



शिक्षण प्रसारक मंडळी, पुणे

R. A. Podar College of Commerce & Economics **AUTONOMOUS**

Matunga, Mumbai - 400 019

An 'A+' Institution as Accredited by NAAC
Certified as 'Best College' by University of Mumbai

Tel.: 2414 3178 • Fax: 2414 1964 • E-mail: info@rapodar.ac.in
Website : www.rapodar.ac.in

6.5.3 IQAC Collaborative Initiatives (2022-23)

Sr. No.	Name of the Event	Date	Collaborative Agency
1	Personal Hygiene Workshop	15 th January, 2023	NSS x Paddling Foundation
2	State level workshop on the topic “Empowering Young Minds- A workshop on Basic Counseling Skills for Teachers”	23 rd November, 2022	R. A Podar College of Commerce and Economics- RUSA 2.0 in collaboration with DISHA Counselling Centre
3	“Do boond zindagi ke” The Pulse Polio Initiative	25 th June, 2022	NSS x LBS Market BMC Dispensary
4	Tree plantation drive and Environmental awareness rally	5 th June, 2022	NSS x BMC F-North Ward and Leo Club of 5 Gardens
5	Beach Cleanup Drive	31 st July, 2022	NSS x Jay Foundation
6	Beach Cleanup Drive	10 th July, 2022	NSS x Jay Foundation
7	Lecture on Agniveer Recruitment	7 th July, 2022	NSS x ARO
8	Blood Donation Camp	10 th June, 2022	NSS x Jagjivanram Hospital Blood Bank and University of Mumbai
9	Blood Donation Drive	15 th July, 2022	NSS x Sion Hospital Blood Bank
10	5 day university level yoga camp in commemoration of International Yoga Day	16 th to 21 st June, 2022	NSS x The University of Mumbai with the coordination of Kaivalyadhama & HSNC University(Mumbai)

11	Two day FDP Workshop - Statistical analysis with Jamovi	20 th & 21 st February, 2023	IQAC Coordinator
12	Movie Screening on Women Empowerment Film - Hellaro	8 th March, 2023	Women Development Cell x University of Mumbai
13	Vision Day Celebration	17 th July, 2022	Inclusive Cell x Team Vision Foundation
14	Beach Cleanup	2 nd October, 2022	NSS x Foundation
15	TED Talks	11 th February, 2023	TED

Menstrual Hygiene session in association with NSS x Paddling Foundation on 15th January, 2023

S.P. MANDAL'S
R. A. Podar College
of Commerce & Economics (Autonomous)

DATE : 15/01/2023
VENUE : BARHANPUR
TIME : 11:00 am

**MENSTRUAL HYGIENE
WORKSHOP**

In Collaboration with
NSS & Paddling Foundation

TIPS
14567



**Thank you Letter for Menstrual Hygiene Session held on 15th January, 2023
by NSS x Paddling Foundation**



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Tel.: 2414 3178 • Fax: 2414 1964 • E-mail: info@rapodar.ac.in
Website : www.rapodar.ac.in

Ref. No.: 1530

Date: 20/1/2023

To,
AsmitaJadhav,
Head of On Ground,
Paddling Foundation, Mumbai.

Subject - Feedback on Menstrual Hygiene Session.

Dear Asmita,

We would like to extend a warm thank you to The Paddling Foundation for organizing an amazing session with us on Menstrual Hygiene, on 15th January, 2023 at Barhanpur. Around 120-150 menstruators as well as non-menstruators attended the Session. The session was very interesting and informative. What everyone enjoyed the most was the interaction which made the whole process of learning so much more fun.

We would like to thank you for making this awareness session so productive. We look forward to have more sessions with you, in the near future, if possible.

Once again, it was great having you and learning from you.

Regards,
Thanking you,

Principal
Dr. (Mrs.) Shobana Vasudevan.

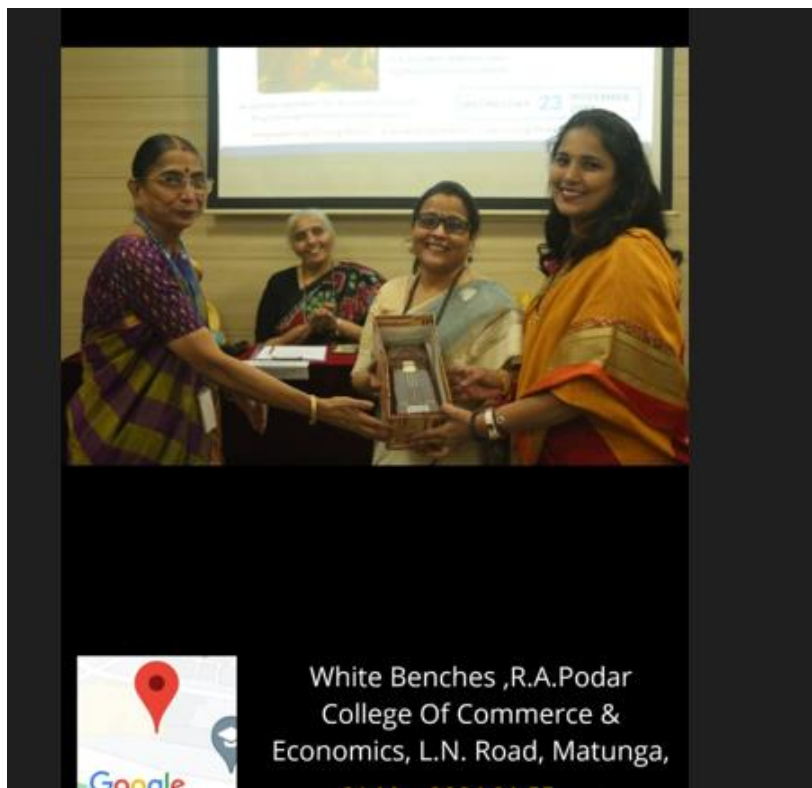
NSS Programme Officer
Dr. Vinita Pimpale

