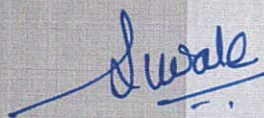


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ASHOKA BUSINESS SCHOOL

5.1.3 Capacity building and skills enhancement initiatives taken by the institution

AQAR 2022 - 23



COORDINATOR
Internal Quality Assurance Cell
Ashoka Business School, Nashik.



DIRECTOR
Ashoka Business School
Nashik.

World Bicycle Day

Name of Activity : World bicycle Day

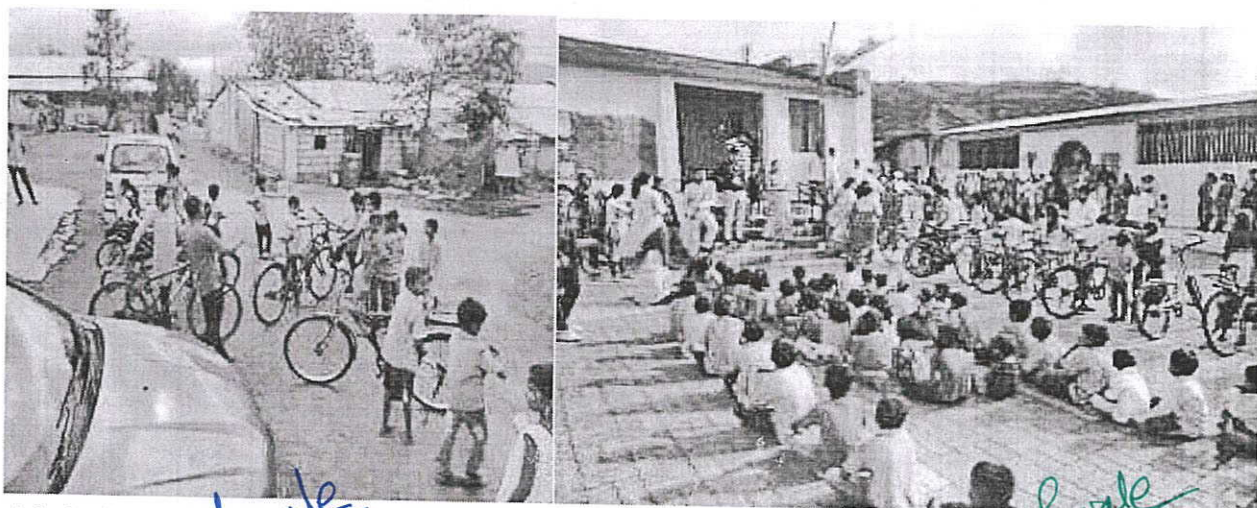
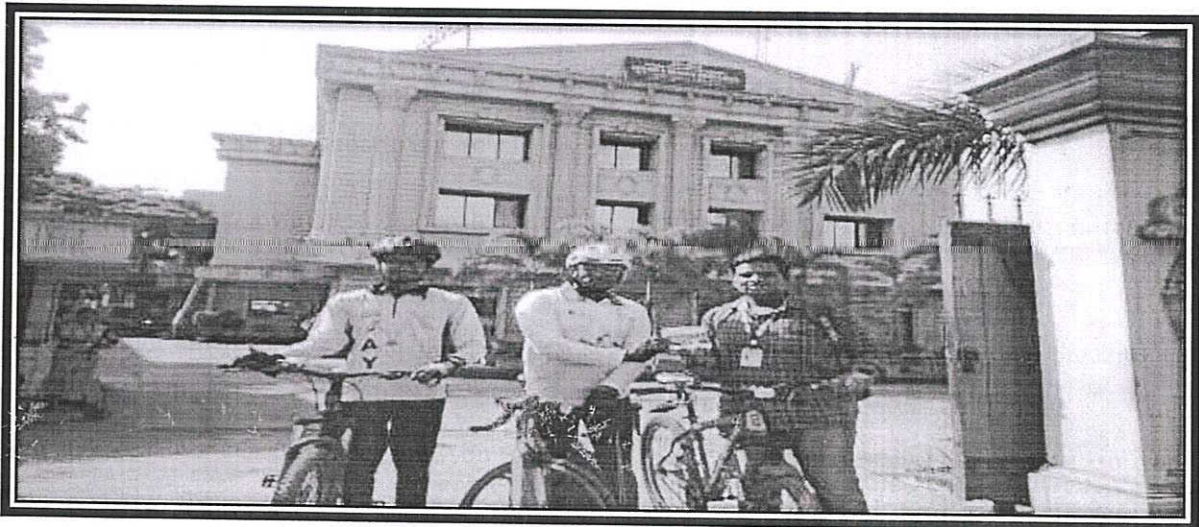
Date of Activity : 8th June 2022

