

❖ Life Skill – 1. Karate

"Rayat Shikshan Sanstha's"

Arts & Commerce College, Pusegaon

Tal- Khatav, Dist - Satara.

Karate Syllabus 2018-19

1. Ludling types
 - One Leg ludling
 - Cross Leg ludling
 - Cycling
2. Neck Rotation Types
 - Left Side Rotation
 - Right Side Rotation
 - Side Push up Rotation
 - Front Back Rotation
 - Frontally Push up Rotation
3. Side Sit ups- Kicking I
 - Side Ludling Kicks
 - Side Push Ups
 - Side Front Push ups
 - High Jump
 - Front Side Ludling Kicks
 - One Count Two Movements
 - Front Mygiri
 - One Count Four movements
4. Akogiri Kicks
 - Juki(Punch)
 - Chudan Julki
 - Mavas Kick
 - Nidan Julki
5. Double Mavas Kick
 - Sunban Julki
 - Inner Julki
 - Joban Uke
 - Chudan Uke
 - Gedan Bray
 - Outer Kick

RAYAT SHIKSHAN SANSTHA'S

Arts & Commerce College, Pusegaon Dist- Satara


Karate

List of Students - 2017-18

Sr. No.	Roll. No.	Name of the Student	Class
1	403	BAGEKARI KOMAL ANKUSH	B.Com.I
2	404	BAGWAN NILOFAR SALIM	B.Com.I
3	405	BHANDARE PRIYANKA VISHNU	B.Com.I
4	406	BHONDAVE RANI BABAN	B.Com.I
5	408	BHOSALE MAYURI RAMDAS	B.Com.I
6	409	BITALE RUTUJA PRAKASH	B.Com.I
7	410	BORATE PRATIKSHA DATTATRAY	B.Com.I
8	411	BUDHAWALE PRATIKSHA DNYANDEO	B.Com.I
9	413	DALAVI AARTI BALKRISHNA	B.Com.I
10	418	DEVKAR AARTI SATISH	B.Com.I
11	419	GAIKWAD SAYALI SANJAY	B.Com.I
12	420	GARDE ASHWINI UMESH	B.Com.I
13	421	GHADGE MOHINI SAMPAT	B.Com.I
14	422	GHADGE MONALI MADHUKAR	B.Com.I
15	423	GHADGE PALLAVI BHARAT	B.Com.I
16	427	GHORPADE NEHA RAMESH	B.Com.I
17	428	GIRIGOSAVI NUTAN TANAJI	B.Com.I
18	431	JADHAV ANJANA ROHIDAS	B.Com.I
19	432	JADHAV CHAITRALI BHARAT	B.Com.I
20	433	JADHAV KAJAL BALU	B.Com.I
21	434	JADHAV KAJAL HEMANT	B.Com.I
22	435	JADHAV NEHA TANAJI	B.Com.I
23	436	JADHAV NILAM DNYANDEV	B.Com.I
24	439	JADHAV PRATIKSHA SUDHAKAR	B.Com.I
25	440	JADHAV SWATI ANKUSH	B.Com.I
26	441	JADHAV VARSHA CHANDRAKANT	B.Com.I
27	443	JAGADALE MONIKA DIPAK	B.Com.I
28	444	JAGTAP PRAJAKTA SIDDHARTH	B.Com.I
29	445	JADHAV MAYURI RAMDAS	B.Com.I
30	446	KADAM JYOTI DHANAJI	B.Com.I
31	447	KADAM POOJA SATYAWAN	B.Com.I


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Certificate Course in Karate
Arts and Commerce College, Pusegaon


