

KUNBI SHIKSHAN PRASARAK SANSTHA'S KHED-MUMBAI
TUKARAM BABURAO KADAM COLLEGE OF ARTS, SCIENCE AND
COMMERCE, BHARNE
Tal-Khed, Dist.- Ratnagiri-415621.

Skill Development Centre

Life Skill Activities-2016-17



1. The Skill Development Centre organized a Yoga training Program on 21/06/2016 and 111 students participated in it.
2. Conduct a one-day workshop on Physical Fitness on behalf of the Skill Development Centre. This was done on 22/09/2016. This workshop was attended by 123 students.
3. Conduct a lecture on "आरोग्यम् धनसंपदा" on behalf of the Skill Development Centre. This was done on 24/01/2017. 88 students participated in this lecture.

True Copy

[Signature]
Principal

Tukaram Baburao Kadam College Of
Arts, Science & Commerce Bharne
Tal. Khed, Dist. Ratnagiri.

Kunbi Shikshan Prasarak Sanstha Khed-Mumbai
**TUKARAM BABURAO KADAM COLLEGE OF ARTS,
SCIENCE AND COMMERCE, BHARNE,
Tal-Khed, Dist-Ratnagiri-415621**

Skill Development Centre

Yoga Training for Students

Academic Year-2016-17

Yoga training can supplement school and university education. It can prepare the students physically and mentally for the integration of their physical, mental and spiritual faculties so that the students can become healthier, saner and more integrated members of the society and of the nation. Yoga training helps on self-discipline and self-control, leading to immense amount of awareness, concentration and higher level of consciousness.

Yoga training could help to equip oneself with basic knowledge about one's personality, to learn to handle oneself well in all life situations, to learn techniques of gaining good health, to develop a discriminative mind capable of knowing the real from the unreal and face the dualities of life with equanimity.

Yoga training can enhance all the activities of the students, be it academic or sports or social. Yoga techniques provide improved attention in studies, better stamina and co-ordination for sports and a heightened awareness and balanced attitude for social activity.

Yoga education can be integrated in school education during the time set aside for P.T. but in a calm and quiet place creating the proper atmosphere for its proper study and practice.

Objectives:

- 1) To enable the student to have good health
- 2) To practice mental hygiene.
- 3) To possess emotional stability
- 4) To integrate moral values.
- 5) To attain higher level of consciousness.



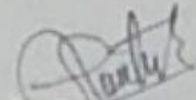
Yoga Training Schedule:

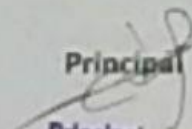
Duration: 21/06/2016 to 26/06/2016

Time: 9.30 am

Place: College Terrace

Trainer: Mr. Rutik Sabale


Co-Ordinator


Principal
Principal
Tularam Baburao Kulkarni College Of
Arts, Science & Commerce Bhamburda
Tal. - Khed. Dist. - Rahmagiri



KUNBI SHIKSHAN PRASARAK SANSTHA'S KHED-MUMBAI
TUKARAM BABURAO KADAM COLLEGE OF ARTS, SCIENCE AND
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Tal-Khed, Dist.- Ratnagiri-415621.

Skill Development Centre



Notice

Date- 15/06/2016

Yoga Training Program organized by Skill Development Centre Held on 21/06/2016. However, interested students You should register your name in the Skill Development Centre by 19/06/2016.

Time - 9.30 am

Venue - College Terrace

Convener
Skill Development Centre

True Copy

Tukaram Baburao Kadam College Of
Arts, Science & Commerce Bharne
Tal. Khed, Dist. Ratnagiri.



