



**Mahatma Gandhi Vidyamandir's  
Karmaveer Bhausaheb Hiray  
Arts, Science and Commerce College  
Nimgaon, Malegaon Nashik**

Affiliated to Savitribai Phule Pune University, Pune  
(Gov. of Maharashtra)  
Letter No. NGC-2000/NMV-1/2000/MS-3, Dt. 28<sup>th</sup> June 2000  
Id No. PU/NS/A59/2000



## **Best Practice-1**

### **1. Title: Niramaya Arogya Kendra**

Niramaya Arogya Kendra (Niramay Arogya Centre) is established 4 years back by college according to the guidelines of our parent institution 'Mahatma Gandhi Vidyamandir' in the name of the General Secretary of our institution Dr. Prashant V. Hiray, to deal with health-related issues of students, staff, general public and senior citizens from the vicinity. The Centre generally conducts activities like eye check-up for senior citizens, hemoglobin check-up for girl students, sickle cell check-up for girls, blood donation, psychological counselling and general health check-up. Along with health check-ups the college also organizes various awareness programs, guest lectures, campaigns related to health.

### **2. Objectives of the Practice**

The objective behind starting Nirmay Arogya Centre is provide medical facilities to the general public along with the students. Most of the people are not aware about the health-related problems they are facing. In light of this situation the college conducts various activities like eye check-up, hemoglobin check-up, sickle cell check-up, general health check-up etc. Due to these activities the college establishes community engagement and develop healthy relationship with the society.

### **3. The Context**

Nimgaon is situated in rural area of Malegaon Taluka of Nashik District. People are generally not aware of the health-related problems and do not visit to doctors either. People in the rural areas generally avoid to visit doctors due to fear. They directly visit to medical stores and consume medicines without doctor's prescription. This sometimes cause serious medical issues. Students from the college generally spread awareness among their parents and friends. The college also conducts lectures, inviting doctors and medical professionals for spreading general awareness among the students. Various health awareness campaign is also carried out by the college.

### **4. The Practice**

Describe the practice and its uniqueness in the context of India higher education. What were the constraints / limitations, if any, faced (in about 400 words)?

The Centre generally conducts activities like eye check-up for senior citizens, hemoglobin check-up for girl students, sickle cell check-up for girls, blood donation, psychological counselling and general health check-up. Along with health check-ups the college also organizes various awareness programs, guest lectures, campaigns related to health. The doctors invited for check-ups are generally Bachelors in Medicine. After check-up they provide prescription for the medical condition one is facing. During Eye-check up the doctors also provide eye drops to the patient for free. During hemoglobin check-up the doctors provide folic acid tablets and zinc tablets for iron deficiency if any. The Department of Psychology of our college also provides counselling for the students and general public if needed. During general health if the doctors find any serious medical condition, he/she recommend patient further medical treatment.

## **5. Evidence of Success**

Provide evidence of success such as performance against targets and benchmarks, review/results. What do these results indicate? Describe in about 200 words.

The college has established trust from students as well as general public by conducting various medical check-ups and counselling. The college has achieved success in spreading awareness among parents, students and people in the vicinity. People have shed their fear of doctors and medical treatment. They now freely tell their medical condition if any either to the centre coordinator or they can directly visit to the doctor or public health centre nearby. This change has happened only due to Niramaya Arogya Centre and the awareness programs carried out by the centre.

## **6. Problems Encountered and Resources Required**

At initial stage the centre has encountered many problems. The first and foremost problem the centre has encountered is spread general awareness about health-related issues. The centre conducted various activities like campaign, rallies, health lectures for spreading awareness. The second problem the centre encountered is to deal with the fear, the students and people having regarding visiting the doctors. To deal with this situation the college conducted various health check-ups in the college itself. This college was successful in winning the trust of the people. Due to this trust the college has been carrying this practice successfully from last four years.

The college required resources in the form of funds so it could conduct this practice at larger scale.



  
**Dr. Subhash N. Nikam**  
**Principal**  
K.B.H. Arts, Science & Commerce College,  
Nimgaon, Tal. Malegaon Dist. Nashik



**Mahatma Gandhi Vidyamandir's**  
**Karmaveer Bhausaheb Hiray**  
**Arts, Science and Commerce College**  
**Nimgaon, Tal-Malegaon, Dist-Nashik**  
**423212**

**Initiatives Taken Under**  
**Niramay Arogya kendra**  
**(Center)**

program	Date of implementation (DD-MM-YYYY)	Number of students enrolled	Name of the agencies/consultants involved with contact details (if any)
Haemoglobin and Blood Group Testing camp	19-02-2019	103	Madhura trust
World Cancer Day	04-02-2021	120	PSC Nimgaon
Importance of Helmet	05-02-2021	129	Malegaon RTO Office
Women's Contribution in Corona Time	08-03-2021	52	PSC Nimgaon
Doctors Day	30-03-2021	86	PSC Nimgaon
World Against Child Labour Day	12-06-2021	62	NIL
World Population day	11-07-2021	63	NIL
World Health Day	14-07-2021	82	PSC Nimgaon
National Sport Day	29-08-2021	86	NIL
National Health Mission	30-10-2021	63	PSC Nimgaon
Mahayog Mahila Prabidhani	23-12-2021	45	NIL
Free Eye Check Camp	12-10-2022	77	Diya Eye Cere Centre Malegaon
Health Check-up Camp	21-10-2022	61	PSC Nimgaon
World Health Day	08-04-2023	49	PSC Nimgaon
Psychological Counselling	10-08-2023	45	NIL

**Date : 20/02/2019**

## **Report**

### **Hemoglobin and Blood Group Testing Camp**

Hemoglobin and blood group testing camp of 300 female students was organized on the occasion of Shiv Jayanti on the occasion of Shiv Jayanti on Wednesday 20th February 2019 at Karmaveer Bhausahab Hire College of Arts and Commerce, run by Mahatma Gandhi Vidyamandir.

