

महाराष्ट्र MAHARASHTRA

2019

VG 995757

भारत स्टॅम्प विक्रीचे ठिकाण मोखाडा  
24/15 किंमत 100/ Principal ता. 30 NOV 2021  
Arts, Science & Com. College  
मोखाडा, Dist. Palghar  
लायसन्स क्र. 2/989

स्टॅम्प वेंडर  
श्री. डि. के. पाटील  
मोखाडा, ता. मोखाडा

*Signature*



SUB-TREASURY OFFICER  
MOKHADA  
16 SEP 2021

MEMORANDUM OF UNDERSTANDING (MoU)

BETWEEN

Department of Zoology,  
Rayat Shikshan Sanstha's Arts, Science and Commerce College,  
Mokhada, Dist. Palghar 401604.

&

AROEHAN, Anurag Niwas, Telipada, Mokhada

FOR

FACULTY EXCHANGE PROGRAMME, SKILL DEVELOPMENT,  
STUDENT EXCHANGE PROGRAMME, R&D SERVICES AND RELATED  
SERVICES



on behalf of the other Party, without the prior written consent of the other Party. Neither Party shall have, nor represent itself as having, any authority under the terms of this MoU to make agreements of any kind in the name of or binding upon the other Party, to pledge the other Party's credit, or to extend credit on behalf of the other Party.

First Party

Second Party

Any divergence or difference derived from the interpretation or application of the MoU shall be resolved by arbitration between the parties as per the Arbitration Act, 1996. The place of the arbitration shall be at District Head Quarters of the First Party. This undertaking is to be construed in accordance with Indian Law with exclusive jurisdiction in the Courts of **Palghar.**

**AGREED:**

For

For

**Rayat Shikshan Sanstha's Arts, Science  
and Commerce College, Mokhada, Dist.  
Palghar, 401604**

**AROEHAN  
Anurag Niwas, Telipada  
Mokhada, Dist. Palghar**



**Principal**  
Arts, Science & Com. College  
Mokhada, Dist. Palghar  
Authorized Signatory

*Anurag*  
*Amit NARKAR*  
*CEO*



Authorized Signatory

|   |  |
|---|--|
| <b>Rayat Shikshan Sanstha's Arts, Science<br/>and Commerce College, Mokhada, Dist.<br/>Palghar 401604</b> | <b>AROEHAN, Anurag Niwas, Telipada,<br/>Mokhada, Dist. Palghar</b> |
| Mokhada, Dist. Palghar, Maharashtra, India.   | Telipada, Mokhada, Dist. Palghar                                   |
| 02529-256628  |  |
| asccmokhada@gmail.com   | <i>amit.narkar@aroehan.org</i>                                     |
| www.asccmokhada.co.in   | <i>www.aroehan.org</i>   |

Witness 1: Tamanna  
Tamanna Sanyal

Witness 2: Kaustubh  
Kaustubh Ghanwat

Witness 3: Jadhav  
Jadhav S.H.

Witness 4: Gadgil  
Dr. V.B. Gade.





Rayat Shikshan Sanstha's,  
Arts, Science & Commerce College, Mokhada, Palghar-401604.  
Email: asccmokhada@gmail.com  
Website: www.asccmokhada.co.in NAAC accredited 'B' grade  
Affiliated to University of Mumbai, Mumbai

### Internal Quality Assurance Cell (2021-2022)

#### Report of Event/Programme

|   |  |
|---|--|
| Name of the Department/ Committee   | Department of Zoology  |
| Name of the Head  | Dr. S.K. Pawar   |
| Title of the Event/ Programme   | Hemoglobin Checking Camp (Extension activity under MoU)  |
| Date /Period of Event/ Programme  | Monday, 04 <sup>th</sup> April 2022 at 12.30 pm (IST)  |
| Objective of the event/Programme  | To check the hemoglobin of tribal adolescent girls and women   |
| Sponsored Agency /Institute   | Arts, Science and Commerce College, Mokhada, Dist: Palghar   |
| Total No. of the Participants   | <del>31</del>  |
| Total No. of the Teacher Participants   | 04   |
| Name of the Expert /Invitee/Lecturer<br>(With Designation, Contact, Address & email etc.) | Ms. Vanita Kharpade,<br>Aroehan Foundation, Mokhada, Dist. Palghar   |
| Venue of the Event/ Programme   | Z.P. Primary School Warghadpada, Tal. Mokhada  |
| Programme Outcome   | Hemoglobin of the girls and women is checked and awareness is created about hemoglobin deficiency and related diseases |

Photo



Hemoglobin Checking



Arts,

Rayat Shikshan Sanstha's,

Science & Commerce College, Mokhada, Palghar-401604.

