

ASHOKA EDUCATION FOUNDATION'S
ASHOKA BUSINESS SCHOOL


5.1.2 Capacity building and skills enhancement initiatives taken by the institution

(Life Skills)

AQAR 2023 - 24

Ashoka Business School, Nashik | AQAR 2023-24 | Additional Information

COORDINATOR
Internal Quality Assurance Cell
Ashoka Business School, Nashik


DIRECTOR
Ashoka Business School
Nashik

5.1.3 Capacity building and skills enhancement initiatives taken by the institution include the following (10)

Sr.No.	Name of the capability enhancement program	Date of implementation	Number of students enrolled	Name of the agencies/consultants involved with contact details (if any)
Life skills	World bicycle Day	03-06-2023	20	Ashoka Business School
	Importance of Yoga in Life	21-06-2023	10	Mrs.Ketki Dhawale
	National Sports Day	29-08-2023	120	Ashoka Business School
	Meditation a tool as Stress Management Technique	04-10-2023	110	Dr.D.M.Gujarati
	Ashoka Premier League	18-02-2024 to 19-02-2024	146	Ashoka Business School



COORDINATOR

Internal Quality Assurance Cell
Ashoka Business School, Nashik



DIRECTOR
Ashoka Business School
Nashik

World Bicycle Day - 2023

Name of the Activity : World bicycle day

Date of the Activity : 3 rd June 2023

Coordinator : Dr Anjana Bhandari

Objectives : To raise awareness about the benefits of cycling and advocate for better infrastructure and policies that support cycling as a safe and accessible mode of transportation

Conclusion: Cycling is an enjoyable way to stay healthy, including helping you lose weight, lower your cholesterol and strengthen your legs. Cycling is a low impact aerobic exercise that offers a wealth of benefits. It also varies in intensity, so its suitable for all levels.

On June 3, 2023, Ashoka Business School marked World Bicycle Day with a celebration on campus. During the second half of the day, students made their way to the campus using bicycles as part of the commemoration. Dr. Anjana Bhandari conducted a session wherein the significance of bicycles was discussed, focusing on raising awareness about the numerous benefits of cycling. The event aimed to highlight the importance of cycling for both personal and environmental well-being.



W. Mathur

COORDINATOR
Internal Quality Assurance Cell
Ashoka Business School, Nashik

S. Swale

DIRECTOR
Ashoka Business School
Nashik

Yoga Day - 2023

Name of the Activity : International Yoga day

Date of the Activity : 21st June 2023

Coordinator : Dr Anjana Bhandari

Conclusion: On June 21, Ashoka Business School celebrated International Yoga Day with various yoga sessions led by instructor Mrs. Ketaki Dhavale. She highlighted the significance of yoga in promoting a healthy lifestyle. The program commenced with Dr. Sarita Dhavale, the college principal, felicitating Coach Ketaki Dhavale. Under her guidance, students and teachers practiced diverse forms of yoga, including Bipad Hastasana, Pawanmuktasana, Tadasana, and Pranayama.

Informative posters on different yogas and asanas were displayed in the college's front area, providing valuable insights to students. Inspired by the session, the attendees, including teaching and non-teaching staff, pledged to incorporate yoga into their daily lives. Dr. Anjana Bhandari organized the program, with student Om Shah as the moderator and Isha Pawar introducing the guests. Drishti Sharma expressed gratitude to all participants, making the event a success with widespread attendance.

