



**MARATHA VIDYA PRASARAK SAMAJ'S**

**KARMAVEER SHANTARAMBAPU KONDAJI WAVARE**

ARTS, SCIENCE & COMMERCE COLLEGE, UTTAMNAGAR, CIDCO,  
NASHIK- 422008.

**NAAC Reaccredited 'A' Grade (CGPA: 3.20)**



## **HEALTH AUDIT REPORT** **(2020-21)**

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## Preface

Data collection for Health audit of the MVP'S KSKW Arts, Science and Commerce College, Uttamnagar, CIDCO, Nashik-08 was based on the various events and programmes as well as the awareness programmes related the present World Pandemic of Covid-19 organized by college in campus and off campus during the academic year of June 2020 to June 2021.

This audit was over sighted to inquire about the general health Awareness Programmes as well as the present crucial condition of World Pandemic situation of Covid-19. The aim of these activities is to focus on the creating awareness among students staff and society. So seeking this aim the college has organized various programmes and activities to make the situation easier to handle and cope up with ease. Usually the Health Audit is done by the MVP's KSKW Arts, Science & Commerce College with the collaboration of Maratha Vidya Prasarak Samaj's Dr. Vasantrao Pawar Medical College Hospital, Adgaoa, Nashik. But due to the pandemic, and the lockdown situation the college has reached to the mass with the online platform and whenever it is possible the college has organized the programmes in campus with all necessary precautions and sanitization as well as the norms of UGC & Government.

The institute constitutes a Medical Inspection Committee every year. The committee looks after the issues of health like general health screening check up, along with that the related issues of cleanliness and hygiene and sanitization in college regularly.

We really appreciate Management of the college for encouraging us by providing this wonderful opportunity to do the Health Audit.

## Acknowledgement

I acknowledge my deepest gratitude to the Management of Maratha Vidya Prasarak Samaj, Hon. Sarchitnis Smt. Neelimatai Pawar, Hon. *Adhyaksh* Dr. Tushar Shewale and Hon. Director Nanasaheb Mahale for their continuous encouragement and guidance. I express my special thanks to our Hon. Principal Dr. J.D. Sonkhaskar, Vice Principal Dr. S.K. Kushare, Dr. Mangala Nikumbh, IQAC Coordinator Dr. D.N. Pawar for their valuable suggestions and guidance time to time for preparing Health Audit report of the college KSKW Arts, Science and Commerce College, CIDCO, Nashik.

I also acknowledge my sincere thanks to the committee members Dr. Minakshi Gawali, Dr. Manisha Girase, Dr. Ashalata Sonwane, Dr. Shubhangi Gosavi, Dr. R.A. Ahire, , Dr. M.P. Nathe, Mr. D.M. Kokate for helping me in collecting the data and preparing report. I would like to express thanks to all Co-coordinators and the resource persons of all the programmers and activities held in the college during academic year 2020-2021. During this critical situation of Covid-19 Pandemic all departments had taken efforts to create the awareness among students and the community on Covid-19.

I express special thanks to Mr. Ganpat Gadakh for computer work. I extend my gratitude towards the teaching and non-teaching staff of our college. Thanks to all for their direct and indirect help and motivational support.

**Smt. D. S. Suryawanshi**  
Coordinator

## Objectives

The Institute firmly believes that with a safe, clean environment as well as healthy working conditions, social justice and economic growth cannot be achieved and that safe and healthy working environment is recognized as a fundamental human right. Based on this belief one of the best practices of our college is **Health Consciousness**. The college continuously focuses on this best practice and organized health related programmes and activities throughout the academic year. Organization of Health Audit is one of the activities among them. We try to achieve the healthy atmosphere among our students and staff. The general objectives of the health audit are:

- To create awareness of the present World Pandemic situation of Covid-19
- To make awareness to health among students and staff
- To avail the health facilities to the students and staff
- To create healthy and happy environment in the Institute
- To create awareness of Covid-19 vaccination

## Methodology

World Health Organization (WHO) defines Health as follows,

**“Health is a state of complete Physical, Mental & Social well being and not merely the absence of disease of infirmity”.**

Considering the above definition the present audit focus on the Physical, Mental and Social health related activities and the programmes organized by the college through the various committees and the departments during the academic year 2020-2021. Due to World Pandemic of Covid-19 situation the programmes were organized through online platform and whenever it is possible the college has organized off line programmes also with the guidelines of University and UGC.

