



**Maharshi Karve Stree Shikshan Samstha's
Cummins College of Engineering for Women, Karvenagar, Pune**



NSS Activities in AY 2020 – 2021

Name of the Activity: Fit India Freedom Run 2020

Date of the Activity Conduction: 2nd October 2020

Short Report of the Activity: The Department of Physical Education & Sports organized “Fit India Freedom Run 2020” from 1st October 2020 to 2nd October 2020 under the initiative taken by the Department of Youth Affairs (AICTE). The activity was a 7km Virtual Run/Jog/Walk event which was all about inspiring and promoting physical activity for students, staff, alumni, family & friends. As the world battled a Pandemic, the college propagated the importance of embracing an active lifestyle that integrates physical activity into everyday routines. The challenge was to complete 7km in 2 days span, from any location, anytime of the day/night. The event was hosted on the Fitket app. There was also a provision wherein participants could send in the screenshots of the distance completed through any of the step counting apps. The event is in consonance with the Prime Minister’s vision of a Fit India and the launch of the Fit India Movement on 29th August 2019 where he said that fitness is the need of the hour to help promote lifelong physical activity and strive towards a healthier nation. The Fit India Freedom Run was a success with a total of 250 participants. All participants and finishers were awarded an e-certificate.

Notice of the Event:



Harsha Sonune <harsha.khedkar@cumminscollege.in>

Register Now - FIT INDIA FREEDOM RUN 2020 (VIRTUAL) - FIT INDIA MOVEMENT

SPORTS - <sports@cumminscollege.in> Wed, Sep 30, 2020 at 8:46 PM
To: All staff <allstaff@cumminscollege.in>, All Students <allstudents@cumminscollege.in>
Cc: "Dr. Madhuri Khambete" <madhuri.khambete@cumminscollege.in>, Madhuri Khambete <principal@cumminscollege.in>, Revati Gore <revati.gore@cumminscollege.in>

REMINDER !

Dear Staff and Students,

MKSS's CUMMINS COLLEGE OF ENGINEERING FOR WOMEN, PUNE, DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS, under the aegis of **FIT INDIA MOVEMENT** is conducting ***“Fit India Freedom Run”*** on **1st and 2nd October 2020** to encourage fitness among ourselves and to get freedom from Corona, Stress, Anxiety, etc. **The Run/Walk will be virtual.**

The event will go live on **12.00 am 1st october 2020 till 11.59 pm 2nd october 2020.**

The concept behind this run is that “It can be run anywhere, anytime by maintaining social distancing”
“IF YOU ARE MOVING, YOU ARE IMPROVING”

You can run/walk along a route of your choice, at a time that suits you. You can even take breaks during the run /walk. Basically, one runs his own race and times his own pace.

Link for registration : https://docs.google.com/forms/d/e/1FAIpQLSdYe2PLj9UV4E1vt5DwGtH5LXYIMPSB2q2m8qOoCf8ZnLcEQg/viewform?usp=pp_url

Enclosed: 1. PDF - Guide to register for Run/ Walk on FitKet app
2. Video - Guide to register

Fitket - Corp Wellness On-Boarding Flow.mp4

Fitket - Cummins onboarding Flow.pdf
659K



Maharshi Karve Stree Shikshan Samstha's Cummins College of Engineering for Women, Karvenagar, Pune



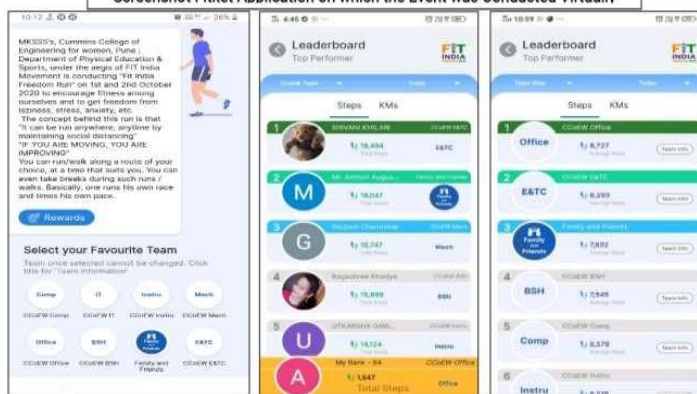
NSS Activities in AY 2020 – 2021

Photos captured during the Activity:



E Poster Circulated

Screenshot Fitket Application on which the Event was Conducted Virtually



| Attendance Report: | | |
|-----------------------------|-------|---------------------|
| No of Students Participated | Other | Total Participation |
| 220 | 38 | 258 |

List of Participants:

| | | |
|-------------------|-------------------|-------------------|
| Sakshi Mahajan | Rutuja Malve | Ketaki Kshirsagar |
| Gayatri Bhagat | Seema Dole | Gouri Lonkar |
| Chhaya Gosavi | Vaishnavi Gade | Tejashree Pawar |
| Kishori Rajwade | Kedar Deshpande | Sarika Mali |
| Shrushti Raut | Sharvari D | Samiksha Patil |
| Anuradha Fukane | Sneha Chalake | Joshua Manuel |
| Pradnya Jadhav | Shubhra Jagtap | Rupali Kumbhar |
| Vaishnavi Darak | Kurande Ramaa | Priya Rajput |
| Phalguni Parolkar | Vikuolhousa | Manasinav |
| Revati Pawar | Tanvee Mone | Anuradha Kolekar |
| Neha Deodhar | Akshata Bondarde | Srushti Sulgudle |
| Priya Gunda | Mahadev Deshmukh | Santosh Waghmare |
| Sharayu Mirasdar | Supriya S Patil | Ashu Deshpande |
| Vishwanath Mali | Padma Hirave | Prajakta Vhotte |
| Sophia Manuel | Murlidhardshendge | Shruti Tol |
| Mrudul Dixit | Janavi Shirke | Arvind Shirsat |
| Khushboo Chamedia | Rucha Tatawar | Sayali S Patil |
| Vishwashase01 | Harsha Sonune | Prarthana Ranade |
| Somanilg | Shivani Pandit | Vallari Rajurkar |



