- 5.1.2: Following capacity development and skills enhancement activities are organized to improve students' capability.
  - 1. Soft skills
  - 2. Language and communication skills
  - 3. Life skills (Yoga, physical fitness, health and hygiene)
  - 4. ICT/computing skills

### **Activities 2022-23**

• **Hindi Din 2022-23:** Hindi Diwas, celebrated annually on 14th September, commemorates the adoption of Hindi as one of the official languages of India. It is an occasion to celebrate our nation's rich cultural heritage and linguistic diversity. At Dadasaheb Devidas Namdeo Bhole College, we marked this significant day with great enthusiasm and fervour.

General Knowledge Test: To encourage creative expression in Hindi, a general knowledge test was held on Hindi Diwas. Students participated enthusiastically, showcasing their linguistic prowess and creative talents. The general knowledge topics ranged from the influence of Hindi literature on Indian society to the role of youth in preserving and promoting the Hindi language. Nearly 30 students participated in the competition. The celebration of Hindi Diwas was a resounding success, fostering a sense of pride and appreciation for our national language among students and faculty members. We look forward to continuing such initiatives to instill a deeper sense of cultural identity and linguistic diversity in the college community.



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Figure 1 General Knowledge Test on the occasion of Hindi Day



#### • PSYCHOLOGICAL TEST:

The Neumann Koh-Stedt Introversion and Extraversion Diagnostic Test is a tool designed to assess individuals' personality traits related to introversion and extraversion. Developed by psychologists Dr. Maria Neumann and Dr. Erik Koh-Stedt, this diagnostic test provides insights into how individuals interact with the world, process information, and recharge their energy. The primary objective of this Test is to help individuals gain a deeper understanding of their personality orientation towards introversion or extraversion. The diagnostic test comprises a series of questions designed to assess various aspects of introversion and extraversion. In the year 2022-23, 16 students of the FYBA class of the Department of Psychology were tested. Also, Emotional Maturity was measured by giving the Emotional Maturity Test that was conducted by the famous psychologists Yashbir Singh and Dr. Mahesh Bhargava. Dr. M. N. Parvasan's Study Skills Questionnaire was used to measure the student's study skills. Also, what causes the emotional breakdown between them, and why does it happen? Was asked to the students.

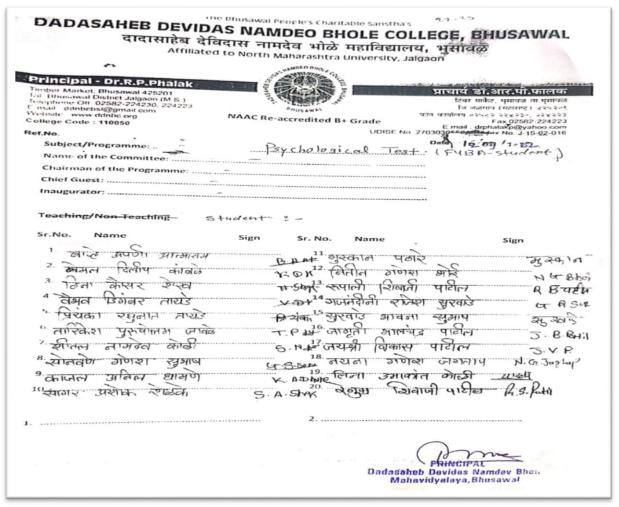


Figure 2Attendance of Psychological Test of FYBA by Dr. A. R. Sawale



# • Arthsankalpiya Parisamvad (Budget Discussion):

A one-day workshop on 'Budget Discussion-2023' was held. Mukesh Agarwal CA, College Principal Dr. R. P. Phalak, Ms. Sangita Dharmadhikari, and Prof. Dr. J. P. Sarode were present for the occasion. Mukesh Agarwal gave detailed information about the visionary economic policy presented in the Union Budget 2023, the changes in the budget regarding infrastructure, start-ups, green policy, and income tax provisions. He further added that the budget is balanced and is good for the development of the nation. Questions were put by some students and staff and Mr. Agarwal satisfied them all by answering them. Dr. Phalak in his presidential speech told the students the importance of planning and informed them about the opportunities available to them in the future. He also said that the students should plan financially from now on so that future problems will be reduced. The program was anchored by Dr. S.V. Baviskar; the Preface was presented by Ms. Sangita Dharmadhikari, vote of thanks was by Prof. Dr. J. P. Sarode.