The present audit has done in the following ways:

- a) Physical Health related Activities and Programmes
- b) Mental Health related Activities & Programmes
- c) Social Health related Activities & Programmes

## About the Maratha Vidya Prasarak Samaj

### Pioneers of Maratha Vidya Prasarak Samaj



The Maratha Vidya Prasarak Samaj is one of the most prestigious centers of learning in the State of Maharashtra. It has been over 106 years that it has stood the test of time to become legend of unparalleled stature. History says that the credit for the birth of M.V.P.Samaj goes to the young, enthusiastic and devoted team of social workers and educationists who were inspired by the lives of Mahatma Jyotiba Phule, Savitribai Phule and Rajashri Shahu Maharaj of Kolhapur. These young leading lights include Karmaveer Raosaheb Thorat, Bhausahab Hire, Kakasaheb Wagh, Annasaheb Murkute, Ganpat Dada More, D. R. Bhonsale, Kirtiwanrao Nimbalkar and Vithoba Patil Khandalaskar, who laid the foundation of the Samaj. They were the men who envisioned a culture and knowledge centric society. The motto of the Samaj reads for the well being and happiness of the masses to kindle the social cause.

## About the College



MVP Samajs, KSKW Arts, Science and Commerce College, CIDCO, Nashik (Maharashtra) is committed to provide higher educational opportunities to socially underprivileged and financially weaker sections of the society. The College offers 22 UG and 09 PG courses affiliated to the Savitribai Phule Pune University, Pune. For the effective implementation of the curricula, a meticulous action plan is developed and deployed. Teaching plans are prepared and followed according to the time table. For the better teaching practices, teachers participate in workshops on Curriculum Restructuring, Training Programmes and Special Guidance on ICT based Teaching Technology. Eminent scholars are invited to enlighten the faculty as well as students. Career Oriented/ Placement Activity is conducted to orient students towards employment market. The College has established MOU's, Linkages, and Collaborations with Industries, Research Bodies and other Universities for good academic prospectus. A good number of faculty members are working on Editorial Boards of various International Journals. Experienced faculty members participate in the procedure of curriculum design & development. Some faculty members are elected /nominated on BOS and other committees of Savitribai Phule Pune University, Pune.



## **About the MVP's Dr. Vasant Rao Pawar Medical College, Hospital & Research Centre, Adgoan, Nashik**



The vision of late Dr. Vasant Rao Pawar has materialized in the form of Dr. Vasant Rao Pawar Medical College Hospital & Research Center, Adgaon, Nashik. The hospital has flourished into 1000-bedded modern well equipped super specialty hospital with ISO 2008 certification. The hospital offers services in all specialties, the details of which are available on our web site. Of special importance are 24-hour emergency services, central lab emergency service that includes Central Laboratory, Pathology, Radiology, Blood Bank, 24 hr Pharmacy, Eye Bank & modern well-equipped Ambulance services. There are 12 modern well equipped Air-conditioned Operation Theaters. The main super specialty services include a modern Cath Lab, with Coronary Angiography & Angioplasty services & a modern Dialysis center, CT-MRI machines.