Maharshi Karve Stree Shikshan Samstha's

Cummins College of Engineering for Women, Karvenagar, Pune



NSS Activities in AY 2020 – 2021

| | | |
|-------------------|---------------------|----------------------|
| Nidhi Khare | Rishi | Prashant Wayachal |
| Dipika Deogadkar | Krishna Kutpelli | Rachana Relekar |
| Gouri Ghurka | Sejalpagare | Ketaki Sane |
| Shail Narlawar | Aman | Tanmayi Chavan |
| Vijay Wagh | Ganesh Deshmukh | Anushka Gulhane |
| Shreya Mandal | Dazainats | Neha Patil |
| Margare Tseneior | Rajashri Shinde | Shubhangi Chaudhary |
| Rutuja Malv | Prapa | Shivani Mohankumar |
| Seema Dole | Ajinath Shinde | Snehal Baviskar |
| Vaishnavi Gade | Rutuja Nikumb | Rashmi R Jadhav |
| Kedar Deshpande | Harshadatilloo | Sanika Dev |
| Smita Rajput | Sneha Sharma | Vaishnavi Khilari |
| Sanjana Bhangale | Shreekant Sawant | Ritika Singh |
| Kshipra Deva | Shilpa Deogirkar | Anita Patil |
| Rajurkarsudhanwa | Saroj Sheth | Vaishnavi Ingale |
| Sneha B Jadhav | Anku Dixit | Karmarkar Santosh |
| Sarita Darekar | Sneha Singh | Amitkumar Khade |
| Vikas Hajare | Rohini Pawar | Prachi Narlawar |
| Chetana Joshi | Utkarsha Gaware | Pallavi Kamble |
| Gouri Somani | Himanshi Methwani | Jyoti Prasad |
| Simran Deore | Janhvi Bhangale | Reet Khanchandani |
| Anamika Mishra | Pooja Kale | Sandeep Musale |
| Shava Pawar | Srushtee Upashi | Lata Gargate |
| Ganesh Padalkar | Pragati Arjun | Aparna Pai |
| Jyotika Shinde | Sagar Vanarase | Shruti Sharma |
| Sanjana Sonavane | Krishna Randar | Gauri Tambade |
| Vaishavi Charkha | Priyanka Ade | Sakshi N Wamam |
| Mandar Kulkarni | Kuranderakesh | Swatibgophane |
| Gautam Chandekar | Saroj Sheth | Rashmi Limaye |
| Sharad Dube | Tilotama Barhate | Garima Baleja |
| Krushna Balsaraf | Namrata Jagdale | Tanvi Oka |
| Dipashri Naole | Tanmaydesai | Deepali Dasade |
| Suchitra Pakale | Raghav Somani | Ratnaprabha Borhade |
| Shravane P | Rujuta Palimkar | Saloni Tilekar |
| Nivedita D | Palkelkar | Anusree Mandal |
| Bageshree Khadye | Nrnkumb | Prachi Waghmare |
| Jessica Augustine | Priyanka Yadav | Shruti Bharat |
| Sujata Wakchaure | Prachi Mukherji | Aditi Jagtap |
| Pournima Yadav | Shrutid | Sidnerlikaraditi6 |
| Leena Sharma | Arnav | Kishor Nawale |
| Zagade Anushka | Anjushree Augustine | Nikita Gaikwad |
| Patil Saloni | Manjushree | Bryanaugustine |
| Aparna Dhaygude | Anushka Shrivastava | Samruddhi S Raut |
| Radhika Bhagwat | Pradnya Nanavare | Ravikant Suryawanshi |



**Maharshi Karve Stree Shikshan Samstha's
Cummins College of Engineering for Women, Karvenagar, Pune**



NSS Activities in AY 2020 – 2021

| | | |
|-------------------------|-------------------|--------------------|
| Vaibhavi Vijay Ambarkar | Tatawar Asmi | Apurva Sonawane |
| Priyal Ekande | Deepti K | Vikusunuo Natso |
| Shravani More | Devyani Dhanegave | Madhura Jagtap |
| Akshata Amane | Snagpurkar | Payal Raut |
| Savita Chavan | Ashwini Pampatwar | Anushka Pillewar |
| Nikhita Kalamkar | Neha Mandge | Hrithik Pagare |
| Ishika Sakhare | Kareena Ganshani | Arpita Sathaye |
| Akshta Bondarde | Arun Kale | Shruti Zunjare |
| Nidhi Khare | Minakshilsomani | Pratiksha Pansare |
| Rhythm Chandak | Sandhya Potadar | Mayuri Tambe |
| Sakshi Mahajan | Shruthi Shukla | Pranali Bhujbal |
| Aditi Dhumal | Shivani Khilari | Rajopadhy Soman |
| Nidhi Khare | Ruchita Herlekar | Keneiweno |
| Dipika Deogadkar | Swarda Kunjir | Kotwal Minal |
| Gouri Ghurka | Kshitija Naik | Anthony Augustine |
| Shailnarlawar | Amruta Pomane | Sachin Paranjape |
| Vijay Wagh | Mansinilekar | Pallavi Deo |
| Shreya Mandal | Yeolekarvrushali | Amit Rajurkar |
| Margare Tseneior | Balasaheb Takle | Avanti Narhe |
| Sharayumarade | Gayatri S Bhagat | Vaishnavi Shrigadi |
| Harshala Khedlekar | Seema Shah | Parag Chaware |
| Mahesh Pote | Sharvary Vaidya | Nidhi Hellomoto |
| Shivani Titre | Kiran Thombare | Shruti Dalvi |

Prof. Harsha Sonune
NSS Co-ordinator



**Maharshi Karve Stree Shikshan Samstha's
Cummins College of Engineering for Women, Karvenagar, Pune**



NSS Activities in AY 2020 – 2021

Name of the Activity: Maze Kutumb Maze Javabdari Campaign

Date of the Activity Conduction: 8th November 2020

Short Report of the Activity: Cummins College of Engineering for Women, Pune (CCOEW) presents the great thanks to NSS and Pune University for this Campaign. This campaign organize through NSS in various colleges is very great and informative. Due to CoronaVirus, the Pandemic Disease, many countries are suffering from loss. CCOEW, Pune has taken an initiative to spread the Awareness for coronavirus. We have spread awareness by making videos, postures. Under the guidance of the Government and 50 NSS volunteers and staff. We have personally gone through many houses by considering all safety measures to give proper guidance. Made 50-100 masks and distributed them to many people also. Digital Media is vast so we have posted awareness on that Instagram post and stories, Facebook post and stories. In the video we have explained what we should be doing in this Quarantine.

Notice of the Event:

**MKSS's
Cummins College of Engineering for Women, Pune**
(An Autonomous Institute affiliated to Savitribai Phule Pune University)
Karvenagar, Pune – 411052

Date: 06/11/2020

NOTICE

NSS Team of Cummins College of Engineering for Women is organising an event "**Maze Kutumba Maze Javabdari Campaign**" for all students and staff members.

Date: 8th November 2020

Time: 3.00 pm

All students and staff members are invited to take part in the event.