Figure 3. Photo and Newspaper News of Budget Discussion 2022-23

• A lecture on "Importance of Mental and Physical Health of Girl Students" was organized on the occasion of the inauguration ceremony of Yuvati Sabha-2022 which was inaugurated at the auspicious hands of the Prin. Dr. R. P. Phalak. The Chief Guest of the occasion was Dr. Priya Barhate, a famous Radiologist of Bhusawal. She spoke on the overall mental and physical health of the girls and stressed that the girls should exercise to keep themselves healthy and smart and to lead stressless lives. Also, she told how to reduce anxiety and depression and how social media can be used to learn good things and study other courses in their spare time. The overall health of female students is of paramount importance for their well-being and academic success. As they navigate through the challenges of education, personal growth, and societal expectations, ensuring their holistic health becomes a fundamental responsibility. Dr. Priya Barhate asserted.



Figure 4. Lecture by Dr. Priya Barhate

• Yoga Day: International Yoga Day, celebrated annually on June 21st, is a global event aimed at promoting the physical, mental, and spiritual benefits of yoga practice. At Dadasaheb Devidas Namdeo Bhole College, we embraced the spirit of this international observance by organizing a morning session on Yoga Pranayam to celebrate the profound significance of yoga in promoting holistic well-being among students and faculty. The International Yoga Day celebration at the



college garnered widespread participation and enthusiasm among students, faculty, and **Participants** staff. expressed appreciation for the opportunity to experience the transformative



benefits of yoga first-hand and deepen their understanding of its principles and practices.



Figure 5 International Yoga Day

• Marathi Bhasha Diwas: Marathi Bhasha Diwas, celebrated on February 27th every year, commemorates the birth anniversary of eminent Marathi poet and playwright Vishnu Vaman Shirwadkar, popularly known as Kusumagraj. We observed this significant day with great enthusiasm and reverence, paying homage to the rich cultural heritage and linguistic legacy of the Marathi language. A poetry recitation was held, where students had the opportunity to showcase their talent and appreciation for Marathi poetry. Poems by celebrated Marathi poets, including Kusumagraj, were recited, evoking emotions and inspiring admiration for the lyrical beauty of the Marathi language. Prin. Dr. R. P. Phalak and Dr. S. V. Baviskar from the Department of Marathi spoke out their thoughts on this occasion.

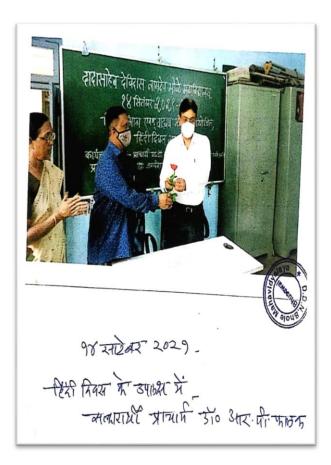


Figure 6 Marathi Rajbhasha Divas



## **Activities of 2021-22**

• Hindi Din 2021-22: Hindi Diwas, celebrated annually on 14th September, commemorates the



adoption of Hindi as one of the official languages of India. It is an occasion to celebrate our nation's rich cultural heritage and linguistic diversity. At our college, we marked this significant day with great enthusiasm and fervour. The celebration of Hindi Diwas was a resounding success, fostering a sense of pride and appreciation for our national language among students and faculty members. Prin. Dr. R. P. Phalak was the chief guest of the event. Dr. J. B. Chavan spoke on the significance of Hindi as a national language. We reaffirmed our commitment to preserving and promoting the rich linguistic heritage of our country. We look forward to continuing such initiatives to instill a deeper sense of cultural identity and linguistic diversity in the college community.

Figure 7 Marathi Rajbhasha Diwas

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Figure 8 Attendance

• Two-Week Training Programme on Yoga: In commemoration of International Yoga Day, a two-week online training program was organized in collaboration with Swami Advaitanand Studio, Bhusawal. The program aimed to promote the physical, mental, and spiritual benefits of yoga practice among students, faculty, and staff, fostering a culture of holistic well-being and mindfulness within the college community.



**Program Highlights:** The two-week online training program comprised a series of engaging and immersive activities designed to introduce participants to the principles and practices of yoga.

