

**Abhinav Education Society's**

**College of Education, Ambegaon, Pune**

**First IQAC Meeting**

**2024-2025**

Date: 06/07/2024

Abhinav Education Society's college of Education has scheduled the first IQAC Meeting for the academic year 2024-2025 on 06/07/2024 at 2:00 pm.in Ramkrushna More Hall.

**Agenda:**

1. To take review of previous meeting and confirmation of minutes.
2. To discuss about the year plan for the academic year 2024-2025.
3. To conduct Teaching Aid workshop for S.Y. B.Ed. students.
4. To organise i-Teach interview strategy workshop.
5. To prepare for the NAAC peer team visit.



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**Principal**  
Abhinav Education Society's  
College Of Education  
Ambegaon (Bk.), Pune - 411046

## **Proceedings:**

1. To take review of previous meeting and confirmation of minutes.

Resolution: Abhinav Education Society's college of Education has conducted the last meeting dated on 27/04/2024. The proceeding and action taken report was presented in front of the IQAC committee by Principal Dr. Kanchan Choudhari.

Indicator: Dr. Kanchan Chaudhari

Approver: Honourable Mr Rajeev ji Jagtap

Committee has sanctioned the resolution unanimously.

2. To discuss about the year plan for the academic year 2024-2025.

Resolution: IQAC coordinator Dr. Aarti Gangurde presented the academic calendar in front of committee. Various curricular and co-curricular activities have been planned for the professional and personal development of students.

Indicator: Dr. Aarti Gangurde

Approver: Mr. Rajeev ji Jagtap.

Committee has sanctioned the resolution unanimously.

3. To conduct Teaching Aid workshop for S.Y. B.Ed. students.

Resolution: Use of Teaching Aid while teaching in a classroom is an integral part of teaching. So college has to organise a teaching aid workshop for S.Y. B.Ed. students.

Indicator: Dr. Kanchan Chaudhari

Approver: Honourable Mr. Rajeev ji Jagtap



Committee has sanctioned the resolution unanimously.

4. To organise i-Teach interview strategy workshop.

Every year college is preparing the second year students for placement. College has done MoU with i-Teach foundation. It's NGO which is working for education field. We have to arrange one workshop for S.Y.B.Ed. Students.

Indicator: Dr. Aarti Gangurde

Approver: Mr. Rajeev ji Jagtap.

Committee has sanctioned the resolution unanimously.

Resolution: Professors of B.Ed. College are engaged in academic development.

They attend many seminars and conferences based on B.Ed. Curriculum.

Sometimes they also present their research papers in such seminars. These seminars are having some registration fees. So principal Dr. Kanchan Choudhari proposed that institute should provide financial support to professors.

Indicator: Dr. Kanchan Chaudhari

Approver: Mr. Rajeev ji Jagtap.

Committee has sanctioned the resolution unanimously.

4. To sign MOU with various organizations.

Resolution: College of Education needs cooperation of various organizations like practicing schools, some social organizations and other educational institutes. So, college needs to sign MOU with such organizations for them support in college functioning. Principal Dr. Kanchan Choudhari emphasized on the need of MOU.

Indicator: Dr. Kanchan Choudhari



Approver: Mrs. Rajeev ji Jagtap.

Committee has sanctioned the resolution unanimously.



**Abhinav Education Society's College of Education (B.Ed.)**

**Action taken Report-IQAC**

**First Meeting Academic Year 2024-2025**

The academic year for second year was started from 01/07/2024. All the curricular activities were planned and implemented effectively.

**Orientation of the course 209** was given by course in-charge Assist. Prof. Mrs Minal Sonukale on 19/07/2024. Many activities like knowing oneself, SWOT analysis, Personality, Group Discussion etc. activities were conducted successfully.

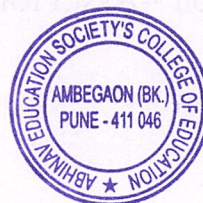
**Report**

Abhinav college of Education under Savitribai Phule University has introduced course 209 Understanding of Self for S.Y.B.Ed. In this course there are four Orientation and Four activities. All the professors have arranged many orientation, activities and guest lectures for this course for our student teachers, so that they would be able to understand this course properly.

This course enables student teacher to understand their own identity and define you. Understanding of self is the capacity to look inward and understand our own emotion, stress feelings and the personality.

**This course was conducted to fulfil the given objectives....**

1. To develop an understanding of self as a teacher.
2. To provide detail information regarding selected concept.
3. To become an integrated personality.
4. To build new level of confidence



5. To inculcate good methods and technique in students.

6. To make individuals more productive.

According to objective we organised four Orientation and Four activities.