On this occasion, Director of Madhura Women's Trust Mrs. Archana and Mr. Shamin Sheikh, Principal of the college Dr. Subhash Nikam and the representative of Malegaon Blood Bank Hon. Kailas Sonawane were present.



Date : 04/02/2021

## **Report**

### **World Cancer Day**

Today on February 04, 2021, at Karmaveer Bhausaheb Hiray College of Arts, Science and Commerce, Nimgaon, on the occasion of World Cancer Day, the Health Officer of Primary Health Center Nimgaon, Dr. Madhuri Shinde's lecture was organized. Speaking on this occasion, Dr. Madhuri Shinde mentioned the various causes of cancer and explained that cancer can be cured if proper treatment is taken. She urged that awareness should be created in the society about cancer. Also, she emphasized on balanced diet, clean environment and exercise while explaining what measures can be taken to reduce these defects by telling how defective the changes in modern lifestyle of human are. Speaking on this occasion, the vice principal of the college Dr. Kalyan Kokne explained the importance of yoga in the modern lifestyle. He also hoped to create awareness in the society about the various health schemes of the government.

Director of the program and vote of thanks was done by the Head of Cultural Department, Dr. Snehal Marathe. All the professors, administrative staff and students of the college were present in large numbers for this program.

  
**Dr. Subhash N. Nikam**  
**Principal**  
K.B.H. Arts, Science & Commerce College  
Nimgaon, Tal. Malegaon Dist. Nashik





Vice Principal Dr. Kalyan Kokane



Health Officer Dr. Madhuri Shinde



## World Cancer Day





**Date : 05/02/2021**

## **Report**

### **Road Safety Mission. - Jeevan Raksha**

Today on February 05, 2021 Karmaveer Bhausaheb Hiray College of Arts, Science and Commerce Nimgaon, Sub-Regional Transport Office Malegaon, Sarvagya Motor Driving School, Vishwanath Motor Driving School Malegaon and Nimgaon College under the National Service Scheme under the 32nd Road Safety Mission. - Jeevan Raksha' program was organized. For this program Assistant Regional Transport Officer of Sub-Regional Transport Office Ms. Pallavi Kothavade and Dr. Ashok Nikam of Vishwanath Motor Driving School. Principal Dr. Subhas Nikam of Nimgaon College were present.

On this occasion, Pallavi Kothavade, while explaining the purpose of this road safety campaign, explained the appalling condition of road accidents in Maharashtra and the country she also discussed the factors responsible for road accidents and also mentioned the new laws while explaining the method of assistance to be done after the accident. Shri Ashok Nikam in his address expressed the opinion that along with general education, people should also emphasized on driving education and colleges should create awareness for it.

Speaking on this occasion, the principal of the college Dr. Subhash Nikam while explaining the current situation of the young generation and emphasized on determining the responsibility of the parents. He also expressed the hope that the youth should drive responsibly. All the professors, administrative staff, non-teaching staff and students of the college were present in large numbers.



Principal Dr.Subahsh Nikam



**Assistant Regional Transport Officer of Sub-Regional  
Transport Office Ms. Pallavi Kothavade**

**Date : 08/03/2021**

**Report**

**Contribution of Women in the During Covid Pandemic**

On the occasion of International Women's Day, a lecture on Women Empowerment and Equality was organized at Karmaveer Bhausaheb Hiray College of Arts, Science and Commerce, Nimgaon, a Well-known female lawyer Adv. Jyoti Bhosle addressed the students and said that women in angawadi, Aasha sevaks have done important work in the corona epidemic. Women worked shoulder to shoulder with during covid-19. Mrs. Smita Ahire, President of Nimgaon Group was felicitated. Men and women should promote equality she said. The college conducts various activities for equality between men and women, so constructive activities are very good. Snehal Marathe, Dr. D.N.Sonawane, faculty students and non-teaching staff of the college were present on the occasion.

  
**Dr. Subhash N. Nikam**  
**Principal**  
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Eminent female lawyer Adv. Jyoti Bhosale



Asha Sevika Kusumtai Hiray



# महिलांनी वैद्यकीय क्षेत्रात दिलेले योगदान अतुलनीय



मालेगाव तालुक्यातील निमगाव महाविद्यालयात 'महिला सबलीकरण व समानता' या विषयावर आयोजित व्याख्यानात बोलताना अॅड. ज्योती भोसले. समवेत डॉ. कल्याण कोकणे, कुसुम हिरे, प्रतिभा बच्छाव आदी.

