



Maharashtra Education society's
Institute of Management and Career Courses (IMCC), Pune

A.Y. 2020-21

Summary Report Extension and Outreach Programmes

Summary Report for Number of extension and outreach Programmes conducted by the institution during AY. 2020-21.

Sr.No.	Name the Activity	Date	Number of Participants
1	Ramnadi Restoration- A Kirloskar Vasundhara Initiative (Online Mode)	29th OCTOBER 2020	62
2	Session on Indian Constitution Day- "Rights and Duties of Indians"	26 November 2020	53
3	Yoga Day	21 June 2021	32


Dr. Santosh Deshpande
Director





Maharashtra Education society's
Institute of Management and Career Courses (IMCC), Pune

A.Y. 2020-21

NOTICE

Date: 24th October 2020

A Kirloskar Vasundhara Awareness Lecture (Online Lecture)

To give a brief idea about KIRLOSKAR VASUNDHARA, we had arranged one online lecture on the topic **"Ramnadi Restoration"** for all students on 29th October 2020.

The session will be delivered by Mr. Virendra Chitrav, (Festival Director)

Chitrav sir will give brief idea about current project going on by Kirloskar Vasundhara i.e. "Ramnadi Restoration".

All the students are hereby informed to attend the session.

Reporting Details:

Date : 29th OCTOBER 2020

Time : 2:15 pm

Venue : Online Mode Zoom Platform

Mrs. Darshana Yadav
Coordinator

Dr. Santosh Deshpande
Director





Maharashtra Education society's
Institute of Management and Career Courses (IMCC),Pune

A.Y. 2020-21

KIRLOSKAR VASUNDHARA AWARENESS LECTURE

29th OCTOBER 2020


Every year as a part of our "Extra-Curricular Activities", we participate and organize many activities of KIRLOSKAR VASUNDHARA.

Every year, we need many student volunteers i.e. Eco Rangers to execute these activities.

To give a brief idea on "**Ramnadi Restoration**", we had arranged one online lecture for all students under the initiative of KIRLOSKAR VASUNDHARA.

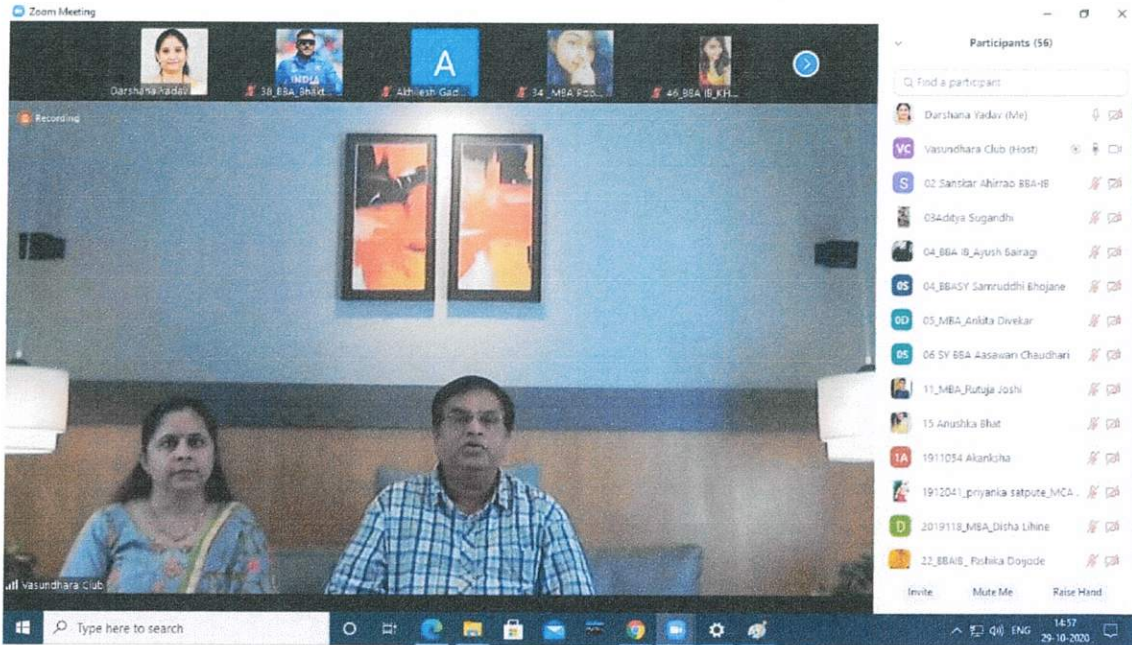
The session was delivered by Mr. Virendra Chitrav, (Festival Director)

Chitrav sir gave brief idea about current project going on by Kirloskar Vasundhara i.e. "Ramnadi Restoration". 62 students from the Institute attended the session.


