

**MKSS'S**  
**DR. BHANUBEN NANAVATI COLLEGE OF ARCHITECTURE FOR WOMEN**

**3.4.3 Number of extension and outreach programs conducted by the institution through organized forums including NSS/NCC with involvement of community during the last five years.**

| <b>AY 2020-21</b> |                                                                                               |                                                      |                                                                                                    |                                      |                                                          |                                                           |
|-------------------|-----------------------------------------------------------------------------------------------|------------------------------------------------------|----------------------------------------------------------------------------------------------------|--------------------------------------|----------------------------------------------------------|-----------------------------------------------------------|
| <b>Sr. No.</b>    | <b>Name of the activity</b>                                                                   | <b>Organising unit/ agency/ collaborating agency</b> | <b>Name of the scheme</b>                                                                          | <b>Year of the activity</b>          | <b>Number of teachers coordinated in such activities</b> | <b>Number of students participated in such activities</b> |
| 7                 | About SESREC Cell at BNCA - Sensitization lecture to BNCA students (online)                   | BNCA - SESREC                                        | SESREC - Sensitization lecture ( online )                                                          | 10th January 2021                    | 3                                                        | 84 students and faculty                                   |
| 8                 | Competition - Social Enterpreneuership - Be good Do Good                                      | BNCA - SESREC                                        | Be good Do good competition - Social Enterpreneuership Proposals from students and faculty of BNCA | December 2020 - January 2022         | 3                                                        | 14 students and faculty                                   |
| 10                | Happier Together                                                                              | <del>BNCA</del> -Happiness cell                      | Happier-Together                                                                                   | <del>20th</del> March 2020           | 2                                                        | 389                                                       |
| 9                 | Online lecture - Awareness and orientation for MKSSS SCHOOL students from 5th std to 10th std | BNCA - SESREC                                        | About Environmental awareness and SESREC initiatives at MKSSS                                      | 24th January 2021                    | 3                                                        | 40                                                        |
| 10                | 21 Days fitness challenge                                                                     | BNCA- Happiness cell                                 |                                                                                                    | 15th August 2020- 4th September 2020 | 2                                                        | 65 students + faculty                                     |
| 11                | Faculty Training for Student Counselling                                                      | BNCA- Happiness cell                                 | Training on student counselling                                                                    | 27th July 2020                       | 4                                                        |                                                           |
| 14                | <del>World mental health day</del>                                                            | <del>BNCA</del> -Happiness cell                      | <del>Student Life Skills Development</del>                                                         | <del>14th</del> October 2020         | 9                                                        | 100                                                       |
| 15                | <del>International Yoga Day</del>                                                             | <del>Sports Dept</del> -BNCA                         | <del>Sports Physical Education</del>                                                               | <del>21ST</del> June 2020            | 2                                                        | 100                                                       |
| 12                | Awareness - Health fitness (online)                                                           | BNCA- Happiness cell                                 | Sports, Physical Education                                                                         |                                      | 2                                                        | 300                                                       |

2. SESRE (Social Entrepreneurship, Swachhta and Rural Engagement Cell) Cell initiatives

**REPORT ON: Sensitization talk @ Karvenagar , Pune  
Students from 1<sup>st</sup> Year Architecture to 5<sup>th</sup> Year Architecture**

**ABOUT SENSITIZING STUDENTS TOWARDS SESRE CELL OF BNCA**

One day lecture, under SESREC (Social Entrepreneurship, Swachhta and Rural Engagement Cell) was conducted on **12-01-2021** to sensitize students towards understanding the intent of SESRE cell of BNCA organized by SESRE (Social Entrepreneurship, Swatcchata and Rural Engagement) Cell BNCA, MKSSS, Pune.

| <b>Sr. No.</b> | <b>Reporting items</b>                       | <b>Details</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
|----------------|----------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1              | Name of the Activity                         | <b>ABOUT SENSITIZING STUDENTS TOWARDS SESRE CELL OF BNCA</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| 2              | Name of the College                          | Dr. Bhanuben Nanavati College of Architecture, Maharshi Karve Stree Skikshan Samstha (MKSSS)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| 3              | District and State                           | Pune, Maharashtra                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| 4              | No. of students participated in the Activity | <b>84 students of BNCA from 1<sup>st</sup> to 5<sup>th</sup> year &amp; faculties</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| 5              | No. of Faculty Members Participated          | <b>7</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
|                |                                              | <b>Resource Faculty –</b><br><b>Dr. Swati Sahasrabuddhe</b> – HOD , Department of Landscape Architecture, BNCA<br><b>Dr. Sujata Karve</b> - HOD , Department of Environmental Architecture, BNCA<br><b>Prajakta Dalal</b> - Assistant Professor, Department of Environmental Architecture, BNCA<br><b>Neha Adkar</b> - Assistant Professor, Department of Landscape Architecture, BNCA<br><b>Sayali Kulkarni</b> - Assistant Professor, Department of Architecture, BNCA<br><b>Surabhi Gadkari</b> - Assistant Professor, Department of Architecture, BNCA<br><b>Nikita Gurav</b> - Assistant Professor, Department of Architecture, BNCA |
| 6              | Name of the Head of the Institution          | <b>Dr.Anurag Kashyap</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |

|    |                                      |                                                                                                                                                                                                                                                                                                                   |
|----|--------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 7  | Email of the Head of the institution | anurag.kashyap@bnca.ac.in                                                                                                                                                                                                                                                                                         |
| 8  | Date                                 | 12-01-2021                                                                                                                                                                                                                                                                                                        |
| 9  | Highlights of the program/ Activity  | Aim of this activity was to sensitize the students of BNCA towards the intent and role of SESRE cell at BNCA and importance of involvement of students in the same.                                                                                                                                               |
| 10 | Feedback/ Event Outcome              | This lecture at BNCA was well attended by 84 students from first to final year of architecture. The lecture conducted by Dr Swati Sahasrabudhe, contributed to understanding the intent of SESRE cell of BNCA, which encouraged students to actively participate in various activities to be conducted in future. |

#### Attendance:




#### Report Prepared By :

Nilima Dhamal


Assistant Professor, Department Of Architecture,

MKSSS, BNCA, PUNE

[nilima.dhamal@bnca.ac.in](mailto:nilima.dhamal@bnca.ac.in)

  
 PRINCIPAL  
 MKSSS's DR. BHANUBEN NANAVATI  
 College of Architecture For Women  
 Karvenagar, Pune-411 052.

  
 Dr. Chetan  
 Sahasrabudhe

  
 Dr. Swati  
 Sahasrabudhe

**REPORT ON: BNCA SESREC ACTIVITY: BE GOOD, DO GOOD COMPETITION**

Competition on the theme 'Be Good Do Good' was conducted at BNCA which was organized by SESRE (Social Entrepreneurship, Swatcchata and Rural Engagement Cell, BNCA) **Department of Landscape Architecture and Environmental Architecture BNCA**, MKSSS, Pune.

| <b>Sr. No.</b> | <b>Reporting items</b>               | <b>Details</b>                                                                                                                                                                                                                                                                                                                         |
|----------------|--------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1              | Name of the Activity                 | <b>BE GOOD,DO GOOD COMPETITION</b>                                                                                                                                                                                                                                                                                                     |
| 2              | Name of the College                  | Dr. Bhanuben Nanavati College of Architecture, Maharshi Karve Stree Skikshan Samstha (MKSSS)                                                                                                                                                                                                                                           |
| 3              | District and State                   | Pune, Maharashtra                                                                                                                                                                                                                                                                                                                      |
| 4              | Entries received for the competition | <b>40</b>                                                                                                                                                                                                                                                                                                                              |
| 5              | Winners                              | <b>03</b>                                                                                                                                                                                                                                                                                                                              |
| 6              | Jury members                         | <b>Dr.Swati Shasrabudhe &amp; Dr. Sujata Karve.</b>                                                                                                                                                                                                                                                                                    |
| 7              | Competition Coordinated by           | Nikita Gurav , Assistant Professor, BNCA                                                                                                                                                                                                                                                                                               |
| 8              | Criteria For Selection of winners:   | Innovative approach<br>Effect on near surrounding-scale at which activities were carried out                                                                                                                                                                                                                                           |
| 9              | Name of the Head of the Institution  | <b>Dr.Anurag Kashyap</b>                                                                                                                                                                                                                                                                                                               |
| 10             | Email of the Head of the institution | anurag.kashyap@bnca.ac.in                                                                                                                                                                                                                                                                                                              |
| 11             | Date of competition                  | <b>18/01/2021</b>                                                                                                                                                                                                                                                                                                                      |
| 12             | Highlights of the program/ Activity  | The competition seeked to recognize best practices under individually Be Good and Community Wise Do Good                                                                                                                                                                                                                               |
| 13             | Feedback/ Event Outcome              | This competition helped to know the talents in the students and what good and innovative activities they do in areas of sanitation and hygiene, waste management, water management, Energy Management and Greenery at Individual/ society/ village and / community level. Varied innovative entries were received in this competition. |

Event Poster –

# BE GOOD DO GOOD

An Initiative by BNCA's Social Entrepreneurship, Swachhta & Rural Engagement Cell (SES & RE Cell)  
with guidance from Ministry of Education, Govt of India.

The competition seeks to recognize best practices under  
'Individually Be Good and Community Wise Do Good'.

Send us photos of activity/activities you or your team has undertaken at individual/institutional/campus level or even at society/Village/ community level during 01/12/2020 to 17/01/2021 in any one of the following areas :  
*Sanitation and Hygiene, Waste Management, Water Management, Energy Management, Greenery...*



**Some examples of activities are:**

- Reducing waste, energy consumption, water usage etc. by adopting sustainable lifestyle
- Wet waste management- Organic compost making with kitchen waste,
- Brown leaf management - Organic compost making using Dry leaves,
- Urban food security - by creating kitchen gardens, vegetable gardens,
- Tree plantation and nurturing at personal, community level,
- Creative Upcycling at home
- Rainwater harvesting .....

**Who can Apply:**  
BNCA Students

**Register Before:**  
15th January 2021

**Last date of Submission:**  
18th January 2021, 11 PM

**How to Submit:**

Email maximum 5 no. of slides in PDF format with photos of your activity or activities, explaining each activity in less than 50 words at [nikita.gurav@bnca.ac.in](mailto:nikita.gurav@bnca.ac.in)

Add this poster, your name, Contact no., Year and Division on title page of the PDF.

WINNING entries will be showcased in the SES&RE Cell Periodical.