Podar : Nurturing Intellect, Creating Personalities.

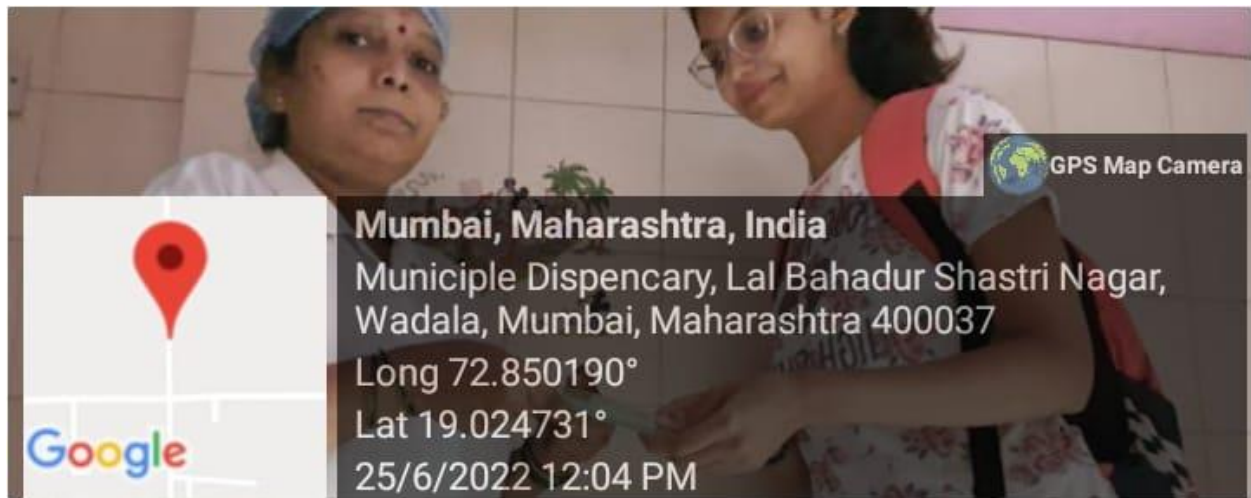
State-level workshop on the topic “Empowering Young Minds- A workshop on Basic Counseling Skills for Teachers” on 23rd November 2022