#### Orientation

1. Orientation of Writing Resume ,Bio-data& CV --28/07/24

Recourse Person --Mr. Balaji Rathod & Mr. Tosif

2. Orientation of Knowing Oneself 27/11/24

Recourse Person 1.Dr.Prajakta Medhekar

3. Orientation of Personality 30/11/24

Recourse Person --.Asst Prof. Ashwini Kadbane.

4. Orientation of Life Skill 10/12/24

Recourse Person Asst. Prof. Minal Sonukale.

#### Activities

1. SWOT Analysis 29/11/24

Recourse Person Dr.Aarti Gangurde.

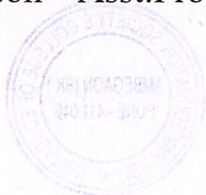
2. Group Discussion 2/12/24

Recourse Person-- Asst.Prof.Minal Sonukale.

(All Group in-charge Prof.)

3. Activity --SKIT 12/12/24

Recourse Person --Asst.Prof.Minal Sonukale.



(All Group in-charge Prof.)

4. Activity Facing an Interview 9/12/24

(All Group in-charge Prof.)

All these Orientation and Activities conducted in this year

In this course students enhance with various skills and knowledge. Through knowing oneself students can understand himself. Through knowing oneself students can understand himself. Through SWOT analysis students can understand their strength weakness and barriers / Treads.

With the help of facing and interview students get enough courage to face any interview in future. Group discussion gives to students how to shows our idea in community or to peer .He can speak up on stage confidently. Due to SKIT students get the opportunity to give message through their art or act.

In this way through this course student can develop his personality well which is beneficial as a future teacher.

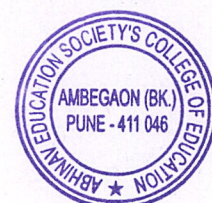
**Orientation of the course 210-Basics of Research** – on 20<sup>th</sup> July 2024, detail information about Research Proposal was given by course in-charge –Dr. Aarti Gangurde. She explained all the concepts involved in research. Student has to conduct a short research during their internship.

The proposal presentation was done on Saturday 21<sup>st</sup> December 2024.

**Course – 207, Teaching Competency – V**

**(INTERNSHIP PROGRAMME)**

As per the revised syllabus of Savitribai Phule Pune University for B.Ed. Programme There are 06 activities included. This B.Ed. Course 207 also knows as a Teaching Competency –V, ( Internship Programme).



every student should participate to built- up the teaching competencies & upgrade the professional skills and to develop the teaching competencies among students, the Teaching Competency–V, was started from **22 July 2024 to 23 Oct 2024 & 11 Nov 2024 to 23 Nov 2024** : Total 16 Weeks. This Course is for 08 Credits, each credit contains 25 Marks. In this course there are 06 Activities.

Thus, the Professors and students planned their Internship activities properly and under the guidance of School Heads/ School Teachers/ Group In-charge Professors they conducted and executed all the activities required and conducted in school implemented effectively in all Internship Schools.

There were 07 Groups of Students and each Group having 13 to17 Students. Seven Group mentored by Different Seven (07) Professors.

These School Heads are co- operates and help us every year for the Conduction of Practice Lessons. All Group In-charge Professors maintained healthy and effective Communication between School Heads and Group Students during the Internship Period. In addition, they visited once in a week to Internship Schools.

Thus, the 16 weeks Internship Programme of SYBED Students completed Successfully.

**Course 204-Guidance and Counselling-- 4<sup>th</sup> August 2024 --** Under the course 204 Guidance and counselling, there is one practical- '**An interview of school counsellor**'. For this practical Assist. Prof. Sayali Kulkarni a well-known counsellor was invited on 4<sup>th</sup> August 2024. She explained all the concepts involved in this course. She also explained the process of counselling in details. Students also ask many questions related to school students and she gave all answers in detail. It was a very healthy interaction.

#### **Opening and Orientation (Inauguration Day) of first year**

- **Organized By: Dr. Aarti Gangurde**





- **Date: 4<sup>th</sup> October 20124**
- **Chief Guest: Dr. Kanchan Choudhari**
- **Time: 11:00 to 12:00 noon**

Every year we celebrate Opening day or Inauguration day..

Every student eagerly awaits right from their time of admission for their most remarkable event of the college "Inauguration Day".

The 4<sup>th</sup> October 2024 at 11:00 am to 12:00 noon was a memorable day in life of every fresher of Academic year 2024-25 B.Ed. batch at Abhinav education Society college of Education, Ambegaon Pune.

The inauguration of events started by lightening the lamp along with blessing of Sarasvati goddess by Principal Dr. Kanchan Choudhari and all other professors.