**To register and for any queries:** mail/ message Ar. Nikita Gurav 9764930362

ORGANISED  
BY :



## Photographs of the Competition Entries –

Entries: Waste Management Application



**PRO – CURE**

start a change with a click!  
**A Waste Management Application**  
Submitted by

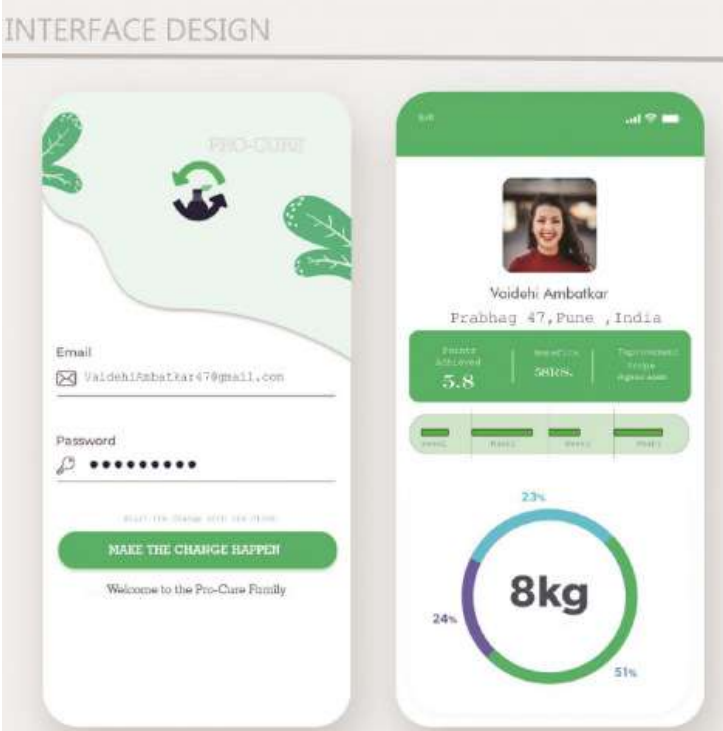
Idea- Nishigandha Chavan  
[nishigandhachavan71125@gmail.com](mailto:nishigandhachavan71125@gmail.com)  
+91 8007180449

Co Supporter - Vaidehi Ambatkar  
[vaidehiambatkar@gmail.com](mailto:vaidehiambatkar@gmail.com)  
+91 8551052924

Second year M.arch LA  
Batch 19-21  
Department of Landscape Architecture, MKSSS'  
BNCA, Pune

Guided by : Dr. Swati Saharabudhe  
Coordinating faculty : Neha Adkar

### INTERFACE DESIGN



INTERFACE DESIGN

PRO-CURE

Email  
✉ VaidehiAmbatkar47@gmail.com

Password  
●●●●●●●●

MAKE THE CHANGE HAPPEN

Welcome to the Pro-Cure Family

PRO-CURE

Vaidehi Ambatkar  
Prabhag 47, Pune ,India

5.8  
381RS  
23%  
24%  
51%

8kg

## Waste Management: Paper Bags



**GLUE INGREDIENT:** Wheat flour and water

Has temporary sticky property for 2 days.  
1 tablespoon of wheat flour can stick more than 100 bags.

- These paper bags made out of newspaper are donated to **'Aniruddha Upasana Trust'**.
- We sold few bags to stationary and medicine shops.
- Money collected from shops are also donated to charities.



## Dry Leaf Litter Management –

### BROWN LEAF DONATION



Collecting and storing dry leaves in Gunny bags/ sacks



Donating Dry leaves to interested dry leaf takers



Receiving plant saplings in return

•We have also got added to the brown leaf community group who use dry leaves for making manure. We donate our dry leaves to the interested people.

•Thus it is ensured that the dry leaves are used appropriately in an environment friendly manner.

•Now the system at our apartment is set and approved by the apartment members as well.

•We wish to take this effort further up at the neighborhood level.



Brown leaf Management  
Neha Adkar and Neeraja Hingne



DRY LEAVES ARE USED AS A COMPOST. THEY CONTAIN A HIGH AMOUNT OF CARBON, A NECESSARY ELEMENT FOR COMPOSTING.

## Upcycling : Home Made Books

### 1. HOMEMADE BOOK

Handmade books and journals are a great recycled craft that I have made using leftover papers, unused and rough sheets. This homemade books can be used for all sorts of things - reminders, a diary, rough book, to-do lists, groceries list, etc.



### 2. BOOK COVER

There are many ways of reusing old jeans. So Instead of usual paper, plastic covers I have used one of the old jeans as the book cover. By doing this the old jeans is reused and it gave a new look to the book.



Upcycling: Handmade Masks

GLIMPSE OF HANDMADE MASK :



AT THE TIME OF LOCKDOWN THE QUANTITY OF MASK WAS LESS IN THE MARKET SO I THOUGHT OF MAKING THE MASK AT HOME ITSELF AND GIVING TO THOSE WHO NEEDED IT AND GIVEN IT FOR FREE.



Upcycling:

**WASTE MANAGEMENT** 

RECYCLING OF USED PRINGLES CONTAINERS INTO A STAND FOR FLUTES!





## Greenary :

### Seed Conservation and Protection

## Seed Conservation and Protection

- The *modus operandi* was that the indigenous seed [cotton and chickpea used for this activity] was put inside a small ball of cow dung, locally available soil and water, and was dried for about a week.
- Over time, these hardened spheres could be thrown anywhere and the seeds would start germinating.
- The viability of these seeds is for 3 to 4 months. This would also work as manure, reduce dependence on pesticide and promote organic farming.



The final product looks like this

## Seed Conservation and Protection



- Mixture of the local soil available with cow dung, prepared at night.



- My family helping me with planting the seeds.

People from all age groups can participate to build a sense of inclusivity

Report Prepared By :

Neha Adkar

Assistant Professor, Department Of Landscape Architecture,

MKSSS,BNCA, PUNE

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| 3              | District and State                           | Pune, Maharashtra                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| 4              | No. of students participated in the Activity | <b>84 students of BNCA from 1<sup>st</sup> to 5<sup>th</sup> year &amp; faculties</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| 5              | No. of Faculty Members Participated          | <b>7</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
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| 6              | Name of the Head of the Institution          | <b>Dr.Anurag Kashyap</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| 7              | Email of the Head of the institution         | anurag.kashyap@bnca.ac.in                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| 8              | Date                                         | <b>12-01-2021</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |

|    |                                     |                                                                                                                                                                                                                                                                                                                   |
|----|-------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 9  | Highlights of the program/ Activity | Aim of this activity was to sensitize the students of BNCA towards the intent and role of SESRE cell at BNCA and importance of involvement of students in the same.                                                                                                                                               |
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Dr. Swati  
Sahasrabudhe

Maharshi Karve Stree Shikshan Samstha's

## Dr. B. N. College of Architecture

Karvenagar, Pune-411052

MAHARSHI KARVE STREE SHIKSHAN SAMSTHA'S  
DR. BHANUBEN NANAVATI  
COLLEGE OF ARCHITECTURE  
FOR WOMEN

**FIT INDIA**

21 Days Fitness Challenge  
Suryanamskar, Pushups, Burpees and Kapalbhati  
Open invite for you all to Participate and Stay Fit!

Dr. Anurag Kashyap  
Principal

Umesh Chavan

The fitness movement started by Honorable prime minister of INID Narendra Modi, is followed by BNCA.

**Prof. Umesh Chavan** planned for the BNCA students and teachers the fitness activity challenge. The activity was planned for individual to perform at his/her own place.

Amidst Covid-19, there was a lockdown situation, and everyone was staying at home for safety purpose. While doing so, there was number of requests for to help them for keeping them fit and fresh. To help and guide all of them, Prof. Umesh Chavan took initiative and scheduled 21 days Fitness Challenge.

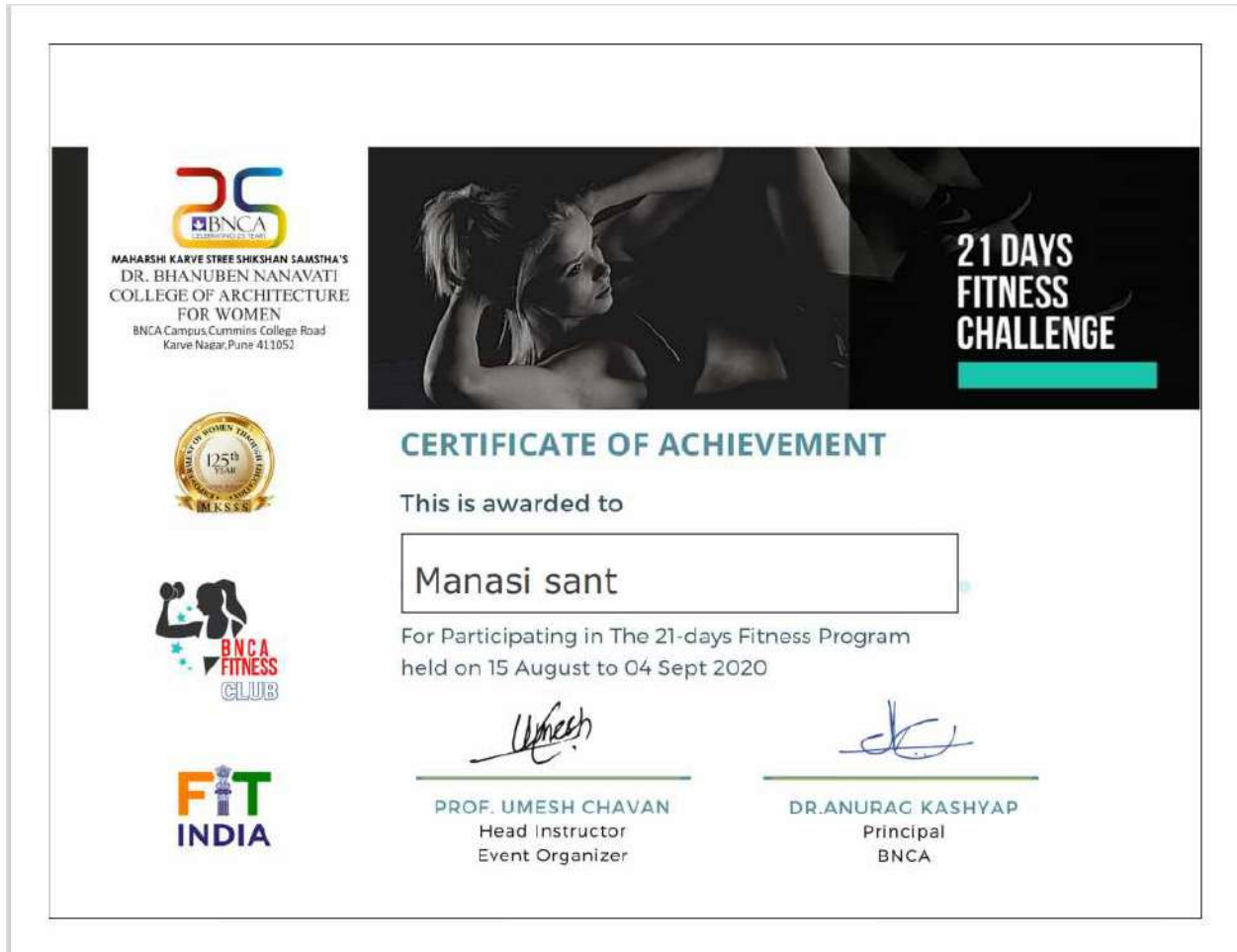
The schedule of 21 days was planned from 15<sup>th</sup> Aug 20 to 04 Spt 20. Where the participants were encouraged to perform Suryanamskar, Pushups, Burpees, and Kaplbhati, at his/her own place, as per the convenient time.

All the participants were supposed to fill in the daily report of their performance in the given link form. So accordingly, participants were guided and motivated to complete the challenge.

At the end of the 21 days challenge, and the after reviewing the report filled by them, participation certificate was sent on their email address.

It was very well organized and guided session and appreciated by all the participants.

The students and teachers, who completed the 21 Days Fitness Challenge, were awarded with the Digital Certificates as attached here.



