



Y & M Anjuman Khairul Islam's  
**POONA COLLEGE  
OF ARTS, SCIENCE & COMMERCE**

K. B. Hidayatullah Road, Camp, Pune - 411001.

**CAPACITY BUILDING  
AND  
SKILL ENHANCEMENT  
INITIATIVES**



# LIFE SKILLS

Life skills being a set of basic skills which enables individuals and groups to effectively handle issues and problems commonly encountered in daily life are acquired through learning and/or direct life experience. The college has always strived to impart these essential skills which are critically important for successful, employable individuals or healthy societies in broader sense. These include creativity, critical thinking, problem-solving, decision-making, the

## YOGA

Realizing the benefits of practicing the ancient art of yoga in controlling an individual's mind, body and soul, the college always strives to promote it by all means. Several initiatives of the gymkhana department have resulted in increasing flexibility, muscle strength and body tone thereby making everyone feel robust and healthy. Notable to mention are



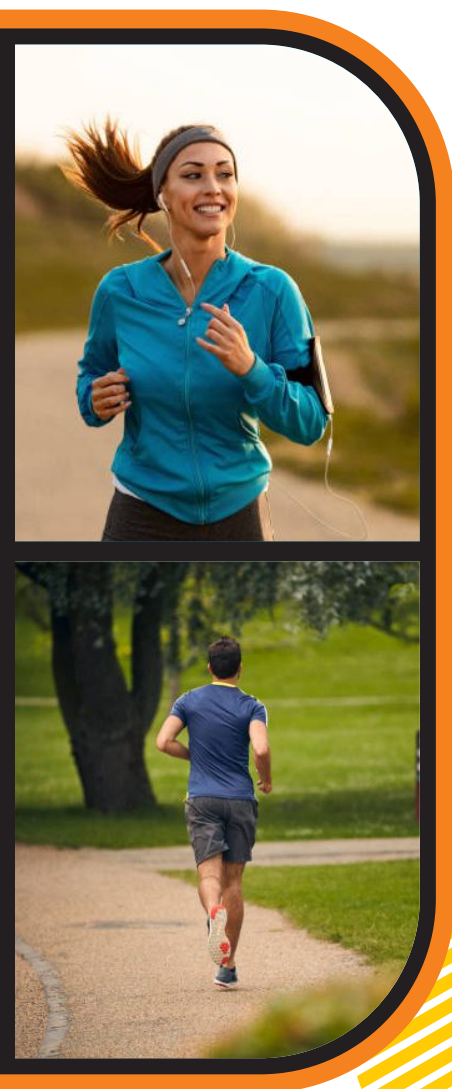
- Grand Yoga Day celebrations every year
- Multiple locations in the college designated for Yoga practice with Mats.
- The services of college alumni and former faculty members who have qualified as Yoga trainers are fully utilized for effective implementation of Yoga activities.
- The visible outcome of these initiatives are felt by staff and students who feel peace and tranquil mind in spite of constantly engaging in endless engagements throughout the active hours of the college.

## PHYSICAL FITNESS

Since Information and communications technology (ICT) typically refers to all forms of computing, internet, telecommunications, digital media and mobile phones, the college has extensively encouraged its usage to enhance its teaching and learning process, at an exponential rate.

Each department has high-speed internet connectivity and Wi-Fi facilities made available to the teachers, support staff and the students. Some of the initiatives which need special mention are:

- Permanently mounted LCD projectors in classes, laboratories.
- Portable LCD projectors supplied at places where it is needed.
- Interactive boards as per demand.
- Latest computers and laptops to teaching departments, office, library, and examination wing.
- Wifi facilities to all academic blocks.







Anjuman Khairul Islam's

# POONA COLLEGE OF ARTS, SCIENCE & COMMERCE

- Affiliated to Savitribai Phule Pune University: ID No PU/PN/ASC/023/1970
- Junior College Index No: J-11.15.004
- Government of Maharashtra and Savitribai Phule Pune University Recognized Minority Institute
- UGC - 2(f) & 12 (B) Status • NAAC Re-accredited College • DST - FIST Funded College



K. B. Hidayatullah Road, Camp,  
Pune - 411001. (MS), India



+91-20-2645 4240 / 2644 6319.



[www.poonacollege.edu.in](http://www.poonacollege.edu.in)  
[principal@poonacollege.edu.in](mailto:principal@poonacollege.edu.in)

**Professor (Dr.) Aftab Anwar Shaikh**

M.Com, Ph.D (Busi. Admin.)

PRINCIPAL



+91 98226 21579



[dranwarshaikh@gmail.com](mailto:dranwarshaikh@gmail.com)

## CRITERION- V

KEY INDICATOR	5.1 Student Support
METRIC NO.	5.1.3

- Capacity building and skills enhancement initiatives taken by the institution include the following
1. Soft skills
  2. Language and communication skills
  3. Life skills (Yoga, physical fitness, health and hygiene)
  4. ICT/computing skills.

## 3. LIFE SKILLS (YOGA, PHYSICAL FITNESS, HEALTH AND HYGIENE)

INITIATIVES DURING THE ACADEMIC YEAR

# 2019-2020



Y & M Anjuman Khairul Islam's

# POONA COLLEGE OF ARTS, SCIENCE AND COMMERCE

(Affiliated to Savitribai Phule Pune University: ID No. PU/PN/ASC/023/1970)

## NATIONAL SERVICE SCHEME CELL ACTIVITY REPORT (2019-2020)

### I. Basic Details:

Name of the Activity: <i>Celebration of International Yoga Day</i>			
Date	Faculty	Department/ Committee	Coordinator Name & Phone no.
21/06/2020	-----	NSS & Gymkhana Committee	Mr. Akbar Sayyad & Dr. Aafreen A. Ahmed (8999435159)
Time	Venue	Activity for class/ group student number	Nature: Academic/co- curricular / extracurricular/ Environmental/ social/ other
10am-11am	-----	Senior College staff - 30 all students - 81	Co-curricular

### II. Brief Information about the Activity (Criterion no - )::

<b>Topic/ Subject of the activity</b>	<i>Celebration of International Yoga Day</i>
<b>Objective for conducting the activity</b>	To spread awareness on the benefits of yoga for physical and mental well-being.
<b>Methodology</b>	Online celebration through ZOOM App by presenting a video demonstrating yoga asanas.
<b>Outcome</b>	Viewers received information on the significance of yoga for a healthy mind and body.

### III. Proofs attached: letters/ student list of participation/ certificate/ document/photos/ any other

1. Descriptive Report	2. Captioned Photos with Date	3. Notice
4. Attendance	5.	6.





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POONA COLLEGE OF ARTS, SCIENCE & COMMERCE  
K. B. Hidayatullah Road, Camp, Pune – 411 001  
Tel: 020 – 26454240 Fax: 26453707  
Website: [www.akipoonacollege.ac.in](http://www.akipoonacollege.ac.in)  
Email: [principal@akipoonacollege.ac.in](mailto:principal@akipoonacollege.ac.in)



## NATIONAL SERVICE SCHEME

**Academic Year 2019 – 2020)**

### **DESCRIPTIVE REPORT ON** CELEBRATION OF INTERNATIONAL YOGA DAY

On December 19, 2011, United Nations General Assembly adopted Resolution 66/170 declaring October 11 as the International Day of the Girl Child

Yoga - an invaluable ancient tradition of India, is being globally practiced today as the best tool for physical and mental well-being. Thanks to the efforts taken by Prime Minister Mr. Narendra Modi, the United Nations proclaimed 21st June as International Yoga Day. This year, keeping in mind the pandemic all are facing bravely, the theme for observing this day is “Yoga for Health – Yoga at Home”.

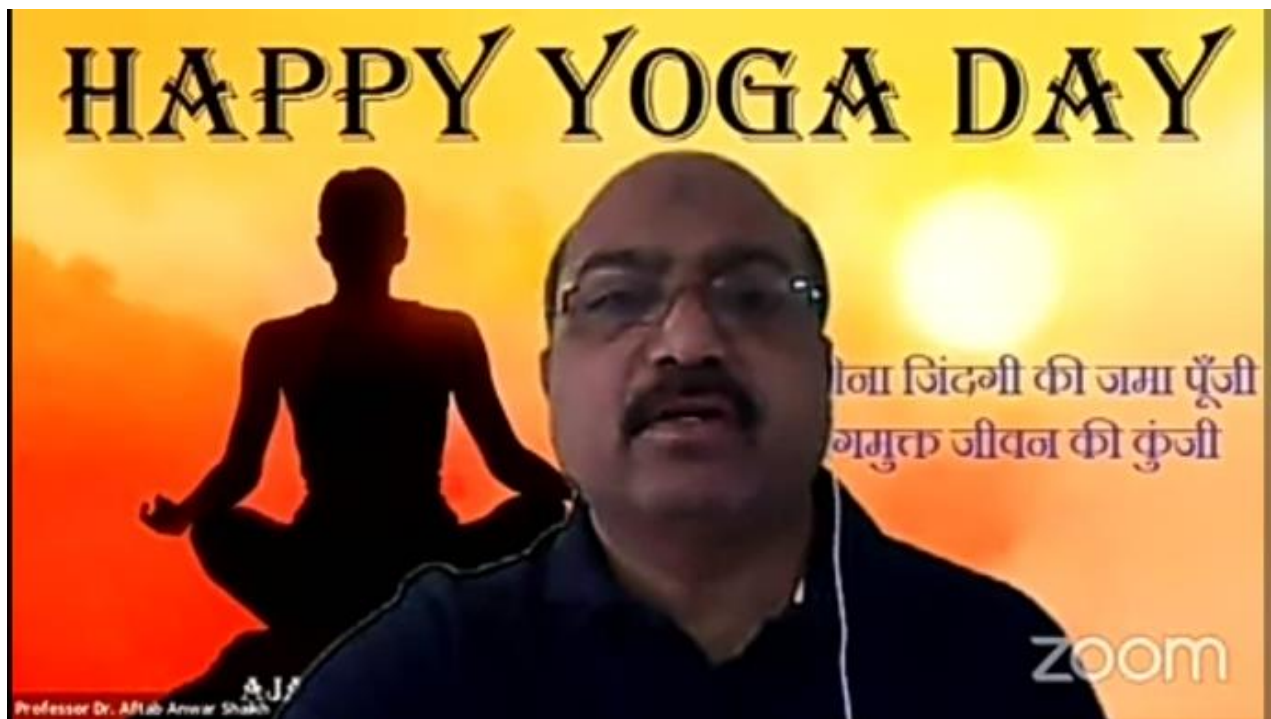
The NSS Cell in collaboration with Gymkhana Committee of Y & M AKI's Poona College of Arts, Science and Commerce, celebrated this day via the digital platform ZOOM, a step taken in the wake of the COVID-19 pandemic on 21st June, 2020.

The program started with *Tilawat-e Quran*, by Mr. Vakeel Sayyed. After the welcome speech by NSS Program Officer Dr. Aafreen A. Ahmed, the significance of the celebration was given by NSS Program Officer Mr. Akbar Sayyed.

Principal Dr. Aftab Anwar Shaikh, addressed the gathering, speaking on the need of yoga to ward off diseases due to the sedentary lifestyle all of us live. He encouraged staff and students to practice basic simple yoga asanas at home with their families improve health and immunity.

With permission and guidance of Principal Dr. Aftab Anwar Shaikh, Vice-Principal (Faculty of Science) Prof. Iqbal Shaikh, Director, Physical Education Dr. Ayaz Shaikh, NSS Committee members, the event proved to be a success. Technical support for organizing this digital event was provided by Mr. Imran Mirza, Assistant Professor, Department of Computer Science. Mr. Vakeel Sayyed proposed the vote of thanks.

NSS student volunteers and staff of senior college, connected digitally to mark this celebration. In all, 111 participants were present for the event.



*21/06/2020: Principal Dr. Aftab Anwar Shaikh addressing participants. Videos were presented via YouTube demonstrating simple yet effective asanas to combat backache, neck pain, improve blood circulation as well as digestion, reduce insomnia, enhance oxygen intake through proper breathing exercises, etc.*

Recording LIVE on YouTube

LIVE on YouTube



*21st June, 2020: Video showing demonstration of Yoga Asanas such as Ushtrasana, Setu Bandhasana, etc.*





1970-2020

Y & M Anjuman Khairul Islam's

# POONA COLLEGE

OF ARTS, SCIENCE & COMMERCE  
CAMP, PUNE-411001 (MAHARASHTRA) INDIA



**POONA COLLEGE NATIONAL SERVICE SCHEME CELL &**

**THE GYMKHANA COMMITTEE**

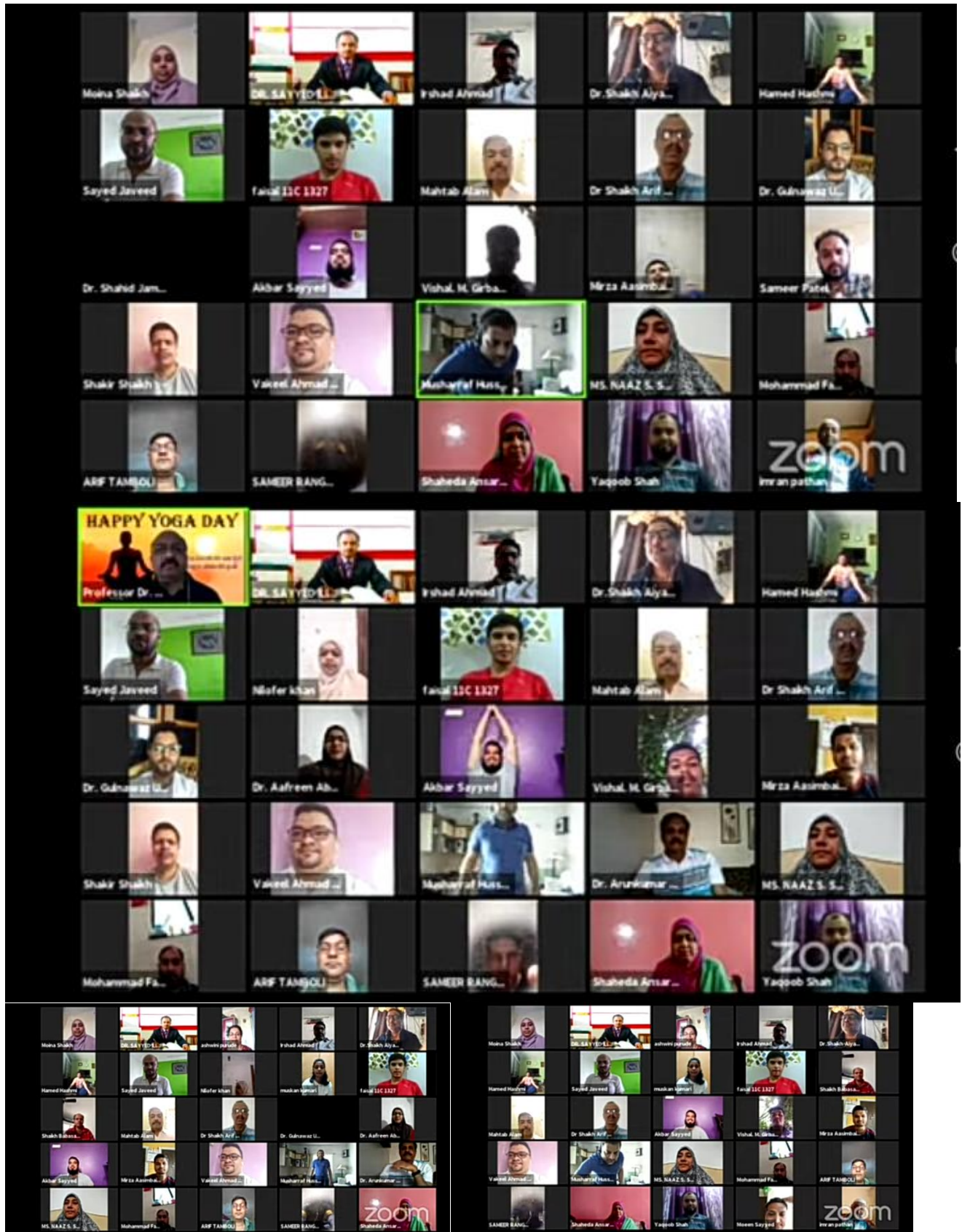
**ORGANIZE CELEBRATION OF**

## **INTERNATIONAL YOGA DAY-2020**

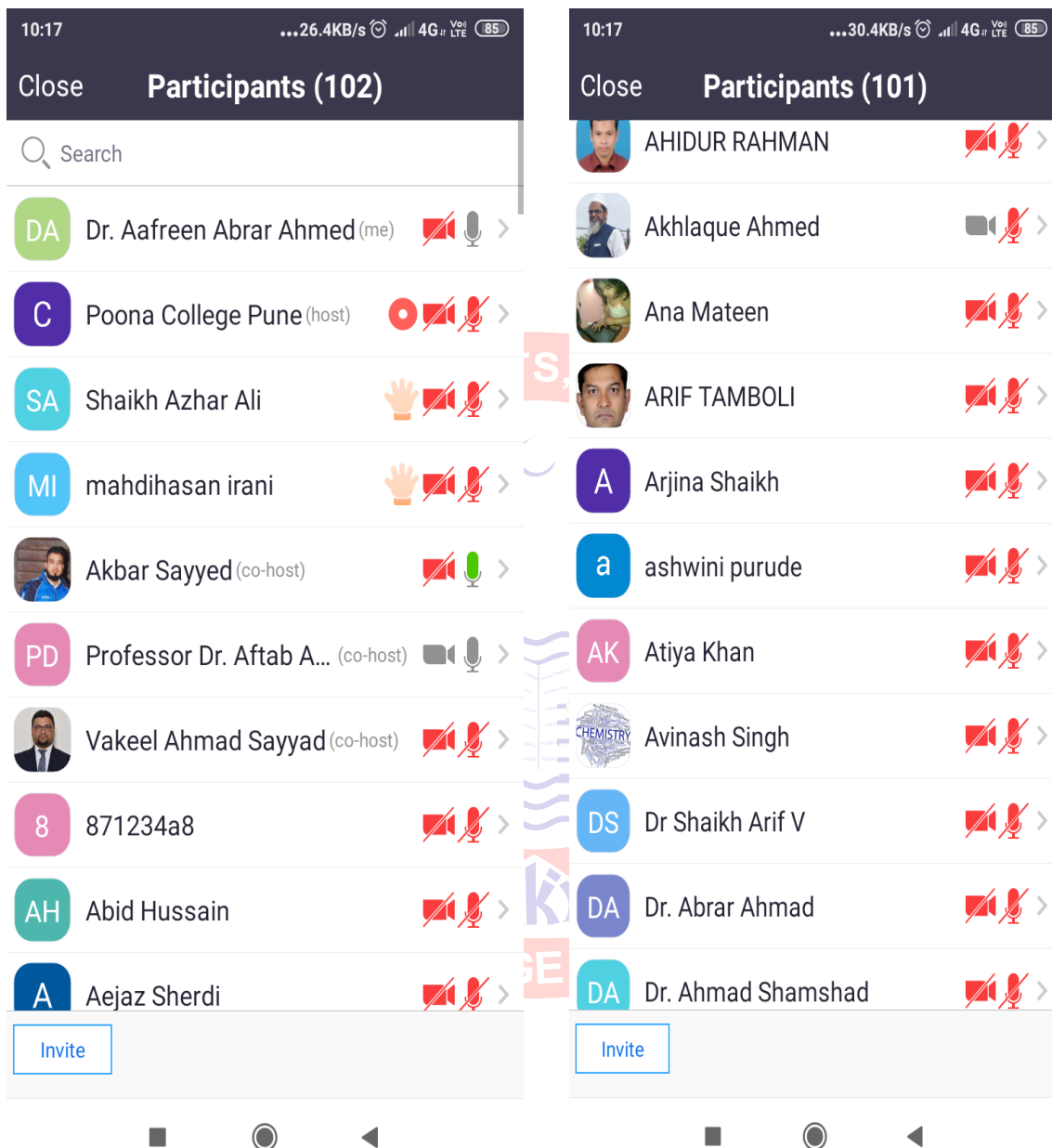
**Day & Date: Sunday, 21st June, 2020. Time: 10 am.**