Prof. Harsha Sonune

NSS Co-ordinator

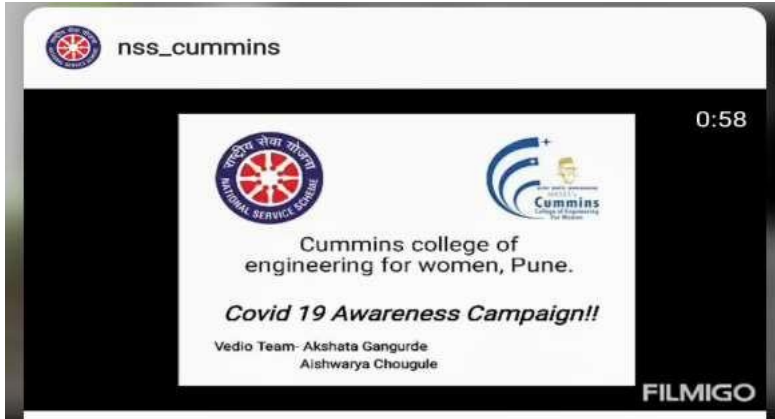


Maharshi Karve Stree Shikshan Samstha's
Cummins College of Engineering for Women, Karvenagar, Pune



NSS Activities in AY 2020 – 2021

Photos captured during the Activity:



Attendance Report:

| No of students Participated | Other | Total participation |
|-----------------------------|-------|---------------------|
| 40 | 10 | 50 |

List of Participants:

| | | |
|------------------------|----------------|----------------|
| Ashwini Jadhav | Tanmayi Chavan | Neha Patil |
| Amisha Dilip Bawane | Nidhi Tanksale | Mansi Navghade |
| Akanksha Prakash Patil | Shruti Dalvi | Rucha Sangale |
| Manjiri Shekhar Jagtap | Deeksha Jagtap | Sanathani T. |



**Maharshi Karve Stree Shikshan Samstha's
Cummins College of Engineering for Women, Karvenagar, Pune**



NSS Activities in AY 2020 – 2021

| | | |
|------------------------|-------------------|-------------------------|
| Mansi Unchegaonkar | Pranita Shinde | Harshada Dhumal |
| Kale Aditi Uday | Sonali Nagre | Vaishnavi Shrigadi |
| Surshree Kishor Jadhav | Arati Jadhavar | Gayatri Bhagat |
| Shivani Khilari | Nikhita Kalamkar | Gargi Salvekar |
| Garima Baleja | Ishika Sakhare | Payal Avinash Nikam |
| Kinjal Sanjiv Patil. | Akshta Bondarde | Himanshi Methwani |
| Surabhi Gopal Rangnath | Rajeshwari Chavan | Vaibhavi Vijay Ambarkar |
| Sneha Sharma | Nidhi Khare | Priyal Ekande |
| Shyamali Neje | Rhythm Chandak | Zagade Anushka |
| Shreya Pawar | Sakshi Mahajan | Patil Saloni |
| Neha Pawar | Aditi Dhumal | Aparna Dhaygude |
| Ankita Gurav | Shah Nupur | Krutika Sanas |
| Sakshi Phadatare | Ketaki Kothale | |

Prof. Harsha Sonune
NSS Co-ordinator



**Maharshi Karve Stree Shikshan Samstha's
Cummins College of Engineering for Women, Karvenagar, Pune**



NSS Activities in AY 2020 – 2021

Name of the Activity: Fit India

Date of the Activity Conduction: 12th September 2020 – 14th September 2020

Short Report of the Activity: Cummins College of Engineering for Women, Pune thanks to NSS to organize this event. This event helps us to be fit, healthy and fine. NSS CCOEW has organized the event called THE VIRTUAL WALKATHON – HOW FAR YOU CAN GO under the Fit India which is integrated with STEP SET GO to motivate the people to be Fit. Under the STEP SET GO App this event goes online for 2 days. In this many people have participated like college students, young, aged people which is totally irrespective of age. This event is organized under the volunteering of 50 Students. We got a good response from around 300 people. This event successfully ended. We have learnt a lot from this event. Thanks NSS and Government for organizing such a great event called FIT INDIA.

Notice of the Event:



Harsha Sonune <harsha.khedkar@cumminscollege.in>

VIRTUAL WALKATHON

NSS CUMMINS <nsscummins@cumminscollege.in>

Wed, Sep 9, 2020 at 4:09 PM

To: allstudents@cumminscollege.in, All staff <allstaff@cumminscollege.in>

Hello friends!

NSS Cummins is conducting "a Virtual Walkathon - How far can you go?" Under Fit India Movement in association with Step Set Go.

link for registration - <https://forms.gle/nEMFVYHeT1nuPEfX9>

The details of Walkathon are as follows:-

- Download the SSG application
Link- <https://play.google.com/store/apps/details?id=com.pepkit.ssg>
- The code for the challenge will be shared with the registered candidates
- The challenge will go live on 12:00am 13th Sept. till 12:00am 15th Sept., 2020
- The registered candidates will have to complete this challenge to get the token of appreciation

Regards,
Team NSS CCOEW.



fit india.jpg
81K



**Maharshi Karve Stree Shikshan Samstha's
Cummins College of Engineering for Women, Karvenagar, Pune**



NSS Activities in AY 2020 – 2021

Photos captured during the Activity:



Attendance Report:

| No of Students Participated | Other | Total Participation |
|-----------------------------|-------|---------------------|
| 40 | 10 | 50 |

List of Participants:

| | | |
|------------------------|-------------------|-------------------------|
| Ashwini Jadhav | Tanmayi Chavan | Neha Patil |
| Amisha Dilip Bawane | Nidhi Tanksale | Mansi Navghade |
| Akanksha Prakash Patil | Shruti Dalvi | Rucha Sangale |
| Manjiri Shekhar Jagtap | Deeksha Jagtap | Sanathani T. |
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| Kale Aditi Uday | Sonali Nagre | Vaishnavi Shrigadi |
| Surshree Kishor Jadhav | Arati Jadhavar | Gayatri Bhagat |
| Shivani Khilari | Nikhita Kalamkar | Gargi Salvekar |
| Garima Baleja | Ishika Sakhare | Payal Avinash Nikam |
| Kinjal Sanjiv Patil. | Akshta Bondarde | Himanshi Methwani |
| Surabhi Gopal Rangnath | Rajeshwari Chavan | Vaibhavi Vijay Ambarkar |
| Sneha Sharma | Nidhi Khare | Priyal Ekande |
| Shyamali Neje | Rhythm Chandak | Zagade Anushka |
| Shreya Pawar | Sakshi Mahajan | Patil Saloni |
| Neha Pawar | Aditi Dhumal | Aparna Dhaygude |
| Ankita Gurav | Shah Nupur | Krutika Sanas |
| Sakshi Phadatare | Ketaki Kothale | |

Prof. Harsha Sonune
NSS Co-ordinator



**Maharshi Karve Stree Shikshan Samstha's
Cummins College of Engineering for Women, Karvenagar, Pune**



NSS Activities in AY 2020 – 2021

Name of the Activity: Fit India Campaign

Date of the Activity Conduction: 30th November 2020 to 5th December 2020

Short Report of the Activity: Maharshi Karve Stree Shikshan Samstha's - Department of Physical Education & Sports along with NSS unit had organized a series of activities and campaigns in December 2020 under the aegis of Fit India Movement and initiative taken by the Department of Sports, Ministry of Youth Affairs and Sports (Government of India). The activities conducted by the college were as follows:-1. The promotion of Fit India Thematic Campaign – "Fitness ka Dose Adha Ghanta Roj " was done by making fitness videos in which demonstration was done by college students. The promotion of videos was sent on college official mail to all students and staff from 30th November 2020 to 5th December 2020. Also the videos were posted on college facebook page and college youtube channel. 2. College had organized FIT INDIA CYCLOTHON 2020 from 23rd December to 27th December 2020. College students and staff had participated and submitted the digital app screenshot of the activity performed in the google form circulated. College had registered the cyclothon event on FIT INDIA portal as an organizer where college received e-certificate as an organizer and the participants received e-certificate as performer from Ministry of Youth Affairs and Sports, Department of Sports. The event is in consonance with the Prime Minister's vision of Fit India and the launch of the Fit India Movement on 29th August 2019 where he said that fitness is the need of the hour to help promote lifelong physical activity and strive towards a healthier nation.