1. Yoga Asana Sessions: Certified yoga instructor, Dr. Seema Devendra from Advaitanand Yoga Studio conducted daily yoga asana sessions, guiding participants through a variety of postures and sequences tailored to accommodate individuals of all skill levels. Participants learned proper



- alignment, breathing techniques, and relaxation methods, experiencing the rejuvenating effects of yoga on their physical and mental health.
- 2. Pranayama and Meditation: Pranayam (breathing exercises) and meditation were conducted to deepen participants' understanding of the mind-body connection and cultivate inner peace and mental clarity. Techniques such as mindful breathing and meditation were explored, empowering participants to manage stress and enhance their overall well-being.
- **3.** Community Yoga Sessions: As part of our commitment to community outreach, yoga sessions were organized for communities as well.



• Workshop on Yoga: In response to the growing interest in holistic wellness practices and the need for accessible resources amid the COVID-19 pandemic, a one-week workshop on Yoga Pranayama was organized at the college. The online workshop aimed to introduce participants to the ancient practice of Pranayama, focusing on breathing techniques for enhancing physical, mental, and emotional well-being.





## **Workshop Highlights:**

1. Introduction to Pranayama: The workshop commenced with an introductory session on the fundamentals of Pranayama, exploring its historical origins, philosophical underpinnings, and

practical applications in modern life. Participants gained an understanding of the significance of breath awareness and its role in promoting holistic well-being.

- **2. Breathing Techniques:** Certified yoga instructor, Dr. Seema Devendra led daily sessions on various Pranayama techniques, including AnulomVilom, Kapalabhati, and Bhramari. Participants learned proper breath control, rhythm, and sequencing, experiencing the calming and energizing effects of these practices firsthand.
- **3. Meditation:** A meditation session was incorporated into the workshop to complement the Pranayama practice. Participants were introduced to mindfulness techniques for cultivating present-moment awareness, reducing stress, and enhancing concentration and focus.
- Workshop on Budget Discussion 2021-22: A workshop on "Budget Discussion" was organized to provide students and staff with insights into budget planning, management, and financial literacy. The workshop aimed to empower participants with the knowledge and skills necessary to make informed financial decisions and manage resources effectively. The workshop received positive feedback from participants, who expressed appreciation for the practical knowledge and skills gained during the session. Many participants reported feeling more confident and empowered to take control of their finances, set achievable goals, and make informed financial decisions. The workshop fostered a sense of financial literacy and responsibility among students and staff, equipping them with tools and resources for financial success. Mukesh Agarwal, the famous Chartered Accountant of Bhusawal was the speaker for the occasion.





**Figure 9 Budget Discussion** 



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Figure 10 Attendance

• A lecture on the overall health of girl students: A lecture on the overall health of the girl students was organized at Dadasaheb Devidas Namdeo Bhole College. The speaker was Dr. Priya Barhate, a famous radiologist of Bhusawal. She spoke on the well-being of the girls and advised them to take good care of their physical and mental health. To achieve these aims one should exercise daily, undertake Yoga-Pranayama, eat the right food, and be active the whole day. Dr. Priya spoke on the occasion of the personality development lectures undertaken under Yuvati Sabha.











### **Activities of 2020-21**

One day workshop on Yoga-Pranayam and Fitness: A one-day workshop on "Yoga-Pranayam for Fitness" was organized with the objective of promoting physical and mental well-being among students and staff. The workshop aimed to introduce participants to the ancient practice of Yoga and Pranayama, emphasizing their effectiveness in enhancing fitness, reducing stress, and improving overall health. The workshop commenced with an introductory session on the principles and benefits of Yoga and Pranayama. Participants were briefed about the importance of breath awareness, proper posture, and mindful movement in promoting physical fitness and mental clarity. Certified yoga instructor Dr. Govind Martade, a member of the Board of Studies, Yoga and Physical Fitness, KBC, NMU, Jalgaon led a session on a series of Yoga Asanas aimed at improving strength, flexibility, and balance. Participants learned proper alignment and breathing techniques while practicing a variety of Asanas, including Surya Namaskar, Tadasana, and Bhujangasana.





• Pratibha Sangam: "Pratibha Sangam" a university-level cultural programme organized at Dadasaheb Devidas Namdeo Bhole College bringing together students from various colleges to showcase their talents and celebrate the diversity of Indian culture. Various events featured a plethora of creative competitions and activities, including street plays, blog-writing, story writing, and more, aimed at promoting artistic expression and fostering a sense of community among participants.