Participants : Students of ABS

Organized By : Library department

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: On 8th June 2022, Ashoka Business school celebrated World bicycle day. Students came in campus by using bicycles. It aims to raise awareness about the benefits of cycling. 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.



Ashoka Business School, Nashik | AQAR 2022-23 | Additional Information

COORDINATOR
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Ashoka Business School, Nashik.

DIRECTOR
Ashoka Business School
Nashik.

Session on: Fit Hour

Name of Activity : "Fit-Hour" Ms Pournima Barhate Session

Date of Activity : 11th June 2022

Participants : Students of ABS

Venue : Seminar Hall

Organized By : Vyaktitva "Dr. Vikas Gaundare

Objective : To enhance health awareness among the students

Conclusion : On June 11, 2022, a health fitness session was conducted at Ashoka College by Ms. Pournima Barhate. Emphasizing the significance of health in life, she asserted that regular practice of yoga can lead to a healthy lifestyle. Under the guidance of Ms. Pournima Barhate, both students and teachers engaged in various forms of yoga. Different types of yoga were explored during the session, and posters providing information on various yogas and asanas were prominently displayed in the front area of the college, attracting the attention of students who took the time to read and absorb the content. Inspired by the session, the students collectively decided to incorporate yoga into their daily lives. Dr. Vikas Gaundare organized the program, facilitating a successful and insightful exploration of the benefits of yoga.



Suwalk

Ashoka Business School, Nashik | AQAR 2022-23 | Additional Information

COORDINATOR
Ashoka Business School, Nashik
Internal Quality Assurance Cell
COORDINATOR
Ashoka Business School, Nashik

Suwalk

DIRECTOR
Ashoka Business School
Nashik

Session on: Yoga Day

Name of Activity : "International Yoga Awareness Day"