Notice of the Event:

8/1/22, 10:44 AM

MKSSS's Cummins College of Engineering for Women Pune Mail - FIT INDIA MOVEMENT



Harsha Sonune <harsha.khedkar@cumminscollege.in>

FIT INDIA MOVEMENT

SPORTS - <sports@cumminscollege.in> Tue, Dec 1, 2020 at 11:31 AM
To: All Students <allstudents@cumminscollege.in>, All staff <allstaff@cumminscollege.in>
Cc: "Dr. Madhuri Khambete" <madhuri.khambete@cumminscollege.in>, Madhuri Khambete <principal@cumminscollege.in>, Revati Gore <revati.gore@cumminscollege.in>, Ashutosh Muchrikar <ashutosh.muchrikar@cumminscollege.in>, Ravindra Ingle <ravindra.ingle@cumminscollege.in>

Maharshi Karve Stree Shikshan Samstha,s
CUMMINS COLLEGE OF ENGINEERING FOR WOMEN, PUNE

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

&

NATIONAL SERVICE SCHEME

under the aegis of FIT INDIA MOVEMENT has planned a *Fit India Thematic Campaign "फिटनेस का डोस - आधा घंटा रोज"*.

Our college students took initiative to show us all a demonstration about full body workout at home without any equipment and outdoor activities by maintaining social distance. Check the videos and try to follow the same for a healthier lifestyle.

FITNESS KA DOSE ADHA GHANTA ROJ - MANTRA BY HON. PRIME MINISTER NARENDRA MODI.

Thanks and Regards,
Anjushree A. Augustine
Director of Physical Education
MKSSS's Cummins College of Engineering for Women,Pune.
Contact no.: 020 25311133

3 attachments

- Yogasana-Suryanamaskar.mp4
1407K
- Home-Workout.mp4
10539K
- Outdoor-Workout[1].mp4
10741K



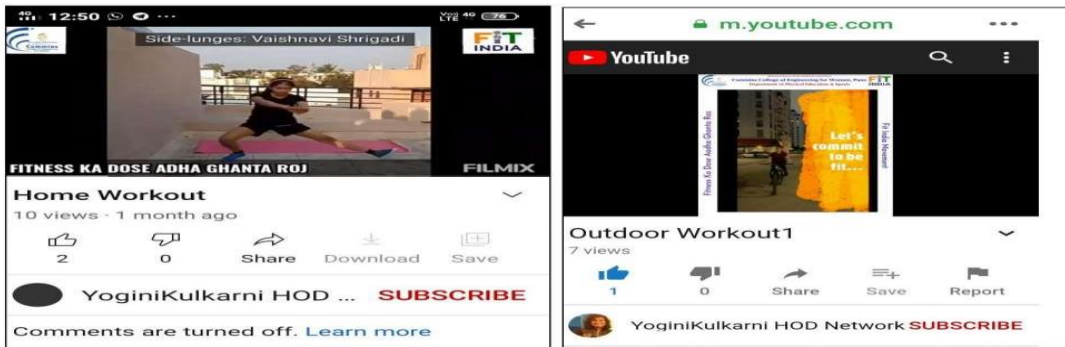
Maharshi Karve Stree Shikshan Samstha's Cummins College of Engineering for Women, Karvenagar, Pune

NSS Activities in AY 2020 – 2021

Photos captured during the Activity:



Fit India Campaign Promotion – on College YouTube Channel (Screenshot)





**Maharshi Karve Stree Shikshan Samstha's
Cummins College of Engineering for Women, Karvenagar, Pune**



NSS Activities in AY 2020 – 2021

Attendance Report:

| No of students Participated | Other | Total participation |
|-----------------------------|-------|---------------------|
| 40 | 10 | 50 |

List of Participants:

| | | |
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| Manjiri Shekhar Jagtap | Deeksha Jagtap | Sanathani T. |
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| Shivani Khilari | Nikhita Kalamkar | Gargi Salvekar |
| Garima Baleja | Ishika Sakhare | Payal Avinash Nikam |
| Kinjal Sanjiv Patil. | Akshta Bondarde | Himanshi Methwani |
| Surabhi Gopal Rangnath | Rajeshwari Chavan | Vaibhavi Vijay Ambarkar |
| Sneha Sharma | Nidhi Khare | Priyal Ekande |
| Shyamali Neje | Rhythm Chandak | Zagade Anushka |
| Shreya Pawar | Sakshi Mahajan | Patil Saloni |
| Neha Pawar | Aditi Dhumal | Aparna Dhaygude |
| Ankita Gurav | Shah Nupur | Krutika Sanas |
| Sakshi Phadatare | Ketaki Kothale | |

Prof. Harsha Sonune
NSS Co-ordinator



**Maharshi Karve Stree Shikshan Samstha's
Cummins College of Engineering for Women, Karvenagar, Pune**



NSS Activities in AY 2020 – 2021

Name of the Activity: Not Zero Net Zero

Date of the Activity Conduction: 12th December 2020

Short Report of the Activity: Cummins College of Engineering for Women, Pune thanks NSS for organizing this event where we pledged for Carbon Neutrality for Educational Institutes. The underlying principle of the pledge was not to necessarily make carbon emissions zero but to reduce them to the maximum extent possible and for the rest of emissions create carbon-sink/off-by planting trees and other such efforts. We pledged to make our campus carbon neutral by enhancing energy efficiency, deploying renewable energy, innovating the sources of energy like hydrogen, waste and others and offsetting CO2 through tree plantation. This event ended successfully. We thank NSS and Government of India for giving us this opportunity.

Notice of the Event:

8/1/22, 10:26 AM

MKSS's Cummins College of Engineering for Women Pune Mail - Fwd: Not Zero Net Zero



Harsha Sonune <harsha.khedkar@cumminscollege.in>

Fwd: Not Zero Net Zero

2 messages

NIKHITA KALAMKAR <nikhita.kalamkar@cumminscollege.in>
To: Harsha Sonune <harsha.khedkar@cumminscollege.in>

Fri, Dec 11, 2020 at 12:38 PM

----- Forwarded message -----

From: **NSS CUMMINS** <nsscummins@cumminscollege.in>
Date: Fri, 11 Dec, 2020, 12:37 pm
Subject: Not Zero Net Zero
To: NIKHITA KALAMKAR <nikhita.kalamkar@cumminscollege.in>

Hello folks!! Hope all are going well.

