



VSPM Academy of Higher Education
Jawaharlal Nehru Arts, Commerce and Science
College Wadi, Nagpur
Dist. Nagpur (Maharashtra) 440023

Criterion VII Institutional Values and Best Practices

7.1 Institutional Values and Social Responsibilities

7.1.1 Measures initiated by the Institution for the promotion of gender equity and Institutional initiatives to celebrate / organize national and international commemorative days, events and festivals during the last five years



VSPM Academy of Higher Education Nagpur's

**Jawaharlal Nehru Arts, Commerce and Science
College, Wadi, Nagpur- 440023 (M.S.)**

(Affiliated to RTM Nagpur University, Nagpur)

Website: www.jncwadi.ac.in

E-mail: jnc.wadi@rediffmail.com

Phone: (07104) 220963



Date: 10/09/2024

This document hereby confirms that the data enclosed, comprising information, supporting documents, numerical data, and reports, has been thoroughly examined and authenticated by both the IQAC and the Principal, and is deemed accurate.

Convenor
(IQAC)

JN. Arts, Comm. & Sci. College
Wadi, Nagpur



Principal

Jawaharlal Nehru Arts, Comm. & Sci.
College, Wadi, Nagpur



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SELF-DEFENSE FOR GIRL STUDENTS

SWAYAMSIDDHA



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IQAC/Department of Physical Education

SWAYAMSIDDHA (2023-24)

Self-Defence Program for Girl Students

Name of the Department/ committee	IQAC/ Department of Physical Education Women Grievance Redressal Cell
Name of the Coordinator	Dr Sarang Khadase Dr Kalpana Borkar
Title of the Event/ Programme	Self-Defence Program for Girl Students
Date of the Programme	01 to 06 April 2024
Objective of the event/Programme: <ul style="list-style-type: none">• Awareness: Develop the ability to recognize potentially dangerous situations and understand the importance of situational awareness.• Confidence Building: Foster self-esteem and confidence in one's ability to handle confrontational situations.• Physical Skills: Teach practical self-defence techniques that enable girls to protect themselves effectively.• Empowerment: Promote a sense of empowerment and control over one's personal safety and choices.• Crisis Management: Provide strategies for managing fear and anxiety during threatening situations.• Prevention Strategies: Share tips on avoiding dangerous situations, such as understanding personal boundaries and safe travel practices.• Emotional Resilience: Develop the mental fortitude to recover from stressful situations and reinforce the importance of seeking help when needed.	
Total No. of the Participant	35
Total No. of the Teacher Participant	04
Expert Faculty	Sensei Manish Yeole Samyak Sahare Puneet Bhowte

S. No	Name of the Event	Report
1	Self-Defence Program for Girl Students	<ul style="list-style-type: none"> The Swayamsiddha program was inaugurated by the hands of Principal Dr Sanjay Tekade on 1st April 2024 35 girl students attended this camp. Sensei Manish Yeole, Samyak Sahare, Puneet Bhowte trained the girl students from 1st to 6th April 2024. Valedictory function was arranged on 6th. PSI Mr Tandulkar from Wadi police station was the chief guest for the concluding. Participants were distributed certificates on successfully completing the camp.
2	Outcome	<ul style="list-style-type: none"> Increased Confidence: Girls often experience a significant boost in self-esteem and self-confidence, making them feel more empowered in their daily lives. Improved Physical Fitness: Self-defence training typically involves physical activity, which can lead to improved fitness and health. Practical Skills: Girls learn effective techniques for defending themselves in various situations, which can provide a sense of security. Coping Mechanisms: Girls develop emotional resilience and coping strategies for dealing with stress and anxiety related to personal safety. Greater Independence: With enhanced skills and confidence, girls may feel more comfortable engaging in activities independently, leading to increased freedom.



Dr Sarang Khadase
Coordinator
Department of Physical education



Principal
Jawaharlal Nehru Arts, Comm. &
Science College Wadi, Nagpur

Dr Sanjay Tekade
Principal
Jawaharlal Nehru Arts, Commerce
& Science College, Wadi





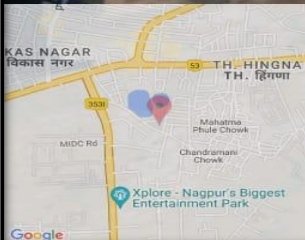
5224+557, Kachimet, Nagpur, Maharashtra 440023, India

Nagpur
Maharashtra
India



31°C
88°F

2024-04-02(Tue) 08:35(AM)



5224+557, Kachimet, Nagpur, Maharashtra 440023, India

Nagpur
Maharashtra
India



29°C
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2024-04-01(Mon) 08:42(AM)



Attendance Sheet

V S P M Academy of Higher Education, Nagpur

JAWAHARLAL NEHRU ARTS, COMMERCE AND SCIENCE COLLEGE, WADI, NAGPUR

Department of Sports and Physical Education

"SWYASIDDHA CAMP"

Date: 01/04/24

Sr No	Name Of Student	Class	Signature
1)	Kiran B. SHUKLA	B.A. 1 st year	<u>Kiran</u>
2)	Payal R. Tembhurkar	B.A. 1 st year	<u>Payal</u>
3)	Sulati S. Dhurve	B.A. 3 rd year	<u>Sulati S. Dhurve</u>
4)	poonam N. Palse	B.Com 3 rd year	<u>P.N. Palse</u>
5)	Ritubai R. Patel	B.A. 3 rd year	<u>R. Patel</u>
6)	Megha R. Rathod	B.Sc 3 rd year	<u>Megha R. Rathod</u>
7)	Sweety S. Verma	B.Sc 1 st year	<u>Sweety</u>
8)	Shivani B. Shahu	B.Sc 4 th year	<u>Shivani</u>
9)	Aditi K. Meshram	B.Com 1 st year	<u>Aditi K. Meshram</u>
10)	Tiny C. Raheingdale	B.Sc 1 st year	<u>Tiny C. Raheingdale</u>
11)	Babli D. Ingale	B.A. 3 rd year	<u>B. Ingale</u>
12)	Tejeshwari L. Patel	B.Sc 3 rd year	<u>Tejeshwari</u>
13)	Sahika Bunde	B.Com 2 nd year	<u>Sahika</u>
14)	Saniya S. Nandeshwar	B.Com 1 st year	<u>Saniya</u>
15)	Anjali A Meshram	B.Com 1 st year	<u>Anjali A Meshram</u>
16)	Vaishali D. Tembhare	B.A. 2 nd year	<u>Vaishali</u>
17)	Akanksha J. Karsarpe	B.A. 2 nd year	<u>A.J. Karsarpe</u>
18)	Waloni P. Bisen	B.A. 2 nd year	<u>P. Bisen</u>
19)	Shilpa B. Shahu	B.Com 1 st year	<u>Shilpa</u>
20)	Achal M. Khobargade	B.Com 1 st year	<u>Achal</u>
21)	Sejal C. Shende	B.Sc. II year	<u>Sejal</u>
22)	Sakshi P. Dhande	B.Sc. II year	<u>S. Dhande</u>
23)	Akanksha C. Ramteke	B.Sc. II year	<u>A. Ramteke</u>
24)	Sakshi T. Dhale	B.Sc. II year	<u>S.T. Dhale</u>
25)	Ritika D. Kshirsagar	B.Sc. II year	<u>Ritika</u>
26)	Priya C. Yadav	B.Sc. II year	<u>Priya Yadav</u>
27)	Akanksha B. Ramteke	B.Sc. II year	<u>A. Ramteke</u>
28)	Shraddha P. Mendhe	B.Sc. II year	<u>Shraddha</u>
29)	Mamisha T. Nikam	B.Sc. II year	<u>Mamisha</u>
30)	Chetna Ingale	B.Sc. II year	<u>Chetna</u>
31)	Arnav Meshram	B.Sc. II year	<u>Arnav</u>
32)	Suhani Bisen	B.Sc. 1 st year	<u>Suhani</u>
33)	Pooja Sarode	" "	<u>Pooja</u>
34)	Shrushti Ambade	" "	<u>Shrushti Ambade</u>

