



HANUMAN VYAYAM PRASARK MANDA  
**SHARDCHANDRA PAWAR KALA MAHILA  
MAHAVIDYALAYA, CHAMORSHI**



MAHAVIDYALAYAA CODE: 042  
TA- CHAMORSHI DIST- GADCHIROLI  
(AFFILIATED WITH GONDWANA UNIVERSITY GADCHIROLI)  
Website. spkmchamorshi.in

EMAIL – mahilachamorshi2008@gmail.com

Mo. 9420105767/ 9421857725

**Criterion 1–Curricular Aspects**

**Key Indicator - 1.2 Academic Flexibility**

1.2.1 Number of Certificate/Value added courses offered during the last five years.


**INDEX**

S.N.	Name of Documents
1	Notice For Certificate/Value Added courses
2	Syllabus
3	Students Attendance sheet
4	One Page Report of the Certificate/Value Added courses
5	Certificates of Program

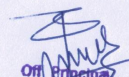
  
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1.2.1 Number of Certificate/Value added courses offered and online courses of MOOCs, SWAYAM, NPTEL etc. where the students of the institution have enrolled and successfully completed during the last five years)  
 1.2.2 Percentage of students enrolled in Certificate/ Value added courses and also completed online courses of MOOCs, SWAYAM, NPTEL etc.as against the total number of students during the last five years

2018-2019							
Name of Certificate/ Value added course offered and online courses of MOOCs, SWAYAM, NPTEL etc. where the students of the institution have enrolled and successfully completed	Course Code (if any)	Year of offering/study	Period (from date - to date)	Duration of course	Number of students enrolled in the year	Number of Students completing the course in the year	
1	Bridge courses of all subjects	B.A.001	2018-2019	18-22th June	30 Hrs	53	53
2	Yoga practice and meditation program	B.A.002	2018-2019	21th-7th july	30 Hrs	47	47
3	Environmental awarness and waste management program	B.A.003	2018-2019	09-25 july	30 Hrs	27	27
4	Social Equilty And Tribal study program	B.A.004	2018-2019	03-23th Aug-2018	30 Hrs	22	22
5	Carrier in Creative embroidery	B.A.005	2018-2019	1-19th Sept.	30 Hrs	28	28
6	Spoken english proficiency training	B.A.006	2018-2019	03-19th Dec	30Hrs	58	58
7	Ms word and Ms excel	B.A.007	2018-2019	4-21 jan	30Hrs	19	19
8	Historical Research Methodology	B.A.008	2018-2019	1-19th MARCH	30Hrs	22	22
2019-2020							
Name of Certificate/ Value added course offered and online courses of MOOCs, SWAYAM, NPTEL etc. where the students of the institution have enrolled and successfully completed	Course Code (if any)	Year of offering/study	Period (from date - to date)	Duration of course	Number of students enrolled in the year	Number of Students completing the course in the year	
9	Orientation program	B.A.009	2019-2020	18th Aug-22th June	30Hrs	67	67(I)
10	Computer literacy skill Enhancement program	B.A.010	2019-2020	1-17 jul	30Hrs	13	13(III)
11	Effective Communication skill in English	B.A.011	2019-2020	22-07 aug	30Hrs	12	12(III)
12	holistic welness through yoga	B.A.012	2019-2020	2-19 sep	30Hrs	53	53
13	Human rights and Understanding	B.A.013	2019-2020	3-19 Dec	30Hrs	32	32(II,III)
14	Floral arrangement workshop	B.A.014	2019-2020	1-17 Jan	30Hrs	58	58(I)
15	Preparation for competative Exam	B.A.015	2019-2020	3-20 feb	30Hrs	12	12(III)
2020-2021 (online)							

  
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Name of Certificate/ Value added course offered and online courses of MOOCs, SWAYAM, NPTEL etc. where the students of the institution have enrolled and successfully completed	Course Code (if any)	Year of offering/study	Period (from date - to date)	Duration of course	Number of students enrolled in the year	Number of Students completing the course in the year
0	0	0	0	0	0	0
<b>2021-2022(online)</b>						
Name of Certificate/ Value added course offered and online courses of MOOCs, SWAYAM, NPTEL etc. where the students of the institution have enrolled and successfully completed	Course Code (if any)	Year of offering/study	Period (from date - to date)	Duration of course	Number of students enrolled in the year	Number of Students completing the course in the year
16 Stress management workshop	B.A.016	2021-2022	4-21 oct	30Hrs	44	44
17 Suicide prevention and mental health awarness program	B.A.017	2021-2022	6-22 DEC	30Hrs	37	37
18 Gender and Equality Studies	B.A.018	2021-2022	2-19 Mar	30Hrs	32	32
19 Mind body hormony workshop	B.A.019	2021-2022	4-22 apr	30Hrs	56	56
<b>2022-2023</b>						
Name of Certificate/ Value added course offered and online courses of MOOCs, SWAYAM, NPTEL etc. where the students of the institution have enrolled and successfully completed	Course Code (if any)	Year of offering/study	Period (from date - to date)	Duration of course	Number of students enrolled in the year	Number of Students completing the course in the year
20 self awareness and life skill training	B.A.020	2022-2023	2-20 aug	30Hrs.	59	59
21 fashion Designing and sewing workshop	B.A.021	2022-2023	1-17 sep	30Hrs.	33	33
22 Human rights and understanding	B.A.022	2022-2023	23-09 Feb	30Hrs.	21	21
23 Personality development Program	B.A.023	2022-2023	10-28 Feb	30Hrs.	45	45
24 Powerpoint Presentation and Email Writing	B.A.024	2022-2023	1-18 Mar	30Hrs.	33	33
25 Exam Preparation for MPSC and UPSC	B.A.025	2022-2023	27-17 april	30Hrs.	25	25

  
 Off. In-charge  
 Sharda Chandra Pawar Kala Mahil:  
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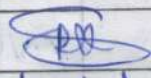
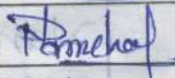

स्वयं

Date

Page

दि. 25/06/2018

प्रति  
विश्वविद्यालय  
वर्षातील विद्यार्थीनींना तसेच शिक्षक व शिक्षकेतर कर्मचाऱ्यांना सूचित करण्यात येत आहे की दिनांक 18/06/2018 ते 22/06/2018 पर्यंत महाविद्यालयामध्ये प्रवेशी परीक्षा होत आहे. या उपरल घेण्याचे ठरविले आहे. तरी आपली स्वतःची उपस्थिती प्राथमिक आहे.

Sl. No.	Name of Teacher	class	Signifur
1	Shilpa R. Kashettiwar	BA I	
2	Narsing Panchal	BA II	
3	Mahendra Kose	BA III	



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## Workshop On Bridge Course

Duration: 30 Hour

Syllabus

### Course Objective: -

Bridge courses typically serve as traditional programs to help individuals bridge the gap between their current level of knowledge of skills and the requirements of a higher-level course or program. They are designed to provide foundation of prerequisite knowledge needed for success in the more advanced course of program.

### Course outcome: -

Improved understanding of foundation concepts, increased readiness for advanced coursework, and enhanced academic skill such as critical thinking and problem solving.

विषय - मराठी

Duration: 3 Hour

घटक -

1. भाषा स्वरूप व कार्य
2. भाषेचे व्यावहारिक उपयोग
3. भाषा बोली सहसंबंध
4. भाषेचे व्याकरण आणि ओळख
5. भाषा आणि साहित्य

## **Subject – English**

Duration: 3 Hour

### **Topic -**

1. Introduction of basic language skill
2. Introduce communication skill and writing skill
3. Introduce of prose
4. Introduce poetry

## **Subject- Sociology**

Duration: 3 Hour

### **Topic -**

1. Introduction of sociology
2. Basic concept
3. Institution
4. culture
5. concepts of sociology

## **Political Science**

Duration: 3 Hour

### **Topic -**

1. Nature and scope of political
2. Introduction of political science
3. Importance of political science
4. correlation of political science with other sciences
5. Information about elections

## **Economics**

Duration: 3 Hour

### **Topic -**

1. Introduction of Economics
2. Demand and supply analysis
3. consumer Behavior Analysis
4. cost theory of production
5. Introduction of macroeconomics

## **Home - Economics**

Duration: 3 Hour

### **Topic -**

1. Introduction of Home Economics
2. Home Resource Discovery
3. work streamlining
4. Element of Art
5. Practical of color owner, Ambroidery art

## **Psychology**

Duration: 3 Hour

### **Topic -**

1. Basic Psychology
2. Social psychology
3. Human Behavior and organizational Psychology-1
4. Hyman Behavior an organizational psychology-2
5. concepts of psychology



## मराठी वाङ्मय

Duration: 3 Hour

घटक -

- १.साहित्याची ओळख
- २.साहित्यिक शैली
- ३.साहित्यिक कार्य
- ४.साहित्य बोली सहसंबंध
- ५.साहित्याची भाषा

## हिन्दी

Duration: 3 Hour

घटक -

- १.भाषा स्वरूप ओर कार्य
- २.भाषण बोली में संबंध
- ३.भाषा और साहित्य
- ४.भाषा का व्यवहारिक उपयोग

## **History**

Duration: 3 Hour

### **Component -**

1. Nature and scope of history
2. Introduction of prehistoric history
3. Importance of history
4. Correlation of history with other sciences
5. Tools of Ancient History



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BACHELOR OF ART

Session : 20218-19

Semester- 1<sup>st</sup> Semester

Student Attendance Sheet

Workshop

Name Of Activity: Bridge courses of all subjects

Date: 18 - 22 Jun - 2018

Sr.No	Participant Name	Day1	Day2	Day3	Day4	Day5	Day6
1]	ABhare Ashvini pandhari	P	P	P	A	P	P
2]	Abe pornima shankar	P	P	P	P	A	P
3)	Beddwar sonivilay	P	P	A	P	P	A
4)	sonali nanaji bhakare	P	A	P	P	P	P
5)	Mangala VinataK Bhojar	P	P	A	P	P	P
6)	Sanjavani Laxman Bhojar	P	P	P	A	P	P
7]	Serika Damodhar Bhojar	P	P	P	P	A	P
8)	Arpana mahindra Biswar	P	P	A	P	P	A
9)	Rimpa komal Biswad	P	P	A	P	P	P
10)	Pallavi ishwar chatakh	P	P	P	A	P	P
11)	Lixmi charanday chandankar	P	P	A	P	P	A
12)	vanathri karvi Grawade	A	P	P	A	P	P
13)	Disha Deviday Jawad	P	A	P	P	A	P
14)	Shital Bandu Halami	P	P	P	A	A	P
15)	Karl Shma punlik gedam	P	P	A	P	P	P
16)	Driyanka Sukhdev chichghar	P	A	P	P	P	A

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Sr.No	Participant Name	Day1	Day2	Day3	Day4	Day5	Day6
17)	Manushi Sunil Boddhakar	P	P	A	P	P	P
18)	Priya Vijay Ghogre	P	A	P	P	P	P
19)	Prityanka Ashok Ehilange	P	A	A	P	P	P
20)	Ashwini Dilip Javade	P	P	A	A	P	P
21)	Chaitali Suresh Madavi	P	P	P	P	P	P
22)	Jyoti Abaji Kadamble	P	P	A	P	P	A
23)	Jyoti Shreedhar Naitam	P	P	P	P	P	A
24)	Soni Shrinang Kinekar	P	P	P	P	A	P
25)	Ashwini Baburao Poliwar	P	P	P	P	P	A
26)	Sheetal Manohar Dhok	P	A	P	P	P	P
27)	Rohini Prabhakar Durgre	P	P	A	P	P	P
28)	Rimpa Komal Biswas	P	P	P	P	A	P
29)	Rani Rambhau Pal	P	P	P	P	P	P
30)	Neelam Shekhar Ray	P	P	P	P	P	P
31)	Devika Tukaram Kuyran	P	A	P	P	P	P
32)	Dnyam Vasant Narote	P	P	P	P	A	P
33)	Jayanti Charan Sarkar	P	P	P	P	P	P
34)	Achal Vijay Meshram	P	A	P	P	P	P
35)	Vidya Mangal Hokode	P	P	A	A	P	P
36)	Rohani Gurdyay Satpute	P	P	P	P	A	P
37)	Amita Ansu Umawar	P	P	P	P	A	P
38)	Pallavi Namdeo Valragde	P	A	P	P	P	P
39)	Jayshri Vitthal Wairagade	P	P	P	P	P	P
40)	Vidhali Natthu Zade	P	P	P	P	P	P
41)	Komal Namdeo Zalkhe	P	A	P	P	P	P
42)	Sheron Ranjan Saikh	P	P	A	P	P	P
43)	Manushi Mahadeo Tyndke	P	P	P	P	A	P
44)	Vidya Ramesh Vedadi	P	P	P	P	P	P
45)	Sejal Rakesh Walke	P	P	A	P	P	P
46)	Yamina Kailday Kulmetk	P	A	P	P	P	P




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Sr.No	Participant Name	Day1	Day2	Day3	Day4	Day5	Day6
47]	Dimpal Tulshiday pal	P	P	A	P	P	P
48)	meetha prakash sarge	P	P	P	A	P	P
49)	Kumda Baburao maha	P	A	P	P	P	A
50]	shital Dillip mohurle	P	P	P	A	P	P
51)	khilani manogur pitale	P	P	P	P	A	P
52)	sweeta Bireem Biswas	P	P	P	P	P	P
53)	<del>Ankita</del> Ankita Ramesh wasekar	P	P	P	P	P	P
54]							



4

Sr..No.	Day7	Day8	Day9	Day10	Day11	Day12	Day13	Day14	Day 15
1)	P	A	P	P	P	A	D	P	P
2)	P	P	A	P	A	P	P	D	P
3)	P	P	P	A	P	P	A	D	P
4)	P	A	P	P	A	P	P	P	P
5)	P	P	P	A	A	P	P	P	P
6)	P	P	P	P	A	P	P	A	P
7)	P	A	P	P	P	A	P	P	A
8)	P	P	A	P	P	A	P	D	P
9)	A	P	P	P	A	P	P	P	D
10)	P	A	P	P	P	P	P	P	A
11)	A	P	P	P	A	P	A	P	P
12)	P	P	P	A	P	P	P	P	A
13)	A	P	P	P	P	P	P	A	A
14)	P	P	P	A	P	A	D	D	P
15)	A	P	P	P	A	P	P	P	P
16)	P	P	P	P	P	P	P	P	P
17)	A	A	P	P	P	P	P	A	P
18)	P	P	P	P	P	P	P	A	A
19)	A	A	P	A	P	P	P	A	P
20)	P	P	A	D	P	P	P	P	A
21)	P	P	D	A	P	P	A	P	P
22)	P	P	A	P	P	A	A	D	P
23)	A	P	P	P	P	P	P	A	P
24)	D	P	P	P	A	P	P	P	A
25)	P	P	A	A	P	P	P	A	A
26)	A	P	P	P	P	P	A	P	P
27)	P	P	A	P	P	A	P	P	A
28)	P	P	P	P	P	P	P	P	D
29)	P	A	A	P	P	P	P	A	P
30)	P	P	P	P	P	P	A	P	P

  
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Sr.No.	Day7	Day8	Day9	Day10	Day11	Day12	Day13	Day14	Day 15
31)	P	P	A	A	P	P	P	P	A
32)	P	P	P	P	P	P	P	P	P
33)	P	P	P	P	P	P	P	P	P
34)	A	P	P	P	P	P	P	P	P
35)	P	P	P	P	P	P	P	P	P
36)	A	P	P	P	P	P	P	P	P
37)	P	P	A	P	P	P	P	P	P
38)	P	P	P	P	P	A	P	P	P
39)	P	P	A	P	P	P	P	P	P
40)	P	P	P	P	P	P	P	P	P
41)	P	A	A	P	P	P	P	P	P
42)	P	P	P	A	P	P	P	P	P
43)	P	P	A	P	P	P	P	P	P
44)	P	P	P	P	P	A	P	P	P
45)	P	P	P	P	A	P	P	P	P
46)	P	P	A	P	P	P	P	P	P
47)	A	P	P	P	P	P	P	P	P
48)	P	P	A	P	P	P	A	P	P
49)	P	P	P	P	A	P	P	P	P
50)	P	A	P	P	P	P	P	P	P
51)	P	P	P	P	A	A	P	P	P
52)	P	P	P	P	P	P	P	P	P
53)	A	P	P	P	A	P	P	P	P

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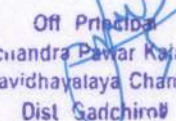


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Mo. 9421857725/9420105767

## Report on Bridge Courses

- 1. Name of the Event:** Bridge Courses
- 2. Date of Event:** 18-22 June 2018
- 3. Event Duration:** 30 hours
- 4. Event Venue:** Sharadchandra Pawar Kala Mahila Mahavidyalaya, Chamorshi
- 5. Resource Person at Event:** All Subject Teachers
- 6. Coordinator of Event:** Mahendra Kose
- 7. Number of Participants:** 53
- 8. Objective:** The objective of the bridge course workshop was to prepare incoming students for the academic challenges of higher education by bridging the knowledge and skills gap, enhancing their confidence, and facilitating a smoother transition into their new academic environment.
- 9. Outcomes:** The Bridge Course resulted in enhanced student preparedness, skill development, increased confidence, knowledge gap reduction, and improved college adaptation.

  
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दि. 20/06/2018

महाविद्यालयातील वि.ग प्रथम, द्वितीय व तृतीय वर्षातील विद्यार्थी-निना तसेच शिक्षक शिक्षकेत्तर कर्मचाऱ्यांना स्तुचित करणारा येत आहे. की दि. 21/06/18 ते दि. 07/07/2018 रोजी महाविद्यालयामध्ये yoga practice and meditation program येण्याचे ठरविले आहे. तरी आपली स्तुति उपस्थिती प्राथनीय आहे.

Name of Teacher	class	Signitar
Ashak Singale	BA III	Singale
Shirpa Kashettiwar	BA II	
Narsing Panchal	B I	Panchal

कार्यक्रम अधिकारी  
राष्ट्रीय सेवा योजना  
शरदचंद्र पवार कला महिला  
महाविद्यालय, चामोशी

Head of the Dept  
Sharadchandra Pawar Kala  
Mahila Mahavidyalaya  
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## Syllabus on: Yoga Practice and Meditation

Duration of course: 30 Hrs.

### Course objective:

- Understand the history and philosophy of yoga.
- Learn and practice yoga asanas (postures) safely and effectively.
- Explore various pranayama (breathing) techniques.
- Develop a meditation practice for relaxation and mental clarity.
- Examine the benefits of yoga and meditation for physical, mental, and emotional health.
- Cultivate mindfulness and self-awareness through yoga and meditation.

### Course outcome:

CO1: Describe the different paths of yoga (Raja, Bhakti, Karma, Jnana) and their principles.

CO2: Discuss the relevance of Patanjali's Yoga Sutras in modern yoga practice.

CO3: Demonstrate a variety of basic yoga poses (asanas) with proper alignment and breathing. Safely and effectively perform Sun Salutations (Surya Namaskar) and other foundational sequences.

CO4: Practice and explain various pranayama (breathing techniques) such as Ujjayi, Nadi Shodhana, and Kapalabhati. Utilize pranayama techniques for stress reduction, improved focus, and relaxation.

### Unit 1: Introduction to Yoga

- History and origins of yoga
- Different paths of yoga (Raja, Bhakti, Karma, Jnana)
- Introduction to Patanjali's Yoga Sutras

### Unit 2: Yoga Asanas (Postures)

- Basic yoga poses and their benefits
- Alignment principles and safety in asana practice
- Sun Salutations (Surya Namaskar)

### Unit 3: Pranayama (Breathing Techniques)

- Introduction to pranayama and its importance
- Techniques: Ujjayi, Nadi Shodhana (Alternate Nostril Breathing), Kapalabhati
- Benefits and contraindications of pranayama



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#### **Unit 4: Meditation Practices**

- Overview of meditation in yoga
- Mindfulness meditation: focusing on the breath
- Loving-kindness (Metta) meditation
- Guided visualization and relaxation techniques

#### **Unit 5: Yoga for Stress Reduction**

- Yoga poses and sequences for stress relief
- Yoga Nidra (Yogic Sleep) for deep relaxation
- Stress management strategies using yoga and meditation

#### **Unit 6: Yoga for Physical Health**

- Yoga for strength and flexibility
- Yoga for back pain and posture improvement
- Partner yoga: exploring trust and connection



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HANUMAN VYAYAM PRASARK MANDAL  
SHARDCHANDRA PAWAR KALA MAHILA  
MAHAVIDYALAYA, CHAMORSHI

MAHAVIDYALAYAA CODE: 042

TA- CHAMORSHI DIST- GADCHIROLI  
(AFFILIATED WITH GONDWANA UNIVERSITY GADCHIROLI)

Website. spkmchamorshi.in

EMAIL – mahilachamorshi2008@gmail.com

Mo. 9423423434 /9420105767

BACHELOR OF ART

Session : 2018-19

Semester- I, II, V sem

Student Attendance Sheet

Workshop

Name Of Activity:

yoga practice and meditation program

Date: 21 Jun-07 July-2018

Sr.No	Participant Name	Day1	Day2	Day3	Day4	Day5	Day6
1)	Bali Lula wela da	P	P	P	P	A	P
2)	Housala Shankar Zuri	P	P	P	P	P	P
3)	Pirsha Ekhath Bawane	P	A	P	P	P	P
4)	Nilima mangla Puro	P	P	A	P	P	P
5)	Vidhya Sadashiv Wadhwan	P	P	P	P	P	A
6)	Pooja Ashok Dhali	P	P	P	A	P	P
7)	Bhudevi Vasant Gedam	P	P	P	P	A	P
8)	Magina Umesh Kinkar	P	P	P	P	P	P
9)	Kokila Punaji Porke	P	P	P	P	A	P
10)	Basharath Jure Paal						
11)	Payal Basharath Jure	P	A	P	P	P	P
12)	Sumiti Shekhar Bepari	P	P	P	P	P	P
13)	Vinita devhath Suryam	P	P	A	P	P	A
14)	Suneetha Pandurang Manoo	P	P	P	A	P	P
15)	Alitha dama Gothami	P	P	P	P	P	P
16)	Bhagyshri Vilay potal	P	P	P	P	P	P

Off Principal  
Shardchandra Pawar Kala Mahila  
Mahavidyalaya Chamorshi  
Dist Gadchiroli

Sr.No	Participant Name	Day1	Day2	Day3	Day4	Day5	Day6
16)	Achal Kishor Kowase	P	P	A	P	A	P
17)	Ashwini Bohnu madavi	P	P	P	P	P	P
18)	SADU MAMISHA BADAL	P	P	A	P	P	P
19)	Ashwini Haridas Borule	P	P	P	P	P	P
20)	Anita Sudhakar Mattami	P	P	A	P	P	P
21)	Pallavi Bhandu Kopulkar	P	P	P	A	P	P
22)	Shital Uttam Vaidya	P	A	A	P	P	P
23)	Bhagyashri Pandurang Dudhale	P	P	A	P	A	P
24)	Niruta Lalita Patavi	P	P	P	P	P	P
25)	Prati Vinod Paulbude	P	P	P	A	P	P
26)	Priyanka Sahadev Dary	P	P	A	P	A	P
27)	Shridevi Soma madavi	P	A	P	A	P	P
28)	Sugra Rajan Warbhakar	P	P	P	A	P	P
29)	Urishali Vinayak Satpute	P	P	A	P	P	P
30)	Namini Vilas Gedam	P	P	A	P	P	P
31)	Sapna Ashok ABharye	P	A	P	P	P	P
32)	Sarpe Sapna Kashinath	P	P	P	P	P	P
33)	Meeham Shekhar Roy	P	P	P	P	A	P
34)	Rani Rambhau Patil	P	P	A	P	P	P
35)	Pinki Gan Gadhav Naidam	P	A	A	A	P	P
36)	Achal Vijay Meshram	P	P	P	A	P	P
37)	Chaitali Surakh Madavi	P	P	P	P	P	P
38)	Dipakadi Nalaji Kykade	P	P	P	P	P	P
39)	Shri Shrinang Kinkar	P	A	A	P	A	P
40)	Pallavi Ishwar Chalekh	P	P	A	P	P	P
41)	Santika Damodhar Bhojar	P	P	P	A	P	P
42)	Sonivilas Bedekar	P	P	P	A	P	P
43)	Ashwini Pandhari ABharye	P	P	A	P	P	P
44)	Telasaolmi Chittaranjan Vachhale	P	A	P	A	P	P
45)	Nishakha Guruday Ulbulwar	P	P	A	A	P	P
46)	Sapna Shrikrushna Sonule	P	A	A	P	P	P
47)	Shital Chintaman Sontakke	P	P	P	A	P	P

Off Principal

Shardcuandra Pawar Kala Mahila  
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Dist. Gadchiroli

Sr..No.	Day7	Day8	Day9	Day10	Day11	Day12	Day13	Day14	Day 15
①	A	P	P	P	P	P	P	P	A
②	P	P	P	P	P	A	P	P	P
③	P	P	A	P	P	P	P	P	P
④	P	A	P	P	P	P	P	P	P
⑤	A	P	P	P	P	P	P	P	P
⑥	P	P	P	P	A	P	P	P	P
⑦	A	A	P	P	P	P	P	P	P
⑧	P	P	P	P	P	P	A	A	P
⑨	A	A	P	P	P	P	P	P	P
⑩	P	P	P	A	P	P	A	P	P
⑪	P	P	P	P	P	P	P	P	P
⑫	P	P	P	P	P	P	P	P	P
⑬	P	P	A	P	P	P	P	P	A
⑭	P	A	P	P	P	P	A	P	P
⑮	P	P	P	P	P	P	P	P	P
⑯	P	A	A	P	P	P	P	P	P
⑰	P	P	P	P	P	P	P	A	A
⑱	A	A	P	P	P	P	P	P	P
⑳	P	P	A	P	P	P	P	A	P
㉑	P	P	P	P	A	P	P	P	A
㉒	P	P	A	A	P	P	P	P	P
㉓	P	P	P	P	P	P	P	P	P
㉔	P	A	P	A	P	P	P	P	P
㉕	P	P	A	P	P	A	P	P	P
㉖	P	P	P	A	A	P	P	P	P
㉗	A	A	P	P	P	P	P	A	P
㉘	P	P	A	A	P	P	P	P	P
㉙	P	P	P	P	P	A	P	P	A
㉚	P	P	P	P	P	P	P	P	P



Off. Principal  
 Shardchandra Pawar Kala Mahila  
 Manavidyalaya Chamorshi  
 Dist. Gadchiroli

Sr.No.	Day7	Day8	Day9	Day10	Day11	Day12	Day13	Day14	Day 15
31	P	A	P	A	P	A	P	A	P
32	P	A	P	P	P	P	P	P	P
33	A	P	A	P	P	A	P	P	P
34	A	P	P	P	P	A	P	P	P
35	P	A	P	P	P	P	A	P	P
36	P	P	P	A	P	A	P	P	P
37	A	P	A	A	P	P	A	P	P
38	A	P	A	P	P	P	P	P	P
39	P	A	P	P	P	P	P	P	P
40	P	A	P	P	P	A	P	P	P
41	P	P	P	P	A	P	A	P	P
42	P	P	A	P	P	P	A	P	P
43	P	P	P	A	P	A	A	P	A
44	P	A	P	A	P	P	P	A	A
45	P	P	A	P	A	P	A	P	P
46	P	P	P	A	P	A	P	P	A
47	P	A	A	P	P	P	A	A	P

  
 Off. Principal  
 Sharda Chandra Pawar Kata Mahila  
 Mahavidyalaya Chamorshi  
 Dist. Solapur



HANUMAN VYAYAM PRASARAK MANDAL  
SHARDCHANDRA PAWAR KALA MAHILA MAHAVIDYALAYA,  
CHAMORSHI



MAHAVIDYALAYA CODE: 042  
TA- CHAMORSHI DIST- GADCHIROLI  
(AFFILIATED WITH GONDWANA UNIVERSITY GADCHIROLI)  
Website. spkmchamorshi.in

EMAIL – mahilachamorshi2008@gmail.com

Mo. 9421857725/9420105767

## Report on Workshop on Yoga Practice and Meditation

1. **Name of the Event** : Workshop on Yoga Practice and Meditation
2. **Date of Event** : 21-7<sup>th</sup> July 2018
3. **Event Duration** : 30 Hour
4. **Event Venue** : Sharadchandra Pawar Kala Mahila Mahavidyalaya, Chamorshi
5. **Resource Person at Event** : S. Gayali
6. **Coordinator of Event** : Mahendra Kose
7. **Number of participants** : 47
8. **Objective** :
  - Understand the history and philosophy of yoga.
  - Learn and practice yoga asana (postures) safely and effectively.
  - Explore various pranayama (breathing) techniques.
  - Develop a meditation practice for relaxation and mental clarity.
  - Examine the benefits of yoga and meditation for physical, mental, and emotional health.
  - Cultivate mindfulness and self-awareness through yoga and meditation.
9. **Outcome** :

The training provided participants with extensive knowledge and hands-on practice in yoga and meditation, promoting mental clarity, mindfulness, and physical well-being.

  
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Dist. Gadchiroli





**Yoga Practice and Meditation by S. Gayali**

  
On Principal  
Shardchandra Pawar, Kala Mahila  
Mahavidyalaya Chamorshi  
Dist. Gachimshi



Hanuman Vyayam Prasark Mandal,  
Chamorshi



**Sharadchandra Pawar Kala Mahila Mahavidyalaya**  
**Chamorshi Dist - Gadchiroli 442603**

Affiliated to Gondwana University, Gadchiroli

## Certificate

This is to certify that Diksha Eknath Bawane a student of  
B.A. \_\_\_\_\_ has successfully completed the Yoga Practice And  
Meditation Program conducted by S. P. K. M. Mahavidyalay chamorshi  
heldon 21 June 2018 to 7 July 2018 to a duration at 30 hours.

  
Head

  
Principal

● श्याम वैद्य ऑफसेट, चामोशी 8788154273

# सूचना

Date \_\_\_\_\_  
Page \_\_\_\_\_

दि. 07/07/2018

महाविद्यालयतील वि.ए प्रथम

द्वितीय व तृतीय वर्षातील विद्यार्थिनींना

संस्थेच्या शिक्षक व शिक्षकेतर कर्मचाऱ्यांना

सुचित करण्यात आले आहे कि दिवांक

09/07/2018 ते 25/07/2018 पर्यंत

महाविद्यालयामध्ये Environmental awareness

and waste management प्रोग्राम

बेण्याचे ठरविले आहे तरी आपली

सवयी उपस्थिती प्राधान्य आहे.

Name of Teacher	class	Signature
Shrikrishna Urkude	BA I	Urkude
Ashok Singale	BA II	Singale
Narsing Panchal	BA III	Panchal

कार्यक्रम अधिकारी

राष्ट्रीय सेवा योजना

शरदचंद्र पवार कला महिला

महाविद्यालय, चाणोरी

Off Principal

Shardochandra Pawar Kala Mahila

Mahavidyalaya Chamorshi

Dist. Gadchiroli

## **Syllabus on: Environmental Awareness and Waste Management**

**Duration of course: 30 Hrs.**

### **Course objective:**

- To gain knowledge of different types of waste and their environmental impacts.
- To understand the principles of waste hierarchy: reduce, reuse, recycle.
- To explore waste management strategies and technologies.
- To develop critical thinking skills in analyzing waste-related issues.
- To promote awareness and responsible behavior towards waste disposal.

### **Course outcome:**

- CO1: Students will demonstrate a comprehensive understanding of various types of waste, their sources, and their environmental impacts.
- CO2: They will be familiar with the principles of the waste hierarchy: reduce, reuse, recycle, and understand their significance in sustainable waste management.
- CO3: Students will have acquired knowledge of waste treatment technologies such as landfilling, incineration, composting, and recycling processes.

### **Unit-I: Introduction to waste management**

- Course overview and expectations
- Definition and types of waste
- Environmental impacts of improper waste disposal

### **Unit –II: Waste generation**

- Sources and composition of municipal waste
- Hazardous waste: characteristics and management
- E-waste and its challenges

### **Unit III: Waste Hierarchy and 3 R's**

- Reduce, Reuse, Recycle principles
- Benefits of each stage in the waste hierarchy
- Case studies on successful 3R programs



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#### **Unit IV: Waste Collection transport**

- Collection systems: curbside, drop-off, recycling centers
- Challenges in waste collection
- Transportation logistics and efficiency

#### **Unit V: Waste treatment Technology**

- Landfilling: process and environmental concerns
- Incineration: benefits, risks, and modern technologies
- Composting: principles and applications

#### **Unit VI: Recycling and Upcycling**

- Recycling processes: paper, plastics, glass, metals
- Challenges and solutions in recycling
- Upcycling: turning waste into valuable products



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**Sharda Chandra Pawar Kala Mahila**  
**Mahavidyalaya Chamorshi**  
**Dist. Gadchiroli**



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SHARDCHANDRA PAWAR KALA MAHILA  
MAHAVIDYALAYA, CHAMORSHI



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EMAIL – mahilachamorshi2008@gmail.com Mo. 9423423434 /9420105767

BACHELOR OF ART

Session : 20218-19

Semester- III<sup>rd</sup> sem

Student Attendance Sheet

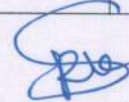
Workshop

Name Of Activity:

Environmental awareness and  
waste management program

Date = 09-25 July - 2018

Sr.No	Participant Name	Day1	Day2	Day3	Day4	Day5	Day6
①	Shital Kamhaji Wainagale	P	P	A	P	P	P
2)	Jayshri Baburao Potavi	P	P	P	P	P	A
3)	Senka Anand Pal	P	P	A	P	P	P
4)	Tejal Shamrao Alam	P	P	P	A	P	P
5)	Sapana Ashok Arhore	P	P	A	P	P	P
6)	Vaishali Vinayak Sapate	P	P	P	A	P	P
7)	Shital Dnyaneshwar Narok	P	P	A	P	P	P
8)	Ashwini Shankar Kumar	P	P	P	A	P	P
9)	Ashmita Kishor Kudave	P	P	A	P	A	P
10)	Soni Mangayatai Sapate	P	P	P	P	P	P
11)	Alisha Bama Gothani	P	P	P	A	P	P
12)	Bhagyeshri Vilas Potavi	P	P	A	P	P	P
13)	Achal Kishore Kaase	P	P	P	A	P	P
14)	Ashwini Dnyaneshwar	P	P	P	A	P	P
15)	Sadvi Manisha Baday	P	P	P	P	P	P
16)	Ashwini Hari day Borule	P	P	A	A	P	P


  
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Mahavidyalaya Chamorshi  
Dist. Gadchiroli

Sr.No	Participant Name	Day1	Day2	Day3	Day4	Day5	Day6
17)	Vaidya Shitala Utkar	P	P	A	P	P	P
18)	EKata pancharam Mandi	P	P	A	P	P	A
19)	Mizuta Lalay potavi	P	P	A	P	P	P
20)	Lina Bandu Kotangela	P	P	A	P	P	P
21)	Shajidevi Somamadhavi	P	P	A	P	P	A
22)	Soni Vasant Abhar	P	P	P	A	P	P
23)	Suniti Shekhar Bepari	P	P	P	A	P	P
24)	Suchmita prashant Sarthar	P	P	P	A	P	A
25)	Ujhita deonath Surpam	P	P	P	A	P	P
26)	Preethi Kshira Bandu Khatwade	P	P	P	A	P	P
27)	Dayal Bhasharath Turse	P	P	P	A	P	P

*(Handwritten Signature)*

Off Principal  
Shardendra Pawar Kala Mahila  
Mahavidyalaya Chamorshi  
Dist. Gadchiroli

Sr.No.	Day7	Day8	Day9	Day10	Day11	Day12	Day13	Day14	Day 15
1)	A	P	P	P	A	P	P	P	P
2)	A	P	P	A	P	P	A	P	P
3)	P	A	P	P	P	P	P	P	P
4)	P	A	P	A	P	P	P	P	P
5)	A	P	P	P	A	P	P	P	P
6)	A	P	P	P	A	P	P	P	P
7)	P	A	P	A	P	P	P	P	P
8)	P	A	P	P	A	P	P	P	P
9)	A	P	P	P	A	P	P	P	P
10)	A	P	P	P	A	P	P	P	P
11)	P	A	P	A	P	P	P	P	P
12)	P	A	P	A	P	P	P	P	P
13)	P	A	P	P	P	P	P	P	P
14)	A	P	P	P	A	P	P	P	P
15)	A	P	P	A	P	P	P	P	P
16)	A	P	P	A	P	P	P	P	P
17)	P	A	P	P	A	A	P	P	P
18)	P	A	P	P	A	P	P	P	P
19)	A	P	P	A	P	P	P	P	P
20)	P	A	P	A	P	P	P	P	P
21)	A	P	P	P	P	P	P	P	P
22)	P	A	P	P	P	P	P	P	P
23)	P	P	P	P	A	P	P	P	P
24)	A	P	P	A	P	P	P	P	P
25)	A	P	P	A	P	P	P	P	P
26)	P	A	P	A	P	P	P	P	P
27)	P	A	P	A	P	P	P	P	P

  
 Off. Principal  
 Shardchandra Pawar Kala Mahila  
 Mahavidyalaya Chamorsiv  
 Dist. Gadchiroli





HANUMAN VYAYAM PRASARAK MANDAL  
**SHARDCHANDRA PAWAR KALA MAHILA MAHAVIDYALAYA,  
CHAMORSHI**



MAHAVIDYALAYA CODE: 042  
TA- CHAMORSHI DIST- GADCHIROLI  
(AFFILIATED WITH GONDWANA UNIVERSITY GADCHIROLI)  
Website. spkmchamorshi.in

EMAIL – mahilachamorshi2008@gmail.com

Mo. 9421857725/9420105767


## Report on Workshop on Environmental Awareness and Waste management

1. **Name of the Event** : Workshop on Environmental Awareness and Waste Management
2. **Date of Event** : 9-25<sup>th</sup> July 2018
3. **Event Duration** : 30 Hr
4. **Event Venue** : Sharadchandra Pawar Kala Mahila Mahavidyalaya, Chamorshi
5. **Resource Person at Event** : Nagar Panchayat Chamorshi
6. **Coordinator of Event** : Mahendra Kose
7. **Number of participants** : 27
8. **Objective**
  - To gain knowledge of different types of waste and their environmental impacts.
  - To understand the principles of waste hierarchy: reduce, reuse, recycle.
  - To explore waste management strategies and technologies.
  - To promote awareness and responsible behavior towards waste disposal.
9. **Outcome** : Learned about the various categories of garbage, the waste structure, management techniques, and responsible disposal methods were all taught to the participants.