WORKSHOP VENUE	WORKSHOP SCHEDULE																															
<p>Room: G-1 (Ground Floor) R. A. Podar College of Commerce & Economics (Autonomous) LN. Road Matunga, Mumbai-19</p> <p>Team: Chief advisor: Principal Dr. Shobana Vasudevan</p> <p>Self Development Centre Faculty-in-charge: Kavita Jajoo 9920524905</p> <p>Member: Sudarshana Saikia 9819844116</p> <p>Scan to know more about R.A. Podar College of Commerce & Economics (Autonomous)</p>	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 20%; text-align: center;">8:30 AM - 9:00 AM:</td> <td style="text-align: center;"></td> <td>Inaugural Session- Keynote Speaker- Dr. Anuradha Sovani Psychologist and Psychotherapist</td> </tr> <tr> <td style="text-align: center;">9:00 AM-9:45 AM:</td> <td></td> <td></td> </tr> <tr> <td style="text-align: center;">9:45 AM-11:30 AM:</td> <td style="text-align: center;"></td> <td>Session-I- Teacher as a Counselor</td> </tr> <tr> <td style="text-align: center;">11:30 AM - 11:45 AM:</td> <td style="text-align: center;"></td> <td></td> </tr> <tr> <td style="text-align: center;">11:45 AM - 1:00 PM:</td> <td style="text-align: center;"></td> <td>Session-II- Skills of a Counselor</td> </tr> <tr> <td style="text-align: center;">1:00 PM - 1:45 PM:</td> <td style="text-align: center;"></td> <td></td> </tr> <tr> <td style="text-align: center;">1:45PM - 3:45 PM:</td> <td style="text-align: center;"></td> <td>Session-III- Basic hands on tools and techniques</td> </tr> <tr> <td style="text-align: center;">3:45 PM- 4:00 PM:</td> <td style="text-align: center;"></td> <td></td> </tr> <tr> <td style="text-align: center;">4:00 PM- 6:00 PM:</td> <td style="text-align: center;"></td> <td>Session-IV- Brief crisis intervention strategies</td> </tr> <tr> <td style="text-align: center;">6:00 PM-6:15 PM:</td> <td></td> <td>Concluding remarks</td> </tr> </table>	8:30 AM - 9:00 AM:		Inaugural Session- Keynote Speaker- Dr. Anuradha Sovani Psychologist and Psychotherapist	9:00 AM-9:45 AM:			9:45 AM-11:30 AM:		Session-I- Teacher as a Counselor	11:30 AM - 11:45 AM:			11:45 AM - 1:00 PM:		Session-II- Skills of a Counselor	1:00 PM - 1:45 PM:			1:45PM - 3:45 PM:		Session-III- Basic hands on tools and techniques	3:45 PM- 4:00 PM:			4:00 PM- 6:00 PM:		Session-IV- Brief crisis intervention strategies	6:00 PM-6:15 PM:		Concluding remarks	<p style="text-align: center;">Self Development Centre Under the aegis of RUSA 2.0 in collaboration with Disha Counseling Centre</p> <p style="text-align: center;">organises One day workshop</p> <p style="text-align: center; color: #2e8b57; font-weight: bold;"> Empowering Young Minds- A workshop on Basic Counseling Skills for Teachers </p> <div style="border: 1px solid white; padding: 5px; text-align: center; margin-top: 10px;"> <p>WEDNESDAY 23 NOVEMBER 2022</p> <p>9:00AM- 6:15 PM</p> </div> <p style="text-align: center;">An IQAC initiative</p>
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ABOUT COLLEGE	ABOUT WORKSHOP	ABOUT WORKSHOP
<p>S. P. Mandali's R. A. Podar College of Commerce & Economics (Autonomous) is one of the oldest educational institutions in the state of Maharashtra spearheading education in the field of commerce and economics for the last 80 years. Located in Matunga, a central suburb of Mumbai, the College is a single faculty Commerce college and is affiliated with the University of Mumbai. The college offers six UG programmes, five PG programmes and four PhD programmes.</p> <p>At R. A. Podar College, the philosophy of education may be summed up in two sentences: "Samaani va aakooti samaanaa hridayaani vaham" (One in Mind & One in Heart). "Na hi gnyaanen sadrasham pavitramiha vidyate" (There is nothing in this Universe as pure as Knowledge)</p> <p>By nurturing intellect and creating personalities, the college has developed its learners who are known achievers in diverse fields. In recognition of the valuable academic achievements and participation of the college teachers in the university system through various bodies of the University, the college has been recognized and felicitated with the Best College Award.</p> <p>We encourage you to log onto www.rapodar.ac.in for a detailed profile.</p>	<p>A large part of a student's life is directly or indirectly influenced by teachers in most aspects of their lives. To fulfill their roles heartfully most often teachers become a sturdy support system to their students. Sometimes they wear the hat of a firm disciplinarian, sometimes they become a mirror of the world. Sometimes a teacher dons the hat of a kind friend and other times a hat almost of a semi-parent. One essential aspect that a teacher embodies subtly is that of imparting guidance and counseling to students.</p> <p>In the current times the demand for counseling and guidance is at an all-time high. No one age group can be singled out and yet the concerns of our student population, who are our tomorrow is a niggling worry.</p> <p>It is hence paramount that teachers be equipped with basic and first-aid tools to provide base-work supportive skills to students. The aim of the Basic Counseling Programme for Teachers is two pronged:</p> <ol style="list-style-type: none"> (1) to initiate teachers in the basic counseling skills so as to respond to students' emotional, psychological and relationship issues, and (2) to learn to recognize students who may require additional personal counseling. 	<p>The focus of the program will be on the following:</p> <ul style="list-style-type: none"> · What is and is not Counseling? · Aims and benefits of Counseling. · Teacher as a Counselor · Skills of a Counselor · Basic hands on tools and techniques to use in the classroom setting as well as one-on -one for typical student related issues. · Understanding the evolving space of classrooms in post-Covid times & brief crisis intervention strategies for the same. · When to refer to a professional counselor? <p>The aim is not to create counselors in a day but help teachers be better equipped and feel confident to handle a number of student related issues.</p> <p style="text-align: center; color: red; font-weight: bold;">Click here to register</p> <p style="text-align: center; font-weight: bold;"><i>A teacher affects eternity; He can never tell where his influence stops. - Henry Adams</i></p>



“Do boond zindagi ke” The Pulse Polio Initiative as on 25th June, 2022 by NSS in collaboration with LBS Market BMC Dispensary



**Tree plantation drive and Environmental awareness rally held on 5th June, 2022 by NSS x
BMC F-North Ward and Leo Club of 5 Gardens**

S.P. MANDALI'S
R. A. PODAR COLLEGE OF COMMERCE
AND ECONOMICS (AUTONOMOUS),
MATUNGA, MUMBAI - 19

NATIONAL SERVICE SCHEME

In Collaboration with
Leo Club of Five Gardens And BMC F-North ward

**Tree plantation drive
and Awareness Rally**

Date:-5th June, 2022
Time:-9:00 am onwards.
Location:-Five Gardens, Matunga.