COORDINATOR
ICAC
Arts and Commerce College, Pusegaon


Arts and Commerce College, Pusegaon
Tal. Satara, Dist. Satara

Karate Training for the Girls 2017-18




Principal
Arts and Commerce College, Pusgaon

Karate Training for the Girls 2017-18



RAYAT SHIKSHAN SANSTHA'S

Arts & Commerce College, Pusegaon Dist- Satara

Karate

2018-19

List of Students

Sr. No.	Roll. No.	Name of the Student	Class
1	2	AWALE POOJA MALHARI	B.Com.I
2	3	BAGAL DIVYA SUNIL	B.Com.I
3	5	BHONA BHAKTI MADHAVJI	B.Com.I
4	12	CHAVAN VAISHNAVI SANJAY	B.Com.I
5	17	DHOTRE RESHMA SOMNATH	B.Com.I
6	20	GAIKWAD PRANJAL BHIMRAO	B.Com.I
7	21	GAIKWAD PRIYANKA HANMANT	B.Com.I
8	27	GHADGE YOGITA GAJANAN	B.Com.I
9	28	GHANWAT RESHMA RAMESH	B.Com.I
10	29	JADHAV AAKANKSHA BALASO	B.Com.I
11	33	JADHAV PRADNYA SANJAY	B.Com.I
12	34	JADHAV PRANALI SHANKAR	B.Com.I
13	36	JADHAV REVATI DILIP	B.Com.I
14	39	JADHAV SONALI SANJAY	B.Com.I
15	42	JADHAV VAISHNAVI NAMDEV	B.Com.I
16	48	JAGADALE RUTUJA PANDURANG	B.Com.I
17	49	JAGTAP NAINA DATTATRAY	B.Com.I
18	50	JAMDADE RUTUJA KESHAV	B.Com.I
19	51	JAWALE KAJAL RAJENDRA	B.Com.I
20	52	KADAM CHAITANYA KASHINATH	B.Com.I
21	53	KADAM ROHINI VITTHAL	B.Com.I
22	54	KADAM RUTUJA RAGHUNATH	B.Com.I
23	57	KADAM SONALI SANJAY	B.Com.I
24	59	KALE KOMAL ADINATH	B.Com.I
25	64	KHUSPE POOJA ANANDRAO	B.Com.I
26	66	KORADE POOJA SHIVAJI	B.Com.I
27	67	KSHIRSAGAR PRITI BHARAT	B.Com.I
28	68	KUDALE RUPALI KISAN	B.Com.I
29	69	KUMBHAR DIPTEE RAMCHANDRA	B.Com.I

30	70	KUMBHAR SHWETA ASHOK	B.Com.I
31	74	MADANE KAJAL SANJAY	B.Com.I
32	78	MADANE VARSHA TANAJI	B.Com.I
33	79	MANE NILAM RAMESH	B.Com.I
34	80	MANE PRAGATI DHIRUVKUMAR	B.Com.I
35	81	MASUGADE POONAM SHAMRAO	B.Com.I
36	84	MULANI HINA RAJEKHA	B.Com.I
37	86	NIKAM PRADNYA RAMCHANDRA	B.Com.I
38	89	PAWAR MANASI RAMCHANDRA	B.Com.I
39	90	PAWAR MINAL NANASO	B.Com.I
40	91	PAWAR SHRADDHA PRAVIN	B.Com.I
41	93	PHADATARE TEJAL GORAKH	B.Com.I
42	101	SALUNKHE AMISHA ARJUN	B.Com.I
43	103	SALUNKHE POOJA ADHIK	B.Com.I
44	104	SALUNKHE PRATIKSHA SANDIP	B.Com.I

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Certificate
Arts and Commerce

Arate
Region
COORDINATOR
KAC
Arts and Commerce College, Pimpri



[Signature]
Arts & Commerce College
Pimpri

Rayat Shikshan Sanstha's,
Arts & Commerce College, Pusegaon
Short Term Course Karate
Summery Report
2018-2019

Karate Course has been conducted under Short term course in the college during Academic year 2018-19. 44 students were enrolled for this course. Examination is conducted as per guidelines of Shivaji University

Outcome:

- To give full body workout.
- To improve strength and power.
- To improve stamina and endurance.
- To improve flexibility.
- To acquire the skill of self-defense.


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Arts and Commerce College, Pusegaon
Tal. Khatav, Dist. Satara

Prof. Mane A. S. conducting Karate





Latitude: 17.703618
Longitude: 74.32105
Elevation: 788.41m
Accuracy: 3.2m
Time: 06-03-2020 10:05

Powered by NoteCam

2. Yoga and Physical Fitness:

१. एकुण व्याख्याने व प्रात्यक्षिक

१. व्याख्याने .. १००
२. प्रात्यक्षिक .. १००

उत्तिर्णा होण्यासाठी तात्विक व प्रात्यक्षिक परीक्षेसाठी प्रत्येकी किमान ३५ गुण आवश्यक