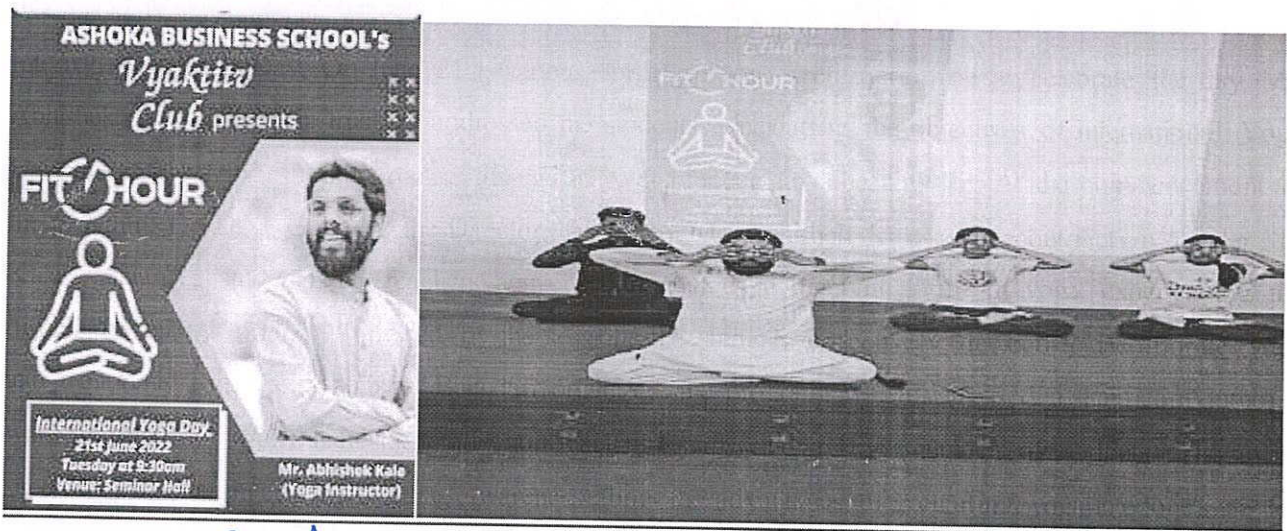
Date of Activity : 21st June 2022

Participants : Students of ABS

Venue : Seminar Hall

Organized By : Dr. Anjana Bhandari

Conclusion : To promote awareness of the benefits of yoga in life and its positive impact on health among staff and students, a yoga session was organized at Ashoka Business School on the occasion of International Yoga Day. On June 21st, various forms of yoga were performed to celebrate the day. Mr. Abhishek Kale, a yoga instructor, addressed the students, elucidating the objectives of International Yoga Day and emphasizing the importance of regular yoga practice for a healthy life. At the commencement of the program, Dr. D.M. Gujrathi, the Director, felicitated Mr. Abhishek Kale for his contribution. Under Mr. Kale's guidance, students and teachers actively participated in different forms of yoga, experiencing the diverse benefits it offers. Motivated by the session, the students collectively decided to incorporate yoga into their daily routines. Dr. Anjana Bhandari organized the program, which witnessed a significant turnout, with participation from teaching staff, non-teaching staff, and a large number of students. The event successfully contributed to spreading awareness about the advantages of integrating yoga into one's life for overall health and well-being.



Anjana
COORDINATOR
Internal Quality Assurance Cell
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Ashoka Business School, Nashik | AQAR 2022-23 | Additional Information

Anjana
DIRECTOR
Ashoka Business School
Nashik

Session on Gender Sensitivity

Name of the Event: Session on Gender Sensitivity

Date of the Event: 23rd December, 2022

Venue: Seminar Hall

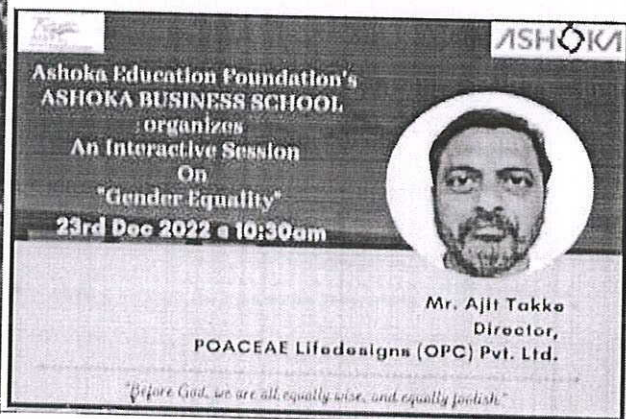
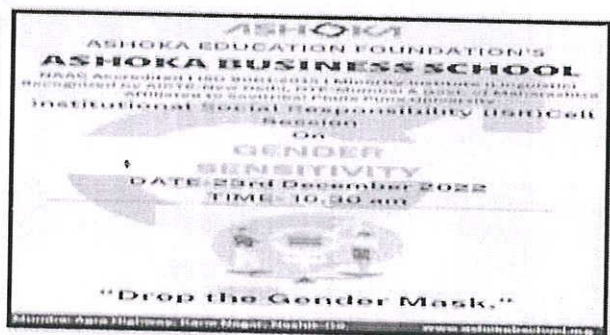
Speaker: Mr. Ajit Takke, Director @ POACEAE Life Designs (OPC) Pvt. Ltd.

