

# Best Practice-1

## 1.Title: Tree Plantation

## 2.Objectives:

- 1.To raise an awareness about importance of Tree plantation in the society
- 2.To encourage students as well as people to cultivate Tree plants
- 3.To help maintain the balance of the environment by planting Tree
- 4.To restore native forests around the village to restore water supplies

## 3.The context:

The forest is very important for maintaining the ecological balance of the environment of the earth. Large scale deforestation is taking place in the name of modernization in recent times. Therefore, the balance of nature is deteriorating.

Population rise, inadequate supply of drugs, prohibitive cost of treatment, side effects of several synthetic drugs and development of resistant to drugs which are used for infectious diseases have led to increased use of medicinal plants for a wide variety of human ailments. As a part of this, a medicinal plantation drive has been undertaken by our institution. And this tree plantation drive involved students, staff and people from the surrounding area. This initiative created awareness among the students, staff and the people of the area about the forest and medicinal plants.

## 4.The practice:

Plantation of medicinal plants is one of the important activity undertaken by the college for the society. Our Arts and Commerce and Science College started this plantation drive from the academic year 2019-2020. The tree planting program involves the students, staff of the college as well as the people of the area. The medicinal plants are being planted at Wadazari kd and Talegaon dighe barren land area of Talegaon dighe village by Botany department and N.S.S. department. The tree plantation program completed five years. In the last 05 years, 5000 forest tree and medicinal plants were planted with the help of students, staff of the college as well as people of the Talegaon dighe village. Out of them around 5000 forest medicinal trees have survived. At the time of plantation, the height of the saplings was around one to 1.5 feet; today their average height of the tree is 7 to 10 feet. Forest and Medicinal plants have been planted in the Talegaon dighe Where soil is rocky and less fertile. Further water availability is scanty. So for



Water conservation & water harvesting our students dig contour trenches around 1 to 1.5 feet deep pits.

The Gram Panchayat of Talegaon dighe and Wadzari kd. the college to provide forest or medicinal plants every year for planting medicinal plants. The B.Sc. botany student or N.S.S. Volunteers of the college take active participation in this drive and make their valuable contribution to maintain the balance of the environment.

Planted trees are cultivated during the rainy season or winter camp of NSS. Today, the growth of forest or medicinal plants at Talegaon dighe is excellent. The people of the area are taking advantage of those trees for various ailments. Students, staff and people in the area are informed about the medicinal plants while carrying out the work of planting forest or medicinal plants. At the same time, students, staff and people of the area take oath to conserve the environment.

### **5.Evidence of Success**

In the last Five years (since 2019-20), the college has successfully planted forest or medicinal plants. The college has succeeded in creating social awareness about Tree plants / environment among the students, staff and the people of the area. Rare plants like Beal, Neem, Gokshur, Kauth, khair, Amla, Sisav, Yellow Gulmohar, Nilgulmohar, Tamarind, Aghada, Babul, Rui, Gokarn, Bilayati, Neem, Bamboo, vaval, Katesawar, Palas, spathodea, Pipal, Amba, Nivadung, Bor, Jam , Erandi, Arjun sadada, Alov, moh, Anjir, Jambhul, Kadhipatta, Nimbu, Badam, Kadamb, pivala tilwan, Kanchan, Malberi, Red Gulmohar, Insuline, Sitaphal, Ramphal, Karanj, Wad etc. have been saved due to the planting of forest or medicinal plants. The following table is prepared by our students for the benefit of people who visit the sacred place Talegaon dighe.



## Best Practice-2

### 1. Title of the Practice: - Health and Wellness Camp

### 2. Objectives of the Practice: -

- To improving participants physical fitness, promoting mental well-being, educating about healthy lifestyle choices, and fostering long-term habits for maintaining wellness.
- To create awareness and motivate Students and people for Health and Wellness Camp- Blood Donation, Dental Check-up, etc.
- To help anyone, in case of any requirement for health check-up.
- To end the concept of replacement donation by ensuring a continuous supply of blood through Voluntary Blood Donation in Government blood banks.

### 3. The Context: -

#### Challenges in designing and implementing the practice

In the context of a health and wellness camp, the objectives can be tailored to fit the specific goals of the camp, which might include general well-being, fitness, stress management, or disease prevention. Here's a detailed breakdown of typical objectives:

- Fitness Enhancement: Provide structured physical activities such as yoga, aerobics, hiking, or strength training to improve overall fitness levels.
- Mental Health Awareness: Facilitate sessions on emotional well-being, coping strategies, and mental health resources.
- Due to low blood collection, the blood bank refuses to make camp in a rural area.
- Fear in mind about health and wellness camp due to a lack of education.
- Girl students have low HB. So they are unable to donate blood. It impacts the overall collection of blood units.

### 4. The Practice: -

The college or any educational institute is an effective medium to inculcate awareness among the people about any social issue as it directly connects to the young generation which is the future of the country. So, we have put the first step towards social awareness like health and wellness camp. Keeping in view the aforesaid objectives and context, the college decided to take total health check-up like BP, ECG, Dental check-up, Blood Donation, etc. The college has been engaging in this activity for the last 5 years. Moreover, we call different blood



banks to arrange the Blood Donation Camp in our college. In the camp, about 30 to 40 blood bags get collected each year. Around 80 students including staff were involved in the donation. In the end, Health check-up of government Hospital and the blood bank doctors deliver an informative lecture on awareness about girl's health and blood donation. They provide information about a balanced diet that helps to increase the HB level. In addition to this, they also distribute iron tablets to those who suffer from low HB.

Year	Title of Best Practice	Date of program
2019	Blood Donation	12/01/2019
2021	Blood Donation	11/01/2021
2022	Health check-up of government Hospital	10/10/2022
2023	Health check-up of government Hospital	18/10/2023
2024	Dental check-up, Blood Donation, Total health check-up like BP, ECG,	11/01/2024

#### 5. Evidence of Success: -

Measuring the success of a health and wellness camp involves evaluating various metrics and outcomes. Evidence of success can be gathered through a combination of quantitative and qualitative data. Here are some key indicators:

- Blood bank authority gives the card to each blood donor which helps that person in the future to get blood when needed. Many students including two faculty members got the blood for them in emergency conditions by using this certificate.
- Students and teachers get information about their HB, wellness check-up like BP, ECG etc.
- They get information on what diet to take for increasing HB.
- Social Benefits: Positive impact on participants' social well-being, including improved relationships and community involvement.