**अॅड. ज्योती भोसले  
यांचे प्रतिपादन**

**प्रतिनिधी | मालेगाव**

कोरोना महामारीत आशासेविकांनी महत्त्वपूर्ण कामगिरी केली. महिला या पुरुषांपेक्षा कणखर असतात, सक्षम असतात त्यांच्या सेवेमुळे आज जगापुढील संकट दूर झाले आहे, असे प्रतिपादन अॅड. ज्योती भोसले यांनी केले.

निमगाव येथील कर्मवीर भाऊसाहेब हिरे कला, विज्ञान व वाणिज्य महाविद्यालयात 'महिला सबलीकरण व समानता' या विषयावर आयोजित व्याख्यानात

त्या बोलत होत्या. अध्यक्षस्थानी उपप्राचार्य डॉ. कल्याण कोकणे होते. याप्रसंगी आशासेविका कुसुम हिरे, प्रतिभा बच्छाव, सोनाली हिरे, दीपाली सोनवणे, स्मिता हिरे, निमगाव गटाच्या अध्यक्षा स्मिता अहिरे यांचा सत्कार करण्यात आला. स्त्री आणि पुरुष यांनी जीवन जगताना समानतेचा प्रचार करावा. उपप्राचार्य डॉ. कोकणे यांनी मनोगत व्यक्त केले. ते म्हणाले, महाविद्यालयात स्त्री आणि पुरुष यांच्यामध्ये समानतेसाठी विविध उपक्रम राबविण्यात येत असतात. प्रास्ताविक डॉ. स्नेहल मराठे यांनी केले. डी. एन. सोनवणे यांनी आभार मानले.



**Date : 30/03/2021**

## **Report**

### **Online Doctor's Day Celebration in Nimgaon College**

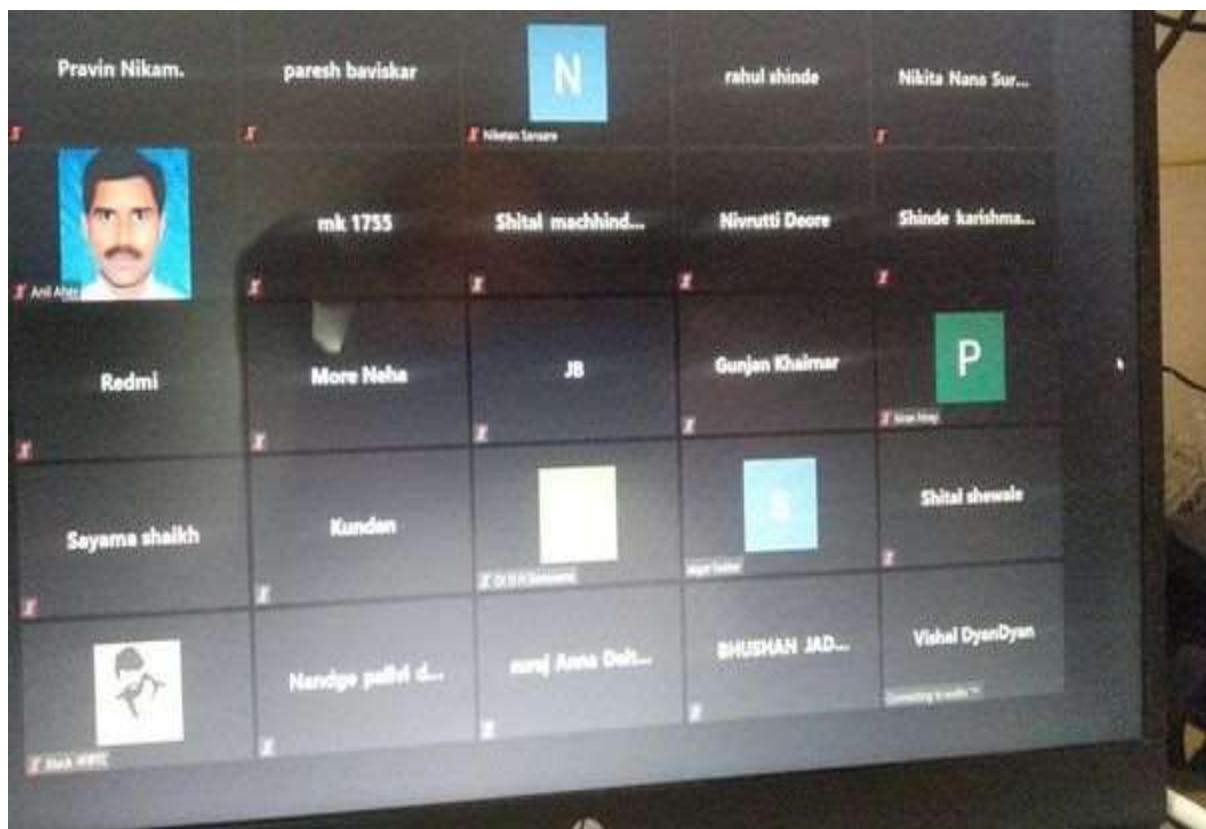
Online 'Doctors Day' was celebrated by Women Welfare and Grievance Redressal Committee and Visakha Committee at Karmaveer Bhausaheb Hiray College of Arts, Commerce and Science, Nimgaon, run by Mahatma Gandhi Vidya Mandir. On this occasion Health Officer, PHC, Pimpalgaon, District Nashik Dr. Rupali Labhad- Aher was chief guest.