**List of Students and Teachers participated from various colleges of MKSSS.**

| Name of the Participant  | email                                                                      |
|--------------------------|----------------------------------------------------------------------------|
| Manasi sant              | manasivsant17@gmail.com                                                    |
| Dabir Ayesha             | ashdabir@gmail.com                                                         |
| AABHA.M.SHAH             | shahabha35@gmail.com                                                       |
| Aglawe Manasi Shailendra | aglawemanasi@gmail.com                                                     |
| Anuja Bhoj               | anujabhoj1903@gmail                                                        |
| Bamb Nikita              | bnikita2098@gmail.com                                                      |
| Bamb Ritika              | ritikabamb@gmail.com                                                       |
| Bhagwat Vasudha          | vasudhabhagwat1@gmail.com                                                  |
| Bhat Ketki               | bhatk26.11.99@gmail.com                                                    |
| BHOJ CHARUSHILA          | charubhoj@gmail.com                                                        |
| Bhosale Samiksha         | samikshabhosale5@gmail.com                                                 |
| Chinchani Archita        | archita.chinchani@gmail.com                                                |
| Dantale Trushna          | trushnadantale2000@gmail.com                                               |
| Dave Hemlata             | Hema.dave@gujaratgas.com                                                   |
| Deepak Manwadkar         | d.manwadkar@gmial.com                                                      |
| Deesha Ahire             | deesha.ahire011@gmail.com                                                  |
| Dhruvi Jain              | jaindhruvi13@gmail.com                                                     |
| Dr. Sonali N. Parchure   | sonali.p@hnimr.edu.in                                                      |
| Dr.Jyoti Gaikwad         | Jyoti.g@hnimr.edu.in                                                       |
| Gawande Swapnil          | swapnil.gawande@bnca.ac.in                                                 |
| GHODAKE SANJAY           | ghodkesanjay1@gmail.com                                                    |
| Ghodke Omsai             | minakshighodke15@gmail.com                                                 |
| GHODKE SAKSHI SANJAY     | sakshighodke27@gmail.com                                                   |
| Gorde dnyaneshwar        | Dnyaneshwar.gorde@harman.com                                               |
| Hinge Amol               | amol.hinge@bnca.ac.in                                                      |
| Jadhav Shreya            | Shreyajadhav0920@gmail.com                                                 |
| Jaju Pooja               | jajupooja2012@gmail.com                                                    |
| Joshi Mrudula            | mrudula.joshi@bnca.ac.in                                                   |
| Juilee Gunjal            | gunjaljuilee@gmail.com                                                     |
| Karmalkar Isha           | imkarmalkar22@gmail.com                                                    |
| Kashyap Mangesh          | <a href="mailto:mangesh.kashyap@bnca.ac.in">mangesh.kashyap@bnca.ac.in</a> |
| Khandelwal Shraddha      | kr.shraddha@gmail.com                                                      |
| Khedkar Mitali           | mitalimkhedkar25@gmail.com                                                 |
| Kotkar Nikita            | nikitakotkar31@gmail.com                                                   |
| Madrewar Akshata         | akshata.madrewar@gmail.com                                                 |
| MADREWAR JYOTI           | jyotimadrewar102@gmail.com                                                 |
| MAHAJAN DEVIKA           | devikamahajan10@gmail.com                                                  |
| Manasi s nakte           | nmanasi2015@gmail.com                                                      |
| Mandlik Shreya           | shreyamandlik24@gmail.com                                                  |

|                              |                                                                      |
|------------------------------|----------------------------------------------------------------------|
| MR. SATNAM JASVINDAR MATHADU | mathadusatnam2@gmail.com                                             |
| Nagle Anushka                | anushka.nagle0409@gmail.com                                          |
| Narendra Rastogi             | npr1947@gmail.com                                                    |
| Nehe Shamali                 | shamalinehe12@gmail.com                                              |
| Netrali Adhav                | Netraliadhav58@gmail.com                                             |
| Pagar Apurva                 | apurva.pagar@gmail.com                                               |
| Palve Sayali                 | sayalijsanjiv@gmail.com                                              |
| Pandya Devanshi              | devanshi.p2914@gmail.com                                             |
| Patil Rutika                 | rutikaap2@gmail.com                                                  |
| Pitre Vishwas                | v.pitre@zensar.com                                                   |
| POKHARKAR VRUSHALI           | vrushali.pokharkar@gmail.com                                         |
| Preeti                       | Chinnapattan.priti@gmail.com                                         |
| Radhika Phansalkar           | radhikaphansalkar@gmail.com                                          |
| Rajeshwari Pawar             | rajeshwari0299@gmail.com                                             |
| Rajurkar Mihika Avinash      | rajurkarmihika2806@gmail.com                                         |
| Rastogi Narendra             | npr1947@gmail.com                                                    |
| Ruchika Jadhav               | ruchika.jadhav1807@gamil.com                                         |
| Rupal Jagtap                 | rupaljagtap27@gmail.com                                              |
| Sampada                      | pote.sampada@gmail.com                                               |
| Sheetal                      | sheetalwork11@gmail.com                                              |
| Shitole Rutuja               | rutujashitole20@gmail.com                                            |
| SHREYA MANDLIK               | shreyamandlik24@gmail.com                                            |
| Surabhi                      | surabhisingh388@gmail.com                                            |
| Wagh Tanvi Nandakumar        | tanviwagh13@gmail.com                                                |
| Waikar Ria                   | riawaikar24@gmail.com                                                |
| CHAVAN UMESH                 | <a href="mailto:umesh.chavan@bnca.ac.in">umesh.chavan@bnca.ac.in</a> |

Events Co-ordinator

**Prof.Umesh Chavan**



PRINCIPAL  
MKSSS's DR. BHANUBEN NANAVATI  
College of Architecture For Women  
Karvenagar, Pune-411 052.



Dr. Chetan  
Sahasrabudhe



Dr.Swati  
Sahasrabudhe

## Event Activity Report 2020-2021

Maharashtri Karve Stree Shikshan Samstha, Karve Nagar, Pune

|                                                                                                                                     |                                               |
|-------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------|
| Name of College:                                                                                                                    | Dr. Bhanuben Nanavati College of Architecture |
| Activity title:                                                                                                                     | Faculty Training for Student Counselling      |
| Date & Time:                                                                                                                        | 27 July 2020. 10AM-12PM, 3PM- 5PM             |
| Venue:                                                                                                                              | ZOOM- Online                                  |
| Was it in collaboration or jointly organised if the answer is Yes- then kindly provide details of Organisation/s or Institution/s : | No                                            |
| Event Supported, sponsored by:                                                                                                      | Dept. Of Happiness, BNCA                      |
| Do you wish to highlight any purpose or Cause for conducting this event:                                                            | Training on student counselling               |
| Under which category of BNCA does the activity fit :                                                                                | Life Skills Development                       |
| Name/Names of the Guest speaker:                                                                                                    | Ms. Anagha Kulkarni, Counselling Psychologist |
| Chief Guest if any:                                                                                                                 | ----                                          |
| Names of special attendees or Invitee if any :                                                                                      | ----                                          |

- **Brief Write up of the about the program content (in appx. 150 words minimum):**

**An event for faculty training was organised by MKSSS With Ms. Anagha Kulkarni , Counselling Psychologist. It was an interactive session with different batches of faculty to understand Changing times where teachers become facilitators and this needs us to increase interaction.**

**Looking at the current world scenario- In the time of pandemic.**

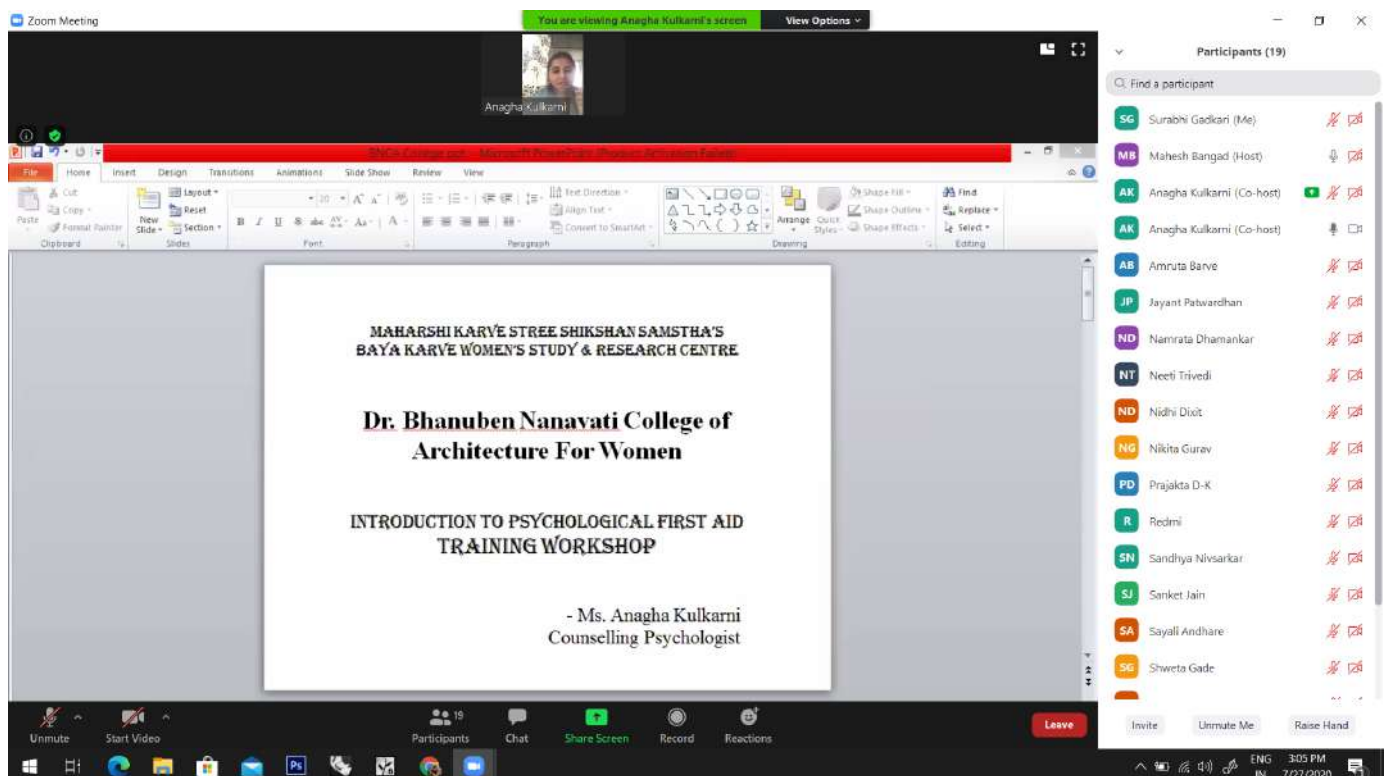
- Students may be unable to deal with pressures
- Add on role for making transition easier for student
- Effective action plan, to address the needs of the students
- Constantly check with students if they need counselling



To deal with the above problems, Ms. Kulkarni encouraged us to inform students of coping activities , Focus on suggestive measures and seek counseling when required.