प्रात्यक्षिक अभ्यासक्रम

१. पुरक हालचाली संध व सावकाश योगिक पध्दतीने करणे

१. कमरेवर हात ठेवून पाय खाली वर करणे.
२. हात वर खाली करून जागींग करणे.
३. डबल जंपने गुडफे झातीला लावणे.
४. उजव्या . डाव्या बाजूला झुकणे.
५. उजव्या . डाव्या बाजूस फिरून वाकणे.
६. उजव्या . डाव्या बाजूस मागील पाय ताणणे.
७. साईट शिटअफ
८. कमरेवर हात ठेवून पुढे. मागे व साईडला वाकणे.
९. टो टच
१०. उजवा व डावा खांदयातून मोल फिरवणे.
११. गुडच्यावर हात ठेवून पाय समोर उचलणे.
१२. गुडच्यावर हात ठेवून पाय मागे उचलणे.
१३. कमरेतून धड फिरवणे.
१४. ब्राह्ममुद्र प्रमाणे मानेचे व्यायाम.

२. सुर्यनमस्कार :

१. नमस्कारासन
२. हास्तउतीतासन
३. पायशस्तासन
४. एक पाय प्रसारासन
५. द्विपाद प्रसारासन
६. अष्टांगासन
७. भुजंगासन
८. पर्वतासन
९. नमस्कारासन
१०. हास्तउतीतासन

३. आसने

- अ. उभे आसन
१. वृक्षासन
 २. ताडासन
 ५. वीरासन
 ६. उग्रासन

३. त्रिकोणासन ७. कटीकासन
४. पादहस्तासन ८. गरुडासन

ब. बैठे आसन

१. शिशासन ६. पर्वतासन
२. पद्मनासन ७. सिंहसन
३. वज्रासन
४. परिचमोतानासन
५. वक्रासन

क. पाटीवरील आसने

१. भुजंगासन ४. धनुरासन
२. शल्यासन ५. मकरासन
३. गौकासन

ड. पाटीवरील आसने :

१. उत्पादासन ६. गौकासन
२. विपरीत करणी ७. मत्स्यासन
३. सर्वांगासन ८. मर्कटासन
४. हाल्लासन ९. शवासन
५. पवनमुक्तासन

४. प्राणायाम .

१. भ्रामरी
२. शीतल
३. शितकरी
४. अनुलोम विलोम
५. भ्रमरीका

५ शुद्धीक्रिया ...

१. जलनोती
२. त्राटक

३ अग्निसार

६. मुद्रा

१. व्रतमुद्रा
२. योगमुद्रा पद्मासन
३. योगमुद्रा वज्रासन
४. दत्तामुद्रा

७. ध्यान

१. ओंकार

८. परीक्षा पध्दती :

१. प्रश्नपत्रिका स्वरूप

- | | |
|----------------------------|--------|
| १. एका वाक्यात ५ | १० गुण |
| २. रिकाम्या जागा ५ | १० गुण |
| ३. टिपा कोणत्याही ४ | १० गुण |
| ४. दिर्घोत्तरी १ | १० गुण |
| ५. प्राणायाम एकूण ३ | १० गुण |
| ६. शुद्धिक्रिया २ | ८ गुण |
| ७. वेध १ | ५ गुण |
| ८. मुद्रा १ | ५ गुण |
| ९. सूर्यनमस्कार १० अंकी | १० गुण |
| १०. वही स्वाध्याय पुस्तिका | १० गुण |

५० गुण

९. प्रात्यक्षिक अभ्यासक्रम भाग २

- | | |
|------------------------|--|
| अ. पुरक हातचाली प्रकार | १ ते १५ |
| ब. सूर्य नमस्कार | १० अंकांमध्ये |
| क. योगासने | वैटे आसन
पोटावरील आसन
पाटीवरील आसन |

इ. प्राणायाम

अ. वंश

आ. मुद्रा

ई. क्रिया

परिक्षा . प्रात्यक्षिक परीक्षा एकुण ५० मार्क

प्रात्यक्षिक

आसने . १० . २०

वैटे . ३

उभे . २

पाटीवर . ३

पोटावर . २

संदर्भ पुस्तके

१. योग परिचय . योगाभ्यास . विश्वास मंडलिक
२. योग शिक्षक . विश्वास मंडलिक
३. योग प्रवेश . विश्वास मंडलिक
४. योग कालिका . विश्वास मंडलिक
५. योग संजीवन . विश्वास मंडलिक
६. योग परिचय . शरीरशास्त्र . विश्वास मंडलिक

