



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

Criterion VII
Institutional Values and
Best Practices

7.2 Best Practices

7.2.1 Describe two best practices successfully implemented by the Institution as per NAAC format provided in the Manual



VSPM Academy of Higher Education Nagpur's

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

(Affiliated to RTM Nagpur University, Nagpur)



Website: www.jncwadi.ac.in

E-mail: jnc.wadi@rediffmail.com

Phone: (07104) 220963

Date: 10/09/2024

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

Convenor
(IQAC)

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

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





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SELF-DEFENSE FOR GIRL STUDENTS

SWAYAMSIDDHA



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IQAC/Department of Physical Education

SWAYAMSIDDHA (2023-24)


Self-Defence Program for Girl Students

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

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



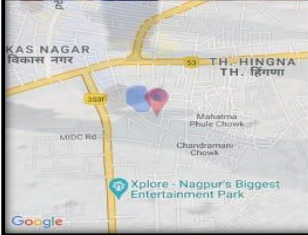
Dr Sarang Khadse
Coordinator
Department of Physical education



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

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





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

Nagpur
Maharashtra
India



31°C

88°F

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



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

Nagpur
Maharashtra
India



29°C

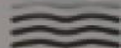
84°F

2024-04-01(Mon) 08:42(AM)



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

Nagpur
Maharashtra
India



31°C

88°F

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



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

Nagpur
Maharashtra
India



31°C

88°F

2024-04-05(Fri) 08:32(AM)

Attendance Sheet

V S P M Academy of Higher Education, Nagpur

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

Department of Sports and Physical Education

"SWYASIDDHA CAMP"

Date: 01/04/24

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

"SWYASIDDHA CAMP"

Date: 02/04/24

Sr No	Name Of Student	Class	Signature
①	Tiny G' Rahangdale	Bsc-1 st year	Tiny G' Rahangdale
②	Poonam N. Paise	B.Com 3 rd year	P. N. Paise
③	Tejeshwari -L. Patil	Bsc 3 rd year	Patil
4)	Swati S. Dhurve	B.A 3 rd year	Swati Dhurve
5)	Suhani K. Biseh	Bsc 1 st year	Biseh
6)	Nikita D. Choudhari	Bsc 1 st year	Nikita
7)	Kiran B. SHUKIA	B.A 1 st year	Kiran
8)	Akanksha J. Kansarpe	B.A 2 nd year	AJ
9)	Vaishali D. Tembhare	-11-	Tembhare
10)	Janika V. Bunde	B.Com 2 nd year	Bunde
11)	Neha M. Mankar	B.Com 1 st year	Neha
12)	Keshav R. Zingte	Bsc 1 st year	Keshav
13)	Sakshi I. Dhale	B.sc 2 nd year	S. I. Dhale
14)	Sakshi P. Dhonde	-11-	Dhonde
15)	Alkasha K. Ramteke	-11-	Ramteke
16)	Ritika D. Kshirsagar	-11-	Ritika
17)	Sejal. Shende	-11-	Sejal
18)	Mansi. Nikam	-11-	Nikam
19)	Shradha. Mendhe	-11-	Mendhe
20)	Pooja. Yadav	-11-	Pooja Yadav
21)	Sweety Vexma	B.sc 4 th year	Sweety
22)	Nandini Nikam	-11-	Nandini Nikam
23)	Durga Gupta	-11-	Durga
24)	Dipali Lihare	-11-	Dipali
25)	Shivani Shahu	-11-	Shivani
26)	Sneha Meshram	-11-	Sneha
27)	Janusree Dabhekar	-11-	Janusree
28)	Payal. Khobragade	-11-	Khobragade
29)	Payal R. Tembhurkar	B.A 1 st year	Payal
30)	Babali D. Ingole	BA III rd year	Babali
31)	Ritubhai R. Patel	B.A 3 rd year	Patel
32)	Anjali Meshram	B.com 1 st year	Anjali A Meshram
33)	Aditi Meshram	-11-	A Meshram
34)	Shilpa Shahu	B.com 1 st year	Shahu

"SWYASIDDHA CAMP"

Date: 03/04/15

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

Attendance Sheet

V S P M Academy of Higher Education, Nagpur

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

Department of Sports and Physical Education

"SWYASIDDHA CAMP"