ASHOKA
ASHOKA EDUCATION FOUNDATIONS
ASHOKA BUSINESS SCHOOL

Approved by AICTE
Affiliated to Savitribai Phule Pune University, Recognised by Govt of Maharashtra
NAAC Accredited ISO 9001:2015 Certified Minority Institution (Language)

An Expert Session on
**Importance
of Yoga in Life**

Resource Person
**Mrs. Ketaki
Dhavale,**
(Yog Shikshak)
Sr. Budget Executive,
Ashoka Education
Foundation, Nashik

🕒 Time : 10.00 am
📅 Date : 21st June 2023
📍 Venue : ABS Campus

अशोका एमबीए कॉलेजमध्ये योग दिवस साजरा

Written by लोकनामा ऑनलाईन शहर 2023-06-22 08:31:59



नाशिक - आंतरराष्ट्रीय योगा दिवसाचे औचित्य साधून अशोका एमबीए कॉलेजमध्ये दि. २१ जून रोजी योगाचे विविध प्रकार करून साजरा करण्यात आला. योग प्रशिक्षक केतकी धवळे यांनी आंतरराष्ट्रीय योगा दिवसाचे उद्दिष्ट विद्यार्थ्यांना सांगितले. यावेळी अशोका एज्युकेशन संस्थेचे अध्यक्ष अशोक कटारिया, संस्थेचे सचिव श्रीकांत शुक्ल, प्रशासक डॉ. नरेंद्र तेलरांधे, यांचे कार्यक्रमास मार्गदर्शन लाभले. कार्यक्रमाचे आयोजन डॉ. अंजना भंडारी तर सूत्रसंचालन ओम शाह याने केले. ईशा पवार हिने पाहुण्यांचा परिचय करून दिला. दृष्टी शर्मा हिने उपस्थितांचे आभार मानले. कार्यक्रमास शिक्षक शिक्षकेत्तर कर्मचारी आणि विद्यार्थी उपस्थित होते.

Ashoka Business School, Nashik | AQAR 2023-24 | Additional Information

Dr. Anjana Bhandari

COORDINATOR

Internal Quality Assurance Cell
Ashoka Business School, Nashik

Isha Pawar

DIRECTOR

Ashoka Business School
Nashik

साप्ताहिक कुसुमाग्रज नगर



संपादक - रामदास नागवंशी
ई-मेल : kusumagrjnagar@gmail.com
rnagwanshi1@gmail.com
कार्य.संपादक - पद्माकर देगापंडे

MAI IMAR52012

२२ जून २०२३

'नियमित करून योगा निरोगी जीवन जगा' : योग प्रशिक्षक केतकी ढवळे

नाशिक। प्रतिनिधी : आंतरराष्ट्रीय योगा दिवसाचे औचित्य साधून अशोका एम बी ए कॉलेज मध्ये दि. २१ जून रोजी योगाचे विविध प्रकार करून साजरा करण्यात आला. योग प्रशिक्षक सौ. केतकी ढवळे यांनी आंतरराष्ट्रीय योगा दिवसाचे उद्दिष्ट विद्यार्थ्यांना सांगितले.

जीवनात योगाचे महत्त्व या विषयावर बोलताना त्या म्हणाल्या की नियमित योगा केला तर माणूस निरोगी जीवन जगू शकतो . कार्यक्रमाच्या सुरुवातीला अशोका एम बी ए कॉलेज च्या प्राचार्या डॉ सरिता ढवळे यांनी प्रशिक्षक केतकी ढवळे यांचा सत्कार केला. केतकी ढवळे यांच्या मार्गदर्शनाखाली विद्यार्थी



व शिक्षकांनी योगाचे विविध प्रकार केले दिपाद, शशांकासन, हस्तासन, पवनमुक्तासन, ताडासन, सूर्यनमस्कार आणि भ्रमरी प्राणायाम इ. योगाचे प्रकार करण्यात आले. विविध मुद्रांचा

परिचय त्यांनी करून दिला. अनेक योग आणि आसनाची माहिती देणारे भितीपत्रक कॉलेजच्या दर्शनी भागात लावण्यात आले होते. विद्यार्थ्यांनी त्याचे वाचन केले.

अशोका एज्युकेशन संस्थेचे अध्यक्ष श्री. अशोक कटारिया, संस्थेचे सचिव श्री. श्रीकांत शुक्ल, प्रशासक डॉ. नरेंद्र तेलरांधे, यांचे कार्यक्रमास मार्गदर्शन लाभले. आपल्या जीवन काळात नियमित योगा करू असा निश्चय विद्यार्थ्यांनी केला.