"SWYASIDDHA CAMP"

Date: 02/04/24

Sr No	Name Of Student	Class	Signature
①	Tiny 'G' Rahangdale	Bsc-1 st year	<u>Tahangdale</u>
②	Poonam N. Palse	B.Com 3 rd year	P. N. Palse
③	Tejeshwari -L. Patil	BSC 3 rd year	Patil
4)	Swati S. Dhurve	B.A 3 rd year	Swati Dhurve
5)	Suhani K. Bisek	BSC 1 st year	Bisek
6)	Nikita D. Choudhary	Bsc 1 st year	Nikita
7)	Kiran B. SHUKLA	B.A 1 st year	Kiran
8)	Akanksha J. Karsarpe	B.A 2 nd year	Ak
9)	Vaishali D. Tembhare	-11-	Tembhare
10)	Vanika V. Bunde	B.Com 2 nd year	Bunde
11)	Neha M. Mankar	B.Com 1 st year	Neha
12)	Keshav R. Zinghe	Bsc 1 st year	Keshav
13)	Sakshi I. Dhale	B-sc 2 nd year	S. I. Dhale
14)	Sakshi. P. Dhonde	-11-	Dhonde
15)	Alkasha. K. Ramteke	-11-	Ramteke
16)	Ritika. D. Kshirsagar	-11-	Ritika
17)	Sejal. Shende	-11-	Sejal
18)	Mansi. Nikam	-11-	Nikam
19)	Shradha. Mendhe	-11-	Mendhe
20)	Priya. Madav	-11-	Priya
21)	Sweety Vexma	B.Sc 4 th year	Sweety
22)	Nandini Nikam	-11-	Nandini Nikam
23)	Durga Gupta	-11-	Durga
24)	Dipali Lihare	-11-	Dipali
25)	Shivani Shahu	-11-	Shivani
26)	Snaha Meshram	-11-	Snaha
27)	Janushree Dabhekar	-11-	Janushree
28)	Payal. Khobragade	-11-	Payal
29)	Payal R. Tembhurkar	B.A 1 st year	Payal
30)	Babali D. Ingole	BA II nd year	Babali
31)	Ritubhai R. Patel	B.A 3 rd year	Ritubhai
32)	Anjali Meshram	B.Com 1 st year	Anjali A Meshram
33)	Aditi Meshram	-11-	A Meshram
34)	Shilpa Shahu	B.Com 1 st year	Shilpa

"SWYASIDDHA CAMP"

Date: 03/04/15

Sr No	Name Of Student	Class	Signature
①	Tinu 'G' Rahangdale	BSc 1 st year	<u>Tahangdale</u>
②	Kiran B. SHUKLA	B.A 1 st year	<u>Kiran</u>
③	Payal R. Tembhurkar	B.A 1 st year	<u>Payal</u>
④	poornam N. parse	B.Com 3 rd year	<u>P. Parse</u>
⑤	Babli D. Ingole	B.A 3 rd year	<u>Babli</u>
⑥	'Rudraksh' R. Patela	B.D 3 rd year	<u>Rudraksh</u>
⑦	Tejeshwari L. Patil	BSc 3 rd year	<u>Patil</u>
⑧	Swati S. Dhurve	B.A 3 rd year	<u>Swati</u>
⑨	Ritika D. Kshirsagar	B-Sc 2 nd year	<u>Ritika</u>
⑩	Sakshi I. Dhale	"	<u>Sakshi</u>
⑪	Manisha Nikam	"	<u>Manisha</u>
⑫	priya yadav	"	<u>priya yadav</u>
⑬	Achal meshram	"	<u>Achal</u>
⑭	Akansha B. Ramteke	"	
⑮	Achal manoj khobragade	B.com 1 st year	<u>Achal</u>
⑯	Neha Man. Manjate	B.ion 1 st year	<u>Neha</u>
⑰	Khushbu Manoj Shahu	B.Com 1 st year	<u>Khushbu</u>
⑱	Subani Kisan Biser	BSc 1 st year	<u>Subani</u>
⑲	Aditi K. Meshram	Bcom 4 th year	<u>Ameshram</u>
20	Sweety Verma	Bsc 1 st year	<u>Sweety</u>
21	Durga Gupta	-//-	<u>Durga</u>
22	Tanushree Dabhekar	-//-	<u>T. Dabhekar</u>
23	Shivani Shahu	-//-	<u>Shahu</u>
24	Nandini Nikam	-//-	<u>Nandini Nikam</u>
25	Sneha Sheshbhai Meshram	-//-	<u>Sneha</u>
26	Akanksha J. Karsarpe	B.A 2 nd year	<u>Ak</u>
27	Vaishali D. Tembhare	-//-	<u>Tembhare</u>
28	Sanika Bunde	B.Com 2 nd year	<u>Bunde</u>
29	Shilpa B. Shahu	B.Com 1 st year	<u>Shahu</u>
30	Keshavi R. Zingre	BSc 1 st year	<u>Keshavi</u>
31	Nikita D. choudhari	Bsc 1 st year	<u>Nikita</u>
32	Pooja Sarode	-//-	<u>Pooja</u>
33	Shrushti Ambade	-//-	<u>Ambade</u>

Attendance Sheet

V S P M Academy of Higher Education, Nagpur

JAWAHARLAL NEHRU ARTS, COMMERCE AND SCIENCE COLLEGE, WADI, NAGPUR

Department of Sports and Physical Education

"SWYASIDDHA CAMP"

Date: 04/04/24

Slr No	Name Of Student	Class	Signature
1)	Krushali D. Tembhare	B.A 2nd year	Tembhare
2)	Akanksha J. Kamsarpe	-11-	Kamsarpe
3)	Tyoti S. Patle	-11-	Tyoti
4)	Suhani K. Bisen	BSc 1st year	Bisen
5)	Neha M. Monkar	B.com 1st year	Neha
6)	Kiran B. Shukla	B.A 1st year	Shukla
7)	Achal M. Ichhargade	B.com 1st year	Achal
8)	Anjali Meshram	B.com 1st year	Anjali A Meshram
9)	Sanika S. Nandeshwar	B.com 1st year	Sanika
10)	Sanika R. Patil	BSc 1st year	Sanika R. Patil
11)	Tanushree Dabhekar	-11-	Tanushree
12)	Payal P. Tembhare	B.A 1st year	Payal
13)	Durga Gupta	BSc 1st year	Durga
14)	Surety Verma	-11-	Surety
15)	Shiksha Shah	-11-	Shiksha
16)	Humayun Khan	-11-	Humayun
17)	Nayana Nikam	-11-	Nayana
18)	Shilpa Shah	B.com 1st year	Shilpa
19)	Swati Dure	B.A 3rd year	Swati
20)	Tejashwari L. Patil	BSc 3rd year	Patil
21)	Babali Ingole	B.A 3rd year	Babali
22)	Purnima Puro	B.com 3rd year	Purnima
23)	Ritubai Patel	B.A 3rd year	Ritubai
24)	Saloni Bisen	B.A 2nd year	Saloni
25)	Pooja Saxode	BSc 1st year	Pooja
26)	Shrushti Ambade	-11-	Shrushti
27)	Chandika Bunde	B.com 1st year	Chandika
28)	Snigdha Meshram	BSc 1st year	Snigdha
29)	Nikita D. Choudhary	-11-	Nikita
30)	Akanksha C. Ramke	BSc 11th year	Akanksha
31)	Sakshi Dhande	BSc 11th year	Sakshi
32)	Priya C. Yadav	BSc 11th year	Priya
33)	Tinu G. Rahangdale	BSc 1st year	Tinu

