



**Rayat Shikshan Sanstha's**  
**Abasaheb Marathe Arts and New Commerce, Science College, Rajapur,**  
**Dist-Ratnagiri, 416 702 (MH)**  
*Affiliated to University of Mumbai, Mumbai*  
*Reaccredited with B+ grade by NAAC/ Best college Award by University of Mumbai, Mumbai*

---

**A One Day Workshop on  
 "Women Health Checkup Camp"**

**REPORT**

**Date: 14<sup>th</sup> October 2022**


Ladies Welfare Committee has organized one day workshop on "Women Health Checkup Camp" on Friday on 14<sup>th</sup> October 2022 in association with Government Rural Hospital, Jaitapur.

The first session began with welcome address by Ms. Barge Shital and after this Ms. Mugdha Kamat gave the introduction of resource person. The first session was on "Menstrual and Personal hygiene". Mrs. Madhavi Thakurdesai highlighted about personal hygiene during monthly periods. She explained about various means available during menstruation and care to be taken for their disposal to avoid environmental pollution. She also explained about menstruation related pains and health issues and its treatments.

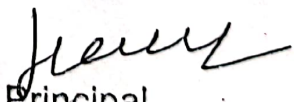
In second session, team of Government Rural Hospital, Jaitapur record height and weight of students and staff to calculate BMI (body mass index) which explains whether the person is unhealthy or not. Every student with staff got themselves checked for BMI, blood tests and other health condition if any. During the camp they advised to take proper diet and for healthy life do the exercise regularly. In this camp total 23 girls and 6 female staff tested their blood.

In presidential speech, Dr. Mestry S. R. (Vice principal) said that, the health of women in today's stressful life is being neglected. A statement was meaning that a healthy diet should be followed.

Vote of thanks was given by Ms. Nabila Solkar. The compering of the program was done by Ms. Rubina Mulla. For this workshop students and Faculty members were present as well as volunteers of the NSS.

  
**(Dr. K. R. Mahanwar)**  
**Chairman**  
**Ladies Welfare Committee**



  
**Principal**  
**A.M.A. & N.C.S. College**  
**Rajapur, (V. Gothne) Dist. Ratnagiri.**

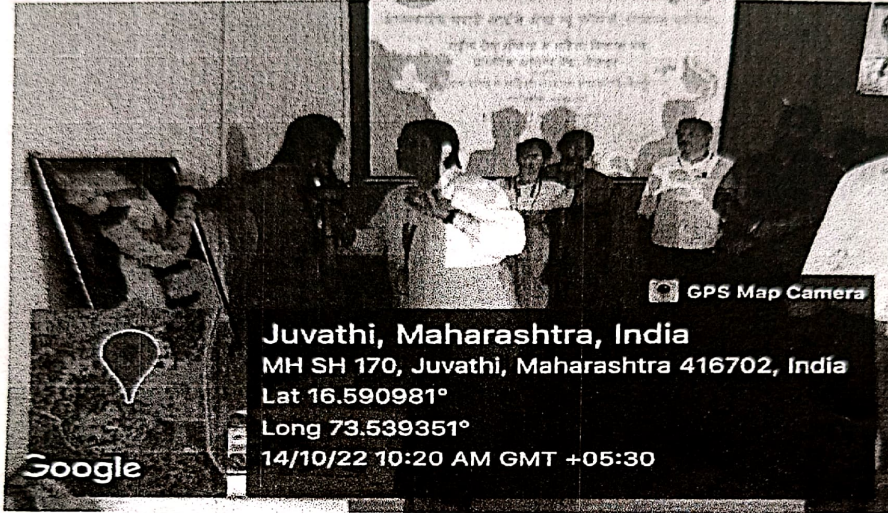


**Rayat Shikshan Sanstha's  
Abasaheb Marathe Arts and New Commerce, Science College, Rajapur, Dist-  
Ratnagiri, 416 702 (MH)**

*Affiliated to University of Mumbai, Mumbai*

*Reaccredited with B<sup>+</sup> grade by NAAC/ Best college Award by University of Mumbai, Mumbai*

**A One Day Workshop on  
"Women Health Check up Camp"  
14<sup>th</sup> October 2022**



**Inauguration of the workshop**



**Mrs. Madhavi Thakurdesai (Government Rural Hospital, Jaitapur)**

  
I/C Principal  
A.M.A. & N. C. S. College  
Rajapur, Dist. Ratnagiri.



