

# Sevadal Mahila Mahavidyalaya

Place for Higher Learning and Research (Research Academy)

Sakkardara Square, Umrer Road, Nagpur-440024

## List of Programmes - Life Skills (Yoga, Physical Fitness, Health and Hygiene)

Sr. No.	Date of Programme	Name of the Activity	No. of Students Enrolled
<b>2021-2022</b>			
1	21 June 21 to 22 June 21	Two Days Online Workshop on Yoga and Holistic Development	69
2	1 Dec 2021	Awareness on Aids Day	45
3	7 April 2022	Special Lecture On Womansim and Awareness on Health and Personal Hygiene	44
4	8 April 2022	Special Lecture on Youth and Stress Mangement	38
<b>2020-2021</b>			
5	21 June 2020	International Yoga Day	6
<b>2019-2020</b>			
6	21 June 2019	International Yoga Day	32
7	16 Oct 2019	Nutritional Assement of Student	100
8	10 Dec 2019	Awareness on Organ Donation	46
9	23 Jan 2020	Holistic Approch of Dietary Supplementation of Wheatgrass Juice to Students Haemoglobine Detection Camp	70
10	27 Jan 2020	Holistic Approch of Dietary Supplementation of Wheatgrass Juice to Students Haemoglobine Detection Camp	130



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11	12 Feb 2020	Yoga Training Programme	52
12	17 March 2020	Holistic Approach of Dietary Supplementation of Wheatgrass Juice to Students Haemoglobine Detection	182
13	4 to 7 March 2020	Self Defence Workshop	80
<b>2018-2019</b>			
14	21 June 18	International Yoga Day	31
15	30 31 and 1 Aug 18	Heartfulness way- Verification Workshop	180
16	21 Feb 2019	Holistic Approach of Dietary Supplementation of Wheatgrass Juice to Students Haemoglobine Detection Camp	135
17	26 Feb 2018	Aids Day	31
18	7 April 2019	Naturopathic Medicine and its Benefits on Health	37
<b>2017-2018</b>			
19	21 June 17	International Yoga Day	21
20	11 Sept 17	Health and Hygiene Awareness Programme	100
21	11,12 and 13 Sept 17	Sickle Screening Programme	825
22	1 Dec 2017	Awareness on Aids Day	55
23	22 Dec 17	Neutritional Awareness Programme	42
<b>2016-2017</b>			
24	21 June 16	International Yoga Day	25
25	8 March 17	Special Lecture on Stress Mangement and Physical Fitness	40



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(Prof. Pravni Charde)

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# SevadaMahilaMahavidyalaya


Place for Higher Learning & Research (Research Academy)  
Sakkaradara Square, Umrer Road, Nagpur-440024

Date :06/04/2022


## NOTICE

All the students of **Final Year** Science, Home Science and Arts Faculty of the college are hereby informed that, Student Guidance and Counselling Committee in association with Cultural Committee, Human Development Department and Home Economics Department & Parent Teacher Association Alumni Association of college is organizing **Guest Lecture** of, **Ms. Priya Zoting** on "Youth and Stress Management" dated **8<sup>th</sup> April** on at 11am in Room No.110.

It is mandatory for students to attend the lecture.

  
**DR. A. R. Ratkanthiwar**  
Convener  
(Student Guidance & Counselling Cell)



  
**(PROF. PRAVIN CHARDE)**  
Principle  
Sevada Mahila Mahaviadyalya  
Nagpur

# Sevadal Mahila Mahavidyalaya

Sakkardara Chowk, Umrer Road, Nagpur – 440009

Ph. No. 0712- 2705037, 2751344

Email – [smmcoolege@vahoo.co.in](mailto:smmcoolege@vahoo.co.in), [sevamahilamv@gmail.com](mailto:sevamahilamv@gmail.com)

Website: [www.sevadalimahilamahavidyala.org](http://www.sevadalimahilamahavidyala.org)

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## Guest lecture on Youth and Stress Management 2021-22

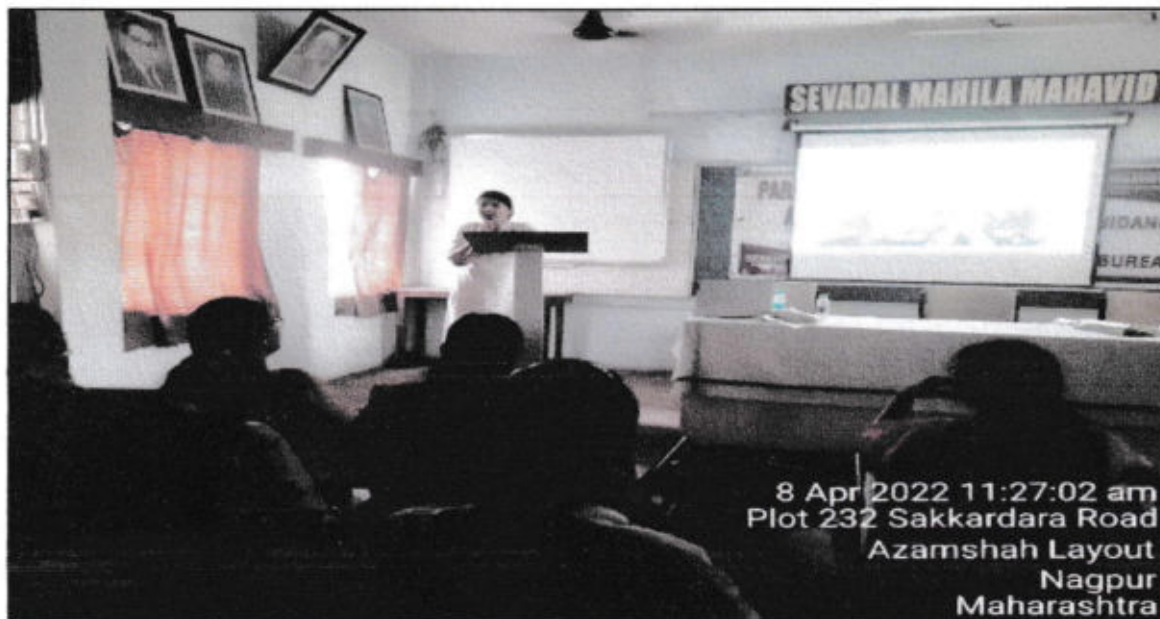
Sevadal Mahila Mahavidyalaya, Students Welfare, Student Guidance & Counselling Cell, Parents Teacher Association and Alumni Association of the college organized a guest lecture on “Youth and Stress Management” by Ms. Priya Zoting, Dean, Academics Institute of Psycho Management Studies, Nagpur on 8<sup>th</sup> April, 2022. Effective stress management enables you to respond to stressful situations in life more thoughtfully and sanely. It aids in controlling your stress levels. As a result, there are several psychological and physical advantages. You get more productive, feel healthier, and start getting better sleep. Helping the younger generation is a joint responsibility of our society in dealing with the stress and associated inhibitions carefully to help them grow into successful individuals. Dr. Mrs. A. R. Ratkanthiwar introduce the speaker and Dr. Mrs. B. S. Tapase proposed vote of thanks. The lecture was inspiring and informative for the students.



(Dr. Mrs. A. R. Ratkanthiwar)  
Convener



(Prof. Pravin Charde)  
Principal  
Sevadal Mahila Mahavidhyalaya  
Nagpur



**Guidance Given by Speaker**



**Principal**  
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Umrer Road, Nagpur-9.



### Involvement of Students




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Guest lecture on "Youth and Stress Management" by Ms. Priya Zoting.

List of students :

Sr. No.	Name of Students
1	Samiksha Chakradhare
2	Trupti Gahukar
3	Nishika N. Rangari
4	Tejaswini G. Borkar
5	Nandini M. Sawalakhe
6	Harshada S. Satpute
7	Prachi P. Rokade
8	Swati R. Kaware
9	Rutik G. Gorle
10	Harshsa S. Kapse
11	Gauri Sarode
12	Soumya V. Navghare
13	Priya Gaikwad
14	Vaishnavi N. Natiye
15	Sweety R. Raghushhe
16	Janhavi D. Lonare
17	Janvi D. Kaikade
18	Divyani R. Laroḳar
19	Shivani D. Sidhhamsettiwar
20	Divya G. Bhoyar
21	Bhagyashree Sisodiya
22	Tejal U. Kamlu
23	Vaishnavi A. Kambe
2	Aiswarya K. Bawankar
25	Manasi S. Patal
26	Kalashri G. Nakode
27	Priyanka R. Wadichar
28	Zeena S. Rassol
29	Prajakta Manekar
30	Vaishnavi Thakrele
31	Ruapli A. Shende
32	Aasawari A. Sahare
33	Mokshada Bhogade
34	Mansi P. Jadahv



  
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Umrer Road, Nagpur-9.





# Sevadal Mahila Mahavidyalaya

Sakkardara Chowk, Umrer Road, Nagpur – 440009

Ph. No. 0712- 2705037, 2751344

Email – [smmcoolege@yahoo.co.in](mailto:smmcoolege@yahoo.co.in), [sevamahilamv@gmail.com](mailto:sevamahilamv@gmail.com)

Website: [www.sevadalmahilamahavidyala.org](http://www.sevadalmahilamahavidyala.org)

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## Guest Lecture On World Health Day 2021-22

World health day is celebrated every year to raise awareness about the ongoing health issues that concern people across the world. This day is also used as an opportunity to spread awareness about the overall health and well-being of people. This day is celebrated every year on 7<sup>th</sup> April. It is the need of the hour to celebrate this day as it is time to build a healthier world for everyone, everywhere.


Hence the Parents Teacher Association of Sevadal Mahila Mahavidyalaya, Nagpur conducted a guest lecture on the eve of this day for the students of Science, Home science and Social science on 7<sup>th</sup> April 2022 at 10.00 am. The guest speaker was Dr. Anuradha Ridhovkar, MBBS, MD, Gynecology, Nagpur. She spoke on the topic womanism and awareness on health and personal hygiene.

The program started with welcoming the guest. Dr. Mrs. A. S. Mahakalkar, Head Chemistry Department, welcomed the guest with a floral bouquet. Dr. Mrs. P. P. Chahande, Convenor Parents Teacher Association compared the program. The guest speaker expressed her views on the topic. She addressed the gathering and threw light on the challenges faced by women in India. she told the various issues through which the Indian women have to go as there is a lot of discrimination, sexual abuses, lack of education, gender pay gap and much more. She also discussed about how women can overcome all of these problems and become self- sufficient and happy.

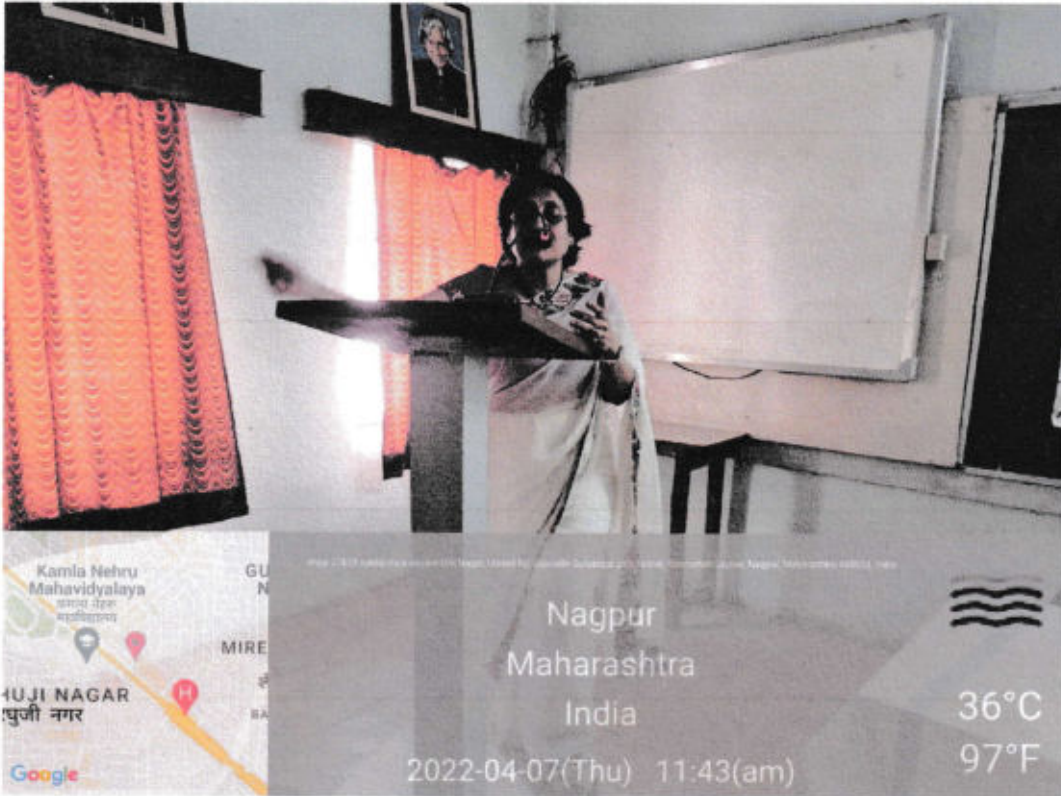
Dr. Meghali Johrapurkar, Head Nutrition department proposed a vote of thanks. The students were very much happy with the lecture and the program was a great success.

  
(Dr. Mrs. A. R. Ratkanthiwar)  
Convener



  
(Prof. Pravin Charde)  
Principal  
Sevadal Mahila Mahavidhyalaya  
Nagpur

The guest speaker delivering the lecture.



  
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Kamla Nehru Mahavidyalaya  
Kamla Nehru Mahavidyalaya  
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Google

Nagpur  
Maharashtra  
India

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Students attending the lecture.



Kamla Nehru Mahavidyalaya  
Kamla Nehru Mahavidyalaya  
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Nagpur  
Maharashtra  
India

2022-04-07(Thu) 11:42(am)

36°C  
97°F



  
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Umrer Road, Nagpur-9.

# SEVADAL MAHILA MAHAVIDYALAYA

Place for Higher Learning & Research (Research Academy)

Sakkaradara Square, Umrer Road, Nagpur-440024

**Academic Session : 2021-2022**

**GUEST LECTURE**

**BY**

**DR. Anuradha Ridhorkar**

**MBBS, MD (Gynecology), Nagpur**

**On the topic,**

**“Womanism and Awareness on Health and Personal Hygiene”**

**Date : 7<sup>th</sup> April, 2022**

**Organized by**

**Parents Teacher Association, Co-Curricular & Committee and Student  
Guidance & Counselling Cell**

S. N.	NAME OF STUDENT	CLASS
1	Mansi S. Patale	B.Sc. (H.Sc.) Sem VI
2	Kalashri G. Nakade	B.Sc. (H.Sc.) Sem VI
3	Sharavni S. Gathe	B.Sc. (H.Sc.) Sem VI
4	Asawari A. Sahare	B.Sc. (H.Sc.) Sem VI
5	Moksahada Bhagade	B.Sc. (H.Sc.) Sem VI
6	Manasi Jadhav	B.Sc. (H.Sc.) Sem VI
7	Divya Paitod	B.Sc. (H.Sc.) Sem VI
8	Tanavi Ingale	B.Sc. (H.Sc.) Sem VI
9	Janvi Mohadarkar	B.Sc. (H.Sc.) Sem VI
10	Rupali Shende	B.Sc. (H.Sc.) Sem VI
11	Priyanaka Wadichar	B.Sc. (H.Sc.) Sem VI
12	Aishwarya Bawankar	B.Sc. (H.Sc.) Sem VI
13	Vaishanavi Kambe	B.Sc. (H.Sc.) Sem VI
14	Sakashi Khalatakar	B.Sc. (H.Sc.) Sem VI
15	Gauri Bhoyar	B.Sc. (H.Sc.) Sem VI
16	Zeenat Rasool	B.Sc. (H.Sc.) Sem VI
17	Shivani Vikhar	BSc. Sem VI
18	Simaran BODE	BSc. Sem VI
19	khushbu Banpurkar	BSc. Sem VI
20	Achal Tiwari	BSc. Sem VI
21	Harsha Bakal	B.Sc. (H.Sc.) Sem VI
22	Himansha Donekar	B.Sc. (H.Sc.) Sem VI
23	Kajal Meshram	B.Sc. (H.Sc.) Sem VI



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24	Ashwani Sabal	B.Sc. (H.Sc.) Sem VI
25	Monika Nanadanwar	BSc. Sem VI
26	Amisha Denge	BSc. Sem VI
27	Sakshi Edalwar	BSc. Sem VI
28	Tejaswini Ingale	BSc. Sem VI
29	Vijeta Patil	BSc. Sem VI
30	Gauri Bansod	BSc. Sem VI
31	Kalayani Bante	BSc. Sem VI
32	Kalayani Bante	BSc. Sem VI
33	KanchanSurayawanshi	BSc. Sem VI
34	Shrutika Yadav	BSc. Sem VI
35	Tejaswini Pote	BSc. Sem VI
36	Pooja Chopde	BSc. Sem VI
37	Trushali Lende	BSc. Sem VI
38	Minal Bhajipale	BSc. Sem VI
39	Ashlesha Ukey	BSc. Sem VI
40	Dipti Sawarkar	BSc. Sem VI
41	Nandini Uikey	BSc. Sem VI
42	Hruchika Choudhari	BSc. Sem VI
43	Sneha Ghavde	BSc. Sem VI
44	Madhu Mishra	B.Sc. (H.Sc.) Sem VI

*DR. A. R. Ratkanthiwar*  
**DR. A. R. Ratkanthiwar**

Convener  
(Student Guidance & Counselling Cell)



*(Prof. Pravin Charde)*  
**(PROF. PRAVIN CHARDE)**

Principle  
Sevalal Mahila Mahavidyalaya  
Nagpur

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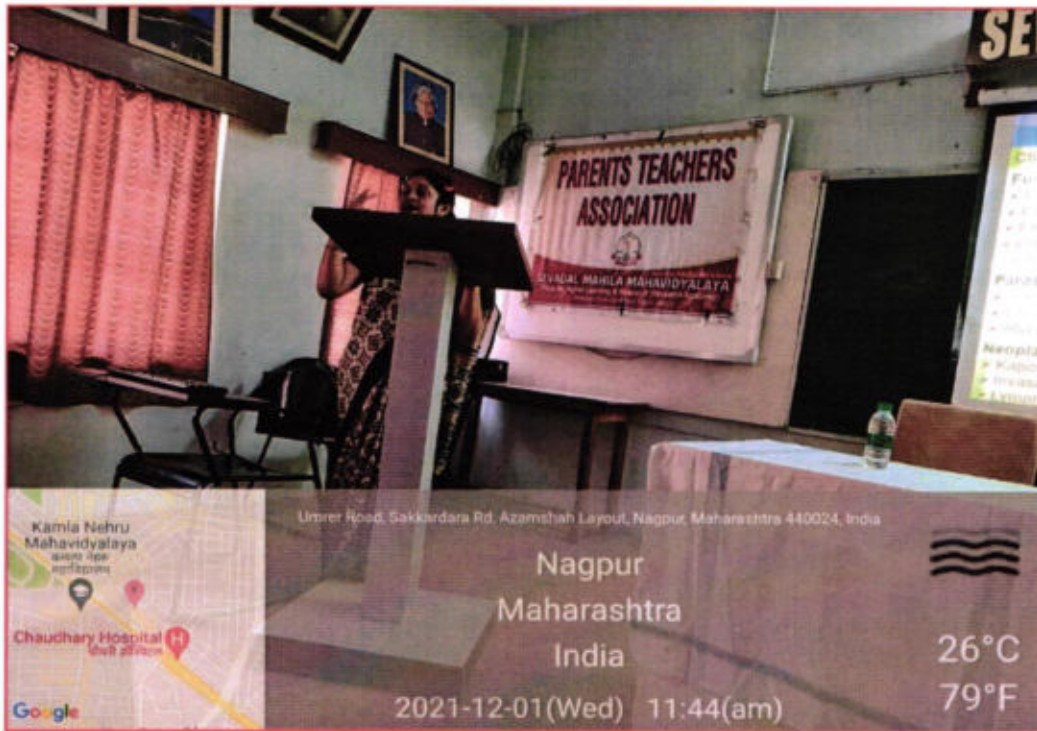
## Sevalal Mahila Mahavidyalaya

Place for Higher Learning and Research (Research Academy)  
Sakkardara Square Nagpur

### Session 2021-2022

#### **General Awareness On AIDS: 1<sup>st</sup> December 2021-**

On 1<sup>st</sup> December on the eve of International World AIDS day a guest lecture was jointly organized by Co-curricular and Cultural Committee and Parents Teacher Association Sevalal Mahila Mahavidyalaya, Nagpur for all students of Science, Home science and social science. The guest speaker was Dr. Sonali Naikwade, Associate Professor Department of Microbiology, Indira Gandhi Govt. Medical College, Nagpur at 11.00 am on the topic "General awareness on AIDS". The program started with welcoming the guest Dr. Prabhakar Bhandari- Head Dept of Microbiology, Sevalal Mahila Mahavidyalaya, Nagpur welcomed the guest with a floral bouquet. Dr. Sushil Meshram, Head Dept of Marathi, Sevalal Mahila Mahavidyalaya, Nagpur welcomed Dr. Prabhakar Bhandari with a floral bouquet. Dr. Mrs. P. P. Chahande Convenor Parents Teachers Association compared the program. The guest speaker Dr. Sonali Naikwade gave information about Laboratory diagnostics HIV Infections, various symptoms and HIV Testing. She told that such awareness programs must be organized to increase awareness of safe practices to avoid the HIV infection which results in people being more careful and which will ultimately decrease the infection rates. Total 45 students participated in this activity. Students were very much satisfied by the lecture. There were many questions that were answered by the guest speaker and she solved their queries.



The guest speaker Dr. Sonali Naikwade delivering the lecture.



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Umrer Road, Nagpur-9.



Students and teachers attending the lecture.



The presentation by the guest speaker.



  
Prof. Prachi Chate  
Principal  
Sevadal Mahila Mahavidyalaya,  
Nagpur



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## Sevadai Mahila Mahavidyalaya

Place For Higher Learning & Research (Research Academy)

Sakkardara Square, Umrer Road, Nagpur - 440024 (M.S.)

Phone No.: 0712-2705037, 2752344 Fax.: 0712-2705037

E-mail: [sevamahilamv@gmail.com](mailto:sevamahilamv@gmail.com); [smm\\_college@yahoo.co.in](mailto:smm_college@yahoo.co.in)

Website: <https://sevadalmahilamahavidyalaya.ac.in>

### Report on Two Days Yoga Workshop on 'Yoga for Holistic Development'

Date 21<sup>st</sup> and 22<sup>nd</sup> June 2021

**Academic Session: 2021-2022**



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# Sevadal Mahila Mahavidyalaya

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## Report of International Yoga Day – 21 June 2021


### **Intercollegiate Two Days' Yoga Workshop on 'Yoga for Holistic Development'- 21<sup>st</sup> and 22<sup>nd</sup> June 2021**

International Yoga Day was celebrated by the college on 21<sup>st</sup> June, 2021. On this occasion, an Intercollegiate Yoga workshop on 'Yoga for Holistic Development' was jointly organized by Co-curricular and cultural committee and NSS unit of the college. This workshop was conducted for two days i.e. on 21<sup>st</sup> and 22<sup>nd</sup> June, 2021. Our Proud student of B.Sc. Sem VI and renowned Yoga Trainer Ms. Devyani Donge conducted this event as Yoga trainer. Devyani Donge is a Silver medalist in Asian Yoga Championship. She has achieved many prizes in state, national as well as international level Yoga competitions like gold medal in Online National Physical Fitness Challenge Championship organized by National Sports and Physical fitness board, Silver Medal in Online National Women Sports championship organized by Indian Women Olympic Association etc. She was felicitated as 'Special Sport Personality' on the Teachers' Day-2021 by Physical Fitness and Sports Department, R.T.M. Nagpur University Nagpur. This workshop was open for all age group people. Family members of students also participated in this online event. Our alumni and some students from other colleges also participated in this workshop.

#### **Day 1: 21<sup>st</sup> June 2021:**

On the first day, i.e. 21<sup>st</sup> June Devyani gave the presentation on Yoga. She explained in details about the yoga and its various aspects. In her presentation she told about the ancient culture of yoga in India defined by Patanjali. Ashtanga yoga is Patanjali's classification of classical yoga, as set out in his Yoga Sutras. She told about the eight limbs as Yama, Niyama, Asana, Pranayams, Pratyahara, Dharana, Dhyana and Samadhi. She told that these eight limbs form a sequence from the outer to the inner. She emphasized on how yogasana were performed since long and were proving beneficial for general health. She showed the images of various aasan and its impact on our body. She also gave the detail information regarding the various body parts and how yogasan helps to keep them healthy. Legs, hands, lumber, spine, neck all parts are involve in various aasans which helps to keep them healthy. At the end she also told about the Pranayam which are very important to keep the lungs healthy and how breathing exercises plays a crucial role in keeping lungs healthy. Especially,



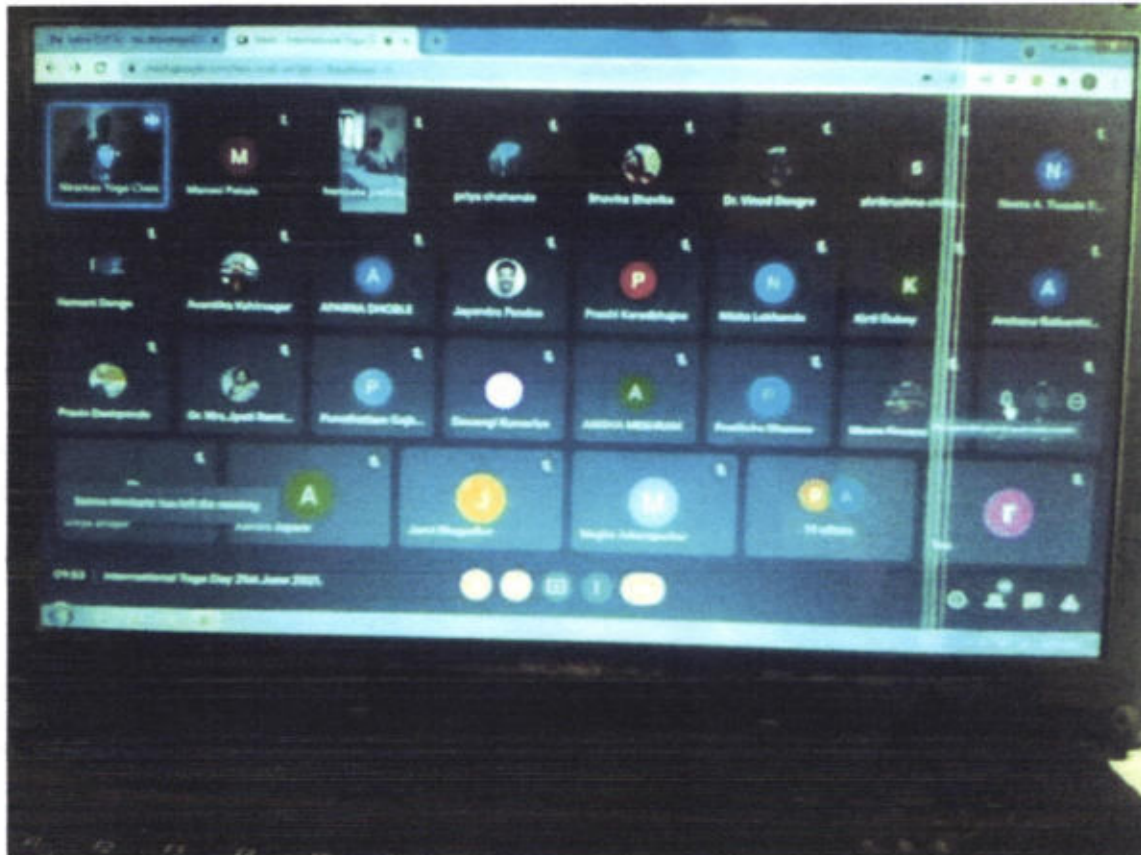
  
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in this pandemic situation how pranayama can help us to improve our immunity power was elaborated. On first day 70 participants joined this yoga session. Dr. Reeta Dhandekar, convener, cultural committee compared the programme.

**Day 2: 22<sup>nd</sup> June 2021-**

On the second day, Yogasan were performed by the participants. Devyani performed the yoga and all the participants followed her. This session began with Prarthana. Later on, one by one asanas were performed. She told that postures are important in modern yoga as exercise and all the postures must be steady and comfortable. Before and during the asan she told about the body parts which are involved in that particular aasan and how aasan helps to keep it healthy. Suryanamaskar was also performed. Each and every step of surynamaskar was elaborated. Praanayam was also done. She told that how each of the aasan helps us in individual's personal growth. Question answer session was also conducted at the end. Many participants asked their queries regarding the health issues. Total 50 students participated in the yoga session. Prof. P. M. Gajbhiye, NSS program officer proposed the vote of thanks.

**Photographs of the event: Day 1- 21<sup>st</sup> June, 2021**

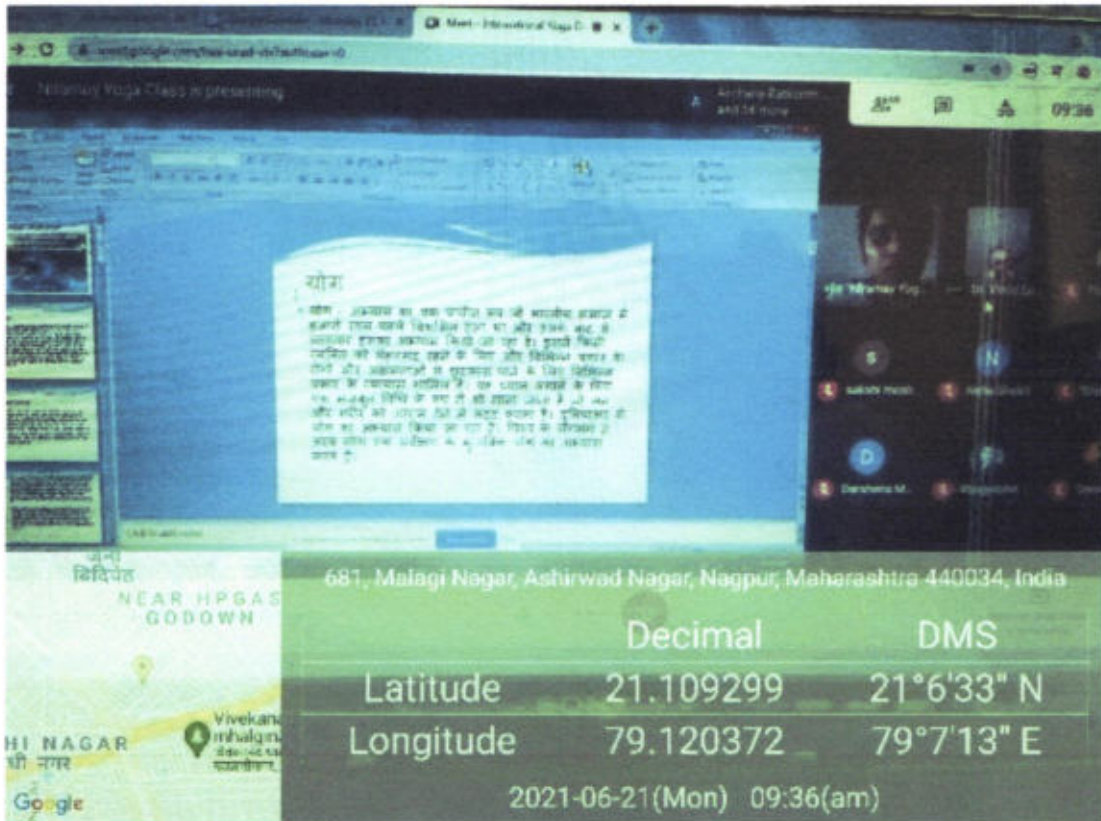


Participants joined in the program

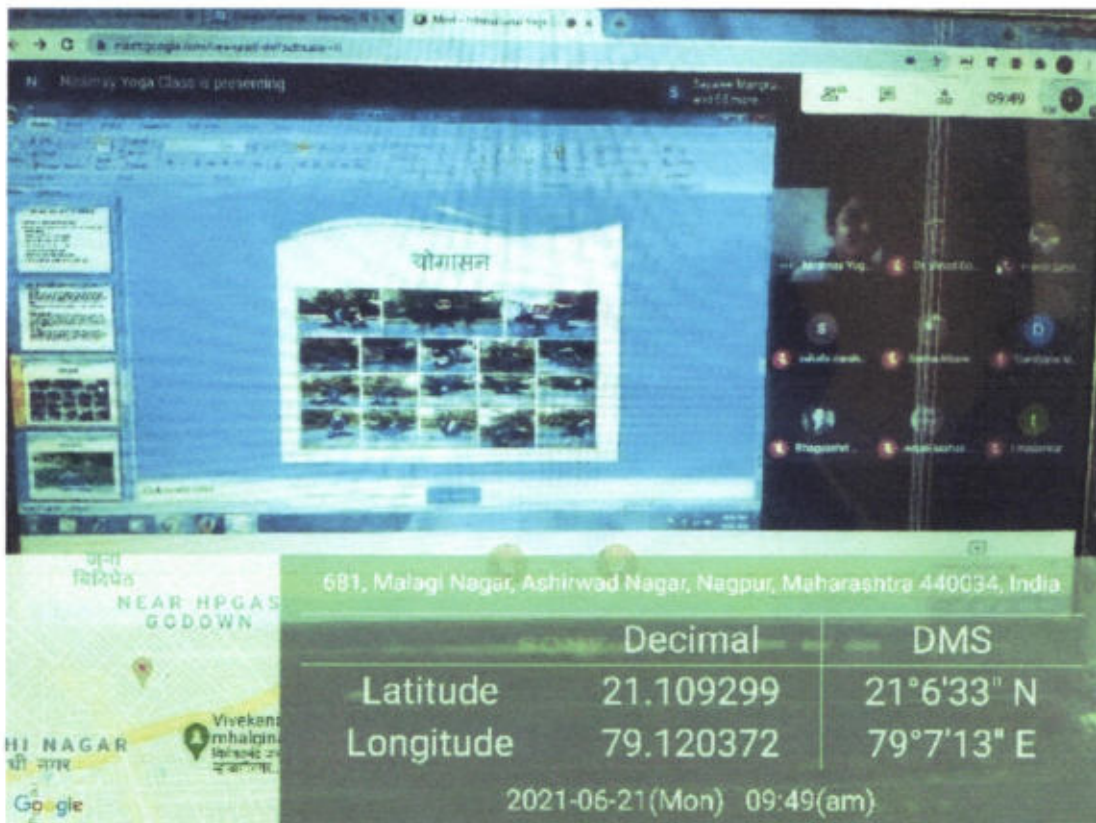


*[Signature]*  
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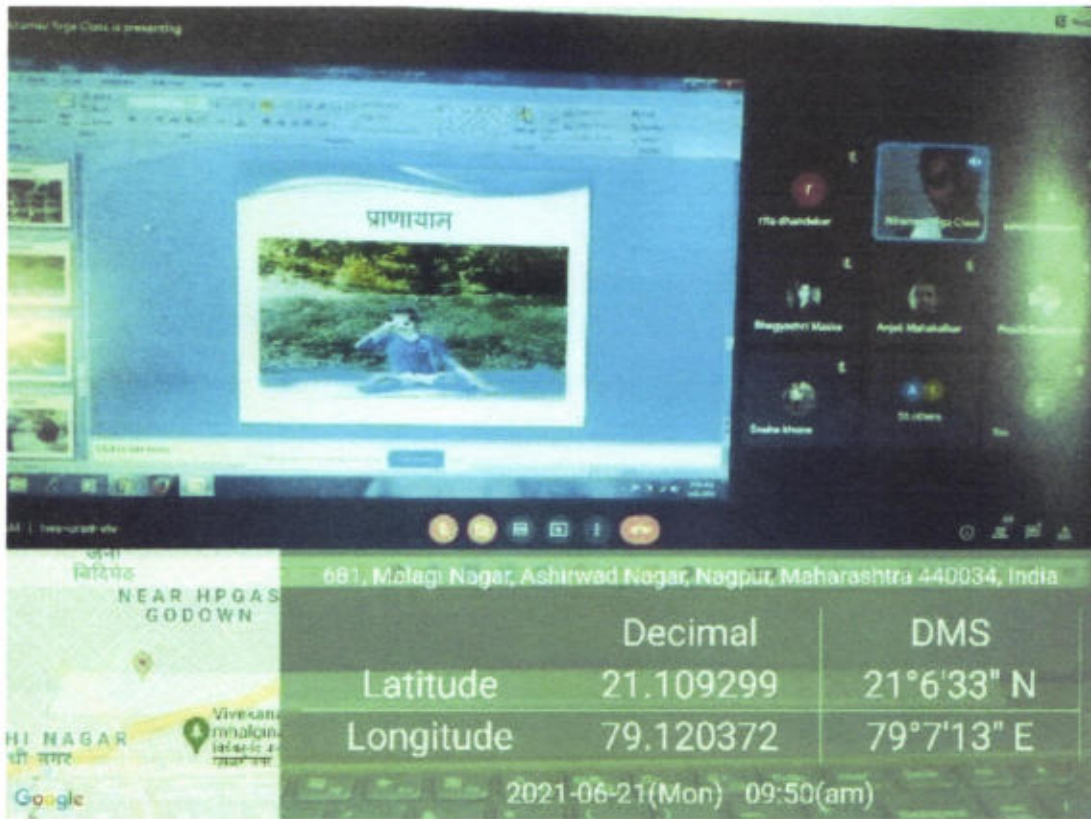
Divyani Donge explaining the meaning of Yoga



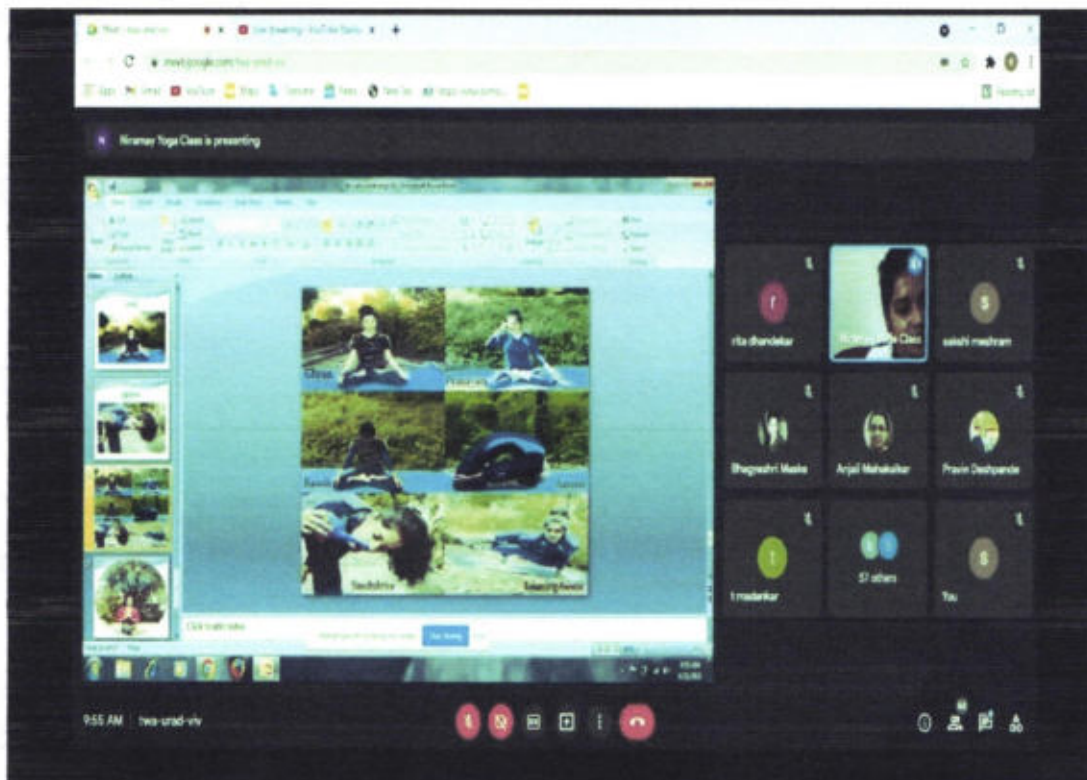
Power point Presentation shared by Ms. Divyani Donge