Mrs. Darshana Yadav
Coordinator


Dr. Santosh Deshpande
Director





Mr. Chitrav Delivering a Lecture

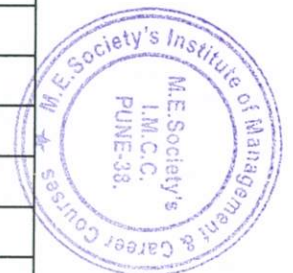


Mr. Chitrav sir Delivering a Lecture

KIRLOSKAR VASUNDHARA



MES' Institute of Management and Career Courses (IMCC), Pune	
(A.Y. 2020-21)	
Attendance	
Programme	MCA and MBA
Topic	KIRLOSKAR VASUNDHARA AWARENESS LECTURE
Speaker	Dr. Virendra Chitrav
Date	29th OCTOBER 2020
Sr. No.	Name of Student
1	AGARWAL DIKSHA U.
2	AGARWAL SHIVANI S.
3	AMRUTKAR AMEY S.
4	APTE MRUNAL Y.
5	BHAGAT SHUBHAM V.
6	BHATNAGAR MOHIT
7	BHISE SWAPNIL J.
8	BHOSALE INDRANEEL U.
9	BHUYAR AKASH G.
10	BIHADE SHUBHAM S.
11	BRAHME HARISH S.
12	BURSE SAKSHI S.
13	CHAUDHARI JAYESH P.
14	DALAL KAUSTUBH V.
15	DESHMUKH JAYASHREE R.
16	KACHARE KALYANI S.
17	KADAM KUNALSING A.
18	KALOTI DHARMJEET SINGH A.
19	KALPANDE ADITYA N.
20	KAMBLE AKSHAY S.
21	KAMBLE PRATIK N.
22	KAPURE VICKY L.
23	KHILARE VIRENDRA K.
24	KHUDE MANGESH T.
25	KHURANA AMAN S.
26	KSHIRASAGAR VIJAY D.
27	KSHIRSAGAR NIKITA A.



28	KULKARNI GAURAV S.
29	KULKARNI ROHIT V.
30	KURULKAR CHAITANYA P.
31	LAKHOTE SUHASINI P.
32	MAHAJAN MAYUR M.
33	MAKANWAR PRAJWAL S.
34	MANDVEKAR RUSHABH A.
35	MINJ ASHISH R.
36	MORE POOJA S.
37	NAIK MILIND S.
38	NANATTIL ATHIRA P.
39	PANDE KSHITIJ S.
40	PANJABI JAYSHRI V.
41	PARGHANE VIRAJ M.
42	PATIL ADITYA P.
43	PATIL ANISH K.
44	PATIL UDAY V.
45	PHADNIS NOOPUR D.
46	PHADTARE POOJA P.
47	RAHANGDALE SHIVANI V.
48	SAHAY AYUSHI
49	SALUNKE POONAM S.
50	SAVANT VAIBHAVEE U.
51	SHAH ANERI R.
52	SOMVAMSHI PRAJAKTA R.
53	TEKALE DHANESHWAR L.
54	THADANI MANISH J.
55	THIPE DEVYANI G.
56	DUBILE KISHOR V.
57	GHAISAS ADVAIT R.
58	GORE SHREYA .
59	INGULKAR PRANIT B.
60	JADHAV SANGHARSHA R.
61	JAGTAP RAHUL K.
62	KAPALE AMAN .

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Mrs. Darshana Yadav
Coordinator

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Dr. Santosh Deshpande
Director





Maharashtra Education society's
Institute of Management and Career Courses (IMCC), Pune

A.Y. 2020-21

NOTICE

Date: 22th November 2020

Session on Introduction to Constitution

As you all are aware, the Government of India had declared 26 November as Constitution Day by a gazette notification on 19th November, 2015.

Hence, as is the tradition every year, we shall observe the Constitution Day (National Law Day), also known as Samvidhan Divas, on 26th November, 2020 to commemorate the adoption of the Constitution of India.

All the students are requested to attend the session. The information is available on http://unipune.ac.in/university_files/Introduction_to_Constitution.htm

Reporting Details:

Date : 26th November, 2020

Time : 10.30 am-11.30 am

Venue : Zoom


Mrs. Manasi Shirurkar
Coordinator


Dr. Santosh Deshpande
Director





Maharashtra Education society's
Institute of Management and Career Courses (IMCC), Pune

(A.Y. 2020-21)

Session on Introduction to Constitution

The Government of India had declared 26 November as Constitution Day by a gazette notification on 19th November, 2015.