**“Yoga for Health – Yoga at Home”**

**NOTICE**

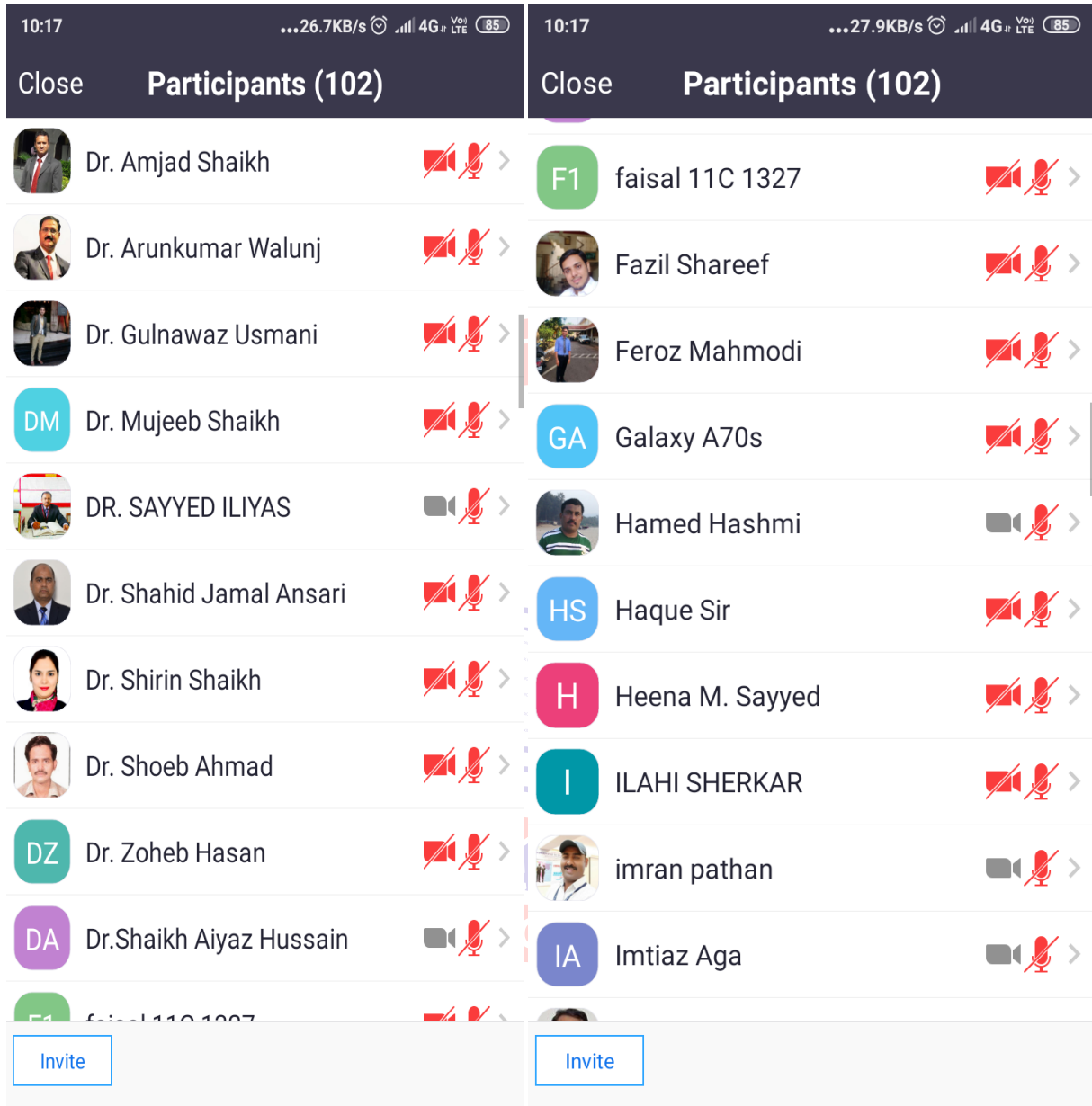


*21/06/2020: Participants for International Yoga Day Celebration*



*Attendance of Online celebration of International Yoga Day: 21-06-2020*





*Attendance of Online celebration of International Yoga Day: 21-06-2020*



*Attendance of Online celebration of International Yoga Day: 21-06-2020*

10:17	...27.1KB/s	4G LTE	85	Close	Participants (102)
MP	Muqueet Patel			>	
M	Musharraf Hussain			>	
MK	muskan kumari			>	
S	Naseem khan			>	
NK	Nasrin Khan			>	
N	Neeraj			>	
NK	Nilofer khan			>	
07	OnePlus 7 Pro			>	
PS	Parvez Shaikh			>	
	Rafik Shaikh			>	
				>	
<input type="button" value="Invite"/>					

10:18	...25.5KB/s	4G LTE	84	Close	Participants (103)
SA	SHAIKH ABRAR RASHID			>	
SA	Shaikh Ashad			>	
SB	Shaikh Babasaheb Rasul			>	
SS	Shakir Shaikh			>	
S	Sohan Choudhary			>	
SM	Sujeet Mishrilal Kannaujiya			>	
SS	Sumaiya Sayyed			>	
V	Vasudha Whaval			>	
WW	wafiya wahid			>	
YS	Yaqoob Shah			>	
YY	Yh vasuuu			>	
<input type="button" value="Invite"/>					

*Attendance of Online celebration of International Yoga Day: 21-06-2020*



10:18	...26.3KB/s	4G LTE	84	10:35	...4.4KB/s	4G LTE	78
Close	<b>Participants (105)</b>			Close	<b>Participants (111)</b>		
SS	Sumaiya Sayyed			SS	Sumaiya Sayyed		
V	Vasudha Whaval			TS	Tanzeem Shaikh		
WW	wafiya wahid			V	Vasudha Whaval		
YS	Yaqoob Shah			VM	Vishal. M. Girbane		
YY	Yb yasuuu			WW	wafiya wahid		
	Zeenat Merchant			YS	Yaqoob Shah		
ZP	zuber patel				Zeenat Merchant		
A	Abul Quais Shaikh			9	94291377757		
FS	FARHAT SHAIKH			A	Abul Quais Shaikh		
MS	Md Sadique chanda			MS	Md Sadique chanda		
S	Sheraaz						
<input type="button" value="Invite"/>				<input type="button" value="Invite"/> <input type="button" value="Mute All"/>			

*Attendance of Online celebration of International Yoga Day: 21-06-2020*

10:35 ...8.1KB/s 4G LTE 78		10:35 ...5.1KB/s 4G LTE 78	
Close Participants (111)		Close Participants (111)	
ST	Sana Tamboli	PS	Parvez Shaikh
SJ	Sayed Javeed	PK	Prof. Mehnaz kaushar
SS	Shagufta Sajjad Mistry	QI	Qureshi Imran
SA	Shaheda Ansari	RS	Rafik Shaikh
SQ	Shaheen Qureshi	RM	Ramzan Madki
SA	Shaikh Ashad	RP	Reshma Patil
SA	Shaikh Azhar Ali	RM	Rifat Memon
SB	Shaikh Babasaheb Rasul	R	Riyasat Peerzade
SS	Shakir Shaikh	SA	Saif Arsalan
S	Sohan Choudhary	SH	Sajid Hundekar
		SR	SAMEER RANGREZ
Invite	Mute All	Invite	Mute All

*Attendance of Online celebration of International Yoga Day: 21-06-2020*



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## ACTIVITY REPORT (2019 - 2020)

### I. Basic Details:

Name of The Activity: Women health care awareness			
Date	Faculty	Department/ Committee	Coordinator Name & Phone no.
21/09/2019	Commerce	Department of Commerce and PG Research Centre	Dr. Nasrin Khan 9970921140
Time	Venue	Activity for class/ group student number	Nature: Academic/ co- curricular / extracurricular/ Environmental/ social/ other
9 to 10 am	Room No. 33	FYBCOM to M. Com Girls 64 Students	Extracurricular

### II. Brief Information about the Activity - (Criterion No. :-5.1.3.)

<b>Topic/ Subject of the activity</b>	Women health care awareness
<b>Objective for conducting the activity</b>	<ol style="list-style-type: none"><li>1. To make girl student aware of basic hygiene</li><li>2. To provide daily health care measures</li><li>3. To provide healthy menstrual cycle</li><li>4. To orient girls to take precaution from cancer disease among ladies</li></ol>
<b>Methodology</b>	Guest lecture
<b>Outcome</b>	Girls learned basis health and hygiene raised questions pertaining to menstrual cycle and other pain associated with it.

### III. Proofs attached: letters/ student list of participation/ certificate/ document/photos/ any other

1. Notice	2. Descriptive Report with Captioned Photos	3. Attendance Sheets
4. Invitation and Thanks Letters		

Y and M Anjuman Khairul Islam's  
**POONA COLLEGE OF ARTS, SCIENCE AND  
COMMERCE,  
CAMP, PUNE-411001**

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Ref: pc/sr.c/comm/st/ /19-20

20/09/2019

**Department of Commerce, PG & Research Centre**

**NOTICE**

**"Women Health Care Awareness"**

**2019-2020**

The Department of Commerce has organised a special programme entitled "**Women Health Care Awareness**" for girl's students of the college.

All the girls from F.Y.B.Com to M.Com are advised to attend the programme in room no. 33 on 21<sup>st</sup> September, 2019 at 09.00a.m. sharp.

*(Handwritten signature)*







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# POONA COLLEGE OF ARTS, SCIENCE AND COMMERCE

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## A REPORT ON WOMEN'S HEALTH AWARENESS PROGRAMME

To create health awareness among the Poona College girls Dr. Nasrin Khan Head Department of Organized a Women's health awareness program for Girl students of commerce on September 21, 2019 in room no 33. The purpose of the program was to sensitize the students about the importance of healthy and hygienic measures to prevent infections and promote better health.



**Mrs. Ruchi Mathur** guest speaker while addressing the students (21/09/2019)



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The session included activities like informative talks, role play and discussions. A total of 64 students and two teachers participated in the program. The sessions were informative and interactive, in which the students actively participated and clarified their doubts. Dr. Nasrin Khan, Head of the Commerce Department supported throughout the program and appreciated the activities. The guest speakers of the event were **Mrs. Ruchi Mathur and Mrs. Lekha Chavan** from Corbion Institute of cancer Pune.



Dr. Nasrin Khan addressing the students during the awareness program (21/09/2019)

The welcome speech was given by Dr. Nasrin Khan and thereafter Mrs. Ruchi Mathur and Mrs. Lekha Chavan delivered a lecture among the students and made them aware on issues of Cancer. Students took part in an interaction & cleared their misconception. The queries were answered by the speaker. They also gave health education on "Personal Hygiene" The Awareness Programme mainly focused on unhealthy menstrual practices. Lack of knowledge and poor sanitary practices during menstruation has been associated with serious ill-health ranging from genital tract infections, urinary tract infections, and bad odor. This Awareness Programme aims to explore the knowledge, attitude, and practices about menstrual hygiene and perceived reproductive morbidity among girls.

The program ended with vote of thanks from student volunteer of SY B.Com Div. A, Ms. Sahiba Shaikh.



Attendance Sheet

Date of Activity: 21st September, 2019		Time: 09.00 a.m.	
Activity Name:	Women Health Care Awareness	Teacher/s Incharge:	Dr. Nassim Khan
Organizing Dept: Commerce		Guest:	
Total Number of Students Attended: 64		Report Generated by: Dr. Nassim Khan	

Sr.No	Name	Class	Roll No	Signature
1	Shaikh Yasmeen Jilani	T.Y.B.Com-D	4019	Dasmaan
2	Indrol Akshata Anind	T.Y.B.Com D	4020	Akshata
3	Shaikh Shabnam Bashir	M.com I	4204	Shaikh
4	Shaikh Sheba Hamid	T.Y.B.Com	3484	Hube
5	Sayyed Sumaiya gause	T.Y.B.com D	4033	Sumaiya
6	Shaikh umera umar	T.Y.B.com D	4034	umera
7	Ansari Farilat M.	T.Y.B.COM C	3839	Farilat
8	Shaikh Nazneen A	T.Y.B.COM C	3840	Nazneen
9	Shaikh Sumaiyya K.	S.Y.B.COM	3325	Shaikh
10	Khan Aiman J. G.	S.Y.B.COM (D)	3329	Ahmed
11	Jamadar Muskan S.	S.Y.B.COM (D)	3327	Muskan
12	Sundke Nilkhat	S.Y.B.COM D	3334	Nilkhat
13	Heeba Rowthes	S.Y.B.COM	2924	Heeba
14	Khushbu Shaikh	S.Y.B.COM	2925	Khushbu
15	Yakkham Sweta Devi	F.Y.B.com	2235	Yakkham
16	Saba Khan	F.Y.B.com	2259	Saba
17	Rutuja Rajendra Gade	F.Y.B.com	2279	R.R.G
18	Anju Bhanu Pradhan	F.Y.B.com	2278	Anju
19	Jadhav Pradnya Dilip	S.Y.B.COM	2907	P.D.Jadhav
20	Rajak Ishakumari Sudhir	S.Y.B.COM	2934	Rajak
21	Shaikh Afreen Tausif	S.Y.B.COM	2860	Afreen
22	Pathan Alfiya Ashfaq	S.Y.B.COM	2861	Alfiya
23	Shaikh Rabiya	S.Y.B.COM	2835	Rabiya
24	Shaikh Roza Magdloom Ali	S.Y.B.COM	2652	Roza
25	Muraway Muskan Ibrahim	S.Y.B.COM	2653	Muskan
26	Pamboli Aayesha Ashfaq	S.Y.B.COM	2656	Aayesha
27	Shaikh Nikat Rajik	S.Y.B.COM	2608	Nikat
28	Ansari Swifa Asif	S.Y.B.COM	2613	Swifa
29	Ashiya Rajmahamad Shaikh	S.Y.B.COM	2610	Ashiya
30	Sayyed Shakera Ehsan	S.Y.B.COM	2885	Shakera



*(Handwritten signature)*



# AKI's Poona college Of Arts, Science & commerce, Pune-01

## Attendance Sheet

Date of Activity: 21st September, 2019		Time : 09.00 a.m.	
Activity Name:	Women Health Care Awareness	Teacher/s Incharge:	Dr. Nasrin Khan
Organizing Dept: Commerce		Guest:	Mrs. Ruchi Mathur
Total Number of Students Attended: 64		Report Generated by: Dr. Nasrin Khan	

Sr.No	Name	Class	Roll No	Signature
1	Sajeda Hussain Shaikh	F.Y. B.com	2304	Sajeda
2	Aysha Rafique Shaikh	S.Y. B.com	2772	Aysha
3	Afiya Ahmed Shaikh	S.Y. B.com	2697	Afiya
4	Tabiba Nasir Sayyed	S.Y. B.com	2857	Tabiba
5	Fareha Ilyas Shaikh	S.Y. B.com	2876	Fareha
6	Saraswati Singh	F.Y. B.com	2284	Singh
7	Sharon Rajkumar Sethwani	F.Y. B.com	2279	Sharon
8	Sana Aadam Shaikh	T.Y. B.com	3633	Sana
9	Pathan Salma Rubbi	T.Y. B.com	3632	Salma
10	Shaikh Mahir Riyaz	F.Y. B.com	332308	Mahir
11	Shaikh Shama Papa	F.Y. B.com	2208	Shama
12	MEMANE CHITRA SHARAD	F.Y. B.com	2298	Chitra
13	SHAIKH ARSHIYA USMAN	F.Y. B.com	2293	Arshiya
14	Namrata Ajay Tamhe	F.Y. B.com	2230	Namrata
15	mujawar Sakina meerasab	F.Y. B.com	2582	Sakina
16	Bangi, shabnam Mehboob.	F.Y. B.com	2209	Shabnam
17	Patel Sameera Rafique	F.Y. B.com	4081	Patel
18	Khan Misba Munir	F.Y. B.com	2316	Misba
19	Shaikh Tabmila	S.Y. B.com	2612	Tabmila
20	Shaikh Saana	S.Y. B.com	2611	Saana
21	Shaikh Aafra Aslam	S.Y. B.com	2626	Aafra
22	Sayyed Muskan	S.Y. B.com	2631	Muskan
23	Bagwan muskan	S.Y. B.com	2632	Bagwan
24	Sahiba Shaikh	S.Y. B.com	2758	Sahiba
25	Patel Nida	S.Y. B.com	2614	Nida
26	Shaikh Tabba	S.Y. B.com	2717	Tabba
27	Shaikh Nabiyah Riyaz	S.Y. B.com	2673	Nabiyah
	chavan, vaishnavi, Mangesh	S.Y. B.com	2727	Chavan
	Shaikh Nilofar	F.Y. B.com	4066	Shaikh
	KhanSA Patel	F.Y. B.com	4067	Khan



(Signature)



# AKI's Poona college Of Arts, Science & commerce, Pune-01

## Attendance Sheet

Date of Activity: 21st September, 2019		Time : 09.00 a.m.	
Activity Name:	Women Health Care Awareness	Teacher/s Incharge:	Dr. Nasir Khan
Organizing Dept:	Commerce	Guest:	Mrs Ruchi Mathur
Total Number of Students Attended:	64	Report Generated by:	Dr. Nasir Khan

Sr.No	Name	Class	Roll No	Signature
1	Bangi Heena Mehboob	T.Y.Bcom D	4028	Hbangi
2	Shaukh Farhat Abdul Aziz	TYBcom D	4026	Shaukh
3	Shaukh Arshin	T.Y.B.com D	4025	Shaukh
4	Sara Mirza	Ty B.com B	3602	M.
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*(Signature)*

To,

Date: 22/09/2019

Mrs. Ruchi Mathur

Corbion Multiservices India Pvt. Ltd.

Divya Manpada Rd, Sabe Gaon,

Thane,

Maharashtra 400612

**Sub: Letter of thanks**

Respected Mam,

Thank you for accepting our invitation and delivering the thought provoking lecture during **Women Health Awareness Program** for girls of Poona College on 21st September 2019. I thank you for addressing the lady staff members and girl students of Poona College and sensitizing them about the importance of health and hygiene measures to prevent infections and promote better health.

We are grateful to you and look forward for similar collaboration in near future.

Thanking you,

Yours Sincerely,

  
Dr. Nasrin Khan

Head,

Department of Commerce



To,

Date: 10/09/2019

Mrs. Ruchi Mathur

Corbion Multiservices India Pvt. Ltd.

Divya Manpada Rd, Sabe Gaon,

Thane,

Maharashtra 400612

**Sub: Invitation letter**

Respected sir,

Greetings from Poona College of Arts, Science and Commerce,

The Department of Commerce, PG & Research Centre is organizing a **Women Health Awareness Program** for girls of Poona College on 21st September 2019. The purpose of the program was to sensitize the students about the importance of healthy and hygienic measures to prevent infections and promote better health.

We are pleased to invite you as a **Special Guest to deliver the lecture during the program** and would be honored to seek insights from your rich and diverse experience in the field of health and wellbeing.

Looking forward to your presence and guidance.

Thanking you,

Yours Sincerely,

  
Dr. Nasrin Khan

Head,

Department of Commerce





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# POONA COLLEGE OF ARTS, SCIENCE AND COMMERCE

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## ACTIVITY REPORT (2019 – 2020)

### I. Basic Details:

<b>Name of The Activity:</b> <i>Two Day Workshop on Women's Health and Human Development Index</i>			
<b>Date</b>	<b>Faculty</b>	<b>Department/ Committee</b>	<b>Coordinator Name &amp; Phone no.</b>
29 <sup>th</sup> to 30 <sup>th</sup> January, 2019	--	Women's Forum and the Department of Economics	Dr. Ana Mateen 9325976513
<b>Time</b>	<b>Venue</b>	<b>Activity for class/group &amp; student number</b>	<b>Nature: Academic/co-curricular / extracurricular/ Environmental/ social/ other</b>
09.30 am	Poona College Conference Hall	Student-participants (63)	Social

### II. Brief Information about the Activity (Criterion no – 5.1.3)

<b>Topic/ Subject of the activity</b>	Two Days Workshop on Women's Health and Human Development Index Day 1: <b>Women's Health, Hygiene &amp; Nutrition and Human Development</b> Day 2: <b>Session I- Love Attraction of Adolescents</b> <b>Session II- AIDS Awareness</b>
<b>Objective for conducting the activity</b>	To make the students aware about various concerns of Women's Health related to Nutrition, Hygiene and Safety and to guide the students on Love-Friendship of Adolescents and AIDS Awareness.
<b>Methodology</b>	Power point Presentations followed by active question- answer session
<b>Outcome</b>	The students understood about various health concerns of women, their nutrition intake and its importance. The impact of negligence of nutrition on health can be seen during their pregnancy stage. The girls understood the difference between love and attraction. They were guided about the Do's & Don'ts of Friendship. The session on AIDS Awareness enlightened them with the cause and effects of the disease and precautions to be taken to prevent such diseases. The girls were made aware of healthy eating habits and importance of nutritious food. Many prejudices, doubts and assumptions were verified and cleared in the question- answer session.