Email: [asccmokhada@gmail.com](mailto:asccmokhada@gmail.com)

Website: [www.asccmokhada.co.in](http://www.asccmokhada.co.in) NAAC accredited 'B' grade

Affiliated to University of Mumbai, Mumbai

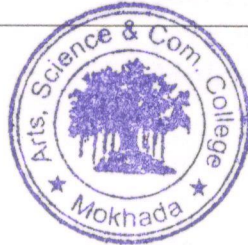


Distribution of Pamphlet for awareness

**Dr. S. K. Pawar**  
Head, Department of Zoology

**Dr. A. N. Chandore**  
IQAC, Coordinator

**Dr. L. D. Bhor**  
Principal







*Rayat Shikshan Sanstha's*  
**Arts, Science and Commerce College, Mokhada, Dist. Palghar**

Department of Zoology

2021-2022

Extension Activity (Activity under MoU)

**TABLE PROGRAM**

**Inauguration of Hb Checking Camp**

Day and Date: Monday, 04/04/2022,

Time: 12.30 pm

- 
- |                                   |   |
|-----------------------------------|---|
| ❖ Introduction and Welcome:       | Dr. S.K. Pawar<br>(Head, Department of Zoology)     |
| ❖ Felicitation of the dignitaries |   |
| ❖ Speech of Chief Guest:          | Mr. Amit Narkar<br>(AROEHAN Foundation,<br>Mokhada) |
| ❖ Presidential Speech:            | Dr. L.D. Bhor                                       |
| ❖ Vote of thanks:                 | Mr. K.K. Pardhi                                     |
| ❖ Anchoring:                      | Mr. P.R. Havale                                     |





**PRINCIPAL**  
Dr. L. D. Bhor  
**Dr. J. G. Jadhav**  
M.Com., Bed., M.Phil., Ph.D.  
(M.A., M.Phil., Ph.D.)

Ref. No. : By hand

Date : 01/04/2022

To,  
Mr. P.S. Mahajan,  
Head Teacher,  
Z.P. Primary School,  
Mokhada, Dist. Palghar

Subject: About organization of Hb checking camp

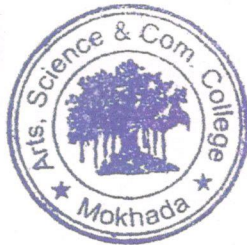
Respected sir,

With reference to above mentioned subject we are organizing an Hb check up camp for adolescent girls of your area in your school on Monday, 04<sup>th</sup> April 2022 at 12.30 pm. Please allow us to take the said program and provide us essential requirements.

Thanking you,

Yours faithfully,

**Principal**  
Arts, Science & Com. College  
Mokhada, Dist. Palghar



जि.प. प्राथ. शाळा-वारघडपाडा  
ता. मोखाडा, जि. पालघर





Principal  
**DR. J. G. Jadhav**  
M. Com, M. Ed, M. Phil, Ph.D.

Ref. No. : By hand

Date : 04/04/2022

To,  
Mr. P.S. Mahajan,  
Head Teacher,  
Z.P. Primary School,  
Mokhada, Dist. Palghar

Subject: Letter of appreciation

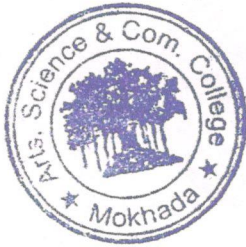
Respected sir,

We are very much thankful to you for allowing us to organize the program of Hb Checking camp in your school. We appreciate your sincere efforts and cooperation in carrying out the above program.

Thanking you

Yours faithfully,

**Principal**  
Arts, Science & Com. College  
Mokhada, Dist. Palghar



मुख्य शिक्षक  
जि.प. प्राथ. शाळा-बायडपाडा  
ता. मोखाडा, जि. पालघर





**Principal**

**Dr. L. D. Bhor**  
(M.Com., M.Phil., Ph.D.)

Ref. No. : *By hand*

Date : *01/04/2022*

To,  
Mr. Amit Narkar,  
Aroehan Foundation,  
Mokhada, Dist. Palghar

Subject: About organization of Hb checking camp

Respected sir,

With reference to above mentioned subject we are organizing an Hb check up camp for adolescent girls at Z.P. Primary School Warghadpada, Mokhada on Monday, 04<sup>th</sup> April 2022 at 12.30 pm. Please help us to check the Hb of adolescent girls through your expert team.

Thanking you,

Yours faithfully,

**Principal**

Arts, Science & Com. College  
Mokhada, Dist. Palghar





Rayat Shikshan Sanstha's

# ARTS, SCIENCE & COMMERCE COLLEGE, MOKHADA.

Estd. : June - 1984

(Higher Secondary Vocational Course - J. 18. 02. 901)

NAAC Accredited - 'B' Grade

Founder - Padmabhushan Dr. Karmaveer Bhaurao Patil (D.Litt.)

Principal

**Dr. L. D. Bhor**  
(M.Com., M.Phil., Ph.D.)

Ref. No. : By hand

Date : 04/04/2022

To,  
Mr. Amit Narkar,  
Aroehan Foundation,  
Mokhada, Dist. Palghar

Subject: Letter of appreciation

Respected sir,

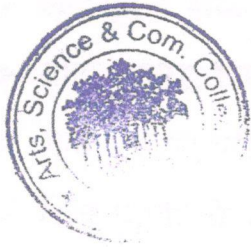
We are very much thankful to you for extending your help and support in organization of Hb checking camp of the tribal adolescent girls. We appreciate your sincere efforts and cooperation in carrying out the above program.