Hence, as is the tradition every year, we have celebrated Constitution Day, also known as Samvidhan Divas, on 26th November, 2020 to commemorate the adoption of the Constitution of India.

Indian Constitution is a credit course given to students by University once in the curriculum. The syllabus is shared on the University Portal and according to that institute has imparted the knowledge among the students.

Students were taught the syllabus shared on University Portal

http://unipune.ac.in/university_files/Introduction_to_Constitution.htm

Introduction to the Constitution.

1. PREAMBLE Content.
2. FUNDAMENTAL RIGHTS Content.
3. DPSP Content.
4. Fundamental Duties Content.
5. CONSTITUTION DAY LECTURE BROCHURE.

Constitution Lectures were conducted on:

1. About Introduction to the Constitution Programme.
2. History of the Indian Constitution.
3. Constitution and Constitutionalism.
4. Preamble to the Indian Constitution.
5. Philosophy of Fundamental Rights.
6. Article 14 of the Indian Constitution.
7. Article 19 of the Indian Constitution.
8. Article 21 of the Indian Constitution.
9. Article 32 of the Indian Constitution.
10. An Introduction to Directive Principles of State Policy.
11. Directive Principles of State Policy.
12. Fundamental Duties in the Indian Constitution.

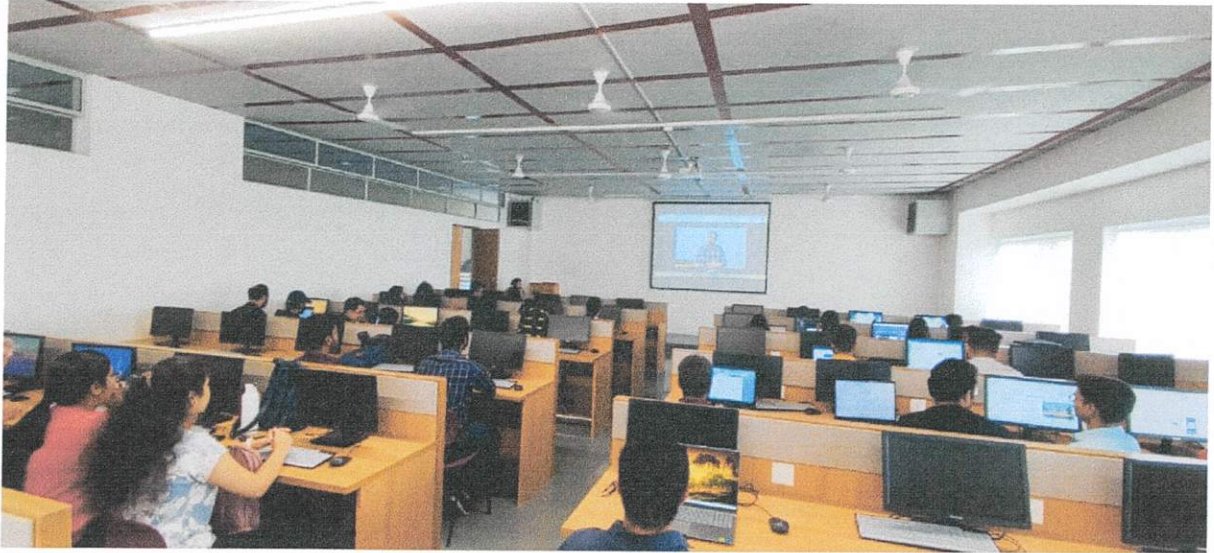




Students Participated in online program of Indian Constitution Day



Students Participated in online program of Indian Constitution Day



Students Participated in online program of Indian Constitution Day


Mrs. Manasi Shirurkar
Coordinator


Dr. Santosh Deshpande
Director



MES' Institute of Management and Career Courses (IMCC), Pune**(A.Y. 2020-21)****Attendance**