  
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Dist. Gadchiroli



**Nagar Panchayat Chamorshi addressing the students on Environmental Awareness and Waste Management Program**

  
Off. Principal  
Shardachandra Pawar Kala Mahila  
Mahavidyalaya Chamorshi  
Dist. Ganshim



Hanuman Vyayam Prasark Mandal,  
Chamorshi



**Sharadchandra Pawar Kala Mahila Mahavidyalaya**  
**Chamorshi Dist - Gadchiroli 442603**

Affiliated to Gondwana University, Gadchiroli

## Certificate

This is to certify that Achal Kishor Kowase a student of  
B.A. II<sup>nd</sup> year has successfully completed the Environmental Awareness  
& waste management conducted by S. P. K. M. Mahavidyalay chamorshi  
heldon 09 July 2018 to 25 July 2018 to a duration at 30 hours.

Kase  
Head

[Signature]  
Principal

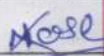
सूचना

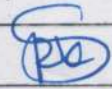
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दि. 02/08/2018

महाविद्यालयामधील  
सर्व विद्यार्थीनींना सुमारे तसेच शिक्षक  
व शिक्षकेतर कर्मचाऱ्यांना सूचित  
करण्यात येत आहे की दिनांक 03/08/18  
ते 23/08/2018 या कालावधीमध्ये  
Social Equality and Tribal Study  
Program योजनेचे अखिल अहिले तरी  
आपली उपस्थिती घ्याव्या आहे.

Name of Teacher	class	Signature	N
Mahendra Kose	BA I	Kose	5
Narsing Pamchal	BA II	Pamchal	AS
Ashok Singale	BA III	Singale	M

  
Kose

  
Pawar

  
Pawar

Head of the Dept  
Sharadchandra Pawar Kala  
Mahila Mahavidyalaya  
Chamorschi Dist. Gadchiroli

Women Cell  
Sharadchandra Pawar Kala  
Mahila Mahavidyalaya  
Chamorschi Dist. Gadchiroli

Off. Principal  
Sharadchandra Pawar Kala Mahila  
Mahavidyalaya Chamorschi  
Dist. Gadchiroli

## Syllabus on : Social Equality and Tribal Studies

Duration of course: 30 Hrs

### Course objective:

- Understand the concept of social equality and its relevance to tribal communities.
- Explore the history, culture, and socio-economic challenges faced by tribal populations.
- Examine policies, movements, and interventions aimed at promoting social equality and tribal rights.
- Analyze case studies and examples of successful empowerment strategies within tribal communities.
- Foster critical thinking and awareness of social justice issues related to tribal studies.

### Course outcome :

CO1: Students will gain insight into the historical, cultural, and socio-economic challenges faced by tribal populations.

CO2: Students will be able to discuss the history of tribal communities in the region of study, including their diverse cultures, languages, and traditions.

CO3: Students will identify and evaluate the socio-economic challenges such as poverty, unemployment, and lack of access to basic services faced by tribal populations.

CO4: Students will identify and evaluate the socio-economic challenges such as poverty, unemployment, and lack of access to basic services faced by tribal populations.

CO5: Students will analyze empowerment initiatives and success stories related to tribal women's education, healthcare, and employment.

CO6: Students will assess challenges related to education in tribal areas, including access and quality.

### Unit 1: Introduction to Social Equality and Tribal Studies

- Defining social equality: concepts and dimensions
- Overview of tribal studies: scope and significance
- Understanding intersectionality in tribal identities

### Unit 2: History and Identity of Tribal Communities

- Historical overview of tribal communities in the region
- Cultural diversity among tribal groups: language, customs, and traditions
- Challenges to tribal identity: assimilation, discrimination, and marginalization



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Shardchandra Pawar Kala Manfa  
Mahavidhayataya Chamorski  
Dist Gadchiroli

### **Unit 3: Socio-Economic Challenges Faced by Tribes**

- Poverty, unemployment, and lack of access to basic services
- Land rights and displacement: impact on tribal communities
- Health disparities and challenges in tribal healthcare

### **Unit 4: Tribal Governance and Legal Framework**

- Tribal governance structures: traditional vs. modern systems
- Constitutional provisions and legal rights of tribal communities
- Issues of autonomy, self-governance, and tribal sovereignty

### **Unit 5: Policies and Interventions for Tribal Welfare**

- Government schemes and programs for tribal development
- Role of NGOs and civil society in tribal empowerment
- Evaluation of policy effectiveness and gaps

### **Unit 6: Gender, Tribal Women, and Empowerment**

- Gender roles and status within tribal societies
- Challenges faced by tribal women: education, healthcare, and employment
- Empowerment initiatives and success stories of tribal women

### **Unit 7: Tribal Education and Knowledge Systems**

- Education challenges in tribal areas: access and quality
- Role of traditional knowledge and indigenous education systems
- Innovations in tribal education and case studies



Off Principal  
Sharda Chandra Pawar Kala Manth  
Mahavidyalaya Chamorshi  
Dist Gadchiroli



HANUMAN VYAYAM PRASARK MANDAL  
SHARDCHANDRA PAWAR KALA MAHILA  
MAHAVIDYALAYA, CHAMORSHI

MAHAVIDYALAYAA CODE: 042  
TA- CHAMORSHI DIST- GADCHIROLI  
(AFFILIATED WITH GONDWANA UNIVERSITY GADCHIROLI)

Website. spkmchamorshi.in  
EMAIL – mahilachamorshi2008@gmail.com

Mo. 9423423434 /9420105767

BACHELOR OF ART

Session : 2018-19

Semester- V<sup>th</sup> sem

Student Attendance Sheet

Workshop

Name Of Activity:

Social equality and tribal study  
Program

Date = 03-23 Aug-2018

Sr.No	Participant Name	Day1	Day2	Day3	Day4	Day5	Day6
1	Bawane Biksha Eknaath	P	P	A	P	P	A
2	Housala Shankar Zuri	P	P	A	P	P	P
3	Baji Lada Welada	P	P	A	P	P	A
4	Vina Bai Nandaji Deshmukh	P	P	A	P	P	P
5	Ashwini Devidas Usendi	P	P	A	P	P	A
6	Shital Kulkarni Kulkarni	P	P	A	P	P	P
7	Nilima Mangra Pado	P	P	A	P	P	A
8	Radhika Sudhakarnabhatkar	P	P	A	P	P	P
9	Rupali Sonumal Kuly	P	P	P	A	P	A
10	Nagina Umesh Kinekar	P	P	P	A	P	P
11	Yashana Namdeo Gurnik	P	P	P	A	P	A
12	Tejshwini Sumeth Gedam	P	P	P	A	P	P
13	Trophi Rekhachand durg	P	P	P	A	P	A
14	Payal Sumil Dorlikar	P	P	P	A	P	P
15	Pooja Ashok dhali	P	P	P	A	P	A
16	KIRAN Bhikaji Buse	P	P	P	A	P	P

Off Principal

Shardchandra Pawar Kala Mahila  
Mahavidyalaya Chamorshi  
Dist. Gadchiroli

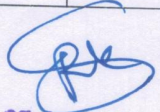
Sr.No	Participant Name	Day1	Day2	Day3	Day4	Day5	Day6
17)	Damini Ramdas Bhojari	P	P	A	P	P	A
18)	Swati Shantaram Bhusarkar	P	P	A	P	P	P
19)	soni namdeo undirwadde	P	P	A	P	P	A
20)	Kokila Punaji Perte	P	P	P	A	P	P
21)	Kshama Shivaram Zade	P	P	P	A	P	A
22)	Nitika Samrajya Makkekar	P	P	P	A	P	P

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Dist. Gadchiroli



Sr..No.	Day7	Day8	Day9	Day10	Day11	Day12	Day13	Day14	Day 15
1	P	A	P	P	P	P	P	P	A
2	P	A	P	P	P	P	P	P	A
3	P	P	P	P	P	P	P	P	P
4	P	P	P	P	P	P	P	P	A
5	P	A	P	P	P	P	P	P	P
6	P	A	P	P	P	P	P	P	A
7	P	P	P	P	P	P	P	P	P
8	P	P	P	P	P	P	P	P	A
9	P	A	P	P	P	P	P	P	P
10	P	A	P	P	P	P	P	P	A
11	P	P	P	P	P	P	P	P	P
12	P	P	A	P	P	P	P	P	A
13	P	A	A	P	P	A	P	P	P
14	P	A	A	P	P	A	P	P	A
15	P	P	A	P	P	A	P	P	P
16	P	P	A	P	P	A	P	P	A
17	P	A	A	P	P	A	P	P	P
18	P	A	A	P	P	A	P	P	A
19	P	P	A	P	P	A	P	P	P
20	P	P	A	P	P	A	P	P	A
21	P	A	A	P	P	A	P	P	P
22	P	A	A	P	P	A	P	P	B

  
**Off Principal**  
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 Mahavidyalaya Chamoreh/  
 Dist. Gadchiroli



HANUMAN VYAYAM PRASARAK MANDAL  
**SHARDCHANDRA PAWAR KALA MAHILA MAHAVIDYALAYA,  
CHAMORSHI**



MAHAVIDYALAYA CODE: 042  
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(AFFILIATED WITH GONDWANA UNIVERSITY GADCHIROLI)  
Website. spkmchamorshi.in

EMAIL – mahilachamorshi2008@gmail.com

Mo. 9421857725/9420105767

## Report on Workshop on social equality and tribal study

1. **Name of the Event** : Workshop on social equality and tribal study
2. **Date of Event** : 03-23<sup>rd</sup> Aug-2018
3. **Event Duration** : 30 Hour
4. **Event Venue** : Sharadchandra Pawar Kala Mahila Mahavidyalaya, Chamorshi
5. **Resource Person at Event** :D.P. Madavi
6. **Coordinator of Event** :Mahendra Kose
7. **Number of participants** : 22
8. **Objective** :
  - Understand the concept of social equality and its relevance to tribal communities.
  - Explore the history, culture, and socio-economic challenges faced by tribal populations.
  - Examine policies, movements, and interventions aimed at promoting social equality and tribal rights.
  - Analyze case studies and examples of successful empowerment strategies within tribal communities.
  - Foster critical thinking and awareness of social justice issues related to tribal studies.
9. **Outcome :** The program taught participants about the native ecology, medicinal plants, traditional crafts, and cultural customs while also fostering a greater understanding of tribal populations, with a special emphasis on the lives of tribal women.

  
Off. In-charge  
Shardchandra Pawar Kala Mahila  
Mahavidyalaya Chamorshi  
Dist. Gadchiroli



**Mr.D.P.Madavi addressing on Social Equality And Tribal Study.**

  
Off. Principal  
Sharda Chandra Pawar-Kala Mantra  
Mahavidyalaya Chamorshi  
Dist. Gadchiroli



Hanuman Vyayam Prasark Mandal,  
Chamorshi



**Sharadchandra Pawar Kala Mahila Mahavidyalaya**  
**Chamorshi Dist - Gadchiroli 442603**

Affiliated to Gondwana University, Gadchiroli

## Certificate


This is to certify that Ashwini D. Usendi a student of

B.A. 3<sup>rd</sup> year has successfully completed the Social Equality

And Tribal Study conducted by S.P.K.M. Mahavidyalay Chamorshi

heldon 03 Aug 2018 to 23 Aug 2018 to a duration at 30 hours.

Kose  
Head

  
Principal

\* स्तुति \*

Date \_\_\_\_\_

Page \_\_\_\_\_

दि. 18/08/2018

महाविद्यालयीन विद्यार्थिनी  
सुचित क्रम्यात येत आहे कि दि. 01/09/2018  
ते 19/09/2018 पर्यंत महाविद्यालयामध्ये  
carrier in creative embroidery या  
विषयावर कार्यक्रम घेण्यात येत आहे  
तर सर्व विद्यार्थिनींनी उपस्थिती  
प्राथमिक आहे

Name of Teacher	class	Sign
अशांक खिंगळे	BA I	Singale
विवेक भाडुले	BA II	Mhule
नरसिंहा पाचाल	BA III	Panchal

Women Cell

Sharadchandra Pawar Kala  
Mahila Mahavidyalaya  
Chamorshi Dist. Gadchiroli

Off Principal

Sharadchandra Pawar Kala Mahila  
Mahavidyalaya Chamorshi  
Dist Gadchiroli

## Syllabus on : Career in Creative Embroidery Technique

Duration of course: 30 Hrs

### Course objective:

- To familiarize students with a range of embroidery techniques, including hand and machine embroidery.
- To develop students' understanding of design principles and their application in embroidery.
- To encourage creative experimentation and self-expression through embroidery.
- To cultivate technical proficiency and craftsmanship in embroidery

### Course outcome:

- CO1:By following this syllabus, students can expect to develop a comprehensive understanding of various embroidery techniques, from traditional to contemporary, and enhance their creative skills and artistic expression through hands-on practice and project-based learning.
- Co2:They will also gain insight into design principles, craftsmanship, and the historical and cultural significance of embroidery, contributing to their overall artistic development and appreciation of textile arts.

### Unit-I: Introduction to embroidery

- Overview of embroidery history and traditions
- Introduction to basic embroidery tools and materials
- Understanding fabric selection and preparation
- Practice: Running stitch, backstitch, and satin stitch

### Unit –II: Traditional embroidery technique

- Exploring traditional embroidery stitches (e.g., chain stitch, French knots, feather stitch)
- Design principles in traditional embroidery
- Incorporating traditional motifs and patterns
- Project: Sampler showcasing traditional stitches

### Unit III: Contemporary Embroidery Technique

- Introduction to contemporary embroidery artists and trends



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Dist. Gadchiroli

- Experimenting with mixed media embroidery (e.g., incorporating beads, sequins, and fabric appliqué)
- Exploring unconventional materials for embroidery
- Project: Mixed media embroidery sampler

#### **Unit IV: Machine Embroidery Basics**

- Overview of machine embroidery techniques and equipment
- Introduction to digitized embroidery designs
- Practice: Using embroidery machines to create basic designs
- Project: Machine-embroidered patch or motif

#### **Unit V: Advance stitch technique**

- Exploring advanced embroidery stitches (e.g., bullion stitch, couching, stumpwork)
- Design considerations for complex stitch techniques
- Project: Small-scale embroidered artwork showcasing advanced stitches

#### **Unit VI: Final Project Development and Presentation**

- Workshops on project execution techniques
- Presentation of final embroidery projects
- Group critique and feedback session



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HANUMAN VYAYAM PRASARK MANDAL  
SHARDCHANDRA PAWAR KALA MAHILA  
MAHAVIDYALAYA, CHAMORSHI



MAHAVIDYALAYAA CODE: 042  
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Mo. 9423423434 /9420105767

BACHELOR OF ART

Session : 2018-19

Semester- V<sup>th</sup> sem

Student Attendance Sheet

Workshop

Name Of Activity:

carrier in creative embroidery

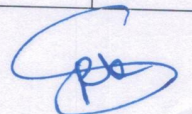
Date = 01-19 Sep - 2018

Sr.No	Participant Name	Day1	Day2	Day3	Day4	Day5	Day6
1)	vidhya sadashiv ameer	P	P	A	P	P	A
2)	Diksha Ek Nath Bawane	P	P	A	P	P	P
3)	pragati sudhakar bhosale	P	P	A	P	P	A
4)	nirasha Arun Dange	P	P	A	P	P	P
5)	Bhudevi Vasant gedam	P	P	A	P	P	A
6)	Madhuri Shankar Khundekar	P	P	A	P	P	P
7)	madhuri Bhauji Latore	P	P	A	P	P	A
8)	Nita Somayya makkekar	P	P	A	P	P	P
9)	Swati Shantaram Bhosale	P	P	A	P	P	A
10)	poona ashok bhali	P	P	P	A	P	P
11)	Manisha Devaji Gedam	P	P	P	A	P	A
12)	Rupali Saharaj Kally	P	P	P	A	P	P
13)	Kiran vasant meshram	P	P	P	A	P	A
14)	Kokila Punaji Pote	P	P	P	A	P	P
15)	Ashwini dividas asendi	P	P	P	A	P	A
16)	vinabai nandaji Deshmukh	P	P	P	A	P	P

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Mahavidyalaya Chamorshi  
Dist Gadchiroli



Sr.No	Participant Name	Day1	Day2	Day3	Day4	Day5	Day6
17)	Housala Shankar zuri	P	P	A	P	P	A
18)	Bali Lata welada.	P	P	A	P	P	A
19)	mrinaini Kalikrishna Bhat	P	P	A	P	P	A
20)	Khoan Bhikaji Bure	P	P	A	P	P	A
21)	Daxal Sumil Dorlikar	P	P	A	P	P	A
22)	Bhagyashri nameshwar Dhole	P	P	A	P	P	A
23)	Tedkhoini Sumesh guddam	P	P	P	A	P	A
24)	Jyothana namdeo gumule	P	P	P	A	P	P
25)	Magha ameth Kinekar	P	P	P	A	P	A
26)	Radhika Sudhakar handgira	P	P	P	A	P	A
27)	Soni Namdeo unptriwade	P	P	P	A	P	A
28)	prajakta Namdeo unptriwade	P	P	P	A	P	A



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Mahavidyalaya Chamorshi  
Dist. Gadchiroli

Sr.No.	Day7	Day8	Day9	Day10	Day11	Day12	Day13	Day14	Day 15
1)	P	P	A	P	A	P	P	P	P
2)	P	P	A	P	A	P	P	P	P
3)	P	P	A	P	P	P	P	P	A
4)	P	P	A	P	P	P	P	P	A
5)	P	P	A	P	A	P	P	P	P
6)	P	P	A	P	A	P	P	P	P
7)	P	P	A	P	P	P	P	P	A
8)	P	P	A	P	P	P	P	P	A
9)	P	P	A	P	A	P	P	P	P
10)	P	P	A	P	A	P	P	P	P
11)	P	P	A	P	P	P	P	P	A
12)	P	P	A	P	P	P	P	P	A
13)	P	P	A	P	A	P	P	P	P
14)	P	P	A	P	A	P	P	P	P
15)	P	P	P	A	P	P	P	P	A
16)	P	P	P	A	P	P	P	P	A
17)	P	P	P	A	A	P	P	P	P
18)	P	P	P	A	A	P	P	P	P
19)	P	P	P	A	P	P	P	P	A
20)	P	P	P	A	P	P	P	P	A
21)	P	P	P	A	A	P	P	P	P
22)	P	P	P	A	A	P	P	P	P
23)	P	P	P	A	P	P	P	P	A
24)	P	P	P	A	P	P	P	P	A
25)	P	P	P	A	A	P	P	P	P
26)	P	P	P	A	A	P	P	P	P
27)	P	P	P	A	P	P	P	P	A
28)	P	P	P	A	P	P	P	P	A

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 Shardchandra Pawar Kala Mahla  
 Mahavidyalaya Chamorshi  
 Dist Gadchiroli



HANUMAN VYAYAM PRASARAK MANDAL  
SHARDCHANDRA PAWAR KALA MAHILA MAHAVIDYALAYA,  
CHAMORSHI




MAHAVIDYALAYA CODE: 042  
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Website. spkmchamorshi.in

EMAIL – mahilachamorshi2008@gmail.com

Mo. 9421857725/9420105767

## Report on Workshop on Career in Creative Embroidery Technique

1. **Name of the Event** : Workshop on Career in Creative embroidery Technique
2. **Date of Event** : 1-19th Sept. 2018
3. **Event Duration** : 30 Hour
4. **Event Venue** : Sharadchandra Pawar Kala Mahila Mahavidyalaya, Chamorshi
5. **Resource Person at Event** : S.R. Kashettiwar
6. **Coordinator of Event** : Mahendra Kose
7. **Number of participants** : 28
8. **Objective** :
  - To familiarize students with a range of embroidery techniques, including hand and machine embroidery.
  - To develop students' understanding of design principles and their application in embroidery.
  - To encourage creative experimentation and self-expression through embroidery.
9. **Outcome** : Participants learned various embroidery techniques, from traditional to modern.

  
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**Miss. S.R.Kashettiwar addressing students on Career in Creative Embroidery Technique**



**Miss. S.R.Kashettiwar addressing students on Career in Creative Embroidery Technique**

  
Off. Principal  
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Mahavidyalaya Chamorshi  
Dist. Ganeshi



Hanuman Vyayam Prasark Mandal,  
Chamorshi



**Sharadchandra Pawar Kala Mahila Mahavidyalaya**  
**Chamorshi Dist - Gadchiroli 442603**

Affiliated to Gondwana University, Gadchiroli

## Certificate

This is to certify that Nisasha Arun Dange a student of  
B.A. III<sup>rd</sup> year has successfully completed the Carrier in Creative  
Embroidary conducted by S. P. K. M. Mahavidyalaya Chamorshi  
held on 1 Sept. 2018 to 19 Sept. 2018 to a duration at 30 hours.

Kas e  
Head

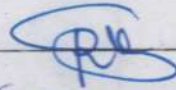
[Signature]  
Principal

सूचना  
सूचना

दि. 01/12/2018

महाविद्यालयामधील वि. ए.  
प्रथम, द्वितीय व तृतीय वर्षातील सर्व  
विद्यार्थिनींना सुचिले करावयात, येत आहे  
कि आपल्या महाविद्यालयामध्ये दिनांक  
03/12/2018 ते 19/12/2018 या काळावधी  
मध्ये Spoken English Proficiency  
Training Courses घेण्यात येत आहे.  
तरी आपली सवर्धि उपस्तीती प्राधान्य  
आहे

Sr. no	Name of Teacher	class	signature
	महेश कोसे	BA I	<u>Kose</u>
	शिल्पा कोशेलीवार	BA II	<u>Shilpa</u>
	मीकण्डा अरुण	BA III	<u>Mikande</u>

  
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Mahavidyalaya Chamorshi  
Dist. Gadchiroli

## **Syllabus on : Spoken English Proficiency Training**

**Duration of course: 30 Hrs**

### **Course objective:**

- Develop clear and accurate pronunciation of English sounds.
- Improve fluency and coherence in spoken English.
- Expand vocabulary and idiomatic expressions for diverse contexts.
- Enhance listening comprehension skills.
- Build confidence and proficiency in speaking English confidently.

### **Course outcome :**

CO1: Students will demonstrate clear pronunciation of English sounds, including vowels and consonants and will correctly use stress, intonation, and rhythm in spoken English for effective communication.

CO2: Students will improve fluency, reducing hesitations and pauses in speech.

CO3: Students will expand their vocabulary, including synonyms, antonyms, and idiomatic expressions.

CO4: Students will initiate, maintain, and end conversations with confidence and appropriateness.

CO5: Students will improve listening comprehension skills through exposure to English audio materials.

CO6: Students will deliver short speeches and presentations with improved voice modulation and body language.

### **Unit 1: Introduction to Spoken English Proficiency**

- Overview of course objectives and expectations
- Importance of effective spoken communication
- Self-assessment of current speaking skills and goals setting

### **Unit 2: Phonetics and Pronunciation**

- Introduction to English phonetics: consonant and vowel sounds
- Practice drills for accurate pronunciation
- Common pronunciation errors and how to correct them



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**Mahavidyalaya Chamorsiv**  
**Dist. Garhchimol**

### **Unit 3: Fluency and Speaking Practice**

- Techniques to improve fluency and avoid hesitations
- Role-playing exercises for real-life scenarios (e.g., ordering food, making appointments)
- Speed reading exercises to improve speaking pace

### **Unit 4: Vocabulary Expansion**

- Building a diverse vocabulary: synonyms, antonyms, and idiomatic expressions
- Vocabulary related to specific fields (e.g., academic, business, social)
- Vocabulary games and activities for retention

### **Unit 5: Intonation and Stress Patterns**

- Understanding intonation and stress in spoken English
- Practice exercises for expressing emphasis and emotion
- Role-playing with varied stress patterns for different contexts

### **Unit 6: Conversational Skills and Small Talk**

- Strategies for starting, maintaining, and ending conversations
- Small talk etiquette and common topics (e.g., weather, hobbies, current events)
- Group discussions and debates on contemporary issues



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Dist. Gadchiroli





HANUMAN VYAYAM PRASARK MANDAL  
SHARDCHANDRA PAWAR KALA MAHILA  
MAHAVIDYALAYA, CHAMORSHI



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BACHELOR OF ART

Session : 2018-19

Semester- II<sup>nd</sup> sem

Student Attendance Sheet

Workshop

Name Of Activity:

spoken English proficiency training

Date = 03-19 Dec - 2018

Sr.No	Participant Name	Day1	Day2	Day3	Day4	Day5	Day6
①	Ashvini pandhari Abhase	P	P	A	P	P	P
②	poornima shankar Abc	P	P	A	P	P	P
③	soni vilay Bedekar	P	P	A	P	P	P
④	sonali namaji Bhakarre	P	P	A	P	P	P
⑤	Mangala viharaj Bhoyar	P	P	A	P	P	P
⑥	Sanjayani Laxman Bhoyar	P	P	P	A	P	P
⑦	santika Damodhar Bhoyar	P	P	P	A	P	P
⑧	Arpana manindra Bisoay	P	P	P	A	P	P
⑨	Rimpa Kamal Bisoay	P	P	P	A	P	P
⑩	Supriya ABhimanyu Bisoay	P	P	P	A	P	P
⑪	priyanka arshok chitange	P	P	A	P	P	P
⑫	shubhangi Surath chitange	P	P	A	P	P	P
⑬	swity Satyavijay chitange	P	P	A	P	P	P
⑭	syrolya Dilip Devumate	P	P	A	P	P	P
⑮	Sheetal manohar bhok	P	P	A	P	P	P
⑯	pallavi chhatrapati Dighore	P	P	A	P	P	P


Off Principal  
Shardchandra Pawar Kala Mahila  
Mahavidyalaya Chamorshi  
Dist Gadchiroli

Sr.No	Participant Name	Day1	Day2	Day3	Day4	Day5	Day6
17	Karishma Beldu Dydhabeli	P	P	A	P	P	A
18	Rohini prabhakar Duroge	P	P	A	P	P	A
19	Vanathi Karwi Gawade	P	P	A	P	P	A
20	pojia Diwalkar Gaothare	P	P	A	P	P	A
21	Revanta parthysam Kayark	P	P	A	P	P	P
22	Ashwini mahohar Kavade	P	P	A	P	P	A
23	poiti Vilay KharBankar	P	P	A	P	P	P
24	soni Phoirang Khekar	P	P	A	P	P	A
25	prihi Muneswar Kolhapure	P	P	A	P	P	P
26	Jyoti Abaji Kayamohite	P	P	A	P	P	A
27	Shital Dhivru Kulkarni	P	P	A	P	P	P
28	biparwai Malaji Kulkade	P	P	A	P	P	A
29	Yamina Kalidas Kulkarni	P	P	A	P	P	P
30	Devika Tukarom Kulkarni	P	P	A	P	P	A
31	Ashwini Anam Mohurle	P	P	A	P	P	P
32	Shital Dilip Mohurle	P	P	A	P	P	A
33	Puja Deviday Muddalwar	P	P	P	A	P	P
34	Jyoti Shreedhar Naikam	P	A	P	A	P	A
35	Pinki Gangadhar Naikam	P	P	P	A	P	P
36	punam Vasant Narote	P	P	P	A	P	A
37	Sulochana Dilip Naughade	P	P	P	A	P	P
38	Mayuri Yamaji Naybankar	P	P	P	A	P	A
39	Vidya Mangal Nikode	P	P	P	A	P	P
40	Dimpal Tulshiday Patil	P	P	P	A	P	A
41	Rani Rambay Patil	P	P	P	A	P	P
42	Neelam Shekhar Patil	P	P	P	A	P	A
43	Kayal Bhima Samde	P	P	P	A	P	P
44	Jayanti Charam Sarkar	P	P	P	A	P	A
45	Sankita Damodhar Sarpe	P	P	P	A	P	P
46	Sapna Kishinath Sarpe	P	P	P	A	P	P



Off Principal  
Shardendra Pawar Kala Mahla  
Mahavidyalaya Chamorsty  
Dist. Gadchiroli

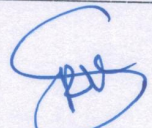
Sr.No	Participant Name	Day1	Day2	Day3	Day4	Day5	Day6
47	Rohani guruday Satpute	P	P	A	P	P	P
48	Suhama Rameth Satpute	P	P	P	A	P	P
49	Pheron Ramjam Saikh	P	P	A	P	P	P
50	Achal Pradkath Shete	P	P	P	A	P	P
51	HarSala Namdeo Shetye	P	P	A	P	P	P
52	Shital Chintaman Sontakke	P	P	P	A	P	P
53	Soni Rajeshwar Sontakke	P	P	A	P	P	P
54	Sapna Shrikrushna Sonu	P	P	P	A	P	P
55	Mayuri Mahadeo Tynde	P	P	A	P	P	P
56	Amita Anasumalwar	P	P	P	A	P	P
57	Vidya Rameth Veladi	P	P	A	P	P	P
58	Sejal Rakesh Walke	P	P	P	A	P	P

  
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 Mahavidyalaya Chamorshy  
 Dist. Gadchiroli

Sr..No.	Day7	Day8	Day9	Day10	Day11	Day12	Day13	Day14	Day 15
①	P	A	P	P	P	A	P	P	P
②	P	A	P	P	P	A	P	P	P
③	P	P	A	P	P	A	P	P	P
④	P	P	A	P	P	A	P	P	P
⑤	P	A	P	P	P	P	A	P	P
⑥	P	A	P	P	P	P	A	P	P
⑦	P	P	A	P	P	P	A	P	P
⑧	P	P	A	P	P	P	A	P	P
⑨	P	A	P	P	P	A	P	P	P
⑩	P	A	P	P	P	A	P	P	P
⑪	P	P	A	P	P	A	P	P	P
⑫	P	P	A	P	P	A	P	P	P
⑬	P	A	P	P	P	P	A	P	P
⑭	P	A	P	P	P	P	A	P	P
⑮	P	P	A	P	P	P	A	P	P
⑯	P	P	A	P	P	P	A	P	P
⑰	P	A	P	P	P	A	P	P	P
⑱	P	A	P	P	P	A	P	P	P
⑲	P	P	A	P	P	A	P	P	P
⑳	P	P	A	P	P	A	P	P	P
㉑	P	A	P	P	P	P	A	P	P
㉒	P	A	P	P	P	P	A	P	P
㉓	P	P	A	P	P	P	A	P	P
㉔	P	P	A	P	P	P	A	P	P
㉕	P	A	P	P	P	A	P	P	P
㉖	P	A	P	P	P	A	P	P	P
㉗	P	P	A	P	P	A	P	P	P
㉘	P	P	A	P	P	A	P	P	P
㉙	P	A	P	P	P	P	A	P	P
㉚	P	A	P	P	P	P	A	P	P

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Mahavidyalaya Chamorshi  
Dist. Gadchiroli

Sr.No.	Day7	Day8	Day9	Day10	Day11	Day12	Day13	Day14	Day 15
31	P	A	P	P	P	A	P	P	P
32	P	A	P	P	P	P	P	P	P
33	P	P	A	P	P	A	P	P	P
34	P	P	A	P	P	P	P	P	P
35	P	A	P	P	P	A	P	P	P
36	P	A	P	P	P	P	P	P	P
37	P	P	A	P	P	A	P	P	P
38	P	P	A	P	P	P	P	P	P
39	P	A	P	P	P	A	P	P	P
40	P	A	P	P	P	P	P	P	P
41	P	P	A	P	P	A	P	P	P
42	P	P	A	P	P	P	P	P	P
43	P	A	P	P	P	A	P	P	P
44	P	A	P	P	P	P	P	P	P
45	P	P	A	P	P	A	P	P	P
46	P	P	A	P	P	P	P	P	P
47	P	A	P	P	P	A	P	P	P
48	P	A	P	P	P	P	P	P	P
49	P	P	A	P	P	A	P	P	P
50	P	P	A	P	P	P	P	P	P
51	P	A	P	P	P	A	P	P	P
52	P	A	P	P	P	P	P	P	P
53	P	P	A	P	P	A	P	P	P
54	P	P	A	P	P	P	P	P	P
55	P	A	P	P	P	A	P	P	P
56	P	A	P	P	P	P	P	P	P
57	P	P	A	P	P	A	P	P	P
58	P	P	A	P	P	P	P	P	P



Off-Principal  
 Shardchandra Pawar Kala Mahila  
 Mahavidyalaya Chamorshi  
 Dist Gadchiroli



HANUMAN VYAYAM PRASARAK MANDAL  
SHARDCHANDRA PAWAR KALA MAHILA MAHAVIDYALAYA,  
CHAMORSHI




MAHAVIDYALAYA CODE: 042  
TA- CHAMORSHI DIST- GADCHIROLI  
(AFFILIATED WITH GONDWANA UNIVERSITY GADCHIROLI)  
Website. spkmchamorshi.in

EMAIL – mahilachamorshi2008@gmail.com

Mo. 9421857725/9420105767

## Report on Workshop on Spoken English proficiency training

1. **Name of the Event** : Workshop on Spoken English Proficiency training
2. **Date of Event** : 03-19th Dec 2018
3. **Event Duration** : 30 Hour
4. **Event Venue** : Sharadchandra Pawar Kala Mahila Mahavidyalaya, Chamorshi
5. **Resource Person at Event** : Vaishali Bhoyar
6. **Coordinator of Event** : Mahendra Kose
7. **Number of participants** : 58
8. **Objective** :
  - Develop clear and accurate pronunciation of English sounds.
  - Improve fluency and coherence in spoken English.
  - Expand vocabulary and idiomatic expressions for diverse contexts.
  - Enhance listening comprehension skills.
  - Build confidence and proficiency in speaking English confidently.
9. **Outcome** : Through improved pronunciation, increased fluency, increased vocabulary, improved listening comprehension, and increased self-assurance when speaking, the program dramatically improved the participants' spoken English skills.

  
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Dist Gadchiroli



**Ms. Vaishali Bhoyar addressing students on Spoken English Proficiency**

  
Off. Principal  
Shardchandra Pawar Kala Mahila  
Mahavidyalaya Chamorsiv  
Dist. Gachin



Hanuman Vyayam Prasark Mandal,  
Chamorshi



**Sharadchandra Pawar Kala Mahila Mahavidyalaya**  
**Chamorshi Dist - Gadchiroli 442603**

Affiliated to Gondwana University, Gadchiroli

## Certificate

This is to certify that Shital Manohar Dhote a student of  
B.A. I<sup>st</sup> year has successfully completed the Spoken English  
Proficiency Training conducted by S.P.K.M. Mahavidyalaya Chamorshi  
held on 03 Dec. 2018 to 19 Dec. 2018 to a duration at 30 hours.

Kase  
Head

S.P.K.  
Principal



सुचना  
xox

Date \_\_\_\_\_  
Page \_\_\_\_\_

दि. 03/01/2019

आपल्या महाविद्यालयातील  
वि. ए. तृतीय वर्षातील विद्यार्थीनिंना  
सुचित करण्यात येते कि आपल्या  
महाविद्यालयामध्ये दिनांक 04/01/2019 ते  
21/01/2019 या कालावधी मध्ये M.U. word  
and M.U. excel certificate course/valu-  
aded course घेव्यात येव आहे तरी  
आपली उपरतीती अनिवार्य आहे.

sr.no	Name of Teacher	class	Signature
1	Shrikrishna Urkade	B.A.-III <sup>rd</sup>	श्रीकृष्ण दे

Off Principal  
Sardendra Pawar Kala Manla  
Mahavidyalaya Chamorsta  
Dist Gadchiroli

## Syllabus on : MS Word and MS Excel

Duration of course: 30 Hrs

### Course objective:

- Understand the Microsoft Word interface and navigation.
- Create and format documents with text, images, and tables.
- Apply styles, themes, and templates for document consistency.
- Utilize tools for spell checking, grammar checking, and collaboration.
- Understand the Excel interface and basic spreadsheet concepts.
- Create and format spreadsheets for various purposes.
- Apply formulas and functions for data manipulation and analysis.
- Create charts and graphs to visually represent data.

### Course outcome :

CO1: Students will demonstrate the ability to create, edit, and format documents using Microsoft Word, will apply various text formatting techniques such as font styles, sizes, colors, and alignment, will proficiently use features like copy, cut, paste, undo, and redo.