The Principal gave a speech and told about value of student in life. Then Principal introduced to all B. ED 1<sup>st</sup> year student and also welcome to first year student. She Orientation about PLO (programme learning outcome) and CLO (course learning outcome) and college website. She also introduces about Library facility and other facilities in college.

Orientation syllabus was given by IQAC Coordinator Dr. Aarti Gangurde. She told about syllabus details and information about different subject in B.Ed. course.

Then Women anti sexual harassment cell orientation were given by in-charge Dr. Prajakta Medhekar. She told that cell aim to create a safe and supportive environment to student. The cell deals with issues relating to sexual harassment in college campus. Anybody can complaint about it.

Then Orientation of grievance and redresses cell was given by incharge Minal Sonukale. She told that this is platform for student to raise complaints and resolve it.



- Then Introduction to all teachers was done. Teacher told about which subject they were going to teach and give brief introduction to subject.

Opening of first year -4<sup>th</sup> October 2024. The academic year for the first year was started on 4<sup>th</sup> October 2024. Introduction of principal and all staff members was done. Principle gave all the detail information about college, code of conduct, rules and regulations. IQAC incharge Dr. Aarti Gangurde oriented students about syllabus and other activities conducted throughout the year. All teachers gave detail information about various supporting cells.

### **Orientation of Course – 112**

#### **HEALTH & YOGA**

Date : 07/10/2024

Place : F.Y.B.Ed Classroom

Time : 3:00 pm to 4:00 pm

Health and Yoga Department was inaugurated on 07/10/2024 at F.Y.B.Ed Classroom, Abhinav Education Society's, College of Education (B.Ed), Ambegaon Budruk, Pune. The main objective of this health & yoga department was to enable the student to have good health and practice mental hygiene. The Principal of the B.Ed College, Dr. Kanchan Choudhari was the guest of honour and Prof. Minal Sonukale was the resource person for inauguration of the Health & Yoga Department, being Health & Yoga planning head of Course 112 for the Academic year 2024-25.



The event was graced by the staff members of B.Ed Abhinav College, faculties and students of F.Y.B.Ed. Students were informed about yoga and wellness activities with the introduction and importance which encouraged them to take part in the events that will be conducted by the Health & Yoga club in future.

### **Basic Yoga & its importance**

Date : 09/10/2024

Place : More Hall

Time : 10:00 am to 12:15 pm

*The word yoga is derived from the Sanskrit word “Yog”, which means jod in Hindi or Union in English.* This is the joining of Jvatam (Human) with “Parmatma” (God). Yoga is another form of physical exercise.

The major objective of the course is to prepare the students physically and mentally for the integration of their physical, mental and spiritual state so that students can become healthier and more integrated members of society and the nation.

On 09/10/2024, students of Abhinav Education Society’s College of Education (B.Ed) performed yoga under guidance of resource person, Asst. Prof. Minal Sonukale and Ms. Supriya Jawalkar. This session was held in More Hall at 10:00 am to 12:15 pm. We started it with some warm up exercises before starting Yoga.

### **Sukshma and Shtul Vyayam & its importance**

Date : 11/10/2024

Place : More Hall



Time : 10:00 am to 12:15 pm

**Sukshma Vyayama** is a set of yogic practices that involve gentle, rhythmic, and repetitive stretching movements to improve joint mobility and strengthen muscles.

**Sthula Vyayama** in Sanskrit is a set of practices intended to increase mobility of joints and to prepare for the practice of yoga postures. It has also been named the locomotive exercise because the movement resembles that of locomotive.

On 11/10/2024, students of Abhinav Education Society's College of Education (B.Ed) practiced Sushma and Sthul Vyayam under the guidance of resource person, Asst. Prof. Minal Sonukale, Ms. Supriya Jawalkar and Ms. Sunanda Patro. This session was held in More Hall at 10:00 am to 12:15 pm.

### **Suryanamaskar & its benefits**

Date : 14/10/2024

Place : More Hall

Time : 10:00 am to 12:15 pm

Suryanamaskar, also known as "**The Ultimate Asana**", strengthens your back as well as your muscles and brings down blood sugar level. It also improves metabolism and blood circulation and ensures regular menstrual cycle for women.

Abhinav Education Society's College of Education (B.Ed), organized a session of Suryanamaskar for students. Prof. Minal Sonukale was the resource person, she gave us information about suryanamaskar and its benefits. The names of 12 powerful yoga poses were told through a prayer during Suryanamaskar.



