# CRITERION VII

- GENDER AUDIT
- STUDENT'S COUNSELLING
- WORLD & NGLISH DAY
- HINDI RASHTRA BHASHA
- MARATHI DIVAS



PADMASHALI SHIKSHAN SANSTHA'S

# A. R. Burla Mahila Varishtha Mahavidyalaya, Solapur



2017-18

2018-19

2019-20

#### Padmashali Shikshan Sanstha's

# A. R. Burla Mahila Varishtha Mahavidyalaya, Solapur

### Report of the Gender Audit

(2017 - 18, 2018 - 19, 2019 - 20)

### Gender audit report:

### 1. Executive Summary:

The purpose of this audit is to ensure that the practices followed in the campus are in accordance with the general policy adopted by the institution. Keeping this in mind, the specific objectives of the audit was to evaluate the adequacy of the management control framework as well as to the extent it is complied with the applicable regulations, policies and standards.

During the planning of the audit, an analysis was conducted to identify, evaluate and priorities the risks associated with the gender issues. The analysis is based upon an examination of the policies, manuals and standards that govern the gender sustainability, on data analysis, and on the results of preliminary interviews with personnel.

The methodology used included inspection of the campus, review of the relevant documentation, talks with the students, and talks with teaching and non-teaching staff. Sufficient and appropriate audit procedures were completed and evidence gathered to support the accuracy of the conclusions reached and contained in this report.

### 2. Summary of the findings:

The main findings of the audit reveal that the teacher staff, administrative staff and students in general are aware about the need for gender sensitization. It was observed that number of innovative and best practices in addition to awareness programs is followed in the campus. It was also observed that certain processes could benefit from further review in order to improve the efficiency and consistency of the college.

## About Us

Padmashali Shikshan Sanstha, established in the year 1912, is one of the oldest educational institutions in Solapur. The Institution caters to the academic needs of the underprivileged students. A. R. Burla Mahila Varishta Mahavidyalaya was started in 1990.

To cater to the higher educational needs of the girls, especially those belonging to the Padmashali Community. Although we started with 34 students, we have created a name and niche for ourselves in P. A. H Solapur University, Solapur.

Currently we have B. A., B. Com, B.C.A and M. Com streams, along with research place in Commerce. We have a visionary management, a committed principal, efficient teaching faculty and a very hardworking administrative staff.

### PREFACE:

Gender equality being a Global issue deals with women's rights, equal opportunities, emancipation from suppression and doing away with discrimination. Gender awareness helps women to beyond conventional gender stereotypes and rigid gender role definition. As the awareness of gender issue increases, women take action against women's exploitation and oppression.

Although ours is a Women's College, we decided to conduct the gender audit so as to help create awareness among the girl students regarding the importance of gender audit.

The gender audit was conducted chiefly to identify ways to make the college campus a safer place for women. The audit process involved choosing the sites to be audited, selecting the participants, preparing the checklist, writing down the findings and sharing the results with the principal of the college for implementation of the recommendations.

### Objectives:

The gender audit has the following objectives:

- 1. To focus on the areas where gender discrimination exists and workout to bring about a gender balance
- 2. To establish good gender balance in decision making processes in all the areas of the college activities
- 3. To Foster gender equality in all aspects of the college community
- 4. To work towards the prevention of sexual harassment at college.
- 5. Suggest measures for bridging the gender gap

# FACILITIES FOR STAFF AND STUDENTS:

All basic amenities are available in the college

- -- Information boards
- -- R. O drinking water
- -- Waste management bins
- -- Medical checkup facilities with first aid
- -- Canteen for staff and students
- -- parking zones
- -- CCTV camera at different points
- -- Girls common room
- -- Ramp and wheelchair for differently abled students
- -- WhatsApp group of students for quick dissemination of information
- -- Identity cards provided to all students for their identification
- -- Online admission examination form and submission system available
- -- sports facilities for both outdoor and indoor games, coaching facilities for sports activities
- -- Washrooms with necessary facilities for ladies staff and students
- -- Washrooms: Ladies staff 01

Gents staff - 03

Students - 04

Differently Abled - 01

- -- Central library and departmental library with a wide range of text books, reference books along with books and material on research
- -- Smart classrooms
- -- Suggestion / complaint box

### SPORTS FACILITIES:

- -- Multipurpose Gymnasium
- -- Indoor Games: Table Tennis, Badminton, Judo, Taekwondo
- -- Outdoor Games: Kabbadi, Kho Kho, Baseball, Softball, Weight lifting, Rope jump, Cricket, Fencing, Archery, Handball, Baseball, Swimming, Yogasana.

### Internal committee for the well-being of the students

### 1. Training and Placement Cell:

This cell caters to the needs of the students such as higher education, career guidance, placement etc. Students are informed about job opportunities, career identification and finding proper employment. Expert lectures are conducted and planned efforts are made in the same direction.

#### 2. Grievance Redressal Cell:

The college has a grievance redressal cell to deal with the concerns of all the stakeholders including staff students and parents. Committee members work relentlessly in addressing the complaint, in close association with the principal of the college.

### 3. Women Study Centre:

Small scale industry training programs are organized for the students in collaboration with other institutions. Expert lectures on Women Empowerment, Career Opportunities, and Literacy etc. are conducted on a regular basis.

We organize lectures by eminent personalities like Advocates, Collectors, Police officers, Doctors, Govt. Officials, alumnus etc. in order to motivate the students.

## Awareness programs organized specially for students:

- Awareness programmers on legal rights
- -- Health talks on hygiene, cleanliness, diet, nutrition, dental care, mental wellbeing etc
- -- Training programs organized for generating awareness for self-employment

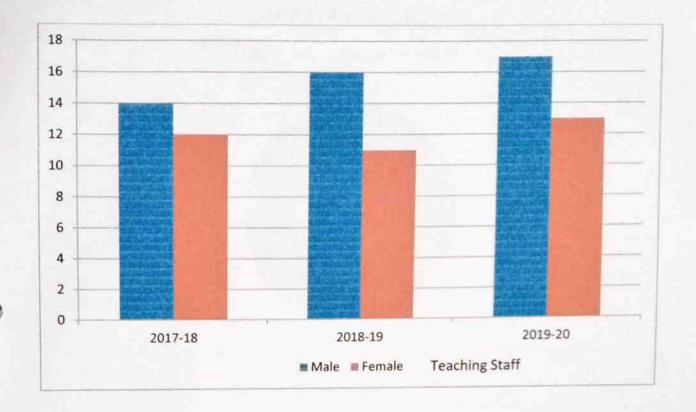
(Beauty parlor course, dress designing, small scale and cottage industry training)

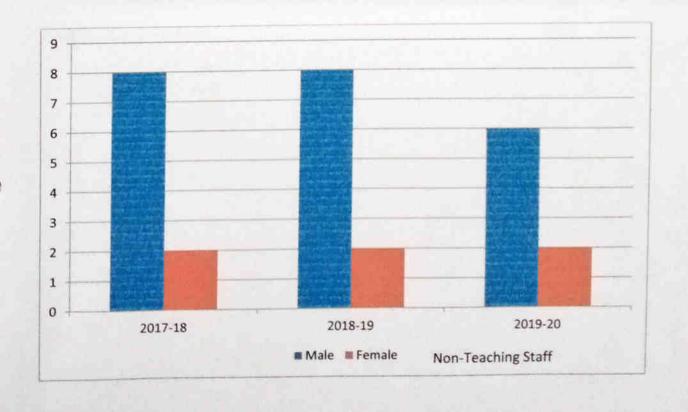
- Environmental awareness programs
- Celebration of National days, celebrating National heroes
- Observing Yoga day
- -- Participation in rallies and campaigns
- Village adoption and residential camps
- -- Personality development programs
- -- Programs on self-defense, awareness of Damini Patak

### STUDENTS ACHIEVEMENT

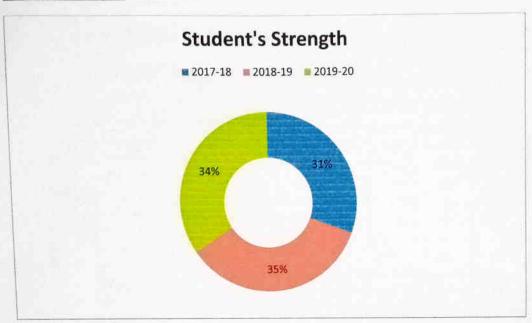
- -- Participation in Sports/ Games at National, State and District levels
- -- Prize winners at various Sports and Games
- Participation in RD camps through NSS
- Wholehearted participation in NSS programs
- -- Participation in cultural events at youth festivals
- -- Prize winners in youth festival for one act play, acting etc.

# **FACULTY AT A GLANCE:**





# Student's Strength:



### Total Number of Students:

- 1. 2017-2018 998
- 2. 2018-2019 1147
- 3. 2019-2020 1119

# A.R.BURLA MAHILAVARISHTHA MAHAVIDYALAYA, SOLAPUR.

# STUDENT STRENGHT CLASS WISE WITH RESPECT TO CAST 2017-18

Sr.No	Class	sc	ST	VJNT	SBC	ОВС	OPEN	TOTAL
1	B.A.I	6	1	21	30	14	47	119
2	B.A.I (NG)	7	1	6	3	1	9	27
3	B.A.II	10	1	16	27	18	18	90
4	B.A.III	5	0	11	21	8	23	68
5	B.COM.I	6	0	7	75	22	43	153
6	B.COM.I (NG)	4	0	4	89	44	12	153
7	B.COM.II	7	0	3	65	26	19	120
8	B.COM.II (NG)	1	0	1	45	15	9	71
9	B.COM.III	1	0	3	84	23	9	120
10	B.COM.III (NG)	1	0	1	30	4	3	39
11	B.C.A.I (NG)	3	0	2	18	11	4	38
	TOTAL	51	3	75	487	186	196	998

# A.R.BURLA MAHILAVARISHTHA MAHAVIDYALAYA, SOLAPUR.

# STUDENT STRENGHT CLASS WISE WITH RESPECT TO CAST 2018-19

Sr.No	Class	sc	ST	VIA	NTB	NTC	5BC	ОВС	OPEN	TOTA
1	B.A.I	10	0	11	7	3	31	23	35	120
2	B.A.I (NG)	1	0	2	2	0	6	2	4	17
	TOTAL 'A'	11	0	13	9	3	37	25	39	137
3	B.A.II	10	1	8	3.	2	30	10	25	89
4	B.A.III	10	1	8	4	3	23	17	13	79
5	B.COM,I	8	0	2	2	3	77	29	33	154
6	B.COM.I (NG)	6	0	2	3	1	88	13	40	153
	TOTAL 'B'	14	0	4	5	4	165	42	73	307
7	B.COM.II	4	0	3	2	2	78	21	28	138
8	B.COM.II (NG)	4	0	1	1	2	64	34	16	122
	TOTAL 'C'	8	0	4	3	4	142	55	44	260
9	B.COM.III	7	0	2	1	1	68	28	13	120
10	B.COM.III (NG)	1	0	1	0	0	34	12	7	55
	TOTAL 'D'	8	0	3	1	1	102	40	20	175
11	B.C.A.I (NG)	2	0	3	1	2	27	17	20	72
12	B.C.A.II (NG)	3	0	2	0	0	14	6	3	28
		5	0	5	1	2	41	23	23	100
	TOTAL	66	2	45	26	19	540	212	237	1147

Dr. Rajendra N. Shendage Principal

# A.R.BURLA MAHILAVARISHTHA MAHAVIDYALAYA, SOLAPUR.

# STUDENT STRENGHT CLASS WISE WITH RESPECT TO CAST 2019-20

Sr.No	Class	sc	ST	VJ A	NTB	NT C	SBC	080	OPEN	TOTA
1	B.A.I	9	0	8	4	3	24	13	53	114
2	B.A.I (NG)	0	0	0	0	0	0	0	0	0
	TOTAL 'A'	9	0	s	4	3	24	13	53	114
3	B.A.II	9	0	6	3	0	19	16	26	79
4	8.A.III	9	0	6	3	2	25	8	15	68
5	B.COM.I	6	0	5	3	2	71	15	42	144
6	B.COM.I (NG)	1	0	2	0	1	82	23	34	143
	TOTAL 'B'	7	0	7	3	3	153	38	76	287
7	B.COM.II	6	0	1	1	2	66	28	16	120
8	B.COM.II (NG)	4	0	1	1	1	64	16	14	101
	TOTAL 'C'	10	0	2	2	3	130	44	30	221
9	B.COM.III	3	0	2	1	1	75	18	20	120
10	B.COM.III (NG)	3	0	1	1	0	60	25	13	103
	TOTAL 'D'	6	0	3	2	1	135	43	33	223
11	B.C.A.I (NG)	1	0	3	0	2	28	9	12	55
12	B.C.A.II (NG)	0	0	2	0	2	21	15	9	49
13	B.C.A.III (NG)	2	0	1	0	0	13	5	2	23
	TOTAL 'E'	3	0	6	0	4	62	29	23	127
	TOTAL	53	0	38	17	16	548	191	256	1119

Dr. Rajendra N. Shendage Principal

# Audit framework and detailed findings:

Sr.	Control Objective	Yes	No
No.	Cite ausriculum	V	
	The college conduct a gender sensitization program as a part of its curriculum		
2.	Gender awareness program are conducted by the college as a part of its		V
3.	A dequate numbers of washrooms are available for the students.	-	V
1.	A dequate facilities and disposable bins are available in the tonets		-
5.	Adequate lights are available inside the campus during fight, fights at		
6.	A dequate security arrangements have been made in the campus during day		
	and night. Attitude of the security personnel is appropriate.		
7.	The campus and core areas of the college is under CCTV surveillance		
8.	o e - mart is available for the students in the campus		
9.	Flexible timing is maintained by the library for the convenience of the		
10.	A Women cell is set up in the college and students are aware about the women cell		
11	at total backgon set up		-
11.	A Grievance redressal cell has been set up  A Committee has been setup to redress all complaints related to sexual harassment in a timely manner. Staff and students are aware about the	/	
		/	
13.	A fair enquiry is conducted by the committee in case of a complaint.	/	
14.	les et anti-line is maintained during the enquiry process		
15.	Usealth Care facilities are available for the students in the campus	~	
16.	Doctor visits the campus and the up with hearby hospitals	-	
17.	- I at the final parconnel is appropriate		
18.	Laboratory Infrastructure is appropriate and safe for the female start and	/	
19.	+ s a r c sections is appropriate and safe for the female staff and students	~	_
the same of the same of	to the male staff towards female staff and students is appropriate		
20.	t 6 transportation are available for the students	~	
21.	Gender sensitization programs are organized in the conege for the benefit of	V	
23.	The students are made to realize their potentials and skills through various	~	
24.	The female Staff and students are made aware of their fundamental rights and	~	
25.	A Counseling Cell to cater to the physical, emotional and academic wen-	~	
26	The Stoff members treated equally without any discrimination		
26.	Any complaints received so far by the female staff regarding harassment or		V
28.	Staff members provided equal opportunities for academic up gradation and other facilities	~	

( Dr. 7.N. kolekur)

Annderi CProf. A.D. Kshirsagar), Calling audit framework news for conducting gender audit report. The framework also lists the findings and observations of the committee members

# SALIENT FINDINGS, SUGGESTIONS & CONCLUSION

### SALIENT FINDINGS:

- -- Student strength increasing continuously particularly in Commerce and Computer Science stream
- -- Students of economically deprived classes have bigger share in admission
- -- Good participation of students in sports and cultural activities
- -- Wholehearted participation of students in NSS activities
- -- Gender strength in regular teaching staff is higher than male, but the exact opposite is seen in non-teaching staff where the male outnumber females
- -- Good number of students seen participating in small scale industry program
- -- No gender discrimination found among the teaching and non-teaching staff
- -- Equal opportunities provided to all the members of the teaching and non-teaching staff
- -- Equal opportunities provided to all the students, and no discrimination made on the basis of religion and caste
- -- Good opportunities provided to the students to help them realize their potentials and skills
- -- Good opportunities provided to the students and care taken for their holistic development

### SUGGESTIONS:

- 1. To organize self-defense programs for the benefit of the girls on a regular basis
- 2. Try to introduce self-employment trainings in different subjects
- 3. Try for more placements in different job spheres

### CONCLUSION:

It is observed that the college is making every effort to create gender awareness among the students through various programs. Further, efforts are also made towards the all-around personality development of the girls. Steps are taken towards personality enhancement and confidence building. While doing this the college adheres to values and ethics so as to instill the same among the students. Challenges can be overcome with the strong will power and commitment of the committed staff. With the

relentless devotion and dedication of all the teaching staff, non-teaching staff and students, the college will definitely make a mark in the arena of gender justice and equality.

## Gender Audit:

## Committee Members:

1. Dr. T. N. Kolekar — Milion 2. Dr. Anuradha Kshirsagar Anualew

### Declaration:

I agree with all the recommendation and observation mentioned in this report.

Dr. Rajendra Shendage PRINCIPAL A. R. Burla Mafilla Varishtha Mahavidyalaya, Solapur





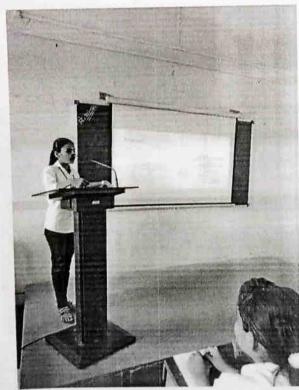


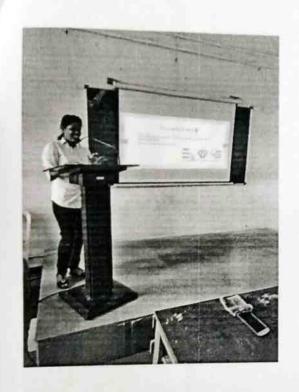
**Blood Donation Camp** 

Lecture by Alumni





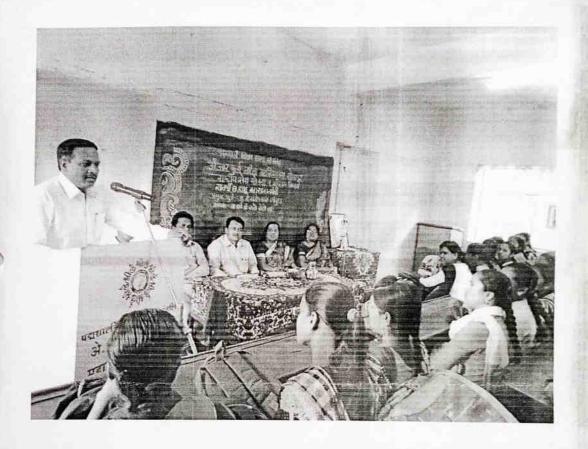














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Dr. Annie John Co-ordinator, IQAC A.R. Burla Mahila Varishtha Mahavidyalaya, Solapur. Dr. Rajendra Strendage
PRINCIPAL
A. R. Burla Mahita Varishtha
Mahavidyalaya, Solapur



PADMASHALI SHIKSHAN SANSTHA'S

# A. R. Burla Mahila Mahavidyalaya, Solapur

NAAC Reaccredited with B++ Grade CGPA (2.76)

# CERTIFICATE OF GENDER AUDIT

THIS IS TO CERTIFY THAT THE COLLEGE SUCCESSFULLY COMPLETED THE GENDER AUDIT AS PER THE NAAC GUIDELINES FOR THE YEAR 2017-18, 2018-19 & 2019-20.

Dr. Anuradha Kshirsagar

Member

Dr. T. N. Kolekar

Chairman



Padmashali Shikshan Sanstha's

# A. R. BURLA MAHILA MAHAVIDYALAYA, SOLAPUR

NAAC Reaccredited with 8++ Grade CGPA (2.76)

# CERTIFICATE OF GENDER AUDIT

This is to certify that the college successfully completed the Gender Audit as per the NAAC guidelines for the year 2020-21, 2021-22 & 2022-23.

Hrate.

Dr. Rani. R. Mote

Member

Dr. P. L. Suryawanshi

Chairman

# REPORT OF THE GENDER AUDIT

(2020-21, 2021-22 & 2022-23)



Padmashali Shikshan Sanstha's

# A. R. BURLA MAHILA VARISHTHA MAHAVIDYALAYA, SOLAPUR

# REPORT OF THE GENDER AUDIT

(2020-21, 2021-22 & 2022-23)

# **Gender Audit Report:**

## 1. Executive Summary:

The purpose of this audit is to ensure that the practices followed in the campus are in accordance with the general policy adopted by the institution. Keeping this in mind, the specific objectives of the audit was to evaluate the adequacy of the management control framework as well as to the extent it is complied with the applicable regulations, policies and standards.

During the planning of the audit, an analysis was conducted to identify, evaluate and priorities the risks associated with the gender issues. The analysis is based upon an examination of the policies, manuals and standards that govern the gender sustainability, on data analysis, and on the results of preliminary interviews with personnel.

The methodology used included inspection of the campus, review of the relevant documentation, talks with the students, and talks with teaching and non-teaching staff. Sufficient and appropriate audit procedures were completed and evidence gathered to support the accuracy of the conclusions reached and contained in this report.

## 2. Summary of the findings:

The main findings of the audit reveal that the teacher staff, administrative staff and students in general are aware about the need for gender sensitization. It was observed that number of innovative and best practices in addition to awareness programs is followed in the campus. It was also observed that certain processes could benefit from further review in order to improve the efficiency and consistency of the college.

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# **Objectives:**

The gender audit has the following objectives:

- 1. To focus on the areas where gender discrimination exists and workout to bring about a gender balance
- 2. To establish good gender balance in decision making processes in all the areas of the college activities
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- Multipurpose Gymnasium
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### II. Grievance Redressal Cell:

The college has a grievance redressal cell to deal with the concerns of all the stakeholders including staff students and parents. Committee members work relentlessly in addressing the complaint, in close association with the principal of the college.