CO2: Students will be able to use different Styles, Themes, and Templates, Working with Graphics

CO3: Students will be able to create Tables and Charts, Review Tools and Collaboration

CO4: Students will be able to basic formatting in Microsoft Excel, Formulas and Functions

CO5: Students will be able to apply Advanced Formulas and Functions, Formatting and Conditional Formatting

CO6: Students will be able to create Tables and PivotTables, Data Analysis Tools

### Unit 1: Introduction to Microsoft Word and Document Formatting

- Overview of Word interface
- Creating and saving documents
- Formatting text: fonts, styles, alignment
- Paragraph formatting: indentation, line spacing
- Lists: bullets and numbering
- Page layout: margins, orientation, page breaks

### Unit 2: Styles, Themes, and Templates, Working with Graphics

- Applying and modifying styles
- Using themes for document design
- Creating and customizing templates
- Inserting images and shapes
- Formatting graphics: resizing, cropping
- Using SmartArt for visual representation



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### **Unit 3: Tables and Charts, Review Tools and Collaboration**

- Creating and formatting tables
- Sorting and filtering data in tables
- Inserting and customizing charts
- Spell check and grammar check
- Track changes and comments
- Sharing and collaborating on documents

### **Unit 4: Introduction to Microsoft Excel, Formulas and Functions**

- Overview of Excel interface
- Entering and editing data
- Basic formatting: font styles, alignment
- Basic arithmetic operators
- SUM, AVERAGE, MAX, MIN functions
- Relative and absolute cell references

### **Unit 5: Advanced Formulas and Functions, Formatting and Conditional Formatting**

- IF, VLOOKUP, HLOOKUP functions
- Text functions: CONCATENATE, LEFT, RIGHT
- Date and time functions
- Cell formatting: borders, fills
- Using conditional formatting
- Data validation and drop-down lists

### **Unit 6: Tables and PivotTables, Data Analysis Tools**

- Creating and formatting tables
- Sorting and filtering data
- Introduction to PivotTables
- Advanced sorting and filtering
- Goal Seek and Solver tools
- Scenario Manager for what-if analysis



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Mahavidyalaya Chamorshi  
Dist. Solapur



HANUMAN VYAYAM PRASARK MANDAL  
SHARDCHANDRA PAWAR KALA MAHILA  
MAHAVIDYALAYA, CHAMORSHI

MAHAVIDYALAYAA CODE: 042  
TA- CHAMORSHI DIST- GADCHIROLI  
(AFFILIATED WITH GONDWANA UNIVERSITY GADCHIROLI)

Website. spkmchamorshi.in  
EMAIL – mahilachamorshi2008@gmail.com Mo. 9423423434 /9420105767

BACHELOR OF ART

Session : 2018-19

Semester- VI<sup>th</sup> Sem

Student Attendance Sheet

Workshop

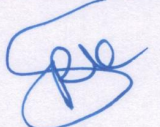
Name Of Activity: MIS Word and Ms excel

Date = 04-21 Jan - 2019

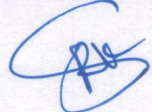
Sr.No	Participant Name	Day1	Day2	Day3	Day4	Day5	Day6
1)	DIKSHA EKNATH BAWANE	P	P	A	P	P	A
2)	DAMINA RAMDAS BHAYAR	P	P	A	P	P	P
3)	KIRAN BHIKAJI BURE	P	P	P	A	P	A
4)	MIRAZHA ARUN DANGE	P	P	P	A	P	P
5)	POOJA ASHOK DHALI	P	P	A	P	P	A
6)	PAYAL SUMIL BORLIKAR	P	P	A	P	P	P
7)	BHULDEVI VASANT GEDAM	P	P	P	A	P	A
8)	MANISHA DEVAJI GEDAM	P	P	P	A	P	P
9)	TEJSHWINI SURESH GEDAM	P	P	A	P	P	A
10)	NASINA UMESH KIHKAR	P	P	A	P	P	P
11)	RUPALI SUNHSMAL KULY	P	P	P	A	P	A
12)	MADHURI BHAWJI LATERE	P	P	P	A	P	P
13)	KIRAN VASANT MESHRAM	P	P	A	P	P	A
14)	KOKILA PUNALI PORTE	P	P	A	P	P	P
15)	MILIMA MANGA PUDU	P	P	P	A	P	A
16)	ASHWINI DEVDAS USENDI	P	P	P	A	P	P

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Mahavidyalaya Chamorshi  
Dist. Gadchiroli

Sr.No	Participant Name	Day1	Day2	Day3	Day4	Day5	Day6
17)	Bali Lala Wajada	P	P	A	P	A	P
18)	Kshama Shivram Zade	P	P	P	A	P	P
19)	Hollala Shankar Zurf	P	P	A	P	A	P

  
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 Shardchandra Pawar Kala Mahila  
 Mahavidyalaya Chamorshi  
 Dist. Gadchiroli

Sr.No.	Day7	Day8	Day9	Day10	Day11	Day12	Day13	Day14	Day 15
1)	P	P	A	P	P	P	P	P	P
2)	P	P	A	P	P	P	P	P	P
3)	P	P	P	A	P	P	A	P	P
4)	P	P	P	A	P	P	P	P	P
5)	P	P	A	P	P	P	A	P	P
6)	P	P	A	P	P	P	P	P	P
7)	P	P	P	A	P	P	A	P	P
8)	P	P	P	A	P	P	P	P	P
9)	P	P	A	P	P	P	A	P	P
10)	P	P	A	P	P	A	P	P	P
11)	P	P	P	A	P	A	A	P	P
12)	P	P	P	A	P	P	P	P	P
13)	P	P	A	P	P	P	A	P	P
14)	P	P	A	P	P	P	P	P	P
15)	P	P	P	A	P	P	A	P	P
16)	P	P	P	A	P	A	P	P	P
17)	P	P	A	P	P	A	A	P	P
18)	P	P	A	A	P	P	P	P	P
19)	P	P	P	P	P	P	A	P	P

  
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 Mahavidyalaya Chamorshy  
 Dist. Gadchiroli



HANUMAN VYAYAM PRASARK MANDAL  
**SHARDCHANDRA PAWAR KALA MAHILA MAHAVIDYALAYA,  
CHAMORSHI**



MAHAVIDYALAYAA CODE: 042

TA- CHAMORSHI DIST- GADCHIROLI

(AFFILIATED WITH GONDWANA UNIVERSITY GADCHIROLI)

Website. spkmchamorshi.in

EMAIL -mahilachamorshi2008@gmail.

Mo.9421857725/9420105767

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## Report on Workshop on MS Word and MS Excel

1. **Name of the Event** : Workshop on MS word and MS Excel

2. **Date of Event** : 4-21 Jan 2019

3. **Event Duration** : 30 Hour

4. **Event Venue** : Sharadchandra Pawar Kala Mahila Mahavidyalaya, Chamorshi

5. **Resource Person at Event** : N. B Gher

6. **Coordinator of Event** : Mahendra Kose

7. **Number of participants** : 19

8. **Objective** :

- Understand the Microsoft Word interface and navigation.
- Create and format documents with text, images, and tables.
- Apply styles, themes, and templates for document consistency.
- Utilize tools for spell checking, grammar checking, and collaboration.
- Understand the Excel interface and basic spreadsheet concepts.
- Create and format spreadsheets for various purposes.

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**Mr. N. B Gher addressing students on MS word and MS Excel**

  
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Shardchandra Pawar Kala Manika  
Mahavidyalaya Chamorshi  
Dist. Gadchiroli





Hanuman Vyayam Prasark Mandal,  
Chamorshi



**Sharadchandra Pawar Kala Mahila Mahavidyalaya**  
**Chamorshi Dist - Gadchiroli 442603**

Affiliated to Gondwana University, Gadchiroli

## Certificate

This is to certify that Kiran Yasant Meshram a student of  
B.A. III<sup>rd</sup> year has successfully completed the MS Word  
MS Excel conducted by S. P. K. M. Mahavidyalaya Chamorshi  
held on 4 Jan. 2019 to 21 Jan. 2019 to a duration at 30 hours.

Kase  
Head

RK  
Principal

रिपोर्ट


Date \_\_\_\_\_  
Page \_\_\_\_\_

दि. 27/02/2019

महाविद्यालयाभ्यासार्थी सर्व विद्यार्थी लक्ष्मण शिवाक व शिवाकेंकर कर्मचार्यांना खुशिल करव्यात असे आहे कि आपल्या महाविद्यालयाभ्यास दि 01/03/19 ते 04/03/2019 पर्यंत Historical Research Methodology परीक्षा परीक्षा वेळी खरविले आहे तरी आपली उपस्थिती प्राथमिक आहे.

विद्यार्थी  
कर्मचारी  
महाविद्यालय  
No  
जयंत  
येव  
आहे

Sr. No	Name of Teacher	class	Signature	Sr. No	Name
01)	Ashok singade	BA III	<u>Ashok singade</u>		Ashok Na
02)					
03)					

  
Off Principal  
Mahavidyalaya Chamorshi  
Sharadchandra Pawar Kata  
Dist. Gadchiroli  
Mahila Mahavidyalaya  
Chamorshi Dist. Gadchiroli

## **Syllabus on: Historical Research Methodology**

**Duration of course: 30 Hrs.**

### **Course objective:**

- To introduce students to the principles and theories of historical research.
- To develop students' skills in identifying, evaluating, and analyzing primary and secondary sources.
- To teach students how to formulate research questions and hypotheses.
- To provide hands-on experience in conducting historical research using various methods and techniques.
- To enhance students' ability to critically assess historical scholarship and arguments.

### **Course outcome:**

Students will be able to:

- CO1: Demonstrate an understanding of the principles, theories, and methods of historical research. Explain the importance of historical context, perspectives, and interpretations.
- CO2: Identify and critically evaluate primary sources, including texts, images, artifacts, and oral histories. Analyze secondary sources to assess historical arguments, interpretations, and biases.
- CO3: Develop clear and focused research questions based on historical topics of interest.
- CO4: Design and implement appropriate research methodologies for historical inquiry, including qualitative and quantitative approaches.
- CO5: Conduct archival research effectively, including accessing and evaluating archival sources.

### **Unit I: Introduction to Historical Research**

- Overview of the course
- Introduction to historical research methods and approaches
- Discussion: Why do we study history?

### **Unit II: Understanding Primary and Secondary Sources**

- Difference between primary and secondary sources
- Analysis of primary sources (texts, images, artifacts)

### **Unit III: Formulating Research Questions**

- Developing research questions and hypotheses
- Narrowing down a research topic



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Dist. Gadchiroli

#### **Unit IV: Historiography and Historical Theories**

- Introduction to historiography
- Major historical theories and schools of thought

#### **Unit VI: Approaches to Historical Research**

- Quantitative vs. qualitative research methods
- Case studies and comparative history

#### **Unit VII: Conducting Archival Research**

- Introduction to archival research
- Accessing and evaluating archival sources

#### **Unit VIII: Digital History and Data Analysis**

- Introduction to digital history tools and resources
- Basics of data analysis for historical research
- Workshop: Using digital tools for



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Mahavidyalaya Chamorshi  
Dist. Gadchiroli



HANUMAN VYAYAM PRASARK MANDAL  
SHARDCHANDRA PAWAR KALA MAHILA  
MAHAVIDYALAYA, CHAMORSHI



MAHAVIDYALAYAA CODE: 042  
TA- CHAMORSHI DIST- GADCHIROLI  
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Website. spkmchamorshi.in  
EMAIL - mahilachamorshi2008@gmail.com

Mo. 9423423434 /9420105767

BACHELOR OF ART

Session : 2018-19

Semester- VI<sup>th</sup> -sem

Student Attendance Sheet

Workshop

Name Of Activity:


Historical Research Methodology

Date = 06-19 mar - 2019

Sr.No	Participant Name	Day1	Day2	Day3	Day4	Day5	Day6
①	DIKsha EKnath Bawane	P	P	A	P	P	A
②	Bhoyar Damina Ramday	P	P	P	A	P	P
③	Klram Bhikaji Bure	P	P	A	P	P	A
④	Nirasha Arun dange	P	P	P	A	P	P
⑤	poaja Ashok bhui	P	P	A	P	P	P
⑥	payal sumil borlikar	P	P	P	A	P	P
⑦	Bhudevi Vasant gedam	P	P	A	P	P	A
⑧	Mamisha devasi gedam	P	P	P	A	P	P
⑨	Tejaswotni sumeth gedam	P	P	A	P	P	A
⑩	Nayna Umesh kshekar	P	P	P	A	P	P
⑪	Rupali Sunyonal Kaly	P	P	A	P	P	P
⑫	Madhuri Bhayji Latore	P	P	P	A	P	P
⑬	Klram Vasant Meshram	P	P	A	P	P	A
⑭	Kokila punaji poste	P	P	P	A	P	P
⑮	Nilima Manga pudo	P	P	A	P	P	A
⑯	soni Namdeo undinade	P	P	P	A	P	P

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Mahavidyalaya Chamorshi  
Dist. Gadchiroli

Sr.No	Participant Name	Day1	Day2	Day3	Day4	Day5	Day6
17	Ashwini Devtdaysenadi	P	P	A	P	P	A
18	Vinabai Mandaji Deshmukh	P	P	P	A	P	P
19	Vidhya Sadashiv Waghmare	P	P	A	P	P	A
20	Bali Lula welada	P	P	P	A	P	P
21	kshama ShNagam Zade	P	P	A	P	P	A
22	Housale Shankar Zure	P	P	P	A	P	P

  
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Sr..No.	Day7	Day8	Day9	Day10	Day11	Day12	Day13	Day14	Day 15
1	P	P	A	P					
2	P	P	A	P	P	P	A	P	P
3	P	P	P	A	P	P	A	P	P
4	P	P	P	A	P	P	P	A	P
5	P	P	A	P	P	P	A	P	P
6	P	P	A	P	P	P	P	A	P
7	P	P	P	A	P	P	A	P	P
8	P	P	P	A	P	P	P	A	P
9	P	P	A	P	P	P	A	P	P
10	P	P	A	P	P	P	P	A	P
11	P	P	P	A	P	P	A	P	P
12	P	P	P	A	P	P	P	A	P
13	P	P	A	P	P	P	A	P	P
14	P	P	A	P	P	P	P	A	P
15	P	P	P	A	P	P	A	P	P
16	P	P	P	A	P	P	P	A	P
17	P	P	A	P	P	P	A	P	P
18	P	P	A	P	P	P	P	A	P
19	P	P	P	A	P	P	A	P	P
20	P	P	P	A	P	P	P	A	P
21	P	P	A	P	P	P	A	P	P
22	P	P	A	P	P	P	P	A	P

  
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 Dist. Gadchiroli



HANUMAN VYAYAM PRASARAK MANDAL  
**SHARDCHANDRA PAWAR KALA MAHILA MAHAVIDYALAYA,  
CHAMORSHI**



MAHAVIDYALAYA CODE: 042  
TA- CHAMORSHI DIST- GADCHIROLI  
(AFFILIATED WITH GONDWANA UNIVERSITY GADCHIROLI)  
Website. spkmchamorshi.in

EMAIL – mahilachamorshi2008@gmail.com

Mo. 9421857725/9420105767

## Report on Workshop on Historical Research Methodology

1. **Name of the Event** : Workshop on Historical Research Methodology
2. **Date of Event** : 1-19<sup>th</sup> March 2019
3. **Event Duration** : 30 Hour
4. **Event Venue** : Sharadchandra Pawar Kala Mahila Mahavidyalaya, Chamorshi
5. **Resource Person at Event** : Nitesh Saosakade
6. **Coordinator of Event** : Mahendra Kose
7. **Number of participants** : 22
8. **Objective** :
  - To introduce students to the principles and theories of historical research.
  - To develop students' skills in identifying, evaluating, and analyzing primary and secondary sources.
  - To teach students how to formulate research questions and hypotheses.
  - To provide hands-on experience in conducting historical research using various methods and techniques.
  - To enhance students' ability to critically assess historical scholarship and arguments.
9. **Outcome** :
  - The workshop effectively equipped participants with the knowledge and skills to conduct historical research, including the ability to analyze primary and secondary sources, formulate research questions, and apply appropriate methodologies.

  
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**Mr. Nitesh Saosakade explaining students about Historical Research Methodology**

  
Off. Prbhera  
Shardhanara Pawar Kala Mahila  
Mahavidyalaya Chamorshi  
Dist. Ganchinli



Hanuman Vyayam Prasark Mandal,  
Chamorshi



**Sharadchandra Pawar kala Mahila Mahavidyalaya,  
Chamorshi Dist-Gadchiroli 442603**

Affiliated To Gondwana University, Gadchiroli

**Certificate**

2018-19

This is to certify that Payal S. Borikar a student of

B.A. 3<sup>rd</sup> year has successfully completed the Historical Research

Methodology Conducted by S. P. K. M. Mahavidyalay chamorshi

\_\_\_\_\_ for a duration at 30 hours.

Kose  
Head

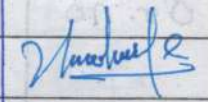
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Principal

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४०४

Date \_\_\_\_\_  
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दि. 17/06/2019

महाविद्यालयातील विज्ञान  
प्रथम वर्षातील विद्यार्थिनींना स्नुथित  
करण्यात येत आहे कि आपल्या माहेर-  
विद्यालयमध्य दिनांक 18/06/2019 ते  
22/06/2019 पर्यंत B.A. I. sem. मध्ये  
बदल करून घ्यायचे आहेत त्या  
आपली उपस्थिती प्राथमिक आहे

Srno	Name of Teacher	class	Sign
①	Vivek Moharale	BA I	



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Mahavidyalaya Chamorsh  
Dist. Gadchiroli

## Workshop On Bridge Course

Duration: 30 Hour

Syllabus

### Course Objective: -

Bridge courses typically serve as traditional programs to help individuals bridge the gap between their current level of knowledge of skills and the requirements of a higher-level course or program. They are designed to provide foundation of prerequisite knowledge needed for success in the more advanced course of program.

### Course outcome: -

Improved understanding of foundation concepts, increased readiness for advanced coursework, and enhanced academic skill such as critical thinking and problem solving.

विषय - मराठी

Duration: 3 Hour

घटक -

1. भाषा स्वरूप व कार्य
2. भाषेचे व्यावहारिक उपयोग
3. भाषा बोली सहसंबंध
4. भाषेचे व्याकरण आणि ओळख
5. भाषा आणि साहित्य

## **Subject – English**

Duration: 3 Hour

### **Topic -**

1. Introduction of basic language skill
2. Introduce communication skill and writing skill
3. Introduce of prose
4. Introduce poetry

## **Subject- Sociology**

Duration: 3 Hour

### **Topic -**

1. Introduction of sociology
2. Basic concept
3. Institution
4. culture
5. concepts of sociology

## **Political Science**

Duration: 3 Hour

### **Topic -**

1. Nature and scope of political
2. Introduction of political science
3. Importance of political science
4. correlation of political science with other sciences
5. Information about elections

## **Economics**

Duration: 3 Hour

### **Topic -**

1. Introduction of Economics
2. Demand and supply analysis
3. consumer Behavior Analysis
4. cost theory of production
5. Introduction of macroeconomics

## **Home - Economics**

Duration: 3 Hour

### **Topic -**

1. Introduction of Home Economics
2. Home Resource Discovery
3. work streamlining
4. Element of Art
5. Practical of color owner, Ambroidery art

## **Psychology**

Duration: 3 Hour

### **Topic -**

1. Basic Psychology
2. Social psychology
3. Human Behavior and organizational Psychology-1
4. Hyman Behavior an organizational psychology-2
5. concepts of psychology

## मराठी वाङ्मय

Duration: 3 Hour

घटक -

- १.साहित्याची ओळख
- २.साहित्यिक शैली
- ३.साहित्यिक कार्य
- ४.साहित्य बोली सहसंबंध
- ५.साहित्याची भाषा

## हिन्दी

Duration: 3 Hour

घटक -

- १.भाषा स्वरूप ओर कार्य
- २.भाषण बोली में संबंध
- ३.भाषा और साहित्य
- ४.भाषा का व्यवहारिक उपयोग



## **History**

Duration: 3 Hour

### **Component -**

- 1.Nature and scope of history
- 2.Introduction of prehistoric history
- 3.Importance of history
- 4.Correlation of history with other sciences
- 5.Tools of Ancient History



HANUMAN VYAYAM PRASARK MANDAL  
SHARDCHANDRA PAWAR KALA MAHILA  
MAHAVIDYALAYA, CHAMORSHI



MAHAVIDYALAYAA CODE: 042  
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(AFFILIATED WITH GONDWANA UNIVERSITY GADCHIROLI)  
Website. spkmchamorshi.in

EMAIL – mahilachamorshi2008@gmail.com

Mo. 9423423434 /9420105767

BACHELOR OF ART

Session : 2019-20

Semester- I<sup>st</sup> Sem.

Student Attendance Sheet

Workshop

Name Of Activity: Bridge courses

date = 18 Jun - 22 Jun - 2019

Sr.No	Participant Name	Day1	Day2	Day3	Day4	Day5	Day6
1)	Karishma Baburao Bhandra	P	P	A	P	P	A
2)	Utkarsha Kamlesh Guntwar	P	P	A	P	P	P
3)	Laxmi Manish Gopwar	P	P	P	A	P	A
4)	Sumita Bapu Jure	P	P	P	A	P	P
5)	Madhuri Vasantao Kudkar	P	P	A	P	P	A
6)	Divya Mureshwar Bhakare	P	P	A	P	P	P
7)	Ruchita Savji Sahare	P	P	P	A	P	A
8)	Gopika Shrihari walke	P	P	P	A	P	P
9)	Kunda Baburao Maha	P	P	A	P	P	A
10)	Dama Gothami Alisha	P	P	A	P	P	P
11)	Kajal Chandra walke	P	P	P	A	P	A
12)	Priyanka Waman Urade	P	P	P	A	P	P
13)	Sharda Sahitosh Bhatnagar	P	P	A	P	P	A
14)	Kiran Dadaji Vyahadkar	P	P	A	P	P	P
15)	Arshi Dadaji pote	P	P	P	A	P	A
16)	Shital Kashinath Pipare	P	P	P	A	P	P

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Sr.No	Participant Name	Day1	Day2	Day3	Day4	Day5	Day6
17)	Pratiksha gopala Rasse	P	P	A	P	P	A
18)	Arpna manindra Biswas	P	P	A	P	P	P
19)	Swathi Domadev parhake	P	P	P	A	P	A
20)	Vaishali Lalaji Bhagat	P	P	P	A	P	P
21)	Madhuri Sumesh gatewar	P	P	A	P	P	A
22)	Kajal Vilas dakekar	P	P	A	P	P	P
23)	Gopika Sadashiv Kesare	P	P	P	A	P	A
24)	APA Anil Dohane	P	P	P	A	P	P
25)	Soni Umaji wadengwar	P	P	A	P	P	A
26)	Ashwini Ramesh Khedekar	P	P	A	P	P	P
27)	Kajal nandaji chalakhi	P	P	P	A	P	A
28)	Archana dilip Nikade	P	P	A	A	P	P
29)	Roshana woman Upate	P	P	A	P	P	A
30)	Pooja Arun Dhote	P	P	A	P	P	P
31)	Simra Dadaji wadudkar	P	P	P	A	P	A
32)	shital Kisan puwadwar	P	P	P	A	P	P
33)	pratima vasant pado	P	P	A	P	P	A
34)	Bhakti Raju Maraykolhe	P	P	A	P	P	P
35)	Devika Tukaram Kusroom	P	P	P	A	P	A
36)	Kajal Bai Rao Kalamni	P	P	P	A	P	P
37)	purnam Vasant Marote	P	P	A	P	P	A
38)	Rani Rambhai Pal	P	P	A	P	P	P
39)	Amisha Bandu chalakhi	P	P	P	A	P	A
40)	Nrelam Shekhar Roy	P	P	P	A	P	P
41)	poornima Shankar Ade	P	P	A	P	P	A
42)	Dayal Vilay ghogre	P	P	A	P	P	P
43)	Rupali Someni Madavi	P	P	P	A	P	A
44)	Kajal Vilay charduke	P	P	P	A	P	P
45)	purnam Diwakar Bayaki	P	P	A	P	P	A
46)	shital Nareth yerawar	P	P	A	P	P	P



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Sr.No	Participant Name	Day1	Day2	Day3	Day4	Day5	Day6
47)	Ashwina Katarngwade	P	P	A	A	P	P
48)	Anjali Ravindra Katkar	P	P	P	P	P	P
49)	Ravina Ramesh Kikkar	P	P	A	P	P	P
50)	Sonji Shrirang Kihkar	P	P	P	P	P	P
51)	Pratibha Wasudeo Kundawar	P	P	A	A	P	P
52)	Karishma Mahesh Mandal	P	P	P	A	P	P
53)	Dimpal Jayshidaj Pal	P	P	A	P	P	P
54)	Madhuri Gunaji Pal	P	P	P	P	P	P
55)	Anita Komati Pungalkar	P	P	A	A	P	P
56)	Pratibha Vanajak Saputkar	P	P	P	A	P	P
57)	Mayuri Bandy Tadpallikar	P	P	A	P	P	P
58)	Pooja Laxman Usendi	P	P	P	P	P	P
59)	Dipali Sunil Wargade	P	P	A	A	P	P
60)	Vaishali Umaji Wasekar	P	P	P	A	P	P
61)	Kishori Balendra Chaudhary	P	P	A	P	P	P
62)	Mamata Nilkanth Chaudhary	P	P	P	P	P	P
63)	Pratibha Manohar Badkar	P	P	A	A	P	P
64)	Bharti Parshuram Kungulkar	P	P	P	A	P	P
65)	Shital Anandrao Sattarwar	P	P	A	P	P	P
66)	Joshna Maroti Chintamwar	P	P	P	P	P	P
67)	Prerana Dnyaneshwar Nagale	P	P	A	A	P	P



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Mahavidyalaya Chamorshi  
Dist. Gadchiroli

Sr.no	Day 7	Day 08	Day 09	Day 10	Day 11	Day 12	Day 13	Day 14	Day 15
1	P	P	P	P	A	P	P	P	P
2	P	P	P	P	P	P	A	P	P
3	P	P	P	P	P	P	P	P	P
4	P	P	P	P	P	P	P	A	P
5	P	P	P	A	P	P	P	P	P
6	P	P	P	P	P	P	P	P	P
7	P	P	P	P	P	P	P	P	P
8	P	P	P	P	A	P	P	P	P
9	P	P	A	P	P	P	P	P	P
10	P	P	P	P	P	P	P	P	P
11	P	P	A	P	P	P	P	P	P
12	P	P	P	P	P	P	P	A	P
13	P	P	P	P	P	P	P	P	P
14	P	P	P	P	A	P	P	P	P
15	P	P	P	P	P	P	P	P	P
16	P	P	P	P	P	P	P	P	P
17	P	P	P	A	P	P	P	P	P
18	P	P	P	A	P	P	P	P	P
19	P	P	P	P	P	P	P	P	P



Off. Principal  
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 Dist. Gadchiroli

Sr. No	Day 07	Day 08	Day 09	Day 10	Day 11	Day 12	Day 13	Day 14	Day 15
20	P	P	P	P	P	P	P	P	A
21	P	P	A	P	P	P	P	P	P
22	A	P	P	P	P	P	P	P	D
23	P	P	P	A	P	P	P	P	D
24	P	P	P	P	A	P	P	A	P
25	P	P	P	P	P	P	P	P	P
26	P	P	P	A	A	P	A	P	P
27	P	P	P	P	P	A	P	P	A
28	P	P	P	A	A	P	A	P	P
29	P	A	P	P	P	A	P	P	A
30	P	P	P	A	A	P	A	P	P
31	P	A	P	P	P	A	P	P	P
32	P	P	P	A	A	P	A	P	P
33	P	P	P	P	P	A	P	P	P
34	P	P	P	A	A	P	A	P	D
35	P	A	A	P	P	A	P	P	D
36	P	A	P	A	P	P	A	P	P
37	P	P	P	P	P	A	P	P	P
38	P	P	P	P	P	P	P	P	A



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Sr No	Day 07	Day 08	Day 09	Day 10	Day 11	Day 12	Day 13	Day 14	Day 15
39	P	P	A	P	P	P	A	P	P
40	P	P	A	P	P	P	P	P	P
41	P	P	P	P	P	P	A	P	P
42	P	P	P	A	P	P	P	P	P
43	P	P	A	A	P	P	A	P	A
44	P	P	A	A	P	P	P	P	A
45	P	P	P	P	P	P	A	P	P
46	P	P	P	P	P	P	P	P	P
47	P	P	A	P	P	P	A	P	A
48	P	P	A	A	P	P	P	P	P
49	P	P	P	P	P	P	A	P	A
50	P	P	P	A	P	P	P	P	A
51	P	P	A	P	P	P	A	P	P
52	P	P	A	P	P	P	P	P	P
53	P	P	P	A	P	P	A	P	A
54	P	P	P	P	P	P	P	P	A
55	P	P	A	P	P	P	A	P	P
56	P	P	A	P	P	P	P	P	P
57	P	P	P	P	P	P	A	P	P



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Sr no	Day 07	Day 08	Day 09	Day 10	Day 11	Day 12	Day 13	Day 14	Day 15
58	P	P	A	P	P	P	A	P	P
59	P	P	A	P	P	P	P	P	A
60	P	P	P	A	P	P	A	P	P
61	P	P	P	A	P	P	P	P	P
62	P	P	A	P	P	P	A	P	P
63	P	P	A	P	P	P	P	P	P
64	P	P	P	A	P	P	A	P	P
65	P	P	P	A	P	P	P	P	P
66	P	P	A	P	P	P	A	P	P
67	P	P	A	P	P	P	P	P	P

  
 Off Principal  
 Shardendra Pawar Kala Mahila  
 Mahavidyalaya Chamorshi  
 Dist. Gadchiroli





**HANUMAN VYAYAM PRASARAK MANDAL  
SHARDCHANDRA PAWAR KALA MAHILA MAHAVIDYALAYA,  
CHAMORSHI**

MAHAVIDYALAYA CODE: 042  
TA- CHAMORSHI DIST- GADCHIROLI  
(AFFILIATED WITH GONDWANA UNIVERSITY GADCHIROLI)  
Website. spkmchamorshi.in

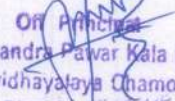
EMAIL – mahilachamorshi2008@gmail.com

Mo. 9421857725/9420105767



## Report on Bridge Courses

- 1. Name of the Event:** Bridge Courses
- 2. Date of Event:** 18-22 June 2019
- 3. Event Duration:** 30 hours
- 4. Event Venue:** Sharadchandra Pawar Kala Mahila Mahavidyalaya, Chamorshi
- 5. Resource Person at Event:** All Subject Teachers
- 6. Coordinator of Event:** Mahendra Kose
- 7. Number of Participants:** 67
- 8. Objective:** The objective of the bridge course workshop was to prepare incoming students for the academic challenges of higher education by bridging the knowledge and skills gap, enhancing their confidence, and facilitating a smoother transition into their new academic environment.
- 9. Outcomes:** The Bridge Course resulted in enhanced student preparedness, skill development, increased confidence, knowledge gap reduction, and improved college adaptation.

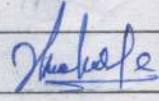
  
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Shardchandra Pawar Kala Mahila  
Mahavidyalaya Chamorshi  
Dist. Gadchiroli


सुचना

Date  
Page

दि. 29/06/2019

महाराष्ट्र शासनाच्या अहा विद्यालयातील वि.रा  
नृत्तीय वर्षातील विद्यार्थीनिगा सुचिल  
करण्यात येते की अहा विद्यालयाभर  
दिवस 01/07/2019 ते 17/07/2019  
पर्यंत computer literacy Skill  
Enhancement वर वर्कशाप वेळ्यात  
भेत आहे. तरी आपली उपरतीनी  
प्राथमिक आहे.

Sr. no	Name of Teacher	class	Sign
	Vivek Mohurle	BA III	

  
Off. Principal  
Shardchandra Pawar Kala Manik  
Mahavidyalaya Charnorshi  
Dist. Gadchiroli

## **Syllabus on : Computer Literacy Skill Enhancement**

**Duration of course: 30 Hrs**

### **Course objective:**

- Understand basic computer hardware and software concepts.
- Navigate operating systems effectively and utilize file management techniques.
- Develop proficiency in productivity software (word processing, spreadsheets, presentation tools).
- Introduce basic programming concepts and logical thinking.
- Explore internet usage, online safety, and digital communication.
- Apply computer skills to academic tasks and professional settings.

### **Course outcome :**

CO1: Define various types of software (applications, operating systems, utilities) and their roles in computing.

CO2: Navigate Windows and macOS operating systems effectively.

CO3: Format and edit documents using word processing software (e.g., Microsoft Word or equivalent). Develop and modify spreadsheets with formulas and functions using spreadsheet software (e.g., Microsoft Excel or equivalent).

CO4: Navigate the internet proficiently, utilizing search engines and online resources.

### **Unit 1: Introduction to Computer Basics**

- Overview of course objectives and expectations
- Introduction to computer hardware components
- Understanding software: applications, operating systems, and utilities

### **Unit 2: Operating Systems and File Management**

- Introduction to Windows and macOS
- Navigating file systems and folders
- File organization and basic file management tasks

### **Unit 3: Introduction to Productivity Software**

- Microsoft Office Suite (Word, Excel, PowerPoint): Overview and basic features
- Creating and formatting documents, spreadsheets, and presentations



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#### **Unit 4: Advanced Productivity Software**

- Advanced features in word processing (e.g., tables, mail merge)
- Formulas and functions in spreadsheets
- Designing effective presentations with multimedia elements

#### **Unit 5: Internet Usage and Digital Communication**

- Navigating the internet effectively: search engines, browsers, and online resources
- Understanding email etiquette and online communication
- Online safety and privacy: protecting personal information

#### **Unit 6: Applying Computer Skills**

- Practical applications: using computer skills for academic tasks
- Resume building and formatting
- Final project: Creating a multimedia presentation on a chosen topic



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HANUMAN VYAYAM PRASARK MANDAL  
SHARDCHANDRA PAWAR KALA MAHILA  
MAHAVIDYALAYA, CHAMORSHI

MAHAVIDYALAYAA CODE: 042

TA- CHAMORSHI DIST- GADCHIROLI

(AFFILIATED WITH GONDWANA UNIVERSITY GADCHIROLI)

Website. spkmchamorshi.in

EMAIL – mahilachamorshi2008@gmail.com

Mo. 9423423434 /9420105767



BACHELOR OF ART

Session : 2019-20

Semester- V<sup>th</sup>

Student Attendance Sheet

Workshop

Name Of Activity:

computer literary skill

Enhancement program

date = 01-17 JULY-2019

Sr.No	Participant Name	Day1	Day2	Day3	Day4	Day5	Day6
①	poornima shankar Ade	P	P	A	P	P	P
②	sanglivanji Laxman Bhotar	P	P	P	A	P	P
③	supriya Abhimantu BIswar	P	P	A	P	P	P
④	Amisha bandu chatakh	P	P	P	A	P	P
⑤	pallavi ishwar chatake	P	P	A	P	P	P
⑥	soni shrirang kinkar	P	P	P	A	P	P
⑦	Dipawaji Nayaji Kulkade	P	P	A	P	P	P
⑧	Anamika sunirmal Kulu	P	P	P	A	P	P
⑨	DEVIKA Jyotram Kulkarn	P	P	A	P	P	P
⑩	chaitali sureth madavi	P	P	P	A	P	P
⑪	shital mahesh madavi	P	P	A	P	P	P
⑫	Kunda Badusao Maha	P	P	P	A	P	P
⑬	shital Dilip Mahuste	P	P	A	P	P	P

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Sr.No.	Day7	Day8	Day9	Day10	Day11	Day12	Day13	Day14	Day 15
①	P	P	A	P	A	P	P	P	P
②	P	P	A	P	P	P	P	A	P
③	P	P	P	A	A	P	P	P	P
④	P	P	P	A	P	P	P	A	P
⑤	P	P	A	P	A	P	P	P	P
⑥	P	P	A	P	P	P	P	A	P
⑦	P	P	P	A	A	P	P	P	P
⑧	P	P	P	A	P	P	P	A	P
⑨	P	P	A	P	A	P	P	P	P
⑩	P	P	A	P	P	P	P	A	P
⑪	P	P	P	A	A	P	P	P	P
⑫	P	P	P	A	P	P	P	A	P
⑬	P	P	A	P	A	P	P	P	P



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SHARDCHANDRA PAWAR KALA MAHILA MAHAVIDYALAYA,  
CHAMORSHI




MAHAVIDYALAYA CODE: 042  
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EMAIL – mahilachamorshi2008@gmail.com

Mo. 9421857725/9420105767

## Report on Workshop on Computer Literacy Skill Enhancement

1. **Name of the Event** : Workshop on Computer Literacy Skill Enhancement
2. **Date of Event** : 1-17<sup>th</sup> July 2019
3. **Event Duration** : 30 Hour
4. **Event Venue** : Sharadchandra Pawar Kala Mahila Mahavidyalaya, Chamorshi
5. **Resource Person at Event** : R. M. Ambatkar
6. **Coordinator of Event** : Mahendra Kose
7. **Number of participants** : 13
8. **Objective** :
  - Understand basic computer hardware and software concepts.
  - Navigate operating systems effectively and utilize file management techniques.
  - Develop proficiency in productivity software (word processing, spreadsheets, presentation tools).
  - Introduce basic programming concepts and logical thinking.
  - Explore internet usage, online safety, and digital communication.
  - Apply computer skills to academic tasks and professional settings.
9. **Outcome** : Improved problem-solving abilities were noted, along with increased capability to participate actively in modern digital society.

  
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Dist. Gadchiroli



**Mr. R.M.Ambatkar addressing the students on computer literacy and skill enhancement**



**Mr. R.M.Ambatkar addressing the students on computer literacy and skill enhancement**

  
Omi Pradip  
Shardachandra Pawar Kala Manife  
Mahavidyalaya Chamoshi  
Dist Gadchiroli





Hanuman Vyayam Prasark Mandal,  
Chamorshi



**Sharadchandra Pawar kala Mahila Mahavidyalaya,  
Chamorshi Dist-Gadchiroli 442603**

Affiliated To Gondwana University, Gadchiroli

**Certificate**

2019-2020

This is to certify that Pornima Shankar Ade a student of  
B.A. III Years has successfully completed the Computer Literacy Enhancement  
Program Conducted by Sharadchandra Pawar kala Mahila  
Mahavidyalaya Chamorshi for a duration at 30 hours.

