

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

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## Skill Development Centre

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### Life Skill Activities-2018-19

1. The Skill Development Centre organized a Yoga training program on 21/06/2018 and 131 students participated in it.
2. Conduct a one-day workshop on Physical Fitness on behalf of the Skill Development Centre. This was done on 30/08/2018. This workshop was attended by 141 students.
3. Provide a lecture on the topic of "Need for a Healthy Health" on behalf of the Skill Development Centre. This was done on 06/02/2019. 91 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**

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### **Skill Development Centre**

#### **Yoga Training for Students**

**Academic Year-2018-19**

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.



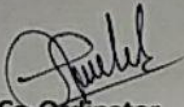
**Yoga Training Schedule:**

Duration: 21/06/2018 to 26/06/2018

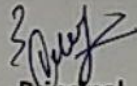
Time: 9.30 am

Place: College Terrace

Trainer: Miss Manjiri Joshi

  
Co-Ordinator



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

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## Skill Development Centre

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### Notice

Date- 11/06/2018

Yoga Training Program organized by Skill Development Centre Held on 21/06/2018. However, interested students You should register your name in the Skill Development Centre by 17/06/2018.

Time - 9.30 m

Venue - College Terrace

Convener

Skill Development Centre

Principal

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

True Copy

Principal

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

Skill Development Centre  
 Yogan Vigyanam Pragma

duration - 21/06/2018 TO 26/06/2018



Name of Student	Class	21/06/2018	22/06/18	23/06/18	24/06/18	25/06/18
1) chavan Sandip T.	T.Y.B.Tech chavan S	chavan S	chavan S	chavan S	chavan S	chavan S
2) Datt S.P.	T.Y.B.A Gatt	Gatt	Gatt	Gatt	Gatt	Gatt
3) Phadve D.S.	T.Y.B.Tech P.D.S	P.D.S	P.D.S	P.D.S	P.D.S	P.D.S
4) Sani K.K.	T.Y.B.A Sani	Sani	Sani	Sani	Sani	Sani
5) Dhawal A.Y.	T.Y.B.A Dhawal	Dhawal	Dhawal	Dhawal	Dhawal	Dhawal
6) Khoslate P.D.	T.Y.B.Tech P.D.	P.D.	P.D.	P.D.	P.D.	P.D.
7) Gulage S.S.	T.Y.B.Tech S.S.	S.S.	S.S.	S.S.	S.S.	S.S.
8) Tathav V.O.	T.Y.B.Tech Tathav	Tathav	Tathav	Tathav	Tathav	Tathav
9) Chaitale P.O.	T.Y.B.Tech Chaitale	Chaitale	Chaitale	Chaitale	Chaitale	Chaitale
10) Patil D.D.	T.Y.B.Tech Patil	Patil	Patil	Patil	Patil	Patil
11) Dhawal P.L.	T.Y.B.Tech Dhawal P.	Dhawal P.	Dhawal P.	Dhawal P.	Dhawal P.	Dhawal P.
12) Jaiside Dhawal P.	T.Y.B.Tech Jaiside	Jaiside	Jaiside	Jaiside	Jaiside	Jaiside
13) Kute Anush Agraj	T.Y.B.Tech Kute	Kute	Kute	Kute	Kute	Kute
14) Dnyanesh Jankar R.	T.Y.B.Tech Dnyanesh	Dnyanesh	Dnyanesh	Dnyanesh	Dnyanesh	Dnyanesh
15) Nanyash Daga S.	T.Y.B.Tech Nanyash	Nanyash	Nanyash	Nanyash	Nanyash	Nanyash
16) Manand S.R.	T.Y.B.Tech Manand	Manand	Manand	Manand	Manand	Manand
17) Fadli P.S.	T.Y.B.Tech Fadli	Fadli	Fadli	Fadli	Fadli	Fadli
18) Jadhav P.R.	T.Y.B.A Jadhav	Jadhav	Jadhav	Jadhav	Jadhav	Jadhav
19) Dhalkar A.K. Jadhav P.	T.Y.B.Tech Dhalkar	Dhalkar	Dhalkar	Dhalkar	Dhalkar	Dhalkar
20) Gokhale Tejas D.	T.Y.B.Tech Gokhale	Gokhale	Gokhale	Gokhale	Gokhale	Gokhale
21) Kadam V.V.	T.Y.B.Tech Kadam	Kadam	Kadam	Kadam	Kadam	Kadam
22) Dalavi S.S.	T.Y.B.Tech Dalavi	Dalavi	Dalavi	Dalavi	Dalavi	Dalavi
23) Chavan S.S.	T.Y.B.Tech Chavan	Chavan	Chavan	Chavan	Chavan	Chavan
24) Yashant P.A.	T.Y.B.Tech Yashant	Yashant	Yashant	Yashant	Yashant	Yashant
25) Sutar P.E.	T.Y.B.Tech Sutar	Sutar	Sutar	Sutar	Sutar	Sutar
26) Shinde P.H.	T.Y.B.Tech Shinde	Shinde	Shinde	Shinde	Shinde	Shinde
27) Shivan S.S.	T.Y.B.Tech Shivan	Shivan	Shivan	Shivan	Shivan	Shivan
28) Kadam A.R.	T.Y.B.A Kadam	Kadam	Kadam	Kadam	Kadam	Kadam
29) Barte P.M.	T.Y.B.Tech Barte	Barte	Barte	Barte	Barte	Barte
30) Gunde P.P.	T.Y.B.Tech Gunde	Gunde	Gunde	Gunde	Gunde	Gunde
31) Jadhav V.B.	T.Y.B.Tech Jadhav	Jadhav	Jadhav	Jadhav	Jadhav	Jadhav
32) Hembli A.S.	T.Y.B.Tech Hembli	Hembli	Hembli	Hembli	Hembli	Hembli
33) Bhawal S.Y.	T.Y.B.Tech Bhawal	Bhawal	Bhawal	Bhawal	Bhawal	Bhawal