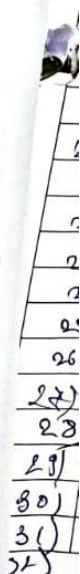
Date: 04/04/24

Slr No	Name Of Student	Class	Signature
1)	Krushali D. Tembhare	B.A 2 nd year	
2)	Akanksha J. Kamsarpe	-11-	
3)	Tyoti S. Patil	-11-	
4)	Suhani N. Bisen	B.Sc 1 st year	
5)	Neha M. Manekar	B.com 1 st year	
6)	Kiran B. Shukla	B.A 1 st year	
7)	Achal M. Ichhargade	B.com 1 st year	
8)	Anjali Meshram	B.com 1 st year	Anjali A Meshram
9)	Saniya S. Nandeshwar	B.com 1 st year	
10)	Janiya R. Patil	B.Sc 1 st year	
11)	Tanushree Dabekar	-11-	
12)	Payal P. Tembhurkar	B.A 1 st year	
13)	Durga Gupta	B.Sc 1 st year	
14)	Surety Verma	-11-	
15)	Shivani Shah	-11-	
16)	Humera Khan	-11-	
17)	Nayabani Nikam	-11-	
18)	Shilpa Shah	B.com 1 st year	
19)	Sivati Durve	B.A 3 rd year	
20)	Tejeshwari L. Patil	B.Sc 3 rd year	
21)	Babali Ingole	B.A 3 rd year	
22)	Purnam Patil	B.com 3 rd year	
23)	Ritubai Patil	B.A 3 rd year	
24)	Saloni Bisen	B.A 2 nd year	
25)	Pooja Saxode	B.Sc 1 st year	
26)	Shrushti Ambade	-11-	
27)	Chantika Bunde	B.com 1 st year	
28)	Sneha Meshram	B.Sc 1 st year	
29)	Nikita D. Choudhari	-11-	
30)	Akanksha C. Ramkeke	B.Sc 1 st year	
31)	Sakshi Dharde	B.Sc 1 st year	
32)	Priya C. Yadav	B.Sc 1 st year	
33)	Tinu G. Rahangdale	B.Sc 1 st year	

Date: 02/04

Sr No	Name Of Student	Class	Signature
1	Tiny 'G' Rahangdale	Bsc 1 st y	<u>T. Rahangdale</u>
2	Vaishali D. Tembhare	B.A. 2 nd year	<u>V. Tembhare</u>
3	Akanisha J. Karsumpe	- 11 -	<u>Akanisha</u>
4	Jyoti S. Patle	- 11 -	<u>Jyoti</u>
5	Kitebai R. Patel	B.A 3 rd year	R. Patel
6	Babali D. Ingole	- 11 -	B. Ingole
7	Swati S. Dhurve	- 11 -	Swati Dhurve
8	Tejeshwari L. Patil	Bsc 3 rd year	<u>Patil</u>
9	Shobhika Ambade	Bsc 1 st year	<u>Ambade</u>
10	Punam Patil	B.A 3 rd year	P. Patil
11	Pooja Sarode	B.sc 1 st year	<u>Pooja</u>
12	Suhani Bisen	- 11 -	Suhani
13	Neha Manekar	B.com 1 st	<u>Neha</u>
14	Kiran Shukla	B.A 1 st year	<u>Shukla</u>
15	Pooja R. Tembhare	- 11 -	<u>Pooja</u>
16	Shilpa B. Shahu	B.com 1 st year	<u>Shilpa</u>
17	Priya S. Yadav	B. Sc 2 nd year	<u>Priya Yadav</u>
18	Megha R. Rathod	Bsc 3 rd year	<u>M. Rathod</u>
19	Shivani Shahu	Bsc 1 st year	<u>Shivani</u>
20	Sweety Verma	- 11 -	<u>Sweety</u>
21	Durga Gupta	- 11 -	<u>Durga</u>
22	Sejal Shende	- 11 -	<u>Sejal</u>
23	Deepali Mihare	- 11 -	<u>Deepali</u>
24	Humayra Khan	- 11 -	<u>Humayra</u>
25	Tanushree Dabekar	- 11 -	<u>Tanushree</u>
26	Nandani Nikam	- 11 -	<u>Nandani</u>
27	Akansha C. Ramteke	Bsc 3 rd year	<u>A. Ramteke</u>
28	Sakshi Dhande	Bsc 2 nd year	<u>Sakshi</u>
29	Manisha Nikam	- 11 -	<u>Manisha</u>
30	Sonika Bunde	B.com 2 nd year	<u>Sonika</u>
31	Saloni Bisen	B.A 2 nd year	<u>Saloni</u>

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





VSPM Academy of Higher Education Nagpur's

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Phone: (07104) 220963



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

of Event /Swayam siddha

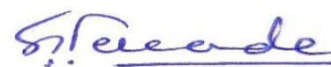
Name of the Department/ committee	Department of Physical Education & Sports
Name of the Coordinator/Convener	Dr. Sarang Khadse
Title of the Event/ Programme	Swayamsiddha
Date of the Programme	23rd Feb - 28th Feb 2023
❖ Objectives/Aim---	To motivate the girl's students for building up self-confidence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

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



Convener

Dr. Sarang S. Khadse



Principal

Dr. Sanjay. S. Tekade

Attendance Sheet

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

"SWYASIDDHA CAMP"