**Presidential Speech By Dr. S. R. Mestry**



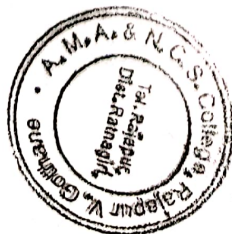
**Health Check Up Camp**

*RL*

**(Dr. K. R. Mahanwar)**  
**Chairman**  
**Ladies Welfare Committee**

*J. H. S.*

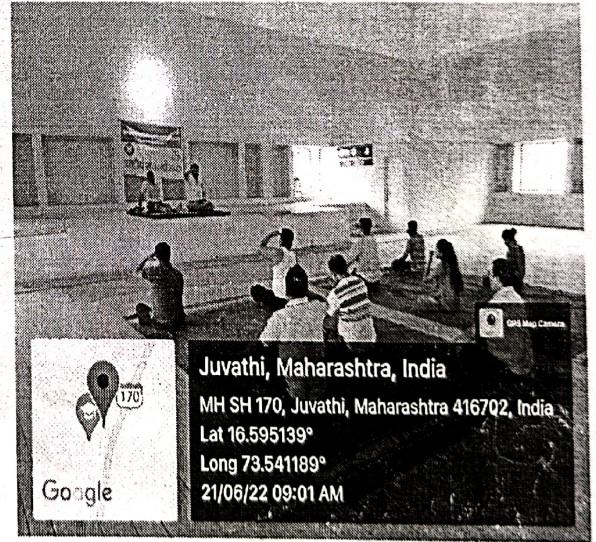
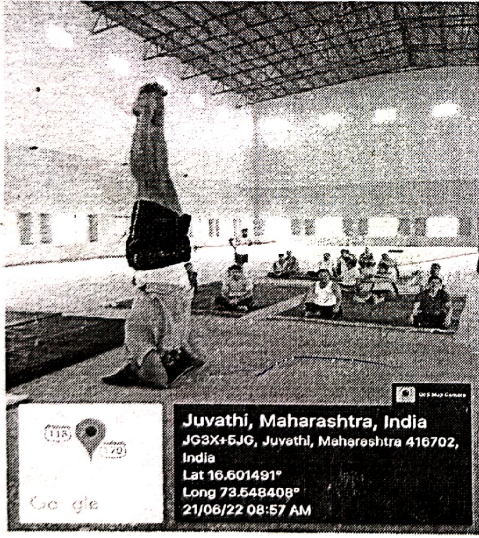
**Principal**  
**A.M.A. & N.C.S. College**  
**Rajapur, (V. Gothne) Dist. Ratnagiri.**



रयत शिक्षण संस्थेचे,  
आबासाहेब मराठे आर्टस न्यू कॉमर्स, सायन्स कॉलेज, राजापूर  
राष्ट्रीय सेवा योजना २०२२-२०२३  
आंतरराष्ट्रीय योग दिन अहवाल