Prof.Vaishali Anagal, Prof.Shruti Joshi, Prof.Mahesh Bangad and Prof.Surabhi Gadkari, co-ordinated the event

| TIME OF SESSION: 27th July, Monday<br>10:00 AM-12:00 PM |                         |      |                   | TIME OF SESSION: 27th July, Monday<br>3:00 PM-5:00 PM |                   |
|---------------------------------------------------------|-------------------------|------|-------------------|-------------------------------------------------------|-------------------|
| ZOOM MEETING ID: 88160304472                            |                         |      |                   |                                                       |                   |
| PASSWORD: BNCA07                                        |                         |      |                   |                                                       |                   |
| S.NO                                                    | LIST OF ATTENDEES       | S.NO | LIST OF ATTENDEES | S.NO                                                  | LIST OF ATTENDEES |
| 1                                                       | Sharvey Dhongde         | 20   | Aarti Verma       | 1                                                     | Amruta Barve      |
| 2                                                       | Shruti Joshi            | 21   | Geeta Nagarkar    | 2                                                     | Jayant Patwardhan |
| 3                                                       | Vaishali Anagal         | 22   | Dharati Sote      | 3                                                     | Namrata Dhamankar |
| 4                                                       | Shubhada Kamapurkar     | 23   | Kavita Murugkar   | 4                                                     | Neeraja Hingne    |
| 5                                                       | Asmita Divekar          | 24   | Mahesh Bangad     | 5                                                     | Neeti Trivedi     |
| 6                                                       | Abhay Pawar             | 25   | Madhuri Zite      | 6                                                     | Neha Adkar        |
| 7                                                       | Dhruv Chandwania        | 26   | Neha Joshi        | 7                                                     | Nidhi Dixit       |
| 8                                                       | Sanjeevani Pendse       | 27   | Rahul Chutake     | 8                                                     | Nikita Gurav      |
| 9                                                       | Prakash Joshi           | 28   | Smita Ogale       | 9                                                     | Ninad Jog         |
| 10                                                      | Dhanashree Sardeshpande | 29   | Umesh Chavan      | 10                                                    | Sandhya Nivsarkar |
| 11                                                      | Swati Sahasrabudhe      | 30   | Kiran Nichale     | 11                                                    | Sanket Jain       |
| 12                                                      | Sujata Karve            |      |                   | 12                                                    | Sayali Andhare    |
| 13                                                      | Meera Shirolkar         |      |                   | 13                                                    | Sayali Kulkarni   |
| 14                                                      | Vasudha Gokhale         |      |                   | 14                                                    | Shweta Gade       |
| 15                                                      | Poorva Kulkarni         |      |                   | 15                                                    | Sourabh Marathe   |
| 16                                                      | Rajiv Raje              |      |                   | 16                                                    | Sujata Mehta      |
| 17                                                      | Anupama Khatavkar       |      |                   | 17                                                    | Surabhi Gadkari   |
| 18                                                      | Deva Prasad             |      |                   | 18                                                    | Prajakta Kulkarni |
| 19                                                      | Chetan Sahasrabudhe     |      |                   | 19                                                    | Yatin Moghe       |



The screenshot shows a Zoom meeting interface. The main content is a presentation slide titled "Scope of Facilitator" with the following text:

**Scope of Facilitator**

What exactly would be our Role:

- Multifaceted Role – Teacher, Guidance, Facilitation
- Understanding the issues & concerns of students
- Addressing
- Motivating
- Guiding

A chat window is open on the right side of the screen, displaying messages from participants:

- From Sanket Jain to Everyone: supporting and listening..without any judgement
- From Jayant Patwardhan to Everyone: One who makes a process of understanding easier
- From Sandhya Nivarkar to Everyone: parental guidance
- From Sandhya Nivarkar to Everyone: generate enquiry in the students mind and helping them to to find answers

The chat window also shows a "To: Everyone" dropdown and a "Type message here..." input field. The Zoom meeting controls at the bottom include Unmute, Start Video, Participants (22), Chat, Share Screen, Record, and Leave buttons. The system tray at the bottom right shows the date and time as 3:25 PM on 7/27/2020.



**PRINCIPAL**  
MKSSS's DR. BHANUBEN NANAVATI  
College of Architecture For Women  
Karvenagar, Pune-411 052.



**Dr. Chetan  
Sahasrabudhe**



**Dr. Swati  
Sahasrabudhe**

On the occasion of

# WORLD MENTAL HEALTH DAY

DEPT. OF HAPPINESS, BNCA IS CONDUCTING



## Life Skills Development Session with



**GAYATRI KULKARNI**



**LIFE COACH**

## HAPPINESS IS AN INSIDE JOB

“BECAUSE PEOPLE START TO HEAL THE MOMENT THEY FEEL HEARD.”

**EVENT SUPPORTED BY:  
DR. ANURAG KASHYAP**

**DEPARTMENT OF HAPPINESS**  
Prof. Shruti Joshi  
Prof. Madhuri Zite  
Prof. Surabhi Gadkari

**UN DAY'S COORDINATOR:  
Prof. Sanket Jain**

**DATE: OCT 13, 2020**

**DAY: TUESDAY**

**TIME: 04.00 PM IST**

**JOIN ZOOM MEETING**

**MEETING ID: 949 2825 9220**

**PASSCODE: 12102020**

**RSVP**

**PROF. MADHURI ZITE:**

**+91 8888427764**

**PROF. SURABHI GADKARI:**

**+91 9970890702**



MAHARSHI KARVE STREET SHIKSHAN SAMSTHA'S  
**DR. BHANUBEN NANAVATI  
COLLEGE OF ARCHITECTURE  
FOR WOMEN**



**STUDENT  
CO-ORDINATORS  
MANASI MUSALE  
SHRUTI KULKARNI**

## Event Activity Report 2020-2021

Maharashtri Karve Stree Shikshan Samstha, Karve Nagar, Pune

|                                                                                                                                     |                                                                                                                          |
|-------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|
| Name of College:                                                                                                                    | Dr. Bhanuben Nanavati College of Architecture                                                                            |
| Activity title:                                                                                                                     | Dept. of happiness- Launch- Life skills Devpt session                                                                    |
| Date & Time:                                                                                                                        | 14-10-2020, 4:00 PM TO 5:30 PM                                                                                           |
| Venue:                                                                                                                              | ZOOM                                                                                                                     |
| Was it in collaboration or jointly organised if the answer is Yes- then kindly provide details of Organisation/s or Institution/s : | NO                                                                                                                       |
| Event Supported, sponsored by:                                                                                                      | Dept. of happiness, BNCA                                                                                                 |
| Do you wish to highlight any purpose or Cause for conducting this event:                                                            | For establishing a dialogue for mental health awareness and launching a safe platform for students to express themselves |
| Under which category of BNCA does the activity fit :                                                                                | Student Life Skills Development                                                                                          |
| Name/Names of the Guest speaker:                                                                                                    | Gayatri Kulkarni                                                                                                         |
| Chief Guest if any:                                                                                                                 | ----                                                                                                                     |
| Names of special attendees or Invitee if any :                                                                                      | ----                                                                                                                     |

**Brief Write up of the about the program content (in appx. 150 words minimum) :**

The first session of the Department of Happiness was conducted on 13<sup>th</sup> October 2020 to mark the occasion of World mental health day( 10<sup>th</sup> October 2020).

The focus of the first session was to introduce , launch the department and open a dialogue with the fraternity at BNCA. Ar.Mahesh Bangad and Surabhi Gadkari welcomed the participants. Prof Surabhi Gadkari and Prof. Shruti Joshi Shared a presentation to highlight the agenda and context of the department.

Prof Shruti Joshi introduced Gayatri Kulkarni, a life coach and a master NLP Practitioner in Pune. She has been associated with BNCA for many years and has previously conducted courses and workshops.

The motivation of the department is to provide a Safe space for students to express, interact and be vocal about their emotions and thoughts.

The session had 100 participants including 9 faculty members from BNCA.

The polls and feedback got a very positive response.

The main factors spoken about in the session were:

- Creating your own
- Loving yourself first
- Expressing Gratitude
- Overcoming shortcomings
- Identifying the heroes around you

There were 3 live polls conducted through the 1 hour session with a 65 percent response from the attendees.

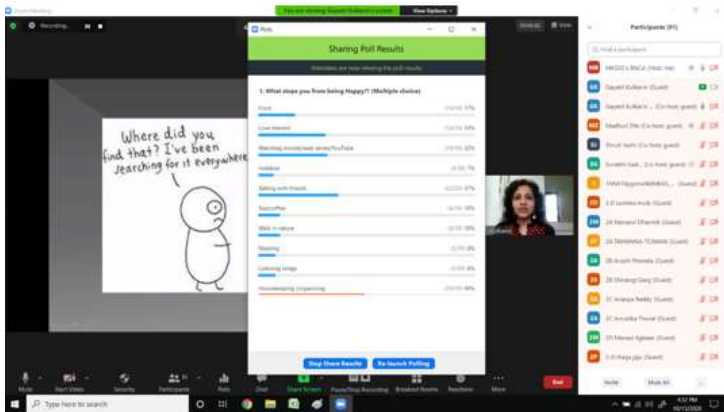
Prof. Madhuri Zite proposed a vote of thanks for the speaker of the day.

A feedback form was floated- with anonymous responses so as to understand the need and provision of a open platform for students.

The response to the feedback was overwhelming and many students have shown interest in courses/workshops/sessions on Mental growth and well being.

Prof . Shruti Joshi conducted an interview with Ingale Baai, who is one of the most active staffers at MKSSS and at BNCA.

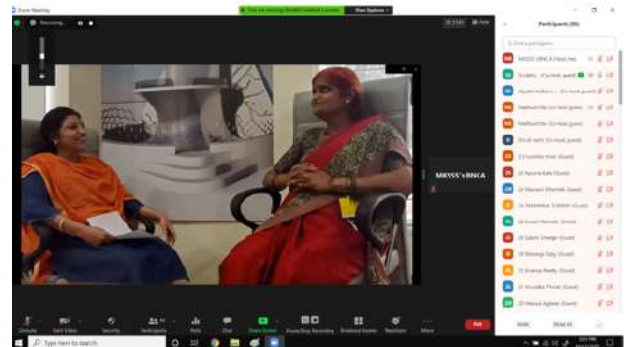
# EVENT PHOTOS



Results of Live polls during the session



Results of Live polls during the session



Prof. Shruti Joshi In conversation with Ingale Bai – staff at BNCA

## बीएनसीए तर्फे मानसिक आरोग्य आणि निरोगीपणा वर ऑनलाईन सत्राचे आयोजन

**पुणे :** महर्षी कर्वे स्त्री शिक्षण संस्थेच्या डॉ.भानुबेन नानावटी कॉलेज ऑफ आर्किटेक्चर फॉर वुमेन (बीएनसीए) तर्फे मानसिक आरोग्य आणि निरोगीपणाचे महत्त्व पटवून देण्यासाठी संवादात्मक ऑनलाईन सत्राचे आयोजन करण्यात आले होते. जागतिक मानसिक आरोग्य दिनानिमित्त बीएनसीएमध्ये नव्याने सुरू करण्यात आलेल्या हॅपिनेस या विभागातर्फे विभागप्रमुख प्रा.श्रुती जोशी यांनी नुकतेच या सत्राचे आयोजन केले असून तज्ज्ञ मार्गदर्शक गायत्री कुलकर्णी यांनी यावेळी मार्गदर्शन केले.

बीएनसीएचे प्राचार्य डॉ.अनुराग कश्यप यांच्या मार्गदर्शनाखाली पार पडलेल्या या सत्रामध्ये प्रा.सुरभी गडकरी यांनी हॅपिनेस या विभागाची पार्श्वभूमी सांगितली, तर प्रा.श्रुती जोशी यांनी मुख्य वक्त्याचे स्वागत केले. विद्यार्थ्यांपर्यंत पोचताना विविध पातळ्यांवर मानसिक ताण-तणावाशी कसा सामना करायचा हे या सत्राचे स्वरूप असून प्रा.जोशी यांनी विद्यार्थी-विद्यार्थिनींचा सर्वांगीण विकास तसेच भावनिक संतुलनाबाबत प्राचार्य डॉ. कश्यप यांनी सांगितलेले जीवन हे आर्किटेक्चरपेक्षा अधिक व्यापक आहे, हे सूत्र अधिक उलगडून दाखवले.