Date: 05/04

Sr No	Name Of Student	Class	Signature
①	Tiny 'G' Rahangdale	Bsc 1 st y	<u>Tahangdale</u>
2)	Vaishali D. Tembhare	B.A. 2 nd year	<u>Tembhare</u>
3)	Akanisha J. Karsumpe	- 11 -	<u>Akanisha</u>
4)	Jyoti S. Patle	- 11 -	<u>Jyoti</u>
5)	Kitabai R. Patel	B.A 3 rd year	R. Patel
6)	Babali D. Ingole	- 11 -	B. Ingole
7)	Sumati S. Chavre	- 11 -	Sumati Chavre
8)	Tejeshwari L. Patil	Bsc 3 rd year	<u>Patil</u>
9)	Shrouti Ambade	Bsc 1 st year	<u>Ambade</u>
10)	Punam Patre	B.A 3 rd year	P. Patre
11)	Pooja Sarode	Bsc 1 st year	<u>Pooja</u>
12)	Suhani Bisen	- 11 -	Suhani
13)	Neha Mankar	B.com 1 st	<u>Neha</u>
14)	Kiran Shukla	B.A 1 st year	<u>Shukla</u>
15)	Pooja R. Tembhare	- 11 -	<u>Pooja</u>
16)	Shilpa B. Shahu	B.com 1 st year	<u>Shilpa</u>
17)	Pritya S. Yadav	B. Sc 2 nd year	<u>Pritya Yadav</u>
18)	Megha R. Rathod	Bsc 3 rd year	<u>Megha Rathod</u>
19)	Shivani Shahu	Bsc 1 st year	<u>Shivani</u>
20)	Sweety Verma	- 11 -	<u>Sweety</u>
21)	Durga Gupta	- 11 -	<u>Durga</u>
22)	Sejal Shende	- 11 -	<u>Sejal</u>
23)	Deepali Mhase	- 11 -	<u>Deepali</u>
24)	Humayra Khan	- 11 -	<u>Humayra</u>
25)	Tanushree Dabekar	- 11 -	<u>Tanushree</u>
26)	Nandani Nikam	- 11 -	<u>Nandani</u>
27)	Akansha C. Ramteke	Bsc 3 rd year	<u>Akansha Ramteke</u>
28)	Sakshi Dhande	Bsc 2 nd year	<u>Sakshi Dhande</u>
29)	Manisha Nikam	- 11 -	<u>Manisha</u>
30)	Sanika Bunde	B.com 2 nd year	<u>Sanika</u>
31)	Valani Bisen	B.A 2 nd year	<u>Valani</u>

- 25) Payal. Khobragade B.sc 1st year P.khobragade
- 26) Sneha meshram — 11 — Sneha
- 27) Keshav Zingre — 11 — Keshav
- 28) Nikita Choudhary — 11 — Nikita
- 29] Achal M. Khobargade B.com 1st year Achal
- 30] Aditi . K. Meshram B.Com Year A.meshram
- 31] Anjali . A. Meshram — 11 — Anjali . A. Meshram
- 32] Saniya . S. Nandeshwar — 11 — Saniya

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Phone: (07104) 220963



Internal Quality Assurance Cell (IQAC): 2022-2023 Report

of Event /Swayam siddha

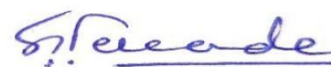
Name of the Department/ committee	Department of Physical Education & Sports
Name of the Coordinator/Convener	Dr. Sarang Khadse
Title of the Event/ Programme	Swayamsiddha
Date of the Programme	23rd Feb - 28th Feb 2023
❖ Objectives/Aim--- To motivate the girl's students for building up self-confidence ❖ To intensively guide students for Self defence. ❖ Students are tested for their aptitude, knowledge, and skills required for a particular line of study or work. ❖ To make the students capable of facing challenges of life efficiently and carve out their own future	
Sponsored Agency /Institute	Jawaharlal Nehru Arts, Commerce and Science College, Wadi, Nagpur
Total No. of the Participant	50
Expert Faculty	Sensai. Raju Sontakke Senpai. Nikita Kumbhle Senpai. Aditya Chavhan

S. No	Name of the Event	Report
1	Swayamsiddha	<p>Department of Physical Education and Sport organized Swayamsiddha camp for girl students. The camp was conducted from 23rd Feb 2023 to 28th Feb 2023. Under this camp we trained the girls, what is self defence? Rescue and tackled the critical situations. The experts worked hard on the main issues trained the girl students and gave the valuable tips for how to handled the situations.</p> <p>The camp was inaugurated by the hands of Dr. Miss Vandana Perke (Dist. Health Officer, Wadi) and Sempai Basu Madam in presence of Trainer Sensai Raju Sontakke and Sandip Maind. Principal Dr. Kalpana Borkar who was the president of the function on 23rd Feb 2023.</p> <p>The closing ceremony was done in presence of Chief Guest, Shri. S.R. Rathore, Chief Thana Incharge of Wadi Police Station and Inspector Shri.Tandulkar and with Wadi Police Station team. President of the ceremony Off. Principal Dr. Kalpana Borkar. IQAC convey- nor Dr. Narendra Gharad was also present. In-front of all guests all girls were given the demonstration and to prove themselves. Wadi police station incharge Shri. S.R. Rathore and Inspector Shri.Tandulkar assured for help and said in their conducting speech that it's good and also appreciated the project.</p>
2	Outcome	<ul style="list-style-type: none"> ❖ It motivates students and drives them to put forth their best effort. ❖ Helps in understanding self-defence. ❖ Helps to handle any kind of critical situation. ❖ Improve physically and mentally to become strong.



Convener

Dr. Sarang S. Khadse



Principal

Dr. Sanjay. S. Tekade

Attendance Sheet

V S P M Academy of Higher Education, Nagpur

JAWAHARLAL NEHRU ARTS, COMMERCE AND SCIENCE COLLEGE, WADI, NAGPUR

Department of Sports and Physical Education

"SWYASIDDHA CAMP"

Date: 23/02/2023

Sr. No	Name of Student	Class	Signature
1)	Ragini Rajesh wasnik	B.sc 6 th sem	Rasnik
2)	Saloni Rajesh wasnik	B.sc 6 th sem	Rasnik
3)	Chhaya munabai Patle	B.A 1 st year	Chhaya
4)	Ranu Ganesh Raut	B.Sc. 6 th sem	Ranaut
5)	Ridhi Rajendra Kshirsagar	B.Sc 6 th sem	Ridhi
6)	Shruti Laxman Kumbhar	B.Sc 6 th sem	Shruti
7)	Harshali Umrao Khandate	B.Sc 6 th sem	HKhandate
8)	Nandini Kailas Manskolhe	B.A 1 st sem	Nandini
9)	Anamika Devraj Khatke	B.A 1 st sem	Anamika
10)	Sueta Vinayak pandibudhe	B.A. 1 st year	Sueta
11)	Ruchika Bha. Kruji Londhe	B.A. 1 st year	R
12)	Saniya Ramnatesh Patel	B.A 2 nd year	Spatel
13)	Aakansha suresh Gredam	B.A 2 nd year	Aakansha
14)	Sakshi Sukhlal Bahe	B.A 1 st year	S. Bahe
15)	Achal Yuvraj Salam	B.A 1 st year	Achal
16)	Sakshi Indrajit Dhale	B.Sc 1 st sem	S.I. Dhale
17)	Hashmi Anil chavhan	B.Sc 1 st sem	Hashmi
18)	Ritika Devraj Kshirsagar	B.Sc 1 st sem	Ritika
19)	Mayuri Anup Baghele	B.Sc 1 st sem	Mayuri
20)	Chetna Manoharaji Ingole	B.Sc 1 st sem	Chetna Ingole
21)	Akanksha C. Ramteke	B.Sc 1 st year 1 st sem	Akanksha
22)	Sejal chintaman Shende	B.Sc 1 st year 1 st sem	Sejal
23)	Pooja yadav Ghadeshwar	B.Sc 1 st year 1 st sem	Pooja
24)	Pratiksha Gungadhar Khandale	B.A 1 st year 1 st sem	Pratiksha
25)	Pooja Shantkar Kumbhalkar	B.A 1 st year 1 st sem	Pooja
26)	Ritubai Rajwade Patel	B.A 2 nd year 1 st sem	R. Patel
27)	Babli Dinesh Ingole	B.A 2 nd year	B. Ingole
28)	Priya vijay sonwane	B.A 1 st sem	Priya
29)	Vaishali Devlal Tembhare	B.A 1 st sem	Vtembhare
30)	Sakshi Chango Bopale	B.A 1 st sem	Sakshi
31)	Manita Hanigovind Shukla	B.A 1 st sem	M. Shukla
32)	Sandhya Shambhaji Sanbhedkar	B.A 1 st year	S. Sanbhedkar
33)	Katrina Maheshbhai Jaitgud	B.A 1 st year	Katrina
34)	Sindhu Punaram shahu	B.A 2 nd year	Sindhu
35)	Shifa T. Hussain Mansuri	B.A 2 nd year	Shifa
36)	Vishakha Ishwar Bhabha	B.A 2 nd year	Vishakha
37)	Sudati Sunil Dhurve	B.A 2 nd year	Sudati Dhurve
38)	Vaishram Baban Dhanorkar	B.A 2 nd year	Vaishram
39)	Kajal Rajesh Patel	B.A 2 nd year	Kajal

