arts, Commerce and Science College, Vani,
Tal. Dindori, Nashik




Language Communication Skill

Writing Skill 23/1/2024

Sr. No	Student Name	Class	Mark
1)	Aher Ruchika Sampat	FYBcom	13
2)	Gore Sonali kailas	FYBcom	12
3)	Bohye Yogita Ashok	SYBA	14
4)	Ghatge Aaditya Sanjy	FYBA	09
5)	Gangurde Archies Vijya	FYBA	08
6)	Gangurde Subham Sharad	FYBA	08
7)	Tungar Rohidas Motiram	FYBA	09
8)	Hadas Karan Trynbak	FYBcom	08
9)	Deshmukh Prasad Hemant	FYBcom	10
10)	Bharsat Darshan Santosh	FYBcom	09
11)	Shardul Misun Vasant	FYBcom	09
12)	Ahire Rohan Vinod	FYBcom	09
13)	Sonavane Shruti Sudam	FYBcom	09
14)	Vasal Snehal Vasant	FYBcom	09
15)	Pingal Vrushali Dilip	FYBcom	10
16)	Khandvi Manisha Trymbak	FYBA	10
17)	Shirsat Payal Nana	FYBA	11

18)	Jadhav Tejas Dinkar	FYBA	10
19)	Mohete Rohit Narayan	FYBA	00
20)	Purkar Payal Sandip	FYBA	10
21)	Raut Ujvala Ananda	FYBA	10
22)	Tadhake Sruti Shivaji	FYBA	08
23)	Choudhari Lalita Uuraj	FYBA	07
24)	Shinde Sonali Gotiram	FYBA	08
25)	Jadhav Durga Gulab	FYBA	06
26)	Jopale Rani Vishnu	FYBA	06
27)	Raut Meghana Jairam	FYBA	09
28)	Gaikwad Sushila Gulab	FYBA	08
29)	Mahale Sommath Dinar	FYBcom	09
30)	Bharsat Manoj Kailas	FYBcom	08
31)	Jadhav Sweety Sunil	FYBcom	11
32)	Aher Vishal Ramchandra	FYBcom	05
33)	Pawar Priya Sunil	FYBcom	11
34)	Trivedi Nisha Anil	FYBcom	10
35)	Mohite Rohit Narayan	FYBA	04




Dr. K. R. Adhav
Head
 Department of Marathi
 MVP's Arts and Commerce College
 Vani, Tal. Dindori, Dist. Nashik.

**Maratha Vidya Prasarak Samaj's
K.R. T.Arts and Commerce College, Vani
Tal. Dindori, Dist. Nashik**



मराठी भाषा संवर्धन पंधरवडा

दि. १४ जानेवारी ते २८ जानेवारी २०२४

उपक्रमाचे नाव: सुदृढलेखन स्पर्धा

दि. २३ जाने २०२४

अ.न.	विद्यार्थ्याचे नाव	M/F	वर्ग	सही
1.	Ghadge Aaditya Sanjay	M	F.Y.B.A.	Aaditya
2.	Gangurde Aaditya Vijay	M	F.Y.B.A.	A
3.	Vishal Ramchandra Ahir		F.Y.B.A.	QRAM
4.	Tungar Rohidas Mohanram	M	F.Y.B.A.	Rungar
5.	Bharsat Dhanu Santosh	M	F.Y.B.Com	Bharsat
6.	Ahise Rihan Vinod	M	F.Y.B.Com	Ahise
7.	Deshmukh Prajod Hemant	M	F.Y.B.Com	Prajod
8.	Shardul Mithun Vasant	M	F.Y.B.Com	Shardul
9.	Bharsat Manoj Kailas	M	F.Y.B.Com	Bharsat
10.	Gangurde Shubham Sharad	M	F.Y.B.A.	A
11.	Jadhav Tejas Dinkar	M	F.Y.B.A.	Tejas...
12.	Mahale Samrath Vinay	M	F.Y.B.Com	Mahale
13.	Hadaskar Anant Yashwantrao	M	F.Y.B.Com	Hadaskar
14.	Pingal Prashant Vilas	F	F.Y.B.Com	Pingal
15.	Vasal Snehal Sampat	F	F.Y.B.Com	Vasal
16.	Pawar Priya Sunil	F	F.Y.B.Com	Pawar
17.	Gore Sonali Keerti	F	F.Y.B.Com	Gore
18.	Raut Meghrajayam	F	F.Y.B.A.	Raut
19.	Shimshet Patil Nandini	F	F.Y.B.A.	P.N. Shimshet

