



Shri N. B. Education Society's  
Shri Venkatesh Mahavidyalaya, Ichalkaranji

## REPORT ON EXTENSION ACTIVITIES

### **Introduction:**

The Institution is very keen to develop the sense of co- operation and responsibility as a citizen among the students. It aims to sensitize students about their role in constructing the society and by that way building the nation. In this regard the institution has a special National Service Scheme. It is always active in extending their help to the different strata of the society at different levels. N.S.S volunteers function consistently throughout the year by organizing various activities such as

Tree Plantation Programme

Blood Donation Camp

Voting Campaign

Cleanliness Campaign and actual cleanliness of river and local areas of the vicinity

Special Camp at adopted village

Organising Rallies

Performing Street plays on various social issues

Visiting orphanage or Old Age Home etc.

Apart from the department of N.S.S the other Associations or committees also come forward in extension activities conducted by the institution.

However due to pandemic situation the activities were restricted for the safety of the students. Some of the activities that were conducted as extension activities in the academic year 2020-21 by NSS and other Associations or Departments, were in connection with the Covid Outbreak and its consequences. The institution felt it a prime objective to keep people aware of the consequences of corona and need of safety of health. The activity reports in this regard are as follows:

### **Activity 1: Online Quiz by Medical Club and IQAC on Health and Hygiene**

Since March 2020, the issues of health and hygiene have become more crucial in the society. In this pandemic situation millions of people not only became sick but also died, and one of the important reasons behind it was health. Therefore, it has become essential to make people aware about their health. Considering this, to create an awareness about health among our colleges staff, students as well as the people of the society there was organized an online quiz contest on 'health and personal hygiene' by the College. There were twenty questions included in this quiz contest

and each question had four options. All the questions were based on health and personal hygiene. Every year various activities are taken through medical club regarding health issues. This activity was a part of these activities. The link for the said quiz contest was accessible from 31st August, 2021 to 14th September, 2021 so that maximum number of people will be involved. At the end of September 14, 2021, total 201 people participated in this quiz contest and submitted their responses online. As well as each participating contestant was issued an E-certificate of participation.

### **Activity 2: Webinar On Sports Health And Diet**

On the occasion of '*National Sports Day*' one day webinar was jointly organized by the *Department of Physical Education and Medical Club* on '*Sports, Diet and Health*' at Shri Venkatesh Mahavidyalaya, Ichalkaranji. For this webinar as a resource person Dr. Umesh Kalekar infertility consultant of Astyigma Hope Clinic, Shirol was present. First of all, the head of the medical club, Dr. Pradeep Gaikwad explained the importance and the objectives of the theme of the webinar and introduced the resource person. Then, the principal of the college, Dr. V. A. Mane sir in his inaugural address, mentioned many health issues and spoke about how exercise and diet are essential to maintain healthy fitness. He also explained that the secret of being healthy at the age of 56 is proper diet and exercise. Later, chief resource person of webinar, Dr. Umesh Kalekar while guiding explained that excess, indiscretion and untimely are all the root causes of diseases. Also, explained that exercise, diet and rest are the three wheels of health. At the same time, he spoke about what type diet should be taken to get the adequate amount of protein for the body? how boys and girls should maintain their health with the help of proper diet? As well as, how walking, sports and meditation are important for health. Thus, he gave important guidance to participants on various aspects such as sports, exercise and health. At the end of his session Dr. Kalekar satisfied the participants by giving proper answer asked by them. Students of the college as well as teachers and non-teaching staff were participated in this webinar. For this webinar, we received cooperation by the vice principal of the college, Dr. N. M. Mujawar Sir and Mr. Mubeen Mujawar sir. Besides that the teachers and non-teaching staff of the college gave valuable guidance to make this webinar successful. Thus, well-studied webinar was completed in terms of health. This webinar was concluded with the vote of thanks proposed by Shri A. I. Bandar .

### **Activity 3: Observation of Kranti Din:**

On behalf the N.S.S. Department of the College Kranti Din Programme was organised on 09<sup>th</sup> August 2021 in the auspicious presence of honorable Principal Dr. V. A. Mane. The theme of the programme was presented by Programme officer of N.S.S Mr. A. I. Bandar. The programme was celebrated by worshipping the photo of Pillar of Support . Mr.. M.P. Kesarkar shared his thought on Kranti Din . The programme had been attended by student, teachers and non-teaching staff .

### **Activity 4: Use of Social Media and online platform to create awareness about Corona**

Avishkar Wall Paper and Research Cell organized on 30-11-2020 the Poster and Slogan Making On line Competition on “COVID-19 Awareness”. Total 15 students were participated in the competition. They were send posters, poems and slogan on COVID-19 Awareness.

List of the students

Sr.No.	Name of the student	Class and Div	Presentation
1	Miss Sejal Vinodkumar Vavandhar	B.com-I-D	Poster presentation
2	Miss Akshata Sadashiv Kyatan	B.com. I-B	Poster presentation
3	Miss Rutuja B. Korigiri	B.com-III-A	Poem-Niyam Pala Corona Tala.
4	Miss.Nikita Shinde	B.com-II-C	Poem(Korona Ab To Sath Chodo Na)
5	Miss.Nikita Shinde	B.com-II-C	Poster Presentation
6	Miss.Nikita Shinde	B.com-II-C	Slogan
7	Miss. Mona N. Vaishnav	B.com-III-B	Poem -Korona
8	Miss. Supriya Kumar Desai.	B.com.-II	Poster Presentation
9	Miss. Harshda Hanmant.Kadam	B.com-I-A	Poem-Corpna cha Hahakkar
10	Miss Namrata Kumbhar	B.com –III-A	Poem-He Rashta Punha Khada Hoga
11	Miss. Akshata Prashant Mali	B.com-I-A	Poem-Coronavirus
12	Miss. Akshata Prashant Mali	B.com-I-A	Slogan
13	Miss. Akshata Prashant Mali	B.com-I-A	Poster Presentation
14	Miss. Prajakta Vilas Bhandare	B.Com-I-B	Poster Presentation
15	Miss Komal Manohar Vyas	B.Com –I-D	Poster Presentation

The winner of the poster presentation competition are as below:

Name of the student	Class and Division	Presentation	Rank
---------------------	--------------------	--------------	------

Miss Komal Manohar Vyas	B.Com –I-D	Poster Presentation	1 <sup>st</sup> Rank
Miss Sejal Vinodkumar Vavandhar	B.com-I-D	Poster presentation	2 <sup>nd</sup> Rank
Miss Akshata Sadashiv Kyatan	B.com. I-B	Poster presentation	3 <sup>rd</sup> Rank

The winner of the poster/ poem competition are as below:

Name of the student	Class and Div	Rank	Rank
Miss. Akshata Prashant Mali	B.com-I-A	Poem-Coronavirus	1 <sup>st</sup> Rank
Miss. Harshda Hanmant.Kadam	B.com-I-A	Poem-Corpnachahakar	2 <sup>nd</sup> Rank

-Sd/-  
Mr. A.I. Bandar  
PO (NSS)

-Sd/-  
Dr. V. A. Mane  
Principal

\*\*\*\*\*