Attendance Sheet

V S P M Academy of Higher Education, Nagpur

JAWAHARLAL NEHRU ARTS, COMMERCE AND SCIENCE COLLEGE, WADI, NAGPUR

Department of Sports and Physical Education

"SWYASIDDHA CAMP"

Date: 23 / 02 / 2023

Sr. No	Name of Student	Class	Signature
39	Riya Ashok Dahikar	B.A 1 year	Riya
40	Saloni Balchand pal	B.A. 2 year	Saloni
41	Aarti Ravindra Bachchhare	B.A. 1st year	Aarti B.
42	Gauri Shivdhan Ram	B.A 1st year	Gauri
43	Ruchi Narendra Fulke	BSc 3rd year	Ruchi
44	Hanshucki Sunil Sambrave	BSc 3rd year	Hanshucki
45	Tyoti Shrawsingh Pathe	BA 1st year	Tyoti
46	Vaishali Devlal Tembhare	B.A 1st year	Tembhare
47	Jayshree Nareesh Godbole	B.A 1st year	Jayshree
48	Saloni pawansingh Bisen	B.A 1st year	Saloni
49	Mahi phalguni	B.A. 1 year	Mahi
50	Nikita Subaj Patel	BSc 6th SEM	Nikita
	A		

Attendance Sheet

V S P M Academy of Higher Education, Nagpur

JAWAHARLAL NEHRU ARTS, COMMERCE AND SCIENCE COLLEGE, WADI, NAGPUR

Department of Sports and Physical Education

"SWYASIDDHA CAMP"

Date: 24/02/2023

Sr. No	Name of Student	Class	Signature
1.	Ranu Ganesh Raut	B.Sc. 6 th sem	Ranu
2.	Ridhi Rajendra Kshirsagar	B.Sc. 6 th sem	Ridhi
3.	Shruti Luxman Rautkar	B.Sc. 6 th sem	Shruti
4.	Harshali Umtrao Khandate	B.Sc. 6 th sem	H. Khandate
5.	Chhaya Mumtaz Patle	B.A. 1 st year	Chhaya
6.	Anamika Devdas Khatik	B.A. 1 st year	Anamika
7.	Sweta Vinayak Panchbudhe	B.A. 1 st year	Sweta
8.	Ragini Rajesh wasnik	B.Sc. 6 th sem	Ragini
9.	Satoni Rajesh wasnik	B.Sc. 6 th sem	Satoni
10.	Priya Vilas Sonawane	B.A. 1 st year	Priya
11.	Mamta Hemrajind Shukla	B.A. 1 st year	Mamta
12.	Sakshi Changa Borek	B.A. 1 st year	Sakshi
13.	Sakshi Sukhlal Bahe	B.A. 1 st year	S. Bahe
14.	Saniya Ramnareesh Patel	B.A. 2 nd year	S. Patel
15.	Ritubai Rajaram Patel	B.A. 2 nd year	R. Patel
16.	Payal Shankar Kumbhalkar	B.A. 1 st year	P. Kumbhalkar
17.	Achul Yawraj Saleem	B.A. 1 st year	Achul Saleem
18.	Babli Dinesh Ingole	B.A. 2 nd year	B. Ingole
19.	Vishakha Ishwar Bhelave	B.A. 2 nd year	Vishakha
20.	Swati Sunil Dhurve	B.A. 2 nd year	Swati Dhurve
21.	Ruchika Bhakraji Londhe	B.A. 1 st year	R.
22.	Nandini Kailas Manskalhe	B.A. 1 st year	Nandini
23.	Sakshi Indrajit Dhale	B.Sc. 1 st year	S. I. Dhale
24.	Ritika Devdas Kshirsagar	B.Sc. 1 st year	Ritika
25.	Hashmi Anil Chavhan	B.Sc. 1 st year	Hashmi
26.	Mayuri Anup Baghele	B.Sc. 1 st year	Mayuri
27.	Sejal C. Shehde	-11-	Sejal
28.	Chetna Ingle	-11-	Chetna Ingle
29.	Akansa C. Ramteke	-11-	A. Ramteke
30.	Payal Ghodeswar	-11-	P. Ghodeswar
31.	Sandhya Shrawan Sonbhedje	B.A. 1 st year	S. Sonbhedje
32.	Kareem M. Sawtugle	-11-	Kareem
33.	Pratiksha Gungadhar Khandate	-11-	P. Khandate
34.	Sanjana Dnyaneshwar Bhujade (B.Sc. 2 nd year)	-11-	S. Bhujade
35.	Sandhya Vilas Waghade	-11-	Sandhya
36.	Peenali Rajesh Baskar	-11-	P. Baskar
37.	Peena Ishwar Bhende	-11-	P. Bhende
38.	Harshada Sunil Sambare	B.Sc. 3 rd year	H. Sambare
39.	Varuchi Narendra Falke	B.Sc. 3 rd year	V. Falke

Attendance Sheet

V S P M Academy of Higher Education, Nagpur
JAWAHARLAL NEHRU ARTS, COMMERCE AND SCIENCE COLLEGE, WADI, NAGPUR
Department of Sports and Physical Education

"SWYASIDDHA CAMP"

Date 24/02/2023

Sr. No	Name of Student	Class	Signature
40.	Shifa Jakir Hussain Mansuri	B.A. 2nd year	Shifa
41.	Sindhu Punasam Shahu	B.A. 2nd year	Sindhu
42.	Saloni Balchandra Pal	B.A. 2nd year	Saloni
43.	Tyoti Ashwinkumar Patil	B.A. 1st year	Tyoti
44.	Vaishali Devendra Tembhare	B.A. 1st year	Vaishali
45.	Vaishnavi Baban Dhanorkar	B.A. 2 year	Vaishnavi
46.	Aakansha Suresh Giedam	B.A. 2nd year	Aakansha
47.	Kajal Rajesh Patel	B.A. 2nd year	Kajal
48.	Aarti Ravindra Bachchhara	B.A. 1st year	Aarti
49.	Riya Ashok Dahikar	B.A. 1st year	Riya
50.	Nikita Suraj Patel	BSC 6th SEM	Nikita
51.	Tanishree Narresh Gadgil	B.A. 1st year	Tanishree
52.	Saloni Pawankar Rajen	B.A. 1st year	Saloni
53.	Gauri Shivdhani Dam	B.A. 1st year	Gauri
54.	Sukshi Chandra Bole	B.A. 1st year	Sukshi
	Amami R. Devedra Khote	B.A. 1st year	Amami

Attendance Sheet

V S P M Academy of Higher Education, Nagpur
JAWAHARLAL NEHRU ARTS, COMMERCE AND SCIENCE COLLEGE, WADI, NAGPUR
Department of Sports and Physical Education

"SWYASIDDHA CAMP"