## Sequence of 12 powerful yoga poses during suryanamaskar:-

1. Prayer pose (Pranamasana)
2. Raised arms pose (Hastattanasana)
3. Hand to foot pose (Hasta Padasana)
4. Equestrian pose (Ashwa sanchalasana)
5. Stick pose (Dandasana)
6. Salute with eight parts (Ashtanga Namaskar)
7. Cobra pose (Bhujangasana)
8. Mountain pose (Parvatasana)
9. Equestrian pose (Ashwa sanchalasana)
10. Hand to foot pose (Arabresa Hastapadasana)
11. Raised arms pose (Chastauttanasana)
12. Standing Mountain pose (Parvatasana)

### Mass P.T. Exercises

Date : 21/10/2014

Place : Abhinav School ground ( Cubical area)

Time : 10:00 am to 12:15 pm

Abhinav Education Society's College of Education (B.Ed), arranged a session on Mass P.T. Exercises on 21/10/2014 . Mass P.T. was held by Asst. Prof. Minal Sonukale, Ms. Supriya Jawalkar and Mr. Akshay Agarwal. This session was held on the ground outside the More Hall. Various activities and exercises of Mass P.T. were conducted for all students.

***Mass P.T. is for our stitching of body or muscles and to remove the laziness from our body.***

This session motivated us for keeping our body and mind fit with various Mass P.T. exercises.



## **Importance of Mass P.T.:-**

1. Improves your sleep
2. Improves heart health
3. Keep our mind healthy
4. Makes your bones strong
5. Controls body weight
6. Reduces blood sugar levels

Exercises help us to tone up the body, improve muscle strength, boost endurance and to provide more oxygen to brain.

## **B.ED 108 :Teaching Competency – I**

F.Y.B.Ed. 2024-2025

As per the curriculum framed by the Savitribai Phule Pune University, Pune for First Year B.Ed.Course -108 – Teaching Competency – I. It is important to develop the teaching competency among students. In this course three different types of lesson were conducted. These are

1. Micro Teaching Lesson: (6 Skills= 6 Teach + 6 Reteach = 12 Lesson) (1 Credit – 25 Marks)
2. Integration Lesson: (6 Lesson) & Simulation Lesson : (2 Lesson) (1 Credit – 25 Marks)

In this course student teachers expose to different types of teachings in small groups. Duration of

Teaching competency- I was from **14 October 2024 to 26 October 2024 & 4 Nov 2024 to 22 Nov 2024**. Course was oriented by In-charge Dr. Amol Chavan on 14 Oct 2024 at 1:00pm to 3:00pm This course carries 2 credits (50Marks) each students, conduct 12 micro lessons,(6 teach & Reteach cycle) 6 integration



lessons and 2 simulation lessons within 32 clock hours. To get clear idea of construction of lesson plan and presentations, six Micro teaching skills are Oriented and demonstrated by the each professor

## **Teaching Competency – II**

### **Report - 2024-2025**

As per the curriculum framed by the Savitribai Phule Pune University, for First Year B.Ed. Course-109 -Teaching Competency-II. It is important to improve teaching skills among students. In this course three different types of lesson were conducted. These are

1. Technology Based Teaching
2. Team Teaching
3. Lesson using Models of Teaching.

In this course student teachers expose to different types of teachings in small groups. Course was oriented by Asst. Prof.Varsha Thakur. This course carries two credits of (50Marks). Each student conducts two lessons of each method using technology in the peer groups. For team teaching student teacher conducted lessons in team which make them aware about sharing and work utilization of best skills of team members. It also decreases fatigue and stress of single persons.

There are various models of teaching to make students aware about some models. Syllabus has introduced model of teaching in B.Ed. course. Out of which we conducted '**Advance Organizer**' and concept of '**Attainment Model**'. Each student teacher conducted two lesson one on Advance organizer



of lesson one concept attainment Model. Second on concept attainment Model which makes student teacher aware about different teaching strategy? Each lesson carries 50 Marks. Evaluations were done as per given details.

**Abhinav Education Society's**

**College of Education**

**Ambegaon Bk, Pune**

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Following cultural events were organised for first year students:

- Vachan Prerana Divas – 15/10/2024

The reading day is celebrated on 15<sup>th</sup> October every year to honor the birth anniversary of former president Dr. A.P.J. Abdul Kalam who loved reading and writing. An essay writing competition was arranged, 3 different subjects were given based on Dr. Kalam's life. All together 30 students participated in that competition. 5 best essays got selected for prize.

- Student Council Election- 19/10/2024

GMC –General Management Committee is formed every year. In college election for various posts was scheduled on 19/10/2024. Student's response was very good, they come forward enthusiastically. The University Representative is nominated as the student of highest merit at their graduation level. Remaining all posts is filled by conducting an election in the class in front of all students in a democratic way.