20] Khandvi Manish Tejabak. f. f. Y.B.A. M. Khandvi

20.	Aher Ruchika Sampat	F.	F.Y. B.com	Ruthe
21.	Jadhav Sweeti Sunil	F	F.Y.B.com	Jadhav
22.	Soncrane shruti sudar	F	f.Y.B.com	Smriti
23.	Trivedi Nisha Anil	F	F.Y.B.com	Ativedi
24.	Jopale Rani Vishnu	F	f.Y.B.A	Rubpale
25.	Gaikwad Sushila Gulab	f	f.Y.B.A	Sekure
26.	Bhoye Yogita Ashok	F	S.Y.B.A	Bhoye
27.	सोनाली गोपीनाथ शिंदे	F	F.Y.B.A	
28.	पुर्कुर पंमल कीरीप	F	F.Y.B.A	
29.	मडाये शकुंती । विमोजी	F	F.Y.B.A	
30.	वैधवी लालसा मुकरम	F	F.Y.B.A	
31.	Jopale Rani Vishnu	F	F.Y.B.A	
32.	Jadhav Durgam Gulab	F	F.Y.B.A	
33.				
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Total = 32



Head
Department of Marathi
MVP's Arts and Commerce College
Vani, Tal. Dindori, Dist. Nashik.

Poetry reading



Elocution competition



[Signature]

Head

Department of Marathi
MVP's Arts and Commerce College
Vani, Tal. Nashik, Dist. Nashik.

M.V.P. Samaj's
K.R.T.Arts, Commerce and Science College, Vani
Tal- Dindori, Dist- Nashik

Department of Physical Education and Sports

Physical Fitness Test Report

The students of the college should be aware of their physical abilities and how they can maintain their health through these abilities. To ensure that students' health and physical fitness remain optimal, physical fitness tests were conducted for all first-year students from the Arts, Commerce, and Science streams as follows:

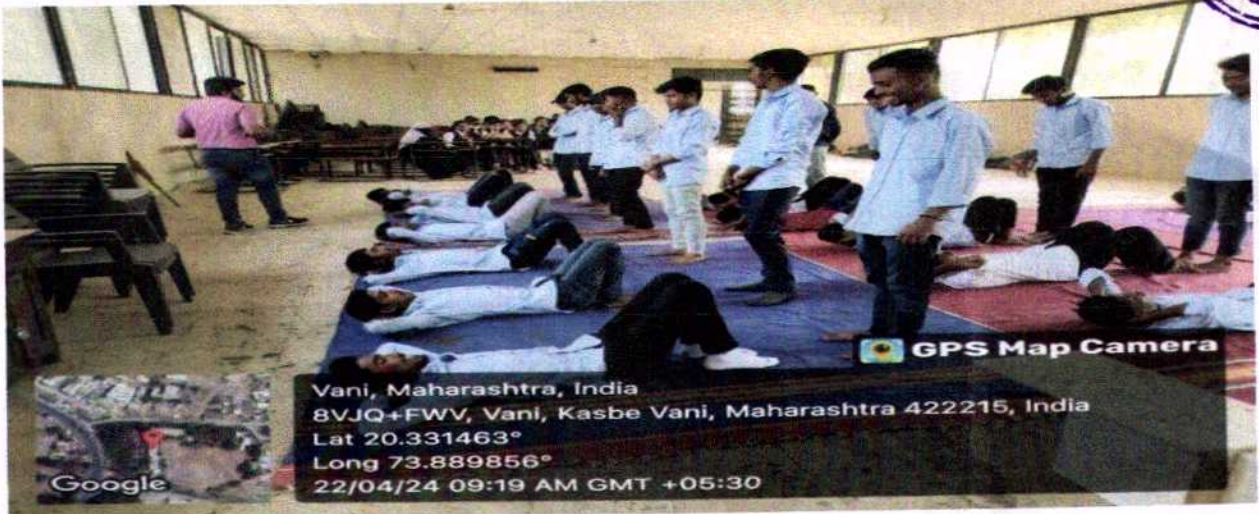
1. Sit-up Test
2. Flexibility Test
3. 12-Minute Run & Walk Test

These tests were conducted on April 22nd and 23rd, 2024, at the college. During this event, Prof. Rakesh Wadje, the Director of Physical Education at Arts, Commerce, and Science College, Khedgaon, was present. He provided valuable guidance to the students on these tests and physical education in general. He also emphasized the importance of physical education and sports in promoting both physical and mental health, offering guidance to the students. A total of 151 students were present at the event.