Skill Development Center Academic Year-2016/17 Yoga Training Program

Date: 21/06/17 Page No. _____ Duration - 21/06/2016 to 26/06/2017



S.No	Name	Roll No.	21/06/16	22/06/16	23/06/16	24/06/16	25/06/16	26/06/16
1)	Name S. D.	T.Y. B.Sc.	None	None	None	None	None	None
2)	Salvi R.B.	F.Y. B.Com	Salvi	Salvi	Salvi	Salvi	Salvi	Salvi
3)	Abhe S.A.	F.Y. B.Com	S.A. Abhe	S.A. Abhe	S.A. Abhe	S.A. Abhe	S.A. Abhe	S.A. Abhe
4)	Chavan A.S.	F.Y. B.Sc	Chavan	Chavan	Chavan	Chavan	Chavan	Chavan
5)	Charan D.S.	S.Y. B.Com	D.S. Charan	D.S. Charan	D.S. Charan	D.S. Charan	D.S. Charan	D.S. Charan
6)	Mane Rupali Suresh	S.Y. B.A	Mane R.S	Mane P.S	Mane E.S	Mane R.S	Mane R.S	Mane P.S.
7)	Ahodge Pramali Rajkumar	S.Y. B.A	Ahodge	Ahodge	Ahodge	Ahodge	Ahodge	Ahodge
8)	Akhddle Laxmi Pandurang	S.Y. B.A	Laxmi	Laxmi	Laxmi	Laxmi	Laxmi	Laxmi
9)	Patane sayaji M	S.Y. B.A	sayaji	sayaji	sayaji	sayaji	sayaji	sayaji
10)	Marankar P. P	S.Y. B.A	P.P.M	P.P.U	P.P.U	P.P.U	P.P.U	P.P.U
11)	Malkar S. S.	T.Y. B.Sc.	Malkar	Malkar	Malkar	Malkar	Malkar	Malkar
12)	Shigvan S.S.	F.Y. B.Com	Shigvan	Shigvan	Shigvan	Shigvan	Shigvan	Shigvan
13)	Mahadik R.B.	F.Y. B.Com	Mahadik	Mahadik	Mahadik	Mahadik	Mahadik	Mahadik
14)	Advade N.R	S.Y. B.Com	Advade	Advade	Advade	Advade	Advade	Advade
15)	Baikar. A.A.	S.Y. B.Com	AB	AB	AB	AB	AB	AB
16)	Golkar Dipali. B	S.Y. B.Sc	Dipali	Dipali	Dipali	Dipali	Dipali	Dipali
17)	ghmale S.S	S.Y. B.Sc	ghmale	ghmale	ghmale	ghmale	ghmale	ghmale
18)	kadam Nanduni. C	S.Y. B.Sc	kadam	ghadam	ghadam	ghadam	ghadam	ghadam
19)	Tambhikar A.S.	F.Y. B.Com	Ambhikar	Ambhikar	Ambhikar	Ambhikar	Ambhikar	Ambhikar
20)	More V.V.	F.Y. B.Com	More	More	More	More	More	More
21)	Kadam Bharati	S.Y. B.Sc	Kadam. B	Kadam. B	Kadam. B	Kadam. B	Kadam. B	Kadam. B
22)	Bhavad R.R	S.Y. B.Com	AB	AB	AB	AB	AB	AB
23)	Bade P.E.	F.Y. B.Sc.	AB	AB	AB	AB	AB	AB
24)	Bhavad N.S	S.Y. B.Com	AB	AB	AB	AB	AB	AB
25)	Chavan P.S	S.Y. B.Com	AB	AB	AB	AB	AB	AB
26)	Shinde D.D.	F.Y. B.Sc	Shinde	Shinde	Shinde	Shinde	Shinde	Shinde
27)	Chinkate M.S.	F.Y. Y. B.Com	Shinde	Shinde	Shinde	Shinde	Shinde	Shinde
28)	Chavan S.S	S.Y. B.Com	AB	AB	AB	AB	AB	AB
29)	Gurav. A.V	S.Y. B.Com	AB	AB	AB	AB	AB	AB
30)	Pagade P.P.	S.Y. B.Com	AB	AB	AB	AB	AB	AB
31)	shilbe A.A.	F.Y. B.Sc	AB	AB	AB	AB	AB	AB
32)	Sagavekar Y.G	S.Y. B.Com	AB	AB	AB	AB	AB	AB



IKON Page No. Date

15/07/2020



IKON Page Date

37)	Arunate AKshay Anil	S.V. B.Sc	A.D.A.R	A.D.A.R	A.D.A.R	A.D.A.R	A.D.A.R
38)	Chandker P.L.	F.Y. B.Com	Khopatkar	Khopatkar	Khopatkar	Khopatkar	Khopatkar
35)	Pimpalkar V.V	S.Y. B.Com					
36)	Lone R.S.	F.Y. B.Sc	Ran	Ran	Ran	Ran	Ran
37)	Patel Amit Santosh	S.V. B.Sc	Arpit	Arpit	Arpit	Arpit	Arpit
38)	Kergane K.A.	F.Y. B.Com	Kergane	Kergane	Kergane	Kergane	Kergane
39)	Ghanekar G.G.	S.Y. B.Com					
40)	Mane D.D.	S.Y. B.Com	Draupe	Draupe	Draupe	Draupe	Draupe
41)	Nachae G.C.	S.Y. B.Com					
42)	Gojamal T.S.	F.Y. B.Sc					
23)	Khojekar S.S.	F.Y. B.Com	Khopatkar	Khopatkar	Khopatkar	Khopatkar	Khopatkar
44)	Pasht R.R.	S.Y. B.Com					
45)	Ghanekar N.C.	S.Y. B.Com	Chandekar	Chandekar	Chandekar	Chandekar	Chandekar
46)	Tadhyl S.S.	T.Y. B.Com					
47)	Ambarde Aniket Arant	S.V. B.Sc	Aniket	Aniket	Aniket	Aniket	Aniket
48)	Kadam B.D.	S.V. B.Sc	Kadamb	Kadamb	Kadamb	Kadamb	Kadamb
49)	Pawar S.V.	F.Y. B.Com	Patil	Patil	Patil	Patil	Patil
50)	Kinjalkar H.R.	F.Y. B.Com					
51)	Agre M.L.	S.Y. B.Com					
52)	Shiguan A.E.	S.Y. B.Com	Shiguan	Shiguan	Shiguan	Shiguan	Shiguan
53)	Kothare M.M.	S.Y. B.Sc	Mu	Mu	Mu	Mu	Mu
54)	Sakpal P.A.	F.Y. B.Com	Sakpal	Sakpal	Sakpal	Sakpal	Sakpal
55)	Moghadk S.S.	F.Y. B.Com					
56)	Takhal B.A.	S.Y. B.Com					
57)	Aravale A.S.	S.Y. B.Com	Aravale	Aravale	Aravale	Aravale	Aravale
58)	Gingh P.S.	T.Y. B.D.	P.Sing	P.Sing	P.Sing	P.Sing	P.Sing
59)	Khopatkar K.E.	S.V. B.Sc	Ran	Ran	Ran	Ran	Ran
60)	Kangale P.L.	F.Y. B.Com	Kangale	Kangale	Kangale	Kangale	Kangale
61)	Bhosale P.A.		Bhosale	Bhosale	Bhosale	Bhosale	Bhosale
62)	Mali M.N.	S.Y. B.Com	mali m.	mali m.	mali m.	mali m.	mali m.
63)	Khapkar M.S.	T.Y. B.A.	m.khapkar	m.khapkar	m.khapkar	m.khapkar	m.khapkar
64)	Shiguan S.R.	S.Y. B.Com					
65)	Tankar P.B.	F.Y. B.Sc	Tankar	Tankar	Tankar	Tankar	Tankar