## III. Training and Placement Cell:

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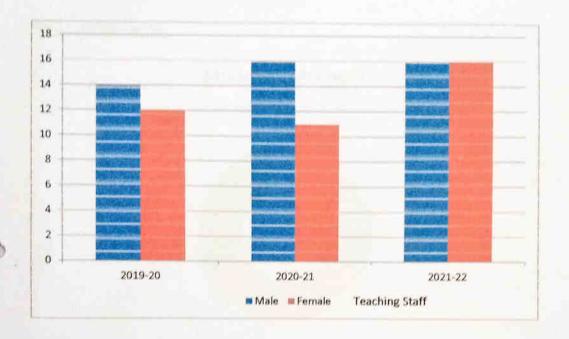
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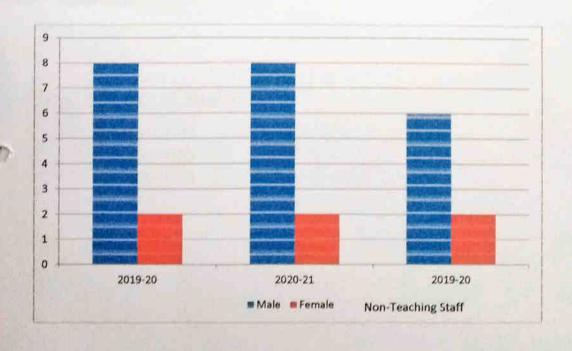
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- -- Participation in rallies and campaigns
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- -- Awarenessprogrammers on legal rights
- -- Health talks on hygiene, cleanliness, diet, nutrition, dental care, mental wellbeing etc
- -- Training programs organized for generating awareness for self-employment
  (Beauty parlor course, Dress designing, Small scale and cottage industry training)
- -- Environmental awareness programs

# STUDENTS ACHIEVEMENT

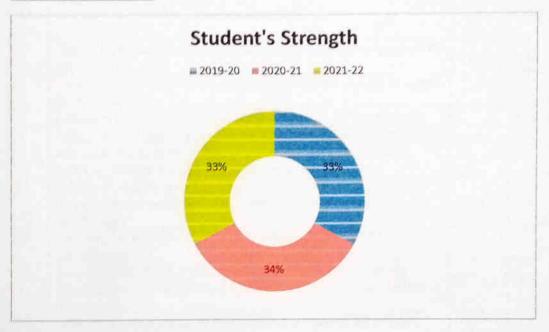
- --- Participation and prize winners at Research competitions
- -- Participation in cultural events at youth festivals
- -- Prize winners in youth festival for one act play, acting etc.
- -- Participation in Sports/ Games at National, State and District levels
- -- Prize winners at various Sports and Games
- -- Participation in RD camps through NSS
- -- Wholehearted participation in NSS programs

# FACULTY AT A GLANCE:





# Student's Strength:



# Total Number of Students:

- 1. 2019-20 1172
- 2. 2020-21 1223
- 3. 2021-22 1164

# Audit Framework and Detailed Findings:

Sr.	Control Objective	Yes	No
No.			
1.	The college conduct a gender sensitization program as a part of its curriculum	V	
2.	Gender awareness program are conducted by the college as a part of its curriculum	/	
3.	Adequate numbers of washrooms are available for the students.		
4.	Adequate facilities and disposable bins are available in the toilets		
5.	Adequate lights are available inside the campus during night, lights in corridor, classrooms, common areas, toilets etc.		
6.	Adequate security arrangements have been made in the campus during day and night. Attitude of the security personnel is appropriate.		
7.	The campus and core areas of the college is under CCTV surveillance		
8.	Safe environment is available for the students in the campus	/	
9.	Flexible timing is maintained by the library for the convenience of the students.	/	
10.	A Women cell is set up in the college and students are aware about the women cell	/	
11.	A Grievance redressal cell has been set up	~	
12.	A Committee has been setup to redress all complaints related to sexual harassment in a timely manner. Staff and students are aware about the process.		
13.	A fair enquiry is conducted by the committee in case of a complaint.		
14.	Confidentiality is maintained during the enquiry process	1	
15.	Health Care facilities are available for the students in the campus	/	
16.	Doctor visits the campus and tie up with nearby hospitals		
17.	Attitude of the doctor/ medical personnel is appropriate	/	
18.	Laboratory Infrastructure is appropriate and safe for the female staff and students		
19.	Library Infrastructure is appropriate and safe for the female staff and students	/	
20.	Attitude of the male staff towards female staff and students is appropriate	1	
21.	Adequate and safe transportation are available for the students	/	
22.	Gender sensitization programs are organized in the college for the benefit of two girls		
23.	The students are made to realize their potentials and skills through various programs and workshops.	1	
24.	The female Staff and students are made aware of their fundamental rights and responsibilities through various awareness programs	1	

25.	A Counseling Cell to cater to the physical, emotional and academic well-being of the students.	/	
26.	The Staff members treated equally without any discrimination	/	
27.	Any complaints received so far by the female staff regarding harassment or discrimination	/	
28.	Staff members provided equal opportunities for academic up gradation and other facilities	/	

Calling audit framework news for conducting gender audit report. The framework also lists the findings and observations of the committee members

### FINDINGS, SUGGESTIONS & CONCLUSION

### FINDINGS:

- Good increase in students strength every year particularly in Commerce and Computer Science stream
- -- Students of economically deprived classes have greater preference for admission-
- --- Up gradation of students through various curricular and co curricular activities
- Students motivated towards Research activities
- -- Active participation of students in sports and cultural activities
- -- Wholehearted participation of students in NSS activities
- -- Female strength in regular teaching staff is higher than male, but the exact opposite is seen in non-teaching staff where the male outnumber female staff
- -- Good number of students seen participating in small scale industry program
- No gender discrimination found among the teaching and non-teaching staff
- -- Equal opportunities provided to all the members of the teaching and non-teaching staff
- Equal opportunities provided to all the students, and no discrimination made on the basis of religion and caste
- Good opportunities provided to the students to help them realize their potentials and skills
- -- Good opportunities provided to the students and care taken for their holistic development

## SUGGESTIONS:

- 1. To organize self-defense programs for the benefit of the girls on a regular basis
- 2. To introduce more skill development programs
- 3. Try for more placements in different spheres

### CONCLUSION:

It has been observed that the college is making every effort to create gender awareness among the students through various programs. Further, efforts are also being taken towards the all-around personality development of the girls. Steps are taken towards personality enhancement and confidence building. While doing this the college adheres to values and ethics so as to instill the same among the students. With the relentless devotion and dedication of all the teaching staff, non-teaching staff and students, the college will definitely make a mark in the arena of gender justice and equality.

## Gender Audit:

## **Committee Members:**

1. Dr. P. L. Suryawanshi

(Chairman)

Mauli Mahavidyalaya, Wadala

2. Dr. Rani R. Mote

(Member)

Chhatrapati Shivaji Night College of

Arts & Commerce, Solapur

## Declaration:

I agree with all the recommendation and observation mentioned in this report.

Prof. Dr. Annie John **IQAC** Coordinator

Dr. Annie John

Co-ordinator (QAC) urla Mahila Mahavidyalaya, Solapur A. R. Burla Mahila Varishthe

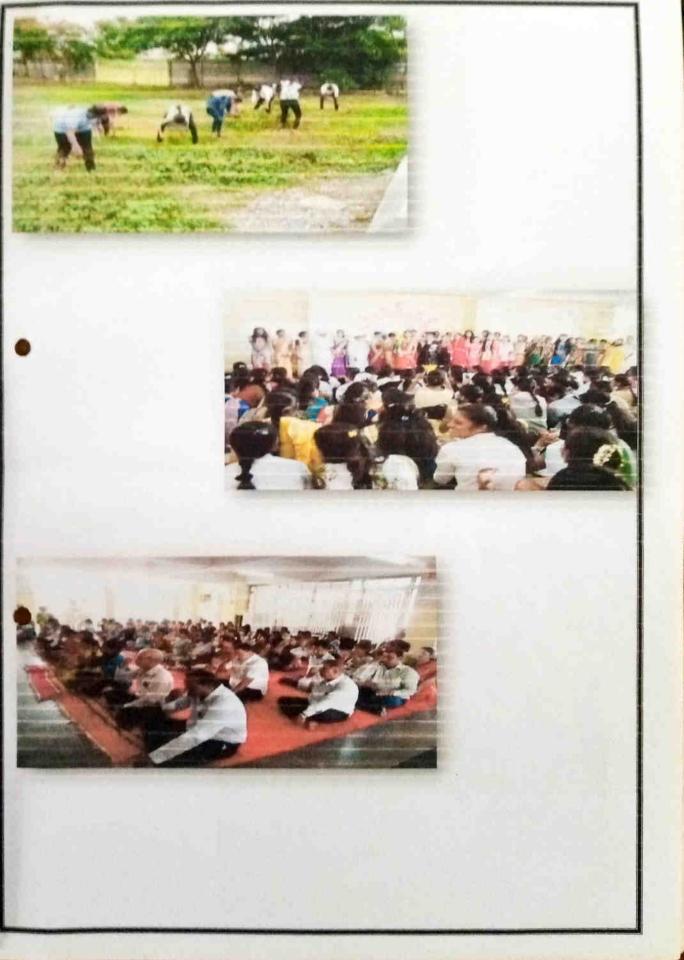
A.R. Buria Mahila Varienthe Mahavidyalava, Solapur.

Marin

Dr. Rajendra Shendage

Principal Dr. Rajendra Shendage

Mehavidyalaya, Solepur





### PRITERION VII

# STUDENTS COUNSELING DEPARTMENT

# STUDENTS COUNSELLING DEPARTMENT

Prof. Dr. Annie John Prof. Dr. P. P. Joshi Prof. Dr. S. B. Bhanje Prof. Dr. T. N. Shinde

ACADEMIC YEAR

2017-18

2018-19

2019-20

2020-21



Padmashali Shikshan Sanstha's Linguistic (Telugu) Minority Institution

#### A. R. BURLA MAHILA VARISHTHA MAHAVIDYALAYA, SOLAPUR

### COUNSELLING DEPARTMENT

Academic Year - 2017-18

### Introduction:

What is the meaning and purpose of life? Some people go through a lot of crisis in life and experience a loss of self or identity. Counselling helps rediscover the purpose, passion and meaning of life through the exploration of values, interests, beliefs, skills etc. Counselling can provide direction in life especially when dealing with anxiety, depression or low self-esteem.

# Aims & Objectives:

- To encourage students' academic, social, emotional and personal development.
- To help students become aware of themselves, understand their problems and find solutions for the same.
- To help students improve themselves in all areas and become full functioning individuals.
- To monitor students'development and give them the necessary support when needed.
- To help them make realistic decisions, to improve their skills/abilities and adapt to their environment in a healthy way.

# Advantages of Counselling:

Counselling gives an opportunity for self-exploration and self-discovery. It provides support and validation. Help in provides support and validation. Help in changing self-defeating habits, which enhancing self-esteem and giving greater chance for self-acceptance. Expression and management of emotions can be expressed in a better way.

#### **INDEX**

Activity Name	Dates
Career Counselling	9 <sup>th</sup> Dec, 2017
Communication Skills	10 <sup>th</sup> March, 2018
	Career Counselling

Dr. Annie John

Convenor

Dr. Rajendra Shendage
Principal

#### A. R. BURLA MAHILA VARISHTA MAHAVIDYALAYA, SOLAPUR

Date:- 02/12/2017

#### **Notice**

There will be a meeting of the Counselling Committee/Dept. on 4<sup>th</sup> Dec, 2017 at 11:30 am in Staffroom.

All the members are requested to attend the same.

Dr. Annie John Convenor Dept./Committee

Sr. No.	Teacher's Name	Designation	Signature
1.	Dr. Annie John	Coordinator	Hohr
2.	Dr. P. P. Joshi	Member	12
3.	Dr. S. B. Bhanje	Member	
4.	Dr. T. N. Shinde	Member	

### A. R. Burla Mahila Varishtha Mahavidyalaya, Solapur

NAAC Reaccredited B++ Grade



[Career counseling]

Organized By

**Students Counselling Committee** 

Academic Year - 2017-2018

### Introduction:

What is the meaning and purpose of life? Some people go through a lot of crisis in life and experience a loss of self or identity. Counselling helps rediscover the purpose, passion and meaning of life through the exploration of values, interests, beliefs, skills etc. Counselling can provide direction in life especially when dealing with anxiety, depression or low self-esteem.

# Aims & Objectives:

- To encourage students' academic, social, emotional and personal development.
- To help students become aware of themselves understand their problems and find solutions for the same.
- To help students improve themselves in all areas and become full functioning individuals.
- To monitor students development and give them the necessary support when needed.
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# Advantages of Counselling:

Counselling gives an opportunity for self-exploration and self-discovery. It provides support and validation. Help in provides support and validation. Help in changing self-defeating habits, which enhancing self-esteem and giving greater chance for self-acceptance. Expression and management of emotions can be expressed in a better way.

### Meeting:

A meeting was called on 4<sup>th</sup> December, 2017 to discuss about a Counselling Seminar to be taken for the students B. A. I

### Agenda:

- To arrange a session on Career Counselling for the students of B. A. I
- To fix a suitable date for the same.

### Minutes:

- After a discussion with the Principal and committee members it was resolved to arrange a session on Career Counselling for the students of B. A. I
- It was resolved that Shri. D. M. Metri would be invited as resource person for the same.
- The date for the Counselling Session was fixed for 9<sup>TH</sup> December, 2017.

# Counselling Committee:

Sr.	Teacher Name	Designation	Committee
No.			Role
1.	Dr. Annie John	Associate Professor	Coordinator
2.	Dr. Joshi P. P.	Associate Professor	Member
3.	Dr. Bhanje S. B.	Associate Professor	Member
4.	Dr. Shinde T. N.	Associate Professor	Member

#### Photo:



9<sup>th</sup> December, 2017

[Career Counseling]

#### A. R. BURLA MAHILA VARISHTA MAHAVIDYALAYA, SOLAPUR

9/12/2017

#### Career Counselling

Sr. No.	Students Name	Signature
1	ADEPU LAVANYA NARESH	1
2	ALLI PRIYANKA VENUGOPAL	Lavaryos.
3	ALLI RADHIKA RAMCHANDRA	Priyanka
4	ALWAL JYOTI AMBADAS	Rudhika
5	AMATEKAR PRIYA BABU	JYOTI.
6	ATNURE ARCHANA RAJSHEKHAR	Priya
7	ATNURE ARCHANA RAJSHEKHAR	Archana
8	AUNDHAKAR RUTUJA PRAKASH	machand
9	AWAR ASHWINI YALLAPPA	Rutuja
10	BADGANCHI ARCHANA MURALIMOHAN	Ashwini
11	BADLAPURE SHWETA NAGESH	Shwetu B
12	BAGWAN SUMERA RAFIK	Badlapure
13	BAGWAN SUMERA RAFIK	SWSOMETO
14	BANSODE KANCHAN LAXMAN	kanchen
15	BANSODE KANCHAN LAXMAN	kanchan.
16	BHARATI LAXMI NARAYAN	kanchan.
17	BHOSALE KOMAL SUNIL	Luzemi
18	BHOSALE SONAL DIPAK	tomal.
19	BODA LALITAMBIKA KRISHNAHARI	Sonal
20	BODDU MANISHA SHAMRAO	Lazitambik
21	BODDU MANISHA SHAMRAO	manisha
22	BODDU NAGMANI KANKAYYA	manisha.B
23	BODDU NAGMANI KANKAYYA	Magmani
24	BUDHARAM LAVANYA SHRINIVAS	Magmani.
25	BUDHARAM GEETA MANOHAR	lawanya
26	CATHERINE JACOB PETER	Greeta.
27	CHAVAN MONIKA SIRAJ	Jacobc.
28	CHILA PUNAM JAGANNATH	Monikac.
29	CHOUGULE SONALI VISHNU	PUNIUM
30	DARJI SHABHANA MUSTAK	sonali
31		Shabhana
	DEVAREDDI SHUBHANGI BALAJI	shubhann
32	DHARA BHARTI CHANDRAKANT	Bharti
	DHOTRE MAYURI VINOD	mayuri.
34	DODDI RUPALI VIJAY	Rupau
35	DODDI RUPALI VIJAY	Rupali.
36	DOLARE PRADNYA MUKUND	Pradnya

2			
P	37	DONGARE SHRIDEVI NAGNATH	Shripevi
	38	DYAVANPALLI DATTUBAI RAMCHANDRA	pattubai.
	39	DYAVANPALLI DATTUBAI RAMCHANDRA	Dattudai
	40	GADAGE POOJA RAJU	Pooja.
	41	GAIKWAD NISHA SHASHIKANT	nisha a.
	42	GAVALI SONALI CHANDRAKANT	Sonali C.G
	43	GAVALI SONALI CHANDRAKANT	Sonali
-	44	GHADAGE JYOTI AAPPASAHEB	Jy0+1.
	45	GHODAKE PAYAL RAM	Payal
1	46	GHODAKE PAYAL RAM	Payal
-	47	GHODAKE SHRADDHA ANAND	shraddha.
	48	GHODAKE TEJASWINI RAMESH	deiaswini
	49	GORTYAL BALNANDINI ANAND	Gentual B.
	50	GUNDALE MONIKA SAYABANNA	moni Ra.
	51	GUNDALE SONALI SIDRAM	Somli S. (x
I	52	GURAV GAURIMATA SANJEEV	Gellaimetel
T	53	GUTTIKONDA ASHWINI KRUSHNHARI	Pogio. H.
T	54	HARE POOJA DONDAPPA	Pooia.
T	55	HIBARE MRUNALI SUNIL	Maunali S.H
T	56	HIBARE PRITI RAJAENDRA	Priti.
r	57	HOLIKATTI POOJA PRABHAKAR	Pooja.
r	58	HOLIKATTI POOJA PRABHAKAR	Pooja.
	59	HONMURGIKAR VARSHA SOMNATH	Poorce
	60	HONMURGIKAR VARSHA SOMNATH	Varcha S L
-	61	JADHAV MAYA DAGADU	maya
	62	JADHAV RUPALI KIRAN	Tardbay O K
	63	JADHAV RUPALI KIRAN	PuPali
	64	JOGIPETHKAR DURGA ASHOK	Ourga.
	65	KADALA LAXMI SHIVSHARANAPPA	lexM
	66	KAKADE ASHVINI PANDURANG	ACHUTNIT
	67	KAKI DIPALI NARASAPPA	pipali
	68	KALE ARCHANA PRABHAKAR	ARCHANA
	69	KALE ARCHANA PRABHAKAR	Arachana
	70	KALE NIKITA BALASAHEB	Nikita.
	71	KAMBLE POOJA LAXMAN	Poofa.
	72	KANAKI NIKITA AMBADAS	Nikita
_	73	KANKATTI KAVITA AMBADAS	
		KANKI SANGEETA BHIMASHANKAR	Kavita.A.K
	74		Sanureeta.
	75	KASBE SHARDA TUKARAM	Sharda
	76	KASHID ASHWINI ASHOK	Ashwini, s.K
	77	KASHID ASHWINI ASHOK	Hehwini
	78	KASHID LAXMI ARJUN	Laxmi.

79	KASHID LAXMI ARJUN	Laxmi
80	KOLA VANITA SHIVAJI	vanita.
81	KOMAKUL SNEHA RAJU	Sneha
82	KOMPELLI KOMAL ANAND	komal
83	KONDAPURE ASHWINI SHRINIWAS	Ashwini
84	KONGARI ASHWINI PRABHAKAR	Ashini
85	KORE RUCHITA ASHOK	Ruchita. A.
86	KORE RUCHITA ASHOK	Ruchita
87	KSHIRSAGAR DIPALI RAMESHWAR	Ruchita
88	KSHIRSAGAR SHITAL RAJU	shital.
89	KSHIRSAGAR SWATI MARUTI	Swali
90	KUDGUNTE PALLAVI TAMMANNA	PallaviTK
91	KULKARNI MUKTA NARAYAN	mukta.
92	KURUDE SAMPADA SHIVAJI	Sampada
93	KURUDE SAMPADA SHIVAJI	sampada.
94	KUSMA SWATI VYANKATESH	Suzatiok.
95	KYATAM SAPANA PRABHAKAR	011
96	MADANAL LAVANYA AMBADAS	Sapana P.K.
97	MALI ANITA CHHABU	Lavanya Anita
98	MANDAL ARUNDHATI RAM	Arundhati
99	MANE ARATI SHIVAJI	Arati M
100	MANE SHITAL SHIVAJI	Shiral C M
101	MANE SHITAL SHIVAJI	SHITAL.
102	MASAN NANDINI AMBADAS	Nandini
103	MASKE SARUBAI BABU	Sarabru
104	MHANTA SHIREESHA SHRINIVAS	Show Sha
105	MISAL POOJA DIGAMBAR	Poola
106	MISAL POOJA DIGAMBAR	Paoja-
107	MUDGAL PADMINI JITENDRA	0 1 1 0
108	MUDGAL SHITAL RAJU	Shital
109	MUDGAL AAKANKSHA SANJAY	Ankanksha
110	MUNGAPATIL SONALI VENUGOPAL	Sonali. M
111	MUNGAPATIL VARSHA AJAY	Varsha.
112	MYAKAL BHAVANA MOTILAL	-
113	PACHANGE LAXMI LAXMAN	Bhavand.
114	PALKAR SHIVANI RAJU	Laxmi. L.P
115	PARAKIPANDALA ANKITA SUDARSHAN	Shivani
116	PATHAN FIJA FIROJ	ANKITA
117	PAWAR ANJALI SURESH	700
118	PAWAR MADHURI MAHESH	Hojali
119	PENDEM POOJA AMBADAS	Madhuni
120	PENDEM POOJA AMBADAS	Pooja
		POOTA

POBATTI INDIRA AANAND	
POGUL LAVANYA SHANKAR	Indiad
RAIGIRI LATASHINI MISHANKAK	Lavanja
RATHOD MAYANAMAN	Latrism
RATHOD NAYAN MANOJ	Nayan.
POULTE DOG	Mikita.
	Pooia
	Rohini
	Kohini
	Rupali.
	Aruna
SANGA SONIYA SHRINIVAS	soniya
SARAVADE SANDHYA AMBADAS	Sandhya
SAYARI MONIKA ANAND	Monika
SHAIKH RUKHASANA HARUN	Rukhasan
	RUKShor
	Reshma
	Laxmi.B.S Marsai
	Nageshree
	Mayuri
	Varsha. S. S
	Alankita
	Aishwarya.
	Aparna
	Panchashi
	Sidral.S.S
	Subsida
	Smilata. P.
	PRAGATI
SWAMI SMITA BALU	1 00
SWAMI SMITA BALU	Smita. B.S
TAMBOLI UJAMA JALAL	Smita
THAKUR PAYAL SUNIL	Payal.
	paya
	() : 0
	Kani. D.T
	Bhagyash
	Priyanka
	Hogetion. V
	trati
	Tejaswini'
	lejaswini
- INTOLOIT	Dandhya.
	SARAVADE SANDHYA AMBADAS  SAYARI MONIKA ANAND  SHAIKH RUKHASANA HARUN  SHAIKH RUKSANA ISMAIL  SHAIKH RESHMA HAJI  SHARAN LAXMI BASAVARAJ  SHIKHARE MANASI SANJAY  SHINDE NAGESHREE SURYAKANT  SHINDE MAYURI MARUTI  SHINDE VARSHA SUDHAKAR  SHRICHIPPA ALANKITA SANTOSH  SHRIGIRI AISHWARYA SANJAY  SHRIGIRI APARNA RAMDAS  SIDDHAGANESH PANCHASHILA NAGESH  SIDRAL SUPRIYA SHRINIVAS  SUNDALAM SHRILATA PRAKASH  SURVASE PRAGATI PIRAJI  SWAMI SMITA BALU  SWAMI SMITA BALU

165	VITKAR LALITA SURESH	lalita
166	WAGHAMARE SHAMAL MARUTI	Shamal
167	WAGHMARE DHANSHRI DATTATRAY	Daanshor
168	YALGAM LAVANYA ASHOK	Longya
169	YAMPURE SHUBHANGI DNYANESHWAR	shubhangi
170	YAMPURE SHUBHANGI DNYANESHWAR	SHUBHAN
171	YEMUL KAVITA SHRINIWAS	kaveita.
172	YEMUL KAVITA SHRINIWAS	Kavita
173	YERGUNTLA PRITI SHRINIVAS	PRIH

#### A. R. BURLA MAHILA VARISHTA MAHAVIDYALAYA, SOLAPUR

Date:- 04/03/2018

#### Notice

There will be a meeting of the Counselling Committee/Dept. on 5<sup>th</sup> March, 2018 at 11:00 am in Staffroom.