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Pranayam

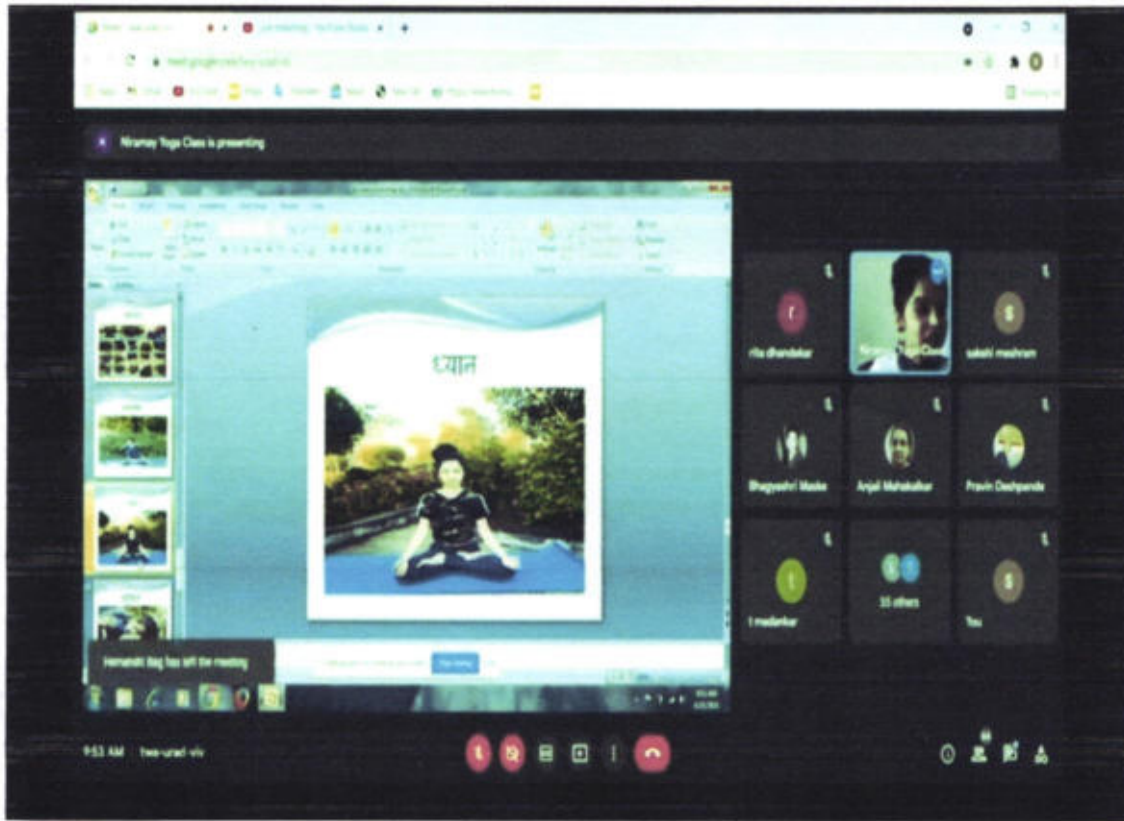


Different Asans



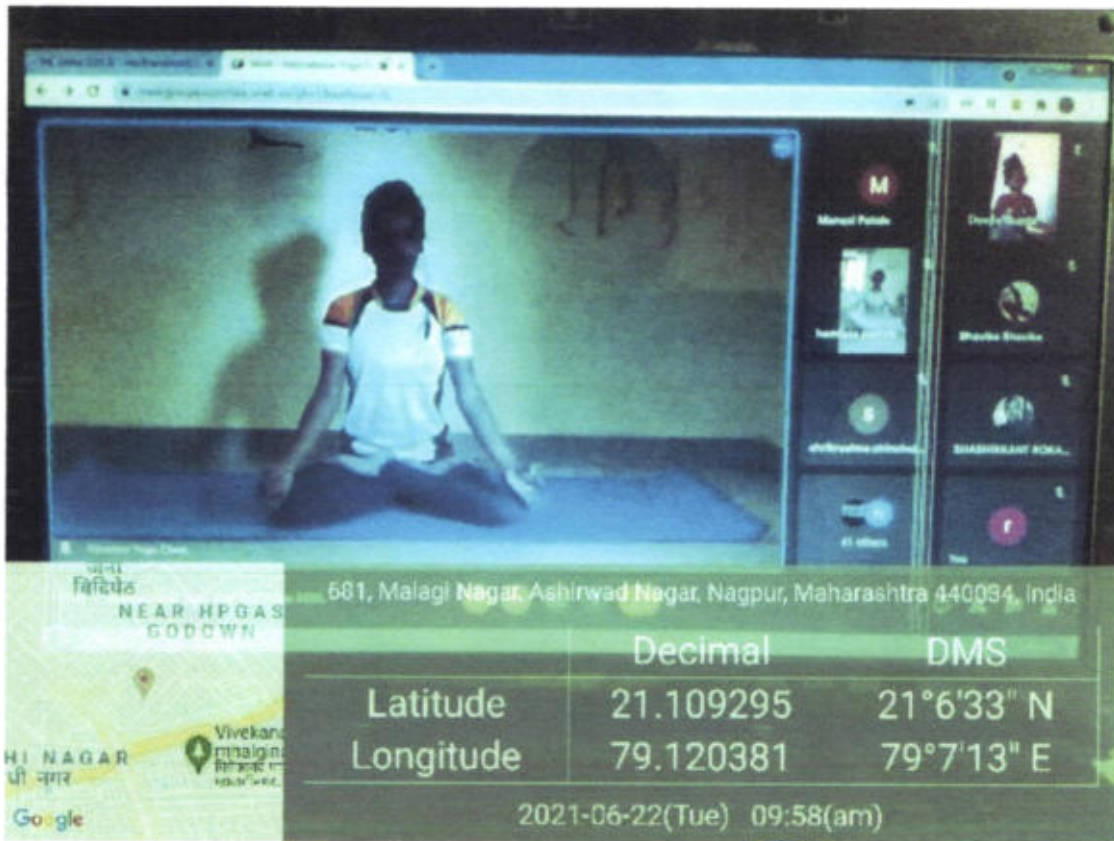
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Dhyan Sadhana

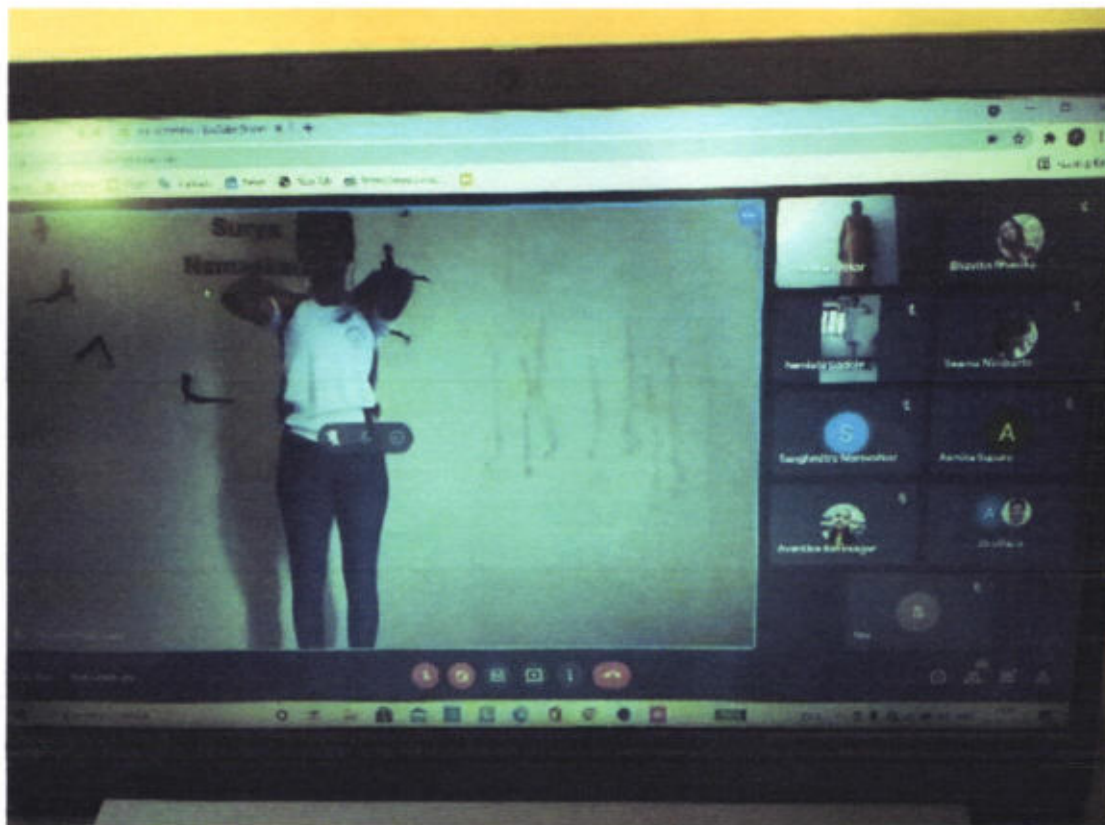
***Photographs of the event: Day 2- 22<sup>nd</sup> June, 2021***



Yog Pratyakshik Session



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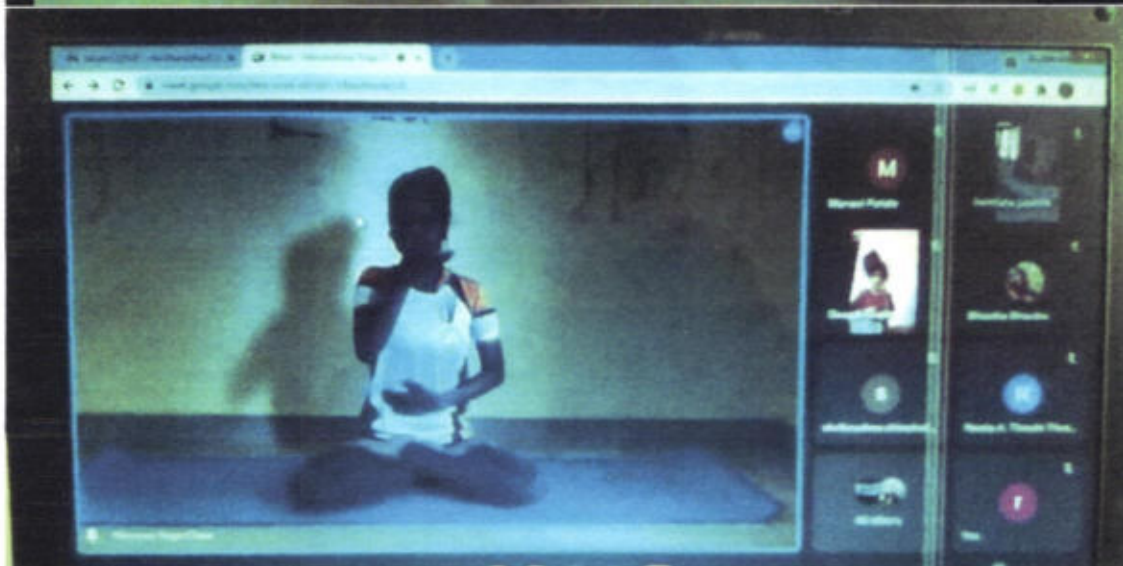
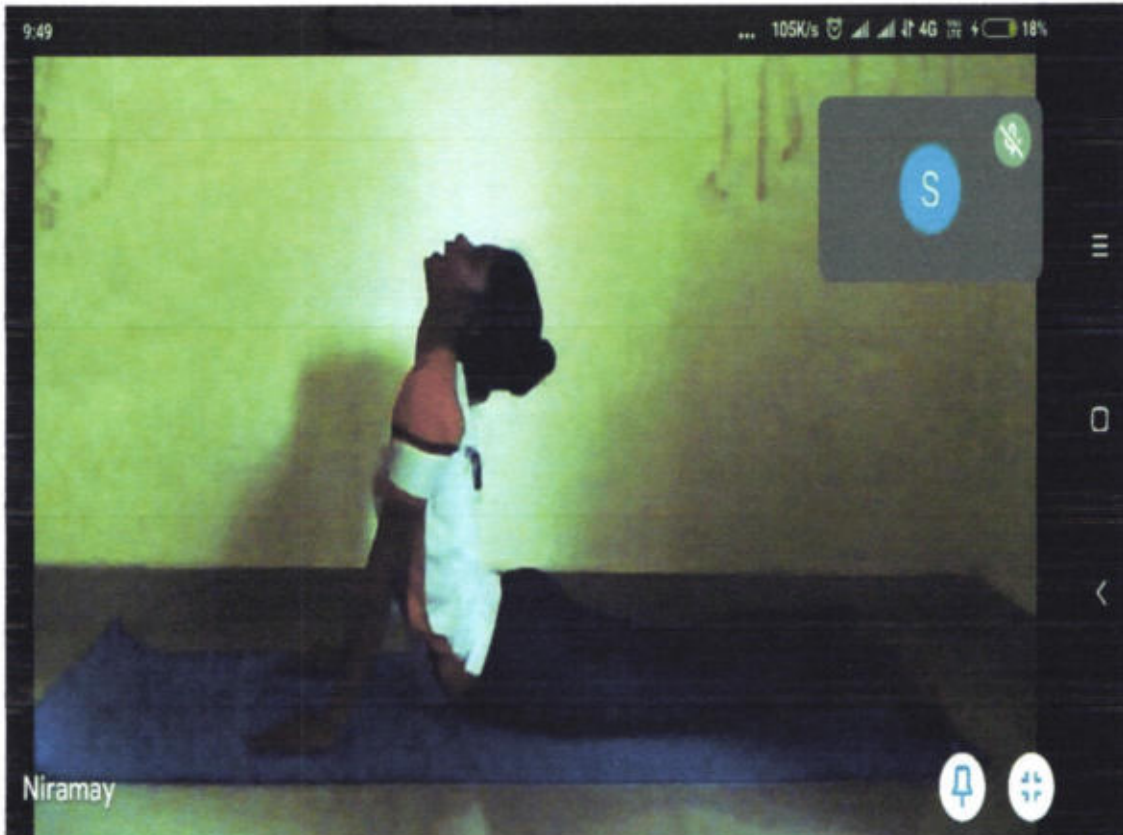


Participants following the instruction and performing Yogasan



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Participants following the Yogasan



681, Malagi Nagar, Ashirwad Nagar, Nagpur, Maharashtra 440034, India

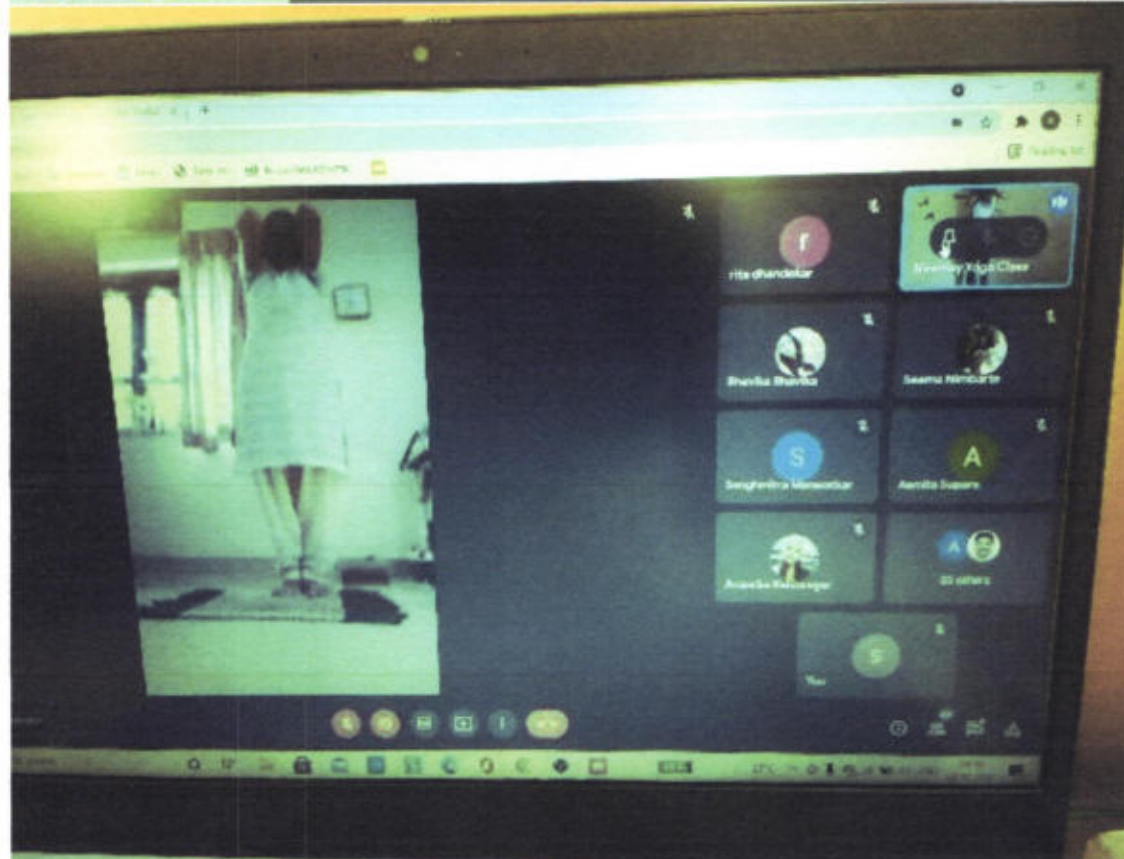
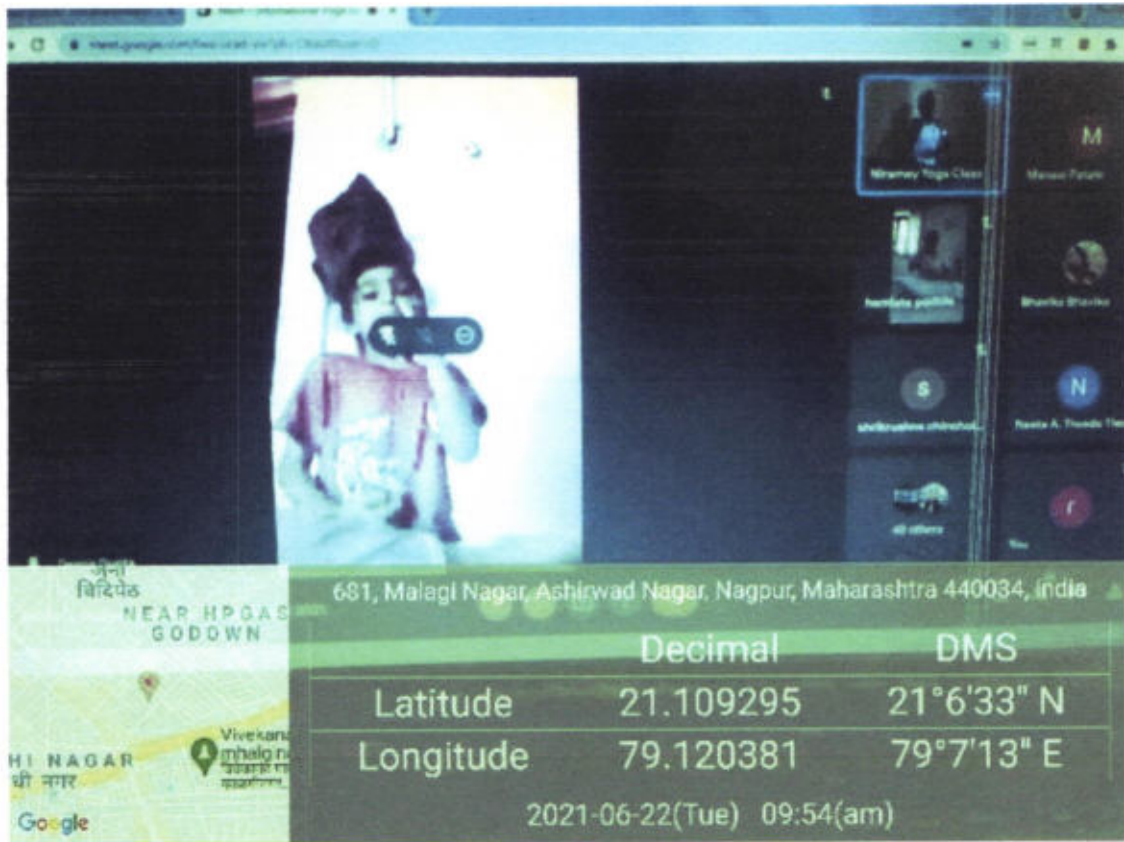
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Longitude	79.120381	79°7'13" E

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NEAR HPGAS GODOWN  
Vivekanand Mahalingam  
HI NAGAR श्री नगर  
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Principal  
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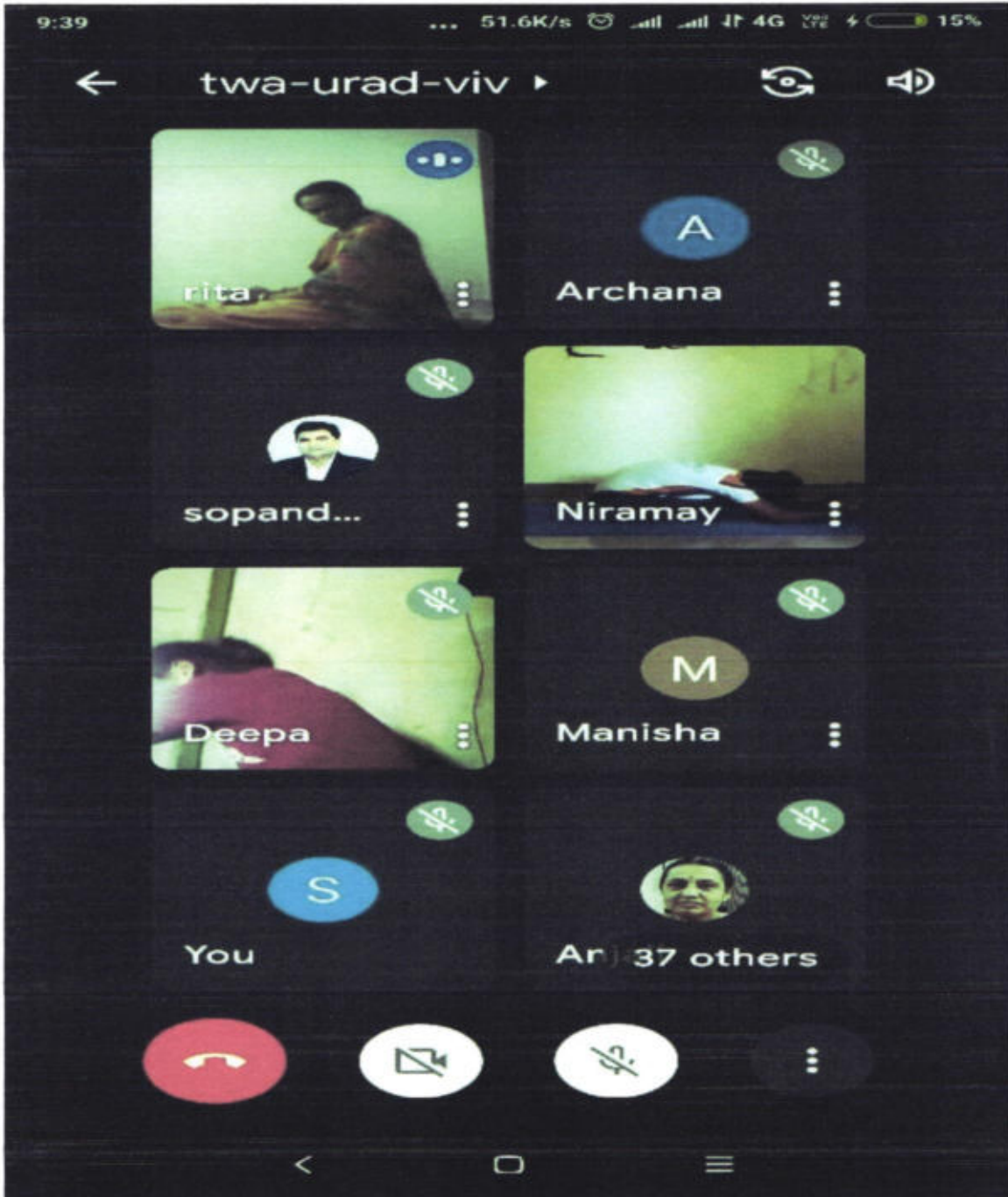


Yoga performing participants



Principal  
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*Rhandital*  
Convenor

Co-Curricular & Cultural Committee  
Sevadal Mahila Mahavidyalaya Nagpur

*Biphanje*

Programme Officer  
National Service Schem  
Sevadal Mahila Mahavidyalaya, Nagpur

*Pravin Charde*

Prof. Pravin Charde  
Principal,  
Sevadal Mahila Mahavidyalaya, Nagpur



*Pravin Charde*  
Principal  
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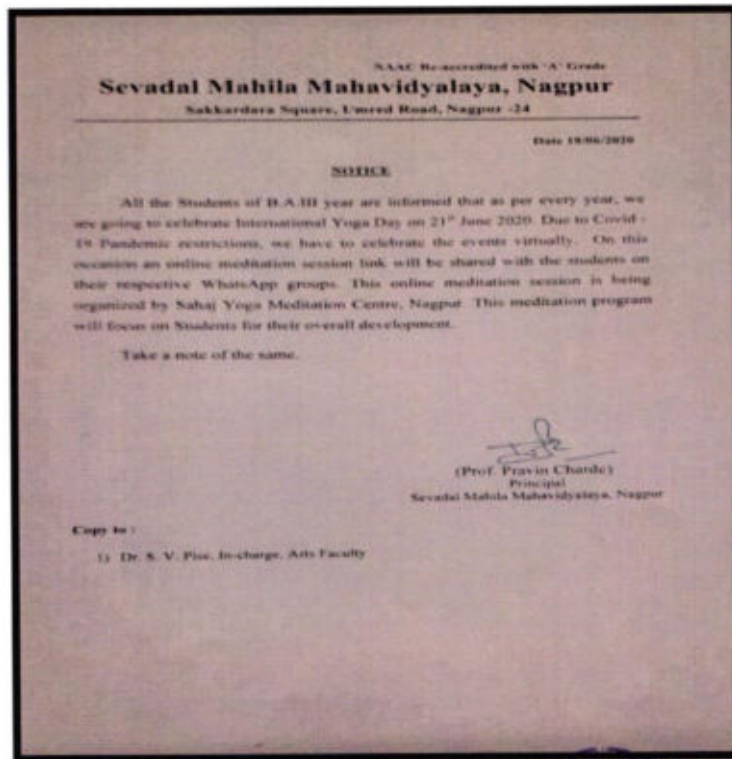
# Sevadal Mahila Mahavidyalaya

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Sakkardara Square

## Session 2020-2021


### 21<sup>st</sup> June 2020: International Yoga Day

Every year International Yoga Day is regularly celebrated and Yoga sessions were conducted in the college. But due to pandemic situation lock down was continued since March 2020. As per the government guidelines colleges was closed. So, this event was virtually celebrated through online mode. On the occasion of International Yoga Day an online meditation link was sent to the students of Arts faculty on their WhatsApp group. This online meditation program was organized by Sahaj Yoga Meditation Centre, Nagpur. This meditation program was focusing on Students for their overall development. Meditation is helpful in stress management as well as concentration in study. Six Students from B.A.III Arts faculty attended this online session and share the screen shots of attending the program. They shared their experiences during the class and told that it was very useful program for students.



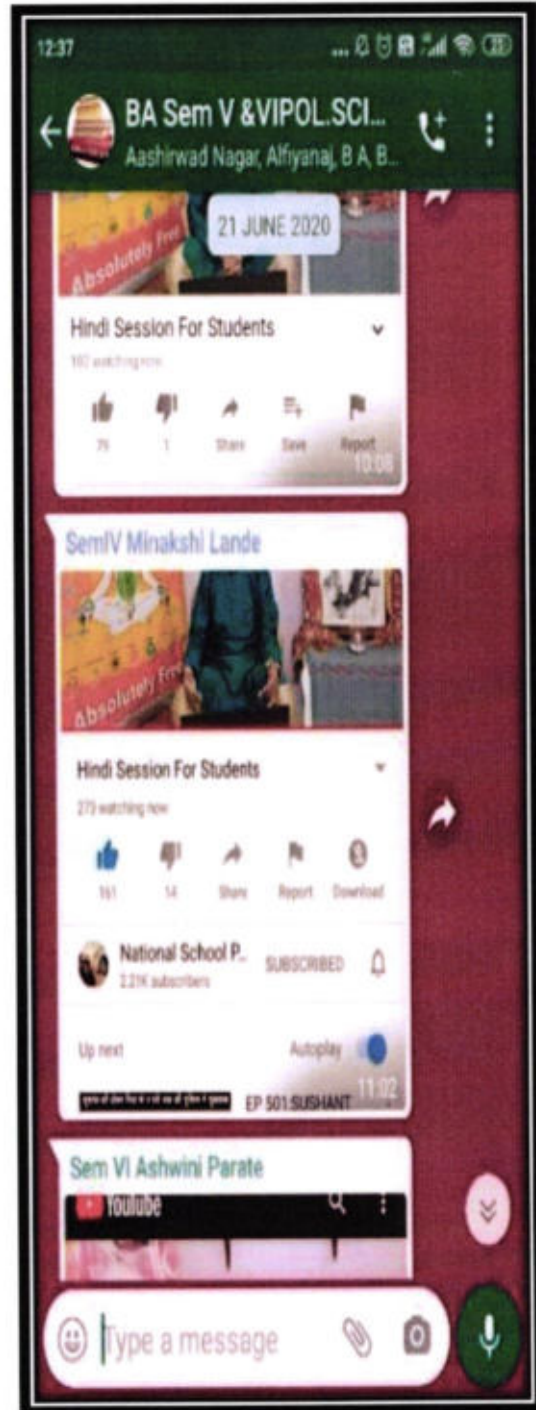
Notice of the programme



  
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Programme link shared with the students



Screenshots of the Student's participation



  
 Prof. Pravin Charde  
 Principal

Sevadal Mahila Mahavidyalaya Nagpur

**Dr. Pravin Charde**

M.Sc., Ph.D

PRINCIPAL



Sevadal Shikshan Sanstha, Nagpur

**SEVADAL MAHILA MAHAVIDYALAYA**

NAAC Re-Accredited With 'A' Grade

Place for Higher Learning & Research (Research Academy)

Ref. No. smm/215/21-22

Date: 22/10/2021.

Sakkardara Square, Umrer Road, Nagpur - 440 024 (M.S.)

Phone No. : 0712-2705037, 2751344, Fax No. : 0712-2705037

E-mail : [smm\\_college@yahoo.co.in](mailto:smm_college@yahoo.co.in), [sevamahilamv@gmail.com](mailto:sevamahilamv@gmail.com)

Website : <http://www.sevadalmahilamahavidyalaya.org>

To,  
**Ms. Riya Khanduri**  
Head,  
Corporate Social Responsibility Department (CSR)  
Sandvik Asia Pvt. Ltd.,  
Pune

**Subject : Submission of Final Report of SIGA-2018 Project.**

Madam,

Apropos to the above subject, please find attached herewith the Final Report of SIGA-2018 Project entitled, "*Holistic Approach of an Academic Imparting Garment Construction and Embroidery Skill Developmental and Health Benefits to Women of Economically Weaker Section of the Society*" for your kind perusal. The entire detailed report of the project is submitted via speed post also.

I am again thankful to Sandvik Asia Pvt. Ltd., Pune for honouring us with prestigious SIGA-2018 awards in Academia Category. Your funding has given us an opportunity to treat the anemic girls students of our college and developed entrepreneurship among women community with training in embroidery and stitching using the holistic approach.


Again we look forward to have such collaborative endeavour with Sandvik Asia Pvt. Ltd., Pune for the benefit of gender.

Thanking you once again.

Sincerely yours,

Enclosure: A/a



  
(Prof. Pravin Charde)  
Principal,  
Sevadal Mahila Mahavidyalaya,  
Nagpur

  
Principal  
Sevadal Mahila Mahavidyalaya  
Umrer Road, Nagpur-9.





NAAC RE-ACCREDITED WITH 'A' GRADE

# Sevalal Mahila Mahavidyalaya

Place for Higher Learning & Research (Research Academy)

Sakkardara Square, Umrer Road, Nagpur-440024 (M.S.)

Phone No.: 0712 -2705037, 2751344 Fax: 0712- 2705037

E-mail: sevamahilamv@gmail.com Website: www.sevalalmahilamahavidyalaya.ac.in

## PROGRESS REPORT OF SIGA-2018 PROJECT

**Holistic Approach of an Academia Imparting Garment Construction and Embroidery Skill Developmental and Health Benefits to Women of Economically Weaker Section of the Society**

- I) Garment Construction and Embroidery Skills for Needy Women at Narsala, Dist. Nagpur (M.S.) – A Step Towards Self Employment.
- II) Holistic Approach of Dietary Supplementation of Wheatgrass Juice to Girls Students of Sevalal Mahila Mahavidyalaya, Nagpur.

### NAME OF CO-ORDINATOR

**Dr. (Mrs.) Kirti V. Dubey**

Associate Professor

Department of Microbiology

Sevalal Mahila Mahavidyalaya,

Sakkardara Square, Umrer Road, Nagpur

**Submitted to**

**Sandvik Asia Pvt. Ltd., Pune  
(Sponsoring Agency)**

**Report of Work Done**

**16<sup>th</sup> November 2018 - 24<sup>st</sup> January 2020**



  
Principal

Sevalal Mahila Mahavidyalaya  
Umrer Road, Nagpur-9.

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**Principal**

Sevadal Mahila Mahavidyalaya  
Umrer Road, Nagpur-9.



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Place for Higher Learning and Research (Research Academy)

Sakkardara Square, Umrer Road, Nagpur-440024 (M.S.)

Ph. No.:+91-0712-2705037, 2751344 Fax:+91- 0712-2705037

E-mail: [smm\\_college@yahoo.co.in](mailto:smm_college@yahoo.co.in); [sevamahilamv@gmail.com](mailto:sevamahilamv@gmail.com)

Website: [www.sevadalmahilamahavidyalaya.ac.in](http://www.sevadalmahilamahavidyalaya.ac.in)


## CERTIFICATE

This is to certify that, the work presented in final report of the project entitled, **“Holistic Approach of an Academia Imparting Garment Construction and Embroidery Skill Developmental and Health Benefits to Women of Economically Weaker Section of the Society”** completed by Dr. (Mrs.) Kirti V. Dubey, Project Co-ordinator & Associate Professor, Department of Microbiology and Dr. (Mrs.) Hemlata Padole, Assistant Professor, Department of Textile and Clothing, is comprehensive and complete.

The final report is suitable for submission to Sandvik Asia Private Limited, Pune, India.

Date: 21/10/2021.



  
(Prof. Pravin Charde)  
Principal  
Sevadal Mahila Mahavidyalaya,  
Nagpur.

# Sevadal Mahila Mahavidyalaya

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E-mail: [smm\\_college@yahoo.co.in](mailto:smm_college@yahoo.co.in); [sevamahilamv@gmail.com](mailto:sevamahilamv@gmail.com)

Website: [www.sevadalmahilamahavidyalaya.ac.in](http://www.sevadalmahilamahavidyalaya.ac.in)

## DECLARATION

We hereby declare that the data presented in the final report of the *SIGA-2018* project entitled, "Holistic Approach of an Academia Imparting Garment Construction and Embroidery Skill Developmental and Health Benefits to Women of Economically Weaker Section of the Society" is an original work carried out at Department of Microbiology and Department of Textile and Clothing, is comprehensive and complete.

The final report is suitable for submission to Sandvik Asia Private Limited, Pune.

Date: 21/10/2021.



*Kirti V. Dubey*

(Dr. Mrs. Kirti V. Dubey)

Project Coordinator &

Associate Professor

Department of Microbiology,

Sevadal Mahila Mahavidyalaya, Nagpur.

*Hemlata Padole*

(Dr. Mrs. Hemlata Padole)

Assistant Professor,

Department of Textile and Clothing,

Sevadal Mahila Mahavidyalaya, Nagpur.

*[Signature]*  
Principal

Sevadal Mahila Mahavidyalaya  
Umrer Road, Nagpur-9.



## ACKNOWLEDGEMENT

We acknowledge the financial support of **Sandvik Asia Private Limited, Pune** given under *Academia Category of SIGA-2018 Awards* to carry out the gender upliftment activities as one of the Community Social Responsibility (CSR) Project entitled, "**Holistic Approach of an Academia Imparting Garment Construction and Embroidery Skill Developmental and Health Benefits to Women of Economically Weaker Section of the Society**". Financial support from Sandvik Asia Private Limited, Pune has helped in advancement of the efforts that our institution has put forth for the benefit of our girls students of our college. Such activities promote our students to evolve as skilled entrepreneur in best of their health to pursue their future endeavours.

We express our heartfelt thanks to Hon'ble Shri Kesharaoji Shende, Founder of Sevalal Education Society, Nagpur has always been the source of inspiration, a great visionary and has immensely supported us to take up this endeavour.

We acknowledge Hon'ble Shri Sanjayji Shende, President, Sevalal Education Society, Nagpur for providing encouragement and appreciation that provided immense support to realize objectives of the project.

The special thanks goes to our Hon'ble Prof. Pravin Charde, Principal, Sevalal Mahila Mahavidyalaya, Nagpur for his kind help in smooth progression of Gender based activities during the entire course of the project by providing the complete infrastructure and instrumentation facilities without any financial constraints. The co-operation is a big contribution which indeed is much appreciated.

We are also thankful to Dr. Avinash Wase (MD. Pathologist) Vidya Computerized Laboratory, Nagpur for this valuable support in the analysis of haemoglobin content of our girls' students during the tenure of the project.

We are thankful to our departmental colleagues Dr. P. R. Bhandari, Head, Department of Microbiology and staff member of Microbiology Department Mrs. Seema Nimbarte, Dr. (Mrs.) Manisha Giripunje, Ms. Monali Poralkar and Ms. Pranita Shukla (Staff of B.Voc. Courses) for their help from time to time during the course of project work.

We are also thankful to Dr. (Mrs.) Neeta Tiwade, Assistant Professor and Head, Department of Textile and Clothing for her kind help and cooperation during the project work.

Last but not the least; we appreciate to acknowledge non-teaching staff of our Department Shri R. I. Nachankar for his help during the project work.



**(Dr. Mrs. Kirti V. Dubey)**

Project Coordinator &  
Associate Professor  
Department of Microbiology,  
Sevalal Mahila Mahavidyalaya, Nagpur.



**Principal**  
Sevalal Mahila Mahavidyalaya  
Umrer Road, Nagpur-9.




**(Dr. Mrs. Hemlata Padole)**

Assistant Professor,  
Department of Textile and Clothing,  
Sevalal Mahila Mahavidyalaya, Nagpur

## Utilization Certificate

Certified that the grant of **Rs.5,02,500/-** (Rupees Five Lakhs Two Thousand and Five Hundred only) received from Sandvik Asia Private Limited, Pune, India under the scheme of support for Gender based Project entitled, "*Holistic Approach of an Academia Imparting Garment Construction and Embroidery Skill Developmental and Health Benefits to Women of Economically Weaker Section of the Society*" vide Payment Order No. 18465816500000 UTR No. CITIN18949321998 dated 16.11.2018 has been fully utilized for the purpose for which it was sanctioned and in accordance with the terms and conditions laid down by the Sandvik Asia Private Limited, Pune, India.

  
SIGNATURE OF THE  
PROJECT CO-ORDINATOR

**Assistant Professor**  
Department of Microbiology  
Sevadal Mahila Mahavidyalaya Nagpur



  
PRINCIPAL

Sevadal Mahila Mahavidyalaya  
Umrer Road, Nagpur-9.

STAUTORY AUDITOR

For **J N S B & Co.**  
Chartered Accountants  
FRN NO. 117177W

  
**Jitendra Dorle**  
Partner  
M.No. 136851



UDIN: 21136851 AAAAK3836

  
Principal

Sevadal Mahila Mahavidyalaya  
Umrer Road, Nagpur-9.

**Holistic Approach of an Academia Imparting Garment Construction and Embroidery Skill Development and Health benefits to Women of Economically Weaker Section of the Society**

Name of the Sponsoring Agency: Sandvik Asia Pvt. Limited, Pune

**EXPENDITURE STATEMENT**

**Project-I: Garment Construction and Embroidery Skills for Needy Women at Narsala, District -Nagpur (MS)- A step towards Self Employment**

S.N.	Particulars	Amount (Rs.)
1.	Sewing Machines	76,180.00
2.	Dyes	450.00
3.	Payment of Teacher (Nine Months Three batches)	1,26,000.00
4.	Fabric material	1,900.00
5.	Sewing Material	1,835.00
6.	Wooden Blocks for Printing	5,000.00
7.	Printing Table	9,635.00
8.	Attendant (Three months)	15,000.00
9.	Computer Operator (Three months)	9,000.00
10.	Other miscellaneous expenditure	5,000.00
<b>Project -I Total Rs.</b>		<b>2,50,000.00</b>

**Project II: Holistic Approach of Dietary Supplementation of Wheatgrass Juice to Girls Students of Sevadal Mahila Mahavidyalaya, Nagpur**

S.N.	Particulars of Events	Expenses	Amount (Rs.)
1.	Guest Lecture on 'Benefits of Wheatgrass Juice for Health' Dt. 24/01/2019	1953/-+360/- (Photographs)	2,313.00
2.	Haemoglobin Detection Camp Dt. 21/02/2019	6000/-Pathology Lab. Fees) 4367/-(Inaugural Function) 320 /- (Photographs)	10,687.00
3.	Haemoglobin Detection Camp Dt. 23/0/2020	2500/- (Advance) 7000/-(Pathology Lab. Fees)	9,500.00
4.	Designing of Wheatgrass Production Unit	Bamboo setup	25,000.00
5.	Cultivation of Wheat grass	Rs. 5000/-x3 Months (Daily wage) Procurement of wheat 20 Kg -700/- Garden soil -800/-	16,500.00
6.	Laboratory Equipments	Digital Colorimeter -1 NO. Haemometer Set-1 NO. Digital pH Meter-1 NO. Binocular Microscope-1 No.	83,386.00
7.	Mixer grinder and Utensils	Wheatgrass Juice Preparation	12,720.00
8.	Wheatgrass Juice Supplementation camp Dt. 27/01/2020	Inaugural Function -1,020/- Daily wage for wheatgrass juice preparation -Rs. 4000/- x2 Months	9,020.00
9.	Post Wheatgrass Juice Supplementation Haemoglobin Detection Camp Dt. 17/3/2020	Pathology Lab Fees	8,000.00
10.	Institution Fees	@ of 15% of the sanctioned amount	75,375.00
<b>Project -II Total Rs.</b>			<b>2,52,501.00</b>
<b>Grand Total of Project I &amp; II</b>			<b>5,02,501.00</b>

(In Words Rupees Five Lakhs Two Thousand and Five Hundred and One only)

*Kiril Dubey*

SIGNATURE OF THE  
PROJECT CO-ORDINATOR

**Assistant Professor**  
Department of Microbiology  
Sevadal Mahila Mahavidyalaya Nagpur



*[Signature]*

PRINCIPAL  
Principal

Sevadal Mahila Mahavidyalaya  
Umrer Road, Nagpur-9.

STATUTORY AUDITOR

**For JNSB & Co.**  
Chartered Accountants  
F. N. NO. 117177W



*[Signature]*  
**Jitendra Dorle**  
Partner  
M. No. 136851

UDIN: 21136851AAAAK3836

*[Signature]*  
**Principal**

## 1.0 ACTIVITIES OF THE UNDERTAKEN PROJECTS

### GARMENT CONSTRUCTION AND EMBROIDERY SKILLS FOR NEEDY WOMEN AT NARSALA, Dist. NAGPUR (M.S.) – A STEP TOWARDS SELF EMPLOYMENT

#### 1.1 PURPOSE OF THE PROJECT:

Women's participation in income generating activities is believed to increase their status and decision making. Women empowerment is an important tool for bringing changes in their mental set up which ultimately leads to change in their living pattern. Therefore they need to be empowered through skill development program. In this Context Sevadal Mahila Mahavidyalaya, Nagpur provided skill training to rural women innovative embroidery and garment construction. As far as the economical development is concern, the college has planned to run the project for economically weaker women. The idea of establishing a training center is to provide the training to poor girls and women. In order to carry this process, we were committed ourselves to building a good faculty base.

In a nation like ours, women are generally treated as second-class citizens and seen as someone to look after the home and bear children. The project area is characterized with a typical rural setting with most of the men folk involved in agriculture or unemployment. The women and girls of the area are mostly involved in household chores, does not have any say in the family affairs. Being a patriarchal society, women and girls are not allowed to step out of their houses which lead to lower educational status, low confidence to face the world. In view of the financial constraints that a family faces, this skill-building program strives to empower the women, and community at large. It was observed, if some kind of skill is imparted to the women, it would give them more avenues to earn their living. The program will also help them to raise their voice against the ill treatment accorded to them within the family or outside. Hence, this training program (stitching & embroidery) will enable the rural women and girls to learn and enhance their skills, enhancing their confidence level by making themselves reliant.