81) Ghosale . R. R.	T.Y. B.com	Shri	Shri	Shri	Shri	Shri	Shri
82) Shinde D.D.	T.Y. B.Sc	Shri	Shri	Shri	Shri	Shri	Shri
83) Nalavade D.A.	S.Y. B.com	Shri	Shri	Shri	Shri	Shri	Shri
84) Chauhan A.S.	T.Y. B.Sc	Shri	Shri	Shri	Shri	Shri	Shri
85) Tawade P.P.	T.Y. B.Sc	Shri	Shri	Shri	Shri	Shri	Shri
86) Guleri K.K.	T.Y. B.Sc	Shri	Shri	Shri	Shri	Shri	Shri
87) Gutar V.V.	T.Y. B.Sc	Shri	Shri	Shri	Shri	Shri	Shri
88) Ghag R. G.	T.Y. B.Sc	Shri	Shri	Shri	Shri	Shri	Shri
89) Kote A.A.	T.Y. B.Sc	Shri	Shri	Shri	Shri	Shri	Shri
90) Ambede S.M.	S.Y. B.com	Shri	Shri	Shri	Shri	Shri	Shri
91) Gale P.G.	T.Y. B.Sc	Shri	Shri	Shri	Shri	Shri	Shri
92) Udekar S.S.	T.Y. B.Sc	Shri	Shri	Shri	Shri	Shri	Shri
93) Chalkhe S.P.	T.Y. B.Sc	Shri	Shri	Shri	Shri	Shri	Shri
94) Bail V.V.	S.Y. B.com	Shri	Shri	Shri	Shri	Shri	Shri
95) Damwar P. T.	T.Y. B.A	Shri	Shri	Shri	Shri	Shri	Shri
96) Kadi K.A.	T.Y. B.A	Shri	Shri	Shri	Shri	Shri	Shri
97) Etimde A.A.	T.Y. B.A	Shri	Shri	Shri	Shri	Shri	Shri
98) Chandivde S.S.	S.Y. B.com	Shri	Shri	Shri	Shri	Shri	Shri
99) Ambre M. A.	S.Y. B.Sc	Shri	Shri	Shri	Shri	Shri	Shri
100) Bamare Amrita	T.Y. B.Sc	Shri	Shri	Shri	Shri	Shri	Shri
101) Inagum Raj	T.Y. B.A	Shri	Shri	Shri	Shri	Shri	Shri
102) Abhite Suresh	T.Y. B.A	Shri	Shri	Shri	Shri	Shri	Shri
103) Ghatechi S.S.	S.Y. B.com	Shri	Shri	Shri	Shri	Shri	Shri
104) Ambre Saham. A.	S.Y. B.Sc	Shri	Shri	Shri	Shri	Shri	Shri
105) Chauhan Dipak	T.Y. B.com	Shri	Shri	Shri	Shri	Shri	Shri
106) Baijkar Akshay A.	S.Y. B.Sc	Shri	Shri	Shri	Shri	Shri	Shri
107) Shinde A. P.	T.Y. B.com	Shri	Shri	Shri	Shri	Shri	Shri
108) Chauhan sanam	T.Y. B.A	Shri	Shri	Shri	Shri	Shri	Shri
109) Shinde N.V.	S.Y. B.Sc	Shri	Shri	Shri	Shri	Shri	Shri
110) Bhawal Parika	T.Y. B.A	Shri	Shri	Shri	Shri	Shri	Shri
111) Chalkhe praveen C.	S.Y. B.Sc	Shri	Shri	Shri	Shri	Shri	Shri





