

Nootan Vidarbha Shikshan Mandal's  
**MAHILA MAHAVIDYALAYA, JOG CHOWK, AMRAVATI**  
NAAC Accreditation Grade – B with CGPA 2.56  
INTERNAL QUALITY ASSURANCE CELL (IQAC)

## **Aastha Project** 2016-2017



### **INTRODUCTION :-**

Guardianship of 40 students under Aastha Project is allotted to each teacher. Faculty of Arts organized workshop on making greetings and Flower pots from century paper under Aastha Project.

### **OBJECTIVES:-**

- 1) To create and provide source of self- employment.
- 2) To convey importance of self sufficiency.

### **ACTIVITY IN DETAIL:-**

In the academic year 2016-2017 the workshop on making greetings and flower pots from century paper under Aastha Project on 25-01-2017. Our students Pratiksha Dhoke and Renuka Shelekar by means of demonstration guided students regarding greeting and flower pot making.

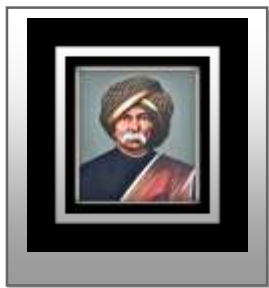
### **OUTCOMES:-**

- 1) Students understood importance of being an economically independent person.
- 2) This project proved to be helpful to increase their talent and ability.

  
IQAC Co-ordinator  
Mahila Mahavidyalaya  
Amravati



  
PRINCIPAL  
MAHILA MAHAVIDYALAYA  
AMRAVATI.



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## **“Aapulki” Mentor- Mantee Project**

### **Motivational Lecture**

**2020-2021**

In Mahila Mahavidyalaya, Amravati Mentor Mentee project “Aapulki” the motivational lecture was held on 22<sup>nd</sup> July 2021 through online YouTube video. Prof. Shantanu Bhandarajkar has conducted this lecture. In this lecture he encouraged the student to decide their goals, aims and objectives for future. In this lecture he has provided information about woman entrepreneurship. In this lecture he has discussed the various schemes and facilities which provided to the woman entrepreneurship by the Government like Sewa Bharat Woman Development, Bhartiya Mahila Bank Business Loan, Mudra Loan, etc.

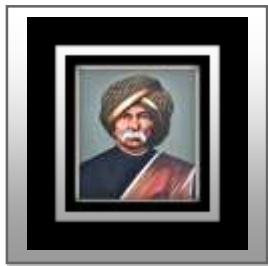
In this lecture students got knowledge about woman entrepreneurship by means youtube videos. There were 51 students join this lecture.

Youtube Video link :- <https://youtu.be/1qDXyTxo9YA>

  
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**Brief report**  
2020-2021

**Guest Lecture on 'Stress and Stress Management Techniques for Younger Generation'**

In Mahila Mahavidyalaya, Amravati run by Nootan Vidarbha Shikshan Mandal, Amravati online guest lecture on 'Stress and Stress Management Techniques for Younger Generation' was organised on 22 January 2021 Hon 'ble Sharad Mankar (Counsellor Baba Vyasank Mukti Kendra, Amravati) was the resource person for this program. Hon'ble Sushma Deshmukh (Principal, Mahila Mahavidyalaya, Amravati) presided over the function. Mr. Sharad Mankar expressed his views on causes and effects of stress on human health .He has also thrown light on various techniques of stress management by citing various simple examples in daily life. He has also emphasized the need of understanding various psychological problems such as depression, anxiety, alienation, frustration etc which leads to dangerous situations in future life.He further explained the importance of sharing for living a healthy life. In her presidential speech Hon'ble Sushma Deshmukh effectively expressed her views that everyone need to focus on time management in order to reduce stress in life Hon'ble Prof. Dr. Auna Wadekar (coordinator Mentor Mentee Project) explained various schemes, funds and facilities provided to the students by the college. She also threw light on various activities held under Mentor-Mentee project. Vote of thanks was proposed by Prof. Dr. Aruna Wadekar. Prof. Preeti Jawanjali conducted anchoring of this programme. Above-mentioned guest lecture was organised under the able guidance of Prof. Dr. Sushma Deshmukh and Prof. Dr. Aruna Wadekar. Students from arts and commerce faculty noted their online attendance for this guest lecture.

  
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**“Aapulki” Mentor- Mentee Project**  
**Guest Lecture Eve of Gurupurnima**  
**2020-2021**



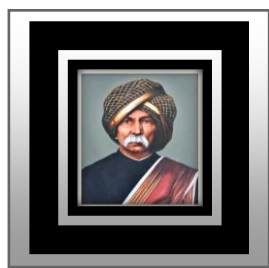
In Mahila Mahavidyalaya, Amravati, there are a number of female students from socially and economically weaker sections of the society. It is observed that such students are facing various psychological, domestic, health, educational and other problems. Being a part of this educational system it is our duty to provide help to such students in order to eradicate hindrance in their educational progress. Taking into consideration the above-mentioned fact, the Aapulki Project (Mentor -Mentee Project) has been run in our college. Under this project every teacher is assigned with 25 students and by means of a Whats App group of allotted students the mentor tries to understand their various problems in order to find out solutions. Various activities conducted under this project for the better future prospects of the students.

Prof. Dr. Nisha Shende.

  
IQAC Co-ordinator  
Mahila Mahavidyalaya  
Amravati



  
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**Aapulki (Mentor- Mentee Project)**  
2020-2021



### **Introduction:**

Soft skills and personal attributes are just as important to success. Soft skills are those personal values and interpersonal skills that determine a person's ability to work in a collaborative environment. Taking into consideration the importance of soft skills in students' life for better future opportunities in the workplace an online guest lecture was organized on Soft Skill Development under the Apulki Project (Mentor Mentee Project)

### **Objectives:**

- To convey the importance of soft skills as a vital part of an individual's personality.
- 2) To impart knowledge of various soft skills to the students.
- 3) To guide students in making appropriate and responsible decisions.