The impact of this training was very effective in creating successful women entrepreneurs. The main aim of this project is to develop self-employment, self-dependency in women by stitching and embroidery education so that they can support their family financially.

The first Batch was started from 02/01/2019 to 02/03/2019. In this batch 22 women and girls was admitted. They were taught various designs in blouses, salwar and kurta, frocks, etc. and they were also given training in hand embroidery.

The Second Batch was started from 01/07/2019 to 01/09/2019. In this batch 25 women and girls was admitted. They were taught various designs in blouses, salwar and kurta, frocks, etc. and they were also given training in hand embroidery.

The Third Batch was started from 01/10/2019 to 01/01/2020. In this batch 28 women and girls was admitted. They were taught various designs in blouses, salwar and kurta, frocks, etc. and they were also given training in hand embroidery.

In this training center total number of seventy five students were admitted for the training.

In this training center student were taught following garment.

1. Kurta
2. Salwar
3. Saree Blouse
4. A Line frock
5. Petticoat
6. Chudedar
7. Shirt

Beside the method of drafting, cutting and stitching was also taught. knowledge of various types of stitches in embroidery was taught to students like

1. Lazy daisy stitch
2. Chain stitch
3. Stem stitch
4. Satin stitch
5. Button hole stitch
6. Bullion stitch
7. Herringbone stitch

## 1.2 PROJECT AIM :

To empower the women and equip them with tools to become self-reliant through stitching and tailoring skill program.

## 1.3 PROJECT OBJECTIVES :

1. To promote employment oriented skill, up gradation training to the adolescent girls and ladies from the community.
2. To use these groups as a platform for generating awareness on social issues.
3. To encourage self employment for providing necessary help.

## 1.4 PROJECT DESCRIPTION :

Women have always been marginalized and relegated to the status of subjugated class in the Indian society. Especially in rural areas, women have not actively participated in their emancipation due to their lack of economic independence and illiteracy. Women

should be organized and strengthened at the grass root level to end their subordination. The main aim of this program is to enhance the quality of life of women through increased knowledge and skills. The women need training or skills also to uplift their status. They should be able to stand on their feet and be an earning member of the family.

Sewing and embroidery Training Centers to make women self-sufficient and confident. Stitching garments is one job that remains till end of the mankind. Further, basic tailoring skills enable women to work from home, they can continue in their traditional role as homemaker and yet earn. Tailoring is something which women can immediately start right from their homes upon completion of their course. Interested women are train for embroidery skills as well as tailoring. The course duration is three months for basic cutting & sewing.

From the year 2019, we have been conducting empowerment programs in skillful trainings to earn income for women and girls. Since then many of women and girls learnt and started their establishments in Sewing and Embroidery. They get orders from neighborhoods, does stitching the different type of petticoats, blouses, salwar kurtas. With this microenterprise they earn income Rs.2000/month as additional income for their family needs.

Due to these extraordinary skills, women are able to send their children to schools regularly and providing educational support in time. The dropout from schools has reduced. We have been conducting three months skills training in sewing and embroidery courses for the 25 women in a batch belongs to backward sections in Narsala District Nagpur through teaching classes.

The main objective of this tailoring training program is to enhance the quality of life of women and teenage girls through enhancement of their skills and knowledge. Due to poverty, these teenage girls drop out of high school to get married and work as temporary farm workers, sweepers and manual scavengers. They needed to learn newer vocational skills such as tailoring (sewing) which can help them earn more income and become economically self-sufficient and independent. This will alleviate poverty, help them support their family needs without being dependent of husband and parents.

**SEVADAL MAHILA MAHAVIDYALAYA, NAGPUR**  
**SEWING AND EMBROIDERY TRAINING CENTER, NARSALA**



Teacher engaged in teaching sewing and embroidery to the women folk of Narsala



Students undergoing training for cutting the patterns for garments stitching



Students are stitching the garments during training session organized at Narsala premises of Sevadal Mahila Mahavidyalaya, Nagpur



Teacher conducting Tie and Dye workshop for the students at Narsala premises of Sevadal Mahila Mahavidyalaya, Nagpur

  
Principal

Sevadal Mahila Mahavidyalaya  
Umrer Road, Nagpur-9.

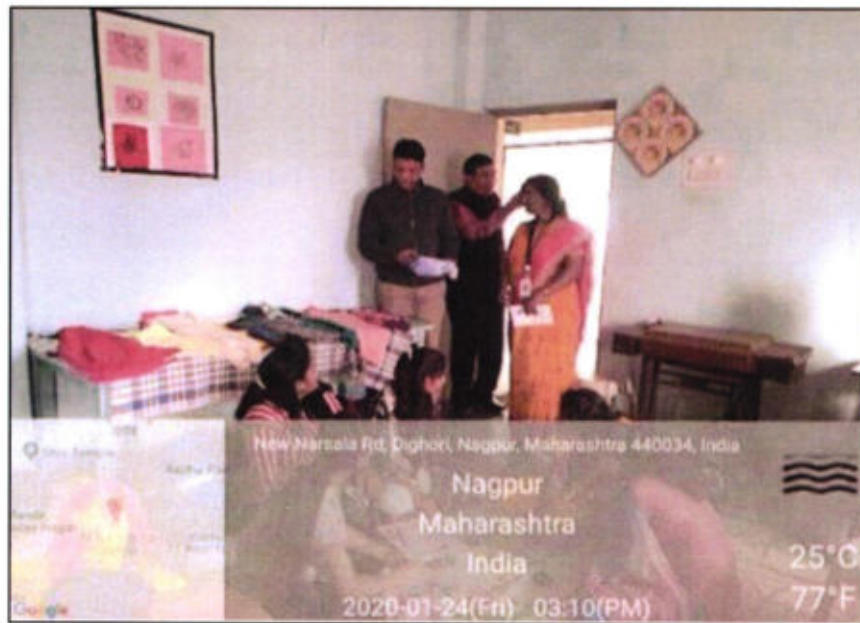




Students show their Tie & Dye samples prepared at Narsala Premises of Sevadal Mahila Mahavidyalaya, Nagpur  
Dr. Mrs. Kirti V. Dubey



Mr. Saharsh David Sir, Head, CSR Sandvik Asia Pvt. Ltd., Pune and Principal Prof. Pravin Charde, Sevadal Mahila Mahavidyalaya, Nagpur along with Co-ordinator of SIGA-2018 project visited the training center at Narsala Premises of the college for inspection



Mr. Saharsh David Sir, Head, CSR Sandvik Asia Pvt. Ltd., Pune and Principal Prof. Pravin Charde, Sevadal Mahila Mahavidyalaya, Nagpur along with Dr. Mrs. Kirti V. Dubey Coordinator of SIGA-2018 project observing the activities of the Sewing and Embroidery training center at Narsala Premises of the college

  
Principal






Sevadal Mahila Mahavidyalaya  
Umrer Road, Nagpur-9.

















**SEVADAL MAHILA MAHAVIDYALAYA, NAGPUR**  
**SEWING AND EMBROIDERY TRAINING CENTRE,**  
**NARSALA, Dist. Nagpur**







Some of the successful stories are shared below:







S.N.	Name of Trainee	Successful Stories
1	 Mrs. Jaya Sarode	At the age of thirty four I wanted to do something on my own apart from household work, I wanted to be independent. The Sevadal Mahila Mahavidyalaya and Sandvik Asia Pvt. Ltd helped to achieve this dream of mine by allowing me to attend there 'Sewing and Embroidery' training. Now I have my own tailoring business at my village. With this she is earning Rs.3000/- per month as additional income for their family needs.
2	 Mrs. Manisha Wagh	Being a woman I never felt that I am in any way incompetent or lesser than man, so even at the age of thirty five being mother of two children I wanted to do my bit of share in helping my family financially. 'Sewing and Embroidery' training from Sevadal Mahila Mahavidyalaya and Sandvik Asia Pvt. Ltd helped me in achieving this dream of mine.
3	 Mrs. Harshala Pakhale	When Harshala joined the 'Sewing and Embroidery' training she was looking for a way to being independent on her own and I can proudly say that 'Sewing and Embroidery' showed the path to being independent, as today she has several sewing machines of her own at her tailoring shop.
4	 Ms. Sneha Bhendarkar	She had successfully complete the sewing and embroidery course by March 2019. "I would like to continue tailoring even after my marriage. I will set up my own tailoring training centre and boutique in future, so that a lot of women could become self-reliant", says the proud Ms. Sneha Bhendarkar
5	 Mrs. Mayuri Tajne	"I do not had any particular skills, I was just an ordinary housewife the 'Sewing and embroidery' training by Sevadal Mahila Mahavidyalaya and Sandvik Asia Pvt. Ltd give me the new way to look at myself. Now I can do various embroideries at home. " says Mrs. Mayuri Tajne






6	 Mrs. Kiran Patil	<p>“With the help of ‘Sewing and embroidery’ training by Sevadal Mahila Mahavidyalaya and Sandvik Asia Pvt. Ltd I can now do tailoring of household clothes.” says Mrs. Kiran Patil</p>
7	 Mrs. Minakshi Jagtap	<p>“I started the training for ‘Sewing and embroidery’ to learn something new and after completion of this training I think it’s very useful I will also recommend my daughter to take part in this training.” says Mrs. Minakshi Jagtap</p>
8	 Mrs. Sarita Maraskolhe	<p>“In current age having a decent job without proper education is very tough but with the help of ‘Sewing and embroidery’ training by Sevadal Mahila Mahavidyalaya and Sandvik Asia Pvt. Ltd now I am working in tailoring shop nearby my house” says Mrs. Sarita Maraskolhe</p>
9	 Mrs. Shaila Rewatkar	<p>It is not necessary that you needs to be educated in order to being independent this was proved by the Mrs. Shaila Rewatkar who was hardly educated but had strong desired to be independent and Sevadal Mahila Mahavidyalaya and Sandvik Asia Pvt. Ltd helped her in achieving her dream with the help of ‘Sewing and Embroidery’ training.</p>
10	 Mrs. Sushama Wankhede	<p>To learn any skill properly, proper dedication and training is required but while at ‘Sewing and embroidery’ training by Sevadal Mahila Mahavidyalaya and Sandvik Asia Pvt. Ltd. Mrs. Sushama Wankhede had some personal work so she was not able to pass the course but she is dedicated to give one more try to complete the course.</p>
11	 Ms. Swati Bhendarkar	<p>“I never saw my father so happy apart from the day when I put my first salary on his hand. He proudly said “My daughter is better than ten sons” this was only possible because of ‘Sewing and Embroidery’ training from Sevadal Mahila Mahavidyalaya and Sandvik Asia Pvt. Ltd”</p>

12	 Mrs. Minakshi Karniwar	She was struggling financially to rise and support the family but with the help of 'Sewing and Embroidery' training from Sevadal Mahila Mahavidyalaya and Sandvik Asia Pvt. Ltd she is now self-independent and also supporting her family financially.
13	 Mrs. Nandani Nilaskar	I wanted to become independent and support my father. In this competitive age 'Sewing and Embroidery' training from Sevadal Mahila Mahavidyalaya and Sandvik Asia Pvt. Ltd helped me lot to stand up and became independent. Now I have my own shop of tailoring.
14	 Ms. Nilima Kelwat	Ms. Nilima Kelwat was struggling financially but with the help of 'Sewing and Embroidery' training from Sevadal Mahila Mahavidyalaya and Sandvik Asia Pvt. Ltd she started her own business of stitching the different type of blouses and Dresses. With this she is earning 2000 Rupees per month as additional income for their family needs.
15	 Mrs. Pooja Choudhari	"I always had hobbies in embroidery and Tailoring. I wanted to master it to the professional level. The 'Sewing and embroidery' training by Sevadal Mahila Mahavidyalaya and Sandvik Asia Pvt. Ltd helped me in mastering my hobby to the professional level " says Mrs. Pooja Choudhari
16	 Mrs. Pratibha Kore	It is not easy to achieve any skill without proper efforts and dedication. "Even though I failed this time I would like to take the training again and do it properly this time" says Mrs. Pratibha Kore who was not able to complete the 'Sewing and Embroidery' training successfully.
17	 Mrs. Prerna Kadu	'Sewing and Embroidery' training from Sevadal Mahila Mahavidyalaya and Sandvik Asia Pvt. Ltd gave me confidence to start something of my own" says Mrs. Prerna Kadu

18	 Ms. Pallavi Pimpalkar	When Pallavi joined the course she wanted to become self-independent on her own before her marriage and 'Sewing and Embroidery' training from Sevadal Mahila Mahavidyalaya and Sandvik Asia Pvt. Ltd helped her in achieving her dream.
19	 Mrs. Sangita Chawake	" As the phrase says "practice makes the man perfect" it same for achieving any skills also but due to some personal family problems I was unable to practice the skills which were taught to us at 'Sewing and embroidery' training so I failed the course, I would like to take the course again " says Mrs. Sangita Chawake
20	 Mrs. Shital Thakre	" My dream is to became self-independent but nothing can come freely without proper effort, as my dedication for the 'Sewing and Embroidery' course was very low it lead in my failure, I would like to take training again " says Mrs. Shital Thakre
21	 Mrs. Minakshi Pohankar	'Sewing and Embroidery' it's not just any normal skill it can also help you growing financially and this is proved by Mrs. Minakshi who has a shop of her own she says "Sevadal Mahila Mahavidyalaya and Sandvik Asia Pvt. Ltd help me in becoming the independent"
22	 Mrs. Karuna Kurjekar	" I couldn't give proper efforts and dedication which was required to undergo the 'Sewing and Embroidery' training" says Mrs. Karuna Kurjekar.
23	 Ms. Shraddha Lohkare	To do ones share in helping her family financially is a thought of 17 year old girl named Ms. Shraddha Lohkare and 'Sewing and Embroidery' training Sevadal Mahila Mahavidyalaya and Sandvik Asia Pvt. Ltd made sure she can do her share in for helping her family.

24	 Ku. Shivani Motghare	<p>To do ones share in helping her family financially is a thought of 16 year old girl named Ms. Shivani Motghare. 'Sewing and Embroidery' training Sevalal Mahila Mahavidyalaya and Sandvik Asia Pvt. Ltd made sure she can do her share in for helping her family.</p>
25	 Ku. Aarti Naitam	<p>"I never saw my father so happy apart from the day when I put my first salary on his hand. He proudly said "My daughter is better than ten sons" this was only possible because of 'Sewing and Embroidery' training from Sevalal Mahila Mahavidyalaya and Sandvik Asia Pvt. Ltd"</p>
26	 Mrs. Suchita Pande	<p>"I couldn't give proper efforts and dedication which was required to undergo the 'Sewing and Embroidery' training" says Mrs. Karuna Kurjekar.</p>
27	 Mrs. Sangita Lonkar	<p>She was struggling financially to rise and support the family but with the help of 'Sewing and Embroidery' training from Sevalal Mahila Mahavidyalaya and Sandvik Asia Pvt. Ltd she is now self-independent and also supporting her family financially.</p>
28	 Mrs. Sonu Nagpure	<p>At the age of twenty one I wanted to do something on my own apart from household work, I wanted to be independent. The Sevalal Mahila Mahavidyalaya and Sandvik Asia Pvt. Ltd helped to achieve this dream of mine by allowing me to attend there 'Sewing and Embroidery' training. Now I have my own tailoring business at my village. With this she is earning 2000 Rupees per month as additional income for their family needs.</p>
29	 Mrs. Mamta Wasnik	<p>"I couldn't give proper efforts and dedication which was required to undergo the 'Sewing and Embroidery' training" says Mrs. Mamta Wasnik.</p>

30	 Ku. Manisha Kokude	<p>When Manisha joined the course she wanted to become self-independent on her own before her marriage and 'Sewing and Embroidery' training from Sevadal Mahila Mahavidyalaya and Sandvik Asia Pvt. Ltd helped her in achieving her dream.</p>
31	 Mrs. Pranali Pardhi	<p>She was struggling financially to rise and support the family but with the help of 'Sewing and Embroidery' training from Sevadal Mahila Mahavidyalaya and Sandvik Asia Pvt. Ltd she is now self-independent and also supporting her family financially.</p>
32	 Ku. Rupali Thukakar	<p>She had successfully complete the sewing and embroidery course. "I would like to continue tailoring even after my marriage. I will set up my own tailoring training centre and boutique in future, so that a lot of women could become self-reliant", says the proud Rupali Thukakar</p>
33	 Mrs. Rekha Motghare	<p>Being a woman I never felt that I am in any way incompetent or lesser than man, so even at the age of thirty seven being mother of two children I wanted to do my bit of share in helping my family financially. 'Sewing and Embroidery' training from Sevadal Mahila Mahavidyalaya and Sandvik Asia Pvt. Ltd helped me in achieving this dream of mine.</p>
34	 Mrs. Vaishali Suryavanshi	<p>She was struggling financially to rise and support the family but with the help of 'Sewing and Embroidery' training from Sevadal Mahila Mahavidyalaya and Sandvik Asia Pvt. Ltd she is now self-independent and also supporting her family financially.</p>
35	 Ku. Poonam Pandel	<p>"I couldn't give proper efforts and dedication which was required to undergo the 'Sewing and Embroidery' training" says Ku. Poonam Pandel.</p>

36	 Ku. Harsha Raut	When Harsha joined the course she wanted to become self-independent on her own before her marriage and 'Sewing and Embroidery' training from Sevadal Mahila Mahavidyalaya and Sandvik Asia Pvt. Ltd helped her in achieving her dream.
37	 Mrs. Harshala Belekar	Being a woman I never felt that I am in any way incompetent or lesser than man, so even at the age of twenty six being mother of two children I wanted to do my bit of share in helping my family financially. 'Sewing and Embroidery' training from Sevadal Mahila Mahavidyalaya and Sandvik Asia Pvt. Ltd helped me in achieving this dream of mine.
38	 Mrs. Megha Shelare	"I couldn't give proper efforts and dedication which was required to undergo the 'Sewing and Embroidery' training" says Mrs. Megha Shelare.
39	 Mrs. Nilma Jamdar	She was struggling financially to rise and support the family but with the help of 'Sewing and Embroidery' training from Sevadal Mahila Mahavidyalaya and Sandvik Asia Pvt. Ltd she is now self-independent and also supporting her family financially.
40	 Mrs. Priti Lanjewar	Being a woman I never felt that I am in any way incompetent or lesser than man, so even at the age of Twenty Five being mother of one children I wanted to do my bit of share in helping my family financially. 'Sewing and Embroidery' training from Sevadal Mahila Mahavidyalaya and Sandvik Asia Pvt. Ltd. helped me in achieving this dream of mine.

  
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### **1.5 CONCLUSION:**

In these training centers students are trained by a qualified tailoring teacher. Certificates are given to those who successfully complete the course. After completing of three months training, some Women/Girls can start their own tailoring shops, while many can secure well-paying jobs in the export garment factories in the nearby areas, or sub-contract work from large tailoring shops.

### **1.6 PROJECT OUTPUT :**

- Need based curriculum to enhance the skills of the women.
- To impart skills to the women's.
- Measure and monitor their performance and certify the skills.
- Regular follow-ups during and post completion of course to assess their social and economical impact.

  
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## **Project-II: Holistic Approach of Dietary Supplementation of Wheatgrass Juice to Girls Students of Sevadal Mahila Mahavidyalaya, Nagpur**

### **2.0 INTRODUCTION:**

Quality learning is important for the future lives of girls. This is only feasible if they have good health. In the proposed project, '**Holistic Approach of Dietary Supplementation of Wheatgrass Juice for Imparting Health Developmental Benefits to Girls Students of Sevadal Mahila Mahavidyalaya, Nagpur**', we aim to review in detail the progress in the certain health parameters viz. body weight and haemoglobin content, Complete Blood Count (CBC) of girls deficient in haemoglobin content after dietary supplementation of wheat grass juice. Sandvik in this regard will support this program in which we can make a difference in both large and small ways. More progress is needed, especially in regard to the poorest girl student whose healthy diet is just a dream. Ultimately, we recommend renewed collective action for not only advancing girls' education, but also in regards to concern about their health aspects where progress on girl's proper nutrition has been stalled. Good health is especially an important ingredient in the virtuous circle of development of girls. This will be feasibly brought about and realized through this academic institution under the sponsorship of Sandvik India Pvt. Ltd. to take up an initiative for dietary supplementation of wheat grass juice to under nourish and anaemic students of our academia for development of their health benefits.

### **2.1 STATE OF ART**

#### **2.1.1 Importance of Wheat grass Juice:**

Wheat grass juice is literally condensed sunlight energy. It is one of the most potent forms of nutrition on the planet earth. If we are looking for an all in one natural supplement for overall health benefits then wheatgrass juice is an ideal option. Scientifically known as *Triticum aestivum*, wheat grass was used by Egyptians for health and beauty aid in ancient times. The healing properties of wheatgrass were first discovered by Charles Schnabel, an agricultural chemist from Kansas. However, Ann Wigmore, a Lithuanian health expert, made wheatgrass juice more popular in the mid 1900s.

Wheat grass refers to the young grass of the common wheat plant, *Triticum aestivum*, which is freshly juiced or dried into powder form for animal and human consumption. Both the forms provide chlorophyll, amino acids, vitamins, and active enzymes like protease, amylase, lipase, cytochrome oxidase, transhydrogenase, Super Oxide Dismutase etc. These Enzymes are the digestive elements. The substances in the wheat grass juice are helpful for dyspepsia. These are helpful for Digestion, building a healthy body and counteract the premature aging which are responsible for its pharmacological actions. It contains a plethora of minerals like iron, calcium, phosphorus, magnesium, alkaline earth metals, potassium, zinc, boron, and molybdenum. It is a superior source of chlorophyll appropriately referred to as the "green blood". Various chlorophyll rich greens are being used from variable sources, since prehistoric times, as blood builders. Wheat grass has been proclaimed to improve blood flow, aid in digestion and in general detoxification of the body. Wheat grass is a natural food. Wheat grass is Powerhouse of Nutrition. A glass of wheatgrass juice contains vitamins, amino acid, liver enzymes, chlorophyll and minerals a few of which are antioxidants. It has 98 of 102 earth elements found in the soil. Phosphorus, Calcium, Iron, Magnesium, Potassium and Selenium are among those important elements. Wheatgrass has more Vitamin A and C than oranges and carrots. Apart from these, it is exceptionally rich with Vitamins E, K, and B. No wonder health experts recommend wheatgrass juice for dietary supplements. Wheatgrass is used try and combat a number of everyday health conditions, including colds, coughs, fevers, digestive problems, and skin conditions. Wheatgrass also has been used to potentially prevent and treat more serious conditions, like cancer. The potent ingredient in wheatgrass is chlorophyll, the pigment that gives plants their green colour. They say chlorophyll acts like haemoglobin (the protein in red blood cells that transports oxygen) and increases oxygen levels in the body. The pH of blood and wheat grass juice is also the same i.e. 7.4. Therefore, wheat grass juice gets quickly absorbed in the blood and is often referred to as Green Blood and is used therapeutically for the treatment of various problems including anaemia, thalassemia, etc.

India is among the countries with the highest prevalence of iron deficiency anaemia in the world. According to the National Family Health Survey- 3, more than half of women (55 percent) aged between 15 to 49 years are Anaemic. Age is associated with the category of Anaemia, with older women being somewhat more likely to be moderately or severely anaemic than younger women. The rate of moderate-to-severe

Anaemia (moderate and severe Anaemia combined) among women of age 35-49 is almost three times as high as among girls of age 15-19.

Nutritional deficiency anaemia refers to a decrease in the concentration of haemoglobin in the blood due to poor dietary habits that causes deficiency of iron, proteins, vitamins like vitamin an affect the production of red blood cells. Anaemia is a wide spread public health problem which is associated with an increased risk of morbidity and mortality. The consequences of anaemia include general body weakness, frequent tiredness, and lowered resistance to disease. Anaemia can be a particularly serious problem for pregnant women, leading to premature delivery and low birth weight. Anaemia can be treated by including iron, folic acid, and vitamin B12, vitamin C rich foods in diet. These nutrients can also be supplemented as drugs or in any other form like wheat grass juice.

Anaemia is a global public health problem affecting both developing and developed countries with major consequences for human health as well as social and economic development. It occurs at all stages of the life cycle, but is more prevalent in women and young children (1).

According to National Family Health Survey-3-More than half of women (55 percent) and almost one-quarter of men (24 percent) are anaemic. Thirty-nine percent of women have mild anaemia, 15 percent have moderate anaemia, and 2 percent have severe anaemia. Among men, 13 percent have mild anaemia, 10 percent have moderate anaemia, and 1 percent has severe anaemia (2).

Iron deficiency anaemia is a condition in which the body has too little iron in the blood stream (For Indians Recommended Dietary Allowances for Iron for Normal adult male is 17mg/dl and for normal adult female is 21mg/dl which changes during pregnancy and lactation) (3). It is microcytic anaemia in which size of RBC reduces from normal size. This form of anaemia is more common in adolescents and in women before menopause. Other causes can be from poor dietary habits or from chronic intestinal diseases. Treatment is usually done by orally supplementing iron and dietary modifications (4).

Folic acid deficiency anaemia is characterised by a lack of folic acid, one of the B group of vitamins, in the blood stream. It is macrocytic anaemia in which RBC enlarges. This is usually caused by an inadequate intake of folic acid, usually found in vegetables or by the overcooking of the vegetables. This condition can be avoided by including foods with folic acid in the diet.



### 2.1.2 Grading of anaemia

WHO Grading of Anaemia: according to level of haemoglobin in blood (5):

Grade 1 (Mild Anaemia): 10 -11.9 g/dl

Grade 2 (Moderate Anaemia): 7-10 g/dl

Grade 3 (Severe Anaemia): < 7 g/dl

Anaemia is mainly diagnosed by haemoglobin level in blood. Haemoglobin concentration measurement is among the most commonly performed blood test, usually as part of a Complete Blood Count. If the concentration is below normal, this is called Anaemia (1).

### 2.2 SIGNIFICANCE OF THE PROPOSED STUDY:

While taking the Haemoglobin estimation practical of B.Sc. Microbiology students, it was surprisingly to find that blood samples of more than 60% of students were below the normal limits than that it should be for young college going girls. With an aim towards the improvements in the health of girls students, it is essential to study the effect of wheat grass juice on blood haemoglobin level for the treatment of anaemia. Therefore, it was planned and discussed with the nutritionist and as per medical physician's advice it was decided to hold such an outreach programme through holistic wheat grass cultivation method and hygienic juice extraction technique for social cause so that our girls are provided with the supplementary diet of wheat grass juice so that their haemoglobin level is boosted to normal level. After all a healthy girl is the mother of the future generation.

### 2.3 OBJECTIVES OF THE PROPOSED STUDY:

In view of the health aspects of our students and to alleviate the haemoglobin deficiency in them through holistic supplementation of wheat grass following objectives are proposed to be undertaken with the combined efforts of teaching staffs of Microbiology Department in this project:

1. Screening of the population of girl students of our academic institution Sevalal Mahila Mahavidyalaya, Nagpur with an average age group between 18-20 years for different health related parameters viz. Body weight, haemoglobin content, screening prevalence of anaemia in students. Assessment of haemoglobin status of undergraduate girl students of for the prevalence of anaemia.

2. Notification of the parents for low haemoglobin content and anaemia in students
3. Organization of parents meets in college for briefing them about anaemia and use of wheat grass to rectify the iron deficiency in students even through distribution of pamphlets and banners and posters.
4. Guest Lecturers/Power Point Presentations by renowned naturopathy doctors and physicians will be organised to educate the parents about health benefits of wheatgrass juice.
5. Construction of poly green house for wheat grass cultivation and cultivation of wheat grass in poly green house constructed in the college premises.
6. Involvement of students' folk for the cultivation of wheat grass.
7. Therapeutic trials with wheat grass juice (30 ml/day for 30 days) for the prevention and control of anaemia.
8. Assessing the impact of supplementation of wheat grass juice on blood haemoglobin levels.

## **2.4 METHODOLOGY**

### **2.4.1 Selection of area**

For the assessment of haemoglobin status and therapeutic trials with wheat grass juice on Undergraduate girl students of Sevadal Mahila Mahavidyalaya, Nagpur were undertaken.

### **2.4.2 Biochemical test for diagnosis of anaemia in the girl students**

Drabkins and Austin's method used for determination or estimation of blood haemoglobin level (both pre and post supplementation of juice). It works on the principle that when blood is mixed with a solution containing potassium ferricyanide and potassium cyanide, the potassium ferricyanide oxidizes iron to form methemoglobin which was measured by Swelab Alfa Automated cell counter (6).

The criterion of selecting the students was that anaemic girl students were not taking any medication or any other supplementation for treatment of anaemia.

#### **2.4.3 Collection of data of through Haemoglobin detection camps and organization Guest Lectures.**

General information as age, body weight and haemoglobin levels in girl students were collected through conducting Haemoglobin detection camps. The significance of normal levels of haemoglobin in girls and the role of wheat grass juice supplementation in prevention of anaemia were taught by conducting Guest lectures through eminent nutritionists and Pathologists.

#### **2.4.4 Installation of wheat grass production unit**

Wheatgrass Cultivation Unit has been designed and installed at the premises of Sevadal Girls Hostel, Narsala, Nagpur with the help of bamboo as ecofriendly and cool material to avoid use of metal sheets or tin which gets hot during day time and cause adverse effect on the growth of wheat grass. Sowing process for wheatgrass production was carried out in serially numbered trays containing garden soil and compost in proportion of 4:1 from 18<sup>th</sup> January 2020 onwards on daily basis and it was continued till the completion of wheatgrass juice dosage to the students. Daily the growth of germinating seedlings were monitored and the 7 day old germinated wheat grass was harvested by simple cutting and was used for production of wheat grass juice for its use as dietary supplementation to the anaemic students.

#### **2.4.5 Dietary Supplementation with wheat grass juice**

The dietary supplementation with wheat grass juice was provided to the undergraduate students of Science, Home Science and B. Voc. for a period of one month. Special care was taken that the subjects were not taking any other supplements or drugs for control and cure of anaemia.

After 7 days of growth of wheat grass or cotyledons they were removed and grinded with water for preparing the juice. About 30 ml of wheat grass juice was given per day i.e. 1 serving of wheat grass juice which is about 30 ml prepared from cotyledons of wheat. Usually it is taken empty stomach and therefore taken early morning. However, as our college starts at 10.00 am students were given dietary supplementation of wheat grass juice with proper hygiene and care after they finish their theory and practical classes that is just before going home.



#### **2.4.6 Post wheat grass juice supplementation haemoglobin detection camp:**

After 1 month of dietary supplementation of wheat grass juice to the anemic students, post wheat grass juice supplementation haemoglobin detection camp was organized to assess biochemical estimation of blood haemoglobin level using direct cyanmethemoglobin method (6).

### **2.5 REPORT OF WORK DONE FROM 16<sup>TH</sup> NOVEMBER 2018 – 31<sup>ST</sup> MARCH 2020**

#### **2.5.1 Organization of Guest Lecture on 'Benefits of wheatgrass juice on health' by Department of Microbiology of Sevadal Mahila Mahavidyalaya, Nagpur**

Under SIGA-2018 project, Department of Microbiology of Mahila Mahavidyalaya, Nagpur has organized guest lecture for the students of B.Sc.-I, B.A.-I and B.Sc. Home Science-I and their parents on benefits of wheatgrass juice for health. This activity is one of the important health awareness activity of women folk under the project "Holistic Approach of Dietary Supplementation of Wheatgrass Juice to Girls Students of Sevadal Mahila Mahavidyalaya, Nagpur" Sponsored by Sandvik Asia Pvt. Ltd. Mumbai under SIGA-2018. Mr. Mukund Sherekar, Director, Aura park and Vasundhara Convent Bazargaon and a Naturopath by profession, was the guest speaker. Mr. Mukund Sherekar is a producer and supplier of wheat grass since year 2000. Mr. Sherekar has given insightful lecture and educated our students and their parents about holistic cultivation methods of growing wheatgrass, preparation of wheat grass juice and its consumption for improving the overall health and immunity. Prof. Pravin Charde, Principal, Sevadal Mahila Mahavidyalaya gave the introductory remarks and acknowledged Sandvik Asia Pvt. Ltd., Mumbai for funding the project to the college for noble cause. Dr. Mrs. Kirti V. Dubey, Associate Professor, Microbiology Department and Coordinator of the Sandvik Project conducted the proceedings and also gave the overview of the project. Dr. Prabhakar Bhandari, Head, Microbiology Department, Mrs. Seema R. Nimbarte and Dr. Mrs. Kirti V. Dubey, Associate Professors, Microbiology Department worked hard for organizing the guest.

  
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Dr. Mrs. Kirti V. Dubey, Associate Professor, Microbiology Department and Coordinator of the SIGA-2018 Project gave the overview of the project



Prof. Pravin Charde, Principal, Sevadal Mahila Mahavidyalaya, Nagpur felicitated the Guest Speaker Mr. Mukund Sherekar a renowned naturopath of Nagpur.



Guest speaker Mr. Mukund Sherekar a renowned naturopath of Nagpur delivered lecture on "Benefits of Wheatgrass Juice for Health" for students and their parents.



Prof. Pravin Charde, Principal, Sevadal Mahila Mahavidyalaya, Nagpur guiding students and their parents about the benefits of Wheatgrass Juice for the improvement of health



Teachers along with students and their parents during the Guest Lecture organised in the college auditorium on "Benefits of Wheatgrass Juice for Health"





## 2. 5.2 Organization of Haemoglobin Detection Camp-I

Under SIGA-2018 project, college aimed to organize Haemoglobin Detection Camp to determine certain health parameters viz. body weight and haemoglobin content, so that anaemic students can be screened and further can be provided with dietary supplementation of wheat grass juice in the camp. As Good health is especially an important ingredient in the virtuous domains of girls development, this academic institution has taken up an initiative for dietary supplementation of wheat grass juice to under nourished and anaemic students for improvements in their health parameters. Wheat grass was chosen because it is a natural food and also Power house of Nutrition. Haemoglobin detection camp was organised on 21-2-2019 under the kind guidance of renowned consulting pathologist Dr. Avinash Wase so that anaemic students of our college can be screened and then can be appropriately treated as proposed to boost their haemoglobin content. In haemoglobin detection camp, Dr. Avinash Wase was the chief guest and Shri Sanjayji Shende, President of Sevadal Education Society, Nagpur was Chairman of the function. Prof. Pravin Charde, Principal Sevadal Mahila Mahavidyalaya gave the introductory remarks. Dr. (Mrs) Kirti V. Dubey, Coordinator of the project gave the overview of the project. Dr. Prabhakar Bhandari, Head of Microbiology Department graced the function. Mrs. Seema R. Nimbarte and Dr. Mrs. Kirti V. Dubey both Assistant Professors of Department of Microbiology worked hard for the success of the programme. Ms Milli Thakkar conducted the programme and Ms. Aditi Khagar proposed the vote of thanks. In all 135 students were diagnosed for haemoglobin content in the camp.



Dr. (Mrs) Kirti V. Dubey, Coordinator of the project gave the overview of the project during inauguration of Haemoglobin Detection Camp organized in the college



Dr. Avinash Wase renowned pathologist was the Chief guest of the Haemoglobin Detection Camp guided the students of the college





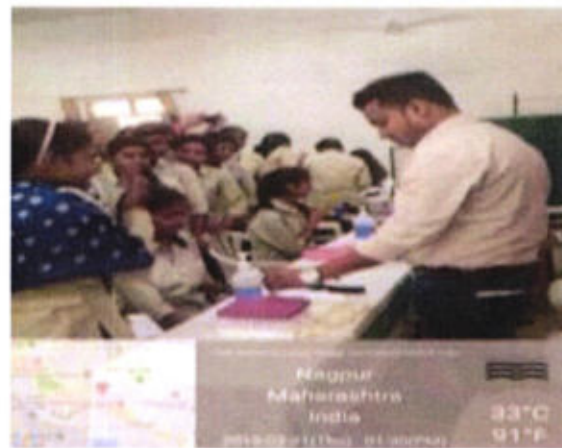
Students attended in the inaugural function organized in the college of the Haemoglobin Detection Camp sponsored by SIGA-2018



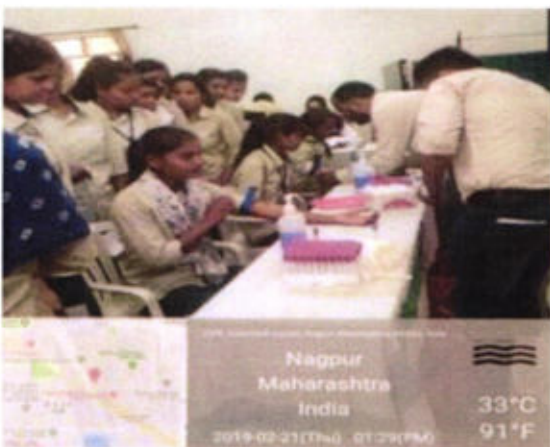
Shri Sanjayji Shende, President, Sevadal Education Society was Chairman of inaugural function of Haemoglobin Detection Camp sponsored by SIGA-2018



Students registering themselves for the haemoglobin detection camp organized by the college under the sponsorship of SIGA-2018



Students giving their blood samples for haemoglobin detection camp organized by the college under the sponsorship of SIGA-2018



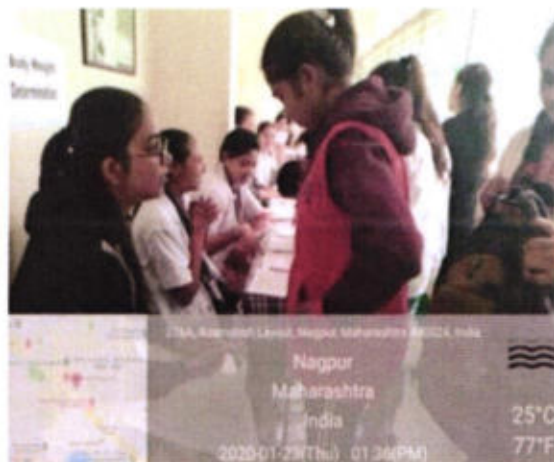
Technicians withdrawing blood samples during haemoglobin detection camp organized by the college under the sponsorship of SIGA-2018



Management, Principal and staff of Microbiology Dept. Dr. Avinash Wase monitoring smooth conduct of blood sampling during haemoglobin detection camp



Analysis of body weight of Students during haemoglobin detection the camp organized by the college under the sponsorship of SIGA-2018.



Student volunteers analyzing the body weight of the students before sample collection.

### 2.5.3 Organization of Haemoglobin Detection Camp-II

Again on 23<sup>rd</sup> January 2020 Haemoglobin Detection Camp, was organized by Sevadal Mahila Mahavidyalaya, Nagpur for rest of the remaining 70 students of different streams with an objective, to supplement wheatgrass juice to the anaemic students screened during this camp. This was the Second Consecutive Year of organizing this camp, Several students from different faculties participated in this detection camp. In the Haemoglobin Detection Camp Dr. Prabhakar Bhandari, Head, Department of Microbiology, along with Dr. Mrs. K. V. Dubey, Associate Professor, Microbiology Department and Co-ordinator of this Project graced the function with their kind presence. Haemoglobin Detection Camp was organized under the guidance of Dr. Avinash Wase, Pathologist. Anaemic students were screened during haemoglobin Detection Camp. Technicians from Vidya Computerized Pathology Laboratories, Nagpur assisted in the processing of blood samples.

Dr. Mrs. K. V. Dubey, Associate Professor, Microbiology Department and Co-ordinator of this Project gave the overview and significance of conducting the Haemoglobin detection camp and Wheatgrass Juice Supplementation Camp. Students were also trained to grow wheat grass and extract wheat grass juice by adopting holistic methods so that they can propagate the purpose of this project to their parents and relatives and also to the larger section of the society.

  
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Dr. Mrs. K. V. Dubey, Associate Professor, Microbiology Department and Co-ordinator of Sandvik Project with Dr. P. Bhandari, Head of Microbiology Department, Inaugurating the Haemoglobin Detection Camp, with Laboratory Technicians and faculty members.



Dr. Mrs. K. V. Dubey, Associate Professor, Microbiology Department and Co-ordinator of this Project gave the overview and significance of conducting the Haemoglobin detection camp and Wheatgrass Juice Supplementation Camp

#### 2.5.4 Installation of Wheatgrass Production Unit

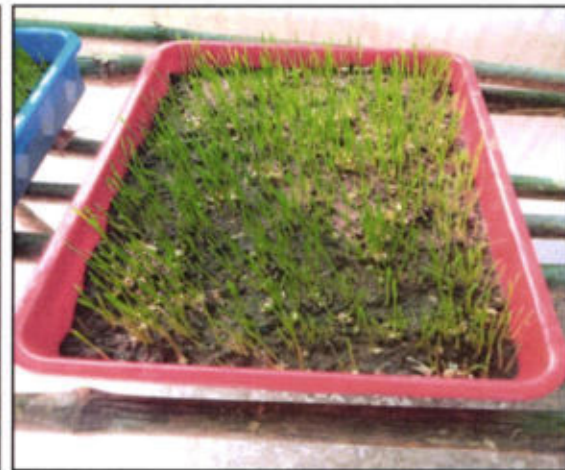
Wheatgrass Cultivation Unit has been designed and installed at the premises of Sevadal Girls Hostel, Narsala, Nagpur. Sowing process for wheatgrass production started in trays containing garden soil from 18<sup>th</sup> January 2020 onwards on daily basis and it was continued till the completion of wheatgrass juice dosage to the students. Daily the growth of germinating seedlings were monitored and the 7 day old germinated wheat grass was given as dietary supplementation to the anaemic students.

  
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Wheatgrass Cultivation Unit has been designed and installed at the premises of Sevadal Girls Hostel, Narsala, Nagpur.



Sowing process for wheatgrass production in trays containing garden soil



Different phases of growth of Wheat grass at Wheatgrass Cultivation Unit installed at the premises of Sevadal Girls Hostel, Narsala, Nagpur.



### 2.5.5 Organization of Wheat grass Juice Supplementation Camp

Wheat grass juice supplementation camp was organized on dated 27-1-2020 under Sandvik project. Mr. Saharsh David, Head, CSR, Sandvik Asia Private, Limited, Pune was the chief guest of the function. During the inaugural function Shri Sanjayji Shende, President, Sevadal Education Society, Dr. Pravin Charde, Principal, Sevadal Mahila Mahavidyalaya, Nagpur and Dr. P. R. Bhandari, Head, Microbiology Department graced the occasion. Growing of Wheat Grass, preparation of Wheat Grass juice for Dietary Supplementation to anaemic students became an important extension activity for the benefit of Girls students of Sevadal Mahila Mahavidyalaya, Nagpur. Teachers also took the benefit of the dietary supplementation of Wheat Grass Juice.