104	Dokter sarwadi R.	S.P. B.Sc.	Dokter	19 Dangka			
105	Tambe Kaya	P.Y.B.Sc	Kamb	Kamb			
106	Tangan shtvan	F.Y.B.Sc	Kamb	Kamb			
107	Cruval Pakhiska	P.Y.B.Sc	Kamb	Kamb			
108	Kongue parwati M.	F.Y.B.Sc	Kamb	Kamb			
109	Agri Aniket Anil	S.P. B.Sc	Kamb	Kamb			
110	Graulkar sampada P.	S.Y.B.A	Kamb	Kamb			
111	Mere Prayakta P.	S.Y.B.Sc	Kamb	Kamb			
112	Gruvalkar Kenuka P.	S.Y.B.Sc	Kamb	Kamb			
113	Kadem Kenuka	S.Y.B.P.	Kamb	Kamb			
114	Mafe R. D.	S.Y.B.Sc	Kamb	Kamb			
115	LINIKAT PORNIMN	F.Y.B.Sc	Kamb	Kamb			
116	Kabauf Bant	F.Y.B.Sc	Kamb	Kamb			
117	Dahi seema M.	S.Y.B.Sc	Kamb	Kamb			
118	Tanekar suvathi	S.Y.B.P	Kamb	Kamb			
119	Mere Anky 4.	S.Y.B.Sc	Kamb	Kamb			
120	Surve M: M	S.Y.B.Sc	Kamb	Kamb			
121	shinde Roshan M.	F.Y.B.P	Kamb	Kamb			
122	Mome Paipank	F.Y.B.Sc	Kamb	Kamb			
123	Diocale Pooja S.	S.Y.B.Sc	Kamb	Kamb			
124	Shinde N. Y.	S.Y.B.Sc	Kamb	Kamb			
125	lahabdi Rukshak N.	S.Y.B.P.	Kamb	Kamb			
126	Utakar Shivan S.	S.Y.B.Sc	Kamb	Kamb			
127	Panker A. R.	S.Y.B.Sc	Kamb	Kamb			
128	shyan Krishna	S.Y.B.P.	Kamb	Kamb			
129	INDIE MANISH	F.Y.B.Sc	Kamb	Kamb			
130	chouen subil	P.Y.B.P.	Kamb	Kamb			
131	Ch Devanshkar shivle	P.Y.B.P.	Kamb	Kamb			



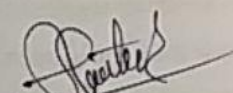


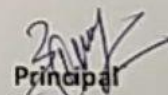
Kunbi Shikshan Prasarak Sanstha Khed-Mumbai  
**TUKARAM BABURAO KADAM COLLEGE OF ARTS,  
SCIENCE AND COMMERCE, BHARNE,  
Tal-Khed, Dist-Ratnagiri-415621**

**Skill Development Centre**

**Activity Report – 2018-19**

Name of the activity	Yoga training for students
Duration	21/06/2018 to 26/06/2018
Time	9.30 am
Venue	College Terrace
Organized by	Skill Development Centre
Trainers	Mr. Manjiri Joshi
No. of participants	132
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  
A., Science & Commerce Bharna  
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**

**Health fitness Activity for Students**

**Academic Year-2018-19**

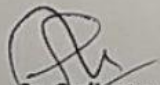
Health is wealth, rightly said Fitness is the cornerstone of good health. The best way of living a good life is by maintaining good health and fitness. Good health and fitness imply both mental and physical well-being. We should always remember that a healthy mind can only be gained by being healthy.

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.