Director of Physical Education

Dr. R.R. Chavan
Director of Phy. Education & Sports
K.R.T. Art's & Comm. College
Vani, Tal. Dindori, Dist. Nashik
Pin - 422 215



Sit-Up Test



12 मिनिटे चालणे / पळणे चाचणी 12 Minute Run & Walk



लवचिकता चाचणी Sit & Rich Test

Maratha Vidya Prasarak Samaj's
Karmaveer Raosaheb Thorat Arts, Commerce and Science College, Vani
Tal: Dindori, Dist: Nashik
Student Attendance Sheet

Title of the Activity: Physical Fitness Test [F.Y.B.A.]

Day & Date of the Activity: 22/04/2024

Sr.No	Name of the Beneficiary	Class	Signature
1	Aher Sarala Rajaram	F.Y.B.A.	Aher
2	Aher Vishal Ramchandra	F.Y.B.A.	Aher
3	Ahire Pratiksha Ganpat	F.Y.B.A.	A.P.G.
4	Bagul Aarti Bharat	F.Y.B.A.	Bagul
5	Bagul Amol Gangadhar	F.Y.B.A.	B.Amol
6	Bagul Khushali Yashvant	F.Y.B.A.	Bagul
7	Bagul Rushikesh Santosh	F.Y.B.A.	ORS.
8	Bahiram Akash Pandit	F.Y.B.A.	B.Pandit
9	Bhagare Aruna Dnyaneshwar	F.Y.B.A.	Bhagare
10	Bhagare Tushar Jagan	F.Y.B.A.	Bhagare
11	Bhagare Vijay Chandu	F.Y.B.A.	Bhagare
12	Bhalerao Tejaswini Sanjay	F.Y.B.A.	Bhalerao
13	Bharsat Amol Vishnu	F.Y.B.A.	Bharsat
14	Bharsat Chetan Dattatray	F.Y.B.A.	Bharsat
15	Bharsat Gopal Subhash	F.Y.B.A.	Bharsat
16	Bharsat Kautik Prakash	F.Y.B.A.	Bharsat
17	Bharsat Shankar Ramchandra	F.Y.B.A.	Bharsat
18	Bhoye Darshana Ashok	F.Y.B.A.	Bhoye
19	Bhoye Ganesh Bhagwat	F.Y.B.A.	Bhoye
20	Bhoye Yogeshwari Janardhan	F.Y.B.A.	Bhoye
21	Bhusar Lalit Ananda	F.Y.B.A.	L.A. Bhusar
22	Bhusar Renuka Bhaurao	F.Y.B.A.	Bhusar
23	Bhusar Roshan Suresh	F.Y.B.A.	Bhusar
24	Chaudhari Lalita Yuvraj	F.Y.B.A.	C.U. Chaudhari
25	Chaudhari Padmakar Hiraman	F.Y.B.A.	P.H. Chaudhari
26	Chaudhari Varsha Vijay	F.Y.B.A.	C.V.V.
27	Chaure Ravindra Shantaram	F.Y.B.A.	Ravindra C.S.
28	Chaure Vaishali Prakash	F.Y.B.A.	Chaure
29	Chavan Rohit Valu	F.Y.B.A.	CRN.
30	Chavanke Mayur Sadashiv	F.Y.B.A.	M.Chavanke
31	Chavhan Sonali Bhavrav	F.Y.B.A.	Sonali
32	Chaudhari Ganesh Eknath	F.Y.B.A.	Chaudhari
33	Chaure Roshan Sanjay	F.Y.B.A.	R.S. Chaure
34	Chavan Rahul Prakash	F.Y.B.A.	Chavan
35	Dambale Ajit Prakash	F.Y.B.A.	D.P. Dambale

Name & Signature of the Head / Coordinator / Members :



Director of Phy. Education & Sports
K.R.T. Arts & Comm. College
Vani, Tal. Dindori, Dist. Nashik
Pin - 422 215



Maratha Vidya Prasarak Samaj's
Karmaveer Raosaheb Thorat Arts, Commerce and Science College, Vani
Tal: Dindori, Dist: Nashik
Student Attendance Sheet

Title of the Activity: -- Physical Fitness Test [F.Y.B.A.]
 Day & Date of the Activity:-- 22/04/2024

