



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

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- 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
principal@poonacollege.edu.in

Professor (Dr.) Aftab Anwar Shaikh

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

PRINCIPAL



+91 98226 21579



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

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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 -)::

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

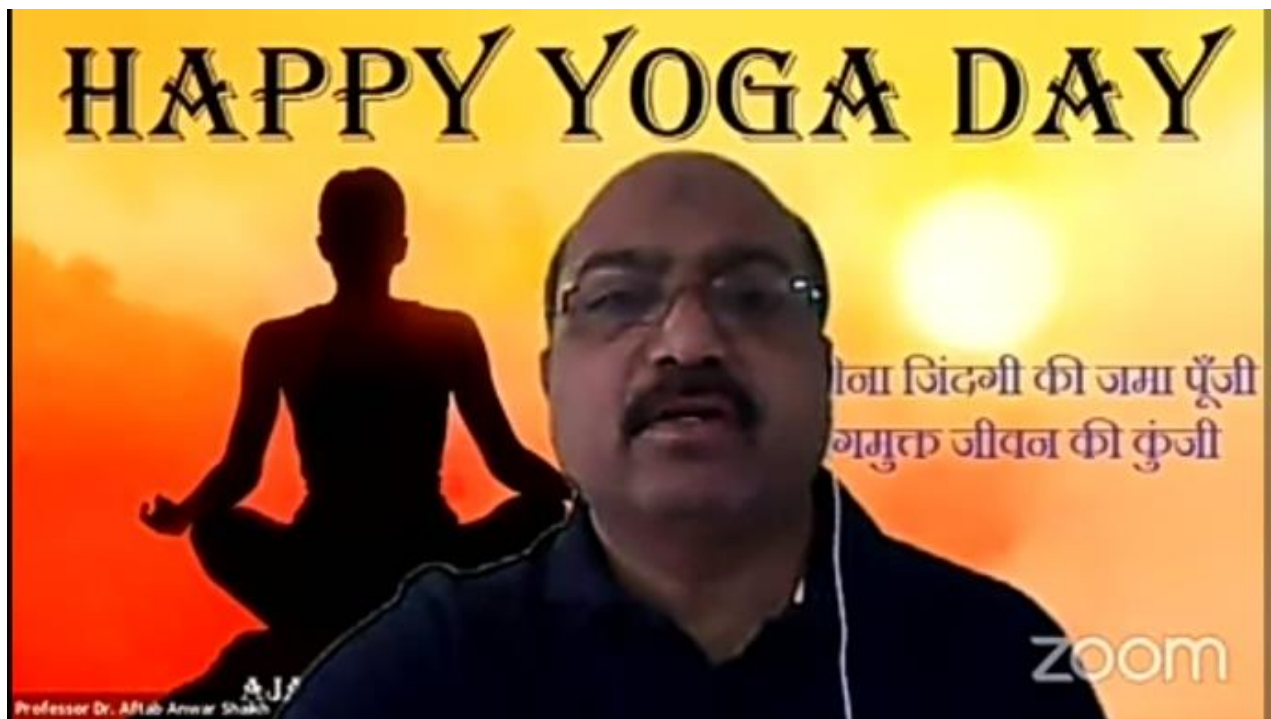
The NSS Cell in collaboration with Gymkhana Committee of Y & M AKI's Poona College of Arts, Science and Commerce, celebrated this day via the digital platform ZOOM, a step taken in the wake of the COVID-19 pandemic on 21st June, 2020.

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.