**Cultural Activities**: The program featured a wide array of activities designed to engage participants and showcase their creative abilities:

**Street plays:** Teams from different colleges competed in the street play competition, presenting thought-provoking performances on social issues such as gender equality, environmental conservation, and communal harmony. The plays were staged at various locations outside the



campus attracting large audiences and sparking meaningful discussions on relevant societal issues.

**Blog-writing:** A blog-writing competition was organized, inviting participants to express their thoughts and ideas on topics ranging from personal experiences to social commentary. Participants showcased their writing skills and creativity through engaging and insightful blog posts, covering a wide range of themes and perspectives.

**Hindi/Marathi Poem Recitation:** Teams from different colleges competed in the Hindi and Marathi poetry competitions, presenting thought-provoking performances on various issues of their choice.





Figure 11 Pratibha Sangam inauguration









### **Activities of 2020-21**

• International Kavya Sammelan: A one-day International Hindi/English and Marathi Language Kavya Sammelan was organized showcasing the rich literary traditions and poetic talents from diverse linguistic backgrounds. Poets from different places attended the event, contributing to a vibrant celebration of poetry and cultural exchange.

**Event Highlights:** The Kavya Sammelan featured a series of captivating poetry recitations and performances in Hindi, English, and Marathi, reflecting the linguistic diversity and cultural richness of the participating poets.

**Hindi Poetry Recitations**: Poets from various regions presented their original Hindi poems, exploring a wide range of themes including love, nature, social issues, and spirituality. The recitations captivated the audience with their lyrical beauty, emotive depth, and linguistic flair, showcasing the timeless appeal of Hindi poetry.

**English Poetry Readings**: Poets proficient in the English language shared their poetic creations, offering unique perspectives and insights into contemporary issues, personal experiences, and universal themes. The poetry readings resonated with the audience, eliciting introspection and appreciation for the power of language and expression.

Marathi Kavita: Poets fluent in Marathi language enthralled the audience with their poignant Marathi Kavita (poems), showcasing the rich literary heritage and cultural nuances of



Maharashtra. The Kavita explored themes of tradition, identity, and social change, evoking a sense of pride and nostalgia among Marathi-speaking attendees.

Cross-Linguistic Exchange: The Kavya Sammelan provided a platform for cross-linguistic exchange and dialogue, fostering mutual appreciation and understanding among speakers of Hindi, English, and Marathi. Poets shared insights into their respective linguistic and cultural backgrounds, enriching the experience for participants and fostering a sense of unity amidst diversity.







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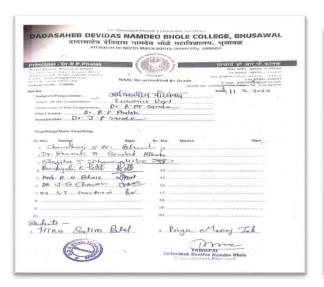


### **Activities of 2019-20**

Budget Discussion 2019-20: A workshop on "Budget Discussion" was organized to provide students and staff with insights into budget planning, management, and financial literacy. The workshop aimed to empower participants with the knowledge and skills necessary to make informed financial decisions and manage resources effectively. The Budget Discussion workshop received positive feedback from participants, who expressed appreciation for the practical knowledge and skills gained during the sessions. Many participants reported feeling more confident and empowered to take control of their finances, set achievable goals, and make informed financial decisions. The workshop fostered a sense of financial literacy and responsibility among students and staff, equipping them with tools and resources for financial success. Dr. R. M. Sarode from the Department of Economics of Dadasaheb Devidas Namdeo Bhole College was the speaker for the occasion.