65)	Shahre D.S.	F.Y. Bcom	Dharmapala	Shahre	Dharmapala	Dharmapala	Dharmapala	Dharmapala
67)	Podkade S.V.	F.V. Bcom	S.V.D.	SND	S.V.D.	S.V.D.	S.V.D.	S.V.D.
68)	Jangam S.Bi	F.V. Bcom	Siangam	Siangam	Siangam	Siangam	Siangam	Siangam
69)	Pawar P.T.	F.V. B.A	Pawar P.	Pawar P.	Pawar P.	Pawar P.	Pawar P.	Pawar P.
70)	Agre A.G.	T.V. Bcom	Aggre	Aggre	Aggre	Aggre	Aggre	Aggre
71)	Agre Y.C.	T.V. Bcom	Y.G. Agre	Y.G. Agre	Y.G. Agre	Y.G. Agre	Y.G. Agre	Y.G. Agre
72)	Koli K.A.	F.V. B.P.	K.A. Koli	K.A. Koli	K.A. Koli	K.A. Koli	K.A. Koli	K.A. Koli
73)	Chile A.N	F.V. Bcom	Anchile	Anchile	Anchile	Anchile	Anchile	Anchile
74)	Shinde P.D.	F.V. B.A	Anchile	Anchile	Anchile	Anchile	Anchile	Anchile
75)	Humbre N.B.	T.V. Bcom	Humbre	Humbre	Humbre	Humbre	Humbre	Humbre
76)	Zore R.R.	T.V. Bcom	Zore	Zore	Zore	Zore	Zore	Zore
77)	Pandam P.S.	F.V. B.P.	Pandam	Pandam	Pandam	Pandam	Pandam	Pandam
78)	Tambe S.S	S.V. B. Com	Tambe	Tambe	Tambe	Tambe	Tambe	Tambe
79)	Chiman S.W.	T.V. Bcom	Chiman	Chiman	Chiman	Chiman	Chiman	Chiman
80)	Kadam A.A.	T.V. Bcom	Kadam	Kadam	Kadam	Kadam	Kadam	Kadam
81)	Gejmal S.R.	T.V. Bcom	Gejmal	Gejmal	Gejmal	Gejmal	Gejmal	Gejmal
82)	Chalap R.S.	T.V. Bcom	Chalap	Chalap	Chalap	Chalap	Chalap	Chalap
83)	Patil Paja R.	F.V. Bcom	Patil	Patil	Patil	Patil	Patil	Patil
84)	Gopal V.S.	F.V. Bcom	Gopal	Gopal	Gopal	Gopal	Gopal	Gopal
85)	Gole P.C.	F.V. B.A	Gole	Gole	Gole	Gole	Gole	Gole
86)	Jadhav V.D.	T.V. Bcom	Jadhav	Jadhav	Jadhav	Jadhav	Jadhav	Jadhav
87)	Jadhav V.D.	T.V. Bcom	Jadhav	Jadhav	Jadhav	Jadhav	Jadhav	Jadhav
88)	Agre C.V.	F.V. Bcom	Agre	Agre	Agre	Agre	Agre	Agre
	Coite S.V.	T.V. Bcom	Coite	Coite	Coite	Coite	Coite	Coite
	Rhuzale G.S.	T.V. Bcom	Rhuzale	Rhuzale	Rhuzale	Rhuzale	Rhuzale	Rhuzale
	Challe S.R.	F.V. B.A	Challe	Challe	Challe	Challe	Challe	Challe
	Nikam P.B	S.V. B. Com	Nikam	Nikam	Nikam	Nikam	Nikam	Nikam
	Nirmol V.T.	T.V. Bcom	Nirmol	Nirmol	Nirmol	Nirmol	Nirmol	Nirmol
	Jagdale U.V.	F.V. Bcom	Jagdale	Jagdale	Jagdale	Jagdale	Jagdale	Jagdale
	Tambe M.D.	T.V. B.A	Tambe	Tambe	Tambe	Tambe	Tambe	Tambe
	Nikam A.Y	S.V. B. Com	Nikam	Nikam	Nikam	Nikam	Nikam	Nikam
	Akhade S.S.	T.V. Bcom	Akhade	Akhade	Akhade	Akhade	Akhade	Akhade
	Udix S.S.	F.V. B.A	Udix	Udix	Udix	Udix	Udix	Udix
	Sandhuat J.C.	T.V. B.A.	Sandhuat	Sandhuat	Sandhuat	Sandhuat	Sandhuat	Sandhuat