Sr.No	Name of the Beneficiary	Class	Signature
1	Dalavi Ganesh Rajaram	F.Y.B.A.	Dalavi
2	Dalvi Nitin Hiranman	F.Y.B.A.	Dalvi
3	Dhumse Dimpal Ravsaheb	F.Y.B.A.	D.D.R.
4	Dolas Sanket Samadhan	F.Y.B.A.	S.Dolas
5	Gaikwad Kalpana Yuvraj	F.Y.B.A.	GK Yuvraj
6	Gaikwad Kavita Digambar	F.Y.B.A.	Kavita Digambar
7	Gaikwad Pankaj Shivaji	F.Y.B.A.	Pankaj Shivaji
8	Gaikwad Pradip Ashok	F.Y.B.A.	Pradip Ashok
9	Gangode Dipali Suresh	F.Y.B.A.	Dipali Suresh
10	Gangode Durga Sahebrao	F.Y.B.A.	Durga Sahebrao
11	Gangode Kiran Sahebrao	F.Y.B.A.	Kiran Sahebrao
12	Gangode Sarika Tukaram	F.Y.B.A.	S.T. Gangode
13	Gangurde Archis Vijay	F.Y.B.A.	Archis Vijay
14	Gangurde Bhushan Suresh	F.Y.B.A.	Bhushan Suresh
15	Gangurde Diksha Dipak	F.Y.B.A.	Diksha Dipak
16	Gangurde Hardik Amol	F.Y.B.A.	Hardik Amol
17	Gangurde Mukund Devidas	F.Y.B.A.	Mukund Devidas
18	Gavali Madhuri Yuvraj	F.Y.B.A.	Madhuri Yuvraj
19	Gavali Mayur Sahebrao	F.Y.B.A.	Mayur Sahebrao
20	Gavali Pramod Shivaji	F.Y.B.A.	Pramod Shivaji
21	Gavandhe Pooja Ambadas	F.Y.B.A.	Pooja Ambadas
22	Gave Ashwini Keshav	F.Y.B.A.	Ashwini Keshav
23	Gavit Chintaman Govinda	F.Y.B.A.	Chintaman Govinda
24	Gavit Mayur Jivla	F.Y.B.A.	Mayur Jivla
25	Dalavi Ganesh Rajaram	F.Y.B.A.	G.M.J.
26	Dalvi Nitin Hiranman	F.Y.B.A.	Dalvi
27	Gavit Hemant Manohar	F.Y.B.A.	Hemant Manohar
28	Ghule Sarthak Lalit	F.Y.B.A.	Sarthak Lalit
29	Gumbade David Govinda	F.Y.B.A.	Gumbade
30	Gunjal Sandip Nandu	F.Y.B.A.	Sandip Nandu
31	Hadas Ganesh Suresh	F.Y.B.A.	Ganesh Suresh
32	Jadhav Mangesh Kalu	F.Y.B.A.	Mangesh Kalu
33	Jadhav Tejas Dinkar	F.Y.B.A.	Tejas Dinkar
34	Hadas Vidya Sunil	F.Y.B.A.	Vidya Sunil
35	Hadas Yogita Kedu	F.Y.B.A.	Yogita Kedu

Name & Signature of the Head / Coordinator / Members :



Director of Phy. Education & Sports

K.R.T. Art's & Comm. College

Vani, Tal. Dindori, Dist. Nashik

Pin - 422 215

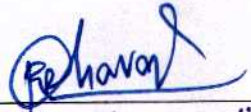
Maratha Vidya Prasarak Samaj's
Karmaveer Raosaheb Thorat Arts, Commerce and Science College, Vani
Tal: Dindori, Dist: Nashik
Student Attendance Sheet

Title of the Activity: Physical Fitness Test [F.Y.B.A.]
 Day & Date of the Activity: 22/04/2024

