

## **Best practice**

### **Capacity Building Leading towards Women Empowerment**

Through women are most important part of nation, they treated as a miscellaneous, still after the 70 years of the independence. Women in rural area are from weaker sections. To empower the women in rural area higher educational institutes plays a pivotal role. Home Science is a field which has basic core courses for developing self, family leading to community and nation. It creates knowledge creation and skill building through its education. Therefore the vocational education and entrepreneurial skill development in women is a need of time. The institute initiates the activities through awareness, motivation and development in the students.

## **Supportive**

**Gurupreet Kaur is at Breathing Deep.**

4d •

Brainiacs Mindful Movement With Preet.  
February 2022 .  
First session  
2nd February  
12 P.M. to 12 :45 P.M.

: This month classes will be: Feb 2, 9,...see more

**Mindful Movement with Preet**  
part of the Brainiacs Wellness Program

**Build** Strength and Flexibility  
**Focus** Optimism, Confidence  
Balance, Concentration  
**Improve** Attention, Emotional  
Wellbeing, and Sleep  
**Lessen** Pain, Negative Thoughts  
and Anxiety

**EVERY WEDNESDAY**  
12 NOON - 12:45 PM

**zoom**  
meeting ID:  
988523 6680  
Password: 1234

**BRAINIACS**  
FOUNDATION

more info:  
director@brainiacsfoundation.org

**V-Mart**

Sponsored •

✓ Now get FREE SHIPPING On all Or...see more

← Nilam Amolik Nathan



## Nilam Amolik Nathan



Friends



Message



Works at **Prominent Spoken English & Softskills**



Works at **St. Vincent Pallotti School Nashik - CBSE**



Studied at University of Pune



Went to New English School, Shrirampur



Married



See more about Nilam

**Friends**

[See all](#)

141 mutual friends

← Talreja Priyanka



**Talreja Priyanka**

Active 3h ago



**Friends**



**Message**



From **Shrirampur**



Married



See more about Talreja

**Friends**

480 (71 mutual)

[See all](#)



## About

---

### Work



Works at Own Business



Designer/Merchandiser at Intern at  
Paras Industries

---

### Education



Studied at School Of Fashion  
Technology, Pune



Went to rbnb shrirampur  
School year 2008

---

### Places lived



Nandurbar  
Current town/city



Shrirampur  
Home town

---

← **Tanzila Shaikh**



**Tanzila Shaikh**



**Friends**



**Message**



Executive Assistant at **IB Group**



Lives in **Ahmednagar, Maharashtra**



Joined on March 2015



**the\_settlesubtle**



See more about Tanzila

**Friends**

[See all](#)

119 (22 mutual)



← Shraddha Dive



## Shraddha Dive

Active 37m ago



Friends



Message



Former Software Engineer at **IBM**



Worked at Wipro Technologies Limited



Lives in **Pune, Maharashtra**



In a relationship



See more about Shraddha

**Friends**

[See all](#)

850 (88 mutual)



← Kaveri Mahakal Pansare



## Kaveri Mahakal Pansare



Friends



Message



Scientific Assistant at **Directorate of Forensic Science Laboratories, Kalina , Mumbai**



Self-employed



Studied at **Annasaheb Waghire College Otur**



Went to saraswati vidyalaya udapur



Studied at W.C.H.B.Loni, SNTD Mumbai University




Lives in **Dübendorf, Switzerland**



From **Otur, Maharashtra, India**



 m.facebook.com/swati.l

1



Swati Kapare



Swati Kapare



Friends



Message



Joined on August 2012



See more about Swati



Featured



 m.facebook.com

1



## About

### Work



Software engineer at PTC Software  
(India) Pvt. Ltd.  
Pune, Maharashtra

### Education



Studied at Dr. D Y Patil Institute of  
Management and Research  
School year 2014



Studied at Women's College of Home  
Science, BCA and Arts



Went to Dnyanodaya English School,  
Newasa

### Places lived



Pune, Maharashtra  
Current town/city



Newasa, India

← Harshada Sarnot-Bora



## Harshada Sarnot-Bora



Add friend



Message



Administrative Officer at **National Insurance Company Limited - Trusted Since 1906**



Lives in **Ahmednagar, Maharashtra**



From **Loni**



Married



See more about Harshada

### Friends

330 (41 mutual)

[See all](#)

 **Gauri Rathi**

## Gauri Rathi

Life is very beautiful....

A girl with ambition 💎 & heart of gold ❤️  
#Public Health Nutritionist

 **Friends** **Message**

Consultant Adolescent Group Coordinator  
at **American India Foundation**



Works at **Nutritionist - Freelancer (Self-employed)**



Internship (medicine) at **Action Against Hunger India**



Went to PVP College of Science, Arts and Commerce



Studied at Women's College of Home Science, BCA and Arts



Studied at **The Maharaja Sayajirao University of Baroda**



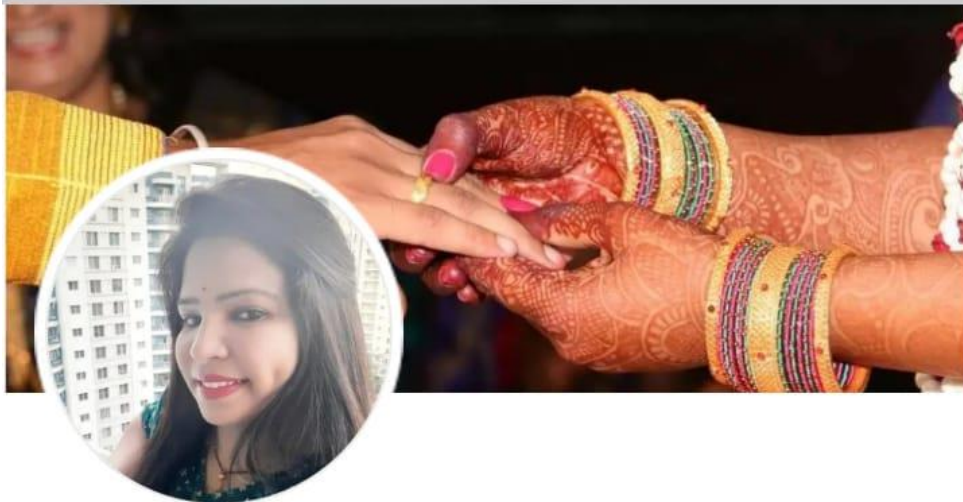
Lives in **Naya Raipur, Chhattisgarh, India**



From **Loni, Maharashtra, India**



Snehal Ugale



## Snehal Ugale (Snehal Ugale-Gholap)



Friends



Message



Works at **Cognizant**



Studied at IBMRD, Ahmednagar



Studied at Women's College of Home Science, BCA and Arts



From **Rahata**



Married

## ← About

### Work




#### SR. Training Manager at Kotak Life

29 November 2021 - Present • I do conduct ,IRDAI  
TRAINING SESSION , GROOMING SESSION, CARRIER  
PATH TRAINING SESSION .