प्रा.जोशी म्हणाल्या की, त्यामध्ये हॅपिनेस विभागाने आनंद हा मनाची एक अवस्था असून त्याअर्थाने खरे नायक हे आपल्यातलेच असतात, यावर भर दिला आहे. यावेळी बीएनसीएमध्ये सेवक म्हणून काम करणार्या इंगळे बाईची मुलाखत घेण्यात आली व त्या याबाबतीत आदर्श असून त्यांच्यापासून प्रेरणा घेता येईल, असे यावेळी विद्यार्थिनींना सोदाहरण दाखवण्यात आले.

आनंद हा आपल्या अंतर्मनात वसलेला असतो, असे सांगून गायत्री कुलकर्णी म्हणाल्या की, त्या आधारे आपण स्वतःला कशी मदत करू शकतो हे माहित असल्यास, त्या मदतीची प्रचितीही आपल्याला येते. माणसाला आपल्या जीवनातल्या छोट्या-छोट्या गोष्टींमधूनही आनंद घेता आला पाहिजे. जगण्यातल्या प्रत्येक क्षणात आपण आपला आनंद निर्माण करू शकतो. यासाठी आपल्या आवडीच्या गोष्टी करणे, प्रियजनांबरोबर काळ घालवणे, ध्यान धारणा, वाचन, नृत्य किंवा आपल्या आवडीच्या छंदात मग्न राहाणे या सार्यातून आनंद घेणे गरजेचे असते. कोणत्या गोष्टींमुळे आपल्याला आनंद होत नाही, हे देखील माहित करून घेतले नाही तर आपण दुःखी होतो.

कुलकर्णी म्हणाल्या की, दुसऱ्याप्रती तसेच स्वतःकरिता प्रेम व्यक्त करणे ही गोष्ट आनंददाइमी असते. जेव्हा आपण एखाद्याचे लक्ष त्याला स्वीकारून, कौतुक करून व आपुलकीतून वेधतो तेव्हा होणारा आनंद हा अवर्णनीय असतो. म्हणूनच स्वतःप्रमाणेच इतरांनाही आनंद देण्यासाठी या गोष्टी पुनः पुन्हा करायला हव्यात. आनंद ही गोष्ट प्रथम स्वतःवर प्रेम करण्यात व त्यातून इतरांना ते देण्यातून मिळते. आनंद हा संसर्गजन्य असून तो त्याच्या प्रसारातून वाढत जातो, असेही त्यांनी सांगितले.

असे असले तरी आपण आनंदापासून वंचित राहातो, असे सांगून कुलकर्णी म्हणाल्या की, लोक आपल्या मनातील आनंदाच्या उत्स्फूर्त भावनांनाच आवर घालतात किंवा व त्या रोखतात. या भावना इतरांपुढे व्यक्त करताना आसपासचे वातावरण सुरक्षित आहे का याची आपल्याला शंका येते. यासाठी निग्रहपूर्वक आपणच आपला आनंद व्यक्त करताना सुरक्षित वातावरण निर्माण होईल याकडे पाहिले पाहिजे. या सत्रात कथा, निवड (पोल्स) आणि चित्र साकारणे (व्हिज्युअलायझेशन) इत्यादींचा समावेश होता. प्रा.माधुरी झिटे यांनी आभार मानून कार्यक्रमाचा समारोप केला.



PRINCIPAL  
MKSS's DR. BHANUBEN NANAVATI  
College of Architecture For Women  
Karvenagar, Pune-411 052.



Dr. Chetan  
Sahasrabudhe



Dr. Swati  
Sahasrabudhe

## Event Activity Report 2020-2021

Maharashtri Karve Stree Shikshan Samstha, Karve Nagar, Pune

|                                                                                                                                     |                                               |
|-------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------|
| Name of College:                                                                                                                    | Dr. Bhanuben Nanavati College of Architecture |
| Activity title:                                                                                                                     | Faculty Training for Student Counselling      |
| Date & Time:                                                                                                                        | 27 July 2020. 10AM-12PM, 3PM- 5PM             |
| Venue:                                                                                                                              | ZOOM- Online                                  |
| Was it in collaboration or jointly organised if the answer is Yes- then kindly provide details of Organisation/s or Institution/s : | No                                            |
| Event Supported, sponsored by:                                                                                                      | Dept. Of Happiness, BNCA                      |
| Do you wish to highlight any purpose or Cause for conducting this event:                                                            | Training on student counselling               |
| Under which category of BNCA does the activity fit :                                                                                | Life Skills Development                       |
| Name/Names of the Guest speaker:                                                                                                    | Ms. Anagha Kulkarni, Counselling Psychologist |
| Chief Guest if any:                                                                                                                 | ----                                          |
| Names of special attendees or Invitee if any :                                                                                      | ----                                          |

- **Brief Write up of the about the program content (in appx. 150 words minimum):**

**An event for faculty training was organised by MKSSS With Ms. Anagha Kulkarni , Counselling Psychologist. It was an interactive session with different batches of faculty to understand Changing times where teachers become facilitators and this needs us to increase interaction.**

**Looking at the current world scenario- In the time of pandemic.**

- Students may be unable to deal with pressures
- Add on role for making transition easier for student
- Effective action plan, to address the needs of the students
- Constantly check with students if they need counselling

**To deal with the above problems, Ms. Kulkarni encouraged us to inform students of coping activities , Focus on suggestive measures and seek counseling when required.**

**Prof.Vaishali Anagal, Prof.Shruti Joshi, Prof.Mahesh Bangad and Prof.Surabhi Gadkari, co-ordinated the event**

| TIME OF SESSION: 27th July, Monday<br>10:00 AM-12:00 PM |                         |      |                   | TIME OF SESSION: 27th July, Monday<br>3:00 PM-5:00 PM |                   |
|---------------------------------------------------------|-------------------------|------|-------------------|-------------------------------------------------------|-------------------|
| ZOOM MEETING ID: 88160304472                            |                         |      |                   |                                                       |                   |
| PASSWORD: BNCA07                                        |                         |      |                   |                                                       |                   |
| S.NO                                                    | LIST OF ATTENDEES       | S.NO | LIST OF ATTENDEES | S.NO                                                  | LIST OF ATTENDEES |
| 1                                                       | Sharvey Dhongde         | 20   | Aarti Verma       | 1                                                     | Amruta Barve      |
| 2                                                       | Shruti Joshi            | 21   | Geeta Nagarkar    | 2                                                     | Jayant Patwardhan |
| 3                                                       | Vaishali Angal          | 22   | Dharati Sote      | 3                                                     | Namrata Dhamankar |
| 4                                                       | Shubhada Kamlapurkar    | 23   | Kavita Murugkar   | 4                                                     | Neeraja Hingne    |
| 5                                                       | Asmita Divekar          | 24   | Mahesh Bangad     | 5                                                     | Neeti Trivedi     |
| 6                                                       | Abhay Pawar             | 25   | Madhuri Zite      | 6                                                     | Neha Adkar        |
| 7                                                       | Dhruv Chandwania        | 26   | Neha Joshi        | 7                                                     | Nidhi Dixit       |
| 8                                                       | Sanjeevani Pendse       | 27   | Rahul Chutake     | 8                                                     | Nikita Gurav      |
| 9                                                       | Prakash Joshi           | 28   | Smita Ogale       | 9                                                     | Ninad Jog         |
| 10                                                      | Dhanashree Sardeshpande | 29   | Umesh Chavan      | 10                                                    | Sandhya Nivsarkar |
| 11                                                      | Swati Sahasrabudhe      | 30   | Kiran Nichale     | 11                                                    | Sanket Jain       |
| 12                                                      | Sujata Karve            |      |                   | 12                                                    | Sayali Andhare    |
| 13                                                      | Meera Shirolkar         |      |                   | 13                                                    | Sayali Kulkarni   |
| 14                                                      | Vasudha Gokhale         |      |                   | 14                                                    | Shweta Gade       |
| 15                                                      | Poorva Kulkarni         |      |                   | 15                                                    | Sourabh Marathe   |
| 16                                                      | Rajiv Raje              |      |                   | 16                                                    | Sujata Mehta      |
| 17                                                      | Anupama Khatavkar       |      |                   | 17                                                    | Surabhi Gadkari   |
| 18                                                      | Deva Prasad             |      |                   | 18                                                    | Prajakta Kulkarni |
| 19                                                      | Chetan Sahasrabudhe     |      |                   | 19                                                    | Yatin Moghe       |

The screenshot shows a Zoom meeting interface. At the top, a green banner indicates "You are viewing Anagha Kulkarni's screen". Below this, a small video window shows Anagha Kulkarni. The main content is a presentation slide with the following text:

**MAHARSHI KARVE STREET SHIKSHAN SAMSTHA'S  
BAYA KARVE WOMEN'S STUDY & RESEARCH CENTRE**

**Dr. Bhanuben Nanavati College of  
Architecture For Women**

**INTRODUCTION TO PSYCHOLOGICAL FIRST AID  
TRAINING WORKSHOP**

- Ms. Anagha Kulkarni  
Counselling Psychologist

On the right side, a "Participants (19)" list is visible, showing names and icons for each participant, including Surabhi Gadkari (Me), Mahesh Bangad (Host), Anagha Kulkarni (Co-host), and others.



The screenshot shows a Zoom meeting interface. The main content is a presentation slide titled "Scope of Facilitator" with the following text:

**Scope of Facilitator**

What exactly would be our Role:

- Multifaceted Role – Teacher, Guidance, Facilitation
- Understanding the issues & concerns of students
- Addressing
- Motivating
- Guiding

A chat window is open on the right side of the screen, displaying a message from Sanket Jain: "supporting and listening..without any judgement". Other chat messages from Joyant Patwardhan and Sandhya Nivarkar are also visible. The Zoom meeting controls at the bottom show 22 participants, chat, share screen, and record options. The system tray at the bottom right shows the date and time as 3:25 PM on 7/27/2020.

**PRINCIPAL**  
MKSSS's DR. BHANUBEN NANAVATI  
College of Architecture For Women  
Karvenagar, Pune-411 052.

**Dr. Chetan  
Sahasrabudhe**

**Dr. Swati  
Sahasrabudhe**

## Dr. B. N. College of Architecture

Karvenagar, Pune-411052



The fitness movement started by Honorable prime minister of INID Narendra Modi, is followed by BNCA.

**Prof. Umesh Chavan** planned for the BNCA students and teachers the fitness activity challenge. The activity was planned for individual to perform at his/her own place.

Amidst Covid-19, there was a lockdown situation, and everyone was staying at home for safety purpose. While doing so, there was number of requests for to help them for keeping them fit and fresh. To help and guide all of them, Prof. Umesh Chavan took initiative and scheduled 21 days Fitness Challenge.