All the above mentioned services are available under able guidance and supervision of specialty and super specialists in all branches of medicine & surgery listed on our

website. All the above services are available at extremely affordable rates. Besides, the hospital is empanelled for cashless services to employees and staff of Maharashtra Police, ESIC, Security Press, and Currency Note Press. The hospital also provides services under “Mahatma Jyotiba Phule Jan Arogya Yojana”. I sincerely appeal on behalf of our Hon. Sarchitnis Smt. Neelimatai Vasantao Pawar and Dean Dr. (Mrs) Mrunal Patil, to all citizens of Nashik District, to take advantage of the available facilities and help us render our services to all including the poor and needy.

Dr. VPMCH & RC Nashik has a well equipped tertiary care hospital with 1000 beds serving the community. Patients from urban, rural, and tribal areas of North Maharashtra come to the hospital for health care services that are rational and affordable. With its state of the art technology, the latest equipment, team of experienced clinicians and support staff, it is a landmark in the medical field.

Hospital spans over 4 lakhs square feet area and has well equipped OPDs, IPDs, Specialty Clinics, 16 Operation Theaters, Dialysis Unit, ICU, TICU, PICU, NICU, Cath Lab and CVTS OT dedicated to the service of humanity.

Excellent facilities of the hospital include 128 slice CT Scan, 1.5 Tesla MRI, Colour Doppler, USG, X-ray, 2D ECHO, Mammography, Computerized Central Laboratory, Blood Bank, Eye Bank, Pharmacy, and Ambulance services which are available round the clock.

BMW (Bio-Medical Waste) Management guidelines are strictly followed in the hospital.

**Our hospital provides the following services FREE to the patients:**

- Free OPD Registration
- Free IPD
- Free Normal & Cesarean section delivery
- Free Immunization services
- Free Generic Medicines for IPD
- Free Food for IPD patients

**Following facilities have Nominal charges:**

- Diagnostic- Laboratory & Imaging services
- Intensive Care Unit services
- Dialysis services

In present World Pandemic situation of Covid-19 the Dr. Vasantrao Pawar Medical College Hospital & Research Center, Adgaon, Nashik has started the Covid-19 Center from 23<sup>rd</sup> March 2020.

## A) Physical Health related Activities and Programmes

### Conducted by the College

Sr. No	Department /Committee	Date	Activity / Programme	Objective of the Activity/ Programme	Participant Details
1	Department of Physical Education & Sports	21 <sup>st</sup> June 2020	International Yoga Day	To make people aware of physical and mental diseases and its solutions through practicing yoga. To reduce the rate of health challenging diseases all over the world. Importance of daily yoga practice	Girls : 308 Boys: 366 Total : 674
2	Department of Physical Education & Sports	12 <sup>th</sup> to 20 <sup>th</sup> August 2020	Basic Yoga Certificate course	To enable the Student to have Good Health. To practice mental hygiene. To possess emotional stability	Girls : 42 Boys: 22 Total : 64
3	Geography	16 <sup>th</sup> September 2020	Sate Level Webinar on Ozone Layer: Past, Present and Future'	To create awareness about ozone layer protection amongst the students and society To aware responsibility of individuals in ozone layer protection	Girls: 183 Boys: 285 Total: 468
4	NSS	12 <sup>th</sup> October 2020	Blood Donation Programme	To raise awareness that individuals can save lives and improve the health of others by donating blood. To encourage people to donate blood voluntarily without compensation. To support the operation of safe and reliable blood services.	Boys:27 Total: 27
5	Department of Physical Education & Sports	01 <sup>st</sup> January to 10 <sup>th</sup> Feb 2021	Basic Yoga Certificate Course for Muslim Women (Minor Cast)	To highlight the progress of yoga education. To empower Muslim Women through yoga education.	Girls : 30 Total : 30
6	Department of Sociology	27 <sup>th</sup> January 2021	A Survey on Awareness of Covid-19 Pandemic in CIDCO Area	To create awareness of Covid-19 Pandemic	Girls: 07 Boys: 03 Total: 10
7	Department of Physical Education & Sports	26 <sup>th</sup> February to 12 <sup>th</sup> March 2021 (15 day)	Basic Yoga Training Certificate Course	To enable the Student to have Good Health. To practice mental hygiene. To possess emotional stability	Girls : 23 Boys:28 Total : 51