For queries contact : Vaibhav Josh - 98671 80474
Payal Pacharkar - 9987719149

Mumbai, Maharashtra, India
Five Garden, Matunga East, Mumbai, Maharashtra
400019
Long 72.850303°
Lat 19.024718°
5/6/2022 09:03 AM

Beach Cleanup Drive held as on Beach Cleanup Drive as on 31th July 2022 by NSS x Jay Foundation

S.P. MANDALI'S
R. A. PODAR COLLEGE OF COMMERCE
AND ECONOMICS (AUTONOMOUS),
MATUNGA, MUMBAI - 19

NATIONAL SERVICE SCHEME

75th
Azadi Ka Amrit Mahotsav
in collaboration with

Jay Foundation

Conducts

Beach Clean Up

DATE:- 31 JULY, 2022
TIME:- 9:00 AM-11:00 AM
VENUE:- SURYAWANSHI HALL LANE, OPPOSITE
CATERING COLLEGE, VEER SAVARKAR ROAD,
DADAR(W), MUMBAI -28.

For more details : Vaibhav Joshi-9867180474
Payal Pacharkar-9987719149



Beach Cleanup Drive held as on Beach Cleanup Drive as on 10th July, 2022 by NSS x Jay Foundation

S.P. MANDALI'S
R. A. PODAR COLLEGE OF COMMERCE
AND ECONOMICS (AUTONOMOUS),
MATUNGA, MUMBAI - 19

NATIONAL SERVICE SCHEME

75
Azadi Ka
Amrit Mahotsav

in collaboration with

Jay Foundation

HP

Conducts

Beach Clean Up

DATE:- 10TH JULY, 2022
TIME:- 4PM-6PM
VENUE:- SURYAWANSHI HALL LANE, OPPOSITE
CATERING COLLEGE, VEER SAVARKAR ROAD,
DADAR, MUMBAI -28.

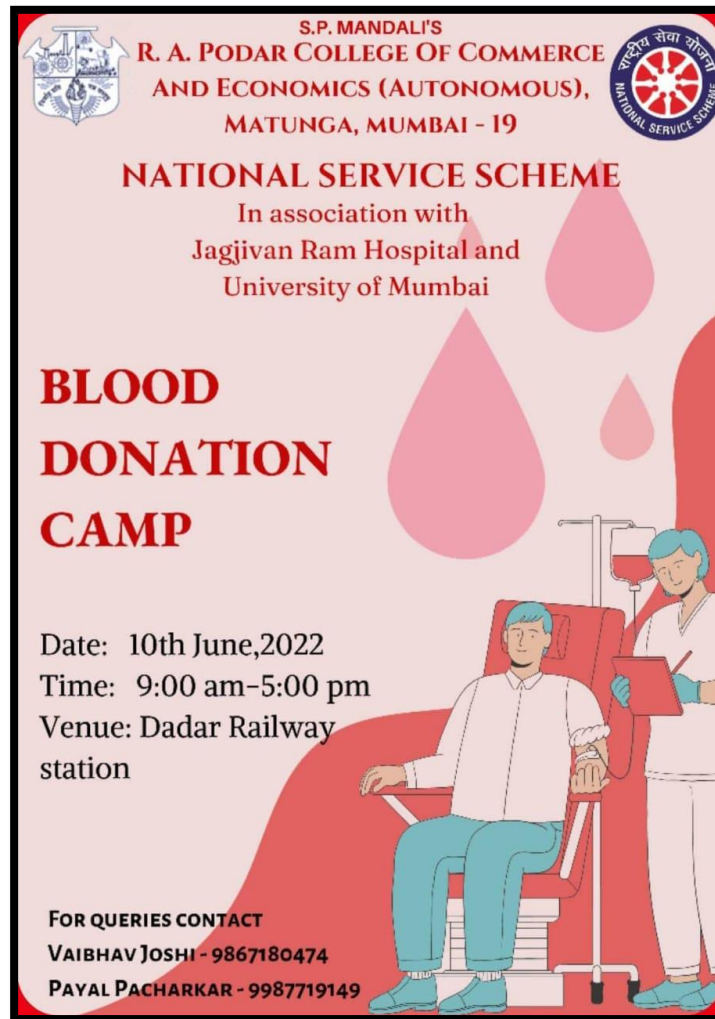
For more details : Vaibhav Joshi-9867180474
Payal Pacharkar-9987719149



Lecture on Agniveer Recruitment on 7th July, 2022 by NSS x ARO



Blood Donation Camp held on 10th June, 2022 by NSS x Jagjivanram Hospital Blood Bank and University of Mumbai



The poster features a light pink background with large, stylized red blood drops. On the left, the text 'BLOOD DONATION CAMP' is written in large, bold, red capital letters. Below this, the date, time, and venue are listed. On the right, there is an illustration of a person sitting in a red chair for a blood donation, with a nurse standing next to them. The top of the poster includes the college's name and the NSS logo.