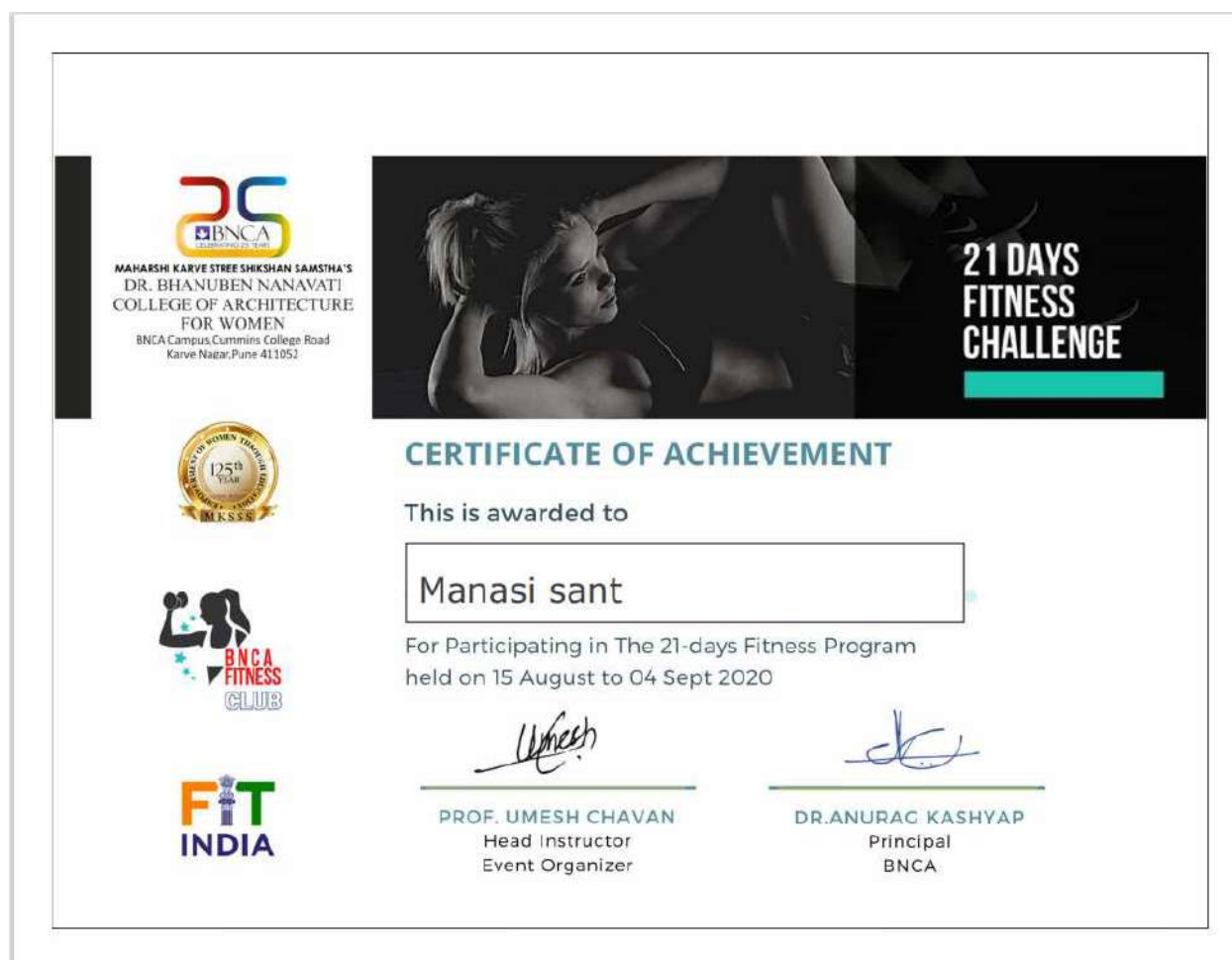
The schedule of 21 days was planned from 15<sup>th</sup> Aug 20 to 04 Spt 20. Where the participants were encouraged to perform Suryanamskar, Pushups, Burpees, and Kaplbhati, at his/her own place, as per the convenient time.

All the participants were supposed to fill in the daily report of their performance in the given link form. So accordingly, participants were guided and motivated to complete the challenge.

At the end of the 21 days challenge, and the after reviewing the report filled by them, participation certificate was sent on their email address.

It was very well organized and guided session and appreciated by all the participants.

The students and teachers, who completed the 21 Days Fitness Challenge, were awarded with the Digital Certificates as attached here.



**List of Students and Teachers participated from various colleges of MKSSS.**

| Name of the Participant  | email                     |
|--------------------------|---------------------------|
| Manasi sant              | manasivsant17@gmail.com   |
| Dabir Ayesha             | ashdabir@gmail.com        |
| AABHA.M.SHAH             | shahabha35@gmail.com      |
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|                              |                                                                            |
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| Dr. Sonali N. Parchure       | sonali.p@hnmr.edu.in                                                       |
| Dr.Jyoti Gaikwad             | Jyoti.g@hnmr.edu.in                                                        |
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| Palve Sayali                 | sayalijsanjiv@gmail.com                                                    |
| Pandya Devanshi              | devanshi.p2914@gmail.com                                                   |
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| Waikar Ria            | riawaikar24@gmail.com                                                |
| CHAVAN UMESH          | <a href="mailto:umesh.chavan@bnca.ac.in">umesh.chavan@bnca.ac.in</a> |

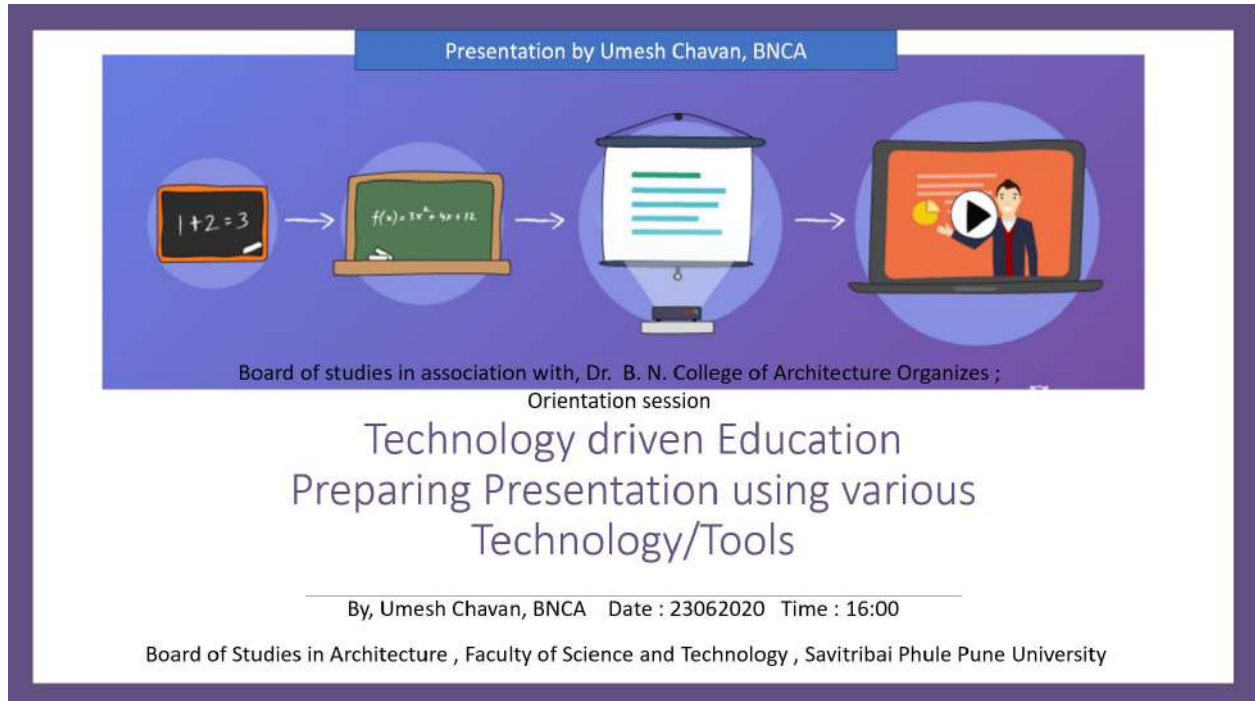
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Board of Studies in Architecture and Faculty of Science and Technology, Savitribai Phule Pune University, invited **Mr. Umesh Chavan**, to present the techniques and technology used to record and prepare the presentations.

The presentation was conducted on Zoom virtual meeting platform, where SPPU affiliated institute's stakeholders attended the live session. The session was very informative and interactive.

The takeaway was use of various software tools to create presentation, screen capture, screen record with audio and video. Recording Video with multiple ways.

The recorded lecture postproduction process which requires editing the video.

The final cut video needs to be converted into suitable format, for which various tools demonstrated.

The various platforms where the recorded lectures to be uploaded are explained.

The need of making presentations/recorded lectures in this COVID 19 situation was helped by the Umesh sir's presentation.



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### Karvenagar

To keep the pace with time and the technology, it is highly required to update the Software skills. As there are almost every year updates and upgrades in the software design tools and which need to be imparted with the students and faculty.

To achieve the skill upgrade we organise the expert form the industry.

**Prof. Umesh Chavan** initiated the process with Mr. Jitendra Golsangi and organised as session for the students and teachers for new functions and features of Trimble Sketchup.

The poster features the BNCA logo at the top left, which includes the college name in Marathi and English. The main text reads: "BNCA MAHARSHI KARVE STREE SHIKSHAN SAMSTHA'S DR. BHANUBEN NANAVATI COLLEGE OF ARCHITECTURE FOR WOMEN BNCA New Campus, Cummins College Road, Koregaon Pune, India 411052". Below this is a portrait of Mr. Jitendra Golsangi, Director at AURA Software Pvt. Ltd. The event details are: Date: 22nd July 2022, Venue: BNCA Auditorium, Time: 10 am to 12 pm. The description states: "The IT Department has organized a small session in association with Trimble tomorrow at 10:00 am in the Auditorium. Mr. Jitendra Golsangi from AURA Software will be conducting the workshop and introducing AR / VR via SketchUp to our students and Faculty members. Interested faculty members can join this session. We request attendees to kindly download SketchUp Viewer app from the Play store before the session." Contact information for more details is provided at the bottom: Umesh Chavan 9422031200, Vandana Gokarn 8007177555, Priya Nimbalkar 9890439170. The background of the poster is a geometric pattern of grey and white shapes.

| Sr. No. | Reporting items      | Details                             |
|---------|----------------------|-------------------------------------|
| 1       | Name of the Activity | Common Yoga Protocol in BNCA Campus |