Programme	MCA
Topic	Session on Introduction to Constitution
Speaker	Adv Sagar R. Nevase
Date	26 November 2020
Sr. No.	Name of Student
1	ABHINKAR RAMA SANJAY
2	ADGHARE HERAMB NARENDRA
3	AGARWAL VISHNU RAJENDRA
4	APAMARJANE HARIHAR AJAY
5	AROSKAR TEJAL VIJAY
6	ASOLE SANKALP MAROTI
7	ASOLKAR MADHURA PRAKASH
8	AYUSH KUMAR PRABHAT
9	BADARAYANI PRATHAMESH PRADIP
10	BAGAD JAYESH PURUSHOTTAM
11	BAKHAL SAMPADA MAROTI
12	BALFEWAD SALONI SANJAY
13	BALKAWADE SHANTANU DILIP
14	BETH UPENDRA SIDDAROOD
15	BHAGAT AKSHAY SANJAY
16	BHAGDE SWARUP RAKESH
17	BHAGWAT ASHUTOSH PRABHAKAR
18	BHALSE PRATIK
19	BHAMARE PIYUSH SHANTANU
20	BHANDARE VISHESH SHITALKUMAR
21	BHANDARI VAISHNAVI NARENDRA
22	BHANGALE UTKARSH HEMANT
23	BHATTAD RAJ SOMNATH
24	BHUSARI SAVIN BABURAO
25	BIYANI SURAJ NANDKISHOR
26	BOBADE KIRTI VITTHAL
27	BUBNE MITALI BHARAT
28	CHAUHAN HARSH
29	CHAVHAN SANDIP PAPALAL



30	DABHADE ANUJA SHARADKUMAR
31	DALVI SUMEDHA EKNATH
32	DANDGE RAJESH ANIL
33	DANGE SAHIL ATUL
34	DANI SHIVANI RAM
35	DEORE ANJALI VILAS
36	DEORE KAUSTUBH SURESH
37	DESAI DNYANESH MAHESH
38	DESAI PRADNYA DILIP
39	DESHPANDE ASHWIN SATISH
40	DESHPANDE ATHARVA SARAG
41	DEVARE DEVAN DNYANESHWAR
42	DHUS RUSHIKESH KISAN
43	DORAGE DATTATRAY LAXMAN
44	GADEKAR SWAPNIL BHAUSAHEB
45	GAHANE PRATIK DEWAJI
46	GAIKWAD ANUJ DEEPAK
47	GARJE ANUSHKA SANJAY
48	GHAISAS SOHAM MAHESH
49	GHANTI HRISHIKESH PRAKASH
50	HAJARI JAFARALI LAYAKALI
51	IKHAR ATHARVA RAMDAS
52	ILME ANUSHREE UTTAM
53	JADHAV SAGAR POPAT


Mrs. Manasi Shirurkar
 Coordinator


Dr. Santosh Deshpande
 Director





Maharashtra Education society's
Institute of Management and Career Courses (IMCC), Pune

A.Y. 2020-21

NOTICE

Date: 19th June 2021

This is to inform all teaching & non-teaching staff members that International Yoga Day will be celebrated on **21/06/2021** at our institute in online mode. Hence everyone is requested to be present for the yoga session in suitable yoga attire and as per details given below. Link will be provided shortly.

Time: 7.00 am to 8.30 am

Venue: Zoom

Dr. Shilpa Parlikar

Mrs. Darshana Yadav

(Sports Coordinators)

DD

Dr. Santosh Deshpande

(Director, IMCC)





Maharashtra Education society's
Institute of Management and Career Courses (IMCC), Pune

INTERNATIONAL YOGA DAY – 21ST JUNE 2021

Yoga is very beneficial for our health. It increases flexibility, muscle strength and tone, improves respiration, energy and vitality.

21st June 2021 is the 7th International Yoga Day. Every year our staff celebrates this day by doing yoga training at our campus.

But this year, due to COVID-19 situation, it was necessary to maintain social distance. So we decided to plan the yoga training online on a zoom app. Our institute's director, Dr. Santosh Deshpande sir conducted our online yoga session for one hour. Entire IMCC teaching and Administrative staff with their family members attended this session very enthusiastically.

We started the session with "Prarthana".

Here is a list of yogasana learnt and performed.

1. TĀDĀSANA (Palm Tree Posture)
2. VṚKŚĀSANA (The Tree Posture)
3. PĀDA-HASTĀSANA (The Hands to Feet Posture)
4. BHUJANGĀSANA (The Cobra Posture)
5. MAKARĀSANA (The Crocodile Posture)
6. ŚETUBANDHĀSANA (The Bridge Posture)
7. PAVANAMUKTĀSANA (The Wind Releasing Posture)
8. ŚAVĀSANA (The Dead Body Posture)

Pranayam:

1. ANULOMA VILOMA
2. BHRĀMARĪ PRĀNĀYĀMA (BHRĀMARĪ RECAKA)

Here are glimpses of yoga training:

Mrs. Darshana Yadav
Coordinator

Dr. Santosh Deshpande
Director





Maharashtra Education society's
Institute of Management and Career Courses (IMCC), Pune