S.P. MANDAL'S
R. A. PODAR COLLEGE OF COMMERCE
AND ECONOMICS (AUTONOMOUS),
MATUNGA, MUMBAI - 19

NATIONAL SERVICE SCHEME
In association with
Jagjivan Ram Hospital and
University of Mumbai

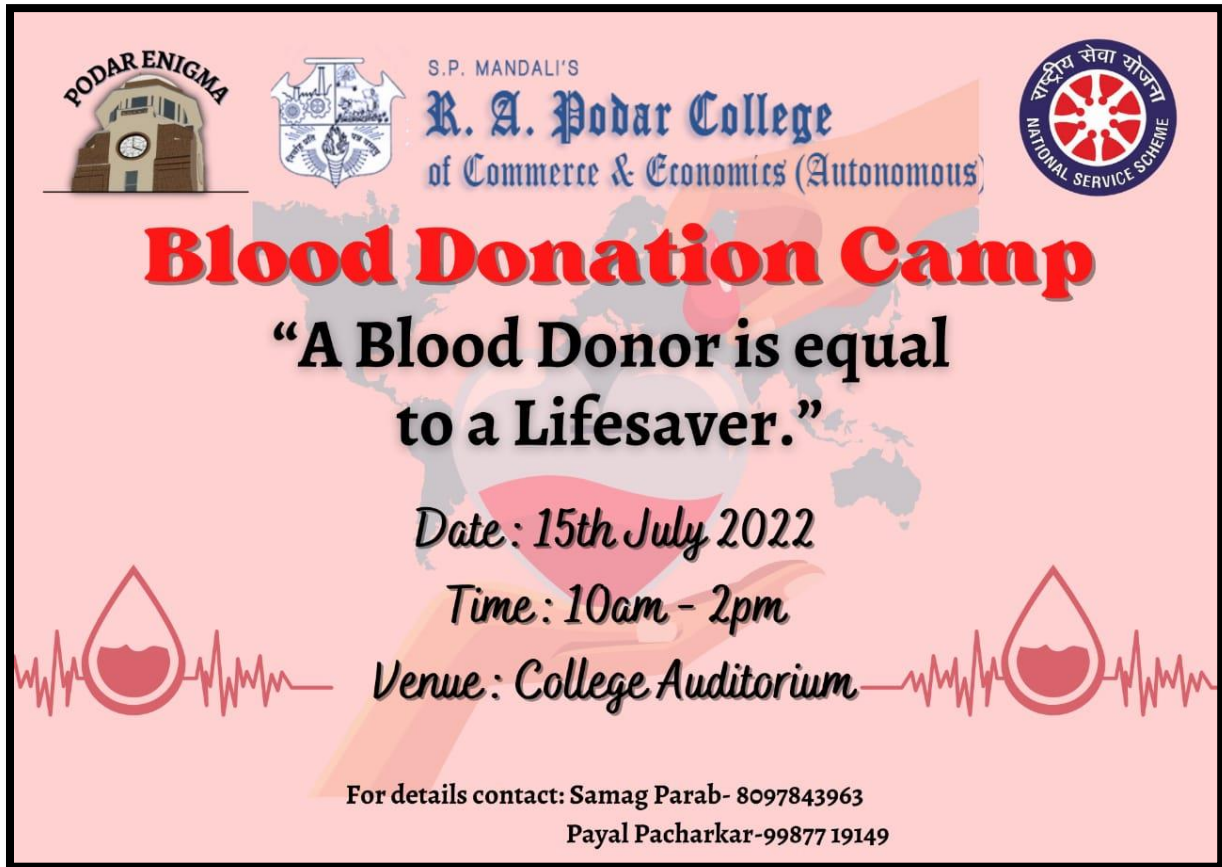
**BLOOD
DONATION
CAMP**

Date: 10th June,2022
Time: 9:00 am-5:00 pm
Venue: Dadar Railway
station



FOR QUERIES CONTACT
VAIBHAV JOSHI - 9867180474
PAYAL PACHARKAR - 9987719149




Blood Donation Drive held on 15th July 2022 by NSS x Sion Hospital Blood Bank



PODAR ENIGMA



S.P. MANDALI'S
R. A. Podar College
of Commerce & Economics (Autonomous)



Blood Donation Camp
“A Blood Donor is equal
to a Lifesaver.”
Date: 15th July 2022
Time: 10am - 2pm
Venue: College Auditorium

For details contact: Samag Parab- 8097843963
Payal Pacharkar-99877 19149



5 day University level Yoga camp in commemoration of International Yoga Day held from 16th to June 21st, 2022 by NSS x The University of Mumbai with the coordination of Kaivalyadhama & HSNC University (Mumbai)