#### 6. Problems encountered and resources required:

- Rural thinking that blood donation creates illness and weakness poses the main problem in the collection of blood.
- Many students have low HB mainly girls.
- The blood bank avoids coming into the colleges which have less student strength as the collection of blood bags is less.
- Many students have lack of knowledge about BP, ECG etc.



## **7.2.**

**Describe two best practices successfully implemented by the Institution as per the NAAC format provided in the Manual**

**Best Practices – 1**

**Tree Plantation**



Sahyadri Bahujan Vidya Prasarak Samaj  
**LOKNETE BALASAHEB THORAT  
ARTS, COMMERCE & SCIENCE COLLEGE,**  
Talegoan Dighe Tal.Sangamner, Dist.Ahmednager - 422611  
(Affiliated to Savitribai Phule Pune University, Pune ID - PU/AN/ACS /101/2008)  
<https://lbtcollege.in/>, Email - [lbtcollege853@gmail.com](mailto:lbtcollege853@gmail.com) / [sbvpsacsctd@gmail.com](mailto:sbvpsacsctd@gmail.com)



Date:- 28/06/2024

## DECLARATION

This is declare that the information, reports, true copies of the Supporting documents, numerical data etc. submitted/presented in this file is verified by Internal Quality Assurance Cell (IQAC) and is correct as per the records. This declaration is for the purpose of NAAC accreditation of HEI for 1<sup>st</sup> Cycle period 2019-20 To 2023-24.

Date:- 28/06/2024

Place:- Talegaon Dighe

  
**IQAC CO-ORDINATOR**  
LOKNETE BALASAHEB THORAT ARTS,  
COMMERCE & SCIENCE COLLEGE TALEGOAN DIGHE,  
TAL. SANGAMNER DIST. A.NAGAR



  
**PRINCIPAL**  
LOKNETE BALASAHEB THORAT ARTS,  
COMMERCE & SCIENCE COLLEGE TALEGOAN DIGHE,  
TAL. SANGAMNER DIST. A.NAGAR



महाराष्ट्र MAHARASHTRA

2023

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पुरवठा दिनांक  
21 AUG 2023  
उपकोषागार अधिकारी संगमनेर

पंक्रो नोंद वही अनुक्रमांक 98380  
दिनांक 21/08/2023  
दस्तावा प्रकार बँक/पतसंस्था वर्ज प्रकरणासाठी  
मुद्रांक विकत घेणाऱ्याचे नांव प्राचार्य लोक्नेते बा. थो. अ. वि. का. त.  
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श्री. विलास दत्तात्रय मंडलिक  
मु.वि.क्र. STP/Mandlik/96/9  
नम्रता झेरॉक्स, कचेरीसमोर, संगमनेर

मुद्रांक घेणाराची सही

## MEMORANDUM OF UNDERSTANDING

BEETWEEN TWO PARTIES

SBVP'S

LOKNETE BALASAHEB THORAT ART'S, COMMERCE AND  
SCIENCE. TALEGAON DIGHE, SANGMNER. 422644

DEPARTMENT OF BOTANY

AND

GRAMPANCHAYAT KARYALAYA, TALEGAON DIGHE

  
Principal

LOKNETE BALASAHEB THORAT ART'S,  
COMMERCE & SCIENCE COLLEGE TALEGAON DIGHE  
TAL. SANGMNER DIST. A. N. S. R.

  
Sarpanch

ग्रामपंचायत तळेगांव दिघे  
ता. संगमनेर, जि. अहमदनगर

# **MEMORANDUM OF UNDERSTANDING**

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**DEPARTMENT OF BOTANY**

**AND**

**GRAMPANCHAYAT KARYALAYA, TALEGAON DIGHE**

**VENUE**

**GRAMPANCHAYAT KARYALAYA, TALEGAON DIGHE**



## **BACKGROUND OF PARTIES**

**Loknete Balasaheb Thorat Art's, Commerce And Science College Talegaon dighe. (LBTACSC)**

Sahyadri bahujan vidya prasark samaj (SBVPS) was founded in 1966. It dedicated to the cause of promoting social development through education, within the short span 58 years. It runs several institutions imparting quality education right from college. Loknete balasaheb thorat art's, commerce and Science College is the latest addition to this family started in the year- 2008. Recognized by Govt. of Maharashtra. Affiliated by to Pune University. The college presently runs three programs viz. a three year, BSc, B.Com, B.A.

The college has highly qualified. Competent young and dedicated faculty member who have been constantly working for the all-round personality development of the student.

### **DEPARTMENT OF BOTANY:-**

In bid to do our little for environment conservation and to protect the ecology of the area. Environmental conscious have initiated an afforestation drive in the village talegaon dighe. Since 2017, a resolution to conduct afforestation on the barren hill was subsequently passed in the gram sabha of talegaon dighe panchayat. It is striving to work towards environmental conservation and creating environmentally conscious society. The department of botany's main objective to safeguard and protect environment and to create awareness regarding environment protection and conservation.

Some of the campaigns conducted by department of botany.

- 1) Tree plantation drives.
- 2) Conserving forest.
- 3) Water harvesting.

### **PURPOSE :-**

The parties recognize the benefits to be derived from increased collaboration, cooperation and interaction of the purpose of promotion and understanding of high performance in awareness activities and organizing various programmes including tree plantation drives, CCT digging and other awareness activities. The purpose of this MoU is to define the areas for fundamental, socio-academic aspects in which the parties desire to foster a collaborative frame work between loknete balasaheb thorat art's, commerce and science college talegaon dighe and grampanchayat talegaon dighe in the field with a view to benefiting from each other's initiatives and working procedures and to support collaboration among the members associated with both parties.