### III. Proofs attached: letters/ student list of participation/ certificate/ document/photos/ any other

<b>1. Descriptive Report</b>	<b>2. Captioned Photos with Date</b>	<b>3. Notice</b>
<b>4. Attendance Sheets</b>	<b>5. Thanking Letter issued to Poona College by Swadhar</b>	





Y & M Anjuman Khairul Islam's

# **POONA COLLEGE OF ARTS, SCIENCE AND COMMERCE**

(Affiliated to Savitribai Phule Pune University: ID No. PU/PN/ASC/023/1970)

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## **Report on Two Day Workshop on Women's Health and Human Development Index**

Two Day Workshop on Women's Health and Human Development Index was conducted by Department of Economics & Women's Forum of Poona College in association with SWADHAR IDWC (NGO). The objective of the workshop was to make the students aware about various concerns of Women's Health related to Nutrition, Hygiene and Safety and to guide the students on Love-Friendship of Adolescents and AIDS Awareness. Ms. Naaz Sayyed, Vice Principal of Junior College welcomed the speakers on both days. The program was conducted as per the schedule given below:

**Day 1: Women's Health, Hygiene & Nutrition and Human Development**

**Day 2: Session I- Love Attraction of Adolescents**

**Session II- AIDS Awareness**

On Day 1 the session was conducted by **Chaitrali Ambale and Sunita Manakar** (8605879071/9767524865) and on Day 2 the first session was conducted by **Sanjivani Phalle** (9689447560) and the second session was conducted by **Asha Sagar** (9922323608).

The students understood about various health concerns of women, their nutrition intake and its importance. The impact of negligence of nutrition on health can be seen during their pregnancy stage. The girls understood the difference between love and attraction. They were guided about the Do's & Don'ts of Friendship. The session on AIDS Awareness enlightened them with the cause and effects of the disease and precautions to be taken to prevent such diseases.

The programme was coordinated by Dr. Ana Mateen along with Dr. Ashwini Purude. The vote of thanks was delivered by Dr. Shahid Jamal Ansari, Head, Department of Economics.



Y & M Anjuman Khairul Islam's

# POONA COLLEGE OF ARTS, SCIENCE AND COMMERCE

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*Felicitation of Resource Persons by Vice Principal Naaz Sayyed on 30/01/2020*



*Felicitation of resource persons by Dr. Shahid Jamal Ansari, Head, Department of Economics & Vice Principal Naaz Sayyed on 29/01/2020*



Y & M Anjuman Khairul Islam's

# POONA COLLEGE OF ARTS, SCIENCE AND COMMERCE

(Affiliated to Savitribai Phule Pune University: ID No. PU/PN/ASC/023/1970)



Accuracy: 26.4m  
Time: 30-01-2020 10:05  
Note: Workshop on Women's Health & Human Development  
Dept. of Economics & Women's Forum

*Resource persons addressing the audience on 30/01/2020*



Accuracy: 26.9m  
Time: 30-01-2020 10:57  
Note: Workshop on Women's Health & Human Development  
Dept. of Economics & Women's Forum

*Resource persons addressing the audience on 30/01/2020*





Yateemkhana & Madrasa, Anjuman Khairul Islam's  
**POONA COLLEGE OF ARTS, SCIENCE AND COMMERCE**

(Affiliated to Savitribai Phule Pune University: ID No. PU/PN/ASC/023/1970)

K.B. Hidayatullah Road, Camp, Pune - 411001. Maharashtra, India

Tel.: +91-20-26454240 / 26446319. Fax: +91-20-26453707

Email : principal@akipoonacollege.ac.in Website:www.akipoonacollege.ac.in



## NOTICE

Date: 27-01-2020

### Department of Economics & Women's Forum

#### Workshop

on

#### "Women's Health and Human Development"

This is to inform the girl students of College that the Department of Economics and Women's Forum in collaboration with Swadhar IDWC (NGO) is organizing a Two-Days Workshop from 29<sup>th</sup> to 30<sup>th</sup> January, 2020 at 09:30 a.m. in the College Conference Hall as per the schedule mentioned below.

**Day 1: Women's Health, Hygiene & Nutrition and Human Development**


**Day 2: Session I- Love Attraction of Adolescents**

**Session II- AIDS Awareness**

**Note:** Female Staff of the college are also requested to attend the same.

  
**Dr. Ana Mateen**  
Co-ordinator

  
**Dr. Aswhini Purude**  
Co-ordinator

  
**Dr. Shahid J. Ansari**  
I/c HoD, Economics



  
**Dr. Aftab Anwar Shaikh**  
Principal



# AKI's Poona college of Arts, Science & commerce, Pune-01

## Attendance Sheet

Date of Activity: 29/01/2020		Time Slot: 9:30am-12:00pm	
Activity Name:	Workshop on Women's Health & Human Development	Teacher/s Incharge:	Dr. Ana Mateen
Organizing Dept/Committee: Economics Dept. & Women's Forum		Guest: Sunita Manakar & Chaitrali Ambale	
Total Number of Students Attended:		Report Generated by: Dr. Ana Mateen	

Sr.No	Name	Class	Roll No	Signature
1.	ALIYA ANWAR BAUWAN.	F.Y.B.COM	1632	<i>Aliya</i>
2.	Arshveen Arif Kazi	F.Y.B.com	1683	<i>Arshveen</i>
3.	Attay Baba Ab. Wahab	F.Y.B.com	1649	<i>Attay</i>
4.	Atvilkar Atiqua	F.Y.B.A	159	<i>Atvilkar</i>
5.	Shaikh Taskeen Naser	F.Y.B.com	2477	<i>Taskeen</i>
6.	Adagale Anjali Shankar	F.Y.B.com	1624	<i>Anjali</i>
7.	Ansari Mariya Fahim	F.Y.B.com	1801	<i>Mariya</i>
8.	Rangila Jahanara	F.Y.B.A	98	<i>Jahanara</i>
9.	Shaikh <del>of</del> Asma	F.Y.B.com	6124	<i>Asma</i>
10.	Khan Faiza Farhan	F.Y.B.A	89	<i>Faiza</i>
11.	Shetty Vansha Harish	F.Y.B.com	1860	<i>Shetty</i>
12.	Khan Faahana Tausif	M.A.ECO	901	<i>Tausif</i>
13.	Pooja Das	B.Y.B.Com	1809	<i>Pooja</i>
14.	Shaikh Afia Ajax	F.Y.B.com	1847	<i>Afia</i>
15.	Shaikh Samiya Sameer.	F.Y.B.com	1848	<i>Samiya</i>
16.	Shaikh Nuzhat Rafique.	F.Y.B.com	1810	<i>Nuzhat</i>
17.	Shaikh zeenat Mukhtar	F.Y.B.com	2470	<i>zeenat</i>
18.	Khokar Rumaan	F.Y.B.A	99	<i>Khokar</i>
19.	Shaikh Nikhat	F.Y.B.A	171	<i>Nikhat</i>
20.	Shaikh Sand	S.Y.B.com	2670	<i>Sand</i>
21.	Hardge Aaliya	S.Y.B.com	2651	<i>Aaliya</i>
22.	Baig Rahila	F.Y.B.A	100	<i>Rahila</i>
23.	Shaikh Tehniyat	F.Y.B.A	29	<i>Tehniyat</i>
24.	Dr Ana Mateen	Faculty	-	<i>Ana Mateen</i>





Sr.No	Name	Class	Roll No	Signature
25	Tanuja Shivshankar Jha	F.Y.B.com	2270	Tanuja
26	Sagzi Ghausiya Bano Haider	F.Y.B.Com	2315	Sagzi
27	Saniya Naem Mushrif	F.Y.B.COM	2297	Saniya
28	Shaikh Sajeda Hussain	F.Y.B.com	2304	Sajeda
29	Shaikh Mahin Riyaz	F.Y.B.com	2308	Mahin
30	Mujawar Sakina meetaab.	F.Y.B.com	2582	Sakina
31	Shaikh Fiza Fiaz	F.Y.B.com	2519	Fiza
32	Shaikh Anshiya Usman	F.Y.B.COM	2203	Anshiya
33	Chitra Akhmad memane	F.Y.B.COM	2208	Chitra
34	Sharon Rajkumar Jethwanj	F.Y.B.com	2275	Sharon
35	Sahaswoti Singh	F.Y.B.com	2284	Singh
36	H.Khan Afriya	F.Y.B.com	2552	Khan
37	CHATRI ASHWIN VINOD	F.Y.B.COM	2325	Ashwini
38	Shaikh Nahiya Riyaz	F.Y.B.COM	2673	Nahia
39	Momin Rahila Abdul Karim	F.Y.B.COM	2874	Rahila
40	Mujawar Muskan Ibrahim	F.Y.B.com	2653	Muskan
41	Shahel Roza Magdoom Ali	F.Y.B.COM-A	2652	Shahel
42	Momin Mumtaz Mahemood	F.Y.B.com A	2655	Momin
43	Shaikh Anshiya Raimahamad	F.Y.B.COM	2610	Anshiya
44	Ansari Anshya Adil	F.Y.B.COM	2613	Anshya
45	Shaikh Saira Miftuza	F.Y.B.COM	2611	Saira
46	Shaikh Takmila Anis	F.Y.B.COM	2612	Takmila
47	Buywan Muskan Qamruddin	F.Y.B.com	2632	Buywan
48	Sayyed Muskan Moin	F.Y.B.com-A	2631	Sayyed
49	Yahan Gulnazarova	F.Y.B.A	134	Yahan
50	Opalsabyr Glycerova	F.Y.B.A	138	Opalsabyr
51	Nida M. Attarant	F.Y.B.A	278	Nida
52	Rishan Afheen Chhripa	F.Y.B.A	279	Rishan
53	Shaikh Musrat	F.Y.B.A	454	Musrat
54	Shaikh Shahin Md. Ilyas	F.Y.B.A	453	Shahin
55	Sayyed Sabha	F.Y.B.A	267	Sayyed
56	Baqul Cochumyrowa	F.Y.B.A	135	Baqul
57	Siddarva Adarva	F.Y.B.A	139	Siddarva
58	Hayat Sultanman	F.Y.B.A	264	Hayat
59	Amin Afroz Khan	F.Y.B.com	4022	Amin
60	Sumaiya Sayyed	F.Y.B.com	4033	Sumaiya
61	Hatnazz Gulam SK	F.Y.B.COM	3614	Hatnazz
62	Shaikh Shabina Zahiduddin	F.Y.B.com	3637	Shabina
63	Momin Alfiya chand	F.Y.B.com	3609	Momin
64	Choudhary Misbah Mustak	F.Y.B.com	3607	Choudhary





# AKI's Poona college of Arts, Science & commerce, Pune-01

## Attendance Sheet

Date of Activity: 30/01/2020

Time Slot: 9:30am-12:00pm

Activity Name: **Workshop on Women's Health & Human Development**

Teacher/s Incharge:

**Dr. Ana Mateen**

Organizing Dept/Committee: **Economics Dept. & Women's Forum**

Gests: Sanjivni Phalle , Asha Sagar

Total Number of Students Attended:

Report Generated by: Dr. Ana Mateen

Sr.No	Name	Class	Roll No	Signature
1	FARIHA MOMIN	F.Y. B.com	2444	<i>[Signature]</i>
2	MEJABEEN ANSARI	F.Y. B.com	2445	<i>[Signature]</i>
3)	Ansari Iqra Shamim	F.Y. B.com	2404	<i>[Signature]</i>
4)	Shaikh Aafiya	FYBCOM A	1620	<i>[Signature]</i>
5)	Shaikh Aameer	FYBCOM A	1699	<i>[Signature]</i>
6)	Sayed Mahak.	FYB.com B	1821	
7)	Rajeev Atika	FYB.com B	2456	Rajal
8.)	Ayesha Shaik	F.Y. B.com B	1825	<i>[Signature]</i>
9.	Muskan Kumari	F.Y. B.com B	1830	<i>[Signature]</i>
10	Amina Shaikh	"	1815	Amina
11	Raziya Shaikh	"	1813	<i>[Signature]</i>
12	Das. Soma Samay	F.Y. B.com B	1843	Soma
13	Patil Komal Anil	F.Y. B.com B	1858	<i>[Signature]</i>
14	Shaikh Fiza Fiaz	F.Y. B.com B	2519	<i>[Signature]</i>
15	SHAIKH ARSHIYA USMAN	F.Y. B.COM D	2293	<i>[Signature]</i>
16	MEMANE CHITRA SHARAD	F.Y. B.COM D	2298	Chitra
17	Rangila Jahanara	FYBA	98	Jahanara
18	Shaikh Asma	T.Y. B.com C	6124	Asma
19.	Khan Faiza	FYBA	89	<i>[Signature]</i>
20.	Shetty. Varsha Harish	F.Y. B.com B	1860	<i>[Signature]</i>
21	Shailch Mushat Rafique	F.Y. B.com B	1810.	<i>[Signature]</i>
22.	Shaikh Zeenat Mukhtar	F.Y. B.com B	2470	zeenat
23.	Khakau Rumaan	FYBA	99	<i>[Signature]</i>
24	Shailch Nikhat	FYBA	171	Nikhat





Sr.No	Name	Class	Roll No	Signature
25	Baig Rahila	F.Y.B.A	100	R Baig
26	Shaikh Tehniyat	F.Y.B.A	29	Tehniyat
27	Aliya Bagwan	F.Y.B.COM	1632	Aliya
28	Arsheen Anif Kazi	F.Y.B.COM	1683	Arsheen
29	Atlay Saba Ab. Wahab	F.Y.B.Com	1649	Saba
30	CHATRI ASHWINI VINOD	F.Y.B.Com	2325	Ashwini
31	Khan Aliya	F.Y.B.Com	2552	Khan
32	Shaikh Ntabiya Riyaz	S.Y.B.COM	2673	Shaikh
33	Momin Rahila Abdul Karim	S.Y.B.COM	2874	Rahila
34	Mujawar Muskan Ibrahim	S.Y.B.Com	2653	Muskan
35	Shaikh Roza Magdeem Ali	S.Y.B.COM-A	2652	Roza
36	Momin Mumtaz Mahemood	S.Y.B.COM-A	2655	Momin
37	Shaikh Arshiya Rajmahomed	S.Y.B.COM-A	2610	Arshiya
38	Ansari Shiya Asiy	S.Y.B.COM-A	2613	Shiya
39	Shaikh Saina Murtuza	S.Y.B.COM-A	2611	Saina
40	Shaikh takmila Amir	S.Y.B.COM-A	2612	Takmila
41	Bagwan Muskan Samruddin	S.Y.B.Com-A	2632	Bagwan
42	Sauyed Muskan Moin	S.Y.B.com A	2631	Sauyed
43	Opulsabgr Ghyasova	F.Y.B.A	138	Opulsabgr
44	Gohari Jumalharova	F.Y.B.A	134	Gohari
45	Nida M. Attaraut	F.Y.B.A	278	Nida
46	Rishan Afsheen Chhpa	F.Y.B.A	279	Rishan
	Shaikh Shahin Md. Hiyas	S.Y.B.A	453	Shahin
	Shaikh Nusrat Hemud	S.Y.B.A	454	Nusrat
269	Saleha Sayyed	F.Y.B.A	267	Saleha
	Bagul Cochumyradowa	F.Y.B.A	135	Bagul
	Atayad Suleyman	F.Y.B.A	164	Atayad
	Setdarova Otaga	F.Y.B.A	139	Setdarova
	Sumaiya Sauyed	T.Y.B.com	4033	Sumaiya
	Amin Afroz Khan	T.Y.B.com	4022	Amin
	Shabik Iffatnazy Gulam	T.Y.B.com	3614	Shabik
	Mulla Shazmin Rafik	T.Y.B.com	3639	Mulla
	Khan Farheen shakadat	T.Y.B.com	3636	Khan
	Shaikh Shabina Zahiruddin	T.Y.B.com	3637	Shabina
	Momin Alfiya Chand	T.Y.B.com	3609	Momin
	Nau Kakandki Najma Nabi	T.Y.B.com	3651	Najma
	Kakandki Tabassum Mohaddin	T.Y.B.com	3650	Tabassum
	Chauhan Raknivee Kambarkhan	T.Y.B.com	3608	Raknivee
	Peel Purnam Purneshwar	T.Y.B.com	3658	Purnam
	Ansari Sabiha P.M. Usman.	T.Y.B.com	3618	Sabiha







**SWADHAR** IDWC  
Pune

Institute for Development of Women and Children, Pune

Date:-13/02/2020  
O.NO.-333

To,

**Poona college of Arts Science & Commerce**

K. B. Hidayatullah Road, Camp,

Pune 411 001.

Dear Madam


Swadhar sincerely thanks you for your Donation of Rs.2,000/- paid by cash for project  
**Main Body .**

Generous donors like you encourage us in our endeavor to make a change in the lives of woman & children from the under privileged and lower socio-economic strata of society.

All of us at Swadhar greatly appreciate your generosity and hope that our association will continue in future too.

Thanking You,

Yours sincerely,

  
Vishakha Pinge

Manager - HR &amp; Admin

Encl:-Receipt No.0287 Dt.-13/02/2020



*Dr. Anu Mateen*  
*12/3/2020*



Y & M Anjuman Khairul Islam's

# POONA COLLEGE OF ARTS, SCIENCE AND COMMERCE

(Affiliated to Savitribai Phule Pune University: ID No. PU/PN/ASC/023/1970)

## ACTIVITY REPORT (2019 – 2020)

### I. Basic Details:

Name of The Activity: <i>Guidance Talk on Health and Nutrition</i>			
Date	Faculty	Department/ Committee	Coordinator Name & Phone no.
17 <sup>th</sup> January, 2020	Arts	Women's Forum in collaboration with Vedic Yoga Foundation	Dr. Ashwini Purude 9763493979
Time	Venue	Activity for class/group & student number	Nature: Academic/co-curricular / extracurricular/ Environmental/ social/ other
9.00 am	Room no. 32	Student-participants (76)	Social

### II. Brief Information about the Activity (Criteria no – V)

<b>Topic/ Subject of the activity</b>	Guidance Talk on Health and Nutrition
<b>Objective for conducting the activity</b>	To create awareness among students and staff members about health and nutrition
<b>Methodology</b>	Lecture followed by question- answer session on Health and Nutrition
<b>Outcome</b>	The audience was oriented about the various current concerns of women's health due to careless lifestyle followed by women these days. He emphasized on the menstrual cleanliness for a healthy body and mind. He explained how Yoga can help in improving the physical and mental health of a woman for a better life. Many prejudices, doubts and assumptions were verified and cleared in the question- answer session.

### III. Proofs attached: letters/ student list of participation/ certificate/ document/photos/ any other

1. Descriptive Report	2. Captioned Photos with Date	3. Notice
4. Attendance Sheets	5. Invitation Letter	6. Thanking letter





Y & M Anjuman Khairul Islam's

# POONA COLLEGE OF ARTS, SCIENCE AND COMMERCE

(Affiliated to Savitribai Phule Pune University: ID No. PU/PN/ASC/023/1970)

## REPORT OF GUIDANCE TALK ON HEALTH AND NUTRITION

Women's Forum had organized a Guidance Talk in collaboration with the Department of Economics on 'Health and Nutrition' on 17<sup>th</sup> January, 2020 in Hall no. 32 at 9.00 am. The resource person for this talk was **Dr. Nisar Shaikh, an International Speaker from Vedic Yoga Foundation**. This foundation works for Health Awareness Campaign for health problems like Diabetes, Blood Pressure, Weight Management, Cancer, Thyroid, PCOD, Heart care and Stress Management. The resource person discussed about the various current concerns of women's health due to careless lifestyle followed by women these days. Healthy lifestyle constitutes of healthy and fresh nutrition which women generally lack due to the habit of having stale food or leftovers. He emphasized on the menstrual cleanliness for a healthy body and mind. He explained how Yoga can help in improving the physical and mental health of a woman for a better life.