NSS CCOEW is organizing the pledge under the guidance of Government of India for new initiative called 'NOT ZERO NET ZERO'.

Inspired by Indian Government's relentless efforts under the leadership of Hon.PM Modi, TERRE Policy Centre, as part of its Smart Campus Cloud Network (SCCN), has initiated the pledge for ' Carbon Neutral Education Institutes' On 12th December in an on-line event called ' Not Zero Net Zero' to showcase the pledge by key universities/colleges.

Kindly join the meeting link at sharp 10:00 am-

meet.google.com/fjx-mige-hqe

The concept and Pledge behind this initiative is given in the following below links:

Concept -https://drive.google.com/file/d/1NEUa0_lf4kq35Cjm2Bi4bgyo2SBRbxJ/view?usp=sharing

Pledge -
<https://drive.google.com/file/d/1PhK5I4v3cLgxdukpbqzSMjptYrkrGiDd/view?usp=sharing>

Regards,
NSS CCOEW.



**Maharshi Karve Stree Shikshan Samstha's
Cummins College of Engineering for Women, Karvenagar, Pune**



NSS Activities in AY 2020 – 2021

Photos captured during the Activity:



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| Garima Baleja | Ishika Sakhare | Payal Avinash Nikam |
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| Neha Pawar | Aditi Dhumal | Aparna Dhaygude |
| Ankita Gurav | Shah Nupur | Krutika Sanas |
| Sakshi Phadatare | Ketaki Kothale | |

Prof. Harsha Sonune
NSS Co-ordinator



Maharshi Karve Stree Shikshan Samstha's

Cummins College of Engineering for Women, Karvenagar, Pune



NSS Activities in AY 2020 – 2021

Name of the Activity: Harit Shappat

Date of the Activity Conduction: 1st January 2021

Short Report of the Activity: Cummins College of Engineering for Women, Pune thanks NSS for organizing this event where we pledged to keep our mother earth Clean and Green. This was carried out under the campaign of MAJHI VASUNDHARA. We pledged to plant at least 5 trees on any of our special occasions, always opt for greener modes of transport like bicycle, consciously optimize my water usage, develop a kitchen garden, practice reuse in daily life and opt for green gifting options. We really thank NSS and Government of India for giving us this opportunity and making us a part of this beautiful journey.

Notice of the Event:

Maharshri Karve Stree Shikshan Samstha's

Cummins College of Engineering for Women

(An Autonomous Institute Affiliated to Savitribai Phule University)

Karvenagar, Pune 411052

Date: 30/12/2020

Notice

Cummins College N. S. S. team is organizing "Harit Shapath" for all students and staff members of Cummins college of Engineering for women.

Date: 1st January 2021

Time: 10.00 am

All students and staff are invited to take part in the activity.

Program officer

(Harsha Sonune)

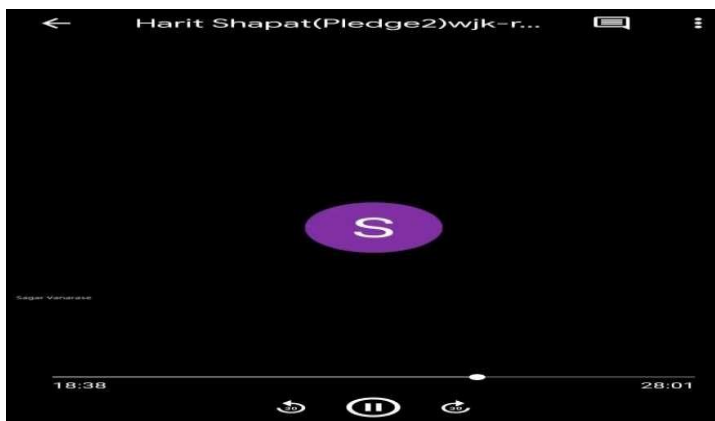


**Maharshi Karve Stree Shikshan Samstha's
Cummins College of Engineering for Women, Karvenagar, Pune**



NSS Activities in AY 2020 – 2021

Photos captured during the Activity:



Attendance Report:

| No of Students Participated | Other | Total Participation |
|-----------------------------|-------|---------------------|
| 40 | 10 | 50 |

List of Participants:

| | | |
|------------------------|-------------------|-------------------------|
| Ashwini Jadhav | Tanmayi Chavan | Neha Patil |
| Amisha Dilip Bawane | Nidhi Tanksale | Mansi Navghade |
| Shubhangi Choudhari | Shruti Dalvi | Rucha Sangale |
| Manjiri Shekhar Jagtap | Deeksha Jagtap | Sanathani T. |
| Mansi Unchegaonkar | Pranita Shinde | Sagar Vanarase |
| Kale Aditi Uday | Sonali Nagre | Vaishnavi Shrigadi |
| Surshree Kishor Jadhav | Arati Jadhavar | Gayatri Bhagat |
| Shivani Khilari | Nikhita Kalamkar | Gargi Salvekar |
| Garima Baleja | Ishika Sakhare | Payal Avinash Nikam |
| Kinjal Sanjiv Patil. | Akshta Bondarde | Himanshi Methwani |
| Surabhi Gopal Rangnath | Rajeshwari Chavan | Vaibhavi Vijay Ambarkar |
| Sneha Sharma | Nidhi Khare | Priyal Ekande |
| Shyamali Neje | Rhythm Chandak | Zagade Anushka |
| Shreya Pawar | Harsha Sonune | Patil Saloni |
| Neha Pawar | Aditi Dhumal | Aparna Dhaygude |
| Ankita Gurav | Shah Nupur | Krutika Sanas |
| Sakshi Phadatare | Ketaki Kothale | |

Prof. Harsha Sonune
NSS Co-ordinator



Maharshi Karve Stree Shikshan Samstha's
Cummins College of Engineering for Women, Karvenagar, Pune



NSS Activities in AY 2020 – 2021

Name of the Activity: Voters Day

Date of the Activity Conduction: 25th January 2021

Short Report of the Activity: MKSS's Cummins College of Engineering for Women, Pune(CCOEW) was grateful for being part of NSS. Due to CoronaVirus Pandemic Disease, Various Colleges celebrate 'Voters Day' virtually. CCOEW being a part of NSS celebrates this day enthusiastically. NSS aims to instil the idea of social welfare in students, and to provide service to society without. Being a responsible citizen of India, we have organized an oath taking ceremony of being a proud voter. The oath will be taken by all of us on 25th January 2021 on Google meet at 1.30pm.