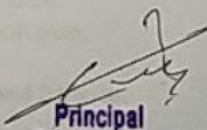
It also helps to improve cardiovascular health and develop muscular strength. students continue to focus on skill development with activities in partnerships and in games with small groups that allow everyone to participate. It is important to the department to allow every student to develop at his or 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  
Science & Commerce Bharne  
Khed, Dist.-Ratnagiri.

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## Skill Development Centre

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### Notice

Date- 28/08/2018

Lecture on Physical Fitness on behalf of Skill Development Centre It will be held on 30/08/2018. 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.

# One day Workshop on Physical Fitness

Date: 30/08/2018



SR. No.	Name of Student	Class
1	Agee Aniket Anil	S.Y. Bcom Arts
2	Tawade Prasad P	T.Y. B.Sc. Planning
3	Kadom Komal K	F.Y. B.Com. Kkadon
4	Mane Shehal D	F.Y. B.Com. MSD
5	More Prachi P	F.Y. B.Com. MPP
6	Nikam S S	F.Y. B.Com. SNikam
7	Jangam Shivani S	F.Y. Bsc. Sjangam
8	Patil Adarsh U	F.Y. B. Com. APatil
9	Kate Akash Djay	T.Y. B.Sc. Kate
10	Ghag A. G	T.Y. B.Sc. R.Ghag
11	Sutar K. K	T.Y. B.Sc. KSutar
12	Jangam Shivani R	F.Y. Bsc. Jangam
13	Ghag R. G	S.Y. B.Sc. R.Ghag
14	Jadhav S S	T.Y. B.Sc. Jadhav
15	Divekar Tarak R	T.Y. B.Sc. Divekar
16	Patil P. S	T.Y. B.Sc. Patil
17	Gajmal S. H	S.Y. Bsc. SGajmal
18	More S S	T.Y. B.Sc. SMore
19	Jadhav P. R	T.Y. BA. RJadhav
20	Chavan Pajal	F.Y. B.Com. PChavan
21	Chiplunkar Arbaz R	F.Y. B.Com. RChiplunkar
22	Mate R. D.	S.Y. Bsc. RMate
23	Dangre Nitin R	F.Y. B. Com. NDangre
24	Chholap Priyanka	F.Y. B. Com. PChholap
25	Hambir A. S	T.Y. BA. AHambir
26	Dodkade Priti P	F.Y. B. Com. PDodkade
27	Tambe Kajal	F.Y. B.Com. TBambe
28	Jadhav Dnyaneshwar B	F.Y. B.Com. DJadhav
29	Khernale Shailesh	F.Y. B.Com. SKhernale
30	Mandlik Abhishek S	F.Y. B.Com. AMandlik
31	Suze M. M.	S.Y. Bsc. MSuze
32	Bhuvad S. Y.	F.Y. BA. SBhuvad



33	Bhuvad S.Y.	T.Y.B.A.	S/Bh
34	Mare Jeevan J	F.I.B.Com	Jmar
35	Pawar Ratnakar R	F.Y.B.Com	R.Pawar
36	Poojari Dinesh D.	F.Y.B.Com	D.Poojari
37	Shigwan Diksha S	F.Y.B.Com	S/S
38	Ghosalkar Sheenemi P	F.Y.B.Sc	Ghosalkar
39	Usre Tejas D	F.Y.B.Com	Usre
40	Kadam G. C	T.Y.B.A	Kadam
41	Halade Nikhil J	F.Y.B.A	Nhalade
42	Ingale Prakash S	F.Y.B.A	PIngale
43	Shinde M.V.	S.Y.B.Sc	Shinde
44	Nachare Sahil S	F.Y.B.Sc	Nachare
45	Dhebe Avinash B	F.Y.B.Sc	Dhebe
46	Babave Tejas D	T.Y.B.Sc	T.Babave
47	Chinchrikar S.M	F.Y.B.Sc	Chinchrikar
48	Gaikar Vivek. N	F.Y.B.Sc	Gaikar
49	Mahade Suresh J.	S.Y.B.Com	Mahade
50	Bahutulye Sameer	F.Y.B.Sc	Bahutulye
51	Maklum Ray	F.Y.B.A.	Maklum
52	Ghorpe Varbhav N	F.Y.B.Sc	Ghorpe
53	Kasar Siddhesh R	F.Y.B.Sc	Kasar
54	Mahite Suraj	F.Y.B.A	Mahite
55	Ambre Adarsh D	F.Y.B.Sc	Ambre
56	Sabale Dhananjay D	F.Y.B.Com	Sabale
57	Palkar A.R.	S.Y.B.Sc	Palkar
58	Gharatkar Sharmila S	F.Y.B.A	Gharatkar
59	Bhuvad Rasika	F.Y.B.A	Bhuvad
60	Jadhav Trupti M	F.Y.B.A	Jadhav
61	Kadam Namrata V	F.Y.B.A	Kadam
62	Chalake Pranit C	F.Y.B.Sc	Chalake
63	Mhade Krishna	F.Y.B.A	K.Mhade
64	Ambre Anil V	F.I.B.Sc	Ambre
65	Tatkoar A.A	S.Y.B.Com	Tatkoar
66	Tambe Sudarshan S	F.Y.B.Sc	Tambe
67	Pille Nikhil R	F.Y.B.Sc	Pille
68	Gravade Sanjay S.	F.Y.B.Com	Gravade