कार्यक्रमाचे आयोजन डॉ अंजना भंडारी यांनी केले. ओम शाह या विद्यार्थ्यांनी सूत्रसंचलन केले तर ईशा पवार हिने पाहुण्यांचा परिचय करून दिला. दृष्टी शर्मा हिने उपस्थितांचे आभार मानले. कार्यक्रमास सर्व शिक्षक शिक्षकेतर कर्मचारी आणि विद्यार्थी मोठ्या संख्येने उपस्थित होते.

Sports Day Celebration

Name of the Activity : National Sports Day
Date of Activity : 29th Aug, 2023
Venue : AEF Higher education Chandsi Campus

In India, National Sports Day is celebrated on August 29th every year. This date was chosen to commemorate the birth anniversary of the legendary Indian hockey player Major Dhyhan Chand. Major Dhyhan Chand is regarded as one of the greatest field hockey players of all time and played a significant role in India's multiple Olympic gold medal wins in hockey during the 1920s and 1930s. On National Sports Day at Ashoka Business School, organised a sports activity title, "Back To Bachpan" under which various activities were arranged for the students to encourage them to participate in sports. Sports lead to a healthy and active lifestyle. National Sports Day was celebrated by ABS in order to promote and celebrate the importance of sports and physical activity in the lives of individuals and communities. Games like Three Legged Race, lemon Spoon Race,

Ashoka Business School, Nashik | AQAR 2023-24 | Additional Information

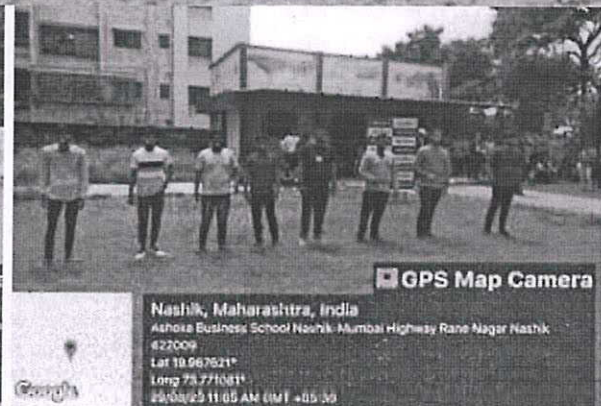
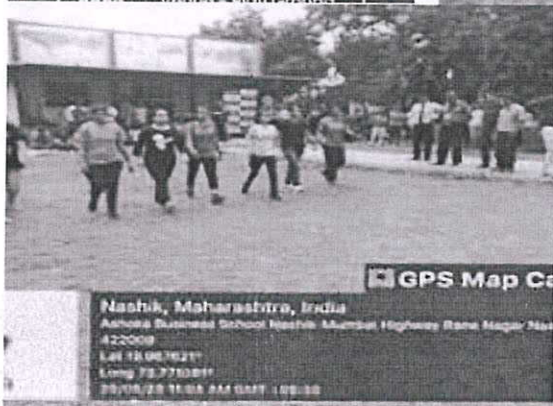
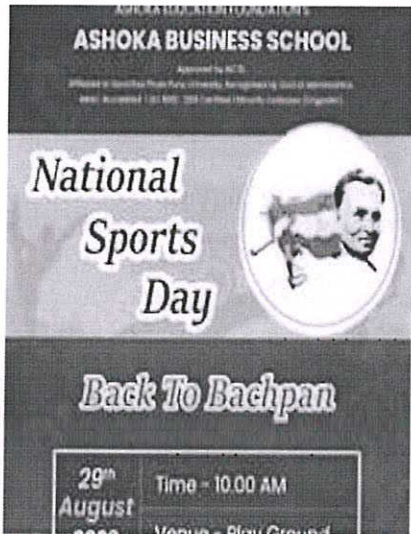


COORDINATOR

Internal Quality Assurance Cell
Ashoka Business School, Nashik


DIRECTOR
Ashoka Business School
Nashik

Sack Race, Sonn Sakhali were organised at a nearby MNC ground adjacent to the Institute's Campus. Students were very happy by playing such games and would cherish the memories forever.