### **Activity in detail:**

In the academic session 2020-21 an online guest lecture on Soft Skill Development was organized under the Apulki Project (Mentor-Mentee Project) on 2nd August 2021. Prof. Dr. Pravin Gulhane HOD, Political Science was the resource person for this program and Prof. Dr. Ankush Giri chaired the session.

Prof. Dr. Pravin Gulhane and Prof. Dr. Ankush Giri , recognised Soft Skill trainer of SGBAU guided students regarding soft skill development techniques and its importance. Prof. Dr. Pravin Gulhane while interacting with the students emphasized the need of acquiring soft skills. He has also explained the basic concept of soft skills and various ways and techniques of soft skill development for better future opportunities. In his presidential address Prof. Dr. Ankush Giri

emphasized the need of time management for soft skill development. Prof. Dr. Aruna Wadekar (Coordinator, Apulki Project) compeered the program and vote of thanks proposed by Dr. Ashvini Warhekar,( Committee Member).

### **Outcomes:**

- Students understood the realistic perspective of work and work expectations.
- Students understood the importance of soft skill development to become more productive at the workplace.

  
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**“Aapulki” Mentor- Mentee Project**

**Guest Lecture Stress Management**

**2020-2021**



Mahila Mahavidyalaya, Amravati Mentor Mentee project “Aapulki” the motivational lecture was held on 26<sup>th</sup> July 2021 through online youtube video. The Prof. Gokul Deshmukh was conducted this lecture. Students Spend most of their time in college. Due to continuous mental work, peer pressure and family problems mind becomes stressful. In order to reduce their stress one lecture on stress management techniques was conducted by Prof. Gokul Deshmukh. He has give information about yoga and meditation for reducing their stress and students are realized stress free.

By means of this lecture students realized importance of stress free life for better outputs in working zones. Near about students 104 join this lecture.

Youtube Video link :-Part I <https://youtu.be/m29pSZpZB5w>

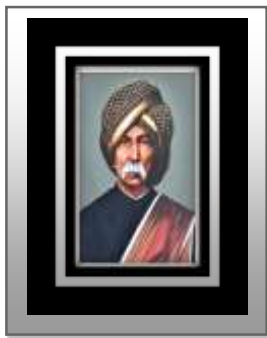
Part II <https://youtu.be/M7jmACwNx3U>

Part III <https://youtu.be/IHT-yhnZlHU>

  
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**“Aapulki” Mentor- Mentee Project**  
**Workshop on Stress Management**  
**2019-2020**



### **Introduction:-**

In modern era stress has become very common but it becomes dangerous when level of stress increases beyond the limit. Common causes of stress include work, money, relationships, Studies and illness. To aware about the causes and consequences of Stress ‘Aapulki’ Mentor- Mentee Committee decided to organize ‘ Stress Management Workshop ‘for Students.

### **Objectives**

- Understand the basic principles of stress management.
- To recognize stress triggers and how to manage them.
- Develop proactive responses to stressful situations

### **Activity in detail:-**

During the season 2019-2020, ‘Aapulki’ Mentor - Mentee project committee organized one day workshop on Stress Management on 4th October 2019. Renowned psychologist Dr. Rohit Deshmukh and Dr.Vidyut Khandewale explained the reasons of stress and suggested ways for stress management by giving various examples and demonstration. They answered all the questions asked by students and cleared their



doubts. The workshop had organized under the guidance of Hon'ble Principal Dr. Sushma Deshmukh.

Dr. Rohit Deshmukh who was valuable contribution in psychological work, explained stress management through PowerPoint slide presentation. He said different individuals have different influences of mind of any incident. He provided practical guidance on how to deal with stress in any situation. He also guide the students on the causes, measures of stress, its effects on mind and body. He explained the concept of various psychological terms and characteristic of human nature in the scientific way. He gathered students and demonstrated a game on how psychological changes are occurring and explained psychological patterns through them. In the second session Dr. Vidut Khandewale psychologist explained stress management by analyzing various emotions, positive, negative thoughts. She advises 'Be positive and successful'.

Hon'able Principal Dr. Sushma Deshmukh chaired the session and addressed that, human being can certainly taste the fruits of success if they manage their stress. To reduce stress time management is important factor. She instructed students to put themselves in position to reduce stress and try to stay away from the stressful social media co-ordinator of 'Aapulki Mentor Mentee Project and whole committee. Prof. Wasnik, Prof. Meshram, Prof. Manisha Joshi, Prof. Sable, Prof. Sonparote took efforts for successful workshop.

### **Outcomes:-**

- Participants learned to understand how stress works and develop sustainable behaviors.
- Recognize negative stress and its symptoms and identify the causes of unwanted stress.
- Avoid negative stress whilst enhancing positive experience develops a balanced lifestyle in order to control stress in the long term.
- Utilize effective realization and stress reduction techniques.

- Aapulki Mentor- Mentee Committee gets opportunity to organize Stress Management Workshop.
- Students could understand the reasons of stress, types of stress and adverse effects of stress on mind and body.

  
IQAC Co-ordinator  
Mahila Mahavidyalaya  
Amravati



  
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Nootan Vidharbha Shikshan Mandal's

**Mahila  
Mahavidyalaya**  
JogChowk, Amravati

Principal : Dr.Sushma Deshmukh

Contact : 9765838115 MOB: 2564491 TRes: 2571704

Website: [www.mmv.ac.in](http://www.mmv.ac.in)

E mail - [mahilamahavidyalaya.amt@gmail.com](mailto:mahilamahavidyalaya.amt@gmail.com)

2075/19  
Date 03/10/2019

Outward No.

To,  
Dr. Vidyut Khandewale  
Amravati

Subject: Invitation for the Workshop on Stress Management.

It Sir,

With reference to the subject cited above, we are glad to inform you that 'Apulid' Mentor-Mentee Project, Mahila Mahavidyalaya, Amravati is organizing Workshop on Stress Management for the junior and Senior College Students. You are kindly requested to grace the occasion as a Speaker, dated 4<sup>th</sup> October, 2019 at 11.00 A.M. Please accept our invitation and oblige.