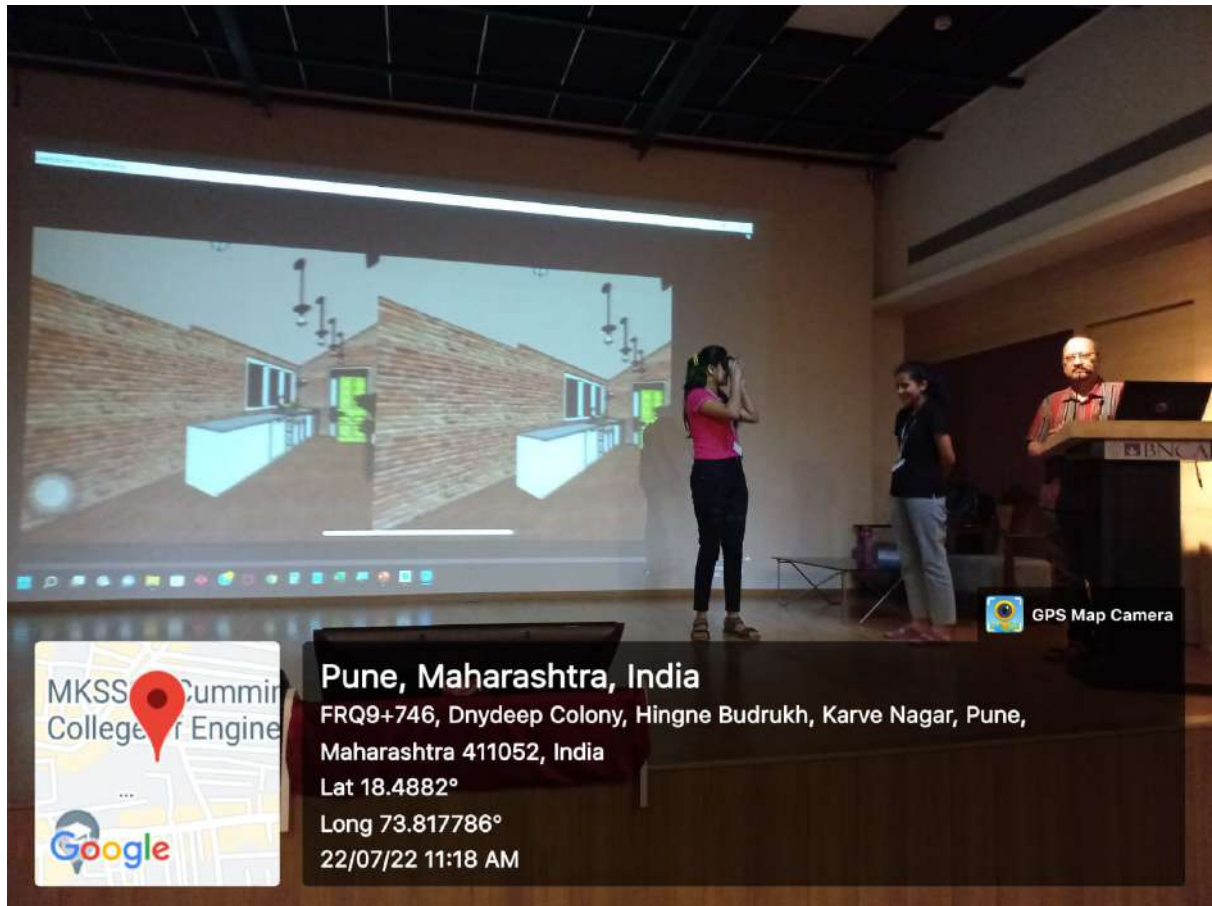


|    |                                              |                                                                                                                                                                            |
|----|----------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 2  | Name of the College                          | Dr. Bhanuben Nanavati College of Architecture,<br>Maharshi Karve Stree Skikshan Samstha (MKSSS)                                                                            |
| 3  | District and State                           | Pune, Maharashtra                                                                                                                                                          |
| 4  | No. of students participated in the Activity | <b>100 students</b>                                                                                                                                                        |
| 5  | No. of Faculty Members Participated          | <b>10</b>                                                                                                                                                                  |
|    |                                              | <b>Resource Faculty –</b><br><br><b>Umesh Chavan – Head IT BNCA</b><br><br><b>Mr Jitendra Golsangi – Director, Aura Software</b>                                           |
| 6  | Name of the Head of the Institution          | <b>Dr.Anurag Kashyap</b>                                                                                                                                                   |
| 7  | Email of the Head of the institution         | anurag.kashyap@bnca.ac.in                                                                                                                                                  |
| 8  | Date                                         | <b>22/07/2022</b>                                                                                                                                                          |
| 9  | Highlights of the program/ Activity          | <ul style="list-style-type: none"> <li>• New functions in Sketchup Studio</li> <li>• AR and VR experience</li> <li>• Tips and tricks using Sketchup effectively</li> </ul> |
| 10 | Feedback/ Event Outcome                      | It was well appreciated by the students and teachers and as pre the feedback, they need more such insights with day long sessions.                                         |
|    |                                              |                                                                                                                                                                            |

| Sr.No | Name              | Designation         | Email                                                                    | Mobile      |
|-------|-------------------|---------------------|--------------------------------------------------------------------------|-------------|
| 1     | Umesh Chavan      | Head IT             | <a href="mailto:umesh.chavan@bnca.ac.in">umesh.chavan@bnca.ac.in</a>     | 9422031200  |
| 2     | Sanjay Shinde     | Assistant Professor | <a href="mailto:sanjay.shinde@bnca.ca.in">sanjay.shinde@bnca.ca.in</a>   | 98905 03690 |
| 3     | Vandana Gokarn    | Assistant Professor | <a href="mailto:vandana.gokarn@bnca.ac.in">vandana.gokarn@bnca.ac.in</a> | 80071 77555 |
| 4     | Priya Nimbalkar   | Assistant Professor | priya.nimbalkar@bnca.ac.in                                               |             |
| 5     | Anand Lele        | Assistant Professor | anand.lele@bnca.ac.in                                                    |             |
| 6     | Kiran Nichale     | Assistant Professor | <a href="mailto:Kiran.nichale@bnca.ac.in">Kiran.nichale@bnca.ac.in</a>   | 9850546662  |
| 7     | Sakshi Gandhi     | Teaching Assistant  | <a href="mailto:Sakshi.gandhi@bnca.ac.in">Sakshi.gandhi@bnca.ac.in</a>   |             |
| 8     | Deva Prasad       | Assistant Professor | <a href="mailto:Deva.prasad@bnca.ac.in">Deva.prasad@bnca.ac.in</a>       |             |
| 9     | Sarabjit Kulkarni | Assistant Professor | <a href="mailto:Sarab.kulkarni@bnca.ac.in">Sarab.kulkarni@bnca.ac.in</a> |             |
| 10    | Rajeev Bhagwat    | Assistant Professor | Rajeev.bhagwat@bnca.ac.in                                                |             |
| 11    | Tanvi Chavan      | Assistant Professor | Tanvi.chavan@bnca.ac.in                                                  |             |
| 12    | Ganesh Dhumal     | Assistant Professor | Ganesh.dhumal@bnca.ac.in                                                 |             |
| 13    | Sanskriti Vispute | Assistant Professor | Sanskriti.vispute@bnca.ac.in                                             |             |



Students and teachers are engaged with the interactive session



The students and teachers experienced the AR and VR using Trimble Sketchup tools.

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Amidst Covid-19, there was a lockdown situation, and everyone was staying at home for safety purpose. While doing so, there was number of requests for to help them for keeping them fit and fresh. To help and guide all of them, **Prof. Umesh Chavan** took initiative and conducted an online session on the Health and Food Safety.

The fitness in terms of Physical, Mental, Spiritual and Food was conducted online with the BNCA participants.

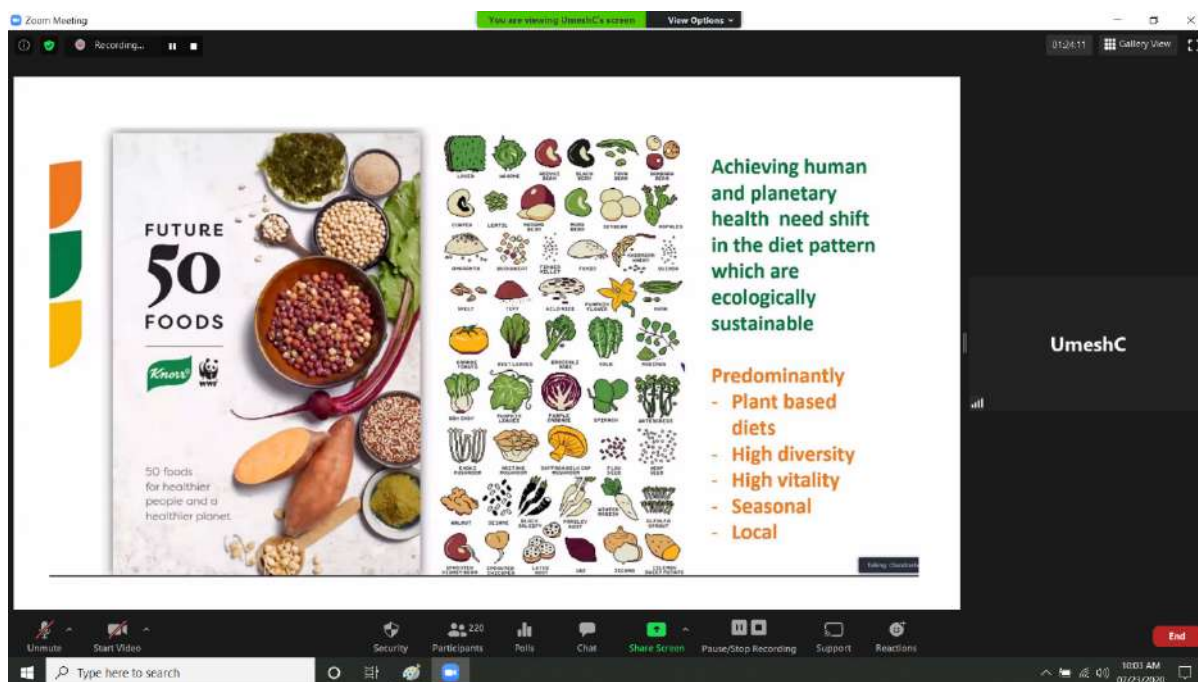
Around 300 + students nad teachers participated this online activity and many of them participated in the quiz conducted about the same.

Write on the topic "Dream World: Healthy Life in sync with Nature",

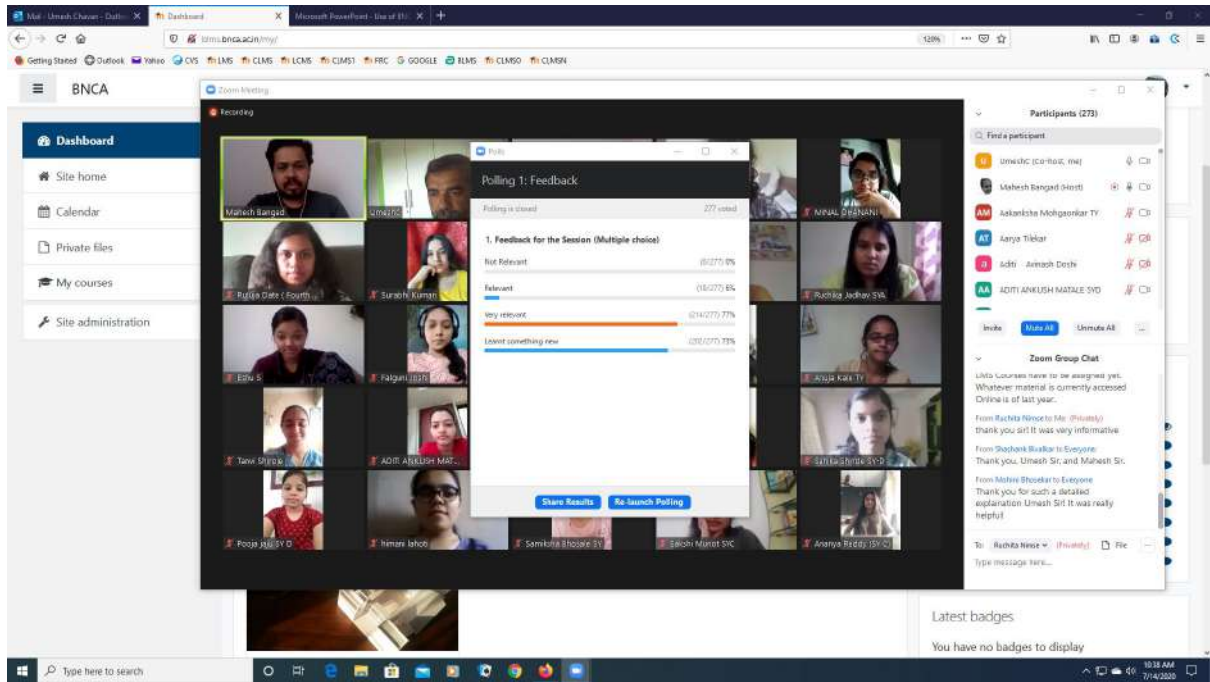
The positive way of thinking towards making the world healthy in terms of healthy biodiversity, animals, plants etc.