Date: 23/02/2023

Sr. No	Name of Student	Class	Signature
1)	Ragini Rajesh wasnik	Bsc 6 th sem	Ragini
2)	Saloni Rajesh wasnik	Bsc 6 th sem	Saloni
3)	Chhaya munhal Patle	B.A 1 st year	Chhaya
4)	Ranu Ganesh Raut	BSC-6 th sem	Ranu
5)	Ridhi Rajendra Kshirsagar	B-sc 6 th sem	Ridhi
6)	Shruti Laxman Pawar	B.Sc 6 th sem	Shruti
7)	Harshali Umrao Khandate	B.Sc 6 th sem	Harshali
8)	Nandini Kailas Manskolhe	B.A 1 st sem	Nandini
9)	Anamika Devraj Khatik	B.A 1 st sem	Anamika
10)	Sweta Vinayak pandhure	B.A 1 st year	Sweta
11)	Ruchika Bha. K. Mujje Khande	B.A 1 st year	Ruchika
12)	Saniya Ramnatesh Patel	B.A 2 nd year	Saniya
13)	Aakansha Suresh Gadam	B.A 2 nd year	Aakansha
14)	Sakshi Sukhlal Bahe	B.A 1 st year	Sakshi
15)	Achal Yuvraj Salam	B.A 1 st year	Achal
16)	Sakshi Indrajit Dhale	B-sc 1 st sem	Sakshi
17)	Hashmi Anil chavhan	B-sc 1 st sem	Hashmi
18)	Ritika Devraj Kshirsagar	B-sc 1 st sem	Ritika
19)	Mayuri Anup Baghele	B-sc 1 st sem	Mayuri
20)	Chetna Manoharaji Ingole	B-sc 1 st sem	Chetna
21)	Akansha C. Ramteke	B.Sc 1 st year 1 st sem	Akansha
22)	Sejal chintaman shende.	B.Sc 1 st year 1 st sem	Sejal
23)	payal yadav ghadeshwar	B.Sc 1 st year 1 st sem	payal
24)	Pratiksha Gangaadhar Khandale	B.A 1 st year 1 st sem	Pratiksha
25)	Payal Shantkar Kumbhalkar	B.A 1 st year 1 st sem	Payal
26)	Ritubai Rajwanshi Patel	B.A 2 nd year 1 st sem	Ritubai
27)	Babli Dinesh Ingole	B.A 2 nd year	Babli
28)	Pritya vijay sonwane	B.A 1 st sem	Pritya
29)	Vaishali Devjal Tembhere	B.A 1 st sem	Vaishali
30)	Sakshi Chhango Bopale	B.A 1 st sem	Sakshi
31)	ruamta Hanigovind Shukla	B.A 1 st sem	ruamta
32)	Sandhya Shantaram Sanbhedkar	B.A 1 st year	Sandhya
33)	Kaetinci mureshburji Jaitgure	B.A 1 st year	Kaetinci
34)	Sindhu Punaram shahu	B.A 2 nd year	Sindhu
35)	Shifa J. Hussain Mansuri	B.A 2 nd year	Shifa
36)	Vishakha Ishwar Bhekar	B.A 2 nd year	Vishakha
37)	Sudati Sunil Dhurve	B.A 2 nd year	Sudati
38)	Vaishram Baban Dhanorkar	B.A 2 nd year	Vaishram
39)	Kajal Rajesh Patel	B.A 2 nd year	Kajal

Attendance Sheet

V S P M Academy of Higher Education, Nagpur

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

Department of Sports and Physical Education

"SWYASIDDHA CAMP"

Date: 28/02/2023

Sr. No	Name of Student	Class	Signature
39	Riya Ashok Dahikar	B.A 1 year	Riya
40	Saloni Balchandra Pal	B.A. 2 year	Saloni
41	Aarti Ravindra Bachchare	B.A. 1st year	Aarti
42	Gauri Shivdhanj Ram	B.A 1st year	Gauri
43	Ruchi Narendran Falke	BSc 3rd year	Ruchi
44	Hanshuvar Sunil Sumbhar	BSc 3rd year	Hanshuvar
45	Jyoti Ashwingsh Patle	BA 1st year	Jyoti
46	Vaishali Devlal Tembhere	B.A 1st year	Vaishali
47	Jayshree Naresh Godbole	B.A. 1st year	Jayshree
48	Saloni Parwanlal Bisen	B.A 1st year	Saloni
49	Mahi Phaisar	B.A. 1st year	Mahi
50	Nikita Subaj Patel	BSc 6th SEM	Nikita
	A		

Attendance Sheet

V S P M Academy of Higher Education, Nagpur

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

Department of Sports and Physical Education

"SWYASIDDHA CAMP"