Link for the meet:

meet.google.com/cai-koqa-qrm

Notice of the Event:

8/1/22, 11:12 AM

MKSS's Cummins College of Engineering for Women Pune Mail - National Voters Day 2021



Harsha Sonune <harsha.khedkar@cumminscollege.in>

National Voters Day 2021

Anjushree augustine <anjushree.augustine@cumminscollege.in>

Mon, Jan 25, 2021 at 12:51 PM

To: All Students <allstudents@cumminscollege.in>, anantpise@gmail.com

Cc: Anjushree augustine <anjushree.augustine@cumminscollege.in>, Harsha Sonune <harsha.khedkar@cumminscollege.in>

Hello Dear students,

Today 25th jan 2021 is National Voters Day.

Being a responsible citizen of India, I request you all to join for an oath taking ceremony of being a proud voter. The oath will be taken by all of us today i.e. 25th jan 2021 on google meet at 1.30pm.

Students, the oath is just of 2mins and we all will disperse immediately taking into consideration your exam schedule. Everyone will unmute the microphones while repeating the oath behind me.

Sharing the attachment of oath.

Link for the meet :

meet.google.com/cai-koqa-qrm

Thank you.

--

Regards,

Anjushree A. Augustine

Director of Physical Education

MKSS's Cummins College of Engineering for Women

Contact no.: 020 25311133

"Sound mind in sound body"

NVD-21-33.pdf
41K

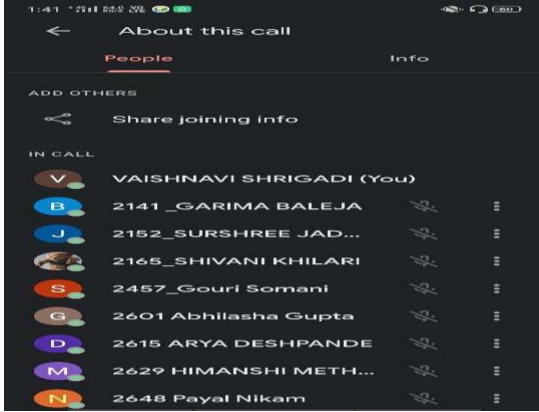


Maharshi Karve Stree Shikshan Samstha's
Cummins College of Engineering for Women, Karvenagar, Pune



NSS Activities in AY 2020 – 2021

Photos captured during the Activity:



Attendance Report:

| No of Students Participated | Other | Total Participation |
|-----------------------------|-------|---------------------|
| 25 | 10 | 35 |

List of Participants:

| | | |
|------------------------|--------------------|-------------------------|
| Garima Baleja | Pranita Shinde | Gargi Salvekar |
| Vaishavi Shrigadi | Sonali Nagre | Payal Avinash Nikam |
| Shivani Khilari | Arati Jadhavar | Sakshi Phadatare |
| Gouri Somani | Neha Patil | Vaibhavi Vijay Ambarkar |
| Abhilasha Gupta | Mansi Navghade | Sakshi Mahajan |
| Arya Deshpande | Rucha Sangale | Aditi Dhumal |
| Himanshi Methwani | Sanathani T. | Shah Nupur |
| Payal Nikam | Harshada Dhumal | Ketaki Kothale |
| Surshree Kishor Jadhav | Ankita Gurav | Shyamali Neje |
| Ashwini Jadhav | Tanmayi Chavan | Shreya Pawar |
| Amisha Dilip Bawane | Nidhi Tanksale | Neha Pawar |
| Harsha Sonune | Angushree Agustine | |

Prof. Harsha Sonune
NSS Co-ordinator



**Maharshi Karve Stree Shikshan Samstha's
Cummins College of Engineering for Women, Karvenagar, Pune**



NSS Activities in AY 2020 – 2021

Name of the Activity: Poshan Pakhwada

Date of the Activity Conduction: 30th March 2021

Short Report of the Activity: According to the instruction given by the NSS and Central government we were conducted the activity POSHAN Pakhwada. NSS CUMMINS is organized the Poshan Pakhwada under guidance of the Government where Dr. Jyoti Shinde Ayurveda had given a talk on YOGA, DIET, EXERCISE, etc. Dr Jyoti Shinde is an ayurvedic doctor, practicing as a family physician for the last 20yrs on Sinhadgad road. She is medical consultant for ESIS panel, IMP(Insurance Medical Practitioner) for state of Maharashtra, Active member of Mukta charitable foundation, the NGO of doctors in Pune, who works in the field of HIV, adolescence education beyond books, youth de-addiction, health workers training and many other social activities, She has been organising a blood donation camp along with friends every year since last 15 years. She is passionate about fitness and more particularly for Yoga, running, cycling and trekking, etc. She has Completed more than 10 half marathons so far. This talk will really help students to follow proper diet and exercise for day to day activity.

Date: 30 March 2021, Timing: 3:30 pm.

Mode: Virtual (Google Meet).

Join the talk by this Link:

Link: <https://meet.google.com/zhy-gupv-dmo>

Notice of the Event:



Harsha Sonune <harsha.khedkar@cumminscollege.in>

POSHAN PAKHWADA

NSS CUMMINS <nsscummins@cumminscollege.in>

Mon, Mar 29, 2021 at 11:18 AM

To: allstudents@cumminscollege.in, All staff <allstaff@cumminscollege.in>

Hello folks! Happy Holi and be Safe.

NSS CUMMINS is organizing the Poshan Pakhwada under guidance of the Government where Dr. Jyoti Shinde Ayurveda will give a talk on **YOGA, DIET, EXERCISE**, etc.

Dr Jyoti Shinde is a ayurvedic doctor, practicing as a family physician since last 20yrs on Sinhadgad road. She is medical consultant for ESIS panel, IMP(Insurance Medical Practitioner) for state of Maharashtra,

Active member of Mukta charitable foundation, the NGO of doctors in Pune, who works in the field of HIV, adolescence education beyond books, youth de-addiction, health workers training and many other social activities,

She has been organising a blood donation camp along with friends every year since last 15 years. She is passionate about fitness and more particularly for Yoga, runnings, cycling and trekking, etc. She has Completed more than 10 half marathons so far..

It's requested all to attend the **TALK**, as Covid cases are also increasing and by the talk you can get help for decreasing the chances of Covid Positive.

Date : 30 March 2021.

Timing : 3:30 pm.

Mode : Virtual(Google Meet).