Kose  
Head

SRD  
Principal

सुचना

Date \_\_\_\_\_  
Page \_\_\_\_\_

दि. 20/07/2019

दि. 20/07/2019

महाविद्यालयामधील वि.ए

तृतीय वर्षातील विद्यार्थीनिना सुचिव

द्वारा येते कि दि. 22/07/2019 ते

07/08/2019 पर्यंत Effective communication

skill in English बद्दल कार्यक्रम

बिब्यात येत आहे लसी आपली उपस्थिती

प्राधान्य आहे.

Sl. No

①	Pr. Ashok Singale	BA III	Singale
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Dist Gadchiroli

## **Syllabus on : Effective Communication Skills in English**

**Duration of course: 30 Hrs**

### **Course objective:**

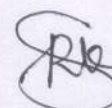
- To understand the principles and theories of effective communication.
- To improve verbal communication skills, including public speaking and interpersonal communication.
- To enhance nonverbal communication skills, such as body language and facial expressions.
- To develop written communication skills for academic and professional purposes.
- To learn how to effectively communicate in digital and virtual environments.

### **Course outcome :**

- CO1:Students will demonstrate an understanding of the principles and theories of effective communication
- CO2:Students will identify and describe the key elements of successful communication, including sender-receiver dynamics, message encoding and decoding, feedback mechanisms, and noise factors.
- CO3:Students will comprehend the dynamics of interpersonal communication, including assertive communication, conflict resolution strategies, and negotiation techniques.
- CO4:Students will recognize the importance of nonverbal communication cues, such as body language and facial expressions, and understand how these cues impact message delivery and reception
- CO5:Students will demonstrate knowledge of the principles of effective writing, including clarity, conciseness, coherence, and audience awareness.
- CO6:Students will understand the norms and etiquette of digital communication, including email professionalism, online netiquette, and appropriate use of social media in professional contexts.

### **Unit-I: Introduction to Effective Communication**

- Definition and importance of effective communication
- Models and theories of communication
- Elements of successful communication
- Active listening skills



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## **Unit –II: Verbal Communication**

- Public speaking basics: overcoming fear and anxiety
- Structuring and organizing a speech
- Delivery techniques: voice modulation, gestures, eye contact
- Impromptu speaking exercises

## **Unit III: Interpersonal Communication**

- Understanding interpersonal dynamics
- Assertive communication vs. aggressive and passive communication
- Conflict resolution and negotiation skills
- Role-playing scenarios for effective conversations

## **Unit IV: Non verbal Communication**

- Importance of body language and facial expressions
- Reading nonverbal cues in others
- Using body language to enhance communication
- Group activities on nonverbal communication

## **Unit V: Written Communication**

- Principles of effective writing: clarity, conciseness, coherence
- Writing for different audiences and purposes
- Email etiquette and professional writing
- Peer editing workshops

## **Unit VI: Digital Communication**

- Effective communication in digital environments
- Online etiquette and netiquette
- Using social media professionally
- Virtual communication tools and platforms



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SHARDCHANDRA PAWAR KALA MAHILA  
MAHAVIDYALAYA, CHAMORSHI

MAHAVIDYALAYAA CODE: 042

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BACHELOR OF ART

Session : 2019-20

Semester- V

Student Attendance Sheet

Workshop

Name Of Activity:

Effective communication skill  
in English.

Date = 22 July - 07 Aug - 2019

Sr.No	Participant Name	Day1	Day2	Day3	Day4	Day5	Day6
1]	Soni Vasant abhase	P	P	P	A	P	P
2]	Mayuri Eknath Bure	P	P	P	A	P	P
3]	priyanka sahadev Dey	P	P	P	P	A	P
4]	Kajal pandurang Gotha	P	P	P	P	A	P
5]	priyanka Eknath Istam	P	P	P	A	P	P
6]	Lina Bandu Katangale	P	P	P	A	P	P
7]	Ashvini Donu madavi	P	P	P	P	A	P
8]	EKta pancharam mandal	P	P	P	P	A	P
9]	priiti Vinod paubudhe	P	P	P	A	P	P
10]	Niruta Lalsu potavi	P	P	P	A	P	P
11]	Nimbuna Kashinath pusam	P	P	P	P	A	P
12]	Mamisha Badal sadu.	P	P	P	P	A	P

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Mahavidyalaya Chamorshi

Dist. Gadchiroli





HANUMAN VYAYAM PRASARAK MANDAL  
**SHARDCHANDRA PAWAR KALA MAHILA MAHAVIDYALAYA,**  
**CHAMORSHI**



MAHAVIDYALAYA CODE: 042  
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(AFFILIATED WITH GONDWANA UNIVERSITY GADCHIROLI)  
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Mo. 9421857725/9420105767

## Report on Workshop on Effective Communication skill in English

1. **Name of the Event** : Workshop on Effective Communication skill in English
2. **Date of Event** : 22<sup>nd</sup> July-7<sup>th</sup> August 2019
3. **Event Duration** : 30 Hour
4. **Event Venue** : Sharadchandra Pawar Kala Mahila Mahavidyalaya, Chamorshi
5. **Resource Person at Event** :R .V. Natake
6. **Coordinator of Event** :Mahendra Kose
7. **Number of participants** :12
8. **Objective** :
  - To understand the principles and theories of effective communication.
  - To improve verbal communication skills, including public speaking and interpersonal communication.
  - To enhance nonverbal communication skills, such as body language and facial expressions.
  - To develop written communication skills for academic and professional purposes.
  - To learn how to effectively communicate in digital and virtual environments.
9. **Outcome** : Participants learned effective communication in various forms like verbal, nonverbal, written, and digital.

  
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**Mr.R.V.Natake addressing the students on Effective Communication skill in English**

  
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Hanuman Vyayam Prasark Mandal,  
Chamorshi



**Sharadchandra Pawar Kala Mahila Mahavidyalaya,  
Chamorshi Dist-Gadchiroli 442603**

Affiliated To Gondwana University, Gadchiroli

**Certificate**

2019-2020

This is to certify that Ashvini Donu Madavi a student of  
B.A. III Year has successfully completed the Effective Communication skill  
In English Conducted by Sharadchandra Pawar Kala Mahila  
Mahavidyalaya Chamorshi for a duration at 30 hours.

Kase  
Head

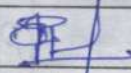
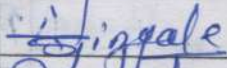

Principal

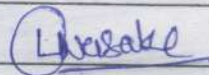
अनुचना

Date \_\_\_\_\_  
Page \_\_\_\_\_

दि. 01/08/2019

महाविद्यालयातील सर्व  
विद्यार्थीनींना सुचित करण्यात येते की  
दिनांक : 02 Sep 2019 ते 19 Sep 2019  
ला Holistic wellness through Yoga  
बदल कार्यक्रम घेण्यात येत आहे तरी  
आपली उपस्थिती प्राथमिक आहे.

Sr.no.	Name of Teachers	class	Signature
1)	Pro. D.G. Hatwar	B.A I	
2)	Pro. Ashok Singale	BA II	
3)	Pro. Vivek Mohurde	BA III	



कार्यक्रम अधिकारी  
राष्ट्रीय सेवा योजना  
शरदचंद्र पवार कला महिला  
महाविद्यालय, चामोर्शी



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## **Syllabus on : Holistic Wellness through Yoga**

**Duration of course: 30 Hrs**

### **Course objective:**

- To introduce students to the philosophy and principles of yoga as a holistic approach to wellness.
- To teach students various yoga asanas (postures) and their benefits for physical health.
- To explore pranayama (breath control) techniques for mental and emotional well-being.
- To introduce mindfulness and meditation practices for stress reduction and clarity of mind.
- To provide students with tools to integrate yoga into their daily lives for overall wellness.
- To foster self-awareness, self-care, and compassion through the practice of yoga.

### **Course outcome :**

Students will be able to:

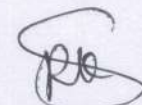
1. CO1: Understand the philosophy and principles of yoga as a holistic approach to wellness.
2. CO2: Practice a variety of yoga asanas (postures) with proper alignment and technique.
3. CO3: Apply pranayama (breath control) techniques for stress reduction and mental clarity.
4. CO4: Utilize mindfulness and meditation practices for relaxation and emotional well-being.
5. CO5: Develop a personalized yoga and wellness plan for holistic health.
6. CO6: Integrate yoga into their daily routines for improved physical, mental, and emotional balance.

### **Unit I: Introduction to Yoga and Holistic Wellness**

- Overview of the course
- Introduction to yoga philosophy and its principles
- Benefits of yoga for holistic well-being

### **Unit II: Yoga Asanas (Postures) and Pranayama (Breath Control)**

- Introduction to basic yoga asanas
- Alignment principles and modifications
- Practicing asanas for strength, flexibility, and balance
- Understanding the importance of pranayama
- Techniques for calming the mind and reducing stress
- Breath awareness and mindful breathing practices



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### **Unit III: Mindfulness and Meditation and Yoga for stress Reduction**

- Introduction to mindfulness and its benefits
- Guided meditation practices for focus and relaxation
- Cultivating present-moment awareness
- Yoga practices for managing stress and anxiety
- Restorative yoga poses and relaxation techniques
- Yoga Nidra for deep relaxation and rejuvenation

### **Unit IV: Yoga Philosophy and Lifestyle and Yoga for Strength and Stability**

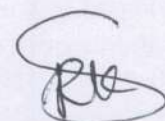
- Overview of the Eight Limbs of Yoga
- Applying yoga philosophy to daily life
- Practicing mindfulness off the mat
- Intermediate yoga asanas for building strength
- Core strengthening poses and techniques
- Yoga for improving posture and alignment

### **Unit V: Yoga for Flexibility, Mobility and balance and harmony**

- Intermediate and advanced yoga asanas for flexibility
- Techniques for safely increasing range of motion
- Partner yoga and assisted stretching
- Balancing yoga poses for physical and mental equilibrium
- Practices for finding balance in life
- Cultivating inner harmony through yoga

### **Unit VI: Yoga for Energy and Vitality**

- Yoga practices to boost energy and vitality
- Dynamic yoga sequences for increased stamina
- Pranayama techniques for rejuvenation



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EMAIL – mahilachamorshi2008@gmail.com

Mo. 9423423434 /9420105767



BACHELOR OF ART

Session : 2019-20

Semester- I, III, V

Student Attendance Sheet

Workshop

Name Of Activity:

Holistic wellness through yoga

Date = 02-19 Sep-2019

Sr.No	Participant Name	Day1	Day2	Day3	Day4	Day5	Day6
1)	Laxmi Manish Gopwarr	P	P	A	P	P	P
2)	sumita Babu June	P	P	A	P	P	P
3)	Bhagyashri Mukharu Madavi	P	P	P	A	P	P
4)	Ruchita Savi sahare	P	P	P	A	P	P
5)	Gopika Shalhari walule	P	P	A	P	P	P
6)	Kunda Baburao Maha	P	P	A	P	P	P
7)	Alisha Dama Gothami	P	P	P	A	P	P
8)	Kajal charanday walule	P	P	P	A	P	P
9)	Pratyanka warman usade	P	P	A	P	P	P
10)	Kiran badaji vyahadkar	P	P	A	P	P	P
11)	Dipawali Malavi Kakade	P	P	P	A	P	P
12)	Asiti badaji pate	P	P	P	A	P	P
13)	Shital Kashinath pipare	P	P	A	P	P	P
14)	Pratiktha Gopala Rashe	P	P	A	P	P	P
15)	Arpana Manindra Biswas	P	P	P	A	P	P
16)	swati Domadev parhake	P	P	P	A	P	P

Off-Principal

Shardchandra Pawar Kala Mahila  
Mahavidyalaya Chamorshi  
Dist. Gadchiroli

Sr.No	Participant Name	Day1	Day2	Day3	Day4	Day5	Day6
17)	Vaishali Lalaji Bhagat	P	P	A	P	P	P
18)	Madhuri Suresh Gotwar	P	P	P	A	P	P
19)	Kajal vilas Daherkar	P	P	A	P	P	P
20)	Chopika sadashiv Kasare	P	P	P	A	P	P
21)	Ada Anil Bohane	P	P	A	P	P	P
22)	Soni Umaji Wadengwar	P	P	P	A	P	P
23)	Ashwini Ramesh Khecherkar	P	P	A	P	P	P
24)	Kajal Nandaji chalak	P	P	P	A	P	P
25)	Archana Dilip Nikode	P	P	A	P	P	P
26)	Roshana waman upase	P	P	P	A	P	P
27)	Pooja Arun bhote	P	P	A	P	P	P
28)	Sima Dadaji wakadkar	P	P	P	A	P	P
29)	Shital Kisan pujebar	P	P	A	P	P	P
30)	Ashwini Dattya Koghadkar	P	P	P	A	P	P
31)	Pratima Vasant Pudo	P	P	A	P	P	P
32)	Devika Tukaram Kusum	P	P	P	A	P	P
33)	Kajal Bajirao Kalamani	P	P	A	P	P	P
34)	Punam Vasant Narote	P	P	P	A	P	P
35)	Rani Rambhau pal	P	P	A	P	P	P
36)	Amisha Bandu chalak	P	P	P	A	P	P
37)	Neelam Shekhar Roy	P	P	A	P	P	P
38)	Pooja Vilas Ghogre	P	P	P	A	P	P
39)	Rupali Somaji Madavi	P	P	A	P	P	P
40)	Kajal Vilas chanduke	P	P	P	A	P	P
41)	Supriya Abhimanyu Biswas	P	P	A	P	P	P
42)	Aspama Manindra Biswas	P	P	P	A	P	P
44)	Pallavi Ishwar chalak	P	P	A	P	P	P
45)	Pooja Dinkar Ghoghane	P	P	P	A	P	P
46)	Soni Shrinang Khekar	P	P	A	P	P	P
47)	Dipawali Haraji Kulkarni	P	P	P	A	P	P



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Manavidyalaya Chamorshi  
Dist. Gadchiroli



Sr..No.	Day7	Day8	Day9	Day10	Day11	Day12	Day13	Day14	Day 15
1)	P	P	A	P	P	P	A	P	P
2)	P	P	A	P	P	P	P	P	P
3)	P	P	P	A	P	P	A	P	P
4)	P	P	P	A	P	P	P	P	P
5)	P	P	A	P	P	P	A	P	P
6)	P	P	A	P	P	P	P	P	P
7)	P	P	P	A	P	P	A	P	P
8)	P	P	P	A	P	P	P	P	P
9)	P	P	A	P	P	P	A	P	P
10)	P	P	A	P	P	P	P	P	P
11)	P	P	P	A	P	P	A	P	P
12)	P	P	P	A	P	P	P	P	P
13)	P	P	A	P	P	P	A	P	P
14)	P	P	A	P	P	P	P	P	P
15)	P	P	P	A	P	P	A	P	P
16)	P	P	P	A	P	P	P	P	P
17)	P	P	A	P	P	P	A	P	P
18)	P	P	A	P	P	P	P	P	P
19)	P	P	P	A	P	P	A	P	P
20)	P	P	P	P	P	P	P	P	P
21)	P	P	A	P	P	P	A	P	P
22)	P	P	A	P	P	P	P	P	P
23)	P	P	P	A	P	P	A	P	P
24)	P	P	P	A	P	P	P	P	P
25)	P	P	A	P	P	P	A	P	P
26)	P	P	A	P	P	P	P	P	P
27)	P	P	P	A	P	P	A	P	P
28)	P	P	P	A	P	P	P	P	P
29)	P	P	A	P	P	P	A	P	P
30)	P	P	A	P	P	P	P	P	P



Off. Principal  
Shardchandra Pawar Kala Mahla  
Manavichayalaya Chamorshy  
Dist. Garhchim#



Sr.No.	Day7	Day8	Day9	Day10	Day11	Day12	Day13	Day14	Day 15
31)	P	P	P	A	P	A	P	P	A
32)	P	P	P	A	P	P	P	P	P
33)	P	P	P	P	A	A	P	P	A
34)	P	P	P	P	A	P	P	P	P
35)	P	P	P	A	P	A	P	P	A
36)	P	P	P	A	P	P	P	P	P
37)	P	P	P	P	A	A	P	P	A
38)	P	P	P	P	A	P	P	P	P
39)	P	P	P	A	P	A	P	P	A
40)	P	P	P	A	P	P	P	P	P
41)	P	P	P	P	A	A	P	P	A
42)	P	P	P	P	A	P	P	P	P
43)	P	P	P	A	P	A	P	P	A
44)	P	P	P	A	P	P	P	P	P
45)	P	P	P	P	A	A	P	P	A
46)	P	P	P	P	A	P	P	P	P
47)	P	P	P	A	P	A	P	P	A
48)	P	P	P	A	P	P	P	P	P
49)	P	P	P	P	A	A	P	P	A
50)	P	P	P	P	A	P	P	P	P
51)	P	P	P	A	P	A	P	P	A
52)	P	P	P	A	P	P	P	P	P
53)	P	P	P	P	A	A	P	P	A



Off Principal  
Shardendra Pawar Kala Mahla  
Mahavidyalaya Chamorshi  
Dist Gadchiroli



HANUMAN VYAYAM PRASARAK MANDAL  
SHARDCHANDRA PAWAR KALA MAHILA MAHAVIDYALAYA,  
CHAMORSHI



MAHAVIDYALAYA CODE: 042  
TA- CHAMORSHI DIST- GADCHIROLI  
(AFFILIATED WITH GONDWANA UNIVERSITY GADCHIROLI)  
Website. spkmchamorshi.in

EMAIL – mahilachamorshi2008@gmail.com

Mo. 9421857725/9420105767

## Report on Workshop on Holistic wellness through Yoga

1. **Name of the Event** : Workshop on Holistic wellness through Yoga
2. **Date of Event** : 2-19<sup>th</sup> September 2019
3. **Event Duration** : 30 Hour
4. **Event Venue** : Sharadchandra Pawar Kala Mahila Mahavidyalaya, Chamorshi
5. **Resource Person at Event** : S. Gayali
6. **Coordinator of Event** : Mahendra Kose
7. **Number of participants** :53
8. **Objective** :
  - To introduce students to the philosophy and principles of yoga as a holistic approach to wellness.
  - To teach students various yoga asanas (postures) and their benefits for physical health.
  - To explore pranayama (breath control) techniques for mental and emotional well-being.
  - To introduce mindfulness and meditation practices for stress reduction and clarity of mind.
  - To provide students with tools to integrate yoga into their daily lives for overall wellness.
  - To foster self-awareness, self-care, and compassion through the practice of yoga.
9. **Outcome** :

The session provided participants with an effective introduction to the concept and practices of yoga, equipping them with the necessary information and tools for holistic wellbeing and self-care.

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Dist. Gadchiroli



**Students Performing Yoga Poses**

  
Off. Principal  
Shardchandra Pawar Kala Mahila  
Mahavidyalaya Chamorsky  
Dist. Ganchinoli



Hanuman Vyayam Prasark Mandal,  
Chamorshi



**Sharadchandra Pawar Kala Mahila Mahavidyalaya,  
Chamorshi Dist-Gadchiroli 442603**

Affiliated To Gondwana University, Gadchiroli

**Certificate**

2019-2020

This is to certify that Kunda Bapurao Maha a student of  
B.A. I<sup>st</sup> sem. has successfully completed the Holistic Welness Through  
Yoga Conducted by Sharadchandra Pawar Kala Mahila  
Mahavidyalaya Chamorshi for a duration at 30 hours.

Kase  
Head

[Signature]  
Principal

सूचना


Date \_\_\_\_\_


Page \_\_\_\_\_


दि. 02/12/2019

महाविद्यालयीय महिला विभाग  
द्वितीय व तृतीय वर्षातील विद्यार्थिनींना  
सूचित करण्यात येते कि दि. 03 Dec 2019  
ते 19 Dec 2019 या काळावधी मध्ये  
Human Right understanding वर  
कक्षापेक्षा घेण्यात येत आहे. सूची  
आपली उपस्थिती प्राथमिक आहे.

क्र. नं.	Name of Teacher	class	Sign
01)	<del>प्रो. D. G. Hatwar</del>		
02)	प्रो. Mahendra Kose	BA II	<del>Kose</del>
03)	प्रो. Vivek Mohurle		Mohurle

  
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Dist Gadchiroli

  
Women Cell  
Sharadchandra Pawar Kala  
Mahila Mahavidyalaya  
Chamorshi Dist. Gadchiroli

  
Women Cell  
Sharadchandra Pawar Kala  
Mahila Mahavidyalaya  
Chamorshi Dist. Gadchiroli

## **Syllabus on: Human Rights and Understanding**

**Duration:30Hr**

### **Course objective:**

- To comprehend the concept of human rights and its significance in diverse social, cultural, and political contexts.
- To analyze the historical evolution and philosophical underpinnings of human rights theories.
- To understand the international legal frameworks and mechanisms for protecting and promoting human rights.
- To critically evaluate contemporary human rights issues and challenges.
- To develop empathy, cultural sensitivity, and a sense of social responsibility towards upholding human rights principles.

### **Course Outcome:**

- CO1: Understand Historical Evolution, Ethical Theories and Human Right  
CO2: Understand Role of United Nations and t and political rights  
CO3: Understand Economic, Social, and Cultural Rights

### **Unit 1: Introduction to Human Rights**

- Definition and Conceptual Framework
- Historical Evolution of Human Rights
- Universal Declaration of Human Rights (UDHR)

### **Unit 2: Philosophical Foundations of Human Rights**

- Ethical Theories and Human Rights
- Human Dignity and Equality
- Cultural Relativism vs. Universalism

### **Unit 3: International Legal Frameworks**

- International Human Rights Instruments
- Role of United Nations and Specialized Agencies
- Regional Human Rights Systems



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#### **Unit 4: Civil and Political Rights**

- Right to Life, Liberty, and Security
- Freedom of Expression and Assembly
- Right to Fair Trial and Due Process

#### **Unit 5: Economic, Social, and Cultural Rights**

- Right to Education, Health, and Work
- Poverty, Inequality, and Economic Rights
- Gender and Minority Rights

#### **Unit 7: Human Rights Advocacy and Activism**

- Role of Civil Society Organizations
- Grassroots Movements and Social Media Activism



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Shardendra Pawar Kala Mahila  
Mahavidyalaya Chamorshi  
Dist Gadchiroli**



HANUMAN VYAYAM PRASARK MANDAL  
SHARDCHANDRA PAWAR KALA MAHILA  
MAHAVIDYALAYA, CHAMORSHI



MAHAVIDYALAYAA CODE: 042  
TA- CHAMORSHI DIST- GADCHIROLI  
(AFFILIATED WITH GONDWANA UNIVERSITY GADCHIROLI)  
Website. spkmchamorshi.in

EMAIL – mahilachamorshi2008@gmail.com

Mo. 9423423434 /9420105767

BACHELOR OF ART

Session : 2019-20

Semester- IV, VI

Student Attendance Sheet

Workshop

Name Of Activity:

Human Right understanding

Date 03-19 Dec-2019

Sr.No	Participant Name	Day1	Day2	Day3	Day4	Day5	Day6
①	Dornima Shankar Ade	P	P	A	P	A	P
②	Aspna Manindra Biswas	P	P	A	P	P	P
③	Amisha Banda chalake	P	P	P	A	A	P
④	pallavi Pshwas chalake	P	P	P	A	P	P
⑤	priyanka Ashok chilange	P	P	A	P	A	P
⑥	poorja Bhaaskar Gawhase	P	P	A	P	P	P
⑦	soni Shrinang Kinekar	P	P	P	A	A	P
⑧	Bipawali Nalaji Kulkade	P	P	P	A	P	P
⑨	Anamika Sumitmal Kulu	P	P	A	P	A	P
⑩	chaitelli Suresh madavi	P	P	A	P	P	P
⑪	shital mahohar madavi	P	P	P	A	A	P
⑫	Kunda Baburao Maha	P	P	P	A	P	P
⑬	Amisha Suresh Mechram	P	P	A	P	A	P
⑭	shital Dilip Mohurle	P	P	A	P	P	P
⑮	pynam vasant Narote	P	P	P	A	A	P
⑯	Dimpal Tushiday Pal.	P	P	P	A	P	P

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Mahavidyalaya Chamorshi  
Dist Gadchiroli



Sr.No	Participant Name	Day1	Day2	Day3	Day4	Day5	Day6
17	Rami Rambhat pal	P	P	A	P	P	A
18	swati Dohadev parmake	P	P	P	A	P	P
19	Meelam Shekhar Roy	P	P	A	P	P	A
20	Hatsela Namdeo Shetye	P	P	P	A	P	P
21	Ankita Ramesh wajeekar	P	P	A	P	P	A
22	soni vasant Abhare	P	P	P	A	P	P
23	Mayuri Ekanath Bure	P	P	A	P	P	A
24	priyanka sahaddev Day	P	P	P	A	P	P
25	Kajal Pandurang Gotha	P	P	A	P	P	A
26	Ashwini Dony madavi	P	P	P	A	P	P
27	EKta pancharam Mandal	P	P	A	P	P	A
28	priti vlnod paubudhe	P	P	P	A	P	P
29	Niruta Lalsu potavi	P	P	A	P	P	A
30	Gitanjali Shankar Raut	P	P	P	A	P	P
31	Manisha Badal sady	P	P	A	P	P	A
32	Arpona Geeta undrawade.	P	P	P	A	P	P

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Sr..No.	Day7	Day8	Day9	Day10	Day11	Day12	Day13	Day14	Day 15
1	P	P	P	A	P	P	A	P	P
2	P	P	P	A	P	P	P	P	P
3	P	P	P	P	A	P	A	P	P
4	P	P	P	P	A	P	P	P	P
5	P	P	P	A	P	P	A	P	P
6	P	P	P	A	P	P	P	P	P
7	P	P	P	P	A	P	A	P	P
8	P	P	P	P	A	P	P	P	P
9	P	P	P	A	P	P	A	P	P
10	P	P	P	A	P	P	P	P	P
11	P	P	P	P	A	P	A	P	P
12	P	P	P	P	A	P	P	P	P
13	P	P	P	A	P	P	A	P	P
14	P	P	P	A	P	P	P	P	P
15	P	P	P	P	A	P	A	P	P
16	P	P	P	P	A	P	P	P	P
17	P	P	P	A	P	P	A	P	P
18	P	P	P	A	P	P	P	P	P
19	P	P	P	P	A	P	A	P	P
20	P	P	P	P	A	P	P	P	P
21	P	P	P	A	P	P	A	P	P
22	P	P	P	A	P	P	P	P	P
23	P	P	P	P	A	P	A	P	P
24	P	P	P	P	A	P	P	P	P
25	P	P	P	A	P	P	A	P	P
26	P	P	P	A	P	P	P	P	P
27	P	P	P	P	A	P	A	P	P
28	P	P	P	P	A	P	P	P	P
29	P	P	P	A	P	P	A	P	P
30	P	P	P	A	P	P	P	P	P



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 Dist. Gadchiroli





HANUMAN VYAYAM PRASARAK MANDAL  
**SHARDCHANDRA PAWAR KALA MAHILA MAHAVIDYALAYA,  
CHAMORSHI**



MAHAVIDYALAYA CODE: 042  
TA- CHAMORSHI DIST- GADCHIROLI  
(AFFILIATED WITH GONDWANA UNIVERSITY GADCHIROLI)  
Website. spkmchamorshi.in


EMAIL – mahilachamorshi2008@gmail.com

Mo. 9421857725/9420105767

## Report on Workshop on Human Rights Understanding


1. **Name of the Event** : Workshop on Human Rights Understanding
2. **Date of Event** : 3-19<sup>th</sup> December 2019
3. **Event Duration** : 30 Hour
4. **Event Venue** : Sharadchandra Pawar Kala Mahila Mahavidyalaya, Chamorshi
5. **Resource Person at Event** : Prerana Khadase
6. **Coordinator of Event** : Mahendra Kose
7. **Number of participants** :32
8. **Objective** :
  - To comprehend the concept of human rights and its significance in diverse social, cultural, and political contexts.
  - To analyze the historical evolution and philosophical underpinnings of human rights theories.
  - To understand the international legal frameworks and mechanisms for protecting and promoting human rights.
  - To critically evaluate contemporary human rights issues and challenges.
  - To develop empathy, cultural sensitivity, and a sense of social responsibility towards upholding human rights principles.
9. **Outcome** :

By giving participants, a better understanding of human rights concepts and a sense of responsibility, the session enabled them to stand up for rights and make moral judgments.

  
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**Ms. Prerana Khadase addressing students on Human Rights.**

  
Off. Prerana Khadase  
Shardchandra Pawar Kala Mahla  
Mahavidyalaya Chamorshi  
Dist. Gadchiroli



Hanuman Vyayam Prasark Mandal,  
Chamorshi



**Sharadchandra Pawar kala Mahila Mahavidyalaya,  
Chamorshi Dist-Gadchiroli 442603**

Affiliated To Gondwana University, Gadchiroli

**Certificate**

2019 - 2020

This is to certify that Shital Dilip Mohaple a student of  
B.A. IV sem has successfully completed the Human Rights  
Understanding Conducted by Sharadchandra Pawar kala Mahila  
Mahavidyalaya Chamorshi for a duration at 30 hours.

Head

Principal

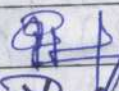
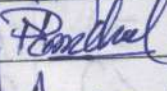
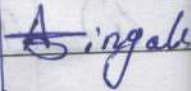
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Date \_\_\_\_\_  
Page \_\_\_\_\_

दि. 01/01/2020

महाविद्यालयातील वि.रा

प्रथम वर्षातील विद्यार्थिनींना सूचित  
करण्यात येते की आपल्या महाविद्यालया-  
मध्ये दिनांक 01/01/2020 ते 17/01/2020  
पर्यंत Final Examination Program  
बघ्यात येत आहे. त्या आपली उपकृती  
प्राधान्य आहे.

Sr.no	Name of Teacher	class	Sign
1)	Pro. D. G. Hatwar	BA I	
2)	Pro. Harising Panchal	BA II	
3)	Pro. Ashok Singale.	BA III	

Women Cell

Sharadchandra Pawar Kala  
Mahila Mahavidyalaya  
Chamershi Dist. Gadchiroli

Off. Principal

Sharadchandra Pawar Kala Mandla  
Mahavidhayalaya Chamershi  
Dist Gadchiroli

## Syllabus on : Floral arrangements

Duration of course: 30 Hrs

### Course objective:

- To familiarize students with the principles and elements of floral design.
- To introduce students to various styles of floral arrangements, such as traditional, modern, and contemporary.
- To teach students about different types of flowers and foliage used in arrangements.
- To develop students' skills in creating floral arrangements for different occasions.
- To provide hands-on experience in designing and creating floral arrangements.
- To educate students on proper care and maintenance of flowers to ensure longevity.

### Course outcome :

- CO1:Identify and explain the basic principles of floral design, including balance, proportion, harmony, rhythm, and focal point.
- CO2:Recognize the elements of floral design such as line, form, color, and texture, and apply them in arrangements.
- CO3:Identify common types of flowers and foliage used in floral arrangements.
- CO4:Understand the characteristics, seasonality, and availability of flowers, and select appropriate varieties for specific arrangements.
- CO5:Use floral design tools and materials effectively, including scissors, floral foam, vases, wires, and tapes.
- CO6:Understand the purpose and proper application of different tools and supplies in creating arrangements.

### Unit-I: Introduction to Floral Design

- Overview of the course
- History and significance of floral design
- Basic principles and elements of floral arrangement

### Unit –II: Types of Flowers and Foliage

- Common types of flowers and foliage used in floral arrangements
- Characteristics, seasonality, and availability
- Proper care and handling of flowers

### Unit III: Tools and Materials for Floral Design



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- Essential tools for floral arranging (scissors, foam, tape, etc.)
- Different types of vases, containers, and their uses
- Using floral foam and tape for arrangement stability

#### **Unit IV: Color Theory in Floral Design**

- Principles of color theory and its application in floral arrangements
- Creating harmonious color schemes
- Using color to convey emotions and themes

#### **Unit V: Traditional Floral Arrangements**

- Classic floral design styles (round, oval, triangular)
- Techniques for creating traditional arrangements
- Hands-on session: creating a classic round arrangement

#### **Unit VI: Modern and Contemporary Arrangements**

- Modern and contemporary floral design styles
- Techniques for creating asymmetrical and linear arrangements
- Hands-on session: creating a modern arrangement



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Dist. Gadchiroli



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SHARDCHANDRA PAWAR KALA MAHILA  
MAHAVIDYALAYA, CHAMORSHI



MAHAVIDYALAYAA CODE: 042  
TA- CHAMORSHI DIST- GADCHIROLI  
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Website. spkmchamorshi.in

EMAIL – mahilachamorshi2008@gmail.com

Mo. 9423423434 /9420105767

BACHELOR OF ART

Session : 2019-20

Semester- II<sup>nd</sup>

Student Attendance Sheet

Workshop

Name Of Activity:

Floral arrangement workshop

Date = 01-17 Jan - 2020

Sr.No	Participant Name	Day1	Day2	Day3	Day4	Day5	Day6
1)	Laxmi Nareth Gopwar	P	P	A	P	P	A
2)	Sumita Babu Jure	P	P	A	P	P	P
3)	Divya Moreshwar Bhakare	P	P	P	A	P	A
4)	Ruchita Sakhi Sahare	P	P	P	A	P	P
5)	Gopika Shrihari walule	P	P	A	P	P	A
6)	Kunda Baburao Mather	P	P	A	P	P	P
7)	Alisha Dama Gothami	P	P	P	A	P	A
8)	Kajal Chandras walule	P	P	P	A	P	P
9)	Prityanka Waman urade	P	P	A	P	P	A
10)	Khoon Dadaji vyahadkar	P	P	A	P	P	P
11)	DiPgawali Nalaji kukade	P	P	P	A	P	A
12)	Arshi Dadaji pole	P	P	P	A	P	P
13)	Shital Kashinath pipare	P	P	A	P	P	A
14)	Pratiksha Gopala Kasse	P	P	A	P	P	P
15)	Arpana Manindra Biswas	P	P	P	A	P	A
16)	Swati Domadev parshetti	P	P	P	A	P	P

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Shardchandra Pawar Kala Mahila  
Mahavidyalaya Chamorshi  
Dist. Gadchiroli

Sr.No	Participant Name	Day1	Day2	Day3	Day4	Day5	Day6
17)	Vaishali Lalaji Bhagat	P	P	A	P	P	P
18)	Madhuri Suresh Gokwar	P	P	A	P	P	P
19)	Kajal Vilas Pahelkar	P	P	P	A	P	P
20)	Chopika Sadashiv Kosare	P	P	P	A	P	P
21)	Abha Anil Dohane	P	P	A	P	P	P
22)	Soni Umaji Wadengwar	P	P	A	P	P	P
23)	Ashwini Kamesh Khedekar	P	P	P	A	P	P
24)	Kajal Mandaji Chalakh	P	P	P	A	P	P
25)	Archana Dilip Nikade	P	P	A	P	P	P
26)	Roshana Waqar Upase	P	P	A	P	P	P
27)	Puja Arun Dhote	P	P	P	A	P	P
28)	Sima Dadaji Wakudkar	P	P	P	A	P	P
29)	Shital Kisan Pujawar	P	P	A	P	P	P
30)	Pratima Vasant Puro	P	P	A	P	P	P
31)	Devika Tukaram Kurban	P	P	P	A	P	P
32)	Kajal Bajirao Kalamli	P	P	P	A	P	P
33)	Purnam Vasant Marote	P	P	A	P	P	P
34)	Rani Rambhad Pal	P	P	A	P	P	P
35)	Amisha Bandu Chalakh	P	P	P	A	P	P
36)	Pallavi Ishwar Chalakh	P	P	P	A	P	P
37)	Neelam Shekhar Roy	P	P	A	P	P	P
38)	Pornima Shankar Abe	P	P	A	P	P	P
39)	Patal Vijay Chogre	P	P	P	A	P	P
40)	Rupali Somaji Madavi	P	P	P	A	P	P
41)	Shweta Ravindra Badhe	P	P	A	P	P	P
42)	Kajal Vilas Charduke	P	P	A	P	P	P
43)	Purnam Diwakar Patil	P	P	P	A	P	P
44)	Shital Manish Yerawar	P	P	P	A	P	P
45)	Ashwini Ratan Chawade	P	P	A	P	P	P
46)	Anjali Ravindra Kattkar	P	P	A	P	P	P



Off Principal  
Shardchandra Pawar Kala Mahila  
Mahavidyalaya Chamorshi  
Dist. Gadchiroli

Sr.No	Participant Name	Day1	Day2	Day3	Day4	Day5	Day6
47)	Ravina Raoneth Kinekar	P	P	P	A	P	P
48)	Soni Shairang Kinekar	P	P	P	A	P	P
49)	Payal Wasudeo Kundwar	P	P	A	P	P	P
50)	Karishma Mahesh Mardol	P	P	A	P	P	P
51)	Dimple Lushiday Pal	P	P	P	A	P	P
52)	Madhuri Gangji Pal	P	P	P	A	P	P
53)	Ignite Kamhi Pungat <sup>o</sup>	P	P	A	P	P	P
54)	Puja Laxman Usendi	P	P	A	P	P	P
55)	Dipali Sunil Wairagade	P	P	P	A	P	P
56)	Vaishali <sup>o</sup> Umaji Wasekar	P	P	P	A	P	P
57)	Priyanka Vinata (Sapke)	P	P	A	P	P	P
58)	Swati <sup>o</sup> Chintaman Madavi	P	P	A	P	P	P

Off. Principal  
 Shardchandra Pawar Kala Manik  
 Mahavidyalaya Chamorshi  
 Dist. Gadchiroli

Sr..No.	Day7	Day8	Day9	Day10	Day11	Day12	Day13	Day14	Day 15
1)	P	P	P	A	P	P	A	P	P
2)	P	P	P	A	P	P	P	A	P
3)	P	P	A	P	P	P	A	P	P
4)	P	A	A	P	P	P	P	A	P
5)	P	A	P	A	P	P	A	P	P
6)	P	A	P	A	P	P	P	A	P
7)	P	A	A	P	P	P	A	P	P
8)	P	P	A	P	P	P	P	A	P
9)	P	P	P	A	P	P	A	P	P
10)	P	P	P	A	P	P	P	A	P
11)	P	P	A	P	P	P	A	P	P
12)	P	P	A	P	P	P	P	A	P
13)	P	P	P	A	P	P	A	P	P
14)	P	P	P	A	P	P	P	A	P
15)	P	P	A	P	P	P	A	P	P
16)	P	P	A	P	P	P	P	A	P
17)	P	P	P	A	P	P	A	P	P
18)	P	P	P	A	P	P	P	A	P
19)	P	P	A	P	P	P	A	P	P
20)	P	P	A	P	P	P	P	A	P
21)	P	P	P	A	P	P	A	P	P
22)	P	P	P	A	P	P	P	A	P
23)	P	P	A	P	P	P	A	P	P
24)	P	P	A	P	P	P	P	A	P
25)	P	P	P	A	P	P	A	P	P
26)	P	P	P	A	P	P	P	A	P
27)	P	P	A	P	P	P	A	P	P
28)	P	P	A	P	P	P	P	A	P
29)	P	P	P	A	P	P	A	P	P
30)	P	P	P	A	P	P	P	A	P



Off. Principal  
 Shardchandra Pawar Kala Mahila  
 Mahavidyalaya Chamorshi  
 Dist. Garhchirol

Sr..No.	Day7	Day8	Day9	Day10	Day11	Day12	Day13	Day14	Day 15
31)	P	P	A	P	P	A	P	P	P
32)	P	P	A	P	P	P	A	P	P
33)	P	P	P	A	P	A	P	P	P
34)	P	P	P	A	P	P	A	P	P
35)	P	P	A	P	P	A	P	P	P
36)	P	P	A	P	P	P	A	P	P
37)	P	P	P	A	P	A	P	P	P
38)	P	P	P	A	P	P	A	P	P
39)	P	P	A	P	P	A	P	P	P
40)	P	P	A	P	P	P	A	P	P
41)	P	P	P	A	P	A	P	P	P
42)	P	P	P	A	P	P	A	P	P
43)	P	P	A	P	P	A	P	P	P
44)	P	P	A	P	P	P	A	P	P
45)	P	P	P	A	P	A	P	P	P
46)	P	P	P	A	P	P	A	P	P
47)	P	P	A	P	P	A	P	P	P
48)	P	P	A	P	P	P	A	P	P
49)	P	P	P	A	P	A	P	P	P
50)	P	P	P	A	P	P	A	P	P
51)	P	P	A	P	P	A	P	P	P
52)	P	P	A	P	P	P	P	P	P
53)	P	P	P	A	P	A	A	P	P
54)	P	P	P	A	P	P	A	P	P
55)	P	P	A	P	P	A	P	P	P
56)	P	P	A	P	P	P	A	P	P
57)	P	P	P	A	P	A	P	P	P
58)	P	P	P	A	P	P	A	P	P



Off. Principal  
 Shardendra Pawar Kala Mahila  
 Mahavidyalaya Chamorshi  
 Dist. Gadchiroli



HANUMAN VYAYAM PRASARAK MANDAL  
SHARDCHANDRA PAWAR KALA MAHILA MAHAVIDYALAYA,  
CHAMORSHI



MAHAVIDYALAYA CODE: 042  
TA- CHAMORSHI DIST- GADCHIROLI  
(AFFILIATED WITH GONDWANA UNIVERSITY GADCHIROLI)  
Website. spkmchamorshi.in

EMAIL – mahilachamorshi2008@gmail.com

Mo. 9421857725/9420105767

## Report on Workshop on Floral Arrangements

1. **Name of the Event** : Workshop on Floral arrangements
2. **Date of Event** : 1-17<sup>th</sup> Janaury 2020
3. **Event Duration** : 30 Hour
4. **Event Venue** : Sharadchandra Pawar Kala Mahila Mahavidyalaya, Chamorshi
5. **Resource Person at Event** : **K.N. Pugalwar**
6. **Coordinator of Event** : **Mahendra Kose**
7. **Number of participants** : **58**
8. **Objective** :
  - To familiarize students with the principles and elements of floral design.
  - To introduce students to various styles of floral arrangements, such as traditional, modern, and contemporary.
  - To teach students about different types of flowers and foliage used in arrangements.
  - To develop students' skills in creating floral arrangements for different occasions.
  - To provide hands-on experience in designing and creating floral arrangements.
  - To educate students on proper care and maintenance of flowers to ensure longevity.
9. **Outcome** : By learning the right flower care practices for long-lasting flowers, participants were able to make a variety of arrangements for a range of situations.