दि. २२/०६/२०२२

महाविद्यालयाच्या राष्ट्रीय सेवा योजना विभाग व जिमखाना विभाग यांच्या संयुक्त विद्यमाने दि. २१ जून २०२२ रोजी महाविद्यालयामध्ये आंतरराष्ट्रीय योग दिन साजरा करण्यात आला या दिनाचे औचित्य साधून डॉ. राजेंद्र बावळे व प्रा. अतुल पोखरकर यांनी योग प्रशिक्षणाद्वारे उपस्थिताना मार्गदर्शन केले व योग अभ्यासाचे मानवी जीवनासाठी असणारे महत्व पटवून दिले. या वेळी महाविद्यालयाचे प्र. प्राचार्य डॉ. जी. डी. हराळे साहेब, राष्ट्रीय सेवा योजना विभागाचे कार्यक्रम अधिकारी प्रा. माळी ए.एस. व डॉ. सोनार बी. ए. तसेच स्वयंसेवक व जिमखाना विभागाचे सर्व सदस्य, विद्यार्थी व विद्यार्थिनी, महाविद्यालयातील सर्व शिक्षक व शिक्षकेत्तर सेवक उपस्थित होते. यामध्ये ३० पुरुष व १८ स्त्री असे एकूण ४८ सहभागी उपस्थित होते. प्रा. डॉ. संजय मेस्त्री यांनी उपस्थितांचे आभार मानले व कार्यक्रमाची सांगता झाली.



*[Signature]*  
NSS Programme Officer  
M.A. & N. C. S. College, Rajapur.  
(V. Gothane) Dist. Ratnagiri



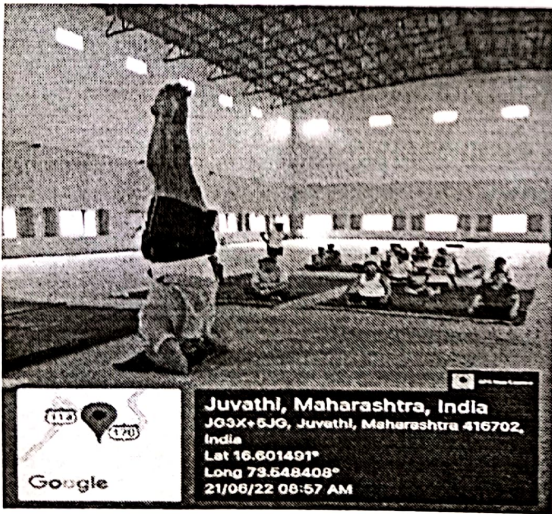
*[Signature]*  
प्रभारी प्राचार्य  
आबासाहेब मराठे आर्टस न्यू  
न्यू कॉमर्स सायन्स कॉलेज राजापूर  
( विखारे गोठणे ) जि. रत्नागिरी.



Rayat Shikshan Sanstha's  
Abasaheb Marathe Arts and New Commerce, Science College, Rajapur  
National Service Scheme  
2022-2023

A Report on International Yoga Day

National Service Scheme in collaboration with the Gymkhana Committee of the College organized International Yoga Day, was celebrated in the college, on 21<sup>st</sup> June 2022. Dr. Rajendra Bawale and Mr. Atul Pokharkar guided the students and teachers through yoga training and emphasized the importance of yoga practice for human life. On this occasion Principal Dr. G. D. Harale, Mr. A.S. Mali and Dr. B. A. Sonar, Program Officers of National Service Scheme, volunteers, members of the gymkhana department, students, all the teachers and non-teaching staff of the college were present to this programme. A sum total of 48 participants including 30 men and 18 women were present. Dr. Sanjay Mestry proposed a vote of thanks to the audience and concluded the program.



NSS Programme Officer  
A.M.A. & N. C. S. College, Rajapur  
(V. Gothane) Dist. Ratnagiri



I/c Principal  
A.M.A. & N. C. S. College  
Rajapur, Dist. Ratnagiri.