In his guidance, she said that the relationship between doctor and patient is two-way. The achievements of doctors, nurses, wardboys who have died in the biological war of covid-19 are unparalleled. Corona affects the mind twice as much as the body. Proper use of mask, frequent cleaning of hands with sanitizer, maintaining social distance, proper diet, proper routine, maintaining mental health, we can easily overcome Corona virus. Everyone should get vaccinated. Also Dr. Rupali Labhde-Aher shared her own experiences of the work done in both these waves of Corona.

The president of the webinar was the principal of the college, Dr. Subhash Nikam said in the presidential address that Doctors are the in the human form on this earth. He saluted to the selfless charitable attitude of doctors, honesty, continuous service towards patient. During Corona when all the doors were closed, only the doors of doctors were open. Do not remove the mask while talking to anyone he added.

The program was introduced by the Vice Principal of the College Dr. K.S. Kokane. Webinar was coordinated by and thanked by the Head of Marathi Department and Chairman of Women's Welfare and Grievance Redressal Committee and Visakha Committee Dr. Snehal Marathe. All department heads, professors and students of the college were present in this webinar.

  
**Dr. Subhash N. Nikam**  
**Principal**  
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**Date : 12/ 06/2021**

## **Report**

### **World Day Against Child Labour**

A Webinar was organized on 12th June 2021 on the occasion of 'World Anti-Child Labor Day' under Mahatma Gandhi Vidyamandir Karmaveer Bhausahab Hire College of Arts, Commerce and Science, Nimgaon and Women's Welfare and Grievance Redressal Committee and Visakha Committee.

Dr. Omkarnath Malpani Law College, Sangamner was the key speaker in this webinar. He highlighted International Labor Organization objectives and what are the problems of child labour, what are the guidelines in the constitution, what are the provisions of punishment for employers who employ child labour, what are the provisions of punishment for parents if they send their children to work in dangerous places, if we have a He gave detailed guidance on how to file a complaint if child labor is found in a place, what are the main reasons behind the increase in child labor and what are the solutions for it.

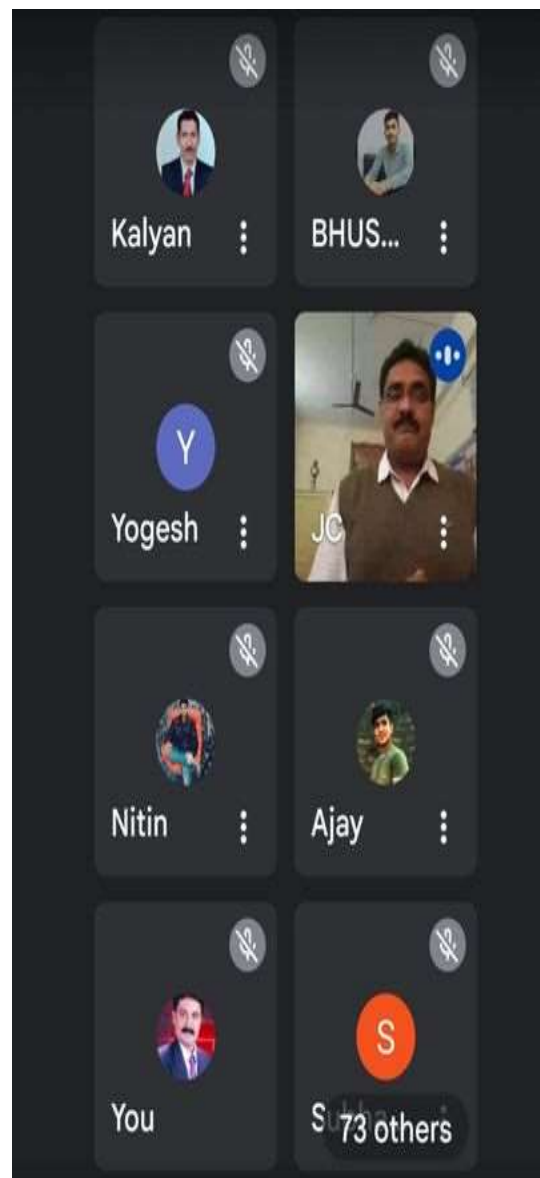
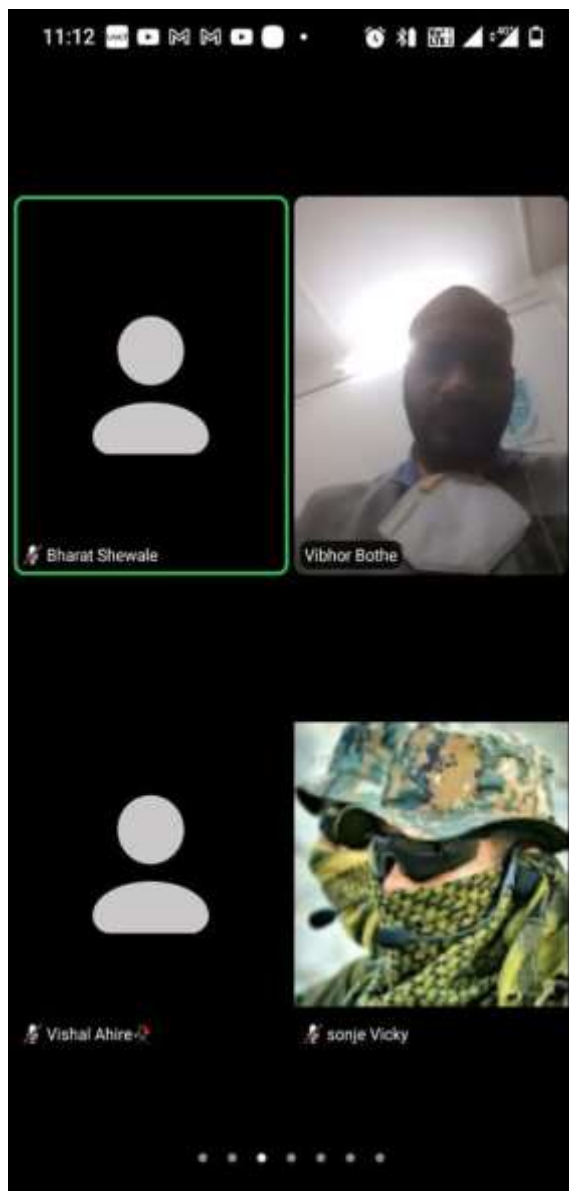
Dr. Subhash Nikam, the president of this webinar and the principal of the college, in his presidential address, gave information about how terrible the problem of child labor is every day. He guided that the states of Uttar Pradesh, Madhya Pradesh, Rajasthan, Bihar have high incidence of child labor and all the child laborers, their parents and children should be rehabilitated, which organization is working for that.