Thanking you,

Yours faithfully,

**Principal**

Arts, Science & Com. College  
Mokhada, Dist. Palghar







रयत शिक्षण संस्थेचे,  
कला, विज्ञान व वाणिज्य महाविद्यालय मोखाडा, जि. पालघर  
प्राणिशास्त्र विभाग

२०२१-२०२२

### आरोग्य तपासणी शिबीर

स्थळ: जि. प. प्राथमिक शाळा, वारघडपाडा, ता. मोखाडा, जि. पालघर ; दि.: ०४/०४/२०२२

#### हिमोग्लोबीन संबंधी आवश्यक माहिती

##### ❖ हिमोग्लोबीन चे शरीरातले प्रमाण

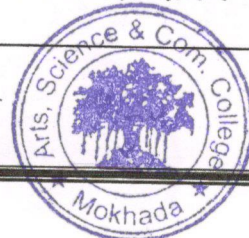
- निरोगी प्रौढ पुरुष : १३.५ ते १७. ग्रॅम /१०० मिलिलिटर
- निरोगी प्रौढ महिला: १२.० ते १५.५ ग्रॅम /१०० मिलिलिटर

##### ❖ हिमोग्लोबीन कमतरतेची लक्षणे

- थकवा
- अशक्तपणा
- चिडचिड
- डोके दुखी
- धाप लागणे
- गरगर आणि चक्कर येणे
- हात पाय थंड भासणे
- केस गळणे

##### ❖ हिमोग्लोबीन वाढीचे नैसर्गिक उपाय

- लोहयुक्त सकस आहार
- बीट, गाजर, रताळे, डाळिंब, अंजीर, काळे मनुके यांचे सेवन करणे
- गूळ शेंगदाण्याचे नियमित सेवन करणे
- निंबू पाणी चे सेवन करणे
- लोखंडी तव्यावर बनवलेल्या भाज्यांचे सेवन करणे
- हिरव्या पालेभाज्या आणि फळांचे नियमित सेवन करणे



ॐ



Rayat Shikshan Sanshta's  
Arts, Science & Commerce College, Mokhada  
Department of Zoology  
2021-2022  
Extension Activity  
**Hb Checking Camp**

Date : 04/04/2022

| Sr. No. | Name of the Attendee   | Age | Hb % | Remark (Hb% level) | Signature      |
|---------|------------------------|-----|------|--------------------|----------------|
| 1)      | रेणुका प्रकाश वारधडे   | 23  | 7.1  | low                | रे. व. वारधडे  |
| 2)      | हिरा मधुकर खाडे        | 21  | 7.2  | low                | Khate          |
| 3)      | योगिता संतोष गजाले     | 30  | 8.5  | low                | योगिता गजाले   |
| 4)      | धनंजी शोभा राम गजाले   | 19  | 7.1  | low                | धनंजी गजाले    |
| 5)      | अश्विनी भास्कर वारधडे  | 24  | 7.5  | low                | अश्विनी वारधडे |
| 6)      | मंगलकुलकास वारधडे      | 22  | 7.7  | low                | वारधडे म. क.   |
| 7)      | कुमल अंकिता गजाले      | 25  | 7.3  | low                | कुमल           |
| 8)      | चंद्रिका वामन वारधडे   | 23  | 6.8  | low                |                |
| 9)      | कुमल शांतेश्वर भगत     | 24  | 10.7 | Normal             | क. व. वारधडे   |
| 10)     | सविता केशव वारधडे      | 25  | 6.9  | low                | सविता वारधडे   |
| 11)     | पुष्पा आत्माराम खेगारे | 26  | 7.3  | low                | पुष्पा खेगारे  |
| 12)     | सोनाली रंजित गजाले     | 17  | 8.6  | low                | Sonali         |
| 13)     | पनिता रामदास खाडे      | 21  | 7.8  | low                | Rhode          |
| 14)     | मनिषा सुभाष खेगारे     | 20  | 8.0  | low                | मनिषा खेगारे   |
| 15)     | हेमा हिम खाडे          | 22  | 10.7 | Normal             | हे. हि. खाडे   |
| 16)     | गौरा रंजित गजाले       | 16  | 6.7  | low                | गौरा गजाले     |
| 17)     | वेणुका देवराज खेगारे   | 17  | 7.9  | low                | Veunade        |
| 18)     | मंजुबाई गोपाळ गजाले    | 24  | 7.0  | low                | Manjuba        |
| 19)     | शालिनी रघुनाथ मंजुबाई  | 25  | 8.6  | low                | S. R. Manjuba  |
| 20)     | आशा गणेश खाडे          | 24  | 6.2  | low                |                |
| 21)     | मनिषा मधुकर खाडे       | 23  | 7.4  | low                | म. खाडे        |
| 22)     | पार्वती सय गजाले       | 21  | 10.9 | low                | गजाले पी. स.   |

