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Reflections from Principal's Desk...

It is an honor to be the Principal of Rayat Shikshan Sanstha's Annasaheb Awate Arts, Commerce, and Hutatma Babu Genu Science College, Manchar. This issue of The AAC Time – Digital Newsletter celebrates a multitude of festivals and programs contributing to the cultural philosophy of the college and our parent institute. Our college is moving ahead on many fronts. In this quarter, our consistent efforts and hard work have achieved success in remarkable missions. 134th Anniversary of Padmabhushan Dr. Karmaveer Bhaurao Patil alias Anna was celebrated in a grand way. Hybrid International Conference on "Integrative Nanotechnology Perspectives for Multidisciplinary Applications" was co-organized by the science departments. Moreover, many webinars, activities, and sports were organized by our institute. I congratulate and appreciate all the members involved in these undertakings.

Dr. K. G. Kanade
Principal

IN FOCUS

Celebration of 134th Anniversary of Padmabhushan Dr. Karmaveer Bhaurao Patil



Birth Anniversary of Padmabhushan Dr. Karmaveer Bhaurao Patil was celebrated on September 25th, 2021 at Annasaheb Awate College, Manchar with great enthusiasm. The program began with offering the floral tribute to the idol of Padmabhushan Dr. Karmaveer Bhaurao Patil by the auspicious hands of Hon. Adv. Ram Kandage, Hon. Mr. Chetandada Tupe, Hon. Balasaheb Bende Patil, Hon. Rajaram Bankhele, and Hon. K. D. Ratnaparkhi. Hon. Dr. Prashant Patil, Vice Chancellor, Mahatma Phule Krushi Vidyapeeth, Rahuri, graced the program as a chief guest. He was a social activist and educator in Maharashtra, India. Hon. Adv. Ram Kandage set the preamble for the program by reviving the work of founder of Rayat Shikshan Sanstha. On this occasion, the first issue of The AAC Times – Digital Newsletter was inaugurated by the auspicious hands of honourable guests. Hon. Prashant Patil enlightened the gathering on the life of Karmaveer. Hon. Principal, Dr. K. G. Kande concluded the program by his inspirational speech. Karmaveer played an important role in educating backward castes and low-income people by coining the philosophy earn and learn. The people of Maharashtra honoured him with the "Karmaveer" (King of actions) and the Government of India awarded him with Padmabhushan in 1959 in India.

Hybrid International Conference – "INPMA – 2022"

The science stream of college, under the guidance of the Hon. Principal took an initiative to organize a Hybrid International Conference on "Integrative Nanotechnology Perspectives for Multidisciplinary Applications" from January 16th – January 18th, 2022. Two public lectures were steered for all the stakeholders of the college and society. They were remarkably delivered by Prof. R. S. Mali, Former Vice Chancellor, Kaviyatri Bahinabai Chaudhari North Maharashtra University, Jalgaon and Emeritus Professor, Savitribai Phule Pune University, Pune, and Dr. D. P. Amalnerkar, Professor Emeritus, Savitribai Phule Pune University, Pune and Former Executive Director, Centre for Materials for Electronics Technology (C-MET) (Govt. of India), Pune. More than 2000 people attended the lecture via offline mode and onsite. The Inauguration of the conference was done on the 17th of January by the auspicious hand of Prof. Dr. Arvind A. Natu Founder Professor, IISER, Pune Emeritus Scientists, NCL, Pune and Prin. Dr. V. S. Shivankar, Secretary, Rayat Shikshan Sanstha, Satara. Eminent resource person across the globe delivered enlightening sessions on various aspects of nanotechnology. Dr. Taesung Kim, South Korea, Dr. Toshihiro Moriga, Japan, Prof. Dr. A. M. . Deshmukh, India, Prof. Dr. Venkatesan Renuopalakrishnan, USA, Prof. Dr. Tanzima Yeasmin, Bangladesh, Prof. Dr. Katia Vitova, Bulgaria and Dr. Antony Samrot, Malaysia were among the distinguished speakers. At the end of each session, queries from the participants were addressed by the resource persons. Concluding remarks were delivered by Hon. Principal Dr. K. G. Kanade.