Join the talk by this Link : <https://meet.google.com/zhy-gupv-dmo>

Regards,
Team NSS CCOEW

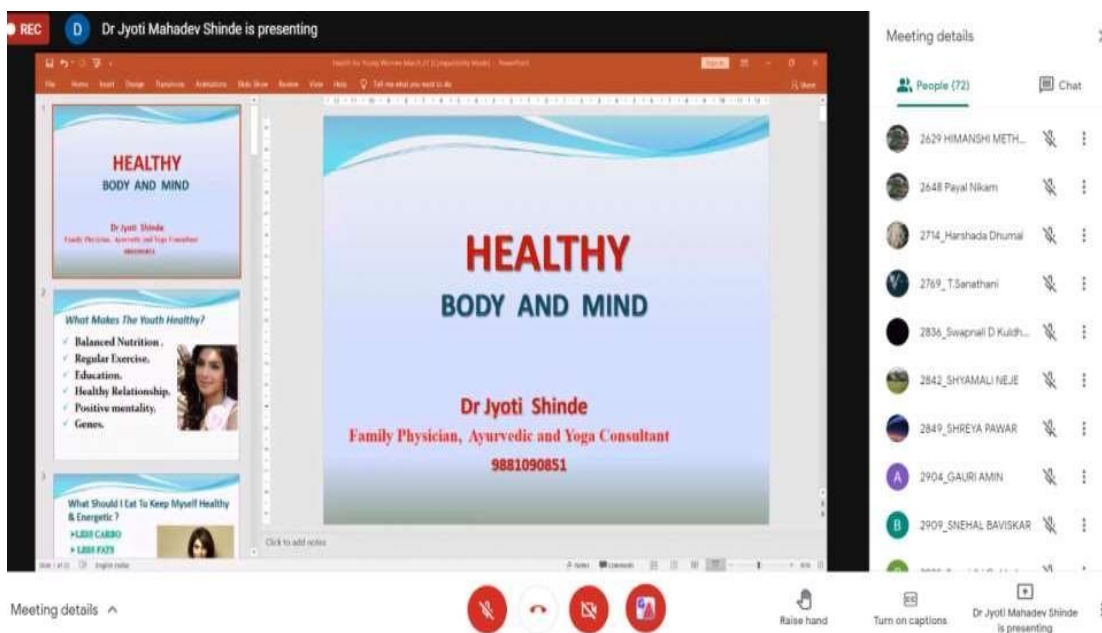


**Maharshi Karve Stree Shikshan Samstha's
Cummins College of Engineering for Women, Karvenagar, Pune**



NSS Activities in AY 2020 – 2021

Photos captured during the Activity:



Attendance Report:

| No of students Participated | Other | Total participation |
|-----------------------------|-------|---------------------|
| 55 | 15 | 70 |

List of Participants:

| | | |
|------------------------|----------------------|-------------------------|
| Harsha Sonune | Gayatri S Chaudhari | Nikhita Kalamkar |
| Apurva Kale | Aditi Dhumal | Vaishnavi Charkha |
| Mrunmayibhosale | Sneha B Jadhav | Saloni Patil |
| Arya Shyam Patil | Ketaki Kothale | Ishika Sakhare |
| Pratiksha Ramesh Patil | Vaibhavi Ambarkar | Neha Mandge |
| Suman Pidwani | Himanshi Methwani | Dipashree Patil |
| Shraddha Basarikatti | Payal Nikam | Gayatri Palkar |
| Sakshi Khaire | Harshada Dhumal | Pranita Sanjay Shinde |
| Sawari Shinde | T.Sanathani | Amruta Pomane |
| Shivani Jamdade | Swapnali D Kuldharan | Ankita Gurav |
| Samrudhi Bari | Shyamali Neje | Ashwini Jadhav |
| Ankita Gamne | Shreya Pawar | Deeksha Jagtap |
| Riddhi Pendse | Snehal Baviskar | Dr Jyoti Mahadev Shinde |
| Pooja Thorat | Sannidhi Gokhale | Gargi Salvekar |
| Avanti Yadav | Nisarga Khatkale | Gauri Deshpande |



**Maharshi Karve Stree Shikshan Samstha's
Cummins College of Engineering for Women, Karvenagar, Pune**



NSS Activities in AY 2020 – 2021

| | | |
|------------------|------------------|--------------------|
| Prajakta Mokale | Swikruti Maind | Gayatri Bhagat |
| Pooja Bansode | Ankita Mane | Jyoti Chitale |
| Garima Baleja | Neha Rathod | Kalyani Deshmukh |
| Surshree Jadhav | Nehal Sonawane | Mahadev Shinde |
| Kinjal Patil | Manjiri Jagtap | Mansi Navghade |
| Surabhi Rangnath | Akshata Bondarde | Mansi Unchegaonkar |
| Sneha Sharma | Rhythm Chandak | Nidhi Tanksale |
| Sakshi Phadatare | Swapnali Wakle | Tanmayi Chavan |
| Sonal Katurde | | |

Prof. Harsha Sonune
NSS Co-ordinator



**Maharshi Karve Stree Shikshan Samstha's
Cummins College of Engineering for Women, Karvenagar, Pune**



NSS Activities in AY 2020 – 2021

**Oxygen Audit – by Staff Members of Cummins College of Engineering for
Women, Pune**

ANEXTURE - A :- PCME

| SR NO. | NAME OF COVID HOSPITAL | Hospital Contact No | PMC/PCMC/ CANTONMENT/R URAL | FUNCTIONAL BED CAPACITY | College Code | College Name | Faculty | Mobile No | email ID |
|--------|---|---|-----------------------------------|----------------------------|-----------------|---|--|---------------------------|--|
| 124 | OXYCARE MULTISPECIALTY HOSPITAL KALEWADI | 7709123192 8208564554 | PCMC | 10 | 6006 | College of Engineering Pune | Dr. N. D. Shikalgar / Dr. P. W. Deshmukh | 9823286386 /9850601921 | nds.mech@coep.ac.in/ pwd.mech@coep.ac.in |
| 125 | RAINBOW HOSPITAL, KALEWADI | 8380001749, 6264634698, 98220004630 | PCMC | 10 | | | | | |
| 126 | SAKSHAM HOSPITAL, THERGAON | 9850338876 | PCMC | 5 | | | | | |
| 127 | NANDEDKAR MULTISPECIALTY HOSPITAL, THERGAON | 8698727873, 9960889451 | PCMC | 4 | | | | | |
| 128 | OMKAR KHALANE HOSPITAL, RAHATANI | 7720005912 | PCMC | 17 | 6276 | MKSS's Cummins College of Engineering for Women Pune | Avinash Shinde, Mr. Vishwanath Mali | 9423569228, 7709458381 | avinash.shinde@cumminscolle ge.in, vishwanath.mali@cumminscoll ege.in |
| 129 | VIGHNAHARTA HOSPITAL, RAHATANI, PUNE | 9588692217 | PCMC | 19 | | | | | |
| 130 | SHREE KRUPA MULTISPECIALTY HOSPITAL, KALEWADI | 9890645648 | PCMC | 15 | | | | | |
| 131 | AUS CITY HOSPITAL, THERGAON | 9923231681 | PCMC | 20 | | | | | |
| 132 | SHREE MANGALMURTI HOSPITAL RAHATANI | 9881558230 | PCMC | 10 | | | | | |
| 133 | SPANDAN HOSPITAL, THERGAON | 9921880101 | PCMC | 30 | | | | | |

Tezmt

(Dr. Rejesh Deshmukh)
District Collector
Chairman, Disaster Management Authority,
Pune District



**Maharshi Karve Stree Shikshan Samstha's
Cummins College of Engineering for Women, Karvenagar, Pune**



NSS Activities in AY 2020 – 2021

Yoga With Garima (Student of Cummins College) for Rose Land Residency



Roseland Residency Co-op Housing Society Ltd.
(Regn. No - PNA / PNA - (3) / H5G / (TC) / 11073 / 2011)
S.No. 130/131/132/162, Pimple Saudagar, Pune - 411027
Email : roselandresidency@gmail.com
<http://portal.sarvaha.com/housingsociety/index.jsp>
Web: www.roselandresidency.com
Office - 02027212300 / 02027212200

RR / OUT /

LETTER/2021/190

DATE 26/08/2021

To,

Ms. Garima Baleja

Roseland Residency

Pune.