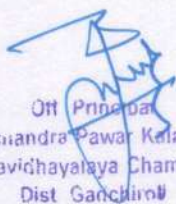
  
Off. Principal  
Shardchandra Pawar Kala Mahila  
Mahavidyalaya Chamorshi  
Dist. Gadchiroli



**Ms.K.N. Pugalwar addressing the students on different floral arrangements**



**Ms.K.N. Pugalwar giving hands on experience to students for different floral arrangements**

  
Off Principal  
Sharadchandra Pawar Kala Mahila  
Mahavidyalaya Chamorshi  
Dist. Gadchiroli





Hanuman Vyayam Prasark Mandal,  
Chamorshi



**Sharadchandra Pawar kala Mahila Mahavidyalaya,  
Chamorshi Dist-Gadchiroli 442603**

Affiliated To Gondwana University, Gadchiroli

**Certificate**

2019 -2020

This is to certify that Ruchita Savji Sahare a student of  
B.A. II Year has successfully completed the Filosal Arrangement  
Workshop Conducted by Sharadchandra Pawar Kala Mahila  
Mahavidyalaya Chamorshi for a duration at 30 hours.

Kase  
Head

Principal

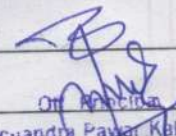
सूचना

Date \_\_\_\_\_  
Page \_\_\_\_\_

दि. ०१/०२/२०२०  
महाविद्यालयीय

सर्व विद्यार्थीना सूचित करण्यात येते की दिनांक ०१/०२/२०२० ते २०/०२/२०२० पर्यंत Preparation of competitive Exam करण्यात येत आहे. तरी आपली उपस्थिती प्राथमिक आहे.

Sr.no	Name of Teacher	class	signature
1)	Pro Mahendro Kose	BA I	Kose
2)	Pro Narsing Panchal	BA II	Panchal
3)	Pro Ashok Singale	BA III	Singale

  
Shardchandra Pawar Kala Mantra  
Mahavidyalaya Chamorshi  
Dist. Ganchinori

## **Syllabus on: Preparation of Competitive Exam**

**Duration of course: 30 Hrs.**

### **Course objective:**

- Develop effective study habits and time management skills.
- Enhance problem-solving and critical thinking abilities.
- Learn strategies for managing exam stress and anxiety.
- Understand the format and structure of different types of competitive exams.

### **Course outcome:**

CO1: Students will develop effective study habits, such as reading techniques, note-taking methods, and summarization skills.

CO2: Students will demonstrate improved critical thinking abilities, enabling them to analyze and solve complex problems.

CO3: Students will demonstrate improved critical thinking abilities, enabling them to analyze and solve complex problems.

CO4: Students will learn effective test-taking strategies, including time management during exams, guessing techniques, and answer elimination.

CO5: Students will enhance their reading speed, comprehension, and retention skills, particularly for passages and texts common in competitive exams.

CO6: Students will strengthen their understanding of basic mathematical concepts and improve their problem-solving skills in mathematical and numerical questions.

### **Unit 1: Introduction to Competitive Exams**

- Overview of common competitive exams: aptitude tests, language proficiency exams, academic entrance exams, etc.
- Importance of preparation strategies and study techniques
- Setting goals and creating a study plan

### **Unit 2: Effective Study Techniques**

- Different study methods: reading, note-taking, summarizing
- Memorization techniques and mnemonic devices
- Active learning strategies: mind mapping, flashcards, and concept mapping



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**Mahavidyalaya Chamorshy**  
**Dist Gadchiroli**

### **Unit 3: Time Management and Planning**

- Prioritizing tasks and creating a study schedule
- Breaking down study sessions into manageable segments
- Balancing academic responsibilities with exam preparation

### **Unit 4: Problem-Solving Skills**

- Developing critical thinking skills
- Strategies for approaching different types of questions: analytical, logical, numerical, etc.
- Practice exercises and problem-solving sessions

### **Unit 5: Test-Taking Strategies**

- Understanding exam formats and question types
- Techniques for managing time during exams
- Tips for effective guessing and eliminating answer choices

### **Unit 6: Reading Comprehension and Language Proficiency**

- Strategies for improving reading speed and comprehension
- Approaches to language proficiency exams: vocabulary building, grammar review, etc.
- Practice exercises for reading comprehension and language skills

### **Unit 7: Mathematics and Numerical Ability**

- Review of basic mathematical concepts
- Problem-solving techniques for mathematical questions
- Practice exercises and drills for numerical ability



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HANUMAN VYAYAM PRASARK MANDAL  
SHARDCHANDRA PAWAR KALA MAHILA  
MAHAVIDYALAYA, CHAMORSHI



MAHAVIDYALAYAA CODE: 042  
TA- CHAMORSHI DIST- GADCHIROLI  
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EMAIL – mahilachamorshi2008@gmail.com

Mo. 9423423434 /9420105767

BACHELOR OF ART

Session : 2019-20

Semester- VI

Student Attendance Sheet

Workshop

Name Of Activity:

Preparation for competitive  
Exam.

Date = 03-20 Feb - 2020

Sr.No	Participant Name	Day1	Day2	Day3	Day4	Day5	Day6
①	Soni Varant Abhase	P	P	A	P	P	P
②	Mayuri Ekanath Bure	P	P	A	P	P	P
③	Prityanka Sahadev Dey	P	P	P	A	P	P
④	Kajal Pandurang Gothe	P	P	P	A	P	P
⑤	Prityanka Ekanath Istam	P	P	A	P	P	P
⑥	Lina Bandu Kotangale	P	P	A	P	P	P
⑦	Ashwini Dongu Madavi	P	P	P	A	P	P
⑧	E Kta Pancharam Mandel	P	P	P	A	P	P
⑨	Pritya Vinod Paul Budhe	P	P	A	P	P	P
⑩	Niruta Lalsu Potavi	P	P	A	P	P	P
⑪	Gitanjali Shankar Raut	P	P	P	A	P	P
⑫	Manisha Badal Sady.	P	P	P	A	P	P

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**HANUMAN VYAYAM PRASARAK MANDAL  
SHARDCHANDRA PAWAR KALA MAHILA  
MAHAVIDYALAYA, CHAMORSHI**



MAHAVIDYALAYA CODE: 042  
TA- CHAMORSHI DIST- GADCHIROLI  
(AFFILIATED WITH GONDWANA UNIVERSITY GADCHIROLI)  
Website. spkmchamorshi.in

EMAIL – mahilachamorshi2008@gmail.com

Mo. 9421857725/9420105767

## Report on Workshop on Preparation of Competitive Exam

1. **Name of the Event** : Workshop on Preparation of Competitive Exam
2. **Date of Event** : 3-20<sup>th</sup> February 2020
3. **Event Duration** : 30 Hour
4. **Event Venue** : Sharadchandra Pawar Kala Mahila Mahavidyalaya, Chamorshi
5. **Resource Person at Event** : Srikant Madulwar
6. **Coordinator of Event** : Mahendra Kose
7. **Number of participants** : 12
8. **Objective** :
  - Develop effective study habits and time management skills.
  - Enhance problem-solving and critical thinking abilities.
  - Learn strategies for managing exam stress and anxiety.
  - Understand the format and structure of different types of competitive exams.
9. **Outcome** :

Improved study habits, critical thinking abilities, and stress reduction strategies are imparted to participants, stimulating a better knowledge of the material and important life skills. These are all crucial for preparing for competitive exams.


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Dist. Gadchiroli



**Mr. Srikant Madulwar interacting with students**



**Student getting acquainted with books for Competitive Exam**

  
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Mahavidyalaya Chamorshi  
Dist. Gadchiroli





Hanuman Vyayam Prasark Mandal,  
Chamorshi



**Sharadchandra Pawar Kala Mahila Mahavidyalaya,  
Chamorshi Dist-Gadchiroli 442603**

Affiliated To Gondwana University, Gadchiroli

**Certificate**

2019-2020

This is to certify that Mayuri Ekamath Bure a student of  
B.A. III Year has successfully completed the Preparation for Competitive  
Exam Conducted by Sharadchandra Pawar Kala Mahila  
Mahavidyalaya Chamorshi for a duration at 30 hours.

Kose  
Head

[Signature]  
Principal

# सुचना

Date \_\_\_\_\_  
Page \_\_\_\_\_

दि. 02/10/2021

महविद्यालयीय सर्व

विद्यार्थीनीना सुचित कुरव्यात येत आहे

दिनांक 04/10/2021 पासून

24/10/2021 पर्यंत address management या विषयावर वर्कशाप देण्यात

येत आहे तरी आपली उपस्थिती

प्राथमिक आहे

Sr.no	Name of Teacher	class	Signature
1)	Pro D.G. Hatwar	BA I	
2)	Pro. Ashok singale	BA II	
3)	Pro Shrikrishna urkude	BA III	

कार्यक्रम अधिकारी

राष्ट्रीय सेवा योजना

शरदचंद्र पवार कला महिला

महाविद्यालय, चामोशी

On Principal  
Shardchandra Pawar Kala Manila  
Mahavidyalaya Chamorshi  
Dist. Gadchiroli

## **Syllabus on: Stress Management**

**Duration of course: 30 hrs.**

### **Course objective:**

- Understand the concept of stress and its impact on physical, emotional, and mental health.
- Identify personal stressors and triggers.
- Develop practical skills and strategies for stress reduction and management.
- Cultivate mindfulness and relaxation techniques.
- Build resilience and develop healthy coping mechanisms.

### **Course outcome:**

CO1: Students will understand the concept of stress, including its causes, effects, and the physiological responses involved.

CO2: Students will identify personal stressors and triggers in their academic, personal, and professional lives

CO3: Students will learn and practice various stress reduction techniques, such as progressive muscle relaxation and deep breathing exercises.

CO4: Students will understand the impact of stress on physical health, including effects on the cardiovascular, immune, and digestive systems.

CO5: Students will learn to recognize and manage emotional responses to stress, such as anxiety, anger, and sadness.


CO6: Students will develop time management skills, including prioritization, goal setting, and effective task scheduling.

### **Unit 1: Introduction to Stress Management**

- Overview of stress: definition, types, and sources
- Understanding the stress response: fight-flight-freeze
- Impact of stress on physical, emotional, and mental health

### **Unit 2: Identifying Personal Stressors**

- Self-assessment: identifying personal stressors and triggers
- Exploring stress in academic, personal, and professional contexts
- Journaling: tracking stressors and reactions

  
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### **Unit 3: Stress and Physical Health**

- Effects of stress on the body: cardiovascular, immune, and digestive systems
- Strategies for maintaining physical health during stressful times
- Introduction to relaxation techniques: progressive muscle relaxation

### **Unit 4: Stress and Emotional Well-being**

- Understanding emotional responses to stress: anxiety, anger, and sadness
- Cognitive distortions and stress: challenging negative thinking
- Developing emotional resilience and positive coping skills

### **Unit 5: Mindfulness and Meditation**

- Introduction to mindfulness: present-moment awareness
- Mindfulness meditation practice: focusing on the breath
- Applications of mindfulness in daily life and stress reduction

### **Unit 6: Time Management and Organization**

- Time management techniques: prioritization, setting goals, and task scheduling
- Creating an effective study/work environment
- Balancing academic and personal responsibilities

### **Unit 7: Healthy Lifestyle Habits**

- Importance of nutrition, exercise, and sleep in stress management
- Stress-reducing activities: yoga, walking, and other physical exercises
- Mindful eating and its impact on stress and digestion

  
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Dist. Gadchiroli



HANUMAN VYAYAM PRASARK MANDAL  
SHARDCHANDRA PAWAR KALA MAHILA  
MAHAVIDYALAYA, CHAMORSHI

MAHAVIDYALAYAA CODE: 042

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Mo. 9423423434 /9420105767



BACHELOR OF ART

Session : 2021-22

Semester- I, III, V

Student Attendance Sheet

Workshop

Name Of Activity:

stress management workshop

Date = 04 - 21 oct - 2021

Sr.No	Participant Name	Day1	Day2	Day3	Day4	Day5	Day6
1)	swati shridhar Abhare	swati	swati	swati	swati	swati	swati
2)	shivani Bhairao Alam	S.B. Alam	S.B. Alam	S.B. Alam	S.B. Alam	S.B. Alam	S.B. Alam
3)	sonali Ashok wasekar	S.A. wasekar	S.A. wasekar	S.A. wasekar	S.A. wasekar	S.A. wasekar	S.A. wasekar
4)	Achal Lalating Bais	Achal	Achal	Achal	Achal	Achal	Achal
5)	Anupama sujit Bala	A.S. Bala	A.S. Bala	A.S. Bala	A.S. Bala	A.S. Bala	A.S. Bala
6)	poorja chandu Banshi	Poorja	Poorja	Poorja	Poorja	Poorja	Poorja
7)	Ashwina Anil Bhakare	Ashwina	Ashwina	Ashwina	Ashwina	Ashwina	Ashwina
8)	sangita Choto Biswas	S.S. Biswas	S.S. Biswas	S.S. Biswas	S.S. Biswas	S.S. Biswas	S.S. Biswas
9)	Rupali Bhanuji Buramwar	Rupali	Rupali	Rupali	Rupali	Rupali	Rupali
10)	pradima Baburao Bure	प्रदिमा	प्रदिमा	प्रदिमा	प्रदिमा	प्रदिमा	प्रदिमा
11)	soni Gajanan Bure	सोनी	सोनी	सोनी	सोनी	सोनी	सोनी
12)	shridevi narada chavak	shridevi	shridevi	shridevi	shridevi	shridevi	shridevi
13)	Mayuri Bandy Chitade	Mayuri	Mayuri		Mayuri	Mayuri	
14)	Achal Ramesh Deurmale	A.R. Deurmale		A.R. Deurmale		A.R. Deurmale	
15)	Achal Shankar Deurmale	Achal	Achal	Achal		Achal	Achal
16)	fale pratibha diwaker	F.P. diwaker	F.P. diwaker	F.P. diwaker		F.P. diwaker	

Off Principal  
Shardchandra Pawar Kala Mahila  
Mahavidyalaya Chamorshi  
Dist Gadchiroli

Sr.No	Participant Name	Day1	Day2	Day3	Day4	Day5	Day6
17)	Akanksha Bandu gedam	Akanksha	Akanksha	Akanksha	Akanksha	Akanksha	Akanksha
18)	popita Raju Gohane	Popi	Popi	Popi	Popi	Popi	Popi
19)	Diksha Jivanday Gurnule	<del>Diksha</del>	<del>Diksha</del>	<del>Diksha</del>	<del>Diksha</del>	<del>Diksha</del>	<del>Diksha</del>
20)	Nikita Nitel Haldar	Nitu	Nitu	Nitu	Nitu	Nitu	Nitu
21)	Bindiya Bandu Kirme	B. Kirme	B. Kirme	B. Kirme	B. Kirme	B. Kirme	B. Kirme
22)	Pallavi Vilay Kirme	P. Kirme	P. Kirme	P. Kirme	P. Kirme	P. Kirme	P. Kirme
23)	Payal Arjun Kuyeti	Payal	Payal	Payal	Payal	Payal	Payal
24)	Kajal Shankar madavi	Kajal	Kajal	Kajal	Kajal	Kajal	Kajal
25)	Priyanka vasant madavi	P. madavi	P. madavi	P. madavi	P. madavi	P. madavi	P. madavi
26)	Achal gunvant mesraon	Amesh	Amesh	Amesh	Amesh	Amesh	Amesh
27)	Arpita Dumaji chepale	A	A	A	A	A	A
28)	Heena Raju chaudhari	H. R. Chau	H. R. Chau	H. R. Chau	H. R. Chau	H. R. Chau	H. R. Chau
29)	Seema Bandu Dudhabale	Seema	Seema	Seema	Seema	Seema	Seema
30)	Ravina Dadaji Gadde	R. gadde	R. gadde	R. gadde	R. gadde	R. gadde	R. gadde
31)	Minal Gurusday Gattwad	M	M	M	M	M	M
32)	Megha Ganesh gauture	Megha	Megha	Megha	Megha	Megha	Megha
33)	Divya Devidas Jwade	Divya	Divya	Divya	Divya	Divya	Divya
34)	Shubhangi Lahuji madavi	S. madavi	S. madavi	S. madavi	S. madavi	S. madavi	S. madavi
35)	Priyanka Jivan Mandai	P. mandai	P. mandai	P. mandai	P. mandai	P. mandai	P. mandai
36)	Leman Suresh Abhare	L. abhare	L. abhare	L. abhare	L. abhare	L. abhare	L. abhare
37)	Poojita Prasad chatakh	P. chatakh	P. chatakh	P. chatakh	P. chatakh	P. chatakh	P. chatakh
38)	Nutan Narendra durgye	N. durgye	N. durgye	N. durgye	N. durgye	N. durgye	N. durgye
39)	Anjali Ravindra Kulkarni	A. Kulkarni	A. Kulkarni	A. Kulkarni	A. Kulkarni	A. Kulkarni	A. Kulkarni
40)	Ravina Ramesh Kinkar	R. Kinkar	R. Kinkar	R. Kinkar	R. Kinkar	R. Kinkar	R. Kinkar
41)	Payal Bandu Kirme	P. B. Kirme	P. B. Kirme	P. B. Kirme	P. B. Kirme	P. B. Kirme	P. B. Kirme
42)	Madhuri Gunaji Patil	M. Patil	M. Patil	M. Patil	M. Patil	M. Patil	M. Patil
43)	Anita Kamali Pungati	Anita	Anita	Anita	Anita	Anita	Anita
44)	Payal Prakash Shetty	Payal	Payal	Payal	Payal	Payal	Payal



Off Principal

Shardandhra Pawar Kala Mahila

Mahavidyalaya Chamorshi

Dist. Gadchiroli

Sr..No.	Day7	Day8	Day9	Day10	Day11	Day12	Day13	Day14	Day 15
1)	Swaah	Swaah		Swaah	Swaah		Swaah	Swaah	Swaah
2)	S.B.Alam	S.B.Alam	S.B.Alam		S.B.Alam	S.B.Alam		S.B.Alam	S.B.Alam
3)	S.A.wajekar	S.A.wajekar	S.A.wajekar		S.A.wajekar	S.A.wajekar	S.A.wajekar		S.A.wajekar
4)	Achal	Achal	Achal	Achal		Achal	Achal	Achal	
5)	As.Bala	As.Bala	As.Bala		As.Bala		As.Bala	As.Bala	As.Bala
6)	Dojg	Dojg	Dojg	Dojg		Dojg		Dojg	Dojg
7)	Ashwa	Ashwa	Ashwa	Ashwa	Ashwa		Ashwa	Ashwa	Ashwa
8)	S.S.Biswas	S.S.Biswas	S.S.Biswas	S.S.Biswas	S.S.Biswas		S.S.Biswas		S.S.Biswas
9)	Rupali	Rupali	Rupali		Rupali	Rupali		Rupali	Rupali
10)	Y.M.H	Y.M.H	Y.M.H	Y.M.H		Y.M.H	Y.M.H		Y.M.H
11)	Shridai	Shridai	Shridai	Shridai		Shridai	Shridai	Shridai	
12)	Shridai	Shridai	Shridai	Shridai		Shridai	Shridai	Shridai	Shridai
13)	Mayuri	Mayuri	Mayuri	Mayuri	Mayuri	Mayuri		Mayuri	Mayuri
14)	AR.Darshak		AR.Darshak		AR.Darshak		AR.Darshak		AR.Darshak
15)	Achal	Achal	Achal	Achal	Achal	Achal	Achal	Achal	Achal
16)	F.P.Dhakar	F.P.Dhakar		F.P.Dhakar	F.P.Dhakar		F.P.Dhakar		F.P.Dhakar
17)	Akamksh	Akamksh	Akamksh		Akamksh	Akamksh		Akamksh	Akamksh
18)	Deu	Deu	Deu	Deu		Deu	Deu		Deu
19)	Deu	Deu	Deu		Deu		Deu	Deu	Deu
20)	Deu	Deu		Deu		Deu		Deu	Deu
21)	B.Kirme	B.Kirme	B.Kirme		B.Kirme		B.Kirme		B.Kirme
22)	P.Kirme	P.Kirme	P.Kirme	P.Kirme		P.Kirme		P.Kirme	P.Kirme
23)	Patay		Patay	Patay	Patay		Patay		Patay
24)	Kajay	Kajay	Kajay	Kajay	Kajay	Kajay	Kajay	Kajay	Kajay
25)	P.Madavi	P.Madavi	P.Madavi		P.Madavi		P.Madavi		P.Madavi
26)	Aneth	Aneth	Aneth	Aneth	Aneth	Aneth		Aneth	
27)	A	A	A		A		A	A	
28)	H.R.chu	H.R.chu		H.R.chu		H.R.chu		H.R.chu	H.R.chu
29)	Seema	Seema	Seema		Seema	Seema		Seema	Seema
30)	R.gadde		R.gadde		R.gadde		R.gadde		R.gadde



Off-Principal  
 Shardandhra Pawar Kala Mantra  
 Mahavidyalaya Chamorsiv  
 Dist. Gadchiroli

Sr..No.	Day7	Day8	Day9	Day10	Day11	Day12	Day13	Day14	Day 15
31)	meu	meu		meu	meu		meu	meu	meu
32)	Mesle	Mesle	Mesle		Mesle	Mesle		Mesle	Mesle
33)	Diva	Diva		Diva		Diva	Diva	Diva	Diva
34)	Smedas	Smedas	Smedas		Smedas		Smedas		Smedas
35)	Pmenda	Pmenda	Pmenda	Pmenda		Pmenda		Pmenda	Pmenda
36)	Lakhar		Lakhar		Lakhar		Lakhar	Lakhar	Lakhar
37)	pyatai	pyatai		pyatai	pyatai	pyatai		pyatai	pyatai
38)	nndurg	nndurg	nndurg	nndurg		nndurg	nndurg	nndurg	nndurg
39)	Akattar	Akattar	Akattar		Akattar		Akattar	Akattar	Akattar
40)	Rau	Rau		Rau	Rau	Rau		Rau	Rau
41)	P.B.Kirne	P.B.Kirne	P.B.Kirne		P.B.Kirne		P.B.Kirne		P.B.Kirne
42)	mpal	mpal		mpal	mpal	mpal		mpal	mpal
43)	Anita		Anita	Anita	Anita		Anita	Anita	Anita
44)	P 114	P 114	P 114	P 114	P 114	P 114	P 114	P 114	P 114





**HANUMAN VYAYAM PRASARAK MANDAL  
SHARDCHANDRA PAWAR KALA MAHILA  
MAHAVIDYALAYA, CHAMORSHI**



MAHAVIDYALAYA CODE: 042  
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EMAIL – mahilachamorshi2008@gmail.com

Mo. 9421857725/9420105767

## Report on Workshop on Stress Management

1. **Name of the Event** : Workshop on Stress management
2. **Date of Event** : 4-21<sup>st</sup> October 2021
3. **Event Duration** : 30 Hour
4. **Event Venue** : Sharadchandra Pawar Kala Mahila Mahavidyalaya, Chamorshi
5. **Resource Person at Event** : S.Gayali
6. **Coordinator of Event** : Manhendra Kose
7. **Number of participants** : 44
8. **Objective**
  - Understand the concept of stress and its impact on physical, emotional, and mental health.
  - Identify personal stressors and triggers.
  - Develop practical skills and strategies for stress reduction and management.
  - Cultivate mindfulness and relaxation techniques.
  - Build resilience and develop healthy coping mechanisms.
9. **Outcome**

Participants gained practical skills and strategies for stress reduction, mindfulness techniques, and healthy coping mechanisms, fostering enhanced well-being and resilience.

  
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Mahavidyalaya Chamorshi  
Dist. Gadchiroli



**Mrs. S. Gayali addressing the students on Stress management**

  
Jr. Principal  
Shardcuendra Pawar Kala Manika  
Mahavichayalaya Chamorshy  
Dist. Gadchiroli



Hanuman Vyayam Prasark Mandal,  
Chamorshi



**Sharadchandra Pawar Kala Mahila Mahavidyalaya,**  
**Chamorshi Dist-Gadchiroli 442603**

Affiliated To Gondwana University, Gadchiroli

**Certificate**

2021-22

This is to certify that Somali Ashok Wasekar a student of  
B.A. 1<sup>st</sup> sem has successfully completed the Stress Managment  
Workshop Conducted by Sharadchandra Pawar Kala Mahila  
Mahavidyalaya Chamorshi for a duration at 30 hours.

Head

Principal

स्वीयता

Date \_\_\_\_\_  
Page \_\_\_\_\_

1500/110/21

दि. 03/12/2021

महाविद्यालयातील  
सर्व विद्यार्थिनिना स्वीयता करव्यात  
येत कि आपल्या महाविद्यालयामध्ये  
दिनांक 06/12/2021 ते 22/12/2021  
पर्यंत Suicide prevention and mental  
health या विषयावर वर्कशाप  
घेण्याचे ठरविले आहे तरी आपली  
उपस्थिती प्राथमिक आहे

Sl. no	Name of Teacher	class	Signature
1)	Pro Narsing Panchal	BA I	Panchal
2)	Pro Mahendra Kose	BA II	Kose
3)	Pro Vivek Moharje	BA III	Moharje

Dr. Sharda  
Shardachandra Poojar Kata Manda  
Mahavichayalaya Chamorshi  
Dist. Ganchi

## **Syllabus on: Suicide Prevention and Mental Health**

**Duration of course: 30 Hrs.**

### **Course objective:**

- Understand the prevalence and impact of suicide on individuals and communities.
- Recognize risk factors and warning signs associated with suicidal behavior.
- Explore the intersection of mental health disorders and suicidal ideation.
- Learn effective communication strategies when discussing suicide.
- Identify resources and interventions for suicide prevention.
- Examine cultural and ethical considerations in suicide prevention efforts.
- Develop skills in providing support to individuals experiencing suicidal thoughts.

### **Course outcome:**

CO1: Identify various risk factors associated with suicidal behavior, including psychosocial, environmental, and biological factors.

CO2: Describe common mental health disorders (e.g., depression, anxiety) and their relationship to suicidal ideation.

CO3: Describe common mental health disorders (e.g., depression, anxiety) and their relationship to suicidal ideation.

CO4: Utilize effective communication techniques when discussing suicide, such as active listening and empathy.

### **Unit 1: Introduction to Suicide Prevention**

- Overview of the course
- History and stigma surrounding suicide
- Epidemiology of suicide
- Impact on individuals and communities

### **Unit 2: Risk Factors and Warning Signs**

- Psychosocial, environmental, and biological risk factors
- Recognizing warning signs of suicidal behavior
- Case studies and group discussions

  
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Dist. Gadchiroli

### **Unit 3: Mental Health Disorders and Suicide**

- Common mental health disorders (depression, anxiety, bipolar disorder) and their relationship to suicide
- Substance abuse and its link to suicidal ideation
- The role of trauma and post-traumatic stress disorder (PTSD)

### **Unit 4: Communication Skills**

- How to talk about suicide: dos and don'ts
- Active listening and empathy
- Practice scenarios and role-playing

### **Unit 5: Suicide Prevention Interventions**

- Evidence-based interventions (e.g., Cognitive Behavioral Therapy, Dialectical Behavior Therapy)
- Crisis intervention strategies
- Developing safety plans

### **Unit 6: Support Systems and Resources**

- Community resources for suicide prevention
- Hotlines and crisis text lines
- Online support groups and forums

  
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HANUMAN VYAYAM PRASARK MANDAL  
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BACHELOR OF ART

Session : 2021-22

Semester- II, IV, VI

Student Attendance Sheet

Workshop

Name Of Activity:

suicide prevention and mental  
health awareness program

Date = 06-22 Dec - 2021

Sr.No	Participant Name	Day1	Day2	Day3	Day4	Day5	Day6
①	Hansha Manik pal	Hpal	Hpal	Hpal	Hpal	Hpal	Hpal
②	Komal Bandy poste	Komal	Komal	Komal	Komal	Komal	Komal
③	Anjali Motiram potari	Anjali	Anjali	Anjali	Anjali	Anjali	Anjali
④	Ashwini Shampao Raut	ashwini	ashwini	ashwini	ashwini	ashwini	ashwini
⑤	priyanka santosh Raut	Pysaul	Pysaul	Pysaul	Pysaul	Pysaul	Pysaul
⑥	Manisha Sumil shikdar	Manisha	Manisha	Manisha	Manisha	Manisha	Manisha
⑦	TEJUSHWANI Anil chinde	T.chinde	T.chinde	T.chinde	T.chinde	T.chinde	T.chinde
⑧	puja viday somankar	puja	puja	puja	puja	puja	puja
⑨	vidya badaji soyam	vidya	vidya	vidya	vidya	vidya	vidya
⑩	sakshi vinod wasekar	sakshi	sakshi	sakshi	sakshi	sakshi	sakshi
⑪	Komal Tushtiram zebade	Komal	Komal	Komal	Komal	Komal	Komal
⑫	Ekata vinod Mangar	Ekata	Ekata	Ekata	Ekata	Ekata	Ekata
⑬	Kajal Anil Maitam	Kajal	Kajal	Kajal	Kajal	Kajal	Kajal
⑭	Reshama Anil Maitam	Reshama	Reshama	Reshama	Reshama	Reshama	Reshama
⑮	Karishma Dilip pipare	K.pipare	K.pipare	K.pipare	K.pipare	K.pipare	K.pipare
⑯	pragati Vasant Ramteke	pragati	pragati	pragati	pragati	pragati	pragati

Off. Principal  
Shardchandra Pawar Kala Mahila  
Mahavidyalaya Chamorshi  
Dist. Gadchiroli

Sr.No	Participant Name	Day1	Day2	Day3	Day4	Day5	Day6
17	Kajal Prakash Salpur	Kajal	Kajal	Kajal	Kajal	Kajal	Kajal
18	Kiran Wajudeo Shetye	KIRAN	KIRAN	KIRAN	KIRAN	KIRAN	KIRAN
19	Patal Ravaji Zadade	DAYA1	DAYA1	DAYA1	DAYA1	PANA1	DAYA1
20	Arpana Mani Nohra Biswar	Arpana	Arpana	Arpana	Arpana	Arpana	Arpana
21	Samiksha Anil Bhandekar	Samiksha	Samiksha	Samiksha	Samiksha	Samiksha	Samiksha
22	Shweta Ravindra Badhe	Shweta	Shweta	Shweta	Shweta	Shweta	Shweta
23	Kajal Nilay Charduke	Kajal	Kajal	Kajal	Kajal	Kajal	Kajal
24	Dunam Dilakar Bhatke	Dunam	Dunam	Dunam	Dunam	Dunam	Dunam
25	Mutun Narendra Burge	N.durge	N.durge	N.durge	N.durge	N.durge	N.durge
26	Angali Ravindra Katkar	Akatkar	Akatkar	Akatkar	Akatkar	Akatkar	Akatkar.
27	Patal Bandu Kisme	Patal	Patal	Patal	Patal	Patal	Patal
28	Pallavi Sunil Kungthekar	pallavi	pallavi	pallavi	pallavi	pallavi	pallavi
29	Swati Raj Chintaman Masdavi	S.madavi	S.madavi	S.madavi	S.madavi	S.madavi	S.madavi
30	Karishma Mahesh Mandel	Kimandel	Kimandel	Kimandel	Kimandel	Kimandel	Kimandel.
31	Madhuri Gynaji Patil	Mpatil	Mpatil	Mpatil	Mpatil	Mpatil	Mpatil.
32	Priyanka Vinayak Sapat	Patil	Patil	Patil	Patil	Patil	Patil
33	Pooja Laxman Usendi	pooja	pooja	pooja	pooja	pooja	pooja
34	Shital Uttam Vaidya	shital	shital	shital	shital	shital	shital
35	Dipali Sunil Wairagade	Dipali	Dipali	Dipali	Dipali	Dipali	Dipali
36	Vaishali Umaji Wasekar	Vaishali	Vaishali	Vaishali	Vaishali	Vaishali	Vaishali
37	Shital Anandh yasawar.	Shital	Shital	Shital	Shital	Shital	Shital

Off. Principal  
Shardulendra Pawar Kala Mahila  
Manavichayalaya Chamorsky  
Dist. Garhwal



Sr..No.	Day7	Day8	Day9	Day10	Day11	Day12	Day13	Day14	Day 15
1	Hpal	Hpal	Hpal		Hpal	Hpal		Hpal	Hpal
2	Komal		Komal	Komal		Komal	Komal		Komal
3	Anjali	Anjali		Anjali	Anjali		Anjali	Anjali	
4	ashwini	ashwini	ashwini		ashwini	ashwini		ashwini	ashwini
5	Dheeraj	Dheeraj		Dheeraj		Dheeraj		Dheeraj	Dheeraj
6	Manisha	Manisha	Manisha	Manisha	Manisha		Manisha		Manisha
7	T.shinde	T.shinde		T.shinde		T.shinde		T.shinde	T.shinde
8	Dvij	Dvij	Dvij		Dvij	Dvij	Dvij		Dvij
9	Vidya	Vidya	Vidya	Vidya		Vidya		Vidya	Vidya
10	Sakshi	Sakshi		Sakshi	Sakshi		Sakshi		Sakshi
11	Komal	Komal	Komal		Komal	Komal		Komal	Komal
12	EKata	EKata		EKata	EKata		EKata	EKata	EKata
13	Kajal	Kajal	Kajal		Kajal	Kajal		Kajal	Kajal
14	Reshama	Reshama		Reshama	Reshama		Reshama	Reshama	Reshama
15	K.pipax	K.pipax	K.pipax	K.pipax		K.pipax		K.pipax	K.pipax
16	Pragati	Pragati	Pragati		Pragati	Pragati	Pragati		Pragati
17	Kajal	Kajal	Kajal	Kajal		Kajal		Kajal	Kajal
18	KIRAN	KIRAN	KIRAN	KIRAN	KIRAN		KIRAN		KIRAN
19	DAYAI	DAYAI	DAYAI		DAYAI	DAYAI		DAYAI	DAYAI
20	Arpana	Arpana	Arpana	Arpana		Arpana	Arpana		Arpana
21	Samiksha	Samiksha		Samiksha	Samiksha		Samiksha	Samiksha	
22	Shweta	Shweta	Shweta		Shweta	Shweta		Shweta	Shweta
23	Kajal	Kajal	Kajal	Kajal	Kajal		Kajal		Kajal
24	Purnam		Purnam		Purnam	Purnam	Purnam	Purnam	Purnam
25	N.durgal	N.durgal		N.durgal		N.durgal	N.durgal	N.durgal	
26	Akshar	Akshar	Akshar		Akshar		Akshar		Akshar
27	Darsh	Darsh	Darsh	Darsh		Darsh		Darsh	Darsh
28	Dallavi	Dallavi		Dallavi	Dallavi		Dallavi		Dallavi
29	S.madavi		S.madavi	S.madavi	S.madavi	S.madavi		S.madavi	S.madavi
30	Kimanda	Kimanda		Kimanda		Kimanda	Kimanda		Kimanda







HANUMAN VYAYAM PRASARAK MANDAL  
SHARDCHANDRA PAWAR KALA MAHILA MAHAVIDYALAYA,  
CHAMORSHI



MAHAVIDYALAYA CODE: 042  
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Website. spkmchamorshi.in

EMAIL – mahilachamorshi2008@gmail.com

Mo. 9421857725/9420105767

## Report on Workshop on Suicide Prevention and Mental Health

1. **Name of the Event** : Workshop on Suicide Prevention and Mental Health
2. **Date of Event** : 6-22<sup>nd</sup> December 2021
3. **Event Duration** : 30 Hour
4. **Event Venue** : Sharadchandra Pawar Kala Mahila Mahavidyalaya, Chamorshi
5. **Resource Person at Event** : Ravi R. Muppewar
6. **Coordinator of Event** : Mahendra Kose
7. **Number of participants** : 37
8. **Objective** :
  - Understand the prevalence and impact of suicide on individuals and communities.
  - Recognize risk factors and warning signs associated with suicidal behavior.
  - Explore the intersection of mental health disorders and suicidal ideation.
  - Learn effective communication strategies when discussing suicide.
  - Identify resources and interventions for suicide prevention.
  - Examine cultural and ethical considerations in suicide prevention efforts.
  - Develop skills in providing support to individuals experiencing suicidal thoughts
9. **Outcome** : Encouraging community resilience and mental health awareness, the participants gained extensive information and skills in suicide prevention, including risk factor recognition, effective communication techniques, and supporting those who are contemplating suicide.