Photographs with date and caption



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



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POONA COLLEGE

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



POONA COLLEGE NATIONAL SERVICE SCHEME CELL &

CIRCULAR

THE GYMKHANA COMMITTEE

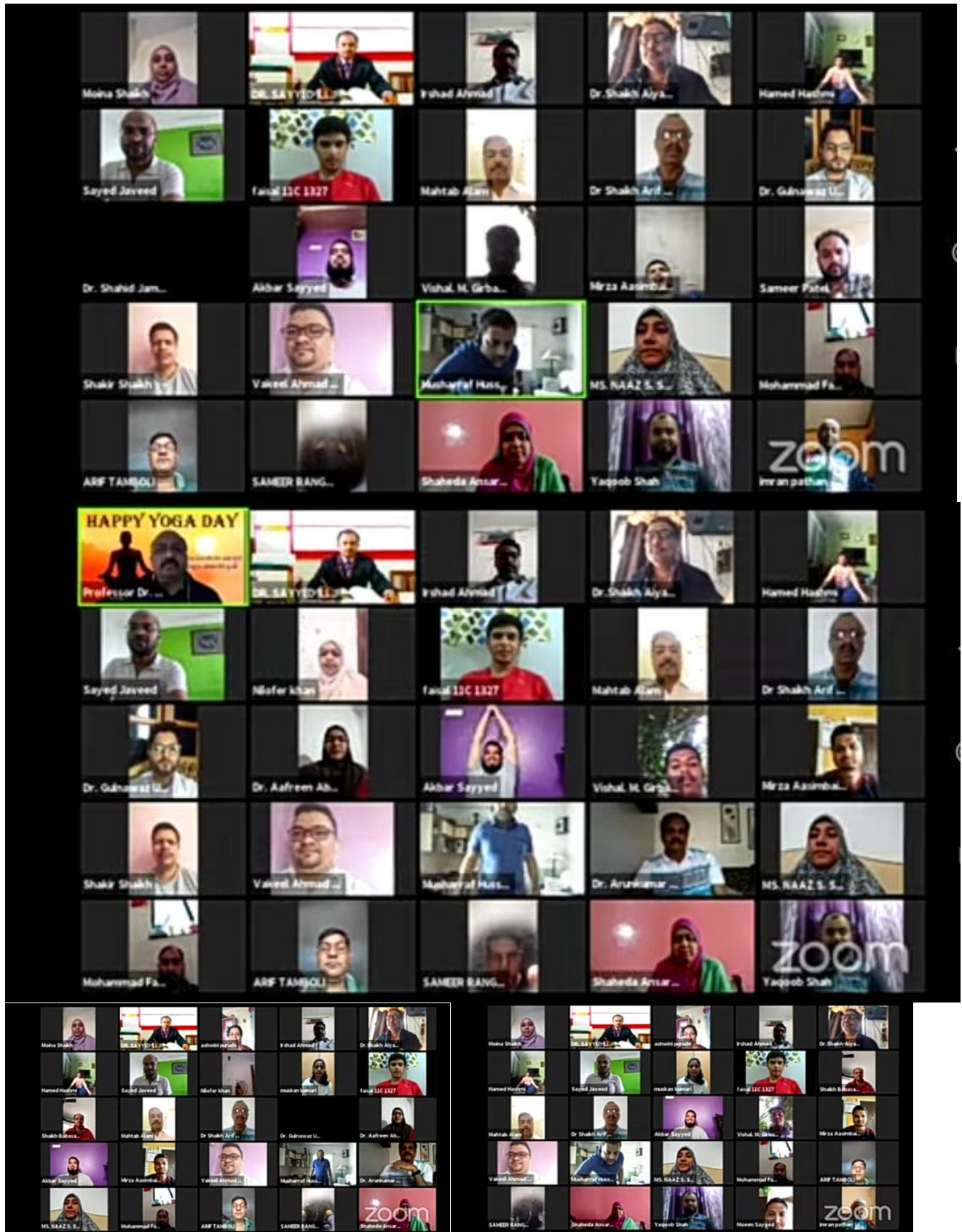
ORGANIZE CELEBRATION OF

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

Photographs with date and caption



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



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POONA COLLEGE OF ARTS, SCIENCE AND COMMERCE

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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.)

Topic/ Subject of the activity	Women health care awareness
Objective for conducting the activity	<ol style="list-style-type: none">1. To make girl student aware of basic hygiene2. To provide daily health care measures3. To provide healthy menstrual cycle4. To orient girls to take precaution from cancer disease among ladies
Methodology	Guest lecture
Outcome	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**

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

20/09/2019

Department of Commerce, PG & Research Centre

CIRCULAR

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 21st September, 2019 at 09.00a.m. sharp.

(Handwritten signature)





Y & M Anjuman Khairul Islam's

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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.



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ACTIVITY REPORT (2019 – 2020)

I. Basic Details:

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

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

Topic/ Subject of the activity	Two Days Workshop on Women's Health and Human Development Index Day 1: Women's Health, Hygiene & Nutrition and Human Development Day 2: Session I- Love Attraction of Adolescents Session II- AIDS Awareness
Objective for conducting the activity	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.
Methodology	Power point Presentations followed by active question- answer session
Outcome	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

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



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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.