**Dr. Nisar Shaikh** introducing the topic of his Guidance Talk



Y & M Anjuman Khairul Islam's

# POONA COLLEGE OF ARTS, SCIENCE AND COMMERCE

(Affiliated to Savitribai Phule Pune University: ID No. PU/PN/ASC/023/1970)



**Dr. Nisar Shaikh** addressing the students



**Dr. Nisar Shaikh** answering the queries of students



Y & M Anjuman Khairul Islam's

# **POONA COLLEGE OF ARTS, SCIENCE AND COMMERCE**

(Affiliated to Savitribai Phule Pune University: ID No. PU/PN/ASC/023/1970)

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## **NOTICE**

10/01/2020

The **Women's Forum** has organized a *Guidance Talk on Health and Nutrition* on **17/01/2020** in **Room Number 32 at 09:00am.**

The talk is organized for the teaching staff and non-teaching staff as well. so, they are requested to kindly attend the programme.

**Dr. Aftab Anwar Shaikh**

Principal



**AKI'S POONA COLLEGE OF ARTS, SCIENCE & COMMERCE, PUNE-01**

<b>Attendance Sheet</b>			
Date of Activity: 17th January, 2020		Time Slot: 9.00 am	
Activity Name:	Guidance Talk on Health & Nutrition	Teacher Incharge:	Dr. Ashwini Purude
			9763493979
Organizing Dept/Committee: Women's Forum			
		Report Generated by: Dr. Ashwini Purude	

Sr. No.	Name	Class	Roll No	Signature
1	Shaikh Irfanraaz Vajid	F.Y. B.com(B)	1888	Shaikh
2	Raja Atika	F.Y. B.com	2456	Raja
3	Shaikh zeerat mukhtar	F.Y. B. com(B)	2470	zeerat
4	Saniya Sameer Shaikh	F.Y. B. com(B)	1848	Saniya
5	Aqsa shaukat Shaikh	F.Y. B. com	1861	Aqsa
6	Shaikh faira Jawed	F.Y. B. com	1815	Faiza
7	Lohare Niyamat Bi K.M	F.Y. B. com	1846	Niyamat
8	Shaikh Aliya parveen Nareem	F.Y. B. com	1868	Aliya
9	Adagale Anjali Shankar	F.Y. B. com(A)	1624	Anjali
10	Shaikh Muskan Farukh	F.Y. B. com	2443	Muskan
11	Ansari Mehabeen Aftab	F.Y. B. com	2445	Ansari
12	Pathan Sabiya Yunus	F.Y. B. com(A)	1621	Sabiya
13	Sayed Gausiya Riyaz	F.Y. B. com(A)	1682	Sayed
14	Shaikh Afreen Budhan	F.Y. B. com	703	Afreen
15	Shaikh Bushra Ismail	F.Y. B. com(B)	1869	Bushra
16	Shaikh Aliya Ajax	F.Y. B. com(B)	1847	Aliya
17	Tamboli Zeerat Faruq	F.Y. B. com(B)	1877	Zeerat
18	Shaikh Ayesha Shakil	F.Y. B. com(B)	1849	Ayesha
19	Memam Afsana Raju	F.Y. B. com(B)	1906	Afsana
20	Khan Tamanna Abba	F.Y. B. com(B)	1812	Tamanna
21	Mujawar Muskan Ibrahim	S.Y. B. com	2653	Muskan
22	Shaikh Roza Maqdoom Ali	S.Y. B. com(A)	2652	Roza





**AKI'S POONA COLLEGE OF ARTS, SCIENCE & COMMERCE, PUNE-01**

<b>Attendance Sheet</b>			
Date of Activity: 17th January, 2020		Time Slot: 9.00 am	
Activity Name:	Guidance Talk on Health & Nutrition	Teacher Incharge:	Dr. Ashwini Purude
			9763493979
Organizing Dept/Committee: Women's Forum			
		Report Generated by: Dr. Ashwini Purude	

Sr. No.	Name	Class	Roll No	Signature
1	Shama Papa Shaikh	FYB.COM-D	2208	Shama
2	Yasmeen Mashayek	F.Y.B.COM-D	2327	Mashayek
3	Anju Bhanu Pradhan	F.Y.B.COM	2278	Anju
4	Sogai Gausiya Bono Hoider	F.y.b.Com	2315	Gausiya
5	Shaikh Sajeda Hussain	F.Y.B.COM	2304	Sajeda
6	Mashrif Saniya Naem	F.Y.B.COM	2297	Saniya
7	Atkati Areebah Vaseem	F.Y.B.COM-D	2216	Atkati
8	Shaikh Mehwish Salim	F.Y.B.COM-C	2070	Shaikh
9	Khan Nayyera M.D Wakil	F.Y.B.COM-C	2520	Nayyera
10	Shaikh Samina Nasir	Fyb.com	1640	Shaikh
11	Shaikh Salma Sameer	Fyb.com	2479	Shaikh
12	Muskan Kumari	FYB.Com B'	1830	Muskan
13	Umrsha Harish Shetty	FYB.COM B'	1860	Umrsha
14	Awari Jara Shamim	FYB.COM	2404	Jara
15	Sayyed maleha Mehfooz	FYB.COM	2478	S.maleha
16	Shaikh Aafiya Sameer	FYB.COM	1620	Shaikh
17	Shaikh Aamesa Ejaz	FYB.COM	1699	Shaikh
18	Ansari Mehjabeen Aftab	FYB.COM	2445	Ansari
19	Khan Mahek Fatima J.	FYB.COM	1644	Mahek
20	Ariya Anwar Bagwan	F.Y.B.COM	1632	Ariya
21	Dr.(Mrs.) Bhuvana Deshpande	Staff	statsdept	BDD
22	Dr. Gulnawaz Usmani	Faculty	ECONOM	Gulnawaz





**AKI'S POONA COLLEGE OF ARTS, SCIENCE & COMMERCE, PUNE-01**

<b>Attendance Sheet</b>			
Date of Activity: 17th January, 2020		Time Slot: 9.00 am	
Activity Name:	Guidance Talk on Health & Nutrition	Teacher Incharge:	Dr. Ashwini Purude
			9763493979
Organizing Dept/Committee: Women's Forum			
		Report Generated by: Dr. Ashwini Purude	

Sr. No.	Name	Class	Roll No	Signature
1)	Umama Ashrafali Sayyed	F.Y.B.com	2011	<i>[Signature]</i>
2)	Chaudhari Haseena Chand	F.Y.B.com	2002	<i>[Signature]</i>
3)	Tanuja Shivshankar Jha	F.Y.B.com	2270	<i>[Signature]</i>
4)	Dhumal Christina Yeshudas	F.Y.B.com	2272	<i>[Signature]</i>
5)	Shaikh Taskeen Nasir	F.Y.B.com	2477	<i>[Signature]</i>
6)	Ansari Iqra Shamim	F.Y.B.com	2404	<i>[Signature]</i>
7)	Pathan Naziya Ashfaq	F.Y.B.com	2005	<i>[Signature]</i>
8)	Shaikh Nazir Bhabhu	F.Y.B.com	2084	<i>[Signature]</i>
9)	Kanchwala Hussaina Taher	F.Y.B.com	2001	<i>[Signature]</i>
10)	Tamboli Ayesha Ashfaq	S.Y.B.com	2656	<i>[Signature]</i>
11)	Monin Rubina Farooque	S.Y.B.com	2654	<i>[Signature]</i>
12)	Monin Muntaz Malumkar	S.Y.B.com	2655	<i>[Signature]</i>
13)	Ansari Shifa Asif	S.Y.B.com	2613	<i>[Signature]</i>
14)	Shaikh Anshika Rajmahar	S.Y.B.com	2610	<i>[Signature]</i>
15)	Shaikh Saina Muetezga	S.Y.B.com	2611	<i>[Signature]</i>
16)	Shaikh Takmila	S.Y.B.com	2612	<i>[Signature]</i>
17)	Shaikh AFSin	S.Y.B.com	2772	<i>[Signature]</i>
18)	Shweta Sonawane	S.Y.B.com	2110	<i>[Signature]</i>
19)	<del>Shaikh Azhan Ray</del>	S.Y.B.com	2635	<i>[Signature]</i>
20)	<del>Nawaz S Shaikh</del>	S.Y.B.com	2627	<i>[Signature]</i>
21)	<del>[Signature]</del>			
20)	Asif Inshad Khan	Faculty	-	<i>[Signature]</i>





**AKI'S POONA COLLEGE OF ARTS, SCIENCE & COMMERCE, PUNE-01**

<b>Attendance Sheet</b>			
Date of Activity: 17th January, 2020		Time Slot: 9.00 am	
Activity Name:	Guidance Talk on Health & Nutrition	Teacher Incharge:	Dr. Ashwini Purude
			9763493979
Organizing Dept/Committee: Women's Forum			
		Report Generated by: Dr. Ashwini Purude	

Sr. No.	Name	Class	Roll No	Signature
1.	Niju Mahendra Rebari	F.Y. B.com	1826	<i>Nubar</i>
2.	Ayesha Obaidullah Shaikh	F.Y. B.com	1825	<i>Ayesha</i>
3.	Salma Mehendi Shaikh	F.Y. B.com	1891	<i>Shaikh</i>
4.	Saba Ali Sayyed	F.Y. B.com	1890	<i>Saba</i>
5.	Fiza Akbari Shaikh	F.Y. B.COM	1893	<i>F.Akbari</i>
6.	Pathan Sameena gani	F.Y. B.COM	2457	<i>Sameena</i>
7.	Ansari Maryam Fatim	F.Y. B.com	1801	<i>Maryam</i>
8.	Amina Tanangin	F.Y. B.com	1915	<i>Amina</i>
9.	Shaikh Raaziya	F.Y. B.COM	1813	<i>Raaziya</i>
10.	Aliyari Amana	F.Y. B.com	1834	<i>Amana</i>
11.	Shaikh Nuzhat Ruyique	F.Y. B.com	1810	<i>Nuzhat</i>
12.	Shabnam Guljar Batt.	F.Y. B.COM	1909	<i>Shabnam</i>
13.	Das. Soma. Samay	F.Y. B.com	1843	<i>Soma</i>
14.	Patil Komal Anil	F.Y. B.com	1858	<i>Komal</i>
15.	Dr. Ashwini Purude	Faculty		<i>all</i>





Anjuman Khairul Islam's  
**POONA COLLEGE OF ARTS, SCIENCE & COMMERCE**

K. B. Hidayatullah Road, Camp, Pune - 411001. (MS), India

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- UGC - 2(f) & 12 (B) Status
- NAAC Re-accredited College
- Junior College Index No: J-11.15.004
- DST - FIST Sponsored Institute

**Professor (Dr.) Aftab Anwar Shaikh**  
M.Com, Ph.D (Busi. Admin.)  
**PRINCIPAL**

Tel.: +91-20-2645 4240 / 2644 6319.  
Email: principal@akipoonacollege.ac.in  
Website : www.akipoonacollege.ac.in

16<sup>th</sup> January, 2020

**Dr. Nisar Shaikh,**  
International Speaker,  
Vedic Yoga Foundation,  
Pune.

**Subject:** Invitation to conduct a Guidance Talk on “**Health & Nutrition**”..

**Dear Madam**

It gives us immense pleasure to invite you to conduct a Guidance Talk on ‘**Health & Nutrition**’ organized by the **Women’s Forum**, Poona College of Arts, Science & Commerce, Camp, Pune – 01 on **17<sup>th</sup> January, 2020** at 9.00 am in Room No. 32 of our College.

Madam, it would indeed be a pleasure for the members of the staff and students to listen to you and gain knowledge from your academic expertise. We would be grateful to you if you kindly accept our invitation and honour us with your presence. We look forward to meet you.

With warm regards,

Yours sincerely

**Dr. Aftab Anwar Shaikh**  
Principal







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Email: principal@akipoonacollege.ac.in  
Website : www.akipoonacollege.ac.in

17<sup>th</sup> January, 2020

**Dr. Nisar Shaikh,**  
International Speaker,  
Vedic Yoga Foundation,  
Pune.

**Subject:** Thanking for conducting a Guidance Talk on “**Health & Nutrition**”.

**Dear Madam**

We are grateful to you for conducting a Guidance Talk on ‘**Health & Nutrition**’ organized by the **Women’s Forum**, Poona College of Arts, Science & Commerce, Camp, Pune – 01 on **17<sup>th</sup> January, 2020** at 9.00 am in Room No. 32 of our College.

Our staff and students were enlightened by your valuable insights. We look forward to continued association with you in the future.

With warm regards

Yours sincerely

**Dr. Aftab Anwar Shaikh**  
**Principal**







Anjuman Khairul Islam's

# POONA COLLEGE OF ARTS, SCIENCE & COMMERCE

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Pune - 411001. (MS), India



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[principal@poonacollege.edu.in](mailto:principal@poonacollege.edu.in)

**Professor (Dr.) Aftab Anwar Shaikh**

M.Com, Ph.D (Busi. Admin.)

PRINCIPAL



+91 98226 21579



[dranwarshaikh@gmail.com](mailto:dranwarshaikh@gmail.com)

## CRITERION- V

<b>KEY INDICATOR</b>	<b>5.1 Student Support</b>
<b>METRIC NO.</b>	<b>5.1.3</b>

- Capacity building and skills enhancement initiatives taken by the institution include the following
1. Soft skills,
  2. Language and communication skills,
  3. Life skills (Yoga, physical fitness, health and hygiene)
  4. ICT/computing skills

## 3. LIFE SKILLS (YOGA, PHYSICAL FITNESS, HEALTH AND HYGIENE)

INITIATIVES DURING THE ACADEMIC YEAR

# 2018-2019



NCC Naval Unit 2018 – 19

**I. Basic Details:**

<b>Name of The Activity: International Yoga Day</b>			
<b>Date</b>	<b>Faculty</b>	<b>Department/ Committee</b>	<b>Coordinator Name &amp; Phone no.</b>
21 June 2018	NCC Naval Unit	NCC Naval Unit	<b>Dr. Sajid Hundekar</b> ANO
<b>Time</b>	<b>Venue</b>	<b>Activity for class/ group &amp; student number</b>	<b>Nature: Academic/co- curricular / extracurricular/ Environmental/ social/ other</b>
08 am to 10 am	Poona College	NCC Cadets 11	Extracurricular/Social

**II. Brief Information about the Activity (Criterion no - )::**

<b>Topic/ Subject of the activity</b>	International Yoga Day
<b>Objective for conducting the activity</b>	Yoga Day celebration for Health Awareness
<b>Methodology</b>	Demonstration of Yoga
<b>Outcome</b>	Cadets learn various Asanas

**III. Proofs attached: letters/ student list of participation/ certificate/  
document/photos/ any other**

<b>1. Notice</b>	<b>2. Report</b>	<b>3. Attendance</b>
<b>4. Photo</b>	<b>5.</b>	



Y & M Anjuman Khairul Islam's

# POONA COLLEGE OF ARTS, SCIENCE AND COMMERCE

(Affiliated to Savitribai Phule Pune University: ID No. PU/PN/ASC/023/1970)

छठ्ठ राष्ट्रीय छात्र सेना ;2018.19द्व

अंतरराष्ट्रीय योग दिवस

दि. 21 जून 2018

## रिपोर्ट

पूना कॉलेज राष्ट्रीय छात्र सेना के कैडेट्स ने दि. 21 जून 2018 को 'अंतरराष्ट्रीय योग दिवस' के अवसर पर सहभाग लिया।

पूना कॉलेज के प्राचार्य डॉ. आफताब अन्वर षेख के मार्गदर्शन में आयोजित इस कार्यक्रम में पूना कॉलेज के सभी अध्यापक एवं शिक्षकेतर कर्मियों ने हिस्सा लिया।

इस समारोह में एन.सी.सी.छात्रों ने सक्रिय रूप से सहभाग लिया।





Y & M Anjuman Khairul Islam's  
**POONA COLLEGE  
OF ARTS, SCIENCE AND COMMERCE**  
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योगासन करते हुए एन.सी.सी. के छात्र



योगासन करते हुए एन.सी.सी. के छात्र





# POON COLLEGE OF ARTS, SCIENCE AND COMMERCE

(Affiliated to Savitribai Phule Pune University: ID No. PU/PN/ASC/023/1970)





NCC राष्ट्रीय छात्र सेना (2018-19)

अंतरराष्ट्रीय योग दिवस

दि. २० जून २०१८

सूचना

पूना कॉलेज राष्ट्रीय छात्र सेना के सभी कैडेट्स को सूचित किया जाता है कि दि. २१ जून २०१८ सुबह ०७.३० बजे 'अंतरराष्ट्रीय योग दिवस' के अवसर पर सभी कैडेट्स सक्रिय सहभाग ले।

डॉ. मोहम्मद शाकिर शेख  
एन.सी.सी. केअर टेकर ऑफिसर







Y & M Anjuman Khairul Islam's

# POONA COLLEGE OF ARTS, SCIENCE AND COMMERCE

(Affiliated to Savitribai Phule Pune University: ID No. PU/PN/ASC/023/1970)

## NATIONAL SERVICE SCHEME

### ACTIVITY REPORT

(2018 - 2019)

#### I. Basic Details:

Name of the Activity: <i>Guest Lectures on Awareness on Red Dot Campaign and Nutritional Diet</i>			
Date	Faculty	Department/ Committee	Coordinator Name & Phone no.
13-02-2019	--	NSS	Dr. (Mrs.) Aafreen A. Ahmed (9552369716)
Time	Venue	Activity for class/ group student number	Nature: Academic/co- curricular / extracurricular/ Environmental/ social/ other
11.30am-1.00pm	Botany Laboratory	NSS Girls & Girl- students (48)	Social

#### II. Brief Information about the Activity (Criterion no - )::

<b>Topic/ Subject of the activity</b>	<i>Guest Lectures on Awareness on Red Dot Campaign and Nutritional Diet</i>
<b>Objective for conducting the activity</b>	<i>To raise awareness on: i) ways to dispose sanitary waste; ii) proper diet for a healthy and fit body; iii) health and hygiene in girl students.</i>
<b>Methodology</b>	<i>Power point presentations were used to explain the facts on diet, health, hygiene and proper disposal of sanitary waste.</i>
<b>Outcome</b>	<i>Many myths pertaining to diet control were cleared to girl students. They also understood the importance of proper methods of waste disposal.</i>

#### III. Proofs attached: letters/ student list of participation/ certificate/ document/photos/ any other

1. Descriptive Report	2. Captioned Photos with Date	3. Notice
4. Attendance Sheets	5. Permission Letter	6. Invitation & Thank Letters



# **Report: “Lecture on Awareness on Red Dot Campaign; Nutritional Diet”**

**Committee: NSS**

**Program co ordinator: Dr. Aafreen A. Ahmed**

**Accompanied by: Mrs. Meherunisa Shaikh and Mrs. Swaleha Mulla**

**No. of beneficiaries: 48**

**13<sup>th</sup> February, 2019:** The NSS Unit of Y & M AKI’s Poona College of Arts, Science and Commerce organized guest lectures by renowned social workers from the Rotary Club of Pune, Shivajinagar on “**Awareness on Red Dot Campaign and Nutritional Diet**”.

Even the most well-meaning of us, dispose our waste without much thought to where it ends up, how and by whom it is handled. Every day, SWaCH workers collect 6.5 lakh kilograms of waste from over five lakh houses of Pune, which they hand-segregate into dry and wet waste. Out of that, 3 per cent is sanitary waste, meaning they handle nearly 20 thousand kilograms of dirty diapers and sanitary pads every day, exposing themselves to various diseases, like *Staphylococcus*, hepatitis, *E.coli*, *Salmonella* and typhoid. To tackle this silent and a mounting problem in India, the Red Dot Campaign was formally launched on February 7 this year by the Pune Municipal Corporation.

The speaker, **Mrs. Anjali Gadgil** gave a brief introduction on the Red Dot Campaign. She guided girl students to dispose sanitary waste in a proper manner so that it could be identified by rag pickers and save them from health hazards. She emphasized on proper Solid Waste Management at every home, institution, workplace, etc. Her aim was to motivate girls to take forward this revolution in waste management.

The other speaker, **Dr. Shobha Rao**, an expert in nutrition and dietetics, shared information on deficiency diseases and how to overcome them by proper diet. She also spoke on common health problems faced by girls due to improper hygiene.