Three shining gems bid Adieu

The exemplary years of service of Prof. R. S. Naik, Head, Department of Zoology, Prof. Dr. A. B. Nikumbh, Vice-Principal & Head, Department of Chemistry, Mr. M. D. Londhe, Laboratory Assistant was celebrated by bidding them adieu. This illustrious staff was congratulated for their long and eventful service. The felicitation program was attended by a galaxy of elders, relatives, friends, colleagues, and students. This memorable event was embarked with the experience shared by the faculty members, students and retirees themselves. All the retirees were wished abundant blessings for their next innings of life.



'शरद रयत चषक' राज्यस्तरीय महाविद्यालयीन विद्यार्थी ऑनलाइन वक्तृत्व स्पर्धा

रयत शिक्षण संस्था, पश्चिम विभाग, औंध, पुणे व अण्णासाहेब आवटे महाविद्यालय, मंजर यांच्या संयुक्त विद्यमाने आयोजित रयत शिक्षण संस्थेचे अध्यक्ष लोकनेते पद्मविभूषण खासदार शरदरावजी पवारसाहेब यांच्या 81 व्या वाढदिवसानिमित्त 'शरद रयत चषक' राज्यस्तरीय महाविद्यालयीन विद्यार्थी ऑनलाइन वक्तृत्व स्पर्धा दि. 22 डिसेंबर ते 24 डिसेंबर 2021 या कालावधीत आयोजित करण्यात आली. देशाच्या दुसऱ्या हरितक्रांतीचे प्रणेते : लोकनेते पद्मविभूषण खासदार शरदरावजी पवारसाहेब हा विषय स्पर्धेसाठी देण्यात आला. ही स्पर्धा संपूर्णपणे ऑनलाइन पद्धतीने घेण्यात आली. प्रथम फेरीसाठी स्पर्धकांचे तीन मिनिटांचे व्हिडिओ मागविण्यात आले होते. संपूर्ण महाराष्ट्रातील 29 जिल्ह्यातून 670 स्पर्धकांनी व्हिडिओ पाठवून भरघोस प्रतिसाद दिला. हा सहभाग आजपर्यंतच्या स्पर्धकांच्या सहभागाचा उचांक आहे. दिनांक 19 डिसेंबर 2021 रोजी या वक्तृत्व स्पर्धेचा उद्घाटन समारंभ दिव्य मराठीचे राज्य संपादक मा. संजय आवटे, रयत शिक्षण संस्थेचे व्हा.चेअरमन मा. भगीरथ शिंदे, पश्चिम विभागाचे चेअरमन मा. अ.ड.राम कांडगे, भीमाशंकर सहकारी साखर कारखान्याचे चेअरमन मा. बाळासाहेब बेंडे, समन्वय समिती सदस्य मा. प्रा. राजाराम बाणखेले यांचे उपस्थितीत संपन्न झाला. अंतिम फेरीत पोहोचलेल्या सुपर 81 स्पर्धकांची दि. 22 व 23 डिसेंबर 2021 रोजी झुम अप वर ऑनलाइन पद्धतीने स्पर्धा घेण्यात आली. सर्व सहभागी स्पर्धकांना फिडबॅक घेऊन सहभागाचे प्रमाणपत्र ऑनलाइन देण्यात आले.



CAMPUS BULLETIN

Bharat Abhiman Webinar Series on Ultrafast Laser



In association with Department of Science and Technology, Savitribai Phule Pune University Bharat Abhiman Webinar Series was organized on September 29, 2021, under the guidance of Emiretus

Hon. Dr. D. P. Amalnerkar, Professor and Hon. Prin. Dr. K. G. Kanade. The enlightening lecture was delivered by Hon. Prof. Animesh Jha, Professor, University of Leeds, UK on Interaction of Ultrafast Laser with Biomaterials and Applications. More than 270 participants attended the lecture.

Increasing Research Temperament in Students and Faculty Members

IQAC and Research Committee jointly organized an Invited Talk on "Research Aptitude and Perspectives" on October 21, 2021. The resource person for the talk was Dr. D. P. Amalnerkar, Emeritus Professor, Savitribai Phule Pune University, Pune. Dr. Amalnerkar emphasized the significance of research and how to conduct research. More than 90 participants were present onsite and around 87 participants attended via online mode.