Rayat Shikshan Sanstha's  
Abasaheb Marathe Arts and New Commerce, Science College, Rajapur, Dist-  
Ratnagiri, 416 702 (MH)

*Affiliated to University of Mumbai, Mumbai*

*Reaccredited with B<sup>+</sup> grade by NAAC/ Best College Award by University of Mumbai, Mumbai*


**National Service Scheme & Department and Public Works Department,  
Rajapur and Rural Hospital Lanja.**

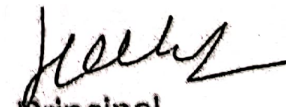
**Jointly organized  
AIDS Awareness Speech  
Years 2022-2023**

**Report**

National Service Scheme & Department and Public Works Department, Rajapur and Rural Hospital Lanja had jointly organized 'A lecture on HIV-AIDS awareness' On 13 December 2022. Mrs. Pradnya Alimkar and Mr. Srinivas Machcha were the chief guests. The Chief Guest informed the students about road safety, social consciousness while living, HIV-AIDS awareness measures. On this occasion Mr. Milind Deshpande, Mr. Akhilesh Sharma, Mr. Gaurav Kumar, Mr. Amarendra Ranjan, Mr. Avinash Patil, Mr. Sachin Sakte were present behalf of Lhasa Company. Engineer of Public Works Department, Mr.S.S.Dudhade, Mr.R.P. Kulkarni was present. On this occasion Red Ribbon Club was inaugurated by Chief Guests. The members from the Rajapur and Rural Hospital Lanja tested blood of total 45 students.

Dr. G. D. Harale, Principal of the our college was president of this programme. The introduction of the programme was done by NSS Programme Officer Dr. R. S. Bawle. The chief guests were introduced and welcomed by NSS Programme Officer Dr. B. A. Sonar, The vote of thanks was given by Prof. G. S. Hake and Anchoring by Prof. A. R. Chavan. College teaching staff, non-teaching staff and students were present in large numbers.

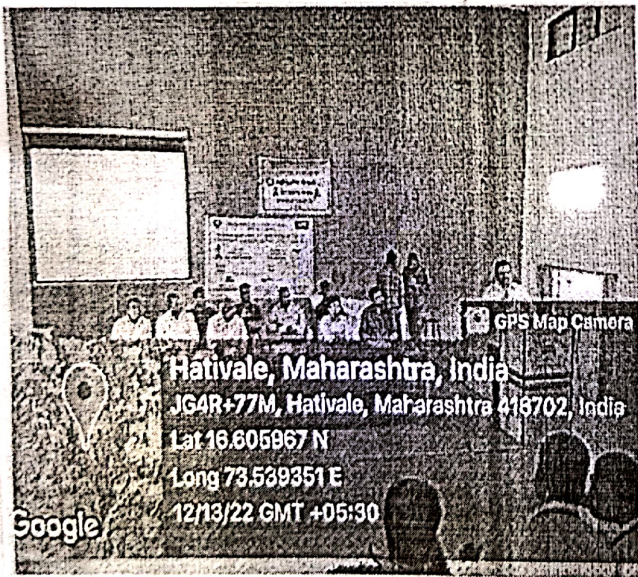
  
NSS Programme Officer  
A. M. A. & N. C. S. College, Rajapur  
(V. Gothane) Dist. Ratnagiri


  
Principal  
A.M.A.&N.C.S.College  
Rajapur,(V.Gothne)Dist.Ratnagiri.

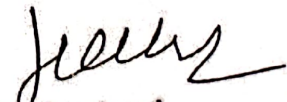


# Programme Photo

Date: 13 December 2022  
AIDS Awareness Speech



  
NSS Programme Officer  
A.M.A. & N. C S. College, Rajapur

  
Principal  
A.M.A. & N. C S. College



GOVERNMENT OF MAHARASHTRA (GOM)  
MAHARASHTRA ROAD IMPROVEMENT PROJECT-1  
PUBLIC WORKS DEPARTMENT, MAHARASHTRA (MPWD)  
DURING RP IMPLEMENTATION/CONSTRUCTION



**Name of Project** : "Improvement to Dabhole - Shiposhi - Korle - Vatul Road joining to NH- 17 (SH-275) (From 0/00 to 28/360) (section 1) and & Hatiwale- Jaitapur Road (SH 170) (From 0/000 to 23/700) (section-2)" **Contract Package EPC - 2**