89	Jangam Shivani R.	F.Y. Bsc	S
90	Mose Pooja P.	S.Y. Bsc	PM
91	Chavan Sandeep T	T.Y. B. Com	SC
92	Khale Manish U.	F.Y. Bsc	M Khale
93	Gatal Amikant M.	F.Y. Bsc	A Gatal
94	Jangam Shubham	F.Y. Bcom	Jangam
95	Sanjay Pashle	S.Y. Bcom	S Pashle
96	Tambe Aniket	S.Y. Bsc.	Tambe
97	Chandivale Nitesh	S.Y. BA	Chandivale
98	Koranjale Umesh	S.Y. BA.	Koranjale
99	Shigam Keishra	S.Y. BA	Shigam
100	Mhasikar Vijay	S.Y. Bcom	Mhasikar
101	Utkar Shubham	F.Y. Bsc.	Utkar
102	Jadhav Sanket	S.Y. BA	S Jadhav
103	Patil Vishal	S.Y. Bcom	V Patil
104	Ambre Saham	F.Y. Bsc.	Ambre
105	Bore S.P.	T.Y. B.A	Bore
106	Ambre Anish A.	S.Y. Bsc.	Ambre
107	Gavali Pooja	F.Y. Bcom	Gavali
108	Ambade Viki Vilas	F.T. B.A	Ambade
109	Chavan Amar	F.Y. BA	Chavan
110	Devnukhar V. Vek	F.Y. B.A	Devnukhar
111	Tambe Pratik	F.Y. B.A	Tambe
112	Shigvan Sanket	F.Y. BA	Shigvan
113	Pansar Apurva	F.Y. B.A	Pansar
114	Pragati Bhalekar	F.Y. B.A	P Pragati
115	Mohite Snehalata G.	F.Y. Bsc.	Mohite
116	Dhadave Damini S	T.Y. B. Com	DD S
117	Salavi K. K	T.Y. B.A	SK
118	Bhuvad S. Y	T.Y. B.A	S Y Bhuvad
119	Chavan Sushil Y	F.Y. B.A	S Chavan
120	Porekar Suresh R.	S.Y. Bsc.	Suresh
121	Jadhav B. D	T.Y. B. Com	B D Jadhav
122	Chalake B. D	T.Y. B. Com	B D Chalake
123	Bhasate Prathmesh	F.T. B. Com	P Bhasate
124	Pawar D. D	T.Y. B. Com	DD P



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 – 2018-19**



Name of the activity	Health fitness for students
Duration	22/09/2018
Time	9.30 am
Venue	Seminar Hall
Organized by	Skill Development Centre
Trainers	Dr. Avinash Rathod, Bharne
No. of participants	124
Nature of activity	Extra-curricular
Objectives of Activity	<ol style="list-style-type: none"> <li>1) Get onto a healthy nutrition plan.</li> <li>2) Improve your flexibility and balance.</li> <li>3) Physical education class also emphasizes proper diet, body weight, and health issues.</li> <li>4) Improve our immune system.</li> <li>5) Fostering motivational attitude to the physical education, healthy lifestyle and regular exercising;</li> </ol>
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	<p>The Students are expected to be:</p> <ol style="list-style-type: none"> <li>1) Get onto a healthy nutrition plan.</li> <li>2) Improve your flexibility and balance.</li> <li>3) Physical education class also emphasizes proper diet, body weight, and health issues.</li> </ol>