#### Assistant Branch manager (ABM)

August 2019 - Present • Health Insurance ,PAN  
INDIA  RECURITMENT OF TEAM UNDER IRDAI ,  
TRAINING MANAGER.



#### Agency Manager at Max Life Insurance

January 2016 - Present • Pune,  
Maharashtra • Recuritment of Agent Advisor and  
development manager ,  
Training manager



#### Executive Assistant at Creative Group

January 2013 - Present • Pune,  
Maharashtra • Home Loan , Personal loan ,vehicle  
Loan.



#### Senior Officer at ICICI Bank

January 2012 - Present • Pune,  
Maharashtra • CASA

### Basic info



Female  
Gender

← Nikita Jadhav



👍 Nikita Lohakane and 142 others

👍 143

💬 9



**Nikita Jadhav**

11 Aug 2021 · ⚙️



7 to 7.30 foot kesar mango tree available **Shree Nursery Sangamner**  
Contact No-9527884892



👍 Diksha Kusalkar Devkar and 18 others

👍 19



**Nikita Jadhav** updated her profile



← Seema Parande



Seema Parande is with Jitu Shinde  
and 39 others in Bhosari.

14 Apr 2021 •

#seemafitcoach #TeamIndia #24fitindia  
#Ahmednagar #punekar #nandedcity  
#fitcoachseema

Contact for me 9359112166

**Thursday**  
**15th April 2021**  
**Time: 07:30pm**  
(Zoom login 7:15pm)

**Part Time / Full Time /**  
**Earn Extra Income**

- Work 2-3 hrs/day • No Experience Required
- Training and Support Provided
- No Qualification Required
- Anyone above 18yrs can apply

**I AM WELLNESS COACH**  
**SEEMA ZAWARE**

**WORK FROM HOME**  
**DM FOR ME**  
**BUSINESS**  
**OPPORTUNITY**

**CONTACT FOR ME**  
**9359112166**





MI NOTE 9 PRO  
P QUAD CAMERA

## *I Am Happy To Help You For*



1. Weight Management (Weight Lose, Gain, Maintain)
2. Digestive Health
3. Joint Health
4. Heart Health
5. Children Health
6. Sports Nutrition
7. Energy & Fitness
8. Overall well-being & Better Immunity
9. Better Skin
10. Look Good - Feel Good



**9359112166**



*fitcoach\_kavita*

← Yashasvi Angadi



## Yashasvi Angadi



Friends



Message



Worked at Tagrem



Worked at **Tagrem India Pvt. Ltd.**



Went to Pravara Public School,  
Pravaranagar



Went to St. Xavier's High School, Belgaum



Went to PSSR School



Studied at SNDT Women's University



Lives in **London, United Kingdom**



From **Davangere**



Nargis Shaikh



## Nargis Shaikh

Believe in yourself. ❤️



Friends



Message



Pune, Maharashtra



Former Verification Specialist at **Neeyamo**



Went to Pravara kanya vidya mandir.loni



Studied at Women's College of Home Science, BCA and Arts



Lives in **Pune, Maharashtra**



From **Shrirampur, India**

← Nargis Shaikh



Poonam Tambe Jadhav and 29 others

30



**Nargis Shaikh**

26 Feb 2019 ·



Photoshoot credit :-Ganesh raut photography



Poonam Tambe Jadhav and 82 others

← Shwetal Sonawane-Salunkhe



## Shwetal Sonawane-Salunkhe



Friends



Message



Managing Director, Operation & Business  
Development Head, Career Advisor at  
**Educadd-Deccan**



Studied at IMCC Pune



Went to Ashvi



From **Ashwi, Maharashtra, India**



See more about Shwetal



Travelling



Cooking



Shruti Bang Lahoti



## Shruti Bang Lahoti (Lahoti)



Friends



Message



Self-employed

Worked at **My Own Business Institute**

Went to MSS High school Ambad

Lives in **Sonai, Maharashtra, India**From **Sonai, Maharashtra, India**Married to **Shivam Sunil Lahoti**

Joined on September 2015

← Shruti Bang Lahoti



**Shruti Bang Lahoti**



29 Nov 2021 · 8

## ***SHRUTI'S CAKE & ART GALLERY***

**Karachi Biscuits**

**jeera Cookies**

**Cashu Rocks cookies**

**Nankhtai**

**Chocochips Cookies**

**Vanila Butter Cookies**

**whole wheat Cookies**

***All Types Of Cookies Avilable***

***For Order***

***contact 7020025620***



7



7





Shruti Bang Lahoti



My order puja thali complete... 🥰🥰🥰



11



11



Shruti Bang Lahoti shared a



← Shruti Bang Lahoti



Shruti Bang Lahoti is with Kedar

● Rath and 4 others.

19 Feb 2022 · 8

#Customize Engagement Ring Platter # order Completed #



👍 Sarla Gadakh Katore and 32 others

👍 33

👍 4

← Shruti Bang Lahoti



Kam and 4 others.

12 Dec 2021 ·

# Customize # Engagement Ring Platter # Order Completed #



👍 Vaishali Kakad and 9 others

👍 10



[m.facebook.com/shruti.](https://m.facebook.com/shruti.)

1



Shruti Bang Lahoti



Shruti Bang Lahoti is with **Priti Ladda** and **4 others**.



14 Mar 2023 ·

## My Customize Order Cakes## Healthy#  
Delicious # 🍰🍰🍰🍰🍰



10



10



1





Priyanka Shirsath



## Priyanka Shirsath



Friends



Message



Self-employed



Went to p.k.v.m



Studied at SNTT Women's University

Lives in **Sohna**From **Ahmednagar, Maharashtra**

Married



See more about Priyanka

← Sonals Recipe

Message Us



**Sonals Recipe**

1 Feb 2023



<https://youtu.be/UBLYtG8avul>



Sonals Recipe and 9 others



10



1



1



**Sonals Recipe**

27 Jan 2023



shiv\_dinvesh

[← Sonals Recipe](#)[Message Us](#)**Sonals Recipe**

22 Jan 2023 ·

गव्हाच्या पीठ व दुध पावडर वापरून तयार केले  
गुलाबजाम...