### **Scope :-**

The MoU sets forth the intention of the parties for increased collaboration. Cooperation and interaction and does not create any legally binding commitments. If the parties later agree to undertake specific joint projects with legally binding obligations. They will develop separate written agreement for such projects, setting out each party's contribution, deliverable.

The parties intend to :-

- 1) Strengthen the ties between LBTACS College and academia to make collaborative efforts in the field of Environmental Awareness.
- 2) Collaboration in awareness campaigns and other field of mutual interest.

**This MoU is signed between LBTACS College and talegaon dioghe Grampanchayat for the following deliverables.**

**DELIVERABLE FROM THE LBTACS COLLEGE :-**

- 1) The college will allow to conduct activities for promotion and creating awareness among student about the initiatives of Dept. of Botany.
- 2) Motive students to participate in various programs and tree plantation.
- 3) College to promote sustainable development practices.

**DELIVERABLE FROM THE TALEGAON DIGHE GRAMPANCHAYAT**

- 1) Collaborate environmental protection and conservation.
- 2) Organizing events for the promotion of environment awareness.

**MODE OF OPERATION :-**

Both parties provide necessary support for effective implementation of the MoU within the institutional rule and procedures.

This MoU shall be effective from the date is signed by both the parties.

The activities under this MoU shall be coordinated. Monitored and recorded by an internal coordination committee, sarpanch of talegaon dighe. Shall be the internal coordinator from sarpanch where as the principal, LBTACS College will be the internal coordinator from LBTACS College.

**VALIDITY :-**

The memorandum shall remain in force for a period of Ten years commencing form effective.

**AMENDMENTS/ MODIFICATIONS :-**

This MoU may be amended or modified by a written agreement signed by the representations of both institutes.

Loknete balasaheb thorat art's, commerce and science college talegaon dighe. The PARTIES have executed this MoU and represent that they approve accept this MoU and represent that they approve accept and agree to the terms contained herein.

MoU Signed on behalf of :-

MDighe

सरपंच

Name ग्रामपंचायत तळेगांव दिघे  
Mr. mayur Dighe  
ता.संगमनेर, जि.अहमदनगर  
Sarpanch



Grampanchayat, talegaon dighe, 422611

DD Pawar

**PRINCIPAL**  
LOKNETE BALASAHEB THORAT ARTS,  
COMMERCE & SCIENCE COLLEGE TALEGOAN DIGHE,  
TAL. SANGAMNER DIST. A.NAGAR

Name – Dr. D. D. Pawar

Principal



Loknete Balasaheb Thorat  
Art's, Commerce and Science  
College, Talegaon dighe, 422611.

SBVP'S

**Loknete Balasaheb Thorat Art's, Commerce And Science  
College, Talegaon Dighe, Sangmaner**

**Ahmadnagar**

**Tree Plantation Report**

**Department of Botany – 2019 – 2020**

Tree plantation programme was held in our college on 05 / 08 / 2019 at 9.45 am. The student of class BA , B.COM And BSc actively participating in the programme. Dr. Dhone sir (College Principal), teaching and student went to plant sampling in our college premises.

We had planted various type of wild plant in Talegaon village, some being Sissam, Acasia, Cassia. Sp, Glmomohar, Nilgulmohar, Amala, Khair, Karanj and other wild plant's. Our teacher had also explain about the tree and the importance of tree plantation. Even our Non-teaching staff also taught us how to plant them and then they watered the plants. The helpers told us different thing about the plant, their uses etc. The department of Botany launched initiatives to creat awareness among people towards tree plantation. "Van Mohotsav" also known as " The Festival Of Life " celebrate in first week of August is one of such initiatives. At the end of programme there was a photo session with principal, teachers and students.

  
**HOD Dept of Botany**  
**HEAD OF DEPT. BOTANY**  
**LOKNETE BALASAMH THORAT ARTS,**  
**COMMERCE & SCIENCE COLLEGE TALEGAON DIGHE,**  
**TAL. SANGAMNER DIST. A. NAGAR**

SBVP'S

**Loknete Balasaheb Thorat Art's, Commerce And Science  
College, Talegaon Dighe, Sangmaner**

**Ahmadnagar**

**Tree Plantation Report**

**Department of Botany – 2021 – 2022**

Tree plantation programme was held in our college on 10 / 08 / 2022 at 9.45 am. The student of class BA , B.COM And BSc actively participating in the programme. Dr. Pawar R.G sir (College Principal), teaching and student went to plant sampling in our college premises.

We had planted various type of wild plant in Talegaon village, some being Neem, Sissam, Jambhul, Acasia, Cassia. Sp, Glmomohar, Nilgulmohar, Amala, Khair, Karanj and other wild plant's. Our teacher had also explain about the tree and the importance of tree plantation. Even our Non-teaching staff also taught us how to plant them and then they watered the plants. The helpers told us different thing about the plant, their uses etc. The department of Botany launched initiatives to creat awareness among people towards tree plantation. "Van Mohotsav" also known as " The Festival Of Life " celebrate in first week of August is one of such initiatives. At the end of programme there was a photo session with principal, teachers and students.

  
10/08/2023

**HOD Dept of Botany  
HEAD OF DEPT. BOTANY  
LOKNETE BALASHEB THORAT ARTS,  
COMMERCE & SCIENCE COLLEGE TALEGAON DIGHE,  
TAL. SANGAMNER DIST. A.NAGAR**