- |  |                                                                                                                                                           |
|--|-----------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | <p>4) Improve our immune system.<br/>         5) Fostering motivational attitude to the physical education, healthy lifestyle and regular exercising;</p> |
|--|-----------------------------------------------------------------------------------------------------------------------------------------------------------|

*[Signature]*  
 Co-Ordinator



*[Signature]*  
 Principal  
 Tukaram Baburao Kadam College Of  
 Science & Commerce Bharno  
 Tal.-Khed. Dist.-Ratnagiri

Physical health, regular and fitness... The best way...  
 activities good fitness by regularly... health and fitness...  
 health and fitness... We should always... that a healthy mind can  
 only be achieved by being healthy.

Regular physical activity... helps individuals to...  
 improve their levels of the components of a healthy lifestyle. Students can also...  
 further health benefits as a result of the overall health. This knowledge can help them...  
 make wise decisions concerning their safety, health, and well-being. 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 the highest 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... be well... with exercises in... and in...  
 games with small groups that allow... to participants. 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 into a healthy habit as soon as possible.
- 2) Improve your flexibility and balance.
- 3) Physical education class also... proper diet, body weight, and health status.
- 4) Improve our immune system.
- 5) Fostering motivational attitude to the physical education, healthy lifestyle and regular exercising.

*[Signature]*  
 Co-Ordinator



*[Signature]*  
 Principal  
 Tukaram Baburao Kadam College Of  
 Science & Commerce Bharno  
 Tal.-Khed. Dist.-Ratnagiri



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- 04/02/2019

Lecture on "Diet and Health" on behalf of the Skill Development Centre. It will be held on 06/02/2019. However, interested students should participate in large numbers.

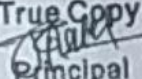
Time - 9.30 am

Venue - Seminar Hall

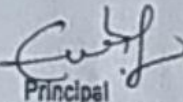


Convener

Skill Development Centre

True Copy  
  
Principal

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

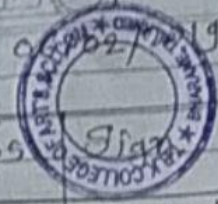


Principal

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

Skill Development courses  
A Lecture on the "Need For A Healthy Health"

date - 02/02/19



Sl. No.	Student Name	Class
1	Bhosale R.R	T.Y. B.Com R.R. Bhosale
2	Koli K.A	T.Y. B.A. K.D. Ueli
3	Chavan Sonam	F.Y. B.A. Sonam
4	Lad Rupali	F.Y. B.Com Rupalilad
5	Ipte Aniket S.	S.Y. B.Com A.S.I
6	Utkar Shubham	F.Y. B.Sc. Shukre
7	Mohite Suzey	F.Y. B.A. Mohite
8	Bare Arjam	T.Y. B.Sc. Agam
9	Shinde D.S	T.Y. B.Sc. D.S. Shinde
10	Gawade R.R	T.Y. B.Sc. Gawade R.
11	Vaibhav Charan	F.Y. B.A. V. Charan
12	Shruti Tambe	F.Y. B.A. Shrutibe
13	Malawade A.A.	S.Y. B.Com A.A. Malawade
14	More S.S	T.Y. B.Sc. More
15	Shweta Jadhav	F.Y. B.A. Shweta J.
16	Lad Rupali	F.Y. B.Com Lad Rupali
17	Bamne Amila	F.Y. B.Com Bamne
18	Patil P.S	T.Y. B.Sc. P.S. Patil
19	Chavan A.S	T.Y. B.Sc. Chavan
20	Kiran Wadkar	F.Y. B.A. Kiran Wadkar
21	Rohit Wadkar	F.Y. B.A. Rohit Wadkar
22	Udele S.S	T.Y. B.A. Udele S.S
23	Chalake S.R.	T.Y. B.A. S.R.C.
24	Umesh Bhosale	F.Y. B.A. U.T.B.
25	Rane Sukipnoli S.	F.Y. B.Sc. S.S.R.
26	Daiwar Akshay A	S.Y. B.Sc. Daiwar Akshay
27	Aparna Kadam	S.Y. B.A. Kadam
28	Tawade P.P	T.Y. B.Sc. A.M.S.
29	Surve M.M	S.Y. B.Sc. Surve
30	Pankar A.R	S.Y. B.Sc. A.R. Pankar
31	Keskar Roshni	F.Y. B.Com Roshni Keskar
32	Bhise O.R.	S.Y. B.Com Bhise