For the success of this webinar, the Vice Principal of the college, Dr.K. S. Kokane provided invaluable technical support. Introduction of the Chief Guest and Moderator Dr. Kokane did. Also thanks to Women Welfare and

Grievance Redressal Committee and Head of Visakha Committee Dr. Snehal Marathe believed.

College professors and students were largely present for the said online webinar.

  
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**Date : 11/07/2021**

## **Report**

### **World Population Day celebrated in KBH Nimgaon College**

Karmaveer Bhausaheb Hiray College of Arts, Science and Commerce, Nimgaon organized a lecture on "Population Policy of India and China" jointly organized by Department of Geography and Department of Science on the occasion of World Population Day. On this occasion, the program was presided over by the principal of the college, Dr. Mr. Subhash Nikam.

The chief speaker of the program was the Vice Principal C.M. Nikam. While expressing his opinion, Nikam gave a detailed discussion on the issue of India-China population policy, he gave complete information about the population policy of pre-independence India and the population policy of India after independence and discussed China's population policy.

While expressing the presidential message, the principal of the college, while expressing a detailed opinion about the background and purpose of celebrating Population Day, discussed many concepts like population growth, unemployment, crime, increasing inequality and family planning.

The program was coordinated by Dr. Sunil Deore and Mr. Anil Gaikwad. Students from various colleges participated in this program.

  
**Dr. Subhash N. Nikam**  
**Principal**  
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Nimgaon, Tal. Malegaon Dist. Nashik



M. S. G. College Vice Principal Dr. C.M. Nikam



**Date : 14/07/2021**

**Report**

**Women's Health Camp on the occasion of World Health Day**

Karmaveer Bhausaheb Hiray College of Arts, Sciences and Commerce, Nimgaon, Trustees of Mahatma Gandhi Vidyamandir Institute, Women Welfare and Grievance Redressal Committee jointly organized Women's Health Checkup Camp. For this, health officer at Nimgaon Health Center Dr. Gaurav Ahire guided the female professors and students of the college about balanced diet for healthy life style. Speaking on the occasion, he said that a person's daily routine is important to avoid various diseases. Various food components are absorbed into the body, so a careful with your diet.

Vice Principal of the college Dr. Kalyan Kokane said in the presidential address that the human efficiency decreases with age. That is why regular exercise should be done. Health complaints increasing. Dr. R. G. Shewale proposed vote of thanks. The program was attended by the faculty, administrative staff and students of the college.

  
**Dr. Subhash N. Nikam**  
**Principal**  
K.B.H. Arts, Science & Commerce College  
Nimgaon, Tal. Malegaon Dist. Nashik



## Organization of women health screening camp







Organization of women health screening camp

# सकाळ



**निमगाव : कर्मवीर भाऊसाहेब हिरे कला, विज्ञान व वाणिज्य महाविद्यालयात हिमोग्लोबिन शिबिरात रक्त तपासणी करताना डॉ. संदीप पाचपुते.**

**निमगाव महाविद्यालयात हिमोग्लोबिन तपासणी शिबिर उत्साहात**

निमगाव : येथील महात्मा गांधी विद्यामंदिर संचालित कर्मवीर भाऊसाहेब हिरे कला, विज्ञान व वाणिज्य महाविद्यालयात महात्मा गांधी विद्यामंदिर व आदिवासी सेवा समिती संस्थेच्या कौशाध्यक्षा डॉ. स्मिताताई हिरे यांच्या वाढदिवसानिमित्त हिमोग्लोबिन तपासणी शिबिराचे आयोजन करण्यात आले होते. निमगाव आरोग्य केंद्राचे वैद्यकीय अधिकारी डॉ. संदीप पाचपुते यांनी विद्यार्थिनींना मार्गदर्शन केले. महाविद्यालयाचे प्राचार्य डॉ. उज्जन कदम यांनी मनोगत व्यक्त केले. डॉ. राजाराम शेवाळे यांनी कार्यक्रम यशस्वितेसाठी परिश्रम घेतले. यावेळी महाविद्यालयातील प्राध्यापक, शिक्षकेतर कर्मचारी, विद्यार्थिनी उपस्थित होत्या.