Date: 25/02/2023

Sr. No	Name of Student	Class	Signature
1.	Aakansha Suresh Gedam	B.A. 2nd year	Agedam
2.	Nikita Suraj Patel	B.Sc 3rd year	N Patel
3.	Vaishali D. Tembhare	B.A 1st year	Tembhare
4.	Ruarchi N. Fulke	B.Sc 3rd year	Fulke
5.	Hemshanker S. Gumbhare	B.Sc 3rd year	Gumbhare
6.	Paranjali Barakari	B.Sc 2nd year	Paranjali
7.	Tyoti Patte	B.A 1st year	Tyoti
8.	Poojisha G. Khondate	B.A 1st year	Khondate
9.	Shifa Mansuri	B.A 2nd year	Shifa
10.	Smriti P. Shah	B.A 2nd year	Shah
11.	Priya V. Sonwane	B.A 1st year	Priya
12.	Mamta Hanigavind Shakla	B.A 1st year	M. Shakla
13.	Sakshi C. Bole	B.A 1st year	Bole
14.	Achhal T. Salam	B.A 1st year	Achhal
15.	Payal Shankar Kumbhalkar	B.A 1st year	PKumbhalkar
16.	Ritika Devrao Kshirsagar	B.Sc 1st year	Ritika
17.	Chhaya Muntali Patle	B.A 1st year	Chhaya
18.	Sanika R. Patel	B.A 2nd year	S. Patel
19.	Aarti R. Bachchare	B.A 1st year	Aarti
20.	Hathmi A. Chavhan	B.Sc 1st year	Hathmi
21.	Sejal Chintaman Shende	-11-	Sejal
22.	Chetna Ingle	-11-	Chetna Ingle
23.	Payal Gholeswar	-11-	P. Gholeswar
24.	Akansha Ramteke	-11-	A. Ramteke
25.	Sakshi Dhale	-11-	S. Dhale
26.	Maituri S. Baghele	-11-	Maituri
27.	Vishakha S. Bhelave	B.A 2nd year	Vishakha
28.	Ritubai R. Patel	B.A 2nd year	R. Patel
29.	Babli D. Ingole	B.A 2nd year	D. Ingole
30.	Swati S. Dhurve	B.A 2nd year	S. Dhurve
31.	Kajal R. Patel	B.A 2nd year	Kajal
32.	Riya A. Dahikar	B.A 1st year	Riya
33.	Sandhya S. Sonbhedre	B.A 1st year	S. Sonbhedre
34.	Kavindi M. Saitande	B.A 1st year	Kavindi
35.	Shruti L. Rautkar	B.Sc 1st year	Shruti
36.	Saloni Rajesh Wasnik	B.Sc 1st year	Wasnik
37.	Ranu Ganesh Raut	B.Sc 1st year	Ranu
38.	Ridhi Rajendra Kshirsagar	B.Sc 1st year	Ridhi
39.	Hemshali Umkar Khondate	B.Sc 1st year	H. Khondate

"SWYASIDDHA CAMP"

Sr. No	Name of Student	Class	Signature
40.	Sweet V. Panchbudhe	4 th year	Sweet
41.	Nandini Kailas Mhaske	1 st year	Nandini
42.	Ruchika Bhakrui Londhe	1 st year	R
43.	Sakshi Changa Boreole	B.A 1 st year	Sakshi Boreole
44.	Sakshi Sukhtal Bahe	B.A 1 st year	S. Bahe
45.	Katrina Mhaske	— / —	Katrina
46.	Anamika De Vhau Khetik	B.A 1 st year	Anamika
47.	Achul Yuvraj Salun	B.A 1 st year	Achul Salun
48.	Gauri Shindhi Ram	B.A 1 st year	Gauri Ram
49.	Preena Ishwar Bhande	B.A 2 nd year	Preena Bhande
50.	Poojili Rajesh Baraskar	— / —	Poojili
51.	Sandhya Vijay Waghade	— / —	Sandhya Waghade
52.			
53.			
54.			
55.			

Attendance Sheet

V S P M Academy of Higher Education, Nagpur
JAWAHARLAL NEHRU ARTS, COMMERCE AND SCIENCE COLLEGE, WADI, NAGPUR
Department of Sports and Physical Education

"SWYASIDDHA CAMP"

Date: 26/02/2023

Sr. No	Name of Student	Class	Signature
1	Mamta H. Shukla	B.A 1 st year	M. Shukla
2	Priyanka V. Sanyasane	B.A 1 st year	Priyanka
3	Chhaya M. Patle	B.A 1 st year	Chhaya
4	Swati S. Dhurve	B.A 2 nd year	Swati Dhurve
5	Saloni R. Wasnik	B.Sc III rd year	Wasnik
6	Rany G. Raut	-1-	Raut
7	Nikita Patel	-1-	Nikita
8	Harshali Khandate	-1-	Khandate
9	Ruchika Bhakraji Lendhe	BA 1 st year	R
10	Akansha C. Ramteke	B.Sc 1 st year	A. Ramteke
11	Sejal C. Shende	B.Sc 1 st year	Sejal
12	Harshada S. Sambane	B.Sc 2 nd year	Harshada
13	Kajal R. Patel	B.A 2 nd year	Kajal
14	Riya A. Dahikar	B.A 1 st year	Riya
15	Vishakha T. Bhuleve	B.A 2 nd year	Vishakha
16	Ritubai R. Patel	BA 2 nd year	R. Patel
17	Babali D. Ingole	BA 2 nd year	B. Ingole
18	Sakshi I. Dhale	B.Sc 1 st year	S. I. Dhale
19	Hashmi Anil Chavhan	-11-	Hashmi
20	Mayur Anup Baghele	-11-	Mayur
21	Sakshi Changa Borele	B.A 1 st year	S. Borele
22	Sakshi Sukhlal Bahe	B.A 1 st year	S. Bahe
23	Soundhya Shrawan Sonbhedre	B.A 1 st year	S. Sonbhedre
24	Karishma Maheshwar Kumbhar	-11-	Karishma
25	Anamika Devnani Khatik	BA 1 st year	Anamika
26	Achut Yuvraj Sulum	B.A 1 st year	Achut Sulum
27	Gauri Shivdhan Ram	B.A 2 nd year	Gauri Ram
28	Jyoti S. Pette	-11-	Jyoti
29	Vaishali D. Tembhare	-11-	Vaishali
30	Pratiksha G. Khandate	-11-	Pratiksha
31	Pooja Sanjeev Kumbhalkar	-11-	P. Kumbhalkar
32	Chetna Mangharaj Ingole	B.Sc I st year	Chetna Ingole
33	Pooja Y. Chikale	-11-	P. Chikale
34	Rishi D. Kshirsagar	-11-	Rishi
35	Ragini R. Wasnik	B.Sc III rd year	Ragini
36	Shruti I. Ramteke	-	Shruti
37	Rishi R. Kshirsagar	-	Rishi

Attendance Sheet

V S P M Academy of Higher Education, Nagpur
JAWAHARLAL NEHRU ARTS, COMMERCE AND SCIENCE COLLEGE, WADI, NAGPUR
Department of Sports and Physical Education

"SWYASIDDHA CAMP"