रेसिपी साठी खालील लिंक वर क्लिक करा..

[https://youtu.be/-6\\_uLQ5R8lo](https://youtu.be/-6_uLQ5R8lo)

See translation





m.facebook.com/diksha

1



Diksha Ghodake



## Diksha Ghodake



Friends



Message



Central Government Employee, India at  
Forest Department



Studied at Mumbai university



Goes to SHREE GANESH VIDYALAYA  
GANESHNAGAR



Studied at Women's College of Home  
Science, BCA and Arts



Joined on March 2017



See more about Diksha



Sree Lakshmi



## Sree Lakshmi

Active 4m ago

Consultant Nutritionist & Yoga Trainer



Friends



Message



Clinical Nutritionist at **Sunshine Polyclinic**



Clinical Nutritionist at **Nutritionist Sreelakshmi**



Sole Owner at **Nutritionist Sreelakshmi**



Cheif dietitian and nutritionist at **MAGJ HOSPITAL**



Studies Certified Child Nutritionist at **VLCC Institute**



Studied at University of Pune



Studied at Womens college of homescience &BCA,Loni.



m.facebook.com/jyotsna

1



Jyotsna Saindane



## Jyotsna Saindane



Friends



Message



Human Resources Manager (HR Manager) at **Agarwal & Dhandhania - Chartered Accountants**



Studied at IMSCDR Ahmednagar



Studied at Womens college of home science bca and arts. Loni dist- AHMEDNAGAR



Went to Kendriya Vidyala Baikunthpur Chattishhgarh

← Suwarna Palhare



## Suwarna Palhare



Friends



Message



Manager at **Kotak Mahindra Bank Ltd.**



Worked at **Axis Bank**



Lives in **Pune, Maharashtra**



From **Pune, Maharashtra**



Single



See more about Suwarna

### Friends

[See all](#)

655 (50 mutual)





Shruti Rohamare



## Shruti Rohamare



Friends



Message



Works at **ITC Infotech**



Studied at **SNDT Women's University**



Studied at **PIRENS Institute Of Computer Technology (PICT) Loni, Prvaranagar**



Lives in **Pune, Maharashtra**



From **Shirdi**



Married



Followed by **86 people**



Ritusha K Tapadiya



Ritusha K Tapadiya

6 Mar 2023 ·

Happy Holi...

#holi2023 #holiart #mandalaart

#colormandala #holi #feativalofoors #diy

#painting



53

[← Ritusha K Tapadiya](#)

Ram Navmi ki Hardik shubhkamnaayein

[#ramnavami2023](#)

[#art2023](#)

[#ramdrawing](#)

[See translation](#)



You, Bhagyashri Kulkarni-Warkari and 45 ot...

47

6



**Ritusha K Tapadiva**



← Ritusha K Tapadiya



Happy to work for you... DM for hand made decorative items..

[#madalapaintings](#)

[#toran](#)

[#rangoli](#)

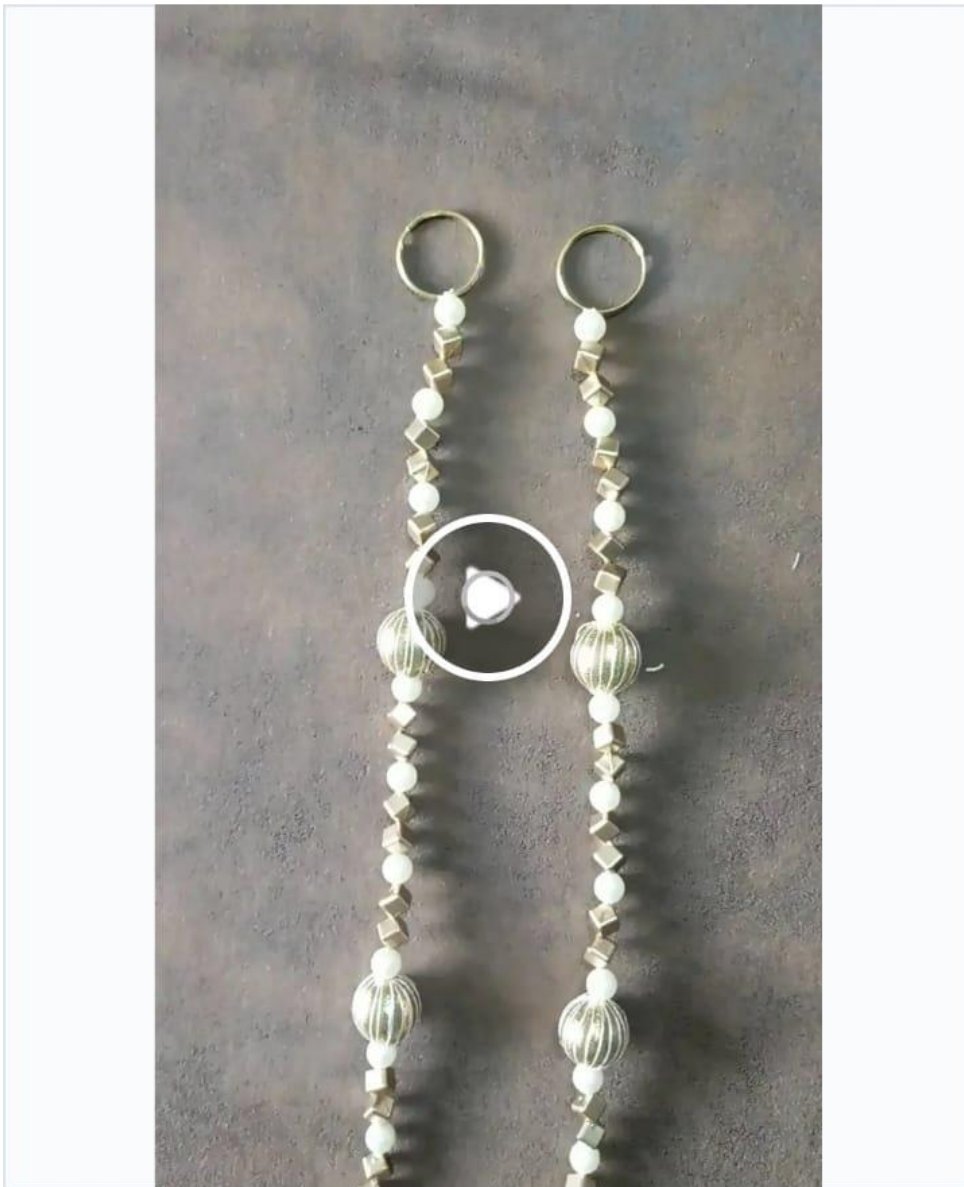
[#handmade](#)