Coordinator
Arts and Commerce College, Pusgaon
Tal. Khatav, Dist. Solapur

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Principal
Arts and Commerce College, Pusgaon
Tal. Khatav, Dist. Solapur

Rayat Shikshan Sanstha's,
Arts & Commerce College, Pusegaon
Short Term Course Yoga
Summery Report
2017-2018

Yoga Course has been conducted under Short term course in the college during Academic year 2017-18. 37 students were enrolled for this course. Examination is conducted as per guidelines of Shivaji University

Outcome:

- To acquire basic knowledge of Yoga at physical and mental level.
- To understand the tradition of Yoga studies in India.
- To use Yoga for their personal physical and mental health.
- To understand the importance of Indian Yoga culture.
- To propagate Yoga for community health.
- To start their career as Yoga teacher or instructor


Coordinator
Certificate Course in Yoga
Arts and Commerce College, Pusegaon


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Tal. Khatav, Dist. Satara

RAYAT SHIKSHAN SANSTHA'S
Arts & Commerce College, Pusegaon Dist- Satara
Yoga2017-18
List of Students

Sr.No	Student*Name	Class	Mob.No
01	Deshmukh Harshawardhan Pradip	B.Com.I	9923792827
02	Kharate Somanath Dada	B.Com.I	9623955054
03	Shirtode Sachin Ashok	B.Com.I	724030269
04	Deshpande Kaushik Suresh	B.Com.I	9604990711
05	Sutar Tejas Pandurang	B.Com.I	84129794499
06	More Abhijeet Ajit	B.Com.I	9834282849
07	Bhosale Akash Nandkumar	B.Com.I	7262020285
08	Yadav Shubham Ramesh	B.Com.I	7709575736
09	Dalavi Aarti Balkrishna	B.Com.I	8857905349
10	Girigosavi Nutan Tanaji	B.Com.I	9850956152
11	Gaikwad Sayali Sanjay	B.Com.I	7350421824
12	Yadav Shweta Rajendra	B.Com.I	7888129612
13	Safunkhe Sunita Arjun	B.Com.I	98604188116
14	Shinde Sandhya Dhanaji	B.Com.I	9271783605
15	Shirtode Sonali Namdev	B.Com.I	7219239165
16	Suryawanshi Mamta Pandharinath	B.Com.I	9067539028
17	Sawant Mrunali Nanaso	B.Com.I	9665659969
18	Pachangane Gauri pralhad	B.Com.I	8888112797
19	Todkar Shivani Sharad	B.Com.I	9822964361
20	Mane Nikita Gulab	B.Com.I	7350370625
21	Jadhav Pratiksha Sudhakar	B.Com.I	9011593162
22	Jadhav prashant Mohan	B.Com.I	9763569353
23	Pandekar Komal Navanath	B.Com.I	8806639172
24	Madane Atul Ashok	B.Com.I	7030056447
25	Kajal Abaso Gaikwad	B.A.I	8530907970
26	Jyoti Mohan Katkar	B.A.I	9011076966
27	Ankita Dadaso Gaikwad	B.A.I	9767764075
28	Jadhav Komal Krushnat	B.A.I	
29	Jadhav Rajashri Shivaji	B.A.I	
30	Ghadage Sarika Babasaheb	B.A.I	
31	Kamble Arti Ramchandra	B.A.I	
32	Nale Geeta Arun	B.A.I	7387648013
33	Phadatare Prachi Pralhad	B.A.I	9637470638
34	Ghanwat Pooja Dattatray	B.A.I	9763157345
35	Phadatare Dhanshri Sayaji	B.A.I	8805519656
36	Jagadale Neeta Jagannath	B.A.I	8275269449
37	Jadhav Aishwarya Hindurav	B.A.I	9923071081


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रयत शिक्षण संस्थेचे,
कला व पाणिज्य महाविद्यालय, पुणेगांव
२०१७-२०१८
योगा व आहार मार्गदर्शन कोर्स

दि. २४/०३/२०१८



श्री .विलास चव्हाण योगाचे आहार विषयक मार्गदर्शन करताना

श्री.ए.भाग -१ , श्री.कॉम भाग -१ व श्री.कॉम.भाग-२ मधील
प्रिदयार्थीनी

RAYAT SHIKSHAN SANSTHA'S
Arts & Commerce College, Pusegaon Dist- Satara
Yoga 2018-19