Session on Meditation a tool as Stress Management Technique

Name of the Activity : Meditation a tool as Stress Management Technique
Date of Activity : 4th Oct 2023
Venue : ABS seminar
In charge/Event Head : Dr Nainesh Mutha
Resource person : Dr. D.M.Gujarati
Achievement :

Meditation emerges as an accessible and powerful tool for stress management, transcending demographic boundaries. Its simplicity, cost-effectiveness, and the absence of specialized equipment make it a universally applicable practice. Dr. D.M. Gujarathi, in a recent guidance session, meticulously elucidated the multifaceted benefits of meditation. Serving as a conduit for holistic grooming, meditation plays a pivotal role in shaping one's personality, alleviating mental stress, and enhancing physical well-being, particularly among students. Dr. Gujarathi offered valuable insights into meditation techniques, deep relaxation, and underscored the profound importance of cultivating a regular practice.

Ashoka Business School, Nashik | AQAR 2023-24 | Additional Information

N Mutha
COORDINATOR

Internal Quality Assurance Cell
 Ashoka Business School, Nashik

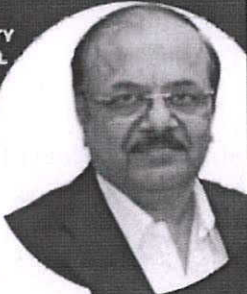
Srinivas
DIRECTOR

Ashoka Business School
 Nashik

In embracing meditation, individuals embark on a journey toward enhanced resilience, inner balance, and overall well-rounded personal development.


Ashoka Education Foundation's
Ashoka Business School

UNDER
INTERNAL QUALITY
ASSURANCE CELL
(IQAC)