**Authority Engineer** : Lea Associate South Asia Pvt. Ltd., Ratnagiri, Distt.-Ratnagiri, Maharashtra

**EPC Contractor** : M/s S.S Alur Construction Company & N.S. Nayak & Sons (JV) Valshnavi heights, 2<sup>nd</sup> floor, near Ibrahimpur Railway gate, opp. KSFC, Vivek Nagar (East), Vijapur- 586109, Karnataka

**Awareness Camp** : **HIV/AIDS and Health & Hygiene**

**Venue/Location** : Abasaheb Marathe Arts & New Commerce, Science collage, Rajapur. (Attendance Sheet) Ratnagiri. **Date & Time**: 4/12/2022, 9.30 am.

Sl. No.	Name	Age	Sex	Occupation	Contact no.	Signature
1	Devayuni .P. Gondal	22	female	student	8263014378	D. P. Gondal
2.	Poojita .S. Nagarkar	19	female	student	9372837378	<i>[Signature]</i>
3.	Alanksha L. Sogum	18	female	student	8275448086	<i>[Signature]</i>
4.	Komal S. Soundalakar	18	Female	student	9370385148	<i>[Signature]</i>
5.	Suhani.S.Jadhav	19	female	Student	9075583018	<i>[Signature]</i>
6.	Karina.P. Penkar	19	female	student	9371213679	<i>[Signature]</i>
7.	Vaishnavi.S. Padave	19	female	student	9022463819	<i>[Signature]</i>
8.	Somiksha S. Raut	19	female	student	7666735988	स रां रां रां
9.	Karajavkar Deepali	19	-11-	student	9309098202	<i>[Signature]</i>
10	Hoshvadd.m.shirodkar	20	-11-	student	72198137717	<i>[Signature]</i>
11)	Shramika.S.Agrc	19	-11-	student	8421462095	<i>[Signature]</i>
12)	Mangsi k. Guman,	21	-11-	student	7030321709	<i>[Signature]</i>

I/C Principal  
A.M.A. & N. C. S. College  
Rajapur, Dist. Ratnagiri.



Sl. No.	Name	Age	Sex	Occupation	Contact no.	Signature
13)	Siddigee S. Shaikh	18	Female	Student	9507462162	<u>S. Shaikh</u>
14)	Bushara Hanif Kazi	19	Female	Student	9049521697	<u>B. Kazi</u>
15.	Payal Vilas Kambale	17	Female	Student	7666138857	<u>P. Kambale</u>
16.	Sudharani Meshant Dudam	18	Female		9579432241	<u>S. Meshant</u>
17	Sayali S. Garate	18	Female		9699800176	<u>S. Garate</u>
18.	Shrutika V. Mandavkar	18	Female		7887842621	<u>S. Mandavkar</u>
19)	Pallavi S. Soundalkar	18	Female		7218021109	<u>P. Soundalkar</u>
20)	Amisha A. Mestry	18	Female		7972235752	<u>A. Mestry</u>
21)	Bhakti S. Thakur.	19	Female		9271677231	<u>B. Thakur</u>
22)	Harshali A. Kadam	19	Female		8010977751	<u>H. Kadam</u>
23)	Falguni S. Diwate	19	Female		7030763747	<u>F. Diwate</u>
24)	Isha A. Shelar	18	Female		8275462863	<u>I. Shelar</u>
25)	Pragati N. Kaviskar	18	Female		8010541794	<u>P. Kaviskar</u>
26)	Vaibhavi V. Chiple	18	Female		9370608888	<u>V. Chiple</u>
27)	Priyanka P. Salvi	21	Female		8329432522	<u>P. Salvi</u>
28)	Basiddhi P. Avelar	21	Female		7517269310	<u>B. Avelar</u>
29)	<del>Basiddhi</del> Dipanshi S. Bait	19	Female		7620971325	<u>D. Bait</u>
30)	Vaishali S. Gondal	19	Female		7020397125	<u>V. Gondal</u>

I/C Principal  
A.M.A. & N.C.S. College  
Rajapur, Dist. Ratnagiri.