All the members are requested to attend the same.

Dr. Annie John Convenor Dept./Committee

Sr. No.	Teacher's Name	Designation	Signature
1.	Dr. Annie John	Coordinator	Mole
2.	Dr. P. P. Joshi	Member	P.Joshi
3.	Dr. S. B. Bhanje	Member	Dumy
4.	Dr. T. N. Shinde	Member	

### A. R. Burla Mahila Varishtha Mahavidyalaya, Solapur

NAAC Reaccredited B++ Grade



#### **Communication Skills**

Organized By

**Students Counselling Committee** 

Academic Year - 2017-2018

### Meeting:

A meeting was called on 5<sup>th</sup> March, 2018 to discuss about a Counselling Seminar to be taken for the students B. Com I.

### Agenda:

- To arrange a session on Communication Skills for the students of B. Com I
- To fix a suitable date for the same.

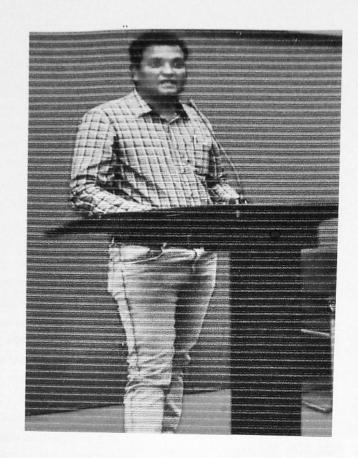
### Minutes:

- After a discussion with the Principal and committee members it was resolved to arrange a session on Communication Skills for the students of B. Com I
- It was resolved that Dr. Shivkumar Rautrao would be invited as resource person for the same.
- The date for the Counselling Session was fixed for 10<sup>th</sup>, March 2018.

# Counselling Committee:

Sr.	Teacher Name	Designation	Committee
No.			Role
1.	Dr. Annie John	Associate Professor	Coordinator
2.	Dr. Joshi P. P.	Associate Professor	Member
3.	Dr. Bhanje S. B.	Associate Professor	Member
4.	Dr. Shinde T. N.	Associate Professor	Member

#### Photo:



Communication Skills for Personality Development

#### A. R. BURLA MAHILA VARISHTA MAHAVIDYALAYA, SOLAPUR

10/03/2018

#### Communication Skills

Sr. No.	Students Name	Signature
1	AAWAR SOUNDARYA DASHARATH	Soundarya
2	ABATTINI BHAGYASHRI DEVIDAS	Bhogyashai
3	ADAKI NAVNITA SUDHAKAR	Navnita.
4	ADAKI NIKITA RAMESH	Nikita.
5	ADAM MADHAVI HARIDAS	Madhavi
6	ALLI SHRUTI MURALI	Sheuti
7	ALSHETTI MANI NAGNATH	Rohini.
8	ANDE ROHINI SATYANARAYAN	Mani
9	ANNAM PRAGATI SHRINIWAS	Pragati
10	ARGONDA ARCHANA RAYMALLU	arvehane
11	AYANCHI ASHWINI BHUMAYYA	Ashuni
12	BADAGU MANISHA NARENDRA	MANZ SHA
13	BADGANCHI MAHESHWARI VITTHAL	maheshuand
14	BADGANCHI NIKITA SHRINIWAS	Wilsiter.
15	BAINI MANISHA NAGNATH	munished
16	BAKALE PRITI SANJAY	Priti
17	BATGIRI VAISHNAVI SHRINIVAS	Vajshanuj
18	BATTUL KOMAL RAJU	Ponta,
19	BATTUL POOJA NAGRAJ	komal.
20	BHANDARI PADMAVATI AMBADAS	papmavatz
21	BHANDARI AISHWARYA SIDRAM	alshuemid
22	BHANDARI SWATI JANARDHAN	Swater.
23	BHARATNUR BHAGYASHRI NAMDEV	Bhagyashni
24	BHOSALE GEETABAI MADHUKAR	gestABOU
25	BIDRI PUNAM ANIL	Punam.
26	BINGI BRAMHANI SHRINIWAS	Beamhani
27	BINGI RAJANI JANARDHAN	Royant
28	BINGI SUKANYA SUDASHAN	sukaya
29	BIRRU SNEHA VYANKATESH	Snehou.
30	BITLA NAYANA ANAND	namel.
31	BODA AISHWARYA ASHOK	Aishoasya
32	BODDHUL MAMTA MADHUKAR	manta
33	BODDU RENUKA MAHADEV	RENUME
34	BOGA AMRUTA MADHUKAR	Ammeta.
35	BOGA PRIYANKA ARJUN	Payank B.
36	BOLLI POOJA RAVINDRA	Voola.

37	BONAL PADMA CHOUDAPPA	
38	BORALE MANISHA SIDRAM	Pedma
39	BOYANAL VAISHALI ASHOK	Manisha
40	BUDHARAM MONIKA SHRINIWAS	Vashali.
41	BUTALA MAHESHWEARI AMBADAS	Moneka
42	CHADDE NEHA RAMESH	Maheshoeas
43	CHANNA SWATI MAHADEV	Neha
44	CHANNA SUVARNA SHRINIWAS	Neha
45	CHAUDHARI NUTAN NANA	Suati
46	CHAVAN LAXMI SHRIPATI	Nutan
47	CHAVAN PRADNYA SHRIRAM	Laxmi.
48	CHAVAN SHWETA SUNIL	Pradrya
49	CHIKKA NAGMANI ASHOK	Shoota
50		shucte
51	CHILVERY BY A CANATA	Nacimani.
52	CHILVERI BHARGAVI NAGANATH	Bhastair
53	CHILVERI PRERANA SATYANARAYAN	PREEdra
54	CHIPPA SHAILAJA VINAYAK	Shailaia
55	CHOUGULE PALLAVI NAGNATH	Pallour
56	CHOUGULE PALLAVI NAGNATH	(Pallaur
57	DANGE ASHWINI JAYVANT	Ashovine
58	DANGE ASHWINI JAYVANT	Ashwini
59	DASARI ARCHANA PRABHAKAR	(Archana.
60	DASARI NANDINI VYAKATESH	Nandini
61	DASARI PRIYANKA GOVARDHAN	Preyarka
62	DASARI SHRAVANI SADANAND	shiravani
	DASARI SHRAVANTIKA SHRINIVAS	shravantita
63	DIDDI POOJA TUKARAM	Poole.
64	DIDDI POOJA TUKARAM	Paoja
65	DIKONDA PALLAVI JAGDISH DIVATE MAYURI BHIMASHANKAR	Pallavi
66		Trojun
67	DORNAL JYOTI SHRINIVAS  DORNAL LAXMI RAJU	Jack.
68	DUDAM KALYANI SHRINIVAS	Laceme
69	DUDHAGI PUJA BASAVARAJ	Kalyani
70	DUDHALE KONTYAWWA KAMAGONDA	1900
71	DYAVANPALLI VAISHALI SHRINIVAS	Knontyanua
72	EDAKE RAJANI RAVINDRA	Mishnali
73	FALMARI LATA BALAJI	Rojoni
74	FALMARI RADHA PANDURANG	Radhei
75	FAND SWAPNALI KESHAV	swapnali
76 77	GADAS KRUSHNAVENI SHRINIWAS	krysonaveni
78	GADAS PRIYANKA NARSING	Port House

79	GADDAM RAMA VYANKATESH	Rana
80	GADEKAR SHRADDHA SADANAND	shraddha
81	GADEKAR POOJA GENASIDHA	Poroja
82	GAIKWAD POOJA SIDRAM	Poora
83	GAIKWAD PRIYANKA BHIMASHANKAR	Peryanka
84	GAJUL VAISHNAVI GANGADHAR	raishnava
85	GANGUL NIKITA CHANDRASHEKHAR	Nikita
86	GANGUL VISHANAVI VYANKATESH	Vistanali
87	GANJI SOUNDARYA JANARDHAN	Soundayo
88	GAUDA ARCHANA PRABHAKAR	Arachanna
89	GENTYAL AMBIKA RAMESH	Ambika
90	GHANTE KAVITA ASHOK	Kavita
91	GHODAKE PRATIKSHA MANIK	Pratikeh
92	GIRAM ANNAPURNA KASHINATH	Annapuend
93	GOGI LAXMI NARAYAN	taxmi. N
94	GOLI BHAGYALAXMI RAVINDRA	tarmi
95	GOSAKI BHAGYASHRI SUNIL	Bhagyash
96	GOSKI DEEPIKA MOHAN	Deepile
97	GOSKI DEEPIKA MOHAN	Deepika
98	GOSKI POOJA GOPAL	
99	GUJJAR AISHWARYA ANAND	Pooja
100	GUNDLA LATA RAVINDRA	Aishicaeya
101	GUNDU SHRUTIKA DEEPAK	260.18/
102	GURRAM DIPIKA VYANKATESH	2 collar
103	HABIB DEVIKA ARUN	Devika
104	HABIB MANISHA VISHWANATH	2.1
105	HARNUR SONALI BASAVRAJ	Manisha
106	HIRANWALE HARSHADA RAJU	Sonali
107	HONRAO AISHWARYA RAMCHANDRA	Hashada
108	IBRAPURE MINAKSHI LAXMAN	Aistroaeya
109	INGULE SWAPNALI TUKARAM	Minakshi
110	INJAMUREE NIKITA MOHAN	Swaprali
111	IPPALPALLI CHANDRAKALA VENKATESH	Nickita
112	IPPANPALLI PRANITA HIRALAL	chandealla
113	IRABATTI RAJASHRI ANAND	Pranita
114	IRABATTI RUPA VAIKUNTHAM	Kajashei
115	IRAKUL LAVANYA KUMAR	Lupa
116	ITTAM PRITI SADANAND	favanja
117	JANGAMSHETTI RADHA JANGAPPA	Peiti
118	JAWALKAR SNEHAL RAJESH	Padha
119		Snehal
120	JILLA SANDHYA SANJAY	Sandhya
120	JINDAM PRIYANKA YALLAPPA	Priyanka

121	JOGU SANDHYARANI RAMESH	
122	JOSHI MAYURI MANOJKUMAR	
123	KAIRAMKONDA LAVANYA JAYKUMAR	Mayri
124	KAKI POOJA SHIRNIWAS	Laranyer
125	KALSHETTI AISHWARYA BHIMASHANKAR	Pooja.
126	KALYANKAR AMBIKA VEDPRAKASH	Prishwich
127	KAMBLE NIKITA SUNIL	Ambika
128	KAMLAPURE APARNA MAHADEV	Mikita
129	KAMTAM MANASA NAGLINGAM	alpama.
130	KAMURTI AISHWARYA CHANDRAKANT	Manasak
131	KAMURTI JAYANTI RAMU	Aishuaya
132	KAMURTI NAGMANI PRABHAKAR	Jayanti
133	KANAKI ARCHANA NAGANATH	Nggmani K
134	KANDIKATLA CHAITANYA VILAS	Hardiene
135	KANKAL RUTUJA ANANT	Chitanya
136	KANKI SHRIVENI NAGESH	Rutija
137	KANKI SHWETA NAGESH	Phirmenite
138	KANKUNTLA KAVITA ANAND	5 hweta
139	KASSA ANJALI LAXMINARAYAN	Kavita. K
140	KASTURI SWATI AMBADAS	Hyali
141	KATKAM CHAITANYA HARISH	Swatile
142	KAVALE ARCHANA VIJAY	Katkam
143	KEDARI ASHWINI RAMESH	CArchanger
144	KENCHI RUCHITA GOVIND	Ashwinio
145	KHANDAGALE NIKITA LAXMAN	Kullingo
146	KHARE TANUJA SAMBHAJI	K. Nikita
147	KHAVALE SNEHAL VISHWAS	Tanuja
148	KINAGI PAYAL SAYABANNA	Sychen
149	KIRTANE PRAJAKTA SUGREEV	Lajal,
150	KOLHAPURE MADHAVI VILAS	Projakja
151	KOLI PRIYANKA NAGESH	Mahake
152	KOMPELLI SWITI SHIDESHWAR	Privankat
153	KONDA SHRUTI DEVIDAS	Sulde
154	KONDA SHUBHANGI SUDARSHAN	KSunuti
155	KONDA RAMYAKRISHNA RAMESH	Shubangi.k
156	KONGARI KOMAL PUROSHOTTAM	Konde
157	KONGARI POOJA SHRINIVAS	Kangari.
158	KONGARI ROHINI SURESH	Poojak.s
159		Rotini.
160	KONKATTI POOLA BANDURANG	Votayales
161	KONKATTI POOJA PANDURANG	Pooga. P.
	KONTAM PREETI NARESH	kantam.P
162	KONTAPALLI PRIYANKA SHRIKANT	Priganka.
163	KOTA AARTI VYENKATESH	k. Agarti
164	KOTA BHARGAVI GAJANAN	B hargari.k

165	KOTEKELI ARUNA SIDRAM	
166	KUDKYAL ANITA SANJIV	of trance.
167	KUDKYAL SHIRISHA MANOHAR	Hnita.S.K.
168	KUNDUR AKANSHA YASHWANT	USMJ.SM
169	KUNTALA DEEPIKA NIRANJAN	Hikansha.
170	KYATARI LAVANYA VYANKATESH	Ripepino
171	MACHARLA SHANTA NAGNATH	Caranga
172	MACHHA SOUNDARYA JANARDHAN	Shanta. M
173	MADDA BHUVANESHWARI PRASHANT	Goundarya,
174	MADGUNDI CHAITANYA CHANDRASHEKAR	madda.B.
175	MADGUNDI SHRUTIKA DIGAMBAR	chaitanya.M
176	MADGUNDI AARATI SANJAY	Shoutike
177	MADGUNDI LAVANYA NAGNATH	Madaundi A
178		Levorige
179	MAHINDRAKAR POOJA NANDKUMAR	Pooja.M
180	MAKAM DIVYA MAHESH	Drivier.
181	MALTUMKAR ROOPALI VILAS	Mattunkers
182	MALYAL ARUSYA MALYA MALY	Sapana.M
183	MALYAL APURVA KESHAV	HPUM/A
184	MAMDYAL ASHWINI SURESH	Mandya. A.
185	MANE VARSHA DIGAMBAR	Varshas
186	MASAN PALLAVI SUBHASH	Pallavi. S.M
187	MERGU MONIKA VYANKATESH	TAONIKA
188	MERGU NIKITA SHRINIWAS	Nikita.S.M
189	MHANTA POOJA BHIMASHANKAR	Lower
190	MHANTA ARUNA MALLESHAM	HROUM W
190	MHANTA ARUNA MALLESHAM	Aruna.
191	MHANTA ASHWINI ANIL	Hshwini.M
	MHANTA NISHA TUKARAM	History
193	MHETRE AISHWARYA SIDHARAM	Alshwarya
194 195	MITTHA AARATI BABU	Mitha.A.B
	MITTHA ASHWINI AMBADAS	+ shuini
196	MITTHA NIKITA SHIVSHANKAR	Nikita.
197	MITTHA PRIYANKA TUKARAM	Priyanka.M
198	MOHITE SHITAL RAMESH	Shifteel
199	MUDTANPALLI GEETA ANAND	(Reeta MA
200	MUDTANPALLI GEETA ANAND	Geetel.
201	MYADAM LAVANYA RAMESH	Lavanya.
202	NALLA AMBIKA YALLAPPA	Nalla, A.Y
203	NALLA BABALI PURUSHOTTAM	Bubalé.
204	NAMA LAVANYA PANDURANG	Lavanya
205	NAMPALLI SIMLA NAGESH	Nampalli-S
206	NAMPALLI SIMLA NAGESH	Sinhar
207	NANDAL VAISUNAVI SIDDANA	Kuchita. N.
200	NANDAL VAISHNAVI SIDRAM	Voushands

209	NANGI BHARATI PURUSHOTTAM	Bharati N
210	NULE SANGITA CHANNVEER	Sanvita
211	PADMA NAVITA ANIL	Melleder
212	PAGDYAKUL MANISHA ASHOK	Manish P
213	PANGANTI ROHINI TULIARAM	Robins
214	PARKIPANDALA VIMAL SHRINIVAS	vimal
215	PARKIPANDLA ROJA MALLESHAM	Raja
216	PARKIPANDLA SHIRISHA VYANKATESH	Shipisha
217	PATANGE TRUPTI DEEPAK	Tours
218	PATIL PRIYANKA SOJARNATH	Priyanka.
219	PATIL LAXMI VASANT	taiyanka.
220	PAUL SHITAL ARJUN	ch9401
221	PAWAR AARTI SANJAY	Heerte
222	PAWAR KOMAL SHANKAR	Komal-S.P
223	PAWAR LAXMI KISAN	Laware
224	PAWAR PRATIKSHA PRABHAKAR	Paraliksha
225	PAWAR SANJEEVANI NAMDEV	Sarrieevel
226	PAWAR SANJEEVANI NAMDEV	
227	PAWAR SHRADDHA SANJAY	Powar S
228	PAWAR URMILA KISAN	Bours
229	PEGDYAL PREETI ASHOK	Preeti
230	PERLE SRUSHTI ASHOK	Sanoliti
231	PINDIPOL MAYURI SHRINIVAS	mayuri
232	PISKE GAYATRI SHRINIWAS	Contain D
233	PITTHA SUNITA AMBADAS	QUNITA.
234	POBATTI ARATI AMBADAS	Amilia.
235	POBATTI ASHWINI LAXMAN	Achuzini
236	PONNAM PALLAVI RAJU	Dalland D
237	POTU PUJA RAMESH	Pallavire
238	PUJARI KAVERI GENSIDHA	Value
239	PULGAM SOUMYA NAGESH	Kaven
240	PULLI MEGHA AMBADAS	Soumya.
241	PURE NIKITA ARJUN	no hills of her
242	RACCHA LAXMI NARSING	mikita.
243	RACCHA NAGLAXMI SURESH	LaxmioR
244	RACHHA LAXAMISAUNDARYA KISHOR	Naglaxmi. K
245	RAJUL BHAVANA SUBHASH	Coxamisagn
246		Blowwang
247	RAJUL SAUNDARYA ASHOK	Sayndarya.
	RANGAM VASUNDHARA AMBADAS	Vastardhen
248	RAPELLI SHIRISHA SANJIV	Sanishy
249	RAPELLI VAISHNAVI GAUTAM	voushnavi R
250	RASMAL PALLAVI RAMESH	Felleelli.
251	RAUL VAISHALI NANDAKUMAR	Voishalin
252	RAYANI LAXMI NAGANATH	1000000