**Date : 29/08/2021**

## **Report**

### **National Sports Day**

National Sports Day was organized by the Department of Physical Education and Sports at Mahatma Gandhi Vidyamandir's Karmaveer Bhausaheb Hiray College of Arts, Science and Commerce, Nimgaon, Malegaon District, Nashik. Due to changing lifestyle many diseases and problems have arisen in human life. Balanced diet and exercise are important to deal with all these. Proper guidance is necessary. One should understand all this from the well-trained coach or experienced person. Only then one can succeed in maintaining physical and mental health.

In the presidential address, the principal of the college, Dr. Subhash Nikam, said that daily routine is important to maintain physical and mental health. Enough sleeping, early rising up, meal times should be followed properly.

The program was coordinated by Sports Director Prof. Santosh Jadhav and vote of thanks was proposed by Dr. Kalyan Kokane. The program was attended by professors and students of various colleges.



**Date : 30 October 2021**

**Report**

**National Health Mission**

The Health Camp was organized in association with Primary Health Center, Nimgaon on 25th October, 28th October and 30th October in the college by Department of Earn and Learn and National Service Scheme. A vaccination drive against Covid-19 was conducted

  
**Dr. Subhash N. Nikam**  
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Nimgaon, Tal. Malegaon Dist. Nashik



**Date : 23/12/2021**

## **Report**

### **Program under “Mahila Prabodhini” conducted in KBH College Nimgaon**

Karmaveer Bhausaheb Hiray Art Science and Commerce College, Nimgaon, 'Mahayog Mahila Prabodhini' was organized in the college on the occasion of her birthday of Hon'ble Trustee Dr. Yogita Hiray. Health Officer of Nimgaon Health Center was the Dr. Gaurav Ahire was the chief guest. A lecture on "Balanced Diet and Healthy Health" was organized by Gaurav Ahire. Speaking on this occasion, he said that the lifestyle of a person is important to avoid physical diseases. So a careful diet should be taken so that it helps in maintaining health.

Dr. Subhash Nikam, the principal of the college said that the efficiency of a person decreases with age. That is why the daily diet that we take is important to be physically fit. Vice Principal Dr. Kalyan Kokne proposed vote of thanks. The program was attended by faculty, administrative staff and students of the college.

  
**Dr. Subhash N. Nikam**  
**Principal**  
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Nimgaon, Tal. Malegaon Dist. Nashik



Dr. Gaurav Ahire



Dr.R.G.Shewale







**Date : 12/10/2022**

## **Report**

### **Free Eye-Check Camp**

Free eye examination camp concluded at Karmaveer Bhausaheb Hiray College was organized on the occasion of the birthday of the Trustee Hon'ble Sampada Hiray in association with Diya Eye Care (Eye Hospital), Malegaon at Mahadev Mandir, Nimgaon. Head of the Diya Eye Care Dr. Jyoti Nikam was the chief guest of the programme. The program was organized under the guidance of Principal Dr. Subhash Nikam. At the beginning of this camp, Dr. Abhijit Nikam, Sadhan Jagtap, Mr. Jamrad Ansari, Shri. Umesh Pavara, Shri. Umesh Patil were felicitated by the college. Principal Dr. Subhash Nikam guided the citizens of Nimgaon and surrounding areas who came for eye examination. At this time, he asserted that in today's era of mobile phones, computers and televisions, and due to the polluted environment, there is a lot of stress on the eyes hence many eye problems have arisen. Therefore it is necessary to do our eye examination periodically. He urged the citizens to take maximum advantage of the eye check-up camp.

This eye examination camp was started at around 10 am. Around 190 people from Nimgaon, including children, students, men and women, registered their names and underwent eye examination. After examination they were given proper guidance and eye drops and spectacles at moderate cost.

The camp was successful with the valuable cooperation of Principal Dr. Subhash Nikam, Vice-Principal Dr. Kalyan Kokane Student Development Officer and Head of Cultural Department Dr. Rajaram Shewale and all the professors, students and office administrative officers for eye examination camp.

  
**Dr. Subhash N. Nikam**  
**Principal**  
K.B.H. Arts, Science & Commerce College,  
Nimgaon, Tal. Malegaon Dist. Nashik



# दिया आय केअर

(डोळ्यांचे हॉस्पिटल) मालेगांव

नेत्र तुमचे, दृष्टी आमची

महात्मा गांधी विद्यामंदिर संस्था  
विश्वस्त संपदा (दीदी) हिरे यांच्या वाढदिवसानिमित्त

मोफत कॉम्प्युटराईज नेत्र तपासणी शिबीर

बुधवार दि.12/10/2022 रोजी सकाळी 09 ते दुपारी 02 वाजेपर्यंत

ठिकाण :- महादेव मंदिर बाजारपेठ, निमगाव

## आयोजक

डॉ. सुभाष निकम  
मा.प्राचार्य

कल्याण कोकणे  
उप प्राचार्य

डॉ.ज्योती निकम  
BHMS, PGDHHM (Symbiosis)  
NABH Consultant  
संचालक : दिया आय केअर