← Ritusha K Tapadiya



Simple and elegant.... Door hanging  
DM for more details... [#doorhangings](#)  
[#handmade](#) [#diwalidecore](#) [#diwali2022](#)  
[#toran](#) [#bandarwal](#)



3



m.facebook.com/profile

1



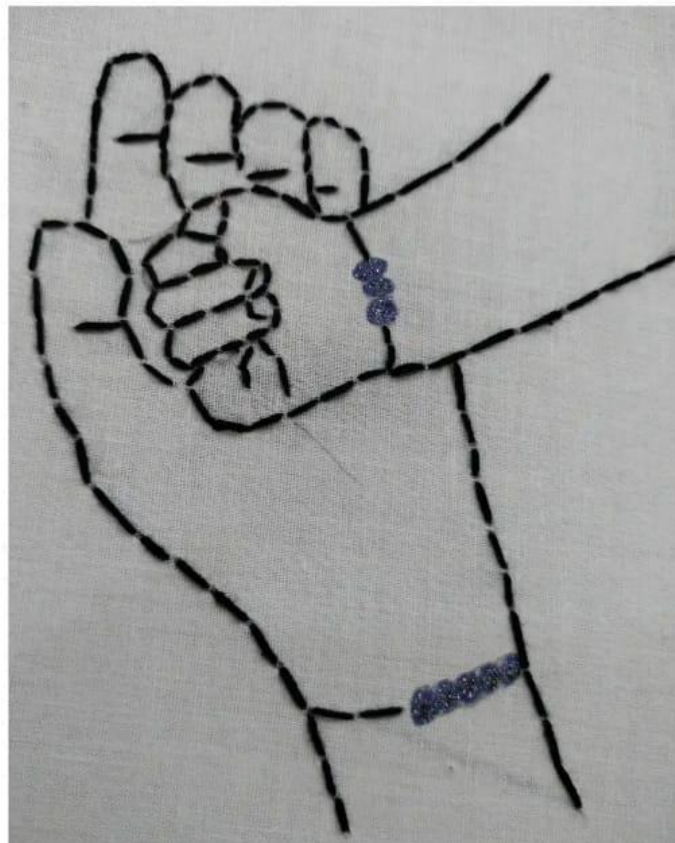
Ankita Kalamkar



26 Feb 2023 ·



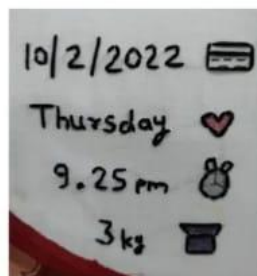
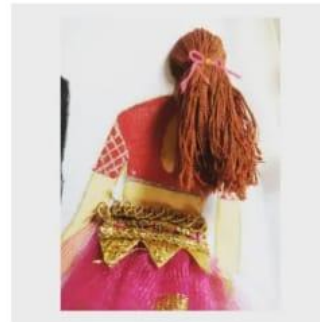
#handembroidery #embroidery #handmade  
#embroideryart #fashion #embroiderydesign  
#modernembroidery #handcrafted  
#indianfashion #handwork #needlework  
#chikankari #embroiderylove  
#handembroidered #art #embroideryhoop  
#newcollection #ethnicwear #embr...see more





## Timeline photos

Updated 23 March Public



← Reshma Patel Pathan



एल डी सी मल्टीस्टेट का-आप.क्राडिट सासायटी लि.नारायणगाव

Kanchan Somvanshi-Thorat and 16 others

17

5



**Reshma Patel Pathan**



18 Jul 2021 •



Arti Sherkar and 38 others

39

3



**Reshma Patel Pathan** updated her profile picture





First official visiting  
card... 🤩



**BRAINYBOX  
CLASSES**

Reg. No.: 2131000315236248

**Pooja Bhansali**

📞 +91 7972194685

Email: [brainyboxclasses@gmail.com](mailto:brainyboxclasses@gmail.com)

Address: Queenstown Society, Chinchwad, Pune.

← Utkarsha Sadaphal



## Utkarsha Sadaphal



Friends



Message



Systems Engineer at INFOSYS, Pune



Studied at PIRENS Institute Of Computer Technology (PICT) Loni, Prvaranagar



Studied at Women's college of BCA,Loni



Lives in **Rahata**



From **Rahata**



Single



Joined on January 2016



See more about Utkarsha

**The Mural Houz is at Chhatrapati Sambhajinagar.**

1d · 🌐

This floral 🌹 jewellery set is a perfect pick for your haldi ceremony ....

Every element of this set is delicately handcrafted with yellow flowers  
Material - Artificial Flowers, polans & gypsy  
Color : orange ...see more



← Komal Sonawane



## Komal Sonawane

Active 1h ago



Friends



Message



Technical Support Analyst at **Bajaj Finserv**



Analyst at **AXA Business Services Pvt Ltd**



Business Associates at **Wipro**



Studied at **S. B. Patil Institute Of Management, Pune - SBPIM**



Went to Women's college of BCA,Loni



Lives in **Pune, Maharashtra**



From **Pune, Maharashtra**



Trupti Raut



## Trupti Raut

Active 44m ago

Trupti Game Raut



Friends



Message



Works at Work at Digimetrix Technologys  
private limited



Lives in **Pune, Maharashtra**



From **Loni, Maharashtra, India**



Married



Joined on February 2017

## ← Pratiksha Musmade



आहार? किंवा व्यायाम ? |

आपल्याला पाहिजे ते खाताना वजन कमी करण्यासाठी व्यायाम करणे पुरेसे आहे असा विचार करणे हा एक सामान्य गैरसमज आहे. आणि उलट. जर तुमचा आहार विस्कळीत असेल तर कितीही व्यायाम तुम्हाला वजन कमी करण्यास मदत करणार नाही....see more

See translation

मला  
विचारला जाणारा सामान्य प्रश्न  
वजन कमी करण्यासाठी आहार पुरेसा  
आहे का?  
किंवा फक्त व्यायाम पुरेसा आहे?