253	REDDI KAVITA NAGAPPA	1/ 21 0
254	RUKUMPURE RANI GURAPPA	Kavita R.
255	SAKINAL NAMRATA PRABHAKAR	eini.
256	SAMAL SHRAWANTI ASHOK	Namacita
257	SAMAL VENNELA YALLAPPA	strawanti.
258	SANDA RACHANA SHRIDHAR	Some
259	SANGA NARMADA NARESH	Rachana.
260	SANGANGARI SUPRIYA RAMESH	Narmada
261	SHAIKH MUSKAN IBRAHIM	Supriya
262	SHAIKH NAFISA RAFIK	muskan.
263	SHAVANPALLI SWAPANA SIDRAM	Trespon
264	SHAVANTUL SHIRISHA DATTATRAYA	Swapana.s
265	SHERAL MADHAVI NAGBHUSHANAM	shirishas.
266	SHETTI SHRAVANI GIRISH	madhavi-
267	SHINDE PRIYANKA RAMESH	Shravasi.
268	SHINDE SARIKA MAREPPA	Priyanka Sarika.s
269	SHINDE SHREYA SUBHASH	
270	SHRICHIPPA VAISHNAVI BALAJI	shreya.s
271	SHRIGAN AISHWARYA NARAYAN	Aishwarya.
272	SHRIGIRI ANKITA PRABHAKAR	Anthure
273	SHRIKONDA PAVITRA NARSING	Ankita.S
274	SHRIRAM NAGLAXMI ASHOK	Naularmi.
275	SIRSAL SHRAWANI PRABHAKAR	shrawani
276	SOMNATH PUJA CHOUDAPPA	Pula:
277	SONAVANE SHUBHANGI RAJU	shuBhanwid
278	SUNKI PRIYANKA SATYANARAYA	priyanka.
279	SURVASE PAYAL DHANRAJ	Payal.S.
280	SURVASE PAYAL DHANRAJ	Foulent
281	SURYAWANSHI MAYURI VIJAYKUMAR	mayuri.S.
282	SUTAR LAXMI MOHAN	Laxm).m.s
283	SWAMI DHANESHEWARI RAJASHEKHAR	eaphoneshew
284	TATI POOJA PRABHAKAR	Tati. P.
285	TATIKONDA POOJA AMBADAS	Jeofa.
286	TATIPAMUL AMBIKA BALAJI	Ambi Res. T
287	TATTI PRAVALIKA NARESH	
288	TELKAR SUPRIYA NARENDRA	pravalikat supriya
289	TIPPAN SNEHA SRINIWAS	Che Ha
290	TOLNUR AISHWARYA ATMALING	Alchurant.
291	TULSHIGAR SANJANA ANAND	Alshwarya.
292	TUMMA MONIKA AMBADAS	senfang.
293	TUMMA MONIKA AMBADAS	Monika
294	VADLAKONDA DIPA VYANKATESH	Monday
295		pipa.v
	VAGGU BHAGYASHRI RAJU	Vacionu. B.
296	VAITALA KAVITA MADHUKAR	Kalleda

		THE RESIDENCE OF THE PARTY OF T
297	VALLAL LAXMI AMAR	Laxmi.V
298	VALLAL NEHA PAPAYYA	Nob.
299	VANGARI AISHWARYA NARAYAN	Dishusana
300	VANGARI PRIYANKA RAMESH	extugo ya
301	VANGARI VASUDHA VYANKATESH	Vasudha
302	VANNAL NAYANA NARESH	Vannul 1 Not
303	VAYALAL KAVITA SADANAND	Karptan
304	VIDAP ANUSHA VYANKATESH	Anucha
305	WAGHMARE SONALI ANIL	Qonali III
306	WALKE SHRUTI BALASAHEB	Strutt. W.
307	YALLA ASHWINI CHANDRAKANT	yala. A.S
308	YANGANDUL ANURADHA AMBADAS	Anuradha.
309	YANGANDUL ARCHANA RAMLU	Arachana
310	YANGANDUL POOJA NARAYAN	Poola.
311	YANNAM DIVYA RAMESH	pirya.
312	YELDI POOJA BALAJI	Poola. B. Y.
313	YELKA LAVANYA ANAND	Lavanya
314	YERABATI BHAGYASHRI AMBADAS	yerabati.R
315	YERLA PRAVLEKHA SHRINIWAS	prarlekha.
316	ZUNJA SWATI IRANNA	Swati

### A. R. Burla Mahila Varishtha Mahavidyalaya, Solapur

NAAC Reaccredited B++ Grade



# Addictive Vse of Smartphone's and Mental Disorder

**Academic** Year - 2018-2019

Organized By

**Students Counselling Committee** 

# Introduction:

What is the meaning and purpose of life? Some people go through a lot of crisis in life and experience a loss of self or identity. Counselling helps rediscover the purpose, passion and meaning of life through the exploration of values, interests, beliefs, skills etc. Counselling can provide direction in life especially when dealing with anxiety, depression or low self-esteem.

# Aims & Objectives:

- To encourage students' academic, social, emotional and personal development.
- To help students become aware of themselves understand their problems and find solutions for the same.
- To help students improve themselves in all areas and become full functioning individuals.
- To monitor students development and give them the necessary support when needed.
- To help them make realistic decisions, to improve their skills/abilities and adapt to their environment in a healthy way.

# Advantages of Counselling:

Counselling gives an opportunity for self-exploration and self-discovery. It provides support and validation. Help in provides support and validation. Help in changing self-defeating habits, which enhancing self-esteem and giving greater chance for self-acceptance. Expression and management of emotions can be expressed in a better way.

# Meeting:

A meeting was called on 2<sup>nd</sup> December, 2018 to discuss about a Counselling Seminar to be taken for the students.

## Agenda:

- To arrange a Counselling Session on <u>Addictive Use of</u>
   <u>Smartphone's and Mental Disorder</u> for the students of B.

   Com I
- To fix a suitable date for the same.

## Minutes:

- After a discussion with the Principal and committee members it was resolved to arrange a Counselling Session on <u>Addictive Use of Smartphone's and Mental Disorder</u> for the students of B. Com I
- It was resolved that **Dr. Gavade** would be invited as resource person for the same.
- The date for the Counselling Session was fixed for 11<sup>TH</sup> December, 2018.

# Students List:

Sr. No.	Students Name	
I.	Shweta Rajkumar Bakale	
2	Pallavi Manohar Jakkangar	
3	Lamibai Jagannath Jadhav	
4	Sanjeevani Digambar Chalmeti	
5	Ashwini Ramesh Kedari	
6	Ambika Shrinivas Madgundi	
7	Laxmi Shriniwas Raparti	
8	Lavanya Ashok Myakam	
9	Namrata Raju Gundeli	
10	Shrutika Prakash Shrigari	
11	Manisha Madhukar Gajul	
12	Priyanka Nagesh Shanku	
13	Shirish Ambadas Ippalpalli	
14	Soniya Narendra Battul	
15	Manisha Madhukar Gajul	
16	Arati Gopal Kongari	
17	Shravani Devidas Mangalpalli	
18	Ashwini Durgadas Bijja	
19	Arati Umesh Usakoyal	
20	Amruta Govardhan Katta	
21	Shrutika Deepak Gundu	
22	Nandini Shriniwas Gajul	
23	Mithila Badrinarayan Adam	
24	Laxmi Ashok Ganji	
25	Aruna Dattatraya Anabattul	
26	Rohinii Purushottam Kongari	
27	Surekha Vyankatesh Bolli	
28	Shilpa Poshetti Ittam	
29	Gayatri Shriniwas Pagul	
30	Vaishnavi Sanjay Devreddi	
31	Shweta Kisan Saggam	
32	Pradnya Rajesh Magnur	
33	Susmita Sushant Narole	
34	Uma Jetappa Naikodi	
35	Anjali Siddharam Kumbhar	
36	Shirisha Mahesh Jalgam	
37	Ashwini Vittal Gouri	

38	Priyanka Tribakeshwar Pogul
39	Bhakti Shriniwas Palli
40	Nikita Raju Gaddam
41	Arati Vyankatesh Boga
42	Priyanka Narsing Vaitla
43	Priyankak Satyanarayan Kudkyal
44	Vidhya Chandrakant Ganji
45	Kalpana Rajendra Balmeri
46	Divya Ambadas Lakhapati
47	Chikita Murali Jatala
48	Lavanya Gopinath Kasturi
49	Bharati Purushottam Nangi
50	Priyanka Rajshekhar Pawar
51	Pragati Shriniws Annam
52	Anjali Dattatray Varnam
53	Sanajan Annad Tulshigar
54	Pooja Prabhakar Tatti
55	Jui Shatrughan Sabale
56	Nikita Raju Gaddam
57	Tulasi GaneshAdam
58	Aparana Suryakant Ankam
59	Gayatri Naresh Kankutla
60	Lavanya Shridhar Gajeli
61	Jamuna Narasappa Kaki
62	Priya Tulshidas Diwale
63	Priyanka Laxman Vadaje
64	Savitri Vyankusa Gangji
65	Trupti Ravindra Borade
66	Ashwini Ambadas Pantagani
67	Soundraya Ashok Rajul
68	Dipali Yogiraj Gangade
69	Devikak Revansiddhappa Jogade
70	Nikita Dipak Yadgiri
71	Praanoti Shridhar Gaddam
72	Meghana Prasad Vannam
73	Shweta Tukaram Bobade
74	Snehal Rajkumar Dudhagi
75	Vimal Shrinivas Parkipandala
76	Vaishnavi Vyankatesh Gangul
77	Shweta Vyankatesh Gangul
78	Uma Nagesh Gardas
79	Kirti Shankar Sindam
80	Pooja Mallesham Dikonda
81	Vaishnavi Satyanarayan Pagadal
01	v albinia vi baty anarayan r ayadar

82	Pooja Balaji GadpelliH
83	Priyanka Rajendra Kanade
84	Heena Sadik Nadaf
85	Mayuri Sidram Dastapure
86	Nikita Suresh Mogale
87	Pournima Sunil Thorat
88	Nageshwari Vasudev Bhandekar
89	Vaishnavi Shrinivas Racharla
90	Aishwarya Bhimashankar Kalshetti
91	Vaishnavi Gangadhar Gajul
92	Pratiksha Manik Ghodke
93	Lokita Govardhan Battul
94	Aruna Mallesham Mhanta
95	Aruna Sidram Kotekeli
96	Rajashri Anand Irabatti
97	Rajashri Shriniwas Gudeli
98	Rupali Pandurang Yemul

# Counselling Committee:

Sr. No.	Teacher Name	Designation	Committee Role
1.	Dr. Annie John	Associate Professor	Coordinator
2.	Dr. Joshi P. P.	Associate Professor	Member
3.	Dr. Bhanje S. B.	Associate Professor	Member
4.	Dr. Shinde T. N.	Associate Professor	Member



### मोबाइल, इंटरनेटच्या अतिवापरामुळे मानसिक आजारात वाढ

शहर संचार

मोलापूर, दि. २२- 'आज आपल्यासमोर भौतिक सुख हात

जोडून उमे आहे. आपण त्याचा उपभोग पाहिजे. मात्र. त्याच्या आहारी जाऊ नये, अन्यथा

अनेक मानसिक विकार उद्भवतात. आज मोबाइल आणि इंटरनेटच्या

आहारी गेलेले लोक अशा अनेक मानसिक विकाराला बळी पडत आहेत. व्यसनाधीन लोकांना जशी मानसोपचाराची गरज असते तशीच गरज अशा लोकांनाही असते,' असे प्रतिपादन भानसोपचार तज्ज्ञ डॉ. विष्णुपंत गावडे यांनी केले.

पदाशाली शिक्षण संस्था संचलित ए. आर. बुर्ला महिला महाविद्यालय व सोलापूर विद्यापीठ, सोलापूर यांच्या संयुक्त विद्यमाने 'सध्याची विषयावर आयोजित व्याख्यानात डॉ. गावडे होते. बोलत कार्यक्रमाच्या अध्यक्षस्थानी इंग्रजी विभाग प्रमुख डॉ. ॲनी जॉन होत्या. पुढे बोलताना डॉ. गावडे म्हणाले की, 'प्रत्येक माणसात चांगल्या सवयी व उपजत गुण असतात. प्रत्येकाने आपल्यातील चांगल्या सवयी व उपजत गुण यांचा शोध घेतला पाहिजे. त्याचा

एखादी चांगली सवय व उपजत गुणही यशप्राप्ती करून देण्यास अडचणी या येतच असतात हे गृहित धरून त्याचा सामना करण्याची मनाची तयारी ठेवली पाहिजे. त्याचबरोबर ध्येयप्राप्तीसाठी तीव्र इच्छा बाळगली पाहिजे.'

डॉ. ॲनी जॉन म्हणाल्या की. 'आजच्या काळात अनावश्यक

जीवनशैली व तणावमुक्ती' या विकास केला पाहिजे. आपल्यातील ताण व परिस्थितीजन्य ताण वाढत आहेत. अशा ताणापासून मुक्त होण्यासाठी पुरेशी असते. एखादे काम करताना गोप्टीचा सकारात्मकतेने स्वीकार केला पाहिजे आणि कोणत्याही परिस्थितीला सामोरे जाण्याची मनाची तयारी ठेवली पाहिजे.

प्रास्ताविक प्रा. शिवानंद भांजे यांनी केले. सुत्रसंचालन डॉ. श्रुती वडगबाळकर यांनी तर आभार प्रा. शिरीष भोसले वांनी मानले.

### मोबाईल, इंटरनेटच्या अतिवापरामुळे मानसिक आजारात वाढ

विष्णुपंत गावडे: कुचनमध्ये 'सध्याची जीवनशैली व तणावमुक्ती'वर व्याख्यान

सोलापूर : भौतिक सुख आपल्यासमोर हात जोडून उभे आहे. आपण त्याचा उपभोग जरुर घेतला पाहिजे; मात्र त्याच्या आहारी जाऊ नये. आज मोबाईल, इंटरनेटच्या आहारी गेलेले लोक अनेक मानसिक आगाराने त्रस्त असल्याचे प्रतिपादन मानसोपचारतञ्ज्ञ विष्णुपंत गावडे यांनी केले.

 आर. बुर्ला महिला महाविद्यालयात सोलापूर विद्यापीठाच्या वतीने आयोजित केलेल्या 'सध्याची जीवनशैली आणि तणावमुक्ती' विषयावर आयोजित केलेल्या व्याख्यानात डॉ. गावडे बोलत होते. कार्यक्रमाच्या अध्यक्षस्थानी इंग्रजीच्या विभाग प्रमुख डॉ. ॲनी जॉन होत्या.

डॉ. ॲनी जॉन यांनी अध्यक्षीय भाषणात आजच्या काळात अनावश्यक



असल्याचे सांगितले. तणावमुक्तीसाठी सकारात्मक गोष्टी स्वीकारण्याचे आवाहन केले.

प्रास्ताविक प्रा. शिवानंद भांजे यांनी केले तर आभार प्रा. शिरीप भोसले यांनी मानले. सूत्रसंचालन डॉ. अतो वडगबाळकर यांनी केले. यायेळो प्रा. सुरेखा बनुल, प्रा. रंजना बनसोडे, डॉ. टी. एन. शिंदे आदी उपस्थित होते (प्रतिनिधी)

### मोबाइल, इंटरनेटच्या अतिवापरामुळे मानसिक आजारात वाढ

शहर संचार

सोलापूर, दि. २२- 'आज आपल्यासमोर मौतिक सुख हात



अनेक मानसिक विकार उद्भवतात. आज मोबाइल आणि इंटरनेटच्या

आहारी गेलेले लोक अशा अनेक मानसिक विकाराला बळी पडत आहेत. व्यसनाधीन लोकांना जशी मानसोपचाराची गरज असते तशीच गरज अशा लोकांनाही असते,' असे प्रतिपादन मानसोपचार तज्ज्ञ डॉ. विष्णुपंत गावडे यांनी केले.

पद्मशाली शिक्षण संस्था संचलित ए. आर. बुर्ला महिला महाविद्यालय व सोलापूर विद्यापीठ, सोलापूर वांच्या संयुक्त विद्यमाने 'सच्याची

जीवनशैली व तणावमुक्ती या विषयावर आयोजित व्याख्यानात डॉ. गावडे बोलत होते. कार्यक्रमाच्या अध्यक्षस्थानी इंग्रजी विभाग प्रमुख डॉ. ॲनी जॉन होत्या. पुढे बोलताना डॉ. गावडे म्हणाले की, 'प्रत्येक माणसात चांगल्या सबयी व उपजत गुण असतात. प्रत्येकाने आपल्यातील चांगल्या सबयी व उपजत गुण यांचा शोध धेतला पाहिजे. त्याचा

विकास केला पाहिजे. आपल्यातील एखादी चांगली सवय व उपजत गुणही यशप्राप्ती करून देण्यास पुरेशी असते. एखादे काम करताना अहवणी या येतच असतात हे गृहित धरून त्याचा सामना करण्याची मनाची तयारी ठेवली पाहिजे. त्याचबरोबर ध्येयप्राप्तीसाठी तीव इच्छा बाळगली पाहिजे.

डॉ. ॲनी जॉन म्हणाल्या की, 'आजच्या काळात अनावश्यक ताण व परिस्थितीजन्य ताण वाढत आहेत. अशा ताणापासून मुक्त होण्यासाठी समोरील गोप्टीचा सकारात्मकतेने स्वीकार केला पाहिजे आणि कोणत्याही परिस्थितीला सामोरे जाण्याची मनाची तयारी ठेवली पाहिजे.

प्रास्ताविक प्रा. शिवानंद भांजे यांनी केले. सूत्रसंचालन डॉ. श्रुती वडगबाळकर यांनी तर आभार प्रा. शिरीष भोसले यांनी मानले.

#### मोबाईल, इंटरनेटच्या अतिवापरामुळे मानसिक आजारात वाढ

विष्णुपंत गावडे: कुचनमध्ये 'सध्याची जीवनशैली व तणावमुक्ती'वर व्याख्यान

सोलापूर: भौतिक सुख आपल्यासमोर हात जोडून उभे आहे. आपण त्याचा उपभोग जरुर घेतला पाहिजे; मात्र त्याच्या आहारी जाऊ नये. आज मोबाईल, इंटरनेटच्या आहारी गेलेले लोक अनेक मानसिक आजाराने त्रस्त असल्याचे प्रतिपादन मानसोपचारतज्ज्ञ विष्णुपंत गांबडे यांनी केले.

अं, आर. बुर्ला महिला महाविद्यालयात सोलापुर विद्यापीठाच्या वतीने आयोजित केलेल्या 'सध्याची जीवनशैली आणि तणावमुक्ती' विषयावर आयोजित केलेल्या व्याख्यानात डॉ. गावडे बोलत होते. कार्यक्रमाच्या अध्यक्षस्थानी इंग्रजीच्या विभाग प्रमुख डॉ. ॲनी जॉन होत्या.

डॉ. ॲनी जॉन यांनी अध्यक्षीय भाषणात आजच्या काळात अनावश्यक आणि परिस्थितीजन्य ताण वाढत



असल्याचे सांगितले. तणावमुक्तीसाठी सकारात्मक गोष्टी स्वीकारण्याचे आवाहन केले.

प्रास्ताविक प्रा. शिवानंद भांजे यांनी केले तर आभार प्रा. शिरीष भोसले यांनी मानले. सूत्रसंचालन डॉ. हुती वडगबाळकर यांनी केले. यांचेळ्ये प्रा. सूरेखा बत्तुल, प्रा. रंजना बनसोडे, डॉ. टी. एन. शिंदे आदी उपस्थित होते. (प्रतिनिधी)

Sr. No.	Students Name	Signature
1.	Shweta Rajkumar Bakale	8. Bakale
2	Pallavi Manohar Jakkangar	J. Paltavi
3	Lamibai Jagannath Jadhav	StJadhav
4	Sanjeevani Digambar Chalmeti	Chalrefi
5	Ashwini Ramesh Kedari	Alkedano
6	Ambika Shrinivas Madgundi	Ambita
7	Laxmi Shriniwas Raparti	Lis. Raiput
8	Lavanya Ashok Myakam	Lavanyarg.
9	Namrata Raju Gundeli	Moundoli'
10	Shrutika Prakash Shrigari	Schrigeri
11	Manisha Madhukar Gajul	IJ.M. Bail
12	Priyanka Nagesh Shanku	Smyallara
13	Shirish Ambadas Ippalpalli	· I p Peel Poelli
14	Soniya Narendra Battul	SMBathrel
15	Manisha Madhukar Gajul	m M. Carul
16	Arati Gopal Kongari	Genefri
17	Shravani Devidas Mangalpalli	SUDJOHM.
18	Ashwini Durgadas Bijja	Bijja A.D
19	Arati Umesh Usakoyal	hal:
20	Amruta Govardhan Katta	KattaAG
21	Shrutika Deepak Gundu	Bende.
22	Nandini Shriniwas Gajul	Galid ND.
23	Mithila Badrinarayan Adam	A. Mithila
24	Laxmi Ashok Ganji	Gangi L.A
25	Aruna Dattatraya Anabattul	. 4
26	Rohinii Purushottam Kongari	K. Rehini.
27	Surekha Vyankatesh Bolli	S. Bolli
28	Shilpa Poshetti Ittam	S. Ittam
29	Gayatri Shriniwas Pagul	0.200
30	Vaishnavi Sanjay Devreddi	1/2 ggit
31	Shweta Kisan Saggam	vuonneu
32	Pradnya Rajesh Magnur	Seeggen
33	Susmita Sushant Narole	Jaggam.s.
34	Uma Jetappa Naikodi	S.S.Marole
35	Aniali Siddharam V	ma
36	Anjali Siddharam Kumbhar	K. Ahjali
37	Shirisha Mahesh Jalgam	Sylvalgam
38	Ashwini Vittal Gouri	TEMPING
	Priyanka Tribakeshwar Pogul	Reesel

39	Bhakti Shriniwas Palli	O-Hip
40	Nikita Raju Gaddam	Tamp
41	Arati Vyankatesh Boga	11 Kgadden
42	Priyanka Narsing Vaitla	Boga AV
43	Priyankak Satyanarayan Kudkyal	phraile
44	Vidhya Chandrakant Ganji	Vgags
45		NOT.
46	Kalpana Rajendra Balmeri	KIR. B.
	Divya Ambadas Lakhapati	dlalate
47	Chikita Murali Jatala	Jalilerec
48	Lavanya Gopinath Kasturi	beshoul
49	Bharati Purushottam Nangi	Napis
50	Priyanka Rajshekhar Pawar	Paverby
51	Pragati Shriniws Annam	Pryanto.
52	Anjali Dattatray Varnam	Valment
53	Sanajan Annad Tulshigar	Intelline
54	Pooja Prabhakar Tatti	Latte
55	Jui Shatrughan Sabale	J.S. Salar
56	Nikita Raju Gaddam	Jakle
57	Tulasi GaneshAdam	Nadam
58	Aparana Suryakant Ankam	A Kom AS.
59	Gayatri Naresh Kankutla	(Mwatx)
60	Lavanya Shridhar Gajeli	gorgacor
61	Jamuna Narasappa Kaki	Culin
62	Priya Tulshidas Diwale	Porta
63	Priyanka Laxman Vadaje	Paral
64	Savitri Vyankusa Gangji	5rV. 9.
65	Trupti Ravindra Borade	7. D. Armala
66	Ashwini Ambadas Pantagani	AA Pater
67	Soundraya Ashok Rajul	ASR.
68	Dipali Yogiraj Gangade	Gooding D.M.
69	Devikak Revansiddhappa Jogade	DRT.
70	Nikita Dipak Yadgiri	N. Vadajo
71	Praanoti Shridhar Gaddam	Pranci
72	Meghana Prasad Vannam	MPV
73	Shweta Tukaram Bobade	(MPD.
74	Snehal Rajkumar Dudhagi	snewal
75	Vimal Shrinivas Parkipandala	Vis.P.
76	Vaishnavi Vyankatesh Gangul	Vaishman
77	Shweta Vyankatesh Gangul	5 V. Gandy.
78	Uma Nagesh Gardas	Vma garda
79	Kirti Shankar Sindam	V114 9 41 ag
80	Pooja Mallesham Dikonda	MCE
81	Vaishnavi Satyanarayan Pagadal	W. Orm dat
82	Pooja Balaji GadpelliH	000
10 m 15 m 15 m	- January Campenini	104.