Shivneri Magazine Bags Second Prize

"Shivneri" - Annual Magazine of Annasaheb Awate College, Manchar, was awarded second prize by Savitribai Phule Pune University, Pune under the Rural Pune division. Dr. K. G. Kanade, Principal, received the prize at the hands Dr. Nitin Karmalkar, Hon.Vice Chancellor, SPPU.



One Day Workshop on NEP 2020

Internal Quality Assurance Cell, Annasaheb Awate College, Manchar, keeping in view the recent changes in Indian Education policy has organized a One Day Workshop on 'National Education Policy 2020 & Its Relevance in NAAC Accreditation' on 12th, October, 2021. Hon. Pratibha Gaikwad, Joint Secretary, Rayat Shikshan Sanstha, Satara was the Chief guest and the Key Note Speaker of the workshop. She inaugurated the workshop and delivered her insights on the Relevance of NEP-2020 in the NAAC accreditation process. Hon. Jaykumar Chavan, IQAC Coordinator, Y C Institute of Science, Satara, was the



Resource Person for this workshop. He enlightened the audience with his views on the need and importance of National Education Policy - 2020 in the NAAC Accreditation Process. Hon. Principal, Dr. K.G.Kanade presided over the workshop, and in his Presidential Speech, he emphasized the need to strengthen the IQAC with keeping in view the changing aspect of Education. Prof. Ganesh Wagh, IQAC Coordinator extended vote of thank of the programmes.

COVID-19 Vaccination Drive

National Service Scheme, National Student Army, Student Development Board, Department of Physical Education in association with Rural District Hospital, Manchar, a COVID-19 vaccination registration campaign was conducted on the college campus on 22/9/2021 on the occasion of the birth anniversary of Padma Bhushan Dr. Karmveer Bhaurao Patil. Around 357 students registered their names and 275 students were successfully administered with the vaccination.



Organization of Knowledge Sharing Program

Keeping the quality enhancement in mind, Internal Quality Assurance Cell and Staff Welfare Committee organized lectures on Criteria VII and the Use of the Library Facility. Dr. V. Supekar, Chairman, Criterion VII, and Mr. S. Memane, Librarian, shared their knowledge on the best practices and use of semi-automated library systems respectively. All the faculty members attended the program.

DEPARTMENT SPOTLIGHT

National Wildlife Webinar Series

The role played by wildlife in maintaining the ecological balance of nature is undeniable. Any harm to the wilderness can pose a threat to the entire ecosystem. Thus, it is very crucial to preserve flora and fauna. Every year, from 2nd to 8th October, India celebrates Wildlife Week with an aim to protect the preserved country's fauna. During this week, the Department of Zoology took the initiative to organize a national webinar series on wildlife conservation from 4th October - 8th October 2021, to make people understand the importance of wildlife conservation. The webinar series was inaugurated online on October 4th, 2021 by the auspicious hands of Hon. Prin. Dr. K. G. Kanade. The informative sessions included topics such as Snake Diversity by Mr. Kaposkar, Need for Wildlife Conservation by Dr. Jamadar, Impact of COVID-19 on Wildlife animals by DR. S. B. Patil, and need to review the life in wildlife by Dr. Shrushti Modi. The vote of thanks was proposed by Ms. H. J. Gavit.