List of Students

Sr. No.	Name of the Student	Class
1	AWALE BHARTI ANIL	B.A.I
2	AWALE TEJASVI SUNIL	B.A.I
3	BHANDALKAR ASHUTOSH DASHARATH	B.A.I
4	BHASME SHRUTIKA SHEKHAR	B.A.I
5	BHOSALE PRIYANKA VITTHAL	B.A.I
6	MADANE MADHURI NANASO	B.A.I
7	MADANE ROHIT SITARAM	B.A.I
8	MADANE SUNITA BHIMRAO	B.A.I
9	MADANE UJWALA TANAJI	B.A.I
10	NIKAM SUSHIL SUNIL	B.A.I
11	PACHANGANE CHAITANYA ARUN	B.A.I
12	PANDIT MAKARAND MUKUN	B.A.I
13	SALUNKHE ASHWINI SHIVAJI	B.A.I
14	SALUNKHE BHAGYASHRI KISHOR	B.A.I
15	SARKAVAS MURAD KARIM	B.A.I
16	SATPUTE AISHWARYA PANDURANG	B.A.I
17	SHINDE NIKHIL TANAJI	B.A.I
18	SUTAR KAJAL SUNIL	B.A.I
19	TAMBE PUNAM MANIK	B.A.I
20	TAMBE SUNITA DADA	B.A.I
21	WAYDANDE KIRAN RAGHUNATH	B.A.I
22	WAYDANDE VISHAL RAGHUNATH	B.A.I
23	YADAV SHIVANI SANJAY	B.A.I
24	BORATE KIRAN ARJUN	B.A.I
25	BURUNGALE NILESH ARJUN	B.A.I
26	CHAVAN DATTATRAY MARUTI	B.A.I
27	CHAVAN RUTUJA SANJAY	B.A.I
28	GHADGE DHANASHRI AMRUT	B.A.I
29	GHADGE RUSHIKESH VUAY	B.A.I
30	GHORPADE MADHURI TATYA	B.A.I
31	GODASE SHILPA VASANT	B.A.I
32	SALUNKHE RUTUJA SUHAS	B.A.I
33	GAIKWAD ARCHANA JOTIRAM	B.A.I
34	KUMBHAR GOURI ABAJI	B.A.I
35	KURHADE ASHWINI BHIMRAO	B.A.I
36	Jadhav Kranti Sanjay	B.A.I
37	MANE AKSHAY GANPAT	B.A.I
38	MANE NILAM KRUSHNAT	B.A.I
39	MANE PRIYANKA SHEKHAR	B.A.I
40	MOHITE POONAM VIJAY	B.A.I
41	JANKAR SEJAL SANJAY	B.A.I

Handwritten signature
Coordinator
Certificate Course in Yoga
Arts and Commerce College, Pusegaon
COORDINATOR
IQAC
Arts and Commerce College, Pusegaon



Handwritten signature
Arts & Commerce College,
Pusegaon, Dist- Satara

Rayat Shikshan Sanstha's,
Arts & Commerce College, Pusegaon
Short Term Course Yoga
Summery Report
2018-2019

Yoga Course has been conducted under Short term course in the college during Academic year 2018-19. 41 students were enrolled for this course. Examination is conducted as per guidelines of Shivaji University.

Outcome:

- To acquire basic knowledge of Yoga at physical and mental level.
- To understand the tradition of Yoga studies in India.
- To use Yoga for their personal physical and mental health.
- To understand the importance of Indian Yoga culture.
- To propagate Yoga for community health.
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Tal. Khatav, Dist. Satara

Yoga Course
2018-19




Principal
Arts and Commerce College, Pusegaon
Tal. Khatav, Dist. Satara

Prof. Sou. P. K. Jagdale conducting yoga



Prof. Sou. P. K. Jagdale conducting yoga



1. Fashion Designing and Tailoring:

Rayat Shikshan Sanstha's
Arts and Commerce College, Pusegaon
Short Term Course- Fashion Designing
Certificate Course in Fashion Designing
1st year Syllabus

Name of the Paper - Principal Of Garment Making Paper - I

Topics:-

1.Tools & Equipments :-

Cutting Table , Tape ,Chalk ,Scale ,Scissors ,Croque ,Bobin Case
Thread , Press Table Brown Paper , Books , Button Hole , Scissors , L-Scale ,Training Paper