S.P Mandali's
R. A. PODAR COLLEGE OF COMMERCE
AND ECONOMICS (AUTONOMOUS),
MATUNGA, MUMBAI - 19

75
Azadi Ka
Amrit Mahotsav

NATIONAL SERVICE SCHEME
Celebrates

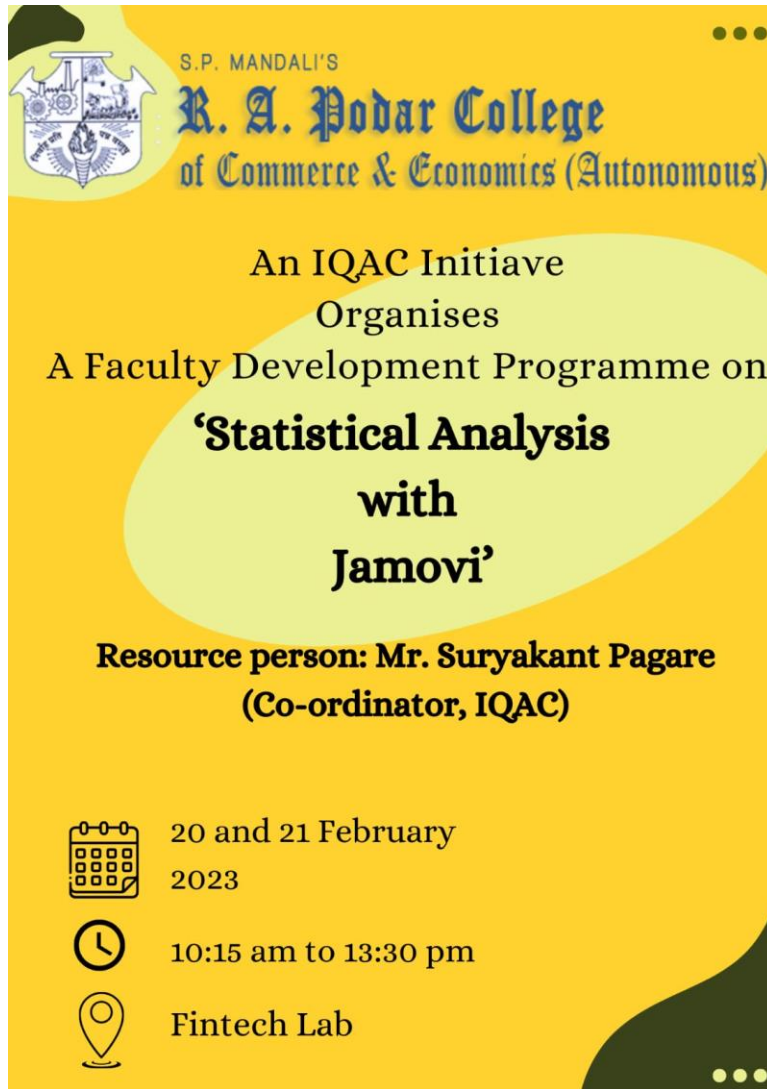
International Yoga Day

DATE - 21 JUNE, 2022
TIME - 8:30 a.m to 10:00 a.m
VENUE - College Auditorium

For queries contact:
Vaibhav Joshi:9867180474 Payal Pacharkar: 9987719149




Two-day FDP on 'Statistical analysis with Jamovi' (20th & 21st February, 2023)





S.P. MANDALI'S
R. A. Podar College
of Commerce & Economics (Autonomous)

An IQAC Initiative
Organises
A Faculty Development Programme on
**'Statistical Analysis
with
Jamovi'**

Resource person: Mr. Suryakant Pagare
(Co-ordinator, IQAC)

