



Shirur Shikshan Prasarak Mandal's
Chandmal Tarachand Bora
College of Arts, Commerce and Science
Shirur-Ghodnadi, Dist.- Pune, Maharashtra, Pin-412 210

Criteria-III

Research Innovation and Extension

3.4: Extension Activities

3.4.1: Outcomes of Extension activities in the neighborhood community in terms of impact and sensitizing the students to social issues for their holistic development during the last five years.

Year Wise 2020-2021

INDEX

Sr. No	Particulars	Page No
1	Pori Jara Japun- Prof Vijaya Marotkar-1/2/2021 Women sexual harassment grievance redressal cell committee	3
2	RMD General Knowledge Examination-19/1/ 2021	4-5
3	Fit India Campaign online-15 Aug-26 Sep 2020	6-8
4	Yoga awareness activity for Local Society:21/6//2020	9-10
5	Additional Photos	11-13

Shirur Shikshan Prasarak Mandal's

Chandmal Tarachand Bora College, Shirur Dist.Pune

Vidyarthini Manch and Women Sexual Harassment Grievance Redressal Cell Committee

Academic Year 2020-2021

My mother My college Programme Report

Women Sexual Harassment Grievance Redressal Cell Vidyarthini Manch were held periodically and various activities were organized.

On 1ST FEB 2021 A lecture on 'Pori Zara Japoon' by Prof. Vijaya Marotkar was organized. Through various poems, she guided how to limit the use of mobile phones and what changes can be made in themselves. In a precedential address, Dr. K.C.Mohite mentioned that students should understand their own abilities and work on them to enhance the efficiency in a particular field.



A guest lecture on 'Pori Jara Japun'

Kaithankar
Coordinator

[Signature]
Co-Ordinator
IQAC

[Signature]
Principal



Chandmal Tarachand Bora College
of Arts, Commerce and Science, Shirur

Chandmal Tarachand Bora College
of Arts, Commerce and Science
Shirur - Ghodnadi, District - Pune

SSP Mandal's

Chandmal Tarachand Bora College Shirur

School College Coordinating Committee

Rasiklal M. Dhariwal General Knowledge Examination

Academic year 2020-2021

With the sole objective of making teaching more action-oriented, cultivating a scientific approach, and identifying and raising awareness of the use of technology along with linguistics, the school-College Coordinating Committee on 19 January 2021 organized a Rasiklal M. Dhariwal General Knowledge Examination. Chandmal Tarachand Bora College has taken the initiative to conduct this activity well every year for 23 years. The Dhariwal General Knowledge Examination was conducted through a first-time online mode. The CTBC School-College Coordinating Committee was set up on WhatsApp group to consent schools' teachers and Principals to ensure continuous communication between schools and colleges during the Corona epidemic. It included School staff as well as parents from all the schools coming under Shirur Shrigonda Pamer taluka. During this academic year, information about various programs organized by different committees in the college through online mode was conveyed to all the teachers of various schools in Shirur, Shrigonda, and Pamer taluka through the above WhatsApp group. As a result, teachers from various schools in the taluka enthusiastically participated in various programs of the college.

Rasiklalji M. taking place on 19th January 2021. School College Coordinating Committee and Competitive Examination Committee for Dhariwal General Knowledge Examination:

Total number of students appearing for the exam: 1599

Small Group: Total Enrolled Students -- 1115

Total number of students appearing for the examination -- 984.





Photographs of RMD General Knowledge Examination at C. T. Bora College Shirur.

[Handwritten Signature]
Coordinator

[Handwritten Signature]
Co-ordinator
IOAC

Chandmal Tarachand Bora College
of Arts, Commerce and Science, Shirur

[Handwritten Signature]
Principal

Chandmal Tarachand Bora College
of Arts, Commerce and Science
Shirur - Ghogradi, District - Pune



SSP Mandal's
CHANDMAL TARACHAND BORA COLLEGE
 SHIRUR PUNE: 412 210.
 NATIONAL CADET CORPS GIRLS (BN)
 YEARLY ACTIVITY-2020-21

Fit India Campaign

Program: **Fit India Campaign (online)**

Bn: 2 Mah Bn (Girls)

Number of Teachers participated: 4

Beneficiary: Local people of Shirur Nagar Palika Areas.

Date of the programme: **15 August – 26 September 2020.**

Unit: C.T Bora College NCC Girls BN

Number of student participants: 25

Place of extension: Shirur City.