2. Sewing Machine :-

Types ,Parts & Function ,Machine Taking coo of machine

3.Seams & Seam Finishes :-

Plain ,Franch ,Run & Fell Seam' Lapped & slot Seam finishes
Double Stitch Seam , Herring bone Stitch

4.Fabric :-

Texture ,Colour ,Design ,Quality

5.Darts Tuck, Pleats ,Gather :-

Darks - Signal & Double

Hukes - pin ,Cross ,Corded

Pleats - Knife, Box Inverted ,Pinch

6.Body Fitting :-

Introduction to sefty , Precaution to be taken before sewing

7.Paper Pattern :-

Types ,Use -Drafting ,cutting ,Skething

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10/12



Signature

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Syllabus


Name of the Paper - Garment Construction Paper - III

Topics:-

1. Baby Frock
2. A line – Kurta Salwar
3. Princess –line Kurta
4. Chudidar Pyjama (Ladies)
5. Shirts (Gents)
6. Half Pant
7. Blouse
8. Petticoat
9. Trousers
10. Slacks


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Syllabus

Name of the Paper – Fabric Surface Designing Paper - IV

Topics:-

1. Embroidery Stitches :- 50 Types , History
1. History of 12 Regional Stitches
2. 50 Types of Embroidery of stitches
2. Satin
 3. Bandhani
 4. Block Printing
 5. Feather
 6. Button hole
 7. Fishbone
 8. Couching
 9. Herringbone
 10. French knot - Double Knot , Bullion Knot
 11. Seed Stitch
 12. Pekinese
 13. Kantha work
 14. Phulkari work
 15. Kashmiri Embroidery
 16. Luknow work
 17. Mirror work


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Short Term Course- Fashion Designing
Certificate Course in Fashion Designing

Syllabus

Name of the Paper –Fabric Surface Designing Paper - IV

Topics:-

- 1.Embroidery Stitches :- 50 Types , History
 - 1.History of 12 Regional Stitches
 - 2: 50 Types of Embroidery of stitches
2. Satin
- 3.Bandhani
4. Block Printing
5. Feather
6. Button hole
- 7.Fishbone
- 8.Couching
9. Herringbone
10. French knot – Double Knot , Bullion Knot
11. Seed Stitch
12. Pekinese
- 13.Kantha work
14. Phulkari work
- 15.Kashmiri Embroidery
16. Luknow work
- 17.Mirror work

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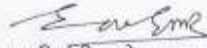


Principal
Principal
Arts & Commerce College
Pusegaon Tal. Khatav Dist. Satara

बयत शिक्षण संस्थेचे,
कला व वाणिज्य महाविद्यालय,पुणेगांव
टेलरिंग ट्रेनिंग कोर्स
सन २०१८-२०१९

अ.क्र	विद्यार्थिनीचे नांव	वर्ग
०१	कु.मोहिते पुनम विजय	खी.ए.भाग -१
०२	कु.जाधव क्रांती राजय	खी.ए.भाग -१
०३	कु.कुमकाले अतिशा तुकाराम	खी.ए.भाग -१
०४	कु.बखळे वर्षा रामचंद्र	खी.ए.भाग -१
०५	कु.कोळी सोनाली गिरमल	खी.ए.भाग -१
०६	कु.मदने कोमल दादासो	खी.ए.भाग -१
०७	कु.मदने ठज्वला तानाजी	खी.ए.भाग -१
०८	कु.सातपुते ऐश्वर्या पांडुरंग	खी.ए.भाग -१
०९	कु.काटकबर आशिकनी राजेंद्र	खी.ए.भाग -१
१०	कु.सुतार काजल सुनिल	खी.ए.भाग -१
११	कु.लवंगारे काजल मोहन	खी.ए.भाग -१
१२	कु.नलखडे विशाखा अर्जुन	खी.ए.भाग -१
१३	कु.फडतरे धनश्री	खी.ए.भाग -२
१४	कु.आपळे उर्मिला छगन	खी.ए.भाग -२

१५	कु. जाधव मुयशी झांतादाम	खी. ए. भाग -२
१६	कु. बालुंबो भाग्यश्री	खी. ए. भाग -२
१७	सौ. कांखळे अशिक्षणी मल्लापा	खाहेदील प्रवेश
१८	कु. जाधव पुजा रायाजी	खी. ए. भाग -२
१९	कु. घाडगे पुजा नरसिंग	खी. ए. भाग -२