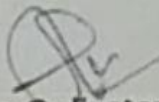
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101)	Malvase P.S	S.Y. B.Com	AB	AB	AB	AB	AB	AB
102)	Baldole A.D.	S.Y. BA	AB	AB	AB	AB	AB	AB
103)	Rame N.N.	S.Y. BA	AB	AB	AB	AB	AB	AB
104)	More C.R	S.Y. B.Com	AB	AB	AB	AB	AB	AB
105)	Devankar A.T.	S.Y. B.A.	AB	AB	AB	AB	AB	AB
106)	Shinde W.K.	S.Y. BA	AB	AB	AB	AB	AB	AB
107)	Pothaze S.D.	S.Y. BA	AB	AB	AB	AB	AB	AB
108)	Hambire A.S.	T.Y. BA	AB	AB	AB	AB	AB	AB
109)	Kondhkar S.S.	F.Y. B.Com	AB	AB	AB	AB	AB	AB
110)	Hambir A.A.	F.Y. B.Com	AB	AB	AB	AB	AB	AB
111)	More S.S	S.Y. B.Com	AB	AB	AB	AB	AB	AB
112)	Cesavi A.S.	S.Y. B.A.	AB	AB	AB	AB	AB	AB
113)	Bhavad S.Y.	T.Y. BA	AB	AB	AB	AB	AB	AB
114)	Shigan S.A.	S.Y. BA	AB	AB	AB	AB	AB	AB
115)	Jadhav Veerhu A.	F.Y. B.Com	AB	AB	AB	AB	AB	AB

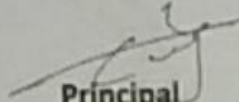
Kunbi Shikshan Prasarak Sanstha Khed-Mumbai
**TUKARAM BABURAO KADAM COLLEGE OF ARTS,
SCIENCE AND COMMERCE, BHARNE,
Tal-Khed, Dist-Ratnagiri-415621**

Skill Development Centre

Activity Report – 2016-17

Name of the activity	Yoga training for students
Duration	21/06/2016 to 26/06/2016
Time	9 30 am
Venue	College Terrace
Organized by	Skill Development Centre
Trainers	Mr. Rutik Sabale
No. of participants	111
Nature of activity	Extra-curricular
Objectives of Activity	1) To enable the students to have good health 2) To practice mental hygiene 3) To possess emotional stability 4) To integrate moral values 5) To attain higher level of consciousness
Brief information of the Activity	After the registration of the participants, they actively attended regular Training programmes. They made practice of yoga and pranayama.
Expected Outcomes	The Students are expected to be: 1) To enable to have good health. 2) To practice mental hygiene. 3) To possess emotional stability. 4) To integrate moral values. 5) To attain higher level of consciousness.


Co-Ordinator


Principal

Principal
Tukaram Baburao Kadam College Of
Arts, Science & Commerce Bharna
Tal-Khed, Dist.-Ratnagiri.



Kunbi Shikshan Prasarak Sanstha Khed-Mumbai
**TUKARAM BABURAO KADAM COLLEGE OF ARTS,
SCIENCE AND COMMERCE, BHARNE,
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Skill Development Centre

Health fitness Activity for Students

Academic Year-2016-17

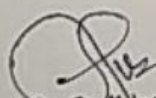
Health is wealth, rightly said Fitness is the cornerstone of good health. The best way of living a good life is by maintaining good health and fitness. Good health and fitness imply both mental and physical well-being. We should always remember that a healthy mind can only be gained by being healthy.

Students get a lot of benefits from physical education. It can help students to become more aware of the importance of a healthy lifestyle. Students can also retain a higher level of knowledge as a result of the overall health. This knowledge can help them to make wise decisions concerning their safety, health, and wellbeing. Physical fitness can be a key component of a healthy lifestyle. When regular fitness activities are included in the lifestyle of a student, it is possible for them to maintain fit. Regular physical activity can help to improve the absorption of nutrients in the body.