Shri Sanjayji Shende, President, Sevadal Education Society felicitating Mr. Saharsh David, Head, CSR, Sandvik Asia Private, Limited, Pune



Mr. Saharsh David, Head, CSR, Sandvik Asia Private, Limited, Pune the Chief Guest of the Wheat Grass Juice Supplementation Camp and Dr. Pravin Charde, Principal, Sevadal Mahila Mahavidyalaya, Nagpur explained the importance of Wheat Grass Juice as Dietary Supplementation to the students



Preparation of Wheat Grass Juice in the Premises of Sevadal Mahila Mahavidyalaya involving Teachers and Students, and its supplementation to the students of the college by the hands of Shri. Sanjayji Shende, President, Sevadal Education Society and Prof. Pravin Charde, Principal, Sevadal Mahila Mahavidyalaya, Nagpur



Arrangement of wheat grass trays and other accessories required for extraction of wheat grass juice



Technical staff Ms. Sujata kale performing extraction of wheat grass juice





Extracted wheat grass juice for dietary supplementation to students



Extracted wheat grass juice were provided as dietary supplementation to students



Students and teaching staff relishing Wheat Grass Juice as Dietary Supplementation during the camp



Students Participating in Haemoglobin Detection Camp





Technicians withdrawing the blood samples during the Haemoglobin Detection Camp in the presence of Dr. Mrs. K. V. Dubey, Associate Professor, Microbiology Department and Co-ordinator of this Project.

### 2.5.6 Organization of Post Wheat Grass Juice Dietary Supplementation Haemoglobin Detection Camp

Post Wheat Grass Juice Dietary Supplementation Haemoglobin Detection Camp was organized on 17-3-2020 to determine the effect of dietary supplementation of wheat grass juice supplementation on the improvement in the haemoglobin percentage in the anaemic students



Students participating in Post Wheat Grass Juice Dietary Supplementation Haemoglobin Detection Camp and the technicians from Vidya Computerized Pathology Laboratories, Nagpur assisted in collection of blood samples.



**Table 1: Visual depiction of the overall analysis data of percentage of anaemic students with improved normal haemoglobin levels after dietary supplementation of wheat grass juice.**

Name of the class and stream of the students	Total number of students	Number of students participated in Haemoglobin detection camp	Number of student anaemic	Percentage of anaemic students (%)	No. of anaemic students with improved normal haemoglobin levels	Percentage of anaemic students with improved normal haemoglobin levels after wheat grass juice supplementation (%)
B. Sc. SEM-IV	120	61	34	55.73	12	35
B. Sc. SEM-II	70	30	25	83.33	15	60
B. Sc. SEM-IV & SEM-II Home Science	67	28	28	100	12	43
B. Voc SEM-II and SEM-IV MLMDT	49	33	24	72.72	13	54
B.Voc. IWTT SEM-II & SEM- IV	40	30	19	63.33	07	36

Results presented in the **Table 1** shows that in total 182 students participated in the Haemoglobin detection camp and among them 130 students were found anemic indicating 72% of students were anemic. There was improvement in the haemoglobin levels in the mildly anemic students (having 10-11.9% haemoglobin) of different stream to normal levels after wheat grass juice dietary supplementation and the percentage of student with normal level of haemoglobin was found to be in the range of 35-60% (Table 1). Whereas in rest of the students those were having moderate anemia i.e. in the range of 7-10 % also there was improvement in the haemoglobin levels after supplementation with wheat grass juice indicating that the anemia was due to the poor dietary conditions in the students which could be improved with wheat grass juice supplementation. However, to achieve normal levels of haemoglobin in moderate anemic students further two to three months of wheat grass juice supplementation will be required. This practice of wheat grass juice preparation and supplementation was guided to the students so that they can carry forward such holistic practice of improving haemoglobin levels at home for themselves and their parents and relatives. The students can also grow wheatgrass and can sell them to needy patients undergoing chemotherapy to build up their blood total counts. Moreover, students can also prepare and sell wheatgrass juice to the patients for the treatment of various problems including anemia, thalassemia, etc. This study has shown the beneficial effect of wheat grass juice in improvement in the haemoglobin levels in the both mildly to moderate anemic girl students.






  
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 Sakkardara Square, Umrer Road, Nagpur-440024

**Wheat Grass Juice Supplementation to the Students under Sandvik Project**

**LIST OF STUDENTS**  
**Class: B.Sc. Semester-IV (Science) Session: 2019-20**

S. N.	Name of Students	Initial Body Weight (Kg)	Initial Hb gm/dL	Date of Wheat Grass Juice Supplementation																								Final Body Weight (Kg)	Final Hb (gm/dL)					
				27/1/2020	28/1/2020	29/1/2020	30/1/2020	31/1/2020	1/2/2020	3/2/2020	4/2/2020	5/2/2020	6/2/2020	7/2/2020	8/2/2020	10/2/2020	11/2/2020	13/2/2020	14/2/2020	15/2/2020	17/2/2020	18/2/2020	20/2/2020	24/2/2020	26/2/2020	27/2/2020	28/2/2020			29/2/2020	2/3/2020	3/3/2020	4/3/2020	5/3/2020
1	 Ms. Samiksha Ighe	55	11.8	x	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	x	✓	✓	✓	✓	53	12.2	
2	 Ms. Aaishwarya Sadhankar	40	11.5	x	✓	✓	✓	✓	✓	✓	✓	✓	✓	x	x	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	42	12.4	
3	 Ms. Khushboo Bayani	37	10.9	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	x	x	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	x	✓	✓	✓	✓	39	11.5













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### Wheat Grass Juice Supplementation to the Students under Sandvik Project

#### LIST OF STUDENTS

Class: B.Sc. Semester-II






Session: 2019-20

S. N.	Name of Students	Initial Body Weight (Kg)	Hb gm/dL	Date of Wheat Grass Juice Supplementation																				Initial Body Weight (Kg)	Hb (gm/dL)
				5/2/20	6/2/20	7/2/20	8/2/20	10/2/20	11/2/20	13/2/20	14/2/20	17/2/20	18/2/20	20/2/20	24/2/20	25/2/20	26/2/20	27/2/20	28/2/20	29/2/20	1/3/20	2/3/20	3/3/20		
1	 VAISHNAVI KISHOR PUNDEKAR	39	11.3	✓	✓	✓	✓	✓	✗	✓	✓	✓	✓	✓	✗	✓	✓	✓	✓	✓	✓	✗	✗	40	12
2	 MANSI HIWARAJ BAGADE	46	11.3	✗	✗	✗	✓	✓	✓	✓	✗	✓	✓	✓	✓	✓	✗	✓	✓	✓	✓	✓	✗	46	12.4
3	 PRADNYA TULSHIDAS UIKEY	46	10.5	✓	✓	✓	✗	✓	✓	✓	✓	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓	✓	✗	46.5	11.7

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4	 PRIYANKA DIGAMBER KAMBLE	52	11.01	x	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	x	✓	✓	✓	✓	✓	✓	✓	✓	x	x	x	52	12.0	
5	 SANIYA YASMEEN SHAFI AT TEHSEEN	44	11.8	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	x	x	45	12.0
6	 SHIKHA VINOD SHRIVASTAV	37	11.9	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	x	x	37.7	12.0
7	 SHWETA DHANRAJ MALODE	34	10.8	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	x	x	35	12
8	 SIDRA FATEMA SALEEM AHEMAD KHAN	41	8.8	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	x	x	41	9.7

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21	 KUNJAN SANTOSH SINGANJUJE	41	9.2	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	41	11.5
22	 NANDINI TUSHAR UIKEY	55	11.3	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✗	✓	✓	✓	✓	✓	✓	✓	55	12.0
23	 SAKSHI KAILASH MESHRAM	72	11.6	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓	✓	✓	✗	✓	✓	✓	72	12.0
24	 SHIVANI RAVINDRA VIKHAR	49	11.06	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓	✓	49	11.8
25	 SHRUTIKA RAMESHCANDRA YADAV	42	11.02	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	43	12.4

*(Handwritten signature)*

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### Wheat Grass Juice Supplementation to the Students under Sandvik Project

#### LIST OF STUDENTS

Class: B.Sc. (Home Science) SEM IV Session: 2019-20

S. N.	Name of Students	Initial Body Weight (Kg)	Hb gm/dL	Date of Wheat Grass Juice Supplementation																		Initial Body Weight (Kg)	Hb (gm/dL)			
				5/2/20	6/2/20	7/2/20	8/2/20	10/2/20	11/2/20	13/2/20	14/2/20	17/2/20	18/2/20	20/2/20	24/2/20	25/2/20	26/2/20	27/2/20	28/2/20	29/2/20	2/3/20			3/3/20	4/3/20	5/3/20
1.	 Ms. Rimpa Barman	46	11.7	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓	✓	✓	✓	✓	✗	✗	46	12.0
2.	 Ms. Devanshi Thakur	50	11.3	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓	✓	✓	✓	✓	✗	50	12.0	
3.	 Ms. Mrunalini Sirsikar	60	11.8	✗	✓	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	60	12	



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### Wheat Grass Juice Supplementation to the Students under Sandvik Project

#### LIST OF STUDENTS

Class: B.Sc.-SEM-II (Home Science) Session: 2019-20

S. N.	Name of Students	Initial Body Weight (Kg)	Hb gm/dL	Date of Wheat Grass Juice Supplementation																				Initial Body Weight (Kg)	Hb (gm/dL)
				5/2/20	6/2/20	7/2/20	8/2/20	10/2/20	11/2/20	13/2/20	14/2/20	17/2/20	18/2/20	20/2/20	24/2/20	25/2/20	26/2/20	27/2/20	28/2/20	29/2/20	2/3/20	3/3/20	4/3/20		
1	 AASAWARI ARUN SAHARE	42	10.4	✓	✓	✓	✗	✓	✓	✓	✓	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	42	11.2
2	 CHHAYA MADHUKAR HAJARE	47	10.4	✓	✓	✓	✗	✓	✓	✓	✓	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	47	10.7
3	 DIVYA ANIL PAITOD	63	10.7	✓	✓	✓	✗	✓	✓	✓	✓	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	63	11.5














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**Wheat Grass Juice Supplementation to the Students under Sandvik Project**  
**LIST OF STUDENTS**  
 Class: B.Voc. (Medical Laboratory and Molecular Diagnostic Technology) Session: 2019-20

S. N.	Name of Students	Initial Body Weight (Kg)	Hb gm/dL	Date of Wheat Grass Juice Supplementation																		Initial Body Weight (Kg)	Hb (gm/dL)			
				5/2/20	6/2/20	7/2/20	8/2/20	10/2/20	11/2/20	13/2/20	14/2/20	15/2/20	17/2/20	18/2/20	20/2/20	24/2/20	25/2/20	26/2/20	27/2/20	28/2/20	29/2/20			2/3/20	3/3/20	4/3/20
1.	 Ms. Archi R. Dudhe	34	11.8	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓	✓	✓	✓	34	12.0
2.	 Ms. Mrunalini Gawande	68	11	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	68.5	11.7
3.	 Ms. Bhagyashree Gajbhiye	46	10.1		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓	✓	✓	47	10.8













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**Wheat Grass Juice Supplementation to the Students under Sandvik Project**

**LIST OF STUDENTS**

Class: B.Voc.- Semester-II: Industrial Waste Treatment Technology  
 Session: 2019-20

S. N.	Name of Students	Initial Body Weight (Kg)	Hb gm/dL	Date of Wheat Grass Juice Supplementation																			Initial Body Weight (Kg)	Hb (gm/dL)		
				5/2/20	6/2/20	7/2/20	8/2/20	10/2/20	11/2/20	13/2/20	14/2/20	15/2/20	17/2/20	18/2/20	20/2/20	24/2/20	25/2/20	26/2/20	27/2/20	28/2/20	29/2/20	2/3/20			3/3/20	4/3/20
1	 Ms. Aruna P. Raut	46	11.6	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✗	✗	47	12.0
2	 Ms. Darshana V. Lanjewar	55	7.8	✓	✓	✓	✗	✓	✓	✓	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	55	8.7








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**Wheat Grass Juice Supplementation to the Students under Sandvik Project**

**LIST OF STUDENTS**

Class: B.Voc.- Semester-IV: Industrial Waste Treatment Technology  
 Session: 2019-20

S. N.	Name of Students	Initial Body Weight (Kg)	Hb gm/dL	Date of Wheat Grass Juice Supplementation																				Initial Body Weight (Kg)	Hb (gm/dL)		
				5/2/20	6/2/20	7/2/20	8/2/20	10/2/20	11/2/20	13/2/20	14/2/20	15/2/20	17/2/20	18/2/20	20/2/20	24/2/20	25/2/20	26/2/20	27/2/20	28/2/20	29/2/20	2/3/20	3/3/20			4/3/20	5/3/20
1	 Ms. Anjali D. Uikey	60	11.2	✓	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓	✓	✓	✗	60.4	12	
2	 Ms. Prachi D. Khubalkar	62	9.01	✓	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	62	11.7	
3	 Ms. Sheetal S. Wath	37	10.8	✓	✗	✗	✗	✓	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✗	✗	✗	38	12.0





## 2.6 CONCLUSION

The use of wheat grass juice for increasing the blood haemoglobin level is one of the simple remedy for treating anaemia. This was conveyed to the girl students of Sevadal Mahila Mahavidyalaya, Nagpur through organization of guest lectures by eminent nutritionist and naturopath. Haemoglobin detection camps were also organized in which noted pathologist guided and briefed the students about the importance of normal level of haemoglobin in the girl students as they are the progenitor of future generation. In total 42-100 % of our girl students with different streams were found to be anaemic. The findings revealed that most of the girls students were under the age group 18 to 20 years and were found to have mild to moderate anaemia. To alleviate the problem of anemia, wheat grass juice supplementation camps were organized in which none of the students complained about the taste of wheat grass juice and moreover, none complaint about headache and stomach ache.

The study about the impact of wheat grass juice supplementation on blood haemoglobin level revealed that in all the cases an increase in their haemoglobin levels in blood was observed. This was proved with the help of biochemical estimation at the beginning and end of wheat grass juice supplementation protocol. This resulted in improvements in the levels of haemoglobin in all the anemic students. Wheat grass juice supplementation has improved the haemoglobin content to a normal levels in about 35-60 % of the anemic students. This shows that there is a positive effect of wheat grass juice on blood haemoglobin level upon consumption of juice for 30 days. Therefore, wheat grass juice proved to be useful in the treatment of any kind anemia that results due to nutritional deficiency. This practice of wheat grass production, wheat grass juice preparation and supplementation was guided to the students so that they can carry forward such holistic practice of improving haemoglobin levels at home for themselves and their parents, relatives and society as well. The students can also grow wheatgrass and can sell them to needy patients undergoing chemotherapy to build up their blood total counts. Moreover, students can also prepare and sell wheatgrass juice to the patients for the treatment of various problems including anemia, thalassemia, etc. This study has shown the beneficial effect of wheat grass juice in improvement in the haemoglobin levels in the both mildly to moderate anemic girl students.





## 2.7 REFERENCES

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Sevadal Mahila Mahavidyalaya  
Umrer Road, Nagpur-9.



# Sevadal Mahila Mahavidyalaya, Nagpur.

Sakkardara Square, Umred Road, Nagpur -24.

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## Report on SELF DEFENSE WORKSHOP

Date : 4<sup>th</sup> March – 7<sup>th</sup> March 2020

Organized by  
Co-Curricular and Cultural committee



**Session: 2020-2021**



  
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Umred Road, Nagpur-9.

## **Self Defense Workshop (Aatmsanrakshan Karyshala)**

**International Women's Day : 8<sup>th</sup> March, 2020**

Every year International Women's Day is globally celebrated on 8th March to mark the contribution of Women in our lives and to the society. It has been sponsored by the United Nations since 1975. This day grew out of effort in the early 20<sup>th</sup> century to promote women's rights, especially suffrage. This year also International Women's Day was celebrated by the Co-curricular and Cultural Committee of the College by organizing a Workshop on Self Defense for the students of the College from 4<sup>th</sup> March to 7<sup>th</sup> March 2020. Around 80 students of the college, participated in the workshop and learned the techniques of Self-defense. They also gained the knowledge regarding Self Defense.

Self defense training not only helps you to protect yourself but others too. This training helps you to become physically and emotionally fit. Having the ability to defend yourself increases your self-esteem and boosts your confidence. In today's scenario no one is completely safe. Particularly the crime happening against the girl are very horrifying. So it comes as a responsibility that it is only us who can protect ourselves with self defense techniques. Self- defense is most important skill for girls to protect themselves.

Considering these fact Co-curricular and cultural committee of the college in association with Shivashakati Foundation, Nagpur organized the four days workshop for the students.



  
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Sevalal Mahila Mahavidyalaya  
Umrao Road, Nagpur-9.

# सेवादल महिला महाविद्यालय

सम्करवरा चौक, उमरेड रोड, नागपूर

दि.०२.०३.२०२०


## नोटीस

महाविद्यालयमधील सर्व विद्यार्थिनी व प्राध्यापकांना सूचित करण्यात येते की, महाविद्यालयाच्या सांस्कृतिक समिती, बिब्यार्ची बिब्यास सांगली व शिवशक्ती फाऊंडेशन, नागपूर यांच्या संयुक्त विद्यमाने मिशन मूल्यांजय (महिला व मुली स्वसंरक्षण विभाग) अंतर्गत "आत्म-संरक्षण (SELF DEFENCE) कार्यशाळा" दि.४ ते ७ मार्च २०२० दरम्यान आयोजित करण्यात आली आहे. प्रस्तुत कार्यशाळेस मा. श्री. हितेश डफ, संस्थापक- शिवशक्ती फाऊंडेशन व महाराष्ट्र शासनातर्फे नियुक्त संरक्षक व जिल्हा प्रतिनिधी मार्गदर्शन करतील.

या कार्यशाळेचे उद्घाटन बुधवार, दि.४ मार्च २०२० ला सकाळी ११.०० वाजता महाविद्यालयाच्या सभागृहात होणार आहे. ज्या विद्यार्थिनींना या कार्यशाळेत सहभाग घ्यावयाचा असेल त्यांनी आपली नावे खालील प्राध्यापकांकडे नोंदवावीत.

१. विज्ञान विद्याशाखा - प्रा. सी. एस. आर. निंबार्ते व प्रा. सी. ए. एम. दुरगकर
२. गृहविज्ञान विद्याशाखा - डॉ. सी. एम. एम. जोहरापूरकर
३. कला विद्याशाखा - डॉ. कु. आर. एम. घांडेकर

याची सर्व विद्यार्थी व प्राध्यापकांनी नोंद घ्यावी.

  
(डॉ. प्रविण चरडे)

प्राचार्य  
सेवादल महिला महाविद्यालय,  
नागपूर

प्रतिलिपी :

- १) मा. अध्यक्ष - सेवादल शिक्षण संस्था, नागपूर
- २) डॉ. सी. ए. एस. महाकाळकर, इनचार्ज-विज्ञान विद्याशाखा
- ३) डॉ. पी. एस. देशपांडे, इनचार्ज-गृहविज्ञान विद्याशाखा
- ४) डॉ. एस. व्ही. पिसे, इनचार्ज-कला विद्याशाखा
- ५) डॉ. कु. आर. एम. घांडेकर- समन्वयक-सांस्कृतिक समिती
- ६) नोडल ऑफीसर, बी.व्होक. आयडब्ल्युटीटी, एमएलएमडीटी, कम्युनिटी कॉलेज



  
Principal  
Sevadai Mahila Mahavidyalaya  
Umrer Road, Nagpur-9.

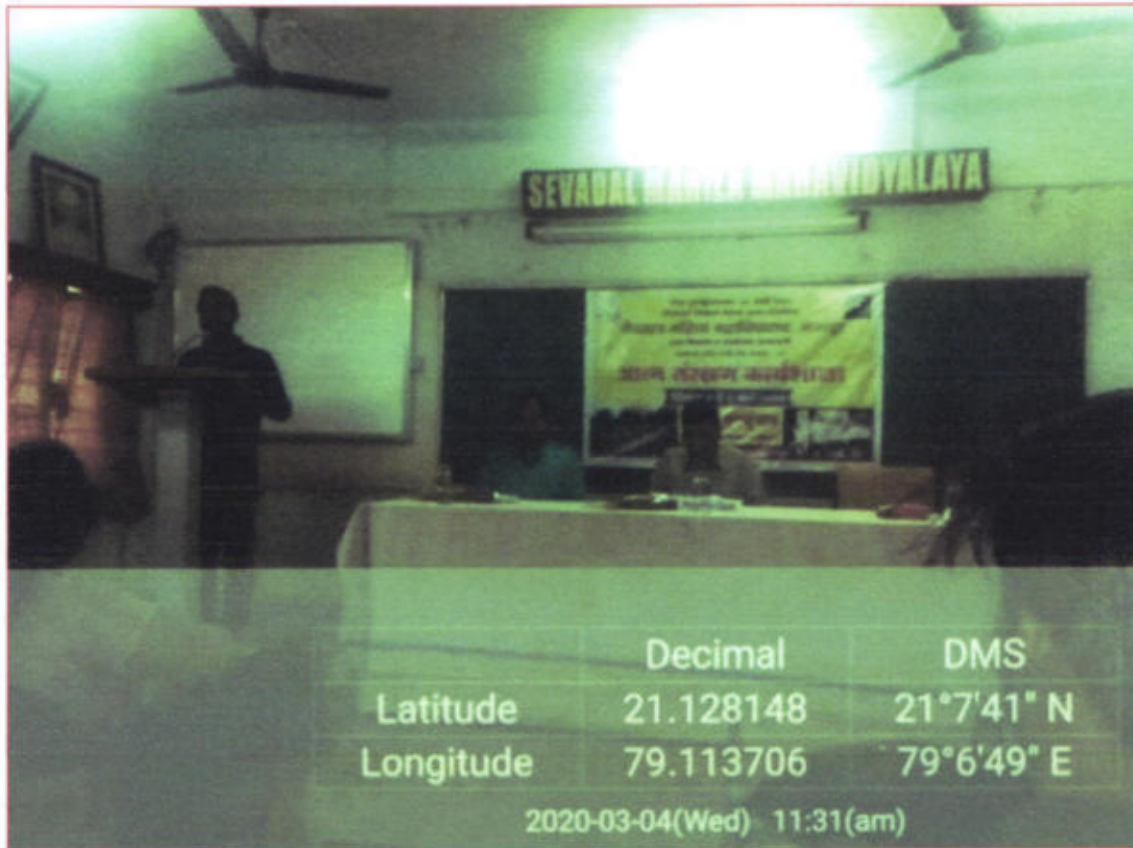
**Day 1- Inauguration Session:** The Workshop was organized as a part of Mission Mrutunjay initiative by Shivshakti Foundation. The workshop was inaugurated on 4<sup>th</sup> March 2020 at the hands of Hon'ble Prof. Pravin Charde, Principal, Sevadal Mahila Mahavidyalaya, Nagpur. Shri Hitesh Daf, Founder of Shivshakti Martial Arts, Shivashakti Foundation, Nagpur and his team (Yogini More, Muskan sheikh, Rajani Ghodeswar, Pooja Kshirsagar, Yemendra Bisen, Pradeep Mankar, and Saurabh Hirkane) were present for the inaugural session. Hon'ble Principal Sir addressed the students on this occasion. The inaugural session was followed by Mental session wherein the participants were made aware about What is Self Defense, Why Self Defense is important and Why should one learn it? In the workshop, Self Defense techniques were taught to the students by Shri Hitesh Daf, Founder , Shivashakti Martial Arts Foundation, Nagpur and his team.



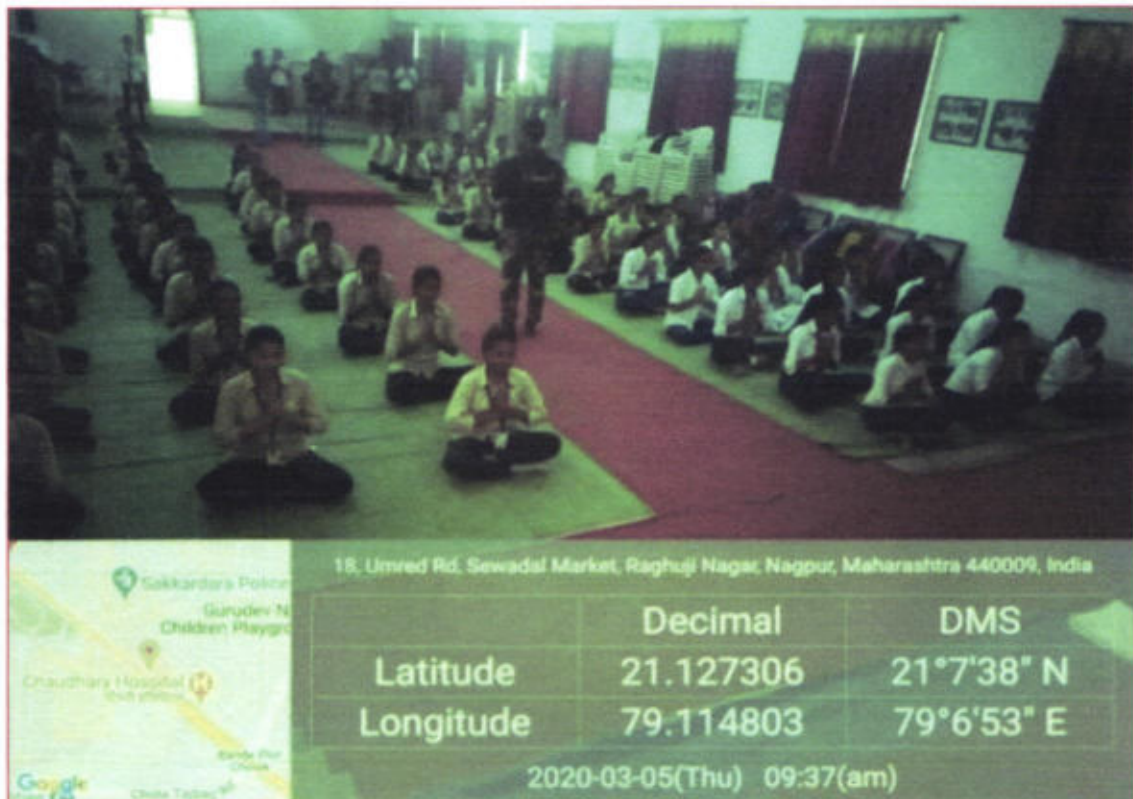
Hon'ble Principal Prof. Pravin Charde addressing during the Inaugural session



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Shree Hitesh Daf, self-defense trainer addressing the gathering



Prayer and Omkar recitation



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**Day 2 – Types and Techniques for Self Defense** -On the second day, participants were taught regarding the Types and techniques of Self Defense. The types of self-defense were explained by Hitesh Sir. He talked about Jujutstu, Taekwando, Krav Maga, Aikido, Wing chun ,Brazilian Jiju-jitsu and Muay thai. He told about the the basic tips of self-defense.

**Kickboxing :** Kickboxing is one such activity that has been drawing people towards this field. It is a great cardiovascular workout, and one of the best forms of martial arts offering a good fitness streak for everyone. Kickboxing punches and kicks can also be used practically.

**Taekwando :** Ancient martial art ofrm, Taekwando helps you to reach your inner zen and energy. This system of self-defense is characterized by striking and kicking and relies more on speed and agility.



Demonstraion and Practice of Kicking Technique



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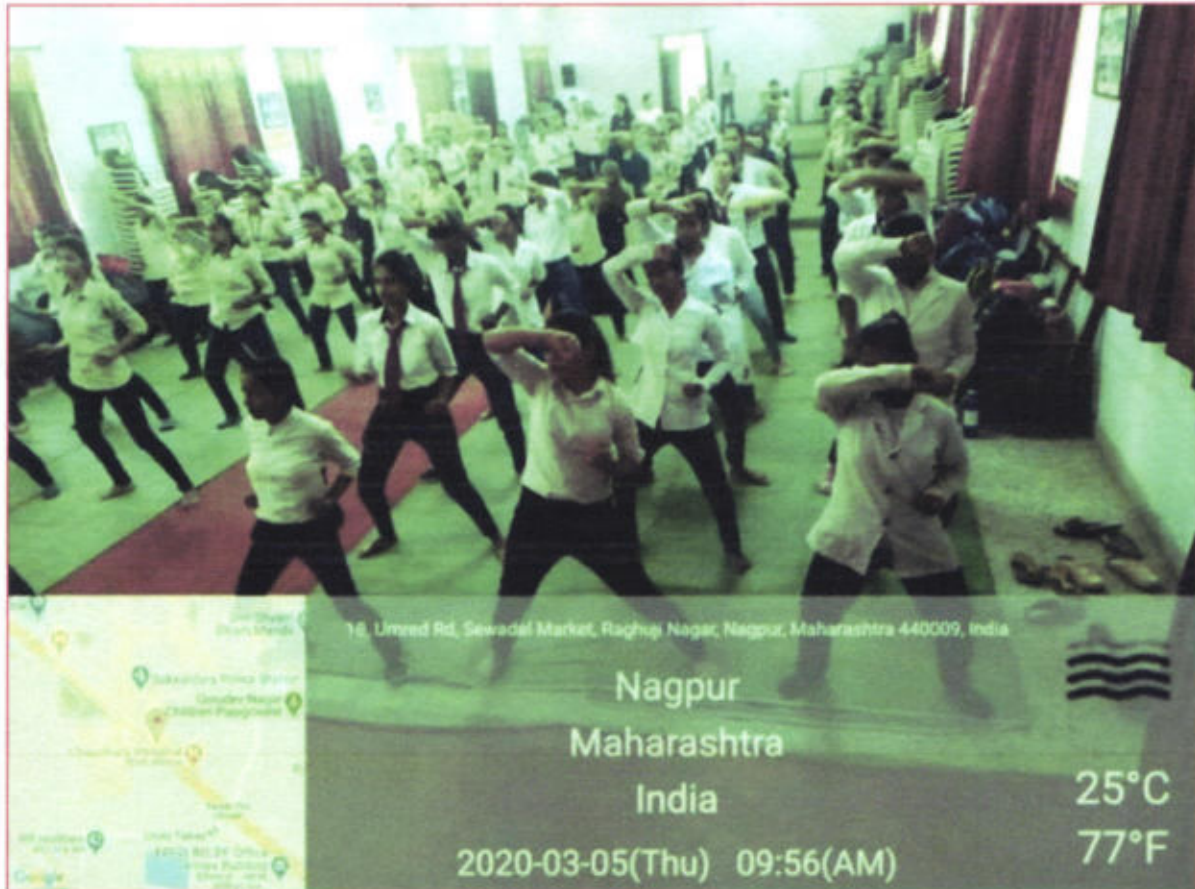


How to prevent the attacks : Body posture and tricks



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**Day 3 – Training session and Motivational speech and urge to fight against gender discrimination:**

On the third day, participants were taught regarding various defense techniques for variety of situations and rigorous practice was also taken. Participants were told motivational and real story and were again taught different Self Defense moves and tricks and tips. Students practiced a lot and not only enjoyed learning the techniques but also were happy and confident that they really learnt very useful techniques. They taught how to block an attack and how to defend yourself.



*[Signature]*  
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Umred Road, Nagpur-9.



7, Dhahu Complex, Sakardara Rd, Anand Nagar, Azamnagar, Nagpur, Maharashtra 440009, India

Nagpur  
Maharashtra  
India

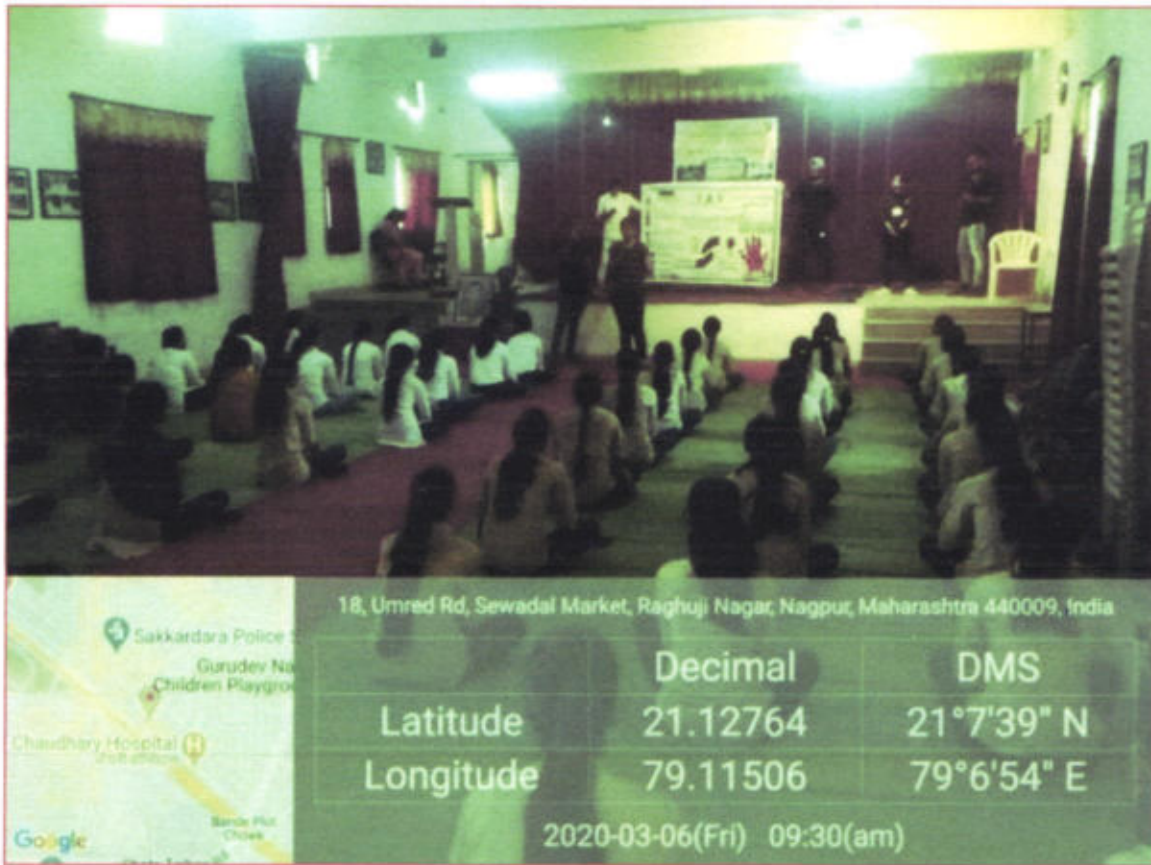
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Motivational session



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### Interactions with participants

#### Day fourth : Practice Session and Valedictory

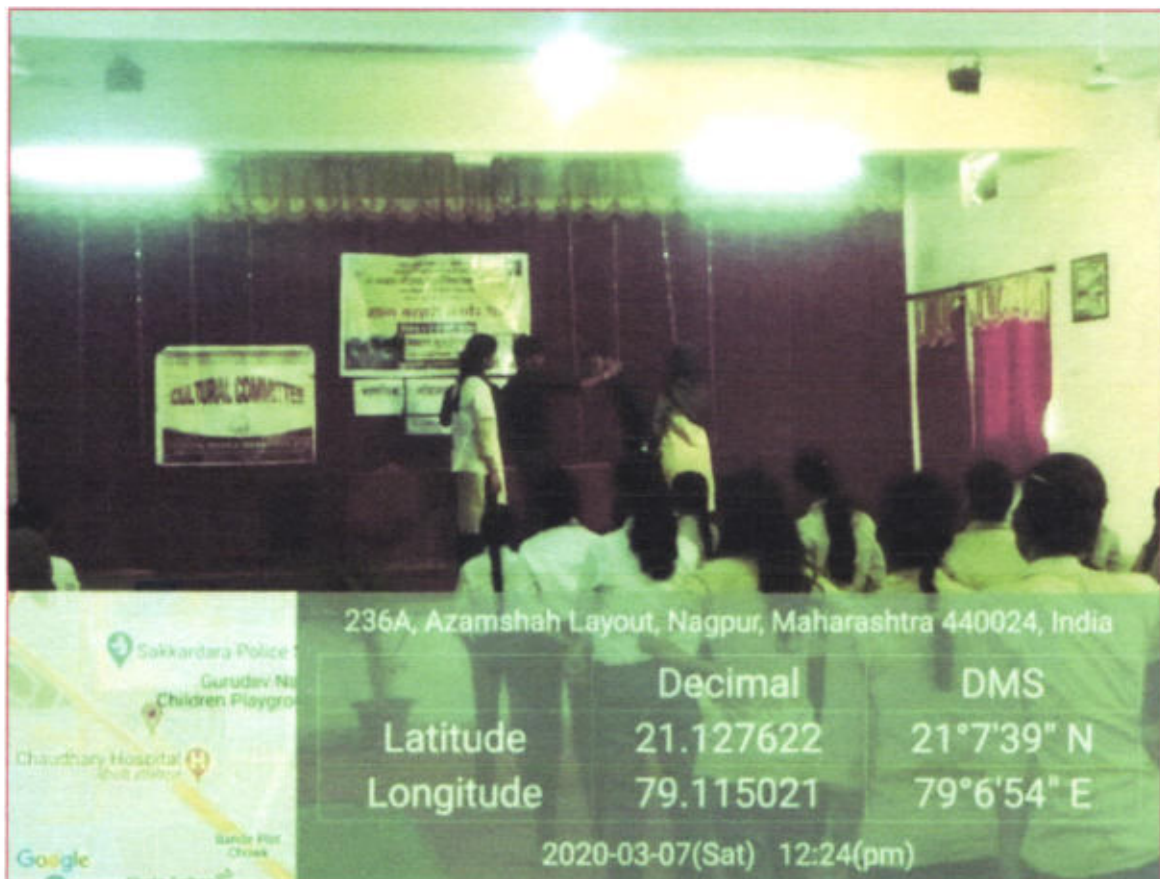
On fourth day Puja ghodeswar one of the team members interacted with the students and told them about the legal provisions for self defense. She explained that Self-defense use is under legal jurisdiction called as the “right to self-defense”. She shared the important statistical information that one in three women will be the victim of some type of violent attack in her lifetime. She also talked about the incidents of rape. She told that in this situations woman need the self-defense techniques to protect her. She explained how these techniques helps you to better tackle the danger, defend yourself and your family also. Ms. Yogini More shared her experience about how these self-defense training helped her in personal life when she was surrounded with dangers.



  
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In the valedictory session Shri Yemendra Bisen addressed the students. He asked the students to continue the practice the techniques they have learnt in these four days.

Students also shared their valuable feedback about the workshop. They were very happy to receive this training which helped to improve their selfconfidence . Participants thanked the team members for their guidance. Many students shared their experiences and told how this workshop is very important in present scenario.



How to stop and freeze the attack technique



  
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Shri Bisen addressing in Valedictory session

Dr. Reeta Dhandekar, convenor , cultural committee proposed the vote of thanks. On 8<sup>th</sup> March 2020 around 50 students of the college and staff members participated in “Narithon Activity”.

**Dr. Reeta Dhandekar**  
Convenor,  
Co-Curricular and Cultural Committee



**Prof. Pravin Charde,**  
Principal,  
Sevadal Mahila Mahavidyalaya, Nagpur



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NAGPUR**

**Naac reaccredited with A grade**

**Department of Physical Education**

**YOGA TRAINING  
PROGRAMME**

**Date 12 Feb. To 20 Feb. 2020**

**Session : 2019-20**



  
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**SEVADAL MAHILA MAHAVIDYALAYA,  
NAGPUR**

**Naac reaccredited with A grade**

**Department of Physical Education**

**Date 12 Feb. To 20 Feb. 2020**

**Session : 2019-20**

**Head Of Department**

**Physical Education**

**Mr. Sharad Bakhade**

**Members :**

1) **Dr. Sushil Meshram**

2) **Mrs. Jyoti D. Kamble**

**Principal**

**Prof. Pravin Charde**  
Principal  
Sevadal Mahila Mahavidyalaya  
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# सेवादल महिला महाविद्यालय

सक्करदरा चौक, उमरेड रोड, नागपूर

दि.१०/०२/२०२०

## नोटीस

महाविद्यालयातील सर्व विद्यार्थिनींना सूचित करण्यात येते की शारीरिक शिक्षण विभागाद्वारे शैक्षणिक सत्र २०१९-२० मध्ये दि.१२ ते २० फेब्रुवारी २०२० दरम्यान 'योग प्रशिक्षण वर्ग' सकाळी ८ ते ९ या वेळेत शारीरिक शिक्षण विभागात संपन्न होणार आहे.

तरी ज्या विद्यार्थिनींना योग प्रशिक्षण वर्गात सहभाग घ्यावयाचा असेल त्यांनी आपली नांदे खालील प्राध्यापकांकडे दि.११ फेब्रुवारी २०२० पर्यंत नोंदवावी.

विज्ञान विद्याशाखा : प्रा. सी. ए. एम. दुरगकर

गृहविज्ञान विद्याशाखा : प्रा. सी. जे. डी. कांबळे

कला विद्याशाखा : डॉ. एस. जी. मेश्राम

योग प्रशिक्षण वर्गासाठी कु. दिव्याणी डोंगे, स्वामी मुवतानंद योग महाविद्यालय, वर्धा ह्या योग प्रशिक्षणाचे वर्ग घेणार आहेत.

करिता सर्व विद्यार्थिनींनी याची नोंद घ्यावी.



(प्रा.एस.टी. बाखडे)

शारीरिक शिक्षण विभाग प्रमुख  
सेवादल महिला महाविद्यालय, नागपूर



(डॉ. प्रविण चरडे)

प्राचार्य  
सेवादल महिला महाविद्यालय, नागपूर

नोट : योग प्रशिक्षण कालावधी पूर्ण केलेल्या विद्यार्थिनींनाच प्रशस्तीपत्र देण्यात येईल.