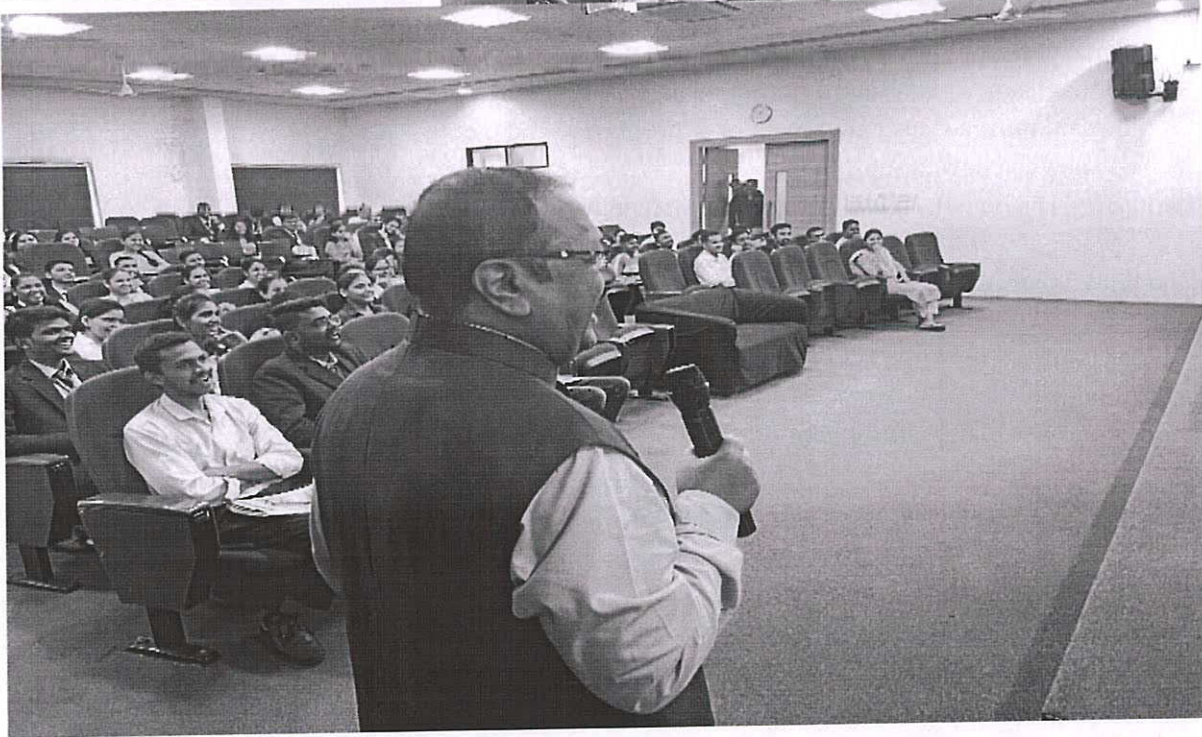


Faculty
Development
Programme
on "Stress
Management"

DR. DATTATRAY
GUJARATHI



Date: 4th October 2023
Time: 9:45 am
Venue: Seminar Hall, ABS




COORDINATOR
Internal Quality Assurance Cell
Ashoka Business School, Nashik


DIRECTOR
Ashoka Business School
Nashik

ASHOKA PREMIER LEAGUE

Name of the Activity : Ashoka Premier League
Date of Activity : 18 and 19th Feb 2024
Venue : AEFs ACBCS Campus Sports ground
In charge/Event Head : Dr Hemant Wanjare
Participants' Players (146) : MBA Ist Yr : 82 (47 Girls + 35 Boys)
MBA IInd Yr : 64 (26 Girls + 38 Boys)

Every year Ashoka Business School organizes a cricket tournament, Ashoka Premier League in order to incorporate team dynamics amongst the management students. The intention is make the students learn the principles of management through games.

RULES FOR AUCTION :

1. Each team will consist of 12 players. (10 +2)
2. Each team will be allotted a maximum of 3000 points.
3. The base price for each player will be 50.
4. The bid from 50-200 points will increase by 10 points.
5. After 200 points the bid will increase by 50 points.
6. Only the team captains and the team owners are allowed to bid.
7. The team must consist a minimum of 4 girl players and 6 boys.
8. The team can have 2 substitutes.
9. Player once bought cannot be replaced or changed
10. The maximum points that can be raised for a single player is 2300, in case two teams reach the limit, the team that was first to reach a maximum of 2300 points will get the player.

ASHOKA
Ashoka Education Foundation's
ASHOKA BUSINESS SCHOOL
Organises
**ASHOKA PREMIER LEAGUE
2024**

Co-sponsored by

DIMA BORN TO LEAD
ARSOLAR ENTERPRISES Mo. 7588193210
PARAM BUILDCON
PANCHANI DEVELOPERS
TEGA GROUP
Aditya Group

Venue :- Ashoka Global Academy, Arjun Nagar Campus, Chandsi, Nashik
Date : 18th - 19th Feb 2024

Ashoka Business School, Nashik | AQAR 2023-24 | Additional Information

COORDINATOR
Internal Quality Assurance Cell
Ashoka Business School, Nashik

DIRECTOR
Ashoka Business School
Nashik

The Ashoka Premier League cricket tournament was a highlight at Ashoka Business School, with the event taking place at the Ashoka Global Academy, Arjun Nagar Campus, Chansi, on February 18th and 19th, 2024. The tournament, organized by college students, closely mirrored the format of the IPL, providing participants with valuable managerial lessons and fostering a sense of team spirit among students, faculty, and staff.

The event commenced with an inauguration ceremony led by Mr. Nitin Pandit and Master Arjun, in the presence of enthusiastic students and faculty members. Dr. Sarita Dhawale, Director-in-Charge of Ashoka Education Foundation, along with Dr. Mahesh Wagh, Dr. Hemant Wanjare, and Dr. Vaibhav Bhalerao, also graced the occasion, highlighting the significance of the event. Starting at 7:00 AM, a total of 12 teams competed in the tournament, participating in a total of 15 matches.