**Mr. Ravi R. Muppedwar addressing students on Suicide Prevention and Mental Health.**

  
Off. Principal  
Shardendra Pawar Raja Mahila  
Mahavidyalaya Chamorslu  
Dist. Gadchiroli



Hanuman Vyayam Prasark Mandal,  
Chamorshi



**Sharadchandra Pawar Kala Mahila Mahavidyalaya,  
Chamorshi Dist-Gadchiroli 442603**

Affiliated To Gondwana University, Gadchiroli

**Certificate**

2021 - 2022

This is to certify that Harsha Manik Pal a student of  
B.A. II<sup>nd</sup> Sem. has successfully completed the Suicide Prevention and Mental  
Health Awareness Conducted by Sharadchandra Pawar Kala Mahila  
Mahavidyalaya Chamorshi for a duration at 30 hours.

Head

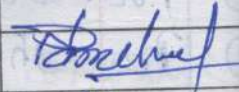
Principal

खत

Date \_\_\_\_\_  
Page \_\_\_\_\_

दि. 28/02/2022

महाविद्यालय मधील  
सर्व विद्यार्थींना सूचित करण्यात  
येते की दिनांक 02/03/2022 ते  
19/03/2022 पर्यंत Gender Equality  
Studies वर कार्यक्रम घेण्यात येत  
आहे तरी आपली उपस्थिती प्राधान्य  
आहे.

Sl. no	Name of Teacher	class	Sign
1)	प्रा. बसिंग पाथार		
2)	प्रा. महेश कोसे		Kase
3)	प्रा. विवेक भाडुल		Vivek

  
Sharda  
Mahavidyalya  
Dist Ganchi

## **Syllabus on : Gender and Equality Studies**

**Duration of course: 30 Hrs**

### **Course objective:**

- To introduce students to foundational theories and concepts of gender and equality studies.
- To explore how gender intersects with other social categories such as race, class, sexuality, and ethnicity.
- To critically analyze the historical and contemporary contexts of gender inequality.
- To examine the impact of patriarchy, sexism, and discrimination on individuals and societies.
- To understand the role of activism, social movements, and policy in promoting gender equality.
- To encourage critical thinking and dialogue on gender-related issues and challenges

### **Course outcome :**

- CO1:Students will develop critical thinking skills to analyze gender roles, identities, and norms within various social, cultural, and historical contexts.
- CO2:They will learn to critically evaluate theories and research on gender and equality issues.
- CO3:Students will gain an understanding of intersectionality, which examines how multiple social categories (such as race, class, sexuality, and ethnicity) intersect and influence individuals' experiences of gender inequality.
- CO4:Studying gender and equality will raise awareness of the social injustices and inequalities faced by individuals based on their gender identity and expression.
- CO5:This awareness includes issues such as gender-based violence, discrimination, wage gaps, and limited access to resources.

### **Unit-I: Introduction to Gender and Equality Studies**

- Overview of the course
- Key concepts and definitions
- Historical overview of gender inequality

### **Unit –II: Feminist Theory and Perspectives**

- Introduction to feminist theories (liberal, radical, socialist, postcolonial)
- Feminist movements and activism

  
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Dist. Gadchiroli

### **Unit III: Masculinity Studies and Men's Roles**

- Masculinity as a social construct
- Hegemonic masculinity and alternative masculinities

### **Unit IV: Queer Theory and LGBTQ+ Rights**

- Introduction to queer theory
- LGBTQ+ identities and experiences

### **Unit V: Gender and Media Representation**

- Portrayal of gender in media
- Stereotypes and challenges

### **Unit VI: Work, and Economics**

- Gender wage gap and workplace discrimination
- Gendered division of labor

### **Unit VII : Gender-based Violence and Discrimination**

- Types of gender-based violence (domestic violence, sexual assault, harassment)
- International perspectives on gender-based violence

### **Unit VIII: Policies and Activism for Gender Equality**

- Gender equality policies and initiatives
- Role of social movements and activism

  
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Mahavidyalaya Chamorshi  
Dist. Gadchiroli





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SHARDCHANDRA PAWAR KALA MAHILA  
MAHAVIDYALAYA, CHAMORSHI

MAHAVIDYALAYAA CODE: 042

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Mo. 9423423434 /9420105767



BACHELOR OF ART

Session : 2021-22

Semester- IV, VI

Student Attendance Sheet

Workshop

Name Of Activity:

Gender and Equality studies

Date = 02-19 mar - 2022

Sr.No	Participant Name	Day1	Day2	Day3	Day4	Day5	Day6
1]	Kajal Anil Naitam	Kajal	Kajal	Kajal	Kajal	Kajal	Kajal
2]	Aspita Dumaji Chapale	Aspita	Aspita	Aspita	Aspita	Aspita	Aspita
3]	Heena Raju Chaudhari	Heena	Heena	Heena	Heena	Heena	Heena
4]	Puja Vinod Durgalkar	Puja	Puja	Puja	Puja	Puja	Puja
5]	Seema Bandy Dudhabele	Seema	Seema	Seema	Seema	Seema	Seema
6]	Sushama Jagdishwar Duge	S.S.duge	S.S.duge	S.S.duge	S.S.duge	S.S.duge	S.S.duge
7]	Ravina Dadaji Gadde	Ravina	Ravina	Ravina	Ravina	Ravina	Ravina
8]	Megha Ganesh Gaudure	Megha	Megha	Megha	Megha	Megha	Megha
9]	Pinta Devdaj Jawade	Pawade	Djawade	Djawade	Djawade	Djawade	Djawade
10]	Ranjana Jondharu Pitale	रंजना	रंजना	रंजना	रंजना	रंजना	रंजना
11]	Priyanka Kusum Kohale	Priyanka	Priyanka	Priyanka	Priyanka	Priyanka	Priyanka
12]	Shubhangi Lahaji Madavi	S.madavi	S.madavi	S.madavi	S.madavi	S.madavi	S.madavi
13]	Priyanka Jwan Mandal	P.mandal	P.mandal	P.mandal	P.mandal	P.mandal	P.mandal
14]	Reshama Anil Naitam	Reshma	Reshma	Reshma	Reshma	Reshma	Reshma
15]	Mirasha Bhagyasi Narule	Mirasha	Mirasha	Mirasha	Mirasha	Mirasha	Mirasha
16]	Komal Diwakar Nilamwar	Komal	Komal	Komal	Komal	Komal	Komal

Off Principal

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Mahavidyalaya Chamorshi  
Dist Gadchiroli



Sr..No.	Day7	Day8	Day9	Day10	Day11	Day12	Day13	Day14	Day 15
1]	Kajal	Kajal		Kajal	Kajal		Kajal	Kajal	Kajal
2]	Aspita	Aspita	Aspita		Aspita	Aspita		Aspita	Aspita
3]	Heena		Heena	Heena		Heena	Heena		Heena
4]	poja	poja		poja	poja		poja	poja	poja
5]	Seema	Seema	Seema		Seema	Seema		Seema	Seema
6]	Sidurga	Sidurga		Sidurga	Sidurga		Sidurga		Sidurga
7]	Ravina	Ravina	Ravina		Ravina	Ravina		Ravina	Ravina
8]	Megha	Megha		Megha	Megha		Megha		Megha
9]	Dipaada	Dipaada	Dipaada		Dipaada	Dipaada		Dipaada	Dipaada
10]	रुति	रुति		रुति	रुति		रुति	रुति	रुति
11]	posiyank	posiyank	posiyank		posiyank	posiyank		posiyank	posiyank
12]	Smadai	Smadai		Smadai	Smadai	Smadai		Smadai	Smadai
13]	Piranda	Piranda	Piranda		Piranda		Piranda		Piranda
14]	Rehana	Rehana		Rehana		Rehana		Rehana	Rehana
15]	Nirasha	Nirasha	Nirasha		Nirasha	Nirasha	Nirasha		Nirasha
16]	Komal	Komal	Komal	Komal		Komal		Komal	Komal
17]	Labhar	Labhar		Labhar	Labhar		Labhar		Labhar
18]	Shoeta	Shoeta	Shoeta		Shoeta	Shoeta		Shoeta	Shoeta
19]	Mukta	Mukta		Mukta	Mukta		Mukta	Mukta	Mukta
20]	Kajal	Kajal	Kajal		Kajal	Kajal		Kajal	Kajal
21]	Purnam	Purnam		Purnam	Purnam		Purnam	Purnam	Purnam
22]	n.n.durga	n.ndurga	n.ndurga		n.ndurga	n.ndurga		n.ndurga	n.ndurga
23]	Ashwini	Ashwini	Ashwini	Ashwini		Ashwini	Ashwini		Ashwini
24]	Ree	Ree		Ree	Ree	Ree		Ree	Ree
25]	P.B. Kiran	P.B. Kiran	P.B. Kiran		P.B. Kiran		P.B. Kiran	P.B. Kiran	P.B. Kiran
26]	P. Kapuram	P. Kapuram		P. Kapuram	P. Kapuram	P. Kapuram		P. Kapuram	P. Kapuram
27]	Pallavi	Pallavi	Pallavi		Pallavi		Pallavi	Pallavi	Pallavi
28]	Shridai	Shridai	Shridai	Shridai		Shridai		Shridai	Shridai
29]	mpal		mpal	mpal	mpal		mpal	mpal	mpal
30]	Anita	Anita		Anita		Anita	Anita		Anita







HANUMAN VYAYAM PRASARAK MANDAL  
SHARDCHANDRA PAWAR KALA MAHILA MAHAVIDYALAYA,  
CHAMORSHI



MAHAVIDYALAYA CODE: 042  
TA- CHAMORSHI DIST- GADCHIROLI  
(AFFILIATED WITH GONDWANA UNIVERSITY GADCHIROLI)  
Website. spkmchamorshi.in

EMAIL – mahilachamorshi2008@gmail.com

Mo. 9421857725/9420105767

## Report on Workshop on Gender and Equality

1. **Name of the Event** : Workshop on Gender and Equality
2. **Date of Event** : 2-19<sup>th</sup> March 2022
3. **Event Duration** : 30 Hour
4. **Event Venue** : Sharadchandra Pawar Kala Mahila Mahavidyalaya, Chamorshi
5. **Resource Person at Event** : Sandip V. Thengari
6. **Coordinator of Event** : Mahendra Kose
7. **Number of participants** : 32
8. **Objective** :
  - To introduce students to foundational theories and concepts of gender and equality studies.
  - To explore how gender intersects with other social categories such as race, class, sexuality, and ethnicity.
  - To critically analyze the historical and contemporary contexts of gender inequality.
  - To examine the impact of sexism, and discrimination on individuals and societies.
  - To understand the role of activism, social movements, and policy in promoting gender equality.
  - To encourage critical thinking and dialogue on gender-related issues and challenges
9. **Outcome** :

The program enhanced participants understanding of gender complexities, fostering empathetic and critical analysis towards promoting gender equality.



**Mr. Sandip V. Thengari addressing students on Gender and Equality**



**Mr. Sandip V. Thengari addressing students on Gender and Equality**

  
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Dist. Gadchiroli



Hanuman Vyayam Prasark Mandal,  
Chamorshi



**Sharadchandra Pawar Kala Mahila Mahavidyalaya,**  
**Chamorshi Dist-Gadchiroli 442603**

Affiliated To Gondwana University, Gadchiroli

**Certificate**

2021-2022

This is to certify that Kajal Anil Naitam a student of  
B.A. IV sem. has successfully completed the Gender and Equality  
Studies Conducted by Sharadchandra Pawar Kala Mahila  
Mahavidyalaya Chamorshi for a duration at 30 hours.

Head

Principal

स्मृति

Date \_\_\_\_\_  
Page \_\_\_\_\_

दि 01/04/2022

महाविद्यालया मधील सर्व  
विद्यार्थीनिंबा स्मृति करणार्थ येत  
कि दिनांक 04/04/2022 ते 22/04/22  
पर्यंत Mind Body Hommony या  
विषयावर वर्कशॉप आयोजित केले  
आहे वरी आपली उपस्थिती  
प्राथमिक आहे.

Name of Teacher नाम	class	sign	Name
Pro Dr. B. V. Dhote	BA I		प्रा
Pro D. G. Hatwar	BA II		प्रा
Pro S. R. Kashettiwar	BA III		प्रा

कार्यक्रम अधिकारी  
राष्ट्रीय सेवा योजना  
शरदचंद्र पवार कला महिला  
महाविद्यालय, चामोशी

Sharda Chandra Pawar Kaia Manita  
Mahavidyalaya Chamorshi  
Dist. Sanchi



## **Syllabus on : Mind Body Harmony**

**Duration of course: 30 Hrs**

### **Course objective:**

- Understand the theoretical foundations of mind-body connection.
- Explore practices for promoting mental and physical well-being.
- Examine research on the effects of stress, mindfulness, and holistic health on the mind-body relationship.
- Develop practical skills to enhance mind-body harmony in daily life.

### **Course outcome :**

CO1: Students will identify key principles and practices of mindfulness, positive psychology, holistic health, and emotional intelligence.

CO2: Students will apply various mind-body techniques such as meditation, breathing exercises, mindful eating, and movement practices.

CO3: Students will engage in exercises to develop emotional intelligence and resilience, integrating these skills into their daily lives.

CO4: Students will practice sleep hygiene strategies and create a restful environment to promote better sleep quality.

### **Unit I: Introduction to Mind-Body Connection**

- Overview of the course
- Historical perspectives: Eastern and Western views
- Theories of mind-body interaction

### **Unit II: Physiology of Stress and Relaxation**

- The stress response: physiological and psychological effects
- Techniques for relaxation: meditation, breathing exercises
- Guest speaker: Mindfulness and Stress Reduction Practitioner

### **Unit III: Mindfulness and its Benefits**

- Understanding mindfulness and its roots
- Applications of mindfulness in daily life
- Mindful eating and movement practices

  
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#### **Unit IV: The Psychology of Well-Being**

- Positive psychology and its impact on health
- Gratitude practices and their effects
- Exercise: The mind-body benefits
- Introduction to holistic health: Integrative medicine
- Nutrition and its role in mind-body wellness
- Body-mind practices: Yoga

#### **Unit V: Emotional Intelligence and Resilience**

- Developing emotional intelligence
- Strategies for resilience-building
- Guest speaker: Emotional Intelligence Coach
- Importance of sleep for mind-body health
- Creating a restful environment

#### **Unit VI: Nature and Mind-Body Connection**

- Eco-psychology: Nature's impact on well-being
- Forest bathing and outdoor mindfulness
- Field trip: Nature walk and mindfulness practice

  
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Dist Gadchiroli



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SHARDCHANDRA PAWAR KALA MAHILA  
MAHAVIDYALAYA, CHAMORSHI

MAHAVIDYALAYAA CODE: 042

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BACHELOR OF ART

Session : 2021-22

Semester- II

Student Attendance Sheet

Workshop

Name Of Activity:

Mind body hormonal workshop

Date = 04-22 April - 2022

Sr.No	Participant Name	Day1	Day2	Day3	Day4	Day5	Day6
1)	Swati Shridhar Abhare	Swati	Swati	Swati	Swati	Swati	Swati
2)	Shivani Bhausa Alam	S.B. Alam	S.B. Alam	S.B. Alam	S.B. Alam	S.B. Alam	S.B. Alam
3)	Sonali Ashok Wasekar	S.A. Wasekar	S.A. Wasekar	S.A. Wasekar	S.A. Wasekar	S.A. Wasekar	S.A. Wasekar
4)	Achal Laldasing Bais	Achal	Achal	Achal	Achal	Achal	Achal
5)	Anupama Sujit Bala	A.S. Bala	A.S. Bala	A.S. Bala	A.S. Bala	A.S. Bala	A.S. Bala
6)	Pooja Chandu Bamshi	Pooja	Pooja	Pooja	Pooja	Pooja	Pooja
7)	Ashwina Anil Bhalkare	Ashwina	Ashwina	Ashwina	Ashwina	Ashwina	Ashwina
8)	Sangita Gasto Biswas	S.G. Biswas	S.G. Biswas	S.G. Biswas	S.G. Biswas	S.G. Biswas	S.G. Biswas
9)	Komal Giteshwar Bobak	K. Bobak	K. Bobak	K. Bobak	K. Bobak	K. Bobak	K. Bobak
10)	Rupali Bhaaji Buramwar	Rupali	Rupali	Rupali	Rupali	Rupali	Rupali
11)	Vina Bhaaji Buramwar	VINA	VINA	VINA	VINA	VINA	VINA
12)	Pratima Baburao Bure	Pratima	Pratima	Pratima	Pratima	Pratima	Pratima
13)	Soni Ganagan Bure	Soni	Soni	Soni	Soni	Soni	Soni
14)	Mayuri Bandu Chitade	Mayuri	Mayuri	Mayuri	Mayuri	Mayuri	Mayuri
15)	Achal Rameth Deshpande	Achal	Achal	Achal		Achal	Achal
16)	Achal Shankar Deshpande	A.S. Deshpande	A.S. Deshpande	A.S. Deshpande		A.S. Deshpande	A.S. Deshpande

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Sr.No	Participant Name	Day1	Day2	Day3	Day4	Day5	Day6
17)	Prabhata Bivakar Fate	f.p.diwakar	f.p.diwakar	f.p.diwakar		f.p.diwakar	f.p.diwakar
18)	Ashwini Satyawan Gadde	Ashwini	Ashwini	Ashwini	Ashwini	Ashwini	Ashwini
19)	Hanshalata Vina Gawade	H.gawade	H.gawade	H.gawade	H.gawade	H.gawade	H.gawade
20)	Akanksha Bandy Gadam	Akanksha	Akanksha	Akanksha	Akanksha	Akanksha	Akanksha
21)	Achal Ramesh Ghongade	Achal	Achal	Achal	Achal	Achal	Achal
22)	Mirasha Manakrao Gholi	M.gholi	M.gholi	M.gholi	M.gholi	M.gholi	M.gholi
23)	Popita Raju Gohane	Popu	Popu	Popu	Popu	Popu	Popu
24)	Varsha Dharmraj Gohane	Varsha	Varsha	Varsha	Varsha	Varsha	Varsha
25)	Biksha Jivraj Gurnule	Biksha	Biksha	Biksha	Biksha	Biksha	Biksha
26)	Nikita Mitai Harbar	Nu	Nu	Nu	Nu	Nu	Nu
27)	Trupti Vasant Kannekar	Trupti	Trupti	Trupti	Trupti	Trupti	Trupti
28)	Sonitai Sadashi Kasture	Soni	Soni	Soni	Soni	Soni	Soni
29)	Bindiya Bandy Krome	B.krome	B.krome	B.krome	B.krome	B.krome	B.krome
30)	Pallavi Vilas Krome	p.krome	p.krome	p.krome	p.krome	p.krome	p.krome
31)	Patal Rajan Kuyeti	Patal	Patal	Patal	Patal	Patal	Patal
32)	Gayatri Ravindra Kumar	Gayatri	Gayatri	Gayatri	Gayatri	Gayatri	Gayatri
33)	Uwala Prabhakar Kathe	Uwala	Uwala	Uwala	Uwala	Uwala	Uwala
34)	Shubhangi Suresh Inge	S.linge	S.linge	S.linge	S.linge	S.linge	S.linge
35)	Ashwini Tarachand Madavi	Ashwini	Ashwini	Ashwini	Ashwini	Ashwini	Ashwini
36)	Kajal Shankar Madavi	Kajal	Kajal	Kajal	Kajal	Kajal	Kajal
37)	Manisha Lahuji Madavi	Manisha	Manisha	Manisha	Manisha	Manisha	Manisha
38)	Priyanka Vasant Madavi	p.madavi	p.madavi	p.madavi	p.madavi	p.madavi	p.madavi
39)	Sanjivani Arun Madavi	S.madavi	S.madavi	S.madavi	S.madavi	S.madavi	S.madavi
40)	Pravali Kaliday Mandale	Pravali	Pravali	Pravali	Pravali	Pravali	Pravali
41)	Ashwini Gopinath Maske	Amaste	Amaste	Amaste	Amaste	Amaste	Amaste
42)	Achal Sunvant Mesram	Amesram	Amesram	Amesram	Amesram	Amesram	Amesram
43)	Priyanka Dharmraj Mohule	Priyanka	Priyanka	Priyanka	Priyanka	Priyanka	Priyanka
44)	Harsha Manik Pal	Hpal	Hpal	Hpal	Hpal	Hpal	Hpal
45)	Tejshwini Marathi Pendor	T.pendor	T.pendor	T.pendor	T.pendor	T.pendor	T.pendor
46)	Akanksha Bivakar Poole	A.poole	A.poole	A.poole	A.poole	A.poole	A.poole



Sr.No.	Day7	Day8	Day9	Day10	Day11	Day12	Day13	Day14	Day15
1)	Sooah	Sooah		Sooah	Sooah	Sooah		Sooah	Sooah
2)	S.B.Akm	S.B.Akm	S.B.Akm		S.B.Akm		S.B.Akm		S.B.Akm
3)	S.A.wasakar		S.A.wasakar	S.A.wasakar		S.A.wasakar		S.A.wasakar	S.A.wasakar
4)	Achal	Achal		Achal	Achal		Achal	Achal	Achal
5)	A.S.Bala	A.S.Bala	A.S.Bala		A.S.Bala	A.S.Bala		A.S.Bala	A.S.Bala
6)	Pooja	Pooja		Pooja		Pooja	Pooja	Pooja	Pooja
7)	Ashaina	Ashaina	Ashaina		Ashaina	Ashaina		Ashaina	Ashaina
8)	Sg.Biswas		Sg.Biswas	Sg.Biswas		Sg.Biswas	Sg.Biswas		Sg.Biswas
9)	K.Bobak	K.Bobak		K.Bobak	K.Bobak		K.Bobak	K.Bobak	
10)	Rupali	Rupali		Rupali		Rupali		Rupali	Rupali
11)	VINA	VINA	VINA		VINA		VINA	VINA	VINA
12)	पतिमा	पतिमा		पतिमा	पतिमा	पतिमा		पतिमा	पतिमा
13)	सोनी	सोनी	सोनी		सोनी		सोनी	सोनी	सोनी
14)	Mayuri	Mayuri		Mayuri		Mayuri	Mayuri		Mayuri
15)	Achal	Achal	Achal		Achal		Achal	Achal	Achal
16)	AS Derrank	AS Derrank		AS Derrank	AS Derrank	AS Derrank		AS Derrank	AS Derrank
17)	fp diwakar	fp diwakar	fp diwakar		fp diwakar		fp diwakar		fp diwakar
18)	Ashaina		Ashaina	Ashaina	Ashaina	Ashaina		Ashaina	Ashaina
19)	H.gawade	H.gawade		H.gawade		H.gawade	H.gawade		H.gawade
20)	Akamkha		Akamkha		Akamkha	Akamkha		Akamkha	Akamkha
21)	Achal	Achal		Achal	Achal		Achal	Achal	Achal
22)	Nighadi		Nighadi		Nighadi	Nighadi		Nighadi	Nighadi
23)	Pou	Pou		Pou	Pou		Pou	Pou	Pou
24)	Varsha	Varsha	Varsha		Varsha	Varsha		Varsha	Varsha
25)	Hiksha	Hiksha		Hiksha	Hiksha		Hiksha	Hiksha	Hiksha
26)	Deu	Deu	Deu		Deu	Deu		Deu	Deu
27)	Toupti	Toupti		Toupti	Toupti		Toupti		Toupti
28)	Soni	Soni	Soni		Soni	Soni		Soni	Soni
29)	B.Krome		B.Krome	B.Krome		B.Krome	B.Krome		B.Krome
30)	P.Krome	P.Krome		P.Krome	P.Krome		P.Krome	P.Krome	P.Krome



Sr..No.	Day7	Day8	Day9	Day10	Day11	Day12	Day13	Day14	Day 15
31)	Payal	Payal		Payal	Payal		Payal	Payal	Payal
32)	Gayatri	Gayatri	Gayatri		Gayatri	Gayatri		Gayatri	Gayatri
33)	Ujala		Ujala	Ujala		Ujala	Ujala		Ujala
34)	Singh	Singh		Singh	Singh		Singh		Singh
35)	Ashwini	Ashwini	Ashwini	Ashwini		Ashwini		Ashwini	Ashwini
36)	Kajal		Kajal	Kajal	Kajal		Kajal		Kajal
37)	Manish	Manish		Manish		Manish		Manish	Manish
38)	Pamada	Pamada		Pamada	Pamada		Pamada		Pamada
39)	Simada	Simada	Simada	Simada		Simada		Simada	Simada
40)	Pamada	Pamada		Pamada	Pamada		Pamada	Pamada	Pamada
41)	Amaste	Amaste	Amaste		Amaste	Amaste		Amaste	Amaste
42)	Amestha	Amestha		Amestha	Amestha		Amestha		Amestha
43)	Priyanka	Priyanka	Priyanka		Priyanka	Priyanka		Priyanka	Priyanka
44)	Hpal	Hpal		Hpal	Hpal		Hpal		Hpal
45)	Tpendar	Tpendar	Tpendar		Tpendar	Tpendar		Tpendar	
46)	Aposte		Aposte	Aposte		Aposte	Aposte		Aposte
47)	Komal	Komal		Komal	Komal		Komal		Komal
48)	Anjali	Anjali	Anjali		Anjali	Anjali		Anjali	Anjali
49)	ashwini		ashwini	ashwini		ashwini	ashwini		ashwini
50)	Pachankar	Pachankar		Pachankar	Pachankar		Pachankar	Pachankar	Pachankar
51)	Ijsaul	Ijsaul	Ijsaul	Ijsaul	Ijsaul	Ijsaul	Ijsaul	Ijsaul	Ijsaul
52)	V. Setam	V. Setam	V. Setam		V. Setam	V. Setam		V. Setam	V. Setam
53)	Mayuri		Mayuri	Mayuri		Mayuri	Mayuri		Mayuri
54)	S. Shakti	S. Shakti		S. Shakti	S. Shakti		S. Shakti	S. Shakti	S. Shakti
55)	P. Asekar		P. Asekar	P. Asekar	P. Asekar	P. Asekar	P. Asekar	P. Asekar	P. Asekar
56)	Sakshi	Sakshi	Sakshi	Sakshi	Sakshi	Sakshi	Sakshi	Sakshi	Sakshi



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 Mahavidyalaya Chamorsky  
 Dist. Gadchiroli



HANUMAN VYAYAM PRASARAK MANDAL  
SHARDCHANDRA PAWAR KALA MAHILA MAHAVIDYALAYA,  
CHAMORSHI



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(AFFILIATED WITH GONDWANA UNIVERSITY GADCHIROLI)  
Website. spkmchamorshi.in

EMAIL – mahilachamorshi2008@gmail.com

Mo. 9421857725/9420105767

## Report on Workshop on Mind Body Harmony

1. **Name of the Event** : Workshop on Mind Body Harmony
2. **Date of Event** : 4-22<sup>nd</sup> April 2022
3. **Event Duration** : 30 Hour
4. **Event Venue** : Sharadchandra Pawar Kala Mahila Mahavidyalaya, Chamorshi
5. **Resource Person at Event** : P.S.Nagrle
6. **Coordinator of Event** : Lalita Wasake
7. **Number of participants** : 56
8. **Objective** :
  - Understand the theoretical foundations of mind-body connection.
  - Explore practices for promoting mental and physical well-being.
  - Examine research on the effects of stress, mindfulness, and holistic health on the mind-body relationship.
  - Develop practical skills to enhance mind-body harmony in daily life.
9. **Outcome** : The course successfully gave participants new perspectives and useful techniques to develop mind-body harmony, which enhanced emotional stability, presence, and general well-being.

  
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Dist. Gadchiroli





**Mrs. P.S.Nagrle Addressing students on Mind Body and Harmony**

  
Off. Principal  
Sharadchandra Pawar Kala Mahila  
Mahavidyalaya Chamorshi  
Dist. Gadchiroli



Hanuman Vyayam Prasark Mandal,  
Chamorshi



**Sharadchandra Pawar Kala Mahila Mahavidyalaya,**  
**Chamorshi Dist-Gadchiroli 442603**

Affiliated To Gondwana University, Gadchiroli

**Certificate**

2021 - 2022

This is to certify that Shivani Bhauroao Alam a student of

B.A. I Year has successfully completed the Mind Body Harmony

Workshop Conducted by Sharadchandra Pawar Kala Mahila

Mahavidyalaya Chamorshi for a duration at 30 hours.

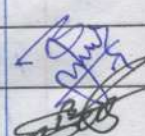

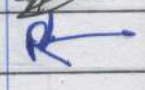
Head


Principal


स्मृचना

Date \_\_\_\_\_  
Page \_\_\_\_\_

दि 01/08/2022  
महाविद्यालयातील  
हिलिय व मूलीय वृक्षातील विद्यार्थीनिता  
स्मृचिन् करण्यत् यत् कि आपल्या  
महाविद्यालयामध्ये दिनांक 02/08/2022  
ते 20/08/2022 पर्यन्त Self awareness  
and life skill training या  
विषयावर वर्कशाप आयोजित केलला  
आहे तरी आपली उपस्थिती प्राथमिक  
आहे.

Name of Teacher	class	sign
Dr. B. V. Dhote		
Pro. N. R. Zade		
Pro. K. P. Ambarkar		

  
IQAC Co-Ordinator  
Sharadchandra Pawar Kala  
Mahila Mahavidyalaya  
Chamorshi Dist Gadchiroli

  
Off. Principal  
Sharadchandra Pawar Kala Mania  
Mahavidyalaya Chamorshi  
Dist Gadchiroli

## **Syllabus on : Self Awareness Life skill training**

**Duration of course: 30 Hrs**

### **Course objective:**

- Develop self-awareness and self-reflection skills.
- Enhance emotional intelligence and interpersonal skills.
- Cultivate effective communication and conflict resolution abilities.
- Learn practical life skills such as time management, decision-making, and goal setting.
- Apply learned skills to improve personal well-being and achieve academic and professional success.

### **Course outcome :**

CO1: Students will demonstrate an improved understanding of their own emotions, strengths, weaknesses, values, and beliefs.

CO2: Students will demonstrate improved verbal and non-verbal communication skills, including active listening and empathy.

CO3: Students will practice assertiveness and conflict resolution techniques in interpersonal interactions.

CO4: Students will demonstrate proficiency in problem-solving techniques, balancing emotions and logic.

CO5: Students will set SMART goals for personal and academic/professional development.


CO6: Students will develop effective time management skills, prioritizing tasks and overcoming procrastination.