No. of Participants: 150 students

"Drop the Gender Mask."

On December 23, 2022, Ashoka Business School hosted an insightful session on Gender Sensitivity by Mr. Ajit Takke, a multidisciplinary expert. He began with the quote, "Before God, we are all equally wise and equally foolish." Mr. Takke emphasized the importance of understanding gender equality and sensitivity, citing their role in societal change. Covering subjective and objective reality, he illustrated their societal impacts. The discussion extended to sex and gender definitions, types, and the roots of discrimination, including sexism, physical strength, patriarchy, religious issues, and economic status.

Highlighting the profound effects of inequality, Mr. Takke stressed the need for gender sensitivity for societal and humane advancement. The session concluded with an interactive segment, fostering student engagement and opinion sharing. In essence, Mr. Takke's session offered a concise yet comprehensive exploration of gender sensitivity, blending information, interaction, and valuable insights.



Ashoka Business School, Nashik | AQAR 2022-23 | Additional Information

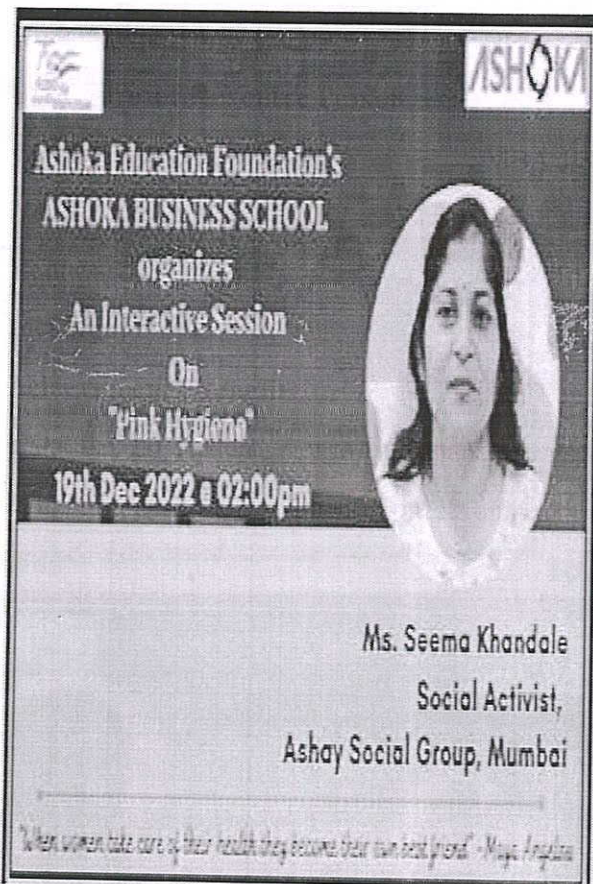
COORDINATOR
Internal Quality Assurance Cell
Ashoka Business School, Nashik

DIRECTOR
Ashoka Business School
Nashik.

Session on Pink Hygiene

Name of the Activity : Pink Hygiene
Date : 19th December, 2022
Topic : Session on menstruation hygiene
Resource person : Ms. Seema Khandale
Brief intro of Resource Person : Director, Ashay Social Group and Ritu enterprises
Class/classes Involved : MBA I & II girls
No of Participants : 77
Venue : ABS, SEMINAR HALL.
Incharge : Dr. Leena Gorhe
Achievements/Benefits :

1. All the girl students got to understand the importance of menstruation hygiene
2. Importance to follow regular check on health and hygiene in those special days.



Suvale
Ashoka Business School, Nashik | AQAR 2022-23 | Additional Information

COORDINATOR
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Ashoka Business School, Nashik.

Suvale
DIRECTOR
Ashoka Business School
Nashik.