प्रतिलिपी :

- १) डॉ. (सी.) ए. एस. महाकाळकर, इनचार्ज - विज्ञान विद्याशाखा
- २) डॉ. पी. एस. देशपांडे, इनचार्ज - गृहविज्ञान विद्याशाखा
- ३) डॉ. एस. व्ही. पिसे, इनचार्ज - कला विद्याशाखा



Principal

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डॉ. प्रविण चरडे  
एम.एस्सी., पीएच.डी.  
प्राचार्य



सेवादल शिक्षण संस्था, नागपूर

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रायकरदरा चौक, उमरेड रोड, नागपूर-४४० ०२४ (महाराष्ट्र)

दूरध्वनी : 0712 - 2705037, 2751344, फॅक्स क्र.: 0712 - 2705037

E-mail : [smm\\_college@yahoo.co.in](mailto:smm_college@yahoo.co.in), [sevamahilamv@gmail.com](mailto:sevamahilamv@gmail.com)

Website : <http://www.sevadalmahilamahavidyalaya.org>

संदर्भ क्र. : Smm/8085.1/12-20

दिनांक : 11.2.2020

प्रति,

मा. प्राचार्य,  
स्वामी मुवतानंद योग व नॅचरोपेथी महाविद्यालय,  
वर्धा

महोदय,

कळविण्यात येते की सेवादल महिला महाविद्यालयाच्या शारीरिक शिक्षण विभागातर्फे दि.१२ ते २० फेब्रुवारी २०२० या कालावधीत सकाळी ८ ते ९ या वेळेत 'योग प्रशिक्षण वर्गाचे' आयोजन करण्यात आले आहे. या योग प्रशिक्षण वर्गात या दरम्यान ५० ते ६० विद्यार्थिनी सहभाग घेतील. या प्रशिक्षणाचा महाविद्यालयातील विद्यार्थिनींना भविष्यात नक्कीच फायदा होईल आणि प्रतिनिधीकदृष्ट्या सामाजिक महत्त्व प्राप्त होईल.

आपणांस विनंती करण्यात येते की, आपल्या महाविद्यालयातील योग प्रशिक्षक कु. दिव्यानी दिनकर डोंगे यांना प्रस्तुत योग प्रशिक्षण शिबीरात या कालावधीत प्रात्यक्षिक व मार्गदर्शन करण्यासाठी आपणाकडून परवानगी देण्यात यावी.

धन्यवाद. **सेवादल शिक्षण संस्था**

विनीत



(डॉ. प्रविण चरडे)

प्राचार्य,

सेवादल महिला महाविद्यालय  
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## Report of Yoga Training Programme (12<sup>th</sup> February –20 February 2020)


The yoga training programme organize by Physical education department, at Sevadal Mahila Mahavidyalaya, Nagpur.

The department. of Physical education Sevadal Mahila Mahavidyalaya organize “Yoga Training Programme from 12 February to 20 February 2020. The Head of the Department. Mr.S.T. Bakhade guide to the students and the trainee Ms. Divyani Donge, Swami Muktanand Yog Mahavidyalaya, Wardha give the yoga training to the students. 45 to 50 students were registered and actively participated in the above activity.

On 12 February there is Inauguration programme and starting first day yoga training with ‘prastavik’ and “Pranayam” and Ms.Donge says the “Importance of yoga in everyday life “

Then taken Pranayama activity. The sport committee convener Mr. S.T. Bakhade Head of the Physical education department and members of the sports Committee Dr. S.G. Meshram, Mrs. J. D. Kamble were present at the above activity.

On 13<sup>th</sup> February yoga training starting with prarthana, Omkar Ucchar and training of 12 Asans of suryanamaskar.

  
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**Chakrasan or Urdhva Dhanurasan** is an asan in Yoga as exercise . It is backbend and is the first pose of the finishing sequence in Astanga VinyasaYoga. It gives flexibility to the spine .

**Dwipad Uttasnasan or Uttanapadasan** improves the tone and strength of the abdominal muscles and thigh muscles. Contraction of abdominal muscles helps in digestion and excretion beneficial for the lower back pain due to strengthening of abdominal muscles.



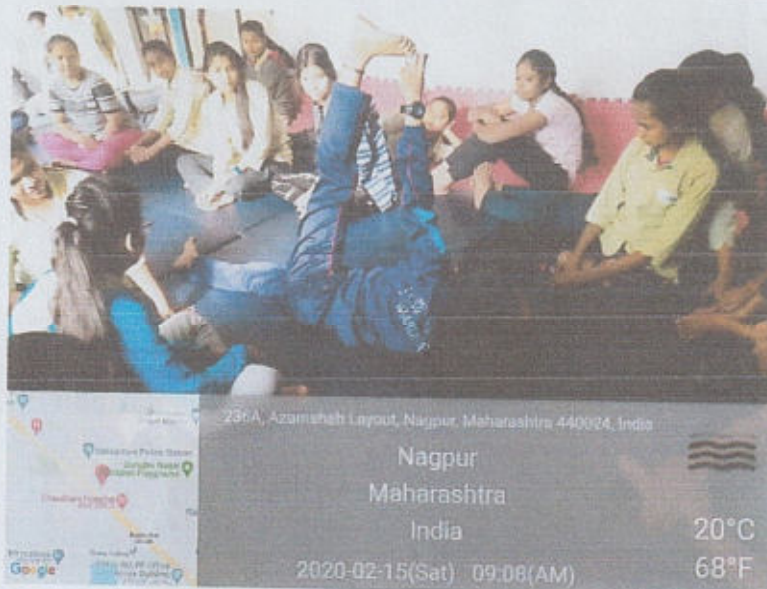
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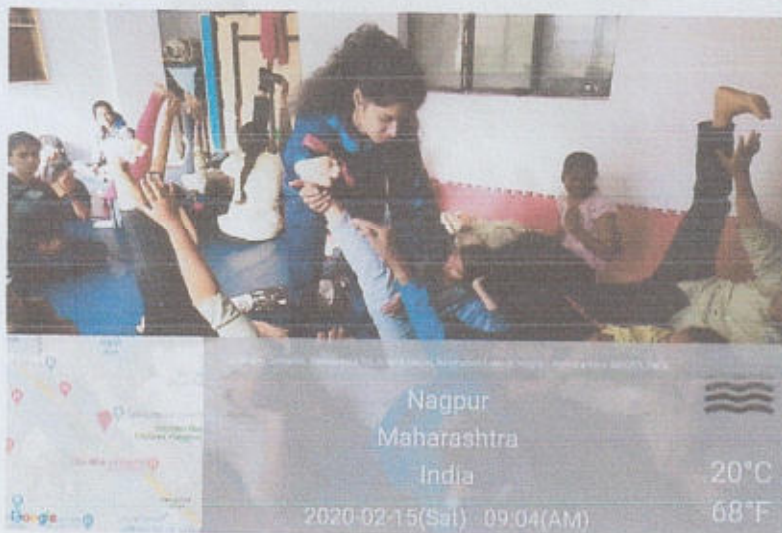
## INAUGURATION AND EVENTS

On 12 February after Inauguration , 13, 14<sup>th</sup> February there is Jogging, Omkar, Gayrti mantra, and Asans i.e. Twipad, Uttanasan and Ek Pad Uttanasan,

On the 15<sup>th</sup> February the starting is with the prarthana then taking Various Asans of yoga.



On the 16<sup>th</sup> and 17<sup>th</sup> February there is Prarthana ,Omkar, Gaytri-mantra and various types of Chakrasan.





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On 18<sup>th</sup> February & 19<sup>th</sup> February Prarthana then Pranayam then asans like chakrasan and their types and its benefits to girls skipping benefits in height growth.



On 20<sup>th</sup> February Akarna Dhanurasan, Chakrasan, Prarthana.



*[Signature]*

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## VALIDICTORY FUNCTION AND CERTIFICATES DISTRIBUTION



In the valedictory function of yoga training programme Dr. Pise, Head of Dept. Marathi is the Chief Guest and Dr. S. G. Meshram Assistant Professor guide to the students. Dr. Kawale Head of Dept. of English and Mr.S. T. Bakhade ,Director of Physical Education and Mrs. J. D. Kamble member of sports committee present at this programme held at Sevadal Mahila Mahavidyalaya, Nagpur.

Yoga trainee Ms. Divyani Donge felicitated with memento and certificate. Certificates were distributed to the participated students by Chief Guest.



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LIST OF PARTICIPANTS

**SEVADAL MAHILA  
MAHAVIDYALAYA  
YOGA TRAINING  
PROGRAMME  
LIST OF  
PARTICITANTS  
SESSION -2019-2020**




A handwritten signature in blue ink, consisting of a stylized cursive name.

**Principal**  
Sevalal Mahila Mahavidyalaya  
Umrer Road, Nagpur-9.




## LIST OF PARTICIPANTS

- 1) Ms. Zeenat sibte Rassol Ansari
- 2) Ms. Jayshri Dhananjay Kamble
- 3) Ms. Pranali Ganesh Zanzad
- 4) Ms. Pratiksha Madhukar Kakde
- 5) Ms. Ujjwala Umdeve Kadalkar
- 6) Ms. Anisha Shripat Meshram
- 7) Ms. Pratiksha Yogeshwar Dhomne
- 8) Ms. Nikita Bhojraj Lokhande
- 9) Ms. Bharti Maroti Kagade
- 10) Kirti Narendra Khanake
- 11) Ms. Ashwini Dilip Nandanwar
- 12) Ms. Minakshi Madhav Lade
- 13) Ms. Divya Rajendra Ghenode
- 14) Ms. Diksha Ramaji Neware
- 15) Ms. Praju Arunrao Bhagat
- 16) Ms. Aditi Dhyaneshwar saraf
- 17) Ms. Rina Ramraj Kalsait
- 18) Ms. Bharti Arunrao Thakre
- 19) Ms. Kalyani S. Kairkar
- 20) Ms. Dulari Anil Hajare
- 21) Ms. Likhita Sanjay Mule
- 22) Ms. Padma Dashrath Thakre
- 23) Ms. Kheman Loksing Agase
- 24) Ms. Shubhangi Suresh Raut
- 25) Ms. Diksha Dinkar Intankar

  
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- 26) Ms. Mangita Prahlad Mohadarkar
- 27) Ms. Akashani Prakash Jawade
- 28) Ms. Pooja Amarsing Chandel
- 29) Ms. Janvi Dilip Kaikade
- 30) Ms. Asmita Devidas Supare
- 32) Ms. Roshani Manohar Atkare
- 33) Ms. Harshada Bhagwat Kamde
- 34) Ms. Sonu Digamber Kalambe
- 35) Ms. Ashwini Dilip Parate
- 36) Ms. Diksha Dhruwraj Mankar
- 37) Ms. Chaya M. Hajare
- 38) Ms. Ruchira M. Prajale
- 39) Ms. Sukanya Balikram Mishra
- 40) Ms. Pranali Gendalal Meshram
- 41) Ms. Lina Krishnaji Ladke
- 42) Ms. Kajal Shamrao Meshram
- 43) Ms. Trupti Chandrashekhar Hiwase
- 44) Ms. Aishwarya S. Gajbhiye
- 45) Ms. Annapurna B. Mishra
- 46) Ms. Pooja M. Nikam
- 47) Ms. Darshana Tulsiram
- 48) Ms. Nikita M. Karale
- 49) Ms. Hemandri C. Bagh
- 50) Ms. Kajal Sanjay Pande
- 51) Ms. Roshni Raju Dudhankar
- 52) Ms. Lakshmi Santosh Chandrakar

  
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Sevadal Mahila Mahavidyalaya  
Umrer Road, Nagpur-9.



क्र.	विद्यार्थिनिचे नाव	सही	परी	दिनांक
1)	जिनत सिबे रसुल असारी	<i>[Signature]</i>	BSC (H.C.) Sem II	12-02-20
2)	जयश्री धनंजय कावळे	<i>[Signature]</i>	M.Sc (H.C.) Zoology	12/2/20
3)	प्रभाळी गणेश इंडाड	<i>[Signature]</i>	B.A. III <sup>rd</sup> year	12/2/20
4)	प्रतीक्षा मधुकर काकडे	<i>[Signature]</i>	B.A. III <sup>rd</sup> year	12/2/20
5)	उज्वला कुमदव कुडालकर	<i>[Signature]</i>	B.A. I <sup>st</sup> year	12/2/20
6)	अनिराज श्रीपत मुन्नाम	<i>[Signature]</i>	B.A. I <sup>st</sup> year	12/2/20
7)	प्रतिक्षा मेणेश्वर वेमणे	<i>[Signature]</i>	B.A. I <sup>st</sup> year	12/2/20
8)	नीतीता भोजराज जोखंडे	<i>[Signature]</i>	B.A. I <sup>st</sup> year	12/2/20
9)	भारती भारती कागडे	<i>[Signature]</i>	B.A. I <sup>st</sup> year	12/2/20
10)	किरी नरेंद्र खनके	<i>[Signature]</i>	MBT BSC. II <sup>nd</sup> year	12/2/20
11)	अश्विनी दिलीप नंदनवार	<i>[Signature]</i>	MBT BSC. II <sup>nd</sup> year	12/2/20
12)	मिनाक्षी महाल लोड	<i>[Signature]</i>	B.A. I <sup>st</sup> year	12/2/20
13)	दिव्या राजेंद्र देनोडे	<i>[Signature]</i>	B.A. III <sup>rd</sup> year	12/2/20
14)	दिक्षा राभाजी नेवारे	<i>[Signature]</i>	B.A. II <sup>nd</sup> year	12/2/20
15)	प्राज्ञ उमरगाराव भगत	<i>[Signature]</i>	B.Sc (C.8)	12/2/20
16)	आदिती हार्दिक शराफ	<i>[Signature]</i>	B.Sc (C.8)	12-02-20
17)	रिना रामराज कळरवाईल	<i>[Signature]</i>	B.A. I <sup>st</sup> year	12-02-20
18)	भारती अरुणराव ठाकरे	<i>[Signature]</i>	B.A. I <sup>st</sup> year	12-02-20
19)	कल्याणी संजयराव खैरकर	<i>[Signature]</i>	B.A. II <sup>nd</sup> year	12-02-20
20)	दुलारी एम अनिल एजारे	<i>[Signature]</i>	B.Sc III <sup>rd</sup> year (SCT)	12-2-20
21)	निखिता संजय मुळे	<i>[Signature]</i>	B.Sc III <sup>rd</sup> year (SCT)	12-2-20
22)	पद्मा दशरथ ठाकरे	<i>[Signature]</i>	B.Sc III <sup>rd</sup> year (SCT)	12-2-20
23)	थेमन लीकसिंग अगासे	<i>[Signature]</i>	B.A. II <sup>nd</sup> year	12-2-20
24)	प्रभाळी प्रकाश राऊत	<i>[Signature]</i>	B.A. II <sup>nd</sup> year	12-2-20
25)	दिक्षा दिनेकर सुबनकर	<i>[Signature]</i>	B.Sc H.B.C.	12-2-20
26)	संगीता प्रदाद मोहदकर मोहदकर	<i>[Signature]</i>	B.A. II <sup>nd</sup> year	12-2-20
27)	भावश्री गजानन मरुळे	<i>[Signature]</i>	B.A. II <sup>nd</sup> year	12-2-20
28)	आकाशानि प्रकाश जुवादे	<i>[Signature]</i>	B.Sc. II <sup>nd</sup> year	12.2.20
29)	पूजा अमरसिंग चंदल	<i>[Signature]</i>	B.A. II <sup>nd</sup> year	12-2-20

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विद्यार्थिनीचे नाव

क्र.	विद्यार्थिनीचे नाव	सह	वर्ग	दिनांक
30)	जानवी दिलीप केकाडे	Jani	BA I	12/02/20
31)	आस्माना देविदास सुपारे	ADhar	BA I	12/02/20
32)	रोरनी मनोर अंतकरे	Rohani	BA II	12/02/20
33)	हर्षदा भागवत कामडे	Harshada	BSc-II	12/2/20
34)	सोनु दिवांबर कळंबे	Sonunba	B.Sc-II	12/02/20
35)	अश्विनी दिलीप परांत	Ashwini	B.A II	12/02/20
36)	दिशा धृवरान मानकर	Disha	Mrs I	12/02/20
37)	छाया मधुकर हजारे	Chhaya	B.Sc-I (H.S)	12-02-20
38)	सुपिरा मंगेश प्रांजळे	Supeer	B.Sc II	12/02/20
39)	सुकन्या बलीकरण मित्रा	Sukanya	B.Sc. III	12/02/20
40)	प्रमोदी वेदलाय मेश्राम	Prmodi	BSc III	12/02/20
41)	मीना किष्काजी लांडके	Minakadke	B.Sc II	12/2/20
42)	काजल शामराव मेश्राम	Kajal	B.Sc I	12/2/20
43)	तृप्ती चंद्रबोखर दिवसे	Trupti	BSc II	12/2/20
44)	रेश्वरी सुधाकर राजाभीये	Rashwari	M.Sc II yr	12/2/20
45)	अन्नपूर्णा बालिकरण मिश्रा	Annapurna	M.Sc II yr	12-2-20
46)	पुजा माधवराव निकम	Pujanm	B.A II year	12-2-20
47)	पद्मिनी तुळशीराम मानकर	Padmmini	B.A. I year	12-2-20
48)	निडोता मधुसूदनी ठरले	Nidota	BA. I year	12-2-20
49)	हेमंती सुडामन वांग	Hemanti	B.A I year	12-2-20
50)	काजल संजय पांडेय	Kajal	BSc II year	12-2-20
51)	रोशनी राजु दुधातकर	Roshani	B.Sc II year	12-2-20
52)	लक्ष्मी संतोष चंद्राकर	Laxmi	B.A III year	12-2-20

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3/02/20	14/02/20	15/02/20	16/02/20	17/02/20	18/02/20	19/02/20	20/02/20
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<del>Prade</del>	<del>Prade</del>	<del>Prade</del>					
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Laxmi	Laxmi	Laxmi	Laxmi	Laxmi	Laxmi	Laxmi	Laxmi

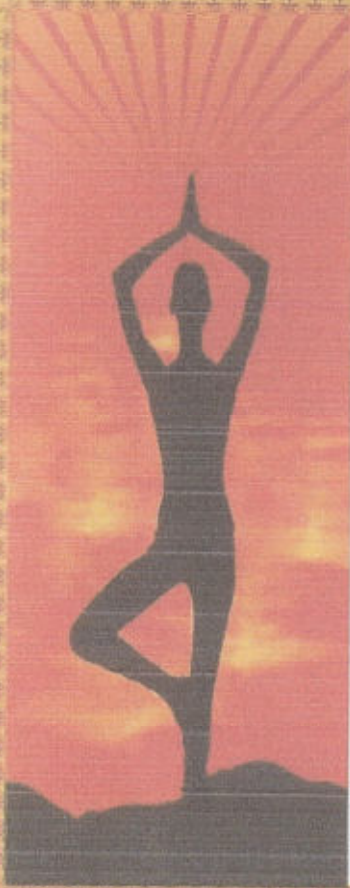
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4/2/20	13/2/20	16/2/20	17/2/20	18/2/20	19/2/20	20/2/20
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नॅक पुनर्मूल्यांकन 'अ' श्रेणी प्राप्त

## सेवादल महिला महाविद्यालय

सक्करदरा चौक, उमरेड रोड, नागपूर-४४००२४

### प्रमाणपत्र

प्रमाणित करण्यात येते की, कु.

यांनी शारीरिक शिक्षण विभागाद्वारे आयोजित दि. १२ ते २० फेब्रुवारी २०२० दरम्यान

'योग प्रशिक्षण' कार्यशाळेत सहभागी होवून यशस्वीरित्या योग प्रशिक्षण पूर्ण केले.

सामाजिकदृष्या उन्नतदायित्व म्हणून समाजामध्ये योग प्रशिक्षणाचा उपयोग करावा.

आपल्या उज्ज्वल भविष्याच्या वाटचालीसाठी महाविद्यालयातर्फे शुभेच्छा !

(प्रा. एस. टी. बाखडे)

शारीरिक शिक्षण विभाग प्रमुख  
सेवादल महिला महाविद्यालय, नागपूर.

(डॉ. प्रविण चरडे)

प्राचार्य  
सेवादल महिला महाविद्यालय, नागपूर.

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Umrer Road, Nagpur-9.



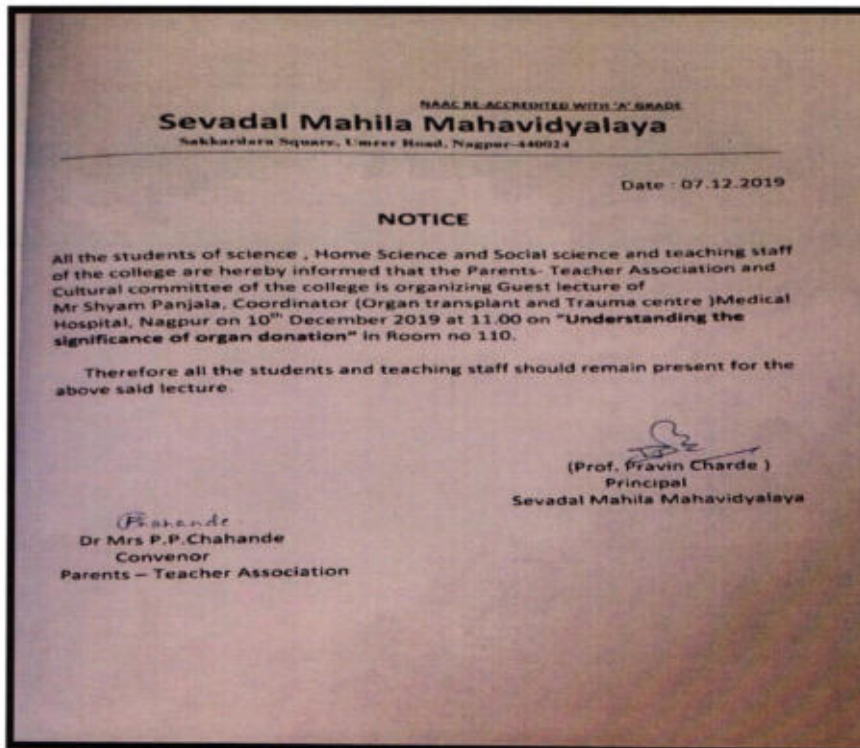
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## Awareness on Organ Donation: 10<sup>th</sup> December 2019-


World Aids Day (1<sup>st</sup> December 2019) and International Human Rights Day-10<sup>th</sup> December was jointly celebrated by arranging a special lecture on 'Organ Donation: Duty Towards Nation'. This programme was jointly organized by Cultural committee and Parents Association of the college. Guest speaker was Shri Shyam Panjala, Coordinator, Medical Trauma Centre, Nagpur. Dr. Shashikant Rokde, Librarian, Sevadal Mahila Mahavidyalaya was present on this occasion. Dr. Sushil Meshram, Assistant Professor and Head, Department of Marathi compared this event. Guest was welcomed by Dr.(Mrs.) P.P Chahande, Assistant Professor, Department of Chemistry.

Shri Panjala explained the idea of organ donation. He told the students about the present scenario of the organ donation. He beautifully explained that how the right to health is attached with the duty of organ donation. He further said that being a responsible citizen everyone must register themselves for organ donation which could be a real boon for the society as well as nation. He explained in detail about the donation process of various organs. He discussed about the various terms related to this topic like brain dead patient, skin donation, green belt etc. He also shared his personal experiences in this field in last 12 years. He enlightened the students by his power point presentation. 46 Students participated in this awareness activity. During the Interaction session many questions were asked by the students which were answered by the guest.



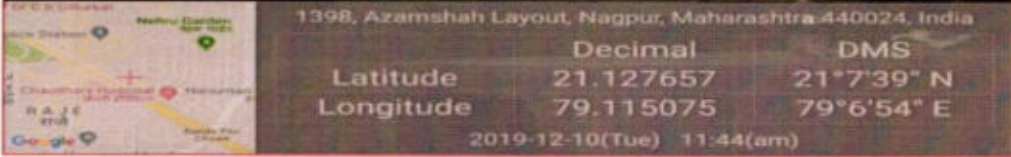
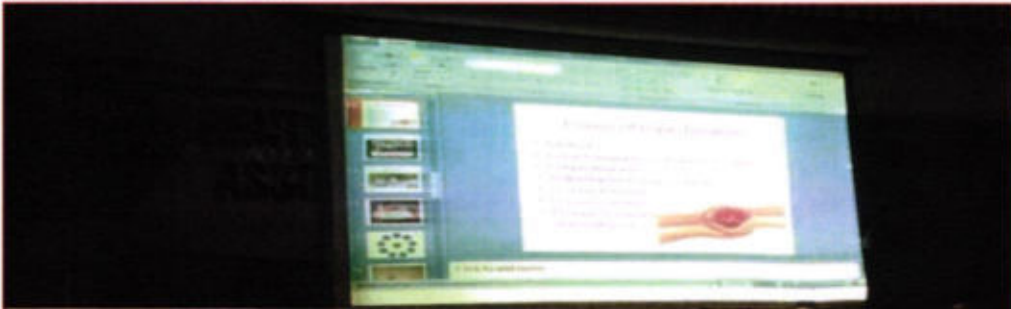
Notice of the programme



  
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*Glimpses of the programme:*



Participants of the programme



  
 Prof. Pravin Charde  
 Principal  
 Sevadal Mahila Mahavidyalaya, Nagpur  
 Umfer Road, Nagpur-9.

# Sevadal Mahila Mahavidyalaya

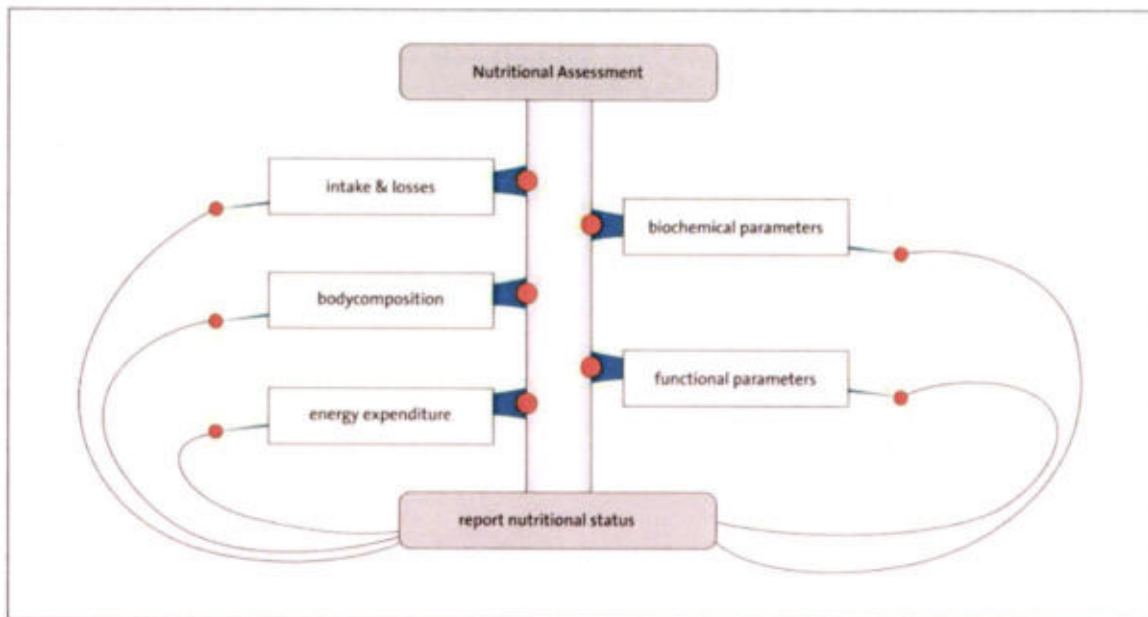
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## Session 2019-20

### **Nutritional Assessment of Students: 16<sup>th</sup> Oct 2019**

Nutritional assessment is the systematic process of collecting and interpreting information in order to make decisions about the nature and cause of nutrition related health issues that affect an individual as indicated by British Dietetic Association (BDA), 2012

This differs from nutritional screening which is a brief risk assessment which can be carried out by any healthcare professional and which may lead to a nutritional assessment by a dietitian.



Proceschart Nutritional Assessment

A medical check up is an important aspect for the proper growth and development of an individual. The medical check up in colleges is important as they help to:

- Assess body development and growth
- Check for any deformity and disease at an early stage.
- For maintaining healthy lifestyle.

With further increase of stress in the lifestyle, maintaining a healthy lifestyle has become an important criterion for the college going students, as children are more prone to wear and tear not just physically but also mentally. Therefore, it is very necessary to carry out an activity of nutritional assessment of students.

Hence in the above context the activity of nutritional assessment of students was carried out by the Parents teacher association of the college on dated 16 /10/2019. A team of doctors and dieticians from Sadabai Rasoni Women's College Nagpur was present to carry out the activity of nutritional assessment of students.

The students were assessed for their nutritional status through body mass index and clinical assessment was turned to identify the physical sign of nutritional deficiency. The



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students are deficient of various vitamins and minerals, due to faulty eating habits, reported Dr. Ashish Gaikwad, while examining the students.

The students were given one to one diet counselling according to their nutritional status. The dietitians advised them about the main food group they should include in their daily diet for healthy and balanced diet.



Guest speaker and team of doctors on the dias      Dr. Mahakalkar addressing the gathering

The main observation was students were not having breakfast which was leading to inadequate nutrients intake amount in them. The experts when counselling emphasized on the importance of breakfast and suggested some easy recipes to prepare breakfast items. They also gave easy tips of how they can increase their iron and calcium intake in diet, as these are vital nutrients for girls during adolescence.

During diet counselling it was observed that the students were not having adequate water throughout the day and their food intake was also found to be very less. The counsellor educated the students about the importance of food like pulses, cereals, fruits and vegetables in maintaining the healthy body and suggested that healthy diet not only keep us physically healthy but also helps to increase our concentration and memory.



Nutritional Assessment of students



  
 Prof. P. P. Chaudhary  
 Principal  
 Sevalal Mahila Mahavidyalaya  
 H. No. 1, Bazar, Dnyanesh, Nagpur

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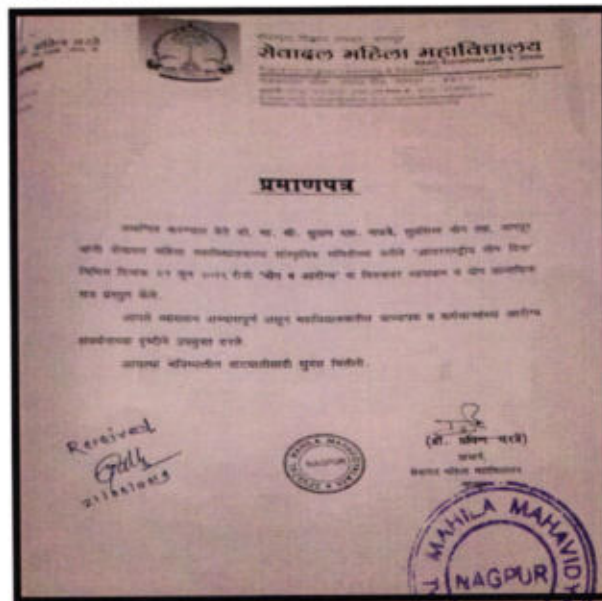
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## Session 2019-2020

### **21<sup>st</sup> June 2019: International Yoga Day and World Music Day**

On the occasion of World Music Day and International Yoga Day a special lecture and Yoga Session of Hon'ble Shree Sudam Gadhawe, Yoga Trainer, Nagpur was organized on 21<sup>st</sup> June 2019 at 8.30am. This programme was presided by Hon'ble Principal Prof. Pravin Charde. Hon'ble Principal welcomed the guest with memento and floral bouquet. Prof. Seema Nimbarte, member of cultural committee welcomed the Principal Sir with floral bouquet. Hon'ble Shree Sudam Gadhawe is a Renowned Senior Yoga Expert and Trainer in the city. He is conducting the classes since last 10 years regularly. He explained the anatomy of human body and the Yoga therapy. He told about the importance of Yoga and music in human Life. He conducted a Yoga session and explained the importance physical exercises. He also talked about the healing techniques of yoga in several diseases. He conducted various Yog Mudra and explained their role in improving the immunity power. He asked the gathering to daily recite the 'Omkar' as it creates the positive energy in our body as well as life. At the end of the session, he answered the queries of the participants related to the lifestyle disease like blood pressure, diabetes, vertigo and spondylosis occurred due to stress.

In the presidential address Hon'ble Principal highlighted the need of Yoga and Music in today's stressful life. He also suggested to practice yoga and instrumental music for meditation to keep the mind peaceful. 32 Students of B.A.II year and staff members performed yoga. The programme was conducted by Ms. Reeta Dhandekar, Convenor, Cultural committee. She also proposed the vote of thanks.

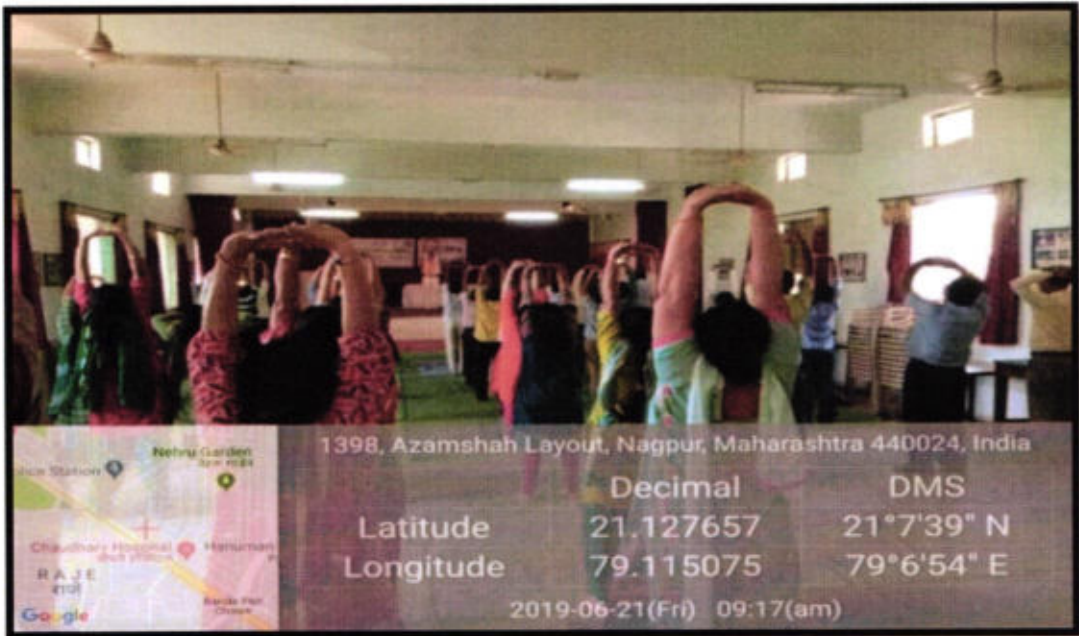


Appreciation letter for conducting the yoga session

  
**Principal**  
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Yoga Trainer Shri Sudam Gadhave conducting the session



Participants performing the Yoga



  
 Prof. Pravin Chaudhary  
 Principal  
 Sevalal Mahila Mahavidyalaya  
 Umret Road, Nagpur-440024  
 Sevalal Mahila Mahavidyalaya, Nagpur

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## Sevadal Mahila Mahavidyalaya

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### Naturopathic Medicines And Its Benefits On Health on World Health Day: 7<sup>th</sup> April, 2019:

Every year 7<sup>th</sup> April is celebrated as World Health Day. Health and fitness of everyone is the need of the day. To celebrate World health Day a guest lecture as well as rangoli competition was jointly organized by the parents' teacher association and cultural committee of our college. The guest speaker was Dr Ankush Burange, Naturopathic Physician. The topic of his lecture was "Naturopathic medicines and its benefits on our health." This lecture was organized with the aim of promoting drugless system of medicine to prevent diseases by altering diet and lifestyle. He told the students how Naturopathy plays an important role as many diseases can be prevented by changing our lifestyle. 36 students attended the lecture.



The convenor of PTA welcoming the guest



Dr Ankush Burange delivering the lecture



  
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Sakkardara Square

### Session 2018-2019

**Awareness on AIDS: 1<sup>st</sup> December 2018** - A guest lecture was jointly organised by Parents Teacher Association and cultural committee on the eve of World AIDS Day. This day takes place on 1<sup>st</sup> December each year. Its an oppurtunity for people worldwide to unite in the fight against HIV. As the students were busy with their university exams the lecture was conducted on 26<sup>th</sup> February 2019 at 11.00 am. The guest speaker was Dr (Mrs) Jyoti Niswade, Associate Professor, in Social work, Matru Seva Sangh, Nagpur. Dr (Mrs) P. P.Chahande, convenor of PTA compared the programme. Dr (Mrs) S, D.Bhojar welcomed the guest speaker with a floral bouquet. Niswade madam explained the causes and effect of AIDS on immune system. She also explain the Spread of this Diesese with sexual violence. 31 students of Final Year attended the lecture and were satisfied with the lecture.



Dr. Jyoti Niswade addressing the participants



  
Prof. P. P. Chahande  
Principal  
Sevadal Mahila Mahavidyalaya  
Jhule Road, Nagpur-9  
Sevadal Mahila Mahavidyalaya, Nagpur

**Dr. Pravin Charde**

M.Sc., Ph.D

**PRINCIPAL**



Sevadal Shikshan Sanstha, Nagpur

**SEVADAL MAHILA MAHAVIDYALAYA**

NAAC Re-Accredited With 'A' Grade

Place for Higher Learning & Research (Research Academy)

Ref. No. smm/215/21-22

Date : 22/10/2021.

Sakkardara Square, Umrer Road, Nagpur - 440 024 (M.S.)

Phone No. : 0712-2705037, 2751344, Fax No. : 0712-2705037

E-mail : [smm\\_college@yahoo.co.in](mailto:smm_college@yahoo.co.in), [sevamahilamv@gmail.com](mailto:sevamahilamv@gmail.com)

Website : <http://www.sevadalmahilamahavidyalaya.org>

To,  
**Ms. Riya Khanduri**  
Head,  
Corporate Social Responsibility Department (CSR)  
Sandvik Asia Pvt. Ltd.,  
Pune

**Subject : Submission of Final Report of SIGA-2018 Project.**

Madam,

Apropos to the above subject, please find attached herewith the Final Report of SIGA-2018 Project entitled, "*Holistic Approach of an Academic Imparting Garment Construction and Embroidery Skill Developmental and Health Benefits to Women of Economically Weaker Section of the Society*" for your kind perusal. The entire detailed report of the project is submitted via speed post also.

I am again thankful to Sandvik Asia Pvt. Ltd., Pune for honouring us with prestigious SIGA-2018 awards in Academia Category. Your funding has given us an opportunity to treat the anemic girls students of our college and developed entrepreneurship among women community with training in embroidery and stitching using the holistic approach.


Again we look forward to have such collaborative endeavour with Sandvik Asia Pvt. Ltd., Pune for the benefit of gender.

Thanking you once again.

Sincerely yours,

Enclosure: A/a



  
**(Prof. Pravin Charde)**  
Principal,  
Sevadal Mahila Mahavidyalaya,  
Nagpur

  
**Principal**  
Sevadal Mahila Mahavidyalaya  
Umrer Road, Nagpur-9.







NAAC RE-ACCREDITED WITH 'A' GRADE

# Sevalal Mahila Mahavidyalaya

Place for Higher Learning & Research (Research Academy)

Sakkardara Square, Umrer Road, Nagpur-440024 (M.S.)

Phone No.: 0712 -2705037, 2751344 Fax: 0712- 2705037

E-mail: sevamahilamv@gmail.com Website: www.sevalalmahilamahavidyalaya.ac.in

## PROGRESS REPORT OF SIGA-2018 PROJECT

**Holistic Approach of an Academia Imparting Garment Construction and Embroidery Skill Developmental and Health Benefits to Women of Economically Weaker Section of the Society**

- I) Garment Construction and Embroidery Skills for Needy Women at Narsala, Dist. Nagpur (M.S.) – A Step Towards Self Employment.
- II) Holistic Approach of Dietary Supplementation of Wheatgrass Juice to Girls Students of Sevalal Mahila Mahavidyalaya, Nagpur.

### NAME OF CO-ORDINATOR

**Dr. (Mrs.) Kirti V. Dubey**

Associate Professor

Department of Microbiology

Sevalal Mahila Mahavidyalaya,

Sakkardara Square, Umrer Road, Nagpur

**Submitted to**

**Sandvik Asia Pvt. Ltd., Pune  
(Sponsoring Agency)**

**Report of Work Done**

**16<sup>th</sup> November 2018 - 24<sup>st</sup> January 2020**



  
Principal

Sevalal Mahila Mahavidyalaya  
Umrer Road, Nagpur-9.

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**Principal**

Sevadal Mahila Mahavidyalaya  
Umrer Road, Nagpur-9.



# Sevadal Mahila Mahavidyalaya

Place for Higher Learning and Research (Research Academy)

Sakkardara Square, Umrer Road, Nagpur-440024 (M.S.)

Ph. No.:+91-0712-2705037, 2751344 Fax:+91- 0712-2705037

E-mail: [smm\\_college@yahoo.co.in](mailto:smm_college@yahoo.co.in); [sevamahilamv@gmail.com](mailto:sevamahilamv@gmail.com)

Website: [www.sevadalmahilamahavidyalaya.ac.in](http://www.sevadalmahilamahavidyalaya.ac.in)


## CERTIFICATE

This is to certify that, the work presented in final report of the project entitled, **“Holistic Approach of an Academia Imparting Garment Construction and Embroidery Skill Developmental and Health Benefits to Women of Economically Weaker Section of the Society”** completed by Dr. (Mrs.) Kirti V. Dubey, Project Co-ordinator & Associate Professor, Department of Microbiology and Dr. (Mrs.) Hemlata Padole, Assistant Professor, Department of Textile and Clothing, is comprehensive and complete.

The final report is suitable for submission to Sandvik Asia Private Limited, Pune, India.

Date: 21/10/2021.



  
(Prof. Pravin Charde)  
Principal  
Sevadal Mahila Mahavidyalaya,  
Nagpur.

# Sevadal Mahila Mahavidyalaya

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E-mail: [smm\\_college@yahoo.co.in](mailto:smm_college@yahoo.co.in); [sevamahilamv@gmail.com](mailto:sevamahilamv@gmail.com)

Website: [www.sevadalmahilamahavidyalaya.ac.in](http://www.sevadalmahilamahavidyalaya.ac.in)

## DECLARATION

We hereby declare that the data presented in the final report of the *SIGA-2018* project entitled, "Holistic Approach of an Academia Imparting Garment Construction and Embroidery Skill Developmental and Health Benefits to Women of Economically Weaker Section of the Society" is an original work carried out at Department of Microbiology and Department of Textile and Clothing, is comprehensive and complete.

The final report is suitable for submission to Sandvik Asia Private Limited, Pune.

Date: 21/10/2021.



*Kirti V. Dubey*

(Dr. Mrs. Kirti V. Dubey)

Project Coordinator &

Associate Professor

Department of Microbiology,  
Sevadal Mahila Mahavidyalaya, Nagpur.

*Hemlata Padole*

(Dr. Mrs. Hemlata Padole)

Assistant Professor,

Department of Textile and Clothing,  
Sevadal Mahila Mahavidyalaya, Nagpur.

*[Signature]*  
Principal

Sevadal Mahila Mahavidyalaya  
Umrer Road, Nagpur-9.