83	Priyanka Rajendra Kanade	1 Junker
84	Heena Sadik Nadaf	Nadatura
85	Mayuri Sidram Dastapure	Mar him
86	Nikita Suresh Mogale	Messo
87	Pournima Sunil Thorat	Dumina.
88	Nageshwari Vasudev Bhandekar	N.V.B
89	Vaishnavi Shrinivas Racharla	Vaishnavi
90	Aishwarya Bhimashankar Kalshetti	Pshwary9
91	Vaishnavi Gangadhar Gajul	Contraction
92	Pratiksha Manik Ghodke	Ghoden P.
93	Lokita Govardhan Battul	
94	Aruna Mallesham Mhanta	Anna
95	Aruna Sidram Kotekeli	9
96	Rajashri Anand Irabatti	Rajtrubat
97	Rajashri Shriniwas Gudeli	2 Salundeli
98	Rupali Pandurang Yemul	Runali



#### Padmashali Shikshan Sanstha's Linguistic (Telugu) Minority Institution

#### A. R. Burla Mahila Varishtha Mahavidyalaya, Solapur

## COUNSELLING DEPARTMENT

Academic Year - 2018-19

### **INDEX**

Sr. No.	Activity Name	Dates
1.	Addictive Use of Smartphone's and Mental Disorder	11th December, 2018
2.	Health and Hygiene	10th March, 2019

Dr. Annie John Convenor ARBM ARBM

Dr. Rajendra Shendage
Principal

#### A. R. BURLA MAHILA VARISHTA MAHAVIDYALAYA, SOLAPUR

Date:- 01/12/2018

#### Notice

There will be a meeting of the Counselling Committee/Dept. on 2<sup>nd</sup> Dec, 2018 at 11:20 am in Staffroom.

All the members are requested to attend the same.

Dr. Annie John Convenor Dept./Committee

Sr. No.	Teacher's Name	Designation	Signature
1.	Dr. Annie John	Coordinator	Alaka
2.	Dr. P. P. Joshi	Member	Pjelli
3.	Dr. S. B. Bhanje	Member	Lung
4.	Dr. T. N. Shinde	Member	

#### A. R. BURLA MAHILA VARISHTA MAHAVIDYALAYA, SOLAPUR

Date:- 23/02/2019

#### Notice

There will be a meeting of the Counselling Committee/Dept. on 24 Feb, 2019 at 11:00 am in Staffroom.

All the members are requested to attend the same.

Dr. Annie John Convenor Dept./Committee

Sr. No.	Teacher's Name	Designation	Signature
1.	Dr. Annie John	Coordinator	Sohr
2.	Dr. P. P. Joshi	Member	P.ToSh
3.	Dr. S. B. Bhanje	Member	Dung.
4.	Dr. T. N. Shinde	Member	1

#### Padmashali Shikshan Sanstha's

Linguistic (Telugu) Minority Institution

# A. R. BURLA MAHILA VARISHTHA MAHAVIDYALAYA, SOLAPUR

NAAC Reaccredited B++ Grade



## Health and Hygiene

Academic Year - 2018-2019

Organized By

Students Counselling Committee

### **Meeting:**

A meeting was called on 24<sup>th</sup> Feb, 2019 to discuss about a Counselling Seminar to be taken for the students.

### <u>Agenda:</u>

- To arrange a Counselling Session on <u>Health and Hygiene</u> for the students of B. A. III.
- To fix a suitable date for the same.

### **Minutes:**

- After a discussion with the Principal and committee members it was resolved to arrange a Counselling Session on *Health* and *Hygiene* for the students of B. A. III.
- It was resolved that *Dr. Alka Kakade* would be invited as resource person for the same.
- The date for the Counselling Session was fixed for 10 Mar, 2019.

### **Photos:**



### Padmashali Shikshan Sanstha's A. R. BURLA MAHILA VARISHTA MAHAVIDYALAYA, SOLAPUR

Sr. No.	Student Name	Signature
1.	Bhimnath Chandrakala Anand	chandrakala,
2.	Charate Shruti Shashikant	Shouti
3.	Koli Rukmani Ambadas	R. A. Kali
4.	Udagiri Lalita Vyankatesh	Lalita.
5.	Myakal Sonali Shrinivas	Sonali
6.	Mathpati Pratibha Kapalayya	Mathpati P.K.
7.	Mulla Madina Ismail	Madina
8.	Bansode Priti Mahadev	Priti.
9.	Ganji Priyanka Vilas	Priyanka
10.	Chippa Rupali Raju	Chippa
11.	Padal Lavanya Ambadas	Lovanya
12.	Sayari Priyanka Venugopal	priyantea
13.	Pittal Neha Satyanarayan	Neha.
14.	Vanga Shrisha Narsing	shrisha
15.	Shinge Sonali Ramesh	Shrish.N.V
16.	Tatipamul Swati Laxminarayan	Swati
17.	Shitole Nikita Kedarnath	Nikita.
18.	Nagul Aparna Bhasakar	Aparna
19.	Kirtane Priyanka Sugreev	Priyanka.ks
20.	Sidhganesh Sonali Nagesh	sonali.
21.	Gangurde Amruta Gorkhnath	Amruta
22.	Patil Shreelaxmi Mallikarjun	Patil.S.M.
23.	Myakal Megha Vinod	megha.
24.	Dhayafule Vrushali Shashikant	Vousbali
25.	Udata Ashwini Vyankatesh	udata A.N.
26.	Kokate Siddhi Omprakash	Siddhi
27.	Choughule Suvarna Ram	Suvarna.

28.	Dahihande Punam Laxman	
29.	Kokane Renuka Kachor	Punam.
30.	Halkati Pooja Shivsharanappa	Kokane R.K.
31.	Salunke Vaishnavi Arun	Pooja
32.	Gone Shhevanti Madhukar	Vaishnavi
33.	Gadagi Ramyakrishna Chandrashekhar	Gone, S.M.
34.	Jadhav Sneha Vishnu	Gradagi. R.c
35.	Devnallu Rajeshwar Nagayya	Sucha. V.J
36.	Bijjargi Vidya Kashinath	Kajeshwar
37.	Dhage Sapna Ramesh	vidya
38.	Mujawar Samrin M Rafik	Dhage.S.K.
39.	Bhaskar Deepali Bapu	Samain
40.	Kawadadevi Shweta Dattatray	Deepali
41.	Chilka Lavanya Ramesh	Shweta
42.	Vhanamane Prajakta Bhagwat	Lavanya.C
43.	Patil Sneha Subhash	Prajakta
44.	Bansode Priyanka Anil	Patil
45.	Janki Arati Ganesh	Priyanka A. B
46.	Kamble Rama Janappa	Rama
47.	Bayas Aishwarya Shivrajasing	Aishwanyo
48.	Masan Manisha Nagesh	Masan.M. N.
49.	Pogul Pragatí Ratanchand	Poskul. P.R
50	Sarvade Sanjana Shivaji	a Sanjona
51.	Shinde Sonali Sidram	Sonali
52.	Chatla Kirti Chandrashekar	Birti C C
53-	Chinta Vaishnavi Ramesh	Chinta V. R.
54.	Dindole Kajal Arun	Rajal
55.	Vadgave Manjushri Sangappa	Manjushn
56.	Kondi Pooja Vyankatesh	Pooja K.V.
57.	Konge Nikita Somnath	Nikitak S
58.	Gaikwad Poonam Suresh	Nikita
59.	Manjulkar Priya Shivram	Priva.
		- rugu.

60.	Guttikonda Amruta Ravindra	
61.	Bagwan Alfiya Irfan	Ruttikanda
62.	Kamale Julfina Nasir	filtiya
63.	Bhadrashetti Pooja Ramchandra	Jultina
64.	Koli Iramma Prabhakar	tooja. R.B.
65.	Mandake Aarti Mallinath	Koli.T.P
66.	Chaudhari Anjum Bandenawaj	Mondake
67.	Penti Lalita Nagnath	Hnjum
68.	Makatte Savita Bhimappa	Kenti.L.N.
69.	Chaudhari Anjum Bandenawaj	Daire
70.	Penti Lalita Nagnath	Hnjum:
71.	Matkatte Savita Bhimappa	Savita
72.	Tannir Roja Rajmogali	TannirRR
73.	Charate Rupali Shahaji	Rupali.8.C
74.	Rathod Geeta Lalsing	Geeta
75.	Sarvade Rajnandini Balasaheb	Pauxex
76.	Pawar Arti Gopal	Arti
77-	Dandoti Almasbane Ikhtiyar	Almashane
78.	Mainawale Pooja Shankar	Poola M.S
79.	Batane Payal Krishnath	Batene PK



Padmashali Shikshan Sanstha's Linguistic (Telugu) Minority Institution

#### A. R. BURLA MAHILA VARISHTHA MAHAVIDYALAYA, SOLAPUR

## COUNSELLING DEPARTMENT

#### **INDEX**

SR. No.	ACTIVITY NAME	DATE
1.	Meditation & Well Being	18th Sept. 2019
2.	Stress Management	28 <sup>th</sup> Jan, 2020

Dr. Annie John Coordinator



Dr. Rajendra Shendage Principal

#### Padmashali Shikshan Sanstha's

### A. R. BURLA MAHILA VARISHTA MAHAVIDYALAYA, SOLAPUR

Date:- 11/09/2019

#### Notice

There will be a meeting of the Counselling Committee/Dept. on 13 Sept, 2019 at 11:00 am in Staffroom.

All the members are requested to attend the same.

Dr. Annie John Convenor Dept./Committee

Sr. No.	Teacher's Name	Designation	Signature
1.	Dr. Annie John	Coordinator	2901
2.	Dr. P. P. Joshi	Member	P.108
3.	Dr. S. B. Bhanje	Member	Dung
4.	Dr. T. N. Shinde	Member	Atrels

## Meditation & Well Being

Padmashali Shikshan Sanstha's

### A. R. Burla Mahila Varishtha Mahavidyalaya, Solapur

NAAC Reaccredited B++ Grade



### **Meditation & Well Being**

Academic Year - 2019-2020

Organized By

**Students Counselling Committee** 

## INTRODUCTION:

What is the meaning and purpose of life? Some people go through a lot of crisis in life and experience a loss of self or identity. Counselling helps rediscover the purpose, passion and meaning of life through the exploration of values, interests, beliefs, skills etc. Counselling can provide direction in life especially when dealing with anxiety, depression or low self-esteem.

## ADVANTAGES OF COUNSELLING:

Counselling gives an opportunity for self-exploration and self-discovery. It provides support and validation. Help in provides support and validation. Help in changing self-defeating habits, which enhancing self-esteem and giving greater chance for self-acceptance. Expression and management of emotions can be expressed in a better way.

## MEETING:

A meeting was called on 13<sup>th</sup> September, 2019 to discuss about a Counselling Seminar to be taken for the students.

## AGENDA:

- To arrange a Counselling Session on Meditation & Well Being for the students of B. A/ B. C. A. I
- To fix a suitable date for the same.

## MINUTES:

- After a discussion with the Principal and committee members it was resolved to arrange a Counselling Session on Meditation & Well Being for the students of B. A/ B. C. A. I
- It was resolved that **Dr. Dalvi R. J.** would be invited as resource person for the same.
- The date for the Counselling Session was fixed for 18<sup>th</sup>
   September, 2019

## COUNSELLING COMMITTEE:

Teacher Name	Designation	Committee Role
Dr. Annie John	Associate Professor	Coordinator
Dr. Joshi P. P.	Associate Professor	Member
Dr. Bhanje S. B.	Associate Professor	Member
Dr. Shinde T. N.	Associate Professor	Member
	Dr. Annie John  Dr. Joshi P. P.  Dr. Bhanje S. B.	Dr. Annie John Associate Professor  Dr. Joshi P. P. Associate Professor  Dr. Bhanje S. B. Associate Professor

## PHOTOS:



#### Padmashali Shikshan Sanstha's

### A. R. BURLA MAHILA VARISHTA MAHAVIDYALAYA, SOLAPUR 18/09/2019

Sr. No.	Students Name	Signature
1	AWATADE PRABHA PRASHANT	Proughol.
2	JINDAM VIDYA MALLESH	viaya
3	DYAVARAONDA LAVANYA BASAVARAJ	Lanyaya
4	POTAN GAYATRI VINAYAK	Gayatri
5	CHABUKSWAR SANGITA ASHOK	Sangita.
6	DARANA POOJA AYALAPPA	Pooja-
7	MORE ANKITA VITTHAL	Ankitel
8	BHANDE AARATI TULSHIRAM	AARATI
9	SARWADE SANDYA SANKAR	Sanalya
10	SUGUR KAUSAR MAHIBUB	Ruser
11	KATKAR VAISHNAVI REVANSIDHA	Vaishanul
12	BANDI ARUNA RAJKANKAYYA	Aruna
13	PANI PARVATI AMBADAS	Savitar
14	KARRE SAVITA NARENDRA	Sovida
15	RAJPUT MANISHA DIPAKSING	Manisha
16	GAIKWAD SONALI KAMLAKAR	Sonali
17	SANTI KAVYA RAJESH	teau ya
18	SHITOLE SNEHA SANJAY	PRANCE
19	SALUNKE PRERANA NAGNATH	sneha.
20	DEVKAR ARATI VITTHAL	Aradi
21	KANKATTI ROHINI NARESH	Rohini
22	SINGARAL SHRAVANI NAGESH	sharvoni
23	PURUD POOJA PRAKASH	Poola
24	MANGANI SEEMA YASHAVANT	SEEMA
25	NORA AISHWARYA KISAN	AUShvanuta
26	HANCHATE SNEHAL SANJAY	Shenoul
27	RATHOD RAVINA BHOJU	Rawsey
28	MALI SWATI SAUDAGAR	Swati
29	SAGAR SHITAL LAXMAN	Shital
30	PUKALE PRATIKSHA SANJAY	PRATIPSIL
31	MADUR AISHWARYA BALAJI	Aishinga
32	GADEKAR POOJA APPASHA	Pooja
33	SAMLETI VAISHNAVI JANARDAN	vaishanni
34	MULLA TASLIMA AMIR	Tastima
35	ALWAL MANJULA IRESH	Mahjula
36	BAPAT KOMAL BABALU	Komal.
37	VALLAL PRIYANKA JANARDHAN	Priyanka
38	YALDANDI ASHWINI RAMLU	AShwini
39	DHOLE SAYALI SUKUMAR	Satuli

40	BHOSALE USHA DILIP	Usha
41	DORKAR KARISHMA BABASAHEB	tarigham
42	CHANDANSHIVE KOMAL RAJSHEKHAR	Komal
	PATIL SUMAN BASAVRAJ	Suman
43	MASAN NEHA VYANKATSH	Nena
44	PAWAR VIMAL BHAGWAN	Vimal
45		
46	DASARI RUCHITA MANOHAR	Ruchita
47	KHARE UMA ANGAD	bma
48	DONTULU LAVANYA HARI	Lanvarya
49	TADLAGI NAMRATA MALLINATH	Namgata
50	PAWAR PARVATI DURGADAS	Panavat
51	MANJULE TEJASWINI SHIVSHANKAR	HEJaswini
52	KONGARI AKSHAYA CHANDRAKANT	akashaya
53	MITTHA POOJA PARSHURAM	Pooja
54	NARONE SHIVALILA IRAKUMAR	snivalia
55	SAVANT AISHWARYA AMOL	aishwanya
56	KALVA DURGA DURGADAS	Dargo
57	GAJJAM NAGAMANI VIJAY	Natamni.
58	NIKAM VARSHA AMBADAS	Vansha
59	KHANDARE SONALI KRISHNA	Sonali
60	DYAWARKONDA VARLAXMI NIRANJAN	Vanlarmi
61	CHARGUNDI SUPRIYA MUKESH	Supriya
62	GUJARATI SNEHA YALLAPPA	Shena.
63	VADDI YOGITA AMBADAS	409140
64	BIRAJADAR ANJALI KASHINATH	Anjali
65	BADAGU KOMAL SIDRAM	Komav
66	KHALBATTE SONALI AMBADAS	Songli
67	GAIKWAD AMBIKA BHIMASHANKAR	Ambita
68	JINDE AMBIKA MOHAN	Ambika
69	KUMBHAR ASHWINI SHRADDHANAND	Ashwini
70	KASHID NANDINI BHARAT	Nadini
71	PAWAR PAYAL RATAN	Paycu
72	JANGAVALI POOJA TUKARAM	Pogia
73	NAROLE AMBIKA KISAN	(Ambikel,
74	JAKKAN SAPNA MADHUKAR	sakshi
75	BHANDARI SAKSHI AMBADAS	sapana
76	VAGGA KANCHANA VITTHAL	Kanchana
77	SALUNKE AISHWARYA ARUN	Aighwary
78	GADDAM SHRUTIKA RAJU	Shouthera
79	DUDAM MAYURI SHRINIVAS	Janua 1
80	DHANSHETTI AMBIKA SHASHIKANT	(Ambikge
81	VHOTKAR SONALI RAJENDRA	Sonali
82	BURA ARCHANA VYANKATESH	Archand
83	UDATA GAYATRI ANIL	Ctayetri
84	GOLI GITESHWARI NAGBHUSHANAM	angues hushanan
85	BIRAJDAR AISHVRYA SHIVANAND	Mashvaya

86	FATTEKHAN NAFISA RAFIK	Mafisa
87	ALKUNTE ANJALI SAINATH	Arrighi
88	SONKAMBLE ANJALI SHRISHAIL	Aniali
89	DAMJIKAR SHALINI SHANKARRAO	Shewind
90	BHOSALE KAJAL SHANKAR	kajal. B
91	PATIL VAIBHAVI BALAJI	Vaibhavi
92	SUTAR SHRUTI SIDDHARAM	SHRUTI
93	KOLI POOJA KASHINATH	Pooia
94	BADAGU SMITA VITTHAL	smita
95	MARALE SAPANA KASHINATH	Sapana
96	POSA LAVANYA PANDURANG	Lavanya.
97	MULE SONALI PANCHAPPA	- Sonails
97	MULE SONALI PANCHAPPA	SONALI
98	SAWANTGIRI RUPA PRABHU	Rupa
99	AWAJE POOJA AMBANNA	POOJA
100	SHAIKH AASMA AKBAR	AASMA
101	PUJARI UMASHRI PRAKASH	Umcismi
102	CHAVAN NAGMANI PANDURANG	Por Ne aman
103	RAJPUT PRIYANKA DIPAKSING	POLYGOKO
104	RATHOD POOJA MACHCHINDRA	Pania
105	BINGI KAVITA AMBADAS	kanada
106	JADHAV SWATI RAJENDRA	ScidH. T.R.
107	KUNDARAM ARATI AMBADAS	Angeli
108	GAIKWAD VAISHNAVI SHANKAR	youshray, k
109	CHOUGULE PRITI NAGESH	Prisi
110	SWAMI BHAGYASHRI NAGESH	phayAsmi
111	PAWAR VRUSHALI GOKUL	Vrushell
112	CHAVAN PRATIKSHA JAYWANT	Paratish.
113	DIVATE AISHWARYA SAYALU	Ai shwarye.
114	NADIMETALA ASHWINI SHRINIWAS	ashuini.

### A. R. Burla Mahila Varishtha Mahayidyalaya, Solapur

NAAC Reaccredited B++ Grade



### • STRESS Management •

Academic Year - 2019-2020

Organized By

**Students Counselling Committee** 

### INTRODUCTION:

What is the meaning and purpose of life? Some people go through a lot of crisis in life and experience a loss of self or identity. Counselling helps rediscover the purpose, passion and meaning of life through the exploration of values, interests, beliefs, skills etc. Counselling can provide direction in life especially when dealing with anxiety, depression or low self-esteem.

#### AIMS & OBJECTIVES:

- To encourage students' academic, social, emotional and personal development.
- To help students become aware of themselves understand their problems and find solutions for the same.
- To help students improve themselves in all areas and become full functioning individuals.
- To monitor students development and give them the necessary support when needed.
- To help them make realistic decisions, to improve their skills/abilities and adapt to their environment in a healthy way.

#### ADVANTAGES OF COUNSELLING:

Counselling gives an opportunity for self-exploration and self-discovery. It provides support and validation. Help in provides support and validation. Help in changing self-defeating habits, which enhancing self-esteem and giving greater chance for self-acceptance. Expression and management of emotions can be expressed in a better way.

#### A. R. BURLA MAHILA VARISHTA MAHAVIDYALAYA, SOLAPUR

Date:- 19/01/2020

#### Notice

There will be a meeting of the Counselling Committee/Dept. on 20 Jan, 2020 at 11:00 am in Staffroom.

All the members are requested to attend the same.

Dr. Annie John Convenor Dept./Committee

Sr. No.	Teacher's Name	Designation	Signature
1.	Dr. Annie John	Coordinator	Alah
2.	Dr. P. P. Joshi	Member	Pitosh
3.	Dr. S. B. Bhanje	Member	Sun
4.	Dr. T. N. Shinde	Member	Blud!

#### **MEETING:**

A meeting was called on 20<sup>th</sup> Jan, 2020 to discuss about a Counselling Seminar to be taken for the students.

#### AGENDA:

- To arrange a Counselling Session on Stress Management for the students of B. A. I.
- To fix a suitable date for the same.

#### MINUTES:

- After a discussion with the Principal and committee members it was resolved to arrange a Counselling Session on Stress Management for the students of B. A. - I.
- It was resolved that **Dr. Vadagbalkar S. S.** would be invited as resource person for the same.
- The date for the Counselling Session was fixed for 28<sup>th</sup> Jan, 2020.

