



## Academic Year 2019-2020

### Report on Mental and Physical Health of Girl

### Students

#### Documents Attached:

- (1) Notice
- (2) Report
- (3) Attendance



H.C. PRINCIPAL  
ANAND VISHWA GURUKUL SENIOR NIGHT COLLEGE, THANE



Sharda Education Society's

College Code : 11

## **Anand Vishwa Gurukul Senior Night College**

of Commerce & Science

Affiliated To University of Mumbai

ISO 9001 : 2008 Certified

No. Aff./ICD/ 2014 - 15 / 29449, 09th July, 2014

Tel : 9987929008, Email us : avgsrcollege@gmail.com

**Date: 09/03/2020**

### **Notice**

All girls students are hereby informed that program on "**Mental and Physical Health of girls**" will be held on **11<sup>th</sup> March 2020** in the college premise. The guidance will be addressed by the **Dr. Janhvi Dhamankar And Prof. Kavita Mokashi.**

**I/C PRINCIPAL**  
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Academic Year 2019-2020

## Report on Mental and Physical Health of Girl Students

**Activity:** Lecture on Mental and Physical Health of girls.

**Objectives:** To make female students aware about Mental and Physical health.

**Guest:** Dr. Janhvi Dhamankar And Prof. Kavita Mokashi

**Report:**

Unlike every year, Anand Vishwa Gurukul Senior Night college, Thane's Women Development Cell celebrated International Women's day.

On the occasion of **International Women's Day** i.e 11<sup>th</sup> March, 2020 the college had organised the guest lecture. Wherein, **Prof. Kavita Mokashi** had focused on **Mental health** and **Dr. Janhvi Dhamankar** guided on **Physical health** as well as importance of "Ayurveda" in daily life. Both the guest, guided with certain ways to balance the mental and physical health. The importance of balanced, nutritious, healthy diet and sufficient sleep was conveyed to students.

**Total number of beneficiary:** 78



*(Signature)*  
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### Outcome:

This program created the feeling of being unique and special in every girl student which deserve care in outer and inner both ways. Girls promised to the Women Development Cell's members that they will treat their physical and mental health with priority.

*Mgaitwal*  
WDC In-charge



*[Signature]*  
Principal  
ANAND VISHWA GURUKUL SENIOR NIGHT COLLEGE, THANE

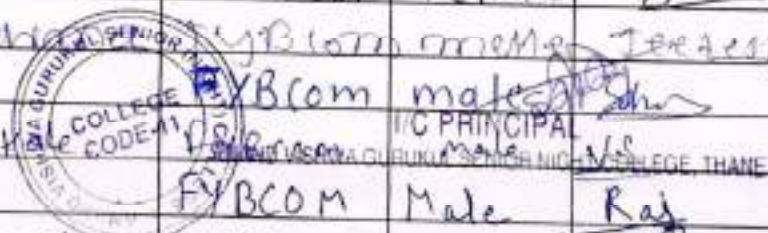
# Anand Vishwa Gurukul Senior Night College, Thane

Affiliated to University of Mumbai

Program Name:	Mental & Physical Health of Girl Students
Guest Name:	Dr. Janhvi Dhamanikar & Prof. Kavita Mokashi
Date:	11 <sup>th</sup> March 2020

## Attendance Sheet

Sr.No	Name of the Student	Class	Gender	Signature
1	Parth Dhablia	F.Y.BCOM	Male	Parth
2	Aman Khan	F.Y.BCOM	Male	Aman
3	Rohan choudra	F.Y.BCOM	Male	Rohan
4	PREETI DAMA	F.Y.B.COM	Female	Preeti
5	Parth Dhablia	F.Y.B.COM	Male	Parth
6	Tejal Ghoshit	F.Y.BCOM	Female	Tejal
7	Anita Guddu	F.Y.B.COM	Female	Anita
8	Akash Gupta	F.Y.B.COM	Male	Akash
9	OMIKAR JADHAV	F.Y.B.COM	Male	Omikar
10	Reshma Khabade	F.Y.B.COM	Female	Reshma
11	Priya Verma	F.Y.B.COM	Female	Priya
12	Mayur yadav	F.Y.B.COM	Female	Mayur
13	ZENDE POUWANA	F.Y.B.COM	Female	Zende
14	Nisha yadav	F.Y.B.COM	Female	Nisha
15	Rinku uttekar	F.Y.B.COM	Female	Rinku
16	Komal warma	F.Y.B.COM	Female	Komal
17	Mandantai Yadav	F.Y.B.COM	Male	Mandantai
18	manisha vengurle	F.Y.B.COM	Female	manisha
19	SMITA TAMDE	F.Y.B.COM	Female	Smita
20	Laxmi Singh	F.Y.B.COM	Female	Laxmi
21	Vishal Shigdel	F.Y.B.COM	Male	Vishal
22	Pawan Shukla	F.Y.B.COM	Male	Pawan
23	Sneha Shinde	F.Y.B.COM	Female	Sneha
24	Teetesh Shinde	F.Y.B.COM	Male	Teetesh
25	Sahil shah	F.Y.B.COM	Male	Sahil
26	Vaibhav sa phale	F.Y.B.COM	Male	Vaibhav
27	Raj. Sane	F.Y.B.COM	Male	Raj
28	Tushar salunkhe	F.Y.B.COM	Male	Tushar
29	Namrata Resma	F.Y.B.COM	Female	Namrata