<b>Sr. No</b>	<b>Department /Committee</b>	<b>Date</b>	<b>Activity / Programme</b>	<b>Objective of the Activity/ Programme</b>	<b>Participant Details</b>
8	Micro Biology	3 <sup>rd</sup> March 2021	Lecture on 'Improvement in immunity against COVID-19 by Ayurveda'	To create awareness of COVID-19 To increase immunity against Corona Virus infection by Ayurveda	Student:30 Faculty: 15 Total: 45
9	Department of Physical Education & Sports	8 <sup>th</sup> March 2021	National Women Day Cause Surya Namsakara	To create importance of Yoga among Women	Girls : 386 Boys: 102 Total : 488
10	Dr. M R Jaykar Employability Skills / Soft Skills Development Programme	23 <sup>rd</sup> March 2021	Diet and Health	To create awareness about the role of food and nutrients in health	Girls: 78 Boys: 65 Total: 143
11	Micro Biology	24 <sup>th</sup> March 2021	Awareness Quiz of Tuberculosis on 'World Tuberculosis Day'	To make people aware of Tuberculosis symptoms. To raise public awareness about the devastating health, social and economic consequences of TB To step up efforts to end the global TB epidemic	10 Teachers + 17 Students Total: 27
12	Department of Physical Education & Sports	28 <sup>th</sup> May 2021	Online International Workshop Role & Impact of Yogic Science on Human Wellbeing	The science of yoga is the scientific basis of modern yoga as exercise in human sciences such as anatomy, physiology, and psychology.	Girls :680 Boys: 671 Total : 1351

## B) Mental Health related Activities & Programmes

### conducted by the College

Sr. No	Department /Committee	Date	Activity / Programme	Objective of the Activity/ Programme	Participant Details
1	Psychology	Lockdown Period	Mental Health Survey And Free Telephonic Counseling	To assess the mental health impact of the current lockdown  To assess the impact of social distancing on mental health during epidemics is limited, especially in India.	Girls: 492 Boys: 372 Other: 004 Total: 868
2	Psychology	Lockdown Period	International and national online survey in lockdown period	To assess the association between Physical, Mental and Social factors during Covid19 lockdown among the general Indian	Girls: 1760 Boys: 1127 Other: 0004 Total: 2891
3	Psychology	2 <sup>nd</sup> July 2020	Arrange Online Motivational Lecture & Positive Attitude Testing for Girls	To understand the women's Mental, Emotional, Psychological World in Lockdown Period  To enhance the Positive attitude during Covid19 lockdown period	Girls: 219
4	Psychology	3 <sup>rd</sup> July 2020	Arrange Online Motivational Lecture & Positive Attitude Testing for Boys	To understand the Boys Mental, Emotional, Psychological World in Lockdown Period  To enhance the Positive attitude during Covid19 lockdown period	Boys: 171
5	Psychology	03 <sup>rd</sup> July 2020 To 15 <sup>th</sup> July 2020	Measuring Positive Attitude And Free Telephonic Counseling	To assess the Positive Attitude impact of the current lockdown To assess the impact of social distancing on Positive Attitude during epidemics is limited, especially in India.	Girls: 219 Boys: 171 Total: 390
6	Psychology	10 <sup>th</sup> October 2020	Online Celebrate World Mental Health Day (10 <sup>th</sup> October )	World Mental Health Day is observed on 10 October every year, with the overall objective of raising awareness of mental health issues around the world and mobilizing efforts in support of mental health	Girls: 107 Boys: 50 Total: 157
7	Social Science Departments	23 <sup>rd</sup>	Organized Online State Webinar On "Psycho-	To Conduct Mental Health Survey & To Participated	Girls: 380 Boys: 265