Introduction:

fit India campaign movement was launched on 29th August 2019 by the Hon'ble Prime Minister to make fitness an integral part of our daily lives. The mission of the Movement is to bring about behavioral changes and move towards a more physically active lifestyle. The motto of this campaign was "Healthy man means healthy family which ultimately leads to a healthy society. This is the only way to new India." On the occasion of the 114th birth anniversary of Major Dhyan Chand India's hockey legend, India witnesses the launch of the "Fit India Movement".

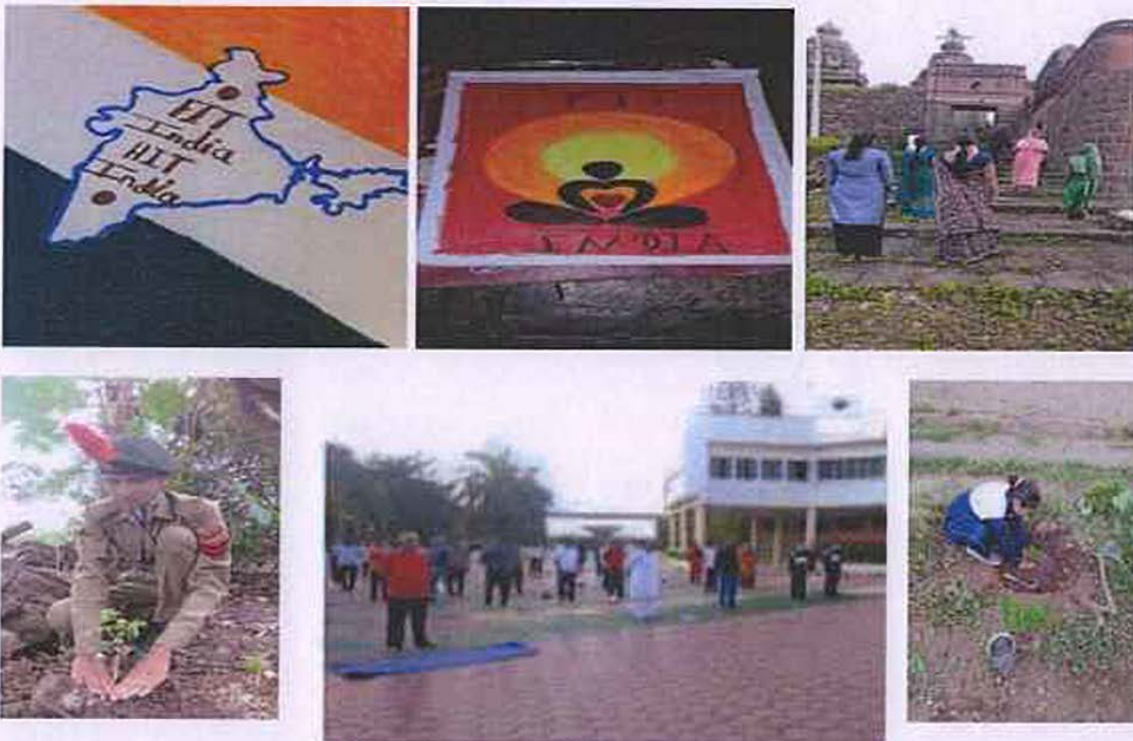
Aims & Objective of the program:

The main aim of this movement is to make India a fit nation by inculcating the habit of fitness and sports among the people and teaching a physically active lifestyle in India. The following are some objectives of the Fit India Campaign:

1. To encourage people to start/increase physical activity and sports in their everyday lives.
2. do exercise daily.
3. To involve all family members in exercise and physical activities daily.
4. The UGC has urged every citizen of this country to walk at least 10,000 steps and make it a habit of daily life.



5. To promote fitness as easy, fun, and free
6. To spread awareness on fitness and various physical activities that promote fitness through focused campaigns
7. To encourage indigenous sports
8. To make fitness reach every school, college/university, panchayat/village, etc.
9. To create a platform for citizens of India to share information, drive awareness, and encourage sharing of personal fitness stories



NCC Girls BN of C.T. Bora College Shirur organized the Fit India Campaign, and conducted various activities such as tree plantation, Swachhta Abhiyaan, and yoga awareness.

Brief Report:

The NCC Girls BN of Chandmal Tarachand Bora College Shirur was organized on 15 August – 26 September 2020, and 25 NCC Girls students actively participated in the Fit India Campaign- 2020. Due to the COVID-19 pandemic situation, this program was conducted online mode, but a few students from NCC Girls BN participated offline.