Date: 27/02/2023

Sr. No	Name of Student	Class	Signature
1.	Chhaya Munhabl Patle	1 st year	Chhaya
2.	Saniya Ramnareesh Patil	2 nd year	S. Patil
3.	Sejal Chintaman Shinde	4 th year	Sejal
4.	Araneha C. Ramteke	-1-	A. Ramteke
5.	Vishakha T. Bhelale	B.A 2 nd year	Vishakha
6.	Ritubhai R. Patil	B.A 2 nd year	R. Patil
7.	Babli Ingol.	-11-	I Ingol.
8.	Swati S. Dhurve	-11-	Swati Dhurve
9.	Nandini K. Maraskolhe	BA 1 year	Nandini
10.	Shilpa V. Parakhbude	B.A 1 year	Shilpa
11.	Manisha H. Dhukla	B.A 1 year	M. Dhukla
12.	Priya V. Sonwane	B.A 1 year	Priya
13.	Ritika D. Kshirsagar	B.S.C 1 year	Ritika
14.	Sakshi I. Dhale	B.S.C 1 year	S. I. Dhale
15.	Mayuri Anup Baghele	B.S.C 1 year	Mayuri
16.	Hashmi Anil Chavhan	B.S.C 1 year	H. Chavhan
17.	Payal Ghodeswar	-11-	(Bhodeswar)
18.	Aarti R. Bachhase	B.A 1 year	Aarti
19.	Chetna M. Ingole	B.Sc 1 st year	Chetna Ingole
20.	Rishi R. Kshirsagar	B.Sc 1 st year	Rishi
21.	Shruti L. Rewatkar	B.Sc 1 st year	Shruti
22.	Harshali U. Khandate	B.Sc 3 rd year	H. Khandate
23.	Saloni Rajesh Wasnik	B.Sc 3 rd year	S. Wasnik
24.	Nikita Suraj Patil	B.Sc 6 th Sem	N. Patil
25.	Gauri Shivdhami Ram	B.A 1 year	Gauri
26.	Riya A. Dahikar	BA 1 year	Riya
27.	Aushika Bhakruji Londhe	BA 1 year	A. Londhe
28.	Sakshi Changa Botele	B.A 1 year	S. Botele
29.	Sakshi Sukhlal Bane	B.A 1 year	S. Bane
30.	Santhya Shekhar Sanbhedkar	BA 1 st year	S. Sanbhedkar
31.	Karinci Mureshwar Jaitgude	-11-	Karinci
32.	Anamika Devnar Khedkar	B.A 1 st year	Anamika
33.	Achhel Yashraj Salun	B.A 1 year	Achhel Salun
34.	Jyoti S. Patil	B.A 1 year	Jyoti
35.	Vatshali D. Tembhare	B.A 1 year	V. Tembhare
36.	Payal V. Ghodeswar	B.Sc 1 year	P. Ghodeswar
37.	Harshada S. Sambare	B.Sc 3 rd year	H. Sambare
38.	Ragini R. Wasnik	B.Sc 3 rd year	R. Wasnik

Attendance Sheet

V S P M Academy of Higher Education, Nagpur
JAWAHARLAL NEHRU ARTS, COMMERCE AND SCIENCE COLLEGE, WADI, NAGPUR
Department of Sports and Physical Education

"SWYASIDDHA CAMP"

Date: 27/02/2023

Sr. No	Name of Student	Class	Signature
1.	Chhaya Munhabl Patle	1 st year	Chhaya
2.	Saniya Ramnareksh Patil	2 nd year	Sa. Patil
3.	Sejal Chintaman Shinde	4 th year	Sejal
4.	Akaneha C. Ramteke	-11-	A. Ramteke
5.	Vishakha T. Bhelale	B.A 2 nd year	Vishakha
6.	Ritubhai R. Patil	B.A 2 nd year	R. Patil
7.	Babli Ingal	-11-	I. Ingal
8.	Swati S. Dhurve	-11-	Swati S. Dhurve
9.	Nandini K. Manskolhe	B.A 1 year	Nandini
10.	Shalata V. Parbhudhe	B.A 1 year	Shalata
11.	Mamta H. Dhukla	B.A 1 year	M. Dhukla
12.	Priya V. Sonwane	B.A 1 year	Priya
13.	Ritika D. Kshirsagar	B.S.C 1 year	Ritika
14.	Sakshi I. Dhale	B.S.C 1 year	S. I. Dhale
15.	Mayuri Anup Baghele	B.S.C 1 year	Mayuri
16.	Hashmi Anil Chavhan	B.S.C 1 year	Hashmi
17.	Pooja Ghodeswar	-11-	P. Ghodeswar
18.	Arshi R. Bachchere	B.A 1 year	Arshi
19.	Chetna M. Ingle	B.Sc 1 st Sem	Chetna Ingle
20.	Rishi R. Kshirsagar	B.S.C 1 st year	Rishi
21.	Shruti L. Rewatkar	B.S.C 1 st year	Shruti
22.	Harshali U. Khandate	B.S.C 3 rd year	H. Khandate
23.	Saloni Rajesh Wasnik	B.Sc 3 rd year	Saloni
24.	Nikita Sury Patil	B.S.C 6 th Sem	Nikita
25.	Gauri Shivdhami Ram	B.A 1 year	Gauri
26.	Riya A. Dahikar	B.A 1 year	Riya
27.	Budhika Bhakruji Londhe	B.A 1 year	Budhika
28.	Sakshi Changa Botele	B.A 1 year	Sakshi
29.	Sakshi Sukhlal Bane	B.A 1 year	S. Bane
30.	Santhya Shekhar Sanbhedkar	B.A 1 st year	S. Sanbhedkar
31.	Katrina Mazumdar Jaitgude	-11-	Katrina
32.	Anamika Devnar Khanikar	B.A 1 st year	Anamika
33.	Achhel Yuvraj Salun	B.A 1 year	Achhel Salun
34.	Jyoti S. Patil	B.A 1 year	Jyoti
35.	Vandana D. Tembhare	B.A 1 year	V. Tembhare
36.	Pooja V. Ghodeswar	B.S.C 1 st year	P. Ghodeswar
37.	Harshada S. Sambar	B.S.C 3 rd year	Harshada
38.	Ragini R. Wasnik	B.Sc 3 rd year	Ragini











VSPM Academy of Higher Education Nagpur's
**Jawaharlal Nehru Arts, Commerce and Science
College, Wadi, Nagpur- 440023 (M.S.)**

(Affiliated to RTM Nagpur University, Nagpur)

Website: www.jncwadi.ac.in

E-mail: jnc.wadi@rediffmail.com

Phone: (07104) 220963



Internal Quality Assurance Cell (IQAC): 2021-2022
Report of Event/ Life Skills (Yoga, Physical Fitness, Health and Hygiene)

Name of the Department/ committee	Department of Physical Education
Name of the Coordinator	Dr. Sarang Khadse
Title of the Event/ Programme	Swayamsiddha Camp for Girls (Self-Defence)
Date of the Programme	14 th Feb to 18 th Feb 2022
Objective of the event/Programme: 1. To be able to protect themselves against anything that's unacceptable in terms of social conduct. 2. To help you trust your abilities and explore them at a physical and mental level 3. To develop confidence to analyse a dangerous situation and take action to overcome them effectively	
Sponsored Agency /Institute	Jawaharlal Nehru Arts, Commerce & Science College Wadi, Nagpur
Total No. of the Participant	39
Total No. of the Teacher Participant	02
Name of the Expert/Invitee	Sensai Deepak Uddair Sempai Basu Madam Trainer Sensai Raju Sontakke

Dr N. V. Gharad
Convener

Dr S. Khadse
Event Coordinator

Dr K. S. Borkar IQAC,
Offg. Principal



V.S.P.M. ACADEMY OF HIGHER EDUCATION, NAGPUR.

**JAWAHARLAL NEHRU ARTS, COMMERCE
& SCIENCE COLLEGE,**

WADI, NAGPUR-440 023 (M.S.) ☎ (07104) 220963, E-mail: jnc.wadi@rediffmail.com

Swayamsiddha-2022

Report

Department of Physical Education and Sport organized Swayamsiddha camp for girl students. The camp was conducted from 14th Feb 2022 to 18th Feb 2022. Under this camp we trained the girls, what is self defence? Rescue and tackled the critical situations. The experts worked hard on the main issues trained the girl students and gave the valuable tips for how to handled the situations.

Aim:- Self defence & help the needy.

Duration:- 14th Feb to 18th Feb 2022

Participant:- 39

The camp was inaugurated by the hands of Sensai Deepak Uddair and Sempai Basu Madam in presence of Trainer Sensai Raju Sontakke and Sandip Maind. Principal Dr. Kalpana Borkar who was the president of the function on 14th Feb 2022.