Sl. No.	Name	Age	Sex	Occupation	Contact no.	Signature
31	Ruhi Ajay Ladekar	20	Female	Student	7559506452	<u>Ruhi</u>
32	Tanaya Deepak Lanjekar	20	Female	student	9322772212	<u>Tanaya</u>
33	Sonam I. Yadav	20	F	student	9028564009	<u>S. Yadav</u>
34	Rohini S. Pitke	21	F	student	9405491930	<u>Pitke</u>
35	Mahvish T. Borkar	18	F	student	9222521275	<u>Borkar</u>
36	Rupali K. Surve	20	F	student	9321875608	<u>Surve</u>
37	Manali D. Moharkar	20	F	student	8010257856	<u>Manali</u>
38	Samiksha S. Pawar	20	F	student	8010412977	<u>Pawar</u>
39	Saba M. Sangrar	20	F	student	9764457650	<u>Sangrar</u>
40	Manasi N. Patel	19	F	student	7083525125	<u>Patel</u>
41	Manasi S. Bahite	18	F	student	9322970185	<u>Bahite</u>
42	Prateeksha R. Bawale	17	F	Student	9503067604	<u>Bawale</u>
43	Nandini R. Pujari	17	F	student	9899171028	<u>Pujari</u>
44	Sanjana S. Joshi	18	F	student	8010987420	<u>Joshi</u>
45	Riya S. Kabiraj	18	F	student	7666294067	<u>Kabiraj</u>

I/C Principal  
A.M.A. & N. C. S. College  
Rajapur, Dist. Ratnagiri.



Rayat Shikshan Sanstha's

Abasaheb Marathe Arts and New Commerce, Science College, Rajapur, Dist-  
Ratnagiri, 416 702 (MH)

Affiliated to University of Mumbai, Mumbai

Reaccredited with B\* grade by NAAC/ Best college Award by University of Mumbai, Mumbai

Date :06/10/2022

### National Service Scheme

### Awareness about Cyber Technology

### Report

On 4 October 2022 in our college Hon. Mr. Akash Salunkhe (PSI, Rajapur Police Station) gave a lecture on Cyber Technology. In this lecture, he mentioned that many different types of crimes and frauds are taking place in today's information technology era. He told about how to take care of it. By expressing thoughts about this, instructions were given to be careful and awareness was created among the students.

In presidential speech Principal Dr. Ghansham Harale sir told, today Technology is used in every sector But due to its wrong uses, crime has increased, So the students were addressed to take proper care while using it.

The program was attended by a large number of teachers, non-teaching staff, students for the successful completion of this program was undertaken by Dr. Babu Sonar, coordinator of National Service Scheme .



*[Signature]*  
FIC Principal  
A.M.A. & N.C.S. College  
Rajapur, (V. Gothne) Dist. Ratnagiri.

*[Signature]*  
*[Signature]*  
NSS Programme Officer  
A. M. A. & N. C. S. College, Rajapur  
(V. Gothane) Dist. Ratnagiri



रयत शिक्षण संस्थेचे,

आबासाहेब मराठे आर्ट्स अँड न्यू कॉमर्स, सायन्स कॉलेज, राजापूर. (विखारे गोठणे)