## हॉस्पिटलच्या सुविधा

- ♦ मोतीबिंदु शस्त्रक्रिया
- ♦ काचबिंदु शस्त्रक्रिया
- ♦ लासुर (DCR) शस्त्रक्रिया
- ♦ चष्मे / औषधे
- ♦ लहान मुलांच्या डोळ्यांचे उपचार
- ♦ डोळ्यांच्या पडद्याचे उपचार
- ♦ तिरळेपणाच्या शस्त्रक्रिया
- ♦ कॉन्टॅक्ट लेन्स

## शिबीरातील सुट

सवलतीच्या दरात नंबरचे चष्मे  
मोतीबिंदु शस्त्रक्रियेवर विशेष सवलत

📍 मालेगांव

📍 नामपूर

📍 सटाणा

📍 नांदगांव

📍 धुळे

## — डोळ्यांचे हॉस्पिटलचा पत्ता —

पहिला मजला, तिरुपती कॉम्प्लेक्स, लोढा मार्केट समोर, मोसमपुल, मालेगांव (नाशिक)

मोफत नेत्रतपासणी शिबीर आयोजित करण्यासाठी संपर्क

📞 90212 99442 | 84214 89043













**Date : 21/10/2022**

**Report**

**Health Camp on the occasion of the General Secretary Dr. Prashant Hiray's Birthday**

Karmaveer Bhausaheb Hiray College of Arts, Science and Commerce, Nimgaon organized a senior citizen health check-up camp on the occasion of the birthday of Dr. Prashantada Hiray. Gaurav Kakani Diabetic Specialist, Dr. Manoj Hiray, Dr. Gaurav Ahire Medical Officer Nimgaon, Kailas Sonwane of Malegaon Blood Bank and their colleagues diagnosed the diseases of many needy patients by conducting health examination and blood test. Dr. Subhash Nikam, the principal of the college presided over this program. Life cycle of a person is important in maintaining physical and mental health. Diet and exercise are essential to overcome health problems. Elderly citizens of Nimgaon and surrounding areas were present in this camp. The program was coordinated by Dr. V.D. Suryavanshi

  
**Dr. Subhash N. Nikam**  
**Principal**  
K.B.H. Arts, Science & Commerce College  
Nimgaon, Tal. Malegaon Dist. Nashik







Date : 08/04/2023

## Report

### \*Organization of lecture on World Health Day in KBH College\*

World Health Day was celebrated at Mahatma Gandhi Vidyamandir, Karmaveer Bhausaheb Hiray College of Arts, Science and Commerce. The principal of the college Dr. U. B. Kadam was the president of the program.

Nimgaon Medical Officer was the key speaker on this occasion. Vasumathi Shewale was present. He gave important guidance to the students regarding health. Dr. Shewale said that if you want to be happy, you need to be healthy. She said that a person who is not healthy can never be happy. He asserted that exercise, yoga and healthy diet are necessary to stay healthy.

The program was chaired by the principal of the college Dr. U. B. Kadam

A large number of heads of departments, professors, non-teaching staff and students of the college were present on the occasion

## निमगाव कॉलेजात आरोग्य दिना निमित्त व्याख्यान संपन्न



निमगाव । महात्मा गांधी विद्यामंदिर संचालित, कर्मवीर भाऊसाहेब हिरय कला, विज्ञान व वाणिज्य महाविद्यालयात जागतिक आरोग्य दिन साजरा करण्यात आला. या कार्यक्रमाचे अध्यक्ष महाविद्यालयाचे प्राचार्य डॉ. यु. बी. कदम हे होते. कार्यक्रमाचे आयोजन समाजश्री डॉ. प्रशांतदादा हिरय निरामय आरोग्य केंद्रांतर्गत करण्यात आले होते. याप्रसंगी प्रमुख बक्ते म्हणून निमगाव वैधील वैद्यकीय अधिकारी डॉ. वसुमती शेवाळे ह्या उपस्थित होत्या. त्यांनी आपल्या मनोगातून विद्या ध्याना आरोग्यविषयक महत्त्वपूर्ण मार्गदर्शन केले. डॉ. शेवाळे म्हणाल्या की, तुम्हाला आनंदी राहावयाचे असेल तर

तुम्हाला त्यासाठी निरोगी राहणे फार गरजेचे आहे, जो मनुष्य निरोगी नाही तो आनंदी कधीही राहू शकत नाही असे त्या म्हणाल्या. निरोगी राहण्यासाठी व्यायाम, योग आणि सकस आहार घेणे गरजेचे असते असे प्रतिपादन त्यांनी यावेळी केले. कार्यक्रमाचे अध्यक्ष महाविद्यालयाचे प्राचार्य डॉ. यु. बी. कदम यांनीही आपले महत्त्वपूर्ण विचार यावेळी मांडले. यावेळी शैक्षणिक पर्यवेक्षक डॉ. भरत शेवाळे उपस्थित होते. कार्यक्रमाचे सूत्रसंचालन डॉ. आर. जी. शेवाळे यांनी केले. सदर कार्यक्रमप्रसंगी महाविद्यालयातील सर्व विभाग प्रमुख, प्राध्यापक, शिक्षक, कर्मचारी आणि विद्यार्थी मोठ्या संख्येने उपस्थित होते.