Date: 24/02/2023

Sr. No	Name of Student	Class	Signature
1.	Ranu Ganesh Raut	B.Sc. 6 th sem	Ranu
2.	Ridhi Rajendra Kshirsagar	B.Sc. 6 th sem	Ridhi
3.	Shruti Luxman Pawitkar	B.Sc. 6 th sem	Shruti
4.	Harshali Umrao Khanlate	B.Sc. 6 th sem	H. Khanlate
5.	Chhaya Mummal Patle	B.A. 1 st year	Chhaya
6.	Amamika Devdas Khatik	B.A. 1 st year	Amamika
7.	Swetu Vinayak Panchbudhi	B.A. 1 st year	Swetu
8.	Ragini Rajesh wasnik	B.Sc. 6 th sem	Ragini
9.	Sadoni Rajesh wasnik	B.Sc. 6 th sem	Sadoni
10.	Priyanka Vilas Sonawane	B.A. 1 st year	Priyanka
11.	Mamta Hemrajind. Shukla	B.A. 1 st year	M. Shukla
12.	Sakshi Changa Borek	B.A. 1 st year	S. Borek
13.	Sakshi Suktal Bane	B.A. 1 st year	S. Bane
14.	Saniya Ramnareesh patel	B.A. 2 nd year	S. Patel
15.	Ritubai Rajwam Patel	B.A. 2 nd year	R. Patel
16.	Payal Shankar Kumbhalkar	B.A. 1 st year	P. Kumbhalkar
17.	Achael Yawraj Saleem	B.A. 1 st year	Achael Saleem
18.	Babi Dinesh Injole	B.A. 2 nd year	B. Injole
19.	Vishakha Ishwar Bhele	B.A. 2 nd year	Vishakha
20.	Swati Sunil Dhurve	B.A. 2 nd year	Swati Dhurve
21.	Ruchika Bhakraji Londhe	B.A. 1 st year	R.
22.	Nandini Kailas Manskalhe	B.A. 1 st year	Nandini
23.	Sakshi Indrajit Dhale	B.Sc. 1 st year	S. I. Dhale
24.	Ritika Devdas Kshirsagar	B.Sc. 1 st year	Ritika
25.	Hashmi Anil Chavhan	B.Sc. 1 st year	H.
26.	Mayuri Anup Baghele	B.Sc. 1 st year	M.
27.	Sejal C. Shehde	-11-	Sejal
28.	Chetna Ingle	-11-	Chetna Ingle
29.	Akansha C. Ramteke	-11-	A. Ramteke
30.	Payal Ghodeswar	-11-	P. Ghodeswar
31.	Sandhya Sitawan Sonbhedje	B.A. 1 st year	S. Sonbhedje
32.	Kareema M Sawtugle	-11-	Kareema
33.	Pratiksha Gungadhar Khanlate	-11-	P. Khanlate
34.	Sanjana Dnyaneshwar Bhuade (B.Sc. 2 nd year)	-11-	S. Bhuade
35.	Sandhya Vilas Waghade	-11-	S.
36.	Pranjali Rajesh Borek	-11-	P. Borek
37.	Peena Ishwar Bhende	-11-	P. Bhende
38.	Hrushada Sunil Sambare	B.Sc. 3 rd year	H. Sambare
39.	Yamchi Narendra Falke	B.Sc. 3 rd year	Y. Falke

Attendance Sheet

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

"SWYASIDDHA CAMP"

Date 24/02/2023

Sr. No	Name of Student	Class	Signature
40	Shifa Sakir Hussain Manwari	B.A. 2nd year	Shifa
41	Sindhu Punasam Shahu	B.A. 2nd year	Sindhu
42	Saloni Balchandra Pal	B.A. 2nd year	Saloni
43	Jyoti Ashwini Singh Patil	B.A. 1st year	Jyoti
44	Vaishali Devdasi Tembhar	B.A. 1st year	Vaishali
45	Vaishnavi Baban Dhanorkar	B.A. 2 year	Vaishnavi
46	Aaditya Suresh Giedam	B.A. 2nd year	Aaditya
47	Kajal Rajesh Patel	B.A. 2nd year	Kajal
48	Aarti Ravindra Bachchhese	B.A. 1st year	Aarti
49	Riya Ashok Dahikar	B.A. 1st year	Riya
50	Nikita Suraj Patel	B.Sc. 6th SEM	Nikita
51	Jayshree Narresh Godbole	B.A. 1st year	Jayshree
52	Saloni Pawankar Rajen	B.A. 1st year	Saloni
53	Gauri Shivdhani Dam	B.A. 1st year	Gauri
54	Sakshi Chandra Bole	B.A. 1st year	Sakshi
	Amami R. Devedas Khatke	B.A. 1st year	Amami

Attendance Sheet

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

"SWYASIDDHA CAMP"