Figure 12 Budget discussion



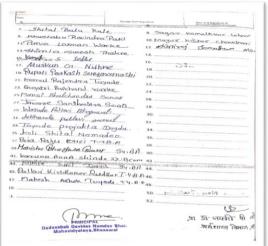


Figure 13 Attendance



- Vocabulary Test for Weak Students: The Department of English at Dadasaheb Devidas Namdeo Bhole College conducted a Vocabulary Test aimed at assisting weak students in enhancing their English language proficiency. Recognizing the importance of vocabulary in effective communication and academic success, the department endeavored to provide targeted support to students who required additional assistance in this area.
  - 1. Assessment of Vocabulary Skills
  - 2. Identification of weaknesses
  - 3. Support and intervention
  - 4. Encouragement and Motivation

		English Vocabulary Efficien	ncy Te	st
- Se	No.	Year - 2019-20 Name of the Students	Roll No.	
-	1.	Hina Salim Patel		Sign
-	2.	1/ / 0 04	03	11120
	3.	9	40	popula.
-	4.	Priya Mamoj dak	59	1
-	5.	Sanghmitoa Jacoane	13.	S.S. Jawase
-	6.		07	Smale
	7.	Torail 3. chhopashand	111	(Gy
-	8.	Patil Gavanan Probhatour	1	
	9.	Waske Gayatri Rupchand	37	Barrello
$\vdash$	10.	Riyahka Prakash PochPate	127	S-M- Karuk
	,		08	Pewgod
	2	Jawage Banghmitze Sunil		
	3			S.S. Jawase
	4-	Shital Namelov Koli	79	Smale.
	-	May Edwin Valladares	69	War Villalans
-			108	Tayle
,	-	Horshal Shantavam Tayade Sonjatri P. Sapkale	59	Gsepher
	2 .		3.)	

Figure 14 Attendance

• **Hindi Diwa 2019-20:** Hindi Diwas, celebrated annually on 14th September, commemorates the adoption of Hindi as one of the official languages of India. It is an occasion to celebrate our nation's rich cultural heritage and linguistic diversity. At Dadasaheb Devidas Namdeo Bhole College, we marked this significant day with great enthusiasm and fervour. The Department of Hindi was all set for the occasion. Prin. Dr. R. P. Phalak inaugurated the event and Dr. J. B. Chavan presided over the event.

**Essay Competitions**: To encourage creative expression in Hindi, an essay competition was held 0n Hindi Diwas. Students participated enthusiastically, showcasing their linguistic prowess and creative talents. The general knowledge topics ranged from the influence of Hindi literature on Indian society to the role of youth in preserving and promoting the Hindi language. Nearly 30 students participated in the competition. The celebration of Hindi Diwas was a resounding success, fostering a sense of pride and appreciation for our national language among students and faculty



members. We look forward to continuing such initiatives to instill a deeper sense of cultural identity and linguistic diversity in the college community.



• Yoga Day 2019-20: International Yoga Day, celebrated annually on June 21st, is a global event aimed at promoting the physical, mental, and spiritual benefits of yoga practice. At our college, we embraced the spirit of this international observance by organizing a morning session on Yoga Pranayama to celebrate the profound significance of yoga in promoting holistic well-being among students and faculty. The International Yoga Day at the college garnered widespread participation and enthusiasm among students, faculty, and staff. Participants expressed appreciation for the opportunity to experience the transformative benefits of yoga firsthand and deepen their understanding of its principles and practices.



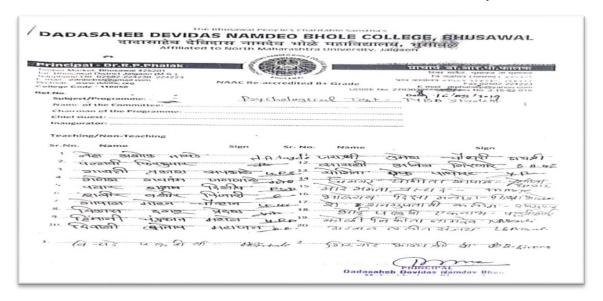








• Psychological Test of FYBA Students: In the year 2019-20, 24 students of the FYBA class of the Department of Psychology were tested and their personality was measured by the Neumann Koh-Stedt Introversion and Extraversion Diagnostic Test. Also, Emotional Maturity was measured by giving the Emotional Maturity Test that was conducted by the famous psychologists Yashbir Singh and Dr. Mahesh Bhargava. Dr. M. N. Parvasan's Study Skills Questionnaire was used to measure the student's study skills.



**Figure 15 Attendance** 

• **Hindi Diwas 2019-20:** "Hindi Bharat Mata Ke Maathe Par Bindi" on this topic essay competition was organized on the occasion of Hindi Diwas. Dr. Kanta Bhala, the Head of the Hindi Department presided over the event. Dr. R. P. Phalak was the chief guest on this occasion. Students participated enthusiastically, showcasing their linguistic prowess and creative talents.