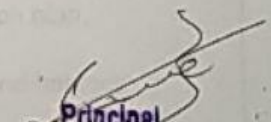
It also helps to improve cardiovascular health and develop muscular strength. students continue to focus on skill development with activities in partnerships and in games with small groups that allow everyone to participate. It is important to the department to allow every student to develop at his or her own pace, and to encourage each individual to achieve his or her potential.

Objectives:

- 1) Get onto a healthy nutrition plan.
- 2) Improve your flexibility and balance.
- 3) Physical education class also emphasizes proper diet, body weight, and health issues.
- 4) Improve our immune system.
- 5) Fostering motivational attitude to the physical education, healthy lifestyle and regular exercising;


Co-Ordinator




Principal
Tukaram Baburao Kadam College Of
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Skill Development Centre



Notice

Date- 21/09/2016

Lecture on Physical Fitness on behalf of Skill Development Centre Will be done on 22/09/2016. However, interested students should participate in large numbers

Time - 9.30 am

Venue - Seminar Hall

Convener
Skill Development Centre

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Tukaram Baburao Kadam College Of
Arts, Science & Commerce Bharne
Tal. Khed, Dist. Ratnagiri.

Skill Development Centre
Physical Fitness
Student list

Page No.

Date

Date - 22/09/2016

1)	Chavan Dipti		T.Y. B.com
2)	Akhade Vikas	S.Y. Bsc.	Akhavan
3)	Mahade Krishna B	P.Y. B.A	Krishna
4)	Bingare Ajay S.	F.Y. Bsc	A.S. Bingare
5)	Shinde Sumedh Sunil	T.Y. BA	SS
6)	Shinde Nitin K	S.Y. Bsc	SS Shinde
7)	Nardkar S.S.	T.Y. B.D.	SSN
8)	Dhebe Ganesh R	T.Y. B.com	T.Y. B.com
9)	Neavare Malini D.	T.Y. Bsc.	ND
10)	Nalavade Shital	S.Y. Bsc	D. Dhebe
11)	Nikam Boman K.	P.Y. B.D.	Nalavade
12)	Kolambe Ajay Ashok	T.Y. B.D.	Shital Nalavade
13)	Jadhav Anil Bhatu	T.Y. Bsc.	Sonunivadi
14)	Rane Poonam	F.Y. B.A	Rane
15)	Bhuvad N.S.	T	T.Y. B.com
16)	Bare Kachana	S.Y. Bsc	B.N.S.
17)	Kadam Amrta.	P.Y. B.A.	Atravada
18)	Gawali Anamita A.	P.Y. Bsc.	Asmita
19)	Dadkhade Prajakta	S.Y. Bsc	Prajakta
20)	Dalavi S.S.	S.Y. B.com	SS Dalavi
21)	Chavan Shweta	T.Y. B.com	T.Y.
22)	Chamelkar Anurata L.	S.Y. B.com	R.Chamelkar
23)	Dalavi Ritesh	S.Y. Bsc	Ritesh
24)	Mahade Anukita S.	S.Y. B.com	Anukita Mahade
25)	Pashte Runali K	T.Y. B.com	Runali K. Pashte
26)	Dhadave Vijaya Y.	P.Y. Bsc	Vidave
27)	Gajmal Tushar S.	S.Y. Bsc	Tushar Gajmal
28)	Baikar Ganesh C.	F.Y. Bsc	Ganesh
29)	Maharajalli Parshin.	P.Y. Bsc	Parshin
30)	Remaje Sarika G.	T.Y. B.com	G.S. Remaje
31)	Ghurekar Rupesh	S.Y. Bsc	Rupesh

32)	Gawron Avinash	T.Y. Bcom	
33)	Chavan Prashant	S.Y. BA	
34)	Bhavad Minakshi S	S.Y. BA	MBhavad
35)	Chavankar Sahil	S.Y. Bsc	
36)	Khapre Akshay A.	F.Y. Bsc.	
37)	More Devendra	T.Y. Bcom	
38)	Jadhav V. R.	F.Y. Bcom	
39)	Chavan Pravin	S.Y. BA	
40)	Kamble M. B.	T.Y. BA	
41)	More Mangesh	S.Y. Bsc	
42)	Kayakwad Harshad S.	F.Y. Bsc.	
43)	Morwal Pratik	T.Y. Bcom	
44)	Umashree Sagar	T.Y. Bsc.	
45)	Bhagane S.S.	S.Y. BA	Bhagane
46)	Chalke Parvati P.	T.Y. Bsc	
47)	Panchalkar Suraj	S.Y. Bsc	
48)	Chamelkar Rahul	F.Y. Bsc.	
49)	Pashte Akash	T.Y. Bcom	
50)	Ambre Rohit B.	T.Y. Bsc.	
51)	Palkar Ketan	S.Y. Bsc	
52)	Dhebe Kamal Kondiba	T.Y. BA	
53)	Hambir Priya.	S.Y. BA	Priya
54)	Bhosale Akshay G.	T.Y. Bsc	
55)	Revale Akshay	T.Y. Bcom	
56)	Shigwan Patsna	S.Y. BA	Shigwan
57)	Jawant Akash	S.Y. Bsc	
58)	Jadhav Sujay Sanjay	T.Y. BA	
59)	Udek Shehal	S.Y. BA	Udek
60)	Getar R.G.	S.Y. Bcom	
61)	Talwar Pratik	T.Y. Bcom	
62)	Jadhav Akshay	S.Y. BA	AJadhav
63)	Sutan Vishal	S.Y. Bsc	
64)	Kherade Satish	S.Y. BA	Satish
65)	Chavare Manjiri	S.Y. Bsc	