Under the able guidance of Principal, Dr. Aftab Anwar Shaikh, Vice Principals, and NSS Program officer Mrs. Swaleha Mulla, the program was a success and

touched many hearts. Head Department of Botany, Mrs. Meherunisa Shaikh, welcomed the guests, while Dr. Aafreen A. Ahmed coordinated the program.



**13<sup>th</sup> February, 2019: Felicitation of guests. (13/02/2019)**



**Mrs. Anjali Gadgil introducing the Red Dot Campaign (13/02/2019)**





**Students interacting with speakers. (13/02/2019)**



Y & M Anjuman Khairul Islam's  
**POONA COLLEGE**  
**OF ARTS, SCIENCE AND COMMERCE**  
(Affiliated to Savitribai Phule Pune University: ID No. PU/PN/ASC/023/1970)

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## NOTICE

Date: 11-02-2019

The NSS Unit of Y & M AKI's Poona College of Arts, Science & Commerce in association with Rotary Club of Pune, Shivajinagar, is organizing a lecture on **Awareness of Red Dot Campaign on 13<sup>th</sup> February, 2019 at 11am** in the Conference Hall. The staff and students of Senior College are hereby informed to attend the same.

Dr. Aafreen A. Ahmed  
Program Co-ordinator

Dr. Aftab Anwar Shaikh  
Principal

Date: 11-02-2019

To,

The Principal,

Y & M AKI's Poona College of Arts, Science & Commerce,  
Camp, Pune-411001.

**Subject:** Permission for guest lecture on 13<sup>th</sup> February, 2019.

Sir,

The NSS Unit of Y & M AKI's Poona College of Arts, Science & Commerce in association with Rotary Club, Shivajinagar, Pune (Red Dot Campaign) is organizing a guest lecture on 13<sup>th</sup> February (Wednesday), 2019 at 11am. I request you to grant permission to conduct this event.

Thanking you.

Ok  
Permitted  
A 11/02/2019

Yours sincerely,



Dr. Aafreen A. Ahmed

Program Co-ordinator

(NSS Unit)





Anjuman Khairul Islam's

# POONA COLLEGE OF ARTS, SCIENCE & COMMERCE, CAMP, PUNE

(Affiliated to Savitribai Phule Pune University: ID No PU/PN/ASC/023/1970)

K. B. Hidayatullah Road, Camp, Pune - 411001. MS, India Tel.: +91-20-2645 4240 / 2644 6319.  
Fax : +91-20-26453707 Email: principal@akipoonacollege.ac.in Website : www.akipoonacollege.ac.in

Date: 11-02-2019

To,

Dr. Shobha Rao

Pune.

**Subject: Invitation to deliver a lecture on Nutritional Diet.**

Respected Madam,

The NSS Unit of Y & M AKI's Poona College of Arts, Science & Commerce is organizing an awareness lecture on Red Dot Campaign on 13<sup>th</sup> February, 2019. We humbly request you to deliver a lecture on the topic: Nutritional Diet at 11.30am.

Thanking you.

*Shobha Rao*



Dr. Aftab Anwar Shaikh

Principal  
Principal  
Poona College of Arts, science & Commerce  
Camp, Pune-411 001  
Principal Office



Anjuman Khairul Islam's

# POONA COLLEGE OF ARTS, SCIENCE & COMMERCE, CAMP, PUNE

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Date: 13-02-2019

To,

Mrs. Anjali Gadgil

Member, Rotary Club,

Shivajinagar, Pune.

**Subject: Letter of Thanks.**

Respected Madam,

The NSS Unit of Y & M AKI's Poona College of Arts, Science & Commerce thanks you for an inspiring lecture on Awareness of Red Dot Campaign on 13<sup>th</sup> February, 2019. We look forward to your co-operation for further such programs.

Thanking you.

*Anjali gadgil*



Dr. Aftab Anwar Shaikh

Principal

**Principal**

Poona College of Arts, science & Commerce  
Camp, Pune-411 001  
Principal Office



Anjuman Khairul Islam's

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Fax : +91-20-26453707 Email: principal@akipoonacollege.ac.in Website : www.akipoonacollege.ac.in

Date: 13-02-2019

To,

Dr. Shobha Rao

Pune.

**Subject: Letter of Thanks**

Respected Madam,

The NSS Unit of Y & M AKI's Poona College of Arts, Science & Commerce is thankful to you for your informative talk on Nutritional Diet on 13<sup>th</sup> February, 2019. We look forward to your co-operation for further such programs.

Thanking you.

*Shobha Rao*



Dr. Aftab Anwar Shaikh

Principal

Principal

Poona College of Arts, science & Commerce  
Camp, Pune-411 001  
Principal Office



# AKI's Poona college of Arts, Science & commerce, Pune-01

## Attendance Sheet

Date of Activity: 13-02-2019		Time Slot: 11am to 1.00pm.	
Activity Name: Awareness on Red Dot Campaign.	Teacher/s Incharge: Dr. AAFREEN A. AHMED	Guest: Dr. Shobha Rao & Mrs. A. Jyadgil	
		Organizing Dept/Committee: NSS.	
Total Number of Students Attended:		Report Generated by: Dr. Aafreen.	

Sr.No	Name	Class	Roll No	Signature
1.	Shweta sunil Jhazrat	SYBCOM	2530	<u>Shweta</u>
2.	Punam Psemshankar patil	SyAcom	2531	<u>Punam</u>
3.	Manisha Khandu Tupare	S.Y.BSC	5278	<u>Mupare</u>
4.	Sushma Govind Palimkar	S.Y.BSC	5276	<u>Sushma</u>
5.	Nikita Dilip sontakke	S.Y.BSC	5319	<u>Nontakke</u>
6.	Jangle Laxmi Narsing	S.Y.BSC	5277	<u>L.N.Jangle.</u>
7.	Shaikh. Shagufta. A.	SYBSC	5403	<u>Shaikh</u>
8.	Biyanka Mahajan	SYBSC	5318	<u>Biyanka</u>
9.	Nikita Sontakke	SYBSC	5319	<u>Nikita</u>
10.	Muskan Shaikh	SYBSC	5270	<u>Muskan</u>
11.	Ayesha Khan	SYBSC	5312	<u>Ayesha</u>
12.	Bangi Ayesha Jmail	SYBSC	5365	<u>Bangi</u>
13.	Tarqash Humera Naem	SYBSC	5381	<u>Tarqash</u>
14.	Shaikh Saniya Akil	SYBSC	5382	<u>Shaikh</u>
15.	Tamboli Madiha Sadique	SYBSC	5265	<u>Tamboli</u>
16.	Momin Rumman Rafique	XII <sup>th</sup> Arts	2208	<u>Momin</u>
17.	Shaikh Asiya kalam	XII <sup>th</sup> Sci	3062	<u>Shaikh</u>
18.	Anithakumari. A. Sivasatar	S.Y.B.Sc	5284	<u>Anitha</u>
19.	Shaikh Karishma Hasan	S.Y.B.Sc.	5135	<u>Shaikh</u>
20.	Sahani Sandhya	SYBSC.	5139	<u>Sandhya</u>
21.	Ansari Raquiya	SYBSC	5330	<u>Raquiya</u>
22.	Shaikh Sana	SYBSC	5329	<u>Sana</u>
23.	Olivia Niang lun hoih	TY Bsc	5602	<u>Olivia</u>
24.	chabungbam Anjali Devi	TY Bsc.	5603	<u>Anjali</u>



# AKI's Poona college of Arts, Science & commerce, Pune-01

## Attendance Sheet

Date of Activity: 13-02-2019		Time Slot: 11am - 1:00pm.	
Activity Name: Awareness on Red Dot Campaign	Organizing Dept/Committee: NBS.	Teacher/s Incharge: Dr. AAFREEN A. AHMED	Guest: Dr. Shobha Rao & Mrs. Anjali Gadgil
		Total Number of Students Attended: _____	
		Report Generated by: Dr. Aafreen.	

Sr.No	Name	Class	Roll No	Signature
25.	Fatima Z. Sayed	F.Y.B.Sc.	4837	<i>Fatima</i>
26.	Chivikar Aasiya Aslam	---	4814	<i>Aasiya</i>
27.	Balukhar Noorsaba Rashid	TY.BSc	5609	<i>Balukhar</i>
28.	Rukhsan Sayyed	TYBSC	M-601	<i>Rukhsan</i>
29.	Khan Saba n Baskat	TY.BSC	M.5608	<i>Saba Khan</i>
30.	Komal Subte	F.Y.BSc	M-5041	<i>Komal</i>
31.	Nikita Chauhan	F.Y.BSc	M-503	<i>Nikita</i>
32.	Rukhsan Hanif Shaikh	F.Y.BSc	M-4841	<i>Rukhsan</i>
33.	Aayesha Jamil Zari	F.Y.BSc	M-4859	<i>Aayesha</i>
34.	Khan Nazranahqman	F.Y.BSc	M-4848	<i>Nazranah</i>
35.	Sheelaha Aleemgja Shaikh	F.Y.BSc	M-5029	<i>Sheelaha</i>
36.	Sakshi Mishra	F.Y.B.Sc.	M-5033	<i>Sakshi</i>
37.	Zumbre Vaishnavi	F.Y.BSc	M-4852	<i>Zumbre</i>
38.	DABI Bhavana Kantilal	SYBSc	M-5401	<i>Dabi</i>
39.	Dabi Swati Omprakash	SYBSc	M-5402	<i>Dabi</i>
40.	Shaikh Aasiya Baro	T.Y.B.Sc	5664	<i>Aasiya</i>
41.	Khan Sauleha Rashid	T.Y.B.Sc	5674	<i>Sauleha</i>
42.	Nadaf Simran Iqbal	S.Y.B.sc	5275	<i>S.I. Nadaf</i>
43.	Pathan Aashiya Nasir	SY.BSc	5313	<i>Aashiya</i>
44.	Anwasi Maha Sajid	S.Y.B.Sc	5359	<i>Anwasi</i>
45.	Contrador Nameera Yonus	SYBSc	5360	<i>Nameera</i>
46.	Kazi Afroz Shahzad	SYBSc	5316	<i>Kazi</i>
47.	Shaikh Anam Sajid.	S.Y.BSC	5273.	<i>Anam</i>
48.	Shaikh Muskaan Shakil	S.Y.BSC	5375	<i>Muskaan</i>



Anjuman Khairul Islam's

# POONA COLLEGE OF ARTS, SCIENCE & COMMERCE

- Affiliated to Savitribai Phule Pune University: ID No PU/PN/ASC/023/1970
- Junior College Index No: J-11.15.004
- Government of Maharashtra and Savitribai Phule Pune University Recognized Minority Institute
- UGC - 2(f) & 12 (B) Status • NAAC Re-accredited College • DST - FIST Funded College



K. B. Hidayatullah Road, Camp,  
Pune - 411001. (MS), India



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[www.poonacollege.edu.in](http://www.poonacollege.edu.in)  
[principal@poonacollege.edu.in](mailto:principal@poonacollege.edu.in)

**Professor (Dr.) Aftab Anwar Shaikh**

M.Com, Ph.D (Busi. Admin.)

PRINCIPAL



+91 98226 21579



[dranwarshaikh@gmail.com](mailto:dranwarshaikh@gmail.com)

## CRITERION- V

<b>KEY INDICATOR</b>	<b>5.1 Student Support</b>
<b>METRIC NO.</b>	<b>5.1.3</b>

- Capacity building and skills enhancement initiatives taken by the institution include the following
1. Soft skills,
  2. Language and communication skills,
  3. Life skills (Yoga, physical fitness, health and hygiene)
  4. ICT/computing skills

## 3. LIFE SKILLS (YOGA, PHYSICAL FITNESS, HEALTH AND HYGIENE)

INITIATIVES DURING THE ACADEMIC YEAR

# 2017-2018





Y & M Anjuman Khairul Islam's

# POONA COLLEGE OF ARTS, SCIENCE AND COMMERCE

(Affiliated to Savitribai Phule Pune University: ID No. PU/PN/ASC/023/1970)

## ACTIVITY REPORT

(2017 - 2018)

### I. Basic Details:

Name of The Activity: International Yoga day celebration			
Date	Faculty	Department/ Committee	Coordinator Name & Phone no.
21 <sup>st</sup> June 2017	Principal Poona College	Sports Dept NCC NSS	Dr Ayaz Shaikh 9405639739 LT.Cdr(Dr)Sajid Hundekar 9423567576
<b>Time</b> 8.00 a.m onwards	<b>Venue</b> College Ground	<b>Activity for class/ group &amp; student number</b>	<b>Nature: Academic/co- curricular / extracurricular/ Environmental/ social/ other</b>
		50 NCC Cadets	Extra=curricular

### II. Brief Information about the Activity (Criterion no - )::

<b>Topic/ Subject of the activity</b>	International Yoga day celebration
<b>Objective for conducting the activity</b>	To create awareness and inculcate the importance of Voga in daily life health and fitness
<b>Methodology</b>	Trainers are called to teach the various asanas
<b>Outcome</b>	50 NCC cadets along with NSS volunteers teaching and non-teaching staff took part in it and enjoyed the session

### III. Proofs attached: letters/ student list of participation/ certificate document/photos/ any other

1. Notice	2. Report	3. Photographs
4. Attendance	5.	6.



Y & M Anjuman Khairul Islam's

# POONA COLLEGE OF ARTS, SCIENCE AND COMMERCE

(Affiliated to Savitribai Phule Pune University: ID No. PU/PN/ASC/023/1970)

AKI's

Poona College of Arts, Science and Commerce, Camp, Pune-411001

International Yoga day 2017

**Report**

26<sup>th</sup> June 2017

On 21<sup>st</sup> June 2017 International Yoga day was celebrated on the Poona College ground in the morning 7.00a.m to 7.45a.m and along with college staff NCC cadets again done yoga at 8.30a.m to 9.15a.m in presence of expert of **Yoga Guru** called by Principal Dr.Aftab Anwar.

On this occasion 25 SD and 15 SW cadets were present on the ground and attendance was took in duplicate to submit the record to the unit.

To celebrate the Yoga Day our cadets are daily 30-50 minutes practice done in the morning near the ladies canteen.

**Lt.Cdr Sajid Hundekar**  
Associate NCC Officer  
3 MNU Division -III





Y & M Anjuman Khairul Islam's  
**POONA COLLEGE**  
**OF ARTS, SCIENCE AND COMMERCE**  
(Affiliated to Savitribai Phule Pune University: ID No. PU/PN/ASC/023/1970)

## International Yoga day Celebration 2017

Date: 21<sup>st</sup> June 2017 Time: 7.00a.m to 9.15a.m

Venue: College Ground

### Glimpses



Teaching and Non Teaching staff doing seating Asan  
Date: 21<sup>st</sup> June 2017 Time: 7.00a.m to 9.15a.m  
Venue: College Ground



Teaching and Non Teaching Ladies staff and NCC Girls cadets in a pose of Asan  
Date: 21<sup>st</sup> June 2017 Time: 7.00a.m to 9.15a.m  
Venue: College Ground



Y & M Anjuman Khairul Islam's  
**POONA COLLEGE**  
**OF ARTS, SCIENCE AND COMMERCE**  
(Affiliated to Savitribai Phule Pune University: ID No. PU/PN/ASC/023/1970)

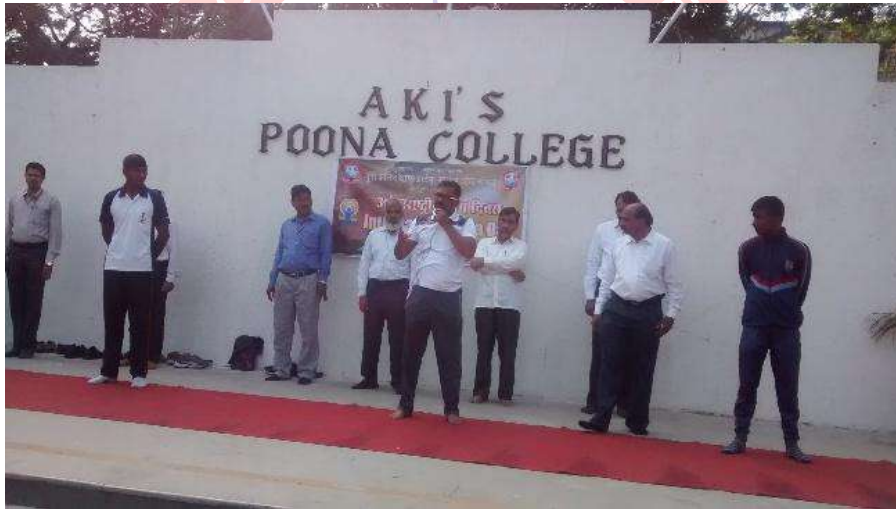
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## International Yoga day Celebration 2017

Date: 21<sup>st</sup> June 2017 Time: 7.00a.m to 9.15a.m

Venue: College Ground

Glimpses



Yoga Guru giving instruction to the assemble staff and cadets from the stage

Date: 21<sup>st</sup> June 2017 Time: 7.00a.m to 9.15a.m

Venue: College Ground



Y & M Anjuman Khairul Islam's

# POONA COLLEGE OF ARTS, SCIENCE AND COMMERCE

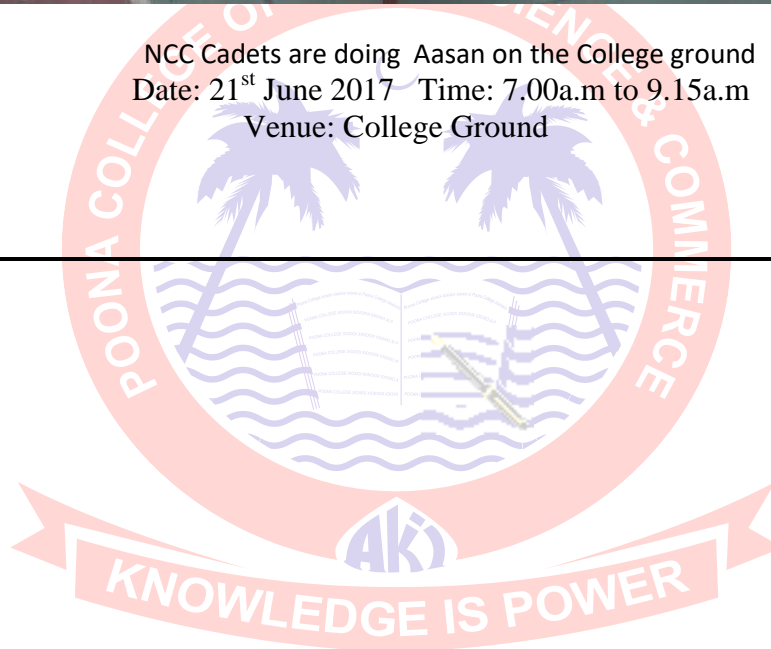
(Affiliated to Savitribai Phule Pune University: ID No. PU/PN/ASC/023/1970)



NCC Cadets are doing Asana on the College ground

Date: 21<sup>st</sup> June 2017 Time: 7.00a.m to 9.15a.m

Venue: College Ground





AKI's  
Poona College of Arts, Science and Commerce, Camp, Pune-411001

International Yoga Celebration Day 2017

## NOTICE

(Department of NCC)

12<sup>th</sup> June 2017

All NCC cadets and NCC Alumni are hereby informed you that as per the directives of the NCC Unit and College Principal we are going to celebrate the International Yoga Day on Wednesday 21<sup>st</sup> June 2017 on the college ground with all college staff members at 8.30 a.m.sharp.

I hereby inform you that we will start Yoga practice session from Saturday 17<sup>th</sup> June 2017 for 30 to 40 minutes day morning at 8.00 a.m sharp near the ladies canteen area. All cadets were instructed to wear the NCC track suite or sports kits for the practice.

Cadet Captain will take the attendance in all days.

**Important instruction:**

**All cadets have to do their breakfast at least 1hr. before the yoga session.**

A handwritten signature in blue ink, followed by the date '12/6/2017' written in blue ink.