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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

Photographs with date and caption



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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
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NOTICE

Date: 27-01-2020

Department of Economics & Women's Forum

Workshop

CIRCULAR

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 29th to 30th 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

**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 & Admin

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





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POONA COLLEGE OF ARTS, SCIENCE AND COMMERCE

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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 th 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)

Topic/ Subject of the activity	Guidance Talk on Health and Nutrition
Objective for conducting the activity	To create awareness among students and staff members about health and nutrition
Methodology	Lecture followed by question- answer session on Health and Nutrition
Outcome	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

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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 17th 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

Photographs with date and caption

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Dr. Nisar Shaikh addressing the students



Dr. Nisar Shaikh answering the queries of students



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CIRCULAR

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



1970 - 2020

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PRINCIPAL



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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

2018-2019



NCC Naval Unit 2018 – 19

I. Basic Details:

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

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

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

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

1. Notice	2. Report	3. Attendance
4. Photo	5.	



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छठ्ठ राष्ट्रीय छात्र सेना ;2018.19द्व

अंतरराष्ट्रीय योग दिवस

DETAILED REPORT

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।



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योगासन करते हुए एन.सी.सी. के छात्र



योगासन करते हुए एन.सी.सी. के छात्र

Photographs with date and caption



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NCC राष्ट्रीय छात्र सेना (2018-19)

अंतरराष्ट्रीय योग दिवस

दि. २० जून २०१८

सूचना

CIRCULAR

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

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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 -)::

Topic/ Subject of the activity	<i>Guest Lectures on Awareness on Red Dot Campaign and Nutritional Diet</i>
Objective for conducting the activity	<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>
Methodology	<i>Power point presentations were used to explain the facts on diet, health, hygiene and proper disposal of sanitary waste.</i>
Outcome	<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

13th 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.



13th February, 2019: Felicitation of guests. (13/02/2019)



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

Photographs with date and caption



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)

NOTICE

CIRCULAR

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 13th 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



Anjuman Khairul Islam's

POONA COLLEGE OF ARTS, SCIENCE & COMMERCE

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Professor (Dr.) Aftab Anwar Shaikh

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

PRINCIPAL



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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

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 st June 2017	Principal Poona College	Sports Dept NCC NSS	Dr Ayaz Shaikh 9405639739 LT.Cdr(Dr)Sajid Hundekar 9423567576
Time 8.00 a.m onwards	Venue College Ground	Activity for class/ group & student number	Nature: Academic/co- curricular / extracurricular/ Environmental/ social/ other
		50 NCC Cadets	Extra=curricular

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

Topic/ Subject of the activity	International Yoga day celebration
Objective for conducting the activity	To create awareness and inculcate the importance of Voga in daily life health and fitness
Methodology	Trainers are called to teach the various asanas
Outcome	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
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(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

26th June 2017

On 21st 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: 21st June 2017 Time: 7.00a.m to 9.15a.m

Venue: College Ground

Glimpses



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

Photographs with date and caption



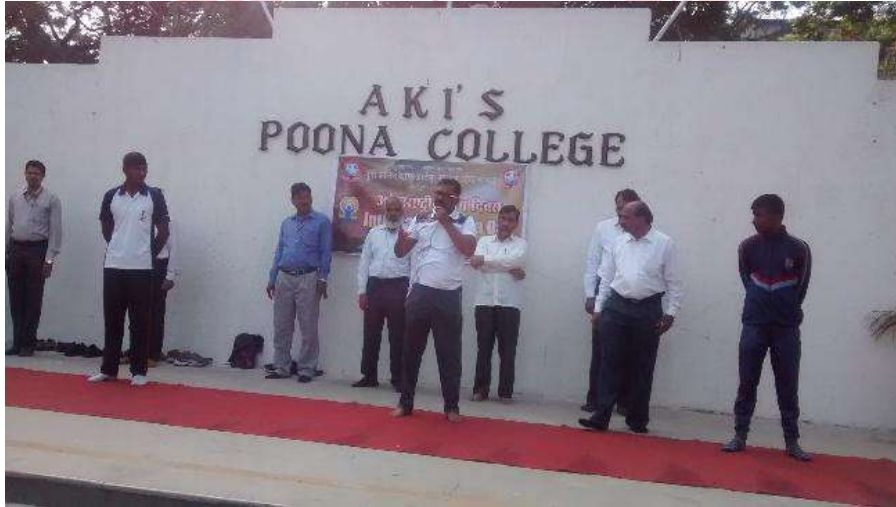
Y & M Anjuman Khairul Islam's
POONA COLLEGE
OF ARTS, SCIENCE AND COMMERCE
(Affiliated to Savitribai Phule Pune University: ID No. PU/PN/ASC/023/1970)