Thanking you.

*Sushma*  
Principal  
Mahila Mahavidyalaya  
Amravati

Nootan Vidharbha Shikshan Mandal's

**Mahila  
Mahavidyalaya**  
JogChowk, Amravati

Principal : Dr.Sushma Deshmukh

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Website: [www.mmv.ac.in](http://www.mmv.ac.in)

E mail - [mahilamahavidyalaya.amt@gmail.com](mailto:mahilamahavidyalaya.amt@gmail.com)

2075/19  
Date : 03/10/2019

Outword No.


To,  
Dr. Rohit Deshmukh  
Manas Clinic  
Amravati

R/Sir,

I would sincerely like to thank you for sparing your valuable time to grace the 'Stress Management Workshop' organized by 'Apulki' Mentor-Mentee Project, Mahila Mahavidyalaya, Amravati. Your guidance to the students created awareness and also provided us with valuable input. It was a great pleasure to host you at our college as the Inaugurator and Speaker. We hope this kindness and co-operation will remain and continue in the future.

Thanking you

Date: 4.10.2019

  
Principal  
Mahila Mahavidyalaya  
Jog Chowk, Amravati

Nootan Vidharbha Shikshan Mandal's

**Mahila  
Mahavidyalaya**  
JogChowk, Amravati

Principal : Dr.Sushma Deshmukh

Contact : 9765838115 | OIT : 2564491 | Res. 2571704

Website: [www.mmv.ac.in](http://www.mmv.ac.in)

E mail - [mahilamahavidyalaya.amt@gmail.com](mailto:mahilamahavidyalaya.amt@gmail.com)

Date: 20/10/19  
03/10/2019

Outword No.

To,  
Dr. Vidyut Khandewale  
Amravati

R/Sir,

I would sincerely like to thank you for sparing your valuable time to grace the 'Stress Management Workshop' organized by 'Apulki' Mentor-Mentee Project, Mahila Mahavidyalaya, Amravati. Your guidance to the students created awareness and also provided us with valuable input. It was a great pleasure to host you at our college as the Speaker. We hope this kindness and co-operation will remain and continue in the future.

Thanking you

Date: 04.10.2019

*Sushma*  
Principal  
Mahila Mahavidyalaya  
Amravati  
Amravati



# श्री शिवाजी कला व वाणिज्य महाविद्यालय, अमरावती

सत गाडी बाबा अमरावती विद्यापीठ, अमरावती मालिका (स्थापना वर्ष 1946)

नैकद्वारा 'अ' दर्जा प्राप्त (मोजोपां 3.08)

संपर्क : 0221-2660510 (10)

संपर्क : 0221-2660510 (10)



संस्थापक अध्यक्ष : डॉ. पंजाबराव उपाख्य भाऊसाहेब देशमुख

अध्यक्ष : मा. श्री हर्षवर्धन प्र. देशमुख

प्राचार्य : डॉ. रामेश्वर मा. भिसे

शिवाजी नगर, मोशी रोड,

अमरावती-444603, महाराष्ट्र

☎ 0221-2660510 (10)

जा.क्र. एसएससी २०२१/३०८१

दिनांक : १७.१२.२०२१

प्रांत.

मा. प्राचार्य

**विषय:** स्व. माणिकराव धवळे स्मृती राज्यस्तरीय वादविवाद स्पर्धेसाठी आपल्या महाविद्यालयाची चमू पाठविण्याबाबत.

महोदय,

श्री शिवाजी कला व वाणिज्य महाविद्यालय अमरावती व स्व. माणिकराव धवळे स्मृती प्रांतस्तान यांच्या संयुक्त विद्यमाने दरवर्षीप्रमाणे यावर्षीही स्व. माणिकराव धवळे स्मृती आंतरमहाविद्यालयीन राज्यस्तरीय वादविवाद स्पर्धेचे आयोजन कोरोना संदर्भात शासनाच्या नियमांच्या अधीन राहून करण्यात आले आहे. विद्यार्थ्यांमध्ये वक्तृत्व कौशल्य विकसित होण्यासाठी त्यांना व्यासपीठ उपलब्ध करून देण्याचा आमचा दरवर्षी प्रयत्न असतो. वादविवाद स्पर्धेचे हे २०वे वर्ष असून या स्पर्धेसाठी आपल्या महाविद्यालयाची एक चमू पाठवून उपकृत करावे, ही विनंती.

**विषय :** या सभागृहाच्या मते, 'खाजगीकरणाचे धोरण लोकहिताचे आहे'

इस सदनकी राय मे, 'निजीकरण की नीति जनहित मे है'

In the opinion of this house, 'Privatization Policy is in Public Interest'