**Lt.Cdr Sajid Hundekar**  
Associate NCC Officer  
3 MNU Division -III



**POONA COLLEGE OF ARTS, SCIENCE & COMMERCE, CAMP, PUNE**  
**DEPARTMENT OF NCC**

50

**ATTENDEANCE SHEET 2017-2018**

Name of the Event/ Activity..... International Yoga day on 21/6/2017

Sr.No	Regimental No.	Name of the Cadet	SIGN
1	MAH/SN/15/198663	UPADHYAY RAJIVKUMAR KAMALAKANT	<i>[Signature]</i>
2	MAH/SN/15/198665	YADAV AMIT RAMASHRAY	<i>[Signature]</i>
3	MAH/SN/15/198666	SHAIKH KARIM SHAHID	<i>[Signature]</i>
4	MAH/SN/15/198667	MARGALE YALLAPPA NARAYAN	<i>[Signature]</i>
5	MAH/SN/15/198670	SHAIK SHOIB SAMIULLA	<i>[Signature]</i>
6	MAH/SN/15/198673	ANSARI SHOIB WAHAJUDDIN	<i>[Signature]</i>
7	MAH/SN/15/198674	KANDULA SAI KUMAR VENKATESHWARLU	<i>[Signature]</i>
8	MAH/SN/15/198675	PRATEEK PANDEY	<i>[Signature]</i>
9	MAH/SN/15/198676	PRASHANT GAIKWAD	<i>[Signature]</i>
10	MAH/SN/15/198677	YADAV KULDEEP VASUDEV	<i>[Signature]</i>
11	MAH/SN/15/198687	NIKALJE SAGAR MADHUKAR	<i>[Signature]</i>
12	MAH/SG/15/198679	RAIFA KHATOON MOHAMMED AZHAR KHAN	<i>[Signature]</i>
13	MAH/SG/15/198680	SHAIKH SIMRAN IQBAL	<i>[Signature]</i>
14	MAH/SG/15/198682	HADASSAH EMMANUEL NAKKA	<i>[Signature]</i>
15	MAH/SG/15/198684	PAUL NIVEDITA NABAKUMAR	<i>[Signature]</i>
16	MAH/SG/15/198685	ANJALI VIJAY SINGH GAIKWAD	<i>[Signature]</i>
17	MH16SDN980111	UPADHYAY KRIPASHANKAR KAMALA KANT	<i>[Signature]</i>
18	MH16SDN980102	SHAIKH JAKIR AYUB	<i>[Signature]</i>
19	MH16SDN980103	SHAIKH SAHIL SALIM	<i>[Signature]</i>
20	MH16SDN980107	DAHALE SAMEER SHIVAJI	<i>[Signature]</i>
21	MH16SDN980109	PARSE INDRAJEET RAMCHANDRA	<i>[Signature]</i>
22	MH16SDN980112	AHMED AZHAR SARVAR	<i>[Signature]</i>
23	MH16SWN980131	YADAV PRANJAL SHOBNATH	<i>[Signature]</i>
24	MH16SWN980133	OHAL LEVIYA SUDHAKAR	<i>[Signature]</i>
25	MH16SWN980134	AGARWAL LAVINA SANJAY	<i>[Signature]</i>
26	MH16SWN980137	MORE PREETI SANJEEV	<i>[Signature]</i>
27	MH16SDN980116	GHUGE DHYANESHWAR ANANDA	<i>[Signature]</i>
28	MH16SDN980101	MULGAONKAR DAULAT BAJIRAO	<i>[Signature]</i>
29	MH16SDN980105	SOLANKE NAVNATH ANKUSH	<i>[Signature]</i>
30	MH16SDN980114	BHOSLE KUMAR SANTOSH	<i>[Signature]</i>
31	MH16SDN980115	DESHMANE NARAYAN DHYANOBA	<i>[Signature]</i>
32	MH17SDN980108	SHELAR TUSHAR JIBHAU	<i>[Signature]</i>
33	MH17SDN980106	GANESH SATISH KADAM	<i>[Signature]</i>
34	MH17SDN980110	ANKITSINGH RAJENDRASINGH BISHT	<i>[Signature]</i>
35	MH17SDN980111	SAGAR SANJAY MANORE	<i>[Signature]</i>
36	MH17SDN980113	PANKAJ NITIN GAIKWAD	<i>[Signature]</i>
37	MH17SDN980117	JAYPRAKASH MADANMOHAN DUBE	<i>[Signature]</i>
38	MH17SDN980143	SHUBHAM SURYAKANT DARAKHE	<i>[Signature]</i>
39	MH17SDN980120	DHANANJAY MUNJESH JHA	<i>[Signature]</i>
40	MH17SDN980122	SHAIKH MOHAMMED MUSAB ISHAQUE	<i>[Signature]</i>
41	MH17SD 9801144	GAIKWAD PANKAJ NITIN	<i>[Signature]</i>
42	MH17SDN980119	CHOUHARY DHANNU BABINDRA	<i>[Signature]</i>
43	MH17SWN980127	NAZARE SHREYA BALASAHEB	<i>[Signature]</i>
44	MH17SWN980128	JAGTAP SAKSHI GURUDATTA	<i>[Signature]</i>
45	MH17SWN980129	SAYYED MIZBA MAQSUD	<i>[Signature]</i>
46	MH17SWN980130	JAYASHRI KALYAN PATIL	<i>[Signature]</i>
47	MH17SWN98138	APARNA DATTATRY PARKHE	<i>[Signature]</i>
48	MH17SWN980139	SUPEKAR JANHAVI JAYAWANT	<i>[Signature]</i>
49	MH17SWN988140	SHAIKH ZAINAB SIRAJAHMED	<i>[Signature]</i>
50	MH17SWN980141	SHAIKH ZOEBIA ISMAIL	<i>[Signature]</i>
<b>TOTAL CADETS PRESENT ON THE GROUND</b>			<b>50</b>

*[Handwritten signature]*

Lt.Cdr. *[Signature]* Hudekari  
 Associate NCC Officer  
 Poona College Division-III

Date: 21 / 6 / 2017

Po. cdt - Shaikh

Zoeba





Y & M Anjuman Khairul Islam's

# POONA COLLEGE OF ARTS, SCIENCE AND COMMERCE

(Affiliated to Savitribai Phule Pune University: ID No. PU/PN/ASC/023/1970)

## DEPARTMENT OF ENGLISH & POSTGRADUATE CENTER ACTIVITY REPORT (2017 – 2018)

### I. Basic Details:

<b>Name of The Activity:</b> <i>Workshop on Stress Management: How to Remain Stress-free before &amp; during Exams</i>			
<b>Date</b>	<b>Faculty</b>	<b>Department/ Committee</b>	<b>Coordinator Name &amp; Phone no.</b>
26 <sup>th</sup> September 2017	Arts	English	Mr. Zameer S. Sayyed (9764544334)
<b>Time</b>	<b>Venue</b>	<b>Activity for class/group &amp; student number</b>	<b>Nature: Academic/co-curricular / extracurricular/ Environmental/ social/ other</b>
07:30am	Room No. 28	UG students (94)	Co-curricular

### II. Brief Information about the Activity (Criterion no – 5.1.3.)

<b>Topic/ Subject of the activity</b>	The Department of English organized one day workshop on <i>Stress Management: How to Remain Stress-Free before &amp; during Exams</i> on 26 <sup>th</sup> of September 2017 under the guidance of Ms. Zeenat Merchant. The workshop was conducted exclusively for FYBA students who were going to appear University examination for the first time.
<b>Objective for conducting the activity</b>	Mr. Zameer Sayyed convened the Workshop spelling out the objective behind organizing the workshop: "Stress is universal and so it's normal too. From tiny to Titanic, all undergo this emotional turmoil. So, the real problem is not <b>stress</b> but <b>distress</b> ".
<b>Methodology</b>	Lecture method followed by question-answer session
<b>Outcome</b>	It helped them build up confidence to face examination

### III. Proofs attached: letters/ student list of participation/ certificate/ document/photos/ any other

1. Notice	2. Descriptive Report	3. Captioned Photos with Date
4. Attendance Sheets	5. Certificate Specimen	6.



Y & M Anjuman Khairul Islam's  
POONA COLLEGE OF ARTS, SCIENCE AND COMMERCE  
CAMP, PUNE – 411 001

**DEPARTMENT OF ENGLISH**  
**NOTICE**

FOR SENIOR & POSTGRADUATE STUDENTS

WORKSHOP ON  
**STRESS-MANAGEMENT**  
**HOW TO REMAIN STRESS-FREE BEFORE & DURING**  
**EXAMINATIONS**

**Date: 23/09/2017**

The Department of English invites the UNDERGRADUATE & POSTGRADUATE STUDENTS to participate in a workshop on **Stress-Management: How to Remain Stress-Free Before & During Examinations.**

**Date:** 26<sup>th</sup> September 2017

**Venue:** Room Number 28

**Time:** 07:30am



Ms. Zeenat Merchant  
Head, Dept. of English  
CamScanner



Mr. Moinuddin Khan  
Vice Principal, Arts Faculty



Dr. Aftab Anwar Shaikh  
Principal



Y & M Anjuman Khairul Islam's

# POONA COLLEGE OF ARTS, SCIENCE AND COMMERCE

(Affiliated to Savitribai Phule Pune University: ID No. PU/PN/ASC/023/1970)

## DESCRIPTIVE REPORT OF WORKSHOP ON STRESS MANAGEMENT: HOW TO REMAIN STRESS- FREE BEFORE AND DURING EXAMS

The Department of English organized one day workshop on *Stress Management: How to Remain Stress-Free before & during Exams* on 26<sup>th</sup> of September 2017 under the guidance of Ms. Zeenat Merchant. The workshop was conducted exclusively for FYBA students who were going to appear University examination for the first time.

**Mr. Zameer Sayyed** convened the Workshop spelling out the objective behind organizing the workshop: “Stress is universal and so it’s normal too. From tiny to Titanic, all undergo this emotional turmoil. So the real problem is not **stress** but **distress**”.

**Mr. Asif Khan**, Assistant Professor, Department of English, Poona College, was the Resource Person who addressed the gathering consisting of 94 students. He emphasized the importance of planning to cope with mental stress. Elucidating with various examples from the file of cricket to Commerce, he highlighted that “what you consider stress is considered by great people as kick”.

It helped them build up confidence to face examination. Total 94 students participated in the programme.



**Mr. Zameer Sayyed, Coordinator of the activity, while spelling out the objective of the workshop (26/09/2017)**

**KNOWLEDGE IS POWER**





**Mr. Asif Khan, Resource Person of the workshop, interacting with the audience  
(26/09/2017)**



A Workshop on Stress Management:

HOW TO REMAIN STRESS-FREE BEFORE AND DURING THE EXAMINATION

26<sup>th</sup> September, 2017

Sr.No.	Name of the Participant	Contact no.	Email-Id	Signature
1	Khan Amis Fayyaz	8983993602	amisfkhan1998@gmail.com	
2)	Shaikh Masood	907 569743	masoodshaikh379@gmail.com	Masood
3)	Yangoni Ruival	8730945572		Yangoni
4)	Ningpu Kuiruipshi	8793158038		Ningpu
5)	Ahil Paul John	9623780855	ahil75john@gmail.com	Ahil PJ
6)	Khairatien	7628964185	khairatien@gmail.com	
7)	Shaikh Qausain	9158362482	qsdesigns24@gmail.com	Shaikh Qausain
8)	Saukat Ali	7479203482		Saukat Ali
9)	md. Saddam Hussain	8016252287	Mirvipp786@gmail.com	
10)	Khan Zamirullah	8879148647	Zamir299@gmail.com	Zamir
11)	Alex Renkar.	7774008182	alex.renkar@gmail.com	Alex
12)	Mushim Keeshi	88 8983316612		Mushim
13)	Ansumi Hashim	7709804818	Ansumi Hashim 125@gmail.com	Ansumi
14)	Shaikh Salman magbol	7028888894	Salmanshaikh1432837@gmail.com	Salman
15)	Junero. Mabok	9922648298		Junero
16)	Genevieve Solo	70 66653463		Genevieve
17)	Jeleni Nollia	7066649627	Jeleni nollia 07@gmail.com	Jeleni
18)	Shaikh Shermala	7057473234		Shaikh
19)	Chawadlyy Namra	9552000277		Namra



A Workshop on Stress Management:

HOW TO REMAIN STRESS-FREE BEFORE AND DURING THE EXAMINATION

26<sup>th</sup> September, 2017

Sr.No.	Name of the Participant	Contact no.	Email-Id	Signature
1	1) Azam Shaikh	7756966713	Azam Shkh 2209	<i>Azam Shkh</i>
2	2) Hasan Shaikh	7757861654	IHasan@gmail.com	<i>Hasan Shaikh</i>
3	3) Aish Bhandwalkar	8888016805	aishbhandwalkar1532@gmail.com	<i>Aish</i>
4	4) Mangmalal	8237799571	ashmalal37	<i>Mangmalal</i>
5	5) Shaikh Irfan	7248952571	-	<i>Shaikh Irfan</i>
6	6) Shaikh Sameer	9011713637	sameershaikh3012@gmail.com	<i>Sameer Shaikh</i>
7	7) Shaikh Haif	8855883598	-	<i>Haif</i>
8	8) Shaikh Aziz	8855883598	-	<i>Aziz</i>
9	<del>9) Uber Farva</del>	<del>8855883598</del>		
7	(9) Zubair RANA	8006529305	Zubairrana@gmail.com	<i>Zubair RANA</i>
10	10) Ashraf KHAN	9139551531	-	<i>Ashraf KHAN</i>
11	11) Hajjat Shaikh	8308678157	-	<i>Hajjat Shaikh</i>
12	12) Alisha	9588605442	alishax191@gmail.com	<i>Alisha</i>
13	13) ARFAAT Sayyed	7507720375	SAYYED ARFAATQSS	<i>Arfaat</i>
14	14) Asif Patel	9096429862	-	<i>Asif Patel</i>
15	15) Uzma Baig	9689374865	Uzmabaig@gmail.com	<i>Uzma Baig</i>
16	16) Alizee Nafisa	7744088807	-	<i>A. Nafisa</i>
17	17) Shaikh Saniya	7385417592 <del>8888</del>	-	<i>Saniya</i>
18	18) Bagwan Muskan	7385417592	-	<i>Muskan</i>



AKI's  
Poona College of Arts, Science and Commerce  
Camp, Pune  
Department of English

A Workshop on Stress Management:

HOW TO REMAIN STRESS-FREE BEFORE AND DURING THE EXAMINATION

26<sup>th</sup> September, 2017

Sr.No.	Name of the Participant	Contact no.	Email-Id	Signature
1]	Shaikh Moeez Saha	7083592208	-	
2]	Salman Attar	8237570405	Salman29attar@gmail.com	
3]	Ashish Sharma	9172557559	ashishdastur@gmail.com	
4]	David Barnett	9890439196	davidbarnett098@gmail.com	
5]	Khan Babir	9923232629	princekhan8825@gmail.com	
6]	Khan Sahil	9665453339	sahilx9964@gmail.com	
7]	Gyaneshwari Desai	8275143876	gyaneshwari08@gmail.com	
8]	Shriyankhushli	7040934459	Thonpansai@gmail.com	
9]	Gajiliw Rahmei	9552785962	Gajiliw@gmail.com	
10]	Bogdi Faiza Nadeem	8411961220	faizabogdi766@gmail.com	
11]	Qureshi Saniya	8623893047	qsaniya123@gmail.com	
12]	Shaikh Farheen	9139857937	-	
13]	Ansari - Alwira	9604489199	-	
14]	Sange. Rabiya	7276561709	-	
15]	Nikhil Shaikh Jafar	9604313813	-	
16]	Namira Shaikh	9673118653	-	
17]	Nuzhat Khatri	8552895509	nuzhat788@yahoo.com	
18]	Patel Ayesha Asif	9765060557	-	
19]	Saumya Soni	7665339316	SONI.SAUMYAB@GMAIL.COM	

A Workshop on Stress Management:

HOW TO REMAIN STRESS-FREE BEFORE AND DURING THE EXAMINATION

20<sup>th</sup> September, 2017

Sr.No.	Name of the Participant	Contact no.	Email-Id	Signature
58)	1) Shaikh Tarannum	8423335760		T. Shaikh
59)	2) Hauore Bibi Fatema	9067798493		Fatema
60)	3) Shaikh Sana. M	8983424930	ShaikhSana1581000@	Sana
61)	4) Shaikh Asifa Kulkar	7798330571		Asifa
62)	5) Baig Anam Anis	8087160962		Anam
63)	6) Khan Amrin D.	7249132797	Khanamrin567@gn	Amrin
64)	7) Pathan Masuyam.	9767915071		Masuyam
65)	8) Shaikh Muniza	8149108763	MunizamSK101@gn	Muniza
66)	9) Shaikh Saniya	8180845117	SaniyaShaikh5496909mail	Saniya
67)	10) Sayyed muskam	8805696603		Muskam
68)	11) Khan Anam	8625970322		Anam
69)	12) Shaikh Sadaf	8421221840		Sadaf
70)	13) Shaikh Rabiya	9049257704		Rabiya
71)	14) Rewale Anshita	7038029707		Anshita
72)	15) Jadhav Akshada	8211946557		Akshada
73)	16) Khan Lubna. R	8446331797		Lubna
74)	17) GOPIKA MADHU	9860758329	gopikamadhu2799@gmail.com	Gopika
75)	18) Manshi Sonakhaibam	7085299382	manshi.sonakhaibam5254@gmail.com	Manshi
76)	19) Shaikh Ameen Budhan	8764314484	ameer151250697@gmail.com	Ameen
77)	20) Bahar Begniyazova	9607205101	gimnastka2009@inbox.ru	Bahar
78)	21) Shaikh Shirin Dahi	8793372377	shirinshaikh736@gmail.com	Shirin
79)	22) Shaikh Hajra	8180876922	hajra.shaikh04@gmail.com	Hajra
80)	23) Shaikh Zeenat	9860803660		Zeenat



AKI's  
Poona College of Arts, Science and Commerce  
Camp, Pune  
Department of English

A Workshop on Stress Management:

**HOW TO REMAIN STRESS-FREE BEFORE AND DURING THE EXAMINATION**

26<sup>th</sup> September, 2017

Sr.No.	Name of the Participant	Contact no.	Email-Id	Signature
81)	Ummehani	976202326	hanik4566@gmail	
82)	Memon. Heena. Salim	7385547779	memonheena800@gmail	
83)	Raheen Khan	9860557596	rafiyariz@gmail.com	
84)	Shaikh Meraj	9823071166	MerajMshaikh@gmail.com	
85)	Shaikh Masira	9822322615		
86)	Shaikh Naziya L.	9823902085	@gmail.com. naziyashaikh2085	
87)	Momin S Arinyat	8149447699		
88)	Jhanreangsu	8974770612		
89)	Shanli Kamei	9766240677		
90)	Shaikh Soleha	9028707315		
91)	tamboli Heena	9860199860		
92)	Mangalgiri Safiya	9175444716		
93)	Shaikh Dalim	7448144534		
94)	Ibrahim Merchant	8788559509	ibme89@gmail.com	



# Certificate of participation

**Ahil Paul John**

SYBA Student

For active participation in the  
workshop on *Stress Management:  
How to Remain Stress-free Before  
and After Exams.*

**Department  
of English**

September 26, 2017



Activity  
Coordinator

Head, Department  
of English

Principal

**Specimen Certificate of Participation (26/09/2017)**



Y & M Anjuman Khairul Islam's

# POONA COLLEGE OF ARTS, SCIENCE AND COMMERCE

(Affiliated to Savitribai Phule Pune University: ID No. PU/PN/ASC/023/1970)

## NATIONAL SERVICE SCHEME

### ACTIVITY REPORT

(2017 – 2018)

#### I. Basic Details:

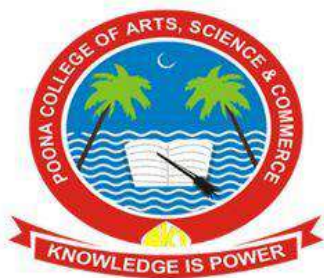
<b>Name of The Activity:</b> <i>Guidance Talk on Health &amp; Hygiene</i>			
<b>Date</b>	<b>Faculty</b>	<b>Department/ Committee</b>	<b>Coordinator Name &amp; Phone no.</b>
06 Dec. 2017	College	NSS	Dr. Shoeb Ahmad 9919509673
<b>Time</b>	<b>Venue</b>	<b>Activity for class/ group &amp; student number</b>	<b>Nature: Academic/ co-curricular / extracurricular/ Environmental/ social/ other</b>
10:30am	Classroom	NSS volunteers (30)	Environmental

#### II. Brief Information about the Activity (Criterion no - )::

<b>Topic/ Subject of the activity</b>	<i>Guidance Talk on Health &amp; Hygiene</i>
<b>Objective for conducting the activity</b>	He educated the attendants on how we can maintain normal and sound state of our body by bringing about a smaller behavioural change in our lifestyle.
<b>Methodology</b>	Dr. Shoeb Ahmad explained that by adapting good habits one can prevent diseases and live a healthy life. Cleanliness, proper sewage disposal, and supply of pure drinking water are some of the basic requirements which if are met properly can help one maintain sound health.
<b>Outcome</b>	This talk reminded the audience of the maxim 'Health is Wealth'.