आहार = ८०%      व्यायाम 20%  
तर

आहार + व्यायाम = शाश्वत वजन कमी  
करणे

Damini Ganesh Pawar and 225 others



## Pratiksha Musmade



आहारशास्त्रा बदल समज - गैरसमज 🤔

अधिक माहितीसाठी - pratiksha\_\_musmade

See translation



Pratiksha Musmade and 26 others

👍 27

💬 1





Preeti Kalbande



## Preeti Kalbande

Active 1h ago

Consultant Nutritionist 🍏

High on life High on nerves



Friends



Message



Studied at **IIFST-Indian Institute Of Food Science & Technology, Aurangabad.**



Joined on April 2018



See more about Preeti

Friends

[See all](#)

← Suwarna Palhare



## Suwarna Palhare



Friends



Message



Manager at **Kotak Mahindra Bank Ltd.**



Worked at **Axis Bank**



Lives in **Pune, Maharashtra**



From **Pune, Maharashtra**



Single



See more about Suwarna

### Friends

[See all](#)

655 (50 mutual)



**ज्वेलरी ग्रुप**

Yogita Nangare Gaikwad · 2d ·



#Contact 8379975599

Cod not Available

\*IMPORTANT NOTICE\*

From tomorrow daily updates will be given in the community group, please check o...see more



6



6





m.facebook.com/photo.

1



॥ ओम साई ॥

वजन कमी करणे व वाढवणे आता झाले सोपे...

**आरोग्य मंत्रा न्यूट्रीशन क्लब**

Loose Weight, Look Great & Feel Healthy

३० दिवसात ५ किलो वजन हमखास कमी करा अथवा वाढवा.

**मोफत बॉडी फॅट अॅनालिसीस**

**HIGHLIGHTS**

- कोणत्याही मशिनशिवाय
- खडतर व्यायामाशिवाय
- आपल्या पचनक्रियेला अनुरूप असे आहार नियोजन
- लहान मुलांच्या शाररीक व बौद्धीक वाढीसाठी न्यूट्रीशन
- Oldage Care
- चेहऱ्यावरील डाग व वांग
- औषधाशिवाय
- उपाशी न राहाता वाढलेले पोट, पि.पी, शुगर थायरॉईड इ. मुक्तता.

वजन नॅचरल व शास्त्रशुद्ध पद्धतीने कमी करा किंवा वाढवा

**Before After**

**Before After**

**Before After**

**HEALTH COACH**

सौ.सुजाता अविनाश थेटे

**Mo.9850767121**

**8830423727**

### **Community based learning through extension and outreach activities**

One of the notable best practices of the women's college of home science has been community based learning through extension and outreach activities, as a vision of institute it reflects. The philosophy of Home Science education emphasizes on community based extension and research. The institution firmly believes in application of knowledge received in classroom, setting for improving socio economic standard in living of community, through extension and community based outreach activities.

### **Supportive**

### **Best practice: Community based learning through extension and outreach activities**

Date 14/12/21

On the occasion of World Human Rights Day, a lecture was organized by Tritiya Panthi Disha Pinky Sheikh, a poet in Home Science Women's College. In this, they see the human rights violations of women and poor stray tribes, along with tritiya-panthi. At this time he expressed grief that the misunderstandings and fears that the society has about him causing difficulties while living as humans. Many questions were asked by the students and cleared the doubts.

Introduction to the guest Prof. If Anju Pathade did the formula operation was done by Divya Jopale and Leena Thorat.



Date 27/01.22

Today we only got taunts, but today is the first time someone is honoring you both have girls... My heart is full of fullness" This quote of a teacher with tears in eyes. On the occasion of National Daughter's Day, our college's National Service Scheme honored teachers with only daughter child. At this time, 15 teachers and non-teaching staff were honored with shawls, books and flower trees. Chief Guest Dr. said that if a girl is raised by considering like a boy, girls will be strong and can help the development of the nation along with themselves. Done by Jyoti

Thackeray. These families who set ideal in the society by giving birth to girls and taking the risk of raising them, really deserve congratulations. Raising girls is not an easy thing and today girls are not behind in any field. In fact, giving them their space, thinking out of the frame is nourishing their growth. That is why it is necessary to take up such initiatives.

This time Prof. Shri Krishna Kulkarni and Sarika Pachar expressed their thoughts. Present Dr of the program. Kanchan Deshmukh appealed Raseyo Program Officer Prof. Done by Rupali Navale. Head of Computer Department Prof. Sanjay Vani thanked. This time Deputy Principal Prof. Rajashree Tambe, all teachers and non-teaching staff were present.



We are conducting a short term skill development course "Hand Embroidery" by Jan Shikshan Sansthan, Ahmednagar , these samples are made by students



Date 28/10/21

Maharashtra Government Health Department at Home Science and Computer Women's College Astgaon, Hon. \*Mission Youth Health Abhiyan" under the jointly organized by the Co-Director of Higher Education Department, and National Service Scheme and Student Development Department, Savitribai Phule Pune University, Pune, under the "Mission Yuva Health Campaign" on Tuesday, 20/02/202019 from 10 am to 10 am\* Covid-19 2019 preventive vaccination campaigns were organized. Students and beneficiaries who have completed \*10 years of age and still receive those who have not taken a single dose of the vaccine participated in this vaccination camp. To make the program successful, all the staff at Primary Health Center Astgaon as well as all the professors and professors of the college, National Service Scheme Program Officer Prof. Rupali Navale and Student Development Department Officer and Principal Dr. Anushree Khaire took hard work.