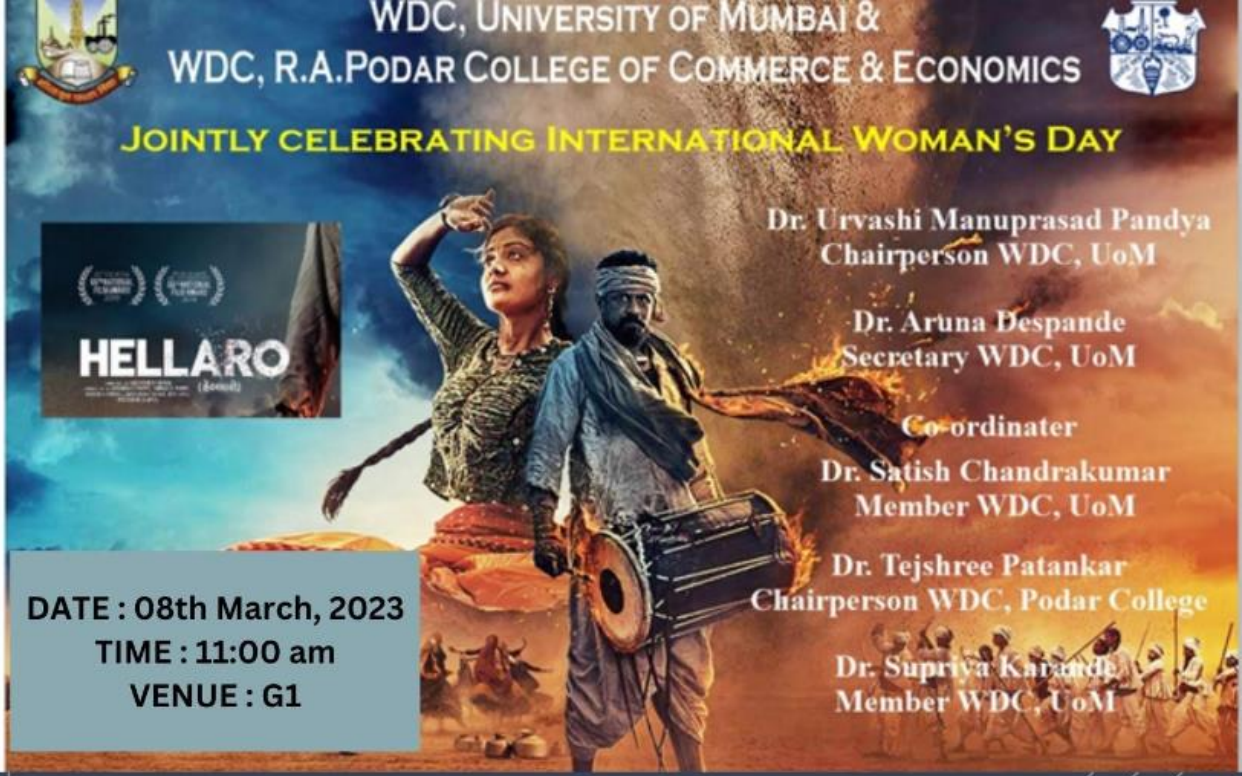
 20 and 21 February
2023

 10:15 am to 13:30 pm

 Fintech Lab



Movie Screening on Women Empowerment Film - Hellaro



WDC, UNIVERSITY OF MUMBAI &
WDC, R.A.PODAR COLLEGE OF COMMERCE & ECONOMICS

JOINTLY CELEBRATING INTERNATIONAL WOMAN'S DAY

HELLARO
(2021)

Dr. Urvashi Manuprasad Pandya
Chairperson WDC, UoM

Dr. Aruna Despande
Secretary WDC, UoM

Co-ordinator
Dr. Satish Chandrakumar
Member WDC, UoM

Dr. Tejshree Patankar
Chairperson WDC, Podar College

Dr. Supriya Karandikar
Member WDC, UoM

DATE : 08th March, 2023
TIME : 11:00 am
VENUE : G1

Vision Day Celebration held on 17th July, 2022 by Inclusive Cell X Team Vision



Team Vision Foundation

in collaboration with

Inclusive Cell of

R. A. Podar College of Commerce & Economics
(Autonomous), Matunga



presents

Vision Day 2022

9th Anniversary Celebration of
Team Vision Foundation



Sunday, July 17, 2022 | 4 PM - 7 PM
Multipurpose Hall, R. A. Podar College,
Matunga East, Mumbai.

We celebrate the foundation day of Team Vision, July 14 as 'Vision Day'. Every year on the occasion of Vision Day, we take a pause for a while to reflect on the journey of Team Vision Foundation. We invite special speakers to have an interactive session with the Visually Challenged Friends and volunteers to learn about their life journey and seek guidance to build the path ahead for Team Vision Foundation.



Inclusive Cell of R.A.Podar College of Commerce and Economics (Autonomous)

"There is only one way to look at things until someone shows us how to look at them with different eyes."

Inclusive education has been assessed as to be the most effective means of achieving education for all as it is in consonance with providing equal opportunity for all children. The primary aim of any educational institute is to bring everyone under mainstream of education regardless of their disability.

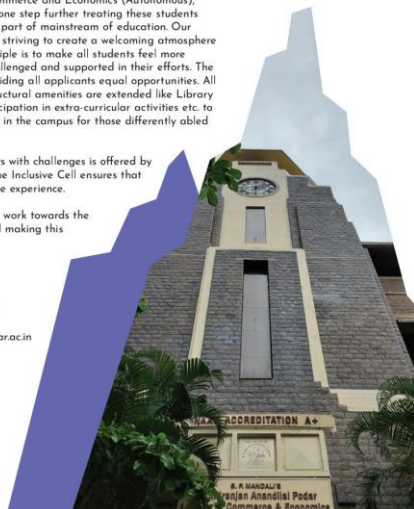
At R. A. Podar College of Commerce and Economics (Autonomous), Mumbai, Inclusive Cell goes one step further treating these students very special, and an integral part of mainstream of education. Our institute has been constantly striving to create a welcoming atmosphere on campus. The driving principle is to make all students feel more embraced, appropriately challenged and supported in their efforts. The institute is dedicated to providing all applicants equal opportunities. All the educational and infrastructural amenities are extended like Library facility, Computer Lab, participation in extra-curricular activities etc. to create an inclusive ambience in the campus for those differently abled students.

A support service for students with challenges is offered by the Inclusive cell of Podar. The Inclusive Cell ensures that they have a rewarding college experience.

Our institute is committed to work towards the more inclusive education and making this available for all.

Come with us as we bring **INCLUSION** to life!

Chairperson of Inclusive Cell
Ms. Karishma Khadiwala
Karishma.khadiwala@rapodar.ac.in



Team Vision Foundation

(Reg. 1841/2019 The Societies Registration Act 1860)

Team Vision Foundation is an organization started by youngsters in July 2013 to support the Visually Challenged Students by arranging readers & writers for their exams.

Over the years, we have extended our support by establishing an Audio Library, organizing Cultural Events, Treks, Internship Programs, and Personality Development Workshops. We are focused on the holistic development of the Visually Challenged Student through skill development and capacity building program. We have created work opportunity for the Visually Challenged within Team Vision Foundation.

We organize workshops to create awareness and sensitize people towards blindness.

Have Vision? Then Share It!

Sandesh Bhingarde
President, Co-founder
9757088108

Pradnya Patel
Vice-president, co-founder
9820853358



• [Insta: team.vision](#)
• [Call/WhatsApp: 9372 851 841](#)
• [Email: eteamvision@gmail.com](mailto:eteamvision@gmail.com)
• [Web: www.teamvision.co.in](http://www.teamvision.co.in)

Event Schedule

- **Recap**
Take a recap of the journey of Team Vision Foundation, acknowledge the milestones and set the goals to achieve the vision of the organization.
- **About Podar College**
- **Mukta Sanvaad**
Interaction with Keyboardist Jayant Pawar who is Visually Challenged. He has accompanied well known Bollywood musicians and is here to share his musical experience.
- **Let's play**
Our Visually Challenged Friends and volunteers will play exciting games and have fun together.
- **Jhoom baraabar jhoom**
Open dance floor for everyone!