#### III. Proofs attached: letters/ student list of participation/ certificate/ document/photos/ any other

1. Descriptive report	2. Captioned Photos with Date	3. Notice
4. Attendance Sheets	5.	6.



Anjuman Khairul Islam's  
POONA COLLEGE OF ARTS, SCIENCE & COMMERCE  
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Website: [www.akipoonacollege.ac.in](http://www.akipoonacollege.ac.in)  
Email: [principal@akipoonacollege.ac.in](mailto:principal@akipoonacollege.ac.in)



**NATIONAL SERVICE SCHEME**  
**(Academic Year 2017 – 2018)**

**DESCRIPTIVE REPORT ON**  
**GUIDANCE TALK ON *HEALTH AND HYGIENE***

The NSS Unit of Poona College of Arts, Science and Commerce organized a lecture on *Health and Hygiene* on 6th December, 2017 in Zoology Lab. Thirty students attended the program. **Dr. Shoeb Ahmad**, Assistant Professor, Department of Zoology delivered an enlightening lecture and told students that how can we maintain normal and sound state of our body. Further, Dr. Ahmad explained that by adapting good practices that prevent diseases and leads to good health, especially through cleanliness, proper sewage disposal, and supply of pure drinking water we can maintain sound health. Dr. Ahmad summarized his lecture by these words – We must learn proper hygiene practices to preserve our health. A regulated life is very helpful to a sound health. Above all, the mind too, must be kept clean and pure

During questioning session, in reply to students' question Dr. Ahmad explained values and benefits of good health – Life is a great struggle, and health is the best weapon to be successful in the battle of life. A healthy man can enjoy life in every way. An unhealthy man lives a most miserable life. He may have intelligence, merit and wealth, but he cannot put them to use and get their benefits – 'Health is Wealth'

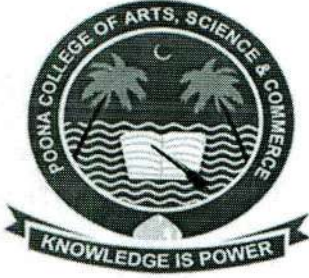




***Dr. Shoeb Ahmad, NSS Committee Member and a faculty from the Department of Zoology, delivering his talk (06/12/2017)***



***Dr. Shoeb while summarizing his talk with a say: “A healthy man can enjoy life in every way.” (06/12/2017)***



Anjuman Khairul Islam's  
POONA COLLEGE OF ARTS, SCIENCE & COMMERCE  
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**NATIONAL SERVICE SCHEME**  
**(Academic Year 2017 - 2018)**

04/12/2017

**NOTICE**

The National Service Scheme Cell of Poona College has organized a Guidance Talk on **Health and Hygiene**.

All the NSS volunteers are instructed to attend it in order to best practices that will ensure health.

**Speaker:** Dr. Shoeb Ahmad, *Assistant Professor in Zoology*

**Date:** 06<sup>th</sup> December 2017

**Reporting Time:** 10:30am

**Venue:** Zoology Lab

**Mr. Zameer Sayyed**  
NSS Programme Officer

**Dr. Aftab Anwar Shaikh**  
Principal





National Service Scheme : 2017-18

Guidance Talk on Health & Hygiene

Lecture on 'Health and Hygiene'

Attendance Sheet

Date: 06/12/2017

Sr. No.	Name of Students	Class	Roll No.	Signature
1.	RUKHSHAR FATIMA	T.Y.B.Sc	5251	Rukhshar
2.	ZAID JAMEEL SHAIKH	T.Y.B.Sc	5252	Zaid Jameel
3.	MAHIN SAMAR KHAN	T.Y.B.Sc	5253	Mahin Samark
4.	MISBAAH MAJID SHAH	T.Y.B.Sc	5254	Shah.M.
5.	ZEENAT ABDULRASHID SAYYED	T.Y.B.Sc	5255	Zeenat
6.	FOUZIYA NASRUDDIN SHAIKH	T.Y.B.Sc	5256	Shahid Farooque
7.	RUHINAAZ FAROOQUE KHAN	T.Y.B.Sc	5257	Ruhinaaz
8.	ROSHAN M.A. KOLHAPURWALA	T.Y.B.Sc	5258	Roshan
9.	ARSHIFATEMA EJAZ SAYYED	T.Y.B.Sc	5259	Arshifatema
10.	CHOUGLE SAI FA <i>Ab</i>	T.Y.B.Sc	5260	Absent
11.	NIDA ABDUL GANI SHAIKH	T.Y.B.Sc	5261	Absent
12.	FIZA AAMIR SHAIKH <i>Ab.</i>	T.Y.B.Sc	5262	Absent
13.	SARWAT TAFSEER SUNJOFY	T.Y.B.Sc	5263	Sarwat
14.	MARIYAM NAEEM KHAN	T.Y.B.Sc	5264	K. Mariyam
15.	UZMA UMAR SHAIKH <i>Ab</i>	T.Y.B.Sc	5265	Absent
16.	TARANNUM RAFIQUE SHAIKH	T.Y.B.Sc	5266	T.R. Shaikh
17.	ROSHINA H. SAYYED	T.Y.B.Sc	5267	Roshina
18.	WAFRAH JAWED KAZI <i>Ab</i>	T.Y.B.Sc	5268	Absent
19.	KHAN TANZILA ARIF	T.Y.B.Sc	5269	Tanzilakhan
20.	AYESHA SHAHID SHAIKH	T.Y.B.Sc	5270	A. Shahid Shaikh
21.	JUVERIYA NASIR SAYYED	T.Y.B.Sc	5271	Juveriya
22.	GAUSIYA SAMEER ALURE	T.Y.B.Sc	5272	Gausiya
23.	SHADAB HUSSAIN R. A. MEDEDAR	T.Y.B.Sc	5273	Shadab
24.	RAZIYA SIKANDAR SHAIKH	T.Y.B.Sc	5274	Raziya
25.	FARAH MD AYYUB SHAIKH <i>Ab</i>	T.Y.B.Sc	5275	Absent
26.	AFSHA ABDUL REHMAN SHAIKH	T.Y.B.Sc	5276	Afsa
27.	HAFSA MDRAFIQUE MULLA	T.Y.B.Sc	5277	Ayesha
28.	AYESHA AMIR KHAN	T.Y.B.Sc	5278	Ayesha
29.	BISMILLAH BANO AB LATIF KHAN	T.Y.B.Sc	5279	Bismillah Khan
30.	NEHA JAMALUDDIN HUSSAIN <i>Ab</i>	T.Y.B.Sc	5280	Absent
31.	UZMA ASIF TAMBOLI <i>Ab</i>	T.Y.B.Sc	5281	Absent
32.	SHAIKH IRAMNAAZ A.W	T.Y.B.Sc	5282	Sham
33.	NIDA YUNUS SHAIKH	T.Y.B.Sc	5283	Nida Shaikh
34.	NABIYA RAMZAN ALURE	T.Y.B.Sc	5284	Nabiya Alure
35.	UMME AIMAN NASIR SHAIKH	T.Y.B.Sc	5285	Aiman
36.	SHAIKH MUNAZZA	T.Y.B.Sc	5286	Munazza
37.	SHAIKH ALISHA YUSUF	T.Y.B.Sc	5287	Alisha

Dr. Shoeb Ahmad  
 Activity Incharge

Present - 30

Absent - 07





Y & M Anjuman Khairul Islam's

# POONA COLLEGE OF ARTS, SCIENCE AND COMMERCE

(Affiliated to Savitribai Phule Pune University: ID No. PU/PN/ASC/023/1970)

## ACTIVITY REPORT

(2016 – 2017)

### I. Basic Details:

<b>Name of The Activity:</b> <i>Health and Hygiene Programme</i>			
<b>Date</b>	<b>Faculty</b>	<b>Department/ Committee</b>	<b>Coordinator Name &amp; Phone no.</b>
09/01/2018	---	Vidyarthini Manch	Dr. Swaleha Pathan (9881464706)
<b>Time</b>	<b>Venue</b>	<b>Activity for class/group &amp; student number</b>	<b>Nature: Academic/co-curricular / extracurricular/ Environmental/ social/ other</b>
09:00am	Hall No. 28	Student-participants (126)	Co-curricular

### II. Brief Information about the Activity (Criterion no – V)

<b>Topic/ Subject of the activity</b>	<i>Health and Hygiene Programme</i>
<b>Objective for conducting the activity</b>	To make girl-students aware of health hygiene, information about breast and cervical cancer, anemia, menstruation cycle and its related problem
<b>Methodology</b>	Lecture, Presentation, and interactive session followed by question-answer session
<b>Outcome</b>	Students learned how to look after personal health and solve problems related to it

### III. Proofs attached: letters/ student list of participation/ certificate/ document/photos/ any other

<b>1. Descriptive Report</b>	<b>2. Captioned Photos with Date</b>	<b>3. Notice</b>
<b>4. Attendance Sheets</b>		



Y & M Anjuman Khairul Islam's

# POONA COLLEGE OF ARTS, SCIENCE AND COMMERCE

(Affiliated to Savitribai Phule Pune University: ID No. PU/PN/ASC/023/1970)

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## Report on HEALTH AND HYGINE PROGRAMME

Vidyarthini Manch of Poona College organized this programme for girl-students in collaboration with Proctor and Gamble Hygiene and Health Care Ltd., Andheri (E), Mumbai.

The admin **Mr. Ijaz** along with three representatives from Proctor and Gamble visited the college and distributed sample of *whisper* sanitary napkins and Pantine hair-oil sachet free of cost to all the 126 attendees.

**Mrs. Kranti Jangam** and **Mr. Sandip Patil**, representative of Proctor and Gamble, addressed to the gathering and spoke with no hesitation on common diseases related to unhygienic habits and some important tips on how to maintain health and cleanliness.





**Resource Persons interacting with the students 'freely' (09/01/2018)**

Yateemkhana & Madrasa, Anjuman Khairul Islam's.



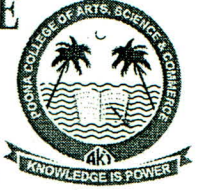
## POONA COLLEGE OF ARTS, SCIENCE AND COMMERCE

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Email : principal@akipoonacollege.ac.in Website:www.akipoonacollege.ac.in



## NOTICE

Date: 05-01-2018

A program has been organized by Vidhyarthini Manch of our college on Tuesday **09-01-2018** at **9am** in **Hall No: 28** on the topic: **Health and Hygiene.**

Procter and Gamble – Health and Hygiene Care Ltd.

Representatives will address the girl students.

  
Dr. Aftab Anwar Shaikh

Principal



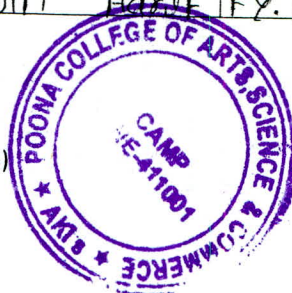


# AKI's Poona college of Arts, Science & commerce, Pune-01

## Attendance Sheet

Date of Activity: 09/01/2018		Time Slot: 9 am onwards	
Activity Name: Health & Hygiene by Proctor & Gamble	Teacher/s Incharge: MRS Maher Sheikh		
Organizing Dept/Committee: Vidhyarthini manch	Guest: MRS. <del>Swaleha</del> Jangirwar & MRS. <del>Swaleha</del> Parhan		
Total Number of Students Attended:	Report Generated by: Dr. Swaleha parhan		

Sr.No.	Name	Class	Roll No	Signature
1	Balukhar Noosaba.	5Y.BSc	5023	Balukhar
2	Khan Faizabeen.	5Y.B.Sc	5035	Faizabeen
3	Shaikh Ayesha	5Y BSc	5022	Shaikh
4	Baqi Sadaf Sajdar	5Y BSc	5017	Sadaf
5	Shaikh Asiya Bano	5Y.B.Sc	5032	Asiya
6	Shaikh Keerat Ahmed.	F.Y.B.A	081	Keerat
7	Shaikh Hajra Gulam	F.Y.B.A	041	Hajra
8	Shaikh Aliya Naemuddin	5Y.BSc	4945	Aliya
9	Ankita Rewale	F.Y.B.A	069	Ankita
10	Akshata Jadhav	F.Y.B.A	276	Akshata
11	Shirin Shaikh	F.Y.B.A	192	Shirin
12	Shaikh Meraj	F.Y.B.A	193	M. Shaikh
13	Jeleni Nollig	F.Y.B.A	081	Jeleni
14	Preetly Bh. Siamili	F.Y.B.A	285	Preetly
15	Lysah Khithce	F.Y.B.A	275	Lysah
16	Rakshana Ashika	F.Y.B.A	030	Rakshana
17	Genevieve Sore	F.Y.B.A	020	Genevieve
18	Shaikh Afreen Budhan	F.Y(B.A)	071	Afreen
19	chawachry Namra	F.Y.B.A	89	Namra
20	Shaikh Shumaila Sajid	F.Y.B.A	36	Shaikh
21	Shaikh Muskan	F.Y.B.A	200	Muskan
22	Sk. Saba Md. Shabbir.	F.Y.B.Sc.	L-4582	Saba
23	Maniyar Misbah Shakur	F.Y.B.Sc	L-4586	Maniyar
24	Shaikh Jabin Adil	F.Y.B.A	L219	Jabin A.S





# AKI's Poona college of Arts, Science & commerce, Pune-01

## Attendance Sheet

Date of Activity: Health & Hygiene 09/10/18 Time Slot: 9.00am

Activity Name: Health & Hygiene by Proctor & Gamble Teacher/s Incharge: Mrs. Swaleha Maheshkar

Organizing Dept/Committee: Vidhyarthini Manch Guest: Mrs. Kiranli Jangamale & Mrs. Santhia Patil

Total Number of Students Attended: Report Generated by: Dr. Swaleha Patil

Sr.No	Name	Class	Roll No	Signature
24	Sheikh Noorudshan .N.H	S.Y.BA	349	<u>Sheikh</u>
25	Ansari Teeyababau .k.	S.Y.BA	360	<u>Teeyababau</u>
26	Sayyed Shireen .M.	S.Y.BA	808	<u>Sayyed</u>
27	Rukana Ilyas Shaikh	S.Y.B.A	462	<u>Rukana</u>
28	Akshanda Rajput	S.Y.B.A	464	<u>Akshanda</u>
29	Shaikh Anam Sajid	F.Y.BSC	4597	<u>Anam</u>
30	Alisha Inamdar	F.Y.BSC	4590	<u>Alisha</u>
31	Shaikh Shifa Aslam	F.Y.BSC	4593	<u>Shifa</u>
32	Sayyed Sandbae Salim	F.Y.BSC	4594	<u>Sandbae</u>
33	Shivari Ramji Tiwari	F.Y.B.Sc	4661	<u>Shivari</u>
34	Shaikh Jamin Abbas	F.Y.B.Sc	L-4483	<u>Jamin</u>
35	Swaleha Khan	F.Y.Bsc	L-4476	<u>Swaleha</u>
36	Tamboli Isam Aslam	F.Y.B.sc	L-4603	<u>Tamboli</u>
37	Inamdar Aiya Faizahmat	F.Y.BSC	L-4484	<u>Aiya</u>
38	Shaikh Uzma Azimuddin	F.Y.B.Sc	L-4592	<u>Uzma</u>
39	Jamadar. Jramnaax .A	F.Y.B.Sc	L-4591	<u>Jamadar</u>
40	Veshmukh Humra	F.Y.BSC	L-4608	<u>Humra</u>
41	Nuzhat Khatri	F.Y.BA	L-059	<u>Nuzhat</u>
42	Raniya Shaikh	F.Y.Bsc	4584	<u>Raniya</u>
43	Kalyani Krishna Mushra	F.Y.Bsc	4600	<u>Kalyani</u>
44	Bangi Ayesha Ismail	F.Y.Bsc	4598	<u>Bangi</u>
45	Shaikh Farhat	F.Y.Bsc	4587	<u>Farhat</u>
46	Mure Muskan K	F.Y.BSC	4478	<u>Muskan</u>
47	Attar Jannin S.	F.Y.BSC	4480	<u>Attar</u>





# AKI's Poona college of Arts, Science & commerce, Pune-01

## Attendance Sheet

Date of Activity: 09/01/2018		Time Slot: 9.00 am onwards.	
Activity Name:	Health & Hygiene by Practor & Gamble	Teacher/s Incharge:	MRS. Maher Shaikh
Organizing Dept/Committee: Vidhyarthini Manch.		Guest: Mrs. Kranti Jangamwad & Mr. Sahaji Patil	
Total Number of Students Attended:		Report Generated by: Dr. Swaleha Pathan.	

Sr.No	Name	Class	Roll No	Signature
48	Muskan Anjum Baig	F.Y.BA	247	Muskan
49	Bogeli Faiza Nasimoddin	F.Y.BA	212	Faiza
50	Khaw Lubna Reheman	F.Y.BA	80	Lubna
51	Tamboli Heena Hasen	F.Y.BA	002	Heena
52	Arniyat. S. Momin	F.Y.BA	291	Arniyat
53	Naziya. Z. Shaikh	F.Y.BA	130	Naziya
54	Shaikh Soleha Majid	F.Y.BA	083	Soleha
55	mangalgiri Safiya	F.Y.BA	027	Safiya
56	Shaikh Zahira. N	F.Y.BA	005	Zahira
57	Shaikh Sana M.	F.Y.BA	236	Sana
58	Bogdi Huzefa Nasimoddin	SYBA	559	Huzefa
59	Shaikh Uzma Umar	TY.BSc	5265	Uzma
60	Tarkash Humera Naeem	FYBSc	4601	Tarkash
61	Shaikh Saniya Akil	FYBSc	4602	Saniya
62	Shaikh Bushra Irtan	SYBA	560	Bushra
63	Sayyed Mashuda Arif	SYBA	578	Mashuda
64	Shake Zolba Ismail.	11th Com	7877	Zolba
65	Sakshi Jagtap.	11th Arts	7.	Sakshi
66	Shaikh Nazmin	11th sci	7232	Nazmin
67	Shaikh Faiza	11th sci	7231	Faiza
68	Ansari. Alwira	F.Y.BA	028	Alwira
69	Sange. Rabiya.	F.Y.BA	008	Sange
70	Shaikh Asma	F.Y.BSc	4817	Asma
71	Momin Kulkarni	F.Y.BSc	4632	Kulkarni





# AKI's Poona college of Arts, Science & commerce, Pune-01

## Attendance Sheet

Date of Activity: 09/01/2018		Time Slot: 9:00 am onwards	
Activity Name:	Health & Hygiene by Proctor & Gamble	Teacher/s Incharge:	Mrs. Maher Shaikh
Organizing Dept/Committee: Vidhyarthini Manch.		Guest: MR. Sandip Patil & Kranti Jangamwad.	
Total Number of Students Attended:		Report Generated by: Dr. Swaleha Pathan.	