SBVP'S

**Loknete Balasaheb Thorat Art's, Commerce And Science  
College, Talegaon Dighe, Sangmaner**


**Ahmadnagar**

**Tree Plantation Report**

**Department of Botany – 2022 – 2023**

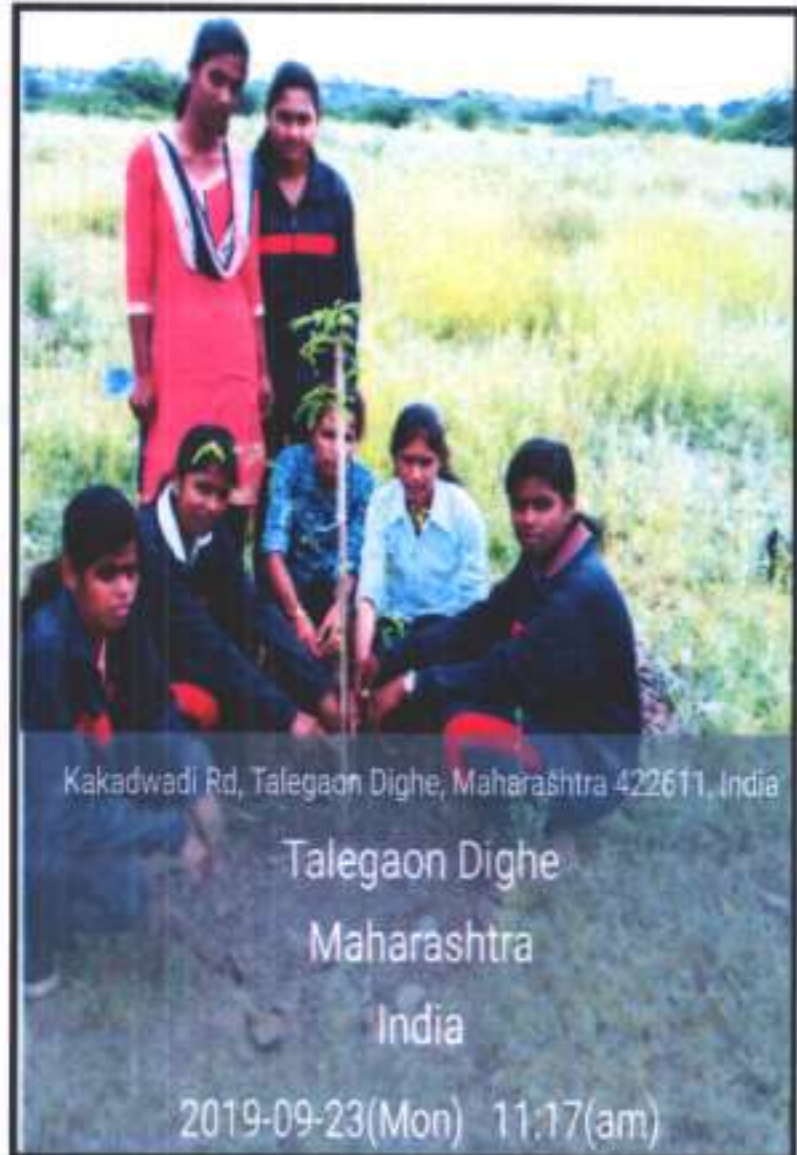
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10/08/2023  
HOD Dept of Botany  
**HEAD OF DEPT. BOTANY**  
LOKNETE BALASAHEB THORAT ARTS,  
COMMERCE & SCIENCE COLLEGE TALEGOAN DIGHE,  
TAL. SANGAMNER DIST. A.NAGAR

# Tree Plantation





Kakadwadi Rd, Talegaon Dighe, Maharashtra 422611, India

Talegaon Dighe  
Maharashtra  
India

2019-09-23(Mon) 11:17(am)













GPS Map Camera



Google

Ahmadnagar, Maharashtra, India  
H8QH+PM5, Ahmadnagar, Manoli, Maharashtra 413714, India  
Lat 19.589158°  
Long 74.329418°  
22/09/22 03:20 PM GMT +05:30



GPS Map Camera



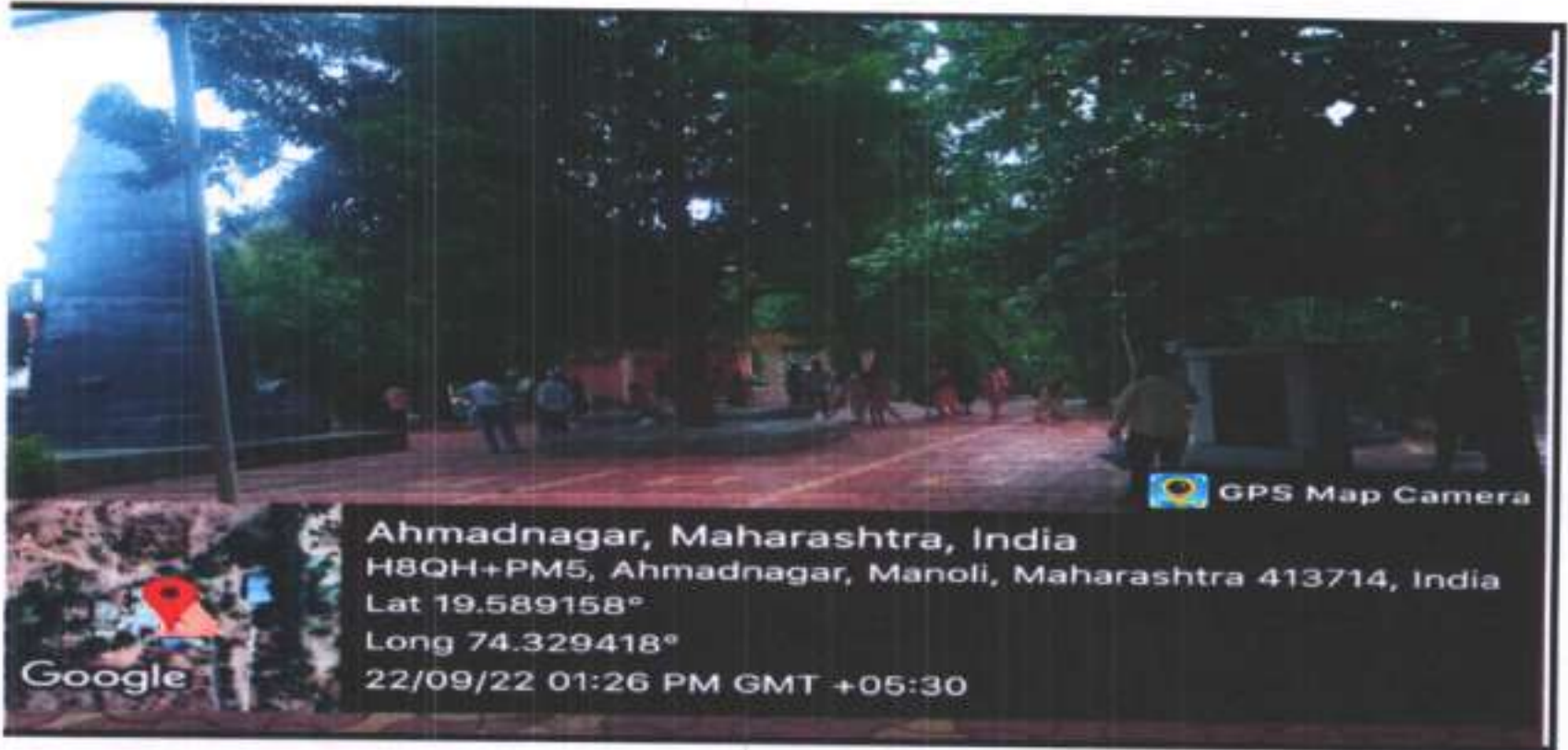
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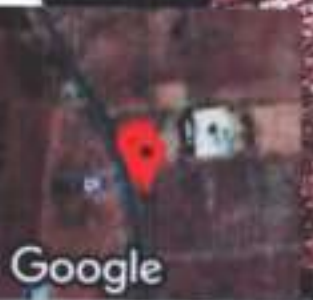