Management Team

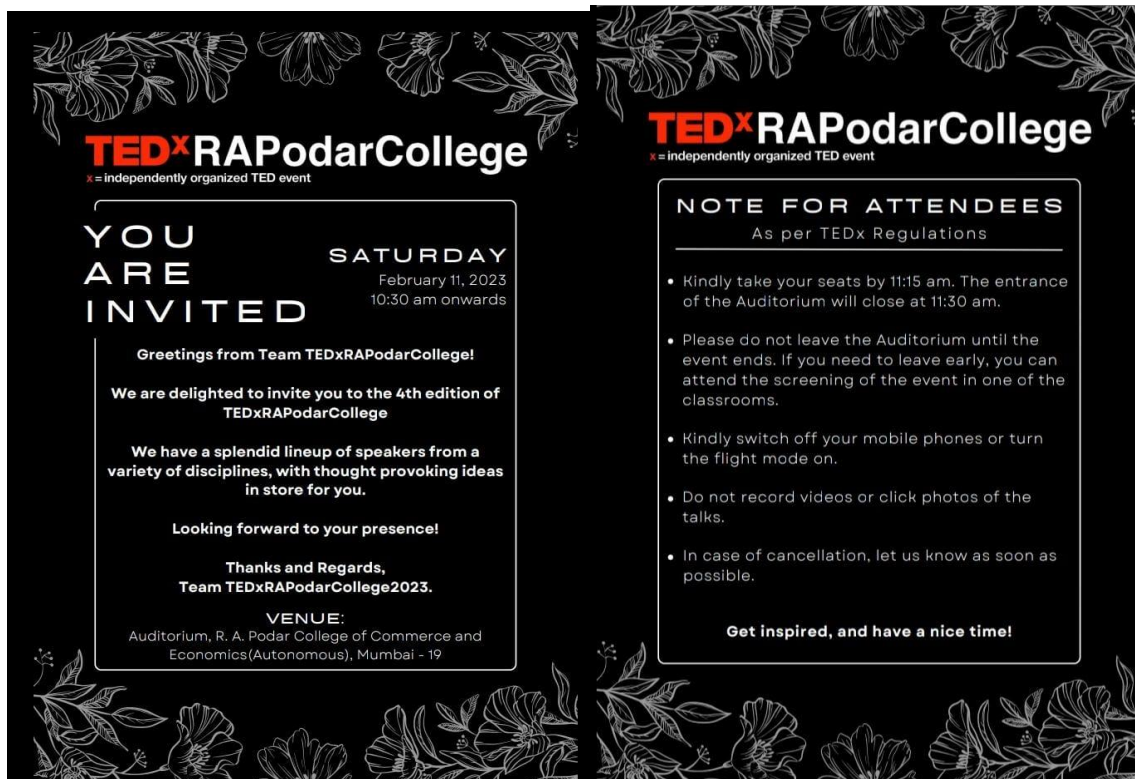
Event Coordinator: Rutuja
Hospitality: Ajita
Games & Activities: Latan
Refreshments: Manish
Creativity: Navya
Promotion: Devika
Finance: Pavithra



Beach Cleanup Drive held as on 2nd October, 2022 by NSS x Vasundhara Foundation



**TED in collaboration with R.A. Podar College of Commerce & Economics (Autonomous)
as on 11th February 2023**



TED^xRAPodarCollege
x = independently organized TED event

YOU ARE INVITED

SATURDAY
February 11, 2023
10:30 am onwards

Greetings from Team TEDxRAPodarCollege!

We are delighted to invite you to the 4th edition of TEDxRAPodarCollege

We have a splendid lineup of speakers from a variety of disciplines, with thought provoking ideas in store for you.

Looking forward to your presence!

Thanks and Regards,
Team TEDxRAPodarCollege2023.

VENUE:
Auditorium, R. A. Podar College of Commerce and Economics(Autonomous), Mumbai - 19

TED^xRAPodarCollege
x = independently organized TED event

NOTE FOR ATTENDEES
As per TEDx Regulations

- Kindly take your seats by 11:15 am. The entrance of the Auditorium will close at 11:30 am.
- Please do not leave the Auditorium until the event ends. If you need to leave early, you can attend the screening of the event in one of the classrooms.
- Kindly switch off your mobile phones or turn the flight mode on.
- Do not record videos or click photos of the talks.
- In case of cancellation, let us know as soon as possible.

Get inspired, and have a nice time!



TED^xRAPodarCollege
x = independently organized TED event

SHOWFLOW

10.30 a.m	Registration Desk Opens
10.40 a.m	Refreshments
11.15 a.m	Assembly in the Auditorium
11.30 a.m	Event Commences

Contact Us

[Website](http://www.tedrapodarcollege.com)
www.tedrapodarcollege.com

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

[Instagram](https://www.instagram.com/tedrapodarcollege)
@tedrapodarcollege