World Bicycle Day - 2023

Name of the Activity : World bicycle day

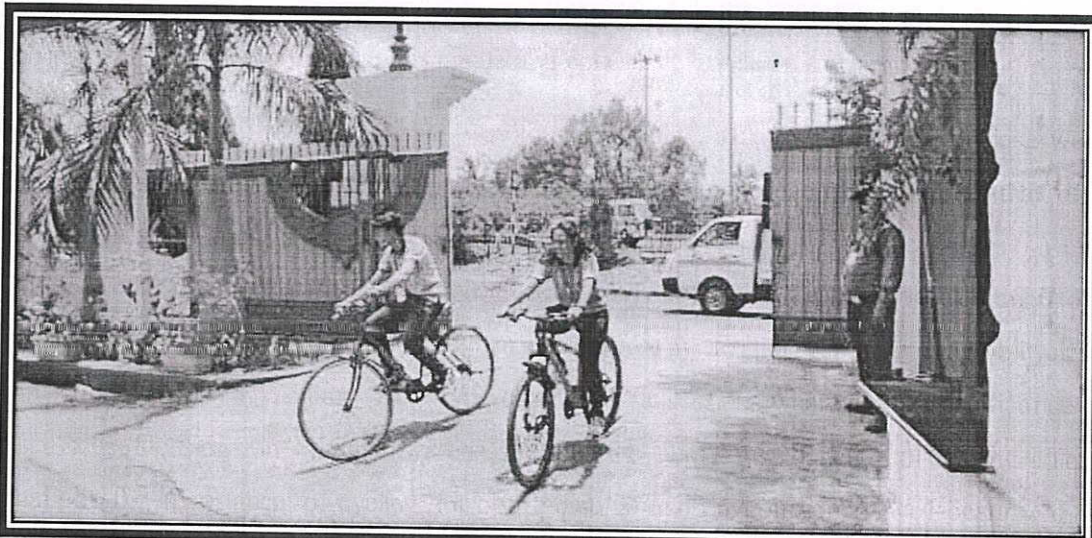
Date of the Activity : 3 rd June 2023

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.



Suwabe
Ashoka Business School, Nashik | AQAR 2022-23 | Additional Information

COORDINATOR
Internal Quality Assurance Cell
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Suwabe
DIRECTOR
Ashoka Business School
Nashik

Session on Slim Your Bin – Start Counting Your Own Carbon Footprints

Name of the Activity: Slim Your Bin – Start Counting Your Own Carbon Footprints

Date of the Activity: 11th Feb, 2023

Venue: Seminar Hall, ABS

Organized By: ISR Cell, Ashoka Business School

ISR Co-coordinator: Dr. Leena Gorhe

Resource Person: Mr. Sunil Bhatwadekar, Director at Earth Heal Tech

Achievement: The session was organized by **ISR Cell** under the guidance of **Dr. Leena Gorhe**. The session was conducted by **Mr. Sunil Bhatwadekar** wherein he highlighted the serious issues and quoted a simple solution. The family background of the speaker is as follows; Father: Freedom Fighter and Mother: Teacher and Social Activist. He runs an **NGO** by the name “**Now Only Nature**”. Till now he has planted 20,000 Trees at a personal level. The inspiration or **Motto** of the speaker is “**Restoring the Natural Environment on the Planet for the generations to come.**” The **Main Objective** of the session was to create awareness about the climate change and climate emergency amongst the youth.

We all need to come out of the greatest illusion that someone else will save it but nobody can save it alone. This is combined responsibility of every single individual in the world. The major solution to climate change is Sustainable Engineering, Sustainable Development & Sustainable Living.

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ASHOKA BUSINESS SCHOOL
Affiliated to Shaheed, Prasad University, (Recognized by Govt of Maharashtra)
NAAC Accredited (A++), ISO 9001:2015 Certified (www.ashokabs.edu)

Expert session on
**Slim Your Bin- Start Counting
your own Carbon Footprints**

Organised by
ISR cell,
Ashoka Business School

Time : 11.00 AM
Date : 11th Feb 2023
Venue : Seminar Hall, ABS

Resource Person
**Mr. Sunil
Bhatwadekar**
Director,
EarthHeal Tech.