**लोणी : मिशन युवा स्वास्थ्य अभियानांतर्गत लसीकरण मोहीम यशस्वी करताना प्रा. रूपाली नवले, प्राचार्य डॉ. अनुश्री खैरे आदी.**

## लोणीत युवा स्वास्थ्य अभियान

लोणी : लोकनेते पद्मभूषण डॉ. बाळासाहेब विखे पाटील प्रवरा ग्रामीण शिक्षण संस्था, लोणीच्या गृह विज्ञान व संगणक महिला महाविद्यालयात महाराष्ट्र शासन आरोग्य विभागासह संचनालय उच्च शिक्षण विभाग पुणे आणि राष्ट्रीय सेवा योजना व विद्यार्थी विकास विभाग सावित्रीबाई फुले पुणे विद्यापीठ पुणे यांच्या संयुक्त विद्यमाने मिशन युवा स्वास्थ्य अभियान या अंतर्गत कोविड प्रतिबंधक लसीकरण मोहीम आयोजित करण्यात आली. ज्या विद्यार्थ्यांचे वय १८ वर्षे पूर्ण आहे, तसेच अद्याप ज्यांनी लसीचा एकही डोस घेतलेला नाही, अशा सर्व विद्यार्थ्यांना व लाभार्थीनी लसीकरण करण्यात आले. या शिबिरात विद्यार्थ्यांनी मोठा



Latitude: 19.59223  
Longitude: 74.477657  
Accuracy: 2600.0m  
Time: 26-10-2021 11:28  
Note: Covid-19 Vaccination Camp at College



Latitude: 19.589025  
Longitude: 74.472692  
Elevation: 572.8m  
Accuracy: 48.0m  
Time: 26-10-2021 11:26  
Note: Covid-19 Vaccination Camp at College



लोणी : गृहविज्ञान व संगणक महाविद्यालयाच्या वतीने राष्ट्रीय पोषण मासानिमित्त आयोजित पाककृती स्पर्धेत उपप्राचार्या अनुश्री खैरे यांनी अंगणवाडी सेविका, मदतनीस व आशा कर्मचाऱ्यांना मार्गदर्शन केले.

## पोषक आहाराची माहिती महिलांना हवी : खैरे

शिर्डी, ता. २० : राष्ट्रीय पोषण मास साजरा करण्यामागे, अल्प खर्चात अधिक पोषणमूल्य असलेल्या पाककृती तयार करणे व त्याद्वारे कुटुंबांचे स्वास्थ्य उत्तम राखणे, हा हेतू आहे. त्यादृष्टीने पोषक व कमी खर्चातील आहार कुठला, याची माहिती महिलांना असणे गरजेचे आहे, असे प्रतिपादन गृहविज्ञान व संगणक महाविद्यालयाच्या उपप्राचार्या अनुश्री खैरे यांनी केले.

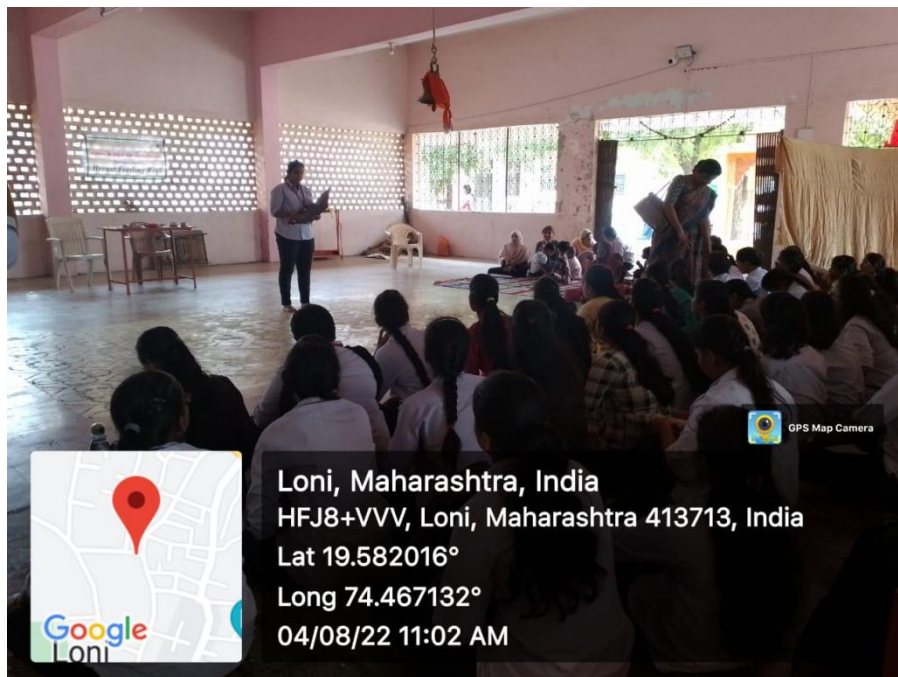
लोणी येथील गृहविज्ञान व संगणक महाविद्यालय, राष्ट्रीय सेवा योजना व एकात्मिक बालविकास सेवा योजना यांच्या वतीने अंगणवाडी सेविका, मदतनीस व आशा कर्मचाऱ्यांसाठी पाककला स्पर्धेचे आयोजन प्रवरा परिसरात करण्यात आले होते. त्यात त्या बोलत होत्या. चाळीसहून अधिक

महिलांनी या स्पर्धेत सहभाग घेतला. पहिल्या तीन स्पर्धकांना बक्षिसे देण्यात आली.

प्रवरा रुग्णालयाचे प्रसूतिज्ज्ञ डॉ. विद्याधर बंगाळ म्हणाले, की महिलांचे आरोग्य व आहार या दोन्ही बाबी परस्परांशी निगडित आहेत. शरीराला उत्तम पोषणमूल्य असलेला आहार गरजेचा असतो. हे लक्षात घेतले, तर राष्ट्रीय पोषण मासाचे महत्त्व लक्षात येते. आरोग्य व आहाराचे महत्त्व महिलांनी जाणून घ्यायला हवे. गृहविज्ञान विभागप्रमुख डॉ. कांचन देशमुख यांनी अन्नाचे पोषणमूल्य व महिलांचा आहार, याबाबत मार्गदर्शन केले. पर्यवेक्षिका कल्पना अंधुरे यांनी सूत्रसंचालन केले. प्रा. आर. एम. नवले व डॉ. सुषमा उंडे यांनी स्पर्धेच्या यशस्वितेसाठी परिश्रम घेतले.

## International Breastfeeding Awareness Week at Lohgao





## Traditional recipes in India by Third Year Students of Food Science and Nutrition





Wheat preparations by students



Two batches of five months skill development course on - Jam, Jelly and Ketch up preparation in collaboration with Jan Shikshan Sansthan, Ahmednagar completed in this month. Neatly 38 participants benefitted. Thanks to Director Balasaheb Pawar Sir for his valuable guidance and cooperation.



On the date 26/02/22. Had a good conversation with a student at Arts, Commerce and Science College, Sonai on pre-marriage counseling under Nirbhaya Kanya Abhiyan on the topic. Prof. Shweta Chaudhary and Principal Dr. Many thanks to Shankar Lavare.