The election was done for the following posts

University Representative—Renuka Deshpande

Class Representative—Supriya Ambali

Ladies Representative—Sangita Kamble





Discipline Representative—P. Sunanda

Health and Yoga Representative—Supriya Javalkar & Prashant Pise

Cultural Representative—Akshay Agrawal & Harshada Bidkar

Picnic Representative—Msnisha Lekurwale & Akshay Agrawal

Social service Representative—Chaitali Shinde & Shrushti Chavan

Assembly Representative—Sunaina Parkhe

Library Representative—Anuradha Jagtap & Vishwabandhu Purkar

- Diya painting and Lantern Making – 26/10/2024

Program : Diya painting and Lantern making workshop./..

*Organized By : Dr. Aarti P. Gangurde. [Cultural Head]*

Day/Date : 26<sup>th</sup> October 2024./ 11.00 am.

Year : 2024-2025

Chief Guest : Dr. Kanchan Choudhari .

Abhinav Education Society's College of Education organized Diya and Lantern making activity for Diwali Festival.

This activity was organized by cultural head Dr. Aarti P. Gangurde and principal Kanchan Choudhary in Abhinav Education Society College of Education B.ED.

On 26<sup>th</sup> October 2024 at 11.00 am to 12.00 pm. F. Y. B. ED. Students had the lantern making and Diya colouring activity. We made beautiful paper lanterns by the dint of creativity by using various techniques of folding and cutting paper and Diya painting and diya decoration.

The main purpose of this activity was to explore the imagination, creativity and celebrate the festival of lights in its true spirit. A diya is a small clay lamp used in festivals and ceremonies. It's important because



it's represents light overcoming darkness and knowledge overcoming ignorance. The diya is made from clay and holds oil or ghee, that when lit, gives a warm peaceful light. People use it in Diwali and other celebrations to bring hope and blessing.

Lighting many diyas shows how communities can come together to create joy and togetherness. It's symbol of resilience, positivity and unity. Reminding us to spread happiness.

The student displayed their creativity by beautiful coloring and decorating the diyas. It was sheer a great experience for all F.Y.B.ED. students.

The activity was held in Ramkrushna More hall. The activity was aimed at exploring and encouraging creativity in students and given them a platform to showcase their skill. Finally students made very beautiful diya and lantern also.

### **Standing Position Asanas**

Date : 04/11/2024

Place : More Hall

Time : 10:00 am to 12:15 pm

According to Swami Vivekananda, Yoga is a means of compressing one's evolution into a single life through the practice of asanas, pranayam and meditation.

Standing poses have tremendous benefits for strengthening and stretching all group muscles in the legs, particularly the thighs, hamstrings, gluts, calves and ankles. These muscles are some of the largest muscles in the body, which contributes to burning of stubborn fat and toning.



On 04/11/2024, students of Abhinav Education Society's College of Education (B.Ed) practiced Yoga under the guidance of resource person, Asst. Prof. Minal Sonukale, Ms. Supriya Jawalkar and Ms. Sunanda Patro. This session was held in More Hall at 10:00 am to 12:15 pm. We started asanas with some warm-up exercises.

### **Standing Position Asanas :**

Vrukshashan (Tree pose)

Trikonasan (Triangle pose)

Prathnasan

Sharir Sanchanalay

### **Sitting Position Asanas**

Date : 09/11/2024

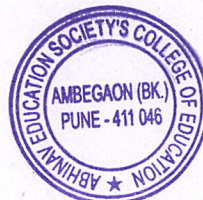
Place : More Hall

Time : 10:00 am to 12:15 pm

The classical definition of Yoga is found in Bhagavad Gita, the classical text of yoga,

**'Samatvam Yoga Uchyate'**. Yoga is to keep the mind balance in all vicissitudes of life and equanimous in all vicissitudes of life.

Sitting asanas improves flexibility, enhances strength, better posture, improves balance and stability, reduces stress, increases energy levels, improves breathing, mental clarity, strengthens immune system, emotional balance and better sleep.



On 09/11/2024, students of Abhinav Education Society's College of Education (B.Ed) practiced Yoga under the guidance of resource person, Asst. Prof. Minal Sonukale, Ms. Supriya Jawalkar and Ms. Sunanda Patro. This session was held in More Hall at 10:00 am to 12:15 pm. We started asanas with some warm-up exercises.

**Sitting Position Asanas :**

Gomukhasana

Vajrasana

Padmasana

Paschimottanasana

• **Education Day – 11/11/2024**

Education Day was celebrated on 11<sup>th</sup> November as an honour of Maulana Abdul Kalam Azad, the first Education Minister of independent India and a prominent educationist. This day highlights the importance of education in shaping India's future. In our college we have celebrated it with our students. The chief guest was Dr. Amol Chavan, he focused on the educational contribution of kalam. Our students Anuradha Jagtap, Swati Renuse shared their thoughts. Harshada Bidkar our student done the anchoring of the entire program. The entire program was well planned by Dr. Kiran Nanaware under the guidance of cultural incharge Dr. Aarti Gangurde. Principal Dr. Kanchan Choudhari congratulates for all for conduting such events.