Swale
COORDINATOR

Internal Quality Assurance Cell
Ashoka Business School, Nashik.

Ashoka Business School, Nashik | AQAR 2022-23 | Additional Information

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.

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Approved by WCE
Affiliated to Shaheed Pt. Deo Prasad University, Recognized by Govt of Maharashtra
NAAC Accredited (A++ Grade) ISO 9001:2015 Certified Quality Institution (Ung. 1001)

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 शिक्षक केतकी धवळे यांनी आंतरराष्ट्रीय योगा दिवसाचे उद्दिष्ट विद्यार्थ्यांना सांगितले. यावेळी अशोका एज्युकेशन संस्थेचे अध्यक्ष अशोक कटारिया, संस्थेचे सचिव श्रीकांत शुक्ल, प्रशासक डॉ. महेन्द्र तेलंगणे, यांचे कार्यक्रमास मार्गदर्शन लाभले. कार्यक्रमाचे आयोजन डॉ. अंजना भंडारी तर सूत्रसंचालन ओम शाहू यांचे केले. ईशा पवार हिने पाहुण्यांचा परिचय करून दिला. दृष्टी शर्मा हिने उपस्थितांचे आभार मानले. कार्यक्रमास शिक्षक शिक्षकेतर कर्मचारी आणि विद्यार्थी उपस्थित होते.

Suvala
COORDINATOR

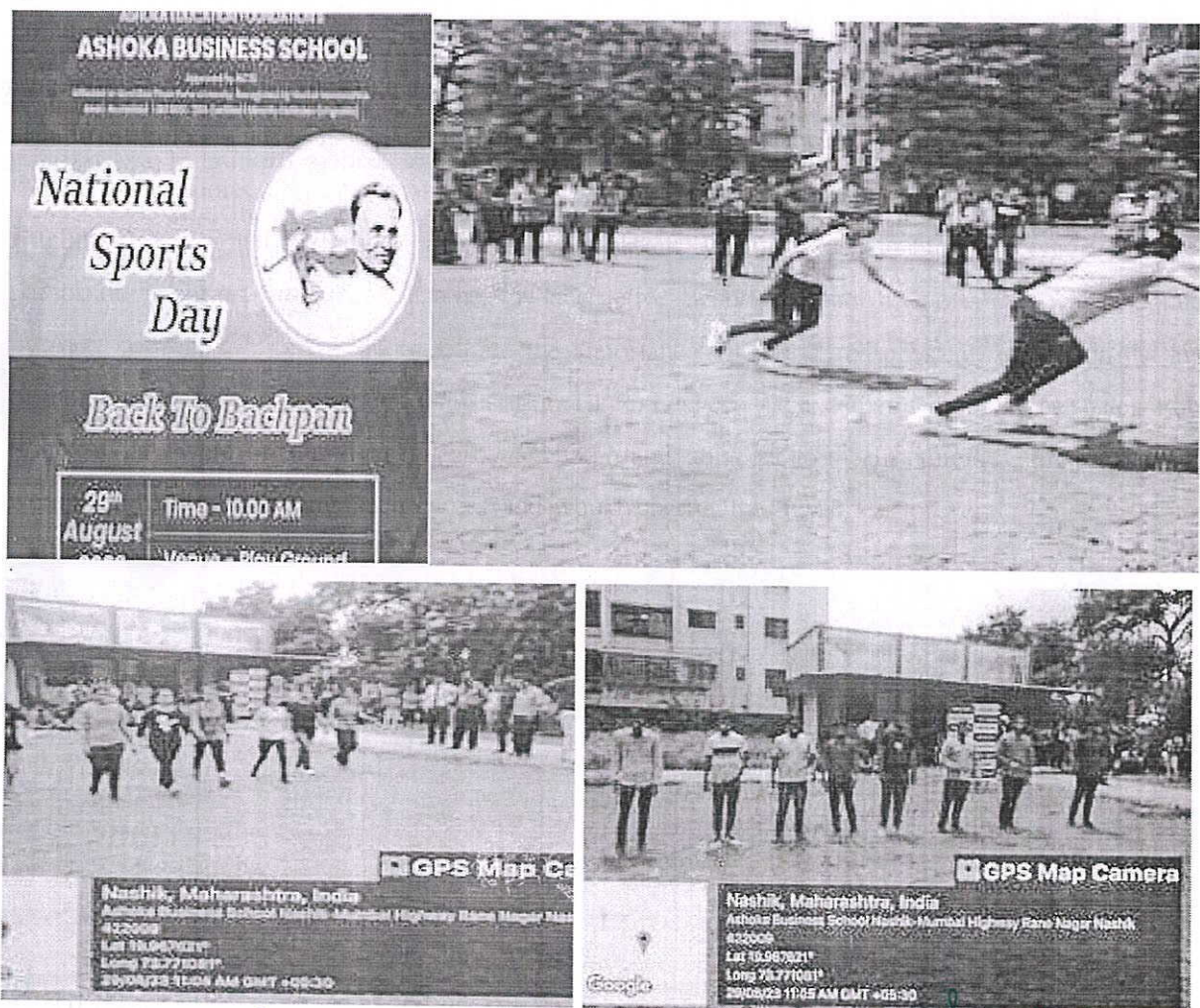
Internal Quality Assurance Cell
Ashoka Business School, Nashik.