**स्थळ:** श्री शिवाजी कला व वाणिज्य महाविद्यालय, (डॉ. पंजाबराव देशमुख सीमनार हॉल)

शिवाजी नगर, मोशी रोड, अमरावती-४४४६०३

**दिनांक व वेळ :** मंगळवार दिनांक ०४ जानेवारी २०२२ सकाळी १०.३० वाजता

**पारितोषिके :** विजयी चमूस स्व. माणिकराव धवळे स्मृती फिरता चषक

वैयक्तिक पारितोषिके : प्रथम रु. ७००१/- गौरवचिन्ह व प्रमाणपत्र

द्वितीय रु. ५००१/- गौरवचिन्ह व प्रमाणपत्र

तृतीय रु. ३००१/- गौरवचिन्ह व प्रमाणपत्र

प्रोत्साहनपर वैयक्तिक पुरस्कार : प्रथम रु. २००१/- गौरवचिन्ह व प्रमाणपत्र

द्वितीय रु. १५०१/- गौरवचिन्ह व प्रमाणपत्र

**स्पर्धेचे नियम:**

१. कोरोना संसर्गामुळे स्पर्धेत फक्त ४० स्पर्धकांचीच नोंदणी करण्यात येईल.
२. स्पर्धकांनी <https://forms.gle/9zZWZNbQxUMxqn9G7> या लिंकवर स्पर्धेपूर्वी ऑनलाईन नोंदणी करावी.
३. ही स्पर्धा नि:शुल्क असून शासनाने कोरोना संदर्भात घालून दिलेले सर्व नियम स्पर्धकांना पाळावे लागतील. स्पर्धेचे Facebook/YouTube Account वरून Live प्रक्षेपण करण्यात येईल.
४. प्रत्येक स्पर्धकांना ४+२ = ६ मिनिटांची वेळ देण्यात येईल. परीक्षकांचा निर्णय अंतिम राहील.
५. पुढील स्पर्धेच्या १ महिन्यापूर्वी सदर चषक महाविद्यालयाला स्वखर्चाने परत करावा लागेल.
६. कार्यक्रमांमध्ये आवश्यकतेनुसार बदल करण्याचा अधिकार आयोजकांना राहील.
७. माहितीसाठी संपर्क क्र. डॉ. शितलबाबू तायडे : ९८२२५२७८०८, डॉ.कुमार बोबडे : ९४२२८५६९४४  
मयूर चौधरी : ७७९८०६०५००, गौरव इंगळे : ८४०८९३२६४०

प्रफुल्ल धवळे

संयोजक

मा. ९३७०१०४२९३



प्राचार्य

श्री शिवाजी कला व वाणिज्य  
महाविद्यालय, अमरावती



**MAHILA MAHAVIDYALAYA, AMRAVATI**  
**"Apulki" Mentor-Mentee Project**

Program : Stress management workshop

Date : 4-October 2019

Sr.No.	Student Name	Class	Sign
1)	Ku Poonam A. Sangale	B.com III	P. Sangale
2)	Ku. Damini S. Tayade	B.com III	
3)	Ku. Divya J. Sharma	B.A I	D. Sharma
4)	Ku. Mukta D. Kale	B.A I	M. Kale
5)	Ku. Lochani P. Karale	B.A I	L. Karale
6)	Ku. Sonam S. Amzade	B.A I	S. Amzade
7)	Ku. Mukta R. Rajas	BA I	M. R. Rajas
8)	Ku. Pivati S. Wambale	B.com	P. S. Wambale
9)	Ku. Shivani S. Jagdale	B.com III	S. S. Jagdale
10)	Ku. Manisha T. Tike	B.com III	M. T. Tike
11)	Ku. Shivani S. Thawkar	B.com III	S. S. Thawkar
12)	Ku. Madhuri S. Jagdale	B.com III	M. S. Jagdale
13)	Ku. Rushali G. Sonpatote	B.com III	R. Sonpatote
14)	Ku. Nandini R. Barte	-11-	N. Barte
15)	Ku. Vaishnavi B. Dhumbar	-11-	V. Dhumbar
16)	Ku. Megha S. Tumram	-11-	M. Tumram
17)	Ku. Sayli Anduskar	-11-	S. Anduskar
18)	Ku. Vaishnavi P. Ronghe	-11-	V. Ronghe
19)	Ku. Ashwini P. Ronghe	-11-	A. Ronghe
20)	Ku. Manisha. Fik. Minjapure	-11-	M. Minjapure
21)	Ku. Gashasvi M. Nichit	-11-	G. Nichit
22)	Ku. Vaishnavi. Bilbile	-11-	V. Bilbile
23)	Ku. Pooja. M. Shukla	-11-	P. Shukla

-11-

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**MAHILA MAHAVIDYALAYA, AMRAVATI**  
"Apulki" Mentor-Mentee Project

Program : Stress Management Workshop

Date : 4 Oct 2019

Sr.No.	Student Name	Class	Sign
24	Ku. Rinku H. Meshram	B.com III	R.H. Meshram
25	Ku. Aarti S. Bhongade	B.com III	A.S. Bhongade
26	Ku. Manisha M. Surdare	B.com III	M. Surdare
27	Ku. Prachi P. Pranjale	B.com I	P. Pranjale
28	Ku. Sakshi B. Sarode	B.com I	Sarode
29	Ku. Rohini O. Usarete	B.A III <sup>rd</sup>	Rohini
30	Ku. Gayatri A. Shahakare	B.A II	G. Shahakare
31	Ku. Namrata R. Mahalkar	B.A II	N. Mahalkar
32	Ku. Sonali S. Wankhade	B.com I	Sonali
33	Ku. Priyanka M. Chopade	B.com I	P.M. Chopade
34	Ku. Vaishnavi S. Udape	B.A I	V.S. Udape
35	Ku. Vaishnavi V. Dhok	B.A I	Dhok
36	Ku. Yogita T. Patise	B.A I	Y.T. Patise
37	Ku. Radini S. Gaikwad	B.A I	Radini
38	Ku. Reetika R. Gaikwad	B.A I	P. R. Gaikwad
39	Ku. Komal K. Gaikwad	B.A I	K. K. Gaikwad
40	Ku. Pooja R. Nandaredhane	B.com I	Nandaredhane
41	Ku. Bhavana S. Badhaye	B.A I	B. Badhaye
42	Ku. Khushboo G. Yadav	BA-I	K. Yadav
43	Ku. Komal S. Mesheam	B.com I	K. Mesheam
44	Ku. Vaishnavi D. Mankar	B.com III	V. Mankar
45	Ku. Manisha S. Abek	B.com II	M. Abek
46	Ku. Ankita S. Sanke	B.com I	A. Sanke

*A.K.*

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Mahil. M.