**Zumba**

Date : 16/11/2024

Place : More Hall



Time : 10:00 am to 12:15 pm

On 16/11/2024, Abhinav Education Society's College of Education (B.Ed) organized Zumba fitness activity for students. The goal of this activity was to increase the participants spirit, burst stress and make them physically active. Asst. Prof. Minal Sonukale, Ms. Supriya Jawalkar and Ms. Shreya Borgaonkar were the resource person and they guided us for Zumba. Ms. Shreya Borgaonkar explained the positive effects of zumba and its importance during daily life. Then, the session continued with some workout and more than 10 steps were taught to us. This session was really motivating and we enjoyed it with great enthusiasm.

**Benefits of Zumba:-**

1. Tones entire body
2. Improves co-ordination
3. Boosts your mood
4. Improves heart health
5. Improves blood

**Course 211- Visit to Zapurza Museum. --17<sup>th</sup> November 2024**

As a part of practical course for the course 211, Drama and art in Education, SY B Ed students have visited Zapurza Museum of Art and Culture on 17<sup>th</sup> November 2024. The Museum is located in Kudje village, located 23 kilometres from the city. Ajit Gadgil has always been an avid art lover and collector. His passion for art and culture is the main inspiration behind establishing Zapurza . All the sessions are with the guide and were in Marathi. Zapurza Museum was inaugurated in Pune on 19<sup>th</sup> May 2022. The Museum was inaugurated by Flautist – Hariprasad Chaorasiya. The museum depicts an extensive collection of family an



extensive collection of family heirloom of Maharashtra coupled with a collection of Indian Painters and historical artefacts.

**For the course 208- 'Reading and Reflecting on text'** one lecture of Assist. Prof. Mrs. Ashwini Kadbane was organised on **26/11/2024**. She guided all the students about the course and gave students an idea about reading. Reading means language acquisition, communication and sharing information and ideas. The process of reading requires continuous practice development and refinement. After discussion she asked students to give presentation of each group. The session was a great success.

### **Report on the Celebration of Constitution Day and Remembrance Day**

Abhinav Education Society's College of Education (B.Ed)

Date: 26th November | Time: 11:00 AM - 12:00 PM

The celebration of Constitution Day and Remembrance Day was conducted with great enthusiasm under the guidance of the Cultural Head, Chief Guest, Dr Aarti Gangurde. The program commenced with an introduction delivered by Supriya Ambali, who warmly welcomed everyone and set the tone for the event.

As part of the Remembrance Day observance, Shreya Borgaonkar delivered an inspiring speech highlighting the sacrifices made by soldiers and emphasized the importance of gratitude for the freedom we enjoy today. This was followed by another impactful speech by Chaitali Shinde, who spoke about the significance of Remembrance Day and its relevance in our lives.

Sunanda P. then captivated the audience with a beautiful speech on the importance of celebrating Constitution Day, shedding light on its historical and cultural relevance. The Chief Guest, Minal Sonukale concluded the event by sharing a heart-warming and poignant story related to Remembrance Day, leaving a lasting impression on the audience.



The program was a great success, marked by insightful speeches and active participation from everyone present.

### **Teaching Aids workshop- 26/11/2024**

Use of Teaching Aid while teaching in a classroom is an integral part of teaching. So college has to organise a teaching aid workshop for S.Y. B.Ed. students on 21/07/2024. All the students participated very enthusiastically in the workshop. The required material was provided by the college. Mr. Pandurang Jadhav from Agasthya institute conducted the workshop in a very healthy and smooth way. He conducted many activities in an interesting way. Student prepared 2-D and 3-D teaching aids. Student used these teaching aids while teaching in the classroom. It was beneficial for them.

- **Mahatma Phule Death Anniversary -28/11/2024.**

“If you educate a man, you educate an individual. But if you educate a woman, you educate an entire family.” This great thought was given by Mahatma Jyotirao Phule. In our College of Education we celebrate birth and death anniversaries of great people. Through these activities, student comes to know about these people and get motivated from them. On 28<sup>th</sup> November 2024 we celebrated death anniversary of Mahatma Phule. Our students Supriya, Sangita and Sunanda shared their views about Mahatma Phule. Sunanda Erande, our student conducted the program smoothly. Chief Guest Assit Prof. Varsha Thakur shared her thoughts about Mahatma Phule. The entire program was well planned and guided by cultural department in-charge Dr. Aarti Gangurde.