Date: 25/02/2023

Sr. No	Name of Student	Class	Signature
1.	Aakansha Suresh Gredam	B.A 2nd year	Aakansha
2.	Nikita Suraj Patil	B.Sc 3rd year	Nikita
3.	Vaishali D. Tembhare	B.A 1st year	Vaishali
4.	Ruachi N. Fulke	B.Sc 3rd year	Ruachi
5.	Hemshanker S. Gumbhar	B.Sc 3rd year	Hemshanker
6.	Pranali Barakar	B.Sc 2nd year	Pranali
7.	Jyoti Patte	B.A 1st year	Jyoti
8.	Poojisha G. Khandate	B.A 1st year	Poojisha
9.	Shifa Mansuri	B.A 2nd year	Shifa
10.	Smriti P. Shah	B.A 2nd year	Smriti
11.	Priya V. Sonwane	B.A 1st year	Priya
12.	Mamta Hemingirini Shakla	B.A 1st year	M. Shakla
13.	Sakshi C. Botele	B.A 1st year	Sakshi
14.	Achhal T. Salam	B.A 1st year	Achhal
15.	Payal Shankar Kumbhalkar	B.A 1st year	Payal
16.	Ritika Devraj Kshirsagar	B.Sc II Sem	Ritika
17.	Chhaya Muntali Patle	B.A 1st year	Chhaya
18.	Sanika R. Patil	B.A 2nd year	Sanika
19.	Aarti R. Bachchare	B.A 1st year	Aarti
20.	Hathmi A. Chavhan	B.Sc II Sem	Hathmi
21.	Sejal Chintaman Shende	-II-	Sejal
22.	Chetna Ingle	-II-	Chetna Ingle
23.	Payal Gholeswar	-II-	Payal
24.	Akansha Ramteke	-II-	Akansha
25.	Sakshi Dhale	-II-	Sakshi
26.	Madhuri Baghele	-II-	Madhuri
27.	Vishakha S. Shelave	B.A 2nd year	Vishakha
28.	Ritubai R. Patil	B.A 2nd year	R. Patil
29.	Babli D. Ingole	B.A 2nd year	B. Ingole
30.	Swati S. Dhurve	B.A 2nd year	S. Dhurve
31.	Kajal R. Patil	B.A 2nd year	Kajal
32.	Riya A. Dahikar	B.A 1st year	Riya
33.	Sandhya S. Sanbhedre	B.A 1st year	S. Sanbhedre
34.	Kaishri M. Saitande	B.A 1st year	Kaishri
35.	Shruti L. Rautkar	B.Sc III year	Shruti
36.	Saloni Rajesh Wasnik	B.Sc III year	Saloni
37.	Ranu Ganesh Raut	B.Sc III year	Ranu
38.	Ridhi Rajendra Kshirsagar	B.Sc III year	Ridhi
39.	Harshali Umrao Khandate	B.Sc III year	H. Khandate

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

"SWYASIDDHA CAMP"

Date: 25/02/2023

Sr. No	Name of Student	Class	Signature
40.	Sweeta V. Panchbudhe	1 st year	Sweeta
41.	Nandini Kailas Mhaske	1 st year	Nandini
42.	Ruchika Bhakrui Londhe	1 st year	R
43.	Sakshi Changa Bhole	B.A 1 st year	Sakshi Bhole
44.	Sakshi Suktal Bahe	B.A 1 st year	S. Bahe
45.	Katrina Mhaske Jaityade	- / -	Katrina
46.	Anamika De Vhao Khatik	B.A 1 st year	Anamika
47.	Achul Yuvraj Sulem	B.A 1 st year	Achul Sulem
48.	Geetani Shubhni Ram	B.A 1 st year	Geetani Ram
49.	Preena Ishwar Bhende	B.A 2 nd year	Preena Bhende
50.	Poojita Rajesh Baraskar	- / -	Poojita Baraskar
51.	Sandhya Vijay Waghade	- / -	Sandhya Waghade
52.			
53.			
54.			
55.			

Attendance Sheet

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

"SWYASIDDHA CAMP"

Date: 26/02/2023

Sr. No	Name of Student	Class	Signature
1	Mamta H. Shukla	B.A 1 year	M. Shukla
2	Priyanka V. Sankarane	B.A 1 year	Priyanka
3	Chhaya M. Patle	B.A 1 year	Chhaya
4	Sudati S. Dhurve	B.A 2 year	Sudati Dhurve
5	Saloni R. Wasnik	B.Sc III year	Saloni Wasnik
6	Rany G. Raut	-	Rany
7	Nikita Patel	-	Nikita
8	Harshali Khandate	-	Harshali Khandate
9	Ruchika Bhakraji Londe	BA 1 st year	Ruchika
10	Akansha C. Ramteke	B.Sc 1 st year	Akansha Ramteke
11	Sejal C. Shende	B.Sc 1 st year	Sejal
12	Harshada S. Sambare	B.Sc 2 nd year	Harshada
13	Kajal R. Patel	B.A 2 nd year	Kajal
14	Riya A. Dahikar	B.A 1 st year	Riya
15	Vishakha J. Bhuleve	B.A 2 nd year	Vishakha
16	Ritubai R. Patel	BA 2 nd year	R. Patel
17	Babali D. Ingole	BA 2 nd year	B. Ingole
18	Sakshi I. Dhale	B.Sc 1 st year	S. I. Dhale
19	Hashmi Anil Chavhan	-	Hashmi
20	Mayuki Anup Baghele	-	Mayuki
21	Sakshi Changa Borele	B.A 1 st year	Sakshi Borele
22	Sakshi Suktal Bahe	B.A 1 st year	S. Bahe
23	Sandhya Shrawan Sanbhedee	B.A 1 st year	S. Sanbhedee
24	Karinci Mageshwar Jutyude	-	Karinci
25	Anamika Devnail Khafil	BA 1 st year	Anamika
26	Achul Yuvraj Sulum	B.A 1 st year	Achul Sulum
27	Gauri Shivdhi Ram	B.A 2 year	Gauri Ram
28	Jyoti S. Patle	-	Jyoti
29	Vaishali D. Tembhore	-	Vaishali
30	Pratiksha G. Khandate	-	Pratiksha
31	Payal Sanjeev Kumbhalkar	-	Payal Kumbhalkar
32	Chetna Mangharji Ingole	B.Sc I year	Chetna Ingole
33	Payal Y. Chikalekar	-	Payal
34	Ritika D. Kshirsagar	-	Ritika
35	Ragini R. Wasnik	B.Sc III year	Ragini Wasnik
36	Shubhi I. Ramteke	-	Shubhi
37	Rishi R. Kshirsagar	-	Rishi