संविधानाची नैतिकता- राष्ट्रहितासाठी आवश्यक

रयत शिक्षण संस्थेचे, अण्णासाहेब आवटे महाविद्यालयात राज्यशास्त्र विभागाच्या वतीने दि. २६ नोव्हेंबर २०२१, शुक्रवार सकाळी ११.०० वाजता ७२ वा संविधान दिन आणि ३७ वा यशवंतराव चव्हाण स्मृतिदिन आयोजित करण्यात आला, याप्रसंगी मा.अरुण खोरे, ज्येष्ठ संपादक यांचे 'भारतीय संविधान' या विषयावर विशेष व्याख्यान झाले. भारतीय लोकशाही सक्षम व आशयसंपन्न करण्यासाठी संविधानाबद्दल नैतिकतेची आजच्या काळात अत्यंत गरज असून प्रत्येक व्यक्तीने राज्यघटनेचा आणि त्याच्या तत्वांचा आदर केला पाहिजे असे मत त्यांनी व्यक्त केले. मा.अॅड. राम कांडगे, विभागीय चेअरमन, पश्चिम विभाग, रयत शिक्षण संस्था, सातारा यांनी अध्यक्षीय स्थान भूषविले, त्यांनी आपले विचार व्यक्त करताना ते असे म्हणाले की महाराष्ट्रात तसेच देशपातळीवर कार्य करताना मा. यशवंतराव चव्हाण यांनी भारतीय राज्यघटनेशी बांधीलकी ठेऊन राज्यकारभार केला म्हणून त्यांना लोकनेते म्हणून ओळखले जाते. असा नेता महाराष्ट्र राज्याला लाभला हे आपले भाग्य आहे. ज्येष्ठ गांधीवादी विचारवंत मा.अॅड. बाळासाहेब बाणखेले, मा. विजयराव पाटील, मा. राजाराम बाणखेले, मा. उत्तमराव आवारी आणि इतर मान्यवर उपस्थित होते. महाविद्यालयाचे सन्माननीय प्राचार्य डॉ. कानडे के.जी. यांनी या कार्यक्रमाचे प्रास्ताविक केले. या कार्यक्रमात प्रा. श्री. रणदिवे टी. वाय. यांनी उद्देशपत्रिकेचे सामूहिक वाचन केले. कार्यक्रमाचे आभार प्रा.श्री.गुंजाळ एम.जी. यांनी मानले तर सूत्रसंचालन प्रा.डॉ. सुपेकर व्ही.पी. यांनी केले. या कार्यक्रमात बहुसंख्य विद्यार्थी आणि प्राध्यापक वृंद उपस्थित होते.



Plastic Free Campus Activity by Zoology Department



Department of Zoology took an initiative to organize an activity on "Plastic Free Campus" as a part of social responsibility and environmental consciousness. The activity was organized on 16th November 2021. During this activity, student

volunteers were encouraged to collect the plastic waste on campus and dispose of it safely in the disposal ground. Faculty members also supported students and actively participated in the same. Around 30 students from FYBSc and TYBSc Zoology volunteered for this activity. Hon. Dr. K. G. Kanade also appreciated the initiative.

मराठी भाषा संवर्धन पंधरवडा

महाविद्यालयातील मराठी विभागांतर्गत "मराठी भाषा संवर्धन पंधरवडा" दि.१४ जानेवारी २०२२ ते २८ जानेवारी २०२२ या काळात साजरा करण्यात आला. या कालावधीमध्ये विभागाद्वारे विविध कार्यक्रमांचे आयोजन यशस्वीरीत्या करण्यात आले. यानिमित्ताने महाविद्यालयात ऑनलाइन स्पर्धांचे आयोजन केले होते. त्यामध्ये काव्यलेखन स्पर्धा, चित्राखाटन स्पर्धा, प्रश्नमंजुषा, कथा/ नाट्य/ संवाद लेखन व निबंधलेखन या स्पर्धांचे आयोजन करण्यात आले. दि. २८ जानेवारी, २०२२ रोजी 'ग्रामीण भागातील मराठी पत्रकारितेची चार दशके' या विषयावर एक दिवशीय ऑनलाइन चर्चासत्राचे आयोजन करण्यात आले. या चर्चासत्रास प्रमुख पाहुणे म्हणून दै. सकाळचे वरिष्ठ पत्रकार मा. श्री डी. के. वळसे-पाटील उपस्थित होते. तर अध्यक्षस्थानी महाविद्यालयाचे प्राचार्य डॉ. के. जी. कानडे साहेब होते. प्रस्तुत चर्चासत्राचे प्रास्ताविक मराठी विभागाचे विभाग प्रमुख प्रा.डॉ.बी.पी.गार्डो यांनी केले.

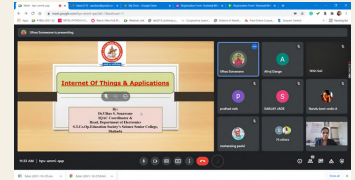


Celebration of "World Food Day"

Under the theme of "Our Actions are our Future" Better Production, Better nutrition, A better environment & A better life". In this virtual celebration of World Food Day 2021, On Topic: Immunity Boosting Food with a Special address by Dr. Savita Rani (Asst. Prof. Department of Food Science, Sharada University, Noida.) For this virtual celebration, there are more than 80 participants along with faculties joined.