GPS Map Camera

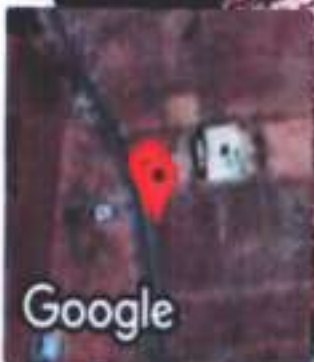


Google

Talegaon Dighe, Maharashtra, India  
P72R+H8W, Talegaon Dighe, Maharashtra 422611, India  
Lat 19.701205°  
Long 74.29062°  
27/06/24 10:23 AM GMT +05:30



GPS Map Camera



Google

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Sahyadri Bahujan Vidya Prasarak Samaj  
**LOKNETE BALASAHEB THORAT  
ARTS, COMMERCE & SCIENCE COLLEGE,**  
Talegoan Dighe Tal.Sangamner, Dist.Ahmednager - 422611  
(Affiliated to Savitribai Phule Pune University, Pune ID - PU/AN/ACS /101/2008)  
<https://lbtcollege.in/>, Email - [lbtcollege853@gmail.com](mailto:lbtcollege853@gmail.com) / [shvpsacsctd@gmail.com](mailto:shvpsacsctd@gmail.com)



Date:- 28/06/2024

## DECLARATION

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Date:- 28/06/2024

Place:- Talegaon Dighe

  
**IQAC CO-ORDINATOR**  
LOKNETE BALASAHEB THORAT ARTS,  
COMMERCE & SCIENCE COLLEGE TALEGOAN DIGHE,  
TAL. SANGAMNER DIST. A.NAGAR



  
**PRINCIPAL**  
LOKNETE BALASAHEB THORAT ARTS,  
COMMERCE & SCIENCE COLLEGE TALEGOAN DI  
TAL. SANGAMNER DIST. A.NAGAR

**7.2.**

**Describe two best practices successfully implemented by the Institution as per the NAAC format provided in the Manual**

**Best Practices – 2**

**Health and wellness**

**camp**

# Health and wellness camp

सार्वमत

## थोरात महाविद्यालयात मोफत आरोग्य तपासणी व रक्तदान शिबीर उत्साहात

तळेगाव दिघे (यार्लाहर) - संगमनेर तालुक्यातील तळेगाव दिघे येथील लोकनेते बाळासाहेब थोरात कला, वाणिज्य व विज्ञान महाविद्यालयात थोर स्वातंत्र्य सेनानी स्व. भाऊसाहेब थोरात यांच्या जन्मशताब्दी निमित्ताने मेडिकलव्हर हॉस्पिटल, एसएमबीटी दंत महाविद्यालय आणि अर्पण रक्तपेढी यांच्या संयुक्त विद्यमाने आयोजित मोफत आरोग्य तपासणी, दंत चिकित्सा तसेच रक्तदान शिबीर उत्साहात पार पडले.

तळेगाव दिघे येथील लोकनेते बाळासाहेब थोरात महाविद्यालयात आयोजित मोफत आरोग्य तपासणी, दंत चिकित्सा तसेच रक्तदान शिबीर उद्घाटन सहाद्री बहुजन विद्या प्रसारक समाज शिक्षण संस्थेचे रजिस्ट्रार आचार्य बाबुराव गवांदे यांच्याहस्ते करण्यात आले. प्रसंगी जिल्हा सहकारी बँकेचे शाखाधिकारी चांगदेव हेपे, प्राचार्य डॉ. डी. डी. पवार, प्राचार्य एच. आर. दिघे, उपप्राचार्य राजेंद्र पानसरे, डॉ. संतोष गोडसे, प्रमीला कडलग, डॉ. भाग्यशी चौधरी, संतोष गोडसे, डॉ. सैद खतिब, अंजली भस्मरा, कविता पागी, राजू गुळवे, प्रा. रामदास आहिर, मच्छिंद्र दिघे,



तळेगाव दिघे येथील लोकनेते बाळासाहेब थोरात महाविद्यालयात रक्तदान शिबिराचे उद्घाटन करताना सहाद्री शिक्षण संस्थेचे रजिस्ट्रार आचार्य बाबुराव गवांदे. समवेत पदाधिकारी.

डॉ. राजेंद्र गायकवाड, अविनाश बिन्हाडे उपस्थित होते.