### **Unit 1: Introduction to Self-Awareness and Emotional Intelligence**

- Understanding the importance of self-awareness and emotional intelligence
- Assessing personal strengths, weaknesses, values, and beliefs
- Introduction to mindfulness and self-reflection practices

### **Unit 2: Emotional Regulation and Stress Management**

- Recognizing and managing emotions effectively
- Coping strategies for stress and anxiety
- Techniques for mindfulness and relaxation



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### **Unit 3: Effective Communication Skills**

- Verbal and non-verbal communication
- Active listening and empathy
- Assertiveness and conflict resolution

### **Unit 4: Interpersonal Relationships**

- Building and maintaining healthy relationships
- Boundary-setting and respecting others' boundaries
- Strategies for effective teamwork and collaboration

### **Unit 5: Decision-Making and Problem-Solving**

- Understanding the decision-making process
- Critical thinking and problem-solving techniques
- Balancing emotions and logic in decision-making

### **Unit 6: Goal Setting and Time Management**

- Setting SMART goals for personal and academic/professional growth
- Prioritizing tasks and managing time effectively
- Overcoming procrastination and improving productivity



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Dist. Gadchiroli



HANUMAN VYAYAM PRASARK MANDAL  
SHARDCHANDRA PAWAR KALA MAHILA  
MAHAVIDYALAYA, CHAMORSHI



MAHAVIDYALAYAA CODE: 042  
TA- CHAMORSHI DIST- GADCHIROLI  
(AFFILIATED WITH GONDWANA UNIVERSITY GADCHIROLI)  
Website. spkmchamorshi.in

EMAIL – mahilachamorshi2008@gmail.com

Mo. 9423423434 /9420105767

BACHELOR OF ART

Session : 2022-23

Semester- I<sup>st</sup>

Student Attendance Sheet

Workshop

Name Of Activity:

Self awareness and life skill  
training

Date = 02 20 Aug - 2022

Sr.No	Participant Name	Day1	Day2	Day3	Day4	Day5	Day6
①	Sirna Namdev Abharre	S.N. Abharre	S.N. Abharre	S.N. Abharre	S.N. Abharre	S.N. Abharre	S.N. Abharre
②	Shital Rajni Agare	<del>Shital</del>	<del>Shital</del>	<del>Shital</del>	<del>Shital</del>	<del>Shital</del>	<del>Shital</del>
③	Kiran Wasudeo Atwar	Kiran	Kiran	Kiran	Kiran	Kiran	Kiran
④	Anupama Sanit Bala	A. Bala	A. Bala	A. Bala	A. Bala	A. Bala	A. Bala
⑤	Pooja Chandu Banshi	Pooja	Pooja	Pooja	Pooja	Pooja	Pooja
⑥	Anjali Ravi Barabhaiya	Anjali	Anjali	Anjali	Anjali	Anjali	Anjali
⑦	Mayuri Raju Barsagade	Mayuri	Mayuri	Mayuri	Mayuri	Mayuri	Mayuri
⑧	Dipali Vasamb Bawane	Dipali	Dipali	Dipali	Dipali	Dipali	Dipali
⑨	Bharti Vilas Bhojar	Bharti	Bharti	Bharti	Bharti	Bharti	Bharti
⑩	Guddi Sunil Bhorse	Guddi	Guddi	Guddi	Guddi	Guddi	Guddi
⑪	Akanksha omaji Borkute	Akanksha	Akanksha	Akanksha	Akanksha	Akanksha	Akanksha
⑫	Puja Anandrao Chalkh	PA Chalkh	PA Chalkh	PA Chalkh	PA Chalkh	PA Chalkh	PA Chalkh
⑬	Ashatai Keshav Chapade	Ashatai	Ashatai	Ashatai	Ashatai	Ashatai	Ashatai
⑭	Aditi Parshuram Chaple	Aditi	Aditi	Aditi	Aditi	Aditi	Aditi
⑮	Dimpal Vinod Beshmukh	Dimpal	Dimpal	Dimpal	Dimpal	Dimpal	Dimpal
⑯	Rajni Suresh Devglorkar	Rajni	Rajni	Rajni	Rajni	Rajni	Rajni

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Mahavidyalaya Chamorshi  
Dist Gadchiroli

Sr.No	Participant Name	Day1	Day2	Day3	Day4	Day5	Day6
17	Jyoti Mandu Dhandare	Jdhandare	Jdhandare	Jdhandare	Jdhandare	Jdhandare	Jdhandare
18	Rupali Sainath Bhole	Rupali	Rupali	Rupali	Rupali	Rupali	Rupali
19	Sushma Raju Pale	S.R.Pale	S.R.Pale	S.R.Pale	S.R.Pale	S.R.Pale	S.R.Pale
20	Puja Devrao Gawade	Pojga	Pojga	Pojga	Pojga	Pojga	Pojga
21	Kalyani Khushal Gewde	Kaltani	Kaltani	Kalyani	Kaltani	Kaltani	Kalyani
22	Manisha Lalaji Gadam	Manisha	Manisha	Manisha	Manisha	Manisha	Manisha
23	Komal Momekh Ghogare	Komal	Komal	Komal	Komal	Komal	Komal
24	Swati Bilip Ghogare	Swati	Swati	Swati	Swati	Swati	Swati
25	Achal Gopal Ghoh	Achal	Achal	Achal	Achal	Achal	Achal
26	Kajal Bhaning Ghoh	Kajal	Kajal	Kajal	Kajal	Kajal	Kajal
27	Shital Budhaji Gohme	Shital	Shital	Shital	Shital	Shital	Shital
28	Sulba Ambadas Kakade	S.Kakade	S.Kakade	S.Kakade	S.Kakade	S.Kakade	S.Kakade
29	Kajal Jivan Kangali	K.Kangali	K.Kangali	K.Kangali	K.Kangali	K.Kangali	K.Kangali
30	Ashrta Vinod Khokhe	Ashrta	Ashrta	Ashrta	Ashrta	Ashrta	Ashrta
31	Nayana Namaji Kinekar	Nayana	Nayana	Nayana	Nayana	Nayana	Nayana
32	Pranita Kailay Kirme	<del>Pranita</del>	<del>Pranita</del>	<del>Pranita</del>	<del>Pranita</del>	<del>Pranita</del>	<del>Pranita</del>
33	Vidya Vilay Kusrum	Vidya	Vidya	Vidya	Vidya	Vidya	Vidya
34	Shubhangi Kailay Kuthe	S.Kuthe	S.Kuthe	S.Kuthe	S.Kuthe	S.Kuthe	S.Kuthe
35	Tejaswini Rushi Matkari	Tejas <sup>Wini</sup>	Tejaswini	Tejaswini	Tejaswini	Tejaswini	Tejaswini
36	Diksha Namdeo Meshram	<del>Diksha</del>	<del>Diksha</del>	<del>Diksha</del>	<del>Diksha</del>	<del>Diksha</del>	<del>Diksha</del>
37	Puja Dawlat Misar	Puja	Puja	Puja	Puja	Puja	Puja
38	Laxmi Bhaakar Mohurle	Laxmi	Laxmi	Laxmi	Laxmi	Laxmi	Laxmi
39	Kajal Suresh Mungane	KMungane	KMungane	KMungane	KMungane	KMungane	KMungane
40	Sanjivini Dhayra Naitam	S.Naitam	S.Naitam	S.Naitam	S.Naitam	S.Naitam	S.Naitam
41	Ranjana Kohli Narote	Ranjana	Ranjana	Ranjana	Ranjana	Ranjana	Ranjana
42	Tanvi Maroti Narote	<del>Tanvi</del>	<del>Tanvi</del>	<del>Tanvi</del>	<del>Tanvi</del>	<del>Tanvi</del>	<del>Tanvi</del>
43	Rohini Sainath Pipare	Rohini	Rohini	Rohini	Rohini	Rohini	Rohini
44	Pratiksha Arun Parate	Prate	Prate	Prate	Prate	Prate	Prate
45	Khimdevi Bilip Parate	Kiparate	Kiparate	Kiparate	Kiparate	Kiparate	Kiparate



Off Principal  
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Mahavidyalaya Chamorshi  
Dist Gadchiroli

Sr.No	Participant Name	Day1	Day2	Day3	Day4	Day5	Day6
46	Ritu Divakar Potavi	Ritu	Ritu	Ritu	Ritu	Ritu	Ritu
47	Pooja Kalindra Pote	Pooja	Pooja	Pooja	Pooja	Pooja	Pooja
48	Priyanka Shankar Satore	Priyanka	Priyanka	Priyanka	Priyanka	Priyanka	Priyanka
49	Sneha Nandaji Satpat	Sneha	Sneha	Sneha	Sneha	Sneha	Sneha
50	Manisha Sunil Shikdar	Manisha	Manisha	Manisha	Manisha	Manisha	Manisha
51	Ragini Jagdishwar Sidam	Ragini	Ragini	Ragini	Ragini	Ragini	Ragini
52	Shubhangi Anam Soyam	S. Anam	S. Anam	S. Anam	S. Anam	S. Anam	S. Anam
53	Sapna Beshav Hima	Sapna	Sapna	Sapna	Sapna	Sapna	Sapna
54	Pallavi Prakash Walke	Pallavi	Pallavi	Pallavi	Pallavi	Pallavi	Pallavi
55	Kajal Pshwar Wasekar	Kajal	Kajal	Kajal	Kajal	Kajal	Kajal
56	Punam Omdao Wasekar	Punam	Punam	Punam	Punam	Punam	Punam
57	Soni Galagan Wasekar	Soni	Soni	Soni	Soni	Soni	Soni
58	Chaitali Anandao Urade	Chaitali	Chaitali	Chaitali	Chaitali	Chaitali	Chaitali
59	Sonali Sanjath Wadengwar.	Sonali	Sonali	Sonali	Sonali	Sonali	Sonali



Off Principal  
 Shantichandra Pawar Kala Mahila  
 Mahavighayalaya Chamorsky  
 Dist. Gadchiroli



SR.NO.	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14	Day 15
①	S.N.abbar	S.N.abbar		S.N.abbar	S.N.abbar		S.N.abbar	S.N.abbar	S.N.abbar
②	<del>S.Pad</del>	<del>S.Pad</del>	<del>S.Pad</del>		<del>S.Pad</del>		<del>S.Pad</del>	<del>S.Pad</del>	<del>S.Pad</del>
③	Kiran	Kiran	Kiran		Kiran	Kiran		Kiran	Kiran
④	A.Bala	A.Bala		A.Bala		A.Bala	A.Bala		A.Bala
⑤	Paiya		Paiya	Paiya	Paiya		Paiya	Paiya	Paiya
⑥	Anjali	Anjali		Anjali		Anjali		Anjali	Anjali
⑦	Mayuri	Mayuri	Mayuri		Mayuri		Mayuri		Mayuri
⑧	Dipali	Dipali		Dipali		Dipali		Dipali	Dipali
⑨	<del>P.Balar</del>		<del>P.Balar</del>		<del>P.Balar</del>		<del>P.Balar</del>	<del>P.Balar</del>	<del>P.Balar</del>
⑩	guddi	guddi		guddi		guddi	guddi		guddi
⑪	Akamkda		Akamkda	Akamkda	Akamkda		Akamkda	Akamkda	
⑫	Ashabai	Ashabai		Ashabai		Ashabai		Ashabai	Ashabai
⑬									
⑭	Achuple	Achuple		Achuple	Achuple		Achuple		Achuple
⑮	Dimpal	Dimpal	Dimpal		Dimpal	Dimpal		Dimpal	Dimpal
⑯	Rasini		Rasini	Rasini		Rasini	Rasini		Rasini
⑰	Jadhava	Jadhava		Jadhava	Jadhava		Jadhava	Jadhava	Jadhava
⑱	Rupali	Rupali	Rupali	Rupali		Rupali		Rupali	Rupali
⑲	S.R.fale		S.R.fale		S.R.fale		S.R.fale	S.R.fale	S.R.fale
⑳	Paiya	Paiya		Paiya		Paiya		Paiya	Paiya
㉑	Kalyani		Kalyani		Kalyani		Kalyani	Kalyani	Kalyani
㉒	Manjira	Manjira		Manjira		Manjira		Manjira	Manjira
㉓	Komal		Komal		Komal		Komal	Komal	Komal
㉔	Swati	Swati	Swati	Swati		Swati		Swati	Swati
㉕	Achal		Achal		Achal	Achal	Achal		Achal
㉖	Kajal	Kajal		Kajal		Kajal		Kajal	Kajal
㉗	Shital		Shital		Shital		Shital	Shital	Shital
㉘	S.kakade	S.kakade		S.kakade		S.kakade		S.kakade	S.kakade
㉙	K.Kangali		K.Kangali		K.Kangali		K.Kangali		K.Kangali
㉚	Ashwata	Ashwata		Ashwata		Ashwata		Ashwata	Ashwata

  
 Off Principal  
 Sharda Chandra Pawar Kala Mahila  
 Mahavichayalaya Chamorshy  
 Dist. Gadchiroli

SR.NO.	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14	Day 15
31	Natara		Natara		Natara	Natara		Natara	Natara
32	<del>Panida</del>	<del>Panida</del>		<del>Panida</del>		<del>Panida</del>	<del>Panida</del>		<del>Panida</del>
33	Vidya	Vidya	Vidya		Vidya		Vidya	Vidya	Vidya
34	S.Kutte		S.Kutte	S.Kutte		S.Kutte		S.Kutte	S.Kutte
35	Tegashahi	Tegashahi		Tegashahi	Tegashahi		Tegashahi		Tegashahi
36	<del>Hikla</del>	<del>Hikla</del>	<del>Hikla</del>		<del>Hikla</del>	<del>Hikla</del>		<del>Hikla</del>	<del>Hikla</del>
37	D49	D49		D49	D49		D49	D49	D49
38	Laxmi	Laxmi	Laxmi		Laxmi	Laxmi		Laxmi	Laxmi
39	Kajal	Kajal	Kajal	Kajal	Kajal	Kajal	Kajal	Kajal	Kajal
40	<del>S.Nalka</del>	<del>S.Nalka</del>		<del>S.Nalka</del>	<del>S.Nalka</del>		<del>S.Nalka</del>		<del>S.Nalka</del>
41	Ranjana		Ranjana	Ranjana		Ranjana		Ranjana	Ranjana
42									
43	Rohini	Rohini		Rohini	Rohini		Rohini		Rohini
44	Dee	Dee	Dee		Dee	Dee		Dee	Dee
45	K.poste		K.poste	K.poste		K.poste	K.poste		K.poste
46	Ridu	Ridu		Ridu	Ridu		Ridu	Ridu	Ridu
47	Pada	Pada	Pada		Pada	Pada		Pada	Pada
48	Pantka	Pantka		Pantka		Pantka	Pantka		Pantka
49	Sheela	Sheela	Sheela		Sheela	Sheela		Sheela	Sheela
50	Mamika	Mamika		Mamika		Mamika	Mamika		Mamika
51	Ragini		Ragini	Ragini	Ragini		Ragini	Ragini	Ragini
52	S.Seta	S.Seta		S.Seta		S.Seta		S.Seta	S.Seta
53	Sapna		Sapna		Sapna		Sapna	Sapna	Sapna
54	Pallavi	Pallavi		Pallavi		Pallavi		Pallavi	Pallavi
55	Kajal		Kajal		Kajal		Kajal	Kajal	
56	Purna	Purna		Purna	Purna	Purna		Purna	Purna
57	Soni		Soni	Soni		Soni	Soni		Soni
58	Gurade	Gurade		Gurade	Gurade		Gurade	Gurade	
59	Sonali		Sonali	Sonali		Sonali		Sonali	Sonali

  
 Off. Principal  
 Sharda-chandra Pawar Kala Mahila  
 Mahavidyalaya Chamarshi  
 Dist. Sanchinri



HANUMAN VYAYAM PRASARAK MANDAL  
SHARDCHANDRA PAWAR KALA MAHILA MAHAVIDYALAYA,  
CHAMORSHI




MAHAVIDYALAYA CODE: 042  
TA- CHAMORSHI DIST- GADCHIROLI  
(AFFILIATED WITH GONDWANA UNIVERSITY GADCHIROLI)  
Website. spkmchamorshi.in

EMAIL – mahilachamorshi2008@gmail.com

Mo. 9421857725/9420105767


## Report on Workshop on Self Awareness and Life Skill Training

1. **Name of the Event** : Workshop on Self Awareness and Lifeskill Training
2. **Date of Event** : 2-20<sup>th</sup> August 2022
3. **Event Duration** : 30 Hour
4. **Event Venue** : Sharadchandra Pawar Kala Mahila Mahavidyalaya, Chamorshi
5. **Resource Person at Event** : Vandana Thute
6. **Coordinator of Event** : K.P. Amborkar
7. **Number of participants** : 59
8. **Objective** :
  - Develop self-awareness and self-reflection skills.
  - Enhance emotional intelligence and interpersonal skills.
  - Cultivate effective communication and conflict resolution abilities.
  - Learn practical life skills such as time management, decision-making, and goal setting.
  - Apply learned skills to improve personal well-being and achieve academic and professional success.
9. **Outcome** : The program develops improved emotional intelligence, communication skills, and practical talents for both personal and professional success. Participants gain improved self-awareness and important life skills.

  
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**Miss. Vandana Thute addressing students on self awareness and life skill.**

  
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Dist. Solapur



Hanuman Vyayam Prasark Mandal,  
Chamorshi



**Sharadchandra Pawar kala Mahila Mahavidyalaya,  
Chamorshi Dist-Gadchiroli 442603**

Affiliated To Gondwana University, Gadchiroli

**Certificate**

2022 - 2023

This is to certify that Sima Namdev Abhane a student of  
B.A. I Year has successfully completed the Self Awareness And Life  
Skill Training Conducted by Sharadchandra Pawar Kala Mahila  
Mahavidyalaya Chamorshi for a duration at 30 hours.

  
Head

  
Principal

सूचना

Date \_\_\_\_\_  
Page \_\_\_\_\_

दि. 01/08/2022

महाविद्यालयातील

द्वितीय व तृतीय वर्षातील विद्यार्थिनीं

सूचित करण्यात येते की महाविद्यालया



मध्ये दिनांक 01/09/2022 पासून

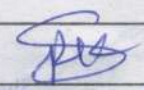
17/09/2022 पर्यंत Fashion designing

and Sewing या विषयावर वर्कशाप

द्वारा येणार आहे. तरी आपली

उपस्थिती प्राथमिक आहे.

Name of teacher	class	sign
पा. कुबाल. पी. आंबेडकर	BA I	
पा. गोमठवर आर डाड	BA III	



**Women Cell**  
Sharadchandra Pawar Kala  
Mahila Mahavidyalaya  
Chamorshi Dist. Gadchiroli

  
Off. Principal  
Sharadchandra Pawar Kala Mahila  
Mahavidyalaya Chamorshi  
Dist. Gadchiroli

## **Syllabus on : Fashion Designing and Sewing**

**Duration of course: 30 Hrs**

### **Course objective:**

- To introduce students to the principles and elements of fashion design.
- To familiarize students with different types of fabrics, their properties, and suitability for various garments.
- To teach basic garment construction techniques including pattern making, cutting, sewing, and finishing.
- To develop students' creativity and ability to translate ideas into wearable garments.
- To provide hands-on experience with sewing machines and other tools used in garment production.
- To encourage critical thinking and problem-solving skills in the context of fashion design and sewing.

### **Course outcome :**

- CO1:Identify different types of fabrics, their properties, and suitability for various garment styles.
- CO2:Demonstrate the ability to select appropriate fabrics based on garment design requirements.
- CO3:Master basic hand-sewing techniques such as running stitch, backstitch, whipstitch, and more.
- CO4:Utilize sewing machines proficiently, including threading, stitching, and adjusting settings for different fabrics and stitches.
- CO5:Construct basic garments such as skirts, tops, and dresses following proper assembly techniques.
- CO6:Apply seam finishes including plain seam, French seam, and overlock to achieve professional-quality garments.

### **Unit-I: Introduction to Fashion Design**

- Overview of the course
- Introduction to fashion design principles and elements
- Historical overview of fashion trends

### **Unit –II: Fabric Study**

- Understanding different types of fabrics and their properties
- Fabric selection for different garments
- Fabric swatch analysis

  
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Mahavidyalaya Chamorshi  
Dist. Gadchiroli

### **Unit III: Introduction to Sewing Machines**

- Parts and functions of a sewing machine
- Threading the machine and bobbin
- Stitch types and machine settings

### **Unit IV: Basic Sewing Techniques**

- Hand-sewing techniques: running stitch, backstitch, whipstitch
- Machine sewing practice: straight stitch, zigzag stitch
- Seam finishes: plain seam, French seam, overlock

### **Unit V: Garment Construction - Skirt Project**

- Taking measurements and drafting a basic skirt pattern
- Fabric cutting and layout
- Skirt assembly: sewing darts, seams, waistband, and hem

### **Unit VI: Garment Construction - Top Project**

- Introduction to pattern making for a basic top
- Pattern manipulation and adjustments
- Top assembly: sewing seams, facings, sleeves





HANUMAN VYAYAM PRASARK MANDAL  
SHARDCHANDRA PAWAR KALA MAHILA  
MAHAVIDYALAYA, CHAMORSHI



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(AFFILIATED WITH GONDWANA UNIVERSITY GADCHIROLI)

EMAIL – mahilachamorshi2008@gmail.com

Mo. 9423423434 /9420105767

Website. spkmchamorshi.in

BACHELOR OF ART

Session : 2022- 23

Semester- III, IV

Student Attendance Sheet

Workshop

Name Of Activity:

fashion designing and sewing  
workshop

Date = .01-17 sep - 2022.

Sr.No	Participant Name	Day1	Day2	Day3	Day4	Day5	Day6
1]	priyanka santosh raut	Priyanka	Priyanka	Priyanka	Priyanka	Priyanka	Priyanka
2]	Nikita Nitai Haldar	Nikita	Nikita	Nikita	Nikita	Nikita	Nikita
3]	Mayuri Bandu chitade	Mayuri	Mayuri	Mayuri	Mayuri	Mayuri	Mayuri
4]	Komal Bandu posek	K.posek	K.posek	K.posek	K.posek	K.posek	K.posek
5]	shital santosh Marthwar	shital	shital	shital	shital	shital	shital
6]	Bindita Bandu Kirme	Bindita	Bindita	Bindita	Bindita	Bindita	Bindita
7]	Harsha Manik pal	Harsha	Harsha	Harsha	Harsha	Harsha	Harsha
8]	popita Raju Gohane	Popita	Popita	Popita	Popita	Popita	Popita
9]	Manisha Lahari Madavi	M.L.Madavi	M.L.Madavi	M.L.Madavi	M.L.Madavi	M.L.Madavi	M.L.Madavi
10]	prajwali Kaldar Mandale	P.mandale	P.mandale	P.mandale	P.mandale	P.mandale	P.mandale
11]	Ashwini satyasham Gadde	A.S.Gadde	A.S.Gadde	A.S.Gadde	A.S.Gadde	A.S.Gadde	A.S.Gadde
12]	shital pradip chahakate	shital	shital	shital	shital	shital	shital
13]	Komal Tulshiram Zadade	Komal	Komal	Komal	Komal	Komal	Komal
14]	Ashwina Anil Bhakare	Ashwina	Ashwina	Ashwina	Ashwina	Ashwina	Ashwina
15]	Komal Giteshwar Bobale	K.Bobale	K.Bobale	K.Bobale	K.Bobale	K.Bobale	K.Bobale
16]	swati shridhar ABhore	swati	swati	swati	swati	swati	swati

Off Principal  
Shardchandra Pawar Kala Mahila  
Mahavidyalaya Chamorshi  
Dist Gadchiroli

Sr.No	Participant Name	Day1	Day2	Day3	Day4	Day5	Day6
17	Achal Ramesh Ghongade	Achal	Achal	Achal	Achal	Achal	Achal
18	Kajal Shankar Madavi	Kajal	Kajal	Kajal	Kajal	Kajal	Kajal
19	Pratima Baburao Bhor	Pratima	Pratima	Pratima	Pratima	Pratima	Pratima
20	Sonalp Ashok Wasekar	Sonasekar	Sonasekar	Sonasekar	Sonasekar	Sonasekar	Sonasekar
21	Amisha Bandu chitalkh	Amisha	Amisha	Amisha	Amisha	Amisha	Amisha
22	Arpita Dymaji Chapate	Arpita	Arpita	Arpita	Arpita	Arpita	Arpita
23	Seema Bandu Dudhabale	Seema	Seema	Seema	Seema	Seema	Seema
24	Ravina Badaji Gadde	R.Gadde	R.Gadde	R.Gadde	R.Gadde	R.Gadde	R.Gadde
25	Minal Gurruday Gaikwad	Minal	Minal	Minal	Minal	Minal	Minal
26	Payal Wasudeo Kundwars	Payal	Payal	Payal	Payal	Payal	Payal
27	Reshama Anil Naitam	R.Naitam	R.Naitam	R.Naitam	R.Naitam	R.Naitam	R.Naitam
28	Nirasha Bhatyaji Narule	Nirasha	Nirasha	Nirasha	Nirasha	Nirasha	Nirasha
29	Karishma Dilip Pipare	Karishma	Karishma	Karishma	Karishma	Karishma	Karishma
30	Shruti Kaliday Raut	S.Raut	S.Raut	S.Raut	S.Raut	S.Raut	S.Raut
31	Shilpa Sitaran Sahane	SSahane	SSahane	SSahane	SSahane	SSahane	SSahane
32	Kajal Prakash Salpute	Kajal	Kajal	Kajal	Kajal	Kajal	Kajal
33	Sweeti Vilas Shinde	Sweeti	Sweeti	Sweeti	Sweeti	Sweeti	Sweeti


Off. Principal  
Shardchandra Pawar Kata Mahila  
Mahavichayalaya Chamorshy  
Dist. Gadchiroli

SR.NO.	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14	Day 15
1	TySaul		TySaul	TySaul		TySaul		TySaul	TySaul
2	Nikita	Nikita		Nikita	Nikita		Nikita	Nikita	Nikita
3	Mayuri	Mayuri	Mayuri		Mayuri	Mayuri		Mayuri	Mayuri
4	K.park	K.park		K.park	K.park		K.park	K.park	K.park
5	Shital	Shital	Shital		Shital	Shital		Shital	
6	Prasanna	Prasanna	Prasanna	Prasanna		Prasanna	Prasanna		Prasanna
7	Hpai		Hpai		Hpai	Hpai		Hpai	Hpai
8	Pooja	Pooja		Pooja		Pooja	Pooja		Pooja
9									
10									
11	Ashwini		Ashwini		Ashwini		Ashwini		Ashwini
12	Shital	Shital		Shital		Shital	Shital		Shital
13	Komal		Komal		Komal		Komal	Komal	Komal
14	Ashwini	Ashwini		Ashwini		Ashwini	Ashwini		Ashwini
15	K.Babak		K.Babak		K.Babak	K.Babak		K.Babak	K.Babak
16	Swati	Swati		Swati		Swati	Swati		Swati
17	Ashal	Ashal	Ashal		Ashal	Ashal		Ashal	Ashal
18	Kajal		Kajal	Kajal		Kajal	Kajal		Kajal
19	Pradha	Pradha		Pradha	Pradha		Pradha	Pradha	
20	Sojekar	Sojekar	Sojekar		Sojekar	Sojekar		Sojekar	Sojekar
21	Anisha		Anisha	Anisha		Anisha	Anisha		Anisha
22	Appide	Appide		Appide	Appide		Appide	Appide	
23	Seema	Seema	Seema		Seema	Seema		Seema	Seema
24	Rajadde	Rajadde		Rajadde		Rajadde	Rajadde		Rajadde
25	Mihel		Mihel		Mihel		Mihel	Mihel	Mihel
26	Pradha	Pradha	Pradha	Pradha		Pradha		Pradha	
27	R.Naikam		R.Naikam		R.Naikam		R.Naikam		R.Naikam
28	Nirasha	Nirasha		Nirasha		Nirasha		Nirasha	Nirasha
29	Karishma		Karishma		Karishma		Karishma		Karishma
30	S.Raut	S.Raut		S.Raut		S.Raut		S.Raut	S.Raut



Off Principal  
 Shardchandra Pawar Kata Mahila  
 Mahavidyalaya Chamorshi  
 Dist. Gadchiroli

SR.NO.	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14	Day 15
31]	सुभास	सुभास		सुभास		सुभास		सुभास	सुभास
32]	काजल		काजल		काजल		काजल	काजल	काजल
33]	सुवर्ण	सुवर्ण		सुवर्ण		सुवर्ण	सुवर्ण	सुवर्ण	सुवर्ण

  
Off. Principal  
Shardulendra Pawar Kata Mahila  
Mahavidyalaya Chamorsh  
Dist. Garhchirol



HANUMAN VYAYAM PRASARAK MANDAL  
**SHARDCHANDRA PAWAR KALA MAHILA MAHAVIDYALAYA,  
CHAMORSHI**



MAHAVIDYALAYA CODE: 042  
TA- CHAMORSHI DIST- GADCHIROLI  
(AFFILIATED WITH GONDWANA UNIVERSITY GADCHIROLI)  
Website. spkmchamorshi.in

EMAIL – mahilachamorshi2008@gmail.com

Mo. 9421857725/9420105767

## Report on Workshop on Fashion Designing and Sewing


1. **Name of the Event** : Workshop on Fashion Designing and Sewing
2. **Date of Event** : 1-17<sup>th</sup> September 2022
3. **Event Duration** : 30 Hour
4. **Event Venue** : Sharadchandra Pawar Kala Mahila Mahavidyalaya, Chamorshi
5. **Resource Person at Event** :S. R. Kashettiwar
6. **Coordinator of Event** : K.P. Amborkar
7. **Number of participants** :33
8. **Objective** :
  - To introduce students to the principles and elements of fashion design
  - To familiarize students with different types of fabrics, their properties, and suitability for various garments.
  - To teach basic garment construction techniques including pattern making, cutting, sewing, and finishing
  - To develop students' creativity and ability to translate ideas into wearable garments.
  - To provide hands-on experience with sewing machines and other tools used in garment production.
  - To encourage critical thinking and problem-solving skills in the context of fashion design and sewing
9. **Outcome** : Participants improved their sewing abilities, developed their creative expression, and acquired an excellent knowledge of fashion design.



**Students gaining knowledge Stitching many fashions design patterns**



**Students learning the technique of Pattern making of Fashion Designing and Sewing**

  
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Dist. Ganchinoli



Hanuman Vyayam Prasark Mandal,  
Chamorshi



**Sharadchandra Pawar Kala Mahila Mahavidyalaya,  
Chamorshi Dist-Gadchiroli 442603**

Affiliated To Gondwana University, Gadchiroli

**Certificate**

2022-2023

This is to certify that Prajvali Kalidas Mandale a student of  
B.A. III sem. has successfully completed the Fashion Designing And  
Sewing Workshop Conducted by Sharadchandra Pawar Kala Mahila  
Mahavidyalaya Chamorshi for a duration at 30 hours.

Head

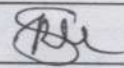
Principal

अनुचना

Date \_\_\_\_\_  
Page \_\_\_\_\_

दिनांक 22/01/2023

हे वरिष्ठी विद्यार्थिनिना महाविद्यालयातील दुसऱ्या  
दिनांक 23/01/2023 ते 09/02/2023  
पर्यंत Certification Program for  
Human Right खेळात यशस्वी आहे  
तरी आपली उपस्थिती प्राथमिक आहे.

Name of Teacher	class	Sign
Pro. S. R. Kashettiwar	BA III	

  
Shardchandra Pekar Kala Mantia  
Mahavidyalaya Chamorsiv  
Dist. Ganchinor



## **Syllabus on : Certification Program for Human Rights**

**Duration:30Hr**

### **Course objective:**

- To comprehend the concept of human rights and its significance in diverse social, cultural, and political contexts.
- To analyze the historical evolution and philosophical underpinnings of human rights theories.
- To understand the international legal frameworks and mechanisms for protecting and promoting human rights.
- To critically evaluate contemporary human rights issues and challenges.
- To develop empathy, cultural sensitivity, and a sense of social responsibility towards upholding human rights principles.

### **Course Outcome:**

CO1: Understand Historical Evolution, Ethical Theories and Human Right

CO2: Understand Role of United Nations and t and political rights

CO3: Understand Economic, Social, and Cultural Rights

### **Unit 1: Introduction to Human Rights**

- Definition and Conceptual Framework
- Historical Evolution of Human Rights
- Universal Declaration of Human Rights (UDHR)

### **Unit 2: Philosophical Foundations of Human Rights**

- Ethical Theories and Human Rights
- Human Dignity and Equality
- Cultural Relativism vs. Universalism

### **Unit 3: International Legal Frameworks**

- International Human Rights Instruments
- Role of United Nations and Specialized Agencies
- Regional Human Rights Systems

  
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Mahavidyalaya Chamorshi  
Dist. Gadchiroli

#### **Unit 4: Civil and Political Rights**

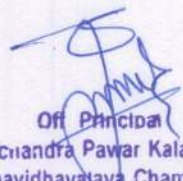
- Right to Life, Liberty, and Security
- Freedom of Expression and Assembly
- Right to Fair Trial and Due Process

#### **Unit 5: Economic, Social, and Cultural Rights**

- Right to Education, Health, and Work
- Poverty, Inequality, and Economic Rights
- Gender and Minority Rights

#### **Unit 7: Human Rights Advocacy and Activism**

- Role of Civil Society Organizations
- Grassroots Movements and Social Media Activism

  
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Mahavidyalaya Chamorsiv  
Dist Gadchiroli



HANUMAN VYAYAM PRASARK MANDAL  
SHARDCHANDRA PAWAR KALA MAHILA  
MAHAVIDYALAYA, CHAMORSHI



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TA- CHAMORSHI DIST- GADCHIROLI  
(AFFILIATED WITH GONDWANA UNIVERSITY GADCHIROLI)  
Website. spkmchamorshi.in

EMAIL – mahilachamorshi2008@gmail.com

Mo. 9423423434 /9420105767

BACHELOR OF ART

Session : 2022-23

Semester- IV, VI

Student Attendance Sheet

Workshop

Name Of Activity:

certification program for human rights

Date = 23 Jan- 04 Feb- 2023

Sr.No	Participant Name	Day1	Day2	Day3	Day4	Day5	Day6
1)	priyanka sambh Raut	Priyanka	Priyanka	Priyanka	Priyanka	Priyanka	Priyanka
2)	Nikita Nildal Haldar	Nikita	Nikita	Nikita	Nikita	Nikita	Nikita
3)	Komal Bandu porte	K. porte	K. porte	K. porte	K. porte	K. porte	K. porte
4)	Asha Gurusday Kulsange	Asha	Asha	Asha	Asha	Asha	Asha
5)	Kalyani Mangesh porte	K. porte	K. porte	K. porte	K. porte	K. porte	K. porte
6)	shital Sambh Marthans	shital	shital	shital	shital	shital	shital
7)	Bindiya Bandu Kirme	Bindiya	Bindiya	Bindiya	Bindiya	Bindiya	Bindiya
8)	Harscha Manik pal	Hpal	Hpal	Hpal	Hpal	Hpal	Hpal
9)	popita Raju gohane	Popita	Popita	Popita	Popita	Popita	Popita
10)	Kajal Shankar Madavi	Kajal	Kajal	Kajal	Kajal	Kajal	Kajal
11)	preethima Baburao Bure	Preethima	Preethima	Preethima	Preethima	Preethima	Preethima
12)	Dysha prabhakar Neware	Dysha	Dysha	Dysha	Dysha	Dysha	Dysha
13)	sonali Ashok wasekar	Sonali	Sonali	Sonali	Sonali	Sonali	Sonali
14)	Pallavi vilay Kirme	Pallavi	Pallavi	Pallavi	Pallavi	Pallavi	Pallavi
15)	Arpita Dumaji chabale	Arpita	Arpita	Arpita	Arpita	Arpita	Arpita
16)	Ravina Padaji Gadde	R. Gadde	R. Gadde	R. Gadde	R. Gadde	R. Gadde	R. Gadde

Off Principal  
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Dist. Gadchiroli



SR.NO.	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14	Day 15
1)	TySaul		TySaul	TySaul		TySaul		TySaul	TySaul
2)	Nikida	Nikida		Nikida		Nikida		Nikida	Nikida
3)	Kiposte		Kiposte		Kiposte		Kiposte	Kiposte	Kiposte
4)	Apla	Apla		Apla		Apla		Apla	Apla
5)	Kiposte		Kiposte		Kiposte		Kiposte	Kiposte	Kiposte
6)	Shidei	Shidei		Shidei		Shidei		Shidei	Shidei
7)	Barome		Barome		Barome		Barome	Barome	Barome
8)	Hpal	Hpal		Hpal		Hpal		Hpal	Hpal
9)	Kagan		Kagan		Kagan		Kagan	Kagan	Kagan
10)	Kajay	Kajay		Kajay		Kajay	Kajay	Kajay	Kajay
11)	Pachima		Pachima		Pachima		Pachima	Pachima	Pachima
12)	P.Natar	P.Natar		P.Natar		P.Natar		P.Natar	P.Natar
13)	Sowarka	Sowarka	Sowarka		Sowarka		Sowarka		Sowarka
14)	Pallavi		Pallavi	Pallavi		Pallavi		Pallavi	Pallavi
15)	Appida	Appida		Appida	Appida		Appida		Appida
16)	R.Gadde		R.Gadde		R.Gadde	R.Gadde		R.Gadde	R.Gadde
17)	Mihal	Mihal		Mihal		Mihal	Mihal		Mihal
18)	Piranka		Piranka		Piranka		Piranka	Piranka	Piranka
19)	Kajay	Kajay		Kajay		Kajay		Kajay	Kajay
20)	S.Raut	S.Raut	S.Raut		S.Raut		S.Raut		S.Raut
21)	Sareeti	Sareeti	Sareeti	Sareeti	Sareeti	Sareeti	Sareeti	Sareeti	Sareeti

Off Principal  
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Mahavidyalaya Chamorshi  
Dist. Ganchinri



HANUMAN VYAYAM PRASARAK MANDAL  
SHARDCHANDRA PAWAR KALA MAHILA MAHAVIDYALAYA,  
CHAMORSHI



MAHAVIDYALAYA CODE: 042  
TA- CHAMORSHI DIST- GADCHIROLI  
(AFFILIATED WITH GONDWANA UNIVERSITY GADCHIROLI)  
Website. spkmchamorshi.in

EMAIL – mahilachamorshi2008@gmail.com

Mo. 9421857725/9420105767


## Report on Workshop on Certification Program in Human rights

1. **Name of the Event** : Workshop on Certification Program in Human rights
2. **Date of Event** : 23<sup>rd</sup> Jan to 9<sup>th</sup> February 2023
3. **Event Duration** : 30 Hour
4. **Event Venue** : Sharadchandra Pawar Kala Mahila Mahavidyalaya, Chamorshi
5. **Resource Person at Event** : Sandip B. Dhanorkar
6. **Coordinator of Event** : K.P. Amborkar
7. **Number of participants** : 21
8. **Objective** :
  - The Certificate Course on Human Rights aims to create awareness among students about basic human rights value so as to strengthen Human Rights culture in society.
  - The course is designed to give basic information about Human Rights, its implementation, problems of implementation & measures for its implementation etc. as well as National & International perspective of the rights & different categories of Human Rights.
9. **Outcome**
  - Participants acquired a solid foundation in human rights principles, laws, and international conventions.
  - The workshop broadened awareness on global human rights issues, including social justice and equality.
  - Attendees are now better equipped to recognize and respond to human rights violations effectively.

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Dist. Gadchiroli



**Mr. Sandip Dhanorkar addressing students on Human Rights.**

  
Off. Principal  
Sharadchandra Pawar Kaka Mahila  
Mahavidyalaya Chamorshi  
Dist. Gatehiroli



Hanuman Vyayam Prasark Mandal,  
Chamorshi



**Sharadchandra Pawar kala Mahila Mahavidyalaya,  
Chamorshi Dist-Gadchiroli 442603**

Affiliated To Gondwana University, Gadchiroli

**Certificate**

2022-2023

This is to certify that Komal Bandu Ponte a student of  
B.A. IV sem has successfully completed the Certification Program For  
Human Rights Conducted by Sharadchandra Pawar Kala Mahila  
Mahavidyalaya Chamorshi for a duration at 30 hours.

  
Head

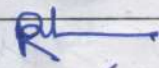
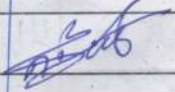
  
Principal




सुचना

दिनांक 09/02/2023

महाविद्यालयातील हितिय व तृतीय, वार्षिक विद्यार्थिनी सुवेत करण्यास येत कि दिनांक 10 फेब्रु 2023 ते 28 फेब्रु 2023 पर्यंत Personality Development program घेण्यात येणार आहे. तरी आपली उपस्थिती प्राथमिक आहे.

Name of Teacher	class	Sign
प्रा. के.पी. आंबोरेकर	BA II	
प्रा. एन. आर. झाड	BA III	

  
Off. Principal  
Shardchandra Pawar Kala Mandla  
Mahavidyalaya Chamorshi  
Dist. Gadchiroli

## **Syllabus on : Personality Development**

**Duration of course: 30 Hrs**

### **Course objective:**

- Develop self-awareness and self-reflection skills.
- Enhance communication and interpersonal skills.
- Cultivate emotional intelligence for effective relationships.
- Set and achieve personal and academic/professional goals.
- Understand principles of leadership and teamwork.

### **Course outcome :**

CO1: Students will demonstrate an improved understanding of their own personalities, including strengths, weaknesses, values, beliefs, and attitudes

CO2: Students will develop and apply effective verbal and non-verbal communication skills, including active listening and empathetic communication.

CO3: Students will build and maintain healthy relationships by demonstrating improved conflict resolution skills and assertiveness.