प्रा. श्रीमती. भोनाब एम. खी




प्राचार्य
कला व वाणिज्य महाविद्यालय
पुणेगाव, ता. खटाव, जि. सातारा

Rayat Shikshan Sanstha's,
Arts & Commerce College, Pusegaon
Short Term Course Fashion Designing and Training
Summery Report
2018-2019

Fashion Designing and Training Course has been conducted under Short term course in the college during Academic year 2018-19. 19 students were enrolled for this course. Examination is conducted as per guidelines of Shivaji University

Outcome:

- To develop skills in fashion designing.
- To develop the skills of tailoring.
- To understand the fashion industry and its component parts.
- To understand the ethics of cultural and global influences on contemporary fashion


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IQAC
Arts and Commerce College, Pusegaon


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Arts and Commerce College, Pusegaon
Tal. Khatav, Dist. Satara

Smt. Jadhav Neeta J. Conducting Tailoring Course



3. Beauty and Wellness:

“Rayat Shikshan Sanstha's”
Arts & Commerce College, Pusegaon
Tal- Khatav, Dist - Satara.
Beauty and Wellness Syllabus

2018-19

- Personal
- Care & Hygiene
- Good Grooming
- Threading
- Facial
- Bleach
- Wax
- Manicure
- Pedicure
- Make-up
- Hair-Style-Cut
- Market Survey
- Life Skills


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"Rayat Shikshan Sanstha's"
Arts & Commerce College, Pusegaon
Tal- Khatav, Dist - Satara.

2018-19

BASIC COURSE IN SPOKEN ENGLISH

Syllabus-

- Vowels & Consonants
- Articles
- Parts of speech
- Developing vocabulary
- Forms of TO BE
- Verbs(regular/irregular)
- Tenses
- Model Auxiliaries
- Phrases
- Telephonic conversation
- Imperative sentences
- Yes/No type question
- Wh-type question
- Group Discussion
- Interview Skills
- Add question Tag
- Change the voice

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Rayat Shikshan Sanstha's
Arts and Commerce College, Pusegaon

Short Term Course 2018-19

Beauty and Wellness

Sr.No	Name of the Student	Class
1	Savita Korade	
2	Salunkhe Shivani Vjyay	B.A.II
3	Ioandat Samira Ataulrafik	B.A.II
4	Jadhav Komal Krushnat	B.A.II
5	Ghadage Sarika Babasaheb	B.A.II
6	Kamble Arti Ramchandra	B.A.II
7	Gaikwad Varsha Rohidas	B.A.II
8	Khuspe Snehal Shankar	B.A.II
9	Gaikwad Harsha Rohidas	B.A.II
10	Ghadage Mohini Sampat	B.Com.II
11	Lawand Harshada Hindurao	B.A.II
12	Masane Aishwarya Sandeep	B.A.I
13	Jadhav Rajashri Shivaji	B.A.II
14	Kadam Samiksha Dattatray	B.A.II
15	Sonawale Yogita Yuvraj	B.A.II
16	Rite Aishwarya Appa	B.A.II
17	Gaikwad Nikita Sopan	B.A.II
18	Gaikwad Ankita Dadaso	B.A.II
19	Madhukar Jyoti Deepak	B.Com.II

Incharge:- Prof. N.A. Bagwan
Certificate Course in
Beauty and Wellness
Arts and Commerce College, Pusegaon



Principal
Arts & Comm. College,
Pusegaon

Rayat Shikshan Sanstha's,
Arts & Commerce College, Pusegaon
Short Term Course Beauty and Wellness
Summery Report
2018-2019

Beauty and Wellness Course has been conducted under Short term course in the college during Academic year 2018-19. 19 students were enrolled for this course. Examination is conducted as per guidelines of Shivaji University.

Outcome:

- To understand concepts of beauty.
- To make them aware about their health and hygiene
- To acquire Professional skills to start self business.
- To get employment.
- Personality development.


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Beauty and Wellness
Arts and Commerce College, Pusegaon


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IQAC
Arts and Commerce College, Pusegaon


Principal
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Tal. Khatav, Dist. Satara

Smt. Devkar Swati P. Conducting Beauty and Wellness Course