Attendance Sheet

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

"SWYASIDDHA CAMP"

Date: 27/02/2023

Sr. No	Name of Student	Class	Signature
1	Chhaya Munhabl Patle	1 st year	Chhaya
2	Saniya Ramnaresh Patil	2 nd year	Saniya Patil
3	Sejal Chintaman Shinde	4 th year	Sejal
4	Aranya C. Ramteke	-1-	Aranya Ramteke
5	Vishakha T. Bhelale	B.A 2 nd year	Vishakha
6	Ritubhai R. Patil	B.A 2 nd year	R. Patil
7	Babli Ingol.	-11-	Babli Ingol.
8	Swati S. Dhurve	-11-	Swati Dhurve
9	Nandini K. Maraskolhe	BA 1 year	Nandini
10	Shalata V. Parbhudhe	B.A 1 year	Shalata
11	Manita H. Dhukla	B.A 1 year	Manita Dhukla
12	Priya V. Sonwane	B.A 1 year	Priya
13	Ritika D. Kshirsagar	B.S.C 1 year	Ritika
14	Sakshi I. Dhale	B.S.C 1 year	S.I. Dhale
15	Mayuri Anup Baghele	B.S.C 1 year	Mayuri
16	Hashmi Anil Chavhan	B.S.C 1 year	Hashmi
17	Payal Ghodeswar	-11-	Payal Ghodeswar
18	Aarti R. Bachhase	B.A 1 year	Aarti
19	Chetna M. Ingole	B.Sc 1 st year	Chetna Ingole
20	Ridhi R. Kshirsagar	B.S.C 1 st year	Ridhi
21	Shruti L. Pawalkar	B.S.C 3 rd year	Shruti
22	Harshali U. Khandate	B.S.C 3 rd year	Harshali Khandate
23	Saloni Rajesh Wasnik	B.Sc 3 rd year	Saloni Wasnik
24	Nikita Suraj Patil	B.S.C 6 th sem	Nikita
25	Gauri Shivdhami Ram	B.A 1 year	Gauri
26	Riya A. Dahikar	BA 1 year	Riya
27	Aushika Bhakruji Londhe	BA 1 year	Aushika
28	Sakshi Changa Bhatole	B.A 1 year	Sakshi Bhatole
29	Sakshi Sukhlal Bane	B.A 1 year	S. Bane
30	Sandhya Shekhar Sambhedkar	BA 1 st year	S. Sambhedkar
31	Karipca Mageshwar Joshi	-11-	Karipca
32	Amamika Devraj Khattar	B.A 1 st year	Amamika
33	Ashutosh Yashraj Salun	B.A 1 year	Ashutosh Salun
34	Jyoti S. Patil	B.A 1 year	Jyoti
35	Vatshali D. Tembhare	B.A 1 year	Vatshali Tembhare
36	Payal V. Ghodeswar	B.S.C 1 year	Payal Ghodeswar
37	Harshada S. Sambare	B.S.C 3 rd year	Harshada
38	Ragini R. Wasnik	B.Sc 3 rd year	Ragini Wasnik

Attendance Sheet

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

"SWYASIDDHA CAMP"