Sr.No	Name of the Beneficiary	Class	Signature
1	Hire Madhuri Dipak	F.Y.B.A	HMD
2	Jadhav Durga Gulab	F.Y.B.A	Jadhav D.
3	Jadhav Jayashri Bhalchandra	F.Y.B.A	J.J.B.
4	Jadhav Nikhil Dilip	F.Y.B.A	N.D.
5	Jadhav Poonam Shivaji	F.Y.B.A	Poonam
6	Jagdale Rushikesh Vitthal	F.Y.B.A	Rushikesh
7	Jopale Lokesh Sanjay	F.Y.B.A	J.L.S.
8	Karate Akash Popat	F.Y.B.A	Akash
9	Khandavi Indrajit Chintaman	F.Y.B.A	Khandavikar
10	Khandavi Manisha Tryambak	F.Y.B.A	Manisha K.T.
11	Khandvi Monika Jayram	F.Y.B.A	K.M.S.
12	Mahale Jivan Dnyaneshwar	F.Y.B.A	Mahale
13	Mahale Kirti Somnath	F.Y.B.A	Kirti
14	Mahale Sagar Eknath	F.Y.B.A	Sagar
15	Mahale Samir Pandit	F.Y.B.A	Mahale S.P.
16	Nikam Shubham Prakash	F.Y.B.A	Nikam
17	Palavi Harashali Sunil	F.Y.B.A	Palavi
18	Palavi Jaya Nandu	F.Y.B.A	Palavi
19	Gawali Vimal Shantaram	F.Y.B.A	Gawali v.s.
20	Hadas Rahul Tulshiram	F.Y.B.A	H.R.T.
21	Hadas Ravina Yuvraj	F.Y.B.A	H.R.Y.
22	Hadas Vidya Sunil	F.Y.B.A	Hadas v.s.
23	Shirsath Payal Nana	F.Y.B.A	Shirsath
24	Shirsath Shriyay Dhananjay	F.Y.B.A	Shirsath
25	Shirsath Sudarshan Lahu	F.Y.B.A	S.S.L.
26	Tadakhe Shruti Shivaji	F.Y.B.A	T.S.S.
27	Tambekar Jayshri Gopinath	F.Y.B.A	Tambekar
28	Tandale Gokul Balu	F.Y.B.A	G.Tandale
29	Thakare Yash Nitin	F.Y.B.A	Thakare
30	Tungar Rohidas Motiram	F.Y.B.A	Tungar
31	Wadekar Jayesh Suresh	F.Y.B.A	Wadekar
32	Wadekar Rohit Sanjay	F.Y.B.A	Wadekar
33	Wagh Krushna Nivrutti	F.Y.B.A	Wagh
34	Wagh Rutuja Jitendra	F.Y.B.A	W.R.J.
35	Zoting Aniket Rajendra	F.Y.B.A	ZAR

Name & Signature of the Head / Coordinator / Members :




 Director of P.H. Education & Sports
 K.R.T. Art's & Comm. College
 Vani, Tal. Dindori, Dist. Nashik
 Pin - 422 215

Maratha Vidya Prasarak Samaj's
Karmaveer Raosaheb Thorat Arts, Commerce and Science College, Vani
Tal: Dindori, Dist: Nashik
Student Attendance Sheet

Title of the Activity: Physical fitness Test [FY.B.com]

Day & Date of the Activity: 23/4/2024

Sr.No	Name of the Beneficiary	Class	Signature
1	Aher Arpita Vilas	F.Y.B.A	A.A.V.
2	Aher Ruchika Sampat	F.Y.B.A	Ruchika
3	Ahire Dhanashri Ganesh	F.Y.B.A	A.A.H.
4	Ahire Diksha Shravan	F.Y.B.A	311E3521
5	Bagul Dnyaneshwar Raosaheb	F.Y.B.A	Bagul
6	Bagul Tanmay Keshav	F.Y.B.A	Tanmay B.K.
7	Bagwan Maviya Samir	F.Y.B.A	M.B. Bagwan
8	Bahirat Aaditi Kailas	F.Y.B.A	A.B. Bahirat
9	Bharsat Vandana Hiraman	F.Y.B.A	V.B. Bharsat
10	Bhati Abhishek Juganu	F.Y.B.A	A.B. Bhati
11	Bhavar Mahesh Nandu	F.Y.B.A	Mahesh B.N.
12	Borade Prerana Dipak	F.Y.B.A	P.D. Borade
13	Chaudhari Rupali Devidas	F.Y.B.A	Chaudhari R.D.
14	Chaure Durga Kailas	F.Y.B.A	D. Chaure
15	Dambale Punam Daulat	F.Y.B.A	Dambale P.D.
16	Deshmukh Prasad Hemant	F.Y.B.A	Prasad H.D.
17	Dhule Sugandha Chandrabhan	F.Y.B.A	S.D. Dhule
18	Durdhvale Sahil Sanjay	F.Y.B.A	S.D.
19	Gaikwad Hemlata Laxman	F.Y.B.A	Gaikwad H.L.
20	Gaikwad Sahil Dnyaneshwar	F.Y.B.A	G.S.D.
21	Gaikwad Vaishnavi Soniram	F.Y.B.A	V.S. Gaikwad
22	Gaikwad Ashwini Balu	F.Y.B.A	G.A.B.
23	Ghadwaje Rutika Subhash	F.Y.B.A	R.K. Ghadwaje
24	Gore Sonali Kailas	F.Y.B.A	G.S.
25	Hadas Karan Tryambak	F.Y.B.A	K. Hadas
26	Jadhav Samadhan Darshan	F.Y.B.A	S.D. Jadhav
27	Jadhav Sviti Sunil	F.Y.B.A	Jadhav S.S.
28	Jannani Yug Paresh	F.Y.B.A	J.P.
29	Nirgude Rutuja Valu	F.Y.B.A	R.V.
30	Pagar Vishal Sahebrao	F.Y.B.A	P.V.
31	Pawar Ganesh Tulshiram	F.Y.B.A	P.G.
32	Pawar Priya Sunil	F.Y.B.A	P.P.S.