On the first day of the new year 01/01/22, the children of Rajapur College's National Service Scheme got an opportunity to guide. Instead of lecture, took various activities of leadership development, the children who enjoyed a lot. Got this opportunity because of our friend Jijaba Hasse. Also thanks to Rajapur College



Date -18/02/22

Students of Home Science and Computer Women's College, Loni, Godavari Khore Namdevraoji Parjane Patil Taluka Milk Producers Association died for Industrial Training. Visited Kopargaon.



Date 10/01/22

The title "Before Crossing the Thread" was organized a pre-marriage counseling workshop by Arts, Commerce and Science College, Rajapur, Ratnagiri, which gave an opportunity to discuss with their students

Rayat Shikshan Sanstha's  
Abasaheb Marathe Arts & New Commerce, Science College,  
Rajapur, Dist. Ratnagiri – 416702  
(NAAC reaccreditation Grade B+)  
Department of Psychology IQAC & Ladies welfare committee jointly organized

उसका आसहज्यापूर्वी...

One day State level workshop on Pre- marriage counselling

**–Expert Speakers–**

Prof. Beena Kalamate  
Head of Psychology,  
Gogate Jogtekar College, Rtn

Dr. Anushree Khaire,  
Principal  
Women's College of Home Science  
& BCA, Pavan Lest, Asnagar

Join with us  
rna-mnzm-rag

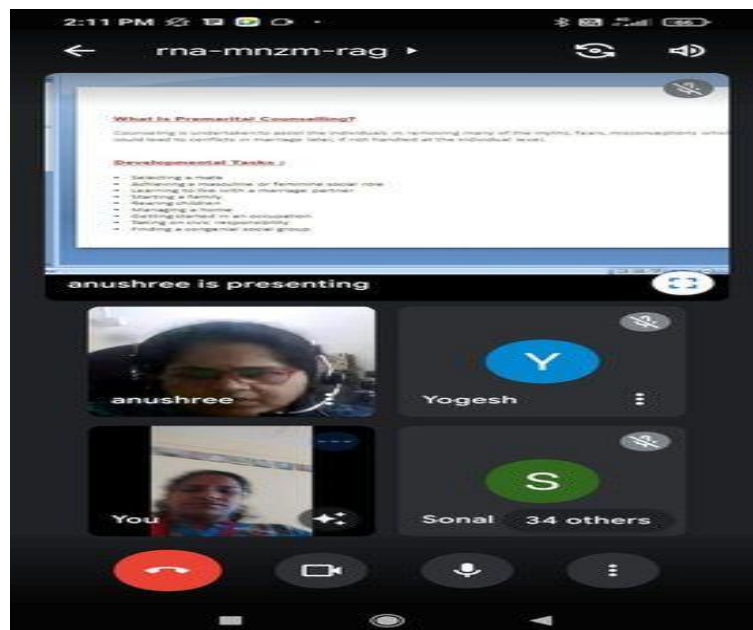
2:00 PM Onwards  
On Monday  
10<sup>th</sup> of January 2022

Registration Link :- [https://docs.google.com/forms/d/e/1FAIpQL5dEBv7XwhPIjhaJ4-QqGdxIrpzIdSHAFnF6JFP3vntfWQ/viewform?usp=st\\_link](https://docs.google.com/forms/d/e/1FAIpQL5dEBv7XwhPIjhaJ4-QqGdxIrpzIdSHAFnF6JFP3vntfWQ/viewform?usp=st_link)

Co-Ordinator,  
Mr. Yogesh Kulkarni  
Head of Psychology

Ms. Mugdha Kamal  
Ladies welfare committee



Convener,  
Dr. Ghanshyam Harale  
In-charge Principal



On date 29/12/21 delivered a online session on Premarital Counseling for the girl students of Government Polytechnic, Miraj , Thanks to Principal Capt. Dr Nitin Sonaje Sir...More than 130 students attended the session...

Government Polytechnic, Miraj  
Presents Webinar ON.....

**Premarital Counseling**

**❖ Expert Speaker ❖**  
**Dr. Anushree Khaire**  
Principal, Women's College of Home  
Science and BCA, Loni. Dist.  
Ahmednagar.

**❖ Chief Guest ❖**  
**Capt. Dr. Nitin P. Sonaje**  
Principal, Government Polytechnic,  
Miraj.

**❖ Coordinator ❖**  
**Smt. Rujuta M. Sathe**  
Women Cell,  
Government Polytechnic,  
Miraj.

Wednesday,  
29<sup>th</sup> December  
2021, 2:30 P.M.  
on  
Google Meet




Date 24/12/21

Path Drama Workshop...Expert guidance... Swami Bhise, Student Development Board,  
Savitribai Phule Pune University, Pune




Date 13/10/21 and 22/10/21



Shikshan Prasarak Sanstha's  
Sangamner Nagarpalika Arts,  
D.J. Malpani Commerce,  
B.N.Sarda Science College  
(Autonomous),  
Sangamner, Maharashtra

NAAC 'A+' GRADE (CGPA 3.58)  
DBT STAR College Status  
DBT FIST Funded College  
BEST College Award By Savitribai  
Phule Pune University

Women Grievance Redressal Committee  
and  
Cell For Prevention Of Sexual Harassment Against Men And Women  
Organizes  
**Webinar**  
On  
**Stress Management of Women**  
Resource Person  
**Dr. Anushree Rajendra Khaire (M.Sc. SET Ph.D. PGD)**  
I/C Principal, P.R.E.S.'s Women's College of Home Science and BCA, Loni



Date : 22nd October 2021  
Time : 2.30 PM to 4.30 PM

Zoom Id : 814 0216 1806  
Password: 123

Chairman  
**Dr. S.S. Borgave**  
Cell For Prevention Of Sexual  
Harassment Against Men And Women

Chairman  
**Dr. R.S. Oza**  
Women Grievance Redressal Cell

I/C Principal  
**Prof. Dr. A.H. Gaikwad**

# महिलांनी आत्मनिर्भर जीवनशैली अंगीकारावी अनुश्री खैरे : संगमनेर महाविद्यालयात ऑनलाईन वेबिनार संपन्न

लोकमत न्यूज नेटवर्क  
संगमनेर : हल्लीच्या धकाधकीच्या जीवनात नकारात्मक भावना वाढीस लागत असून परिणामी तणावही वाढतो. त्यामुळे नैराश्य आल्याने योग्य निर्णय घेता येत नाहीत. सकारात्मक वृत्ती निर्माण होण्यासाठी प्रत्येकाने प्राणायाम, योगासने करणे गरजेचे आहे. महिलांनी तणावमुक्त आणि आत्मनिर्भर जीवनशैलीचा अंगीकार करावा, असे लोणी येथील प्रवरा ग्रामीण शिक्षण प्रसारक संस्थेचे महिला महाविद्यालय तसेच गृहविज्ञान शास्त्र महाविद्यालयाच्या प्राचार्या डॉ. अनुश्री खैरे म्हणाल्या.