बाबुराव गवांदे म्हणाले, मध्याच्या धकाधकीच्या जीवनात प्रत्येकाचे आपल्या आरोग्याकडे दुर्लक्ष होते. आपल्याकडे कितीही संपत्ती असली, मात्र आरोग्य चांगले नसेल तर त्याचा काही उपयोग होत नाही. शारीरिक आरोग्य हीच आपली खरी संपत्ती आहे. त्यासाठी सर्वांनी आरोग्य विषयक चांगल्या सवयी बाळगल्यात. विद्यार्थ्यांनी आरोग्याकडे दुर्लक्ष न करता चांगल्या आरोग्यासाठी चांगल्या सवयी अंगिकारल्यात, सकस आहार घ्यावा आणि नियमित

व्यायाम करावा. सुदृढ शरीर आणि चांगले आरोग्य हीच आपली संपत्ती असते. त्यासाठी जाणीवपूर्वक सर्वांनी आरोग्याची काळजी घ्यावी घेणे गरजेचे आहे.

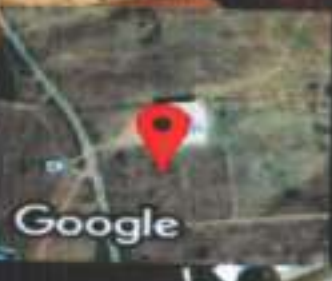
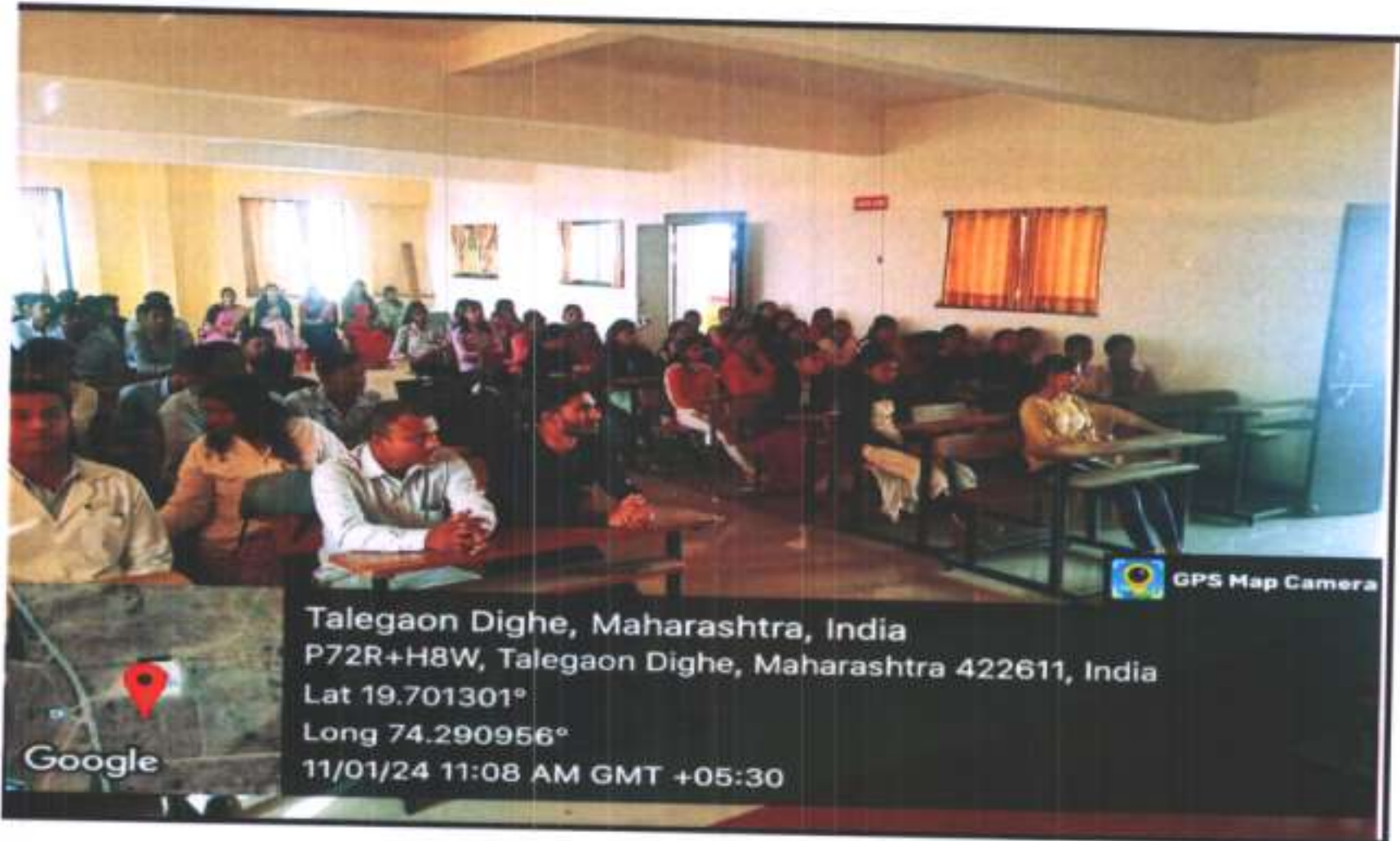
यावेळी चांगदेव हेपे, प्राचार्य एच. आर. दिघे यांनी विद्यार्थ्यांना मार्गदर्शन केले. प्रसंगी लोकनेते बाळासाहेब थोरात महाविद्यालय तसेच आयटीआय कॉलेज मधील तरुण-तरुणींनी उत्साहात रक्तदान केले. कार्यक्रमाचे प्रास्ताविक प्राचार्य डॉ. डी. डी. पवार यांनी केले. सूत्रसंचालन प्रा. रामदास आहिर यांनी केले. डॉ. राजेंद्र गायकवाड यांनी आभार मानले.