Date: 27/02/2023

Sr. No	Name of Student	Class	Signature
1.	Chhaya Munnabl Patle	1 st year	Chhaya
2.	Saniya Ramnareksh Patil	2 nd year	Saniya Patil
3	Sejal Chintaman Shinde	4 th year	Sejal
4	Akaneha C. Ramteke	-1-	Akaneha
5.	Vishakha T. Bhelale	B.A 2 nd year	Vishakha
6.	Ritubhai R. Patil	B.A 2 nd year	R. Patil
7.	Gayatri Ingole	-1-	Gayatri Ingole
8)	Swati S. Dhurve	-1-	Swati S. Dhurve
9)	Nandini K. Manskolhe	BA 1 year	Nandini
10)	Shalata V. Parbhudhe	B.A 1 year	Shalata
11)	Mamta H. Dhukla	B.A 1 year	Mamta Dhukla
12)	Priya V. Sonwane	B.A 1 year	Priya
13)	Ritika D. Kshirsagar	B.S.C 1 year	Ritika
14)	Sakshi I. Dhale	B.S.C 1 year	S.I. Dhale
15)	Mayuri Anup Bachele	B.S.C 1 year	Mayuri
16)	Hashmi Anil Chavhan	B.S.C 1 year	Hashmi
17)	Payal Ghodeswar	-1-	Payal Ghodeswar
18)	Arshi R. Bachchase	B.A 1 year	Arshi
19)	Chetna M. Ingole	B.Sc 1 st Sem	Chetna Ingole
20)	Ridhi R. Kshirsagar	B.Sc 1 st year	Ridhi
21)	Shruti L. Rewarkar	B.Sc 1 st year	Shruti
22)	Harshali U. Khandate	B.Sc 3 rd year	Harshali Khandate
23)	Saloni Rajesh Wasnik	B.Sc 3 rd year	Saloni Wasnik
24)	Nikita Sury Patil	B.Sc 6 th Sem	Nikita
25	Gauri Shivdhami Ram	B.A 1 year	Gauri
26)	Riya A. Dahikar	BA 1 year	Riya
27)	Aushika Bhakruji Londhe	BA 1 year	Aushika
28)	Sakshi Changa Botele	B.A 1 year	Sakshi Botele
29)	Sakshi Sukhlal Bahre	B.A 1 year	S. Bahre
30)	Sandhya Shekhar Sanbhedkar	BA 1 st year	S. Sanbhedkar
31)	Karinci Manojkumar Jaitgude	-1-	Karinci
32)	Amamika Devraj Khatik	B.A 1 st year	Amamika
33)	Ashutosh Yashraj Salunke	B.A 1 year	Ashutosh Salunke
34)	Jyoti S. Patil	B.A 1 year	Jyoti
35)	Vandana D. Tembhare	B.A 1 year	Vandana
36)	Payal V. Ghodeswar	B.S.C 1 year	Payal Ghodeswar
37)	Harshada S. Sambare	B.S.C 1 year	Harshada
38)	Ragini R. Wasnik	B.Sc 3 rd year	Ragini







5224+656, Kachimet, Nagpur, Maharashtra 440023, India

Nagpur
Maharashtra
India

20°C
68°F

2023-02-28(Tue) 08:39(AM)



5224+656, Kachimet, Nagpur, Maharashtra 440023, India

Nagpur
Maharashtra
India

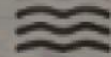
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2023-02-28(Tue) 08:33(AM)



5224+656, Kachimet, Nagpur, Maharashtra 440023, India

Nagpur
Maharashtra
India



24°C

75°F

2023-02-26(Sun) 09:04(AM)



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

(Affiliated to RTM Nagpur University, Nagpur)

Website: www.jncwadi.ac.in

E-mail: jnc.wadi@rediffmail.com

Phone: (07104) 220963



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

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

Dr N. V. Gharad
Convener

Dr S. Khadse
Event Coordinator

Dr K. S. Borkar IQAC,
Offg. Principal



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

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

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

Swayamsiddha-2022

Report

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

Aim:- Self defence & help the needy.

Duration:- 14th Feb to 18th Feb 2022

Participant:- 39

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

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

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

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



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

Nagpur
Maharashtra
India



19°C

66°F

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





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

Nagpur
Maharashtra
India



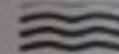
20°C
68°F

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



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

Nagpur
Maharashtra
India



24°C
75°F

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



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

Nagpur
Maharashtra
India

23°C
73°F

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



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

Nagpur
Maharashtra
India

23°C
73°F

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



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



(Affiliated to RTM Nagpur University, Nagpur)

Website: www.jncwadi.ac.in

E-mail: jnc.wadi@rediffmail.com

Phone: (07104) 220963

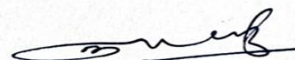
**Internal Quality Assurance Cell
Swayam siddha
2019-20**