## ACKNOWLEDGEMENT

We acknowledge the financial support of **Sandvik Asia Private Limited, Pune** given under *Academia Category of SIGA-2018 Awards* to carry out the gender upliftment activities as one of the Community Social Responsibility (CSR) Project entitled, "**Holistic Approach of an Academia Imparting Garment Construction and Embroidery Skill Developmental and Health Benefits to Women of Economically Weaker Section of the Society**". Financial support from Sandvik Asia Private Limited, Pune has helped in advancement of the efforts that our institution has put forth for the benefit of our girls students of our college. Such activities promote our students to evolve as skilled entrepreneur in best of their health to pursue their future endeavours.

We express our heartfelt thanks to Hon'ble Shri Kesharaoji Shende, Founder of Sevalal Education Society, Nagpur has always been the source of inspiration, a great visionary and has immensely supported us to take up this endeavour.

We acknowledge Hon'ble Shri Sanjayji Shende, President, Sevalal Education Society, Nagpur for providing encouragement and appreciation that provided immense support to realize objectives of the project.

The special thanks goes to our Hon'ble Prof. Pravin Charde, Principal, Sevalal Mahila Mahavidyalaya, Nagpur for his kind help in smooth progression of Gender based activities during the entire course of the project by providing the complete infrastructure and instrumentation facilities without any financial constraints. The co-operation is a big contribution which indeed is much appreciated.

We are also thankful to Dr. Avinash Wase (MD. Pathologist) Vidya Computerized Laboratory, Nagpur for this valuable support in the analysis of haemoglobin content of our girls' students during the tenure of the project.

We are thankful to our departmental colleagues Dr. P. R. Bhandari, Head, Department of Microbiology and staff member of Microbiology Department Mrs. Seema Nimbarte, Dr. (Mrs.) Manisha Giripunje, Ms. Monali Poralkar and Ms. Pranita Shukla (Staff of B.Voc. Courses) for their help from time to time during the course of project work.

We are also thankful to Dr. (Mrs.) Neeta Tiwade, Assistant Professor and Head, Department of Textile and Clothing for her kind help and cooperation during the project work.

Last but not the least; we appreciate to acknowledge non-teaching staff of our Department Shri R. I. Nachankar for his help during the project work.



**(Dr. Mrs. Kirti V. Dubey)**

Project Coordinator &  
Associate Professor  
Department of Microbiology,  
Sevalal Mahila Mahavidyalaya, Nagpur.



**Principal**  
Sevalal Mahila Mahavidyalaya  
Umrer Road, Nagpur-9.




**(Dr. Mrs. Hemlata Padole)**

Assistant Professor,  
Department of Textile and Clothing,  
Sevalal Mahila Mahavidyalaya, Nagpur

## Utilization Certificate

Certified that the grant of **Rs.5,02,500/-** (Rupees Five Lakhs Two Thousand and Five Hundred only) received from Sandvik Asia Private Limited, Pune, India under the scheme of support for Gender based Project entitled, "*Holistic Approach of an Academia Imparting Garment Construction and Embroidery Skill Developmental and Health Benefits to Women of Economically Weaker Section of the Society*" vide Payment Order No. 18465816500000 UTR No. CITIN18949321998 dated 16.11.2018 has been fully utilized for the purpose for which it was sanctioned and in accordance with the terms and conditions laid down by the Sandvik Asia Private Limited, Pune, India.

  
SIGNATURE OF THE  
PROJECT CO-ORDINATOR

**Assistant Professor**  
Department of Microbiology  
Sevadal Mahila Mahavidyalaya Nagpur



  
PRINCIPAL  
Principal

Sevadal Mahila Mahavidyalaya  
Umrer Road, Nagpur-9.

STAUTORY AUDITOR

For **J N S B & Co.**  
Chartered Accountants  
FRN NO. 117177W

  
**Jitendra Dorle**  
Partner  
M.No. 136851



UDIN: 21136851 AAAAK3836

  
Principal  
Sevadal Mahila Mahavidyalaya  
Umrer Road, Nagpur-9.

**Holistic Approach of an Academia Imparting Garment Construction and Embroidery Skill Development and Health benefits to Women of Economically Weaker Section of the Society**

Name of the Sponsoring Agency: Sandvik Asia Pvt. Limited, Pune

**EXPENDITURE STATEMENT**

**Project-I: Garment Construction and Embroidery Skills for Needy Women at Narsala, District -Nagpur (MS)- A step towards Self Employment**

S.N.	Particulars	Amount (Rs.)
1.	Sewing Machines	76,180.00
2.	Dyes	450.00
3.	Payment of Teacher (Nine Months Three batches)	1,26,000.00
4.	Fabric material	1,900.00
5.	Sewing Material	1,835.00
6.	Wooden Blocks for Printing	5,000.00
7.	Printing Table	9,635.00
8.	Attendant (Three months)	15,000.00
9.	Computer Operator (Three months)	9,000.00
10.	Other miscellaneous expenditure	5,000.00
<b>Project -I Total Rs.</b>		<b>2,50,000.00</b>

**Project II: Holistic Approach of Dietary Supplementation of Wheatgrass Juice to Girls Students of Sevadal Mahila Mahavidyalaya, Nagpur**

S.N.	Particulars of Events	Expenses	Amount (Rs.)
1.	Guest Lecture on 'Benefits of Wheatgrass Juice for Health' Dt. 24/01/2019	1953/-+360/- (Photographs)	2,313.00
2.	Haemoglobin Detection Camp Dt. 21/02/2019	6000/-Pathology Lab. Fees) 4367/-(Inaugural Function) 320 /- (Photographs)	10,687.00
3.	Haemoglobin Detection Camp Dt. 23/0/2020	2500/- (Advance) 7000/-(Pathology Lab. Fees)	9,500.00
4.	Designing of Wheatgrass Production Unit	Bamboo setup	25,000.00
5.	Cultivation of Wheat grass	Rs. 5000/-x3 Months (Daily wage) Procurement of wheat 20 Kg -700/- Garden soil -800/-	16,500.00
6.	Laboratory Equipments	Digital Colorimeter -1 NO. Haemometer Set-1 NO. Digital pH Meter-1 NO. Binocular Microscope-1 No.	83,386.00
7.	Mixer grinder and Utensils	Wheatgrass Juice Preparation	12,720.00
8.	Wheatgrass Juice Supplementation camp Dt. 27/01/2020	Inaugural Function -1,020/- Daily wage for wheatgrass juice preparation -Rs. 4000/- x2 Months	9,020.00
9.	Post Wheatgrass Juice Supplementation Haemoglobin Detection Camp Dt. 17/3/2020	Pathology Lab Fees	8,000.00
10.	Institution Fees	@ of 15% of the sanctioned amount	75,375.00
<b>Project -II Total Rs.</b>			<b>2,52,501.00</b>
<b>Grand Total of Project I &amp; II</b>			<b>5,02,501.00</b>

(In Words Rupees Five Lakhs Two Thousand and Five Hundred and One only)

*Kirli Dubey*

SIGNATURE OF THE  
PROJECT CO-ORDINATOR

**Assistant Professor**  
Department of Microbiology  
Sevadal Mahila Mahavidyalaya Nagpur



*[Signature]*

PRINCIPAL  
Principal

Sevadal Mahila Mahavidyalaya  
Umrer Road, Nagpur-9.

STATUTORY AUDITOR

**For JNSB & Co.**  
Chartered Accountants  
F. N. NO. 117177W



*Jitendra Doria*  
Jitendra Doria  
Partner  
M. No. 136851

UDIN: 21136851AAAAK3836

*[Signature]*  
Principal

## 1.0 ACTIVITIES OF THE UNDERTAKEN PROJECTS

### GARMENT CONSTRUCTION AND EMBROIDERY SKILLS FOR NEEDY WOMEN AT NARSALA, Dist. NAGPUR (M.S.) – A STEP TOWARDS SELF EMPLOYMENT

#### 1.1 PURPOSE OF THE PROJECT:

Women's participation in income generating activities is believed to increase their status and decision making. Women empowerment is an important tool for bringing changes in their mental set up which ultimately leads to change in their living pattern. Therefore they need to be empowered through skill development program. In this Context Sevadal Mahila Mahavidyalaya, Nagpur provided skill training to rural women innovative embroidery and garment construction. As far as the economical development is concern, the college has planned to run the project for economically weaker women. The idea of establishing a training center is to provide the training to poor girls and women. In order to carry this process, we were committed ourselves to building a good faculty base.

In a nation like ours, women are generally treated as second-class citizens and seen as someone to look after the home and bear children. The project area is characterized with a typical rural setting with most of the men folk involved in agriculture or unemployment. The women and girls of the area are mostly involved in household chores, does not have any say in the family affairs. Being a patriarchal society, women and girls are not allowed to step out of their houses which lead to lower educational status, low confidence to face the world. In view of the financial constraints that a family faces, this skill-building program strives to empower the women, and community at large. It was observed, if some kind of skill is imparted to the women, it would give them more avenues to earn their living. The program will also help them to raise their voice against the ill treatment accorded to them within the family or outside. Hence, this training program (stitching & embroidery) will enable the rural women and girls to learn and enhance their skills, enhancing their confidence level by making themselves reliant.

The impact of this training was very effective in creating successful women entrepreneurs. The main aim of this project is to develop self-employment, self-dependency in women by stitching and embroidery education so that they can support their family financially.

The first Batch was started from 02/01/2019 to 02/03/2019. In this batch 22 women and girls was admitted. They were taught various designs in blouses, salwar and kurta, frocks, etc. and they were also given training in hand embroidery.

The Second Batch was started from 01/07/2019 to 01/09/2019. In this batch 25 women and girls was admitted. They were taught various designs in blouses, salwar and kurta, frocks, etc. and they were also given training in hand embroidery.



The Third Batch was started from 01/10/2019 to 01/01/2020. In this batch 28 women and girls was admitted. They were taught various designs in blouses, salwar and kurta, frocks, etc. and they were also given training in hand embroidery.

In this training center total number of seventy five students were admitted for the training.

In this training center student were taught following garment.

1. Kurta
2. Salwar
3. Saree Blouse
4. A Line frock
5. Petticoat
6. Chudedar
7. Shirt

Beside the method of drafting, cutting and stitching was also taught. knowledge of various types of stitches in embroidery was taught to students like

1. Lazy daisy stitch
2. Chain stitch
3. Stem stitch
4. Satin stitch
5. Button hole stitch
6. Bullion stitch
7. Herringbone stitch

## 1.2 PROJECT AIM :

To empower the women and equip them with tools to become self-reliant through stitching and tailoring skill program.

## 1.3 PROJECT OBJECTIVES :

1. To promote employment oriented skill, up gradation training to the adolescent girls and ladies from the community.
2. To use these groups as a platform for generating awareness on social issues.
3. To encourage self employment for providing necessary help.

## 1.4 PROJECT DESCRIPTION :

Women have always been marginalized and relegated to the status of subjugated class in the Indian society. Especially in rural areas, women have not actively participated in their emancipation due to their lack of economic independence and illiteracy. Women

should be organized and strengthened at the grass root level to end their subordination. The main aim of this program is to enhance the quality of life of women through increased knowledge and skills. The women need training or skills also to uplift their status. They should be able to stand on their feet and be an earning member of the family.

Sewing and embroidery Training Centers to make women self-sufficient and confident. Stitching garments is one job that remains till end of the mankind. Further, basic tailoring skills enable women to work from home, they can continue in their traditional role as homemaker and yet earn. Tailoring is something which women can immediately start right from their homes upon completion of their course. Interested women are train for embroidery skills as well as tailoring. The course duration is three months for basic cutting & sewing.

From the year 2019, we have been conducting empowerment programs in skillful trainings to earn income for women and girls. Since then many of women and girls learnt and started their establishments in Sewing and Embroidery. They get orders from neighborhoods, does stitching the different type of petticoats, blouses, salwar kurtas. With this microenterprise they earn income Rs.2000/month as additional income for their family needs.

Due to these extraordinary skills, women are able to send their children to schools regularly and providing educational support in time. The dropout from schools has reduced. We have been conducting three months skills training in sewing and embroidery courses for the 25 women in a batch belongs to backward sections in Narsala District Nagpur through teaching classes.

The main objective of this tailoring training program is to enhance the quality of life of women and teenage girls through enhancement of their skills and knowledge. Due to poverty, these teenage girls drop out of high school to get married and work as temporary farm workers, sweepers and manual scavengers. They needed to learn newer vocational skills such as tailoring (sewing) which can help them earn more income and become economically self-sufficient and independent. This will alleviate poverty, help them support their family needs without being dependent of husband and parents.

  
Principal



**SEVADAL MAHILA MAHAVIDYALAYA, NAGPUR**  
**SEWING AND EMBROIDERY TRAINING CENTER, NARSALA**



Teacher engaged in teaching sewing and embroidery to the women folk of Narsala



Students undergoing training for cutting the patterns for garments stitching



Students are stitching the garments during training session organized at Narsala premises of Sevadal Mahila Mahavidyalaya, Nagpur



Teacher conducting Tie and Dye workshop for the students at Narsala premises of Sevadal Mahila Mahavidyalaya, Nagpur

  
Principal

Sevadal Mahila Mahavidyalaya  
Umrer Road, Nagpur-9.

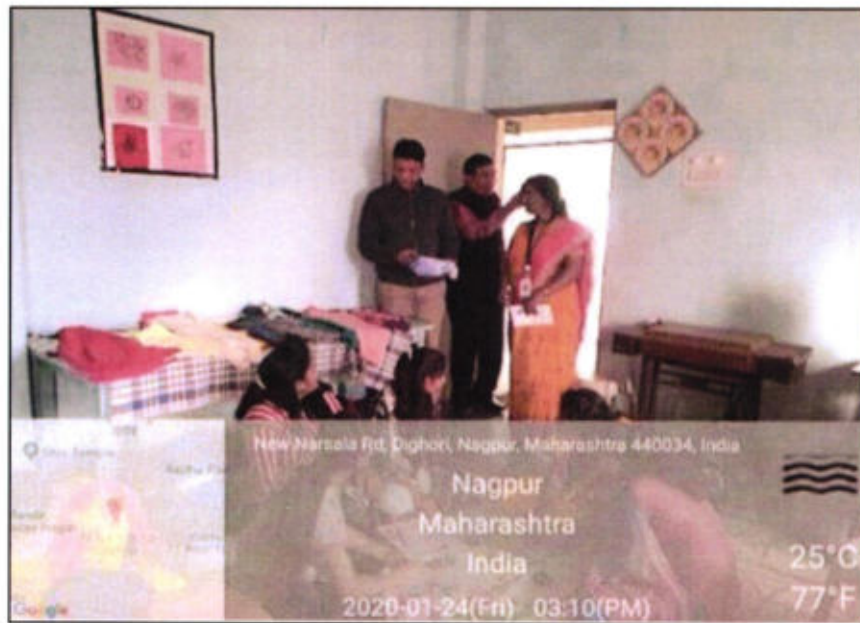




Students show their Tie & Dye samples prepared at Narsala Premises of Sevadal Mahila Mahavidyalaya, Nagpur  
Dr. Mrs. Kirti V. Dubey



Mr. Saharsh David Sir, Head, CSR Sandvik Asia Pvt. Ltd., Pune and Principal Prof. Pravin Charde, Sevadal Mahila Mahavidyalaya, Nagpur along with Co-ordinator of SIGA-2018 project visited the training center at Narsala Premises of the college for inspection



Mr. Saharsh David Sir, Head, CSR Sandvik Asia Pvt. Ltd., Pune and Principal Prof. Pravin Charde, Sevadal Mahila Mahavidyalaya, Nagpur along with Dr. Mrs. Kirti V. Dubey Coordinator of SIGA-2018 project observing the activities of the Sewing and Embroidery training center at Narsala Premises of the college






  
Principal







Sevadal Mahila Mahavidyalaya  
Umrer Road, Nagpur-9.







**SEVADAL MAHILA MAHAVIDYALAYA, NAGPUR**  
**SEWING AND EMBROIDERY TRAINING CENTRE,**  
**NARSALA, Dist. Nagpur**

Some of the successful stories are shared below:







S.N.	Name of Trainee	Successful Stories
1	 Mrs. Jaya Sarode	At the age of thirty four I wanted to do something on my own apart from household work, I wanted to be independent. The Sevalal Mahila Mahavidyalaya and Sandvik Asia Pvt. Ltd helped to achieve this dream of mine by allowing me to attend there 'Sewing and Embroidery' training. Now I have my own tailoring business at my village. With this she is earning Rs.3000/- per month as additional income for their family needs.
2	 Mrs. Manisha Wagh	Being a woman I never felt that I am in any way incompetent or lesser than man, so even at the age of thirty five being mother of two children I wanted to do my bit of share in helping my family financially. 'Sewing and Embroidery' training from Sevalal Mahila Mahavidyalaya and Sandvik Asia Pvt. Ltd helped me in achieving this dream of mine.
3	 Mrs. Harshala Pakhale	When Harshala joined the 'Sewing and Embroidery' training she was looking for a way to being independent on her own and I can proudly say that 'Sewing and Embroidery' showed the path to being independent, as today she has several sewing machines of her own at her tailoring shop.
4	 Ms. Sneha Bhendarkar	She had successfully complete the sewing and embroidery course by March 2019. "I would like to continue tailoring even after my marriage. I will set up my own tailoring training centre and boutique in future, so that a lot of women could become self-reliant", says the proud Ms. Sneha Bhendarkar
5	 Mrs. Mayuri Tajne	"I do not had any particular skills, I was just an ordinary housewife the 'Sewing and embroidery' training by Sevalal Mahila Mahavidyalaya and Sandvik Asia Pvt. Ltd give me the new way to look at myself. Now I can do various embroideries at home. " says Mrs. Mayuri Tajne







6	 Mrs. Kiran Patil	<p>“With the help of ‘Sewing and embroidery’ training by Sevadal Mahila Mahavidyalaya and Sandvik Asia Pvt. Ltd I can now do tailoring of household clothes.” says Mrs. Kiran Patil</p>
7	 Mrs. Minakshi Jagtap	<p>“I started the training for ‘Sewing and embroidery’ to learn something new and after completion of this training I think it’s very useful I will also recommend my daughter to take part in this training.” says Mrs. Minakshi Jagtap</p>
8	 Mrs. Sarita Maraskolhe	<p>“In current age having a decent job without proper education is very tough but with the help of ‘Sewing and embroidery’ training by Sevadal Mahila Mahavidyalaya and Sandvik Asia Pvt. Ltd now I am working in tailoring shop nearby my house” says Mrs. Sarita Maraskolhe</p>
9	 Mrs. Shaila Rewatkar	<p>It is not necessary that you needs to be educated in order to being independent this was proved by the Mrs. Shaila Rewatkar who was hardly educated but had strong desired to be independent and Sevadal Mahila Mahavidyalaya and Sandvik Asia Pvt. Ltd helped her in achieving her dream with the help of ‘Sewing and Embroidery’ training.</p>
10	 Mrs. Sushama Wankhede	<p>To learn any skill properly, proper dedication and training is required but while at ‘Sewing and embroidery’ training by Sevadal Mahila Mahavidyalaya and Sandvik Asia Pvt. Ltd. Mrs. Sushama Wankhede had some personal work so she was not able to pass the course but she is dedicated to give one more try to complete the course.</p>
11	 Ms. Swati Bhendarkar	<p>“I never saw my father so happy apart from the day when I put my first salary on his hand. He proudly said “My daughter is better than ten sons” this was only possible because of ‘Sewing and Embroidery’ training from Sevadal Mahila Mahavidyalaya and Sandvik Asia Pvt. Ltd”</p>






12	 Mrs. Minakshi Karniwar	She was struggling financially to rise and support the family but with the help of 'Sewing and Embroidery' training from Sevadal Mahila Mahavidyalaya and Sandvik Asia Pvt. Ltd she is now self-independent and also supporting her family financially.
13	 Mrs. Nandani Nilaskar	I wanted to become independent and support my father. In this competitive age 'Sewing and Embroidery' training from Sevadal Mahila Mahavidyalaya and Sandvik Asia Pvt. Ltd helped me lot to stand up and became independent. Now I have my own shop of tailoring.
14	 Ms. Nilima Kelwat	Ms. Nilima Kelwat was struggling financially but with the help of 'Sewing and Embroidery' training from Sevadal Mahila Mahavidyalaya and Sandvik Asia Pvt. Ltd she started her own business of stitching the different type of blouses and Dresses. With this she is earning 2000 Rupees per month as additional income for their family needs.
15	 Mrs. Pooja Choudhari	"I always had hobbies in embroidery and Tailoring. I wanted to master it to the professional level. The 'Sewing and embroidery' training by Sevadal Mahila Mahavidyalaya and Sandvik Asia Pvt. Ltd helped me in mastering my hobby to the professional level " says Mrs. Pooja Choudhari
16	 Mrs. Pratibha Kore	It is not easy to achieve any skill without proper efforts and dedication. "Even though I failed this time I would like to take the training again and do it properly this time" says Mrs. Pratibha Kore who was not able to complete the 'Sewing and Embroidery' training successfully.
17	 Mrs. Prerna Kadu	'Sewing and Embroidery' training from Sevadal Mahila Mahavidyalaya and Sandvik Asia Pvt. Ltd gave me confidence to start something of my own" says Mrs. Prerna Kadu

18	 Ms. Pallavi Pimpalkar	When Pallavi joined the course she wanted to become self-independent on her own before her marriage and 'Sewing and Embroidery' training from Sevadal Mahila Mahavidyalaya and Sandvik Asia Pvt. Ltd helped her in achieving her dream.
19	 Mrs. Sangita Chawake	" As the phrase says "practice makes the man perfect" it same for achieving any skills also but due to some personal family problems I was unable to practice the skills which were taught to us at 'Sewing and embroidery' training so I failed the course, I would like to take the course again " says Mrs. Sangita Chawake
20	 Mrs. Shital Thakre	" My dream is to became self-independent but nothing can come freely without proper effort, as my dedication for the 'Sewing and Embroidery' course was very low it lead in my failure, I would like to take training again " says Mrs. Shital Thakre
21	 Mrs. Minakshi Pohankar	'Sewing and Embroidery' it's not just any normal skill it can also help you growing financially and this is proved by Mrs. Minakshi who has a shop of her own she says "Sevadal Mahila Mahavidyalaya and Sandvik Asia Pvt. Ltd help me in becoming the independent"
22	 Mrs. Karuna Kurjekar	" I couldn't give proper efforts and dedication which was required to undergo the 'Sewing and Embroidery' training" says Mrs. Karuna Kurjekar.
23	 Ms. Shraddha Lohkare	To do ones share in helping her family financially is a thought of 17 year old girl named Ms. Shraddha Lohkare and 'Sewing and Embroidery' training Sevadal Mahila Mahavidyalaya and Sandvik Asia Pvt. Ltd made sure she can do her share in for helping her family.



24	 Ku. Shivani Motghare	<p>To do ones share in helping her family financially is a thought of 16 year old girl named Ms. Shivani Motghare. 'Sewing and Embroidery' training Sevalal Mahila Mahavidyalaya and Sandvik Asia Pvt. Ltd made sure she can do her share in for helping her family.</p>
25	 Ku. Aarti Naitam	<p>"I never saw my father so happy apart from the day when I put my first salary on his hand. He proudly said "My daughter is better than ten sons" this was only possible because of 'Sewing and Embroidery' training from Sevalal Mahila Mahavidyalaya and Sandvik Asia Pvt. Ltd"</p>
26	 Mrs. Suchita Pande	<p>"I couldn't give proper efforts and dedication which was required to undergo the 'Sewing and Embroidery' training" says Mrs. Karuna Kurjekar.</p>
27	 Mrs. Sangita Lonkar	<p>She was struggling financially to rise and support the family but with the help of 'Sewing and Embroidery' training from Sevalal Mahila Mahavidyalaya and Sandvik Asia Pvt. Ltd she is now self-independent and also supporting her family financially.</p>
28	 Mrs. Sonu Nagpure	<p>At the age of twenty one I wanted to do something on my own apart from household work, I wanted to be independent. The Sevalal Mahila Mahavidyalaya and Sandvik Asia Pvt. Ltd helped to achieve this dream of mine by allowing me to attend there 'Sewing and Embroidery' training. Now I have my own tailoring business at my village. With this she is earning 2000 Rupees per month as additional income for their family needs.</p>
29	 Mrs. Mamta Wasnik	<p>"I couldn't give proper efforts and dedication which was required to undergo the 'Sewing and Embroidery' training" says Mrs. Mamta Wasnik.</p>

30	 Ku. Manisha Kokude	When Manisha joined the course she wanted to become self-independent on her own before her marriage and 'Sewing and Embroidery' training from Sevadal Mahila Mahavidyalaya and Sandvik Asia Pvt. Ltd helped her in achieving her dream.
31	 Mrs. Pranali Pardhi	She was struggling financially to rise and support the family but with the help of 'Sewing and Embroidery' training from Sevadal Mahila Mahavidyalaya and Sandvik Asia Pvt. Ltd she is now self-independent and also supporting her family financially.
32	 Ku. Rupali Thukakar	She had successfully complete the sewing and embroidery course. "I would like to continue tailoring even after my marriage. I will set up my own tailoring training centre and boutique in future, so that a lot of women could become self-reliant", says the proud Rupali Thukakar
33	 Mrs. Rekha Motghare	Being a woman I never felt that I am in any way incompetent or lesser than man, so even at the age of thirty seven being mother of two children I wanted to do my bit of share in helping my family financially. 'Sewing and Embroidery' training from Sevadal Mahila Mahavidyalaya and Sandvik Asia Pvt. Ltd helped me in achieving this dream of mine.
34	 Mrs. Vaishali Suryavanshi	She was struggling financially to rise and support the family but with the help of 'Sewing and Embroidery' training from Sevadal Mahila Mahavidyalaya and Sandvik Asia Pvt. Ltd she is now self-independent and also supporting her family financially.
35	 Ku. Poonam Pandel	"I couldn't give proper efforts and dedication which was required to undergo the 'Sewing and Embroidery' training" says Ku. Poonam Pandel.

36	 Ku. Harsha Raut	When Harsha joined the course she wanted to become self-independent on her own before her marriage and 'Sewing and Embroidery' training from Sevadal Mahila Mahavidyalaya and Sandvik Asia Pvt. Ltd helped her in achieving her dream.
37	 Mrs. Harshala Belekar	Being a woman I never felt that I am in any way incompetent or lesser than man, so even at the age of twenty six being mother of two children I wanted to do my bit of share in helping my family financially. 'Sewing and Embroidery' training from Sevadal Mahila Mahavidyalaya and Sandvik Asia Pvt. Ltd helped me in achieving this dream of mine.
38	 Mrs. Megha Shelare	"I couldn't give proper efforts and dedication which was required to undergo the 'Sewing and Embroidery' training" says Mrs. Megha Shelare.
39	 Mrs. Nilma Jamdar	She was struggling financially to rise and support the family but with the help of 'Sewing and Embroidery' training from Sevadal Mahila Mahavidyalaya and Sandvik Asia Pvt. Ltd she is now self-independent and also supporting her family financially.
40	 Mrs. Priti Lanjewar	Being a woman I never felt that I am in any way incompetent or lesser than man, so even at the age of Twenty Five being mother of one children I wanted to do my bit of share in helping my family financially. 'Sewing and Embroidery' training from Sevadal Mahila Mahavidyalaya and Sandvik Asia Pvt. Ltd. helped me in achieving this dream of mine.

  
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### **1.5 CONCLUSION:**

In these training centers students are trained by a qualified tailoring teacher. Certificates are given to those who successfully complete the course. After completing of three months training, some Women/Girls can start their own tailoring shops, while many can secure well-paying jobs in the export garment factories in the nearby areas, or sub-contract work from large tailoring shops.

### **1.6 PROJECT OUTPUT :**

- Need based curriculum to enhance the skills of the women.
- To impart skills to the women's.
- Measure and monitor their performance and certify the skills.
- Regular follow-ups during and post completion of course to assess their social and economical impact.

  
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## **Project-II: Holistic Approach of Dietary Supplementation of Wheatgrass Juice to Girls Students of Sevadal Mahila Mahavidyalaya, Nagpur**

### **2.0 INTRODUCTION:**

Quality learning is important for the future lives of girls. This is only feasible if they have good health. In the proposed project, '**Holistic Approach of Dietary Supplementation of Wheatgrass Juice for Imparting Health Developmental Benefits to Girls Students of Sevadal Mahila Mahavidyalaya, Nagpur**', we aim to review in detail the progress in the certain health parameters viz. body weight and haemoglobin content, Complete Blood Count (CBC) of girls deficient in haemoglobin content after dietary supplementation of wheat grass juice. Sandvik in this regard will support this program in which we can make a difference in both large and small ways. More progress is needed, especially in regard to the poorest girl student whose healthy diet is just a dream. Ultimately, we recommend renewed collective action for not only advancing girls' education, but also in regards to concern about their health aspects where progress on girl's proper nutrition has been stalled. Good health is especially an important ingredient in the virtuous circle of development of girls. This will be feasibly brought about and realized through this academic institution under the sponsorship of Sandvik India Pvt. Ltd. to take up an initiative for dietary supplementation of wheat grass juice to under nourish and anaemic students of our academia for development of their health benefits.

### **2.1 STATE OF ART**

#### **2.1.1 Importance of Wheat grass Juice:**

Wheat grass juice is literally condensed sunlight energy. It is one of the most potent forms of nutrition on the planet earth. If we are looking for an all in one natural supplement for overall health benefits then wheatgrass juice is an ideal option. Scientifically known as *Triticum aestivum*, wheat grass was used by Egyptians for health and beauty aid in ancient times. The healing properties of wheatgrass were first discovered by Charles Schnabel, an agricultural chemist from Kansas. However, Ann Wigmore, a Lithuanian health expert, made wheatgrass juice more popular in the mid 1900s.

Wheat grass refers to the young grass of the common wheat plant, *Triticum aestivum*, which is freshly juiced or dried into powder form for animal and human consumption. Both the forms provide chlorophyll, amino acids, vitamins, and active enzymes like protease, amylase, lipase, cytochrome oxidase, transhydrogenase, Super Oxide Dismutase etc. These Enzymes are the digestive elements. The substances in the wheat grass juice are helpful for dyspepsia. These are helpful for Digestion, building a healthy body and counteract the premature aging which are responsible for its pharmacological actions. It contains a plethora of minerals like iron, calcium, phosphorus, magnesium, alkaline earth metals, potassium, zinc, boron, and molybdenum. It is a superior source of chlorophyll appropriately referred to as the "green blood". Various chlorophyll rich greens are being used from variable sources, since prehistoric times, as blood builders. Wheat grass has been proclaimed to improve blood flow, aid in digestion and in general detoxification of the body. Wheat grass is a natural food. Wheat grass is Powerhouse of Nutrition. A glass of wheatgrass juice contains vitamins, amino acid, liver enzymes, chlorophyll and minerals a few of which are antioxidants. It has 98 of 102 earth elements found in the soil. Phosphorus, Calcium, Iron, Magnesium, Potassium and Selenium are among those important elements. Wheatgrass has more Vitamin A and C than oranges and carrots. Apart from these, it is exceptionally rich with Vitamins E, K, and B. No wonder health experts recommend wheatgrass juice for dietary supplements. Wheatgrass is used try and combat a number of everyday health conditions, including colds, coughs, fevers, digestive problems, and skin conditions. Wheatgrass also has been used to potentially prevent and treat more serious conditions, like cancer. The potent ingredient in wheatgrass is chlorophyll, the pigment that gives plants their green colour. They say chlorophyll acts like haemoglobin (the protein in red blood cells that transports oxygen) and increases oxygen levels in the body. The pH of blood and wheat grass juice is also the same i.e. 7.4. Therefore, wheat grass juice gets quickly absorbed in the blood and is often referred to as Green Blood and is used therapeutically for the treatment of various problems including anaemia, thalassemia, etc.

India is among the countries with the highest prevalence of iron deficiency anaemia in the world. According to the National Family Health Survey- 3, more than half of women (55 percent) aged between 15 to 49 years are Anaemic. Age is associated with the category of Anaemia, with older women being somewhat more likely to be moderately or severely anaemic than younger women. The rate of moderate-to-severe

Anaemia (moderate and severe Anaemia combined) among women of age 35-49 is almost three times as high as among girls of age 15-19.

Nutritional deficiency anaemia refers to a decrease in the concentration of haemoglobin in the blood due to poor dietary habits that causes deficiency of iron, proteins, vitamins like vitamin an affect the production of red blood cells. Anaemia is a wide spread public health problem which is associated with an increased risk of morbidity and mortality. The consequences of anaemia include general body weakness, frequent tiredness, and lowered resistance to disease. Anaemia can be a particularly serious problem for pregnant women, leading to premature delivery and low birth weight. Anaemia can be treated by including iron, folic acid, and vitamin B12, vitamin C rich foods in diet. These nutrients can also be supplemented as drugs or in any other form like wheat grass juice.

Anaemia is a global public health problem affecting both developing and developed countries with major consequences for human health as well as social and economic development. It occurs at all stages of the life cycle, but is more prevalent in women and young children (1).

According to National Family Health Survey-3-More than half of women (55 percent) and almost one-quarter of men (24 percent) are anaemic. Thirty-nine percent of women have mild anaemia, 15 percent have moderate anaemia, and 2 percent have severe anaemia. Among men, 13 percent have mild anaemia, 10 percent have moderate anaemia, and 1 percent has severe anaemia (2).

Iron deficiency anaemia is a condition in which the body has too little iron in the blood stream (For Indians Recommended Dietary Allowances for Iron for Normal adult male is 17mg/dl and for normal adult female is 21mg/dl which changes during pregnancy and lactation) (3). It is microcytic anaemia in which size of RBC reduces from normal size. This form of anaemia is more common in adolescents and in women before menopause. Other causes can be from poor dietary habits or from chronic intestinal diseases. Treatment is usually done by orally supplementing iron and dietary modifications (4).

Folic acid deficiency anaemia is characterised by a lack of folic acid, one of the B group of vitamins, in the blood stream. It is macrocytic anaemia in which RBC enlarges. This is usually caused by an inadequate intake of folic acid, usually found in vegetables or by the overcooking of the vegetables. This condition can be avoided by including foods with folic acid in the diet.



### 2.1.2 Grading of anaemia

WHO Grading of Anaemia: according to level of haemoglobin in blood (5):

Grade 1 (Mild Anaemia): 10 -11.9 g/dl

Grade 2 (Moderate Anaemia): 7-10 g/dl

Grade 3 (Severe Anaemia): < 7 g/dl

Anaemia is mainly diagnosed by haemoglobin level in blood. Haemoglobin concentration measurement is among the most commonly performed blood test, usually as part of a Complete Blood Count. If the concentration is below normal, this is called Anaemia (1).

### 2.2 SIGNIFICANCE OF THE PROPOSED STUDY:

While taking the Haemoglobin estimation practical of B.Sc. Microbiology students, it was surprisingly to find that blood samples of more than 60% of students were below the normal limits than that it should be for young college going girls. With an aim towards the improvements in the health of girls students, it is essential to study the effect of wheat grass juice on blood haemoglobin level for the treatment of anaemia. Therefore, it was planned and discussed with the nutritionist and as per medical physician's advice it was decided to hold such an outreach programme through holistic wheat grass cultivation method and hygienic juice extraction technique for social cause so that our girls are provided with the supplementary diet of wheat grass juice so that their haemoglobin level is boosted to normal level. After all a healthy girl is the mother of the future generation.

### 2.3 OBJECTIVES OF THE PROPOSED STUDY:

In view of the health aspects of our students and to alleviate the haemoglobin deficiency in them through holistic supplementation of wheat grass following objectives are proposed to be undertaken with the combined efforts of teaching staffs of Microbiology Department in this project:

1. Screening of the population of girl students of our academic institution Sevalal Mahila Mahavidyalaya, Nagpur with an average age group between 18-20 years for different health related parameters viz. Body weight, haemoglobin content, screening prevalence of anaemia in students. Assessment of haemoglobin status of undergraduate girl students of for the prevalence of anaemia.



2. Notification of the parents for low haemoglobin content and anaemia in students
3. Organization of parents meets in college for briefing them about anaemia and use of wheat grass to rectify the iron deficiency in students even through distribution of pamphlets and banners and posters.
4. Guest Lecturers/Power Point Presentations by renowned naturopathy doctors and physicians will be organised to educate the parents about health benefits of wheatgrass juice.
5. Construction of poly green house for wheat grass cultivation and cultivation of wheat grass in poly green house constructed in the college premises.
6. Involvement of students' folk for the cultivation of wheat grass.
7. Therapeutic trials with wheat grass juice (30 ml/day for 30 days) for the prevention and control of anaemia.
8. Assessing the impact of supplementation of wheat grass juice on blood haemoglobin levels.

## **2.4 METHODOLOGY**

### **2.4.1 Selection of area**

For the assessment of haemoglobin status and therapeutic trials with wheat grass juice on Undergraduate girl students of Sevadal Mahila Mahavidyalaya, Nagpur were undertaken.

### **2.4.2 Biochemical test for diagnosis of anaemia in the girl students**

Drabkins and Austin's method used for determination or estimation of blood haemoglobin level (both pre and post supplementation of juice). It works on the principle that when blood is mixed with a solution containing potassium ferricyanide and potassium cyanide, the potassium ferricyanide oxidizes iron to form methemoglobin which was measured by Swelab Alfa Automated cell counter (6).

The criterion of selecting the students was that anaemic girl students were not taking any medication or any other supplementation for treatment of anaemia.

#### **2.4.3 Collection of data of through Haemoglobin detection camps and organization Guest Lectures.**

General information as age, body weight and haemoglobin levels in girl students were collected through conducting Haemoglobin detection camps. The significance of normal levels of haemoglobin in girls and the role of wheat grass juice supplementation in prevention of anaemia were taught by conducting Guest lectures through eminent nutritionists and Pathologists.

#### **2.4.4 Installation of wheat grass production unit**

Wheatgrass Cultivation Unit has been designed and installed at the premises of Sevadal Girls Hostel, Narsala, Nagpur with the help of bamboo as ecofriendly and cool material to avoid use of metal sheets or tin which gets hot during day time and cause adverse effect on the growth of wheat grass. Sowing process for wheatgrass production was carried out in serially numbered trays containing garden soil and compost in proportion of 4:1 from 18<sup>th</sup> January 2020 onwards on daily basis and it was continued till the completion of wheatgrass juice dosage to the students. Daily the growth of germinating seedlings were monitored and the 7 day old germinated wheat grass was harvested by simple cutting and was used for production of wheat grass juice for its use as dietary supplementation to the anaemic students.

#### **2.4.5 Dietary Supplementation with wheat grass juice**

The dietary supplementation with wheat grass juice was provided to the undergraduate students of Science, Home Science and B. Voc. for a period of one month. Special care was taken that the subjects were not taking any other supplements or drugs for control and cure of anaemia.

After 7 days of growth of wheat grass or cotyledons they were removed and grinded with water for preparing the juice. About 30 ml of wheat grass juice was given per day i.e. 1 serving of wheat grass juice which is about 30 ml prepared from cotyledons of wheat. Usually it is taken empty stomach and therefore taken early morning. However, as our college starts at 10.00 am students were given dietary supplementation of wheat grass juice with proper hygiene and care after they finish their theory and practical classes that is just before going home.



#### **2.4.6 Post wheat grass juice supplementation haemoglobin detection camp:**

After 1 month of dietary supplementation of wheat grass juice to the anemic students, post wheat grass juice supplementation haemoglobin detection camp was organized to assess biochemical estimation of blood haemoglobin level using direct cyanmethemoglobin method (6).

### **2.5 REPORT OF WORK DONE FROM 16<sup>TH</sup> NOVEMBER 2018 – 31<sup>ST</sup> MARCH 2020**

#### **2.5.1 Organization of Guest Lecture on ‘Benefits of wheatgrass juice on health’ by Department of Microbiology of Sevadal Mahila Mahavidyalaya, Nagpur**

Under SIGA-2018 project, Department of Microbiology of Mahila Mahavidyalaya, Nagpur has organized guest lecture for the students of B.Sc.-I, B.A.-I and B.Sc. Home Science-I and their parents on benefits of wheatgrass juice for health. This activity is one of the important health awareness activity of women folk under the project “Holistic Approach of Dietary Supplementation of Wheatgrass Juice to Girls Students of Sevadal Mahila Mahavidyalaya, Nagpur” Sponsored by Sandvik Asia Pvt. Ltd. Mumbai under SIGA-2018. Mr. Mukund Sherekar, Director, Aura park and Vasundhara Convent Bazargaon and a Naturopath by profession, was the guest speaker. Mr. Mukund Sherekar is a producer and supplier of wheat grass since year 2000. Mr. Sherekar has given insightful lecture and educated our students and their parents about holistic cultivation methods of growing wheatgrass, preparation of wheat grass juice and its consumption for improving the overall health and immunity. Prof. Pravin Charde, Principal, Sevadal Mahila Mahavidyalaya gave the introductory remarks and acknowledged Sandvik Asia Pvt. Ltd., Mumbai for funding the project to the college for noble cause. Dr. Mrs. Kirti V. Dubey, Associate Professor, Microbiology Department and Coordinator of the Sandvik Project conducted the proceedings and also gave the overview of the project. Dr. Prabhakar Bhandari, Head, Microbiology Department, Mrs. Seema R. Nimbarte and Dr. Mrs. Kirti V. Dubey, Associate Professors, Microbiology Department worked hard for organizing the guest.

  
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Dr. Mrs. Kirti V. Dubey, Associate Professor, Microbiology Department and Coordinator of the SIGA-2018 Project gave the overview of the project



Prof. Pravin Charde, Principal, Sevadal Mahila Mahavidyalaya, Nagpur felicitated the Guest Speaker Mr. Mukund Sherekar a renowned naturopath of Nagpur.



Guest speaker Mr. Mukund Sherekar a renowned naturopath of Nagpur delivered lecture on "Benefits of Wheatgrass Juice for Health" for students and their parents.