## COUNSELLING COMMITTEE:

Sr. No.	Teacher Name	Designation	Committee Role
1.	Dr. Annie John	Associate Professor	Coordinator
2.	Dr. Joshi P. P.	Associate Professor	Member
3.	Dr. Bhanje S. B.	Associate Professor	Member
4.	Dr. Shinde T. N.	Associate Professor	Member

## PHOTOS:



#### Padmashali Shikshan Sanstha's

#### A. R. BURLA MAHILA VARISHTA MAHAVIDYALAYA, SOLAPUR

28/01/2020

Sr. No.	Students Name	Signature
1	ADAKI ARTI RAMESH	(Anti)
2	ADAKI SUPRAJA SUDHAKAR	Surriya
3	ADAM KARUNA JAGANNATH	D.K.T
4	ADAM MONIKA AMBADAS	Marilen
5	ADAM PRITI KANKAYYA	A.D.K.
6	AMANCHI BHAVANA RAMESH	Bhavana
7	AMBAT DIPA RAMESH	
8	AMRUTAM ARCHANA RAJU	Dipa Ameuta. A
9	ANDE CHAITANYA SHRINIWAS	CILLETANNA
10	ANKAM NANDINI DEVIDAS	MAH MAY
11	ANNALDAS RANI TIRUMALLES	Nahouru
12	ARAGE DURGALAXMI PRAVEENKUMAR	Ange O
13	ARETLA SONI AMBADAS	Apage. 1
14	ARGE LAVANYA SATYANARAYAN	500
15	AVADUT ARCHANA AMBADAS	lewanya
16	AVAR ARITA DATTATRAY	Canal Co
17	BACHCHU KAVITA SHRINIWAS	Kavita, B
18	BADGANCHI BHAGYALAXMI SHRINIVAS	B. B. S.
19	BANDE KOMAL LAXMAN	1 200
20	BANSODE ANJALI MAHASIDDHA	Anial B.
21	BASABATTIN SHRUTIKA TIRUPATI	SHRUTTED.
22	BATGIRI NEHA VASANT	Noha
23	BATTUL AMBIKA RAJU	Amasta
24	BATTUL JYOTI CHALMAYYA	Thomas
25	BATTUL VAISHNAVI MUKUND	Jack no. 11
26	BATTUL VAISHNAVI RAMKUMAR	Vachhaus
27	BET PAVANI BALAJI	Pavan
28	BHANDARI AISHWARYA NARAYAN	Alshuhma
29	BHANDARI VIJAYALAXMI IRESH	Viayalaxni
30	BHANDEKAR LAVANYA PRAKASH	Columnya
31	BHIMANPALLI ARCHANA SHRINIWAS	Archana
32	BHOSALE PRATIKSHA SUNIL	Poratiksha
33	BICHCHAL GIRIJA PRABHAKAR	Bingin
34	BINGI NIKITA DEVIDAS	Nokada
35	BINGI RAJESHWARI NAGESH	B. Rajshwar
36	BIRAJDAR SUJATA PARMESHWAR	Sulata
37	BOLABATTIN MADHAVI SHRINIWAS	8 m. S
38	BOLLI KAVITA SATYANARAYAN	Kaurter

40 B0 41 BU 42 BU 43 CH 44 CH 45 CH	DLLU AISHWARYA SHRINIWAS DNDAGE LAXMI BASAVARAJ JDHARAM LAVANAYA KRUSHNAHARI JRA SARITA ANAND HAKRAL PALLAVI SURESH	S.B.A. B. Larmi B. Larbinaya B. Saerta
40 B0 41 BU 42 BU 43 CH 44 CH 45 CH	DNDAGE LAXMI BASAVARAJ JDHARAM LAVANAYA KRUSHNAHARI JRA SARITA ANAND HAKRAL PALLAVI SURESH	B. Larmi B. Larbinaya B. Salita
41 BU 42 BU 43 CH 44 CH 45 CH	JDHARAM LAVANAYA KRUSHNAHARI JRA SARITA ANAND HAKRAL PALLAVI SURESH	B. Laubnaye
42 BU 43 CH 44 CH 45 CH	JRA SARITA ANAND HAKRAL PALLAVI SURESH	B-Salita
43 CH 44 CH 45 CH	HAKRAL PALLAVI SURESH	
44 CH 45 CH		S & Annah
45 CH	HANNA VAISHNAVI RAVIKIRAN	
	HARGUNDI VAISHNAVI VYANKATESH	6. Pallavi
46 CH	HATLA KOMAL CHANDRASHEKHAR	Vaishnow
		Challa konal
	HAVAN PRITI VISHWAS	Beidi. Chasar
	HAVAN SARASWATI SHRIPATI	8 graswati
	HINTAKINDI PRIYANKA GOPAL	P.G.C
	HITTIPALLI SHARADA RAGHURAM	C. Shevada
	HITYAL AISHWARYA VYANKATESH	Aishwaya
	ALSHINGE PRIYANKA SAYBANNA	Peninka
	ASAMANE SAVITRI DHANARAJ	3 dita
	ASARI AISHWARYA PURUSHOTTAM	A. P. D.
55 D	ASARI LAVANYA VYANKTESH	Dasarila
56 D	ASARI SHWETA LINGRAJ	Shweta
57 D	ASTAPURE MADHURI SIDRAM	M.S.D
58 DI	EVAKAR NAMRATA BASHA	Divya
59 DI	HARANE DIVYA VIJAYKUMAR	D. Diyay
60 DI	HOLE SANJANA RAJSHEKHAR	Sanjana dhole
61 D	HULI ANKITA MALLINATH	canite
62 D	HYAVANPALLI AARTI SUDARSHAN	A.S.D
63 DI	HYAVANPALLI LAVANYA PRAKASH	davanza
	DDI AREKHA ANAND	D. Adeskh
	OMA HIRAMANI RAMESH	Hisamani
	ORNAL RADHIKA SHRINIWAS	92ahika
67 DI	UBASHI NIKHITA DATTATRAY	Nichhita
	UBHASHI BHAVANA SANJAY	D.B.8
	UDAM SANDHYA DEVIDAS	Sandhya
,0	JLAM DEEPALI AMBADAS	Decepali'
The state of the s	JSSA RACHANA AMAR	R. A. DUSSA
THE RESERVE OF THE PARTY OF THE	YAVANPALLI MONIKA RATAN	Montka
73 D	YAVARKONDA AISHWARYA NAGESH	Alshwaya
74 EK	KALDEVI PRIYA PANDURANG	driva
	LMARI AKHILA GIRISH	O Akhila
	ADAGI ASHWINI ANAND	Ashume
	ADAGI LAVANYA LAXMINARAYAN	GLL
	ADAVE POOJA BASAVRAJ	P.B. Gadave
	ADDAM LAXMI SHRINIVAS	Graddam.L.S
	ADDAM MEGHANA NANDKUMAR	M. N. Gaddam
	ADDAM SHIRISHA ASHOK	shirshou
	ADDAM VAISHNAVI NARENDRA	vaishnvi
	ADDE PRACHYUSHYA VETAL	gadde.P
84 GA	AJUL LAVANYA AMAR	Igajw.

85	GAILLI MEGUANA	
86	GALLI PANANA RAVISHANKAR	Keghana.
87	GANARA MADHUKAR	R.M.G
88	GANERI MOHAN	faseme
89	GANGINASHODA SHRINIVAS	V. S. G
90	GANGUL PUJA SHANKAR	Pula
91	GANJI AMRUTA SANTOSH	ACS G
92	GHANTE SAVITA ASHOK	Salta
	GOTIMUKUL SAVITA BALAJI	Savida G
93	GOUDA SAPNA PRABHAKAR	Sapa
94	GOVIND CHAITANYA SHEKHAR	chaltanua
95	GUDELI LAVANYA MALLESHAM	Layony
96	GUDUR SNEHA NAGRAJ	Breha
97	GUJARATHI KOMAL ANIL	to Mal. Go
98	GUJARE SHILPA RAMCHANDRA	Shilpa
99	GUNDLA SHWETA DEVIDAS	Shaperta
100	GUNDLA ANKITA CHANDRAKANT	AAK80
101	GUNTUK SOUNDARYA VYANKATESH	Soundarda
102	GURRAM SAPANA PANDURANG	Japhaa
103	GUTTIKONDA PRACHI GOVIND	9 6 6
104	HATTE BHAGYSHRI DHANAPPA	HAAA
105	HIBARE ANKITA ARJUN	Ant sta H
106	HONRAO VAISHNAVI RAMCHANDRA	Vaishnowi
107	HOTAGE NIKITA RAJENDRA	Nikita
108	IDNUR VAISHNAVI AMBADAS	Kaichnaai
109	IGAVE SAKSHI KISHOR	Saksho
110	IMADE SUVARNNA VITTHAL	SUVanna
111	IMBRAPURE JYOTI LAXMAN	Hou
112	INJAMURI SUJATA SUDARSHAN	Sulata
113	IPPAKAYAL PRIYANKA SHRINIWAS	DS.I
114	IRABATTI BHAVANA NARSING	Bhalana. I
115	JADHAV BHAWANA PRASHANT	Bheiwana.
116	JADHAV PRATIKSHA VIJAY	Peatisha. J
117	JAMADAR LAXMIBAI SANTOSH	18.5
118	JAMADAR DIPALI RAMESH	Dipali .
119	JATLA NIKITA MURLI	Nokêta.
120	JILHA NANDINI BALAJI	Nandere Tilha
121	JINDE SNEHA NAGNATH	toneha
122	JOGU SNEHA VYANKATESH	9 1 5
123	KADADAS NIKITA SHRINIVAS	Nêkôta.
124	KADAM SAKSHI SUNIL	Sakshô
125	KAKI MONIKA AMBADAS	droneka
126	KALLUR SHIVGANGA RAVINDRA	S. O. L
127	KALSE KOMAL GANPAT	11111
	KALSHETTI PRATIBHA IRANNA	Komal Kalse
128		Pratebha
129	KAMURTI SANJANA SANTOSH	Sanjaha
130	KANDIKATALA PRAVLIKA SHRINIVAS	Prayleta

131	KANDUL PRIYANKA CHANDRAKANT	Priyanka
132	KANKAL SHRADDHA ANANT	SAK
133	KANKI DHANLAXMI SHANKAR	D. Kanki
134	KANKUNTLA SHRUTIKA ANAND	S. A.K
135	KARAMPURI ASHWINI SHRINIVAS	Ashovini
136	KARAMPURI MANISHA BALAJI	Manisha
137	KARAMPURI MINAKSHI SHRINIVAS	Minakshi
138	KARANKOT SHRUTIKA KISHOR	Shrulka
139	KATKAM BHAGYALAXMI SHRINIVAS	Bhagyalasem
140	KHATKE SOUNDARYA PRAKASH	S.P.K
141	KODAM POOJA ANIL	Pagia Katal
142	KODAM POOJA AME	Ruchter
143	KOLATE SNEHAL RAMESH	Srehal. kolas
144	KOMARI NAMRATA ANAND	N.A.K
	KOMUL PUNAM AMBADAS	P.A.K
145	KONDA GAYATRI DATTATRAY	Garaki
146	KONDI SHRISHA NAGESH	SNK
147	KORE SHUBHANGI SHIVANAND	Shubbarge
148	KOTA KRUSHNAPRIYA SANJEEV	K.S.K
149	KOTA KROSHNAPKITA SARVEEV	Hema kata
150	KOTA MAMATA DATTATRAY	reameda
151	KOTKELLI ANUSHA YALAPPA	ANISHA
152	KSHIRSAGAR ROHINI PRABHULING	R.P.K
153	KSHIRSAGAR VAISHNAVI RAMESHWAR	Voiehnave-
154	KUNI VIDHYA LAXMAN	118/hyta. K
155	KUNTALA DEVIKA NIRANJAN	Devika
156	KUNTLA BALMANI PRABHAKAR	a.P.K
157 158	KUSMA KAVERI VYANKATRAJU	Kayle&i'
159	LAGSHETTI MONIKA PANDURANG	Montha
160	LAKAPATI SHAILU AMBADAS	Shally
161	LAKAPATI SONALI RAVINDRA	Sandle
162	LIMBITOTE PALAVVI BHIMASHANKAR	Salawi
163	MADGUNDI SUPRIYA DATTATRAY	Dupella. M
164	MADGUNDI AKILA VILAS	ANIMI
165	MADRAL MANASI VASANT	Manasa
166	MALAGE AISHWARYA CHANDRAKANT	Aishwall
167	MANCHAL ROHINI NAGNATH	RNIMO
168	MANCHAL YOGITA AMBADAS	Modera M
169	MANDAL PRIYANKA RAJU	UPOR.M.
170	MANE AADITI SANJAY	A.8.M.
171	MANE CHETANA MAHADEV	Chatam. M
172	MANE MUDRIKA RAJU	Mudrika
173	MANTRI RUPA VITTHAL	Rupa . M
174	MAYKUNTE ANKITA SHRINIWAS	ASM
175	MERGU KRUSHANVENI AMBADAS	K.A.M
176	MERGU MANISHA VYANKATESH	Marisha

177	METE NAMITA NANDU	Namita .19.
178	MHANTATI AARTI HIRALAL	A.H.M
179	MITTHAPALLI PAVITRA SHRINIWAS	
180	MULANI LAJINA RAFIK	Payisa M
181	MUNGAPATIL AISHWARYA SHRINIWAS	1-00, 1
182	MURUMKAR AISHWARAYA DATTA	A.S.M
183	MYANA AISHWARYA SATYANARAYAN	Aishoaeda.
184	NALLA ANKITA LAXMINARAYAN	Aushwarya.
185	NAMA ASHWINI BALAJI	Ankita Malla
186	NANDAL PALLAVI ANAND	Ashacine Feellalli
187	NUTI VIJAYALAXMI PRAKASH	1 0 01
188	NYALPOGUL PRERANA PRAKASH	V.P.N
189	PAGUL BHARATI BALU	Repeara N
190	PANDHRE ANKITA SANJAY	Brarant
191		100 P
	PANNEL ASHWINI BALRAJ	Helneyns
192	PARASHI LAXMI AMBADAS	Lasemi. P
193	PARKIPANDALA POOJA VYANKTESH	P.V.P
194	PATIL POONAM MAHADEV	Poonam.
195	PAWAR NIKITA SANJAY	Nikna
196	PAWAR SNEHA DATTATRAY	- Control of the cont
197	PENTA VAISHNAVI DEVIDAS	Vaisday
198	PERLA MADHURI NARSIMLU	Madhuse
199	PINDIPOL PALLAVI AMBADAS	Pallow
200	PITTA RASIKA ANAND	Ralika
201	POGUL ASHWINI LAXMINARAYAN	A.I.P
202	POSA NANDINI PANDURANG	The Hall
203	POUL NIKITA LAXMAN	0 1910 0
204	PULGAM RUCHITA KIRAN	Kuchita.
205	PUTTA GAYATRI SHRINIVAS	Jayertik
206	PUTTA ANJALI NAGESH	Cardari
207	PUTTA ROJA PENTAPPA	Rosa
208	RACCHA ARATI SOMNATH	Lulanate
209	RACHCHA NAVNEETA SATYANARAYAN	Mauneera
210	RAMUGADE MAYURI SUDHIR	Prison P
211	RANGAM PRIYANKA ARVIND	The section of
212	RANGDAL VAISHALI ANANTRAO	La line.
213	RATHOD USHA KISAN	Alakila
214	RAYANI ALEKYA MALLESHAM	Whichanil
215	REGOTI VAISHNAVI RAJU	Valstinew Co
216	SABBAN VAISHNAVI VYANKATESH	1000
217	SADDE PRIYA AMBADAS	Alah S
218	SAFAR NEHA NIVRUTTI	Sapiaca C
219	SAKA SANJANA MOHAN	Sanjara 8
220	SAKHARE NIKITA BALAJI	Nikita
221	SAKINAL MANJULA AMBADAS	Manjula
222	SAMAL PRAVALIKA AMBADAS	Pravallkas

223	SAMAL RUCHITA SHIRINIVAS	Seemed.
224	SAMAL MAMATA RAJENDRAPRASAD	6.M.R.
225	SANGA PRIYANKA NAVNEET	Sanga P
226	SARVADE ARATI NAGNATH	PRIMANKA
227	SHAIKH ANISA JABBAR	Anya S
228	SHAMBHUNI ISHA SURESH	Anisa
229	SHEGUR APARNA BHUPENDRA	HI Paranel
230	SHERALA PRIYANKA VYANKTESH	Priyentra
231	SHERLA AMRUTA GOVIND	A.G. 8
232	SHERLA MAMATA NARSING	manada
233	SHETTI NEHA SHRIDHAR	3hetti.
234	SHRIGARI PALLAVI BALU	Rullavi ,
235	SHRIPATI KOMAL VYANKATESH	Komer Sheipoti
236	SHRIRAM NIKITA VITTHAL	MipHail
237	SIDDHAM DURGA SIDDHESHWAR	Duega Siddham
238	SIDDHUL SHIRISHA NAGESH	sidahwal
239	SIDRAL ASHWINI TIRUPATI	A.T.S.
240	SIGARAKANTI SHRUTIKA SUBHASH	Shoutisy
241	SOREGAON NIKITA SIDRAYYA	Nikita,8
242	SUNKANPALLI RAMYA VYANKATESH	Puruje.
243	SURATE AYESHA RAVINDRA	A.R.S
244	SURVASE JYOTI RAJESH	Hotel
245	SWAMI NANDINI DHANAYYA	Nandini Semoni
246	TALA JAYLAXMI SHRINIVAS	Jay Jamosi
247	TANKSAL HIRAMANI MOHAN	Hiscimani
248	TAVATI AISHWARYA GOPI	histographa
249	TELANG ANJALI BALIRAM	Dajeeles)
250	TIRANDAS POOJA BALAJI	Poosa
251	TOPUL KRUTIKA RAJU	free though
252	TRIMAL RUCHITA AMBADAS	8.8.7
253	TUMMA SHWETA SIDRAM	shweta
254	UPARE POONAM SURESH UPLANCHI SHRAVANI SHRINIVAS	PooNam
256	USAKOYAL NIHARIKA SHANKAR	Storel and
257		Oihatika
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263		B- 13
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267		Dipali Vitkor
268		Lallo &
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269	VITKAR PRITI ABHIMAN	U.P.A
270	WADJE SMITA ANIL	Smita
271	WAGHAMARE BHAGYASHRI BALASAHEB	Bhagayshr
272	WALE PRITI SURYAKANT	wave. P
273	YAKKALDEVI AISHWARYA SHEKHAR	Aishwa.V
274	YAKKALDEVI KOMAL ASHOK	YKA



Padmashali Shikshan Sanstha's Linguistic (Telugu) Minority Institution

#### A. R. BURLA MAHILA VARISHTHA MAHAVIDYALAYA, SOLAPUR

# COUNSELLING DEPARTMENT

## **INDEX**

Sr. No.	Activity Name	Dates
1.	Emotional Well Being	30 <sup>th</sup> Sept, 2020
2.	Career Opportunities	27th Jan, 2021

Dr. Annie John Convenor ARBM Solaper

Dr. Rajendra Shendage Principal Padmashali Shikshan Sanstha's

## A. R. Burla Mahila Varishtha Mahavidyalaya, Bolapur

NAAC Reaccredited B++ Grade



# Emotional Well Being

Organized By

**Students Counselling Committee** 

#### Introduction:

What is the meaning and purpose of life? Some people go through a lot of crisis in life and experience a loss of self or identity. Counselling helps rediscover the purpose, passion and meaning of life through the exploration of values, interests, beliefs, skills etc. Counselling can provide direction in life especially when dealing with anxiety, depression or low self-esteem.

## Aims & Objectives:

- To encourage students' academic, social, emotional and personal development.
- To help students become aware of themselves, understand their problems and find solutions for the same.
- To help students improve themselves in all areas and become full functioning individuals.
- To monitor students development and give them the necessary support when needed.
- To help them make realistic decisions, to improve their skills/abilities and adapt to their environment in a healthy way.

Advantages of Counselling:

Counselling gives an opportunity for self-exploration and self-discovery. It provides support and validation. Help in changing self-defeating habits, which enhancing self-esteem and giving greater chance for self-acceptance. Expression and management of emotions can be expressed in a better way.

# Meeting:

A meeting was called on 20<sup>th</sup> Sept, 2020 to discuss about a workshop to be taken for the students.



- To arrange a Counselling Session on Emotional Well Being for the students of B. A. III.
- To fix a suitable date for the same.



- After a discussion with the Principal and committee members it was resolved to arrange a Counselling Session on Emotional Well Being for the students of B. A. III.
- It was resolved that *Dr. Sagar S. Waghmare* would be invited as resource person for the same.
- The date for the Counselling Session was fixed for 30<sup>th</sup> Sept,
   2020.