83	Patil Shifa	F.Y. BSc	
84	Jangam Shivani R.	S.Y. BSc	
85	Sutar K K	T.Y. BSc	
86	Gopal Aniket M.	F.Y. BSc	Aniket
87	Ambure Anish A	F.Y. BSc	A.A.A.
88	More Manish	F.Y. BSc	Manish
89	Nalawade A. A	S.Y. BCom	Nalawade
90	Khale. Manish U.	F.Y. BSc	Manish
91	Chavan Sushil	F.Y. B.A	Sushil
92	Pragati Bhalekar	F.Y. BA	Bhalekar
93	Boikar Akshay A	S.Y. BSc	A.A.B
94	Chavan Sushil Y.	F.Y. BA	S.Y. Chavan
95	Devrukhkar Vivek	F.Y. B.A	V.D.
96	Bhosale Prathamesh	F.Y. BCom	Prathamesh
97	Chavan Deepali	F.Y. B.Com	Deepali
98	Bhuvad Ganesh M.	F.Y. Bcom	G.M.B.
99	Bale R. G	T.Y. B.A	R.G. Bble
50	Govade Sanket S.	F.Y. Bcom	S.S.-G.
51	Dhaware Mithesh	F.Y. Bcom	Mithesh
52	Mhapse Rushikesh N	S.Y. B.A	R.N.M.
53	Patil P. S.	T.Y. Bsc	P.S. Patil.
54	Govade Sajen B	F.Y. Bcom	Sajen
55	Jadhav G.S.	T.Y. Bsc.	S.S.-J.
56	Utakar Shriram S	S.Y. B.Com	Shriram
57	Jadhav Abhijit M.	F.Y. Bcom	Abhijit
58	Ghadashi S.S.	S.Y. B.Com	S.S.-G.
59	Kadam Rajendra	F.Y. Bcom	Rajendra
60	Kuskar Kshmi	F.Y. Bcom.	Kuskar
61	Jadhav Bhushan Anant	S.Y. Bcom	A.A.-J
62	Tatkari A.A.	S.Y. B.Com	A.A.-Tatkari
63	Chavan Pooja	F.Y. Bcom	Pooja
64	Shinde Aashan M	F.Y. B.A	Shinde
65	Khapkar Neha B.	F.Y. Bcom	Neha Khapkar
66	Chiplunkar Arbij R.	F.Y. Bcom	Chiplunkar
67	More Priyanka	F.Y. BSc	More
68	Kadam Komal K	F.Y. Bcom	Komal



69	Jangam Shubham	P.Y. Bcom
70	Chavhan Sonam	C.Y. B.A.
71	Mare Jhehal D	F.Y. Bcom Sonam
72	Gutar P.P.	T.Y. B.Sc. P.P. Sukur
73	Kakani Sonali	F.Y. B.Sc. Sonalik
74	Kate A. Ghag R.G.	T.Y. B.Sc. R.G. Ghag
75	Naynak Pooja S	T.Y. B. Com P.S.M.
76	Baze R. M.	T.Y. B.Sc. R.M. Bazel
77	Salavi Kalpeesh S	F.Y. B.Sc. Kalpeesh
78	Mare Prachi P	F.Y. Bcom P.P. Mare
79	Gvade R.R.	T.Y. B.Sc. Gavade
80	Kadam Sagat D.	S.Y. Bcom S.D. Kadam
81	Nikam S.S.	F.Y. Bcom S.S. Nikam
82	Tawade Prasad	T.Y. B.Sc. Prasad
83	Akhade A.L.	F.Y. B.A. Akhade
84	Patil Adarsha U.	F.Y. Bcom Patil Adarsha
85	Kate Akash A	T.Y. B.Sc. A.A.U.
86	Patil Sanjay	F.Y. B.Com Sanjay
87	Divekar Tanak K.	T.Y. B.Sc. T.K.K.
88	Dangare Nitin R	F.Y. Bcom N.R.D.
89	Bhesale P.N.	T.Y. B.Com P.N. Bhesale
90	Tambre Aniket	C.Y. B.Sc. Tambre
81	Shigan Keishna	S.Y. B.A. Keishna



## Life skill Activity Photos-2018-19