**MAHILA MAHAVIDYALAYA, AMRAVATI**  
**"Apulki" Mentor-Mentee Project**

Program : Stress Management Workshop

Date : 4 oct 2019

Sr.No.	Student Name	Class	Sign
47	Riya Vinod Yadav	BA I <sup>st</sup>	<u>Riya</u>
48	Samiksha E. Thawale	B.A II year	<u>Samiksha</u>
49	Sangharsha G. Lonare	B.A. II year	<u>Sangharsha</u>
50	Divya K. Sonpate	B.A II year	<u>Divya</u>
51	Mehepai G. Gulhane	B.A II year	<u>M. Gulhane</u>
52	Aarti M. Dhamele	B.A II	<u>A. Dhamele</u>
53	Kirti P. Gupta	B.A - I	<u>K. Gupta</u>
54	Ravani P. Harsane	BA - I	<u>Ravani</u>
55	Rani M. Thorat	BA - I	<u>Rani</u>
56	Harshali S. Sukhadeve	B.A - I	<u>Harshali</u>
57	Namrata K. Khambare	B.A. II	<u>N. Khambare</u>
58	Priiti Diliprao Deshmukh	B.A. II	<u>P. Deshmukh</u>
59	Ku. Ranchor. R. Kushwaha	B.A I	<u>K.R. Kushwaha</u>
60	K. Priyanka D. Thakare	B.A I	<u>Priyanka</u>
61	Ku. Arati D. Gutmale	B.A I	<u>Arati</u>
62	Ku. Simran V. Jami	B.A I	<u>Simran</u>
63	Ku. Sakshi P. Waghmare	B. II	<u>Sakshi</u>
64	Ku. Shubha S. Raut	B. II	<u>Shubha</u>
65	Ku. Manisha P. Nandgaonwale	B.Com II	<u>M. Nandgaonwale</u>
66	Ku. Vaishnavi R. Khoscham	B.Com II	<u>V. Khoscham</u>
67	Ku. Mahima A. Shevane	B.Com III	<u>M. Shevane</u>
68	Ku. Diksha P. Bhange	<u>---</u>	<u>D. Bhange</u>
69	Ku. Monika. Prateki	<u>---</u>	<u>M. Prateki</u>

A. K.

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**MAHILA MAHAVIDYALAYA, AMRAVATI**  
"Apulki" Mentor-Mentee Project

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Date : 04 oct. 2019

Sr.No.	Student Name	Class	Sign
70)	Vaishnavi. G. Panchwate.	B.A I	<u>Panchwate</u>
71)	Neha S. Yevafikar	B.A. I	<u>Yevafikar</u>
72)	Samruddhi S. Chaudhary.	B.A. I	<u>S. Chaudhary</u>
73)	Pratibha P. Sargodekar	B.com III	<u>Sargodekar</u>
74)	Vaishnavi R Ingole	B.A II	<u>Ingole</u>
75)	Pratibha D. Tijumbe	B.A I	<u>Pratibha</u>
76)	Urmila sh. Gujar	B.A II	<u>Gujar</u>
77)	Ashwini S. Meshram	B.A II	<u>A. S. Meshram</u>
78)	Taniya A. Patade	B.A I	<u>T. A. Patade</u>
79)	Nidhi R. Gupta	B.A-I	<u>Nidhi R. Gupta</u>
80)	Ashvini m. Kamadi	B.A. II	<u>Kamadi</u>
81)	Aakanksha malikar	B.A I	<u>Aakanksha</u>
82)	Ashwini G. Chaudhary	B.com III	<u>A. Chaudhary</u>
83)	Shivani S. Tute	B.com I	<u>Tute</u>
84)	Vaishnavi J. Rorone	B.A II	<u>Rorone</u>
85)	Garabai K. Pande	B.com I	<u>Pande</u>
86)	Pratibha Vinchurkar	B.com I	<u>Vinchurkar</u>
87)	Rakhi Rajulchavhan	B.A III	<u>Rajulchavhan</u>
88)	Monica Gajjar Chavhan	B.A III	<u>M. G. Chavhan</u>
89)	Vaishnavi Kishor Raut	B.A - II	<u>K. Raut</u>
90)	Nikita G. Sonawane	B.com I	<u>N. Sonawane</u>
91)	Megha G. Wankhade	B.A. II	<u>M. G. Wankhade</u>
92)	Megha L. Pandey	B.A. II	<u>M. L. Pandey</u>
93)	Nikita K. More	B.A. I	<u>N. More</u>



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Sr.No.	Student Name	Class	Sign
94	Komal Dhananjay Gadhave	B.A.II	<u>Komalgadhave</u>
95	Minal S. S. S. S. S.	B.A.II	<u>M. S. S. S. S.</u>
96	Sukeshani B. Waghade	B.C-mj	<u>S. Waghade</u>
97	Vaishree A. Mulgami	B.com.I	<u>V. Mulgami</u>
98)	Kiran S. Solanke	B.A.T	<u>K. S. Solanke</u>
99)	Hrushika G. Pingde	B.A.I	<u>H. G. Pingde</u>
100	Ratna S. Jadhav	B.A.I	<u>R. S. Jadhav</u>
101	Kalyani R. Nandurkar	B.A.II	<u>K. R. Nandurkar</u>
102	Vaidehi K. Tidke	B.A.II	<u>V. Tidke</u>
103	Shivani S. Shukla	B.III	<u>S. Shukla</u>
104	Namrata R. Shinde	B.III	<u>N. Shinde</u>
105	Smriti S. More	B. Com.II	<u>S. More</u>
106	Rupali S. Aikare	B. Com.II	<u>R. Aikare</u>
107	Nandini M. Sawu	B.A.I	<u>N. Sawu</u>
108	Sankeerti S. Nimbharkar	B.A.I.	<u>S. Nimbharkar</u>
109	Anita K. Bhandari	B. Com	<u>A. Bhandari</u>

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**MAHILA MAHAVIDYALAYA, AMRAVATI**  
**"Apulki" Mentor-Mentee Project**