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

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



Convener
Dr Sarang S. Khadse



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

Off. Principal
Dr M.N. Bhajbhuj

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Date: 15 / 12 / 2021

Sl. No.	Name of the Candidate	Grade	Roll No.
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अ.क्र.	विद्यार्थ्याचे नाव	वर्ग	सही
30			
31	Namrata Yashwantrao Umredkar	B.Com I	Namrata
32	Gouripuja Ramesh Lunge	B.Sc III	Gouripuja
33	Samiksha Rajendra Nitnaware	B.com I	Samiksha
34	Nikita Vijay Khuspare	B.com I	Nikita
35	Rachi Marati Khuspare	B.com II	Rachi
36	Lalita Mohan Mandavjode	B.com II	Lalita
37	Pratiksha Sudhakar Jale	B.Sc III	Pratiksha
38	Nilima K. Rokde	-	Nilima
39	Himanshu D. Gadhave	B.com III	Himanshu
40	Kiran S. Kumbhारे	B.A I	Kiran
41	Kajol M. Bhavsagar	B.A I	Kajol
42	Dipu. B. Patekar	B.com I	Dipu
43	Shrutika Shalendra Gurnule	B.com I	Shrutika
44	Chayatri Anil Choure	-II-	Chayatri
45	Smritika Pratiksha Remteke	B.com I	Smritika
46	Kanchan Shankar Yernate	B.com I	Kanchan
47	Dipika G. Chandekar	B.com I	Dipika
48	Swati Raju Pimpalkar	B.Sc-II	Swati
49	Pranali Rajendra Yawalkar	B.Sc-II	Pranali
50	Rajashri Vijayrao Sonwane	B.Sc-II	Rajashri
51	Jyoti Binay Vishwakarma	B.Sc-II	Jyoti
52	Pooja S. Wale	B.Sc-II	Pooja
53	Kinki J. Chougade	B.com III	Kinki
54	Ekta W. Ashirbagar	B.com III	Ekta
55	Ashwini R. Wale	B.Sc IV	Ashwini
56	Nilam D. Hirakhe	B.Sc IV	Nilam
57	Chiranjivi Lokde	B.Sc IV	Chiranjivi
58	Maya M. Tiwari	B.A III	Maya
59	Ashwini V. Sareke	B.A III	Ashwini
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 व्ही.एस.पी.एस. वॉकरी ऑफ हायर एज्युकेशन ट्रस्ट द्वारा संचालित
जवाहरलाल नेहरू कला वाणिज्य व विज्ञान महाविद्यालय
 वाडी, नागपुर.




स्वयंमिहदा शिबीर

दि. १२ फेब्रुवारी २०२० ते १५ फेब्रुवारी २०२०

आयोजक : क्रिडा विभाग व आय.क्यु.ए.सी.






VSPM Academy of Higher Education, Nagpur's
JAWAHARLAL NEHRU ARTS, COMMERCE & SCIENCE COLLEGE
 Wadi, Nagpur : 440 023 (M.S.) India



SWAYAMSIDDHA-2020
 Organised by : **Department of Sports & I.Q.A.C.**

Certificate of Participation

This is to certify that
Mr./ Ms. Shubhangi Sharanagat
 Studying in *M.Com IInd* for academic Session 2019-20
 of this Institute, has actively participated in this Camp
 organised on dated 12th Feb. 2020 to 15th Feb. 2020


(Hon. Shri. Y. D. Chalkhor)
 Secretary, V.S.P.M. Academy
 of Higher Education, Nagpur


(Dr. M. N. Bhajbhuj)
 Officiating Principal


(Dr. Sarang Khadse)
 Program Convener


(Dr. Narendra Gharad)
 I.Q.A.C. Convener

(Shri. Rajendra Sontakke)
 Vice President
 S.K.K.T., Nagpur



VSPM Academy of Higher Education Nagpur's

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

(Affiliated to RTM Nagpur University, Nagpur)

Website: www.jncwadi.ac.in

E-mail: jnc.wadi@rediffmail.com

Phone: (07104) 220963



**Internal Quality Assurance Cell
Swayamsiddha-2018-19
Report**

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

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

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



Convener
Dr. Sarang S. Khadse



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

Off. Principal
Dr M.N. Bhajbhujе

Attendance Sheet Swayamsiddha Camp

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

- 31) Payal A. Karkale B.A II Pooja
- 32) Shital P. Langekar B.FIT nili nili
- 33) Poushima S. Pooche B.A II Pooche, Pooche
- 34) Anjali K. Bundele B.A II Pooche, Pooche
- 35) Jyoti R. Gupta B.Com II year Jyoti
- 36) Ritu M. Deshmukh B.Com II year Ritu
- 37) Shubhangi V. Patil B.Com II year Patil
- 38) Rupali D. Panchballe B.Com II year Rupali
- 39) Shital S. Ghosh - I - Shital
- 40) Shubhangi S. Paullkar B.Sc 1 year Shubhangi
- 41) Manishu Y. Bisen B.Sc 1 year Manishu
- 42) Poochali D. Bapat B.Sc 1 year Poochali
- 43) Poochali G. Bhat B.A II sem Poochali
- 44) Priya B. Bhande B.A II sem Priya
- 45) Prarali S. Sukhdeve B.A I sem Prarali
- 46) Swati T. Pichke B.A I sem Swati
- 47) Vaasha G. Angure B.A I sem Vaasha
- 48) Sushmita Sunil Patil B.A II sem Sushmita
- 49) Pooja Poochensingh Patle B.A I sem Pooja
- 50) Kajal Visandan Tiwari B.A I sem Kajal
- 51) Swati M. Singh B.Sc I Swati
- 52) Swati A. Ramteke B.Com I Swati
- 53) Swati R. Bamboode B.A I Swati
- 54) Nikita T. Waghmare B.Com II Nikita
- 55) Nilima D. Gupta B.Com II Nilima
- 56) Pallavi A. Surase B.Com II Pallavi
- 57) Maheshwari S. Waghmare B.Com I Maheshwari
- 58) Nikhila K. Gawande B.Com I Nikhila
- 59) Payal P. Dhonyale B.Com II year Payal
- 60) Sonu S. Pathade B.Com II year Sonu
- 61) Ashal D. Shinde B.Com II year Ashal