Prof. Pravin Charde, Principal, Sevadal Mahila Mahavidyalaya, Nagpur guiding students and their parents about the benefits of Wheatgrass Juice for the improvement of health



Teachers along with students and their parents during the Guest Lecture organised in the college auditorium on "Benefits of Wheatgrass Juice for Health"



## 2. 5.2 Organization of Haemoglobin Detection Camp-I

Under SIGA-2018 project, college aimed to organize Haemoglobin Detection Camp to determine certain health parameters viz. body weight and haemoglobin content, so that anaemic students can be screened and further can be provided with dietary supplementation of wheat grass juice in the camp. As Good health is especially an important ingredient in the virtuous domains of girls development, this academic institution has taken up an initiative for dietary supplementation of wheat grass juice to under nourished and anaemic students for improvements in their health parameters. Wheat grass was chosen because it is a natural food and also Power house of Nutrition. Haemoglobin detection camp was organised on 21-2-2019 under the kind guidance of renowned consulting pathologist Dr. Avinash Wase so that anaemic students of our college can be screened and then can be appropriately treated as proposed to boost their haemoglobin content. In haemoglobin detection camp, Dr. Avinash Wase was the chief guest and Shri Sanjayji Shende, President of Sevadal Education Society, Nagpur was Chairman of the function. Prof. Pravin Charde, Principal Sevadal Mahila Mahavidyalaya gave the introductory remarks. Dr. (Mrs) Kirti V. Dubey, Coordinator of the project gave the overview of the project. Dr. Prabhakar Bhandari, Head of Microbiology Department graced the function. Mrs. Seema R. Nimbarte and Dr. Mrs. Kirti V. Dubey both Assistant Professors of Department of Microbiology worked hard for the success of the programme. Ms Milli Thakkar conducted the programme and Ms. Aditi Khagar proposed the vote of thanks. In all 135 students were diagnosed for haemoglobin content in the camp.



Dr. (Mrs) Kirti V. Dubey, Coordinator of the project gave the overview of the project during inauguration of Haemoglobin Detection Camp organized in the college



Dr. Avinash Wase renowned pathologist was the Chief guest of the Haemoglobin Detection Camp guided the students of the college





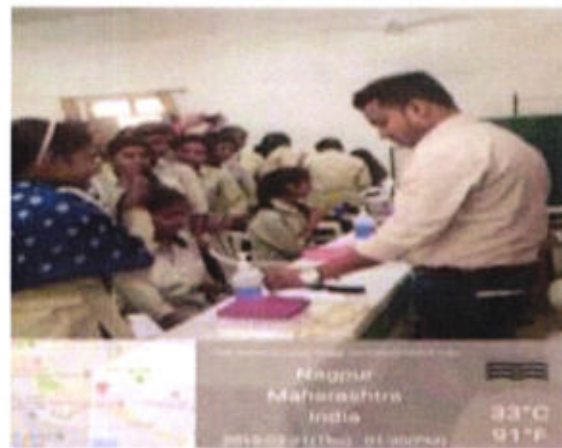
Students attended in the inaugural function organized in the college of the Haemoglobin Detection Camp sponsored by SIGA-2018



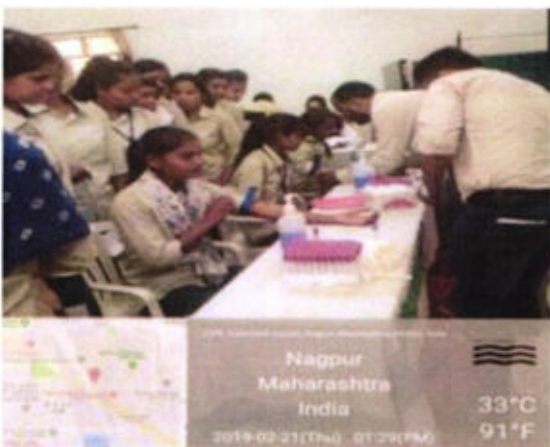
Shri Sanjayji Shende, President, Sevadal Education Society was Chairman of inaugural function of Haemoglobin Detection Camp sponsored by SIGA-2018



Students registering themselves for the haemoglobin detection camp organized by the college under the sponsorship of SIGA-2018



Students giving their blood samples for haemoglobin detection camp organized by the college under the sponsorship of SIGA-2018



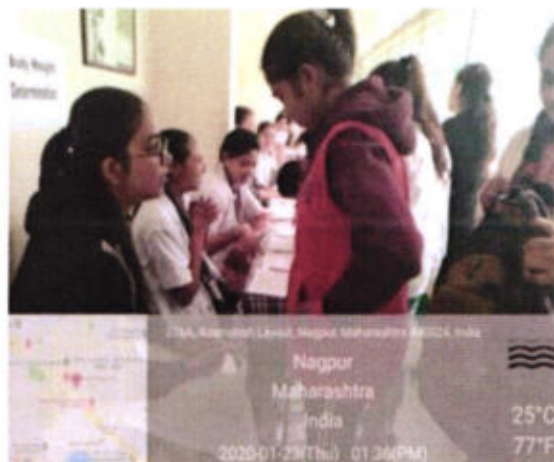
Technicians withdrawing blood samples during haemoglobin detection camp organized by the college under the sponsorship of SIGA-2018



Management, Principal and staff of Microbiology Dept. Dr. Avinash Wase monitoring smooth conduct of blood sampling during haemoglobin detection camp



Analysis of body weight of Students during haemoglobin detection the camp organized by the college under the sponsorship of SIGA-2018.



Student volunteers analyzing the body weight of the students before sample collection.

### 2.5.3 Organization of Haemoglobin Detection Camp-II

Again on 23<sup>rd</sup> January 2020 Haemoglobin Detection Camp, was organized by Sevadal Mahila Mahavidyalaya, Nagpur for rest of the remaining 70 students of different streams with an objective, to supplement wheatgrass juice to the anaemic students screened during this camp. This was the Second Consecutive Year of organizing this camp, Several students from different faculties participated in this detection camp. In the Haemoglobin Detection Camp Dr. Prabhakar Bhandari, Head, Department of Microbiology, along with Dr. Mrs. K. V. Dubey, Associate Professor, Microbiology Department and Co-ordinator of this Project graced the function with their kind presence. Haemoglobin Detection Camp was organized under the guidance of Dr. Avinash Wase, Pathologist. Anaemic students were screened during haemoglobin Detection Camp. Technicians from Vidya Computerized Pathology Laboratories, Nagpur assisted in the processing of blood samples.

Dr. Mrs. K. V. Dubey, Associate Professor, Microbiology Department and Co-ordinator of this Project gave the overview and significance of conducting the Haemoglobin detection camp and Wheatgrass Juice Supplementation Camp. Students were also trained to grow wheat grass and extract wheat grass juice by adopting holistic methods so that they can propagate the purpose of this project to their parents and relatives and also to the larger section of the society.

  
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Dr. Mrs. K. V. Dubey, Associate Professor, Microbiology Department and Co-ordinator of Sandvik Project with Dr. P. Bhandari, Head of Microbiology Department, Inaugurating the Haemoglobin Detection Camp, with Laboratory Technicians and faculty members.



Dr. Mrs. K. V. Dubey, Associate Professor, Microbiology Department and Co-ordinator of this Project gave the overview and significance of conducting the Haemoglobin detection camp and Wheatgrass Juice Supplementation Camp

#### 2.5.4 Installation of Wheatgrass Production Unit

Wheatgrass Cultivation Unit has been designed and installed at the premises of Sevadal Girls Hostel, Narsala, Nagpur. Sowing process for wheatgrass production started in trays containing garden soil from 18<sup>th</sup> January 2020 onwards on daily basis and it was continued till the completion of wheatgrass juice dosage to the students. Daily the growth of germinating seedlings were monitored and the 7 day old germinated wheat grass was given as dietary supplementation to the anaemic students.

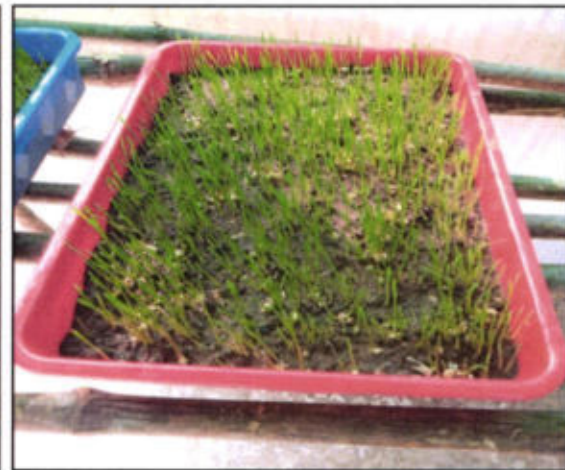
  
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Wheatgrass Cultivation Unit has been designed and installed at the premises of Sevadal Girls Hostel, Narsala, Nagpur.



Sowing process for wheatgrass production in trays containing garden soil



Different phases of growth of Wheat grass at Wheatgrass Cultivation Unit installed at the premises of Sevadal Girls Hostel, Narsala, Nagpur.



### 2.5.5 Organization of Wheat grass Juice Supplementation Camp

Wheat grass juice supplementation camp was organized on dated 27-1-2020 under Sandvik project. Mr. Saharsh David, Head, CSR, Sandvik Asia Private, Limited, Pune was the chief guest of the function. During the inaugural function Shri Sanjayji Shende, President, Sevadal Education Society, Dr. Pravin Charde, Principal, Sevadal Mahila Mahavidyalaya, Nagpur and Dr. P. R. Bhandari, Head, Microbiology Department graced the occasion. Growing of Wheat Grass, preparation of Wheat Grass juice for Dietary Supplementation to anaemic students became an important extension activity for the benefit of Girls students of Sevadal Mahila Mahavidyalaya, Nagpur. Teachers also took the benefit of the dietary supplementation of Wheat Grass Juice.



Shri Sanjayji Shende, President, Sevadal Education Society felicitating Mr. Saharsh David, Head, CSR, Sandvik Asia Private, Limited, Pune



Mr. Saharsh David, Head, CSR, Sandvik Asia Private, Limited, Pune the Chief Guest of the Wheat Grass Juice Supplementation Camp and Dr. Pravin Charde, Principal, Sevadal Mahila Mahavidyalaya, Nagpur explained the importance of Wheat Grass Juice as Dietary Supplementation to the students



Preparation of Wheat Grass Juice in the Premises of Sevadal Mahila Mahavidyalaya involving Teachers and Students, and its supplementation to the students of the college by the hands of Shri. Sanjayji Shende, President, Sevadal Education Society and Prof. Pravin Charde, Principal, Sevadal Mahila Mahavidyalaya, Nagpur



Arrangement of wheat grass trays and other accessories required for extraction of wheat grass juice



Technical staff Ms. Sujata kale performing extraction of wheat grass juice





Extracted wheat grass juice for dietary supplementation to students



Extracted wheat grass juice were provided as dietary supplementation to students



Students and teaching staff relishing Wheat Grass Juice as Dietary Supplementation during the camp



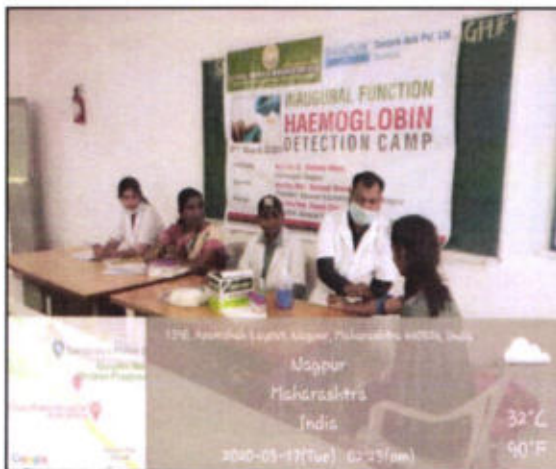
Students Participating in Haemoglobin Detection Camp



Technicians withdrawing the blood samples during the Haemoglobin Detection Camp in the presence of Dr. Mrs. K. V. Dubey, Associate Professor, Microbiology Department and Co-ordinator of this Project.

### 2.5.6 Organization of Post Wheat Grass Juice Dietary Supplementation Haemoglobin Detection Camp

Post Wheat Grass Juice Dietary Supplementation Haemoglobin Detection Camp was organized on 17-3-2020 to determine the effect of dietary supplementation of wheat grass juice supplementation on the improvement in the haemoglobin percentage in the anaemic students



Students participating in Post Wheat Grass Juice Dietary Supplementation Haemoglobin Detection Camp and the technicians from Vidya Computerized Pathology Laboratories, Nagpur assisted in collection of blood samples.



**Table 1: Visual depiction of the overall analysis data of percentage of anaemic students with improved normal haemoglobin levels after dietary supplementation of wheat grass juice.**

Name of the class and stream of the students	Total number of students	Number of students participated in Haemoglobin detection camp	Number of student anaemic	Percentage of anaemic students (%)	No. of anaemic students with improved normal haemoglobin levels	Percentage of anaemic students with improved normal haemoglobin levels after wheat grass juice supplementation (%)
B. Sc. SEM-IV	120	61	34	55.73	12	35
B. Sc. SEM-II	70	30	25	83.33	15	60
B. Sc. SEM-IV & SEM-II Home Science	67	28	28	100	12	43
B. Voc SEM-II and SEM-IV MLMDT	49	33	24	72.72	13	54
B.Voc. IWTT SEM-II & SEM- IV	40	30	19	63.33	07	36

Results presented in the **Table 1** shows that in total 182 students participated in the Haemoglobin detection camp and among them 130 students were found anemic indicating 72% of students were anemic. There was improvement in the haemoglobin levels in the mildly anemic students (having 10-11.9% haemoglobin) of different stream to normal levels after wheat grass juice dietary supplementation and the percentage of student with normal level of haemoglobin was found to be in the range of 35-60% (Table 1). Whereas in rest of the students those were having moderate anemia i.e. in the range of 7-10 % also there was improvement in the haemoglobin levels after supplementation with wheat grass juice indicating that the anemia was due to the poor dietary conditions in the students which could be improved with wheat grass juice supplementation. However, to achieve normal levels of haemoglobin in moderate anemic students further two to three months of wheat grass juice supplementation will be required. This practice of wheat grass juice preparation and supplementation was guided to the students so that they can carry forward such holistic practice of improving haemoglobin levels at home for themselves and their parents and relatives. The students can also grow wheatgrass and can sell them to needy patients undergoing chemotherapy to build up their blood total counts. Moreover, students can also prepare and sell wheatgrass juice to the patients for the treatment of various problems including anemia, thalassemia, etc. This study has shown the beneficial effect of wheat grass juice in improvement in the haemoglobin levels in the both mildly to moderate anemic girl students.






  
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**Wheat Grass Juice Supplementation to the Students under Sandvik Project**

**LIST OF STUDENTS**  
**Class: B.Sc. Semester-IV (Science) Session: 2019-20**

S. N.	Name of Students	Initial Body Weight (Kg)	Initial Hb gm/dL	Date of Wheat Grass Juice Supplementation																								Final Body Weight (Kg)	Final Hb (gm/dL)					
				27/1/2020	28/1/2020	29/1/2020	30/1/2020	31/1/2020	1/2/2020	3/2/2020	4/2/2020	5/2/2020	6/2/2020	7/2/2020	8/2/2020	10/2/2020	11/2/2020	13/2/2020	14/2/2020	15/2/2020	17/2/2020	18/2/2020	20/2/2020	24/2/2020	26/2/2020	27/2/2020	28/2/2020			29/2/2020	2/3/2020	3/3/2020	4/3/2020	5/3/2020
1	 Ms. Samiksha Ighe	55	11.8	x	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	x	✓	✓	✓	✓	53	12.2
2	 Ms. Aaishwarya Sadhankar	40	11.5	x	✓	✓	✓	✓	✓	✓	✓	✓	✓	x	x	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	42	12.4
3	 Ms. Khushboo Bayani	37	10.9	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	x	x	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	x	✓	✓	✓	✓	39	11.5













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### Wheat Grass Juice Supplementation to the Students under Sandvik Project

#### LIST OF STUDENTS

Class: B.Sc. Semester-II

Session: 2019-20

S. N.	Name of Students	Initial Body Weight (Kg)	Hb gm/dL	Date of Wheat Grass Juice Supplementation																				Initial Body Weight (Kg)	Hb (gm/dL)
				5/2/20	6/2/20	7/2/20	8/2/20	10/2/20	11/2/20	13/2/20	14/2/20	17/2/20	18/2/20	20/2/20	24/2/20	25/2/20	26/2/20	27/2/20	28/2/20	29/2/20	1/3/20	2/3/20	3/3/20		
1	 VAISHNAVI KISHOR PUNDEKAR	39	11.3	✓	✓	✓	✓	✓	✗	✓	✓	✓	✓	✓	✗	✓	✓	✓	✓	✓	✓	✗	✗	40	12
2	 MANSI HIWARAJ BAGADE	46	11.3	✗	✗	✗	✓	✓	✓	✓	✗	✓	✓	✓	✓	✓	✗	✓	✓	✓	✓	✓	✗	46	12.4
3	 PRADNYA TULSHIDAS UIKEY	46	10.5	✓	✓	✓	✗	✓	✓	✓	✓	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓	✓	✗	46.5	11.7

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### Wheat Grass Juice Supplementation to the Students under Sandvik Project

#### LIST OF STUDENTS

Class: B.Sc. (Home Science) SEM IV Session: 2019-20

S. N.	Name of Students	Initial Body Weight (Kg)	Hb gm/dL	Date of Wheat Grass Juice Supplementation																		Initial Body Weight (Kg)	Hb (gm/dL)			
				5/2/20	6/2/20	7/2/20	8/2/20	10/2/20	11/2/20	13/2/20	14/2/20	17/2/20	18/2/20	20/2/20	24/2/20	25/2/20	26/2/20	27/2/20	28/2/20	29/2/20	2/3/20			3/3/20	4/3/20	5/3/20
1.	 Ms. Rimpa Barman	46	11.7	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓	✓	✓	✓	✓	✗	✗	46	12.0
2.	 Ms. Devanshi Thakur	50	11.3	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓	✓	✓	✓	✓	✗	50	12.0	
3.	 Ms. Mrunalini Sirsikar	60	11.8	✗	✓	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	60	12	

  
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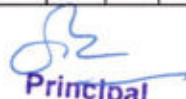
Sakkardara Square, Umrer Road, Nagpur-440024

**Wheat Grass Juice Supplementation to the Students under Sandvik Project**

**LIST OF STUDENTS**

Class: B.Sc.-SEM-II (Home Science) Session: 2019-20

S. N.	Name of Students	Initial Body Weight (Kg)	Hb gm/dL	Date of Wheat Grass Juice Supplementation																				Initial Body Weight (Kg)	Hb (gm/dL)
				5/2/20	6/2/20	7/2/20	8/2/20	10/2/20	11/2/20	13/2/20	14/2/20	17/2/20	18/2/20	20/2/20	24/2/20	25/2/20	26/2/20	27/2/20	28/2/20	29/2/20	2/3/20	3/3/20	4/3/20		
1	 AASAWARI ARUN SAHARE	42	10.4	✓	✓	✓	✗	✓	✓	✓	✓	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	42	11.2
2	 CHHAYA MADHUKAR HAJARE	47	10.4	✓	✓	✓	✗	✓	✓	✓	✓	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	47	10.7
3	 DIVYA ANIL PAITOD	63	10.7	✓	✓	✓	✗	✓	✓	✓	✓	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	63	11.5

  
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**Wheat Grass Juice Supplementation to the Students under Sandvik Project**  
**LIST OF STUDENTS**  
 Class: B.Voc. (Medical Laboratory and Molecular Diagnostic Technology) Session: 2019-20

S. N.	Name of Students	Initial Body Weight (Kg)	Hb gm/dL	Date of Wheat Grass Juice Supplementation																		Initial Body Weight (Kg)	Hb (gm/dL)			
				5/2/20	6/2/20	7/2/20	8/2/20	10/2/20	11/2/20	13/2/20	14/2/20	15/2/20	17/2/20	18/2/20	20/2/20	24/2/20	25/2/20	26/2/20	27/2/20	28/2/20	29/2/20			2/3/20	3/3/20	4/3/20
1.	 Ms. Archi R. Dudhe	34	11.8	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓	✓	✓	✓	34	12.0
2.	 Ms. Mrunalini Gawande	68	11	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	68.5	11.7
3.	 Ms. Bhagyashree Gajbhiye	46	10.1		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓	✓	✓	47	10.8











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**Wheat Grass Juice Supplementation to the Students under Sandvik Project**

**LIST OF STUDENTS**

Class: B.Voc.- Semester-II: Industrial Waste Treatment Technology  
 Session: 2019-20

S. N.	Name of Students	Initial Body Weight (Kg)	Hb gm/dL	Date of Wheat Grass Juice Supplementation																				Initial Body Weight (Kg)	Hb (gm/dL)	
				5/2/20	6/2/20	7/2/20	8/2/20	10/2/20	11/2/20	13/2/20	14/2/20	15/2/20	17/2/20	18/2/20	20/2/20	24/2/20	25/2/20	26/2/20	27/2/20	28/2/20	29/2/20	2/3/20	3/3/20			4/3/20
1	 Ms. Aruna P. Raut	46	11.6	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✗	✗	47	12.0
2	 Ms. Darshana V. Lanjewar	55	7.8	✓	✓	✓	✗	✓	✓	✓	✓	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	55	8.7










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**Wheat Grass Juice Supplementation to the Students under Sandvik Project**

**LIST OF STUDENTS**

Class: B.Voc.- Semester-IV: Industrial Waste Treatment Technology  
 Session: 2019-20

S. N.	Name of Students	Initial Body Weight (Kg)	Hb gm/dL	Date of Wheat Grass Juice Supplementation																				Initial Body Weight (Kg)	Hb (gm/dL)		
				5/2/20	6/2/20	7/2/20	8/2/20	10/2/20	11/2/20	13/2/20	14/2/20	15/2/20	17/2/20	18/2/20	20/2/20	24/2/20	25/2/20	26/2/20	27/2/20	28/2/20	29/2/20	2/3/20	3/3/20			4/3/20	5/3/20
1	 Ms. Anjali D. Uikey	60	11.2	✓	✓	✓	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓	✓	✓	✗	60.4	12	
2	 Ms. Prachi D. Khubalkar	62	9.01	✓	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	62	11.7	
3	 Ms. Sheetal S. Wath	37	10.8	✓	✗	✗	✗	✓	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✗	✗	✗	38	12.0





## 2.6 CONCLUSION

The use of wheat grass juice for increasing the blood haemoglobin level is one of the simple remedy for treating anaemia. This was conveyed to the girl students of Sevadal Mahila Mahavidyalaya, Nagpur through organization of guest lectures by eminent nutritionist and naturopath. Haemoglobin detection camps were also organized in which noted pathologist guided and briefed the students about the importance of normal level of haemoglobin in the girl students as they are the progenitor of future generation. In total 42-100 % of our girl students with different streams were found to be anaemic. The findings revealed that most of the girls students were under the age group 18 to 20 years and were found to have mild to moderate anaemia. To alleviate the problem of anemia, wheat grass juice supplementation camps were organized in which none of the students complained about the taste of wheat grass juice and moreover, none complaint about headache and stomach ache.

The study about the impact of wheat grass juice supplementation on blood haemoglobin level revealed that in all the cases an increase in their haemoglobin levels in blood was observed. This was proved with the help of biochemical estimation at the beginning and end of wheat grass juice supplementation protocol. This resulted in improvements in the levels of haemoglobin in all the anemic students. Wheat grass juice supplementation has improved the haemoglobin content to a normal levels in about 35-60 % of the anemic students. This shows that there is a positive effect of wheat grass juice on blood haemoglobin level upon consumption of juice for 30 days. Therefore, wheat grass juice proved to be useful in the treatment of any kind anemia that results due to nutritional deficiency. This practice of wheat grass production, wheat grass juice preparation and supplementation was guided to the students so that they can carry forward such holistic practice of improving haemoglobin levels at home for themselves and their parents, relatives and society as well. The students can also grow wheatgrass and can sell them to needy patients undergoing chemotherapy to build up their blood total counts. Moreover, students can also prepare and sell wheatgrass juice to the patients for the treatment of various problems including anemia, thalassemia, etc. This study has shown the beneficial effect of wheat grass juice in improvement in the haemoglobin levels in the both mildly to moderate anemic girl students.



## 2.7 REFERENCES

1. Benoist B, Mclean E, Egli I, Cogswell M. Worldwide prevalence of anaemia 1993-2005. World Health Organisation, Centres for disease control and prevention. 2008.
2. Khanzada, S. Classification of anaemia. medic4health.com. 2010.
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5. Haemoglobin concentrations for the diagnosis of anaemia and assessment of severity. World Health Organization. 2011.
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7. Mathur S, Mathur R and Kohli GK. Therapeutic Use of Wheat Grass Juice for the Treatment of Anemia in Young Women of Ajmer City (Rajasthan, India). Int J Nutr Sci. 2017; 2(1): 1014.

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**Workshop On**

**THE**

**HEARTFULNESS**

**WAY**

**Dates- 30/08/2018 to 01/09/2018**



A handwritten signature in blue ink, appearing to be 'S. S. S.', positioned above the printed name of the Principal.

**Principal**  
Sevadai Mahila Mahavidyalaya  
Umrer Road, Nagpur-9.

A three day workshop on meditation was conducted A three by Department of Chemistry and Parent-Teachers Association of the college. The workshop was conducted on 30th, 31st August and 1<sup>st</sup> of September 2018. Each day the session was of 3 hours. The workshop was guided by Mrs. Sudha Peri, Perceptor, Ramchandra mission, Chennai (Nagpur center) and her lecture for all the three days.

The Heartfulness way starts with the simple act of meditation. We sit quietly, close eyes and focus within on the source of all existence in our hearts. We can approach the act of meditation with child like wonder and innocence, our inner universe unfolds before us naturally. In a heart-based meditation practice, we explore and experience the simplest and purest aspect of our existence: our soul. Everything about it is so natural.

The Heartfulness practices nurture our souls, remove the weeds and mud that keep them hidden, and set free that spark of childlike innocence and wonder that makes life truly meaningful. At the same time, we have to live in the day-to-day world of urban stress, wages and mortgages, careers and relationships. Heartfulness practices help us simplify our responses and navigate our daily lives in an enriching, fulfilling manner.

In the Heartfulness way, one explores and expands one's consciousness, and even go beyond consciousness to uncover true potentiality. All enjoyed and benefited from what has been learnt on this journey of life so far.

Day-1:

Dr. Sudha Peri, Perceptor, Ramchandra Mission, Chenni ( Nagpur Centre) introduced the concept of meditation to the participants. Meditation is not one day process. It has to be practiced to bring it inside our system. Participants were told to just relax and sit by closing eyes and doing nothing. There were several thoughts entering and existing in and out of the mind respectively. Whatever process is going in mind regarding through, if they come let them and if they go let them. She asked not to try to control them. This is meditation. To let happen what is happening and not control or try to control anything. Participants practiced this for nearly 15 minutes and opened their eyes. It felt really peaceful. Participants were then asked about their experiences as to how they felt after doing it. Different students had different experiences.



  
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Most of them got an opportunity of sharing it with everyone. To explain the importance of meditation, they guided participants giving examples which included stories of some students and other people. She informed how meditation builds the inner strength in a person and keeps him firm, strong to face any situation or circumstance in the life. This needs to be practiced in daily life. Participants were informed that in morning before resuming our routine, one should spare some time for this.



  
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## Day-2:

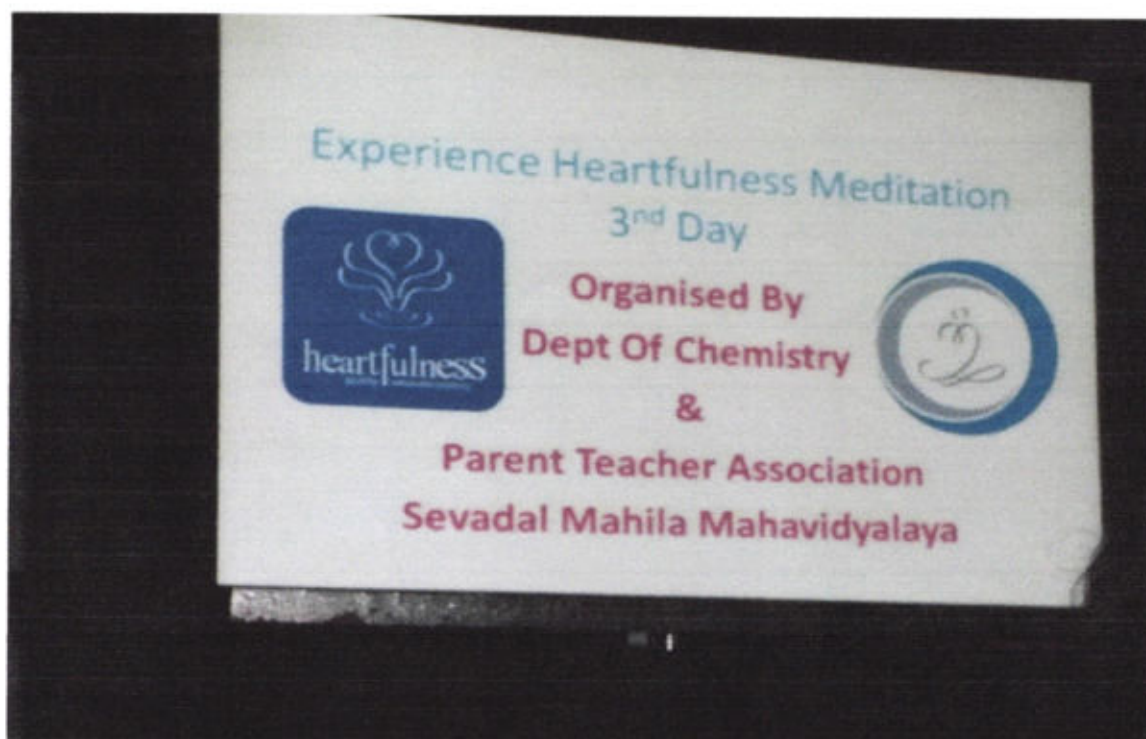
The session was again conducted on day 2 for 3 hours. In this participants were taught to “Cleanse one’s inner self.” It is very important for every human being to clean their minds each day in order to live a peaceful life. One has to sit silently with eyes closed for nearly 20 minutes and do the same process which was done the day before. Cleaning the mind means releasing all the thoughts, observing everything one did for the day. It is done like this : Every evening one has to sit in meditation and say sorry to everyone being hurt by him and also forgive others. One has to thank the almighty for everything he has. By doing this that is cleaning the mind every particular day, we are more peaceful and speed up faster towards a successful life. Participants were suggested to practice this daily at home.



  
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**Day-3:**

On the last day of this beautiful workshop Participants were taught to pray. They were told how prayers are most powerful thing to do and how they work on our lives. Participants were asked to meditate for a 30 minutes. A lecture was given by Dr. Mr. Sudha Peri perceptor, and the queries were answered and doubts were cleared.



Heartfulness practice provides us with the tools to transfer ourselves, but one must choose to use them. To transform yourself is to create yourself a new starting with the transformation of your inner being. Without inner transformation, the transformation of our character and lifestyle is only a dream.



  
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**The miracle of Heartfulness is that in the very moment we decide to change ourselves, change has already arrived. We don't need to wish or pray for it. We don't ever need to work for it. When we are absolutely willing and opens we need to look within ourselves, and we find that it is already present.**

**So listen to the heart carefully and follow it faithfully. Let it be your inner guru. It will guide you at every step of the way and in every last detail of your life. That is Heartfulness.**

**This workshop was really beneficial to all the participants and was an amazing experience.**



**Principal**  
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## SEVADAL MAHILA MAHAVIDYALAYA

Workshop on Heartfulness Way meditation for Teachers and Students.

Date :- 30<sup>th</sup>, 31<sup>st</sup> August and 1<sup>st</sup> September 2018.

Organized by Department of Chemistry and Parents Teacher Association

### PARTICIPANTS

Date:-30/08/2018

Sr.No.	Name of the student	Class	Mail Id	Signature
1.	Fayal S. Dudhe	M.sc - II	fayaldudhe2@gmail.com	Fayal
2.	Ketki V. Tanksale	M.sc - II	kmtanksale8@gmail.com	K.V. Tanksale
3.	Neha L. Dhole	M.Sc II	nehadhole321@gmail.com	N. Dhole
4.	Divya M. Wasudkar	M.Sc II	divyawasudkar97@gmail.com	Wasudkar
5.	Ankita K. Pawteki	M.Sc II	ankitapawteki3@gmail.com	A Pawteki
6.	Dhanashree R. Anare	M.Sc II	dhanaware@gmail.com	Dhanare
7.	Shivinee M. Babhare	M.Sc II	shivineebabhare19@gmail.com	S. Babhare
8.	Dilali V. Bhatke	M.Sc - II	dilalibhatke1995@gmail.com	D.V. Bhatke
9.	Ruchita D. Kungheetkar	M.Sc II	ruchitakungheetkar2@gmail.com	R. Kungheetkar
10.	Ishani A. Satordeve	M.Sc II	ishanisatordeve@gmail.com	I. Satordeve
11.	Rohini B. Raut	M.Sc - II	rohinaraut79@gmail.com	R. B. Raut
12.	Priya S. Pawar	M.Sc II	pripawar28@gmail.com	P. Pawar
13.	Renuka P. Khode	M.Sc II <sup>nd</sup> year	RKhode24@gmail.com	R. Khode
14.	Ankita A. Biranwase	M.Sc II <sup>nd</sup> year	biranwaseankita@gmail.com	A. Biranwase
15.	Pooja S. Pawde	M.Sc II <sup>nd</sup> year	Poojapawde96@gmail.com	P. Pawde
16.	Anita R. Nimbalkar	M.Sc II <sup>nd</sup> year	Animbaw013@gmail.com	A. Nimbalkar
17.	Asham Anjum Sathu Sha	M.Sc II <sup>nd</sup> year	ashamsathu05@gmail.com	A. Anjum
18.	Anjali Arun Singh	M.Sc - II year	anjaliSingh2110@gmail.com	A. Singh
19.	Shruti R. Soni	M.Sc - II year	shrutisoni1920@gmail.com	S. Soni
20.	Ashwini M. Narade	B.Sc III <sup>rd</sup> yr	ashwini.narade001@gmail.com	A. Narade
21.	Utkarsha N. Bante	B.Sc III <sup>rd</sup> yr	utkarsha1995bante@gmail.com	U. Bante
22.	Simran A. Mate	B.Sc III	simranmate001@gmail.com	S. Mate
23.	Punam D. Thote	B.Sc III	Punamthote57613@gmail.com	P. Thote
24.	Veishnavi P. Dalikar	B.Sc III	veishnavidalikar0345@gmail.com	V. Dalikar
25.	Dipti P. Tankar	B.Sc. III	diphitankar22@gmail.com	D. Tankar
26.	Neha I. Bante	B.Sc. III	nehabante66@gmail.com	N. Bante
27.	Vaibhavi M. Bele	B.Sc. III	vaibhavibele5@gmail.com	V. Bele
28.	Prachi K. Vaidya	B.Sc. III	prachivaidya1995@gmail.com	P. Vaidya
29.	Sanchita A. Dhomne	B.Sc III <sup>rd</sup> yr	sanchitadhodne002@gmail.com	S. Dhomne
30.	Sejal S. Shrinastri	B.Sc III <sup>rd</sup> yr	shrinastriSejal1@gmail.com	S. Shrinastri
31.	Utkarsha J. Titarmare	B.Sc III <sup>rd</sup> yr	utkarshatitarmare@gmail.com	U. Titarmare
32.	Roshni V. Kakde	B.Sc III <sup>rd</sup> yr	roshnikakde1998@gmail.com	R.V. Kakde
33.	Ku. Yogita R. Kalbarde	M.Sc. 1 <sup>st</sup> yr	yogitakalbarde123@gmail.com	Y.R. Kalbarde
34.	Rupali D. Watar	M.Sc - I	rwatarrupali@gmail.com	R.D. Watar
35.	Nikita V. Ingle	B.Sc III <sup>rd</sup> yr	inglenikita89@gmail.com	N. Ingle
36.	Diksha D. Matghare	B.Sc. III <sup>rd</sup> yr	dikshamatghare55@gmail.com	D. Matghare
37.	Prachi R. Barsagade	B.Sc III <sup>rd</sup> year	prachibarsagade9975@gmail.com	P. Barsagade
38.	Akshada S. Chauhan	B.Sc - III <sup>rd</sup> year	akshadaschauhan@gmail.com	A. Chauhan
39.	Niranjana A. Raipurkar	B.Sc III <sup>rd</sup> year	niranjanaRaipurkar@gmail.com	N. Raipurkar
40.	Ankita S. Chauhan	B.Sc III <sup>rd</sup> year	ankitaschauhan@gmail.com	A. Chauhan



Principal  
Sevadal Mahila Mahavidyalaya  
Umrer Road, Nagpur-9.

41.	Sakshi V. Sonsare	B-SC III	Sakshi Sonsare@gmail.com	Sakshi
42.	Sharni P. Bajpai	B.Sc. III	bajpaisharni98@gmail.com	Bajpai
43.	Ashwini Umarikar	B.Sc. -III	Umarikar.ashwini@gmail.com	Amarikar
44.	Shivani Chauke	B.Sc. III	shivanichauke18@gmail.com	Shauke
45.	Sonu G. Kodwate	B-sc III	sonukodwate@gmail.com	Sony
46.	Sanali B. Ghangare	B.Sc. III	Sanalighangare1998@gmail.com	Bhargava
47.	Samiksha S. Pelne	B.Sc III	samikshasapene@gmail.com	Sapene
48.	Neha D. Vaidya	BSc III	nehavaidyaneha1999@gmail.com	Naidya
49.	Komal P. Utthede	BSc III <sup>rd</sup> yr	komalutthede6@gmail.com	Utthede
50.	Snehal R. Bokde	Bsc 3 <sup>rd</sup> yr	bokdesnehal@gmail.com	Bokde
51.	Apeksha A. Zatale	B.Sc. III <sup>rd</sup> yr.	apekshazatale@rediffmail.com	Zatale
52.	Shireen Solanki	BSc III year	shireenfsolanki@gmail.com	Shireen
53.	Afreen K. Ansari	BSc III <sup>rd</sup> year	ansariafreen8906@gmail.com	Afreen
54.	Zareen F.M. Aleem.	BSc III year	zareenkf7877786@gmail.com	Zareen
55.	Tareen Afshi F. Bociq	B.Sc. III <sup>rd</sup> year	Tareenafshi@gmail.com	Tareen
56.	Vishakha B. Ashtankar	B.Sc. III <sup>rd</sup> yr.	vishakhuashtankar@gmail.com	Vishakha
57.	Komal D. Gupta	B.Sc. III <sup>rd</sup> yr	komaldgupta123@gmail.com	Gupta
58.	Sushama B. Adyalkar	M.Sc. I year	sushamabadyalkar@gmail.com	Sushama
59.	Nikita V. Akarte	M.Sc. I <sup>st</sup> yr	nikitavakarte@gmail.com	Nikarte
60.	Snehal N. Sarode	M.Sc. I <sup>st</sup> yr	snehalsarode1234@gmail.com	Sarode
61.	Bhageshri R. Lunjewar	M.Sc. I <sup>st</sup> year	bhageshriLunjewar2018@gmail.com	Bhageshri
62.	Geurvi S. Kale	MSc I <sup>st</sup> year	geurvikale1997@gmail.com	Kale
63.	Jayalitekar M. Tukar	M.Sc. I <sup>st</sup> year	Jayalitekar786@gmail.com	Jayalitekar
64.	Ashwini S. Zingane	MSc I <sup>st</sup> yr	Zinganeashwini3@gmail.com	Zingane
65.	Shital R. Dumbhare.	M.Sc. I <sup>st</sup> yr	shitaldumbhare13@gmail.com	Dumbhare
66.	Devyani P. Chaudhari	M.Sc. I <sup>st</sup> yr	devyanichaudhari456@gmail.com	Chaudhari
67.	Akreen Kausar. A. Shaikh	M.Sc. I <sup>st</sup> yr	akreenkausar1002@gmail.com	Akshaikh
68.	Sweta R. Padsewar	M.Sc. I <sup>st</sup> yr	spadsewar97@gmail.com	Sweta
69.	Rupali T. Deshpande	MSc I <sup>st</sup> year	rupalideshpande@quail.com	Deshpande
70.	Shital M. Tadhae	MSc I <sup>st</sup> yr.	tadhaeshital14@gmail.com	Tadhae
71.	Vishakha W. Dhaye	MSc I <sup>st</sup> yr	vcl817781@gmail.com	Dhaye
72.	Kalyani R. Bhandarkar	MSc I <sup>st</sup> yr	Kalyanibhandarkar@gmail.com	Bhandarkar
73.	Diksha D. Zamare	MSc I <sup>st</sup> yr	dikshazamare120596@gmail.com	Zamare
74.	Priyanka S. Jugade	MSc I <sup>st</sup> yr	iamcavi38@gmail.com	Jugade
75.	Mrs A S. Mahabalkar	Staff		Mahabalkar
76.	Mrs. P. P. Chahande	Staff	priyadaeshinichahande@gmail.com	Chahande
77.	Dr. Mrs. M. P. Pabli	Staff		Pabli
78.	Dr. Mrs. N. S. D.	Staff	manjusha@gmail.com	N. S. D.
79.	Dr. Mrs N.S. Dhoble	Staff	nsdhoble@gmail.com	Dhoble
80.	Mrs B. B. Dhule	Staff	samikshadhule10@gmail.com	Dhule
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Principal  
Sevalal Mahila Mahavidyalaya  
Umner Road, Nagpur-9.

# SEVADAL MAHILA MAHAVIDYALAYA

## Workshop on Heartfulness Way meditation for Teachers and Students.

Date :- 30<sup>th</sup>, 31<sup>st</sup> August and 1<sup>st</sup> September 2018.