International Yoga day Celebration 2017

Date: 21st 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: 21st 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

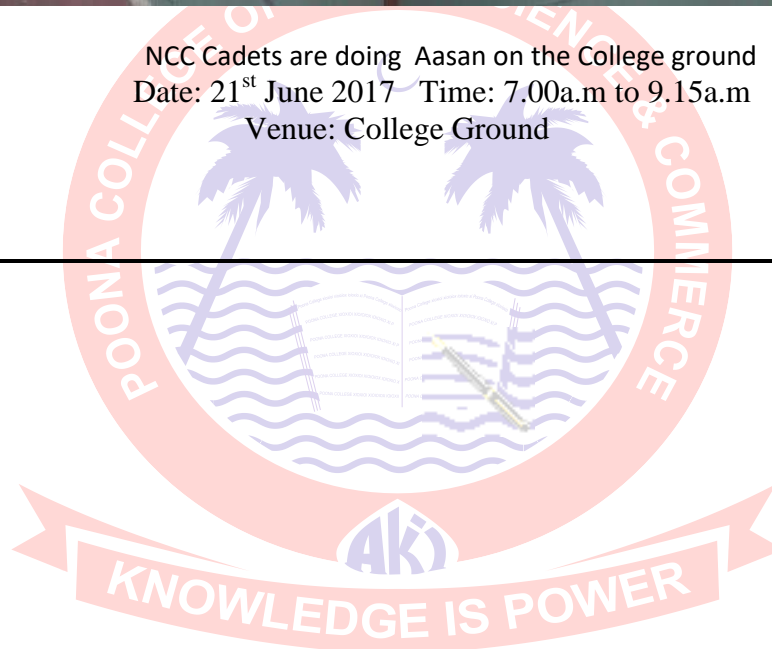
(Affiliated to Savitribai Phule Pune University: ID No. PU/PN/ASC/023/1970)



NCC Cadets are doing Asana on the College ground

Date: 21st 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

CIRCULAR

(Department of NCC)

12th 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 21st 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 17th 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 a horizontal line and the date '12/6/2017' written below it.

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)

DEPARTMENT OF ENGLISH & POSTGRADUATE CENTER

ACTIVITY REPORT

(2017 – 2018)

I. Basic Details:

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

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

Topic/ Subject of the activity	The Department of English organized one day workshop on <i>Stress Management: How to Remain Stress-Free before & during Exams</i> on 26 th 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.
Objective for conducting the activity	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 ".
Methodology	Lecture method followed by question-answer session
Outcome	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**

CIRCULAR

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: 26th 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 26th 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
Photographs with date and caption



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





Y & M Anjuman Khairul Islam's

POONA COLLEGE OF ARTS, SCIENCE AND COMMERCE

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NATIONAL SERVICE SCHEME

ACTIVITY REPORT

(2017 – 2018)

I. Basic Details:

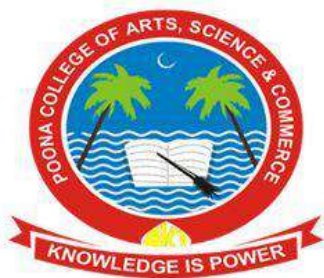
Name of The Activity: <i>Guidance Talk on Health & Hygiene</i>			
Date	Faculty	Department/ Committee	Coordinator Name & Phone no.
06 Dec. 2017	College	NSS	Dr. Shoeb Ahmad 9919509673
Time	Venue	Activity for class/ group & student number	Nature: Academic/ co-curricular / extracurricular/ Environmental/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

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

Topic/ Subject of the activity	<i>Guidance Talk on Health & Hygiene</i>
Objective for conducting the activity	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.
Methodology	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.
Outcome	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
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Website: www.akipoonacollege.ac.in
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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