Maharashtra Education Society's
**Institute of Management &
Career Courses (IMCC)**

Affiliated to Savitribai Phule Pune University
NBA accredited MCA programme (Valid till 30-06-2022)

INTERNATIONAL YOGA DAY



*"Yoga is the journey of the
self, through the self, to the self."*

[f /imccmes](#) [Instagram](#) [YouTube](#) [Twitter](#) [in /mesimcc](#) [Globe](#) [/imcc.mespune.in](#)





Maharashtra Education society's Institute of Management and Career Courses (IMCC), Pune

Recording... | View

Participants (32)

Search

- Darshana Yadav (Host, me)
- Chitra deshpane
- Manasi Shirurkar
- Abhijeet dhope
- Alok Rale
- amar palkekar
- Apurva Barve
- Ashwini Patil
- Avinash Pagare
- Bhavana Kulkarni
- Dipti Belsare
- Dr. Poonam Rawat
- Dr. Ravindra Vaidya
- Dr. Shweta Meshram
- Dr. Swapnaja Patwardhan

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Recording... | View

Participants (32)

Search

- Darshana Yadav (Host, me)
- Chitra deshpane
- Jayashree Patil
- Alok Rale
- amar palkekar
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- Ashwini Patil
- Avinash Pagare
- Bhavana Kulkarni
- Dipti Belsare
- Dr. Poonam Rawat
- Dr. Ravindra Vaidya
- Dr. Shweta Meshram
- Dr. Swapnaja Patwardhan
- Dr. Ravikant Zirmite

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Maharashtra Education society's Institute of Management and Career Courses (IMCC), Pune

Recording... View

Participants (32)

Search

Manasi Bhate, Girish Bodhankar, Ashwini Patil, Poonam Vatharkar, Dr. Shweta Meshram, Shilpa Parikar, Jayashree Patil, Meena Oak, Alok Rale, Dipti Belsare, rashant Patil, Registr..., Apurwa Barve, Dr. Swapnaja Patwardh..., Umesh Powar, Abhijeet dhope, Rahul Shinde, Bhavana Kulkarni, Kalpana Dhende, Yogesh Raut, Manasi Shirurkar, Dr. Ravikant Zirmite, Dr. Ravindra Vaidya, Prof. Ankita Deshpande, amar paikekar, Mahesh Dhok

Mute, Stop Video, Security, Participants (92), Chat, Share Screen, Pause/Stop Recording, Reactions, End

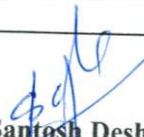
Darshana Yadav (Host, me), Chitra deshpane, Dr. Ravindra Vaidya, Manasi Shirurkar, Abhijeet dhope, Alok Rale, amar paikekar, Apurwa Barve, Ashwini Patil, Avinash Pagare, Bhavana Kulkarni, Dipti Belsare, Dr. Poonam Rawat, Dr. Shweta Meshram, Dr. Swapnaja Patwardhan



MES' Institute of Management and Career Courses (IMCC), Pune	
(A.Y. 2020-21)	
Attendance	
Programme	MCA and MBA
Topic	INTERNATIONAL YOGA DAY
Date	21 June 2020
Sr. No.	Name of Participant
1	Dr. Santosh Deshpande
2	Dr. Manasi Bhate
3	Dr. Shweta Meshram
4	Mrs. Shilpa Parlikar
5	Mrs. Jayashree Patil
6	Mrs. Ashwinin Patil
7	Dr. Minakshi More
8	Mrs. Darshana Yadav
9	Mrs. Swapnaja Patwardhan
10	Mrs. Apurwa Barve
11	Mr. Mukul Kulkarni
12	Ms. Dipti Belsare
13	Mr. Prashant Patil
14	Mrs. Shital Pingle
15	Mr. Venugopal
16	Mr. Umesh Powar
17	Mr. Mahesh Dhok
18	Dr. Meenal Oak
19	Dr. Poonam Vatharkar
20	Mr. Abhijit Dhope
21	Ms. Bhavna Kulkarni
22	Dr. Ravindra Vaidya
23	Mr. Rahul Shinde
24	Mr. Alok Raje
25	Mr. Avinash Pagare
26	Mrs. Manasi Shirurkar
27	Mr. Amar Paikekar
28	Dr. Girish Bodhankar
29	Dr. Chitra Deshpande
30	Mrs. Poonam Rawat
31	Ms. Ankita Deshpande
32	Mr. Shridhar Ranade


Mrs. Darshana Yadav
 Coordinator




Dr. Santosh Deshpande
 Director