Sr. No	Department /Committee	Date	Activity / Programme	Objective of the Activity/ Programme	Participant Details
		January 2021	social Impact of World Pandemic On Society	In Social Activity	Other: 002 Total: 647
8	Department of Physical Education & Sports	12-19 January 2021	District Level Youth Day – Youth Week 2020-21	Promote positive development, even when seeking to prevent problem behaviors. 2) Youth development programs help youth navigate adolescence in healthy ways and pre- pare them for their future by fostering their positive development.	Girls:47 Boys:31 Total :78
9	Department of Commerce	09 <sup>th</sup> February, 2021 to 17 <sup>th</sup> February, 2021	Values & Spiritual Education	To inculcate the values in day-to-day life of the students and also teach the Meditation to earn the peace and optimistic Approach in life.	Girls : 249 Boys: 124 Total : 373
10	Dr. M R Jaykar Employability Skills / Soft Skills Development Programme	25 <sup>nd</sup> March 2021	Self Awareness and SWOT Analysis	Introduction to Self Awareness and SWOC Analysis Need & Importance of Self Awareness n SWOT Analysis	Girls: 97 Boys: 52 Total: 149
11	Dr. M R Jaykar Employability Skills / Soft Skills Development Programme	27 <sup>th</sup> March, 2021	Confidence Building	To help students build confidence in competitive era. To build self-esteem by discovering their unique abilities and characteristics. To develop critical thinking skills necessary to solve problems.	Girls:84 Boys:42 Total :126
12	All Social Science Departments	2 <sup>nd</sup> May 2021	Organized Online International Webinar On “Human Rights and COVID 19”	To promote the awareness about <b>human rights</b> among the people all around the world.. To promote interdependence among countries in all areas of cooperation by identifying country's common strengths and opportunities	Girls:260 Boys:336 Total : 596

### C) Social Health related Activities & Programmes conducted by the College

Sr. No	Department /Committee	Date	Activity / Programme	Objective of the Activity/ Programme	Participant Details
1	Department of Physical Education & Sports	June 2020	National Essay writing Competition Yogic Science and COVID-19	To create awareness of Covid-19 Pandemic	Girls : 76 Boys: 86 Total : 162
2	NSS	01 <sup>st</sup> July 2020	Tree Plantation Programme	1. To establish green society of India to be a healthy world. 2. To Make a pollution free earth 3. To create environmental awareness, among the people.	All NSS Volunteers
3	NSS	01 <sup>st</sup> August 2020 to 15 <sup>th</sup> August 2020	Swacha & Swasth Bharat	1. Promoting cleanliness, hygiene and eliminating open defecation. 2. Accelerate sanitation coverage in rural and Urban areas 3. To make India clean through behavioural change	Boys: 78 Girls : 56 Total: 134
4	NSS	12 <sup>th</sup> August 2020 to 18 <sup>th</sup> August 2020	International Youth day competition – AIDS Awareness Programme	1. To create awareness on what is AIDS. 2. To spread awareness about AIDS and HIV, more youths in India are contracting the disease as compared to people from other age groups.	Girls: 23 Boys: 31 Total: 54
5	NSS	01 <sup>st</sup> September 2020	Environmental Awareness Programme ( Ganesh Idol Collection Programme)	1. To reduce the quantity of polluting substances discharged into the environment 2. To increase the use of environmentally acceptable materials 3. To minimize the impact of all our activities on our surroundings	Girls: 08 Boys: 12 Total: 20
6	Hindi	14 <sup>th</sup> September 2020	State level Hindi Essay Writing Competition	To create awareness of Covid-19 Pandemic	Total: 76
7	NSS	15 <sup>th</sup> September 2020	My Family my responsibility Campaign	The 'My Family, My Responsibility' campaign will help construct a health map of Maharashtra, which will create a healthier population	NSS Volunteers and Programme officers
8	B Voc Food Processing Technology	15 <sup>th</sup> October 2020 to 16 <sup>th</sup> October	World Food Day e-Poster Competition 2020	Theme-Grow, Nourish, Sustain. Together.	Total: 10