67)	Chalake Shital	T.Y. Bcom	Shital
68)	Chile Sushant	F.Y. Bcom	
69)	Bhinde Ashish	S.Y. B.A	Ashish
70)	Hambir Bajram T.	F.Y. B.A	STHambir
71)	Ambre Bhakti D.	T.Y. Bcom	BAure
72)	Padvekar Umesh G.	F.Y. B.A.	
73)	Tadhar Ratnesh	F.Y. Bcom	
74)	Palkar Shubham S.	F.Y. B.A.	
75)	Bhosle Kishor	F.Y. B.A.	Kishor
76)	Dalavi Amol A.	T.Y. Bcom	Amol
77)	Mohite Rani Surendra	T.Y. B.A.	
78)	Chavon Anil	F.Y. Bcom	
79)	Mhaske Pratiksha A.	S.Y. B.A	Pratiksha
80)	Solekar Tamisi U.	F.Y. B.A.	
81)	Natarade Kunal	F.Y. Bcom	
82)	Nadkar Sonali Sakharam	T.Y. B.A.	
83)	Sawant N. V.	F.Y. B.A.	
84)	Kadam A. S.	S.Y. B.A.	Akash
85)	Natarade Akash	F.Y. Bcom	
86)	Butala Neha Shishir	T.Y. B.A.	Butala
87)	Goswami Manjiri V.	S.Y. B.A.	
88)	Ghadge Amit	S.Y. B.A.	Amit
89)	Dalavi Dhanshri	F.Y. Bcom	
90)	Hilam Nilesh T.	T.Y. B.A.	
91)	Darekar Vid Divya	F.Y. B.A.	
92)	Gite Ravina	F.Y. Bcom	
93)	Burondkar T. S.	F.Y. B.A.	
94)	Gosoi A. S.	T.Y. B.A.	AGosoi
95)	Ambre A. C.	F.Y. B.A.	
96)	Tadhar Shobha Shweta	F.Y. Bcom	
97)	Yelwe Prajakta M.	S.Y. B.com	
98)	Kadam N. R.	S.Y. B.com	
99)	Ambekar L. M.	T.Y. B.A.	UMA
100)	Tadyal Dipti	F.Y. Bcom	

100)	Shigvan Rinku	F.Y. Bcom	Pinku
101)	Gothel Anikita I	F.Y. Bsc.	AAloket
102)	Lokande F. M.	T.Y. BA	FNlan
103)	Kadam Bharti D	T.Y. Bsc.	BDK
104)	Charan Sunil	F.Y. B.A	Sunil
105)	Misal Pritam	F.Y. Bcom	PMU
106)	Pemje Anant S.	F.Y. Bsc.	SPemje
107)	Sawant S.G.	T.Y. BA	SSawant
108)	Pawar Sumit S.	T.Y. Bsc.	Sumit P.
109)	Gavade Pratik	F.Y. Bcom	Pratik G
110)	Bhosale Suzaj	T.Y. BA	SBhosale
111)	Shinde Nimod.	F.Y. B.A	NIS
112)	Dhebe Priyanka	F.Y. B.A	PDhebe
113)	Borate Siddhesh	F.Y. Bcom	SBorate
114)	Birje Shubham	F.Y. B.A.	SBirje
115)	Godage Pranali Rajkumar	T.Y. BA.	SGodage
116)	Mahalik Harshad	F.Y. B.A	HMahalik
117)	More Ruchita.	F.Y. B.A.	R. More
118)	Gawalkar Sampada	F.Y. B.A	SGawalkar
119)	Kadam Jagar	F.Y. Bcom	JKadam
120)	Ambarekar Mahesh P.	F.Y. Bsc.	MAA.
121)	Malikar Vishal	F.Y. Bcom	VMalikar
122)	Dalvi Vivek.	T.Y. BA	VDalvi
123)	More Pragati	F.Y. Bsc.	P. More
124)	Nikam Rutuja Ravindra	T.Y. BA.	RNikam
	Birje Shubham	F.Y. B.A	
	Mahalik Harshad	F.Y. B.A	

Kunbi Shikshan Prasarak Sanstha Khed-Mumbai
**TUKARAM BABURAO KADAM COLLEGE OF ARTS,
SCIENCE AND COMMERCE, BHARNE,**
Tal-Khed, Dist-Ratnagiri-415621