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Long 74.29114°  
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LOKNETE BALASAHEB THORAT ARTS,  
COMMERCE & SCIENCE COLLEGE TALEGAON DIGHE,  
TAL. SANGAMNER DIST. A. NAGAR



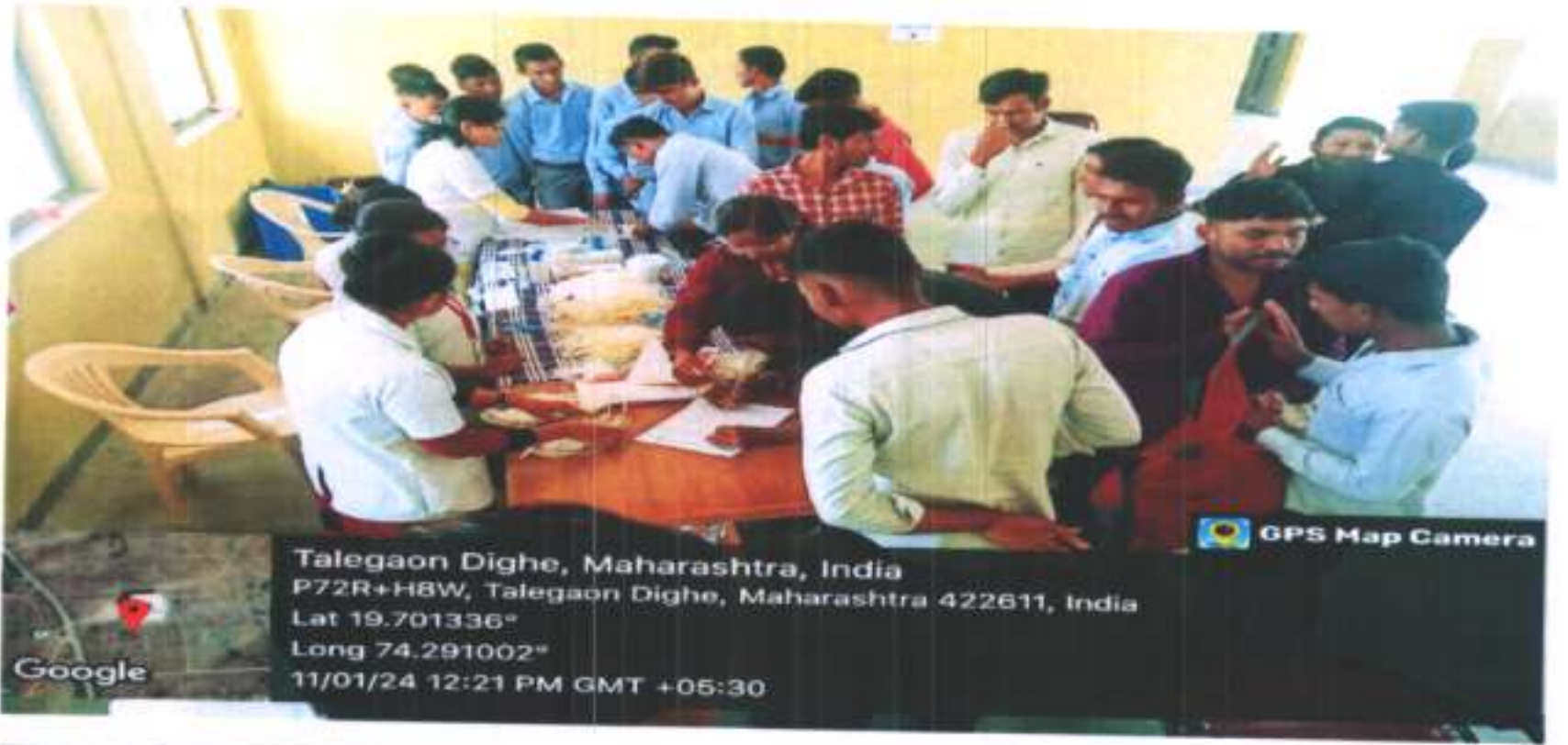
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Talegaon Dighe, Maharashtra, India  
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GPS Map Camera



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GPS Map Camera



*[Signature]*  
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## Dental Check-up



*[Handwritten Signature]*

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# Health Check-up



*Princip*  
**PRINCIP**  
LOKNETE BALASAHAB THORAT A.M.,  
COMMERCE & SCIENCE COLLEGE TALEGOAN DIGHE,  
TAL. SANGAMNER DIST. A. NAGAR



Talegaon Dighe, Maharashtra, India  
 P72R+H8W, Talegaon Dighe, Maharashtra 422611, India  
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GPS Map Camera



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GPS Map Camera



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GPS Map Camera



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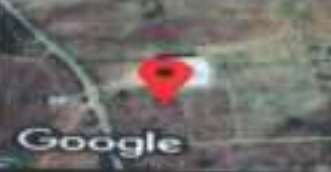


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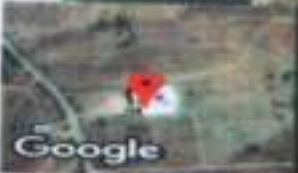


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## Blood Donation 2023-24



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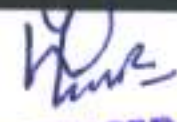


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## Health Check-up 2023-24



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COMMERCE & SCIENCE COLLEGE TALEGOAN DIGHE,  
SANGAMNER DIST. A. NAGAR

# आरोग्य हीच खरी संपत्ती : गवांदे थोरात महाविद्यालयात मोफत आरोग्य तपासणी शिबिर

■ सकाळ वृत्तसेवा

तळेगाव दिघे, ता. ११ : सध्याच्या धकाधकीच्या जीवनात सर्वांचेच आरोग्याकडे दुर्लक्ष होत आहे. आपल्याकडे कितीही संपत्ती असली, मात्र आरोग्य चांगले नसेल, तर त्याचा काही उपयोग होत नाही. शारीरिक आरोग्य हीच आपली खरी संपत्ती आहे, असे प्रतिपादन सहाय्यी बहुजन विद्या प्रसारक समाज शिक्षण संस्थेचे रजिस्ट्रार बाबुराव गवांदे यांनी केले.

तळेगाव दिघे येथील लोकनेते बाळासाहेब थोरात महाविद्यालयात सहकारमहर्षी भाऊसाहेब थोरात यांच्या जन्मशताब्दीनिमित्ताने आयोजित मोफत आरोग्य तपासणी, दंत चिकित्सा तसेच रक्तदान शिबिर उद्घाटन प्रसंगी ते बोलत होते.