### **AIDS Awareness Rally**

Date : 02/12/2024

Place : On Street



Time : 10:00 am to 12:15 pm

On 02/12/2024, **AIDS Awareness Rally** for all F.Y.B.Ed students was arranged by Health & Yoga department. The rally started with the speech of our Principal Ma'am, Dr. Kanchan Choudhari, which gave us the information about AIDS awareness. Asst. Prof. Minal Sonukale was the resource person and she conducted the rally after Principal Mam's speech.

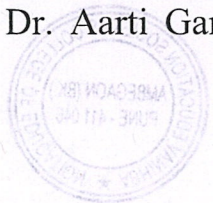
AIDS occurs when HIV damages the body's immune system, making it difficult to fight off infections, illnesses, and some cancers. A person is diagnosed with AIDS when their CD4 cell count drops below 200 cells per cubic millimeter of blood, or they develop certain illnesses. Symptoms of acute HIV infection can include fever, muscle pains, headache, sore throat, night sweats, mouth sores, swollen lymph glands, and diarrhea.

AIDS can be prevented with antiretroviral therapy (ART). The United States Preventive Services Task Force recommends HIV screening for all people 15 years to 65 years of age, including all pregnant women.

Abhinav College arranged a rally for AIDS Awareness and we prepared slogans for the rally and spread the awareness among the people living in the society. In this way, we concluded our rally with the vote of thanks by Asst. Prof. Minal Sonukale as Incharge of the Course.

- **AIDS rally- 02/12/2024**

Considering the World AIDS Awareness Week, Abhinav Education Society's College of Education Arranged one Rally in Ambegaon(Bk.) Our student have prepared very good posters with meaningful content about AIDS awareness. The rally started from college campus and continued in Ambegaon covering the main areas of the village. Student gave slogan. People observe our students. Cultural In charge Dr. Aarti Gangurde and Health and Yoga Dept. Incharge





assist. Prof Minal Sonukale guided students for making of posters and conduction of rally. Principal Dr. Kancha Choudhari planned the whole event and gave all the necessary instructions. All the staff and students were present for the rally.

## **Report on**

### **Three-Day Awareness Program on POSH Act.**

Organized by Women's Anti-Sexual Harassment Cell & Cultural Department

Dates: 3rd-5th December 2024

The Women's Anti-Sexual Harassment Cell and Cultural Department organized a three-day awareness program as part of the academic year 2024-2025. The program aimed to educate and sensitize students and staff on the critical issues surrounding sexual harassment, workplace safety, and the importance of the POSH Act.

Day 1: 3rd December 2024

#### **Topic: Good Touch, Bad Touch**

The program began with an engaging session by Dr. Aarti Gangurde. She highlighted the importance of recognizing appropriate and inappropriate physical interactions. Through examples and interactive discussions, participants gained insights into the boundaries of personal space and respectful behaviour.

Day 2: 4th December 2024

The second day focused on activities designed to depict real-life scenarios related to harassment:



## **Two impactful performances were conducted:**

### **1. Role Play on Workplace Harassment:**

Facilitated by Asst. Prof. Ashwini Kadbane the role play effectively demonstrated the subtle and overt forms of workplace harassment.

Harassment on Road: A dramatization showcasing the everyday challenges faced by women in public spaces and strategies to address them.

Street Plays:

Muka Abhinay (Pantomime): A silent theatrical act emphasizing the emotional toll of harassment conducted under Asst Prof. Varsha Thakur

### **2. Poster Presentations:**

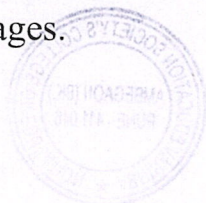
Students and faculty participated in presenting posters on harassment and its prevention. The activity was coordinated by Asst. Prof. Minal Sonukale and Varsha Thakur.

Day 3: 5th December 2024

### **Topic: POSH Act**

The final day featured a detailed lecture by Dr. Prajakta Medhekar, who is also the in-charge of the Women's Anti-Sexual Harassment Cell. She provided a comprehensive overview of the Prevention of Sexual Harassment (POSH) Act, its legal framework, and its implementation in educational institutions and workplaces.

The three-day program successfully raised awareness among participants, emphasizing respect, equality, and safety in all spheres of life. The combination of lectures, creative activities, and role plays ensured active engagement and retention of key messages.