The closing ceremony was done in presence of Chief Guest, Mrs. Lilita Todase, Chief Incharge of Wadi Police Station and Inspector Deshmukh madam. Special Guest Hon'ble Secretary Yuvrajji Chalkhor and president of the ceremony Off. Principal Dr. Kalpana Borkar. IQAC convey- nor Dr. Narendra Gharad was also present.

In-front of all guests all girls were given the demonstration and to prove themselves. Wadi police station incharge Todase madam assured for help and said in her conducting speech that it's good and also appreciated the project.

Dr. Sarang S. Khadse
Professor
Dept. of Sports & Phy. Edu.
Jawaharlal Nehru College
Wadi, Nagpur.



5224+C78, Kachimet, Nagpur, Maharashtra 440023, India

Nagpur
Maharashtra
India



19°C
66°F

2022-02-16(Wed) 08:17(AM)





5224+C78, Kachimet, Nagpur, Maharashtra 440023, India

Nagpur
Maharashtra
India



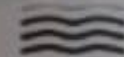
20°C
68°F

2022-02-15(Tue) 08:39(AM)



5224+85R, Kachimet, Nagpur, Maharashtra 440023, India

Nagpur
Maharashtra
India



24°C
75°F

2022-02-14(Mon) 11:07(AM)



5224+85R, Kachimet, Nagpur, Maharashtra 440023, India

Nagpur
Maharashtra
India

2022-02-14(Mon) 10:24(AM)

23°C
73°F



5224+C78, Kachimet, Nagpur, Maharashtra 440023, India

Nagpur
Maharashtra
India

2022-02-18(Fri) 11:28(AM)

23°C
73°F



VSPM Academy of Higher Education Nagpur's
**Jawaharlal Nehru Arts, Commerce and Science
College, Wadi, Nagpur- 440023 (M.S.)**

(Affiliated to RTM Nagpur University, Nagpur)



Website: www.jncwadi.ac.in

E-mail: jnc.wadi@rediffmail.com

Phone: (07104) 220963


**Internal Quality Assurance Cell
Swayam siddha
2019-20**

Name of the Department	Department of Physical Education & Sports
Name of the Coordinator/Convener	Dr. Sarang Khadse
Title of the Event/ Programme	Swayam siddha
Date of the Programme	12 th to 16 th Feb.2020
Objectives/Aim <ul style="list-style-type: none">❖ To motivate the girl's students for building up self-confidence❖ To intensively guide students for Self-defense.❖ Students are tested for their aptitude, knowledge, and skills required for a particular line of study or work.❖ To make the students capable of facing challenges of life efficiently and carve out their own future	
Sponsored Agency /Institute	Jawaharlal Nehru Arts, Commerce and Science College, Wadi, Nagpur
Total No. of the Participant	59 students (Girls)
Expert Faculty	Sansai. Raju Sontakke

S.No	Name of theEvent	Report
1	Swayam siddha	<p>Department of Physical Education and Sport organized Swayam siddha camp for girl students. The camp was conducted from 12th Feb 2020 to 16th Feb 2020. In this camp the girl students were trained about the techniques of self-defense, rescue and tackling the critical situations. The experts trained the girl students and gave valuable tips of self-defense.</p> <p>The camp was inaugurated on 12th Feb 2020 by the hands of Principal Dr. M. N. Bhajbhuj, Jawaharlal Nehru College, Wadi in presence of Dr. S.M. Borkar, Dr. Nitin Kongre, Dr. Manish Chavhan and IQAC convener Dr. Narendra Gharad. Trainer Sensai Rajesh Sontakke. was the chief guest of the function.</p> <p>The closing ceremony was conducted in the presence of Chief Guest, Shri. Rajkumar Patle, Chief coach Shuto Kon, Karate Association. President of the ceremony Off. Principal Dr. M. N. Bhajbhuj. IQAC convey-nor Dr. Narendra Gharad was also present.</p> <p>Girl-students gave the demonstration to prove themselves. Chief Guest, Shri. Rajkumar Patle, Chief coach Shuto Kon, Karate Association assured for future help and congratulated the college for conducting this project.</p>
2	Outcome	<ul style="list-style-type: none"> ❖ It motivates students and drives them to put forth their best effort. ❖ Helps in understanding self-defenses. ❖ Helps to handle any kind of critical situation. ❖ Improve physically and mentally to become strong.



Convener
Dr Sarang S. Khadse


 Off. Principal
 Jawaharlal Nehru Art,
 Commerce & Science
 College, Wadi,

Off. Principal
Dr M.N. Bhajbhuj

14
 (Date) _____
 (Page) _____
 (Time) _____

Date: 15 / 12 / 2021

Sl. No.	Name of the Candidate	Roll No.	Grade
01	Shruthi Shreevardhan Shrinivas	123456	10
02	Varsha Shrinivas Shrinivas	123457	10
03	Shruthi Shrinivas Shrinivas	123458	10
04	Shruthi Shrinivas Shrinivas	123459	10
05	Shruthi Shrinivas Shrinivas	123460	10
06	Shruthi Shrinivas Shrinivas	123461	10
07	Shruthi Shrinivas Shrinivas	123462	10
08	Shruthi Shrinivas Shrinivas	123463	10
09	Shruthi Shrinivas Shrinivas	123464	10
10	Shruthi Shrinivas Shrinivas	123465	10
11	Shruthi Shrinivas Shrinivas	123466	10
12	Shruthi Shrinivas Shrinivas	123467	10
13	Shruthi Shrinivas Shrinivas	123468	10
14	Shruthi Shrinivas Shrinivas	123469	10
15	Shruthi Shrinivas Shrinivas	123470	10
16	Shruthi Shrinivas Shrinivas	123471	10
17	Shruthi Shrinivas Shrinivas	123472	10
18	Shruthi Shrinivas Shrinivas	123473	10
19	Shruthi Shrinivas Shrinivas	123474	10
20	Shruthi Shrinivas Shrinivas	123475	10
21	Shruthi Shrinivas Shrinivas	123476	10
22	Shruthi Shrinivas Shrinivas	123477	10
23	Shruthi Shrinivas Shrinivas	123478	10
24	Shruthi Shrinivas Shrinivas	123479	10
25	Shruthi Shrinivas Shrinivas	123480	10
26	Shruthi Shrinivas Shrinivas	123481	10
27	Shruthi Shrinivas Shrinivas	123482	10
28	Shruthi Shrinivas Shrinivas	123483	10
29	Shruthi Shrinivas Shrinivas	123484	10

अ.क्र.	विद्यार्थ्याचे नाव	वर्ग	सही
31	Namrata Yashwantrao Umredkar	B.Com I	Namrata
32	Gouripuja Ramesh Lunge	B.Sc III	Gouripuja
33	Samiksha Rajendra Nitnaware	B.Com I	Samiksha
34	Nikita Vijay Khospare	B.Com I	Nikita
35	Prachi Maruti Khospare	B.Com II	Prachi
36	Lalita Mohan Mandavgade	B.Com II	Lalita
37	Pratiksha Sudhakar Jale	B.Sc III	Pratiksha
38	Nilima K. Rokde	-	Nilima
39	Himanshu D. Gadhave	B.Com III	Himanshu
40	Kiran S. Kumbhare	B.A I	Kiran
41	Kajol M. Bhavsagar	B.A I	Kajol
42	Dipu. B. Pertek	B.Com I	Dipu
43	Shrutika Shaikendra Guvnule	B.Com I	Shrutika
44	Chayatri Anil Choure	-II-	Chayatri
45	Snehalata Pradipkumar Remteke	B.Com I	Snehalata
46	Kanchan Shankar Yernate	B.Com I	Kanchan
47	Dipika G. Chandawale	B.Com I	Dipika
48	Swati Raju Pimpalkar	B.Sc - II	Swati
49	Pranali Rajendra Yawalkar	B.Sc - II	Pranali
50	Rajashri Vijayrao Sonwane	B.Sc - II	Rajashri
51	Jyoti Binay Vishwakarma	B.Sc - II	Jyoti
52	Pooja S. Walke	B.Sc - II	Pooja
53	Kinki J. Waghade	B.Com III	Kinki
54	Ekta. W. Ashirbagar	B.Com III	Ekta
55	Ashwini R. Wale	B.Sc IV	Ashwini
56	Nilam D. Bhaskar	B.Sc IV	Nilam
57	Chiranjeevi Lokde	B.Sc IV	Chiranjeevi
58	Maya M. Tiwari	B.A III	Maya
59	Ashwini V. Sengupta	B.A III	Ashwini
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जी.एस.पी.एस. वॉकरी ऑफ हायर एज्युकेशन द्वारा संचालित
जवाहरलाल नेहरू कला वाणिज्य व विज्ञान महाविद्यालय
वाडी, नागपुर.