#### **Activities of 2018-19**

Hindi Divas 2018-19: Hindi Diwas, celebrated annually on 14th September, commemorates the adoption of Hindi as one of the official languages of India. It is an occasion to celebrate our nation's rich cultural heritage and linguistic diversity. At Dadasaheb Devidas Namdeo Bhole College, we marked this significant day with great enthusiasm and fervour. Essay Competitions: To encourage creative expression in Hindi, an essay competition was held prior to Hindi Diwas. Students participated enthusiastically, showcasing their linguistic prowess and creative talents. The general knowledge topics ranged from the influence of Hindi literature on Indian society to the role of youth in preserving and promoting the Hindi language. Nearly 30 students participated in the competition. The celebration of Hindi Diwas at Dadasaheb Devidas Namdeo Bhole College was a resounding success, fostering a sense of pride and appreciation for our national language among students and faculty members. We look forward to continuing such initiatives to instill a deeper sense of cultural identity and linguistic diversity in the college community.

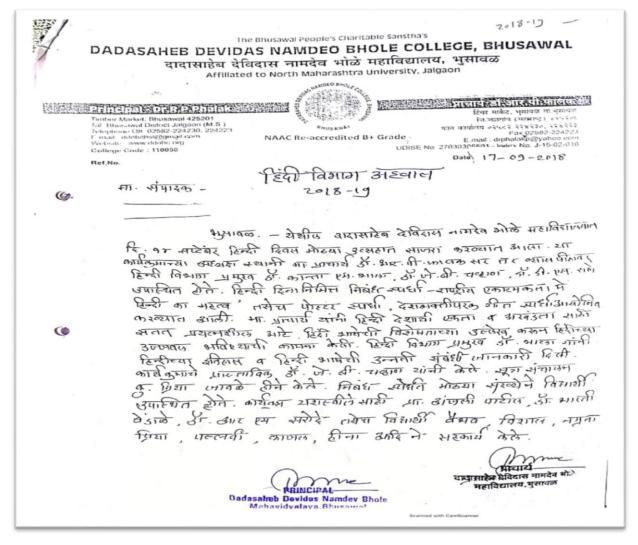


Figure 16Report of the Department of Hindi







• Nutrition and Health: A lecture focusing on the nutrition and health of female students was organized at Dadasaheb Devidas Namdeo Bhole College. The lecture aimed to provide valuable insights into the dietary habits, health concerns, and overall well-being of female students, with a particular emphasis on understanding the unique physiological needs of this demographic. The keynote speaker for the seminar was a renowned gynaecologist, Dr. Sheetal Barhate, who shared comprehensive information on various aspects related to the health and nutrition of girl students. The lecture r was attended by faculty members, students, and staff, and it proved to be an enlightening and informative session. The lecture was organized as part of the ongoing personality development workshop by the Yuvati Sabha unit to promote holistic well-being among the student community. Recognizing the significance of proper nutrition and healthcare for the physical and mental development of female students, the seminar aimed to address common concerns and provide evidence-based guidance to enhance their overall health.

**Highlights of the lecture: Dr. Sheetal Barhate,** the esteemed gynaecologist, delivered an insightful presentation encompassing a wide range of topics pertinent to the audience. Some of the key highlights from the presentation include:

- 1. Understanding Nutritional Requirement
- 2. Addressing Common Health Concerns
- 3. Promoting Healthy Lifestyle Practices
- 4. Navigating Dietary Challenges
- 5. Importance of Education and Awareness

The lecture proved to be a valuable platform for raising awareness, disseminating information, and fostering dialogue on important health-related issues.



• International Yoga Day: On June 21, 2018, our college celebrated International Yoga Day with great enthusiasm and participation from students and faculty members. The event included a morning yoga session conducted under the supervision of the Physical Director, Dr. S. D. Chaudhari. The session aimed to promote physical and mental well-being through the practice of yoga, fostering a sense of unity and harmony among participants. The event was well-received and served as a platform for promoting the benefits of yoga in enhancing overall health and vitality. Throughout the session, Dr. Chaudhari emphasized the importance of correct alignment, mindful breathing, and inner awareness, guiding participants to cultivate a deeper connection between body, mind, and breath. He also shared insights into the therapeutic benefits of specific asanas, highlighting their potential to alleviate stress, improve flexibility, and enhance overall vitality.