Subject: Appreciation Letter

Dear Ms Garima Baleja,

We would like to thank you for conducting sessions & spreading awareness about yoga in our society from 2017 to present. We would like to appreciate you for being a part of conducting the recent one month yog shibir dated 01st May 2021 to 31st May 2021 for our society members, which was organised for the occasion of International Day of Yoga 2021.

We are proud of you and appreciate your expertise, knowledge and dedication for smooth organisation of the events. We would welcome your assistance in future activities.





Maharshi Karve Stree Shikshan Samstha's
Cummins College of Engineering for Women, Karvenagar, Pune



NSS Activities in AY 2020 – 2021



To,
Ms Garima Baleja
Electronics and Telecommunication (SYBTech),
Cummins College of Engineering for women,
Pune.

Subject: - Appreciation Letter

Dear Ms Garima,


We would like to thank you for being a part of one month virtual yoga camp as an expert yoga shikshak dated 17th May 2021 to 18th June 2021 for our college students and staff. The Yoga camp was organised by the Department of Sports, CCOEW under Fit India Movement and on the occasion of International Day of Yoga 2021.


We are proud of you and appreciate your expertise, knowledge and dedication for smooth organisation of the event. We would welcome your assistance in future activities.

We would like to thank you on behalf of everyone those who participated in the yoga camp.

We wish you all the best for your bright future.

Sincerely,


Dr. Madhuri Khambete
Principal


Mrs Anjushree Augustine
Director of Physical Education



**Maharshi Karve Stree Shikshan Samstha's
Cummins College of Engineering for Women, Karvenagar, Pune**



NSS Activities in AY 2020 – 2021

Name of the Activity: International Day of Yoga

Date of the Activity Conduction: 21st June 2020

Short Report of the Activity: Yoga is an ancient practice in India with multiple physical and mental health benefits. The rewards of practicing yoga are very relevant. Of particular importance are its proven positive impact on general health, immunity enhancement and its globally accepted role as a stress reliever. In recognition thereof, the United Nations General Assembly declared 21 st June as World Yoga Day. The event is celebrated worldwide by the people of all countries by practicing Yoga. Hon'ble Prime Minister Shri. Narendra Modiji has appealed to all of us to make Yoga an integral part of our daily lives. In conformity to the above, under the leadership of Director CCOEW – Dr. Madhuri Khambete, Cummins College of Engineering for Women (CCOEW), Pune celebrated 6 th IDY on 21st June 2020 from morning 8.00am to 9.00am. Due to COVID -19 pandemic the session was conducted through virtual mode (Google meet).

Link : <https://meet.google.com/jca-ruh-x-mtk>

The session was conducted by Mrs Anjushree Augustine (Director of Physical Education and sports), Ms Vaishnavi Khare (Btech Computer Department student and Yogasanna / Rope Mallakhamb National Player) and Ms Radhika Khandave (Guest speaker and Yoga expert from Yogvidyadham Nashik).

Notice of the Event:



Harsha Sonune <harsha.khedkar@cumminscollege.in>

IDY 2020-21 you tube video

1 message

Anjushree augustine <anjushree.augustine@cumminscollege.in> Sun, Jun 21, 2020 at 3:07 PM
To: All staff <allstaff@cumminscollege.in>, All Students <allstudents@cumminscollege.in>, "Prof. Dr. Madhuri Khambete" <principal@cumminscollege.in>, "Dr. Madhuri Khambete" <madhuri.khambete@cumminscollege.in>, Revati Gore <revati.gore@cumminscollege.in>

Dear All,

Greetings from the Department of Sports!

CCOEW, Pune celebrated 6th International Day of Yoga on 21st June 2020 from 8am to 9am through virtual mode (Google meet). Many of us were part of today's online session.

Due to COVID -19 we all are practising exercise at home for our Physical Fitness. I am hereby posting a youtube video " Yoga for Daily Fitness" . This video will be very helpful to practise yoga daily at home with family. You will surely like this video as all the Asanas with health benefits are explained in detail.

Link: <https://youtu.be/OYXruZ9OhN4>

Thank you.

--

Regards,
Anjushree A. Augustine
Director of Physical Education
MKSS's Cummins College of Engineering for Women
Contact no.: 020 25311133



Maharshi Karve Stree Shikshan Samstha's
Cummins College of Engineering for Women, Karvenagar, Pune



NSS Activities in AY 2020 – 2021

Photos captured during the Activity:



Attendance Report:

| No of students Participated | Other | Total participation |
|-----------------------------|-------|---------------------|
| 40 | 10 | 50 |

List of Participants:

| | | |
|------------------------|----------------|----------------|
| Ashwini Jadhav | Tanmayi Chavan | Neha Patil |
| Amisha Dilip Bawane | Nidhi Tanksale | Mansi Navghade |
| Shubhangi Choudhari | Shruti Dalvi | Rucha Sangale |
| Manjiri Shekhar Jagtap | Deeksha Jagtap | Sanathani T. |



**Maharshi Karve Stree Shikshan Samstha's
Cummins College of Engineering for Women, Karvenagar, Pune**



NSS Activities in AY 2020 – 2021

| | | |
|------------------------|----------------------|-------------------------|
| Mansi Unchegaonkar | Pranita Shinde | Sagar Vanarase |
| Kale Aditi Uday | Sonali Nagre | Vaishnavi Shrigadi |
| Surshree Kishor Jadhav | Arati Jadhavar | Gayatri Bhagat |
| Shivani Khilari | Nikhita Kalamkar | Gargi Salvekar |
| Garima Baleja | Ishika Sakhare | Payal Avinash Nikam |
| Kinjal Sanjiv Patil. | Shubhangi Chaoudhari | Himanshi Methwani |
| Surabhi Gopal Rangnath | Rajeshwari Chavan | Vaibhavi Vijay Ambarkar |
| Sneha Sharma | Nidhi Khare | Priyal Ekande |
| Shyamali Neje | Rhythm Chandak | Zagade Anushka |
| Shreya Pawar | Harsha Sonune | Patil Saloni |
| Harish Patil | Aditi Dhumal | Aparna Dhaygude |
| Ankita Gurav | Shah Nupur | Krutika Sanas |
| Sakshi Phadatare | Ketaki Kothale | |

Prof. Harsha Sonune
NSS Co-ordinator