Gearing students with IoT

Department of Electronic Science, Annasaheb Awate Arts, Commerce & Hutatma Babu Genu Science College Manchur, Pune organized a webinar on "Internet of Things (IoT) & Its Applications" for Students and staff from other colleges also. The Webinar was held on 27th October 2021. Dr. Ulhas S Sonawane delivered his presentation on "Internet of Things (IoT) and Its Applications". He also highlighted his points on IoT Contributions to constraining Covid-19 and the Era of Digitized Objects. Nearly 101 participants joined the webinar virtually.



राष्ट्रीय मतदार दिनानिमित्त विशेष व्याख्यान



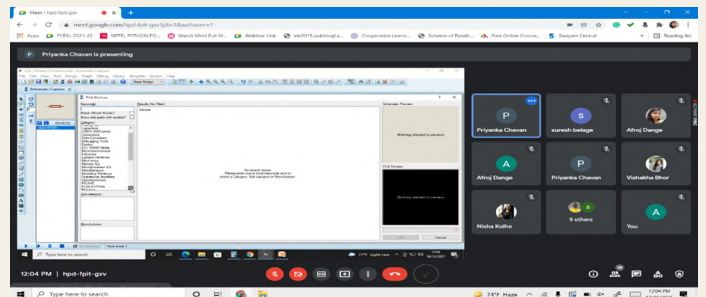
अण्णासाहेब आवटे कॉलेज, मंचर, राज्यशास्त्र विभाग व विद्यार्थी विकास मंडळ यांच्या संयुक्त विद्यमाने दि. २५/१०/२०२२ रोजी मंगळवार स. ११.३० वा. राष्ट्रीय मतदार दिनानिमित्त भारतीय लोकशाही व मतदार दिन या विषयावर प्रा. एम. जी. गुंजाळ यांचे ऑनलाईन विशेष व्याख्यान आयोजित करण्यात आले.

राष्ट्रीय मतदार दिन हा प्रत्येक नागरिकांसाठी अतिशय महत्वाचा आहे. कारण मतदाराचे मत देशाच्या भविष्याचा पाया घालते. २५ जानेवारी १९५० रोजी निवडणूक आयोगाची स्थापना झाली म्हणून हा दिन राष्ट्रीय मतदार दिन म्हणून देशभरात साजरा केला जातो असे मत प्रा. एम. जी. गुंजाळ यांनी व्यक्त केले. महाविद्यालयाचे सन्माननीय प्राचार्य डॉ. के.जी. कानडे यांचे मार्गदर्शन या कार्यक्रमास लाभले. कार्यक्रमाचे अध्यक्षस्थान महाविद्यालयाचे विज्ञान विभागाचे उप-प्राचार्य ए.बी. निकुंभ यांनी भूषविले. याप्रसंगी महाविद्यालयाचे विभागाचे उप-प्राचार्य प्रा. बी. के. सांगळे, ज्युनिअर विभागाचे प्रा. पी. एस. कणसे, कार्यालयीन अधीक्षक श्री. पी. एम. पारधी व महाविद्यालयातील प्राध्यापक कोव्हिड नियमांचे पालन करून उपस्थित होते. या कार्यक्रमाचे प्रास्ताविक व स्वागत प्रा. डॉ. व्ही. पी. सुपेकर यांनी केले. याप्रसंगी उपस्थितांनी मतदान प्रतिकेचे सामूहिक वाचन केले. कार्यक्रमाचे आभार प्रा. टी. वाय. रणदिवे यांनी मानले. या कार्यक्रमास १४३ विद्यार्थी ऑनलाईन उपस्थित होते.



One Day Online Workshop on Software Product Design & Development

Department of Electronic Science, Annasaheb Awate Arts, Commerce & Hutatma Babu Genu Science College Manchur, Pune organized a workshop on "A One Day Online Workshop on Software Product Design & Development" for TYBSc Students. The Workshop was held on 16th December 2021, 11.30 am – 5.00 pm on GoogleMeet. Respected, Mrs. Priyanka S Chavan was a Resource Person. The Workshop began at 11.30 am in the presence of all the members of the Electronic Science Department. Beneficiaries are 12 participants who joined the workshop virtually as well as performed hands-on training at the department. 2 two sessions in the workshop provided great benefits for participants in Software simulation, fundamental concepts, and how to accelerate software related to Electronics business value, as well as the technical considerations for successfully developing and implementing the skill to become an entrepreneur.