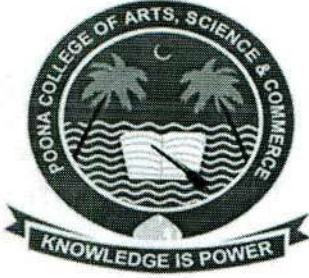
During questioning session, in reply to students' question Dr. Ahmad explained values and benefits of good health – Life is a great struggle, and health is the best weapon to be successful in the battle of life. A healthy man can enjoy life in every way. An unhealthy man lives a most miserable life. 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
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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: 06th December 2017

Reporting Time: 10:30am

Venue: Zoology Lab

Mr. Zameer Sayyed
NSS Programme Officer

Dr. Aftab Anwar Shaikh
Principal



Y & M Anjuman Khairul Islam's

POONA COLLEGE OF ARTS, SCIENCE AND COMMERCE

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ACTIVITY REPORT

(2016 – 2017)

I. Basic Details:

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

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

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

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



Y & M Anjuman Khairul Islam's

POONA COLLEGE OF ARTS, SCIENCE AND COMMERCE

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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.



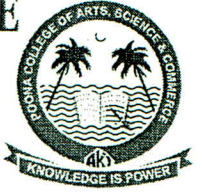
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Email : principal@akipoonacollege.ac.in Website:www.akipoonacollege.ac.in



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





Anjuman Khairul Islam's

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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

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 st June 2016	Principal Poona College	Sports Dept NCC NSS	DrAyaz Shaikh 9405639739 LT.Cdr(Dr)Sajid Hundekar 9423567576
Time 8.00 a.m onwards	Venue College Ground	Activity for class/ group & student number	Nature: Academic/co- curricular / extracurricular/ Environmental/ social/ other
		35SD+15SW NCC Cadets	Extra=curricular

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

Topic/ Subject of the activity	International Yoga day celebration
Objective for conducting the activity	To create awareness and inculcate the importance of Voga in daily life health and fitness
Methodology	Trainers are called to teach the various asanas
Outcome	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.



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 21st 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 21st 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

21st June 2016 at 8.00 a.m
College Ground



NCC Cadets along with Yoga Master doing Yoga
21st 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
21st 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

15th June 2016

NOTICE

International Yoga day celebration

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



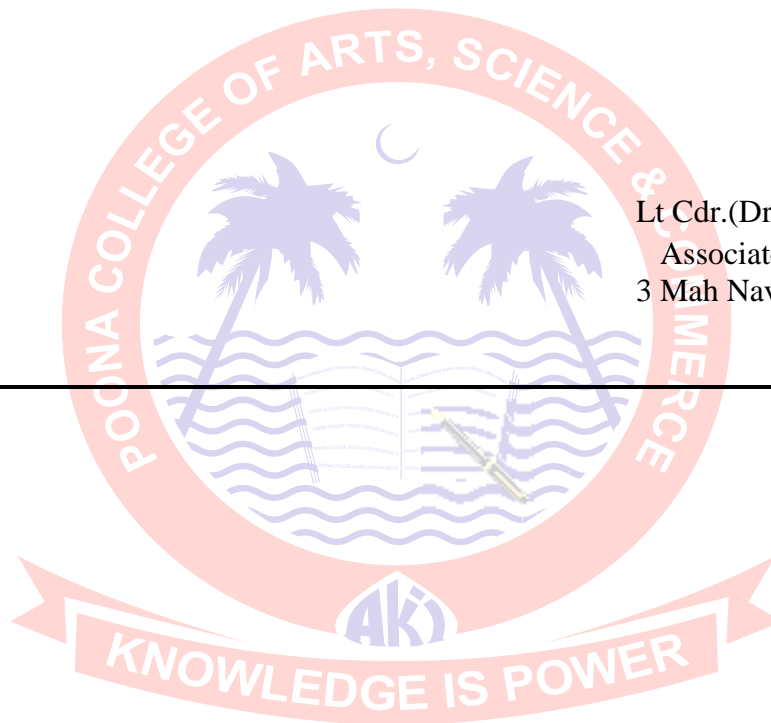
Y & M Anjuman Khairul Islam's

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 18th 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

15th June 2016


NOTICE

International Yoga day celebration

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

Cadets will remain present in White uniform or NCC track suits and first year cadets will wear white shirt and Black paint 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 18th June 2016 at 8.00 a.m. without fail. Poona College Naval NCC Cadets took part in celebration of International Yoga day.


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

PRINCIPAL
Poona College of Arts, Science & Commerce
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