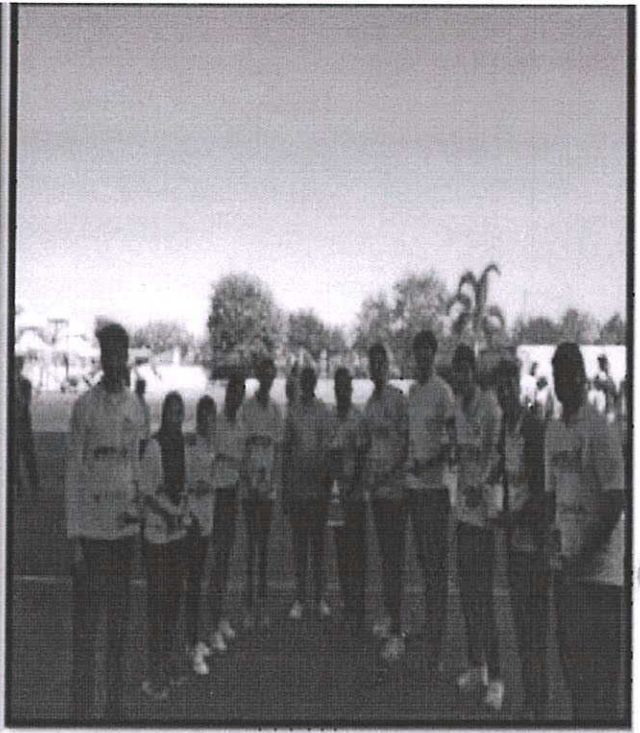
The competition was intense, with teams vying for victory in each round, from the qualifying matches to the semi-finals and finals. The tournament not only focused on cricket but also aimed to impart valuable management principles to the students. Concepts such as planning, organizing, team spirit, leadership, coordination, involvement, and engagement were emphasized throughout the event, providing students with practical insights into these crucial aspects of management. Dr. Hemant Wanjare, as the team owner, and Gokul Jorawar, as the captain, led "The Elite Titans" to victory, showcasing exceptional teamwork and sportsmanship. The runner-up position was secured by the team led by captain Harsh Lakhwani, under the guidance of team owner Dr. Leena Gorhe. Individual accolades were also awarded, with Harsh Lakhwani and Isha Pawar receiving recognition as the best male and female batsmen, respectively. Tushar Kochhar and Akshata Chavan were honoured as the best male and female bowlers, respectively.

The event concluded with a prize distribution ceremony on Feb. -2024, attended by over 150 students who cheered enthusiastically. The student coordinator team, under the leadership of Dr. Hemant Wanjare, played a crucial role in ensuring the smooth conduct of the competition. The opening and closing ceremonies were well-coordinated, with Om Shah and Ketaki Marathe moderating and Dr. Mahesh Wagh, Rishu Pandey, Sakshi Jadhav, and Mohit Asija providing cricket commentary. Generous support from donors such as Panchani Developers, AR Solar Enterprises, Aditya Group, Param Buildcon, M Tech Group, and Deema Born to Lead ensured that the competition had all the necessary resources. Trophies and prizes were distributed to the winning team by institute administrator Dr. Narendra Telrandhe, in-charge principal Dr. Sarita Dhawale, and donors Mr. and Mrs. Bamb and Mr. Sandeep Mahajan. The Ashoka Premier League cricket tournament was not just a sporting event but also a platform for students to learn and grow, showcasing the true spirit of Ashoka Business School.

Ashoka Business School, Nashik | AQAR 2023-24 | Additional Information


COORDINATOR
Internal Quality Assurance Cell
Ashoka Business School, Nashik


DIRECTOR
Ashoka Business School
Nashik



COORDINATOR

Internal Quality Assurance Cell
Ashoka Business School, Nashik

DIRECTOR

Ashoka Business School
Nashik