जागतिक मानसिक आरोग्य दिन उत्साहात साजरा

मानसशास्त्र या विषयाचे प्रथम, द्वितीय व तृतीय वर्षासाठी अध्यापन केले जाते. सन-२०२१-२२ या शैक्षणिक वर्षात मानसशास्त्र विभागाद्वारे विविध उपक्रम राबविण्यात आले. त्यामध्ये प्रामुख्याने १० ऑक्टोबर हा जागतिक मानसिक आरोग्य दिन म्हणून सर्व जगभर साजरा केला जातो या अनुषंगाने मानसशास्त्र विभागामार्फत एक दिवसीय वेबिनारचे आयोजन करण्यात आले होते. या वेबिनारसाठी



मानसोपचार तज्ज्ञ मा. डॉ. वामनराव घाडगे यांनी "मनाचे आरोग्य" या विषयावर २९ ऑक्टोबर २०२१ रोजी व्याख्यान दिले. या वेबिनारचा लाभ ६९ विद्यार्थ्यांनी घेतला.

SPORTS CORNER

आंतरमहाविद्यालयीन अॅथलेटिक्स क्रीडा स्पर्धेमध्ये अण्णासाहेब आवटे महाविद्यालयाची विजयी घोंडदौड

आंतरमहाविद्यालयीन अॅथलेटिक्स मुले-मुली क्रीडा स्पर्धा या १० व ११ डिसेंबर २०२१ रोजी संत ज्ञानेश्वर क्रीडा संकुल इंद्रायणी नगर येथे पार पडल्या . सदर स्पर्धेत सुनील निघोट यांनी २१ किलोमीटर धावणे (हाफ मॅरेथॉन) स्पर्धेत प्रथम क्रमांक तर भोर सुरज याने द्वितीय क्रमांक संपादन केला . तसेच भोर अनिकेत याने ५ किलो मीटर धावणे स्पर्धेत तृतीय क्रमांक संपादन केला . कु निकिता पडवळ हिने हातोडा फेक स्पर्धेत प्रथम क्रमांक संपादन केला . तसेच ४ *४००मीटर रिले धावणे स्पर्धेत मोरे प्रथमेश, वाबळे प्रणव, मोरे शुभम ,ऋतिक ढेंगे याने तृतीय क्रमांक संपादन केला.

आंतरविभागीय मुले-मुली क्रीडा स्पर्धा या १३ व १५ डिसेंबर २०२१ रोजी संत ज्ञानेश्वर क्रीडा संकुल इंद्रायणी नगर येथे पार पडल्या.त्यामध्ये सुनील निघोट यांनी २१ किलोमीटर धावणे (हाफ मॅरेथॉन) स्पर्धेत प्रथम क्रमांक तर भोर सुरज व भोर अनिकेत यांनी सहभाग नोंदवला . कु निकितापडवळ हिने हातोडा फेक स्पर्धेत द्वितीय क्रमांक संपादन केला.सदर स्पर्धेतून निघोट सुनील याची ४ ते ७ जानेवारी २०२२ रोजी बेगलोर विद्यापीठा ,बेगलोर येथे होणाऱ्या अखिल भारतीय आंतरविद्यापीठ स्पर्धेसाठी सावित्रीबाई फुले पुणे विद्यापीठाच्या संघात निवड झाली होती .



क्रॉस कंट्री क्रीडा स्पर्धेमध्ये मुलींच्या संघाला तृतीय क्रमांक

सावित्रीबाई फुले पुणे विद्यापीठ पुणे जिल्हा विभागीय क्रीडा समिती अंतर्गत आंतर महाविद्यालयीन क्रॉस कंट्री मुली क्रीडा स्पर्धा २१ व २२ डिसेंबर २०२१ रोजी श्री रामचंद्र कॉलेज ऑफ इंजिनियरींग , वाघोली-लोणीकद येथे पार पडल्या . सदर स्पर्धेत मुलींच्या संघाने तृतीय क्रमांक संपादन केला . तर वैयक्तिक प्रकारात डामसे सविता हिने सातवा क्रमांक संपादन केला. सदर स्पर्धेतून डामसे सविता हिची २७ व २८ डिसेंबर २०२१ रोजी बी डी काळे महाविद्यालय ,घोडेगाव येथे होणाऱ्या आंतरविभागीय स्पर्धेसाठी निवड झाली होती.