# प्रकाश



**निमगाव :** वेथील निमगाव महाविद्यालयात जागतिक आरोग्य दिनानिमित्त बोलताना डॉ. वसुमती शेवाळे.

## आरोग्य दिनानिमित्त निमगाव महाविद्यालयात व्याख्यान

निमगाव : वेथील कर्मवीर भाऊसाहेब हिरे कला, विज्ञान व वाणिज्य महाविद्यालयात जागतिक आरोग्य दिन उत्साहात साजरा करण्यात आला. प्राचार्य बु. बी. कदम कार्यक्रमाच्या अध्यक्षस्थानी होते. डॉ. प्रशांत हिरे निमगाव आरोग्य केंद्रातर्गत करण्यात आले होते. वैद्यकीय अधिकारी डॉ. वसुमती शेवाळे यांनी विद्यार्थ्यांना आरोग्यविषयक मार्गदर्शन करत म्हणाल्या की, तुम्हाला आनंदी राहावयाचे असले तर तुम्हाला त्यासाठी निरोगी राहणे फार गरजेचे आहे. जो मनुष्य निरोगी नाही, तो आनंदी राहू शकत नाही. निरोगी राहण्यासाठी व्यायाम, योगा आणि सकस आहार घेणे गरजेचे असल्याचे त्यांनी सांगितले. पर्यवेक्षक भरत शेवाळे यांच्यासह शिक्षक, विद्यार्थी उपस्थित होते. आर. जी. शेवाळे यांनी सूत्रसंचालन केले.







**Date : 10/08/2023**

## **Report**

### **Inauguration of Psychology Counseling Center in KBH College**


Mahatma Gandhi Vidyamandir, Karmaveer Bhausaheb Hiray College of Arts, Science and Commerce, Nimgaon recently inaugurated the Psychology Counseling Center with Principal Dr. Ujjan Kadam and the keynote speaker, Counselor Shri.Prashant Patil.

Counselor Mr. Patil Expressed his thoughts, Mr.Prashant Patil said that there is a great need for counseling today. Because of the changed lifestyle, and the nuclear family system, communication within the family has decreased. Human being is suppressed those problems in his mind. That is why feelings should be expressed to the right person. He also asserted that we should have faith and respect for our people.

College Vice Principal Dr. R. G. Shewale expressed his important thoughts on this occasion. The program was organized by the Department of Psychology. B.U Pawar. He also expressed his thoughts on this occasion. On this occasion Dr. R. G. Shewale, Vice Principal of the college, Academic Supervisor Prof. Shubham Patil, all faculty and non-teaching staff, students were present in large numbers.

  
**Dr. Subhash N. Nikam**  
**Principal**  
K.B.H. Arts, Science & Commerce College,  
Nimgaon, Tal. Malegaon Dist. Nashik



 GPS Map Camera



Nimgaon, Maharashtra, India  
CHP5+PGG, Nimgaon, Maharashtra 423212, India  
Lat 20.436464°  
Long 74.558595°  
10/08/23 09:57 AM GMT +05:30





मंगळवार, दि. १५ ऑगस्ट २०२३

## निमगाव महाविद्यालयात मानसशास्त्र समुपदेशन केंद्राचे उद्घाटन

निमगाव ।

महात्मा गांधी विद्यामंदिर संचलित, कर्मवीर भाऊसाहेब हिरे कला, विज्ञान व वाणिज्य महाविद्यालय निमगाव येथे नुकतेच मानसशास्त्र समुपदेशन केंद्राचे उद्घाटन महाविद्यालयाचे प्राचार्य डॉ.उज्जन कदम व प्रमुख वक्ते, समुपदेशक श्री. प्रशांत पाटील यांच्या प्रमुख उपस्थितीत पार पडले.

समुपदेशक श्री. प्रशांत पाटील आपले मनोगत व्यक्त करतांना म्हणाले की, समुपदेशन याची आज मोठ्या प्रमाणात गरज दिसून येते आहे. कारण बदललेली जीवनशैली, व विभक्त कुटुंब पद्धती यामुळे कुटुंबातील संवाद कमी झाला आहे. त्यामुळे मानसिक समस्या व्यक्त करतांना हक्काचा असा एकही खांदा उपलब्ध होत नाही व माणूस मनातल्या मनात त्या समस्यांचे दमन करतो. म्हणूनच योग्य व्यक्तीजवळ भावना व्यक्त केल्या पाहिजेत. तसेच आपल्या लोकांविषयी विश्वास व आदराची भावना ठेवायला पाहिजे असे प्रतिपादन त्यांनी केले.

महाविद्यालयाचे उपप्राचार्य डॉ. आर. जी. शेवाळे यांनी ही यावेळी आपले महत्त्वपूर्ण मनोगत व्यक्त केले. सदर कार्यक्रमाचे आयोजन मानसशास्त्र विभागातर्फे विभागप्रमुख डॉ. बी.यू.पवार यांनी केले होते.त्यांनीही यावेळी आपले विचार व्यक्त केले.यावेळी महाविद्यालयाचे उपप्राचार्य डॉ.आर. जी.शेवाळे, शैक्षणिक पर्यवेक्षक प्रा. शुभम पाटील, सर्व प्राध्यापक वर्ग आणि शिक्षकेतर कर्मचारी, विद्यार्थी मोठ्या संख्येने उपस्थित होते.