Sr. No	Department /Committee	Date	Activity Programme /	Objective of the Activity/ Programme	Participant Details
		2020			
9	<b>B Voc Food Processing Technology</b>	16 <sup>th</sup> October 2020	Food Safety Awareness Quiz 2020	To create food safety awareness in people on the occasion of World Food Day 2020	Total: 708
10	<b>Economics &amp; Commerce Dept</b>	22 <sup>nd</sup> February 2021	International Webinar on " Global Impact of COVID-19 on Commerce & Economy"	To get the real information & create awareness about the impact of COVID-19 on various sectors of Economy & Society .	Total :383
11	<b>Faculty of Science</b>	09 <sup>th</sup> March /2021 to 10 <sup>th</sup> March 2021	International Science Webinar on “Science for Human Welfare and Development	1. To inculcate scientific temperament among participants. 2. To make awareness related to the recent developments in science and technology globally	Registered-354
12	<b>Zoology</b>	22 <sup>nd</sup> March, 2021	Online Quiz on The world Water Day	World Water Day Quiz to know the importance of Water in our life.	Total: 380
13	<b>Dr. M R Jaykar Employability Skills / Soft Skills Development Programme</b>	26 <sup>th</sup> March 2021	Care for Environment	To provide students with informed perspectives on environmental pollutions ,its impacts and to create awareness on how to protect the environment	Girls: 94, Boys: 41 Total:135
14	<b>Dr. M R Jaykar Employability Skills / Soft Skills Development Programme</b>	27 <sup>th</sup> March 2021	Food Adulteration	To understand concepts of food adulteration, toxicants use as adulterants and its adverse effects on consumer	Girls – 55 Boys – 40 Total- 95

Along with all the activities related Physical health, Mental health as well as Social health, the college has contributed to the RTPCR Testing Centre, set up by Maratha Vidya Prasarak Samaj's Dr. Vasantrao Pawar Medical College Hospital & Research Centre from 09/09/2020. In this centre, total 8109 RTPCR test have been performed. The college has provided the two Non-Teaching Staff (Mr. Shirish Shewale & Mr. Sagar Kakulte) to performed duties at this COVID-19 Swab collection Centre.

Thus, this centre did great help in the crucial condition of Covid-19 pandemic in CIDCO area. The Dr. Vasantrao Pawar Medical College, Hospital & Research Centre, Nashik has appreciated the college for the contribution.

## Letter of Appreciation

	<b>Maratha Vidya Prasarak Samaj's</b>	
	<b>Dr. Vasant Rao Pawar Medical College Hospital &amp; Research Centre</b>	<b>Dr. Mrs. Mrunal S. Patil</b>
	Vasantdada Nagar, Adgaon, Nashik 422 003. Maharashtra.	MS., DOMS (OPHTH)
	Tel.: +91 253 2303802, 2303923, 2303111, 2220500. Fax : +91 253 2303930.	<b>DEAN</b>
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	Website : www.drvasantrapawarmedicalcollege.com	

Ref.no. Comm.Med. / 500/2020-2021	Date:- 24/09/2021
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To  
Principal  
KSKW Arts, Science & Commerce College,  
Uttam Nagar, Cidco,  
Nashik - 422008

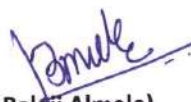
  

**Letter of Appreciation**

In the Prevailing Covid-19 pandemic situation, we have set up RTPCR testing centre in CIDCO area in collaboration with Karmaveer Shantarambapu Kondaji Waware Arts, Science & Commerce College, Cidco, Nashik from 09/09/2020. In this Centre 8109 no. of RTPCR tests have been performed.

We are thankful for Cooperation by your institution.