This online Fit India campaign aimed to aware about fitness the local people of Shirur city. The primary agenda of the campaign was to encourage their own family and immediate neighborhood to give priority to fitness by including physical activity and sports in their day-to-day lives. Through this campaign, some activities given to our college by the NCC girl's unit were kite flying, staircase climbing, cleaning, yoga, and skipping. From 14th Sept to 22nd Sept 2020 "Tree Plantation" at-home, activity was done by cadets. 50 plants were planted by cadets at their homes. Different types of plants were planted during this period. The some of NCC girls' unit students actively participated in the Swachhta Abhiyaan Drive conducted in the Shirur Nagar Palika Area, and they cleaned the roads, and other places. In this program, our college Hon. Principal, Dr. K.C. Mohite, has given a speech in online mode on the Fit India Campaign, and is aware of How-to fitness is important in daily life, and why the need for the Swachhta Drive and plantation.

This activity was conducted under the guidance and supervision of Principal, Dr. K.C. Mohite and Prof.Smt. Y. D. Ware took the initiative and coordinated this activity.


Coordinator




Co-ordinator
IQAC

Chandmal Tarachand Bora College
of Arts, Commerce and Science, Shirur


Principal

Chandmal Tarachand Bora College
of Arts, Commerce and Science
Shirur - Ghodnail, District - Pune

CHANDMAL TARACHAND BORA COLLEGE
SHIRUR PUNE: 412 210.
NATIONAL CADET CORPS
E coy 15 PL.
YEARLY ACTIVITY-2020-21

Program: Yoga Awareness activity

Bn: 36 Mah Bn (Boys)

Number of Teachers participated: 20.

Beneficiaries: Local Society and students

Date of the programme: 21ST June 2020.

Unit: C.T Bora College.

Number of student participants: 50

Place of extension: Online Mode.

Brief Report:

In this C-19 situation, our college followed the guidelines laid down by the government of Maharashtra, therefore this year IYD 2020 session was conducted online mode. Our college unit celebrated the 7th IDY 2020 with 150 cadets, and college teaching, and non-teaching staff. The session was conducted by Yoga instructor Prof. P.G. Mane. Commanding officer of 36 Mah Bn Col. Alex Mohan gave best wishes for this Yoga session for the good health and well-being of participants. In light of the prevailing COVID-19 pandemic situation, this year "International Yoga Day" was celebrated through online mode on 21st June 2020 with the theme of "Yoga from Home". As per the directions of the Government, cadets were encouraged to practice Yoga at their homes. Cadets also uploaded pictures of their favorite Yogasanas on digital media platforms. In this activity yoga instructor, Mr. P.G. Mane was given the all steps of yogasana and its benefits during covid pandemic situation. He was also given information about which types of diet should be taken in this condition. The principal of our college Dr. Mohite sir was given some important precautions in this pandemic situation.

This program was organized under the guidance of Principal Dr. K.C Mohite. The principal emphasized the importance of IYD and suggested that the NCC cadets play a key role in awareness of Yoga in our day-to-day life for sustainable health benefits. This event was organized by NCC officer Dr. (Lt) Vikas B Naikawadi.