जिल्हा बँकेचे शाखाधिकारी चांगदेव डेपे, प्राचार्य डॉ. डी. डी. पवार, प्राचार्य एच. आर. दिघे, उपप्राचार्य राजेंद्र पानसरे, डॉ. संतोष गोडसे, प्रमिला कडलग, डॉ. भाग्यशी चौधरी, संतोष गोडसे, डॉ. सैद खतिब, अंजली



तळेगाव दिघे : येथील लोकनेते बाळासाहेब थोरात महाविद्यालयात मोफत आरोग्य तपासणी कार्यक्रम प्रसंगी मार्गदर्शन करताना 'सहाय्यी'चे रजिस्ट्रार बाबुराव गवांदे, समवेत मान्यवर.

भसरा, कविता पागी, राजू गुळवे, प्रा. रामदास आहेर, मच्छिंद्र दिघे, डॉ. राजेंद्र गायकवाड उपस्थित होते.

गवांदे म्हणाले की, विद्यार्थ्यांनी आरोग्याकडे दुर्लक्ष न करता चांगल्या आरोग्यासाठी चांगल्या संवयी अंगिकाराव्यात, सकस आहार घ्यावा आणि नियमित व्यायाम करावा. सुदृढ शरीर आणि चांगले आरोग्य हीच आपली संपत्ती असते. त्यासाठी जाणीवपूर्वक सर्वांनी आरोग्याची

काळजी घ्यावी.

प्रसंगी चांगदेव डेपे, प्राचार्य एच. आर. दिघे यांनी मनोगत व्यक्त केले. मेडिकलर हॉस्पिटल, एसएमबीटी दंत महाविद्यालय आणि अर्पण रक्तपेढी यांच्या संयुक्त विद्यमाने हे शिबिर घेण्यात आले. प्रास्ताविक प्राचार्य डॉ. डी. डी. पवार यांनी केले. सूत्रसंचालन प्रा. रामदास आहेर यांनी केले. डॉ. राजेंद्र गायकवाड यांनी आभार मानले.

Nagar Main  
12/01/2024 Page No. 4

## सार्वमत

# थोरात महाविद्यालयात मोफत आरोग्य तपासणी व रक्तदान शिबीर उत्साहात

तळेगाव दिघे (वार्ताहर) - संगमनेर तालुक्यातील तळेगाव दिघे येथील लोकनेते बाळासाहेब थोरात कला, वाणिज्य व विज्ञान महाविद्यालयात थोर स्वातंत्र्य सेनानी स्व. भाऊसाहेब थोरात यांच्या जन्मशताब्दी निमित्ताने मेडिकलर हॉस्पिटल, एसएमबीटी दंत महाविद्यालय आणि अर्पण रक्तपेढी यांच्या संयुक्त विद्यमाने आयोजित मोफत आरोग्य तपासणी, दंत चिकित्सा तसेच रक्तदान शिबीर उत्साहात पार पडले.

तळेगाव दिघे येथील लोकनेते बाळासाहेब थोरात महाविद्यालयात आयोजित मोफत आरोग्य तपासणी, दंत चिकित्सा तसेच रक्तदान शिबीर उद्घाटन सहाय्यी बहुजन विद्या प्रसारक समाज शिक्षण संस्थेचे रजिस्ट्रार आचार्य बाबुराव गवांदे यांच्याहस्ते करण्यात आले. प्रसंगी जिल्हा सहकारी बँकेचे शाखाधिकारी चांगदेव डेपे, प्राचार्य डॉ. डी. डी. पवार, प्राचार्य एच. आर. दिघे, उपप्राचार्य राजेंद्र पानसरे, डॉ. संतोष गोडसे, प्रमिला कडलग, डॉ. भाग्यशी चौधरी, संतोष गोडसे, डॉ. सैद खतिब, अंजली भसरा, कविता पागी, राजू गुळवे, प्रा. रामदास आहेर, मच्छिंद्र दिघे,



तळेगाव दिघे येथील लोकनेते बाळासाहेब थोरात महाविद्यालयात रक्तदान शिबिराचे उद्घाटन करताना सहाय्यी शिक्षण संस्थेचे रजिस्ट्रार आचार्य बाबुराव गवांदे, समवेत पदाधिकारी.

डॉ. राजेंद्र गायकवाड, अविनाश बिन्हाडे उपस्थित होते.

बाबुराव गवांदे म्हणाले, सध्याच्या धकाधकीच्या जीवनात प्रत्येकाचे आपल्या आरोग्याकडे दुर्लक्ष होते. आपल्याकडे कितीही संपत्ती असली, मात्र आरोग्य चांगले नसेल तर त्याचा काही उपयोग होत नाही. शारीरिक आरोग्य हीच आपली खरी संपत्ती आहे. त्यासाठी सर्वांनी आरोग्य विषयक चांगल्या संवयी बाळगाव्यात. विद्यार्थ्यांनी आरोग्याकडे दुर्लक्ष न करता चांगल्या आरोग्यासाठी चांगल्या संवयी अंगिकाराव्यात, सकस आहार घ्यावा आणि नियमित

व्यायाम करावा. सुदृढ शरीर आणि चांगले आरोग्य हीच आपली संपत्ती असते. त्यासाठी जाणीवपूर्वक सर्वांनी आरोग्याची काळजी घ्यावी घेणे गरजेचे आहे.

बाबेळी चांगदेव डेपे, प्राचार्य एच. आर. दिघे यांनी विद्यार्थ्यांना मार्गदर्शन केले. प्रसंगी लोकनेते बाळासाहेब थोरात महाविद्यालय तसेच आयटीआय कल्लेज मधील तरुण-तरुणींनी उत्साहात रक्तदान केले. कार्यक्रमाचे प्रास्ताविक प्राचार्य डॉ. डी. डी. पवार यांनी केले. सूत्रसंचालन प्रा. रामदास आहेर यांनी केले. डॉ. राजेंद्र गायकवाड यांनी आभार मानले.