Name & Signature of the Head / Coordinator / Members :



Director of Phy. Education & Sports
K.R.T. Art's & Comm. College
Vani, Tal. Dindori, Dist. Nashik
Pin - 422 215

Maratha Vidya Prasarak Samaj's
Karmaveer Raosaheb Thorat Arts, Commerce and Science College, Vani
Tal: Dindori, Dist: Nashik
Student Attendance Sheet

Title of the Activity: Physical fitness Test [FY.Bsc]

Day & Date of the Activity: 23/04/2024

Sr.No	Name of the Beneficiary	Class	Signature
1	Aher Kunal Mahesh	FY.B.Sc.	KMAher
2	Bagul Pankaj Ambadas	— I —	PABagul
3	Bagul Priti Nivrutti	— P —	P.N. Bagul
4	Chaudhari Yashwant Ashok	F.I.	YChaudhari
5	Durdhavale Rahul Sanjay	— V —	R.S.D.
6	Gaikwad Dipali Rajendra	— II —	Gaikwad D.R.
7	Gaikwad Kajal Gulab	— V —	KGaikwad
8	Patil Om Digambar	— V —	Om
9	Shelke Chandrakant Uttam	— P —	Shelke
10	Thepane Ganesh Suresh	— V —	Ganesh
11	Umbare Unnati Vilas	— V —	U.V.
12	Vad Rohan Hanumant	— P —	VRhad
13	Vaidya Rushikesh Sharad	F.Y.BSC	R.Vaidya

Name & Signature of the Head / Coordinator / Members :




Director of Phy. Education & Sports
K.R.T. Arts & Comm. College
Vani, Tal. Dindori, Dist. Nashik
Pin - 422 215

Department of Physical Education and Sports

International Yoga Day Report

2023-2024

International Yoga Day was celebrated on June 21, 2023 on behalf of Physical Education and Sports Department of Karmaveer Raosaheb Thorat Arts, Commerce and Science College of Maratha Vidya Prasarak Samaj Sansthan. Dr. SS Prasad introduced the program. While living life one has to face many challenges so it is very important to be physically and mentally fit. Yoga Day is celebrated to promote, spread and create awareness about the benefits of yoga. Therefore, Ma'a Principal guided that one should practice yoga daily to keep one's health intact.

On this occasion, Head of Physical Education and Sports Department, Dr. R. R. Chavan, started the yoga day with a prayer, followed by necessary complementary movements such as Vrikshasana, Tadasana, Vakrasana, Shashankasana, Bhadrasana, Dandasana, Ardhaachakrasana, Padhstasana, Gomukhasana, Shavasana, Dhyanasana as well as Kapalbhathi, Anuvolom Vilom, Bhramari Pranayama. Did it with demonstration and also told about its benefits. Guided when and how to do Asana. Asana, Pranayama, Surya Namaskar, Mudra, if we practice it daily, it helps to increase our positive attitude. Digestive system, circulatory system, respiratory system work well. 32 professors, non-teaching staff and students of the college were present on this occasion.