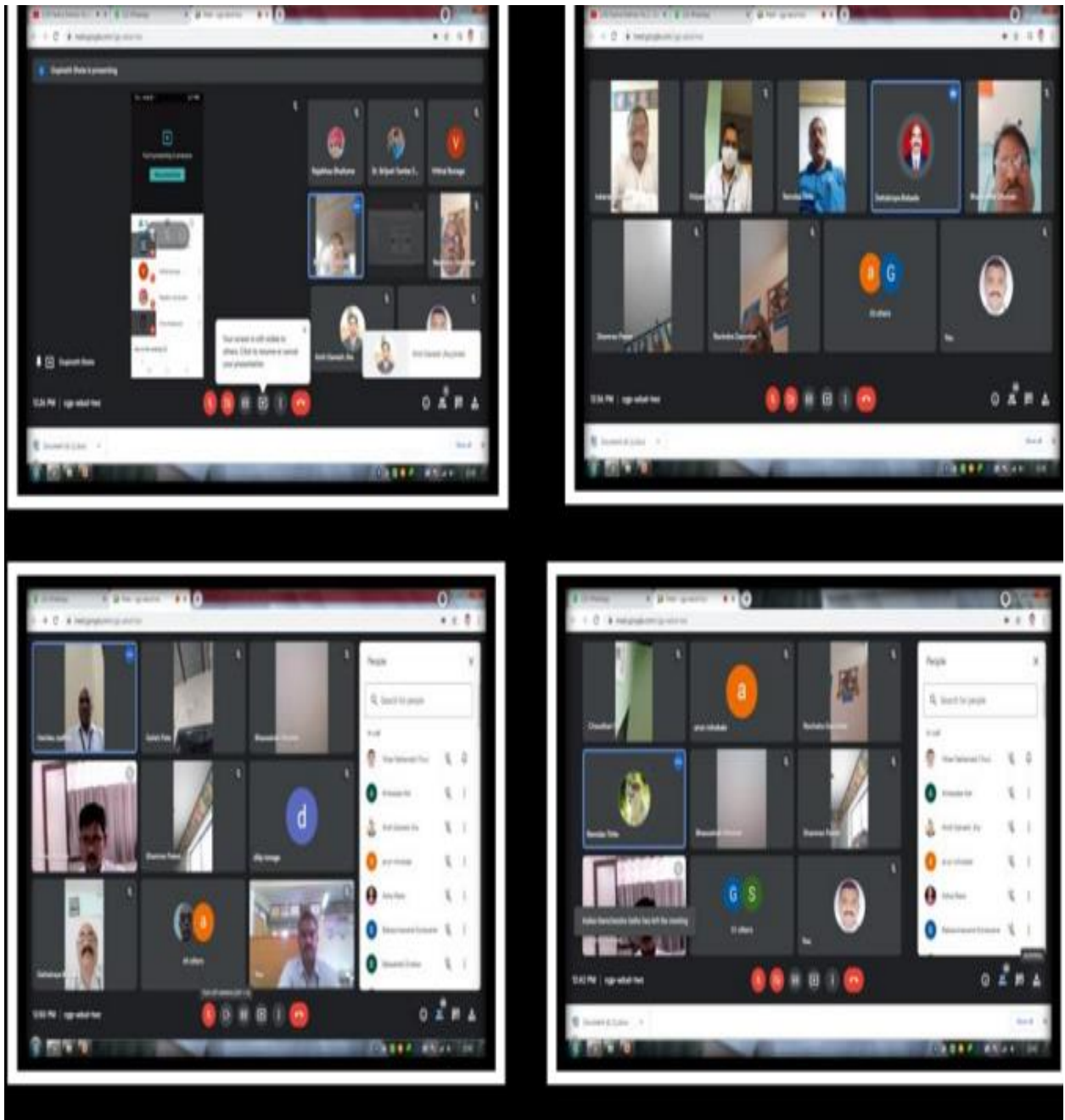
Yoga Awareness activity

[Handwritten Signature]
Coordinator
C.T. Bora Arts, Com. & Sci. College
SHIRUR
Id. No. PU/PM/ASC 01/19/1988

[Handwritten Signature]
Co-Ordinator
ICAC
Chandmal Tarachand Bora College
of Arts, Commerce and Science, Shirur

[Handwritten Signature]
Principal
Principal
Chandmal Tarachand Bora College
of Arts, Commerce and Science
Shirur - Ghounadi, District - Pune

1) RMD General Knowledge Examination: As an Outreach activity dated on 16/1/2021



Photographs of RMD General Knowledge Examination at C. T. Bora College Shirur, Pune

- 2) **Yoga awareness activity for Local Society activity dated on 21/6//2020 at Local Students and people**



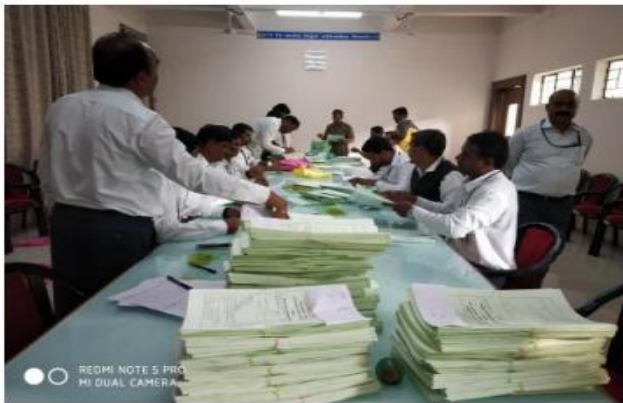
Photograph on Yoga awareness activity for Local Society activity

- 3) **My mother My college: activity dated on 23/1/2020 at C. T. Bora College, Shirur Pune**



Photographs on My mother My College at C. T. Bora College, Shirur Pune

- 4) **RMD General Knowledge Exam: 11/1/2020 by online mode at C. T. Bora College Shirur Pune**



Photographs on RMD General Knowledge Exam at C. T. Bora College, Shirur Pune

5) A lecture on 'Prevention and Laws of Sexual Abuse activity dated on 8/1/2020 at C. T. Bora college Shirur Pune



Photographs on lecture on 'Prevention and Laws of Sexual Abuse activity