स्वयंस्मिद्धा शिबीर

दि. १२ फेब्रुवारी २०२० ते १५ फेब्रुवारी २०२०

आयोजक : क्रिडा विभाग व आय.क्यु.ए.सी.







VSPM Academy of Higher Education Nagpur's

**Jawaharlal Nehru Arts, Commerce and Science
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**Internal Quality Assurance Cell
Swayamsiddha-2018-19
Report**


Name of the Department	Department of Physical Education & Sports
Name of the Coordinator/Convener	Dr. Sarang Khadse
Title of the Event/ Programme	Swayam siddha
Date of the Programme	5 th Feb 2019 & 6 th Feb 2019
Objectives/Aim <ul style="list-style-type: none">❖ To motivate the girl's students for building up self-confidence❖ To intensively guide students for Self-defense.❖ Students are tested for their aptitude, knowledge, and skills required for a particular line of study or work.❖ To make the students capable of facing challenges of life efficiently and carve out their own future	
Sponsored Agency /Institute	Jawaharlal Nehru Arts, Commerce and Science College, Wadi, Nagpur
Total No. of the Participant	61 students (Girls)
Expert Faculty	Sansai. Raju Sontakke

S. No	Name of the Event	Report
	Swayam siddha	Department of Physical Education and Sport organized Swayamsiddha camp for girl students. The camp was conducted from 5th Feb 2019 & 6th Feb 2019. Under this camp we trained the girls about the self-defence, Rescue and tricks to tackle the critical situations. The experts worked hard on the main issues, trained the girl students and gave valuable tips about how to handle the situations. The camp was inaugurated by the hands of Principal

		<p>Dr M. N. Bhajbhuje, Jawaharlal Nehru College, Wadi in presence of Dr Manish Chavhan and Trainer Sensai Mukesh Thakre and Sempai Ku. Shradhha Jagdale. IQAC convener Dr Narendra Gharad was also present.</p> <p>The closing ceremony was conducted in the presence of Chief Guest, Shri. Rajkumar Patle, Chief coach Shuto Kon, Karate Association. President of the ceremony Off. Principal Dr M. N. Bhajbhuje. IQAC convey-nor Dr. Narendra Gharad was also present.</p> <p>The participant girl students gave the demonstration to prove themselves. Chief Guest, Shri. Rajkumar Patle, Chief coach Shuto Kon, Karate Association assured for future help and appreciated the project.</p>
2	Outcome	<ul style="list-style-type: none"> ❖ It motivates students and drives them to put forth their best effort. ❖ Helps in understanding self-defenses. ❖ Helps to handle any kind of critical situation. ❖ Improve physically and mentally to become strong.



Convener
Dr. Sarang S. Khadse


 Offg. Principal
 Jawaharlal Nehru Art,
 Commerce & Science
 College, Wadi,

Off. Principal
Dr M.N. Bhajbhuje

Attendance Sheet Swayamsiddha Camp

	Name	Class	05 Jan	06 Jan
1	Himanshu D. Gadhave	B.com I	Himanshu	Himanshu
2	Shubhangi S. Shetrajat	B.com II	Shubhangi	Shubhangi
3	Ekta W. Kabisagar	B.com I	Ekta	Ekta
4	Shalini N. Wanjikar	B.com I	Shalini	Shalini
5	Rishi J. Jagade	B.com I	Rishi	Rishi
6	Divya T. Kachore	B.com II	Divya	Divya
7	Achal S. Wadhai	B.com II	Achal	Achal
8	Sandhya D. Lonkar	B.A II	Sandhya	Sandhya
9	Pooja S. Chavan	B.com I	Pooja	Pooja
10	Tarshala S. Bangadkar	B.com II	T. Bangadkar	T. Bangadkar
11	Pooja M. Bode	B.com II	Pooja	Pooja
12	Apeksha N. Sindurkar	B.com I	Apeksha	Apeksha
13	Ankita V. Meshram	B.com I	Ankita	Ankita
14	Ankita R. Jambhulkar	B.com I	Ankita	Ankita
15	Ankita R. Jambhulkar	B.com I	Ankita	Ankita
16	Vandana S. Fule	B	V. Fule	V. Fule
17	Pallavi S. Kecher	B.com I	Pallavi	Pallavi
18	Maya M. Tiwari	B.com I	Maya	Maya
19	Vishakha S. Thakre	B.com I	Vishakha	Vishakha
20	Neha H. Uke	B.com I	Neha	Neha
21	Kiran M. Dhule	B.com I	Kiran	Kiran
22	Nikita N. Meshram	B.com I	Nikita	Nikita
23	Shradha V. Dabekar	B.Sc II (CBZ)	Shradha	Shradha
24	Pranjali S. Rajit	- II -	Pranjali	Pranjali
25	Heena S. Singh	B.Sc	Heena	Heena
26	Prasanna G. Nandankar	- II -	Prasanna	Prasanna
27	Prapti S. Attare	- II -	Prapti	Prapti
28	Manisha P. Chaudhari	- II -	M. Chaudhari	M. Chaudhari
29	Pradip D. Chavan	B.com II	Pradip	Pradip
30	Pranjali T. Lokte	B.com II	P. Lokte	P. Lokte
31	Shivani G. Wankhede	B.A II	Shivani	Shivani

- (31) Payal A. Karkale B.A. II Pardale
- (32) Shital D. Langekar B.A. II Shital
- (33) Purnima S. Pooche B.A. II Purnima
- (34) Anjali L. Bunde B.A. II Anjali
- (35) Jyoti R. Gupta B.A. II year Jyoti
- (36) Rita M. Deshmukh B.A. II year Rita
- (37) Shubhangi V. Patil B.A. II year Shub
- (38) Rupali D. Panchballe B.A. II year Rupali
- (39) Shital S. Ghor B.A. II Shital
- (40) Shubhangi S. Paullkar B.A. I year Shubhangi
- (41) Manisha Y. Bisen B.A. I year Manisha
- (42) Purnali D. Bapat B.A. I year Purnali
- (43) Priya B. Bhande B.A. II sem Priya
- (44) Purnali S. Sukhdeve B.A. I sem Purnali
- (45) Swati T. Pichke B.A. I sem Swati
- (46) Varsha G. Angure B.A. I sem Varsha
- (47) Sushmita Sunil Patil B.A. II sem Sushmita
- (48) Pooja Paschensingh Patle B.A. I sem Pooja
- (49) Kajal Visandan Tiwari B.A. I sem Kajal
- (50) Swati M. Singh B.Sc. I Swati
- (51) Swati A. Bhande B.Com. I Swati
- (52) Swati R. Bhande B.A. I Swati
- (53) Nikita T. Waghmare B.A. II Nikita
- (54) Nilima D. Gupta B.A. II Nilima
- (55) Pallavi A. Surase B.A. II Pallavi
- (56) Maheshwari S. Waghmare B.A. I Maheshwari
- (57) Nikhila K. Gawande B.A. I Nikhila
- (58) Payal P. Phangale B.A. II year Payal
- (59) Sonu S. Pathade B.A. II year Sonu
- (60) Ashal D. Shinde B.A. II year Ashal