  
(Dr. Balaji Almale)  
**Nodal Officer for COVID-19**  
Dr.Vasant Rao Pawar Medical College,  
Hospital & Research Centre, Nashik  
**PROFESSOR & HOD**  
Department of Community Medicine  
Dr. Vasant Rao Pawar Medical College  
Hospital & Research Centre, Nashik


## Remarks (2019-20)

Proper diet habit should be inculcated in the students

- The knowledge regarding PCOD, Menstrual Cycle & Hygiene should be imparted to them
- Concentration on personal hygiene and health
- Regular exercise be recommended
- Try to create health awareness amongst the students

  
**PROFESSOR & HOD**  
Department of Community Medicine  
Dr. Vasantrao Pawar Medical College,  
Hospital & Research Centre, Nashik

  
Smt. D.S. Suryawanshi  
**Coordinator**

  
Dr. D. N. Pawar  
**IQAC Coordinator**

  
Dr. J. D. Sonkhaskar  
**Principal**

## Health Audit

### Outcome (2020-21)

	Remarks (2019-20)	Outcome
1	<b>Proper diet habit should be inculcated in the students</b>	<ul style="list-style-type: none"><li>• The college has focused on this remark and took the initiative to arrange the programme on diet awareness among students on 23/03/2021 titled Diet &amp; Health. Total 143 students were participated in this programme</li><li>• Organization of lecture on 03/03/2021 on the theme of Improvement in immunity against Covid-19 by Ayurveda, participated by 45 students including staff members</li><li>• Organization of Basic Yoga Training Certificate Course during 26/02/2021 to 12/03/2021 where the importance of diet is discussed. This course is participated by 51 participants</li></ul>
2	<b>The knowledge regarding PCOD, Menstrual Cycle &amp; Hygiene should be imparted to them</b>	<ul style="list-style-type: none"><li>• Celebration of World Women's Day, on this occasion the Physical Education department has organized the practice of Surya Namaskar participated by 488 participants</li><li>• Organization of Basic Yoga Certificate Course for Muslim Women during 01/01/2021 to 10/01/2021 participated by 30 women</li><li>• Organization of online lecture only for girls on 02/07/2020 by Dept. of Psychology, total 219 girls were attended this lecture</li></ul>
3	<b>Concentration on personal hygiene and health</b>	<ul style="list-style-type: none"><li>• Regular personal counseling to students by Department of Physical Education &amp; Sports along with Department of Psychology</li></ul>
4	<b>Regular exercise be recommended</b>	<ul style="list-style-type: none"><li>• Department of Physical Education &amp; Sports regularly guided students about exercise</li><li>• Facility of Gym is there for the students</li><li>• Facility of Green Gym is there in the college</li><li>• Facility of outdoor games are made available by the college</li></ul>
5	<b>Try to create health awareness amongst the students</b>	<ul style="list-style-type: none"><li>• Throughout the academic year 2020-21 the college has organized 38 different health related programmes including various activities, competitions, Quizzes, lecture series, as well as cleanliness Drive and Blood Donation camp.</li><li>• The programmes and activities were focused on the Physical, Mental and Social health wellbeing of students and society.</li></ul>


## **Future Plan:**


- 1) Organization of Awareness Programme on Covid-19 vaccination
- 2) Organization of various Health related (Physical, Mental & Social) programmes
- 3) Continuous counseling and guidance to the students.

REMARKS (2020-21)

- Arrange COVID-19 awareness program for students
- Create awareness regarding COVID-19 appropriate behavior for students
- Organize program for COVID-19 vaccination
- Involve students in controlling COVID-19 pandemic in your locality
- Create awareness among students regarding how to stay away from addiction
- Students should be encouraged for physical exercise & balanced diet.
- Activities for maintaining mental health & stress management should be organized.

  
Dr. Balaji Almale  
Professor & HOD  
Dept. of Community Medicine  
Dr. Vasantao Pawar Medical  
College, Hospital & Research  
Centre, Nashik  
**PROFESSOR & HOD**  
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Dr. Vasantao Pawar Medical College,  
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