Dr. R. R. Chavan
Director of Phy. Education & Sports
K.R.T. Art's & Comm. College
Vani, Tal. Dindori, Dist. Nashik
Pin - 422 215



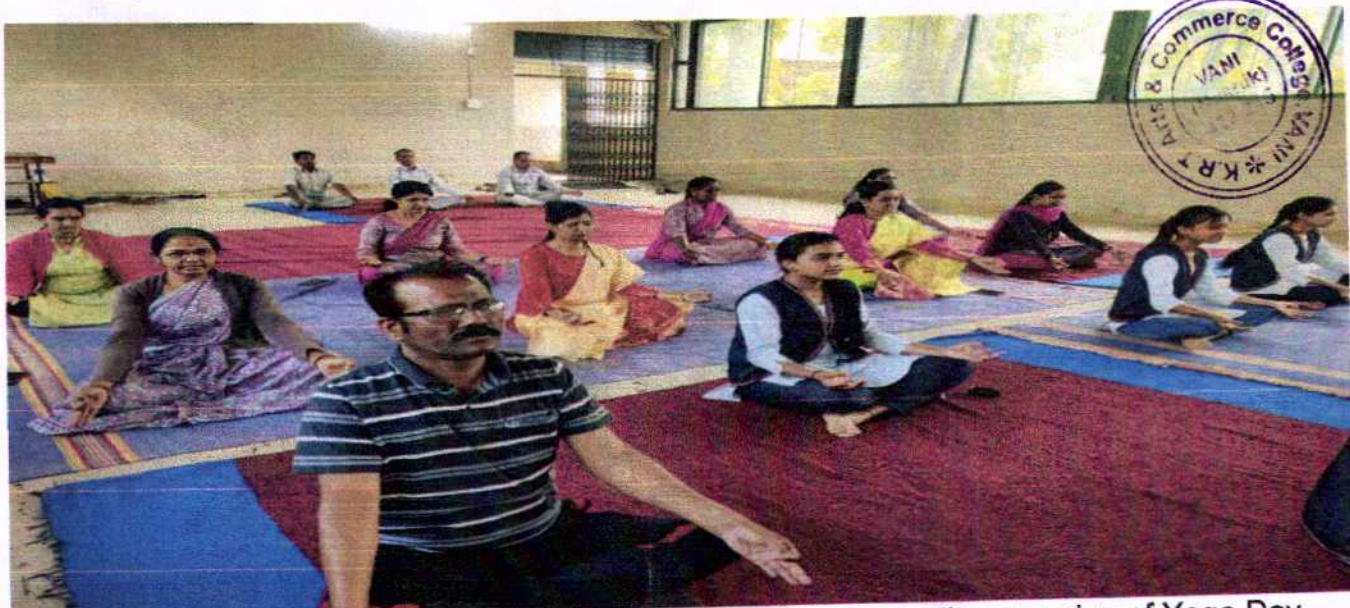
Dr. R. N. Bhavare
Principal
K.R.T. Art's & Comm. College
Vani, Tal. Dindori, Dist. Nashik
Pin - 422 215



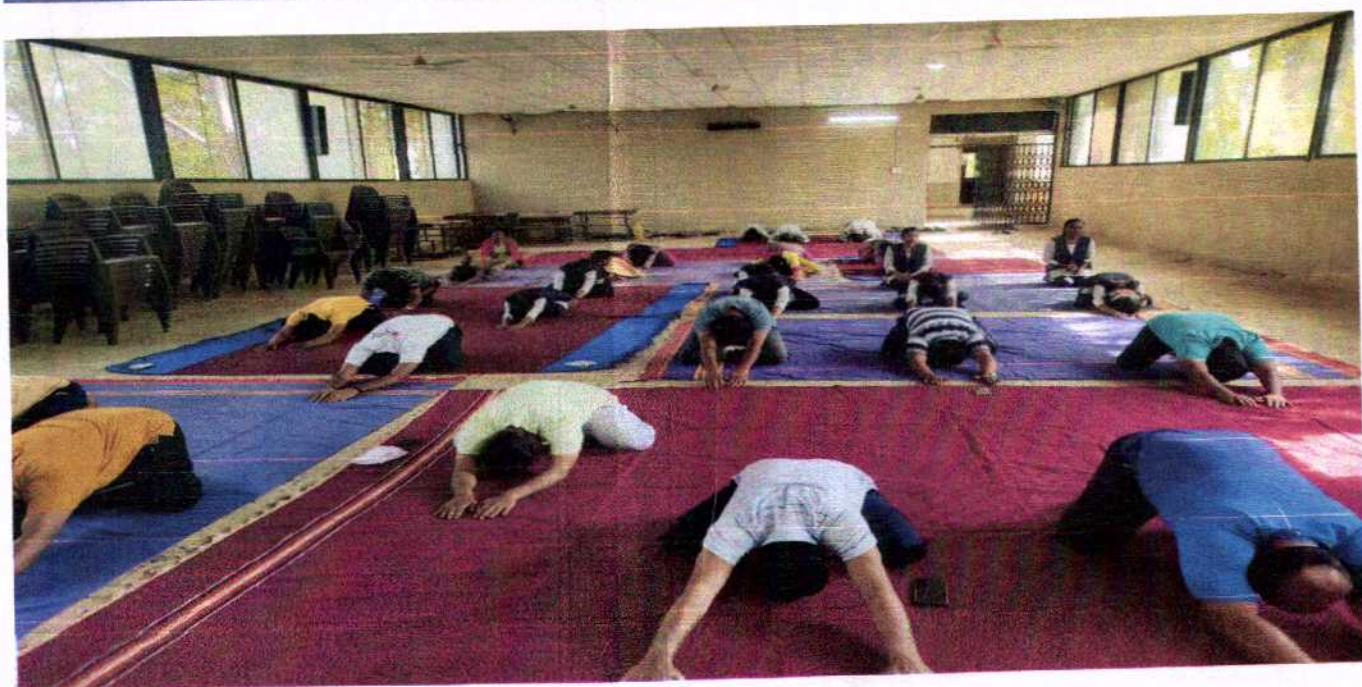
While guiding on the occasion of Yoga Day, the principal of the college, Dr. R. N. Bhavre sir