राष्ट्रीय सेवा योजना

सायबर तंत्रज्ञान अहवाल

दि. ०४/१०/२०२२

दि. ०४.०१०.२०२२ रोजी महाविद्यालयामध्ये मा.श्री.आकाश साळुंखे (PSI, राजापूर पोलीस स्टेशन) यांचे सायबर तंत्रज्ञान या विषयावर व्याख्यान आयोजित करण्यात आले होते. या व्याख्यानामध्ये त्यांनी आजच्या माहिती तंत्रज्ञानाच्या युगामध्ये अनेक वेगवेगळे गुन्हे, फसवणुकीचे प्रकार होत आहेत. यापासून कशी काळजी घ्यावी. या विषयी विचार व्यक्त करून सावध रहावे अशा सूचना दिल्या. व विद्यार्थ्यांच्या मध्ये जागरूकता निर्माण केली. अध्यक्षीय मनोगतामध्ये महाविद्यालयाचे प्र.प्राचार्य डॉ. घन:शाम हराळे यांनी आज जगामध्ये सर्वत्र तंत्रज्ञानाचा वापर होतो आहे. मात्र याच्या चुकीच्या वापरामुळे गुन्हेगारी क्षेत्र वाढले आहे. त्यामुळे याचा वापर करताना योग्य ती काळजी घ्यावी असे विद्यार्थ्यांना संबोधित केले. सदर कार्यक्रमास शिक्षक, शिक्षकेत्तर सेवक, विद्यार्थी, विद्यार्थिनी बहुसंख्येने उपस्थित होते. सदर कार्यक्रम यशस्वीपणे पार पडण्यासाठी राष्ट्रीय सेवा योजनेचे समन्वयक डॉ. बाबू सोनार यांचे मार्गदर्शन लाभले.



विद्यार्थ्यांना सायबर क्राईम या विषयावर मार्गदर्शन करताना मा.आकाश साळुंखे (PSI राजापूर पोलीस स्टेशन)



*[Signature]*  
I/C Principal  
A.&N.C.S. College



Rayat Shikshan Sanstha,s

ABASAHEB MARATHE ARTS & NEW COMMERCE, SCIENCE  
COLLEGE, RAJAPUR

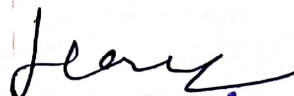
National Services Scheme

Attendance

Activity : Awareness of Cyber Security

Date : 06/10/22

Sr. No	Name of Student	Signature
1	Mounmayi Ashok Mandavkar	M. A. Mandavkar
2	Anisha Anil Chouke	A. A. Chouke
3	Vaishali Santosh Gondel	Gondel
4	Dikshita Dinesh Pujare	D. D. Pujare
5	Karishma Keshav Dhongel	Dhongel
6	Disha Vijay Pujari	D. Pujari
7	Apurva Deepak Nalavade	A. D. Nalavade
8	Samita Shamu Tadyar	S. S. Tadyar
9	Kadambini Bhaskar Satope	Satope
10	Tanuja Vikas Karshingkar	Karshingkar
11	Siddhi Vishwanath Karshingkar	Karshingkar
12	Manish Santosh Araker	Araker
13	Pushikesh Sanjay Gornate	Gornate
14	Ragini Parshuram Joshi	Joshi
15	Saniya Javed Naik	S. Naik
16	Pranjal Jitendra Bhasele	Bhasele
17	Siddhi Chandrakant Tukarav	Tukarav
18	Yamini Sandeep Bhivande	Bhivande
19	Siddhi Santosh Mayekar	Mayekar
20	Tanhari probhakar Gurav	Gurav