शिक्षण प्रसारक संस्थेच्या संगमनेर महाविद्यालयात शनिवारी (दि. २३) महिला तक्रार निवारण समिती व लैंगिक अत्याचार निवारण कक्षाच्या वतीने आयोजित ऑनलाईन

**Online!**

वेबिनारमध्ये त्या बोलत होत्या. अध्यक्षास्थानी संगमनेर महाविद्यालयाचे प्राचार्य डॉ. अरुण गायकवाड होते. महिला तक्रार निवारण समितीच्या समन्वयक प्रा. डॉ. आर. एस. ओझा, लैंगिक अत्याचार निवारण समितीच्या समन्वयक प्रा. डॉ. एस.एच. बोरगावे, प्राणिशास्त्र विभागप्रमुख डॉ. वंदना भवरे, वनस्पतीशास्त्र विभागप्रमुख डॉ. संगीता जाधव आदी समिती सदस्या उपस्थित होत्या.

प्रास्ताविक डॉ. ओझा यांनी केले. पाहुण्यांचा परिचय डॉ. बोरगावे यांनी करून दिला. सूत्रसंचालन प्रा. सुलक्षणा देशमुख यांनी केले. प्रा. डॉ. हरजीत पंजाबी यांनी आभार मानले.



Date 12/10/21, on the occasion of World Mental Health Day, National Service Scheme and Home Science Department jointly, Dr. Chandrashekhar Gawli, Department Head, Human Development Department, SNDT Women's University, Mumbai had a discussive lecture. Students registered an active participation.



Date 11/10/21

Dr Anushree Khaire got the opportunity to wrap the fourth flower on mental health in a seven-day virtual women self-awareness lecture organized on World Mental Health Day and Navratri.



Date 08/10/21

On the occasion of Navratri, it is a great luck to give the importance of mental health to empower women on World Mental Health Day

**भारतीय स्वतंत्रताचा अमृत महोत्सवा निमित्त**  
अखिल भारतीय सहजार्थिक संशोधन प्रकल्प- मृदुविज्ञान- संशोधन संस्था/महाविद्यालय  
प्र.पा.क. विद्यापीठ, परधारी

कालिकादेवी कला, कानिज्व व विज्ञान महाविद्यालय सिल्वर फ्लायर, जि.बीड जिल्हा  
कला व विज्ञान महाविद्यालय विद्यापीठ, मडी, जि.बीड

**मृदुविज्ञान विभाग व महिला तक्रार नियंत्रण समिती**  
मृदुवार, वि.७ ते शुक्रवार, वि.२३ ऑक्टोबर २०२१.

**सात दिवसीय आभासी "महिला आत्मभान" व्याख्यानमाला**

**संयोजक**



**डॉ. विक्रम जयराज**  
प्रधान  
कला व विज्ञान महाविद्यालय,  
विद्यापीठ, मडी



**डॉ. संजय थुपे**  
प्रधानी प्राध्याप  
कालिकादेवी कला, कानिज्व  
विज्ञान महाविद्यालय, सिल्वर (का.)



**डॉ. सुजिता चकोले**  
प्रधानी प्राध्याप  
केंद्र सल्लागार,  
अखिल भारतीय सहजार्थिक संशोधन प्रकल्प  
मृदुविज्ञान व.पा.क. विद्यापीठ, परधारी

**उद्घाटन सभारंभ : मृदुवार वि.७/१०-२०२१ तेजी सकाळी १०.३० वा.**



**डॉ. नुनडान चव्हाण**  
मृदुविज्ञान अभ्यास मंडळ अध्यक्ष  
डॉ. वाकरासोबत ऑनवेडकर सराठवाडा  
विद्यापीठ, औरंगाबाद



**डॉ. चैतन्य कुलकर्णी**  
जैन आनंदविद्यालयाचा अध्यक्ष मंडळ  
डॉ. वाकरासोबत ऑनवेडकर सराठवाडा  
विद्यापीठ, औरंगाबाद



**डॉ. संजय थुपे**  
प्रधानी प्राध्याप  
कालिकादेवी कला, कानिज्व  
विज्ञान महाविद्यालय, सिल्वर (का.)

**प्रमुख पात्रे**



**डॉ. नुनडान चव्हाण**  
मृदुविज्ञान अभ्यास मंडळ  
कृषी विज्ञान मंडळ, विज्ञान मंडळ, औरंगाबाद  
विषय : महिला सशक्तीकरण  
(वि.०८/१०/२०२१, वेळ : सकाळी ११-०० वा.)



**डॉ. चैतन्य कुलकर्णी**  
प्रधानी प्राध्याप  
डॉ. एम. पाटील मनी कालिका विद्यापीठ, औरंगाबाद  
विषय : महिला विषयक कायदे व अधिकार  
(वि.०९/१०/२०२१, वेळ : सकाळी ११-०० वा.)



**डॉ. अनुषी राजेश खैर**  
प्रधानी प्राध्याप  
मृदुविज्ञान व सल्लागार महिला महाविद्यालय, मंडळी  
मा.राठार, जि. औरंगाबाद  
विषय : महिलांचे सार्वजनिक जीवन  
(वि.१०/१०/२०२१, वेळ : सकाळी ११-०० वा.)

Different Activities are done by students as tree plantation ,street play, rally,Shramdan, awareness about different things to the rural area people.











### **Tanaya Cultural Fest**

Youth is all about passion, passion, innovative ideas and artistic outlook... Living with such high risk youth is a challenge...For the last twenty two years, while living with them as their teacher, guide, unknowingly our youth is also preserved... This is felt by light and life becomes a joyful journey. Today, after almost two years after the Covid-19 pandemic, experienced this excitement ... On the occasion of 'Tanaya Cultural Fest' in our Women's College... Creativity within a very short time by proper planning of time and financial... That's why I want to strongly condemn the people who look at the new generation negatively...Dr for the inauguration of tanya fest. Jayashree Sinagar or were present.