The positive thinking of the various systems which are helping environment, climate, nature, biodiversity to grow naturally rich.

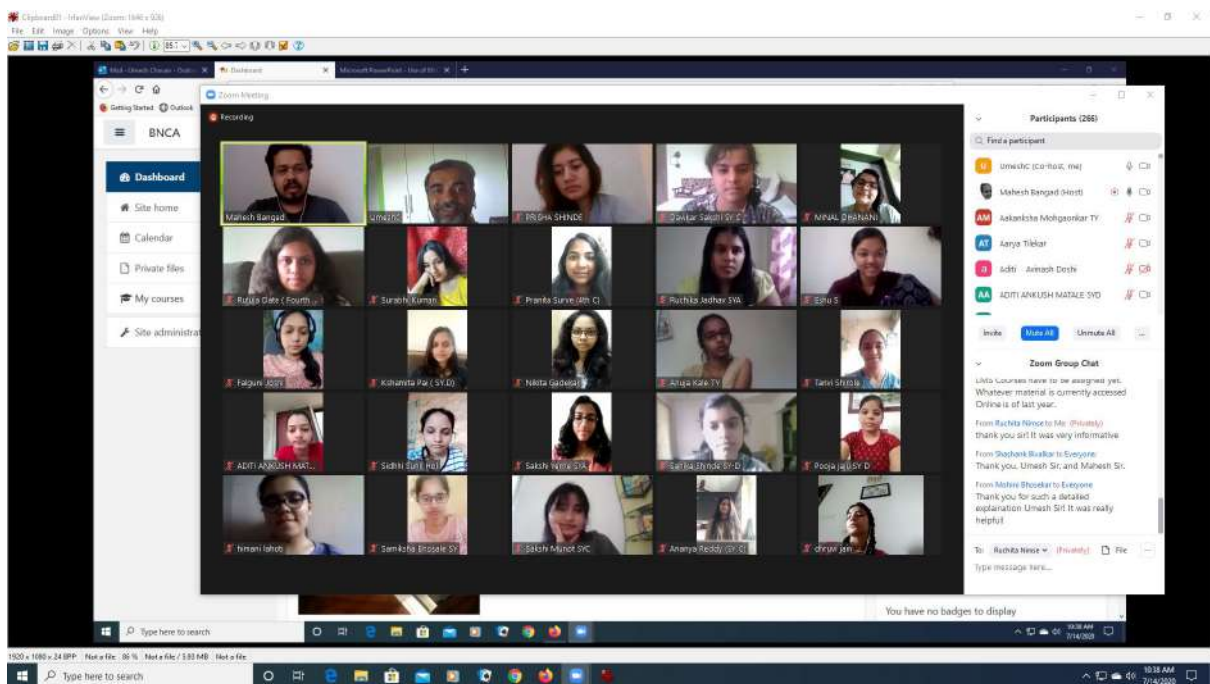
As the Law of Attraction works for everyone, if we do right things at right time, it will help all of us.



The slides about the Healthy Food.




Polling about the usefulness of the online session.



The participants feedback on the chat.

  
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The fitness in terms of Physical, Mental, Spiritual and Food was conducted online with the BNCA participants.

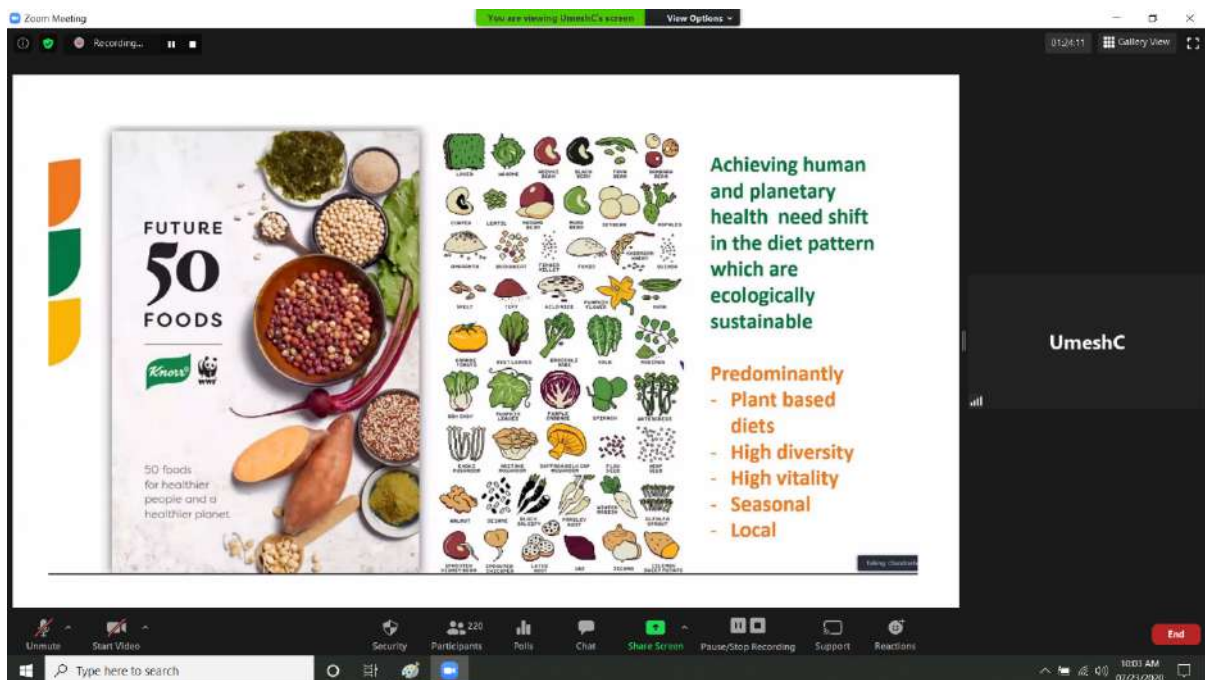
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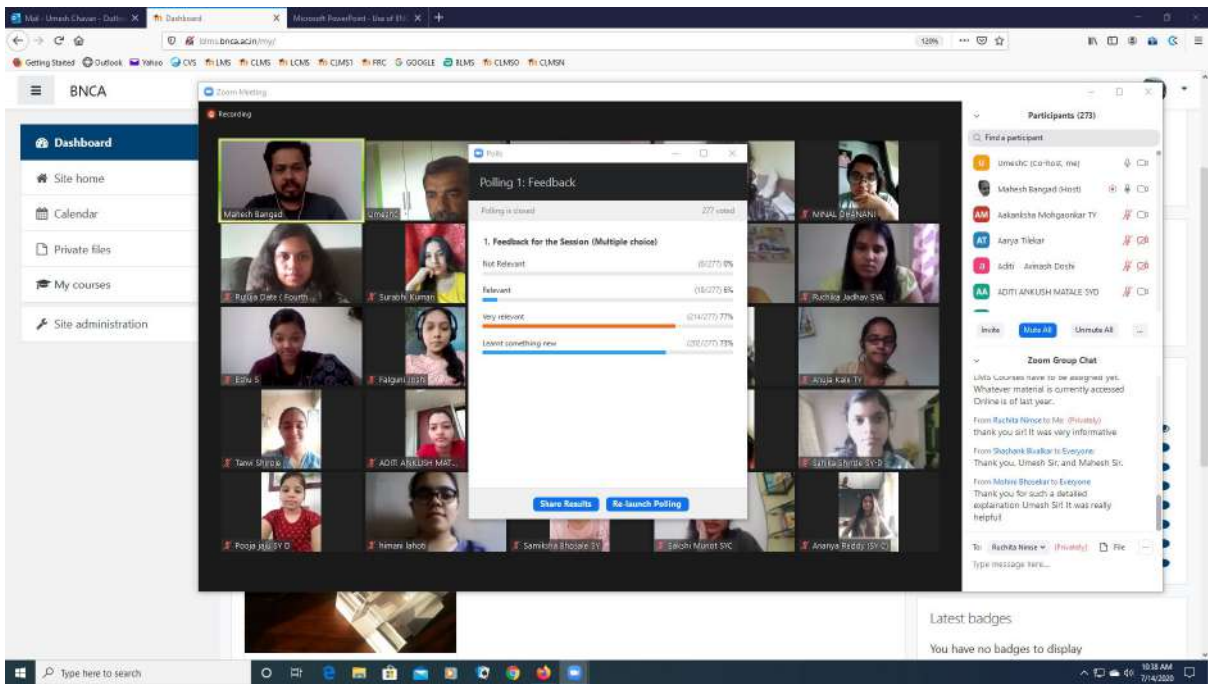
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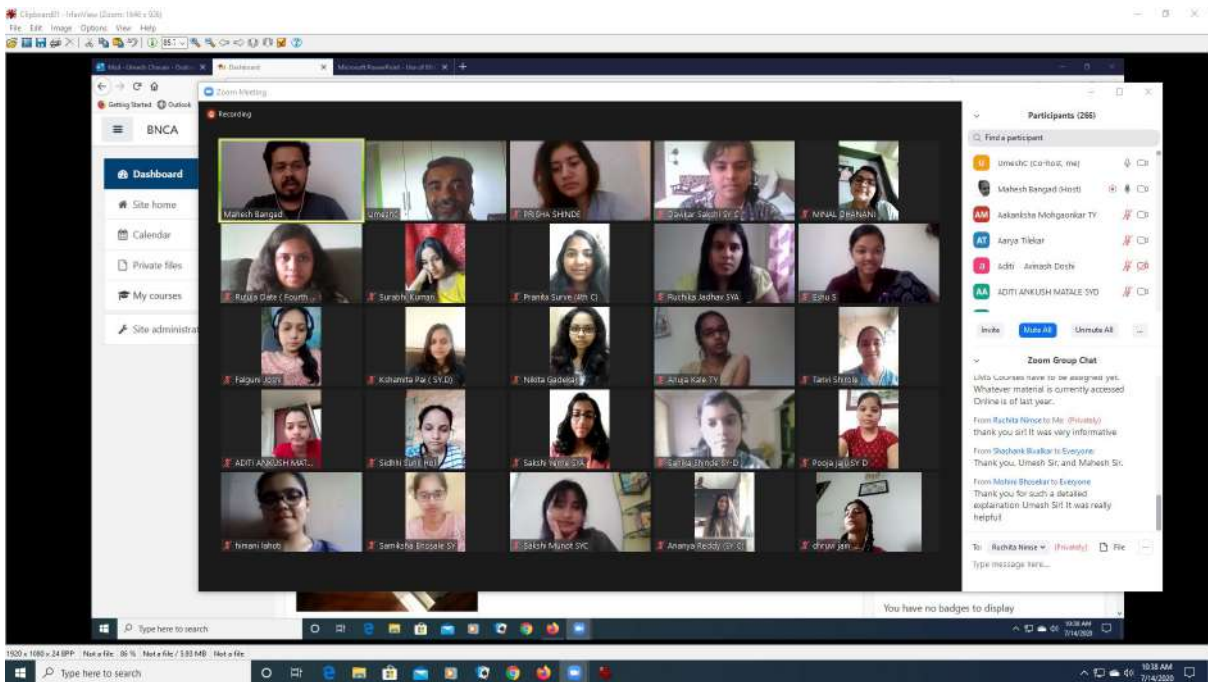
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Polling about the usefulness of the online session.



The participants feedback on the chat.

  
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