Suvala
DIRECTOR
Ashoka Business School
Nashik.

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 Dhyan Chand. Major Dhyan 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, 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.



Ashoka Business School, Nashik | AQAR 2022-23 | Additional Information

COORDINATOR
Internal Quality Assurance Cell
Ashoka Business School, Nashik.

NO DIRECTOR
Ashoka Business School
Nashik.

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

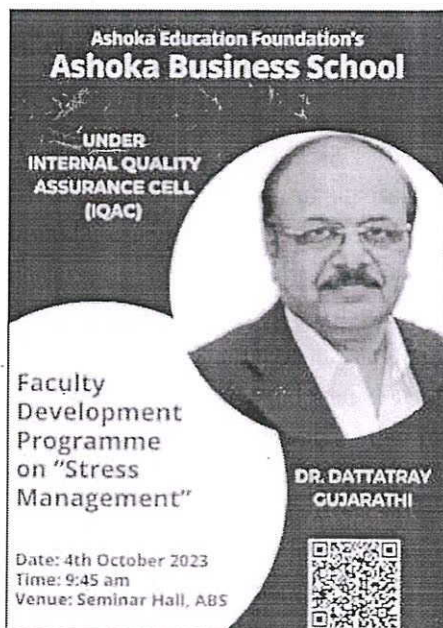
Venue : ABS seminar

In charge/Event Head : Dr Nainesh Mutha

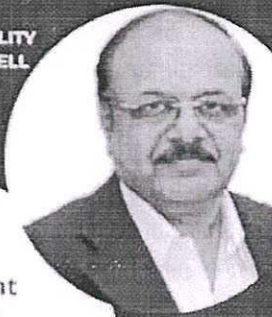
Resource person : Dr. D.M.Gujrathi

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. 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)



**DR. DATTATRAY
GUJARATHI**

Faculty
Development
Programme
on "Stress
Management"

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



Ashoka Business School, Nashik | AQAR 2022-23 | Additional Information

COORDINATOR
Internal Quality Assurance Cell
Ashoka Business School, Nashik.

DIRECTOR
Ashoka Business School
Nashik.



Dr. Sarita Dhawale

IQAC Coordinator
COORDINATOR
Internal Quality Assurance Cell
Ashoka Business School, Nashik



Dr. Sarita Dhawale

I/C Director

COORDINATOR
Internal Quality Assurance Cell
Ashoka Business School, Nashik.

DIRECTOR
Ashoka Business School
Nashik.