# Students fist:

#### Google Meet Link: http://meet.google.com/wmz-ajpj-jag

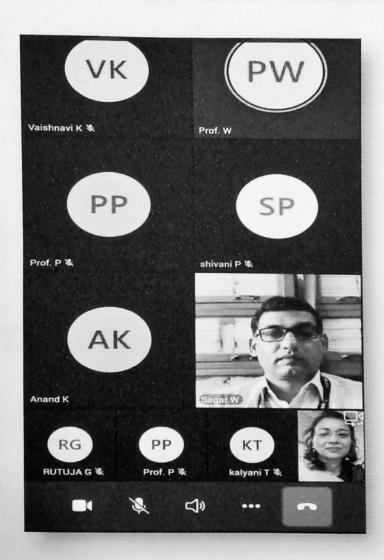
Sr.	Student Name
No.	
1.	Mathpati Shruti Jagannath
2.	Solankar Harshada Kuma
3.	Shinde Shital Ravi
4.	Kamble Deepali Suresh
5.	Mhanta Kajal Sanjay
6.	Nadaf Sahesta Salim
7.	Ghongade Vidyalayalaxmi Rajkumar
8.	Shrichippa Bhagyashri Santosh
9.	Chavan Aishwarya Ramesh
10.	Mangalwedhekar Payal Vijay
11.	Butla Pooja Rajesham
12.	Shrigadi Aarti Deepak
13.	Kashid Sonam Prabhakar
14.	Irabatti Vrushali Rajesh
15.	Samsharam Rupalli Irappa
16.	Siddhaganesh Panchashila Nagesh
17.	Hibare Mrunali Sunil
18.	Aarkel Shital Ambadas
19.	Kamble Deepali Suresh
20.	Waghmare Seema Prabhakar
21.	Koli Arati Chandrakant
22.	Devkar Aarti Datta
23.	Shendage Pradnya Kiran
24.	Swami Kashibai Sangayya
25.	Madnal Navneeta Vasudev
26.	Kshirsagar Ashwini Shekhar

27.	Akubattin Pallavi Shrinias
28.	Yemul Bhavani Narsing
29.	Marpelli Shravani Mohan
30.	Puttha Shravani Parshuram
31.	Kasturi Sandhya Shivaji
32.	Pukare Pranali Vinod
33.	Koli Priyanka Raju
34.	Dhyayannalli Ish A. 1. 1.
35.	Dhyavanpalli Ishravani Ambadas Namni Ankita Madhukar
36.	Mulla Shahin Yasin
37.	Pawar Namrata Sidram
38.	Pawar Sonali Ravi
39.	Dongil Archana Ambadas
40.	Malage Vandana Umashankar
41.	Gaikwad Sarika Indrajit
42.	Mohite Mangal Nilesh
43.	Dongare Sulochana Nagnath
44.	Devale Priyanka Bhaurao
45.	Ghagare Pooja Satish
46.	Rayi Vaishnayi Chandrakant
47.	Papadwale Maheshwari Narshingrao
48.	Dhulam Teshswini Ambadas
49.	Yanagundi Jayashree Dattatray
50.	Harnal Akshata Arjun
51.	Antwar Suhana Jamil
52.	Manjulkar Mohini Laxman
53	Chavan Anupriya Dattatray
54.	Khande Maheshwari Nandu
55.	Gujar Swapanali Sanjay
56.	Limbole Pallavi Vikas
57.	Lakapati Shamla Tukaram
58.	Kore Poonam Shashikant
59.	Shaikh Mubin Shaikhsab
60.	Chavan Aishwarya Ramesh

# Counseling Committee:

Sr. No.	Teacher Name	Designation	Committee Role
1.	Dr. Annie John	Professor	Coordinator
2.	Dr. Joshi P. P.	Professor	Member
3.	Dr. Bhanje S. B.	Professor	Member
4.	Dr. Shinde T. N.	Professor	Member

## Photos:



Padmashali Shikshan Sanstha's Linguistic (Telugu) Minority Institution

# A. R. Burla Mahila Varishtha Mahavidyalaya, Bolapur

NAAC Reaccredited B++ Grade



# Career Opportunities

Organized By

**Students Counselling Committee** 

Academic Year - 2020-21

## Introduction

What is the meaning and purpose of life? Some people go through a lot of crisis in life and experience a loss of self or identity. Counselling helps rediscover the purpose, passion and meaning of life through the exploration of values, interests, beliefs, skills etc. Counselling can provide direction in life especially when dealing with anxiety, depression or low self-esteem.

## Aims & Objectives

- To encourage students' academic, social, emotional and personal development.
- To help students become aware of themselves, understand their problems and find solutions for the same.
- To help students improve themselves in all areas and become full functioning individuals.
- To monitor students development and give them the necessary support when needed.
- To help them make realistic decisions, to improve their skills/abilities and adapt to their environment in a healthy way

# Advantages of Counselling:

Counselling gives an opportunity for self-exploration and self-discovery. It provides support and validation. Help in changing self-defeating habits, while enhancing self-esteem and giving greater chance for self-acceptance. Expression and management of emotions can be expressed in a better way.

# Meeting

A meeting was called on 15<sup>th</sup> Jan, 2021 to discuss about a workshop to be taken for the students.

## Agenda

- To arrange a Counselling Session on Career Opportunities for the students of B. A. III.
- To fix a suitable date for the same.

## Minutes

- After a discussion with the Principal and committee members it was resolved to arrange a Counselling Session on Career Opportunities for the students of B. A. III.
- It was resolved that Dr. R. R. Mote would be invited as resource person for the same.
- The date for the Counselling Session was fixed for 27<sup>th</sup> Jan, 2021.

# Students List

Google Meet Link: http://meet.google.com/iry-fvas-gqd

Sr.	Student Name
No.	
1.	Mathpati Shruti Jagannath
2.	Solankar Harshada Kuma
3.	Shinde Shital Ravi
4.	Kamble Deepali Suresh
5.	Mhanta Kajal Sanjay
6.	Nadaf Sahesta Salim
7.	Ghongade Vidyalayalaxmi Rajkumar
8.	Shrichippa Bhagyashri Santosh
9.	Chavan Aishwarya Ramesh
10.	Mangalwedhekar Payal Vijay
11.	Butla Pooja Rajesham
12.	Shrigadi Aarti Deepak
13.	Kashid Sonam Prabhakar
14.	Irabatti Vrushali Rajesh
15.	Samsharam Rupalli Irappa
16.	Siddhaganesh Panchashila Nagesh
17.	Hibare Mrunali Sunil
18.	Aarkel Shital Ambadas
19.	Kamble Deepali Suresh
20.	Waghmare Seema Prabhakar
21.	Koli Arati Chandrakant
22.	Devkar Aarti Datta
23.	Shendage Pradnya Kiran
24.	Swami Kashibai Sangayya

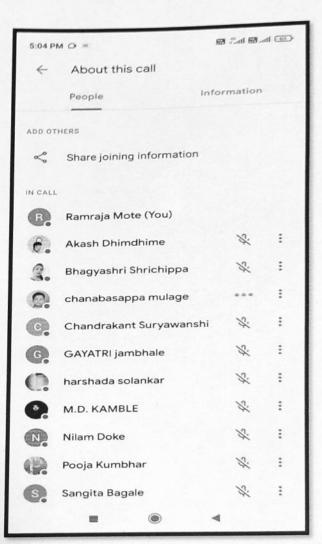
25.	Madnal Navneeta Vasudev
26.	Kshirsagar Ashwini Shekhar
27.	Akubattin Pallavi Shrinias
28.	Yemul Bhavani Narsing
29.	Marpelli Shravani Mohan
30.	Puttha Shravani Parshuram
31.	Kasturi Sandhya Shivaji
32.	Pukare Pranali Vinod
33.	Koli Priyanka Raju
34.	Dhyavanpalli Ishravani Ambadas
35.	Namni Ankita Madhukar
36.	Mulla Shahin Yasin
37.	Pawar Namrata Sidram
38.	Pawar Sonali Ravi
39.	Dongil Archana Ambadas
40.	Malage Vandana Umashankar
41.	Gaikwad Sarika Indrajit
42.	Mohite Mangal Nilesh
43.	Dongare Sulochana Nagnath
44.	Devale Priyanka Bhaurao
45.	Ghagare Pooja Satish
46.	Ravi Vaishnavi Chandrakant
47.	Papadwale Maheshwari Narshingrao
48.	Dhulam Teshswini Ambadas
49.	Yanagundi Jayashree Dattatray
50.	Harnal Akshata Arjun
51.	Antwar Suhana Jamil
52.	Manjulkar Mohini Laxman
53	Chavan Anupriya Dattatray
54.	Khande Maheshwari Nandu
55.	Gujar Swapanali Sanjay
56.	Limbole Pallavi Vikas
57-	Lakapati Shamla Tukaram
58.	Kore Poonam Shashikant
59.	Shaikh Mubin Shaikhsab
60.	Chavan Aishwarya Ramesh

# Counselling Committee

Sr. No.	Teacher Name	Designation	Committee Role
1.	Dr. Annie John	Professor	Coordinator
2.	Dr. Joshi P. P.	Professor	Member
3.	Dr. Bhanje S. B.	Professor	Member
4.	Dr. Shinde T. N.	Professor	Member

# Photos





#### Padmashali Shikshan Sanstha's A. R. Burla Mahila Varishtha Mahavidyalaya, Solapur

## REPORT OF THE ACTIVITIES TAKEN

#### Academic Year 2021-22

Sr. No.		DETAILS OF THE ACTIVITY	Remark of IQAC
1]	Name of the Activity	Self- Exploration Through Yoga	
2]	Name of the Department Association/ Committee	Health Department & Counselling Department	
3]	Collaboration with	IQAC	
4]	Level	A Three-Day State Level Faculty Development Program	
5]	Date /Day	10 <sup>th</sup> – 12 <sup>th</sup> January,2022	
6]	Time *	11:00 am – 12:00 pm	
7]	Venue	A. R. Burla Mahila Varishtha Mahavidyalaya, Solapur	
8]	Online Platform	Google Meet & YouTube	
9]	Beneficiary	Teachers/ Research Scholars/ Students	
10]	Strength of the Beneficiary	610	
11]	Objectives/ Purpose of the Program		
12]	Meeting	A meeting of the department staff was called on 2 <sup>nd</sup> January 2022; to discuss about the organization of A Three-Day State Level Faculty Development Program	
13]	Agenda	To organize A Three-Day State Level Faculty Development Program	
14]	Minutes	<ul> <li>It was resolved to organize the A Three-Day State Level Faculty Development Program on Self Exploration Through Yoga on 10<sup>th</sup> – 12<sup>th</sup> Jan, 2022.</li> <li>Dr. Anita Patil (President of Maharashtra State Yoga Association), Dr. Sonali Ghongade (Naturopathy &amp; Nutrition Expert), Dhananjay Suryawanshi (Yoga Therapist) was invited as Resource Person for the same.</li> </ul>	
15]	Feedback	https://docs.google.com/forms/d/e/1FAIpQLSeSjquCMn1fU43FrvWE_ulYQXyxhyrfPbzmT7hcOBhgeCbn6w/viewform?usp=sf_link	
16]	Feedback Report/ Analysis	s	

Action Taken Report		
News Paper Clippings/ News Reports		
Photos Geo-Tag/ Screen Shots		
Video/PPT/ You Tube Link	https://youtu.be/gXHpaKrbkbg	
	WhatsApp Group: https://chat.whatsapp.com/IWzB7ZBI3XmDSPGudjKU7E	
Convenor / Coordinator	Dr. Rajani Dalvi & Prof. Dr. Annie John	
Organizing Committee	Dr. Shirish Bhosale	
	News Paper Clippings/ News Reports Photos Geo-Tag/ Screen Shots  Video/PPT/ You Tube Link	News Reports Photos Geo-Tag/ Screen Shots  Video/PPT/ You Tube Link  Video/PPT/ You Tube Link  https://youtu be/JztudlcIIIk8 https://youtu be/gXHpaKrbkbg WhatsApp Group: https://chat.whatsapp.com/IWzB7ZBI3XmDSPGudjKU7E  Convenor / Coordinator  Dr. Rajani Dalvi & Prof. Dr. Annie John

1	List of Members	Dr. T. N. Shinde
		Dr. Panchappa Waghmare
3	500 words (If necessary, please attach separate sheet/s)Report of the Program in	A. R. Burla Mahila Varishtha Mahavidyalaya, Solapur, Internal Quality Assurance Cell (IQAC), and Health Department & Counselling Department organized A Three-Day State Level Faculty Development Program on "Self-Exploration Through Yoga" for the faculty, research scholar & students on 10 <sup>th</sup> – 12 <sup>th</sup> January,2022. Dr. Anita Patil (President of Maharashtra State Yoga Association), Dr. Sonali Ghongade (Naturopathy & Nutrition Expert), Dhananjay Suryawanshi (Yoga Therapist) was the resource person. They spoke on "Self-Exploration Through Yoga". The webinar started with a welcome remark by Prof. Dr. Annie John, Head, Dept. of English, wherein she extended a warm welcome to the resource person and all participants of the webinar. She also introduced the resource person to the audience. The main purpose of this webinar is to understand the significance and importance of Yoga. Dr. T. N. Shinde expressed vote of thanks at the end of the webinar. Around 610 participants from various state participated in the webinar.

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John	Molu	Dr. Rajendra Shendag
Signature of the Convenor	IOAC Coordinator Dr. Annie John	Dr. Rajendra Shendas PRINICIPAL A. R. Burla Mahilla Varishth
Signature of the Convenor  Place: Solafur  Date: 13 12 2022	IOAC Coordinator Dr. Annie John Co-ordinator, IQAC A.R. Burla Mahila Varishtha Mahavidyalaya, Solapur.	Dr. Rajendra Shendag

### Padmashali Shikshan Sanstha's A. R. Burla Mahila Varishtha Mahavidyalaya, Solapur

## REPORT OF THE ACTIVITIES TAKEN

Academic Year 2021-22

Sr. DETAILS OF THE ACTIVITY		ACTIVITY	Remark of IQAC	
1]	Name of the Activity	Awareness on Health and Hygiene		
2]	Name of the Department Association/ Committee	Counseling Department		
3]	Collaboration with	IQAC		
4]	Level	College Level		
5]	Date /Day	3 <sup>rd</sup> March, 2022		
6]	Time	11:30 am		
7]	Venue	A. R. Burla Mahila Varishtha Mahavidyalaya, Solapur		
8]	Online Platform	Offline		
9]	Beneficiary	B. A. III Students		
10]	Strength of the Beneficiary	44		
11]	Objectives/ Purpose of the Program	To create awareness regarding Health and Hygiene among the students		
12]	Meeting	A meeting held on 25 <sup>th</sup> Feb, 2022.		
13]	Agenda	To organize a lecture regarding the awareness of Health and Hygiene		
14]	Minutes	<ul> <li>It was resolved to organize a lecture on Health and Hygiene.</li> <li>It was resolved to invite Dr. Rajani Dalvi, A. R. Burla Mahila Mahavidyalaya, Solapur as resource person.</li> </ul>		
15]	Feedback			
- 1				

16]	Feedback Report/ Analysi	S	,
17]	Action Taken Report		
18]	News Paper Clippings/ News Reports		
19]	Photos Geo-Tag/ Screen Shots		
20]	Video/PPT/ You Tube Link		*
24]	Convenor / Coordinator	Prof. Dr. Annie John	
22	Organizing Committee List of Members	Prof. Dr. Annie John Dr. S. B. Bhanje	
23	please attach separate sheet/s)Report of the Program in	A. R. Burla Mahila Varishtha Mahavidyalaya, Solapur, Internal Quality Assurance Cell (IQAC), and Counseling Department organized an awareness lecture on the importance of Health and Hygiene. Ms. Bhagyashri Patil introduced the program and resource person. Dr. Rajani Dalvi, Director of Physical Education was resource person and spoke about the significance of health and leading a hygienic life. Good Diet, exercise, leading a stress less life through yoga and meditation etc. were focused upon. In all 44 students were present and they were greatly benefitted by the same. Dr. S. B. Bhanje proposed vote of thanks.	

IQAC Report: Documents received, checked, verified by the IQAC Coordinator.

Signature of the Convenor Principal **IQAC** Coordinator

Place: Sola Brie

(Dr. Rajendra Shendage) PRINCIPAL

A. R. Burla Mahila Varishtha

Mahavidyalaya, Solapur.

Solabus Co-ordinator, IQAC 10 th Mar, 20 2 R. Burla Mahila Varishtha Date:

# A. R. BURLA MAHILA VARISHTHA MAHAVIDYALAYA, SOLAPUR

# Awareness on Health and Hygiene

# REPORT OF THE ACTIVITIES TAKEN

Academic Year 2021-22

### ATTENDANCE:

Sr. No.	Name of the Student	Signature
1.	GADEKAR POOJA APPASHA	· Godern F
2.	SARWADE SANDYA SHANKAR	Sandya. S. S
3.	GADDAM SHRUTIKA RAJU	hadai.
4.	BINGI BHAVANA SHRIDHAR	Bag Small
5.	BHANDARI SAKSHI AMBADAS	B. Ambadas.
6.	SHITOLE SNEHA SANJAY	Sneha Spitolo
7.	POTAN GAYATRI VINAYAK	Potanv.
8.	CHABUKSWAR SANGITA ASHOK	Sangita A-C
9.	MANJULE TEJASWINI SHIVSHANKAR	भंजुं विष्योकने

		1/2012
10.	SINGRAL SHRAVANI NAGESH	howar 3/2012
11.	DARANA POOJA AYALPPA	P. A. Darana
12.	JINDE AMBIKA MOHAN	Ambika.
13.	BADAGU SMITA VITTHAL	Badagu smila
14.	SWAMI BHAGYASHRI NAGESH	theaten a ka
15.	SANTI KAVYA RAJESH	Karya M.S. Marakan
16.	MAHINDRAKAR MRUNAL SUDARSHAN	Kayya M.S. Mahindrakan M.S. Mahindrakan
17.	DYAWARKONDA VARLAXMI NIRANJAN	Laxmi
18.	HANCHATE SNEHAL SANJAY	Snehal
19.	PATIL VAIBHAVI BALAJI	Fafil. V. B.
20.	GOLI GITESHWARI NAGBHUSHANAM	GoLI
21.	TADLAGI NAMRATA MALLINATH	Namoata
22.	KASHID NANDINI BHARAT	Nandini
23.	MANGANI SEEMA YASHWANT	s.y. Mangeni
24.	PAWAR VIMAL BHAGWAN	Vincel Rammer
25.	SALUNKE AISHWRYA ARUN	Aishwarya
26.	SALUNKE PRERANA NAGNATH	Fierang Junke
27.	PAWAR PARVATI DURGADAS	
28.	MADUR AISHWARYA BALAJI	Parvati
29.	KARRE SAVITA NARENDRA	Vadur Savita.

30.	SUTAR SHRUTI SIDDHARAM	Sutar. S.S Priti. C.N
31.	CHOUGULE PRITI NAGESH	Aruna Bandi
32.	BANDI ARUNA RAJKANKAYYA	GHIVALILA. N
33.	NARONE SHIVALILA IRAKUMAR	
34.	CHANDANSHIVE KOMAL RAJASHEKHAR	Komal C.R
35.	JADHAV SWATI RAJENDRA	Gadhar S.
36.	RATHOD POOJA MACHCHINDRA	21813 orfress.
37.	NORA AISHWARYA KISAN	Nora At.
38.	SAVANT AISHWARYA AMOL	Sawant AA
39.	FATTEKHAN NAFISA RAFIK	Fatherhan Letiks
40.	SUGUR KAUSAR MAHIBUB	Sugar-Makital
41.	VALLAL PRIYANKA JANARDHAN	Rangar S.
42.	MARALE SAPANA KASHINATH	Marale Kashinath
43.	JANGAVLI POOJA TUKARAM	Pooja-j
44.	NAROLE AMBIKA KISAN	Morrie Kigan

Prof. Dr. Annie John Counseling Department



### A. R. Burla Mahila Mahavidyalaya, Solapur NAAC Reaccredited with B++ Grade

## World Book Day (English Day)

Organized by

Department of English (2017-22)

23rd April every year is observed as World Book Day. This day also marks the birth anniversary of the great playwright William Shakespeare. All around the world a number of literary programs are organized to help students and people understand the contribution of Shakespeare to the Literary World.

Every year, we organize special lectures and other activities to help our students know more about Shakespeare.

### A. R. Burla Mahila Mahavidyalaya, Solapur NAAC Reaccredited with B++ Grade

## World Book Day (English Day)

Organized by

Department of English 2017-18

#### 1. Shakespeare: The Playwright par Excellence

A talk by Dr. Shehnaaz Deshmukh.

This was followed by a lively interaction with the students. Later, a video of the play Romeo and Juliet was shown to the students. 54 students were present for the same. The session was chaired by the Principal Dr. Rajendra Shendage.

All the faculty members were present. Dr. Annie John introduced the program and the guest. Dr. Waghmare proposed the vote of thanks



Shakespeare: The Playwright par Excellence 23<sup>rd</sup> April, 2017

Dr. Annie John
IOAC Coordinator

Dr. Annie John Co-ordinator, IQAC A.R. Burla Mahila Varishthe Mahavidyalava, Solapur. Dr. Rajendra Shendage

Principal

(Dr. Rajendra Shendage)
PRINCIPAL
A. R. Burla Mahila Varishtha
Mahavidyalaya, Solapur.