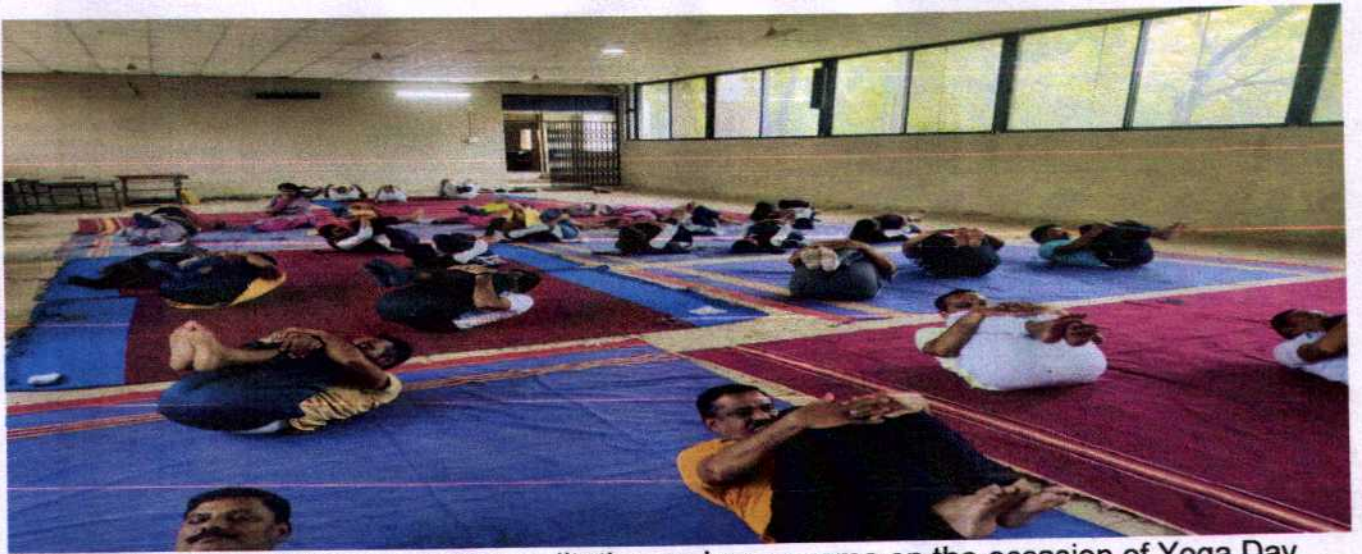


Physical Education Director of the college during meditation and pranayama on the occasion of Yoga Day




College faculty and students doing meditation and pranayama on the occasion of Yoga Day

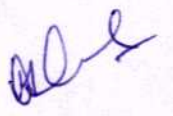




College faculty and students doing meditation and pranayama on the occasion of Yoga Day




Prof. Ravindra Chavan
 Director of Phy. Education & Sports
 Director of Physical Education and Sports
 K.R.T. Arts & Comm. College
 Vani, Tal. Dindori, Dist. Nashik
 Pin - 422 215


Dr. R. N. Bhavre
 Principal
 K.R.T. Arts & Comm. College
 Vani, Tal. Dindori, Dist. Nashik
 Pin - 422 215