Program : Stress management workshop

Date : 04 october 2019

Sr.No.	Teachers Student Name	Class- Dept.	Sign
1)	Prof. Dr. A. S. Wadekar	commerce	<i>[Signature]</i> 02/10/19
2)	Prof. S. A. Deshmukh	music	<i>[Signature]</i> 04/10/19
3)	Prof. Dr. Nisha Shende	Marathi	<i>[Signature]</i>
4)	Prof. Dr. Pallavi Ambhore	English	<i>[Signature]</i>
5)	Dr. Ankush A. Gisi	Music	<i>[Signature]</i>
6)	Prof. Dr. Ashvini A. Warhakar	Marathi	<i>[Signature]</i>
7)	Prof. Dr. Jayshree M. Vaishnav	Music	<i>[Signature]</i>
8)	Varsha P. Sable	Science	<i>[Signature]</i>
9)	Prof. Manjiri Walse	Arts	<i>[Signature]</i>
10)	Prof. Dr. R. K. Pande	Comm.	<i>[Signature]</i>
11)	Prof. G. G. Deshmukh	Comm.	<i>[Signature]</i>
12)	Shubhangee S. Borkar	com	<i>[Signature]</i>
13)	Dhanashei S. Waghade	com	<i>[Signature]</i>
14)	Prof. Nikita M. Gade	comm.	<i>[Signature]</i>
15)	Prof. Porrima S. Koram	Comm.	<i>[Signature]</i>
16)	Prof. Dr. Sonali Dhande	H. Eco	<i>[Signature]</i>
17)	Prof. S. S. Bhandorajkar	Comm.	<i>[Signature]</i>
18)	Prof. Amruta Ashtikan	Music	<i>[Signature]</i>
19)	Prof. Rajash Sapariya	Hindi	<i>[Signature]</i>

*[Signature]*

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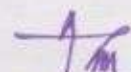
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"Apulki" Mentor-Mentee Project

Program : Stress management workshop

Date : 04 October 2019

Sr. No.	Name	Class
1)	Dipika Zadkhande <del>Zadkhande</del>	44 <sup>th</sup> Science
2)	Patiksha Jadhav <del>Patiksha</del>	11 <sup>th</sup> Science
3)	Vaishnavi R. Chavhan <del>Chavhan</del>	11 <sup>th</sup> Science
4)	Ayushi Raju Ganarkar <del>Ayushi</del>	11 <sup>th</sup> Science
5)	Vaishnavi D. Nandane <del>Nandane</del>	12 <sup>th</sup> Commerce
6)	Prityanka A. Waghare <del>Waghare</del>	12 <sup>th</sup> Commerce
7)	Sakshi S. Patise <del>S. S. Patise</del>	12 <sup>th</sup> Commerce
8)	Anjali A. Khandekar <del>Khandekar</del>	12 <sup>th</sup> Commerce
9)	Karisha G. Patise <del>Patise</del>	12 <sup>th</sup> Commerce
10)	Amisha S. Wasnik <del>Wasnik</del>	12 <sup>th</sup> Commerce
11)	Isha S. Pawar <del>Pawar</del>	12 <sup>th</sup> Com.
12)	Sakshi N. Parule <del>N. Parule</del>	12 <sup>th</sup> Commerce
13)	Taguti P. Kapile <del>Kapile</del>	12 <sup>th</sup> Commerce
14)	Aparita R. Mangrulkar <del>Aparita R.M.</del>	12 <sup>th</sup> Commerce
15)	Ashwini M. Subhedar <del>Ashwini</del>	12 <sup>th</sup> Commerce
16)	Avani A. Kulkarni <del>Kulkarni</del>	11 <sup>th</sup> Science
17)	Ku. Payal Vijay Bagde <del>P.V. Bagde</del>	11 <sup>th</sup> Science
18)	Ku. Renuka R. Sonwane <del>R. Sonwane</del>	11 <sup>th</sup> Science
19)	Ku. Bhumnika R. Patil <del>Patil</del>	11 <sup>th</sup> D Science
20)	Ku. Shejal A. Boratane <del>Boratane</del>	11 <sup>th</sup> Science
21)	Ku. Sakshi R. Udinkar <del>S.R. Udinkar</del>	12 <sup>th</sup> Commerce
22)	Ku. Shivani Umesh Shinde <del>Shinde</del>	12 <sup>th</sup> Commerce
23)	Ku. Vaishnavi Shiv Waghmare <del>Waghmare</del>	12 <sup>th</sup> Commerce
24)	Prerna Gorakha. Bhagat	11 <sup>th</sup> Arts



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Sr. No.	Name	Class
	Ku. Rutika Chawande R.P. Chawande	11 <sup>th</sup>
	Ku. Tina Naktole	11 <sup>th</sup>
	Ku. Gauri Lokhande	11 <sup>th</sup> <del>Class</del>
	Ku. Harshada Bati H.G. Bati	11 <sup>th</sup>
	Ku. <del>Gauri</del> Gayatri Jawalkar	11 <sup>th</sup> <del>Gawalkar's</del>
	Ku. Aditi P. Dake <del>Aditi</del>	11 <sup>th</sup>
	Ku. Lakshi K. Wankhade	12 <sup>th</sup> <del>Okhankhede</del>
	Ku. Megha D. Wanve	12 <sup>th</sup> <del>Wanve</del>
	Ku. Roshani S. Jadhav	11 <sup>th</sup> R.S. Jadhav
	Ku. Neha V. Raghunwanshi	12 <sup>th</sup> <del>Neha</del>
	Ku. Gauri S. Jadhav	12 <sup>th</sup> <del>Gajadhav</del>
	Ku. Siya D. Deshmukh	12 <sup>th</sup> S.D. Deshmukh
	Ku. <del>Vaishnavi M. Billewar</del>	12 <sup>th</sup> com. V.M. Billewar
	Ku. SANGAM V. GHULE	11 <sup>th</sup> S.V. Ghule
	Ku. Alisha A. Chavhan	11 <sup>th</sup> <del>Chavhan</del>
	Ku. Gauri S. Hastak	12 <sup>th</sup> <del>G.Hastak</del>
	Ku. Pooja A. Kadag	12 <sup>th</sup> Art Kadag
	Ku. Nikita M. Kurwadde	12 <sup>th</sup> Arts <del>Nurk</del>
	Ku. Gauri R. Dadar	12 <sup>th</sup> Arts Gauri
	Ku. Nikita B. Khadse	11 <sup>th</sup> Arts <del>N</del>
	Ku. Vedika S. Bondre	12 <sup>th</sup> Com. <del>Bondre</del>
	Ku. Vedanti D. Mahulkar	12 <sup>th</sup> Arts <del>Vedanti</del>
	Ku. Divya D. Irole	12 <sup>th</sup> comm Divya Irole
	Ku. Gayatri V. Dhepe	12 <sup>th</sup> com. G.V. Dhepe