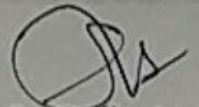
Skill Development Centre

Activity Report – 2016-17

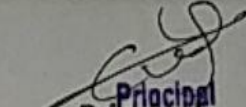


Name of the activity	Health fitness for students
Duration	22/09/2016
Time	9.30 am
Venue	Seminar Hall
Organized by	Skill Development Centre
Trainers	Dr. Milind Kulkarni, Snjivani Clinic, Khed
No. of participants	123
Nature of activity	Extra-curricular
Objectives of Activity	<ol style="list-style-type: none">1) Get onto a healthy nutrition plan.2) Improve your flexibility and balance.3) Physical education class also emphasizes proper diet, body weight, and health issues.4) Improve our immune system.5) Fostering motivational attitude to the physical education, healthy lifestyle and regular exercising;
Brief information of the Activity	After the registration of the participants, they actively attended regular Training programmes. They made practice of Health fitness for students
Expected Outcomes	The Students are expected to be: <ol style="list-style-type: none">1) Get onto a healthy nutrition plan.2) Improve your flexibility and balance.3) Physical education class also emphasizes proper diet, body weight, and health issues.

<p>WIKRAM BANSAL SCIENCE</p>	<p>4) Improve our immune system. 5) Fostering motivational attitude to the physical education, healthy lifestyle and regular exercising;</p>
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Co-Ordinator




Principal
Tukaram Baburao Kadam College Of
A. S. Science & Commerce Bhare
Tal.-Khed. Dist.-Ratnagiri.

Health is which rightly said is the greatest of all wealth. The happiness of the good life is by making the good health and fitness. Good health and fitness are the foundation of a good life. We should always remember that a fit body can only be gained by being healthy.

Students get a lot of benefits from physical education. It can help them to become more aware of the importance of a healthy lifestyle. Students get more knowledge as a result of the overall health. This knowledge helps them to make wise decisions concerning their safety, health, and well-being. Physical education is a very important part of a healthy lifestyle. When regular fitness activities are included in the schedule of a student, it is possible for them to maintain the highest level of health and fitness. This helps in the absorption of nutrients in the body.

It also helps to improve cardiovascular health and develop muscular strength. Students continue to focus on well-being and health with a variety of activities. In small groups that work together to support each other, it is important to be supported and encouraged. This helps to develop a healthy lifestyle and to encourage each individual to achieve their best potential.

Objectives

- 1) Get into a healthy routine.
- 2) Improve your flexibility and balance.
- 3) Physical education helps to improve mental health, body is right, and health is right.
- 4) Increase our fitness level.
- 5) Fostering motivational attitude to the physical education, healthy lifestyle and regular exercising.

KUNBI SHIKSHAN PRASARAK SANSTHA'S KHED-MUMBAI
TUKARAM BABURAO KADAM COLLEGE OF ARTS, SCIENCE AND
COMMERCE, BHARNE
Tal-Khed, Dist.- Ratnagiri-415621.

Skill Development Centre



Notice

Date- 20/01/2017

Lecture on Health Problem on behalf of Skill Development Centre
Will be done on 24/01/2017. However, interested students should
participate in large numbers

Time - 9.30 am
Venue - Seminar Hall

Convener

Skill Development Centre

True Copy

Principal
Tukaram Baburao Kadam College Of
Arts, Science & Commerce Bharne
Tal.Khed,Dist.Ratnagiri.

Principal
Tukaram Baburao Kadam College Of
Arts, Science & Commerce Bharne
Tal.-Khed, Dist.-Ratnagiri.

Skill Development Centres

IKON Page No.

आरोपण संस्था on lecture

Student Attendance list Dt- 24/01/2017

Student Name	Class	Sign.
1) Jadhav V. A	F. Y. B. Com	<u>A Jadhav</u>
2) Chimam S. N	T. Y. B. com	
3) Barte G. S	T. Y. B.	
4) Khoparkar S. S	F. Y. B. Com	<u>Skhoparkar</u>
5) Pawar P. T.	F. Y. B. A	
6) Zore R. R	T. Y. B. com	
7) Gale R. G	F. Y. B. A	
8) Pawar S. V	F. Y. B. Com	<u>Spawar</u>
9) Shinde A. A	F. Y. B. A	
10) Chavhan P. S.	S. Y. Bcom	<u>Chavhan</u>
11) Akhade S. S	T. Y. B. Com	
12) Kall K. A	F. Y.	
13) Shibe A. A.	F. Y. Bsc	<u>Ashibe</u>
14) Bade A. R.	F. Y. Bsc	<u>A. R. Bade</u>
15) Gomekar G. G.	S. Y. Bcom.	<u>Gomekar</u>
16) Agare A. G.		
17) Dhadve D. S	F. Y. B. Com	<u>Dhadve</u>
18) Agare Y. G		
19) Adavade N. R.	S. Y. Bcom	
20) Chavan A. S.	F. Y. Bsc.	<u>Chavan A.S.</u>
21) Kadam M. C.	F. Y. Bsc.	<u>M.C. Kadam</u>
22) Gomal S. S.	F. Y. Bsc.	<u>Gomal</u>
23) Jadhav V. D.	T. Y. B. com	
24) Rangale P. L.	F. Y. B. Com	<u>Rangale</u>
25) Pandam P. S.	F. Y. B.	
26) Borkar A. A.	S. Y. Bcom.	
27) Udek S. S.	F. Y. B. A	
28) Shinde D. D.	F. Y. Bsc.	<u>Shinde</u>
29) Chavan A. S.	F. Y. Bsc	<u>Chavan A.S.</u>
30) Chavake S. R.	F. Y. B. A	
31) Bhuvad R. R.	S. Y. Bcom	<u>Bhuvad</u>