कबड्डी स्पर्धेत मुलींचा संघ उपविजेता

अण्णासाहेब आवटे महाविद्यालयातील मुलींचा संघ चिंचवड येथे झालेल्या आंतरमहाविद्यालयीन जिल्हास्तरीय कबड्डी स्पर्धेत उपविजयी झाला. सावित्रीबाई फुले पुणे विद्यापीठ यांच्या वतीने सी. के. गोयल महाविद्यालयाने श्री शिवाजी उदय मंडळ चिंचवड येथे या स्पर्धेचा आयोजन करण्यात आले होते. या स्पर्धेत एकूण १४ महाविद्यालयांचे संघ सहभागी होते. अंतिम सामना तुळजाaram चतुर्चंद महाविद्यालय, बारामती व अण्णासाहेब आवटे महाविद्यालय मध्ये झाला.



CREATIVE MINDS

Wheat Grass Powder : The healthy supplement.



Organic Wheatgrass Powder is made from naturally-dried wheatgrass leaves. Wheatgrass is the young plant, or sprouts, from the wheat seed. It has an earthy taste similar to spinach or green tea. Wheatgrass Powder is a rich source of vitamins, minerals, and amino acids. It is good for boosting immunity and energy levels. Wheatgrass is a whole food

that is easily absorbed and utilized by our bodies. Regular consumption of wheatgrass helps stimulate the thyroid gland, which boosts metabolism, provides more energy, and aids in weight loss. Wheatgrass helps increase the count of red blood cells, strengthening the body's immune response, and preventing the occurrence of illness/disease. Wheatgrass can help lower and even eliminate general inflammation, offering relief from common aches and pains. Applying a paste of wheatgrass powder and milk can prevent breakouts, treat acne and promote healthy skin. The natural anti-aging properties of wheatgrass help rejuvenate cells, take care of sagging skin, maintain skin elasticity and keep you looking younger. Adding a teaspoonful of wheatgrass powder to your regular shampoo can reverse hair damage and strengthen the roots.

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Natural anti-aging properties. Balances body pH level.

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SUSTAINABLE DEVELOPMENT

The idea behind development is to always meet the requirement of the present without paying heed to what its impact may be on the future and the generations to come. The selfish idea of thinking only about 'ourselves' will lead to severe crises in the near future. We must think about our planet Earth and the generations to come. The drastic effects of unsustainable development can already be seen. Some of the notable problems are climate change, which is due to the depletion of the ozone layer due to incessant pollution of the air and the land. Our fossil fuel resources are also non-renewable and are slowly depleting due to increased demand and wastage. The longer we take to address the problem of unsustainable development and the effects it is causing and going to cause in the future, the more drastic its consequences are going to be. To practice the concept of sustainable development, it is very important to understand what sustainable development is. The main idea behind sustainable development is that any kind of progress, be it economic, environmental, or social, everything can be achieved without depleting Earth's resources and using only what we need. The concept of taking more than we need should be aborted and removed from all procedures we follow. Our ecosystem does not have a limitless capacity so we should keep our growth in check and sustained so that we can leave a sufficient amount of resources for the later generations. The sudden explosion in the human population is one of the major causes of the unsustainable tendency of development. In countries that are still on the way to development such as India and Africa, it is essential to keep the population in check. Unfortunately, the population count in these countries is on the rise and will be the same in the coming years unless it is checked to immediate effect. With more people, there is an increase in poverty. The number of people living below the poverty line and managing to get two meals so that they survive is also on the rise. The fewer people the lesser there is for everyone. The main objective of sustainable development is to bring stability to our social, economic, and environmental requirements, it will further lead to welfare and availability of resources for the coming generations. Sustainable development is a wonderful way to conserve the natural resources we have by changing our approach toward the use and development of technologies. We should not stop using these resources rather we should use them in a sustained manner so that it does not become extinct and lead to the extinction of species.

Sofia .B. Shaikh
T.Y.B.Sc. (Biotechnology)



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