Sr.No	Name of the Student	Class	Gender	Signature
30	RIYA PATWA	FYBCOM	Female	RIYA
31	NIKHIL PATIL	FYBCOM	MALE	NIKHIL
32	Pooja Patet	Fy bcom	female	Pooja
33	Abhishek pal	Fy b.com	Female	A.Pal.
34	Sunita Nishad	Fy b.com	Female	Sunita
35	Pravin Mhaske	Fy.b.com	MALE	Pravin
36	onkar Maske	Fy.b.com.	Male.	onkar
37	Sonal mallah	Fy bcom	female	Sonal
38	Rohal Ail	FY.BAF	male	Rohal
39	Sachin Dafal	FY.BAF	male	Sachin
40	Kajal chavan	F.Y.BAF	Female	Kajal
41	Rajesh Deshmukh	FY BAF	Male	Rajesh
42	Tanvi Dhise	FY.BAF	Female	Dhise
43	Aniket Gole	FY.BAF	Male	Aniket
44	Samip Buraav	Fy.BAF	Male	Samip
45	Pratima Yadav	FY.BAF	female	Pratima
46	Nikhil Utekar	FY.BAF	Male	Nikhil
47	Kajal Sumbhe	FY.BAF	Female	Kajal
48	Bhagyashree Shinde	FY.BAF	Female	Bhagyashree
49	Tohid Shaikh	FY.BAF	Male	Tohid
50	Simran Sawant	FY.BAF	Female	Simran
51	Kajal Sawoj	FY.BAF	Female	Kajal
52	Pawan Pragyapati	Fy.BAF	Male	P.Pragyapati
53	Anurag Patel	FV.BAF	Male	Anurag
54	Shivaji NAAE.	F.Y.BAF	male	Shivaji
55	Deepika more	F.Y.BAF	female	Deepika
56	Kajal Kokane	F.Y.BAF	female	K.Kokane
57	Rajani Khidbide	F.Y.BAF	female	Rajani
58	Nikhil Kanojia	F.Y.BMS	male	N.Kanojia
59	Hamza Shaikh	F.Y.BMS	Female	Hamza
60	Zahida Shaikh	F.Y.BMS	Female	Zahida
61	Swaroop Shinde	F.Y.BMS	Male	Swaroop
62	Hiranshu Topkar	F.Y.BMS	Male	Hiranshu
63	Samuel Thorat	F.Y.BMS	male	Samuel
64	Amanpreet Vilkhur	Fy bms	male	Amanpreet
65	Ashutosh Singh	FY.BMS	male.	Ashutosh





Sr.No	Name of the Student	Class	Gender	Signature
66	Saurabh Yadav	F.Y. BMS	male	Saurabh
67	shravani sonkar	F.Y. BMS	female	shravani
68	Deepak Yadav	F.Y BMS	Male	Deepak
69	leena utekar	F.Y BMS	female	leena
70	Pradeep Yadav	F.Y BMS	Male	P.Yadav
71	Ashay Adhara	F.Y BMS	male	Ashay
72	Anshul Anvari	F.Y BMS	male	Anshul
73	Deep Gidh	F.Y BMS	Male	Deep
74	Gaurav Kasabe	F.Y. BMS	male	G. Kasabe
75	Raj utekar	F.Y BMS	male	Raj
76	Rinku utekar	F.Y BMS	male	Rinku
77	Vaibhav Gaikwad	F.Y BMS	male	Vaibhav
78	Rajdeep Gini	F.Y BMS	male	Rajdeep
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I/C PRINCIPAL

ANAND VISHWA GURUKUL SENIOR NIGHT COLLEGE, THANE