CO4: Students will recognize and manage their emotions effectively, demonstrating increased emotional intelligence (EQ) in various situations.

CO5: Students will set specific, measurable, achievable, relevant, and time-bound (SMART) goals for personal and academic/professional development.

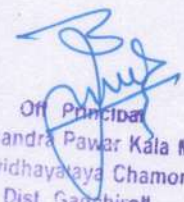
CO6: Students will identify different leadership styles and qualities, applying these principles to lead with integrity and ethical decision-making.

### **Unit 1: Introduction to Personality Development**

- Understanding personality: theories and concepts
- Importance of personality development in personal and professional life
- Assessing self-awareness: personality assessments

### **Unit 2: Self-Awareness and Self-Reflection**

- Identifying strengths and weaknesses
- Values, beliefs, and attitudes
- Journaling and reflective practices

  
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Waliavidhayalaya Chamorshi  
Dist. Ganchiroli

### **Unit 3: Effective Communication Skills**

- Verbal and non-verbal communication
- Active listening and empathetic communication
- Overcoming communication barriers

### **Unit 4: Interpersonal Relationships**

- Building and maintaining healthy relationships
- Conflict resolution and assertiveness
- Emotional boundaries and respect

### **Unit 5: Emotional Intelligence**


- Understanding emotions: EQ vs. IQ
- Managing emotions: stress, anger, and anxiety
- Empathy and social awareness

### **Unit 6: Goal Setting and Time Management**

- Setting SMART goals
- Prioritizing tasks and managing time effectively
- Overcoming procrastination

### **Unit 7: Leadership and Teamwork**

- Leadership styles and qualities
- Team dynamics and collaboration
- Leading with integrity and ethical decision-making

  
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Mahavidyalaya Chamorshi  
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HANUMAN VYAYAM PRASARK MANDAL  
SHARDCHANDRA PAWAR KALA MAHILA  
MAHAVIDYALAYA, CHAMORSHI



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EMAIL – mahilachamorshi2008@gmail.com Mo. 9423423434 /9420105767

BACHELOR OF ART

Session : 2022-23

Semester- IV, VI


Student Attendance Sheet

Workshop

Name Of Activity: Personality development program

Date = 10-28 Feb-2023

Sr.No	Participant Name	Day1	Day2	Day3	Day4	Day5	Day6
1)	payal chanduyi Rahankar	Payal	Payal	Payal	Payal	Payal	Payal
2)	Harsha Manik pal	Hpal	Hpal	Hpal	Hpal	Hpal	Hpal
3)	Bindita Bandu Kirme	Bkirme	Bkirme	Bkirme	Bkirme	Bkirme	Bkirme
4)	shital Santosh Marthuan	Shital	Shital	Shital	Shital	Shital	Shital
5)	Kalyani Mangesh pose	Kpose	Kpose	Kpose	Kpose	Kpose	Kpose
6)	Asha Guruday Kulsange	Asha	Asha	Asha	Asha	Asha	Asha
7)	Komal Bandu poste	Komal	Komal	Komal	Komal	Komal	Komal
8)	Nikita Nitai Haldar	Nikita	Nikita	Nikita	Nikita	Nikita	Nikita
9)	Pallavi Vilas Kirme	Pallavi	Pallavi	Pallavi	Pallavi	Pallavi	Pallavi
10)	poja vinod devgirkar	Poja	Poja	Poja	Poja	Poja	Poja
11)	sonali Ashok wasekar	Sonali	Sonali	Sonali	Sonali	Sonali	Sonali
12)	Akanksha Bandu Gredson	Akanksha	Akanksha	Akanksha	Akanksha	Akanksha	Akanksha
13)	Gayatri Ravindra Kumare	Gayatri	Gayatri	Gayatri	Gayatri	Gayatri	Gayatri
14)	Achal Ramesh Ghongade	Achal	Achal	Achal	Achal	Achal	Achal
15)	Vina Bhanu Bursanwar	Vina	Vina	Vina	Vina	Vina	Vina
16)	Swati Shridhar ABhar	Swati	Swati	Swati	Swati	Swati	Swati

  
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Sr.No	Participant Name	Day1	Day2	Day3	Day4	Day5	Day6
17)	Komal Giteshwar Bobate	K.Bobate	K.Bobate	K.Bobate	K.Bobate	K.Bobate	K.Bobate
18)	Ashwini Gopinath maske	Ashwini	Ashwini	Ashwini	Ashwini	Ashwini	Ashwini
19)	Shital Pradip Chahakate	Shital	Shital	Shital	Shital	Shital	Shital
20)	Ashwina Satyawan Gadde	A.S.Gadde	A.S.Gadde	A.S.Gadde	A.S.Gadde	A.S.Gadde	A.S.Gadde
21)	Manisha Lahuji Madavi	Manisha	Manisha	Manisha	Manisha	Manisha	Manisha
22)	Popita Raju Gohane	P.Gohane	P.Gohane	P.Gohane	P.Gohane	P.Gohane	P.Gohane
23)	Pratikha Diwakar Pale	P.Pale	P.Pale	P.Pale	P.Pale	P.Pale	P.Pale
24)	Madavi Priyanka Vasant	P.Vasant	P.Vasant	P.Vasant	P.Vasant	P.Vasant	P.Vasant
25)	Shubhangi Lahuji Madavi	S.Madavi	S.Madavi	S.Madavi	S.Madavi	S.Madavi	S.Madavi
26)	Priyanka Kusum Kohale	P.Kohale	P.Kohale	P.Kohale	P.Kohale	P.Kohale	P.Kohale
27)	Minal Guruday Gaikwad	Minal	Minal	Minal	Minal	Minal	Minal
28)	Ravina Badaji Gadde	R.Gadde	R.Gadde	R.Gadde	R.Gadde	R.Gadde	R.Gadde
29)	Seema Bandy Budhabale	Seema	Seema	Seema	Seema	Seema	Seema
30)	Aspita Dumaji Chapale	A.Chapale	A.Chapale	A.Chapale	A.Chapale	A.Chapale	A.Chapale
31)	Tejaswini Ashok Bhurse	T.Bhurse	T.Bhurse	T.Bhurse	T.Bhurse	T.Bhurse	T.Bhurse
32)	Amisha Bandy Chalkh	A.Chalkh	A.Chalkh	A.Chalkh	A.Chalkh	A.Chalkh	A.Chalkh
33)	Tejaswini Diwakar Tumbade	T.Tumbade	T.Tumbade	T.Tumbade	T.Tumbade	T.Tumbade	T.Tumbade
34)	Pratikha Maroti Thakur	P.Thakur	P.Thakur	P.Thakur	P.Thakur	P.Thakur	P.Thakur
35)	Kiran Wasudeo Shetye	KIRAN	KIRAN	KIRAN	KIRAN	KIRAN	KIRAN
36)	Sweeti Vilas Shende	Sweeti	Sweeti	Sweeti	Sweeti	Sweeti	Sweeti
37)	Kajal Prakash Satpute	Kajal	Kajal	Kajal	Kajal	Kajal	Kajal
38)	Shilpa Sitaram Sahare	S.Sahare	S.Sahare	S.Sahare	S.Sahare	S.Sahare	S.Sahare
39)	Shruti Kalidas Raut	S.Raut	S.Raut	S.Raut	S.Raut	S.Raut	S.Raut
40)	Reshama Anil Naidam	R.Naidam	R.Naidam	R.Naidam	R.Naidam	R.Naidam	R.Naidam
41)	Ekata Utnod Mangar	E.Mangar	E.Mangar	E.Mangar	E.Mangar	E.Mangar	E.Mangar
42)	Priyanka Jitwan Madavi	P.Madavi	P.Madavi	P.Madavi	P.Madavi	P.Madavi	P.Madavi
43)	Sakshi Ashit Majumdar	S.Majumdar	S.Majumdar	S.Majumdar	S.Majumdar	S.Majumdar	S.Majumdar
44)	Payal Ravaji Zabade	P.Zabade	P.Zabade	P.Zabade	P.Zabade	P.Zabade	P.Zabade
45)	Karikhama Mukharaj Zade	K.Zade	K.Zade	K.Zade	K.Zade	K.Zade	K.Zade



Off Ringdhan  
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SR.NO.	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14	Day 15
1)	Dinal	Dinal		Dinal		Dinal	Dinal		Dinal
2)	tpal		tpal	tpal	tpal		tpal	tpal	
3)	Prone	Prone		Prone		Prone		Prone	Prone
4)	shital		shital	shital	shital		shital	shital	shital
5)	K.park	K.park		K.park		K.park		K.park	K.park
6)	Apla	Apla	Apla		Apla		Apla	Apla	Apla
7)	Komal		Komal	Komal		Komal		Komal	Komal
8)	Nikita	Nikita		Nikita	Nikita		Nikita		Nikita
9)	Pallavi	Pallavi	Pallavi		Pallavi	Pallavi		Pallavi	
10)	Pooja		Pooja	Pooja		Pooja	Pooja		Pooja
11)	Sonali	Sonali		Sonali	Sonali		Sonali	Sonali	
12)	Akansha		Akansha		Akansha	Akansha		Akansha	Akansha
13)									
14)	Achal	Achal		Achal	Achal		Achal	Achal	
15)	Vina	Vina	Vina		Vina	Vina		Vina	Vina
16)	Swati	Swati		Swati		Swati	Swati		Swati
17)	K.Bobak		K.Bobak		K.Bobak		K.Bobak	K.Bobak	
18)	Ashwini	Ashwini		Ashwini		Ashwini		Ashwini	Ashwini
19)	shital		shital		shital		shital	shital	shital
20)	Ashwini		Ashwini		Ashwini		Ashwini		Ashwini
21)	Manisha	Manisha		Manisha		Manisha	Manisha		Manisha
22)	Egshani		Egshani		Egshani		Egshani	Egshani	Egshani
23)	Poetika	Poetika		Poetika		Poetika		Poetika	Poetika
24)	Priyanka	Priyanka	Priyanka		Priyanka		Priyanka		Priyanka
25)	Sonali	Sonali		Sonali		Sonali		Sonali	
26)	P.kohale		P.kohale		P.kohale		P.kohale		P.kohale
27)	minal	minal		minal		minal		minal	minal
28)	R.Gadde		R.Gadde		R.Gadde		R.Gadde		R.Gadde
29)	Seema	Seema		Seema		Seema		Seema	Seema
30)	Arpita		Arpita		Arpita		Arpita	Arpita	Arpita



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SR.NO.	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14	Day 15
31)	T. Jadhav		T. Jadhav	T. Jadhav		T. Jadhav		T. Jadhav	T. Jadhav
32)	Amista	Amista		Amista	Amista		Amista		Amista
33)	T. Tumbade		T. Tumbade		T. Tumbade	T. Tumbade		T. Tumbade	
34)	D. Thakur	p. Thakur		D. Thakur		D. Thakur	p. Thakur		D. Thakur
35)	KIRAN		KIRAN		KIRAN	KIRAN		KIRAN	
36)	Sweeti	soresh		soresh		soresh	sweeti		soresh
37)	Kajal		Kajal		Kajal	Kajal		Kajal	Kajal
38)	SSahar	SSahar		SSahar		SSahar	SSahar		SSahar
39)	S. Raut	S. Raut	S. Raut		S. Raut		S. Raut	S. Raut	
40)	R. Nandan		R. Nandan	R. Nandan		R. Nandan		R. Nandan	R. Nandan
41)	EKata	EKata	EKata		EKata		EKata	EKata	
42)	Pratik		Pratik	Pratik		Pratik		Pratik	Pratik
43)	Sakshi	Sakshi		Sakshi	Sakshi		Sakshi		Sakshi
44)	p. Zade		p. Zade		p. Zade	p. Zade		p. Zade	
45)	K. Zade	K. Zade		K. Zade		K. Zade	K. Zade	K. Zade	K. Zade





HANUMAN VYAYAM PRASARAK MANDAL  
SHARDCHANDRA PAWAR KALA MAHILA MAHAVIDYALAYA,  
CHAMORSHI



MAHAVIDYALAYA CODE: 042  
TA- CHAMORSHI DIST- GADCHIROLI  
(AFFILIATED WITH GONDWANA UNIVERSITY GADCHIROLI)  
Website. spkmchamorshi.in

EMAIL – mahilachamorshi2008@gmail.com

Mo. 9421857725/9420105767

## Report on Workshop on Personality Development

1. **Name of the Event** : Workshop on Personality Development
2. **Date of Event** : 10-28<sup>th</sup> February 2023
3. **Event Duration** : 30 Hour
4. **Event Venue** : Sharadchandra Pawar Kala Mahila Mahavidyalaya, Chamorshi
5. **Resource Person at Event** : D. G. Hatawar
6. **Coordinator of Event** : K. P. Amborkar
7. **Number of participants** : 45
8. **Objective**
  - Develop self-awareness and self-reflection skills.
  - Enhance communication and interpersonal skills.
  - Cultivate emotional intelligence for effective relationships.
  - Set and achieve personal and academic/professional goals.
  - Understand principles of leadership and teamwork
9. **Outcome:**

Participants gain essential skills for personal growth and effective interpersonal relationships, fostering self-awareness, confidence, and communication abilities.

  
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**Mrs. D.G . Hatwar addressing the students on Personality Development**

  
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Dist. Gadchiroli



Hanuman Vyayam Prasark Mandal,  
Chamorshi



**Sharadchandra Pawar kala Mahila Mahavidyalaya,  
Chamorshi Dist-Gadchiroli 442603**

Affiliated To Gondwana University, Gadchiroli

**Certificate**

2022-2023

This is to certify that Gayatri Ravindra Kumare a student of  
B.A.II Year has successfully completed the Personality Development  
Program Conducted by Sharadchandra Pawar Kala Mahila  
Mahavidyalaya Chamorshi for a duration at 30 hours.

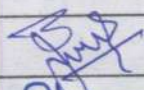
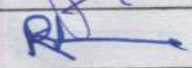
Head


Principal

सूचना

दि 30/02/2023

महाविद्यालयातील दिलिय व तृतीय वर्षातील विद्यार्थीनिता सूचित करण्यात येते कि दिनांक 11/03/2023 ते 18/03/2023 पर्यंत Powerpoint presentation and Email या विषयावर वर्कशाप घेण्यात येत आहे तरी आपली उपस्थिती प्राथमिक आहे.

Name of Teacher	class	sign
Pro. Dr. B.V. Dhote		
Pro. K.P. Ambekar		
<del>Pro. N. R. Zade</del>		

  
Shardchandra Pawar Kala Mantra  
Mahavidyalaya Chamorshi  
Dist. Gadchiroli

## **Syllabus on : Powerpoint Presentation**

**Duration of course: 30 Hrs**

### **Course objective:**

- Understand the principles of effective presentation design.
- Develop skills in organizing and structuring presentation content.
- Learn techniques for creating visually appealing slides with appropriate use of text, images, and multimedia.
- Practice effective delivery skills, including public speaking and engaging the audience.
- Gain confidence in presenting ideas in various academic and professional settings.

### **Course outcome :**

CO1: Students will develop skills in organizing presentation content logically, including introduction, main points, and conclusion

CO2: Students will use visuals, such as images, charts, and graphs, to support and enhance their message effectively.

CO3: Students will use visuals, such as images, charts, and graphs, to support and enhance their message effectively

CO4: Students will demonstrate proficiency in adding and formatting text, including headers, bullet points, and paragraphs

CO5: Students will effectively integrate multimedia elements such as images, videos, and animations for interactive presentations.

CO6: Students will apply slide transitions and animations appropriately to emphasize key points and maintain audience engagement.

### **Unit 1: Introduction to PowerPoint**

- Overview of PowerPoint interface and features
- Understanding slide layouts and design themes
- Best practices for creating a visually appealing presentation

  
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## **Unit 2: Design Principles for Effective Presentations**

- Principles of design: layout, color, contrast, alignment
- Using typography for readability and impact
- Visual hierarchy and emphasis techniques

## **Unit 3: Content Organization and Storytelling**

- Structuring presentation content: introduction, main points, conclusion
- Crafting a compelling narrative for engaging storytelling
- Using visuals to support and enhance the message

## **Unit 4: Slide Elements and Multimedia Integration**

- Adding and formatting text: headers, bullet points, paragraphs
- Incorporating images, charts, and graphs for data visualization
- Inserting videos, audio, and animations for interactive presentations

## **Unit 5: Slide Transitions and Animations**

- Using slide transitions for seamless flow between slides
- Applying animations for emphasis and engagement
- Avoiding excessive animations and distracting effects

## **Unit 6: Presentation Delivery Skills**

- Effective public speaking techniques: voice modulation, body language
- Handling nervousness and building confidence
- Engaging the audience: eye contact, interaction, Q&A session

  
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**HANUMAN VYAYAM PRASARK MANDAL  
SHARDCHANDRA PAWAR KALA MAHILA  
MAHAVIDYALAYA, CHAMORSHI**



MAHAVIDYALAYAA CODE: 042  
TA- CHAMORSHI DIST- GADCHIROLI  
(AFFILIATED WITH GONDWANA UNIVERSITY GADCHIROLI)  
Website. spknichamorshi.in

EMAIL – mahilachamorshi2008@gmail.com Mo. 9423423434 /9420105767

**BACHELOR OF ART**

Session : 2022-23

Semester- IV, VI

**Student Attendance Sheet**

**Workshop**

Name Of Activity:

powerpoint presentation and  
Email writing

Date: 01-18 mar-2023

Sr.No	Participant Name	Day1	Day2	Day3	Day4	Day5	Day6
1)	pratikha Diwakar fule	Pratikha	Pratikha	Pratikha	Pratikha	Pratikha	Pratikha
2)	popita Raju Grohane	Popita	Popita	Popita	Popita	Popita	Popita
3)	Manisha Lahuji Madavi	M.L.Madavi	M.L.Madavi	M.L.Madavi	M.L.Madavi	M.L.Madavi	M.L.Madavi
4)	shridhvi Nandaji chalak	Schalak	Schalak	Schalak	Schalak	Schalak	Schalak
5)	Sonitai Sadashiv Kasture	Sonitai	Sonitai	Sonitai	Sonitai	Sonitai	Sonitai
6)	Pravali Kalidas Mandale	Pmandale	Pmandale	Pmandale	Pmandale	Pmandale	Pmandale
7)	Ashwina Satyawam gadde	A.S.Gadde	A.S.Gadde	A.S.Gadde	A.S.Gadde	A.S.Gadde	A.S.Gadde
8)	shital pradip chahakate	Shital	Shital	Shital	Shital	Shital	Shital
9)	Komal Lulshirram zabade	Komal	Komal	Komal	Komal	Komal	Komal
10)	Ashwini Anil Bhakare	Ashwini	Ashwini	Ashwini	Ashwini	Ashwini	Ashwini
11)	Ashwini Gopinath Maske	Amaske	Amaske	Amaske	Amaske	Amaske	Amaske
12)	Komal Giteshwar Bobate	K.Bobate	K.Bobate	K.Bobate	K.Bobate	K.Bobate	K.Bobate
13)	swati shridhar Abhare	swati	swati	swati	swati	swati	swati
14)	Tejashwini Anil Shinde	Tejashwini	Tejashwini	Tejashwini	Tejashwini	Tejashwini	Tejashwini
15)	Ashal Ramesh Ghongade	Ashal	Ashal	Ashal	Ashal	Ashal	Ashal
16)	shubhangi Sanjay seetpuk	Shubhangi	Shubhangi	Shubhangi	Shubhangi	Shubhangi	Shubhangi

  
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Sr.No	Participant Name	Day1	Day2	Day3	Day4	Day5	Day6
17)	Sondli Ashok Wajekar	Sondli	Sondli	Sondli	Sondli	Sondli	Sondli
18)	Pooja Uthod Devgirkar	Pooja	Pooja	Pooja	Pooja	Pooja	Pooja
19)	Pallavi Vilas Kisme	Pallavi	Pallavi	Pallavi	Pallavi	Pallavi	Pallavi
20)	Kajal Shankar Madavi	Kajal	Kajal	Kajal	Kajal	Kajal	Kajal
21)	Priyanka Vasant Madavi	Priyanka	Priyanka	Priyanka	Priyanka	Priyanka	Priyanka
22)	Amisha Bandu Chalakh	Amisha	Amisha	Amisha	Amisha	Amisha	Amisha
23)	Aspita Durgaji Chapatle	Aspita	Aspita	Aspita	Aspita	Aspita	Aspita
24)	Seema Bandu Budhabale	Seema	Seema	Seema	Seema	Seema	Seema
25)	Ravina Badaji Gadde	R. Gadde	R. Gadde	R. Gadde	R. Gadde	R. Gadde	R. Gadde
26)	Monal Gyruddy Gaikwad	Mihal	Mihal	Mihal	Mihal	Mihal	Mihal
27)	Priyanka Kadam Kohale	P. Kohale	P. Kohale	P. Kohale	P. Kohale	P. Kohale	P. Kohale
28)	Pooja Wasudeo Kundawar	Pooja	Pooja	Pooja	Pooja	Pooja	Pooja
29)	Shubangi Lahari Madavi	S. Madavi	S. Madavi	S. Madavi	S. Madavi	S. Madavi	S. Madavi
30)	Reshama Anil Matham	R. Matham	R. Matham	R. Matham	R. Matham	R. Matham	R. Matham
31)	Komal Dilipkar Nilamwas	Komal	Komal	Komal	Komal	Komal	Komal
32)	Karishma Dilip Pipare	K. Pipare	K. Pipare	K. Pipare	K. Pipare	K. Pipare	K. Pipare
33)	Shruti Kalidas Raut	S. Raut	S. Raut	S. Raut	S. Raut	S. Raut	S. Raut




SR.NO.	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14	Day 15
1)	Pratikla	Pratikla		Pratikla		Pratikla		Pratikla	Pratikla
2)	Egolare		Egolare		Egolare		Egolare	Egolare	Egolare
3)									
4)	Schalak	Schalak		Schalak		Schalak		Schalak	Schalak
5)	Sonidar		Sonidar	Sonidar	Sonidar		Sonidar		Sonidar
6)	Pmardak	Pmardak		Pmardak		Pmardak		Pmardak	
7)	Shitar		Shitar	Shitar	Shitar		Shitar		Shitar
8)	Ashasina		Ashasina		Ashasina		Ashasina		Ashasina
9)	Komal	Komal	Komal		Komal		Komal		Komal
10)	Ashini		Ashini		Ashini	Ashini		Ashini	
11)	Ameske	Ameske		Ameske		Ameske	Ameske		Ameske
12)	K.Babak	K.Babak	K.Babak		K.Babak		K.Babak	K.Babak	
13)	Saati	Saati		Saati		Saati		Saati	Saati
14)	Tjastak		Tjastak		Tjastak		Tjastak		Tjastak
15)	Ashal	Ashal		Ashal		Ashal		Ashal	Ashal
16)	Shubangi	Shubangi	shubang	Shubang	Shubangi		Shubangi		Shubangi
17)	Sonali		Sonali		Sonali	Sonali		Sonali	
18)	Pajig	Pajig		Pajig		Pajig	Pajig		Pajig
19)	Pallavi		Pallavi		Pallavi		Pallavi	Pallavi	
20)	Kajal	Kajal		Kajal		Kajal		Kajal	Kajal
21)	Pattank		Pattank		Pattank		Pattank		Pattank
22)	Anirke	Anirke		Anirke		Anirke		Anirke	
23)	Aspita		Aspita		Aspita		Aspita	Aspita	Aspita
24)	Seema	Seema		Seema		Seema		Seema	Seema
25)	R.Cadde		R.Cadde		R.Cadde		R.Cadde		R.Cadde
26)	Minal	Minal		Minal		Minal		Minal	Minal
27)	P.Kahale	P.Kahale	P.Kahale		P.Kahale		P.Kahale		P.Kahale
28)	Patal		Patal	Patal		Patal		Patal	Patal
29)	Somadai	Somadai		Somadai	Somadai		Somadai		Somadai
30)	R.Nadham	R.Nadham	R.Nadham		R.Nadham	R.Nadham		R.Nadham	



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SR.NO.	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14	Day 15
31)	Komal		Komal		Komal	Komal		Komal	Komal
32)	K.pipax	K.pipax		K.pipax		K.pipax	K.pipax		K.pipax
33)	S.Raut		S.Raut		S.Raut		S.Raut	S.Raut	S.Raut

  
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Website. splmchamorshi.in

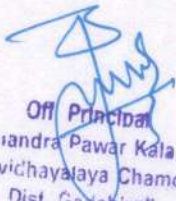
EMAIL – mahilachamorshi2008@gmail.com

Mo. 9421857725/9420105767

## Report on Workshop on Power Point Presentation and Email writing

1. **Name of the Event** : Workshop on Power point presentation and Email writing
2. **Date of Event** : 1-18<sup>th</sup> March 2023
3. **Event Duration** : 30 Hour
4. **Event Venue** : Sharadchandra Pawar Kala Mahila Mahavidyalaya, Chamorshi
5. **Resource Person at Event** :Ajay M. Durge
6. **Coordinator of Event** :K. P. Amborkar
7. **Number of participants** : 33
8. **Objective** :
  - Understand the principles of effective presentation design.
  - Develop skills in organizing and structuring presentation content.
  - Learn techniques for creating visually appealing slides with appropriate use of text, images, and multimedia.
  - Practice effective delivery skills, including public speaking and engaging the audience.
  - Gain confidence in presenting ideas in various academic and professional settings.
9. **Outcome** :

Through the development of visually appealing PowerPoint presentations and polished email writing, participants improve their communication skills for success in both their academic and professional lives.

  
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Mahavidyalaya Chamorshi  
Dist. Gadchiroli



**Mr. Ajay M. Durge addressing the students on Power point presentation and Email writing**

  
Off. Principal  
Shardchandra Pawar Kala Mahla  
Mahavichayalaya Chamorshv  
Dist. Ganeshpur



Hanuman Vyayam Prasark Mandal,  
Chamorshi



**Sharadchandra Pawar kala Mahila Mahavidyalaya,  
Chamorshi Dist-Gadchiroli 442603**

Affiliated To Gondwana University, Gadchiroli

**Certificate**

2022-2023

This is to certify that Manisha Lahuji Madavi a student of  
B.A. II Year has successfully completed the Powerpoint Presentation  
And Email Writing conducted by Sharadchandra Pawar Kala Mahila  
Mahavidyalaya Chamorshi for a duration at 30 hours.

Head

Principal

दि. 24/3/2023

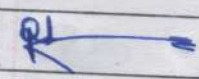
महाविद्यालयीय  
स्वतंत्रता दिवस विधानीय विषयशास्त्र


परीक्षा केंद्र 2023 याने 10th दि. 27/3/23

पाठ्युप 17/4/23 पर्यंत Exam

Preparatory For MPSC and UPSC  
व्यक्त माहिती देण्यात येत नरी आपली  
उपसमीची प्राथमिक आहे

Name of Teachers

Name of Teachers	class	Sign
Pro. K. P. Amborkar	BA III	

  
Shardchandra Pawar Kala Manik  
Mahavidyalaya Chamorsta  
Dist. Gadchiroli

## **Syllabus on: Exam preparation for MPSC and UPSC**

**Duration of course: 30 Hrs.**

### **Course objective:**

- To familiarize graduate students with the exam patterns and syllabus of MPSC and UPSC.
- To provide an in-depth understanding of key subjects such as General Studies, Indian Polity, Economy, History, and Geography.
- To develop critical thinking and analytical skills necessary for answering exam questions at the graduate level.

### **Course outcome:**

- CO1: Students will have a deep understanding of the exam patterns, syllabus, and eligibility criteria of MPSC and UPSC exams at the graduate level.
- CO2: They will possess comprehensive knowledge of key subjects including General Studies, Indian Polity, Economy, History, Geography, Science and Technology, Current Affairs, and optional subjects of their choice.
- CO3: Students will be familiar with recent developments, government schemes, and policies relevant to the exams.

### **Unit-I: Introduction to MPSC and UPSC**

- Overview of MPSC and UPSC exams
- Exam patterns, syllabus, and eligibility criteria at the graduate level
- Tips for effective exam preparation

### **Unit –II: General Studies (GS) - Part 1**

- Indian History: Ancient, Medieval, and Modern
- Indian Geography: Physical and Political
- Indian Polity: Constitution, Governance, and Public Administration

### **Unit III: General Studies (GS) - Part 2**

- Indian Economy: Basic Concepts, Sectors, and Recent Developments
- Science and Technology: Recent Advancements and Applications
- Environment and Ecology: Issues, Conservation, and Sustainable Development

#### **Unit IV: Current Affairs and Contemporary Issues**


- National and International Current Affairs
- Recent Government Schemes, Policies, and Initiatives
- Economic Survey, Budget Analysis, and Fiscal Policy

#### **Unit V: Optional Subjects (Choose One)**

- History: World History, Art and Culture
- Geography: Indian and World Geography, Disaster Management
- Economics: Micro and Macro Economics, Development Economics

#### **Unit VI: Optional Subjects (Choose One)**

- Political Science: Indian Polity, International Relations
- Science and Technology: Space Technology, Biotechnology, IT
- Environmental Science: Biodiversity, Climate Change, Pollution Control

  
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Dist. Gadchiroli



HANUMAN VYAYAM PRASARK MANDAL  
SHARDCHANDRA PAWAR KALA MAHILA  
MAHAVIDYALAYA, CHAMORSHI



MAHAVIDYALAYAA CODE: 042  
TA- CHAMORSHI DIST- GADCHIROLI  
(AFFILIATED WITH GONDWANA UNIVERSITY GADCHIROLI)  
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Mo. 9423423434 /9420105767

BACHELOR OF ART

Session : 2022-23

Semester- VI

Student Attendance Sheet

Workshop

Name Of Activity:

Exam preparation for MPSC and  
UPSC


Date = 27 Mar - 17 Apr - 2023

Sr.No	Participant Name	Day1	Day2	Day3	Day4	Day5	Day6
①	Kajal Anil Naikam	Kajal	Kajal	Kajal	Kajal	Kajal	Kajal
②	Reshama Anil Naikam	R.Naikam	R.Naikam	R.Naikam	R.Naikam	R.Naikam	R.Naikam
③	Komal Diwakar Nilgavkar	Komal	Komal	Komal	Komal	Komal	Komal
④	Karishma Dilip Pipare	Karishma	Karishma	Karishma	Karishma	Karishma	Karishma
⑤	Shruti Kaliday Raut	S.Raut	S.Raut	S.Raut	S.Raut	S.Raut	S.Raut
⑥	Shilpa Sitaram Sahare	SSahare	SSahare	SSahare	SSahare	SSahare	SSahare
⑦	Kajal Prakash Selpute	Kajal	Kajal	Kajal	Kajal	Kajal	Kajal
⑧	Sweeti Vilay Shende	Sweeti	Sweeti	Sweeti	Sweeti	Sweeti	Sweeti
⑨	Kiran Wasudeo Shetye	Kiran	Kiran	Kiran	Kiran	Kiran	Kiran
⑩	Pratiksha Maroti Thakur	Pratiksha	Pratiksha	Pratiksha	Pratiksha	Pratiksha	Pratiksha
⑪	Payal Ravaji Zabade	Payal	Payal	Payal	Payal	Payal	Payal
⑫	Karishma Meekharu Zade	Karishma	Karishma	Karishma	Karishma	Karishma	Karishma
⑬	Ashwini Baburao Boliwar	Ashwini	Ashwini	Ashwini	Ashwini	Ashwini	Ashwini
⑭	Tejaswini Ashok Bhorde	Tejaswini	Tejaswini	Tejaswini	Tejaswini	Tejaswini	Tejaswini
⑮	Arpita Durgaji Chapale	Arpita	Arpita	Arpita	Arpita	Arpita	Arpita
⑯	Seema Bandu Dhadhale	Seema	Seema	Seema	Seema	Seema	Seema

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Sr.No	Participant Name	Day1	Day2	Day3	Day4	Day5	Day6
①	Sushama Jag-eshwar Durge	S.Durge	S.Durge	S.Durge	S.Durge	S.Durge	S.Durge
②	Ravina Dadaji Gadde	R.Gadde	R.Gadde	R.Gadde	R.Gadde	R.Gadde	R.Gadde
③	Minal Gurruday Gaikwad	Minal	Minal	Minal	Minal	Minal	Minal
④	Priyanka Kusum Kohate	Priyanka	Priyanka	Priyanka	Priyanka	Priyanka	Priyanka
⑤	Dayal Wasudeo Kundawar	Dayal	Dayal	Dayal	Dayal	Dayal	Dayal
⑥	Shubhangi Lahari Madavi	Smadavi	Smadavi	Smadavi	Smadavi	Smadavi	Smadavi
⑦	Sakshi Ashit Maramdar	Sakshi	Sakshi	Sakshi	Sakshi	Sakshi	Sakshi
⑧	Priyankajivaji Mandat	Pmandat	Pmandat	Pmandat	Pmandat	Pmandat	Pmandat
⑨	Ekata Vinod Mangar.	Ekata	Ekata	Ekata	Ekata	Ekata	Ekata

  
Off. Principal  
Shardchandra Pawar Kala Mahila  
MahaviChayataya Chamorshi  
Dist. Ganchinr

SR.NO.	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14	Day 15
①	Kajay	Kajay		Kajay	Kajay		Kajay		Kajay
②	R.Naikam		R.Naikam		R.Naikam	R.Naikam		R.Naikam	
③	Komal	Komal		Komal	Komal		Komal		Komal
④	Karishma		Karishma		Karishma	Karishma		Karishma	
⑤	S.Raut	S.Raut		S.Raut		S.Raut	S.Raut		S.Raut
⑥	Ssahax		Ssahax		Ssahax		Ssahax	Ssahax	
⑦	Kajay	Kajay		Kajay	Kajay	Kajay		Kajay	Kajay
⑧	Sweeti		Sweeti	Sweeti		Sweeti	Sweeti		Sweeti
⑨	Kiran	Kiran	Kiran	Kiran	Kiran		Kiran	Kiran	
⑩	Faalkkda		Faalkkda		Faalkkda	Faalkkda		Faalkkda	Faalkkda
⑪	Datal	Datal		Datal		Datal	Datal		Datal
⑫	Karishma		Karishma		Karishma		Karishma	Karishma	
⑬	Ashwini	Ashwini		Ashwini		Ashwini	Ashwini		Ashwini
⑭	Aspida		Aspida		Aspida	Aspida		Aspida	Aspida
⑮	Seema	Seema		Seema		Seema	Seema		Seema
⑯	Tgashani		Tgashani	Tgashani	Tgashani		Tgashani	Tgashani	
⑰	S.Durge	S.Durge		S.Durge		S.Durge		S.Durge	S.Durge
⑱	R.Gadde		R.Gadde		R.Gadde		R.Gadde	R.Gadde	R.Gadde
⑲	Minal	Minal		Minal		Minal		Minal	Minal
⑳	Paryanki		Paryanki		Paryanki		Paryanki		Paryanki
㉑	Datal	Datal		Datal		Datal		Datal	Datal
㉒	S.madavi	S.madavi	S.madavi		S.madavi		S.madavi		S.madavi
㉓	Sakshi		Sakshi	Sakshi		Sakshi		Sakshi	Sakshi
㉔	Pomarda	Pomarda		Pomarda	Pomarda		Pomarda		Pomarda
㉕	Ekata	EKta	EKta		EKta	EKta	EKta	EKta	EKta

  
 Off. Principal  
 Shardendra Rawar Kala Mahla  
 Mahavichayalaya Chamorsiv  
 Dist. Ganchinoli



HANUMAN VYAYAM PRASARAK MANDAL  
SHARDCHANDRA PAWAR KALA MAHILA MAHAVIDYALAYA,  
CHAMORSHI




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Website. spkmchamorshi.in

EMAIL – mahilachamorshi2008@gmail.com

Mo. 9421857725/9420105767

## Report on Workshop on Exam Preparation for MPSC and UPSC

1. **Name of the Event** : Workshop on Exam Preparation for MPSC and UPSC
2. **Date of Event** : 27<sup>th</sup> March -17<sup>th</sup> April 2023
3. **Event Duration** : 30 Hour
4. **Event Venue** : Sharadchandra Pawar Kala Mahila Mahavidyalaya , Chamorshi
5. **Resource Person at Event** : Mr.Dhananjay Yadav and Dr. H. D Nikhade
6. **Coordinator of Event** : K.P. Amborkar
7. **Number of participants** : 25
8. **Objective** :
  - To familiarize graduate students with the exam patterns and syllabus of MPSC and UPSC.
  - To provide an understanding of key subjects such as General Studies, Indian Polity, Economy, History, and Geography.
  - To develop critical thinking and analytical skills necessary for answering exam questions at the graduate level
9. **Outcome** : Exam patterns, study techniques, and topic understanding were acquired by the participants in preparation for the MPSC and UPSC exams.

  
Ott. Principal  
Shardchandra Pawar Kala Mahila  
Mahavidyalaya Chamorshi  
Dist Gadchiroli



**Mr. Dhananjay Yadav addressing the students on Exam Preparation for MPSC and UPSC**



**Dr. H. D. Nikhade addressing the students on Exam Preparation for MPSC and UPSC**

  
Off. Principal  
Shardchandra Pawar Kala Mahila  
Mahavidyalaya, Chamorshi  
Dist. Gadchiroli



Hanuman Vyayam Prasark Mandal,  
Chamorshi



**Sharadchandra Pawar kala Mahila Mahavidyalaya,  
Chamorshi Dist-Gadchiroli 442603**

Affiliated To Gondwana University, Gadchiroli

**Certificate**

2022 - 2023

This is to certify that Shubhangi Lahuji Madavi a student of

B.A. III Year has successfully completed the Exam Preparation For

M.P.S.C. And U.P.S.C. Conducted by Sharadchandra Pawar Kala Mahila

Mahavidyalaya Chamorshi for a duration at 30 hours.

Head

Principal