Organized by Department of Chemistry and Parents Teacher Association

### PARTICIPANTS

Date:-31/08/2018

Sr.No.	Name of the student	Class	Mail Id	Signature
1.	KShrutika N. Titaymar	BSc III		KShrutika
2.	Nalanda R. Gadam	BSc III		N. Gadam
3.	Chanchal Z. Ansari	BSc III		Chanchal
4.	Alfiya A. Khan	BSc III		Alfiya
5.	Rupal R. Madavi	BSc III		Rupal
6.	Vaibhavi S. Rajwarkar	BSc III		Vaibhavi
7.	Vaishavi S. Rajwarkar	BSc III		Vaishavi
8.	Komal Y. Wanwe	BSc III		Komal
9.	Komal K. MATWAR	BSc III		Komal
10.	Pratiksha S. Gupta	B.Sc III		Pratiksha
11.	Himani P. Mallewar	B.Sc III		Himani
12.	Shrutika S. Marghadle	B.Sc III		S. Marghadle
13.	Sakshi P. Keche	B.Sc - III		S. Keche
14.	Namrata V. Mohod	- " -		Namrata
15.	Yogita N. Bhute	- " -		Yogita
16.	Vedanti N. Duke	- " -		Vedanti
17.	Mayuri K. Keelar	- " -		Mayuri
18.	Prajakta R. Udapurkar	- " -		P. Udapurkar
19.	Ashwini B. Wandhare	- " -		Ashwini
20.	Mayuri V. Deshmukh	- " -		M. Deshmukh
21.	Vaishnavi V. Kawalkar	- " -		V. Kawalkar
22.	Priya S. Pawar	M.Sc II		P. Pawar
23.	Renuka P. Khode	M.Sc II <sup>nd</sup> sem	Rkxode24@gmail.com	R. Khode
24.	Dipali V. Borde	M.Sc II	dipaliborde1995@gmail.com	D. V. Borde
25.	Anjali A. Singh	M.Sc - II		Anjali
26.	Absham Anjum Shrikh Sattan	M.Sc II		Absham
27.	Shruti R. Soni	M.Sc. III sem	Shrutisoni1920@gmail.com	S. Soni
28.	Ishani A. Sotadeve	M.Sc III sem	ishani2895@gmail.com	I. Sotadeve
29.	Rohini B. Raut	M.Sc - III sem	rohini.raut79@gmail.com	R. B. Raut
30.	Ruchita D. Kunghatke	M.Sc - III sem	ruchitakunghatke@gmail.com	R. Kunghatke
31.	Pooja S. Pawde	M.Sc III sem	PoojaPawde26@gmail.com	P. Pawde
32.	Shivane M. Babhaze	M.Sc III sem	shivanebabhaze@gmail.com	S. Babhaze
33.	Neha L. Dhole	M.Sc III sem	nehadhole321@gmail.com	N. Dhole
34.	Diya M. Wasudkar	M.Sc III sem	diyawasudkar97@gmail.com	D. Wasudkar
35.	Ankita K. Paweteki	M.Sc III sem	ankitapaweteki39@gmail.com	A. Paweteki
36.	Dhanashree R. Aware	M.Sc III sem	dhanuaware@gmail.com	D. Aware
37.	Ketki V. Tanksale	M.Sc III sem	kmtanksale8@gmail.com	K. V. Tanksale
38.	Payal Dudhe	M.Sc III sem	kmtanksale8@gmail.com	P. Dudhe
39.	Sweeta R. Padrewar	M.Sc I sem	payal.dudhe2@gmail.com	S. Padrewar
40.	Sweeta R. Padrewar	M.Sc I sem	spadsewar97@gmail.com	S. Padrewar



**Principal**

Sevadal Mahila Mahavidyalaya  
Umre Road, Nagpur-9.

41.	Shital M. Jadhao	M.Sc I <sup>st</sup> yr	jadhaoashital14@gmail.com	
42.	Vishakha @. Dhage	M.Sc I <sup>st</sup> yr	0d817781@gmail.com	
43.	Nikita V. Akarte	M.Sc-I <sup>st</sup> yr	nvakar.te@gmail.com	
44.	Snehal N. Salode	M.Sc-I <sup>st</sup> yr	Snehalsalode@gmail.com	S. Salode
45.	Afreen Kausar A. Shaikh	M.Sc I <sup>st</sup> yr	afreenkausar@gmail.com	Afreenk
46.	Shital R. Dumbhare	M.Sc I <sup>st</sup> yr	shitaldumbhare13@gmail.com	Dumbhare
47.	Rupali T. Deshpande	M.Sc-I <sup>st</sup> yr	rupalideshpande020@gmail.com	
48.	Bhageshri R. Lanjewar	M.Sc-I <sup>st</sup> yr	bhageshri.lanjewar2019@gmail.com	
49.	Ashwini S. Zingure	M.Sc-I <sup>st</sup> yr	Zingureashwini3@gmail.com	
50.	Devyani P. Chaudhari	M.Sc I <sup>st</sup> yr	devyani.chaudhari456@gmail.com	
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Principal  
Sevadai Mahila Mahavidyalaya  
Umrer Road, Nagpur-9.

# SEVADAL MAHILA MAHAVIDYALAYA

Workshop on Heartfulness Way meditation for Teachers and Students.

Date :- 30<sup>th</sup>, 31<sup>st</sup> August and 1<sup>st</sup> September 2018.

Organized by Department of Chemistry and Parents Teacher Association

## PARTICIPANTS

Date:-01/09/2018

Sr.No.	Name of the student	Class	Mail Id	Signature
1.	Shivaneer M. Babhate	M.Sc-II yr	Shivaneerbabhate19@gmail.com	<i>Shivaneer</i>
2.	Neha L. Dhole	M.Sc II yr	nehadhole321@gmail.com	<i>N.L.Dhole</i>
3.	Diya M. Warudkar	M.Sc II yr	diyawarudkar97@gmail.com	<i>Warudkar</i>
4.	Ankita K. Pawteki	M.Sc II yr	ankitupawteki39@gmail.com	<i>Apawteki</i>
5.	Anjali Arun Singh	M.Sc II yr	anjali.singh2110a@gmail.com	<i>Asingh</i>
6.	Ishani A. Saladeve	M.Sc II yr	ishani8595@gmail.com	<i>ISHANI</i>
7.	Rohini B. Raut	M.Sc II yr	rohini.raut79@gmail.com	<i>R.B.Raut</i>
8.	Ankita A. Biranwar	M.Sc II yr	biranwarankita@gmail.com	<i>Abir</i>
9.	Renuka P. Khode	M.Sc II yr	RKhode24@gmail.com	<i>Renuka P. Khode</i>
10.	Ashwini M. Naxade	B.Sc III yr	ashwini.naxade001@gmail.com	<i>Ashwini</i>
11.	Praykta R. Udapurkar	B.Sc III yr	udapurkarrajkumar@gmail.com	<i>Prudapurkar</i>
12.	Vaishnavi V. Kawatkar	B.Sc III yr	v.kawatkar49@gmail.com	<i>Vkawatkar</i>
13.	Mayuri V. Deshmukh	B.Sc III yr	mayu08desh@gmail.com	<i>Deshmukh</i>
14.	Namrata V. Mohod	B.Sc III	namratamohod491@gmail.com	<i>Namrata</i>
15.	Vedanti N. Duke	-	vedanti.duke001@gmail.com	<i>V.Duke</i>
16.	Ashwini B. Wandhane	-	abwandhane11@gmail.com	<i>Ashwini</i>
17.	Sakshi P. Keche	-	sakshikeche567@gmail.com	<i>Sakshi</i>
18.	Mayuri K. Kedar	-	mayurikedar29@gmail.com	<i>Mayuri</i>
19.	Yogita N. Bhute	-	Yogitabhute0127@gmail.com	<i>Ybhute</i>
20.	Sejal S. Shrivastri	-	shrivastriSejal10@gmail.com	<i>Shrivastri</i>
21.	Naranda R. Gedam	-	narandagedam45063@gmail.com	<i>N.R.Gedam</i>
22.	Vaishnavi S. Rajurkar	-	vaishnavirajurkar@gmail.com	<i>V.Rajurkar</i>
23.	Shubhangi Gajbe	-	shubhangigajbe2018@gmail.com	<i>S.Gajbe</i>
24.	Pratiksha Gupta	-	Pratikshagupta016@gmail.com	<i>P.Gupta</i>
25.	Komal Hatwar	-	Komal.hatwar02@gmail.com	<i>K.Hatwar</i>
26.	Komal Wanve	-	Komal.wanve@gmail.com	<i>K.Wanve</i>
27.	Vaibhavi S. Rajurkar	-	vaibhavirajurkar@gmail.com	<i>V.Rajurkar</i>
28.	Pragati J. Upadhyay	-	pragati1997@gmail.com	<i>P.Upadhyay</i>
29.	Ruchita D. Kungalkar	M.Sc III yr	Ruchitakungalkar22@gmail.com	<i>R.Kungalkar</i>
30.	Sweta R. Padrewale	M.Sc I yr	spadrewale97@gmail.com	<i>Sweta</i>
31.	Bhageshri R. Lanjewar	M.Sc I yr	bhageshri.lanjewar@gmail.com	<i>B.Lanjewar</i>
32.	Akshay Kausar A. Shaikh	M.Sc I yr	akshaykausar1002@gmail.com	<i>Akshay</i>
33.	Rupali Deshpande	M.Sc I yr	rupalideshpande02@gmail.com	<i>R.Deshpande</i>
34.	Devyani P. Chaudhari	M.Sc I yr	devyanichaudhari1@gmail.com	<i>D.Chaudhari</i>
35.	Ashwini S. Zingare	M.Sc I yr	Zingareashwini3@gmail.com	<i>A.Zingare</i>
36.	Shital R. Dumbhare	M.Sc I yr	shitaldumbhare13@gmail.com	<i>S.Dumbhare</i>
37.	Rupai D. Wathkar	M.Sc I yr	Wathkarrupai@gmail.com	<i>R.D.Wathkar</i>
38.	Gauri S. Kale	M.Sc I yr	Gaurikale.1997@gmail.com	<i>G.Kale</i>
39.	Shital M. Jadhao	M.Sc I yr	jadhaoShital4@gmail.com	<i>S.Jadhao</i>
40.	Vishakha D. Dhage	M.Sc I yr	sd817781@gmail.com	<i>V.Dhage</i>



  
**Principal**  
 Sevadal Mahila Mahavidyalaya  
 Umrer Road, Nagpur-9.



41.	Nikita V. Akarte	M.Sc. - 1 <sup>st</sup> yr	nvakarste@gmail.com	N.Akarte
42.	Snehal N. Sarode	M.Sc. - 1 <sup>st</sup> yr	snehsarode1234@gmail.com	S. Sarode
43.	Pooja M. Bhute	B.Sc. - 3 <sup>rd</sup> yr	poojabhute15@gmail.com	@Bhute
44.	Aishwarya D. Madavi	B.Sc. 3 <sup>rd</sup> yr	aishumadavi23@gmail.com	A. Madavi
45.	Kalyani H. Radke	B.Sc. 3 <sup>rd</sup> yr	kalyaniradke2sept@gmail.com	Radke
46.	Ku. Yogita R. Kulkarni	M.Sc. 1 <sup>st</sup> yr	yogitakulkarni23@gmail.com	Y.R. Kulkarni
47.	Ms. N.S. Dhoble	Staff	nsdhoble@gmail.com	NP
48.	Dr. Mrs. M.P. Patil	"	manjusha@gmail.com	MP
49.	Dr. Mrs. S.V. Kulkarni	Staff	drsvkulkarni@gmail.com	SVK
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*[Handwritten Signature]*

**Principal**  
Sevalal Mahila Mahavidyalaya  
Umrer Road, Nagpur-9.

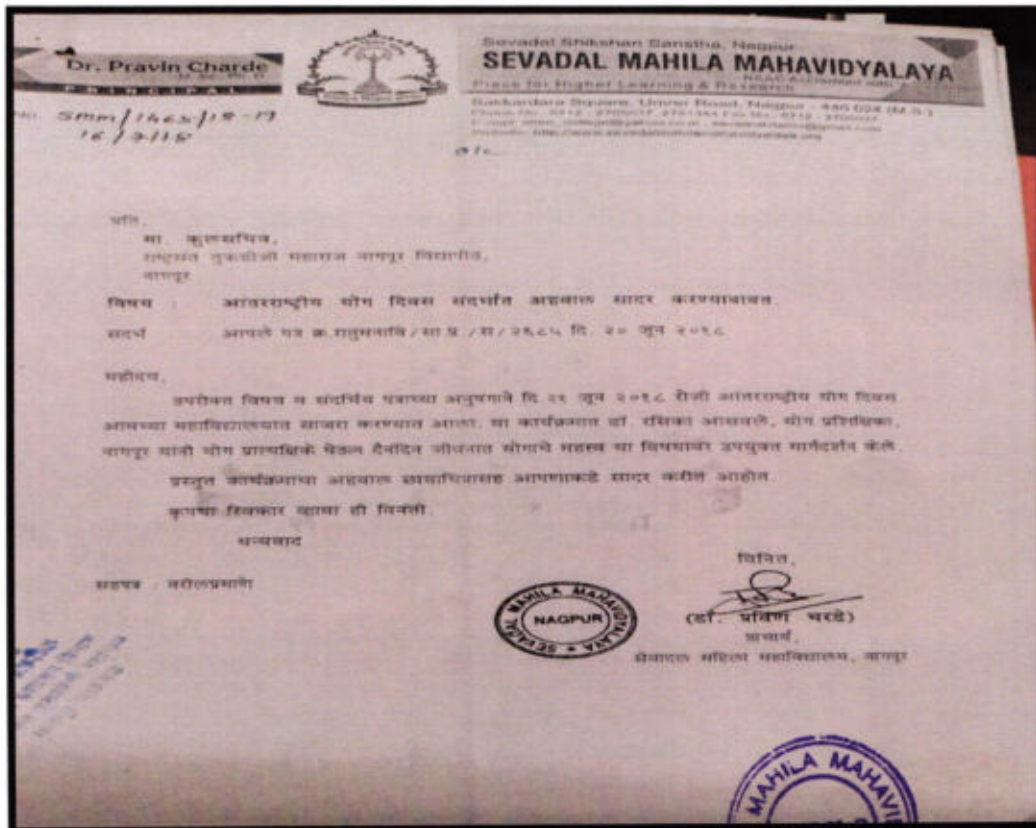
# Sevadal Mahila Mahavidyalaya

Place for Higher Learning and Research (Research Academy)  
Sakkardara Square

## Session 2018-2019

### 21<sup>st</sup> June 2018 : International Yoga Day and World Music Day

On the occasion of World Music Day and International Yoga Day a special lecture and Yoga Session of Hon'ble Mrs. Rasika Aswale Yoga Trainer was organized on 21<sup>st</sup> June 2018 at 11.00 am. This programme was presided by Hon'ble Principal Prof. Pravin Charde. Hon'ble Dr. Ms Rasika Aswale explained the importance of Yoga and music in human Life. She told about the ancient history about yoga in Indian culture. She talked about the Patanjali Yoga and its impact in India as well as world. She conducted a Yoga session and explained the importance physical exercises. She also talked about the healing techniques of yoga in several diseases. She put focus on the importance of reciting 'Omkar' in daily life. She also talked about the life style and their side effects on our health. She suggests to practice some yoga aasans in our day today life to keep the balance of health. In the presidential address Hon'ble Principal highlited the need of Yoga and Music in today's stressful life. He also suggested to practice yoga and instrumental music for meditation to keep the mind and soul pure and peaceful. He also shared his own experiences. The programme was conducted by Ms. Reeta Dhandekar, Convenor, Cultural committee.



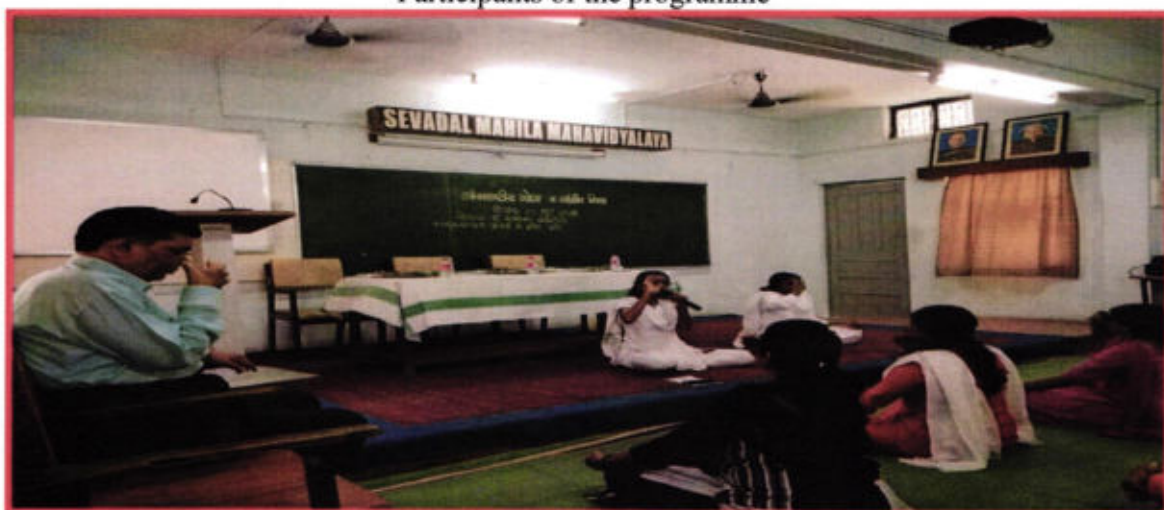
Principal  
Sevadal Mahila Mahavidyalaya  
Umrer Road, Nagpur-9.



Hon'ble Principal sir and Yoga Trainer Ms. Rasika Aswale sharing the dais



Participants of the programme



Participants are performing Yoga



  
Principal  
Prof. Pravin Charde  
Sevadal Mahila Mahavidyalaya  
Umre Road, Nagpur-9.  
Principal  
Sevadal Mahila Mahavidyalaya Nagpur

NAAC RE-ACCREDITED WITH 'A' GRADE

# Sevadal Mahila Mahavidyalaya

Place for Higher Learning & Research (Research Academy)  
Sakkaradara Square, Umrer Road, Nagpur-440024

Date : 17/12/2017

## NOTICE

All the students of **Final Year** Science, Home Science and Arts Faculty of the college are hereby informed that, Student Guidance and Counselling Committee in association with Cultural Committee, Human Development Department and Home Economics Department is organizing **Guest Lecture** of, **Mrs. Nilima Joshi "Working as a Professor in I.T.T.M. College, Kamptee on "Nutritional Awareness"** on 22<sup>nd</sup> December 2017 11.30am S in Room No. 110.

It is mandatory for students to attend the lecture.

**DR. A. R. Ratkanthiwar**

Convener

(Student Guidance & Counselling Cell)



**(PROF. PRAVIN CHARDE)**

Principle

Sevadal Mahila Mahaviadyalya

Nagpur

# Sevadal Mahila Mahavidyalaya

## Report on

### Student Guidance and Counseling Bureau 2017-18

Counseling and guidance are the process of helping individuals discover and develop their educational vocational and psychological potentialities & there by to achieve an optimal level of personal happiness & social usefulness counseling is as old as society & is a sanitation process of assistance extended by an expert in an individual situation to a needy person.

To develop 'Nutritional Awareness in college going girl students our institute has arranged awareness programme on dated 22<sup>nd</sup> December 2017. The speaker was Mrs. Nilima Joshi working as professor in I.T.T.M. College of health science Kamptee.

She guided the students on the topic like food pyramid, amount of grains, vegetables, Fats & oils Fruits, Sugar and jaggery, legumes etc. in our daily diet.

She also focused on junk foods & some Indian oily foods which are very heavy to digest as well as high-energy giving also which should be avoided. She focused on intake of water as well as importance of exercise and morning walk. She also added information about scientific timing of having breakfast lunch, Tiffin, dinner etc.

This guest lecture was arranged by dept of Home economic and student counseling & Guidance cell of the college.

With the able guidance of and support of the Hon'ble principal of the college we were able to conduct the programme.

**Dr. Mrs. A.R. Ratkanthiwar**  
Convener



**Dr. P.N. Charde**  
Principal

(Sevadal Mahila Mahavidyalaya, Nagpur)

## Guidance by Speaker



## Involvement of Students



  
**Principal**  
Sevalal Mahila Mahavidyalaya  
Umrer Road, Nagpur-9.

## Introduction of Speaker



## Welcome of Speaker



**Principal**  
Sevalal Mahila Mahavidyalaya  
Umrer Road, Nagpur-9.

Academic Session - 2017-18  
Student Guidance and Counselling Organized  
Nutritional Awareness Programme  
Date 22nd December, 2017 at 11.00 am

Sr. No.	Name of Students	Class
1	Chandani Bire	B.Sc (Science) Sem VI
2	Jayshree Wangre	B.Sc (Science) Sem VI
3	Komal Kayalkar	B.Sc (Science) Sem VI
4	Sweety Gabhane	B.Sc (Science) Sem VI
5	Laxmi Yadav	B.Sc (H.Sc.) Sem VI
6	Mohini Pawar	B.Sc (H.Sc.) Sem VI
7	Nahid Querishi	B.Sc (H.Sc.) Sem VI
8	Nishat Ayyub	B.Sc (H.Sc.) Sem VI
9	Pallvi Mahurkar	B.Sc (H.Sc.) Sem VI
10	Leena Sawarkar	B.Sc (H.Sc.) Sem VI
11	Dipali Gunggaonkar	B.Sc (H.Sc.) Sem VI
12	Chanchal Upase	B.Sc (H.Sc.) Sem VI
13	Dharti Surkar	B.Sc (H.Sc.) Sem VI
14	Chaitali Khawale	B.Sc (H.Sc.) Sem VI
15	Dipali Dhoke	B.Sc (H.Sc.) Sem VI
16	Gayatri Bandebuche	B.Sc (H.Sc.) Sem VI
17	Prachi Kalamkar	B.Sc (H.Sc.) Sem VI
18	Rudali Vinakane	B.Sc (H.Sc.) Sem VI
19	Trupati Marbate	B.Sc (H.Sc.) Sem VI
20	Zainab Khan	B.Sc (H.Sc.) Sem VI
21	Pragati Kature	B.Sc (H.Sc.) Sem VI
22	Puja Baghel	B.Sc (H.Sc.) Sem VI
23	Rupali Chavhan	B.Sc (H.Sc.) Sem VI
24	Tanishanaz Sheikh	B.Sc (H.Sc.) Sem VI
25	Priya V. Wance	B.Sc (Science) Sem VI
26	Reena Gharat	B.Sc (Science) Sem VI
27	Jayshree Wangre	B.Sc (Science) Sem VI
28	Anita Shahu	B.Sc (Science) Sem VI
29	Neha Uikey	B.Sc (Science) Sem VI
30	Ritu Selote	B.Sc (Science) Sem VI
31	Sneha Loniya	B.Sc (Science) Sem VI




  
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32	Nikita Pratite	B.Sc (Science) Sem VI
33	Komal Kayalkar	B.Sc (Science) Sem VI
34	Chandani Birl	B.Sc (Science) Sem VI
35	Rohini Bansod	B.Sc (Science) Sem VI
36	Mayuri Bobade	B.Sc (Science) Sem VI
37	Isha Sonwane	B.Sc (Science) Sem VI
38	Madhavi Sambare	B.Sc (Science) Sem VI
39	Harshada Nanotkar	B.Sc (Science) Sem VI
40	Seema Lokhande	B.Sc (Science) Sem VI
41	Ku. Jayshree Wangre	B.A. Sem VI
42	Ku. Priya Wanee	B.A. Sem VI

  
**Dr. Archana Ratkanthiwar**  
Head  
Department of  
Human Development

  
**Dr. Pravin Charde**  
Principal  
Sevadal Mahila  
Mahavidyalay, Nagpur



# Sevadal Mahila Mahavidyalaya

Place for Higher Learning and Research (Research Academy)

## 1<sup>st</sup> December 2017: World Aids Day: Awareness on Aids

Guest lecture was jointly organized by the parents' teacher association and Cultural committee of the college on dated 2/12/2017 on the eve of AIDS day. The guest speaker was Dr (Mrs) Jyoti .S .Ramteke, Assistant Professor ,Biology department, Home science faculty. She gave presentation and explained the students about HIV, How it is transmitted and how it can be prevented. She also talked about the its impact on immune system. 55 students attended the lecture.



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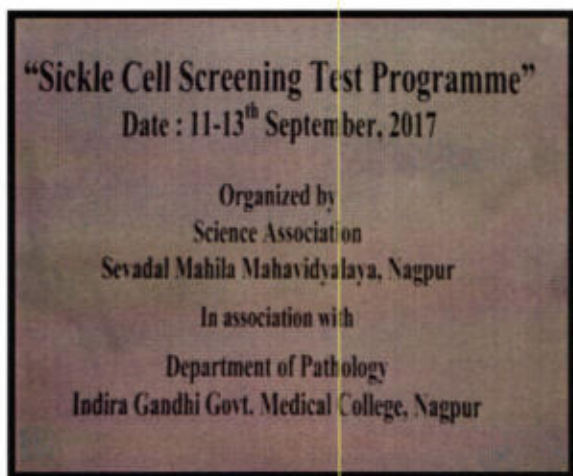
# Sevadal Mahila Mahavidyalaya

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## REPORT OF SICKLE CELL SCREENING PROGRAMME

Date : 11<sup>th</sup>, 12<sup>th</sup> and 13<sup>th</sup> September 2017.

A Sickle Cell Screening Programme was organized by the Science Association of the College in association with Department of Pathology, Indira Gandhi Government Medical College on 11<sup>th</sup>, 12<sup>th</sup> and 13<sup>th</sup> September 2017. This Sickle cell detection drive among marriageable youth is a joint venture of Sickle Cell Association, Nagpur and Collector, Nagpur District.



Sickle cell disease is an inherited, genetic disease. Such a Sickle cell screening programme, is necessary for marriageable youth to make sure whether they are the carriers of Sickle cell disease of which sickle cell anemia is a more serious one. Not just the marriageable youth but in certain cases it is necessary for infants, children and adolescent too. Screening for sickle cell means testing a person's blood for abnormal types of haemoglobin. According to the reports of WHO Approximately 5% of the world's population are carriers of SCA - the percentage of people who are carriers of the gene is as high as 25% in some regions.

The Sickle Cell Screening Programme was inaugurated at the hands of Hon'ble Shri Sanjayji Shende, President of Sevadal Education Society; Hon'ble Prof. Pravin Charde, Principal Sevadal Mahila Mahavidyalaya, Nagpur. Hon'ble Prof. Pravin Charde, Principal of the College gave an introductory remark and Hon'ble Shri Sanjayji Shende, President of Sevadal Education Society presided over the function.



  
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Welcome of Hon'ble Shri Sanjayji Shende,  
President of Sevadal Education Society



Welcome of Hon'ble Prof. Pravin Charde,  
Principal, Sevadal Mahila Mahavidyalaya



Welcome of Dr. Amit Agrawal and Dr. Wicky Ramteke.



Inaugural address by Hon'ble President Shri Sanjay Shende



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Dignitaries on the dais

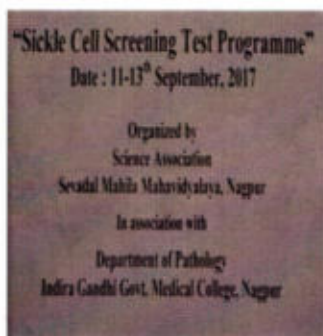


Students and staff members attending the programme

The Sickle Cell Screening Programme was successfully conducted by a team of doctors: Dr. Amit Agrawal and Dr. Vicky Ramteke; from IGMC, Nagpur. Technicians: Mrs.Sadhana Kapale, Mrs. Sunanda Sathe, Gosiya Khan, Nikhat Khan, and Asha worker: Mrs.Sonali Ghonmode assisted the doctors to successfully screen the students of the college.

Students of the college and staff members assisted the team for proper organization of the program.

A lecture was given by Dr. Amit Agrawal on Sickle cell anemia disease, sickle cell trait, what is the importance of this screening programme and the facilities given by the government to patients suffering from sickle cell anemia. This was followed by the screening of students for Sickle Cell, which continued for three days.



Lecture on Sickle Cell Anemia by Dr. Amit Agrawal

Day 1: The team of doctor and technicians screened 240 students on day 1 for detecting sickle cell anemia. Blood sample was again collected from students who tested positive in screening test and the results were confirmed by electrophoresis test that was done at pathology department of IGMC, Nagpur.

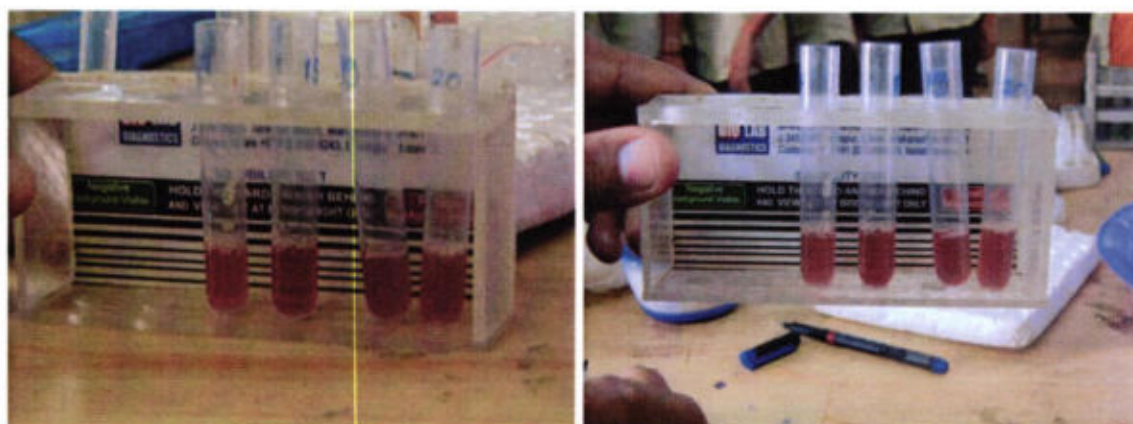


  
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Blood samples of students being collected and screened for sickle cell anemia

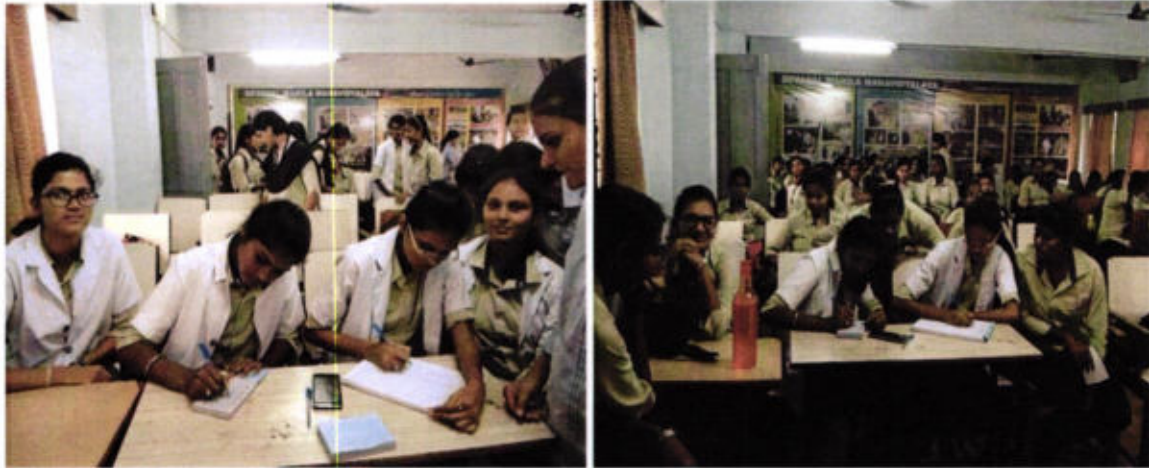
On the second day of screening program 325 students and on third day 240 students including staff members were screened. 41 samples out of 825 tested were positive and the results were confirmed by electrophoresis test.



Results of the Sickle cell anemia screening test



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Student volunteers of the college assisting the team of doctors and technicians to register the names of students being tested

Students who tested positive after confirmatory test and were AS (carrier of sickle cell anemia) were issued cards by the Department of Pathology, Indira Gandhi Government Medical College and Sickle Cell Association, Nagpur.



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Nagpur

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Session 2017-2018

## *Health and Hygiene Awareness Programmem: 11<sup>th</sup> Sept. 2017*

A health and hygiene awareness programme was organized in the college in association with CIAN Agro Industries on 11<sup>th</sup> September, 2017 under the mission of Swachha Bharat Abhiyan which calls for swachha zameen, hawa, and pani and Make in India, campaign. This programme was especially planned by the doctors of Matru Seva Sangh, Dr. Sharma, Child Psychologist and Dr. Sanjay Deshpande, Sexologist, for the college girls.

The program was inaugurated by Mrs. Sandhya Charde, Supervisor, Sevadal Education Society's Vidarbha Buniyadi Junior College. Mrs. Snehal Joshi and Ms. Shivani Pophali from CIAN Agro Industries were the Guest Speakers.



Welcome of the dignitaries on the dais, Mrs. Sandhya Charde, Supervisor, Vidarbha Buniyadi Junior College, Mrs. Snehal Joshi and Ms. Shivani Pophali from CIAN Agro



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In this programme an interactive session was conducted by Mrs. Snehal Joshi wherein she explained about the importance of health and hygiene to our students especially during menstrual cycle. She focused on the importance of eating healthy food, proper daily exercise and sound sleep. She also threw light on using proper sanitary napkins and maintaining proper hygiene during this period. She further emphasized on the proper disposal of used sanitary napkins because a huge quantity of solid waste is generated by these. Improper disposal of such used napkins in toilets, on road side, etc. not only blocks and clogs the sewage pipe lines but also spreads infections. To overcome this problem of disposal of used sanitary napkins and waste management, an Incinerating Machine has been designed and launched by CIAN Agro Industries.



Mrs. Snehal Joshi addressing the students regarding health and hygiene issues

Mrs. Sandhya Charde, Supervisor, Sevadal Education Society's Vidarbha Buniyadi Junior College, also explained the importance of health and hygiene to the students.

A live demonstration of using the Incinerating Machine was given by the HR of CIAN Agro Industries, Ms. Shivani Pophali. Further a demonstration of Sanitary napkin Vending Machine launched by the same industry was also given. Around 100 Students and staff members of the College were prominently present for this programme.



  
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The Sanitary napkin vending machine and Incinerator



Staff members and college students attending the programme and demonstration session



A certificate of participation and appreciation was given by CIAN Agro Industries



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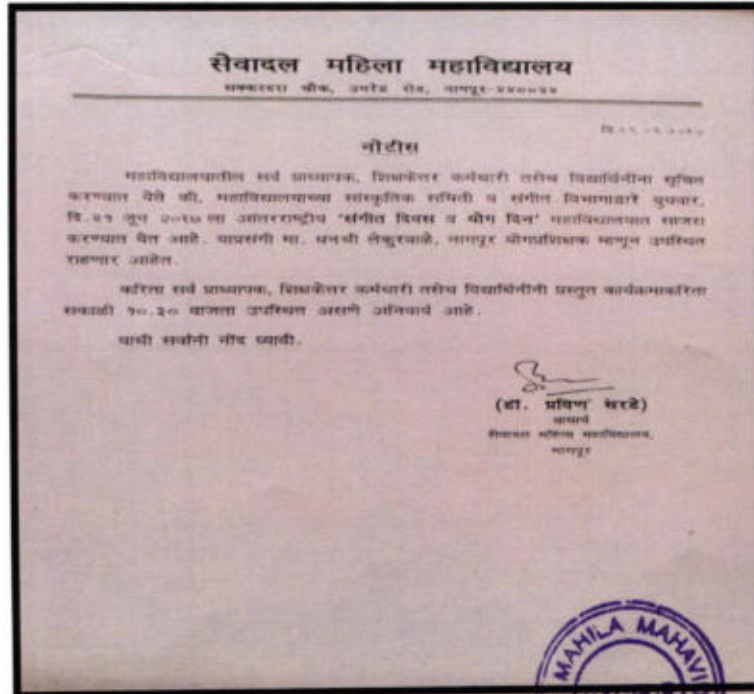
## Sevadal Mahila Mahavidyalaya

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### Session 2017-2018

#### **21<sup>st</sup> June 2017: International Yoga Day and World Music Day**

On the occasion of World Music Day and International Yoga Day a special lecture and Yoga Session of Hon'ble Ms. Dhanshree Lekurwale, renowned International Player and Yoga Trainer was organized on 21<sup>st</sup> June 2017 at 11.00am in Seminar hall. This programme was presided by Hon'ble Shri Sanjayji Shende, President, Sevadal Education Society, Nagpur. Hon'ble Principal Prof. Pravin Charde was also present on this occasion. Hon'ble Principal Sir presented a welcome note. Hon'ble Ms. Dhanshree Lekurwale explained the importance of "Music and Yoga in human Life. She conducted a Yoga session and explained the importance physical exercises. She also talked about the healing techniques of yoga in several diseases. She put focus on the importance of reciting 'Omkar' in daily life. She asked the students to practice some yoga techniques in day-to-day life to increase the concentration in studies. She gave some examples of how yoga is benefitted many students in their physical and mental fitness. Dhanshree and her team members performed some asans and explained their importance in human life. In the presidential address Shri Sanjayji Shende highlighted the importance of Music and Yoga in today's stressful life. He also suggested to practice yoga and instrumental music for meditation to keep the mind and soul pure and peaceful. Total 21 students of B.A.III year were present. Mr. S.T. Bakhade presented the vote of thanks.



  
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Hob'ble Shri Sanjay Shende addressing the audience



Ms. Dhanshree Lekurwale Addressing in International Yoga Day Programme



  
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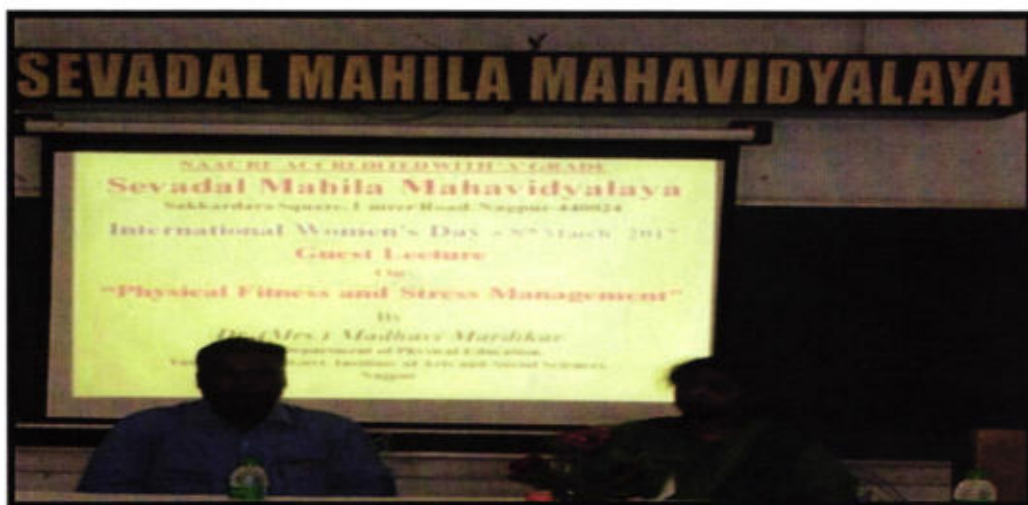
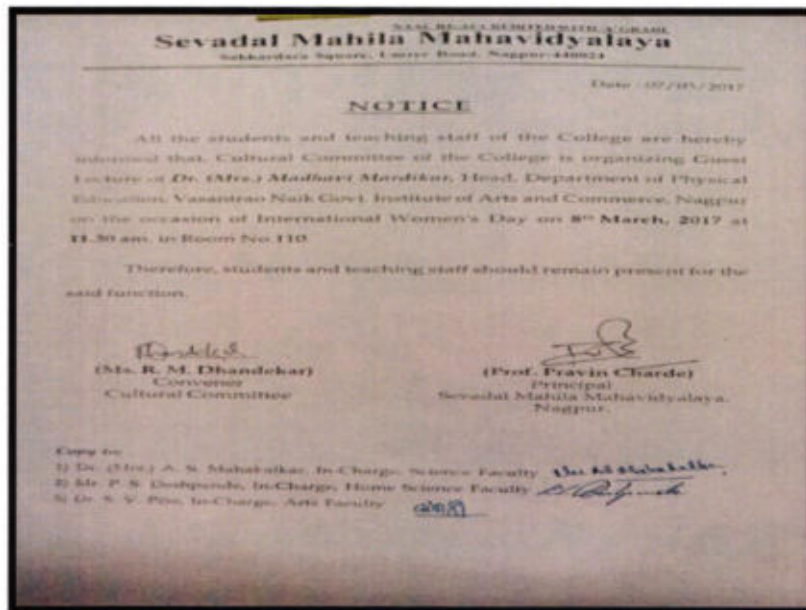
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## Session 2016-2017

### Special Lecture on Stress Management and Physical Fitness on occasion of International Women's Day: 8<sup>th</sup> March, 2017-

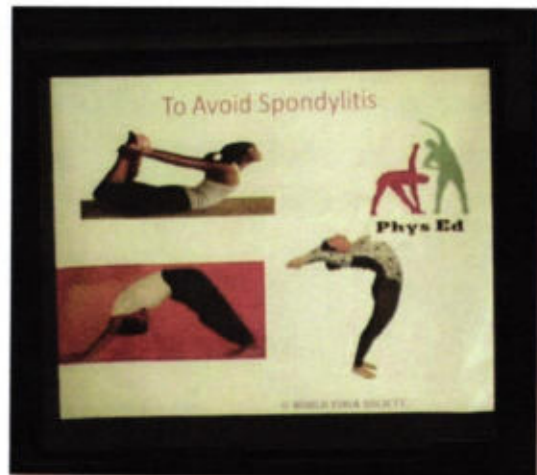
On the occasion of International Women's Day, a special lecture was organized. Dr. (Mrs.) Madhavi Mardikar Head, Department of Physical Education, VNGISS, Nagpur was invited to speak on women health. The topic of the lecture was 'Stress Management and Physical fitness'. She told about the various problems faced by the women specially working women. She told how to manage the stress level and to maintain the physical fitness. 40 Students and the college staff were present on this occasion.



Prof. Bhandari sharing the dais with the Guest speaker Dr. Madhavi Mardikar



*Glimpses of the programme*



Dr.Madhavi Mardikar Madam addressing the gathering



  
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Prof. Dr. Madhavi Mardikar  
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### Session 2016-2017

#### **21<sup>st</sup> June 2016: International Yoga Day and World Music Day**

On the occasion of World Music Day and International Yoga Day a special lecture of Hon'ble Dr. Datta Harkare, renowned Music Artist of Nagpur city was organized on 21<sup>st</sup> June 2016 at 10.00 am. This programme was presided by Hon'ble Shri Sanjayji Shende, President, Sevadal Education Society, Nagpur. Hon'ble Principal Prof. Pravin Charde was also present on this occasion. and presented a welcome note. Hon'ble speaker Shri Harkare delivered his lecture on "Music and Yoga". He explained the importance of Music as well as Yoga in our life. He gave the details of rich heritage and culture of Music and Yoga. He also told the importance of reciting 'Omkar' in daily life. He highlighted the importance of positive vibrations and the its relation with our physical, mental and spiritual health. He talked about the music therapy that is used in healing the diseases. He explained that medical science is working on this research. As Indians are basically music loving people, it is proving beneficial for all. He asked the students to practice the Yoga with music which will help them to maintain healthy body and mind both.

In the presidential address Shri Sanjayji Shende highlighted the importance of Music and Yoga in today's stressful life. He also suggested to practice yoga and instrumental music for meditation to keep the mind and soul pure. 25 students of B.A.III year were present on this occasion. The programme was conducted by Dr. Smt. Shubhada Mandaogade, Head department of Music and Dr. T.S. Madankar, Asst. Prof. dpt. of music presented the vote of thanks.



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Hon'ble Dignitaries on the dais



Shree Datta Harkare delivering the session



  
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