Sr.No	Name	Class	Roll No	Signature
72	Shaikh Salma M.	F.Y.BSc	4479	<u>Salma</u>
73	Qureshi Saniya	F.Y.B.A	125	<u>Saniya</u>
74	Jicke Sandu	F.Y.B.A	220	<u>S.S. Jicke</u>
75	Waghile Mahima	F.Y.B.A	182	<u>Waghile</u>
76	Saijan Tehzeeba	XII <sup>th</sup>	8507	<u>Saijan</u>
77	Choudhary Arjunad	XII <sup>th</sup>	8552	<u>Choudhary</u>
78	Shaikh Sumaiya S.	XII <sup>th</sup>	8551	<u>Sumaiya</u>
79	Sayed Yasra	XII <sup>th</sup>	8506	<u>Yasra</u>
80	Shaikh Asiya	XI <sup>th</sup>	7262	<u>Asiya</u>
81	Shaikh Firdous	XI <sup>th</sup>	7233	<u>Firdous</u>
82	Momin Rumman	XI <sup>th</sup>	6603	<u>Rumman</u>
83	Khan Taslima	SYBSC	4707	<u>Taslima</u>
84	Sayed Sayara	SYBSC	4703	<u>Sayara</u>
85	Ansari Daskhsha	SYBSC	4913	<u>Daskhsha</u>
86	Shaikh Zubeda Musq	SYBSC	4704	<u>Shaikh</u>
87	Landge Aasma sadique	SYBSC	4705	<u>Aasma</u>
88	Shaikh. Rugaiya. Zameer.	SYBSC.	4932	<u>Rugaiya</u>
89	Khan Seema Sifillah	SYBSC.	4933	<u>Seema</u>
90	Shaikh Elmmerooman	S.Y.Bsc	4935	<u>Shaikh</u>
91	Momin Khansa Zubair	S.Y.Bsc	4934	<u>Momin</u>
92	Shaikh Ayesha maroof	SYBsc	4925	<u>Ayesha</u>
93	Dhotekar Juweriya G.	Sy.Bsc	4906	<u>Juweriya</u>
94	Shaziya Husain Shaikh	F.Y. BA	101	<u>Shaziya</u>
95	Dhotekar Uzma Arip.	S.Y.B.sc.	4907	<u>Uzma</u>

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 Signature of Faculty Incharge



# AKI's Poona college of Arts, Science & commerce, Pune-01

## Attendance Sheet

Date of Activity: 09/01/2018		Time Slot: 9:00 am onwards	
Activity Name: Health & Hygiene by proctor & Gamble.	Teacher/s Incharge: MRS. Maher Shaikh		
Organizing Dept/Committee: Vidhyarthini Manch		Guest: MR. Sandip Patil & Kranti Jangamwad.	
Total Number of Students Attended:		Report Generated by: Dr. Swaleha Pathan	

Sr.No	Name	Class	Roll No	Signature
96	Mariam Iqbal Rumane	S.Y.Bsc(B)	4915	<u>Mariam</u>
97	Karigae Tabseen Ishaque	S.Y.B.Sc(B)	4908	<u>Tabseen</u>
98	Shaikh Taslim.	S.Y.B.Sc.(B)	4926	<u>Taslim</u>
99	BELDAR SAMEENA.	S.Y.B.Sc.(A)	4812	<u>Sameena</u>
100	Maniyar Bushra.	S.Y.B.Sc(B)	4927	<u>Bushra</u>
101	Hamdula Sanobar	S.Y.B.Sc(B)	4942	<u>Sanobar</u>
102	Khan Nikhat	S.Y.B.Sc(B)	4901	<u>Nikhat</u>
103	Ansari Fouziya	S.Y.B.Sc	4928	<u>Fouziya</u>
104	Khan Inshirah	S.Y.B.Sc	4916	<u>Inshirah</u>
105	Shaikh Rumaisa A	S.Y.B.Sc	4917	<u>Rumaisa</u>
106	Sayyed Jaweriyah Nasir	S.Y.B.Sc	5271	<u>Jaweriyah</u>
107	Khan Shaiista Salim	S.Y.B.Sc	4811	<u>Shaiista</u>
108	Baig Shirin Jafar	S.Y.B.Sc	4946	<u>Baig</u>
109	Hallyjewa Ewejan	F.Y.B.A	145	<u>Ewejan</u>
110	Cdt Nikita Badan Maji	S.Y.B.Com	2511	<u>Nikita</u>
111	Cdt Preeti More	12 <sup>th</sup> Art	8254	<u>Preeti</u>
112	Sheikh Sana Habib	12 <sup>th</sup> com	9501	<u>Sana</u>
113	Sayyed Saima Shaharwan	12 <sup>th</sup> com	9485	<u>Saima</u>
114	Sayyed Rabiya Tabrez	12 <sup>th</sup> com	9832	<u>Rabiya</u>
115	Janhavi Karkundrikar	12 <sup>th</sup> com	9830	<u>Karkundrikar</u>
116	Kazi Zainab Nazimuddin	12 <sup>th</sup> com	9522	<u>Zainab</u>
117	shaikh Arhina shakil	com	9570	<u>Arhina</u>
118	khan Rukhsar Rafique	Arts	8297	<u>Rukhsar</u>
119				

Pg. No \_\_\_\_\_ of \_\_\_\_\_ (Total Pages)



Signature of Faculty Incharge  
*Dr. Swaleha Pathan*

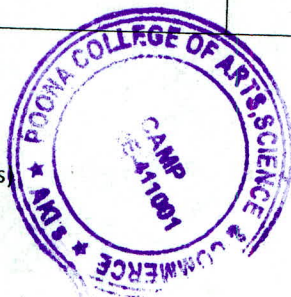


# AKI's Poona college of Arts, Science & commerce, Pune-01

## Attendance Sheet

Date of Activity: 09-01-18		Time Slot: 9.00am onwards.	
Activity Name:	Program on Health and Hygiene by Procter and Gamble.	Teacher/s	MRS. Maher Shaikh
		Incharge:	
Organizing Dept/Committee: Vidhyarthini Manch		Guest: Mrs Kranti Janyamwad. & Sandip Patil.	
Total Number of Students Attended:		Report Generated by: Dr. Swaleha Pathan	

Sr.No	Name	Class	Roll No	Signature
1	Shaikh Neha Shahid	TY Bsc(Bot)	5201	<i>Neha</i>
2	Khan Gulafsha Nisars	TY. Bsc(Bot)	5207	<i>Gulafsha</i>
3	Shaikh Saniya Mukhtar	TY Bsc(Bot)	5202	<i>Saniya</i>
4	Shaikh Rattba Alimuddin	TY Bsc(Bot)	5208	<i>Rattba</i>
5	Sunijya Sarwat Tafseer	TY Bsc(Zoo)	5263	<i>Sunijya</i>
6	Shailan Nida Ab. Gani	TY Bsc(zoo)	5261	<i>Shailan</i>
7	Shaikh Uzma Umair	TY BSC	5265	<i>Uzma</i>
8	Alure Gausiya Sameer.	T.Y BSC	5272	<i>Gausiya</i>
9	Sayyed Juveriya Nasir	T.Y BSC	5271	<i>Juveriya</i>
10	Khan Ayesha Amir	T.Y Bsc.	5278	<i>Ayesha</i>
11	Mulla Hafsa Mohd Rafique	T.Y. Bsc.	5277	<i>Hafsa</i>
12	Tanzila Khan	TY Bsc	5269	<i>Tanzila</i>
13	Rukhsar Fatima	TY Bsc	5251	<i>Rukhsar</i>
14	Chougale Saleha	TY BSC	5260	<i>Saleha</i>
15	Mahlu Khan	TY BSC	5253	<i>Mahlu</i>
16	Zeenat Sayyed	TY BSC	5255	<i>Zeenat</i>
17	Munazza Shaikh	TY BSC	5286	<i>Munazza</i>
18	Shaikh Ibrahim	TY BSC	5282	<i>Ibrahim</i>
19	Khan Bismillah	TY BSC	5279	<i>Bismillah</i>
20	Ansari Shabana	TY BSC	5204	<i>Shabana</i>
21	Karjekar Masira	TY Bsc	5206	<i>Masira</i>
22	Sayyed Bayyaba .f.	TY. BSC	5205	<i>Bayyaba</i>





Anjuman Khairul Islam's

# POONA COLLEGE OF ARTS, SCIENCE & COMMERCE

- Affiliated to Savitribai Phule Pune University: ID No PU/PN/ASC/023/1970
- Junior College Index No: J-11.15.004
- Government of Maharashtra and Savitribai Phule Pune University Recognized Minority Institute
- UGC - 2(f) & 12 (B) Status • NAAC Re-accredited College • DST - FIST Funded College



K. B. Hidayatullah Road, Camp,  
Pune - 411001. (MS), India



+91-20-2645 4240 / 2644 6319.



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[principal@poonacollege.edu.in](mailto:principal@poonacollege.edu.in)

**Professor (Dr.) Aftab Anwar Shaikh**

M.Com, Ph.D (Busi. Admin.)

PRINCIPAL



+91 98226 21579



[dranwarshaikh@gmail.com](mailto:dranwarshaikh@gmail.com)

## CRITERION- V

<b>KEY INDICATOR</b>	<b>5.1 Student Support</b>
<b>METRIC NO.</b>	<b>5.1.3</b>

- Capacity building and skills enhancement initiatives taken by the institution include the following
1. Soft skills,
  2. Language and communication skills,
  3. Life skills (Yoga, physical fitness, health and hygiene)
  4. ICT/computing skills

## 3. LIFE SKILLS (YOGA, PHYSICAL FITNESS, HEALTH AND HYGIENE)

INITIATIVES DURING THE ACADEMIC YEAR

# 2016-2017





Y & M Anjuman Khairul Islam's

# POONA COLLEGE OF ARTS, SCIENCE AND COMMERCE

(Affiliated to Savitribai Phule Pune University: ID No. PU/PN/ASC/023/1970)

## ACTIVITY REPORT

(2016 - 2017)

### I. Basic Details:

Name of The Activity: International Yoga day celebration			
Date	Faculty	Department/ Committee	Coordinator Name & Phone no.
21 <sup>st</sup> June 2016	Principal Poona College	Sports Dept NCC NSS	DrAyaz Shaikh 9405639739 LT.Cdr(Dr)Sajid Hundekar 9423567576
<b>Time</b> 8.00 a.m onwards	<b>Venue</b> College Ground	<b>Activity for class/ group &amp; student number</b>	<b>Nature: Academic/co- curricular / extracurricular/ Environmental/ social/ other</b>
		35SD+15SW NCC Cadets	Extra=curricular

### II. Brief Information about the Activity (Criterion no - )::

<b>Topic/ Subject of the activity</b>	International Yoga day celebration
<b>Objective for conducting the activity</b>	To create awareness and inculcate the importance of Voga in daily life health and fitness
<b>Methodology</b>	Trainers are called to teach the various asanas
<b>Outcome</b>	35SD+15SW NCC cadets along with NSS volunteers teaching and non-teaching staff took part in it and enjoyed the session

### III. Proofs attached: letters/ student list of participation/ certificate document/photos/ any other

1. Notice	2. Report	3. Photographs
4. Attendance	5.	6.



Y & M Anjuman Khairul Islam's

# POONA COLLEGE OF ARTS, SCIENCE AND COMMERCE

(Affiliated to Savitribai Phule Pune University: ID No. PU/PN/ASC/023/1970)

A.K.Is

POONA COLLEGE OF ARTS, SCIENCE AND COMMERCE, CAMP, PUNE-411001

## Department of NCC

### Report on International Yoga day celebration 2016

50 Naval NCC Cadets took part in celebration of International Yoga day on 21<sup>st</sup> June 2016 in the college premises along with NSS volunteers, senior and junior college teaching and nonteaching staff on this occasion. 50 Cadets are actively participated in daily half an hour practice in college under the guidance of trained NCC Cadets in youga.

Total 50 Cadets were attended the Yoga day on 21<sup>st</sup> June 2016 at morning 8.00 a.m onwards on the college ground and done their first yoga demonstartion and they also participated in another session with the college staff.

College has invited the yoga expert to trained and teach the teaching staff and nono teaching staff its impotence and how the asana will be done.





Y & M Anjuman Khairul Islam's  
**POONA COLLEGE  
OF ARTS, SCIENCE AND COMMERCE**  
(Affiliated to Savitribai Phule Pune University: ID No. PU/PN/ASC/023/1970)

Lt Cdr.(Dr) Sajid Hundekari  
Associate NCC Officer  
3 MahNaval Division-III

A.K.Is

POONA COLLEGE OF ARTS, SCIENCE AND COMMERCE, CAMP, PUNE-411001

Department of NCC  
**International Yoga day celebration 2016**

21<sup>st</sup> June 2016 at 8.00 a.m  
College Ground



NCC Cadets along with Yoga Master doing Yoga  
21<sup>st</sup> June 2016 at 8.00 a.m in College Ground



Y & M Anjuman Khairul Islam's

# POONA COLLEGE OF ARTS, SCIENCE AND COMMERCE

(Affiliated to Savitribai Phule Pune University: ID No. PU/PN/ASC/023/1970)



Staff and NCC Cadets doing Yoga  
21<sup>st</sup> June 2016 at 8.00 a.m in College Ground

A.K.Is

POONA COLLEGE OF ARTS, SCIENCE AND COMMERCE, CAMP, PUNE-411001

Department of NCC

15<sup>th</sup> June 2016

**NOTICE**

## **International Yoga day celebration**

All NCC cadets are hereby informed you that college will be celebrating International Yoga day on 21<sup>st</sup> June 2016 at morning 8.00 a.m onwards on the college ground.





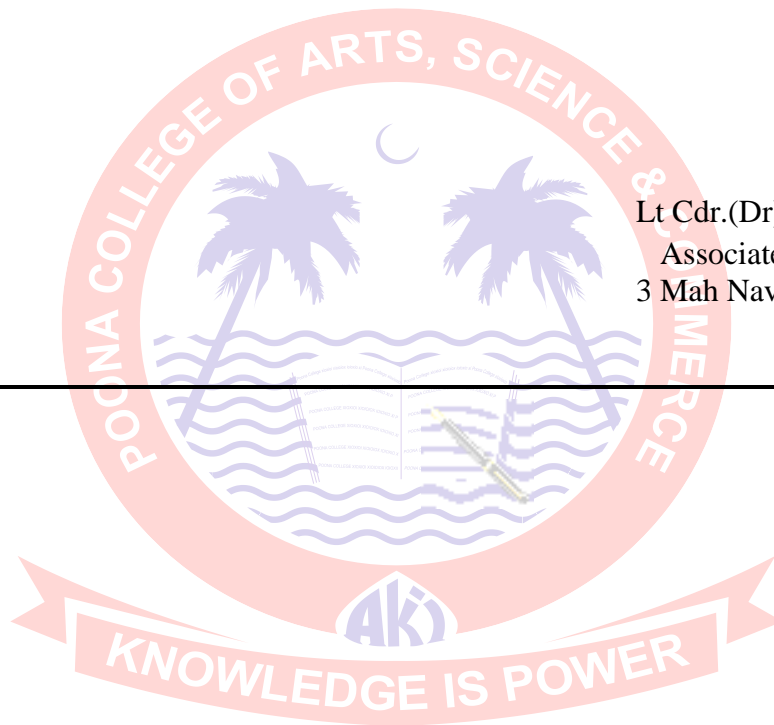
Y & M Anjuman Khairul Islam's

# POONA COLLEGE OF ARTS, SCIENCE AND COMMERCE

(Affiliated to Savitribai Phule Pune University: ID No. PU/PN/ASC/023/1970)

Cadets will remain present in White uniform or NCC track suits and first year cadets will be wear white shirt and Black pants and actively participate in the event.

Cadets are hereby informed you that start a half an hr practice near ladies canteen under the expert from 18<sup>th</sup> June 2016 at 8.00 a.m. without fail. Poona College Naval NCC Cadets took part in celebration of International Yoga day.



Lt Cdr.(Dr) Sajid Hundekari  
Associate NCC Officer  
3 Mah Naval Division-III

A.K.Is  
POONA COLLEGE OF ARTS, SCIENCE AND COMMERCE, CAMP, PUNE-411001

## Department of NCC

15<sup>th</sup> June 2016


### NOTICE

#### International Yoga day celebration

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15/6/2016  
Lt Cdr.(Dr) Sajid Hundekari  
Associate NCC Officer  
3 Mah Naval Division-III

**PRINCIPAL**  
Poona College of Arts, Science & Commerce  
Camp, Pune-411001  
Principal Office





POONA COLLEGE OF ARTS, SCIENCE & COMMERCE, CAMP, PUNE

DEPARTMENT OF NCC

ATTENDEANCE SHEET 2016-2017

Name of the Event/ Activity... International Yoga day Celebration

Poona College,  
Pune  
21/6/2016  
8.00 a.m

Sr.No	Regimental No.	Name of the Cadet	SIGN
1	MAH/SD/12/198634	DARAKHE SHUBHAM SURYAKANT	Surya
2	MAH/SN/14/198641	SHAIKH AZHAR KADAR	Shaikh
3	MAH/SN/14/198649	B VIMALNATH	Vimalnath
4	MAH/SN/14/198651	GOKAK MOIZ IRFAN	Gokak
5	MAH/SN/14/198654	BAHDORIYA SANDEEP SINGH VINOD SINGH	Sandeep
6	MAH/SN/14/198657	SHAIKH SAJID UMAIR KHALID HYDER	Sajid
7	MAH/SN/14/198659	RAJPUT RAJARAMSING MADANSING	Rajput
8	MAH/SN/14/198661	SHAIKH MO SHAHEBAZ MUSTAK	Shaikh
9	MAH/SG/14/199347	NEETU MOHAN	Neetu
10	MAH/SG/14/199345	QUADRI GAUSIYA	Quadri
11	MAH/SN/15/198663	UPADHYAY RAJIVKUMAR KAMALAKANT	Upadhyay
12	MAH/SN/15/198664	MULLA MUSTKIM AMIN	Mulla
13	MAH/SN/15/198665	YADAV AMIT RAMASHRAY	Yadav
14	MAH/SN/15/198666	SHAIKH KARIM SHAHID	Karim
15	MAH/SN/15/198667	MARGALE YALLAPPA NARAYAN	Margale
16	MAH/SN/15/198669	POONAWALA HATIM HUSEINI	Poonawala
17	MAH/SN/15/198670	SHAIK SHOIB SAMIULLA	Shoib
18	MAH/SN/15/198672	SHAIKH ALIMUDDIN HAZRAL ALI	Shoib
19	MAH/SN/15/198673	ANSARI SHOAB WAHAJUDDIN	Ansari
20	MAH/SN/15/198674	KANDULA SAI KUMAR VENKATESHWARLU	Kandula
21	MAH/SN/15/198675	PRATEEK PANDEY	Prateek
22	MAH/SN/15/198676	PRASHANT GAIKWAD	Prashant
23	MAH/SN/15/198677	YADAV KULDEEP VASUDEV	Yadav
24	MAH/SN/15/198687	NIKALJE SAGAR MADHUKAR	Nikalje
25	MAH/SN/15/198689	CHOWDHARY MD. NAWAZ MD. ZAFAR	Chowdhary
26	MAH/SG/15/198679	RAIFA AZHAR KHAN	Raifa
27	MAH/SG/15/198680	SIMRAN IQBAL SHAIKH	Simran
28	MAH/SG/15/198682	HADASSAH EMMANUEL NAKKA	Hadassah
29	MAH/SG/15/198683	ANSARI FARHEEN IFTEKHAR	Farheen
30	MAH/SG/15/198684	PAUL NIVEDITA NABAKUMAR	Paul
31	MAH/SG/15/198685	ANJALI VIJAY SINGH GAIKWAD	Anjali
32	MH16SDN980111	UPADHYAY KRIPASHANKAR KAMALA KANT	Upadhyay
33	MH16SDN980102	SHAIKH JAKIR AYUB	Jakir
34	MH16SDN980103	SHAIKH SAHIL SALIM	Sahil
35	MH16SDN980107	DAHALE SAMEER SHIVAJI	Dahale
36	MH16SDN980108	KHOJA ROHAN SHAHABUDIN	Khoja
37	MH16SDN980109	PARSE INDRAJEET RAMCHANDRA	Parse
38	MH16SDN980112	AHMED AZHAR SARVAR	Azhar
39	MH16SDN980117	RAHUL UPADHYA	Rahul
40	MH16SWN980131	YADAV PRANJAL SHOBNATH	Yadav
41	MH16SWN980132	YASMIN SHAIKH	Yasmin
42	MH16SWN980133	OHAL LEVIYA SUDHAKAR	Ohal
43	MH16SWN980134	AGARWAL LAVINA SANJAY	Lavina
44	MH16SWN980135	SHAIKH FARHANA NAWAZ	Farhana
45	MH16SWN980136	KATE PRATIDNYA SURESH	Kate
46	MH16SWN980137	MORE PREETI SANJEEV	More
47	MH16SWN980138	BAIG SHIRIN IRFAN	Shirin
48	MH16SWN980139	BAIG NAZEEN IRFAN	Nazeen
49	MH16SWN980140	ASHWINI AMOL GAIKWAD	Ashwini
50	MH16SDN980116	GHUGE DHYANESHWAR ANANDA	Ananda
TOTAL CADETS PRESENT ON THE GROUND			50

Lt.Cdr Sajid Hundekari  
Associate NCC Officer  
Poona College Division-III  
21/6/2016

Date: 21/6/2016/2017