  
I/C Principal  
A.M.A. & N.C.S. College  
Rajapur, Dist. Ratnagiri

Sr. No	Name of Student	Signature
21	Sakshi Sambhaji maha	
22	Aniket Vilas Pitalekar	
23	Saba Mubarak Sangar	
24	Sure Kupati: krushnateant	
25	Diksha Namdev Tulakar	
26	Ashwini Mangesh Patilkar	
27	Abhishek Baliram Patilkar	A.B.P
28	Sabodh Suresh Chhelkar	
29	Sabrina A.Rasheed Borkar	
30	Samiksha Sanjay Pawar	
31	Tejal Ramesh Murgule	
32	Ashani Paavin Wain	
33	Aqsa Samir Mulla	
34	Chaiteli Vinayak Chauhan	
35	Aakash Anurag Anand	
36	Yuvraj Ashok Atholekar	
37	Nikhil Balkrushna Kadam	
38	Mayuresh Prakash Manjalekar	
39	Sujal Ramesh Honekar	
40	Piyush Ashok Chhapde	
41	Kaushal Keshav Shingar	
42	Vishal Dattaram Raut	
43	Yogita Ekantath Kabeer	
44	Dipali Ravali Patilkar	
45	Nilesh Vilas Malavade	
46	Sanika Balkrushna Gurav	S.B.Gurav
47	Sayali Sudhir Garate	
48	Swarangi Prashant Dudum	

**I/C Principal**  
 A.M.A. & N.C.S. College  
 Rajapur, Dist. Ratnagiri.



**Rayat Shikshan Sanstha's**  
**Abasaheb Marathe Arts and New Commerce, Science College, Rajapur,**  
**Dist-Ratnagiri, 416 702 (MH)**

*Affiliated to University of Mumbai, Mumbai*  
*Reaccredited with B' grade by NAAC/ Best college Award by University of Mumbai, Mumbai*

Date: 16/10/2022

## National service Scheme

### Health Inspection Report

On the occasion of A women's health cheakup workshop was organized on 14 October 2022 in the collaboration with National Service Scheme, Ladies Welfare committee and Government Rural Hospital Jaitapur. The session began with welcome address by Prof. Barge S. K.

The program was completed in two sessions, morning and afternoon. On the occasion of the inauguration of the first session of the workshop, Mrs. Thakur Desai gave guidance on how to take care of women's health and what measures should be taken to maintain good health.

In the second session, after discussion with the students about her health. Mrs. Thakur Desai madam gave answers to her doubts. On this occasion, BMI and blood tests of the students were conducted . Total of 23 girls and 6 female professors tested blood in this time.

In presidential speech, Vice Principal of the college, Dr. Sanjay Mestry said that the health of women in today's stressful life is being neglected. A statement was made that a healthy diet should be followed.

Prof. Nabeela Solkar proposed the vote of thanks. The program was attended by a large number of faculty, non-teaching staff and students as well as volunteers of the National Service Scheme.

**NSS Programme Officer**  
**A. M. A. & N. C. S. College, Rajapur**  
**(V. Gothane) Dist. Ratnagiri**



**Principal**  
**A.M.A. & N.C.S. College**  
**Rajapur, (V. Gothane) Dist. Ratnagiri.**



Rayat Shikshan Sanstha's  
**Abasaheb Marathe Arts and New Commerce, Science College, Rajapur,  
Dist-Ratnagiri, 416 702 (MH)**

*Affiliated to University of Mumbai, Mumbai*

*Reaccredited with B<sup>+</sup> grade by NAAC/ Best College Award by University of Mumbai, Mumbai*

Dated 10/10/2022

**National Service Scheme**  
**Distribution of Deworming pills**  
**Report**

In association with National Service Scheme and Government Rural Hospital Jaitapur. on 10 October 2022, deworming tablets were distributed to students under 19 years of age in the colleges by Ms. Madhavi Thakurdesai Madam and Dr. G. D. Harale, Principal of the College, Dr. Babu Sonar, Co-ordinator of National Service Scheme.

In this Program Mrs. Madhavi Thakur Desai Madam informed about intestinal worms and worms caused by impure, contaminated water harm the health of the body with the help of this anthelmintic pill, the worms in the body are destroyed. In this program, pills were distributed to 200 students.

Members of the National Service Scheme provided invaluable assistance in the demolition.

**NSS Programme Officer**  
**A. M. A. & N. C. S. College, Rajapur**  
**(V. Gothane) Dist. Ratnagiri**



**Principal**  
**A.M.A. & N.C.S. College**  
**Rajapur, (V. Gothane) Dist. Ratnagiri**