32	Pawar A.S.	S.Y. B.Sc.	<u>Aspawar</u>
33	Malap R.J.	T.Y. B.com	
34	Dha-Sale A.A.	S.Y. B.A	
35	Tambitkar A.S.	F.Y. B.Com	<u>Tambitkar</u>
36	Gosavi A.S.	S.Y. B.A	
37	Pashte R.R.	S.Y. B.com	R.R. Pashte
38	deruankar A.T.	S.Y. B.A	
39	Mane S.D.	T.Y. BSc	<u>Mane</u>
40	Malkar S.S.	T.Y. Bsc.	<u>Malkar</u>
41	Niramal V.T.	T.Y. B.com	
42	Rane N.N.	S.Y. B.A	
43	Kondvilkar S.S.	F.Y. B. Com	<u>Kondvilkar</u>
44	Agee M.L.	S.Y. B.com.	<u>Agee</u>
45	Shivan S.S.	S.Y. B.A	
46	Ghadage P.R.	S.Y. BA	<u>Ghadage</u>
47	Pathare S.S.	S.Y. B.A	
48	Geete S.V.	S.Y. B.A	
49	Shivan S.S.	F.Y. B. Com	<u>Shivan</u>
50	Hhumbe A.B.	S.Y. B.A	
51	Ambre A.A.	S.Y. B.Sc.	<u>Ambre</u>
52	Zoze R.S.	F.Y. Bsc.	<u>Zoze</u>
53	Kadam B.D.	S.Y. Bsc	<u>Bdkadam</u>
54	Hambire T.S.	T.Y. B.A	
55	Chinkate M.S.	F.Y. B. Com	<u>Chinkate</u>
56	Dhadkade S.B.	F.Y. B. Com	<u>Bhadkade</u>
57	Bhuvad N.S.	S.Y. B.com.	N.S. Bhuvad.
58	Bhuvad S.Y.	S.Y. B.com	
59	Agine C.V.	F.Y. B. Com	<u>Agine</u>
60	Shinde N.K.	S.Y. B.com	
61	Chauhan P.S.	S.Y. B.com	<u>Chauhan</u>
62	Kothare M.M.	S.Y. B.Sc.	<u>M.M. Kothare</u>
63	Mane R.S.	S.Y. BA	<u>Mane</u>
64	khopkar NS NS	S.Y. B.A	
65	Gezav N.V.	S.Y. B.com	<u>N.V. Gezav</u>

66	Ghanekar P. L	F. Y. B. Com P. L. Ghanekar
67	Tambur M. D	S. Y. B. A
68	Shinde N. K.	S. Y. B. A
69	Ambre A. A.	S. Y. B. Sc. Ambre
70	Golkar D. B.	S. Y. B. Sc. Golkar
71	Bhosale A. A.	S. Y. B. A
72	Jankar P. B.	F. Y. B. Sc. Jankar
73	Gajmal T. S.	F. Y. B. Sc. Gajmal
74	Pimpalkar N. V.	S. Y. B. Com. N. V. Pimpalkar
75	Sondker S. U.	S. Y. B. A
76	Patil Pooja R	F. Y. B. Com P. Patil
77	Pangale P. P.	S. Y. B. Com P. P. Pangale
78	Gogate A. S.	S. Y. B. A
79	Waramkar P. P.	S. Y. B. A P. Waramkar
80	Aakhade L. P.	S. Y. B. A Pakhade
81	Chauhan S. S.	S. Y. B. Com. Chauhan S. S.
82	Moye R. S.	S. Y. B. A
83	Khopatkar K. R.	S. Y. B. Sc. Khopatkar
84	Kadam Bhurati	S. Y. B. Sc. Kadam
85	Shigavan S. S.	S. Y. B. A
86	Gathal N. S.	F. Y. B. Com Gathal
87	Sagvelkar Y. G.	S. Y. B. Com. Sagvelkar Y. G.
88	Chile A. N.	F. Y. B. Com Chile

Life Skill Activity Photos-2016-17

3) Health Checkup camp 2018-19