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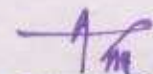
MAHILA MAHAVIDYALAYA, AMRAVATI

"Apulki" Mentor-Mentee Project

Program : Stress Management Workshop

Date : 04/10/2019

Sr. No.	Name	Class
	Nandini R. Barte	B.COM - III year
	Kaishnavi B. Dumbre	— 11 —
	Sayali R. Andurkar	— 11 —
	Ku. Rushali Gajanan Sonparote	— 11 —
	Poonam Bhatkulakar	— 11 —
	Shilpa Mhalga	— 11 —
	Sayli Annu Megha Tumnam	— 11 —
	and Shah	— 11 —
	Saloni Wanjik	B.A - III year
	Sakshi S. Kholapute	12th
	Sapna S. Dalmaj	12th
	Bhagyashri D. Mhalga	12th
	Ku:- Komal P. Pihul	11th (com)
	MUSTHAN K. shewas	11th (Arts)
	Ku. Pratiksha P. Meshram	12th (Art's)
	Ku. Isha G. Pasre	12th (Arts)
	Ku:- Bhavana G. Jakade @ Jakade	12th [A] Art's
	Ku:- Samiksha V. Chavhan Samiksha	12th Arts
	Ku. Priyanka P. Dhamankar	12th Arts
	Ku. Priya Mohan Kuril	11th Arts
	Ku. Anshika Khairu Waghmare	11th (Arts)
	Ky Yukta Sunil Kabte	12th (Arts)
	Ku Rohini Rajesh Surve	11th (Arts)
	Gayatri G. Bari	12th



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Date : 04/10/2019

Sr. No.	Name	Class
	Shreyas R. Mahure. <del>Shreyas</del>	11 <sup>th</sup> (Science)
	Vidhina V. Ramteke <del>Ramteke</del>	11 <sup>th</sup> (Arts)
	Laxmi R. Shekokar. <del>L. Shekokar.</del>	11 <sup>th</sup> (Science)
	Tanaya N. Ghodeswar <del>Ghodeswar</del>	12 <sup>th</sup> (Art's)
	Aarfiya K. Patham <del>A.K. Patham</del>	12 <sup>th</sup> (Art's)
	Sakshi V. Rodge <del>S. Rodge</del>	12 <sup>th</sup> [commerce]
	Vaishnavi P. Buzade <del>Buzade</del>	12 <sup>th</sup> [commerce]
	Samiksha D. Ghodeswar <del>Ghodeswar</del>	11 <sup>th</sup> (Science)
	Mamta M. Gajbhiye <del>Gajbhiye</del>	11 <sup>th</sup> (Science)
	Pooja S. Kalambe <del>P. Kalambe</del>	11 <sup>th</sup> Science
	Payal D. Kamble <del>P. D. Kamble</del>	11 <sup>th</sup> Arts.
	Gauri S. Kale <del>G. Kale</del>	11 <sup>th</sup> Science
	Sakshi B. Waghmare <del>S. Waghmare</del>	11 <sup>th</sup> (G. Sci)
	Samiksha S. Bhange <del>Samiksha</del>	12 <sup>th</sup> (Art's)
	Pratiksha P. Athor <del>P. Athor</del>	12 <sup>th</sup> (commerce)
	Sakshi R. Raut <del>S. Raut</del>	12 <sup>th</sup> [commerce]
	Sonal S. Athor <del>S. S. Athor</del>	12 <sup>th</sup> [commerce]
	Akanksha Sonawane <del>A.K. Sonawane</del>	12 <sup>th</sup> (Arts)
	Pallavi D. Dabholkar <del>P. D. Dabholkar</del>	12 <sup>th</sup> (Commerce)
	Ku. Deepali S. Dhote <del>D. Dhote</del>	12 <sup>th</sup> (commerce)
	Ku. Sakshi A. Bhage <del>S. Bhage</del>	12 <sup>th</sup> (commerce)
	Ku. Manisha B. Bhange. <del>Bhange</del>	12 <sup>th</sup> (commerce)
	Ku. Radha Rajesh Maradwar	11 <sup>th</sup> (Science)
	Ku. Nayana Bhayawan Meshram	11 <sup>th</sup> (Science)