#### Linguistic (Telugu) Minority Institution Padmashali Shikshan Sanstha's

# A. R. BURLA MAHILA MAHAVIDYALAYA, SOLAPUR NAAC Reaccredited - 2017 B++ Grade (CGPA 2.76)

World Book Day (English Day)

## The Playwright par Excellence

Organized by Department of English

#### Attendance Sheet

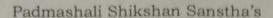
23rd April, 2018

Sr. No.	Name of the Student	Roll No.	Signature
1.	Ravina Shrinivas Battu	601	Batte
2.	Renuka Rajendra Limbole	602	
3.	Varsha Suresh Pachange	603	Kenuka
4.	Khansa Mushtaqueahmed Muchale	604	Varsha
5.	Dipali Sanjay Survase	605	DiPali . S . S
6.	Sonali Rajkumar Jinde	606	A 9
7.	Shridevi Somshekhar Bijjargi	607	111111
8.	Pooja Vitthal Kamurti	608	Sonali Doorake
9.	Ragini Basavraj Ghante	609	
10.	Simran Sikandar Sayyad	610	Poole
11.	Pratibha Subhash Lokurte	611	Simorame
12.	Gayatri Narayan Diddi	612	Diddi
13.	Priyanka Prabhu Koli	613	Koji
14.	Jamuna Gopal Pasaladi	614	nemund
15.	Suvarna Dagadu Rathod	615	Fashec
16.	Sapna Mahadev Bansode	616	shaikh
17.	Shital Raju Rathod	617	Shital Rain R
18.	Ruksar Imamsab Shaikh	618	. Prinkay
19.	Priyanka Nagnath Vannam	619	Vannam.
20.	Trupti Hanmantu Kunchpor	620	"Trupte
21.	Ashwini Prakash Myadam	621	Asherini
22.	Poonam Ashok Repal	622	POORAM
23.	Tarannum Naz Dawood Khan	623	T. NO.
24.	Shweta Someshekhar Hiremath	624	Shwett
25.	Kalpana Chandrakant Akim	625	K.C. Alsi
26.	Rajani Ravi Manchal	626	Kertani
27.	Swati Vitthal Nora	627	Swall
28.	Soundarya Shrinivas Balpuri	628	Jordi-
29.	Taslim Md Salim Mulla	629	Mula

30.	Jyoti Vaijinath Majage	630	7 15
31.	Veena Satyanarayan Konda		Jyoti v. M
32.	Puja Bajarang Shinde	631	Veere
33.	Sonali Dattatray Tumma	632	Shindo
34.	Ambika Shankar Pentta	633	Tuera.
35.	Sonali Bhanudas Jadhay	634	penting
36.	Pooja Prakash Kambale	636	poncell
37.	Supriya Dattatraya Chavan	637	Jeambie
38.	Laxmi Balaji Falmari	638	Salverse
39.	Aishwarya Irappa Adaki	639	10 Testime
40.	Dhanashri Sambhaji Dhavale	640	Ajshwarya, I. A
41.	Prajakta Prabhakar Waikar	641	HISTORIZA
42.	Rani Bahubali Shirshad	642	Wankar
43.	Mayuri Abhiman Patil	643	001 1 10
44.	Pallavi Nagesh Kale	644	Pallavi Musesh B
45.	Apurva Satyanarayan Bharata	645	AOUTIVE -
46.	Sukanya Bhaskar Pawar	646	GG Hoined
47.	Geeta Sunil Khairmode	647	Odulan -
48.	Rushita Suryakant Bhalerao	648	7.5.B
49.	Savitri Tulashidas Kadam	649	Savital
50.	Aishwarya Shankar Giri	650	Airmonia
51.	Asha Virabhadra Sabane	651	Ash
52.	Mamata Laxman Konda	652	appide
53.	Puja Balkrushna Bollu	653	15:45
54.	Varsha Vithal Kambale	654	kambale



Prof. Dr. Annie John Head, Dept. of English



## A. R. Burla Mahila Mahavidyalaya, Solapur NAAC Reaccredited with B++ Grade

## World Book Day (English Day)

Organized by

Department of English 2018-19

Resource Person: Dr. Asma Khan

The English Day was celebrated on 23rd April, 2019. Dr. Asma Khan was invited as resource person. She spoke on the topic Shakespeare and his Sonnets. The sonnets of Shakespeare and the various themes were focused upon. This was followed by the screening of Shakespeare's famous play Macbeth. The session was chaired by Dr. R. J. Dalvi. The program was introduced by Dr. P. R. Waghmare and vote of thanks proposed by Dr. Annie John. In all 57 students attended the program.

Topic: Shakespeare and his Sonnets

Date: 23rd April, 2019

Dr. Annie John
IQAC Coordinator

Dr. Annie John Co-ordinator, IQAC A.R. Burla Mahila Varishtha Mahavidyalava, Solapur. Dr. Rajendra Shendage

Principal

(Dr. Rajendra Shendage)
PRINCIPAL
A. R. Burla Mahila Varishtha
Mahavidyalaya, Solapur.



# Linguistic (Telugu) Minority Institution Padmashali Shikshan Sanstha's

# A. R. BURLA MAHILA MAHAVIDYALAYA, SOLAPUR

NAAC Reaccredited - 2017 B++ Grade (CGPA 2.76)

World Book Day (English Day)

# Shakespeare and his Sonnets

Organized by Department of English

#### Attendance Sheet

23rd April, 2019

Sr. No.	- Tidine of the Student	Roll No.	Zo <sup></sup> Apr
1.	KOLI IRAMMA PRABHAKAR	1	Signature
2.	MATHAPATI PRATIBHA KAPALAYYA	2	NOU.
3.	GUTTIKONDA AMRUTA RAVINDRA	3	Mathapo
4.	MYAKAL SONALI SHRINIVAS	4	T.K.G.
5.	BIJJARGI VIDYA KASHINATH	5	Sonali
6.	KIRTANE PRIYANKA SUGREEV	6	Bijargi
7.	BAGWAN ALFIYA IRFAN	7	D. C. Course
8.	MYAKAL MEGHA VINOD	8	Myanka.
9.	MULLA MADINA ISMAIL	9	meg na in
10.	SARVADE SANJANA SHIVAJI	10	Sariana
11.	JADHAV SNEHA VISHNU	11	18meli-
12.	SHINDE SONALI SIDRAM	12	S.S. Shinde
13.	CHOUGULE SUVARNA RAM	13	30 narli_
14.	BHASKAR DEEPALI BAPU	14	Blasker S:
15.	GANGURDE AMRUTA GORKHNATH	15	Garage 9.
16.	TATIPAMUL SWATI LAXMINARAYAN	16	Swati
17.	UDAGIRI LALITA VYANKATESH	17	L Udagini
18.	BANSODE PRITI MAHADEV	18	PM Bansade
19.	SIDHGANESH SONALI NAGESH	19	P0019
20.	HALKATI POOJA SHIVSHARANAPPA	20	· Hallagi Par
21.	KOKANE RENUKA KACHOR	21	+ Nokae Ray
22.	SAYARI PRIYANKA VENUGOPAL	22 .	Koxare R
23.	PADAL LAVANYA AMBADAS	23	benanga
24.	BANSODE PRIYANKA ANIL	24	(TRILE CUCION)
25.	BHADRASHETTI POOJA RAMCHANDRA	25	B. Ahil-
26.	CHATLA KIRTI CHANDRASHEKAR	26	BINA
27.	SARVADE RAJNANDINI BABASAHAEB	27 8	Parrade. P.B
28.	MUJAWAR SAMRIN M RAFIK		mujawar S.A
29.	DHAGE SAPNA RAMESH	29	there s. +

30.	UDATA ASHWINI VYANKATESH	30	udata AV
31.	PITTAL NEHA SATYANARAYAN	31	Nela
32.	GAIKWAD POONAM SURESH	32	POORding
33.	DAHIHANDE PUNAM LAXMAN	33	
34.	TANNIR ROJA RAJMOGALI	34	Punam
35.	RATHOD GEETA LALSING	35	D AL D.
36.	DHAYAFULE VRUSHALI SHASHIKANT	36	Cathoo. 9.
37.	AKKALKOTE VIDAYA BHIMASHAHANKAR	37	Wild by
38.	CHILKA LAVANYA RAMESH	38	yeura. H.S
39.	CHIPPA RUPALI RAJU	39	Chippa
40.	BHIMNATH CHANDRAKALA ANAND	40	D C II
41.	GADAGI RAMYAKRISHNA		D.CH.
	CHANDRASHEKHAR	41	R.C. Gooday
42.	MASAN MANISHA NAGESH	42	Macan Mar
43.	KAWADADEVI SHWETA DATTATRAY	43	Masan M.M
44.	KOKATE SIDDHI OMPRAKASH	44	(Sweeta )
45.	MATKATTE SAVITA BHIMAPPA	45	Kokate 8.0
46.	PENTI LALITA NAGNATH	46	Parla
47.	JANKI ARATI GANESH	47	Penti L. No.
48.	CHINTA VAISHNAVI REMESH	48	Chiuta VIE
49.	MANJULKAR PRIYA SHIVARAM	49	Doila NA O
50.	KAMALE JULFINA NASIR	50	Patt &M
51.	PATIL SHREELAXMI MALLIKARJUN	51	S. Path
52.	VHANAMANE PRAJAKTA BHAGWAT	52	V. P. B.
53.	BAYAS AISHWARYA SHIVRAJASING	53	Askwarya
54.	KONGE NIKITA SOMNATH	54	Nikita S.E
55.	CHAVAN ARATI SHIVAJI	55	Charan A.
56.	GADAGI KALPANA ASHOK	56	Kalpana gA
57.	VADGAVE MANJUSHRI SANGAPPA	57	M.S.V.

Prof. Dr. Annie John Head, Dept. of English



# A. R. Burla Mahila Mahavidyalaya, Solapur

NAAC Reaccredited with B++ Grade

## World Book Day (English Day)

Organized by

## Department of English

2020-21

On the occasion of World Book Day (English Day), Dr. P. L. Suryawanshi was invited as resource person. He spoke on Shakespeare and the World of Drama. He spoke on length about the Elizabethan Period and Shakespeare as the greatest Playwright. In all 70 students benefitted from this program. The introduction was done by Mr. Kamal Ruge. Vote of thanks was proposed by Dr. Waghmare P. R

This program was conducted on Google Meet

Waishnavi Chunge

Invite

Close Participants (8)

Waiting(1)

Kornal Chopade Joining...

Participants(7)

Parmeshwa... (Host me)

Aboli Bhaskar Jam...

Parmeshwar Surya...

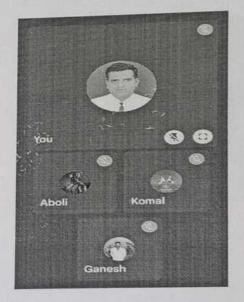
Durga Kadam

GANESH AWATE

namratgade@gmail...

Mute All

Link: https://meet.google.com/dkj-fydo.ieq



Dr. Annie John

IQAC Coordinator
Dr. Annie John
Co-ordinator, IQAC
A.R. Burla Mahila Varishtha
Mahavidyalava, Solapur.

Dr. Rajendra Shendage

Principal
(Dr. Rajendra Shendage)
PRINCIPAL
A. R. Burla Mahila Varishtha
Mahavidyalaya, Solapur,



## A. R. Burla Mahila Mahavidyalaya, Solapur NAAC Reaccredited with B++ Grade

## World Book Day (English Day)

Organized by

Department of English 2021-22

This year 23rd April being observed as the World Book Day to commemorate the birth anniversary of William Shakespeare, we invited Dr. Rani Mote as the resource person. She spoke about the great contribution of William Shakespeare to the world of theatre. This was followed by the screening of the famous play Othello. As many as 62 students were benefitted by the same. Dr. Annie John introduced the program and the vote of thanks was proposed by Ms. Bhagyashree Patil.

William Shakespeare to the World of Theatre



Dr. Annie John
IQAC Coordinator

Or. Annie John
Co-ordinator, IQAC

4.R. Burla Mahila Varishthe
Mahavidyalaya, Solapur.

Dr. Rajendra Shendage Principal

(Dr. Rajendra Shendage)
PRINCIPAL

A. R. Burla Mahila Varishtha
Mahavidyalaya, Solapur,



### Linguistic (Telugu) Minority Institution Padmashali Shikshan Sanstha's

# A. R. BURLA MAHILA MAHAVIDYALAYA, SOLAPUR

NAAC Reaccredited - 2017 B++ Grade (CGPA 2.76)

World Book Day (English Day)

# William Shakespeare to the World Theatre

Organized by Department of English

## Attendance Sheet

r. No.	Name of the Student		23rd April,
1.	manjule rejaswini Shivshankar	Roll No.	
2.	ratii Valbhavi Balaii	610	Signature
3.	Tadlagi Namrata Mallinath	620	Manlule
4.	Kashid Nandini Bharat	622	P. Vaibhavi
5.	Mangani Seema Yashwant	623	Mamata Alandini
6.	Pawar Vimal Bhagwan	624	
7.	Salunke Prerana Nagnath	625	See man M
8.	Karre Savita Narendra	627	
9.	Sutar Shruti Siddharam	630	S. premara
10.	Vallal Priyanka Janardhan	631	sarvita
11.	Pawar Payal Ratan	642	& stranka
12.	Dontulu Lavanya Hari	647	dayar).
13.	Yaldandi Ashwini Ramlu	655	Lavanya
14.	Banewale Anjum Rafik	659	y Ashwini
15.	Mittha Laxmi Balaji	303	A DPHO
16.	Ket Prajyoti Umesh	304	Laxmi
17.	Babare Arpita Mallikarjun	305	m. Laxmi
18.	Kamble Archana Sudarshan	306	Axoides.
19.	Paskanti Radhika Harishankar	311	Azpita.
20.	Salunke Nikita Prabhakar	314	Radhika
21.		322	NikHO
22.	Masa Archana Shashikant	332	Archana
23.		352	Archana
24.		356	Deepika
25	Yemekar Anushri Suryakant	303	HOWM
26	. Boddu Kaveri Raju	01	Anushai
27	- The state of the	13	Kavesi
28		20	Shi tal
29	). Bingi Krushnaveni Nagesh	21	Mayshaqueni

30.	Chinta Rupa Rajmogali	22	100
31.	Channur Reshma Dawalsab	26	Dupa
32.	Nadaf Saniya Salim	27	REShind
33.	Kandikatla Rajshri Laxminaryan	30	N. Saniya
34.	Gavandi Bhagyashri Subhash	31	Rajshal
35.	Bogayyagaru Ankita Nagraj		Bhaqyashri
36.	Nikambe Shruti Subhash	35	Jh KHa
37.	Jalagi Vaibhavi Viresh	40	Shruhi
38.	Konda Bhargavi Prabhakar	43	Vaibhavi
39.	More Rutuja Nagnath	46	K. Bhargavi
40.	Garje Vaishnavi Bharat	51	Rutuja
41.	Makam Shrutika Vasudev	52	Vaishnavi
42.	Mhetre Aishwarya Krushna	57	Aishwarko
		61	Aishwanya
43.	Tamboli Ayesha Ismail	68	M. Ais huxarya
44.	Yemekar Anushri Suryakant	01	Anushri
45.	Boddu Kaveri Raju	06	alkaveti
46.	Giram Shital Madhukar	13	And .
47.	Yampure Sneha Balaji	20	(5) hehel
48.	Bingi Krushnaveni Nagesh	21	Krus showeni
49.	Chinta Rupa Rajmogali	22	pulcel.
50.	Channur Reshma Dawalsab	26	Beshmel.
51.	Nadaf Saniya Salim	27	Schild
52.	Kandikatla Rajshri Laxminaryan	30	Raishan
53.	Gavandi Bhagyashri Subhash	31	Bhagyashai
54.	Bogayyagaru Ankita Nagraj	35	Aprilta
55.	Nikambe Shruti Subhash	40	shouti
56.	Jalagi Vaibhavi Viresh	43	Vaibhavi.
57.	Konda Bhargavi Prabhakar	46	Bhargavi
58.	More Rutuja Nagnath	51	Ratusa
59.	Garje Vaishnavi Bharat	52	yaishnavi
60.	Makam Shrutika Vasudev	57	Shrutika
61.	Mhetre Aishwarya Krushna	61	Hishwarya
62.	Tamboli Ayesha Ismail	68	HBJesha"

Prof. Dr. Annie John Head, Dept. of English

## पद्मशाली शिक्षण संस्था संचालित ए. आर. बुर्ला महिला वरिष्ठ महाविद्यालय, सोलापूर मराठी विभाग

## 'मराठी भाषा गौरव दिन'

(२०१७, २०१८, २०१९,२०२०, २०२९)

दिनांक २७ फेब्रुवारी २०१७-१८:

ए.आर.बुर्ला महिला वरिष्ठ महाविद्यालयात 'कुसुमाग्रज' उर्फ वि. वा. शिरवाडकर यांचा जन्मदिवस भराठी भाषा गौरव दिन 'म्हणून साजरा करण्यात आला. यानिमत्त महाविद्यालयात विविध कार्यक्रमांचे आयोजन करण्यात आले होते. मंगळवार, दिनांक २७ फेब्रुवारी २०१८ रोजी महाविद्यालयात कार्यक्रमाच्या सुरुवातीला कुसुमाग्रजांच्या प्रतिमेचे पूजन व दीपप्रज्वलन हे महाविद्ययालचे प्राचार्य डॉ. राजेंद्र शेंडगे यांच्या हस्ते झाले. त्यानंतर कुसुमाग्रजांच्या कवितेच्या भित्तीपत्रकाचे उद्घाटन, ग्रंथ प्रदर्शनाचे उद्घाटन प्राचार्य डॉ. राजेंद्र शेंडगे यांच्या हस्ते करण्यात आले. या कार्यक्रमासाठी महाविद्यालयातील मराठी विभाग प्रमुख प्रा. डॉ. संजय लांडगे, डॉ.कविता मुरुमकर, प्रा. मयुरा जाधव, प्रा. पल्लवी कोडक तसेच महाविद्यालयातील प्राध्यापक, विद्यार्थींनी व शिक्षकेतर कर्मचारी उपस्थित होते.

दिनांक २७ फेब्रुवारी २०१८-१९

ए.आर.बुर्ला महिला वरिष्ठ महाविद्यालयात 'कुसुमाग्रज' उर्फ वि. वा. शिरवाडकर यांचा जन्मदिवस भराठी भाषा गौरव दिन 'म्हणून साजरा करण्यात आला. यानिमत्त महाविद्यालयात विविध कार्यक्रमांचे आयोजन करण्यात आले होते. बुधवार, दिनांक २७ फेब्रुवारी २०१९ रोजी महाविद्यालयात कार्यक्रमाच्या सुरुवातीला कुसुमाग्रजांच्या प्रतिमेचे पूजन व दीपप्रज्वलन हे महाविद्ययालचे प्राचार्य डॉ. राजेंद्र शेंडगे यांच्या हस्ते झाले. त्यानंतर कुसुमाग्रजांच्या कवितेच्या भित्तीपत्रकाचे उद्घाटन, ग्रंथ प्रदर्शनाचे उद्घाटन प्राचार्य डॉ. राजेंद्र शेंडगे यांच्या हस्ते करण्यात आले. या कार्यक्रमासाठी महाविद्यालयातील मराठी विभाग प्रमुख प्रा. डॉ. संजय लांडगे, डॉ.कविता मुरुमकर, प्रा. मयुरा जाधव, तसेच महाविद्यालयातील प्राध्यापक, विद्यार्थींनी व शिक्षकेतर कर्मचारी उपस्थित होते.

दिनांक २७ फेब्रुवारी २०१९-२०

ए.आर.बुर्ला महिला वरिष्ठ महाविद्यालयात 'कुसुमाग्रज' उर्फ वि. वा. शिरवाडकर यांचा जन्मदिवस भराठी भाषा गौरव दिन' म्हणून साजरा करण्यात आला. यानिमत्त महाविद्यालयात विविध कार्यक्रमांचे आयोजन करण्यात आले होते. गुरूवार, दिनांक २७ फेब्रुवारी २०२० रोजी महाविद्यालयात कार्यक्रमाच्या सुरुवातीला कुसुमाग्रजांच्या प्रतिमेचे पूजन व दीपप्रज्वलन हे महाविद्ययालचे प्राचार्य डॉ. राजेंद्र शेंडगे यांच्या हस्ते झाले. त्यानंतर कुसुमाग्रजांच्या कवितेच्या भित्तीपत्रकाचे उद्घाटन, ग्रंथ प्रदर्शनाचे उद्घाटन प्राचार्य डॉ. राजेंद्र शेंडगे यांच्या हस्ते करण्यात आले. या कार्यक्रमासाठी महाविद्यालयातील मराठी विभाग प्रमुख प्रा. डॉ. संजय लांडगे, डॉ.कविता मुरुमकर, प्रा. शिवाजी जगताप, तसेच महाविद्यालयातील प्राध्यापक, विद्यार्थींनी व शिक्षकेतर कर्मचारी उपस्थित होते.

### दिनांक २७ फेब्रुवारी २०२०-२१

ए.आर.बुर्ला महिला वरिष्ठ महाविद्यालयात 'कुसुमाग्रज' उर्फ वि. वा. शिरवाडकर यांचा जन्मदिवस 'मराठी भाषा गौरव दिन' म्हणून साजरा करण्यात आला. यानिमत्त महाविद्यालयात विविध कार्यक्रमांचे आयोजन करण्यात आले होते. बुधवार, दिनांक २७ फेब्रुवारी २०२१ रोजी महाविद्यालयात कार्यक्रमाच्या सुरुवातीला कुसुमाग्रजांच्या प्रतिमेचे पूजन व दीपप्रज्वलन हे महाविद्ययालचे प्राचार्य डॉ. राजेंद्र शेंडगे यांच्या हस्ते झाले. त्यानंतर कुसुमाग्रजांच्या कवितेच्या भित्तीपत्रकाचे उद्घाटन, ग्रंथ प्रदर्शनाचे उद्घाटन प्राचार्य डॉ. राजेंद्र शेंडगे यांच्या हस्ते करण्यात आले. या कार्यक्रमासाठी महाविद्यालयातील मराठी विभाग प्रमुख प्रा. डॉ. संजय लांडगे, डॉ.कविता मुरुमकर, प्रा. शिवाजी जगताप, तसेच महाविद्यालयातील प्राध्यापक, विद्यार्थींनी व शिक्षकेतर कर्मचारी उपस्थित होते

### दिनांक २७ फेब्रुवारी २०२१-२२

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प्रमुख मराठी विभाग Dr. Annie John Co-ordinator, IQAC A.R. Burla Mahila Varishtha Mahavidyalava Coloniar. डॉ. राजेंद्र शेंडगे प्राचार्य अ. आर. बुर्ला महिला वरिल महाविद्यालय जोजाण

## भाषिक ( तेलगु ) अल्पसंख्याक गैर्क्षाणक संस्था पद्मशाली शिक्षण संस्था संचलित

# ए. आर.बुर्ला महिला वरिष्ठ महाविद्यालय, सोलापुर.



# हिंदी विभाग

# हिंदी दिवस अहवाल - सन - २०१७ से २०२२ तक

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अहवाल	उपस्थित छात्राएँ
हिंदी विभाग व्दारा दि. १४ सितंबर से २८ सितंबर २०२० के बीच हिंदी दिवस के उपलक्ष्य में ऑनलाईन माध्यम व्दारा हिंदी पखवाडा का आयोजन किया गया था   महाविद्यालय के प्रधानाचार्य डॉ. राजेंद्र शेंडगे सर जी ने इस कार्यक्रम का अध्यक्षिय स्थान स्विकारा तथा प्रमुख अतिथि के रुप में प्रा. डॉ. प्राजक्ता जोशी मॅडम जी उपस्थित रहे  ऑनलाईन हिंदी पखवाडा के अवसर पर कई छात्राओं ने अपनी उपस्थित दर्ज कर स्पर्धाओं में भाग लिया	१३५
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हिंदी विभाग प्रमुख

प्रा. डॉ. ॲनी जॉन

समन्वयक -आय.क्यू.ए.सी.

डॉ. राजेंद्र शेंडगे प्रधानाचार्य