- **Mahaparinirvan Din 6/12/2024**

“Cultivation of Mind should be the ultimate aim of human Existence” rightly said by Dr. Babasaheb Ambedkar. In our B Ed. College we have celebrated the Death anniversary of Dr. Babasaheb Ambedkar on 6<sup>th</sup> December as Mahaparinirvan Din. The Chief Guest for this program was Dr. Prajakta Medhekar. All the students and teachers gave tribute to Dr. Ambedkar. One documentary was shown in the class which was focusing on the life history of Dr. Ambedkar. Based on the the documentary one rapid five quiz was conducted by the students. Dr. Prajakta Medhekar explained in detail about the impact of great Dr. Ambedkar on today’s education system. Principal Dr. Kanchan Chaudhari motivated students by narrating the life sketch of Dr. Ambedkar, how he faced all the challenges and devoted his life for the uplifting of deprived people of India. The whole program was planned and guided by cultural in charge Dr. Aarti Gangurde.

### **Mass P.T. Exercises**

Date : 07/12/2024

Place : Abhinav School ground ( Cubical area)

Time : 10:00 am to 11:15 am

Abhinav Education Society’s College of Education (B.Ed), arranged a session on Mass P.T. Exercises on 21/10/2014 . Mass P.T. was held by Asst. Prof. Minal Sonukale, Ms. Supriya Jawalkar and Mr. Akshay Agarwal. This session was held on the ground outside the More Hall. Various activities and exercises of Mass P.T. were conducted for all students.

***Mass P.T. is for our stitching of body or muscles and to remove the laziness from our body.***



This session motivated us for keeping our body and mind fit with various Mass P.T. exercises.

### **Importance of Mass P.T.:-**

1. Improves your sleep
2. Improves heart health
3. Keep our mind healthy
4. Makes your bones strong
5. Controls body weight
6. Reduces blood sugar levels

Exercises help us to tone up the body, improve muscle strength, boost endurance and to provide more oxygen to brain.

### **Meditation for Mindfulness**

Date : 09/12/2024

Place : More Hall

Time : 10:00 am to 11:15 pm

On 09/12/2024, "***Meditation for Mindfulness***", lecture for all F.Y.B.Ed students was arranged by Health & Yoga department. Asst. Prof. Minal Sonukale was the resource person and gave us the information of meditation & its importance. We performed few meditation steps, which were too helpful mindfulness.

***Mindfulness is a state of being in which you focus on the present moment when practising mindfulness. The intention is not to eliminate altogether, instead the ultimate goal is usually to centre your attention on the present moment, instead of past or future.***



## Objectives of Meditation for Mindfulness:

1. To improve cognition
2. To decrease stress & anxiety
3. To improve attention
4. To reduce stress
5. To focus on the present
6. To improve our sleep

Meditation offers a relaxation to our body & soul. It is referred as a technique to enhance attention, emotional awareness, kindness, compassion and joy of mental calmness.

College conducted few activities for student's mindfulness. Prof. Minal Sonukale delivered us that when you are stress free, you are happy, your body releases happy hormones that makes you feel joyous and think positive.



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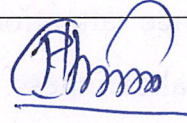
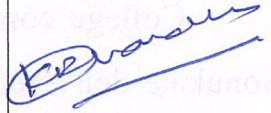
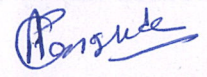
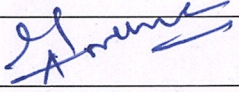



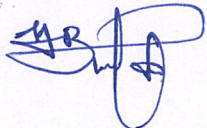
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Abhinav Education Society's  
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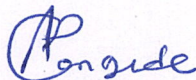
Abhinav Education Society's college of Education

Internal Quality Assurance Cell (IQAC)

STRUCTURE – 2024-2025

MEMBER NAME DESIGNATION

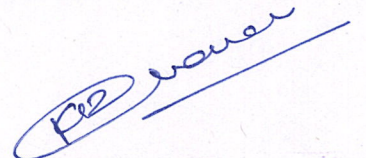
SR. NO.	MEMBER'S NAME	DESIGNATION	SIGNATURE
1.	MR.RAJEEV GULABRAO JAGTAP	EXPERT FROM MANAGEMENT	
2.	DR..KANCHAN RAJESH CHOUDHARI	CHAIRMANS	
3.	DR.AARTI PRASHANT GANGURDE	IQAC-COORDINATOR	
4.	DR.KIRAN NANAWARE	MEMBER	
5.	MR.MAHENDRA KONDHARE	INDUSTRY EXPERT	
6.	MRS. ROHINI DHOLE	INDUSTRY EXPERT	
7.	MRS.MANISHA RAHUL SHINDE	ALUMNI REPRESENTATIVE	
8.	MR.SHANKAR SUDAM BELDARE	NON- TEACHING REPRESENTATIVE	



Co-ordinator  
IQAC

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