*[Signature]*

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Sr. No.	Name	Class
	Achal Ramkeshna Shende <del>Achande</del>	12 <sup>th</sup> (Sci)
	Rahani Prakash Chavale	12 <sup>th</sup> Science -
	Manasi Gangadhar Deshmukh <del>Deshmukh</del>	12 <sup>th</sup> Science -
	Pooja Umesh Kapile <del>Kapile</del>	12 <sup>th</sup> Comm
	Ket. Ketki. P. Amte. <del>Akette</del>	12 <sup>th</sup> Com
	Ket. Nandini. Dongare <del>Dongare</del>	12 <sup>th</sup> Com.
	Tejasvini N. Praghani <del>Praghani</del>	11 <sup>th</sup> (Sci)
	Pratiksha R. Tayde P.R. Tayde	11 <sup>th</sup> (Sci)
	Divyani R. Sadafale <del>D. Sadafale</del>	11 <sup>th</sup> (Sci)
	Rasika G. Maske R.G. Maske	11 <sup>th</sup> (Sci)
	Jawariya Shaukh <del>Jawariya</del>	11 <sup>th</sup> (Sci)
	Aryani V. Uke <del>Amte</del>	12 <sup>th</sup> (Arts)
	chanchal. Masotkar Ymasotkar.	12 <sup>th</sup> (Arts)
	Shraddha p. Gujar <del>S. p. Gujar</del>	12 <sup>th</sup> [Arts]
	Anushka Sanjay Sonawane <del>Ahas</del>	12 <sup>th</sup> (Arts)
	Tejasvini v. Barghate <del>Barghate</del>	12 <sup>th</sup> (Com)
	Neha Suresh Puri NSPuri	12 <sup>th</sup> (Arts)
	Dhanashree Kishor Thakare	12 <sup>th</sup> (Arts)
	Shreya Vineel Bhalekar <del>Shir</del>	12 <sup>th</sup> (Arts)
	Prerana Pilip Kurde P. Kurde	12 <sup>th</sup> Arts
	shivani Gajanan Daivat <del>Saite</del>	11 <sup>th</sup> (Arts)
	Lakshi Sanjay Zambarkar <del>Saibarkar</del>	12 <sup>th</sup> (Arts)
	Khushi Premod Uke <del>to</del>	12 <sup>th</sup> (Arts)
	Rakshi Tribhuvan Shukla <del>R. Shukla</del>	12 <sup>th</sup> Art.


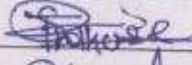
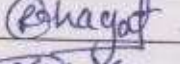

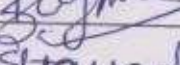
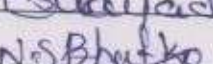
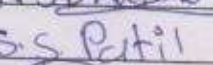

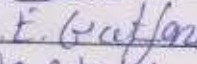
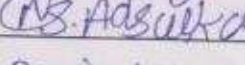
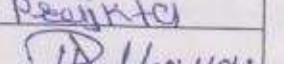
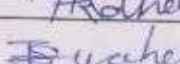
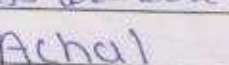
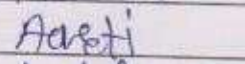
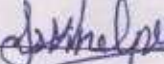


Principal



**MAHILA MAHAVIDYALAYA, AMRAVATI**  
**"Apulki" Mentor-Mentee Project**

Program : Stress management Workshop

Date : 04/10/2019

Sr.No.	Student Name	Class	Sign
	APURVA GANDVISO	12 <sup>th</sup>	
	Tejaswini Thakare	12 <sup>th</sup>	
	Radhika Bhugat	12 <sup>th</sup>	
	Alkita Khadse	12 <sup>th</sup>	
	Pallavi S. Vighne	12 <sup>th</sup>	
	Prachiya Teyde	12 <sup>th</sup>	
	Nandini Bhatkar	12 <sup>th</sup>	
	Sakshi Patil	12 <sup>th</sup>	
	Pallavi G. More	12 <sup>th</sup>	
	Shravani E. Gattane	12 <sup>th</sup>	
	Neha S. Adsulkar	12 <sup>th</sup>	
	Pranjita Gajikwad	12 <sup>th</sup>	
	Pallavi Adharye	12 <sup>th</sup>	
	Isha Sanjay Waghare	12 <sup>th</sup>	
	Achal Dnyodhan	12 <sup>th</sup>	
	Aarti Gauran Vighe	12 <sup>th</sup>	
	Sakshi Kholapur	12 <sup>th</sup>	

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Principal



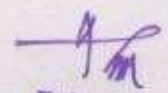
MAHILA MAHAVIDYALAYA, AMRAVATI


"Apulki" Mentor-Mentee Project

Program : Stress Management Workshop

Date : 04/10/2019

Sr. No.	Name	Class
	Vaidehi Nandkishor Kapile.	11 <sup>th</sup> Commerce.
	Poojali Satish Tidke	11 <sup>th</sup> Commerce.
	Sakshi Rajash Chandan	11 <sup>th</sup> Commerce.
	Rannu Shrinivas Kulkarni	12 <sup>th</sup> Arts
	Ku. Priyanka Dharmaj Wagnik	12 <sup>th</sup> Arts
	Ku. Diksha Varant Lonare	12 <sup>th</sup> Arts
	Ku. Sakshi S. Pachore	12 <sup>th</sup> Commerce
	Ku. Nikith. D. Sawale.	11 <sup>th</sup> Arts.
	Ku. Pratiksha B. Maheshwar	12 <sup>th</sup> Arts
	Ku. Kajal S. Athawale	11 <sup>th</sup> Commerce
	Ku. Pranjali V. Shinde	11 <sup>th</sup> Arts
	Ku. Dipali Gunvant Borekar	12 <sup>th</sup> Commerce.
	Ku. Gauti Ramdas Zukande	12 <sup>th</sup> Commerce
	Ku. Sapna. Anil Chaurbagade	12 <sup>th</sup> Arts
	Ku. Nikita Dnyaneshwar Bandaburhe	11 <sup>th</sup> Commerce
	Ku. Maria Thomas. Detha	11 <sup>th</sup> Science
	Ku. Priyanka Vinayak Rahgar	12 <sup>th</sup> Science.
	Ku. Sanskruti. P. Mandape	11 <sup>th</sup> Art
	Ku. Aarti P. Bhojan	12 <sup>th</sup> (Sci)
	Ku. Sakshi S. Bandal.	11 <sup>th</sup> Science
	Ku. Tanaya J. Bhujade	11 <sup>th</sup> Science
	Ku. Vaishnavi R. Dabhand	12 <sup>th</sup> Arts
	Ku. Anamika Prakash Thakur	12 <sup>th</sup> Arts
	Ku. Anjali Mahadev Tiwade	12 <sup>th</sup> Arts

  
Principal

  
IQAC Co-ordinator  
Mahila Mahavidyalaya  
Amravati



  
PRINCIPAL  
MAHILA MAHAVIDYALAYA  
AMRAVATI.